

PUCHAR POLSKI MASTERS-OTWARTE MISTRZOSTWA WARSZAWY W PŁYWANIU MASTERS
Warszawa, 3. - 4.12.2016

Konkurencja 29
04.12.2016 - 11:19

M czynn, 400m dowolny

20 - 94 lat
Wyniki

Punkty: FINA 2016

| Pozycja | Rok ur. | Czas | Pkt. | 100m | 200m | 300m | 400m |
|--------------------|----------------------------|------------------------------|--------------------|---------|---------------|---------|---------|
| 25 - 29 lat | | | | | | | |
| 1. | PE SKO, Jan 87 | Legia Warszawa | 5:03.59 380 | 1:12.50 | 1:17.50 | 1:26.23 | 1:07.36 |
| | 50m: 33.57 33.57 | 150m: 1:52.17 39.67 | 250m: 3:12.62 | 42.62 | 350m: 4:30.80 | 34.57 | |
| | 100m: 1:12.50 38.93 | 200m: 2:30.00 37.83 | 300m: 3:56.23 | 43.61 | 400m: 5:03.59 | 32.79 | |
| 2. | KU MIERCZUK, Bartłomiej 90 | Aquawit Leszno | 5:41.71 267 | 1:18.64 | 1:28.03 | 1:27.90 | 1:27.14 |
| | 50m: 36.73 36.73 | 150m: 2:02.92 44.28 | 250m: 3:30.47 | 43.80 | 350m: 4:59.25 | 44.68 | |
| | 100m: 1:18.64 41.91 | 200m: 2:46.67 43.75 | 300m: 4:14.57 | 44.10 | 400m: 5:41.71 | 42.46 | |
| 30 - 34 lat | | | | | | | |
| 1. | LIS, Łukasz 86 | Triclub | 4:39.19 489 | 1:05.59 | 1:11.34 | 1:11.72 | 1:10.54 |
| | 50m: 31.17 31.17 | 150m: 1:40.81 35.22 | 250m: 2:52.50 | 35.57 | 350m: 4:04.61 | 35.96 | |
| | 100m: 1:05.59 34.42 | 200m: 2:16.93 36.12 | 300m: 3:28.65 | 36.15 | 400m: 4:39.19 | 34.58 | |
| 2. | GOŁEMBIEWSKI, Andrzej 86 | Toru Multisport Team | 4:48.62 443 | 1:07.47 | 1:14.81 | 1:15.31 | 1:11.03 |
| | 50m: 31.99 31.99 | 150m: 1:44.65 37.18 | 250m: 3:00.08 | 37.80 | 350m: 4:14.57 | 36.98 | |
| | 100m: 1:07.47 35.48 | 200m: 2:22.28 37.63 | 300m: 3:37.59 | 37.51 | 400m: 4:48.62 | 34.05 | |
| 3. | PFITZNER, Jan 86 | Warsaw Masters Team | 5:05.23 374 | 1:10.27 | 1:18.63 | 1:18.02 | 1:18.31 |
| | 50m: 32.97 32.97 | 150m: 1:48.80 38.53 | 250m: 3:07.00 | 38.10 | 350m: 4:27.08 | 40.16 | |
| | 100m: 1:10.27 37.30 | 200m: 2:28.90 40.10 | 300m: 3:46.92 | 39.92 | 400m: 5:05.23 | 38.15 | |
| 4. | BEDNARZ, Mateusz 83 | Warsaw Masters Team | 5:08.41 363 | 1:13.43 | 1:18.79 | 1:19.81 | 1:16.38 |
| | 50m: 34.84 34.84 | 150m: 1:52.52 39.09 | 250m: 3:12.08 | 39.86 | 350m: 4:32.17 | 40.14 | |
| | 100m: 1:13.43 38.59 | 200m: 2:32.22 39.70 | 300m: 3:52.03 | 39.95 | 400m: 5:08.41 | 36.24 | |
| 5. | KUTNY, Bartosz 86 | Niezzreszeni | 5:23.02 316 | 1:09.56 | 1:23.11 | 1:26.08 | 1:24.27 |
| | 50m: 31.95 31.95 | 150m: 1:50.31 40.75 | 250m: 3:15.35 | 42.68 | 350m: 4:42.26 | 43.51 | |
| | 100m: 1:09.56 37.61 | 200m: 2:32.67 42.36 | 300m: 3:58.75 | 43.40 | 400m: 5:23.02 | 40.76 | |
| 6. | SZYDŁO, Konrad 86 | Klub Pływacki Masters Krosno | 5:28.77 299 | 1:15.91 | 1:25.85 | 1:27.13 | 1:19.88 |
| | 50m: 35.38 35.38 | 150m: 1:58.26 42.35 | 250m: 3:24.99 | 43.23 | 350m: 4:50.52 | 41.63 | |
