

XXII OTWARTE MISTRZOSTWA WARSZAWY W PŁYWANIU MASTERS PUCHAR POLSKI MASTERS  
Warszawa, 2. - 3.12.2017

Konkurencja 29  
03.12.2017 - 11:08

M czyzn, 400m dowolny

20 - 94 lat  
Wyniki

Punkty: FINA 2017

Pozycja			Rok ur.					Czas	Pkt.
<b>20 - 24 lat</b>									
1.	S KOWSKI, Daniel		95	Go-Swim Masters Team Wilanów				<b>5:15.25</b>	340
	50m:	32.80 32.80	150m:	1:46.43 38.19	250m:	3:08.65 41.73	350m:	4:34.57 42.88	
	100m:	1:08.24 35.44	200m:	2:26.92 40.49	300m:	3:51.69 43.04	400m:	5:15.25 40.68	
2.	SIEWIERA, Piotr		94	Stowarzyszenie Przyjaciół Pływ				<b>5:33.98</b>	286
	50m:	35.12 35.12	150m:	1:58.20 42.39	250m:	3:24.08 43.23	350m:	4:53.16 44.76	
	100m:	1:15.81 40.69	200m:	2:40.85 42.65	300m:	4:08.40 44.32	400m:	5:33.98 40.82	
3.	JELITTO, Jakub		93	Triclub				<b>6:49.92</b>	154
	50m:	44.33 44.33	150m:	2:24.99 51.94	250m:	4:12.57 53.82	350m:	6:00.23	
	100m:	1:33.05 48.72	200m:	3:18.75 53.76	300m:		400m:	6:49.92 49.69	
<b>25 - 29 lat</b>									
1.	MANFREDI, Luca		91	KU AZS Uniwersytet Warszawski				<b>4:57.04</b>	406
	50m:	30.95 30.95	150m:	1:42.13 36.83	250m:	2:58.92 38.78	350m:	4:18.08 39.69	
	100m:	1:05.30 34.35	200m:	2:20.14 38.01	300m:	3:38.39 39.47	400m:	4:57.04 38.96	
2.	SHUTSEYEU, Aliaksandr		89	AquaStars				<b>5:27.34</b>	303
	50m:	34.49 34.49	150m:	1:54.94 41.05	250m:	3:19.91 42.74	350m:	4:45.15 42.66	
	100m:	1:13.89 39.40	200m:	2:37.17 42.23	300m:	4:02.49 42.58	400m:	5:27.34 42.19	
3.	OGŁOBLIN, Adam		89	Dru yna TVN				<b>5:32.36</b>	290
	50m:	33.71 33.71	150m:	1:54.52 41.87	250m:	3:22.06 44.31	350m:	4:50.95 44.48	
	100m:	1:12.65 38.94	200m:	2:37.75 43.23	300m:	4:06.47 44.41	400m:	5:32.36 41.41	
<b>30 - 34 lat</b>									
1.	LIS, Łukasz		86	Triclub				<b>4:41.28</b>	478
	50m:	31.57 31.57	150m:	1:42.49 35.76	250m:	2:54.04 35.64	350m:	4:05.97 36.10	
