

Mistrzostwa Polski Masters
Gliwice, 7. - 9.5.2010

Konkurencja 20
2010-05-08 - 12:10

Mężczyzn, 400m zmienny

25 lat i starsi
Wyniki

Punkty: DSV Masters 04

Pozycja			Wiek					Czas	Pkt.	
25 - 29 lat										
1.	RADOMSKI, GRZEGORZ		26	Tp Masters Opole				5:01.94	730	
	50m:	32.41 32.41	150m:	1:48.17	37.08	250m:	3:07.17	41.34	350m:	4:26.34 36.63
	100m:	1:11.09 38.68	200m:	2:25.83	37.66	300m:	3:49.71	42.54	400m:	5:01.94 35.60
2.	KOZIOŁ, Tomasz		27	Uks Wodnik 29 Katowice				5:52.28	459	
	50m:	34.51 34.51	150m:	2:04.24	47.70	250m:	3:40.44	48.99	350m:	5:11.70 41.51
	100m:	1:16.54 42.03	200m:	2:51.45	47.21	300m:	4:30.19	49.75	400m:	5:52.28 40.58
3.	TOMCZYK, Konrad		29	WOPR Warszawa				5:54.39	451	
	50m:	33.68 33.68	150m:	2:02.57	48.02	250m:	3:39.65	50.73	350m:	5:12.90 41.96
	100m:	1:14.55 40.87	200m:	2:48.92	46.35	300m:	4:30.94	51.29	400m:	5:54.39 41.49
4.	DMYTRO, BORODAI		27	Ks Warta Poznań				6:30.50	337	
	50m:	38.41 38.41	150m:	2:14.94	47.67	250m:	4:00.13	57.16	350m:	5:44.54 44.84
	100m:	1:27.27 48.86	200m:	3:02.97	48.03	300m:	4:59.70	59.57	400m:	6:30.50 45.96
30 - 34 lat										
1.	CIECIELŃSKI, Paweł ³		34	Motyl St.Wola				6:32.94	341	
	50m:	44.64 44.64	150m:	2:26.93	51.84	250m:	4:12.03	51.80	350m:	5:49.30 45.50
	100m:	1:35.09 50.45	200m:	3:20.23	53.30	300m:	5:03.80	51.77	400m:	6:32.94 43.64
2.	POPIELIŃSKI, Fryderyk		34	MASTERS Boleśawiec				7:49.18	200	
	50m:	51.32 51.32	150m:	2:47.56	56.34	250m:	4:51.00	1:01.61	350m:	6:53.15 58.53
	100m:	1:51.22 59.90	200m:	3:49.39	1:01.83	300m:	5:54.62	1:03.62	400m:	7:49.18 56.03
35 - 39 lat										
1.	PYRÆ, Szymon		37	Kraków				5:32.88	630	
	50m:	32.57 32.57	150m:	1:58.25	47.04	250m:	3:30.75	47.86	350m:	4:57.69 38.59
	100m:	1:11.21 38.64	200m:	2:42.89	44.64	300m:	4:19.10	48.35	400m:	5:32.88 35.19
2.	JAWIEŃ, Krzysztof		39	Straż Miejska Kraków				5:46.14	560	
	50m:	34.70 34.70	150m:	2:03.78	48.81	250m:	3:38.57	47.08	350m:	5:06.51 40.84
	100m:	1:14.97 40.27	200m:	2:51.49	47.71	300m:	4:25.67	47.10	400m:	5:46.14 39.63
3.	ŁAWRYNOWICZ, Adam		37	M.S.P Dwójka Tczew				5:47.70	553	
	50m:	33.39 33.39	150m:	2:00.53	47.91	250m:	3:37.59	51.37	350m:	5:08.74 40.00
	100m:	1:12.62 39.23	200m:	2:46.22	45.69	300m:	4:28.74	51.15	400m:	5:47.70 38.96
4.	GUDWAŃSKI, Krzysztof		38	TP "UBOT" K-Koźle				6:14.11	443	
	50m:	37.18 37.18	150m:	2:14.24	50.28	250m:	3:55.73	51.61	350m:	5:33.50 44.98
	100m:	1:23.96 46.78	200m:	3:04.12	49.88	300m:	4:48.52	52.79	400m:	6:14.11 40.61
5.	SCHROEDER, Dominik		39	TS Wisła Kraków				6:25.44	405	
	50m:	37.41 37.41	150m:	2:15.95	52.07	250m:	4:03.23	59.49	350m:	5:44.77 42.50
	100m:	1:23.88 46.47	200m:	3:03.74	47.79	300m:	5:02.27	59.04	400m:	6:25.44 40.67
6.	KALBARCZYK, Waldemar		39	Motyl St.Wola				6:28.46	396	
	50m:	40.10 40.10	150m:	2:20.60	50.51	250m:	4:04.78	56.49	350m:	5:45.81 43.87
	100m:	1:30.09 49.99	200m:	3:08.29	47.69	300m:	5:01.94	57.16	400m:	6:28.46 42.65
7.	SZUREK, Sławomir		39	ZZG przy KWK Rydułtowy				7:25.15	263	
	50m:	49.01 49.01	150m:	2:46.13	1:03.24	250m:	4:46.02	59.86	350m:	6:37.14 49.99
	100m:	1:42.89 53.88	200m:	3:46.16	1:00.03	300m:	5:47.15	1:01.13	400m:	7:25.15 48.01
40 - 44 lat										
1.	STANEK, Grzegorz		42	O.R.S. Opole				5:14.54	811	
	50m:	32.34 32.34	150m:	1:53.84	41.31	250m:	3:18.39	44.47	350m:	4:40.19 36.13
	100m:	1:12.53 40.19	200m:	2:33.92	40.08	300m:	4:04.06	45.67	400m:	5:14.54 34.35

