

Konkurencja 32
27.04.2025 - 12:52

Mężczyzn, 400m dowolny

20 lat i starsi
Wyniki

Punkty: AQUA Master 2025

Pozycja											Wiek											Czas	Pkt.
Kategoria "A" 25-29																							
1.	GAWRON Oskar										26	Fundacja Power Swimming										4:18.74	701
	50m:	30.13	30.13	150m:	1:36.75	33.38	250m:	2:43.76	33.19	350m:	3:48.79	31.89											
	100m:	1:03.37	33.24	200m:	2:10.57	33.82	300m:	3:16.90	33.14	400m:	4:18.74	29.95											
2.	ŚLÓSARCZYK Sebastian										27	WSSiRN Start Katowice										6:53.01	172
	50m:	45.09	45.09	150m:	2:30.75	53.81	250m:	4:16.49	52.59	350m:	6:01.05	52.03											
	100m:	1:36.94	51.85	200m:	3:23.90	53.15	300m:	5:09.02	52.53	400m:	6:53.01	51.96											
Kategoria "B" 30-34																							
1.	APTEWICZ Arkadiusz										32	Water Squad										4:19.75	681
	50m:	29.94	29.94	150m:	1:36.59	33.66	250m:	2:43.85	33.44	350m:	3:49.08	32.12											
	100m:	1:02.93	32.99	200m:	2:10.41	33.82	300m:	3:16.96	33.11	400m:	4:19.75	30.67											
2.	MENDYK Przemysław										33	MUKS GILUS Gilowice										4:57.09	455
	50m:	34.05	34.05	150m:	1:47.67	37.05	250m:	3:03.50	38.34	350m:	4:20.46	38.42											
	100m:	1:10.62	36.57	200m:	2:25.16	37.49	300m:	3:42.04	38.54	400m:	4:57.09	36.63											
3.	GROCHOWSKI Łukasz										34	Warsaw Masters Team										5:11.19	396
	50m:	34.86	34.86	150m:	1:50.64	38.42	250m:	3:09.54	39.59	350m:	4:30.47	40.92											
	100m:	1:12.22	37.36	200m:	2:29.95	39.31	300m:	3:49.55	40.01	400m:	5:11.19	40.72											
Kategoria "C" 35-39																							
1.	ZIELONKA Rafał										39	Masters Avia Świdnik										4:41.39	603
	50m:	31.88	31.88	150m:	1:42.35	35.69	250m:	2:54.89	36.17	350m:	4:07.44	36.05											
	100m:	1:06.66	34.78	200m:	2:18.72	36.37	300m:	3:31.39	36.50	400m:	4:41.39	33.95											
2.	KUŚMIDER Przemysław										36	MUKS Zgierz										5:03.04	483
	50m:	32.55	32.55	150m:	1:47.51	38.58	250m:	3:06.28	39.48	350m:	4:24.84	39.42											
	100m:	1:08.93	36.38	200m:	2:26.80	39.29	300m:	3:45.42	39.14	400m:	5:03.04	38.20											
3.	KABALYK Kirill										36	MUKS Zgierz										5:26.28	386
	50m:	37.41	37.41	150m:	1:59.16	41.93	250m:	3:23.05	41.41	350m:	4:45.86	42.05											
	100m:	1:17.23	39.82	200m:	2:41.64	42.48	300m:	4:03.81	40.76	400m:	5:26.28	40.42											
Kategoria "D" 40-44																							
1.	MISZTAŁ Stanisław										44	Zawodnik Niezrzeszony Częstochowa										5:33.85	374
	50m:	37.65	37.65	150m:	1:59.46	41.49	250m:	3:25.24	43.05	350m:	4:51.45	43.15											
	100m:	1:17.97	40.32	200m:	2:42.19	42.73	300m:	4:08.30	43.06	400m:	5:33.85	42.40											
2.	KRAJNA Paweł										42	Fundacja Power Swimming										6:43.82	211
	50m:	39.50	39.50	150m:	2:11.41	47.62	250m:	3:55.47	52.81	350m:	5:48.78	57.18											
	100m:	1:23.79	44.29	200m:	3:02.66	51.25	300m:	4:51.60	56.13	400m:	6:43.82	55.04											
3.	GRZELCZAK Tomasz										40	UKS Cityzen Poznań										7:14.61	169
	50m:	43.23	43.23	150m:	2:28.97	55.05	250m:	4:22.02	57.11	350m:	6:19.16	58.34											
	100m:	1:33.92	50.69	200m:	3:24.91	55.94	300m:	5:20.82	58.80	400m:	7:14.61	55.45											
4.	LIS-PIWOWARSKI Przemysław										41	MUKS Zgierz										7:53.37	131
	50m:	48.16	48.16	150m:	2:41.88	59.25	250m:	4:43.76	1:01.88	350m:	6:49.42	1:02.78											
	100m:	1:42.63	54.47	200m:	3:41.88	1:00.00	300m:	5:46.64	1:02.88	400m:	7:53.37	1:03.95											

