

**KOMUNIKAT KOŃCOWY XI MISTRZOSTW POLSKI WETERANÓW W RZUTACH
26-27 KWIETNIA 2014 R.**

Organizatorzy Mistrzostw:

Pomorski Klub Weteranów Lekkiej Atletyki - Prezes, Tadeusz Sokół; Skarbnik - Zbigniew Werling

Sponsorzy: Sopotki Klub Lekkoatletyczny - Dyrektor, Jerzy Smolarek

Sekretariat: Marzena Sokół

Sędzia Główny: Henryk Fiedorowicz

Lekarz: Konrad Bońda
Jerzy Foerster

komunikat opracował : Tadeusz Sokół

| Waga sprzętu wg kategorii wiekowych | | | | | | |
|-------------------------------------|---------------|----------------|-----------------|----------------|---------------|--|
| Schockorama | | | | | | |
| Kategoria | kula I | kula II | kula III | | | |
| K35-K55 | 2.0 | 2.5 | 3.0 | | | |
| K60+ | 1.5 | 2.0 | 2.5 | | | |
| M35 - M45 | 3.0 | 4.0 | 5.0 | | | |
| M50 - M65 | 2.5 | 3.0 | 4.0 | | | |
| M70 + | 2.0 | 2.5 | 3.0 | | | |
| Shotorama | | | | | | |
| Kategoria | kula I | kula II | kula III | kula IV | kula V | |
| K35 -K45 | 3.0 | 4.0 | 5.0 | 6.0 | 7.26 | |
| K50 + | 2.5 | 3.0 | 4.0 | 5.0 | 6.0 | |
| M35 - M45 | 5.0 | 6.0 | 7.26 | 10.0 | 15.0 | |
| M50 - M65 | 4.0 | 5.0 | 6.0 | 7.26 | 10.0 | |
| M70 + | 3.0 | 4.0 | 5.0 | 6.0 | 7.26 | |
| Speerorama | | | | | | |
| Kategoria | kula I | kula II | kula III | | | |
| K35 - K45 | 1.5 | 2.0 | 2.5 | | | |
| K50+ | 1.0 | 1.5 | 2.0 | | | |
| M35 - M45 | 2.0 | 2.5 | 3.0 | | | |
| M50 - M65 | 1.5 | 2.0 | 2.5 | | | |
| M70+ | 1.0 | 1.5 | 2.0 | | | |
| Dysk antyczny | | | | | | |
| K35 - K45 | 2.5 | | | | | |
| K50 -K55 | 2.0 | | | | | |
| K60+ | 1.5 | | | | | |
| M35 - M45 | 5.0 | | | | | |
| M50 - M55 | 3.75 | | | | | |
| M60 - M65 | 3.0 | | | | | |
| M70+ | 2.5 | | | | | |

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|---------------------|------------------|------------------------|-------------------------|-------------|-----------|------------|-----------|----------|---------------|------------------------------|--|
| Młot szkoeki | | | | | | | | | | | |
| K | 5.0 | | | | | | | | | | |
| M35 - M45 | 13.0 | | | | | | | | | | |
| M50 - M65 | 8.0 | | | | | | | | | | |
| M70+ | 5.0 | | | | | | | | | | |
| Ciężarek | | | | | | | | | | | |
| K35 - K45 | 9.08 | | | | | | | | | | |
| K50 - K55 | 7.26 | | | | | | | | | | |
| K60+ | 5.45 | | | | | | | | | | |
| M35 - M45 | 15.88 | | | | | | | | | | |
| M50 - M55 | 11.34 | | | | | | | | | | |
| M60 - M65 | 9.08 | | | | | | | | | | |
| M70+ | 7.26 | | | | | | | | | | |
| Granat | | | | | | | | | | | |
| K | 250g | | | | | | | | | | |
| M35 - M55 | 500g | | | | | | | | | | |
| M60+ | 250g | | | | | | | | | | |
| Cegła | | | | | | | | | | | |
| K | 5.0 | | | | | | | | | | |
| M35 - M45 | 15.0 | | | | | | | | | | |
| M50 - M55 | 10.0 | | | | | | | | | | |
| M60 - M65 | 7.5 | | | | | | | | | | |
| M70+ | 5.0 | | | | | | | | | | |
| SHOTORAMA | | | | | | | | | | | |
| | | | | Kule | | | | | | | |
| Miejsce | Kategoria | Nazwisko i Imię | Miejscowość/Klub | I | II | III | IV | V | Razem: | przeliczony wynik | |
| 1 | K45 | Sokołów Marzena | PKWLA Sopot | 7.53 | 6.42 | 6.04 | 5.34 | 4.4 | 29.73 | 35.68 | |
| 1 | K55 | Strelczuk Irena | Odra Chojna | 5.9 | 5.28 | 5.07 | 4.63 | 3.8 | 24.68 | 30.11 | |
| 1 | K60 | BEMBNISTA RENATA | Bydgoszcz | 6.27 | 5.96 | 5.35 | 4.47 | 4.28 | 26.33 | 33.70 | |
| 1 | K65 | Baranowska Irena | AZS Poznań | 8.51 | 7.69 | 6.9 | 6.28 | 5.7 | 35.08 | 47.01 | |
| 1 | K50 | Warzecha Beata | PKWLA Sopot | 8.85 | 8.26 | 6.85 | 6.43 | 5.58 | 35.97 | 41.73 | |
| 1 | M35 | Jacków Michał | Środa Wielkopolska | 14.18 | 11.8 | 11.16 | 9.3 | 7.56 | 54.00 | 59.40 | |
| 1 | M40 | Kaszuba Krzysztof | PKWLA Sopot | 16.36 | 15.04 | 13.4 | 10.82 | 7.42 | 63.04 | 72.50 | |
| 2 | M40 | Nadachowski Marek | Zacharzew | 12.62 | 11.96 | 10.94 | 8.71 | 7 | 51.23 | 58.91 | |
| 3 | M40 | Bońda Konrad | Brwinów | 12.35 | 11.6 | 10.14 | 7.92 | 6.1 | 48.11 | 55.33 | |
| 4 | M40 | Kreihns Witold | Tychy | 11.37 | 10.67 | 9.88 | 8.32 | 6.77 | 47.01 | 54.06 | |
| 5 | M40 | Soból Sławomir | Nadarzyn | 11.29 | 10.29 | 9.3 | 7.74 | 6.2 | 44.82 | 51.54 | |
| 1 | M45 | Kulikowicz Tadeusz | PKWLA Sopot | 15.05 | 13.2 | 12.72 | 10.6 | 8.16 | 59.73 | 71.68 | |

