

Letnie Mistrzostwa Polski w Pływaniu Masters  
Gliwice, 31.5. - 2.6.2019

Event 40 Men, 400m Freestyle 20 years and older  
02.06.2019 - 11:35 Results

Points: FINA 2019

Rank			YB					Time	Pts			
<b>20 - 24 years</b>												
1.	Katolik Bartosz		97	CSiR Dabrowa Gornicza				<b>5:11.29</b>	353			
	50m:	34.82	34.82	150m:	1:55.25	40.12	250m:	3:13.09	38.48	350m:	4:33.09	39.71
	100m:	1:15.13	40.31	200m:	2:34.61	39.36	300m:	3:53.38	40.29	400m:	5:11.29	38.20
2.	Perl Michal		96	UKS Delfin Legionowo				<b>5:40.29</b>	270			
	50m:	35.29	35.29	150m:	1:57.44	42.05	250m:	3:25.03	44.40	350m:	4:56.57	45.86
	100m:	1:15.39	40.10	200m:	2:40.63	43.19	300m:	4:10.71	45.68	400m:	5:40.29	43.72
<b>25 - 29 years</b>												
1.	Pioro Artur		91	MKS Palac Mlodziezy Katowice				<b>4:13.52</b>	654			
	50m:	29.10	29.10	150m:	1:32.01	31.55	250m:	2:35.85	32.24	350m:	3:41.71	32.80
	100m:	1:00.46	31.36	200m:	2:03.61	31.60	300m:	3:08.91	33.06	400m:	4:13.52	31.81
2.	Aptewicz Arkadiusz		93	UKS Manta Warszawa Wlochy				<b>4:20.97</b>	599			
	50m:			150m:			250m:			350m:		
	100m:	1:01.11		200m:	2:07.40		300m:	3:14.53		400m:	4:20.97	
3.	Kliza Mateusz		94	Iswim Bialystok				<b>4:37.16</b>	500			
	50m:	1:40.78	1:40.78	150m:	2:52.31	1:47.13	250m:	4:03.70	1:47.38	350m:		
	100m:	1:05.18		200m:	2:16.32		300m:	3:27.99		400m:	4:37.16	
4.	Suszek Wojciech		92	KS AZS AWF Biala Podlaska				<b>4:45.27</b>	459			
	50m:	30.79	30.79	150m:	1:42.52	36.11	250m:	2:55.93	36.58	350m:	4:10.10	37.00
	100m:	1:06.41	35.62	200m:	2:19.35	36.83	300m:	3:33.10	37.17	400m:	4:45.27	35.17
5.	Musialik Marcin		94	Motyl Mosir Stalowa Wola				<b>4:45.95</b>	455			
	50m:	32.56	32.56	150m:	1:43.19	35.37	250m:	2:55.43	35.94	350m:	4:09.65	36.77
	100m:	1:07.82	35.26	200m:	2:19.49	36.30	300m:	3:32.88	37.45	400m:	4:45.95	36.30
6.	Piotrowski Marek		93	Swimming Masters Team Szczecin				<b>6:01.96</b>	224			
	50m:	38.07	38.07	150m:	2:06.11	45.03	250m:	3:40.22	47.75	350m:		
	100m:	1:21.08	43.01	200m:	2:52.47	46.36	300m:	4:28.13	47.91	400m:	6:01.96	
<b>30 - 34 years</b>												
1.	Skrodzki Michal		86	AZS AWF Katowice				<b>4:41.11</b>	479			
	50m:	30.92	30.92	150m:	1:41.31	35.40	250m:	2:53.58	36.01	350m:	4:05.81	35.82
	100m:	1:05.91	34.99	200m:	2:17.57	36.26	300m:	3:29.99	36.41	400m:	4:41.11	35.30
2.	Kotlarski Marcin		89	KS MAKO				<b>4:42.35</b>	473			
	50m:			150m:	1:43.41	36.32	250m:	2:55.24	36.33	350m:	4:07.28	36.27
	100m:	1:07.09		200m:	2:18.91	35.50	300m:	3:31.01	35.77	400m:	4:42.35	35.07
3.	Golembiewski Andrzej		86	Torun Multisport Team				<b>4:50.33</b>	435			
	50m:	31.63	31.63	150m:	1:41.91	35.69	250m:	2:56.03	37.25	350m:	4:13.66	39.08
	100m:	1:06.22	34.59	200m:	2:18.78	36.87	300m:	3:34.58	38.55	400m:	4:50.33	36.67
4.	Pfitzner Jan		86	Warsaw Masters Team				<b>4:56.12</b>	410			
	50m:	32.10	32.10	150m:	1:46.18	37.58	250m:	3:03.07	38.54	350m:	4:19.27	38.36
	100m:	1:08.60	36.50	200m:	2:24.53	38.35	300m:	3:40.91	37.84	400m:	4:56.12	36.85
5.	Rebas Igor		89	Warsaw Masters Team				<b>6:18.93</b>	195			
	50m:	25.98	25.98	150m:	2:05.84	49.22	250m:	3:45.20	49.15	350m:		
	100m:	1:16.62	50.64	200m:	2:56.05	50.21	300m:			400m:	6:18.93	

