

Letnie Mistrzostwa Polski w Pływaniu Masters
Gliwice, 10. - 12.6.2016

Konkurencja 38 M cyczn, 400m dowolny 20 lat i starsi
12.06.2016 - 11:30 Wyniki

Rekord Polski Masters 25 - 29	4:27.47	SZCZYPI SKI Marcin	Olsztyn	29.06.2014
Rekord Polski Masters 30 - 34	4:31.49	Pr dki Sławomir	Pozna	20.06.2009
Rekord Polski Masters 35 - 39	4:23.70	Kaczmarek Stanisław	Londyn	25.05.2016
Rekord Polski Masters 40 - 44	4:21.40	Stanek Grzegorz	Cadiz	17.09.2009
Rekord Polski Masters 45 - 49	4:37.62	Kasperek Jacek	San Francisco	10.08.2006
Rekord Polski Masters 50 - 54	4:49.39	MADEJ Leszek	Olsztyn	29.06.2014
Rekord Polski Masters 55 - 59	4:59.65	Gabiec Mariusz	D bica	16.06.2013
Rekord Polski Masters 60 - 64	5:39.60	Lewicki Józef	Praga	07.09.1997
Rekord Polski Masters 65 - 69	5:35.40	de Makay Waldemar	Kecskemet	09.04.2016
Rekord Polski Masters 70 - 74	5:53.54	Bastek Ewald	Gdynia	27.06.2009
Rekord Polski Masters 75 - 79	6:31.82	BASTEK Ewald	Olsztyn	29.06.2014
Rekord Polski Masters 80 - 84	6:58.79	Krokoszy ski Stanisław	Gliwice	09.05.2010
Rekord Polski Masters 85 - 89	8:01.90	Krokoszy ski Stanisław	Szczecin	27.06.2015
Rekord Polski Masters 90 - 94	11:34.19	Mrówcy ski Kazimierz	Londyn	25.05.2016

Punkty: FINA 2016

Pozycja Rok ur. Czas Pkt.

20 - 24 lat

1. Smeja Sławomir	94	AZS AWF Katowice	4:15.19	641
50m: 29.04 29.04	150m: 1:34.17 32.95	250m: 2:40.07 32.86	350m: 3:45.61 32.77	
100m: 1:01.22 32.18	200m: 2:07.21 33.04	300m: 3:12.84 32.77	400m: 4:15.19 29.58	
2. Wojciechowski Filip	92	Nabajji Team Decathlon	4:38.90	491
50m: 30.40 30.40	150m: 1:40.40 35.46	250m: 2:52.60 35.98	350m: 4:04.84 35.56	
100m: 1:04.94 34.54	200m: 2:16.62 36.22	300m: 3:29.28 36.68	400m: 4:38.90 34.06	
3. Musialik Marcin	94	Zawodnicy Niezrzeszeni	4:44.06	464
50m: 31.70 31.70	150m: 1:41.29 35.25	250m: 2:54.15 36.35	350m: 4:07.89 36.52	
100m: 1:06.04 34.34	200m: 2:17.80 36.51	300m: 3:31.37 37.22	400m: 4:44.06 36.17	
4. Plutecki Konrad	95	Masters Wisła Kraków	5:02.71	384
50m: 32.87 32.87	150m: 1:50.68 39.59	250m: 3:08.66 38.96	350m: 4:26.14 38.40	
100m: 1:11.09 38.22	200m: 2:29.70 39.02	300m: 3:47.74 39.08	400m: 5:02.71 36.57	
5. Beszterda Łukasz	93	Start Pozna	5:05.33	374
50m: 32.91 32.91	150m: 1:49.23 39.09	250m: 3:08.81 40.10	350m: 4:28.31 39.09	
100m: 1:10.14 37.23	200m: 2:28.71 39.48	300m: 3:49.22 40.41	400m: 5:05.33 37.02	
6. Stanek Wojciech	92	ORS Opole	5:23.71	314
50m: 37.48 37.48	150m: 1:58.32 40.38	250m: 3:21.46 41.65	350m: 4:44.36 41.03	
100m: 1:17.94 40.46	200m: 2:39.81 41.49	300m: 4:03.33 41.87	400m: 5:23.71 39.35	

