

Letnie Mistrzostwa Polski w Pływaniu w Kategoriach Masters
Lublin, 30.5. - 1.6.2025

Konkurencja 40
01.06.2025 - 11:39

Mężczyzn, 400m dowolny

20 - 94 lat
Wyniki

RP Masters 90 - 94	11:34.19	MRÓWCZYŃSKI Kazimierz	Londyn (GBR)	27.05.2016
RP Masters 85 - 89	8:01.90	KROKOSZYŃSKI Stanisław	Szczecin	27.06.2015
RP Masters 80 - 84	6:58.79	KROKOSZYŃSKI Stanisław	Gliwice	09.05.2010
RP Masters 75 - 79	6:31.82	BASTEK Ewald	Olsztyn	29.06.2014
RP Masters 70 - 74	5:53.54	BASTEK Ewald	Gdynia	27.06.2009
RP Masters 65 - 69	5:30.75	WARCHOŁ Mirosław	Warszawa	05.12.2020
RP Masters 60 - 64	5:01.55	MADEJ Leszek	Lublin	16.06.2024
RP Masters 55 - 59	4:49.84	MADEJ Leszek	Gliwice	12.06.2016
RP Masters 50 - 54	4:40.69	GREGOROWICZ Paweł	Lublin	16.06.2024
RP Masters 45 - 49	4:37.07	BERWECKI Arkadiusz	Poznań	24.06.2018
RP Masters 40 - 44	4:21.40	STANEK Grzegorz	Cadiz (ESP)	17.09.2009
RP Masters 35 - 39	4:23.70	KACZMAREK Stanisław	Londyn (GBR)	27.05.2016
RP Masters 30 - 34	4:13.24	LASSEK Bartłomiej	Lublin	16.06.2024
RP Masters 25 - 29	4:13.52	PIÓRO Artur	Gliwice	02.06.2019

Punkty: AQUA Master 2025

Pozycja Wiek Czas Pkt. CR

KATEGORIA A

1. GAWRON Oskar	26	Fundacja Power Swimming	4:30.60	706	+0,76
50m: 29.83 29.83	150m: 1:37.02 33.97	250m: 2:45.95 34.45	350m: 3:55.67 35.15		
100m: 1:03.05 33.22	200m: 2:11.50 34.48	300m: 3:20.52 34.57	400m: 4:30.60 34.93		