| | 100m: 1:15.91 40.53 | 200m: 2:41.76 43.50 | 300m: 4:08.89 | 43.90 | 400m: 5:28.77 | 38.25 | |
| 7. | BEŁDYGA, Bartosz 83 | Niezzreszeni | 5:30.67 294 | 1:14.25 | 1:25.29 | 1:27.81 | 1:23.32 |
| | 50m: 34.43 34.43 | 150m: 1:56.74 42.49 | 250m: 3:23.29 | 43.75 | 350m: 4:49.79 | 42.44 | |
| | 100m: 1:14.25 39.82 | 200m: 2:39.54 42.80 | 300m: 4:07.35 | 44.06 | 400m: 5:30.67 | 40.88 | |
| 8. | SENGER, Robert 82 | Niezzreszeni | 7:36.55 111 | 1:39.59 | 1:56.95 | 2:01.66 | 1:58.35 |
| | 50m: 47.32 47.32 | 150m: 2:35.98 56.39 | 250m: 4:36.98 | 1:00.44 | 350m: 6:39.80 | 1:01.60 | |
| | 100m: 1:39.59 52.27 | 200m: 3:36.54 1:00.56 | 300m: 5:38.20 | 1:01.22 | 400m: 7:36.55 | 56.75 | |
| 9. | GOGOL, Krzysztof 86 | Warsaw Masters Team | 7:59.04 96 | 1:35.68 | 1:59.57 | 2:10.29 | 2:13.50 |
| | 50m: 41.36 41.36 | 150m: 2:34.56 58.88 | 250m: 4:38.73 | 1:03.48 | 350m: 6:54.86 | 1:09.32 | |
| | 100m: 1:35.68 54.32 | 200m: 3:35.25 1:00.69 | 300m: 5:45.54 | 1:06.81 | 400m: 7:59.04 | 1:04.18 | |
| 35 - 39 lat | | | | | | | |
| 1. | KACZMAREK, Stanisław 79 | Ks Warta Pozna | 4:33.73 519 | 1:05.56 | 1:09.25 | 1:10.01 | 1:08.91 |
| | 50m: 31.52 31.52 | 150m: 1:40.14 34.58 | 250m: 2:49.74 | 34.93 | 350m: 3:59.80 | 34.98 | |
| | 100m: 1:05.56 34.04 | 200m: 2:14.81 34.67 | 300m: 3:24.82 | 35.08 | 400m: 4:33.73 | 33.93 | |
| 2. | GIEJSZTOWT, Marcin 78 | Warsaw Masters Team | 4:59.31 397 | 1:08.59 | 1:16.65 | 1:18.14 | 1:15.93 |
| | 50m: 32.92 32.92 | 150m: 1:46.63 38.04 | 250m: 3:04.68 | 39.44 | 350m: 4:22.80 | 39.42 | |
| | 100m: 1:08.59 35.67 | 200m: 2:25.24 38.61 | 300m: 3:43.38 | 38.70 | 400m: 4:59.31 | 36.51 | |
| 3. | JABŁO SKI, Michał 80 | Warsaw Masters Team | 5:24.87 310 | 1:15.07 | 1:22.81 | 1:24.98 | 1:22.01 |
| | 50m: 35.67 35.67 | 150m: 1:56.13 41.06 | 250m: 3:20.08 | 42.20 | 350m: 4:44.71 | 41.85 | |
| | 100m: 1:15.07 39.40 | 200m: 2:37.88 41.75 | 300m: 4:02.86 | 42.78 | 400m: 5:24.87 | 40.16 | |
| 4. | WARDA, Marcin 80 | Niezzreszeni | 6:35.77 171 | 1:23.82 | 1:39.20 | | |
| | 50m: 39.27 39.27 | 150m: 2:12.31 48.49 | 250m: 3:57.96 | 54.94 | 350m: 5:45.17 | | |
| | 100m: 1:23.82 44.55 | 200m: 3:03.02 50.71 | 300m: | | 400m: 6:35.77 | 50.60 | |
| 5. | LATAWIEC, Bartosz 78 | Warsaw Masters Team | 6:42.31 163 | 1:35.65 | 1:43.72 | 1:44.11 | 1:38.83 |
| | 50m: 44.71 44.71 | 150m: 2:28.10 52.45 | 250m: 4:11.76 | 52.39 | 350m: 5:54.97 | 51.49 | |
| | 100m: 1:35.65 50.94 | 200m: 3:19.37 51.27 | 300m: 5:03.48 | 51.72 | 400m: 6:42.31 | 47.34 | |
| 6. | NOWICKI, Michael 78 | Niezzreszeni | 6:56.35 147 | 1:25.98 | 1:48.88 | 1:51.80 | 1:49.69 |
| | 50m: 39.50 39.50 | 150m: 2:19.99 54.01 | 250m: 4:10.39 | 55.53 | 350m: 6:03.14 | 56.48 | |
| | 100m: 1:25.98 46.48 | 200m: 3:14.86 54.87 | 300m: 5:06.66 | 56.27 | 400m: 6:56.35 | 53.21 | |

