

IV OTWARTE MISTRZOSTWA KONSTANCINA W PŁYWANIU MASTERS
Konstancin, 15- - 16-10-2011

Konkurencja 13
2011-10-16 - 10:40

M czynn, 400m dowolny

25 - 89 lat
Wyniki

Punkty: DSV Masters 04

| Pozycja | | | Rok ur. | | | | | Czas | Pkt. | | |
|--------------------|-----------------------|---------------|---------|---------------------------------|---------|-------|---------|----------------|-------|---------|-------|
| Kategoria A | | | | | | | | | | | |
| 1. | KOSZAREK, Maciej | | 84 | Redeco Wrocław | | | | 5:26.10 | 405 | | |
| | 50m: | 33.70 33.70 | 150m: | 2:32.98 | 1:21.35 | 250m: | 3:59.67 | 43.66 | 350m: | 5:26.10 | 42.15 |
| | 100m: | 1:11.63 37.93 | 200m: | 3:16.01 | 43.03 | 300m: | 4:43.95 | 44.28 | 400m: | 5:26.10 | |
| Kategoria B | | | | | | | | | | | |
| 1. | KACZMAREK, Marcin | | 77 | Warsaw Masters Team | | | | 4:22.45 | 770 | | |
| | 50m: | 29.72 29.72 | 150m: | 1:34.19 | 32.69 | 250m: | 2:40.65 | 33.25 | 350m: | 3:48.79 | 34.85 |
| | 100m: | 1:01.50 31.78 | 200m: | 2:07.40 | 33.21 | 300m: | 3:13.94 | 33.29 | 400m: | 4:22.45 | 33.66 |
| 2. | KAŁU Y SKI, Wojciech | | 80 | Warsaw Masters Team | | | | 6:00.59 | 297 | | |
| | 50m: | 39.05 39.05 | 150m: | 2:06.78 | 44.35 | 250m: | 3:39.92 | 46.33 | 350m: | 5:13.95 | 47.19 |
| | 100m: | 1:22.43 43.38 | 200m: | 2:53.59 | 46.81 | 300m: | 4:26.76 | 46.84 | 400m: | 6:00.59 | 46.64 |
| Kategoria C | | | | | | | | | | | |
| 1. | KRZAK, Krzysztof | | 74 | Niezrzeszony | | | | 5:12.15 | 486 | | |
| | 50m: | 33.81 33.81 | 150m: | 1:48.49 | 38.18 | 250m: | 3:08.36 | 40.30 | 350m: | 4:31.21 | 41.79 |
| | 100m: | 1:10.31 36.50 | 200m: | 2:28.06 | 39.57 | 300m: | 3:49.42 | 41.06 | 400m: | 5:12.15 | 40.94 |
| 2. | PERL, Karol | | 76 | Uks Pingwiny | | | | 5:21.98 | 442 | | |
| | 50m: | 33.88 33.88 | 150m: | 1:52.16 | 40.35 | 250m: | 3:16.11 | 42.50 | 350m: | 4:43.15 | 43.45 |
| | 100m: | 1:11.81 37.93 | 200m: | 2:33.61 | 41.45 | 300m: | 3:59.70 | 43.59 | 400m: | 5:21.98 | 38.83 |
| 3. | KRAWCZYK, Grzegorz | | 75 | Uks Pingwiny | | | | 6:22.92 | 263 | | |
| | 50m: | 39.64 39.64 | 150m: | 2:12.70 | 48.44 | 250m: | 3:51.36 | 50.03 | 350m: | 5:34.16 | 51.55 |
