

Konkurencja 40
2018-06-24 - 11:02

M czyzn, 400m dowolny

20 lat i starsi
Wyniki

Punkty: FINA 2018

Pozycja			Rok ur.					Czas	Pkt.	
Kat. 0										
1.	SZCZYPEK Mateusz		96	UKS Delfin Garwolin				5:00.78	391	
	50m:	33.15 33.15	150m:	1:47.32	37.72	250m:	3:04.85	38.97	350m:	4:23.19 39.40
	100m:	1:09.60 36.45	200m:	2:25.88	38.56	300m:	3:43.79	38.94	400m:	5:00.78 37.59
2.	PERL Michał		96	Uks Delfin Legionowo				5:14.53	342	
	50m:	31.76 31.76	150m:	1:48.05	38.49	250m:	3:10.55	42.45	350m:	4:35.03 42.83
	100m:	1:09.56 37.80	200m:	2:28.10	40.05	300m:	3:52.20	41.65	400m:	5:14.53 39.50
Kat. A										
1.	APTEWICZ Arkadiusz		93	Toru Multisport Team				4:16.78	629	
	<i>Czas lepszy od Rekordu Polski</i>									
	50m:	28.72 28.72	150m:	1:33.30	32.92	250m:	2:39.24	33.05	350m:	3:45.24 32.91
	100m:	1:00.38 31.66	200m:	2:06.19	32.89	300m:	3:12.33	33.09	400m:	4:16.78 31.54
2.	OTŁOWSKI Aleksy		91	St.P.P Legia Warszawa				4:47.60	448	
	50m:	29.10 29.10	150m:	1:36.81	35.30	250m:	2:52.76	38.20	350m:	4:10.46 39.19
	100m:	1:01.51 32.41	200m:	2:14.56	37.75	300m:	3:31.27	38.51	400m:	4:47.60 37.14
3.	ZEMBRZUSKI Maciej		92	Aquasfera Masters Olsztyn				4:52.46	426	
	50m:	32.30 32.30	150m:	1:42.07	35.50	250m:	2:55.22	36.99	350m:	4:14.48 40.14
	100m:	1:06.57 34.27	200m:	2:18.23	36.16	300m:	3:34.34	39.12	400m:	4:52.46 37.98
4.	PIOTROWSKI Marek		93	Swimming Masters Team Szczecin				5:54.00	240	
	50m:	36.46 36.46	150m:	2:02.05	44.23	250m:	3:33.55	46.18	350m:	5:08.07 47.52
	100m:	1:17.82 41.36	200m:	2:47.37	45.32	300m:	4:20.55	47.00	400m:	5:54.00 45.93
Kat. B										
1.	RADOMSKI Grzegorz		84	T.P.Masters Opole				4:39.27	489	
	50m:	30.08 30.08	150m:	1:39.80	34.83	250m:	2:52.40	35.39	350m:	4:04.89 35.49
	100m:	1:04.97 34.89	200m:	2:17.01	37.21	300m:	3:29.40	37.00	400m:	4:39.27 34.38
2.	ZIELONKA Rafał		86	MASTERS Lublin				4:41.34	478	
	50m:	30.77 30.77	150m:	1:40.10	35.25	250m:	2:52.95	36.44	350m:	4:05.84 36.09
	100m:	1:04.85 34.08	200m:	2:16.51	36.41	300m:	3:29.75	36.80	400m:	4:41.34 35.50
3.	GOŁEMBIEWSKI Andrzej		86	Toru Multisport Team				4:46.09	455	
	50m:	31.86 31.86	150m:	1:43.32	36.28	250m:	2:57.13	36.86	350m:	4:11.28 36.72
	100m:	1:07.04 35.18	200m:	2:20.27	36.95	300m:	3:34.56	37.43	400m:	4:46.09 34.81
4.	RO EK Łukasz		84	Swimming Masters Team Szczecin				6:59.66	144	
	50m:	43.76 43.76	150m:	2:26.94	53.20	250m:	4:17.57	56.13	350m:	6:09.43 55.86
	100m:	1:33.74 49.98	200m:	3:21.44	54.50	300m:	5:13.57	56.00	400m:	6:59.66 50.23
Kat. C										
1.	KACZMAREK Stanisław		79	Klub Sportowy Warta Pozna				4:35.36	510	
	50m:	31.01 31.01	150m:	1:40.65	35.24	250m:	2:51.72	35.78	350m:	4:02.02 35.05
	100m:	1:05.41 34.40	200m:	2:15.94	35.29	300m:	3:26.97	35.25	400m:	4:35.36 33.34
2.	BEDNARZ Mateusz		83	Warsaw Masters Team				4:59.22	397	
	50m:	33.49 33.49	150m:	1:49.33	38.07	250m:	3:07.29	39.05	350m:	4:23.77 37.93
	100m:	1:11.26 37.77	200m:	2:28.24	38.91	300m:	3:45.84	38.55	400m:	4:59.22 35.45
3.	SIECZY SKI Bartłomiej		79	niezrzeszony NL				5:18.76	329	
	50m:	34.90 34.90	150m:	1:51.52	38.91	250m:	3:13.21	41.44	350m:	4:38.12 42.76
	100m:	1:12.61 37.71	200m:	2:31.77	40.25	300m:	3:55.36	42.15	400m:	5:18.76 40.64
4.	PIE LAK Roman		79	TKKF Koszalin Masters				5:36.87	278	
	50m:	37.78 37.78	150m:	2:02.07	42.56	250m:	3:30.03	43.48	350m:	4:57.42 43.25
	100m:	1:19.51 41.73	200m:	2:46.55	44.48	300m:	4:14.17	44.14	400m:	5:36.87 39.45

