

Konkurencja 31 M czyzn, 400m zmienny 20 lat i starsi  
2014-11-15 - 21:42 Wyniki

Rekord Polski Masters 25 - 29	4:51.85	RADOMSKI Grzegorz	Mława	2010-11-13
Rekord Polski Masters 30 - 34	4:43.44	PR DKI Sławomir	Góra Kalwaria	2008-10-25
Rekord Polski Masters 35 - 39	4:39.97	WOLNY Dariusz	Spała	1999-12-11
Rekord Polski Masters 40 - 44	4:37.02	WOLNY Dariusz	Spała	2000-12-20
Rekord Polski Masters 45 - 49	5:06.71	STANEK Grzegorz	Kraków	2013-11-16
Rekord Polski Masters 50 - 54	5:07.41	WOLNY Dariusz	Toru	2010-04-25
Rekord Polski Masters 55 - 59	5:56.17	GORBACZOW Dariusz	Rumia	2013-02-09
Rekord Polski Masters 60 - 64	6:23.91	BASTEK Ewald	Trento	1999-04-11
Rekord Polski Masters 65 - 69	6:38.67	BASTEK Ewald	W-wa-Ursus	2005-11-12
Rekord Polski Masters 70 - 74	6:42.06	BASTEK Ewald	Lublin	2009-11-14
Rekord Polski Masters 75 - 79	8:39.77	PRZ DO Lucjan	W-wa-Ursus	2005-11-12
Rekord Polski Masters 80 - 84	8:22.06	KROKOSZY SKI Stanisław	Katowice	2012-11-23
Rekord Polski Masters 85 - 89	20:00.00			
Rekord Polski Masters 90 - 94	20:00.00			

Pozycja			Rok ur.					Czas	
0: 20 - 24 lat									
1.	KUCA Przemysław		94	KS Warta Pozna				<b>4:41.75</b>	
	50m:	28.05 28.05	150m:	1:38.63 37.83	250m:	2:55.49 39.95	350m:	4:09.95 32.85	
	100m:	1:00.80 32.75	200m:	2:15.54 36.91	300m:	3:37.10 41.61	400m:	4:41.75 31.80	
2.	MUSIALIK Marcin		94	MOTYL -SENIOR MOSiR Stalowa Wo				<b>5:13.20</b>	
	50m:	33.11 33.11	150m:	1:52.74 40.27	250m:	3:17.50 45.31	350m:	4:39.52 36.65	
	100m:	1:12.47 39.36	200m:	2:32.19 39.45	300m:	4:02.87 45.37	400m:	5:13.20 33.68	
3.	SZEWCZYK Mateusz		93	AZS AWF Katowice				<b>5:19.08</b>	
	50m:	30.38 30.38	150m:	1:46.22 40.69	250m:	3:13.55 47.85	350m:	4:41.50 39.20	
	100m:	1:05.53 35.15	200m:	2:25.70 39.48	300m:	4:02.30 48.75	400m:	5:19.08 37.58	
A: 25 - 29 lat									
1.	STERCZY SKI Jakub		88	KU AZS UAM Pozna				<b>5:06.88</b>	
	50m:	30.05 30.05	150m:	1:44.31 39.74	250m:	3:07.58 43.58	350m:	4:30.00 37.75	
	100m:	1:04.57 34.52	200m:	2:24.00 39.69	300m:	3:52.25 44.67	400m:	5:06.88 36.88	
2.	KLUCZYK Szymon		87	MKP Szczecin				<b>5:18.58</b>	
	50m:	32.97 32.97	150m:	1:53.80 42.54	250m:	3:20.22 46.58	350m:	4:42.62 35.96	
	100m:	1:11.26 38.29	200m:	2:33.64 39.84	300m:	4:06.66 46.44	400m:	5:18.58 35.96	
3.	DYMITER Mateusz		86	Niezrzeszeni				<b>5:49.62</b>	
	50m:	35.26 35.26	150m:	2:05.78 48.10	250m:	3:42.07 49.95	350m:	5:09.79 39.60	
	100m:	1:17.68 42.42	200m:	2:52.12 46.34	300m:	4:30.19 48.12	400m:	5:49.62 39.83	
B: 30 - 34 lat									
1.	RADOMSKI Grzegorz		84	Tp Masters Opole				<b>4:50.19</b>	
	50m:	30.73 30.73	150m:	1:43.84 36.36	250m:	3:00.26 39.81	350m:	4:16.46 35.11	
	100m:	1:07.48 36.75	200m:	2:20.45 36.61	300m:	3:41.35 41.09	400m:	4:50.19 33.73	
2.	ISALSKI Przemysław		82	KS Warta Pozna				<b>5:12.56</b>	
	50m:	33.40 33.40	150m:	1:53.38 42.27	250m:	3:18.85 44.68	350m:	4:38.81 34.81	
	100m:	1:11.11 37.71	200m:	2:34.17 40.79	300m:	4:04.00 45.15	400m:	5:12.56 33.75	
3.	BRODACKI Maciej		83	Swimming Masters Team Szczecin				<b>5:15.77</b>	
	50m:	33.57 33.57	150m:	1:52.72 40.21	250m:	3:19.17 46.18	350m:	4:42.09 35.84	
	100m:	1:12.51 38.94	200m:	2:32.99 40.27	300m:	4:06.25 47.08	400m:	5:15.77 33.68	
4.	KOZIKOWSKI Michał		80	Aquasfera Masters Olsztyn				<b>5:28.28</b>	
	50m:	35.69 35.69	150m:	2:01.65 42.66	250m:	3:27.00 42.82	350m:	4:49.80 39.53	
	100m:	1:18.99 43.30	200m:	2:44.18 42.53	300m:	4:10.27 43.27	400m:	5:28.28 38.48	

