

IX ZAWODY PŁYWACKIE KATEGORII MASTERS SZCZECINEK 2017 - PUCHAR POLSKI
Szczecinek, 21- - 22-10-2017

Konkurencja 10
2017-10-21 - 15:24

M czyzn, 400m dowolny

20 - 94 lat
Wyniki

Punkty: DSV Masters 16

Pozycja			Rok ur.					Czas	Pkt.
0									
1.	WÓJCIK Maciej		95	Szkoła Pływania Goleniów				5:46.39	355
	50m:	34.55	34.55	150m:	1:57.71	42.86	250m:	3:29.49	45.93
	100m:	1:14.85	40.30	200m:	2:43.56	45.85	300m:	4:15.98	46.49
				350m:	5:03.42	47.44	400m:	5:46.39	42.97
2.	HAWROT FILIP		95	Szkoła Pływania Goleniów				6:04.25	305
	50m:	35.37	35.37	150m:	2:02.24	45.38	250m:	3:38.21	48.43
	100m:	1:16.86	41.49	200m:	2:49.78	47.54	300m:	4:27.64	49.43
				350m:	5:16.51	48.87	400m:	6:04.25	47.74
A									
1.	SZOTA Robert		88	Swimming Masters Team Szczecin				5:07.34	503
	50m:	33.14	33.14	150m:	1:49.07	39.15	250m:	3:08.95	39.80
	100m:	1:09.92	36.78	200m:	2:29.15	40.08	300m:	3:49.12	40.17
				350m:	4:29.49	40.37	400m:	5:07.34	37.85
B									
1.	KIERES Michał		84	AQUASFERA MASTERS Olsztyn				5:17.35	433
	50m:	32.97	32.97	150m:	1:49.91	40.13	250m:	3:13.27	41.88
	100m:	1:09.78	36.81	200m:	2:31.39	41.48	300m:	3:55.61	42.34
				350m:	4:37.58	41.97	400m:	5:17.35	39.77
2.	ST PIE Jakub		83	AQUASFERA MASTERS Olsztyn				5:20.68	420
	50m:	32.48	32.48	150m:	1:48.57	39.19	250m:	3:13.72	43.80
	100m:	1:09.38	36.90	200m:	2:29.92	41.35	300m:	3:57.02	43.30
				350m:	4:40.33	43.31	400m:	5:20.68	40.35
3.	ZIELI SKI Kamil		83	Swimming Masters Team Szczecin				6:08.16	277
	50m:	38.13	38.13	150m:	2:06.09	44.69	250m:	3:41.08	47.87
	100m:	1:21.40	43.27	200m:	2:53.21	47.12	300m:	4:30.23	49.15
				350m:	5:20.46	50.23	400m:	6:08.16	47.70
4.	RO EK Łukasz		84	Swimming Masters Team Szczecin				7:05.05	180
	50m:	39.85	39.85	150m:	2:19.55	52.64	250m:	4:13.49	58.02
	100m:	1:26.91	47.06	200m:	3:15.47	55.92	300m:	5:11.39	57.90
				350m:	6:10.56	59.17	400m:	7:05.05	54.49
C									
1.	KACZMAREK Stanisław		79	KS Warta Pozna				4:26.18	754
	50m:	31.16	31.16	150m:	1:39.06	34.36	250m:	2:46.95	33.78
	100m:	1:04.70	33.54	200m:	2:13.17	34.11	300m:	3:21.03	34.08
				350m:	3:53.61	32.58	400m:	4:26.18	32.57
2.	KONOPACKI Piotr		78	AQUASFERA MASTERS Olsztyn				4:52.23	570
	50m:	31.10	31.10	150m:	1:44.11	37.49	250m:	2:59.80	37.97
	100m:	1:06.62	35.52	200m:	2:21.83	37.72	300m:	3:38.41	38.61
				350m:	4:16.52	38.11	400m:	4:52.23	35.71
3.	SUWARA Piotr		79	Sopot Masters				5:05.18	500
	50m:	33.80	33.80	150m:	1:51.18	39.29	250m:	3:10.93	40.25
	100m:	1:11.89	38.09	200m:	2:30.68	39.50	300m:	3:50.41	39.48
				350m:	4:29.44	39.03	400m:	5:05.18	35.74
D									
1.	GREGOROWICZ Paweł		74	AQUASFERA MASTERS Olsztyn				4:29.10	715
	50m:	31.59	31.59	150m:	1:39.62	34.17	250m:	2:48.01	34.12
	100m:	1:05.45	33.86	200m:	2:13.89	34.27	300m:	3:22.34	34.33
				350m:	3:56.40	34.06	400m:	4:29.10	32.70
2.	WIKŁA Grzegorz		74	TKKF Koszalin Masters				5:17.15	436
	50m:	34.52	34.52	150m:	1:54.53	40.69	250m:	3:17.56	41.69
	100m:	1:13.84	39.32	200m:	2:35.87	41.34	300m:	3:58.74	41.18
				350m:	4:38.97	40.23	400m:	5:17.15	38.18
3.	MATUSZEWSKI Adam		74	AQUASFERA MASTERS Olsztyn				6:17.18	259
	50m:	41.27	41.27	150m:	2:17.11	49.63	250m:	3:55.69	49.11
	100m:	1:27.48	46.21	200m:	3:06.58	49.47	300m:	4:45.35	49.66
				350m:	5:32.36	47.01	400m:	6:17.18	44.82

