

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

Event 42
19.11.2017 - 12:20

Men, 400m Freestyle

20 years and older
Results

Points: FINA 2017

Rank					YB					Time	Pts	
20 - 24 years												
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 Michal				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	Torun 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 years												
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.	Walinski Maciej				92	KU AZS UAM Poznan				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 years												
1.	Zielonka Rafal				86	Stowarzyszenie Plywackie 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.	Golembiewski Andrzej				86	Torun 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 Bartlomiej				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 Poznan				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.	Szydlo Konrad				86	Klub Plywacki 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

Event 42, Men, 400m Freestyle, 30 - 34 years

Rank			YB							Time	Pts	
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.	Rozek Lukasz		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 years

1.	Kaczmarek Stanislaw		79	Klub Sportowy Warta Poznan						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.	Dzieciol 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 Rafal		82	Park Wodny Tarnowskie Gory 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 Poznan						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	Torun 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 Blazej		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 Poznan						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 years

1.	Gregorowicz Pawel		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.	Miroslav Abel		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

Event 42, Men, 400m Freestyle, 40 - 44 years

Rank			YB					Time	Pts
6.	Cwikla 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.	Planeta 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.	Cwikla Konrad		75	Stowarzyszenie Plywackie 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 years

1.	Horinek Marian		71	Vskuk				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 Wisla Krakow				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 Michal		70	Ursynow 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	SPK Kupele Piestany				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 years

1.	Monczak Piotr		67	Start Poznan				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 Poznan				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

Event 42, Men, 400m Freestyle, 50 - 54 years

Rank			YB					Time	Pts
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 years

1.	Olszewski Pawel		62	Klub Sportowy Warta Poznan				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.	Gabiec 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.	Kozlikowski 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 Krakow				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 years

1.	Krcik Jozef		57	THREE POOLS Bernolakovo				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.	Zabrzanski Alfred		54	UKS Sp 8 Chrzanow				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.	Cieklinski Wieslaw		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 Stanislaw		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.	Dubinski 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 Gorzow 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 years

1.	Lietz Krzysztof		52	Torun 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 Poznan				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

Event 42, Men, 400m Freestyle, 65 - 69 years

Rank				YB				Time	Pts			
3.	Wiczel 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 Wisla Krakow			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 years

1.	Mleczek Andrzej			47	KS Korona Krakow			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.	Zielinski Stanislaw			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 years

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 Stanislaw			40	KS Korona Krakow			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 Wladyslaw			40	Rydultoeska 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	