

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

Konkurencja 42
19.11.2017 - 12:20

Mężczyzn, 400m dowolny

20 lat i starsi
Wyniki

Punkty: FINA 2017

Pozycja			Rok ur.					Czas	Pkt.	
20 - 24 lat										
1.	Aptewicz Arkadiusz		93	Niezrzeszeni				4:09.52	615	
	50m:	28.36 28.36	150m:	1:31.12	31.64	250m:	2:34.68	31.68	350m:	3:38.66 31.89
	100m:	59.48 31.12	200m:	2:03.00	31.88	300m:	3:06.77	32.09	400m:	4:09.52 30.86
2.	Perl Michał		96	UKS Delfin Legionowo				4:56.96	365	
	50m:	32.58 32.58	150m:	1:46.40	37.67	250m:	3:03.08	38.62	350m:	4:20.93 39.43
	100m:	1:08.73 36.15	200m:	2:24.46	38.06	300m:	3:41.50	38.42	400m:	4:56.96 36.03
3.	Kordowski Kamil		97	Toru Multisport Team				5:51.86	219	
	50m:	36.10 36.10	150m:	2:01.03	43.43	250m:	3:30.98	45.75	350m:	5:04.61 46.48
	100m:	1:17.60 41.50	200m:	2:45.23	44.20	300m:	4:18.13	47.15	400m:	5:51.86 47.25
25 - 29 lat										
1.	Paduch Daniel		88	Masters Ikar Mielec				4:33.92	465	
	50m:	31.11 31.11	150m:	1:40.35	35.19	250m:	2:49.87	34.64	350m:	4:00.43 34.98
	100m:	1:05.16 34.05	200m:	2:15.23	34.88	300m:	3:25.45	35.58	400m:	4:33.92 33.49
2.	Bushkov Denis		92	Neptun Masters Praha				4:34.09	464	
	50m:	30.99 30.99	150m:	1:39.30	34.05	250m:	2:48.73	34.93	350m:	3:59.37 35.29
	100m:	1:05.25 34.26	200m:	2:13.80	34.50	300m:	3:24.08	35.35	400m:	4:34.09 34.72
3.	Baranowski Marek		91	KU AZS Uniwersytet Warszawski				4:35.43	457	
	50m:	29.74 29.74	150m:	1:36.79	33.86	250m:	2:47.03	35.36	350m:	3:59.62 36.72
	100m:	1:02.93 33.19	200m:	2:11.67	34.88	300m:	3:22.90	35.87	400m:	4:35.43 35.81
4.	Szota Robert		88	Swimminmg Masters Team Szczeci				5:06.49	332	
	50m:	34.23 34.23	150m:	1:52.12	39.33	250m:			350m:	4:31.02 38.88
	100m:	1:12.79 38.56	200m:	2:31.93	39.81	300m:	3:52.14		400m:	5:06.49 35.47
5.	Wali ski Maciej		92	KU AZS UAM Pozna				5:44.68	233	
	50m:	36.39 36.39	150m:	1:58.39	41.97	250m:	3:27.61	45.39	350m:	5:00.76 46.70
	100m:	1:16.42 40.03	200m:	2:42.22	43.83	300m:	4:14.06	46.45	400m:	5:44.68 43.92
30 - 34 lat										
1.	Zielonka Rafał		86	Stowarzyszenie Pływackie MASTE				4:27.81	497	
	50m:	30.25 30.25	150m:	1:36.62	33.39	250m:	2:44.74	34.06	350m:	3:54.34 34.60
	100m:	1:03.23 32.98	200m:	2:10.68	34.06	300m:	3:19.74	35.00	400m:	4:27.81 33.47
2.	Gołembiewski Andrzej		86	Toru Multisport Team				4:31.22	479	
	50m:	30.10 30.10	150m:	1:36.95	33.73	250m:	2:46.15	34.86	350m:	3:57.43 35.93
	100m:	1:03.22 33.12	200m:	2:11.29	34.34	300m:	3:21.50	35.35	400m:	4:31.22 33.79
3.	Bober Bartłomiej		83	Weteran Zabrze				4:38.46	442	
	50m:	32.51 32.51	150m:	1:43.39	35.66	250m:	2:54.58	35.57	350m:	4:05.33 35.00
	100m:	1:07.73 35.22	200m:	2:19.01	35.62	300m:	3:30.33	35.75	400m:	4:38.46 33.13
4.	Bednarz Mateusz		83	Warsaw Masters Team				4:54.85	373	
	50m:	33.21 33.21	150m:	2:24.25	1:15.05	250m:	3:02.73		350m:	
	100m:	1:09.20 35.99	200m:			300m:	3:41.15	38.42	400m:	4:54.85
5.	Dymiter Mateusz		86	Neptun Team Tarnow				4:57.45	363	
	50m:	31.96 31.96	150m:	1:45.30	37.62	250m:	3:03.03	38.07	350m:	4:21.17 39.51
	100m:	1:07.68 35.72	200m:	2:24.96	39.66	300m:	3:41.66	38.63	400m:	4:57.45 36.28
6.	Tomczak Marcin		85	KU AZS UAM Pozna				5:14.64	306	
	50m:	34.94 34.94	150m:	1:50.84	38.55	250m:	3:11.37	40.78	350m:	4:34.71 41.77
	100m:	1:12.29 37.35	200m:	2:30.59	39.75	300m:	3:52.94	41.57	400m:	5:14.64 39.93
7.	Szydło Konrad		86	Klub Pływacki Masters Krosno				5:15.83	303	
	50m:	34.15 34.15	150m:	1:51.54	39.52	250m:	3:12.72	40.89	350m:	4:35.43 41.59
	100m:	1:12.02 37.87	200m:	2:31.83	40.29	300m:	3:53.84	41.12	400m:	5:15.83 40.40

