

Konkurencja 33
16/11/2019 - 20:29

M czyzn, 400m zmienny

K
Wyniki

Pozycja	Rok ur.		Czas	
1. Rusinowicz Andrzej	44	Niezrzeszony Piła	10:14.48	
50m: 1:08.00 1:08.00	150m: 3:53.79 1:20.02	250m: 6:38.09 1:23.32	350m: 9:09.27 1:08.63	
100m: 2:33.77 1:25.77	200m: 5:14.77 1:20.98	300m: 8:00.64 1:22.55	400m: 10:14.48 1:05.21	
2. Bugla Rudolf	40	Ak. Aktywn. Seniora Rydułtowy	11:10.55	
50m: 1:23.20 1:23.20	150m: 4:27.03 1:22.64	250m: 7:16.11 1:25.53	350m: 9:52.48 1:14.49	
100m: 3:04.39 1:41.19	200m: 5:50.58 1:23.55	300m: 8:37.99 1:21.88	400m: 11:10.55 1:18.07	

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J
Wyniki

Pozycja	Rok ur.		Czas	
1. Róalski Józef	45	MOSiR Ostrowiec w.	8:15.18	
50m: 55.34 55.34	150m: 3:09.80 1:06.76	250m: 5:21.77 1:05.50	350m: 7:22.41 54.87	
100m: 2:03.04 1:07.70	200m: 4:16.27 1:06.47	300m: 6:27.54 1:05.77	400m: 8:15.18 52.77	
2. Guoga Antanas	48	Torpedos Marijampole	8:23.95	
50m: 1:01.10 1:01.10	150m: 3:16.85 1:05.73	250m: 5:29.88 1:06.93	350m: 7:30.62 53.28	
100m: 2:11.12 1:10.02	200m: 4:22.95 1:06.10	300m: 6:37.34 1:07.46	400m: 8:23.95 53.33	
3. Daszyski Andrzej	48	Enegetyk Zgorzelec	9:18.55	
50m: 1:08.17 1:08.17	150m: 3:36.18 1:09.92	250m: 6:00.55 1:18.68	350m: 8:15.79 59.19	
100m: 2:26.26 1:18.09	200m: 4:41.87 1:05.69	300m: 7:16.60 1:16.05	400m: 9:18.55 1:02.76	
4. Płonka Janusz	48	Niezrzeszony Gdynia	10:33.56	
50m: 1:10.97 1:10.97	150m: 4:00.62 1:27.04	250m: 6:48.17 1:24.28	350m: 9:23.60 1:13.36	
100m: 2:33.58 1:22.61	200m: 5:23.89 1:23.27	300m: 8:10.24 1:22.07	400m: 10:33.56 1:09.96	
5. Bantkowski Jan	49	Multisport Team Toruń	10:58.34	
50m: 1:19.71 1:19.71	150m: 4:20.13	250m: 7:20.99 1:31.21	350m: 9:51.21 1:01.56	
100m:	200m: 5:49.78 1:29.65	300m: 8:49.65 1:28.66	400m: 10:58.34 1:07.13	

NIE UK. Mleczek Andrzej

47 Korona Masters Kraków

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Wyniki

Pozycja	Rok ur.		Czas	
1. Nowak Michał	52	Warsaw Masters Team	7:04.53	
50m: 49.56 49.56	150m:	250m: 4:37.37 54.42	350m: 6:20.71 48.96	
100m: 1:47.51 57.95	200m: 3:42.95	300m: 5:31.75 54.38	400m: 7:04.53 43.82	
2. Ciecior Jerzy	53	Ak. Aktywn. Seniora Rydułtowy	7:35.79	
50m: 50.39 50.39	150m: 2:49.58 57.13	250m: 4:53.88 1:07.42	350m: 6:48.38 49.51	
100m: 1:52.45 1:02.06	200m: 3:46.46 56.88	300m: 5:58.87 1:04.99	400m: 7:35.79 47.41	
3. Dubiński Bogdan	53	Legia Warszawa	7:41.99	
50m: 52.54 52.54	150m: 2:54.78 58.53	250m: 5:02.81 1:12.56	350m: 6:58.21 48.92	
100m: 1:56.25 1:03.71	200m: 3:50.25 55.47	300m: 6:09.29 1:06.48	400m: 7:41.99 43.78	

