



Patronat  
Prezydenta  
Miasta Zgierza



ŁÓDZKA  
SPECJALNA  
STREFA  
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FAT FOX  
CATERING

CHEFS CULINAR  
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Puchar Polski w pływaniu MASTERS 2024

Łódź, 6. - 7.4.2024

Konkurencja 33  
07.04.2024 - 11:15

M czyzn, 400m dowolny  
BIEG MEMORIAŁOWY

20 lat i starsi  
Wyniki

Punkty: FINA Master 2024

Pozycja	Rok ur.	Czas	Pkt.
<b>Kat. B (30-34)</b>			
1. LASSEK Bartłomiej	94	<b>3:59.91</b>	864
<i>Wynik Lepszy od Rekordu Polski Masters</i>			
50m: 26.71 26.71	150m: 1:25.95 29.98	250m: 2:27.70 30.83	350m: 3:29.97 31.19
100m: 55.97 29.26	200m: 1:56.87 30.92	300m: 2:58.78 31.08	400m: 3:59.91 29.94
2. APTEWICZ Arkadiusz	93	<b>4:18.58</b>	690
50m: 29.20 29.20	150m: 1:34.78 33.11	250m: 2:41.85 33.65	350m: 3:48.37 33.15
100m: 1:01.67 32.47	200m: 2:08.20 33.42	300m: 3:15.22 33.37	400m: 4:18.58 30.21
3. NIED WIADEK Jakub	93	<b>4:54.76</b>	466
50m: 32.52 32.52	150m: 1:45.39 36.64	250m: 3:00.38 37.94	350m: 4:16.54 38.12
100m: 1:08.75 36.23	200m: 2:22.44 37.05	300m: 3:38.42 38.04	400m: 4:54.76 38.22
4. KOŁODZIEJCZAK Filip	94	<b>4:59.93</b>	442
50m: 32.38 32.38	150m: 1:48.38 38.96	250m: 3:06.28 39.07	350m: 4:24.08 38.57
100m: 1:09.42 37.04	200m: 2:27.21 38.83	300m: 3:45.51 39.23	400m: 4:59.93 35.85
5. GROCHOWSKI Łukasz	91	<b>5:01.04</b>	437
50m: 34.83 34.83	150m: 1:49.81 38.06	250m: 3:05.72 38.08	350m: 4:22.85 38.85
100m: 1:11.75 36.92	200m: 2:27.64 37.83	300m: 3:44.00 38.28	400m: 5:01.04 38.19

**Kat. C (35-39)**

1. ZIELONKA Rafał	86	<b>4:35.09</b>	645
50m: 30.36 30.36	150m: 1:37.69 33.98	250m: 2:47.71 35.16	350m: 3:59.93 36.16
100m: 1:03.71 33.35	200m: 2:12.55 34.86	300m: 3:23.77 36.06	400m: 4:35.09 35.16
2. KU MIDER Przemysław	89	<b>4:59.08</b>	502
50m: 33.65 33.65	150m: 1:49.73 38.45	250m: 3:06.79 38.25	350m: 4:23.10 37.82
100m: 1:11.28 37.63	200m: 2:28.54 38.81	300m: 3:45.28 38.49	400m: 4:59.08 35.98
3. WZI TEK Rafał	88	<b>5:36.42</b>	353
50m: 36.61 36.61	150m: 1:57.91 41.63	250m: 3:23.75 43.19	350m: 4:52.74 44.33
100m: 1:16.28 39.67	200m: 2:40.56 42.65	300m: 4:08.41 44.66	400m: 5:36.42 43.68
4. GRZELCZAK Tomasz	85	<b>7:25.99</b>	151
50m: 45.21 45.21	150m: 2:33.72 55.35	250m: 4:30.12 58.61	350m: 6:28.27 59.53
100m: 1:38.37 53.16	200m: 3:31.51 57.79	300m: 5:28.74 58.62	400m: 7:25.99 57.72

**Kat. D (40-44)**

1. PORADA Tomasz	83	<b>4:51.44</b>	563
50m: 33.63 33.63	150m: 1:46.92 36.85	250m: 3:01.73 37.01	350m: 4:15.69 36.88
100m: 1:10.07 36.44	200m: 2:24.72 37.80	300m: 3:38.81 37.08	400m: 4:51.44 35.75
2. GRABKOWSKI Michał	81	<b>5:40.84</b>	352
50m: 38.26 38.26	150m: 2:02.33 42.63	250m: 3:29.48 44.17	350m: 4:56.79 43.46
100m: 1:19.70 41.44	200m: 2:45.31 42.98	300m: 4:13.33 43.85	400m: 5:40.84 44.05
3. KOTULSKI Michał	81	<b>6:28.45</b>	237
50m: 42.05 42.05	150m: 2:20.44 49.90	250m: 4:00.87 50.41	350m: 5:41.42 50.13
100m: 1:30.54 48.49	200m: 3:10.46 50.02	300m: 4:51.29 50.42	400m: 6:28.45 47.03
4. LIS-PIWOWARSKI Przemysław	84	<b>8:02.37</b>	124
50m: 50.03 50.03	150m: 2:49.99 1:02.23	250m: 4:54.94 1:02.23	350m: 7:01.04 1:03.14
100m: 1:47.76 57.73	200m: 3:52.71 1:02.72	300m: 5:57.90 1:02.96	400m: 8:02.37 1:01.33



