

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

Konkurencja 40
18.06.2017 - 11:45

M czyzn, 400m dowolny

20 lat i starsi
Wyniki

Punkty: FINA 2017

Pozycja			Rok ur.					Czas	Pkt.
Kat 0 - 20-24									
1.	Aptewicz Arkadiusz		93	Swimmers St Pływackie				4:23.31	583
	50m:	31.10 31.10	150m:	1:38.30 33.57	250m:	2:44.74 32.98	350m:	3:51.31 33.24	
	100m:	1:04.73 33.63	200m:	2:11.76 33.46	300m:	3:18.07 33.33	400m:	4:23.31 32.00	
2.	HORVÁT Petr		94	Niezrzeszony				4:41.87	475
	50m:	30.70 30.70	150m:	1:42.45 36.48	250m:	2:55.04 36.47	350m:	4:07.79 36.43	
	100m:	1:05.97 35.27	200m:	2:18.57 36.12	300m:	3:31.36 36.32	400m:	4:41.87 34.08	
3.	Bednarczyk Paweł		94	Nabajji Team Decathlon				4:46.91	451
	50m:	31.55 31.55	150m:	1:41.93 35.86	250m:	2:56.34 37.11	350m:	4:11.98 37.78	
	100m:	1:06.07 34.52	200m:	2:19.23 37.30	300m:	3:34.20 37.86	400m:	4:46.91 34.93	
4.	Szczypek Mateusz		96	UKS Delfin Garwolin				5:11.32	353
	50m:	34.24 34.24	150m:	1:52.90 40.19	250m:	3:13.46 40.37	350m:	4:34.12 40.50	
	100m:	1:12.71 38.47	200m:	2:33.09 40.19	300m:	3:53.62 40.16	400m:	5:11.32 37.20	
Kat A - 25-29									
1.	Bushkov Denis		92	Neptun Masters Praha				4:40.90	480
	50m:	31.72 31.72	150m:	1:42.03 35.23	250m:	2:53.60 35.81	350m:	4:05.85 36.05	
	100m:	1:06.80 35.08	200m:	2:17.79 35.76	300m:	3:29.80 36.20	400m:	4:40.90 35.05	
2.	Paduch Daniel		88	Masters Ikar Mielec				4:42.35	473
	50m:	32.18 32.18	150m:	1:44.12 35.98	250m:	2:56.36 35.86	350m:	4:07.80 35.47	
	100m:	1:08.14 35.96	200m:	2:20.50 36.38	300m:	3:32.33 35.97	400m:	4:42.35 34.55	
3.	Zembrzusi Maciej		92	Aquasfera Masters Olsztyn				4:47.23	449
	50m:	30.66 30.66	150m:	1:40.13 35.09	250m:	2:51.97 36.27	350m:	4:09.10 39.21	
	100m:	1:05.04 34.38	200m:	2:15.70 35.57	300m:	3:29.89 37.92	400m:	4:47.23 38.13	
4.	Samsel Tomasz		88	T.P.Masters Opole				5:06.68	369
	50m:	35.01 35.01	150m:	1:53.39 40.26	250m:	3:13.32 39.48	350m:	4:30.95 38.71	
	100m:	1:13.13 38.12	200m:	2:33.84 40.45	300m:	3:52.24 38.92	400m:	5:06.68 35.73	
5.	Szota Robert		88	Swimming Masters Team Szczecin				5:13.71	345
	50m:	35.58 35.58	150m:	1:56.59 41.25	250m:	3:18.19 40.17	350m:	4:38.63 39.52	
	100m:	1:15.34 39.76	200m:	2:38.02 41.43	300m:	3:59.11 40.92	400m:	5:13.71 35.08	
Kat B - 30-34									
1.	Zielonka Rafał		86	Masters Lublin				4:40.64	482
	50m:	31.56 31.56	150m:	1:41.99 35.69	250m:	2:54.25 36.04	350m:	4:06.35 36.07	
	100m:	1:06.30 34.74	200m:	2:18.21 36.22	300m:	3:30.28 36.03	400m:	4:40.64 34.29	
2.	Kluczyk Szymon		87	MKP Szczecin				4:41.56	477
	50m:		150m:		250m:		350m:		
	100m:		200m:		300m:		400m:	4:41.56	
3.	Pfitzner Jan		86	Warsaw Masters Team				4:42.85	470
	50m:	30.66 30.66	150m:	1:41.47 36.61	250m:	2:55.21 36.85	350m:	4:08.97 37.08	
	100m:	1:04.86 34.20	200m:	2:18.36 36.89	300m:	3:31.89 36.68	400m:	4:42.85 33.88	
4.	Gołembiewski Andrzej		86	Toru Multisport Team				4:44.54	462
	50m:	32.21 32.21	150m:	1:42.84 35.68	250m:	2:55.09 36.18	350m:	4:09.29 37.33	
	100m:	1:07.16 34.95	200m:	2:18.91 36.07	300m:	3:31.96 36.87	400m:	4:44.54 35.25	
5.	Pe sko Jan		87	Legia Warszawa				4:46.88	451
	50m:	32.17 32.17	150m:	1:45.62 36.95	250m:	3:00.43 37.30	350m:	4:16.70 37.44	
	100m:	1:08.67 36.50	200m:	2:23.13 37.51	300m:	3:39.26 38.83	400m:	4:46.88 30.18	
6.	Bednarz Mateusz		83	Warsaw Masters Team				5:00.09	394
	50m:	34.02 34.02	150m:	1:49.81 38.17	250m:	3:07.73 38.80	350m:	4:24.55 38.47	
	100m:	1:11.64 37.62	200m:	2:28.93 39.12	300m:	3:46.08 38.35	400m:	5:00.09 35.54	

