

LETNIE OTWARTE MISTRZOSTWA POLSKI W PŁYWANIU W KATEGORIACH MASTERS
Warszawa, 2. - 4.6.2023

Konkurencja 40 M cyczn, 400m dowolny 20 lat i starsi
04.06.2023 - 11:10 Wyniki

Rekordy Polski Masters 95 - 99	12:10.95	Mrówczy ski Kazimierz	Budapeszt (HUN)	20.08.2017
Rekordy Polski Masters 90 - 94	11:34.19	Mrówczy ski Kazimierz	Londyn (GBR)	27.05.2016
Rekordy Polski Masters 85 - 89	8:01.90	Krokoszy ski Stanisław	Szczecin	27.06.2015
Rekordy Polski Masters 80 - 84	6:58.79	Krokoszy ski Stanisław	Gliwice	09.05.2010
Rekordy Polski Masters 75 - 79	6:31.82	Bastek Ewald	Olsztyn	29.06.2014
Rekordy Polski Masters 70 - 74	5:53.54	Bastek Ewald	Gdynia	27.06.2009
Rekordy Polski Masters 65 - 69	5:30.75	Warchoł Mirosław	Warszawa	05.12.2020
Rekordy Polski Masters 60 - 64	5:03.62	Gabiec Mariusz	Pozna	24.06.2018
Rekordy Polski Masters 55 - 59	4:49.84	Madej Leszek	Gliwice	12.06.2016
Rekordy Polski Masters 50 - 54	4:48.38	Monczak Piotr	Gliwice	02.06.2019
Rekordy Polski Masters 45 - 49	4:37.07	Berwecki Arkadiusz	Pozna	24.06.2018
Rekordy Polski Masters 40 - 44	4:21.40	Stanek Grzegorz	Cadiz (ESP)	17.09.2009
Rekordy Polski Masters 35 - 39	4:23.70	Kaczmarek Stanisław	Londyn (GBR)	27.05.2016
Rekordy Polski Masters 30 - 34	4:26.67	Rurak Paweł	Rome	28.08.2022
Rekordy Polski Masters 25 - 29	4:13.52	Pióro Artur	Gliwice	02.06.2019

Punkty: FINA Master 2023

Pozycja Rok ur. Czas Pkt.

"A" 25-29 lat

1. Gajda Maciej	95	TRÓJKA Cz stochowa	4:41.07	630
50m: 30.35 30.35	150m: 1:41.98 36.33	250m: 2:55.77 36.79	350m: 4:08.15 36.06	
100m: 1:05.65 35.30	200m: 2:18.98 37.00	300m: 3:32.09 36.32	400m: 4:41.07 32.92	
2. Gralewski Michał	94	AZS UW Warszawa	4:44.86	605
50m: 30.90 30.90	150m: 1:42.22 35.97	250m: 2:54.17 35.99	350m: 4:07.24 36.81	
100m: 1:06.25 35.35	200m: 2:18.18 35.96	300m: 3:30.43 36.26	400m: 4:44.86 37.62	
3. Krasicki Artur	95	ASTORIA Bydgoszcz	4:46.31	596
50m: 30.92 30.92	150m: 1:42.46 36.55	250m: 2:56.76 37.32	350m: 4:11.32 37.17	
100m: 1:05.91 34.99	200m: 2:19.44 36.98	300m: 3:34.15 37.39	400m: 4:46.31 34.99	
4. Kurek Mateusz	94	TRÓJKA Cz stochowa	5:34.29	374
50m: 35.29 35.29	150m: 1:55.73 41.05	250m: 3:23.03 44.35	350m: 4:53.37 45.29	
100m: 1:14.68 39.39	200m: 2:38.68 42.95	300m: 4:08.08 45.05	400m: 5:34.29 40.92	

