

Mistrzostwa Polski w Pływaniu Masters
Gliwice, 13. - 15.11.2015

Konkurencja 40
15.11.2015 - 12:20

Mężczyźni, 400m dowolny

20 lat i starsi
Wyniki

Rekord Polski Masters 25 - 29	4:14.48	Oziemski Przemysław	Warszawa	22.05.2004
Rekord Polski Masters 30 - 34	4:14.97	Pr dki Sławomir	Lublin	09.12.2007
Rekord Polski Masters 35 - 39	4:19.61	Horbacz Marcin	Opole	07.12.2013
Rekord Polski Masters 40 - 44	4:21.19	Wolny Dariusz	Racibórz	14.04.2002
Rekord Polski Masters 45 - 49	4:36.51	Stanek Grzegorz	Katowice	16.11.2014
Rekord Polski Masters 50 - 54	4:39.06	Wolny Dariusz	Warszawa	05.06.2010
Rekord Polski Masters 55 - 59	4:43.44	Gabiec Mariusz	Rumia	09.02.2013
Rekord Polski Masters 60 - 64	4:59.17	Warchoń Mirosław	Warszawa	01.06.2013
Rekord Polski Masters 65 - 69	5:45.62	Raczy ski Marian	Warszawa	02.06.2001
Rekord Polski Masters 70 - 74	5:54.36	Bastek Ewald	Warszawa	06.06.2009
Rekord Polski Masters 75 - 79	6:46.11	Krokoszy ski Stanisław	Gliwice	24.05.2008
Rekord Polski Masters 80 - 84	7:10.86	Krokoszy ski Stanisław	Poznań	19.11.2011
Rekord Polski Masters 85 - 89	9:01.66	Mrówczy ski Kazimierz	Lublin	09.12.2007
Rekord Polski Masters 90 - 94	10:33.41	Mrówczy ski Kazimierz	Katowice	23.11.2012

Punkty: FINA 2015

Pozycja Rok ur. Czas Pkt.

20 - 24 lat

1. Kuca Przemysław	94	Klub Sportowy Warta Poznań	4:12.49	594
50m: 28.44 28.44	150m: 1:32.79 32.41	250m: 2:37.77 32.33	350m: 3:41.93 31.89	
100m: 1:00.38 31.94	200m: 2:05.44 32.65	300m: 3:10.04 32.27	400m: 4:12.49 30.56	
2. Plutecki Konrad	95	Masters Wisła Kraków	4:48.34	398
50m: 32.29 32.29	150m: 1:47.16 37.56	250m: 3:01.24 36.51	350m: 4:09.65 33.40	
100m: 1:09.60 37.31	200m: 2:24.73 37.57	300m: 3:36.25 35.01	400m: 4:48.34 38.69	
3. Zalewski Igor	93	Niezrzeszeni	4:51.44	386
50m: 32.41 32.41	150m: 1:45.61 36.92	250m: 3:00.77 37.85	350m: 4:16.03 37.39	
100m: 1:08.69 36.28	200m: 2:22.92 37.31	300m: 3:38.64 37.87	400m: 4:51.44 35.41	

