

Zimowe Otwarte Mistrzostwa Polski w Pływaniu w Kategoriach MASTERS POZNA 2021  
Pozna , 11. - 12.12.2021

Konkurencja 33 M czyzn, 400m dowolny 20 lat i starsi  
2021.12.12 - 11:26 Wyniki

Rekordy Polski Masters 90 - 94	10:33.41	MRÓWCZY SKI Kazimierz	Katowice	2012.11.23
Rekordy Polski Masters 85 - 89	9:01.66	MRÓWCZY SKI Kazimierz	Lublin	2007.12.09
Rekordy Polski Masters 80 - 84	7:10.86	KROKOSZY SKI Stanisław	Pozna	2011.11.19
Rekordy Polski Masters 75 - 79	6:37.09	BASTEK Ewald	Gliwice	2015.11.15
Rekordy Polski Masters 70 - 74	5:54.36	BASTEK Ewald	Warszawa	2009.06.06
Rekordy Polski Masters 65 - 69	5:27.13	DE MAKAY Waldemar	Olsztyn	2016.10.23
Rekordy Polski Masters 60 - 64	4:59.17	WARCHOŁ Mirosław	Warszawa	2013.06.01
Rekordy Polski Masters 55 - 59	4:43.44	GABIEC Mariusz	Rumia	2013.02.09
Rekordy Polski Masters 50 - 54	4:38.94	PASIECZNY Andrzej	Olsztyn	2018.11.18
Rekordy Polski Masters 45 - 49	4:27.64	GREGOROWICZ Paweł	Łód	2019.11.17
Rekordy Polski Masters 40 - 44	4:21.19	WOLNY Dariusz	Racibórz	2002.04.14
Rekordy Polski Masters 35 - 39	4:19.23	KACZMAREK Stanisław	Olsztyn	2016.10.23
Rekordy Polski Masters 30 - 34	4:14.97	PR DKI Sławomir	Lublin	2007.12.09
Rekordy Polski Masters 25 - 29	4:07.23	APTEWICZ Arkadiusz	Olsztyn	2018.11.18

Punkty: FINA 2021

Pozycja	Rok ur.	Czas	Pkt.
<b>Kategoria 0</b>			
1. OGORZAŁEK Kamil	99	Uks Wodnik 29 Katowice	<b>4:09.61</b> 614
50m: 28.64 28.64	150m: 1:32.49 32.19	250m: 2:37.17 32.15	350m: 3:40.70 31.44
100m: 1:00.30 31.66	200m: 2:05.02 32.53	300m: 3:09.26 32.09	400m: 4:09.61 28.91
2. SZWEDZKI Jakub	00	MKS Trójka Łód	<b>4:09.69</b> 614
50m: 29.00 29.00	150m: 1:32.13 31.75	250m: 2:35.97 31.57	350m: 3:39.99 31.79
100m: 1:00.38 31.38	200m: 2:04.40 32.27	300m: 3:08.20 32.23	400m: 4:09.69 29.70
3. KUCZMA J drzej	98	KS AZS AWF Wrocław	<b>4:15.10</b> 575
50m: 27.40 27.40	150m: 1:30.41 32.02	250m: 2:35.71 32.38	350m: 3:42.55 33.54
100m: 58.39 30.99	200m: 2:03.33 32.92	300m: 3:09.01 33.30	400m: 4:15.10 32.55
4. NAPIERAJ Jan	98	Fundacja HASTEN	<b>4:34.30</b> 463
50m: 29.16 29.16	150m: 1:33.11 32.42	250m: 2:42.98 35.77	350m: 3:57.41 37.50
100m: 1:00.69 31.53	200m: 2:07.21 34.10	300m: 3:19.91 36.93	400m: 4:34.30 36.89
5. DA KOWSKI Dominik	00	niezrzeszony	<b>4:37.76</b> 446
50m: 31.65 31.65	150m: 1:41.44 35.07	250m: 2:51.81 35.06	350m: 4:03.52 36.21
100m: 1:06.37 34.72	200m: 2:16.75 35.31	300m: 3:27.31 35.50	400m: 4:37.76 34.24
6. KORZUCHOWSKI Maciej	99	niezrzeszony	<b>5:41.86</b> 239
50m: 34.72 34.72	150m: 1:58.66 43.23	250m: 3:27.14 44.94	350m: 4:57.70 45.38
100m: 1:15.43 40.71	200m: 2:42.20 43.54	300m: 4:12.32 45.18	400m: 5:41.86 44.16

