

Zimowe Mistrzostwa Polski w pływaniu w kategoriach Masters
Suwałki, 1.12.2024

Konkurencja 30 M czyzn, 400m zmienny 20 lat i starsi
01.12.2024 - 18:10 Wyniki

Rekordy Polski Masters 80 - 84	8:22.06	KROKOSZY SKI Stanisław	Katowice	23.11.2012
Rekordy Polski Masters 75 - 79	7:37.27	BASTEK Ewald	Gliwice	14.11.2015
Rekordy Polski Masters 70 - 74	6:42.06	BASTEK Ewald	Lublin	14.11.2009
Rekordy Polski Masters 65 - 69	6:38.67	BASTEK Ewald	Warszawa	12.11.2005
Rekordy Polski Masters 60 - 64	6:13.10	PIEKARA Marek	Toru	26.05.2019
Rekordy Polski Masters 55 - 59	5:27.24	JANUSZKIEWICZ Zbigniew	Wiede (AUT)	17.03.2018
Rekordy Polski Masters 50 - 54	5:07.41	WOLNY Dariusz	Toru	25.04.2010
Rekordy Polski Masters 45 - 49	5:06.10	GREGOROWICZ Paweł	Łódź	11.11.2023
Rekordy Polski Masters 40 - 44	4:37.02	WOLNY Dariusz	Spała	20.12.2000
Rekordy Polski Masters 35 - 39	4:39.97	WOLNY Dariusz	Spała	11.12.1999
Rekordy Polski Masters 30 - 34	4:43.44	PR DKI Sławomir	Góra Kalwaria	25.10.2008
Rekordy Polski Masters 25 - 29	4:36.83	G SIOR Patryk	Łódź	16.11.2019

Punkty: Rudolph Table 2022

Pozycja	Rok ur.	Czas	Pkt.
25 - 29 lat			
1. GALON Michał	95	5Styl Warszawa	4:46.58 10,1
50m: 29.38 29.38	150m: 1:42.15 38.25	250m: 3:00.24 40.03	350m: 4:14.40 33.69
100m: 1:03.90 34.52	200m: 2:20.21 38.06	300m: 3:40.71 40.47	400m: 4:46.58 32.18
2. GAWRON Oskar	99	Fundacja Power Swimming	4:50.66 9,0
50m: 31.90 31.90	150m: 1:45.20 37.73	250m: 3:05.90 41.91	350m: 4:19.06 32.30
100m: 1:07.47 35.57	200m: 2:23.99 38.79	300m: 3:46.76 40.86	400m: 4:50.66 31.60
3. BORKOWSKI Łukasz	95	Feel The Water Łódź	5:06.20 4,9
50m: 30.51 30.51	150m: 1:47.87 41.19	250m: 3:13.72 45.76	350m: 4:32.08 34.86
100m: 1:06.68 36.17	200m: 2:27.96 40.09	300m: 3:57.22 43.50	400m: 5:06.20 34.12
4. KISIELEWSKI Marcin	97	NIEZRZESZENI	5:12.50 3,3
50m: 33.53 33.53	150m: 1:53.14 40.43	250m: 3:18.03 45.64	350m: 4:38.10 35.17
100m: 1:12.71 39.18	200m: 2:32.39 39.25	300m: 4:02.93 44.90	400m: 5:12.50 34.40
30 - 34 lat			
1. APTEWICZ Arkadiusz	93	Water Squad	4:40.17 11,7
<i>Rekord Polski Masters</i>			
50m: 30.00 30.00	150m: 1:41.67 37.32	250m: 2:57.03 38.33	350m: 4:08.68 32.82
100m: 1:04.35 34.35	200m: 2:18.70 37.03	300m: 3:35.86 38.83	400m: 4:40.17 31.49
2. SZCZUKA Paweł	92	Stowarzyszenie Pływackie Masters Olsz	5:19.95 1,4
50m: 32.96 32.96	150m: 1:52.91 42.50	250m: 3:21.70 45.40	350m: 4:43.59 36.45
100m: 1:10.41 37.45	200m: 2:36.30 43.39	300m: 4:07.14 45.44	400m: 5:19.95 36.36
3. WANDZIOCH Krzysztof	92	NIEZRZESZENI	6:12.04
50m: 40.14 40.14	150m: 2:15.27 48.18	250m: 3:56.76 52.53	350m: 5:31.52 40.91
100m: 1:27.09 46.95	200m: 3:04.23 48.96	300m: 4:50.61 53.85	400m: 6:12.04 40.52
40 - 44 lat			
1. KACZMAREK Michał	82	AZS UAM Pozna	6:08.46
50m: 39.14 39.14	150m: 2:11.11 48.56	250m: 3:51.85 50.95	350m: 5:26.55 44.25
100m: 1:22.55 43.41	200m: 3:00.90 49.79	300m: 4:42.30 50.45	400m: 6:08.46 41.91
2. KRUK Marcin	82	Koszali skie TKKF	6:20.37
50m: 36.71 36.71	150m: 2:11.68 52.25	250m: 3:59.34 55.76	350m: 5:38.94 43.95
100m: 1:19.43 42.72	200m: 3:03.58 51.90	300m: 4:54.99 55.65	400m: 6:20.37 41.43
45 - 49 lat			
1. KONOPACKI Piotr	78	Stowarzyszenie Pływackie Masters Olsz	5:38.80
50m: 35.80 35.80	150m: 2:04.58 44.93	250m: 3:39.27 50.09	350m: 5:04.15 35.64
100m: 1:19.65 43.85	200m: 2:49.18 44.60	300m: 4:28.51 49.24	400m: 5:38.80 34.65
2. GURBSKI Marek	78	Masters Łódź	6:26.81
50m: 37.67 37.67	150m: 2:11.12 51.56	250m: 4:00.07 56.95	350m: 5:43.59 44.78
100m: 1:19.56 41.89	200m: 3:03.12 52.00	300m: 4:58.81 58.74	400m: 6:26.81 43.22

