

Konkurencja 18  
22/3/2025 - 18:19

Mężczyzn, 400m dowolny

30 - 34 lat  
Wyniki

Punkty: AQUA Master 2025

| Pozycja | Rok ur.           |         |       |       |                         |       |       |         | Czas           | Pkt.  |         |       |
|---------|-------------------|---------|-------|-------|-------------------------|-------|-------|---------|----------------|-------|---------|-------|
| 1.      | Suszek Wojciech   |         |       | 92    | Suszek Swim Biała Podl. |       |       |         | <b>5:02.81</b> | 429   |         |       |
|         | 50m:              | 32.89   | 32.89 | 150m: | 1:47.38                 | 37.91 | 250m: | 3:05.40 | 39.29          | 350m: | 4:25.07 | 39.66 |
|         | 100m:             | 1:09.47 | 36.58 | 200m: | 2:26.11                 | 38.73 | 300m: | 3:45.41 | 40.01          | 400m: | 5:02.81 | 37.74 |
| 2.      | Grochowski Łukasz |         |       | 91    | Zawodnik Niezrzeszony   |       |       |         | <b>5:12.37</b> | 391   |         |       |
|         | 50m:              | 35.78   | 35.78 | 150m: | 1:53.73                 | 39.64 | 250m: | 3:13.73 | 40.04          | 350m: | 4:33.49 | 40.03 |
|         | 100m:             | 1:14.09 | 38.31 | 200m: | 2:33.69                 | 39.96 | 300m: | 3:53.46 | 39.73          | 400m: | 5:12.37 | 38.88 |

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35 - 39 lat  
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| Pozycja           | Rok ur.                 |       |       |         |       |       |         |       | Czas    | Pkt.    |       |
|-------------------|-------------------------|-------|-------|---------|-------|-------|---------|-------|---------|---------|-------|
| 1. Zielonka Rafał | 86 Masters Avia Świdnik |       |       |         |       |       |         |       | 4:44.29 | 585     |       |
| 50m:              | 33.44                   | 33.44 | 150m: | 1:45.83 | 36.06 | 250m: | 2:58.61 | 35.96 | 350m:   | 4:10.67 | 35.45 |
| 100m:             | 1:09.77                 | 36.33 | 200m: | 2:22.65 | 36.82 | 300m: | 3:35.22 | 36.61 | 400m:   | 4:44.29 | 33.62 |

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45 - 49 lat  
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| Pozycja | Rok ur.          |         |       |       |                     |       |       |         |       | Czas    | Pkt.    |       |
|---------|------------------|---------|-------|-------|---------------------|-------|-------|---------|-------|---------|---------|-------|
| 1.      | Gogacz Sebastian |         |       | 76    | Trójka Puławy       |       |       |         |       | 5:02.67 | 518     |       |
|         | 50m:             | 34.98   | 34.98 | 150m: | 1:51.75             | 38.42 | 250m: | 3:09.51 | 38.63 | 350m:   | 4:26.52 | 38.74 |
|         | 100m:            | 1:13.33 | 38.35 | 200m: | 2:30.88             | 39.13 | 300m: | 3:47.78 | 38.27 | 400m:   | 5:02.67 | 36.15 |
| 2.      | Rogosz Paweł     |         |       | 76    | Warsaw Masters Team |       |       |         |       | 5:02.98 | 516     |       |
|         | 50m:             | 35.07   | 35.07 | 150m: | 1:51.49             | 38.63 | 250m: | 3:08.84 | 38.50 | 350m:   | 4:26.10 | 38.45 |
|         | 100m:            | 1:12.86 | 37.79 | 200m: | 2:30.34             | 38.85 | 300m: | 3:47.65 | 38.81 | 400m:   | 5:02.98 | 36.88 |
| 3.      | Bielski Dymitr   |         |       | 77    | Warsaw Masters Team |       |       |         |       | 5:30.30 | 398     |       |
|         | 50m:             | 36.16   | 36.16 | 150m: | 1:59.88             | 43.03 | 250m: | 3:26.01 | 42.10 | 350m:   | 4:50.53 | 42.16 |
|         | 100m:            | 1:16.85 | 40.69 | 200m: | 2:43.91             | 44.03 | 300m: | 4:08.37 | 42.36 | 400m:   | 5:30.30 | 39.77 |
| 4.      | Lis Roman        |         |       | 79    | Swimmers Warszawa   |       |       |         |       | 5:41.11 | 361     |       |
|         | 50m:             | 35.64   | 35.64 | 150m: | 1:57.91             | 42.58 | 250m: | 3:27.50 | 45.38 | 350m:   | 4:58.02 | 45.47 |
|         | 100m:            | 1:15.33 | 39.69 | 200m: | 2:42.12             | 44.21 | 300m: | 4:12.55 | 45.05 | 400m:   | 5:41.11 | 43.09 |