Letnie Mistrzostwa Polski w Pływaniu Masters  
Gliwice, 31.5. - 2.6.2019

Event 40, Men, 400m Freestyle

35 - 39 years

1. Szymkowiak Marcin	80	KS Warta Poznan	<b>4:52.69</b>	425
50m: 33.21 33.21	150m: 1:48.26 37.81	250m: 3:04.57 38.19	350m: 4:19.18 36.56	
100m: 1:10.45 37.24	200m: 2:26.38 38.12	300m: 3:42.62 38.05	400m: 4:52.69 33.51	
2. Brozyna Marek	80	Torun Multisport Team	<b>5:14.06</b>	344
50m: 33.75 33.75	150m: 1:51.95 39.96	250m: 3:13.33 40.67	350m: 4:35.13 40.36	
100m: 1:11.99 38.24	200m: 2:32.66 40.71	300m: 3:54.77 41.44	400m: 5:14.06 38.93	
3. Wachowski Blazej	80	KS Warta Poznan	<b>5:23.80</b>	313
50m: 36.37 36.37	150m: 1:58.60 41.56	250m: 3:21.63 41.70	350m: 4:45.02 41.80	
100m: 1:17.04 40.67	200m: 2:39.93 41.33	300m: 4:03.22 41.59	400m: 5:23.80 38.78	
4. Zawadzki Leszek	83	Niezrzeszeni	<b>5:33.98</b>	286
50m: 35.27 35.27	150m: 1:55.78 41.47	250m: 3:22.24 43.65	350m: 4:52.03 44.66	
100m: 1:14.31 39.04	200m: 2:38.59 42.81	300m: 4:07.37 45.13	400m: 5:33.98 41.95	
5. Ostrasz Piotr	81	Masters Wroclaw	<b>5:36.46</b>	279
50m: 33.38 33.38	150m: 1:51.56 39.86	250m: 3:17.71 44.19	350m: 4:50.53 46.85	
100m: 1:11.70 38.32	200m: 2:33.52 41.96	300m: 4:03.68 45.97	400m: 5:36.46 45.93	
6. Rozek Lukasz	84	Swimming Masters Team Szczecin	<b>6:26.82</b>	184
50m: 41.53 41.53	150m: 2:16.90 48.53	250m: 3:57.08 49.96	350m: 5:38.35 50.13	
100m: 1:28.37 46.84	200m: 3:07.12 50.22	300m: 4:48.22 51.14	400m: 6:26.82 48.47	

40 - 44 years

1. Kaczmarek Stanislaw	79	LC Gorzow Wilkp.	<b>4:40.42</b>	483
50m: 31.47 31.47	150m: 1:41.53 35.36	250m: 2:53.16 35.59	350m: 4:05.43 35.75	
100m: 1:06.17 34.70	200m: 2:17.57 36.04	300m: 3:29.68 36.52	400m: 4:40.42 34.99	
2. Konopacki Piotr	78	AQUASFERA Masters Olsztyn	<b>4:49.34</b>	440
50m: 32.61 32.61	150m: 1:46.23 36.94	250m: 3:00.65 36.80	350m: 4:15.45 36.82	
100m: 1:09.29 36.68	200m: 2:23.85 37.62	300m: 3:38.63 37.98	400m: 4:49.34 33.89	
3. Giejsztowt Marcin	78	Warsaw Masters Team	<b>4:52.71</b>	424
50m: 32.54 32.54	150m: 1:45.71 37.58	250m: 3:01.93 38.21	350m: 4:18.46 37.99	
100m: 1:08.13 35.59	200m: 2:23.72 38.01	300m: 3:40.47 38.54	400m: 4:52.71 34.25	
4. Piotrowski Filip	77	KS Warta Poznan	<b>4:59.79</b>	395
50m: 34.96 34.96	150m: 1:52.62 38.29	250m: 3:09.18 37.12	350m: 4:24.74 37.88	
100m: 1:14.33 39.37	200m: 2:32.06 39.44	300m: 3:46.86 37.68	400m: 4:59.79 35.05	
5. Pieslak Roman	79	TKKF Koszalin Masters	<b>5:30.77</b>	294
50m:	150m:	250m:	350m:	
100m: 1:17.23	200m: 2:42.45	300m: 4:09.62	400m: 5:30.77	
6. Kulisz Adrian	77	5Styl Warszawa	<b>5:44.99</b>	259
50m: 38.33 38.33	150m: 2:04.94 43.65	250m: 3:34.66 44.46	350m: 5:03.45	
100m: 1:21.29 42.96	200m: 2:50.20 45.26	300m:	400m: 5:44.99 41.54	

