

XXIV Mistrzostwa Warszawy w pływaniu Masters  
Warszawa, 30.11. - 1.12.2019

Konkurencja 29  
01.12.2019 - 10:37

M czynn, 400m dowolny

20 - 94 lat  
Wyniki

Punkty: FINA 2019

| Pozycja            |   |               | Rok ur. |                         |       |       |         | Czas           | Pkt.  |                 |
|--------------------|---|---------------|---------|-------------------------|-------|-------|---------|----------------|-------|-----------------|
| <b>20 - 24 lat</b> |   |               |         |                         |       |       |         |                |       |                 |
| 1.                 | KACZMARCZYK, Adrian   |               | 97      | Fala Niepor t           |       |       |         | <b>5:20.23</b> | 324   |                 |
|                    | 50m:  | 31.59 31.59   | 150m:   | 1:49.07                 | 40.42 | 250m: | 3:13.07 | 42.07          | 350m: | 4:38.73 42.69   |
|                    | 100m:   | 1:08.65 37.06 | 200m:   | 2:31.00                 | 41.93 | 300m: | 3:56.04 | 42.97          | 400m: | 5:20.23 41.50   |
| <b>25 - 29 lat</b> |   |               |         |                         |       |       |         |                |       |                 |
| 1.                 | BABUSHKIN, Sergei   |               | 90      | Alex Fitness Petersburg |       |       |         | <b>5:27.28</b> | 304   |                 |
|                    | 50m:  | 35.29 35.29   | 150m:   | 1:58.34                 | 42.65 | 250m: | 3:25.07 | 43.43          | 350m: | 4:49.88 41.28   |
|                    | 100m:   | 1:15.69 40.40 | 200m:   | 2:41.64                 | 43.30 | 300m: | 4:08.60 | 43.53          | 400m: | 5:27.28 37.40   |
| <b>30 - 34 lat</b> |   |               |         |                         |       |       |         |                |       |                 |
| 1.                 | FIADOTOU, Mikalai   |               | 87      | Aquastars               |       |       |         | <b>5:10.02</b> | 357   |                 |
|                    | 50m:  | 33.94 33.94   | 150m:   | 1:51.29                 | 39.31 | 250m: | 3:11.75 | 40.35          | 350m: | 4:32.20 39.94   |
|                    | 100m:   | 1:11.98 38.04 | 200m:   | 2:31.40                 | 40.11 | 300m: | 3:52.26 | 40.51          | 400m: | 5:10.02 37.82   |
| 2.                 | CHWIAŁKOWSKI, Łukasz  |               | 85      | UTW"Masters" Zgierz     |       |       |         | <b>5:52.11</b> | 244   |                 |
|                    | 50m:  | 36.55 36.55   | 150m:   | 2:02.68                 | 44.42 | 250m: | 3:33.61 | 45.74          | 350m: | 5:07.14 45.99   |
|                    | 100m:   | 1:18.26 41.71 | 200m:   | 2:47.87                 | 45.19 | 300m: | 4:21.15 | 47.54          | 400m: | 5:52.11 44.97   |
| 3.                 | JANISZEWSKI, Wojciech   |               | 88      | Zawodnik niezrzeszony   |       |       |         | <b>6:22.63</b> | 190   |                 |
|                    | 50m:  | 40.39 40.39   | 150m:   | 2:14.86                 | 48.87 | 250m: | 3:55.15 | 50.38          | 350m: | 5:35.28 49.96   |
|                    | 100m:   | 1:25.99 45.60 | 200m:   | 3:04.77                 | 49.91 | 300m: | 4:45.32 | 50.17          | 400m: | 6:22.63 47.35   |
| 4.                 | MOSCICKI, Rafał   |               | 89      | Warsaw Masters Team     |       |       |         | <b>7:02.58</b> | 141   |                 |
|                    | 50m:  | 43.70 43.70   | 150m:   | 2:29.04                 | 54.04 | 250m: | 4:21.68 | 56.75          | 350m: | 6:13.53 56.21   |
|                    | 100m:   | 1:35.00 51.30 | 200m:   | 3:24.93                 | 55.89 | 300m: | 5:17.32 | 55.64          | 400m: | 7:02.58 49.05   |
