

# Rekordy Polski

## 3000m chód

[M55]

1	Barbużyński	Bogusław	1966-05-13	Gdańsk	POL	14:08.67	-	11:50.34	1081
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## 400m ppł.

[M40]

1	Adamczyk	Jakub	1979-09-26	Warszawa	POL	53.96	-	49.77	1143
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## 300m ppł.

[K50]

1	Milińska-Tymendorf	Anna	1970-02-28		POL	53.97	-	01:05.04	919
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## 100m

[K85]

1	Rosińska	Janina	1936-04-30	Pabianice	POL	24.73	0.3	14.67	633
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## 200m

[K85]

1	Rosińska	Janina	1936-04-30	Pabianice	POL	59.19	0.3	33.64	478
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[M40]

1	Adamczyk	Jakub	1979-09-26	Warszawa	POL	22.54	-0.3	21.39	1026
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## 400m

[K85]

1	Rosińska	Janina	1936-04-30	Pabianice	POL	03:14.09	-	01:43.04	70
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## 800m

[K85]

1	Rosińska	Janina	1936-04-30	Pabianice	POL	07:51.76	-	04:01.16	5
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## 1500m

[K85]

1	Rosińska	Janina	1936-04-30	Pabianice	POL	15:32.32	-	07:58.47	50
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## 10000m

[K55]

1	Dubiela	Halina	1962-09-23	Tczew	POL	44:56.11	-	37:39.61	874
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[K75]

1	Prymakowska	Barbara	1943-11-07	Tarnów	POL	57:55.00	-	37:42.92	871
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## 5000m chód

[M70]

1	Seidel	Bogusław	1949-02-01	Bytom	POL	27:12.40	-	19:39.90	1101
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## skok w dal

[K70]

1	Bartosik	Ewa	1951-03-15	Ostrołęka	POL	3.54	-0.2	6.30	1039
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**skok wzwyż****[K60]**

1	Kielan	Urszula	1960-10-10	Warszawa	POL	1.33	-	1.95	1152
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**[K65]**

1	Ślęzak	Halina	1955-03-17	Bliżyn	POL	1.20	-	1.87	1064
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**[K70]**

1	Szyrajew	Maria	1951-03-24	Gliwice	POL	0.90	-	1.49	655
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**trójskok****[K70]**

1	Bartosik	Ewa	1951-03-15	Ostrołęka	POL	8.28	0.4	14.93	1215
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**[M60]**

1	Chmielewski	Stanisław	1959-07-02	Warszawa	POL	12.09	0.8	17.40	1194
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**skok o tyczce****[M80]**

1	Korolko	Edward	1940-10-13	Toruń	POL	2.10	-	4.22	737
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**Kula****[K70] 3,00 kg**

1	Chewińska	Ludwika	1948-10-09	Warszawa	POL	9.96	-	20.98	1223
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**[M80] 3,00 kg**

1	Roszczak	Czesław	1941-06-18	Pogorzela	POL	13.06	-	24.41	1386
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**rzut dyskiem****[M80] 1,00 kg**

1	Roszczak	Czesław	1941-06-18	Pogorzela	POL	33.25	-	57.39	1001
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**rzut oszczepem****[K60] 500 g**

1	Pierzchała	Halina	1959-03-02	Antonie	POL	23.07	-	43.33	736
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**[K80] 400 g**

1	Romanowska	Helena	1941-03-21	Olsztyn	POL	11.75	-	36.80	615
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**rzut młotem****[K50] 3,00 kg**

1	Szczepanik	Dorota	1969-10-23	Kraków	POL	38.37	-	45.18	681
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**[K55] 3,00 kg**

1	Przybysz-Malek	Beata	1965-02-21	Warszawa	POL	33.99	-	44.21	665
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**[M50] 6,00 kg**

1	Walczak	Mariusz	1971-02-27	Warszawa	POL	64.59	-	80.23	1183
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**Rekordy Mistrzostw Polski****3000m chód****[K35]**

1	Niewierko	Maria	1983-07-19	Warszawa	POL	18:31.73	-	17:59.49	683
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[K50]

1	Morawczyńska	Jolanta	1968-03-22	Dębica	POL	16:49.44	-	14:32.96	952
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[M45]

1	Morawczyński	Konrad	1975-10-27	Dębica	POL	14:55.81	-	13:32.32	881
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[M55]

1	Barbużyński	Bogusław	1966-05-13	Gdańsk	POL	14:08.67	-	11:50.34	1081
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110m ppł.

