

Zimowe Mistrzostwa Polski w pływaniu w kategoriach Masters  
Suwałki, 1.12.2024

Konkurencja 40

01.12.2024 - 11:30

M czynn, 400m dowolny

20 lat i starsi

Wyniki

Rekordy Polski Masters 90 - 94	10:33.41	MRÓWCZY SKI Kazimierz	Katowice	23.11.2012
Rekordy Polski Masters 85 - 89	9:01.66	MRÓWCZY SKI Kazimierz	Lublin	09.12.2007
Rekordy Polski Masters 80 - 84	7:10.86	KROKOSZY SKI Stanisław	Pozna	19.11.2011
Rekordy Polski Masters 75 - 79	6:37.09	BASTEK Ewald	Gliwice	15.11.2015
Rekordy Polski Masters 70 - 74	5:54.36	BASTEK Ewald	Warszawa	06.06.2009
Rekordy Polski Masters 65 - 69	5:20.44	GABIEC Mariusz	Łom a	07.10.2023
Rekordy Polski Masters 60 - 64	4:57.23	MADEJ Leszek	Łód	12.11.2023
Rekordy Polski Masters 55 - 59	4:43.44	GABIEC Mariusz	Rumia	09.02.2013
Rekordy Polski Masters 50 - 54	4:31.05	GREGOROWICZ Paweł	Łód	07.04.2024
Rekordy Polski Masters 45 - 49	4:27.64	GREGOROWICZ Paweł	Łód	17.11.2019
Rekordy Polski Masters 40 - 44	4:21.19	WOLNY Dariusz	Racibórz	14.04.2002
Rekordy Polski Masters 35 - 39	4:19.23	KACZMAREK Stanisław	Olsztyn	23.10.2016
Rekordy Polski Masters 30 - 34	3:59.91	LASSEK Bartłomiej	Łód	07.04.2024
Rekordy Polski Masters 25 - 29	4:07.23	APTEWICZ Arkadiusz	Olsztyn	18.11.2018

Punkty: Rudolph Table 2022

Pozycja Rok ur. Czas Pkt.

25 - 29 lat

1. JANKOWSKI Paweł	95	UKS „Huragan” przy SP nr 45 w Sosnow	<b>4:14.52</b>	9,5
50m: 28.02 28.02	150m: 1:31.53 31.89	250m: 2:36.55 32.60	350m: 3:42.74 33.39	
100m: 59.64 31.62	200m: 2:03.95 32.42	300m: 3:09.35 32.80	400m: 4:14.52 31.78	
2. GAWRON Oskar	99	Fundacja Power Swimming	<b>4:21.70</b>	7,4
50m: 28.53 28.53	150m: 1:31.88 32.28	250m: 2:38.68 33.66	350m: 3:47.40 34.39	
100m: 59.60 31.07	200m: 2:05.02 33.14	300m: 3:13.01 34.33	400m: 4:21.70 34.30	
3. GAJDA Maciej	95	UKS Trójka	<b>4:38.93</b>	2,3
50m: 32.17 32.17	150m: 1:43.60 36.22	250m: 2:56.37 36.14	350m: 4:06.10 34.22	
100m: 1:07.38 35.21	200m: 2:20.23 36.63	300m: 3:31.88 35.51	400m: 4:38.93 32.83	

