



Konkurencja 30
2022.12.17 - 18:48

M czyzn, 400m zmienny

20 lat i starsi
Wyniki

Rekordy Polski Masters 80 - 84	8:22.06	KROKOSZY SKI Stanisław	Katowice	2012.11.23
Rekordy Polski Masters 75 - 79	7:37.27	BASTEK Ewald	Gliwice	2015.11.14
Rekordy Polski Masters 70 - 74	6:42.06	BASTEK Ewald	Lublin	2009.11.14
Rekordy Polski Masters 65 - 69	6:38.67	BASTEK Ewald	Warszawa	2005.11.12
Rekordy Polski Masters 60 - 64	6:13.10	PIEKARA Marek	Toru	2019.05.26
Rekordy Polski Masters 55 - 59	5:27.24	JANUSZKIEWICZ Zbigniew	Wiede (AUT)	2018.03.17
Rekordy Polski Masters 50 - 54	5:07.41	WOLNY Dariusz	Toru	2010.04.25
Rekordy Polski Masters 45 - 49	5:06.71	STANEK Grzegorz	Kraków	2013.11.16
Rekordy Polski Masters 40 - 44	4:37.02	WOLNY Dariusz	Spała	2000.12.20
Rekordy Polski Masters 35 - 39	4:39.97	WOLNY Dariusz	Spała	1999.12.11
Rekordy Polski Masters 30 - 34	4:43.44	PR DKI Sławomir	Góra Kalwaria	2008.10.25
Rekordy Polski Masters 25 - 29	4:36.83	G SIOR Patryk	Łód	2019.11.16

Punkty: DSV Masters 22

Pozycja	Rok ur.	Czas	Pkt.
Kat. 0			
1. SZWEDZKI Jakub	00	5:14.36	621
50m: 33.58 33.58	150m: 1:56.63 42.86	250m: 3:18.66 43.10	350m: 4:38.49 37.20
100m: 1:13.77 40.19	200m: 2:35.56 38.93	300m: 4:01.29 42.63	400m: 5:14.36 35.87
2. KORZUCHOWSKI Maciej	99	6:15.44	365
50m: 35.14 35.14	150m: 2:05.83 48.43	250m: 3:49.81 56.20	350m: 5:31.82 45.26
100m: 1:17.40 42.26	200m: 2:53.61 47.78	300m: 4:46.56 56.75	400m: 6:15.44 43.62
Kat. A			
1. APTEWICZ Arkadiusz	93	4:38.07	911
50m: 28.50 28.50	150m: 1:41.76 38.97	250m: 2:56.69 37.44	350m: 4:07.39 32.61
100m: 1:02.79 34.29	200m: 2:19.25 37.49	300m: 3:34.78 38.09	400m: 4:38.07 30.68
Kat. B			
1. MATCZAK Mateusz	89	4:49.54	784
50m: 29.64 29.64	150m: 1:45.54 40.23	250m: 3:04.01 38.97	350m: 4:17.91 34.46
100m: 1:05.31 35.67	200m: 2:25.04 39.50	300m: 3:43.45 39.44	400m: 4:49.54 31.63
2. BARNASIUK Michał	92	4:53.90	749
50m: 29.92 29.92	150m: 1:44.49 39.99	250m: 3:03.57 39.58	350m: 4:20.61 35.86
100m: 1:04.50 34.58	200m: 2:23.99 39.50	300m: 3:44.75 41.18	400m: 4:53.90 33.29
3. SZCZUKA Paweł	92	5:18.81	587
50m: 32.40 32.40	150m: 1:52.56 42.19	250m: 3:18.97 44.34	350m: 4:42.23 37.27
100m: 1:10.37 37.97	200m: 2:34.63 42.07	300m: 4:04.96 45.99	400m: 5:18.81 36.58
4. RUDZKI Dominik	92	5:22.71	566
50m: 30.63 30.63	150m: 1:50.57 44.85	250m: 3:19.51 46.24	350m: 4:46.78 41.22
100m: 1:05.72 35.09	200m: 2:33.27 42.70	300m: 4:05.56 46.05	400m: 5:22.71 35.93
5. TEODORSKI Adrian	90	5:45.41	461
50m: 36.62 36.62	150m: 2:05.97 45.54	250m: 3:40.04 51.28	350m: 5:09.29 38.78
100m: 1:20.43 43.81	200m: 2:48.76 42.79	300m: 4:30.51 50.47	400m: 5:45.41 36.12
6. KUBIAK Krzysztof	89	7:03.63	250
50m: 45.97 45.97	150m: 2:42.51 59.10	250m: 4:39.29 1:01.84	350m: 6:22.09 39.15
100m: 1:43.41 57.44	200m: 3:37.45 54.94	300m: 5:42.94 1:03.65	400m: 7:03.63 41.54
Kat. D			
1. KACZMAREK Stanisław	79	5:10.65	664
50m: 31.50 31.50	150m: 1:50.93 43.51	250m: 3:16.79 43.84	350m: 4:37.00 35.68
100m: 1:07.42 35.92	200m: 2:32.95 42.02	300m: 4:01.32 44.53	400m: 5:10.65 33.65



