

V OTWARTE MISTRZOSTWA KONSTANCINA W PŁYWANIU MASTERS
Konstancin, 13- - 14-10-2012

Konkurencja 2
2012-10-13 - 17:35

M czynn, 400m dowolny

25 - 89 lat
Wyniki

Punkty: DSV Masters 04

Pozycja	Rok ur.	Czas	Pkt.
kat. A /25-29/			
1. PAJDZIK, Sebastian	87	4:46.50	598
50m: 150m: 100m: 1:09.68	1:46.77 37.09 2:23.35 36.58	250m: 35.72 350m: 400m: 4:46.50	2:59.07 35.72
2. DOBROWOLSKI, Wojciech	84	5:37.96	364
50m: 34.81 34.81 100m: 1:15.09 40.28	150m: 1:58.07 42.98 200m: 2:41.65 43.58	250m: 43.85 350m: 4:55.12 44.85 400m: 5:37.96 42.84	3:25.50 43.85
3. GŁUSZAK, Grzegorz	83	6:36.87	225
50m: 46.14 46.14 100m: 1:34.87 48.73	150m: 2:24.32 49.45 200m: 3:14.69 50.37	250m: 51.10 350m: 4:55.92 400m: 6:36.87 1:40.95	4:05.79 51.10
kat. B /30-34/			
1. KAŁU Y SKI, Wojciech	80	5:41.65	349
50m: 36.21 36.21 100m: 1:16.44 40.23	150m: 1:58.96 42.52 200m: 2:42.66 43.70	250m: 44.68 350m: 4:58.39 46.26 400m: 5:41.65 43.26	3:27.34 44.68
kat. C /35-39/			
1. PERL, Karol	76	5:16.33	467
50m: 100m:	150m: 1:50.33 200m:	250m: 3:12.12 300m:	350m: 4:35.97 400m: 5:16.33 40.36
2. MILEWSKI, Hubert	77	5:33.34	399
50m: 36.56 36.56 100m: 1:15.78 39.22	150m: 1:58.08 42.30 200m: 2:40.90 42.82	250m: 44.42 350m: 4:54.25 44.96 400m: 5:33.34 39.09	3:25.32 44.42
3. JUCHNO, Rafał	76	7:20.32	173
50m: 42.96 42.96 100m: 1:34.81 51.85	150m: 2:31.60 56.79 200m: 3:29.83 58.23	250m: 55.99 350m: 6:21.35 58.77 400m: 7:20.32 58.97	4:25.82 55.99
kat. D /40-44/			
1. BAR, Wiesław	70	5:11.35	525
50m: 33.43 33.43 100m: 1:10.65 37.22	150m: 1:50.10 39.45 200m: 2:29.40 39.30	250m: 40.55 350m: 4:32.16 40.82 400m: 5:11.35 39.19	3:09.95 40.55
2. KOBER, Piotr J.	70	7:00.49	213
50m: 42.56 42.56 100m: 1:32.38 49.82	150m: 2:26.15 53.77 200m: 3:20.62 54.47	250m: 55.03 350m: 6:06.20 55.24 400m: 7:00.49 54.29	4:15.65 55.03
DYSKW. STASZCZYK, Sławomir	68	6:46.58	
O-4 - Przedwczwysny start			
50m: 41.10 41.10 100m:	150m: 2:24.16 200m: 4:08.80 1:44.64	250m: 53.01 350m: 5:56.28 400m: 6:46.58 50.30	5:01.81 53.01
kat. E /45-49/			
1. KRASAUSKAS, Vilmantas	64	4:53.58	717
50m: 33.52 33.52 100m: 1:10.30 36.78	150m: 1:46.90 36.60 200m: 2:23.93 37.03	250m: 37.12 350m: 4:16.38 37.70 400m: 4:53.58 37.20	3:01.05 37.12
2. OTLIK, MARIAN	66	5:59.20	391
50m: 37.70 37.70 100m: 1:19.63 41.93	150m: 2:03.69 44.06 200m: 2:50.15 46.46	250m: 48.09 350m: 5:13.40 47.09 400m: 5:59.20 45.80	3:38.24 48.09
3. CZAKWIN, Dariusz	65	6:12.19	351
50m: 39.57 39.57 100m: 1:23.70 44.13	150m: 2:09.51 45.81 200m: 2:56.83 47.32	250m: 48.12 350m: 5:19.01 46.28 400m: 6:12.19 53.18	3:44.95 48.12

