



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

Konkurencja 38

M czyzn, 400m dowolny

20 - 94 lat

2014-06-29 - 11:54

Wyniki

Rekord Polski Masters 25 - 29	4:31.32	SZCZYPI SKI Marcin	Warszawa	2012-05-27
Rekord Polski Masters 30 - 34	4:31.49	PR DKI Sławomir	Pozna	2009-06-20
Rekord Polski Masters 35 - 39	4:29.56	HORBACZ Marcin	D bica	2013-06-16
Rekord Polski Masters 40 - 44	4:21.40	STANEK Grzegorz	Cadiz	2009-09-17
Rekord Polski Masters 45 - 49	4:37.62	KASPEREK Jacek	San Francisco	2006-08-10
Rekord Polski Masters 50 - 54	4:54.26	OLSZEWSKI Paweł	Gera	2014-04-06
Rekord Polski Masters 55 - 59	4:59.65	GABIEC Mariusz	D bica	2013-06-16
Rekord Polski Masters 60 - 64	5:39.60	LEWICKI Józef	Praga	1997-09-07
Rekord Polski Masters 65 - 69	5:51.23	LEWICKI Józef	Monachium	2000-07-31
Rekord Polski Masters 70 - 74	5:53.54	BASTEK Ewald	Gdynia	2009-06-27
Rekord Polski Masters 75 - 79	6:47.79	KROKOSZY SKI Stanisław	Pozna	2009-06-20
Rekord Polski Masters 80 - 84	6:58.79	KROKOSZY SKI Stanisław	Gliwice	2010-05-09
Rekord Polski Masters 85 - 89	9:12.44	MRÓWCZY SKI Kazimierz	Kranj	2007-08-31
Rekord Polski Masters 90 - 94	20:00.00			

Punkty: FINA 2014

miejsce	klub	rok ur.	Czas	Pkt.
KAT.0, 20-24 lat				
1.	KUCA Przemysław	94 KS Warta Pozna	4:23.66	581
	50m: 29.51 29.51	150m: 1:37.04 34.15	250m: 2:44.85 33.22	350m: 3:51.96 32.90
	100m: 1:02.89 33.38	200m: 2:11.63 34.59	300m: 3:19.06 34.21	400m: 4:23.66 31.70
2.	APTEWICZ Arkadiusz	93 Swimmers SP Warszawa	4:38.51	493
	50m: 32.36 32.36	150m: 1:42.82 35.64	250m: 2:54.75 35.45	350m: 4:04.58 34.74
	100m: 1:07.18 34.82	200m: 2:19.30 36.48	300m: 3:29.84 35.09	400m: 4:38.51 33.93
3.	MUSIALIK Marcin	94 MOTYL SENIOR MOSiR Stalowa Wola	4:57.25	405
	50m: 33.49 33.49	150m: 1:48.18 37.79	250m: 3:05.10 38.51	350m: 4:21.17 37.34
	100m: 1:10.39 36.90	200m: 2:26.59 38.41	300m: 3:43.83 38.73	400m: 4:57.25 36.08
4.	MUSZALA Dawid	92 Weteran Zabrze	6:11.20	208
	50m: 39.26 39.26	150m: 2:07.28 44.33	250m: 3:43.01 48.88	350m: 5:23.09 50.39
	100m: 1:22.95 43.69	200m: 2:54.13 46.85	300m: 4:32.70 49.69	400m: 6:11.20 48.11

