

Puchar Polski w pływaniu - VI Otwarte Mistrzostwa Konstancina w pływaniu Masters
Konstancin, 19- - 20-10-2013

Konkurencja 2
2013-10-19 - 16:44

M czynzn, 400m dowolny

25 - 89 lat
Wyniki

Punkty: DSV Masters 13

Pozycja	Rok ur.	Czas	Pkt.
kat. A /25-29/			
1. SZCZYPI SKI, Marcin	86	UKS Wodnik 29 Katowice	4:34.64 705
50m: 31.32 31.32	150m: 1:39.07 33.86	250m: 2:48.82 34.96	350m: 3:59.83 35.61
100m: 1:05.21 33.89	200m: 2:13.86 34.79	300m: 3:24.22 35.40	400m: 4:34.64 34.81
2. LATUSZEK, Kamil	88	Masters Korona Kraków	4:56.59 560
50m: 33.27 33.27	150m: 1:46.61 37.09	250m: 3:01.50 37.41	350m: 4:17.71 38.34
100m: 1:09.52 36.25	200m: 2:24.09 37.48	300m: 3:39.37 37.87	400m: 4:56.59 38.88
kat. B /30-34/			
1. SPŁAWI SKI, Michał	81	UKS Wodnik 29 Katowice	5:00.98 508
50m: 33.40 33.40	150m: 1:50.98 39.00	250m: 3:07.50 36.99	350m: 4:21.98 36.67
100m: 1:11.98 38.58	200m: 2:30.51 39.53	300m: 3:45.31 37.81	400m: 5:00.98 39.00
2. KAŁU Y SKI, Wojciech	80	Warsaw Masters Team (Wmt)	5:34.19 371
50m: 36.94 36.94	150m: 1:59.78 41.87	250m: 3:25.85 42.93	350m: 4:51.34 43.17
100m: 1:17.91 40.97	200m: 2:42.92 43.14	300m: 4:08.17 42.32	400m: 5:34.19 42.85
3. ILCZYSZYN, Krzysztof	83	Uks 307	5:40.45 351
50m: 35.86 35.86	150m: 2:01.89 45.12	250m: 5:00.11 42.97	350m:
100m: 1:16.77 40.91	200m: 4:17.14 2:15.25	300m:	400m: 5:40.45
4. WASIELAK, Michał	81	Warsaw Masters Team (Wmt)	6:05.24 284
50m: 38.36 38.36	150m: 2:07.07 45.37	250m: 3:40.52 47.48	350m: 5:18.17 49.37
100m: 1:21.70 43.34	200m: 2:53.04 45.97	300m: 4:28.80 48.28	400m: 6:05.24 47.07
kat. C /35-39/			
1. GOŁ BIEWSKI, Remigiusz	76	"Swimmers" Stowarzyszenie Pływ	4:37.08 669
50m: 30.84 30.84	150m: 1:40.48 35.09	250m: 2:51.26 35.65	350m: 4:02.49 35.33
100m: 1:05.39 34.55	200m: 2:15.61 35.13	300m: 3:27.16 35.90	400m: 4:37.08 34.59
2. GREGOROWICZ, Paweł	74	AZS UWM Masters Olsztyn	4:44.14 620
50m: 32.48 32.48	150m: 1:43.23 35.52	250m: 2:54.91 36.09	350m: 4:08.86 36.99
100m: 1:07.71 35.23	200m: 2:18.82 35.59	300m: 3:31.87 36.96	400m: 4:44.14 35.28
3. HOFFMAN, Wojciech	75	Masters Korona Kraków	5:01.46 519
50m: 32.42 32.42	150m: 1:46.01 37.75	250m: 3:03.59 39.18	350m: 4:22.96 39.78
100m: 1:08.26 35.84	200m: 2:24.41 38.40	300m: 3:43.18 39.59	400m: 5:01.46 38.50
4. ÓŁTOWSKI, Daniel	75	Warsaw Masters Team (Wmt)	5:10.62 474
50m: 31.79 31.79	150m: 1:45.83 38.11	250m: 3:05.94 40.53	350m: 4:29.21 42.17
100m: 1:07.72 35.93	200m: 2:25.41 39.58	300m: 3:47.04 41.10	400m: 5:10.62 41.41
5. WITKOWSKI, Adam	75	KP Koziegłowy	5:36.47 373
50m: 36.80 36.80	150m: 1:59.43 42.38	250m: 3:25.70 43.37	350m: 4:53.17 44.08
100m: 1:17.05 40.25	200m: 2:42.33 42.90	300m: 4:09.09 43.39	400m: 5:36.47 43.30
6. PI TASZEWSKI, Piotr	77	niezrzeszony	6:19.03 261
50m: 38.67 38.67	150m: 2:09.41 46.12	250m: 3:44.01 48.23	350m: 5:23.72 51.51
100m: 1:23.29 44.62	200m: 2:55.78 46.37	300m: 4:32.21 48.20	400m: 6:19.03 55.31
kat. D /40-44/			
1. SKORYKOW, Andrzej	69	Warsaw Masters Team (Wmt)	4:40.97 628
50m: 32.78 32.78	150m: 1:42.39 34.77	250m: 2:53.69 35.71	350m: 4:04.97 35.65
100m: 1:07.62 34.84	200m: 2:17.98 35.59	300m: 3:29.32 35.63	400m: 4:40.97 36.00
2. BAR, Wiesław	70	niezrzeszony	5:04.37 494
50m: 33.06 33.06	150m: 1:48.05 38.33	250m: 3:06.17 39.47	350m: 4:25.81 40.57
100m: 1:09.72 36.66	200m: 2:26.70 38.65	300m: 3:45.24 39.07	400m: 5:04.37 38.56

