

Letnie Mistrzostwa Polski Masters LC  
Lublin, 19. - 21.6.2026

Konkurencja 27

Mężczyzn, 200m dowolny

20 lat i starsi

20.06.2026 - 17:12

Wyniki

|                                |         |                        |                 |            |
|--------------------------------|---------|------------------------|-----------------|------------|
| Rekordy Polski Masters 95 - 99 | 5:36.99 | MRÓWCZYŃSKI Kazimierz  | Warszawa        | 17.06.2017 |
| Rekordy Polski Masters 90 - 94 | 5:30.88 | MRÓWCZYŃSKI Kazimierz  | Olsztyn         | 28.06.2014 |
| Rekordy Polski Masters 85 - 89 | 3:36.93 | KROKOSZYŃSKI Stanisław | Szczecin        | 28.06.2015 |
| Rekordy Polski Masters 80 - 84 | 3:11.92 | KROKOSZYŃSKI Stanisław | Gliwice         | 08.05.2010 |
| Rekordy Polski Masters 75 - 79 | 3:05.20 | ZAŁUSKI Wiesław        | Lublin          | 31.05.2025 |
| Rekordy Polski Masters 70 - 74 | 2:39.95 | BASTEK Ewald           | Cadiz (ESP)     | 16.09.2009 |
| Rekordy Polski Masters 65 - 69 | 2:19.90 | MADEJ Leszek           | Singapore       | 10.08.2025 |
| Rekordy Polski Masters 60 - 64 | 2:18.90 | MADEJ Leszek           | Olsztyn         | 11.06.2022 |
| Rekordy Polski Masters 55 - 59 | 2:11.03 | MADEJ Leszek           | Kecskemet (HUN) | 05.06.2015 |
| Rekordy Polski Masters 50 - 54 | 2:06.73 | HORBACZ Marcin         | Lublin          | 31.05.2025 |
| Rekordy Polski Masters 45 - 49 | 2:05.18 | SZUTER Bolesław        | Gliwice         | 11.05.2016 |
| Rekordy Polski Masters 40 - 44 | 2:03.19 | STANEK Grzegorz        | Cadiz (ESP)     | 16.09.2009 |
| Rekordy Polski Masters 35 - 39 | 1:56.59 | KORZENIOWSKI Paweł     | Olsztyn         | 11.06.2022 |
| Rekordy Polski Masters 30 - 34 | 1:56.28 | DUBIEL Adam            | Warszawa        | 03.06.2023 |
| Rekordy Polski Masters 25 - 29 | 1:57.15 | LASSEK Bartłomiej      | Łódź            | 10.04.2022 |

