

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

Event 2 Men, 400m Freestyle 25 - 89 years
2012-10-13 - 17:35 Results

Points: DSV Masters 04

Rank	YB	Time	Pts
kat. A /25-29/			
1. PAJDZIK, Sebastian	87	Wodnik Radom	4:46.50 598
50m: 1:09.68	150m: 1:46.77	37.09 250m: 2:59.07 35.72	350m: 4:46.50
100m: 1:09.68	200m: 2:23.35	36.58 300m:	400m: 4:46.50
2. DOBROWOLSKI, Wojciech	84	Redeco Wroclaw	5:37.96 364
50m: 34.81 34.81	150m: 1:58.07	42.98 250m: 3:25.50 43.85	350m: 4:55.12 44.85
100m: 1:15.09 40.28	200m: 2:41.65	43.58 300m: 4:10.27 44.77	400m: 5:37.96 42.84
3. GLUSZAK, Grzegorz	83	WOPR Warszawa SPORT-Figielski	6:36.87 225
50m: 46.14 46.14	150m: 2:24.32	49.45 250m: 4:05.79 51.10	350m: 4:55.92
100m: 1:34.87 48.73	200m: 3:14.69	50.37 300m:	400m: 6:36.87 1:40.95
kat. B /30-34/			
1. KALUZYNSKI, Wojciech	80	Warsaw Masters Team	5:41.65 349
50m: 36.21 36.21	150m: 1:58.96	42.52 250m: 3:27.34 44.68	350m: 4:58.39 46.26
100m: 1:16.44 40.23	200m: 2:42.66	43.70 300m: 4:12.13 44.79	400m: 5:41.65 43.26
kat. C /35-39/			
1. PERL, Karol	76	Uks Pingwiny	5:16.33 467
50m:	150m: 1:50.33	250m: 3:12.12	350m: 4:35.97
100m:	200m:	300m:	400m: 5:16.33 40.36
2. MILEWSKI, Hubert	77	Masters Bialystok	5:33.34 399
50m: 36.56 36.56	150m: 1:58.08	42.30 250m: 3:25.32 44.42	350m: 4:54.25 44.96
100m: 1:15.78 39.22	200m: 2:40.90	42.82 300m: 4:09.29 43.97	400m: 5:33.34 39.09
3. JUCHNO, Rafal	76	unattached	7:20.32 173
50m: 42.96 42.96	150m: 2:31.60	56.79 250m: 4:25.82 55.99	350m: 6:21.35 58.77
100m: 1:34.81 51.85	200m: 3:29.83	58.23 300m: 5:22.58 56.76	400m: 7:20.32 58.97
kat. D /40-44/			
1. BAR, Wieslaw	70	NieZrzeszony	5:11.35 525
50m: 33.43 33.43	150m: 1:50.10	39.45 250m: 3:09.95 40.55	350m: 4:32.16 40.82
100m: 1:10.65 37.22	200m: 2:29.40	39.30 300m: 3:51.34 41.39	400m: 5:11.35 39.19
2. KOBER, Piotr J.	70	Warsaw Masters Team	7:00.49 213
50m: 42.56 42.56	150m: 2:26.15	53.77 250m: 4:15.65 55.03	350m: 6:06.20 55.24
100m: 1:32.38 49.82	200m: 3:20.62	54.47 300m: 5:10.96 55.31	400m: 7:00.49 54.29
DSQ STASZCZYK, Slawomir	68	NieZrzeszony	6:46.58
<i>O-4 - Przedwczwysny start</i>			
50m: 41.10 41.10	150m: 2:24.16	250m: 5:01.81 53.01	350m: 5:56.28
100m:	200m: 4:08.80 1:44.64	300m:	400m: 6:46.58 50.30
kat. E /45-49/			
1. KRASAUSKAS, Vilmantas	64	Torpedos	4:53.58 717
50m: 33.52 33.52	150m: 1:46.90	36.60 250m: 3:01.05 37.12	350m: 4:16.38 37.70
100m: 1:10.30 36.78	200m: 2:23.93	37.03 300m: 3:38.68 37.63	400m: 4:53.58 37.20
2. OTLIK, MARIAN	66	Orka Masters Radlin	5:59.20 391
50m: 37.70 37.70	150m: 2:03.69	44.06 250m: 3:38.24 48.09	350m: 5:13.40 47.09
100m: 1:19.63 41.93	200m: 2:50.15	46.46 300m: 4:26.31 48.07	400m: 5:59.20 45.80
3. CZAKWIN, Dariusz	65	Masters Bialystok	6:12.19 351
50m: 39.57 39.57	150m: 2:09.51	45.81 250m: 3:44.95 48.12	350m: 5:19.01 46.28
100m: 1:23.70 44.13	200m: 2:56.83	47.32 300m: 4:32.73 47.78	400m: 6:12.19 53.18

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Event 2, Men, 400m Freestyle, kat. E /45-49/

Rank			YB					Time	Pts
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.	SREDNICKI, 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, RAPALA		62	Stowarzyszenie Plywackie 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.	DUBINSKI, 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.	MINSKI, 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.	LATECKI, WLODZIMIERZ		57	Z-L Wopr Ozorkow				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 Trojka 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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Event 2, Men, 400m Freestyle

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 Inowroclaw	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 Chelm	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	