

Konkurencja 40

M cyczn, 400m dowolny

20 lat i starsi

2012-11-25 - 13:15

Wyniki

Rekord Polski Masters 25 - 29	4:14.48	OZIEMSKI Przemysław							
Rekord Polski Masters 30 - 34	4:14.97	PR DKI Sławomir							
Rekord Polski Masters 35 - 39	4:20.66	WOLNY Dariusz							
Rekord Polski Masters 40 - 44	4:21.19	WOLNY Dariusz							
Rekord Polski Masters 45 - 49	4:50.06	PASIECZNY Andrzej							
Rekord Polski Masters 50 - 54	4:39.06	WOLNY Dariusz							
Rekord Polski Masters 55 - 59	4:55.65	WARCHOŁ Mirosław							
Rekord Polski Masters 60 - 64	5:34.67	DEDESZKO - WIERCI SKI							
Rekord Polski Masters 65 - 69	5:45.62	RASZY SKI Marian							
Rekord Polski Masters 70 - 74	5:54.36	BASTEK Ewald							
Rekord Polski Masters 75 - 79	6:14.11	KROKOSZY SKI Stanisław							
Rekord Polski Masters 80 - 84	7:10.86	KROKOSZY SKI Stanisław	WIKRA	Pozna					2011-11-19
Rekord Polski Masters 85 - 89	9:01.66	MRÓWCZY SKI Kazimierz							
Rekord Polski Masters 90 - 94	10:33.41	MRÓWCZY SKI KAZIMIERZ	01805	Katowice					2012-11-23
Rekord Polski Masters 95 - 99	30:00.00								

Punkty: DSV Masters 04

Pozycja Rok ur. Czas Pkt.

0: 20 - 24 lat

1. SAMUL Kamil	88	D browa Gornicza	4:20.87	712
50m: 30.80 30.80	150m: 1:37.76 33.51	250m: 2:44.37 33.18	350m: 3:49.56 32.39	
100m: 1:04.25 33.45	200m: 2:11.19 33.43	300m: 3:17.17 32.80	400m: 4:20.87 31.31	
2. CZERMAK Tomasz	91	AZS AWF Katowice	4:32.27	626
50m: 30.44 30.44	150m: 1:38.50 34.38	250m: 2:48.37 35.18	350m: 3:58.87 35.44	
100m: 1:04.12 33.68	200m: 2:13.19 34.69	300m: 3:23.43 35.06	400m: 4:32.27 33.40	
3. ROSZAK Adrian	88	CityZen Masters Pozna	4:38.42	586
50m: 31.70 31.70	150m: 1:42.35 35.36	250m: 2:53.64 35.72	350m: 4:04.72 35.34	
100m: 1:06.99 35.29	200m: 2:17.92 35.57	300m: 3:29.38 35.74	400m: 4:38.42 33.70	
4. GRZE KOWIAK REMIGIUSZ	88	KS Warta Pozna	5:02.10	458
50m: 30.43 30.43	150m: 1:45.41 38.57	250m: 3:05.65 41.10	350m: 4:25.52 39.76	
100m: 1:06.84 36.41	200m: 2:24.55 39.14	300m: 3:45.76 40.11	400m: 5:02.10 36.58	
5. LATUSZEK Kamil	88	Masters Korona Kraków	5:06.26	440
50m: 32.05 32.05	150m: 1:46.46 37.76	250m: 3:04.09 38.94	350m: 4:24.97 40.89	
100m: 1:08.70 36.65	200m: 2:25.15 38.69	300m: 3:44.08 39.99	400m: 5:06.26 41.29	

