

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

Konkurencja 40
2010-11-14 - 12:25

M cyczn, 400m dowolny

25 lat i starsi
Wyniki

Punkty: DSV Masters 04

Pozycja			Rok ur.					Czas	Pkt.		
Kategoria A											
1.	DRZEWI SKI, Łukasz		84	Warsaw Masters Team				4:19.39	806		
	50m:	30.14 30.14	150m:	1:35.74	32.90	250m:	2:41.03	32.23	350m:	3:46.84	33.03
	100m:	1:02.84 32.70	200m:	2:08.80	33.06	300m:	3:13.81	32.78	400m:	4:19.39	32.55
2.	RADOMSKI, GRZEGORZ		84	T.p.Masters Opole				4:25.08	755		
	50m:	29.31 29.31	150m:	1:35.87	33.68	250m:	2:43.17	33.72	350m:	3:51.46	33.99
	100m:	1:02.19 32.88	200m:	2:09.45	33.58	300m:	3:17.47	34.30	400m:	4:25.08	33.62
3.	HANUZA, Bartłomiej		84	Wrocławski Park Wodny				4:38.09	654		
	50m:	31.10 31.10	150m:	1:40.45	35.31	250m:	2:51.12	35.45	350m:	4:03.44	36.50
	100m:	1:05.14 34.04	200m:	2:15.67	35.22	300m:	3:26.94	35.82	400m:	4:38.09	34.65
4.	GOŁEMBIEWSKI, Tadeusz		85	CityZen AZS AWF Pozna				4:44.41	611		
	50m:	32.66 32.66	150m:	1:41.92	34.84	250m:	2:53.40	35.76	350m:	4:07.19	37.10
	100m:	1:07.08 34.42	200m:	2:17.64	35.72	300m:	3:30.09	36.69	400m:	4:44.41	37.22
Kategoria B											
1.	SUWARA, PIOTR		79	Sopot Masters				5:01.28	509		
	50m:	32.99 32.99	150m:	1:47.59	37.92	250m:	3:04.70	38.56	350m:	4:23.58	39.48
	100m:	1:09.67 36.68	200m:	2:26.14	38.55	300m:	3:44.10	39.40	400m:	5:01.28	37.70
2.	KAŁU Y SKI, Wojciech		80	Warsaw Masters Team				6:02.06	293		
	50m:	41.04 41.04	150m:	2:09.69	44.51	250m:	3:43.00	46.90	350m:	5:16.73	46.93
	100m:	1:25.18 44.14	200m:	2:56.10	46.41	300m:	4:29.80	46.80	400m:	6:02.06	45.33
Kategoria C											
1.	MONCZAK, Grzegorz		73	One Man Team				4:40.37	670		
	50m:	32.18 32.18	150m:	1:42.65	35.60	250m:	2:54.43	35.94	350m:	4:06.44	35.71
	100m:	1:07.05 34.87	200m:	2:18.49	35.84	300m:	3:30.73	36.30	400m:	4:40.37	33.93
2.	KOWALCZYK, Piotr		74	MKP Szczecin				4:48.68	614		
	50m:	31.87 31.87	150m:	1:45.52	38.00	250m:	3:00.04	37.34	350m:	4:14.59	36.43
	100m:	1:07.52 35.65	200m:	2:22.70	37.18	300m:	3:38.16	38.12	400m:	4:48.68	34.09
3.	OPALI SKI, Paweł		74	MOTYL SENIOR MOSiR Stalowa Wola				5:12.95	482		
	50m:	33.56 33.56	150m:	1:49.93	38.93	250m:	3:10.30	40.19	350m:	4:32.27	41.55
	100m:	1:11.00 37.44	200m:	2:30.11	40.18	300m:	3:50.72	40.42	400m:	5:12.95	40.68
4.	KALBARCZYK, Waldemar		71	MOTYL SENIOR MOSiR Stalowa Wola				5:27.81	419		
	50m:	36.82 36.82	150m:	2:01.58	42.81	250m:	3:25.35	40.73	350m:	4:47.96	41.22
	100m:	1:18.77 41.95	200m:	2:44.62	43.04	300m:	4:06.74	41.39	400m:	5:27.81	39.85
5.	SZUREK, SŁAWOMIR		71	Zwi zek Zawodowy Górników przy KWK Rydułtowach				5:39.26	965		
	50m:	37.20 37.20	150m:	2:01.86	43.18	250m:	3:30.49	44.78	350m:	4:59.89	44.58
	100m:	1:18.68 41.48	200m:	2:45.71	43.85	300m:	4:15.31	44.82	400m:	5:43.26	43.37
Kategoria D											
1.	STANEK, Grzegorz		68	Odrza skie Ratownictwo Specjalistyczne				4:27.56	827		
	50m:	31.68 31.68	150m:	1:39.33	33.88	250m:	2:46.99	33.70	350m:	3:54.73	33.73
	100m:	1:05.45 33.77	200m:	2:13.29	33.96	300m:	3:21.00	34.01	400m:	4:27.56	32.83
2.	PASIECZNY, ANDRZEJ		66	Victory Masters Elbl g				4:42.12	706		
	50m:	31.78 31.78	150m:	1:41.43	35.21	250m:	2:53.05	35.91	350m:	4:06.17	36.31
	100m:	1:06.22 34.44	200m:	2:17.14	35.71	300m:	3:29.86	36.81	400m:	4:42.12	35.95
3.	MONCZAK, PIOTR		67	Start Pozna				4:46.15	676		
	50m:	32.47 32.47	150m:	1:44.97	36.20	250m:	2:58.66	36.93	350m:	4:12.20	36.79
	100m:	1:08.77 36.30	200m:	2:21.73	36.76	300m:	3:35.41	36.75	400m:	4:46.15	33.95

