

Zimowe Mistrzostwa Polski w Pływaniu w kategoriach Masters, Puchar Polski
Olsztyn, 16- - 18-11-2018

Konkurencja 42
2018-11-18 - 12:16

M czynn, 400m dowolny

20 - 94 lat
Wyniki

Pozycja			Rok ur.					Czas			
20-24											
1.	PINKOSZ Mateusz		98	Niezrzeszony Wrocław				4:21.31			
	50m:	28.69 28.69	150m:	1:34.27 33.26	250m:	2:42.55 34.33	350m:	3:50.30 33.80			
	100m:	1:01.01 32.32	200m:	2:08.22 33.95	300m:	3:16.50 33.95	400m:	4:21.31 31.01			
2.	MUSIALIK Marcin		94	Motyl MOSIR Stalowa Wola				4:29.72			
	50m:	31.18 31.18	150m:	1:37.81 33.53	250m:	2:46.12 34.51	350m:	3:55.38 34.55			
	100m:	1:04.28 33.10	200m:	2:11.61 33.80	300m:	3:20.83 34.71	400m:	4:29.72 34.34			
3.	PLUTECKI Konrad		95	Masters Wisła Kraków				4:56.54			
	50m:	32.57 32.57	150m:	1:46.87 37.64	250m:	3:04.00 38.60	350m:	4:21.27 38.34			
	100m:	1:09.23 36.66	200m:	2:25.40 38.53	300m:	3:42.93 38.93	400m:	4:56.54 35.27			
4.	BRUCHAJZER Dominik		97	KPiRS PŁYWAK Płock				5:23.75			
	50m:	33.48 33.48	150m:	1:51.94 40.34	250m:	3:15.82 42.53	350m:	4:42.28 43.00			
	100m:	1:11.60 38.12	200m:	2:33.29 41.35	300m:	3:59.28 43.46	400m:	5:23.75 41.47			
25-29											
1.	APTEWICZ Arkadiusz		93	Toru Multisport Team				4:07.23			
	<i>Rekord Polski</i>										
	50m:	28.11 28.11	150m:	1:29.93 31.07	250m:	2:33.80 31.93	350m:	3:37.24 31.47			
	100m:	58.86 30.75	200m:	2:01.87 31.94	300m:	3:05.77 31.97	400m:	4:07.23 29.99			
2.	WRÓBLEWSKI Dawid		90	Niezrzeszony Koszalin				4:30.94			
	50m:	31.38 31.38	150m:	1:41.14 35.07	250m:	2:51.28 35.00	350m:	3:57.60 32.63			
	100m:	1:06.07 34.69	200m:	2:16.28 35.14	300m:	3:24.97 33.69	400m:	4:30.94 33.34			
3.	ZEMBRZUSKI Maciej		92	AQUASFERA Masters Olsztyn				4:43.10			
	50m:	32.61 32.61	150m:	1:43.61 35.64	250m:	2:55.47 35.87	350m:	4:08.79 36.75			
	100m:	1:07.97 35.36	200m:	2:19.60 35.99	300m:	3:32.04 36.57	400m:	4:43.10 34.31			
30-34											
1.	ALBERTO García Rodríguez		85	Masters Wisła Kraków				4:35.73			
	50m:	30.58 30.58	150m:	1:38.91 34.78	250m:	2:49.29 35.19	350m:	4:00.95 35.61			
	100m:	1:04.13 33.55	200m:	2:14.10 35.19	300m:	3:25.34 36.05	400m:	4:35.73 34.78			
2.	PFITZNER Jan		86	Warsaw Masters Team				4:42.32			
	50m:	31.76 31.76	150m:	1:44.47 36.76	250m:	2:57.91 36.22	350m:	4:08.21 35.06			
	100m:	1:07.71 35.95	200m:	2:21.69 37.22	300m:	3:33.15 35.24	400m:	4:42.32 34.11			
3.	BIEDNY Szymon		85	Niezrzeszony Leszno				4:43.20			
	50m:	31.67 31.67	150m:	1:42.38 35.78	250m:	2:55.47 36.66	350m:	4:09.25 36.61			
	100m:	1:06.60 34.93	200m:	2:18.81 36.43	300m:	3:32.64 37.17	400m:	4:43.20 33.95			
4.	KOZAK Stanisław		86	Warsaw Masters Team				5:03.24			
	50m:	35.24 35.24	150m:	1:51.34 38.10	250m:	3:08.89 38.71	350m:	4:25.62 38.11			
	100m:	1:13.24 38.00	200m:	2:30.18 38.84	300m:	3:47.51 38.62	400m:	5:03.24 37.62			
5.	RO EK Łukasz		84	SMT Szczecin				6:15.24			
	50m:	39.56 39.56	150m:	2:11.12 46.41	250m:	3:48.94 49.44	350m:	5:28.53 50.33			
	100m:	1:24.71 45.15	200m:	2:59.50 48.38	300m:	4:38.20 49.26	400m:	6:15.24 46.71			
35-39											
1.	SZYMKOWIAK Marcin		80	KS Warta Pozna				4:42.47			
	50m:	31.59 31.59	150m:	1:41.70 35.42	250m:	2:54.75 36.86	350m:	4:07.80 36.39			
	100m:	1:06.28 34.69	200m:	2:17.89 36.19	300m:	3:31.41 36.66	400m:	4:42.47 34.67			
2.	JULIAN AGUILAR Daniel		82	Warsaw Masters Team				4:49.73			
	50m:	32.54 32.54	150m:	1:44.61 36.31	250m:	2:58.66 36.95	350m:	4:13.02 37.15			
	100m:	1:08.30 35.76	200m:	2:21.71 37.10	300m:	3:35.87 37.21	400m:	4:49.73 36.71			

