

Letnie Mistrzostwa Polski w Pływaniu Masters  
Gliwice, 10. - 12.6.2016

Konkurencja 29 M czynn, 400m zmienny 20 lat i starsi  
11.06.2016 - 19:05 Wyniki

Rekord Polski Masters 25 - 29	4:57.06	Radomski Grzegorz	Pozna	21.06.2009
Rekord Polski Masters 30 - 34	5:00.77	RADOMSKI Grzegorz	Olsztyn	28.06.2014
Rekord Polski Masters 35 - 39	4:46.79	Wolny Dariusz	Casablanca	21.06.1998
Rekord Polski Masters 40 - 44	4:49.62	Wolny Dariusz	Monachium	02.08.2000
Rekord Polski Masters 45 - 49	5:32.19	Monczak Piotr	Szczecin	28.06.2015
Rekord Polski Masters 50 - 54	5:15.44	Wolny Dariusz	Göteborg	02.08.2010
Rekord Polski Masters 55 - 59	6:09.16	Gabiec Mariusz	Szczecin	28.06.2015
Rekord Polski Masters 60 - 64	6:27.92	Raczy ski Marian	Casablanca	21.06.1998
Rekord Polski Masters 65 - 69	6:46.69	Raczy ski Marian	Christchurch	28.03.2002
Rekord Polski Masters 70 - 74	7:01.33	Bastek Ewald	Göteborg	02.08.2010
Rekord Polski Masters 75 - 79	9:10.13	Prz do Lucjan	Warszawa	02.06.2007
Rekord Polski Masters 80 - 84	8:20.62	Krokoszy ski Stanisław	Gliwice	18.06.2011
Rekord Polski Masters 85 - 89	15:00.00			

Punkty: FINA 2016

Pozycja Rok ur. Czas Pkt.

20 - 24 lat

1. Smeja Sławomir	94	AZS AWF Katowice	<b>4:48.44</b>	604
50m: 29.41 29.41	150m: 1:42.46	250m: 3:01.97	350m: 4:17.08	33.21
100m:	200m:	300m: 3:43.87 41.90	400m: 4:48.44	31.36
2. Aptewicz Arkadiusz	93	Swimmers St. Pływackie	<b>5:00.67</b>	533
50m: 31.48 31.48	150m: 1:52.21 43.44	250m: 3:12.73 38.88	350m: 4:27.58	35.82
100m: 1:08.77 37.29	200m: 2:33.85 41.64	300m: 3:51.76 39.03	400m: 5:00.67	33.09

25 - 29 lat

1. Kluczyk Szymon	87	MKP Szczecin	<b>5:26.39</b>	416
50m: 33.42 33.42	150m: 1:56.52 43.19	250m: 3:26.05 48.22	350m: 4:51.52	36.30
100m: 1:13.33 39.91	200m: 2:37.83 41.31	300m: 4:15.22 49.17	400m: 5:26.39	34.87
2. Klupa Michał	90	Masters Wisła Kraków	<b>5:31.74</b>	397
50m: 33.30 33.30	150m:	250m: 3:26.04 49.34	350m: 4:53.64	37.66
100m: 1:13.75 40.45	200m: 2:36.70	300m: 4:15.98 49.94	400m: 5:31.74	38.10

DYSKW. R bas Igor	89	Warsaw Masters team	<b>5:29.66</b>	
<i>K16 - Niejednoczesne dotknięcie ciany dłomi przy nawrocie lub na zakończenie wyścigu (Czas: 20:20), Z-2</i>				
50m: 29.53 29.53	150m: 1:49.90 44.35	250m: 3:23.17 48.38	350m: 4:50.06	38.19
100m: 1:05.55 36.02	200m: 2:34.79 44.89	300m: 4:11.87 48.70	400m: 5:29.66	39.60