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E										
1.	WINIARCZYK Jarosław	72	TKKF Koszalin Masters	5:13.39	483					
	50m: 32.81 32.81	150m: 1:49.91 39.97	250m: 3:13.01 41.67	350m: 4:37.14 41.88						
	100m: 1:09.94 37.13	200m: 2:31.34 41.43	300m: 3:55.26 42.25	400m: 5:13.39 36.25						
2.	JANKOWSKI Jakub	68	Niezrzeszony Niekanin	5:59.57	319					
	50m: 35.22 35.22	150m: 1:58.76 43.42	250m: 3:32.28 47.78	350m: 5:11.91 49.73						
	100m: 1:15.34 40.12	200m: 2:44.50 45.74	300m: 4:22.18 49.90	400m: 5:59.57 47.66						
3.	HAWROT SYLWESTER	68	Szkoła Pływania Goleniów	6:53.36	210					
	50m: 38.84 38.84	150m: 2:20.48 53.20	250m: 4:09.29 55.22	350m: 5:59.54 56.08						
	100m: 1:27.28 48.44	200m: 3:14.07 53.59	300m: 5:03.46 54.17	400m: 6:53.36 53.82						
F										
1.	EZHKOVA Vadim	65	Pregel Kaliningrad	5:27.62	502					
	50m: 36.19 36.19	150m: 1:58.19 42.13	250m: 3:21.90 41.53	350m: 4:46.60 41.94						
	100m: 1:16.06 39.87	200m: 2:40.37 42.18	300m: 4:04.66 42.76	400m: 5:27.62 41.02						
2.	SCHWARZ LUDWIK	65	Niezrzeszony Wrocław	6:28.92	300					
	50m: 40.89 40.89	150m: 2:19.09 51.48	250m: 4:00.42 50.62	350m: 5:40.66 50.34						
	100m: 1:27.61 46.72	200m: 3:09.80 50.71	300m: 4:50.32 49.90	400m: 6:28.92 48.26						
3.	SZCZYGIEL Zbigniew	65	BSP MEDICAL TEAM	6:38.30	279					
	50m: 43.84 43.84	150m: 2:23.35 50.49	250m: 4:06.28 51.65	350m: 5:47.82 50.26						
	100m: 1:32.86 49.02	200m: 3:14.63 51.28	300m: 4:57.56 51.28	400m: 6:38.30 50.48						
4.	BAUER Dariusz	63	Marlin Gryfino	7:23.85	202					
	50m: 47.03 47.03	150m: 2:34.98 57.47	250m: 4:30.17 57.94	350m: 6:27.62 59.04						
	100m: 1:37.51 50.48	200m: 3:32.23 57.25	300m: 5:28.58 58.41	400m: 7:23.85 56.23						
G										
1.	GABIEC Mariusz	58	AQUASFERA MASTERS Olsztyn	4:55.96	879					
	50m: 34.29 34.29	150m: 1:48.53 37.34	250m: 3:03.44 37.63	350m: 4:19.51 37.83						
	100m: 1:11.19 36.90	200m: 2:25.81 37.28	300m: 3:41.68 38.24	400m: 4:55.96 36.45						
2.	ORECKI Lech	61	MKP Szczecin	5:26.08	657					
	50m: 36.46 36.46	150m: 1:59.09 41.93	250m: 3:23.71 42.37	350m: 4:47.50 41.62						
	100m: 1:17.16 40.70	200m: 2:41.34 42.25	300m: 4:05.88 42.17	400m: 5:26.08 38.58						
3.	WIERZCHON ALEKSY	62	Szkoła Pływania Goleniów	6:08.32	456					
	50m: 35.86 35.86	150m: 2:03.50 46.36	250m: 3:41.20 49.17	350m: 5:21.15 49.50						
	100m: 1:17.14 41.28	200m: 2:52.03 48.53	300m: 4:31.65 50.45	400m: 6:08.32 47.17						
4.	MIKHAYLOV Sergei	59	Pregel Kaliningrad	6:27.80	391					
	50m: 41.98 41.98	150m: 2:20.79 50.18	250m: 3:59.43 49.97	350m: 5:39.29 49.80						
	100m: 1:30.61 48.63	200m: 3:09.46 48.67	300m: 4:49.49 50.06	400m: 6:27.80 48.51						
5.	BURZY SKI Piotr	62	KS Warta Pozna	6:35.28	369					
	50m: 42.06 42.06	150m: 2:20.77 50.55	250m: 4:02.91 51.77	350m: 5:44.61 51.03						
	100m: 1:30.22 48.16	200m: 3:11.14 50.37	300m: 4:53.58 50.67	400m: 6:35.28 50.67						
H										
1.	PIETRASZEWSKI Zbigniew	55	TS Olimpia Pozna	6:14.55	489					
	50m: 42.31 42.31	150m: 2:17.77 48.22	250m: 3:53.40 47.42	350m: 5:28.03 47.19						
	100m: 1:29.55 47.24	200m: 3:05.98 48.21	300m: 4:40.84 47.44	400m: 6:14.55 46.52						
2.	GUZIAŁ ANDRZEJ	54	W GROWIEC	6:49.68	373					
	50m: 40.10 40.10	150m: 2:16.07 50.38	250m: 4:02.19 53.95	350m: 5:54.59 56.63						
	100m: 1:25.69 45.59	200m: 3:08.24 52.17	300m: 4:57.96 55.77	400m: 6:49.68 55.09						
3.	BIELICKI Wiesław	55	SzTP Masters Szczecinek	10:42.72	96					
	50m: 1:04.14 1:04.14	150m: 3:51.14 1:26.17	250m: 6:39.77 1:24.31	350m: 9:24.60						
	100m: 2:24.97 1:20.83	200m: 5:15.46 1:24.32	300m:	400m: 10:42.72 1:18.12						