Zimowe Mistrzostwa Polski w Pływaniu w kategoriach Masters, Puchar Polski
Olsztyn, 16- - 18-11-2018

Konkurencja 42, M czyzn, 400m dowolny, 35-39

Pozycja			Rok ur.					Czas		
3.	WACHOWSKI Bła ej		80	KS Warta Pozna				5:12.33		
	50m:	34.99 34.99	150m:	1:54.60	40.27	250m:	3:15.30	40.64	350m:	4:34.47 39.55
	100m:	1:14.33 39.34	200m:	2:34.66	40.06	300m:	3:54.92	39.62	400m:	5:12.33 37.86
4.	SUWARA Piotr		79	Sopot Masters				5:12.45		
	50m:	34.73 34.73	150m:	1:54.82	40.45	250m:	3:16.13	40.60	350m:	4:35.90 39.43
	100m:	1:14.37 39.64	200m:	2:35.53	40.71	300m:	3:56.47	40.34	400m:	5:12.45 36.55
5.	ST PIE Jakub		83	AQUASFERA Masters Olsztyn				5:31.96		
	50m:	34.55 34.55	150m:	1:56.93	42.29	250m:	3:24.22	43.94	350m:	4:51.10 43.07
	100m:	1:14.64 40.09	200m:	2:40.28	43.35	300m:	4:08.03	43.81	400m:	5:31.96 40.86

