

Konkurencja 40
2023-11-12 - 11:40

M czynzn, 400m dowolny

20 lat i starsi
Wyniki

Punkty: World Aquatics Masters Points Table 2023

Pozycja			Wiek				Czas	Pkt.
Kat. 0 (20-24)								
1.	SZWEDZKI Jakub		23	MKS TRÓJKA Łódź		4:08.02		
	50m:	28.37	150m:	31.83	250m:	32.03	350m:	30.87
	100m:	30.92	200m:	32.49	300m:	32.14	400m:	29.37
Kat. A (25-29)								
1.	GAJDA Maciej		28	UKS TRÓJKA Cz stochowa		4:33.01		620
	50m:	31.19	150m:	35.41	250m:	35.13	350m:	34.04
	100m:	34.32	200m:	35.37	300m:	34.82	400m:	32.73
2.	BORKOWSKI Łukasz		28	Feel The Water Łódź		4:36.00		600
	50m:	30.87	150m:	35.37	250m:	36.16	350m:	33.91
	100m:	34.28	200m:	35.86	300m:	34.95	400m:	34.60
3.	KLIMASZYK Jan		28	Niezrzeszeni		5:04.32		448
	50m:	32.81	150m:	38.27	250m:	39.29	350m:	40.80
	100m:	36.92	200m:	38.44	300m:	40.23	400m:	37.56
4.	KUREK Mateusz		29	UKS TRÓJKA Cz stochowa		5:08.49		430
	50m:	34.15	150m:	38.65	250m:	39.84	350m:	40.93
	100m:	37.37	200m:	39.40	300m:	39.89	400m:	38.26
Kat. B (30-34)								
1.	APTEWICZ Arkadiusz		30	Water Squad		4:11.85		781
	<i>Wynik Lepszy od Rekordu Polski Masters</i>							
	50m:	28.06	150m:	31.55	250m:	32.04	350m:	32.23
	100m:	31.34	200m:	32.00	300m:	33.10	400m:	31.53
2.	PUŁAWSKI Przemysław		30	Water Squad		4:19.94		711
	50m:	27.39	150m:	31.91	250m:	33.67	350m:	34.65
	100m:	30.97	200m:	32.62	300m:	34.15	400m:	34.58
3.	EL SABBAHY Loay		30	KS Warta Poznań		4:27.02		656
	50m:	28.48	150m:	32.55	250m:	33.96	350m:	36.10
	100m:	31.60	200m:	33.41	300m:	34.89	400m:	36.03
4.	NIED WIADEK Jakub		30	5Styl Warszawa		4:48.16		522
	50m:	32.01	150m:	35.60	250m:	36.41	350m:	37.50
	100m:	34.81	200m:	35.98	300m:	37.22	400m:	38.63
5.	KU MIDER Przemysław		34	MUKS Zgierz		4:55.65		483
	50m:	33.24	150m:	37.80	250m:	37.82	350m:	37.48
	100m:	36.73	200m:	38.49	300m:	37.83	400m:	36.26
6.	ZAJ C Tomasz		30	U KS Ostrołęka		5:07.35		430
	50m:	35.63	150m:	39.27	250m:	38.51	350m:	39.41
	100m:	39.17	200m:	39.17	300m:	38.57	400m:	37.62
7.	LUBI SKI Kamil		31	Gdynia Masters		5:08.41		426
	50m:	34.26	150m:	38.20	250m:	39.46	350m:	40.29
	100m:	37.81	200m:	38.97	300m:	40.11	400m:	39.31
Kat. C (35-39)								
1.	ZIELONKA Rafał		37	Masters Avia widnik		4:37.39		630
	50m:	30.93	150m:	35.11	250m:	35.27	350m:	35.95
	100m:	34.11	200m:	35.25	300m:	35.34	400m:	35.43
2.	KLUCZYK Szymon		36	MKP Szczecin		4:46.86		569
	50m:	32.38	150m:	35.53	250m:	36.98	350m:	37.48
	100m:	34.39	200m:	36.46	300m:	37.08	400m:	36.56

Otwarte Zimowe Mistrzostwa Polski w pływaniu w kategorii Masters
Łód , 10-12.11.2023