Letnie Mistrzostwa Polski w pływaniu Masters
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Konkurencja 40, M czyzn, 400m dowolny, Kat B - 30-34

Pozycja			Rok ur.							Czas	Pkt.	
7.	Brodacki Maciej		83	Swimming Masters Team Szczecin						5:05.47	373	
	50m:	33.19	33.19	150m:	1:48.67	38.66	250m:	3:06.82	39.31	350m:	4:27.65	40.12
	100m:	1:10.01	36.82	200m:	2:27.51	38.84	300m:	3:47.53	40.71	400m:	5:05.47	37.82
8.	Kozak Stanisław		86	Warsaw Masters Team						5:22.53	317	
	50m:	34.68	34.68	150m:	1:53.39	40.19	250m:	3:16.32	41.51	350m:	4:40.80	42.52
	100m:	1:13.20	38.52	200m:	2:34.81	41.42	300m:	3:58.28	41.96	400m:	5:22.53	41.73
9.	Zieli ski Kamil		83	Swimming Masters Team Szczecin						6:10.09	210	
	50m:	37.16	37.16	150m:	2:06.95	47.33	250m:	3:44.28	49.46	350m:	5:22.39	50.48
	100m:	1:19.62	42.46	200m:	2:54.82	47.87	300m:	4:31.91	47.63	400m:	6:10.09	47.70
10.	Kucheriavvi Viktor		86	SC Marlin						6:37.36	169	
	50m:	40.79	40.79	150m:	2:18.39	50.55	250m:	4:04.78	53.97	350m:	5:50.07	51.90
	100m:	1:27.84	47.05	200m:	3:10.81	52.42	300m:	4:58.17	53.39	400m:	6:37.36	47.29