**Kategoria A**

1. APTEWICZ Arkadiusz	93	UKS Manta Warszawa Włochy	<b>4:11.93</b> 598
50m: 29.49 29.49	150m: 1:33.84 32.31	250m: 2:38.18 32.05	350m: 3:41.75 31.66
100m: 1:01.53 32.04	200m: 2:06.13 32.29	300m: 3:10.09 31.91	400m: 4:11.93 30.18
2. PALMI-KUKIEŁKO Mieszko	93	Stowarzyszenie Pływackie Masters Olsz	<b>4:22.82</b> 526
50m: 30.50 30.50	150m: 1:36.34 33.31	250m: 2:43.90 33.69	350m: 3:51.53 33.20
100m: 1:03.03 32.53	200m: 2:10.21 33.87	300m: 3:18.33 34.43	400m: 4:22.82 31.29
3. S CZKOWSKI Aleksander	95	Uks Cityzen	<b>4:42.94</b> 422
50m: 30.44 30.44	150m: 1:39.35 35.13	250m: 2:51.87 36.69	350m: 4:06.49 37.56
100m: 1:04.22 33.78	200m: 2:15.18 35.83	300m: 3:28.93 37.06	400m: 4:42.94 36.45
4. NIED WIADEK Jakub	93	5styl Warszawa	<b>5:07.85</b> 327
50m: 34.61 34.61	150m: 1:50.45 38.56	250m: 3:08.54 39.24	350m: 4:28.62 40.51
100m: 1:11.89 37.28	200m: 2:29.30 38.85	300m: 3:48.11 39.57	400m: 5:07.85 39.23

**Kategoria B**

1. WRÓBLEWSKI Dawid	90	Koszali skie TTKF	<b>4:24.35</b> 517
50m: 31.74 31.74	150m: 1:39.60 33.91	250m: 2:47.98 34.16	350m: 3:53.61 32.12
100m: 1:05.69 33.95	200m: 2:13.82 34.22	300m: 3:21.49 33.51	400m: 4:24.35 30.74

Zimowe Otwarte Mistrzostwa Polski w Pływaniu w Kategoriach MASTERS POZNA 2021  
Pozna , 11. - 12.12.2021

Konkurencja 33, M czynn, 400m dowolny, Kategoria B

Pozycja			Rok ur.					Czas	Pkt.			
2.	ZIELI	SKI Kamil	89	Uks Delfin Masters Tarnobrzeg				<b>4:50.90</b>	388			
	50m:	32.75	32.75	150m:	1:45.84	36.66	250m:	3:00.47	37.40	350m:	4:14.24	36.62
	100m:	1:09.18	36.43	200m:	2:23.07	37.23	300m:	3:37.62	37.15	400m:	4:50.90	36.66
3.	KLUCZYK	Szymon	87	MKP Szczecin				<b>5:00.67</b>	351			
	50m:	33.03	33.03	150m:	1:46.42	37.43	250m:	3:03.81	38.84	350m:	4:21.31	39.04
	100m:	1:08.99	35.96	200m:	2:24.97	38.55	300m:	3:42.27	38.46	400m:	5:00.67	39.36
4.	KU MIDER	Przemysław	89	niezrzeszony				<b>5:07.86</b>	327			
	50m:	33.75	33.75	150m:	1:50.67	39.44	250m:	3:10.33	39.37	350m:	4:29.53	39.38
	100m:	1:11.23	37.48	200m:	2:30.96	40.29	300m:	3:50.15	39.82	400m:	5:07.86	38.33

