

Konkurencja 40	Mężczyzn, 400m dowolny			20 lat i starsi
21.06.2026 - 11:44				Wyniki
Rekordy Polski Masters 95 - 99	12:10.95	MRÓWCZYŃSKI Kazimierz	Budapeszt (HUN)	20.08.2017
Rekordy Polski Masters 90 - 94	11:34.19	MRÓWCZYŃSKI Kazimierz	Londyn (GBR)	27.05.2016
Rekordy Polski Masters 85 - 89	8:01.90	KROKOSZYŃSKI Stanisław	Szczecin	27.06.2015
Rekordy Polski Masters 80 - 84	6:58.79	KROKOSZYŃSKI Stanisław	Gliwice	09.05.2010
Rekordy Polski Masters 75 - 79	6:31.82	BASTEK Ewald	Olsztyn	29.06.2014
Rekordy Polski Masters 70 - 74	5:53.54	BASTEK Ewald	Gdynia	27.06.2009
Rekordy Polski Masters 65 - 69	5:03.70	MADEJ Leszek	Singapore	13.08.2025
Rekordy Polski Masters 60 - 64	5:01.55	MADEJ Leszek	Lublin	16.06.2024
Rekordy Polski Masters 55 - 59	4:49.84	MADEJ Leszek	Gliwice	12.06.2016
Rekordy Polski Masters 50 - 54	4:40.69	GREGOROWICZ Paweł	Lublin	16.06.2024
Rekordy Polski Masters 45 - 49	4:37.07	BERWECKI Arkadiusz	Poznań	24.06.2018
Rekordy Polski Masters 40 - 44	4:21.40	STANEK Grzegorz	Cadiz (ESP)	17.09.2009
Rekordy Polski Masters 35 - 39	4:23.70	KACZMAREK Stanisław	Londyn (GBR)	27.05.2016
Rekordy Polski Masters 30 - 34	4:12.72	DUBIEL Adam	Lublin	01.06.2025
Rekordy Polski Masters 25 - 29	4:13.52	PIÓRO Artur	Gliwice	02.06.2019

Letnie Mistrzostwa Polski Masters LC
Lublin, 19. - 21.6.2026

Konkurencja 40, Mężczyzn, 400m dowolny, 35 - 39 lat

pozycja					wiek	klub					czas	pkt.	CR
4.	GROCHOWSKI Łukasz				35	Warsaw Masters Team				5:17.28	437	+0,87	
	50m:	35.54	35.54	150m:	1:54.44	40.24	250m:	3:16.80	41.17	350m:	4:37.76	40.69	
	100m:	1:14.20	38.66	200m:	2:35.63	41.19	300m:	3:57.07	40.27	400m:	5:17.28	39.52	
5.	SMOTER Mateusz				38	Warsaw Masters Team				5:19.94	426	+0,97	
	50m:	35.85	35.85	150m:	1:57.49	41.64	250m:	3:21.02	41.57	350m:	4:43.23	41.19	
	100m:	1:15.85	40.00	200m:	2:39.45	41.96	300m:	4:02.04	41.02	400m:	5:19.94	36.71	
6.	KABALYK Kirill				37	MUKS Zgierz				5:48.31	330	+0,97	
	50m:	40.13	40.13	150m:	2:07.79	45.12	250m:	3:37.21	44.88	350m:	5:05.80	44.33	
	100m:	1:22.67	42.54	200m:	2:52.33	44.54	300m:	4:21.47	44.26	400m:	5:48.31	42.51	

