



Mistrzostwa Polski w Pływaniu Masters  
Kraków, 15/ - 17/11/2013



Konkurencja 31  
16/11/2013 - 21:09

M czyzn, 400m zmienny

20 - 94 lat  
Wyniki

Punkty: DSV Masters 13

Pozycja			Rok ur.						Czas	Pkt.
<b>Kategoria 0</b>										
1.	Czermak Tomasz		91	AZS AWF Katowice					<b>5:02.77</b>	696
	50m: 32.55	32.55	150m: 1:50.94	40.16	250m: 3:11.49	40.74	350m: 4:29.18	35.59		
	100m: 1:10.78	38.23	200m: 2:30.75	39.81	300m: 3:53.59	42.10	400m: 5:02.77	33.59		
2.	Stanek Wojciech		92	ORS Opole					<b>5:50.61</b>	448
	50m: 35.04	35.04	150m: 2:10.26	50.91	250m: 3:44.40	47.61	350m: 5:12.86	40.33		
	100m: 1:19.35	44.31	200m: 2:56.79	46.53	300m: 4:32.53	48.13	400m: 5:50.61	37.75		
<b>Kategoria A</b>										
1.	Kluczyk Szymon		87	Swimming Masters Team Szczecin					<b>5:13.89</b>	657
	50m: 32.86	32.86	150m: 1:52.10	40.65	250m: 3:17.82	45.55	350m: 4:39.51	35.92		
	100m: 1:11.45	38.59	200m: 2:32.27	40.17	300m: 4:03.59	45.77	400m: 5:13.89	34.38		
2.	Bogdanowicz Bartosz		84	Masters Białystok					<b>5:33.32</b>	548
	50m: 33.09	33.09	150m: 1:56.93	44.83	250m: 3:26.90	48.37	350m: 4:56.98	39.54		
	100m: 1:12.10	39.01	200m: 2:38.53	41.60	300m: 4:17.44	50.54	400m: 5:33.32	36.34		
3.	Dymiter Mateusz		86	Tarnowskie WOPR Masters					<b>5:51.55</b>	467
	50m: 33.94	33.94	150m: 2:02.64	48.48	250m: 3:40.77	51.04	350m: 5:12.11	41.81		
	100m: 1:14.16	40.22	200m: 2:49.73	47.09	300m: 4:30.30	49.53	400m: 5:51.55	39.44		
4.	Lechner Jakub		86	Straz pod Ralskiem					<b>5:58.22</b>	442
	50m: 33.82	33.82	150m: 2:03.77	47.63	250m: 3:40.89	51.11	350m: 5:17.92	44.61		
	100m: 1:16.14	42.32	200m: 2:49.78	46.01	300m: 4:33.31	52.42	400m: 5:58.22	40.30		
<b>Kategoria B</b>										
1.	Twarowski Karol		79	Toru czyk Masters Toru					<b>5:03.93</b>	678
	50m: 31.17	31.17	150m: 1:48.61	39.43	250m: 3:11.14	43.52	350m: 4:31.31	36.67		
	100m: 1:09.18	38.01	200m: 2:27.62	39.01	300m: 3:54.64	43.50	400m: 5:03.93	32.62		
2.	Orbidans Jaroslavs		81	Jelgava SPS					<b>5:05.07</b>	670
	50m: 31.12	31.12	150m: 1:46.65	38.64	250m: 3:09.60	43.82	350m: 4:30.96	35.76		
	100m: 1:08.01	36.89	200m: 2:25.78	39.13	300m: 3:55.20	45.60	400m: 5:05.07	34.11		
3.	Kozikowski Michał		80	AZS UWM Masters Olsztyn					<b>5:36.12</b>	501
	50m: 35.65	35.65	150m: 2:01.93	42.63	250m: 3:28.87	45.46	350m: 4:56.72	41.88		
	100m: 1:19.30	43.65	200m: 2:43.41	41.48	300m: 4:14.84	45.97	400m: 5:36.12	39.40		
4.	Kotus Tomasz		81	Pi tka Konstantynów Ł.					<b>5:41.82</b>	476
	50m: 32.19	32.19	150m: 1:59.69	46.59	250m: 3:37.55	51.05	350m: 5:06.53	38.91		
	100m: 1:13.10	40.91	200m: 2:46.50	46.81	300m: 4:27.62	50.07	400m: 5:41.82	35.29		
5.	Arentewicz Grzegorz		81	Toru czyk Masters Toru					<b>6:17.97</b>	352
	50m: 37.58	37.58	150m:		250m: 3:59.12	53.11	350m:			
	100m: 1:22.26	44.68	200m: 3:06.01		300m: 4:51.58	52.46	400m: 6:17.97			
<b>Kategoria C</b>										
1.	Horbacz Marcin		74	JW 2399 wi tos ów					<b>4:51.80</b>	818
	50m: 30.15	30.15	150m: 1:44.45	39.90	250m: 3:04.20	40.73	350m: 4:19.62	34.30		
	100m: 1:04.55	34.40	200m: 2:23.47	39.02	300m: 3:45.32	41.12	400m: 4:51.80	32.18		
2.	Dygdo Paweł		75	Wodnik 29 Katowice					<b>5:52.13</b>	465
	50m: 34.20	34.20	150m: 1:59.11	45.90	250m: 3:35.55	50.85	350m: 5:10.93	43.87		
	100m: 1:13.21	39.01	200m: 2:44.70	45.59	300m: 4:27.06	51.51	400m: 5:52.13	41.20		
3.	Rutkowski Artur		74	Masters Gorzów Wlkp.					<b>5:57.36</b>	445
	50m: 36.09	36.09	150m:		250m: 3:43.88	51.18	350m: 5:17.67	41.13		
	100m: 1:19.95	43.86	200m: 2:52.70		300m: 4:36.54	52.66	400m: 5:57.36	39.69		