40-44

1.	GREGOROWICZ Paweł		74	AQUASFERA Masters Olsztyn				4:27.17		
	50m:	30.80 30.80	150m:	1:38.09	33.96	250m:	2:46.16	34.05	350m:	3:54.43 34.01
	100m:	1:04.13 33.33	200m:	2:12.11	34.02	300m:	3:20.42	34.26	400m:	4:27.17 32.74
2.	KONOPACKI Piotr		78	AQUASFERA Masters Olsztyn				4:45.40		
	50m:	32.29 32.29	150m:	1:45.05	36.76	250m:	2:58.63	36.59	350m:	4:11.77 35.83
	100m:	1:08.29 36.00	200m:	2:22.04	36.99	300m:	3:35.94	37.31	400m:	4:45.40 33.63
3.	KULAGA Bartłomiej		78	Concept Swimming Club				4:45.66		
	50m:	32.15 32.15	150m:	1:44.04	36.19	250m:	2:57.10	36.40	350m:	4:10.40 36.47
	100m:	1:07.85 35.70	200m:	2:20.70	36.66	300m:	3:33.93	36.83	400m:	4:45.66 35.26
4.	WIEJA Szymon		78	KS Warta Pozna				4:49.03		
	50m:	32.36 32.36	150m:	1:46.26	37.17	250m:	3:01.17	37.38	350m:	4:15.14 36.85
	100m:	1:09.09 36.73	200m:	2:23.79	37.53	300m:	3:38.29	37.12	400m:	4:49.03 33.89
5.	SZULC Jakub		76	Warsaw Masters Team				4:56.29		
	50m:	34.18 34.18	150m:	1:49.15	37.65	250m:	3:05.37	38.06	350m:	4:21.37 38.10
	100m:	1:11.50 37.32	200m:	2:27.31	38.16	300m:	3:43.27	37.90	400m:	4:56.29 34.92
6.	MELNYK Dmytro		74	Euro-Lviv MSC				5:01.89		
	50m:	34.20 34.20	150m:	1:50.10	38.09	250m:	3:08.09	38.79	350m:	4:25.69 38.89
	100m:	1:12.01 37.81	200m:	2:29.30	39.20	300m:	3:46.80	38.71	400m:	5:01.89 36.20
7.	PŁANETA Maciej		74	UKS Delfin Masters Tarnobrzeg				5:27.09		
	50m:	36.21 36.21	150m:	1:56.96	41.47	250m:	3:21.87	42.71	350m:	4:46.64 42.55
	100m:	1:15.49 39.28	200m:	2:39.16	42.20	300m:	4:04.09	42.22	400m:	5:27.09 40.45
8.	MATUSIAK VEL MATUSZEWSKI Adam		74	AQUASFERA Masters Olsztyn				5:28.96		
	50m:	37.18 37.18	150m:	1:59.20	41.62	250m:	3:23.51	42.79	350m:	4:47.87 41.71
	100m:	1:17.58 40.40	200m:	2:40.72	41.52	300m:	4:06.16	42.65	400m:	5:28.96 41.09
9.	PARYSEK Sławomir		77	Start Pozna				5:39.60		
	50m:	36.97 36.97	150m:	2:02.24	43.72	250m:	3:31.35	45.15	350m:	5:01.26 45.12
	100m:	1:18.52 41.55	200m:	2:46.20	43.96	300m:	4:16.14	44.79	400m:	5:39.60 38.34
10.	WIKŁA Konrad		75	Masters Lublin				5:42.59		
	50m:	36.87 36.87	150m:	2:01.76	43.21	250m:	3:30.02	44.24	350m:	5:00.76 44.80
	100m:	1:18.55 41.68	200m:	2:45.78	44.02	300m:	4:15.96	45.94	400m:	5:42.59 41.83

45-49

1.	HOROVOY Vladyslav		73	Euro-Lviv MSC				4:26.71		
	50m:	31.02 31.02	150m:	1:40.48	34.80	250m:	2:49.90	34.52	350m:	3:56.93 32.90
	100m:	1:05.68 34.66	200m:	2:15.38	34.90	300m:	3:24.03	34.13	400m:	4:26.71 29.78
2.	BERWECKI Arkadiusz		73	Motyl MOSIR Stalowa Wola				4:27.95		
	50m:	31.03 31.03	150m:	1:40.72	34.94	250m:	2:49.97	34.34	350m:	3:57.19 33.05
	100m:	1:05.78 34.75	200m:	2:15.63	34.91	300m:	3:24.14	34.17	400m:	4:27.95 30.76
3.	MONCZAK Grzegorz		73	CityZen Pozna				4:38.51		
	50m:	32.00 32.00	150m:	1:41.59	35.11	250m:	2:52.98	35.56	350m:	4:03.97 35.27
	100m:	1:06.48 34.48	200m:	2:17.42	35.83	300m:	3:28.70	35.72	400m:	4:38.51 34.54

Zimowe Mistrzostwa Polski w Pływaniu w kategoriach Masters, Puchar Polski
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Konkurencja 42, M czynn, 400m dowolny, 45-49

Pozycja			Rok ur.					Czas		
4.	BAR Wieslaw		70	Niezrzeszony Warszawa				4:54.58		
	50m:	31.13 31.13	150m:	1:43.38	36.91	250m:	2:59.14	37.75	350m:	4:17.28 39.05
	100m:	1:06.47 35.34	200m:	2:21.39	38.01	300m:	3:38.23	39.09	400m:	4:54.58 37.30
5.	MORGAN Christopher		72	Concept Swimming Club				5:08.33		
	50m:	31.22 31.22	150m:	1:49.41	40.83	250m:	3:08.83	39.55	350m:	4:29.53 40.54
	100m:	1:08.58 37.36	200m:	2:29.28	39.87	300m:	3:48.99	40.16	400m:	5:08.33 38.80
6.	RYBARCZYK Michał		70	Ursynów Masters				5:31.49		
	50m:	33.85 33.85	150m:	1:55.11	41.97	250m:	3:22.60	44.08	350m:	4:52.70 45.14
	100m:	1:13.14 39.29	200m:	2:38.52	43.41	300m:	4:07.56	44.96	400m:	5:31.49 38.79
7.	MATYSZEWSKI Grzegorz		71	Warsaw Masters Team				6:44.65		
	50m:	42.78 42.78	150m:	2:20.30	49.32	250m:	4:02.39	51.28	350m:	5:50.54 54.26
	100m:	1:30.98 48.20	200m:	3:11.11	50.81	300m:	4:56.28	53.89	400m:	6:44.65 54.11

