

Otwarte Mistrzostwa Słub Mundurowych w Pływaniu, Szczytno 2025 r.
Szczytno, 29.3.2025

Konkurencja 20
29.03.2025

Mężczyzn, 400m dowolny

Open
Wyniki

Punkty: AQUA 2024

Pozycja					Wiek					Czas	Pkt.	
39 lat i młodszy												
1.	Gawron Oskar				26	JRG 8 Wrocław				4:21.78	533	
	50m:	29.79	29.79	150m:	1:35.26	33.14	250m:	2:41.75	33.16	350m:	3:48.92	33.31
	100m:	1:02.12	32.33	200m:	2:08.59	33.33	300m:	3:15.61	33.86	400m:	4:21.78	32.86
2.	Skibiński Mateusz				32	Areszt Iedczy Mysłowice				4:28.23	495	
	50m:	28.88	28.88	150m:	1:33.63	33.20	250m:	2:41.75	34.32	350m:	3:52.09	35.45
	100m:	1:00.43	31.55	200m:	2:07.43	33.80	300m:	3:16.64	34.89	400m:	4:28.23	36.14
3.	Michalski Wojciech				24	SA PSP Kraków				4:29.80	486	
	50m:	29.19	29.19	150m:	1:35.41	33.61	250m:	2:44.05	34.71	350m:	3:55.52	35.94
	100m:	1:01.80	32.61	200m:	2:09.34	33.93	300m:	3:19.58	35.53	400m:	4:29.80	34.28
4.	Bagrowski Karol				29	16 Dywizja Zmechanizowana				4:31.15	479	
	50m:	29.49	29.49	150m:	1:35.80	33.65	250m:	2:45.40	34.96	350m:	3:56.59	35.52
	100m:	1:02.15	32.66	200m:	2:10.44	34.64	300m:	3:21.07	35.67	400m:	4:31.15	34.56
5.	Grembski Maciej				33	KP PSP Głogów				4:37.27	448	
	50m:	31.05	31.05	150m:	1:38.97	34.30	250m:	2:49.75	35.59	350m:	4:02.21	36.44
	100m:	1:04.67	33.62	200m:	2:14.16	35.19	300m:	3:25.77	36.02	400m:	4:37.27	35.06
6.	Przybylski Michał				27	Słub Ochrony Państwa				4:54.48	374	
	50m:	31.61	31.61	150m:	1:42.64	36.32	250m:	2:58.52	38.23	350m:	4:16.50	39.14
	100m:	1:06.32	34.71	200m:	2:20.29	37.65	300m:	3:37.36	38.84	400m:	4:54.48	37.98
7.	Bartoszyński Michał				32	KM PSP Włocławek				4:56.87	365	
	50m:	34.42	34.42	150m:	1:48.99	37.56	250m:	3:05.41	38.26	350m:	4:20.31	36.85
	100m:	1:11.43	37.01	200m:	2:27.15	38.16	300m:	3:43.46	38.05	400m:	4:56.87	36.56
8.	Wiñiewski Maciej				26	KM PSP Olsztyn				5:02.64	344	
	50m:	33.72	33.72	150m:	1:49.26	38.59	250m:	3:08.08	39.03	350m:	4:25.83	38.58
	100m:	1:10.67	36.95	200m:	2:29.05	39.79	300m:	3:47.25	39.17	400m:	5:02.64	36.81
9.	Rejdych Łukasz				35	KW PSP Kraków				5:04.63	338	
	50m:	33.80	33.80	150m:	1:47.40	37.46	250m:	3:06.08	39.77	350m:	4:26.50	39.89
	100m:	1:09.94	36.14	200m:	2:26.31	38.91	300m:	3:46.61	40.53	400m:	5:04.63	38.13
10.	Tynor Jan				21	Akademia Polarnicza W-wa				5:04.96	337	
	50m:	31.69	31.69	150m:	1:43.84	37.36	250m:	3:02.31	39.39	350m:	4:24.28	40.75
	100m:	1:06.48	34.79	200m:	2:22.92	39.08	300m:	3:43.53	41.22	400m:	5:04.96	40.68
11.	Prokop Bartosz				22	16 Dywizja Zmechanizowana				5:05.06	336	
	50m:	31.77	31.77	150m:	1:42.50	36.43	250m:	3:02.10	40.53	350m:	4:26.17	42.08
	100m:	1:06.07	34.30	200m:	2:21.57	39.07	300m:	3:44.09	41.99	400m:	5:05.06	38.89
12.	Bałka Michał				38	KWP Szczecin				5:14.21	308	
	50m:	33.55	33.55	150m:	1:47.35	37.65	250m:	3:07.57	39.80	350m:	4:33.00	43.61
	100m:	1:09.70	36.15	200m:	2:27.77	40.42	300m:	3:49.39	41.82	400m:	5:14.21	41.21
13.	Kurek Mateusz				31	KW PSP Katowice				5:15.18	305	
	50m:	33.54	33.54	150m:	1:49.73	38.89	250m:	3:54.14	1:23.68	350m:		
	100m:	1:10.84	37.30	200m:	2:30.46	40.73	300m:	5:15.18	1:21.04	400m:	5:15.18	
14.	Ciesielski Piotr				32	OPP Gdańsk				6:03.89	198	
	50m:	38.94	38.94	150m:	2:09.84	46.31	250m:	3:44.85	47.62	350m:	5:20.33	47.49
	100m:	1:23.53	44.59	200m:	2:57.23	47.39	300m:	4:32.84	47.99	400m:	6:03.89	43.56
15.	Kowalski Patryk				26	CPKP BOA				6:16.19	179	
	50m:	36.62	36.62	150m:	2:06.23	46.72	250m:	3:43.92	49.40	350m:	5:27.13	52.05
	100m:	1:19.51	42.89	200m:	2:54.52	48.29	300m:	4:35.08	51.16	400m:	6:16.19	49.06