Kat C 35-39

1.	Kaczmarek Stanisław		79	Klub Sportowy Warta Pozna						4:34.02	518	
	50m:	31.49	31.49	150m:	1:41.47	35.06	250m:	2:51.71	34.61	350m:	4:00.70	34.18
	100m:	1:06.41	34.92	200m:	2:17.10	35.63	300m:	3:26.52	34.81	400m:	4:34.02	33.32
2.	Julian Daniel		82	Warsaw Masters Team						4:53.57	421	
	50m:	32.51	32.51	150m:	1:45.80	37.20	250m:	3:01.45	37.98	350m:	4:16.85	37.77
	100m:	1:08.60	36.09	200m:	2:23.47	37.67	300m:	3:39.08	37.63	400m:	4:53.57	36.72
3.	Giejsztowt Marcin		78	Warsaw Masters Team						4:58.03	402	
	50m:	33.59	33.59	150m:	1:49.32	38.03	250m:	3:05.36	37.74	350m:	4:21.75	37.95
	100m:	1:11.29	37.70	200m:	2:27.62	38.30	300m:	3:43.80	38.44	400m:	4:58.03	36.28
4.	Fr ckowiak Artur		78	Masters Łód						5:04.24	378	
	50m:	33.72	33.72	150m:	1:49.35	38.13	250m:	3:07.90	39.24	350m:	4:27.61	40.16
	100m:	1:11.22	37.50	200m:	2:28.66	39.31	300m:	3:47.45	39.55	400m:	5:04.24	36.63
5.	Konopacki Piotr		78	Aquasfera Masters Olsztyn						5:04.39	377	
	50m:	33.60	33.60	150m:	1:51.55	39.61	250m:	3:10.75	39.89	350m:	4:29.09	39.02
	100m:	1:11.94	38.34	200m:	2:30.86	39.31	300m:	3:50.07	39.32	400m:	5:04.39	35.30
6.	Jabło ski Michał		80	Warsaw Masters Team						5:19.84	325	
	50m:	35.33	35.33	150m:	1:55.58	40.75	250m:	3:18.03	41.10	350m:	4:40.70	41.61
	100m:	1:14.83	39.50	200m:	2:36.93	41.35	300m:	3:59.09	41.06	400m:	5:19.84	39.14
7.	Zimkowski Dawid		81	Sikret Gliwice						5:33.43	287	
	50m:	35.67	35.67	150m:	1:58.08	42.43	250m:	3:24.03	43.51	350m:	4:51.71	43.95
	100m:	1:15.65	39.98	200m:	2:40.52	42.44	300m:	4:07.76	43.73	400m:	5:33.43	41.72
8.	Stanicki Mateusz		78	Warsaw Masters Team						6:23.10	189	
	50m:	38.35	38.35	150m:	2:12.45	48.30	250m:	3:52.10	50.39	350m:	5:33.19	50.29
	100m:	1:24.15	45.80	200m:	3:01.71	49.26	300m:	4:42.90	50.80	400m:	6:23.10	49.91
9.	Warda Marcin		80	Niezrzeszony1						6:25.20	186	
	50m:	41.21	41.21	150m:	2:14.05	47.60	250m:	3:54.85	51.12	350m:	5:38.21	51.84
	100m:	1:26.45	45.24	200m:	3:03.73	49.68	300m:	4:46.37	51.52	400m:	6:25.20	46.99
10.	Jajecznik Konrad		79	Niezrzeszony1						6:58.32	145	
	50m:	44.71	44.71	150m:	2:25.70	51.07	250m:	4:16.42	55.03	350m:	6:07.57	55.25
	100m:	1:34.63	49.92	200m:	3:21.39	55.69	300m:	5:12.32	55.90	400m:	6:58.32	50.75

Kat D 40-44

1.	Berwecki Arkadiusz		73	MOTYL -SENIOR MOSiR Stalowa Wo						4:37.73	497	
	50m:	31.51	31.51	150m:	1:41.75	35.51	250m:	2:52.95	35.59	350m:	4:03.66	35.05
	100m:	1:06.24	34.73	200m:	2:17.36	35.61	300m:	3:28.61	35.66	400m:	4:37.73	34.07
2.	Gregorowicz Paweł		74	Aquasfera Masters Olsztyn						4:38.74	492	
	50m:	31.93	31.93	150m:	1:42.32	35.18	250m:	2:53.95	35.62	350m:	4:05.39	35.73
	100m:	1:07.14	35.21	200m:	2:18.33	36.01	300m:	3:29.66	35.71	400m:	4:38.74	33.35

