



Konkurencja 40

M czyzn, 400m dowolny

20 lat i starsi

2022.12.18 - 11:04

Wyniki

Rekordy Polski Masters 90 - 94	10:33.41	MRÓWCZY SKI Kazimierz	Katowice	2012.11.23
Rekordy Polski Masters 85 - 89	9:01.66	MRÓWCZY SKI Kazimierz	Lublin	2007.12.09
Rekordy Polski Masters 80 - 84	7:10.86	KROKOSZY SKI Stanisław	Pozna	2011.11.19
Rekordy Polski Masters 75 - 79	6:37.09	BASTEK Ewald	Gliwice	2015.11.15
Rekordy Polski Masters 70 - 74	5:54.36	BASTEK Ewald	Warszawa	2009.06.06
Rekordy Polski Masters 65 - 69	5:27.13	DE MAKAY Waldemar	Olsztyn	2016.10.23
Rekordy Polski Masters 60 - 64	4:59.17	WARCHOŁ Mirosław	Warszawa	2013.06.01
Rekordy Polski Masters 55 - 59	4:43.44	GABIEC Mariusz	Rumia	2013.02.09
Rekordy Polski Masters 50 - 54	4:38.94	PASIECZNY Andrzej	Olsztyn	2018.11.18
Rekordy Polski Masters 45 - 49	4:27.64	GREGOROWICZ Paweł	Łód	2019.11.17
Rekordy Polski Masters 40 - 44	4:21.19	WOLNY Dariusz	Racibórz	2002.04.14
Rekordy Polski Masters 35 - 39	4:19.23	KACZMAREK Stanisław	Olsztyn	2016.10.23
Rekordy Polski Masters 30 - 34	4:14.97	PR DKI Sławomir	Lublin	2007.12.09
Rekordy Polski Masters 25 - 29	4:07.23	APTEWICZ Arkadiusz	Olsztyn	2018.11.18

Punkt: DSV Masters 22

Pozycja Rok ur. Czas Pkt.

Kat. 0

1. SZWEDZKI Jakub	00	MKS Trójka Łód	4:10.08	923
50m: 28.76 28.76	150m: 1:31.54 31.68	250m: 2:35.65 32.12	350m: 3:39.72 31.73	
100m: 59.86 31.10	200m: 2:03.53 31.99	300m: 3:07.99 32.34	400m: 4:10.08 30.36	
2. NARÓG Nikodem	02	KS AZS AWF Biała Podlaska	4:22.80	795
50m: 28.54 28.54	150m: 1:35.49 33.99	250m: 2:45.15 34.91	350m: 3:48.96 30.45	
100m: 1:01.50 32.96	200m: 2:10.24 34.75	300m: 3:18.51 33.36	400m: 4:22.80 33.84	

Kat. A

1. APTEWICZ Arkadiusz	93	Water Squad	4:07.53	937
50m: 28.12 28.12	150m: 1:31.09 31.55	250m: 2:35.02 31.88	350m: 3:38.15 30.92	
100m: 59.54 31.42	200m: 2:03.14 32.05	300m: 3:07.23 32.21	400m: 4:07.53 29.38	
2. U CIŁKO Michał	95	iSwim Białystok	4:21.34	796
50m: 29.45 29.45	150m: 1:35.57 33.06	250m: 2:41.70 32.51	350m: 3:48.53 33.57	
100m: 1:02.51 33.06	200m: 2:09.19 33.62	300m: 3:14.96 33.26	400m: 4:21.34 32.81	
3. LIS Przemysław	96	Masters Avia widnik	4:25.58	758
50m: 30.73 30.73	150m: 1:37.14 33.28	250m: 2:44.20 33.49	350m: 3:52.03 34.13	
100m: 1:03.86 33.13	200m: 2:10.71 33.57	300m: 3:17.90 33.70	400m: 4:25.58 33.55	
4. GAJDA Maciej	95	UKS TRÓJKA Cz stochowa	4:26.91	747
50m: 30.44 30.44	150m: 1:38.86 34.18	250m: 2:48.05 34.08	350m: 3:55.34 33.04	
100m: 1:04.68 34.24	200m: 2:13.97 35.11	300m: 3:22.30 34.25	400m: 4:26.91 31.57	
5. NIED WIADEK Jakub	93	5 Styl Warszawa	4:36.90	669
50m: 31.23 31.23	150m: 1:40.81 35.26	250m: 2:51.12 35.27	350m: 4:02.05 35.48	
100m: 1:05.55 34.32	200m: 2:15.85 35.04	300m: 3:26.57 35.45	400m: 4:36.90 34.85	
6. KUREK Mateusz	94	UKS TRÓJKA Cz stochowa	5:07.14	490
50m: 33.00 33.00	150m: 1:49.95 39.22	250m: 3:10.83 40.58	350m: 4:30.50 39.73	
100m: 1:10.73 37.73	200m: 2:30.25 40.30	300m: 3:50.77 39.94	400m: 5:07.14 36.64	
7. SZYMANIAK Michał	93	niezrzeszony	6:26.18	246
50m: 39.38 39.38	150m: 2:13.34 47.54	250m: 3:53.46 49.47	350m: 5:35.54 50.69	
100m: 1:25.80 46.42	200m: 3:03.99 50.65	300m: 4:44.85 51.39	400m: 6:26.18 50.64	



