

Puchar Polski w pływaniu - VII Otwarte Mistrzostwa Konstancina w pływaniu Masters
Konstancin, 18- - 19-10-2014

Konkurencja 2 M czyzn, 400m dowolny 25 - 94 lat
2014-10-18 - 16:28 Wyniki

Rekord Polski Masters 25 - 29	4:14.48	OZIEMSKI, Przemysław	Warszawa	2004-05-22
Rekord Polski Masters 30 - 34	4:14.97	PR DKI, Sławomir	Lublin	2007-12-09
Rekord Polski Masters 35 - 39	4:19.61	HORBACZ, Marcin	Opole	2013-12-07
Rekord Polski Masters 40 - 44	4:21.19	WOLNY, Dariusz	Racibórz	2002-04-14
Rekord Polski Masters 45 - 49	4:38.70	KOWALEWSKI, Paweł	Katowice	2012-11-25
Rekord Polski Masters 50 - 54	4:39.06	WOLNY, Dariusz	Warszawa	2010-06-05
Rekord Polski Masters 55 - 59	4:43.44	GABIEC, Mariusz	Rumia	2013-02-09
Rekord Polski Masters 60 - 64	4:59.17	WARCHOŁ, Mirosław	Warszawa	2013-06-01
Rekord Polski Masters 65 - 69	5:45.62	RACZY SKI, Marian	Warszawa	2001-06-02
Rekord Polski Masters 70 - 74	5:54.36	BASTEK, Ewald	Warszawa	2009-06-06
Rekord Polski Masters 75 - 79	6:46.11	KROKOSZY SKI, Stanisław	Gliwice	2008-05-24
Rekord Polski Masters 80 - 84	7:10.86	KROKOSZY SKI, Stanisław	Poznań	2011-11-19
Rekord Polski Masters 85 - 89	9:01.66	MRÓWCZY SKI, Kazimierz	Lublin	2007-12-09
Rekord Polski Masters 90 - 94	10:33.41	MRÓWCZY SKI, Kazimierz	01805 Katowice	2012-11-23

Punkty: DSV Masters 13

Pozycja Rok ur. Czas Pkt.

25 - 29 lat

1. SZCZYPI SKI, Marcin	86	UKS Wodnik 29 Katowice	4:26.49	772
50m: 30.11 30.11	150m: 1:36.56 33.79	250m: 2:44.67 33.82	350m: 3:52.64 34.15	
100m: 1:02.77 32.66	200m: 2:10.85 34.29	300m: 3:18.49 33.82	400m: 4:26.49 33.85	
2. LATUSZEK, Kamil	88	Masters Korona Kraków	5:02.74	526
50m: 33.20 33.20	150m: 1:47.85 37.83	250m: 3:04.33 38.51	350m: 4:22.89 39.66	
100m: 1:10.02 36.82	200m: 2:25.82 37.97	300m: 3:43.23 38.90	400m: 5:02.74 39.85	
3. BIBIK, Andrew	87	niezrzeszony	7:36.73	153
50m: 49.02 49.02	150m: 2:37.74 55.24	250m: 4:35.91	350m: 6:37.74 1:00.16	
100m: 1:42.50 53.48	200m:	300m: 5:37.58 1:01.67	400m: 7:36.73 58.99	

30 - 34 lat

1. KAŁU Y SKI, Wojciech	80	Warsaw Masters Team	5:38.37	357
50m: 37.49 37.49	150m: 2:00.36 42.15	250m: 3:27.26 43.70	350m: 4:55.60 44.44	
100m: 1:18.21 40.72	200m: 2:43.56 43.20	300m: 4:11.16 43.90	400m: 5:38.37 42.77	
2. WASIELAK, Michał	81	Warsaw Masters Team	6:12.32	268
50m: 39.49 39.49	150m: 2:09.72 46.23	250m: 3:45.34 48.47	350m: 5:22.90 47.96	
100m: 1:23.49 44.00	200m: 2:56.87 47.15	300m: 4:34.94 49.60	400m: 6:12.32 49.42	