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## Konkurencja 33, M czynn, 400m dowolny

## Kat. E (45-49)

1. OSTROWSKI Bartosz	77	Warsaw Masters Team	<b>5:18.29</b>	445
50m: 34.24 34.24	150m: 1:50.90 38.67	250m: 3:12.96 41.55	350m: 4:37.85 42.75	
100m: 1:12.23 37.99	200m: 2:31.41 40.51	300m: 3:55.10 42.14	400m: 5:18.29 40.44	
2. NOWAK Piotr	78	5Styl Warszawa	<b>5:28.68</b>	404
50m: 36.29 36.29	150m: 1:56.82 41.15	250m: 3:20.47 42.17	350m: 4:45.87 42.99	
100m: 1:15.67 39.38	200m: 2:38.30 41.48	300m: 4:02.88 42.41	400m: 5:28.68 42.81	

## Kat. F (50-54)

1. GREGOROWICZ Paweł	74	SP Masters Olsztyn	<b>4:31.05</b>	733
<i>Wynik Lepszy od Rekordu Polski Masters</i>				
50m: 31.38 31.38	150m: 1:39.93 34.60	250m: 2:49.01 34.55	350m: 3:57.69 34.25	
100m: 1:05.33 33.95	200m: 2:14.46 34.53	300m: 3:23.44 34.43	400m: 4:31.05 33.36	
2. LIPI SKI Cezary	72	Masters Avia widnik	<b>5:04.73</b>	516
50m: 34.78 34.78	150m: 1:51.75 39.10	250m: 3:09.95 38.84	350m: 5:04.73 1:15.41	
100m: 1:12.65 37.87	200m: 2:31.11 39.36	300m: 3:49.32 39.37	400m: 5:04.73	
3. SZUTER Bolesław	70	Water Squad	<b>5:17.46</b>	456
50m: 34.39 34.39	150m: 1:52.15 39.67	250m: 3:13.98 41.32	350m: 4:37.00 41.81	
100m: 1:12.48 38.09	200m: 2:32.66 40.51	300m: 3:55.19 41.21	400m: 5:17.46 40.46	
4. KOWALCZYK Rafał	73	Niezrzeszeni	<b>5:24.26</b>	428
50m: 37.52 37.52	150m: 1:57.62 41.19	250m: 3:18.94 40.20	350m: 4:42.85 42.72	
100m: 1:16.43 38.91	200m: 2:38.74 41.12	300m: 4:00.13 41.19	400m: 5:24.26 41.41	
5. MOROZOWSKI Wiktor	73	MUKS Zgierz	<b>6:06.14</b>	297
50m: 39.08 39.08	150m: 2:07.93 45.55	250m: 3:44.78 49.20	350m: 5:21.24 47.25	
100m: 1:22.38 43.30	200m: 2:55.58 47.65	300m: 4:33.99 49.21	400m: 6:06.14 44.90	

## Kat. G (55-59)

1. SKO KIEWICZ Rafał	66	Warsaw Masters Team	<b>4:51.52</b>	677
50m: 34.12 34.12	150m: 1:49.29 37.82	250m: 3:04.44 37.63	350m: 4:17.42 36.29	
100m: 1:11.47 37.35	200m: 2:26.81 37.52	300m: 3:41.13 36.69	400m: 4:51.52 34.10	
2. PIÓRKOWSKI Marek	65	Klub Sportowy Mako	<b>6:45.92</b>	250
50m: 46.08 46.08	150m: 2:28.14 52.50	250m: 4:12.41 52.02	350m: 5:56.90 52.26	
100m: 1:35.64 49.56	200m: 3:20.39 52.25	300m: 5:04.64 52.23	400m: 6:45.92 49.02	