	100m:	1:06.73 35.16	200m:	2:18.40 35.91	300m:	3:29.87 35.83	400m:	4:41.28 35.31	
2.	GOŁEMBIEWSKI, Andrzej		86	Toru Multisport Team				<b>4:49.56</b>	439
	50m:	32.14 32.14	150m:	1:43.89 36.46	250m:	2:58.89 37.76	350m:	4:13.71 37.19	
	100m:	1:07.43 35.29	200m:	2:21.13 37.24	300m:	3:36.52 37.63	400m:	4:49.56 35.85	
3.	PFITZNER, Jan		86	Warsaw Masters Team				<b>5:01.90</b>	387
	50m:	32.80 32.80	150m:	1:48.37 38.65	250m:	3:06.33 38.48	350m:	4:24.09 38.62	
	100m:	1:09.72 36.92	200m:	2:27.85 39.48	300m:	3:45.47 39.14	400m:	5:01.90 37.81	
4.	MR SZYDŁO, Konrad		86	K.P. Masters Krosno				<b>5:30.98</b>	293
	50m:	37.44 37.44	150m:	2:00.78 42.80	250m:	3:27.74 43.25	350m:	4:53.42 42.04	
	100m:	1:17.98 40.54	200m:	2:44.49 43.71	300m:	4:11.38 43.64	400m:	5:30.98 37.56	
5.	ZAJDA, Michał		87	Go-Swim Masters Team Wilanów				<b>5:56.38</b>	235
	50m:	38.31 38.31	150m:	2:05.75 45.04	250m:	3:39.70 46.90	350m:	5:13.50 46.32	
	100m:	1:20.71 42.40	200m:	2:52.80 47.05	300m:	4:27.18 47.48	400m:	5:56.38 42.88	
6.	SKRZYDŁO, Jarosław		83	Niezrzeszeni				<b>5:58.15</b>	231
	50m:	39.23 39.23	150m:	2:09.48 46.69	250m:	3:42.43 46.48	350m:		
	100m:	1:22.79 43.56	200m:	2:55.95 46.47	300m:	4:28.44 46.01	400m:	5:58.15	
7.	TEMPSKI, Patryk		83	Dru yna TVN				<b>6:09.77</b>	210
	50m:	39.15 39.15	150m:	2:07.74 45.35	250m:	3:42.23 47.54	350m:	5:20.83 49.69	
	100m:	1:22.39 43.24	200m:	2:54.69 46.95	300m:	4:31.14 48.91	400m:	6:09.77 48.94	
8.	KUCHERIAVYI, Viktor		86	Niezrzeszeni				<b>6:45.14</b>	160
	50m:	38.77 38.77	150m:	2:14.82 50.55	250m:	4:03.79 55.70	350m:	5:54.86 55.53	
	100m:	1:24.27 45.50	200m:	3:08.09 53.27	300m:	4:59.33 55.54	400m:	6:45.14 50.28	
9.	GOGOL, Krzysztof		86	Warsaw Masters Team				<b>7:26.39</b>	119
	50m:	46.11 46.11	150m:	2:35.62 56.74	250m:	4:33.53 58.03	350m:	6:30.18 57.88	
	100m:	1:38.88 52.77	200m:	3:35.50 59.88	300m:	5:32.30 58.77	400m:	7:26.39 56.21	

