

Letnie Mistrzostwa Polski w pływaniu Masters
Warszawa, 16. - 18.6.2017

Konkurencja 31
17.06.2017 - 19:16

M czynn, 400m zmienny

20 lat i starsi
Wyniki

Punkty: FINA 2017

Pozycja			Rok ur.					Czas	Pkt.	
Kat 0 - 20-24										
1.	Aptewicz Arkadiusz		93	Swimmers St Pływackie				4:58.73	543	
	50m:	30.40 30.40	150m:	1:50.67	43.23	250m:	3:12.13	39.20	350m:	4:26.85 34.30
	100m:	1:07.44 37.04	200m:	2:32.93	42.26	300m:	3:52.55	40.42	400m:	4:58.73 31.88
2.	HORVÁT Petr		94	Niezrzeszony				5:13.97	468	
	50m:	32.91 32.91	150m:	1:52.32	38.47	250m:	3:17.25	44.99	350m:	4:39.41 35.72
	100m:	1:13.85 40.94	200m:	2:32.26	39.94	300m:	4:03.69	46.44	400m:	5:13.97 34.56
Kat A - 25-29										
1.	Szczuka Paweł		92	Aquasfera Masters Olsztyn				5:19.54	444	
	50m:	32.40 32.40	150m:	1:51.89	43.09	250m:	3:21.57	46.35	350m:	4:43.49 36.05
	100m:	1:08.80 36.40	200m:	2:35.22	43.33	300m:	4:07.44	45.87	400m:	5:19.54 36.05
2.	Paduch Daniel		88	Masters Ikar Mielec				5:30.53	401	
	50m:	31.79 31.79	150m:	1:57.99	49.17	250m:	3:30.71	46.83	350m:	4:55.71 37.46
	100m:	1:08.82 37.03	200m:	2:43.88	45.89	300m:	4:18.25	47.54	400m:	5:30.53 34.82
3.	Kowalik Bartek		91	Masters Ikar Mielec				5:46.63	348	
	50m:	32.69 32.69	150m:	2:00.75	48.34	250m:	3:32.68	45.86	350m:	5:04.51 44.75
	100m:	1:12.41 39.72	200m:	2:46.82	46.07	300m:	4:19.76	47.08	400m:	5:46.63 42.12
4.	Pałczy ski Mateusz		89	Toru ski Klub Triathlonowy				6:00.11	310	
	50m:	35.04 35.04	150m:	2:04.51	47.02	250m:	3:41.61	50.51	350m:	5:17.50 43.78
	100m:	1:17.49 42.45	200m:	2:51.10	46.59	300m:	4:33.72	52.11	400m:	6:00.11 42.61
Kat B - 30-34										
1.	Pe sko Jan		87	Legia Warszawa				5:04.83	511	
	50m:	31.43 31.43	150m:	1:46.96	39.28	250m:	3:10.50	44.80	350m:	4:30.82 35.21
	100m:	1:07.68 36.25	200m:	2:25.70	38.74	300m:	3:55.61	45.11	400m:	5:04.83 34.01
2.	Jajuga Dawid		86	MASTERS Zdzeszowice				5:13.87	468	
	50m:	32.35 32.35	150m:	1:54.09	42.74	250m:	3:20.45	44.49	350m:	4:39.21 34.93
	100m:	1:11.35 39.00	200m:	2:35.96	41.87	300m:	4:04.28	43.83	400m:	5:13.87 34.66
3.	Kluczyk Szymon		87	MKP Szczecin				5:25.74	419	
	50m:	33.01 33.01	150m:	1:55.64	43.08	250m:	3:25.31	48.06	350m:	4:50.29 36.38
	100m:	1:12.56 39.55	200m:	2:37.25	41.61	300m:	4:13.91	48.60	400m:	5:25.74 35.45
4.	Hasik Konrad		83	Masters Łód				5:33.81	389	
	50m:	34.34 34.34	150m:	1:58.64	43.97	250m:	3:30.21	48.30	350m:	4:56.74 39.36
	100m:	1:14.67 40.33	200m:	2:41.91	43.27	300m:	4:17.38	47.17	400m:	5:33.81 37.07
5.	Kieres Michał		84	Aquasfera Masters Olsztyn				6:01.50	306	
	50m:	33.72 33.72	150m:	2:06.98	51.26	250m:	3:47.74	49.72	350m:	5:20.41 42.14
	100m:	1:15.72 42.00	200m:	2:58.02	51.04	300m:	4:38.27	50.53	400m:	6:01.50 41.09
Kat C 35-39										
1.	Kaczmarek Stanisław		79	Klub Sportowy Warta Pozna				5:10.65	483	
	50m:	31.19 31.19	150m:	1:52.40	44.59	250m:	3:18.51	43.83	350m:	4:37.53 34.83
	100m:	1:07.81 36.62	200m:	2:34.68	42.28	300m:	4:02.70	44.19	400m:	5:10.65 33.12
2.	Osiwała Przemysław		79	MASTERS Zdzeszowice				6:00.91	308	
	50m:	39.01 39.01	150m:	2:11.98	49.22	250m:	3:53.21	53.63	350m:	5:23.68 38.93
	100m:	1:22.76 43.75	200m:	2:59.58	47.60	300m:	4:44.75	51.54	400m:	6:00.91 37.23
3.	Bro yna Marek		80	Swimmers St Pływackie				6:06.33	294	
	50m:		150m:	2:11.33		250m:	3:51.36	54.84	350m:	5:26.60 40.52
	100m:		200m:	2:56.52	45.19	300m:	4:46.08	54.72	400m:	6:06.33 39.73

