

II Otwarte Mistrzostwa Polski Nauczycieli i Pracowników O wiaty w Pływaniu
Białystok, 7. - 8.4.2018

Konkurencja 17
08.04.2018 - 9:55

M czynzn, 400m dowolny

25 lat i starsi
Wyniki

Punkty: FINA 2016

Pozycja			Rok ur.							Czas	Pkt.
25 - 29 lat											
1.	SAWICKI Józef		89	Kategoria Open						5:13.40	310
	50m:	35.14 35.14	150m:	1:54.53	40.51	250m:	3:15.01	40.32	350m:		
	100m:	1:14.02 38.88	200m:	2:34.69	40.16	300m:	4:35.62	1:20.61	400m:	5:13.40	
2.	MICHAŁOWSKI Piotr		91	Kategoria Open						5:54.65	214
	50m:		150m:			250m:	3:50.74	47.85	350m:		
	100m:	1:18.01	200m:	3:02.89		300m:			400m:	5:54.65	
30 - 34 lat											
1.	PODWYSOCKI Marcin		88	Nauczyciele						5:14.13	308
	50m:	35.50 35.50	150m:	1:54.13	39.52	250m:	3:14.47	40.39	350m:	4:35.38	40.22
	100m:	1:14.61 39.11	200m:	2:34.08	39.95	300m:	3:55.16	40.69	400m:	5:14.13	38.75
2.	SYDOR Tomasz		84	Kategoria Open						5:54.76	214
	50m:	38.78 38.78	150m:	2:04.04	43.86	250m:	3:35.21	45.62	350m:	5:07.74	45.90
	100m:	1:20.18 41.40	200m:	2:49.59	45.55	300m:	4:21.84	46.63	400m:	5:54.76	47.02
3.	BACHARZ Radomir		85	Kategoria Open						7:18.93	113
	50m:	37.89 37.89	150m:	2:17.46	54.70	250m:	4:19.23	1:01.07	350m:	6:21.46	1:00.64
	100m:	1:22.76 44.87	200m:	3:18.16	1:00.70	300m:	5:20.82	1:01.59	400m:	7:18.93	57.47
35 - 39 lat											
1.	KUPISZEK Michał		81	Nauczyciele						5:28.67	269
	50m:	36.33 36.33	150m:	1:56.09	40.77	250m:	3:21.11	42.75	350m:	4:46.50	42.36
	100m:	1:15.32 38.99	200m:	2:38.36	42.27	300m:	4:04.14	43.03	400m:	5:28.67	42.17
2.	FIJAŁKOWSKI Tomasz		80	Kategoria Open						5:38.83	245
	50m:	40.41 40.41	150m:	2:04.38	42.54	250m:	3:30.47	43.29	350m:	4:57.04	43.48
	100m:	1:21.84 41.43	200m:	2:47.18	42.80	300m:	4:13.56	43.09	400m:	5:38.83	41.79
3.	PANASIUK Paweł		80	Kategoria Open						6:59.55	129
	50m:	45.07 45.07	150m:	2:29.48	53.58	250m:	4:20.35	55.75	350m:	6:09.80	53.87
	100m:	1:35.90 50.83	200m:	3:24.60	55.12	300m:	5:15.93	55.58	400m:	6:59.55	49.75
40 - 44 lat											
1.	MARKOWSKI Bartek		77	Kategoria Open						6:18.54	176
	50m:	38.36 38.36	150m:	2:07.88	47.02	250m:	3:48.96	50.94	350m:	5:31.74	51.11
	100m:	1:20.86 42.50	200m:	2:58.02	50.14	300m:	4:40.63	51.67	400m:	6:18.54	46.80
2.	PITIGOI Irinel		76	Kategoria Open						7:57.01	88
	50m:	48.03 48.03	150m:	2:47.11	1:00.86	250m:	4:53.45	1:03.41	350m:	6:57.80	1:01.43
	100m:	1:46.25 58.22	200m:	3:50.04	1:02.93	300m:	5:56.37	1:02.92	400m:	7:57.01	59.21
3.	SKJOLD Josh		74	Nauczyciele						9:14.22	56
	50m:	59.59 59.59	150m:	3:20.39	1:10.09	250m:			350m:	8:11.34	1:12.21
	100m:	2:10.30 1:10.71	200m:	5:44.89	2:24.50	300m:	6:59.13		400m:	9:14.22	1:02.88
45 - 49 lat											
1.	ŁOPACI SKI Artur		72	Nauczyciele						5:47.53	227
	50m:	38.16 38.16	150m:	2:02.62	42.94	250m:	3:31.12	45.06	350m:	5:02.28	45.98
	100m:	1:19.68 41.52	200m:	2:46.06	43.44	300m:	4:16.30	45.18	400m:	5:47.53	45.25

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50 - 54 lat

1. WAWRZYNIAK Bogusław	65	Nauczyciele	6:14.78	181
50m: 44.01 44.01	150m: 2:19.41 46.50	250m: 3:52.71 46.65	350m: 5:29.18 48.24	
100m: 1:32.91 48.90	200m: 3:06.06 46.65	300m: 4:40.94 48.23	400m: 6:14.78 45.60	
2. TWAROWSKI Andrzej	65	Kategoria Open	6:19.97	174
50m: 43.40 43.40	150m: 2:20.27 49.46	250m: 4:00.28 49.78	350m: 5:37.58 48.09	
100m: 1:30.81 47.41	200m: 3:10.50 50.23	300m: 4:49.49 49.21	400m: 6:19.97 42.39	
3. SZCZYGIEŁ Zbigniew	65	Kategoria Open	6:40.78	148
50m: 46.54 46.54	150m: 2:26.60 50.17	250m: 4:08.18 51.06	350m: 5:52.80 53.44	
100m: 1:36.43 49.89	200m: 3:17.12 50.52	300m: 4:59.36 51.18	400m: 6:40.78 47.98	

55 - 59 lat

1. THIEM Jacek	63	Kategoria Open	6:00.96	203
50m: 41.71 41.71	150m: 2:13.54 46.09	250m: 3:48.12 47.35	350m: 5:20.51 46.26	
100m: 1:27.45 45.74	200m: 3:00.77 47.23	300m: 4:34.25 46.13	400m: 6:00.96 40.45	
2. ZYGNERSKI Tomasz	59	Nauczyciele	9:14.91	55
50m: 47.60 47.60	150m: 2:51.63 1:07.13	250m: 5:02.99 1:04.84	350m: 8:02.82 1:20.29	
100m: 1:44.50 56.90	200m: 4:07.23 1:15.60	300m: 6:42.53 1:03.86	400m: 9:14.91 1:12.09	

60 - 64 lat

1. SAJKIEWICZ Zbigniew	57	Nauczyciele	7:28.40	106
50m: 46.98 46.98	150m: 2:33.09 55.07	250m: 5:02.99 1:04.84	350m: 6:29.04 58.61	
100m: 1:38.02 51.04	200m: 3:31.10 58.01	300m: 5:30.43 1:03.86	400m: 7:28.40 59.36	
2. GÓRKA Zdzisław	54	Nauczyciele	8:09.76	81
50m: 49.79 49.79	150m: 2:53.39 1:04.42	250m: 5:02.99 1:04.84	350m: 7:10.56 1:03.71	
100m: 1:48.97 59.18	200m: 3:58.15 1:04.76	300m: 6:06.85 1:03.86	400m: 8:09.76 59.20	