

XXIII OTWARTE MISTRZOSTWA WARSZAWY W PŁYWANIU MASTERS PUCHAR POLSKI MASTERS
Warszawa, 1. - 2.12.2018

Konkurencja 29
02.12.2018 - 10:42

M czynn, 400m dowolny

20 - 94 lat
Wyniki

Punkty: FINA 2018

Pozycja			Rok ur.					Czas	Pkt.	
25 - 29 lat										
1.	OGŁOBIN, Adam		92	Niezrzeszony				5:28.21	301	
	50m:	33.80 33.80	150m:	1:55.40	42.22	250m:	3:22.13	43.51	350m:	4:48.62 42.83
	100m:	1:13.18 39.38	200m:	2:38.62	43.22	300m:	4:05.79	43.66	400m:	5:28.21 39.59
2.	POPŁAWSKI, Jan		93	Niezrzeszony				5:36.43	279	
	50m:	37.07 37.07	150m:	2:00.52	42.38	250m:	3:26.11	43.15	350m:	4:54.07 43.58
	100m:	1:18.14 41.07	200m:	2:42.96	42.44	300m:	4:10.49	44.38	400m:	5:36.43 42.36
3.	SZYSZKA, Łukasz		90	Drużyna Tvń				5:44.04	261	
	50m:	38.51 38.51	150m:	2:06.02	44.42	250m:	3:34.24	43.27	350m:	5:02.19 43.95
	100m:	1:21.60 43.09	200m:	2:50.97	44.95	300m:	4:18.24	44.00	400m:	5:44.04 41.85
4.	ANDRZEJEWICZ, Łukasz		91	Niezrzeszony				6:27.12	183	
	50m:	41.77 41.77	150m:	2:16.89	49.32	250m:	3:59.87	51.65	350m:	5:44.60 51.59
	100m:	1:27.57 45.80	200m:	3:08.22	51.33	300m:	4:53.01	53.14	400m:	6:27.12 42.52
5.	WIERZBICKI, Bartosz		93	Drużyna Tvń				7:06.94	136	
	50m:	43.92 43.92	150m:	2:30.06	55.10	250m:	4:20.75	56.26	350m:	6:15.45 58.13
	100m:	1:34.96 51.04	200m:	3:24.49	54.43	300m:	5:17.32	56.57	400m:	7:06.94 51.49
30 - 34 lat										
1.	PFITZNER, Jan		86	Warsaw Masters Team				5:12.40	349	
	50m:	33.76 33.76	150m:	1:51.40	39.49	250m:	3:09.84	39.55	350m:	4:30.12 41.08
	100m:	1:11.91 38.15	200m:	2:30.29	38.89	300m:	3:49.04	39.20	400m:	5:12.40 42.28
2.	SZYDŁO, Konrad		86	KP Masters Krosno				5:37.30	277	
	50m:	39.45 39.45	150m:	2:07.16	44.09	250m:	3:34.97	43.46	350m:	5:01.32 42.40
	100m:	1:23.07 43.62	200m:	2:51.51	44.35	300m:	4:18.92	43.95	400m:	5:37.30 35.98
3.	CHWIAŁKOWSKI, Łukasz		85	UTW"Masters" Zgierz				6:19.70	194	
	50m:	37.79 37.79	150m:	2:13.29	50.03	250m:	3:53.60	49.46	350m:	5:34.41 50.85
	100m:	1:23.26 45.47	200m:	3:04.14	50.85	300m:	4:43.56	49.96	400m:	6:19.70 45.29
4.	SWIANIEWICZ, Antoni		85	Drużyna Tvń				6:37.66	169	
	50m:	41.52 41.52	150m:	2:18.61	50.19	250m:	4:02.53	52.42	350m:	5:47.72 53.19
	100m:	1:28.42 46.90	200m:	3:10.11	51.50	300m:	4:54.53	52.00	400m:	6:37.66 49.94
5.	GOGOL, Krzysztof		86	Warsaw Masters Team				7:10.15	133	
	50m:	46.57 46.57	150m:	2:37.60	56.79	250m:	4:32.90	56.95	350m:	6:23.01 54.90
	100m:	1:40.81 54.24	200m:	3:35.95	58.35	300m:	5:28.11	55.21	400m:	7:10.15 47.14
6.	JANKOWSKI, Damian		86	Triclub				7:39.30	110	
	50m:	47.24 47.24	150m:	2:42.46	59.94	250m:	4:43.20	59.62	350m:	6:44.37 1:00.17
	100m:	1:42.52 55.28	200m:	3:43.58	1:01.12	300m:	5:44.20	1:01.00	400m:	7:39.30 54.93
35 - 39 lat										
1.	KACHANOUSKI, Sjarhei		83	Akvastars				5:01.72	388	
	50m:	33.35 33.35	150m:	1:49.84	38.56	250m:	3:08.74	39.79	350m:	4:26.62 38.10
	100m:	1:11.28 37.93	200m:	2:28.95	39.11	300m:	3:48.52	39.78	400m:	5:01.72 35.10
2.	BOGUSIAK, Łukasz		82	Niezrzeszony				7:19.94	125	
	50m:	44.19 44.19	150m:	4:26.85	2:50.66	250m:			350m:	
	100m:	1:36.19 52.00	200m:	7:19.94	2:53.09	300m:	7:37.09		400m:	7:19.94
3.	CHROBOT, Radosław		80	Drużyna Tvń				7:48.31	103	
	50m:	46.65 46.65	150m:	2:42.78	1:00.50	250m:	4:47.04	1:02.56	350m:	6:53.44 1:03.79
	100m:	1:42.28 55.63	200m:	3:44.48	1:01.70	300m:	5:49.65	1:02.61	400m:	7:48.31 54.87

