



Letnie Otwarte Mistrzostwa Polski Masters
Gliwice, 17- - 19-6-2011



Konkurencja 38, M czynn, 400m dowolny, 30 - 34 lat

Pozycja			Wiek					Czas	Pkt.		
8.	GUGAŁA Michał		32	Masters Korona Kraków				6:32.53	230		
	50m:	37.25 37.25	150m:	2:11.76	49.04	250m:	3:55.94	52.56	350m:	5:44.37	52.89
	100m:	1:22.72 45.47	200m:	3:03.38	51.62	300m:	4:51.48	55.54	400m:	6:32.53	48.16
9.	KLIMKOWSKI Marcin		30	MASTERS Bolesławiec				14:49.64	19		
	50m:		150m:			250m:			350m:		
	100m:	3:38.10	200m:	7:24.54		300m:	11:10.89		400m:	14:49.64	

35 - 39 lat

1.	BERWECKI Arkadiusz		38	MOTYL SENIOR MOSiR Stalowa Wola				4:40.62	669		
	50m:	30.81 30.81	150m:	1:40.92	35.34	250m:	2:52.51	36.09	350m:	4:05.44	36.59
	100m:	1:05.58 34.77	200m:	2:16.42	35.50	300m:	3:28.85	36.34	400m:	4:40.62	35.18
2.	MONCZAK Grzegorz		38	One Man Team				4:52.11	593		
	50m:	33.73 33.73	150m:	1:46.71	36.95	250m:	3:00.60	37.06	350m:	4:15.63	38.00
	100m:	1:09.76 36.03	200m:	2:23.54	36.83	300m:	3:37.63	37.03	400m:	4:52.11	36.48
3.	RADO Witold		39	Sokół Kolbuszowa				5:02.20	535		
	50m:	33.73 33.73	150m:	1:49.80	38.47	250m:	3:07.95	39.02	350m:	4:26.09	38.84
	100m:	1:11.33 37.60	200m:	2:28.93	39.13	300m:	3:47.25	39.30	400m:	5:02.20	36.11
4.	OPALI SKI Paweł		37	MOTYL SENIOR MOSiR Stalowa Wola				5:19.07	455		
	50m:	34.10 34.10	150m:	1:51.54	39.75	250m:	3:14.05	41.75	350m:	4:38.12	42.33
	100m:	1:11.79 37.69	200m:	2:32.30	40.76	300m:	3:55.79	41.74	400m:	5:19.07	40.95

40 - 44 lat

1.	MONCZAK Piotr		44	Start Pozna				4:50.48	646		
	50m:	31.86 31.86	150m:	1:44.65	36.77	250m:	2:59.47	37.55	350m:	4:13.91	37.11
	100m:	1:07.88 36.02	200m:	2:21.92	37.27	300m:	3:36.80	37.33	400m:	4:50.48	36.57
2.	ROTAR MAREK		43	Weteran Zabrze				4:51.80	638		
	50m:	33.46 33.46	150m:	1:47.10	37.08	250m:	3:02.04	37.48	350m:	4:16.90	37.03
	100m:	1:10.02 36.56	200m:	2:24.56	37.46	300m:	3:39.87	37.83	400m:	4:51.80	34.90
3.	GLEB Tomasz		44	Victory Masters Elbl g				5:22.73	471		
	50m:	35.00 35.00	150m:	1:55.35	40.78	250m:	3:21.37	42.81	350m:	4:44.31	40.76
	100m:	1:14.57 39.57	200m:	2:38.56	43.21	300m:	4:03.55	42.18	400m:	5:22.73	38.42
4.	KALBARCZYK Waldemar		40	MOTYL SENIOR MOSiR Stalowa Wola				5:47.24	378		
	50m:	37.35 37.35	150m:	2:05.03	44.40	250m:	3:34.71	44.55	350m:	5:04.72	44.33
	100m:	1:20.63 43.28	200m:	2:50.16	45.13	300m:	4:20.39	45.68	400m:	5:47.24	42.52
5.	RYBARCZYK MICHAŁ		41	UCSiR Warszawa				5:49.41	371		
	50m:	39.36 39.36	150m:	2:10.66	46.50	250m:	3:42.71	45.75	350m:	5:10.48	43.44
	100m:	1:24.16 44.80	200m:	2:56.96	46.30	300m:	4:27.04	44.33	400m:	5:49.41	38.93
6.	SZUREK Sławomir		40	Orka Masters Radlin				5:50.58	367		
	50m:	36.00 36.00	150m:	2:02.32	44.09	250m:	3:33.79	45.69	350m:	5:06.45	46.73
	100m:	1:18.23 42.23	200m:	2:48.10	45.78	300m:	4:19.72	45.93	400m:	5:50.58	44.13
7.	ZEMBALA Tomasz		40	Niezrzeszony				6:08.03	318		
	50m:	39.96 39.96	150m:	2:12.91	47.97	250m:	3:50.02	48.80	350m:	5:26.69	49.12
	100m:	1:24.94 44.98	200m:	3:01.22	48.31	300m:	4:37.57	47.55	400m:	6:08.03	41.34
8.	URCZAK Tomasz		42	Orka Masters Radlin				6:16.02	298		
	50m:	40.29 40.29	150m:	2:14.02	47.48	250m:	3:51.30	48.57	350m:	5:28.21	47.92
	100m:	1:26.54 46.25	200m:	3:02.73	48.71	300m:	4:40.29	48.99	400m:	6:16.02	47.81
9.	SŁOMI SKI KRZYSZTOF		40	Klub Sportowy "Rekin" wiebodzice				6:40.14	247		
	50m:	39.58 39.58	150m:	2:19.53	51.76	250m:	4:05.47	52.86	350m:	5:51.08	52.05
	100m:	1:27.77 48.19	200m:	3:12.61	53.08	300m:	4:59.03	53.56	400m:	6:40.14	49.06