Kategoria C

1.	FLUDER	Stanisław	86	Water Squad				<b>4:21.42</b>	535			
	50m:	30.38	30.38	150m:	1:37.35	33.52	250m:	2:44.95	33.42	350m:	3:51.04	32.66
	100m:	1:03.83	33.45	200m:	2:11.53	34.18	300m:	3:18.38	33.43	400m:	4:21.42	30.38
2.	GOŁEMBIEWSKI	Andrzej	86	Toru Multisport Team				<b>4:41.36</b>	429			
	50m:	31.35	31.35	150m:	1:41.17	35.39	250m:	2:53.81	36.50	350m:	4:06.69	36.24
	100m:	1:05.78	34.43	200m:	2:17.31	36.14	300m:	3:30.45	36.64	400m:	4:41.36	34.67
3.	ST PIE	Jakub	83	Stowarzyszenie Pływackie Masters Olsz				<b>5:27.44</b>	272			
	50m:	35.19	35.19	150m:	1:55.64	41.15	250m:	3:20.32	42.45	350m:	4:46.45	42.83
	100m:	1:14.49	39.30	200m:	2:37.87	42.23	300m:	4:03.62	43.30	400m:	5:27.44	40.99
4.	LISIECKI	Paweł	82	Toru Multisport Team				<b>5:28.61</b>	269			
	50m:	36.55	36.55	150m:	1:59.36	42.26	250m:	3:22.81	41.46	350m:	4:47.38	42.31
	100m:	1:17.10	40.55	200m:	2:41.35	41.99	300m:	4:05.07	42.26	400m:	5:28.61	41.23
5.	KRUK	Marcin	82	Koszali skie TKKF				<b>5:40.14</b>	242			
	50m:	35.25	35.25	150m:	1:56.41	42.06	250m:	3:23.82	44.30	350m:	4:55.14	46.30
	100m:	1:14.35	39.10	200m:	2:39.52	43.11	300m:	4:08.84	45.02	400m:	5:40.14	45.00
6.	RO EK	Łukasz	84	SMT Szczecin				<b>6:06.17</b>	194			
	50m:	41.31	41.31	150m:	2:13.61	46.91	250m:	3:47.69	46.97	350m:	5:21.37	46.66
	100m:	1:26.70	45.39	200m:	3:00.72	47.11	300m:	4:34.71	47.02	400m:	6:06.17	44.80
7.	BOGUSIAK	Łukasz	82	niezrzeszony				<b>6:41.57</b>	147			
	50m:	42.43	42.43	150m:			250m:	4:05.31	53.05	350m:	5:50.78	52.49
	100m:	1:30.11	47.68	200m:	3:12.26		300m:	4:58.29	52.98	400m:	6:41.57	50.79
8.	GRZELCZAK	Tomasz	85	niezrzeszony				<b>7:19.59</b>	112			
	50m:	43.52	43.52	150m:	2:28.40	54.49	250m:	4:26.43	59.22	350m:	6:24.51	59.37
	100m:	1:33.91	50.39	200m:	3:27.21	58.81	300m:	5:25.14	58.71	400m:	7:19.59	55.08

Kategoria D

1.	KACZMAREK	Stanisław	79	Landsberg Crew Gorzów Wilkp.				<b>4:28.33</b>	494			
	50m:	30.51	30.51	150m:	1:36.96	33.70	250m:	2:45.34	34.21	350m:	3:54.27	34.69
	100m:	1:03.26	32.75	200m:	2:11.13	34.17	300m:	3:19.58	34.24	400m:	4:28.33	34.06
2.	KONOPACKI	Piotr	78	Stowarzyszenie Pływackie Masters Olsz				<b>4:47.82</b>	401			
	50m:	31.78	31.78	150m:	1:44.51	36.59	250m:	2:58.70	37.46	350m:	4:13.23	37.19
	100m:	1:07.92	36.14	200m:	2:21.24	36.73	300m:	3:36.04	37.34	400m:	4:47.82	34.59
3.	WACHOWSKI	Bła ej	80	KS Warta Pozna				<b>4:56.36</b>	367			
	50m:	33.00	33.00	150m:	1:46.94	37.23	250m:	3:01.49	37.42	350m:	4:16.20	36.92
	100m:	1:09.71	36.71	200m:	2:24.07	37.13	300m:	3:39.28	37.79	400m:	4:56.36	40.16
4.	OLEJNICZAK	Sergiusz	78	MUKS Zgierz				<b>5:06.78</b>	331			
	50m:	33.51	33.51	150m:	1:48.68	38.23	250m:	3:06.59	39.18	350m:	4:27.59	40.53
	100m:	1:10.45	36.94	200m:	2:27.41	38.73	300m:	3:47.06	40.47	400m:	5:06.78	39.19
5.	BRO YNA	Marek	80	Water Squad				<b>5:13.80</b>	309			
	50m:	34.18	34.18	150m:	1:52.69	40.18	250m:	3:13.65	40.86	350m:	4:33.87	40.40
	100m:	1:12.51	38.33	200m:	2:32.79	40.10	300m:	3:53.47	39.82	400m:	5:13.80	39.93