30 - 34 lat

1. WITT Piotr	91	K.S Warta Pozna	<b>4:32.89</b>	4,1
50m: 30.58 30.58	150m: 1:40.57 35.06	250m: 2:50.60 34.87	350m: 4:00.56 35.33	
100m: 1:05.51 34.93	200m: 2:15.73 35.16	300m: 3:25.23 34.63	400m: 4:32.89 32.33	
2. SKIBI SKI Mateusz	93	UKS „Huragan” przy SP nr 45 w Sosnow	<b>4:39.57</b>	2,1
50m: 29.12 29.12	150m: 1:36.46 34.42	250m: 2:48.42 36.43	350m: 4:03.15 37.46	
100m: 1:02.04 32.92	200m: 2:11.99 35.53	300m: 3:25.69 37.27	400m: 4:39.57 36.42	
3. MENDYK Przemysław	92	Muks Gilus Gilowice	<b>5:03.37</b>	
50m: 34.05 34.05	150m: 1:49.48 38.05	250m: 3:07.58 39.01	350m: 4:25.26 38.90	
100m: 1:11.43 37.38	200m: 2:28.57 39.09	300m: 3:46.36 38.78	400m: 5:03.37 38.11	
4. LEGUT Paweł	93	NIEZRZESZENI	<b>5:07.65</b>	
50m: 33.29 33.29	150m: 1:48.44 38.15	250m: 3:06.29 39.22	350m: 4:27.80 41.23	
100m: 1:10.29 37.00	200m: 2:27.07 38.63	300m: 3:46.57 40.28	400m: 5:07.65 39.85	
5. KUREK Mateusz	94	UKS Trójka	<b>5:16.95</b>	
50m: 33.40 33.40	150m: 1:51.15 39.73	250m: 3:13.43 41.49	350m: 4:38.65 42.65	
100m: 1:11.42 38.02	200m: 2:31.94 40.79	300m: 3:56.00 42.57	400m: 5:16.95 38.30	
6. WANDZIOCH Krzysztof	92	NIEZRZESZENI	<b>5:24.95</b>	
50m: 36.22 36.22	150m: 1:57.59 41.24	250m: 3:20.67 41.72	350m: 4:44.87 42.23	
100m: 1:16.35 40.13	200m: 2:38.95 41.36	300m: 4:02.64 41.97	400m: 5:24.95 40.08	

35 - 39 lat

1. FLUDER Stanisław	86	Water Squad	<b>4:17.37</b>	8,6
<i>Rekord Polski Masters</i>				
50m: 29.79 29.79	150m: 1:35.26 33.06	250m: 2:41.74 33.32	350m: 3:46.79 32.21	
100m: 1:02.20 32.41	200m: 2:08.42 33.16	300m: 3:14.58 32.84	400m: 4:17.37 30.58	
2. ZIELONKA Rafał	86	Masters Avia widnik	<b>4:43.60</b>	
50m: 32.94 32.94	150m: 1:45.54 36.52	250m: 2:57.66 35.54	350m: 4:08.80 35.48	
100m: 1:09.02 36.08	200m: 2:22.12 36.58	300m: 3:33.32 35.66	400m: 4:43.60 34.80	