Konkurencja 40, M czynn, 400m dowolny, Kat. C (35-39)

Pozycja			Wiek				Czas	Pkt.
3.	WZI TEK Rafał		35		5Styl Warszawa		5:28.65	379
	50m:	36.06	150m:	41.25	250m:	42.84	350m:	42.24
	100m:	40.22	200m:	42.58	300m:	43.21	400m:	40.25
4.	GRZELCZAK Tomasz		38		Niezrzeszeni		7:19.97	158
	50m:	45.43	150m:	56.43	250m:	57.28	350m:	58.19
	100m:	51.46	200m:	57.07	300m:	58.15	400m:	55.96
5.	LIS-PIWOWARSKI Przemysław		39		MUKS Zgierz		7:49.86	130
	50m:	48.23	150m:	59.92	250m:	1:02.44	350m:	1:00.94
	100m:	56.13	200m:	59.78	300m:	1:01.42	400m:	1:01.00

Kat. D (40-44)

1.	KACZMAREK Stanisław		44		Landsberg Crew Gorzów Wlkp.		4:35.44	667
	50m:	31.58	150m:	35.30	250m:	34.59	350m:	35.23
	100m:	34.86	200m:	35.26	300m:	35.27	400m:	33.35
2.	WILMOWICZ adam		44		Niezrzeszeni		4:51.48	563
	50m:	32.90	150m:	36.89	250m:	38.17	350m:	37.58
	100m:	35.62	200m:	37.43	300m:	38.29	400m:	34.60
3.	WACHOWSKI Bła ej		43		KS Warta Pozna		4:54.06	548
	50m:	32.80	150m:	37.31	250m:	37.80	350m:	37.90
	100m:	37.04	200m:	37.55	300m:	37.72	400m:	35.94
4.	KRUK Marcin		41		Koszali skie TTKF		5:22.43	416
	50m:	35.45	150m:	40.05	250m:	42.24	350m:	42.27
	100m:	38.61	200m:	41.80	300m:	41.99	400m:	40.02
5.	WO NIAK Jarosław		43		MUKS Zgierz		6:58.74	190

Kat. E (45-49)

1.	GREGOROWICZ Paweł		49		Masters Olsztyn		4:30.19	728
	50m:	31.07	150m:	33.87	250m:	34.30	350m:	34.70
	100m:	33.71	200m:	34.29	300m:	34.46	400m:	33.79
2.	SARNA Tomasz		48		Orion Team Rzeszów		4:47.40	605
	50m:	31.26	150m:	36.71	250m:	37.42	350m:	36.61
	100m:	35.65	200m:	37.24	300m:	37.73	400m:	34.78
3.	KONOPACKI Piotr		45		Masters Olsztyn		4:48.72	597
	50m:	32.90	150m:	36.47	250m:	37.18	350m:	37.29
	100m:	36.00	200m:	36.69	300m:	37.17	400m:	35.02
4.	FR CKOWIAK Artur		45		Masters Łód		4:51.20	582
	50m:	33.56	150m:	37.36	250m:	37.56	350m:	37.64
	100m:	36.16	200m:	37.19	300m:	37.53	400m:	34.20
5.	ROGOSZ Paweł		47		Warsaw Masters Team		5:03.44	514
	50m:	35.09	150m:	39.54	250m:	39.43	350m:	37.78
	100m:	38.77	200m:	39.45	300m:	38.40	400m:	34.98
6.	OSTROWSKI Bartosz		46		Warsaw Masters Team		5:03.78	512
	50m:	34.19	150m:	38.62	250m:	39.47	350m:	39.10
	100m:	37.31	200m:	38.56	300m:	39.51	400m:	37.02
7.	BIELAWSKI Tomasz		47		UKS TRÓJKA Puławy		5:10.14	482
	50m:	35.37	150m:	38.86	250m:	39.72	350m:	39.59
	100m:	38.35	200m:	39.36	300m:	40.33	400m:	38.56
8.	BIELSKI Dymitr		46		Warsaw Masters Team		5:17.92	447
	50m:	35.39	100m:	38.88	200m:	2:03.18	400m:	2:00.47
9.	PAWŁOWSKI Krzysztof		46		Motyl Masters Stalowa Wola		5:20.34	437
	50m:	35.94	150m:	41.03	250m:	41.41	350m:	40.11
	100m:	39.90	200m:	41.41	300m:	41.02	400m:	39.52



