

SHERATON POZNAN CUP International Swim & Masters Meet
Pozna , 6- - 8-2-2015

Konkurencja 41
2015-02-07 - 17:06

M cyczn, 400 dowolny/Freestyle Masters
400 Freestyle

20 lat i starsi
Wyniki

Punkty: FINA 2013

Pozycja			Rok ur.					Czas	Pkt.
A									
1.	TEODORSKI, Adrian		90	D by Osielsko				4:58.14	
	50m:	32.36 32.36	150m:	1:46.87 37.95	250m:	3:03.92 38.71	350m:	4:21.21 38.72	
	100m:	1:08.92 36.56	200m:	2:25.21 38.34	300m:	3:42.49 38.57	400m:	4:58.14 36.93	
2.	TURLA, Bartosz		88	UKS CITYZEN Poznan				5:36.68	
	50m:	35.39 35.39	150m:	1:55.68 41.02	250m:	3:22.43 44.12	350m:	4:51.32 44.71	
	100m:	1:14.66 39.27	200m:	2:38.31 42.63	300m:	4:06.61 44.18	400m:	5:36.68 45.36	
3.	KRUSZYNA, Dawid		86	Uks Delfinek				5:39.15	
	50m:	36.89 36.89	150m:	2:00.56 42.73	250m:	3:28.50 44.18	350m:	4:56.22 43.91	
	100m:	1:17.83 40.94	200m:	2:44.32 43.76	300m:	4:12.31 43.81	400m:	5:39.15 42.93	
B									
1.	WIETECKI, Łukasz		84	UKS CITYZEN Poznan				5:56.17	
	50m:	39.31 39.31	150m:	2:08.37 45.09	250m:	3:40.06 45.58	350m:	5:11.47 45.60	
	100m:	1:23.28 43.97	200m:	2:54.48 46.11	300m:	4:25.87 45.81	400m:	5:56.17 44.70	
2.	TERESZCZY SKI, Karol		81	UKS CITYZEN Poznan				6:36.70	
	50m:	38.81 38.81	150m:	2:13.46 48.89	250m:	3:56.60 52.11	350m:	5:43.25 53.48	
	100m:	1:24.57 45.76	200m:	3:04.49 51.03	300m:	4:49.77 53.17	400m:	6:36.70 53.45	
C									
1.	OLEJNICZAK, Sergiusz		78	Delfin Masters Łód				4:57.26	
	50m:	32.49 32.49	150m:	1:47.24 37.84	250m:	3:03.86 38.57	350m:	4:20.84 38.52	
	100m:	1:09.40 36.91	200m:	2:25.29 38.05	300m:	3:42.32 38.46	400m:	4:57.26 36.42	
2.	SUWARA, Piotr		79	Niezrzeszony				5:04.23	
	50m:	33.09 33.09	150m:	1:50.41 39.19	250m:	3:09.19 39.50	350m:	4:27.23 38.39	
	100m:	1:11.22 38.13	200m:	2:29.69 39.28	300m:	3:48.84 39.65	400m:	5:04.23 37.00	
3.	PINTARA, Kornel		78	Masters Łód				5:26.69	
	50m:	37.20 37.20	150m:	1:59.20 41.55	250m:	3:24.20 42.91	350m:	4:48.33 41.48	
	100m:	1:17.65 40.45	200m:	2:41.29 42.09	300m:	4:06.85 42.65	400m:	5:26.69 38.36	
4.	DZIUBATY, Łukasz		76	UKS CITYZEN Poznan				5:52.16	
	50m:	38.73 38.73	150m:	2:03.33 43.40	250m:	3:32.64 45.09	350m:	5:06.08 46.86	
	100m:	1:19.93 41.20	200m:	2:47.55 44.22	300m:	4:19.22 46.58	400m:	5:52.16 46.08	
5.	KIJOWSKI, Adam		77	UKS CITYZEN Poznan				5:59.13	
	50m:	35.78 35.78	150m:	2:01.96 45.11	250m:	3:37.61 47.76	350m:	5:13.74 47.87	
	100m:	1:16.85 41.07	200m:	2:49.85 47.89	300m:	4:25.87 48.26	400m:	5:59.13 45.39	
D									
1.	TINFAVICIUS, Martynas		74	Ignalina swimming club				4:31.04	
	50m:	30.97 30.97	150m:	1:37.93 33.81	250m:	2:47.11 34.59	350m:	3:57.47 35.58	
	100m:	1:04.12 33.15	200m:	2:12.52 34.59	300m:	3:21.89 34.78	400m:	4:31.04 33.57	
E									
1.	PARADOWSKI, Krzysztof		68	Niezrzeszony				5:10.06	
	50m:	35.28 35.28	150m:	1:53.56 39.73	250m:	3:12.85 39.79	350m:	4:31.72 39.13	
	100m:	1:13.83 38.55	200m:	2:33.06 39.50	300m:	3:52.59 39.74	400m:	5:10.06 38.34	
2.	STASZKIEWICZ, Radosław		68	Stra Miejska Bydgoszcz				5:31.03	
	50m:	33.81 33.81	150m:	1:56.09 42.06	250m:	3:22.81 43.50	350m:	4:50.57 44.02	
	100m:	1:14.03 40.22	200m:	2:39.31 43.22	300m:	4:06.55 43.74	400m:	5:31.03 40.46	