30 - 34 lat

1. Radomski Grzegorz	84	T.P. Masters Opole	<b>5:12.93</b>	473
50m: 33.43 33.43	150m: 1:52.13	250m: 3:13.95	350m: 4:35.67	
100m:	200m:	300m:	400m: 5:12.93	37.26
2. Jajuga Dawid	86	MASTERS Zdzeszowice	<b>5:20.39</b>	440
50m: 33.74 33.74	150m: 1:56.44 44.10	250m: 3:23.52 44.34	350m: 4:45.54	36.64
100m: 1:12.34 38.60	200m: 2:39.18 42.74	300m: 4:08.90 45.38	400m: 5:20.39	34.85
3. Brodacki Maciej	83	Swimming Masters Team Szczecin	<b>5:43.10</b>	358
50m: 34.10 34.10	150m: 1:58.54 43.89	250m: 3:32.97 49.45	350m: 5:04.55	40.48
100m: 1:14.65 40.55	200m: 2:43.52 44.98	300m: 4:24.07 51.10	400m: 5:43.10	38.55

35 - 39 lat

1. Kaczmarek Stanisław	79	Ks Warta Pozna	<b>5:12.74</b>	473
50m: 31.19 31.19	150m: 1:50.18 43.64	250m: 3:16.29 44.19	350m: 4:37.50	35.93
100m: 1:06.54 35.35	200m: 2:32.10 41.92	300m: 4:01.57 45.28	400m: 5:12.74	35.24
2. Osiwała Przemysław	79	MASTERS Zdzeszowice	<b>6:00.69</b>	308
50m: 36.74 36.74	150m: 2:08.27 48.84	250m: 3:50.55 53.44	350m: 5:22.50	39.48
100m: 1:19.43 42.69	200m: 2:57.11 48.84	300m: 4:43.02 52.47	400m: 6:00.69	38.19

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Konkurencja 29, M czynn, 400m zmienny, 35 - 39 lat

Pozycja			Rok ur.				Czas		Pkt.
3.	Arentewicz Grzegorz		81	Toru Multisport Team		<b>6:48.90</b>		212	
	50m:	40.18 40.18	150m:	2:27.60	250m:	4:21.33	350m:	6:05.81	
	100m:		200m:		300m:		400m:	6:48.90 43.09	

40 - 44 lat

1.	Gogacz Sebastian		76	Mkp Bobry D bica		<b>6:10.21</b>		285
	50m:	34.37 34.37	150m:	2:08.80 54.42	250m:	3:53.85 53.52	350m:	5:30.37 41.51
	100m:	1:14.38 40.01	200m:	3:00.33 51.53	300m:	4:48.86 55.01	400m:	6:10.21 39.84
2.	Płaneta Maciej		74	Uks Delfin Masters Tarnobrzeg		<b>6:40.90</b>		225
	50m:	40.27 40.27	150m:	2:24.41 55.33	250m:	4:16.58 58.34	350m:	5:59.29 44.18
	100m:	1:29.08 48.81	200m:	3:18.24 53.83	300m:	5:15.11 58.53	400m:	6:40.90 41.61

