

Otwarte Mistrzostwa Polski Słub Mundurowych w Pływaniu
Szczytno, 30.11.2019

Konkurencja 20
30.11.2019 - 11:33

Mężczyźni, 400m dowolny

Open
Wyniki

Punkty: FINA 2019

| Pozycja | | | Wiek | | | | | Czas | Pkt. | | |
|-------------------------|--------------------|---------------|-------|-----------------|-------|-------|---------|----------------|-------|---------|-------|
| 39 lat i młodszy | | | | | | | | | | | |
| 1. | Łowicki Marcin | | 24 | CBA | | | | 4:26.19 | 506 | | |
| | 50m: | | 150m: | 1:37.13 | 33.77 | 250m: | 2:44.02 | 32.95 | 350m: | 3:52.14 | 34.80 |
| | 100m: | 1:03.36 | 200m: | 2:11.07 | 33.94 | 300m: | 3:17.34 | 33.32 | 400m: | 4:26.19 | 34.05 |
| 2. | Drozd Mateusz | | 25 | AWL Wrocław | | | | 4:26.45 | 505 | | |
| | 50m: | 30.09 30.09 | 150m: | 1:37.31 | 33.97 | 250m: | 2:45.56 | 34.02 | 350m: | 3:54.45 | 34.32 |
| | 100m: | 1:03.34 33.25 | 200m: | 2:11.54 | 34.23 | 300m: | 3:20.13 | 34.57 | 400m: | 4:26.45 | 32.00 |
| 3. | Motyczyński Jakub | | 23 | SG SP Warszawa | | | | 4:30.18 | 484 | | |
| | 50m: | 30.13 30.13 | 150m: | 1:37.46 | 34.07 | 250m: | 2:46.26 | 34.39 | 350m: | 3:55.29 | 34.62 |
| | 100m: | 1:03.39 33.26 | 200m: | 2:11.87 | 34.41 | 300m: | 3:20.67 | 34.41 | 400m: | 4:30.18 | 34.89 |
| 4. | Grembski Maciej | | 27 | KW PSP Wrocław | | | | 4:31.67 | 476 | | |
| | 50m: | 31.03 31.03 | 150m: | 1:38.93 | 34.29 | 250m: | 2:47.69 | 34.24 | 350m: | 3:57.66 | 35.23 |
| | 100m: | 1:04.64 33.61 | 200m: | 2:13.45 | 34.52 | 300m: | 3:22.43 | 34.74 | 400m: | 4:31.67 | 34.01 |
| 5. | Iwaniuk Damian | | 32 | KGP | | | | 4:32.97 | 470 | | |
| | 50m: | 31.09 31.09 | 150m: | 1:39.49 | 34.31 | 250m: | 2:49.61 | 35.33 | 350m: | 4:00.01 | 35.08 |
| | 100m: | 1:05.18 34.09 | 200m: | 2:14.28 | 34.79 | 300m: | 3:24.93 | 35.32 | 400m: | 4:32.97 | 32.96 |
| 6. | Perka Michał | | 22 | AWL Wrocław | | | | 4:45.77 | 409 | | |
| | 50m: | 33.24 33.24 | 150m: | 1:46.07 | 36.64 | 250m: | 2:58.18 | 35.91 | 350m: | 4:10.85 | 36.35 |
| | 100m: | 1:09.43 36.19 | 200m: | 2:22.27 | 36.20 | 300m: | 3:34.50 | 36.32 | 400m: | 4:45.77 | 34.92 |
| 7. | Kucierski Michał | | 38 | KW PSP Poznań | | | | 4:56.34 | 367 | | |
| | 50m: | 32.15 32.15 | 150m: | 1:46.80 | 37.87 | 250m: | 3:02.88 | 38.08 | 350m: | 4:19.21 | 37.97 |
| | 100m: | 1:08.93 36.78 | 200m: | 2:24.80 | 38.00 | 300m: | 3:41.24 | 38.36 | 400m: | 4:56.34 | 37.13 |
| 8. | Rudziński Kuba | | 20 | SA PSP Poznań | | | | 5:02.48 | 345 | | |
