



Mistrzostwa Polski w Pływaniu Masters  
Kraków, 15/ - 17/11/2013



Konkurencja 40  
17/11/2013 - 12:59

M czynzn, 400m dowolny

20 - 94 lat  
Wyniki

Punkty: DSV Masters 13

Pozycja	Rok ur.	Czas	Pkt.
<b>Kategoria 0</b>			
1. Czermak Tomasz	91 AZS AWF Katowice	<b>4:27.49</b>	772
50m: 30.09 30.09	150m: 1:36.64 33.66	250m: 2:45.12 34.35	350m: 3:55.32 35.07
100m: 1:02.98 32.89	200m: 2:10.77 34.13	300m: 3:20.25 35.13	400m: 4:27.49 32.17
2. Stanek Wojciech	92 ORS Opole	<b>5:10.03</b>	496
50m: 35.45 35.45	150m: 1:52.67 38.59	250m: 3:12.06 39.33	350m: 4:30.60 39.22
100m: 1:14.08 38.63	200m: 2:32.73 40.06	300m: 3:51.38 39.32	400m: 5:10.03 39.43
3. Olszewski Krzysztof	89 SGGW Warszawa	<b>5:18.16</b>	459
50m: 32.31 32.31	150m: 1:47.52 38.77	250m: 3:08.80 41.22	350m: 4:36.06 44.29
100m: 1:08.75 36.44	200m: 2:27.58 40.06	300m: 3:51.77 42.97	400m: 5:18.16 42.10
4. Pagacz Miłosz	90 Tarnowskie WOPR Masters	<b>7:35.02</b>	156
50m: 44.44 44.44	150m: 2:33.37 57.39	250m: 4:32.86 59.86	350m: 6:36.64 1:00.45
100m: 1:35.98 51.54	200m: 3:33.00 59.63	300m: 5:36.19 1:03.33	400m: 7:35.02 58.38

**Kategoria A**

1. Szczypi ski Marcin	86 Wodnik 29 Katowice	<b>4:21.22</b>	819
50m: 30.60 30.60	150m: 1:37.51 33.41	250m: 2:44.71 33.48	350m: 3:50.77 32.41
100m: 1:04.10 33.50	200m: 2:11.23 33.72	300m: 3:18.36 33.65	400m: 4:21.22 30.45
2. Janovsky Jiri	88 Straz pod Ralskiem	<b>4:27.48</b>	763
50m: 29.69 29.69	150m: 1:37.24 34.13	250m: 2:45.62 34.27	350m: 3:54.74 34.31
100m: 1:03.11 33.42	200m: 2:11.35 34.11	300m: 3:20.43 34.81	400m: 4:27.48 32.74
3. Kluczyk Szymon	87 Swimming Masters Team Szczecin	<b>4:33.30</b>	715
50m: 31.12 31.12	150m: 1:39.34 34.21	250m: 2:48.77 34.79	350m: 3:58.55 34.79
100m: 1:05.13 34.01	200m: 2:13.98 34.64	300m: 3:23.76 34.99	400m: 4:33.30 34.75
4. Latuszek Kamil	88 Masters Korona Kraków	<b>4:50.96</b>	593
50m: 31.75 31.75	150m: 1:44.27 36.86	250m: 2:58.55 37.22	350m: 4:14.02 38.00
100m: 1:07.41 35.66	200m: 2:21.33 37.06	300m: 3:36.02 37.47	400m: 4:50.96 36.94
5. Pfitzner Jan	86 Warsaw Masters Team	<b>4:55.25</b>	567
50m: 32.51 32.51	150m: 1:46.98 37.76	250m: 3:02.58 37.93	350m: 4:18.41 38.25
100m: 1:09.22 36.71	200m: 2:24.65 37.67	300m: 3:40.16 37.58	400m: 4:55.25 36.84
6. urek Jacek	85 Masters Korona Kraków	<b>4:55.39</b>	566
50m: 31.71 31.71	150m: 1:43.83 36.78	250m: 3:00.22 38.73	350m: 4:18.17 39.30
100m: 1:07.05 35.34	200m: 2:21.49 37.66	300m: 3:38.87 38.65	400m: 4:55.39 37.22
7. Kozak Stanisław	86 Warsaw Masters Team	<b>5:02.77</b>	526
50m: 34.20 34.20	150m: 1:52.62 39.68	250m: 3:11.72 39.66	350m: 4:28.76 37.29
100m: 1:12.94 38.74	200m: 2:32.06 39.44	300m: 3:51.47 39.75	400m: 5:02.77 34.01
8. Czupryn Jacek	88 Warsaw Masters Team	<b>5:31.97</b>	399
50m: 35.48 35.48	150m: 1:56.19 41.47	250m: 4:06.68 43.77	350m:
100m: 1:14.72 39.24	200m: 3:22.91 1:26.72	300m: 4:49.72 43.04	400m: 5:31.97
9. Wirszuło Radosław	86 Delfinek Legnica	<b>6:02.37</b>	307
50m: 36.60 36.60	150m: 2:01.57	250m: 3:37.58 49.08	350m: 5:16.80 49.72
100m:	200m: 2:48.50 46.93	300m: 4:27.08 49.50	400m: 6:02.37 45.57



