



Letnie Mistrzostwa Polski w Pływaniu w kategorii Masters
Olsztyn, 27- - 29-6-2014

Konkurencja 29

M czyzn, 400m zmienny

20 - 94 lat

2014-06-28 - 19:35

Wyniki

Rekord Polski Masters 25 - 29	4:57.06	RADOMSKI Grzegorz	Pozna	2009-06-21
Rekord Polski Masters 30 - 34	5:04.83	PR DKI Sławomir	Pozna	2009-06-21
Rekord Polski Masters 35 - 39	4:46.79	WOLNY Dariusz	Casablanca	1998-06-21
Rekord Polski Masters 40 - 44	4:49.62	WOLNY Dariusz	Monachium	2000-08-02
Rekord Polski Masters 45 - 49	5:34.05	MONCZAK Piotr	D bica	2013-06-15
Rekord Polski Masters 50 - 54	5:15.44	WOLNY Dariusz	Göteborg	2010-08-02
Rekord Polski Masters 55 - 59	6:19.52	BASTEK Ewald	Pilzno	1995-05-20
Rekord Polski Masters 60 - 64	6:27.92	RACZY SKI Marian	Casablanca	1998-06-21
Rekord Polski Masters 65 - 69	6:46.69	RACZY SKI Marian	Christchurch	2002-03-28
Rekord Polski Masters 70 - 74	7:01.33	BASTEK Ewald	Göteborg	2010-08-02
Rekord Polski Masters 75 - 79	9:10.13	PRZ DO Lucjan	Warszawa	2007-06-02
Rekord Polski Masters 80 - 84	8:20.62	KROKOSZY SKI Stanisław	Gliwice	2011-06-18
Rekord Polski Masters 85 - 89	15:00.00			

Punkty: FINA 2014

miejsce	klub	rok ur.	Czas	Pkt.
KAT.0, 20-24 lat				
1.	MUSIALIK Marcin	94	MOTYL SENIOR MOSiR Stalowa Wola	5:39.36 370
	50m: 34.82 34.82	150m: 2:00.43 43.91	250m: 3:33.34 49.32	350m: 5:02.27 38.70
	100m: 1:16.52 41.70	200m: 2:44.02 43.59	300m: 4:23.57 50.23	400m: 5:39.36 37.09
2.	TEODORSKI Adrian	90	D by Osielsko	5:41.24 364
	50m: 31.28 31.28	150m: 1:56.77 48.36	250m: 3:34.54 51.25	350m: 5:04.23 37.92
	100m: 1:08.41 37.13	200m: 2:43.29 46.52	300m: 4:26.31 51.77	400m: 5:41.24 37.01

KAT.A, 25-29 lat

1.	STERCZY SKI Jakub	88	KU AZS UAM Pozna	5:10.86 482
	50m: 30.17 30.17	150m: 1:47.47 40.59	250m: 3:10.68 43.48	350m: 4:33.46 38.23
	100m: 1:06.88 36.71	200m: 2:27.20 39.73	300m: 3:55.23 44.55	400m: 5:10.86 37.40
2.	KLUCZYK Szymon	87	Swimming Masters Team Szczecin	5:28.04 410
	50m: 32.01 32.01	150m: 1:54.41 43.70	250m: 3:26.01 48.88	350m: 4:51.76 36.63
	100m: 1:10.71 38.70	200m: 2:37.13 42.72	300m: 4:15.13 49.12	400m: 5:28.04 36.28
3.	R BAS Igor	89	Warsaw Masters Team	5:39.88 369
	50m: 30.46 30.46	150m: 1:53.65 46.20	250m: 3:29.80 50.65	350m: 5:01.44 40.18
	100m: 1:07.45 36.99	200m: 2:39.15 45.50	300m: 4:21.26 51.46	400m: 5:39.88 38.44
4.	J KALSKI Tomasz	88	Warsaw Masters Team	6:02.77 303
	50m: 31.75 31.75	150m: 2:01.30 46.88	250m: 3:39.27 50.60	350m: 5:16.38 45.68
	100m: 1:14.42 42.67	200m: 2:48.67 47.37	300m: 4:30.70 51.43	400m: 6:02.77 46.39

