

XXV WARSZAW OPEN 2020
Warszawa, 5.12.2020

Konkurencja 13
05.12.2020 - 18:27

Mężczyźni, 400m dowolny

20 - 94 lat
Wyniki

Punkty: FINA 2020

Pozycja			Rok ur.					Czas	Pkt.	
20 - 24 lat										
1.	SZWEDZKI, Jakub		00	Niezrzeszony				4:23.57	582	
	50m:	29.77 29.77	150m:	1:34.99	33.00	250m:	2:42.86	34.26	350m:	3:51.50 34.26
	100m:	1:01.99 32.22	200m:	2:08.60	33.61	300m:	3:17.24	34.38	400m:	4:23.57 32.07
25 - 29 lat										
1.	SAIENKO, Roman		94	Warsaw Masters Team				4:55.76	411	
	50m:	31.34 31.34	150m:	1:43.67	37.35	250m:	3:01.23	39.06	350m:	4:18.59 38.24
	100m:	1:06.32 34.98	200m:	2:22.17	38.50	300m:	3:40.35	39.12	400m:	4:55.76 37.17
2.	GAJDA, Maciej		95	Trójka Cz stochowa				5:04.66	376	
	50m:	31.22 31.22	150m:	1:44.81	38.13	250m:	3:05.19	40.41	350m:	4:27.09 40.87
	100m:	1:06.68 35.46	200m:	2:24.78	39.97	300m:	3:46.22	41.03	400m:	5:04.66 37.57
3.	CHOWANIEC, Mateusz		95	Trójka Cz stochowa				5:09.47	359	
	50m:	33.99 33.99	150m:	1:50.86	39.56	250m:	3:12.42	41.14	350m:	4:34.51 39.94
	100m:	1:11.30 37.31	200m:	2:31.28	40.42	300m:	3:54.57	42.15	400m:	5:09.47 34.96
4.	GROCHOWSKI, Łukasz		91	Warsaw Masters Team				5:32.81	289	
	50m:	38.01 38.01	150m:	2:00.74	42.22	250m:	3:25.71	42.85	350m:	4:51.27 43.01
	100m:	1:18.52 40.51	200m:	2:42.86	42.12	300m:	4:08.26	42.55	400m:	5:32.81 41.54
5.	ZAŁUBSKI, Krzysztof		93	Warsaw Masters Team				6:17.98	197	
	50m:	39.65 39.65	150m:	2:14.03	47.37	250m:	3:50.33	47.86	350m:	5:30.99 50.02
	100m:	1:26.66 47.01	200m:	3:02.47	48.44	300m:	4:40.97	50.64	400m:	6:17.98 46.99
6.	ANDRZEJEWICZ, Łukasz		91	Niezrzeszony				7:00.82	143	
	50m:	42.34 42.34	150m:	2:18.70		250m:	3:58.94		350m:	5:36.87
	100m:	3:08.86 2:26.52	200m:	4:48.59	2:29.89	300m:	6:20.40	2:21.46	400m:	7:00.82 1:23.95
30 - 34 lat										
1.	FLUDER, Stanisław		86	Legia Warszawa				4:37.27	500	
	50m:	31.28 31.28	150m:	1:40.37	34.77	250m:	2:51.22	35.38	350m:	4:02.74 35.49
	100m:	1:05.60 34.32	200m:	2:15.84	35.47	300m:	3:27.25	36.03	400m:	4:37.27 34.53
2.	STRUMI SKI, Emil		88	UKS DRAGON B dzin				4:51.37	430	
	50m:	32.02 32.02	150m:	1:45.29	37.52	250m:	3:02.45	38.94	350m:	4:18.30 37.05
	100m:	1:07.77 35.75	200m:	2:23.51	38.22	300m:	3:41.25	38.80	400m:	4:51.37 33.07
3.	PFITZNER, Jan		86	Warsaw Masters Team				5:14.98	341	
	50m:	34.35 34.35	150m:	1:53.40	40.58	250m:	3:15.39	41.04	350m:	4:36.16 39.84
	100m:	1:12.82 38.47	200m:	2:34.35	40.95	300m:	3:56.32	40.93	400m:	5:14.98 38.82
4.	CHROSTOWSKI, Marcin		89	Warsaw Masters Team				6:59.31	144	
	50m:	44.83 44.83	150m:	2:29.43	54.28	250m:	4:19.21		350m:	6:09.57
	100m:	1:35.15 50.32	200m:			300m:			400m:	6:59.31 49.74
35 - 39 lat										
1.	BATOR, Krystian		81	MKS WODNIK Radom				5:49.89	248	
	50m:	37.13 37.13	150m:	2:06.26	45.56	250m:	3:38.92	46.56	350m:	5:09.97 45.16
	100m:	1:20.70 43.57	200m:	2:52.36	46.10	300m:	4:24.81	45.89	400m:	5:49.89 39.92
2.	WETOSZKA, Michał		82	Niezrzeszony				5:57.83	232	
	50m:	40.15 40.15	150m:	2:10.80	46.26	250m:	3:43.01	45.96	350m:	5:14.53 45.43
	100m:	1:24.54 44.39	200m:	2:57.05	46.25	300m:	4:29.10	46.09	400m:	5:57.83 43.30
3.	WARAKOMSKI, Zbigniew		81	Warsaw Masters Team				6:15.10	201	
	50m:	41.39 41.39	150m:	2:11.85	46.70	250m:	3:48.52	48.79	350m:	5:27.31 49.18
	100m:	1:25.15 43.76	200m:	2:59.73	47.88	300m:	4:38.13	49.61	400m:	6:15.10 47.79