Punkt: AQUA Master 2025

| pozycja     | wiek                   |    | czas                       | pkt.           | CR        | 50m   | 100m  | 150m  | 200m  |
|-------------|------------------------|----|----------------------------|----------------|-----------|-------|-------|-------|-------|
| 20 - 24 lat |                        |    |                            |                |           |       |       |       |       |
| 1.          | NAKS Arkadiusz         | 23 | Niezrzeszony - Wrocław     | <b>2:20.86</b> | 486 +0,70 | 29.52 | 34.07 | 38.32 | 38.95 |
| 25 - 29 lat |                        |    |                            |                |           |       |       |       |       |
| 1.          | KUCZMA Jędrzej         | 28 | KS Feel The Water          | <b>2:13.76</b> | 567 +0,74 | 30.60 | 33.93 | 34.55 | 34.68 |
| 2.          | SUCHORZ Wiktor         | 27 | Gdynia Masters             | <b>2:17.97</b> | 517 +0,85 | 31.14 | 35.26 | 35.62 | 35.95 |
| 3.          | SZWEDA Mateusz         | 27 | Gdynia Masters             | <b>2:19.31</b> | 502 +0,83 | 30.28 | 34.21 | 36.42 | 38.40 |
| 4.          | ŻRÓDLAK Patryk         | 29 | Fundacja Power Swimming    | <b>2:31.29</b> | 392 +0,75 | 35.25 | 39.55 | 39.86 | 36.63 |
| 30 - 34 lat |                        |    |                            |                |           |       |       |       |       |
| 1.          | KARNASZEWSKI Konrad    | 32 | Water Squad                | <b>2:07.79</b> | 630 +0,51 | 27.19 | 30.72 | 34.97 | 34.91 |
| 2.          | ŻUKOWSKI Maciej        | 33 | KS Feel The Water          | <b>2:10.87</b> | 586 +0,78 | 30.35 | 33.04 | 34.28 | 33.20 |
| 3.          | KRASICKI Artur         | 31 | MKP Gdańsk                 | <b>2:11.94</b> | 572 +0,79 | 29.73 | 33.14 | 35.67 | 33.40 |
| 4.          | MENDYK Przemysław      | 34 | MUKS Gilus Gilowice        | <b>2:18.72</b> | 492 +0,83 | 30.33 | 34.78 | 36.93 | 36.68 |
| 5.          | KRAMEK Patryk          | 34 | SMT Szczecin               | <b>2:18.85</b> | 491 +0,77 | 30.85 | 34.97 | 36.47 | 36.56 |
| 6.          | SADOWY Bartosz         | 31 | KS Feel The Water          | <b>2:23.08</b> | 448 +0,84 | 33.31 | 37.02 | 38.11 | 34.64 |
| 7.          | JANKOWSKI Jędrzej      | 32 | KS Korona 1919 Kraków      | <b>2:23.88</b> | 441       | 30.82 | 35.66 | 39.32 | 38.08 |
| 8.          | DAJNOWSKI Damian       | 33 | Masters Avia Świdnik       | <b>2:28.60</b> | 400       | 34.26 | 37.90 | 39.08 | 37.36 |
| 9.          | KONIECZNIK P.          | 31 | Water Squad                | <b>2:31.90</b> | 375 +0,81 | 34.76 | 37.76 | 39.08 | 40.30 |
| 10.         | DOROCIŃSKI-GROCHOC33F. |    | Fundacja Palestra Pływania | <b>2:39.41</b> | 324       | 36.47 | 40.68 | 42.18 | 40.08 |
| 35 - 39 lat |                        |    |                            |                |           |       |       |       |       |
| 1.          | SKRZYŃSKI Rafał        | 38 | Stowarzyszenie SHARKS 3    | <b>2:15.29</b> | 564       | 30.56 | 34.08 | 36.13 | 34.52 |
| 2.          | KUŚMIDER Przemysław    | 37 | MUKS Zgierz                | <b>2:25.14</b> | 457 +0,86 | 33.14 | 36.73 | 38.09 | 37.18 |
| 3.          | BOCHNIA Piotr          | 37 | Fundacja Palestra Pływania | <b>2:25.61</b> | 453 +0,86 | 33.51 | 37.08 | 38.00 | 37.02 |
| 4.          | WITKOWSKI Paweł        | 38 | Water Squad                | <b>2:25.90</b> | 450 +0,83 | 33.26 | 36.36 | 38.55 | 37.73 |
| 5.          | GROCHOWSKI Łukasz      | 35 | Warsaw Masters Team        | <b>2:27.33</b> | 437 +0,86 | 34.66 | 37.12 | 37.99 | 37.56 |
| 40 - 44 lat |                        |    |                            |                |           |       |       |       |       |
| 1.          | ZIELONKA Rafał         | 40 | Masters Avia Świdnik       | <b>2:10.97</b> | 653 +0,76 | 30.53 | 33.49 | 34.35 | 32.60 |
| 2.          | NOWAK Przemysław       | 41 | KS Warta Poznań            | <b>2:12.16</b> | 635       | 30.42 | 34.04 | 34.04 | 33.66 |
| 3.          | ŚLÓSAREK Tomasz        | 41 | KS Waterpolo Poznań        | <b>2:16.50</b> | 577 +0,82 | 31.25 | 34.21 | 35.69 | 35.35 |
| 4.          | RACZYŃSKI Przemysław   | 41 | Klub Sportowy Masters Łódź | <b>2:19.00</b> | 546 +0,91 | 31.44 | 35.32 | 36.58 | 35.66 |
| 5.          | KUBICA Przemysław      | 44 | MKP Gdańsk                 | <b>2:21.24</b> | 520 +0,83 | 32.50 | 35.17 | 36.45 | 37.12 |
| 6.          | SZNAJDER Michał        | 40 | Warsaw Masters Team        | <b>2:27.42</b> | 458 +0,75 | 34.63 | 37.74 | 37.76 | 37.29 |
| 7.          | JAROSZ JARSZEWSKI M.   | 40 | Stow. Pływ. Sebastiana Kar | <b>2:50.40</b> | 296 +0,93 | 37.96 | 41.80 | 44.88 | 45.76 |
| 8.          | ZAGÓRSKI Łukasz        | 43 | Fundacja Power Swimming    | <b>2:53.60</b> | 280 +0,88 | 37.39 | 42.51 | 47.07 | 46.63 |
| 9.          | BORUCKI Piotr          | 42 | MASTERS Białystok          | <b>3:02.16</b> | 242 +0,87 | 39.80 | 45.80 | 48.74 | 47.82 |