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Konkurencja 29, M czyzn, 400m dowolny

40 - 44 lat

1.	KOWALCZYK, Piotr	74	MKP Szczecin	5:02.58	384
	50m: 33.54 33.54	150m: 1:49.29	38.46	250m: 3:08.54	40.00
	100m: 1:10.83 37.29	200m: 2:28.54	39.25	300m: 3:47.87	39.33
				350m: 4:26.29	38.42
				400m: 5:02.58	36.29
2.	WIKŁA, Grzegorz	74	TKKF Koszalin Masters	5:24.96	310
	50m: 36.35 36.35	150m: 1:58.73	41.99	250m: 3:23.24	42.05
	100m: 1:16.74 40.39	200m: 2:41.19	42.46	300m: 4:04.81	41.57
				350m: 4:46.54	41.73
				400m: 5:24.96	38.42
3.	GIZICKI, Marek	77	Niezrzeszony	5:53.94	240
	50m: 38.97 38.97	150m: 2:06.94	44.54	250m: 3:38.41	45.62
	100m: 1:22.40 43.43	200m: 2:52.79	45.85	300m: 4:23.93	45.52
				350m: 5:09.79	45.86
				400m: 5:53.94	44.15
4.	MALISZEWSKI, Wojciech	74	Niezrzeszony	6:14.14	203
	50m: 42.07 42.07	150m: 2:15.56	47.39	250m: 3:51.69	47.52
	100m: 1:28.17 46.10	200m: 3:04.17	48.61	300m: 4:40.30	48.61
				350m: 5:28.60	48.30
				400m: 6:14.14	45.54
5.	KULISZ, Adrian	77	5STYL Warszawa	6:18.81	196
	50m: 39.75 39.75	150m: 2:10.65	46.28	250m: 3:47.12	49.57
	100m: 1:24.37 44.62	200m: 2:57.55	46.90	300m: 6:18.81	2:31.69
				350m:	
				400m: 6:18.81	
6.	NIEDZIELSKI, Łukasz	75	5STYL Warszawa	7:11.59	132
	50m: 43.67 43.67	150m: 2:31.50	55.41	250m: 4:26.78	58.00
	100m: 1:36.09 52.42	200m: 3:28.78	57.28	300m: 5:23.38	56.60
				350m: 6:20.01	56.63
				400m: 7:11.59	51.58