Mistrzostwa Polski w Pływaniu Masters  
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Konkurencja 40, M czynn, 400m dowolny

Kategoria B

1. Twarowski Karol	79	Toru czyk Masters Toru	<b>4:33.93</b>	674
50m: 29.58 29.58	150m: 1:35.70 33.46	250m: 2:45.29 35.13	350m: 3:58.56 36.88	
100m: 1:02.24 32.66	200m: 2:10.16 34.46	300m: 3:21.68 36.39	400m: 4:33.93 35.37	
2. Isalski Przemysław	82	Warta Pozna	<b>4:38.05</b>	645
50m: 31.41 31.41	150m: 1:40.64 35.07	250m: 2:51.49 35.37	350m: 4:02.43 35.47	
100m: 1:05.57 34.16	200m: 2:16.12 35.48	300m: 3:26.96 35.47	400m: 4:38.05 35.62	
3. Brodacki Maciej	83	Swimming Masters Team Szczecin	<b>4:43.68</b>	607
50m: 31.43 31.43	150m: 1:42.71 35.91	250m: 2:54.26 35.72	350m: 4:08.25 36.97	
100m: 1:06.80 35.37	200m: 2:18.54 35.83	300m: 3:31.28 37.02	400m: 4:43.68 35.43	
4. Rydlewski Przemysław	79	KP Koziegłowy	<b>4:52.68</b>	553
50m: 32.59 32.59	150m: 1:44.24 35.98	250m: 2:59.12 37.52	350m: 4:16.08 38.67	
100m: 1:08.26 35.67	200m: 2:21.60 37.36	300m: 3:37.41 38.29	400m: 4:52.68 36.60	
5. Jurek Przemysław	81	Tarnowskie WOPR Masters	<b>4:52.87</b>	552
50m: 31.82 31.82	150m: 1:45.60 37.20	250m: 3:00.50 37.58	350m: 4:16.00 37.62	
100m: 1:08.40 36.58	200m: 2:22.92 37.32	300m: 3:38.38 37.88	400m: 4:52.87 36.87	
6. Grabarczyk Marcin	79	Piłka Konstantynów Ł.	<b>4:56.30</b>	533
50m: 32.76 32.76	150m: 1:44.89 36.58	250m: 3:00.20 37.53	350m: 4:18.66 39.47	
100m: 1:08.31 35.55	200m: 2:22.67 37.78	300m: 3:39.19 38.99	400m: 4:56.30 37.64	
7. Dybek Mateusz	80	Wisła Masters Kraków	<b>5:08.43</b>	472
50m: 33.77 33.77	150m: 1:52.08 39.69	250m: 3:12.22 40.02	350m: 4:32.37 40.04	
100m: 1:12.39 38.62	200m: 2:32.20 40.12	300m: 3:52.33 40.11	400m: 5:08.43 36.06	
8. Ilczyszyn Krzysztof	83	UKS 307 Warszawa	<b>5:19.61</b>	424
50m: 34.58 34.58	150m: 1:54.01 40.24	250m: 3:17.62 42.24	350m: 4:40.83 40.94	
100m: 1:13.77 39.19	200m: 2:35.38 41.37	300m: 3:59.89 42.27	400m: 5:19.61 38.78	
9. Kałużycki Wojciech	80	Warsaw Masters Team	<b>5:36.90</b>	362
50m: 37.35 37.35	150m: 2:01.26 42.57	250m: 3:27.70 43.22	350m: 4:55.04 43.86	
100m: 1:18.69 41.34	200m: 2:44.48 43.22	300m: 4:11.18 43.48	400m: 5:36.90 41.86	
10. Arentewicz Grzegorz	81	Toru czyk Masters Toru	<b>5:43.47</b>	342
50m: 37.59 37.59	150m: 2:02.81 43.11	250m: 3:31.39 45.17	350m: 5:00.69 44.94	
100m: 1:19.70 42.11	200m: 2:46.22 43.41	300m: 4:15.75 44.36	400m: 5:43.47 42.78	
11. Wasielak Michał	81	Warsaw Masters Team	<b>5:54.96</b>	310
50m: 38.29 38.29	150m: 2:03.65 43.94	250m: 3:35.66 46.89	350m: 5:09.76 47.00	
100m: 1:19.71 41.42	200m: 2:48.77 45.12	300m: 4:22.76 47.10	400m: 5:54.96 45.20	
12. Chylak Kamil	80	Zawodnik niezrzeszony	<b>6:49.26</b>	202
50m: 37.54 37.54	150m: 2:15.08 51.45	250m: 4:04.21 54.94	350m: 5:54.99 55.43	
100m: 1:23.63 46.09	200m: 3:09.27 54.19	300m: 4:59.56 55.35	400m: 6:49.26 54.27	