| | 100m: | 1:24.26 44.62 | 200m: | 3:01.33 | 48.63 | 300m: | 4:42.61 | 51.25 | 400m: | 6:22.92 | 48.76 |
| Kategoria D | | | | | | | | | | | |
| 1. | BAR, Wiesław | | 70 | MOTYL SENIOR MOSiR Stalowa Wola | | | | 5:14.42 | 510 | | |
| | 50m: | 32.30 32.30 | 150m: | 1:47.17 | 38.79 | 250m: | 3:08.95 | 41.28 | 350m: | 4:32.99 | 42.58 |
| | 100m: | 1:08.38 36.08 | 200m: | 2:27.67 | 40.50 | 300m: | 3:50.41 | 41.46 | 400m: | 5:14.42 | 41.43 |
| 2. | SZUREK, Sławomir | | 71 | Orka Masters Radlin | | | | 5:44.28 | 388 | | |
| | 50m: | 38.77 38.77 | 150m: | 2:03.76 | 43.34 | 250m: | 3:30.96 | 43.85 | 350m: | 4:59.98 | 44.59 |
| | 100m: | 1:20.42 41.65 | 200m: | 2:47.11 | 43.35 | 300m: | 4:15.39 | 44.43 | 400m: | 5:44.28 | 44.30 |
| 3. | URCZAK, Tomasz | | 69 | Orka Masters Radlin | | | | 5:55.13 | 353 | | |
| | 50m: | 39.10 39.10 | 150m: | 2:07.42 | 44.77 | 250m: | 3:39.27 | 46.03 | 350m: | 5:11.24 | 45.84 |
| | 100m: | 1:22.65 43.55 | 200m: | 2:53.24 | 45.82 | 300m: | 4:25.40 | 46.13 | 400m: | 5:55.13 | 43.89 |
| 4. | GRZELAK, Maciej | | 70 | SKT Legia Warszawa | | | | 6:18.77 | 291 | | |
| | 50m: | 37.18 37.18 | 150m: | 3:49.17 | 2:26.65 | 250m: | 5:29.41 | 49.87 | 350m: | | |
| | 100m: | 1:22.52 45.34 | 200m: | 4:39.54 | 50.37 | 300m: | 6:18.77 | 49.36 | 400m: | 6:18.77 | |
| Kategoria E | | | | | | | | | | | |
| 1. | KRASAUSKAS, Vilmantas | | 64 | Vilmantas Krasauskas | | | | 4:48.74 | 753 | | |
| | 50m: | 32.76 32.76 | 150m: | 1:43.69 | 35.75 | 250m: | 2:57.25 | 36.71 | 350m: | 4:11.82 | 37.33 |
| | 100m: | 1:07.94 35.18 | 200m: | 2:20.54 | 36.85 | 300m: | 3:34.49 | 37.24 | 400m: | 4:48.74 | 36.92 |
| 2. | EBRACKI, Bogdan | | 66 | Niezrzeszony | | | | 5:44.83 | 442 | | |
| | 50m: | 36.86 36.86 | 150m: | 2:04.09 | 45.05 | 250m: | 3:33.25 | 44.48 | 350m: | 5:01.36 | 44.32 |
| | 100m: | 1:19.04 42.18 | 200m: | 2:48.77 | 44.68 | 300m: | 4:17.04 | 43.79 | 400m: | 5:44.83 | 43.47 |
| 3. | NOWICKI, Robert | | 63 | Warsaw Masters Team | | | | 7:20.46 | 212 | | |
| | 50m: | 46.74 46.74 | 150m: | 2:33.72 | 54.95 | 250m: | 4:26.71 | 56.89 | 350m: | 6:23.33 | 58.40 |
| | 100m: | 1:38.77 52.03 | 200m: | 3:29.82 | 56.10 | 300m: | 5:24.93 | 58.22 | 400m: | 7:20.46 | 57.13 |