Konkurencja 30, M czynn, 400m zmienny, Kat. D

Pozycja	Rok ur.	Czas	Pkt.
2. KONOPACKI Piotr	78	5:37.22	519
50m: 35.02 35.02	150m: 2:03.26 44.15	250m: 3:34.38 48.83	350m: 5:01.38 37.71
100m: 1:19.11 44.09	200m: 2:45.55 42.29	300m: 4:23.67 49.29	400m: 5:37.22 35.84
3. BRO YNA Marek	80	5:55.41	443
50m: 36.83 36.83	150m: 2:05.88 44.13	250m: 3:43.00 53.53	350m: 5:18.07 42.10
100m: 1:21.75 44.92	200m: 2:49.47 43.59	300m: 4:35.97 52.97	400m: 5:55.41 37.34
4. KACZMAREK Michał	82	6:14.88	378
50m: 41.31 41.31	150m: 2:19.65 49.79	250m: 3:58.84 51.73	350m: 5:34.82 44.05
100m: 1:29.86 48.55	200m: 3:07.11 47.46	300m: 4:50.77 51.93	400m: 6:14.88 40.06

Kat. E

1. GREGOROWICZ Paweł	74	5:08.24	824
50m: 31.60 31.60	150m: 1:50.42 43.03	250m: 3:15.78 44.50	350m: 4:34.42 35.16
100m: 1:07.39 35.79	200m: 2:31.28 40.86	300m: 3:59.26 43.48	400m: 5:08.24 33.82
2. GOGACZ Sebastian	76	5:34.69	644
50m: 34.50 34.50	150m: 1:59.78 46.87	250m: 3:31.14 46.30	350m: 4:56.98 39.46
100m: 1:12.91 38.41	200m: 2:44.84 45.06	300m: 4:17.52 46.38	400m: 5:34.69 37.71
3. PAWŁOWSKI Krzysztof	77	5:57.11	530
50m: 38.56 38.56	150m: 2:12.27 46.63	250m: 3:47.20 49.73	350m: 5:16.33 39.66
100m: 1:25.64 47.08	200m: 2:57.47 45.20	300m: 4:36.67 49.47	400m: 5:57.11 40.78
4. WIKŁA Grzegorz	74	6:11.92	469
50m: 39.48 39.48	150m: 2:12.63 46.47	250m: 3:54.98 56.14	350m: 5:31.60 41.55
100m: 1:26.16 46.68	200m: 2:58.84 46.21	300m: 4:50.05 55.07	400m: 6:11.92 40.32
5. MOROZOWSKI Wiktor	73	7:24.42	275
50m: 46.22 46.22	150m: 2:43.69 1:00.62	250m: 4:44.21 1:00.14	350m: 6:35.80 51.30
100m: 1:43.07 56.85	200m: 3:44.07 1:00.38	300m: 5:44.50 1:00.29	400m: 7:24.42 48.62

Kat. F

1. ŠKODNÝ Pavel	69	5:43.36	663
50m: 35.71 35.71	150m: 2:02.22 44.04	250m: 3:35.28 49.39	350m: 5:05.14 40.23
100m: 1:18.18 42.47	200m: 2:45.89 43.67	300m: 4:24.91 49.63	400m: 5:43.36 38.22
2. STASZKIEWICZ Radosław	68	6:04.02	556
50m: 34.90 34.90	150m: 2:07.05 48.66	250m: 3:48.04 53.77	350m: 5:23.83 41.67
100m: 1:18.39 43.49	200m: 2:54.27 47.22	300m: 4:42.16 54.12	400m: 6:04.02 40.19
3. GRZELAK Maciej	70	7:14.80	326
50m: 40.61 40.61	150m: 2:36.80 1:04.07	250m: 4:40.64 1:01.15	350m: 6:29.62 47.33
100m: 1:32.73 52.12	200m: 3:39.49 1:02.69	300m: 5:42.29 1:01.65	400m: 7:14.80 45.18
4. ALEKSANDROWICZ Paweł	68	7:23.04	308
50m: 43.33 43.33	150m: 2:47.54 1:01.61	250m: 4:46.33 58.10	350m: 6:36.38 50.62
100m: 1:45.93 1:02.60	200m: 3:48.23 1:00.69	300m: 5:45.76 59.43	400m: 7:23.04 46.66
5. ŁOPUSZY SKI Andrzej	69	8:16.61	219
50m: 52.04 52.04	150m: 2:57.70 1:05.94	250m: 5:11.75 1:09.76	350m: 7:19.44 56.28
100m: 1:51.76 59.72	200m: 4:01.99 1:04.29	300m: 6:23.16 1:11.41	400m: 8:16.61 57.17

