

OTWARTE MISTRZOSTWA MŁAWY w pływaniu w kat. MASTERS
Mława, 24- - 25-3-2012

Konkurencja 32
2012-03-25 - 11:05

M czyzn, 400m dowolny

25 lat i starsi
Wyniki

Punkty: DSV Masters 04

Pozycja			Rok ur.					Czas	Pkt.	
KATEGORIA WIEKOWA "B" /30-34/										
1.	SUWARA, PIOTR		79	Sopot Masters				5:00.53	513	
	50m:	33.88 33.88	150m:	1:50.22	38.48	250m:	3:08.39	39.13	350m:	4:24.79 37.65
	100m:	1:11.74 37.86	200m:	2:29.26	39.04	300m:	3:47.14	38.75	400m:	5:00.53 35.74
2.	KAŁU Y SKI, Wojciech		80	Warsaw Masters Team				5:40.47	353	
	50m:	37.85 37.85	150m:	2:00.99	42.15	250m:	3:28.22	44.07	350m:	4:56.76 44.56
	100m:	1:18.84 40.99	200m:	2:44.15	43.16	300m:	4:12.20	43.98	400m:	5:40.47 43.71
KATEGORIA WIEKOWA "D" /40-44/										
1.	PLATA, Kamil		72	Gdynia Masters				5:48.20	375	
	50m:	38.57 38.57	150m:	2:04.82	43.40	250m:	3:34.98	45.27	350m:	5:04.47 44.30
	100m:	1:21.42 42.85	200m:	2:49.71	44.89	300m:	4:20.17	45.19	400m:	5:48.20 43.73
KATEGORIA WIEKOWA "E" /45-49/										
1.	PASIECZNY, Andrzej		66	Victory Masters Elbl g				4:47.36	764	
	50m:	33.86 33.86	150m:	1:48.34	37.35	250m:	3:01.32	36.24	350m:	4:13.09 35.77
	100m:	1:10.99 37.13	200m:	2:25.08	36.74	300m:	3:37.32	36.00	400m:	4:47.36 34.27
2.	KO MIDER, Jan		66	UKS Victoria Józefów				5:02.46	655	
	50m:	34.64 34.64	150m:	1:51.48	38.53	250m:	3:08.67	37.93	350m:	4:25.16 38.09
	100m:	1:12.95 38.31	200m:	2:30.74	39.26	300m:	3:47.07	38.40	400m:	5:02.46 37.30
3.	CYBERTOWICZ, Sławomir		66	TS Olimpia Pozna				5:13.41	589	
	50m:	35.76 35.76	150m:	1:52.92	39.05	250m:	3:13.03	40.25	350m:	4:34.86 40.76
	100m:	1:13.87 38.11	200m:	2:32.78	39.86	300m:	3:54.10	41.07	400m:	5:13.41 38.55
4.	CZAKWIN, Dariusz		65	Masters Białystok				6:03.39	378	
	50m:	40.02 40.02	150m:	2:08.59	45.20	250m:	3:42.32	47.30	350m:	5:18.55 48.25
	100m:	1:23.39 43.37	200m:	2:55.02	46.43	300m:	4:30.30	47.98	400m:	6:03.39 44.84
5.	NOWICKI, Robert		63	Warsaw Masters Team				7:07.14	232	
	50m:	45.84 45.84	150m:	2:33.04	54.59	250m:	4:22.68	54.40	350m:	6:12.37 54.39
	100m:	1:38.45 52.61	200m:	3:28.28	55.24	300m:	5:17.98	55.30	400m:	7:07.14 54.77
KATEGORIA WIEKOWA "F" /50-54/										
1.	BENDIG, JERZY		58	Sopot Masters				5:46.97	462	
	50m:	42.34 42.34	150m:	2:12.75	45.28	250m:	3:40.82	44.12	350m:	5:06.79 42.68
	100m:	1:27.47 45.13	200m:	2:56.70	43.95	300m:	4:24.11	43.29	400m:	5:46.97 40.18
2.	CZUPRYN, Wojciech		58	Warsaw Masters Team				6:25.15	338	
	50m:	44.05 44.05	150m:	2:20.16	49.31	250m:	4:00.59	50.81	350m:	5:40.88 49.87
	100m:	1:30.85 46.80	200m:	3:09.78	49.62	300m:	4:51.01	50.42	400m:	6:25.15 44.27
KATEGORIA WIEKOWA "G" /55-59/										
1.	SKRZYPEK, Stefan		56	Steef				5:49.83	548	
	50m:	40.70 40.70	150m:	2:10.65	45.33	250m:	3:40.01	43.76	350m:	5:07.29 43.87
	100m:	1:25.32 44.62	200m:	2:56.25	45.60	300m:	4:23.42	43.41	400m:	5:49.83 42.54
2.	MATUSIK, Mirosław		56	Masters Białystok				6:05.16	481	
	50m:	40.73 40.73	150m:	2:11.05	45.31	250m:	3:43.88	46.64	350m:	5:18.79 47.59
	100m:	1:25.74 45.01	200m:	2:57.24	46.19	300m:	4:31.20	47.32	400m:	6:05.16 46.37
3.	FIGIELSKI, Grzegorz		53	WOPR Warszawa Sport-Figielski				6:23.94	414	
	50m:	40.35 40.35	150m:	2:10.11	46.03	250m:	3:48.84	50.61	350m:	5:34.68 54.51
	100m:	1:24.08 43.73	200m:	2:58.23	48.12	300m:	4:40.17	51.33	400m:	6:23.94 49.26

