

Letnie Mistrzostwa Polski Masters LC  
Lublin, 19. - 21.6.2026

Konkurencja 13  
20.06.2026 - 9:51

Mężczyzn, 200m klasyczny

20 lat i starsi  
Wyniki

|                                |         |                   |                    |            |
|--------------------------------|---------|-------------------|--------------------|------------|
| Rekordy Polski Masters 85 - 89 | 4:14.72 | FECICA Daniel     | Lublin             | 31.05.2025 |
| Rekordy Polski Masters 80 - 84 | 4:04.90 | FECICA Daniel     | Rome               | 01.09.2022 |
| Rekordy Polski Masters 75 - 79 | 3:37.24 | FECICA Daniel     | Londyn (GBR)       | 29.05.2016 |
| Rekordy Polski Masters 70 - 74 | 3:21.92 | FECICA Daniel     | Göteborg (SWE)     | 05.08.2010 |
| Rekordy Polski Masters 65 - 69 | 3:15.63 | FECICA Daniel     | Brandenburg (GER)  | 28.05.2005 |
| Rekordy Polski Masters 60 - 64 | 2:59.30 | KLUKOWSKI Józef   | Perth (AUS)        | 22.04.2008 |
| Rekordy Polski Masters 55 - 59 | 2:37.04 | FORMAS Sławomir   | Belgrad            | 29.06.2024 |
| Rekordy Polski Masters 50 - 54 | 2:36.18 | FORMAS Sławomir   | Rome               | 01.09.2022 |
| Rekordy Polski Masters 45 - 49 | 2:37.24 | FORMAS Sławomir   | Poznań             | 23.06.2018 |
| Rekordy Polski Masters 40 - 44 | 2:37.59 | SZYMKOWIAK Marcin | Belgrad            | 29.06.2024 |
| Rekordy Polski Masters 35 - 39 | 2:28.22 | DUSZYŃSKI Tomasz  | Montreal (CAN)     | 09.08.2014 |
| Rekordy Polski Masters 30 - 34 | 2:21.28 | DUSZYŃSKI Tomasz  | Perth (AUS)        | 22.04.2008 |
| Rekordy Polski Masters 25 - 29 | 2:26.74 | DUSZYŃSKI Tomasz  | Christchurch (NZL) | 26.03.2002 |