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

Konkurencja 40, M czynn, 400m dowolny, Kategoria D

Pozycja			Rok ur.					Czas	Pkt.		
4.	ZAPALSKI, TOMASZ		70	Sopot Masters				4:47.64	666		
	50m:	33.32 33.32	150m:	1:44.46	35.88	250m:	2:57.34	36.59	350m:	4:10.92	36.97
	100m:	1:08.58 35.26	200m:	2:20.75	36.29	300m:	3:33.95	36.61	400m:	4:47.64	36.72
5.	LYUBAVIN, VICTOR		66	Pregel				5:02.79	571		
	50m:	34.40 34.40	150m:	1:51.34	39.12	250m:	3:09.98	39.04	350m:	4:26.17	37.78
	100m:	1:12.22 37.82	200m:	2:30.94	39.60	300m:	3:48.39	38.41	400m:	5:02.79	36.62
6.	SKOCZYLAS, Tomasz		66	UKS Wodnik 29 Katowice				5:05.62	555		
	50m:	32.76 32.76	150m:	1:49.15	38.97	250m:	3:07.65	39.27	350m:	4:27.62	40.32
	100m:	1:10.18 37.42	200m:	2:28.38	39.23	300m:	3:47.30	39.65	400m:	5:05.62	38.00
7.	ZACH, Paweł		68	Entre.pl				6:24.59	278		
	50m:	42.54 42.54	150m:	2:20.34	49.72	250m:	3:58.87	49.31	350m:	5:38.02	48.75
	100m:	1:30.62 48.08	200m:	3:09.56	49.22	300m:	4:49.27	50.40	400m:	6:24.59	46.57

