

Mistrzostwa Polski w Pływaniu Masters  
Gliwice, 13. - 15.11.2015

Konkurencja 31

M czynn, 400m zmienny

20 lat i starsi

14.11.2015 - 20:05

Wyniki

Rekord Polski Masters 25 - 29	4:51.85	Radomski Grzegorz	Mława	13.11.2010
Rekord Polski Masters 30 - 34	4:43.44	Pr dki Sławomir	Góra Kalwaria	25.10.2008
Rekord Polski Masters 35 - 39	4:39.97	Wolny Dariusz	Spała	11.12.1999
Rekord Polski Masters 40 - 44	4:37.02	Wolny Dariusz	Spała	20.12.2000
Rekord Polski Masters 45 - 49	5:06.71	Stanek Grzegorz	Kraków	16.11.2013
Rekord Polski Masters 50 - 54	5:07.41	Wolny Dariusz	Toru	25.04.2010
Rekord Polski Masters 55 - 59	5:56.17	Gorbaczow Dariusz	Rumia	09.02.2013
Rekord Polski Masters 60 - 64	6:23.91	Bastek Ewald	Trento	11.04.1999
Rekord Polski Masters 65 - 69	6:38.67	Bastek Ewald	W-wa-Ursus	12.11.2005
Rekord Polski Masters 70 - 74	6:42.06	Bastek Ewald	Lublin	14.11.2009
Rekord Polski Masters 75 - 79	8:39.77	Prz do Lucjan	W-wa-Ursus	12.11.2005
Rekord Polski Masters 80 - 84	8:22.06	Krokoszy ski Stanisław	Katowice	23.11.2012
Rekord Polski Masters 85 - 89	20:00.00			
Rekord Polski Masters 90 - 94	20:00.00			

Punkty: FINA 2015

Pozycja Rok ur. Czas Pkt.

20 - 24 lat

1. Czarnota Mateusz	91	Niezrzeszeni	<b>4:33.74</b>	636
50m: 29.79 29.79	150m: 1:39.82 35.89	250m: 2:53.74 38.65	350m: 4:03.91 31.44	
100m: 1:03.93 34.14	200m: 2:15.09 35.27	300m: 3:32.47 38.73	400m: 4:33.74 29.83	
2. Kuca Przemysław	94	Klub Sportowy Warta Pozna	<b>4:40.34</b>	592
50m: 27.88 27.88	150m: 1:37.64 37.53	250m: 2:56.76 41.76	350m: 4:10.63 32.09	
100m: 1:00.11 32.23	200m: 2:15.00 37.36	300m: 3:38.54 41.78	400m: 4:40.34 29.71	
3. Zalewski Igor	93	Niezrzeszeni	<b>5:17.96</b>	406
50m: 32.51 32.51	150m: 1:51.39 41.21	250m: 3:18.44 46.51	350m: 4:43.17 38.06	
100m: 1:10.18 37.67	200m: 2:31.93 40.54	300m: 4:05.11 46.67	400m: 5:17.96 34.79	

25 - 29 lat

1. Pe sko Jan	87	Legia Warszawa	<b>4:40.65</b>	590
<i>Rekord Polski</i>				
50m: 30.10 30.10	150m: 1:41.89 37.26	250m: 2:57.46 39.16	350m: 4:10.95 33.72	
100m: 1:04.63 34.53	200m: 2:18.30 36.41	300m: 3:37.23 39.77	400m: 4:40.65 29.70	
2. Sterczy ski Jakub	88	KU AZS UAM Pozna	<b>5:11.54</b>	431
50m: 31.45 31.45	150m: 1:48.85 40.41	250m: 3:11.48 43.29	350m: 4:33.67 38.19	
100m: 1:08.44 36.99	200m: 2:28.19 39.34	300m: 3:55.48 44.00	400m: 5:11.54 37.87	
3. Jajuga Dawid	86	Masters Zdzeszowice	<b>5:22.66</b>	388
50m: 33.88 33.88	150m: 1:56.39 42.82	250m: 3:24.90 46.41	350m: 4:48.35 37.34	
100m: 1:13.57 39.69	200m: 2:38.49 42.10	300m: 4:11.01 46.11	400m: 5:22.66 34.31	
4. Pietryka Bartosz	86	UKS FREGATA Kolbuszowa	<b>5:31.70</b>	357
50m: 31.16 31.16	150m: 1:52.98 44.51	250m: 3:24.05 49.69	350m: 4:54.16 39.48	
100m: 1:08.47 37.31	200m: 2:34.36 41.38	300m: 4:14.68 50.63	400m: 5:31.70 37.54	
5. Sass Mateusz	86	UTW "Masters" Zgierz	<b>5:32.87</b>	354
50m: 31.44 31.44	150m: 2:00.00 44.00	250m: 3:27.43 46.50	350m: 4:55.32 40.10	
100m: 1:10.67 39.23	200m: 2:40.93 40.93	300m: 4:15.22 47.79	400m: 5:32.87 37.55	
6. Dymiter Mateusz	86	Neptun Team Tarnów	<b>5:37.14</b>	340
50m: 33.39 33.39	150m: 1:56.08 44.98	250m: 3:27.86 47.71	350m: 4:58.13 42.35	
100m: 1:11.10 37.71	200m: 2:40.15 44.07	300m: 4:15.78 47.92	400m: 5:37.14 39.01	

