

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

Event 38 Men, 400m Freestyle 20 years and older
12.06.2016 - 11:30 Results

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

Points: FINA 2016

Rank			YB					Time	Pts			
20 - 24 years												
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 Wisla Krakow				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 Lukasz		93	Start Poznan				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 years

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 Gory				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 Michal		90	Masters Wisla Krakow				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 Michal		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 Debica				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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Event 38, Men, 400m Freestyle

30 - 34 years

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	350m: 4:16.30 36.73	
100m: 1:10.57 36.89	200m: 2:25.60 37.21	300m: 3:39.57 37.09	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	350m: 4:14.92 37.59	
100m: 1:07.57 35.52	200m: 2:22.17 37.85	300m: 3:37.33 37.37	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	350m: 4:22.87 40.14	
100m: 1:08.89 36.62	200m: 2:24.48 38.24	300m: 3:42.73 39.46	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	350m: 4:36.83 41.43	
100m: 1:12.61 38.82	200m: 2:32.93 40.51	300m: 3:55.40 41.59	400m: 5:13.86 37.03	
5. Kornaga Blazej	86	MKS Palac Mlodziezy Katowice	5:38.46	274
50m: 37.05 37.05	150m: 2:00.55 42.65	250m: 3:29.44 44.98	350m: 4:58.91 44.69	
100m: 1:17.90 40.85	200m: 2:44.46 43.91	300m: 4:14.22 44.78	400m: 5:38.46 39.55	

35 - 39 years

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

40 - 44 years

1. Golebiowski Remigiusz	76	Swimmers St. Plywackie	4:43.23	469
50m: 31.41 31.41	150m: 1:43.40 36.56	250m: 2:56.92 36.78	350m: 4:09.00 35.83	
100m: 1:06.84 35.43	200m: 2:20.14 36.74	300m: 3:33.17 36.25	400m: 4:43.23 34.23	
2. Osik Daniel	76	Zawodnicy Niezrzeszeni	4:54.55	417
50m:	150m:	250m:	350m:	
100m: 1:09.95	200m: 2:25.98	300m: 3:40.68	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	350m: 4:29.68 39.04	
100m: 1:12.13 38.47	200m: 2:31.40 39.64	300m: 3:50.64 40.01	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	350m: 4:44.57 43.27	
100m: 1:11.54 38.26	200m: 2:33.99 42.43	300m: 4:01.30 44.28	400m: 5:27.35 42.78	
5. Planeta 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	350m: 4:58.87 44.35	
100m: 1:18.37 41.48	200m: 2:44.66 44.24	300m: 4:14.52 45.39	400m: 5:39.40 40.53	
6. Olkowicz Arkadiusz	76	Masters Lodz	5:40.11	270
50m: 37.41 37.41	150m: 2:01.91 43.04	250m: 3:30.82 44.35	350m: 4:59.37 43.12	
100m: 1:18.87 41.46	200m: 2:46.47 44.56	300m: 4:16.25 45.43	400m: 5:40.11 40.74	

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Event 38, Men, 400m Freestyle, 40 - 44 years

Rank			YB					Time	Pts
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 years

1.	Mr. Barta Piotr		71	ZKS Drzonkow				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 Poznan				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 Wisla Krakow				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.	Wesolowski Dariusz		71	Masters Wisla Krakow				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 Michal		70	Ursynow 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 years

1.	Olszewski Pawel		62	Ks Warta Poznan				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 Poznan				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.	Skoczylas 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. Plywackie				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.	Zadrozny Jaroslaw		66	Korona Krakow 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	

Letnie Mistrzostwa Polski w Pływaniu Masters
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Event 38, Men, 400m Freestyle

55 - 59 years

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 Slaski	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.	Cieklinski Wieslaw	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 Debica	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 years

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	Torun 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.	Blasiak 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 years

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 Krakow 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

Event 38, Men, 400m Freestyle, 65 - 69 years

Rank			YB					Time	Pts
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	
DNF	Majcher Wieslaw		50	Uniwersytet Slaski Katowice					
	50m:	52.26 52.26	150m:	3:02.84	250m:		350m:		
	100m:		200m:		300m:		400m:		

70 - 74 years

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.	Dziekonski 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 years

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 Stanislaw		40	Korona Krakow 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 years

1.	Slezynski 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	