Konkurencja 40, M czynn, 400m dowolny

Kat. B

1. WRÓBLEWSKI Dawid	90	Koszali skie TKKF	4:27.59	723
50m: 31.06 31.06	150m: 1:38.93 34.03	250m: 2:47.05 34.11	350m: 3:55.43 33.94	
100m: 1:04.90 33.84	200m: 2:12.94 34.01	300m: 3:21.49 34.44	400m: 4:27.59 32.16	
2. SOKULSKI Jacek	91	niezrzeszony	4:32.08	688
50m: 28.86 28.86	150m: 1:34.80 33.52	250m: 2:44.74 35.09	350m: 3:56.17 36.40	
100m: 1:01.28 32.42	200m: 2:09.65 34.85	300m: 3:19.77 35.03	400m: 4:32.08 35.91	
3. STRUMI SKI Emil	88	UKS DRAGON B dzin	4:35.97	659
50m: 31.61 31.61	150m: 1:42.12 35.68	250m: 2:53.99 35.86	350m: 4:04.59 35.06	
100m: 1:06.44 34.83	200m: 2:18.13 36.01	300m: 3:29.53 35.54	400m: 4:35.97 31.38	
4. TEODORSKI Adrian	90	niezrzeszony	5:04.45	491
50m: 33.54 33.54	150m: 1:50.07 39.22	250m: 3:10.39 40.15	350m: 4:28.72 38.41	
100m: 1:10.85 37.31	200m: 2:30.24 40.17	300m: 3:50.31 39.92	400m: 5:04.45 35.73	
5. GROCHOWSKI Łukasz	91	niezrzeszony	5:10.80	461
50m: 35.09 35.09	150m: 1:51.50 38.99	250m: 3:10.27 39.50	350m: 4:31.32 40.52	
100m: 1:12.51 37.42	200m: 2:30.77 39.27	300m: 3:50.80 40.53	400m: 5:10.80 39.48	
6. WZI TEK Rafał	88	5 Styl Warszawa	5:34.12	371
50m: 35.41 35.41	150m: 1:56.87 41.87	250m: 3:23.53 43.94	350m: 4:52.44 44.53	
100m: 1:15.00 39.59	200m: 2:39.59 42.72	300m: 4:07.91 44.38	400m: 5:34.12 41.68	
7. KUBIAK Krzysztof	89	niezrzeszony	5:36.76	363
50m: 37.29 37.29	150m: 2:02.33 43.29	250m: 3:29.46 43.84	350m: 4:54.63 42.93	
100m:	200m: 2:45.62 43.29	300m: 4:11.70 42.24	400m: 5:36.76 42.13	

