

Puchar Polski w Pływaniu w Kategorii Masters
Gdańsk, 10. - 11.10.2026

Konkurencja 29
11.10.2026 - 11:42

Mężczyzn, 400m dowolny

20 - 94 lat
Wyniki

Punkty: AQUA Master 2025

Pozycja	Rok ur.										Czas	Pkt.
Kat. B 30-34 lat												
1.	Bezuhlyi Kyrilo			96	NZ Poznań					4:42.12	531	
	50m:	31.96	31.96	150m:	1:40.38	34.48	250m:	2:52.41	36.62	350m:	4:07.10	37.34
	100m:	1:05.90	33.94	200m:	2:15.79	35.41	300m:	3:29.76	37.35	400m:	4:42.12	35.02
2.	Słupik Tomasz			93	NZ Mińsk Mazowiecki					4:43.16	525	
	50m:	32.00	32.00	150m:	1:41.90	35.49	250m:	2:54.83	36.60	350m:	4:08.45	36.75
	100m:	1:06.41	34.41	200m:	2:18.23	36.33	300m:	3:31.70	36.87	400m:	4:43.16	34.71
Kat. C 35-39 lat												
1.	Witkowski Paweł			88	Water Squad					5:04.77	474	
	50m:	34.83	34.83	150m:	1:50.48	38.33	250m:	3:08.37	39.20	350m:	4:27.70	39.78
	100m:	1:12.15	37.32	200m:	2:29.17	38.69	300m:	3:47.92	39.55	400m:	5:04.77	37.07
2.	Grygorcewicz Łukasz			87	Góral Swim Gdańsk					5:41.02	338	
	50m:	37.19	37.19	150m:	2:02.42	44.10	250m:	3:31.04	44.39	350m:	4:59.29	44.55
	100m:	1:18.32	41.13	200m:	2:46.65	44.23	300m:	4:14.74	43.70	400m:	5:41.02	41.73
3.	Lewandowski Grzegorz			90	Góral Swim Gdańsk					5:41.08	338	
	50m:	36.71	36.71	150m:	1:59.89	42.53	250m:	3:28.23	44.55	350m:	4:57.97	45.32
	100m:	1:17.36	40.65	200m:	2:43.68	43.79	300m:	4:12.65	44.42	400m:	5:41.08	43.11
Kat. D 40-44 lat												
1.	Nowak Przemysław			85	Warta Poznań					4:28.71	718	
	50m:	31.65	31.65	150m:	1:39.66	34.27	250m:	2:47.46	33.10	350m:	3:55.84	34.63
	100m:	1:05.39	33.74	200m:	2:14.36	34.70	300m:	3:21.21	33.75	400m:	4:28.71	32.87
2.	Raczyński Przemysław			85	Masters Łódź					4:51.89	560	
	50m:	33.25	33.25	150m:	1:46.45	37.13	250m:	3:01.09	37.57	350m:	4:16.07	37.36
	100m:	1:09.32	36.07	200m:	2:23.52	37.07	300m:	3:38.71	37.62	400m:	4:51.89	35.82
3.	Kubica Przemysław			82	MKP Gdańsk					4:58.79	522	
	50m:	33.73	33.73	150m:	1:48.04	37.39	250m:	3:04.14	38.12	350m:	4:20.89	38.15
	100m:	1:10.65	36.92	200m:	2:26.02	37.98	300m:	3:42.74	38.60	400m:	4:58.79	37.90
4.	Dragan Sylwester			82	Masters Avia Świdnik					5:38.83	358	
	50m:	35.96	35.96	150m:	1:57.47	42.12	250m:	3:24.21	43.62	350m:	4:55.78	46.07
	100m:	1:15.35	39.39	200m:	2:40.59	43.12	300m:	4:09.71	45.50	400m:	5:38.83	43.05
5.	Krajna Paweł			83	Fundacja Power Swimming					6:36.82	223	
	50m:	41.25	41.25	150m:	2:17.32	49.04	250m:	3:59.67	51.76	350m:	5:46.47	54.98
	100m:	1:28.28	47.03	200m:	3:07.91	50.59	300m:	4:51.49	51.82	400m:	6:36.82	50.35
Kat. E 45-49 lat												
1.	Kaczmarek Stanisław			79	Deszczno Tigers					4:44.43	624	
	50m:	33.27	33.27	150m:	1:46.42	37.12	250m:	2:59.69	36.18	350m:	4:10.76	35.07
	100m:	1:09.30	36.03	200m:	2:23.51	37.09	300m:	3:35.69	36.00	400m:	4:44.43	33.67
2.	Wilmowicz Adam			79	Koszalińskie TKKF					4:45.62	616	
	50m:	32.86	32.86	150m:	1:44.21	35.92	250m:	2:57.29	36.75	350m:	4:10.97	36.85
	100m:	1:08.29	35.43	200m:	2:20.54	36.33	300m:	3:34.12	36.83	400m:	4:45.62	34.65
3.	Pieślak Mirosław			79	Koszalińskie TKKF					4:52.81	572	
	50m:	33.30	33.30	150m:	1:45.95	36.60	250m:	3:00.22	37.12	350m:	4:16.11	37.93
	100m:	1:09.35	36.05	200m:	2:23.10	37.15	300m:	3:38.18	37.96	400m:	4:52.81	36.70
4.	Pieślak Roman			79	Koszalińskie TKKF					5:03.92	511	
	50m:	34.97	34.97	150m:	1:49.50	37.58	250m:	3:07.09	38.98	350m:	4:25.96	39.33
	100m:	1:11.92	36.95	200m:	2:28.11	38.61	300m:	3:46.63	39.54	400m:	5:03.92	37.96