| 5.                 | GOGOL, Krzysztof  |               | 86      | Warsaw Masters Team     |       |       |         | <b>7:28.68</b> | 117   |                 |
|                    | 50m:  | 47.58 47.58   | 150m:   | 2:39.43                 | 56.70 | 250m: | 4:30.49 | 54.89          | 350m: | 6:31.62 1:02.17 |
|                    | 100m:   | 1:42.73 55.15 | 200m:   | 3:35.60                 | 56.17 | 300m: | 5:29.45 | 58.96          | 400m: | 7:28.68 57.06   |
| DYSKW.             | PFITZNER, Jan   |               | 86      | Warsaw Masters Team     |       |       |         | <b>4:53.79</b> |       |                 |
|                    | <i>O1 - Pływak wystartował po komendzie na miejsca i zaj ciału pozycji nieruchomej, a przed sygnałem startu</i> |               |         |                         |       |       |         |                |       |                 |
|                    | 50m:  | 33.16 33.16   | 150m:   | 1:49.33                 | 38.29 | 250m: | 3:02.15 | 35.05          | 350m: | 4:17.48 38.56   |
|                    | 100m:   | 1:11.04 37.88 | 200m:   | 2:27.10                 | 37.77 | 300m: | 3:38.92 | 36.77          | 400m: | 4:53.79 36.31   |
| <b>35 - 39 lat</b> |   |               |         |                         |       |       |         |                |       |                 |
| 1.                 | KACHANOUSKI, Siarhei  |               | 83      | Aquastars               |       |       |         | <b>6:23.28</b> | 189   |                 |
|                    | 50m:  | 40.41 40.41   | 150m:   | 2:14.90                 | 49.73 | 250m: | 3:54.55 | 49.99          | 350m: | 5:35.31 50.41   |
|                    | 100m:   | 1:25.17 44.76 | 200m:   | 3:04.56                 | 49.66 | 300m: | 4:44.90 | 50.35          | 400m: | 6:23.28 47.97   |
| 2.                 | SENGER, Robert  |               | 82      | Zawodnik niezrzeszony   |       |       |         | <b>7:33.58</b> | 114   |                 |
|                    | 50m:  | 45.64 45.64   | 150m:   | 2:32.72                 | 55.61 | 250m: | 4:34.42 | 1:01.75        | 350m: | 6:38.00 1:01.60 |
|                    | 100m:   | 1:37.11 51.47 | 200m:   | 3:32.67                 | 59.95 | 300m: | 5:36.40 | 1:01.98        | 400m: | 7:33.58 55.58   |
| <b>40 - 44 lat</b> |   |               |         |                         |       |       |         |                |       |                 |
| 1.                 | KACZMAREK, Stanisław  |               | 79      | LC Gorzów Wlkp.         |       |       |         | <b>4:44.47</b> | 462   |                 |
|                    | 50m:  | 32.81 32.81   | 150m:   | 1:45.17                 | 36.44 | 250m: | 2:58.26 | 36.74          | 350m: | 4:10.43 35.92   |
|                    | 100m:   | 1:08.73 35.92 | 200m:   | 2:21.52                 | 36.35 | 300m: | 3:34.51 | 36.25          | 400m: | 4:44.47 34.04   |
| 2.                 | GIEJSZTOWT, Marcin  |               | 78      | Warsaw Masters Team     |       |       |         | <b>5:02.08</b> | 386   |                 |
|                    | 50m:  | 33.06 33.06   | 150m:   | 1:48.78                 | 38.47 | 250m: | 3:08.08 | 39.65          | 350m: | 4:25.60 38.90   |
|                    | 100m:   | 1:10.31 37.25 | 200m:   | 2:28.43                 | 39.65 | 300m: | 3:46.70 | 38.62          | 400m: | 5:02.08 36.48   |
| 3.                 | HORBUS, Aliaksandr  |               | 76      | Aquastars               |       |       |         | <b>5:28.64</b> | 300   |                 |
|                    | 50m:  | 35.11 35.11   | 150m:   | 1:57.13                 | 41.89 | 250m: | 3:21.94 | 42.54          | 350m: | 4:47.54 42.55   |
|                    | 100m:   | 1:15.24 40.13 | 200m:   | 2:39.40                 | 42.27 | 300m: | 4:04.99 | 43.05          | 400m: | 5:28.64 41.10   |