PUCHAR POLSKI MASTERS-OTWARTE MISTRZOSTWA WARSZAWY W PŁYWANIU MASTERS
Warszawa, 3. - 4.12.2016

Konkurencja 29, M czynn, 400m dowolny, 35 - 39 lat

| Pozycja | Rok ur. | | Czas | | Pkt. | 100m | 200m | 300m | 400m | | | |
|-------------|--------------------|---------|------------------------|----------------|---------|---------|---------|---------|---------|-------|---------|---------|
| 7. | JURKOWSKI, Tomasz | 78 | Niezzreszeni | 6:58.33 | 145 | 1:38.02 | 1:46.37 | 1:50.35 | 1:43.59 | | | |
| | 50m: | 45.17 | 45.17 | 150m: | 2:31.27 | 53.25 | 250m: | 4:18.89 | 54.50 | 350m: | 6:09.71 | 54.97 |
| | 100m: | 1:38.02 | 52.85 | 200m: | 3:24.39 | 53.12 | 300m: | 5:14.74 | 55.85 | 400m: | 6:58.33 | 48.62 |
| 8. | FOLGA, Jakub | 78 | Niezzreszeni | 8:24.47 | 83 | 1:42.52 | 2:09.08 | 2:18.23 | 2:14.64 | | | |
| | 50m: | 47.19 | 47.19 | 150m: | 2:43.70 | 1:01.18 | 250m: | 5:00.42 | 1:08.82 | 350m: | 7:20.96 | 1:11.13 |
| | 100m: | 1:42.52 | 55.33 | 200m: | 3:51.60 | 1:07.90 | 300m: | 6:09.83 | 1:09.41 | 400m: | 8:24.47 | 1:03.51 |
| 40 - 44 lat | | | | | | | | | | | | |
| 1. | HOROVOY, Vladyslav | 73 | MSC Euro-Lviv | 4:37.64 | 498 | 1:03.28 | 1:10.42 | 1:11.94 | 1:12.00 | | | |
| | 50m: | 29.72 | 29.72 | 150m: | 1:38.32 | 35.04 | 250m: | 2:49.36 | 35.66 | 350m: | 4:01.96 | 36.32 |
| | 100m: | 1:03.28 | 33.56 | 200m: | 2:13.70 | 35.38 | 300m: | 3:25.64 | 36.28 | 400m: | 4:37.64 | 35.68 |
| 2. | SPYRA, Krzysztof | 73 | Legia Warszawa | 4:56.43 | 409 | 1:11.48 | 1:17.41 | 1:16.82 | 1:10.72 | | | |
| | 50m: | 33.71 | 33.71 | 150m: | 1:50.06 | 38.58 | 250m: | 3:07.34 | 38.45 | 350m: | 4:21.65 | 35.94 |
| | 100m: | 1:11.48 | 37.77 | 200m: | 2:28.89 | 38.83 | 300m: | 3:45.71 | 38.37 | 400m: | 4:56.43 | 34.78 |
| 3. | SOŁTAN, Piotr | 75 | Warsaw Masters Team | 5:09.47 | 359 | 1:11.34 | 1:19.92 | 1:20.68 | 1:17.53 | | | |
| | 50m: | 33.65 | 33.65 | 150m: | 1:50.80 | 39.46 | 250m: | 3:11.38 | 40.12 | 350m: | 4:31.79 | 39.85 |
| | 100m: | 1:11.34 | 37.69 | 200m: | 2:31.26 | 40.46 | 300m: | 3:51.94 | 40.56 | 400m: | 5:09.47 | 37.68 |
| 4. | GOGACZ, Sebastian | 76 | Mkp Bobry D bica | 5:16.31 | 336 | 1:13.65 | 1:20.17 | 1:21.73 | 1:20.76 | | | |