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Konkurencja 38, M czynn, 400m dowolny

45 - 49 lat

1.	KOWALEWSKI Paweł	45	Warsaw Masters Team	4:53.42	718
	50m: 32.30 32.30	150m: 1:46.24 37.42	250m: 3:02.23 37.80	350m: 4:17.92 37.49	
	100m: 1:08.82 36.52	200m: 2:24.43 38.19	300m: 3:40.43 38.20	400m: 4:53.42 35.50	
2.	PASIECZNY Andrzej	45	Victory Masters Elbl g	4:56.61	695
	50m: 33.90 33.90	150m: 1:47.83 37.33	250m: 3:02.95 37.12	350m: 4:19.96 37.54	
	100m: 1:10.50 36.60	200m: 2:25.83 38.00	300m: 3:42.42 39.47	400m: 4:56.61 36.65	
3.	KO MIDER Jan	45	UKS Victoria Józefów	5:20.51	551
	50m: 35.16 35.16	150m: 1:53.94 40.29	250m: 3:17.48 41.61	350m: 4:39.97 40.54	
	100m: 1:13.65 38.49	200m: 2:35.87 41.93	300m: 3:59.43 41.95	400m: 5:20.51 40.54	
4.	KANIA Waldemar	49	ORS Opole	5:33.66	488
	50m: 37.09 37.09	150m: 2:01.77 42.93	250m: 3:27.82 43.09	350m: 4:53.05 42.26	
	100m: 1:18.84 41.75	200m: 2:44.73 42.96	300m: 4:10.79 42.97	400m: 5:33.66 40.61	
5.	ZADRO NY Jarosław	45	Masters Korona Kraków	6:07.43	365
	50m: 40.26 40.26	150m: 2:13.13 47.18	250m: 3:49.10 47.72	350m: 5:24.77 47.58	
	100m: 1:25.95 45.69	200m: 3:01.38 48.25	300m: 4:37.19 48.09	400m: 6:07.43 42.66	

50 - 54 lat

1.	GABIEC MARIUSZ	53	Sopot Masters	5:09.31	653
	50m: 35.91 35.91	150m: 1:55.02 39.77	250m: 3:15.06 39.96	350m: 4:33.49 38.78	
	100m: 1:15.25 39.34	200m: 2:35.10 40.08	300m: 3:54.71 39.65	400m: 5:09.31 35.82	
2.	SZYMIK Piotr	51	Wodnik Siemianowice I skie	5:40.05	491
	50m: 37.62 37.62	150m: 2:01.89 42.46	250m: 3:30.14 44.16	350m: 4:58.66 43.80	
	100m: 1:19.43 41.81	200m: 2:45.98 44.09	300m: 4:14.86 44.72	400m: 5:40.05 41.39	
3.	LORKOWSKI Robert	51	MOTYL SENIOR MOSiR Stalowa Wola	5:54.67	433
	50m: 37.25 37.25	150m: 2:08.38 47.17	250m: 3:42.40 46.91	350m: 5:13.58 44.43	
	100m: 1:21.21 43.96	200m: 2:55.49 47.11	300m: 4:29.15 46.75	400m: 5:54.67 41.09	
4.	RAPCZY SKI JACEK	53	Klub Sportowy "Rekin" wiebodzice	6:10.37	380
	50m: 39.47 39.47	150m: 2:09.28 45.56	250m: 3:44.33 48.03	350m: 5:21.96 48.91	
	100m: 1:23.72 44.25	200m: 2:56.30 47.02	300m: 4:33.05 48.72	400m: 6:10.37 48.41	

