

Zimowe Mistrzostwa Polski w Pływaniu Masters  
Gliwice, 17. - 19.11.2017

Event 33 Men, 400m Medley 20 years and older  
18.11.2017 - 20:15 Results

Points: FINA 2017

| Rank                 |  |       | YB            |                                |               | Time           | Pts           |       |
|----------------------|--|-------|---------------|--------------------------------|---------------|----------------|---------------|-------|
| <b>20 - 24 years</b> |  |       |               |                                |               |                |               |       |
| 1.                   | Gasior Patryk  |       | 94            | Warsaw Masters Team            |               | <b>4:36.72</b> | 616           |       |
|                      | 50m: 29.47   | 29.47 | 150m: 1:38.39 | 34.17                          | 250m: 2:51.67 | 39.19          | 350m: 4:05.40 | 34.21 |
|                      | 100m: 1:04.22  | 34.75 | 200m: 2:12.48 | 34.09                          | 300m: 3:31.19 | 39.52          | 400m: 4:36.72 | 31.32 |
| 2.                   | Aptewicz Arkadiusz   |       | 93            | Niezrzeszeni                   |               | <b>4:40.60</b> | 591           |       |
|                      | 50m: 29.96   | 29.96 | 150m: 1:43.81 | 38.89                          | 250m: 2:59.00 | 37.28          | 350m: 4:09.96 | 32.82 |
|                      | 100m: 1:04.92  | 34.96 | 200m: 2:21.72 | 37.91                          | 300m: 3:37.14 | 38.14          | 400m: 4:40.60 | 30.64 |
| 3.                   | Zalewski Igor  |       | 93            | Niezrzeszeni                   |               | <b>5:20.00</b> | 398           |       |
|                      | 50m: 32.47   | 32.47 | 150m: 1:53.86 | 42.55                          | 250m: 3:22.58 | 47.99          | 350m: 4:45.90 | 37.41 |
|                      | 100m: 1:11.31  | 38.84 | 200m: 2:34.59 | 40.73                          | 300m: 4:08.49 | 45.91          | 400m: 5:20.00 | 34.10 |
| 4.                   | Poplawski Lukasz   |       | 97            | Niezrzeszeni                   |               | <b>5:21.45</b> | 393           |       |
|                      | 50m: 32.58   | 32.58 | 150m: 1:55.84 | 44.57                          | 250m: 3:23.01 | 43.79          | 350m: 4:45.98 | 38.71 |
|                      | 100m: 1:11.27  | 38.69 | 200m: 2:39.22 | 43.38                          | 300m: 4:07.27 | 44.26          | 400m: 5:21.45 | 35.47 |
| DSQ                  | Przybylowski Filip   |       | 96            | Swimminmg Masters Team Szczeci |               |                |               |       |
|                      | <i>K16 - Niejednoczesne dotkni cie ciany dlo mi przy nawrocie lub na zako czenie wy cigu (Time: 21:05)</i> |       |               |                                |               |                |               |       |
| <b>25 - 29 years</b> |  |       |               |                                |               |                |               |       |
| 1.                   | Szczuka Pawel  |       | 92            | AQUASFERA Masters Olsztyn      |               | <b>5:06.38</b> | 454           |       |
|                      | 50m: 31.33   | 31.33 | 150m: 1:46.51 | 39.03                          | 250m: 3:09.93 | 42.48          | 350m: 4:30.06 | 35.30 |
|                      | 100m: 1:07.48  | 36.15 | 200m: 2:27.45 | 40.94                          | 300m: 3:54.76 | 44.83          | 400m: 5:06.38 | 36.32 |
| 2.                   | Paduch Daniel  |       | 88            | Masters Ikar Mielec            |               | <b>5:11.53</b> | 431           |       |
|                      | 50m: 30.84   | 30.84 | 150m: 1:52.08 | 44.87                          | 250m: 3:19.11 | 43.93          | 350m: 4:38.53 | 35.09 |
|                      | 100m: 1:07.21  | 36.37 | 200m: 2:35.18 | 43.10                          | 300m: 4:03.44 | 44.33          | 400m: 5:11.53 | 33.00 |