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Konkurencja 29, M czynn, 400m dowolny, 40 - 44 lat

| Pozycja |                    |               | Rok ur. |                       |       |       |         | Czas           | Pkt.  |         |       |
|---------|--------------------|---------------|---------|-----------------------|-------|-------|---------|----------------|-------|---------|-------|
| 4.      | OSTROWSKI, Bartosz |               | 77      | Warsaw Masters Team   |       |       |         | <b>5:28.72</b> | 300   |         |       |
|         | 50m:               | 35.86 35.86   | 150m:   | 1:58.07               | 42.18 | 250m: | 3:23.27 | 42.57          | 350m: | 4:49.23 | 43.23 |
|         | 100m:              | 1:15.89 40.03 | 200m:   | 2:40.70               | 42.63 | 300m: | 4:06.00 | 42.73          | 400m: | 5:28.72 | 39.49 |
| 5.      | KULISZ, Adrian     |               | 77      | 5styl Warszawa        |       |       |         | <b>5:33.17</b> | 288   |         |       |
|         | 50m:               | 37.50 37.50   | 150m:   | 2:01.13               | 41.90 | 250m: | 3:26.68 | 42.93          | 350m: | 4:51.99 | 42.98 |
|         | 100m:              | 1:19.23 41.73 | 200m:   | 2:43.75               | 42.62 | 300m: | 4:09.01 | 42.33          | 400m: | 5:33.17 | 41.18 |
| 6.      | GIZICKI, Marek     |               | 77      | Zawodnik niezrzeszony |       |       |         | <b>5:56.98</b> | 234   |         |       |
|         | 50m:               | 37.71 37.71   | 150m:   | 2:06.69               | 45.66 | 250m: | 3:40.65 | 47.52          | 350m: | 5:13.85 | 46.12 |
|         | 100m:              | 1:21.03 43.32 | 200m:   | 2:53.13               | 46.44 | 300m: | 4:27.73 | 47.08          | 400m: | 5:56.98 | 43.13 |