Kat. C

1. FLUDER Stanisław	86	Water Squad	4:21.34	797
50m: 30.03 30.03	150m: 1:35.79 33.03	250m: 2:43.68 33.90	350m: 3:50.32 32.92	
100m: 1:02.76 32.73	200m: 2:09.78 33.99	300m: 3:17.40 33.72	400m: 4:21.34 31.02	
2. CHMURSKI Konrad	87	MKP Szczecin	4:26.55	751
50m: 30.10 30.10	150m: 1:38.76 34.57	250m: 2:48.03 34.49	350m: 3:55.69 33.48	
100m: 1:04.19 34.09	200m: 2:13.54 34.78	300m: 3:22.21 34.18	400m: 4:26.55 30.86	
3. ZIELONKA Rafał	86	Masters Avia widnik	4:36.55	672
50m: 31.13 31.13	150m: 1:40.41 35.22	250m: 2:51.70 35.66	350m: 4:01.65 35.16	
100m: 1:05.19 34.06	200m: 2:16.04 35.63	300m: 3:26.49 34.79	400m: 4:36.55 34.90	
4. MAJCHRZAK Paweł	83	KS Warta Pozna	4:50.33	581
50m: 32.05 32.05	150m: 1:44.92 36.96	250m: 2:59.82 37.12	350m: 4:15.58 37.87	
100m: 1:07.96 35.91	200m: 2:22.70 37.78	300m: 3:37.71 37.89	400m: 4:50.33 34.75	
5. MIKOŁAJCZYK Maciej	84	niezrzeszony	5:11.37	471
50m: 33.70 33.70	150m: 1:48.19 37.97	250m: 3:08.03 40.50	350m: 4:30.85 41.60	
100m: 1:10.22 36.52	200m: 2:27.53 39.34	300m: 3:49.25 41.22	400m: 5:11.37 40.52	
6. MELA Marcin	84	niezrzeszony	5:51.76	327
50m: 37.59 37.59	150m: 2:03.45 43.87	250m: 3:34.14 45.56	350m: 5:07.72 46.97	
100m: 1:19.58 41.99	200m: 2:48.58 45.13	300m: 4:20.75 46.61	400m: 5:51.76 44.04	
7. RO EK Łukasz	84	SMT Szczecin	6:02.65	298
50m: 39.20 39.20	150m: 2:08.58 45.43	250m: 3:42.93 47.42	350m: 5:18.77 48.01	
100m: 1:23.15 43.95	200m: 2:55.51 46.93	300m: 4:30.76 47.83	400m: 6:02.65 43.88	



Konkurencja 40, M czynn, 400m dowolny

Kat. D

1.	KACZMAREK Stanisław	79	Landsberg Crew Gorzów Wlkp.	4:35.23	668
	50m: 31.95 31.95	150m: 1:42.15 35.21	250m: 2:51.90 34.79	350m: 4:01.16 34.80	
	100m: 1:06.94 34.99	200m: 2:17.11 34.96	300m: 3:26.36 34.46	400m: 4:35.23 34.07	
2.	KONOPACKI Piotr	78	Stowarzyszenie Pływackie Masters Olsz	4:49.91	572
	50m: 32.37 32.37	150m: 1:45.54 36.99	250m: 3:00.35 37.57	350m: 4:15.13 36.88	
	100m: 1:08.55 36.18	200m: 2:22.78 37.24	300m: 3:38.25 37.90	400m: 4:49.91 34.78	
3.	K SIK Krzysztof	79	niezrzeszony	4:49.96	571
	50m: 32.16 32.16	150m: 1:44.18 36.53	250m: 2:58.99 37.62	350m: 4:14.26 37.51	
	100m: 1:07.65 35.49	200m: 2:21.37 37.19	300m: 3:36.75 37.76	400m: 4:49.96 35.70	
4.	WILMOWICZ Adam	79	niezrzeszony	4:57.42	529
	50m: 33.55 33.55	150m: 1:47.65 37.73	250m: 3:04.94 38.89	350m: 4:21.55 37.67	
	100m: 1:09.92 36.37	200m: 2:26.05 38.40	300m: 3:43.88 38.94	400m: 4:57.42 35.87	
5.	STEKER Karel	81	Swim Masters Zlin	5:00.75	512
	50m: 33.03 33.03	150m: 1:49.32 38.77	250m: 3:08.54 39.46	350m: 4:26.07 38.25	
	100m: 1:10.55 37.52	200m: 2:29.08 39.76	300m: 3:47.82 39.28	400m: 5:00.75 34.68	
6.	WACHOWSKI Bła ej	80	KS Warta Pozna	5:06.96	481
	50m: 34.90 34.90	150m: 1:52.69 39.05	250m: 3:10.94 39.25	350m: 4:29.69 39.39	
	100m: 1:13.64 38.74	200m: 2:31.69 39.00	300m: 3:50.30 39.36	400m: 5:06.96 37.27	
7.	KRUK Marcin	82	Koszali skie TKKF	5:28.37	393
	50m: 35.88 35.88	150m: 1:57.98 42.07	250m: 3:23.38 42.97	350m: 4:48.37 42.26	
	100m: 1:15.91 40.03	200m: 2:40.41 42.43	300m: 4:06.11 42.73	400m: 5:28.37 40.00	
8.	KLIMKOWSKI Marcin	81	niezrzeszony	15:51.34	16
	50m: 1:47.98 1:47.98	150m: 5:48.15 1:59.87	250m: 9:51.87 2:00.61	350m: 13:54.29 2:01.65	
	100m: 3:48.28 2:00.30	200m: 7:51.26 2:03.11	300m: 11:52.64 2:00.77	400m: 15:51.34 1:57.05	

