



Istniejemy
dla Was od 50'lat!



Zimowe Mistrzostwa Polski w Pływaniu w kategorii Masters
Olsztyn, 21- - 23-10-2016

Konkurencja 33
2016-10-22 - 19:39

M czyzn, 400m zmienny

20 - 94 lat
Wyniki

Punkty: FINA 2016

miejsce	klub	rok ur.	Czas	Pkt.
KAT.0, 20-24 lat				
1.	KUCA Przemysław	94 KS Warta Pozna	4:46.27	556
	50m: 28.87 28.87	150m: 1:41.91 38.83	250m: 3:01.13 41.23	350m: 4:15.55 31.98
	100m: 1:03.08 34.21	200m: 2:19.90 37.99	300m: 3:43.57 42.44	400m: 4:46.27 30.72
2.	SZCZUKA Paweł	92 AQUASFERA Masters Olsztyn	5:07.15	450
	50m: 31.12 31.12	150m: 1:47.26 40.10	250m: 3:11.05 43.63	350m: 4:31.76 35.63
	100m: 1:07.16 36.04	200m: 2:27.42 40.16	300m: 3:56.13 45.08	400m: 5:07.15 35.39
3.	MUSIALIK Marcin	94 Zawodnik Niezrzeszony	5:11.49	432
	50m: 32.44 32.44	150m: 1:50.35 39.89	250m: 3:14.34 44.81	350m: 4:36.19 35.81
	100m: 1:10.46 38.02	200m: 2:29.53 39.18	300m: 4:00.38 46.04	400m: 5:11.49 35.30
KAT.A, 25-29 lat				
1.	PE SKO Jan	87 Legia Warszawa	4:52.86	519
	50m: 31.91 31.91	150m: 1:48.14 38.84	250m: 3:05.08 40.67	350m: 4:20.54 34.04
	100m: 1:09.30 37.39	200m: 2:24.41 36.27	300m: 3:46.50 41.42	400m: 4:52.86 32.32
2.	PAŁCZY SKI Mateusz	89 Start Pozna	5:52.02	299
	50m: 34.13 34.13	150m: 1:59.74 44.60	250m: 3:33.26 48.05	350m: 5:08.35 45.54
	100m: 1:15.14 41.01	200m: 2:45.21 45.47	300m: 4:22.81 49.55	400m: 5:52.02 43.67
KAT.B, 30-34 lat				
1.	JAJUGA Dawid	86 MASTERS Zdzeszowice	5:04.28	463
	50m: 30.14 30.14	150m: 1:46.40 39.41	250m: 3:09.56 43.35	350m: 4:29.59 35.76
	100m: 1:06.99 36.85	200m: 2:26.21 39.81	300m: 3:53.83 44.27	400m: 5:04.28 34.69
2.	KODUR Piotr	83 KS Warta Pozna	5:14.73	418
	50m: 30.88 30.88	150m: 1:48.85 41.65	250m: 3:15.72 47.08	350m: 4:40.20 37.65
	100m: 1:07.20 36.32	200m: 2:28.64 39.79	300m: 4:02.55 46.83	400m: 5:14.73 34.53
3.	BRODACKI Maciej	83 Swimming Masters Team Szczecin	5:22.17	390
	50m: 31.70 31.70	150m: 1:51.73 41.35	250m: 3:21.15 47.18	350m: 4:45.74 37.13
	100m: 1:10.38 38.68	200m: 2:33.97 42.24	300m: 4:08.61 47.46	400m: 5:22.17 36.43
4.	KIERES Michał	84 AQUASFERA Masters Olsztyn	5:37.57	339
	50m: 32.33 32.33	150m: 1:58.27 46.82	250m: 3:31.56 45.79	350m: 4:59.76 40.85
	100m: 1:11.45 39.12	200m: 2:45.77 47.50	300m: 4:18.91 47.35	400m: 5:37.57 37.81
KAT.C, 35-39 lat				
1.	KACZMAREK Stanisław	79 KS Warta Pozna	4:59.20	487
	50m: 30.24 30.24	150m: 1:45.90 40.87	250m: 3:08.41 42.60	350m: 4:26.35 34.83
	100m: 1:05.03 34.79	200m: 2:25.81 39.91	300m: 3:51.52 43.11	400m: 4:59.20 32.85
2.	KOZIKOWSKI Michał	80 AQUASFERA Masters Olsztyn	5:30.17	362
	50m: 36.16 36.16	150m: 2:02.86 43.11	250m: 3:27.45 43.28	350m: 4:51.46 40.51
	100m: 1:19.75 43.59	200m: 2:44.17 41.31	300m: 4:10.95 43.50	400m: 5:30.17 38.71
DYSKW.	OSIWAŁA Przemysław Z2/G3	79 MASTERS Zdzeszowice		