Konkurencja 40, M czynn, 400m dowolny, Kat. C

Pozycja			Rok ur.					Czas	Pkt.
5.	WACHOWSKI Bła ej		80	Klub Sportowy Warta Pozna				5:37.05	278
	50m:	37.90 37.90	150m:	2:03.90 43.00	250m:	3:31.27 43.30	350m:	4:57.92 43.10	
	100m:	1:20.90 43.00	200m:	2:47.97 44.07	300m:	4:14.82 43.55	400m:	5:37.05 39.13	
6.	ZIMKOWSKI Dawid		81	Sikret Gliwice				5:49.75	249
	50m:	36.37 36.37	150m:	2:03.49 43.96	250m:	3:33.00 44.91	350m:	5:06.41 46.88	
	100m:	1:19.53 43.16	200m:	2:48.09 44.60	300m:	4:19.53 46.53	400m:	5:49.75 43.34	

Kat. D

1.	GREGOROWICZ Paweł		74	Aquasfera Masters Olsztyn				4:36.32	505
	50m:	31.74 31.74	150m:	1:41.63 35.28	250m:	2:53.17 35.75	350m:	4:04.54 35.62	
	100m:	1:06.35 34.61	200m:	2:17.42 35.79	300m:	3:28.92 35.75	400m:	4:36.32 31.78	
2.	OSIK Daniel		76	Klub Sportowy Warta Pozna				4:48.37	444
	50m:	32.30 32.30	150m:	1:44.64 36.37	250m:	2:58.48 36.77	350m:	4:12.93 36.89	
	100m:	1:08.27 35.97	200m:	2:21.71 37.07	300m:	3:36.04 37.56	400m:	4:48.37 35.44	
3.	KONOPACKI Piotr		78	Aquasfera Masters Olsztyn				4:53.88	419
	50m:	33.18 33.18	150m:	1:47.53 37.48	250m:	3:03.19 37.64	350m:	4:18.77 37.52	
	100m:	1:10.05 36.87	200m:	2:25.55 38.02	300m:	3:41.25 38.06	400m:	4:53.88 35.11	
4.	GIEJSZTOWT Marcin		78	Warsaw Masters Team				4:55.89	411
	50m:	33.69 33.69	150m:	1:46.38 36.89	250m:	3:02.19 37.71	350m:	4:18.93 38.24	
	100m:	1:09.49 35.80	200m:	2:24.48 38.10	300m:	3:40.69 38.50	400m:	4:55.89 36.96	
5.	GOGACZ Sebastian		76	niezrzeszony				5:06.00	371
	50m:	34.72 34.72	150m:	1:52.65 39.33	250m:	3:11.04 39.03	350m:	4:28.49 38.41	
	100m:	1:13.32 38.60	200m:	2:32.01 39.36	300m:	3:50.08 39.04	400m:	5:06.00 37.51	
6.	SZULC Jakub		76	Warsaw Masters Team				5:08.67	362