"B" 30-34 lat

1. Aptewicz Arkadiusz	93	WATER SQUAD Warszawa	4:26.53	713
<i>Czas lepszy od Rekordu Polski MASTERS</i>				
50m: 29.46 29.46	150m: 1:37.20 34.39	250m: 2:45.73 34.22	350m: 3:54.12 33.90	
100m: 1:02.81 33.35	200m: 2:11.51 34.31	300m: 3:20.22 34.49	400m: 4:26.53 32.41	
2. Witt Piotr	91	WARTA Pozna	4:47.52	568
50m: 30.48 30.48	150m: 1:42.48 36.69	250m: 2:56.96 37.47	350m: 4:12.54 37.43	
100m: 1:05.79 35.31	200m: 2:19.49 37.01	300m: 3:35.11 38.15	400m: 4:47.52 34.98	
3. Nied wiadek Jakub	93	5STYL Warszawa	4:58.27	508
50m: 34.43 34.43	150m: 1:49.21 37.58	250m: 3:05.39 38.15	350m: 4:21.71 37.64	
100m: 1:11.63 37.20	200m: 2:27.24 38.03	300m: 3:44.07 38.68	400m: 4:58.27 36.56	
4. Grochowski Łukasz	91	Niezrzeszony	5:20.68	409
50m: 37.51 37.51	150m: 1:59.63 41.10	250m: 3:21.70 40.92	350m: 4:42.08 39.76	
100m: 1:18.53 41.02	200m: 2:40.78 41.15	300m: 4:02.32 40.62	400m: 5:20.68 38.60	
5. Lubi ski Kamil	92	Niezrzeszony	5:23.91	397
50m: 36.99 36.99	150m: 1:57.07 40.40	250m: 3:18.59 41.11	350m: 4:42.55 42.38	
100m: 1:16.67 39.68	200m: 2:37.48 40.41	300m: 4:00.17 41.58	400m: 5:23.91 41.36	
6. Kra niewski Mateusz	90	Niezrzeszony	5:45.18	328
50m: 38.56 38.56	150m: 2:03.95 43.37	250m: 3:32.14 44.10	350m: 5:02.01 44.94	
100m: 1:20.58 42.02	200m: 2:48.04 44.09	300m: 4:17.07 44.93	400m: 5:45.18 43.17	

LETNIE OTWARTE MISTRZOSTWA POLSKI W PŁYWANIU W KATEGORIACH MASTERS
Warszawa, 2. - 4.6.2023

Konkurencja 40, M czyzn, 400m dowolny

"C" 35-39 lat

1.	Fluder Stanisław	86	WATER SQUAD Warszawa	4:32.73	733
	50m: 30.85 30.85	150m: 1:40.12 34.97	250m: 2:49.69 34.60	350m: 3:59.09 34.41	
	100m: 1:05.15 34.30	200m: 2:15.09 34.97	300m: 3:24.68 34.99	400m: 4:32.73 33.64	
2.	Strumi ski Emil	88	DRAGON B dzin	4:45.18	641
	50m: 31.92 31.92	150m: 1:44.54 36.79	250m: 2:59.45 37.41	350m: 4:12.80 36.03	
	100m: 1:07.75 35.83	200m: 2:22.04 37.50	300m: 3:36.77 37.32	400m: 4:45.18 32.38	
3.	Zielonka Rafał	86	MASTERS AVIA widnik	4:55.86	574
	50m: 33.70 33.70	150m: 1:48.56 37.39	250m: 3:04.75 37.97	350m: 4:20.10 37.36	
	100m: 1:11.17 37.47	200m: 2:26.78 38.22	300m: 3:42.74 37.99	400m: 4:55.86 35.76	
4.	Wzi tek Rafał	88	5STYL Warszawa	5:44.63	363
	50m: 36.05 36.05	150m: 1:59.59 43.34	250m: 3:30.18 46.14	350m: 5:02.37 45.58	
	100m: 1:16.25 40.20	200m: 2:44.04 44.45	300m: 4:16.79 46.61	400m: 5:44.63 42.26	
5.	Ro ek Łukasz	84	SMT Szczecin	6:36.29	238
	50m: 40.73 40.73	150m: 2:14.62 48.29	250m: 3:58.17 52.81	350m: 5:45.79 54.03	
	100m: 1:26.33 45.60	200m: 3:05.36 50.74	300m: 4:51.76 53.59	400m: 6:36.29 50.50	