| | 50m: | 34.79 34.79 | 150m: | 1:50.00 | 37.83 | 250m: | 3:06.97 | 38.77 | 350m: | 4:24.44 | 38.87 |
| | 100m: | 1:12.17 37.38 | 200m: | 2:28.20 | 38.20 | 300m: | 3:45.57 | 38.60 | 400m: | 5:02.48 | 38.04 |
| 9. | Graczyk Kacper | | 22 | KWP Wrocław | | | | 5:07.81 | 327 | | |
| | 50m: | 32.72 32.72 | 150m: | 1:48.67 | 38.51 | 250m: | 3:08.43 | 40.16 | 350m: | 4:29.21 | 40.23 |
| | 100m: | 1:10.16 37.44 | 200m: | 2:28.27 | 39.60 | 300m: | 3:48.98 | 40.55 | 400m: | 5:07.81 | 38.60 |
| 10. | Stępień Jakub | | 36 | KW PSP Olsztyn | | | | 5:16.45 | 301 | | |
| | 50m: | 33.91 33.91 | 150m: | 1:49.61 | 39.14 | 250m: | 3:12.73 | 42.31 | 350m: | 4:37.00 | 41.71 |
| | 100m: | 1:10.47 36.56 | 200m: | 2:30.42 | 40.81 | 300m: | 3:55.29 | 42.56 | 400m: | 5:16.45 | 39.45 |
| 11. | Rybicki Artur | | 21 | SG SP Warszawa | | | | 5:25.08 | 278 | | |
| | 50m: | 36.33 36.33 | 150m: | 1:57.74 | 41.30 | 250m: | 3:22.23 | 42.28 | 350m: | 4:46.45 | 42.37 |
| | 100m: | 1:16.44 40.11 | 200m: | 2:39.95 | 42.21 | 300m: | 4:04.08 | 41.85 | 400m: | 5:25.08 | 38.63 |
| 12. | Wolak Radosław | | 24 | KW PSP Wrocław | | | | 5:35.24 | 253 | | |
| | 50m: | 33.11 33.11 | 150m: | 1:50.68 | 40.74 | 250m: | 3:17.94 | 44.37 | 350m: | 4:49.69 | 45.99 |
| | 100m: | 1:09.94 36.83 | 200m: | 2:33.57 | 42.89 | 300m: | 4:03.70 | 45.76 | 400m: | 5:35.24 | 45.55 |
| 13. | Goj Rafał | | 38 | KW PSP Katowice | | | | 6:21.19 | 172 | | |
| | 50m: | 35.11 35.11 | 150m: | 2:01.31 | 44.13 | 250m: | 3:44.06 | 52.12 | 350m: | 5:30.06 | 53.05 |
| | 100m: | 1:17.18 42.07 | 200m: | 2:51.94 | 50.63 | 300m: | 4:37.01 | 52.95 | 400m: | 6:21.19 | 51.13 |
| 40 - 49 lat | | | | | | | | | | | |
| 1. | Łótkowski Daniel | | 44 | KG SG | | | | 5:03.15 | 343 | | |
| | 50m: | 33.67 33.67 | 150m: | 1:48.42 | 37.98 | 250m: | 3:05.76 | 39.18 | 350m: | 4:24.43 | 39.27 |
| | 100m: | 1:10.44 36.77 | 200m: | 2:26.58 | 38.16 | 300m: | 3:45.16 | 39.40 | 400m: | 5:03.15 | 38.72 |
| 2. | Wesołowski Dariusz | | 48 | KWP Kraków | | | | 5:54.29 | 215 | | |
| | 50m: | 38.37 38.37 | 150m: | 2:05.87 | 44.40 | 250m: | 3:39.49 | 47.03 | 350m: | 5:10.50 | 44.45 |
| | 100m: | 1:21.47 43.10 | 200m: | 2:52.46 | 46.59 | 300m: | 4:26.05 | 46.56 | 400m: | 5:54.29 | 43.79 |
| 3. | Alzak Grzegorz | | 46 | KWP Radom | | | | 6:13.37 | 183 | | |
| | 50m: | 38.04 38.04 | 150m: | 2:06.68 | 46.05 | 250m: | 3:45.63 | 49.84 | 350m: | 5:25.63 | 49.06 |
| | 100m: | 1:20.63 42.59 | 200m: | 2:55.79 | 49.11 | 300m: | 4:36.57 | 50.94 | 400m: | 6:13.37 | 47.74 |