Kategoria E

1.	KRASAUSKAS, VILMANTAS		64	Torpedos Marijampole				4:54.49	710		
	50m:	34.50 34.50	150m:	1:46.01	36.22	250m:	3:00.96	37.72	350m:	4:17.24	38.25
	100m:	1:09.79 35.29	200m:	2:23.24	37.23	300m:	3:38.99	38.03	400m:	4:54.49	37.25
2.	LATECKI, GRZEGORZ		65	Victory Masters Elbl g				5:19.94	554		
	50m:	35.57 35.57	150m:	1:55.75	40.64	250m:	3:17.65	40.96	350m:	4:40.13	41.45
	100m:	1:15.11 39.54	200m:	2:36.69	40.94	300m:	3:58.68	41.03	400m:	5:19.94	39.81
3.	KANIA, Waldemar		62	Odrza skie Ratownictwo Specjalistyczne				5:29.74	506		
	50m:	37.24 37.24	150m:	2:01.58	42.80	250m:	3:26.72	42.37	350m:	4:50.90	42.00
	100m:	1:18.78 41.54	200m:	2:44.35	42.77	300m:	4:08.90	42.18	400m:	5:29.74	38.84
4.	FOELSKE, Marco		64	CityZen AZS AWF Pozna				5:52.49	414		
	50m:	38.32 38.32	150m:	2:04.80	44.26	250m:	3:37.06	46.88	350m:	5:09.74	45.82
	100m:	1:20.54 42.22	200m:	2:50.18	45.38	300m:	4:23.92	46.86	400m:	5:52.49	42.75
5.	THIEM, JACEK		63	KS Warta Pozna				6:05.29	372		
	50m:	38.71 38.71	150m:	2:09.47	46.35	250m:	3:44.99	48.08	350m:	5:20.93	47.53
	100m:	1:23.12 44.41	200m:	2:56.91	47.44	300m:	4:33.40	48.41	400m:	6:05.29	44.36
6.	NOWICKI, ROBERT		63	NieZrzeszony				7:00.25	244		
	50m:	46.11 46.11	150m:	2:30.82	53.69	250m:	4:18.93	54.53	350m:	6:08.52	54.91
	100m:	1:37.13 51.02	200m:	3:24.40	53.58	300m:	5:13.61	54.68	400m:	7:00.25	51.73

Kategoria F

1.	GABIEC, MARIUSZ		58	Sopot Masters				4:45.53	830		
	50m:	32.78 32.78	150m:	1:43.61	35.80	250m:	2:56.20	36.34	350m:	4:09.76	36.97
	100m:	1:07.81 35.03	200m:	2:19.86	36.25	300m:	3:32.79	36.59	400m:	4:45.53	35.77
2.	DZIAREK, JACEK		59	Kołobrzeg				5:30.78	534		
	50m:	37.44 37.44	150m:	2:00.62	42.55	250m:	3:26.19	42.36	350m:	4:51.02	42.12
	100m:	1:18.07 40.63	200m:	2:43.83	43.21	300m:	4:08.90	42.71	400m:	5:30.78	39.76
3.	LORKOWSKI, Robert		60	MOTYL SENIOR MOSiR Stalowa Wola				5:31.97	528		
	50m:	37.26 37.26	150m:	2:02.22	43.21	250m:	3:28.38	43.15	350m:	4:53.18	41.62
	100m:	1:19.01 41.75	200m:	2:45.23	43.01	300m:	4:11.56	43.18	400m:	5:31.97	38.79
4.	SZYMIK, Piotr		60	Wodnik Siemianowice I skie				5:33.29	522		
	50m:	36.78 36.78	150m:	1:59.44	42.18	250m:	3:25.40	42.48	350m:	4:52.37	43.49
	100m:	1:17.26 40.48	200m:	2:42.92	43.48	300m:	4:08.88	43.48	400m:	5:33.29	40.92
5.	BENDIG, JERZY		58	Sopot Masters				5:38.74	497		
	50m:	39.33 39.33	150m:	2:05.67	43.66	250m:	3:33.17	43.37	350m:	4:58.59	42.43
	100m:	1:22.01 42.68	200m:	2:49.80	44.13	300m:	4:16.16	42.99	400m:	5:38.74	40.15
6.	NAJGEBURSKI, Stefan		57	SI Salos Cortile				5:44.52	472		
	50m:	38.27 38.27	150m:	2:05.45	44.32	250m:	3:33.82	43.75	350m:	5:01.67	43.55
	100m:	1:21.13 42.86	200m:	2:50.07	44.62	300m:	4:18.12	44.30	400m:	5:44.52	42.85