45 - 49 lat

|    |                                |               |       |                           |       |       |         |                |       |         |       |
|----|--------------------------------|---------------|-------|---------------------------|-------|-------|---------|----------------|-------|---------|-------|
| 1. | KOWALCZYK, Piotr               |               | 74    | MKP Szczecin              |       |       |         | <b>5:03.94</b> | 379   |         |       |
|    | 50m:                           | 34.39 34.39   | 150m: | 1:50.53                   | 38.71 | 250m: | 3:09.25 | 39.50          | 350m: | 4:27.51 | 38.50 |
|    | 100m:                          | 1:11.82 37.43 | 200m: | 2:29.75                   | 39.22 | 300m: | 3:49.01 | 39.76          | 400m: | 5:03.94 | 36.43 |
| 2. | BAR, Wiesław                   |               | 70    | Zawodnik niezrzeszony     |       |       |         | <b>5:16.32</b> | 336   |         |       |
|    | 50m:                           | 32.89 32.89   | 150m: | 1:50.95                   | 39.86 | 250m: | 3:13.06 | 41.31          | 350m: | 4:35.96 | 40.93 |
|    | 100m:                          | 1:11.09 38.20 | 200m: | 2:31.75                   | 40.80 | 300m: | 3:55.03 | 41.97          | 400m: | 5:16.32 | 40.36 |
| 3. | PIŁATOWICZ, Maciej             |               | 71    | IKS Konstancin            |       |       |         | <b>5:46.28</b> | 256   |         |       |
|    | 50m:                           | 36.31 36.31   | 150m: | 2:01.42                   | 43.91 | 250m: | 3:30.75 | 44.92          | 350m: | 5:02.14 | 45.89 |
|    | 100m:                          | 1:17.51 41.20 | 200m: | 2:45.83                   | 44.41 | 300m: | 4:16.25 | 45.50          | 400m: | 5:46.28 | 44.14 |
| 4. | MATUSIAK VEL MATUSZEWSKI, Adan |               | 74    | AQUASFERA Masters Olsztyn |       |       |         | <b>5:46.77</b> | 255   |         |       |
|    | 50m:                           | 37.78 37.78   | 150m: | 2:03.71                   | 43.64 | 250m: | 3:32.83 | 44.69          | 350m: | 5:03.09 | 45.36 |
|    | 100m:                          | 1:20.07 42.29 | 200m: | 2:48.14                   | 44.43 | 300m: | 4:17.73 | 44.90          | 400m: | 5:46.77 | 43.68 |

50 - 54 lat

|    |                    |                 |       |                       |         |       |         |                |       |         |       |
|----|--------------------|-----------------|-------|-----------------------|---------|-------|---------|----------------|-------|---------|-------|
| 1. | KOEHNCKE, Olivier  |                 | 68    | Zawodnik niezrzeszony |         |       |         | <b>6:06.72</b> | 216   |         |       |
|    | 50m:               | 39.32 39.32     | 150m: | 2:10.49               | 47.23   | 250m: | 3:46.37 | 47.14          | 350m: | 5:22.29 | 47.67 |
|    | 100m:              | 1:23.26 43.94   | 200m: | 2:59.23               | 48.74   | 300m: | 4:34.62 | 48.25          | 400m: | 6:06.72 | 44.43 |
| 2. | BADOWSKI, Piotr    |                 | 68    | Zawodnik niezrzeszony |         |       |         | <b>6:19.10</b> | 195   |         |       |
|    | 50m:               | 39.40 39.40     | 150m: | 2:10.75               | 46.99   | 250m: | 3:48.68 | 49.53          | 350m: | 5:30.09 | 51.00 |
|    | 100m:              | 1:23.76 44.36   | 200m: | 2:59.15               | 48.40   | 300m: | 4:39.09 | 50.41          | 400m: | 6:19.10 | 49.01 |
| 3. | PALUSZAK, Zbigniew |                 | 67    | Warsaw Masters Team   |         |       |         | <b>7:33.65</b> | 114   |         |       |
|    | 50m:               | 47.23 47.23     | 150m: | 2:40.74               | 58.64   | 250m: | 4:39.26 | 59.10          | 350m: | 6:37.21 | 58.94 |
|    | 100m:              | 1:42.10 54.87   | 200m: | 3:40.16               | 59.42   | 300m: | 5:38.27 | 59.01          | 400m: | 7:33.65 | 56.44 |
| 4. | ADAMOWICZ, Paweł   |                 | 67    | Klub Sportowy MAKO    |         |       |         | <b>7:58.40</b> | 97    |         |       |
|    | 50m:               | 55.36 55.36     | 150m: | 3:02.10               | 1:02.85 | 250m: | 5:04.60 | 1:00.56        | 350m: | 7:03.72 |       |
|    | 100m:              | 1:59.25 1:03.89 | 200m: | 4:04.04               | 1:01.94 | 300m: |         |                | 400m: | 7:58.40 | 54.68 |

