

Zimowe Mistrzostwa Polski w Pływaniu Masters
Gliwice, 17. - 19.11.2017

Konkurencja 33
18.11.2017 - 20:15

M czyzn, 400m zmienny

20 lat i starsi
Wyniki

Punkty: FINA 2017

Pozycja	Rok ur.	Czas	Pkt.
20 - 24 lat			
1. G sior Patryk	94	4:36.72	616
50m: 29.47 29.47	150m: 1:38.39 34.17	250m: 2:51.67 39.19	350m: 4:05.40 34.21
100m: 1:04.22 34.75	200m: 2:12.48 34.09	300m: 3:31.19 39.52	400m: 4:36.72 31.32
2. Aptewicz Arkadiusz	93	4:40.60	591
50m: 29.96 29.96	150m: 1:43.81 38.89	250m: 2:59.00 37.28	350m: 4:09.96 32.82
100m: 1:04.92 34.96	200m: 2:21.72 37.91	300m: 3:37.14 38.14	400m: 4:40.60 30.64
3. Zalewski Igor	93	5:20.00	398
50m: 32.47 32.47	150m: 1:53.86 42.55	250m: 3:22.58 47.99	350m: 4:45.90 37.41
100m: 1:11.31 38.84	200m: 2:34.59 40.73	300m: 4:08.49 45.91	400m: 5:20.00 34.10
4. Popławski Łukasz	97	5:21.45	393
50m: 32.58 32.58	150m: 1:55.84 44.57	250m: 3:23.01 43.79	350m: 4:45.98 38.71
100m: 1:11.27 38.69	200m: 2:39.22 43.38	300m: 4:07.27 44.26	400m: 5:21.45 35.47

DYSKW. Przybyłowski Filip 96 Swimminmg Masters Team Szczeci
K16 - Niejednoczesne dotkni cie ciany dło mi przy nawrocie lub na zako czenie wy cigu (Czas: 21:05)

25 - 29 lat

1. Szczuka Paweł	92	5:06.38	454
50m: 31.33 31.33	150m: 1:46.51 39.03	250m: 3:09.93 42.48	350m: 4:30.06 35.30
100m: 1:07.48 36.15	200m: 2:27.45 40.94	300m: 3:54.76 44.83	400m: 5:06.38 36.32
2. Paduch Daniel	88	5:11.53	431
50m: 30.84 30.84	150m: 1:52.08 44.87	250m: 3:19.11 43.93	350m: 4:38.53 35.09
100m: 1:07.21 36.37	200m: 2:35.18 43.10	300m: 4:03.44 44.33	400m: 5:11.53 33.00
3. Bushkov Denis	92	5:15.63	415
50m: 32.79 32.79	150m: 1:53.81 41.11	250m: 3:19.51 44.96	350m: 4:41.33 36.00
100m: 1:12.70 39.91	200m: 2:34.55 40.74	300m: 4:05.33 45.82	400m: 5:15.63 34.30
4. Paciej Szymon	88	5:33.41	352
50m: 34.67 34.67	150m: 1:57.35 41.66	250m: 3:27.20 47.72	350m: 4:55.07 40.23
100m: 1:15.69 41.02	200m: 2:39.48 42.13	300m: 4:14.84 47.64	400m: 5:33.41 38.34
5. Stanek Wojciech	92	5:35.19	346
50m: 36.83 36.83	150m: 2:03.62 43.06	250m: 3:33.31 47.30	350m: 4:58.53 38.78
100m: 1:20.56 43.73	200m: 2:46.01 42.39	300m: 4:19.75 46.44	400m: 5:35.19 36.66
6. Szczypi ski Przemysław	90	5:55.14	291
50m: 35.63 35.63	150m: 2:54.78 1:35.80	250m: 4:35.28 50.52	350m:
100m: 1:18.98 43.35	200m: 3:44.76 49.98	300m: 5:17.79 42.51	400m: 5:55.14

30 - 34 lat

1. Jajuga Dawid	86	5:07.02	451
50m: 33.30 33.30	150m: 1:51.77 40.80	250m: 3:15.04 43.65	350m: 4:33.33 35.38
100m: 1:10.97 37.67	200m: 2:31.39 39.62	300m: 3:57.95 42.91	400m: 5:07.02 33.69
2. Bober Bartłomiej	83	5:10.88	434
50m: 33.32 33.32	150m: 1:54.42 43.15	250m: 3:17.83 42.84	350m: 4:36.31 36.11
100m: 1:11.27 37.95	200m: 2:34.99 40.57	300m: 4:00.20 42.37	400m: 5:10.88 34.57
3. Dymiter Mateusz	86	5:30.05	363
50m: 31.97 31.97	150m: 1:53.55 44.91	250m: 3:24.85 46.71	350m: 4:51.19 40.42
100m: 1:08.64 36.67	200m: 2:38.14 44.59	300m: 4:10.77 45.92	400m: 5:30.05 38.86
4. Kieres Michał	84	5:50.38	303
50m: 34.18 34.18	150m: 2:05.00 48.36	250m: 3:41.05 48.27	350m: 5:10.82 40.68
100m: 1:16.64 42.46	200m: 2:52.78 47.78	300m: 4:30.14 49.09	400m: 5:50.38 39.56

