

Konkurencja 31
20.06.2026 - 18:13

Mężczyzn, 400m zmienny

20 lat i starsi

Wyniki

Rekordy Polski Masters 80 - 84	8:20.62	KROKOSZYŃSKI Stanisław	Gliwice	18.06.2011
Rekordy Polski Masters 75 - 79	8:13.09	BASTEK Ewald	Budapeszt (HUN)	16.08.2017
Rekordy Polski Masters 70 - 74	7:01.33	BASTEK Ewald	Göteborg (SWE)	02.08.2010
Rekordy Polski Masters 65 - 69	6:53.89	LORKOWSKI Robert	Lublin	31.05.2025
Rekordy Polski Masters 60 - 64	6:27.92	RACZYŃSKI Marian	Casablanca (MAR)	21.06.1998
Rekordy Polski Masters 55 - 59	5:47.77	MONCZAK Piotr	Lublin	31.05.2025
Rekordy Polski Masters 50 - 54	5:15.44	WOLNY Dariusz	Göteborg (SWE)	02.08.2010
Rekordy Polski Masters 45 - 49	5:15.71	BERWECKI Arkadiusz	Poznań	23.06.2018
Rekordy Polski Masters 40 - 44	4:49.62	WOLNY Dariusz	Monachium (GER)	02.08.2000
Rekordy Polski Masters 35 - 39	4:46.79	WOLNY Dariusz	Casablanca (MAR)	21.06.1998
Rekordy Polski Masters 30 - 34	4:55.72	APTEWICZ Arkadiusz	Lublin	15.06.2024
Rekordy Polski Masters 25 - 29	4:48.04	GAWRON Oskar	Singapore	10.08.2025

Punkty: AQUA Master 2025

pozycja	wiek	klub	czas	pkt.	CR
---------	------	------	------	------	----

20 - 24 lat

1. PIEKARUSĆ Dawid				24	Masters Avia Świdnik				5:53.89	444	+0,78
50m:	32.95	32.95	150m:	2:02.37	51.41	250m:	3:39.68	46.72	350m:	5:11.37	44.57
100m:	1:10.96	38.01	200m:	2:52.96	50.59	300m:	4:26.80	47.12	400m:	5:53.89	42.52

25 - 29 lat

1.	GAWRON Oskar				27	Fundacja Power Swimming					5:05.32	691	+0,80
	50m:	31.89	31.89	150m:	1:51.77	42.52	250m:	3:16.21	42.86	350m:	4:32.60	33.83	
	100m:	1:09.25	37.36	200m:	2:33.35	41.58	300m:	3:58.77	42.56	400m:	5:05.32	32.72	
2.	ĆWIKLIŃSKI Mateusz				28	Water Squad					5:17.07	617	+0,67
	50m:	31.39	31.39	150m:	1:53.46	43.89	250m:	3:21.34	46.32	350m:	4:44.07	36.47	
	100m:	1:09.57	38.18	200m:	2:35.02	41.56	300m:	4:07.60	46.26	400m:	5:17.07	33.00	
3.	SZAFARCZYK Igor				29	Warsaw Masters Team					5:17.64	614	+0,76
	50m:	33.42	33.42	150m:	1:56.14	40.13	250m:	3:20.63	43.82	350m:	4:41.96	36.55	
	100m:	1:16.01	42.59	200m:	2:36.81	40.67	300m:	4:05.41	44.78	400m:	5:17.64	35.68	
4.	JELEŃ Michał				29	Masters Avia Świdnik					6:02.35	413	+0,94
	50m:	33.54	33.54	150m:	2:06.22	49.29	250m:	3:48.93	53.42	350m:	5:23.18	41.91	
	100m:	1:16.93	43.39	200m:	2:55.51	49.29	300m:	4:41.27	52.34	400m:	6:02.35	39.17	
5.	SIENKIEWICZ Maksymilian				25	Niezrzeszony - Gdynia					7:25.34	222	
	50m:	41.48	41.48	150m:	2:28.13	54.23	250m:	4:27.64	1:04.74	350m:	6:32.36	58.68	
	100m:	1:33.90	52.42	200m:	3:22.90	54.77	300m:	5:33.68	1:06.04	400m:	7:25.34	52.98	