## Kat. H (60-64)

1. KRASAUSKAS Vilmantas	64	Marijampoles TORPEDOS	<b>5:16.98</b>	601
50m: 35.95 35.95	150m: 1:54.95 39.82	250m: 3:15.82 40.56	350m: 4:38.03 41.07	
100m: 1:15.13 39.18	200m: 2:35.26 40.31	300m: 3:56.96 41.14	400m: 5:16.98 38.95	
2. JACHNIK Włodzimierz	64	Niezrzeszeni	<b>7:56.85</b>	176
50m: 53.96 53.96	150m: 2:52.76 1:01.02	250m: 4:55.68 1:01.49	350m: 6:59.03 1:01.58	
100m: 1:51.74 57.78	200m: 3:54.19 1:01.43	300m: 5:57.45 1:01.77	400m: 7:56.85 57.82	

## Kat. I (65-69)

1. TWARDYSKO Stanisław	56	Weteran Zabrze	<b>6:30.52</b>	322
50m: 43.30 43.30	150m: 2:19.31 49.39	250m:	350m: 5:41.18	
100m: 1:29.92 46.62	200m:	300m:	400m: 6:30.52 49.34	
2. LASOWY Marian	55	Koszali skie TKKF	<b>6:54.15</b>	270
50m: 45.03 45.03	150m: 2:29.30 52.42	250m: 4:14.78 52.72	350m: 6:01.38 53.00	
100m: 1:36.88 51.85	200m: 3:22.06 52.76	300m: 5:08.38 53.60	400m: 6:54.15 52.77	
3. PIETRASZEWSKI Zbigniew	55	UKS Cityzen Pozna	<b>6:59.25</b>	260
50m: 47.66 47.66	150m: 2:33.01 53.56	250m: 4:19.44 53.17	350m: 6:06.73 54.19	
100m: 1:39.45 51.79	200m: 3:26.27 53.26	300m: 5:12.54 53.10	400m: 6:59.25 52.52	

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Pozycja	Rok ur.	Czas	Pkt.
4. SUTOWSKI Robert	59	7:11.59	239
50m: 48.06 48.06	150m: 2:36.33 55.55	250m: 4:29.48 56.96	350m: 6:20.97 55.27
100m: 1:40.78 52.72	200m: 3:32.52 56.19	300m: 5:25.70 56.22	400m: 7:11.59 50.62
5. ŁATECKI Włodzimierz	57	9:04.37	119
50m: 58.93 58.93	150m: 250m:	350m:	400m: 9:04.37
100m: 2:06.80 1:07.87	200m: 4:26.54	300m: 6:47.27	

## Kat. J (70-74)

1. DUBI SKI Bogdan	53	6:59.95	318
50m: 42.99 42.99	150m: 2:22.62 51.50	250m: 4:12.45	350m:
100m: 1:31.12 48.13	200m:	300m:	400m: 6:59.95
2. MARSZAŁEK Andrzej	54	7:27.50	263
50m: 50.42 50.42	150m: 2:43.12 57.36	250m: 4:37.83 57.57	350m: 6:31.83 57.26
100m: 1:45.76 55.34	200m: 3:40.26 57.14	300m: 5:34.57 56.74	400m: 7:27.50 55.67

## Kat. K (75-79)

1. BARTKOWIAK Roman	49	7:12.11	369
50m: 47.17 47.17	150m: 2:34.55 55.12	250m: 4:28.01 56.81	350m: 6:20.24 55.67
100m: 1:39.43 52.26	200m: 3:31.20 56.65	300m: 5:24.57 56.56	400m: 7:12.11 51.87
2. ZAJFERT Stanisław	48	8:10.75	251
50m: 54.21 54.21	150m: 3:00.04 1:02.29	250m: 5:04.94 1:02.36	350m: 7:07.86 1:00.89
100m: 1:57.75 1:03.54	200m: 4:02.58 1:02.54	300m: 6:06.97 1:02.03	400m: 8:10.75 1:02.89
3. WOLNIEWICZ Janusz	48	8:21.02	236
50m: 52.56 52.56	150m: 2:56.91 1:03.87	250m:	350m: 7:20.37 1:06.04
100m: 1:53.04 1:00.48	200m: 5:07.59 2:10.68	300m: 6:14.33	400m: 8:21.02 1:00.65

## Kat. L (80-84)

1. WAGA Stanisław	40	9:44.24	195
50m: 1:06.28 1:06.28	150m: 3:36.60 1:16.52	250m: 6:08.81 1:17.08	350m: 8:39.04 1:14.84
100m: 2:20.08 1:13.80	200m: 4:51.73 1:15.13	300m: 7:24.20 1:15.39	400m: 9:44.24 1:05.20
2. GRIGAS Stasys	41	12:10.93	100
50m: 1:26.53 1:26.53	150m: 4:35.71 1:33.42	250m: 7:38.29 1:30.57	350m: 10:40.88 1:30.69
100m: 3:02.29 1:35.76	200m: 6:07.72 1:32.01	300m: 9:10.19 1:31.90	400m: 12:10.93 1:30.05