IV OTWARTE MISTRZOSTWA KONSTANCINA W PŁYWANIU MASTERS
Konstancin, 15- - 16-10-2011

Konkurencja 13, M czynn, 400m dowolny, Kategoria E

| Pozycja | | | Rok ur. | | | | | Czas | Pkt. |
|---------|--------------|---------------|---------|----------------|-------|--|-------|------|------|
| NIE UK. | THIEM, Jacek | | 63 | KS Warta Pozna | | | | | |
| | 50m: | 37.16 37.16 | 150m: | 1:59.84 41.75 | 250m: | | 350m: | | |
| | 100m: | 1:18.09 40.93 | 200m: | | 300m: | | 400m: | | |

Kategoria F

| | | | | | | | | | |
|----|----------------------|---------------|-------|------------------------|-------|-----------------|-------|-----------------|-----|
| 1. | CZUPRYN, Wojciech | | 58 | Warsaw Masters Team | | | | 6:38.04 | 306 |
| | 50m: | 45.89 45.89 | 150m: | 2:25.46 50.50 | 250m: | 4:08.31 | 350m: | 5:50.29 | |
| | 100m: | 1:34.96 49.07 | 200m: | | 300m: | | 400m: | 6:38.04 47.75 | |
| 2. | ŁATECKI, Włodzimierz | | 57 | Zgiersko-Ł czycki WOPR | | | | 7:52.51 | 183 |
| | 50m: | 51.22 51.22 | 150m: | 2:48.44 1:00.60 | 250m: | 4:51.11 1:01.67 | 350m: | 6:53.64 1:00.93 | |
| | 100m: | 1:47.84 56.62 | 200m: | 3:49.44 1:01.00 | 300m: | 5:52.71 1:01.60 | 400m: | 7:52.51 58.87 | |

Kategoria G

| | | | | | | | | | |
|----|---------------------------|-----------------|-------|----------------------|-------|---------------|-------|----------------|-----|
| 1. | DEMETRAKI-PALEOLOG, Jerzy | | 55 | MTP-Lublinianka | | | | 5:57.89 | 511 |
| | 50m: | 40.31 40.31 | 150m: | 2:09.02 44.41 | 250m: | 3:40.35 45.96 | 350m: | 5:12.94 46.05 | |
| | 100m: | 1:24.61 44.30 | 200m: | 2:54.39 45.37 | 300m: | 4:26.89 46.54 | 400m: | 5:57.89 44.95 | |
| 2. | MI SKI, Andrzej | | 56 | K.S. Niezrzeszeni.pl | | | | 6:17.72 | 435 |
| | 50m: | 40.18 40.18 | 150m: | 2:14.56 48.19 | 250m: | 3:51.78 48.75 | 350m: | 5:30.21 49.23 | |
| | 100m: | 1:26.37 46.19 | 200m: | 3:03.03 48.47 | 300m: | 4:40.98 49.20 | 400m: | 6:17.72 47.51 | |
| 3. | PUCHALSKI, Bogdan | | 56 | KS Masters Polkowice | | | | 6:33.30 | 385 |
| | 50m: | 1:29.42 1:29.42 | 150m: | 2:18.74 | 250m: | 4:00.99 51.79 | 350m: | 5:44.17 51.62 | |
| | 100m: | | 200m: | 3:09.20 50.46 | 300m: | 4:52.55 51.56 | 400m: | 6:33.30 49.13 | |
| 4. | SZCZE NIAK, Wojciech | | 55 | Niezrzeszony | | | | 6:45.81 | 351 |
| | 50m: | 41.42 41.42 | 150m: | 2:24.55 53.41 | 250m: | 4:11.89 53.85 | 350m: | 5:57.94 52.64 | |
| | 100m: | 1:31.14 49.72 | 200m: | 3:18.04 53.49 | 300m: | 5:05.30 53.41 | 400m: | 6:45.81 47.87 | |
| 5. | RUSOWICZ, Waldemar | | 55 | Masters Kra nik | | | | 7:20.77 | 274 |
| | 50m: | 48.34 48.34 | 150m: | 2:39.61 56.80 | 250m: | 4:32.43 56.59 | 350m: | 6:27.84 57.46 | |
| | 100m: | 1:42.81 54.47 | 200m: | 3:35.84 56.23 | 300m: | 5:30.38 57.95 | 400m: | 7:20.77 52.93 | |

