

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

Konkurencja 40
2009-11-15 - 12:28

Mężczyzn, 400m dowolny

25 lat i starsi
Wyniki

Punkty: DSV Masters 04

Pozycja			Wiek					Czas	Pkt.	
25 - 29 lat										
1.	WACHOWSKI B³a³ej		29	KS Warta Poznañ				4:49.21	581	
	50m:	32.43 32.43	150m:	1:46.65	37.45	250m:	3:02.27	37.59	350m:	4:16.16 36.97
	100m:	1:09.20 36.77	200m:	2:24.68	38.03	300m:	3:39.19	36.92	400m:	4:49.21 33.05
2.	KAŁUŃSKI Wojciech		29	WMT Warszawa				6:33.23	231	
	50m:	39.86 39.86	150m:	2:19.21	52.03	250m:	4:02.88	53.33	350m:	5:47.23 50.66
	100m:	1:27.18 47.32	200m:	3:09.55	50.34	300m:	4:56.57	53.69	400m:	6:33.23 46.00
30 - 34 lat										
1.	BIAŁEK Wojciech		30	UKS Trójka Pu³awy				5:01.30	509	
	50m:	32.13 32.13	150m:	1:45.83	37.52	250m:	3:04.18	39.77	350m:	4:23.04 38.98
	100m:	1:08.31 36.18	200m:	2:24.41	38.58	300m:	3:44.06	39.88	400m:	5:01.30 38.26
2.	PAWŁOWSKI Krzysztof		32	Motyl Senior MOSiR Stalowa Wola				5:27.55	396	
	50m:	34.92 34.92	150m:	1:54.07	40.71	250m:	3:18.87	42.47	350m:	4:44.93 42.98
	100m:	1:13.36 38.44	200m:	2:36.40	42.33	300m:	4:01.95	43.08	400m:	5:27.55 42.62
35 - 39 lat										
1.	PYRÆ Szymon		36	Kraków				4:49.42	609	
	50m:	31.45 31.45	150m:	1:44.12	36.94	250m:	2:59.00	37.46	350m:	4:14.11 37.37
	100m:	1:07.18 35.73	200m:	2:21.54	37.42	300m:	3:36.74	37.74	400m:	4:49.42 35.31
2.	OPALIŃSKI Pawe³		35	Motyl Senior MOSiR Stalowa Wola				4:59.98	547	
	50m:	32.14 32.14	150m:	1:45.53	37.76	250m:	3:03.20	38.95	350m:	4:22.64 39.65
	100m:	1:07.77 35.63	200m:	2:24.25	38.72	300m:	3:42.99	39.79	400m:	4:59.98 37.34
3.	KALBARCZYK Waldemar		38	Motyl Senior MOSiR Stalowa Wola				5:17.03	463	
	50m:	33.97 33.97	150m:	1:52.47	40.02	250m:	3:14.01	40.71	350m:	4:36.97 41.80
	100m:	1:12.45 38.48	200m:	2:33.30	40.83	300m:	3:55.17	41.16	400m:	5:17.03 40.06
4.	JÓZEFOWSKI Rafa³		35	Masters Przemycel				5:53.66	334	
	50m:	35.89 35.89	150m:	1:59.85	43.51	250m:	3:32.09	46.64	350m:	5:07.86 48.29
	100m:	1:16.34 40.45	200m:	2:45.45	45.60	300m:	4:19.57	47.48	400m:	5:53.66 45.80
5.	SZUREK S³awomir		38	ZZG Rydu³towy-Anna Rydu³towy				5:53.81	333	
	50m:	37.80 37.80	150m:	2:05.05	44.73	250m:	3:36.81	45.82	350m:	5:09.39 46.48
	100m:	1:20.32 42.52	200m:	2:50.99	45.94	300m:	4:22.91	46.10	400m:	5:53.81 44.42
40 - 44 lat										
1.	PASIECZNY Andrzej		43	Victory Masters Elbl¹g				4:30.36	802	
	50m:	30.31 30.31	150m:	1:36.94	33.99	250m:	2:46.27	34.76	350m:	3:56.29 34.99
	100m:	1:02.95 32.64	200m:	2:11.51	34.57	300m:	3:21.30	35.03	400m:	4:30.36 34.07
2.	URCZAK Tomasz		40	ZZG Rydu³towy-Anna Rydu³towy				6:05.08	325	
	50m:	39.12 39.12	150m:	2:11.13	47.11	250m:	3:46.47	47.68	350m:	5:21.06 46.84
	100m:	1:24.02 44.90	200m:	2:58.79	47.66	300m:	4:34.22	47.75	400m:	6:05.08 44.02
3.	TWAROWSKI Andrzej		44	Masters Bia³ystok				6:34.70	257	
	50m:	42.99 42.99	150m:	2:20.22	49.58	250m:	4:05.89	52.94	350m:	5:48.93 50.92
	100m:	1:30.64 47.65	200m:	3:12.95	52.73	300m:	4:58.01	52.12	400m:	6:34.70 45.77
4.	STACHURSKI Ireneusz		40	MOSiR Czêstochowa				6:38.99	249	
	50m:	43.28 43.28	150m:	2:22.35	51.34	250m:	4:06.57	52.63	350m:	5:51.36 52.64
	100m:	1:31.01 47.73	200m:	3:13.94	51.59	300m:	4:58.72	52.15	400m:	6:38.99 47.63

