

28 WARSAW OPEN PUCHAR POLSKI W PŁYWANIU MASTERS  
Warszawa, 2.12.2023

Konkurencja 21  
02.12.2023 - 17:41

M cyczn, 400m dowolny

20 - 94 lat  
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	4:42.29	BERWECKI, Arkadiusz	Warszawa	04.06.2023
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	4:26.53	APTEWICZ, Arkadiusz	Warszawa	04.06.2023
Rekordy Polski Masters 25 - 29	4:13.52	PIÓRO, Artur	Gliwice	02.06.2019

Punkty: FINA Master 2023

Pozycja Rok ur. Czas Pkt.

25 - 29 lat

1.	LÓSARCZYK, Sebastian	98	WSSiRN START	<b>6:46.95</b>	207
	50m: 39.61 39.61	150m: 2:23.02	54.82	250m: 4:13.01	54.95
	100m: 1:28.20 48.59	200m: 3:18.06	55.04	300m: 5:06.88	53.87
				350m: 6:00.50	53.62
				400m: 6:46.95	46.45

30 - 34 lat

1.	APTEWICZ, Arkadiusz	93	Water Squad	<b>4:23.57</b>	737
	<i>Wynik lepszy od Rekordu Polski Masters</i>				
	50m: 29.24 29.24	150m: 1:35.77	33.71	250m: 2:43.94	33.78
	100m: 1:02.06 32.82	200m: 2:10.16	34.39	300m: 3:18.15	34.21
				350m: 3:51.77	33.62
				400m: 4:23.57	31.80
2.	BARNASIUK, Michał	92	5Styl Warszawa	<b>4:51.62</b>	544
	50m: 31.59 31.59	150m: 1:45.64	37.50	250m: 3:02.58	38.47
	100m: 1:08.14 36.55	200m: 2:24.11	38.47	300m: 3:40.28	37.70
				350m: 4:17.67	37.39
				400m: 4:51.62	33.95
3.	NIED WIADEK, Jakub	93	5Styl Warszawa	<b>5:07.80</b>	463
	50m: 35.22 35.22	150m: 1:51.24	38.35	250m: 3:09.00	39.01
	100m: 1:12.89 37.67	200m: 2:29.99	38.75	300m: 3:48.02	39.02
				350m: 4:27.68	39.66
				400m: 5:07.80	40.12
4.	GROCHOWSKI, Łukasz	91	Zawodnik Niezrzeszony	<b>5:24.73</b>	394
	50m: 36.82 36.82	150m: 1:57.72	40.90	250m: 3:20.05	41.37
	100m: 1:16.82 40.00	200m: 2:38.68	40.96	300m: 4:01.83	41.78
				350m: 4:44.14	42.31
				400m: 5:24.73	40.59
5.	MO CICKI, Rafał	89	Warsaw Masters Team	<b>6:40.11</b>	210
	50m: 40.69 40.69	150m: 2:19.59	51.31	250m: 4:04.47	52.64
	100m: 1:28.28 47.59	200m: 3:11.83	52.24	300m: 4:57.22	52.75
				350m: 5:50.96	53.74
				400m: 6:40.11	49.15

35 - 39 lat

1.	SWANIEWICZ, Antoni	85	Warsaw Masters Team	<b>6:25.02</b>	260
	50m: 39.92 39.92	150m: 2:14.22	49.01	250m: 3:55.62	51.23
	100m: 1:25.21 45.29	200m: 3:04.39	50.17	300m: 4:46.45	50.83
				350m: 5:36.47	50.02
				400m: 6:25.02	48.55
2.	MATEUSZ, Jarosz-Jarszewski	86	SP Sebastiana Karasia	<b>6:47.30</b>	220
	50m: 40.79 40.79	150m: 2:16.16	49.52	250m: 4:05.20	56.00
	100m: 1:26.64 45.85	200m: 3:09.20	53.04	300m: 4:58.92	53.72
				350m: 5:54.37	55.45
				400m: 6:47.30	52.93
3.	MASTALERZ, Radomir	86	Klub Sportowy Mako	<b>7:04.64</b>	194
	50m: 44.46 44.46	150m: 2:28.65	52.75	250m: 4:19.71	55.70
	100m: 1:35.90 51.44	200m: 3:24.01	55.36	300m: 5:15.67	55.96
				350m: 6:11.14	55.47
				400m: 7:04.64	53.50

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Konkurencja 21, M cżyn, 400m dowolny