35 - 39 lat

1. MARCIN, Kaczmarek	77	Legia Warszawa	4:21.76	793
50m: 30.37 30.37	150m: 1:36.84 33.71	250m: 2:44.36 33.65	350m: 3:50.61 33.05	
100m: 1:03.13 32.76	200m: 2:10.71 33.87	300m: 3:17.56 33.20	400m: 4:21.76 31.15	
2. KACZMAREK, Stanisław	79	Masters Gorzów Wlkp.	4:29.68	725
50m: 31.10 31.10	150m: 1:38.78 34.14	250m: 2:47.80 34.32	350m: 3:56.32 34.16	
100m: 1:04.64 33.54	200m: 2:13.48 34.70	300m: 3:22.16 34.36	400m: 4:29.68 33.36	
3. GOŁ BIEWSKI, Remigiusz	76	Swimmers Stowarzyszenie Pływac	4:54.33	558
50m: 31.72 31.72	150m: 1:42.62 36.05	250m: 2:57.16 37.83	350m: 4:15.22 39.67	
100m: 1:06.57 34.85	200m: 2:19.33 36.71	300m: 3:35.55 38.39	400m: 4:54.33 39.11	
4. SUWARA, Piotr	79	Sopot Masters	4:56.63	545
50m: 32.58 32.58	150m: 1:46.69 37.75	250m: 3:03.65 38.45	350m: 4:20.38 38.20	
100m: 1:08.94 36.36	200m: 2:25.20 38.51	300m: 3:42.18 38.53	400m: 4:56.63 36.25	
5. HOFFMAN, Wojciech	75	Masters Korona Kraków	4:59.24	531
50m: 34.97 34.97	150m: 1:49.72 37.68	250m: 3:05.02 37.69	350m: 4:21.83 38.51	
100m: 1:12.04 37.07	200m: 2:27.33 37.61	300m: 3:43.32 38.30	400m: 4:59.24 37.41	
6. DOLI SKI, Arkadiusz	78	Toru czyk Masters Toru	5:27.51	405
50m: 36.83 36.83	150m: 1:58.68 41.16	250m: 3:22.21 42.00	350m: 4:47.43 42.61	
100m: 1:17.52 40.69	200m: 2:40.21 41.53	300m: 4:04.82 42.61	400m: 5:27.51 40.08	

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Konkurencja 2, M czynn, 400m dowolny, 35 - 39 lat

Pozycja			Rok ur.					Czas	Pkt.		
7.	ROGOSZ, Paweł		76	Warsaw Masters Team				5:29.66	397		
	50m:	37.01 37.01	150m:	1:58.17	41.02	250m:	3:22.22	42.22	350m:	4:47.45	42.55
	100m:	1:17.15 40.14	200m:	2:40.00	41.83	300m:	4:04.90	42.68	400m:	5:29.66	42.21
8.	GIZICKI, Marek		77	niezrzeszony				5:47.16	340		
	50m:	36.34 36.34	150m:	2:00.65	43.77	250m:	3:31.51	45.63	350m:	5:03.46	46.24
	100m:	1:16.88 40.54	200m:	2:45.88	45.23	300m:	4:17.22	45.71	400m:	5:47.16	43.70