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

Konkurencja 40, Mężczyzn, 400m dowolny

45 - 49 lat

1.	KASPEREK Piotr	48	MTP Lublinianka	5:10.58	605
	50m: 36.26 36.26	150m: 1:54.57 39.43	250m: 3:13.24 39.36	350m: 4:31.84 38.69	
	100m: 1:15.14 38.88	200m: 2:33.88 39.31	300m: 3:53.15 39.91	400m: 5:10.58 38.74	
2.	LORKOWSKI Robert	49	Motyl Senior MOSiR Stalowa Wola	5:19.69	555
	50m: 33.94 33.94	150m: 1:54.22 40.87	250m: 3:18.71 42.32	350m: 4:41.38 40.28	
	100m: 1:13.35 39.41	200m: 2:36.39 42.17	300m: 4:01.10 42.39	400m: 5:19.69 38.31	
3.	SZYMIK Piotr	49	Wodnik Siemianowice Œel'skie	5:23.67	535
	50m: 34.98 34.98	150m: 1:56.33 42.39	250m: 3:20.71 42.84	350m: 4:44.35 41.88	
	100m: 1:13.94 38.96	200m: 2:37.87 41.54	300m: 4:02.47 41.76	400m: 5:23.67 39.32	
4.	NOWICKI Robert	46	Warszawa	6:51.05	261
	50m: 44.81 44.81	150m: 2:27.21 52.37	250m: 4:14.36 53.46	350m: 6:00.43 53.08	
	100m: 1:34.84 50.03	200m: 3:20.90 53.69	300m: 5:07.35 52.99	400m: 6:51.05 50.62	

