

Otwarte Mistrzostwa Polski w pływaniu w kategorii "Masters"
Mława, 12. - 14.11.2010

Konkurencja 20
2010-11-13 - 11:50

M czyzn, 400m zmienny

25 lat i starsi
Wyniki

Punkty: DSV Masters 04

Pozycja	Rok ur.	Czas	Pkt.
Kategoria A			
1. RADOMSKI, GRZEGORZ	84	T.p.Masters Opole	4:51.85 808
<i>Rekord Polski M czyzn - kat. A</i>			
50m: 31.21 31.21	150m: 1:42.55	35.00	250m: 2:58.85 40.36
100m: 1:07.55 36.34	200m: 2:18.49	35.94	300m: 3:40.78 41.93
			350m: 4:16.64 35.86
			400m: 4:51.85 35.21
2. TOMCZYK, Konrad	81	WOPR Warszawa SPORT-Figielski	5:31.23 553
50m: 34.73 34.73	150m: 1:59.49	45.98	250m: 3:28.90 45.72
100m: 1:13.51 38.78	200m: 2:43.18	43.69	300m: 4:15.38 46.48
			350m: 4:54.91 39.53
			400m: 5:31.23 36.32
3. KOTUS, Tomasz	81	UKS Pi tka Konstantynów	5:32.43 547
50m: 31.15 31.15	150m: 1:56.79	47.17	250m: 3:29.53 47.32
100m: 1:09.62 38.47	200m: 2:42.21	45.42	300m: 4:17.99 48.46
			350m: 4:56.78 38.79
			400m: 5:32.43 35.65
4. BORODAI, DMYTRO	83	KS Warta Pozna	6:22.67 358
50m: 39.04 39.04	150m: 2:15.03	48.08	250m: 3:55.89 55.01
100m: 1:26.95 47.91	200m: 3:00.88	45.85	300m: 4:52.21 56.32
			350m: 5:39.12 46.91
			400m: 6:22.67 43.55
Kategoria B			
1. SKROK, Michał	76	MOTYL SENIOR MOSiR Stalowa Wola	5:31.15 570
50m: 34.72 34.72	150m: 1:58.87	43.80	250m: 3:29.02 46.46
100m: 1:15.07 40.35	200m: 2:42.56	43.69	300m: 4:15.60 46.58
			350m: 4:54.32 38.72
			400m: 5:31.15 36.83
Kategoria C			
1. MONCZAK, Grzegorz	73	One Man Team	5:37.43 605
50m: 36.02 36.02	150m: 2:01.17	44.15	250m: 3:32.70 48.49
100m: 1:17.02 41.00	200m: 2:44.21	43.04	300m: 4:21.71 49.01
			350m: 5:00.71 39.00
			400m: 5:37.43 36.72
2. WILKOWSKI, LESZEK	71	Sopot Masters	6:28.17 397
50m: 43.59 43.59	150m: 2:25.88	49.27	250m: 4:08.14 54.14
100m: 1:36.61 53.02	200m: 3:14.00	48.12	300m: 5:02.80 54.66
			350m: 5:47.85 45.05
			400m: 6:28.17 40.32
3. SZUREK, SŁAWOMIR	71	Zwi zek Zawodowy Górników przy KWK Rydułtowy Rydułtowach	6:45.06 349
50m: 41.86 41.86	150m: 2:28.44	54.86	250m: 4:16.65 54.68
100m: 1:33.58 51.72	200m: 3:21.97	53.53	300m: 5:14.33 57.68
			350m: 6:00.26 45.93
			400m: 6:45.06 44.80
4. JÓZEFOWSKI, Rafał	74	Przemy l	6:48.75 340
50m: 38.24 38.24	150m: 2:21.04	54.09	250m: 4:15.65 1:00.50
100m: 1:26.95 48.71	200m: 3:15.15	54.11	300m: 5:15.75 1:00.10
			350m: 6:02.27 46.52
			400m: 6:48.75 46.48
Kategoria D			
1. STANEK, Grzegorz	68	Odrza skie Ratownictwo Specjalistyczne	5:08.25 862
50m: 32.38 32.38	150m: 1:50.64	40.28	250m: 3:13.03 43.68
100m: 1:10.36 37.98	200m: 2:29.35	38.71	300m: 3:57.51 44.48
			350m: 4:33.73 36.22
			400m: 5:08.25 34.52
2. ZAPALSKI, TOMASZ	70	Sopot Masters	5:22.25 754
50m: 32.41 32.41	150m: 1:53.15	43.49	250m: 3:21.47 45.79
100m: 1:09.66 37.25	200m: 2:35.68	42.53	300m: 4:08.82 47.35
			350m: 4:46.50 37.68
			400m: 5:22.25 35.75
3. MONCZAK, PIOTR	67	Start Pozna	5:27.00 722
50m: 34.44 34.44	150m: 1:57.72	42.92	250m: 3:27.30 46.45
100m: 1:14.80 40.36	200m: 2:40.85	43.13	300m: 4:15.19 47.89
			350m: 4:51.39 36.20
			400m: 5:27.00 35.61
4. GLEB, TOMASZ	67	Victory Masters Elbl g	6:30.80 423
50m: 40.77 40.77	150m: 2:24.17	54.17	250m: 4:12.84 55.80
100m: 1:30.00 49.23	200m: 3:17.04	52.87	300m: 5:10.19 57.35
			350m: 5:52.92 42.73
			400m: 6:30.80 37.88
5. VIRBICKAS, ARUNAS	66	Torpedos Marijampole	7:13.50 309
50m: 44.46 44.46	150m: 2:38.18	59.18	250m: 4:39.76 1:01.91
100m: 1:39.00 54.54	200m: 3:37.85	59.67	300m: 5:41.20 1:01.44
			350m: 6:28.12 46.92
			400m: 7:13.50 45.38