25 - 29 lat

1. Czermak Tomasz	91	AZS AWF Katowice	4:36.30	505
50m: 30.33 30.33	150m: 1:39.14 34.95	250m: 2:50.10 35.71	350m: 4:02.44 36.14	
100m: 1:04.19 33.86	200m: 2:14.39 35.25	300m: 3:26.30 36.20	400m: 4:36.30 33.86	
2. Kluczyk Szymon	87	MKP Szczecin	4:48.34	444
50m: 32.07 32.07	150m: 1:42.85 35.81	250m: 2:56.34 36.61	350m: 4:11.26 37.54	
100m: 1:07.04 34.97	200m: 2:19.73 36.88	300m: 3:33.72 37.38	400m: 4:48.34 37.08	
3. MK Kotkowski Mateusz	89	MKS Park Wodny Tarnowskie Góry	4:48.36	444
50m: 30.28 30.28	150m: 1:40.15 35.28	250m: 2:54.89 37.71	350m: 4:12.55 38.73	
100m: 1:04.87 34.59	200m: 2:17.18 37.03	300m: 3:33.82 38.93	400m: 4:48.36 35.81	
4. Klupa Michał	90	Masters Wisła Kraków	4:55.53	412
50m: 31.04 31.04	150m: 1:43.49 37.30	250m: 2:59.74 38.56	350m: 4:18.09 39.55	
100m: 1:06.19 35.15	200m: 2:21.18 37.69	300m: 3:38.54 38.80	400m: 4:55.53 37.44	
5. Krysiak Michał	88	Swimming Masters Team Szczecin	5:21.08	321
50m: 35.09 35.09	150m: 1:56.17 41.20	250m: 3:18.89 41.21	350m: 4:42.54 41.37	
100m: 1:14.97 39.88	200m: 2:37.68 41.51	300m: 4:01.17 42.28	400m: 5:21.08 38.54	
6. Potoczny Marcin	91	Mkp Bobry D bica	7:28.25	118
50m: 44.66 44.66	150m: 2:36.66 57.85	250m: 4:34.24 59.66	350m: 6:33.29 59.85	
100m: 1:38.81 54.15	200m: 3:34.58 57.92	300m: 5:33.44 59.20	400m: 7:28.25 54.96	

Obsługa informatyczna: wisniowicz@gmail.com

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Konkurencja 38, M czyzn, 400m dowolny

30 - 34 lat

1.	Jajuga Dawid		86	MASTERS Zdzeszowice	4:50.65	434
	50m: 33.68	33.68	150m: 1:48.39	37.82	250m: 3:02.48	36.88
	100m: 1:10.57	36.89	200m: 2:25.60	37.21	300m: 3:39.57	37.09
					350m: 4:16.30	36.73
					400m: 4:50.65	34.35
2.	Pfitzner Jan		86	Warsaw Masters team	4:51.27	431
	50m: 32.05	32.05	150m: 1:44.32	36.75	250m: 2:59.96	37.79
	100m: 1:07.57	35.52	200m: 2:22.17	37.85	300m: 3:37.33	37.37
					350m: 4:14.92	37.59
					400m: 4:51.27	36.35
3.	Brodacki Maciej		83	Swimming Masters Team Szczecin	5:00.31	393
	50m: 32.27	32.27	150m: 1:46.24	37.35	250m: 3:03.27	38.79
	100m: 1:08.89	36.62	200m: 2:24.48	38.24	300m: 3:42.73	39.46
					350m: 4:22.87	40.14
					400m: 5:00.31	37.44
4.	Bednarz Mateusz		83	Warsaw Masters team	5:13.86	344
	50m: 33.79	33.79	150m: 1:52.42	39.81	250m: 3:13.81	40.88
	100m: 1:12.61	38.82	200m: 2:32.93	40.51	300m: 3:55.40	41.59
					350m: 4:36.83	41.43
					400m: 5:13.86	37.03
5.	Kornaga Błażej		86	MKS Pałac Młodzieży Katowice	5:38.46	274
	50m: 37.05	37.05	150m: 2:00.55	42.65	250m: 3:29.44	44.98
	100m: 1:17.90	40.85	200m: 2:44.46	43.91	300m: 4:14.22	44.78
					350m: 4:58.91	44.69
					400m: 5:38.46	39.55