25 - 29 lat

1. Jabło ski Marcin <i>Rekord Polski</i>	90	UKS CITYZEN Poznań	4:14.30	581
50m: 28.12 28.12	150m: 1:31.79 32.08	250m: 2:37.16 32.83	350m: 3:42.78 32.54	
100m: 59.71 31.59	200m: 2:04.33 32.54	300m: 3:10.24 33.08	400m: 4:14.30 31.52	
2. Sowa Robert	89	Niezrzeszeni	4:45.29	411
50m: 32.49 32.49	150m: 1:46.36 37.26	250m: 3:00.67 36.95	350m: 4:12.36 35.60	
100m: 1:09.10 36.61	200m: 2:23.72 37.36	300m: 3:36.76 36.09	400m: 4:45.29 32.93	
3. Jajuga Dawid	86	Masters Zdzeszowice	4:46.15	408
50m: 32.86 32.86	150m: 1:45.48 36.26	250m: 2:58.36 36.42	350m: 4:11.24 36.47	
100m: 1:09.22 36.36	200m: 2:21.94 36.46	300m: 3:34.77 36.41	400m: 4:46.15 34.91	
4. Wn k Jarosław	88	Niezrzeszeni	4:49.77	392
50m: 32.90 32.90	150m: 1:45.77 37.15	250m: 3:00.66 37.10	350m: 4:15.06 37.18	
100m: 1:08.62 35.72	200m: 2:23.56 37.79	300m: 3:37.88 37.22	400m: 4:49.77 34.71	
5. Krysiak Michał	88	SMT Szczecin	5:06.29	332
50m: 35.76 35.76	150m: 1:55.48 40.27	250m: 3:16.03 40.16	350m: 4:31.91 36.96	
100m: 1:15.21 39.45	200m: 2:35.87 40.39	300m: 3:54.95 38.92	400m: 5:06.29 34.38	
6. Turla Bartosz	88	UKS CITYZEN Poznań	5:27.60	271
50m: 34.56 34.56	150m: 1:51.17 39.43	250m: 3:15.45 43.23	350m: 4:43.53 44.69	
100m: 1:11.74 37.18	200m: 2:32.22 41.05	300m: 3:58.84 43.39	400m: 5:27.60 44.07	

30 - 34 lat

1. Radomski Grzegorz	84	T.P. Masters Opole	4:21.94	532
50m: 28.28 28.28	150m: 1:33.20 32.69	250m: 2:40.16 33.64	350m: 3:48.32 34.35	
100m: 1:00.51 32.23	200m: 2:06.52 33.32	300m: 3:13.97 33.81	400m: 4:21.94 33.62	
2. Porada Tomasz	83	Warsaw Masters team	4:44.44	415
50m: 32.05 32.05	150m: 1:43.72 36.43	250m: 3:32.92 36.06	350m:	
100m: 1:07.29 35.24	200m: 2:56.86 1:13.14	300m: 4:09.35 36.43	400m: 4:44.44	

