



27 WARSAW OPEN PUCHAR POLSKI W PŁYWANIU MASTERS
Warszawa, 3.12.2022

Konkurencja 21 M czyzn, 400m dowolny 20 - 94 lat
03.12.2022 - 18:27 Wyniki

| | | | | |
|--------------------------------|----------|------------------------|--------------|------------|
| Rekordy Polski Masters 90 - 94 | 11:34.19 | MRÓWCZY SKI Kazimierz | Londyn (GBR) | 27.05.2016 |
| Rekordy Polski Masters 85 - 89 | 8:01.90 | KROKOSZY SKI Stanisław | Szczecin | 27.06.2015 |
| Rekordy Polski Masters 80 - 84 | 6:58.79 | KROKOSZY SKI Stanisław | Gliwice | 09.05.2010 |
| Rekordy Polski Masters 75 - 79 | 6:31.82 | BASTEK Ewald | Olsztyn | 29.06.2014 |
| Rekordy Polski Masters 70 - 74 | 5:53.54 | BASTEK Ewald | Gdynia | 27.06.2009 |
| Rekordy Polski Masters 65 - 69 | 5:30.75 | WARCHOŁ Mirosław | Warszawa | 05.12.2020 |
| Rekordy Polski Masters 60 - 64 | 5:03.62 | GABIEC Mariusz | Pozna | 24.06.2018 |
| Rekordy Polski Masters 55 - 59 | 4:49.84 | MADEJ Leszek | Gliwice | 12.06.2016 |
| Rekordy Polski Masters 50 - 54 | 4:48.38 | MONCZAK Piotr | Gliwice | 02.06.2019 |
| Rekordy Polski Masters 45 - 49 | 4:37.07 | BERWECKI Arkadiusz | Pozna | 24.06.2018 |
| Rekordy Polski Masters 40 - 44 | 4:21.40 | STANEK Grzegorz | Cadiz (ESP) | 17.09.2009 |
| Rekordy Polski Masters 35 - 39 | 4:23.70 | KACZMAREK Stanisław | Londyn (GBR) | 27.05.2016 |
| Rekordy Polski Masters 30 - 34 | 4:26.67 | RURAK Paweł | Rome | 28.08.2022 |
| Rekordy Polski Masters 25 - 29 | 4:13.52 | PIÓRO Artur | Gliwice | 02.06.2019 |

Punkty: PP 2022

Pozycja Rok ur. Czas Pkt.

25 - 29 lat

| | | | | |
|-----------------------|---------------------|---------------------|---------------------|-----|
| 1. APTEWICZ Arkadiusz | 93 | Water Squad | 4:24.48 | 756 |
| 50m: 29.80 29.80 | 150m: 1:37.33 34.28 | 250m: 2:44.80 33.74 | 350m: 3:52.83 33.87 | |
| 100m: 1:03.05 33.25 | 200m: 2:11.06 33.73 | 300m: 3:18.96 34.16 | 400m: 4:24.48 31.65 | |
| 2. NIED WIADEK Jakub | 93 | 5styl Warszawa | 4:57.77 | 530 |
| 50m: 34.02 34.02 | 150m: 1:47.73 37.07 | 250m: 3:03.38 37.44 | 350m: 4:20.16 38.61 | |
| 100m: 1:10.66 36.64 | 200m: 2:25.94 38.21 | 300m: 3:41.55 38.17 | 400m: 4:57.77 37.61 | |

30 - 34 lat

| | | | | |
|-------------------------|---------------------|------------------------|---------------------|-----|
| 1. GROCHOWSKI Łukasz | 91 | Warsaw Masters Team | 5:27.76 | 383 |
| 50m: 36.52 36.52 | 150m: 1:58.23 41.76 | 250m: 3:23.09 41.88 | 350m: 4:46.76 41.93 | |
| 100m: 1:16.47 39.95 | 200m: 2:41.21 42.98 | 300m: 4:04.83 41.74 | 400m: 5:27.76 41.00 | |
| 2. ANDRZEJEWICZ Łukasz | 91 | Warsaw Masters Team | 6:05.54 | 276 |
| 50m: 39.38 39.38 | 150m: 2:09.97 46.66 | 250m: 3:45.21 47.21 | 350m: 5:20.93 47.62 | |
| 100m: 1:23.31 43.93 | 200m: 2:58.00 48.03 | 300m: 4:33.31 48.10 | 400m: 6:05.54 44.61 | |
| 3. WZI TEK Rafał | 88 | 5styl Warszawa | 6:07.38 | 272 |
| 50m: 36.68 36.68 | 150m: 2:06.15 46.63 | 250m: 3:41.50 48.46 | 350m: 5:19.99 49.63 | |
| 100m: 1:19.52 42.84 | 200m: 2:53.04 46.89 | 300m: 4:30.36 48.86 | 400m: 6:07.38 47.39 | |
| 4. PRONSKIKH Glib | 91 | Zawodnicy Niezrzeszeni | 6:15.89 | 254 |
| 50m: 37.18 37.18 | 150m: 2:10.01 48.77 | 250m: 3:50.43 51.11 | 350m: 5:31.47 49.76 | |
| 100m: 1:21.24 44.06 | 200m: 2:59.32 49.31 | 300m: 4:41.71 51.28 | 400m: 6:15.89 44.42 | |
| 5. MO CICKI Rafał | 89 | Warsaw Masters Team | 6:30.37 | 227 |
| 50m: 39.33 39.33 | 150m: 2:16.01 49.82 | 250m: 3:57.82 50.56 | 350m: 5:40.98 50.91 | |
| 100m: 1:26.19 46.86 | 200m: 3:07.26 51.25 | 300m: 4:50.07 52.25 | 400m: 6:30.37 49.39 | |
| 6. JANISZEWSKI Wojciech | 88 | Zawodnicy Niezrzeszeni | 6:37.68 | 215 |
| 50m: 40.55 40.55 | 150m: 2:16.91 49.89 | 250m: 4:01.00 52.32 | 350m: 5:47.03 52.97 | |
| 100m: 1:27.02 46.47 | 200m: 3:08.68 51.77 | 300m: 4:54.06 53.06 | 400m: 6:37.68 50.65 | |