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45 - 49 lat

|    |                     |    |                             |                |           |       |       |       |       |
|----|---------------------|----|-----------------------------|----------------|-----------|-------|-------|-------|-------|
| 1. | KRÓLIKOWSKI Michał  | 46 | KS Piranie Osielsko         | <b>2:13.19</b> | 650 +0,75 | 29.51 | 33.82 | 35.47 | 34.39 |
| 2. | KACZMAREK Stanisław | 47 | Deszczno Tigers             | <b>2:15.73</b> | 614 +0,82 | 31.00 | 34.86 | 35.32 | 34.55 |
| 3. | WILMOWICZ Adam      | 47 | Koszalińskie TKKF           | <b>2:20.22</b> | 557 +0,83 | 32.54 | 35.15 | 36.85 | 35.68 |
| 4. | GIEJSZTOWT Marcin   | 48 | Warsaw Masters Team         | <b>2:21.48</b> | 542 +0,80 | 33.42 | 36.21 | 36.39 | 35.46 |
| 5. | KONOPACKI Piotr     | 48 | Stow. Pływ. Masters Olsztyn | <b>2:22.94</b> | 526 +0,86 | 31.28 | 36.61 | 38.25 | 36.80 |
| 6. | WACHOWSKI Błażej    | 46 | KS Warta Poznań             | <b>2:24.50</b> | 509 +0,95 | 33.01 | 37.18 | 37.58 | 36.73 |
| 7. | BIELSKI Dymitr      | 49 | Warsaw Masters Team         | <b>2:34.35</b> | 417       | 35.22 | 40.37 | 39.57 | 39.19 |

50 - 54 lat

|    |                    |    |                             |                |           |       |       |       |       |
|----|--------------------|----|-----------------------------|----------------|-----------|-------|-------|-------|-------|
| 1. | BERWECKI Arkadiusz | 53 | SP Motyl Stalowa Wola       | <b>2:14.20</b> | 690 +0,78 | 30.94 | 34.28 | 35.15 | 33.83 |
| 2. | LIPIŃSKI Cezary    | 54 | Masters Avia Świdnik        | <b>2:22.39</b> | 578 +0,70 | 33.72 | 34.73 | 36.41 | 37.53 |
| 3. | DĄBROWSKI Paweł    | 52 | Stow. Pływ. Masters Olsztyn | <b>2:36.40</b> | 436 +0,88 | 36.66 | 40.54 | 42.28 | 36.92 |
| 4. | HRACKI Libor       | 54 | Plavecký klub Havířov z.s.  | <b>2:36.86</b> | 432 +0,79 | 36.09 | 39.19 | 41.00 | 40.58 |
| 5. | KĘDZIOR Mateusz    | 53 | KS Warta Poznań             | <b>2:47.72</b> | 353 +0,85 | 38.96 | 42.45 | 43.96 | 42.35 |
| 6. | WÓJCICKI Rafał     | 51 | MASTERS Lublin              | <b>2:53.62</b> | 318       | 39.49 | 43.15 | 46.47 | 44.51 |

55 - 59 lat

|    |                              |    |                            |                |           |       |       |       |       |
|----|------------------------------|----|----------------------------|----------------|-----------|-------|-------|-------|-------|
| 1. | FORMAS Sławomir              | 57 | MUKS Gilus Gilowice        | <b>2:10.96</b> | 849 +0,83 | 30.17 | 33.49 | 34.41 | 32.89 |
|    | <i>Rekord Polski Masters</i> |    |                            |                |           |       |       |       |       |
| 2. | MONCZAK Piotr                | 59 | KS Warta Poznań            | <b>2:14.10</b> | 790       | 31.79 | 33.78 | 34.49 | 34.04 |
| 3. | WAŻYŃSKI Tomasz              | 57 | Water Squad                | <b>2:41.50</b> | 452 +0,64 | 36.77 | 40.50 | 41.89 | 42.34 |
| 4. | POKORNÝ Jiří                 | 57 | KPS Ostrava                | <b>2:45.48</b> | 420       | 38.46 | 42.16 | 42.79 | 42.07 |
| 5. | WILKOWSKI Leszek             | 55 | Gdynia Masters             | <b>2:52.68</b> | 370 +0,95 | 38.14 | 42.79 | 45.08 | 46.67 |
| 6. | STACHURSKI Ireneusz          | 57 | UKS Trójka Puławy          | <b>3:01.48</b> | 319 +0,92 | 40.93 | 47.26 | 47.70 | 45.59 |
| 7. | ZABDYR Marcin                | 57 | Stow. Pływ. Sebastiana Kar | <b>3:06.19</b> | 295 +0,82 | 40.89 | 46.31 | 49.78 | 49.21 |