Konkurencja 31, M czynn, 400m zmienny

C: 35 - 39 lat

1.	KACZMAREK Stanisław	79	Masters Gorzów Wlkp.	<b>5:11.48</b>
	50m: 31.86 31.86	150m: 1:51.25	43.62 250m: 3:16.98	44.31 350m: 4:37.20
	100m: 1:07.63 35.77	200m: 2:32.67	41.42 300m: 4:01.39	44.41 400m: 5:11.48
35.81				34.28
2.	ROGOSZ Paweł	76	Warsaw Masters Team	<b>5:37.93</b>
	50m: 35.83 35.83	150m: 2:03.57	45.24 250m: 3:34.45	45.70 350m: 4:59.47
	100m: 1:18.33 42.50	200m: 2:48.75	45.18 300m: 4:19.80	45.35 400m: 5:37.93
39.67				38.46
3.	PAWŁOWSKI krzysztof	77	MOTYL -SENIOR MOSiR Stalowa Wo	<b>6:03.57</b>
	50m: 40.26 40.26	150m: 2:16.13	47.47 250m: 3:52.51	50.46 350m: 5:24.34
	100m: 1:28.66 48.40	200m: 3:02.05	45.92 300m: 4:42.61	50.10 400m: 6:03.57
41.73				39.23
4.	RYBKO Volodymyr	79	Msc "Euro-Lviv"	<b>6:05.39</b>
	50m: 35.85 35.85	150m: 2:08.85	48.67 250m: 3:52.73	56.67 350m: 5:29.19
	100m: 1:20.18 44.33	200m: 2:56.06	47.21 300m: 4:48.37	55.64 400m: 6:05.39
40.82				36.20

D: 40 - 44 lat

1.	BARTA Piotr	71	ZKS Drzonków	<b>5:26.97</b>
	50m: 33.25 33.25	150m: 1:58.13	46.92 250m: 3:26.70	43.34 350m: 4:49.70
	100m: 1:11.21 37.96	200m: 2:43.36	45.23 300m: 4:10.54	43.84 400m: 5:26.97
39.16				37.27
2.	JAWIE Krzysztof	71	Stra Miejska Miasta Kraków	<b>5:53.36</b>
	50m: 35.67 35.67	150m: 2:04.19	47.29 250m: 3:41.16	48.53 350m: 5:11.78
	100m: 1:16.90 41.23	200m: 2:52.63	48.44 300m: 4:30.28	49.12 400m: 5:53.36
41.50				41.58

