

Mistrzostwa Polski Masters
Gliwice, 7. - 9.5.2010

Konkurencja 38
2010-05-09 - 12:30

Mężczyzn, 400m dowolny

25 lat i starsi
Wyniki

Punkty: DSV Masters 04

Pozycja			Wiek					Czas	Pkt.
25 - 29 lat									
1.	RADOMSKI, GRZEGORZ		26	Tp Masters Opole				4:35.24	675
	<i>Rekord Polski kat. 25-29 lat</i>								
	50m:	28.87 28.87	150m:	1:36.14 33.92	250m:	2:46.97 35.72	350m:	3:59.35 35.98	
	100m:	1:02.22 33.35	200m:	2:11.25 35.11	300m:	3:23.37 36.40	400m:	4:35.24 35.89	
2.	HANUZA, Bartłomiej		26	Wroc³awski Park Wodny				5:06.76	487
	50m:	32.41 32.41	150m:	1:45.47 37.18	250m:	3:03.70 39.68	350m:	4:26.24 41.41	
	100m:	1:08.29 35.88	200m:	2:24.02 38.55	300m:	3:44.83 41.13	400m:	5:06.76 40.52	
3.	KOZIOŁ, Tomasz		27	Uks Wodnik 29 Katowice				5:08.59	479
	50m:	34.33 34.33	150m:	1:52.22 39.53	250m:	3:12.25 40.40	350m:	4:31.32 39.19	
	100m:	1:12.69 38.36	200m:	2:31.85 39.63	300m:	3:52.13 39.88	400m:	5:08.59 37.27	
4.	PRZYBYLSKI, Piotr		29	Ć.U.K.S. Polna Warszawa				5:21.72	422
	50m:	34.66 34.66	150m:	1:53.11 39.96	250m:	3:17.10 42.60	350m:	4:42.15 42.39	
	100m:	1:13.15 38.49	200m:	2:34.50 41.39	300m:	3:59.76 42.66	400m:	5:21.72 39.57	
30 - 34 lat									
1.	PROTASCIUK, Pavel		31	Takas Kaunas				4:46.92	590
	50m:	32.03 32.03	150m:	1:44.48 36.32	250m:	2:57.17 36.36	350m:	4:10.69 36.92	
	100m:	1:08.16 36.13	200m:	2:20.81 36.33	300m:	3:33.77 36.60	400m:	4:46.92 36.23	
2.	MYKOWSKI, Marcin		32	M.S.P Dwójka Tczew				4:49.65	573
	50m:	32.44 32.44	150m:	1:45.89 37.17	250m:	3:01.18 37.71	350m:	4:15.58 36.39	
	100m:	1:08.72 36.28	200m:	2:23.47 37.58	300m:	3:39.19 38.01	400m:	4:49.65 34.07	
3.	PAWŁOWSKI, Krzysztof		33	Motyl St.Wola				5:42.25	347
	50m:	36.87 36.87	150m:	2:02.55 43.20	250m:	3:32.35 45.12	350m:	5:01.64 44.50	
	100m:	1:19.35 42.48	200m:	2:47.23 44.68	300m:	4:17.14 44.79	400m:	5:42.25 40.61	