45 - 49 lat

1.	Mr. Barta Piotr		71	ZKS Drzonków		<b>5:27.77</b>		411
	<i>Rekord Polski</i>							
	50m:	32.86 32.86	150m:	1:58.90 47.32	250m:	3:27.28 44.02	350m:	4:50.83 38.51
	100m:	1:11.58 38.72	200m:	2:43.26 44.36	300m:	4:12.32 45.04	400m:	5:27.77 36.94
2.	Monczak Piotr		67	Start Pozna		<b>5:40.75</b>		366
	50m:	34.52 34.52	150m:	2:01.67 45.48	250m:	3:36.72 50.37	350m:	5:05.09 36.88
	100m:	1:16.19 41.67	200m:	2:46.35 44.68	300m:	4:28.21 51.49	400m:	5:40.75 35.66
3.	Darowski Piotr		71	Uks Delfin Masters Tarnobrzeg		<b>5:56.39</b>		320
	50m:	34.57 34.57	150m:	2:06.75 49.49	250m:	3:43.57 46.95	350m:	5:14.99 42.68
	100m:	1:17.26 42.69	200m:	2:56.62 49.87	300m:	4:32.31 48.74	400m:	5:56.39 41.40
4.	Korba Jerzy		69	Masters Wisła Kraków		<b>5:59.90</b>		311
	50m:	37.09 37.09	150m:	2:12.12 47.39	250m:	3:51.20 52.63	350m:	5:22.20 39.41
	100m:	1:24.73 47.64	200m:	2:58.57 46.45	300m:	4:42.79 51.59	400m:	5:59.90 37.70
5.	Jawie Krzysztof		71	Stra Miejska Miasta Kraków		<b>6:07.35</b>		292
	50m:	35.60 35.60	150m:	2:09.54 51.38	250m:	3:48.65 48.62	350m:	5:24.52 44.95
	100m:	1:18.16 42.56	200m:	3:00.03 50.49	300m:	4:39.57 50.92	400m:	6:07.35 42.83
6.	Sklyar Konstantin		68	TG Lage		<b>6:08.14</b>		290
	50m:	38.43 38.43	150m:	3:55.69 2:34.00	250m:		350m:	
	100m:	1:21.69 43.26	200m:	3:01.97	300m:	4:48.74	400m:	6:08.14

50 - 54 lat

1.	Latecki Grzegorz		65	Victory Masters Elb g		<b>5:52.46</b>		331
	50m:	37.44 37.44	150m:	2:06.59 46.28	250m:	3:44.05 50.03	350m:	5:14.20 39.36
	100m:	1:20.31 42.87	200m:	2:54.02 47.43	300m:	4:34.84 50.79	400m:	5:52.46 38.26
2.	Tchorzewski Norbert		65	Swimmers St. Pływackie		<b>6:51.31</b>		208
	50m:	42.53 42.53	150m:	2:27.66 54.63	250m:	4:27.21 1:01.59	350m:	6:09.68 43.27
	100m:	1:33.03 50.50	200m:	3:25.62 57.96	300m:	5:26.41 59.20	400m:	6:51.31 41.63
3.	Otlík Marian		66	Rydułtowska Akademia Aktywnego		<b>7:08.95</b>		183
	50m:	41.18 41.18	150m:	2:27.89 57.51	250m:	4:28.90 1:03.47	350m:	6:21.68 47.82
	100m:	1:30.38 49.20	200m:	3:25.43 57.54	300m:	5:33.86 1:04.96	400m:	7:08.95 47.27
4.	Rudzi ski Michał		66	Warsaw Masters team		<b>7:43.58</b>		145
	50m:	46.94 46.94	150m:	2:54.66 1:09.40	250m:	4:58.04 53.16	350m:	6:51.40 55.97
	100m:	1:45.26 58.32	200m:	4:04.88 1:10.22	300m:	5:55.43 57.39	400m:	7:43.58 52.18

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Konkurencja 29, M czynn, 400m zmienny

55 - 59 lat

1.	Lorkowski Robert	60	MOTYL MOSiR Stalowa Wola	<b>6:26.81</b>	250
	50m: 40.05 40.05	150m: 2:16.81 48.32	250m: 4:02.36 56.89	350m: 5:43.62 44.09	
	100m: 1:28.49 48.44	200m: 3:05.47 48.66	300m: 4:59.53 57.17	400m: 6:26.81 43.19	
2.	Szymik Piotr	60	UKS Wodnik Siemianowice I ski	<b>6:58.48</b>	197
	50m: 47.14 47.14	150m: 2:36.37 52.70	250m: 4:28.93 1:00.09	350m: 6:13.28 45.91	
	100m: 1:43.67 56.53	200m: 3:28.84 52.47	300m: 5:27.37 58.44	400m: 6:58.48 45.20	
3.	Cis Andrzej	60	Masterskrasnik	<b>7:43.02</b>	146
	50m: 54.25 54.25	150m: 2:55.02 58.73	250m: 5:00.19 1:06.82	350m: 6:58.50 52.88	
	100m: 1:56.29 1:02.04	200m: 3:53.37 58.35	300m: 6:05.62 1:05.43	400m: 7:43.02 44.52	
4.	Toporski Janusz	59	Korona Kraków Masters	<b>8:05.75</b>	126
	50m: 54.22 54.22	150m: 3:04.44 1:08.20	250m: 5:12.59 1:02.02	350m: 7:11.59 56.40	
	100m: 1:56.24 1:02.02	200m: 4:10.57 1:06.13	300m: 6:15.19 1:02.60	400m: 8:05.75 54.16	