Mistrzostwa Polski w Pływaniu Masters
Gliwice, 13. - 15.11.2015

Konkurencja 40, M czyzn, 400m dowolny, 30 - 34 lat

Pozycja			Rok ur.					Czas	Pkt.		
3.	Tusi ski Mikołaj		82	SWIMMERS St. Pływackie				4:49.63	393		
	50m:	32.34 32.34	150m:	1:47.08	38.13	250m:	3:01.24	36.55	350m:	4:13.29	36.28
	100m:	1:08.95 36.61	200m:	2:24.69	37.61	300m:	3:37.01	35.77	400m:	4:49.63	36.34
4.	Jankowiak Bartosz		81	KU AZS UAM Pozna				5:41.20	240		
	50m:	36.84 36.84	150m:	2:02.91	43.77	250m:			350m:	5:00.21	44.83
	100m:	1:19.14 42.30	200m:	2:47.59	44.68	300m:	4:15.38		400m:	5:41.20	40.99
5.	Zimkowski Dawid		81	SIKRET Gliwice				5:48.90	225		
	50m:	36.15 36.15	150m:	2:04.94	45.30	250m:	3:35.12	44.83	350m:	5:05.40	45.23
	100m:	1:19.64 43.49	200m:	2:50.29	45.35	300m:	4:20.17	45.05	400m:	5:48.90	43.50
6.	Bilski Adrian		84	Toru Multisport Team				6:46.51	142		
	50m:	44.17 44.17	150m:			250m:			350m:		
	100m:		200m:			300m:			400m:	6:46.51	
35 - 39 lat											
1.	Kaczmarek Stanisław		79	Klub Sportowy Warta Pozna				4:20.35	541		
	50m:	30.19 30.19	150m:	1:36.16	33.15	250m:	2:42.79	32.94	350m:	3:48.93	33.04
	100m:	1:03.01 32.82	200m:	2:09.85	33.69	300m:	3:15.89	33.10	400m:	4:20.35	31.42
2.	Fr ckowiak Artur		78	Masters Łód				4:53.16	379		
	50m:	31.36 31.36	150m:	1:43.01	36.27	250m:	2:58.87	38.15	350m:	4:16.76	39.05
	100m:	1:06.74 35.38	200m:	2:20.72	37.71	300m:	3:37.71	38.84	400m:	4:53.16	36.40
3.	Rybko Volodymyr		79	MSC "Euro-Lviv"				4:58.87	358		
	50m:	34.07 34.07	150m:	1:50.78	39.49	250m:	3:07.95	38.31	350m:	4:25.32	38.56
	100m:	1:11.29 37.22	200m:	2:29.64	38.86	300m:	3:46.76	38.81	400m:	4:58.87	33.55
4.	Szulc Jakub		76	Warsaw Masters team				5:00.81	351		
	50m:	34.13 34.13	150m:	1:48.98	37.87	250m:	3:06.68	39.27	350m:	4:24.90	39.37
	100m:	1:11.11 36.98	200m:	2:27.41	38.43	300m:	3:45.53	38.85	400m:	5:00.81	35.91
5.	Giejsztowt Marcin		78	Warsaw Masters team				5:04.33	339		
	50m:	33.35 33.35	150m:	1:48.67	38.54	250m:	3:06.92	39.28	350m:	4:25.34	39.16
	100m:	1:10.13 36.78	200m:	2:27.64	38.97	300m:	3:46.18	39.26	400m:	5:04.33	38.99
6.	Pawłowski Krzysztof		77	MOTYL -SENIOR MOSiR Stalowa Wo				5:16.93	300		
	50m:	34.31 34.31	150m:	1:52.19	39.65	250m:	3:15.23	41.82	350m:	4:37.63	40.64
	100m:	1:12.54 38.23	200m:	2:33.41	41.22	300m:	3:56.99	41.76	400m:	5:16.93	39.30
7.	Olkowicz Arkadiusz		76	Masters Łód				5:17.96	297		
	50m:	33.82 33.82	150m:	1:50.09	38.96	250m:	3:09.87	40.76	350m:	4:35.32	43.04
	100m:	1:11.13 37.31	200m:	2:29.11	39.02	300m:	3:52.28	42.41	400m:	5:17.96	42.64
8.	Kału y ski Wojciech		80	Warsaw Masters team				5:29.16	268		
	50m:	1:16.75 1:16.75	150m:	2:39.49	41.50	250m:	3:21.71		350m:	4:47.92	42.93
	100m:	1:57.99 41.24	200m:			300m:	4:04.99	43.28	400m:	5:29.16	41.24
9.	Dziubaty Łukasz		76	UKS CITYZEN Pozna				5:44.04	234		
	50m:	36.70 36.70	150m:	2:00.16	42.45	250m:	3:28.76	44.82	350m:	4:59.97	45.51
	100m:	1:17.71 41.01	200m:	2:43.94	43.78	300m:	4:14.46	45.70	400m:	5:44.04	44.07
10.	Pindor Przemysław		79	Weteran Zabrze				5:44.51	233		
	50m:	36.12 36.12	150m:	1:59.70	42.89	250m:	3:29.63	45.93	350m:	5:02.90	46.85
	100m:	1:16.81 40.69	200m:	2:43.70	44.00	300m:	4:16.05	46.42	400m:	5:44.51	41.61
11.	Juza Marek		79	Masters Korona Kraków				5:44.77	233		
	50m:	34.52 34.52	150m:	1:57.57	43.03	250m:	3:27.36	45.23	350m:	5:00.62	46.81
	100m:	1:14.54 40.02	200m:	2:42.13	44.56	300m:	4:13.81	46.45	400m:	5:44.77	44.15
12.	Sobczak Wojciech		80	WKS I SK				5:47.60	227		
	50m:	38.78 38.78	150m:	2:03.61	42.96	250m:	3:32.59	44.64	350m:	5:03.79	45.76
	100m:	1:20.65 41.87	200m:	2:47.95	44.34	300m:	4:18.03	45.44	400m:	5:47.60	43.81
13.	Sroka Michał		80	Niezrzeszeni				6:28.38	163		
	50m:	41.38 41.38	150m:	2:23.95	53.36	250m:	4:05.51	50.87	350m:	5:49.62	51.98
	100m:	1:30.59 49.21	200m:	3:14.64	50.69	300m:	4:57.64	52.13	400m:	6:28.38	38.76