45 - 49 years

1. Gregorowicz Pawel	74	AQUASFERA Masters Olsztyn	<b>4:37.08</b>	501
50m: 31.78 31.78	150m: 1:41.50 35.04	250m: 2:52.48 35.41	350m: 4:03.95 35.53	
100m: 1:06.46 34.68	200m: 2:17.07 35.57	300m: 3:28.42 35.94	400m: 4:37.08 33.13	
2. Barta Piotr	71	ZKS Drzonkow	<b>4:47.22</b>	449
50m: 33.50 33.50	150m: 1:45.06 35.92	250m: 2:56.70 35.85	350m: 4:10.55 37.19	
100m: 1:09.14 35.64	200m: 2:20.85 35.79	300m: 3:33.36 36.66	400m: 4:47.22 36.67	
3. Kowalczyk Piotr	74	MKP Szczecin	<b>5:03.41</b>	381
50m: 34.18 34.18	150m: 1:50.83 38.79	250m: 3:08.71 38.46	350m: 4:27.42 38.85	
100m: 1:12.04 37.86	200m: 2:30.25 39.42	300m: 3:48.57 39.86	400m: 5:03.41 35.99	
4. Kubica Ryszard	72	KS Gornik Radlin	<b>5:36.08</b>	280
50m: 36.70 36.70	150m: 2:01.23 42.98	250m: 3:28.77 43.90	350m: 4:55.67 43.43	
100m: 1:18.25 41.55	200m: 2:44.87 43.64	300m: 4:12.24 43.47	400m: 5:36.08 40.41	

Letnie Mistrzostwa Polski w Pływaniu Masters  
Gliwice, 31.5. - 2.6.2019

Event 40, Men, 400m Freestyle, 45 - 49 years

Rank			YB					Time	Pts		
5.	Cwikla Grzegorz		74	TKKF Koszalin Masters				<b>5:39.02</b>	273		
	50m:	36.26 36.26	150m:	1:59.67	42.40	250m:	3:27.35	43.53	350m:	4:57.62	44.87
	100m:	1:17.27 41.01	200m:	2:43.82	44.15	300m:	4:12.75	45.40	400m:	5:39.02	41.40
6.	Matusiak vel Matuszewski Adam		74	AQUASFERA Masters Olsztyn				<b>5:46.20</b>	256		
	50m:	38.67 38.67	150m:	2:06.31	44.26	250m:	3:35.23	44.54	350m:		
	100m:	1:22.05 43.38	200m:	2:50.69	44.38	300m:	4:19.69	44.46	400m:	5:46.20	
7.	Matyszczak Jacek		70	TS Olimpia Poznan				<b>5:51.94</b>	244		
	50m:	37.25 37.25	150m:			250m:			350m:		
	100m:	1:19.47 42.22	200m:			300m:	4:22.61		400m:	5:51.94	
8.	Horvat Petr		73	Plavecky klub Zabreh				<b>5:53.24</b>	241		
	50m:	40.22 40.22	150m:	2:10.02	45.08	250m:	3:40.85	45.16	350m:	5:11.01	44.98
	100m:	1:24.94 44.72	200m:	2:55.69	45.67	300m:	4:26.03	45.18	400m:	5:53.24	42.23
9.	Matyszewski Grzegorz		71	Warsaw Masters Team				<b>6:53.42</b>	150		
	50m:	43.99 43.99	150m:	2:25.69	52.03	250m:	4:12.01	54.74	350m:	6:01.72	55.48
	100m:	1:33.66 49.67	200m:	3:17.27	51.58	300m:	5:06.24	54.23	400m:	6:53.42	51.70