Letnie Mistrzostwa Polski w pływaniu Masters
Warszawa, 16. - 18.6.2017

Konkurencja 31, M czynn, 400m zmienny, Kat C 35-39

Pozycja			Rok ur.				Czas				Pkt.	
4.	Karczmarczyk Jakub		80				Masters Łód				7:18.99	171
	50m:	41.45	150m:	2:35.38	1:01.82	250m:	4:37.62	1:02.62	350m:	6:31.45	51.13	
	100m:	1:33.56	200m:	3:35.00	59.62	300m:	5:40.32	1:02.70	400m:	7:18.99	47.54	

Kat D 40-44

1.	Gregorowicz Paweł		74				Aquasfera Masters Olsztyn				5:33.27	391
	50m:	34.16	150m:	1:58.79	46.23	250m:	3:32.87	49.13	350m:	4:56.37	37.09	
	100m:	1:12.56	200m:	2:43.74	44.95	300m:	4:19.28	46.41	400m:	5:33.27	36.90	
2.	Rogosz Paweł		76				Warsaw Masters Team				5:37.56	376
	50m:	38.00	150m:	2:05.48	44.71	250m:	3:37.29	45.76	350m:	5:00.83	37.49	
	100m:	1:20.77	200m:	2:51.53	46.05	300m:	4:23.34	46.05	400m:	5:37.56	36.73	
3.	Markowski Hubert		76				Niezrzeszony				5:55.19	323
	50m:	34.81	150m:	2:02.96	48.07	250m:	3:40.27	50.73	350m:	5:15.59	43.40	
	100m:	1:14.89	200m:	2:49.54	46.58	300m:	4:32.19	51.92	400m:	5:55.19	39.60	
4.	Gogacz Sebastian		76				Mkp Bobry D bica				5:59.43	312
	50m:	35.83	150m:	2:06.38	49.66	250m:	3:46.98	51.06	350m:	5:20.27	40.93	
	100m:	1:16.72	200m:	2:55.92	49.54	300m:	4:39.34	52.36	400m:	5:59.43	39.16	
5.	wikła Grzegorz		74				Tkkf Koszalin Masters				6:13.83	277
	50m:	37.89	150m:	2:17.80	52.56	250m:	4:03.35	55.76	350m:	5:36.74	39.58	
	100m:	1:25.24	200m:	3:07.59	49.79	300m:	4:57.16	53.81	400m:	6:13.83	37.09	
6.	Płaneta Maciej		74				Uks Delfin Masters Tarnobrzeg				6:29.88	244
	50m:	38.78	150m:	2:21.55	54.68	250m:	4:09.70	56.41	350m:	5:49.11	43.75	
	100m:	1:26.87	200m:	3:13.29	51.74	300m:	5:05.36	55.66	400m:	6:29.88	40.77	
7.	Wójcicki Mariusz		77				GB Sport Rzeszów				6:30.84	242
	50m:	33.16	150m:			250m:	3:57.86		350m:	5:42.68	45.32	
	100m:		200m:			300m:	4:57.36	59.50	400m:	6:30.84	48.16	
8.	Wierzbik Bernard		75				Niezrzeszony				6:40.33	225
	50m:	37.22	150m:			250m:	4:13.14	55.90	350m:	5:56.77	46.72	
	100m:	1:29.23	200m:	3:17.24		300m:	5:10.05	56.91	400m:	6:40.33	43.56	

