

Zimowe Mistrzostwa Polski OPEN Masters 2009
Lublin, 14. - 15.11.2009

Konkurencja 12
2009-11-14 - 12:03

Mężczyzn, 400m zmienny

25 lat i starsi
Wyniki

Punkty: DSV Masters 04

Pozycja			Wiek					Czas	Pkt.	
25 - 29 lat										
1.	DMYTRO Borodai		26	KS Warta Poznań				6:27.06	346	
	50m:	36.12 36.12	150m:	2:14.83	51.01	250m:	4:00.39	57.77	350m:	5:42.15 43.88
	100m:	1:23.82 47.70	200m:	3:02.62	47.79	300m:	4:58.27	57.88	400m:	6:27.06 44.91
30 - 34 lat										
1.	SKROK Micha ³		33	Motyl Senior MOSiR Stalowa Wola				5:24.63	606	
	50m:	33.77 33.77	150m:	1:56.50	43.16	250m:	3:24.33	44.42	350m:	4:48.34 39.14
	100m:	1:13.34 39.57	200m:	2:39.91	43.41	300m:	4:09.20	44.87	400m:	5:24.63 36.29
2.	BIAŁEK Wojciech		30	UKS Trójka Pu ³ awy				5:57.29	454	
	50m:	33.79 33.79	150m:	2:01.47	45.59	250m:	3:39.75	52.58	350m:	5:15.81 43.41
	100m:	1:15.88 42.09	200m:	2:47.17	45.70	300m:	4:32.40	52.65	400m:	5:57.29 41.48
3.	CIECELIŃSKI Pawe ³		33	Motyl Senior MOSiR Stalowa Wola				6:13.55	397	
	50m:	43.51 43.51	150m:	2:19.29	49.19	250m:	3:59.97	51.12	350m:	5:32.95 42.84
	100m:	1:30.10 46.59	200m:	3:08.85	49.56	300m:	4:50.11	50.14	400m:	6:13.55 40.60
4.	PAWŁOWSKI Krzysztof		32	Motyl Senior MOSiR Stalowa Wola				6:13.67	397	
	50m:	41.98 41.98	150m:	2:18.41	48.00	250m:	4:00.14	52.69	350m:	5:34.14 42.23
	100m:	1:30.41 48.43	200m:	3:07.45	49.04	300m:	4:51.91	51.77	400m:	6:13.67 39.53
35 - 39 lat										
1.	ZAPALSKI Tomasz		39	Sopot Masters				5:21.12	702	
	50m:	31.37 31.37	150m:	1:49.47	43.13	250m:	3:19.34	46.13	350m:	4:45.34 39.31
	100m:	1:06.34 34.97	200m:	2:33.21	43.74	300m:	4:06.03	46.69	400m:	5:21.12 35.78
2.	PYRÆ Szymon		36	Kraków				5:27.72	660	
	50m:	31.65 31.65	150m:	1:54.91	46.81	250m:	3:27.13	47.37	350m:	4:51.68 37.86
	100m:	1:08.10 36.45	200m:	2:39.76	44.85	300m:	4:13.82	46.69	400m:	5:27.72 36.04
3.	GOLA Rados ³ aw		37	UKS Aquator Kozienice				5:53.64	525	
	50m:	35.31 35.31	150m:	2:06.00	50.23	250m:	3:44.76	50.23	350m:	5:15.19 40.44
	100m:	1:15.77 40.46	200m:	2:54.53	48.53	300m:	4:34.75	49.99	400m:	5:53.64 38.45
40 - 44 lat										
1.	KŁOS Daniel		41	MSP Dwójka Tczew				6:15.19	478	
	50m:	41.40 41.40	150m:	2:17.32	45.74	250m:	3:55.18	52.71	350m:	5:32.10 43.49
	100m:	1:31.58 50.18	200m:	3:02.47	45.15	300m:	4:48.61	53.43	400m:	6:15.19 43.09
45 - 49 lat										
1.	SZYMIK Piotr		49	Wodnik Siemianowice Œel'skie				6:11.24	547	
	50m:	41.89 41.89	150m:	2:18.27	48.89	250m:	3:57.63	51.68	350m:	5:30.99 41.13
	100m:	1:29.38 47.49	200m:	3:05.95	47.68	300m:	4:49.86	52.23	400m:	6:11.24 40.25
2.	NIEDWIED• Tomasz		46	Zgiersko - Łęczyckie WOPR				7:22.04	324	
	50m:	49.05 49.05	150m:	2:41.69	57.90	250m:	4:40.68	58.63	350m:	6:31.90 52.12
	100m:	1:43.79 54.74	200m:	3:42.05	1:00.36	300m:	5:39.78	59.10	400m:	7:22.04 50.14