Kategoria C

1. Horbacz Marcin	74	JW 2399 wiłtosów	<b>4:21.42</b>	796
50m: 31.06 31.06	150m: 1:38.68 33.84	250m: 2:45.61 33.36	350m: 3:50.56 32.16	
100m: 1:04.84 33.78	200m: 2:12.25 33.57	300m: 3:18.40 32.79	400m: 4:21.42 30.86	
2. Gołbowski Remigiusz	76	Swimmers Warszawa	<b>4:37.15</b>	668
50m: 30.69 30.69	150m: 1:39.71 35.01	250m: 2:50.94 35.58	350m: 4:02.90 36.17	
100m: 1:04.70 34.01	200m: 2:15.36 35.65	300m: 3:26.73 35.79	400m: 4:37.15 34.25	
3. Gregorowicz Paweł	74	AZS UWM Masters Olsztyn	<b>4:40.60</b>	644
50m: 31.94 31.94	150m: 1:41.56 34.90	250m: 2:52.82 35.57	350m: 4:05.55 36.59	
100m: 1:06.66 34.72	200m: 2:17.25 35.69	300m: 3:28.96 36.14	400m: 4:40.60 35.05	
4. Kowalczyk Piotr	74	MKP Szczecin	<b>4:47.30</b>	600
50m: 32.85 32.85	150m: 1:45.80 36.87	250m: 2:59.81 36.59	350m: 4:13.09 37.01	
100m: 1:08.93 36.08	200m: 2:23.22 37.42	300m: 3:36.08 36.27	400m: 4:47.30 34.21	



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Konkurencja 40, M czynn, 400m dowolny, Kategoria C

