

REKORDY POLSKI MASTERS W RZUTACH

Stan na: 2017.08.20

Zestawienia opracował: Mirosław Łuniewski - luniewskim@go2.pl

Schockorama

Trójbój w rzutach kulami sposobem dyskowym

W35-W55 2 kg+2,5 kg+3 kg **W60+** 1,5 kg+2 kg+2,5 kg

M35-M49 3 kg+4 kg+5 kg **M50-M69** 2,5 kg+3 kg+4 kg **M 70+** 2 kg+3 kg+4 kg

| | | | | | | | |
|-------------|-------|------------|-------------|--------|----------------|------------|----------|
| W 35 | 43.51 | Agnieszka | RATHNAU | 490123 | Celbowo | 07.05.2017 | Sopot |
| W 40 | 67.00 | Klaudia | SIEKLIŃSKA | 721013 | Kraków | 07.07.2013 | Tata |
| W 45 | 55.73 | Małgorzata | KRZYŻAN | 680513 | Lubusz Słubice | 07.05.2017 | Sopot |
| W 50 | 49.78 | Teresa | PIWOWARSKA | 560605 | Wałcz | 06.06.2009 | Cigacice |
| W 55 | 46.68 | Teresa | PIWOWARSKA | 560605 | Wałcz | 02.06.2012 | Cigacice |
| W 60 | 49.00 | Irena | BARANOWSKA | 460406 | AZS Poznań | 18.09.2010 | Cigacice |
| W 65 | 49.38 | Irena | BARANOWSKA | 460406 | AZS Poznań | 02.06.2012 | Cigacice |
| W 70 | 42.72 | Irena | BARANOWSKA | 460406 | AZS Poznań | 23.04.2016 | Sopot |
| W 75 | 29.65 | Helena | ROMANOWSKA | 410321 | Olsztyn | 07.05.2017 | Sopot |
| M 35 | 76.90 | Tomasz | STĘPIEŃ | 710804 | Kołobrzeg | 21.08.2009 | Tata |
| M 40 | 75.05 | Krzysztof | KASZUBA | 700602 | PKWLA Sopot | 25.04.2015 | Sopot |
| M 45 | 75.67 | Dariusz | MERTA | 680703 | Brzeszcze | 07.07.2013 | Tata |
| M 50 | 81.76 | Henryk | RADZIKOWSKI | 590328 | PKWLA Sopot | 21.08.2009 | Tata |
| M 55 | 85.16 | Andrzej | MALISZEWSKI | 570522 | Pszczyna | 07.07.2013 | Tata |
| M 60 | 77.99 | Andrzej | MALISZEWSKI | 570522 | Pszczyna | 19.08.2017 | Tata |
| M 65 | 67.67 | Wacław | KRANKOWSKI | 510119 | Toruń | 23.04.2016 | Sopot |
| M 70 | 74.82 | Longin | BUJNOWICZ | 400702 | Zgierz | 14.08.2011 | Tata |
| M 75 | 65.67 | Longin | BUJNOWICZ | 400702 | Zgierz | 07.05.2017 | Sopot |
| M 80 | 49.83 | Zdzisław | KUNDO | 331217 | PKWLA Sopot | 27.04.2014 | Sopot |

Shotorama

Pięciobój w pchnięciach kulami z miejsca

W35-W49 3 kg+4 kg+5 kg+6 kg+7,26 kg **W50+** 2,5 kg+3 kg+4 kg+5 kg+6 kg

M35-M49 5 kg+6 kg+7,26 kg+10 kg+15 kg **M50-M69** 4 kg+5 kg+6 kg +7,26 kg+10 kg **M70+** 3 kg+4 kg+5 kg+6 kg+7,26 kg