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|--------------------|------------------|------------------------|-------------------------|-------------|-----------|------------|---------------|------------------------------|--------------|--------------|--|
| 1 | M50 | Jędrzejewski Krzysztof | PKWLA Sopot | 15.02 | 13.86 | 13.08 | 11.59 | 9.25 | 62.80 | 72.22 | |
| 2 | M50 | Puta Mirosław | PKWLA Sopot | 15.4 | 13.26 | 12.15 | 11.26 | 9.14 | 61.21 | 70.39 | |
| 3 | M50 | Fluszcz Zbigniew | Polkowice | 12.39 | 10.61 | 9.65 | 8.62 | 7.48 | 48.75 | 56.06 | |
| 4 | M50 | Bartkowski Jan | Nidzica | 9.24 | 8.28 | 7.83 | 6.68 | 5.48 | 37.51 | 43.14 | |
| 1 | M55 | Zglenicki Ryszard | Kopernik Bydgoszcz | 15.67 | 14.2 | 12.51 | 11.18 | 8.7 | 62.26 | 74.71 | |
| 2 | M55 | Radzikowski Henryk | PKWLA Sopot | 14.73 | 13.22 | 12.3 | 11.32 | 9.42 | 60.99 | 73.19 | |
| 3 | M55 | Strelezuk Wojciech | Odra Chojna | 14.76 | 13.27 | 12.07 | 10.8 | 8.45 | 59.35 | 71.22 | |
| 1 | M60 | Matczyński Wiktor | Toruń | 14.68 | 13.47 | 12.4 | 10.78 | 8.45 | 59.78 | 74.73 | |
| 2 | M60 | Jankowski Kazimierz | Toruń | 13.58 | 12.61 | 11.93 | 10.73 | 8.89 | 57.74 | 72.18 | |
| 3 | M60 | Krankowski Waclaw | Toruń | 13.95 | 12.46 | 11.04 | 10.17 | 8.61 | 56.23 | 70.29 | |
| 4 | M60 | BEMBNISTA ANDRZEJ | Bydgoszcz | 13.39 | 11.91 | 10.69 | 9.56 | 7.52 | 53.07 | 66.34 | |
| 5 | M60 | Nadachowski Jan | Ostrów Wielkopolski | 11.19 | 9.98 | 9.23 | 8.56 | 7.03 | 45.99 | 57.49 | |
| 6 | M60 | Foerster Jerzy | PKWLA Sopot | 11.12 | 9.93 | 9.07 | 8.23 | 6.86 | 45.21 | 56.51 | |
| 7 | M60 | Kowalski Stanisław | Poznań | 10.13 | 8.88 | 8.21 | 7.41 | 6.31 | 40.94 | 51.18 | |
| 1 | M65 | Wąsiel Józef | Mircze | 12.82 | 11.35 | 10.41 | 9.24 | 7.33 | 51.15 | 66.50 | |
| 2 | M65 | Semborowski Andrzej | PKWLA Sopot | 12.73 | 11.46 | 10.48 | 8.98 | 7.35 | 51.00 | 66.30 | |
| 3 | M65 | Kopik Leszek | PKWLA Sopot | 12.19 | 10.82 | 9.93 | 8.98 | 7.43 | 49.35 | 64.16 | |
| 4 | M65 | Muchewicz Edward | Bydgoszcz | 10.6 | 9.83 | 9.08 | 8.45 | 6.95 | 44.91 | 58.38 | |
| 5 | M65 | Borzecki Stefan | PKWLA Sopot | 9.72 | 8.64 | 7.98 | 7.05 | 5.93 | 39.32 | 51.12 | |
| 1 | M70 | Roszczak Czesław | Olimpijczyk Pogorzela | 13.34 | 11.91 | 10.62 | 9.6 | 8.9 | 54.37 | 68.51 | |
| 2 | M70 | Krukowski Zenon | Międzyrzecz | 9.97 | 9.01 | 8.19 | 7.63 | 6.84 | 41.64 | 52.47 | |
| 1 | M75 | Werling Zbigniew | PKWLA Sopot | 10.86 | 9.6 | 8.53 | 7.99 | 6.8 | 43.78 | 57.79 | |
| 2 | M75 | Wojtkowiak Bernard | PKWLA Sopot | 10.79 | 9.46 | 8.3 | 7.7 | 6.8 | 43.05 | 56.83 | |
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| SCHOCKORAMA | | | | Kule | | | | | | | |
| Miejsce | Kategoria | Nazwisko i Imię | Miejscowość/Klub | I | II | III | Razem: | przeliczony wynik | | | |
| 1 | K45 | Sokołów Marzena | PKWLA Sopot | 11.48 | 10.17 | 7.92 | 29.57 | 35.48 | | | |
| 1 | K65 | Baranowska Irena | AZS Poznań | 16.85 | 14.33 | 12.47 | 43.65 | 57.62 | | | |
| 1 | M35 | Borowski Sławomir | PKWLA Sopot | 20.87 | 16.55 | 13.13 | 50.55 | 55.61 | | | |
| 1 | M35 | Tyrolski Grzegorz | PKWLA Sopot | 21.33 | 15.82 | 12.07 | 49.22 | 54.14 | | | |
| 1 | M40 | Kaszuba Krzysztof | PKWLA Sopot | 27.23 | 22.39 | 19.01 | 68.63 | 78.92 | | | |
| 2 | M40 | Bońda Konrad | Brwinów | 24.16 | 18.75 | 15.47 | 58.38 | 67.14 | | | |
| 3 | M40 | Nadachowski Marek | Zacharzew | 22.62 | 17.60 | 13.81 | 54.03 | 62.13 | | | |