40 - 44 lat

1.	NOWAK Przemysław		41	KS Warta Poznań					4:50.61	612	+0,81	
	50m:	32.20	32.20	150m:	1:44.05	36.35	250m:	2:57.95	36.35	350m:	4:13.31	38.29
	100m:	1:07.70	35.50	200m:	2:21.60	37.55	300m:	3:35.02	37.07	400m:	4:50.61	37.30
2.	RACZYŃSKI Przemysław		41	Klub Sportowy Masters Łódź					4:59.76	557	+0,84	
	50m:	32.85	32.85	150m:	1:47.28	37.64	250m:	3:04.59	39.00	350m:	4:23.01	39.11
	100m:	1:09.64	36.79	200m:	2:25.59	38.31	300m:	3:43.90	39.31	400m:	4:59.76	36.75
3.	KUBICA Przemysław		44	MKP Gdańsk					5:17.95	467	+0,95	
	50m:	35.48	35.48	150m:	1:55.21	40.12	250m:	3:16.24	40.19	350m:	4:37.60	40.66
	100m:	1:15.09	39.61	200m:	2:36.05	40.84	300m:	3:56.94	40.70	400m:	5:17.95	40.35
4.	WOJTASZEWSKI Robert		44	Victoria Racibórz Masters					5:28.53	423	+0,96	
	50m:	36.20	36.20	150m:	1:58.38	42.00	250m:	3:22.36	42.70	350m:	4:47.22	42.73
	100m:	1:16.38	40.18	200m:	2:39.66	41.28	300m:	4:04.49	42.13	400m:	5:28.53	41.31
5.	SZNAJDER Michał		40	Warsaw Masters Team					5:29.33	420	+0,75	
	50m:	37.09	37.09	150m:	1:59.23	41.60	250m:	3:23.65	42.26	350m:	4:48.49	42.30
	100m:	1:17.63	40.54	200m:	2:41.39	42.16	300m:	4:06.19	42.54	400m:	5:29.33	40.84
6.	JAROSZ JARSZEWSKI Mateusz		40	Stow. Pływ. Sebastiana Karasia					6:08.32	300	+0,90	
	50m:	38.38	38.38	150m:	2:06.78	45.66	250m:	3:41.57	47.66	350m:	5:20.84	50.23
	100m:	1:21.12	42.74	200m:	2:53.91	47.13	300m:	4:30.61	49.04	400m:	6:08.32	47.48
7.	ZAGÓRSKI Łukasz		43	Fundacja Power Swimming					6:46.00	224	+0,79	
	50m:	41.12	41.12	150m:	2:23.05	53.38	250m:	4:14.34	55.87	350m:	6:02.11	51.92
	100m:	1:29.67	48.55	200m:	3:18.47	55.42	300m:	5:10.19	55.85	400m:	6:46.00	43.89
8.	BORUCKI Piotr		42	MASTERS Białystok					6:46.75	223	+0,73	
	50m:	42.32	42.32	150m:	2:25.96	52.87	250m:	4:14.19	54.08	350m:	5:59.21	52.19
	100m:	1:33.09	50.77	200m:	3:20.11	54.15	300m:	5:07.02	52.83	400m:	6:46.75	47.54

45 - 49 lat

1.	KACZMAREK Stanisław		47	Deszczno Tigers					4:52.66	620	+0,70	
	50m:	33.05	33.05	150m:	1:47.01	37.45	250m:	3:02.41	37.93	350m:	4:17.21	37.27
	100m:	1:09.56	36.51	200m:	2:24.48	37.47	300m:	3:39.94	37.53	400m:	4:52.66	35.45
2.	KONOPACKI Piotr		48	Stow. Pływ. Masters Olsztyn					5:00.93	571	+0,72	
	50m:	33.66	33.66	150m:	1:50.72	38.85	250m:	3:08.92	38.96	350m:	4:25.52	38.19
	100m:	1:11.87	38.21	200m:	2:29.96	39.24	300m:	3:47.33	38.41	400m:	5:00.93	35.41
3.	WILMOWICZ Adam		47	Koszalińskie TTKF					5:03.03	559	+0,85	
	50m:	32.58	32.58	150m:	1:46.37	37.67	250m:	3:05.16	39.97	350m:	4:24.82	40.00
	100m:	1:08.70	36.12	200m:	2:25.19	38.82	300m:	3:44.82	39.66	400m:	5:03.03	38.21
4.	WACHOWSKI Błażej		46	KS Warta Poznań					5:18.75	480	+0,92	
	50m:	35.61	35.61	150m:	1:57.09	41.07	250m:	3:18.94	40.93	350m:	4:40.63	40.49
	100m:	1:16.02	40.41	200m:	2:38.01	40.92	300m:	4:00.14	41.20	400m:	5:18.75	38.12
5.	OSTROWSKI Bartosz		49	Warsaw Masters Team					5:24.64	454	+0,79	
	50m:	35.87	35.87	150m:	1:58.14	41.11	250m:	3:21.52	41.77	350m:	4:44.60	41.17
	100m:	1:17.03	41.16	200m:	2:39.75	41.61	300m:	4:03.43	41.91	400m:	5:24.64	40.04
6.	BIELSKI Dymitr		49	Warsaw Masters Team					5:49.35	364	+0,95	
	50m:	39.18	39.18	150m:	2:07.81	45.17	250m:	3:37.38	44.43	350m:	5:06.55	44.54
	100m:	1:22.64	43.46	200m:	2:52.95	45.14	300m:	4:22.01	44.63	400m:	5:49.35	42.80