Pozycja			Rok ur.						Czas	Pkt.
5.	Hoffman Wojciech		75	Masters Korona Kraków				<b>5:05.39</b>	499	
	50m:	34.96 34.96	150m:	1:51.73 39.01	250m:	3:08.76 38.70	350m:	4:27.20 39.50		
	100m:	1:12.72 37.76	200m:	2:30.06 38.33	300m:	3:47.70 38.94	400m:	5:05.39 38.19		
6.	Ziółkowski Damian		78	UKS 307 Warszawa				<b>5:08.81</b>	483	
	50m:	34.09 34.09	150m:	1:52.42 40.04	250m:	3:13.79 40.45	350m:	4:33.43 38.48		
	100m:	1:12.38 38.29	200m:	2:33.34 40.92	300m:	3:54.95 41.16	400m:	5:08.81 35.38		
7.	Olkowicz Arkadiusz		76	Piłka Konstaktynow Ł.				<b>5:18.68</b>	439	
	50m:	33.27 33.27	150m:	1:47.25 37.52	250m:	3:09.74 41.96	350m:	4:36.39 44.26		
	100m:	1:09.73 36.46	200m:	2:27.78 40.53	300m:	3:52.13 42.39	400m:	5:18.68 42.29		
8.	Bystry Jarek		77	AZS UAM Pozna				<b>5:25.44</b>	412	
	50m:	36.44 36.44	150m:	1:58.67 41.55	250m:	3:22.74 42.07	350m:	4:47.93 42.76		
	100m:	1:17.12 40.68	200m:	2:40.67 42.00	300m:	4:05.17 42.43	400m:	5:25.44 37.51		
9.	Witkowski Adam		75	KP Koziegłowy				<b>5:31.42</b>	391	
	50m:	36.31 36.31	150m:	1:59.74 42.58	250m:	3:25.95 43.03	350m:	4:51.17 42.10		
	100m:	1:17.16 40.85	200m:	2:42.92 43.18	300m:	4:09.07 43.12	400m:	5:31.42 40.25		
10.	Płaneta Maciej		74	Delfin Masters Tarnobrzeg				<b>5:34.89</b>	378	
	50m:	37.75 37.75	150m:	2:01.48 42.37	250m:	3:26.59 42.76	350m:	4:53.26 43.38		
	100m:	1:19.11 41.36	200m:	2:43.83 42.35	300m:	4:09.88 43.29	400m:	5:34.89 41.63		
11.	Wągrowski Michał		76	Zawodnik niezrzeszony				<b>5:40.87</b>	359	
	50m:	32.67 32.67	150m:	1:52.13 41.48	250m:	4:09.33 46.47	350m:			
	100m:	1:10.65 37.98	200m:	3:22.86 1:30.73	300m:	4:56.55 47.22	400m:	5:40.87		
12.	Szabelka Tomasz		77	Wodnik 29 Katowice				<b>5:52.41</b>	325	
	50m:	38.24 38.24	150m:	2:05.45 44.62	250m:	3:35.63 45.39	350m:	5:07.44 46.21		
	100m:	1:20.83 42.59	200m:	2:50.24 44.79	300m:	4:21.23 45.60	400m:	5:52.41 44.97		
13.	Bebelski Rafał		77	Warsaw Masters Team				<b>6:27.93</b>	243	
	50m:	40.47 40.47	150m:	2:13.36 47.93	250m:	3:53.77 50.22	350m:	5:37.55 51.49		
	100m:	1:25.43 44.96	200m:	3:03.55 50.19	300m:	4:46.06 52.29	400m:	6:27.93 50.38		

Kategoria D

1.	Monczak Grzegorz		73	One Man Team Pozna				<b>4:37.30</b>	653
	50m:	32.13 32.13	150m:	1:42.58 35.29	250m:	2:53.42 35.56	350m:	4:04.22 35.26	
	100m:	1:07.29 35.16	200m:	2:17.86 35.28	300m:	3:28.96 35.54	400m:	4:37.30 33.08	
2.	Bar Wiesław		70	Motyl Senior MOSiR St. Wola				<b>4:53.21</b>	553
	50m:	33.08 33.08	150m:	1:48.50 38.07	250m:	3:03.91 37.95	350m:	4:17.68 36.68	
	100m:	1:10.43 37.35	200m:	2:25.96 37.46	300m:	3:41.00 37.09	400m:	4:53.21 35.53	
3.	Wojciechowicz Marek		70	Masters Gorzów Wlkp.				<b>4:55.39</b>	540
	50m:	32.17 32.17	150m:	1:46.94 37.74	250m:	3:03.38 38.61	350m:	4:19.45 38.11	
	100m:	1:09.20 37.03	200m:	2:24.77 37.83	300m:	3:41.34 37.96	400m:	4:55.39 35.94	
4.	Skodny Pavol		69	SPK Kupele Piastany				<b>5:06.54</b>	483
	50m:	33.57 33.57	150m:	1:49.06 38.46	250m:	3:07.78 39.52	350m:	4:28.24 39.96	
	100m:	1:10.60 37.03	200m:	2:28.26 39.20	300m:	3:48.28 40.50	400m:	5:06.54 38.30	
5.	Lewandowski Marcin		73	Happy TRI Friends Kraków				<b>5:24.44</b>	408
	50m:	36.38 36.38	150m:	1:57.60 40.92	250m:	3:21.41 42.25	350m:	4:45.30 41.45	
	100m:	1:16.68 40.30	200m:	2:39.16 41.56	300m:	4:03.85 42.44	400m:	5:24.44 39.14	
6.	Łopaciński Artur		72	Masters Gorzów Wlkp.				<b>5:25.88</b>	402
	50m:	35.38 35.38	150m:	1:57.54 41.84	250m:	3:22.08 42.19	350m:	4:46.72 42.24	
	100m:	1:15.70 40.32	200m:	2:39.89 42.35	300m:	4:04.48 42.40	400m:	5:25.88 39.16	
7.	Rybarczyk Michał		70	Ursynów Masters				<b>5:29.53</b>	389
	50m:	34.81 34.81	150m:	1:56.98 41.89	250m:	3:23.36 43.19	350m:	4:50.87 43.75	
	100m:	1:15.09 40.28	200m:	2:40.17 43.19	300m:	4:07.12 43.76	400m:	5:29.53 38.66	
8.	Mytnik Grzegorz		72	Water Knights Zabierzów				<b>5:33.26</b>	376
	50m:	36.96 36.96	150m:	2:00.83 42.57	250m:	3:26.60 42.88	350m:	4:52.27 42.94	
	100m:	1:18.26 41.30	200m:	2:43.72 42.89	300m:	4:09.33 42.73	400m:	5:33.26 40.99	