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

Konkurencja 40, M czyzn, 400m dowolny, Kategoria F

Pozycja			Rok ur.					Czas	Pkt.		
7.	SENFELDAS, GEDIMINAS		59	Torpedos Marijampole				5:45.19	470		
	50m:	39.00 39.00	150m:	2:05.57	43.85	250m:	3:34.47	44.21	350m:	5:02.12	43.72
	100m:	1:21.72 42.72	200m:	2:50.26	44.69	300m:	4:18.40	43.93	400m:	5:45.19	43.07
8.	SKRZYPEK, STEFAN		56	Redeco Wrocław				5:57.16	424		
	50m:	40.53 40.53	150m:	2:11.18	45.86	250m:	3:43.07	45.79	350m:	5:14.09	45.23
	100m:	1:25.32 44.79	200m:	2:57.28	46.10	300m:	4:28.86	45.79	400m:	5:57.16	43.07
9.	MI SKI, Andrzej		56	Zawodnik niezrzeszony				6:30.28	325		
	50m:	41.37 41.37	150m:	2:19.85	50.42	250m:	4:00.50	50.52	350m:	5:42.03	50.44
	100m:	1:29.43 48.06	200m:	3:09.98	50.13	300m:	4:51.59	51.09	400m:	6:30.28	48.25
10.	KORPETTA, Wojciech		59	Niezrzeszeni.pl				6:31.40	322		
	50m:	43.26 43.26	150m:	2:23.87	51.37	250m:	4:09.29	52.90	350m:	5:48.81	48.20
	100m:	1:32.50 49.24	200m:	3:16.39	52.52	300m:	5:00.61	51.32	400m:	6:31.40	42.59
11.	PUCHALSKI, Bogdan		56	Klub Sportowy "MASTERS" Polkowice				6:32.01	321		
	50m:	41.55 41.55	150m:	2:19.49	50.86	250m:	4:03.02	51.56	350m:	5:47.66	52.21
	100m:	1:28.63 47.08	200m:	3:11.46	51.97	300m:	4:55.45	52.43	400m:	6:32.01	44.35
12.	CZUPRYN, Wojciech		58	Warsaw Masters Team				6:38.60	305		
	50m:	43.42 43.42	150m:	2:20.60	50.32	250m:	4:01.91	50.89	350m:	5:47.84	53.26
	100m:	1:30.28 46.86	200m:	3:11.02	50.42	300m:	4:54.58	52.67	400m:	6:38.60	50.76

Kategoria G

1.	ŁUKASZEWICZ, PAWEŁ		55	Start Pozna				5:50.04	547		
	50m:	37.87 37.87	150m:	2:03.86	43.83	250m:	3:35.04	45.81	350m:	5:06.01	45.63
	100m:	1:20.03 42.16	200m:	2:49.23	45.37	300m:	4:20.38	45.34	400m:	5:50.04	44.03
2.	MIKOSZA, OLGIERD		51	T.p.Masters Opole				6:00.30	501		
	50m:	38.67 38.67	150m:	2:10.99	47.23	250m:	3:45.43	47.01	350m:	5:18.62	45.91
	100m:	1:23.76 45.09	200m:	2:58.42	47.43	300m:	4:32.71	47.28	400m:	6:00.30	41.68
3.	PALEOLOG, JERZY		55	Lubelskie Towarzystwo Pływackie				6:04.39	484		
	50m:	38.16 38.16	150m:	2:05.93	44.70	250m:	3:37.91	46.45	350m:	5:15.94	49.93
	100m:	1:21.23 43.07	200m:	2:51.46	45.53	300m:	4:26.01	48.10	400m:	6:04.39	48.45
4.	GRZESIAK, JERZY		55	Niezrzeszony Stargard Szczeci ski				7:20.40	274		
	50m:	47.70 47.70	150m:	2:41.27	57.28	250m:	4:34.81	56.47	350m:	6:25.53	54.61
	100m:	1:43.99 56.29	200m:	3:38.34	57.07	300m:	5:30.92	56.11	400m:	7:20.40	54.87
5.	IRCZYK, Leon		51	Zwi zek Zawodowy Górników przy KWK Rydułtowach				7:51.82	228		
	50m:	46.95 46.95	150m:	2:44.57	58.83	250m:	4:48.69	1:03.36	350m:	6:51.79	1:00.75
	100m:	1:45.74 58.79	200m:	3:45.33	1:00.76	300m:	5:51.04	1:02.35	400m:	7:51.82	1:00.03