| 3.                   | Bushkov Denis  |       | 92            | Neptun Masters Praha           |               | <b>5:15.63</b> | 415           |       |
|                      | 50m: 32.79   | 32.79 | 150m: 1:53.81 | 41.11                          | 250m: 3:19.51 | 44.96          | 350m: 4:41.33 | 36.00 |
|                      | 100m: 1:12.70  | 39.91 | 200m: 2:34.55 | 40.74                          | 300m: 4:05.33 | 45.82          | 400m: 5:15.63 | 34.30 |
| 4.                   | Paciej Szymon  |       | 88            | MASTERS Zdzieszowice           |               | <b>5:33.41</b> | 352           |       |
|                      | 50m: 34.67   | 34.67 | 150m: 1:57.35 | 41.66                          | 250m: 3:27.20 | 47.72          | 350m: 4:55.07 | 40.23 |
|                      | 100m: 1:15.69  | 41.02 | 200m: 2:39.48 | 42.13                          | 300m: 4:14.84 | 47.64          | 400m: 5:33.41 | 38.34 |
| 5.                   | Stanek Wojciech  |       | 92            | ORS Opole                      |               | <b>5:35.19</b> | 346           |       |
|                      | 50m: 36.83   | 36.83 | 150m: 2:03.62 | 43.06                          | 250m: 3:33.31 | 47.30          | 350m: 4:58.53 | 38.78 |
|                      | 100m: 1:20.56  | 43.73 | 200m: 2:46.01 | 42.39                          | 300m: 4:19.75 | 46.44          | 400m: 5:35.19 | 36.66 |
| 6.                   | Szczypinski Przemyslaw   |       | 90            | Niezrzeszeni                   |               | <b>5:55.14</b> | 291           |       |
|                      | 50m: 35.63   | 35.63 | 150m: 2:54.78 | 1:35.80                        | 250m: 4:35.28 | 50.52          | 350m:         |       |
|                      | 100m: 1:18.98  | 43.35 | 200m: 3:44.76 | 49.98                          | 300m: 5:17.79 | 42.51          | 400m: 5:55.14 |       |
| <b>30 - 34 years</b> |  |       |               |                                |               |                |               |       |
| 1.                   | Jajuga Dawid   |       | 86            | MASTERS Zdzieszowice           |               | <b>5:07.02</b> | 451           |       |
|                      | 50m: 33.30   | 33.30 | 150m: 1:51.77 | 40.80                          | 250m: 3:15.04 | 43.65          | 350m: 4:33.33 | 35.38 |
|                      | 100m: 1:10.97  | 37.67 | 200m: 2:31.39 | 39.62                          | 300m: 3:57.95 | 42.91          | 400m: 5:07.02 | 33.69 |
| 2.                   | Bober Bartlomiej   |       | 83            | Weteran Zabrze                 |               | <b>5:10.88</b> | 434           |       |
|                      | 50m: 33.32   | 33.32 | 150m: 1:54.42 | 43.15                          | 250m: 3:17.83 | 42.84          | 350m: 4:36.31 | 36.11 |
|                      | 100m: 1:11.27  | 37.95 | 200m: 2:34.99 | 40.57                          | 300m: 4:00.20 | 42.37          | 400m: 5:10.88 | 34.57 |
| 3.                   | Dymiter Mateusz  |       | 86            | Neptun Team Tarnow             |               | <b>5:30.05</b> | 363           |       |
|                      | 50m: 31.97   | 31.97 | 150m: 1:53.55 | 44.91                          | 250m: 3:24.85 | 46.71          | 350m: 4:51.19 | 40.42 |
|                      | 100m: 1:08.64  | 36.67 | 200m: 2:38.14 | 44.59                          | 300m: 4:10.77 | 45.92          | 400m: 5:30.05 | 38.86 |
| 4.                   | Kieres Michal  |       | 84            | AQUASFERA Masters Olsztyn      |               | <b>5:50.38</b> | 303           |       |
|                      | 50m: 34.18   | 34.18 | 150m: 2:05.00 | 48.36                          | 250m: 3:41.05 | 48.27          | 350m: 5:10.82 | 40.68 |
|                      | 100m: 1:16.64  | 42.46 | 200m: 2:52.78 | 47.78                          | 300m: 4:30.14 | 49.09          | 400m: 5:50.38 | 39.56 |

