

XX OTWARTE MISTRZOSTWA WARSZAWY W PŁYWANIU MASTERS-PUCHAR POLSKI MASTERS  
Warszawa, 5.12.2015

Konkurencja 29  
05.12.2015 - 11:15

Mężczyzn, 400m dowolny

20 - 94 lat  
Wyniki

Punkty: IPC 2014

Pozycja			Rok ur.					Czas	Pkt.			
<b>20 - 24 lat</b>												
1.	JELITTO, Jakub		93	Triclub				<b>6:38.41</b>				
	50m:	43.29	43.29	150m:	2:23.42	50.98	250m:	4:07.05	51.05	350m:	5:51.58	50.75
	100m:	1:32.44	49.15	200m:	3:16.00	52.58	300m:	5:00.83	53.78	400m:	6:38.41	46.83
<b>25 - 29 lat</b>												
1.	LIS, Łukasz		86	Triclub				<b>4:42.82</b>				
	50m:	32.48	32.48	150m:	1:43.79	35.85	250m:	2:56.39	35.99	350m:	4:08.33	35.78
	100m:	1:07.94	35.46	200m:	2:20.40	36.61	300m:	3:32.55	36.16	400m:	4:42.82	34.49
2.	PFITZNER, Jan		86	Warsaw Masters Team				<b>4:58.33</b>				
	50m:	32.36	32.36	150m:	1:44.88	36.68	250m:	3:02.31	38.91	350m:	4:21.27	38.91
	100m:	1:08.20	35.84	200m:	2:23.40	38.52	300m:	3:42.36	40.05	400m:	4:58.33	37.06
3.	GRIGAITIS, Zilvinas		90	Torpedos				<b>5:08.67</b>				
	50m:	32.98	32.98	150m:	1:51.02	40.70	250m:	3:12.65	40.88	350m:	4:32.79	39.34
	100m:	1:10.32	37.34	200m:	2:31.77	40.75	300m:	3:53.45	40.80	400m:	5:08.67	35.88
4.	TURLA, Bartosz		88	UKS CITYZEN Pozna				<b>5:40.64</b>				
	50m:	35.32	35.32	150m:	1:55.59	41.40	250m:	3:23.98	45.02	350m:	4:56.24	46.12
	100m:	1:14.19	38.87	200m:	2:38.96	43.37	300m:	4:10.12	46.14	400m:	5:40.64	44.40
5.	KOTUSI SKI, Maciej		90	Niezrzeszeni				<b>5:48.08</b>				
	50m:	35.91	35.91	150m:	1:58.73	43.46	250m:	3:30.28	46.44	350m:	5:03.43	46.10
	100m:	1:15.27	39.36	200m:	2:43.84	45.11	300m:	4:17.33	47.05	400m:	5:48.08	44.65
6.	WOJTYNA, Łukasz		87	Niezrzeszeni				<b>6:04.89</b>				
	50m:	38.03	38.03	150m:	2:06.95	45.95	250m:	3:42.18	48.47	350m:	5:18.62	48.92
	100m:	1:21.00	42.97	200m:	2:53.71	46.76	300m:	4:29.70	47.52	400m:	6:04.89	46.27