Zimowe Otwarte Mistrzostwa Polski w Pływaniu w Kategoriach MASTERS POZNA 2021  
Pozna , 11. - 12.12.2021

Konkurencja 33, M czynn, 400m dowolny, Kategoria D

Pozycja			Rok ur.							Czas	Pkt.
6.	KRÓLIKOWSKI Michał		80	niezrzeszony						<b>5:21.68</b>	287
	50m:	34.03 34.03	150m:	1:53.38	40.40	250m:	3:18.25	42.77	350m:	4:41.77	41.66
	100m:	1:12.98 38.95	200m:	2:35.48	42.10	300m:	4:00.11	41.86	400m:	5:21.68	39.91
7.	LEMA CZYK Maciej		77	Stowarzyszenie Pływackie Masters Olsz						<b>6:27.18</b>	164
	50m:	42.24 42.24	150m:	2:18.00	48.24	250m:	3:57.92	50.65	350m:	5:38.45	50.11
	100m:	1:29.76 47.52	200m:	3:07.27	49.27	300m:	4:48.34	50.42	400m:	6:27.18	48.73

Kategoria E

1.	GREGOROWICZ Paweł		74	Stowarzyszenie Pływackie Masters Olsz						<b>4:29.16</b>	490
	50m:	30.82 30.82	150m:	1:38.69	34.45	250m:	2:46.90	34.29	350m:	3:55.49	34.25
	100m:	1:04.24 33.42	200m:	2:12.61	33.92	300m:	3:21.24	34.34	400m:	4:29.16	33.67
2.	SARNA Tomasz		75	Stowarzyszenie Sportowe SWIM TRI Rze						<b>4:44.15</b>	416
	50m:	31.37 31.37	150m:	1:42.59	35.96	250m:	2:55.53	36.52	350m:	4:08.45	35.78
	100m:	1:06.63 35.26	200m:	2:19.01	36.42	300m:	3:32.67	37.14	400m:	4:44.15	35.70
3.	OSIK Daniel		76	KS Warta Pozna						<b>4:47.41</b>	402
	50m:	32.29 32.29	150m:	1:45.73	37.00	250m:	2:59.90	37.02	350m:	4:12.56	35.86
	100m:	1:08.73 36.44	200m:	2:22.88	37.15	300m:	3:36.70	36.80	400m:	4:47.41	34.85
4.	HRACKI Libor		72	Plavecky klub Havirov						<b>5:07.78</b>	327
	50m:	34.34 34.34	150m:	1:49.87	38.18	250m:	3:08.76	39.74	350m:	4:28.90	40.37
	100m:	1:11.69 37.35	200m:	2:29.02	39.15	300m:	3:48.53	39.77	400m:	5:07.78	38.88
5.	D BROWSKI Paweł		74	Stowarzyszenie Pływackie Masters Olsz						<b>5:12.63</b>	312
	50m:	36.10 36.10	150m:	1:54.48	39.44	250m:	3:14.37	40.14	350m:	4:34.87	40.43
	100m:	1:15.04 38.94	200m:	2:34.23	39.75	300m:	3:54.44	40.07	400m:	5:12.63	37.76
6.	PŁANETA Maciej		74	Uks Delfin Masters Tarnobrzeg						<b>5:29.86</b>	266
	50m:	37.36 37.36	150m:	1:58.23	41.06	250m:	3:23.14	43.01	350m:	4:49.67	43.21
	100m:	1:17.17 39.81	200m:	2:40.13	41.90	300m:	4:06.46	43.32	400m:	5:29.86	40.19
7.	MOROZOWSKI Wiktor		73	MUKS Zgierz						<b>5:58.59</b>	207
	50m:	37.42 37.42	150m:	1:49.29	30.53	250m:	3:37.85	47.66	350m:	5:13.40	47.78
	100m:	1:18.76 41.34	200m:	2:50.19	1:00.90	300m:	4:25.62	47.77	400m:	5:58.59	45.19