Obsługa informatyczna: wisniowicz@gmail.com

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

Konkurencja 42, M czynn, 400m dowolny, 30 - 34 lat

Pozycja			Rok ur.							Czas	Pkt.
8.	Zawadzki Leszek		83	Niezrzeszeni						5:32.50	260
	50m:	33.85 33.85	150m:	1:51.88	39.53	250m:	3:16.79	43.44	350m:	4:48.66	46.00
	100m:	1:12.35 38.50	200m:	2:33.35	41.47	300m:	4:02.66	45.87	400m:	5:32.50	43.84
9.	Ro ek Łukasz		84	Swimminmg Masters Team Szczeci						6:35.27	154
	50m:	41.13 41.13	150m:	2:16.42	48.69	250m:	3:56.86	50.54	350m:	5:42.84	53.38
	100m:	1:27.73 46.60	200m:	3:06.32	49.90	300m:	4:49.46	52.60	400m:	6:35.27	52.43

35 - 39 lat

1.	Kaczmarek Stanisław		79	Klub Sportowy Warta Pozna						4:21.14	536
	50m:	29.93 29.93	150m:	1:35.23	32.82	250m:	2:41.68	33.29	350m:	3:48.62	33.52
	100m:	1:02.41 32.48	200m:	2:08.39	33.16	300m:	3:15.10	33.42	400m:	4:21.14	32.52
2.	Konopacki Piotr		78	AQUASFERA Masters Olsztyn						4:49.18	395
	50m:	31.14 31.14	150m:	1:44.90	37.37	250m:	3:01.01	37.64	350m:	4:15.46	36.97
	100m:	1:07.53 36.39	200m:	2:23.37	38.47	300m:	3:38.49	37.48	400m:	4:49.18	33.72
3.	Rybko Volodymyr		79	Euro-Lviv MSC						4:54.91	372
	50m:		150m:			250m:	3:03.75		350m:		
	100m:		200m:			300m:			400m:	4:54.91	
4.	Dzi cioł Karol		81	Warsaw Masters Team						5:00.19	353
	50m:	31.31 31.31	150m:	1:45.14	37.34	250m:	3:02.21	38.74	350m:	4:21.71	39.75
	100m:	1:07.80 36.49	200m:	2:23.47	38.33	300m:	3:41.96	39.75	400m:	5:00.19	38.48
5.	Domeracki Rafał		82	Park Wodny Tarnowskie Góry Mas						5:21.00	289
	50m:	37.26 37.26	150m:	1:57.16	40.37	250m:	3:19.39	40.81	350m:	4:41.64	40.80
	100m:	1:16.79 39.53	200m:	2:38.58	41.42	300m:	4:00.84	41.45	400m:	5:21.00	39.36
6.	Jankowiak Bartosz		81	KU AZS UAM Pozna						5:26.63	274
	50m:	35.16 35.16	150m:	1:56.57	41.67	250m:	3:21.52	42.67	350m:	4:46.55	42.54