Otwarte Mistrzostwa Polski w pływaniu w kategorii "Masters"
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Kategoria E

1.	RADOMSKI, Mirosław	63	Victory Masters Elbl g	6:31.40	467
	50m: 39.29 39.29	150m: 2:20.40	55.62 250m: 4:10.13	54.80 350m: 5:51.70	45.55
	100m: 1:24.78 45.49	200m: 3:15.33	54.93 300m: 5:06.15	56.02 400m: 6:31.40	39.70
2.	KANIA, Waldemar	62	Odrza skie Ratownictwo Specjalistyczne	7:20.26	328
	50m: 47.61 47.61	150m: 2:42.18	56.39 250m: 4:43.79	1:07.09 350m: 6:36.95	44.28
	100m: 1:45.79 58.18	200m: 3:36.70	54.52 300m: 5:52.67	1:08.88 400m: 7:20.26	43.31
3.	NIED WIED , TOMASZ	63	Zgiersko-Ł czycki WOPR	7:28.73	310
	50m: 48.99 48.99	150m: 2:47.95	1:01.95 250m: 4:49.32	59.05 350m: 6:39.08	50.31
	100m: 1:46.00 57.01	200m: 3:50.27	1:02.32 300m: 5:48.77	59.45 400m: 7:28.73	49.65

