



Istniejemy
dla Was od 50 lat!



Zimowe Mistrzostwa Polski w Pływaniu w kategorii Masters
Olsztyn, 21- - 23-10-2016

Konkurencja 42
2016-10-23 - 11:50

M czynn, 400m dowolny

20 - 94 lat
Wyniki

Punkty: FINA 2016

miejsce	klub	rok ur.	Czas	Pkt.
KAT.0, 20-24 lat				
1.	KUCA Przemysław	94 KS Warta Pozna	4:18.60	552
	50m: 29.42 29.42	150m: 1:35.09 33.15	250m: 2:41.37 32.85	350m: 3:47.83 33.39
	100m: 1:01.94 32.52	200m: 2:08.52 33.43	300m: 3:14.44 33.07	400m: 4:18.60 30.77
2.	WOJCIECHOWSKI Filip	92 Nabaiji Team Decathlon	4:28.39	494
	50m: 28.15 28.15	150m: 1:34.45 33.94	250m: 2:44.13 35.06	350m: 3:54.86 34.99
	100m: 1:00.51 32.36	200m: 2:09.07 34.62	300m: 3:19.87 35.74	400m: 4:28.39 33.53
3.	MUSIALIK Marcin	94 Zawodnik Niezrzeszony	4:32.41	473
	50m: 30.92 30.92	150m: 1:38.65 33.96	250m: 2:48.29 34.82	350m: 3:58.20 35.08
	100m: 1:04.69 33.77	200m: 2:13.47 34.82	300m: 3:23.12 34.83	400m: 4:32.41 34.21
4.	GNIĄZDOWSKI Jerzy	96 KU AZS UAM Pozna	4:39.83	436
	50m: 30.25 30.25	150m: 1:39.77 34.88	250m: 2:51.53 35.61	350m: 4:04.37 36.77
	100m: 1:04.89 34.64	200m: 2:15.92 36.15	300m: 3:27.60 36.07	400m: 4:39.83 35.46
KAT.A, 25-29 lat				
1.	ZIEJA Dawid	89 AQUASFERA Masters Olsztyn	4:33.19	468
	50m: 30.05 30.05	150m: 1:38.64 34.67	250m: 2:49.03 35.16	350m: 3:59.03 35.02
	100m: 1:03.97 33.92	200m: 2:13.87 35.23	300m: 3:24.01 34.98	400m: 4:33.19 34.16
2.	PADUCH DANIEL	88 MOSIR MIELEC	4:35.78	455
	50m: 30.57 30.57	150m: 1:40.07 35.07	250m: 2:50.38 35.13	350m: 4:00.99 35.29
	100m: 1:05.00 34.43	200m: 2:15.25 35.18	300m: 3:25.70 35.32	400m: 4:35.78 34.79
3.	BARANOWSKI Marek	91 Zawodnik Niezrzeszony	4:36.47	452
	50m: 29.90 29.90	150m: 1:38.47 35.07	250m: 2:49.38 35.37	350m: 4:01.10 36.18
	100m: 1:03.40 33.50	200m: 2:14.01 35.54	300m: 3:24.92 35.54	400m: 4:36.47 35.37
4.	POTOCZNY Marcin	91 MKP Bobry D bica	7:12.16	118
	50m: 44.28 44.28	150m: 2:30.51 54.94	250m: 4:23.36 56.68	350m: 6:17.11 56.79
	100m: 1:35.57 51.29	200m: 3:26.68 56.17	300m: 5:20.32 56.96	400m: 7:12.16 55.05
KAT.B, 30-34 lat				
1.	GOŁEMBIEWSKI Andrzej	86 Toru Multisport Team	4:35.21	458
	50m: 30.32 30.32	150m: 1:38.33 34.48	250m: 2:49.47 35.75	350m: 4:01.90 35.90
	100m: 1:03.85 33.53	200m: 2:13.72 35.39	300m: 3:26.00 36.53	400m: 4:35.21 33.31
2.	JAJUGA Dawid	86 MASTERS Zdieszowice	4:38.20	444
	50m: 32.00 32.00	150m: 1:42.53 35.19	250m: 2:53.88 35.50	350m: 4:05.08 35.68
	100m: 1:07.34 35.34	200m: 2:18.38 35.85	300m: 3:29.40 35.52	400m: 4:38.20 33.12
3.	ISALSKI Przemysław	82 KS Warta Pozna	4:49.24	395
	50m: 32.42 32.42	150m: 1:44.44 36.76	250m: 2:58.25 37.05	350m: 4:12.43 36.96
	100m: 1:07.68 35.26	200m: 2:21.20 36.76	300m: 3:35.47 37.22	400m: 4:49.24 36.81
4.	BRODACKI Maciej	83 Swimming Masters Team Szczecin	4:50.94	388
	50m: 31.30 31.30	150m: 1:42.31 36.13	250m: 2:57.76 38.67	350m: 4:14.99 38.96
	100m: 1:06.18 34.88	200m: 2:19.09 36.78	300m: 3:36.03 38.27	400m: 4:50.94 35.95
5.	BEDNARZ Mateusz	83 Warsaw Masters Team	5:01.02	350
	50m: 33.45 33.45	150m: 1:48.73 38.60	250m: 3:06.78 38.99	350m: 4:24.51 38.90
	100m: 1:10.13 36.68	200m: 2:27.79 39.06	300m: 3:45.61 38.83	400m: 5:01.02 36.51