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H
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Pozycja			Rok ur.				Czas			
1.	Valtr Václav		56 Masters Ústí nad Labem				6:34.79			
	50m:	44.56 44.56	150m:	2:23.27 48.59	250m:	4:09.75 56.55	350m:	5:51.39 45.29	400m:	6:34.79 43.40
	100m:	1:34.68 50.12	200m:	3:13.20 49.93	300m:	5:06.10 56.35	400m:	6:34.79 43.40		
2.	Pietraszewski Zbigniew		55 Olimpia Pozna				6:42.55			
	50m:	48.87 48.87	150m:	2:33.00 48.34	250m:	4:16.95 55.34	350m:	5:58.95 46.18	400m:	6:42.55 43.60
	100m:	1:44.66 55.79	200m:	3:21.61 48.61	300m:	5:12.77 55.82	400m:	6:42.55 43.60		
3.	Piechula Adolf		57 AZS PWSZ Racibórz				6:52.97			
	50m:	46.97 46.97	150m:	2:34.86 54.28	250m:	4:23.18 56.42	350m:	6:06.90 47.91	400m:	6:52.97 46.07
	100m:	1:40.58 53.61	200m:	3:26.76 51.90	300m:	5:18.99 55.81	400m:	6:52.97 46.07		
4.	Sypniewski Andrzej		57 Masters Zgierz				7:03.64			
	50m:	46.17 46.17	150m:	2:37.23 54.38	250m:	4:29.38 57.58	350m:	6:15.90 49.32	400m:	7:03.64 47.74
	100m:	1:42.85 56.68	200m:	3:31.80 54.57	300m:	5:26.58 57.20	400m:	7:03.64 47.74		
5.	Wiatr Włodzimierz		57 Warta Masters Pozna				8:00.04			
	50m:	55.69 55.69	150m:	3:04.04 1:03.32	250m:	5:12.92 1:04.47	350m:	7:08.99 52.70	400m:	8:00.04 51.05
	100m:	2:00.72 1:05.03	200m:	4:08.45 1:04.41	300m:	6:16.29 1:03.37	400m:	8:00.04 51.05		
6.	Błasiak Janusz		55 Masters Zgierz				9:39.93			
	50m:	1:10.41 1:10.41	150m:	3:57.19 1:14.11	250m:	6:28.72 1:21.06	350m:	8:46.35 55.36	400m:	9:39.93 53.58
	100m:	2:43.08 1:32.67	200m:	5:07.66 1:10.47	300m:	7:50.99 1:22.27	400m:	9:39.93 53.58		

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Pozycja			Rok ur.				Czas			
1.	Warchoł Wojciech		61 Niezrzeszony Gdańsk				5:56.69			
	50m:	37.36 37.36	150m:	2:06.52 47.20	250m:	3:44.62 51.45	350m:	5:16.80 40.65	400m:	5:56.69 39.89
	100m:	1:19.32 41.96	200m:	2:53.17 46.65	300m:	4:36.15 51.53	400m:	5:56.69 39.89		
2.	Kapałczyński Krzysztof		64 Start Pozna				6:05.86			
	50m:	38.36 38.36	150m:	2:12.21 47.86	250m:	3:50.48 52.47	350m:	6:05.86	400m:	6:05.86
	100m:	1:24.35 45.99	200m:	2:58.01 45.80	300m:	4:42.35 51.87	400m:	6:05.86		
3.	Kolikowski Marek		61 Aquasfera Masters Olsztyn				6:28.43			
	50m:	43.40 43.40	150m:	2:30.21 55.19	250m:	4:14.81 51.70	350m:	5:48.82 42.07	400m:	6:28.43 39.61
	100m:	1:35.02 51.62	200m:	3:23.11 52.90	300m:	5:06.75 51.94	400m:	6:28.43 39.61		
4.	Thiem Jacek		63 Warta Masters Pozna				7:30.91			
	50m:	48.50 48.50	150m:	2:47.61 1:03.72	250m:	4:50.79 1:02.63	350m:	6:44.87 50.27	400m:	7:30.91 46.04
	100m:	1:43.89 55.39	200m:	3:48.16 1:00.55	300m:	5:54.60 1:03.81	400m:	7:30.91 46.04		
5.	Maciejczak Andrzej		60 Trójka Puławy				8:11.48			
	50m:	51.17 51.17	150m:	3:09.11 1:12.72	250m:	5:29.26 1:06.79	350m:	7:23.72 47.68	400m:	8:11.48 47.76
	100m:	1:56.39 1:05.22	200m:	4:22.47 1:13.36	300m:	6:36.04 1:06.78	400m:	8:11.48 47.76		