"D" 40-44 lat

1.	Kaczmarek Stanisław	79	LANDSBERG CREW Gorzów Wlkp.	4:51.86	604
	50m: 33.42 33.42	150m: 1:47.78 37.66	250m: 3:02.25 36.83	350m: 4:16.11 36.91	
	100m: 1:10.12 36.70	200m: 2:25.42 37.64	300m: 3:39.20 36.95	400m: 4:51.86 35.75	
2.	Wachowski Bła ej	80	WARTA Pozna	5:12.74	491
	50m: 35.54 35.54	150m: 1:54.73 39.90	250m: 3:14.74 40.01	350m: 4:35.39 40.38	
	100m: 1:14.83 39.29	200m: 2:34.73 40.00	300m: 3:55.01 40.27	400m: 5:12.74 37.35	
3.	Wilmowicz Adam	79	Niezrzeszony	5:13.24	488
	50m: 34.40 34.40	150m: 1:53.42 40.19	250m: 3:14.80 40.92	350m: 4:35.87 40.53	
	100m: 1:13.23 38.83	200m: 2:33.88 40.46	300m: 3:55.34 40.54	400m: 5:13.24 37.37	
4.	Bro yna Marek	80	WATER SQUAD Warszawa	5:29.74	418
	50m: 35.31 35.31	150m: 1:58.00 42.03	250m: 3:23.27 41.87	350m: 4:50.12 44.47	
	100m: 1:15.97 40.66	200m: 2:41.40 43.40	300m: 4:05.65 42.38	400m: 5:29.74 39.62	
5.	Lis Roman	79	SWIMMERS Warszawa	5:57.01	330
	50m: 38.71 38.71	150m: 2:08.10 45.05	250m: 3:41.09 46.81	350m: 5:14.96 47.05	
	100m: 1:23.05 44.34	200m: 2:54.28 46.18	300m: 4:27.91 46.82	400m: 5:57.01 42.05	
6.	Broniszewski Jakub	80	5STYL Warszawa	6:00.47	320
	50m: 39.93 39.93	150m: 2:10.45 45.36	250m: 3:42.34 45.50	350m: 5:14.88 46.03	
	100m: 1:25.09 45.16	200m: 2:56.84 46.39	300m: 4:28.85 46.51	400m: 6:00.47 45.59	
7.	Stasiukiewicz Rafał	80	7PBOT	7:59.35	136
	50m: 47.83 47.83	150m: 2:45.71 1:00.93	250m: 4:50.57 1:01.14	350m: 6:58.13 1:01.93	
	100m: 1:44.78 56.95	200m: 3:49.43 1:03.72	300m: 5:56.20 1:05.63	400m: 7:59.35 1:01.22	

"E" 45-49 lat

1.	Gregorowicz Paweł	74	MASTERS Olsztyn	4:42.64	700
	50m: 32.29 32.29	150m: 1:42.93 35.70	250m: 2:55.16 36.23	350m: 4:07.80 36.50	
	100m: 1:07.23 34.94	200m: 2:18.93 36.00	300m: 3:31.30 36.14	400m: 4:42.64 34.84	
2.	Konopacki Piotr	78	MASTERS Olsztyn	4:58.93	592
	50m: 32.34 32.34	150m: 1:47.98 38.54	250m: 3:06.25 39.21	350m: 4:24.39 38.56	
	100m: 1:09.44 37.10	200m: 2:27.04 39.06	300m: 3:45.83 39.58	400m: 4:58.93 34.54	
3.	Sarna Tomasz	75	ORION TEAM Rzeszów	4:59.38	589
	50m: 32.78 32.78	150m: 1:46.73 37.68	250m: 3:04.24 39.07	350m: 4:22.62 39.32	
	100m: 1:09.05 36.27	200m: 2:25.17 38.44	300m: 3:43.30 39.06	400m: 4:59.38 36.76	
4.	Giejsztowt Marcin	78	WMT Warszawa	5:00.01	586
	50m: 34.33 34.33	150m: 1:49.41 37.88	250m: 3:06.43 38.31	350m: 4:23.46 38.28	
	100m: 1:11.53 37.20	200m: 2:28.12 38.71	300m: 3:45.18 38.75	400m: 5:00.01 36.55	

