

Event 40 Men, 400m Freestyle 20 years and older
2014-11-16 - 13:43 Results

Rekord Polski Masters 25 - 29	4:14.48	OZIEMSKI Przemysław	Warszawa	2004-05-22
Rekord Polski Masters 30 - 34	4:14.97	PR DKI Sławomir	Lublin	2007-12-09
Rekord Polski Masters 35 - 39	4:19.61	HORBACZ Marcin	Opole	2013-12-07
Rekord Polski Masters 40 - 44	4:21.19	WOLNY Dariusz	Racibórz	2002-04-14
Rekord Polski Masters 45 - 49	4:38.70	KOWALEWSKI Paweł	Katowice	2012-11-25
Rekord Polski Masters 50 - 54	4:39.06	WOLNY Dariusz	Warszawa	2010-06-05
Rekord Polski Masters 55 - 59	4:43.44	GABIEC Mariusz	Rumia	2013-02-09
Rekord Polski Masters 60 - 64	4:59.17	WARCHOŁ Mirosław	Warszawa	2013-06-01
Rekord Polski Masters 65 - 69	5:45.62	RACZY SKI Marian	Warszawa	2001-06-02
Rekord Polski Masters 70 - 74	5:54.36	BASTEK Ewald	Warszawa	2009-06-06
Rekord Polski Masters 75 - 79	6:46.11	KROKOSZY SKI Stanisław	Gliwice	2008-05-24
Rekord Polski Masters 80 - 84	7:10.86	KROKOSZY SKI Stanisław	Poznań	2011-11-19
Rekord Polski Masters 85 - 89	9:01.66	MRÓWCZY SKI Kazimierz	Lublin	2007-12-09
Rekord Polski Masters 90 - 94	10:33.41	MRÓWCZY SKI Kazimierz	01805 Katowice	2012-11-23

Rank	YB		Time	
0: 20 - 24 lat				
1.	KUCA Przemysław	94	KS Warta Poznań	4:12.41
	50m: 27.87 27.87	150m: 1:31.13 31.99	250m: 2:35.24 32.22	350m: 3:40.68 32.74
	100m: 59.14 31.27	200m: 2:03.02 31.89	300m: 3:07.94 32.70	400m: 4:12.41 31.73
2.	JABLONSKI Marcin	90	CityZen Poznań	4:18.70
	50m: 27.89 27.89	150m: 1:31.65 32.43	250m: 2:37.43 33.21	350m: 3:44.89 33.72
	100m: 59.22 31.33	200m: 2:04.22 32.57	300m: 3:11.17 33.74	400m: 4:18.70 33.81
3.	CZERMAK Tomasz	91	AZS AWF Katowice	4:28.23
	50m: 30.02 30.02	150m: 1:36.69 33.59	250m: 2:45.41 34.63	350m: 3:54.72 34.42
	100m: 1:03.10 33.08	200m: 2:10.78 34.09	300m: 3:20.30 34.89	400m: 4:28.23 33.51
4.	MUSIALIK Marcin	94	MOTYL -SENIOR MOSiR Stalowa Wo	4:36.68
	50m: 31.82 31.82	150m: 1:42.37 35.32	250m: 2:52.85 35.22	350m: 4:02.80 34.96
	100m: 1:07.05 35.23	200m: 2:17.63 35.26	300m: 3:27.84 34.99	400m: 4:36.68 33.88
5.	MUSZALA Dawid	92	Weteran Zabrze	6:03.90
	50m: 38.47 38.47	150m: 2:08.96 46.78	250m: 3:44.63 48.04	350m: 5:21.48 48.09
	100m: 1:22.18 43.71	200m: 2:56.59 47.63	300m: 4:33.39 48.76	400m: 6:03.90 42.42
6.	PAGACZ Miłosz	90	MKP Bobry Debica	6:26.11
	50m: 41.58 41.58	150m: 2:11.55 45.93	250m: 3:54.48 52.92	350m: 5:34.39 50.91
	100m: 1:25.62 44.04	200m: 3:01.56 50.01	300m: 4:43.48 49.00	400m: 6:26.11 51.72
A: 25 - 29 lat				
1.	SZCZYPINSKI Marcin	86	UKS Wodnik 29 Katowice	4:20.44
	50m: 29.60 29.60	150m: 1:35.63 33.57	250m: 2:42.57 33.26	350m: 3:48.74 33.03
	100m: 1:02.06 32.46	200m: 2:09.31 33.68	300m: 3:15.71 33.14	400m: 4:20.44 31.70
2.	KLUCZYK Szymon	87	MKP Szczecin	4:39.33
	50m: 31.31 31.31	150m: 1:40.23 34.91	250m: 2:52.42 36.28	350m: 4:04.39 35.92
	100m: 1:05.32 34.01	200m: 2:16.14 35.91	300m: 3:28.47 36.05	400m: 4:39.33 34.94
3.	ZIELINSKI Kamil	89	AZS AWF Biała Podlaska	4:48.28
	50m: 31.96 31.96	150m: 1:44.36 36.68	250m: 2:57.76 36.87	350m: 4:12.17 36.87
	100m: 1:07.68 35.72	200m: 2:20.89 36.53	300m: 3:35.30 37.54	400m: 4:48.28 36.11
4.	GOLEMBIEWSKI Andrzej	86	WOPR Tczew	4:58.32
	50m: 32.14 32.14	150m: 1:45.76 37.72	250m: 3:02.99 39.12	350m: 4:21.28 39.04
	100m: 1:08.04 35.90	200m: 2:23.87 38.11	300m: 3:42.24 39.25	400m: 4:58.32 37.04
5.	CZUPRYN Jacek	88	Warsaw Masters Team	5:41.19
	50m: 36.19 36.19	150m: 1:59.48 43.18	250m: 3:27.25 44.51	350m: 4:57.50 45.68
	100m: 1:16.30 40.11	200m: 2:42.74 43.26	300m: 4:11.82 44.57	400m: 5:41.19 43.69
6.	JERZYKOWSKI Adam	87	DELFIN MASTERS Lodz	5:51.66
	50m: 39.40 39.40	150m: 2:06.66 43.89	250m: 4:24.01 1:32.03	350m:
	100m: 1:22.77 43.37	200m: 2:51.98 45.32	300m: 5:09.64 45.63	400m: 5:51.66