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Pozycja	Rok ur.						Czas	Pkt.
9. Hudyka Sebastian	71	Delfinek Legnica				<b>5:45.00</b>	339	
50m: 38.13 38.13	150m: 2:05.00 44.53	250m: 3:34.23 44.77	350m: 5:03.01 44.21	100m: 1:20.47 42.34	200m: 2:49.46 44.46	300m: 4:18.80 44.57	400m: 5:45.00 41.99	
10. Wo niak Rafał	73	Delfin Masters Tarnobrzeg				<b>5:59.64</b>	299	
50m: 38.33 38.33	150m: 2:06.36 45.28	250m: 3:40.08 47.14	350m: 5:15.14 47.10	100m: 1:21.08 42.75	200m: 2:52.94 46.58	300m: 4:28.04 47.96	400m: 5:59.64 44.50	
11. Wytrwał Adam	69	Tarnowskie WOPR Masters				<b>6:19.39</b>	255	
50m: 40.38 40.38	150m: 2:12.74 47.59	250m: 3:52.46 49.70	350m: 5:32.56 49.63	100m: 1:25.15 44.77	200m: 3:02.76 50.02	300m: 4:42.93 50.47	400m: 6:19.39 46.83	

Kategoria E

1. Stanek Grzegorz	68	ORS Opole				<b>4:39.71</b>	679
50m: 32.50 32.50	150m: 1:43.94 35.74	250m: 2:55.17 35.52	350m: 4:05.51 35.25	100m: 1:08.20 35.70	200m: 2:19.65 35.71	300m: 3:30.26 35.09	400m: 4:39.71 34.20
2. Monczak Piotr	67	Start Pozna				<b>4:43.26</b>	654
50m: 32.56 32.56	150m: 1:44.88 35.87	250m: 2:57.34 36.05	350m: 4:08.84 35.72	100m: 1:09.01 36.45	200m: 2:21.29 36.41	300m: 3:33.12 35.78	400m: 4:43.26 34.42
3. Smirnov Alexander	68	Pregel Kaliningrad				<b>4:50.78</b>	604
50m: 33.04 33.04	150m: 1:47.60 37.76	250m: 3:02.40 37.27	350m: 4:16.47 36.52	100m: 1:09.84 36.80	200m: 2:25.13 37.53	300m: 3:39.95 37.55	400m: 4:50.78 34.31
4. Skoczylas Tomasz	66	Wodnik 29 Katowice				<b>4:55.96</b>	573
50m: 33.33 33.33	150m: 1:48.00 37.78	250m: 3:05.32 38.43	350m: 4:20.79 37.23	100m: 1:10.22 36.89	200m: 2:26.89 38.89	300m: 3:43.56 38.24	400m: 4:55.96 35.17
5. Jr. Janovsky Jiri	64	Straz pod Ralskem				<b>5:06.77</b>	515
50m: 35.24 35.24	150m: 1:52.33 38.52	250m: 3:10.21 39.29	350m: 4:28.77 39.51	100m: 1:13.81 38.57	200m: 2:30.92 38.59	300m: 3:49.26 39.05	400m: 5:06.77 38.00
6. Frolov Sergey	64	Nevskie Zvezdy St. Petersburg				<b>5:08.82</b>	504
50m: 34.43 34.43	150m: 1:52.30 39.46	250m: 3:10.21 39.29	350m: 4:30.64 39.66	100m: 1:12.84 38.41	200m: 2:32.09 39.79	300m: 3:50.98 39.05	400m: 5:08.82 38.18
7. Ko mider Jan	66	Victoria Józefów				<b>5:10.74</b>	495
50m: 34.67 34.67	150m: 1:52.97 39.53	250m: 3:13.50 40.14	350m: 4:32.68 39.51	100m: 1:13.44 38.77	200m: 2:33.36 40.39	300m: 3:53.17 39.67	400m: 5:10.74 38.06
