

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

Konkurencja 40
16.06.2024 - 11:09

M czynn, 400m dowolny

20 - 94 lat
Wyniki

Rekord Polski Masters 90 - 94	11:34.19	MRÓWCZY SKI Kazimierz	Londyn (GBR)	27.05.2016
Rekord Polski Masters 85 - 89	8:01.90	KROKOSZY SKI Stanisław	Szczecin	27.06.2015
Rekord Polski Masters 80 - 84	6:58.79	KROKOSZY SKI Stanisław	Gliwice	09.05.2010
Rekord Polski Masters 75 - 79	6:31.82	BASTEK Ewald	Olsztyn	29.06.2014
Rekord Polski Masters 70 - 74	5:53.54	BASTEK Ewald	Gdynia	27.06.2009
Rekord Polski Masters 65 - 69	5:30.75	WARCHOŁ Mirosław	Warszawa	05.12.2020
Rekord Polski Masters 60 - 64	5:03.62	GABIEC Mariusz	Poznań	24.06.2018
Rekord Polski Masters 55 - 59	4:49.84	MADEJ Leszek	Gliwice	12.06.2016
Rekord Polski Masters 50 - 54	4:42.29	BERWECKI Arkadiusz	Warszawa	04.06.2023
Rekord Polski Masters 45 - 49	4:37.07	BERWECKI Arkadiusz	Poznań	24.06.2018
Rekord Polski Masters 40 - 44	4:21.40	STANEK Grzegorz	Cadiz (ESP)	17.09.2009
Rekord Polski Masters 35 - 39	4:23.70	KACZMAREK Stanisław	Londyn (GBR)	27.05.2016
Rekord Polski Masters 30 - 34	4:23.57	APTEWICZ Arkadiusz	Warszawa	02.12.2023
Rekord Polski Masters 25 - 29	4:13.52	PIÓRO Artur	Gliwice	02.06.2019

Punkty: FINA Master 2024

Pozycja Wiek Czas Pkt.

KATEGORIA A

1. GAWRON Oskar	25	Fundacja Power Swimming	4:46.68	593
50m: 31.11 31.11	150m: 1:42.20 35.98	250m: 2:56.12 37.37	350m: 4:11.05 37.38	
100m: 1:06.22 35.11	200m: 2:18.75 36.55	300m: 3:33.67 37.55	400m: 4:46.68 35.63	
2. KONIECZNIK Przemysław	29	Zawodnicy niezrzeszeni	5:53.32	317
50m: 40.76 40.76	150m: 2:09.13 43.96	250m: 3:38.59 44.72	350m: 5:10.21 45.86	
100m: 1:25.17 44.41	200m: 2:53.87 44.74	300m: 4:24.35 45.76	400m: 5:53.32 43.11	

KATEGORIA B

1. LASSEK Bartłomiej	30	MUKS Zgierz	4:13.24	831
<i>Rekord Polski Masters</i>				
50m: 28.32 28.32	150m: 1:31.82 31.96	250m: 2:36.47 32.35	350m: 3:41.45 32.66	
100m: 59.86 31.54	200m: 2:04.12 32.30	300m: 3:08.79 32.32	400m: 4:13.24 31.79	
2. GROCHOWSKI Łukasz	33	Zawodnicy niezrzeszeni	5:16.26	426
50m: 35.35 35.35	150m: 1:54.90 40.40	250m: 3:15.19 40.17	350m: 4:36.68 40.68	
100m: 1:14.50 39.15	200m: 2:35.02 40.12	300m: 3:56.00 40.81	400m: 5:16.26 39.58	