30 - 34 lat

1. Radomski Grzegorz	84	T.P. Masters Opole	<b>4:50.65</b>	531
50m: 30.91 30.91	150m: 1:43.93 36.13	250m: 3:00.14 39.70	350m: 4:16.29 34.95	
100m: 1:07.80 36.89	200m: 2:20.44 36.51	300m: 3:41.34 41.20	400m: 4:50.65 34.36	
2. Porada Tomasz	83	Warsaw Masters team	<b>5:16.04</b>	413
50m: 32.78 32.78	150m: 1:56.18 45.33	250m: 3:21.09 41.58	350m: 4:40.26 36.56	
100m: 1:10.85 38.07	200m: 2:39.51 43.33	300m: 4:03.70 42.61	400m: 5:16.04 35.78	

Mistrzostwa Polski w Pływaniu Masters  
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Konkurencja 31, M czynn, 400m zmienny, 30 - 34 lat

Pozycja			Rok ur.				Czas				Pkt.
3.	Arentewicz Grzegorz		81	Toru Multisport Team			<b>6:22.46</b>				233
	50m:	37.32 37.32	150m:	2:16.48	54.62	250m:	4:01.96	52.89	350m:	5:39.46	42.81
	100m:	1:21.86 44.54	200m:	3:09.07	52.59	300m:	4:56.65	54.69	400m:	6:22.46	43.00

35 - 39 lat

1.	Kaczmarek Stanisław		79	Klub Sportowy Warta Pozna			<b>5:04.51</b>				462
	50m:	31.85 31.85	150m:	1:50.37	41.61	250m:	3:12.89	43.06	350m:	4:31.56	34.62
	100m:	1:08.76 36.91	200m:	2:29.83	39.46	300m:	3:56.94	44.05	400m:	5:04.51	32.95
2.	Szyma ski Maciej		80	Warsaw Masters team			<b>5:23.40</b>				386
	50m:	31.98 31.98	150m:	1:52.38	42.15	250m:	3:19.46	45.56	350m:	4:45.07	39.58
	100m:	1:10.23 38.25	200m:	2:33.90	41.52	300m:	4:05.49	46.03	400m:	5:23.40	38.33
3.	Rybko Volodymyr		79	MSC "Euro-Lviv"			<b>5:53.28</b>				296
	50m:	37.45 37.45	150m:	2:07.99	45.24	250m:	3:46.17	52.41	350m:	5:17.88	38.46
	100m:	1:22.75 45.30	200m:	2:53.76	45.77	300m:	4:39.42	53.25	400m:	5:53.28	35.40
4.	Pawłowski Krzysztof		77	MOTYL -SENIOR MOSiR Stalowa Wo			<b>6:04.29</b>				270
	50m:	39.10 39.10	150m:	2:14.07	47.60	250m:	3:51.89	51.58	350m:	5:25.14	41.23
	100m:	1:26.47 47.37	200m:	3:00.31	46.24	300m:	4:43.91	52.02	400m:	6:04.29	39.15
5.	Ciurko Paweł		79	MOTYL -SENIOR MOSiR Stalowa Wo			<b>6:08.69</b>				260
	50m:	40.27 40.27	150m:	2:20.10	51.41	250m:	3:58.38	49.64	350m:	5:29.08	41.61
	100m:	1:28.69 48.42	200m:	3:08.74	48.64	300m:	4:47.47	49.09	400m:	6:08.69	39.61

