

Pływacki Łom img, Puchar Polski Masters  
Łom a, 7.10.2023

Konkurencja 2  
07.10.2023 - 14:21

M czyzn, 400m dowolny

20 lat i starsi  
Wyniki

Punkty: PP 2022

Pozycja			Rok ur.					Czas	Pkt.	
<b>30 - 34 lat</b>										
1.	APTEWICZ Arkadiusz		93	Water Squad				<b>4:19.82</b>	712	
	50m:	29.05 29.05	150m:	1:34.17	32.78	250m:	2:40.04	33.01	350m:	3:47.43 33.81
	100m:	1:01.39 32.34	200m:	2:07.03	32.86	300m:	3:13.62	33.58	400m:	4:19.82 32.39
2.	NIEDŹWIĄDEK Jakub		93	5Styl Warszawa				<b>4:51.33</b>	505	
	50m:	33.45 33.45	150m:	1:45.34	36.07	250m:	2:59.03	37.21	350m:	4:14.30 37.65
	100m:	1:09.27 35.82	200m:	2:21.82	36.48	300m:	3:36.65	37.62	400m:	4:51.33 37.03
<b>35 - 39 lat</b>										
1.	WZI1TEK Rafał		88	5Styl Warszawa				<b>5:53.18</b>	305	
	50m:	37.26 37.26	150m:	2:01.45	43.45	250m:	3:33.75	46.39	350m:	5:07.06 46.92
	100m:	1:18.00 40.74	200m:	2:47.36	45.91	300m:	4:20.14	46.39	400m:	5:53.18 46.12
<b>45 - 49 lat</b>										
1.	GREGOROWICZ Paweł		74	Stowarzyszenie Pływackie Maste WMO				<b>4:36.52</b>	679	
	50m:	32.23 32.23	150m:	1:42.74	35.50	250m:	2:52.82	35.07	350m:	4:02.58 34.81
	100m:	1:07.24 35.01	200m:	2:17.75	35.01	300m:	3:27.77	34.95	400m:	4:36.52 33.94
2.	OSTROWSKI Bartosz		77	Warsaw Masters Team				<b>5:03.77</b>	513	
	50m:	33.64 33.64	150m:	1:48.28	37.83	250m:	3:05.88	38.80	350m:	4:24.93 39.53
	100m:	1:10.45 36.81	200m:	2:27.08	38.80	300m:	3:45.40	39.52	400m:	5:03.77 38.84
3.	ROGOSZ Paweł		76	Warsaw Masters Team				<b>5:09.20</b>	486	
	50m:	34.52 34.52	150m:	3:11.69	39.66	250m:	4:31.08	39.57	350m:	
	100m:	2:32.03 1:57.51	200m:	3:51.51	39.82	300m:	5:09.28	38.20	400m:	5:09.20
4.	BIELSKI Dymitr		77	Warsaw Masters Team				<b>5:26.91</b>	411	
	50m:	35.39 35.39	150m:	1:55.57	40.92	250m:	3:18.29	41.27	350m:	4:45.51 43.97
	100m:	1:14.65 39.26	200m:	2:37.02	41.45	300m:	4:01.54	43.25	400m:	5:26.91 41.40
5.	WÓJCICKI Rafał		75	MASTERS Lublin				<b>5:39.38</b>	368	
	50m:	41.41 41.41	150m:	2:09.22	44.44	250m:	3:40.54	45.59	350m:	5:12.98 46.66
	100m:	1:24.78 43.37	200m:	2:54.95	45.73	300m:	4:26.32	45.78	400m:	5:39.38 26.40
<b>50 - 54 lat</b>										
1.	LIPI SKI Cezary		72	Masters Avia widnik				<b>5:00.20</b>	540	
	50m:	1:11.12 1:11.12	150m:	2:26.98	37.89	250m:	3:43.78	38.48	350m:	5:00.30 38.37
	100m:	1:49.09 37.97	200m:	3:05.30	38.32	300m:	4:21.93	38.15	400m:	5:00.20
2.	BUCHOLZ Tomasz		72	Masters Tomaszów Mazowiecki				<b>5:18.89</b>	451	
	50m:	36.79 36.79	150m:	1:55.90	40.38	250m:	3:16.93	40.03	350m:	4:38.46 41.14
	100m:	1:15.52 38.73	200m:	2:36.90	41.00	300m:	3:57.32	40.39	400m:	5:18.89 40.43
3.	K DZIÓR Mateusz		73	KS Warta Pozna				<b>6:00.04</b>	313	
	50m:	38.28 38.28	150m:	2:07.25	45.37	250m:	3:40.64	47.06	350m:	5:14.62 46.41
	100m:	1:21.88 43.60	200m:	2:53.58	46.33	300m:	4:28.21	47.57	400m:	6:00.04 45.42
4.	MOROZOWSKI Wiktor		73	Muks Zgierz				<b>6:06.90</b>	296	
	50m:	39.59 39.59	150m:	2:08.80	45.78	250m:	3:42.83	47.51	350m:	5:18.60 47.82
	100m:	1:23.02 43.43	200m:	2:55.32	46.52	300m:	4:30.78	47.95	400m:	6:06.90 48.30
<b>55 - 59 lat</b>										
1.	SZMIT Adam		64	Stowarzyszenie Pływackie Maste WMO				<b>5:39.37</b>	429	
	50m:	38.48 38.48	150m:	2:02.78	43.01	250m:	3:30.55	43.66	350m:	4:57.84 43.67
	100m:	1:19.77 41.29	200m:	2:46.89	44.11	300m:	4:14.17	43.62	400m:	5:39.37 41.53

