

XVIII Otwarte Mistrzostwa Warszawy w pływaniu MASTERS  
Warszawa, 1- - 2-6-2013

Konkurencja 13  
2013-06-01 - 18:56

M czynn, 400m dowolny

25 - 94 lat  
Wyniki

Punkty: FINA 2013

Pozycja			Rok ur.					Czas	Pkt.	
<b>30 - 34 lat</b>										
1.	BURSKI, Marcin		83	K.S. niezrzeszeni.pl				<b>5:12.69</b>		
	50m:	31.57 31.57	150m:	1:42.72	36.65	250m:	3:03.06	42.33	350m:	4:29.32 43.58
	100m:	1:06.07 34.50	200m:	2:20.73	38.01	300m:	3:45.74	42.68	400m:	5:12.69 43.37
2.	KAŁU Y SKI, Wojciech		80	Warsaw Masters Team				<b>5:26.46</b>		
	50m:	36.96 36.96	150m:	1:59.31	41.56	250m:	3:23.61	42.44	350m:	4:46.78 41.47
	100m:	1:17.75 40.79	200m:	2:41.17	41.86	300m:	4:05.31	41.70	400m:	5:26.46 39.68
<b>35 - 39 lat</b>										
1.	GINCAS, Raimondas		74	Kaišiadoriu PK "PLAUKIAM"				<b>4:40.19</b>		
	50m:	31.65 31.65	150m:	1:41.27	35.23	250m:	2:52.72	36.01	350m:	4:05.32 36.36
	100m:	1:06.04 34.39	200m:	2:16.71	35.44	300m:	3:28.96	36.24	400m:	4:40.19 34.87
2.	ZIÓLKOWSKI, Damian		78	UKS 307 Warszawa-Mokotów				<b>5:06.07</b>		
	50m:	32.59 32.59	150m:	1:47.63	38.68	250m:	3:09.10	40.64	350m:	4:30.52 40.16
	100m:	1:08.95 36.36	200m:	2:28.46	40.83	300m:	3:50.36	41.26	400m:	5:06.07 35.55
3.	HOFFMAN, Wojciech		75	Masters Korona Kraków				<b>5:15.23</b>		
	50m:	33.45 33.45	150m:	1:47.67	37.96	250m:	3:06.29	39.68	350m:	4:26.83 40.27
	100m:	1:09.71 36.26	200m:	2:26.61	38.94	300m:	3:46.56	40.27	400m:	5:15.23 48.40
4.	ROGOSZ, Paweł		76	Warsaw Masters Team				<b>5:21.22</b>		
	50m:	35.37 35.37	150m:	1:56.02	41.28	250m:	3:19.52	41.81	350m:	4:41.59 40.38
	100m:	1:14.74 39.37	200m:	2:37.71	41.69	300m:	4:01.21	41.69	400m:	5:21.22 39.63
<b>40 - 44 lat</b>										
1.	BAR, Wiesław		70	Niezrzeszony				<b>5:06.50</b>		
	50m:	32.76 32.76	150m:	1:47.22	38.47	250m:	3:06.77	39.73	350m:	4:28.99 41.43
	100m:	1:08.75 35.99	200m:	2:27.04	39.82	300m:	3:47.56	40.79	400m:	5:06.50 37.51
2.	FAZAN, Rafał		71	Warsaw Masters Team				<b>5:59.37</b>		
	50m:	36.79 36.79	150m:	2:07.59	48.82	250m:	5:59.37	44.61	350m:	
	100m:	1:18.77 41.98	200m:	5:14.76	3:07.17	300m:			400m:	5:59.37
3.	WOJCIECHOWSKI, Sebastian		73	Warsaw Masters Team				<b>6:32.61</b>		
	50m:	39.63 39.63	150m:	2:15.36	50.04	250m:	3:57.70	51.08	350m:	5:41.55 52.69
	100m:	1:25.32 45.69	200m:	3:06.62	51.26	300m:	4:48.86	51.16	400m:	6:32.61 51.06
<b>45 - 49 lat</b>										
1.	KUKHARYEV, Igor		66	Sc "Zhytomyr Aqua Masters"				<b>5:06.02</b>		
	50m:	33.68 33.68	150m:	1:48.53	38.13	250m:	3:06.69	39.13	350m:	4:27.01 40.08
	100m:	1:10.40 36.72	200m:	2:27.56	39.03	300m:	3:46.93	40.24	400m:	5:06.02 39.01
2.	LESZCZY SKI, Jerzy		64	Warsaw Masters Team				<b>5:25.81</b>		
	50m:	35.89 35.89	150m:	1:57.67	41.89	250m:	3:21.75	42.05	350m:	4:45.51 41.64
	100m:	1:15.78 39.89	200m:	2:39.70	42.03	300m:	4:03.87	42.12	400m:	5:25.81 40.30
<b>50 - 54 lat</b>										
1.	REDNICKI, Andrzej		60	Wodnik Radom				<b>5:32.13</b>		
	50m:	34.84 34.84	150m:	1:57.21	41.32	250m:	3:23.15	42.84	350m:	4:50.26 43.12
	100m:	1:15.89 41.05	200m:	2:40.31	43.10	300m:	4:07.14	43.99	400m:	5:32.13 41.87
2.	SUTOWSKI, Robert		59	Warsaw Masters Team				<b>6:42.81</b>		
	50m:	42.57 42.57	150m:	2:21.90	51.71	250m:	4:08.63	53.11	350m:	5:54.47 52.66
	100m:	1:30.19 47.62	200m:	3:15.52	53.62	300m:	5:01.81	53.18	400m:	6:42.81 48.34