A: 25 - 25 lat

1. SZCZYPI SKI Marcin	86	UKS Wodnik 29 Katowice	4:23.90	765
50m: 29.40 29.40	150m: 1:35.42 33.65	250m: 2:43.93 34.14	350m: 3:51.74 33.87	
100m: 1:01.77 32.37	200m: 2:09.79 34.37	300m: 3:17.87 33.94	400m: 4:23.90 32.16	
2. GOŁEMBIEWSKI Tadeusz	85	CityZen Masters Pozna	4:34.26	682
50m: 31.10 31.10	150m: 1:39.52 34.73	250m: 2:49.62 35.03	350m: 4:00.22 35.44	
100m: 1:04.79 33.69	200m: 2:14.59 35.07	300m: 3:24.78 35.16	400m: 4:34.26 34.04	
3. CHMURA Maciej	86	Triathlon Juvenia Wrocław	4:42.39	625
50m: 32.40 32.40	150m: 1:42.76 35.33	250m: 2:54.39 35.74	350m: 4:06.61 36.17	
100m: 1:07.43 35.03	200m: 2:18.65 35.89	300m: 3:30.44 36.05	400m: 4:42.39 35.78	
4. NOWAK Krzysztof	86	Weteran Zabrze	4:57.50	534
50m: 32.10 32.10	150m: 1:45.16 36.96	250m: 3:02.06 38.39	350m: 4:19.94 38.77	
100m: 1:08.20 36.10	200m: 2:23.67 38.51	300m: 3:41.17 39.11	400m: 4:57.50 37.56	

B: 30 - 34 lat

1. GRABARCZYK Marcin	79	UKS "Pi tka" Konstancynów Łódz	4:55.71	538
50m: 32.15 32.15	150m: 1:43.66 35.73	250m: 2:58.26 37.61	350m: 4:16.96 39.38	
100m: 1:07.93 35.78	200m: 2:20.65 36.99	300m: 3:37.58 39.32	400m: 4:55.71 38.75	
2. SUWARA PIOTR	79	Sopot Masters	4:57.78	527
50m: 32.17 32.17	150m: 1:46.55 37.85	250m: 3:04.02 38.86	350m: 4:20.67 37.94	
100m: 1:08.70 36.53	200m: 2:25.16 38.61	300m: 3:42.73 38.71	400m: 4:57.78 37.11	

Konkurencja 40, M czyzn, 400m dowolny, B: 30 - 34 lat

Pozycja			Rok ur.					Czas	Pkt.		
3.	JUREK Przemysław		81	Tarnowskie WOPR				5:07.41	479		
	50m:	32.43 32.43	150m:	1:48.93	39.50	250m:	3:09.16	40.40	350m:	4:29.59	40.45
	100m:	1:09.43 37.00	200m:	2:28.76	39.83	300m:	3:49.14	39.98	400m:	5:07.41	37.82
4.	KAŁU Y SKI Wojciech		80	Warsaw Masters Team				5:33.93	374		
	50m:	37.76 37.76	150m:	2:02.16	42.99	250m:	4:10.51	1:25.91	350m:		
	100m:	1:19.17 41.41	200m:	2:44.60	42.44	300m:	4:53.91	43.40	400m:	5:33.93	
5.	ARENTEWICZ Grzegorz		81	Toru czyk Masters Toru				5:40.31	353		
	50m:	37.62 37.62	150m:	2:03.95	44.29	250m:	3:31.70	43.75	350m:	4:57.12	42.63
	100m:	1:19.66 42.04	200m:	2:47.95	44.00	300m:	4:14.49	42.79	400m:	5:40.31	43.19
6.	GUGAŁA Michał		79	Masters Korona Kraków				5:56.88	306		
	50m:	34.77 34.77	150m:	1:57.49	44.15	250m:	3:32.99	47.84	350m:	5:11.06	48.77
	100m:	1:13.34 38.57	200m:	2:45.15	47.66	300m:	4:22.29	49.30	400m:	5:56.88	45.82