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Pozycja			Rok ur.					Czas	
1.	Škodný Pavol		69	ŠPK Kúpele Piešťany				5:38.43	
	50m:	34.11 34.11	150m:	2:01.04 43.32	250m:	3:31.98 48.75	350m:	5:01.34 39.76	
	100m:	1:17.72 43.61	200m:	2:43.23 42.19	300m:	4:21.58 49.60	400m:	5:38.43 37.09	
2.	Staszkievicz Radosław		68	Stashky Team Bydgoszcz				6:01.43	
	50m:	34.32 34.32	150m:	2:04.38 49.02	250m:	3:45.38 53.42	350m:	5:21.33 42.34	
	100m:	1:15.36 41.04	200m:	2:51.96 47.58	300m:	4:38.99 53.61	400m:	6:01.43 40.10	
3.	Mówi ski Grzegorz		69	Aquasfera Masters Olsztyn				6:27.83	
	50m:	40.11 40.11	150m:	2:23.28 54.30	250m:	4:11.30 55.08	350m:	5:47.60 42.67	
	100m:	1:28.98 48.87	200m:	3:16.22 52.94	300m:	5:04.93 53.63	400m:	6:27.83 40.23	
4.	Otlík Marian		66	Ak. Aktywn. Seniora Rydułtowy				7:13.38	
	50m:	43.96 43.96	150m:	2:35.88 1:01.58	250m:	4:36.92 58.57	350m:	6:27.30 47.36	
	100m:	1:34.30 50.34	200m:	3:38.35 1:02.47	300m:	5:39.94 1:03.02	400m:	7:13.38 46.08	
5.	Twarowski Andrzej		65	Masters Białystok				7:21.45	
	50m:	47.77 47.77	150m:	2:37.73 52.97	250m:	4:34.36 1:03.83	350m:	6:31.70 52.12	
	100m:	1:44.76 56.99	200m:	3:30.53 52.80	300m:	5:39.58 1:05.22	400m:	7:21.45 49.75	
6.	Krzekotowski Piotr		66	Masters Wrocław				8:29.34	
	50m:	58.82 58.82	150m:	3:25.69 1:17.31	250m:	5:40.67 1:02.45	350m:	7:37.71 54.52	
	100m:	2:08.38 1:09.56	200m:	4:38.22 1:12.53	300m:	6:43.19 1:02.52	400m:	8:29.34 51.63	

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Pozycja			Rok ur.					Czas	
1.	Gregorowicz Paweł		74	Aquasfera Masters Olsztyn				5:09.01	
	50m:	32.20 32.20	150m:	1:52.11 42.52	250m:	3:17.32 44.11	350m:	4:37.02 35.86	
	100m:	1:09.59 37.39	200m:	2:33.21 41.10	300m:	4:01.16 43.84	400m:	5:09.01 31.99	
2.	Darowski Piotr		71	Delfin Masters Tarnobrzeg				5:11.15	
	50m:	32.56 32.56	150m:	1:51.60 41.44	250m:	3:15.17 42.00	350m:	4:34.98 36.77	
	100m:	1:10.16 37.60	200m:	2:33.17 41.57	300m:	3:58.21 43.04	400m:	5:11.15 36.17	
3.	Sip Jiri		73	Plavecký klub Zábřeh				5:22.02	
	50m:	33.81 33.81	150m:		250m:	3:24.51 46.94	350m:	4:47.58 36.65	
	100m:	1:14.19 40.38	200m:	2:37.57	300m:	4:10.93 46.42	400m:	5:22.02 34.44	
4.	Ábel Miroslav		73	Aquatics Nitra				5:34.28	
	50m:	33.56 33.56	150m:	1:54.13 41.57	250m:	3:23.33 47.46	350m:	4:53.30 41.59	
	100m:	1:12.56 39.00	200m:	2:35.87 41.74	300m:	4:11.71 48.38	400m:	5:34.28 40.98	

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D
 Wyniki

Pozycja			Rok ur.				Czas				
1.	Kaczmarek Stanisław		79	LC Gorzów Wlkp.			5:11.89				
	50m:	32.00 32.00	150m:	1:50.77	41.97	250m:	3:16.43	44.66	350m:	4:37.68	36.45
	100m:	1:08.80 36.80	200m:	2:31.77	41.00	300m:	4:01.23	44.80	400m:	5:11.89	34.21
2.	Olejniczak Sergiusz		78	Masters Zgierz			5:27.14				
	50m:	36.44 36.44	150m:	1:59.88	40.46	250m:	3:24.86	44.88	350m:	4:49.90	38.64
	100m:	1:19.42 42.98	200m:	2:39.98	40.10	300m:	4:11.26	46.40	400m:	5:27.14	37.24
3.	Konopacki Piotr		78	Aquasfera Masters Olsztyn			5:31.25				
	50m:	35.55 35.55	150m:	2:02.68	44.53	250m:	3:33.28	47.66	350m:	4:56.87	36.25
	100m:	1:18.15 42.60	200m:	2:45.62	42.94	300m:	4:20.62	47.34	400m:	5:31.25	34.38
4.	Gogacz Sebastian		76	Trójka Puławy			5:36.71				
	50m:	34.19 34.19	150m:	1:57.96	45.45	250m:	3:28.54	45.62	350m:	4:56.58	40.25
	100m:	1:12.51 38.32	200m:	2:42.92	44.96	300m:	4:16.33	47.79	400m:	5:36.71	40.13
5.	Milewski Hubert		77	Barracuda Białystok			6:13.28				
	50m:	38.50 38.50	150m:	2:16.57	50.73	250m:	3:54.00	48.17	350m:	5:31.61	48.07
	100m:	1:25.84 47.34	200m:	3:05.83	49.26	300m:	4:43.54	49.54	400m:	6:13.28	41.67
6.	Parysek Sławomir		77	Start Pozna			6:16.02				
	50m:	39.66 39.66	150m:			250m:	3:57.37	55.38	350m:		
	100m:	1:26.14 46.48	200m:	3:01.99		300m:	4:53.09	55.72	400m:	6:16.02	
7.	Sabadasz Tomasz		75	Nabaiji Team Decathlon			6:40.69				
	50m:	42.19 42.19	150m:	2:28.07	54.16	250m:	4:14.61	54.89	350m:	5:56.50	46.52
	100m:	1:33.91 51.72	200m:	3:19.72	51.65	300m:	5:09.98	55.37	400m:	6:40.69	44.19