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Konkurencja 2, M czynn, 400m dowolny, 55 - 59 lat

Pozycja	Rok ur.								Czas	Pkt.	
2.	TWAROWSKI Andrzej		65	Masters Białystok				<b>6:39.65</b>	263		
	50m:	44.13 44.13	150m:	2:24.52	50.89	250m:	4:07.84	51.85	350m:	5:52.44	51.93
	100m:	1:33.63 49.50	200m:	3:15.99	51.47	300m:	5:00.51	52.67	400m:	6:39.65	47.21

60 - 64 lat

1.	SUTOWSKI Robert		59	Warsaw Masters Team				<b>6:55.13</b>	275		
	50m:	48.74 48.74	150m:	2:36.65	54.35	250m:	4:22.03	52.55	350m:	6:06.82	51.28
	100m:	1:42.30 53.56	200m:	3:29.48	52.83	300m:	5:15.54	53.51	400m:	6:55.13	48.31

65 - 69 lat

1.	GABIEC Mariusz		58	Stowarzyszenie Pływackie Maste WMO				<b>7:20.44</b>	584		
	50m:	37.26 37.26	150m:	1:57.04	40.30	250m:	3:18.60	41.07	350m:	4:40.79	40.88
	100m:	1:16.74 39.48	200m:	2:37.53	40.49	300m:	3:59.91	41.31	400m:	5:20.44	39.65
2.	PIETRASZEWSKI Zbigniew		55	Uks Cityzen				<b>7:00.60</b>	258		
	50m:	47.19 47.19	150m:	2:33.73	53.60	250m:	4:21.85	54.04	350m:	6:08.85	53.40
	100m:	1:40.13 52.94	200m:	3:27.81	54.08	300m:	5:15.45	53.60	400m:	7:00.60	51.75
3.	KWIATKOWSKI Bogusław		56	Korona 1919 Master				<b>8:56.98</b>	124		
	50m:	55.59 55.59	150m:	3:11.78	1:10.76	250m:	5:33.18	1:10.16	350m:	7:50.50	1:07.64
	100m:	2:01.02 1:05.43	200m:	4:23.02	1:11.24	300m:	6:42.86	1:09.68	400m:	8:56.98	1:06.48

70 - 74 lat

1.	DUBI SKI Bogdan		53	Stowarzyszenie Pływackie Legia Warsz				<b>7:12.32</b>	324		
	50m:	43.30 43.30	150m:	2:26.18	52.96	250m:	4:18.17	55.76	350m:	6:14.58	58.53
	100m:	1:33.22 49.92	200m:	3:22.41	56.23	300m:	5:16.05	57.88	400m:	7:12.32	57.74

75 - 79 lat

1.	CHOROSZEWSKI Zdzisław		47	Niezrzeszony				<b>8:57.01</b>	202		
	50m:	56.03 56.03	150m:	3:13.61	1:11.62	250m:	5:32.07	1:06.66	350m:	7:47.77	1:08.64
	100m:	2:01.99 1:05.96	200m:	4:25.41	1:11.80	300m:	6:39.13	1:07.06	400m:	8:57.01	1:09.24