KAT.B, 30-34 lat

1.	RADOMSKI Grzegorz	84	TP Masters Opole	5:00.77 532
	<i>Rekord Polski Masters</i>			
	50m: 31.51 31.51	150m: 1:47.88 38.22	250m: 3:07.18 40.79	350m: 4:25.22 35.72
	100m: 1:09.66 38.15	200m: 2:26.39 38.51	300m: 3:49.50 42.32	400m: 5:00.77 35.55
2.	ISALSKI Przemysław	82	KS Warta Pozna	5:33.39 391
	50m: 35.42 35.42	150m: 2:01.80 45.56	250m: 3:32.25 46.96	350m: 4:57.15 37.70
	100m: 1:16.24 40.82	200m: 2:45.29 43.49	300m: 4:19.45 47.20	400m: 5:33.39 36.24
3.	BRODACKI Maciej	83	Swimming Masters Team Szczecin	5:41.18 365
	50m: 32.70 32.70	150m: 1:57.67 44.78	250m: 3:33.43 50.63	350m: 5:04.05 39.66
	100m: 1:12.89 40.19	200m: 2:42.80 45.13	300m: 4:24.39 50.96	400m: 5:41.18 37.13
4.	KOZIKOWSKI Michał	80	AZS UWM Masters Olsztyn	5:44.49 354
	50m: 37.93 37.93	150m: 2:10.57 45.65	250m: 3:39.73 45.26	350m: 5:06.03 41.68
	100m: 1:24.92 46.99	200m: 2:54.47 43.90	300m: 4:24.35 44.62	400m: 5:44.49 38.46

Obsługa zawodów: El bieta Chodyna

e-mail: elachodyna@poczta.fm
kom. 600215732

wyniki: www.megatiming.pl



Letnie Mistrzostwa Polski w Pływaniu w kategorii Masters
Olsztyn, 27- - 29-6-2014

Konkurencja 29, M czynn, 400m zmienny

KAT.C, 35-39 lat

1. TWAROWSKI Karol	79	Toru czyk Masters Toru	5:24.06	426
50m: 31.78 31.78	150m: 1:52.89 42.15	250m: 3:20.20 45.91	350m: 4:46.61 39.83	
100m: 1:10.74 38.96	200m: 2:34.29 41.40	300m: 4:06.78 46.58	400m: 5:24.06 37.45	
2. KACZMAREK Stanisław	79	Masters Gorzów	5:30.72	400
50m: 32.89 32.89	150m: 1:57.49 47.07	250m: 3:30.25 47.39	350m: 4:55.53 38.05	
100m: 1:10.42 37.53	200m: 2:42.86 45.37	300m: 4:17.48 47.23	400m: 5:30.72 35.19	
3. SKROK Michał	76	MOTYL SENIOR MOSiR Stalowa Wola	5:37.10	378
50m: 36.07 36.07	150m: 2:03.16 45.80	250m: 3:34.78 46.81	350m: 5:00.02 38.69	
100m: 1:17.36 41.29	200m: 2:47.97 44.81	300m: 4:21.33 46.55	400m: 5:37.10 37.08	
4. ROGOSZ Paweł	76	Warsaw Masters Team	5:49.74	338
50m: 35.92 35.92	150m: 2:08.62 49.92	250m: 3:44.42 45.44	350m: 5:11.38 39.53	
100m: 1:18.70 42.78	200m: 2:58.98 50.36	300m: 4:31.85 47.43	400m: 5:49.74 38.36	
5. KHOMENKO Andrii	75	Ukraina	5:59.73	311
50m: 35.68 35.68	150m: 2:04.92 48.06	250m: 3:45.93 53.86	350m: 5:21.78 41.24	
100m: 1:16.86 41.18	200m: 2:52.07 47.15	300m: 4:40.54 54.61	400m: 5:59.73 37.95	
6. PAWŁOWSKI Krzysztof	77	MOTYL SENIOR MOSiR Stalowa Wola	6:31.52	241
50m: 44.33 44.33	150m: 2:27.46 50.36	250m: 4:11.07 53.72	350m: 5:48.84 43.43	
100m: 1:37.10 52.77	200m: 3:17.35 49.89	300m: 5:05.41 54.34	400m: 6:31.52 42.68	