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KAT.D, 40-44 lat

1. GREGOROWICZ Paweł	74	AQUASFERA Masters Olsztyn	5:13.78	422
50m: 31.64 31.64	150m: 1:52.23 43.74	250m: 3:18.83 44.82	350m: 4:39.47 35.84	
100m: 1:08.49 36.85	200m: 2:34.01 41.78	300m: 4:03.63 44.80	400m: 5:13.78 34.31	
2. WIKŁA Grzegorz	74	TKKF Koszalin Masters	6:16.66	244
50m: 37.66 37.66	150m: 2:14.66 53.38	250m: 3:59.95 54.73	350m: 5:35.53 41.68	
100m: 1:21.28 43.62	200m: 3:05.22 50.56	300m: 4:53.85 53.90	400m: 6:16.66 41.13	
3. WIERZBIK Bernard	75	Zawodnik Niezrzeszony	6:30.09	220
50m: 37.83 37.83	150m: 2:17.70 51.91	250m: 4:01.95 53.82	350m: 5:45.54 47.21	
100m: 1:25.79 47.96	200m: 3:08.13 50.43	300m: 4:58.33 56.38	400m: 6:30.09 44.55	

KAT.E, 45-49 lat

1. DAROWSKI Piotr	71	UKS Delfin Masters Tarnobrzeg	5:20.73	395
50m: 33.27 33.27	150m: 1:55.58 43.53	250m: 3:21.40 43.06	350m: 4:43.53 38.64	
100m: 1:12.05 38.78	200m: 2:38.34 42.76	300m: 4:04.89 43.49	400m: 5:20.73 37.20	
2. MONCZAK Piotr	67	Start Poznań	5:26.00	376
50m: 34.21 34.21	150m: 1:56.62 42.86	250m: 3:26.81 47.93	350m: 4:51.80 34.99	
100m: 1:13.76 39.55	200m: 2:38.88 42.26	300m: 4:16.81 50.00	400m: 5:26.00 34.20	
3. ŠKODNÝ Pavel	69	SPK Kúpele Piešťany – KUPI	5:37.16	340
50m: 35.38 35.38	150m: 2:00.41 43.64	250m: 3:33.33 50.21	350m: 5:01.35 38.48	
100m: 1:16.77 41.39	200m: 2:43.12 42.71	300m: 4:22.87 49.54	400m: 5:37.16 35.81	
4. SKLYAR Konstantin	68	TG Lage	5:53.50	295
50m: 36.91 36.91	150m: 2:07.83 46.54	250m: 3:44.65 50.63	350m: 5:16.01 39.99	
100m: 1:21.29 44.38	200m: 2:54.02 46.19	300m: 4:36.02 51.37	400m: 5:53.50 37.49	
5. MARKOWICZ Piotr	67	AQUASFERA Masters Olsztyn	6:10.66	256
50m: 36.76 36.76	150m: 2:06.86 47.45	250m: 3:49.04 54.95	350m: 5:29.19 44.83	
100m: 1:19.41 42.65	200m: 2:54.09 47.23	300m: 4:44.36 55.32	400m: 6:10.66 41.47	
6. WILKOWSKI Leszek	71	Sopot Masters	6:43.46	198
50m: 45.33 45.33	150m: 2:29.87 51.70	250m: 4:18.73 57.37	350m: 6:01.17 45.21	
100m: 1:38.17 52.84	200m: 3:21.36 51.49	300m: 5:15.96 57.23	400m: 6:43.46 42.29	

KAT.F, 50-54 lat

1. LATECKI Grzegorz	65	Victory Masters Elbląg	5:42.75	324
50m: 37.27 37.27	150m: 2:03.70 44.11	250m: 3:36.31 48.58	350m: 5:05.46 39.21	
100m: 1:19.59 42.32	200m: 2:47.73 44.03	300m: 4:26.25 49.94	400m: 5:42.75 37.29	
2. KAPAŁCZY SKI Krzysztof	64	Start Poznań	5:55.05	291
50m: 35.79 35.79	150m: 2:07.53 47.44	250m: 3:43.97 51.24	350m: 5:16.68 42.37	
100m: 1:20.09 44.30	200m: 2:52.73 45.20	300m: 4:34.31 50.34	400m: 5:55.05 38.37	
3. JANOVSÝ Jiří	64	Plavecký klub Stráž pod Ralskem	6:08.86	260
50m: 36.95 36.95	150m: 2:09.08 46.80	250m: 3:50.26 55.05	350m: 5:29.12 42.09	
100m: 1:22.28 45.33	200m: 2:55.21 46.13	300m: 4:47.03 56.77	400m: 6:08.86 39.74	
4. LOPIN Grigori	63	Pregel	6:29.67	220
50m: 46.24 46.24	150m: 2:29.93 52.66	250m: 4:11.57 50.95	350m: 5:48.37 44.83	
100m: 1:37.27 51.03	200m: 3:20.62 50.69	300m: 5:03.54 51.97	400m: 6:29.67 41.30	