Kategoria F

1.	MONCZAK Piotr		67	START Pozna						<b>4:49.49</b>	394
	50m:	32.32 32.32	150m:	1:45.50	36.84	250m:	3:00.30	37.27	350m:	4:14.62	36.86
	100m:	1:08.66 36.34	200m:	2:23.03	37.53	300m:	3:37.76	37.46	400m:	4:49.49	34.87
2.	KORBA Jerzy		69	Masters Wiśła Kraków						<b>4:55.91</b>	369
	50m:	32.95 32.95	150m:	1:46.83	37.29	250m:	3:03.01	38.21	350m:	4:20.03	38.63
	100m:	1:09.54 36.59	200m:	2:24.80	37.97	300m:	3:41.40	38.39	400m:	4:55.91	35.88
3.	BAR Wiesław		70	niezrzeszony						<b>5:04.45</b>	338
	50m:	32.64 32.64	150m:	1:47.24	37.88	250m:	3:05.22	39.08	350m:	4:25.93	40.55
	100m:	1:09.36 36.72	200m:	2:26.14	38.90	300m:	3:45.38	40.16	400m:	5:04.45	38.52
4.	STASZKIEWICZ Radosław		68	Uks Czwórka Nakło						<b>5:23.01</b>	283
	50m:	34.65 34.65	150m:	1:53.73	40.39	250m:	3:17.30	42.02	350m:	4:41.65	42.06
	100m:	1:13.34 38.69	200m:	2:35.28	41.55	300m:	3:59.59	42.29	400m:	5:23.01	41.36
5.	HARENDA Andrzej		68	niezrzeszony						<b>5:56.24</b>	211
	50m:	37.61 37.61	150m:	2:02.26	44.16	250m:	3:35.11	46.54	350m:	5:10.30	48.01
	100m:	1:18.10 40.49	200m:	2:48.57	46.31	300m:	4:22.29	47.18	400m:	5:56.24	45.94

Kategoria G

1.	KO MIDER Jan		66	Water Squad						<b>5:13.28</b>	310
	50m:	35.46 35.46	150m:	1:55.28	40.41	250m:	3:15.45	40.08	350m:	4:35.62	39.83
	100m:	1:14.87 39.41	200m:	2:35.37	40.09	300m:	3:55.79	40.34	400m:	5:13.28	37.66

Zimowe Otwarte Mistrzostwa Polski w Pływaniu w Kategoriach MASTERS POZNA 2021  
Pozna , 11. - 12.12.2021

Konkurencja 33, M czynn, 400m dowolny, Kategoria G

Pozycja			Rok ur.							Czas	Pkt.
2.	FAFF Mariusz		63	Stowarzyszenie Sportowe SWIM TRI Rz						<b>5:13.50</b>	310
	50m:	33.17 33.17	150m:	1:51.66	40.31	250m:	3:13.07	40.84	350m:	4:34.77	41.09
	100m:	1:11.35 38.18	200m:	2:32.23	40.57	300m:	3:53.68	40.61	400m:	5:13.50	38.73
3.	LELEWSKI Jacek		65	niezrzeszony						<b>5:36.33</b>	251
	50m:	37.82 37.82	150m:	2:02.39	43.06	250m:	3:28.89	43.44	350m:	4:55.19	43.22
	100m:	1:19.33 41.51	200m:	2:45.45	43.06	300m:	4:11.97	43.08	400m:	5:36.33	41.14
4.	TWAROWSKI Andrzej		65	Masters Białystok						<b>6:21.90</b>	171
	50m:	43.04 43.04	150m:	2:20.40	49.67	250m:	4:00.30	49.64	350m:	5:38.00	48.53
	100m:	1:30.73 47.69	200m:	3:10.66	50.26	300m:	4:49.47	49.17	400m:	6:21.90	43.90
5.	KRZEKOTOWSKI Piotr		66	Ukp Torpeda Ole nica						<b>7:16.60</b>	114
	50m:	49.26 49.26	150m:	2:38.78	55.81	250m:	4:31.41	56.73	350m:	6:23.74	56.09
	100m:	1:42.97 53.71	200m:	3:34.68	55.90	300m:	5:27.65	56.24	400m:	7:16.60	52.86