KAT.D, 40-44 lat

1. BERWECKI Arkadiusz	73	MOTYL SENIOR MOSiR Stalowa Wola	5:16.16	458
50m: 32.31 32.31	150m: 1:50.88 40.50	250m: 3:16.27 45.25	350m: 4:39.35 37.56	
100m: 1:10.38 38.07	200m: 2:31.02 40.14	300m: 4:01.79 45.52	400m: 5:16.16 36.81	
2. LYSENKO Andrii	73	Ukraina	5:38.89	372
50m: 35.19 35.19	150m: 1:59.68 43.68	250m: 3:31.73 48.55	350m: 5:00.35 39.42	
100m: 1:16.00 40.81	200m: 2:43.18 43.50	300m: 4:20.93 49.20	400m: 5:38.89 38.54	
3. PYR Szymon	73	Masters Korona Kraków	5:40.10	368
50m: 33.52 33.52	150m: 1:59.28 47.25	250m: 3:34.40 49.61	350m: 5:03.10 39.23	
100m: 1:12.03 38.51	200m: 2:44.79 45.51	300m: 4:23.87 49.47	400m: 5:40.10 37.00	
4. KALBARCZYK Waldemar	71	MOTYL SENIOR MOSiR Stalowa Wola	6:33.68	237
50m: 44.29 44.29	150m: 2:27.66 49.52	250m: 4:12.68 56.77	350m: 5:52.66 44.28	
100m: 1:38.14 53.85	200m: 3:15.91 48.25	300m: 5:08.38 55.70	400m: 6:33.68 41.02	

KAT.E, 45-49 lat

1. MARKOWICZ Piotr	67	AZS UWM Masters Olsztyn	6:07.43	292
50m: 36.58 36.58	150m: 2:08.26 48.08	250m: 3:51.39 55.08	350m: 5:27.77 41.46	
100m: 1:20.18 43.60	200m: 2:56.31 48.05	300m: 4:46.31 54.92	400m: 6:07.43 39.66	
2. GLEB Tomasz	67	Victory Masters Elbląg	6:30.21	244
50m: 45.68 45.68	150m: 2:35.46 54.68	250m: 4:22.36 51.69	350m: 5:53.33 39.86	
100m: 1:40.78 55.10	200m: 3:30.67 55.21	300m: 5:13.47 51.11	400m: 6:30.21 36.88	
3. WOLSKI Wojciech	66	TS Masters Wisła Kraków	7:07.12	186
50m: 39.47 39.47	150m: 2:35.54 1:02.05	250m: 4:35.57 58.21	350m: 6:17.96 46.62	
100m: 1:33.49 54.02	200m: 3:37.36 1:01.82	300m: 5:31.34 55.77	400m: 7:07.12 49.16	
4. TCHORZEWSKI Norbert	65	Zawodnik niezrzeszony	7:12.33	179
50m: 40.11 40.11	150m: 2:24.92 56.91	250m: 4:31.22 1:07.21	350m: 6:25.48 48.13	
100m: 1:28.01 47.90	200m: 3:24.01 59.09	300m: 5:37.35 1:06.13	400m: 7:12.33 46.85	



Letnie Mistrzostwa Polski w Pływaniu w kategorii Masters
Olsztyn, 27- - 29-6-2014

