

Letnie Mistrzostwa Polski w Pływaniu w Kategoriach Masters
Lublin, 14. - 16.6.2024

Konkurencja 31 M czyzn, 400m zmienny 20 - 94 lat
15.06.2024 - 17:29 Wyniki

| | | | | |
|-------------------------------|---------|------------------------|------------------|------------|
| Rekord Polski Masters 80 - 84 | 8:20.62 | KROKOSZY SKI Stanisław | Gliwice | 18.06.2011 |
| Rekord Polski Masters 75 - 79 | 8:13.09 | BASTEK Ewald | Budapeszt (HUN) | 16.08.2017 |
| Rekord Polski Masters 70 - 74 | 7:01.33 | BASTEK Ewald | Göteborg (SWE) | 02.08.2010 |
| Rekord Polski Masters 65 - 69 | 7:02.47 | PRZYTULSKI Włodzimierz | Warszawa | 03.06.2023 |
| Rekord Polski Masters 60 - 64 | 6:27.92 | RACZY SKI Marian | Casablanca (MAR) | 21.06.1998 |
| Rekord Polski Masters 55 - 59 | 6:09.16 | GABIEC Mariusz | Szczecin | 28.06.2015 |
| Rekord Polski Masters 50 - 54 | 5:15.44 | WOLNY Dariusz | Göteborg (SWE) | 02.08.2010 |
| Rekord Polski Masters 45 - 49 | 5:15.71 | BERWECKI Arkadiusz | Pozna | 23.06.2018 |
| Rekord Polski Masters 40 - 44 | 4:49.62 | WOLNY Dariusz | Monachium (GER) | 02.08.2000 |
| Rekord Polski Masters 35 - 39 | 4:46.79 | WOLNY Dariusz | Casablanca (MAR) | 21.06.1998 |
| Rekord Polski Masters 30 - 34 | 4:57.21 | APTEWICZ Arkadiusz | Warszawa | 03.06.2023 |
| Rekord Polski Masters 25 - 29 | 4:51.11 | APTEWICZ Arkadiusz | Pozna | 23.06.2018 |

Punkty: FINA Master 2024

Pozycja Wiek Czas Pkt.

KATEGORIA A

| | | | | |
|--------------------------|---------------------|------------------------|---------------------|-----|
| 1. KONIECZNIK Przemysław | 29 | Zawodnicy niezrzeszeni | 7:25.53 | 222 |
| 50m: 51.38 51.38 | 150m: 2:47.70 59.44 | 250m: 4:47.62 1:03.97 | 350m: 6:41.27 47.48 | |
| 100m: 1:48.26 56.88 | 200m: 3:43.65 55.95 | 300m: 5:53.79 1:06.17 | 400m: 7:25.53 44.26 | |

KATEGORIA B

| | | | | |
|------------------------------|---------------------|---------------------|---------------------|-----|
| 1. APTEWICZ Arkadiusz | 31 | Water Squad | 4:55.72 | 686 |
| <i>Rekord Polski Masters</i> | | | | |
| 50m: 30.60 30.60 | 150m: 1:48.82 42.38 | 250m: 3:08.81 39.94 | 350m: 4:23.96 35.05 | |
| 100m: 1:06.44 35.84 | 200m: 2:28.87 40.05 | 300m: 3:48.91 40.10 | 400m: 4:55.72 31.76 | |
| 2. BARNASIUK Michał | 32 | 5Styl Warszawa | 5:12.51 | 581 |
| 50m: 30.60 30.60 | 150m: 1:51.07 43.07 | 250m: 3:16.87 42.99 | 350m: 4:37.40 36.97 | |
| 100m: 1:08.00 37.40 | 200m: 2:33.88 42.81 | 300m: 4:00.43 43.56 | 400m: 5:12.51 35.11 | |

KATEGORIA D

| | | | | |
|-----------------------|---------------------|--------------------------------|---------------------|-----|
| 1. BRO YNA Marek | 44 | Water Squad | 6:14.61 | 431 |
| 50m: 42.06 42.06 | 150m: 2:18.49 46.20 | 250m: 3:59.32 55.53 | 350m: 5:33.32 41.55 | |
| 100m: 1:32.29 50.23 | 200m: 3:03.79 45.30 | 300m: 4:51.77 52.45 | 400m: 6:14.61 41.29 | |
| 2. KRÓLIKOWSKI Michał | 44 | Cyklon Swimming Team Bydgoszcz | 6:15.12 | 429 |
| 50m: 41.95 41.95 | 150m: 2:20.87 49.09 | 250m: 3:58.98 50.98 | 350m: 5:33.73 43.51 | |
| 100m: 1:31.78 49.83 | 200m: 3:08.00 47.13 | 300m: 4:50.22 51.24 | 400m: 6:15.12 41.39 | |
| 3. WI CKOWSKI Dariusz | 44 | Cyklon Swimming Team Bydgoszcz | 7:07.56 | 289 |
| 50m: 48.52 48.52 | 150m: 2:43.28 56.85 | 250m: 4:37.50 59.87 | 350m: 6:25.11 46.40 | |
| 100m: 1:46.43 57.91 | 200m: 3:37.63 54.35 | 300m: 5:38.71 1:01.21 | 400m: 7:07.56 42.45 | |