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Warszawa, 2. - 4.6.2023

Konkurencja 40, M czyzn, 400m dowolny, "E" 45-49 lat

Pozycja			Rok ur.					Czas	Pkt.		
5.	Goł biowski Remigiusz		76	SWIMMERS Warszawa				5:04.20	562		
	50m:	33.95 33.95	150m:	1:51.70	39.24	250m:	3:10.18	39.17	350m:	4:27.24	38.22
	100m:	1:12.46 38.51	200m:	2:31.01	39.31	300m:	3:49.02	38.84	400m:	5:04.20	36.96
6.	Rogosz Paweł		76	WMT Warszawa				5:16.82	497		
	50m:	37.58 37.58	150m:	1:59.30	40.67	250m:	3:20.87	39.96	350m:	4:39.66	38.44
	100m:	1:18.63 41.05	200m:	2:40.91	41.61	300m:	4:01.22	40.35	400m:	5:16.82	37.16
7.	Ostrowski Bartosz		77	WMT Warszawa				5:36.39	415		
	50m:	35.74 35.74	150m:	1:58.90	42.08	250m:	3:25.33	43.67	350m:	4:53.94	44.95
	100m:	1:16.82 41.08	200m:	2:41.66	42.76	300m:	4:08.99	43.66	400m:	5:36.39	42.45
8.	Krawczyk Michał		78	5STYL Warszawa				5:58.18	344		
	50m:	36.79 36.79	150m:	2:04.77	45.40	250m:	3:39.18	47.33	350m:	5:14.52	47.62
	100m:	1:19.37 42.58	200m:	2:51.85	47.08	300m:	4:26.90	47.72	400m:	5:58.18	43.66
9.	Matusiak vel Matuszewski Adam		74	MASTERS Olsztyn				5:58.88	342		
	50m:	40.25 40.25	150m:	2:10.28	45.46	250m:	3:42.70	46.50	350m:	5:14.91	45.88
	100m:	1:24.82 44.57	200m:	2:56.20	45.92	300m:	4:29.03	46.33	400m:	5:58.88	43.97
10.	Juchno Rafał		76	IKS Konstancin				5:59.33	341		
	50m:	35.90 35.90	150m:	2:04.36	45.94	250m:	3:40.79	48.01	350m:	5:17.85	48.18
	100m:	1:18.42 42.52	200m:	2:52.78	48.42	300m:	4:29.67	48.88	400m:	5:59.33	41.48