40 - 44 lat

1.	GREGOROWICZ, Paweł		74	Aquasfera Masters Olsztyn				4:33.86	678		
	50m:	32.64 32.64	150m:	1:43.85	35.68	250m:	2:53.47	33.89	350m:	4:00.83	33.25
	100m:	1:08.17 35.53	200m:	2:19.58	35.73	300m:	3:27.58	34.11	400m:	4:33.86	33.03
2.	ZAMORSKIS, Aleksandras		71	Kaisiatoriu p.k. Plaukiam				4:34.91	670		
	50m:	31.56 31.56	150m:	1:40.11	34.50	250m:	2:49.36	34.36	350m:	3:59.62	35.28
	100m:	1:05.61 34.05	200m:	2:15.00	34.89	300m:	3:24.34	34.98	400m:	4:34.91	35.29
3.	BIELSKI, Przemysław		74	Aquasfera Masters Olsztyn				5:22.10	417		
	50m:	35.79 35.79	150m:	1:53.85	39.62	250m:	3:16.94	42.03	350m:	4:42.50	42.87
	100m:	1:14.23 38.44	200m:	2:34.91	41.06	300m:	3:59.63	42.69	400m:	5:22.10	39.60
4.	PŁANETA, Maciej		74	Uks Delfin Masters Tarnobrzeg				5:22.43	415		
	50m:	36.26 36.26	150m:	1:55.39	40.34	250m:	3:18.01	41.89	350m:	4:42.58	42.34
	100m:	1:15.05 38.79	200m:	2:36.12	40.73	300m:	4:00.24	42.23	400m:	5:22.43	39.85
5.	ALZAK, Grzegorz		73	niezrzeszony				6:01.36	295		
	50m:	37.90 37.90	150m:	2:05.76	45.64	250m:	3:39.57	46.27	350m:	5:14.27	47.60
	100m:	1:20.12 42.22	200m:	2:53.30	47.54	300m:	4:26.67	47.10	400m:	6:01.36	47.09
6.	PAŁYSA, Marek		74	niezrzeszony				6:13.21	268		
	50m:	37.34 37.34	150m:	2:06.22	46.42	250m:	3:43.50	49.41	350m:	5:24.24	50.77
	100m:	1:19.80 42.46	200m:	2:54.09	47.87	300m:	4:33.47	49.97	400m:	6:13.21	48.97

45 - 49 lat

1.	SKORYKOW, Andrzej		69	Warsaw Masters Team				4:38.46	688		
	<i>Rekord Polski Masters w kat. E</i>										
	50m:	32.85 32.85	150m:	1:43.04	35.02	250m:	2:53.62	35.22	350m:	4:03.90	34.97
	100m:	1:08.02 35.17	200m:	2:18.40	35.36	300m:	3:28.93	35.31	400m:	4:38.46	34.56
2.	SMIRNOV, Aleksandr		68	Pregel Kaliningrad				4:45.16	641		
	50m:	32.74 32.74	150m:	1:45.33	36.45	250m:	2:58.05	36.19	350m:	4:10.47	36.11
	100m:	1:08.88 36.14	200m:	2:21.86	36.53	300m:	3:34.36	36.31	400m:	4:45.16	34.69
3.	JANYGA, Dariusz		66	Ks Warta Pozna				5:06.79	514		
	50m:	34.54 34.54	150m:	1:50.34	38.33	250m:	3:09.21	39.28	350m:	4:29.14	39.82
	100m:	1:12.01 37.47	200m:	2:29.93	39.59	300m:	3:49.32	40.11	400m:	5:06.79	37.65
4.	KO MIDER, Jan		66	uks victoria jozefow				5:09.92	499		
	50m:	35.44 35.44	150m:	1:52.79	39.34	250m:	3:12.11	39.45	350m:	4:31.12	39.53
	100m:	1:13.45 38.01	200m:	2:32.66	39.87	300m:	3:51.59	39.48	400m:	5:09.92	38.80
5.	KOEHNCKE, Olivier		68	Sinnet Warszawa				6:09.01	295		
	50m:	39.62 39.62	150m:	2:08.96	45.89	250m:	3:45.76	48.77	350m:	5:23.06	48.67
	100m:	1:23.07 43.45	200m:	2:56.99	48.03	300m:	4:34.39	48.63	400m:	6:09.01	45.95
6.	CZAKWIN, Dariusz		65	Masters Bialystok				6:21.11	268		
	50m:	41.76 41.76	150m:	2:16.13	47.96	250m:	3:55.39	50.04	350m:	5:35.41	
	100m:	1:28.17 46.41	200m:	3:05.35	49.22	300m:			400m:	6:21.11	45.70

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Konkurencja 2, M czyzn, 400m dowolny

