

Event 31 Men, 400m Medley 20 years and older
2014-11-15 - 21:42 Results

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			

Rank	YB		Time	
0: 20 - 24 lat				
1.	KUCA Przemysław	94	KS Warta Poznan	4:41.75
	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	5:13.20
	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	5:19.08
	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.	STERCZYNSKI Jakub	88	KU AZS UAM Poznan	5:06.88
	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	5:18.58
	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	5:49.62
	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	4:50.19
	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 Poznan	5:12.56
	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	5:15.77
	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	5:28.28
	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

Event 31, Men, 400m Medley

C: 35 - 39 lat

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

D: 40 - 44 lat

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

E: 45 - 49 lat

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

F: 50 - 54 lat

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

Event 31, Men, 400m Medley, F: 50 - 54 lat

Rank			YB				Time			
4.	LOPIN Grigoriy		63 Zvezdy Rossii				6:56.63			
	50m:	44.62 44.62	150m:	2:30.45 56.72	250m:	4:26.89 59.64	350m:	6:11.83 46.95	400m:	6:56.63 44.80
	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 Poznan				7:06.53			
	50m:	45.94 45.94	150m:	3:35.77 1:57.70	250m:	5:33.04 58.23	350m:	7:06.53 7:06.53	400m:	7:06.53
	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				7:32.90			
	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	400m:	7:32.90 49.91
	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				6:17.11			
	50m:	40.91 40.91	150m:	2:16.00 48.87	250m:	4:00.91 57.68	350m:	5:39.03 40.31	400m:	6:17.11 38.08
	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				6:21.63			
	50m:	43.57 43.57	150m:	2:21.90 48.25	250m:	4:03.45 53.35	350m:	5:40.05 43.62	400m:	6:21.63 41.58
	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 Raciborz				6:31.14			
	50m:	46.53 46.53	150m:	2:28.86 49.98	250m:	4:12.76 53.98	350m:	5:49.27 42.64	400m:	6:31.14 41.87
	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 Poznan				6:35.27			
	50m:	47.22 47.22	150m:	2:30.57 48.47	250m:	4:12.40 53.28	350m:	5:52.15 45.11	400m:	6:35.27 43.12
	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.	MINSKI Andrzej		56 KS niezrzeszeni.pl				8:07.82			
	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	400m:	8:07.82 48.24
	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				7:07.70			
	50m:	46.42 46.42	150m:	2:35.59 56.61	250m:	4:30.11 55.73	350m:	6:18.99 51.74	400m:	7:07.70 48.71
	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 Jaroslaw		53 Torunczyk Masters Torun				7:39.39			
	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	400m:	7:39.39 51.88
	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 Torunczyk Masters Torun				8:12.04			
	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	400m:	8:12.04 55.22
	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				8:36.61			
	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	400m:	8:36.61 56.43
	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				7:23.37			
	50m:	51.44 51.44	150m:	3:42.85 1:49.78	250m:	5:47.61 1:01.94	350m:	7:23.37 7:23.37	400m:	7:23.37
	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.	ROZALSKI Jozef		45 MOSiR KSZO Ostrowiec				7:28.49			
	50m:	49.80 49.80	150m:	2:47.29 59.55	250m:	4:49.85 1:03.74	350m:	6:42.73 49.67	400m:	7:28.49 45.76
	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 Krakow				8:31.03			
	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	400m:	8:31.03 55.32
	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		

Event 31, Men, 400m Medley, I: 65 - 69 lat

Rank	YB								Time			
4.	DASZYNSKI Andrzej		48		UKS Energetyk Zgorzelec				8:41.88			
	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				9:33.00			
	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		Rydultowska Akademia Aktywnego				9:18.05			
	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				10:08.17			
	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
EXH	ZURGALIDZE ANDRIY		81		Ukraine Kharkiv				4:59.74			
	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