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|-------------------|------------------|------------------------------------|-------------------------|----------|-------------|------------|---------------|------------------------------|----|--|--|
| 4 | M40 | Kreihns Witold | Tychy | 21.79 | 16.40 | 15.25 | 53.44 | 61.46 | | | |
| 5 | M40 | Soból Sławomir | Nadarzyn | 20.11 | 17.47 | 14.90 | 52.48 | 60.35 | | | |
| 6 | M40 | Albiniak Leszek | Olkusz | 22.18 | 16.89 | 13.07 | 52.14 | 59.96 | | | |
| 1 | M45 | Merta Dariusz | Brzeszcze | 29.24 | 24.04 | 19.68 | 72.96 | 87.55 | | | |
| 2 | M45 | Piotrowski Robert | Kołobrzeg | 24.53 | 20.70 | 17.60 | 62.83 | 75.40 | | | |
| 3 | M45 | Kulikowicz Tadeusz | PKWLA Sopot | 24.72 | 19.76 | 16.14 | 60.62 | 72.74 | | | |
| 4 | M45 | Dłużyński Włodzimierz | MKS Aleksandrów Łódzki | 19.97 | 16.53 | 14.04 | 50.54 | 60.65 | | | |
| 1 | M50 | Puta Mirosław | PKWLA Sopot | 28.62 | 26.57 | 20.96 | 76.15 | 87.57 | | | |
| 2 | M50 | Tłuszcz Zbigniew | Polkowice | 25.23 | 21.10 | 15.18 | 61.51 | 70.74 | | | |
| 3 | M50 | Bartkowski Jan | Nidzica | 18.05 | 16.20 | 12.00 | 46.25 | 53.19 | | | |
| 1 | M55 | Maliszewski Andrzej | Pszczyna | 31.15 | 28.43 | 22.45 | 82.03 | 98.44 | | | |
| 2 | M55 | Bednarczyk Józef | Jaworzno | 28.20 | 25.70 | 21.46 | 75.36 | 90.43 | | | |
| 3 | M55 | Radzikowski Henryk | PKWLA Sopot | 27.66 | 25.25 | 20.52 | 73.43 | 88.12 | | | |
| 4 | M55 | Skoczeń Karol | Chorzów | 21.00 | 19.27 | 15.40 | 55.67 | 66.80 | | | |
| 1 | M60 | Jankowski Kazimierz | Toruń | 25.93 | 22.99 | 18.40 | 67.32 | 84.82 | | | |
| 2 | M60 | Krankowski Wacław | Toruń | 25.75 | 22.61 | 18.92 | 67.28 | 84.77 | | | |
| 3 | M60 | Kubacki Mieczysław | Nowe Miasto Lubawskie | 24.02 | 21.81 | 17.99 | 63.82 | 80.41 | | | |
| 4 | M60 | Kowalski Stanisław | Poznań | 20.86 | 19.13 | 16.76 | 56.75 | 71.51 | | | |
| 5 | M60 | Jurkowski Jerzy | PKWLA Sopot | 21.25 | 18.52 | 16.14 | 55.91 | 70.45 | | | |
| 6 | M60 | Sokołów Tadeusz | PKWLA Sopot | 20.52 | 17.89 | 14.90 | 53.31 | 67.17 | | | |
| 7 | M60 | Nadachowski Jan | Ostrów Wielkopolski | 18.23 | 16.14 | 14.08 | 48.45 | 61.05 | | | |
| 1 | M65 | Wąsiel Józef | Mircze | 23.71 | 20.92 | 17.44 | 62.07 | 81.93 | | | |
| 2 | M65 | Semborowski Andrzej | PKWLA Sopot | 23.74 | 20.38 | 16.17 | 60.29 | 79.58 | | | |
| 3 | M65 | Wielgus Ryszard | PKWLA Sopot | 21.41 | 18.62 | 14.71 | 54.74 | 72.26 | | | |
| 4 | M65 | Kopik Leszek | PKWLA Sopot | 19.58 | 18.16 | 14.43 | 52.17 | 68.86 | | | |
| 5 | M65 | Borzecki Stefan | PKWLA Sopot | 19.48 | 16.53 | 12.61 | 48.62 | 64.18 | | | |
| 1 | M70 | Roszczak Czesław | Olimpijczyk Pogorzela | 26.25 | 23.21 | 20.32 | 69.78 | 90.71 | | | |
| 2 | M70 | Krukowski Zenon | Międzyrzecz | 20.05 | 18.65 | 15.59 | 54.29 | 70.58 | | | |
| 1 | M75 | Wojtkowiak Bernard | PKWLA Sopot | 19.01 | 16.93 | 14.41 | 50.35 | 69.99 | | | |
| 2 | M75 | Werling Zbigniew | PKWLA Sopot | 17.02 | 15.23 | 13.03 | 45.28 | 62.94 | | | |
| 1 | M80 | Kundo Zdzisław | PKWLA Sopot | 12.94 | 11.04 | 10.15 | 34.13 | 49.83 | RP | | |
| SPEERORAMA | | | | | Kule | | | | | | |
| Miejsce | Kategoria | Nazwisko i Imię | Miejscowość/Klub | I | II | III | Razem: | przeliczony wynik | | | |
| 1 | K40 | Gogolińska - Nadachowska Katarzyna | Zacharzew | 13.03 | 9.40 | 7.52 | 29.95 | 34.44 | | | |
| 1 | K50 | Warzecha Beata | PKWLA Sopot | 12.20 | 10.19 | 8.80 | 31.19 | 35.87 | | | |
| 1 | K60 | Kapturska Danuta | Swarzędz | 12.42 | 10.43 | 7.20 | 30.05 | 37.86 | RP | | |