Mistrzostwa Polski w Pływaniu Masters
Gliwice, 13. - 15.11.2015

Konkurencja 40, M czyzn, 400m dowolny

40 - 44 lat

1.	Gregorowicz Paweł	74	Aquasfera Masters Olsztyn	4:29.80	486
	50m: 31.36 31.36	150m: 1:39.99 34.55	250m: 2:48.28 34.13	350m: 3:56.36 33.97	
	100m: 1:05.44 34.08	200m: 2:14.15 34.16	300m: 3:22.39 34.11	400m: 4:29.80 33.44	
2.	Monczak Grzegorz	73	One Man Team	4:37.41	447
	50m: 32.90 32.90	150m: 1:43.60 35.68	250m: 2:54.72 35.34	350m: 4:04.29 34.60	
	100m: 1:07.92 35.02	200m: 2:19.38 35.78	300m: 3:29.69 34.97	400m: 4:37.41 33.12	
3.	óttowski Daniel	75	Warsaw Masters team	5:05.33	335
	50m: 33.00 33.00	150m: 1:46.82 37.76	250m: 3:04.57 39.30	350m: 4:24.78 40.10	
	100m: 1:09.06 36.06	200m: 2:25.27 38.45	300m: 3:44.68 40.11	400m: 5:05.33 40.55	
4.	Hoffman Wojciech	75	Masters Korona Kraków	5:05.89	334
	50m: 35.53 35.53	150m: 1:53.02 38.60	250m: 3:10.68 38.62	350m: 4:28.67 39.03	
	100m: 1:14.42 38.89	200m: 2:32.06 39.04	300m: 3:49.64 38.96	400m: 5:05.89 37.22	
5.	Winiarczyk Jarosław	72	Tkkf Koszalin Masters	5:11.98	314
	50m: 33.72 33.72	150m: 1:49.63 38.76	250m: 3:11.28 41.22	350m: 4:34.65 41.69	
	100m: 1:10.87 37.15	200m: 2:30.06 40.43	300m: 3:52.96 41.68	400m: 5:11.98 37.33	
6.	Planeta Maciej	74	Uks Delfin Masters Tarnobrzeg	5:27.95	271
	50m: 34.25 34.25	150m: 1:51.61 39.37	250m: 3:15.06 42.18	350m: 4:38.45 41.07	
	100m: 1:12.24 37.99	200m: 2:32.88 41.27	300m: 3:57.38 42.32	400m: 5:27.95 49.50	
7.	Dziemian Karol	73	Aquasfera Masters Olsztyn	6:42.49	146
	50m: 45.02 45.02	150m: 2:27.37 51.63	250m: 4:09.70 51.04	350m: 5:53.89 52.69	
	100m: 1:35.74 50.72	200m: 3:18.66 51.29	300m: 5:01.20 51.50	400m: 6:42.49 48.60	
8.	Bednarek Arkadiusz	73	SIKRET Gliwice	6:46.41	142
	50m: 41.60 41.60	150m: 2:20.86 51.11	250m: 4:06.36 53.26	350m: 5:53.25 54.13	
	100m: 1:29.75 48.15	200m: 3:13.10 52.24	300m: 4:59.12 52.76	400m: 6:46.41 53.16	

