

Konkurencja 42
 17/11/2019 - 12:39

M czynn, 400m dowolny

K
 Wyniki

Pozycja			Rok ur.					Czas	
1.	Kosiak Wojciech		40	Sikret Gliwice				8:10.50	
	50m:	56.54 56.54	150m:	3:04.87 1:04.59	250m:	5:10.65 1:03.34	350m:	7:16.15 1:03.19	
	100m:	2:00.28 1:03.74	200m:	4:07.31 1:02.44	300m:	6:12.96 1:02.31	400m:	8:10.50 54.35	
2.	Waga Stanisław		40	Korona Masters Kraków				9:08.01	
	50m:	1:01.11 1:01.11	150m:	3:20.43 1:11.07	250m:	5:41.98 1:11.25	350m:	8:03.17 1:10.04	
	100m:	2:09.36 1:08.25	200m:	4:30.73 1:10.30	300m:	6:53.13 1:11.15	400m:	9:08.01 1:04.84	

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J
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Pozycja			Rok ur.					Czas	
1.	Mleczek Andrzej		47	Korona Masters Kraków				7:13.85	
	50m:	46.78 46.78	150m:	2:35.58 54.48	250m:	4:26.85 56.21	350m:	6:18.83 55.56	
	100m:	1:41.10 54.32	200m:	3:30.64 55.06	300m:	5:23.27 56.42	400m:	7:13.85 55.02	
2.	Wolniewicz Janusz		48	Extreme Team Oborniki				7:41.14	
	50m:	46.40 46.40	150m:	2:41.18 59.50	250m:	4:41.60 1:00.57	350m:	6:44.04 1:01.92	
	100m:	1:41.68 55.28	200m:	3:41.03 59.85	300m:	5:42.12 1:00.52	400m:	7:41.14 57.10	
3.	Płonka Janusz		48	Niezrzeszony Gdynia				9:48.61	
	50m:	1:05.28 1:05.28	150m:	3:36.18 1:16.24	250m:	6:09.62 1:17.25	350m:	8:39.87 1:14.06	
	100m:	2:19.94 1:14.66	200m:	4:52.37 1:16.19	300m:	7:25.81 1:16.19	400m:	9:48.61 1:08.74	

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Pozycja			Rok ur.					Czas	
1.	Dubiski Bogdan		53	Legia Warszawa				6:08.58	
	50m:	41.30 41.30	150m:	2:13.17 46.97	250m:	3:49.00 47.55	350m:	5:24.38 47.59	
	100m:	1:26.20 44.90	200m:	3:01.45 48.28	300m:	4:36.79 47.79	400m:	6:08.58 44.20	
2.	Lietz Krzysztof		52	Multisport Team Toru				6:21.58	
	50m:	42.76 42.76	150m:	2:19.86 49.63	250m:	3:56.65 47.97	350m:	5:34.41 48.53	
	100m:	1:30.23 47.47	200m:	3:08.68 48.82	300m:	4:45.88 49.23	400m:	6:21.58 47.17	
3.	Bednarek Krzysztof		51	Masters Zgierz				6:38.23	
	50m:	40.65 40.65	150m:	2:17.30 49.68	250m:	4:01.15 52.77	350m:	5:46.59 52.69	
	100m:	1:27.62 46.97	200m:	3:08.38 51.08	300m:	4:53.90 52.75	400m:	6:38.23 51.64	
4.	Marszałek Andrzej		54	Masters Wrocław				7:29.93	
	50m:	50.89 50.89	150m:	2:41.08 54.87	250m:	4:33.96 56.85	350m:	6:30.64 58.65	
	100m:	1:46.21 55.32	200m:	3:37.11 56.03	300m:	5:31.99 58.03	400m:	7:29.93 59.29	