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50 - 54 lat  
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| Pozycja | Rok ur.           |         |       |         |                      |         |       | Czas           | Pkt.    |       |         |       |
|---------|-------------------|---------|-------|---------|----------------------|---------|-------|----------------|---------|-------|---------|-------|
| 1.      | Lipiński Cezary   |         |       | 72      | Masters Avia Świdnik |         |       | <b>5:16.83</b> | 459     |       |         |       |
|         | 50m:              |         | 150m: |         | 250m:                | 3:12.80 | 39.13 | 350m:          | 4:34.84 | 40.95 |         |       |
|         | 100m:             | 1:14.06 | 200m: | 2:33.67 | 300m:                | 3:53.89 | 41.09 | 400m:          | 5:16.83 | 41.99 |         |       |
| 2.      | Morozowski Wiktor |         |       | 73      | MUKS Zgierz          |         |       | <b>5:51.11</b> | 337     |       |         |       |
|         | 50m:              | 39.90   | 39.90 | 150m:   | 2:07.15              | 44.80   | 250m: | 3:38.25        | 45.65   | 350m: | 5:08.76 | 44.35 |
|         | 100m:             | 1:22.35 | 42.45 | 200m:   | 2:52.60              | 45.45   | 300m: | 4:24.41        | 46.16   | 400m: | 5:51.11 | 42.35 |

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| Pozycja |                   |         |       |       |         |       |       |         | Rok ur. |                      |         |       |  | Czas           | Pkt. |
|---------|-------------------|---------|-------|-------|---------|-------|-------|---------|---------|----------------------|---------|-------|--|----------------|------|
| 1.      | Twarowski Andrzej |         |       |       |         |       |       |         | 65      | Masters Białystok    |         |       |  | <b>6:31.25</b> | 319  |
|         | 50m:              | 43.72   | 43.72 | 150m: | 2:20.85 | 49.67 | 250m: | 4:01.98 | 49.82   | 350m:                | 5:44.29 | 51.69 |  |                |      |
|         | 100m:             | 1:31.18 | 47.46 | 200m: | 3:12.16 | 51.31 | 300m: | 4:52.60 | 50.62   | 400m:                | 6:31.25 | 46.96 |  |                |      |
| 2.      | Piórkowski Marek  |         |       |       |         |       |       |         | 65      | Water Squad Warszawa |         |       |  | <b>6:51.83</b> | 274  |
|         | 50m:              | 46.02   | 46.02 | 150m: |         |       | 250m: | 4:14.13 |         | 350m:                | 6:01.05 | 53.03 |  |                |      |
|         | 100m:             | 1:36.05 | 50.03 | 200m: |         |       | 300m: | 5:08.02 | 53.89   | 400m:                | 6:51.83 | 50.78 |  |                |      |

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65 - 69 lat  
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|---------|-------------------|---------|-------|-------|---------|----------------------|-------|---------|-------|----------------|---------|-------|
| 1.      | Korpetta Wojciech |         |       |       | 59      | Water Squad Warszawa |       |         |       | <b>6:34.56</b> | 313     |       |
|         | 50m:              | 42.83   | 42.83 | 150m: | 2:21.99 | 50.31                | 250m: | 4:05.60 | 51.86 | 350m:          | 5:49.40 | 51.42 |
|         | 100m:             | 1:31.68 | 48.85 | 200m: | 3:13.74 | 51.75                | 300m: | 4:57.98 | 52.38 | 400m:          | 6:34.56 | 45.16 |

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|---------|-------------------|---------|-------|-------|---------|----------------|-------|---------|-------|-------|----------------|-------|
| 1.      | Marszałek Andrzej |         |       |       | 54      | Cityzen Poznań |       |         |       |       | <b>7:23.16</b> | 270   |
|         | 50m:              | 50.29   | 50.29 | 150m: | 2:42.09 | 56.02          | 250m: | 4:34.56 | 56.52 | 350m: | 6:27.08        | 56.44 |
|         | 100m:             | 1:46.07 | 55.78 | 200m: | 3:38.04 | 55.95          | 300m: | 5:30.64 | 56.08 | 400m: | 7:23.16        | 56.08 |

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|---------|--------------------------------------|---------|---------|-------|---------|---------|-------|---------|---------|-------|---------|---------|
| 1.      | Waga Stanisław 40 Korona 1919 Kraków |         |         |       |         |         |       |         | 9:49.58 | 283   |         |         |
|         | 50m:                                 | 1:04.27 | 1:04.27 | 150m: | 3:36.88 | 1:18.47 | 250m: | 6:11.41 | 1:16.53 | 350m: | 8:41.62 | 1:14.40 |
|         | 100m:                                | 2:18.41 | 1:14.14 | 200m: | 4:54.88 | 1:18.00 | 300m: | 7:27.22 | 1:15.81 | 400m: | 9:49.58 | 1:07.96 |