60 - 64 lat

1.	Pietraszewski Zbigniew	55	TS Olimpia Pozna	<b>6:52.22</b>	206
	50m: 50.04 50.04	150m: 2:38.28 50.56	250m: 4:23.80 55.79	350m: 6:06.77 46.58	
	100m: 1:47.72 57.68	200m: 3:28.01 49.73	300m: 5:20.19 56.39	400m: 6:52.22 45.45	
2.	Demetraki-Paleolog Jerzy	55	Zawodnicy Niezrzeszeni	<b>7:11.19</b>	180
	50m: 48.37 48.37	150m: 2:43.01 57.48	250m: 4:38.41 1:00.00	350m: 6:28.24 48.87	
	100m: 1:45.53 57.16	200m: 3:38.41 55.40	300m: 5:39.37 1:00.96	400m: 7:11.19 42.95	
3.	Ciecior Jerzy	53	Rydułowska Akademia Aktywnego	<b>7:33.59</b>	155
	50m: 45.50 45.50	150m: 4:49.73 3:03.48	250m: 6:44.35 3:00.40	350m:	
	100m: 1:46.25 1:00.75	200m: 3:43.95	300m: 5:55.29	400m: 7:33.59	
4.	Skrzypek Stefan	56	Steef	<b>7:35.74</b>	153
	50m: 50.16 50.16	150m: 2:48.48 1:03.07	250m: 4:52.33 1:03.27	350m: 6:46.86 50.05	
	100m: 1:45.41 55.25	200m: 3:49.06 1:00.58	300m: 5:56.81 1:04.48	400m: 7:35.74 48.88	

65 - 69 lat

1.	Mleczek Andrzej	47	Korona Kraków Masters	<b>8:51.27</b>	96
	50m: 59.81 59.81	150m: 3:16.89 1:10.56	250m: 5:41.47 1:10.91	350m: 7:54.99 1:00.80	
	100m: 2:06.33 1:06.52	200m: 4:30.56 1:13.67	300m: 6:54.19 1:12.72	400m: 8:51.27 56.28	
2.	Bantkowski Jan	49	Toru Multisport Team	<b>10:38.38</b>	55
	50m: 1:12.13 1:12.13	150m: 4:06.80 1:29.74	250m: 7:05.59 1:27.04	350m: 9:40.95 1:04.36	
	100m: 2:37.06 1:24.93	200m: 5:38.55 1:31.75	300m: 8:36.59 1:31.00	400m: 10:38.38 57.43	

70 - 74 lat

1.	Kutsenko Vadym	45	Dynamo	<b>7:04.54</b>	189
	50m: 50.27 50.27	150m: 2:44.94 56.91	250m: 4:39.77 1:02.01	350m: 6:23.69 42.78	
	100m: 1:48.03 57.76	200m: 3:37.76 52.82	300m: 5:40.91 1:01.14	400m: 7:04.54 40.85	

75 - 79 lat

1.	Bugla Rudolf	40	Rydułowska Akademia Aktywnego	<b>10:21.82</b>	60
	50m: 1:12.17 1:12.17	150m: 3:57.89 1:20.72	250m: 6:41.46 1:23.18	350m: 9:13.97 1:11.44	
	100m: 2:37.17 1:25.00	200m: 5:18.28 1:20.39	300m: 8:02.53 1:21.07	400m: 10:21.82 1:07.85	