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Konkurencja 2, M czyn, 400m dowolny, kat. E /45-49/

Pozycja			Rok ur.					Czas	Pkt.
4.	NOWICKI, Robert		63	Warsaw Masters Team				7:02.53	240
	50m:	46.74 46.74	150m:	2:32.08 53.70	250m:	4:20.61 54.05	350m:	6:10.09 54.91	
	100m:	1:38.38 51.64	200m:	3:26.56 54.48	300m:	5:15.18 54.57	400m:	7:02.53 52.44	

kat. F /50-54/

1.	GABIEC, Mariusz		58	Masters Kormoran Olsztyn				4:47.63	812
	50m:	33.52 33.52	150m:	1:46.43 36.58	250m:	3:00.25 37.03	350m:	4:12.94 36.03	
	100m:	1:09.85 36.33	200m:	2:23.22 36.79	300m:	3:36.91 36.66	400m:	4:47.63 34.69	
2.	REDNICKI, Andrzej		60	Wodnik Radom				5:34.57	516
	50m:	35.42 35.42	150m:	1:56.82 41.77	250m:	3:23.50 43.34	350m:	4:51.62 44.33	
	100m:	1:15.05 39.63	200m:	2:40.16 43.34	300m:	4:07.29 43.79	400m:	5:34.57 42.95	
3.	CZUPRYN, Wojciech		58	Warsaw Masters Team				6:21.81	347
	50m:	44.27 44.27	150m:	2:19.72 49.18	250m:	3:59.01 50.81	350m:	5:36.59 49.30	
	100m:	1:30.54 46.27	200m:	3:08.20 48.48	300m:	4:47.29 48.28	400m:	6:21.81 45.22	
4.	LESZEK, R PAŁA		62	Stowarzyszenie Pływackie Swimm				6:23.25	343
	50m:	41.87 41.87	150m:		250m:	3:52.45	350m:		
	100m:	1:25.94 44.07	200m:		300m:		400m:	6:23.25	
5.	SUTOWSKI, Robert		59	Warsaw Masters Team				6:42.46	296
	50m:	46.99 46.99	150m:	2:32.66 53.10	250m:	4:13.96 49.66	350m:	5:53.98 50.22	
	100m:	1:39.56 52.57	200m:	3:24.30 51.64	300m:	5:03.76 49.80	400m:	6:42.46 48.48	

kat. G /55-59/

1.	CIECIOR, JERZY		53	Orka Masters Radlin				6:10.54	461
	50m:	40.57 40.57	150m:	2:11.71 46.25	250m:	3:46.78 47.73	350m:	5:23.55 48.57	
	100m:	1:25.46 44.89	200m:	2:59.05 47.34	300m:	4:34.98 48.20	400m:	6:10.54 46.99	
2.	DUBI SKI, Bogdan		53	Niezrzeczony				6:14.58	446
	50m:	41.93 41.93	150m:	2:15.72 47.17	250m:	4:42.11 48.67	350m:	6:14.58 44.38	
	100m:	1:28.55 46.62	200m:	3:53.44 1:37.72	300m:	5:30.20 48.09	400m:	6:14.58	
3.	FIGIELSKI, Grzegorz		53	WOPR Warszawa SPORT-Figielski				6:20.03	427
	50m:	40.48 40.48	150m:	2:12.06 46.76	250m:	3:48.85 49.40	350m:	5:28.97 50.46	
	100m:	1:25.30 44.82	200m:	2:59.45 47.39	300m:	4:38.51 49.66	400m:	6:20.03 51.06	
4.	MI SKI, Andrzej		56	K.S. niezrzeczeni.pl				6:22.10	420
	50m:	42.70 42.70	150m:	2:19.45 49.00	250m:	3:57.22 48.83	350m:	5:36.44 50.08	
	100m:	1:30.45 47.75	200m:	3:08.39 48.94	300m:	4:46.36 49.14	400m:	6:22.10 45.66	
5.	DANGEL, Tomasz		54	Legia Warszawa				6:57.41	322
	50m:	42.82 42.82	150m:	2:27.17 53.46	250m:	4:16.10 54.99	350m:	6:06.77 55.55	
	100m:	1:33.71 50.89	200m:	3:21.11 53.94	300m:	5:11.22 55.12	400m:	6:57.41 50.64	
6.	ŁATECKI, WŁODZIMIERZ		57	Z-Ł Wopr Ozorków				8:09.18	200
	50m:	49.37 49.37	150m:	2:50.41	250m:	4:58.41 1:04.20	350m:	7:05.86 1:03.26	
	100m:		200m:	3:54.21 1:03.80	300m:	6:02.60 1:04.19	400m:	8:09.18 1:03.32	