"F" 50-54 lat

1.	Berwecki Arkadiusz		73	MOTYL MASTERS Stalowa Wola				4:42.29	745		
	<i>Czas lepszy od Rekordu Polski MASTERS</i>										
	50m:	31.54 31.54	150m:	1:43.26	36.25	250m:	2:56.35	36.36	350m:	4:09.26	36.12
	100m:	1:07.01 35.47	200m:	2:19.99	36.73	300m:	3:33.14	36.79	400m:	4:42.29	33.03
2.	Lipi ski Cezary		72	MASTERS AVIA widnik				5:10.05	562		
	50m:	35.03 35.03	150m:	1:52.13	38.84	250m:	3:10.76	39.37	350m:	4:31.02	39.89
	100m:	1:13.29 38.26	200m:	2:31.39	39.26	300m:	3:51.13	40.37	400m:	5:10.05	39.03
3.	Obiedzi ski Paweł		69	IKS Konstancin				5:17.98	521		
	50m:	34.16 34.16	150m:	1:53.47	40.52	250m:	3:15.36	40.93	350m:	4:38.25	41.53
	100m:	1:12.95 38.79	200m:	2:34.43	40.96	300m:	3:56.72	41.36	400m:	5:17.98	39.73
4.	Mówi ski Grzegorz		69	MASTERS Olsztyn				5:47.10	400		
	50m:	39.64 39.64	150m:	2:06.48	44.07	250m:	3:36.33	44.85	350m:	5:05.59	44.57
	100m:	1:22.41 42.77	200m:	2:51.48	45.00	300m:	4:21.02	44.69	400m:	5:47.10	41.51
5.	Grzelak Maciej		70	St. Pływackie LEGIA Warszawa				6:10.29	330		
	50m:	41.45 41.45	150m:	2:14.97	47.42	250m:	3:51.48	48.60	350m:	5:27.37	46.87
	100m:	1:27.55 46.10	200m:	3:02.88	47.91	300m:	4:40.50	49.02	400m:	6:10.29	42.92
6.	K dzior Mateusz		73	Niezrzeszony				6:13.43	321		
	50m:	37.79 37.79	150m:	2:08.91	46.54	250m:	3:45.66	48.46	350m:	5:24.53	49.24
	100m:	1:22.37 44.58	200m:	2:57.20	48.29	300m:	4:35.29	49.63	400m:	6:13.43	48.90
7.	Morozowski Wiktor		73	MUKS Zgierz				6:20.38	304		
	50m:	38.75 38.75	150m:	2:12.20	48.68	250m:	3:52.65	50.38	350m:	5:31.32	47.72
	100m:	1:23.52 44.77	200m:	3:02.27	50.07	300m:	4:43.60	50.95	400m:	6:20.38	49.06

"G" 55-59 lat

1.	Sko kiewicz Rafał		66	WMT Warszawa				5:11.34	599		
	50m:	35.10 35.10	150m:	1:53.44	39.59	250m:	3:13.44	39.52	350m:	4:33.30	40.02
	100m:	1:13.85 38.75	200m:	2:33.92	40.48	300m:	3:53.28	39.84	400m:	5:11.34	38.04
2.	Krasauskas Vilmantas		64	Marijampoles TORPEDOS				5:15.80	574		
	50m:	36.26 36.26	150m:	1:56.54	40.59	250m:	3:17.49	40.21	350m:	4:37.73	39.65
	100m:	1:15.95 39.69	200m:	2:37.28	40.74	300m:	3:58.08	40.59	400m:	5:15.80	38.07
3.	Ko mider Jan		66	WATER SQUAD Warszawa				5:23.05	536		
	50m:	36.96 36.96	150m:	1:58.98	41.33	250m:	3:22.44	41.42	350m:	4:44.04	40.20
	100m:	1:17.65 40.69	200m:	2:41.02	42.04	300m:	4:03.84	41.40	400m:	5:23.05	39.01

LETNIE OTWARTE MISTRZOSTWA POLSKI W PŁYWANIU W KATEGORIACH MASTERS
Warszawa, 2. - 4.6.2023

Konkurencja 40, M czyzn, 400m dowolny, "G" 55-59 lat

Pozycja			Rok ur.				Czas		Pkt.
4.	Twarowski Andrzej		65 MASTERS Białystok				6:57.94		247
	50m:	47.96 47.96	150m:	2:34.75 53.93	250m:	4:23.98 54.57	350m:	6:10.93 52.72	
	100m:	1:40.82 52.86	200m:	3:29.41 54.66	300m:	5:18.21 54.23	400m:	6:57.94 47.01	
5.	Paluszak Zbigniew		67 WMT Warszawa				7:09.67		227
	50m:	46.65 46.65	150m:	2:33.93 54.66	250m:	4:25.00 55.52	350m:	6:16.77 56.31	
	100m:	1:39.27 52.62	200m:	3:29.48 55.55	300m:	5:20.46 55.46	400m:	7:09.67 52.90	
6.	Krzekotowski Piotr		66 Niezrzeszony				7:41.78		183
	50m:	51.58 51.58	150m:	2:47.22 58.36	250m:	4:46.87 59.90	350m:	6:45.56 59.23	
	100m:	1:48.86 57.28	200m:	3:46.97 59.75	300m:	5:46.33 59.46	400m:	7:41.78 56.22	