C: 35 - 39 lat

1.	BERWECKI Arkadiusz		73	MOTYL SENIOR MOSiR Stalowa Wol				4:31.86	735		
	50m:	29.94 29.94	150m:	1:37.42	34.04	250m:	2:47.12	34.92	350m:	3:57.32	35.21
	100m:	1:03.38 33.44	200m:	2:12.20	34.78	300m:	3:22.11	34.99	400m:	4:31.86	34.54
2.	KOWALCZYK Piotr		74	MKP Szczecin				4:47.50	622		
	50m:	32.60 32.60	150m:	1:44.82	36.19	250m:	2:59.12	36.97	350m:	4:12.74	36.54
	100m:	1:08.63 36.03	200m:	2:22.15	37.33	300m:	3:36.20	37.08	400m:	4:47.50	34.76
3.	CZERWIEC Artur		76	TMT "Water Knights" Zabierzów				4:48.25	617		
	50m:	32.22 32.22	150m:	1:44.60	36.78	250m:	2:58.54	36.75	350m:	4:12.83	37.47
	100m:	1:07.82 35.60	200m:	2:21.79	37.19	300m:	3:35.36	36.82	400m:	4:48.25	35.42
4.	OLKOWICZ Arkadiusz		76	UKS "Pi tka" Konstancynów Łódź				4:51.57	596		
	50m:	33.62 33.62	150m:	1:46.17	36.56	250m:	3:01.24	37.40	350m:	4:16.11	37.17
	100m:	1:09.61 35.99	200m:	2:23.84	37.67	300m:	3:38.94	37.70	400m:	4:51.57	35.46
5.	SPYRA Krzysztof		73	Legia Warszawa				5:04.81	522		
	50m:	33.27 33.27	150m:	1:48.28	38.45	250m:	3:06.93	39.92	350m:	4:26.63	39.99
	100m:	1:09.83 36.56	200m:	2:27.01	38.73	300m:	3:46.64	39.71	400m:	5:04.81	38.18
6.	PAWŁOWSKI Krzysztof		77	MOTYL SENIOR MOSiR Stalowa Wol				5:27.46	421		
	50m:	36.70 36.70	150m:	1:57.74	41.59	250m:	3:23.68	43.22	350m:	4:47.55	41.56
	100m:	1:16.15 39.45	200m:	2:40.46	42.72	300m:	4:05.99	42.31	400m:	5:27.46	39.91
7.	KRAUSE Dariusz		76	Radlin				6:22.83	263		
	50m:	37.14 37.14	150m:	2:09.34	47.76	250m:	3:49.37	50.26	350m:	5:33.67	52.10
	100m:	1:21.58 44.44	200m:	2:59.11	49.77	300m:	4:41.57	52.20	400m:	6:22.83	49.16

D: 40 - 44 lat

1.	BARTA PIOTR		71	ZKS Drzonków				4:51.02	643		
	50m:	33.17 33.17	150m:	1:43.70	35.78	250m:	2:56.48	36.56	350m:	4:10.24	36.78
	100m:	1:07.92 34.75	200m:	2:19.92	36.22	300m:	3:33.46	36.98	400m:	4:51.02	40.78
2.	WOJCIECHOWICZ Marek		70	MASTERS Gorzów Wlkp.				5:03.61	566		
	50m:	32.40 32.40	150m:	1:48.01	38.73	250m:	3:06.98	39.57	350m:	4:26.45	39.63
	100m:	1:09.28 36.88	200m:	2:27.41	39.40	300m:	3:46.82	39.84	400m:	5:03.61	37.16
3.	BAR Wiesław		70	MOTYL SENIOR MOSiR Stalowa Wol				5:05.84	554		
	50m:	32.29 32.29	150m:	1:47.48	38.77	250m:	3:05.62	39.45	350m:	4:26.30	40.70
	100m:	1:08.71 36.42	200m:	2:26.17	38.69	300m:	3:45.60	39.98	400m:	5:05.84	39.54
4.	BEYM Robert		69	Start Pozna				5:14.83	508		
	50m:	35.08 35.08	150m:	1:55.00	40.27	250m:	3:15.93	40.21	350m:	4:35.97	40.08
	100m:	1:14.73 39.65	200m:	2:35.72	40.72	300m:	3:55.89	39.96	400m:	5:14.83	38.86
5.	MYTNIK Grzegorz		72	TMT "Water Knights" Zabierzów				5:39.05	406		
	50m:	37.02 37.02	150m:	1:57.78	41.00	250m:			350m:	4:55.42	
	100m:	1:16.78 39.76	200m:	2:41.87	44.09	300m:			400m:	5:39.05	43.63