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| 1 | K65 | Baranowska Irena | AZS Poznań | 15.36 | 12.22 | 11.20 | 38.78 | 51.19 | | |
| 1 | M35 | Tyrolski Grzegorz | PKWLA Sopot | 24.80 | 21.70 | 19.50 | 66.00 | 72.60 | | |
| 1 | M40 | Bońda Konrad | Brwinów | 28.14 | 24.28 | 20.49 | 72.91 | 83.85 | | |
| 2 | M40 | Soból Sławomir | Nadarzyn | 19.94 | 18.26 | 15.70 | 53.90 | 61.99 | | |
| 3 | M40 | Albiniak Leszek | Olkusz | 15.54 | 12.88 | 10.68 | 39.10 | 44.97 | | |
| 1 | M45 | Dłużyński Włodzimierz | MKS Aleksandrów Łódzki | 20.78 | 18.76 | 17.04 | 56.58 | 67.90 | | |
| 1 | M50 | Baraniak Mirosław | | 34.32 | 28.64 | 23.48 | 86.44 | 99.41 | RP | |
| 2 | M50 | Jenek Andrzej | AKS Chorzów | 33.40 | 28.18 | 23.18 | 84.76 | 97.47 | | |
| 3 | M50 | Puta Mirosław | PKWLA Sopot | 27.60 | 22.22 | 19.25 | 69.07 | 79.43 | | |
| 4 | M50 | Bartkowski Jan | Nidzica | 10.24 | 8.78 | 7.63 | 26.65 | 30.65 | | |
| 1 | M55 | Diak Tadeusz | Sławno | 27.90 | 23.94 | 20.86 | 72.70 | 87.24 | | |
| 2 | M55 | Zglenicki Ryszard | Kopernik Bydgoszcz | 21.21 | 16.26 | 14.27 | 51.74 | 62.09 | | |
| 3 | M55 | Skoczeń Karol | Chorzów | 19.66 | 16.65 | 11.92 | 48.23 | 57.88 | | |
| 1 | M60 | Krankowski Wacław | Toruń | 24.12 | 22.83 | 19.21 | 66.16 | 83.36 | | |
| 2 | M60 | Jankowski Kazimierz | Toruń | 23.81 | 21.61 | 19.22 | 64.64 | 81.45 | | |
| 3 | M60 | Sokołów Tadeusz | PKWLA Sopot | 22.56 | 20.06 | 17.68 | 60.30 | 75.98 | | |
| 4 | M60 | Madecki Romuald | Gdańsk | 21.60 | 18.98 | 16.44 | 57.02 | 71.85 | | |
| 5 | M60 | Foerster Jerzy | PKWLA Sopot | 18.25 | 15.76 | 14.59 | 48.60 | 61.24 | | |
| 1 | M65 | Wielgus Ryszard | PKWLA Sopot | 22.56 | 19.23 | 16.08 | 57.87 | 76.39 | RP | |
| 2 | M65 | Borzecki Stefan | PKWLA Sopot | 20.08 | 17.96 | 15.22 | 53.26 | 70.30 | RP | |
| 1 | M70 | Krukowski Zenon | Międzyrzecz | 24.28 | 20.32 | 18.38 | 62.98 | 81.87 | | |
| 2 | M70 | Kroll Edward | AZS Poznań | 24.21 | 20.82 | 17.58 | 62.61 | 81.39 | | |
| 1 | M75 | Wojtkowiak Bernard | PKWLA Sopot | 20.32 | 17.36 | 14.73 | 52.41 | 72.85 | RP | |
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| DYSK ANTYCZNY | | | | | | | | | | |
| Miejsce | Kategoria | Nazwisko i Imię | Miejscowość/Klub | Wynik | przeliczony wynik | | | | | |
| 1 | K50 | Warzecha Beata | PKWLA Sopot | 13.79 | 16.18 | | | | | |
| 1 | K65 | Baranowska Irena | AZS Poznań | 17.28 | 22.72 | RP | | | | |
| 1 | M35 | Borowski Sławomir | PKWLA Sopot | 18.56 | 20.45 | | | | | |
| 2 | M35 | Tyrolski Grzegorz | PKWLA Sopot | 15.13 | 16.67 | | | | | |
| 1 | M40 | Kaszuba Krzysztof | PKWLA Sopot | 20.20 | 23.80 | | | | | |
| 2 | M40 | Albiniak Leszek | Olkusz | 15.98 | 18.82 | | | | | |
| 3 | M40 | Nadachowski Marek | Zacharzew | 15.63 | 18.41 | | | | | |
| 4 | M40 | Soból Sławomir | Nadarzyn | 14.37 | 16.93 | | | | | |
| 5 | M40 | Kreihns Witold | Tychy | 14.28 | 16.82 | | | | | |
| 6 | M40 | Bońda Konrad | Brwinów | 12.97 | 15.28 | | | | | |
| 1 | M45 | Merta Dariusz | Brzeszcze | 21.41 | 27.28 | | | | | |