Kat. G

1. MONCZAK Piotr	67	5:38.16	726
50m: 34.27 34.27	150m: 1:58.86 43.59	250m: 3:32.16 49.69	350m: 5:00.96 38.24
100m: 1:15.27 41.00	200m: 2:42.47 43.61	300m: 4:22.72 50.56	400m: 5:38.16 37.20



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Pozycja	Rok ur.	Czas	Pkt.
2. KO MIDER Jan	66 Water Squad	5:54.57	630
50m: 40.16 40.16	150m: 2:12.04 46.92	250m: 3:45.31 48.51	350m: 5:15.73 40.45
100m: 1:25.12 44.96	200m: 2:56.80 44.76	300m: 4:35.28 49.97	400m: 5:54.57 38.84
3. KAPĄLCZY SKI Krzysztof	64 START Pozna	6:35.98	452
50m: 37.63 37.63	150m: 2:17.05 49.59	250m: 4:06.11 55.19	350m: 5:50.66 48.34
100m: 1:27.46 49.83	200m: 3:10.92 53.87	300m: 5:02.32 56.21	400m: 6:35.98 45.32
4. RUDZI SKI Michał	66 Klub Sportowy Mako	7:41.44	285
50m: 46.65 46.65	150m: 2:52.33 1:04.79	250m: 4:59.79 57.72	350m: 6:49.55 52.14
100m: 1:47.54 1:00.89	200m: 4:02.07 1:09.74	300m: 5:57.41 57.62	400m: 7:41.44 51.89

Kat. H

1. LORKOWSKI Robert	60 Motyl Masters	6:25.28	594
50m: 42.85 42.85	150m: 2:21.92 47.46	250m: 4:04.63 55.88	350m: 5:43.28 43.04
100m: 1:34.46 51.61	200m: 3:08.75 46.83	300m: 5:00.24 55.61	400m: 6:25.28 42.00
2. BURZY SKI Piotr	62 niezrzeszony	8:08.90	290
50m: 55.49 55.49	150m: 3:08.96 1:07.75	250m: 5:20.03 1:03.78	350m: 7:16.83 51.36
100m: 2:01.21 1:05.72	200m: 4:16.25 1:07.29	300m: 6:25.47 1:05.44	400m: 8:08.90 52.07
3. LIPKA Marek	58 niezrzeszony	8:50.23	228
50m: 53.32 53.32	150m: 3:11.44 1:16.45	250m: 5:44.90 1:15.98	350m: 7:57.53 55.90
100m: 1:54.99 1:01.67	200m: 4:28.92 1:17.48	300m: 7:01.63 1:16.73	400m: 8:50.23 52.70

Kat. I

1. PIECHULA Adolf	57 Klub Sportowy PIETRASZYN	7:13.37	613
50m: 45.91 45.91	150m: 2:37.69 56.79	250m: 4:33.88 1:01.07	350m: 6:24.46 50.45
100m: 1:40.90 54.99	200m: 3:32.81 55.12	300m: 5:34.01 1:00.13	400m: 7:13.37 48.91
2. CIECIOR Jerzy	53 Rydułtowska Akademia Aktywnego Sen	7:52.43	473
50m: 53.74 53.74	150m: 2:58.46 1:00.76	250m: 5:04.69 1:07.25	350m: 7:02.78 51.78
100m: 1:57.70 1:03.96	200m: 3:57.44 58.98	300m: 6:11.00 1:06.31	400m: 7:52.43 49.65

Kat. J

1. NOWAK Michał	52 Warsaw Masters Team	7:31.85	674
50m: 50.30 50.30	150m: 3:51.64 2:01.24	250m: 5:48.11 58.14	350m:
100m: 1:50.40 1:00.10	200m: 4:49.97 58.33	300m:	400m: 7:31.85
2. DASZY SKI Andrzej	48 UKS ENERGETYK Zgorzelec	9:33.61	329
50m: 1:08.58 1:08.58	150m: 3:42.30 1:11.13	250m: 6:12.81 1:21.69	350m: 8:33.68 1:00.50
100m: 2:31.17 1:22.59	200m: 4:51.12 1:08.82	300m: 7:33.18 1:20.37	400m: 9:33.61 59.93
3. PŁONKA Janusz	48 niezrzeszony	11:57.12	168
50m: 1:19.63 1:19.63	150m: 4:32.09 1:41.58	250m: 7:43.53	350m: 10:41.27 1:23.05
100m: 2:50.51 1:30.88	200m:	300m: 9:18.22 1:34.69	400m: 11:57.12 1:15.85

Kat. K

1. MLECZKO Andrzej	47 Korona 1919 Kraków	10:24.66	288
50m: 1:12.20 1:12.20	150m: 4:01.95 1:24.82	250m: 6:51.61 1:26.51	350m: 9:22.94 1:05.45
100m: 2:37.13 1:24.93	200m: 5:25.10 1:23.15	300m: 8:17.49 1:25.88	400m: 10:24.66 1:01.72