Konkurencja 40, M czynn, 400m dowolny, D: 40 - 44 lat

Pozycja	Rok ur.	Czas	Pkt.
6. HUDYKA Sebastian	71	5:45.80	383
50m: 39.59 39.59	150m: 2:07.99 44.85	250m: 3:36.81 44.25	350m: 5:04.81 43.80
100m: 1:23.14 43.55	200m: 2:52.56 44.57	300m: 4:21.01 44.20	400m: 5:45.80 40.99
7. SZUREK SŁAWOMIR	71	5:49.24	372
50m: 37.72 37.72	150m: 2:04.17 44.16	250m: 3:34.43 45.30	350m: 5:06.49 46.15
100m: 1:20.01 42.29	200m: 2:49.13 44.96	300m: 4:20.34 45.91	400m: 5:49.24 42.75

E: 45 - 49 lat

1. KOWALEWSKI Paweł	66	4:38.70	838
50m: 31.65 31.65	150m: 1:41.43 35.50	250m: 2:52.14 35.24	350m: 4:02.54 35.35
100m: 1:05.93 34.28	200m: 2:16.90 35.47	300m: 3:27.19 35.05	400m: 4:38.70 36.16
2. MONCZAK Piotr	67	4:41.89	810
50m: 32.34 32.34	150m: 1:42.73 35.55	250m: 2:55.22 36.33	350m: 4:07.05 35.68
100m: 1:07.18 34.84	200m: 2:18.89 36.16	300m: 3:31.37 36.15	400m: 4:41.89 34.84
3. THIEM JACEK	63	5:49.37	425
50m: 40.45 40.45	150m: 2:09.72 44.65	250m: 3:40.04 44.69	350m: 5:08.78 44.41
100m: 1:25.07 44.62	200m: 2:55.35 45.63	300m: 4:24.37 44.33	400m: 5:49.37 40.59
4. ZADRO NY Jarosław	66	5:50.34	421
50m: 37.13 37.13	150m: 2:04.11 43.94	250m: 3:34.05 45.24	350m: 5:06.94 46.98
100m: 1:20.17 43.04	200m: 2:48.81 44.70	300m: 4:19.96 45.91	400m: 5:50.34 43.40
5. BRO EK Wacław	67	6:34.35	295
50m: 45.55 45.55	150m: 2:21.87 48.50	250m: 4:01.46 51.04	350m: 5:45.84 52.75
100m: 1:33.37 47.82	200m: 3:10.42 48.55	300m: 4:53.09 51.63	400m: 6:34.35 48.51

F: 50 - 54 lat

1. OLSZEWSKI PAWEŁ	62	4:55.24	751
50m: 33.08 33.08	150m: 1:46.68 36.87	250m: 3:03.14 38.42	350m: 4:19.37 37.69
100m: 1:09.81 36.73	200m: 2:24.72 38.04	300m: 3:41.68 38.54	400m: 4:55.24 35.87
2. KANIA Waldemar	62	5:30.02	537
50m: 37.07 37.07	150m: 2:00.60 42.05	250m: 3:24.93 42.05	350m: 4:49.49 42.11
100m: 1:18.55 41.48	200m: 2:42.88 42.28	300m: 4:07.38 42.45	400m: 5:30.02 40.53
3. SZYMIK Piotr	60	5:48.01	458
50m: 38.49 38.49	150m: 2:06.03 45.07	250m: 3:35.45 44.79	350m: 5:05.76 45.07
100m: 1:20.96 42.47	200m: 2:50.66 44.63	300m: 4:20.69 45.24	400m: 5:48.01 42.25
4. DATA Andrzej	61	6:16.17	363
50m: 38.17 38.17	150m: 2:07.86 46.80	250m: 3:47.35 50.90	350m: 5:28.36 50.28
100m: 1:21.06 42.89	200m: 2:56.45 48.59	300m: 4:38.08 50.73	400m: 6:16.17 47.81
5. CZUPRYN Wojciech	58	6:23.68	342
50m: 44.88 44.88	150m: 2:20.78 48.39	250m: 4:00.01 49.47	350m: 5:38.78 49.49
100m: 1:32.39 47.51	200m: 3:10.54 49.76	300m: 4:49.29 49.28	400m: 6:23.68 44.90

