

Pływacki Łom img, Puchar Polski Masters
Łom a, 12.10.2024

Konkurencja 2
12.10.2024 - 15:14

M czyzn, 400m dowolny

20 lat i starsi
Wyniki

Punkty:

Pozycja			Rok ur.					Czas	Pkt.	
20 - 24 lat										
1.	BUSKO Hleb		01	Niezrzeszony				4:13.21		
	50m:	28.52 28.52	150m:	1:32.74	32.58	250m:	2:38.33	32.63	350m:	3:42.80 31.77
	100m:	1:00.16 31.64	200m:	2:05.70	32.96	300m:	3:11.03	32.70	400m:	4:13.21 30.41
30 - 34 lat										
1.	APTEWICZ Arkadiusz		93	Water Squad				4:13.56		
	50m:	28.97 28.97	150m:	1:33.19	32.32	250m:	2:38.32	32.34	350m:	3:43.08 32.26
	100m:	1:00.87 31.90	200m:	2:05.98	32.79	300m:	3:10.82	32.50	400m:	4:13.56 30.48
2.	EL SABBAYH Loay		93	KS Warta Pozna				4:33.69		
	50m:	29.66 29.66	150m:	1:36.80	33.91	250m:	2:46.68	35.01	350m:	3:58.32 36.03
	100m:	1:02.89 33.23	200m:	2:11.67	34.87	300m:	3:22.29	35.61	400m:	4:33.69 35.37
35 - 39 lat										
1.	MATCZAK Mateusz		89	MUKS Zgierz				4:20.35		
	50m:	29.38 29.38	150m:	1:35.44	33.05	250m:	2:40.68	32.54	350m:	3:47.47 33.75
	100m:	1:02.39 33.01	200m:	2:08.14	32.70	300m:	3:13.72	33.04	400m:	4:20.35 32.88
2.	KU MIDER Przemysław		89	MUKS Zgierz				4:56.69		
	50m:	33.96 33.96	150m:	1:49.04	37.65	250m:	3:05.55	38.69	350m:	4:20.99 37.55
	100m:	1:11.39 37.43	200m:	2:26.86	37.82	300m:	3:43.44	37.89	400m:	4:56.69 35.70
DYSKW.	KABALYK Kirill		89	MUKS Zgierz				5:31.18		
	50m:	36.68 36.68	150m:	2:01.18	43.07	250m:	3:25.87	41.59	350m:	4:50.97 42.47
	100m:	1:18.11 41.43	200m:	2:44.28	43.10	300m:	4:08.50	42.63	400m:	5:31.18 40.21
40 - 44 lat										
1.	PORADA Tomasz		83	Warsaw Masters Team				4:58.02		
	50m:	33.06 33.06	150m:	1:46.27	37.27	250m:	3:02.87	38.20	350m:	4:19.77 38.36
	100m:	1:09.00 35.94	200m:	2:24.67	38.40	300m:	3:41.41	38.54	400m:	4:58.02 38.25
2.	WACHOWSKI Bła ej		80	KS Warta Pozna				4:58.63		
	50m:	34.33 34.33	150m:	1:49.79	37.97	250m:	3:06.50	38.11	350m:	4:22.40 37.62
	100m:	1:11.82 37.49	200m:	2:28.39	38.60	300m:	3:44.78	38.28	400m:	4:58.63 36.23
3.	KUPISZEK Michał		81	Misja Pływanie Białystok				5:16.57		
	50m:	34.13 34.13	150m:	1:49.80	38.59	250m:	3:09.02	39.88	350m:	4:32.63 42.71
	100m:	1:11.21 37.08	200m:	2:29.14	39.34	300m:	3:49.92	40.90	400m:	5:16.57 43.94
4.	KOZIKOWSKI Michał		80	Olsztyn				5:27.62		
	50m:	35.78 35.78	150m:	1:58.84	42.57	250m:	3:24.25	41.92	350m:	4:48.55 41.47
	100m:	1:16.27 40.49	200m:	2:42.33	43.49	300m:	4:07.08	42.83	400m:	5:27.62 39.07
5.	LATOSZEWSKI Grzegorz		84	Koszali skie TKKF				6:24.69		
	50m:	36.17 36.17	150m:	5:32.46	3:30.47	250m:			350m:	6:24.69
	100m:	2:01.99 1:25.82	200m:			300m:			400m:	6:24.69
6.	BORUCKI Piotr		84	Niezrzeszony				6:44.04		
	50m:	42.92 42.92	150m:	2:22.94	51.02	250m:	4:07.55	51.74	350m:	5:51.89 52.25
	100m:	1:31.92 49.00	200m:	3:15.81	52.87	300m:	4:59.64	52.09	400m:	6:44.04 52.15
45 - 49 lat										
1.	ROGOSZ Paweł		76	Warsaw Masters Team				4:56.73		
	50m:	34.97 34.97	150m:	1:51.45	38.27	250m:	3:06.87	37.57	350m:	4:21.72 37.14
	100m:	1:13.18 38.21	200m:	2:29.30	37.85	300m:	3:44.58	37.71	400m:	4:56.73 35.01