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40 - 44 lat

| | | | | | |
|----|---------------------|---------------|-------------------------------------|---------------------|---------|
| 1. | KOSTRZEWA Wojciech | 80 | Stowarzyszenie Pływackie Sebastiana | 6:05.29 | 308 |
| | 50m: 40.18 40.18 | 150m: 2:10.47 | 250m: 3:45.04 | 350m: 5:17.03 | 2:19.88 |
| | 100m: | 200m: | 300m: 2:57.15 | 400m: 6:05.29 | 48.26 |
| 2. | OLESI SKI Artur | 80 | Klub Sportowy Mako | 7:35.44 | 159 |
| | 50m: 49.31 49.31 | 150m: 2:39.02 | 55.74 250m: 4:35.02 | 58.79 350m: 6:35.09 | 1:00.32 |
| | 100m: 1:43.28 53.97 | 200m: 3:36.23 | 57.21 300m: 5:34.77 | 59.75 400m: 7:35.44 | 1:00.35 |

45 - 49 lat

| | | | | | |
|----|----------------------|---------------|------------------------|---------------------|-------|
| 1. | ROGOSZ Paweł | 76 | Warsaw Masters Team | 5:25.78 | 458 |
| | 50m: 35.89 35.89 | 150m: 1:59.02 | 42.61 250m: 3:23.85 | 42.47 350m: 4:47.01 | 41.54 |
| | 100m: 1:16.41 40.52 | 200m: 2:41.38 | 42.36 300m: 4:05.47 | 41.62 400m: 5:25.78 | 38.77 |
| 2. | BIELSKI Dymitr | 77 | Warsaw Masters Team | 5:37.83 | 410 |
| | 50m: 35.36 35.36 | 150m: 1:58.15 | 42.38 250m: 3:26.73 | 44.75 350m: 4:54.96 | 43.88 |
| | 100m: 1:15.77 40.41 | 200m: 2:41.98 | 43.83 300m: 4:11.08 | 44.35 400m: 5:37.83 | 42.87 |
| 3. | ŁYSIAK Piotr | 73 | Korona 1919 Kraków | 6:03.71 | 329 |
| | 50m: 39.35 39.35 | 150m: 2:10.87 | 47.05 250m: 3:47.38 | 47.77 350m: 5:20.08 | 44.86 |
| | 100m: 1:23.82 44.47 | 200m: 2:59.61 | 48.74 300m: 4:35.22 | 47.84 400m: 6:03.71 | 43.63 |
| 4. | MALISZEWSKI Wojciech | 74 | Zawodnicy Niezrzeszeni | 6:33.92 | 259 |
| | 50m: 44.09 44.09 | 150m: 2:21.21 | 49.03 250m: 4:03.69 | 51.42 350m: 5:45.93 | 51.08 |
| | 100m: 1:32.18 48.09 | 200m: 3:12.27 | 51.06 300m: 4:54.85 | 51.16 400m: 6:33.92 | 47.99 |
| 5. | MAZURKIEWICZ Adam | 74 | Warsaw Masters Team | 6:42.10 | 243 |
| | 50m: 42.61 42.61 | 150m: 2:18.96 | 49.44 250m: 4:03.58 | 52.49 350m: 5:50.80 | 53.89 |
| | 100m: 1:29.52 46.91 | 200m: 3:11.09 | 52.13 300m: 4:56.91 | 53.33 400m: 6:42.10 | 51.30 |