G: 55 - 59 lat

1. KRCIK Jozef	57	5:22.94	696
50m: 37.23 37.23	150m: 1:57.74 40.97	250m: 3:20.08 41.41	350m: 4:43.52 41.64
100m: 1:16.77 39.54	200m: 2:38.67 40.93	300m: 4:01.88 41.80	400m: 5:22.94 39.42
2. SKRZYPEK Stefan	56	5:42.01	586
50m: 38.77 38.77	150m: 2:06.43 43.85	250m: 3:33.66 42.93	350m: 4:59.87 43.22
100m: 1:22.58 43.81	200m: 2:50.73 44.30	300m: 4:16.65 42.99	400m: 5:42.01 42.14
3. MATUSIK Mirosław	56	5:47.57	558
50m: 40.21 40.21	150m: 2:07.20 44.64	250m: 3:35.35 43.78	350m: 5:04.89 45.45
100m: 1:22.56 42.35	200m: 2:51.57 44.37	300m: 4:19.44 44.09	400m: 5:47.57 42.68

Konkurencja 40, M czynn, 400m dowolny, G: 55 - 59 lat

Pozycja			Rok ur.					Czas	Pkt.		
4.	ZABRZA	SKI ALFRED	54	Weteran Zabrze				5:51.78	539		
	50m:	39.26 39.26	150m:	2:08.85	45.49	250m:	3:43.71	47.24	350m:	5:13.02	43.43
	100m:	1:23.36 44.10	200m:	2:56.47	47.62	300m:	4:29.59	45.88	400m:	5:51.78	38.76
5.	CIEKLI	SKI Wiesław	57	Rzeszów nizrzeszony				5:51.88	538		
	50m:	40.00 40.00	150m:	2:09.43	45.61	250m:	3:42.75	46.44	350m:	5:13.19	44.94
	100m:	1:23.82 43.82	200m:	2:56.31	46.88	300m:	4:28.25	45.50	400m:	5:51.88	38.69
6.	ŁUKASZEWICZ	Paweł	55	Start Pozna				6:04.16	485		
	50m:	39.35 39.35	150m:	2:09.45	46.64	250m:	3:43.78	47.08	350m:	5:18.71	46.97
	100m:	1:22.81 43.46	200m:	2:56.70	47.25	300m:	4:31.74	47.96	400m:	6:04.16	45.45
7.	MI	SKI Andrzej	56	K.S. niezrzeszeni.pl				6:25.67	409		
	50m:	43.11 43.11	150m:	2:20.10	49.26	250m:	3:58.42	49.29	350m:	5:38.06	49.76
	100m:	1:30.84 47.73	200m:	3:09.13	49.03	300m:	4:48.30	49.88	400m:	6:25.67	47.61