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| 2 | M45 | Piotrowski Robert | Kołobrzeg | 19.36 | 24.66 | | | | | |
| 3 | M45 | Kulikowicz Tadeusz | PKWLA Sopot | 16.65 | 21.21 | | | | | |
| 4 | M45 | Dłużyński Włodzimierz | MKS Aleksandrów Łódzki | 13.62 | 17.35 | | | | | |
| 1 | M50 | Puta Mirosław | PKWLA Sopot | 24.24 | 27.54 | | | | | |
| 2 | M50 | Jędrzejewski Krzysztof | PKWLA Sopot | 21.02 | 23.88 | | | | | |
| 3 | M50 | Tłuszcz Zbigniew | Polkowice | 20.40 | 23.17 | | | | | |
| 4 | M50 | Bartkowski Jan | Nidzica | 12.53 | 14.23 | | | | | |
| 1 | M55 | Maliszewski Andrzej | Pszczyna | 27.17 | 32.71 | | | | | |
| 2 | M55 | Radzikowski Henryk | PKWLA Sopot | 24.93 | 30.02 | | | | | |
| 3 | M55 | Bednarczyk Józef | Jaworzno | 24.66 | 29.69 | | | | | |
| 4 | M55 | MALISZEWSKI Andrzej | Pszczyna | 21.60 | 26.01 | | | | | |
| 5 | M55 | Skoczeń Karol | Chorzów | 18.08 | 21.77 | | | | | |
| 1 | M60 | Krankowski Wacław | Toruń | 24.63 | 28.00 | | | | | |
| 2 | M60 | Jankowski Kazimierz | Toruń | 23.74 | 26.99 | | | | | |
| 3 | M60 | Kubacki Mieczysław | Nowe Miasto Lubawskie | 22.96 | 26.11 | | | | | |
| 4 | M60 | Matczyński Wiktor | Toruń | 20.92 | 23.79 | | | | | |
| 5 | M60 | Kowalski Stanisław | Poznań | 20.04 | 22.79 | | | | | |
| 6 | M60 | Jurkowski Jerzy | PKWLA Sopot | 20.03 | 22.77 | | | | | |
| 7 | M60 | Nadachowski Jan | Ostrów Wielkopolski | 18.38 | 20.90 | | | | | |
| 8 | M60 | Foerster Jerzy | PKWLA Sopot | 17.16 | 19.51 | | | | | |
| 1 | M65 | Wąsiel Józef | Mirze | 22.08 | 27.51 | | | | | |
| 2 | M65 | Wielgus Ryszard | PKWLA Sopot | 20.61 | 25.68 | | | | | |
| 3 | M65 | Kopik Leszek | PKWLA Sopot | 19.50 | 24.30 | | | | | |
| 4 | M65 | Semborowski Andrzej | PKWLA Sopot | 18.84 | 23.47 | | | | | |
| 5 | M65 | Borzecki Stefan | PKWLA Sopot | 16.31 | 20.32 | | | | | |
| 1 | M70 | Roszczak Czesław | Olimpijczyk Pogorzela | 23.09 | 27.73 | | | | | |
| 2 | M70 | Krukowski Zenon | Międzyrzecz | 19.46 | 23.37 | | | | | |
| 1 | M75 | Wojtkowiak Bernard | PKWLA Sopot | 18.41 | 23.42 | | | | | |
| 2 | M75 | Werling Zbigniew | PKWLA Sopot | 14.94 | 19.00 | | | | | |
| 1 | M80 | Kundo Zdzisław | PKWLA Sopot | 11.80 | 15.85 | | | | | |
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| MŁOT SZKOCKI | | | | | | | | | | |
| Miejsce | Kategoria | Nazwisko i Imię | Miejscowość/Klub | Wynik | przeliczony wynik | | | | | |
| 1 | K45 | Sokołów Marzena | PKWLA Sopot | 16.10 | 22.22 | | | | | |
| 1 | M35 | Jankowski Tomasz | | 15.82 | 17.88 | | | | | |
| 2 | M35 | Borowski Sławomir | PKWLA Sopot | 15.38 | 17.38 | | | | | |
| 3 | M35 | Tyrołski Grzegorz | PKWLA Sopot | 11.13 | 12.58 | | | | | |