4.	POPIELIŃSKI, Fryderyk		34	MASTERS Bole³awiec				5:50.93	322
	50m:	37.80 37.80	150m:	2:03.53 44.43	250m:	3:35.21 45.82	350m:	5:07.56 45.94	
	100m:	1:19.10 41.30	200m:	2:49.39 45.86	300m:	4:21.62 46.41	400m:	5:50.93 43.37	
5.	SOBCZAK, Wojciech		30	Redeco Wroc³aw				5:59.15	300
	50m:	36.63 36.63	150m:	2:04.30 45.26	250m:	3:40.01 48.43	350m:	5:14.38 46.33	
	100m:	1:19.04 42.41	200m:	2:51.58 47.28	300m:	4:28.05 48.04	400m:	5:59.15 44.77	
35 - 39 lat									
1.	OPALIŃSKI, Pawe³		36	Motyl St.Wola				5:23.53	436
	50m:	34.38 34.38	150m:	1:54.90 41.74	250m:	3:19.90 42.59	350m:	4:45.56 42.71	
	100m:	1:13.16 38.78	200m:	2:37.31 42.41	300m:	4:02.85 42.95	400m:	5:23.53 37.97	
2.	KALBARCZYK, Waldemar		39	Motyl St.Wola				5:38.28	381
	50m:	36.81 36.81	150m:	2:01.61 43.19	250m:	3:28.53 43.44	350m:	4:56.97 44.59	
	100m:	1:18.42 41.61	200m:	2:45.09 43.48	300m:	4:12.38 43.85	400m:	5:38.28 41.31	
3.	PATERA, Jacek		39	MASTERS Bole³awiec				6:07.70	297
	50m:	37.14 37.14	150m:	2:02.37 44.25	250m:	3:37.40 47.77	350m:	5:17.09 48.98	
	100m:	1:18.12 40.98	200m:	2:49.63 47.26	300m:	4:28.11 50.71	400m:	6:07.70 50.61	
4.	WOŃNICKI, Robert		38	MKP Szczecin				6:08.11	296
	50m:	41.76 41.76	150m:	2:13.17 46.26	250m:	3:49.39 48.07	350m:	5:24.44 47.27	
	100m:	1:26.91 45.15	200m:	3:01.32 48.15	300m:	4:37.17 47.78	400m:	6:08.11 43.67	
5.	NOWAK, Rafa³		35	Czêstochowa				6:09.23	293
	50m:	41.62 41.62	150m:	2:14.14 47.13	250m:	3:49.80 47.97	350m:	5:24.62 46.90	
	100m:	1:27.01 45.39	200m:	3:01.83 47.69	300m:	4:37.72 47.92	400m:	6:09.23 44.61	
6.	SZUREK, S³awomir		39	ZZG przy KWK Rydu³towy				6:30.50	248
	50m:	39.76 39.76	150m:	2:15.34 49.05	250m:	3:58.28 51.88	350m:	5:41.91 52.00	
	100m:	1:26.29 46.53	200m:	3:06.40 51.06	300m:	4:49.91 51.63	400m:	6:30.50 48.59	