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Zimowe Mistrzostwa Polski w Pływaniu w kategorii Masters
Olsztyn, 21 - 23-10-2016

Konkurencja 42, M czynn, 400m dowolny, KAT.B, 30-34 lat

miejsce	klub	rok ur.					Czas	Pkt.
6.	TOMCZAK Marcin	85	KU AZS UAM Pozna				5:15.43	304
	50m: 35.33 35.33	150m: 1:51.43 38.95	250m: 3:12.28 40.59	350m: 4:34.76 41.62	400m: 5:15.43 40.67			
	100m: 1:12.48 37.15	200m: 2:31.69 40.26	300m: 3:53.14 40.86					
7.	SZYDŁO Konrad	86	Zawodnik Niezrzeszony				5:20.03	291
	50m: 34.93 34.93	150m: 1:54.61 40.48	250m: 3:17.34 41.48	350m: 4:41.54 42.04	400m: 5:20.03 38.49			
	100m: 1:14.13 39.20	200m: 2:35.86 41.25	300m: 3:59.50 42.16					
8.	RYBICKI Artur	84	Toru Multisport Team				5:56.58	210
	50m: 39.29 39.29	150m: 2:08.03 44.90	250m: 3:41.92 47.22	350m: 5:16.26 46.67	400m: 5:56.58 40.32			
	100m: 1:23.13 43.84	200m: 2:54.70 46.67	300m: 4:29.59 47.67					
9.	BILSKI Adrian	84	Toru Multisport Team				6:26.88	165
	50m: 42.83 42.83	150m: 2:15.76 47.19	250m: 3:54.31 49.12	350m: 5:32.76 48.62	400m: 6:26.88 54.12			
	100m: 1:28.57 45.74	200m: 3:05.19 49.43	300m: 4:44.14 49.83					