Kategoria H

1.	MLECZKO, ANDRZEJ		47	Masters Wisła Kraków				6:22.28	459		
	50m:	41.68 41.68	150m:	2:19.29	49.97	250m:	3:59.63	50.51	350m:		
	100m:	1:29.32 47.64	200m:	3:09.12	49.83	300m:	5:37.30	1:37.67	400m:	6:22.28	
2.	JARZYNA, Włodzimierz		49	MOTYL SENIOR MOSiR Stalowa Wola				6:30.30	432		
	50m:	43.07 43.07	150m:	2:22.10	50.47	250m:	4:03.96	51.52	350m:	5:45.53	50.47
	100m:	1:31.63 48.56	200m:	3:12.44	50.34	300m:	4:55.06	51.10	400m:	6:30.30	44.77
3.	WOLNIEWICZ, Janusz		48	Niezrzeszony Oborniki				7:18.19	305		
	50m:	46.74 46.74	150m:	2:36.47	55.95	250m:	4:29.89	56.52	350m:	6:24.46	56.44
	100m:	1:40.52 53.78	200m:	3:33.37	56.90	300m:	5:28.02	58.13	400m:	7:18.19	53.73
4.	DASZY SKI, Andrzej		48	MASTERS Bolesławiec				7:34.06	274		
	50m:	48.78 48.78	150m:	2:46.65	1:00.24	250m:	4:46.06	59.54	350m:	6:42.96	57.68
	100m:	1:46.41 57.63	200m:	3:46.52	59.87	300m:	5:45.28	59.22	400m:	7:34.06	51.10
5.	FILIPIAK, Fabian		48	WOPR Warszawa SPORT-Figielski				7:34.94	272		
	50m:	50.44 50.44	150m:	2:46.03	58.82	250m:	4:44.12	59.35	350m:	6:40.03	56.68
	100m:	1:47.21 56.77	200m:	3:44.77	58.74	300m:	5:43.35	59.23	400m:	7:34.94	54.91

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

Konkurencja 40, M czynn, 400m dowolny

Kategoria I

1.	BORODZIUK, Stefan	44	Warsaw Masters Team	7:10.79	438
	50m: 46.06 46.06	150m: 2:34.10	54.81 250m: 4:25.13	55.07 350m: 6:18.31	56.16
	100m: 1:39.29 53.23	200m: 3:30.06	55.96 300m: 5:22.15	57.02 400m: 7:10.79	52.48
2.	DZIEKO SKI, EDWARD	43	Białystok	7:26.95	392
	50m: 50.49 50.49	150m: 2:43.81	56.64 250m: 4:39.64	58.56 350m: 6:34.04	56.28
	100m: 1:47.17 56.68	200m: 3:41.08	57.27 300m: 5:37.76	58.12 400m: 7:26.95	52.91

Kategoria J

1.	LEWANDOWSKI, ZYGMUNT	37	KP Delfin Inowrocław	7:06.78	479
	50m: 45.74 45.74	150m: 2:33.87	55.32 250m: 4:26.75	56.66 350m: 6:16.50	53.79
	100m: 1:38.55 52.81	200m: 3:30.09	56.22 300m: 5:22.71	55.96 400m: 7:06.78	50.28
2.	WOSK, TADEUSZ	37	Masters Chełm	12:10.26	95
	50m: 1:19.52 1:19.52	150m: 4:27.42	1:37.65 250m: 7:34.81	1:32.02 350m:	
	100m: 2:49.77 1:30.25	200m: 6:02.79	1:35.37 300m: 9:06.55	1:31.74 400m: 12:10.26	

Kategoria K

1.	LUDWICZAK, ZBIGNIEW	33	Szczecineckie Towarzystwo Pływackie	8:58.15	306
	50m: 57.87 57.87	150m: 3:09.64	1:06.80 250m: 5:27.97	1:08.77 350m: 7:48.18	1:09.34
	100m: 2:02.84 1:04.97	200m: 4:19.20	1:09.56 300m: 6:38.84	1:10.87 400m: 8:58.15	1:09.97
2.	SZMYT, Edmund	34	Start Pozna	10:17.53	202
	50m: 1:02.32 1:02.32	150m: 3:17.23	1:08.66 250m: 6:12.44	1:26.21 350m: 9:00.36	1:21.10
	100m: 2:08.57 1:06.25	200m: 4:46.23	1:29.00 300m: 7:39.26	1:26.82 400m: 10:17.53	1:17.17
3.	FROM, KAZIMIERZ	32	WOPR Kutno	11:10.40	158
	50m: 1:10.13 1:10.13	150m: 3:57.65	1:25.07 250m: 6:56.08	1:29.98 350m: 9:53.62	1:29.14
	100m: 2:32.58 1:22.45	200m: 5:26.10	1:28.45 300m: 8:24.48	1:28.40 400m: 11:10.40	1:16.78