45 - 49 lat

1.	Pasieczny Andrzej	66	Victory Masters Elbl g	4:34.09	464
	<i>Rekord Polski</i>				
	50m: 31.86 31.86	150m: 1:40.71 34.55	250m: 2:50.19 34.51	350m: 4:00.03 35.15	
	100m: 1:06.16 34.30	200m: 2:15.68 34.97	300m: 3:24.88 34.69	400m: 4:34.09 34.06	
2.	Stanek Grzegorz	68	ORS Opole	4:34.37	462
	50m: 32.48 32.48	150m: 1:41.99 34.76	250m: 2:51.73 34.61	350m: 4:00.95 34.61	
	100m: 1:07.23 34.75	200m: 2:17.12 35.13	300m: 3:26.34 34.61	400m: 4:34.37 33.42	
3.	Monczak Piotr	67	Start Pozna	4:36.78	450
	50m: 31.99 31.99	150m: 1:43.33 35.67	250m: 2:53.97 34.72	350m: 4:03.64 34.84	
	100m: 1:07.66 35.67	200m: 2:19.25 35.92	300m: 3:28.80 34.83	400m: 4:36.78 33.14	
4.	Smirnov Aleksandr	68	Pregel	4:44.05	417
	50m: 32.56 32.56	150m: 1:45.02 36.18	250m: 2:57.71 36.35	350m: 4:09.68 35.73	
	100m: 1:08.84 36.28	200m: 2:21.36 36.34	300m: 3:33.95 36.24	400m: 4:44.05 34.37	
5.	Bar Wiesław	70	Niezrzeszeni	4:52.55	381
	50m: 32.65 32.65	150m: 1:46.78 37.43	250m: 3:02.13 37.75	350m: 4:16.82 37.67	
	100m: 1:09.35 36.70	200m: 2:24.38 37.60	300m: 3:39.15 37.02	400m: 4:52.55 35.73	
6.	igáš Peter	70	AQUATICS Nitra	4:53.98	376
	50m: 32.75 32.75	150m: 1:46.13 36.75	250m: 3:00.20 36.88	350m:	
	100m: 1:09.38 36.63	200m: 2:23.32 37.19	300m: 4:16.19 1:15.99	400m: 4:53.98	
7.	Stachurski Ireneusz	69	Niezrzeszeni	6:42.08	147
	50m: 40.97 40.97	150m: 2:21.60 52.35	250m: 4:08.41 53.52	350m: 5:53.27 52.25	
	100m: 1:29.25 48.28	200m: 3:14.89 53.29	300m: 5:01.02 52.61	400m: 6:42.08 48.81	

Mistrzostwa Polski w Pływaniu Masters
Gliwice, 13. - 15.11.2015

Konkurencja 40, M czynn, 400m dowolny

50 - 54 lat

1.	Lacko Karol	64	AQUATICS Nitra	4:45.99	408
	50m: 33.34 33.34	150m: 1:44.88 36.11	250m: 3:00.81 36.69	350m: 4:09.42 36.47	
	100m: 1:08.77 35.43	200m: 2:20.62 35.74	300m: 3:32.95	400m: 4:45.99 36.57	
2.	Olszewski Paweł	62	Klub Sportowy Warta Pozna	4:48.07	399
	50m: 33.05 33.05	150m: 1:47.14 37.41	250m: 3:00.81 36.69	350m: 4:13.24 36.13	
	100m: 1:09.73 36.68	200m: 2:24.12 36.98	300m: 3:37.11 36.30	400m: 4:48.07 34.83	
3.	Janovský Jiří	64	Niezrzeszeni	5:09.97	321
	50m:	150m: 1:52.25	250m: 3:50.70 1:19.10	350m:	
	100m:	200m: 2:31.60 39.35	300m:	400m: 5:09.97	
4.	Latecki Grzegorz	65	Victory Masters Elbląg	5:19.58	292
	50m: 34.89 34.89	150m: 1:54.19 40.62	250m: 3:17.50 41.89	350m: 4:41.12 41.74	
	100m: 1:13.57 38.68	200m: 2:35.61 41.42	300m: 3:59.38 41.88	400m: 5:19.58 38.46	
5.	Tchorzewski Norbert	65	SWIMMERS St. Pływackie	5:36.88	250
	50m: 36.87 36.87	150m: 2:00.09 42.98	250m: 3:27.66 43.36	350m: 4:58.00 45.10	
	100m: 1:17.11 40.24	200m: 2:44.30 44.21	300m: 4:12.90 45.24	400m: 5:36.88 38.88	
6.	Kożlikowski Marek	61	Aquasfera Masters Olsztyn	5:41.54	240
	50m: 36.78 36.78	150m: 2:02.22 43.52	250m: 3:31.97 45.03	350m: 5:00.17 43.50	
	100m: 1:18.70 41.92	200m: 2:46.94 44.72	300m: 4:16.67 44.70	400m: 5:41.54 41.37	
7.	Thiem Jacek	63	Klub Sportowy Warta Pozna	6:00.75	203
	50m: 40.95 40.95	150m: 2:13.34 46.42	250m: 3:46.55 46.60	350m: 5:18.43 45.31	
	100m: 1:26.92 45.97	200m: 2:59.95 46.61	300m: 4:33.12 46.57	400m: 6:00.75 42.32	