KAT.A, 25-29 lat

1.	SZCZYPI SKI Marcin	86 UKS Wodnik 29 Katowice	4:27.47	557
	<i>Rekord Polski Masters</i>			
	50m: 29.33 29.33	150m: 1:35.92 34.08	250m: 2:46.04 35.34	350m: 3:55.51 34.51
	100m: 1:01.84 32.51	200m: 2:10.70 34.78	300m: 3:21.00 34.96	400m: 4:27.47 31.96
2.	ZIEMNIARSKI Bartosz	86 KU AZS UAM Pozna	4:32.38	527
	50m: 28.78 28.78	150m: 1:35.47 34.16	250m: 2:45.85 35.23	350m: 3:56.97 35.51
	100m: 1:01.31 32.53	200m: 2:10.62 35.15	300m: 3:21.46 35.61	400m: 4:32.38 35.41
3.	KOLENDOWICZ Łukasz	88 4SM Octopus Suchy Las	4:34.64	514
	50m: 30.22 30.22	150m: 1:37.49 34.30	250m: 2:47.78 35.48	350m: 4:00.23 36.30
	100m: 1:03.19 32.97	200m: 2:12.30 34.81	300m: 3:23.93 36.15	400m: 4:34.64 34.41
4.	KLUCZYK Szymon	87 Swimming Masters Team Szczecin	4:47.38	449
	50m: 31.55 31.55	150m: 1:42.37 36.55	250m: 2:56.60 37.24	350m: 4:11.62 37.28
	100m: 1:05.82 34.27	200m: 2:19.36 36.99	300m: 3:34.34 37.74	400m: 4:47.38 35.76
5.	KWA NIEWSKI Mateusz	87 Aquapark Wrocław	4:49.54	439
	50m: 32.76 32.76	150m: 1:45.91 37.48	250m: 3:00.42 37.19	350m: 4:14.62 37.03
	100m: 1:08.43 35.67	200m: 2:23.23 37.32	300m: 3:37.59 37.17	400m: 4:49.54 34.92
6.	PFITZNER Jan	86 Warsaw Masters Team	5:04.40	377
	50m: 34.88 34.88	150m: 1:53.44 39.78	250m: 3:11.00 37.47	350m: 4:26.80 37.64
	100m: 1:13.66 38.78	200m: 2:33.53 40.09	300m: 3:49.16 38.16	400m: 5:04.40 37.60



Letnie Mistrzostwa Polski w Pływaniu w kategorii Masters
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Konkurencja 38, M czynn, 400m dowolny, KAT.A, 25-29 lat

miejsce	klub	rok	ur.	Czas	Pkt.
7.	KRYSIAK Michał	88	Swimming Masters Team Szczecin	5:16.66	335
	50m: 33.95 33.95	150m: 1:53.50 41.04	250m: 3:17.43 42.82	350m: 4:39.25 38.44	
	100m: 1:12.46 38.51	200m: 2:34.61 41.11	300m: 4:00.81 43.38	400m: 5:16.66 37.41	

KAT.B, 30-34 lat

1.	RADOMSKI Grzegorz	84	TP Masters Opole	4:32.29	527
	50m: 29.67 29.67	150m: 1:36.82 34.08	250m: 2:47.11 35.14	350m: 3:57.48 35.11	
	100m: 1:02.74 33.07	200m: 2:11.97 35.15	300m: 3:22.37 35.26	400m: 4:32.29 34.81	
2.	ISALSKI Przemysław	82	KS Warta Poznań	4:47.97	446
	50m: 33.46 33.46	150m: 1:47.09 36.94	250m: 3:00.61 36.61	350m: 4:12.96 35.99	
	100m: 1:10.15 36.69	200m: 2:24.00 36.91	300m: 3:36.97 36.36	400m: 4:47.97 35.01	
3.	BRODACKI Maciej	83	Swimming Masters Team Szczecin	5:03.17	382
	50m: 32.97 32.97	150m: 1:48.96 38.14	250m: 3:06.41 39.01	350m: 4:26.52 40.11	
	100m: 1:10.82 37.85	200m: 2:27.40 38.44	300m: 3:46.41 40.00	400m: 5:03.17 36.65	
4.	DYBEK Mateusz	80	TS Masters Wisła Kraków	5:15.54	339
	50m: 34.72 34.72	150m: 1:53.31 39.50	250m: 3:13.06 40.01	350m: 4:35.19 40.97	
	100m: 1:13.81 39.09	200m: 2:33.05 39.74	300m: 3:54.22 41.16	400m: 5:15.54 40.35	
5.	BELDYGA Bartosz	83	Zawodnik niezrzeszony	5:31.55	292
	50m: 34.38 34.38	150m: 1:56.91 42.52	250m: 3:24.64 44.00	350m: 4:53.43 44.40	
	100m: 1:14.39 40.01	200m: 2:40.64 43.73	300m: 4:09.03 44.39	400m: 5:31.55 38.12	
6.	KAŁU Y SKI Wojciech	80	Warsaw Masters Team	5:37.95	276
	50m: 37.70 37.70	150m: 2:01.56 42.73	250m: 3:29.27 43.56	350m: 4:56.67 43.05	
	100m: 1:18.83 41.13	200m: 2:45.71 44.15	300m: 4:13.62 44.35	400m: 5:37.95 41.28	
DYSKW.	ST PIE Jakub	83	AZS UWM Masters Olsztyn		
04	50m: 35.70 35.70	150m: 2:01.47 44.63	250m: 3:35.50 47.01	350m: 5:09.47 47.22	
	100m: 1:16.84 41.14	200m: 2:48.49 47.02	300m: 4:22.25 46.75	400m:	

