

Pływacki Łom img, Puchar Polski Masters
Łom a, 8.9.2022

Konkurencja 2
08.09.2022 - 14:10

M czyzn, 400m dowolny

20 lat i starsi
Wyniki

Punkty: PP 2022

Pozycja			Rok ur.					Czas	Pkt.	
25 - 29 lat										
1.	APTEWICZ, Arkadiusz		93	Water Squad				4:13.36	776	
	50m:	29.23 29.23	150m:	1:34.04	32.46	250m:	2:38.98	32.36	350m:	3:43.15 31.87
	100m:	1:01.58 32.35	200m:	2:06.62	32.58	300m:	3:11.28	32.30	400m:	4:13.36 30.21
2.	NIED WIADEK, Jakub		93	5Styl Warszawa				4:52.41	505	
	50m:	33.62 33.62	150m:	1:45.92	36.61	250m:	3:00.57	37.29	350m:	4:16.22 38.01
	100m:	1:09.31 35.69	200m:	2:23.28	37.36	300m:	3:38.21	37.64	400m:	4:52.41 36.19
30 - 34 lat										
1.	WZI TEK, Rafał		88	5Styl Warszawa				6:01.07	265	
	50m:	36.80 36.80	150m:	2:02.89	44.84	250m:	3:36.28	47.10	350m:	5:12.52 48.33
	100m:	1:18.05 41.25	200m:	2:49.18	46.29	300m:	4:24.19	47.91	400m:	6:01.07 48.55
40 - 44 lat										
1.	KONOPACKI, Piotr		78	Stowarzyszenie Pływackie Masters Olsz				4:51.20	565	
	50m:	33.36 33.36	150m:	1:47.55	37.40	250m:	3:02.89	37.46	350m:	4:17.09 36.93
	100m:	1:10.15 36.79	200m:	2:25.43	37.88	300m:	3:40.16	37.27	400m:	4:51.20 34.11
2.	WACHOWSKI, Bła ej		80	KS Warta Pozna				4:57.15	531	
	50m:	33.95 33.95	150m:	1:48.82	37.64	250m:	3:04.24	37.82	350m:	4:20.22 38.24
	100m:	1:11.18 37.23	200m:	2:26.42	37.60	300m:	3:41.98	37.74	400m:	4:57.15 36.93
3.	KUPISZEK, Michał		81	Misja Pływanie				5:13.76	451	
	50m:	35.08 35.08	150m:	1:51.77	38.82	250m:	3:11.29	39.92	350m:	4:32.96 40.94
	100m:	1:12.95 37.87	200m:	2:31.37	39.60	300m:	3:52.02	40.73	400m:	5:13.76 40.80
4.	WO NIAK, Jarosław		80	MUKS Zgierz				7:28.83	154	
	50m:	42.91 42.91	150m:			250m:			350m:	7:28.83
	100m:	3:26.44 2:43.53	200m:			300m:			400m:	7:28.83
45 - 49 lat										
1.	GREGOROWICZ, Paweł		74	Stowarzyszenie Pływackie Masters Olsz				4:35.23	689	
	50m:	32.00 32.00	150m:	1:40.98	34.51	250m:	2:50.92	35.00	350m:	4:00.86 35.10
	100m:	1:06.47 34.47	200m:	2:15.92	34.94	300m:	3:25.76	34.84	400m:	4:35.23 34.37
2.	ROGOSZ, Paweł		76	Warsaw Masters Team				5:00.69	528	
	50m:	34.97 34.97	150m:	1:52.58	39.26	250m:	3:10.22	38.46	350m:	4:25.19 37.17
	100m:	1:13.32 38.35	200m:	2:31.76	39.18	300m:	3:48.02	37.80	400m:	5:00.69 35.50
3.	BIELSKI, Dymitr		77	Warsaw Masters Team				5:19.35	441	
	50m:	34.11 34.11	150m:	1:52.29	40.01	250m:	3:14.03	40.98	350m:	5:19.75 41.39
	100m:	1:12.28 38.17	200m:	2:33.05	40.76	300m:	4:38.36	1:24.33	400m:	5:19.35
4.	WÓJCICKI, Rafał		75	MASTERS Lublin				5:46.51	345	
	50m:	39.73 39.73	150m:	2:05.76	43.61	250m:	3:33.79	44.59	350m:	5:03.43 44.72
	100m:	1:22.15 42.42	200m:	2:49.20	43.44	300m:	4:18.71	44.92	400m:	5:46.51 43.08
5.	K DZIOR, Mateusz		73	Niezrzeszony				6:09.03	286	
	50m:	38.11 38.11	150m:	2:07.20	45.45	250m:	3:42.49	48.00	350m:	5:21.37 49.39
	100m:	1:21.75 43.64	200m:	2:54.49	47.29	300m:	4:31.98	49.49	400m:	6:09.03 47.66
6.	MOROZOWSKI, Wiktor		73	MUKS Zgierz				6:40.55	224	
	50m:	39.51 39.51	150m:	2:13.97	49.32	250m:	4:00.00	53.80	350m:	5:47.80 53.88
	100m:	1:24.65 45.14	200m:	3:06.20	52.23	300m:	4:53.92	53.92	400m:	6:40.55 52.75