35 - 39 lat

1.	Kaczmarek Stanisław		79	Ks Warta Poznań	4:31.50	532
	50m: 31.01	31.01	150m: 1:39.16	34.40	250m: 2:48.12	34.47
	100m: 1:04.76	33.75	200m: 2:13.65	34.49	300m: 3:22.80	34.68
					350m: 3:57.42	34.62
					400m: 4:31.50	34.08
2.	Giejsztowt Marcin		78	Warsaw Masters team	5:02.96	383
	50m: 33.89	33.89	150m: 1:48.25	37.80	250m: 3:06.62	38.97
	100m: 1:10.45	36.56	200m: 2:27.65	39.40	300m: 3:46.50	39.88
					350m: 4:26.06	39.56
					400m: 5:02.96	36.90
3.	Frąckowiak Artur		78	Masters Łódź	5:11.81	351
	50m: 32.63	32.63	150m: 1:46.77	37.71	250m: 3:07.10	41.12
	100m: 1:09.06	36.43	200m: 2:25.98	39.21	300m: 3:48.76	41.66
					350m: 4:31.15	42.39
					400m: 5:11.81	40.66
4.	Dybek Mateusz		80	Masters Wisła Kraków	5:19.16	327
	50m: 34.48	34.48	150m: 1:52.71	39.73	250m: 3:14.43	40.54
	100m: 1:12.98	38.50	200m: 2:33.89	41.18	300m: 3:56.00	41.57
					350m: 4:38.09	42.09
					400m: 5:19.16	41.07
5.	Zimkowski Dawid		81	Sikret Gliwice	5:48.45	251
	50m:		150m:		250m:	
	100m: 1:20.87		200m: 2:49.49		300m: 4:19.26	
					350m:	
					400m: 5:48.45	

40 - 44 lat

1.	Gołbiowski Remigiusz		76	Swimmers St. Pływackie	4:43.23	469
	50m: 31.41	31.41	150m: 1:43.40	36.56	250m: 2:56.92	36.78
	100m: 1:06.84	35.43	200m: 2:20.14	36.74	300m: 3:33.17	36.25
					350m: 4:09.00	35.83
					400m: 4:43.23	34.23
2.	Osik Daniel		76	Zawodnicy Niezrzeszeni	4:54.55	417
	50m:		150m:		250m:	
	100m: 1:09.95		200m: 2:25.98		300m: 3:40.68	
					350m:	
					400m: 4:54.55	
3.	Kowalczyk Piotr		74	MKP Szczecin	5:05.73	372
	50m: 33.66	33.66	150m: 1:51.76	39.63	250m: 3:10.63	39.23
	100m: 1:12.13	38.47	200m: 2:31.40	39.64	300m: 3:50.64	40.01
					350m: 4:29.68	39.04
					400m: 5:05.73	36.05
4.	Okarmus Igor		76	Zawodnicy Niezrzeszeni	5:27.35	303
	50m: 33.28	33.28	150m: 1:51.56	40.02	250m: 3:17.02	43.03
	100m: 1:11.54	38.26	200m: 2:33.99	42.43	300m: 4:01.30	44.28
					350m: 4:44.57	43.27
					400m: 5:27.35	42.78
5.	Płaneta Maciej		74	Uks Delfin Masters Tarnobrzeg	5:39.40	272
	50m: 36.89	36.89	150m: 2:00.42	42.05	250m: 3:29.13	44.47
	100m: 1:18.37	41.48	200m: 2:44.66	44.24	300m: 4:14.52	45.39
					350m: 4:58.87	44.35
					400m: 5:39.40	40.53
6.	Olkowicz Arkadiusz		76	Masters Łódź	5:40.11	270
	50m: 37.41	37.41	150m: 2:01.91	43.04	250m: 3:30.82	44.35
	100m: 1:18.87	41.46	200m: 2:46.47	44.56	300m: 4:16.25	45.43
					350m: 4:59.37	43.12
					400m: 5:40.11	40.74

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Konkurencja 38, M czynn, 400m dowolny, 40 - 44 lat

Pozycja			Rok ur.					Czas	Pkt.
7.	Zienkiewicz Marek		74	Swimming Masters Team Szczecin				6:28.07	182
	50m:	39.54 39.54	150m:	2:14.31 48.75	250m:	3:55.93 50.97	350m:	5:40.82 52.29	
	100m:	1:25.56 46.02	200m:	3:04.96 50.65	300m:	4:48.53 52.60	400m:	6:28.07 47.25	
8.	Mazurek Marcin		75	Masterskrasnik				6:38.58	168
	50m:	34.29 34.29	150m:	2:15.35 49.71	250m:	3:59.18 51.85	350m:	5:46.07 53.45	
	100m:	1:25.64 51.35	200m:	3:07.33 51.98	300m:	4:52.62 53.44	400m:	6:38.58 52.51	
9.	Tekiel Konrad		73	MKP Szczecin				7:04.07	139
	50m:	49.21 49.21	150m:	2:38.76 55.39	250m:	4:29.05 55.25	350m:	6:15.44 52.69	
	100m:	1:43.37 54.16	200m:	3:33.80 55.04	300m:	5:22.75 53.70	400m:	7:04.07 48.63	