Event 40, Men, 400m Freestyle, A: 25 - 29 lat

Rank			YB					Time				
7.	DRUCIAREK Jaroslaw		87	10 Brygada Kawalerii Panczernej				6:02.16				
	50m:	38.33	38.33	150m:	2:09.28	46.69	250m:	3:44.70	47.97	350m:	5:19.97	46.83
	100m:	1:22.59	44.26	200m:	2:56.73	47.45	300m:	4:33.14	48.44	400m:	6:02.16	42.19

B: 30 - 34 lat

1.	JUREK Przemyslaw		81	MKP Bobry Debica				4:30.95				
	50m:	29.89	29.89	150m:	1:37.44	34.36	250m:	2:46.65	34.46	350m:	3:56.82	35.31
	100m:	1:03.08	33.19	200m:	2:12.19	34.75	300m:	3:21.51	34.86	400m:	4:30.95	34.13
2.	ISALSKI Przemyslaw		82	KS Warta Poznan				4:31.49				
	50m:	31.56	31.56	150m:	1:40.89	34.87	250m:	2:49.61	34.25	350m:	3:57.51	34.03
	100m:	1:06.02	34.46	200m:	2:15.36	34.47	300m:	3:23.48	33.87	400m:	4:31.49	33.98
3.	STANOCH Jakub		83	KS Warta Poznan				4:47.85				
	50m:	29.98	29.98	150m:	1:40.25	35.82	250m:	2:54.18	37.31	350m:	4:10.57	37.99
	100m:	1:04.43	34.45	200m:	2:16.87	36.62	300m:	3:32.58	38.40	400m:	4:47.85	37.28
4.	PORADA Tomasz		83	Warsaw Masters Team				4:55.30				
	50m:	32.60	32.60	150m:	1:46.73	37.62	250m:	3:02.20	37.62	350m:	4:18.28	37.77
	100m:	1:09.11	36.51	200m:	2:24.58	37.85	300m:	3:40.51	38.31	400m:	4:55.30	37.02
5.	KALUZYNSKI Wojciech		80	Warsaw Masters Team				5:33.29				
	50m:	36.99	36.99	150m:	2:39.87	41.89	250m:	4:51.02	44.48	350m:		
	100m:	1:57.98	1:20.99	200m:	4:06.54	1:26.67	300m:			400m:	5:33.29	
6.	STEPIEN Jakub		83	Aquasfera Masters Olsztyn				5:47.09				
	50m:	36.33	36.33	150m:	2:01.35	44.00	250m:	3:34.31	46.83	350m:	5:05.77	45.41
	100m:	1:17.35	41.02	200m:	2:47.48	46.13	300m:	4:20.36	46.05	400m:	5:47.09	41.32
7.	LESIAK Robert		82	Masters Lodz				6:09.52				
	50m:	38.26	38.26	150m:	2:06.56	45.15	250m:	3:42.14	48.96	350m:	5:23.77	50.82
	100m:	1:21.41	43.15	200m:	2:53.18	46.62	300m:	4:32.95	50.81	400m:	6:09.52	45.75