Zimowe Mistrzostwa Polski w pływaniu w kategoriach Masters  
Suwałki, 1.12.2024

Konkurencja 40, M czyzn, 400m dowolny, 35 - 39 lat

Pozycja			Rok ur.					Czas	Pkt.
3.	GOŁEMBIEWSKI Andrzej		86	Toru	Multisport Team			<b>5:02.06</b>	
	50m:	33.29 33.29	150m:	1:47.96	37.93	250m:	3:05.58	39.04	350m: 4:24.68 39.71
	100m:	1:10.03 36.74	200m:	2:26.54	38.58	300m:	3:44.97	39.39	400m: 5:02.06 37.38
4.	KU MIDER Przemysław		89	Muks	Zgierz			<b>5:07.81</b>	
	50m:	33.58 33.58	150m:	1:49.31	38.39	250m:	3:07.97	39.22	350m: 4:28.20 40.43
	100m:	1:10.92 37.34	200m:	2:28.75	39.44	300m:	3:47.77	39.80	400m: 5:07.81 39.61
5.	GRZELCZAK Tomasz		85	Uks	Cityzen			<b>7:12.79</b>	
	50m:	43.90 43.90	150m:	2:30.63	54.68	250m:	4:22.32	55.55	350m: 6:18.00 57.32
	100m:	1:35.95 52.05	200m:	3:26.77	56.14	300m:	5:20.68	58.36	400m: 7:12.79 54.79
40 - 44 lat									
1.	PORADA Tomasz		83	Warsaw	Masters Team			<b>4:54.00</b>	
	50m:	33.32 33.32	150m:	1:46.81	37.39	250m:	3:02.01	37.11	350m: 4:17.13 37.32
	100m:	1:09.42 36.10	200m:	2:24.90	38.09	300m:	3:39.81	37.80	400m: 4:54.00 36.87
2.	WACHOWSKI Bła ej		80	K.S	Warta Pozna			<b>4:56.54</b>	
	50m:	33.34 33.34	150m:	1:47.33	37.34	250m:	3:02.98	38.01	350m: 4:20.07 38.76
	100m:	1:09.99 36.65	200m:	2:24.97	37.64	300m:	3:41.31	38.33	400m: 4:56.54 36.47
3.	KOZIKOWSKI Michał		80	Stowarzyszenie	Pływackie Masters Olsz			<b>5:08.62</b>	
	50m:	33.98 33.98	150m:	1:51.16	39.23	250m:	3:11.57	40.40	350m: 4:30.73 39.64
	100m:	1:11.93 37.95	200m:	2:31.17	40.01	300m:	3:51.09	39.52	400m: 5:08.62 37.89
4.	KUPISZEK Michał		81	iSwim	Białystok			<b>5:09.50</b>	
	50m:	35.86 35.86	150m:	1:52.94	38.75	250m:	3:11.74	39.48	350m: 4:30.98 39.83
	100m:	1:14.19 38.33	200m:	2:32.26	39.32	300m:	3:51.15	39.41	400m: 5:09.50 38.52
5.	KRUK Marcin		82	Koszali	skie TKKF			<b>5:21.14</b>	
	50m:	35.42 35.42	150m:	1:53.19	39.86	250m:	3:15.44	41.52	350m: 4:40.71 43.14
	100m:	1:13.33 37.91	200m:	2:33.92	40.73	300m:	3:57.57	42.13	400m: 5:21.14 40.43
6.	GRABKOWSKI Michał		81	ZMPM -	STOWARZYSZENIE PŁYWAC			<b>5:36.83</b>	BASTIANA KARASIA
	50m:	36.87 36.87	150m:	2:00.09	42.04	250m:	3:26.18	43.26	350m: 4:54.77 43.84
	100m:	1:18.05 41.18	200m:	2:42.92	42.83	300m:	4:10.93	44.75	400m: 5:36.83 42.06
7.	BORUCKI Piotr		84	NIEZRZESZENI				<b>6:30.10</b>	
	50m:	39.60 39.60	150m:	2:14.70	48.43	250m:	3:55.01	50.34	350m: 5:39.81 53.34
	100m:	1:26.27 46.67	200m:	3:04.67	49.97	300m:	4:46.47	51.46	400m: 6:30.10 50.29
8.	LIS-PIWOWARSKI Przemysław		84	Muks	Zgierz			<b>7:42.96</b>	
	50m:	50.90 50.90	150m:	2:46.70	59.57	250m:	4:47.38	1:01.36	350m: 6:44.72 58.54
	100m:	1:47.13 56.23	200m:	3:46.02	59.32	300m:	5:46.18	58.80	400m: 7:42.96 58.24
45 - 49 lat									
1.	KOLENKIEWICZ Paweł		77	Swim Club	Masters I za			<b>4:42.64</b>	1,2
	50m:	32.08 32.08	150m:	1:43.95	36.37	250m:	2:57.05	36.45	350m: 4:08.87 35.51
	100m:	1:07.58 35.50	200m:	2:20.60	36.65	300m:	3:33.36	36.31	400m: 4:42.64 33.77
2.	OSIK Daniel		76	K.S	Warta Pozna			<b>4:45.01</b>	
	50m:	32.66 32.66	150m:	1:45.34	36.58	250m:	2:58.15	35.59	350m: 4:09.65 35.84
	100m:	1:08.76 36.10	200m:	2:22.56	37.22	300m:	3:33.81	35.66	400m: 4:45.01 35.36
3.	SARNA Tomasz		75	Orion	Team Rzeszów			<b>4:45.42</b>	
	50m:	31.90 31.90	150m:	1:44.70	37.02	250m:	2:59.33	37.36	350m: 4:12.93 36.33
	100m:	1:07.68 35.78	200m:	2:21.97	37.27	300m:	3:36.60	37.27	400m: 4:45.42 32.49
4.	KONOPACKI Piotr		78	Stowarzyszenie	Pływackie Masters Olsz			<b>4:46.06</b>	
	50m:	32.83 32.83	150m:	1:47.42	36.95	250m:	2:59.69	35.90	350m:
	100m:	1:10.47 37.64	200m:	2:23.79	36.37	300m:	3:36.50	36.81	400m: 4:46.06
5.	WILMOWICZ Adam		79	NIEZRZESZENI				<b>4:50.09</b>	
	50m:	32.63 32.63	150m:	1:44.74	36.76	250m:	2:59.62	37.64	350m: 4:14.61 37.38
	100m:	1:07.98 35.35	200m:	2:21.98	37.24	300m:	3:37.23	37.61	400m: 4:50.09 35.48