| | | | | | | | |
|-------------|-------|------------|--------------|--------|----------------|------------|----------|
| W 35 | 40.92 | Agnieszka | RATHNAU | 490123 | Celbowo | 23.04.2016 | Sopot |
| W 40 | 47.30 | Klaudia | SIEKLIŃSKA | 721013 | Kraków | 07.07.2013 | Tata |
| W 45 | 45.33 | Małgorzata | KRZYŻAN | 680513 | Lubusz Słubice | 07.05.2017 | Sopot |
| W 50 | 44.01 | Teresa | PIWOWARSKA | 560605 | Wałcz | 06.06.2009 | Cigacice |
| W 55 | 41.43 | Teresa | PIWOWARSKA | 560605 | Wałcz | 03.09.2011 | Cigacice |
| W 60 | 38.41 | Irena | BARANOWSKA | 460406 | AZS Poznań | 06.06.2009 | Cigacice |
| W 65 | 37.54 | Irena | BARANOWSKA | 460406 | AZS Poznań | 02.06.2012 | Cigacice |
| W 70 | 37.18 | Irena | BARANOWSKA | 460406 | AZS Poznań | 23.04.2016 | Sopot |
| W 75 | 29.75 | Helena | ROMANOWSKA | 410321 | Olsztyn | 07.05.2017 | Sopot |
| M 35 | 65.16 | Grzegorz | PAWELSKI | 680214 | Gorzów Wlkp. | 04.06.2005 | Cigacice |
| M 40 | 67.10 | Grzegorz | PAWELSKI | 680214 | Gorzów Wlkp. | 07.06.2008 | Cigacice |
| M 45 | 66.69 | Krzysztof | KSZUBA | 700622 | Krawiec Tczew | 21.08.2015 | Tata |
| M 50 | 70.04 | Janusz | CHILMANOWICZ | 640517 | UKS Działdowo | 25.04.2015 | Sopot |
| M 55 | 64.44 | Ryszard | ZGLENICKI | 561124 | Bydgoszcz | 05.05.2012 | Sopot |
| M 60 | 62.00 | Ryszard | ZGLENICKI | 561124 | Bydgoszcz | 07.05.2017 | Sopot |
| M 65 | 57.46 | Wiktor | MATCZYŃSKI | 500408 | Toruń | 25.04.2015 | Sopot |
| M 70 | 57.64 | Longin | BUJNOWICZ | 400702 | Zgierz | 14.08.2011 | Tata |
| M 75 | 54.00 | Longin | BUJNOWICZ | 400702 | Zgierz | 07.05.2017 | Sopot |
| M 80 | 39.60 | Antoni | KARGOL | 370109 | Wałcz | 07.05.2017 | Sopot |

Speerorama

Trójbój w rzutach kulami sposobem oszczepniczym

W35-W49 1,5 kg+2,0 kg+2,5 kg **W50+** 1,0 kg+1,5 kg+2,0 kg

M35-M49 2,0 kg+2,5 kg+3,0 kg **M50-M69** 1,5 kg+2,0 kg+2,5 kg **M70+** 1,0 kg+1,5 kg+2,0 kg

| | | | | | | | |
|-------------|-------|---------|------------|--------|------------|------------|-------|
| W 35 | 29.40 | Izabela | SPICZKO | | Tczew | 30.05.2015 | Tczew |
| W 40 | 30.20 | Klaudia | SIEKLIŃSKA | 721013 | Kraków | 28.04.2013 | Sopot |
| W 45 | 31.88 | Danuta | BARTKOWSKA | 670110 | Nidzica | 24.05.2014 | Tczew |
| W 50 | 39.50 | Jolanta | BUKOWSKA | | Elbląg | 30.05.2015 | Tczew |
| W 55 | 29.82 | Danuta | KAPTURSKA | 521010 | Swarzędz | 07.05.2011 | Sopot |
| W 60 | 37.86 | Danuta | KAPTURSKA | 521010 | Swarzędz | 27.04.2014 | Sopot |
| W 65 | 43.89 | Irena | BARANOWSKA | 460406 | AZS Poznań | 07.05.2011 | Sopot |
| W 70 | 36.18 | Irena | BARANOWSKA | 460406 | AZS Poznań | 23.04.2016 | Sopot |
| W 75 | 26.69 | Ewa | FRĄCKOWIAK | 380326 | Poznań | 07.07.2013 | Tata |

| | | | | | | | |
|-------------|-------|----------|------------|--------|--------------|------------|-------|
| M 35 | 66.17 | Grzegorz | TYROLSKI | 760805 | PKWLA Sopot | 07.07.2013 | Tata |
| M 40 | 80.66 | Miroslaw | WITEK | 670424 | SKLA Slupsk | 08.05.2010 | Sopot |
| M 45 | 79.61 | Grzegorz | PAWELSKI | 680214 | Gorzow Wlkp. | 24.05.2014 | Tczew |
| M 50 | 86.44 | Miroslaw | BARANIAK | 640319 | Oswiecim | 27.04.2014 | Sopot |
| M 55 | 79.64 | Andrzej | JENEK | 591201 | Chorzow | 07.05.2017 | Sopot |
| M 60 | 78.55 | Tadeusz | DIAK | 551028 | Slawno | 23.04.2016 | Sopot |
| M 65 | 66.30 | Waclaw | KRANKOWSKI | 510119 | Toruń | 23.04.2016 | Sopot |
| M 70 | 72.29 | Longin | BUJNOWICZ | 400702 | Zgierz | 07.05.2011 | Sopot |
| M 75 | 69.66 | Longin | BUJNOWICZ | 400702 | Zgierz | 14.05.2016 | Tczew |
| M 80 | 34.26 | Józef | DRYGLAS | 301127 | Bydgoszcz | 07.05.2011 | Sopot |