Otwarte Mistrzostwa Polski Słub Mundurowych w Pływaniu
Szczytno, 30.11.2019

Konkurencja 20, M czynn, 400m dowolny, 40 - 49 lat

| Pozycja | | | Wiek | | | | Czas | | Pkt. |
|---------|-------------------|---------------|--------------------|-----------------|-------|---------------|----------------|---------------|------|
| 4. | Kawczy ski Tomasz | | 40 KW PSP Lublin | | | | 6:48.27 | | 140 |
| | 50m: | 42.09 42.09 | 150m: | 2:20.07 50.40 | 250m: | 4:07.08 53.89 | 350m: | 5:56.05 54.63 | |
| | 100m: | 1:29.67 47.58 | 200m: | 3:13.19 53.12 | 300m: | 5:01.42 54.34 | 400m: | 6:48.27 52.22 | |
| 5. | Wysypoł Sławomir | | 40 KW PSP Katowice | | | | 8:05.00 | | 83 |
| | 50m: | 41.72 41.72 | 150m: | 3:18.80 1:50.20 | 250m: | 5:16.46 59.63 | 350m: | 7:08.40 52.07 | |
| | 100m: | 1:28.60 46.88 | 200m: | 4:16.83 58.03 | 300m: | 6:16.33 59.87 | 400m: | 8:05.00 56.60 | |

50 - 59 lat

| | | | | | | | | | |
|----|------------------|---------------|-------------------|---------------|-------|---------------|----------------|---------------|-----|
| 1. | Majewski Andrzej | | 52 KW PSP Wrocław | | | | 6:13.56 | | 183 |
| | 50m: | 39.15 39.15 | 150m: | 2:13.40 48.75 | 250m: | 3:51.51 48.85 | 350m: | 5:28.25 48.53 | |
| | 100m: | 1:24.65 45.50 | 200m: | 3:02.66 49.26 | 300m: | 4:39.72 48.21 | 400m: | 6:13.56 45.31 | |
| 2. | Prentki Jarosław | | 51 KWP Pozna | | | | 6:46.15 | | 142 |
| | 50m: | | 150m: | | 250m: | 3:57.64 | 350m: | | |
| | 100m: | | 200m: | | 300m: | | 400m: | 6:46.15 | |

60 lat i starsi

| | | | | | | | | | |
|----|-----------------------|-----------------|---------------------|-----------------|-------|-----------------|----------------|-----------------|----|
| 1. | Choroszewski Zdzisław | | 72 WSPol Szczytno | | | | 8:14.72 | | 78 |
| | 50m: | 54.93 54.93 | 150m: | 3:00.25 1:03.13 | 250m: | 5:06.53 1:03.10 | 350m: | 7:12.82 1:03.46 | |
| | 100m: | 1:57.12 1:02.19 | 200m: | 4:03.43 1:03.18 | 300m: | 6:09.36 1:02.83 | 400m: | 8:14.72 1:01.90 | |
| 2. | Polak Krzysztof | | 61 KPP Stalowa Wola | | | | 8:25.50 | | 74 |
| | 50m: | 58.98 58.98 | 150m: | 3:10.23 1:07.19 | 250m: | 5:22.06 1:05.21 | 350m: | 7:26.39 1:01.19 | |
| | 100m: | 2:03.04 1:04.06 | 200m: | 4:16.85 1:06.62 | 300m: | 6:25.20 1:03.14 | 400m: | 8:25.50 59.11 | |
| 3. | Gogojewicz Stanisław | | 60 KWP Pozna | | | | 9:25.89 | | 52 |
| | 50m: | 1:00.37 1:00.37 | 150m: | 3:24.51 1:11.35 | 250m: | 5:50.16 1:12.72 | 350m: | 8:16.14 1:12.46 | |
| | 100m: | 2:13.16 1:12.79 | 200m: | 4:37.44 1:12.93 | 300m: | 7:03.68 1:13.52 | 400m: | 9:25.89 1:09.75 | |