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Kategoria "E" 45-49

1.	GOGACZ Sebastian				49	UKS Trójka Puławy				5:06.32	499	
	50m:	36.77	36.77	150m:	1:55.40	39.53	250m:	3:13.22	38.89	350m:	4:30.31	38.66
	100m:	1:15.87	39.10	200m:	2:34.33	38.93	300m:	3:51.65	38.43	400m:	5:06.32	36.01
2.	DYCZEK Mariusz				46	Masters Zdzeszowice				5:09.61	484	
	50m:	34.62	34.62	150m:	1:53.84	39.95	250m:	3:14.34	40.55	350m:	4:33.88	39.68
	100m:	1:13.89	39.27	200m:	2:33.79	39.95	300m:	3:54.20	39.86	400m:	5:09.61	35.73
3.	WACHOWSKI Błażej				45	KS Warta Poznań				5:09.86	482	
	50m:	36.64	36.64	150m:	1:57.19	40.06	250m:	3:15.92	39.18	350m:	4:33.49	38.21
	100m:	1:17.13	40.49	200m:	2:36.74	39.55	300m:	3:55.28	39.36	400m:	5:09.86	36.37

Kategoria "F" 50-54

1.	LIPIŃSKI Cezary	53	Masters Avia Świdnik	5:11.10	485
	50m: 35.62 35.62	150m: 1:52.93	39.15 250m: 3:10.93	38.12 350m: 4:31.96	40.98
	100m: 1:13.78 38.16	200m: 2:32.81	39.88 300m: 3:50.98	40.05 400m: 5:11.10	39.14
2.	KĘDZIOR Mateusz	52	KS Warta Poznań	5:42.48	363
	50m: 38.89 38.89	150m: 2:05.11	43.26 250m: 3:32.58	43.88 350m: 5:00.95	44.44
	100m: 1:21.85 42.96	200m: 2:48.70	43.59 300m: 4:16.51	43.93 400m: 5:42.48	41.53
3.	MOROZOWSKI Wiktor	52	MUKS Zgierz	5:55.09	326
	50m: 39.91 39.91	150m: 2:06.70	44.86 250m: 3:38.41	46.30 350m: 5:12.01	46.24
	100m: 1:21.84 41.93	200m: 2:52.11	45.41 300m: 4:25.77	47.36 400m: 5:55.09	43.08
4.	OGRODZKI Bogusław	54	MUKS GILUS Gilowice	6:08.65	291
	50m: 39.66 39.66	150m: 2:08.90	46.05 250m: 3:44.13	48.05 350m: 5:21.42	48.75
	100m: 1:22.85 43.19	200m: 2:56.08	47.18 300m: 4:32.67	48.54 400m: 6:08.65	47.23
5.	NOWAK Norbert	51	MUKS Zgierz	7:23.50	167
	50m: 46.51 46.51	150m: 2:33.25	54.97 250m: 4:27.00	57.76 350m: 6:23.54	59.03
	100m: 1:38.28 51.77	200m: 3:29.24	55.99 300m: 5:24.51	57.51 400m: 7:23.50	59.96

