

Konkurencja 2
2012-11-23 - 16:30

M czyzn, 400m zmienny

20 lat i starsi
Wyniki

Rekord Polski Masters 25 - 29	4:51.85
Rekord Polski Masters 30 - 34	4:43.44
Rekord Polski Masters 35 - 39	4:39.97
Rekord Polski Masters 40 - 44	4:37.02
Rekord Polski Masters 45 - 49	5:28.40
Rekord Polski Masters 50 - 54	5:07.41
Rekord Polski Masters 55 - 59	6:06.99
Rekord Polski Masters 60 - 64	6:23.91
Rekord Polski Masters 65 - 69	6:38.67
Rekord Polski Masters 70 - 74	6:42.06
Rekord Polski Masters 75 - 79	8:39.77
Rekord Polski Masters 80 - 84	8:59.39
Rekord Polski Masters 85 - 89	20:00.00
Rekord Polski Masters 90 - 94	20:00.00

Punkty: DSV Masters 04

Pozycja			Rok ur.					Czas	Pkt.	
0: 20 - 24 lat										
1.	TEODORSKI Adrian		90	D by Osielsko				5:24.62	538	
	50m:	31.45 31.45	150m:	1:48.97	42.32	250m:	3:19.75	48.73	350m:	4:48.75 37.96
	100m:	1:06.65 35.20	200m:	2:31.02	42.05	300m:	4:10.79	51.04	400m:	5:24.62 35.87
2.	KROGULEC Piotr		91	Cz stochowa				5:34.19	493	
	50m:	30.39 30.39	150m:	1:48.90	40.46	250m:	3:18.89	47.18	350m:	4:52.14 42.79
	100m:	1:08.44 38.05	200m:	2:31.71	42.81	300m:	4:09.35	50.46	400m:	5:34.19 42.05
3.	STANEK Wojciech		92	Odrza skie Ratownictwo Specjal				5:49.07	433	
	50m:	38.97 38.97	150m:	2:10.14	45.27	250m:	3:41.08	46.47	350m:	5:09.13 40.84
	100m:	1:24.87 45.90	200m:	2:54.61	44.47	300m:	4:28.29	47.21	400m:	5:49.07 39.94
A: 25 - 25 lat										
1.	ROMEL JAKUB		86	KS Warta Pozna				5:12.10	661	
	50m:	31.49 31.49	150m:	1:47.72	39.81	250m:	3:12.68	44.92	350m:	4:36.60 37.29
	100m:	1:07.91 36.42	200m:	2:27.76	40.04	300m:	3:59.31	46.63	400m:	5:12.10 35.50
2.	LISIE SKI Michał		87	UKS Wodnik Siemianowice				5:13.75	650	
	50m:	31.77 31.77	150m:	1:48.93	41.05	250m:	3:14.89	46.11	350m:	4:37.27 36.92
	100m:	1:07.88 36.11	200m:	2:28.78	39.85	300m:	4:00.35	45.46	400m:	5:13.75 36.48
3.	WIDZIK Łukasz		86	MTP Delfin Cieszyn				6:06.21	409	
	50m:	33.64 33.64	150m:	2:07.04	45.94	250m:	3:44.20	51.49	350m:	5:22.81 45.11
	100m:	1:21.10 47.46	200m:	2:52.71	45.67	300m:	4:37.70	53.50	400m:	6:06.21 43.40
B: 30 - 34 lat										
1.	SPŁAWI SKI Michał		81	UKS Wodnik 29 Katowice				5:48.65	489	
	50m:	36.45 36.45	150m:	2:04.63	45.71	250m:	3:39.92	47.81	350m:	5:08.43 42.87
	100m:	1:18.92 42.47	200m:	2:52.11	47.48	300m:	4:25.56	45.64	400m:	5:48.65 40.22
2.	CIURKO Paweł		79	MOTYL SENIOR MOSiR Stalowa Wol				6:17.03	386	
	50m:	40.06 40.06	150m:	2:21.13	53.43	250m:	4:01.59	46.95	350m:	5:34.21 43.62
	100m:	1:27.70 47.64	200m:	3:14.64	53.51	300m:	4:50.59	49.00	400m:	6:17.03 42.82
3.	RAJ Łukasz		79	UKS "Pi tka" Konstaktynow Łódz				6:34.70	337	
	50m:	37.02 37.02	150m:	2:20.10	54.08	250m:	4:07.66	55.46	350m:	5:49.64 47.00
	100m:	1:26.02 49.00	200m:	3:12.20	52.10	300m:	5:02.64	54.98	400m:	6:34.70 45.06
C: 35 - 39 lat										
1.	BERWECKI Arkadiusz		73	MOTYL SENIOR MOSiR Stalowa Wol				5:04.39	824	
	50m:	31.51 31.51	150m:	1:46.40	39.49	250m:	3:08.12	42.87	350m:	4:28.19 37.06
	100m:	1:06.91 35.40	200m:	2:25.25	38.85	300m:	3:51.13	43.01	400m:	5:04.39 36.20