XXII OTWARTE MISTRZOSTWA WARSZAWY W PŁYWANIU MASTERS PUCHAR POLSKI MASTERS  
Warszawa, 2. - 3.12.2017

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

Pozycja			Rok ur.						Czas	Pkt.
10.	SWIANIEWICZ, Antoni		85	Niezrzeszeni					<b>7:28.01</b>	118
	50m:	45.32 45.32	150m:	2:36.44	57.10	250m:	4:34.15	59.30	350m:	6:33.29 59.01
	100m:	1:39.34 54.02	200m:	3:34.85	58.41	300m:	5:34.28	1:00.13	400m:	7:28.01 54.72
11.	JANKOWSKI, Damian		86	Triclub					<b>7:48.20</b>	103
	50m:	49.07 49.07	150m:	2:46.76	1:00.65	250m:	4:49.90	1:01.92	350m:	6:54.53 1:01.88
	100m:	1:46.11 57.04	200m:	3:47.98	1:01.22	300m:	5:52.65	1:02.75	400m:	7:48.20 53.67

35 - 39 lat

1.	KACZMAREK, Stanisław		79	Klub Sportowy Warta Pozna					<b>4:34.62</b>	514
	50m:	31.96 31.96	150m:	1:41.87	35.14	250m:	2:51.85	34.73	350m:	4:01.69 34.62
	100m:	1:06.73 34.77	200m:	2:17.12	35.25	300m:	3:27.07	35.22	400m:	4:34.62 32.93
2.	RYBKO, Volodymyr		79	Euro-Lviv MSC					<b>5:02.02</b>	386
	50m:	34.19 34.19	150m:	1:51.36	38.79	250m:	3:09.86	38.70	350m:	4:26.23 37.22
	100m:	1:12.57 38.38	200m:	2:31.16	39.80	300m:	3:49.01	39.15	400m:	5:02.02 35.79
3.	CRNJAKOVIC, Luka		78	Warsaw Masters Team					<b>5:06.62</b>	369
	50m:	33.67 33.67	150m:	1:50.87	39.54	250m:	3:10.82	39.89	350m:	4:29.43 39.00
	100m:	1:11.33 37.66	200m:	2:30.93	40.06	300m:	3:50.43	39.61	400m:	5:06.62 37.19
4.	WARDA, Marcin		80	Niezrzeszeni					<b>6:21.70</b>	191
	50m:	38.89 38.89	150m:	2:11.59	48.81	250m:	3:53.62	51.23	350m:	5:36.07 51.57
	100m:	1:22.78 43.89	200m:	3:02.39	50.80	300m:	4:44.50	50.88	400m:	6:21.70 45.63
5.	JAJECZNIK, Konrad		79	Niezrzeszeni					<b>7:04.92</b>	138
	50m:	45.53 45.53	150m:	2:29.81	54.61	250m:	4:21.75	57.44	350m:	6:13.50 55.35
	100m:	1:35.20 49.67	200m:	3:24.31	54.50	300m:	5:18.15	56.40	400m:	7:04.92 51.42
6.	SENGER, Robert		82	Niezrzeszeni					<b>7:30.32</b>	116
	50m:	46.21 46.21	150m:	2:34.49	55.94	250m:	4:32.66	59.56	350m:	6:34.56 1:02.09
	100m:	1:38.55 52.34	200m:	3:33.10	58.61	300m:	5:32.47	59.81	400m:	7:30.32 55.76
7.	CHROBOT, Radek		80	Dru yna TVN					<b>7:40.36</b>	109
	50m:	44.49 44.49	150m:	2:38.03	59.52	250m:	4:39.97	1:01.71	350m:	6:43.23 1:01.76
	100m:	1:38.51 54.02	200m:	3:38.26	1:00.23	300m:	5:41.47	1:01.50	400m:	7:40.36 57.13
8.	GORVAT, Ivan		78	Niezrzeszeni					<b>7:57.71</b>	97
	50m:	42.25 42.25	150m:	2:34.08	57.93	250m:	4:41.21	1:04.21	350m:	6:55.99 1:07.29
	100m:	1:36.15 53.90	200m:	3:37.00	1:02.92	300m:	5:48.70	1:07.49	400m:	7:57.71 1:01.72

40 - 44 lat

1.	KOWALCZYK, Piotr		74	MKP Szczecin					<b>5:05.80</b>	372
	50m:	34.68 34.68	150m:	1:51.19	39.11	250m:	3:10.21	40.10	350m:	4:29.49 39.61
	100m:	1:12.08 37.40	200m:	2:30.11	38.92	300m:	3:49.88	39.67	400m:	5:05.80 36.31
2.	GIZICKI, Marek		77	Niezrzeszeni					<b>5:58.45</b>	231
	50m:	37.57 37.57	150m:	2:05.92	45.93	250m:	3:40.22	47.70	350m:	5:14.99 47.36
	100m:	1:19.99 42.42	200m:	2:52.52	46.60	300m:	4:27.63	47.41	400m:	5:58.45 43.46
3.	MARKOWSKI, Bartek		77	iSWIM MASTERS BIAŁYSTOK					<b>6:37.29</b>	169
	50m:	39.19 39.19	150m:	2:14.48	50.17	250m:	4:00.79	53.96	350m:	5:48.47 52.87
	100m:	1:24.31 45.12	200m:	3:06.83	52.35	300m:	4:55.60	54.81	400m:	6:37.29 48.82
4.	MISIEJUK, Ernest		73	Go-Swim Masters Team Wilanów					<b>7:29.38</b>	117
	50m:	44.45 44.45	150m:	2:32.41	56.18	250m:	4:30.72	1:00.22	350m:	6:32.05 1:00.82
	100m:	1:36.23 51.78	200m:	3:30.50	58.09	300m:	5:31.23	1:00.51	400m:	7:29.38 57.33