40 - 44 lat

1.	Gregorowicz Paweł		74	Aquasfera Masters Olsztyn			<b>5:23.81</b>				384
	50m:	32.33 32.33	150m:	1:56.29	45.72	250m:	3:26.01	46.07	350m:	4:49.06	36.51
	100m:	1:10.57 38.24	200m:	2:39.94	43.65	300m:	4:12.55	46.54	400m:	5:23.81	34.75
2.	Rado Witold		72	UKS FREGATA Kolbuszowa			<b>5:38.97</b>				335
	50m:	33.86 33.86	150m:	1:58.85	45.46	250m:	3:33.25	49.06	350m:	5:01.70	39.78
	100m:	1:13.39 39.53	200m:	2:44.19	45.34	300m:	4:21.92	48.67	400m:	5:38.97	37.27
3.	Pyr Szymon		73	Masters Korona Kraków			<b>5:39.31</b>				334
	50m:	33.72 33.72	150m:			250m:	3:34.61	50.62	350m:	5:02.58	38.29
	100m:	1:13.26 39.54	200m:	2:43.99		300m:	4:24.29	49.68	400m:	5:39.31	36.73
4.	S del Grzegorz		71	ZKS Jorge Drzonków			<b>6:05.71</b>				267
	50m:	35.32 35.32	150m:	2:09.35	52.78	250m:	3:51.82	52.48	350m:	5:24.85	40.92
	100m:	1:16.57 41.25	200m:	2:59.34	49.99	300m:	4:43.93	52.11	400m:	6:05.71	40.86

DYSKW.	Stefa ski Krzysztof		73	Tkkf Koszalin Masters			<b>7:00.32</b>				
	<i>K15 - Brak dotkni cia ciany obydwoma rozl czonymi dlo mi przy nawrocie lub na zako czenie wy cigu (Czas: 20:4</i>										
	50m:	42.21 42.21	150m:	2:27.25	54.13	250m:	4:27.81	1:05.63	350m:	6:18.25	47.07
	100m:	1:33.12 50.91	200m:	3:22.18	54.93	300m:	5:31.18	1:03.37	400m:	7:00.32	42.07

45 - 49 lat

1.	Monczak Piotr		67	Start Pozna			<b>5:22.22</b>				390
	50m:	34.31 34.31	150m:	1:55.58	42.35	250m:	3:24.29	46.62	350m:	4:48.07	36.07
	100m:	1:13.23 38.92	200m:	2:37.67	42.09	300m:	4:12.00	47.71	400m:	5:22.22	34.15
2.	Škodný Pavol		69	Športový plavecký klub Kúpele			<b>5:38.30</b>				337
	50m:	35.24 35.24	150m:	2:00.01	43.60	250m:	3:33.44	50.60	350m:	5:03.29	39.55
	100m:	1:16.41 41.17	200m:	2:42.84	42.83	300m:	4:23.74	50.30	400m:	5:38.30	35.01
3.	Korba Jerzy		69	Masters Wisła Kraków			<b>5:59.15</b>				281
	50m:	39.35 39.35	150m:	2:12.75	47.54	250m:	3:50.15	51.87	350m:	5:22.43	40.53
	100m:	1:25.21 45.86	200m:	2:58.28	45.53	300m:	4:41.90	51.75	400m:	5:59.15	36.72

Mistrzostwa Polski w Pływaniu Masters  
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Konkurencja 31, M czyzn, 400m zmienny

50 - 54 lat

1.	Latecki Grzegorz	65	Victory Masters Elbl g	<b>5:56.00</b>	289
	50m: 37.18 37.18	150m: 2:05.96 46.89	250m: 3:42.04 50.72	350m: 5:15.86 42.71	
	100m: 1:19.07 41.89	200m: 2:51.32 45.36	300m: 4:33.15 51.11	400m: 5:56.00 40.14	
2.	Kapałczy ski Krzysztof	64	Start Pozna	<b>6:00.72</b>	278
	50m: 37.12 37.12	150m: 2:05.82 46.39	250m: 3:43.83 52.25	350m: 5:20.11 44.32	
	100m: 1:19.43 42.31	200m: 2:51.58 45.76	300m: 4:35.79 51.96	400m: 6:00.72 40.61	
3.	Janovský Ji í	64	Niezrzeszeni	<b>6:07.90</b>	262
	50m: 37.23 37.23	150m: 2:09.89 47.38	250m: 3:51.90 55.89	350m: 5:29.64 40.75	
	100m: 1:22.51 45.28	200m: 2:56.01 46.12	300m: 4:48.89 56.99	400m: 6:07.90 38.26	
4.	Ko likowski Marek	61	Aquasfera Masters Olsztyn	<b>6:33.58</b>	214
	50m: 45.29 45.29	150m: 2:34.19 54.49	250m: 4:19.17 52.01	350m: 5:53.69 42.46	
	100m: 1:39.70 54.41	200m: 3:27.16 52.97	300m: 5:11.23 52.06	400m: 6:33.58 39.89	
5.	Tchorzewski Norbert	65	SWIMMERS St. Pływackie	<b>6:54.10</b>	183
	50m: 42.91 42.91	150m: 2:29.32 55.77	250m: 4:26.03 59.91	350m: 6:09.04 44.03	
	100m: 1:33.55 50.64	200m: 3:26.12 56.80	300m: 5:25.01 58.98	400m: 6:54.10 45.06	
6.	Thiem Jacek	63	Klub Sportowy Warta Pozna	<b>6:57.26</b>	179
	50m: 45.40 45.40	150m: 2:35.18 59.08	250m: 4:32.48 1:00.62	350m: 6:15.36 44.98	
	100m: 1:36.10 50.70	200m: 3:31.86 56.68	300m: 5:30.38 57.90	400m: 6:57.26 41.90	
7.	Nied wied Tomasz	63	UTW "Masters" Zgierz	<b>7:36.50</b>	137
	50m: 51.64 51.64	150m: 2:51.96 1:01.71	250m: 4:55.97 1:01.36	350m: 6:48.20 50.26	
	100m: 1:50.25 58.61	200m: 3:54.61 1:02.65	300m: 5:57.94 1:01.97	400m: 7:36.50 48.30	