55 - 59 lat

1.	Gabiec Mariusz	58	Aquasfera Masters Olsztyn	4:59.07	357
	50m: 34.99 34.99	150m: 1:50.77 37.97	250m: 3:06.60 38.08	350m: 4:22.57 37.81	
	100m: 1:12.80 37.81	200m: 2:28.52 37.75	300m: 3:44.76 38.16	400m: 4:59.07 36.50	
2.	Przytułski Włodzimierz	57	UTW "Masters" Zgierz	5:24.98	278
	50m: 36.04 36.04	150m: 1:55.58 40.13	250m: 3:19.52 42.20	350m: 4:44.64 42.89	
	100m: 1:15.45 39.41	200m: 2:37.32 41.74	300m: 4:01.75 42.23	400m: 5:24.98 40.34	
3.	Szymik Piotr	60	UKS WODNIK Siemianowice Górskie	5:51.78	219
	50m: 38.63 38.63	150m:	250m: 3:36.72 45.42	350m: 5:08.99 45.82	
	100m: 2:05.98 1:27.35	200m: 2:51.30	300m: 4:23.17 46.45	400m: 5:51.78 42.79	
4.	Skrzypek Stefan	56	Steef Wrocław	5:54.16	215
	50m: 40.26 40.26	150m: 2:09.48 45.02	250m: 3:40.20 45.41	350m: 5:10.90 45.56	
	100m: 1:24.46 44.20	200m: 2:54.79 45.31	300m: 4:25.34 45.14	400m: 5:54.16 43.26	
5.	Wygrzywalski Andrzej	59	Masters Korona Kraków	6:15.02	181
	50m: 40.20 40.20	150m: 2:14.35 47.79	250m: 3:52.46 49.31	350m: 5:29.87 48.10	
	100m: 1:26.56 46.36	200m: 3:03.15 48.80	300m: 4:41.77 49.31	400m: 6:15.02 45.15	
6.	Tataczuk Ryszard	59	Niezrzeszeni	6:15.22	181
	50m: 40.45 40.45	150m: 2:11.92 46.51	250m: 3:48.14 48.96	350m: 5:28.08 50.36	
	100m: 1:25.41 44.96	200m: 2:59.18 47.26	300m: 4:37.72 49.58	400m: 6:15.22 47.14	
7.	Sutowski Robert	59	Warsaw Masters team	6:27.39	164
	50m: 43.75 43.75	150m: 2:20.70 49.59	250m: 3:59.58 49.60	350m: 5:39.69 49.87	
	100m: 1:31.11 47.36	200m: 3:09.98 49.28	300m: 4:49.82 50.24	400m: 6:27.39 47.70	
8.	Miński Andrzej	56	K.S.niezrzeszeni.pl	6:40.28	149
	50m: 44.68 44.68	150m: 2:27.02 51.69	250m: 4:11.23 52.29	350m: 5:54.11 51.52	
	100m: 1:35.33 50.65	200m: 3:18.94 51.92	300m: 5:02.59 51.36	400m: 6:40.28 46.17	
9.	Czupryn Wojciech	58	Warsaw Masters team	6:57.19	131
	50m: 46.00 46.00	150m: 2:22.57 50.09	250m:	350m: 6:03.40 55.49	
	100m: 1:32.48 46.48	200m: 3:14.54 51.97	300m: 5:07.91	400m: 6:57.19 53.79	
10.	Paściak Marek	60	SIKRET Gliwice	7:06.12	123
	50m: 46.17 46.17	150m: 2:32.52 53.72	250m: 4:22.42 54.84	350m: 6:12.37 55.59	
	100m: 1:38.80 52.63	200m: 3:27.58 55.06	300m: 5:16.78 54.36	400m: 7:06.12 53.75	