50-54

1.	DIXON Peter		68	Concept Swimming Club				4:23.53		
	50m:	29.88 29.88	150m:	1:36.43	33.57	250m:	2:43.13	33.27	350m:	3:50.79 33.65
	100m:	1:02.86 32.98	200m:	2:09.86	33.43	300m:	3:17.14	34.01	400m:	4:23.53 32.74
2.	PASIECZNY Andrzej		66	Jedynka Elbląg Masters				4:38.94		
	50m:	31.44 31.44	150m:	1:40.69	35.26	250m:	2:52.69	36.28	350m:	4:04.47 35.66
	100m:	1:05.43 33.99	200m:	2:16.41	35.72	300m:	3:28.81	36.12	400m:	4:38.94 34.47
3.	MONCZAK Piotr		67	Start Poznań				4:42.77		
	50m:	32.69 32.69	150m:	1:45.52	36.55	250m:	2:58.54	36.03	350m:	4:08.58 35.06
	100m:	1:08.97 36.28	200m:	2:22.51	36.99	300m:	3:33.52	34.98	400m:	4:42.77 34.19
4.	KRASAUSKAS Vilmantas		64	Torpedos Marijampole				4:56.83		
	50m:	34.12 34.12	150m:	1:48.14	37.11	250m:	3:04.62	38.31	350m:	4:20.09 37.41
	100m:	1:11.03 36.91	200m:	2:26.31	38.17	300m:	3:42.68	38.06	400m:	4:56.83 36.74
5.	JANYGA Dariusz		66	KS Warta Poznań				4:57.92		
	50m:	34.63 34.63	150m:	1:49.10	37.57	250m:	3:05.58	38.31	350m:	4:22.42 38.27
	100m:	1:11.53 36.90	200m:	2:27.27	38.17	300m:	3:44.15	38.57	400m:	4:57.92 35.50
6.	EZHKOVA Vadim		65	Pregel Kaliningrad				5:16.53		
	50m:	36.28 36.28	150m:	1:57.39	41.02	250m:	3:19.39	39.89	350m:	4:38.96 39.91
	100m:	1:16.37 40.09	200m:	2:39.50	42.11	300m:	3:59.05	39.66	400m:	5:16.53 37.57
7.	SZMIT Adam		64	AQUASFERA Masters Olsztyn				5:38.40		
	50m:	37.72 37.72	150m:			250m:			350m:	4:56.58
	100m:		200m:	2:46.23		300m:			400m:	5:38.40 41.82
8.	PALUSZAK Zbigniew		67	Warsaw Masters Team				7:37.93		
	50m:	47.34 47.34	150m:	2:41.92	59.93	250m:	4:39.14	58.57	350m:	6:39.34 58.71
	100m:	1:41.99 54.65	200m:	3:40.57	58.65	300m:	5:40.63	1:01.49	400m:	7:37.93 58.59

55-59

1.	WARCHOŁ Wojciech		61	Niezrzeszony Gdańsk				5:23.43		
	50m:	36.54 36.54	150m:	1:58.19	41.28	250m:	3:20.67	41.04	350m:	4:43.29 41.45
	100m:	1:16.91 40.37	200m:	2:39.63	41.44	300m:	4:01.84	41.17	400m:	5:23.43 40.14
2.	LORKOWSKI Robert		60	Motyl MOSIR Stalowa Wola				5:32.13		
	50m:	36.45 36.45	150m:	1:59.74	42.16	250m:	3:25.82	43.27	350m:	4:52.09 42.96
	100m:	1:17.58 41.13	200m:	2:42.55	42.81	300m:	4:09.13	43.31	400m:	5:32.13 40.04
3.	LOPIN Grigorii		63	Pregel Kaliningrad				5:45.64		
	50m:	38.09 38.09	150m:	2:04.70	44.17	250m:	3:34.15	44.96	350m:	5:02.93 44.48
	100m:	1:20.53 42.44	200m:	2:49.19	44.49	300m:	4:18.45	44.30	400m:	5:45.64 42.71
4.	KOŁLIKOWSKI Marek		61	AQUASFERA Masters Olsztyn				5:49.15		
	50m:	37.67 37.67	150m:	2:04.52	44.25	250m:	3:34.10	45.43	350m:	5:05.57 45.58
	100m:	1:20.27 42.60	200m:	2:48.67	44.15	300m:	4:19.99	45.89	400m:	5:49.15 43.58