KAT.C, 35-39 lat

1.	PR DKI Sławomir	77	Toru czyk Masters Toru	4:34.56	514
	50m: 30.35 30.35	150m: 1:38.80 34.80	250m: 2:49.75 35.42	350m: 4:00.90 35.24	
	100m: 1:04.00 33.65	200m: 2:14.33 35.53	300m: 3:25.66 35.91	400m: 4:34.56 33.66	
2.	GOŁ BIEWSKI Remigiusz	76	Swimmers SP Warszawa	4:49.09	441
	50m: 32.85 32.85	150m: 1:46.22 37.40	250m: 3:00.55 37.20	350m: 4:14.79 37.11	
	100m: 1:08.82 35.97	200m: 2:23.35 37.13	300m: 3:37.68 37.13	400m: 4:49.09 34.30	
3.	KACZMAREK Stanisław	79	Masters Gorzów	4:53.06	423
	50m: 33.98 33.98	150m: 1:47.35 36.96	250m: 3:02.64 37.71	350m: 4:17.11 37.03	
	100m: 1:10.39 36.41	200m: 2:24.93 37.58	300m: 3:40.08 37.44	400m: 4:53.06 35.95	
4.	ZIÓLKOWSKI Damian	78	UKS 307 Warszawa Mokotów	5:27.30	303
	50m: 34.90 34.90	150m: 1:55.95 41.61	250m: 3:22.81 43.83	350m: 4:49.19 42.86	
	100m: 1:14.34 39.44	200m: 2:38.98 43.03	300m: 4:06.33 43.52	400m: 5:27.30 38.11	
5.	BYSTRY Jarosław	77	KU AZS UAM Poznań	5:32.66	289
	50m: 35.92 35.92	150m: 1:57.38 42.02	250m: 3:24.94 44.02	350m: 4:52.97 43.75	
	100m: 1:15.36 39.44	200m: 2:40.92 43.54	300m: 4:09.22 44.28	400m: 5:32.66 39.69	



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Konkurencja 38, M czynn, 400m dowolny