Kat. E

1.	GREGOROWICZ Paweł	74	Stowarzyszenie Pływackie Masters Olsz	4:31.60	742
	50m: 31.68 31.68	150m: 1:39.28 33.98	250m: 2:48.14 34.65	350m: 3:57.35 34.53	
	100m: 1:05.30 33.62	200m: 2:13.49 34.21	300m: 3:22.82 34.68	400m: 4:31.60 34.25	
2.	BERWECKI Arkadiusz	73	Motyl Masters	4:36.60	702
	50m: 32.28 32.28	150m: 1:42.00 35.47	250m: 2:52.68 35.22	350m: 4:02.68 34.89	
	100m: 1:06.53 34.25	200m: 2:17.46 35.46	300m: 3:27.79 35.11	400m: 4:36.60 33.92	
3.	SARNA Tomasz	75	niezrzeszony	4:43.96	649
	50m: 31.17 31.17	150m: 1:42.98 36.52	250m: 2:57.11 36.99	350m: 4:10.54 35.99	
	100m: 1:06.46 35.29	200m: 2:20.12 37.14	300m: 3:34.55 37.44	400m: 4:43.96 33.42	
4.	D BROWSKI Paweł	74	Stowarzyszenie Pływackie Masters Olsz	5:14.33	478
	50m: 35.64 35.64	150m: 1:54.56 39.68	250m: 3:14.82 40.28	350m: 4:35.26 40.28	
	100m: 1:14.88 39.24	200m: 2:34.54 39.98	300m: 3:54.98 40.16	400m: 5:14.33 39.07	
5.	OSTROWSKI Bartosz	77	Warsaw Masters Team	5:16.11	470
	50m: 33.94 33.94	150m: 1:50.54 38.83	250m: 3:13.37 41.92	350m: 4:35.79 39.86	
	100m: 1:11.71 37.77	200m: 2:31.45 40.91	300m: 3:55.93 42.56	400m: 5:16.11 40.32	
6.	BIELSKI Dymitr	77	Warsaw Masters Team	5:17.99	462
	50m: 34.71 34.71	150m: 1:53.27 39.86	250m: 3:16.16 41.82	350m: 4:38.41 41.36	
	100m: 1:13.41 38.70	200m: 2:34.34 41.07	300m: 3:57.05 40.89	400m: 5:17.99 39.58	
7.	MATUSIAK VEL MATUSZEWSKI Adam	74	Stowarzyszenie Pływackie Masters Olsz	5:32.76	403
	50m: 36.46 36.46	150m: 1:58.88 41.64	250m: 3:23.49 42.39	350m: 4:50.64 43.82	
	100m: 1:17.24 40.78	200m: 2:41.10 42.22	300m: 4:06.82 43.33	400m: 5:32.76 42.12	
8.	PLANETA Maciej	74	Uks Delfin Masters Tarnobrzeg	5:34.24	398
	50m: 37.30 37.30	150m: 2:00.94 42.75	250m: 3:26.83 43.21	350m: 4:53.44 43.00	
	100m: 1:18.19 40.89	200m: 2:43.62 42.68	300m: 4:10.44 43.61	400m: 5:34.24 40.80	