Mistrzostwa Polski Masters
Gliwice, 7. - 9.5.2010

Konkurencja 38, Mężczyzn, 400m dowolny, 35 - 39 lat

Pozycja			Wiek					Czas	Pkt.		
7.	GREGORCZUK, Jacek		38	Masters Bia³ystok				6:35.12	239		
	50m:	47.30 47.30	150m:	2:33.83	52.61	250m:	4:16.96	50.36	350m:	5:55.99	47.88
	100m:	1:41.22 53.92	200m:	3:26.60	52.77	300m:	5:08.11	51.15	400m:	6:35.12	39.13

40 - 44 lat

1.	STANEK, Grzegorz		42	O.R.S. Opole				4:37.56	741		
	50m:	31.86 31.86	150m:	1:41.37	35.05	250m:	2:52.43	35.25	350m:	4:04.17	35.85
	100m:	1:06.32 34.46	200m:	2:17.18	35.81	300m:	3:28.32	35.89	400m:	4:37.56	33.39
2.	MONCZAK, Piotr		43	SSI Start Poznañ				4:50.84	644		
	50m:	32.91 32.91	150m:	1:45.94	37.08	250m:	3:00.84	37.55	350m:	4:16.38	37.74
	100m:	1:08.86 35.95	200m:	2:23.29	37.35	300m:	3:38.64	37.80	400m:	4:50.84	34.46
3.	PASIECZNY, Andrzej		44	Victory Masters Elbl¹g				4:54.21	622		
	50m:	32.46 32.46	150m:	1:44.97	36.90	250m:	3:00.64	37.96	350m:	4:17.07	38.33
	100m:	1:08.07 35.61	200m:	2:22.68	37.71	300m:	3:38.74	38.10	400m:	4:54.21	37.14
4.	KOWALEWSKI, Pawe³		44	Warsaw Masters Team				5:07.56	544		
	50m:	34.69 34.69	150m:	1:51.71	38.70	250m:	3:10.48	39.41	350m:	4:29.36	39.33
	100m:	1:13.01 38.32	200m:	2:31.07	39.36	300m:	3:50.03	39.55	400m:	5:07.56	38.20
5.	SKOCZYLAS, Tomasz		44	Uks Wodnik 29 Katowice				5:25.31	460		
	50m:	34.37 34.37	150m:	1:55.99	41.67	250m:	3:20.52	42.76	350m:	4:44.96	42.33
	100m:	1:14.32 39.95	200m:	2:37.76	41.77	300m:	4:02.63	42.11	400m:	5:25.31	40.35
6.	STRZELCZYK, S³awomir		41	TP "UBOT" K-Ko¿le				5:55.05	354		
	50m:	36.85 36.85	150m:	2:03.50	44.64	250m:	3:35.70	46.45	350m:	5:10.04	47.15
	100m:	1:18.86 42.01	200m:	2:49.25	45.75	300m:	4:22.89	47.19	400m:	5:55.05	45.01
7.	•URCZAK, Tomasz		41	Niezrzeszony				6:09.66	313		
	50m:	37.22 37.22	150m:	2:08.68	46.91	250m:	3:45.38	48.82	350m:	5:22.95	49.17
	100m:	1:21.77 44.55	200m:	2:56.56	47.88	300m:	4:33.78	48.40	400m:	6:09.66	46.71
8.	ZACH, Pawe³		42	ENTRE.PL Team				6:23.87	280		
	50m:	44.41 44.41	150m:	2:24.02	50.18	250m:	4:01.87	48.70	350m:	5:37.75	48.04
	100m:	1:33.84 49.43	200m:	3:13.17	49.15	300m:	4:49.71	47.84	400m:	6:23.87	46.12
9.	MARKOWSKI, Robert		44	MASTERS Bole³awiec				6:39.02	249		
	50m:	41.31 41.31	150m:	2:20.98	51.09	250m:	4:05.55	52.26	350m:	5:50.99	52.91
	100m:	1:29.89 48.58	200m:	3:13.29	52.31	300m:	4:58.08	52.53	400m:	6:39.02	48.03
10.	STACHURSKI, Ireneusz		41	MOSiR Czêstochowa				6:52.35	226		
	50m:	44.29 44.29	150m:	2:27.44	53.80	250m:	4:15.18	54.46	350m:	6:02.06	53.82
	100m:	1:33.64 49.35	200m:	3:20.72	53.28	300m:	5:08.24	53.06	400m:	6:52.35	50.29

45 - 49 lat

1.	LATECKI, Grzegorz		45	Victory Masters Elbl¹g				5:28.34	512		
	50m:	36.83 36.83	150m:	1:59.02	41.84	250m:	3:23.95	42.22	350m:	4:49.05	42.37
	100m:	1:17.18 40.35	200m:	2:41.73	42.71	300m:	4:06.68	42.73	400m:	5:28.34	39.29
2.	KANIA, Waldemar		48	O.R.S. Opole				5:41.40	456		
	50m:	37.93 37.93	150m:	2:05.22	44.57	250m:	3:34.71	44.26	350m:	5:01.83	43.09
	100m:	1:20.65 42.72	200m:	2:50.45	45.23	300m:	4:18.74	44.03	400m:	5:41.40	39.57
3.	THIEM, JACEK		47	Ks Warta Poznañ				6:14.71	344		
	50m:	40.76 40.76	150m:	2:14.92	47.34	250m:	3:50.73	48.62	350m:	5:29.56	49.68
	100m:	1:27.58 46.82	200m:	3:02.11	47.19	300m:	4:39.88	49.15	400m:	6:14.71	45.15
4.	NOWICKI, Robert		47	Niezrzeszony				6:42.28	278		
	50m:	45.19 45.19	150m:	2:27.14	51.76	250m:	4:11.66	51.92	350m:	5:55.12	51.23
	100m:	1:35.38 50.19	200m:	3:19.74	52.60	300m:	5:03.89	52.23	400m:	6:42.28	47.16