	50m:	34.91 34.91	150m:	1:52.23 39.09	250m:	3:11.87 40.02	350m:	4:31.45 39.11	
	100m:	1:13.14 38.23	200m:	2:31.85 39.62	300m:	3:52.34 40.47	400m:	5:08.67 37.22	
7.	PIE LAK Michał		74	TKKF Koszalin Masters				5:23.00	316
	50m:	36.06 36.06	150m:	1:56.56 40.72	250m:	3:19.02 41.57	350m:	4:42.75 41.96	
	100m:	1:15.84 39.78	200m:	2:37.45 40.89	300m:	4:00.79 41.77	400m:	5:23.00 40.25	
8.	WIKŁA Grzegorz		74	TKKF Koszalin Masters				5:28.19	301
	50m:	36.41 36.41	150m:	1:59.58 42.50	250m:	3:24.84 42.74	350m:	4:48.82 41.81	
	100m:	1:17.08 40.67	200m:	2:42.10 42.52	300m:	4:07.01 42.17	400m:	5:28.19 39.37	
9.	PŁANETA Maciej		74	Uks Delfin Masters Tarnobrzeg				5:34.91	283
	50m:	37.61 37.61	150m:	2:00.82 42.36	250m:	3:27.59 43.57	350m:	4:55.12 43.73	
	100m:	1:18.46 40.85	200m:	2:44.02 43.20	300m:	4:11.39 43.80	400m:	5:34.91 39.79	
10.	WIKŁA Konrad		75	MASTERS Lublin				5:35.59	282
	50m:	37.40 37.40	150m:	2:02.35 42.93	250m:	3:29.76 43.87	350m:	4:57.83 43.84	
	100m:	1:19.42 42.02	200m:	2:45.89 43.54	300m:	4:13.99 44.23	400m:	5:35.59 37.76	
11.	STEFURAK Radosław		74	Royal Swimmers I za				6:07.90	214
	50m:	38.08 38.08	150m:	2:06.96 46.02	250m:	3:42.87 48.52	350m:	5:20.73 48.63	
	100m:	1:20.94 42.86	200m:	2:54.35 47.39	300m:	4:32.10 49.23	400m:	6:07.90 47.17	
12.	MATUSIAK VEL MATUSZEWSKI Adam		74	Aquasfera Masters Olsztyn				6:20.74	193
	50m:	44.08 44.08	150m:	2:22.17 49.28	250m:	3:59.25 48.80	350m:	5:35.95 48.40	
	100m:	1:32.89 48.81	200m:	3:10.45 48.28	300m:	4:47.55 48.30	400m:	6:20.74 44.79	
13.	KRÓL Grzegorz		77	Swimming Masters Team Szczecin				6:55.11	149
	50m:	44.50 44.50	150m:	2:30.14 53.55	250m:	4:19.41 54.45	350m:	6:05.66 53.62	
	100m:	1:36.59 52.09	200m:	3:24.96 54.82	300m:	5:12.04 52.63	400m:	6:55.11 49.45	