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Pozycja			Rok ur.				Czas				Pkt.	
4.	Pawłowski Krzysztof		77				Motyl Senior MOSiR St. Wola				<b>6:17.78</b>	377
	50m:	38.55	38.55	150m:	2:15.75	47.73	250m:	3:55.00	51.38	350m:	5:32.71	44.97
	100m:	1:28.02	49.47	200m:	3:03.62	47.87	300m:	4:47.74	52.74	400m:	6:17.78	45.07

Kategoria D

1.	Pyr Szymon		73				Masters Korona Kraków				<b>5:29.84</b>	555
	50m:	33.94	33.94	150m:	1:57.04	45.26	250m:	3:29.12	48.48	350m:	4:54.04	37.18
	100m:	1:11.78	37.84	200m:	2:40.64	43.60	300m:	4:16.86	47.74	400m:	5:29.84	35.80
2.	Skodny Pavol		69				SPK Kupele Piestany				<b>5:42.05</b>	497
	50m:	35.43	35.43	150m:	2:01.32	43.73	250m:	3:34.48	49.96	350m:	5:03.78	39.59
	100m:	1:17.59	42.16	200m:	2:44.52	43.20	300m:	4:24.19	49.71	400m:	5:42.05	38.27
3.	Łopaci ski Artur		72				Masters Gorzów Wlkp.				<b>6:10.76</b>	390
	50m:	35.59	35.59	150m:	2:10.24	48.26	250m:	3:52.99	54.91	350m:	5:30.20	43.20
	100m:	1:21.98	46.39	200m:	2:58.08	47.84	300m:	4:47.00	54.01	400m:	6:10.76	40.56
4.	Jaro Tomasz		71				Zawodnik niezrzeszony				<b>6:33.74</b>	326
	50m:	39.39	39.39	150m:	2:24.40	54.90	250m:	4:10.91	52.76	350m:	5:49.58	45.47
	100m:	1:29.50	50.11	200m:	3:18.15	53.75	300m:	5:04.11	53.20	400m:	6:33.74	44.16