| | | | | | | | | | |
|----------------------|------------|------------------------|------------------------|--------------|--------------|-----------|--|--|--|
| 1 | M40 | Walczak Mariusz | Orzeł Warszawa | 18.81 | 22.76 | | | | |
| 2 | M40 | Nadachowski Marek | Zacharzew | 15.10 | 18.27 | | | | |
| 3 | M40 | Soból Sławomir | Nadarzyn | 13.88 | 16.79 | | | | |
| 4 | M40 | Kreihns Witold | Tychy | 13.19 | 15.96 | | | | |
| 5 | M40 | Bońda Konrad | Brwinów | 12.82 | 15.51 | | | | |
| 1 | M45 | Merta Dariusz | Brzeszcze | 18.65 | 24.25 | | | | |
| 2 | M45 | Świdziński Paweł | Skra Warszawa | 18.48 | 24.02 | | | | |
| 3 | M45 | Piotrowski Robert | Kołobrzeg | 14.72 | 19.14 | | | | |
| 4 | M45 | Dłużyński Włodzimierz | MKS Aleksandrów Łódzki | 12.46 | 16.20 | | | | |
| 1 | M50 | Puta Mirosław | PKWLA Sopot | 21.95 | 30.73 | | | | |
| 2 | M50 | Jędrzejewski Krzysztof | PKWLA Sopot | 21.58 | 30.21 | | | | |
| 3 | M50 | Tłuszcz Zbigniew | Polkowice | 15.69 | 21.97 | | | | |
| 4 | M50 | Bartkowski Jan | Nidzica | 13.96 | 19.54 | | | | |
| 1 | M55 | Radzikowski Henryk | PKWLA Sopot | 24.07 | 36.35 | | | | |
| 2 | M55 | Kamionka Marek | Ossów | 21.23 | 32.06 | | | | |
| 3 | M55 | Strelczuk Wojciech | Odra Chojna | 21.12 | 31.89 | | | | |
| 4 | M55 | Bednarczyk Józef | Jaworzno | 21.06 | 31.80 | | | | |
| 5 | M55 | Zglenicki Ryszard | Kopernik Bydgoszcz | 18.91 | 28.55 | | | | |
| 6 | M55 | Levi Charles | Skra Warszawa | 15.56 | 23.50 | | | | |
| 1 | M60 | Matczyński Wiktor | Toruń | 22.68 | 31.75 | | | | |
| 2 | M60 | Krankowski Wacław | Toruń | 22.54 | 31.56 | | | | |
| 3 | M60 | Mathia Jerzy | Skra Warszawa | 20.46 | 28.64 | | | | |
| 4 | M60 | Kubacki Mieczysław | Nowe Miasto Lubawskie | 19.21 | 26.89 | | | | |
| 5 | M60 | Ceszke Brunon | LKS Ziemi Puckiej | 19.09 | 26.73 | | | | |
| 6 | M60 | Jurkowski Jerzy | PKWLA Sopot | 18.46 | 25.84 | | | | |
| 7 | M60 | Nadachowski Jan | Ostrów Wielkopolski | 18.04 | 25.26 | | | | |
| 1 | M65 | Semborowski Andrzej | PKWLA Sopot | 17.79 | 27.04 | | | | |
| 2 | M65 | Wąsiel Józef | Mircze | 16.78 | 25.51 | | | | |
| 3 | M65 | Muchewicz Edward | Bydgoszcz | 15.90 | 24.17 | | | | |
| 4 | M65 | Borzecki Stefan | PKWLA Sopot | 14.58 | 22.16 | | | | |
| 1 | M70 | Roszczak Czesław | Olimpijczyk Pogorzela | 22.36 | 36.45 | | | | |
| 2 | M70 | Krukowski Zenon | Międzyrzecz | 19.74 | 32.18 | | | | |
| 3 | M70 | Kroll Edward | AZS Poznań | 18.06 | 29.44 | | | | |
| 1 | M80 | Kundo Zdzisław | PKWLA Sopot | 16.43 | 30.89 | RP | | | |
| 1 | PK | Bońda Zuzanna | Brwinów | 18.75 | 18.75 | | | | |
| RZUT GRANATEM | | | | | | | | | |

| Miejsce | Kategoria | Nazwisko i Imię | Miejscowość/Klub | Wynik | przeliczony wynik | | | | |
|-------------------|-----------|------------------------------------|------------------------|-------|----------------------|----|--|--|--|
| 1 | K40 | Gogolińska - Nadachowska Katarzyna | Zacharzew | 34.55 | 43.88 | | | | |
| 1 | K50 | Warzecha Beata | PKWLA Sopot | 23.79 | 35.69 | | | | |
| 1 | K55 | Strelczuk Irena | Odra Chojna | 23.90 | 38.96 | | | | |
| 1 | K60 | Kapturska Danuta | Swarzędz | 29.38 | 52.00 | | | | |
| 1 | M35 | Tyrolski Grzegorz | PKWLA Sopot | 56.20 | 63.51 | | | | |
| 2 | M35 | Jankowski Tomasz | | 36.16 | 40.86 | | | | |
| 1 | M40 | Bońda Konrad | Brwinów | 52.76 | 63.84 | | | | |
| 2 | M40 | Nadachowski Marek | Zacharzew | 52.60 | 63.65 | | | | |
| 3 | M40 | Soból Sławomir | Nadarzyn | 43.01 | 52.04 | | | | |
| 4 | M40 | Albiniak Leszek | Olkusz | 32.00 | 38.72 | | | | |
| 1 | M45 | Dłużyński Włodzimierz | MKS Aleksandrów Łódzki | 44.94 | 58.42 | | | | |
| 1 | M50 | Baraniak Mirosław | | 59.32 | 83.05 | RP | | | |
| 2 | M50 | Jenek Andrzej | AKS Chorzów | 54.34 | 76.08 | | | | |
| 3 | M50 | Puta Mirosław | PKWLA Sopot | 47.10 | 65.94 | | | | |
| 4 | M50 | Bartkowski Jan | Nidzica | 25.59 | 35.83 | | | | |
| 1 | M55 | Diak Tadeusz | Sławno | 52.92 | 79.91 | | | | |
| 2 | M55 | Zglenicki Ryszard | Kopernik Bydgoszcz | 43.27 | 65.34 | | | | |
| 3 | M55 | Skoczeń Karol | Chorzów | 38.78 | 58.56 | | | | |
| 1 | M60 | Madecki Romuald | Gdańsk | 48.13 | 67.38 | | | | |
| 2 | M60 | Foerster Jerzy | PKWLA Sopot | 42.30 | 59.22 | | | | |
| 3 | M60 | Sokołów Tadeusz | PKWLA Sopot | 41.75 | 58.45 | | | | |
| 4 | M60 | Jurkowski Jerzy | PKWLA Sopot | 41.38 | 57.93 | | | | |
| 1 | M65 | Wielgus Ryszard | PKWLA Sopot | 47.78 | 72.63 | | | | |
| 2 | M65 | Bońda Stanisław | Brwinów | 43.82 | 66.61 | | | | |
| 3 | M65 | Lauren Andrzej | Sławno | 43.50 | 66.12 | | | | |
| 4 | M65 | Borzecki Stefan | PKWLA Sopot | 41.01 | 62.34 | | | | |
| 1 | M70 | Krukowski Zenon | Międzyrzecz | 46.94 | 76.51 | | | | |
| 2 | M70 | Kroll Edward | AZS Poznań | 42.84 | 69.83 | | | | |
| 1 | M75 | Wojtkowiak Bernard | PKWLA Sopot | 39.80 | 69.65 | | | | |
| RZUT CEGŁĄ | | | | | | | | | |
| Miejsce | Kategoria | Nazwisko i Imię | Miejscowość/Klub | Wynik | przeliczony wynik | | | | |
| 1 | M35 | Jacków Michał | Środa Wielkopolska | 8.07 | 8.96 | | | | |
| 2 | M35 | Jankowski Tomasz | | 6.02 | 6.68 | | | | |
| 1 | M40 | Kreihns Witold | Tychy | 8.15 | 9.54 | | | | |