KAT.D, 40-44 lat

1. HORBACZ Marcin	74	10 Brygada Kawalerii Panc.	wi toszów	4:35.63	508
50m: 31.04 31.04	150m: 1:39.10 34.61	250m: 2:49.42 35.23	350m: 4:00.38 35.43		
100m: 1:04.49 33.45	200m: 2:14.19 35.09	300m: 3:24.95 35.53	400m: 4:35.63 35.25		
2. BARTA Piotr	71	ZKS Drzonków		4:49.27	440
50m: 33.69 33.69	150m: 1:46.78 36.58	250m: 3:00.13 36.44	350m: 4:13.65 36.78		
100m: 1:10.20 36.51	200m: 2:23.69 36.91	300m: 3:36.87 36.74	400m: 4:49.27 35.62		
3. KONKIN Boris	71	Zvezdy Rosii		4:53.46	421
50m: 34.16 34.16	150m: 1:50.90 38.26	250m: 3:07.38 37.44	350m: 4:19.29 35.05		
100m: 1:12.64 38.48	200m: 2:29.94 39.04	300m: 3:44.24 36.86	400m: 4:53.46 34.17		
4. GREGOROWICZ Paweł	74	AZS UWM Masters Olsztyn		4:56.05	410
50m: 34.16 34.16	150m: 1:50.35 38.55	250m: 3:06.40 37.72	350m: 4:21.72 37.45		
100m: 1:11.80 37.64	200m: 2:28.68 38.33	300m: 3:44.27 37.87	400m: 4:56.05 34.33		
5. GINCAS Raimondas	74	Kaisiadoriu p.k.PLAUKIAM		4:56.26	409
50m: 33.97 33.97	150m: 1:50.84 38.52	250m: 3:06.59 37.44	350m: 4:21.58 36.57		
100m: 1:12.32 38.35	200m: 2:29.15 38.31	300m: 3:45.01 38.42	400m: 4:56.26 34.68		
6. LYSENKO Andrii	73	Ukraina		5:10.18	357
50m: 35.61 35.61	150m: 1:54.84 39.64	250m: 3:13.26 38.47	350m: 4:32.08 39.01		
100m: 1:15.20 39.59	200m: 2:34.79 39.95	300m: 3:53.07 39.81	400m: 5:10.18 38.10		
7. L CZKA Krzysztof	74	UKS Delfin Masters Tarnobrzeg		5:23.50	314
50m: 34.55 34.55	150m: 1:54.82 40.85	250m: 3:18.61 42.05	350m: 4:43.70 42.46		
100m: 1:13.97 39.42	200m: 2:36.56 41.74	300m: 4:01.24 42.63	400m: 5:23.50 39.80		
8. BIELSKI Przemysław	74	AZS UWM Masters Olsztyn		5:39.05	273
50m: 35.95 35.95	150m: 1:58.42 42.58	250m: 3:26.57 44.44	350m: 4:56.33 45.05		
100m: 1:15.84 39.89	200m: 2:42.13 43.71	300m: 4:11.28 44.71	400m: 5:39.05 42.72		
9. PŁANETA Maciej	74	UKS Delfin Masters Tarnobrzeg		5:40.87	269
50m: 37.34 37.34	150m: 2:02.83 43.70	250m: 3:32.50 44.41	350m: 5:01.50 44.09		
100m: 1:19.13 41.79	200m: 2:48.09 45.26	300m: 4:17.41 44.91	400m: 5:40.87 39.37		
10. RYBARCZYK Michał	70	Ursynów Masters		5:44.92	259
50m: 35.70 35.70	150m: 2:01.62 44.13	250m: 3:31.59 45.31	350m: 5:01.71 44.78		
100m: 1:17.49 41.79	200m: 2:46.28 44.66	300m: 4:16.93 45.34	400m: 5:44.92 43.21		
11. WOJCIECHOWSKI Sebastian	73	Warsaw Masters Team		6:24.35	187
50m: 40.09 40.09	150m: 2:13.53 48.70	250m: 3:54.13 50.62	350m: 5:35.91 50.39		
100m: 1:24.83 44.74	200m: 3:03.51 49.98	300m: 4:45.52 51.39	400m: 6:24.35 48.44		

DYSKW. KOWALCZYK Piotr

04

	74	Masters MKP Szczecin			
50m: 33.48 33.48	150m: 1:49.60 38.43	250m: 3:05.66 38.17	350m: 4:22.86 38.49		
100m: 1:11.17 37.69	200m: 2:27.49 37.89	300m: 3:44.37 38.71	400m:		

KAT.E, 45-49 lat

1. PASIECZNY Andrzej	66	Victory Masters Elbląg		4:49.86	437
50m: 33.32 33.32	150m: 1:46.79 37.12	250m: 3:00.72 36.78	350m: 4:14.94 36.58		
100m: 1:09.67 36.35	200m: 2:23.94 37.15	300m: 3:38.36 37.64	400m: 4:49.86 34.92		
2. MO CZAK Piotr	67	Start Poznań		4:52.48	425
50m: 33.23 33.23	150m: 1:47.38 36.75	250m: 3:02.63 37.47	350m: 4:17.08 35.79		
100m: 1:10.63 37.40	200m: 2:25.16 37.78	300m: 3:41.29 38.66	400m: 4:52.48 35.40		
3. KOWALEWSKI Paweł	66	Warsaw Masters Team		4:52.84	424
50m: 33.83 33.83	150m: 1:48.62 37.55	250m: 3:04.28 37.31	350m: 4:17.75 36.57		
100m: 1:11.07 37.24	200m: 2:26.97 38.35	300m: 3:41.18 36.90	400m: 4:52.84 35.09		