55 - 59 lat

1.	MATUSIK Mirosław	55	Masters Białystok	5:57.62	513
	50m: 38.39 38.39	150m: 2:07.36 45.39	250m: 3:39.56 46.21	350m: 5:12.44 46.58	
	100m: 1:21.97 43.58	200m: 2:53.35 45.99	300m: 4:25.86 46.30	400m: 5:57.62 45.18	
2.	LIPSKI Janusz	59	Niezzreszony	5:58.01	511
	50m: 40.67 40.67	150m: 2:12.28 46.66	250m: 3:45.33 46.60	350m: 5:16.17 44.75	
	100m: 1:25.62 44.95	200m: 2:58.73 46.45	300m: 4:31.42 46.09	400m: 5:58.01 41.84	
3.	SKRZYPEK Stefan	55	STEEF Wrocław	6:00.51	500
	50m: 40.81 40.81	150m: 2:12.18 46.02	250m: 3:45.53 47.02	350m: 5:17.01 44.98	
	100m: 1:26.16 45.35	200m: 2:58.51 46.33	300m: 4:32.03 46.50	400m: 6:00.51 43.50	
4.	DUBI SKI Bogdan	58	Niezzreszony	6:15.10	444
	50m: 38.87 38.87	150m: 2:13.84 49.47	250m: 3:55.36 50.71	350m: 5:33.22 48.15	
	100m: 1:24.37 45.50	200m: 3:04.65 50.81	300m: 4:45.07 49.71	400m: 6:15.10 41.88	
5.	LIETZ Krzysztof	59	Toru czyk Masters Toru	6:22.70	418
	50m: 39.41 39.41	150m: 2:13.70 48.84	250m: 3:54.27 50.65	350m: 5:34.49 49.87	
	100m: 1:24.86 45.45	200m: 3:03.62 49.92	300m: 4:44.62 50.35	400m: 6:22.70 48.21	
6.	FIGIELSKI Grzegorz	58	WOPR Warszawa SPORT-Figielski	6:23.60	415
	50m: 42.32 42.32	150m: 2:17.38 48.08	250m: 3:55.55 49.13	350m: 5:35.23 50.36	
	100m: 1:29.30 46.98	200m: 3:06.42 49.04	300m: 4:44.87 49.32	400m: 6:23.60 48.37	
7.	MI SKI Andrzej	55	niezzreszeni.pl	6:28.89	398
	50m: 41.81 41.81	150m: 2:21.11 50.95	250m: 4:02.25 50.96	350m: 5:42.89 50.57	
	100m: 1:30.16 48.35	200m: 3:11.29 50.18	300m: 4:52.32 50.07	400m: 6:28.89 46.00	



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Konkurencja 38, M czynn, 400m dowolny, 55 - 59 lat

Pozycja			Wiek				Czas		Pkt.
8.	WASIUK Janusz		58 Masters Krasnik				8:12.49		196
	50m:	57.78 57.78	150m:	3:03.44 1:04.20	250m:	5:12.90 1:05.23	350m:	7:18.08 1:02.30	
	100m:	1:59.24 1:01.46	200m:	4:07.67 1:04.23	300m:	6:15.78 1:02.88	400m:	8:12.49 54.41	