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

Pozycja	Rok ur.	Czas	Pkt.
9. DZIEDZICZAK Marek	77	5:59.30	320
50m: 37.70 37.70	150m: 2:07.40 46.23	250m: 3:43.04 47.23	350m: 5:19.34 47.55
100m: 1:21.17 43.47	200m: 2:55.81 48.41	300m: 4:31.79 48.75	400m: 5:59.30 39.96
10. MOROZOWSKI Wiktor	73	6:00.40	317
50m: 38.46 38.46	150m: 2:06.57 46.06	250m: 3:42.72 48.41	350m: 5:16.25 46.10
100m: 1:20.51 42.05	200m: 2:54.31 47.74	300m: 4:30.15 47.43	400m: 6:00.40 44.15
11. K DZIOR Mateusz	73	6:10.35	292
50m: 40.94 40.94	150m: 2:15.73 47.83	250m: 3:53.59 48.97	350m: 5:28.38 46.87
100m: 1:27.90 46.96	200m: 3:04.62 48.89	300m: 4:41.51 47.92	400m: 6:10.35 41.97
12. LEMA CZYK Maciej	77	6:20.61	269
50m: 41.96 41.96	150m: 2:20.05 48.09	250m: 3:58.88 48.83	350m: 5:35.05 47.44
100m: 1:30.14 48.18	200m: 3:10.05 49.90	300m: 4:47.61 48.73	400m: 6:20.61 45.56

Kat. F

1. LIPI SKI Cezary	72	4:56.55	677
50m: 33.83 33.83	150m: 1:48.74 37.71	250m: 3:04.45 37.83	350m: 4:20.55 38.06
100m: 1:11.03 37.20	200m: 2:26.62 37.88	300m: 3:42.49 38.04	400m: 4:56.55 36.00
2. WINIARCZYK Jarosław	72	5:00.56	650
50m: 33.29 33.29	150m: 1:49.37 38.58	250m: 3:07.83 39.07	350m: 4:26.09 39.34
100m: 1:10.79 37.50	200m: 2:28.76 39.39	300m: 3:46.75 38.92	400m: 5:00.56 34.47
3. HRACKI Libor	72	5:12.12	581
50m: 34.99 34.99	150m: 1:52.63 39.36	250m: 3:13.29 40.59	350m: 4:34.46 40.56
100m: 1:13.27 38.28	200m: 2:32.70 40.07	300m: 3:53.90 40.61	400m: 5:12.12 37.66
4. STASZKIEWICZ Radosław	68	5:23.22	523
50m: 34.47 34.47	150m: 1:53.32 40.52	250m: 3:17.09 42.21	350m: 4:42.41 43.07
100m: 1:12.80 38.33	200m: 2:34.88 41.56	300m: 3:59.34 42.25	400m: 5:23.22 40.81
5. MÓWI SKI Grzegorz	69	5:30.16	491
50m: 37.59 37.59	150m: 2:00.65 42.25	250m: 3:26.11 42.88	350m: 4:52.01 42.87
100m: 1:18.40 40.81	200m: 2:43.23 42.58	300m: 4:09.14 43.03	400m: 5:30.16 38.15
6. MAMROT Artur	72	5:38.21	456
50m: 37.41 37.41	150m: 2:02.03 42.79	250m: 3:29.33 44.25	350m: 4:57.68 43.62
100m: 1:19.24 41.83	200m: 2:45.08 43.05	300m: 4:14.06 44.73	400m: 5:38.21 40.53
7. ALEKSANDROWICZ Paweł	68	6:11.87	343
50m: 37.69 37.69	150m: 2:08.58 46.99	250m: 3:45.79 49.41	350m: 5:24.04 49.20
100m: 1:21.59 43.90	200m: 2:56.38 47.80	300m: 4:34.84 49.05	400m: 6:11.87 47.83
8. GOZDAN Dariusz	68	6:32.80	291
50m: 43.02 43.02	150m: 2:19.95 49.61	250m: 3:58.00 48.05	350m: 5:44.89 47.89
100m: 1:30.34 47.32	200m: 3:09.57 49.62	300m: 4:48.00 48.43	400m: 6:32.80 47.91
9. MATYSZEWSKI Grzegorz	71	6:48.79	258
50m: 42.89 42.89	150m: 2:23.35 51.52	250m: 4:07.93 52.55	350m: 5:57.65 54.83
100m: 1:31.83 48.94	200m: 3:15.38 52.03	300m: 5:02.82 54.89	400m: 6:48.79 51.14

