

Zimowe Mistrzostwa Polski w Pływaniu w kategoriach Masters, Puchar Polski
Olsztyn, 16- - 18-11-2018

Konkurencja 33
2018-11-17 - 20:28

M czyzn, 400m zmienny

20 - 94 lat
Wyniki

Pozycja			Rok ur.					Czas		
20-24										
1.	MUSIALIK Marcin		94	Motyl MOSIR Stalowa Wola				5:18.20		
	50m: 32.64	32.64	150m: 1:51.82	40.77	250m: 3:19.95	47.87	350m: 4:43.81	36.02		
	100m: 1:11.05	38.41	200m: 2:32.08	40.26	300m: 4:07.79	47.84	400m: 5:18.20	34.39		
2.	KOCHWASSER David		96	PK Zabreh				5:52.26		
	50m: 36.30	36.30	150m: 2:06.11	47.51	250m: 3:41.74	48.25	350m: 5:13.13	42.15		
	100m: 1:18.60	42.30	200m: 2:53.49	47.38	300m: 4:30.98	49.24	400m: 5:52.26	39.13		
25-29										
1.	PALMI-KUKIEŁKO Mieszko		93	AQUASFERA Masters Olsztyn				4:38.89		
	50m: 29.02	29.02	150m: 1:39.66	36.69	250m: 2:55.36	39.49	350m: 4:07.36	32.35		
	100m: 1:02.97	33.95	200m: 2:15.87	36.21	300m: 3:35.01	39.65	400m: 4:38.89	31.53		
2.	APTEWICZ Arkadiusz		93	Toru Multisport Team				4:44.13		
	50m: 30.29	30.29	150m: 1:45.37	40.18	250m: 3:01.95	38.11	350m: 4:13.60	32.93		
	100m: 1:05.19	34.90	200m: 2:23.84	38.47	300m: 3:40.67	38.72	400m: 4:44.13	30.53		
3.	BISTRON Alan		89	Team Kara Płó sk				7:22.54		
	50m: 41.24	41.24	150m: 2:41.87	1:07.18	250m: 4:49.50	1:04.19	350m: 6:38.85	45.44		
	100m: 1:34.69	53.45	200m: 3:45.31	1:03.44	300m: 5:53.41	1:03.91	400m: 7:22.54	43.69		
30-34										
1.	JAJUGA Dawid		86	MASTERS Zdzeszowice				4:59.30		
	50m: 31.29	31.29	150m: 1:46.67	39.81	250m: 3:08.65	43.02	350m: 4:26.76	34.73		
	100m: 1:06.86	35.57	200m: 2:25.63	38.96	300m: 3:52.03	43.38	400m: 4:59.30	32.54		
2.	BIEDNY Szymon		85	Niezrzeszony Leszno				5:26.84		
	50m: 35.15	35.15	150m: 1:58.73	43.23	250m: 3:29.57	48.29	350m: 4:53.15	35.89		
	100m: 1:15.50	40.35	200m: 2:41.28	42.55	300m: 4:17.26	47.69	400m: 5:26.84	33.69		
3.	PACIEJ Szymon		88	MASTERS Zdzeszowice				5:28.01		
	50m: 34.37	34.37	150m: 1:59.22	43.76	250m: 3:28.86	46.87	350m: 4:53.77	37.44		
	100m: 1:15.46	41.09	200m: 2:41.99	42.77	300m: 4:16.33	47.47	400m: 5:28.01	34.24		
4.	KIERES Michał		84	AQUASFERA Masters Olsztyn				5:50.58		
	50m: 35.39	35.39	150m: 2:52.66	1:34.28	250m: 4:30.43	49.27	350m:			
	100m: 1:18.38	42.99	200m: 3:41.16	48.50	300m: 5:10.88	40.45	400m: 5:50.58			
35-39										
1.	KOZIKOWSKI Michał		80	AQUASFERA Masters Olsztyn				5:29.69		
	50m: 36.03	36.03	150m: 2:02.10	42.72	250m: 3:27.09	42.96	350m: 4:51.67	40.34		
	100m: 1:19.38	43.35	200m: 2:44.13	42.03	300m: 4:11.33	44.24	400m: 5:29.69	38.02		
2.	BRO YNA Marek		80	Toru Multisport Team				5:31.49		
	50m: 33.96	33.96	150m: 1:55.90	41.91	250m: 3:24.88	48.40	350m: 4:54.39	41.00		
	100m: 1:13.99	40.03	200m: 2:36.48	40.58	300m: 4:13.39	48.51	400m: 5:31.49	37.10		
3.	KOTUS Tomasz		81	UKS Pi tka Konstantynów Łódzki				5:41.37		
	50m: 32.50	32.50	150m: 1:59.53	47.98	250m: 3:36.55	50.61	350m: 5:05.03	38.12		
	100m: 1:11.55	39.05	200m: 2:45.94	46.41	300m: 4:26.91	50.36	400m: 5:41.37	36.34		
4.	KARCZMARCZYK Jakub		80	MASTERS Łód				6:58.04		
	50m: 37.96	37.96	150m: 3:22.70	1:53.37	250m: 5:20.16	59.65	350m: 6:58.04	48.06		
	100m: 1:29.33	51.37	200m: 4:20.51	57.81	300m: 6:09.98	49.82	400m: 6:58.04			