60 - 64 lat

1.	MIKOSZA OLGIERD		60 Tp Masters Opole				6:14.85		487
	50m:	40.57 40.57	150m:	2:16.17 48.50	250m:	3:54.65 49.29	350m:	5:32.69 48.97	
	100m:	1:27.67 47.10	200m:	3:05.36 49.19	300m:	4:43.72 49.07	400m:	6:14.85 42.16	
2.	JARZYNA Włodzimirz		62 MOTYL SENIOR MOSiR Stalowa Wola				6:25.44		448
	50m:	43.27 43.27	150m:	2:22.92 51.37	250m:	4:03.56 49.57	350m:	5:41.83 48.27	
	100m:	1:31.55 48.28	200m:	3:13.99 51.07	300m:	4:53.56 50.00	400m:	6:25.44 43.61	
3.	MLECZKO Andrzej		64 Wisła Masters Kraków				6:48.04		378
	50m:	43.74 43.74	150m:	2:31.46 55.50	250m:	4:19.78 53.50	350m:	6:04.35 50.25	
	100m:	1:35.96 52.22	200m:	3:26.28 54.82	300m:	5:14.10 54.32	400m:	6:48.04 43.69	
4.	GUOGA Antanas		63 Takas				7:09.33		324
	50m:	44.18 44.18	150m:	2:31.28 55.38	250m:	4:23.67 56.98	350m:	6:16.12 56.38	
	100m:	1:35.90 51.72	200m:	3:26.69 55.41	300m:	5:19.74 56.07	400m:	7:09.33 53.21	
5.	IRCZYK Leon		60 Orka Masters Radlin				7:56.94		236
	50m:	51.56 51.56	150m:	2:53.70 1:01.31	250m:	4:55.45 1:00.55	350m:	6:59.34 1:01.85	
	100m:	1:52.39 1:00.83	200m:	3:54.90 1:01.20	300m:	5:57.49 1:02.04	400m:	7:56.94 57.60	
6.	DASZY SKI Andrzej		63 MASTERS Bolesławiec				7:59.04		233
	50m:	50.31 50.31	150m:	2:52.29 1:01.72	250m:	4:56.81 1:02.29	350m:	7:03.07 1:04.29	
	100m:	1:50.57 1:00.26	200m:	3:54.52 1:02.23	300m:	5:58.78 1:01.97	400m:	7:59.04 55.97	
7.	JAWOR Bogdan		64 Masters Polkowice				8:10.17		218
	50m:	50.86 50.86	150m:	2:54.22 1:02.07	250m:	5:01.40 1:02.90	350m:	7:09.66 1:02.51	
	100m:	1:52.15 1:01.29	200m:	3:58.50 1:04.28	300m:	6:07.15 1:05.75	400m:	8:10.17 1:00.51	

65 - 69 lat

1.	BORODZIUK Stefan		67 Warsaw Masters Team				7:18.76		414
	50m:	45.73 45.73	150m:	2:35.76 56.33	250m:	4:30.58 57.64	350m:	6:24.47 57.21	
	100m:	1:39.43 53.70	200m:	3:32.94 57.18	300m:	5:27.26 56.68	400m:	7:18.76 54.29	
2.	DZIEKO SKI Edward		68 Białystok				7:23.31		402
	50m:	48.86 48.86	150m:	2:42.41 57.10	250m:	4:38.37 57.65	350m:	6:31.76 56.15	
	100m:	1:45.31 56.45	200m:	3:40.72 58.31	300m:	5:35.61 57.24	400m:	7:23.31 51.55	

70 - 74 lat

1.	BASTEK EWALD		72 Weteran Zabrze				6:37.69		592
	50m:	45.28 45.28	150m:	2:28.04 52.12	250m:	4:11.15 50.27	350m:	5:50.27 48.52	
	100m:	1:35.92 50.64	200m:	3:20.88 52.84	300m:	5:01.75 50.60	400m:	6:37.69 47.42	
2.	DYMECKI Zbigniew		70 KS Górnik Sosnowiec				8:19.44		299
	50m:	50.61 50.61	150m:	2:54.00 1:03.35	250m:	5:04.07 1:05.39	350m:	7:16.71 1:06.78	
	100m:	1:50.65 1:00.04	200m:	3:58.68 1:04.68	300m:	6:09.93 1:05.86	400m:	8:19.44 1:02.73	
3.	WOSK Tadeusz		74 Masters Chełm				13:25.86		71
	50m:		150m:		250m:		350m:		
	100m:	3:12.54	200m:	6:34.98	300m:	10:08.92	400m:	13:25.86	

75 - 79 lat

1.	LUDWICZAK Zbigniew		78 Szczecinek Masters				8:44.30		331
	50m:		150m:		250m:		350m:		
	100m:	2:02.89	200m:	4:17.54	300m:	6:33.26	400m:	8:44.30	
2.	FROM Kazimierz		79 WOPR Kutno				11:20.16		151
	50m:		150m:		250m:		350m:		
	100m:	2:36.09	200m:	5:31.61	300m:	8:27.73	400m:	11:20.16	



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Gliwice, 17 - 19-6-2011



Konkurencja 38, M czynn, 400m dowolny

80 - 84 lat

1. KROKOSZY SKI Stanisław	81	Wisła Masters Kraków	7:18.75	828
50m: 47.44 47.44	150m: 2:37.47	56.22 250m: 4:30.20	56.13 350m: 6:22.77	56.10
100m: 1:41.25 53.81	200m: 3:34.07	56.60 300m: 5:26.67	56.47 400m: 7:18.75	55.98

85 - 89 lat

1. MRÓWCZY SKI Kazimierz	89	Zgiersko-Ł czycki WOPR	10:17.80	447
50m:	150m:	250m:	350m:	
100m: 2:26.48	200m: 5:07.41	300m: 7:44.54	400m: 10:17.80	