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Kat. E

1.	BERWECKI Arkadiusz	73	MOTYL Senior MOSiR Stalowa Wol	4:37.07	501
	<i>Czas lepszy od Rekordu Polski</i>				
	50m: 31.57 31.57	150m: 1:41.81 35.71	250m: 2:53.32 35.85	350m: 4:04.89 35.63	
	100m: 1:06.10 34.53	200m: 2:17.47 35.66	300m: 3:29.26 35.94	400m: 4:37.07 32.18	
2.	MONCZAK Grzegorz	73	One Man Team	4:43.28	468
	50m: 32.73 32.73	150m: 1:45.74 36.84	250m: 2:57.97 36.04	350m: 4:09.31 35.43	
	100m: 1:08.90 36.17	200m: 2:21.93 36.19	300m: 3:33.88 35.91	400m: 4:43.28 33.97	
3.	SEFLERIS Vedestas	72	Kauno Takas	4:48.14	445
	50m: 32.49 32.49	150m: 1:46.02 37.04	250m: 3:00.02 37.15	350m: 4:14.27 37.10	
	100m: 1:08.98 36.49	200m: 2:22.87 36.85	300m: 3:37.17 37.15	400m: 4:48.14 33.87	
4.	RYBARCZYK Michał	70	Ursynów Masters	5:28.65	300
	50m: 35.36 35.36	150m: 1:58.21 42.27	250m: 3:24.80 43.03	350m: 4:49.69 42.49	
	100m: 1:15.94 40.58	200m: 2:41.77 43.56	300m: 4:07.20 42.40	400m: 5:28.65 38.96	
5.	MATYSZCZAK Jacek	70	TS Olimpia Pozna	5:41.12	268
	50m: 35.90 35.90	150m: 1:59.80 43.01	250m: 3:27.40 44.14	350m: 4:58.34 46.27	
	100m: 1:16.79 40.89	200m: 2:43.26 43.46	300m: 4:12.07 44.67	400m: 5:41.12 42.78	
6.	HORVAT Petr	73	Plavecky klub Zabreh	5:48.75	251
	50m: 39.47 39.47	150m: 2:07.54 44.30	250m: 3:36.49 44.26	350m: 5:05.87 44.60	
	100m: 1:23.24 43.77	200m: 2:52.23 44.69	300m: 4:21.27 44.78	400m: 5:48.75 42.88	
7.	MATYSZEWSKI Grzegorz	71	Warsaw Masters Team	6:43.15	162
	50m: 41.95 41.95	150m: 2:22.25 51.37	250m: 4:07.67 53.09	350m: 5:54.51 53.30	
	100m: 1:30.88 48.93	200m: 3:14.58 52.33	300m: 5:01.21 53.54	400m: 6:43.15 48.64	