| | 50m: | 35.12 | 35.12 | 150m: | 1:53.52 | 39.87 | 250m: | 3:14.82 | 41.00 | 350m: | 4:36.71 | 41.16 |
| | 100m: | 1:13.65 | 38.53 | 200m: | 2:33.82 | 40.30 | 300m: | 3:55.55 | 40.73 | 400m: | 5:16.31 | 39.60 |
| 5. | D BROWSKI, Dariusz | 74 | Luft Tri Team | 5:56.77 | 234 | 1:21.59 | 1:32.40 | 1:33.42 | 1:29.36 | | | |
| | 50m: | 38.19 | 38.19 | 150m: | 2:07.79 | 46.20 | 250m: | 3:40.87 | 46.88 | 350m: | 5:13.89 | 46.48 |
| | 100m: | 1:21.59 | 43.40 | 200m: | 2:53.99 | 46.20 | 300m: | 4:27.41 | 46.54 | 400m: | 5:56.77 | 42.88 |
| 6. | HERMAN, Rafał | 76 | Niezzreszeni | 6:13.49 | 204 | 1:23.78 | 1:35.13 | 1:39.42 | 1:35.16 | | | |
| | 50m: | 39.13 | 39.13 | 150m: | 2:10.53 | 46.75 | 250m: | 3:48.17 | 49.26 | 350m: | 5:27.93 | 49.60 |
| | 100m: | 1:23.78 | 44.65 | 200m: | 2:58.91 | 48.38 | 300m: | 4:38.33 | 50.16 | 400m: | 6:13.49 | 45.56 |
| 7. | MARIANOWSKI, Piotr | 72 | Niezzreszeni | 6:18.69 | 196 | 1:22.11 | 1:37.58 | 1:40.84 | 1:38.16 | | | |
| | 50m: | 38.95 | 38.95 | 150m: | 2:10.00 | 47.89 | 250m: | 3:49.50 | 49.81 | 350m: | 5:30.73 | 50.20 |
| | 100m: | 1:22.11 | 43.16 | 200m: | 2:59.69 | 49.69 | 300m: | 4:40.53 | 51.03 | 400m: | 6:18.69 | 47.96 |
| 8. | DZIUBATY, Łukasz | 76 | Cityzen Pozna | 6:20.23 | 193 | 1:25.55 | 1:38.27 | 1:39.83 | 1:36.58 | | | |
| | 50m: | 40.34 | 40.34 | 150m: | 2:14.55 | 49.00 | 250m: | 3:53.96 | 50.14 | 350m: | 5:33.08 | 49.43 |
| | 100m: | 1:25.55 | 45.21 | 200m: | 3:03.82 | 49.27 | 300m: | 4:43.65 | 49.69 | 400m: | 6:20.23 | 47.15 |
| 9. | G SIOROWSKI, Piotr | 73 | Warsaw Masters Team | 6:33.79 | 174 | 1:32.02 | 1:40.99 | 1:42.12 | 1:38.66 | | | |
| | 50m: | 43.64 | 43.64 | 150m: | 2:22.10 | 50.08 | 250m: | 4:04.01 | 51.00 | 350m: | 5:45.78 | 50.65 |
| | 100m: | 1:32.02 | 48.38 | 200m: | 3:13.01 | 50.91 | 300m: | 4:55.13 | 51.12 | 400m: | 6:33.79 | 48.01 |
| 10. | DONIEC, Tomasz | 74 | Masters Wisła Kraków | 6:58.59 | 145 | 1:37.73 | 1:48.99 | 1:47.23 | 1:44.64 | | | |
| | 50m: | 44.78 | 44.78 | 150m: | 2:32.42 | 54.69 | 250m: | 4:20.51 | 53.79 | 350m: | 6:06.88 | 52.93 |
| | 100m: | 1:37.73 | 52.95 | 200m: | 3:26.72 | 54.30 | 300m: | 5:13.95 | 53.44 | 400m: | 6:58.59 | 51.71 |
| 11. | ZIELI SKI, Tomasz | 72 | Go-Swim Masters Team W | 7:13.24 | 131 | 1:38.06 | 1:48.80 | 1:54.64 | 1:51.74 | | | |