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Konkurencja 2, M czynn, 400m dowolny

50 - 54 lat

1. LIPI SKI, Cezary	72	Masters Avia	widnik	5:00.67	538
50m: 35.39 35.39	150m: 1:51.20	38.03	250m: 5:00.75	2:31.08	350m:
100m: 1:13.17 37.78	200m: 2:29.67	38.47	300m: 5:23.83	23.08	400m: 5:00.67
2. MATYSZCZAK, Jacek	70	Uks Cityzen		6:03.94	303
50m: 38.40 38.40	150m: 4:31.04	1:36.06	250m:	350m:	
100m: 2:54.98 2:16.58	200m: 6:04.14	1:33.10	300m:	400m: 6:03.94	

55 - 59 lat

1. KRASAUSKAS, Vilmantas	64	Marijampoles	TORPEDOS	5:06.96	580
50m: 35.49 35.49	150m: 1:51.33	38.33	250m: 3:09.00	38.83	350m: 4:28.06 39.62
100m: 1:13.00 37.51	200m: 2:30.17	38.84	300m: 3:48.44	39.44	400m: 5:06.96 38.90
2. KO MIDER, Jan	66	Water Squad		5:14.79	538
50m: 36.17 36.17	150m: 1:53.92	39.24	250m: 3:12.66	39.43	350m: 4:33.81 41.20
100m: 1:14.68 38.51	200m: 2:33.23	39.31	300m: 3:52.61	39.95	400m: 5:14.79 40.98
3. TWAROWSKI, Andrzej	65	Masters Białystok		6:36.32	270
50m: 40.10 40.10	150m: 2:14.02	48.35	250m: 3:55.48	51.31	350m: 5:44.78 54.22
100m: 1:25.67 45.57	200m: 3:04.17	50.15	300m: 4:50.56	55.08	400m: 6:36.32 51.54

60 - 64 lat

1. KORPETTA, Wojciech	59	Water Squad		6:10.21	388
50m: 39.74 39.74	150m: 2:11.44	46.72	250m: 3:48.31	48.88	350m: 5:25.12 47.98
100m: 1:24.72 44.98	200m: 2:59.43	47.99	300m: 4:37.14	48.83	400m: 6:10.21 45.09
2. SUTOWSKI, Robert	59	Warsaw Masters Team		6:49.44	287
50m: 46.71 46.71	150m: 4:17.20	2:38.95	250m:	350m:	
100m: 1:38.25 51.54	200m: 6:49.58	2:32.38	300m:	400m: 6:49.44	

65 - 69 lat

1. PIETRASZEWSKI, Zbigniew	55	Uks Cityzen		6:40.13	300
50m: 44.23 44.23	150m: 2:25.89	51.49	250m: 4:08.33	50.99	350m: 5:50.20 50.89
100m: 1:34.40 50.17	200m: 3:17.34	51.45	300m: 4:59.31	50.98	400m: 6:40.13 49.93

80 - 84 lat

1. GRIGAS, Stasys	41	Marijampoles	TORPEDOS	13:50.61	68
50m: 1:26.55 1:26.55	150m: 5:04.59	1:49.78	250m:	350m:	
100m: 3:14.81 1:48.26	200m: 6:53.11	1:48.52	300m:	400m: 13:50.61	