Konkurencja 2, M czyzn, 400m zmienny, C: 35 - 39 lat

Pozycja			Rok ur.					Czas	Pkt.		
2.	SKROK Michał		76	MOTYL SENIOR MOSiR Stalowa Wol				5:17.25	728		
	50m:	34.48 34.48	150m:	1:55.37	42.31	250m:	3:19.54	42.74	350m:	4:40.78	37.95
	100m:	1:13.06 38.58	200m:	2:36.80	41.43	300m:	4:02.83	43.29	400m:	5:17.25	36.47
3.	GREGOROWICZ Paweł		74	Azs Uwm Masters Olsztyn				5:50.35	540		
	50m:	35.32 35.32	150m:	2:04.56	48.51	250m:	3:41.74	51.31	350m:	5:11.53	41.50
	100m:	1:16.05 40.73	200m:	2:50.43	45.87	300m:	4:30.03	48.29	400m:	5:50.35	38.82
4.	RUTKOWSKI Artur		74	MASTERS Gorzów Wlkp.				6:01.80	490		
	50m:	35.89 35.89	150m:	2:06.42	47.91	250m:	3:46.16	52.77	350m:	5:22.17	42.22
	100m:	1:18.51 42.62	200m:	2:53.39	46.97	300m:	4:39.95	53.79	400m:	6:01.80	39.63
5.	PAWŁOWSKI Krzysztof		77	MOTYL SENIOR MOSiR Stalowa Wol				6:05.17	477		
	50m:	37.92 37.92	150m:	2:13.43	47.60	250m:	3:50.42	48.98	350m:	5:23.84	42.95
	100m:	1:25.83 47.91	200m:	3:01.44	48.01	300m:	4:40.89	50.47	400m:	6:05.17	41.33

D: 40 - 44 lat

1.	STANEK Grzegorz		68	Odrza skie Ratownictwo Specjal				5:07.39	869		
	50m:	32.21 32.21	150m:	1:49.44	40.00	250m:	3:12.57	44.23	350m:	4:32.89	36.01
	100m:	1:09.44 37.23	200m:	2:28.34	38.90	300m:	3:56.88	44.31	400m:	5:07.39	34.50
2.	BARTA PIOTR		71	ZKS Drzonków				5:30.94	696		
	50m:	32.89 32.89	150m:	1:57.38	46.65	250m:	3:28.10	44.93	350m:	4:53.47	39.16
	100m:	1:10.73 37.84	200m:	2:43.17	45.79	300m:	4:14.31	46.21	400m:	5:30.94	37.47
3.	KALBARCZYK Waldemar		71	MOTYL SENIOR MOSiR Stalowa Wol				6:10.81	495		
	50m:	36.43 36.43	150m:	2:08.50	46.06	250m:	3:46.70	52.40	350m:	5:25.78	44.87
	100m:	1:22.44 46.01	200m:	2:54.30	45.80	300m:	4:40.91	54.21	400m:	6:10.81	45.03
4.	JARO Tomasz		71	Niezrzeszony Jarosław				6:29.60	427		
	50m:	38.35 38.35	150m:	2:20.55	53.35	250m:	4:06.50	52.50	350m:	5:44.72	44.17
	100m:	1:27.20 48.85	200m:	3:14.00	53.45	300m:	5:00.55	54.05	400m:	6:29.60	44.88
5.	SZUREK SŁAWOMIR		71	Orka Mastes Radlin				6:50.14	366		
	50m:	39.07 39.07	150m:	3:17.61	1:49.34	250m:	5:13.19	59.05	350m:	6:50.20	48.05
	100m:	1:28.27 49.20	200m:	4:14.14	56.53	300m:	6:02.15	48.96	400m:	6:50.14	
6.	GRZELAK Maciej		70	Legia Warszawa				6:52.35	360		
	50m:	37.05 37.05	150m:	2:24.89	1:00.89	250m:	4:22.13	56.92	350m:	6:07.19	46.12
	100m:	1:24.00 46.95	200m:	3:25.21	1:00.32	300m:	5:21.07	58.94	400m:	6:52.35	45.16

