

Otwarte Mistrzostwa Słub Mundurowych w Pływaniu
Szczytno, 24-11-2018

Konkurencja 20
24-11-2018

Mężczyźni, 400m dowolny

Open
Wyniki

Punkty: FINA 2018

Pozycja			Wiek					Czas	Pkt.
39 lat i młodsi									
1.	Jakub Motyczyski		22	PSP				4:26.34	506
	50m:	29.40	29.40	150m:	1:34.79	33.39	250m:	2:44.25	34.88
	100m:	1:01.40	32.00	200m:	2:09.37	34.58	300m:	3:19.02	34.77
							350m:	3:52.84	33.82
							400m:	4:26.34	33.50
2.	Maciej Grembski		26	KP PSP Głogów				4:27.55	499
	50m:	30.66	30.66	150m:	1:38.92	34.54	250m:	2:47.50	33.88
	100m:	1:04.38	33.72	200m:	2:13.62	34.70	300m:	3:21.39	33.89
							350m:	3:54.54	33.15
							400m:	4:27.55	33.01
3.	Paweł Pawełek		19	PSP				4:46.58	406
	50m:	30.33	30.33	150m:	1:37.76	34.25	250m:	2:50.34	37.02
	100m:	1:03.51	33.18	200m:	2:13.32	35.56	300m:	3:28.50	38.16
							350m:	4:07.64	39.14
							400m:	4:46.58	38.94
4.	Michał Kucierski		37	KW PSP Poznań				4:58.92	357
	50m:	32.10	32.10	150m:	1:47.20	38.25	250m:	3:03.93	38.33
	100m:	1:08.95	36.85	200m:	2:25.60	38.40	300m:	3:42.06	38.13
							350m:	4:20.15	38.09
							400m:	4:58.92	38.77
5.	Paweł Troka		32	KPP Człuchów				5:01.27	349
	50m:	32.64	32.64	150m:	1:46.70	37.79	250m:	3:05.57	39.71
	100m:	1:08.91	36.27	200m:	2:25.86	39.16	300m:	3:44.67	39.10
							350m:	4:23.49	38.82
							400m:	5:01.27	37.78
6.	Michał Bałka		31	KWP Szczecin				5:01.95	347
	50m:	31.97	31.97	150m:	1:43.40	36.79	250m:	3:01.10	38.90
	100m:	1:06.61	34.64	200m:	2:22.20	38.80	300m:	3:41.42	40.32
							350m:	4:21.99	40.57
							400m:	5:01.95	39.96
7.	Kacper Graczyk		21	KWP Wrocław				5:08.33	326
	50m:	31.66	31.66	150m:	1:45.58	37.70	250m:	3:04.91	40.50
	100m:	1:07.88	36.22	200m:	2:24.41	38.83	300m:	3:46.41	41.50
							350m:	4:28.77	42.36
							400m:	5:08.33	39.56
8.	Jakub Stępie		35	KW PSP Olsztyn				5:22.22	285
	50m:	32.11	32.11	150m:	1:47.90	39.44	250m:	3:13.03	43.10
	100m:	1:08.46	36.35	200m:	2:29.93	42.03	300m:	3:56.98	43.95
							350m:	4:40.47	43.49
							400m:	5:22.22	41.75
9.	Marcin Dakowicz		37	CB P/KWP Kraków				5:37.65	248
	50m:	35.02	35.02	150m:	1:56.03	41.96	250m:	3:23.06	44.18
	100m:	1:14.07	39.05	200m:	2:38.88	42.85	300m:	4:07.77	44.71
							350m:	4:52.32	44.55
							400m:	5:37.65	45.33
10.	Juliusz Piasecki		34	KW PSP Gdańsk				6:32.48	158
	50m:	43.13	43.13	150m:	2:18.67	48.44	250m:	5:44.14	1:44.70
	100m:	1:30.23	47.10	200m:	3:59.44	1:40.77	300m:		
							350m:		
							400m:	6:32.48	
40 - 49 lat									
1.	Daniel Osik		42	ZW NSZZ Poznań				4:50.61	389
	50m:	31.52	31.52	150m:	1:41.71	35.88	250m:	2:56.31	36.96
	100m:	1:05.83	34.31	200m:	2:19.35	37.64	300m:	3:34.07	37.76
							350m:	4:12.43	38.36
							400m:	4:50.61	38.18
2.	Daniel ółtowski		43	KG SG				5:08.48	325
	50m:	33.47	33.47	150m:	1:48.74	38.48	250m:	3:07.98	40.06
	100m:	1:10.26	36.79	200m:	2:27.92	39.18	300m:	3:48.28	40.30
							350m:	4:29.12	40.84
							400m:	5:08.48	39.36
3.	Robert Ciepłowski		41	KP Bydgoszcz r.				5:45.81	231
	50m:	37.35	37.35	150m:			250m:		350m:
	100m:			200m:			300m:		400m:
								5:45.81	
4.	Tomasz Szczyrba		48	ZW NSZZ Poznań				5:48.79	225
	50m:	38.00	38.00	150m:	2:03.32	44.38	250m:	3:33.41	45.39
	100m:	1:18.94	40.94	200m:	2:48.02	44.70	300m:	4:19.20	45.79
							350m:	5:04.94	45.74
							400m:	5:48.79	43.85
5.	Seweryn Koczajewski		42	KWP Kielce				6:07.82	192
	50m:	38.78	38.78	150m:	2:11.99	47.80	250m:	3:49.55	49.24
	100m:	1:24.19	45.41	200m:	3:00.31	48.32	300m:	4:38.27	48.72
							350m:	5:23.84	45.57
							400m:	6:07.82	43.98
6.	Jacek Adamski		43	JW 3797 15Bryg.Zmech.Gi ycko				7:38.45	99
	50m:	43.99	43.99	150m:	2:38.28	1:00.41	250m:	4:42.97	1:02.53
	100m:	1:37.87	53.88	200m:	3:40.44	1:02.16	300m:	5:44.10	1:01.13
							350m:	6:44.95	1:00.85
							400m:	7:38.45	53.50

