

Mistrzostwa Polski w Pływaniu Masters  
Gliwice, 13. - 15.11.2015

Event 40 Men, 400m Freestyle 20 years and older  
15.11.2015 - 12:20 Results

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	Pozna	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

Points: FINA 2015

Rank YB Time Pts  
20 - 24 years

1. Kuca Przemysław	94	Klub Sportowy Warta Poznan	<b>4:12.49</b>	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 Wisla Krakow	<b>4:48.34</b>	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	Niezzreszeni	<b>4:51.44</b>	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 years

1. Jablonski Marcin	90	UKS CITYZEN Poznan	<b>4:14.30</b>	581
<i>Rekord Polski</i>				
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	Niezzreszeni	<b>4:45.29</b>	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	<b>4:46.15</b>	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. Wnek Jarosław	88	Niezzreszeni	<b>4:49.77</b>	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	<b>5:06.29</b>	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 Poznan	<b>5:27.60</b>	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 years

1. Radomski Grzegorz	84	T.P. Masters Opole	<b>4:21.94</b>	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	<b>4:44.44</b>	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  
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Event 40, Men, 400m Freestyle, 30 - 34 years

Rank					YB					Time	Pts	
3.	Tusinski Mikolaj				82	SWIMMERS St. Plywackie				<b>4:49.63</b>	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 Poznan				<b>5:41.20</b>	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				<b>5:48.90</b>	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	Torun Multisport Team				<b>6:46.51</b>	142	
	50m:	44.17	44.17	150m:			250m:			350m:		
	100m:			200m:			300m:			400m:	6:46.51	

35 - 39 years

1.	Kaczmarek Stanislaw				79	Klub Sportowy Warta Poznan				<b>4:20.35</b>	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.	Frackowiak Artur				78	Masters Lodz				<b>4:53.16</b>	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"				<b>4:58.87</b>	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				<b>5:00.81</b>	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				<b>5:04.33</b>	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.	Pawlowski Krzysztof				77	MOTYL -SENIOR MOSiR Stalowa Wo				<b>5:16.93</b>	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 Lodz				<b>5:17.96</b>	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.	Kaluzynski Wojciech				80	Warsaw Masters team				<b>5:29.16</b>	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 Lukasz				76	UKS CITYZEN Poznan				<b>5:44.04</b>	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 Przemyslaw				79	Weteran Zabrze				<b>5:44.51</b>	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 Krakow				<b>5:44.77</b>	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 SIASK				<b>5:47.60</b>	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 Michal				80	Niezrzeszeni				<b>6:28.38</b>	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  
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Event 40, Men, 400m Freestyle

40 - 44 years

1.	Gregorowicz Pawel	74	Aquasfera Masters Olsztyn	<b>4:29.80</b>	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	<b>4:37.41</b>	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.	Zoltowski Daniel	75	Warsaw Masters team	<b>5:05.33</b>	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 Krakow	<b>5:05.89</b>	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 Jaroslaw	72	Tkkf Koszalin Masters	<b>5:11.98</b>	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	<b>5:27.95</b>	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	<b>6:42.49</b>	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	<b>6:46.41</b>	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 years

1.	Pasieczny Andrzej	66	Victory Masters Elblag	<b>4:34.09</b>	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	<b>4:34.37</b>	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 Poznan	<b>4:36.78</b>	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	<b>4:44.05</b>	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 Wieslaw	70	Niezrzeszeni	<b>4:52.55</b>	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.	Cigas Peter	70	AQUATICS Nitra	<b>4:53.98</b>	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	<b>6:42.08</b>	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  
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Event 40, Men, 400m Freestyle

50 - 54 years

1.	Lacko Karol		64	AQUATICS Nitra		<b>4:45.99</b>	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 Pawel		62	Klub Sportowy Warta Poznan		<b>4:48.07</b>	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.	Janovsky Jiri		64	Niezrzeszeni		<b>5:09.97</b>	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 Elblag		<b>5:19.58</b>	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. Plywackie		<b>5:36.88</b>	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.	Kozlikowski Marek		61	Aquasfera Masters Olsztyn		<b>5:41.54</b>	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 Poznan		<b>6:00.75</b>	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 years

1.	Gabiec Mariusz		58	Aquasfera Masters Olsztyn		<b>4:59.07</b>	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.	Przytulski Wlodzimierz		57	UTW "Masters" Zgierz		<b>5:24.98</b>	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 Slaski		<b>5:51.78</b>	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 Wroclaw		<b>5:54.16</b>	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 Krakow		<b>6:15.02</b>	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		<b>6:15.22</b>	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		<b>6:27.39</b>	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.	Minski Andrzej		56	K.S.niezrzeszeni.pl		<b>6:40.28</b>	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		<b>6:57.19</b>	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.	Pasciak Marek		60	SIKRET Gliwice		<b>7:06.12</b>	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

Event 40, Men, 400m Freestyle, 55 - 59 years

Rank					YB					Time	Pts	
11.	Toporski Janusz				59	Masters Korona Krakow				<b>7:30.13</b>	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 Wieslaw				56	Masters Chelm				<b>7:52.69</b>	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 years

1.	Gemba Petro				52	MSC "Euro-Lviv"				<b>5:44.78</b>	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				<b>5:58.22</b>	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				<b>6:30.58</b>	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.	Dubinski Bogdan				53	Niezrzeszeni				<b>6:34.51</b>	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				<b>6:43.31</b>	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	Rydultowska Akademia Aktywnego				<b>7:35.57</b>	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.	Blasiak Janusz				55	Sergiusz Olejniczak Team Lodz				<b>7:54.43</b>	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 years

1.	de Makay Waldemar				50	Warsaw Masters team				<b>5:48.49</b>	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 Wlodzimierz				49	MOTYL -SENIOR MOSiR Stalowa Wo				<b>6:08.12</b>	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.	Lukaszewicz Marek				49	Niezrzeszeni				<b>6:12.89</b>	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.	Mleczek Andrzej				47	Masters Korona Krakow				<b>6:59.43</b>	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.	Szymanski Wojciech				50	UTW "Masters" Zgierz				<b>8:42.93</b>	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 years

1.	Dziekonski Edward				43	Niezrzeszeni				<b>7:21.58</b>	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

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Event 40, Men, 400m Freestyle, 70 - 74 years

Rank				YB					Time	Pts		
2.	Borodziuk Stefan			44	Warsaw Masters team				<b>7:22.39</b>	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 years

1.	Bastek Ewald			39	Weteran Zabrze				<b>6:37.09</b>	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 Stanislaw			40	Masters Korona Krakow				<b>8:08.30</b>	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 years

1.	Slezynski Jan			31	AZS AWF Katowice				<b>10:56.63</b>	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