KATEGORIA B

1. DUBIEL Adam	32	Water Squad	4:12.72	836	+0,72
<i>Rekord Polski Masters</i>					
50m: 27.98 27.98	150m: 1:31.62 32.23	250m: 2:36.74 32.77	350m: 3:42.18 32.74		
100m: 59.39 31.41	200m: 2:03.97 32.35	300m: 3:09.44 32.70	400m: 4:12.72 30.54		
2. APTEWICZ Arkadiusz	32	Water Squad	4:24.17	732	+0,67
50m: 29.46 29.46	150m: 1:36.01 33.70	250m: 2:44.45 34.25	350m: 3:52.28 33.66		
100m: 1:02.31 32.85	200m: 2:10.20 34.19	300m: 3:18.62 34.17	400m: 4:24.17 31.89		
3. EL SABBAHY Loay	32	KS Warta Poznań	4:39.34	619	+0,77
50m: 30.90 30.90	150m: 1:41.35 35.85	250m: 2:52.93 36.31	350m: 4:04.48 35.55		
100m: 1:05.50 34.60	200m: 2:16.62 35.27	300m: 3:28.93 36.00	400m: 4:39.34 34.86		
4. WITT Piotr	34	KS Warta Poznań	4:47.28	569	+0,74
50m: 30.62 30.62	150m: 1:42.61 36.59	250m: 2:55.92 36.80	350m: 4:11.02 38.06		
100m: 1:06.02 35.40	200m: 2:19.12 36.51	300m: 3:32.96 37.04	400m: 4:47.28 36.26		
5. GAJDA Maciej	30	MKP Wodnik 29 Tychy	4:58.97	505	+0,70
50m: 34.54 34.54	150m: 1:51.48 39.04	250m: 3:09.48 39.30	350m: 4:25.36 37.23		
100m: 1:12.44 37.90	200m: 2:30.18 38.70	300m: 3:48.13 38.65	400m: 4:58.97 33.61		
6. MENDYK Przemysław	33	MUKS Gilus Gilowice	5:02.89	485	+0,84
50m: 31.80 31.80	150m: 1:46.71 38.23	250m: 3:05.54 39.36	350m: 4:25.53 39.67		
100m: 1:08.48 36.68	200m: 2:26.18 39.47	300m: 3:45.86 40.32	400m: 5:02.89 37.36		
7. KEMPIAK Amadeusz	31	Niezrzeszony	5:09.49	455	+0,69
50m: 32.35 32.35	150m: 1:50.13 39.69	250m: 3:11.64 41.05	350m: 4:33.72 41.11		
100m: 1:10.44 38.09	200m: 2:30.59 40.46	300m: 3:52.61 40.97	400m: 5:09.49 35.77		
8. DZIEDZIC Andrzej	32	Fundacja Palestra Pływania	5:12.02	444	+0,80
50m: 34.16 34.16	150m: 1:49.91 39.00	250m: 3:09.37 40.30	350m: 4:31.28 41.12		
100m: 1:10.91 36.75	200m: 2:29.07 39.16	300m: 3:50.16 40.79	400m: 5:12.02 40.74		
9. GROCHOWSKI Łukasz	34	Warsaw Masters Team	5:20.74	409	+0,77
50m: 36.75 36.75	150m: 1:57.73 40.76	250m: 3:19.33 40.95	350m: 4:40.93 40.95		
100m: 1:16.97 40.22	200m: 2:38.38 40.65	300m: 3:59.98 40.65	400m: 5:20.74 39.81		
10. KUREK Mateusz	31	UKS Trójka Częstochowa	5:24.61	394	+0,67
50m: 33.92 33.92	150m: 1:54.73 41.06	250m: 3:17.85 41.85	350m: 4:44.91 43.02		
100m: 1:13.67 39.75	200m: 2:36.00 41.27	300m: 4:01.89 44.04	400m: 5:24.61 39.70		

Splash Meet Manager, 11.81803



Registered to Piotr Bujak

01.06.2025 12:57 - Strona 1

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Konkurencja 40, Mężczyzn, 400m dowolny, KATEGORIA B

Pozycja	Wiek				Czas				Pkt.	CR
11. CHOWANIEC Mateusz	30	UKS Trójka Częstochowa				5:34.93	359	+0,76		
50m:	35.29	35.29	150m:	1:56.80	41.71	250m:	3:24.32	44.51	350m:	4:52.29 42.80
100m:	1:15.09	39.80	200m:	2:39.81	43.01	300m:	4:09.49	45.17	400m:	5:34.93 42.64
12. KONIECZNIK Przemysław	30	Niezrzeszony				5:45.87	326	+0,87		
50m:	39.85	39.85	150m:	2:06.48	43.65	250m:	3:35.69	44.55	350m:	5:04.37 44.41
100m:	1:22.83	42.98	200m:	2:51.14	44.66	300m:	4:19.96	44.27	400m:	5:45.87 41.50