Zimowe Mistrzostwa Polski w Pływaniu Masters  
Gliwice, 17. - 19.11.2017

Event 33, Men, 400m Medley

35 - 39 years

|    |                     |                       |                            |                     |     |
|----|---------------------|-----------------------|----------------------------|---------------------|-----|
| 1. | Kaczmarek Stanislaw | 79                    | Klub Sportowy Warta Poznan | <b>4:54.54</b>      | 511 |
|    | 50m: 31.09 31.09    | 150m: 1:45.41 39.72   | 250m: 3:05.81 41.49        | 350m: 4:22.87 34.44 |     |
|    | 100m: 1:05.69 34.60 | 200m: 2:24.32 38.91   | 300m: 3:48.43 42.62        | 400m: 4:54.54 31.67 |     |
| 2. | Konopacki Piotr     | 78                    | AQUASFERA Masters Olsztyn  | <b>5:40.05</b>      | 332 |
|    | 50m: 35.19 35.19    | 150m: 2:03.23 45.70   | 250m: 3:38.27 50.48        | 350m: 5:05.22 38.02 |     |
|    | 100m: 1:17.53 42.34 | 200m: 2:47.79 44.56   | 300m: 4:27.20 48.93        | 400m: 5:40.05 34.83 |     |
| 3. | Rybko Volodymyr     | 79                    | Euro-Lviv MSC              | <b>5:44.38</b>      | 319 |
|    | 50m: 37.68 37.68    | 150m: 2:52.10 1:28.76 | 250m: 4:34.03 50.28        | 350m:               |     |
|    | 100m: 1:23.34 45.66 | 200m: 3:43.75 51.65   | 300m: 5:10.89 36.86        | 400m: 5:44.38       |     |
| 4. | Brozyna Marek       | 80                    | Swimmers St. Plywackie     | <b>5:44.50</b>      | 319 |
|    | 50m: 36.67 36.67    | 150m: 2:01.59 42.42   | 250m: 3:33.91 51.45        | 350m: 5:06.13 40.84 |     |
|    | 100m: 1:19.17 42.50 | 200m: 2:42.46 40.87   | 300m: 4:25.29 51.38        | 400m: 5:44.50 38.37 |     |
| 5. | Osiwala Przemyslaw  | 79                    | MASTERS Zdzeszowice        | <b>6:03.42</b>      | 272 |
|    | 50m: 37.72 37.72    | 150m: 2:09.02 48.42   | 250m: 3:51.01 53.23        | 350m: 5:24.02 40.69 |     |
|    | 100m: 1:20.60 42.88 | 200m: 2:57.78 48.76   | 300m: 4:43.33 52.32        | 400m: 6:03.42 39.40 |     |