KATEGORIA C

1. ZIELONKA Rafał	38	Masters Avia widnik	4:50.77	604
50m: 33.13 33.13	150m: 1:45.70 36.84	250m: 3:00.36 37.20	350m: 4:15.58 37.55	
100m: 1:08.86 35.73	200m: 2:23.16 37.46	300m: 3:38.03 37.67	400m: 4:50.77 35.19	
2. KU MIDER Przemysław	35	MUKS Zgierz	5:13.90	480
50m: 33.85 33.85	150m: 1:53.00 40.07	250m: 3:13.39 40.09	350m: 4:34.26 40.55	
100m: 1:12.93 39.08	200m: 2:33.30 40.30	300m: 3:53.71 40.32	400m: 5:13.90 39.64	
3. KAIM Ignacy	35	Stow. Pływ. Sebastiana Karasia	5:48.74	350
50m: 40.13 40.13	150m: 2:06.81 43.29	250m: 3:36.08 44.47	350m: 5:06.32 45.45	
100m: 1:23.52 43.39	200m: 2:51.61 44.80	300m: 4:20.87 44.79	400m: 5:48.74 42.42	
4. JAROSZ-JARSZEWSKI Mateusz	38	Stow. Pływ. Sebastiana Karasia	6:00.36	317
50m: 40.22 40.22	150m: 2:08.58 45.70	250m: 3:40.19 46.09	350m: 5:16.33 48.96	
100m: 1:22.88 42.66	200m: 2:54.10 45.52	300m: 4:27.37 47.18	400m: 6:00.36 44.03	

KATEGORIA D

1. WACHOWSKI Błażej	44	KS Warta Poznań	5:08.37	512
50m: 34.62 34.62	150m: 1:52.66 39.54	250m: 3:11.91 39.73	350m: 4:31.63 40.08	
100m: 1:13.12 38.50	200m: 2:32.18 39.52	300m: 3:51.55 39.64	400m: 5:08.37 36.74	

Splash Meet Manager, 11.79911



Registered to Piotr Bujak

16.06.2024 12:07 - Strona 1

Letnie Mistrzostwa Polski w Pływaniu w Kategoriach Masters
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Konkurencja 40, M czynn, 400m dowolny, KATEGORIA D

Pozycja			Wiek					Czas	Pkt.
2.	GRABKOWSKI Michał		43	Stow. Pływ. Sebastiana Karasia				5:43.10	371
	50m:	39.06 39.06	150m:	2:04.73	42.64	250m:	3:31.92 43.01	350m:	4:59.91 43.13
	100m:	1:22.09 43.03	200m:	2:48.91	44.18	300m:	4:16.78 44.86	400m:	5:43.10 43.19
3.	GRABIEC Michał		41	UKS "Jasie " Sucha Beskidzka				7:30.60	164
	50m:	42.72 42.72	150m:	2:30.56	57.38	250m:	4:34.31 1:01.52	350m:	6:36.62 59.91
	100m:	1:33.18 50.46	200m:	3:32.79	1:02.23	300m:	5:36.71 1:02.40	400m:	7:30.60 53.98
4.	LIS-PIWOWARSKI Przemysław		40	MUKS Zgierz				8:11.19	126
	50m:	51.30 51.30	150m:	2:52.03	1:03.31	250m:	5:02.00 1:04.86	350m:	7:09.34 1:02.70
	100m:	1:48.72 57.42	200m:	3:57.14	1:05.11	300m:	6:06.64 1:04.64	400m:	8:11.19 1:01.85