Mistrzostwa Polski Masters
Gliwice, 7. - 9.5.2010

Konkurencja 20, Mężczyzn, 400m zmienny, 40 - 44 lat

Pozycja			Wiek				Czas				Pkt.	
2.	MONCZAK, Piotr		43				SSI Start Poznań				5:32.33	687
	50m:	33.60	33.60	150m:	1:57.19	43.77	250m:	3:29.14	48.33	350m:	4:56.18	38.01
	100m:	1:13.42	39.82	200m:	2:40.81	43.62	300m:	4:18.17	49.03	400m:	5:32.33	36.15
3.	OTLIK, Marian		44				ZZG przy KWK Rydułtowy				7:15.97	304
	50m:	41.68	41.68	150m:	2:41.48	1:02.56	250m:	4:42.91	1:00.34	350m:	6:32.06	46.45
	100m:	1:38.92	57.24	200m:	3:42.57	1:01.09	300m:	5:45.61	1:02.70	400m:	7:15.97	43.91
4.	MARKOWSKI, Robert		44				MASTERS Boleśławiec				7:48.75	245
	50m:	46.59	46.59	150m:	2:47.74	1:02.15	250m:	4:53.95	1:03.42	350m:	6:53.35	55.75
	100m:	1:45.59	59.00	200m:	3:50.53	1:02.79	300m:	5:57.60	1:03.65	400m:	7:48.75	55.40

45 - 49 lat

1.	TUOMAS, Arturas		49				Takas Kaunas				6:06.12	571
	<i>Rekord Polski kat. 45-49 lat</i>											
	50m:	36.63	36.63	150m:	2:07.28	49.43	250m:	3:49.84	53.39	350m:	5:25.64	42.66
	100m:	1:17.85	41.22	200m:	2:56.45	49.17	300m:	4:42.98	53.14	400m:	6:06.12	40.48
2.	NIEDWIED, Tomasz		47				Zgiersko-Łęczycki WOPR				8:07.44	242
	50m:	53.51	53.51	150m:	3:03.85	1:08.38	250m:	5:14.94	1:02.63	350m:	7:13.91	55.40
	100m:	1:55.47	1:01.96	200m:	4:12.31	1:08.46	300m:	6:18.51	1:03.57	400m:	8:07.44	53.53