50 - 54 lat

1.	KRASAUSKAS, Vilmantas	64	Torpedos	5:00.87	694
	50m: 35.49 35.49	150m: 1:50.00	37.59	250m: 3:05.83	38.14
	100m: 1:12.41 36.92	200m: 2:27.69	37.69	300m: 3:44.20	38.37
				350m: 4:22.94	38.74
				400m: 5:00.87	37.93
2.	THIEM, Jacek	63	Ks Warta Pozna	5:52.18	432
	50m: 40.26 40.26	150m: 2:09.69	44.60	250m: 3:41.44	46.15
	100m: 1:25.09 44.83	200m: 2:55.29	45.60	300m: 4:26.94	45.50
				350m: 5:11.62	44.68
				400m: 5:52.18	40.56
3.	BURZY SKI, Piotr	62	Ks Warta Pozna	5:54.14	425
	50m: 38.49 38.49	150m: 2:06.39	45.20	250m: 3:37.51	46.35
	100m: 1:21.19 42.70	200m: 2:51.16	44.77	300m: 4:24.62	47.11
				350m: 5:09.89	45.27
				400m: 5:54.14	44.25
4.	CIS, Andrzej	60	Masters Krasnik	6:14.86	358
	50m: 40.57 40.57	150m: 2:13.16	48.12	250m: 3:52.92	50.76
	100m: 1:25.04 44.47	200m: 3:02.16	49.00	300m: 4:43.37	50.45
				350m: 5:32.17	48.80
				400m: 6:14.86	42.69
5.	B K, Zdzisław	61	Masters Krasnik	6:20.90	342
	50m: 41.72 41.72	150m: 2:14.77	47.85	250m: 3:53.13	49.73
	100m: 1:26.92 45.20	200m: 3:03.40	48.63	300m: 4:42.92	49.79
				350m: 5:32.66	49.74
				400m: 6:20.90	48.24
6.	R PAŁA, Leszek	62	Swimmers Stowarzyszenie Pływac	6:41.40	292
	50m: 44.59 44.59	150m: 2:25.20	51.10	250m: 4:09.82	52.51
	100m: 1:34.10 49.51	200m: 3:17.31	52.11	300m: 5:02.27	52.45
				350m: 5:53.88	51.61
				400m: 6:41.40	47.52

55 - 59 lat

1.	GABIEC, Mariusz	58	Aquasfera Masters Olsztyn	4:50.99	979
	50m: 33.19 33.19	150m: 1:45.09	36.37	250m: 2:59.03	37.29
	100m: 1:08.72 35.53	200m: 2:21.74	36.65	300m: 3:36.36	37.33
				350m: 4:14.10	37.74
				400m: 4:50.99	36.89
2.	MI SKI, Andrzej	56	K.S. niezrzeszeni.pl	6:41.46	373
	50m: 44.15 44.15	150m: 2:25.58	51.80	250m:	350m: 5:54.52
	100m: 1:33.78 49.63	200m: 3:17.97	52.39	300m: 5:02.37	400m: 6:41.46
					52.15
					46.94
3.	TOPORSKI, Janusz	59	Masters Korona Kraków	7:44.07	241
	50m: 52.12 52.12	150m: 2:50.14	59.88	250m: 4:50.09	1:00.02
	100m: 1:50.26 58.14	200m: 3:50.07	59.93	300m: 5:49.56	59.47
				350m:	400m: 7:44.07
4.	KLASA, Andrzej	57	Aquasfera Masters Olsztyn	8:32.13	179
	50m: 57.87 57.87	150m: 3:14.12	1:08.62	250m: 5:24.04	1:04.55
	100m: 2:05.50 1:07.63	200m: 4:19.49	1:05.37	300m: 6:28.92	1:04.88
				350m: 7:31.59	1:02.67
				400m: 8:32.13	1:00.54