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Konkurencja 2, M cżyn, 400m dowolny, kat. D /40-44/

Pozycja			Rok ur.							Czas	Pkt.
3.	PODOBA, Jacek		71	niezrzeszony						5:09.04	472
	50m:	32.52 32.52	150m:	1:46.52	37.99	250m:	3:05.36	39.94	350m:	4:28.13	41.81
	100m:	1:08.53 36.01	200m:	2:25.42	38.90	300m:	3:46.32	40.96	400m:	5:09.04	40.91
4.	STACHURSKI, Ireneusz		69	MOSiR Cz stochowa						6:16.63	260
	50m:	38.54 38.54	150m:	2:10.03	47.20	250m:	3:49.81	49.80	350m:	5:29.46	49.81
	100m:	1:22.83 44.29	200m:	3:00.01	49.98	300m:	4:39.65	49.84	400m:	6:16.63	47.17

kat. E /45-49/

1.	MR KRASAUSKAS, Vilmantas		64	Torpedos						4:53.03	590
	50m:	33.68 33.68	150m:	1:45.77	36.56	250m:	2:59.61	37.41	350m:	4:15.68	38.10
	100m:	1:09.21 35.53	200m:	2:22.20	36.43	300m:	3:37.58	37.97	400m:	4:53.03	37.35
2.	SMIRNOV, Aleksandr		68	PREGEL Kaliningrad						4:55.53	576
	50m:	34.42 34.42	150m:	1:50.39	38.30	250m:	3:06.38	37.70	350m:	4:20.32	36.32
	100m:	1:12.09 37.67	200m:	2:28.68	38.29	300m:	3:44.00	37.62	400m:	4:55.53	35.21
3.	KO MIDER, Jan		66	UKS Victoria Józefów						5:01.11	544
	50m:	34.89 34.89	150m:	1:49.26	37.13	250m:	3:05.43	38.15	350m:	4:22.58	38.61
	100m:	1:12.13 37.24	200m:	2:27.28	38.02	300m:	3:43.97	38.54	400m:	5:01.11	38.53
4.	SKOCZYLAS, Tomasz		66	UKS Wodnik 29 Katowice						5:01.84	540
	50m:	33.10 33.10	150m:	1:46.91	37.44	250m:	3:04.76	38.96	350m:	4:23.95	39.95
	100m:	1:09.47 36.37	200m:	2:25.80	38.89	300m:	3:44.00	39.24	400m:	5:01.84	37.89
5.	JANYGA, Dariusz		66	Ks Warta Pozna						5:10.68	495
	50m:	34.26 34.26	150m:	1:52.53	39.63	250m:	3:11.79	39.58	350m:	4:32.80	40.51
	100m:	1:12.90 38.64	200m:	2:32.21	39.68	300m:	3:52.29	40.50	400m:	5:10.68	37.88
6.	MARKOWICZ, Piotr		67	AZS UWM Masters Olsztyn						5:18.61	459
	50m:	35.53 35.53	150m:	1:55.14	40.32	250m:	3:17.91	41.12	350m:	4:39.18	40.05
	100m:	1:14.82 39.29	200m:	2:36.79	41.65	300m:	3:59.13	41.22	400m:	5:18.61	39.43
7.	OTLIK, Marian		66	Orka Masters R						6:08.36	297
	50m:	37.51 37.51	150m:	2:01.78	43.47	250m:	3:37.14	48.89	350m:	5:18.23	51.44
	100m:	1:18.31 40.80	200m:	2:48.25	46.47	300m:	4:26.79	49.65	400m:	6:08.36	50.13
8.	CZAKWIN, Dariusz		65	Masters Białystok						6:19.42	272
	50m:	41.93 41.93	150m:	2:15.77	47.99	250m:	3:54.27	49.68	350m:	5:34.42	49.69
	100m:	1:27.78 45.85	200m:	3:04.59	48.82	300m:	4:44.73	50.46	400m:	6:19.42	45.00