45 - 49 lat

1.	RYBARCZYK, Michał	70	Ursynów Masters	5:46.58	256
	50m: 35.09 35.09	150m: 1:58.96	43.32	250m: 3:29.38	45.87
	100m: 1:15.64 40.55	200m: 2:43.51	44.55	300m: 4:15.83	46.45
				350m: 5:02.11	46.28
				400m: 5:46.58	44.47
2.	PIŁATOWICZ, Maciej	71	IKS Konstancin	5:48.38	252
	50m: 40.11 40.11	150m: 2:09.19	45.15	250m: 3:38.15	44.13
	100m: 1:24.04 43.93	200m: 2:54.02	44.83	300m: 4:22.13	43.98
				350m: 5:05.72	43.59
				400m: 5:48.38	42.66
3.	MOLENDĄ, Mirosław	71	MASTERS Lublin	6:31.77	177
	50m: 40.15 40.15	150m: 2:14.31	49.13	250m: 3:56.60	51.45
	100m: 1:25.18 45.03	200m: 3:05.15	50.84	300m: 4:50.14	53.54
				350m: 5:43.11	52.97
				400m: 6:31.77	48.66
4.	KOWALCZYK, Tomasz	72	Triclub	7:10.65	133
	50m: 43.37 43.37	150m: 2:28.57	54.94	250m: 4:22.45	57.57
	100m: 1:33.63 50.26	200m: 3:24.88	56.31	300m: 5:19.36	56.91
				350m: 6:16.93	57.57
				400m: 7:10.65	53.72
5.	MISIEJUK, Ernest	73	Go-Swim Masters Team	7:28.09	118
	50m: 42.48 42.48	150m: 2:28.86	55.74	250m: 4:29.29	1:00.71
	100m: 1:33.12 50.64	200m: 3:28.58	59.72	300m: 5:29.52	1:00.23
				350m: 6:30.02	1:00.50
				400m: 7:28.09	58.07

50 - 54 lat

1.	KO MIDER, Jan	66	Niezrzeszony	5:26.36	306
	50m: 36.74 36.74	150m: 1:58.63	41.70	250m: 3:22.69	42.44
	100m: 1:16.93 40.19	200m: 2:40.25	41.62	300m: 4:05.01	42.32
				350m: 4:46.53	41.52
				400m: 5:26.36	39.83
2.	DUDZI SKI, Piotr	68	Niezrzeszony	5:29.73	297
	50m: 36.01 36.01	150m: 1:58.97	42.36	250m: 3:23.58	42.27
	100m: 1:16.61 40.60	200m: 2:41.31	42.34	300m: 4:06.52	42.94
				350m: 4:49.07	42.55
				400m: 5:29.73	40.66
3.	NOWAKOWSKI, Jacek	66	Warsaw Masters Team	5:38.38	275
	50m: 35.55 35.55	150m: 1:59.65	42.86	250m: 3:26.93	43.96
	100m: 1:16.79 41.24	200m: 2:42.97	43.32	300m: 4:11.12	44.19
				350m: 4:56.09	44.97
				400m: 5:38.38	42.29
4.	KOEHNICKE, Oliver	68	Niezrzeszony	6:04.02	220
	50m: 40.48 40.48	150m: 2:11.96	47.17	250m: 3:46.67	47.70
	100m: 1:24.79 44.31	200m: 2:58.97	47.01	300m: 4:34.10	47.43
				350m: 5:20.48	46.38
				400m: 6:04.02	43.54
5.	BADOWSKI, Piotr	68	Niezrzeszony	6:04.06	220
	50m: 40.84 40.84	150m: 2:09.43	44.65	250m: 3:42.46	46.99
	100m: 1:24.78 43.94	200m: 2:55.47	46.04	300m: 4:30.23	47.77
				350m: 5:18.30	48.07
				400m: 6:04.06	45.76