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50 - 54 lat

1. GABIEC, MARIUSZ	52	Sopot Masters	5:01.70	704
50m: 34.33 34.33	150m: 1:49.49	38.25 250m: 3:07.07	39.06 350m: 4:25.09	39.07
100m: 1:11.24 36.91	200m: 2:28.01	38.52 300m: 3:46.02	38.95 400m: 5:01.70	36.61
2. LORKOWSKI, Robert	50	Motyl St.Wola	5:42.07	483
50m: 35.40 35.40	150m: 2:03.79	45.54 250m: 3:35.18	45.27 350m: 5:03.53	43.79
100m: 1:18.25 42.85	200m: 2:49.91	46.12 300m: 4:19.74	44.56 400m: 5:42.07	38.54
3. SKRZYPEK, Stefan	54	Redeco Wroc³aw	5:56.06	428
50m: 40.98 40.98	150m: 2:13.16	46.41 250m: 3:44.76	45.15 350m: 5:13.92	44.04
100m: 1:26.75 45.77	200m: 2:59.61	46.45 300m: 4:29.88	45.12 400m: 5:56.06	42.14
4. WOJTACE, Mariusz	51	Masters-Kracønik	6:03.61	402
50m: 39.07 39.07	150m: 2:10.70	46.68 250m: 3:45.15	47.26 350m: 5:20.24	47.02
100m: 1:24.02 44.95	200m: 2:57.89	47.19 300m: 4:33.22	48.07 400m: 6:03.61	43.37
5. BENDIG, JERZY	52	Sopot Masters	6:05.20	397
50m: 40.78 40.78	150m: 2:12.48	46.48 250m: 3:47.29	47.53 350m: 5:21.81	47.02
100m: 1:26.00 45.22	200m: 2:59.76	47.28 300m: 4:34.79	47.50 400m: 6:05.20	43.39
6. CIS, Andrzej	50	Masters-Kracønik	6:39.33	303
50m: 41.12 41.12	150m: 2:20.70	50.91 250m: 4:09.03	54.07 350m: 5:54.12	52.08
100m: 1:29.79 48.67	200m: 3:14.96	54.26 300m: 5:02.04	53.01 400m: 6:39.33	45.21
7. MIÑSKI, Andrzej	54	WOPR Warszawa	6:43.84	293
50m: 43.27 43.27	150m: 2:25.82	51.76 250m: 4:10.21	52.14 350m: 5:54.52	52.37
100m: 1:34.06 50.79	200m: 3:18.07	52.25 300m: 5:02.15	51.94 400m: 6:43.84	49.32

55 - 59 lat

1. WARCHOŁ, Miros³aw	57	Warsaw Masters Team	5:16.50	740
<i>Rekord Polski kat. 55-59 lat</i>				
50m: 34.70 34.70	150m: 1:51.30	38.92 250m: 3:11.84	40.75 350m: 4:35.11	42.17
100m: 1:12.38 37.68	200m: 2:31.09	39.79 300m: 3:52.94	41.10 400m: 5:16.50	41.39
2. KUBICKI, Leszek	57	Gdynia Masters	5:45.64	568
50m: 36.41 36.41	150m: 2:01.71	43.93 250m: 3:31.54	44.93 350m: 5:02.06	45.35
100m: 1:17.78 41.37	200m: 2:46.61	44.90 300m: 4:16.71	45.17 400m: 5:45.64	43.58
3. DEMETRAKI-PALEOLOG, Jerzy	55	MTP Lublinianka	5:58.70	508
50m: 39.05 39.05	150m: 2:07.46	44.70 250m: 3:40.57	46.13 350m: 5:14.84	47.12
100m: 1:22.76 43.71	200m: 2:54.44	46.98 300m: 4:27.72	47.15 400m: 5:58.70	43.86
4. ŁUKASZEWICZ, Pawe³	55	SSI Start Poznañ	5:58.90	507
50m: 37.78 37.78	150m: 2:05.95	45.00 250m: 3:39.90	47.26 350m: 5:15.53	47.99
100m: 1:20.95 43.17	200m: 2:52.64	46.69 300m: 4:27.54	47.64 400m: 5:58.90	43.37
5. FIGIELSKI, Grzegorz	57	WOPR Warszawa	6:06.70	475
50m: 40.84 40.84	150m: 2:11.23	46.33 250m: 3:45.88	47.69 350m: 5:21.58	48.02
100m: 1:24.90 44.06	200m: 2:58.19	46.96 300m: 4:33.56	47.68 400m: 6:06.70	45.12
6. IRCZYK, Leon	59	ZZG przy KWK Rydu³towy	7:36.63	246
50m: 51.98 51.98	150m: 2:47.00	58.36 250m: 4:43.93	58.79 350m: 6:41.90	58.98
100m: 1:48.64 56.66	200m: 3:45.14	58.14 300m: 5:42.92	58.99 400m: 7:36.63	54.73

