

Event 32
 14.05.2023 - 12:46

Men, 400m Freestyle

 20 years and older
 Results

Points: FINA Master 2023

Rank			Age					Time	Pts	
Kategoria "A" 25-29										
1.	SLOSARCZYK Sebastian		25	START Katowice				6:44.05	191	
	50m:	43.35 43.35	150m:	2:27.11	53.02	250m:	4:13.70	53.13	350m:	5:57.67 51.87
	100m:	1:34.09 50.74	200m:	3:20.57	53.46	300m:	5:05.80	52.10	400m:	6:44.05 46.38
Kategoria "B" 30-34										
1.	APTEWICZ Arkadiusz		30	Water Squad Warszawa				4:12.24	777	
	50m:	27.73 27.73	150m:	1:31.27	32.20	250m:	2:35.94	32.49	350m:	3:40.70 32.26
	100m:	59.07 31.34	200m:	2:03.45	32.18	300m:	3:08.44	32.50	400m:	4:12.24 31.54
2.	NIEDZWIADK Jakub		30	5 Styl Warszawa				4:46.88	528	
	50m:	31.64 31.64	150m:	1:41.46	35.71	250m:	2:54.77	36.86	350m:	4:09.45 37.54
	100m:	1:05.75 34.11	200m:	2:17.91	36.45	300m:	3:31.91	37.14	400m:	4:46.88 37.43
3.	GROCHOWSKI Lukasz		32	Zawodnik Niezrzeszony Warszawa				5:04.50	442	
	50m:	35.64 35.64	150m:	1:50.64	37.87	250m:	3:07.53	38.40	350m:	4:24.75 38.41
	100m:	1:12.77 37.13	200m:	2:29.13	38.49	300m:	3:46.34	38.81	400m:	5:04.50 39.75
Kategoria "C" 35-39										
1.	STRUMINSKI Emil		35	UKS DRAGON Bedzin				4:30.00	682	
	50m:	29.94 29.94	150m:	1:37.87	34.42	250m:	2:47.95	34.89	350m:	3:57.10 34.36
	100m:	1:03.45 33.51	200m:	2:13.06	35.19	300m:	3:22.74	34.79	400m:	4:30.00 32.90
2.	MARCINIEC Witold		39	UKS Trojka Pulawy				5:30.32	372	
	50m:	36.74 36.74	150m:	1:58.79	41.21	250m:	3:24.08	43.11	350m:	4:47.95 41.25
	100m:	1:17.58 40.84	200m:	2:40.97	42.18	300m:	4:06.70	42.62	400m:	5:30.32 42.37
3.	KULAR Mikołaj		36	Zawodnik Niezrzeszony Czeladz				6:15.90	253	
	50m:	40.03 40.03	150m:	2:10.78	46.56	250m:	3:49.42	50.13	350m:	5:30.16 50.08
	100m:	1:24.22 44.19	200m:	2:59.29	48.51	300m:	4:40.08	50.66	400m:	6:15.90 45.74
Kategoria "D" 40-44										
1.	CYGAL Lukasz		43	Sport Active				7:39.59	143	
	50m:	46.78 46.78	150m:	2:37.93	57.06	250m:	4:40.26	1:02.28	350m:	6:43.22 59.90
	100m:	1:40.87 54.09	200m:	3:37.98	1:00.05	300m:	5:43.32	1:03.06	400m:	7:39.59 56.37
Kategoria "E" 45-49										
1.	GIEJSZTOWT Marcin		45	Warsaw Masters Team				4:47.65	603	
	50m:	32.64 32.64	150m:	1:43.23	35.69	250m:	2:57.42	37.09	350m:	4:12.53 37.34
	100m:	1:07.54 34.90	200m:	2:20.33	37.10	300m:	3:35.19	37.77	400m:	4:47.65 35.12
2.	OSTROWSKI Bartosz		46	Warsaw Masters Team				5:03.90	511	
	50m:	34.21 34.21	150m:	1:50.04	38.57	250m:	3:06.71	38.75	350m:	4:22.90 37.33
	100m:	1:11.47 37.26	200m:	2:27.96	37.92	300m:	3:45.57	38.86	400m:	5:03.90 41.00
3.	GOGACZ Sebastian		47	UKS Trojka Pulawy				5:05.18	505	
	50m:	35.54 35.54	150m:	1:53.42	39.13	250m:	3:10.91	38.31	350m:	4:28.57 39.07
	100m:	1:14.29 38.75	200m:	2:32.60	39.18	300m:	3:49.50	38.59	400m:	5:05.18 36.61
4.	BIELSKI Dymitr		46	Warsaw Masters Team				5:25.84	415	
	50m:	35.49 35.49	150m:	1:55.71	40.65	250m:	4:01.80	42.53	350m:	
	100m:	1:15.06 39.57	200m:	3:19.27	1:23.56	300m:	4:44.77	42.97	400m:	5:25.84