40 - 44 years

|    |                     |                     |                               |                     |     |
|----|---------------------|---------------------|-------------------------------|---------------------|-----|
| 1. | Gregorowicz Pawel   | 74                  | AQUASFERA Masters Olsztyn     | <b>5:16.34</b>      | 412 |
|    | 50m: 32.20 32.20    | 150m: 1:53.34 44.28 | 250m: 3:20.52 45.42           | 350m: 4:42.22 36.22 |     |
|    | 100m: 1:09.06 36.86 | 200m: 2:35.10 41.76 | 300m: 4:06.00 45.48           | 400m: 5:16.34 34.12 |     |
| 2. | Gogacz Sebastian    | 76                  | MKP Bobry Debica              | <b>5:38.42</b>      | 336 |
|    | 50m: 34.30 34.30    | 150m: 2:00.73 47.96 | 250m: 3:33.58 46.35           | 350m: 5:00.09 40.16 |     |
|    | 100m: 1:12.77 38.47 | 200m: 2:47.23 46.50 | 300m: 4:19.93 46.35           | 400m: 5:38.42 38.33 |     |
| 3. | Krzak Krzysztof     | 74                  | Niezrzeszeni                  | <b>5:40.38</b>      | 331 |
|    | 50m: 37.45 37.45    | 150m: 2:05.30 44.28 | 250m: 3:34.58 47.11           | 350m: 5:03.22 39.36 |     |
|    | 100m: 1:21.02 43.57 | 200m: 2:47.47 42.17 | 300m: 4:23.86 49.28           | 400m: 5:40.38 37.16 |     |
| 4. | Rutkowski Artur     | 74                  | TKKF Koszalin Masters         | <b>6:00.44</b>      | 278 |
|    | 50m: 38.04 38.04    | 150m: 2:09.44 46.90 | 250m: 3:46.99 50.31           | 350m: 5:21.08 41.86 |     |
|    | 100m: 1:22.54 44.50 | 200m: 2:56.68 47.24 | 300m: 4:39.22 52.23           | 400m: 6:00.44 39.36 |     |
| 5. | Cwikla Grzegorz     | 74                  | TKKF Koszalin Masters         | <b>6:03.63</b>      | 271 |
|    | 50m: 38.52 38.52    | 150m: 2:13.46 49.03 | 250m: 3:53.81 52.78           | 350m: 5:25.37 39.25 |     |
|    | 100m: 1:24.43 45.91 | 200m: 3:01.03 47.57 | 300m: 4:46.12 52.31           | 400m: 6:03.63 38.26 |     |
| 6. | Planeta Maciej      | 74                  | UKS Delfin Masrers Tarnobrzeg | <b>6:12.98</b>      | 251 |
|    | 50m: 36.91 36.91    | 150m: 2:12.76 50.01 | 250m: 3:56.11 53.77           | 350m: 5:33.82 43.40 |     |
|    | 100m: 1:22.75 45.84 | 200m: 3:02.34 49.58 | 300m: 4:50.42 54.31           | 400m: 6:12.98 39.16 |     |

45 - 49 years

|    |                     |                     |                               |                     |     |
|----|---------------------|---------------------|-------------------------------|---------------------|-----|
| 1. | Darowski Piotr      | 71                  | UKS Delfin Masrers Tarnobrzeg | <b>5:23.95</b>      | 384 |
|    | 50m: 32.52 32.52    | 150m: 1:54.74 43.67 | 250m: 3:21.32 43.69           | 350m:               |     |
|    | 100m: 1:11.07 38.55 | 200m: 2:37.63 42.89 | 300m: 4:06.25 44.93           | 400m: 5:23.95       |     |
| 2. | Skodny Pavol        | 69                  | SPK Kupele Piestany           | <b>5:43.21</b>      | 323 |
|    | 50m: 34.04 34.04    | 150m: 2:01.07 43.46 | 250m: 3:35.54 51.08           | 350m: 5:05.33 41.36 |     |
|    | 100m: 1:17.61 43.57 | 200m: 2:44.46 43.39 | 300m: 4:23.97 48.43           | 400m: 5:43.21 37.88 |     |
| 3. | Mowinski Grzegorz   | 69                  | AQUASFERA Masters Olsztyn     | <b>6:38.38</b>      | 206 |
|    | 50m: 40.97 40.97    | 150m: 2:28.04 57.55 | 250m: 4:18.63 55.59           | 350m: 5:58.42 45.26 |     |
|    | 100m: 1:30.49 49.52 | 200m: 3:23.04 55.00 | 300m: 5:13.16 54.53           | 400m: 6:38.38 39.96 |     |