8. Markowicz Piotr	67	AZS UWM Masters Olsztyn				<b>5:22.93</b>	441
50m: 36.77 36.77	150m: 1:57.15 40.45	250m: 3:18.29 40.35	350m: 4:40.71 41.93	100m: 1:16.70 39.93	200m: 2:37.94 40.79	300m: 3:58.78 40.49	400m: 5:22.93 42.22
9. Chołda Krzysztof	64	Masters Korona Kraków				<b>5:35.21</b>	394
50m: 37.40 37.40	150m: 2:03.99 44.15	250m: 3:36.37 46.61	350m: 5:08.22 46.89	100m: 1:19.84 42.44	200m: 2:49.76 45.77	300m: 4:21.33 44.96	400m: 5:35.21 43.58
10. Zadrony Jarosław	66	Masters Korona Kraków				<b>5:51.80</b>	341
50m: 37.40 37.40	150m: 2:03.99 44.15	250m: 3:36.37 46.61	350m: 5:08.22 46.89	100m: 1:19.84 42.44	200m: 2:49.76 45.77	300m: 4:21.33 44.96	400m: 5:51.80 43.58

Kategoria F

1. Olszewski Paweł	62	Warta Pozna				<b>4:45.89</b>	809
50m: 32.55 32.55	150m: 1:45.70 37.29	250m: 3:01.07 37.78	350m: 4:13.29 35.10	100m: 1:08.41 35.86	200m: 2:23.29 37.59	300m: 3:38.19 37.12	400m: 4:45.89 32.60
2. Kania Waldemar	62	ORS Opole				<b>5:31.18</b>	520
50m: 36.59 36.59	150m: 2:00.71 42.51	250m: 3:25.72 42.23	350m: 4:50.59 42.57	100m: 1:18.20 41.61	200m: 2:43.49 42.78	300m: 4:08.02 42.30	400m: 5:31.18 40.59
3. Ko likowski Marek	61	AZS UWM Masters Olsztyn				<b>6:00.43</b>	403
50m: 39.42 39.42	150m: 2:11.36 46.27	250m: 3:45.11 47.38	350m: 5:18.13 46.61	100m: 1:25.09 45.67	200m: 2:57.73 46.37	300m: 4:31.52 46.41	400m: 6:00.43 42.30



Mistrzostwa Polski w Pływaniu Masters  
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Konkurencja 40, M czynn, 400m dowolny, Kategoria F

Pozycja	Rok ur.	Czas	Pkt.
4. Data Andrzej	61 Masters Korona Kraków	<b>6:08.88</b>	376
50m: 39.00 39.00	150m: 2:10.09 47.14	250m: 3:46.87 48.93	350m: 5:24.13 48.86
100m: 1:22.95 43.95	200m: 2:57.94 47.85	300m: 4:35.27 48.40	400m: 6:08.88 44.75
5. Maciejczak Andrzej	60 Tarnowskie WOPR Masters	<b>6:22.76</b>	337
50m: 37.57 37.57	150m: 2:15.54 50.95	250m: 3:56.01 50.10	350m: 5:35.98 49.83
100m: 1:24.59 47.02	200m: 3:05.91 50.37	300m: 4:46.15 50.14	400m: 6:22.76 46.78
6. Sutowski Robert	59 Warsaw Masters Team	<b>6:54.50</b>	265
50m: 43.24 43.24	150m: 2:26.37 53.79	250m: 4:17.14	350m: 6:07.04 53.66
100m: 1:32.58 49.34	200m: 3:00m: 5:13.38 56.24	400m: 6:54.50 47.46	