KATEGORIA C

1. ZIELONKA Rafał	39	Masters Avia Świdnik				4:51.47	563	+0,77		
50m:	33.39	33.39	150m:	1:46.26	36.12	250m:	3:00.17	36.92	350m:	4:15.70 37.78
100m:	1:10.14	36.75	200m:	2:23.25	36.99	300m:	3:37.92	37.75	400m:	4:51.47 35.77
2. KUŚMIDER Przemysław	36	MUKS Zgierz				5:09.68	470	+0,77		
50m:	32.56	32.56	150m:	1:49.41	38.90	250m:	3:09.38	40.32	350m:	4:30.59 40.49
100m:	1:10.51	37.95	200m:	2:29.06	39.65	300m:	3:50.10	40.72	400m:	5:09.68 39.09
3. SZEWCZYK Piotr	38	Warsaw Masters Team				5:09.98	468	+0,79		
50m:	34.13	34.13	150m:	1:51.47	39.71	250m:	3:12.04	40.61	350m:	4:32.92 40.26
100m:	1:11.76	37.63	200m:	2:31.43	39.96	300m:	3:52.66	40.62	400m:	5:09.98 37.06
4. KAIM Ignacy	36	Stow. Pływ. Sebastiana Karasia				5:41.19	351	+0,67		
50m:	37.72	37.72	150m:	2:01.55	42.51	250m:	3:29.94	44.74	350m:	4:59.64 45.19
100m:	1:19.04	41.32	200m:	2:45.20	43.65	300m:	4:14.45	44.51	400m:	5:41.19 41.55
5. SZNAJDER Michał	39	Warsaw Masters Team				6:03.61	290	+0,77		
50m:	39.40	39.40	150m:	2:08.76	45.48	250m:	3:42.68	46.85	350m:	5:17.84 47.11
100m:	1:23.28	43.88	200m:	2:55.83	47.07	300m:	4:30.73	48.05	400m:	6:03.61 45.77

KATEGORIA D

1. JUREK Przemysław	44	UKS Trójka Puławy				5:01.05	550	+0,87		
50m:	33.40	33.40	150m:	1:48.36	38.09	250m:	3:06.08	38.71	350m:	4:23.42 38.43
100m:	1:10.27	36.87	200m:	2:27.37	39.01	300m:	3:44.99	38.91	400m:	5:01.05 37.63
2. PORADA Tomasz	42	Warsaw Masters Team				5:06.78	520	+0,71		
50m:	34.46	34.46	150m:	1:50.86	38.71	250m:	3:09.48	39.23	350m:	4:28.43 39.63
100m:	1:12.15	37.69	200m:	2:30.25	39.39	300m:	3:48.80	39.32	400m:	5:06.78 38.35
3. KRUK Marcin	43	Koszalińskie TKKF				5:31.37	412	+0,82		
50m:	35.78	35.78	150m:	1:58.10	41.86	250m:	3:22.83	42.78	350m:	4:50.45 44.22
100m:	1:16.24	40.46	200m:	2:40.05	41.95	300m:	4:06.23	43.40	400m:	5:31.37 40.92
4. ZIMKOWSKI Dawid	44	Weteran Zabrze				6:07.40	302	+0,92		
50m:	39.09	39.09	150m:	2:10.73	46.82	250m:	3:45.76	48.79	350m:	5:22.25 48.99
100m:	1:23.91	44.82	200m:	2:56.97	46.24	300m:	4:33.26	47.50	400m:	6:07.40 45.15
5. GRABKOWSKI Michał	44	Stow. Pływ. Sebastiana Karasia				6:14.44	286	+0,83		
50m:	39.43	39.43	150m:	2:11.44	47.28	250m:	3:47.66	48.36	350m:	5:27.07 49.90
100m:	1:24.16	44.73	200m:	2:59.30	47.86	300m:	4:37.17	49.51	400m:	6:14.44 47.37

KATEGORIA E

1. WILMOWICZ Adam	46	Koszalińskie TKKF				5:07.84	533	+0,83		
50m:	33.76	33.76	150m:	1:50.56	39.16	250m:	3:10.77	40.40	350m:	4:30.59 39.61
100m:	1:11.40	37.64	200m:	2:30.37	39.81	300m:	3:50.98	40.21	400m:	5:07.84 37.25
2. ROGOSZ Paweł	49	Warsaw Masters Team				5:13.10	506	+0,80		
50m:	36.36	36.36	150m:	1:57.12	40.80	250m:	3:17.38	39.88	350m:	4:36.23 39.26
100m:	1:16.32	39.96	200m:	2:37.50	40.38	300m:	3:56.97	39.59	400m:	5:13.10 36.87