Zimowe Mistrzostwa Polski w pływaniu w kategoriach Masters  
Suwałki, 1.12.2024

Konkurencja 40, M czynn, 400m dowolny, 45 - 49 lat

Pozycja			Rok ur.					Czas	Pkt.		
6.	DZIADOSZ Robert		79	5Styl Warszawa				<b>5:01.92</b>			
	50m:	33.34 33.34	150m:	1:47.83	37.73	250m:	3:05.37	39.01	350m:	4:24.37	39.61
	100m:	1:10.10 36.76	200m:	2:26.36	38.53	300m:	3:44.76	39.39	400m:	5:01.92	37.55
7.	PIE LAK Mirosław		79	NIEZRZESZENI				<b>5:09.62</b>			
	50m:	33.40 33.40	150m:	1:49.91	38.81	250m:	3:10.14	40.24	350m:	4:32.04	40.81
	100m:	1:11.10 37.70	200m:	2:29.90	39.99	300m:	3:51.23	41.09	400m:	5:09.62	37.58
8.	DZIEDZICZAK Marek		77	Muks Zgierz				<b>6:15.95</b>			
	50m:	39.81 39.81	150m:	2:12.77	47.56	250m:	3:50.96	49.56	350m:		
	100m:	1:25.21 45.40	200m:	3:01.40	48.63	300m:	4:41.32	50.36	400m:	6:15.95	

50 - 54 lat

1.	GREGOROWICZ Paweł		74	Stowarzyszenie Pływackie Masters Olsz				<b>4:34.26</b>	3,6		
	50m:	31.95 31.95	150m:	1:41.48	35.07	250m:	2:51.36	34.89	350m:	4:01.34	34.95
	100m:	1:06.41 34.46	200m:	2:16.47	34.99	300m:	3:26.39	35.03	400m:	4:34.26	32.92
2.	WINIARCZYK Jarosław		72	Koszali skie TKKF				<b>4:55.67</b>			
	50m:	32.12 32.12	150m:	1:45.33	37.02	250m:	3:01.75	38.55	350m:	4:20.03	39.27
	100m:	1:08.31 36.19	200m:	2:23.20	37.87	300m:	3:40.76	39.01	400m:	4:55.67	35.64
3.	K DZIOR Mateusz		73	K.S Warta Pozna				<b>5:50.99</b>			
	50m:	39.13 39.13	150m:	2:05.98	44.31	250m:	3:37.08	46.06	350m:	5:07.55	44.53
	100m:	1:21.67 42.54	200m:	2:51.02	45.04	300m:	4:23.02	45.94	400m:	5:50.99	43.44
4.	MATUSIAK VEL MATUSZEWSKI Adam		74	Stowarzyszenie Pływackie Masters Olsz				<b>5:54.47</b>			
	50m:	39.44 39.44	150m:	2:08.98	45.40	250m:	3:41.75	47.11	350m:	5:12.34	44.42
	100m:	1:23.58 44.14	200m:	2:54.64	45.66	300m:	4:27.92	46.17	400m:	5:54.47	42.13
5.	MOROZOWSKI Wiktor		73	Muks Zgierz				<b>6:24.25</b>			
	50m:	39.06 39.06	150m:	2:09.53	47.40	250m:	3:53.72	51.94	350m:	5:35.69	50.73
	100m:	1:22.13 43.07	200m:	3:01.78	52.25	300m:	4:44.96	51.24	400m:	6:24.25	48.56