Kat. F

1.	ALIASHKEVICH Siarhei	64	ZUBR Minsk	4:49.41	439
	50m: 33.61 33.61	150m: 1:46.75 36.81	250m: 3:01.00 37.29	350m: 4:14.75 36.82	
	100m: 1:09.94 36.33	200m: 2:23.71 36.96	300m: 3:37.93 36.93	400m: 4:49.41 34.66	
2.	PASIECZNY Andrzej	66	UKP Jedylnka Elbl g	4:50.51	434
	50m: 32.42 32.42	150m: 1:44.37 36.00	250m: 2:58.64 37.05	350m: 4:14.50 38.04	
	100m: 1:08.37 35.95	200m: 2:21.59 37.22	300m: 3:36.46 37.82	400m: 4:50.51 36.01	
3.	MONCZAK Piotr	67	START Pozna	4:51.92	428
	50m: 33.53 33.53	150m: 1:47.93 37.73	250m: 3:03.47 36.57	350m: 4:16.97 36.94	
	100m: 1:10.20 36.67	200m: 2:26.90 38.97	300m: 3:40.03 36.56	400m: 4:51.92 34.95	
4.	JANYGA Dariusz	66	Klub Sportowy Warta Pozna	5:14.32	343
	50m: 34.88 34.88	150m: 1:52.95 39.47	250m: 3:14.38 40.78	350m: 4:36.72 40.16	
	100m: 1:13.48 38.60	200m: 2:33.60 40.65	300m: 3:56.56 42.18	400m: 5:14.32 37.60	
5.	EZHKOVA Vadim	65	Pregel	5:25.78	308
	50m: 36.04 36.04	150m: 1:58.41 41.96	250m: 3:21.83 41.34	350m: 4:45.78 41.90	
	100m: 1:16.45 40.41	200m: 2:40.49 42.08	300m: 4:03.88 42.05	400m: 5:25.78 40.00	
6.	SKOCZYLAS Tomasz	66	UKS Wodnik 29 Katowice	5:36.45	279
	50m: 35.99 35.99	150m: 1:59.28 42.26	250m: 3:26.47 43.92	350m: 4:54.32 43.76	
	100m: 1:17.02 41.03	200m: 2:42.55 43.27	300m: 4:10.56 44.09	400m: 5:36.45 42.13	
7.	PALUSZAK Zbigniew	67	Niezrzeszony	7:54.69	99
	50m: 47.45 47.45	150m: 2:44.47 1:01.16	250m: 4:50.26 1:03.73	350m: 6:55.05 1:01.81	
	100m: 1:43.31 55.86	200m: 3:46.53 1:02.06	300m: 5:53.24 1:02.98	400m: 7:54.69 59.64	

Kat. G

1.	ORECKI Lech	61	MKP Szczecin	5:48.75	251
	50m: 39.41 39.41	150m: 2:07.59 45.30	250m: 3:38.96 45.25	350m: 5:08.27 44.52	
	100m: 1:22.29 42.88	200m: 2:53.71 46.12	300m: 4:23.75 44.79	400m: 5:48.75 40.48	
2.	SZYMIK Piotr	60	UKS WODNIK Siemianowice laski	6:07.63	214
	50m: 40.04 40.04	150m: 2:13.48 47.17	250m: 3:48.26 47.49	350m: 5:23.52 47.27	
	100m: 1:26.31 46.27	200m: 3:00.77 47.29	300m: 4:36.25 47.99	400m: 6:07.63 44.11	

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Pozycja			Rok ur.					Czas	Pkt.
3.	MACIEJCZAK Andrzej		60	niezrzeszony				6:18.63	196
	50m:	39.79 39.79	150m:	2:14.40 49.11	250m:	3:53.83 51.04	350m:	5:33.02 51.09	
	100m:	1:25.29 45.50	200m:	3:02.79 48.39	300m:	4:41.93 48.10	400m:	6:18.63 45.61	
4.	THIEM Jacek		63	Klub Sportowy Warta Pozna				6:36.22	171
	50m:	44.53 44.53	150m:	2:26.45 51.46	250m:	4:08.59 50.69	350m:	5:49.87 50.11	
	100m:	1:34.99 50.46	200m:	3:17.90 51.45	300m:	4:59.76 51.17	400m:	6:36.22 46.35	
5.	SUTOWSKI Robert		59	Warsaw Masters Team				6:39.95	166
	50m:	45.96 45.96	150m:	2:27.42 50.89	250m:	4:11.23 52.00	350m:	5:52.93 50.38	
	100m:	1:36.53 50.57	200m:	3:19.23 51.81	300m:	5:02.55 51.32	400m:	6:39.95 47.02	
6.	CIS Andrzej		60	Masterskrasnik				6:47.60	157
	50m:	43.51 43.51	150m:	2:26.80 52.30	250m:	4:15.65 53.41	350m:	6:01.21 51.61	
	100m:	1:34.50 50.99	200m:	3:22.24 55.44	300m:	5:09.60 53.95	400m:	6:47.60 46.39	