SHERATON POZNAŃ CUP International Swim & Masters Meet
Poznań, 6-8-2015

Konkurencja 41, Mężczyźni, 400 dowolny/Freestyle Masters, E

Pozycja			Rok ur.					Czas	Pkt.			
3.	MONASTYRSKI, Borys		66	UKS CITYZEN Poznań				5:31.70				
	50m:	37.55	37.55	150m:	1:58.92	41.13	250m:	3:23.71	43.05	350m:	4:50.85	43.95
	100m:	1:17.79	40.24	200m:	2:40.66	41.74	300m:	4:06.90	43.19	400m:	5:31.70	40.85
4.	MATYSZCZAK, Jacek		70	TS Olimpia Poznań				5:33.54				
	50m:	34.85	34.85	150m:	1:57.31	41.70	250m:	3:24.19	43.92	350m:	4:51.90	43.62
	100m:	1:15.61	40.76	200m:	2:40.27	42.96	300m:	4:08.28	44.09	400m:	5:33.54	41.64
5.	KRZEKOTOWSKI, Piotr		66	Niezrzeszony - Oleśnica				7:58.41				
	50m:	49.03	49.03	150m:	2:46.05	59.90	250m:	4:50.11	1:02.01	350m:		
	100m:	1:46.15	57.12	200m:	3:48.10	1:02.05	300m:	6:58.81	2:08.70	400m:	7:58.41	
F												
1.	EZKOV, Vadim		65	Pregel Kaliningrad				5:27.70				
	50m:	37.70	37.70	150m:	1:59.28	41.51	250m:	3:23.22	41.51	350m:	4:45.46	41.11
	100m:	1:17.77	40.07	200m:	2:41.71	42.43	300m:	4:04.35	41.13	400m:	5:27.70	42.24
2.	BURZYŃSKI, Piotr		62	Poznań				6:00.22				
	50m:	38.58	38.58	150m:	2:07.83	45.73	250m:	3:40.82	46.92	350m:	5:14.37	46.95
	100m:	1:22.10	43.52	200m:	2:53.90	46.07	300m:	4:27.42	46.60	400m:	6:00.22	45.85
G												
1.	PIEKARA, Marek		59	TS Olimpia Poznań				5:19.84				
	50m:	35.93	35.93	150m:	1:55.60	40.50	250m:	3:17.82	41.30	350m:	4:40.36	41.28
	100m:	1:15.10	39.17	200m:	2:36.52	40.92	300m:	3:59.08	41.26	400m:	5:19.84	39.48
2.	WIATR, Włodzimierz		57	UKS CITYZEN Poznań				7:11.28				
	50m:	43.51	43.51	150m:	2:30.59	55.55	250m:	4:24.61	56.90	350m:	6:17.91	56.74
	100m:	1:35.04	51.53	200m:	3:27.71	57.12	300m:	5:21.17	56.56	400m:	7:11.28	53.37
H												
1.	ZIELEZIŃSKI, Włodzimierz		53	Niezrzeszony Radom				6:37.07				
	50m:	39.84	39.84	150m:	2:16.29	49.72	250m:	4:00.14	52.22	350m:	5:46.59	53.27
	100m:	1:26.57	46.73	200m:	3:07.92	51.63	300m:	4:53.32	53.18	400m:	6:37.07	50.48
I												
1.	WOLNIEWICZ, Janusz		48	UKS "Trójka" Oborniki				6:58.91				
	50m:	44.18	44.18	150m:	2:27.43	52.25	250m:	4:14.99	54.40	350m:	6:05.48	55.33
	100m:	1:35.18	51.00	200m:	3:20.59	53.16	300m:	5:10.15	55.16	400m:	6:58.91	53.43
2.	PŁONKA, Janusz		48	Niezrzeszony				9:06.05				
	50m:	52.63	52.63	150m:	3:06.55	1:10.10	250m:	5:38.76	1:17.63	350m:	8:05.78	1:12.84
	100m:	1:56.45	1:03.82	200m:	4:21.13	1:14.58	300m:	6:52.94	1:14.18	400m:	9:06.05	1:00.27
J												
1.	RÓŹAŃSKI, Józef		45	MOSiR KSZO Ostrowiec w.				6:42.68				
	50m:	43.63	43.63	150m:	2:24.08	51.40	250m:	4:07.14	51.13	350m:	5:50.79	51.89
	100m:	1:32.68	49.05	200m:	3:16.01	51.93	300m:	4:58.90	51.76	400m:	6:42.68	51.89
K												
1.	LEWANDOWSKI, Zygmunt		37	Niezrzeszony				7:26.30				
	50m:	48.31	48.31	150m:	2:40.28	57.28	250m:	4:35.42	57.56	350m:	6:29.62	56.91
	100m:	1:43.00	54.69	200m:	3:37.86	57.58	300m:	5:32.71	57.29	400m:	7:26.30	56.68