55 - 59 lat

1.	Lorkowski Robert	60	MOTYL -SENIOR MOSiR Stalowa Wo	<b>6:14.53</b>	248
	50m: 39.40 39.40	150m: 2:15.84 47.92	250m: 3:56.54 54.75	350m: 5:33.76 42.30	
	100m: 1:27.92 48.52	200m: 3:01.79 45.95	300m: 4:51.46 54.92	400m: 6:14.53 40.77	
2.	Szymik Piotr	60	UKS WODNIK Siemianowice l ski	<b>6:39.04</b>	205
	50m: 44.69 44.69	150m: 2:27.64 51.17	250m: 4:16.28 55.70	350m: 5:56.50 44.24	
	100m: 1:36.47 51.78	200m: 3:20.58 52.94	300m: 5:12.26 55.98	400m: 6:39.04 42.54	
3.	Skrzypek Stefan	56	Steef Wrocław	<b>7:00.12</b>	176
	50m: 45.24 45.24	150m: 2:35.79 56.82	250m: 4:31.50 59.46	350m: 6:15.86 48.80	
	100m: 1:38.97 53.73	200m: 3:32.04 56.25	300m: 5:27.06 55.56	400m: 7:00.12 44.26	
4.	Sypniewski Andrzej	57	TS Olimpia Pozna	<b>7:11.21</b>	162
	50m: 47.28 47.28	150m: 2:40.76 57.04	250m: 4:36.00 58.67	350m: 6:23.13 49.39	
	100m: 1:43.72 56.44	200m: 3:37.33 56.57	300m: 5:33.74 57.74	400m: 7:11.21 48.08	
5.	Mi ski Andrzej	56	K.S.niezrzeszeni.pl	<b>8:02.87</b>	116
	50m: 55.74 55.74	150m: 3:08.90 1:10.55	250m: 5:21.20 1:01.12	350m: 7:14.15 51.53	
	100m: 1:58.35 1:02.61	200m: 4:20.08 1:11.18	300m: 6:22.62 1:01.42	400m: 8:02.87 48.72	
6.	Samonek Krzysztof	57	Masters Kra nik	<b>8:06.70</b>	113
	50m: 55.26 55.26	150m: 3:00.16 1:02.74	250m: 5:10.67 1:10.09	350m: 7:14.62 54.41	
	100m: 1:57.42 1:02.16	200m: 4:00.58 1:00.42	300m: 6:20.21 1:09.54	400m: 8:06.70 52.08	
7.	Wepa Wieslaw	56	Masters Chelm	<b>8:26.48</b>	100
	50m: 54.82 54.82	150m: 3:15.53 1:12.94	250m: 5:29.63 1:00.07	350m: 7:31.14 56.45	
	100m: 2:02.59 1:07.77	200m: 4:29.56 1:14.03	300m: 6:34.69 1:05.06	400m: 8:26.48 55.34	