	100m:	1:14.90 39.74	200m:	2:38.85	42.28	300m:	4:04.01	42.49	400m:	5:26.63	40.08
7.	Arentewicz Grzegorz		81	Toru Multisport Team						5:36.89	250
	50m:	38.10 38.10	150m:	2:03.37	43.20	250m:	3:30.69	43.65	350m:	4:56.21	42.37
	100m:	1:20.17 42.07	200m:	2:47.04	43.67	300m:	4:13.84	43.15	400m:	5:36.89	40.68
8.	Dyga Bła ej		81	SiKReT Gliwice						6:29.41	161
	50m:	41.28 41.28	150m:	2:18.39	50.18	250m:	4:00.20	50.98	350m:	5:41.40	50.36
	100m:	1:28.21 46.93	200m:	3:09.22	50.83	300m:	4:51.04	50.84	400m:	6:29.41	48.01
9.	Strzelczyk Krzysztof		78	KU AZS UAM Pozna						6:45.15	143
	50m:	45.30 45.30	150m:	3:18.24	1:43.96	250m:	5:02.09	52.41	350m:		
	100m:	1:34.28 48.98	200m:	4:09.68	51.44	300m:	5:54.54	52.45	400m:	6:45.15	

40 - 44 lat

1.	Gregorowicz Paweł		74	AQUASFERA Masters Olsztyn						4:29.80	486
	50m:	30.96 30.96	150m:	1:37.95	33.71	250m:	2:46.57	34.36	350m:	3:55.85	34.48
	100m:	1:04.24 33.28	200m:	2:12.21	34.26	300m:	3:21.37	34.80	400m:	4:29.80	33.95
2.	Berwecki Arkadiusz		73	MOTYL MOSiR STALOWA WOLA						4:33.69	466
	50m:	30.78 30.78	150m:	1:39.01	34.55	250m:	2:49.48	35.31	350m:	4:00.06	35.12
	100m:	1:04.46 33.68	200m:	2:14.17	35.16	300m:	3:24.94	35.46	400m:	4:33.69	33.63
3.	Ábel Miroslav		73	AQUATICS Nitra						4:46.89	404
	50m:	32.69 32.69	150m:	1:46.69	37.33	250m:	3:00.51	36.88	350m:	4:12.53	36.17
	100m:	1:09.36 36.67	200m:	2:23.63	36.94	300m:	3:36.36	35.85	400m:	4:46.89	34.36
4.	Szulc Jakub		76	Warsaw Masters Team						4:55.72	369
	50m:	33.14 33.14	150m:	1:45.61	36.65	250m:	3:00.51	37.77	350m:	4:17.44	38.24
	100m:	1:08.96 35.82	200m:	2:22.74	37.13	300m:	3:39.20	38.69	400m:	4:55.72	38.28
5.	Krzak Krzysztof		74	Niezrzeszeni						5:02.23	346
	50m:	33.97 33.97	150m:	1:49.38	37.72	250m:	3:06.34	38.67	350m:	4:24.35	39.33
	100m:	1:11.66 37.69	200m:	2:27.67	38.29	300m:	3:45.02	38.68	400m:	5:02.23	37.88