50 - 54 lat

1.	GABIEC Mariusz	51	Sopot Masters	4:50.00	792
	<i>Rekord Polski</i>				
	50m: 32.83 32.83	150m: 1:45.13 36.45	250m: 2:59.29 37.15	350m: 4:13.71 37.25	
	100m: 1:08.68 35.85	200m: 2:22.14 37.01	300m: 3:36.46 37.17	400m: 4:50.00 36.29	
2.	MAJCHRZAKOWSKI Andrzej	51	Toruńczyk Masters Toruń	5:19.61	592
	50m: 34.81 34.81	150m: 1:53.86 40.66	250m: 3:17.45 41.70	350m: 4:40.58 41.39	
	100m: 1:13.20 38.39	200m: 2:35.75 41.89	300m: 3:59.19 41.74	400m: 5:19.61 39.03	
3.	BIRECKI Roman	54	TP Masters Opole	5:32.62	525
	50m: 36.76 36.76	150m: 2:00.08 42.22	250m: 3:26.12 43.42	350m: 4:51.36 42.57	
	100m: 1:17.86 41.10	200m: 2:42.70 42.62	300m: 4:08.79 42.67	400m: 5:32.62 41.26	
4.	BENDIG Jerzy	51	Sopot Masters	5:47.42	461
	50m: 40.18 40.18	150m: 2:06.29 43.81	250m: 3:36.51 45.15	350m: 5:04.73 43.89	
	100m: 1:22.48 42.30	200m: 2:51.36 45.07	300m: 4:20.84 44.33	400m: 5:47.42 42.69	
5.	NAJGEBURSKI Stefan	52	Salos Cortile Kielce	5:51.98	443
	50m: 39.55 39.55	150m: 2:09.60 46.14	250m: 3:40.46 46.40	350m: 5:09.47 44.70	
	100m: 1:23.46 43.91	200m: 2:54.06 44.46	300m: 4:24.77 44.31	400m: 5:51.98 42.51	
6.	PALEOLOG Jerzy	54	MTP Lublinianka	5:58.79	418
	50m: 39.38 39.38	150m: 2:08.68 45.26	250m: 3:41.30 46.24	350m: 5:13.75 46.08	
	100m: 1:23.42 44.04	200m: 2:55.06 46.38	300m: 4:27.67 46.37	400m: 5:58.79 45.04	
7.	GRYBOŒ Andrzej	51	WOPR Sport - Figielski Warszawa	6:07.06	391
	50m: 38.82 38.82	150m: 2:10.24 46.95	250m: 3:45.85 46.98	350m: 5:20.52 46.53	
	100m: 1:23.29 44.47	200m: 2:58.87 48.63	300m: 4:33.99 48.14	400m: 6:07.06 46.54	
8.	PACIORKOWSKI Emil	51	Czêstochowa	6:13.23	371
	50m: 40.70 40.70	150m: 2:14.33 48.15	250m: 3:53.01 49.12	350m: 5:30.78 48.59	
	100m: 1:26.18 45.48	200m: 3:03.89 49.56	300m: 4:42.19 49.18	400m: 6:13.23 42.45	
9.	TATARCZUK Ryszard	50	Masters WOPR Kêdzierzyn KoŸle	6:13.91	369
	50m: 41.15 41.15	150m: 2:14.82 47.50	250m: 3:52.53 49.18	350m: 5:29.16 48.39	
	100m: 1:27.32 46.17	200m: 3:03.35 48.53	300m: 4:40.77 48.24	400m: 6:13.91 44.75	
10.	CIEKLIŃSKI Wies³aw	52	Rzeszów	6:24.85	339
	50m: 38.22 38.22	150m: 2:13.52 49.15	250m: 3:50.00 49.00	350m: 5:38.29 50.48	
	100m: 1:24.37 46.15	200m: 3:04.14 50.62	300m: 4:47.81 49.00	400m: 6:24.85 46.56	
11.	CZUPRYN Wojciech	51	WOPR Sport - Figielski Warszawa	6:40.94	300
	50m: 42.85 42.85	150m: 2:23.20 51.29	250m: 4:00.00 49.00	350m: 5:30.00 49.00	
	100m: 1:31.91 49.06	200m: 3:16.25 53.05	300m: 5:01.54 49.00	400m: 6:40.94 49.00	
12.	ŁATECKI W³odzimierz	52	Zgiersko - Łêczyckie WOPR	7:39.18	199
	50m: 47.68 47.68	150m: 2:41.50 52.00	250m: 4:40.60 59.97	350m: 6:41.27 59.99	
	100m: 1:30.00 42.00	200m: 3:40.63 59.13	300m: 5:41.28 1:00.68	400m: 7:39.18 57.91	

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

Konkurencja 40, Mężczyzn, 400m dowolny

55 - 59 lat

1.	WARCHOŁ Mirosław	56	WMT Warszawa	4:59.09	877
	<i>Rekord Polski</i>				
	50m: 34.52 34.52	150m: 1:49.53 37.35	250m: 3:04.82 37.82	350m: 4:21.42 38.29	
	100m: 1:12.18 37.66	200m: 2:27.00 37.47	300m: 3:43.13 38.31	400m: 4:59.09 37.67	
2.	KUBICKI Leszek	56	Masters Gdynia	5:45.45	569
	50m: 36.15 36.15	150m: 2:01.36 44.46	250m: 3:31.19 45.19	350m: 5:01.98 44.81	
	100m: 1:16.90 40.75	200m: 2:46.00 44.64	300m: 4:17.17 45.98	400m: 5:45.45 43.47	
3.	FIGIELSKI Grzegorz	56	WOPR Sport - Figielski Warszawa	5:57.29	514
	50m: 38.10 38.10	150m: 2:05.47 44.94	250m: 3:38.00 47.04	350m: 5:12.59 47.64	
	100m: 1:20.53 42.43	200m: 2:50.96 45.49	300m: 4:24.95 46.95	400m: 5:57.29 44.70	
4.	IRCZYK Leon	58	ZZG Rydułtowy-Anna Rydułtowy	7:14.68	285
	50m: 46.97 46.97	150m: 2:40.02 57.06	250m: 4:32.74 55.73	350m: 6:23.87 54.72	
	100m: 1:42.96 55.99	200m: 3:37.01 56.99	300m: 5:29.15 56.41	400m: 7:14.68 50.81	