Kat. G

1. MONCZAK Piotr	67	4:50.25	802
50m: 32.33 32.33	150m: 1:45.49 36.94	250m: 2:59.77 37.46	350m: 4:14.16 36.71
100m: 1:08.55 36.22	200m: 2:22.31 36.82	300m: 3:37.45 37.68	400m: 4:50.25 36.09
2. JANYGA Dariusz	66	5:03.09	705
50m: 34.13 34.13	150m: 1:49.88 38.30	250m: 3:07.26 38.99	350m: 4:26.12 39.59
100m: 1:11.58 37.45	200m: 2:28.27 38.39	300m: 3:46.53 39.27	400m: 5:03.09 36.97



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

Pozycja			Rok ur.						Czas	Pkt.
3.	KO MIDER Jan		66	Water Squad					5:09.25	663
	50m: 35.42 35.42	150m: 1:53.81 39.34	250m: 3:12.48 39.03	350m: 4:30.68 39.19						
	100m: 1:14.47 39.05	200m: 2:33.45 39.64	300m: 3:51.49 39.01	400m: 5:09.25 38.57						
4.	FAFF Mariusz		63	niezrzeszony					5:32.79	532
	50m: 35.85 35.85	150m: 1:59.72 42.65	250m: 3:25.88 43.16	350m: 4:52.12 42.92						
	100m: 1:17.07 41.22	200m: 2:42.72 43.00	300m: 4:09.20 43.32	400m: 5:32.79 40.67						
5.	KRZEKOTOWSKI Piotr		66	niezrzeszony					7:10.84	245
	50m: 48.99 48.99	150m: 250m:	350m:							
	100m: 1:17.07 41.22	200m: 300m:	400m: 7:10.84							

Kat. H

1.	LORKOWSKI Robert		60	Motyl Masters					5:41.33	621
	50m: 38.09 38.09	150m: 2:03.52 43.57	250m: 3:32.41 44.35	350m: 4:59.93 43.27						
	100m: 1:19.95 41.86	200m: 2:48.06 44.54	300m: 4:16.66 44.25	400m: 5:41.33 41.40						
2.	DZIAREK Jacek		59	MUKS Zgierz					5:53.03	561
	50m: 39.03 39.03	150m: 2:06.57 45.03	250m: 3:38.00 45.89	350m: 5:09.72 46.12						
	100m: 1:21.54 42.51	200m: 2:52.11 45.54	300m: 4:23.60 45.60	400m: 5:53.03 43.31						
3.	KORPETTA Wojciech		59	Water Squad					6:09.94	487
	50m: 41.18 41.18	150m: 2:16.58 48.73	250m: 3:53.76 48.35	350m: 5:28.75 46.98						
	100m: 1:27.85 46.67	200m: 3:05.41 48.83	300m: 4:41.77 48.01	400m: 6:09.94 41.19						
4.	BURZY SKI Piotr		62	niezrzeszony					6:53.63	349
	50m: 44.26 44.26	150m: 2:25.89 52.27	250m: 4:12.00 53.62	350m: 6:00.21 55.44						
	100m: 1:33.62 49.36	200m: 3:18.38 52.49	300m: 5:04.77 52.77	400m: 6:53.63 53.42						
5.	ZWIERZY SKI Roman		60	Swim Club Masters I za					8:29.99	186
	50m: 53.64 53.64	150m: 3:00.70 1:04.05	250m: 5:14.86 1:07.86	350m: 7:26.43 1:05.51						
	100m: 1:56.65 1:03.01	200m: 4:07.00 1:06.30	300m: 6:20.92 1:06.06	400m: 8:29.99 1:03.56						