45 - 49 lat

1.	Mr. Barta Piotr		71	ZKS Drzonków				4:47.07	450
	50m:	34.05 34.05	150m:	1:47.09 36.85	250m:	2:59.31 35.74	350m:	4:11.52 36.26	
	100m:	1:10.24 36.19	200m:	2:23.57 36.48	300m:	3:35.26 35.95	400m:	4:47.07 35.55	
2.	Monczak Piotr		67	Start Pozna				4:47.60	448
	50m:	34.00 34.00	150m:	1:47.72 37.12	250m:	3:01.11 36.14	350m:	4:13.79 36.15	
	100m:	1:10.60 36.60	200m:	2:24.97 37.25	300m:	3:37.64 36.53	400m:	4:47.60 33.81	
3.	Korba Jerzy		69	Masters Wisła Kraków				5:14.55	342
	50m:	33.92 33.92	150m:	1:52.06 39.83	250m:	3:13.68 40.70	350m:	4:36.63 41.25	
	100m:	1:12.23 38.31	200m:	2:32.98 40.92	300m:	3:55.38 41.70	400m:	5:14.55 37.92	
4.	Wesołowski Dariusz		71	Masters Wisła Kraków				5:55.03	238
	50m:	36.61 36.61	150m:	2:05.22 46.15	250m:	3:40.52 47.57	350m:	5:14.86 47.31	
	100m:	1:19.07 42.46	200m:	2:52.95 47.73	300m:	4:27.55 47.03	400m:	5:55.03 40.17	
5.	Rybarczyk Michał		70	Ursynów Masters				6:00.05	228
	50m:	37.65 37.65	150m:	2:06.92 46.21	250m:	3:41.94 47.87	350m:	5:18.21 47.13	
	100m:	1:20.71 43.06	200m:	2:54.07 47.15	300m:	4:31.08 49.14	400m:	6:00.05 41.84	
6.	Stachurski Ireneusz		69	Zawodnicy Niezrzeszeni				7:05.80	138
	50m:	42.52 42.52	150m:	2:29.42 56.22	250m:	4:22.12 57.04	350m:	6:14.85 56.04	
	100m:	1:33.20 50.68	200m:	3:25.08 55.66	300m:	5:18.81 56.69	400m:	7:05.80 50.95	
7.	Zaklukiewicz Jerzy		71	Zawodnicy Niezrzeszeni				9:46.42	52
	50m:	1:00.59 1:00.59	150m:	3:25.57 1:13.95	250m:	6:02.67 1:17.77	350m:	8:37.66 1:15.45	
	100m:	2:11.62 1:11.03	200m:	4:44.90 1:19.33	300m:	7:22.21 1:19.54	400m:	9:46.42 1:08.76	

50 - 54 lat

1.	Olszewski Paweł		62	Ks Warta Pozna				4:59.68	396
	50m:	34.42 34.42	150m:	1:51.35 39.01	250m:	3:09.37 38.53	350m:	4:24.29 36.82	
	100m:	1:12.34 37.92	200m:	2:30.84 39.49	300m:	3:47.47 38.10	400m:	4:59.68 35.39	
2.	Janyga Dariusz		66	Ks Warta Pozna				5:17.47	333
	50m:	35.47 35.47	150m:	1:53.72 39.55	250m:	3:15.93 41.23	350m:	4:38.31 40.74	
	100m:	1:14.17 38.70	200m:	2:34.70 40.98	300m:	3:57.57 41.64	400m:	5:17.47 39.16	
3.	Skoczyła Tomasz		66	UKS Wodnik 29 Katowice				5:29.01	299
	50m:		150m:		250m:		350m:		
	100m:	1:14.55	200m:	2:39.34	300m:	4:05.28	400m:	5:29.01	
4.	Tchorzewski Norbert		65	Swimmers St. Pływackie				5:44.96	259
	50m:	38.24 38.24	150m:	2:03.85	250m:	3:33.30 45.14	350m:	5:05.21 46.04	
	100m:		200m:	2:48.16 44.31	300m:	4:19.17 45.87	400m:	5:44.96 39.75	
5.	Zadrony Jarosław		66	Korona Kraków Masters				6:06.80	215
	50m:	40.42 40.42	150m:	2:10.80 46.40	250m:	3:46.21 47.63	350m:	5:21.70 47.36	
	100m:	1:24.40 43.98	200m:	2:58.58 47.78	300m:	4:34.34 48.13	400m:	6:06.80 45.10	