Kategoria G

1. Gabiec Mariusz	58 AZS UWM Masters Olsztyn	<b>5:02.78</b>	869
50m: 34.46 34.46	150m: 1:50.45 38.33	250m: 3:08.10 38.90	350m: 4:25.85 38.96
100m: 1:12.12 37.66	200m: 2:29.20 38.75	300m: 3:46.89 38.79	400m: 5:02.78 36.93
2. Krcik Jozef	57 PVK Bratislava	<b>5:25.86</b>	697
50m: 37.68 37.68	150m: 1:58.25 40.87	250m: 3:00m: 4:04.26	350m: 4:46.04 41.78
100m: 1:17.38 39.70	200m: 2:39.92 41.67	400m: 5:25.86 39.82	
3. Trzaska Stanisław	56 Wisła Masters Kraków	<b>5:53.04</b>	548
50m: 40.36 40.36	150m: 2:08.76 44.92	250m: 3:38.52 44.99	350m: 5:09.52 45.47
100m: 1:23.84 43.48	200m: 2:53.53 44.77	300m: 4:24.05 45.53	400m: 5:53.04 43.52
4. Kwiatkowski Jacek	57 YMCA Kraków	<b>5:56.61</b>	532
50m: 36.81 36.81	150m: 2:03.89 44.94	250m: 3:37.49	350m: 5:11.50 47.46
100m: 1:18.95 42.14	200m: 3:00m: 4:24.04 46.55	400m: 5:56.61 45.11	
5. Czupryn Wojciech	58 Warsaw Masters Team	<b>6:33.25</b>	396
50m: 44.25 44.25	150m: 2:21.70 49.55	250m: 4:03.15 50.66	350m: 5:44.12 50.71
100m: 1:32.15 47.90	200m: 3:12.49 50.79	300m: 4:53.41 50.26	400m: 6:33.25 49.13
6. Lasowy Marian	55 Masters Gorzów Wlkp.	<b>6:49.74</b>	350
50m: 42.54 42.54	150m: 2:22.88 51.89	250m: 4:10.87 54.23	350m: 5:59.53 54.71
100m: 1:30.99 48.45	200m: 3:16.64 53.76	300m: 5:04.82 53.95	400m: 6:49.74 50.21

Kategoria H

1. Kubicki Leszek	53 Gdynia Masters	<b>6:05.20</b>	559
50m: 36.57 36.57	150m: 2:12.46 51.61	250m: 3:44.72 46.80	350m: 5:19.53 47.60
100m: 1:20.85 44.28	200m: 2:57.92 45.46	300m: 4:31.93 47.21	400m: 6:05.20 45.67
2. Jarzyna Włodzimierz	49 Motyl Senior MOSiR St. Wola	<b>6:11.93</b>	529
50m: 41.51 41.51	150m: 2:17.30 48.66	250m: 3:54.35 47.75	350m: 5:28.60 46.39
100m: 1:28.64 47.13	200m: 3:06.60 49.30	300m: 4:42.21 47.86	400m: 6:11.93 43.33
3. Ciecior Jerzy	53 Orka Masters Radlin	<b>6:11.95</b>	529
50m: 39.05 39.05	150m: 2:12.59 48.09	250m: 3:48.43 47.71	350m: 5:25.40 48.45
100m: 1:24.50 45.45	200m: 3:00.72 48.13	300m: 4:36.95 48.52	400m: 6:11.95 46.55
4. Dubi ski Bogdan	53 Zawodnik niezrzeszony	<b>6:15.75</b>	513
50m: 38.53 38.53	150m: 2:08.99 46.65	250m: 3:45.34 48.91	350m: 5:25.23 49.77
100m: 1:22.34 43.81	200m: 2:56.43 47.44	300m: 4:35.46 50.12	400m: 6:15.75 50.52
5. Zielezi ski Włodzimierz	53 Zawodnik niezrzeszony	<b>6:22.43</b>	486
50m: 40.50 40.50	150m: 2:17.19 50.26	250m: 3:58.51 50.72	350m: 5:37.77 49.74
100m: 1:26.93 46.43	200m: 3:07.79 50.60	300m: 4:48.03 49.52	400m: 6:22.43 44.66
6. Irczyk Leon	51 Orka Masters Radlin	<b>7:59.88</b>	246
50m: 50.91 50.91	150m: 2:49.42 1:00.07	250m: 4:54.10 1:02.88	350m: 7:00.23 1:03.00
100m: 1:49.35 58.44	200m: 3:51.22 1:01.80	300m: 5:57.23 1:03.13	400m: 7:59.88 59.65