Kat. I

1.	TWARDYSKO Stanisław		56	Weteran Zabrze					6:21.14	512
	50m: 40.70 40.70	150m: 2:12.48 47.67	250m: 3:51.62 49.80	350m: 5:32.53 50.96						
	100m: 1:24.81 44.11	200m: 3:01.82 49.34	300m: 4:41.57 49.95	400m: 6:21.14 48.61						
2.	DUBI SKI Bogdan		53	Stowarzyszenie Pływackie Legia Warszawa					6:45.91	424
	50m: 43.07 43.07	150m: 2:24.38 52.15	250m: 4:09.95 52.75	350m: 5:56.40 53.49						
	100m: 1:32.23 49.16	200m: 3:17.20 52.82	300m: 5:02.91 52.96	400m: 6:45.91 49.51						
3.	LASOWY Marian		55	Koszali skie TKKF					7:02.87	375
	50m: 44.51 44.51	150m: 2:33.85 56.46	250m: 4:22.64 54.53	350m: 6:12.23 54.73						
	100m: 1:37.39 52.88	200m: 3:28.11 54.26	300m: 5:17.50 54.86	400m: 7:02.87 50.64						
4.	MARZAŁEK Andrzej		54	niezrzeszony					7:25.03	322
	50m: 51.41 51.41	150m: 2:45.21 56.94	250m: 4:37.58 56.43	350m: 6:31.43 57.56						
	100m: 1:48.27 56.86	200m: 3:41.15 55.94	300m: 5:33.87 56.29	400m: 7:25.03 53.60						

Kat. J

1.	LIETZ Krzysztof		52	Toru Multisport Team					6:35.10	571
	50m: 45.29 45.29	150m: 2:27.87 51.97	250m: 4:11.27 51.62	350m: 5:51.65 49.70						
	100m: 1:35.90 50.61	200m: 3:19.65 51.78	300m: 5:01.95 50.68	400m: 6:35.10 43.45						
2.	BEDNAREK Krzysztof		51	MUKS Zgierz					6:42.58	540
	50m: 42.58 42.58	150m: 2:24.04 51.58	250m: 4:07.28 51.42	350m: 5:51.90 52.73						
	100m: 1:32.46 49.88	200m: 3:15.86 51.82	300m: 4:59.17 51.89	400m: 6:42.58 50.68						



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

Pozycja		Rok ur.						Czas	Pkt.
3.	BARTKOWIAK Roman	49	KS Warta Pozna					7:10.04	443
	50m: 46.18 46.18	150m: 2:32.85	54.85	250m: 4:25.24	55.52	350m: 6:15.63	55.01		
	100m: 1:38.00 51.82	200m: 3:29.72	56.87	300m: 5:20.62	55.38	400m: 7:10.04	54.41		
4.	PAWLACZEK Zygmunt	49	KS Masters Polkowice					7:54.62	329
	50m: 49.55 49.55	150m: 2:45.23	59.12	250m: 4:49.95	1:02.81	350m: 6:55.80	1:02.24		
	100m: 1:46.11 56.56	200m: 3:47.14	1:01.91	300m: 5:53.56	1:03.61	400m: 7:54.62	58.82		
5.	DASZY SKI Andrzej	48	UKS ENERGETYK Zgorzelec					8:19.12	283
	50m: 55.38 55.38	150m: 3:03.61	1:05.01	250m: 5:11.90	1:04.12	350m: 7:19.12	1:03.48		
	100m: 1:58.60 1:03.22	200m: 4:07.78	1:04.17	300m: 6:15.64	1:03.74	400m: 8:19.12	1:00.00		

Kat. K

1.	MLECZKO Andrzej	47	Korona 1919 Kraków					8:11.74	362
	50m: 56.02 56.02	150m: 3:01.91	1:03.79	250m: 5:09.32	1:03.64	350m: 7:14.39	1:02.22		
	100m: 1:58.12 1:02.10	200m: 4:05.68	1:03.77	300m: 6:12.17	1:02.85	400m: 8:11.74	57.35		

Kat. L

1.	KOSIAK Wjciech	40	Weteran Zabrze					8:28.53	355
	50m: 57.68 57.68	150m: 3:09.68	1:06.41	250m: 5:20.27	1:05.26	350m: 7:30.44	1:04.65		
	100m: 2:03.27 1:05.59	200m: 4:15.01	1:05.33	300m: 6:25.79	1:05.52	400m: 8:28.53	58.09		
2.	WAGA Stanisław	40	Korona 1919 Kraków					9:18.27	268
	50m: 1:06.17 1:06.17	150m: 3:31.08	1:12.80	250m: 5:53.77	1:10.62	350m: 8:14.23	1:09.87		
	100m: 2:18.28 1:12.11	200m: 4:43.15	1:12.07	300m: 7:04.36	1:10.59	400m: 9:18.27	1:04.04		