



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

Event 29 Men, 400m Medley 20 - 94 years  
2014-06-28 - 19:35 Results

|                               |          |                        |              |            |
|-------------------------------|----------|------------------------|--------------|------------|
| 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 |                        |              |            |

Points: FINA 2014

| miejsce                 | klub                | rok                 | ur.                             | Time                | Pts |
|-------------------------|---------------------|---------------------|---------------------------------|---------------------|-----|
| <b>KAT.0, 20-24 lat</b> |                     |                     |                                 |                     |     |
| 1.                      | MUSIALIK Marcin     | 94                  | MOTYL SENIOR MOSiR Stalowa Wola | <b>5:39.36</b>      | 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                  | Deby Osielsko                   | <b>5:41.24</b>      | 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 |     |

|                         |                     |                     |                                |                     |     |
|-------------------------|---------------------|---------------------|--------------------------------|---------------------|-----|
| <b>KAT.A, 25-29 lat</b> |                     |                     |                                |                     |     |
| 1.                      | STERCZYNSKI Jakub   | 88                  | KU AZS UAM Poznan              | <b>5:10.86</b>      | 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 | <b>5:28.04</b>      | 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.                      | REBAS Igor          | 89                  | Warsaw Masters Team            | <b>5:39.88</b>      | 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.                      | JAKALSKI Tomasz     | 88                  | Warsaw Masters Team            | <b>6:02.77</b>      | 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 |     |

|                         |                              |                     |                                |                     |     |
|-------------------------|------------------------------|---------------------|--------------------------------|---------------------|-----|
| <b>KAT.B, 30-34 lat</b> |                              |                     |                                |                     |     |
| 1.                      | RADOMSKI Grzegorz            | 84                  | TP Masters Opole               | <b>5:00.77</b>      | 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 Poznan                | <b>5:33.39</b>      | 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 | <b>5:41.18</b>      | 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        | <b>5:44.49</b>      | 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 |     |

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

Event 29, Men, 400m Medley

KAT.C, 35-39 lat

|                        |                     |                                 |                     |     |
|------------------------|---------------------|---------------------------------|---------------------|-----|
| 1. TWAROWSKI Karol     | 79                  | Torunczyk Masters Torun         | <b>5:24.06</b>      | 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 Stanislaw | 79                  | Masters Gorzow                  | <b>5:30.72</b>      | 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 Michal        | 76                  | MOTYL SENIOR MOSiR Stalowa Wola | <b>5:37.10</b>      | 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 Pawel        | 76                  | Warsaw Masters Team             | <b>5:49.74</b>      | 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 Andryi     | 75                  | Ukraina                         | <b>5:59.73</b>      | 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. PAWLOWSKI Krzysztof | 77                  | MOTYL SENIOR MOSiR Stalowa Wola | <b>6:31.52</b>      | 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 | <b>5:16.16</b>      | 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                         | <b>5:38.89</b>      | 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. PYRC Szymon         | 73                  | Masters Korona Krakow           | <b>5:40.10</b>      | 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 | <b>6:33.68</b>      | 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 | <b>6:07.43</b>      | 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 Elblag  | <b>6:30.21</b>      | 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 Wisla Krakow | <b>7:07.12</b>      | 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   | <b>7:12.33</b>      | 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

Event 29, Men, 400m Medley, KAT.E, 45-49 lat

| miejsce | klub                  | rok           | ur.                                |               |         |               |       | Time           | Pts |
|---------|-----------------------|---------------|------------------------------------|---------------|---------|---------------|-------|----------------|-----|
| 5.      | TWAROWSKI Andrzej     | 65            | Masters Białystok                  |               |         |               |       | <b>7:14.05</b> | 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 |               |         |               |       | <b>7:19.49</b> | 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.      | RUDZINSKI Michal      | 66            | Warsaw Masters Team                |               |         |               |       | <b>7:44.40</b> | 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                    |               |         |               |       | <b>5:40.39</b> | 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. | KAPALCZYNSKI Krzysztof | 64            | Start Poznan                    |               |         |               |       | <b>6:08.90</b> | 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 |               |         |               |       | <b>6:25.40</b> | 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. | KOZLIKOWSKI Marek      | 61            | AZS UWM Masters Olsztyn         |               |         |               |       | <b>7:02.10</b> | 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. | BURZYNSKI Piotr        | 62            | KS Warta Poznan                 |               |         |               |       | <b>7:25.57</b> | 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 Poznan                 |               |         |               |       | <b>7:32.86</b> | 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 Raciborz |               |         |               |       | <b>6:37.14</b> | 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 Poznan |               |         |               |       | <b>6:55.17</b> | 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     |               |         |               |       | <b>7:23.10</b> | 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 Krasnik   |               |         |               |       | <b>8:54.55</b> | 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

Event 29, Men, 400m Medley

KAT.H, 60-64 lat

|                        |                             |                                    |                       |     |
|------------------------|-----------------------------|------------------------------------|-----------------------|-----|
| 1. NOWAK Michał        | 52                          | Ursynow Masters                    | <b>7:15.23</b>        | 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. DUBINSKI Bogdan     | 53                          | Zawodnik nie zrzeszony             | <b>7:42.67</b>        | 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. MIKOLAJCZYK Czesław | 50                          | Gdynia Masters                     | <b>7:47.46</b>        | 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                          | Torunczyk Masters Torun            | <b>8:17.01</b>        | 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 Krasnik                    | <b>8:36.05</b>        | 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                          | Rydultowska Akademia A Seniora 60+ | <b>9:10.64</b>        | 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 | <b>7:19.54</b>         | 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                           | <b>7:36.61</b>         | 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. ROZALSKI Jozef      | 45                    | KSZO MOSiR Ostrowiec Sw.        | <b>7:43.78</b>         | 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 | <b>8:15.43</b>         | 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                        | <b>8:38.78</b>         | 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. DASZYŃSKI Andrzej   | 48                    | Zawodnik nie zrzeszony          | <b>8:44.77</b>         | 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 Krakow           | <b>9:06.86</b>         | 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 nie zrzeszony          | <b>11:08.50</b>        | 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

Event 29, Men, 400m Medley

KAT.J, 70-74 lat

|                 |         |         |       |                                    |                |                 |       |                 |
|-----------------|---------|---------|-------|------------------------------------|----------------|-----------------|-------|-----------------|
| 1. BUGLA Rudolf |         |         | 40    | Rydultowska Akademia A Seniora 60+ | <b>9:53.90</b> | 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 |