C: 35 - 39 lat

1.	KACZMAREK Stanislaw		79	Masters Gorzow Wlkp.				4:28.70				
	50m:	30.58	30.58	150m:	1:37.92	33.83	250m:	2:46.56	34.34	350m:	3:55.12	34.58
	100m:	1:04.09	33.51	200m:	2:12.22	34.30	300m:	3:20.54	33.98	400m:	4:28.70	33.58
2.	HOFFMAN Wojciech		75	Masters Korona Krakow				5:02.65				
	50m:	35.06	35.06	150m:	1:50.47	38.08	250m:	3:07.28	38.46	350m:	4:25.16	39.60
	100m:	1:12.39	37.33	200m:	2:28.82	38.35	300m:	3:45.56	38.28	400m:	5:02.65	37.49
3.	RYBKO Volodymyr		79	Msc "Euro-Lviv"				5:20.36				
	50m:	34.74	34.74	150m:	1:59.14	43.32	250m:	3:23.43	42.55	350m:	4:43.71	39.89
	100m:	1:15.82	41.08	200m:	2:40.88	41.74	300m:	4:03.82	40.39	400m:	5:20.36	36.65
4.	OLKOWICZ Arkadiusz		76	Masters Lodz				5:20.37				
	50m:	34.49	34.49	150m:	1:49.97	38.39	250m:	3:12.19	41.99	350m:	4:38.16	43.13
	100m:	1:11.58	37.09	200m:	2:30.20	40.23	300m:	3:55.03	42.84	400m:	5:20.37	42.21
5.	DOLINSKI Arkadiusz		78	Torunczyk Masters Torun				5:26.28				
	50m:	33.85	33.85	150m:	1:53.53	41.20	250m:	3:19.23	43.20	350m:	4:45.48	43.13
	100m:	1:12.33	38.48	200m:	2:36.03	42.50	300m:	4:02.35	43.12	400m:	5:26.28	40.80
6.	KOWALCZYK Mariusz		77	Odrzanskie Ratownictwo Specjal				5:52.56				
	50m:	36.92	36.92	150m:	2:03.13	44.36	250m:	3:36.10	47.07	350m:	5:11.02	47.45
	100m:	1:18.77	41.85	200m:	2:49.03	45.90	300m:	4:23.57	47.47	400m:	5:52.56	41.54

Event 40, Men, 400m Freestyle

D: 40 - 44 lat

1.	GREGOROWICZ Pawel	74	Aquasfera Masters Olsztyn	4:31.36
	50m: 31.73 31.73	150m: 1:40.46 34.76	250m: 2:49.26 34.05	350m: 3:58.32 34.41
	100m: 1:05.70 33.97	200m: 2:15.21 34.75	300m: 3:23.91 34.65	400m: 4:31.36 33.04
2.	BARTA Piotr	71	ZKS Drzonkow	4:41.98
	50m: 32.87 32.87	150m: 1:43.34 35.08	250m: 2:53.19 34.55	350m: 4:04.96 36.22
	100m: 1:08.26 35.39	200m: 2:18.64 35.30	300m: 3:28.74 35.55	400m: 4:41.98 37.02
3.	LEWANDOWSKI Marcin	73	Happy Tri Friends	5:09.30
	50m: 34.98 34.98	150m: 1:51.27 38.60	250m: 3:09.70 39.61	350m: 4:29.66 40.01
	100m: 1:12.67 37.69	200m: 2:30.09 38.82	300m: 3:49.65 39.95	400m: 5:09.30 39.64
4.	PLANETA Maciej	74	Uks Delfin Masters Tarnobrzeg	5:23.63
	50m: 36.10 36.10	150m: 1:57.58 41.30	250m: 3:19.82 41.00	350m: 4:44.45 42.92
	100m: 1:16.28 40.18	200m: 2:38.82 41.24	300m: 4:01.53 41.71	400m: 5:23.63 39.18

