

Otwarte Mistrzostwa Polski Słub Mundurowych w Pływaniu
Szczytno, 19.11.2016

Konkurencja 18
19.11.2016 - 11:45

Mężczyźni, 400m dowolny

Open
Wyniki

Punkty: FINA 2016

Pozycja			Wiek					Czas	Pkt.	
39 lat i młodszy										
1.	Motyczyński, Jakub		20	SG SP Warszawa				4:47.12	403	
	50m:	32.96 32.96	150m:	1:45.80	36.76	250m:	2:59.38	36.49	350m:	4:13.49 37.06
	100m:	1:09.04 36.08	200m:	2:22.89	37.09	300m:	3:36.43	37.05	400m:	4:47.12 33.63
2.	Kucierski, Michał		35	KW PSP Poznań				5:00.79	351	
	50m:	33.44 33.44	150m:	1:48.51	37.93	250m:	3:05.62	39.04	350m:	4:24.46 39.44
	100m:	1:10.58 37.14	200m:	2:26.58	38.07	300m:	3:45.02	39.40	400m:	5:00.79 36.33
3.	Songin, Artur		25	KPP Mikołów				5:07.48	328	
	50m:	32.56 32.56	150m:	1:48.75	38.54	250m:	3:09.11	40.24	350m:	4:29.89 40.38
	100m:	1:10.21 37.65	200m:	2:28.87	40.12	300m:	3:49.51	40.40	400m:	5:07.48 37.59
4.	Kiepas, Marcin		39	KWP Kielce				5:08.74	324	
	50m:	33.34 33.34	150m:	1:49.21	38.55	250m:	3:09.22	40.22	350m:	4:30.46 40.63
	100m:	1:10.66 37.32	200m:	2:29.00	39.79	300m:	3:49.83	40.61	400m:	5:08.74 38.28
5.	Krysiak, Michał		28	KW PSP Szczecin				5:15.70	303	
	50m:	35.19 35.19	150m:	1:52.58	39.15	250m:	3:13.69	40.80	350m:	4:37.01 41.39
	100m:	1:13.43 38.24	200m:	2:32.89	40.31	300m:	3:55.62	41.93	400m:	5:15.70 38.69
6.	Zimoła, Paweł		22	KW PSP Rzeszów				5:38.96	245	
	50m:	36.03 36.03	150m:	1:58.08	42.17	250m:	3:24.28	42.73	350m:	4:55.15 45.34
	100m:	1:15.91 39.88	200m:	2:41.55	43.47	300m:	4:09.81	45.53	400m:	5:38.96 43.81
40 - 49 lat										
1.	Osik, Daniel		40	KWP Poznań				4:47.45	402	
	50m:	32.99 32.99	150m:	1:46.13	36.78	250m:	2:59.73	36.56	350m:	4:13.29 36.63
	100m:	1:09.35 36.36	200m:	2:23.17	37.04	300m:	3:36.66	36.93	400m:	4:47.45 34.16
2.	Ółtowski, Daniel		41	KG SG				5:02.50	345	
	50m:	33.45 33.45	150m:	1:47.83	37.71	250m:	3:04.89	38.93	350m:	4:24.10 39.74
	100m:	1:10.12 36.67	200m:	2:25.96	38.13	300m:	3:44.36	39.47	400m:	5:02.50 38.40
3.	Rutkowski, Mirosław		40	KWP Gorzów Wlkp.				5:22.99	283	
	50m:	33.88 33.88	150m:	1:52.17	40.12	250m:	3:16.33	42.80	350m:	4:42.46 42.74
	100m:	1:12.05 38.17	200m:	2:33.53	41.36	300m:	3:59.72	43.39	400m:	5:22.99 40.53
4.	Staszkiwicz, Radosław		48	SM Bydgoszcz				5:35.62	252	
	50m:	34.62 34.62	150m:	1:55.41	41.93	250m:	3:23.10	44.70	350m:	4:52.84 45.04
	100m:	1:13.48 38.86	200m:	2:38.40	42.99	300m:	4:07.80	44.70	400m:	5:35.62 42.78
5.	Szczyrba, Tomasz		46	KWP Poznań				5:38.94	245	
	50m:	37.79 37.79	150m:	1:59.99	41.91	250m:	3:27.45	44.13	350m:	4:56.36 44.44
	100m:	1:18.08 40.29	200m:	2:43.32	43.33	300m:	4:11.92	44.47	400m:	5:38.94 42.58
6.	Litwora, Łukasz		40	KP PSP Brzesko				5:55.74	212	
	50m:	36.93 36.93	150m:	2:02.13	43.99	250m:	3:34.97	47.28	350m:	5:12.03 48.49
	100m:	1:18.14 41.21	200m:	2:47.69	45.56	300m:	4:23.54	48.57	400m:	5:55.74 43.71
7.	Koczajewski, Seweryn		40	KWP Kielce				5:55.81	212	
	50m:	39.30 39.30	150m:	2:09.21	45.57	250m:	3:42.00	46.65	350m:	5:15.07 46.11
	100m:	1:23.64 44.34	200m:	2:55.35	46.14	300m:	4:28.96	46.96	400m:	5:55.81 40.74
8.	Majewski, Andrzej		49	KM PSP Wrocław				7:23.48	109	
	50m:	47.77 47.77	150m:	2:41.14	57.21	250m:	4:35.60	56.90	350m:	6:29.97 57.36
	100m:	1:43.93 56.16	200m:	3:38.70	57.56	300m:	5:32.61	57.01	400m:	7:23.48 53.51

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Konkurencja 18, M czynn, 400m dowolny

50 lat i starsi

1.	Czaicki, Waldemar	50	KWP Opole	6:21.96	171
	50m: 41.82 41.82	150m: 2:15.40 47.00	250m: 3:54.16 49.57	350m: 5:33.76 49.33	
	100m: 1:28.40 46.58	200m: 3:04.59 49.19	300m: 4:44.43 50.27	400m: 6:21.96 48.20	
2.	Polak, Krzysztof	58	KPP Stalowa Wola	8:12.33	80
	50m: 54.89 54.89	150m: 2:56.12 1:01.49	250m: 5:05.42 1:03.85	350m: 7:16.34 1:05.24	
	100m: 1:54.63 59.74	200m: 4:01.57 1:05.45	300m: 6:11.10 1:05.68	400m: 8:12.33 55.99	
3.	Ziomba, Bogdan	51	KW PSP Rzeszów	8:15.15	78
	50m: 54.92 54.92	150m: 2:58.97 1:02.96	250m: 5:05.54 1:04.04	350m: 7:11.45 1:03.15	
	100m: 1:56.01 1:01.09	200m: 4:01.50 1:02.53	300m: 6:08.30 1:02.76	400m: 8:15.15 1:03.70	
4.	Gogojewicz, Stanisław	57	KWP Pozna	9:20.85	54
	50m: 58.75 58.75	150m: 3:21.81 1:12.10	250m: 5:46.03 1:12.45	350m: 8:13.89 1:13.65	
	100m: 2:09.71 1:10.96	200m: 4:33.58 1:11.77	300m: 7:00.24 1:14.21	400m: 9:20.85 1:06.96	