Konkurencja 40, M czynn, 400m dowolny, Kat. E (45-49)

Pozycja			Wiek				Czas	Pkt.
10.	KULISZ Adrian		46		Water Squad		5:22.19	430
	50m:	37.74	150m:	41.65	250m:	40.94	350m:	39.56
	100m:	40.74	200m:	41.90	300m:	41.07	400m:	38.59
11.	PŁANETA Maciej		49		UKS DELFIN Masters Tarnobrzeg		5:36.19	378
	50m:	38.06	150m:	42.61	250m:	43.37	350m:	43.24
	100m:	40.77	200m:	42.95	300m:	43.95	400m:	41.24
12.	KARCZEWSKI Paweł		49		Stow. Pływackie Sebastiana Karasia		5:45.95	347
	50m:	36.61	150m:	43.35	250m:	45.05	350m:	46.10
	100m:	40.97	200m:	45.62	300m:	45.51	400m:	42.74
13.	GAJDA Tomasz		45		MUKS Zgierz		6:27.77	246
	50m:	38.99	200m:	1:39.39	300m:	52.45	400m:	49.13
	100m:	43.71	250m:	53.07	350m:	51.03		
14.	GURBSKI Michał		47		Masters Łódź		6:42.28	221
	50m:	38.81	150m:	49.16	250m:	53.03	350m:	55.88
	100m:	45.04	200m:	51.18	300m:	55.37	400m:	53.81

Kat. F (50-54)

1.	BERWECKI Arkadiusz		50		Motyl Masters Stalowa Wola		4:34.33	708
	<i>Wynik Lepszy od Rekordu Polski Masters</i>							
	50m:	31.55	150m:	35.55	250m:	35.29	350m:	34.24
	100m:	34.50	200m:	35.39	300m:	35.08	400m:	32.73
2.	MONCZAK Grzegorz		50		Niezrzeszeni		4:42.22	650
	50m:	32.54	150m:	35.85	250m:	35.83	350m:	35.85
	100m:	35.50	200m:	35.96	300m:	36.19	400m:	34.50
3.	LIPI SKI Cezary		51		Masters Avia widnik		5:05.16	514
	50m:	33.46	100m:	37.01	150m:	38.43	200m:	1:17.89
							400m:	1:58.37
4.	WINIARCZYK Jarosław		51		Koszali skie TKKF		5:05.49	513
	50m:	32.66	150m:	38.11	250m:	40.17	350m:	40.88
	100m:	36.73	200m:	39.55	300m:	40.71	400m:	36.68
5.	KOWALCZYK Rafał		50		Niezrzeszeni		5:23.65	431
	50m:	39.04	150m:	41.98	250m:	39.48	350m:	39.92
	100m:	42.10	200m:	41.25	300m:	39.60	400m:	40.28
6.	MAMROT Artur		51		Koszali skie TKKF		5:59.92	313
	50m:	38.21	150m:	44.17	250m:	48.24	350m:	47.29
	100m:	42.91	200m:	46.90	300m:	47.83	400m:	44.37
7.	K DZIOR Mateusz		50		KS Warta Pozna		6:02.85	306
	50m:	40.38	150m:	45.19	250m:	46.63	350m:	47.01
	100m:	44.18	200m:	46.34	300m:	46.78	400m:	46.34
8.	MOROZOWSKI Wiktor		50		MUKS Zgierz		6:05.65	299
	50m:	38.12	150m:	45.69	250m:	48.78	350m:	49.58
	100m:	41.18	200m:	47.42	300m:	48.70	400m:	46.18
9.	KOPE Jarosław		54		Feel The Water Łódź		6:11.53	285
	50m:	40.49	200m:	47.71	300m:	49.34	400m:	45.46
	150m:	1:31.44	250m:	48.57	350m:	48.52		
10.	MATYSZEWSKI Grzegorz		52		Water Squad		7:02.90	193
	50m:	44.88	150m:	52.21	250m:	54.67	350m:	57.41
	100m:	49.45	200m:	52.78	300m:	57.19	400m:	54.31