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Konkurencja 29, Mężczyzn, 400m dowolny, Kat. E 45-49 lat

Pozycja	Rok ur.								Czas		Pkt.	
5.	Ostrowski Bartosz			77	Warsaw Masters Team					5:09.06	486	
	50m:	35.47	35.47	150m:	1:52.98	39.29	250m:	3:10.96	39.26	350m:	4:30.64	39.83
	100m:	1:13.69	38.22	200m:	2:31.70	38.72	300m:	3:50.81	39.85	400m:	5:09.06	38.42
6.	Crnjakovic Luka			78	Warsaw Masters Team					5:17.62	448	
	50m:	35.90	35.90	150m:	1:55.69	40.26	250m:	3:17.69	40.56	350m:	4:38.62	39.93
	100m:	1:15.43	39.53	200m:	2:37.13	41.44	300m:	3:58.69	41.00	400m:	5:17.62	39.00
7.	Nadolski Adam			77	AZS Masters PG					5:58.97	310	
	50m:	37.10	37.10	150m:	2:03.17	44.07	250m:	3:35.65	47.05	350m:	5:12.64	48.17
	100m:	1:19.10	42.00	200m:	2:48.60	45.43	300m:	4:24.47	48.82	400m:	5:58.97	46.33

Kat. F 50-54 lat

1.	Rogosz Paweł			76	Warsaw Masters Team				5:04.57	517		
	50m:	36.16	36.16	150m:	1:55.70	40.61	250m:	3:14.94	39.17	350m:	4:29.90	36.89
	100m:	1:15.09	38.93	200m:	2:35.77	40.07	300m:	3:53.01	38.07	400m:	5:04.57	34.67

Kat. H 60-64 lat

1.	Biały Michał			62	5 Styl Sharks					5:58.46	415	
	50m:	39.45	39.45	150m:	2:08.72	46.48	250m:	3:42.56	47.21	350m:	5:17.15	47.08
	100m:	1:22.24	42.79	200m:	2:55.35	46.63	300m:	4:30.07	47.51	400m:	5:58.46	41.31
2.	Piórkowski Marek			65	Water Squad					6:57.05	264	
	50m:	45.52	45.52	150m:	2:27.72	51.94	250m:	4:14.76	53.66	350m:	6:02.66	54.22
	100m:	1:35.78	50.26	200m:	3:21.10	53.38	300m:	5:08.44	53.68	400m:	6:57.05	54.39

Kat. I 65-69 lat

1.	Jasiński Zdzisław			60	MUKS Zgierz				6:53.29	272		
	50m:	45.16	45.16	150m:	2:29.47	53.84	250m:	4:17.43	53.63	350m:	6:03.56	53.11
	100m:	1:35.63	50.47	200m:	3:23.80	54.33	300m:	5:10.45	53.02	400m:	6:53.29	49.73
2.	Świątkiewicz Leszek			60	Jagiellonka Warszawa				8:25.16	149		
	50m:	55.47	55.47	150m:	3:03.34	1:05.43	250m:	5:16.47	1:07.02	350m:	7:28.80	1:06.68
	100m:	1:57.91	1:02.44	200m:	4:09.45	1:06.11	300m:	6:22.12	1:05.65	400m:	8:25.16	56.36

Kat. J 70-74 lat

1.	Marszałek Andrzej			54	Cityzen Poznań				7:40.86	240		
	50m:	52.76	52.76	150m:	2:50.09	57.51	250m:	4:47.03	58.37	350m:	6:43.60	57.36
	100m:	1:52.58	59.82	200m:	3:48.66	58.57	300m:	5:46.24	59.21	400m:	7:40.86	57.26

Kat. K 75-79 lat

1.	Jonas Mickeliunas			51	Marijampoles Torpedos				7:18.85	352		
	50m:	47.27	47.27	150m:	2:37.10	55.69	250m:	4:30.17	56.68	350m:	6:24.00	57.20
	100m:	1:41.41	54.14	200m:	3:33.49	56.39	300m:	5:26.80	56.63	400m:	7:18.85	54.85
2.	Płonka Janusz			48	NZ Gdynia				11:37.80	87		
	50m:	1:14.41	1:14.41	150m:	4:14.11	1:32.03	250m:	7:16.07	1:29.74	350m:	10:18.22	1:32.83
	100m:	2:42.08	1:27.67	200m:	5:46.33	1:32.22	300m:	8:45.39	1:29.32	400m:	11:37.80	1:19.58