Zimowe Mistrzostwa Polski w Pływaniu Masters  
Gliwice, 17. - 19.11.2017

Event 33, Men, 400m Medley

50 - 54 years

|    |                       |                       |                       |                     |     |
|----|-----------------------|-----------------------|-----------------------|---------------------|-----|
| 1. | Turansky Branislav    | 67                    | PKM Turcianski raci   | <b>5:56.19</b>      | 289 |
|    | 50m: 36.04 36.04      | 150m: 2:03.35 43.86   | 250m: 3:40.72 53.74   | 350m: 5:17.09 42.65 |     |
|    | 100m: 1:19.49 43.45   | 200m: 2:46.98 43.63   | 300m: 4:34.44 53.72   | 400m: 5:56.19 39.10 |     |
| 2. | Obr Pavel             | 67                    | TJ Alcedo Vsetin      | <b>6:07.90</b>      | 262 |
|    | 50m: 33.25 33.25      | 150m: 1:59.91 47.90   | 250m: 3:40.98 52.42   | 350m: 5:21.87 45.13 |     |
|    | 100m: 1:12.01 38.76   | 200m: 2:48.56 48.65   | 300m: 4:36.74 55.76   | 400m: 6:07.90 46.03 |     |
| 3. | Twarowski Andrzej     | 65                    | Masters Bialystok     | <b>6:58.56</b>      | 178 |
|    | 50m: 47.46 47.46      | 150m: 2:35.62 52.98   | 250m: 4:26.73 57.81   | 350m: 6:14.93 50.74 |     |
|    | 100m: 1:42.64 55.18   | 200m: 3:28.92 53.30   | 300m: 5:24.19 57.46   | 400m: 6:58.56 43.63 |     |
| 4. | Brozek Wacław         | 67                    | KS Korona Krakow      | <b>8:05.55</b>      | 114 |
|    | 50m: 58.73 58.73      | 150m: 3:12.02 1:06.14 | 250m: 5:27.93 1:09.25 | 350m: 7:22.22 46.82 |     |
|    | 100m: 2:05.88 1:07.15 | 200m: 4:18.68 1:06.66 | 300m: 6:35.40 1:07.47 | 400m: 8:05.55 43.33 |     |

55 - 59 years

|    |                       |                       |                                |                     |     |
|----|-----------------------|-----------------------|--------------------------------|---------------------|-----|
| 1. | Gabiec Mariusz        | 58                    | AQUASFERA Masters Olsztyn      | <b>6:01.92</b>      | 275 |
|    | 50m: 39.25 39.25      | 150m: 2:57.11 1:32.79 | 250m: 3:51.23                  | 350m:               |     |
|    | 100m: 1:24.32 45.07   | 200m:                 | 300m: 4:44.31 53.08            | 400m: 6:01.92       |     |
| 2. | Szymik Piotr          | 60                    | UKS WODNIK Siemianowice Slaski | <b>6:40.84</b>      | 202 |
|    | 50m: 45.25 45.25      | 150m: 2:27.52 50.50   | 250m: 4:16.35 57.79            | 350m: 5:59.16 44.43 |     |
|    | 100m: 1:37.02 51.77   | 200m: 3:18.56 51.04   | 300m: 5:14.73 58.38            | 400m: 6:40.84 41.68 |     |
| 3. | Kozlikowski Marek     | 61                    | AQUASFERA Masters Olsztyn      | <b>6:42.72</b>      | 199 |
|    | 50m: 46.12 46.12      | 150m: 2:34.70 55.16   | 250m: 4:22.49 53.27            | 350m: 6:00.90 45.24 |     |
|    | 100m: 1:39.54 53.42   | 200m: 3:29.22 54.52   | 300m: 5:15.66 53.17            | 400m: 6:42.72 41.82 |     |
| 4. | Cis Andrzej           | 60                    | Masterskrasnik                 | <b>7:39.23</b>      | 134 |
|    | 50m: 53.00 53.00      | 150m: 2:54.53 59.22   | 250m: 5:00.52 1:05.23          | 350m: 6:55.68 51.60 |     |
|    | 100m: 1:55.31 1:02.31 | 200m: 3:55.29 1:00.76 | 300m: 6:04.08 1:03.56          | 400m: 7:39.23 43.55 |     |