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Pozycja			Rok ur.					Czas	
1.	Valtr Václav		56	Masters Ústí nad Labem				5:34.19	
	50m:	38.64 38.64	150m:	2:02.90 42.21	250m:	3:28.15 42.94	350m:	4:52.32 41.76	
	100m:	1:20.69 42.05	200m:	2:45.21 42.31	300m:	4:10.56 42.41	400m:	5:34.19 41.87	
2.	Dziarek Jacek		59	Masters Zgierz				5:47.23	
	50m:	40.09 40.09	150m:	2:08.03 44.49	250m:	3:37.07 44.18	350m:	5:05.50 44.17	
	100m:	1:23.54 43.45	200m:	2:52.89 44.86	300m:	4:21.33 44.26	400m:	5:47.23 41.73	
3.	Ciekli ski Wiesław		57	Swim Tri Rzeszów				6:04.30	
	50m:	39.23 39.23	150m:	2:10.57 46.21	250m:	3:42.18 45.78	350m:	5:15.88 46.50	
	100m:	1:24.36 45.13	200m:	2:56.40 45.83	300m:	4:29.38 47.20	400m:	6:04.30 48.42	
4.	Korpetta Wojciech		59	Niezrzeszeni.pl				6:10.11	
	50m:	42.15 42.15	150m:	2:17.00 48.22	250m:	3:53.32 47.90	350m:	5:28.43 46.70	
	100m:	1:28.78 46.63	200m:	3:05.42 48.42	300m:	4:41.73 48.41	400m:	6:10.11 41.68	
5.	Lipka Marek		58	Niezrzeszony Jelenia Góra				6:22.28	
	50m:	43.88 43.88	150m:	2:19.10 48.42	250m:	3:58.82 49.88	350m:	5:35.73 48.48	
	100m:	1:30.68 46.80	200m:	3:08.94 49.84	300m:	4:47.25 48.43	400m:	6:22.28 46.55	
6.	Twardysko Stanisław		56	Sikret Gliwice				6:22.79	
	50m:	39.88 39.88	150m:	2:14.59 49.09	250m:	3:55.01 50.45	350m:	5:35.98 50.59	
	100m:	1:25.50 45.62	200m:	3:04.56 49.97	300m:	4:45.39 50.38	400m:	6:22.79 46.81	
7.	Sutowski Robert		59	Warsaw Masters Team				6:29.88	
	50m:	45.05 45.05	150m:	2:23.10 50.20	250m:	4:04.52 50.16	350m:	5:43.93 49.36	
	100m:	1:32.90 47.85	200m:	3:14.36 51.26	300m:	4:54.57 50.05	400m:	6:29.88 45.95	
8.	Łatecki Włodzimierz		57	Masters Zgierz				8:33.08	
	50m:		150m:		250m:		350m:	7:28.51 1:05.21	
	100m:	1:58.49	200m:	4:10.68	300m:	6:23.30	400m:	8:33.08 1:04.57	

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G
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Pozycja			Rok ur.					Czas	
1.	Lacko Karol		64	Aquatics Nitra				4:48.32	
	50m:	33.81 33.81	150m:	1:45.33 36.12	250m:	2:57.84 36.11	350m:	4:11.41 36.75	
	100m:	1:09.21 35.40	200m:	2:21.73 36.40	300m:	3:34.66 36.82	400m:	4:48.32 36.91	
2.	Olszewski Paweł		62	Warta Masters Pozna				5:06.94	
	50m:	33.57 33.57	150m:	1:50.13 39.13	250m:	3:11.47 40.63	350m:	4:30.76 39.00	
	100m:	1:11.00 37.43	200m:	2:30.84 40.71	300m:	3:51.76 40.29	400m:	5:06.94 36.18	
3.	Faff Mariusz		63	Swim Tri Rzeszów				5:12.11	
	50m:	33.05 33.05	150m:	1:50.03 39.46	250m:	3:11.46 40.48	350m:	4:32.73 40.75	
	100m:	1:10.57 37.52	200m:	2:30.98 40.95	300m:	3:51.98 40.52	400m:	5:12.11 39.38	
4.	Warchoł Wojciech		61	Niezrzeszony Gda sk				5:20.78	
	50m:	35.45 35.45	150m:	1:55.38 40.59	250m:	3:17.09 40.86	350m:	4:40.62 41.80	
	100m:	1:14.79 39.34	200m:	2:36.23 40.85	300m:	3:58.82 41.73	400m:	5:20.78 40.16	
5.	Szmit Adam		64	Aquasfera Masters Olsztyn				5:36.03	
	50m:	37.53 37.53	150m:	2:02.12 42.46	250m:	3:28.33 43.20	350m:	4:52.37	
	100m:	1:19.66 42.13	200m:	2:45.13 43.01	300m:		400m:	5:36.03 43.66	