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Konkurencja 38, M czyzn, 400m dowolny

55 - 59 lat

1.	Madaj Leszek		60	Warsaw Masters team		4:49.84	437	
	<i>Rekord Polski</i>							
	50m: 33.49	33.49	150m: 1:47.96	37.41	250m: 3:02.45	36.86	350m: 4:15.22	36.03
	100m: 1:10.55	37.06	200m: 2:25.59	37.63	300m: 3:39.19	36.74	400m: 4:49.84	34.62
2.	Szymik Piotr		60	UKS Wodnik Siemianowice I ski		5:57.01	234	
	50m: 39.70	39.70	150m: 2:08.83	45.31	250m: 3:42.45	47.33	350m: 5:14.51	45.51
	100m: 1:23.52	43.82	200m: 2:55.12	46.29	300m: 4:29.00	46.55	400m: 5:57.01	42.50
3.	Ciekli ski Wiesław		57	Zawodnicy Niezrzeszeni		6:12.63	205	
	50m: 40.44	40.44	150m: 2:14.32	48.77	250m: 3:50.95	47.87	350m: 5:28.09	48.74
	100m: 1:25.55	45.11	200m: 3:03.08	48.76	300m: 4:39.35	48.40	400m: 6:12.63	44.54
4.	Maciejczak Andrzej		60	Mkp Bobry D bica		6:18.43	196	
	50m: 37.93	37.93	150m: 2:11.77	48.82	250m: 3:51.35	50.22	350m: 5:31.26	50.04
	100m: 1:22.95	45.02	200m: 3:01.13	49.36	300m: 4:41.22	49.87	400m: 6:18.43	47.17
5.	Sutowski Robert		59	Warsaw Masters team		6:51.74	152	
	50m: 46.71	46.71	150m: 2:31.75		250m: 4:19.33		350m: 6:03.60	51.06
	100m:		200m:		300m: 5:12.54	53.21	400m: 6:51.74	48.14

60 - 64 lat

1.	Demetraki-Paleolog Jerzy		55	Zawodnicy Niezrzeszeni		6:09.96	210	
	50m: 44.01	44.01	150m: 2:18.52	47.30	250m: 3:54.59	46.67	350m: 5:28.28	46.34
	100m: 1:31.22	47.21	200m: 3:07.92	49.40	300m: 4:41.94	47.35	400m: 6:09.96	41.68
2.	Skrzypek Stefan		56	Steef		6:10.55	209	
	50m: 42.54	42.54	150m: 2:17.74	48.50	250m: 3:52.27	45.72	350m: 5:26.36	47.24
	100m: 1:29.24	46.70	200m: 3:06.55	48.81	300m: 4:39.12	46.85	400m: 6:10.55	44.19
3.	Lietz Krzysztof		52	Toru Multisport Team		6:17.84	197	
	50m: 41.28	41.28	150m: 2:14.76	48.08	250m: 3:52.79	49.02	350m: 5:33.16	50.06
	100m: 1:26.68	45.40	200m: 3:03.77	49.01	300m: 4:43.10	50.31	400m: 6:17.84	44.68
4.	Kulczyk Krzysztof		52	UKS Wodnik 29 Katowice		6:53.52	150	
	50m: 45.01	45.01	150m: 2:34.31	55.52	250m: 4:24.38	55.00	350m: 6:08.39	49.39
	100m: 1:38.79	53.78	200m: 3:29.38	55.07	300m: 5:19.00	54.62	400m: 6:53.52	45.13
5.	Pawlak Andrzej		54	Zawodnicy Niezrzeszeni		7:13.69	130	
	50m: 45.15	45.15	150m: 2:34.41	55.57	250m: 4:26.74	56.31	350m: 6:20.69	56.98
	100m: 1:38.84	53.69	200m: 3:30.43	56.02	300m: 5:23.71	56.97	400m: 7:13.69	53.00
6.	Lasowy Marian		55	Zawodnicy Niezrzeszeni		7:22.52	122	
	50m: 47.26	47.26	150m: 2:38.41	57.11	250m: 4:32.73	56.70	350m: 6:29.35	58.23
	100m: 1:41.30	54.04	200m: 3:36.03	57.62	300m: 5:31.12	58.39	400m: 7:22.52	53.17
7.	Błasiak Janusz		55	UTW "Masters"Zgierz		7:50.59	102	
	50m:		150m:		250m:		350m:	
	100m: 1:49.56		200m: 3:53.53		300m: 5:56.64		400m: 7:50.59	