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50 - 54 lat

1.	MAJCHRZAKOWSKI Andrzej	51	Toruńczyk Masters Toruń	5:54.73	709
	50m: 41.10 41.10	150m: 2:13.64 45.48	250m: 3:47.24 49.14	350m: 5:17.59 41.05	
	100m: 1:28.16 47.06	200m: 2:58.10 44.46	300m: 4:36.54 49.30	400m: 5:54.73 37.14	
2.	KAWECKI Krzysztof	52	AZS WSG Astoria Bydgoszcz	6:10.33	623
	50m: 42.81 42.81	150m: 2:18.80 46.69	250m: 3:57.90 51.94	350m: 5:30.77 40.62	
	100m: 1:32.11 49.30	200m: 3:05.96 47.16	300m: 4:50.15 52.25	400m: 6:10.33 39.56	
3.	PIECHULA Adolf	52	Racibórz	6:31.79	526
	50m: 39.83 39.83	150m: 2:19.08 50.42	250m: 4:04.03 56.42	350m: 5:44.85 44.71	
	100m: 1:28.66 48.83	200m: 3:07.61 48.53	300m: 5:00.14 56.11	400m: 6:31.79 46.94	
4.	NAJGEBURSKI Stefan	52	Salos Cortile Kielce	6:39.04	498
	50m: 42.38 42.38	150m: 2:28.49 53.11	250m: 4:15.71 55.57	350m: 5:56.13 44.37	
	100m: 1:35.38 53.00	200m: 3:20.14 51.65	300m: 5:11.76 56.05	400m: 6:39.04 42.91	
5.	MINKIEWICZ Jerzy	53	TP Masters Opole	6:50.32	458
	50m: 42.21 42.21	150m: 2:29.67 56.06	250m: 4:23.01 58.90	350m: 6:07.38 45.69	
	100m: 1:33.61 51.40	200m: 3:24.11 54.44	300m: 5:21.69 58.68	400m: 6:50.32 42.94	
6.	BENDIG Jerzy	51	Sopot Masters	7:05.39	411
	50m: 46.71 46.71	150m: 2:38.38 55.18	250m: 4:32.52 1:00.63	350m: 6:19.56 46.15	
	100m: 1:43.20 56.49	200m: 3:31.89 53.51	300m: 5:33.41 1:00.89	400m: 7:05.39 45.83	
7.	PUCHALSKI Bogdan	53	UKS Murena Polkowice	7:56.46	292
	50m: 55.06 55.06	150m: 3:03.13 1:06.81	250m: 5:11.06 1:00.85	350m: 7:05.80 53.79	
	100m: 1:56.32 1:01.26	200m: 4:10.21 1:07.08	300m: 6:12.01 1:00.95	400m: 7:56.46 50.66	
8.	MICHALA Norbert	54	TP Masters Opole	9:43.77	159
	50m: 1:00.90 1:00.90	150m: 3:39.11 1:30.61	250m: 6:23.52 1:10.33	350m: 8:40.45 1:07.68	
	100m: 2:08.50 1:07.60	200m: 5:13.19 1:34.08	300m: 7:32.77 1:09.25	400m: 9:43.77 1:03.32	