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Pozycja			Rok ur.					Czas		
6.	Pavlik Ratislav		60	Nareus Žilina				5:48.70		
	50m:	28.79 28.79	150m:	1:54.74	53.78	250m:	3:28.67	47.44	350m:	5:02.66 46.80
	100m:	1:00.96 32.17	200m:	2:41.23	46.49	300m:	4:15.86	47.19	400m:	5:48.70 46.04
7.	Ko likowski Marek		61	Aquasfera Masters Olsztyn				5:50.61		
	50m:	39.29 39.29	150m:	2:07.29	44.17	250m:	3:36.09	44.44	350m:	5:03.44 43.31
	100m:	1:23.12 43.83	200m:	2:51.65	44.36	300m:	4:20.13	44.04	400m:	5:50.61 47.17
8.	Maciejczak Andrzej		60	Trójka Puławy				6:21.86		
	50m:	39.32 39.32	150m:	2:15.44	49.29	250m:	3:54.43	49.61	350m:	5:34.43 49.75
	100m:	1:26.15 46.83	200m:	3:04.82	49.38	300m:	4:44.68	50.25	400m:	6:21.86 47.43

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F
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Pozycja			Rok ur.					Czas		
1.	Monczak Piotr		67	Start Pozna				4:44.33		
	50m:	31.88 31.88	150m:	1:43.18	36.07	250m:	2:56.07	35.67	350m:	4:08.88 36.37
	100m:	1:07.11 35.23	200m:	2:20.40	37.22	300m:	3:32.51	36.44	400m:	4:44.33 35.45
2.	Pasieczny Andrzej		66	Jedynka Masters Elbl g				4:49.89		
	50m:	32.10 32.10	150m:	1:42.62	35.74	250m:	2:56.26	36.63	350m:	4:12.10 38.30
	100m:	1:06.88 34.78	200m:	2:19.63	37.01	300m:	3:33.80	37.54	400m:	4:49.89 37.79
3.	Janyga Dariusz		66	Warta Masters Pozna				4:57.02		
	50m:	33.76 33.76	150m:	1:47.50	37.41	250m:	3:03.13	38.09	350m:	4:20.50 38.88
	100m:	1:10.09 36.33	200m:	2:25.04	37.54	300m:	3:41.62	38.49	400m:	4:57.02 36.52
4.	Skoczylas Tomasz		66	Wodnik 29 Katowice				5:08.00		
	50m:	33.94 33.94	150m:	1:50.01	38.78	250m:	3:09.30	39.67	350m:	4:29.08 40.20
	100m:	1:11.23 37.29	200m:	2:29.63	39.62	300m:	3:48.88	39.58	400m:	5:08.00 38.92
5.	Staszkiwicz Radosław		68	Stashky Team Bydgoszcz				5:23.20		
	50m:	34.38 34.38	150m:	1:54.07	40.55	250m:	3:18.52	42.39	350m:	4:43.27 42.13
	100m:	1:13.52 39.14	200m:	2:36.13	42.06	300m:	4:01.14	42.62	400m:	5:23.20 39.93
6.	Pycia Adam		66	Korona Masters Kraków				5:38.62		
	50m:	35.93 35.93	150m:	1:58.86	42.61	250m:	3:26.80	44.05	350m:	4:55.35 44.29
	100m:	1:16.25 40.32	200m:	2:42.75	43.89	300m:	4:11.06	44.26	400m:	5:38.62 43.27
7.	Mówi ski Grzegorz		69	Aquasfera Masters Olsztyn				5:44.23		
	50m:	39.20 39.20	150m:	2:05.12	43.48	250m:	3:33.52	44.22	350m:	5:02.11 44.11
	100m:	1:21.64 42.44	200m:	2:49.30	44.18	300m:	4:18.00	44.48	400m:	5:44.23 42.12
8.	Krzekotowski Piotr		66	Masters Wrocław				6:58.81		
	50m:	47.87 47.87	150m:	2:35.23	53.92	250m:	4:21.33	52.81	350m:	6:07.67 52.98
	100m:	1:41.31 53.44	200m:	3:28.52	53.29	300m:	5:14.69	53.36	400m:	6:58.81 51.14
9.	Paluszak Zbigniew		67	Warsaw Masters Team				7:06.00		
	50m:	45.58 45.58	150m:	2:33.29	54.83	250m:	4:21.33	54.13	350m:	6:11.37 55.92
	100m:	1:38.46 52.88	200m:	3:27.20	53.91	300m:	5:15.45	54.12	400m:	7:06.00 54.63