Kat E 45-49

1.	Darowski Piotr		71				Uks Delfin Masters Tarnobrzeg				5:44.09	355
	50m:	34.33	150m:	2:02.96	47.67	250m:	3:35.98	45.61	350m:	5:03.90	40.99	
	100m:	1:15.29	200m:	2:50.37	47.41	300m:	4:22.91	46.93	400m:	5:44.09	40.19	
2.	Jawie Krzysztof		71				Stra Miejska Miasta Kraków				6:07.28	292
	50m:	35.65	150m:	2:09.24	51.42	250m:	3:49.27	50.03	350m:	5:23.95	43.71	
	100m:	1:17.82	200m:	2:59.24	50.00	300m:	4:40.24	50.97	400m:	6:07.28	43.33	
3.	Sklyar Konstantin		68				TG Lage 1862				6:15.85	273
	50m:	39.98	150m:	2:14.54	49.80	250m:	3:58.08	54.51	350m:	5:34.81	42.17	
	100m:	1:24.74	200m:	3:03.57	49.03	300m:	4:52.64	54.56	400m:	6:15.85	41.04	
4.	Mówi ski Gzegorz		69				Aquasfera Masters Olsztyn				7:00.40	195
	50m:	42.50	150m:	2:33.99	1:00.12	250m:	4:31.10	58.96	350m:	6:15.25	47.05	
	100m:	1:33.87	200m:	3:32.14	58.15	300m:	5:28.20	57.10	400m:	7:00.40	45.15	

Kat F 50-54

1.	Latecki Grzegorz		65				Victory Masters Elbl g				5:53.40	328
	50m:	35.95	150m:	2:05.08	46.28	250m:	3:42.64	50.94	350m:	5:14.26	38.89	
	100m:	1:18.80	200m:	2:51.70	46.62	300m:	4:35.37	52.73	400m:	5:53.40	39.14	
2.	Obr Pavel		67				TJ Alcedo Vsetín z.s.				6:12.39	280
	50m:	33.81	150m:	2:09.96	50.60	250m:	3:52.27	51.69	350m:	5:30.14	44.00	
	100m:	1:19.36	200m:	3:00.58	50.62	300m:	4:46.14	53.87	400m:	6:12.39	42.25	