[M40]

1	Romanowski	Łukasz	1981-02-03	Kraków	POL	17.53	0.4	16.35	754
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80m ppł.

[K50]

1	Bogucka	Bożena	1970-11-25	Wrocław	POL	14.45	- 0.2	14.89	929
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400m ppł.

[M40]

1	Adamczyk	Jakub	1979-09-26	Warszawa	POL	53.96	-	49.77	1143
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300m ppł.

[K50]

1	Milińska-Tymendorf	Anna	1970-02-28		POL	53.97	-	01:05.04	919
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100m

[K70]

1	Bartosik	Ewa	1951-03-15	Ostrołęka	POL	15.44	0.3	11.36	1132
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[K85]

1	Rosińska	Janina	1936-04-30	Pabianice	POL	24.73	0.3	14.67	633
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200m

[K65]

1	Podsiadło	Aleksandra	1953-11-01	Rokietnica	POL	35.01	0.3	26.55	894
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[K85]

1	Rosińska	Janina	1936-04-30	Pabianice	POL	59.19	0.3	33.64	478
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[M40]

1	Adamczyk	Jakub	1979-09-26	Warszawa	POL	22.54	- 0.3	21.39	1026
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400m

[K85]

1	Rosińska	Janina	1936-04-30	Pabianice	POL	03:14.09	-	01:43.04	70
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[M35]

1	Ogonowski	Szymon	1985-07-26		POL	49.32	-	47.81	1008
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800m

[K40]

1	Rostkowska	Anna	1980-07-26	Szklarska Poręba	POL	02:14.25	-	02:04.70	1071
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[K85]

1	Rosińska	Janina	1936-04-30	Pabianice	POL	07:51.76	-	04:01.16	5
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[M50]

1	Szych	Robert	1971-05-01	Szczecin	POL	02:09.46	-	01:52.84	950
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1500m

[K50]

1	Andrzejewska	Joanna	1970-06-11	Lublin	POL	05:18.92	-	04:34.02	947
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[K85]

1	Rosińska	Janina	1936-04-30	Pabianice	POL	15:32.32	-	07:58.47	50
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5000m

[K40]

1	Sudzińska	Mariola	1976-07-12	Olsztyn	POL	18:15.58	-	17:23.54	920
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[K50]

1	Falba	Wioletta	1970-10-02	Działdowo	POL	20:21.24	-	17:46.63	880
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[M65]

1	Macioł	Andrzej	1954-12-22	Kraków	POL	19:32.36	-	15:13.74	791
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10000m

[K35]

1	Ficner	Anna	1985-02-09	Siechnice	POL	38:17.21	-	38:11.24	849
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[K50]

1	Andrzejewska	Joanna	1970-06-11	Lublin	POL	42:36.70	-	37:27.85	883
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[K55]

1	Dubiela	Halina	1962-09-23	Tczew	POL	44:56.11	-	37:39.61	874
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[K75]

1	Prymakowska	Barbara	1943-11-07	Tarnów	POL	57:55.00	-	37:42.92	871
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3000m pprz.

[M35]

1	Kalinowski	Zbigniew	1982-05-12	Jawor	POL	10:27.19	-	10:09.44	763
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[M45]

1	Nowak	Rafał	1975-04-26	Częstochowa	POL	10:13.30	-	09:03.45	1003
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2000m pprz.