XXII OTWARTE MISTRZOSTWA WARSZAWY W PŁYWANIU MASTERS PUCHAR POLSKI MASTERS  
Warszawa, 2. - 3.12.2017

Konkurencja 29, M czynn, 400m dowolny

45 - 49 lat

1. OBIEDZI SKI, Paweł	69	IKS Konstancin	<b>5:09.67</b>	358
50m: 33.23 33.23	150m: 1:48.49	38.48	250m: 3:07.98	39.93
100m: 1:10.01 36.78	200m: 2:28.05	39.56	300m: 3:48.69	40.71
			350m: 4:30.01	41.32
			400m: 5:09.67	39.66
2. KWIATKOWSKI, Tomasz	69	Niezzreszeni	<b>5:32.16</b>	290
50m: 40.16 40.16	150m: 2:04.66	41.98	250m: 3:29.80	42.63
100m: 1:22.68 42.52	200m: 2:47.17	42.51	300m: 4:12.15	42.35
			350m: 4:53.87	41.72
			400m: 5:32.16	38.29
3. BEDNARCZYK, Paweł	69	Niezzreszeni	<b>5:52.73</b>	242
50m: 35.28 35.28	150m: 2:01.10	43.89	250m: 3:33.21	46.02
100m: 1:17.21 41.93	200m: 2:47.19	46.09	300m: 4:20.48	47.27
			350m: 5:08.12	47.64
			400m: 5:52.73	44.61
4. ZIELI SKI, Tomasz	72	Go-Swim Masters Team Wilanów	<b>7:01.91</b>	141
50m: 2:30.14 2:30.14	150m: 4:19.87	2:43.64	250m:	350m: 6:09.83
100m: 1:36.23	200m: 3:24.44		300m: 5:14.82	400m: 7:01.91
				52.08
5. KOWALCZYK, Tomasz	72	Triclub	<b>7:22.19</b>	123
50m: 45.16 45.16	150m: 2:38.15	58.75	250m: 4:34.65	58.25
100m: 1:39.40 54.24	200m: 3:36.40	58.25	300m: 5:32.00	57.35
			350m: 6:29.44	57.44
			400m: 7:22.19	52.75
6. GASPARI, Piotr	72	Triclub	<b>8:15.87</b>	87
50m: 49.22 49.22	150m: 2:50.55	1:03.14	250m: 5:00.70	1:05.75
100m: 1:47.41 58.19	200m: 3:54.95	1:04.40	300m: 6:07.80	1:07.10
			350m: 7:15.00	1:07.20
			400m: 8:15.87	1:00.87
7. ŁAZARZ, Jacek	69	Niezzreszeni	<b>9:47.61</b>	52
50m: 56.01 56.01	150m: 3:16.79	1:14.22	250m: 5:57.55	1:21.00
100m: 2:02.57 1:06.56	200m: 4:36.55	1:19.76	300m: 7:16.29	1:18.74
			350m: 8:34.92	1:18.63
			400m: 9:47.61	1:12.69