E: 45 - 49 lat

1.	STANEK Grzegorz	68	Odrzanskie Ratownictwo Specjal	4:36.51
	<i>Rekord Polski Masters</i>			
	50m: 32.40 32.40	150m: 1:42.69 35.10	250m: 2:52.81 34.86	350m: 4:02.53 34.64
	100m: 1:07.59 35.19	200m: 2:17.95 35.26	300m: 3:27.89 35.08	400m: 4:36.51 33.98
2.	PASIECZNY Andrzej	66	Victory Masters Elblag	4:37.02
	50m: 31.88 31.88	150m: 1:40.39 34.49	250m: 2:50.53 35.14	350m: 4:01.65 35.41
	100m: 1:05.90 34.02	200m: 2:15.39 35.00	300m: 3:26.24 35.71	400m: 4:37.02 35.37
3.	MONCZAK Piotr	67	Start Poznan	4:40.16
	50m: 32.32 32.32	150m: 1:44.06 35.72	250m: 2:55.80 35.29	350m: 4:06.08 35.14
	100m: 1:08.34 36.02	200m: 2:20.51 36.45	300m: 3:30.94 35.14	400m: 4:40.16 34.08
4.	SMIRNOV Aleksandr	68	Zvezdy Rossii	4:44.21
	50m: 32.37 32.37	150m: 1:43.67 36.02	250m: 2:56.07 36.31	350m: 4:08.86 36.54
	100m: 1:07.65 35.28	200m: 2:19.76 36.09	300m: 3:32.32 36.25	400m: 4:44.21 35.35
5.	SKOCZYLAS Tomasz	66	UKS Wodnik 29 Katowice	5:07.09
	50m: 33.25 33.25	150m: 1:49.71 39.15	250m: 3:09.37 39.76	350m: 4:28.80 39.28
	100m: 1:10.56 37.31	200m: 2:29.61 39.90	300m: 3:49.52 40.15	400m: 5:07.09 38.29
6.	SKODNY Pavol	69	Sportovy plavecky klub Kupele Piestany	5:09.04
	50m: 33.63 33.63	150m: 1:49.67 38.74	250m: 3:09.90 40.25	350m: 4:30.69 40.24
	100m: 1:10.93 37.30	200m: 2:29.65 39.98	300m: 3:50.45 40.55	400m: 5:09.04 38.35
7.	GLEB Tomasz	67	Victory Masters Elblag	5:14.84
	50m: 37.62 37.62	150m: 1:57.45 40.26	250m: 3:18.64 40.68	350m: 4:37.80 39.47
	100m: 1:17.19 39.57	200m: 2:37.96 40.51	300m: 3:58.33 39.69	400m: 5:14.84 37.04
8.	TCHORZEWSKI Norbert	65	Niezrzeszeni	5:47.82
	50m: 35.83 35.83	150m: 1:59.68 43.51	250m: 3:29.60 45.61	350m: 5:02.98 47.32
	100m: 1:16.17 40.34	200m: 2:43.99 44.31	300m: 4:15.66 46.06	400m: 5:47.82 44.84
9.	ZADOZNY Jaroslaw	66	Masters Korona Krakow	5:52.95
	50m: 37.61 37.61	150m: 2:03.53 44.06	250m: 3:37.01 46.85	350m: 5:10.76 46.83
	100m: 1:19.47 41.86	200m: 2:50.16 46.63	300m: 4:23.93 46.92	400m: 5:52.95 42.19
10.	OTLIK Marian	66	Rydultowska Akademia Aktywnego	5:57.54
	50m: 37.84 37.84	150m: 2:03.95 43.86	250m: 3:37.05 47.01	350m: 5:13.99 48.74
	100m: 1:20.09 42.25	200m: 2:50.04 46.09	300m: 4:25.25 48.20	400m: 5:57.54 43.55