<b>30 - 34 lat</b>												
1.	PORADA, Tomasz		83	Warsaw Masters Team				<b>4:59.38</b>				
	50m:	33.16	33.16	150m:	1:45.81	37.27	250m:	3:02.41	39.08	350m:	4:22.10	40.45
	100m:	1:08.54	35.38	200m:	2:23.33	37.52	300m:	3:41.65	39.24	400m:	4:59.38	37.28
2.	BEDNARZ, Mateusz		83	Warsaw Masters Team				<b>5:33.35</b>				
	50m:	36.98	36.98	150m:	2:01.25	43.03	250m:	3:27.96	43.79	350m:	4:54.65	42.99
	100m:	1:18.22	41.24	200m:	2:44.17	42.92	300m:	4:11.66	43.70	400m:	5:33.35	38.70
3.	DOBROSIELSKI, Grzegorz		82	Niezrzeszeni				<b>5:51.16</b>				
	50m:	34.12	34.12	150m:	1:57.93	43.58	250m:	3:30.65	47.14	350m:	5:05.08	47.16
	100m:	1:14.35	40.23	200m:	2:43.51	45.58	300m:	4:17.92	47.27	400m:	5:51.16	46.08
4.	SOBCZYK, Patryk		83	Warsaw Masters Team				<b>5:59.29</b>				
	50m:	37.80	37.80	150m:	2:04.81	45.02	250m:	3:38.22	47.03	350m:	5:13.84	47.78
	100m:	1:19.79	41.99	200m:	2:51.19	46.38	300m:	4:26.06	47.84	400m:	5:59.29	45.45
5.	PIÓRKOWSKI, Andrzej		85	Niezrzeszeni				<b>6:16.17</b>				
	50m:	40.89	40.89	150m:	2:14.73	47.92	250m:	3:52.47	49.25	350m:	5:29.26	48.68
	100m:	1:26.81	45.92	200m:	3:03.22	48.49	300m:	4:40.58	48.11	400m:	6:16.17	46.91
6.	SKRZYDŁO, Jarosław		83	Warsaw Masters Team				<b>6:16.29</b>				
	50m:	40.12	40.12	150m:	2:12.55	47.63	250m:	3:50.60	49.52	350m:	5:29.86	49.56
	100m:	1:24.92	44.80	200m:	3:01.08	48.53	300m:	4:40.30	49.70	400m:	6:16.29	46.43
7.	PIREK, Mariusz		85	Accenture				<b>6:17.12</b>				
	50m:	40.65	40.65	150m:	2:14.28	47.71	250m:	3:51.62	49.05	350m:	5:30.26	49.30
	100m:	1:26.57	45.92	200m:	3:02.57	48.29	300m:	4:40.96	49.34	400m:	6:17.12	46.86
8.	PROKOP, Piotr		82	Triclub				<b>6:28.75</b>				
	50m:	45.34	45.34	150m:	2:20.35	1:52.55	250m:	3:59.23	2:26.67	350m:	5:39.51	2:29.53
	100m:	27.80		200m:	1:32.56		300m:	3:09.98		400m:	6:28.75	49.24