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

Konkurencja 42, M czynn, 400m dowolny, 40 - 44 lat

Pozycja			Rok ur.					Czas	Pkt.		
6.	wikła Grzegorz		74	TKKF Koszalin Masters				5:18.44	296		
	50m:	35.48 35.48	150m:	1:56.10	41.16	250m:	3:19.39	41.68	350m:	4:41.45	40.59
	100m:	1:14.94 39.46	200m:	2:37.71	41.61	300m:	4:00.86	41.47	400m:	5:18.44	36.99
7.	Płaneta Maciej		74	UKS Delfin Masrers Tarnobrzeg				5:20.31	290		
	50m:	35.22 35.22	150m:	1:54.67	40.79	250m:	3:18.07	41.64	350m:	4:41.88	41.56
	100m:	1:13.88 38.66	200m:	2:36.43	41.76	300m:	4:00.32	42.25	400m:	5:20.31	38.43
8.	wikła Konrad		75	Stowarzyszenie Pływackie MASTE				5:22.91	283		
	50m:	34.17 34.17	150m:	1:54.34	40.78	250m:	4:00.14	1:24.65	350m:		
	100m:	1:13.56 39.39	200m:	2:35.49	41.15	300m:	4:42.86	42.72	400m:	5:22.91	
9.	Zienkiewicz Marek		74	Swimminng Masters Team Szczeci				5:53.17	217		
	50m:	37.29 37.29	150m:	2:03.21	44.22	250m:	3:34.15	45.83	350m:	5:08.52	47.02
	100m:	1:18.99 41.70	200m:	2:48.32	45.11	300m:	4:21.50	47.35	400m:	5:53.17	44.65
10.	Matusiak vel Matuszewski Adam		74	AQUASFERA Masters Olsztyn				6:18.53	176		
	50m:	41.92 41.92	150m:	2:19.94	49.51	250m:	3:59.82	50.11	350m:	5:36.52	47.00
	100m:	1:30.43 48.51	200m:	3:09.71	49.77	300m:	4:49.52	49.70	400m:	6:18.53	42.01

45 - 49 lat

1.	Horínek Marian		71	Vysokoskolsky klub Univerzity				4:29.26	489		
	50m:	31.25 31.25	150m:	1:39.92	34.57	250m:	2:48.56	34.07	350m:	3:56.60	34.15
	100m:	1:05.35 34.10	200m:	2:14.49	34.57	300m:	3:22.45	33.89	400m:	4:29.26	32.66
2.	Smirnov Aleksandr		68	Pregel				4:48.51	398		
	50m:	32.58 32.58	150m:	1:45.89	37.02	250m:	2:59.91	37.24	350m:	4:13.49	36.53
	100m:	1:08.87 36.29	200m:	2:22.67	36.78	300m:	3:36.96	37.05	400m:	4:48.51	35.02
3.	Korba Jerzy		69	Masters Wisła Kraków				4:54.61	373		
	50m:		150m:	1:49.18		250m:	3:42.86	1:15.76	350m:		
	100m:		200m:	2:27.10	37.92	300m:			400m:	4:54.61	
4.	Rybarczyk Michał		70	Ursynów Masters				5:26.07	275		
	50m:	34.45 34.45	150m:	1:55.91	41.63	250m:	3:22.56	43.39	350m:	4:47.41	43.04
	100m:	1:14.28 39.83	200m:	2:39.17	43.26	300m:	4:04.37	41.81	400m:	5:26.07	38.66
5.	Horil Juraj		72	ŠPK Kúpele Pieš any				5:51.70	219		
	50m:	36.29 36.29	150m:	2:01.63	43.67	250m:	3:32.53	45.71	350m:	5:06.07	47.32
	100m:	1:17.96 41.67	200m:	2:46.82	45.19	300m:	4:18.75	46.22	400m:	5:51.70	45.63
6.	Milewski Bogdan		69	AQUASFERA Masters Olsztyn				6:18.22	176		
	50m:	41.59 41.59	150m:	2:13.75	46.36	250m:	3:52.60	50.09	350m:	5:30.29	49.04
	100m:	1:27.39 45.80	200m:	3:02.51	48.76	300m:	4:41.25	48.65	400m:	6:18.22	47.93
7.	Stachurski Ireneusz		69	Niezrzeszeni				6:25.27	167		
	50m:	40.22 40.22	150m:	2:15.90	49.62	250m:	3:57.43	51.25	350m:	5:37.87	49.15
	100m:	1:26.28 46.06	200m:	3:06.18	50.28	300m:	4:48.72	51.29	400m:	6:25.27	47.40