Kategoria E

1.	Stanek Grzegorz		68				ORS Opole				<b>5:06.71</b>	975
	50m:	31.23	31.23	150m:	1:49.79	40.09	250m:	3:12.68	43.54	350m:	4:32.81	35.86
	100m:	1:09.70	38.47	200m:	2:29.14	39.35	300m:	3:56.95	44.27	400m:	5:06.71	33.90
2.	Ko mider Jan		66				Victoria Józefów				<b>5:51.57</b>	647
	50m:	41.37	41.37	150m:	2:15.36	46.48	250m:	3:47.89	47.67	350m:	5:15.08	39.84
	100m:	1:28.88	47.51	200m:	3:00.22	44.86	300m:	4:35.24	47.35	400m:	5:51.57	36.49
DYSKW.	Monczak Piotr		67				Start Pozna				<b>5:24.48</b>	
	<i>K4 - Cykl ruchowy inny ni jeden ruch ramion i jedno kopni cie nogami (Czas: 21:31)</i>											
	50m:	33.38	33.38	150m:	1:55.03	41.63	250m:	3:24.60	47.83	350m:	4:49.55	36.31
	100m:	1:13.40	40.02	200m:	2:36.77	41.74	300m:	4:13.24	48.64	400m:	5:24.48	34.93

Kategoria F

1.	Szymik Piotr		60				Wodnik Siemianowice I.				<b>6:25.01</b>	513
	50m:	42.09	42.09	150m:	2:23.16	50.35	250m:	4:07.74	55.22	350m:	5:44.64	41.67
	100m:	1:32.81	50.72	200m:	3:12.52	49.36	300m:	5:02.97	55.23	400m:	6:25.01	40.37
2.	Niedzwiedz Tomasz		63				Zgiersko-Ł czyckie WOPR				<b>7:28.83</b>	324
	50m:	49.21	49.21	150m:	2:48.52	1:01.45	250m:	4:48.99	1:01.15	350m:	6:41.80	50.71
	100m:	1:47.07	57.86	200m:	3:47.84	59.32	300m:	5:51.09	1:02.10	400m:	7:28.83	47.03
3.	Cis Andrzej		60				Masters Kra nik				<b>7:38.62</b>	304
	50m:	46.38	46.38	150m:	2:47.17	1:00.61	250m:	4:52.79	1:05.12	350m:	6:50.98	53.31
	100m:	1:46.56	1:00.18	200m:	3:47.67	1:00.50	300m:	5:57.67	1:04.88	400m:	7:38.62	47.64
DYSKW.	Lorkowski Robert		60				Motyl Senior MOSiR St. Wola				<b>6:00.73</b>	
	<i>K16 - Niejednoczesne dotkni cie ciany dło mi przy nawrocie lub na zako czenie wy cigu (Czas: 21:40)</i>											
	50m:	39.12	39.12	150m:	2:11.59	45.03	250m:	3:48.73	52.07	350m:	5:21.45	41.19
	100m:	1:26.56	47.44	200m:	2:56.66	45.07	300m:	4:40.26	51.53	400m:	6:00.73	39.28

Kategoria G

1.	Piechula Adolf		57				AZS PWSZ Racibórz				<b>6:23.61</b>	603
	50m:	44.56	44.56	150m:	2:25.49	49.52	250m:	4:08.06	54.41	350m:	5:43.90	42.72
	100m:	1:35.97	51.41	200m:	3:13.65	48.16	300m:	5:01.18	53.12	400m:	6:23.61	39.71



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Konkurencja 31, M czynn, 400m zmienny, Kategoria G