55 - 59 lat

1.	BRYNIAK Jan	56	TP Masters Opole	6:47.86	569
	50m: 43.28 43.28	150m: 2:27.84 55.23	250m: 4:17.73 53.27	350m: 5:59.49 47.80	
	100m: 1:32.61 49.33	200m: 3:24.46 56.62	300m: 5:11.69 53.96	400m: 6:47.86 48.37	
2.	FIGIELSKI Grzegorz	56	WOPR Sport - Figielski Warszawa	6:54.03	544
	50m: 45.56 45.56	150m: 2:32.36 54.11	250m: 4:26.33 59.45	350m: 6:10.09 45.23	
	100m: 1:38.25 52.69	200m: 3:26.88 54.52	300m: 5:24.86 58.53	400m: 6:54.03 43.94	
3.	FLORKIEWICZ Andrzej	57	WOPR Sport - Figielski Warszawa	7:12.74	476
	50m: 49.69 49.69	150m: 2:43.35 57.00	250m: 4:43.72 1:03.66	350m: 6:30.19 43.80	
	100m: 1:46.35 56.66	200m: 3:40.06 56.71	300m: 5:46.39 1:02.67	400m: 7:12.74 42.55	
4.	GORBACZOW Mirosław	57	Sopot Masters	8:20.01	308
	50m: 57.82 57.82	150m: 3:09.89 1:07.87	250m: 5:21.79 1:07.68	350m: 7:33.64 1:05.59	
	100m: 2:02.02 1:04.20	200m: 4:14.11 1:04.22	300m: 6:28.05 1:06.26	400m: 8:20.01 46.37	
5.	WASIUK Janusz	56	WOPR Masters Ostrołęka	8:30.63	289
	50m: 55.49 55.49	150m: 3:11.36 1:12.14	250m: 5:29.24 1:04.36	350m: 7:34.07 1:01.26	
	100m: 1:59.22 1:03.73	200m: 4:24.88 1:13.52	300m: 6:32.81 1:03.57	400m: 8:30.63 56.56	

60 - 64 lat

1.	DASZYŃSKI Andrzej	61	KP Masters Bolesławiec	8:29.98	318
	50m: 54.78 54.78	150m: 3:02.75 1:02.56	250m: 5:16.98 1:12.85	350m: 7:32.53 1:01.44	
	100m: 2:00.19 1:05.41	200m: 4:04.13 1:01.38	300m: 6:31.09 1:14.11	400m: 8:29.98 57.45	
2.	FILIPIAK Fabian	61	WOPR Sport - Figielski Warszawa	8:38.36	303
	50m: 1:00.28 1:00.28	150m: 3:12.32 1:04.88	250m: 5:26.79 1:11.05	350m: 7:37.51 59.84	
	100m: 2:07.44 1:07.16	200m: 4:15.74 1:03.42	300m: 6:37.67 1:10.88	400m: 8:38.36 1:00.85	
3.	BANTKOWSKI Jan	60	Toruńczyk Masters Toruń	9:13.72	248
	50m: 1:00.57 1:00.57	150m: 3:31.40 1:23.52	250m: 6:04.49 1:13.23	350m: 8:17.31 59.90	
	100m: 2:07.88 1:07.31	200m: 4:51.26 1:19.86	300m: 7:17.41 1:12.92	400m: 9:13.72 56.41	

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65 - 69 lat

1.	DEDESZKO - WIERCIŃSKI Kazimierz 66	MTP Lublinianka	7:59.44	474
	50m: 54.83 54.83	150m: 3:01.53 1:06.67	250m: 5:14.15 1:06.88	350m: 7:09.16 49.62
	100m: 1:54.86 1:00.03	200m: 4:07.27 1:05.74	300m: 6:19.54 1:05.39	400m: 7:59.44 50.28
2.	BUGLA Rudolf	69 ZZG Ryduńtowy-Anna Ryduńtowy	9:16.60	303
	50m: 1:00.79 1:00.79	150m: 3:21.17 1:12.66	250m: 5:52.05 1:15.91	350m: 8:10.90 1:05.56
	100m: 2:08.51 1:07.72	200m: 4:36.14 1:14.97	300m: 7:05.34 1:13.29	400m: 9:16.60 1:05.70

70 - 74 lat

1.	BASTEK Ewald	70 Weteran Zabrze	6:42.06	954
	<i>Rekord Europy, Rekord Polski</i>			
	50m: 45.76 45.76	150m: 2:33.74 53.93	250m: 4:24.49 54.19	350m: 6:00.87 41.89
	100m: 1:39.81 54.05	200m: 3:30.30 56.56	300m: 5:18.98 54.49	400m: 6:42.06 41.19
2.	SIELSKI Ryszard	72 WMT Warszawa	8:31.62	463
	50m: 1:03.45 1:03.45	150m: 3:19.63 1:06.41	250m: 5:28.03 1:02.04	350m: 7:33.47 59.81
	100m: 2:13.22 1:09.77	200m: 4:25.99 1:06.36	300m: 6:33.66 1:05.63	400m: 8:31.62 58.15