| | 50m: | 2:32.04 | 2:32.04 | 150m: | 4:24.02 | 2:45.96 | 250m: | 6:17.79 | 2:50.93 | 350m: | | |
| | 100m: | 1:38.06 | | 200m: | 3:26.86 | | 300m: | 5:21.50 | | 400m: | 7:13.24 | |
| 12. | WALASZCZYK, Maciej | 76 | Niezzreszeni | 7:19.04 | 125 | 1:40.17 | 1:55.09 | 1:54.49 | 1:49.29 | | | |
| | 50m: | 45.74 | 45.74 | 150m: | 2:36.87 | 56.70 | 250m: | 4:33.40 | 58.14 | 350m: | 6:27.29 | 57.54 |
| | 100m: | 1:40.17 | 54.43 | 200m: | 3:35.26 | 58.39 | 300m: | 5:29.75 | 56.35 | 400m: | 7:19.04 | 51.75 |
| 13. | MISIEJUK, Ernest | 73 | Go-Swim Masters Team W | 7:38.80 | 110 | 1:35.89 | 2:00.64 | 2:02.61 | 1:59.66 | | | |
| | 50m: | 42.35 | 42.35 | 150m: | 2:34.45 | 58.56 | 250m: | 4:37.35 | 1:00.82 | 350m: | 6:40.05 | 1:00.91 |
| | 100m: | 1:35.89 | 53.54 | 200m: | 3:36.53 | 1:02.08 | 300m: | 5:39.14 | 1:01.79 | 400m: | 7:38.80 | 58.75 |
| 14. | KULESZKO, Dariusz | 74 | Go-Swim Masters Team W | 7:44.87 | 106 | 1:45.15 | 1:59.93 | 2:01.21 | 1:58.58 | | | |
| | 50m: | 48.27 | 48.27 | 150m: | 2:44.23 | 59.08 | 250m: | 4:46.45 | 1:01.37 | 350m: | 6:48.33 | 1:02.04 |
| | 100m: | 1:45.15 | 56.88 | 200m: | 3:45.08 | 1:00.85 | 300m: | 5:46.29 | 59.84 | 400m: | 7:44.87 | 56.54 |
| 15. | KOWALCZYK, Tomasz | 72 | Triclub | 7:45.08 | 105 | 1:52.57 | 2:00.87 | 1:57.21 | 1:54.43 | | | |
| | 50m: | 52.16 | 52.16 | 150m: | 2:52.42 | 59.85 | 250m: | 4:51.83 | 58.39 | 350m: | 6:48.84 | 58.19 |
| | 100m: | 1:52.57 | 1:00.41 | 200m: | 3:53.44 | 1:01.02 | 300m: | 5:50.65 | 58.82 | 400m: | 7:45.08 | 56.24 |
| 16. | SABA, Tomasz | 74 | Triclub | 7:47.98 | 103 | 1:47.25 | 2:01.08 | 2:04.05 | 1:55.60 | | | |
| | 50m: | 51.51 | 51.51 | 150m: | 2:47.60 | 1:00.35 | 250m: | 4:51.41 | 1:03.08 | 350m: | 6:51.45 | 59.07 |
| | 100m: | 1:47.25 | 55.74 | 200m: | 3:48.33 | 1:00.73 | 300m: | 5:52.38 | 1:00.97 | 400m: | 7:47.98 | 56.53 |
| 17. | GASPARSKI, Piotr | 72 | Triclub | 8:18.75 | 85 | 1:47.46 | 2:08.08 | 2:15.98 | 2:07.23 | | | |
| | 50m: | 49.43 | 49.43 | 150m: | 2:51.22 | 1:03.76 | 250m: | 5:01.52 | 1:05.98 | 350m: | 7:19.74 | 1:08.22 |
| | 100m: | 1:47.46 | 58.03 | 200m: | 3:55.54 | 1:04.32 | 300m: | 6:11.52 | 1:10.00 | 400m: | 8:18.75 | 59.01 |