Dysk antyczny

W35-W49 2,5 kg **W50+** 2 kg

M35-M49 5 kg **M50-M59** 3,75 kg **M60-M69** 3 kg **M70+** 2,5 kg

| | | | | | | | |
|-------------|-------|------------|-------------|--------|----------------|------------|------------------|
| W 35 | 15.70 | Agnieszka | RATHNAU | 490123 | Celbowo | 07.05.2017 | Sopot |
| W 40 | 22.78 | Klaudia | SIEKLIŃSKA | 721013 | Kraków | 07.07.2013 | Tata |
| W 45 | 20.01 | Małgorzata | KRZYŻAN | 680513 | Lubusz Stubice | 07.05.2017 | Sopot |
| W 50 | 16.23 | Teresa | PIWOWARSKA | 560605 | Wałcz | 07.06.2008 | Cigacice |
| W 55 | 17.00 | Teresa | PIWOWARSKA | 560605 | Wałcz | 03.09.2011 | Cigacice |
| W 60 | 15.78 | Irena | BARANOWSKA | 460406 | AZS Poznań | 06.06.2009 | Cigacice |
| W 65 | 16.12 | Irena | BARANOWSKA | 460406 | AZS Poznań | 25.04.2015 | Sopot |
| W 70 | 16.72 | Irena | BARANOWSKA | 460406 | AZS Poznań | 23.04.2016 | Sopot |
| W 75 | 10.94 | Ewa | FRĄCKOWIAK | 380326 | Poznań | 16.05.2015 | Nowe Miasto Lub. |
| M 35 | 25.93 | Sebastian | WENTA | 750504 | Lubiszewo | 24.05.2014 | Tczew |
| M 40 | 25.29 | Mieczysław | SZPAK | 610710 | Kołobrzeg | 10.08.2003 | Tata |
| M 45 | 23.97 | Grzegorz | PAWELSKI | 680214 | Gorzow Wlkp. | 01.06.2013 | Cigacice |
| M 50 | 27.77 | Mieczysław | SZPAK | 610710 | Kołobrzeg | 03.09.2011 | Cigacice |
| M 55 | 27.71 | Andrzej | MALISZEWSKI | 570522 | Pszczyna | 01.06.2013 | Cigacice |
| M 60 | 29.01 | Andrzej | MALISZEWSKI | 570522 | Pszczyna | 19.08.2017 | Tata |
| M 65 | 26.67 | Tadeusz | LASKA | 460628 | Wałcz | 02.06.2012 | Cigacice |
| M 70 | 26.27 | Longin | BUJNOWICZ | 400702 | Zgierz | 14.08.2011 | Tata |
| M 75 | 23.95 | Longin | BUJNOWICZ | 400702 | Zgierz | 14.05.2016 | Tczew |
| M 80 | 12.79 | Stanisław | KOWALSKI | 320331 | Warka | 18.05.2013 | Nowe Miasto Lub. |