30 - 34 lat

1.	ŚRODEK Arkadiusz				30	Masters Avia Świdnik					5:19.08	546	+0,77
	50m:	31.33	31.33	150m:	1:51.82	43.56	250m:	3:20.15	46.11	350m:	4:43.74	37.89	
	100m:	1:08.26	36.93	200m:	2:34.04	42.22	300m:	4:05.85	45.70	400m:	5:19.08	35.34	
2.	KRZEWINSKI Patryk				30	MKP Gdańsk					6:17.27	330	+0,80
	50m:	34.87	34.87	150m:	2:06.28	48.57	250m:	3:48.34	54.58	350m:	5:31.70	47.17	
	100m:	1:17.71	42.84	200m:	2:53.76	47.48	300m:	4:44.53	56.19	400m:	6:17.27	45.57	

35 - 39 lat

1.	PLEŚNIARSKI Jarosław				38	Victoria Racibórz Masters				6:04.08	438	+0,83	
	50m:	34.39	34.39	150m:	2:09.71	50.88	250m:	3:47.64	49.68	350m:	5:22.59		45.46
	100m:	1:18.83	44.44	200m:	2:57.96	48.25	300m:	4:37.13	49.49	400m:	6:04.08		41.49
2.	SMOTER Mateusz				38	Warsaw Masters Team				6:13.33	406	+0,91	
	50m:	38.02	38.02	150m:	2:18.40	54.62	250m:	4:03.85	52.43	350m:	5:36.62		42.70
	100m:	1:23.78	45.76	200m:	3:11.42	53.02	300m:	4:53.92	50.07	400m:	6:13.33		36.71
3.	KABALYK Kirill				37	MUKS Zgierz				6:52.83	300	+0,97	
	50m:	44.82	44.82	150m:	2:32.40	51.82	250m:	4:23.78	1:02.25	350m:	6:09.24		44.06
	100m:	1:40.58	55.76	200m:	3:21.53	49.13	300m:	5:25.18	1:01.40	400m:	6:52.83		43.59

Letnie Mistrzostwa Polski Masters LC
Lublin, 19. - 21.6.2026

Konkurencja 31, Mężczyzn, 400m zmienny

40 - 44 lat

1. NOWAK Przemysław	41	KS Warta Poznań	5:34.94	600	+0,89
50m: 33.15 33.15	150m: 1:54.12	41.58 250m: 3:26.03	50.44 350m: 4:55.57	39.35	
100m: 1:12.54 39.39	200m: 2:35.59	41.47 300m: 4:16.22	50.19 400m: 5:34.94	39.37	
2. WOJTASZEWSKI Robert	44	Victoria Racibórz Masters	6:17.41	419	
50m: 37.54 37.54	150m: 2:23.00	54.93 250m: 4:07.03	52.67 350m: 5:38.38	39.73	
100m: 1:28.07 50.53	200m: 3:14.36	51.36 300m: 4:58.65	51.62 400m: 6:17.41	39.03	
3. TUSIŃSKI Mikołaj	43	St. Pływackie SWIMMERS	6:25.46	393	+0,95
50m: 38.30 38.30	150m: 2:14.73	51.94 250m: 4:01.78	55.56 350m: 5:44.24	43.86	
100m: 1:22.79 44.49	200m: 3:06.22	51.49 300m: 5:00.38	58.60 400m: 6:25.46	41.22	

45 - 49 lat

1. KACZMAREK Stanisław	47	Deszczno Tigers	5:40.07	581	+0,71
50m: 32.97 32.97	150m: 2:03.01	49.59 250m: 3:39.39	49.31 350m: 5:05.26	37.56	
100m: 1:13.42 40.45	200m: 2:50.08	47.07 300m: 4:27.70	48.31 400m: 5:40.07	34.81	
2. WEJMAN Maciej	46	MUKS Zgierz	6:33.47	375	+0,97
50m: 40.95 40.95	150m: 2:20.40	51.77 250m: 4:10.67	1:00.79 350m: 5:54.12	43.79	
100m: 1:28.63 47.68	200m: 3:09.88	49.48 300m: 5:10.33	59.66 400m: 6:33.47	39.35	

50 - 54 lat

1. GREGOROWICZ Paweł	52	Stow. Pływ. Masters Olsztyn	5:25.19	677	+0,80
50m: 32.98 32.98	150m: 1:56.67	46.07 250m: 3:29.60	48.53 350m: 4:49.99	36.57	
100m: 1:10.60 37.62	200m: 2:41.07	44.40 300m: 4:13.42	43.82 400m: 5:25.19	35.20	
2. ROGOSZ Paweł	50	Warsaw Masters Team	5:44.89	567	+0,83
50m: 37.48 37.48	150m: 2:08.55	47.42 250m: 3:41.16	46.07 350m: 5:07.24	39.67	
100m: 1:21.13 43.65	200m: 2:55.09	46.54 300m: 4:27.57	46.41 400m: 5:44.89	37.65	
3. GOGACZ Sebastian	50	UKS Trójka Puławy	5:57.96	507	+0,81
50m: 35.45 35.45	150m: 2:08.51	52.19 250m: 3:47.73	49.45 350m: 5:19.14	42.04	
100m: 1:16.32 40.87	200m: 2:58.28	49.77 300m: 4:37.10	49.37 400m: 5:57.96	38.82	

