

29 WARSAW OPEN Puchar Polski w pływaniu Masters 2024
Warszawa, 7.12.2024

Konkurencja 21
07.12.2024 - 17:52

M czynn, 400m dowolny

20 - 94 lat
Wyniki

| | | | | |
|--------------------------------|----------|------------------------|--------------|------------|
| Rekordy Polski Masters 90 - 94 | 11:34.19 | MRÓWCZY SKI Kazimierz | Londyn (GBR) | 27.05.2016 |
| Rekordy Polski Masters 85 - 89 | 8:01.90 | KROKOSZY SKI Stanisław | Szczecin | 27.06.2015 |
| Rekordy Polski Masters 80 - 84 | 6:58.79 | KROKOSZY SKI Stanisław | Gliwice | 09.05.2010 |
| Rekordy Polski Masters 75 - 79 | 6:31.82 | BASTEK Ewald | Olsztyn | 29.06.2014 |
| Rekordy Polski Masters 70 - 74 | 5:53.54 | BASTEK Ewald | Gdynia | 27.06.2009 |
| Rekordy Polski Masters 65 - 69 | 5:30.75 | WARCHOŁ Mirosław | Warszawa | 05.12.2020 |
| Rekordy Polski Masters 60 - 64 | 5:01.55 | MADEJ Leszek | Lublin | 16.06.2024 |
| Rekordy Polski Masters 55 - 59 | 4:49.84 | MADEJ Leszek | Gliwice | 12.06.2016 |
| Rekordy Polski Masters 50 - 54 | 4:40.69 | GREGOROWICZ Paweł | Lublin | 16.06.2024 |
| Rekordy Polski Masters 45 - 49 | 4:37.07 | BERWECKI Arkadiusz | Poznań | 24.06.2018 |
| Rekordy Polski Masters 40 - 44 | 4:21.40 | STANEK Grzegorz | Cadiz (ESP) | 17.09.2009 |
| Rekordy Polski Masters 35 - 39 | 4:23.70 | KACZMAREK Stanisław | Londyn (GBR) | 27.05.2016 |
| Rekordy Polski Masters 30 - 34 | 4:13.24 | LASSEK Bartłomiej | Lublin | 16.06.2024 |
| Rekordy Polski Masters 25 - 29 | 4:13.52 | PIÓRO Artur | Gliwice | 02.06.2019 |

Punkty: AQUA Master 2024

| Pozycja | Rok ur. | Czas | Pkt. | 100m | 200m | 300m | 400m |
|---------|---------|------|------|------|------|------|------|
|---------|---------|------|------|------|------|------|------|

25 - 29 lat

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|------------------------|-------|-----------------------|----------------|---------|--|--|--|
| 1. SEMBORSKI Daniel | 95 | Niezrzeszony | 6:00.13 | 299 | | | |
| 50m: | 150m: | 250m: | 350m: | | | | |
| 100m: | 200m: | 300m: | 400m: | 6:00.13 | | | |
| 2. LUSARCZYK Sebastian | 98 | WSSiRN START Katowice | 6:47.59 | 206 | | | |
| 50m: | 150m: | 250m: | 350m: | | | | |
| 100m: | 200m: | 300m: | 400m: | 6:47.59 | | | |
| 3. MATUSIEWICZ Bartosz | 98 | Klub Sportowy Mako | 7:17.53 | 167 | | | |
| 50m: | 150m: | 250m: | 350m: | | | | |
| 100m: | 200m: | 300m: | 400m: | 7:17.53 | | | |

30 - 34 lat

| | | | | | | | |
|------------------------|-------|---------------------|----------------|---------|--|--|--|
| 1. SAIENKO Roman | 94 | Warsaw Masters Team | 4:58.99 | 505 | | | |
| 50m: | 150m: | 250m: | 350m: | | | | |
| 100m: | 200m: | 300m: | 400m: | 4:58.99 | | | |
| 2. SŁUPIK Tomasz | 93 | Niezrzeszony | 5:06.93 | 466 | | | |
| 50m: | 150m: | 250m: | 350m: | | | | |
| 100m: | 200m: | 300m: | 400m: | 5:06.93 | | | |
| 3. ANDRZEJEWICZ Łukasz | 91 | Warsaw Masters Team | 5:46.11 | 325 | | | |
| 50m: | 150m: | 250m: | 350m: | | | | |
| 100m: | 200m: | 300m: | 400m: | 5:46.11 | | | |
| 4. STANISZEWSKI Kacper | 94 | Niezrzeszony | 5:50.82 | 312 | | | |
| 50m: | 150m: | 250m: | 350m: | | | | |
| 100m: | 200m: | 300m: | 400m: | 5:50.82 | | | |

35 - 39 lat

| | | | | | | | |
|-------------------------|-------|-----------------------|----------------|---------|--|--|--|
| 1. MALINOWSKI Mariusz | 87 | SP Sebastiana Karasia | 6:01.79 | 314 | | | |
| 50m: | 150m: | 250m: | 350m: | | | | |
| 100m: | 200m: | 300m: | 400m: | 6:01.79 | | | |
| 2. JAROSZ-JARSZEWSKI M. | 86 | SP Sebastiana Karasia | 6:06.36 | 302 | | | |
| 50m: | 150m: | 250m: | 350m: | | | | |
| 100m: | 200m: | 300m: | 400m: | 6:06.36 | | | |
| 3. SZNAJDER Michał | 86 | Warsaw Masters Team | 6:11.07 | 291 | | | |
| 50m: | 150m: | 250m: | 350m: | | | | |
| 100m: | 200m: | 300m: | 400m: | 6:11.07 | | | |