Kategoria H

| | | | | | | | | | |
|----|--------------------|-----------------|-------|------------------------|-------|-----------------|-------|-----------------|-----|
| 1. | MAKAY, Marek | | 50 | Helyopolis | | | | 5:48.34 | 607 |
| | 50m: | 38.50 38.50 | 150m: | 2:03.86 43.31 | 250m: | 3:33.17 44.77 | 350m: | 5:04.21 45.79 | |
| | 100m: | 1:20.55 42.05 | 200m: | 2:48.40 44.54 | 300m: | 4:18.42 45.25 | 400m: | 5:48.34 44.13 | |
| 2. | WOLNIEWICZ, Janusz | | 48 | UKS Trojka Oborniki | | | | 6:50.76 | 370 |
| | 50m: | 44.85 44.85 | 150m: | 2:26.26 51.54 | 250m: | 4:12.39 53.52 | 350m: | 5:59.41 54.00 | |
| | 100m: | 1:34.72 49.87 | 200m: | 3:18.87 52.61 | 300m: | 5:05.41 53.02 | 400m: | 6:50.76 51.35 | |
| 3. | IRCZYK, Leon | | 51 | Orka Masters Radlin | | | | 7:26.89 | 287 |
| | 50m: | 47.25 47.25 | 150m: | 2:39.25 57.36 | 250m: | 4:35.08 58.11 | 350m: | 6:32.86 58.45 | |
| | 100m: | 1:41.89 54.64 | 200m: | 3:36.97 57.72 | 300m: | 5:34.41 59.33 | 400m: | 7:26.89 54.03 | |
| 4. | BANTKOWSKI, Jan | | 49 | Toru czyk Masters Toru | | | | 8:08.90 | 219 |
| | 50m: | 53.51 53.51 | 150m: | 2:57.40 1:03.00 | 250m: | 5:07.15 1:04.93 | 350m: | 7:11.13 1:00.39 | |
| | 100m: | 1:54.40 1:00.89 | 200m: | 4:02.22 1:04.82 | 300m: | 6:10.74 1:03.59 | 400m: | 8:08.90 57.77 | |

Kategoria J

| | | | | | | | | | |
|----|----------------------|-----------------|-------|-------------------|-------|-----------------|-------|------------------|-----|
| 1. | LEWANDOWSKI, ZYGMUNT | | 37 | Delfin Inowrocław | | | | 7:03.56 | 490 |
| | 50m: | 45.16 45.16 | 150m: | 2:28.08 52.67 | 250m: | 4:16.94 54.58 | 350m: | 6:09.67 56.57 | |
| | 100m: | 1:35.41 50.25 | 200m: | 3:22.36 54.28 | 300m: | 5:13.10 56.16 | 400m: | 7:03.56 53.89 | |
| 2. | SIELSKI, Ryszard | | 37 | WMT Warszawa | | | | 8:13.65 | 309 |
| | 50m: | 52.51 52.51 | 150m: | 2:56.04 1:03.55 | 250m: | 5:03.70 1:03.68 | 350m: | 7:10.48 1:03.05 | |
| | 100m: | 1:52.49 59.98 | 200m: | 4:00.02 1:03.98 | 300m: | 6:07.43 1:03.73 | 400m: | 8:13.65 1:03.17 | |
| 3. | WOSK, Tadeusz | | 37 | Masters Chelm | | | | 12:01.89 | 99 |
| | 50m: | 1:15.74 1:15.74 | 150m: | 4:09.37 1:30.15 | 250m: | 7:10.98 1:33.63 | 350m: | 10:25.01 1:37.28 | |
| | 100m: | 2:39.22 1:23.48 | 200m: | 5:37.35 1:27.98 | 300m: | 8:47.73 1:36.75 | 400m: | 12:01.89 1:36.88 | |

IV OTWARTE MISTRZOSTWA KONSTANCINA W PŁYWANIU MASTERS
Konstancin, 15- - 16-10-2011

Konkurencja 13, M czynn, 400m dowolny

Kategoria K

| | | | | | | | | | | | | |
|----|-----------------|---------|---------|------------|---------|---------|-------|-----------------|---------|-------|----------|---------|
| 1. | FROM, Kazimierz | | 32 | WOPR Kutno | | | | 11:14.02 | 155 | | | |
| | 50m: | 1:08.56 | 1:08.56 | 150m: | 3:56.05 | 1:28.95 | 250m: | 6:54.56 | 1:31.90 | 350m: | 9:52.68 | 1:27.67 |
| | 100m: | 2:27.10 | 1:18.54 | 200m: | 5:22.66 | 1:26.61 | 300m: | 8:25.01 | 1:30.45 | 400m: | 11:14.02 | 1:21.34 |