E: 45 - 49 lat

1.	MONCZAK Piotr	67	Start Pozna	<b>5:27.54</b>
	50m: 33.47 33.47	150m: 1:55.32	42.35 250m: 3:26.62	48.73 350m: 4:51.93
	100m: 1:12.97 39.50	200m: 2:37.89	42.57 300m: 4:14.95	48.33 400m: 5:27.54
36.98				35.61
2.	ŠKODNÝ Pavol	69	Športový plavecký klub Kúpele Pieš any	<b>5:35.13</b>
	50m: 35.03 35.03	150m: 1:59.41	42.91 250m: 3:31.19	49.57 350m: 4:58.27
	100m: 1:16.50 41.47	200m: 2:41.62	42.21 300m: 4:20.50	49.31 400m: 5:35.13
37.77				36.86
3.	SKLYAR Konstantin	68	TG Lage 1862	<b>5:49.56</b>
	50m: 36.73 36.73	150m: 2:05.78	46.20 250m: 3:42.72	50.00 350m: 5:12.34
	100m: 1:19.58 42.85	200m: 2:52.72	46.94 300m: 4:33.24	50.52 400m: 5:49.56
39.10				37.22
4.	GLEB Tomasz	67	Victory Masters Elbl g	<b>6:33.48</b>
	50m: 39.35 39.35	150m: 2:19.30	53.12 250m: 4:09.53	57.02 350m: 5:51.83
	100m: 1:26.18 46.83	200m: 3:12.51	53.21 300m: 5:06.81	57.28 400m: 6:33.48
45.02				41.65
5.	TCHORZEWSKI Norbert	65	Niezrzeszeni	<b>6:55.41</b>
	50m: 39.85 39.85	150m: 2:20.73	53.80 250m: 4:23.37	1:02.56 350m: 6:10.08
	100m: 1:26.93 47.08	200m: 3:20.81	1:00.08 300m: 5:25.50	1:02.13 400m: 6:55.41
44.58				45.33
6.	RUDZI SKI Michał	66	Warsaw Masters Team	<b>7:36.81</b>
	50m: 47.34 47.34	150m: 2:55.09	1:06.00 250m: 4:52.45	51.74 350m: 6:44.02
	100m: 1:49.09 1:01.75	200m: 4:00.71	1:05.62 300m: 5:47.10	54.65 400m: 7:36.81
56.92				52.79

F: 50 - 54 lat

1.	NESVETAEV Vladlen	60	Zvezdy Rossii	<b>5:23.99</b>
	50m: 33.23 33.23	150m: 1:54.64	43.04 250m: 3:24.65	48.27 350m: 4:48.56
	100m: 1:11.60 38.37	200m: 2:36.38	41.74 300m: 4:11.83	47.18 400m: 5:23.99
36.73				35.43
2.	LORKOWSKI Robert	60	MOTYL -SENIOR MOSiR Stalowa Wo	<b>6:04.57</b>
	50m: 38.24 38.24	150m: 2:09.80	45.59 250m: 3:49.36	54.43 350m: 5:24.34
	100m: 1:24.21 45.97	200m: 2:54.93	45.13 300m: 4:42.98	53.62 400m: 6:04.57
41.36				40.23
3.	SZYMIK Piotr	60	UKS WODNIK Sieminanowice I sk	<b>6:37.38</b>
	50m: 46.13 46.13	150m: 2:30.99	52.63 250m: 4:17.28	55.99 350m: 5:55.95
	100m: 1:38.36 52.23	200m: 3:21.29	50.30 300m: 5:13.01	55.73 400m: 6:37.38
42.94				41.43