Letnie Mistrzostwa Polski Masters LC
Lublin, 19. - 21.6.2026

Konkurencja 40, Mężczyzn, 400m dowolny, 45 - 49 lat

pozycja				wiek		klub		czas				pkt.	CR	
7. DZIEDZICZAK Marek				49		MUKS Zgierz		6:26.03				270	+0,89	
50m:		40.79	40.79	150m:		2:19.52	51.09	250m:		4:01.32	50.72	350m:	5:42.20	50.49
100m:		1:28.43	47.64	200m:		3:10.60	51.08	300m:		4:51.71	50.39	400m:	6:26.03	43.83

50 - 54 lat

1.	GREGOROWICZ Paweł			52	Stow. Pływ. Masters Olsztyn					4:43.34	736	+0,77	
	50m:	32.70	32.70	150m:	1:44.23	35.80	250m:	2:56.62	35.87	350m:	4:08.43		35.67
	100m:	1:08.43	35.73	200m:	2:20.75	36.52	300m:	3:32.76	36.14	400m:	4:43.34		34.91
2.	DĄBROWSKI Paweł			52	Stow. Pływ. Masters Olsztyn					5:39.96	426		
	50m:	37.37	37.37	150m:	2:02.08	43.39	250m:	3:31.83	45.64	350m:	5:01.08	44.65	
	100m:	1:18.69	41.32	200m:	2:46.19	44.11	300m:	4:16.43	44.60	400m:	5:39.96	38.88	
3.	KĘDZIOR Mateusz			53	KS Warta Poznań					5:55.72	372		
	50m:	39.53	39.53	150m:	2:08.77	45.80	250m:	3:40.27	45.33	350m:	5:10.90	45.53	
	100m:	1:22.97	43.44	200m:	2:54.94	46.17	300m:	4:25.37	45.10	400m:	5:55.72	44.82	
4.	MOROZOWSKI Wiktor			53	MUKS Zgierz					6:29.23	284		
	50m:	42.02	42.02	150m:	2:18.43	49.82	250m:	4:00.01	50.96	350m:	5:41.79	51.25	
	100m:	1:28.61	46.59	200m:	3:09.05	50.62	300m:	4:50.54	50.53	400m:	6:29.23	47.44	

55 - 59 lat

1.	FORMAS Sławomir			57	MUKS Gilus Gilowice					4:45.22	779	+0,93				
	Rekord Polski Masters															
	50m:	32.34	32.34		150m:	1:42.99	35.68	250m:	2:56.81				37.16	350m:	4:10.83	36.74
	100m:	1:07.31	34.97	200m:	2:19.65	36.66	300m:	3:34.09	37.28	400m:	4:45.22	34.39				
2.	MONCZAK Piotr			59	KS Warta Poznań					4:50.71	736	+0,83				
	50m:	33.62	33.62		150m:	1:47.25	36.73	250m:	3:01.19				36.34	350m:	4:15.07	36.73
	100m:	1:10.52	36.90		200m:	2:24.85	37.60	300m:	3:38.34				37.15	400m:	4:50.71	35.64
3.	POKORNÝ Jiří			57	KPS Ostrava					5:46.94	433					
	50m:	38.50	38.50		150m:	2:04.98	43.96	250m:	3:34.63			44.97	350m:	5:06.16	46.24	
	100m:	1:21.02	42.52		200m:	2:49.66	44.68	300m:	4:19.92			45.29	400m:	5:46.94	40.78	
4.	WAŻYŃSKI Tomasz			57	Water Squad					5:58.55	392	+0,89				
	50m:	37.98	37.98		150m:	2:05.20	44.28	250m:	3:36.23				45.62	350m:	5:12.30	48.35
	100m:	1:20.92	42.94		200m:	2:50.61	45.41	300m:	4:23.95				47.72	400m:	5:58.55	46.25
5.	ADAMOWICZ Paweł			59	Water Squad					7:33.46	193					
	50m:	51.58	51.58		150m:	2:51.20	59.46	250m:	4:48.91			58.07	350m:	6:42.60	56.23	
	100m:	1:51.74	1:00.16		200m:	3:50.84	59.64	300m:	5:46.37			57.46	400m:	7:33.46	50.86	