Zimowe Mistrzostwa Polski w Pływaniu w kategoriach Masters, Puchar Polski
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Konkurencja 33, M czyzn, 400m zmienny

40-44

1.	GREGOROWICZ Paweł	74	AQUASFERA Masters Olsztyn	5:15.63
	50m: 32.08 32.08	150m: 1:53.87 44.22	250m: 3:19.76 44.54	350m: 4:40.90 36.18
	100m: 1:09.65 37.57	200m: 2:35.22 41.35	300m: 4:04.72 44.96	400m: 5:15.63 34.73
2.	KONOPACKI Piotr	78	AQUASFERA Masters Olsztyn	5:29.60
	50m: 35.10 35.10	150m: 2:01.42 44.64	250m: 3:32.51 48.27	350m: 4:56.59 36.44
	100m: 1:16.78 41.68	200m: 2:44.24 42.82	300m: 4:20.15 47.64	400m: 5:29.60 33.01
3.	MARKOWSKI Hubert	76	Legia Warszawa	5:46.59
	50m: 35.73 35.73	150m: 2:03.53 45.62	250m: 3:37.14 50.01	350m: 5:08.45 41.60
	100m: 1:17.91 42.18	200m: 2:47.13 43.60	300m: 4:26.85 49.71	400m: 5:46.59 38.14
4.	PAWŁOWSKI Krzysztof	77	Motyl MOSIR Stalowa Wola	5:52.92
	50m: 38.81 38.81	150m: 2:08.22 44.51	250m: 3:40.63 48.62	350m: 5:12.41 41.64
	100m: 1:23.71 44.90	200m: 2:52.01 43.79	300m: 4:30.77 50.14	400m: 5:52.92 40.51
5.	PLANETA Maciej	74	UKS Delfin Masters Tarnobrzeg	6:11.49
	50m: 40.20 40.20	150m: 2:15.21 48.31	250m: 3:56.92 55.13	350m: 5:33.03 41.64
	100m: 1:26.90 46.70	200m: 3:01.79 46.58	300m: 4:51.39 54.47	400m: 6:11.49 38.46

45-49

1.	BERWECKI Arkadiusz	73	Motyl MOSIR Stalowa Wola	5:01.59
	50m: 32.11 32.11	150m: 1:48.26 39.74	250m: 3:09.36 42.37	350m: 4:27.52 35.57
	100m: 1:08.52 36.41	200m: 2:26.99 38.73	300m: 3:51.95 42.59	400m: 5:01.59 34.07
2.	MORGAN Christopher	72	Concept Swimming Club	5:19.09
	50m: 32.98 32.98	150m: 1:54.79 43.27	250m: 3:21.83 44.09	350m: 4:44.14 37.76
	100m: 1:11.52 38.54	200m: 2:37.74 42.95	300m: 4:06.38 44.55	400m: 5:19.09 34.95
3.	DAROWSKI Piotr	71	UKS Delfin Masters Tarnobrzeg	5:20.61
	50m: 33.22 33.22	150m: 1:54.27 42.46	250m: 3:19.55 43.01	350m: 4:41.68 37.25
	100m: 1:11.81 38.59	200m: 2:36.54 42.27	300m: 4:04.43 44.88	400m: 5:20.61 38.93
4.	ŠKODNÝ Pavol	69	Kúpele Pieš any	5:38.49
	50m: 33.73 33.73	150m: 1:59.75 43.72	250m: 3:30.82 48.33	350m: 5:00.23 39.45
	100m: 1:16.03 42.30	200m: 2:42.49 42.74	300m: 4:20.78 49.96	400m: 5:38.49 38.26