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Konkurencja 13, M czynn, 400m dowolny, 50 - 54 lat

Pozycja			Rok ur.							Czas	Pkt.	
3.	R	PAŁA, Leszek	62	"Swimmers" Stowarzyszenie Pły						<b>6:43.18</b>		
	50m:	43.32	43.32	150m:	2:23.41	51.36	250m:	4:08.96	52.66	350m:	5:57.57	55.24
	100m:	1:32.05	48.73	200m:	3:16.30	52.89	300m:	5:02.33	53.37	400m:	6:43.18	45.61
4.		NOWICKI, Robert	63	Warsaw Masters Team						<b>7:12.28</b>		
	50m:	46.98	46.98	150m:	2:33.75	53.51	250m:	4:26.94	56.47	350m:	6:19.16	56.19
	100m:	1:40.24	53.26	200m:	3:30.47	56.72	300m:	5:22.97	56.03	400m:	7:12.28	53.12

55 - 59 lat

1.		VILKEVICIUS, Algimantas	58	Masters club TAKAS						<b>5:33.39</b>		
	50m:	37.15	37.15	150m:	2:00.14	41.50	250m:	3:25.87	42.84	350m:	4:52.24	43.20
	100m:	1:18.64	41.49	200m:	2:43.03	42.89	300m:	4:09.04	43.17	400m:	5:33.39	41.15
2.		GRYBO , Andrzej	58	WOPR Warszawa SPORT-Figielski						<b>6:04.62</b>		
	50m:	39.92	39.92	150m:	2:09.46	46.48	250m:	3:44.11	45.92	350m:	5:18.44	46.95
	100m:	1:22.98	43.06	200m:	2:58.19	48.73	300m:	4:31.49	47.38	400m:	6:04.62	46.18

60 - 64 lat

1.		WARCHOŁ, Mirosław	53	Warsaw Masters Team						<b>4:59.17</b>		
	50m:	34.29	34.29	150m:	1:49.03	38.23	250m:	3:04.48	38.07	350m:	4:21.39	38.52
	100m:	1:10.80	36.51	200m:	2:26.41	37.38	300m:	3:42.87	38.39	400m:	4:59.17	37.78
2.		ZIELEZI SKI, Włodzimierz	53	NIEZRZESZONY RADOM						<b>6:32.68</b>		
	50m:	40.54	40.54	150m:	2:15.94	49.47	250m:	3:57.92	50.88	350m:	5:43.08	52.60
	100m:	1:26.47	45.93	200m:	3:07.04	51.10	300m:	4:50.48	52.56	400m:	6:32.68	49.60
3.		VORBRODT, Tadeusz	53	WOPR Warszawa SPORT-Figielski						<b>7:13.46</b>		
	50m:	49.34	49.34	150m:	2:39.75	56.63	250m:	4:30.99	55.25	350m:	6:21.99	54.57
	100m:	1:43.12	53.78	200m:	3:35.74	55.99	300m:	5:27.42	56.43	400m:	7:13.46	51.47

65 - 69 lat

1.		GUOGA, Antanas	48	Torpedos						<b>6:52.46</b>		
	50m:	43.87	43.87	150m:	2:27.14	53.02	250m:	4:14.27	53.86	350m:	6:00.90	52.86
	100m:	1:34.12	50.25	200m:	3:20.41	53.27	300m:	5:08.04	53.77	400m:	6:52.46	51.56
2.		BORODZIUK, Stefan	44	Warsaw Masters Team						<b>7:25.44</b>		
	50m:	48.12	48.12	150m:	2:33.80	54.24	250m:	4:25.76	56.86	350m:	6:23.37	1:00.69
	100m:	1:39.56	51.44	200m:	3:28.90	55.10	300m:	5:22.68	56.92	400m:	7:25.44	1:02.07

70 - 74 lat

1.		GRIGAS, Stasys	41	Torpedos						<b>10:09.69</b>		
	50m:	1:07.87	1:07.87	150m:	3:44.52	1:19.34	250m:	6:20.86	1:18.70	350m:	8:55.73	1:16.33
	100m:	2:25.18	1:17.31	200m:	5:02.16	1:17.64	300m:	7:39.40	1:18.54	400m:	10:09.69	1:13.96

75 - 79 lat

1.		SIELSKI, Ryszard	37	Warsaw Masters Team						<b>9:17.64</b>		
	50m:	1:01.47	1:01.47	150m:	3:21.96	1:12.00	250m:	5:46.34	1:11.06	350m:	8:09.80	1:10.99
	100m:	2:09.96	1:08.49	200m:	4:35.28	1:13.32	300m:	6:58.81	1:12.47	400m:	9:17.64	1:07.84