Zimowe Mistrzostwa Polski w Pływaniu w kategoriach Masters, Puchar Polski
Olsztyn, 16- - 18-11-2018

Konkurencja 42, M czynn, 400m dowolny, 55-59

Pozycja			Rok ur.				Czas			
5.	B K Zdzisław		61	Masters Kra nik				6:01.99		
	50m: 37.90	37.90	150m: 2:06.38	46.34	250m: 3:41.04	47.66	350m: 5:17.11	47.93		
	100m: 1:20.04	42.14	200m: 2:53.38	47.00	300m: 4:29.18	48.14	400m: 6:01.99	44.88		
6.	KORPETTA Wojciech		59	KS_Niezzreszeni_pl				6:15.47		
	50m: 41.77	41.77	150m: 2:16.75	48.24	250m: 3:55.08	49.25	350m: 5:32.79	48.60		
	100m: 1:28.51	46.74	200m: 3:05.83	49.08	300m: 4:44.19	49.11	400m: 6:15.47	42.68		
7.	MIKHAYLOV Sergei		59	Pregel Kaliningrad				6:19.51		
	50m: 43.26	43.26	150m: 2:20.84	49.16	250m: 3:57.11	47.70	350m: 5:33.01	48.17		
	100m: 1:31.68	48.42	200m: 3:09.41	48.57	300m: 4:44.84	47.73	400m: 6:19.51	46.50		
8.	SUTOWSKI Robert		59	Warsaw Masters Team				6:27.75		
	50m: 1:32.58	1:32.58	150m:		250m: 4:01.07	49.31	350m: 5:40.91	49.36		
	100m: 2:22.25	49.67	200m: 3:11.76		300m: 4:51.55	50.48	400m: 6:27.75	46.84		

60-64

1.	KATKEVICIUS Sigitas		57	Alytus Litwa				5:16.10		
	50m: 36.75	36.75	150m: 1:56.25	40.13	250m: 3:17.20	40.76	350m: 4:38.88	40.84		
	100m: 1:16.12	39.37	200m: 2:36.44	40.19	300m: 3:58.04	40.84	400m: 5:16.10	37.22		
2.	CIEKLI SKI Wiesław		57	Masters Rzeszów				6:05.70		
	50m: 40.11	40.11	150m: 2:12.98	46.81	250m: 3:47.62	46.92	350m: 5:21.17	46.96		
	100m: 1:26.17	46.06	200m: 3:00.70	47.72	300m: 4:34.21	46.59	400m: 6:05.70	44.53		
3.	TWARDYSKO Stanisław		56	Sikret Gliwice				6:43.64		
	50m: 40.78	40.78	150m: 2:16.68	49.58	250m: 4:01.48	53.53	350m: 5:50.41	54.36		
	100m: 1:27.10	46.32	200m: 3:07.95	51.27	300m: 4:56.05	54.57	400m: 6:43.64	53.23		

65-69

1.	LIETZ Krzysztof		52	Toru Multisport Team				6:19.62		
	50m: 41.68	41.68	150m: 2:16.97	48.81	250m: 3:56.45	49.79	350m: 5:35.51	49.15		
	100m: 1:28.16	46.48	200m: 3:06.66	49.69	300m: 4:46.36	49.91	400m: 6:19.62	44.11		
2.	BORYSKI Jerzy		51	TS Olimpia Pozna				7:05.46		
	50m: 49.80	49.80	150m: 2:39.32	55.04	250m: 4:26.83	53.46	350m: 6:12.40	52.50		
	100m: 1:44.28	54.48	200m: 3:33.37	54.05	300m: 5:19.90	53.07	400m: 7:05.46	53.06		
3.	SZCZUREK Bogdan		52	Masters Wisła Kraków				9:11.15		
	50m: 56.73	56.73	150m: 3:11.75	1:08.70	250m: 5:33.85	1:11.62	350m: 7:58.21	1:11.76		
	100m: 2:03.05	1:06.32	200m: 4:22.23	1:10.48	300m: 6:46.45	1:12.60	400m: 9:11.15	1:12.94		
4.	BANTKOWSKI Jan		49	Toru Multisport Team				9:17.76		
	50m: 1:03.66	1:03.66	150m: 3:34.04	1:16.38	250m: 6:01.56	1:13.04	350m: 8:16.05	1:03.76		
	100m: 2:17.66	1:14.00	200m: 4:48.52	1:14.48	300m: 7:12.29	1:10.73	400m: 9:17.76	1:01.71		