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E
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Pozycja			Rok ur.					Czas				
1.	Gregorowicz Paweł		74	Aquasfera Masters Olsztyn				4:27.64				
	<i>Rekord Polski Masters kategoria E</i>											
	50m:	30.60	30.60	150m:	1:38.06	34.06	250m:	2:47.31	34.79	350m:	3:55.71	33.90
	100m:	1:04.00	33.40	200m:	2:12.52	34.46	300m:	3:21.81	34.50	400m:	4:27.64	31.93
2.	Szuter Bolek		70	Warsaw Masters Team				4:27.91				
	50m:	31.00	31.00	150m:	1:39.19	34.44	250m:	2:48.67	34.63	350m:	3:56.83	33.36
	100m:	1:04.75	33.75	200m:	2:14.04	34.85	300m:	3:23.47	34.80	400m:	4:27.91	31.08
3.	Bar Wiesław		70	Zawodnik Niezrzeszony				4:55.12				
	50m:	33.00	33.00	150m:	1:46.50	37.46	250m:	3:03.29	38.45	350m:	4:19.50	37.43
	100m:	1:09.04	36.04	200m:	2:24.84	38.34	300m:	3:42.07	38.78	400m:	4:55.12	35.62
4.	Melnik Dmytro		74	Euro Lviv				4:55.97				
	50m:	33.54	33.54	150m:	1:48.74	38.23	250m:	3:05.02	38.11	350m:	4:20.50	37.78
	100m:	1:10.51	36.97	200m:	2:26.91	38.17	300m:	3:42.72	37.70	400m:	4:55.97	35.47
5.	D browski Paweł		74	Aquasfera Masters Olsztyn				5:20.44				
	50m:	35.35	35.35	150m:	1:55.16	40.49	250m:	3:17.53	41.25	350m:	4:41.26	41.88
	100m:	1:14.67	39.32	200m:	2:36.28	41.12	300m:	3:59.38	41.85	400m:	5:20.44	39.18
6.	Kubica Ryszard		72	Górnik Radlin				5:22.55				
	50m:	35.47	35.47	150m:	1:56.04	40.87	250m:	3:19.69	41.99	350m:	4:43.93	42.27
	100m:	1:15.17	39.70	200m:	2:37.70	41.66	300m:	4:01.66	41.97	400m:	5:22.55	38.62
7.	Planeta Maciej		74	Delfin Masters Tarnobrzeg				5:25.76				
	50m:	36.93	36.93	150m:	1:57.46	40.83	250m:	3:21.53	42.29	350m:	4:46.11	42.11
	100m:	1:16.63	39.70	200m:	2:39.24	41.78	300m:	4:04.00	42.47	400m:	5:25.76	39.65
8.	Matusiak vel Matuszewski Adam		74	Aquasfera Masters Olsztyn				5:26.59				
	50m:	36.13	36.13	150m:	1:57.07	41.06	250m:	3:20.14	41.82	350m:	4:44.03	41.60
	100m:	1:16.01	39.88	200m:	2:38.32	41.25	300m:	4:02.43	42.29	400m:	5:26.59	42.56
9.	Matyszczak Jacek		70	Olimpia Poznań				5:40.22				
	50m:	34.42	34.42	150m:	1:54.68	41.42	250m:	3:23.93	44.80	350m:	4:55.66	45.75
	100m:	1:13.26	38.84	200m:	2:39.13	44.45	300m:	4:09.91	45.98	400m:	5:40.22	44.56
10.	Molenda Mirosław		71	Masters Lublin				6:13.70				
	50m:	39.97	39.97	150m:	2:13.79	48.61	250m:	3:51.32	48.50	350m:	5:29.55	49.21
	100m:	1:25.18	45.21	200m:	3:02.82	49.03	300m:	4:40.34	49.02	400m:	6:13.70	44.15

