



Letnie Otwarte Mistrzostwa Polski Masters
Gliwice, 17- - 19-6-2011



Konkurencja 20
2011-06-18 - 12:50

M czyzn, 400m zmienny

20 - 104 lat
Wyniki

RP Masters 25 - 29	4:57.06	RADOMSKI GRZEGORZ	ORS Opole	2009-06-21
RP Masters 30 - 34	5:04.83	PR DKI SŁAWOMIR	Weteran Zabrze	2009-06-21
RP Masters 35 - 39	4:46.79	WOLNY DARIUSZ	WTP Masters Wrocław	1998-06-21
RP Masters 40 - 44	4:49.62	WOLNY DARIUSZ	WTP Masters Wrocław	2000-08-02
RP Masters 45 - 49	6:09.51	KAPĄLCZY SKI KRZYSZTOF	SSI Start Poznań	2009-06-21
RP Masters 50 - 54	5:15.44	WOLNY DARIUSZ	Redeco Wrocław	2010-08-02
RP Masters 55 - 59	6:19.52	BASTEK EWALD	WTP Masters Wrocław	1995-05-20
RP Masters 60 - 64	6:27.92	RACZY SKI MARIAN	TKKF wit widnik	1998-06-21
RP Masters 65 - 69	6:46.69	RACZY SKI MARIAN	TKKF wit widnik	2002-03-28
RP Masters 70 - 74	7:01.33	BASTEK EWALD	Weteran Zabrze	2010-08-02
RP Masters 75 - 79	9:10.13	PRZ DO LUCJAN	Polonia Warszawa	2007-06-02

Punkty: DSV Masters 04

Pozycja	Wiek				Czas				Pkt.		
20 - 24 lat											
1. CZERMAK Tomasz	20				AZS AWF Katowice				5:11.78	607	
50m:	32.44	32.44	150m:	1:53.95	42.53	250m:	3:16.13	40.48	350m:	4:36.38	38.36
100m:	1:11.42	38.98	200m:	2:35.65	41.70	300m:	3:58.02	41.89	400m:	5:11.78	35.40

25 - 29 lat											
1. KWESTOROWSKI BARTOSZ	26				Weteran Zabrze				5:26.80	576	
50m:	33.48	33.48	150m:	1:56.52	42.96	250m:	3:24.68	46.54	350m:	4:50.20	38.34
100m:	1:13.56	40.08	200m:	2:38.14	41.62	300m:	4:11.86	47.18	400m:	5:26.80	36.60
2. SASS Mateusz	25				Zgiersko-Ł czycki WOPR				5:48.09	476	
50m:	32.31	32.31	150m:	2:00.38	47.30	250m:	3:36.90	50.20	350m:	5:09.40	42.09
100m:	1:13.08	40.77	200m:	2:46.70	46.32	300m:	4:27.31	50.41	400m:	5:48.09	38.69
3. WESELAK DANIEL	29				Weteran Zabrze				5:57.01	441	
50m:	34.76	34.76	150m:	2:05.34	49.22	250m:	3:45.52	52.54	350m:	5:17.37	40.58
100m:	1:16.12	41.36	200m:	2:52.98	47.64	300m:	4:36.79	51.27	400m:	5:57.01	39.64
4. SZAL Mateusz	25				Niezrzeszony				7:41.10	205	
50m:	34.26	34.26	150m:	2:24.29	1:04.98	250m:	4:40.40	1:04.16	350m:	6:43.38	54.58
100m:	1:19.31	45.05	200m:	3:36.24	1:11.95	300m:	5:48.80	1:08.40	400m:	7:41.10	57.72

NIE UK. KOSZAREK Maciej	27				Redeco Wrocław					
50m:	2:04.69	2:04.69	150m:		250m:		350m:			
100m:			200m:		300m:		400m:			

30 - 34 lat											
1. TOMCZYK Konrad	30				WOPR Warszawa SPORT-Figielski				5:42.14	517	
50m:	34.62	34.62	150m:	2:03.34	48.80	250m:	3:35.90	47.13	350m:	5:03.76	40.37
100m:	1:14.54	39.92	200m:	2:48.77	45.43	300m:	4:23.39	47.49	400m:	5:42.14	38.38
2. KOTUS Tomasz	30				UKS Pi tka Konstantynów				5:51.78	476	
50m:	31.80	31.80	150m:	2:02.10	49.86	250m:	3:43.52	54.07	350m:	5:13.06	38.67
100m:	1:12.24	40.44	200m:	2:49.45	47.35	300m:	4:34.39	50.87	400m:	5:51.78	38.72
3. PAWŁOWSKI Krzysztof	34				MOTYL SENIOR MOSiR Stalowa Wola				6:36.17	333	
50m:	42.06	42.06	150m:	2:23.30	49.21	250m:	4:09.81	56.22	350m:	5:51.42	44.86
100m:	1:34.09	52.03	200m:	3:13.59	50.29	300m:	5:06.56	56.75	400m:	6:36.17	44.75
4. CIURKO Paweł	32				MOTYL SENIOR MOSiR Stalowa Wola				6:42.09	318	
50m:	42.66	42.66	150m:	2:36.60	1:03.99	250m:	4:23.69	52.28	350m:	5:59.68	42.70
100m:	1:32.61	49.95	200m:	3:31.41	54.81	300m:	5:16.98	53.29	400m:	6:42.09	42.41