Letnie Mistrzostwa Polski w pływaniu Masters
Warszawa, 16. - 18.6.2017

Konkurencja 31, M czynn, 400m zmienny, Kat F 50-54

Pozycja			Rok ur.					Czas	Pkt.
3.	Lopin Grigorii		63	Pregel Kaliningrad				6:40.37	225
	50m:	47.39 47.39	150m:	2:33.42 54.67	250m:	4:20.25 51.95	350m:	5:56.92 43.43	
	100m:	1:38.75 51.36	200m:	3:28.30 54.88	300m:	5:13.49 53.24	400m:	6:40.37 43.45	
4.	Twarowski Andrzej		65	Masters Białystok				7:15.40	175
	50m:	49.90 49.90	150m:	2:40.54 54.14	250m:	4:35.32 59.53	350m:	6:28.14 53.74	
	100m:	1:46.40 56.50	200m:	3:35.79 55.25	300m:	5:34.40 59.08	400m:	7:15.40 47.26	

Kat G 55-59

1.	Maciejczak Andrzej		60	Mkp Bobry D bica				8:16.39	118
	50m:	59.26 59.26	150m:	3:12.98 1:08.19	250m:	5:34.26 1:12.64	350m:	7:29.53 46.66	
	100m:	2:04.79 1:05.53	200m:	4:21.62 1:08.64	300m:	6:42.87 1:08.61	400m:	8:16.39 46.86	

Kat H 60-64

1.	Przytulski Włodzimierz		57	UTW"Masters" Zgierz				6:35.51	234
	50m:	43.54 43.54	150m:	2:25.47 51.58	250m:	4:17.63 1:01.42	350m:	5:57.78 40.18	
	100m:	1:33.89 50.35	200m:	3:16.21 50.74	300m:	5:17.60 59.97	400m:	6:35.51 37.73	
2.	Piechula Adolf		57	AZS PWSZ Raciborz				6:42.78	221
	50m:	43.91 43.91	150m:	2:29.49 51.88	250m:	4:18.02 56.89	350m:	5:59.07 45.68	
	100m:	1:37.61 53.70	200m:	3:21.13 51.64	300m:	5:13.39 55.37	400m:	6:42.78 43.71	
3.	Pietraszewski Zbigniew		55	TS Olimpia Pozna				6:53.93	204
	50m:	49.70 49.70	150m:	2:39.22 51.57	250m:	4:26.07 56.09	350m:	6:09.22 46.39	
	100m:	1:47.65 57.95	200m:	3:29.98 50.76	300m:	5:22.83 56.76	400m:	6:53.93 44.71	
4.	Sypniewski Andrzej		57	Team Masters Aquapark Barracud				7:10.51	181
	50m:	45.04 45.04	150m:	2:37.74 55.87	250m:	4:31.00 57.93	350m:	6:21.38 50.55	
	100m:	1:41.87 56.83	200m:	3:33.07 55.33	300m:	5:30.83 59.83	400m:	7:10.51 49.13	
5.	Dubi ski Bogdan		53	Legia Warszawa				7:47.91	141
	50m:	35.27 35.27	150m:	56.00	250m:	5:03.41 1:08.10	350m:	7:01.91 49.98	
	100m:		200m:	3:55.31 2:59.31	300m:	6:11.93 1:08.52	400m:	7:47.91 46.00	
6.	Błasiak Janusz		55	UTW"Masters" Zgierz				9:23.85	80
	50m:	1:04.22 1:04.22	150m:	3:41.57 1:13.55	250m:	6:14.32 1:20.70	350m:	8:27.83 57.07	
	100m:	2:28.02 1:23.80	200m:	4:53.62 1:12.05	300m:	7:30.76 1:16.44	400m:	9:23.85 56.02	
7.	Łatecki Włodzimierz		57	UTW"Masters" Zgierz				10:32.00	57
	50m:	1:07.82 1:07.82	150m:	3:59.21 1:26.26	250m:	6:56.83 1:26.20	350m:	9:29.03 1:02.22	
	100m:	2:32.95 1:25.13	200m:	5:30.63 1:31.42	300m:	8:26.81 1:29.98	400m:	10:32.00 1:02.97	