50 - 54 lat

1. KRASAUSKAS, Vilmantas	64	Torpedos	<b>5:08.57</b>	362
50m: 35.07 35.07	150m: 1:51.84	38.75	250m: 3:10.78	39.72
100m: 1:13.09 38.02	200m: 2:31.06	39.22	300m: 3:50.63	39.85
			350m: 4:30.89	40.26
			400m: 5:08.57	37.68
2. NOWAKOWSKI, Jacek	66	Warsaw Masters Team	<b>5:38.62</b>	274
50m: 36.30 36.30	150m: 2:00.19	42.47	250m: 3:28.20	44.21
100m: 1:17.72 41.42	200m: 2:43.99	43.80	300m: 4:12.55	44.35
			350m: 4:57.16	44.61
			400m: 5:38.62	41.46
3. SZCZYGIĘŁ, Zbigniew	65	Białostockie Stowarzyszenie Pł	<b>6:50.68</b>	153
50m: 44.96 44.96	150m: 2:26.80	51.43	250m: 4:15.25	54.76
100m: 1:35.37 50.41	200m: 3:20.49	53.69	300m: 5:08.42	53.17
			350m: 6:03.00	54.58
			400m: 6:50.68	47.68
4. NOWICKI, Robert	63	Warsaw Masters Team	<b>7:26.61</b>	119
50m: 46.75 46.75	150m: 2:39.40	57.66	250m: 4:35.89	57.96
100m: 1:41.74 54.99	200m: 3:37.93	58.53	300m: 5:34.48	58.59
			350m: 6:31.95	57.47
			400m: 7:26.61	54.66
5. MISIEJUK, Jacek	64	Go-Swim Masters Team Wilanów	<b>7:38.35</b>	110
50m: 40.83 40.83	150m: 2:35.56	1:01.78	250m: 4:37.36	1:01.77
100m: 1:33.78 52.95	200m: 3:35.59	1:00.03	300m: 5:38.50	1:01.14
			350m: 6:41.12	1:02.62
			400m: 7:38.35	57.23
6. KRZEKOTOWSKI, Piotr	66	niezzreszony Ole nica	<b>7:42.70</b>	107
50m: 49.12 49.12	150m: 2:46.52	59.95	250m: 4:48.94	1:01.33
100m: 1:46.57 57.45	200m: 3:47.61	1:01.09	300m: 5:48.10	59.16
			350m: 6:47.00	58.90
			400m: 7:42.70	55.70
7. PALUSZAK, Zbigniew	67	Go-Swim Masters Team Wilanów	<b>8:03.17</b>	94
50m: 53.49 53.49	150m: 2:51.73	1:00.36	250m: 4:55.11	1:01.21
100m: 1:51.37 57.88	200m: 3:53.90	1:02.17	300m: 5:59.17	1:04.06
			350m: 7:02.74	1:03.57
			400m: 8:03.17	1:00.43

55 - 59 lat

1. B K, Zdzisław	61	Masters Krasnik	<b>6:21.79</b>	191
50m: 41.17 41.17	150m: 2:16.23	48.25	250m: 3:56.60	49.95
100m: 1:27.98 46.81	200m: 3:06.65	50.42	300m: 4:47.76	51.16
			350m: 5:35.87	48.11
			400m: 6:21.79	45.92
2. KORPETTA, Wojciech	59	K.S.niezzreszeni.pl	<b>6:23.72</b>	188
50m: 41.55 41.55	150m: 2:17.95	49.01	250m: 3:59.01	50.01
100m: 1:28.94 47.39	200m: 3:09.00	51.05	300m: 4:49.78	50.77
			350m: 5:38.94	49.16
			400m: 6:23.72	44.78

XXII OTWARTE MISTRZOSTWA WARSZAWY W PŁYWANIU MASTERS PUCHAR POLSKI MASTERS  
Warszawa, 2. - 3.12.2017

Konkurencja 29, M czynn, 400m dowolny, 55 - 59 lat

Pozycja			Rok ur.					Czas	Pkt.
3.	SUTOWSKI, Robert		59	Warsaw Masters Team				<b>6:42.37</b>	163
	50m:	45.75 45.75	150m:	2:27.04	51.70	250m:	4:11.76 52.33	350m:	5:54.21 51.34
	100m:	1:35.34 49.59	200m:	3:19.43	52.39	300m:	5:02.87 51.11	400m:	6:42.37 48.16
4.	GRIADUNOV, Andrey		59	Niezrzeszeni				<b>7:01.22</b>	142
	50m:	42.85 42.85	150m:	2:27.25	53.80	250m:	4:18.27 55.50	350m:	6:08.20 54.76
	100m:	1:33.45 50.60	200m:	3:22.77	55.52	300m:	5:13.44 55.17	400m:	7:01.22 53.02
5.	R PAŁA, Leszek		62	UKS Gos Raszyn				<b>7:08.83</b>	135
	50m:	46.94 46.94	150m:	2:32.04	54.25	250m:	4:24.83 56.85	350m:	6:17.01 55.15
	100m:	1:37.79 50.85	200m:	3:27.98	55.94	300m:	5:21.86 57.03	400m:	7:08.83 51.82