kat. F /50-54/

1.	KO LIKOWSKI, Marek		61	AZS UWM Masters Olsztyn						5:47.05	452
	50m:	37.03 37.03	150m:	2:02.65	43.94	250m:	3:32.77	45.53	350m:	5:03.51	45.05
	100m:	1:18.71 41.68	200m:	2:47.24	44.59	300m:	4:18.46	45.69	400m:	5:47.05	43.54
2.	R PAŁA, Leszek		62	"Swimmers" Stowarzyszenie Pływ						6:35.19	306
	50m:	43.09 43.09	150m:	2:22.09	50.76	250m:	4:05.07	51.33	350m:	5:46.99	49.43
	100m:	1:31.33 48.24	200m:	3:13.74	51.65	300m:	4:57.56	52.49	400m:	6:35.19	48.20
3.	SUTOWSKI, Robert		59	Warsaw Masters Team (Wmt)						6:42.25	290
	50m:	45.45 45.45	150m:	2:26.58	52.01	250m:	4:09.99	51.71	350m:	5:53.48	51.07
	100m:	1:34.57 49.12	200m:	3:18.28	51.70	300m:	5:02.41	52.42	400m:	6:42.25	48.77
4.	KRAWCZY SKI, Waldemar		60	Masters Chełm						7:04.93	246
	50m:	44.79 44.79	150m:	2:25.76	51.94	250m:	4:15.83	55.40	350m:	6:08.10	56.43
	100m:	1:33.82 49.03	200m:	3:20.43	54.67	300m:	5:11.67	55.84	400m:	7:04.93	56.83
5.	NOWICKI, Robert		63	Warsaw Masters Team (Wmt)						7:11.62	235
	50m:	47.05 47.05	150m:	2:35.09	55.54	250m:	4:27.21	55.78	350m:	6:18.75	55.75
	100m:	1:39.55 52.50	200m:	3:31.43	56.34	300m:	5:23.00	55.79	400m:	7:11.62	52.87

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Konkurencja 2, M czyzn, 400m dowolny