KAT.C, 35-39 lat

1.	KACZMAREK Stanisław	79	KS Warta Pozna				4:19.23	548
	50m: 29.83 29.83	150m: 1:36.06 33.35	250m: 2:43.08 33.38	350m: 3:48.27 32.32	400m: 4:19.23 30.96			
	100m: 1:02.71 32.88	200m: 2:09.70 33.64	300m: 3:15.95 32.87					
2.	FR CKOWIAK Artur	78	MASTERS Łód				4:49.27	395
	50m: 31.94 31.94	150m: 1:43.47 36.20	250m: 2:58.43 37.43	350m: 4:13.75 37.59	400m: 4:49.27 35.52			
	100m: 1:07.27 35.33	200m: 2:21.00 37.53	300m: 3:36.16 37.73					
3.	GIEJSZTOWT Marcin	78	Warsaw Masters Team				4:50.60	389
	50m: 32.29 32.29	150m: 1:43.28 36.10	250m: 2:58.88 37.79	350m: 4:14.73 37.15	400m: 4:50.60 35.87			
	100m: 1:07.18 34.89	200m: 2:21.09 37.81	300m: 3:37.58 38.70					
4.	KONOPACKI Piotr	78	AQUASFERA Masters Olsztyn				5:02.79	344
	50m: 32.76 32.76	150m: 1:48.39 37.65	250m: 3:06.16 39.38	350m: 4:26.15 39.89	400m: 5:02.79 36.64			
	100m: 1:10.74 37.98	200m: 2:26.78 38.39	300m: 3:46.26 40.10					
5.	SUWARA Piotr	79	Sopot Masters				5:08.07	327
	50m: 33.91 33.91	150m: 1:51.62 39.52	250m: 3:11.46 39.97	350m: 4:31.06 39.44	400m: 5:08.07 37.01			
	100m: 1:12.10 38.19	200m: 2:31.49 39.87	300m: 3:51.62 40.16					
6.	JANKOWIAK Bartosz	81	KU AZS UAM Pozna				5:27.54	272
	50m: 35.68 35.68	150m: 1:58.01 41.69	250m: 3:22.53 42.27	350m: 4:47.81 42.79	400m: 5:27.54 39.73			
	100m: 1:16.32 40.64	200m: 2:40.26 42.25	300m: 4:05.02 42.49					

KAT.D, 40-44 lat

1.	GREGOROWICZ Paweł	74	AQUASFERA Masters Olsztyn				4:29.81	486
	50m: 31.23 31.23	150m: 1:39.32 34.16	250m: 2:47.74 33.77	350m: 3:56.76 34.63	400m: 4:29.81 33.05			
	100m: 1:05.16 33.93	200m: 2:13.97 34.65	300m: 3:22.13 34.39					
2.	MONCZAK Grzegorz	73	One Man Team				4:39.42	438
	50m: 33.08 33.08	150m: 1:42.82 35.14	250m: 2:54.12 35.63	350m: 4:04.76 35.20	400m: 4:39.42 34.66			
	100m: 1:07.68 34.60	200m: 2:18.49 35.67	300m: 3:29.56 35.44					
3.	GOŁ BIEWSKI Remigiusz	76	Swimmers St. Pływackie				4:53.40	378
	50m: 32.95 32.95	150m: 1:46.84 37.56	250m: 3:02.45 37.84	350m: 4:17.10 37.08	400m: 4:53.40 36.30			
	100m: 1:09.28 36.33	200m: 2:24.61 37.77	300m: 3:40.02 37.57					
4.	SZULC Jakub	76	Warsaw Masters Team				4:54.71	373
	50m: 33.55 33.55	150m: 1:47.33 37.07	250m: 3:02.50 37.54	350m: 4:18.26 37.81	400m: 4:54.71 36.45			
	100m: 1:10.26 36.71	200m: 2:24.96 37.63	300m: 3:40.45 37.95					
5.	PŁANETA Maciej	74	UKS Delfin Masters Tarnobrzeg				5:14.13	308
	50m: 35.09 35.09	150m: 1:53.64 39.78	250m: 3:15.05 40.72	350m: 4:35.36 40.21	400m: 5:14.13 38.77			
	100m: 1:13.86 38.77	200m: 2:34.33 40.69	300m: 3:55.15 40.10					

