

XIX IMPAQ Otwarte Mistrzostwa Warszawy w pływaniu MASTERS - PUCHAR POLSKI MASTERS  
Warszawa, 29-11-2014

Konkurencja 21 M cyczn, 400m dowolny 25 - 94 lat  
2014-11-29 - 19:14 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	4:36.51	STANEK, Grzegorz	Katowice	2014-11-16
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	Katowice	2012-11-23

Punkty: FINA 2014

Pozycja Rok ur. Czas Pkt.

30 - 34 lat

<b>1. PORADA, Tomasz</b>	<b>83</b>	<b>Warsaw Masters Team</b>	<b>4:57.64</b>	<b>362</b>
50m: 32.24 32.24	150m: 1:44.66 36.97	250m: 3:00.65 38.22	350m: 4:18.69 39.08	
100m: 1:07.69 35.45	200m: 2:22.43 37.77	300m: 3:39.61 38.96	400m: 4:57.64 38.95	
<b>2. KAŁU Y SKI, Wojciech</b>	<b>80</b>	<b>Warsaw Masters Team</b>	<b>5:34.19</b>	<b>256</b>
50m: 36.64 36.64	150m: 1:59.38 42.04	250m: 3:25.57 42.85	350m: 4:52.53 43.67	
100m: 1:17.34 40.70	200m: 2:42.72 43.34	300m: 4:08.86 43.29	400m: 5:34.19 41.66	
<b>3. LESIAK, Robert</b>	<b>82</b>	<b>Masters Łódź</b>	<b>5:55.52</b>	<b>212</b>
50m: 36.83 36.83	150m: 1:59.00 41.78	250m: 4:18.46 1:35.22	350m: 5:55.52 47.33	
100m: 1:17.22 40.39	200m: 2:43.24 44.24	300m: 5:08.19 49.73	400m: 5:55.52	
<b>4. WETOSZKA, Michał</b>	<b>82</b>	<b>Warsaw Masters Team</b>	<b>6:20.57</b>	<b>173</b>
50m: 42.10 42.10	150m: 2:17.17 48.21	250m: 3:54.63 48.93	350m: 5:32.09 48.54	
100m: 1:28.96 46.86	200m: 3:05.70 48.53	300m: 4:43.55 48.92	400m: 6:20.57 48.48	

35 - 39 lat

<b>1. KACZMAREK, Stanisław</b>	<b>79</b>	<b>Masters Gorzów Wlkp.</b>	<b>4:25.33</b>	<b>511</b>
50m: 30.87 30.87	150m: 1:37.46 33.56	250m: 2:44.96 33.80	350m: 3:52.54 33.76	
100m: 1:03.90 33.03	200m: 2:11.16 33.70	300m: 3:18.78 33.82	400m: 4:25.33 32.79	
<b>2. ZIÓŁKOWSKI, Damian</b>	<b>78</b>	<b>UKS 307 Warszawa-Mokotów</b>	<b>5:04.86</b>	<b>337</b>
50m: 33.41 33.41	150m: 1:50.48 39.19	250m: 3:09.73 39.31	350m: 4:27.72 38.85	
100m: 1:11.29 37.88	200m: 2:30.42 39.94	300m: 3:48.87 39.14	400m: 5:04.86 37.14	
<b>3. ROGOSZ, Paweł</b>	<b>76</b>	<b>Warsaw Masters Team</b>	<b>5:08.37</b>	<b>326</b>
50m: 35.56 35.56	150m: 1:53.31 39.34	250m: 3:12.71 39.76	350m: 4:31.23 39.34	
100m: 1:13.97 38.41	200m: 2:32.95 39.64	300m: 3:51.89 39.18	400m: 5:08.37 37.14	
<b>4. BEBELSKI, Rafał</b>	<b>77</b>	<b>Warsaw Masters Team</b>	<b>5:52.84</b>	<b>217</b>
50m: 38.26 38.26	150m: 2:04.51 44.14	250m: 3:36.36 46.15	350m: 5:08.40 46.49	
100m: 1:20.37 42.11	200m: 2:50.21 45.70	300m: 4:21.91 45.55	400m: 5:52.84 44.44	
<b>5. SZKODZI SKI, Marek</b>	<b>75</b>	<b>ródmiejski UKS</b>	<b>6:01.89</b>	<b>201</b>
50m: 36.36 36.36	150m: 2:04.85 46.21	250m: 3:39.45 47.32	350m: 5:15.06 47.39	
100m: 1:18.64 42.28	200m: 2:52.13 47.28	300m: 4:27.67 48.22	400m: 6:01.89 46.83	
<b>6. RO EK, Robert</b>	<b>77</b>	<b>Niezzreszeni</b>	<b>6:26.66</b>	<b>165</b>
50m: 41.03 41.03	150m: 2:15.09 49.06	250m: 3:54.98 50.55	350m: 5:36.97 50.20	
100m: 1:26.03 45.00	200m: 3:04.43 49.34	300m: 4:46.77 51.79	400m: 6:26.66 49.69	