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Konkurencja 38, M czynn, 400m dowolny, KAT.E, 45-49 lat

miejsce	klub	rok ur.					Czas	Pkt.
4.	SMIRNOV Aleksandr	68	Zvezdy Rosii				5:02.90	383
	50m: 34.71 34.71	150m: 1:52.36	38.81	250m: 3:10.09	38.22	350m: 4:26.95	38.16	
	100m: 1:13.55 38.84	200m: 2:31.87	39.51	300m: 3:48.79	38.70	400m: 5:02.90	35.95	
5.	GLEB Tomasz	67	Victory Masters Elblag				5:26.56	306
	50m: 36.01 36.01	150m: 1:57.55	41.77	250m: 3:23.16	43.21	350m: 4:47.67	41.37	
	100m: 1:15.78 39.77	200m: 2:39.95	42.40	300m: 4:06.30	43.14	400m: 5:26.56	38.89	
6.	MARKOWICZ Piotr	67	AZS UWM Masters Olsztyn				5:28.02	301
	50m: 37.93 37.93	150m: 2:00.87	42.22	250m: 3:26.02	42.36	350m: 4:49.97	41.64	
	100m: 1:18.65 40.72	200m: 2:43.66	42.79	300m: 4:08.33	42.31	400m: 5:28.02	38.05	
7.	LYUBAVIN Viktor	66	Zvezdy Rosii				5:32.24	290
	50m: 38.49 38.49	150m: 2:03.49	42.84	250m: 3:28.54	42.42	350m: 4:53.83	41.64	
	100m: 1:20.65 42.16	200m: 2:46.12	42.63	300m: 4:12.19	43.65	400m: 5:32.24	38.41	
8.	KOUSHAPPAS Pavlos	68	Cyprus Masters Swimming Federation				5:58.76	230
	50m: 38.13 38.13	150m: 2:08.50	46.16	250m: 3:42.53	47.22	350m: 5:14.89	46.14	
	100m: 1:22.34 44.21	200m: 2:55.31	46.81	300m: 4:28.75	46.22	400m: 5:58.76	43.87	
9.	MÓWI SKI Grzegorz	69	AZS UWM Masters Olsztyn				6:10.72	209
	50m: 40.82 40.82	150m: 2:13.29	47.38	250m: 3:49.69	48.67	350m: 5:25.55	47.78	
	100m: 1:25.91 45.09	200m: 3:01.02	47.73	300m: 4:37.77	48.08	400m: 6:10.72	45.17	