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Olsztyn, 21- - 23-10-2016

Konkurencja 42, M czynn, 400m dowolny, KAT.D, 40-44 lat

miejsce	klub	rok	ur.					Czas	Pkt.
6.	BIANKOWSKI PIOTR	75	Polish Extreme Ice Swimming					5:30.13	265
	50m: 36.19 36.19	150m: 2:00.77 42.55	250m: 3:26.38 42.77	350m: 4:51.86 42.75	100m: 1:18.22 42.03	200m: 2:43.61 42.84	300m: 4:09.11 42.73	400m: 5:30.13 38.27	
7.	FAJDASZ Andrzej	73	Zawodnik Niezrzeszony					5:33.13	258
	50m: 35.36 35.36	150m: 1:56.37 41.33	250m: 3:20.97 42.58	350m: 4:49.34 44.45	100m: 1:15.04 39.68	200m: 2:38.39 42.02	300m: 4:04.89 43.92	400m: 5:33.13 43.79	
8.	PAŁYSA Marek	74	Zawodnik Niezrzeszony					5:33.45	257
	50m: 33.51 33.51	150m: 1:52.47 40.53	250m: 3:19.93 44.12	350m: 4:50.55 45.93	100m: 1:11.94 38.43	200m: 2:35.81 43.34	300m: 4:04.62 44.69	400m: 5:33.45 42.90	
9.	WIKŁA Grzegorz	74	TKKF Koszalin Masters					5:38.49	246
	50m: 36.79 36.79	150m: 2:02.73 43.88	250m: 3:32.47 44.19	350m: 4:59.36 42.26	100m: 1:18.85 42.06	200m: 2:48.28 45.55	300m: 4:17.10 44.63	400m: 5:38.49 39.13	
10.	ZIENKIEWICZ Marek	74	Swimming Masters Team Szczecin					6:07.99	191
	50m: 39.24 39.24	150m: 2:09.81 46.22	250m: 3:44.70 48.25	350m: 5:21.31 47.73	100m: 1:23.59 44.35	200m: 2:56.45 46.64	300m: 4:33.58 48.88	400m: 6:07.99 46.68	
11.	MATUSIAK VEL MATUSZEWSKI Ad	74	AQUASFERA Masters Olsztyn					6:30.18	160
	50m: 44.86 44.86	150m: 2:25.96 51.34	250m: 4:06.47 50.20	350m: 5:46.13 49.55	100m: 1:34.62 49.76	200m: 3:16.27 50.31	300m: 4:56.58 50.11	400m: 6:30.18 44.05	
12.	MAZUREK Marcin	75	Masterskrasnik					6:31.73	159
	50m: 42.18 42.18	150m: 2:17.47 48.17	250m: 3:57.40 50.26	350m: 5:40.86 51.58	100m: 1:29.30 47.12	200m: 3:07.14 49.67	300m: 4:49.28 51.88	400m: 6:31.73 50.87	

KAT.E, 45-49 lat

1.	MONCZAK Piotr	67	Start Pozna					4:40.40	433
	50m: 31.96 31.96	150m: 1:43.98 35.92	250m: 2:56.24 36.14	350m: 4:07.62 34.87	100m: 1:08.06 36.10	200m: 2:20.10 36.12	300m: 3:32.75 36.51	400m: 4:40.40 32.78	
2.	SMIRNOV Aleksandr	68	Pregel					4:49.65	393
	50m: 33.54 33.54	150m: 1:47.55 37.42	250m: 3:01.23 36.84	350m: 4:14.58 36.69	100m: 1:10.13 36.59	200m: 2:24.39 36.84	300m: 3:37.89 36.66	400m: 4:49.65 35.07	
3.	MARKOWICZ Piotr	67	AQUASFERA Masters Olsztyn					5:11.11	317
	50m: 35.82 35.82	150m: 1:52.16 38.49	250m: 3:11.11 39.69	350m: 4:31.84 40.43	100m: 1:13.67 37.85	200m: 2:31.42 39.26	300m: 3:51.41 40.30	400m: 5:11.11 39.27	
4.	WILKOWSKI Leszek	71	Sopot Masters					5:42.40	238
	50m: 36.50 36.50	150m: 2:00.33 42.95	250m: 3:29.17 44.83	350m: 4:59.33 45.20	100m: 1:17.38 40.88	200m: 2:44.34 44.01	300m: 4:14.13 44.96	400m: 5:42.40 43.07	