Event 40, Men, 400m Freestyle

F: 50 - 54 lat

1.	OLSZEWSKI Pawel	62	KS Warta Poznan	4:52.58
	50m: 33.55 33.55	150m: 1:48.36 37.38	250m: 3:04.07 38.65	350m: 4:18.24 36.48
	100m: 1:10.98 37.43	200m: 2:25.42 37.06	300m: 3:41.76 37.69	400m: 4:52.58 34.34
2.	PAVLIK Rastislav	60	KPS Nereus Zilina	5:13.10
	50m: 33.15 33.15	150m: 1:51.13 38.98	250m: 3:11.83 41.05	350m: 4:34.62 41.91
	100m: 1:12.15 39.00	200m: 2:30.78 39.65	300m: 3:52.71 40.88	400m: 5:13.10 38.48
3.	KANIA Waldemar	62	Odrzanskie Ratownictwo Specjal	5:33.17
	50m: 37.26 37.26	150m: 2:00.40 41.86	250m: 3:24.98 42.06	350m: 4:50.20 42.71
	100m: 1:18.54 41.28	200m: 2:42.92 42.52	300m: 4:07.49 42.51	400m: 5:33.17 42.97
4.	SZYMIK Piotr	60	UKS WODNIK Siemianowice Slask	5:34.85
	50m: 38.27 38.27	150m: 2:02.31 42.39	250m: 3:26.98 42.45	350m: 4:52.94 43.28
	100m: 1:19.92 41.65	200m: 2:44.53 42.22	300m: 4:09.66 42.68	400m: 5:34.85 41.91
5.	CHOLDA Krzysztof	64	Masters Korona Krakow	5:36.42
	50m: 36.97 36.97	150m: 2:39.74 1:23.16	250m: 4:07.39 44.03	350m:
	100m: 1:16.58 39.61	200m: 3:23.36 43.62	300m: 4:52.20 44.81	400m: 5:36.42
6.	THIEM Jacek	63	KS Warta Poznan	6:00.84
	50m: 40.73 40.73	150m: 2:12.96 46.38	250m: 3:46.11 46.16	350m: 5:18.35 45.09
	100m: 1:26.58 45.85	200m: 2:59.95 46.99	300m: 4:33.26 47.15	400m: 6:00.84 42.49
7.	MACIEJCZAK Andrzej	60	MKP Bobry Debica	6:22.04
	50m: 38.29 38.29	150m: 2:14.48 49.49	250m: 3:54.52 50.05	350m: 5:34.60 50.00
	100m: 1:24.99 46.70	200m: 3:04.47 49.99	300m: 4:44.60 50.08	400m: 6:22.04 47.44
8.	DATA Andrzej	61	Masters Korona Krakow	6:23.41
	50m: 38.54 38.54	150m: 2:12.39 48.28	250m: 3:52.59 50.63	350m: 5:34.85 50.53
	100m: 1:24.11 45.57	200m: 3:01.96 49.57	300m: 4:44.32 51.73	400m: 6:23.41 48.56
9.	JACYSZYN Lechoslaw	63	UKS ORLIK	7:30.12
	50m: 46.30 46.30	150m: 3:37.19 1:56.07	250m: 5:34.13 58.36	350m:
	100m: 1:41.12 54.82	200m: 4:35.77 58.58	300m: 6:32.34 58.21	400m: 7:30.12