"H" 60-64 lat

1.	Madej Leszek		60 WMT Warszawa				5:07.95		711
	50m:	36.01 36.01	150m:	1:56.24 40.37	250m:	3:15.36 39.15	350m:	4:31.57 37.76	
	100m:	1:15.87 39.86	200m:	2:36.21 39.97	300m:	3:53.81 38.45	400m:	5:07.95 36.38	
2.	Faff Mariusz		63 ORION TEAM Rzeszów				5:40.49		526
	50m:	36.78 36.78	150m:	2:03.46 44.95	250m:	3:32.70 44.11	350m:	5:01.00 43.36	
	100m:	1:18.51 41.73	200m:	2:48.59 45.13	300m:	4:17.64 44.94	400m:	5:40.49 39.49	
3.	Dziarek Jacek		59 MUKS Zgierz				6:08.87		413
	50m:	40.24 40.24	150m:	2:11.68 47.30	250m:	3:47.09 47.32	350m:	5:22.79 47.24	
	100m:	1:24.38 44.14	200m:	2:59.77 48.09	300m:	4:35.55 48.46	400m:	6:08.87 46.08	
4.	Korpetta Wojciech		59 WATER SQUAD Warszawa				6:23.75		367
	50m:	41.96 41.96	150m:	2:19.77 49.87	250m:	4:00.96 50.86	350m:	5:38.68 47.32	
	100m:	1:29.90 47.94	200m:	3:10.10 50.33	300m:	4:51.36 50.40	400m:	6:23.75 45.07	
5.	Maciejczak Andrzej		60 TRÓJKA Puławy				6:41.75		320
	50m:	39.99 39.99	150m:	2:21.29 52.72	250m:	4:07.43 54.02	350m:	5:52.23 52.99	
	100m:	1:28.57 48.58	200m:	3:13.41 52.12	300m:	4:59.24 51.81	400m:	6:41.75 49.52	
6.	R pała Leszek		62 WMT Warszawa				7:56.47		192
	50m:	50.58 50.58	150m:	2:48.25 1:01.20	250m:	4:54.29 1:03.65	350m:	7:01.84 1:03.18	
	100m:	1:47.05 56.47	200m:	3:50.64 1:02.39	300m:	5:58.66 1:04.37	400m:	7:56.47 54.63	

"I" 65-69 lat

1.	Twardysko Stanisław		56 WETERAN Zabrze				6:29.10		363
	50m:	43.05 43.05	150m:	2:19.37 49.51	250m:	4:00.34 50.72	350m:	5:42.21 51.02	
	100m:	1:29.86 46.81	200m:	3:09.62 50.25	300m:	4:51.19 50.85	400m:	6:29.10 46.89	
2.	Kuli Zenon		54 WMT Warszawa				7:10.46		268
	50m:	47.40 47.40	150m:	2:39.67 56.01	250m:	4:29.81 54.81	350m:	6:18.78 54.51	
	100m:	1:43.66 56.26	200m:	3:35.00 55.33	300m:	5:24.27 54.46	400m:	7:10.46 51.68	
3.	Lasowy Marian		55 Koszali skie TKKF				7:15.23		259
	50m:	49.16 49.16	150m:	2:40.33 55.99	250m:	4:31.94 55.55	350m:	6:24.28 56.92	
	100m:	1:44.34 55.18	200m:	3:36.39 56.06	300m:	5:27.36 55.42	400m:	7:15.23 50.95	
4.	Kwiatkowski Bogusław		56 KORONA 1919 Kraków				8:57.39		137
	50m:	56.92 56.92	150m:	3:16.02 1:09.73	250m:	5:34.61 1:08.78	350m:	7:52.92 1:08.36	
	100m:	2:06.29 1:09.37	200m:	4:25.83 1:09.81	300m:	6:44.56 1:09.95	400m:	8:57.39 1:04.47	