KAT.F, 50-54 lat

1.	OLSZEWSKI Paweł	62	KS Warta Pozna					4:53.60	377
	50m: 32.76 32.76	150m: 1:46.92 37.85	250m: 3:03.54 38.48	350m: 4:18.60 37.29	100m: 1:09.07 36.31	200m: 2:25.06 38.14	300m: 3:41.31 37.77	400m: 4:53.60 35.00	
2.	KRASAUSKAS Vilmantas	64	Torpedos					4:58.11	360
	50m: 34.19 34.19	150m: 1:46.85 36.53	250m: 3:01.94 37.81	350m: 4:19.67 39.04	100m: 1:10.32 36.13	200m: 2:24.13 37.28	300m: 3:40.63 38.69	400m: 4:58.11 38.44	
3.	SKOCZYLAS Tomasz	66	UKS Wodnik 29 Katowice					5:01.05	350
	50m: 33.90 33.90	150m: 1:49.21 38.31	250m: 3:07.68 39.03	350m: 4:24.69 38.00	100m: 1:10.90 37.00	200m: 2:28.65 39.44	300m: 3:46.69 39.01	400m: 5:01.05 36.36	
4.	JANOVSKÝ Ji í	64	Plavecký klub Stráž pod Ralskem					5:07.05	330
	50m: 35.04 35.04	150m: 1:51.92 38.58	250m: 3:09.78 39.15	350m: 4:28.98 39.84	100m: 1:13.34 38.30	200m: 2:30.63 38.71	300m: 3:49.14 39.36	400m: 5:07.05 38.07	

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Olsztyn, 21- - 23-10-2016

Konkurencja 42, M czynn, 400m dowolny, KAT.F, 50-54 lat

miejsce	klub	rok ur.							Czas	Pkt.
5.	JANYGA Dariusz	66	KS Warta Pozna						5:07.14	330
	50m: 34.94 34.94	150m: 1:50.75 38.58	250m: 3:09.62 39.16	350m: 4:29.13 39.84	100m: 1:12.17 37.23	200m: 2:30.46 39.71	300m: 3:49.29 39.67	400m: 5:07.14 38.01		
6.	EZHKO V Vadim	65	Pregel						5:29.26	267
	50m: 36.23 36.23	150m: 1:57.77 41.42	250m: 3:22.61 42.64	350m: 4:48.34 42.60	100m: 1:16.35 40.12	200m: 2:39.97 42.20	300m: 4:05.74 43.13	400m: 5:29.26 40.92		
7.	LOPIN Grigorii	63	Pregel						5:36.48	250
	50m: 36.70 36.70	150m: 2:00.56 43.24	250m: 3:27.86 43.87	350m: 4:55.66 43.95	100m: 1:17.32 40.62	200m: 2:43.99 43.43	300m: 4:11.71 43.85	400m: 5:36.48 40.82		
8.	TCHORZEWSKI Norbert	65	Swimmers St. Pływackie						5:38.49	246
	50m: 37.77 37.77	150m: 2:03.55 43.86	250m: 3:33.03 44.06	350m: 5:00.39 43.35	100m: 1:19.69 41.92	200m: 2:48.97 45.42	300m: 4:17.04 44.01	400m: 5:38.49 38.10		
9.	AUDRIUS Kiaue	62	Vandenynas						6:07.66	192
	50m: 39.17 39.17	150m: 2:10.17 46.70	250m: 3:45.76 48.26	350m: 5:21.97 48.54	100m: 1:23.47 44.30	200m: 2:57.50 47.33	300m: 4:33.43 47.67	400m: 6:07.66 45.69		
10.	OGRODNIK Bogusław	65	Zawodnik Niezrzeszony						6:45.33	143
	50m: 42.22 42.22	150m: 2:25.09 53.23	250m: 4:09.47 51.81	350m: 5:57.02 54.63	100m: 1:31.86 49.64	200m: 3:17.66 52.57	300m: 5:02.39 52.92	400m: 6:45.33 48.31		
NIE UK.	PASIECZNY Andrzej	66	Victory Masters Elbl g							
	50m: 31.21 31.21	150m: 1:39.52 34.78	250m:	350m:	100m: 1:04.74 33.53	200m:	300m:	400m:		