Konkurencja 40, M czynn, 400m dowolny

Kat. G (55-59)

1.	SKO KIEWICZ Rafał	57	Warsaw Masters Team	4:56.23	646
	50m: 32.18 150m: 37.52 250m: 38.68 350m: 38.49				
	100m: 35.77 200m: 38.22 300m: 38.63 400m: 36.74				
2.	KRASAUSKAS Vilmantas	59	Marijampoles TORPEDOS	5:10.34	562
	50m: 35.25 150m: 39.02 250m: 39.60 350m: 40.76				
	100m: 37.73 200m: 39.00 300m: 40.34 400m: 38.64				
3.	SZMIT Adam	59	Masters Olsztyn	5:39.57	429
	50m: 38.69 100m: 41.97 150m: 43.45 200m: 43.12 350m: 2:09.99 400m: 42.35				
4.	PYCIA Adam	57	Korona 1919 Kraków	5:50.44	390
	50m: 38.10 150m: 43.30 250m: 46.16 350m: 45.84				
	100m: 42.00 200m: 44.65 300m: 45.95 400m: 44.44				
5.	GOZDAN Dariusz	55	Masters Olsztyn	6:29.62	284
	50m: 42.10 400m: 5:47.52				
6.	PIÓRKOWSKI Marek	58	Klub Sportowy Mako	6:46.28	250
	50m: 42.96 150m: 50.68 250m: 54.28 350m: 51.37				
	100m: 47.28 200m: 51.87 300m: 54.24 400m: 53.60				
7.	KRZEKOTOWSKI Piotr	57	Niezrzeszeni	7:17.93	200
	50m: 49.13 100m: 54.05 150m: 56.39 200m: 55.38 400m: 3:42.98				

Kat. H (60-64)

1.	MADEJ Leszek	63	Warsaw Masters Team	4:57.23	730
	<i>Wynik Lepszy od Rekordu Polski Masters</i>				
	50m: 34.55 150m: 38.66 250m: 37.54 350m: 36.69				
	100m: 38.17 200m: 38.41 300m: 37.05 400m: 36.16				
2.	FAFF Mariusz	60	Orion Team Rzeszów	5:24.82	559
	50m: 34.94 150m: 41.67 250m: 42.57 350m: 41.93				
	100m: 39.97 200m: 42.17 300m: 41.96 400m: 39.61				
3.	KO LIKOWSKI Marek	62	Masters Olsztyn	5:43.45	473
	50m: 38.29 150m: 43.84 250m: 44.27 350m: 44.03				
	100m: 42.86 200m: 44.21 300m: 44.19 400m: 41.76				
4.	DZIAREK Jacek	64	MUKS Zgierz	5:59.16	413
	50m: 39.80 150m: 45.69 250m: 46.05 350m: 46.10				
	100m: 43.34 200m: 46.04 300m: 46.06 400m: 46.08				
5.	KORPETTA Wojciech	64	Water Squad	6:12.28	371
	50m: 41.11 150m: 47.40 250m: 47.61 400m: 1:34.15				
	100m: 45.40 200m: 47.76 300m: 48.85				
6.	JASI SKI Zdzisław	63	MUKS Zgierz	6:45.99	286
	50m: 43.14 150m: 53.54 250m: 53.84 350m: 51.68				
	100m: 49.63 200m: 53.90 300m: 53.27 400m: 46.99				

Kat. I (65-69)

1.	GABIEC Mariusz	65	Masters Olsztyn	5:22.05	576
	50m: 38.34 150m: 41.58 250m: 41.11 350m: 40.25				
	100m: 41.05 200m: 41.20 300m: 40.39 400m: 38.13				
2.	TWARDYSKO Stanisław	67	Weteran Zabrze	6:24.15	339
	50m: 41.53 150m: 48.67 250m: 49.25 350m: 50.27				
	100m: 46.49 200m: 49.97 300m: 49.18 400m: 48.79				
3.	LIPKA Marek	65	Niezrzeszeni	6:44.14	291
	50m: 46.58 150m: 50.70 250m: 52.78 350m: 51.15				
	100m: 50.59 200m: 52.00 300m: 51.71 400m: 48.63				