50 - 54 lat

1.	WOLNY, Dariusz		50				Redeco Wrocław				5:20.34	962
	<i>Rekord Polski kat. 50-54 lat</i>											
	50m:	33.30	33.30	150m:	1:51.25	39.80	250m:	3:18.65	47.42	350m:	4:43.29	37.77
	100m:	1:11.45	38.15	200m:	2:31.23	39.98	300m:	4:05.52	46.87	400m:	5:20.34	37.05
2.	KAWECKI, Krzysztof		53				AZS WSG Astoria Bydgoszcz				6:09.33	628
	50m:	42.05	42.05	150m:	2:18.42	46.86	250m:	3:55.70	52.05	350m:	5:27.87	40.78
	100m:	1:31.56	49.51	200m:	3:03.65	45.23	300m:	4:47.09	51.39	400m:	6:09.33	41.46
3.	SZYMIK, Piotr		50				Wodnik Siemianowice				6:18.34	584
	50m:	43.23	43.23	150m:	2:23.23	50.02	250m:	4:03.60	52.94	350m:	5:37.39	41.43
	100m:	1:33.21	49.98	200m:	3:10.66	47.43	300m:	4:55.96	52.36	400m:	6:18.34	40.95
4.	PIECHULA, Adolf		53				Racibórz				6:33.74	518
	50m:	42.67	42.67	150m:	2:25.94	50.42	250m:	4:14.29	57.82	350m:	5:52.39	43.61
	100m:	1:35.52	52.85	200m:	3:16.47	50.53	300m:	5:08.78	54.49	400m:	6:33.74	41.35
5.	NAJGEBURSKI, Stefan		53				SI Salos Cortile				6:51.11	455
	50m:	44.57	44.57	150m:	2:35.16	55.20	250m:	4:24.96	56.06	350m:	6:06.75	44.82
	100m:	1:39.96	55.39	200m:	3:28.90	53.74	300m:	5:21.93	56.97	400m:	6:51.11	44.36
6.	PUCHALSKI, Bogdan		54				MASTERS Polkowice				8:29.67	239
	50m:	55.03	55.03	150m:	3:22.00	1:17.38	250m:	5:37.83	1:02.65	350m:	7:36.66	55.93
	100m:	2:04.62	1:09.59	200m:	4:35.18	1:13.18	300m:	6:40.73	1:02.90	400m:	8:29.67	53.01

55 - 59 lat

1.	PIETRASZEWSKI, Zbigniew		55				TS Olimpia Poznań				6:37.72	613
	50m:	45.01	45.01	150m:	2:28.40	49.32	250m:	4:09.90	53.08	350m:	5:51.90	48.19
	100m:	1:39.08	54.07	200m:	3:16.82	48.42	300m:	5:03.71	53.81	400m:	6:37.72	45.82
2.	NOWAK, MICHAŁ		58				UCSiR Warszawa				7:01.21	516
	50m:	43.32	43.32	150m:	2:31.12	53.59	250m:	4:19.89	54.58	350m:	6:10.01	53.34
	100m:	1:37.53	54.21	200m:	3:25.31	54.19	300m:	5:16.67	56.78	400m:	7:01.21	51.20
3.	BRYNIAK, JAN		57				Tp Masters Opole				7:04.15	506
	50m:	44.30	44.30	150m:	2:33.23	58.86	250m:	4:29.81	55.00	350m:	6:14.17	48.77
	100m:	1:34.37	50.07	200m:	3:34.81	1:01.58	300m:	5:25.40	55.59	400m:	7:04.15	49.98
4.	FIGIELSKI, Grzegorz		57				WOPR Warszawa				7:14.32	471
	50m:	47.76	47.76	150m:	2:41.62	58.37	250m:	4:43.44	1:03.19	350m:	6:31.24	45.19
	100m:	1:43.25	55.49	200m:	3:40.25	58.63	300m:	5:46.05	1:02.61	400m:	7:14.32	43.08