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I												
1.	AVDEEV Vitalii		49	Pregel Kaliningrad		6:23.65	513					
	50m:	42.17	42.17	150m:	2:17.56	48.26	250m:	3:56.06	48.87	350m:	5:34.79	49.02
	100m:	1:29.30	47.13	200m:	3:07.19	49.63	300m:	4:45.77	49.71	400m:	6:23.65	48.86
2.	BORYSKI Jerzy		51	TS Olimpia Pozna		7:08.53	368					
	50m:	47.72	47.72	150m:	2:33.85	53.54	250m:	4:23.67	55.74	350m:	6:14.61	56.26
	100m:	1:40.31	52.59	200m:	3:27.93	54.08	300m:	5:18.35	54.68	400m:	7:08.53	53.92
3.	WICZEL Roman		48	UTW "Masters" Zgierz		7:14.66	352					
	50m:	48.46	48.46	150m:	5:31.10	1:52.22	250m:	6:26.00		350m:		
	100m:	3:38.88	2:50.42	200m:			300m:			400m:	7:14.66	
4.	WOLNIEWICZ Janusz		48	Ks Extreme Team Oborniki		7:33.67	310					
	50m:	47.95	47.95	150m:	2:38.92	57.47	250m:	4:35.45	57.99	350m:	6:35.88	1:00.14
	100m:	1:41.45	53.50	200m:	3:37.46	58.54	300m:	5:35.74	1:00.29	400m:	7:33.67	57.79
5.	BANTKOWSKI Jan		49	Toru Multisport Team		8:53.50	190					
	50m:	57.84	57.84	150m:	3:13.27	1:08.95	250m:	5:28.98	1:06.43	350m:	7:49.09	1:09.92
	100m:	2:04.32	1:06.48	200m:	4:22.55	1:09.28	300m:	6:39.17	1:10.19	400m:	8:53.50	1:04.41
J												
1.	RUSINOWICZ Andrzej		44	Niezrzeszony Piła		9:32.66	199					
	50m:	57.22	57.22	150m:	3:18.71	1:12.46	250m:	5:49.42	1:15.45	350m:	8:21.50	1:15.94
	100m:	2:06.25	1:09.03	200m:	4:33.97	1:15.26	300m:	7:05.56	1:16.14	400m:	9:32.66	1:11.16
PK	SZCZUKA Paweł		92	AQUASFERA MASTERS Olsztyn		5:12.36	479					
	50m:	32.44	32.44	150m:	1:51.09	42.33	250m:	3:15.39	43.06	350m:	4:36.89	36.29
	100m:	1:08.76	36.32	200m:	2:32.33	41.24	300m:	4:00.60	45.21	400m:	5:12.36	35.47