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Konkurencja 40, M czynn, 400m dowolny

Kategoria I

1. Róalski Józef	45	MOSiR Ostrowiec w.	<b>6:25.43</b>	505
50m: 41.73 41.73	150m: 2:18.78 50.71	250m: 4:00.66 50.49	350m: 5:40.29 50.11	
100m: 1:28.07 46.34	200m: 3:10.17 51.39	300m: 4:50.18 49.52	400m: 6:25.43 45.14	
2. Mleczek Andrzej	47	Masters Korona Kraków	<b>6:42.48</b>	444
50m: 41.67 41.67	150m: 2:21.09 50.78	250m: 4:05.85 53.21	350m: 5:52.47 53.50	
100m: 1:30.31 48.64	200m: 3:12.64 51.55	300m: 4:58.97 53.12	400m: 6:42.48 50.01	
3. Wolniewicz Janusz	48	Trójka Oborniki	<b>7:22.63</b>	334
50m: 47.81 47.81	150m: 2:37.05 55.98	250m: 4:30.16 57.04	350m: 6:25.98 57.61	
100m: 1:41.07 53.26	200m: 3:33.12 56.07	300m: 5:28.37 58.21	400m: 7:22.63 56.65	
4. Daszyski Andrzej	48	Energetyk Zgorzelec	<b>7:42.69</b>	292
50m: 49.88 49.88	150m: 2:50.30 1:01.95	250m: 4:50.42 59.00	350m: 6:47.91 59.47	
100m: 1:48.35 58.47	200m: 3:51.42 1:01.12	300m: 5:48.44 58.02	400m: 7:42.69 54.78	

Kategoria J

1. Bastek Ewald	39	Weteran Zabrze	<b>6:25.40</b>	655
50m: 43.20 43.20	150m: 2:21.06 50.55	250m: 4:00.42 49.47	350m: 5:40.31 49.61	
100m: 1:30.51 47.31	200m: 3:10.95 49.89	300m: 4:50.70 50.28	400m: 6:25.40 45.09	
2. Krawczyk Tadeusz	43	Masters Korona Kraków	<b>9:36.42</b>	195
50m: 50.92 50.92	150m: 3:17.28 1:21.76	250m: 7:11.75 1:18.98	350m:	
100m: 1:55.52 1:04.60	200m: 5:52.77 2:35.49	300m: 8:31.19 1:19.44	400m: 9:36.42	

Kategoria L

1. Krokoszycki Stanisław	30	Wisła Masters Kraków	<b>7:26.87</b>	665
50m: 45.56 45.56	150m: 2:33.87 55.78	250m: 4:28.67 58.01	350m: 6:27.51 1:00.52	
100m: 1:38.09 52.53	200m: 3:30.66 56.79	300m: 5:26.99 58.32	400m: 7:26.87 59.36	
2. Ludwiczak Zbigniew	33	STP Masters Szczecinek	<b>8:27.54</b>	454
50m: 56.01 56.01	150m: 3:01.68 1:03.89	250m: 5:09.37 1:04.26	350m: 7:18.81 1:04.23	
100m: 1:57.79 1:01.78	200m: 4:05.11 1:03.43	300m: 6:14.58 1:05.21	400m: 8:27.54 1:08.73	
3. Ilyski Jan	31	AZS AWF Katowice	<b>10:46.77</b>	219
50m: 1:10.73 1:10.73	150m: 3:58.09 1:24.13	250m: 6:43.52 1:22.77	350m: 9:30.32 1:23.76	
100m: 2:33.96 1:23.23	200m: 5:20.75 1:22.66	300m: 8:06.56 1:23.04	400m: 10:46.77 1:16.45	