Pozycja	Rok ur.	Czas	Pkt.
2. Pietraszewski Zbigniew	55	<b>6:34.77</b>	553
50m: 47.18 47.18	150m: 2:30.82 49.31	250m: 4:12.38 53.55	350m: 5:51.70 45.70
100m: 1:41.51 54.33	200m: 3:18.83 48.01	300m: 5:06.00 53.62	400m: 6:34.77 43.07
3. Kawecki Krzysztof	57	<b>6:35.77</b>	549
50m: 45.01 45.01	150m: 2:26.69 50.21	250m: 4:12.51 56.00	350m: 5:51.53 44.09
100m: 1:36.48 51.47	200m: 3:16.51 49.82	300m: 5:07.44 54.93	400m: 6:35.77 44.24
4. Samonek Krzysztof	57	<b>8:10.67</b>	288
50m: 51.91 51.91	150m: 2:55.79 1:01.77	250m: 5:10.29 1:15.33	350m: 7:18.37 55.64
100m: 1:54.02 1:02.11	200m: 3:54.96 59.17	300m: 6:22.73 1:12.44	400m: 8:10.67 52.30

Kategoria H

1. Nowak Michał	52	<b>6:55.26</b>	592
50m: 43.85 43.85	150m: 3:22.60 1:44.57	250m: 5:13.42 55.61	350m:
100m: 1:38.03 54.18	200m: 4:17.81 55.21	300m:	400m: 6:55.26
2. Bryniak Jan	53	<b>6:59.45</b>	575
50m: 44.32 44.32	150m: 2:32.62 57.08	250m: 4:24.42 54.19	350m: 6:09.57 49.80
100m: 1:35.54 51.22	200m: 3:30.23 57.61	300m: 5:19.77 55.35	400m: 6:59.45 49.88
3. Jarzyna Włodzimierz	49	<b>7:06.05</b>	548
50m: 49.57 49.57	150m: 2:44.13 56.18	250m: 4:36.62 1:00.20	350m: 6:24.70 48.55
100m: 1:47.95 58.38	200m: 3:36.42 52.29	300m: 5:36.15 59.53	400m: 7:06.05 41.35
4. Ciecior Jerzy	53	<b>7:06.57</b>	546
50m: 46.33 46.33	150m: 2:35.27 53.56	250m: 4:32.49 1:03.67	350m: 6:21.84 46.96
100m: 1:41.71 55.38	200m: 3:28.82 53.55	300m: 5:34.88 1:02.39	400m: 7:06.57 44.73
5. Dubi ski Bogdan	53	<b>7:12.73</b>	523
50m: 49.38 49.38	150m: 2:42.62 54.58	250m: 5:47.03 1:02.47	350m:
100m: 1:48.04 58.66	200m: 4:44.56 2:01.94	300m: 6:32.04 45.01	400m: 7:12.73
6. Lietz Krzysztof	52	<b>7:14.90</b>	516
50m: 45.17 45.17	150m: 2:38.77 1:02.06	250m: 4:40.46 59.12	350m: 6:30.87 49.80
100m: 1:36.71 51.54	200m: 3:41.34 1:02.57	300m: 5:41.07 1:00.61	400m: 7:14.90 44.03
7. Szufarski Andrzej	52	<b>7:57.88</b>	389
50m: 50.67 50.67	150m: 2:57.56 1:06.14	250m: 5:01.72 1:01.23	350m: 7:03.05 57.13
100m: 1:51.42 1:00.75	200m: 4:00.49 1:02.93	300m: 6:05.92 1:04.20	400m: 7:57.88 54.83
8. Wasiuk Janusz	53	<b>8:24.63</b>	330
50m: 50.80 50.80	150m: 3:05.61 1:17.44	250m: 5:24.26 1:03.47	350m: 7:26.31 59.45
100m: 1:48.17 57.37	200m: 4:20.79 1:15.18	300m: 6:26.86 1:02.60	400m: 8:24.63 58.32
9. Irczyk Leon	51	<b>8:50.72</b>	284
50m: 57.60 57.60	150m: 3:27.02 1:19.95	250m: 5:44.69 1:03.28	350m: 7:50.00 1:03.47
100m: 2:07.07 1:09.47	200m: 4:41.41 1:14.39	300m: 6:46.53 1:01.84	400m: 8:50.72 1:00.72