KATEGORIA E

| | | | | |
|---------------------|---------------------|---------------------|---------------------|-----|
| 1. KONOPACKI Piotr | 46 | SP Masters Olsztyn | 5:48.17 | 541 |
| 50m: 35.69 35.69 | 150m: 2:07.18 48.98 | 250m: 3:44.88 51.81 | 350m: 5:12.48 37.51 | |
| 100m: 1:18.20 42.51 | 200m: 2:53.07 45.89 | 300m: 4:34.97 50.09 | 400m: 5:48.17 35.69 | |
| 2. GOGACZ Sebastian | 48 | UKS Trójka Puławy | 5:50.26 | 532 |
| 50m: 35.32 35.32 | 150m: 2:06.57 51.60 | 250m: 3:44.67 48.40 | 350m: 5:12.67 39.98 | |
| 100m: 1:14.97 39.65 | 200m: 2:56.27 49.70 | 300m: 4:32.69 48.02 | 400m: 5:50.26 37.59 | |
| 3. FR CKOWIAK Artur | 46 | MASTERS Łódź | 5:50.86 | 529 |
| 50m: 33.89 33.89 | 150m: 2:05.93 51.98 | 250m: 3:44.73 50.32 | 350m: 5:14.72 39.68 | |
| 100m: 1:13.95 40.06 | 200m: 2:54.41 48.48 | 300m: 4:35.04 50.31 | 400m: 5:50.86 36.14 | |



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KATEGORIA F

| | | | | |
|----------------------|---------------|-----------------------|----------------|-------|
| 1. GREGOROWICZ Paweł | 50 | SP Masters Olsztyn | 5:24.25 | 683 |
| 50m: 33.34 33.34 | 150m: 1:56.24 | 45.16 | 250m: 3:26.19 | 46.68 |
| 100m: 1:11.08 37.74 | 200m: 2:39.51 | 43.27 | 300m: 4:11.27 | 45.08 |
| | | | 350m: 4:48.58 | 37.31 |
| | | | 400m: 5:24.25 | 35.67 |
| 2. JAWIE Krzysztof | 53 | KS Korona 1919 Kraków | 6:32.64 | 384 |
| 50m: 37.99 37.99 | 150m: 2:17.30 | 53.37 | 250m: 4:03.62 | 53.44 |
| 100m: 1:23.93 45.94 | 200m: 3:10.18 | 52.88 | 300m: 4:57.83 | 54.21 |
| | | | 350m: 5:45.66 | 47.83 |
| | | | 400m: 6:32.64 | 46.98 |

KATEGORIA G

| | | | | |
|------------------------|---------------|------------------------|----------------|---------|
| 1. TWAROWSKI Andrzej | 59 | MASTERS Białystok | 7:33.58 | 282 |
| 50m: 53.85 53.85 | 150m: 2:53.44 | 56.53 | 250m: 4:50.51 | 1:01.63 |
| 100m: 1:56.91 1:03.06 | 200m: 3:48.88 | 55.44 | 300m: 5:52.66 | 1:02.15 |
| | | | 350m: 6:44.92 | 52.26 |
| | | | 400m: 7:33.58 | 48.66 |
| 2. RUDZI SKI Michał | 58 | MUKS Zgierz | 8:18.59 | 212 |
| 50m: 50.57 50.57 | 150m: 3:10.33 | 1:19.00 | 250m: 5:25.06 | 1:00.95 |
| 100m: 1:51.33 1:00.76 | 200m: 4:24.11 | 1:13.78 | 300m: 6:27.34 | 1:02.28 |
| | | | 350m: 7:23.81 | 56.47 |
| | | | 400m: 8:18.59 | 54.78 |
| 3. ŁOPUSZY SKI Andrzej | 55 | Zawodnicy niezrzeszeni | 8:40.44 | 186 |
| 50m: 54.31 54.31 | 150m: 3:08.81 | 1:11.20 | 250m: 5:27.72 | 1:09.74 |
| 100m: 1:57.61 1:03.30 | 200m: 4:17.98 | 1:09.17 | 300m: 6:38.88 | 1:11.16 |
| | | | 350m: 7:40.04 | 1:01.16 |
| | | | 400m: 8:40.44 | 1:00.40 |