Mistrzostwa Polski w Pływaniu Masters
Gliwice, 13. - 15.11.2015

Konkurencja 40, M czynn, 400m dowolny, 55 - 59 lat

Pozycja			Rok ur.					Czas	Pkt.
11.	Toporski Janusz		59	Masters Korona Kraków				7:30.13	104
	50m:	51.48 51.48	150m:	2:45.25 57.64	250m:	4:39.92 57.19	350m:	6:35.64 56.82	
	100m:	1:47.61 56.13	200m:	3:42.73 57.48	300m:	5:38.82 58.90	400m:	7:30.13 54.49	
12.	Wepa Wiesław		56	Masters Chelm				7:52.69	90
	50m:	46.22 46.22	150m:	2:38.66 57.37	250m:	4:44.78 1:02.53	350m:	6:50.20 1:02.09	
	100m:	1:41.29 55.07	200m:	3:42.25 1:03.59	300m:	5:48.11 1:03.33	400m:	7:52.69 1:02.49	

60 - 64 lat

1.	Gemba Petro		52	MSC "Euro-Lviv"				5:44.78	233
	50m:	40.40 40.40	150m:	2:09.53 44.21	250m:	3:37.27 43.71	350m:	5:02.62 42.78	
	100m:	1:25.32 44.92	200m:	2:53.56 44.03	300m:	4:19.84 42.57	400m:	5:44.78 42.16	
2.	Kubicki Leszek		53	Gdynia Masters				5:58.22	208
	50m:	37.90 37.90	150m:	2:06.49 45.26	250m:	3:39.43 47.00	350m:	5:13.15 46.97	
	100m:	1:21.23 43.33	200m:	2:52.43 45.94	300m:	4:26.18 46.75	400m:	5:58.22 45.07	
3.	Kulczyk Krzysztof		52	UKS Wodnik 29 Katowice				6:30.58	160
	50m:	41.57 41.57	150m:	2:22.92 52.43	250m:	4:06.29 50.86	350m:	5:48.04 49.92	
	100m:	1:30.49 48.92	200m:	3:15.43 52.51	300m:	4:58.12 51.83	400m:	6:30.58 42.54	
4.	Dubi ski Bogdan		53	Niezrzeszeni				6:34.51	155
	50m:	39.80 39.80	150m:	2:18.34 51.03	250m:	4:02.46 53.01	350m:	5:45.69 53.08	
	100m:	1:27.31 47.51	200m:	3:09.45 51.11	300m:	4:52.61 50.15	400m:	6:34.51 48.82	
5.	Lasowy Marian		55	Niezrzeszeni				6:43.31	145
	50m:	44.06 44.06	150m:	2:25.09 51.19	250m:	4:09.87 52.29	350m:	5:54.96	
	100m:	1:33.90 49.84	200m:	3:17.58 52.49	300m:		400m:	6:43.31 48.35	
6.	Irczyk Leon		51	Rydułtowska Akademia Aktywnego				7:35.57	101
	50m:	51.33 51.33	150m:	2:49.22 59.82	250m:	4:47.89 59.01	350m:	6:42.75 57.57	
	100m:	1:49.40 58.07	200m:	3:48.88 59.66	300m:	5:45.18 57.29	400m:	7:35.57 52.82	
7.	Błasiak Janusz		55	Sergiusz Olejniczak Team Łódź				7:54.43	89
	50m:	53.75 53.75	150m:		250m:	4:57.44 1:01.48	350m:	7:00.74 1:02.25	
	100m:	1:53.74 59.99	200m:	3:55.96	300m:	5:58.49 1:01.05	400m:	7:54.43 53.69	