Konkurencja 29, M czynn, 400m zmienny, KAT.E, 45-49 lat

miejsce	klub	rok ur.	Czas	Pkt.
5.	TWAROWSKI Andrzej	65 Masters Białystok	7:14.05	177
	50m: 47.93 47.93	150m: 2:37.78 54.55	250m: 4:31.60 1:00.00	350m: 6:25.62 53.04
	100m: 1:43.23 55.30	200m: 3:31.60 53.82	300m: 5:32.58 1:00.98	400m: 7:14.05 48.43
6.	KOUSHAPPAS Pavlos	68 Cyprus Masters Swimming Federation	7:19.49	170
	50m: 50.54 50.54	150m: 2:47.59 57.92	250m: 4:48.23 1:05.42	350m: 6:36.05 44.68
	100m: 1:49.67 59.13	200m: 3:42.81 55.22	300m: 5:51.37 1:03.14	400m: 7:19.49 43.44
7.	RUDZI SKI Michał	66 Warsaw Masters Team	7:44.40	144
	50m: 53.45 53.45	150m: 3:04.15 1:08.59	250m: 5:04.06 54.56	350m: 6:53.63 53.96
	100m: 1:55.56 1:02.11	200m: 4:09.50 1:05.35	300m: 5:59.67 55.61	400m: 7:44.40 50.77

KAT.F, 50-54 lat

1.	NESVETAEV Vladlen	60 Zvezdy Rosii	5:40.39	367
	50m: 34.21 34.21	150m: 2:00.59 46.89	250m: 3:36.35 50.69	350m: 5:04.48 38.85
	100m: 1:13.70 39.49	200m: 2:45.66 45.07	300m: 4:25.63 49.28	400m: 5:40.39 35.91
2.	KAPAŁCZY SKI Krzysztof	64 Start Pozna	6:08.90	288
	50m: 36.42 36.42	150m: 2:10.17 48.22	250m: 3:50.85 54.09	350m: 5:27.61 43.63
	100m: 1:21.95 45.53	200m: 2:56.76 46.59	300m: 4:43.98 53.13	400m: 6:08.90 41.29
3.	LORKOWSKI Robert	60 MOTYL SENIOR MOSiR Stalowa Wola	6:25.40	253
	50m: 40.16 40.16	150m: 2:18.09 49.28	250m: 4:05.18 57.91	350m: 5:44.77 43.48
	100m: 1:28.81 48.65	200m: 3:07.27 49.18	300m: 5:01.29 56.11	400m: 6:25.40 40.63
4.	KO LIKOWSKI Marek	61 AZS UWM Masters Olsztyn	7:02.10	192
	50m: 44.70 44.70	150m: 2:41.04 59.08	250m: 4:34.69 55.04	350m: 6:16.09 45.15
	100m: 1:41.96 57.26	200m: 3:39.65 58.61	300m: 5:30.94 56.25	400m: 7:02.10 46.01
5.	BURZY SKI Piotr	62 KS Warta Pozna	7:25.57	163
	50m: 49.29 49.29	150m: 2:53.17 1:01.87	250m: 4:52.31 58.54	350m: 6:39.30 47.09
	100m: 1:51.30 1:02.01	200m: 3:53.77 1:00.60	300m: 5:52.21 59.90	400m: 7:25.57 46.27
6.	THIEM Jacek	63 KS Warta Pozna	7:32.86	156
	50m: 47.84 47.84	150m: 2:44.09 1:02.83	250m: 4:52.27 1:06.42	350m: 6:46.19 50.55
	100m: 1:41.26 53.42	200m: 3:45.85 1:01.76	300m: 5:55.64 1:03.37	400m: 7:32.86 46.67