KAT.F, 50-54 lat

1.	MADEJ Leszek	60	Warsaw Masters Team				4:49.39	439
	<i>Rekord Polski Masters</i>							
	50m: 33.61 33.61	150m: 1:48.14	37.46	250m: 3:02.86	36.69	350m: 4:14.44	35.41	
	100m: 1:10.68 37.07	200m: 2:26.17	38.03	300m: 3:39.03	36.17	400m: 4:49.39	34.95	
2.	OLSZEWSKI Paweł	62	KS Warta Pozna				4:50.31	435
	50m: 33.07 33.07	150m: 1:48.10	37.83	250m: 3:04.21	37.83	350m: 4:15.85	35.30	
	100m: 1:10.27 37.20	200m: 2:26.38	38.28	300m: 3:40.55	36.34	400m: 4:50.31	34.46	
3.	NESVETAEV Vladlen	60	Zvezdy Rosii				4:56.34	409
	50m: 33.25 33.25	150m: 1:48.20	37.61	250m: 3:04.56	37.98	350m: 4:20.77	37.53	
	100m: 1:10.59 37.34	200m: 2:26.58	38.38	300m: 3:43.24	38.68	400m: 4:56.34	35.57	
4.	KRASAUSKAS Vilmantas	64	Torpedos				5:03.01	383
	50m: 34.64 34.64	150m: 1:50.06	37.77	250m: 3:07.11	38.23	350m: 4:24.96	38.71	
	100m: 1:12.29 37.65	200m: 2:28.88	38.82	300m: 3:46.25	39.14	400m: 5:03.01	38.05	
5.	KO LIKOWSKI Marek	61	AZS UWM Masters Olsztyn				6:03.80	221
	50m: 38.74 38.74	150m: 2:10.23	46.52	250m: 3:45.53	47.65	350m: 5:19.60	46.60	
	100m: 1:23.71 44.97	200m: 2:57.88	47.65	300m: 4:33.00	47.47	400m: 6:03.80	44.20	
6.	BURZY SKI Piotr	62	KS Warta Pozna				6:04.75	219
	50m: 40.06 40.06	150m: 2:11.33	46.75	250m: 3:45.48	47.11	350m: 5:19.40	46.97	
	100m: 1:24.58 44.52	200m: 2:58.37	47.04	300m: 4:32.43	46.95	400m: 6:04.75	45.35	
7.	THIEM Jacek	63	KS Warta Pozna				6:27.86	182
	50m: 43.26 43.26	150m: 2:22.45	50.28	250m: 4:02.27	49.63	350m: 5:40.79	49.15	
	100m: 1:32.17 48.91	200m: 3:12.64	50.19	300m: 4:51.64	49.37	400m: 6:27.86	47.07	



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Konkurencja 38, M czynn, 400m dowolny

KAT.G, 55-59 lat

1. GABIEC Mariusz	58	AZS UWM Masters Olsztyn	5:07.24	367
50m: 35.59 35.59	150m: 1:53.67 39.10	250m: 3:12.37 39.44	350m: 4:31.09 39.04	
100m: 1:14.57 38.98	200m: 2:32.93 39.26	300m: 3:52.05 39.68	400m: 5:07.24 36.15	
2. MATUSIK Mirosław	56	Masters Białystok	5:59.50	229
50m: 38.96 38.96	150m: 2:09.26 45.91	250m: 3:41.86 46.37	350m: 5:16.05 46.75	
100m: 1:23.35 44.39	200m: 2:55.49 46.23	300m: 4:29.30 47.44	400m: 5:59.50 43.45	
3. SKRZYPEK Stefan	56	KP Koziegłowy	6:03.80	221
50m: 40.82 40.82	150m: 2:13.40 47.52	250m: 3:47.77 47.36	350m: 5:19.30 45.63	
100m: 1:25.88 45.06	200m: 3:00.41 47.01	300m: 4:33.67 45.90	400m: 6:03.80 44.50	
4. KORPETTA Wojciech	59	KS niezrzeszeni.pl	6:36.15	171
50m: 44.52 44.52	150m: 2:23.11 50.16	250m: 4:08.12 52.51	350m: 5:52.09 51.87	
100m: 1:32.95 48.43	200m: 3:15.61 52.50	300m: 5:00.22 52.10	400m: 6:36.15 44.06	
5. SUTOWSKI Robert	59	Warsaw Masters Team	6:39.46	167
50m: 45.14 45.14	150m: 2:24.82 51.09	250m: 4:08.97 52.28	350m: 5:51.80 50.80	
100m: 1:33.73 48.59	200m: 3:16.69 51.87	300m: 5:01.00 52.03	400m: 6:39.46 47.66	
6. MIKHAYLOV Sergey	59	Zvezdy Rosii	6:48.65	156
50m: 45.29 45.29	150m: 2:30.29 53.29	250m: 4:16.82 52.97	350m: 6:00.01 51.22	
100m: 1:37.00 51.71	200m: 3:23.85 53.56	300m: 5:08.79 51.97	400m: 6:48.65 48.64	

