

Letnie Mistrzostwa Polski w Pływaniu Masters
Gliwice, 31.5. - 2.6.2019

Event 31 Men, 400m Medley 20 years and older
01.06.2019 - 18:55 Results

Points: FINA 2019

Rank			YB					Time	Pts
20 - 24 years									
1.	Krakowiak Waldemar		98	KS Warta Poznan				5:19.28	445
	50m:	29.72 29.72	150m:	1:47.16	42.60	250m:	3:15.03 44.19	350m:	4:40.24 39.57
	100m:	1:04.56 34.84	200m:	2:30.84	43.68	300m:	4:00.67 45.64	400m:	5:19.28 39.04
2.	Filek Bernard		97	CSiR Dabrowa Gornicza				6:40.86	225
	50m:	36.14 36.14	150m:	2:11.76	51.28	250m:	4:06.12 1:00.34	350m:	5:54.50 46.50
	100m:	1:20.48 44.34	200m:	3:05.78	54.02	300m:	5:08.00 1:01.88	400m:	6:40.86 46.36
25 - 29 years									
1.	Palmi-Kukielko Mieszko		93	AQUASFERA Masters Olsztyn				4:54.27	568
	50m:	28.93 28.93	150m:	1:43.14	39.93	250m:	3:05.73 42.99	350m:	4:21.84 33.49
	100m:	1:03.21 34.28	200m:	2:22.74	39.60	300m:	3:48.35 42.62	400m:	4:54.27 32.43
2.	Kliza Mateusz		94	Iswim Bialystok				5:10.86	482
	50m:	31.18 31.18	150m:	1:48.98	42.35	250m:		350m:	
	100m:	1:06.63 35.45	200m:	2:32.29	43.31	300m:	3:57.89	400m:	5:10.86
3.	Musialik Marcin		94	Motyl Mosir Stalowa Wola				5:24.29	425
	50m:	33.53 33.53	150m:			250m:	3:23.36 47.76	350m:	4:48.36 37.41
	100m:	1:12.03 38.50	200m:	2:35.60		300m:	4:10.95 47.59	400m:	5:24.29 35.93
4.	Bednarczyk Pawel		94	Nabaiji Team Decathlon				5:47.90	344
	50m:	31.26 31.26	150m:	1:54.87	46.47	250m:	3:30.73 49.26	350m:	5:05.93 43.84
	100m:	1:08.40 37.14	200m:	2:41.47	46.60	300m:	4:22.09 51.36	400m:	5:47.90 41.97
30 - 34 years									
1.	Luetzkendorf Sven		85	Post SV Leipzig				5:15.84	460
	50m:	31.43 31.43	150m:	1:50.41	40.90	250m:	3:16.40 45.14	350m:	4:39.69 37.90
	100m:	1:09.51 38.08	200m:	2:31.26	40.85	300m:	4:01.79 45.39	400m:	5:15.84 36.15
2.	Jajuga Dawid		86	MASTERS Zdieszowice				5:17.77	451
	50m:	31.82 31.82	150m:	1:51.70	43.35	250m:	3:19.75 44.64	350m:	4:42.24 36.47
	100m:	1:08.35 36.53	200m:	2:35.11	43.41	300m:	4:05.77 46.02	400m:	5:17.77 35.53
35 - 39 years									
1.	Brozyna Marek		80	Torun Multisport Team				5:51.13	334
	50m:	36.03 36.03	150m:	2:04.11	44.55	250m:	3:39.14 51.84	350m:	5:10.11 38.66
	100m:	1:19.56 43.53	200m:	2:47.30	43.19	300m:	4:31.45 52.31	400m:	5:51.13 41.02
2.	Kozikowski Michal		80	AQUASFERA Masters Olsztyn				6:02.77	303
	50m:	39.89 39.89	150m:	2:14.46	46.89	250m:	3:47.75 47.90	350m:	5:19.63 44.49
	100m:	1:27.57 47.68	200m:	2:59.85	45.39	300m:	4:35.14 47.39	400m:	6:02.77 43.14
3.	Wachowski Blazej		80	KS Warta Poznan				6:34.37	236
	50m:	39.05 39.05	150m:	2:22.58	54.78	250m:	4:13.47	350m:	5:54.78
	100m:	1:27.80 48.75	200m:	5:11.28	2:48.70	300m:		400m:	6:34.37 39.59
40 - 44 years									
1.	Kaczmarek Stanislaw		79	LC Gorzow Wilkp.				5:16.84	455
	50m:	31.41 31.41	150m:	1:53.01	44.64	250m:	3:21.38 44.88	350m:	4:43.54 35.90
	100m:	1:08.37 36.96	200m:	2:36.50	43.49	300m:	4:07.64 46.26	400m:	5:16.84 33.30
2.	Konopacki Piotr		78	AQUASFERA Masters Olsztyn				5:35.70	383
	50m:	35.61 35.61	150m:	2:05.68	45.96	250m:	3:37.99 49.17	350m:	5:02.18 36.01
	100m:	1:19.72 44.11	200m:	2:48.82	43.14	300m:	4:26.17 48.18	400m:	5:35.70 33.52