35 - 39 lat											
1. MONCZAK Grzegorz	38				One Man Team				5:42.17	580	
50m:	37.02	37.02	150m:	2:05.21	46.11	250m:	3:39.41	49.15	350m:	5:05.72	37.84
100m:	1:19.10	42.08	200m:	2:50.26	45.05	300m:	4:27.88	48.47	400m:	5:42.17	36.45



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Konkurencja 20, M czynn, 400m zmienny, 35 - 39 lat

Pozycja	Wiek	Czas	Pkt.
2. SKROK Michał	35	5:45.24	564
50m: 35.78 35.78	150m: 2:04.62 46.66	250m: 3:38.78 47.40	350m: 5:06.56 39.80
100m: 1:17.96 42.18	200m: 2:51.38 46.76	300m: 4:26.76 47.98	400m: 5:45.24 38.68
3. PYR Szymon	38	5:49.56	544
50m: 33.90 33.90	150m: 2:02.75 48.84	250m: 3:41.30 50.69	350m: 5:11.50 39.78
100m: 1:13.91 40.01	200m: 2:50.61 47.86	300m: 4:31.72 50.42	400m: 5:49.56 38.06
4. POPIELI SKI Fryderyk	35	6:45.17	349
50m: 47.06 47.06	150m: 2:36.32 54.62	250m: 4:21.90 53.26	350m: 6:00.47 45.54
100m: 1:41.70 54.64	200m: 3:28.64 52.32	300m: 5:14.93 53.03	400m: 6:45.17 44.70

40 - 44 lat

1. MONCZAK Piotr	44	5:35.69	667
50m: 35.98 35.98	150m: 2:02.14 44.99	250m: 3:33.51 47.74	350m: 4:59.03 36.88
100m: 1:17.15 41.17	200m: 2:45.77 43.63	300m: 4:22.15 48.64	400m: 5:35.69 36.66
2. JAWIE Krzysztof	40	6:02.41	530
50m: 34.07 34.07	150m: 2:03.10 49.10	250m: 3:40.58 48.69	350m: 5:16.14 46.17
100m: 1:14.00 39.93	200m: 2:51.89 48.79	300m: 4:29.97 49.39	400m: 6:02.41 46.27
3. KALBARCZYK Waldemar	40	6:29.54	427
50m: 38.48 38.48	150m: 2:18.49 49.30	250m: 4:01.10 56.04	350m: 5:44.81 46.50
100m: 1:29.19 50.71	200m: 3:05.06 46.57	300m: 4:58.31 57.21	400m: 6:29.54 44.73
4. LESZCZY SKI Mirosław	40	6:46.89	374
50m: 45.62 45.62	150m: 2:31.16 54.61	250m: 4:20.91 54.03	350m: 6:01.18 46.95
100m: 1:36.55 50.93	200m: 3:26.88 55.72	300m: 5:14.23 53.32	400m: 6:46.89 45.71
5. SZUREK Sławomir	40	6:47.74	372
50m: 40.36 40.36	150m: 2:25.74 56.47	250m: 4:16.09 55.24	350m: 6:02.37 47.35
100m: 1:29.27 48.91	200m: 3:20.85 55.11	300m: 5:15.02 58.93	400m: 6:47.74 45.37
6. JARO Tomasz	40	7:24.05	288
50m: 41.72 41.72	150m: 2:43.40 1:05.48	250m: 4:48.18 58.51	350m: 6:35.52 46.59
100m: 1:37.92 56.20	200m: 3:49.67 1:06.27	300m: 5:48.93 1:00.75	400m: 7:24.05 48.53
7. RYBAK Andrzej	41	7:44.66	251
50m: 46.38 46.38	150m: 2:48.41 59.74	250m: 4:53.36 1:07.17	350m: 6:50.73 52.22
100m: 1:48.67 1:02.29	200m: 3:46.19 57.78	300m: 5:58.51 1:05.15	400m: 7:44.66 53.93