Punkt: AQUA Master 2025

| pozycja     | wiek                 |    | czas                       | pkt.           | CR        | 50m   | 100m    | 150m    | 200m    |
|-------------|----------------------|----|----------------------------|----------------|-----------|-------|---------|---------|---------|
| 25 - 29 lat |                      |    |                            |                |           |       |         |         |         |
| 1.          | KOSOWICZ Wojciech    | 29 | Warsaw Masters Team        | <b>2:30.22</b> | 675 +0,69 | 33.02 | 37.54   | 38.88   | 40.78   |
| 2.          | LAPO Uładzislaw      | 25 | MKP Szczecin               | <b>2:30.23</b> | 674 +0,76 | 32.71 | 36.48   | 38.79   | 42.25   |
| 3.          | ARENTEWICZ Jacek     | 29 | KS Feel The Water          | <b>2:32.08</b> | 650 +0,77 | 33.27 | 37.55   | 38.51   | 42.75   |
| 4.          | SZAFARCZYK Igor      | 29 | Warsaw Masters Team        | <b>2:39.54</b> | 563 +0,73 | 34.81 | 41.57   | 41.44   | 41.72   |
| 5.          | GAWRON Oskar         | 27 | Fundacja Power Swimming    | <b>2:41.06</b> | 547 +0,70 | 35.95 | 40.52   | 42.75   | 41.84   |
| 30 - 34 lat |                      |    |                            |                |           |       |         |         |         |
| 1.          | APTEWICZ Arkadiusz   | 33 | Water Squad                | <b>2:28.88</b> | 775 +0,72 | 33.51 | 38.03   | 38.24   | 39.10   |
| 2.          | FRYMUS Tyberiusz     | 31 | SMT Szczecin               | <b>2:38.00</b> | 648 +0,73 | 35.76 | 39.57   | 41.18   | 41.49   |
| 3.          | KRZEWINSKI Patryk    | 30 | MKP Gdańsk                 | <b>2:55.53</b> | 473 +0,64 | 38.80 | 44.35   | 45.76   | 46.62   |
| 4.          | MENDYK Przemysław    | 34 | MUKS Gilus Gilowice        | <b>3:00.06</b> | 438 +0,89 | 38.68 | 46.12   | 47.63   | 47.63   |
| 5.          | SZCZYPEK Mateusz     | 30 | UKS Delfin Garwolin        | <b>3:05.76</b> | 399 +0,80 | 39.89 | 47.22   | 49.85   | 48.80   |
| 6.          | KAMIŃSKI Patryk      | 31 | Water Squad                | <b>3:06.06</b> | 397 +0,87 | 39.81 | 47.10   | 49.39   | 49.76   |
| 35 - 39 lat |                      |    |                            |                |           |       |         |         |         |
| 1.          | PIK Paweł            | 38 | Masters Avia Świdnik       | <b>2:43.78</b> | 626 +0,77 | 35.29 | 41.47   | 43.28   | 43.74   |
| 2.          | SMOTER Mateusz       | 38 | Warsaw Masters Team        | <b>2:52.87</b> | 532       | 40.08 | 44.51   | 44.37   | 43.91   |
| 3.          | PLEŚNIARSKI Jarosław | 38 | Victoria Racibórz Masters  | <b>3:00.05</b> | 471 +0,87 | 39.40 | 45.10   | 47.20   | 48.35   |
| 4.          | LENK Maciej          | 39 | Victoria Racibórz Masters  | <b>3:05.51</b> | 430 +0,67 | 39.64 | 46.42   | 50.03   | 49.42   |
| 40 - 44 lat |                      |    |                            |                |           |       |         |         |         |
| 1.          | ZIELONKA Rafał       | 40 | Masters Avia Świdnik       | <b>2:52.87</b> | 515 +0,71 | 39.29 | 44.75   | 44.77   | 44.06   |
| 2.          | SKORULSKI Jacek      | 43 | Water Squad                | <b>2:56.56</b> | 483       | 38.44 | 44.49   | 47.04   | 46.59   |
| 45 - 49 lat |                      |    |                            |                |           |       |         |         |         |
| 1.          | PIEŚLAK Roman        | 47 | Koszalińskie TKKF          | <b>2:53.42</b> | 519 +0,66 | 37.73 | 43.47   | 45.87   | 46.35   |
| 2.          | ZIELIŃSKI Karol      | 46 | UKS Sparta Grodzisk Mazo   | <b>2:59.26</b> | 470 +0,79 | 38.38 | 44.88   | 47.67   | 48.33   |
| 3.          | BIELSKI Dymitr       | 49 | Warsaw Masters Team        | <b>3:04.48</b> | 431       | 42.59 | 47.87   | 46.52   | 47.50   |
| 4.          | LIS Roman            | 47 | St. Pływackie SWIMMERS     | <b>3:20.69</b> | 335 +0,91 | 44.35 | 51.10   | 53.42   | 51.82   |
| 5.          | GAJDA Tomasz         | 48 | MUKS Zgierz                | <b>3:33.18</b> | 279 +0,88 | 47.75 | 55.21   | 57.66   | 52.56   |
| 50 - 54 lat |                      |    |                            |                |           |       |         |         |         |
| 1.          | ROGOSZ Paweł         | 50 | Warsaw Masters Team        | <b>2:53.06</b> | 581       | 39.52 | 43.51   | 45.54   | 44.49   |
| 2.          | GÓŹDŹ Maciej         | 50 | Gdynia Masters             | <b>3:19.67</b> | 378       | 45.19 | 50.06   | 54.41   | 50.01   |
| 3.          | MAMROT Artur         | 54 | Koszalińskie TKKF          | <b>3:27.51</b> | 337 +0,94 | 45.54 | 50.45   | 53.92   | 57.60   |
| 4.          | WÓJCICKI Rafał       | 51 | MASTERS Lublin             | <b>3:37.48</b> | 292 +0,88 | 51.31 | 56.27   | 56.22   | 53.68   |
| 5.          | MOROZOWSKI Wiktor    | 53 | MUKS Zgierz                | <b>3:48.79</b> | 251 +0,75 | 47.46 | 55.15   | 1:03.77 | 1:02.41 |
| 6.          | WACHOWSKI Karol      | 50 | Stow. Pływ. Sebastiana Kar | <b>3:56.09</b> | 228 +0,91 | 54.60 | 1:02.55 | 1:02.36 | 56.58   |
| 7.          | SINKOWSKI Marek      | 51 | Gminny KP 7 Zdrój Trzebnic | <b>4:30.94</b> | 151 +0,87 | 57.27 | 1:10.78 | 1:13.36 | 1:09.53 |
| DYSKW.      | HRACKI Libor         | 54 | Plavecký klub Havířov z.s. |                |           |       |         |         |         |

K1 - Pływak wykonał więcej niż jedno kopnięcie motylkowe przed pierwszym kopnięciem do stylu klasycznego - 7.1, 7.5