KAT.G, 55-59 lat

1.	PIECHULA Adolf	57 AZS PWSZ Racibórz	6:37.14	231
	50m: 44.30 44.30	150m: 2:27.51 51.76	250m: 4:13.63 55.34	350m: 5:53.72 45.07
	100m: 1:35.75 51.45	200m: 3:18.29 50.78	300m: 5:08.65 55.02	400m: 6:37.14 43.42
2.	PIETRASZEWSKI Zbigniew	55 TS Olimpia Pozna	6:55.17	202
	50m: 49.00 49.00	150m: 2:39.43 52.24	250m: 4:26.37 55.50	350m: 6:09.37 47.06
	100m: 1:47.19 58.19	200m: 3:30.87 51.44	300m: 5:22.31 55.94	400m: 6:55.17 45.80
3.	SKRZYPEK Stefan	56 KP Koziegłowy	7:23.10	166
	50m: 48.26 48.26	150m: 2:44.08 59.49	250m: 4:46.85 1:02.40	350m: 6:37.23 46.16
	100m: 1:44.59 56.33	200m: 3:44.45 1:00.37	300m: 5:51.07 1:04.22	400m: 7:23.10 45.87
4.	SAMONEK Krzysztof	57 Masters Kra nik	8:54.55	94
	50m: 1:00.65 1:00.65	150m: 3:19.16 1:09.34	250m: 5:42.76 1:19.12	350m: 7:58.34 59.96
	100m: 2:09.82 1:09.17	200m: 4:23.64 1:04.48	300m: 6:58.38 1:15.62	400m: 8:54.55 56.21



Letnie Mistrzostwa Polski w Pływaniu w kategorii Masters
Olsztyn, 27- - 29-6-2014

Konkurencja 29, M czynn, 400m zmienny

KAT.H, 60-64 lat

1. NOWAK Michał	52	Ursynów Masters	7:15.23	175
50m: 50.06 50.06	150m: 4:42.59 2:53.86	250m: 6:29.66 48.91		
100m: 1:48.73 58.67	200m: 3:45.19 300m: 5:40.75	400m: 7:15.23 45.57		
2. DUBI SKI Bogdan	53	Zawodnik niezrzeszony	7:42.67	146
50m: 56.04 56.04	150m: 3:00.75 1:01.26	250m: 5:07.03 1:08.26	350m: 6:59.42 46.67	
100m: 1:59.49 1:03.45	200m: 3:58.77 58.02	300m: 6:12.75 1:05.72	400m: 7:42.67 43.25	
3. MIKOŁAJCZYK Czesław	50	Gdynia Masters	7:47.46	141
50m: 53.88 53.88	150m: 3:00.58 1:04.23	250m: 5:01.89 58.79	350m: 6:55.84 54.29	
100m: 1:56.35 1:02.47	200m: 4:03.10 1:02.52	300m: 6:01.55 59.66	400m: 7:47.46 51.62	
4. SZUFARSKI Andrzej	52	Toru czyk Masters Toru	8:17.01	118
50m: 51.03 51.03	150m: 3:05.73 1:10.95	250m: 5:15.57 1:04.52	350m: 7:21.33 58.76	
100m: 1:54.78 1:03.75	200m: 4:11.05 1:05.32	300m: 6:22.57 1:07.00	400m: 8:17.01 55.68	
5. WASIUK Janusz	53	Masters Kra nik	8:36.05	105
50m: 49.18 49.18	150m: 3:03.61 1:18.31	250m: 5:33.78 1:07.78	350m: 7:38.31 1:02.01	
100m: 1:45.30 56.12	200m: 4:26.00 1:22.39	300m: 6:36.30 1:02.52	400m: 8:36.05 57.74	
6. IRCZYK Leon	51	Rydułtowska Akademia A Seniora60+	9:10.64	86
50m: 1:03.88 1:03.88	150m: 3:40.25 1:23.89	250m: 6:03.54 1:03.63	350m: 8:08.19 1:01.74	
100m: 2:16.36 1:12.48	200m: 4:59.91 1:19.66	300m: 7:06.45 1:02.91	400m: 9:10.64 1:02.45	