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Pozycja			Rok ur.					Czas				
1.	Kaczmarek Stanisław		79	LC Gorzów Wlkp.				4:33.57				
	50m:	31.74	31.74	150m:	1:41.85	35.29	250m:	2:51.91	34.99	350m:	4:00.95	34.10
	100m:	1:06.56	34.82	200m:	2:16.92	35.07	300m:	3:26.85	34.94	400m:	4:33.57	32.62
2.	Konopacki Piotr		78	Aquasfera Masters Olsztyn				4:41.40				
	50m:	31.46	31.46	150m:	1:43.21	36.32	250m:	2:55.34	36.10	350m:	4:08.33	36.27
	100m:	1:06.89	35.43	200m:	2:19.24	36.03	300m:	3:32.06	36.72	400m:	4:41.40	33.07
3.	Giejsztowt Marcin		78	Warsaw Masters Team				4:44.15				
	50m:	32.07	32.07	150m:	1:42.52	36.18	250m:	2:54.52	36.04	350m:	4:08.10	36.66
	100m:	1:06.34	34.27	200m:	2:18.48	35.96	300m:	3:31.44	36.92	400m:	4:44.15	36.05

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Pozycja			Rok ur.					Czas		
4.	Sarna Tomasz		75	Swim Tri Rzeszów				4:45.94		
	50m:	31.55 31.55	150m:	1:43.55 36.43	250m:	2:57.48 37.22	350m:	4:10.38 35.76		
	100m:	1:07.12 35.57	200m:	2:20.26 36.71	300m:	3:34.62 37.14	400m:	4:45.94 35.56		
5.	Piotrowski Filip		77	Warta Masters Pozna				4:46.13		
	50m:	33.43 33.43	150m:	1:46.23 36.80	250m:	2:59.63 36.18	350m:	4:12.19 36.04		
	100m:	1:09.43 36.00	200m:	2:23.45 37.22	300m:	3:36.15 36.52	400m:	4:46.13 33.94		
6.	Olejniczak Sergiusz		78	Masters Zgierz				4:56.01		
	50m:	32.82 32.82	150m:	1:47.26 37.31	250m:	3:03.46 38.31	350m:	4:19.48 37.75		
	100m:	1:09.95 37.13	200m:	2:25.15 37.89	300m:	3:41.73 38.27	400m:	4:56.01 36.53		
7.	Olkowicz Arkadiusz		76	Masters Łódź				5:14.79		
	50m:	34.25 34.25	150m:	1:49.18 37.71	250m:	3:07.20 39.45	350m:	4:32.59 43.80		
	100m:	1:11.47 37.22	200m:	2:27.75 38.57	300m:	3:48.79 41.59	400m:	5:14.79 42.20		
8.	Kulisz Adrian		77	5 Styl Warszawa				5:45.94		
	50m:	36.08 36.08	150m:		250m:		350m:	4:55.24 45.94		
	100m:	1:15.86 39.78	200m:	2:40.16	300m:	4:09.30	400m:	5:45.94 50.70		
9.	Król Grzegorz		77	Swimming Masters Team Szczecin				7:02.00		
	50m:	46.66 46.66	150m:	2:34.97 54.71	250m:	4:23.17 55.25	350m:	6:12.30 53.80		
	100m:	1:40.26 53.60	200m:	3:27.92 52.95	300m:	5:18.50 55.33	400m:	7:02.00 49.70		

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Pozycja			Rok ur.					Czas		
1.	Szymkowiak Marcin		80	Warta Masters Pozna				4:39.13		
	50m:	31.97 31.97	150m:	1:42.50 35.51	250m:	2:54.58 35.93	350m:	4:05.17 35.08		
	100m:	1:06.99 35.02	200m:	2:18.65 36.15	300m:	3:30.09 35.51	400m:	4:39.13 33.96		
2.	Wachowski Błażej		80	Warta Masters Pozna				5:06.26		
	50m:	34.83 34.83	150m:	1:52.86 39.30	250m:	3:10.98 38.98	350m:	4:28.69 38.85		
	100m:	1:13.56 38.73	200m:	2:32.00 39.14	300m:	3:49.84 38.86	400m:	5:06.26 37.57		
3.	Lisiecki Paweł		82	Niezrzeszeni Kaczory				5:25.47		
	50m:	35.60 35.60	150m:	1:56.87 41.33	250m:	3:20.95 42.03	350m:	4:44.96 41.76		
	100m:	1:15.54 39.94	200m:	2:38.92 42.05	300m:	4:03.20 42.25	400m:	5:25.47 40.51		
4.	Zimkowski Dawid		81	Sikret Gliwice				5:26.66		
	50m:	34.80 34.80	150m:	1:55.14 41.52	250m:	3:19.54 42.22	350m:	4:45.60 43.26		
	100m:	1:13.62 38.82	200m:	2:37.32 42.18	300m:	4:02.34 42.80	400m:	5:26.66 41.06		
5.	Ródek Łukasz		84	Swimming Masters Team Szczecin				6:12.71		
	50m:	41.06 41.06	150m:	2:12.14 45.95	250m:	3:47.38 48.06	350m:	5:26.10 49.37		
	100m:	1:26.19 45.13	200m:	2:59.32 47.18	300m:	4:36.73 49.35	400m:	6:12.71 46.61		
6.	Kułakowski Dawid		83	Nabaiji Team Decathlon				6:46.50		
	50m:	42.78 42.78	150m:	2:21.09 50.06	250m:	4:07.03 53.51	350m:			
	100m:	1:31.03 48.25	200m:	3:13.52 52.43	300m:	5:01.89 54.86	400m:	6:46.50		