KAT.H, 60-64 lat

1. DE MAKAY Waldemar	50	Warsaw Masters Team	5:56.70	234
50m: 39.65 39.65	150m: 2:09.52 45.70	250m: 3:42.43 46.19	350m: 5:14.17 45.13	
100m: 1:23.82 44.17	200m: 2:56.24 46.72	300m: 4:29.04 46.61	400m: 5:56.70 42.53	
2. LIETZ Krzysztof	52	Toru czyk Masters Toru	6:12.32	206
50m: 41.98 41.98	150m: 2:16.73 48.38	250m: 3:54.55 48.26	350m: 5:30.78 46.96	
100m: 1:28.35 46.37	200m: 3:06.29 49.56	300m: 4:43.82 49.27	400m: 6:12.32 41.54	
3. DUBI SKI Bogdan	53	Zawodnik niezrzeszony	6:18.59	196
50m: 40.34 40.34	150m: 2:16.44 49.88	250m: 3:56.54 49.92	350m: 5:35.62 49.22	
100m: 1:26.56 46.22	200m: 3:06.62 50.18	300m: 4:46.40 49.86	400m: 6:18.59 42.97	
4. ZIELEZI SKI Włodzimierz	53	Zawodnik niezrzeszony	6:31.55	177
50m: 40.48 40.48	150m: 2:16.67 49.08	250m: 3:59.69 52.08	350m: 5:43.32 51.23	
100m: 1:27.59 47.11	200m: 3:07.61 50.94	300m: 4:52.09 52.40	400m: 6:31.55 48.23	
5. IRCZYK Leon	51	Rydułtowska Akademia A Seniora 60+	7:58.60	97
50m: 53.45 53.45	150m: 2:54.40 1:01.21	250m: 4:58.22 1:01.46	350m: 6:59.89 1:01.11	
100m: 1:53.19 59.74	200m: 3:56.76 1:02.36	300m: 5:58.78 1:00.56	400m: 7:58.60 58.71	
6. MICHAŁKOWSKI Andrzej	51	TKKF Koszalin Masters	8:17.86	86
50m: 48.70 48.70	150m: 2:53.40 1:04.56	250m: 5:01.90 1:05.06	350m: 7:14.63 1:06.83	
100m: 1:48.84 1:00.14	200m: 3:56.84 1:03.44	300m: 6:07.80 1:05.90	400m: 8:17.86 1:03.23	

KAT.I, 65-69 lat

1. AVDEEV Vitaliy	49	Zvezdy Rosii	6:15.06	202
50m: 40.32 40.32	150m: 2:12.74 47.24	250m: 3:51.60 49.51	350m: 5:29.69 48.18	
100m: 1:25.50 45.18	200m: 3:02.09 49.35	300m: 4:41.51 49.91	400m: 6:15.06 45.37	
2. JARZYNA Włodzimierz	49	MOTYL SENIOR MOSiR Stalowa Wola	6:18.45	196
50m: 42.13 42.13	150m: 2:20.04 50.02	250m: 4:00.28 50.61	350m: 5:36.21 47.04	
100m: 1:30.02 47.89	200m: 3:09.67 49.63	300m: 4:49.17 48.89	400m: 6:18.45 42.24	



