

Event 32
 27.04.2025 - 12:52

Men, 400m Freestyle

 20 years and older
 Results

Points: AQUA Master 2025

Rank	Age										Time	Pts
Kategoria "A" 25-29												
1.	GAWRON Oskar				26	Fundacja Power Swimming				4:18.74	701	
	50m:	30.13	30.13	150m:	1:36.75	33.38	250m:	2:43.76	33.19	350m:	3:48.79	31.89
	100m:	1:03.37	33.24	200m:	2:10.57	33.82	300m:	3:16.90	33.14	400m:	4:18.74	29.95
2.	SLOSARCZYK Sebastian				27	WSSiRN Start Katowice				6:53.01	172	
	50m:	45.09	45.09	150m:	2:30.75	53.81	250m:	4:16.49	52.59	350m:	6:01.05	52.03
	100m:	1:36.94	51.85	200m:	3:23.90	53.15	300m:	5:09.02	52.53	400m:	6:53.01	51.96
Kategoria "B" 30-34												
1.	APTEWICZ Arkadiusz				32	Water Squad				4:19.75	681	
	50m:	29.94	29.94	150m:	1:36.59	33.66	250m:	2:43.85	33.44	350m:	3:49.08	32.12
	100m:	1:02.93	32.99	200m:	2:10.41	33.82	300m:	3:16.96	33.11	400m:	4:19.75	30.67
2.	MENDYK Przemyslaw				33	MUKS GILUS Gilowice				4:57.09	455	
	50m:	34.05	34.05	150m:	1:47.67	37.05	250m:	3:03.50	38.34	350m:	4:20.46	38.42
	100m:	1:10.62	36.57	200m:	2:25.16	37.49	300m:	3:42.04	38.54	400m:	4:57.09	36.63
3.	GROCHOWSKI Lukasz				34	Warsaw Masters Team				5:11.19	396	
	50m:	34.86	34.86	150m:	1:50.64	38.42	250m:	3:09.54	39.59	350m:	4:30.47	40.92
	100m:	1:12.22	37.36	200m:	2:29.95	39.31	300m:	3:49.55	40.01	400m:	5:11.19	40.72
Kategoria "C" 35-39												
1.	ZIELONKA Rafal				39	Masters Avia Swidnik				4:41.39	603	
	50m:	31.88	31.88	150m:	1:42.35	35.69	250m:	2:54.89	36.17	350m:	4:07.44	36.05
	100m:	1:06.66	34.78	200m:	2:18.72	36.37	300m:	3:31.39	36.50	400m:	4:41.39	33.95
2.	KUSMIDER Przemyslaw				36	MUKS Zgierz				5:03.04	483	
	50m:	32.55	32.55	150m:	1:47.51	38.58	250m:	3:06.28	39.48	350m:	4:24.84	39.42
	100m:	1:08.93	36.38	200m:	2:26.80	39.29	300m:	3:45.42	39.14	400m:	5:03.04	38.20
3.	KABALYK Kirill				36	MUKS Zgierz				5:26.28	386	
	50m:	37.41	37.41	150m:	1:59.16	41.93	250m:	3:23.05	41.41	350m:	4:45.86	42.05
	100m:	1:17.23	39.82	200m:	2:41.64	42.48	300m:	4:03.81	40.76	400m:	5:26.28	40.42
Kategoria "D" 40-44												
1.	MISZTAL Stanislaw				44	Zawodnik Niezrzeszony Czestochowa				5:33.85	374	
	50m:	37.65	37.65	150m:	1:59.46	41.49	250m:	3:25.24	43.05	350m:	4:51.45	43.15
	100m:	1:17.97	40.32	200m:	2:42.19	42.73	300m:	4:08.30	43.06	400m:	5:33.85	42.40
2.	KRAJNA Pawel				42	Fundacja Power Swimming				6:43.82	211	
	50m:	39.50	39.50	150m:	2:11.41	47.62	250m:	3:55.47	52.81	350m:	5:48.78	57.18
	100m:	1:23.79	44.29	200m:	3:02.66	51.25	300m:	4:51.60	56.13	400m:	6:43.82	55.04
3.	GRZELCZAK Tomasz				40	UKS Cityzen Poznan				7:14.61	169	
	50m:	43.23	43.23	150m:	2:28.97	55.05	250m:	4:22.02	57.11	350m:	6:19.16	58.34
	100m:	1:33.92	50.69	200m:	3:24.91	55.94	300m:	5:20.82	58.80	400m:	7:14.61	55.45
4.	LIS-PIWOWARSKI Przemyslaw				41	MUKS Zgierz				7:53.37	131	
	50m:	48.16	48.16	150m:	2:41.88	59.25	250m:	4:43.76	1:01.88	350m:	6:49.42	1:02.78
	100m:	1:42.63	54.47	200m:	3:41.88	1:00.00	300m:	5:46.64	1:02.88	400m:	7:53.37	1:03.95