KAT.G, 55-59 lat

1.	GABIEC Mariusz	58	AQUASFERA Masters Olsztyn						5:04.22	339
	50m: 35.18 35.18	150m: 1:51.47 38.12	250m: 3:08.67 38.55	350m: 4:26.27 38.79	100m: 1:13.35 38.17	200m: 2:30.12 38.65	300m: 3:47.48 38.81	400m: 5:04.22 37.95		
2.	ORECKI Lech	61	MKP Szczecin						5:26.19	275
	50m: 36.19 36.19	150m: 1:59.25 43.20	250m: 3:24.24 42.55	350m: 4:48.58 41.48	100m: 1:16.05 39.86	200m: 2:41.69 42.44	300m: 4:07.10 42.86	400m: 5:26.19 37.61		
3.	KO LIKOWSKI Marek	61	AQUASFERA Masters Olsztyn						5:45.79	231
	50m: 37.95 37.95	150m: 2:03.51 43.99	250m: 3:33.12 44.97	350m: 5:03.02 44.71	100m: 1:19.52 41.57	200m: 2:48.15 44.64	300m: 4:18.31 45.19	400m: 5:45.79 42.77		
4.	SUTOWSKI Robert	59	Warsaw Masters Team						6:36.25	153
	50m: 45.92 45.92	150m: 2:28.25 51.73	250m: 5:00.56 1:40.64	350m:	100m: 1:36.52 50.60	200m: 3:19.92 51.67	300m: 5:50.16 49.60	400m: 6:36.25		
DYSKW.	MIKHAYLOV Sergei	59	Pregel							
	O4									

KAT.H, 60-64 lat

1.	GARENICKS RAIMONDS	55	LATVIA						5:32.19	260
	50m: 37.54 37.54	150m: 1:59.87 41.87	250m: 3:24.94 42.76	350m: 4:51.33 43.14	100m: 1:18.00 40.46	200m: 2:42.18 42.31	300m: 4:08.19 43.25	400m: 5:32.19 40.86		
2.	SKRZYPEK Stefan	56	Steef Wroclaw						5:54.07	215
	50m: 40.12 40.12	150m: 2:08.41 44.60	250m: 3:38.30 44.41	350m: 5:09.91 46.21	100m: 1:23.81 43.69	200m: 2:53.89 45.48	300m: 4:23.70 45.40	400m: 5:54.07 44.16		
3.	PIETRASZEWSKI Zbigniew	55	TS Olimpia Pozna						6:16.12	179
	50m: 41.03 41.03	150m: 2:16.12 47.79	250m: 3:52.40 48.06	350m: 5:29.76 48.54	100m: 1:28.33 47.30	200m: 3:04.34 48.22	300m: 4:41.22 48.82	400m: 6:16.12 46.36		



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Zimowe Mistrzostwa Polski w Pływaniu w kategorii Masters
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Konkurencja 42, M czynn, 400m dowolny, KAT.H, 60-64 lat

miejsce	klub	rok ur.							Czas	Pkt.
4.	LIETZ Krzysztof	52	Toru Multisport Team						6:23.96	168
	50m: 41.41 41.41	150m: 2:11.17 45.89	250m: 3:51.32 51.22	350m: 5:32.56 50.51	100m: 1:25.28 43.87	200m: 3:00.10 48.93	300m: 4:42.05 50.73	400m: 6:23.96 51.40		
5.	DUBI SKI Bogdan	53	Zawodnik Niezrzeszony						6:42.41	146
	50m: 42.76 42.76	150m: 2:22.49 51.90	250m: 4:07.35 53.05	350m: 5:54.65 53.46	100m: 1:30.59 47.83	200m: 3:14.30 51.81	300m: 5:01.19 53.84	400m: 6:42.41 47.76		
6.	LASOWY Marian	55	Zawodnik Niezrzeszony						7:11.19	119
	50m: 45.36 45.36	150m: 2:34.11 55.71	250m: 4:27.25 56.63	350m: 6:21.34 57.42	100m: 1:38.40 53.04	200m: 3:30.62 56.51	300m: 5:23.92 56.67	400m: 7:11.19 49.85		
7.	BŁASIAK Janusz	55	UTW Masters Zgierz						7:52.97	90
	50m: 52.01 52.01	150m:	250m:	350m:	100m: 1:51.77 59.76	200m:	300m:	400m: 7:52.97		