E: 45 - 49 lat

1.	MONCZAK Piotr		67	Start Pozna				5:22.45	836		
	<i>Rekord Polski kat.E</i>										
	50m:	34.83 34.83	150m:	1:55.86	41.44	250m:	3:23.43	46.61	350m:	4:47.74	36.83
	100m:	1:14.42 39.59	200m:	2:36.82	40.96	300m:	4:10.91	47.48	400m:	5:22.45	34.71
2.	LATECKI Grzegorz		65	Victory Masters Elbl g				5:38.02	725		
	50m:	34.73 34.73	150m:	2:00.48	44.09	250m:	3:32.41	47.79	350m:	5:00.22	39.31
	100m:	1:16.39 41.66	200m:	2:44.62	44.14	300m:	4:20.91	48.50	400m:	5:38.02	37.80
3.	KO MIDER Jan		66	UKS Victoria Józefów				5:56.17	620		
	50m:	37.01 37.01	150m:	2:05.66	46.36	250m:	3:39.74	48.74	350m:	5:13.55	43.53
	100m:	1:19.30 42.29	200m:	2:51.00	45.34	300m:	4:30.02	50.28	400m:	5:56.17	42.62
4.	KAPAŁCZY SKI Krzysztof		64	Start Pozna				5:58.92	606		
	50m:	35.10 35.10	150m:	2:05.80	47.13	250m:	3:43.28	50.30	350m:	5:17.67	43.54
	100m:	1:18.67 43.57	200m:	2:52.98	47.18	300m:	4:34.13	50.85	400m:	5:58.92	41.25
5.	PRZYBYLSKI Adam		67	MOTYL SENIOR MOSiR Stalowa Wol				6:28.16	479		
	50m:	38.32 38.32	150m:	2:14.78	49.63	250m:	4:00.72	57.81	350m:		
	100m:	1:25.15 46.83	200m:	3:02.91	48.13	300m:	4:58.25	57.53	400m:	6:28.16	
6.	THIEM JACEK		63	KS Warta Pozna				6:48.48	411		
	50m:	41.43 41.43	150m:	2:25.73	57.41	250m:	4:19.95	58.38	350m:	6:06.51	45.72
	100m:	1:28.32 46.89	200m:	3:21.57	55.84	300m:	5:20.79	1:00.84	400m:	6:48.48	41.97

Konkurencja 2, M czyzn, 400m zmienny, E: 45 - 49 lat

Pozycja			Rok ur.					Czas	Pkt.
7.	OTLIK MARIAN		66	Orka Mastes Radlin				6:58.44	382
	50m:	41.54 41.54	150m:	250m:		350m:			
	100m:	1:32.83 51.29	200m:	3:25.01	300m:		5:24.94	400m:	6:58.44
8.	NIEDZWIEDZ TOMASZ		63	Z-Ł Wopr Ozorków				7:06.29	361
	50m:	47.83 47.83	150m:	2:39.84	59.15	250m:		4:33.17	58.31
	100m:	1:40.69 52.86	200m:	3:34.86	55.02	300m:		5:30.97	57.80
						350m:		6:19.06	48.09
						400m:		7:06.29	47.23