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

Konkurencja 40, M czynn, 400m dowolny, Kat D 40-44

Pozycja			Rok ur.					Czas	Pkt.			
3.	Spyra Krzysztof		73	Legia Warszawa				4:57.71	403			
	50m:	32.59	32.59	150m:	1:46.14	37.32	250m:	3:01.82	38.05	350m:	4:19.86	39.31
	100m:	1:08.82	36.23	200m:	2:23.77	37.63	300m:	3:40.55	38.73	400m:	4:57.71	37.85
4.	Kowalczyk Piotr		74	MKP Szczecin				5:13.19	346			
	50m:	34.59	34.59	150m:	1:53.28	39.52	250m:	3:14.69	40.51	350m:	4:35.83	40.19
	100m:	1:13.76	39.17	200m:	2:34.18	40.90	300m:	3:55.64	40.95	400m:	5:13.19	37.36
5.	wikła Grzegorz		74	Tkkf Koszalin Masters				5:28.76	299			
	50m:	35.63	35.63	150m:	1:58.82	41.92	250m:	3:25.01	43.18	350m:	4:50.07	41.50
	100m:	1:16.90	41.27	200m:	2:41.83	43.01	300m:	4:08.57	43.56	400m:	5:28.76	38.69
6.	Płaneta Maciej		74	Uks Delfin Masters Tarnobrzeg				5:31.75	291			
	50m:	37.14	37.14	150m:	1:59.68	42.41	250m:	3:25.41	43.57	350m:	4:52.31	43.83
	100m:	1:17.27	40.13	200m:	2:41.84	42.16	300m:	4:08.48	43.07	400m:	5:31.75	39.44
7.	wikła Konrad		75	Masters Lublin				5:34.28	285			
	50m:	36.48	36.48	150m:	2:01.09	43.73	250m:	3:29.07	43.96	350m:	4:55.27	42.21
	100m:	1:17.36	40.88	200m:	2:45.11	44.02	300m:	4:13.06	43.99	400m:	5:34.28	39.01
8.	Št pán Daniel		73	Plavecký klub Slávia VŠ Plze				6:06.75	216			
	50m:	38.81	38.81	150m:	2:09.87	46.63	250m:	3:46.45	48.49	350m:	5:23.02	48.00
	100m:	1:23.24	44.43	200m:	2:57.96	48.09	300m:	4:35.02	48.57	400m:	6:06.75	43.73
9.	Rybi ski Łukasz		75	Warsaw Masters Team				6:06.99	215			
	50m:	37.16	37.16	150m:	2:05.69	45.24	250m:	3:40.60	47.75	350m:	5:19.72	49.97
	100m:	1:20.45	43.29	200m:	2:52.85	47.16	300m:	4:29.75	49.15	400m:	6:06.99	47.27
10.	Zienkiewicz Marek		74	Swimming Masters Team Szczecin				6:12.62	206			
	50m:	38.13	38.13	150m:	2:07.76	45.87	250m:	3:42.94	47.89	350m:	5:23.50	50.67
	100m:	1:21.89	43.76	200m:	2:55.05	47.29	300m:	4:32.83	49.89	400m:	6:12.62	49.12
11.	Matusiak vel Matuszewski Adam		74	Aquasfera Masters Olsztyn				6:32.18	176			
	50m:	43.83	43.83	150m:	2:25.79	51.67	250m:	4:08.75	51.54	350m:	5:49.22	49.24
	100m:	1:34.12	50.29	200m:	3:17.21	51.42	300m:	4:59.98	51.23	400m:	6:32.18	42.96
12.	Markowski Dominik		76	Klub Sportowy Mako				6:42.16	163			
	50m:	43.94	43.94	150m:	2:25.70	51.58	250m:	4:09.56	52.15	350m:	5:55.10	53.00
	100m:	1:34.12	50.18	200m:	3:17.41	51.71	300m:	5:02.10	52.54	400m:	6:42.16	47.06
13.	Doniec Tomasz		74	Masters Wisła Kraków				7:12.08	132			
	50m:	47.35	47.35	150m:	2:39.33	57.16	250m:	4:31.80	56.05	350m:	6:23.17	53.48
	100m:	1:42.17	54.82	200m:	3:35.75	56.42	300m:	5:29.69	57.89	400m:	7:12.08	48.91