55 - 59 lat

1. MONCZAK Piotr	59	KS Warta Poznań	5:42.49	655	+0,81
<i>Rekord Polski Masters</i>					
50m: 35.98 35.98	150m: 2:02.92	45.50 250m: 3:38.56	51.04 350m: 5:06.96	37.84	
100m: 1:17.42 41.44	200m: 2:47.52	44.60 300m: 4:29.12	50.56 400m: 5:42.49	35.53	
2. ŁOPUSZYŃSKI Andrzej	57	Niezzreszony - Zemborzyce Podlesne	8:49.25	177	
50m: 55.59 55.59	150m: 3:13.69	1:13.06 250m: 5:34.50	1:12.04 350m: 7:48.21	1:00.27	
100m: 2:00.63 1:05.04	200m: 4:22.46	1:08.77 300m: 6:47.94	1:13.44 400m: 8:49.25	1:01.04	

60 - 64 lat

1. KOŚMIDER Jan	60	Water Squad	6:35.36	473	
50m: 41.74 41.74	150m: 2:25.59	52.46 250m: 4:08.24	52.17 350m: 5:50.68	46.88	
100m: 1:33.13 51.39	200m: 3:16.07	50.48 300m: 5:03.80	55.56 400m: 6:35.36	44.68	
2. TWAROWSKI Andrzej	61	MASTERS Białystok	7:42.07	296	
50m: 53.60 53.60	150m: 2:55.90	59.58 250m: 4:56.98	1:02.23 350m: 6:52.98	53.59	
100m: 1:56.32 1:02.72	200m: 3:54.75	58.85 300m: 5:59.39	1:02.41 400m: 7:42.07	49.09	
3. AMBROZIAK Tomasz	62	UŚKS Ostrołęka	7:48.17	285	+0,76
50m: 50.13 50.13	150m: 2:56.65	1:05.73 250m: 5:02.48	1:02.43 350m: 6:58.92	51.27	
100m: 1:50.92 1:00.79	200m: 4:00.05	1:03.40 300m: 6:07.65	1:05.17 400m: 7:48.17	49.25	
4. RUDZIŃSKI Michał	60	MUKS Zgierz	8:22.13	231	+0,75
50m: 52.88 52.88	150m: 3:03.35	1:05.34 250m: 5:15.58	1:02.90 350m: 7:25.19	1:04.95	
100m: 1:58.01 1:05.13	200m: 4:12.68	1:09.33 300m: 6:20.24	1:04.66 400m: 8:22.13	56.94	

Konkurencja 31, Mężczyzn, 400m zmienny

65 - 69 lat

1. TOPORSKI Janusz	67	KS Korona 1919 Kraków	8:14.45	254	+0,79
50m: 56.93 56.93	150m: 3:13.46	1:11.50	250m: 5:28.91	1:05.74	350m: 7:25.34 53.04
100m: 2:01.96 1:05.03	200m: 4:23.17	1:09.71	300m: 6:32.30	1:03.39	400m: 8:14.45 49.11

70 - 74 lat

1.	NOWAK Michał			74	Warsaw Masters Team				7:53.27	425	+0,90	
	50m:	57.30	57.30	150m:	3:04.43	1:02.74	250m:	5:06.92	1:01.45	350m:	7:02.84	54.84
	100m:	2:01.69	1:04.39	200m:	4:05.47	1:01.04	300m:	6:08.00	1:01.08	400m:	7:53.27	50.43
2.	WASIUK Janusz			73	Masters Krasnik				11:05.87	152		
	50m:	1:23.03	1:23.03	150m:	4:30.44	1:32.77	250m:	7:26.60	1:26.16	350m:	10:06.97	1:15.78
	100m:	2:57.67	1:34.64	200m:	6:00.44	1:30.00	300m:	8:51.19	1:24.59	400m:	11:05.87	58.90

75 - 79 lat

1. DASZYŃSKI Andrzej	78	UKS ENERGETYK Zgorzelec	11:08.34	206
50m: 1:22.49 1:22.49	150m: 4:30.86 1:29.43	250m: 7:23.42 1:35.41	350m: 9:59.62 1:08.73	
100m: 3:01.43 1:38.94	200m: 5:48.01 1:17.15	300m: 8:50.89 1:27.47	400m: 11:08.34 1:08.72	