Kat I 65-69

1.	Nowak Michał		52	Warsaw Masters Team				7:04.22	189
	50m:	51.78 51.78	150m:	2:48.43 55.93	250m:	4:38.61 54.33	350m:	6:19.34 46.38	
	100m:	1:52.50 1:00.72	200m:	3:44.28 55.85	300m:	5:32.96 54.35	400m:	7:04.22 44.88	
2.	Jarzyna Włodzimierz		49	MOTYL -SENIOR MOSiR Stalowa Wo				7:36.43	152
	50m:	52.89 52.89	150m:	2:57.51 59.85	250m:	4:59.27 1:04.37	350m:	6:51.20 48.02	
	100m:	1:57.66 1:04.77	200m:	3:54.90 57.39	300m:	6:03.18 1:03.91	400m:	7:36.43 45.23	
3.	Daszy ski Andrzej		48	UKS Energetyk Zgorzelec				9:15.96	84
	50m:	1:06.05 1:06.05	150m:	3:30.08 1:06.93	250m:	5:55.48 1:21.72	350m:	8:18.25 1:01.40	
	100m:	2:23.15 1:17.10	200m:	4:33.76 1:03.68	300m:	7:16.85 1:21.37	400m:	9:15.96 57.71	
4.	Płonka Janusz		48	Niezrzeszony				10:50.98	52
	50m:	1:06.88 1:06.88	150m:	4:03.58 1:36.65	250m:	7:00.57 1:31.92	350m:	9:42.13 1:10.77	
	100m:	2:26.93 1:20.05	200m:	5:28.65 1:25.07	300m:	8:31.36 1:30.79	400m:	10:50.98 1:08.85	
5.	Bantkowski Jan		49	Toru Multisport Team				10:59.97	50
	50m:	1:17.01 1:17.01	150m:	4:21.63 1:37.61	250m:	7:21.85 1:39.59	350m:	9:59.20 1:02.77	
	100m:	2:44.02 1:27.01	200m:	5:42.26 1:20.63	300m:	8:56.43 1:34.58	400m:	10:59.97 1:00.77	

Letnie Mistrzostwa Polski w pływaniu Masters
Warszawa, 16. - 18.6.2017

Konkurencja 31, M czynn, 400m zmienny

Kat J 70-74

1. Maciejczyk Zbigniew	47	UTW"Masters" Zgierz	8:46.62	99
50m: 1:03.47 1:03.47	150m: 3:30.46 1:12.23	250m: 5:55.71 1:16.99	350m: 8:01.71 49.88	
100m: 2:18.23 1:14.76	200m: 4:38.72 1:08.26	300m: 7:11.83 1:16.12	400m: 8:46.62 44.91	
2. Mleczek Andrzej	47	Korona Kraków Masters	8:50.53	97
50m: 58.62 58.62	150m: 3:18.63 1:12.82	250m: 5:43.08 1:11.49	350m: 7:55.95 58.65	
100m: 2:05.81 1:07.19	200m: 4:31.59 1:12.96	300m: 6:57.30 1:14.22	400m: 8:50.53 54.58	
3. Starosta Miron	45	Rydułowska Akademia Aktywnego	10:47.59	53
50m: 1:06.70 1:06.70	150m: 4:11.50 1:29.76	250m: 7:03.82 1:27.00	350m: 9:37.03 1:09.25	
100m: 2:41.74 1:35.04	200m: 5:36.82 1:25.32	300m: 8:27.78 1:23.96	400m: 10:47.59 1:10.56	

Kat K 75-79

1. Rudolf Bugla	40	Rydułowska Akademia Aktywnego	10:40.70	55
50m: 1:11.44 1:11.44	150m: 4:03.78 1:26.57	250m: 6:53.25 1:24.06	350m: 9:30.96 1:14.66	
100m: 2:37.21 1:25.77	200m: 5:29.19 1:25.41	300m: 8:16.30 1:23.05	400m: 10:40.70 1:09.74	