

Puchar Polski w Pływaniu w Kategorii Masters
Gdańsk, 27. - 28.9.2025

Konkurencja 33
28.09.2025 - 12:03

Mężczyzn, 400m dowolny
SWIMSPOT TROPHY

20 - 94 lat
Wyniki

Punkty: AQUA Master 2025

Pozycja	Rok ur.										Czas	Pkt.
Kat. A 25-29 lat												
1.	Krawczyk Paweł			99	NZ Warszawa					4:14.35	738	
	50m:	29.00	29.00	150m:	1:31.64	31.61	250m:	2:36.77	32.74	350m:	3:42.76 33.14	
	100m:	1:00.03	31.03	200m:	2:04.03	32.39	300m:	3:09.62	32.85	400m:	4:14.35 31.59	
Kat. C 35-39 lat												
1.	Karaczko Radosław			87	Active Way Trójmiasto					5:12.07	442	
	50m:	35.91	35.91	150m:	1:55.17	40.00	250m:	3:15.76	39.87	350m:	4:34.68 39.21	
	100m:	1:15.17	39.26	200m:	2:35.89	40.72	300m:	3:55.47	39.71	400m:	5:12.07 37.39	
2.	Skrzyński Rafał			88	EvoTriathlon Gdańsk					5:12.42	440	
	50m:	34.74	34.74	150m:	1:53.11	39.77	250m:	3:15.11	41.55	350m:	4:36.84 40.05	
	100m:	1:13.34	38.60	200m:	2:33.56	40.45	300m:	3:56.79	41.68	400m:	5:12.42 35.58	
3.	Sznajder Michał			86	Warsaw Masters Team					5:44.05	330	
	50m:	37.25	37.25	150m:	1:59.99	42.47	250m:	3:29.87	45.89	350m:	5:01.77 46.16	
	100m:	1:17.52	40.27	200m:	2:43.98	43.99	300m:	4:15.61	45.74	400m:	5:44.05 42.28	
4.	Żylewicz Mateusz			89	Sekcja Masters Politechniki Gd					6:00.02	288	
	50m:	38.13	38.13	150m:	2:06.06	45.13	250m:	3:38.76	46.58	350m:	5:14.70 48.18	
	100m:	1:20.93	42.80	200m:	2:52.18	46.12	300m:	4:26.52	47.76	400m:	6:00.02 45.32	
Kat. D 40-44 lat												
1.	Kubica Przemysław			82	NZ Gdańsk					5:19.69	426	
	50m:	34.89	34.89	150m:	1:52.31	39.18	250m:	3:15.13	41.86	350m:	4:38.94 41.95	
	100m:	1:13.13	38.24	200m:	2:33.27	40.96	300m:	3:56.99	41.86	400m:	5:19.69 40.75	
2.	Grzelczak Tomasz			85	Cityzen Poznań					7:25.24	157	
	50m:	44.39	44.39	150m:	2:31.02	56.64	250m:	4:27.44	58.19	350m:	6:27.08 59.15	
	100m:	1:34.38	49.99	200m:	3:29.25	58.23	300m:	5:27.93	1:00.49	400m:	7:25.24 58.16	
Kat. E 45-49 lat												
1.	Wilmowicz Adam			79	Koszaliński TKKF					4:52.21	575	
	50m:	33.38	33.38	150m:	1:46.48	37.16	250m:	3:01.80	37.87	350m:	4:16.80 37.26	
	100m:	1:09.32	35.94	200m:	2:23.93	37.45	300m:	3:39.54	37.74	400m:	4:52.21 35.41	
2.	Wachowski Błażej			80	Warta Poznań					5:03.84	512	
	50m:	34.97	34.97	150m:	1:51.99	38.75	250m:	3:09.22	38.38	350m:	4:26.18 38.43	
	100m:	1:13.24	38.27	200m:	2:30.84	38.85	300m:	3:47.75	38.53	400m:	5:03.84 37.66	
3.	Suwara Piotr			79	NZ Gdańsk					5:27.29	409	
	50m:	36.61	36.61	150m:	1:59.41	42.03	250m:	3:24.45	42.87	350m:	4:48.79 42.06	
	100m:	1:17.38	40.77	200m:	2:41.58	42.17	300m:	4:06.73	42.28	400m:	5:27.29 38.50	
4.	Nadolski Adam			77	Sekcja Masters Politechniki Gd					5:47.31	342	
	50m:	36.59	36.59	150m:	2:00.12	43.20	250m:	3:30.68	46.23	350m:	5:01.90 45.13	
	100m:	1:16.92	40.33	200m:	2:44.45	44.33	300m:	4:16.77	46.09	400m:	5:47.31 45.41	
5.	Skrzyński Patryk			77	NZ Malbork					6:21.44	258	
	50m:	39.46	39.46	150m:	2:11.13	46.81	250m:	3:49.27	49.80	350m:	5:32.25 51.70	
	100m:	1:24.32	44.86	200m:	2:59.47	48.34	300m:	4:40.55	51.28	400m:	6:21.44 49.19	
Kat. F 50-54 lat												
1.	Winiarczyk Jarosław			72	Koszaliński TKKF					4:53.18	579	
	50m:	33.38	33.38	150m:	1:47.48	37.84	250m:	3:03.73	38.24	350m:	4:18.64 36.92	
	100m:	1:09.64	36.26	200m:	2:25.49	38.01	300m:	3:41.72	37.99	400m:	4:53.18 34.54	