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Event 31, Men, 400m Medley, 40 - 44 years

Rank			YB					Time	Pts
3.	Gogacz Sebastian		76	UKS Trojka Pulawy				5:44.59	354
	50m:	34.38 34.38	150m:	2:01.65 47.33	250m:	3:35.73 48.10	350m:	5:05.69 40.51	
	100m:	1:14.32 39.94	200m:	2:47.63 45.98	300m:	4:25.18 49.45	400m:	5:44.59 38.90	
4.	Markowski Hubert		76	Legia Warszawa				5:49.25	340
	50m:	37.25 37.25	150m:	2:07.49 46.06	250m:	3:41.77 49.61	350m:	5:11.42 39.65	
	100m:	1:21.43 44.18	200m:	2:52.16 44.67	300m:	4:31.77 50.00	400m:	5:49.25 37.83	
5.	Sabadasz Tomasz		75	Nabajji Team Decathlon				7:00.35	195
	50m:	44.97 44.97	150m:		250m:	4:30.61 56.91	350m:	6:16.32 47.21	
	100m:	1:40.20 55.23	200m:	3:33.70	300m:	5:29.11 58.50	400m:	7:00.35 44.03	

45 - 49 years

1.	Gregorowicz Pawel		74	AQUASFERA Masters Olsztyn				5:23.28	429
	50m:	32.40 32.40	150m:		250m:	3:25.43 46.17	350m:	4:47.40 36.13	
	100m:	1:09.97 37.57	200m:	2:39.26	300m:	4:11.27 45.84	400m:	5:23.28 35.88	
2.	Barta Piotr		71	ZKS Drzonkow				5:27.36	413
	50m:	32.92 32.92	150m:	1:57.79 46.26	250m:	3:26.65 43.48	350m:	4:49.82 37.75	
	100m:	1:11.53 38.61	200m:	2:43.17 45.38	300m:	4:12.07 45.42	400m:	5:27.36 37.54	
3.	Sip Jiri		73	Plavecky klub Zabreh				5:35.08	385
	50m:	34.26 34.26	150m:	1:58.78 44.65	250m:	3:31.16 48.75	350m:	4:59.19 39.88	
	100m:	1:14.13 39.87	200m:	2:42.41 43.63	300m:	4:19.31 48.15	400m:	5:35.08 35.89	
4.	Darowski Piotr		71	UKS Delfin Masters Tarnobrzeg				5:43.00	359
	50m:	35.53 35.53	150m:	2:04.24 47.45	250m:	3:38.99 47.67	350m:	5:05.21 39.92	
	100m:	1:16.79 41.26	200m:	2:51.32 47.08	300m:	4:25.29 46.30	400m:	5:43.00 37.79	

50 - 54 years

1.	Twarowski Andrzej		65	Masters Bialystok				7:26.28	163
	50m:	48.78 48.78	150m:	2:44.01 55.44	250m:	4:40.32 1:00.27	350m:	6:35.43 53.50	
	100m:	1:48.57 59.79	200m:	3:40.05 56.04	300m:	5:41.93 1:01.61	400m:	7:26.28 50.85	
2.	Lopuszynski Andrzej		69	Niezrzeszeni				8:27.57	110
	50m:		150m:		250m:		350m:		
	100m:	1:50.53	200m:	4:08.01	300m:	6:21.65	400m:	8:27.57	
3.	Krzekotowski Piotr		66	Masters Wroclaw				8:43.92	100
	50m:	59.16 59.16	150m:	3:27.35 1:16.14	250m:	5:47.78 1:04.24	350m:	7:49.49 55.78	
	100m:	2:11.21 1:12.05	200m:	4:43.54 1:16.19	300m:	6:53.71 1:05.93	400m:	8:43.92 54.43	

55 - 59 years

1.	Lorkowski Robert		60	Motyl Mosir Stalowa Wola				6:33.54	237
	50m:	42.26 42.26	150m:	2:22.94 49.62	250m:	4:09.68 56.98	350m:	5:51.00 45.07	
	100m:	1:33.32 51.06	200m:	3:12.70 49.76	300m:	5:05.93 56.25	400m:	6:33.54 42.54	