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Konkurencja 33, M czynn, 400m zmienny

35 - 39 lat

1.	Kaczmarek Stanisław	79	Klub Sportowy Warta Pozna	4:54.54	511
	50m: 31.09 31.09	150m: 1:45.41 39.72	250m: 3:05.81 41.49	350m: 4:22.87 34.44	
	100m: 1:05.69 34.60	200m: 2:24.32 38.91	300m: 3:48.43 42.62	400m: 4:54.54 31.67	
2.	Konopacki Piotr	78	AQUASFERA Masters Olsztyn	5:40.05	332
	50m: 35.19 35.19	150m: 2:03.23 45.70	250m: 3:38.27 50.48	350m: 5:05.22 38.02	
	100m: 1:17.53 42.34	200m: 2:47.79 44.56	300m: 4:27.20 48.93	400m: 5:40.05 34.83	
3.	Rybko Volodymyr	79	Euro-Lviv MSC	5:44.38	319
	50m: 37.68 37.68	150m: 2:52.10 1:28.76	250m: 4:34.03 50.28	350m:	
	100m: 1:23.34 45.66	200m: 3:43.75 51.65	300m: 5:10.89 36.86	400m: 5:44.38	
4.	Bro yna Marek	80	Swimmers St. Pływackie	5:44.50	319
	50m: 36.67 36.67	150m: 2:01.59 42.42	250m: 3:33.91 51.45	350m: 5:06.13 40.84	
	100m: 1:19.17 42.50	200m: 2:42.46 40.87	300m: 4:25.29 51.38	400m: 5:44.50 38.37	
5.	Osiwała Przemysław	79	MASTERS Zdzeszowice	6:03.42	272
	50m: 37.72 37.72	150m: 2:09.02 48.42	250m: 3:51.01 53.23	350m: 5:24.02 40.69	
	100m: 1:20.60 42.88	200m: 2:57.78 48.76	300m: 4:43.33 52.32	400m: 6:03.42 39.40	

40 - 44 lat

1.	Gregorowicz Paweł	74	AQUASFERA Masters Olsztyn	5:16.34	412
	50m: 32.20 32.20	150m: 1:53.34 44.28	250m: 3:20.52 45.42	350m: 4:42.22 36.22	
	100m: 1:09.06 36.86	200m: 2:35.10 41.76	300m: 4:06.00 45.48	400m: 5:16.34 34.12	
2.	Gogacz Sebastian	76	MKP Bobry D bica	5:38.42	336
	50m: 34.30 34.30	150m: 2:00.73 47.96	250m: 3:33.58 46.35	350m: 5:00.09 40.16	
	100m: 1:12.77 38.47	200m: 2:47.23 46.50	300m: 4:19.93 46.35	400m: 5:38.42 38.33	
3.	Krzak Krzysztof	74	Niezrzeszeni	5:40.38	331
	50m: 37.45 37.45	150m: 2:05.30 44.28	250m: 3:34.58 47.11	350m: 5:03.22 39.36	
	100m: 1:21.02 43.57	200m: 2:47.47 42.17	300m: 4:23.86 49.28	400m: 5:40.38 37.16	
4.	Rutkowski Artur	74	TKKF Koszalin Masters	6:00.44	278
	50m: 38.04 38.04	150m: 2:09.44 46.90	250m: 3:46.99 50.31	350m: 5:21.08 41.86	
	100m: 1:22.54 44.50	200m: 2:56.68 47.24	300m: 4:39.22 52.23	400m: 6:00.44 39.36	
5.	wikła Grzegorz	74	TKKF Koszalin Masters	6:03.63	271
	50m: 38.52 38.52	150m: 2:13.46 49.03	250m: 3:53.81 52.78	350m: 5:25.37 39.25	
	100m: 1:24.43 45.91	200m: 3:01.03 47.57	300m: 4:46.12 52.31	400m: 6:03.63 38.26	
6.	Płaneta Maciej	74	UKS Delfin Masrers Tarnobrzeg	6:12.98	251
	50m: 36.91 36.91	150m: 2:12.76 50.01	250m: 3:56.11 53.77	350m: 5:33.82 43.40	
	100m: 1:22.75 45.84	200m: 3:02.34 49.58	300m: 4:50.42 54.31	400m: 6:12.98 39.16	