[K40]

1	Włodarczyk	Patrycja	1980-06-09	Jawor	POL	09:02.57	-	08:20.25	649
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[M65]

1	Macioł	Andrzej	1954-12-22	Kraków	POL	08:03.14	-	08:46.14	1071
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5000m chód

[M70]

1	Seidel	Bogusław	1949-02-01	Bytom	POL	27:12.40	-	19:39.90	1101
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skok w dal

[K70]

1	Bartosik	Ewa	1951-03-15	Ostrołęka	POL	3.54	-0.2	6.30	1039
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[M60]

1	Chmielewski	Stanisław	1959-07-02	Warszawa	POL	5.43	0	8.01	1128
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[M65]

1	Grzyb	Marek	1955-03-27	Olsztyn	POL	5.03	0	7.93	1111
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[M70]

1	Lorenz	Sylwester	1950-12-11	Poznań	POL	4.31	-1.5	7.27	982
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**skok wzwyż**

[K50]

1	Bogucka	Bożena	1970-11-25	Wrocław	POL	1.48	-	1.92	1119
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[K60]

1	Kielan	Urszula	1960-10-10	Warszawa	POL	1.33	-	1.95	1152
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[K65]

1	Ślęzak	Halina	1955-03-17	Bliżyn	POL	1.20	-	1.87	1064
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[K70]

1	Szyrajew	Maria	1951-03-24	Gliwice	POL	0.90	-	1.49	655
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**trójskok**

[K70]

1	Bartosik	Ewa	1951-03-15	Ostrołęka	POL	8.28	0.4	14.93	1215
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[M60]

1	Chmielewski	Stanisław	1959-07-02	Warszawa	POL	12.09	0.8	17.40	1194
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**skok o tyczce**

[M80]

1	Korolko	Edward	1940-10-13	Toruń	POL	2.10	-	4.22	737
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**kula**

[K70] **3,00 kg**

1	Chewińska	Ludwika	1948-10-09	Warszawa	POL	9.96	-	20.98	1223
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[M35] **7,26 kg**

1	Kownatke	Rafał	1985-03-24	Puck	POL	17.10	-	17.10	946
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[M70] **4,00 kg**

1	Klimczak	Andrzej	1950-07-31	Wilkanowo	POL	13.93	-	20.97	1178
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[M80] **3,00 kg**

1	Roszczak	Czesław	1941-06-18	Pogorzela	POL	13.06	-	24.41	1386
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**rzut dyskiem**

[K35] **1,00 kg**

1	Małecka	Anna	1986-04-10	Kalisz	POL	45.23	-	45.23	764
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[K65] **1,00 kg**

1	Stępniewska	Czesława	1954-07-20	Skarżysko-Kamienna	POL	26.55	-	51.83	887
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[K80] **0,75 kg**

1	Romanowska	Helena	1941-03-21	Olsztyn	POL	14.10	-	39.71	661
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[M80] **1,00 kg**

1	Roszczak	Czesław	1941-06-18	Pogorzela	POL	33.25	-	57.39	1001
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**rzut oszczepem**

**[K60] 500 g**

1	Pierzchała	Halina	1959-03-02	Antonie	POL	23.07	-	43.33	736
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**[K75] 400 g**

1	Sowa	Alicja	1943-08-07	Gliwice	POL	13.85	-	38.18	640
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**[K80] 400 g**

1	Romanowska	Helena	1941-03-21	Olsztyn	POL	11.75	-	36.80	615
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**rzut młotem****[K45] 4,00 kg**

1	Ignaczak	Marzena	1973-12-21	Zduńska Wola	POL	31.63	-	38.93	577
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**[K50] 3,00 kg**

1	Szczepanik	Dorota	1969-10-23	Kraków	POL	38.37	-	45.18	681
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**[K55] 3,00 kg**

1	Przybysz-Malek	Beata	1965-02-21	Warszawa	POL	33.99	-	44.21	665
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**[M50] 6,00 kg**

1	Walczak	Mariusz	1971-02-27	Warszawa	POL	64.59	-	80.23	1183
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