Konkurencja 42, M czyzn, 400m dowolny

Konkurencja 42
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M czyzn, 400m dowolny

B
 Wyniki

Pozycja			Rok ur.					Czas	
1.	Lindner Szymon		88	RMKS Rybnik				4:27.59	
	50m:	29.69 29.69	150m:	1:36.82 33.96	250m:	2:46.12 34.74	350m:	3:55.22 34.40	
	100m:	1:02.86 33.17	200m:	2:11.38 34.56	300m:	3:20.82 34.70	400m:	4:27.59 32.37	
2.	Samoilenko Yevhen		87	Wolfpack SC Kyiv				4:38.67	
	50m:	31.97 31.97	150m:	1:43.12 36.35	250m:	2:56.56 36.80	350m:	4:05.62 33.45	
	100m:	1:06.77 34.80	200m:	2:19.76 36.64	300m:	3:32.17 35.61	400m:	4:38.67 33.05	
3.	Sowa Robert		89	Nabaiji Team Decathlon				4:40.39	
	50m:	30.99 30.99	150m:	1:41.06 35.54	250m:	2:53.47 36.51	350m:	4:07.02 36.42	
	100m:	1:05.52 34.53	200m:	2:16.96 35.90	300m:	3:30.60 37.13	400m:	4:40.39 33.37	
4.	Pfitzner Jan		86	Warsaw Masters Team				4:41.23	
	50m:	30.49 30.49	150m:	1:40.64 35.62	250m:	2:53.84 36.23	350m:	4:06.96 36.08	
	100m:	1:05.02 34.53	200m:	2:17.61 36.97	300m:	3:30.88 37.04	400m:	4:41.23 34.27	
5.	Gołembiewski Tadeusz		85	Cityzen Pozna				4:43.74	
	50m:	32.23 32.23	150m:	1:44.63 36.24	250m:	2:58.28 37.05	350m:	4:10.70 35.77	
	100m:	1:08.39 36.16	200m:	2:21.23 36.60	300m:	3:34.93 36.65	400m:	4:43.74 33.04	
6.	Sawicki Józef		89	Iswim Białystok				4:55.61	
	50m:	32.50 32.50	150m:	1:46.66 37.45	250m:	3:03.76	350m:		
	100m:	1:09.21 36.71	200m:		300m:		400m:	4:55.61	
7.	Kluczyk Szymon		87	MKP Szczecin				5:00.18	
	50m:	32.64 32.64	150m:	1:44.70 36.89	250m:	3:02.13 39.21	350m:	4:21.12 39.49	
	100m:	1:07.81 35.17	200m:	2:22.92 38.22	300m:	3:41.63 39.50	400m:	5:00.18 39.06	
8.	Chwiałkowski Łukasz		85	Masters Zgierz				5:51.15	
	50m:	36.78 36.78	150m:	2:00.05 42.71	250m:	3:27.48 44.12	350m:	4:54.54 43.08	
	100m:	1:17.34 40.56	200m:	2:43.36 43.31	300m:	4:11.46 43.98	400m:	5:51.15 56.61	
9.	Linyvi Oleksandr		89	Wolfpack SC Kyiv				6:44.21	
	50m:	44.64 44.64	150m:	2:27.54 52.57	250m:	4:12.14 51.52	350m:	5:55.42 51.39	
	100m:	1:34.97 50.33	200m:	3:20.62 53.08	300m:	5:04.03 51.89	400m:	6:44.21 48.79	