Młot szkodki

W 5 kg **M35-M49** 13 kg **M50-M69** 8 kg **M70+** 5 kg

| | | | | | | | |
|-------------|-------|-----------|-------------|--------|----------------|------------|----------|
| W 40 | 25.97 | Klaudia | SIEKLIŃSKA | 721013 | Kraków | 07.07.2013 | Tata |
| W 45 | 17.29 | Ewa | KRAWCZYK | 610525 | Sulęcín | 07.06.2008 | Cigacice |
| W 50 | 18.10 | Marzena | SOKOŁÓW | 650510 | PKWLA Sopot | 18.08.2017 | Tata |
| W 55 | 18.60 | Janina | DEC | 480819 | Cigacice | 05.05.2007 | Sopot |
| W 60 | 18.62 | Helena | KAPES | 500703 | Stargard Szcz. | 02.06.2012 | Cigacice |
| W 65 | 14.64 | Irena | BARANOWSKA | 460406 | AZS Poznań | 02.06.2012 | Cigacice |
| W 70 | 13.17 | Ewa | FRĄCKOWIAK | 380326 | Poznań | 21.08.2009 | Tata |
| W 75 | 12.40 | Ewa | FRĄCKOWIAK | 380326 | Poznań | 07.07.2013 | Tata |
| M 35 | 23.93 | Sebastian | WENTA | 750504 | Lubiszewo | 24.05.2014 | Tczew |
| M 40 | 23.18 | Sebastian | WENTA | 750504 | Tczew | 14.05.2016 | Tczew |
| M 45 | 20.31 | Mariusz | WALCZAK | 710227 | Orzeł Warszawa | 24.09.2016 | Sopot |
| M 50 | 27.12 | Henryk | RADZIKOWSKI | 590328 | PKWLA Sopot | 07.07.2013 | Tata |
| M 55 | 25.88 | Henryk | RADZIKOWSKI | 590328 | PKWLA Sopot | 14.05.2016 | Tczew |
| M 60 | 24.62 | Andrzej | PIĄCZKOWSKI | 500402 | Warszawa | 14.08.2011 | Tata |
| M 65 | 23.53 | Andrzej | PIĄCZKOWSKI | 500402 | Warszawa | 18.08.2017 | Tata |
| M 70 | 26.62 | Jerzy | JABŁOŃSKI | 450423 | Olsztyn | 24.09.2016 | Sopot |
| M 75 | 23.75 | Antoni | KARGOL | 370109 | Wałcz | 22.09.2012 | Sopot |
| M 80 | 22.60 | Antoni | KARGOL | 370109 | Wałcz | 07.05.2017 | Sopot |

Granat

W 250g **M35-M64** 500g **+M65** 250g

| | | | | | | | |
|-------------|-------|-----------|------------|--------|-------------|------------|-------------|
| W 35 | 40.99 | Agnieszka | RATHNAU | 490123 | Celbowo | 23.04.2016 | Sopot |
| W 40 | 35.40 | Klaudia | SIEKLIŃSKA | 721013 | Kraków | 28.04.2013 | Sopot |
| W 45 | 39.06 | Katarzyna | PEKALA | 680126 | Brwinów | 28.04.2013 | Sopot |
| W 50 | 35.93 | Elżbieta | SAMBOR | 650113 | Elbląg | 26.04.2015 | Sopot |
| W 55 | 34.67 | Bogumiła | MARYSZCZUK | 570318 | Kołobrzeg | 24.05.2014 | Tczew |
| W 60 | 35.59 | Irena | BARANOWSKA | 460406 | AZS Poznań | 18.09.2010 | Cigacice |
| W 65 | 37.52 | Irena | BARANOWSKA | 460406 | AZS Poznań | 03.09.2011 | Cigacice |
| W 70 | 32.52 | Irena | BARANOWSKA | 460406 | AZS Poznań | 23.04.2016 | Sopot |
| W 75 | 21.05 | Helena | ROMANOWSKA | | Olsztyn | 14.05.2016 | Tczew |
| M 35 | 62.65 | Grzegorz | TYROLSKI | 760805 | PKWLA Sopot | 03.08.2014 | Halberstadt |

| | | | | | | | |
|-------------|-------|----------|--------------|--------|--------------|------------|----------|
| M 40 | 67.10 | Grzegorz | PAWELSKI | 680214 | Gorzów Wlkp. | 07.06.2008 | Cigacice |
| M 45 | 75.00 | Grzegorz | PAWELSKI | 680214 | Gorzów Wlkp. | 01.06.2013 | Cigacice |
| M 50 | 59.32 | Mirosław | BARANIAK | 640319 | Oświęcim | 27.04.2014 | Sopot |
| M 55 | 59.00 | Andrzej | JENEK | 591201 | Chorzów | 18.08.2017 | Tata |
| M 60 | 65.46 | Tadeusz | DIAK | 551028 | Sławno | 23.04.2016 | Sopot |
| M 65 | 61.70 | Jan | DEC | 481017 | Cigacice | 24.05.2014 | Tczew |
| M 70 | 51.58 | Michał | DROHOMIRECKI | 341127 | Wałbrzych | 28.05.2006 | Cigacice |
| M 75 | 51.73 | Michał | DROHOMIRECKI | 341127 | Wałbrzych | 03.09.2011 | Cigacice |
| M 80 | 26.87 | Józef | DRYGLAS | 301127 | Bydgoszcz | 07.05.2011 | Sopot |