Konkurencja 31, M czyzn, 400m zmienny, F: 50 - 54 lat

Pozycja			Rok ur.					Czas		
4.	LOPIN Grigoriy		63	Zvezdy Rossii				<b>6:56.63</b>		
	50m:	44.62 44.62	150m:	2:30.45 56.72	250m:	4:26.89 59.64	350m:	6:11.83 46.95		
	100m:	1:33.73 49.11	200m:	3:27.25 56.80	300m:	5:24.88 57.99	400m:	6:56.63 44.80		
5.	THIEM Jacek		63	KS Warta Pozna				<b>7:06.53</b>		
	50m:	45.94 45.94	150m:	3:35.77 1:57.70	250m:	5:33.04 58.23	350m:			
	100m:	1:38.07 52.13	200m:	4:34.81 59.04	300m:	6:20.94 47.90	400m:	7:06.53		
6.	NIEDZWIEDZ Tomasz		63	UTW "Masters" Zgierz				<b>7:32.90</b>		
	50m:	51.01 51.01	150m:	2:50.67 1:00.92	250m:	4:52.33 1:00.57	350m:	6:42.99 49.53		
	100m:	1:49.75 58.74	200m:	3:51.76 1:01.09	300m:	5:53.46 1:01.13	400m:	7:32.90 49.91		

G: 55 - 59 lat

1.	PRZYTULSKI Włodzimierz		57	UTW "Masters" Zgierz				<b>6:17.11</b>		
	50m:	40.91 40.91	150m:	2:16.00 48.87	250m:	4:00.91 57.68	350m:	5:39.03 40.31		
	100m:	1:27.13 46.22	200m:	3:03.23 47.23	300m:	4:58.72 57.81	400m:	6:17.11 38.08		
2.	VALTR Vaclav		56	SK Spolchemie Usti nad Labem				<b>6:21.63</b>		
	50m:	43.57 43.57	150m:	2:21.90 48.25	250m:	4:03.45 53.35	350m:	5:40.05 43.62		
	100m:	1:33.65 50.08	200m:	3:10.10 48.20	300m:	4:56.43 52.98	400m:	6:21.63 41.58		
3.	PIECHULA Adolf		57	AZS PWSZ Racibórz				<b>6:31.14</b>		
	50m:	46.53 46.53	150m:	2:28.86 49.98	250m:	4:12.76 53.98	350m:	5:49.27 42.64		
	100m:	1:38.88 52.35	200m:	3:18.78 49.92	300m:	5:06.63 53.87	400m:	6:31.14 41.87		
4.	PIETRASZEWSKI Zbigniew		55	TS Olimpia Pozna				<b>6:35.27</b>		
	50m:	47.22 47.22	150m:	2:30.57 48.47	250m:	4:12.40 53.28	350m:	5:52.15 45.11		
	100m:	1:42.10 54.88	200m:	3:19.12 48.55	300m:	5:07.04 54.64	400m:	6:35.27 43.12		
5.	MI SKI Andrzej		56	KS niezrzeszeni.pl				<b>8:07.82</b>		
	50m:	56.23 56.23	150m:	3:09.47 1:12.40	250m:	5:25.38 1:04.19	350m:	7:19.58 52.38		
	100m:	1:57.07 1:00.84	200m:	4:21.19 1:11.72	300m:	6:27.20 1:01.82	400m:	8:07.82 48.24		

H: 60 - 64 lat

1.	BRYNIAK Jan		53	Tp Masters Opole				<b>7:07.70</b>		
	50m:	46.42 46.42	150m:	2:35.59 56.61	250m:	4:30.11 55.73	350m:	6:18.99 51.74		
	100m:	1:38.98 52.56	200m:	3:34.38 58.79	300m:	5:27.25 57.14	400m:	7:07.70 48.71		
2.	WYSOCKI Jarosław		53	Toru czyk Masters Toru				<b>7:39.39</b>		
	50m:	46.77 46.77	150m:	2:45.16 1:04.39	250m:	4:48.57 1:02.07	350m:	6:47.51 56.75		
	100m:	1:40.77 54.00	200m:	3:46.50 1:01.34	300m:	5:50.76 1:02.19	400m:	7:39.39 51.88		
3.	SZUFARSKI Andrzej		52	Toru czyk Masters Toru				<b>8:12.04</b>		
	50m:	50.79 50.79	150m:	3:02.55 1:07.69	250m:	5:10.27 1:04.69	350m:	7:16.82 59.11		
	100m:	1:54.86 1:04.07	200m:	4:05.58 1:03.03	300m:	6:17.71 1:07.44	400m:	8:12.04 55.22		
4.	IRCZYK Leon		51	Rydułtowska Akademia Aktywnego				<b>8:36.61</b>		
	50m:	1:00.04 1:00.04	150m:	3:25.14 1:17.29	250m:	5:40.20 1:01.42	350m:	7:40.18 59.48		
	100m:	2:07.85 1:07.81	200m:	4:38.78 1:13.64	300m:	6:40.70 1:00.50	400m:	8:36.61 56.43		