KAT.I, 65-69 lat

1.	DE MAKAY Waldemar	50	Warsaw Masters Team						5:27.13	273
	50m: 37.00 37.00	150m: 1:58.71 41.61	250m: 3:22.11 41.77	350m: 4:46.81 42.50	100m: 1:17.10 40.10	200m: 2:40.34 41.63	300m: 4:04.31 42.20	400m: 5:27.13 40.32		
2.	MANEVICH Mikhail	48	Raduga						5:52.56	218
	50m: 38.55 38.55	150m: 2:05.61 44.74	250m: 3:36.81 45.19	350m: 5:08.48 45.58	100m: 1:20.87 42.32	200m: 2:51.62 46.01	300m: 4:22.90 46.09	400m: 5:52.56 44.08		
3.	MLECZKO Andrzej	47	Masters Korona Kraków						6:46.76	142
	50m: 47.52 47.52	150m: 2:32.97 53.00	250m: 4:16.24 51.85	350m: 5:58.25 51.11	100m: 1:39.97 52.45	200m: 3:24.39 51.42	300m: 5:07.14 50.90	400m: 6:46.76 48.51		
4.	WOLNIEWICZ Janusz	48	KS Extreme Team Oborniki						7:15.40	115
	50m: 45.90 45.90	150m: 2:34.68 55.97	250m: 4:27.33 56.71	350m: 6:22.01 58.18	100m: 1:38.71 52.81	200m: 3:30.62 55.94	300m: 5:23.83 56.50	400m: 7:15.40 53.39		
5.	ZELENOW Aleksandr	50	Pregel						7:38.55	99
	50m: 48.25 48.25	150m: 2:45.99 1:00.04	250m: 4:45.59 59.39	350m: 6:43.13 58.76	100m: 1:45.95 57.70	200m: 3:46.20 1:00.21	300m: 5:44.37 58.78	400m: 7:38.55 55.42		
6.	CHOROSZEWSKI Zdzisław	47	AQUASFERA Masters Olsztyn						8:32.73	70
	50m: 53.77 53.77	150m: 3:03.19 1:06.47	250m: 5:18.44 1:07.47	350m: 7:32.03 1:06.11	100m: 1:56.72 1:02.95	200m: 4:10.97 1:07.78	300m: 6:25.92 1:07.48	400m: 8:32.73 1:00.70		

KAT.J, 70-74 lat

1.	DZIEKO SKI Edward	43	Zawodnik Niezrzeszony						7:17.51	114
	50m: 47.89 47.89	150m: 2:37.52 55.98	250m: 4:31.09 56.49	350m: 6:22.90 56.22	100m: 1:41.54 53.65	200m: 3:34.60 57.08	300m: 5:26.68 55.59	400m: 7:17.51 54.61		
2.	BORODZIUK Stefan	44	Warsaw Masters Team						7:41.31	97
	50m: 46.23 46.23	150m: 2:39.07 58.27	250m: 4:38.27 1:01.15	350m: 6:44.38 1:02.87	100m: 1:40.80 54.57	200m: 3:37.12 58.05	300m: 5:41.51 1:03.24	400m: 7:41.31 56.93		

KAT.K, 75-79 lat

1.	LEWANDOWSKI ZYGMUNT	37	OSIR Inowrocław						7:40.66	97
	50m: 52.86 52.86	150m: 2:48.73 58.43	250m: 4:48.23 59.40	350m: 6:45.39 58.58	100m: 1:50.30 57.44	200m: 3:48.83 1:00.10	300m: 5:46.81 58.58	400m: 7:40.66 55.27		
2.	WAGA Stanisław	40	Masters Korona Kraków						8:04.09	84
	50m: 57.49 57.49	150m: 3:01.58 1:03.52	250m: 5:06.02 1:01.72	350m: 7:08.87 1:01.58	100m: 1:58.06 1:00.57	200m: 4:04.30 1:02.72	300m: 6:07.29 1:01.27	400m: 8:04.09 55.22		



*Istniejemy
dla Was od 50 lat!*



Zimowe Mistrzostwa Polski w Pływaniu w kategorii Masters
Olsztyn, 21- - 23-10-2016

Konkurencja 42, M czynn, 400m dowolny

KAT.L, 80-84 lat

1. LUDWICZAK Zbigniew	33	Szczecineckie Towarzystwo Pływackie Ma	8:53.29	63
50m: 1:00.35 1:00.35	150m: 3:12.45 1:07.27	250m: 5:28.12 1:08.68	350m: 7:47.58 1:11.29	
100m: 2:05.18 1:04.83	200m: 4:19.44 1:06.99	300m: 6:36.29 1:08.17	400m: 8:53.29 1:05.71	