G: 55 - 59 lat

1.	GABIEC Mariusz	58	Aquasfera Masters Olsztyn	4:58.61
	50m: 34.49 34.49	150m: 1:50.35 37.90	250m: 3:06.78 38.53	350m: 4:22.45 37.34
	100m: 1:12.45 37.96	200m: 2:28.25 37.90	300m: 3:45.11 38.33	400m: 4:58.61 36.16
2.	VALTR Vaclav	56	SK Spolchemie Usti nad Labem	5:37.12
	50m: 38.15 38.15	150m: 2:02.05 42.68	250m: 3:28.10 42.89	350m: 4:55.60 43.91
	100m: 1:19.37 41.22	200m: 2:45.21 43.16	300m: 4:11.69 43.59	400m: 5:37.12 41.52
3.	SKRZYPEK Stefan	56	Steef Wroclaw	5:48.10
	50m: 39.73 39.73	150m: 2:06.87 43.50	250m: 3:35.03 44.09	350m: 5:03.35 44.15
	100m: 1:23.37 43.64	200m: 2:50.94 44.07	300m: 4:19.20 44.17	400m: 5:48.10 44.75
4.	KWIATKOWSKI Jacek	57	YMCA Krakow	6:03.46
	50m: 39.12 39.12	150m: 2:09.05 45.98	250m: 3:43.81 47.56	350m: 5:19.62 47.96
	100m: 1:23.07 43.95	200m: 2:56.25 47.20	300m: 4:31.66 47.85	400m: 6:03.46 43.84
5.	CIEKLINSKI Wieslaw	57	Masters rzeszow	6:13.53
	50m: 41.46 41.46	150m: 4:40.56 48.28	250m:	350m:
	100m: 3:52.28 3:10.82	200m:	300m:	400m: 6:13.53
6.	MINSKI Andrzej	56	KS niezrzeszeni.pl	6:36.16
	50m: 43.84 43.84	150m: 2:23.46 50.57	250m: 4:05.62 50.82	350m: 5:48.28 50.84
	100m: 1:32.89 49.05	200m: 3:14.80 51.34	300m: 4:57.44 51.82	400m: 6:36.16 47.88
7.	SUTOWSKI Robert	59	Warsaw Masters Team	6:45.32
	50m: 48.26 48.26	150m: 2:32.09 52.31	250m: 4:15.69 52.01	350m: 5:58.30 50.78
	100m: 1:39.78 51.52	200m: 3:23.68 51.59	300m: 5:07.52 51.83	400m: 6:45.32 47.02

Event 40, Men, 400m Freestyle, G: 55 - 59 lat

Rank			YB					Time		
8.	LASOWY Marian		55	Masters Gorzow Wlkp.				6:54.91		
	50m:	42.18 42.18	150m:	2:25.31 53.59	250m:	4:13.52 54.18	350m:	6:02.53 54.28		
	100m:	1:31.72 49.54	200m:	3:19.34 54.03	300m:	5:08.25 54.73	400m:	6:54.91 52.38		

H: 60 - 64 lat

1.	GEMBA Petro		52	AQUA Masters Kiev				5:49.71		
	50m:	41.51 41.51	150m:	2:10.90 44.86	250m:	3:41.12 45.44	350m:	5:09.24 43.97		
	100m:	1:26.04 44.53	200m:	2:55.68 44.78	300m:	4:25.27 44.15	400m:	5:49.71 40.47		
2.	ZABRZANSKI Alfred		54	UKS SP8 Chrzanow				5:54.65		
	50m:	37.99 37.99	150m:	2:03.68 43.74	250m:	3:36.85 46.98	350m:	5:10.03 46.96		
	100m:	1:19.94 41.95	200m:	2:49.87 46.19	300m:	4:23.07 46.22	400m:	5:54.65 44.62		
3.	KUBICKI Leszek		53	Gdynia Masters				5:58.18		
	50m:	36.95 36.95	150m:	2:05.29 45.51	250m:	3:37.94 46.48	350m:	5:11.74 47.09		
	100m:	1:19.78 42.83	200m:	2:51.46 46.17	300m:	4:24.65 46.71	400m:	5:58.18 46.44		
4.	LIETZ Krzysztof		52	Torunczyk Masters Torun				6:10.73		
	50m:	40.50 40.50	150m:	2:11.83 47.19	250m:	3:49.58 49.44	350m:	5:27.04 48.42		
	100m:	1:24.64 44.14	200m:	3:00.14 48.31	300m:	4:38.62 49.04	400m:	6:10.73 43.69		
5.	ZIELEZINSKI Wlodzimierz		53	Niezrzeszeni				6:19.65		
	50m:	39.15 39.15	150m:	2:13.72 48.75	250m:	3:54.18 50.68	350m:	5:34.14 50.17		
	100m:	1:24.97 45.82	200m:	3:03.50 49.78	300m:	4:43.97 49.79	400m:	6:19.65 45.51		
6.	IRCZYK Leon		51	Rydultowska Akademia Aktywnego				7:35.04		
	50m:	53.96 53.96	150m:	2:49.51 58.30	250m:	4:44.77 57.32	350m:	6:40.61 57.99		
	100m:	1:51.21 57.25	200m:	3:47.45 57.94	300m:	5:42.62 57.85	400m:	7:35.04 54.43		