40 - 44 lat

| | | | | | | | |
|----------------------|-------|-----------------------|----------------|---------|--|--|--|
| 1. JABŁO SKI Michał | 80 | Warsaw Masters Team | 5:17.05 | 471 | | | |
| 50m: | 150m: | 250m: | 350m: | | | | |
| 100m: | 200m: | 300m: | 400m: | 5:17.05 | | | |
| 2. GRABKOWSKI Michał | 81 | SP Sebastiana Karasia | 5:42.98 | 372 | | | |
| 50m: | 150m: | 250m: | 350m: | | | | |
| 100m: | 200m: | 300m: | 400m: | 5:42.98 | | | |

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Konkurencja 21, M czynn, 400m dowolny, 40 - 44 lat

| Pozycja | Rok ur. | Czas | Pkt. | 100m | 200m | 300m | 400m |
|--------------------------------------|---------|-----------------------|--------------------|----------------|---------|------|------|
| 3. FR CKOWIAK Filip 50m: 100m: | 80 | Niezrzeszony | 5:53.50 340 | | | | |
| | | 150m: 200m: | 250m: 300m: | 350m: 400m: | 5:53.50 | | |
| 4. POLOCH Paweł 50m: 100m: | 83 | Niezrzeszony | 6:12.02 291 | | | | |
| | | 150m: 200m: | 250m: 300m: | 350m: 400m: | 6:12.02 | | |
| 5. PACIOREK Jakub 50m: 100m: | 84 | UKS NAWA Skierniewice | 8:32.69 111 | | | | |
| | | 150m: 200m: | 250m: 300m: | 350m: 400m: | 8:32.69 | | |

45 - 49 lat

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|------------------------------------|----|-----------------------|--------------------|----------------|---------|--|--|
| 1. ROGOSZ Paweł 50m: 100m: | 76 | Warsaw Masters Team | 5:18.04 491 | | | | |
| | | 150m: 200m: | 250m: 300m: | 350m: 400m: | 5:18.04 | | |
| 2. BIELSKI Dymitr 50m: 100m: | 77 | Warsaw Masters Team | 5:42.25 394 | | | | |
| | | 150m: 200m: | 250m: 300m: | 350m: 400m: | 5:42.25 | | |
| 3. DUCH Marcin 50m: 100m: | 77 | UKS NAWA Skierniewice | 8:03.48 140 | | | | |
| | | 150m: 200m: | 250m: 300m: | 350m: 400m: | 8:03.48 | | |
| 4. SADOWY Robert 50m: 100m: | 78 | UKS NAWA Skierniewice | 8:11.62 133 | | | | |
| | | 150m: 200m: | 250m: 300m: | 350m: 400m: | 8:11.62 | | |
| 5. WITCZAK Piotr 50m: 100m: | 78 | UKS NAWA Skierniewice | 8:15.35 130 | | | | |
| | | 150m: 200m: | 250m: 300m: | 350m: 400m: | 8:15.35 | | |

50 - 54 lat

| | | | | | | | |
|---------------------------------------|----|-----------------------|--------------------|----------------|---------|--|--|
| 1. MATUSZKIEWICZ W. 50m: 100m: | 74 | Warsaw Masters Team | 6:06.26 341 | | | | |
| | | 150m: 200m: | 250m: 300m: | 350m: 400m: | 6:06.26 | | |
| 2. MAZURKIEWICZ Adam 50m: 100m: | 74 | Warsaw Masters Team | 7:08.56 212 | | | | |
| | | 150m: 200m: | 250m: 300m: | 350m: 400m: | 7:08.56 | | |
| 3. KALISIAK Tomasz 50m: 100m: | 70 | UKS NAWA Skierniewice | 7:29.32 184 | | | | |
| | | 150m: 200m: | 250m: 300m: | 350m: 400m: | 7:29.32 | | |

55 - 59 lat

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|---------------------------------------|----|---------------------|--------------------|----------------|---------|--|--|
| 1. BOLANOWSKI Bogdan 50m: 100m: | 66 | JK TEAM Kraków | 6:58.75 246 | | | | |
| | | 150m: 200m: | 250m: 300m: | 350m: 400m: | 6:58.75 | | |
| 2. PIÓRKOWSKI Marek 50m: 100m: | 65 | Klub Sportowy Mako | 7:07.54 231 | | | | |
| | | 150m: 200m: | 250m: 300m: | 350m: 400m: | 7:07.54 | | |
| 3. ADAMOWICZ Paweł 50m: 100m: | 67 | Water Squad | 7:08.58 229 | | | | |
| | | 150m: 200m: | 250m: 300m: | 350m: 400m: | 7:08.58 | | |
| 4. PALUSZAK Zbigniew 50m: 100m: | 67 | Warsaw Masters Team | 7:28.32 200 | | | | |
| | | 150m: 200m: | 250m: 300m: | 350m: 400m: | 7:28.32 | | |

65 - 69 lat

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|---------------------------------------|----|----------------|--------------------|----------------|---------|--|--|
| 1. KORPETTA Wojciech 50m: 100m: | 59 | Water Squad | 6:24.90 375 | | | | |
| | | 150m: 200m: | 250m: 300m: | 350m: 400m: | 6:24.90 | | |
| 2. PYSZKÓW Bogdan 50m: 100m: | 56 | Niezrzeszony | 9:50.86 103 | | | | |
| | | 150m: 200m: | 250m: 300m: | 350m: 400m: | 9:50.86 | | |

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70 - 74 lat

DYSKW. VORBRODT Tadeusz 53 Niezrzeszony
O1 - Pływak zainicjował start przed sygnałem startu