60 - 64 lat

1.	SKOŚKIEWICZ Rafał			60	Warsaw Masters Team					5:12.23	647	+0,76
	50m:	34.92	34.92	150m:	1:53.34	40.21	250m:	3:14.62	40.96	350m:	4:35.78	40.73
	100m:	1:13.13	38.21	200m:	2:33.66	40.32	300m:	3:55.05	40.43	400m:	5:12.23	36.45
2.	KRASAUSKAS Vilmantas			62	Marijampoles "TORPEDOS"					5:40.51	499	+0,85
	50m:	37.97	37.97	150m:	2:03.55	43.17	250m:	3:31.57	43.97	350m:	5:00.11	44.10
	100m:	1:20.38	42.41	200m:	2:47.60	44.05	300m:	4:16.01	44.44	400m:	5:40.51	40.40
3.	KAMIŃSKI Robert			61	Niezrzeszony - Szczecin					5:47.16	471	
	50m:	37.20	37.20	150m:	2:04.48	44.41	250m:	3:34.18	44.95	350m:	5:04.48	45.34
	100m:	1:20.07	42.87	200m:	2:49.23	44.75	300m:	4:19.14	44.96	400m:	5:47.16	42.68
4.	PYCIA Adam			60	KS Korona 1919 Kraków					5:54.01	444	
	50m:	37.95	37.95	150m:	2:05.31	44.46	250m:	3:38.63	46.18	350m:	5:10.86	45.91
	100m:	1:20.85	42.90	200m:	2:52.45	47.14	300m:	4:24.95	46.32	400m:	5:54.01	43.15
5.	TWAROWSKI Andrzej			61	MASTERS Białystok					6:40.81	306	
	50m:	46.47	46.47	150m:	2:31.67	53.32	250m:	4:15.18	51.32	350m:	5:57.05	50.98
	100m:	1:38.35	51.88	200m:	3:23.86	52.19	300m:	5:06.07	50.89	400m:	6:40.81	43.76

Letnie Mistrzostwa Polski Masters LC
Lublin, 19. - 21.6.2026

Konkurencja 40, Mężczyzn, 400m dowolny

65 - 69 lat

1.	MADEJ Leszek	66	Warsaw Masters Team	5:05.71	749	+0,80
	50m: 36.08 36.08	150m: 1:55.71 40.03	250m: 3:15.07 38.86	350m: 4:29.99 37.18		
	100m: 1:15.68 39.60	200m: 2:36.21 40.50	300m: 3:52.81 37.74	400m: 5:05.71 35.72		
2.	DZIAREK Jacek	67	MUKS Zgierz	6:09.69	423	
	50m: 39.50 39.50	150m: 2:11.40 48.35	250m: 3:48.67 48.88	350m: 5:25.44 48.09		
	100m: 1:23.05 43.55	200m: 2:59.79 48.39	300m: 4:37.35 48.68	400m: 6:09.69 44.25		
3.	KONSTANCIUK Piotr	65	Masters Avia Świdnik	6:17.76	397	+0,98
	50m: 42.50 42.50	150m: 2:19.51 49.21	250m: 3:58.69 49.23	350m: 5:34.50 47.61		
	100m: 1:30.30 47.80	200m: 3:09.46 49.95	300m: 4:46.89 48.20	400m: 6:17.76 43.26		
4.	KORPETTA Wojciech	67	Water Squad	6:40.44	333	
	50m: 44.24 44.24	150m: 2:28.41 53.22	250m: 4:15.48 53.47	350m: 5:58.48 49.30		
	100m: 1:35.19 50.95	200m: 3:22.01 53.60	300m: 5:09.18 53.70	400m: 6:40.44 41.96		
5.	KOZYRA Daniel	67	5Styl	7:05.60	277	
	50m: 44.17 44.17	150m: 2:30.87 54.51	250m: 4:21.94 55.45	350m: 6:12.41 55.32		
	100m: 1:36.36 52.19	200m: 3:26.49 55.62	300m: 5:17.09 55.15	400m: 7:05.60 53.19		