50-54

1.	MONCZAK Piotr	67	Start Pozna	5:24.92
	50m: 34.02 34.02	150m: 1:54.81 41.51	250m: 3:23.69 47.51	350m: 4:48.79 36.73
	100m: 1:13.30 39.28	200m: 2:36.18 41.37	300m: 4:12.06 48.37	400m: 5:24.92 36.13
2.	KAPAŁCZY SKI Krzysztof	64	Start Pozna	5:59.12
	50m: 37.69 37.69	150m: 2:09.69 47.53	250m: 3:45.68 51.74	350m: 5:20.81 43.74
	100m: 1:22.16 44.47	200m: 2:53.94 44.25	300m: 4:37.07 51.39	400m: 5:59.12 38.31
3.	OTLIK Marian	66	Rydułtowska AAS	7:02.71
	50m: 43.24 43.24	150m: 2:31.60 59.14	250m: 4:31.64 58.17	350m: 6:18.30 47.00
	100m: 1:32.46 49.22	200m: 3:33.47 1:01.87	300m: 5:31.30 59.66	400m: 7:02.71 44.41
4.	TWAROWSKI Andrzej	65	Masters Białystok	7:11.30
	50m: 47.45 47.45	150m: 2:39.95 54.34	250m: 4:33.00 59.45	350m: 6:24.84 50.61
	100m: 1:45.61 58.16	200m: 3:33.55 53.60	300m: 5:34.23 1:01.23	400m: 7:11.30 46.46

55-59

1.	WARCHOŁ Wojciech	61	Niezrzeszony Gda sk	5:59.99
	50m: 40.26 40.26	150m: 2:09.24 45.99	250m: 3:48.32 51.53	350m: 5:20.81 39.51
	100m: 1:23.25 42.99	200m: 2:56.79 47.55	300m: 4:41.30 52.98	400m: 5:59.99 39.18
2.	LORKOWSKI Robert	60	Motyl MOSIR Stalowa Wola	6:11.53
	50m: 39.80 39.80	150m: 2:13.71 46.34	250m: 3:54.91 55.71	350m: 5:30.94 42.17
	100m: 1:27.37 47.57	200m: 2:59.20 45.49	300m: 4:48.77 53.86	400m: 6:11.53 40.59

Zimowe Mistrzostwa Polski w Pływaniu w kategoriach Masters, Puchar Polski
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Konkurencja 33, M czynn, 400m zmienny, 55-59

Pozycja			Rok ur.					Czas		
3.	LOPIN Grigorii		63	Pregel Kaliningrad				6:34.45		
	50m:	46.11 46.11	150m:	2:30.40 52.63	250m:	4:16.77 52.66	350m:	5:53.35 42.92		
	100m:	1:37.77 51.66	200m:	3:24.11 53.71	300m:	5:10.43 53.66	400m:	6:34.45 41.10		
4.	KO LIKOWSKI Marek		61	AQUASFERA Masters Olsztyn				6:38.69		
	50m:	45.90 45.90	150m:	2:33.59 54.18	250m:	4:20.55 52.48	350m:	5:57.50 43.76		
	100m:	1:39.41 53.51	200m:	3:28.07 54.48	300m:	5:13.74 53.19	400m:	6:38.69 41.19		
5.	TOPORSKI Janusz		59	Kraków Masters				7:56.08		
	50m:	53.36 53.36	150m:	3:00.01 1:06.23	250m:	5:12.16 1:01.28	350m:	7:06.04 55.84		
	100m:	1:53.78 1:00.42	200m:	4:10.88 1:10.87	300m:	6:10.20 58.04	400m:	7:56.08 50.04		