F: 50 - 54 lat

1.	GABIEC Mariusz		58	Azs Uwm Masters Olsztyn				5:41.19	796
	50m:	33.59 33.59	150m:	1:55.98	44.02	250m:		3:30.86	51.32
	100m:	1:11.96 38.37	200m:	2:39.54	43.56	300m:		4:22.53	51.67
						350m:		5:03.38	40.85
						400m:		5:41.19	37.81
2.	LORKOWSKI Robert		60	MOTYL SENIOR MOSiR Stalowa Wol				6:07.70	636
	50m:	37.60 37.60	150m:	2:09.30	46.12	250m:		3:50.65	54.95
	100m:	1:23.18 45.58	200m:	2:55.70	46.40	300m:		4:44.59	53.94
						350m:		5:27.28	42.69
						400m:		6:07.70	40.42
3.	KORPETTA Wojciech		59	K.S. niezrzeszeni.pl				7:39.79	325
	50m:	50.97 50.97	150m:	3:44.40	1:56.39	250m:		5:56.57	1:08.24
	100m:	1:48.01 57.04	200m:	4:48.33	1:03.93	300m:		6:51.62	55.05
						350m:			
						400m:		7:39.79	

G: 55 - 59 lat

1.	KAWECKI Krzysztof		57	Astoria Bydgoszcz				6:24.15	681
	50m:	41.97 41.97	150m:	2:18.68	47.81	250m:		4:00.04	53.57
	100m:	1:30.87 48.90	200m:	3:06.47	47.79	300m:		4:53.71	53.67
						350m:		5:38.77	45.06
						400m:		6:24.15	45.38
2.	PIETRASZEWSKI Zbigniew		55	TS Olimpia Pozna				6:41.30	597
	50m:	47.17 47.17	150m:	2:30.46	48.47	250m:		4:14.92	56.02
	100m:	1:41.99 54.82	200m:	3:18.90	48.44	300m:		5:09.05	54.13
						350m:		5:56.25	47.20
						400m:		6:41.30	45.05
3.	WASIUK Janusz		53	Masters Kra nik				8:40.13	274
	50m:	55.07 55.07	150m:	3:20.29	1:18.72	250m:		5:38.23	1:03.18
	100m:	2:01.57 1:06.50	200m:	4:35.05	1:14.76	300m:		6:41.41	1:03.18
						350m:		7:43.13	1:01.72
						400m:		8:40.13	57.00

H: 60 - 64 lat

1.	NOWAK MICHAŁ		52	UCSiR Warszawa				6:35.86	680	
	50m:	43.19 43.19	150m:	250m:		350m:				
	100m:	1:34.80 51.61	200m:	3:19.57	300m:		5:02.95	50.98	400m:	6:35.86
						350m:		5:50.80	47.85	
						400m:		6:35.86	45.06	
2.	JARZYNA Włodzimierz		49	MOTYL SENIOR MOSiR Stalowa Wol				6:59.95	570	
	50m:	47.49 47.49	150m:	3:31.07	1:46.53	250m:		5:29.64	59.28	
	100m:	1:44.54 57.05	200m:	4:30.36	59.29	300m:		6:16.71	47.07	
						350m:				
						400m:		6:59.95		
3.	MIKOLAJCZYK Czesław		50	Gdynia Masters				7:27.43	471	
	50m:	48.97 48.97	150m:	2:47.61	59.40	250m:		5:44.11	1:58.32	
	100m:	1:48.21 59.24	200m:	3:45.79	58.18	300m:				
						350m:				
						400m:		7:27.43		
4.	IRCZYK LEON		51	Orka Mastes Radlin				8:13.12	352	
	50m:	57.56 57.56	150m:	3:07.69	1:03.39	250m:		6:17.26	1:01.44	
	100m:	2:04.30 1:06.74	200m:	5:15.82	2:08.13	300m:		7:16.34	59.08	
						350m:		8:19.91	1:03.57	
						400m:		8:13.12		
5.	DASZY SKI Andrzej		48	Klub Pływacki Masters Bolesław				8:38.68	302	
	50m:	59.31 59.31	150m:	3:08.47	1:03.88	250m:		5:25.88	1:14.35	
	100m:	2:04.59 1:05.28	200m:	4:11.53	1:03.06	300m:		6:40.72	1:14.84	
						350m:		7:41.24	1:00.52	
						400m:		8:38.68	57.44	
6.	GORBACZOW MIROSLAW		52	Sopot Masters				8:51.62	281	
	50m:	57.36 57.36	150m:	3:22.32	1:12.53	250m:		5:45.40	1:12.03	
	100m:	2:09.79 1:12.43	200m:	4:33.37	1:11.05	300m:		6:57.70	1:12.30	
						350m:		8:01.51	1:03.81	
						400m:		8:51.62	50.11	