Kat E 45-49

1.	Smirnov Aleksandr		68	Pregel Kaliningrad				4:58.89	399			
	50m:	33.80	33.80	150m:	1:49.24	38.23	250m:	3:06.27	38.52	350m:	4:22.74	38.22
	100m:	1:11.01	37.21	200m:	2:27.75	38.51	300m:	3:44.52	38.25	400m:	4:58.89	36.15
2.	Korba Jerzy		69	Masters Wisła Kraków				5:14.21	343			
	50m:	36.43	36.43	150m:	1:54.78	39.58	250m:	3:15.55	40.41	350m:	4:36.56	40.81
	100m:	1:15.20	38.77	200m:	2:35.14	40.36	300m:	3:55.75	40.20	400m:	5:14.21	37.65
3.	Rybarczyk Michał		70	Ursynów Masters				5:36.25	280			
	50m:	36.48	36.48	150m:	2:01.57	43.26	250m:	3:30.55	44.89	350m:	4:56.82	42.43
	100m:	1:18.31	41.83	200m:	2:45.66	44.09	300m:	4:14.39	43.84	400m:	5:36.25	39.43
4.	Matyszczak Jacek		70	TS Olimpia Pozna				5:36.89	278			
	50m:	34.41	34.41	150m:	1:55.68	41.67	250m:	3:23.08	44.14	350m:	4:53.60	45.41
	100m:	1:14.01	39.60	200m:	2:38.94	43.26	300m:	4:08.19	45.11	400m:	5:36.89	43.29
5.	Piłatowicz Maciej		71	IKS Konstancin				5:45.60	258			
	50m:	36.20	36.20	150m:	2:01.24	43.84	250m:	3:30.88	45.13	350m:	5:01.95	45.94
	100m:	1:17.40	41.20	200m:	2:45.75	44.51	300m:	4:16.01	45.13	400m:	5:45.60	43.65
6.	Mówi ski Gzegorz		69	Aquasfera Masters Olsztyn				5:59.19	229			
	50m:	40.86	40.86	150m:	2:12.13	46.68	250m:	3:45.86	46.62	350m:	5:17.61	45.20
	100m:	1:25.45	44.59	200m:	2:59.24	47.11	300m:	4:32.41	46.55	400m:	5:59.19	41.58

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

Konkurencja 40, M czynn, 400m dowolny, Kat E 45-49

Pozycja			Rok ur.				Czas				Pkt.	
7.	Matyszewski Grzegorz		71				Warsaw Masters Team				6:59.55	144
	50m:	42.74	42.74	150m:	2:24.75	53.01	250m:	4:13.09	54.79	350m:	6:05.79	57.44
	100m:	1:31.74	49.00	200m:	3:18.30	53.55	300m:	5:08.35	55.26	400m:	6:59.55	53.76