50 - 54 years

1.	Monczak Piotr		67	Start Poznan				<b>4:48.38</b>	444		
	50m:	33.37 33.37	150m:	1:46.63	36.84	250m:	2:59.85	36.22	350m:	4:12.90	36.64
	100m:	1:09.79 36.42	200m:	2:23.63	37.00	300m:	3:36.26	36.41	400m:	4:48.38	35.48
2.	Skorykow Andrzej		69	Warsaw Masters Team				<b>5:04.03</b>	379		
	50m:	35.08 35.08	150m:	1:50.60	37.79	250m:	3:07.71	37.72	350m:	4:26.34	38.69
	100m:	1:12.81 37.73	200m:	2:29.99	39.39	300m:	3:47.65	39.94	400m:	5:04.03	37.69
3.	Obiedzinski Pawel		69	IKS Konstancin				<b>5:08.11</b>	364		
	50m:	33.90 33.90	150m:	1:51.02	39.34	250m:	3:10.87	40.16	350m:	4:30.85	39.99
	100m:	1:11.68 37.78	200m:	2:30.71	39.69	300m:	3:50.86	39.99	400m:	5:08.11	37.26
4.	Pycia Adam		66	Korona Krakow Masters				<b>5:57.47</b>	233		
	50m:	37.79 37.79	150m:	2:06.89	45.59	250m:	3:40.97	47.34	350m:	5:16.05	47.47
	100m:	1:21.30 43.51	200m:	2:53.63	46.74	300m:	4:28.58	47.61	400m:	5:57.47	41.42
5.	Harenda Andrzej		68	Niezrzeszeni				<b>5:59.65</b>	229		
	50m:	39.34 39.34	150m:	2:08.87		250m:	3:44.16	47.32	350m:	5:17.06	47.20
	100m:		200m:	2:56.84	47.97	300m:	4:29.86	45.70	400m:	5:59.65	42.59
6.	Stachurski Ireneusz		69	Niezrzeszeni				<b>6:35.87</b>	171		
	50m:	41.64 41.64	150m:	2:20.44	50.18	250m:	4:03.65	51.00	350m:	5:47.49	51.54
	100m:	1:30.26 48.62	200m:	3:12.65	52.21	300m:	4:55.95	52.30	400m:	6:35.87	48.38
7.	Rudzinski Michal		66	Niezrzeszeni				<b>7:11.79</b>	132		
	50m:	46.89 46.89	150m:	2:34.96	55.70	250m:	4:27.70	54.69	350m:	6:18.81	54.80
	100m:	1:39.26 52.37	200m:	3:33.01	58.05	300m:	5:24.01	56.31	400m:	7:11.79	52.98
8.	Paluszak Zbigniew		67	Warsaw Masters Team				<b>7:31.41</b>	115		
	50m:	48.99 48.99	150m:	2:42.80	57.86	250m:	4:38.63	57.82	350m:	6:36.69	59.33
	100m:	1:44.94 55.95	200m:	3:40.81	58.01	300m:	5:37.36	58.73	400m:	7:31.41	54.72
9.	Adamowicz Pawel		67	KS MAKO				<b>7:41.28</b>	108		
	50m:	54.11 54.11	150m:	2:54.91	1:01.27	250m:	4:51.97	58.07	350m:	6:47.53	58.10
	100m:	1:53.64 59.53	200m:	3:53.90	58.99	300m:	5:49.43	57.46	400m:	7:41.28	53.75
10.	Figiel Arkadiusz		66	Tm Barracuda Kalisz				<b>8:25.05</b>	82		
	50m:		150m:			250m:			350m:		
	100m:	1:53.47	200m:	4:08.67		300m:	6:22.10		400m:	8:25.05	