Kategoria F

1.	KAWECKI, Krzysztof	57	AZS WSG Astoria Bydgoszcz	6:03.77	657
	50m: 43.01 43.01	150m: 2:16.32	45.10 250m: 3:52.26	51.31 350m: 5:24.41	40.21
	100m: 1:31.22 48.21	200m: 3:00.95	44.63 300m: 4:44.20	51.94 400m: 6:03.77	39.36
2.	LORKOWSKI, Robert	60	MOTYL SENIOR MOSiR Stalowa Wola	6:18.64	583
	50m: 43.01 43.01	150m: 2:23.24	48.53 250m: 4:03.74	53.11 350m: 5:38.57	41.39
	100m: 1:34.71 51.70	200m: 3:10.63	47.39 300m: 4:57.18	53.44 400m: 6:18.64	40.07
3.	SENFELDAS, GEDIMINAS	59	Torpedos Marijampole	6:28.18	541
	50m: 43.72 43.72	150m: 2:27.44	53.31 250m: 4:07.80	51.32 350m: 5:44.64	45.87
	100m: 1:34.13 50.41	200m: 3:16.48	49.04 300m: 4:58.77	50.97 400m: 6:28.18	43.54
4.	BENDIG, JERZY	58	Sopot Masters	6:36.80	506
	50m: 45.91 45.91	150m: 2:31.67	52.58 250m: 4:18.75	55.84 350m: 5:56.48	42.84
	100m: 1:39.09 53.18	200m: 3:22.91	51.24 300m: 5:13.64	54.89 400m: 6:36.80	40.32
5.	NAJGEBURSKI, Stefan	57	SI Salos Cortile	6:46.50	471
	50m: 44.20 44.20	150m: 2:29.37	52.98 250m: 4:19.80	56.96 350m: 6:02.07	45.16
	100m: 1:36.39 52.19	200m: 3:22.84	53.47 300m: 5:16.91	57.11 400m: 6:46.50	44.43
6.	SZYMIK, Piotr	60	Wodnik Siemianowice I skie	6:47.30	468
	50m: 42.04 42.04	150m: 2:25.05	52.67 250m: 4:17.60	59.04 350m: 6:01.63	44.57
	100m: 1:32.38 50.34	200m: 3:18.56	53.51 300m: 5:17.06	59.46 400m: 6:47.30	45.67
7.	PUCHALSKI, Bogdan	56	Klub Sportowy "MASTERS" Polkowice	7:54.32	296
	50m: 51.32 51.32	150m: 3:01.13	1:09.06 250m: 5:09.85	1:01.87 350m: 7:04.08	52.74
	100m: 1:52.07 1:00.75	200m: 4:07.98	1:06.85 300m: 6:11.34	1:01.49 400m: 7:54.32	50.24
8.	SAMONEK, Krzysztof	57	Masters-Kra nik	8:02.67	281
	50m: 52.77 52.77	150m: 2:59.05	1:01.12 250m: 5:07.21	1:08.77 350m: 7:10.78	53.32
	100m: 1:57.93 1:05.16	200m: 3:58.44	59.39 300m: 6:17.46	1:10.25 400m: 8:02.67	51.89
9.	ŁATECKI, WŁODZIMIERZ	57	Zgiersko-Ł czycki WOPR	9:44.73	158
	50m: 1:02.45 1:02.45	150m: 3:43.21	1:25.00 250m: 6:25.21	1:19.79 350m: 8:45.87	1:00.70
	100m: 2:18.21 1:15.76	200m: 5:05.42	1:22.21 300m: 7:45.17	1:19.96 400m: 9:44.73	58.86

Kategoria G

1.	PIETRASZEWSKI, Zbigniew	55	TS Olimpia Pozna	6:22.35	690
	50m: 43.16 43.16	150m: 2:21.80	47.64 250m: 4:01.58	52.38 350m: 5:38.35	44.96
	100m: 1:34.16 51.00	200m: 3:09.20	47.40 300m: 4:53.39	51.81 400m: 6:22.35	44.00
2.	BRYNIAK, JAN	53	T.p.Masters Opole	6:55.08	539
	50m: 43.39 43.39	150m: 2:29.41	56.34 250m: 4:20.86	53.96 350m: 6:04.51	47.95
	100m: 1:33.07 49.68	200m: 3:26.90	57.49 300m: 5:16.56	55.70 400m: 6:55.08	50.57
3.	FIGIELSKI, Grzegorz	53	WOPR Warszawa SPORT-Figielski	7:17.57	460
	50m: 46.95 46.95	150m: 2:40.54	58.98 250m: 4:39.71	1:01.36 350m: 6:30.55	48.02
	100m: 1:41.56 54.61	200m: 3:38.35	57.81 300m: 5:42.53	1:02.82 400m: 7:17.57	47.02
4.	OSSOWSKI, ALEKSANDER	53	Zgiersko-Ł czycki WOPR	7:27.84	429
	50m: 51.64 51.64	150m: 2:53.85	59.77 250m: 4:53.06	1:02.52 350m: 6:42.96	47.69
	100m: 1:54.08 1:02.44	200m: 3:50.54	56.69 300m: 5:55.27	1:02.21 400m: 7:27.84	44.88

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Pozycja			Rok ur.				Czas				Pkt.	
5.	WASIUK, Janusz		53 Masters-Kra nik				8:33.44				285	
	50m:	1:00.41	1:00.41	150m:	3:19.63	1:10.36	250m:	5:35.94	1:03.94	350m:	7:37.57	58.84
	100m:	2:09.27	1:08.86	200m:	4:32.00	1:12.37	300m:	6:38.73	1:02.79	400m:	8:33.44	55.87
6.	GORBACZOW, MIROSŁAW		52 Sopot Masters				9:08.67				233	
	50m:	58.98	58.98	150m:	3:29.25	1:21.57	250m:	6:01.66	1:13.42	350m:	8:16.41	1:09.30
	100m:	2:07.68	1:08.70	200m:	4:48.24	1:18.99	300m:	7:07.11	1:05.45	400m:	9:08.67	52.26