Zimowe Mistrzostwa Polski w pływaniu w kategoriach Masters
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Konkurencja 30, M czyzn, 400m zmienny

50 - 54 lat

1.	GREGOROWICZ Paweł	74	Stowarzyszenie Pływackie Masters Olsz	5:14.86	2,7
	50m: 35.33 35.33	150m: 1:54.83 41.71	250m: 3:21.67 44.07	350m: 4:40.75 34.95	
	100m: 1:13.12 37.79	200m: 2:37.60 42.77	300m: 4:05.80 44.13	400m: 5:14.86 34.11	
2.	DAROWSKI Piotr	71	Uks Delfin Masters Tarnobrzeg	5:24.93	
	50m: 34.49 34.49	150m: 1:55.35 42.08	250m: 3:22.84 44.78	350m: 4:46.89 38.56	
	100m: 1:13.27 38.78	200m: 2:38.06 42.71	300m: 4:08.33 45.49	400m: 5:24.93 38.04	
3.	WINIARCZYK Jarosław	72	Koszali skie TKKF	5:52.93	
	50m: 35.10 35.10	150m: 2:06.54 48.88	250m: 3:45.29 51.50	350m: 5:15.69 39.51	
	100m: 1:17.66 42.56	200m: 2:53.79 47.25	300m: 4:36.18 50.89	400m: 5:52.93 37.24	
4.	WIKŁA Grzegorz	74	Koszali skie TKKF	6:14.22	
	50m: 41.14 41.14	150m: 2:17.03 48.92	250m: 4:01.05 54.12	350m: 5:35.25 40.18	
	100m: 1:28.11 46.97	200m: 3:06.93 49.90	300m: 4:55.07 54.02	400m: 6:14.22 38.97	
5.	JAWIE Krzysztof	71	KS Korona 1919 Kraków	6:22.54	
	50m: 38.53 38.53	150m: 2:13.44 49.75	250m: 3:59.23 53.62	350m: 5:37.20 44.55	
	100m: 1:23.69 45.16	200m: 3:05.61 52.17	300m: 4:52.65 53.42	400m: 6:22.54 45.34	
6.	MICHALCZUK Dariusz	70	Swim Club Masters I za	7:45.87	
	50m: 49.40 49.40	150m: 2:49.30 1:02.66	250m: 5:00.84 1:07.71	350m: 6:57.56 50.79	
	100m: 1:46.64 57.24	200m: 3:53.13 1:03.83	300m: 6:06.77 1:05.93	400m: 7:45.87 48.31	