65 - 69 lat

1.	de Makay Waldemar		50	Warsaw Masters team		5:45.21	259	
	50m: 39.45	39.45	150m: 2:05.52	43.86	250m: 3:34.65	44.27	350m: 5:03.56	44.06
	100m: 1:21.66	42.21	200m: 2:50.38	44.86	300m: 4:19.50	44.85	400m: 5:45.21	41.65
2.	Handzhiev Nikolaj		51	IRIS Ruse		6:49.30	155	
	50m: 42.60	42.60	150m: 2:24.13	52.03	250m: 4:11.14	53.76	350m: 5:58.37	54.19
	100m: 1:32.10	49.50	200m: 3:17.38	53.25	300m: 5:04.18	53.04	400m: 6:49.30	50.93
3.	Mleczek Andrzej		47	Korona Kraków Masters		7:03.35	140	
	50m: 48.20	48.20	150m:		250m:		350m:	
	100m: 1:40.74	52.54	200m: 3:26.53		300m: 5:15.84		400m: 7:03.35	

Letnie Mistrzostwa Polski w Pływaniu Masters
Gliwice, 10. - 12.6.2016

Konkurencja 38, M czynn, 400m dowolny, 65 - 69 lat

Pozycja			Rok ur.					Czas	Pkt.
4.	Wolniewicz Janusz		48	KS Extreme Team Oborniki				7:28.45	118
	50m:	47.38 47.38	150m:	2:38.94 57.32	250m:	4:36.65 59.22	350m:	6:34.35 59.31	
	100m:	1:41.62 54.24	200m:	3:37.43 58.49	300m:	5:35.04 58.39	400m:	7:28.45 54.10	
NIE UK.	Majcher Wiesław		50	Uniwersytet I ski Katowice					
	50m:	52.26 52.26	150m:	3:02.84	250m:		350m:		
	100m:		200m:		300m:		400m:		

70 - 74 lat

1.	Kutsenko Vadym		45	Dynamo				5:45.90	257
	50m:	40.60 40.60	150m:	2:09.45 44.55	250m:	3:37.60 44.11	350m:	5:04.82 43.74	
	100m:	1:24.90 44.30	200m:	2:53.49 44.04	300m:	4:21.08 43.48	400m:	5:45.90 41.08	
2.	Dzieko ski Edward		43	Zawodnicy Niezrzeszeni				7:29.14	117
	50m:	50.99 50.99	150m:	2:45.45 58.99	250m:	4:42.85 59.64	350m:	6:37.57 58.18	
	100m:	1:46.46 55.47	200m:	3:43.21 57.76	300m:	5:39.39 56.54	400m:	7:29.14 51.57	
3.	Borodziuk Stefan		44	Warsaw Masters team				7:36.88	111
	50m:	46.46 46.46	150m:	2:39.61 57.31	250m:	4:39.28 59.86	350m:	6:40.38 1:00.62	
	100m:	1:42.30 55.84	200m:	3:39.42 59.81	300m:	5:39.76 1:00.48	400m:	7:36.88 56.50	

75 - 79 lat

1.	Lewandowski Zygmunt		37	Zawodnicy Niezrzeszeni				7:37.70	111
	50m:	51.11 51.11	150m:	2:47.04 58.66	250m:	4:44.92 58.80	350m:	6:42.85 59.30	
	100m:	1:48.38 57.27	200m:	3:46.12 59.08	300m:	5:43.55 58.63	400m:	7:37.70 54.85	
2.	Waga Stanisław		40	Korona Kraków Masters				8:36.93	77
	50m:	57.42 57.42	150m:	3:13.51 1:09.79	250m:	5:28.22 1:09.01	350m:	7:39.08 1:06.39	
	100m:	2:03.72 1:06.30	200m:	4:19.21 1:05.70	300m:	6:32.69 1:04.47	400m:	8:36.93 57.85	

85 - 89 lat

1.	I y ski Jan		31	AZS AWF Katowice				11:34.80	31
	50m:	1:15.75 1:15.75	150m:	4:12.77 1:30.71	250m:	7:12.06 1:29.23	350m:	10:13.61 1:32.27	
	100m:	2:42.06 1:26.31	200m:	5:42.83 1:30.06	300m:	8:41.34 1:29.28	400m:	11:34.80 1:21.19	