60 - 64 lat

1.	WARCHOŁ, Mirosław		53	Warsaw Masters Team				<b>5:24.73</b>	311
	50m:	36.90 36.90	150m:	1:57.05	40.43	250m:	3:19.39 41.20	350m:	4:44.10 42.21
	100m:	1:16.62 39.72	200m:	2:38.19	41.14	300m:	4:01.89 42.50	400m:	5:24.73 40.63
2.	CIEKLI SKI, Wiesław		57	Niezrzeszeni				<b>6:08.90</b>	212
	50m:	40.41 40.41	150m:	2:14.33	48.53	250m:	3:50.61 47.65	350m:	5:26.57 48.10
	100m:	1:25.80 45.39	200m:	3:02.96	48.63	300m:	4:38.47 47.86	400m:	6:08.90 42.33
3.	PIETRASZEWSKI, Zbigniew		55	TS Olimpia Pozna				<b>6:26.20</b>	185
	50m:	43.06 43.06	150m:	2:20.54	49.97	250m:	3:59.99 49.64	350m:	5:39.72 49.38
	100m:	1:30.57 47.51	200m:	3:10.35	49.81	300m:	4:50.34 50.35	400m:	6:26.20 46.48
4.	TWARDYSKO, Stanisław		56	Sikret Gliwice				<b>6:39.45</b>	167
	50m:	39.93 39.93	150m:	2:17.08	50.59	250m:	4:02.45 52.99	350m:	5:48.97 53.31
	100m:	1:26.49 46.56	200m:	3:09.46	52.38	300m:	4:55.66 53.21	400m:	6:39.45 50.48
5.	VORBRODT, Tadeusz		53	Warsaw Masters Team				<b>7:19.94</b>	125
	50m:	47.69 47.69	150m:	2:37.44	57.19	250m:	4:30.81 57.31	350m:	6:26.35 57.31
	100m:	1:40.25 52.56	200m:	3:33.50	56.06	300m:	5:29.04 58.23	400m:	7:19.94 53.59
6.	ORLIKOWSKI, Marek		55	Warsaw Masters Team				<b>7:35.50</b>	112
	50m:	46.14 46.14	150m:	2:40.16	58.41	250m:	4:41.22 1:00.32	350m:	6:43.35 1:00.74
	100m:	1:41.75 55.61	200m:	3:40.90	1:00.74	300m:	5:42.61 1:01.39	400m:	7:35.50 52.15
7.	ZIELI SKI, Zbigniew		54	Niezrzeszeni				<b>8:06.66</b>	92
	50m:	45.78 45.78	150m:	2:38.66	58.92	250m:	4:44.22 1:03.65	350m:	6:58.96 1:08.37
	100m:	1:39.74 53.96	200m:	3:40.57	1:01.91	300m:	5:50.59 1:06.37	400m:	8:06.66 1:07.70
8.	DELIKAT, Jerzy		53	Niezrzeszeni				<b>8:43.85</b>	74
	50m:	57.73 57.73	150m:	3:11.26	1:07.11	250m:	5:25.05 1:06.60	350m:	7:38.02 1:05.75
	100m:	2:04.15 1:06.42	200m:	4:18.45	1:07.19	300m:	6:32.27 1:07.22	400m:	8:43.85 1:05.83

65 - 69 lat

1.	SZYSZKA, Łukasz		50	Drużyna TVN				<b>6:33.86</b>	174
	50m:	39.20 39.20	150m:	2:13.17	48.61	250m:	3:58.44 52.93	350m:	
	100m:	1:24.56 45.36	200m:	3:05.51	52.34	300m:	6:33.86 2:35.42	400m:	6:33.86

75 - 79 lat

NIE UK.	GRIGAS, Stasys		41	Torpedos					
	50m:	1:15.12 1:15.12	150m:	4:21.34	1:30.96	250m:	7:25.59 1:30.06	350m:	10:28.34 1:30.70
	100m:	2:50.38 1:35.26	200m:	5:55.53	1:34.19	300m:	8:57.64 1:32.05	400m:	