55 - 59 lat

1.	MONCZAK Piotr	67	Start Pozna	5:36.97	
	50m: 37.71 37.71	150m: 2:02.32 42.34	250m: 3:35.80 48.96	350m: 5:01.94 36.88	
	100m: 1:19.98 42.27	200m: 2:46.84 44.52	300m: 4:25.06 49.26	400m: 5:36.97 35.03	
2.	ŠKODNÝ Pavel	69	SPK KUPI Piestany	5:42.64	
	50m: 36.89 36.89	150m: 2:02.21 43.60	250m: 3:35.69 49.07	350m: 5:04.06 39.43	
	100m: 1:18.61 41.72	200m: 2:46.62 44.41	300m: 4:24.63 48.94	400m: 5:42.64 38.58	
3.	KO MIDER Jan	66	Water Squad	6:32.11	
	50m: 45.79 45.79	150m: 2:28.81 51.47	250m: 4:11.46 53.41	350m: 5:49.73 44.93	
	100m: 1:37.34 51.55	200m: 3:18.05 49.24	300m: 5:04.80 53.34	400m: 6:32.11 42.38	
4.	ALEKSANDROWICZ Paweł	68	iSwim Białystok	7:06.26	
	50m: 46.12 46.12	150m: 2:36.78 54.37	250m: 4:31.64 1:01.48	350m: 6:18.10 48.59	
	100m: 1:42.41 56.29	200m: 3:30.16 53.38	300m: 5:29.51 57.87	400m: 7:06.26 48.16	
5.	ŁOPUSZY SKI Andrzej	69	NIEZRZESZENI	8:18.21	
	50m: 55.00 55.00	150m: 3:03.93 1:04.90	250m: 5:17.52 1:08.53	350m: 7:23.20 56.42	
	100m: 1:59.03 1:04.03	200m: 4:08.99 1:05.06	300m: 6:26.78 1:09.26	400m: 8:18.21 55.01	

60 - 64 lat

1.	KO LIKOWSKI Marek	61	Stowarzyszenie Pływackie Masters Olsz	6:45.52	
	50m: 44.68 44.68	150m: 2:34.23 55.97	250m: 4:23.83 54.37	350m: 6:02.25 44.09	
	100m: 1:38.26 53.58	200m: 3:29.46 55.23	300m: 5:18.16 54.33	400m: 6:45.52 43.27	
2.	AMBROZIAK Tomasz	64	U KS Ostroł ka	7:57.51	
	50m: 51.52 51.52	150m: 2:57.74 1:05.49	250m: 5:13.62 1:08.46	350m:	
	100m: 1:52.25 1:00.73	200m: 4:05.16 1:07.42	300m: 7:10.11 1:56.49	400m: 7:57.51	

65 - 69 lat

1.	TOPORSKI Janusz	59	KS Korona 1919 Kraków	7:50.50	
	50m: 54.87 54.87	150m: 3:00.96 1:05.26	250m: 5:09.48 1:00.40	350m: 7:01.11 52.32	
	100m: 1:55.70 1:00.83	200m: 4:09.08 1:08.12	300m: 6:08.79 59.31	400m: 7:50.50 49.39	
2.	LIPKA Marek	58	NIEZRZESZENI	7:54.66	
	50m: 54.11 54.11	150m: 3:01.38 1:08.73	250m: 5:11.43 1:01.14	350m: 7:07.60 51.34	
	100m: 1:52.65 58.54	200m: 4:10.29 1:08.91	300m: 6:16.26 1:04.83	400m: 7:54.66 47.06	

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Suwałki, 1.12.2024

Konkurencja 30, M czyzn, 400m zmienny

70 - 74 lat

1. NOWAK Michał	52	Warsaw Masters Team	7:57.56
50m: 53.57 53.57	150m: 4:00.04 2:05.02	250m: 6:05.55 1:04.09	350m: 7:59.48
100m: 1:55.02 1:01.45	200m: 5:01.46 1:01.42	300m:	400m: 7:57.56

75 - 79 lat

1. DASZY SKI Andrzej	48	UKS ENERGETYK Zgorzelec	10:13.08
50m: 1:11.60 1:11.60	150m: 3:55.83 1:18.97	250m: 6:33.34 1:23.25	350m: 9:07.32 1:09.38
100m: 2:36.86 1:25.26	200m: 5:10.09 1:14.26	300m: 7:57.94 1:24.60	400m: 10:13.08 1:05.76