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M czyzn, 400m dowolny

A
 Wyniki

Pozycja			Rok ur.					Czas	
1.	Sokulski Jacek		91	Power Swimming Wrocław				4:27.80	
	50m:	29.11 29.11	150m:	1:36.61 34.04	250m:	2:47.48 35.75	350m:	3:55.94 33.22	
	100m:	1:02.57 33.46	200m:	2:11.73 35.12	300m:	3:22.72 35.24	400m:	4:27.80 31.86	
2.	Wróblewski Dawid		90	TKKF Masters Koszalin				4:31.56	
	50m:	31.24 31.24	150m:	1:39.96 34.85	250m:	2:48.19 33.97	350m:	3:57.87 35.11	
	100m:	1:05.11 33.87	200m:	2:14.22 34.26	300m:	3:22.76 34.57	400m:	4:31.56 33.69	
3.	Majdzi ski Adrian		93	4 Masters Team ory				4:36.92	
	50m:	29.88 29.88	150m:	1:38.13 34.64	250m:	2:49.18 35.91	350m:	4:01.47 36.26	
	100m:	1:03.49 33.61	200m:	2:13.27 35.14	300m:	3:25.21 36.03	400m:	4:36.92 35.45	
4.	Zembrzuski Maciej		92	Aquasfera Masters Olsztyn				4:39.52	
	50m:	31.29 31.29	150m:	1:42.16 35.93	250m:	2:53.93 35.68	350m:	4:05.10 35.89	
	100m:	1:06.23 34.94	200m:	2:18.25 36.09	300m:	3:29.21 35.28	400m:	4:39.52 34.42	

Konkurencja 42, M czynn, 400m dowolny, A

Pozycja			Rok ur.				Czas					
5.	Witt Piotr		91				Warta Masters Pozna				4:41.62	
	50m:	30.37	30.37	150m:	1:41.59	35.95	250m:	2:54.07	36.51	350m:	4:07.08	36.49
	100m:	1:05.64	35.27	200m:	2:17.56	35.97	300m:	3:30.59	36.52	400m:	4:41.62	34.54
6.	Bednarczyk Paweł		94				Nabajji Team Decathlon				4:44.61	
	50m:	30.71	30.71	150m:	1:40.90	35.60	250m:	2:53.39	36.38	350m:	4:07.89	36.94
	100m:	1:05.30	34.59	200m:	2:17.01	36.11	300m:	3:30.95	37.56	400m:	4:44.61	36.72
7.	Piotrowski Marek		93				Swimming Masters Team Szczecin				5:49.04	
	50m:	36.57	36.57	150m:	2:00.18	42.69	250m:	3:30.29	45.56	350m:	5:02.50	47.20
	100m:	1:17.49	40.92	200m:	2:44.73	44.55	300m:	4:15.30	45.01	400m:	5:49.04	46.54

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M czynn, 400m dowolny

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 Wyniki

Pozycja			Rok ur.				Czas					
1.	Gajda Maciej		95				Trójka Cz stochowa				4:30.49	
	50m:	29.68	29.68	150m:	1:37.60	34.48	250m:	2:47.61	34.96	350m:	3:57.14	34.84
	100m:	1:03.12	33.44	200m:	2:12.65	35.05	300m:	3:22.30	34.69	400m:	4:30.49	33.35
2.	Pinkosz Mateusz		98				Masters Wrocław				4:30.63	
	50m:	28.97	28.97	150m:	1:36.69	34.54	250m:	2:47.54	35.74	350m:	3:57.09	33.61
	100m:	1:02.15	33.18	200m:	2:11.80	35.11	300m:	3:23.48	35.94	400m:	4:30.63	33.54
3.	Chowaniec Mateusz		95				Trójka Cz stochowa				4:42.85	
	50m:	32.92	32.92	150m:	1:42.22	34.62	250m:	2:54.83	36.42	350m:	4:08.24	36.69
	100m:	1:07.60	34.68	200m:	2:18.41	36.19	300m:	3:31.55	36.72	400m:	4:42.85	34.61
4.	Przybyłowski Filip		96				Swimming Masters Team Szczecin				6:10.38	
	50m:	39.32	39.32	150m:	2:11.25	48.16	250m:	3:48.46	48.38	350m:	5:26.77	48.59
	100m:	1:23.09	43.77	200m:	3:00.08	48.83	300m:	4:38.18	49.72	400m:	6:10.38	43.61