KATEGORIA E

1.	OSIK Daniel		48	KS Warta Pozna				4:55.09	615
	50m:	31.92 31.92	150m:	1:45.40	37.47	250m:	3:00.73 37.73	350m:	4:17.58 38.00
	100m:	1:07.93 36.01	200m:	2:23.00	37.60	300m:	3:39.58 38.85	400m:	4:55.09 37.51
2.	SARNA Tomasz		49	Orion Team Rzeszów				4:59.97	586
	50m:	32.97 32.97	150m:	1:49.16	38.76	250m:	3:07.22 39.14	350m:	4:24.63 38.08
	100m:	1:10.40 37.43	200m:	2:28.08	38.92	300m:	3:46.55 39.33	400m:	4:59.97 35.34
3.	KONOPACKI Piotr		46	SP Masters Olsztyn				5:01.58	577
	50m:	33.45 33.45	150m:	1:49.03	38.24	250m:	3:06.81 39.22	350m:	4:24.87 39.22
	100m:	1:10.79 37.34	200m:	2:27.59	38.56	300m:	3:45.65 38.84	400m:	5:01.58 36.71
4.	WILMOWICZ Adam		45	Zawodnicy niezrzeszeni				5:02.79	570
	50m:	33.91 33.91	150m:	1:49.91	38.78	250m:	3:07.86 39.39	350m:	4:26.17 39.24
	100m:	1:11.13 37.22	200m:	2:28.47	38.56	300m:	3:46.93 39.07	400m:	5:02.79 36.62
5.	BIELAWSKI Tomasz		48	UKS Trójka Puławy				5:21.33	477
	50m:	36.43 36.43	150m:	1:56.51	40.66	250m:	3:19.29 41.46	350m:	4:42.81 42.02
	100m:	1:15.85 39.42	200m:	2:37.83	41.32	300m:	4:00.79 41.50	400m:	5:21.33 38.52
6.	OSTROWSKI Bartosz		47	Warsaw Masters Team				5:42.27	394
	50m:	39.58 39.58	150m:	2:06.68	43.83	250m:	3:34.85 43.74	350m:	5:02.01 42.64
	100m:	1:22.85 43.27	200m:	2:51.11	44.43	300m:	4:19.37 44.52	400m:	5:42.27 40.26

KATEGORIA F

1.	GREGOROWICZ Paweł		50	SP Masters Olsztyn				4:40.69	758
	<i>Rekord Polski Masters</i>								
	50m:	32.55 32.55	150m:	1:43.42	35.51	250m:	2:54.98 35.93	350m:	4:06.59 35.80
	100m:	1:07.91 35.36	200m:	2:19.05	35.63	300m:	3:30.79 35.81	400m:	4:40.69 34.10
2.	SZUTER Bolesław		54	Water Squad				4:47.18	707
	50m:	32.06 32.06	150m:	1:44.80	36.89	250m:	2:58.40 36.71	350m:	4:11.97 37.24
	100m:	1:07.91 35.85	200m:	2:21.69	36.89	300m:	3:34.73 36.33	400m:	4:47.18 35.21
3.	L CZKA Krzysztof		50	UKS Delfin Masters Tarnobrzeg				5:00.80	615
	50m:	32.98 32.98	150m:	1:47.77	38.18	250m:	3:05.20 38.75	350m:	4:23.40 39.20
	100m:	1:09.59 36.61	200m:	2:26.45	38.68	300m:	3:44.20 39.00	400m:	5:00.80 37.40
4.	LIPI SKI Cezary		52	Masters Avia widnik				5:08.08	573
	50m:	35.01 35.01	150m:	1:52.09	39.02	250m:	3:11.86 40.02	350m:	4:32.96 41.16
	100m:	1:13.07 38.06	200m:	2:31.84	39.75	300m:	3:51.80 39.94	400m:	5:08.08 35.12
5.	K DZIOR Mateusz		51	KS Warta Pozna				6:08.73	334
	50m:	41.32 41.32	150m:	2:16.03	48.76	250m:	3:49.70 46.48	350m:	5:24.35 47.02
	100m:	1:27.27 45.95	200m:	3:03.22	47.19	300m:	4:37.33 47.63	400m:	6:08.73 44.38