Kategoria I

1. Ró alski Józef	45	<b>7:35.37</b>	528
50m: 45.99 45.99	150m: 2:48.50 1:02.51	250m: 4:52.07 1:02.55	350m: 6:46.90 50.34
100m: 1:45.99 1:00.00	200m: 3:49.52 1:01.02	300m: 5:56.56 1:04.49	400m: 7:35.37 48.47
2. Mleczko Andrzej	47	<b>8:16.34</b>	408
50m: 58.16 58.16	150m: 4:17.74 2:15.57	250m: 6:32.33 1:07.25	350m: 7:28.42
100m: 2:02.17 1:04.01	200m: 5:25.08 1:07.34	300m:	400m: 8:16.34 47.92
3. Daszy ski Andrzej	48	<b>8:26.43</b>	384
50m: 55.87 55.87	150m: 3:05.38 1:03.53	250m: 5:18.26 1:12.25	350m: 7:26.68 57.97
100m: 2:01.85 1:05.98	200m: 4:06.01 1:00.63	300m: 6:28.71 1:10.45	400m: 8:26.43 59.75
4. Jawor Bogdan	47	<b>9:36.67</b>	260
50m: 1:04.69 1:04.69	150m: 3:37.11 1:15.62	250m: 6:10.81 1:18.56	350m: 8:33.97 1:05.02
100m: 2:21.49 1:16.80	200m: 4:52.25 1:15.14	300m: 7:28.95 1:18.14	400m: 9:36.67 1:02.70



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Konkurencja 31, M czynn, 400m zmienny, Kategoria I

Pozycja	Rok ur.	Czas	Pkt.
DYSKW. Czy Bolesław	48 Zawodnik niezrzeszony	<b>8:17.38</b>	
<i>K4 - Cykl ruchowy inny niż jeden ruch ramion i jedno kopnięcie nogami (Czas: 22:08)</i>			
50m: 53.96 53.96	150m: 3:06.54 1:08.97	250m: 5:20.50 1:03.51	350m: 7:22.73 57.52
100m: 1:57.57 1:03.61	200m: 4:16.99 1:10.45	300m: 6:25.21 1:04.71	400m: 8:17.38 54.65

Kategoria J

DYSKW. Bugla Rudolf	40 Naprzód Rydułtowy	<b>8:52.59</b>	
<i>Z1 - Nieprawidłowa kolejność stylów pływania (prawidłowa: motylkowy, grzbietowy, klasyczny, dowolny) (Czas: 22:17)</i>			
50m: 1:08.69 1:08.69	150m: 3:42.46 1:17.01	250m: 6:13.77 1:16.05	350m:
100m: 2:25.45 1:16.76	200m: 4:57.72 1:15.26	300m: 7:29.15 1:15.38	400m: 8:52.59

Kategoria K

1. Sielski Ryszard	37 Warsaw Masters Team	<b>10:09.81</b>	309
50m: 1:16.89 1:16.89	150m: 4:03.69 1:19.34	250m: 6:38.58 1:16.24	350m: 9:03.70 1:07.84
100m: 2:44.35 1:27.46	200m: 5:22.34 1:18.65	300m: 7:55.86 1:17.28	400m: 10:09.81 1:06.11

Kategoria L

1. Krokoszy ski Stanisław	30 Wisła Masters Kraków	<b>9:04.08</b>	551
50m: 1:04.98 1:04.98	150m: 3:35.33 1:09.73	250m: 6:00.19 1:12.97	350m: 8:08.31 54.67
100m: 2:25.60 1:20.62	200m: 4:47.22 1:11.89	300m: 7:13.64 1:13.45	400m: 9:04.08 55.77

PK Valtr Vaclav	56 Spolchemie Usti n/L	<b>6:16.08</b>	640
50m: 42.02 42.02	150m: 2:17.82 48.04	250m: 3:57.82 52.58	350m: 5:34.90 44.04
100m: 1:29.78 47.76	200m: 3:05.24 47.42	300m: 4:50.86 53.04	400m: 6:16.08 41.18