60 - 64 lat

1. ZAJFERT, Stanis³aw	62	Niezrzeszony	6:25.39	448
50m: 42.00 42.00	150m: 2:21.68	49.98 250m: 4:01.30	49.57 350m: 5:39.13	48.90
100m: 1:31.70 49.70	200m: 3:11.73	50.05 300m: 4:50.23	48.93 400m: 6:25.39	46.26
2. MLECZKO, Andrzej	63	TS Wis³a Kraków	6:31.73	427
50m: 41.88 41.88	150m: 2:24.04	51.80 250m: 4:07.85	51.99 350m: 5:50.05	49.88
100m: 1:32.24 50.36	200m: 3:15.86	51.82 300m: 5:00.17	52.32 400m: 6:31.73	41.68
3. JARZYNA, W³odzimirz	61	Motyl St.Wola	6:38.81	405
50m: 45.53 45.53	150m: 2:28.81	52.85 250m: 4:11.83	50.59 350m: 5:55.52	51.85
100m: 1:35.96 50.43	200m: 3:21.24	52.43 300m: 5:03.67	51.84 400m: 6:38.81	43.29

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Pozycja									Wiek		Czas	Pkt.
4.	WOLNIEWICZ, Janusz								62	Niezrzeszony	7:41.31	261
	50m:	49.76	49.76	150m:	2:43.45	57.70	250m:	4:41.20	58.95	350m:	6:40.59	59.77
	100m:	1:45.75	55.99	200m:	3:42.25	58.80	300m:	5:40.82	59.62	400m:	7:41.31	1:00.72
5.	DASZYŃSKI, Andrzej								62	MASTERS Bole ³ awiec	8:15.66	211
	50m:	53.25	53.25	150m:	3:03.15	1:05.10	250m:	5:13.01	1:04.35	350m:	7:19.90	1:02.56
	100m:	1:58.05	1:04.80	200m:	4:08.66	1:05.51	300m:	6:17.34	1:04.33	400m:	8:15.66	55.76
6.	GAWLIK, Krzysztof								60	Niezrzeszony	8:34.91	188
	50m:	45.16	45.16	150m:	2:53.99	1:09.46	250m:	5:12.61	1:08.75	350m:	7:29.85	1:08.07
	100m:	1:44.53	59.37	200m:	4:03.86	1:09.87	300m:	6:21.78	1:09.17	400m:	8:34.91	1:05.06
7.	JAWOR, Bogdan								63	MASTERS Polkowice	8:44.91	177
	50m:	56.22	56.22	150m:	3:10.85	1:08.22	250m:	5:27.40	1:07.88	350m:	7:42.95	1:07.10
	100m:	2:02.63	1:06.41	200m:	4:19.52	1:08.67	300m:	6:35.85	1:08.45	400m:	8:44.91	1:01.96

65 - 69 lat

1.	DZIEKOŃSKI, Edward								67	Niezrzeszony	7:53.68	329
	50m:	55.41	55.41	150m:	2:57.37	1:00.55	250m:	5:01.29	1:02.28	350m:	6:58.90	57.26
	100m:	1:56.82	1:01.41	200m:	3:59.01	1:01.64	300m:	6:01.64	1:00.35	400m:	7:53.68	54.78

70 - 74 lat

1.	ZYGMENT, Lewandowski								73	Osir Inowroc ³ aw	6:51.10	536
	50m:	45.38	45.38	150m:	2:28.97	53.21	250m:	4:17.04	53.18	350m:	6:03.73	52.15
	100m:	1:35.76	50.38	200m:	3:23.86	54.89	300m:	5:11.58	54.54	400m:	6:51.10	47.37

75 - 79 lat

1.	LUDWICZAK, Zbigniew								77	Szczecinek	8:53.50	314
	50m:	58.22	58.22	150m:	3:10.58	1:08.38	250m:	5:29.31	1:09.85	350m:	7:48.40	1:09.39
	100m:	2:02.20	1:03.98	200m:	4:19.46	1:08.88	300m:	6:39.01	1:09.70	400m:	8:53.50	1:05.10

80 - 84 lat

1.	KROKOSZYŃSKI, Stanis ³ aw								80	TS Wis ³ a Kraków	6:58.79	952
	<i>Rekord Polski kat. 80-84 lat</i>											
	50m:	44.76	44.76	150m:	2:26.84	52.27	250m:	4:14.20	54.22	350m:	6:03.76	54.99
	100m:	1:34.57	49.81	200m:	3:19.98	53.14	300m:	5:08.77	54.57	400m:	6:58.79	55.03