PUCHAR POLSKI MASTERS-OTWARTE MISTRZOSTWA WARSZAWY W PŁYWANIU MASTERS
Warszawa, 3. - 4.12.2016

Konkurencja 29, M czynn, 400m dowolny

45 - 49 lat

| | | | | | | | | |
|------------------------|---------|--------------|----------------|---------|---------|---------|---------|---------|
| 1. SMIRNOV, Aleksandr | 68 | Pregel | 4:59.33 | 397 | 1:11.09 | 1:16.14 | 1:16.59 | 1:15.51 |
| 50m: | 34.02 | 34.02 | 150m: | 1:49.08 | 37.99 | 250m: | 3:05.75 | 38.52 |
| 100m: | 1:11.09 | 37.07 | 200m: | 2:27.23 | 38.15 | 300m: | 3:43.82 | 38.07 |
| 350m: | | | | | | 400m: | 4:22.59 | 38.77 |
| 400m: | | | | | | | 4:59.33 | 36.74 |
| 2. PODOBA, Jacek | 71 | Niezzreszeni | 5:24.67 | 311 | 1:14.57 | 1:23.76 | 1:25.35 | 1:20.99 |
| 50m: | 36.02 | 36.02 | 150m: | 1:56.14 | 41.57 | 250m: | 3:21.02 | 42.69 |
| 100m: | 1:14.57 | 38.55 | 200m: | 2:38.33 | 42.19 | 300m: | 4:03.68 | 42.66 |
| 350m: | | | | | | 400m: | 4:46.46 | 42.78 |
| 400m: | | | | | | | 5:24.67 | 38.21 |
| 3. KWIATKOWSKI, Tomasz | 69 | Niezzreszeni | 5:37.89 | 276 | 1:22.53 | 1:25.24 | 1:24.97 | 1:25.15 |
| 50m: | 39.52 | 39.52 | 150m: | 2:05.30 | 42.77 | 250m: | 3:30.02 | 42.25 |
| 100m: | 1:22.53 | 43.01 | 200m: | 2:47.77 | 42.47 | 300m: | 4:12.74 | 42.72 |
| 350m: | | | | | | 400m: | 4:55.62 | 42.88 |
| 400m: | | | | | | | 5:37.89 | 42.27 |
| 4. PIŁATOWICZ, Maciej | 71 | Niezzreszeni | 5:56.09 | 236 | 1:20.42 | 1:31.00 | 1:33.70 | 1:30.97 |
| 50m: | 37.89 | 37.89 | 150m: | 2:05.45 | 45.03 | 250m: | 3:38.45 | 47.03 |
| 100m: | 1:20.42 | 42.53 | 200m: | 2:51.42 | 45.97 | 300m: | 4:25.12 | 46.67 |
| 350m: | | | | | | 400m: | 5:12.12 | 47.00 |
| 400m: | | | | | | | 5:56.09 | 43.97 |
| 5. BADOWSKI, Piotr | 68 | Niezzreszeni | 7:10.61 | 133 | 1:33.14 | 1:49.12 | 1:56.21 | 1:52.14 |
| 50m: | 43.44 | 43.44 | 150m: | 2:26.57 | 53.43 | 250m: | 4:19.17 | 56.91 |
| 100m: | 1:33.14 | 49.70 | 200m: | 3:22.26 | 55.69 | 300m: | 5:18.47 | 59.30 |
| 350m: | | | | | | 400m: | 6:17.28 | 58.81 |
| 400m: | | | | | | | 7:10.61 | 53.33 |