Kat. H

1.	GABIEC Mariusz		58	Aquasfera Masters Olsztyn				5:03.62	380
	<i>Czas lepszy od Rekordu Polski</i>								
	50m:	35.32 35.32	150m:	1:50.89 38.04	250m:	3:08.61 39.07	350m:	4:26.48 38.95	
	100m:	1:12.85 37.53	200m:	2:29.54 38.65	300m:	3:47.53 38.92	400m:	5:03.62 37.14	
2.	CIEKLI SKI Wiesław		57	niezrzeszony SW				6:15.43	201
	50m:	39.84 39.84	150m:	2:14.11 48.60	250m:	3:53.62 49.61	350m:	5:30.46 47.54	
	100m:	1:25.51 45.67	200m:	3:04.01 49.90	300m:	4:42.92 49.30	400m:	6:15.43 44.97	
3.	MATUSIK Mirosław		56	Masters Białystok				6:25.58	185
	50m:	40.37 40.37	150m:	2:16.91 49.64	250m:	3:56.69 50.39	350m:	5:37.10 49.87	
	100m:	1:27.27 46.90	200m:	3:06.30 49.39	300m:	4:47.23 50.54	400m:	6:25.58 48.48	
4.	ZABRZA SKI Alfred		54	UKS SP 8 Chrzanow				6:32.46	176
	50m:	43.14 43.14	150m:	2:20.77 49.59	250m:	4:01.48 50.50	350m:	5:43.31 51.73	
	100m:	1:31.18 48.04	200m:	3:10.98 50.21	300m:	4:51.58 50.10	400m:	6:32.46 49.15	
5.	GUZIAŁ Andrzej		54	W growiec				6:52.39	151
	50m:	41.80 41.80	150m:	2:21.43 51.63	250m:	4:09.69 54.66	350m:	5:59.63 55.69	
	100m:	1:29.80 48.00	200m:	3:15.03 53.60	300m:	5:03.94 54.25	400m:	6:52.39 52.76	
6.	WIATR Włodzimierz		57	Klub Sportowy Warta Pozna				7:02.70	141
	50m:	46.31 46.31	150m:	2:33.41 53.84	250m:	4:21.24 53.02	350m:	6:10.00 53.71	
	100m:	1:39.57 53.26	200m:	3:28.22 54.81	300m:	5:16.29 55.05	400m:	7:02.70 52.70	
7.	MI SKI Andrzej		56	K.S.niezrzeszeni.pl				7:04.07	139
	50m:	45.32 45.32	150m:	2:32.29 54.15	250m:	4:22.70 55.54	350m:	6:12.98 55.05	
	100m:	1:38.14 52.82	200m:	3:27.16 54.87	300m:	5:17.93 55.23	400m:	7:04.07 51.09	
8.	LASOWY Marian		55	Kp Stilon Gorzów Wlkp				7:10.95	133
	50m:	46.86 46.86	150m:	2:37.46 56.61	250m:	4:28.92 55.41	350m:	6:20.92 55.08	
	100m:	1:40.85 53.99	200m:	3:33.51 56.05	300m:	5:25.84 56.92	400m:	7:10.95 50.03	
9.	MARSZAŁEK Andrzej		54	niezrzeszony MA				7:28.02	118
	50m:	50.47 50.47	150m:	2:43.59 58.42	250m:	4:36.41 57.33	350m:	6:32.11 57.86	
	100m:	1:45.17 54.70	200m:	3:39.08 55.49	300m:	5:34.25 57.84	400m:	7:28.02 55.91	
10.	BŁASIAK Janusz		55	UTW "Masters" Zgierz				8:08.40	91
	50m:	52.58 52.58	150m:	3:00.29 1:05.48	250m:		350m:		
	100m:	1:54.81 1:02.23	200m:	4:03.97 1:03.68	300m:	6:11.54	400m:	8:08.40	