Kat F 50-54

1.	Pasieczny Andrzej		66				Victory Masters Elbl g				4:48.90	442
	<i>Wynik lepszy od Rekordu Polski</i>											
	50m:	32.38	32.38	150m:	1:44.38	36.63	250m:	2:57.74	36.54	350m:	4:12.07	37.32
	100m:	1:07.75	35.37	200m:	2:21.20	36.82	300m:	3:34.75	37.01	400m:	4:48.90	36.83
2.	Markowicz Piotr		67				Aquasfera Masters Olsztyn				5:25.41	309
	50m:	36.94	36.94	150m:	1:57.16	40.70	250m:	3:20.58	41.95	350m:	4:44.67	42.20
	100m:	1:16.46	39.52	200m:	2:38.63	41.47	300m:	4:02.47	41.89	400m:	5:25.41	40.74
3.	Ezhkov Vadim		65				Pregel Kaliningrad				5:30.94	294
	50m:	37.25	37.25	150m:	2:01.31	42.60	250m:	3:26.59	41.98	350m:	4:51.24	41.22
	100m:	1:18.71	41.46	200m:	2:44.61	43.30	300m:	4:10.02	43.43	400m:	5:30.94	39.70
4.	Nowakowski Jacek		66				Warsaw Masters Team				5:43.54	262
	50m:	36.36	36.36	150m:	2:01.37	43.33	250m:	3:30.19	44.52	350m:	5:00.97	45.60
	100m:	1:18.04	41.68	200m:	2:45.67	44.30	300m:	4:15.37	45.18	400m:	5:43.54	42.57
5.	Szmit Adam		64				Aquasfera Masters Olsztyn				5:55.82	236
	50m:	38.88	38.88	150m:	2:07.71	45.44	250m:	3:39.49	45.78	350m:	5:11.39	46.35
	100m:	1:22.27	43.39	200m:	2:53.71	46.00	300m:	4:25.04	45.55	400m:	5:55.82	44.43
6.	Lopin Grigorii		63				Pregel Kaliningrad				5:56.79	234
	50m:	39.52	39.52	150m:	2:08.68	45.21	250m:	3:42.33	46.57	350m:	5:15.16	46.41
	100m:	1:23.47	43.95	200m:	2:55.76	47.08	300m:	4:28.75	46.42	400m:	5:56.79	41.63
7.	Paluszak Zbigniew		67				Niezrzeszony				8:14.01	88
	50m:	49.18	49.18	150m:	2:53.34	1:04.05	250m:	5:01.17	1:03.37	350m:	7:10.39	1:03.91
	100m:	1:49.29	1:00.11	200m:	3:57.80	1:04.46	300m:	6:06.48	1:05.31	400m:	8:14.01	1:03.62

Kat G 55-59

1.	Madej Leszek		60				Warsaw Masters Team				4:51.55	430
	50m:	33.91	33.91	150m:	1:49.50	38.02	250m:	3:03.72	36.94	350m:	4:16.28	36.14
	100m:	1:11.48	37.57	200m:	2:26.78	37.28	300m:	3:40.14	36.42	400m:	4:51.55	35.27
2.	Olszewski Paweł		62				Klub Sportowy Warta Pozna				4:59.30	397
	50m:	34.12	34.12	150m:	1:50.43	38.95	250m:	3:07.62	38.59	350m:	4:23.52	37.26
	100m:	1:11.48	37.36	200m:	2:29.03	38.60	300m:	3:46.26	38.64	400m:	4:59.30	35.78
3.	Gabiec Mariusz		58				Aquasfera Masters Olsztyn				5:15.72	338
	50m:	37.68	37.68	150m:	1:59.00	40.45	250m:	3:19.79	40.38	350m:	4:39.14	39.29
	100m:	1:18.55	40.87	200m:	2:39.41	40.41	300m:	3:59.85	40.06	400m:	5:15.72	36.58
4.	Maciejczak Andrzej		60				Mkp Bobry D bica				6:25.53	185
	50m:	39.07	39.07	150m:	2:16.33	48.88	250m:	3:56.97	50.40	350m:	5:37.52	50.24
	100m:	1:27.45	48.38	200m:	3:06.57	50.24	300m:	4:47.28	50.31	400m:	6:25.53	48.01
5.	Sutowski Robert		59				Warsaw Masters Team				6:38.19	168
	50m:	44.74	44.74	150m:	2:25.70	51.09	250m:	4:08.91	51.25	350m:	5:51.42	51.51
	100m:	1:34.61	49.87	200m:	3:17.66	51.96	300m:	4:59.91	51.00	400m:	6:38.19	46.77
6.	R pał Leszek		62				UKS GOS Raszyn				6:43.55	162
	50m:	45.50	45.50	150m:	2:26.01	52.44	250m:	4:11.05	52.96	350m:	5:57.90	53.72
	100m:	1:33.57	48.07	200m:	3:18.09	52.08	300m:	5:04.18	53.13	400m:	6:43.55	45.65