60 - 64 years

|    |                        |                       |                                |                     |     |
|----|------------------------|-----------------------|--------------------------------|---------------------|-----|
| 1. | Piechula Adolf         | 57                    | Akademicki Zwiasek Sportowy Pa | <b>6:39.01</b>      | 205 |
|    | 50m: 41.92 41.92       | 150m: 2:24.89 51.53   | 250m: 4:13.45 57.25            | 350m: 5:56.40 47.69 |     |
|    | 100m: 1:33.36 51.44    | 200m: 3:16.20 51.31   | 300m: 5:08.71 55.26            | 400m: 6:39.01 42.61 |     |
| 2. | Pietraszewski Zbigniew | 55                    | TS Olimpia Poznan              | <b>6:47.33</b>      | 193 |
|    | 50m: 48.38 48.38       | 150m: 2:32.87 49.28   | 250m: 4:16.93 54.61            | 350m: 6:01.43 48.04 |     |
|    | 100m: 1:43.59 55.21    | 200m: 3:22.32 49.45   | 300m: 5:13.39 56.46            | 400m: 6:47.33 45.90 |     |
| 3. | Dubinski Bogdan        | 53                    | Legia Warszawa                 | <b>7:42.55</b>      | 131 |
|    | 50m: 1:59.69 1:59.69   | 150m: 5:01.53 1:07.87 | 250m:                          | 350m: 6:56.40 50.17 |     |
|    | 100m: 3:53.66 1:53.97  | 200m:                 | 300m: 6:06.23                  | 400m: 7:42.55 46.15 |     |
| 4. | Blasiak Janusz         | 55                    | UTW"Masters"Zgierz             | <b>9:04.21</b>      | 81  |
|    | 50m: 1:04.46 1:04.46   | 150m: 3:29.33 1:11.95 | 250m: 7:19.28 1:18.97          | 350m: 8:13.27       |     |
|    | 100m: 2:17.38 1:12.92  | 200m: 6:00.31 2:30.98 | 300m:                          | 400m: 9:04.21 50.94 |     |

65 - 69 years

|    |                       |                       |                         |                     |     |
|----|-----------------------|-----------------------|-------------------------|---------------------|-----|
| 1. | Nowak Michal          | 52                    | Warsaw Masters Team     | <b>7:11.46</b>      | 162 |
|    | 50m: 50.44 50.44      | 150m: 2:47.05 56.12   | 250m: 4:41.86 54.20     | 350m:               |     |
|    | 100m: 1:50.93 1:00.49 | 200m: 3:47.66 1:00.61 | 300m: 5:36.85 54.99     | 400m: 7:11.46       |     |
| 2. | Mikolajczyk Czeslaw   | 50                    | Gdynia Masters          | <b>8:45.23</b>      | 90  |
|    | 50m: 1:04.01 1:04.01  | 150m: 4:43.45 1:10.30 | 250m: 6:55.37 1:03.96   | 350m: 7:53.65       |     |
|    | 100m: 3:33.15 2:29.14 | 200m: 5:51.41 1:07.96 | 300m:                   | 400m: 8:45.23 51.58 |     |
| 3. | Daszynski Andrzej     | 48                    | UKS Energetyk Zgorzelec | <b>9:07.14</b>      | 79  |
|    | 50m: 1:04.35 1:04.35  | 150m: 4:32.93 2:12.12 | 250m: 7:11.86 1:20.00   | 350m: 8:10.98       |     |
|    | 100m: 2:20.81 1:16.46 | 200m: 5:51.86 1:18.93 | 300m:                   | 400m: 9:07.14 56.16 |     |