50 - 54 lat

1.	Monczak Piotr		67	Start Pozna				4:45.04	412		
	50m:	32.35 32.35	150m:	1:45.59	36.58	250m:	3:00.13	37.07	350m:	4:10.75	35.37
	100m:	1:09.01 36.66	200m:	2:23.06	37.47	300m:	3:35.38	35.25	400m:	4:45.04	34.29
2.	Lacko Karol		64	AQUATICS Nitra				4:56.80	365		
	50m:	35.00 35.00	150m:			250m:	3:05.57	38.09	350m:		
	100m:	1:12.54 37.54	200m:	2:27.48		300m:	3:42.51	36.94	400m:	4:56.80	
3.	Janyga Dariusz		66	Klub Sportowy Warta Pozna				5:05.45	335		
	50m:	35.17 35.17	150m:	1:51.33	38.47	250m:	3:09.66	39.21	350m:	4:27.25	38.87
	100m:	1:12.86 37.69	200m:	2:30.45	39.12	300m:	3:48.38	38.72	400m:	5:05.45	38.20
4.	Skoczylas Tomasz		66	UKS Wodnik 29 Katowice				5:10.56	319		
	50m:	34.51 34.51	150m:	1:50.39	38.64	250m:	3:08.93	39.36	350m:	4:29.32	40.39
	100m:	1:11.75 37.24	200m:	2:29.57	39.18	300m:	3:48.93	40.00	400m:	5:10.56	41.24

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

Konkurencja 42, M czynn, 400m dowolny, 50 - 54 lat

Pozycja			Rok ur.					Czas	Pkt.
5.	Ezhkov Vadim		65	Pregel				5:24.25	280
	50m:	35.96 35.96	150m:	1:56.67 40.88	250m:	3:19.58 41.34	350m:	4:43.46 41.53	
	100m:	1:15.79 39.83	200m:	2:38.24 41.57	300m:	4:01.93 42.35	400m:	5:24.25 40.79	
6.	Szmit Adam		64	AQUASFERA Masters Olsztyn				5:39.29	244
	50m:	37.07 37.07	150m:		250m:	3:28.79 43.26	350m:	4:57.15 44.05	
	100m:		200m:	2:45.53	300m:	4:13.10 44.31	400m:	5:39.29 42.14	