60 - 64 years

1.	Pietraszewski Zbigniew		55	TS Olimpia Poznan				7:01.41	193
	50m:	51.83 51.83	150m:	2:42.76 52.09	250m:	4:31.55 57.21	350m:	6:15.98 47.56	
	100m:	1:50.67 58.84	200m:	3:34.34 51.58	300m:	5:28.42 56.87	400m:	7:01.41 45.43	
2.	Kossowski Wojciech		55	Warsaw Masters Team				7:50.16	139
	50m:	54.15 54.15	150m:	3:05.83 1:06.20	250m:	5:11.71 1:00.21	350m:	7:03.23 51.72	
	100m:	1:59.63 1:05.48	200m:	4:11.50 1:05.67	300m:	6:11.51 59.80	400m:	7:50.16 46.93	
3.	Samonek Krzysztof		57	Masterskrasnik				9:04.08	90
	50m:	1:00.79 1:00.79	150m:	3:26.34 1:13.70	250m:	5:52.33 1:18.42	350m:	8:08.70 58.25	
	100m:	2:12.64 1:11.85	200m:	4:33.91 1:07.57	300m:	7:10.45 1:18.12	400m:	9:04.08 55.38	

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Event 31, Men, 400m Medley

65 - 69 years

1.	Nowak Michal		52	Warsaw Masters Team		7:28.30	160	
	50m: 52.41	52.41	150m:	250m: 4:52.07	57.22	350m:		
	100m: 1:39.54	47.13	200m: 3:54.85	300m: 5:51.31	59.24	400m: 7:28.30		
2.	Ciecior Jerzy		53	Rydultowska Akademia Aktywnego Seniora		7:42.74	146	
	50m: 53.61	53.61	150m: 2:55.42	57.28	250m: 4:58.43	1:06.09	350m: 6:53.82	51.27
	100m: 1:58.14	1:04.53	200m: 3:52.34	56.92	300m: 6:02.55	1:04.12	400m: 7:42.74	48.92
3.	Dubinski Bogdan		53	Legia Warszawa		7:55.58	134	
	50m: 57.78	57.78	150m: 3:04.54	1:00.11	250m: 5:15.30	1:12.01	350m: 7:12.31	49.11
	100m: 2:04.43	1:06.65	200m: 4:03.29	58.75	300m: 6:23.20	1:07.90	400m: 7:55.58	43.27

70 - 74 years

1.	Mleczek Andrzej		47	Korona Krakow Masters		8:50.56	97	
	50m: 59.44	59.44	150m: 3:23.88	1:13.91	250m: 5:42.75	1:10.78	350m: 7:55.41	57.85
	100m: 2:09.97	1:10.53	200m: 4:31.97	1:08.09	300m: 6:57.56	1:14.81	400m: 8:50.56	55.15
2.	Czyz Boleslaw		48	Niezrzeszeni		9:08.97	87	
	50m: 1:02.19	1:02.19	150m: 3:27.66	1:10.72	250m: 5:50.57	1:15.46	350m: 8:07.07	1:03.46
	100m: 2:16.94	1:14.75	200m: 4:35.11	1:07.45	300m: 7:03.61	1:13.04	400m: 9:08.97	1:01.90
3.	Daszynski Andrzej		48	UKS Energetyk Zgorzelec		9:27.97	79	
	50m: 1:06.10	1:06.10	150m: 3:42.13	1:14.08	250m: 6:07.93	1:14.88	350m: 8:25.86	58.75
	100m: 2:28.05	1:21.95	200m: 4:53.05	1:10.92	300m: 7:27.11	1:19.18	400m: 9:27.97	1:02.11
4.	Bantkowski Jan		49	Torun Multisport Team		11:48.95	40	
	50m: 1:23.09	1:23.09	150m: 4:41.15		250m: 7:56.18		350m: 10:46.43	1:11.19
	100m: 6:17.06	4:53.97	200m:		300m: 9:35.24	1:39.06	400m: 11:48.95	1:02.52

75 - 79 years

1.	Dymecki Zbigniew		41	Niezrzeszeni		10:27.15	58	
	50m: 1:14.97	1:14.97	150m: 4:13.10	1:27.57	250m: 6:55.81	1:20.52	350m: 9:19.02	1:05.27
	100m: 2:45.53	1:30.56	200m: 5:35.29	1:22.19	300m: 8:13.75	1:17.94	400m: 10:27.15	1:08.13
2.	Rusinowicz Andrzej		44	Niezrzeszeni		10:31.79	57	
	50m: 1:06.41	1:06.41	150m: 3:55.04	1:24.13	250m: 6:46.22	1:25.36	350m: 9:22.71	1:13.52
	100m: 2:30.91	1:24.50	200m: 5:20.86	1:25.82	300m: 8:09.19	1:22.97	400m: 10:31.79	1:09.08