40 - 44 lat

1.	GRABKOWSKI, Michał	81	SP Sebastiana Karasia	<b>5:55.38</b>	334
	50m: 37.74 37.74	150m: 3:39.33	2:19.20 250m: 5:11.07	2:16.81 350m:	
	100m: 1:20.13 42.39	200m: 2:54.26	300m: 4:25.02	400m: 5:55.38	
2.	IWANOWSKI, Piotr	80	5Styl Warszawa	<b>6:36.23</b>	241
	50m: 38.47 38.47	150m: 2:09.24	47.32 250m: 3:53.48	53.30 350m: 5:42.61	55.21
	100m: 1:21.92 43.45	200m: 3:00.18	50.94 300m: 4:47.40	53.92 400m: 6:36.23	53.62
3.	WRZESI SKI, Piotr	83	Warsaw Masters Team	<b>7:14.05</b>	183
	50m: 45.02 45.02	150m: 2:30.96	55.72 250m: 4:24.28	56.82 350m: 6:18.55	57.08
	100m: 1:35.24 50.22	200m: 3:27.46	56.50 300m: 5:21.47	57.19 400m: 7:14.05	55.50

45 - 49 lat

1.	BIELSKI, Dymitr	77	Warsaw Masters Team	<b>5:48.81</b>	372
	50m: 39.22 39.22	150m: 3:36.49	2:13.49 250m: 5:06.90	2:14.64 350m:	
	100m: 1:23.00 43.78	200m: 2:52.26	300m: 4:20.43	400m: 5:48.81	
2.	NADOLSKI, Adam	77	MASTERS Politechnika Gda ska	<b>6:05.09</b>	325
	50m: 38.00 38.00	150m: 2:05.58	45.39 250m: 3:40.27	47.99 350m: 5:17.85	49.93
	100m: 1:20.19 42.19	200m: 2:52.28	46.70 300m: 4:27.92	47.65 400m: 6:05.09	47.24
3.	MAZURKIEWICZ, Adam	74	Warsaw Masters Team	<b>6:45.38</b>	237
	50m: 42.65 42.65	150m: 2:20.40	50.40 250m: 4:05.10	52.75 350m: 5:53.83	54.04
	100m: 1:30.00 47.35	200m: 3:12.35	51.95 300m: 4:59.79	54.69 400m: 6:45.38	51.55
4.	CELEJEWSKI, Marcin	76	Warsaw Masters Team	<b>6:46.24</b>	236
	50m: 44.02 44.02	150m: 2:25.45	51.05 250m: 4:09.21	51.87 350m: 5:55.90	53.79
	100m: 1:34.40 50.38	200m: 3:17.34	51.89 300m: 5:02.11	52.90 400m: 6:46.24	50.34
5.	SOBCZAK, Marcin	76	Klub Sportowy Mako	<b>7:43.36</b>	159
	50m: 49.73 49.73	150m: 2:43.22	58.32 250m: 4:44.09	59.58 350m: 6:47.01	1:01.35
	100m: 1:44.90 55.17	200m: 3:44.51	1:01.29 300m: 5:45.66	1:01.57 400m: 7:43.36	56.35
6.	RUDNIK, Krzysztof	76	Klub Sportowy Mako	<b>8:15.41</b>	130
	50m: 47.31 47.31	150m: 2:49.35	1:01.95 250m: 5:01.34	1:06.19 350m: 7:13.34	1:05.98
	100m: 1:47.40 1:00.09	200m: 3:55.15	1:05.80 300m: 6:07.36	1:06.02 400m: 8:15.41	1:02.07
7.	STR KOWSKI, Marcin	78	MASTERS Politechnika Gda ska	<b>8:18.00</b>	128
	50m: 45.31 45.31	150m: 2:46.10	1:03.80 250m: 5:01.75	1:08.09 350m: 7:19.22	1:07.30
	100m: 1:42.30 56.99	200m: 3:53.66	1:07.56 300m: 6:11.92	1:10.17 400m: 8:18.00	58.78

50 - 54 lat

1.	LIPI SKI, Cezary	72	Masters Avia widnik	<b>5:19.40</b>	514
	50m: 35.16 35.16	150m: 1:53.22	39.57 250m: 3:15.15	41.07 350m: 4:38.16	41.37
	100m: 1:13.65 38.49	200m: 2:34.08	40.86 300m: 3:56.79	41.64 400m: 5:19.40	41.24
2.	REUTER, Tomasz	71	MASTERS Politechnika Gda ska	<b>6:02.28</b>	352
	50m: 38.63 38.63	150m: 2:06.46	45.23 250m: 3:41.09	47.47 350m: 5:16.60	47.90
	100m: 1:21.23 42.60	200m: 2:53.62	47.16 300m: 4:28.70	47.61 400m: 6:02.28	45.68