Kategoria H

1.	KO LIKOWSKI Marek		61	Stowarzyszenie Pływackie Masters Olsz						<b>5:48.10</b>	226
	50m:	38.03 38.03	150m:	2:04.92	44.21	250m:	3:35.12	45.19	350m:	5:05.97	45.16
	100m:	1:20.71 42.68	200m:	2:49.93	45.01	300m:	4:20.81	45.69	400m:	5:48.10	42.13
2.	DZIAREK Jacek		59	MUKS Zgierz						<b>5:48.36</b>	226
	50m:	38.64 38.64	150m:	2:06.11	44.50	250m:	3:36.35		350m:	5:07.47	
	100m:	1:21.61 42.97	200m:			300m:			400m:	5:48.36	40.89
3.	KORPETTA Wojciech		59	Water Squad						<b>6:04.00</b>	198
	50m:	41.06 41.06	150m:	2:13.86	47.07	250m:	3:48.46	47.00	350m:	5:22.46	46.95
	100m:	1:26.79 45.73	200m:	3:01.46	47.60	300m:	4:35.51	47.05	400m:	6:04.00	41.54
4.	SUTOWSKI Robert		59	Warsaw Masters Team						<b>6:35.18</b>	154
	50m:	44.23 44.23	150m:	2:22.94	50.34	250m:	4:05.53	50.89	350m:	5:47.39	50.52
	100m:	1:32.60 48.37	200m:	3:14.64	51.70	300m:	4:56.87	51.34	400m:	6:35.18	47.79
5.	LIPKA Marek		58	KS JUST SWIM Jelenia Góra						<b>6:42.33</b>	146
	50m:	42.92 42.92	150m:	2:20.66	50.00	250m:	4:03.95	52.25	350m:	5:51.29	55.43
	100m:	1:30.66 47.74	200m:	3:11.70	51.04	300m:	4:55.86	51.91	400m:	6:42.33	51.04
6.	SAWRYMOWICZ Marek		57	SMT Szczecin						<b>7:21.04</b>	111
	50m:	50.58 50.58	150m:	2:41.77	55.78	250m:	4:34.41	57.02	350m:	6:29.52	57.37
	100m:	1:45.99 55.41	200m:	3:37.39	55.62	300m:	5:32.15	57.74	400m:	7:21.04	51.52
7.	ŁATECKI Włodzimierz		57	MUKS Zgierz						<b>8:47.68</b>	65
	50m:	55.26 55.26	150m:	3:09.07	1:07.40	250m:	6:34.34	2:16.85	350m:		
	100m:	2:01.67 1:06.41	200m:	4:17.49	1:08.42	300m:	7:42.71	1:08.37	400m:	8:47.68	

Kategoria I

1.	TWARDYSKO Stanisław		56	Weteran Zabrze						<b>6:18.66</b>	176
	50m:	40.86 40.86	150m:	2:13.74	48.05	250m:	3:51.78	49.32	350m:	5:30.65	49.53
	100m:	1:25.69 44.83	200m:	3:02.46	48.72	300m:	4:41.12	49.34	400m:	6:18.66	48.01
2.	DUBI SKI Bogdan		53	Legia Warszawa						<b>7:03.87</b>	125
	50m:	43.73 43.73	150m:	2:25.82	52.48	250m:	4:14.67	56.19	350m:	6:10.02	56.89
	100m:	1:33.34 49.61	200m:	3:18.48	52.66	300m:	5:13.13	58.46	400m:	7:03.87	53.85
3.	MARSZAŁEK Andrzej		54	niezrzeszony						<b>7:36.70</b>	100
	50m:	52.16 52.16	150m:	2:45.29	58.72	250m:	4:41.94	58.34	350m:	6:40.48	59.85
	100m:	1:46.57 54.41	200m:	3:43.60	58.31	300m:	5:40.63	58.69	400m:	7:36.70	56.22

Kategoria J

1.	BEDNAREK Krzysztof		51	MUKS Zgierz						<b>6:41.24</b>	148
	50m:	43.04 43.04	150m:	2:23.99	51.07	250m:	4:08.26	52.00	350m:	5:50.84	51.21
	100m:	1:32.92 49.88	200m:	3:16.26	52.27	300m:	4:59.63	51.37	400m:	6:41.24	50.40