"J" 70-74 lat

1.	Lietz Krzysztof		52 MULTISPORT TEAM Toru				6:48.01		411
	50m:	44.63 44.63	150m:	2:28.22 52.57	250m:	4:16.08 53.73	350m:	6:01.59 52.20	
	100m:	1:35.65 51.02	200m:	3:22.35 54.13	300m:	5:09.39 53.31	400m:	6:48.01 46.42	
2.	Dubi ski Bogdan		53 St. Pływackie LEGIA Warszawa				6:52.33		399
	50m:	42.71 42.71	150m:	2:25.50 52.64	250m:	4:15.46 56.85	350m:	6:02.84 53.69	
	100m:	1:32.86 50.15	200m:	3:18.61 53.11	300m:	5:09.15 53.69	400m:	6:52.33 49.49	

LETNIE OTWARTE MISTRZOSTWA POLSKI W PŁYWANIU W KATEGORIACH MASTERS
Warszawa, 2. - 4.6.2023

Konkurencja 40, M czynn, 400m dowolny, "J" 70-74 lat

Pozycja				Rok ur.					Czas	Pkt.	
3.	Bednarek Krzysztof			51	MUKS Zgierz				7:04.99	364	
	50m:	42.87	42.87	150m:	2:27.48	53.19	250m:	4:18.53	55.24	350m: 6:10.18	55.75
	100m:	1:34.29	51.42	200m:	3:23.29	55.81	300m:	5:14.43	55.90	400m: 7:04.99	54.81
4.	Vorbrodt Tadeusz			53	Niezrzeszony				7:48.38	272	
	50m:	52.56	52.56	150m:	2:49.57	58.22	250m:	4:48.95	1:00.36	350m: 6:51.26	1:00.93
	100m:	1:51.35	58.79	200m:	3:48.59	59.02	300m:	5:50.33	1:01.38	400m: 7:48.38	57.12
5.	Szczurek Bogdan			52	DRUGA STRONA SPORTU Kraków				9:41.76	142	
	50m:	1:01.13	1:01.13	150m:	3:26.05	1:12.27	250m:	5:56.06	1:15.03	350m: 8:29.54	1:15.54
	100m:	2:13.78	1:12.65	200m:	4:41.03	1:14.98	300m:	7:14.00	1:17.94	400m: 9:41.76	1:12.22

"K" 75-79 lat

1.	Ró alski Józef			45	MOSiR Ostrowiec w.				9:32.59	170	
	50m:			150m:	3:22.62	1:13.28	250m:	5:50.36	1:14.22	350m: 8:21.10	1:14.08
	100m:	2:09.34		200m:	4:36.14	1:13.52	300m:	7:07.02	1:16.66	400m: 9:32.59	1:11.49
2.	Płonka Janusz			48	Niezrzeszony				10:33.11	126	
	50m:	1:09.87	1:09.87	150m:	3:53.37	1:22.20	250m:	6:37.21	1:21.56	350m: 9:19.31	1:20.02
	100m:	2:31.17	1:21.30	200m:	5:15.65	1:22.28	300m:	7:59.29	1:22.08	400m: 10:33.11	1:13.80

"L" 80-84 lat

1.	Waga Stanisław			40	KORONA 1919 Kraków				10:05.65	185	
	50m:	1:06.60	1:06.60	150m:	3:44.00	1:18.86	250m:	6:21.20	1:15.93	350m: 8:54.10	1:15.16
	100m:	2:25.14	1:18.54	200m:	5:05.27	1:21.27	300m:	7:38.94	1:17.74	400m: 10:05.65	1:11.55
2.	Grigas Stasys			41	Marijampoles TORPEDOS				12:55.18	88	
	50m:			150m:			250m:			350m:	
	100m:			200m:			300m:			400m: 12:55.18	