Kategoria "G" 55-59

1.	SZUTER Bolesław				55	Water Squad				4:54.23	658	
	50m:	33.31	33.31	150m:	1:46.65	37.45	250m:	3:02.32	37.47	350m:	4:17.70	37.45
	100m:	1:09.20	35.89	200m:	2:24.85	38.20	300m:	3:40.25	37.93	400m:	4:54.23	36.53
2.	POKORNÝ Jiří				56	KPS Ostrava				5:46.81	402	
	50m:	38.80	38.80	150m:	2:03.84	43.43	250m:	3:32.92	44.84	350m:	5:03.10	45.22
	100m:	1:20.41	41.61	200m:	2:48.08	44.24	300m:	4:17.88	44.96	400m:	5:46.81	43.71
3.	WENGLÁŘ Jiří				58	KPS Ostrava				5:54.28	377	
	50m:	40.08	40.08	150m:	2:07.97	44.39	250m:	3:39.12	46.19	350m:	5:11.59	46.17
	100m:	1:23.58	43.50	200m:	2:52.93	44.96	300m:	4:25.42	46.30	400m:	5:54.28	42.69
4.	BOLANOWSKI Bogdan				59	JK Team Kraków				6:46.37	250	
	50m:	44.25	44.25	150m:	2:23.36	50.49	250m:	4:08.68	53.62	350m:	5:54.69	53.24
	100m:	1:32.87	48.62	200m:	3:15.06	51.70	300m:	5:01.45	52.77	400m:	6:46.37	51.68

Kategoria "H" 60-64

1. BURZYŃSKI Piotr	63	KS Waterpolo Poznań	6:48.77	280
50m: 44.40 44.40	150m: 2:26.49	52.31	250m: 4:12.96 53.56	350m: 5:58.06 52.24
100m: 1:34.18 49.78	200m: 3:19.40	52.91	300m: 5:05.82 52.86	400m: 6:48.77 50.71

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Kategoria "I" 65-69

1.	MADEJ Leszek	65	Warsaw Masters Team	5:05.96	671
	50m: 36.48 36.48	150m: 1:56.64 40.07	250m: 3:14.96 38.93	350m: 4:30.69 37.29	
	100m: 1:16.57 40.09	200m: 2:36.03 39.39	300m: 3:53.40 38.44	400m: 5:05.96 35.27	
2.	TWARDYSKO Stanisław	69	Weteran Zabrze	6:37.65	305
	50m: 43.76 43.76	150m: 2:21.31 50.52	250m: 4:04.81 52.24	350m: 5:48.98 52.02	
	100m: 1:30.79 47.03	200m: 3:12.57 51.26	300m: 4:56.96 52.15	400m: 6:37.65 48.67	
3.	KORPETTA Wojciech	66	Water Squad	6:43.48	292
	50m: 43.64 43.64	150m: 2:25.33 51.77	250m: 4:11.39 53.60	350m: 5:59.57 53.69	
	100m: 1:33.56 49.92	200m: 3:17.79 52.46	300m: 5:05.88 54.49	400m: 6:43.48 43.91	

Kategoria "J" 70-74

1.	LASOWY Marian	70	Koszalińskie TKKF	7:40.18	242
	50m: 49.33 49.33	150m: 2:45.76 59.89	250m: 4:45.17 59.33	350m: 6:43.06 58.88	
	100m: 1:45.87 56.54	200m: 3:45.84 1:00.08	300m: 5:44.18 59.01	400m: 7:40.18 57.12	

Kategoria "K" 75-79

1.	PAWLACZEK Zygmunt	76	KS Masters Polkowice	8:12.93	248
	50m: 49.60 49.60	150m: 2:46.25 59.96	250m: 4:53.05 1:04.47	350m: 7:06.52 1:08.90	
	100m: 1:46.29 56.69	200m: 3:48.58 1:02.33	300m: 5:57.62 1:04.57	400m: 8:12.93 1:06.41	