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Konkurencja 20, Mężczyźni, 400m dowolny

50 - 59 lat

1. Andrzej Harenda			50	SP Piła				6:00.64	203
50m: 37.80	37.80	150m: 2:05.32	45.88	250m: 3:39.01	46.81	350m: 5:13.89	47.61		
100m: 1:19.44	41.64	200m: 2:52.20	46.88	300m: 4:26.28	47.27	400m: 6:00.64	46.75		
2. Dariusz Matusiak			50	PSG Kłodzko				6:07.65	192
50m: 38.19	38.19	150m: 2:06.10	45.62	250m: 3:43.04	48.87	350m: 5:23.60	50.31		
100m: 1:20.48	42.29	200m: 2:54.17	48.07	300m: 4:33.29	50.25	400m: 6:07.65	44.05		
3. Andrzej Majewski			51	KM PSP Wrocław				6:37.19	152
50m: 41.35	41.35	150m: 2:22.22	52.14	250m: 4:08.96	53.06	350m: 5:51.22	50.43		
100m: 1:30.08	48.73	200m: 3:15.90	53.68	300m: 5:00.79	51.83	400m: 6:37.19	45.97		
4. Cezary Cenkała			51	KW PSP Lublin				6:50.54	138
50m: 42.91	42.91	150m: 2:20.10	50.38	250m: 4:07.64	54.34	350m: 5:56.33	54.26		
100m: 1:29.72	46.81	200m: 3:13.30	53.20	300m: 5:02.07	54.43	400m: 6:50.54	54.21		
5. Stanisław Gogojewicz			59	ZW NSZZ Poznań				9:31.97	51
50m: 1:00.81	1:00.81	150m: 3:28.35	1:14.16	250m: 5:56.43	1:14.30	350m: 8:22.70	1:11.37		
100m: 2:14.19	1:13.38	200m: 4:42.13	1:13.78	300m: 7:11.33	1:14.90	400m: 9:31.97	1:09.27		

60 lat i starsi

1. Krzysztof Polak			60	KPP Stalowa Wola				8:15.39	78
50m: 58.11	58.11	150m: 3:05.72	1:04.04	250m: 5:12.70	1:03.51	350m: 7:20.76	1:03.64		
100m: 2:01.68	1:03.57	200m: 4:09.19	1:03.47	300m: 6:17.12	1:04.42	400m: 8:15.39	54.63		