XX OTWARTE MISTRZOSTWA WARSZAWY W PŁYWANIU MASTERS-PUCHAR POLSKI MASTERS  
Warszawa, 5.12.2015

Konkurencja 29, M czynn, 400m dowolny, 30 - 34 lat

Pozycja			Rok ur.					Czas	Pkt.		
9.	ASZENDORF, Filip		83	Accenture				<b>6:49.71</b>			
	50m:	37.95 37.95	150m:	2:17.53	52.09	250m:	4:08.45	56.71	350m:	5:58.58	55.78
	100m:	1:25.44 47.49	200m:	3:11.74	54.21	300m:	5:02.80	54.35	400m:	6:49.71	51.13

35 - 39 lat

1.	KACZMAREK, Stanisław		79	Ks Warta Pozna				<b>4:38.21</b>			
	50m:	31.98 31.98	150m:	1:44.04	35.94	250m:	2:55.59	35.79	350m:	4:05.42	33.99
	100m:	1:08.10 36.12	200m:	2:19.80	35.76	300m:	3:31.43	35.84	400m:	4:38.21	32.79
2.	RYBKO, Volodymyr		79	MSC Euro-Lviv				<b>5:02.28</b>			
	50m:	34.25 34.25	150m:	1:49.47	37.91	250m:	3:09.17	40.10	350m:	4:26.63	38.50
	100m:	1:11.56 37.31	200m:	2:29.07	39.60	300m:	3:48.13	38.96	400m:	5:02.28	35.65
3.	SZULC, Jakub		76	Warsaw Masters Team				<b>5:16.44</b>			
	50m:	36.19 36.19	150m:	1:55.20	39.96	250m:	3:17.33	41.14	350m:	4:39.29	40.02
	100m:	1:15.24 39.05	200m:	2:36.19	40.99	300m:	3:59.27	41.94	400m:	5:16.44	37.15
4.	PAWŁOWSKI, Radosław		76	Warsaw Masters Team				<b>5:42.35</b>			
	50m:	38.32 38.32	150m:	2:05.85	43.93	250m:	3:34.75	44.09	350m:	5:01.84	43.40
	100m:	1:21.92 43.60	200m:	2:50.66	44.81	300m:	4:18.44	43.69	400m:	5:42.35	40.51
5.	KOSIEDOWSKI, Wojciech		79	Bractwo Pływackie BGK				<b>5:43.57</b>			
	50m:	35.61 35.61	150m:	1:59.61	42.92	250m:	3:28.94	44.82	350m:	5:00.64	45.96
	100m:	1:16.69 41.08	200m:	2:44.12	44.51	300m:	4:14.68	45.74	400m:	5:43.57	42.93
6.	KAŁU Y SKI, Wojtek		80	Warsaw Masters Team				<b>5:44.12</b>			
	50m:	38.17 38.17	150m:	2:02.95	43.47	250m:	3:30.82	43.81	350m:	5:00.85	45.43
	100m:	1:19.48 41.31	200m:	2:47.01	44.06	300m:	4:15.42	44.60	400m:	5:44.12	43.27
7.	RACZKO, Mariusz		79	Warsaw Masters Team				<b>6:43.51</b>			
	50m:	44.53 44.53	150m:	2:22.61		250m:	4:07.02	52.69	350m:	5:53.12	
	100m:		200m:	3:14.33	51.72	300m:			400m:	6:43.51	50.39
8.	WALASZCZYK, Maciej		76	Niezrzeszeni				<b>7:05.47</b>			
	50m:	45.34 45.34	150m:	2:32.22	54.37	250m:	4:23.46	56.08	350m:	6:15.37	55.56
	100m:	1:37.85 52.51	200m:	3:27.38	55.16	300m:	5:19.81	56.35	400m:	7:05.47	50.10
9.	JAJECZNIK, Konrad		79	Niezrzeszeni				<b>7:55.13</b>			
	50m:	48.92 48.92	150m:	2:48.72	1:02.11	250m:	4:53.82	1:02.93	350m:	6:58.82	1:02.36
	100m:	1:46.61 57.69	200m:	3:50.89	1:02.17	300m:	5:56.46	1:02.64	400m:	7:55.13	56.31
10.	KARCZEWSKI, Przemysław		80	Triclub				<b>8:14.78</b>			
	50m:	42.67 42.67	150m:	2:33.20	58.68	250m:	4:44.54	1:07.48	350m:	7:05.17	1:12.10
	100m:	1:34.52 51.85	200m:	3:37.06	1:03.86	300m:	5:53.07	1:08.53	400m:	8:14.78	1:09.61

40 - 44 lat

1.	WESOŁOWSKI, Dariusz		71	Masters Wisła Kraków				<b>5:54.88</b>			
	50m:	38.05 38.05	150m:	2:08.22	46.55	250m:	3:43.37	47.42	350m:	5:15.59	45.08
	100m:	1:21.67 43.62	200m:	2:55.95	47.73	300m:	4:30.51	47.14	400m:	5:54.88	39.29
2.	DUKAŁA, Marcin		72	Warsaw Masters Team				<b>6:33.13</b>			
	50m:	41.84 41.84	150m:	2:19.11	49.78	250m:	4:00.46	50.59	350m:	5:43.26	51.62
	100m:	1:29.33 47.49	200m:	3:09.87	50.76	300m:	4:51.64	51.18	400m:	6:33.13	49.87
3.	MATYSZEWSKI, Grzegorz		71	Warsaw Masters Team				<b>6:50.76</b>			
	50m:	42.23 42.23	150m:	2:21.11	50.92	250m:	4:06.63	52.95	350m:	5:57.27	56.26
	100m:	1:30.19 47.96	200m:	3:13.68	52.57	300m:	5:01.01	54.38	400m:	6:50.76	53.49