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Rank			Age					Time	Pts
5.	DZIEDZICZAK Marek		46	MUKS Zgierz				6:09.76	284
	50m:	37.19 37.19	150m:	2:05.90	45.87	250m:	3:43.84 49.36	350m:	5:24.37 49.67
	100m:	1:20.03 42.84	200m:	2:54.48	48.58	300m:	4:34.70 50.86	400m:	6:09.76 45.39
6.	MROCZKO Wojciech		45	Sport Active				6:42.77	219
	50m:	43.50 43.50	150m:	2:23.64	51.55	250m:	4:08.95 53.18	350m:	5:54.67 52.43
	100m:	1:32.09 48.59	200m:	3:15.77	52.13	300m:	5:02.24 53.29	400m:	6:42.77 48.10

Kategoria "F" 50-54

1.	BERWECKI Arkadiusz		50	MOTYL MOSIR Stalowa Wola				4:34.96	702
	50m:	31.72 31.72	150m:	1:42.37	35.68	250m:	2:52.89 35.05	350m:	4:02.11 34.40
	100m:	1:06.69 34.97	200m:	2:17.84	35.47	300m:	3:27.71 34.82	400m:	4:34.96 32.85
2.	BUCHOLZ Tomasz		51	Olimpijczyk Tomaszow Mazowiecki				5:16.37	461
	50m:	36.51 36.51	150m:	1:56.18	40.55	250m:	3:17.22 40.15	350m:	4:37.74 40.69
	100m:	1:15.63 39.12	200m:	2:37.07	40.89	300m:	3:57.05 39.83	400m:	5:16.37 38.63
3.	KEDZIOR Mateusz		50	Zawodnik Niezrzeszony Poznan				6:04.24	302
	50m:	39.20 39.20	150m:	2:07.28	43.67	250m:	3:40.79 47.02	350m:	5:17.70 47.96
	100m:	1:23.61 44.41	200m:	2:53.77	46.49	300m:	4:29.74 48.95	400m:	6:04.24 46.54
4.	MOROZOWSKI Wiktor		50	MUKS Zgierz				6:05.49	299
	50m:	38.98 38.98	150m:	2:05.81	44.94	250m:	3:41.22 48.52	350m:	5:19.25 48.57
	100m:	1:20.87 41.89	200m:	2:52.70	46.89	300m:	4:30.68 49.46	400m:	6:05.49 46.24
5.	STACHURSKI Ireneusz		54	UKS Dwojeczka Czestochowa				6:12.08	283
	50m:	40.29 40.29	150m:	2:14.62	48.73	250m:	3:51.67 48.15	350m:	5:28.11 47.95
	100m:	1:25.89 45.60	200m:	3:03.52	48.90	300m:	4:40.16 48.49	400m:	6:12.08 43.97