55 - 59 lat

1.	Olszewski Paweł		62	Klub Sportowy Warta Pozna				4:54.56	374
	50m:	33.03 33.03	150m:	1:47.64 37.68	250m:	3:04.20 38.10	350m:	4:19.81 37.56	
	100m:	1:09.96 36.93	200m:	2:26.10 38.46	300m:	3:42.25 38.05	400m:	4:54.56 34.75	
2.	Gabciec Mariusz		58	AQUASFERA Masters Olsztyn				5:04.33	339
	50m:	35.39 35.39	150m:	1:52.67 38.80	250m:	3:09.71 38.41	350m:	4:27.36 38.82	
	100m:	1:13.87 38.48	200m:	2:31.30 38.63	300m:	3:48.54 38.83	400m:	5:04.33 36.97	
3.	Kołkowski Marek		61	AQUASFERA Masters Olsztyn				5:50.50	222
	50m:	40.95 40.95	150m:	2:10.35 45.41	250m:	3:41.11 45.52	350m:	5:10.76 44.48	
	100m:	1:24.94 43.99	200m:	2:55.59 45.24	300m:	4:26.28 45.17	400m:	5:50.50 39.74	
4.	Toporski Janusz		59	KS Korona Kraków				7:16.23	115
	50m:	49.69 49.69	150m:	2:40.78 56.19	250m:	4:33.04 56.50	350m:	6:25.34 55.75	
	100m:	1:44.59 54.90	200m:	3:36.54 55.76	300m:	5:29.59 56.55	400m:	7:16.23 50.89	

60 - 64 lat

1.	Kryk Józef		57	THREE POOLS Bernolákovo				5:24.76	279
	50m:	37.70 37.70	150m:	1:58.53 40.32	250m:	3:21.52 41.47	350m:	4:44.47 41.55	
	100m:	1:18.21 40.51	200m:	2:40.05 41.52	300m:	4:02.92 41.40	400m:	5:24.76 40.29	
2.	Zabrzecki Alfred		54	UKS Sp 8 Chrzanów				6:09.08	190
	50m:	38.54 38.54	150m:	2:08.71 46.00	250m:	3:44.71 48.37	350m:	5:22.17 48.76	
	100m:	1:22.71 44.17	200m:	2:56.34 47.63	300m:	4:33.41 48.70	400m:	6:09.08 46.91	
3.	Ciekliński Wiesław		57	Niezrzeszeni				6:10.36	188
	50m:	41.68 41.68	150m:	3:03.93 47.86	250m:	4:39.52 48.10	350m:		
	100m:	2:16.07 1:34.39	200m:	3:51.42 47.49	300m:	5:27.63 48.11	400m:	6:10.36	
4.	Skrzypek Stefan		56	steef				6:13.55	183
	50m:	42.90 42.90	150m:	2:17.66 47.95	250m:	3:54.40 48.08	350m:	5:29.05 46.87	
	100m:	1:29.71 46.81	200m:	3:06.32 48.66	300m:	4:42.18 47.78	400m:	6:13.55 44.50	
5.	Twardysko Stanisław		56	SiKReT Gliwice				6:22.21	171
	50m:	39.02 39.02	150m:	2:11.12 47.42	250m:		350m:		
	100m:	1:23.70 44.68	200m:	3:50.42 1:39.30	300m:		400m:	6:22.21	
6.	Dubicki Bogdan		53	Legia Warszawa				6:35.42	154
	50m:	42.04 42.04	150m:	2:20.55 50.00	250m:		350m:		
	100m:	1:30.55 48.51	200m:	3:11.87 51.32	300m:		400m:	6:35.42	
7.	Lasowy Marian		55	KP Stilon Gorzów Wlkp.				7:12.84	117
	50m:	46.83 46.83	150m:	2:36.20 56.10	250m:	4:28.69 56.43	350m:	6:21.74 56.46	
	100m:	1:40.10 53.27	200m:	3:32.26 56.06	300m:	5:25.28 56.59	400m:	7:12.84 51.10	

65 - 69 lat

1.	Lietz Krzysztof		52	Toruń Multisport Team				6:14.69	181
	50m:	42.33 42.33	150m:	2:16.62 47.54	250m:	3:56.51 49.66	350m:	5:32.72 46.70	
	100m:	1:29.08 46.75	200m:	3:06.85 50.23	300m:	4:46.02 49.51	400m:	6:14.69 41.97	
2.	Boryski Jerzy		51	TS Olimpia Pozna				7:08.87	121
	50m:	48.68 48.68	150m:	2:35.67 54.02	250m:	4:26.31 55.44	350m:	6:16.35 55.07	
	100m:	1:41.65 52.97	200m:	3:30.87 55.20	300m:	5:21.28 54.97	400m:	7:08.87 52.52	