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

Konkurencja 38, M czynn, 400m dowolny, KAT.I, 65-69 lat

miejsce	klub	rok	ur.					Czas	Pkt.
3.	SNIESKA Viktoras	47	TAKAS					6:39.01	167
	50m: 43.83 43.83	150m: 2:22.08 49.90	250m: 4:04.43 51.34	350m: 5:49.15 52.19	100m: 1:32.18 48.35	200m: 3:13.09 51.01	300m: 4:56.96 52.53	400m: 6:39.01 49.86	
4.	MLECZKO Andrzej	47	Masters Korona Kraków					6:57.29	146
	50m: 47.89 47.89	150m: 2:38.27 56.29	250m: 4:29.04 55.25	350m: 6:11.55 49.07	100m: 1:41.98 54.09	200m: 3:33.79 55.52	300m: 5:22.48 53.44	400m: 6:57.29 45.74	
5.	GUOGA Antanas	48	Torpedos					7:08.46	135
	50m: 45.81 45.81	150m: 2:32.56 54.60	250m: 4:23.92 55.56	350m: 6:15.16 55.85	100m: 1:37.96 52.15	200m: 3:28.36 55.80	300m: 5:19.31 55.39	400m: 7:08.46 53.30	
6.	WOLNIEWICZ Janusz	48	UKS Trójka Oborniki					7:22.40	123
	50m: 46.67 46.67	150m: 2:34.17 55.21	250m: 4:28.78 58.26	350m: 6:26.91 59.48	100m: 1:38.96 52.29	200m: 3:30.52 56.35	300m: 5:27.43 58.65	400m: 7:22.40 55.49	
7.	HASSO-AGOPSOWICZ Marek	48	AZS UWM Masters Olsztyn					8:48.03	72
	50m: 51.04 51.04	150m: 3:04.04 1:07.31	250m: 5:23.65 1:09.23	350m: 7:46.94 1:11.50	100m: 1:56.73 1:05.69	200m: 4:14.42 1:10.38	300m: 6:35.44 1:11.79	400m: 8:48.03 1:01.09	

KAT.J, 70-74 lat

1.	DZIEKO SKI Edward	43	Zawodnik niezrzeszony					7:27.63	118
	50m: 47.13 47.13	150m: 2:39.19 56.72	250m: 4:36.79 58.65	350m: 6:33.21 57.59	100m: 1:42.47 55.34	200m: 3:38.14 58.95	300m: 5:35.62 58.83	400m: 7:27.63 54.42	
2.	BORODZIUK Stefan	44	Warsaw Masters Team					7:33.40	114
	50m: 44.41 44.41	150m: 2:35.46 56.68	250m: 4:32.98 58.96	350m: 6:35.21 1:01.58	100m: 1:38.78 54.37	200m: 3:34.02 58.56	300m: 5:33.63 1:00.65	400m: 7:33.40 58.19	
3.	WAGA Stanisław	40	Masters Korona Kraków					8:18.81	85
	50m: 57.85 57.85	150m: 3:06.84 1:04.46	250m: 5:14.31 1:03.25	350m: 7:19.78 1:02.91	100m: 2:02.38 1:04.53	200m: 4:11.06 1:04.22	300m: 6:16.87 1:02.56	400m: 8:18.81 59.03	

KAT.K, 75-79 lat

1.	BASTEK Ewald	39	Weteran Zabrze					6:31.82	177
	<i>Rekord Polski Masters</i>								
	50m: 44.76 44.76	150m: 2:23.88 50.16	250m: 4:04.16 49.34	350m: 5:45.02 50.45	100m: 1:33.72 48.96	200m: 3:14.82 50.94	300m: 4:54.57 50.41	400m: 6:31.82 46.80	
2.	LEWANDOWSKI Zygmunt	37	Zawodnik niezrzeszony					7:40.99	108
	50m: 49.71 49.71	150m: 2:48.84 1:01.26	250m: 4:48.81 59.74	350m: 6:46.19 58.44	100m: 1:47.58 57.87	200m: 3:49.07 1:00.23	300m: 5:47.75 58.94	400m: 7:40.99 54.80	

KAT.L, 80-84 lat

1.	LUDWICZAK Zbigniew	33	Szczecineckie Towarzystwo Pływackie Ma					8:45.08	73
	50m: 59.11 59.11	150m: 3:09.27 1:05.97	250m: 5:24.71 1:07.71	350m: 7:40.66 1:07.45	100m: 2:03.30 1:04.19	200m: 4:17.00 1:07.73	300m: 6:33.21 1:08.50	400m: 8:45.08 1:04.42	
2.	FROM Kazimierz	32	WOPR Kutno					12:10.35	27
	50m: 1:18.15 1:18.15	150m: 4:21.71 1:34.35	250m: 7:32.01 1:33.54	350m: 10:39.83 1:33.48	100m: 2:47.36 1:29.21	200m: 5:58.47 1:36.76	300m: 9:06.35 1:34.34	400m: 12:10.35 1:30.52	