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Pozycja				Wiek							Czas	Pkt.	CR
3.	WACHOWSKI Błażej			45	KS Warta Poznań						5:15.75	494	+0,85
	50m:	36.07	36.07	150m:	1:56.95	40.66	250m:	3:17.71	40.13	350m:	4:37.90	40.18	
	100m:	1:16.29	40.22	200m:	2:37.58	40.63	300m:	3:57.72	40.01	400m:	5:15.75	37.85	
4.	DYCZEK Mariusz			46	Masters Zdzeszowice						5:15.90	493	+0,95
	50m:	33.54	33.54	150m:	1:51.33	39.74	250m:	3:14.15	41.80	350m:	4:38.03	41.73	
	100m:	1:11.59	38.05	200m:	2:32.35	41.02	300m:	3:56.30	42.15	400m:	5:15.90	37.87	
5.	DZIADOSZ Robert			46	5Styl Warszawa						5:20.21	473	+0,72
	50m:	34.64	34.64	150m:	1:54.15	40.68	250m:	3:17.27	42.13	350m:	4:40.26	41.56	
	100m:	1:13.47	38.83	200m:	2:35.14	40.99	300m:	3:58.70	41.43	400m:	5:20.21	39.95	
6.	PIEŚLAK Roman			46	Koszalińskie TKKF						5:22.06	465	+0,77
	50m:	35.59	35.59	150m:	1:55.76	40.84	250m:	3:18.74	41.52	350m:	4:42.59	41.54	
	100m:	1:14.92	39.33	200m:	2:37.22	41.46	300m:	4:01.05	42.31	400m:	5:22.06	39.47	
7.	BIELSKI Dymitr			48	Warsaw Masters Team						5:48.52	367	+0,89
	50m:	38.66	38.66	150m:	2:06.89	44.90	250m:	3:37.51	44.78	350m:	5:06.87	44.62	
	100m:	1:21.99	43.33	200m:	2:52.73	45.84	300m:	4:22.25	44.74	400m:	5:48.52	41.65	

KATEGORIA F

1.	GREGOROWICZ Paweł			51	Stow. Pływ. Masters Olsztyn						4:41.20	753	+0,70
	50m:	31.90	31.90	150m:	1:42.61	35.76	250m:	2:55.10	36.27	350m:	4:07.02	35.66	
	100m:	1:06.85	34.95	200m:	2:18.83	36.22	300m:	3:31.36	36.26	400m:	4:41.20	34.18	
2.	SARNA Tomasz			50	KSW Stal Rzeszów						5:00.81	615	+0,78
	50m:	32.24	32.24	150m:	1:47.07	37.70	250m:	3:03.93	38.42	350m:	4:22.65	39.58	
	100m:	1:09.37	37.13	200m:	2:25.51	38.44	300m:	3:43.07	39.14	400m:	5:00.81	38.16	
3.	LIPIŃSKI Cezary			53	Masters Avia Świdnik						5:05.40	588	+0,66
	50m:	33.95	33.95	150m:	1:49.55	38.43	250m:	3:06.50	38.43	350m:	4:26.43	40.13	
	100m:	1:11.12	37.17	200m:	2:28.07	38.52	300m:	3:46.30	39.80	400m:	5:05.40	38.97	
4.	WINIARCZYK Jarosław			53	Koszalińskie TKKF						5:09.68	564	+0,71
	50m:	34.04	34.04	150m:	1:52.18	39.91	250m:	3:13.15	40.76	350m:	4:32.73	37.92	
	100m:	1:12.27	38.23	200m:	2:32.39	40.21	300m:	3:54.81	41.66	400m:	5:09.68	36.95	
5.	DĄBROWSKI Paweł			51	Stow. Pływ. Masters Olsztyn						5:38.54	432	+0,88
	50m:	37.27	37.27	150m:	2:02.56	43.32	250m:	3:29.29	43.65	350m:	4:57.63	44.31	
	100m:	1:19.24	41.97	200m:	2:45.64	43.08	300m:	4:13.32	44.03	400m:	5:38.54	40.91	
6.	MOROZOWSKI Wiktor			52	MUKS Zgierz						6:06.43	340	
	50m:	40.68	40.68	150m:	2:12.42	46.47	250m:	3:45.91	45.69	350m:	5:22.28	47.60	
	100m:	1:25.95	45.27	200m:	3:00.22	47.80	300m:	4:34.68	48.77	400m:	6:06.43	44.15	
7.	WÓJCICKI Rafał			50	MASTERS Lublin						6:10.92	328	+0,89
	50m:	38.51	38.51	150m:	2:07.69	46.15	250m:	3:45.56	49.04	350m:	5:25.69	49.68	
	100m:	1:21.54	43.03	200m:	2:56.52	48.83	300m:	4:36.01	50.45	400m:	6:10.92	45.23	
8.	MAMROT Artur			53	Koszalińskie TKKF						6:28.15	286	+0,83
	50m:	38.52	38.52	150m:	2:11.48	48.60	250m:	3:55.10	51.66	350m:	5:39.22	51.74	
	100m:	1:22.88	44.36	200m:	3:03.44	51.96	300m:	4:47.48	52.38	400m:	6:28.15	48.93	