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Konkurencja 13, M czynn, 400m dowolny, 35 - 39 lat

Pozycja			Rok ur.					Czas	Pkt.
4.	DYL GOWSKI, Krzysztof		84	Warsaw Masters Team				6:34.24	173
	50m:	43.86 43.86	150m:	2:18.62 49.47	250m:	4:04.36 52.22	350m:	5:46.69 50.73	
	100m:	1:29.15 45.29	200m:	3:12.14 53.52	300m:	4:55.96 51.60	400m:	6:34.24 47.55	
5.	ZAJ C, Ryszard		84	Jk Team				7:23.61	122
	50m:	45.50 45.50	150m:	2:34.47 55.39	250m:	4:30.03 58.84	350m:	6:28.32 58.16	
	100m:	1:39.08 53.58	200m:	3:31.19 56.72	300m:	5:30.16 1:00.13	400m:	7:23.61 55.29	

40 - 44 lat

1.	GOGACZ, Sebastian		76	UKS Trójka Puławy				5:10.16	357
	50m:	35.92 35.92	150m:	1:55.21 39.97	250m:	3:14.58 39.79	350m:	4:33.59 39.26	
	100m:	1:15.24 39.32	200m:	2:34.79 39.58	300m:	3:54.33 39.75	400m:	5:10.16 36.57	
2.	GIEJSZTOWT, Marcin		78	Warsaw Masters Team				5:10.34	356
	50m:	32.71 32.71	150m:	1:46.67 38.21	250m:	3:08.29 41.85	350m:	4:31.70 41.94	
	100m:	1:08.46 35.75	200m:	2:26.44 39.77	300m:	3:49.76 41.47	400m:	5:10.34 38.64	
3.	BIELSKI, Dymitr		77	Warsaw Masters Team				6:00.22	228
	50m:	39.44 39.44	150m:	2:09.25 45.98	250m:	3:40.99 45.52	350m:	5:13.52 47.01	
	100m:	1:23.27 43.83	200m:	2:55.47 46.22	300m:	4:26.51 45.52	400m:	6:00.22 46.70	
4.	PERL, Karol		76	Uczniowski Klub Sportowy PINGWINY				6:08.82	212
	50m:	35.65 35.65	150m:	2:03.92 46.56	250m:	3:42.32 49.66	350m:	5:23.45 51.23	
	100m:	1:17.36 41.71	200m:	2:52.66 48.74	300m:	4:32.22 49.90	400m:	6:08.82 45.37	
5.	SZKODZI SKI, Marek		76	Warsaw Masters Team				6:16.88	199
	50m:	40.09 40.09	150m:	2:17.39 49.65	250m:	3:56.93 49.55	350m:	5:37.60 51.02	
	100m:	1:27.74 47.65	200m:	3:07.38 49.99	300m:	4:46.58 49.65	400m:	6:16.88 39.28	
6.	ZAKRZEWSKI, Maciej		77	Warsaw Masters Team				6:26.15	185
	50m:	39.94 39.94	150m:	2:15.46 48.66	250m:	3:56.03 49.96	350m:	5:36.83 50.08	
	100m:	1:26.80 46.86	200m:	3:06.07 50.61	300m:	4:46.75 50.72	400m:	6:26.15 49.32	
7.	CELEJEWSKI, Marcin		76	Niezrzeszony				8:25.28	82
	50m:	49.42 49.42	150m:	2:52.63 1:03.44	250m:	5:04.21 1:06.19	350m:	7:18.61 1:06.42	
	100m:	1:49.19 59.77	200m:	3:58.02 1:05.39	300m:	6:12.19 1:07.98	400m:	8:25.28 1:06.67	