Konkurencja 2, M czyzn, 400m zmienny

I: 65 - 69 lat

1.	RÓ ALSKI Józef	45	MOSiR KSZO Ostrowiec w.	7:22.03	605
	50m: 45.20 45.20	150m: 2:41.25 1:00.45	250m: 4:41.52 59.98	350m: 6:33.31 49.54	
	100m: 1:40.80 55.60	200m: 3:41.54 1:00.29	300m: 5:43.77 1:02.25	400m: 7:22.03 48.72	
2.	WOCH Janusz	46	TS Olimpia Pozna	7:56.43	483
	50m: 51.86 51.86	150m: 3:01.95 1:00.77	250m: 5:00.03 59.86	350m: 6:59.33 59.35	
	100m: 2:01.18 1:09.32	200m: 4:00.17 58.22	300m: 5:59.98 59.95	400m: 7:56.43 57.10	

J: 70 - 74 lat

1.	RUDOLF BUGLA	40	Orka Mastes Radlin	8:49.78	417
	50m: 57.06 57.06	150m: 3:10.20 1:07.73	250m: 5:29.08 1:09.31	350m: 7:42.85 1:03.84	
	100m: 2:02.47 1:05.41	200m: 4:19.77 1:09.57	300m: 6:39.01 1:09.93	400m: 8:49.78 1:06.93	
2.	DYMECKI Zbigniew	41	Niezrzeszeni	9:24.80	344
	50m: 1:02.47 1:02.47	150m: 3:39.15 1:17.20	250m: 6:05.93 1:15.02	350m: 8:22.31 1:02.22	
	100m: 2:21.95 1:19.48	200m: 4:50.91 1:11.76	300m: 7:20.09 1:14.16	400m: 9:24.80 1:02.49	

K: 75 - 79 lat

1.	SIELSKI Ryszard	37	Warsaw Masters Team	9:19.76	400
	50m: 1:07.21 1:07.21	150m: 3:35.27 1:14.21	250m: 5:57.89 1:09.50	350m: 8:14.58 1:03.30	
	100m: 2:21.06 1:13.85	200m: 4:48.39 1:13.12	300m: 7:11.28 1:13.39	400m: 9:19.76 1:05.18	
2.	WITKOWSKI TADEUSZ	37	T.P.Masters Opole	9:57.42	329
	50m: 1:10.93 1:10.93	150m: 3:52.04 1:17.54	250m: 9:00.93 2:27.56	350m:	
	100m: 2:34.50 1:23.57	200m: 6:33.37 2:41.33	300m:	400m: 9:57.42	

L: 80 - 84 lat

1.	KROKOSZY SKI Stanisław	30	TS Wisła Kraków	8:22.06	1292
	<i>Rekord Polski kat. L</i>				
	50m: 56.78 56.78	150m: 3:05.36 1:00.92	250m: 5:20.78 1:12.32	350m: 7:25.00 53.77	
	100m: 2:04.44 1:07.66	200m: 4:08.46 1:03.10	300m: 6:31.23 1:10.45	400m: 8:22.06 57.06	