Kat. I

1.	SLUGOCKI Maciej		52	Australia				5:26.68	305
	50m:	39.50 39.50	150m:	2:02.13 41.58	250m:	3:25.36 41.35	350m:	4:48.45 41.42	
	100m:	1:20.55 41.05	200m:	2:44.01 41.88	300m:	4:07.03 41.67	400m:	5:26.68 38.23	
2.	LIETZ Krzysztof		52	Toru Multisport Team				6:23.69	188
	50m:	43.07 43.07	150m:	2:21.09 49.48	250m:	3:59.96 49.52	350m:	5:38.00 48.94	
	100m:	1:31.61 48.54	200m:	3:10.44 49.35	300m:	4:49.06 49.10	400m:	6:23.69 45.69	

Konkurencja 40, M czynn, 400m dowolny, Kat. I

Pozycja		Rok ur.			Czas	Pkt.
3.	ZIELEZI SKI Włodzimierz	53	niezrzeszony Radom		7:27.18	119
	50m: 44.33 44.33	150m: 2:35.82	56.88	250m: 4:33.27	58.61	350m: 6:31.59 58.33
	100m: 1:38.94 54.61	200m: 3:34.66	58.84	300m: 5:33.26	59.99	400m: 7:27.18 55.59

Kat. J

1.	MLECZKO Andrzej	47	Korona Kraków Masters		7:00.40	143
	50m:	150m:		250m:		350m:
	100m:	200m:		300m:		400m: 7:00.40
2.	RÓ ALSKI Józef	45	MOSiR Ostrowiec w.		7:11.27	132
	50m: 45.06 45.06	150m: 2:31.51	54.89	250m: 4:25.18	56.06	350m: 6:18.30 56.10
	100m: 1:36.62 51.56	200m: 3:29.12	57.61	300m: 5:22.20	57.02	400m: 7:11.27 52.97
3.	WOLNIEWICZ Janusz	48	Ks Extreme Team Oborniki		7:49.64	102
	50m: 48.86 48.86	150m: 2:46.22	1:01.13	250m: 4:50.07	1:02.06	350m: 6:53.47 1:01.66
	100m: 1:45.09 56.23	200m: 3:48.01	1:01.79	300m: 5:51.81	1:01.74	400m: 7:49.64 56.17
4.	CHOROSZEWSKI Zdzisław	47	Aquasfera Masters Olsztyn		8:34.77	78
	50m: 59.08 59.08	150m: 3:11.95	1:07.43	250m: 5:24.84	1:05.41	350m: 7:34.65 1:05.10
	100m: 2:04.52 1:05.44	200m: 4:19.43	1:07.48	300m: 6:29.55	1:04.71	400m: 8:34.77 1:00.12
5.	PŁONKA Janusz	48	Niezrzeszony		10:11.49	46
	50m:	150m:		250m:		350m:
	100m:	200m:		300m:		400m: 10:11.49

Kat. K

1.	SZUREK Władysław	40	Rydułtowska Akademia Aktywnego		12:21.88	26
	50m: 1:13.21 1:13.21	150m: 4:14.60	1:33.49	250m: 7:27.36	1:38.05	350m: 10:48.03 1:40.27
	100m: 2:41.11 1:27.90	200m: 5:49.31	1:34.71	300m: 9:07.76	1:40.40	400m: 12:21.88 1:33.85

Kat. M

1.	LUDWICZAK Zbigniew	33	Szczecineckie TP Masters		9:45.36	53
	50m: 1:06.84 1:06.84	150m: 3:34.91	1:11.82	250m: 6:04.46	1:14.06	350m: 8:34.74 1:15.03
	100m: 2:23.09 1:16.25	200m: 4:50.40	1:15.49	300m: 7:19.71	1:15.25	400m: 9:45.36 1:10.62
2.	L Y SKI Jan	31	AZS AWF Katowice		11:24.12	33
	50m: 1:14.93 1:14.93	150m: 4:12.89	1:29.07	250m: 7:09.49	1:28.09	350m: 10:03.73 1:25.58
	100m: 2:43.82 1:28.89	200m: 5:41.40	1:28.51	300m: 8:38.15	1:28.66	400m: 11:24.12 1:20.39