Zimowe Mistrzostwa Polski w Pływaniu Masters  
Gliwice, 17. - 19.11.2017

Event 33, Men, 400m Medley, 65 - 69 years

| Rank |  | YB      |                       |         |               |         |                | Time            | Pts |
|------|--|---------|-----------------------|---------|---------------|---------|----------------|-----------------|-----|
| 4.   | Bantkowski Jan   | 49      | Torun Multisport Team |         |               |         |                | <b>10:43.14</b> | 49  |
|      | 50m: 1:13.04   | 1:13.04 | 150m: 4:06.79         | 1:32.84 | 250m: 7:08.66 | 1:36.38 | 350m: 9:44.80  | 1:02.56         |     |
|      | 100m: 2:33.95  | 1:20.91 | 200m: 5:32.28         | 1:25.49 | 300m: 8:42.24 | 1:33.58 | 400m: 10:43.14 | 58.34           |     |
| DSQ  | Czyz Bolewlaw  | 48      | Niezrzeszeni          |         |               |         |                |                 |     |
|      | <i>K16 - Niejednoczesne dotkni cie ciany dlo mi przy nawrocie lub na zako czenie wy cigu (Time: 20:45)</i> |         |                       |         |               |         |                |                 |     |

70 - 74 years

|     |                 |         |                                |         |               |         |               |                |     |
|-----|-----------------|---------|--------------------------------|---------|---------------|---------|---------------|----------------|-----|
| 1.  | Rozalski Jozef  | 45      | MOSiR Ostrowiec Sw.            |         |               |         |               | <b>8:01.39</b> | 117 |
|     | 50m: 50.61      | 50.61   | 150m: 2:59.82                  | 1:04.38 | 250m: 5:11.54 | 1:05.11 | 350m: 7:09.45 | 52.17          |     |
|     | 100m: 1:55.44   | 1:04.83 | 200m: 4:06.43                  | 1:06.61 | 300m: 6:17.28 | 1:05.74 | 400m: 8:01.39 | 51.94          |     |
| 2.  | Mleczko Andrzej | 47      | KS Korona Krakow               |         |               |         |               | <b>8:42.82</b> | 91  |
|     | 50m: 59.49      | 59.49   | 150m: 3:16.90                  | 1:13.56 | 250m: 5:43.17 | 1:13.03 | 350m: 7:56.04 | 1:00.52        |     |
|     | 100m: 2:03.34   | 1:03.85 | 200m: 4:30.14                  | 1:13.24 | 300m: 6:55.52 | 1:12.35 | 400m: 8:42.82 | 46.78          |     |
| DNF | Starosta Miron  | 45      | Rydultoeska Akademia Aktywnego |         |               |         |               |                |     |

75 - 79 years

|    |               |         |                                |         |               |         |                |                 |    |
|----|---------------|---------|--------------------------------|---------|---------------|---------|----------------|-----------------|----|
| 1. | Bugla Rudolf  | 40      | Rydultoeska Akademia Aktywnego |         |               |         |                | <b>10:34.56</b> | 51 |
|    | 50m: 1:12.97  | 1:12.97 | 150m: 5:29.09                  | 2:44.92 | 250m: 8:14.09 | 1:22.09 | 350m: 9:25.10  |                 |    |
|    | 100m: 2:44.17 | 1:31.20 | 200m: 6:52.00                  | 1:22.91 | 300m:         |         | 400m: 10:34.56 | 1:09.46         |    |