| 2 | M40 | Nadachowski Marek | Zacharzew | 7.28 | 8.52 | | | | |
|------------------------|-----------|------------------------|--------------------|-------|----------------------|----|--|--|--|
| 3 | M40 | Soból Sławomir | Nadarzyn | 7.28 | 8.52 | | | | |
| 4 | M40 | Bońda Konrad | Brwinów | 6.37 | 7.45 | | | | |
| 1 | M45 | Piotrowski Robert | Kołobrzeg | 7.91 | 9.81 | | | | |
| 2 | M45 | Merta Dariusz | Brzeszcze | 7.89 | 9.78 | | | | |
| 3 | M45 | Kulikowicz Tadeusz | PKWLA Sopot | 7.61 | 9.44 | | | | |
| 1 | M50 | Puta Mirosław | PKWLA Sopot | 9.51 | 11.13 | | | | |
| 2 | M50 | Jędrzejewski Krzysztof | PKWLA Sopot | 9.50 | 11.12 | | | | |
| 3 | M50 | Tłuszcz Zbigniew | Polkowice | 8.39 | 9.82 | | | | |
| 4 | M50 | Jenek Andrzej | AKS Chorzów | 7.87 | 9.21 | | | | |
| 5 | M50 | Bartkowski Jan | Nidzica | 6.67 | 7.80 | | | | |
| 1 | M55 | Radzikowski Henryk | PKWLA Sopot | 10.29 | 12.76 | RP | | | |
| 2 | M55 | Zglenicki Ryszard | Kopernik Bydgoszcz | 9.99 | 12.39 | | | | |
| 3 | M55 | Strelczuk Wojciech | Odra Chojna | 9.29 | 11.52 | | | | |
| 4 | M55 | Bednarczyk Józef | Jaworzno | 8.83 | 10.95 | | | | |
| 1 | M60 | Krankowski Wacław | Toruń | 10.15 | 11.88 | | | | |
| 2 | M60 | Matczyński Wiktor | Toruń | 9.44 | 11.04 | | | | |
| 3 | M60 | Foerster Jerzy | PKWLA Sopot | 7.87 | 9.21 | | | | |
| 4 | M60 | Jurkowski Jerzy | PKWLA Sopot | 7.82 | 9.15 | | | | |
| 1 | M65 | Kopik Leszek | PKWLA Sopot | 8.81 | 10.92 | | | | |
| 2 | M65 | Semborowski Andrzej | PKWLA Sopot | 8.71 | 10.80 | | | | |
| 3 | M65 | Wąsiel Józef | Mircze | 8.46 | 10.49 | | | | |
| 4 | M65 | Muchewicz Edward | Bydgoszcz | 8.37 | 10.38 | | | | |
| 5 | M65 | Wielgus Ryszard | PKWLA Sopot | 7.64 | 9.47 | | | | |
| 6 | M65 | Borzecki Stefan | PKWLA Sopot | 7.44 | 9.23 | | | | |
| 1 | M70 | Krukowski Zenon | Międzyrzecz | 9.39 | 10.99 | | | | |
| 1 | M75 | Wojtkowiak Bernard | PKWLA Sopot | 9.79 | 12.14 | RP | | | |
| RZUT CIĘŻARKIEM | | | | | | | | | |
| Miejsce | Kategoria | Nazwisko i Imię | Miejscowość/Klub | Wynik | przeliczony wynik | | | | |
| 1 | K50 | Warzecha Beata | PKWLA Sopot | 8.22 | 9.68 | | | | |
| 1 | K60 | Kapturska Danuta | Swarzędz | 9.02 | 10.63 | | | | |
| 1 | M35 | Borowski Sławomir | PKWLA Sopot | 11.82 | 13.03 | | | | |
| 2 | M35 | Jankowski Tomasz | | 11.53 | 12.71 | | | | |
| 1 | M40 | Walczak Mariusz | Orzeł Warszawa | 16.75 | 19.73 | | | | |
| 2 | M40 | Nadachowski Marek | Zacharzew | 12.07 | 14.22 | | | | |
| 3 | M40 | Soból Sławomir | Nadarzyn | 9.70 | 11.43 | | | | |