KATEGORIA H

| | | | | |
|-----------------------|---------------|-------------------|----------------|---------|
| 1. AMBROZIAK Tomasz | 60 | U KS Ostroł ka | 7:53.44 | 275 |
| 50m: 51.02 51.02 | 150m: 3:00.40 | 1:07.57 | 250m: 5:09.18 | 1:03.79 |
| 100m: 1:52.83 1:01.81 | 200m: 4:05.39 | 1:04.99 | 300m: 6:12.26 | 1:03.08 |
| | | | 350m: 7:04.30 | 52.04 |
| | | | 400m: 7:53.44 | 49.14 |
| 2. MACIEJCZAK Andrzej | 64 | UKS Trójka Puławy | 8:45.81 | 201 |
| 50m: 54.17 54.17 | 150m: 3:13.29 | 1:12.47 | 250m: 5:47.25 | 1:22.48 |
| 100m: 2:00.82 1:06.65 | 200m: 4:24.77 | 1:11.48 | 300m: 7:05.79 | 1:18.54 |
| | | | 350m: 7:56.87 | 51.08 |
| | | | 400m: 8:45.81 | 48.94 |

KATEGORIA I

| | | | | |
|---------------------------|---------------|------------------------|----------------|---------|
| 1. PRZYTULSKI Włodzimierz | 67 | MUKS Zgierz | 7:07.12 | 394 |
| 50m: 45.00 45.00 | 150m: 2:33.83 | 54.92 | 250m: 4:34.58 | 1:05.34 |
| 100m: 1:38.91 53.91 | 200m: 3:29.24 | 55.41 | 300m: 5:38.53 | 1:03.95 |
| | | | 350m: 6:25.27 | 46.74 |
| | | | 400m: 7:07.12 | 41.85 |
| 2. TOPORSKI Janusz | 65 | KS Korona 1919 Kraków | 8:17.92 | 249 |
| 50m: 56.07 56.07 | 150m: 3:15.77 | 1:15.92 | 250m: 5:32.54 | 1:03.38 |
| 100m: 1:59.85 1:03.78 | 200m: 4:29.16 | 1:13.39 | 300m: 6:34.46 | 1:01.92 |
| | | | 350m: 7:29.78 | 55.32 |
| | | | 400m: 8:17.92 | 48.14 |
| 3. LIPKA Marek | 66 | Zawodnicy niezrzeszeni | 8:27.80 | 234 |
| 50m: 53.57 53.57 | 150m: 3:06.57 | 1:11.59 | 250m: 5:24.92 | 1:08.85 |
| 100m: 1:54.98 1:01.41 | 200m: 4:16.07 | 1:09.50 | 300m: 6:33.15 | 1:08.23 |
| | | | 350m: 7:32.67 | 59.52 |
| | | | 400m: 8:27.80 | 55.13 |

KATEGORIA J

| | | | | |
|-----------------------|---------------|------------------------|-----------------|---------|
| 1. NOWAK Michał | 72 | Warsaw Masters Team | 8:03.96 | 397 |
| 50m: 59.29 59.29 | 150m: 3:06.72 | 1:02.07 | 250m: 5:08.96 | 59.60 |
| 100m: 2:04.65 1:05.36 | 200m: 4:09.36 | 1:02.64 | 300m: 6:11.19 | 1:02.23 |
| | | | 350m: 7:07.91 | 56.72 |
| | | | 400m: 8:03.96 | 56.05 |
| 2. WASIUK Janusz | 71 | Zawodnicy niezrzeszeni | 11:07.36 | 151 |
| 50m: 1:14.28 1:14.28 | 150m: 4:30.61 | 1:45.09 | 250m: 7:29.78 | 1:17.16 |
| 100m: 2:45.52 1:31.24 | 200m: 6:12.62 | 1:42.01 | 300m: 8:48.62 | 1:18.84 |
| | | | 350m: 10:05.09 | 1:16.47 |
| | | | 400m: 11:07.36 | 1:02.27 |



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KATEGORIA K

| | | | | |
|-----------------------|-----------------------|-------------------------|------------------------|-----|
| 1. CZY Bolesław | 76 | Zawodnicy niezrzeszeni | 10:05.08 | 278 |
| 50m: 1:14.05 1:14.05 | 150m: 3:59.19 1:15.50 | 250m: 6:33.32 1:20.01 | 350m: 8:59.39 1:05.53 | |
| 100m: 2:43.69 1:29.64 | 200m: 5:13.31 1:14.12 | 300m: 7:53.86 1:20.54 | 400m: 10:05.08 1:05.69 | |
| 2. DASZY SKI Andrzej | 76 | UKS Energetyk Zgorzelec | 10:12.03 | 268 |
| 50m: 1:12.94 1:12.94 | 150m: 3:58.13 1:18.49 | 250m: 6:36.44 1:23.83 | 350m: 9:07.02 1:06.57 | |
| 100m: 2:39.64 1:26.70 | 200m: 5:12.61 1:14.48 | 300m: 8:00.45 1:24.01 | 400m: 10:12.03 1:05.01 | |
| 3. PŁONKA Janusz | 76 | Zawodnicy niezrzeszeni | 13:30.13 | 115 |
| 50m: 1:35.20 1:35.20 | 150m: 5:11.97 1:55.22 | 250m: 8:51.16 1:52.41 | 350m: 12:07.19 1:26.45 | |
| 100m: 3:16.75 1:41.55 | 200m: 6:58.75 1:46.78 | 300m: 10:40.74 1:49.58 | 400m: 13:30.13 1:22.94 | |