45 - 49 lat

1.	KUBICA, Ryszard		72	KS. Górnik Radlin				5:37.70	276
	50m:	36.15 36.15	150m:	2:01.20 43.39	250m:	3:29.94 44.29	350m:	4:58.21 43.94	
	100m:	1:17.81 41.66	200m:	2:45.65 44.45	300m:	4:14.27 44.33	400m:	5:37.70 39.49	
2.	WIKŁA, Grzegorz		74	TKKF Koszalin Masters				5:38.12	275
	50m:	38.28 38.28	150m:	2:05.60 44.27	250m:	3:34.63 44.34	350m:	5:00.09 42.70	
	100m:	1:21.33 43.05	200m:	2:50.29 44.69	300m:	4:17.39 42.76	400m:	5:38.12 38.03	
3.	BIANKOWSKI, Piotr		75	Niezrzeszony				5:50.11	248
	50m:	40.23 40.23	150m:	2:09.01 44.99	250m:	3:39.57 45.46	350m:	5:09.14 44.60	
	100m:	1:24.02 43.79	200m:	2:54.11 45.10	300m:	4:24.54 44.97	400m:	5:50.11 40.97	
4.	PAŁYSA, Marek		74	Warsaw Masters Team				6:00.20	228
	50m:	38.12 38.12	150m:	2:04.38 43.76	250m:	3:37.02 46.22	350m:	5:14.00 49.24	
	100m:	1:20.62 42.50	200m:	2:50.80 46.42	300m:	4:24.76 47.74	400m:	6:00.20 46.20	
5.	MALISZEWSKI, Wojciech		74	Niezrzeszony				6:21.80	191
	50m:	42.35 42.35	150m:	2:17.95 48.20	250m:	3:56.87 49.15	350m:	5:35.07 48.98	
	100m:	1:29.75 47.40	200m:	3:07.72 49.77	300m:	4:46.09 49.22	400m:	6:21.80 46.73	
6.	SIWIRSKI, Robert		75	Warsaw Masters Team				6:38.69	168
	50m:	43.54 43.54	150m:	2:23.23 51.29	250m:	4:06.70 52.35	350m:	5:49.85 52.20	
	100m:	1:31.94 48.40	200m:	3:14.35 51.12	300m:	4:57.65 50.95	400m:	6:38.69 48.84	
7.	MAZURKIEWICZ, Adam		74	Niezrzeszony				6:51.72	152
	50m:	43.05 43.05	150m:	2:22.14 50.65	250m:	4:08.72 53.29	350m:	5:58.17 54.99	
	100m:	1:31.49 48.44	200m:	3:15.43 53.29	300m:	5:03.18 54.46	400m:	6:51.72 53.55	

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Konkurencja 13, M czynn, 400m dowolny, 45 - 49 lat

Pozycja			Rok ur.					Czas	Pkt.
8.	MATUSZEWSKI, Mariusz		74	Warsaw Masters Team				6:55.59	148
	50m: 43.19 43.19	150m: 2:23.60	52.25	250m: 4:12.13	55.92	350m: 6:03.03	55.34		
	100m: 1:31.35 48.16	200m: 3:16.21	52.61	300m: 5:07.69	55.56	400m: 6:55.59	52.56		