45 - 49 lat

1.	Darowski Piotr	71	UKS Delfin Masrers Tarnobrzeg	5:23.95	384
	50m: 32.52 32.52	150m: 1:54.74 43.67	250m: 3:21.32 43.69	350m:	
	100m: 1:11.07 38.55	200m: 2:37.63 42.89	300m: 4:06.25 44.93	400m: 5:23.95	
2.	Škodný Pavol	69	ŠPK Kúpele Pieš any	5:43.21	323
	50m: 34.04 34.04	150m: 2:01.07 43.46	250m: 3:35.54 51.08	350m: 5:05.33 41.36	
	100m: 1:17.61 43.57	200m: 2:44.46 43.39	300m: 4:23.97 48.43	400m: 5:43.21 37.88	
3.	Mówi ski Grzegorz	69	AQUASFERA Masters Olsztyn	6:38.38	206
	50m: 40.97 40.97	150m: 2:28.04 57.55	250m: 4:18.63 55.59	350m: 5:58.42 45.26	
	100m: 1:30.49 49.52	200m: 3:23.04 55.00	300m: 5:13.16 54.53	400m: 6:38.38 39.96	

Zimowe Mistrzostwa Polski w Pływaniu Masters
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Konkurencja 33, M czyzn, 400m zmienny

50 - 54 lat

1.	Turanský Branislav	67	PKM Tur ianski raci	5:56.19	289
	50m: 36.04 36.04	150m: 2:03.35 43.86	250m: 3:40.72 53.74	350m: 5:17.09 42.65	
	100m: 1:19.49 43.45	200m: 2:46.98 43.63	300m: 4:34.44 53.72	400m: 5:56.19 39.10	
2.	Obr Pavel	67	TJ Alcedo Vsetín	6:07.90	262
	50m: 33.25 33.25	150m: 1:59.91 47.90	250m: 3:40.98 52.42	350m: 5:21.87 45.13	
	100m: 1:12.01 38.76	200m: 2:48.56 48.65	300m: 4:36.74 55.76	400m: 6:07.90 46.03	
3.	Twarowski Andrzej	65	Masters Białystok	6:58.56	178
	50m: 47.46 47.46	150m: 2:35.62 52.98	250m: 4:26.73 57.81	350m: 6:14.93 50.74	
	100m: 1:42.64 55.18	200m: 3:28.92 53.30	300m: 5:24.19 57.46	400m: 6:58.56 43.63	
4.	Bro ek Wacław	67	KS Korona Kraków	8:05.55	114
	50m: 58.73 58.73	150m: 3:12.02 1:06.14	250m: 5:27.93 1:09.25	350m: 7:22.22 46.82	
	100m: 2:05.88 1:07.15	200m: 4:18.68 1:06.66	300m: 6:35.40 1:07.47	400m: 8:05.55 43.33	

55 - 59 lat

1.	Gabiec Mariusz	58	AQUASFERA Masters Olsztyn	6:01.92	275
	50m: 39.25 39.25	150m: 2:57.11 1:32.79	250m: 3:51.23	350m:	
	100m: 1:24.32 45.07	200m:	300m: 4:44.31 53.08	400m: 6:01.92	
2.	Szymik Piotr	60	UKS WODNIK Siemianowice laski	6:40.84	202
	50m: 45.25 45.25	150m: 2:27.52 50.50	250m: 4:16.35 57.79	350m: 5:59.16 44.43	
	100m: 1:37.02 51.77	200m: 3:18.56 51.04	300m: 5:14.73 58.38	400m: 6:40.84 41.68	
3.	Ko likowski Marek	61	AQUASFERA Masters Olsztyn	6:42.72	199
	50m: 46.12 46.12	150m: 2:34.70 55.16	250m: 4:22.49 53.27	350m: 6:00.90 45.24	
	100m: 1:39.54 53.42	200m: 3:29.22 54.52	300m: 5:15.66 53.17	400m: 6:42.72 41.82	
4.	Cis Andrzej	60	Masterskrasnik	7:39.23	134
	50m: 53.00 53.00	150m: 2:54.53 59.22	250m: 5:00.52 1:05.23	350m: 6:55.68 51.60	
	100m: 1:55.31 1:02.31	200m: 3:55.29 1:00.76	300m: 6:04.08 1:03.56	400m: 7:39.23 43.55	