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KAT.G, 55-59 lat

1. LORKOWSKI Robert	60	MOTYL-SENIOR MOSiR Stalowa Wola	6:16.87	244
50m: 38.65 38.65	150m: 2:12.63 45.78	250m: 3:55.55 57.11	350m: 5:34.39 43.18	
100m: 1:26.85 48.20	200m: 2:58.44 45.81	300m: 4:51.21 55.66	400m: 6:16.87 42.48	
2. KO LIKOWSKI Marek	61	AQUASFERA Masters Olsztyn	6:37.41	208
50m: 41.80 41.80	150m: 2:31.05 56.54	250m: 4:18.08 52.72	350m: 5:55.52 44.76	
100m: 1:34.51 52.71	200m: 3:25.36 54.31	300m: 5:10.76 52.68	400m: 6:37.41 41.89	
3. PIECHULA Adolf	57	AZS PWSZ RACIBÓRZ	6:52.42	186
50m: 42.15 42.15	150m: 2:26.48 54.15	250m: 4:17.83 58.20	350m: 6:03.53 48.16	
100m: 1:32.33 50.18	200m: 3:19.63 53.15	300m: 5:15.37 57.54	400m: 6:52.42 48.89	

KAT.H, 60-64 lat

1. PIETRASZEWSKI Zbigniew	55	TS Olimpia Pozna	6:45.45	195
50m: 49.63 49.63	150m: 2:34.55 47.94	250m: 4:18.56 54.81	350m: 6:00.00 46.08	
100m: 1:46.61 56.98	200m: 3:23.75 49.20	300m: 5:13.92 55.36	400m: 6:45.45 45.45	
2. NOWAK Michał	52	Ursynów Masters	6:53.18	185
50m: 46.61 46.61	150m: 3:30.68 1:48.24	250m: 5:17.40 53.92	350m:	
100m: 1:42.44 55.83	200m: 4:23.48 52.80	300m: 6:53.18 1:35.78	400m: 6:53.18	
3. CIECIOR Jerzy	53	Rydułtowska Akademia Aktywnego Senior:	7:19.95	153
50m: 45.92 45.92	150m: 3:39.30 1:53.75	250m: 5:43.56 1:00.47	350m: 6:31.88	
100m: 1:45.55 59.63	200m: 4:43.09 1:03.79	300m:	400m: 7:19.95 48.07	
4. DUBI SKI Bogdan	53	Zawodnik Niezrzeszony	7:39.14	134
50m: 54.50 54.50	150m: 2:57.04 58.50	250m: 5:00.55 1:07.20	350m: 6:54.44 48.95	
100m: 1:58.54 1:04.04	200m: 3:53.35 56.31	300m: 6:05.49 1:04.94	400m: 7:39.14 44.70	
5. BŁASIAK Janusz	55	UTW Masters Zgierz	9:08.62	79
50m: 59.07 59.07	150m: 3:28.42 1:15.18	250m: 5:59.50 1:19.21	350m: 9:08.62 1:52.59	
100m: 2:13.24 1:14.17	200m: 4:40.29 1:11.87	300m: 7:16.03 1:16.53	400m: 9:08.62	

KAT.I, 65-69 lat

1. MANEVICH Mikhail	48	Raduga	6:48.82	191
50m: 46.68 46.68	150m: 2:36.28 53.51	250m: 4:25.91 56.87	350m: 6:06.82 43.30	
100m: 1:42.77 56.09	200m: 3:29.04 52.76	300m: 5:23.52 57.61	400m: 6:48.82 42.00	
2. MLECZKO Andrzej	47	Masters Korona Kraków	8:27.79	99
50m: 56.12 56.12	150m: 3:13.02 1:10.34	250m: 5:35.45 1:09.30	350m: 7:40.02 52.39	
100m: 2:02.68 1:06.56	200m: 4:26.15 1:13.13	300m: 6:47.63 1:12.18	400m: 8:27.79 47.77	
3. IRCZYK Leon	51	Rydułtowska Akademia Aktywnego Senior:	8:30.52	98
50m: 56.27 56.27	150m: 3:21.32 1:18.77	250m: 5:37.40 1:01.15	350m: 7:37.62 58.74	
100m: 2:02.55 1:06.28	200m: 4:36.25 1:14.93	300m: 6:38.88 1:01.48	400m: 8:30.52 52.90	
4. BANTKOWSKI Jan	49	Toru Multisport Team	10:59.09	45
50m: 1:16.29 1:16.29	150m: 4:19.58 1:34.46	250m: 7:21.02 1:33.14	350m: 9:59.44 1:06.27	
100m: 2:45.12 1:28.83	200m: 5:47.88 1:28.30	300m: 8:53.17 1:32.15	400m: 10:59.09 59.65	

KAT.K, 75-79 lat

1. BUGLA Rudolf	40	Rydułtowska Akademia Aktywnego Senio	10:18.09	55
50m: 1:10.82 1:10.82	150m: 3:54.07 1:18.50	250m: 6:34.87 1:21.38	350m: 9:06.84 1:10.99	
100m: 2:35.57 1:24.75	200m: 5:13.49 1:19.42	300m: 7:55.85 1:20.98	400m: 10:18.09 1:11.25	