XX OTWARTE MISTRZOSTWA WARSZAWY W PŁYWANIU MASTERS-PUCHAR POLSKI MASTERS  
Warszawa, 5.12.2015

Konkurencja 29, M czyzn, 400m dowolny

45 - 49 lat

1.	SKORYKOW, Andrzej	69	Warsaw Masters Team	<b>4:50.12</b>
	50m: 33.95 33.95	150m: 1:47.34 36.41	250m: 3:00.73 36.85	350m: 4:14.38 36.49
	100m: 1:10.93 36.98	200m: 2:23.88 36.54	300m: 3:37.89 37.16	400m: 4:50.12 35.74
2.	SKLYAR, Konstantin	68	Niezrzeszeni	<b>5:06.49</b>
	50m: 34.20 34.20	150m: 1:50.75 38.75	250m: 3:09.27 39.41	350m: 4:28.14 39.34
	100m: 1:12.00 37.80	200m: 2:29.86 39.11	300m: 3:48.80 39.53	400m: 5:06.49 38.35
3.	BAR, Wiesław	70	Niezrzeszeni	<b>5:09.54</b>
	50m: 33.32 33.32	150m: 1:51.43 39.85	250m: 3:12.15 40.30	350m: 4:32.35 39.33
	100m: 1:11.58 38.26	200m: 2:31.85 40.42	300m: 3:53.02 40.87	400m: 5:09.54 37.19
4.	NOWAKOWSKI, Jacek	66	Warsaw Masters Team	<b>5:52.34</b>
	50m: 36.21 36.21	150m: 2:01.70 44.40	250m: 3:32.97 46.03	350m: 5:06.22 46.84
	100m: 1:17.30 41.09	200m: 2:46.94 45.24	300m: 4:19.38 46.41	400m: 5:52.34 46.12
5.	ZARZYCKI, Robert	70	Niezrzeszeni	<b>6:24.60</b>
	50m: 41.04 41.04	150m: 2:14.13 47.74	250m: 3:54.50 51.23	350m: 5:36.39 50.69
	100m: 1:26.39 45.35	200m: 3:03.27 49.14	300m: 4:45.70 51.20	400m: 6:24.60 48.21
6.	KRZEKOTOWSKI, Piotr	66	Niezrzeszeni	<b>7:45.79</b>
	50m: 48.09 48.09	150m: 2:40.76 57.76	250m: 4:41.50 1:00.04	350m: 6:45.57 1:02.53
	100m: 1:43.00 54.91	200m: 3:41.46 1:00.70	300m: 5:43.04 1:01.54	400m: 7:45.79 1:00.22

50 - 54 lat

1.	KRASAUSKAS, Vilmantas	64	Torpedos	<b>5:09.67</b>
	50m: 35.35 35.35	150m: 1:52.28 39.10	250m: 3:11.63 40.06	350m: 4:31.69 40.26
	100m: 1:13.18 37.83	200m: 2:31.57 39.29	300m: 3:51.43 39.80	400m: 5:09.67 37.98
2.	TCHORZEWSKI, Norbert	65	Swimmers St. Pływackie	<b>5:50.99</b>
	50m: 37.36 37.36	150m: 2:03.08 43.87	250m: 3:33.73 45.84	350m: 5:07.72 46.52
	100m: 1:19.21 41.85	200m: 2:47.89 44.81	300m: 4:21.20 47.47	400m: 5:50.99 43.27
3.	KIAUKE, Audrius	62	Niezrzeszeni	<b>6:31.10</b>
	50m: 39.88 39.88	150m: 2:13.44 48.86	250m: 3:55.76 51.77	350m: 5:41.48 53.84
	100m: 1:24.58 44.70	200m: 3:03.99 50.55	300m: 4:47.64 51.88	400m: 6:31.10 49.62
4.	DARIUSZ, Czakwin	65	Masters Białystok	<b>6:33.63</b>
	50m: 44.00 44.00	150m: 2:22.65 49.70	250m: 4:05.63 51.88	350m: 5:47.42 51.03
	100m: 1:32.95 48.95	200m: 3:13.75 51.10	300m: 4:56.39 50.76	400m: 6:33.63 46.21
5.	JURSKI, Jacek	65	Warsaw Masters Team	<b>6:48.27</b>
	50m: 45.47 45.47	150m: 2:28.09 52.62	250m: 4:14.63 52.73	350m: 6:00.48
	100m: 1:35.47 50.00	200m: 3:21.90 53.81	300m: 6:48.27 2:33.64	400m: 6:48.27 47.79
6.	SZCZYGIEL, Zbigniew	65	Białostockie Stowarzyszenie Pł	<b>7:01.89</b>
	50m: 45.13 45.13	150m: 2:31.51 54.51	250m: 4:20.83 54.67	350m: 6:10.39 54.66
	100m: 1:37.00 51.87	200m: 3:26.16 54.65	300m: 5:15.73 54.90	400m: 7:01.89 51.50
7.	R PAŁA, Leszek	62	UKS Gos Raszyn	<b>7:16.20</b>
	50m: 47.35 47.35	150m: 2:32.40 54.34	250m: 4:26.84 57.59	350m: 6:21.31 56.21
	100m: 1:38.06 50.71	200m: 3:29.25 56.85	300m: 5:25.10 58.26	400m: 7:16.20 54.89