Cegła

W 5 kg M35-M49 15 kg M50-M59 10 kg M60-M69 7,5 kg +M70+ 5 kg

| | | | | | | | |
|-------------|-------|-----------|--------------|--------|-------------|------------|-------|
| W 35 | 8.42 | Agnieszka | RATHNAU | 490123 | Celbowo | 23.04.2016 | Sopot |
| W 40 | 8.73 | Klaudia | SIEKLIŃSKA | 721013 | Kraków | 27.04.2013 | Sopot |
| W 45 | 8.77 | Ryszarda | PTAK | 670113 | LKS Puck | 25.04.2015 | Sopot |
| W 50 | 9.42 | Ryszarda | PTAK | 670113 | Wejherowo | 07.05.2017 | Sopot |
| W 55 | 6.65 | Henryka | MIKOŁAJCZYK | 590117 | Białe Błota | 07.05.2017 | Sopot |
| W 60 | 6.14 | Danuta | KAPTURSKA | 521010 | SWARZĘDZ | 18.08.2017 | Tata |
| W 65 | 6.14 | Maria | MALGREM | 510722 | Olsztyn | 07.05.2017 | Sopot |
| W 70 | 6.14 | Alicja | SOWA | 430807 | Gliwice | 07.05.2017 | Sopot |
| W 75 | 6.34 | Helena | ROMANOWSKA | 410321 | Olsztyn | 07.05.2017 | Sopot |
| M 35 | 8.52 | Tomasz | STĘPIEŃ | 710804 | Kołobrzeg | 08.05.2010 | Sopot |
| M 40 | 9.14 | Mirosław | WITEK | 670424 | SKLA Słupsk | 08.05.2010 | Sopot |
| M 45 | 9.44 | Janusz | CHILMANOWICZ | 640517 | Działdowo | 06.05.2012 | Sopot |
| M 50 | 11.13 | Henryk | RADZIKOWSKI | 590328 | PKWLA Sopot | 08.05.2010 | Sopot |
| M 55 | 10.29 | Henryk | RADZIKOWSKI | 590328 | PKWLA Sopot | 27.04.2014 | Sopot |
| M 60 | 11.65 | Ryszard | ZGLENICKI | 561124 | Bydgoszcz | 07.05.2017 | Sopot |
| M 65 | 10.20 | Wacław | KRANKOWSKI | 510119 | Toruń | 23.04.2016 | Sopot |
| M 70 | 11.60 | Bogusław | STADLER | 470404 | Jaworzno | 20.08.2017 | Tata |
| M 75 | 10.60 | Longin | BUJNOWICZ | 400702 | Zgierz | 07.05.2017 | Sopot |
| M 80 | 6.13 | Józef | DRYGLAS | 301127 | Bydgoszcz | 07.05.2011 | Sopot |

Cieżarek - 25,4 kg

| | | | | | | | |
|-------------|-------|-----------|-------------|--------|----------------|------------|------------|
| M 35 | 11.73 | Mariusz | WALCZAK | 710227 | Orzeł Warszawa | 21.08.2009 | Tata |
| M 40 | 11.16 | Mariusz | WALCZAK | 710227 | Orzeł Warszawa | 07.05.2011 | Sopot |
| M 45 | 11.16 | Mariusz | WALCZAK | 710227 | Orzeł Warszawa | 23.04.2016 | Sopot |
| M 50 | 9.32 | Andrzej | PIĄCZKOWSKI | 500402 | Warszawa | 2003 | Tata |
| M 55 | 8.47 | Ryszard | KRZESIŃSKI | 430331 | Białobrzegi | 2002 | Vels |
| M 60 | 8.50 | Witold | LIPOWSKI | 561008 | Kędzierzyn | 03.06.2017 | Łagiewniki |
| M 65 | 6.58 | Andrzej | PIĄCZKOWSKI | 500402 | Warszawa | 19.08.2017 | Tata |
| M 70 | 5.81 | Jerzy | JABŁOŃSKI | 450423 | Olsztyn | 23.04.2016 | Sopot |
| M 75 | 3.98 | Lechosław | CZUPKIEWICZ | 370721 | PKWLA Sopot | 28.04.2013 | Sopot |
| M 80 | 3.13 | Antoni | KARGOL | 370109 | Wałcz | 07.05.2017 | Sopot |