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55 - 59 lat

|                    |    |                     |                |           |       |         |         |         |
|--------------------|----|---------------------|----------------|-----------|-------|---------|---------|---------|
| 1. FORMAS Sławomir | 57 | MUKS Gilus Gilowice | <b>2:39.66</b> | 839 +0,84 | 36.16 | 41.42   | 41.46   | 40.62   |
| 2. JEŻ Zbigniew    | 57 | Ursynów Masters     | <b>3:40.08</b> | 320       | 49.81 | 55.64   | 58.86   | 55.77   |
| 3. PATAN Witold    | 58 | Koszalińskie TKKF   | <b>4:05.90</b> | 229 +0,91 | 56.20 | 1:03.02 | 1:06.61 | 1:00.07 |

60 - 64 lat

|                      |    |                       |                |           |       |         |         |         |
|----------------------|----|-----------------------|----------------|-----------|-------|---------|---------|---------|
| 1. PYCIA Adam        | 60 | KS Korona 1919 Kraków | <b>3:28.21</b> | 401 +0,95 | 47.26 | 52.50   | 54.85   | 53.60   |
| 2. WARACZEWSKI P.    | 64 | KS Warta Poznań       | <b>3:30.70</b> | 387 +0,86 | 46.73 | 53.79   | 55.80   | 54.38   |
| 3. TWAROWSKI Andrzej | 61 | MASTERS Białystok     | <b>3:42.37</b> | 329       | 52.39 | 57.76   | 58.40   | 53.82   |
| 4. RUDZIŃSKI Michał  | 60 | MUKS Zgierz           | <b>3:52.26</b> | 289       | 50.79 | 1:00.10 | 1:00.66 | 1:00.71 |
| DYSKW. BARSKI Piotr  | 61 | KU AZS UW             |                |           |       |         |         |         |

*K1 - Pływak wykonał więcej niż jedno kopnięcie motylkowe przed pierwszym kopnięciem do stylu klasycznego - 7.1, 7.5*

65 - 69 lat

|                         |    |                        |                |           |       |       |       |       |
|-------------------------|----|------------------------|----------------|-----------|-------|-------|-------|-------|
| 1. MROZIŃSKI Jerzy      | 67 | UKS Wodnik 29 Katowice | <b>3:20.99</b> | 519 +0,85 | 45.11 | 50.83 | 53.03 | 52.02 |
| 2. TOPORSKI Janusz      | 67 | KS Korona 1919 Kraków  | <b>3:41.26</b> | 389 +0,89 | 54.01 | 55.86 | 57.32 | 54.07 |
| 3. SEJMICKI Stanisław   | 65 | MUKS Zgierz            | <b>3:42.81</b> | 381       | 48.99 | 55.05 | 58.78 | 59.99 |
| 4. JASIŃSKI Zdzisław    | 66 | MUKS Zgierz            | <b>3:48.40</b> | 353 +0,88 | 51.93 | 59.78 | 58.18 | 58.51 |
| DYSKW. SZKLANNY Dariusz | 66 | Masters Avia Świdnik   |                |           |       |       |       |       |

*K15 - Pływak nie dotknął ściany dwiema dłońmi przy nawrocie lub na zakończenie wyścigu - 7.6*

70 - 74 lat

|                           |    |                     |                |     |       |         |         |         |
|---------------------------|----|---------------------|----------------|-----|-------|---------|---------|---------|
| 1. NOWAK Michał           | 74 | Warsaw Masters Team | <b>3:37.65</b> | 467 | 49.42 | 55.15   | 56.88   | 56.20   |
| 2. PIETRASZEWSKI Zbigniew | 71 | Uks Cityzen         | <b>4:16.26</b> | 286 | 57.97 | 1:06.23 | 1:07.34 | 1:04.72 |
| 3. LASOWY Marian          | 71 | Koszalińskie TKKF   | <b>4:29.27</b> | 247 | 56.90 | 1:09.80 | 1:13.13 | 1:09.44 |

75 - 79 lat

|                  |    |                       |                |     |         |         |         |         |
|------------------|----|-----------------------|----------------|-----|---------|---------|---------|---------|
| 1. WICZEL Roman  | 78 | MUKS Zgierz           | <b>3:54.13</b> | 568 | 53.58   | 1:00.67 | 1:02.02 | 57.86   |
| 2. PŁONKA Janusz | 78 | Niezrzeszony - Gdynia | <b>6:31.18</b> | 121 | 1:29.56 | 1:42.58 | 1:44.43 | 1:34.61 |

80 - 84 lat

|                    |    |                       |                |           |         |         |         |         |
|--------------------|----|-----------------------|----------------|-----------|---------|---------|---------|---------|
| 1. ZIENTARA Henryk | 80 | Toruń Multisport Team | <b>5:55.90</b> | 198 +0,85 | 1:19.54 | 1:35.22 | 1:34.12 | 1:27.02 |
|--------------------|----|-----------------------|----------------|-----------|---------|---------|---------|---------|