Kategoria H

1.	JARZYNA, Włodzimierz		49 MOTYL SENIOR MOSiR Stalowa Wola				7:25.20				478	
	50m:	50.34	50.34	150m:	2:52.37	1:00.00	250m:	4:50.36	59.33	350m:	6:40.52	49.97
	100m:	1:52.37	1:02.03	200m:	3:51.03	58.66	300m:	5:50.55	1:00.19	400m:	7:25.20	44.68
2.	MIKOŁAJCZYK, Czesław		50 Flota Gdynia				7:31.19				459	
	50m:	50.91	50.91	150m:	2:52.04	1:00.99	250m:	4:52.70	58.18	350m:	7:31.19	1:40.46
	100m:	1:51.05	1:00.14	200m:	3:54.52	1:02.48	300m:	5:50.73	58.03	400m:	7:31.19	
3.	DASZY SKI, Andrzej		48 MASTERS Bolesławiec				8:30.87				316	
	50m:	56.73	56.73	150m:	3:06.11	1:03.02	250m:	5:21.86	1:10.81	350m:	7:36.11	1:00.70
	100m:	2:03.09	1:06.36	200m:	4:11.05	1:04.94	300m:	6:35.41	1:13.55	400m:	8:30.87	54.76
4.	FILIPIAK, Fabian		48 WOPR Warszawa SPORT-Figielski				8:36.50				306	
	50m:	1:00.90	1:00.90	150m:	3:12.72	1:04.24	250m:	5:27.98	1:11.59	350m:	7:38.65	59.07
	100m:	2:08.48	1:07.58	200m:	4:16.39	1:03.67	300m:	6:39.58	1:11.60	400m:	8:36.50	57.85
5.	BANTKOWSKI, Jan		49 Toru czyk Masters Toru				9:13.15				249	
	50m:	1:02.15	1:02.15	150m:	3:37.63	1:26.15	250m:	6:11.87	1:13.93	350m:	8:22.18	57.62
	100m:	2:11.48	1:09.33	200m:	4:57.94	1:20.31	300m:	7:24.56	1:12.69	400m:	9:13.15	50.97

Kategoria I

DYSKW.	DYMECKI, ZBIGNIEW		41 Sosnowiec				9:17.60					
	<i>Z-2 - Uko czenie poszczególnych odcinków niezgodnie z przepisami o danym stylu</i>											
	50m:	1:04.92	1:04.92	150m:	3:43.06	1:18.88	250m:	6:09.12	1:07.91	350m:	8:17.21	1:00.14
	100m:	2:24.18	1:19.26	200m:	5:01.21	1:18.15	300m:	7:17.07	1:07.95	400m:	9:17.60	1:00.39

Kategoria J

1.	BUGLA, Rudolf		40 Zwi zek Zawodowy Górników przy KW Rydułtowach				8:41.33				437	
	50m:	56.02	56.02	150m:	3:13.30	1:11.45	250m:	5:30.79	1:08.64	350m:	7:37.69	1:00.44
	100m:	2:01.85	1:05.83	200m:	4:22.15	1:08.85	300m:	6:37.25	1:06.46	400m:	8:41.33	1:03.64
2.	SIELSKI, RYSZARD		37 rodowiskowe Warszawskie WOPR				9:03.29				386	
	50m:	1:07.63	1:07.63	150m:	3:30.98	1:07.40	250m:	5:50.06	1:07.19	350m:	8:00.36	1:02.27
	100m:	2:23.58	1:15.95	200m:	4:42.87	1:11.89	300m:	6:58.09	1:08.03	400m:	9:03.29	1:02.93

Kategoria L

1.	PRZ DO, LUCJAN		30 Ks Polonia Warszawa				8:59.39				1042	
	50m:	1:00.98	1:00.98	150m:	3:25.23	1:15.78	250m:	5:49.00	1:11.62	350m:	8:00.85	1:01.25
	100m:	2:09.45	1:08.47	200m:	4:37.38	1:12.15	300m:	6:59.60	1:10.60	400m:	8:59.39	58.54