65 - 69 lat

1.	de Makay Waldemar		50	Warsaw Masters team				5:48.49	225
	50m:	38.98 38.98	150m:	2:05.42 43.86	250m:	3:34.22 44.59	350m:	5:04.97 45.34	
	100m:	1:21.56 42.58	200m:	2:49.63 44.21	300m:	4:19.63 45.41	400m:	5:48.49 43.52	
2.	Jarzyna Włodzimierz		49	MOTYL -SENIOR MOSiR Stalowa Wo				6:08.12	191
	50m:	41.31 41.31	150m:	2:16.21 48.02	250m:	3:52.49 48.21	350m:	5:23.52 44.82	
	100m:	1:28.19 46.88	200m:	3:04.28 48.07	300m:	4:38.70 46.21	400m:	6:08.12 44.60	
3.	Łukaszewicz Marek		49	Niezrzeszeni				6:12.89	184
	50m:	40.57 40.57	150m:	2:11.90 47.25	250m:	3:48.55 48.89	350m:	5:26.93 49.49	
	100m:	1:24.65 44.08	200m:	2:59.66 47.76	300m:	4:37.44 48.89	400m:	6:12.89 45.96	
4.	Mleczo Andrzej		47	Masters Korona Kraków				6:59.43	129
	50m:	45.14 45.14	150m:	2:28.69 52.47	250m:	4:16.06 54.37	350m:	6:06.99 55.31	
	100m:	1:36.22 51.08	200m:	3:21.69 53.00	300m:	5:11.68 55.62	400m:	6:59.43 52.44	
5.	Szyma ski Wojciech		50	UTW "Masters" Zgierz				8:42.93	66
	50m:	50.84 50.84	150m:	2:56.25 1:04.54	250m:	5:12.28 1:08.27	350m:	7:30.99 1:09.25	
	100m:	1:51.71 1:00.87	200m:	4:04.01 1:07.76	300m:	6:21.74 1:09.46	400m:	8:42.93 1:11.94	

70 - 74 lat

1.	Dzieko ski Edward		43	Niezrzeszeni				7:21.58	111
	50m:	47.20 47.20	150m:	2:33.79 55.17	250m:	4:31.25 59.02	350m:	6:27.18 57.37	
	100m:	1:38.62 51.42	200m:	3:32.23 58.44	300m:	5:29.81 58.56	400m:	7:21.58 54.40	

Mistrzostwa Polski w Pływaniu Masters
Gliwice, 13. - 15.11.2015

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

Pozycja				Rok ur.					Czas	Pkt.		
2.	Borodziuk Stefan			44	Warsaw Masters team				7:22.39	110		
	50m:	46.85	46.85	150m:	2:39.30	56.34	250m:	4:34.58	57.85	350m:	6:30.66	58.56
	100m:	1:42.96	56.11	200m:	3:36.73	57.43	300m:	5:32.10	57.52	400m:	7:22.39	51.73

75 - 79 lat

1.	Bastek Ewald			39	Weteran Zabrze				6:37.09	152		
	<i>Rekord Polski</i>											
	50m:	44.02	44.02	150m:	2:22.59	50.40	250m:	4:05.15	50.84	350m:	5:48.24	50.86
	100m:	1:32.19	48.17	200m:	3:14.31	51.72	300m:	4:57.38	52.23	400m:	6:37.09	48.85
2.	Waga Stanisław			40	Masters Korona Kraków				8:08.30	82		
	50m:	53.81	53.81	150m:	2:55.87	1:02.44	250m:	5:02.01	1:02.90	350m:	7:07.29	1:02.27
	100m:	1:53.43	59.62	200m:	3:59.11	1:03.24	300m:	6:05.02	1:03.01	400m:	8:08.30	1:01.01

80 - 84 lat

1.	I y ski Jan			31	AZS AWF Katowice				10:56.63	33		
	50m:	1:18.70	1:18.70	150m:	4:13.08	1:26.87	250m:	6:58.17	1:22.73	350m:	9:42.48	1:21.72
	100m:	2:46.21	1:27.51	200m:	5:35.44	1:22.36	300m:	8:20.76	1:22.59	400m:	10:56.63	1:14.15