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

Konkurencja 40, M czynn, 400m dowolny

Kat H 60-64

1.	Przytulski Włodzimierz	57	UTW"Masters" Zgierz	5:37.98	276
	<i>Wynik lepszy od Rekordu Polski</i>				
	50m: 36.41 36.41	150m: 2:01.30 44.83	250m: 3:29.74 44.96	350m: 4:57.68 44.00	
	100m: 1:16.47 40.06	200m: 2:44.78 43.48	300m: 4:13.68 43.94	400m: 5:37.98 40.30	
2.	Bersenev Eduard	56	Pregel Kaliningrad	5:50.36	247
	50m: 39.15 39.15	150m: 2:06.53 44.75	250m: 3:37.01 45.65	350m: 5:07.04 45.11	
	100m: 1:21.78 42.63	200m: 2:51.36 44.83	300m: 4:21.93 44.92	400m: 5:50.36 43.32	
3.	Ciekli ski Wiesław	57	Niezrzeszony	6:10.68	209
	50m: 40.45 40.45	150m: 2:15.79 48.66	250m: 3:53.13 48.68	350m: 5:28.57 46.75	
	100m: 1:27.13 46.68	200m: 3:04.45 48.66	300m: 4:41.82 48.69	400m: 6:10.68 42.11	
4.	Dubi ski Bogdan	53	Legia Warszawa	6:23.97	188
	50m: 42.32 42.32	150m: 2:18.50 49.19	250m: 4:00.70 51.81	350m: 5:39.62 48.93	
	100m: 1:29.31 46.99	200m: 3:08.89 50.39	300m: 4:50.69 49.99	400m: 6:23.97 44.35	
5.	Pietraszewski Zbigniew	55	TS Olimpia Pozna	6:27.53	183
	50m: 43.15 43.15	150m: 2:20.07 49.23	250m: 3:59.47 49.71	350m: 5:39.59 49.69	
	100m: 1:30.84 47.69	200m: 3:09.76 49.69	300m: 4:49.90 50.43	400m: 6:27.53 47.94	
6.	Skrzypek Stefan	56	Steef	6:43.02	162
	50m: 45.84 45.84	150m: 2:28.47 51.69	250m: 4:13.96 51.59	350m: 5:55.50 49.16	
	100m: 1:36.78 50.94	200m: 3:22.37 53.90	300m: 5:06.34 52.38	400m: 6:43.02 47.52	
7.	Vorbrodt Tadeusz	53	Warsaw Masters Team	7:23.48	122
	50m: 47.03 47.03	150m: 2:35.34 56.17	250m: 4:31.12 57.42	350m: 6:28.25 58.51	
	100m: 1:39.17 52.14	200m: 3:33.70 58.36	300m: 5:29.74 58.62	400m: 7:23.48 55.23	
8.	Błasiak Janusz	55	UTW"Masters" Zgierz	7:57.36	97
	50m: 51.49 51.49	150m: 2:54.14 1:03.01	250m: 5:00.60 1:03.97	350m:	
	100m: 1:51.13 59.64	200m: 3:56.63 1:02.49	300m: 6:02.57 1:01.97	400m: 7:57.36	
9.	Łatecki Włodzimierz	57	UTW"Masters" Zgierz	8:39.24	76
	50m: 52.77 52.77	150m: 3:05.11 1:08.33	250m: 5:21.23 1:08.97	350m: 7:36.11 1:06.81	
	100m: 1:56.78 1:04.01	200m: 4:12.26 1:07.15	300m: 6:29.30 1:08.07	400m: 8:39.24 1:03.13	