60 - 64 lat

|    |                      |    |                         |                |           |       |       |       |       |
|----|----------------------|----|-------------------------|----------------|-----------|-------|-------|-------|-------|
| 1. | SKOŚKIEWICZ Rafał    | 60 | Warsaw Masters Team     | <b>2:21.26</b> | 738 +0,82 | 32.93 | 35.73 | 36.86 | 35.74 |
| 2. | KRASAUSKAS Vilmantas | 62 | Marijampoles "TORPEDOS" | <b>2:34.41</b> | 565       | 36.37 | 39.99 | 40.54 | 37.51 |
| 3. | KAMIŃSKI Robert      | 61 | Niezrzeszony - Szczecin | <b>2:44.75</b> | 465 +0,93 | 37.62 | 42.00 | 43.82 | 41.31 |
| 4. | PYCIA Adam           | 60 | KS Korona 1919 Kraków   | <b>2:46.92</b> | 447 +0,93 | 38.31 | 43.03 | 44.38 | 41.20 |

65 - 69 lat

|    |                   |    |                      |                |           |       |       |       |       |
|----|-------------------|----|----------------------|----------------|-----------|-------|-------|-------|-------|
| 1. | MADEJ Leszek      | 66 | Warsaw Masters Team  | <b>2:20.40</b> | 782 +0,74 | 33.12 | 36.31 | 35.93 | 35.04 |
| 2. | DZIAREK Jacek     | 67 | MUKS Zgierz          | <b>2:50.09</b> | 440       | 38.61 | 42.63 | 44.83 | 44.02 |
| 3. | KONSTANCIUK Piotr | 65 | Masters Avia Świdnik | <b>2:54.73</b> | 406       | 41.68 | 45.75 | 45.44 | 41.86 |

70 - 74 lat

|    |                   |    |                       |                |           |       |       |         |       |
|----|-------------------|----|-----------------------|----------------|-----------|-------|-------|---------|-------|
| 1. | ZABRZAŃSKI Alfred | 72 | UKS SP8 Chrzanów      | <b>3:10.25</b> | 423       | 41.90 | 47.61 | 51.58   | 49.16 |
| 2. | LIETZ Krzysztof   | 74 | Toruń Multisport Team | <b>3:15.29</b> | 391       | 44.13 | 50.29 | 52.89   | 47.98 |
| 3. | KULIŚ Zenon       | 72 | Warsaw Masters Team   | <b>3:29.41</b> | 317 +0,94 | 45.15 | 53.73 | 57.58   | 52.95 |
| 4. | LASOWY Marian     | 71 | Koszalińskie TKKF     | <b>3:37.82</b> | 282       | 46.99 | 56.68 | 1:00.22 | 53.93 |

75 - 79 lat

|    |               |    |                       |                |     |         |         |         |         |
|----|---------------|----|-----------------------|----------------|-----|---------|---------|---------|---------|
| 1. | BORYSKI Jerzy | 75 | Uks Cityzen           | <b>3:46.99</b> | 264 | 51.20   | 58.50   | 59.78   | 57.51   |
| 2. | PŁONKA Janusz | 78 | Niezrzeszony - Gdynia | <b>5:40.00</b> | 78  | 1:18.42 | 1:35.06 | 1:26.53 | 1:19.99 |

85 - 89 lat

|    |                |    |                       |                |     |         |         |         |         |
|----|----------------|----|-----------------------|----------------|-----|---------|---------|---------|---------|
| 1. | WAGA Stanisław | 86 | KS Korona 1919 Kraków | <b>4:58.28</b> | 232 | 1:08.28 | 1:18.70 | 1:20.24 | 1:11.06 |
|----|----------------|----|-----------------------|----------------|-----|---------|---------|---------|---------|