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

Konkurencja 42, M czynn, 400m dowolny, 65 - 69 lat

Pozycja			Rok ur.					Czas	Pkt.
3.	Wiczek Roman		48	UTW"Masters"Zgierz				7:14.96	116
	50m:	46.49 46.49	150m:	2:38.59 56.64	250m:	4:30.86 56.44	350m:	6:20.95 54.86	
	100m:	1:41.95 55.46	200m:	3:34.42 55.83	300m:	5:26.09 55.23	400m:	7:14.96 54.01	
4.	Wolniewicz Janusz		48	KS Extreme Team Oborniki				7:41.63	97
	50m:	51.50 51.50	150m:	2:46.23 59.05	250m:	4:46.74 1:00.61	350m:	6:47.01 1:00.16	
	100m:	1:47.18 55.68	200m:	3:46.13 59.90	300m:	5:46.85 1:00.11	400m:	7:41.63 54.62	
5.	Szczurek Bogdan		52	Masters Wisła Kraków				9:30.22	51
	50m:	1:03.64 1:03.64	150m:	4:37.22	250m:	8:15.34	350m:		
	100m:		200m:		300m:	9:30.94 1:15.60	400m:	9:30.22	

70 - 74 lat

1.	Mleczko Andrzej		47	KS Korona Kraków				6:47.26	141
	50m:	46.81 46.81	150m:	2:30.36 51.70	250m:	4:13.84 51.22	350m:	5:56.01 50.23	
	100m:	1:38.66 51.85	200m:	3:22.62 52.26	300m:	5:05.78 51.94	400m:	6:47.26 51.25	
2.	Maciejczyk Zbigniew		47	UTW"Masters"Zgierz				7:01.32	127
	50m:	45.28 45.28	150m:	2:35.72 55.61	250m:	4:27.79 55.29	350m:	6:15.72 53.55	
	100m:	1:40.11 54.83	200m:	3:32.50 56.78	300m:	5:22.17 54.38	400m:	7:01.32 45.60	
3.	Zieli ski Stanisław		47	MKP Wodnik 29 Tychy				7:14.98	116
	50m:	46.24 46.24	150m:	2:38.11 56.35	250m:	4:30.48 56.64	350m:	6:23.81 56.44	
	100m:	1:41.76 55.52	200m:	3:33.84 55.73	300m:	5:27.37 56.89	400m:	7:14.98 51.17	

75 - 79 lat

1.	Dymecki Zbigniew		41	Niezrzeszeni				8:31.91	71
	50m:	55.21 55.21	150m:	3:03.99 1:06.05	250m:	5:20.07 1:09.82	350m:	7:29.13 1:04.81	
	100m:	1:57.94 1:02.73	200m:	4:10.25 1:06.26	300m:	6:24.32 1:04.25	400m:	8:31.91 1:02.78	
2.	Waga Stanisław		40	KS Korona Kraków				8:49.18	64
	50m:	59.05 59.05	150m:	3:13.83 1:09.20	250m:	5:31.74 1:08.35	350m:	7:46.59 1:06.34	
	100m:	2:04.63 1:05.58	200m:	4:23.39 1:09.56	300m:	6:40.25 1:08.51	400m:	8:49.18 1:02.59	
3.	Szurek Władysław		40	Rydułtoeska Akademia Aktywnego				12:03.01	25
	50m:	1:14.02 1:14.02	150m:		250m:	7:17.69 1:34.45	350m:		
	100m:	2:39.37 1:25.35	200m:	5:43.24	300m:	8:52.28 1:34.59	400m:	12:03.01	