40 - 44 lat

<b>1. WYSOCKI, Radek</b>	<b>72</b>	<b>Warsaw Masters Team</b>	<b>5:10.38</b>	<b>319</b>
50m: 33.74 33.74	150m: 1:52.14 40.24	250m: 3:12.94 40.28	350m: 4:33.00 40.16	
100m: 1:11.90 38.16	200m: 2:32.66 40.52	300m: 3:52.84 39.90	400m: 5:10.38 37.38	

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Konkurencja 21, M czynn, 400m dowolny, 40 - 44 lat

Pozycja		Rok ur.						Czas	Pkt.
2.	WOJCIECHOWSKI, Sebastian	73	Warsaw Masters Team					<b>6:27.45</b>	164
	50m: 40.83 40.83	150m: 2:13.78	48.34	250m: 3:53.09	50.57	350m: 5:35.85	51.53		
	100m: 1:25.44 44.61	200m: 3:02.52	48.74	300m: 4:44.32	51.23	400m: 6:27.45	51.60		
3.	DUKAŁA, Marcin	72	Warsaw Masters Team					<b>6:47.98</b>	140
	50m: 45.58 45.58	150m: 2:26.70	51.31	250m: 4:13.35	53.80	350m: 6:00.08	53.45		
	100m: 1:35.39 49.81	200m: 3:19.55	52.85	300m: 5:06.63	53.28	400m: 6:47.98	47.90		

45 - 49 lat

1.	NOWAKOWSKI, Jacek	66	Warsaw Masters Team					<b>5:41.19</b>	240
	50m: 35.16 35.16	150m: 1:58.14	42.43	250m: 3:26.55	44.56	350m: 4:56.63	45.19		
	100m: 1:15.71 40.55	200m: 2:41.99	43.85	300m: 4:11.44	44.89	400m: 5:41.19	44.56		
2.	GRONOWSKI, Krzysztof	69	Niezrzeszeni					<b>6:14.38</b>	182
	50m: 40.93 40.93	150m: 2:11.52	46.28	250m: 3:47.48	49.02	350m: 5:26.00	49.91		
	100m: 1:25.24 44.31	200m: 2:58.46	46.94	300m: 4:36.09	48.61	400m: 6:14.38	48.38		

50 - 54 lat

1.	R PAŁA, Leszek	62	UKS GOS Raszyn					<b>6:31.64</b>	159
	50m: 42.84 42.84	150m: 2:20.10	49.44	250m: 4:02.20	50.77	350m: 5:43.36	50.30		
	100m: 1:30.66 47.82	200m: 3:11.43	51.33	300m: 4:53.06	50.86	400m: 6:31.64	48.28		
2.	RÓ YCKI, Konrad	62	Niezrzeszeni					<b>9:14.82</b>	55
	50m: 57.53 57.53	150m: 3:16.00	1:07.43	250m: 5:37.99	1:10.70	350m: 8:02.22	1:08.85		
	100m: 2:08.57 1:11.04	200m: 4:27.29	1:11.29	300m: 6:53.37	1:15.38	400m: 9:14.82	1:12.60		

55 - 59 lat

1.	WO NIAK, Bogusław	59	Niezrzeszeni					<b>5:49.68</b>	223
	50m: 38.71 38.71	150m: 2:48.20	1:27.83	250m:		350m:			
	100m: 1:20.37 41.66	200m: 3:33.69	45.49	300m:		400m: 5:49.68			

60 - 64 lat

1.	VORBRODT, Tadeusz	53	WOPR Warszawa SPORT-Figielski					<b>7:12.35</b>	118
	50m: 46.88 46.88	150m: 2:28.99	52.77	250m: 4:20.22	55.21	350m: 6:17.22	57.49		
	100m: 1:36.22 49.34	200m: 3:25.01	56.02	300m: 5:19.73	59.51	400m: 7:12.35	55.13		