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Konkurencja 33, Mężczyzn, 400m dowolny, Kat. F 50-54 lat

Pozycja	Rok ur.									Czas	Pkt.	
2.	Buchholz Tomasz			72	Masters Tomaszów Mazowiecki					5:16.05	462	
	50m:	35.37	35.37	150m:	1:53.96	39.85	250m:	3:14.51	39.84	350m:	4:35.51	40.69
	100m:	1:14.11	38.74	200m:	2:34.67	40.71	300m:	3:54.82	40.31	400m:	5:16.05	40.54
3.	Kędzior Mateusz			73	Warta Poznań					5:50.01	340	
	50m:	39.72	39.72	150m:	2:07.96	44.72	250m:	3:36.88	44.38	350m:	5:05.38	44.57
	100m:	1:23.24	43.52	200m:	2:52.50	44.54	300m:	4:20.81	43.93	400m:	5:50.01	44.63

Kat. G 55-59 lat

1.	Skośkiewicz Rafał				66	Warsaw Masters Team				4:54.88	654	
	50m:	34.63	34.63	150m:	1:49.92	37.80	250m:	3:05.84	37.93	350m:	4:19.71	36.86
	100m:	1:12.12	37.49	200m:	2:27.91	37.99	300m:	3:42.85	37.01	400m:	4:54.88	35.17
2.	Pokorný Jiří				69	KPS Ostrava				5:43.43	414	
	50m:	38.86	38.86	150m:	2:05.23	42.95	250m:	3:31.54	42.90	350m:	4:58.72	43.84
	100m:	1:22.28	43.42	200m:	2:48.64	43.41	300m:	4:14.88	43.34	400m:	5:43.43	44.71

Kat. H 60-64 lat

1.	Piórkowski Marek				65	Water Squad				6:56.82	264	
	50m:	44.68	44.68	150m:	2:26.01	52.18	250m:	4:14.03	54.44	350m:	6:03.49	54.87
	100m:	1:33.83	49.15	200m:	3:19.59	53.58	300m:	5:08.62	54.59	400m:	6:56.82	53.33

Kat. I 65-69 lat

1.	Jasiński Zdzisław			60	MUKS Zgierz					7:10.20	241	
	50m:	47.35	47.35	150m:	2:37.13	56.76	250m:	4:29.55	56.46	350m:	6:20.64	54.92
	100m:	1:40.37	53.02	200m:	3:33.09	55.96	300m:	5:25.72	56.17	400m:	7:10.20	49.56