Mistrzostwa Polski Masters
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Konkurencja 20, Mężczyzn, 400m zmienny, 55 - 59 lat

Pozycja	Wiek								Czas	Pkt.	
5. WASIUK, Janusz	57 Masters-Kracenik								9:02.02	242	
50m:	1:04.91	1:04.91	150m:	3:29.64	1:09.98	250m:	5:47.91	1:08.25	350m:	8:02.90	1:06.61
100m:	2:19.66	1:14.75	200m:	4:39.66	1:10.02	300m:	6:56.29	1:08.38	400m:	9:02.02	59.12

60 - 64 lat

1. MIKOŁAJCZYK, Czesław	60 WKS FLOTA Gdynia								8:09.48	360	
50m:	58.95	58.95	150m:	3:17.61	1:09.03	250m:	5:27.58	59.58	350m:	7:19.26	52.20
100m:	2:08.58	1:09.63	200m:	4:28.00	1:10.39	300m:	6:27.06	59.48	400m:	8:09.48	50.22
2. SWOBODA, Jerzy	61 Motyl St.Wola								8:25.46	327	
50m:	54.14	54.14	150m:	3:05.66	1:04.64	250m:	5:17.75	1:05.56	350m:	7:25.02	1:02.02
100m:	2:01.02	1:06.88	200m:	4:12.19	1:06.53	300m:	6:23.00	1:05.25	400m:	8:25.46	1:00.44
3. FILIPIAK, Fabian	62 WOPR Warszawa								8:44.16	293	
50m:	59.80	59.80	150m:	3:12.92	1:04.47	250m:	5:30.51	1:15.51	350m:	7:44.96	59.67
100m:	2:08.45	1:08.65	200m:	4:15.00	1:02.08	300m:	6:45.29	1:14.78	400m:	8:44.16	59.20
4. DASZYŃSKI, Andrzej	62 MASTERS Boleśawiec								8:58.81	269	
50m:	56.53	56.53	150m:	3:14.18	1:08.94	250m:	5:40.77	1:15.97	350m:	7:58.45	1:02.48
100m:	2:05.24	1:08.71	200m:	4:24.80	1:10.62	300m:	6:55.97	1:15.20	400m:	8:58.81	1:00.36

65 - 69 lat

1. RÓŃSKI, Józef	65 MOSiR Ostrowiec Œw.								7:24.63	595	
50m:	49.86	49.86	150m:	2:48.84	59.39	250m:	4:47.18	59.52	350m:	6:36.23	48.20
100m:	1:49.45	59.59	200m:	3:47.66	58.82	300m:	5:48.03	1:00.85	400m:	7:24.63	48.40

70 - 74 lat

1. SIELSKI, Ryszard	73 Warsaw Masters Team								9:07.37	378	
50m:	1:05.79	1:05.79	150m:	3:30.28	1:12.49	250m:	5:49.01	1:08.29	350m:	8:06.58	1:04.27
100m:	2:17.79	1:12.00	200m:	4:40.72	1:10.44	300m:	7:02.31	1:13.30	400m:	9:07.37	1:00.79
DYSKW. BUGLA, Rudolf	70 ZZG przy KWK Rydułtowy								9:12.26		
50m:	57.46	57.46	150m:	3:15.27	1:07.75	250m:	5:45.27	1:12.44	350m:	8:05.47	1:12.63
100m:	2:07.52	1:10.06	200m:	4:32.83	1:17.56	300m:	6:52.84	1:07.57	400m:	9:12.26	1:06.79