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Warszawa, 1. - 2.12.2018

Konkurencja 29, M czynn, 400m dowolny, 50 - 54 lat

Pozycja		Rok ur.						Czas	Pkt.
6.	PALUSZAK, Zbigniew	67	Warsaw Masters Team					7:35.80	112
	50m: 49.84 49.84	150m: 2:45.12	58.65	250m: 4:42.95	59.50	350m: 6:39.64	58.31		
	100m: 1:46.47 56.63	200m: 3:43.45	58.33	300m: 5:41.33	58.38	400m: 7:35.80	56.16		
NIE UK.	KOWALCZYK, Wojciech	68	Go-Swim Masters Team						
	50m: 40.38 40.38	150m: 2:17.32	51.06	250m: 4:12.91	1:00.48	350m:			
	100m: 1:26.26 45.88	200m: 3:12.43	55.11	300m:		400m:			

55 - 59 lat

1.	BAK, Zdzislaw	61	Masterskrasnik					6:31.13	178
	50m: 40.50 40.50	150m: 2:15.47	49.59	250m: 3:57.99	51.99	350m: 5:43.43	52.23		
	100m: 1:25.88 45.38	200m: 3:06.00	50.53	300m: 4:51.20	53.21	400m: 6:31.13	47.70		
2.	SUTOWSKI, Robert	59	Warsaw Masters Team					6:37.85	169
	50m: 44.20 44.20	150m: 2:26.56	52.84	250m: 4:09.01	51.62	350m: 5:50.51	50.58		
	100m: 1:33.72 49.52	200m: 3:17.39	50.83	300m: 4:59.93	50.92	400m: 6:37.85	47.34		
3.	R PAŁA, Leszek	62	Warsaw Masters Team					7:02.58	141
	50m: 44.16 44.16	150m: 2:28.25	1:44.03	250m: 4:19.46	2:45.65	350m: 6:12.02	2:48.79		
	100m: 44.22 0.06	200m: 1:33.81		300m: 3:23.23		400m: 7:02.58	50.56		

60 - 64 lat

1.	CIEKLI SKI, Wieslaw	57	Niezrzeszony					6:17.50	198
	50m: 42.17 42.17	150m: 2:17.41	48.35	250m: 3:55.62	49.82	350m: 5:33.04	47.83		
	100m: 1:29.06 46.89	200m: 3:05.80	48.39	300m: 4:45.21	49.59	400m: 6:17.50	44.46		
2.	LASOWY, Marian	55	Niezrzeszony					7:15.52	129
	50m: 46.94 46.94	150m: 2:39.73	57.86	250m: 4:32.56	56.32	350m: 6:25.18	55.82		
	100m: 1:41.87 54.93	200m: 3:36.24	56.51	300m: 5:29.36	56.80	400m: 7:15.52	50.34		

70 - 74 lat

1.	FILIPIAK, Fabian	48	Niezrzeszony					9:48.81	52
	50m: 1:04.93 1:04.93	150m: 3:33.50	1:15.42	250m: 6:04.74	1:16.19	350m: 8:38.47	1:16.62		
	100m: 2:18.08 1:13.15	200m: 4:48.55	1:15.05	300m: 7:21.85	1:17.11	400m: 9:48.81	1:10.34		

75 - 79 lat

1.	DZIEKO SKI, Edward	43	Niezrzeszony					8:06.95	92
	50m: 54.17 54.17	150m: 2:57.46	1:02.25	250m: 5:04.09	1:04.11	350m: 7:09.71	1:02.22		
	100m: 1:55.21 1:01.04	200m: 3:59.98	1:02.52	300m: 6:07.49	1:03.40	400m: 8:06.95	57.24		