H: 60 - 64 lat

1.	MAKAY	Marek	50	Warsaw Masters Team				5:37.85	666		
	50m:	38.71 38.71	150m:	2:05.59	44.10	250m:	3:32.62	43.21	350m:	4:57.59	42.11
	100m:	1:21.49 42.78	200m:	2:49.41	43.82	300m:	4:15.48	42.86	400m:	5:37.85	40.26
2.	JARZYNA	Włodzimierz	49	MOTYL SENIOR MOSiR Stalowa Wol				6:18.37	474		
	50m:	41.97 41.97	150m:	2:19.43	49.41	250m:	3:58.09	48.65	350m:	5:34.52	47.86
	100m:	1:30.02 48.05	200m:	3:09.44	50.01	300m:	4:46.66	48.57	400m:	6:18.37	43.85
3.	BORYSKI	Jerzy	51	TS Olimpia Pozna				6:57.47	353		
	50m:	46.82 46.82	150m:	2:32.50	53.35	250m:	4:20.33	54.31	350m:	6:07.93	53.73
	100m:	1:39.15 52.33	200m:	3:26.02	53.52	300m:	5:14.20	53.87	400m:	6:57.47	49.54
4.	WOLNIEWICZ	Janusz	48	UKS Trójka Oborniki				7:07.05	329		
	50m:	48.01 48.01	150m:	2:36.04	54.39	250m:	4:25.74	54.50	350m:	6:12.97	52.82
	100m:	1:41.65 53.64	200m:	3:31.24	55.20	300m:	5:20.15	54.41	400m:	7:07.05	54.08
5.	PAWLACZEK	Zygmunt	49	KS Masters Polkowice				7:11.80	319		
	50m:	41.22 41.22	150m:	2:24.55	54.30	250m:	4:17.04	56.42	350m:	6:13.48	58.84
	100m:	1:30.25 49.03	200m:	3:20.62	56.07	300m:	5:14.64	57.60	400m:	7:11.80	58.32
6.	IRCZYK	LEON	51	Orka Mastes Radlin				7:56.10	238		
	50m:	53.19 53.19	150m:	2:52.94	1:00.90	250m:	4:56.13	1:01.93	350m:	6:57.82	1:00.50
	100m:	1:52.04 58.85	200m:	3:54.20	1:01.26	300m:	5:57.32	1:01.19	400m:	7:56.10	58.28

I: 65 - 69 lat

1.	MLECZKO	Andrzej	47	Masters Korona Kraków				6:20.75	634		
	50m:	44.90 44.90	150m:	2:21.62	48.16	250m:	4:00.71	49.67	350m:	5:37.05	47.62
	100m:	1:33.46 48.56	200m:	3:11.04	49.42	300m:	4:49.43	48.72	400m:	6:20.75	43.70
2.	BORODZIUK	Stefan	44	Warsaw Masters Team				7:17.76	417		
	50m:	44.82 44.82	150m:	2:34.70	56.67	250m:	4:29.98	58.03	350m:	6:25.92	57.66
	100m:	1:38.03 53.21	200m:	3:31.95	57.25	300m:	5:28.26	58.28	400m:	7:17.76	51.84

J: 70 - 74 lat

1.	DYMECKI	Zbigniew	41	Niezrzeszeni				8:27.89	284		
	50m:	50.69 50.69	150m:	2:53.33		250m:	5:09.54	1:08.55	350m:	7:22.78	1:05.34
	100m:		200m:	4:00.99	1:07.66	300m:	6:17.44	1:07.90	400m:	8:27.89	1:05.11

K: 75 - 79 lat

1.	LEWANDOWSKI	ZYGMUNT	37	Delfin Inowrocław				7:16.50	573		
	50m:	49.93 49.93	150m:	2:39.57	55.84	250m:	4:32.74	56.55	350m:	6:24.92	55.88
	100m:	1:43.73 53.80	200m:	3:36.19	56.62	300m:	5:29.04	56.30	400m:	7:16.50	51.58

Konkurencja 40, M czyzn, 400m dowolny

L: 80 - 84 lat

1.	L	Y	SKI Jan	31	Niezrzeszeni	10:50.88	253		
	50m:	1:07.21	1:07.21	150m:	3:53.93 1:25.14	250m:	6:40.84 1:22.43	350m:	9:29.25 1:24.04
	100m:	2:28.79	1:21.58	200m:	5:18.41 1:24.48	300m:	8:05.21 1:24.37	400m:	10:50.88 1:21.63
2.	FROM	Kazimierz	32	WOPR	Kutno	10:55.37	248		
	50m:	1:02.79	1:02.79	150m:	3:37.82 1:20.25	250m:	6:31.85 1:29.03	350m:	9:32.89 1:31.31
	100m:	2:17.57	1:14.78	200m:	5:02.82 1:25.00	300m:	8:01.58 1:29.73	400m:	10:55.37 1:22.48