I: 65 - 69 lat

1.	JARZYNA Włodzinierz		49	MOTYL -SENIOR MOSiR Stalowa Wo				<b>7:23.37</b>		
	50m:	51.44 51.44	150m:	3:42.85 1:49.78	250m:	5:47.61 1:01.94	350m:			
	100m:	1:53.07 1:01.63	200m:	4:45.67 1:02.82	300m:	6:37.69 50.08	400m:	7:23.37		
2.	RÓ ALSKI Józef		45	MOSiR KSZO Ostrowiec				<b>7:28.49</b>		
	50m:	49.80 49.80	150m:	2:47.29 59.55	250m:	4:49.85 1:03.74	350m:	6:42.73 49.67		
	100m:	1:47.74 57.94	200m:	3:46.11 58.82	300m:	5:53.06 1:03.21	400m:	7:28.49 45.76		
3.	MLECZKO Andrzej		47	Masters Korona Kraków				<b>8:31.03</b>		
	50m:	58.58 58.58	150m:	3:11.23 1:03.85	250m:	5:25.33 1:07.72	350m:	7:35.71 58.77		
	100m:	2:07.38 1:08.80	200m:	4:17.61 1:06.38	300m:	6:36.94 1:11.61	400m:	8:31.03 55.32		

Konkurencja 31, M czynn, 400m zmienny, I: 65 - 69 lat

Pozycja		Rok ur.						Czas	
4.	DASZY SKI Andrzej	48	UKS Energetyk Zgorzelec					<b>8:41.88</b>	
	50m: 1:00.43 1:00.43		150m: 3:13.17 1:04.36	250m: 5:31.02 1:14.39	350m: 7:42.28 1:01.00				
	100m: 2:08.81 1:08.38		200m: 4:16.63 1:03.46	300m: 6:41.28 1:10.26	400m: 8:41.88 59.60				
5.	JAWOR Bogdan	47	KS Masters Polkowice					<b>9:33.00</b>	
	50m: 1:07.95 1:07.95		150m: 3:45.92 1:15.93	250m: 6:12.41 1:15.09	350m: 8:29.56 1:03.87				
	100m: 2:29.99 1:22.04		200m: 4:57.32 1:11.40	300m: 7:25.69 1:13.28	400m: 9:33.00 1:03.44				

J: 70 - 74 lat

1.	BUGLA Rudolf	40	Rydułtowska Akademia Aktywnego					<b>9:18.05</b>	
	50m: 59.42 59.42		150m: 3:23.73 1:13.58	250m: 5:50.99 1:12.50	350m: 8:10.68 1:08.46				
	100m: 2:10.15 1:10.73		200m: 4:38.49 1:14.76	300m: 7:02.22 1:11.23	400m: 9:18.05 1:07.37				
2.	DYMECKI Zbigniew	41	Niezrzeszeni					<b>10:08.17</b>	
	50m: 1:09.71 1:09.71		150m: 4:06.34 1:24.91	250m: 6:43.28 1:14.88	350m: 9:02.92 1:03.27				
	100m: 2:41.43 1:31.72		200m: 5:28.40 1:22.06	300m: 7:59.65 1:16.37	400m: 10:08.17 1:05.25				
PK	ZURGALIDZE ANDRIY	81	Ukraine Kharkiv					<b>4:59.74</b>	
	50m: 31.54 31.54		150m: 1:48.73 40.56	250m: 3:10.20 41.10	350m: 4:27.45 35.98				
	100m: 1:08.17 36.63		200m: 2:29.10 40.37	300m: 3:51.47 41.27	400m: 4:59.74 32.29				