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KATEGORIA G

1.	TWAROWSKI Andrzej	59	MASTERS Białystok	6:53.52	255
	50m: 43.88 43.88	150m: 2:25.29	52.21 250m: 4:13.23	54.26	350m: 6:03.15 55.43
	100m: 1:33.08 49.20	200m: 3:18.97	53.68 300m: 5:07.72	54.49	400m: 6:53.52 50.37
2.	PIÓRKOWSKI Marek	59	KS Mako	7:17.18	216
	50m: 43.58 43.58	150m: 2:29.02	55.00 250m: 4:24.77	58.91	350m: 6:20.99 57.70
	100m: 1:34.02 50.44	200m: 3:25.86	56.84 300m: 5:23.29	58.52	400m: 7:17.18 56.19
3.	ADAMOWICZ Paweł	57	Water Squad	7:24.31	206
	50m: 49.97 49.97	150m: 2:44.42	57.66 250m: 4:37.64	56.10	350m: 6:28.12 55.29
	100m: 1:46.76 56.79	200m: 3:41.54	57.12 300m: 5:32.83	55.19	400m: 7:24.31 56.19
4.	RUDZI SKI Michał	58	MUKS Zgierz	7:51.30	172
	50m: 48.22 48.22	150m: 2:47.11	1:02.67 250m: 4:48.93	1:01.06	350m: 6:52.78 1:01.30
	100m: 1:44.44 56.22	200m: 3:47.87	1:00.76 300m: 5:51.48	1:02.55	400m: 7:51.30 58.52

KATEGORIA H

1.	MADEJ Leszek	64	Warsaw Masters Team	5:01.55	719
	<i>Rekord Polski Masters</i>				
	50m: 35.11 35.11	150m: 1:53.88	39.80 250m: 3:11.19	38.42	350m: 4:26.00 37.15
	100m: 1:14.08 38.97	200m: 2:32.77	38.89 300m: 3:48.85	37.66	400m: 5:01.55 35.55
2.	FAFF Mariusz	61	Orion Team Rzeszów	5:49.42	462
	50m: 37.28 37.28	150m: 2:03.73	44.22 250m: 3:35.34	46.04	350m: 5:07.36 45.88
	100m: 1:19.51 42.23	200m: 2:49.30	45.57 300m: 4:21.48	46.14	400m: 5:49.42 42.06
3.	MACIEJCZAK Andrzej	64	UKS Trójka Puławy	6:52.67	280
	50m: 39.60 39.60	150m: 2:23.39	53.98 250m: 4:13.02	54.80	350m: 6:01.62 54.50
	100m: 1:29.41 49.81	200m: 3:18.22	54.83 300m: 5:07.12	54.10	400m: 6:52.67 51.05

KATEGORIA I

1.	GABIEC Mariusz	66	SP Masters Olsztyn	5:36.60	561
	50m: 38.43 38.43	150m: 2:03.15	42.89 250m: 3:29.78	43.56	350m: 4:56.17 43.48
	100m: 1:20.26 41.83	200m: 2:46.22	43.07 300m: 4:12.69	42.91	400m: 5:36.60 40.43
2.	KORPETTA Wojciech	65	Water Squad	6:33.65	351
	50m: 45.39 45.39	150m: 2:28.06	52.14 250m: 4:12.83	52.71	350m: 5:52.02 46.94
	100m: 1:35.92 50.53	200m: 3:20.12	52.06 300m: 5:05.08	52.25	400m: 6:33.65 41.63
3.	TWARDYSKO Stanisław	68	Wetern Zabrze	6:34.61	348
	50m: 42.71 42.71	150m: 2:22.55	51.40 250m: 4:05.87	51.60	350m: 5:47.67 50.41
	100m: 1:31.15 48.44	200m: 3:14.27	51.72 300m: 4:57.26	51.39	400m: 6:34.61 46.94
4.	MATUSIK Mirosław	68	MASTERS Białystok	6:49.44	312
	50m: 44.85 44.85	150m: 2:27.12	51.73 250m: 4:12.76	53.05	350m: 5:58.23 52.45
	100m: 1:35.39 50.54	200m: 3:19.71	52.59 300m: 5:05.78	53.02	400m: 6:49.44 51.21
5.	LASOWY Marian	69	Koszali skie TKKF	7:06.44	276
	50m: 47.43 47.43	150m: 2:36.19	55.64 250m: 4:26.21	54.52	350m: 6:15.09 54.16
	100m: 1:40.55 53.12	200m: 3:31.69	55.50 300m: 5:20.93	54.72	400m: 7:06.44 51.35
6.	LIPKA Marek	66	Zawodnicy niezrzeszeni	7:12.05	265
	50m: 50.23 50.23	150m: 2:40.50	55.64 250m: 4:33.26	55.97	350m: 6:24.77 56.03
	100m: 1:44.86 54.63	200m: 3:37.29	56.79 300m: 5:28.74	55.48	400m: 7:12.05 47.28
7.	KWIATKOWSKI Bogusław	68	KS Korona 1919 Kraków	9:14.07	125
	50m: 58.05 58.05	150m: 3:14.17	1:08.84 250m: 5:35.27	1:09.84	350m: 8:00.46 1:12.70
	100m: 2:05.33 1:07.28	200m: 4:25.43	1:11.26 300m: 6:47.76	1:12.49	400m: 9:14.07 1:13.61