Kategoria "G" 55-59

1.	SKOSKIEWICZ Rafal		57	Warsaw Masters Team				4:45.55	720
	50m:	32.88 32.88	150m:	1:44.27	36.17	250m:	2:58.38 37.23	350m:	4:10.75 35.59
	100m:	1:08.10 35.22	200m:	2:21.15	36.88	300m:	3:35.16 36.78	400m:	4:45.55 34.80
2.	KOSMIDER Jan		57	Water Squad Warszawa				5:19.31	515
	50m:	37.19 37.19	150m:	1:57.39	39.95	250m:	3:18.32 40.50	350m:	4:40.04 40.63
	100m:	1:17.44 40.25	200m:	2:37.82	40.43	300m:	3:59.41 41.09	400m:	5:19.31 39.27
3.	ZADROZNY Jaroslaw		57	KS Korona 1919 Krakow				6:31.86	278
	50m:	43.90 43.90	150m:	2:20.84	49.04	250m:	4:01.96 51.41	350m:	5:44.66 51.35
	100m:	1:31.80 47.90	200m:	3:10.55	49.71	300m:	4:53.31 51.35	400m:	6:31.86 47.20
4.	TWAROWSKI Andrzej		58	Masters Bialystok				6:32.77	276
	50m:	44.50 44.50	150m:	2:22.78	49.85	250m:	4:05.87 50.99	350m:	5:47.12 50.37
	100m:	1:32.93 48.43	200m:	3:14.88	52.10	300m:	4:56.75 50.88	400m:	6:32.77 45.65
5.	KRZEKOTOWSKI Piotr		57	Zawodnik Niezrzeszony Olesnica				7:28.08	186
	50m:	49.19 49.19	150m:	2:40.63	56.45	250m:	6:31.28 1:55.18	350m:	
	100m:	1:44.18 54.99	200m:	4:36.10	1:55.47	300m:		400m:	7:28.08

Kategoria "H" 60-64

1.	KORPETTA Wojciech		64	Water Squad Warszawa				6:32.56	316
	50m:	42.97 42.97	150m:	2:24.19	51.70	250m:	4:09.24 53.22	350m:	5:48.36 47.15
	100m:	1:32.49 49.52	200m:	3:16.02	51.83	300m:	5:01.21 51.97	400m:	6:32.56 44.20



Event 32, Men, 400m Freestyle

Kategoria "I" 65-69

1.	TWARDYSKO Stanislaw	67	WETERAN Zabrze	6:25.82	334
	50m: 41.62 41.62	150m: 2:17.04 48.82	250m: 3:57.32 50.68	350m: 5:37.59 49.91	
	100m: 1:28.22 46.60	200m: 3:06.64 49.60	300m: 4:47.68 50.36	400m: 6:25.82 48.23	
2.	MARSZALEK Andrzej	69	Zawodnik Niezrzeszony Jarocin	7:31.74	208
	50m: 52.88 52.88	150m: 2:45.76 58.03	250m: 4:39.67 58.86	350m: 6:33.48 57.84	
	100m: 1:47.73 54.85	200m: 3:40.81 55.05	300m: 5:35.64 55.97	400m: 7:31.74 58.26	
3.	KWIATKOWSKI Boguslaw	67	KS Korona 1919 Krakow	9:01.63	121
	50m: 56.83 56.83	150m: 3:16.39 1:12.47	250m: 5:36.56 1:10.42	350m: 7:51.14 1:07.06	
	100m: 2:03.92 1:07.09	200m: 4:26.14 1:09.75	300m: 6:44.08 1:07.52	400m: 9:01.63 1:10.49	

Kategoria "K" 75-79

1.	MLECZKO Andrzej	76	KS Korona 1919 Krakow	7:51.91	297
	50m: 52.28 52.28	150m: 2:49.39 59.11	250m: 4:51.65 1:02.32	350m: 6:54.46 1:02.11	
	100m: 1:50.28 58.00	200m: 3:49.33 59.94	300m: 5:52.35 1:00.70	400m: 7:51.91 57.45	