KAT.I, 65-69 lat

1. JARZYNA Włodzimierz	49	MOTYL SENIOR MOSiR Stalowa Wola	7:19.54	170
50m: 51.11 51.11	150m: 2:51.18 58.39	250m: 4:46.77 1:01.83	350m: 6:35.19 47.91	
100m: 1:52.79 1:01.68	200m: 3:44.94 53.76	300m: 5:47.28 1:00.51	400m: 7:19.54 44.35	
2. SNIESKA Viktoras	47	TAKAS	7:36.61	152
50m: 53.23 53.23	150m: 2:54.38 55.04	250m: 4:54.58 1:04.05	350m: 6:47.05 49.05	
100m: 1:59.34 1:06.11	200m: 3:50.53 56.15	300m: 5:58.00 1:03.42	400m: 7:36.61 49.56	
3. RÓ ALSKI Józef	45	KSZO MOSiR Ostrowiec w.	7:43.78	145
50m: 48.83 48.83	150m: 2:50.90 1:03.29	250m: 4:59.40 1:03.83	350m: 6:55.03 51.48	
100m: 1:47.61 58.78	200m: 3:55.57 1:04.67	300m: 6:03.55 1:04.15	400m: 7:43.78 48.75	
4. KOŁODKO Myron	49	Masters Swimming Club EURO-LVIV	8:15.43	119
50m: 53.98 53.98	150m: 3:05.42 1:03.53	250m: 5:17.04 1:09.94	350m: 7:21.71 54.84	
100m: 2:01.89 1:07.91	200m: 4:07.10 1:01.68	300m: 6:26.87 1:09.83	400m: 8:15.43 53.72	
5. GUOGA Antanas	48	Torpedos	8:38.78	103
50m: 1:00.20 1:00.20	150m: 3:17.72 1:05.97	250m: 5:37.84 1:12.99	350m: 7:45.34 54.29	
100m: 2:11.75 1:11.55	200m: 4:24.85 1:07.13	300m: 6:51.05 1:13.21	400m: 8:38.78 53.44	
6. DASZY SKI Andrzej	48	Zawodnik niezrzeszony	8:44.77	100
50m: 58.84 58.84	150m: 3:16.57 1:08.60	250m: 5:35.72 1:14.39	350m: 7:49.53 59.88	
100m: 2:07.97 1:09.13	200m: 4:21.33 1:04.76	300m: 6:49.65 1:13.93	400m: 8:44.77 55.24	
7. MLECZKO Andrzej	47	Masters Korona Kraków	9:06.86	88
50m: 1:01.50 1:01.50	150m: 3:20.83 1:13.39	250m: 5:54.81 1:16.62	350m: 8:13.22 59.13	
100m: 2:07.44 1:05.94	200m: 4:38.19 1:17.36	300m: 7:14.09 1:19.28	400m: 9:06.86 53.64	
8. PLONKA Janusz	48	Zawodnik niezrzeszony	11:08.50	48
50m: 1:06.45 1:06.45	150m: 4:13.43 1:44.43	250m: 7:17.51 1:33.89	350m: 10:02.58 1:13.40	
100m: 2:29.00 1:22.55	200m: 5:43.62 1:30.19	300m: 8:49.18 1:31.67	400m: 11:08.50 1:05.92	



Letnie Mistrzostwa Polski w Pływaniu w kategorii Masters
Olsztyn, 27- - 29-6-2014

Konkurencja 29, M czynn, 400m zmienny

KAT.J, 70-74 lat

1. BUGLA Rudolf			40	Rydułtowska Akademia A Seniora60+	9:53.90	69					
50m:	1:08.04	1:08.04	150m:	3:44.90	1:18.03	250m:	6:18.61	1:16.84	350m:	8:45.04	1:09.38
100m:	2:26.87	1:18.83	200m:	5:01.77	1:16.87	300m:	7:35.66	1:17.05	400m:	9:53.90	1:08.86