60 - 64 lat

1.	Pietraszewski Zbigniew	55	TS Olimpia Pozna	<b>6:47.21</b>	193
	50m: 47.28 47.28	150m: 2:32.58 49.98	250m: 4:17.82 55.69	350m: 6:01.34 47.47	
	100m: 1:42.60 55.32	200m: 3:22.13 49.55	300m: 5:13.87 56.05	400m: 6:47.21 45.87	
2.	W sik Bogdan	55	UTW "Masters" Zgierz	<b>7:06.76</b>	168
	50m: 46.30 46.30	150m: 2:37.08 56.00	250m: 4:28.40 53.30	350m: 6:16.12 52.84	
	100m: 1:41.08 54.78	200m: 3:35.10 58.02	300m: 5:23.28 54.88	400m: 7:06.76 50.64	

Mistrzostwa Polski w Pływaniu Masters  
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Konkurencja 31, M czynn, 400m zmienny, 60 - 64 lat

Pozycja			Rok ur.					Czas	Pkt.
3.	Ciecior Jerzy		53	Rydułtowska Akademia Aktywnego				<b>7:06.79</b>	168
	50m:	46.17 46.17	150m:	250m:	4:35.29 1:02.91	350m:	6:22.33	46.53	
	100m:	1:41.53 55.36	200m:	300m:	5:35.80 1:00.51	400m:	7:06.79	44.46	
4.	Nowak Michał		52	Ursynów Masters				<b>7:06.81</b>	167
	50m:	47.39 47.39	150m:	250m:	4:35.59 54.31	350m:			
	100m:	1:45.08 57.69	200m:	300m:	5:30.18 54.59	400m:	7:06.81		
5.	Szufarski Andrzej		52	Toru Multisport Team				<b>8:37.16</b>	94
	50m:	50.03 50.03	150m:	250m:	6:18.55 1:08.22	350m:	8:16.84	58.73	
	100m:	3:00.93 2:10.90	200m:	300m:	7:18.11 59.56	400m:	8:37.16	20.32	
6.	Wasiuk Janusz		53	Masters Kra nik				<b>8:42.45</b>	91
	50m:	1:02.12 1:02.12	150m:	250m:	5:38.62 1:08.82	350m:	7:45.60	59.87	
	100m:	2:07.61 1:05.49	200m:	300m:	6:45.73 1:07.11	400m:	8:42.45	56.85	

65 - 69 lat

1.	Jarzyna Włodzimierz		49	MOTYL -SENIOR MOSiR Stalowa Wo				<b>6:58.97</b>	177
	50m:	49.03 49.03	150m:	250m:	4:33.19 1:00.72	350m:	6:17.43	46.03	
	100m:	1:46.79 57.76	200m:	300m:	5:31.40 58.21	400m:	6:58.97	41.54	
2.	Łukaszewicz Marek		49	Niezrzeszeni				<b>7:23.81</b>	149
	50m:	48.42 48.42	150m:	250m:	4:47.95 1:02.36	350m:	6:38.17	47.92	
	100m:	1:46.33 57.91	200m:	300m:	5:50.25 1:02.30	400m:	7:23.81	45.64	
3.	Daszy ski Andrzej		48	UKS Energetyk Zgorzelec				<b>8:42.01</b>	91
	50m:	57.45 57.45	150m:	250m:	5:30.47 1:18.40	350m:	7:45.85	59.10	
	100m:	2:04.39 1:06.94	200m:	300m:	6:46.75 1:16.28	400m:	8:42.01	56.16	

70 - 74 lat

DYSKW.	Dymecki Zbigniew		41	Niezrzeszeni				<b>9:47.11</b>	
	<i>Z1 - Nieprawidłowa kolejno stylów pływania (motylkowy, grzbietowy, klasyczny, dowolny) (Czas: 20:23)</i>								
	50m:	1:04.80 1:04.80	150m:	250m:	6:25.10 1:21.01	350m:	8:44.35	1:01.74	
	100m:	2:24.59 1:19.79	200m:	300m:	7:42.61 1:17.51	400m:	9:47.11	1:02.76	

75 - 79 lat

1.	Bastek Ewald		39	Weteran Zabrze				<b>7:37.27</b>	136
	<i>Rekord Polski</i>								
	50m:	54.64 54.64	150m:	250m:	5:00.56 1:01.96	350m:	6:52.45	49.67	
	100m:	1:57.44 1:02.80	200m:	300m:	6:02.78 1:02.22	400m:	7:37.27	44.82	
2.	Bugla Rudolf		40	Rydułtowska Akademia Aktywnego				<b>9:26.37</b>	71
	50m:	1:02.48 1:02.48	150m:	250m:	5:59.31 1:15.32	350m:	8:21.24	1:06.33	
	100m:	2:16.19 1:13.71	200m:	300m:	7:14.91 1:15.60	400m:	9:26.37	1:05.13	