50 - 54 lat

1.	STACHURSKI, Ireneusz		69	Niezzrzeszony				6:44.36	161
	50m: 41.43 41.43	150m: 2:21.57	52.48	250m: 4:09.70	54.53	350m: 5:55.73	53.08		
	100m: 1:29.09 47.66	200m: 3:15.17	53.60	300m: 5:02.65	52.95	400m: 6:44.36	48.63		
2.	PALUSZAK, Zbigniew		67	Warsaw Masters Team				7:26.15	120
	50m: 47.31 47.31	150m: 2:38.91	56.88	250m: 4:33.79	57.09	350m: 6:30.42	58.56		
	100m: 1:42.03 54.72	200m: 3:36.70	57.79	300m: 5:31.86	58.07	400m: 7:26.15	55.73		
3.	WOJCIECHOWSKI, Ryszard		68	Niezzrzeszony				9:06.78	65
	50m: 57.08 57.08	150m: 3:17.36	1:10.87	250m: 5:39.31	1:11.69	350m: 7:59.78	1:10.04		
	100m: 2:06.49 1:09.41	200m: 4:27.62	1:10.26	300m: 6:49.74	1:10.43	400m: 9:06.78	1:07.00		

55 - 59 lat

NIE UK. R	PAŁA, Leszek		62	Warsaw Masters Team					
	50m: 52.60 52.60	150m: 3:07.04	1:11.70	250m: 5:45.11	1:23.24	350m:			
	100m: 1:55.34 1:02.74	200m: 4:21.87	1:14.83	300m: 7:05.84	1:20.73	400m:			

60 - 64 lat

1.	CIEKLI SKI, Wiesław		57	Niezzrzeszony				6:06.07	217
	50m: 38.24 38.24	150m: 2:09.91	46.98	250m: 3:45.26	47.12	350m: 5:22.17	48.15		
	100m: 1:22.93 44.69	200m: 2:58.14	48.23	300m: 4:34.02	48.76	400m: 6:06.07	43.90		
2.	SUTOWSKI, Robert		59	Warsaw Masters Team				7:17.31	127
	50m: 47.48 47.48	150m: 2:34.85	55.23	250m: 4:28.69	57.36	350m: 6:23.88	57.83		
	100m: 1:39.62 52.14	200m: 3:31.33	56.48	300m: 5:26.05	57.36	400m: 7:17.31	53.43		

65 - 69 lat

1.	WARCHOŁ, Mirosław		53	Warsaw Masters Team				5:30.75	294
	50m: 36.25 36.25	150m: 1:58.13	41.23	250m: 3:23.77	43.26	350m: 4:49.64			
	100m: 1:16.90 40.65	200m: 2:40.51	42.38	300m:		400m: 5:30.75	41.11		
2.	DUBI SKI, Bogdan		53	Legia Warszawa				7:15.50	129
	50m: 42.61 42.61	150m: 2:24.88	53.73	250m: 4:17.77	56.86	350m: 6:17.42	1:00.31		
	100m: 1:31.15 48.54	200m: 3:20.91	56.03	300m: 5:17.11	59.34	400m: 7:15.50	58.08		

70 - 74 lat

1.	ŁUKASZEWICZ, Marek		49	Niezzrzeszony				6:56.40	147
	50m: 43.90 43.90	150m: 2:23.84	51.67	250m: 4:13.09	56.36	350m: 6:05.22	55.91		
	100m: 1:32.17 48.27	200m: 3:16.73	52.89	300m: 5:09.31	56.22	400m: 6:56.40	51.18		

80 - 84 lat

1.	SZUREK, Władysław		40	Niezzrzeszony				12:30.57	25
	50m: 1:17.91 1:17.91	150m: 4:23.29	1:34.13	250m: 7:37.93	1:38.03	350m: 10:55.03	1:39.73		
	100m: 2:49.16 1:31.25	200m: 5:59.90	1:36.61	300m: 9:15.30	1:37.37	400m: 12:30.57	1:35.54		