Letnie Mistrzostwa Polski w Pływaniu Masters  
Gliwice, 31.5. - 2.6.2019

Event 40, Men, 400m Freestyle

55 - 59 years

1.	Faff Mariusz		63	Swim Tri Rzeszow		<b>5:29.35</b>	298	
	50m: 35.84	35.84	150m: 1:59.01	42.54	250m: 3:24.68	43.31	350m: 4:49.46	42.30
	100m: 1:16.47	40.63	200m: 2:41.37	42.36	300m: 4:07.16	42.48	400m: 5:29.35	39.89
2.	Szmit Adam		64	AQUASFERA Masters Olsztyn		<b>5:32.60</b>	289	
	50m: 37.29	37.29	150m: 2:00.90		250m:		350m:	
	100m:		200m:		300m: 5:32.84		400m: 5:32.60	
3.	Orecki Lech		61	MKP Szczecin		<b>5:36.01</b>	280	
	50m: 38.49	38.49	150m: 2:05.01	43.52	250m: 3:33.89	43.89	350m: 4:58.64	41.45
	100m: 1:21.49	43.00	200m: 2:50.00	44.99	300m: 4:17.19	43.30	400m: 5:36.01	37.37
4.	Dziudziek Robert		64	Masters V Lomianki		<b>5:53.21</b>	241	
	50m: 39.68	39.68	150m: 2:05.77	43.73	250m: 3:35.96	44.99	350m: 5:07.66	45.89
	100m: 1:22.04	42.36	200m: 2:50.97	45.20	300m: 4:21.77	45.81	400m: 5:53.21	45.55

60 - 64 years

1.	Przytulski Wlodzimierz		57	UTW"Masters"ZGIERZ		<b>5:52.12</b>	244	
	50m: 2:06.53	2:06.53	150m:		250m: 3:36.78	46.34	350m: 5:09.02	46.13
	100m: 1:20.65		200m: 2:50.44		300m: 4:22.89	46.11	400m: 5:52.12	43.10
2.	Cieklinski Wieslaw		57	Steef		<b>6:12.57</b>	206	
	50m: 39.86	39.86	150m: 2:13.50		250m: 3:53.52	50.14	350m:	
	100m:		200m: 3:03.38	49.88	300m:		400m: 6:12.57	
3.	Korpetta Wojciech		59	KS_Niezzreszeni_pl		<b>6:29.06</b>	180	
	50m: 43.87	43.87	150m: 2:25.12	51.30	250m: 4:07.23	50.30	350m: 5:45.34	
	100m: 1:33.82	49.95	200m: 3:16.93	51.81	300m:		400m: 6:29.06	43.72
4.	Twardysko Stanislaw		56	SIKRET Gliwice		<b>6:35.05</b>	172	
	50m: 41.91	41.91	150m: 4:04.91	2:34.29	250m: 5:47.51	2:34.73	350m:	
	100m: 1:30.62	48.71	200m: 3:12.78		300m:		400m: 6:35.05	
5.	Sutowski Robert		59	Warsaw Masters Team		<b>6:37.89</b>	169	
	50m: 5:51.22	5:51.22	150m:		250m:		350m:	
	100m: 1:32.59		200m: 3:15.86		300m: 4:59.54		400m: 6:37.89	
6.	Lasowy Marian		55	TKKF Koszalin Masters		<b>7:00.53</b>	143	
	50m: 45.46	45.46	150m: 2:32.29	55.03	250m: 4:21.61	54.80	350m:	
	100m: 1:37.26	51.80	200m: 3:26.81	54.52	300m: 5:15.87	54.26	400m: 7:00.53	
7.	Wiatr Wlodzimierz		57	KS Warta Poznan		<b>7:03.23</b>	140	
	50m: 47.28	47.28	150m: 2:32.95	53.81	250m: 4:23.14	55.12	350m: 6:12.31	53.90
	100m: 1:39.14	51.86	200m: 3:28.02	55.07	300m: 5:18.41	55.27	400m: 7:03.23	50.92