Kat I 65-69

1.	Jarzyna Włodzimierz	49	MOTYL -SENIOR MOSiR Stalowa Wo	6:31.97	176
	50m: 45.16 45.16	150m: 2:28.46 52.82	250m: 4:11.49 50.89	350m: 5:48.04 47.93	
	100m: 1:35.64 50.48	200m: 3:20.60 52.14	300m: 5:00.11 48.62	400m: 6:31.97 43.93	
2.	Wiczel Roman	48	UTW"Masters" Zgierz	7:39.18	110
	50m: 46.92 46.92	150m: 2:45.41 1:00.14	250m: 4:45.64 59.81	350m: 6:46.85 1:00.02	
	100m: 1:45.27 58.35	200m: 3:45.83 1:00.42	300m: 5:46.83 1:01.19	400m: 7:39.18 52.33	
3.	Wolniewicz Janusz	48	Ks Extreme Team Oborniki	7:52.67	100
	50m: 50.68 50.68	150m: 2:50.09 1:00.68	250m: 4:53.90 1:01.59	350m: 6:56.20 1:01.47	
	100m: 1:49.41 58.73	200m: 3:52.31 1:02.22	300m: 5:54.73 1:00.83	400m: 7:52.67 56.47	
4.	Daszy ski Andrzej	48	UKS Energetyk Zgorzelec	8:14.55	88
	50m: 52.07 52.07	150m: 2:54.26 1:01.80	250m: 5:02.95 1:04.15	350m: 7:14.35 1:06.11	
	100m: 1:52.46 1:00.39	200m: 3:58.80 1:04.54	300m: 6:08.24 1:05.29	400m: 8:14.55 1:00.20	
5.	Płonka Janusz	48	Niezrzeszony	10:00.71	49
	50m:	150m: 3:42.52	250m: 6:23.43 1:18.09	350m: 7:15.33	
	100m:	200m: 5:05.34 1:22.82	300m:	400m: 10:00.71 2:45.38	

Kat J 70-74

1.	Mleczko Andrzej	47	Korona Kraków Masters	6:58.43	145
	50m: 50.90 50.90	150m: 2:40.96 55.70	250m: 4:30.36 53.54	350m: 6:12.83 49.36	
	100m: 1:45.26 54.36	200m: 3:36.82 55.86	300m: 5:23.47 53.11	400m: 6:58.43 45.60	
2.	Borodziuk Stefan	44	Warsaw Masters Team	7:57.85	97
	50m: 50.68 50.68	150m: 2:53.63 1:03.30	250m: 5:00.79 1:03.85	350m: 7:04.24 1:01.30	
	100m: 1:50.33 59.65	200m: 3:56.94 1:03.31	300m: 6:02.94 1:02.15	400m: 7:57.85 53.61	

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

Konkurencja 40, M czynn, 400m dowolny

Kat K 75-79

1.	Bastek Ewald		39	Weteran Zabrze		7:10.71	133					
	50m:	46.80	46.80	150m:	2:36.39	55.64	250m:	4:27.43	54.68	350m:	6:19.10	54.88
	100m:	1:40.75	53.95	200m:	3:32.75	56.36	300m:	5:24.22	56.79	400m:	7:10.71	51.61
2.	Waga Stanisław		40	Korona Kraków Masters		8:32.74	79					
	50m:	57.12	57.12	150m:	3:08.60	1:07.97	250m:	5:23.03	1:07.75	350m:	7:32.90	1:04.55
	100m:	2:00.63	1:03.51	200m:	4:15.28	1:06.68	300m:	6:28.35	1:05.32	400m:	8:32.74	59.84

Kat M 85-89

1.	l y ski Jan		31	AZS AWF Katowice		11:09.60	35					
	50m:	1:13.26	1:13.26	150m:	4:07.02	1:27.19	250m:	6:59.61	1:24.64	350m:	9:51.10	1:24.82
	100m:	2:39.83	1:26.57	200m:	5:34.97	1:27.95	300m:	8:26.28	1:26.67	400m:	11:09.60	1:18.50