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Konkurencja 32, M czynn, 400m dowolny, KATEGORIA WIEKOWA "G" /55-59/

Pozycja			Rok ur.					Czas	Pkt.			
4.	MI SKI, Andrzej		56	K.S. niezrzeszeni.pl				6:24.84	411			
	50m:	42.72	42.72	150m:	2:20.40	49.94	250m:	4:00.36	49.15	350m:	5:39.28	49.49
	100m:	1:30.46	47.74	200m:	3:11.21	50.81	300m:	4:49.79	49.43	400m:	6:24.84	45.56
5.	RUSOWICZ, Waldemar		55	Masters Kra nik				7:30.02	257			
	50m:	49.17	49.17	150m:	2:39.54	56.29	250m:	4:33.81	57.54	350m:	6:31.35	59.05
	100m:	1:43.25	54.08	200m:	3:36.27	56.73	300m:	5:32.30	58.49	400m:	7:30.02	58.67

KATEGORIA WIEKOWA "H" /60-64/

1.	WOLNIEWICZ, Janusz		48	UKS Trójka Oborniki				7:18.11	305			
	50m:	47.61	47.61	150m:	2:35.88	55.29	250m:	4:30.13	57.69	350m:	6:24.89	56.60
	100m:	1:40.59	52.98	200m:	3:32.44	56.56	300m:	5:28.29	58.16	400m:	7:18.11	53.22
2.	FILIPIAK, Fabian		48	WOPR Warszawa Sport-Figielski				7:58.98	233			
	50m:	52.30	52.30	150m:	2:52.65	1:01.53	250m:	4:56.78	1:02.00	350m:	6:59.66	1:01.36
	100m:	1:51.12	58.82	200m:	3:54.78	1:02.13	300m:	5:58.30	1:01.52	400m:	7:58.98	59.32
3.	BANTKOWSKI, Jan		49	Toru czyk Masters Toru				8:15.74	210			
	50m:	56.39	56.39	150m:	3:05.75	1:05.99	250m:	5:14.99	1:03.93	350m:	7:18.29	1:00.86
	100m:	1:59.76	1:03.37	200m:	4:11.06	1:05.31	300m:	6:17.43	1:02.44	400m:	8:15.74	57.45

KATEGORIA WIEKOWA "I" /65-69/

1.	JAWOR, Bogdan		47	KS Masters Polkowice				8:02.84	311			
	50m:			150m:			250m:			350m:		
	100m:			200m:			300m:			400m:	8:02.84	

KATEGORIA WIEKOWA "J" /70-74/

1.	SKWARŁO, Andrzej		39	Gdynia Masters				7:29.80	409			
	50m:	47.94	47.94	150m:	2:38.14	55.89	250m:	4:35.74	59.05	350m:	6:32.99	59.24
	100m:	1:42.25	54.31	200m:	3:36.69	58.55	300m:	5:33.75	58.01	400m:	7:29.80	56.81

KATEGORIA WIEKOWA "K" /75-79/

1.	LEWANDOWSKI, Zygmunt		37	KP Delfin Inowrocław				7:04.77	622			
	50m:	48.34	48.34	150m:	2:37.68	55.03	250m:	4:26.26	54.05	350m:	6:13.83	52.93
	100m:	1:42.65	54.31	200m:	3:32.21	54.53	300m:	5:20.90	54.64	400m:	7:04.77	50.94
2.	SIELSKI, Ryszard		37	Warsaw Masters Team				8:53.42	314			
	50m:	1:00.00	1:00.00	150m:	3:13.36	1:07.30	250m:	5:29.38	1:07.49	350m:	7:46.04	1:08.46
	100m:	2:06.06	1:06.06	200m:	4:21.89	1:08.53	300m:	6:37.58	1:08.20	400m:	8:53.42	1:07.38