65 - 69 years

1.	Lietz Krzysztof		52	Torun Multisport Team		<b>6:22.84</b>	189	
	50m: 43.93	43.93	150m: 2:23.43	50.25	250m: 4:02.91	50.24	350m: 5:38.29	47.28
	100m: 1:33.18	49.25	200m: 3:12.67	49.24	300m: 4:51.01	48.10	400m: 6:22.84	44.55
2.	Dubinski Bogdan		53	Legia Warszawa		<b>6:37.11</b>	170	
	50m: 41.80	41.80	150m: 2:24.07	52.74	250m: 4:10.62	52.45	350m: 5:51.31	49.72
	100m: 1:31.33	49.53	200m: 3:18.17	54.10	300m: 5:01.59	50.97	400m: 6:37.11	45.80
3.	Zabrzanski Alfred		54	UKS Sp 8 Chrzanow		<b>6:59.82</b>	144	
	50m: 42.83	42.83	150m: 2:24.87	53.37	250m: 4:14.67	55.94	350m: 6:06.77	56.70
	100m: 1:31.50	48.67	200m: 3:18.73	53.86	300m: 5:10.07	55.40	400m: 6:59.82	53.05
4.	Marszalek Andrzej		54	Niezzreszeni		<b>7:40.72</b>	108	
	50m: 52.00	52.00	150m: 2:45.80	57.75	250m: 4:42.45	58.74	350m: 6:42.02	1:00.15
	100m: 1:48.05	56.05	200m: 3:43.71	57.91	300m: 5:41.87	59.42	400m: 7:40.72	58.70

Letnie Mistrzostwa Polski w Pływaniu Masters  
Gliwice, 31.5. - 2.6.2019

Event 40, Men, 400m Freestyle

70 - 74 years

1.	Mleczko Andrzej	47	Korona Krakow Masters	<b>7:11.41</b>	132
	50m: 1:44.43	150m: 3:34.04	250m: 5:27.70	350m: 7:11.41	
	100m: 1:44.43	200m: 3:34.04	300m: 5:27.70	400m: 7:11.41	
2.	Wolniewicz Janusz	48	KS Extreme Team Oborniki	<b>8:06.01</b>	92
	50m: 50.87 50.87	150m: 2:51.42 1:01.05	250m: 4:59.42 1:03.94	350m: 7:06.51 1:03.45	
	100m: 1:50.37 59.50	200m: 3:55.48 1:04.06	300m: 6:03.06 1:03.64	400m: 8:06.01 59.50	
3.	Daszynski Andrzej	48	UKS Energetyk Zgorzelec	<b>8:37.70</b>	76
	50m: 56.15 56.15	150m: 3:12.53 1:07.65	250m: 5:25.36 1:05.55	350m: 7:36.46 1:04.19	
	100m: 2:04.88 1:08.73	200m: 4:19.81 1:07.28	300m: 6:32.27 1:06.91	400m: 8:37.70 1:01.24	
4.	Bantkowski Jan	49	Torun Multisport Team	<b>10:13.36</b>	46
	50m: 1:09.70 1:09.70	150m: 3:53.40	250m: 6:34.13	350m: 9:11.31	
	100m:	200m:	300m:	400m: 10:13.36 1:02.05	

75 - 79 years

1.	Dziekonski Edward	43	Niezrzeszeni	<b>7:53.34</b>	100
	50m: 52.97 52.97	150m: 2:50.93 1:00.96	250m: 4:53.32 1:01.92	350m:	
	100m: 1:49.97 57.00	200m: 3:51.40 1:00.47	300m: 5:54.67 1:01.35	400m: 7:53.34	
2.	Borodziuk Stefan	44	Warsaw Masters Team	<b>8:25.64</b>	82
	50m:	150m:	250m:	350m:	
	100m: 1:48.87	200m: 4:00.68	300m: 6:16.75	400m: 8:25.64	
3.	Dymecki Zbigniew	41	Niezrzeszeni	<b>8:37.09</b>	77
	50m: 58.47 58.47	150m: 3:06.18 1:06.66	250m: 5:21.47 1:07.56	350m: 7:34.28 1:04.46	
	100m: 1:59.52 1:01.05	200m: 4:13.91 1:07.73	300m: 6:29.82 1:08.35	400m: 8:37.09 1:02.81	
4.	Waga Stanislaw	40	Korona Krakow Masters	<b>9:20.16</b>	60
	50m: 1:03.79 1:03.79	150m: 3:28.34 1:14.26	250m: 5:54.12 1:12.32	350m: 8:16.32 1:08.72	
	100m: 2:14.08 1:10.29	200m: 4:41.80 1:13.46	300m: 7:07.60 1:13.48	400m: 9:20.16 1:03.84	

85 - 89 years

1.	Slezynski Jan	31	AZS AWF Katowice	<b>11:46.03</b>	30
	50m: 1:21.06 1:21.06	150m: 4:28.31 1:32.20	250m: 7:28.90 1:30.64	350m: 10:27.23 1:28.73	
	100m: 2:56.11 1:35.05	200m: 5:58.26 1:29.95	300m: 8:58.50 1:29.60	400m: 11:46.03 1:18.80	