KATEGORIA G

1.	SZUTER Bolesław			55	Water Squad						4:52.62	721	+0,78
	50m:	32.37	32.37	150m:	1:46.25	37.59	250m:	3:01.45	37.49	350m:	4:16.36	37.73	
	100m:	1:08.66	36.29	200m:	2:23.96	37.71	300m:	3:38.63	37.18	400m:	4:52.62	36.26	
2.	MONCZAK Piotr			58	KS Warta Poznań						5:00.56	666	+0,75
	50m:	34.34	34.34	150m:	1:50.44	38.14	250m:	3:07.72	38.30	350m:	4:23.94	37.38	
	100m:	1:12.30	37.96	200m:	2:29.42	38.98	300m:	3:46.56	38.84	400m:	5:00.56	36.62	



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Pozycja	Wiek				Czas				Pkt.	CR
3. HARENDA Andrzej	57				Niezrzeszony Piła				6:20.62	327 +0,67
50m:	41.11	41.11	150m:	2:15.22	48.55	250m:	3:53.62	49.15	350m:	5:33.41 49.93
100m:	1:26.67	45.56	200m:	3:04.47	49.25	300m:	4:43.48	49.86	400m:	6:20.62 47.21

KATEGORIA H

1. FAFF Mariusz	62				KSW Stal Rzeszów				5:50.93	456 +0,79
50m:	36.91	36.91	150m:	2:05.83	45.21	250m:	3:37.52	46.23	350m:	5:08.85 45.06
100m:	1:20.62	43.71	200m:	2:51.29	45.46	300m:	4:23.79	46.27	400m:	5:50.93 42.08
2. KAMIŃSKI Robert	60				Niezrzeszony				5:52.54	449 +0,94
50m:	39.33	39.33	150m:	2:08.31	45.45	250m:	3:40.36	46.16	350m:	5:12.47 46.08
100m:	1:22.86	43.53	200m:	2:54.20	45.89	300m:	4:26.39	46.03	400m:	5:52.54 40.07
3. KONSTANCIUK Piotr	64				Masters Avia Świdnik				6:14.04	376 +0,98
50m:	43.37	43.37	150m:	2:21.59	49.69	250m:	3:59.34	47.96	350m:	5:33.93 46.11
100m:	1:31.90	48.53	200m:	3:11.38	49.79	300m:	4:47.82	48.48	400m:	6:14.04 40.11
4. PIÓRKOWSKI Marek	60				Water Squad				7:09.39	249 +0,94
50m:	45.37	45.37	150m:	2:29.84	54.02	250m:	4:20.64	55.58	350m:	6:14.11 57.33
100m:	1:35.82	50.45	200m:	3:25.06	55.22	300m:	5:16.78	56.14	400m:	7:09.39 55.28