55 - 59 lat

1.	CIEKLINSKI, Wiesław	57	Niezrzeszeni	<b>6:11.85</b>
	50m: 39.24 39.24	150m: 2:13.68 48.97	250m: 3:50.71 47.98	350m: 5:27.36 48.28
	100m: 1:24.71 45.47	200m: 3:02.73 49.05	300m: 4:39.08 48.37	400m: 6:11.85 44.49
2.	KORPETTA, Wojciech	59	K.S.niezrzeszeni.pl	<b>6:42.62</b>
	50m: 44.62 44.62	150m: 2:26.15 51.98	250m: 4:10.99 52.72	350m: 5:56.38 52.28
	100m: 1:34.17 49.55	200m: 3:18.27 52.12	300m: 5:04.10 53.11	400m: 6:42.62 46.24
3.	SUTOWSKI, Robert	59	Warsaw Masters Team	<b>6:48.73</b>
	50m: 47.22 47.22	150m: 2:31.12 52.75	250m: 4:17.16 53.60	350m: 6:02.21 51.94
	100m: 1:38.37 51.15	200m: 3:23.56 52.44	300m: 5:10.27 53.11	400m: 6:48.73 46.52

XX OTWARTE MISTRZOSTWA WARSZAWY W PŁYWANIU MASTERS-PUCHAR POLSKI MASTERS  
Warszawa, 5.12.2015

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Konkurencja 29, M czynn, 400m dowolny

60 - 64 lat

1.	VORBRODT, Tadeusz		53	Niezzeszeni					<b>7:11.66</b>			
	50m:	49.66	49.66	150m:	2:37.68	55.41	250m:	4:29.68	56.58	350m:	6:20.31	56.53
	100m:	1:42.27	52.61	200m:	3:33.10	55.42	300m:	5:23.78	54.10	400m:	7:11.66	51.35

65 - 69 lat

1.	DE MAKAY, Waldemar		50	Warsaw Masters Team					<b>5:45.14</b>			
	50m:	38.55	38.55	150m:	2:03.36	43.30	250m:	3:33.41	45.44	350m:	5:02.17	44.24
	100m:	1:20.06	41.51	200m:	2:47.97	44.61	300m:	4:17.93	44.52	400m:	5:45.14	42.97
2.	FILIPIAK, Fabian		48	WOPR Warszawa SPORT-Figielski					<b>9:32.50</b>			
	50m:	1:02.70	1:02.70	150m:	3:25.63	1:13.51	250m:	5:56.50	1:15.54	350m:	8:22.95	1:11.66
	100m:	2:12.12	1:09.42	200m:	4:40.96	1:15.33	300m:	7:11.29	1:14.79	400m:	9:32.50	1:09.55

70 - 74 lat

1.	GRIGAS, Stasys		41	Torpedos					<b>11:40.15</b>			
	50m:	1:21.12	1:21.12	150m:	4:22.23	1:32.34	250m:	7:19.08	1:27.44	350m:	10:16.81	1:29.33
	100m:	2:49.89	1:28.77	200m:	5:51.64	1:29.41	300m:	8:47.48	1:28.40	400m:	11:40.15	1:23.34

80 - 84 lat

1.	L Y SKI, Jan		31	AZS AWF Katowice					<b>11:12.36</b>			
	50m:	1:14.32	1:14.32	150m:	4:09.75	1:29.71	250m:	7:03.33	1:27.45	350m:	9:56.51	1:27.11
	100m:	2:40.04	1:25.72	200m:	5:35.88	1:26.13	300m:	8:29.40	1:26.07	400m:	11:12.36	1:15.85