55 - 59 lat

|    |                |               |       |                     |       |       |         |                |       |         |       |
|----|----------------|---------------|-------|---------------------|-------|-------|---------|----------------|-------|---------|-------|
| 1. | RAPAŁA, Leszek |               | 62    | Warsaw Masters Team |       |       |         | <b>7:19.24</b> | 125   |         |       |
|    | 50m:           | 45.91 45.91   | 150m: | 2:32.40             | 56.27 | 250m: | 4:29.99 | 59.48          | 350m: | 6:27.42 | 58.20 |
|    | 100m:          | 1:36.13 50.22 | 200m: | 3:30.51             | 58.11 | 300m: | 5:29.22 | 59.23          | 400m: | 7:19.24 | 51.82 |

60 - 64 lat

|    |                     |               |       |                       |       |       |         |                |       |         |       |
|----|---------------------|---------------|-------|-----------------------|-------|-------|---------|----------------|-------|---------|-------|
| 1. | WO NIAK, Bogdan     |               | 59    | 5styl Warszawa        |       |       |         | <b>5:48.49</b> | 251   |         |       |
|    | 50m:                | 38.76 38.76   | 150m: | 2:05.43               | 44.38 | 250m: | 3:34.76 | 44.83          | 350m: | 5:04.39 | 45.19 |
|    | 100m:               | 1:21.05 42.29 | 200m: | 2:49.93               | 44.50 | 300m: | 4:19.20 | 44.44          | 400m: | 5:48.49 | 44.10 |
| 2. | CIEKLI SKI, Wiesław |               | 56    | Zawodnik niezrzeszony |       |       |         | <b>6:06.80</b> | 215   |         |       |
|    | 50m:                | 41.48 41.48   | 150m: | 2:14.36               | 47.66 | 250m: | 3:50.30 | 47.56          | 350m: | 5:25.31 | 47.01 |
|    | 100m:               | 1:26.70 45.22 | 200m: | 3:02.74               | 48.38 | 300m: | 4:38.30 | 48.00          | 400m: | 6:06.80 | 41.49 |
| 3. | KORPETTA, Wojciech  |               | 59    | KS_Niezrzeszeni_pl    |       |       |         | <b>6:30.31</b> | 179   |         |       |
|    | 50m:                | 43.11 43.11   | 150m: | 2:23.39               | 51.78 | 250m: | 4:06.69 | 51.73          | 350m: | 5:46.71 | 49.12 |
|    | 100m:               | 1:31.61 48.50 | 200m: | 3:14.96               | 51.57 | 300m: | 4:57.59 | 50.90          | 400m: | 6:30.31 | 43.60 |

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Konkurencja 29, M czynn, 400m dowolny, 60 - 64 lat

| Pozycja |                         |       | Rok ur.       |                     |               |       |               | Czas           | Pkt. |
|---------|-------------------------|-------|---------------|---------------------|---------------|-------|---------------|----------------|------|
| 4.      | PIETRASZEWSKI, Zbigniew |       | 55            | TS Olimpia Pozna    |               |       |               | <b>6:36.36</b> | 171  |
|         | 50m: 43.62              | 43.62 | 150m: 2:24.25 | 50.63               | 250m: 4:06.81 | 51.25 | 350m: 5:49.11 | 50.41          |      |
|         | 100m: 1:33.62           | 50.00 | 200m: 3:15.56 | 51.31               | 300m: 4:58.70 | 51.89 | 400m: 6:36.36 | 47.25          |      |
| 5.      | SUTOWSKI, Robert        |       | 59            | Warsaw Masters Team |               |       |               | <b>6:49.10</b> | 155  |
|         | 50m: 45.98              | 45.98 | 150m: 2:31.37 | 53.60               | 250m: 4:17.95 | 52.90 | 350m: 6:01.59 | 51.31          |      |
|         | 100m: 1:37.77           | 51.79 | 200m: 3:25.05 | 53.68               | 300m: 5:10.28 | 52.33 | 400m: 6:49.10 | 47.51          |      |