Letnie Mistrzostwa Polski w Pływaniu w Kategoriach Masters
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KATEGORIA J

1. HEMBA Petro	72	Euro - Lviv	6:48.63	387
50m: 45.68 45.68	150m: 2:29.06	52.26 250m: 4:13.73 52.48	350m: 5:58.53 52.69	
100m: 1:36.80 51.12	200m: 3:21.25	52.19 300m: 5:05.84 52.11	400m: 6:48.63 50.10	
2. DUBI SKI Bogdan	71	Stow. Pływ. Legia Warszawa	7:28.27	293
50m: 46.30 46.30	150m: 2:40.58	58.54 250m: 4:40.09 1:00.25	350m: 6:38.27 58.51	
100m: 1:42.04 55.74	200m: 3:39.84	59.26 300m: 5:39.76 59.67	400m: 7:28.27 50.00	
3. KULI Zenon	70	Warsaw Masters Team	7:31.38	287
50m: 49.23 49.23	150m: 2:45.75	58.51 250m: 4:41.89 58.25	350m: 6:36.05 57.05	
100m: 1:47.24 58.01	200m: 3:43.64	57.89 300m: 5:39.00 57.11	400m: 7:31.38 55.33	

KATEGORIA K

1. WOLNIEWICZ Janusz	76	KS Extreme Team Oborniki	8:37.17	231
50m: 54.72 54.72	150m: 3:07.36	1:08.20 250m: 5:22.64 1:06.96	350m: 7:34.89 1:05.41	
100m: 1:59.16 1:04.44	200m: 4:15.68	1:08.32 300m: 6:29.48 1:06.84	400m: 8:37.17 1:02.28	
2. DASZY SKI Andrzej	76	UKS Energetyk Zgorzelec	9:04.55	198
50m: 1:00.01 1:00.01	150m: 3:21.66	1:11.63 250m: 5:44.07 1:10.56	350m: 8:02.61 1:09.38	
100m: 2:10.03 1:10.02	200m: 4:33.51	1:11.85 300m: 6:53.23 1:09.16	400m: 9:04.55 1:01.94	

KATEGORIA L

1. DEDESZKO-WIERCI SKI Kazimierz	81	KU AZS UMCS Lublin	9:29.58	222
50m: 59.94 59.94	150m: 3:22.46	1:14.06 250m: 5:50.97 1:13.75	350m: 8:21.16 1:15.84	
100m: 2:08.40 1:08.46	200m: 4:37.22	1:14.76 300m: 7:05.32 1:14.35	400m: 9:29.58 1:08.42	
2. WAGA Stanisław	84	KS Korona 1919 Kraków	9:51.32	198
50m: 1:06.93 1:06.93	150m: 3:42.93	1:19.29 250m: 6:16.88 1:16.10	350m: 8:46.32 1:13.40	
100m: 2:23.64 1:16.71	200m: 5:00.78	1:17.85 300m: 7:32.92 1:16.04	400m: 9:51.32 1:05.00	