70-74

1.	MLECZKO Andrzej		47	Kraków Masters				6:51.69		
	50m: 48.26	48.26	150m: 2:33.53	53.27	250m: 4:19.18	53.28	350m: 6:06.17	52.92		
	100m: 1:40.26	52.00	200m: 3:25.90	52.37	300m: 5:13.25	54.07	400m: 6:51.69	45.52		
2.	GUOGA Antanas		48	Torpedos Marijampole				6:55.88		
	50m: 46.09	46.09	150m: 2:30.00	52.67	250m: 4:16.99	53.49	350m: 6:04.66	53.89		
	100m: 1:37.33	51.24	200m: 3:23.50	53.50	300m: 5:10.77	53.78	400m: 6:55.88	51.22		
3.	WOLNIEWICZ Janusz		48	KS Extreme Team Oborniki				7:33.13		
	50m: 47.55	47.55	150m: 2:39.96	57.81	250m: 4:36.87	58.98	350m: 6:36.00	59.25		
	100m: 1:42.15	54.60	200m: 3:37.89	57.93	300m: 5:36.75	59.88	400m: 7:33.13	57.13		
4.	CHOROSZEWSKI Zdzisław		47	AQUASFERA Masters Olsztyn				7:58.15		
	50m: 51.10	51.10	150m: 2:50.12	1:00.62	250m: 4:54.91	1:02.70	350m: 6:59.43	1:01.38		
	100m: 1:49.50	58.40	200m: 3:52.21	1:02.09	300m: 5:58.05	1:03.14	400m: 7:58.15	58.72		

Zimowe Mistrzostwa Polski w Pływaniu w kategoriach Masters, Puchar Polski
Olsztyn, 16- - 18-11-2018

Konkurencja 42, M czynn, 400m dowolny, 70-74

Pozycja				Rok ur.					Czas			
5.	PŁONKA Janusz			48	Niezrzeszony Gdynia				10:04.54			
	50m:	1:05.76	1:05.76	150m:	6:20.32	3:56.30	250m:	8:53.85	1:15.75	350m:		
	100m:	2:24.02	1:18.26	200m:	7:38.10	1:17.78	300m:			400m:	10:04.54	
75-79												
1.	DZIEKO SKI Edward			43	Niezrzeszony Białystok				7:34.27			
	50m:	50.20	50.20	150m:	2:45.37	58.02	250m:	4:41.55	57.68	350m:	6:36.85	57.31
	100m:	1:47.35	57.15	200m:	3:43.87	58.50	300m:	5:39.54	57.99	400m:	7:34.27	57.42
2.	WAGA Stanisław			40	Kraków Masters				8:47.89			
	50m:	59.65	59.65	150m:	3:16.33	1:08.56	250m:	5:33.16	1:08.31	350m:	7:47.42	1:06.90
	100m:	2:07.77	1:08.12	200m:	4:24.85	1:08.52	300m:	6:40.52	1:07.36	400m:	8:47.89	1:00.47
3.	SZUREK Władysław			40	Rydułtowska AAS				11:53.79			
	50m:	1:13.31	1:13.31	150m:	4:05.97	1:29.44	250m:	7:07.92	1:30.57	350m:	10:19.57	1:37.57
	100m:	2:36.53	1:23.22	200m:	5:37.35	1:31.38	300m:	8:42.00	1:34.08	400m:	11:53.79	1:34.22
85 - 89												
1.	L Y SKI Jan			31	AZS AWF Katowice				11:15.79			
	50m:	1:14.56	1:14.56	150m:	4:12.77	1:29.41	250m:	7:05.62	1:28.08	350m:	9:57.00	1:24.65
	100m:	2:43.36	1:28.80	200m:	5:37.54	1:24.77	300m:	8:32.35	1:26.73	400m:	11:15.79	1:18.79