55 - 59 lat

1.	TWAROWSKI, Andrzej	65	Masters Białystok	<b>6:44.63</b>	273
	50m: 44.39 44.39	150m: 2:27.63	53.25 250m: 4:13.12	53.37 350m: 5:57.92	52.37
	100m: 1:34.38 49.99	200m: 3:19.75	52.12 300m: 5:05.55	52.43 400m: 6:44.63	46.71
2.	PIÓRKOWSKI, Marek	65	Klub Sportowy Mako	<b>7:05.14</b>	235
	50m: 44.86 44.86	150m: 2:27.62	53.17 250m: 4:18.45	55.76 350m: 6:09.14	55.00
	100m: 1:34.45 49.59	200m: 3:22.69	55.07 300m: 5:14.14	55.69 400m: 7:05.14	56.00

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Konkurencja 21, M czynn, 400m dowolny, 55 - 59 lat

Pozycja			Rok ur.					Czas	Pkt.
3.	PALUSZAK, Zbigniew		67	Warsaw Masters Team				<b>7:13.80</b>	221
	50m: 46.88	46.88	150m: 2:36.20	55.88	250m: 4:28.83	56.53	350m: 6:22.06	56.24	
	100m: 1:40.32	53.44	200m: 3:32.30	56.10	300m: 5:25.82	56.99	400m: 7:13.80	51.74	
4.	ADAMOWICZ, Paweł		67	Water Squad				<b>7:19.33</b>	213
	50m: 49.40	49.40	150m: 2:42.62	57.22	250m: 4:37.14	57.19	350m: 6:29.08	56.03	
	100m: 1:45.40	56.00	200m: 3:39.95	57.33	300m: 5:33.05	55.91	400m: 7:19.33	50.25	
5.	JACHNIK, Włodzimierz		64	Zawodnik Niezrzeszony				<b>8:18.93</b>	145
	50m: 53.16	53.16	150m: 2:56.25	1:03.13	250m: 5:06.12	1:05.64	350m: 7:15.79	1:04.62	
	100m: 1:53.12	59.96	200m: 4:00.48	1:04.23	300m: 6:11.17	1:05.05	400m: 8:18.93	1:03.14	
6.	WOJCIECHOWSKI, Ryszard		68	Warsaw Masters Team				<b>9:06.82</b>	110
	50m: 56.79	56.79	150m: 3:17.64	1:12.01	250m: 5:40.50	1:12.56	350m: 8:01.99	1:11.03	
	100m: 2:05.63	1:08.84	200m: 4:27.94	1:10.30	300m: 6:50.96	1:10.46	400m: 9:06.82	1:04.83	

60 - 64 lat

1.	KORPETTA, Wojciech		59	Water Squad				<b>6:27.03</b>	358
	50m: 42.07	42.07	150m: 2:20.37	50.27	250m: 4:02.94	51.52	350m: 5:44.67	49.63	
	100m: 1:30.10	48.03	200m: 3:11.42	51.05	300m: 4:55.04	52.10	400m: 6:27.03	42.36	
2.	SUTOWSKI, Robert		59	Warsaw Masters Team				<b>7:17.77</b>	247
	50m: 48.61	48.61	150m: 2:39.79	56.90	250m: 4:32.89	55.92	350m: 6:24.56	55.85	
	100m: 1:42.89	54.28	200m: 3:36.97	57.18	300m: 5:28.71	55.82	400m: 7:17.77	53.21	
3.	R PAŁA, Leszek		62	Warsaw Masters Team				<b>7:57.36</b>	190
	50m: 52.43	52.43	150m: 2:49.25	1:00.70	250m: 4:56.55	1:05.29	350m: 7:02.96	1:02.41	
	100m: 1:48.55	56.12	200m: 3:51.26	1:02.01	300m: 6:00.55	1:04.00	400m: 7:57.36	54.40	

65 - 69 lat

1.	KULI , Zenon		54	Warsaw Masters Team				<b>7:33.66</b>	229
	50m: 50.88	50.88	150m: 2:46.73	56.07	250m: 4:41.69	57.37	350m: 6:36.38	56.96	
	100m: 1:50.66	59.78	200m: 3:44.32	57.59	300m: 5:39.42	57.73	400m: 7:33.66	57.28	

70 - 74 lat

1.	DUBI SKI, Bogdan		53	Stowarzyszenie Pływackie Legia Warsz				<b>6:47.57</b>	413
	50m: 44.71	44.71	150m: 2:27.79	53.49	250m: 4:15.27	53.32	350m: 6:00.69	52.37	
	100m: 1:34.30	49.59	200m: 3:21.95	54.16	300m: 5:08.32	53.05	400m: 6:47.57	46.88	
2.	VORBRODT, Tadeusz		53	Warsaw Masters Team				<b>7:58.43</b>	255
	50m: 51.30	51.30	150m: 2:48.31	1:00.82	250m: 4:53.25	1:02.22	350m: 6:57.36	1:01.58	
	100m: 1:47.49	56.19	200m: 3:51.03	1:02.72	300m: 5:55.78	1:02.53	400m: 7:58.43	1:01.07	