50 - 54 lat

| | | | | | | | | |
|------------------------|---------|-----------------------------|----------------|---------|---------|---------|---------|---------|
| 1. NOWAKOWSKI, Jacek | 66 | Niezzreszeni | 5:47.85 | 253 | 1:15.32 | 1:27.56 | 1:32.80 | 1:32.17 |
| 50m: | 35.50 | 35.50 | 150m: | 1:58.39 | 43.07 | 250m: | 3:29.17 | 46.29 |
| 100m: | 1:15.32 | 39.82 | 200m: | 2:42.88 | 44.49 | 300m: | 4:15.68 | 46.51 |
| 350m: | | | | | | 400m: | 5:02.99 | 47.31 |
| 400m: | | | | | | | 5:47.85 | 44.86 |
| 2. ZADRO NY, Jarosław | 66 | Korona Kraków Masters | 6:10.38 | 209 | 1:24.05 | 1:34.70 | 1:37.43 | 1:34.20 |
| 50m: | 39.68 | 39.68 | 150m: | 2:11.01 | 46.96 | 250m: | 3:46.83 | 48.08 |
| 100m: | 1:24.05 | 44.37 | 200m: | 2:58.75 | 47.74 | 300m: | 4:36.18 | 49.35 |
| 350m: | | | | | | 400m: | 5:26.39 | 50.21 |
| 400m: | | | | | | | 6:10.38 | 43.99 |
| 3. SOJEWSKI, Jarek | 66 | Niezzreszeni | 6:32.37 | 176 | 1:31.50 | 1:41.24 | 1:43.96 | 1:35.67 |
| 50m: | 42.99 | 42.99 | 150m: | 2:21.71 | 50.21 | 250m: | 4:04.28 | 51.54 |
| 100m: | 1:31.50 | 48.51 | 200m: | 3:12.74 | 51.03 | 300m: | 4:56.70 | 52.42 |
| 350m: | | | | | | 400m: | 5:47.97 | 51.27 |
| 400m: | | | | | | | 6:32.37 | 44.40 |
| 4. SZCZYGIĘŁ, Zbigniew | 65 | Białostockie stowarzyszenie | 6:45.53 | 159 | 1:35.81 | 1:44.47 | 1:45.21 | 1:40.04 |
| 50m: | 44.95 | 44.95 | 150m: | 2:27.64 | 51.83 | 250m: | 4:12.68 | 52.40 |
| 100m: | 1:35.81 | 50.86 | 200m: | 3:20.28 | 52.64 | 300m: | 5:05.49 | 52.81 |
| 350m: | | | | | | 400m: | 5:57.26 | 51.77 |
| 400m: | | | | | | | 6:45.53 | 48.27 |
| 5. R PAŁA, Leszek | 62 | UKS Gos Raszyn | 7:03.55 | 140 | 1:39.58 | 1:49.44 | 1:50.94 | 1:43.59 |
| 50m: | 46.75 | 46.75 | 150m: | 2:33.28 | 53.70 | 250m: | 4:23.90 | 54.88 |
| 100m: | 1:39.58 | 52.83 | 200m: | 3:29.02 | 55.74 | 300m: | 5:19.96 | 56.06 |
| 350m: | | | | | | 400m: | 6:15.17 | 55.21 |
| 400m: | | | | | | | 7:03.55 | 48.38 |
| 6. NOWICKI, Robert | 63 | Warsaw Masters Team | 7:27.34 | 119 | 1:40.27 | 1:54.96 | 1:56.45 | 1:55.66 |
| 50m: | 46.19 | 46.19 | 150m: | 2:37.16 | 56.89 | 250m: | 4:33.29 | 58.06 |
| 100m: | 1:40.27 | 54.08 | 200m: | 3:35.23 | 58.07 | 300m: | 5:31.68 | 58.39 |
| 350m: | | | | | | 400m: | 6:29.95 | 58.27 |
| 400m: | | | | | | | 7:27.34 | 57.39 |
| 7. KRZEKOTOWSKI, Piotr | 66 | Niezzreszeni | 7:35.22 | 112 | 1:40.87 | 1:57.25 | 1:59.11 | 1:57.99 |
| 50m: | 46.46 | 46.46 | 150m: | 2:39.26 | 58.39 | 250m: | 4:37.75 | 59.63 |
| 100m: | 1:40.87 | 54.41 | 200m: | 3:38.12 | 58.86 | 300m: | 5:37.23 | 59.48 |
| 350m: | | | | | | 400m: | 6:38.72 | 1:01.49 |
| 400m: | | | | | | | 7:35.22 | 56.50 |