60-64

1.	PIECHULA Adolf		57	AZS PWSZ Racibórz				6:39.86		
	50m:	43.63 43.63	150m:	2:28.95 52.98	250m:	4:16.47 55.99	350m:	5:58.41 46.05		
	100m:	1:35.97 52.34	200m:	3:20.48 51.53	300m:	5:12.36 55.89	400m:	6:39.86 41.45		
2.	PIETRASZEWSKI Zbigniew		55	TS Olimpia Pozna				6:40.51		
	50m:	50.42 50.42	150m:	2:36.41 49.30	250m:	4:19.69 54.23	350m:	5:58.85 44.74		
	100m:	1:47.11 56.69	200m:	3:25.46 49.05	300m:	5:14.11 54.42	400m:	6:40.51 41.66		
3.	KOSSOWSKI Wojciech		55	Warsaw Masters Team				7:28.93		
	50m:	48.43 48.43	150m:	2:50.09 1:02.54	250m:	4:51.10 59.14	350m:	6:39.92 51.18		
	100m:	1:47.55 59.12	200m:	3:51.96 1:01.87	300m:	5:48.74 57.64	400m:	7:28.93 49.01		
4.	SAMONEK Krzysztof		57	Masters Kra nik				8:20.53		
	50m:	58.20 58.20	150m:	3:10.43 1:06.12	250m:	5:23.65 1:11.85	350m:	7:30.47 56.39		
	100m:	2:04.31 1:06.11	200m:	4:11.80 1:01.37	300m:	6:34.08 1:10.43	400m:	8:20.53 50.06		
5.	BŁASIAK Janusz		55	UTW Masters Zgierz				9:16.97		
	50m:	1:02.29 1:02.29	150m:	3:33.68 1:12.13	250m:	6:07.11 1:21.58	350m:	8:22.90 55.31		
	100m:	2:21.55 1:19.26	200m:	4:45.53 1:11.85	300m:	7:27.59 1:20.48	400m:	9:16.97 54.07		

65-69

1.	GETMAN Vladimir		53	Pregel Kaliningrad				6:34.49		
	50m:	43.74 43.74	150m:	2:29.18 55.37	250m:	4:13.88 50.18	350m:	5:50.75 44.62		
	100m:	1:33.81 50.07	200m:	3:23.70 54.52	300m:	5:06.13 52.25	400m:	6:34.49 43.74		
2.	NOWAK Michał		52	Warsaw Masters Team				7:06.98		
	50m:	49.42 49.42	150m:	3:41.88 1:54.72	250m:	5:30.85 55.23	350m:			
	100m:	1:47.16 57.74	200m:	4:35.62 53.74	300m:		400m:	7:06.98		
3.	MIKOŁAJCZYK Czesław		50	Gdynia Masters				8:40.64		
	50m:	1:07.63 1:07.63	150m:	3:35.64 1:08.32	250m:	5:44.21 1:03.28	350m:	7:48.15 1:00.50		
	100m:	2:27.32 1:19.69	200m:	4:40.93 1:05.29	300m:	6:47.65 1:03.44	400m:	8:40.64 52.49		
4.	BANTKOWSKI Jan		49	Toru Multisport Team				10:36.60		
	50m:	1:21.45 1:21.45	150m:	6:08.04 1:35.72	250m:	9:25.96 1:38.31	350m:			
	100m:	4:32.32 3:10.87	200m:	7:47.65 1:39.61	300m:		400m:	10:36.60		

70-74

1.	GUOGA Antanas		48	Torpedos Marijampole				8:30.93		
	50m:	1:03.32 1:03.32	150m:	3:21.91 1:04.03	250m:	5:38.30 1:10.64	350m:	7:39.06 52.02		
	100m:	2:17.88 1:14.56	200m:	4:27.66 1:05.75	300m:	6:47.04 1:08.74	400m:	8:30.93 51.87		
2.	MLECZKO Andrzej		47	Kraków Masters				8:40.31		
	50m:	1:00.43 1:00.43	150m:	3:20.81 1:12.01	250m:	6:54.72 1:11.24	350m:	8:40.31 50.24		
	100m:	2:08.80 1:08.37	200m:	5:43.48 2:22.67	300m:	7:50.07 55.35	400m:	8:40.31		
3.	DASZY SKI Andrzej		48	UKS Energetyk Zgorzelec				8:58.21		
	50m:	1:02.83 1:02.83	150m:	3:22.92 1:04.58	250m:	5:42.97 1:15.48	350m:	7:55.76 57.76		
	100m:	2:18.34 1:15.51	200m:	4:27.49 1:04.57	300m:	6:58.00 1:15.03	400m:	8:58.21 1:02.45		

Zimowe Mistrzostwa Polski w Pływaniu w kategoriach Masters, Puchar Polski
Olsztyn, 16- - 18-11-2018

Konkurencja 33, M czyzn, 400m zmienny

75-79

1. BUGLA Rudolf			40	Rydułtowska AAS				10:45.71	
50m:	1:17.07	1:17.07	150m:	4:17.35	1:26.67	250m:	7:02.19	1:24.30	350m: 9:31.96 1:11.66
100m:	2:50.68	1:33.61	200m:	5:37.89	1:20.54	300m:	8:20.30	1:18.11	400m: 10:45.71 1:13.75