Konkurencja 40, M czynn, 400m dowolny, Kat. I (65-69)

Pozycja									Wiek		Czas	Pkt.
4.	LASOWY Marian								68	Koszali skie TKKF	6:57.70	264
	50m:	45.41	150m:	54.29	250m:	53.48	350m:	52.72				
	100m:	54.07	200m:	54.31	300m:	54.04	400m:	49.38				
5.	MARSZAŁEK Andrzej								69	Niezrzeszeni	7:21.59	223
	50m:	50.84	150m:	54.23	250m:	56.03	350m:	56.48				
	100m:	54.56	200m:	55.84	300m:	56.77	400m:	56.84				
6.	ŁATECKI Włodzimierz								66	MUKS Zgierz	8:54.19	126
	200m:	8:54.19	400m:									

Kat. J (70-74)

1.	BEDNAREK Krzysztof								72	MUKS Zgierz	6:50.15	342
	50m:	42.03	150m:	50.72	250m:	53.86	350m:	53.90				
	100m:	48.56	200m:	52.79	300m:	54.08	400m:	54.21				
2.	DUBI SKI Bogdan								70	Stow. Pływackie Legia Warszawa	6:56.39	327
	50m:	41.78	150m:	52.74	300m:	56.41	400m:	49.80				
	100m:	50.73	250m:	1:49.05	350m:	55.88						
3.	IRCZYK Leon								72	Rydułtowskiej Akademii Aktywnego Sen	8:53.05	156
	50m:	1:02.51	150m:	1:10.13	250m:	1:07.89	350m:	1:07.27				
	100m:	1:09.39	200m:	1:07.91	300m:	1:08.27	400m:	59.68				

Kat. K (75-79)

1.	GUOGA Antanas								75	Marijampoles TORPEDOS	8:01.41	280
	50m:	52.42	150m:	1:00.20	250m:	1:02.29	350m:	1:04.44				
	100m:	57.93	200m:	1:01.34	300m:	1:01.53	400m:	1:01.26				
2.	WOLNIEWICZ Janusz								75	KS Extreme Team Oborniki	8:22.40	247
	50m:	52.30	150m:	1:04.32	250m:	1:05.45	350m:	1:06.15				
	100m:	1:00.77	200m:	1:04.71	300m:	1:06.21	400m:	1:02.49				
3.	DASZY SKI Andrzej								75	UKS ENERGETYK Zgorzelec	8:39.80	223
	50m:	57.51	150m:	1:07.50	250m:	1:05.90	350m:	1:05.28				
	100m:	1:06.69	200m:	1:06.98	300m:	1:07.65	400m:	1:02.29				
4.	CHOROSZEWSKI Zdzisław								76	Niezrzeszeni	8:49.97	210
	50m:	58.87	150m:	1:09.68	250m:	1:09.15	350m:	1:10.07				
	100m:	1:06.19	200m:	1:09.43	300m:	1:11.02	400m:	55.56				
5.	PŁONKA Janusz								75	Niezrzeszeni	10:28.28	126
	50m:	1:07.43	150m:	1:22.25	250m:	1:21.43	350m:	1:21.89				
	100m:	1:17.81	200m:	1:21.20	300m:	1:21.41	400m:	1:14.86				

Kat. L (80-84)

1.	KOSIAK Wojciech								83	Weteran Zabrze	8:57.81	251
	50m:	58.53	150m:	1:08.92	250m:	1:14.86	350m:	1:07.90				
	100m:	1:06.51	200m:	1:08.06	300m:	1:10.35	400m:	1:02.68				
2.	GRIGAS Stasys								82	Marijampoles TORPEDOS	13:31.72	73
	50m:	1:25.67	150m:	1:46.22	250m:	1:47.02	350m:	1:43.52				
	100m:	1:45.67	200m:	1:46.43	300m:	1:44.84	400m:	1:32.35				