45 - 49 lat

1. KO MIDER Jan	45	6:09.44	555
50m: 39.02 39.02	150m: 2:15.82 50.62	250m: 3:56.98 51.09	350m: 5:30.67 42.24
100m: 1:25.20 46.18	200m: 3:05.89 50.07	300m: 4:48.43 51.45	400m: 6:09.44 38.77
2. CZAICKI Waldemar	45	6:35.62	452
50m: 40.69 40.69	150m: 2:19.87 51.28	250m: 4:07.50 57.48	350m: 5:50.53 44.82
100m: 1:28.59 47.90	200m: 3:10.02 50.15	300m: 5:05.71 58.21	400m: 6:35.62 45.09
3. WOLSKI Wojciech	45	6:52.37	399
50m: 39.99 39.99	150m: 2:30.01 57.75	250m: 4:22.25 54.67	350m: 6:03.44 46.10
100m: 1:32.26 52.27	200m: 3:27.58 57.57	300m: 5:17.34 55.09	400m: 6:52.37 48.93
4. NIED WIED Tomasz	48	7:51.29	267
50m: 50.58 50.58	150m: 2:54.06 1:04.84	250m: 5:03.27 1:03.79	350m: 6:59.01 53.25
100m: 1:49.22 58.64	200m: 3:59.48 1:05.42	300m: 6:05.76 1:02.49	400m: 7:51.29 52.28

50 - 54 lat

1. KAWECKI Krzysztof	54	6:08.99	629
50m: 42.92 42.92	150m: 2:18.94 46.38	250m: 3:56.26 51.44	350m: 5:28.78 58.15
100m: 1:32.56 49.64	200m: 3:04.82 45.88	300m: 4:30.63 34.37	400m: 6:08.99 40.21



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Konkurencja 20, M czynn, 400m zmienny, 50 - 54 lat

Pozycja	Wiek	Czas	Pkt.
2. LORKOWSKI Robert	51	6:24.86	555
50m: 40.12 40.12	150m: 2:07.62 37.39	250m: 3:40.91 30.02	350m: 5:44.07 43.49
100m: 1:30.23 50.11	200m: 3:10.89 1:03.27	300m: 5:00.58 1:19.67	400m: 6:24.86 40.79
3. SZYMIK Piotr	51	6:29.09	537
50m: 44.61 44.61	150m: 2:26.32 49.45	250m: 4:12.43 55.87	350m: 5:47.53 41.22
100m: 1:36.87 52.26	200m: 3:16.56 50.24	300m: 5:06.31 53.88	400m: 6:29.09 41.56

55 - 59 lat

1. KOPANIECKI Henryk	56	6:55.35	538
50m: 42.23 42.23	150m: 2:30.85 55.99	250m: 4:02.44 36.16	350m: 6:10.36 46.89
100m: 1:34.86 52.63	200m: 3:26.28 55.43	300m: 5:23.47 1:21.03	400m: 6:55.35 44.99
2. BRYNIAK JAN	58	7:03.43	508
50m: 44.53 44.53	150m: 2:33.44 58.47	250m: 4:26.78 54.13	350m: 6:12.64 49.57
100m: 1:34.97 50.44	200m: 3:32.65 59.21	300m: 5:23.07 56.29	400m: 7:03.43 50.79
3. SKRZYPEK Stefan	55	7:09.62	486
50m: 45.60 45.60	150m: 2:36.62 59.85	250m: 4:38.15 59.77	350m: 6:25.33 45.51
100m: 1:36.77 51.17	200m: 3:38.38 1:01.76	300m: 5:39.82 1:01.67	400m: 7:09.62 44.29
4. W SIK Bogdan	56	7:17.87	459
50m: 46.82 46.82	150m: 2:38.29 58.47	250m: 4:28.35 53.99	350m: 6:20.73 57.43
100m: 1:39.82 53.00	200m: 3:34.36 56.07	300m: 5:23.30 54.95	400m: 7:17.87 57.14
5. OSSOWSKI Aleksander	58	7:19.04	456
50m: 48.44 48.44	150m: 2:42.09 57.85	250m: 4:41.36 1:02.07	350m: 6:32.59 48.22
100m: 1:44.24 55.80	200m: 3:39.29 57.20	300m: 5:44.37 1:03.01	400m: 7:19.04 46.45
6. DUBI SKI Bogdan	58	7:25.19	437
50m: 52.23 52.23	150m: 2:48.91 55.53	250m: 4:50.08 1:07.05	350m: 6:41.53 48.58
100m: 1:53.38 1:01.15	200m: 3:43.03 54.12	300m: 5:52.95 1:02.87	400m: 7:25.19 43.66
7. WASIUK Janusz	58	8:53.93	253
50m: 1:01.46 1:01.46	150m: 3:23.60 1:10.96	250m: 5:41.15 1:05.44	350m: 7:51.20 1:05.90
100m: 2:12.64 1:11.18	200m: 4:35.71 1:12.11	300m: 6:45.30 1:04.15	400m: 8:53.93 1:02.73