65 - 69 lat

|    |                     |         |               |                       |               |         |               |                |     |
|----|---------------------|---------|---------------|-----------------------|---------------|---------|---------------|----------------|-----|
| 1. | WARCHOŁ, Mirosław   |         | 53            | Warsaw Masters Team   |               |         |               | <b>5:35.53</b> | 282 |
|    | 50m: 35.59          | 35.59   | 150m: 1:57.19 | 41.41                 | 250m: 3:24.16 |         | 350m:         |                |     |
|    | 100m: 1:15.78       | 40.19   | 200m: 4:08.12 | 2:10.93               | 300m: 5:35.53 | 2:11.37 | 400m: 5:35.53 |                |     |
| 2. | BORYSKI, Jerzy      |         | 51            | TS Olimpia Pozna      |               |         |               | <b>7:06.46</b> | 137 |
|    | 50m: 49.76          | 49.76   | 150m: 2:39.00 | 55.22                 | 250m: 4:27.99 | 54.41   | 350m: 6:15.22 | 53.83          |     |
|    | 100m: 1:43.78       | 54.02   | 200m: 3:33.58 | 54.58                 | 300m: 5:21.39 | 53.40   | 400m: 7:06.46 | 51.24          |     |
| 3. | ZIELI SKI, Zbigniew |         | 54            | Zawodnik niezrzeszony |               |         |               | <b>8:01.55</b> | 95  |
|    | 50m: 44.75          | 44.75   | 150m: 2:42.21 | 1:02.24               | 250m: 4:48.56 | 1:02.90 | 350m: 6:57.60 | 1:05.04        |     |
|    | 100m: 1:39.97       | 55.22   | 200m: 3:45.66 | 1:03.45               | 300m: 5:52.56 | 1:04.00 | 400m: 8:01.55 | 1:03.95        |     |
| 4. | VORBRODT, Tadeusz   |         | 53            | Warsaw Masters Team   |               |         |               | <b>8:15.62</b> | 87  |
|    | 50m: 51.99          | 51.99   | 150m: 2:53.47 | 1:02.42               | 250m: 4:59.14 | 1:02.39 | 350m: 7:09.86 | 1:05.52        |     |
|    | 100m: 1:51.05       | 59.06   | 200m: 3:56.75 | 1:03.28               | 300m: 6:04.34 | 1:05.20 | 400m: 8:15.62 | 1:05.76        |     |
| 5. | DELIKAT, Jerzy      |         | 53            | Zawodnik niezrzeszony |               |         |               | <b>9:15.40</b> | 62  |
|    | 50m: 1:03.04        | 1:03.04 | 150m: 3:22.08 | 1:08.30               | 250m: 5:44.65 | 1:11.68 | 350m: 8:06.74 | 1:10.20        |     |
|    | 100m: 2:13.78       | 1:10.74 | 200m: 4:32.97 | 1:10.89               | 300m: 6:56.54 | 1:11.89 | 400m: 9:15.40 | 1:08.66        |     |

75 - 79 lat

|    |               |         |               |                       |               |         |                |                 |    |
|----|---------------|---------|---------------|-----------------------|---------------|---------|----------------|-----------------|----|
| 1. | WIGANT, Piotr |         | 44            | Zawodnik niezrzeszony |               |         |                | <b>10:44.59</b> | 39 |
|    | 50m: 1:03.78  | 1:03.78 | 150m: 3:38.90 | 1:19.37               | 250m: 6:21.36 | 1:21.14 | 350m: 9:20.54  | 1:32.88         |    |
|    | 100m: 2:19.53 | 1:15.75 | 200m: 5:00.22 | 1:21.32               | 300m: 7:47.66 | 1:26.30 | 400m: 10:44.59 | 1:24.05         |    |