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Konkurencja 20, Mężczyźni, 400m dowolny

40 - 49 lat

1.	Konopacki Piotr		47	16 Dywizja Zmechanizowana	4:52.23	383
	50m: 31.94	31.94	150m: 1:45.58	37.37	250m: 3:01.22	37.47
	100m: 1:08.21	36.27	200m: 2:23.75	38.17	300m: 3:39.08	37.86
					350m: 4:16.29	37.21
					400m: 4:52.23	35.94
2.	Stapiec Jakub		42	KW PSP Olsztyn	5:30.04	265
	50m: 36.51	36.51	150m: 1:57.63	41.63	250m: 3:23.59	42.69
	100m: 1:16.00	39.49	200m: 2:40.90	43.27	300m: 4:07.51	43.92
					350m: 4:50.49	42.98
					400m: 5:30.04	39.55
3.	Majewski Konrad		40	KP PSP Tczew	6:25.16	167
	50m: 38.09	38.09	150m: 2:10.97	47.96	250m: 3:52.93	51.05
	100m: 1:23.01	44.92	200m: 3:01.88	50.91	300m: 4:44.91	51.98
					350m: 5:36.35	51.44
					400m: 6:25.16	48.81
4.	Kawczyński Tomasz		46	KW PSP Lublin	6:43.16	145
	50m: 42.56	42.56	150m: 2:16.46	48.28	250m: 4:00.81	52.76
	100m: 1:28.18	45.62	200m: 3:08.05	51.59	300m: 4:54.92	54.11
					350m: 5:49.63	54.71
					400m: 6:43.16	53.53
5.	Grzelczak Tomasz		40	KWP Poznań	7:19.31	112
	50m: 43.99	43.99	150m: 2:27.30	53.76	250m: 4:20.67	57.41
	100m: 1:33.54	49.55	200m: 3:23.26	55.96	300m: 5:19.57	58.90
					350m: 6:20.27	1:00.70
					400m: 7:19.31	59.04

50 - 59 lat

1.	Alzak Grzegorz		52	KMP Radom	6:17.27	178
	50m: 1:23.71	1:23.71	150m: 2:58.66	48.25	250m: 5:28.28	1:39.53
	100m: 2:10.41	46.70	200m: 3:48.75	50.09	300m: 6:17.27	48.99
					350m:	
					400m: 6:17.27	
2.	Prentki Jarosław		57	KWP Poznań	6:54.10	134
	50m: 40.55	40.55	150m: 2:15.70	49.32	250m: 4:02.49	54.80
	100m: 1:26.38	45.83	200m: 3:07.69	51.99	300m: 4:58.38	55.89
					350m: 5:55.99	57.61
					400m: 6:54.10	58.11

60 lat i starsi

1.	Choroszewski Zdzisław		78	Akademia Policji Szczytno	8:54.39	62
	50m: 56.94	56.94	150m: 3:16.92	1:12.09	250m: 5:35.39	1:07.77
	100m: 2:04.83	1:07.89	200m: 4:27.62	1:10.70	300m: 6:43.82	1:08.43
					350m: 7:51.38	1:07.56
					400m: 8:54.39	1:03.01