60 - 64 lat

1.	LIETZ, Krzysztof	52	Toru czyk Masters Toru	6:14.31	519
	50m: 41.81 41.81	150m: 2:16.05	48.74	250m: 3:53.92	48.33
	100m: 1:27.31 45.50	200m: 3:05.59	49.54	300m: 4:42.75	48.83
				350m: 5:30.49	47.74
				400m: 6:14.31	43.82
2.	ZIELEZI SKI, Włodzimierz	53	Niezrzeszony Radom	6:22.19	487
	50m: 39.93 39.93	150m: 2:13.51	48.34	250m: 3:52.00	49.12
	100m: 1:25.17 45.24	200m: 3:02.88	49.37	300m: 4:42.84	50.84
				350m: 5:33.48	50.64
				400m: 6:22.19	48.71
3.	BISKUP, Jan	54	Masters Chelm	8:54.19	178
	50m: 52.20 52.20	150m: 3:03.15	1:08.46	250m: 5:32.03	1:15.01
	100m: 1:54.69 1:02.49	200m: 4:17.02	1:13.87	300m:	350m:
					400m: 8:54.19

65 - 69 lat

1.	SNIESKA, Viktoras	47	Takas	6:38.31	458
	50m: 45.21 45.21	150m: 2:22.48	49.42	250m:	350m: 6:38.74
	100m: 1:33.06 47.85	200m:	300m: 5:48.18	400m: 6:38.31	50.56
2.	GUOGA, Antanas	48	Torpedos	6:46.86	430
	50m: 45.47 45.47	150m: 2:26.63	51.18	250m: 4:11.29	53.12
	100m: 1:35.45 49.98	200m: 3:18.17	51.54	300m: 5:03.13	51.84
				350m: 5:55.43	52.30
				400m: 6:46.86	51.43

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Konkurencja 2, M czynn, 400m dowolny, 65 - 69 lat

Pozycja		Rok ur.						Czas	Pkt.
3.	WOLNIEWICZ, Janusz	48	UKS Trójka Oborniki					6:59.31	392
	50m: 45.36 45.36	150m: 2:28.48	52.35	250m: 4:15.33	53.51	350m: 6:05.74	56.08		
	100m: 1:36.13 50.77	200m: 3:21.82	53.34	300m: 5:09.66	54.33	400m: 6:59.31	53.57		
4.	DASZYNSKI, Andrzej	48	UKS Energetyk Zgorzelec					7:57.34	266
	50m: 50.91 50.91	150m: 2:51.53	1:01.36	250m: 4:54.69	1:01.29	350m:			
	100m: 1:50.17 59.26	200m: 3:53.40	1:01.87	300m: 5:56.41	1:01.72	400m: 7:57.34			

70 - 74 lat

1.	BORODZIUK, Stefan	44	Warsaw Masters Team					7:13.61	460
	50m: 44.99 44.99	150m: 2:33.29	55.75	250m: 4:26.52	56.64	350m: 6:20.47	57.92		
	100m: 1:37.54 52.55	200m: 3:29.88	56.59	300m: 5:22.55	56.03	400m: 7:13.61	53.14		
2.	SOŁTYK, Jan	44	niezrzeszony					8:50.46	251
	50m: 54.90 54.90	150m: 3:04.60	1:07.67	250m: 5:24.83	1:10.07	350m:			
	100m: 1:56.93 1:02.03	200m: 4:14.76	1:10.16	300m: 6:34.92	1:10.09	400m: 8:50.46			

75 - 79 lat

1.	LEWANDOWSKI, Zygmunt	37	niezrzeszony					7:16.50	529
	50m: 48.83 48.83	150m: 2:37.85	55.60	250m: 4:30.28	56.22	350m: 6:23.69	56.73		
	100m: 1:42.25 53.42	200m: 3:34.06	56.21	300m: 5:26.96	56.68	400m: 7:16.50	52.81		
2.	WOSK, Tadeusz	37	Masters Chelm					15:46.42	51
	50m: 1:33.99 1:33.99	150m: 5:28.93	2:03.55	250m:		350m:			
	100m: 3:25.38 1:51.39	200m: 7:30.39	2:01.46	300m:		400m: 15:46.42			

80 - 84 lat

1.	FROM, Kazimierz	32	WOPR-Kutno					13:23.93	114
	50m: 1:17.73 1:17.73	150m:		250m:		350m:			
	100m: 4:35.77 3:18.04	200m:		300m:		400m: 13:23.93			