kat. G /55-59/

1. GABIEC, Mariusz	56	AZS UWM Masters Olsztyn	4:50.44	985
50m: 33.58 33.58	150m: 1:44.88 35.81	250m: 2:58.37 36.94	350m: 4:13.88 37.85	
100m: 1:09.07 35.49	200m: 2:21.43 36.55	300m: 3:36.03 37.66	400m: 4:50.44 36.56	
2. SKRZYPEK, Stefan	56	KP Koziegłowy	5:50.12	562
50m: 39.03 39.03	150m: 2:05.52 43.96	250m: 3:35.02 44.57	350m: 5:05.29 44.92	
100m: 1:21.56 42.53	200m: 2:50.45 44.93	300m: 4:20.37 45.35	400m: 5:50.12 44.83	
3. MI SKI, Andrzej	56	K.S. niezrzeszeni.pl	6:39.93	377
50m: 43.72 43.72	150m: 2:24.75 51.24	250m: 4:07.70 51.31	350m: 5:51.38 51.96	
100m: 1:33.51 49.79	200m: 3:16.39 51.64	300m: 4:59.42 51.72	400m: 6:39.93 48.55	
4. CZUPRYN, Wojciech	58	Warsaw Masters Team (Wmt)	6:42.89	369
50m: 45.53 45.53	150m: 2:25.83 51.09	250m: 4:09.50 50.96	350m: 5:52.86 51.19	
100m: 1:34.74 49.21	200m: 3:18.54 52.71	300m: 5:01.67 52.17	400m: 6:42.89 50.03	
5. WEPA, Wiesław	56	Masters Chełm	8:33.10	178
50m: 44.54 44.54	150m: 2:33.91 57.18	250m: 4:31.70 1:00.08	350m: 6:33.86 1:01.95	
100m: 1:36.73 52.19	200m: 3:31.62 57.71	300m: 5:31.91 1:00.21	400m: 8:33.10 1:59.24	

kat. H /60-64/

1. CIECIOR, Jerzy	53	Orka Masters R	6:15.81	513
50m: 41.20 41.20	150m: 2:13.95 47.49	250m: 3:51.40 48.54	350m: 5:29.57 48.98	
100m: 1:26.46 45.26	200m: 3:02.86 48.91	300m: 4:40.59 49.19	400m: 6:15.81 46.24	
2. DUBI SKI, Bogdan	53	niezrzeszony	6:27.15	469
50m: 42.42 42.42	150m: 2:16.10 48.62	250m: 4:47.18 1:41.04	350m: 6:27.15 48.46	
100m: 1:27.48 45.06	200m: 3:06.14 50.04	300m: 5:38.69 51.51	400m: 6:27.15	
3. BANTKOWSKI, Jan	49	Toru czyk Masters Toru	8:40.58	193
50m: 55.74 55.74	150m: 3:09.85 1:09.85	250m: 5:27.88 1:08.31	350m: 7:38.34 1:03.29	
100m: 2:00.00 1:04.26	200m: 4:19.57 1:09.72	300m: 6:35.05 1:07.17	400m: 8:40.58 1:02.24	

kat. I /65-69/

1. MR GUOGA, Antanas	48	Torpedos	6:58.80	394
50m: 45.04 45.04	150m: 2:28.92 53.36	250m: 4:17.08 54.14	350m: 6:05.55 54.22	
100m: 1:35.56 50.52	200m: 3:22.94 54.02	300m: 5:11.33 54.25	400m: 6:58.80 53.25	

kat. J /70-74/

1. MR GRIGAS, Stasys	41	Torpedos	10:38.77	143
50m: 1:07.41 1:07.41	150m: 3:46.80 1:22.05	250m: 6:37.94 1:24.89	350m: 9:21.56 1:20.82	
100m: 2:24.75 1:17.34	200m: 5:13.05 1:26.25	300m: 8:00.74 1:22.80	400m: 10:38.77 1:17.21	

kat. K /75-79/

1. LEWANDOWSKI, Zygmunt	37	Kp Delfin Inowrocław	7:16.41	529
50m: 46.87 46.87	150m: 2:32.50 54.16	250m: 4:25.35 56.99	350m: 6:20.84 57.88	
100m: 1:38.34 51.47	200m: 3:28.36 55.86	300m: 5:22.96 57.61	400m: 7:16.41 55.57	
2. SIELSKI, Ryszard	37	Warsaw Masters Team (Wmt)	10:09.35	194
50m: 1:07.34 1:07.34	150m: 3:45.09 1:24.31	250m: 6:29.72 1:15.66	350m:	
100m: 2:20.78 1:13.44	200m: 5:14.06 1:28.97	300m: 7:35.54 1:05.82	400m: 10:09.35	

kat. L /80-84/

1. FROM, Kazimierz	32	WOPR Kutno	11:22.04	187
50m: 1:08.92 1:08.92	150m: 5:34.18 3:00.04	250m: 8:33.21 1:28.60	350m:	
100m: 2:34.14 1:25.22	200m: 7:04.61 1:30.43	300m: 10:00.05 1:26.84	400m: 11:22.04	