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Kategoria "E" 45-49

1. GOGACZ Sebastian	49	UKS Trojka Pulawy	5:06.32	499
50m: 36.77 36.77	150m: 1:55.40 39.53	250m: 3:13.22 38.89	350m: 4:30.31 38.66	
100m: 1:15.87 39.10	200m: 2:34.33 38.93	300m: 3:51.65 38.43	400m: 5:06.32 36.01	
2. DYCZEK Mariusz	46	Masters Zdzeszowice	5:09.61	484
50m: 34.62 34.62	150m: 1:53.84 39.95	250m: 3:14.34 40.55	350m: 4:33.88 39.68	
100m: 1:13.89 39.27	200m: 2:33.79 39.95	300m: 3:54.20 39.86	400m: 5:09.61 35.73	
3. WACHOWSKI Blazej	45	KS Warta Poznan	5:09.86	482
50m: 36.64 36.64	150m: 1:57.19 40.06	250m: 3:15.92 39.18	350m: 4:33.49 38.21	
100m: 1:17.13 40.49	200m: 2:36.74 39.55	300m: 3:55.28 39.36	400m: 5:09.86 36.37	

Kategoria "F" 50-54

1. LIPINSKI Cezary	53	Masters Avia Swidnik	5:11.10	485
50m: 35.62 35.62	150m: 1:52.93 39.15	250m: 3:10.93 38.12	350m: 4:31.96 40.98	
100m: 1:13.78 38.16	200m: 2:32.81 39.88	300m: 3:50.98 40.05	400m: 5:11.10 39.14	
2. KEDZIOR Mateusz	52	KS Warta Poznan	5:42.48	363
50m: 38.89 38.89	150m: 2:05.11 43.26	250m: 3:32.58 43.88	350m: 5:00.95 44.44	
100m: 1:21.85 42.96	200m: 2:48.70 43.59	300m: 4:16.51 43.93	400m: 5:42.48 41.53	
3. MOROZOWSKI Wiktor	52	MUKS Zgierz	5:55.09	326
50m: 39.91 39.91	150m: 2:06.70 44.86	250m: 3:38.41 46.30	350m: 5:12.01 46.24	
100m: 1:21.84 41.93	200m: 2:52.11 45.41	300m: 4:25.77 47.36	400m: 5:55.09 43.08	
4. OGRODZKI Boguslaw	54	MUKS GILUS Gilowice	6:08.65	291
50m: 39.66 39.66	150m: 2:08.90 46.05	250m: 3:44.13 48.05	350m: 5:21.42 48.75	
100m: 1:22.85 43.19	200m: 2:56.08 47.18	300m: 4:32.67 48.54	400m: 6:08.65 47.23	
5. NOWAK Norbert	51	MUKS Zgierz	7:23.50	167
50m: 46.51 46.51	150m: 2:33.25 54.97	250m: 4:27.00 57.76	350m: 6:23.54 59.03	
100m: 1:38.28 51.77	200m: 3:29.24 55.99	300m: 5:24.51 57.51	400m: 7:23.50 59.96	