60 - 64 lat

1.	MLECZKO Andrzej	62	KS TS Masters Wisła Kraków	6:18.99	472
	50m: 41.34 41.34	150m: 2:29.08 53.72	250m: 3:56.06 49.23	350m: 5:34.67 51.36	
	100m: 1:27.67 46.33	200m: 3:06.83 55.64	300m: 4:43.31 47.25	400m: 6:18.99 44.32	
2.	WOLNIEWICZ Janusz	61	Oborniki	7:07.99	327
	50m: 44.59 44.59	150m: 2:29.08 53.72	250m: 4:21.10 56.38	350m: 6:14.90 57.03	
	100m: 1:35.36 50.77	200m: 3:24.72 55.64	300m: 5:17.87 56.77	400m: 7:07.99 53.09	
3.	BANTKOWSKI Jan	60	Toruńczyk Masters Toruń	7:46.04	253
	50m: 52.03 52.03	150m: 2:49.20 1:00.45	250m: 4:52.93 1:02.80	350m: 6:52.74 58.41	
	100m: 1:48.75 56.72	200m: 3:50.13 1:00.93	300m: 5:54.33 1:01.40	400m: 7:46.04 53.30	
4.	JAWOR Bogdan	62	UKS Murena Polkowice	8:46.35	176
	50m: 53.62 53.62	150m: 3:09.88 1:09.92	250m: 5:24.45 1:07.96	350m: 7:41.24 1:05.02	
	100m: 1:59.96 1:06.34	200m: 4:16.49 1:06.61	300m: 6:36.22 1:11.77	400m: 8:46.35 1:05.11	

65 - 69 lat

1.	DEDESZKO - WIERCIŃSKI Kazimierz	66	MTP Lublinianka	6:09.62	693
	50m: 42.21 42.21	150m: 2:14.23 46.17	250m: 3:46.55 46.06	350m: 5:23.84 48.93	
	100m: 1:28.06 45.85	200m: 3:00.49 46.26	300m: 4:34.91 48.36	400m: 6:09.62 45.78	

70 - 74 lat

1.	LEWANDOWSKI Zygmunt	72	OSiR Inowrocław	6:52.61	530
	50m: 45.40 45.40	150m: 2:27.83 51.93	250m: 4:15.54 53.54	350m: 6:02.39 53.68	
	100m: 1:35.90 50.50	200m: 3:22.00 54.17	300m: 5:08.71 53.17	400m: 6:52.61 50.22	
2.	SIELSKI Ryszard	72	WMT Warszawa	7:58.92	339
	50m: 54.35 54.35	150m: 2:53.84 1:00.67	250m: 4:55.86 1:01.18	350m: 6:58.70 1:01.94	
	100m: 1:53.17 58.82	200m: 3:54.68 1:00.84	300m: 5:56.76 1:00.90	400m: 7:58.92 1:00.22	

75 - 79 lat

1.	FROM Kazimierz	77	Masters Kutno	11:08.14	160
	50m: 1:13.07 1:13.07	150m: 3:52.77 1:21.94	250m: 6:45.66 1:28.83	350m: 9:43.63 1:30.20	
	100m: 2:30.83 1:17.76	200m: 5:16.83 1:24.06	300m: 8:13.43 1:27.77	400m: 11:08.14 1:24.51	
2.	KASPEREK Józef	78	TP Masters Opole	12:47.83	105
	50m: 1:20.62 1:20.62	150m: 4:39.56 1:39.53	250m: 7:59.77 1:40.65	350m: 11:17.20 1:38.88	
	100m: 3:00.03 1:39.41	200m: 6:19.12 1:39.56	300m: 9:38.32 1:38.55	400m: 12:47.83 1:30.63	
PK	BUJAK Kacper	11	MTP Lublinianka	5:34.57	337
	50m: 38.49 38.49	150m: 2:03.16 42.47	250m: 3:27.86 42.32	350m: 4:52.50 42.38	
	100m: 1:20.69 42.20	200m: 2:45.54 42.38	300m: 4:10.12 42.26	400m: 5:34.57 42.07	