50 - 54 lat

| | | | | | |
|----|----------------------|---------------|------------------------------------|---------------------|-------|
| 1. | REUTER Tomek | 71 | KU AZS Politechnika Gda ska MASTEF | 5:58.30 | 364 |
| | 50m: 37.45 37.45 | 150m: 2:02.53 | 44.19 250m: 3:36.36 | 47.53 350m: 5:12.86 | 48.67 |
| | 100m: 1:18.34 40.89 | 200m: 2:48.83 | 46.30 300m: 4:24.19 | 47.83 400m: 5:58.30 | 45.44 |
| 2. | MATYSZEWSKI Grzegorz | 71 | Water Squad | 7:13.32 | 206 |
| | 50m: 45.21 45.21 | 150m: 2:30.50 | 53.97 250m: 4:22.92 | 57.15 350m: 6:19.18 | 58.25 |
| | 100m: 1:36.53 51.32 | 200m: 3:25.77 | 55.27 300m: 5:20.93 | 58.01 400m: 7:13.32 | 54.14 |

55 - 59 lat

| | | | | | |
|----|---------------------|---------------|------------------------|---------------------|-------|
| 1. | PI TKOWSKI Andrzej | 67 | Zawodnicy Niezrzeszeni | 7:06.15 | 234 |
| | 50m: 48.20 48.20 | 150m: 2:37.07 | 55.00 250m: 4:26.35 | 54.94 350m: 6:16.40 | 55.34 |
| | 100m: 1:42.07 53.87 | 200m: 3:31.41 | 54.34 300m: 5:21.06 | 54.71 400m: 7:06.15 | 49.75 |
| 2. | PALUSZAK Zbigniew | 67 | Warsaw Masters Team | 7:19.90 | 212 |
| | 50m: 47.17 47.17 | 150m: 2:37.10 | 56.52 250m: 4:31.15 | 56.94 350m: 6:26.35 | 58.13 |
| | 100m: 1:40.58 53.41 | 200m: 3:34.21 | 57.11 300m: 5:28.22 | 57.07 400m: 7:19.90 | 53.55 |



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60 - 64 lat

| | | | | | |
|----|-----------------------|---------------------|---------------------|---------------------|-----|
| 1. | KORPETTA Wojciech | 59 | Water Squad | 6:22.20 | 380 |
| | 50m: 41.20 41.20 | 150m: 2:17.81 49.41 | 250m: 3:59.27 50.95 | 350m: 5:37.90 48.18 | |
| | 100m: 1:28.40 47.20 | 200m: 3:08.32 50.51 | 300m: 4:49.72 50.45 | 400m: 6:22.20 44.30 | |
| 2. | SUTOWSKI Robert | 59 | Warsaw Masters Team | 6:44.93 | 320 |
| | 50m: 45.16 45.16 | 150m: 2:29.83 | 250m: 4:15.17 | 350m: 5:58.06 50.16 | |
| | 100m: 3:22.77 2:37.61 | 200m: | 300m: 5:07.90 52.73 | 400m: 6:44.93 46.87 | |
| 3. | CZUPRYN Wojciech | 58 | Warsaw Masters Team | 6:59.31 | 288 |
| | 50m: 46.50 46.50 | 150m: 2:31.98 53.69 | 250m: 4:19.61 53.22 | 350m: 6:07.60 54.18 | |
| | 100m: 1:38.29 51.79 | 200m: 3:26.39 54.41 | 300m: 5:13.42 53.81 | 400m: 6:59.31 51.71 | |

65 - 69 lat

| | | | | | |
|----|-----------------------|-----------------------|-----------------------|-----------------------|-----|
| 1. | WARCHOŁ Mirosław | 53 | Warsaw Masters Team | 5:48.96 | 504 |
| | 50m: 36.27 36.27 | 150m: 1:58.03 42.15 | 250m: 3:25.73 44.29 | 350m: | |
| | 100m: 1:15.88 39.61 | 200m: 2:41.44 43.41 | 300m: 4:11.40 45.67 | 400m: 5:48.96 | |
| 2. | KULI Zenon | 54 | Warsaw Masters Team | 7:35.47 | 227 |
| | 50m: 53.47 53.47 | 150m: 2:51.95 58.57 | 250m: 4:47.03 57.51 | 350m: 6:40.62 56.59 | |
| | 100m: 1:53.38 59.91 | 200m: 3:49.52 57.57 | 300m: 5:44.03 57.00 | 400m: 7:35.47 54.85 | |
| 3. | VORBRODT Tadeusz | 53 | Warsaw Masters Team | 8:17.08 | 174 |
| | 50m: 52.85 52.85 | 150m: 2:55.31 1:03.68 | 250m: 5:05.90 1:05.50 | 350m: 7:14.20 1:04.53 | |
| | 100m: 1:51.63 58.78 | 200m: 4:00.40 1:05.09 | 300m: 6:09.67 1:03.77 | 400m: 8:17.08 1:02.88 | |
| 4. | KWIATKOWSKI Bogusław | 56 | Korona 1919 Kraków | 9:21.30 | 121 |
| | 50m: 1:00.27 1:00.27 | 150m: 3:21.84 1:11.35 | 250m: 5:49.15 1:13.59 | 350m: 8:14.77 1:11.49 | |
| | 100m: 2:10.49 1:10.22 | 200m: 4:35.56 1:13.72 | 300m: 7:03.28 1:14.13 | 400m: 9:21.30 1:06.53 | |