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C
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Pozycja			Rok ur.				Czas				
1.	Broyna Marek		80	Multisport Team Toru			5:47.34				
	50m:	35.99 35.99	150m:	2:01.57	43.29	250m:	3:33.59	50.75	350m:	5:06.78	42.62
	100m:	1:18.28 42.29	200m:	2:42.84	41.27	300m:	4:24.16	50.57	400m:	5:47.34	40.56
2.	Kaczmarek Michał		82	Start Pozna			6:22.59				
	50m:	43.06 43.06	150m:	2:23.99	52.27	250m:	4:05.16	51.65	350m:	5:41.70	45.86
	100m:	1:31.72 48.66	200m:	3:13.51	49.52	300m:	4:55.84	50.68	400m:	6:22.59	40.89
3.	Karczmarczyk Jakub		80	Masters Łódź			7:12.12				
	50m:	39.00 39.00	150m:	2:27.61	57.59	250m:	4:27.64	1:03.80	350m:	6:23.36	50.89
	100m:	1:30.02 51.02	200m:	3:23.84	56.23	300m:	5:32.47	1:04.83	400m:	7:12.12	48.76

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B
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Pozycja			Rok ur.					Czas				
1.	Lindner Szymon		88	RMKS Rybnik				5:01.48				
	50m:	31.15	31.15	150m:	1:48.43	40.41	250m:	3:11.69	43.44	350m:	4:28.62	34.11
	100m:	1:08.02	36.87	200m:	2:28.25	39.82	300m:	3:54.51	42.82	400m:	5:01.48	32.86
2.	Kluczyk Szymon		87	MKP Szczecin				5:33.36				
	50m:	33.85	33.85	150m:	1:58.13	43.66	250m:	3:29.47	48.05	350m:	4:56.27	37.85
	100m:	1:14.47	40.62	200m:	2:41.42	43.29	300m:	4:18.42	48.95	400m:	5:33.36	37.09

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A
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Pozycja			Rok ur.					Czas				
1.	G sior Patryk		94	Lochte Swimming Academy W-wa				4:36.83				
	50m:	29.10	29.10	150m:	1:39.39	36.32	250m:	2:54.40	39.05	350m:	4:06.04	32.90
	100m:	1:03.07	33.97	200m:	2:15.35	35.96	300m:	3:33.14	38.74	400m:	4:36.83	30.79
2.	Palmi-Kukietko Mieszko		93	Aquasfera Masters Olsztyn				4:39.29				
	50m:	28.94	28.94	150m:	1:40.13	37.15	250m:	2:56.13	39.40	350m:	4:08.28	32.37
	100m:	1:02.98	34.04	200m:	2:16.73	36.60	300m:	3:35.91	39.78	400m:	4:39.29	31.01
3.	Bednarczyk Paweł		94	Nabaiji Team Decathlon				5:14.49				
	50m:	30.74	30.74	150m:	1:46.51	40.55	250m:	3:11.93	44.56	350m:	4:36.86	39.42
	100m:	1:05.96	35.22	200m:	2:27.37	40.86	300m:	3:57.44	45.51	400m:	5:14.49	37.63
4.	Klupa Michał		90	Masters Wisła Kraków				5:16.60				
	50m:	31.62	31.62	150m:	1:48.85	38.70	250m:	3:15.44	46.80	350m:	4:40.57	36.56
	100m:	1:10.15	38.53	200m:	2:28.64	39.79	300m:	4:04.01	48.57	400m:	5:16.60	36.03