| 4 | M40 | Bońda Konrad | Brwinów | 9.57 | 11.27 | | | | | |
|------------------------------|-----------|------------------------|-----------------------|-------|----------------------|----|--|--|--|--|
| 5 | M40 | Albiniak Leszek | Olkusz | 8.10 | 9.54 | | | | | |
| 1 | M45 | Świdziński Paweł | Skra Warszawa | 13.89 | 17.56 | | | | | |
| 2 | M45 | Piotrowski Robert | Kołobrzeg | 10.69 | 13.51 | | | | | |
| 1 | M50 | Puta Mirosław | PKWLA Sopot | 13.82 | 15.48 | | | | | |
| 2 | M50 | Jędrzejewski Krzysztof | PKWLA Sopot | 12.67 | 14.19 | | | | | |
| 3 | M50 | Tłuszcz Zbigniew | Polkowice | 10.70 | 11.98 | | | | | |
| 4 | M50 | Bartkowski Jan | Nidzica | 7.82 | 8.76 | | | | | |
| 1 | M55 | Lipowski Witold | Raszowa | 16.46 | 19.42 | | | | | |
| 2 | M55 | Strelczuk Wojciech | Odra Chojna | 14.28 | 16.85 | | | | | |
| 3 | M55 | Radzikowski Henryk | PKWLA Sopot | 14.00 | 16.52 | | | | | |
| 4 | M55 | Kamionka Marek | Ossów | 13.21 | 15.59 | | | | | |
| 5 | M55 | Bednarczyk Józef | Jaworzno | 13.18 | 15.55 | | | | | |
| 6 | M55 | Levi Charles | Skra Warszawa | 12.24 | 14.44 | | | | | |
| 1 | M60 | Mathia Jerzy | Skra Warszawa | 16.43 | 18.89 | | | | | |
| 2 | M60 | Ceszke Brunon | LKS Ziemi Puckiej | 16.24 | 18.68 | | | | | |
| 3 | M60 | Krankowski Wacław | Toruń | 15.53 | 17.86 | | | | | |
| 4 | M60 | Kubacki Mieczysław | Nowe Miasto Lubawskie | 15.03 | 17.28 | | | | | |
| 5 | M60 | Nadachowski Jan | Ostrów Wielkopolski | 13.28 | 15.27 | | | | | |
| 6 | M60 | Jurkowski Jerzy | PKWLA Sopot | 12.50 | 14.38 | | | | | |
| 1 | M65 | Kapturski Andrzej | Swarzędz | 12.47 | 15.09 | | | | | |
| 2 | M65 | Wielgus Ryszard | PKWLA Sopot | 12.45 | 15.06 | | | | | |
| 3 | M65 | Wąsiel Józef | Mircze | 11.73 | 14.19 | | | | | |
| 4 | M65 | Borzecki Stefan | PKWLA Sopot | 10.55 | 12.77 | | | | | |
| 1 | M70 | Roszczak Czesław | Olimpijczyk Pogorzela | 15.06 | 17.32 | | | | | |
| 2 | M70 | Krukowski Zenon | Międzyrzecz | 10.85 | 12.48 | | | | | |
| 3 | M70 | Kroll Edward | AZS Poznań | 10.17 | 11.70 | | | | | |
| 1 | PK | Bońda Zuzanna | Brwinów | 13.16 | 13.16 | | | | | |
| RZUT CIĘŻAREM 25.40kg | | | | | | | | | | |
| Miejsce | Kategoria | Nazwisko i Imię | Miejscowość/Klub | Wynik | przeliczony wynik | | | | | |
| 1 | M35 | Jankowski Tomasz | | 7.75 | 8.60 | | | | | |
| 2 | M35 | Borowski Sławomir | PKWLA Sopot | 7.41 | 8.23 | | | | | |
| 1 | M40 | Walczak Mariusz | Orzeł Warszawa | 10.46 | 12.24 | | | | | |
| 2 | M40 | Nadachowski Marek | Zacharzew | 8.06 | 9.43 | | | | | |
| 3 | M40 | Bońda Konrad | Brwinów | 6.05 | 7.08 | | | | | |
| 1 | M45 | Świdziński Paweł | Skra Warszawa | 8.80 | 10.91 | RP | | | | |

| | | | | | | | | | | |
|---|------------|--------------------|---------------|------|-------|--|--|--|--|--|
| 2 | M45 | Piotrowski Robert | Kołobrzeg | 6.39 | 7.92 | | | | | |
| 1 | M50 | Puta Mirosław | PKWLA Sopot | 5.96 | 7.81 | | | | | |
| 2 | M50 | Tłuszcz Zbigniew | Polkowice | 4.95 | 6.48 | | | | | |
| 3 | M50 | Bartkowski Jan | Nidzica | 4.56 | 5.97 | | | | | |
| 1 | M55 | Lipowski Witold | Raszowa | 8.22 | 11.43 | | | | | |
| 2 | M55 | Radzikowski Henryk | PKWLA Sopot | 7.54 | 10.48 | | | | | |
| 3 | M55 | Kamionka Marek | Ossów | 6.55 | 9.10 | | | | | |
| 4 | M55 | Levi Charles | Skra Warszawa | 5.76 | 8.01 | | | | | |
| 1 | M60 | Matczyński Wiktor | Toruń | 6.67 | 9.80 | | | | | |
| 2 | M60 | Mathia Jerzy | Skra Warszawa | 6.67 | 9.80 | | | | | |
| 3 | M60 | Jurkowski Jerzy | PKWLA Sopot | 5.23 | 7.69 | | | | | |
| 1 | M65 | Wielgus Ryszard | PKWLA Sopot | 5.05 | 7.88 | | | | | |
| 2 | M65 | Wąsiel Józef | Mircze | 4.86 | 7.58 | | | | | |
| 3 | M65 | Borzecki Stefan | PKWLA Sopot | 4.26 | 6.65 | | | | | |
| 4 | M65 | Muchewicz Edward | Bydgoszcz | 3.82 | 5.96 | | | | | |