KATEGORIA I

1.	MADEJ Leszek			65	Warsaw Masters Team					5:07.28	738	+0,72				
	<i>Rekord Polski Masters</i>															
	50m:	36.34	36.34		150m:	1:55.40	39.74	250m:	3:15.00				39.72	350m:	4:31.67	37.81
	100m:	1:15.66	39.32	200m:	2:35.28	39.88	300m:	3:53.86	38.86	400m:	5:07.28	35.61				
2.	LAIKARI Jukka			66	Meisterujumise U-Klubi					6:14.52	407	+0,81				
	50m:	41.24	41.24		150m:	2:15.62	47.93	250m:	3:51.86				48.04	350m:	5:28.26	48.11
	100m:	1:27.69	46.45		200m:	3:03.82	48.20	300m:	4:40.15				48.29	400m:	6:14.52	46.26
3.	KORPETTA Wojciech			66	Water Squad					6:32.97	352					
	50m:	43.05	43.05		150m:	2:24.97	51.55	250m:	4:09.00			52.10	350m:	5:48.40	47.41	
	100m:	1:33.42	50.37		200m:	3:16.90	51.93	300m:	5:00.99			51.99	400m:	6:32.97	44.57	
4.	TWARDYSKO Stanisław			69	Weteran Zabrze					6:41.30	331					
	50m:	42.72	42.72		150m:	2:22.57	50.98	250m:	4:07.77			52.28	350m:	5:53.39	52.53	
	100m:	1:31.59	48.87		200m:	3:15.49	52.92	300m:	5:00.86			53.09	400m:	6:41.30	47.91	
5.	KOZYRA Daniel			66	5Styl Warszawa					6:51.54	307	+0,91				
	50m:	42.44	42.44		150m:	2:27.63	53.97	250m:	4:15.09				53.69	350m:	6:01.69	53.04
	100m:	1:33.66	51.22		200m:	3:21.40	53.77	300m:	5:08.65				53.56	400m:	6:51.54	49.85

KATEGORIA J

1. LIETZ Krzysztof	73				Toruń Multisport Team				7:02.84	349 +0,94
50m:	46.09	46.09	150m:	2:34.53	55.47	250m:	4:24.97	55.98	350m:	6:13.43 54.16
100m:	1:39.06	52.97	200m:	3:28.99	54.46	300m:	5:19.27	54.30	400m:	7:02.84 49.41
2. DUBIŃSKI Bogdan	72				Stow. Pływ. Legia Warszawa				7:07.43	338 +0,99
50m:	45.39	45.39	150m:	2:32.60	55.20	250m:	4:25.25	57.16	350m:	6:17.00 56.56
100m:	1:37.40	52.01	200m:	3:28.09	55.49	300m:	5:20.44	55.19	400m:	7:07.43 50.43
3. LASOWY Marian	70				Koszalińskie TTKF				7:29.07	291
50m:	46.62	46.62	150m:	2:42.61	58.97	250m:	4:38.72	58.62	350m:	6:34.32 58.06
100m:	1:43.64	57.02	200m:	3:40.10	57.49	300m:	5:36.26	57.54	400m:	7:29.07 54.75
4. SZCZUREK Bogdan	73				IKS Druga Strona Sportu				10:29.57	105 +0,87
50m:	1:06.63	1:06.63	150m:	3:41.98	1:18.91	250m:	6:22.69	1:20.79	350m:	
100m:	2:23.07	1:16.44	200m:	5:01.90	1:19.92	300m:	7:46.25	1:23.56	400m:	10:29.57



Letnie Mistrzostwa Polski w Pływaniu w Kategoriach Masters
Lublin, 30.5. - 1.6.2025

Konkurencja 40, Mężczyzn, 400m dowolny

KATEGORIA K

1.	ZAŁUSKI Wiesław	75	Koszalińskie TKKF	6:44.48	484	+0,90
	50m: 44.75 44.75	150m: 2:26.83 52.36	250m: 4:11.45 52.48	350m: 5:55.22 52.02		
	100m: 1:34.47 49.72	200m: 3:18.97 52.14	300m: 5:03.20 51.75	400m: 6:44.48 49.26		
2.	BARTKOWIAK Roman	76	KS Warta Poznań	7:51.01	307	+0,98
	50m: 50.32 50.32	150m: 2:47.70 1:00.40	250m: 4:52.47 1:01.79	350m: 6:55.17 1:01.30		
	100m: 1:47.30 56.98	200m: 3:50.68 1:02.98	300m: 5:53.87 1:01.40	400m: 7:51.01 55.84		