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| | | | | | | | | |
|-------------------------|---------|----------------------|----------------|---------|---------|---------|---------|---------|
| 1. WO NIAK, Boguslaw | 59 | Niezzreszeni | 5:46.54 | 256 | 1:23.44 | 1:28.20 | 1:29.10 | 1:25.80 |
| 50m: | 39.72 | 39.72 | 150m: | 2:07.60 | 44.16 | 250m: | 3:36.36 | 44.72 |
| 100m: | 1:23.44 | 43.72 | 200m: | 2:51.64 | 44.04 | 300m: | 4:20.74 | 44.38 |
| 350m: | | | | | | 400m: | 5:04.48 | 43.74 |
| 400m: | | | | | | | 5:46.54 | 42.06 |
| 2. MACIEJCZAK, Andrzej | 60 | Mkp Bobry D bica | 6:22.17 | 190 | 1:23.09 | 1:39.72 | 1:40.56 | 1:38.80 |
| 50m: | 37.24 | 37.24 | 150m: | 2:12.02 | 48.93 | 250m: | 3:52.65 | 49.84 |
| 100m: | 1:23.09 | 45.85 | 200m: | 3:02.81 | 50.79 | 300m: | 4:43.37 | 50.72 |
| 350m: | | | | | | 400m: | 5:33.37 | 50.00 |
| 400m: | | | | | | | 6:22.17 | 48.80 |
| 3. SUTOWSKI, Robert | 59 | Warsaw Masters Team | 6:55.46 | 148 | 1:37.91 | 1:47.50 | 1:47.47 | 1:42.58 |
| 50m: | 46.91 | 46.91 | 150m: | 2:31.69 | 53.78 | 250m: | 4:19.49 | 54.08 |
| 100m: | 1:37.91 | 51.00 | 200m: | 3:25.41 | 53.72 | 300m: | 5:12.88 | 53.39 |
| 350m: | | | | | | 400m: | 6:05.74 | 52.86 |
| 400m: | | | | | | | 6:55.46 | 49.72 |
| 4. CZUPRYN, Wojciech | 58 | Warsaw Masters Team | 6:58.69 | 145 | 1:39.74 | 1:48.80 | 1:49.35 | 1:40.80 |
| 50m: | 48.04 | 48.04 | 150m: | 2:34.19 | 54.45 | 250m: | 4:23.60 | 55.06 |
| 100m: | 1:39.74 | 51.70 | 200m: | 3:28.54 | 54.35 | 300m: | 5:17.89 | 54.29 |
| 350m: | | | | | | 400m: | 6:09.48 | 51.59 |
| 400m: | | | | | | | 6:58.69 | 49.21 |
| 5. ŁATECKI, Włodzimierz | 57 | UTW "Masters" Zgierz | 8:37.40 | 76 | 1:56.43 | 2:15.94 | 2:13.80 | 2:11.23 |
| 50m: | 53.27 | 53.27 | 150m: | 3:03.50 | 1:07.07 | 250m: | 5:19.98 | 1:07.61 |
| 100m: | 1:56.43 | 1:03.16 | 200m: | 4:12.37 | 1:08.87 | 300m: | 6:26.17 | 1:06.19 |
| 350m: | | | | | | 400m: | 7:33.04 | 1:06.87 |
| 400m: | | | | | | | 8:37.40 | 1:04.36 |

PUCHAR POLSKI MASTERS-OTWARTE MISTRZOSTWA WARSZAWY W PŁYWANIU MASTERS
Warszawa, 3. - 4.12.2016

Konkurencja 29, M czyzn, 400m dowolny

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|------------------------|---------|-------------------------|----------------|---------|---------|---------|---------|---------|-------|---------|-------|
| 1. KLEPACKI, Krzysztof | 55 | Radom Masters Swim Team | 6:47.43 | 157 | 1:28.80 | 1:42.27 | 1:47.45 | 1:48.91 | | | |
| 50m: | 41.60 | 41.60 | 150m: | 2:18.61 | 49.81 | 250m: | 4:04.20 | 53.13 | 350m: | 5:53.53 | 55.01 |
| 100m: | 1:28.80 | 47.20 | 200m: | 3:11.07 | 52.46 | 300m: | 4:58.52 | 54.32 | 400m: | 6:47.43 | 53.90 |
| 2. VORBRODT, Tadeusz | 53 | Warsaw Masters Team | 7:30.63 | 116 | 1:41.93 | 1:56.13 | 1:59.08 | 1:53.49 | | | |
| 50m: | 48.14 | 48.14 | 150m: | 2:39.95 | 58.02 | 250m: | 4:37.13 | 59.07 | 350m: | 6:35.39 | 58.25 |
| 100m: | 1:41.93 | 53.79 | 200m: | 3:38.06 | 58.11 | 300m: | 5:37.14 | 1:00.01 | 400m: | 7:30.63 | 55.24 |