kat. H /60-64/

1.	WOLNIEWICZ, Janusz		48	UKS Trójka Oborniki				7:04.84	335
	50m:	46.04 46.04	150m:	2:32.50 54.11	250m:	4:21.83 55.32	350m:	6:12.32 54.94	
	100m:	1:38.39 52.35	200m:	3:26.51 54.01	300m:	5:17.38 55.55	400m:	7:04.84 52.52	
2.	IRCZYK, LEON		51	Orka Masters Radlin				7:46.69	252
	50m:	51.38 51.38	150m:	2:48.63 59.48	250m:	4:49.61 1:00.78	350m:		
	100m:	1:49.15 57.77	200m:	3:48.83 1:00.20	300m:	5:49.76 1:00.15	400m:	7:46.69	
3.	BANTKOWSKI, Jan		49	unattached				8:11.51	216
	50m:	52.24 52.24	150m:	2:54.13 1:02.67	250m:		350m:	5:03.73	
	100m:	1:51.46 59.22	200m:	3:58.78 1:04.65	300m:		400m:	8:11.51 3:07.78	

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Konkurencja 2, M czynn, 400m dowolny

kat. I /65-69/

1. BORODZIUK, Stefan	44	Warsaw Masters Team	7:13.85	428
50m: 44.85 44.85	150m: 2:29.61 54.24	250m: 4:21.76 56.34	350m: 6:17.93 58.96	
100m: 1:35.37 50.52	200m: 3:25.42 55.81	300m: 5:18.97 57.21	400m: 7:13.85 55.92	

kat. J /70-74/

1. KISZKO, Leonard	42	Niezrzeszony	7:43.56	374
50m: 48.00 48.00	150m: 2:41.49 58.65	250m: 4:42.29 1:00.86	350m: 6:43.59 1:00.80	
100m: 1:42.84 54.84	200m: 3:41.43 59.94	300m: 5:42.79 1:00.50	400m: 7:43.56 59.97	

kat. K /75-79/

1. LEWANDOWSKI, ZYGMUNT	37	Delfin Inowrocław	7:07.79	609
50m: 47.49 47.49	150m: 2:33.08 53.63	250m: 4:23.99 56.09	350m: 5:19.75	
100m: 1:39.45 51.96	200m: 3:27.90 54.82	300m:	400m: 7:07.79 1:48.04	
2. SIELSKI, Ryszard	37	Warsaw Masters Team	9:05.61	293
50m: 1:01.53 1:01.53	150m: 3:19.36 1:09.77	250m: 4:30.14	350m: 6:49.16 1:09.87	
100m: 2:09.59 1:08.06	200m:	300m: 5:39.29 1:09.15	400m: 9:05.61 2:16.45	
3. WOSK, Tadeusz	37	Masters Chełm	14:38.83	70
50m: 1:27.81 1:27.81	150m: 5:13.27 1:54.32	250m: 8:56.25 1:47.14	350m: 12:47.34 2:01.37	
100m: 3:18.95 1:51.14	200m: 7:09.11 1:55.84	300m: 10:45.97 1:49.72	400m: 14:38.83 1:51.49	

kat. L /80-84/

1. FROM, Kazimierz	32	WOPR Kutno	11:04.11	238
50m: 1:13.92 1:13.92	150m: 4:04.61 1:26.34	250m: 6:57.15 1:28.33	350m: 9:48.95 1:24.83	
100m: 2:38.27 1:24.35	200m: 5:28.82 1:24.21	300m: 8:24.12 1:26.97	400m: 11:04.11 1:15.16	