60 - 64 lat

1. JARZYNA Włodzimierz	62	7:18.97	499
50m: 50.52 50.52	150m: 2:49.58 59.77	250m: 4:46.44 1:00.66	350m: 6:36.18 48.18
100m: 1:49.81 59.29	200m: 3:45.78 56.20	300m: 5:48.00 1:01.56	400m: 7:18.97 42.79
2. GAŁGA SKI Zbigniew	62	7:30.89	460
50m: 49.34 49.34	150m: 2:54.55 1:08.21	250m: 4:56.82 56.26	350m: 6:45.92 52.30
100m: 1:46.34 57.00	200m: 4:00.56 1:06.01	300m: 5:53.62 56.80	400m: 7:30.89 44.97
3. MIKOŁAJCZYK Czesław	61	7:36.72	443
50m: 50.62 50.62	150m: 2:51.14 1:00.89	250m: 4:53.67 1:00.70	350m: 7:36.72
100m: 1:50.25 59.63	200m: 3:52.97 1:01.83	300m: 5:53.90 1:00.23	400m: 7:36.72
4. DASZY SKI Andrzej	63	8:44.27	293
50m: 56.19 56.19	150m: 3:09.58 1:07.49	250m: 5:33.07 1:16.11	350m: 7:49.17 1:00.27
100m: 2:02.09 1:05.90	200m: 4:16.96 1:07.38	300m: 6:48.90 1:15.83	400m: 8:44.27 55.10
5. FILIPIAK Fabian	63	9:00.04	268
50m: 1:02.88 1:02.88	150m: 3:21.85 1:05.54	250m: 5:43.79 1:14.32	350m: 7:57.81 59.66
100m: 2:16.31 1:13.43	200m: 4:29.47 1:07.62	300m: 6:58.15 1:14.36	400m: 9:00.04 1:02.23
6. BANTKOWSKI Jan	62	9:43.17	212
50m: 1:07.36 1:07.36	150m: 3:52.90 1:30.09	250m: 6:30.86 1:14.68	350m: 8:44.29 59.03
100m: 2:22.81 1:15.45	200m: 5:16.18 1:23.28	300m: 7:45.26 1:14.40	400m: 9:43.17 58.88



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Konkurencja 20, M czynn, 400m zmienny

65 - 69 lat

1. RÓ ALSKI Józef	66	Mosir Ostrowiec	7:46.94	513
50m: 50.74 50.74	150m: 2:55.21 1:02.43	250m: 5:05.73 1:04.16	350m: 6:58.15 49.71	
100m: 1:52.78 1:02.04	200m: 4:01.57 1:06.36	300m: 6:08.44 1:02.71	400m: 7:46.94 48.79	

70 - 74 lat

1. BASTEK EWALD	72	Weteran Zabrze	7:30.00	680
50m: 53.02 53.02	150m: 2:54.25 59.14	250m: 4:55.82 1:01.08	350m: 6:44.51 48.16	
100m: 1:55.11 1:02.09	200m: 3:54.74 1:00.49	300m: 5:56.35 1:00.53	400m: 7:30.00 45.49	
2. BUGLA Rudolf	71	Orka Masters Radlin	9:03.50	386
50m: 56.68 56.68	150m: 3:14.05 1:06.77	250m: 5:38.58 1:11.93	350m: 7:54.72 1:03.55	
100m: 2:07.28 1:10.60	200m: 4:26.65 1:12.60	300m: 6:51.17 1:12.59	400m: 9:03.50 1:08.78	
3. DYMECKI Zbigniew	70	KS Górnik Sosnowiec	9:10.81	371
50m: 1:01.54 1:01.54	150m: 3:35.43 1:14.28	250m: 5:57.42 1:11.23	350m: 8:06.79 57.51	
100m: 2:21.15 1:19.61	200m: 4:46.19 1:10.76	300m: 7:09.28 1:11.86	400m: 9:10.81 1:04.02	
4. SIELSKI Ryszard	74	Warsaw Masters Team	9:32.18	331
50m: 1:12.63 1:12.63	150m: 3:46.46 1:14.36	250m: 6:03.81 1:07.42	350m: 8:21.42 1:08.93	
100m: 2:32.10 1:19.47	200m: 4:56.39 1:09.93	300m: 7:12.49 1:08.68	400m: 9:32.18 1:10.76	

80 - 84 lat

1. KROKOSZY SKI Stanisław	81	Wisła Masters Kraków	8:20.62	1303
<i>PR Masters na 100m stylem motylkowym</i>				
50m: 57.69 57.69	150m: 3:09.79 1:04.71	250m: 5:26.05 1:11.78	350m: 7:27.47 51.42	
100m: 2:05.08 1:07.39	200m: 4:14.27 1:04.48	300m: 6:36.05 1:10.00	400m: 8:20.62 53.15	