



14. European Masters Athletics Championships Indoor

TORUŃ (POL), March 17 - 23, 2024

Official Results

1500 m M40

Judge: MALESZEWSKI Jan

WORLD RECORD MASTERS (40)	3:40.20	Bernard Lagat	USA	New York, USA	15-02-14
EUROPEAN RECORD MASTERS (40)	3:44.12	Anthony Whiteman	GBR	London, GBR	12-03-03
POLISH RECORD MASTERS (40)	4:03.22	Marcin NAGÓREK	Zamość	Toruń	22-02-06

Place	L/O	Bib	Athlete	Cat.	Country	Result
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Heat 1/2

Start: 24-03-22 12:00:15

1	1	2838	CABALLERO Pablo MUÑOZ	M40	Spain	4:24.16	Q
2	3	1101	Denis COUGHLAN	M40	Ireland	4:24.24	Q SB
3	9	1	Bledar MESI	M40	Albania	4:24.48	q SB
4	2	3263	Paul HOWARD	M40	United Kingdom	4:25.41	q
5	6	3147	Stephen BROWN	M40	United Kingdom	4:25.42	q
6	8	3105	Dan ACHESON	M40	United Kingdom	4:25.96	
7	10	750	Michael LANG	M40	Germany	4:26.26	
8	5	1593	Robert ANTCZAK	M40	Poland	4:31.49	
9	4	2309	Jaroslav SALAMACHA	M40	Poland	4:39.57	
	7	2784	MENDOZA Juan Manuel GARCIA	M40	Spain	DNS	
	11	3411	Colin WELSH	M40	United Kingdom	DNS	

Intermediate

400m	3147	Stephen BROWN	1:14.60 (1:14.60)
800m	3147	Stephen BROWN	2:27.15 (1:12.56)
1200m	2838	CABALLERO Pablo MUÑOZ	3:37.44 (1:10.29)

Heat 2/2

Start: 24-03-22 12:10:35

1	5	3420	David WILLIAMS	M40	United Kingdom	4:19.98	Q
2	6	317	Väinö KLEMOLA	M40	Finland	4:20.12	Q SB
3	4	1096	Enda CLARKE	M40	Ireland	4:20.26	q
4	11	3372	Gurmit SINGH	M40	United Kingdom	4:21.68	q SB
5	10	2561	António CARVALHO	M40	Portugal	4:22.40	q
6	3	2149	Marcin NAGÓREK	M40	Poland	4:23.05	q
7	8	3277	Jani KRANER	M40	United Kingdom	4:24.10	q SB
8	2	2484	Paweł WITKOWSKI	M40	Poland	4:33.97	
9	9	3224	Mark GARDNER	M40	United Kingdom	4:42.05	
10	7	2279	Olaf ROGOZIŃSKI	M40	Poland	4:47.36	SB
11	1	1139	Michał KOWALSKI	M40	Ireland	5:14.40	SB

Intermediate

400m	3420	David WILLIAMS	1:08.43 (1:08.43)
800m	3420	David WILLIAMS	2:18.46 (1:10.03)
1200m	3420	David WILLIAMS	3:29.94 (1:11.49)

Official Results

Place	Race/Place	Athlete	Cat.	Country	Result	
1	Heat 2 1	David WILLIAMS	M40	United Kingdom	4:19.98	Q
2	Heat 2 2	Väinö KLEMOLA	M40	Finland	4:20.12	Q SB
3	Heat 2 3	Enda CLARKE	M40	Ireland	4:20.26	q
4	Heat 2 4	Gurmit SINGH	M40	United Kingdom	4:21.68	q SB
5	Heat 2 5	António CARVALHO	M40	Portugal	4:22.40	q
6	Heat 2 6	Marcin NAGÓREK	M40	Poland	4:23.05	q
7	Heat 2 7	Jani KRANER	M40	United Kingdom	4:24.10	q SB
8	Heat 1 1	CABALLERO Pablo MUÑOZ	M40	Spain	4:24.16	Q
9	Heat 1 2	Denis COUGHLAN	M40	Ireland	4:24.24	Q SB
10	Heat 1 3	Bledar MESI	M40	Albania	4:24.48	q SB
11	Heat 1 4	Paul HOWARD	M40	United Kingdom	4:25.41	q
12	Heat 1 5	Stephen BROWN	M40	United Kingdom	4:25.42	q
13	Heat 1 6	Dan ACHESON	M40	United Kingdom	4:25.96	
14	Heat 1 7	Michael LANG	M40	Germany	4:26.26	
15	Heat 1 8	Robert ANTCZAK	M40	Poland	4:31.49	
16	Heat 2 8	Paweł WITKOWSKI	M40	Poland	4:33.97	
17	Heat 1 9	Jaroslaw SALAMACHA	M40	Poland	4:39.57	
18	Heat 2 9	Mark GARDNER	M40	United Kingdom	4:42.05	
19	Heat 2 10	Olaf ROGOZIŃSKI	M40	Poland	4:47.36	SB
20	Heat 2 11	Michał KOWALSKI	M40	Ireland	5:14.40	SB
	Heat 1 DNS	MENDOZA Juan Manuel GARCIA	M40	Spain	DNS	
	Heat 1 DNS	Colin WELSH	M40	United Kingdom	DNS	

Official Results

Place	Race/Place	Athlete	Cat.	Country	Result	
CATEGORY: M40						
1	Heat 2 1	David WILLIAMS		United Kingdom	4:19.98	Q
2	Heat 2 2	Väinö KLEMOLA		Finland	4:20.12	Q SB
3	Heat 2 3	Enda CLARKE		Ireland	4:20.26	q
4	Heat 2 4	Gurmit SINGH		United Kingdom	4:21.68	q SB
5	Heat 2 5	António CARVALHO		Portugal	4:22.40	q
6	Heat 2 6	Marcin NAGÓREK		Poland	4:23.05	q
7	Heat 2 7	Jani KRANER		United Kingdom	4:24.10	q SB
8	Heat 1 1	CABALLERO Pablo MUÑOZ		Spain	4:24.16	Q
9	Heat 1 2	Denis COUGHLAN		Ireland	4:24.24	Q SB
10	Heat 1 3	Bledar MESI		Albania	4:24.48	q SB
11	Heat 1 4	Paul HOWARD		United Kingdom	4:25.41	q
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19	Heat 2 10	Olaf ROGOZIŃSKI		Poland	4:47.36	SB
20	Heat 2 11	Michał KOWALSKI		Ireland	5:14.40	SB
	Heat 1 DNS	MENDOZA Juan Manuel GARCIA		Spain	DNS	
	Heat 1 DNS	Colin WELSH		United Kingdom	DNS	

Note:

SB -Season Best

q -Qualify by performance

Q -Qualify by place

Qualification: first 2 of each heat(Q)plus 8 fastest (q) qualified

DNS-Did Not Start, DNF-Did Not Finish, DQ-Disqualified, PB-Personal Best, SB-Season Best

TORUŃ 2024

Official Timekeeping and Data Handling by DomTel-Sport Poland www.domtel.pl



Ministry of Sport and Tourism
of the Republic of Poland



Kujawsko-Pomorskie
Region