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Konkurencja 2, M czyzn, 400m dowolny, 45 - 49 lat

Pozycja			Rok ur.					Czas	Pkt.
2.	KONOPACKI Piotr		78	Olsztyn				4:57.03	
	50m:	31.70 31.70	150m:	1:47.06 38.25	250m:	3:03.29 37.94	350m:	4:20.39 38.76	
	100m:	1:08.81 37.11	200m:	2:25.35 38.29	300m:	3:41.63 38.34	400m:	4:57.03 36.64	

50 - 54 lat

1.	GREGOROWICZ Paweł		74	Olsztyn				4:36.42	
	50m:	32.56 32.56	150m:	1:42.40 35.13	250m:	2:52.78 35.16	350m:	4:03.10 35.14	
	100m:	1:07.27 34.71	200m:	2:17.62 35.22	300m:	3:27.96 35.18	400m:	4:36.42 33.32	
2.	WINIARCZYK Jarosław		72	Koszali skie TKKF				5:10.06	
	50m:	34.06 34.06	150m:	1:50.39 38.84	250m:	3:10.04 40.05	350m:	4:32.48 41.36	
	100m:	1:11.55 37.49	200m:	2:29.99 39.60	300m:	3:51.12 41.08	400m:	5:10.06 37.58	
3.	MOROZOWSKI Wiktor		73	MUKS Zgierz				5:59.04	
	50m:	38.95 38.95	150m:	2:04.58 43.35	250m:	3:37.56 47.14	350m:	5:12.44 47.41	
	100m:	1:21.23 42.28	200m:	2:50.42 45.84	300m:	4:25.03 47.47	400m:	5:59.04 46.60	

55 - 59 lat

1.	TWAROWSKI Andrzej		65	Masters Białystok				6:23.82	
	50m:	44.00 44.00	150m:	2:19.89 48.41	250m:	3:59.29 49.49	350m:	5:38.62 49.02	
	100m:	1:31.48 47.48	200m:	3:09.80 49.91	300m:	4:49.60 50.31	400m:	6:23.82 45.20	
2.	PIÓRKOWSKI Marek		65	Klub Sportowy Mako				6:55.07	
	50m:	44.43 44.43	150m:	2:25.86 52.24	250m:	4:13.98 54.00	350m:	6:03.24 55.29	
	100m:	1:33.62 49.19	200m:	3:19.98 54.12	300m:	5:07.95 53.97	400m:	6:55.07 51.83	

60 - 64 lat

1.	SZMIT Adam		64	Olsztyn				5:51.36	
	50m:	40.17 40.17	150m:	2:07.35 44.20	250m:	3:38.84 43.94	350m:	5:08.16 44.87	
	100m:	1:23.15 42.98	200m:	2:54.90 47.55	300m:	4:23.29 44.45	400m:	5:51.36 43.20	

65 - 69 lat

1.	KORPETTA Wojciech		59	Water Squad				6:15.36	
	50m:	42.49 42.49	150m:	2:16.51 47.37	250m:	3:53.40 48.84	350m:	5:30.95 48.28	
	100m:	1:29.14 46.65	200m:	3:04.56 48.05	300m:	4:42.67 49.27	400m:	6:15.36 44.41	
2.	KWIATKOWSKI Bogusław		56	KS Korona 1919 Kraków				8:35.04	
	50m:	53.55 53.55	150m:	3:02.16 1:06.70	250m:	5:16.32 1:07.38	350m:	7:28.60 1:07.14	
	100m:	1:55.46 1:01.91	200m:	4:08.94 1:06.78	300m:	6:21.46 1:05.14	400m:	8:35.04 1:06.44	

70 - 74 lat

1.	DUBI SKI Bogdan		53	Stowarzyszenie Pływackie Legia Warsz				7:14.21	
	50m:	46.19 46.19	150m:	2:33.25 54.42	250m:	4:25.22 57.23	350m:	7:14.21 1:51.48	
	100m:	1:38.83 52.64	200m:	3:27.99 54.74	300m:	5:22.73 57.51	400m:	7:14.21	

75 - 79 lat

1.	BARTKOWIAK Roman		49	KS Warta Pozna				7:31.35	
	50m:	48.24 48.24	150m:	2:39.17 57.29	250m:	4:38.80 59.76	350m:	6:36.82 58.29	
	100m:	1:41.88 53.64	200m:	3:39.04 59.87	300m:	5:38.53 59.73	400m:	7:31.35 54.53	