70 - 74 lat

1.	LIETZ Krzysztof	74	Toruń Multisport Team	7:02.65	349	
	50m: 46.14 46.14	150m: 2:33.50 53.94	250m: 4:25.16 56.24	350m: 6:15.02 55.51		
	100m: 1:39.56 53.42	200m: 3:28.92 55.42	300m: 5:19.51 54.35	400m: 7:02.65 47.63		
2.	ZABRZAŃSKI Alfred	72	UKS SP8 Chrzanów	7:04.28	345	
	50m: 46.30 46.30	150m: 2:32.71 54.57	250m: 4:22.43 55.20	350m: 6:14.68 56.23		
	100m: 1:38.14 51.84	200m: 3:27.23 54.52	300m: 5:18.45 56.02	400m: 7:04.28 49.60		
3.	KULIŚ Zenon	72	Warsaw Masters Team	7:19.30	311	+0,85
	50m: 46.55 46.55	150m: 2:40.52 57.50	250m: 4:32.99 55.86	350m: 6:24.94 55.67		
	100m: 1:43.02 56.47	200m: 3:37.13 56.61	300m: 5:29.27 56.28	400m: 7:19.30 54.36		
4.	LASOWY Marian	71	Koszalińskie TKKF	7:29.82	290	
	50m: 50.19 50.19	150m: 2:45.72 58.62	250m: 4:42.69 58.73	350m: 6:37.11 56.52		
	100m: 1:47.10 56.91	200m: 3:43.96 58.24	300m: 5:40.59 57.90	400m: 7:29.82 52.71		

75 - 79 lat

1.	BORYSKI Jerzy	75	Uks Cityzen	8:06.74	278	
	50m: 54.20 54.20	150m: 2:58.27 1:02.19	250m: 5:03.42 1:02.88	350m: 7:07.92 1:02.17		
	100m: 1:56.08 1:01.88	200m: 4:00.54 1:02.27	300m: 6:05.75 1:02.33	400m: 8:06.74 58.82		
2.	DASZYŃSKI Andrzej	78	UKS ENERGETYK Zgorzelec	9:34.14	169	
	50m: 1:02.63 1:02.63	150m: 3:30.56 1:14.78	250m: 5:58.42 1:13.64	350m: 8:25.70 1:13.58		
	100m: 2:15.78 1:13.15	200m: 4:44.78 1:14.22	300m: 7:12.12 1:13.70	400m: 9:34.14 1:08.44		
3.	PŁONKA Janusz	78	Niezrzeszony - Gdynia	12:18.83	79	
	50m: 1:16.99 1:16.99	150m: 4:28.63 1:38.62	250m: 7:45.25 1:37.95	350m: 10:57.20 1:36.10		
	100m: 2:50.01 1:33.02	200m: 6:07.30 1:38.67	300m: 9:21.10 1:35.85	400m: 12:18.83 1:21.63		

85 - 89 lat

1.	WAGA Stanisław	86	KS Korona 1919 Kraków	10:52.45	228	
	50m: 1:19.32 1:19.32	150m: 4:13.27 1:27.27	250m: 7:02.17 1:23.25	350m: 9:40.21 1:18.03		
	100m: 2:46.00 1:26.68	200m: 5:38.92 1:25.65	300m: 8:22.18 1:20.01	400m: 10:52.45 1:12.24		
2.	GRIGAS Stasys	85	Marijampoles "TORPEDOS"	11:57.71	171	
	50m: 1:23.86 1:23.86	150m: 4:26.85 1:32.47	250m: 7:30.10 1:33.19	350m: 10:31.40 1:32.02		
	100m: 2:54.38 1:30.52	200m: 5:56.91 1:30.06	300m: 8:59.38 1:29.28	400m: 11:57.71 1:26.31		