Kategoria "G" 55-59

1. SZUTER Boleslaw	55	Water Squad	4:54.23	658
50m: 33.31 33.31	150m: 1:46.65 37.45	250m: 3:02.32 37.47	350m: 4:17.70 37.45	
100m: 1:09.20 35.89	200m: 2:24.85 38.20	300m: 3:40.25 37.93	400m: 4:54.23 36.53	
2. POKORNY Jiri	56	KPS Ostrava	5:46.81	402
50m: 38.80 38.80	150m: 2:03.84 43.43	250m: 3:32.92 44.84	350m: 5:03.10 45.22	
100m: 1:20.41 41.61	200m: 2:48.08 44.24	300m: 4:17.88 44.96	400m: 5:46.81 43.71	
3. WENGLAR Jiri	58	KPS Ostrava	5:54.28	377
50m: 40.08 40.08	150m: 2:07.97 44.39	250m: 3:39.12 46.19	350m: 5:11.59 46.17	
100m: 1:23.58 43.50	200m: 2:52.93 44.96	300m: 4:25.42 46.30	400m: 5:54.28 42.69	
4. BOLANOWSKI Bogdan	59	JK Team Krakow	6:46.37	250
50m: 44.25 44.25	150m: 2:23.36 50.49	250m: 4:08.68 53.62	350m: 5:54.69 53.24	
100m: 1:32.87 48.62	200m: 3:15.06 51.70	300m: 5:01.45 52.77	400m: 6:46.37 51.68	

Kategoria "H" 60-64

1. BURZYNSKI Piotr	63	KS Waterpolo Poznan	6:48.77	280
50m: 44.40 44.40	150m: 2:26.49 52.31	250m: 4:12.96 53.56	350m: 5:58.06 52.24	
100m: 1:34.18 49.78	200m: 3:19.40 52.91	300m: 5:05.82 52.86	400m: 6:48.77 50.71	

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Kategoria "I" 65-69

1. MADEJ Leszek	65	Warsaw Masters Team	5:05.96	671
50m: 36.48 36.48	150m: 1:56.64 40.07	250m: 3:14.96 38.93	350m: 4:30.69 37.29	
100m: 1:16.57 40.09	200m: 2:36.03 39.39	300m: 3:53.40 38.44	400m: 5:05.96 35.27	
2. TWARDYSKO Stanisław	69	Weteran Zabrze	6:37.65	305
50m: 43.76 43.76	150m: 2:21.31 50.52	250m: 4:04.81 52.24	350m: 5:48.98 52.02	
100m: 1:30.79 47.03	200m: 3:12.57 51.26	300m: 4:56.96 52.15	400m: 6:37.65 48.67	
3. KORPETTA Wojciech	66	Water Squad	6:43.48	292
50m: 43.64 43.64	150m: 2:25.33 51.77	250m: 4:11.39 53.60	350m: 5:59.57 53.69	
100m: 1:33.56 49.92	200m: 3:17.79 52.46	300m: 5:05.88 54.49	400m: 6:43.48 43.91	

Kategoria "J" 70-74

1. LASOWY Marian	70	Koszalinskie TKKF	7:40.18	242
50m: 49.33 49.33	150m: 2:45.76 59.89	250m: 4:45.17 59.33	350m: 6:43.06 58.88	
100m: 1:45.87 56.54	200m: 3:45.84 1:00.08	300m: 5:44.18 59.01	400m: 7:40.18 57.12	

Kategoria "K" 75-79

1. PAWLACZEK Zygmunt	76	KS Masters Polkowice	8:12.93	248
50m: 49.60 49.60	150m: 2:46.25 59.96	250m: 4:53.05 1:04.47	350m: 7:06.52 1:08.90	
100m: 1:46.29 56.69	200m: 3:48.58 1:02.33	300m: 5:57.62 1:04.57	400m: 8:12.93 1:06.41	