60 - 64 lat

1.	Piechula Adolf	57	Akademicki Zwi zek Sportowy Pa	6:39.01	205
	50m: 41.92 41.92	150m: 2:24.89 51.53	250m: 4:13.45 57.25	350m: 5:56.40 47.69	
	100m: 1:33.36 51.44	200m: 3:16.20 51.31	300m: 5:08.71 55.26	400m: 6:39.01 42.61	
2.	Pietraszewski Zbigniew	55	TS Olimpia Pozna	6:47.33	193
	50m: 48.38 48.38	150m: 2:32.87 49.28	250m: 4:16.93 54.61	350m: 6:01.43 48.04	
	100m: 1:43.59 55.21	200m: 3:22.32 49.45	300m: 5:13.39 56.46	400m: 6:47.33 45.90	
3.	Dubi ski Bogdan	53	Legia Warszawa	7:42.55	131
	50m: 1:59.69 1:59.69	150m: 5:01.53 1:07.87	250m:	350m: 6:56.40 50.17	
	100m: 3:53.66 1:53.97	200m:	300m: 6:06.23	400m: 7:42.55 46.15	
4.	Błasiak Janusz	55	UTW"Masters"Zgierz	9:04.21	81
	50m: 1:04.46 1:04.46	150m: 3:29.33 1:11.95	250m: 7:19.28 1:18.97	350m: 8:13.27	
	100m: 2:17.38 1:12.92	200m: 6:00.31 2:30.98	300m:	400m: 9:04.21 50.94	

65 - 69 lat

1.	Nowak Michał	52	Warsaw Masters Team	7:11.46	162
	50m: 50.44 50.44	150m: 2:47.05 56.12	250m: 4:41.86 54.20	350m:	
	100m: 1:50.93 1:00.49	200m: 3:47.66 1:00.61	300m: 5:36.85 54.99	400m: 7:11.46	
2.	Mikołajczyk Czesław	50	Gdynia Masters	8:45.23	90
	50m: 1:04.01 1:04.01	150m: 4:43.45 1:10.30	250m: 6:55.37 1:03.96	350m: 7:53.65	
	100m: 3:33.15 2:29.14	200m: 5:51.41 1:07.96	300m:	400m: 8:45.23 51.58	
3.	Daszy ski Andrzej	48	UKS Energetyk Zgorzelec	9:07.14	79
	50m: 1:04.35 1:04.35	150m: 4:32.93 2:12.12	250m: 7:11.86 1:20.00	350m: 8:10.98	
	100m: 2:20.81 1:16.46	200m: 5:51.86 1:18.93	300m:	400m: 9:07.14 56.16	

Zimowe Mistrzostwa Polski w Pływaniu Masters
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Konkurencja 33, M czynn, 400m zmienny, 65 - 69 lat

Pozycja		Rok ur.						Czas	Pkt.
4.	Bantkowski Jan	49	Toru	Multisport Team				10:43.14	49
	50m: 1:13.04	1:13.04	150m: 4:06.79	1:32.84	250m: 7:08.66	1:36.38	350m: 9:44.80	1:02.56	
	100m: 2:33.95	1:20.91	200m: 5:32.28	1:25.49	300m: 8:42.24	1:33.58	400m: 10:43.14	58.34	
DYSKW.	Czy Bolewław	48	Niezrzeszeni						
	<i>K16 - Niejednoczesne dotkni cie ciany dło mi przy nawrocie lub na zako czenie wy cigu (Czas: 20:45)</i>								

70 - 74 lat

1.	Ró alski Józef	45	MOSiR Ostrowiec w.					8:01.39	117
	50m: 50.61	50.61	150m: 2:59.82	1:04.38	250m: 5:11.54	1:05.11	350m: 7:09.45	52.17	
	100m: 1:55.44	1:04.83	200m: 4:06.43	1:06.61	300m: 6:17.28	1:05.74	400m: 8:01.39	51.94	
2.	Mleczko Andrzej	47	KS Korona Kraków					8:42.82	91
	50m: 59.49	59.49	150m: 3:16.90	1:13.56	250m: 5:43.17	1:13.03	350m: 7:56.04	1:00.52	
	100m: 2:03.34	1:03.85	200m: 4:30.14	1:13.24	300m: 6:55.52	1:12.35	400m: 8:42.82	46.78	
NIE UK.	Starosta Miron	45	Rydułtoeska Akademia Aktywnego						

75 - 79 lat

1.	Bugła Rudolf	40	Rydułtoeska Akademia Aktywnego					10:34.56	51
	50m: 1:12.97	1:12.97	150m: 5:29.09	2:44.92	250m: 8:14.09	1:22.09	350m: 9:25.10		
	100m: 2:44.17	1:31.20	200m: 6:52.00	1:22.91	300m:		400m: 10:34.56	1:09.46	