I: 65 - 69 lat

1.	JARZYNA Wlodzinierz		49	MOTYL -SENIOR MOSiR Stalowa Wo				6:24.87		
	50m:	42.38 42.38	150m:	2:20.81 50.21	250m:	4:02.13 50.59	350m:	5:40.70 48.02		
	100m:	1:30.60 48.22	200m:	3:11.54 50.73	300m:	4:52.68 50.55	400m:	6:24.87 44.17		
2.	MLECZKO Andrzej		47	Masters Korona Krakow				6:54.23		
	50m:	45.96 45.96	150m:	2:30.08 53.27	250m:	4:19.31 54.44	350m:	6:06.20 53.21		
	100m:	1:36.81 50.85	200m:	3:24.87 54.79	300m:	5:12.99 53.68	400m:	6:54.23 48.03		
3.	WOLNIEWICZ Janusz		48	UKS Trojka Oborniki				7:05.31		
	50m:	46.34 46.34	150m:	2:32.56 53.77	250m:	4:21.16 54.64	350m:	6:11.32 55.38		
	100m:	1:38.79 52.45	200m:	3:26.52 53.96	300m:	5:15.94 54.78	400m:	7:05.31 53.99		

J: 70 - 74 lat

1.	BORODZIUK Stefan		44	Warsaw Masters Team				7:09.20		
	50m:	44.72 44.72	150m:	2:32.58 54.65	250m:	4:24.24 56.37	350m:	6:17.25 57.09		
	100m:	1:37.93 53.21	200m:	3:27.87 55.29	300m:	5:20.16 55.92	400m:	7:09.20 51.95		
2.	DZIEKONSKI Edward		43	Niezrzeszeni				7:13.66		
	50m:	49.34 49.34	150m:	2:40.61 57.20	250m:	4:32.10 55.84	350m:	6:21.82 54.77		
	100m:	1:43.41 54.07	200m:	3:36.26 55.65	300m:	5:27.05 54.95	400m:	7:13.66 51.84		
3.	WAGA Stanislaw		40	Masters Korona Krakow				7:57.05		
	50m:	54.58 54.58	150m:	2:53.26 1:01.71	250m:	4:56.42 1:01.18	350m:	6:59.13 1:01.40		
	100m:	1:51.55 56.97	200m:	3:55.24 1:01.98	300m:	5:57.73 1:01.31	400m:	7:57.05 57.92		
4.	DYMECKI Zbigniew		41	Niezrzeszeni				8:57.35		
	50m:	55.73 55.73	150m:	3:06.51 1:08.32	250m:	5:24.88 1:08.94	350m:	7:47.36 1:12.09		
	100m:	1:58.19 1:02.46	200m:	4:15.94 1:09.43	300m:	6:35.27 1:10.39	400m:	8:57.35 1:09.99		
5.	KRAWCZYK Tadeusz		43	Masters Korona Krakow				9:06.69		
	50m:	54.90 54.90	150m:	3:08.48 1:08.81	250m:	5:29.49 1:10.36	350m:	7:54.92 1:12.73		
	100m:	1:59.67 1:04.77	200m:	4:19.13 1:10.65	300m:	6:42.19 1:12.70	400m:	9:06.69 1:11.77		

Event 40, Men, 400m Freestyle

K: 75 - 79 lat

1.	LEWANDOWSKI Zygmunt	37	Niezrzeszeni						7:41.18			
	50m:	51.66	51.66	150m:	2:48.22	58.82	250m:	4:47.80	1:00.29	350m:	6:43.36	58.40
	100m:	1:49.40	57.74	200m:	3:47.51	59.29	300m:	5:44.96	57.16	400m:	7:41.18	57.82

L: 80 - 84 lat

1.	KROKOSZYNSKI Stanislaw	30	Masters Wisla Krakow							7:41.24		
	50m:	51.41	51.41	150m:	2:47.70	59.12	250m:	4:46.42	59.69	350m:	6:44.13	59.96
	100m:	1:48.58	57.17	200m:	3:46.73	59.03	300m:	5:44.17	57.75	400m:	7:41.24	57.11

DSQ	SLEZYNSKI Jan	31	AZS AWF Katowice								10:57.36	
	<i>O-4 - Start wykonany przed sygnałem (Przedwczesny start)</i>											
	50m:	1:09.50	1:09.50	150m:	3:58.96	1:24.17	250m:	6:46.67	1:24.52	350m:	9:33.77	1:23.70
	100m:	2:34.79	1:25.29	200m:	5:22.15	1:23.19	300m:	8:10.07	1:23.40	400m:	10:57.36	1:23.59