55 - 59 lat

1.	MONCZAK Piotr		67	Start Pozna				<b>4:50.21</b>			
	50m:	33.06 33.06	150m:	1:47.46	37.44	250m:	3:01.28	36.38	350m:	4:14.40	36.50
	100m:	1:10.02 36.96	200m:	2:24.90	37.44	300m:	3:37.90	36.62	400m:	4:50.21	35.81
2.	SKO KIEWICZ Rafał		66	Warsaw Masters Team				<b>4:55.74</b>			
	50m:	34.00 34.00	150m:	1:49.60	38.50	250m:	3:07.72	39.15	350m:	4:22.06	36.69
	100m:	1:11.10 37.10	200m:	2:28.57	38.97	300m:	3:45.37	37.65	400m:	4:55.74	33.68
3.	JANYGA Dariusz		66	K.S Warta Pozna				<b>5:06.02</b>			
	50m:	34.35 34.35	150m:	1:49.88	38.36	250m:	3:08.72	39.49	350m:	4:28.08	39.78
	100m:	1:11.52 37.17	200m:	2:29.23	39.35	300m:	3:48.30	39.58	400m:	5:06.02	37.94
4.	KAMI SKI Robert		65	NIEZRZESZENI				<b>5:38.20</b>			
	50m:	38.02 38.02	150m:	2:03.05	43.34	250m:	3:29.94	43.56	350m:	4:57.46	44.03
	100m:	1:19.71 41.69	200m:	2:46.38	43.33	300m:	4:13.43	43.49	400m:	5:38.20	40.74
5.	ALEKSANDROWICZ Paweł		68	iSwim Białystok				<b>6:12.11</b>			
	50m:	38.18 38.18	150m:	2:09.01	46.87	250m:	3:46.17	49.34	350m:	5:24.64	49.08
	100m:	1:22.14 43.96	200m:	2:56.83	47.82	300m:	4:35.56	49.39	400m:	6:12.11	47.47
6.	PIÓRKOWSKI Marek		65	Klub Sportowy Mako				<b>6:50.56</b>			
	50m:	44.28 44.28	150m:	2:25.17	51.91	250m:	4:12.38	54.24	350m:	6:00.40	54.12
	100m:	1:33.26 48.98	200m:	3:18.14	52.97	300m:	5:06.28	53.90	400m:	6:50.56	50.16

60 - 64 lat

1.	FAFF Mariusz		63	Orion Team Rzeszów				<b>5:43.31</b>			
	50m:	37.12 37.12	150m:	2:02.55	44.04	250m:	3:32.66	44.89	350m:		
	100m:	1:18.51 41.39	200m:	2:47.77	45.22	300m:	4:16.91	44.25	400m:	5:43.31	

Zimowe Mistrzostwa Polski w pływaniu w kategoriach Masters  
Suwałki, 1.12.2024

Konkurencja 40, M czynn, 400m dowolny, 60 - 64 lat

Pozycja			Rok ur.							Czas	Pkt.	
2.	SZMIT Adam		64	Stowarzyszenie Pływackie Masters Olsz						<b>5:49.17</b>		
	50m:	38.93	38.93	150m:	2:06.76	44.06	250m:	3:37.35	45.58	350m:	5:06.41	43.99
	100m:	1:22.70	43.77	200m:	2:51.77	45.01	300m:	4:22.42	45.07	400m:	5:49.17	42.76

65 - 69 lat

1.	KORPETTA Wojciech		59	Water Squad						<b>6:16.70</b>		
	50m:	42.49	42.49	150m:	2:18.15	48.11	250m:	3:56.26	49.34	350m:	5:34.55	48.96
	100m:	1:30.04	47.55	200m:	3:06.92	48.77	300m:	4:45.59	49.33	400m:	6:16.70	42.15
2.	TWARDYSKO Stanisław		56	Weteran Zabrze						<b>6:32.21</b>		
	50m:	43.46	43.46	150m:	2:21.48	50.68	250m:	4:02.99	51.07	350m:	5:44.44	51.07
	100m:	1:30.80	47.34	200m:	3:11.92	50.44	300m:	4:53.37	50.38	400m:	6:32.21	47.77
3.	LIPKA Marek		58	NIEZRZESZENI						<b>6:42.62</b>		
	50m:	46.41	46.41	150m:	2:28.74	52.04	250m:	4:13.33	52.07	350m:	5:55.86	50.43
	100m:	1:36.70	50.29	200m:	3:21.26	52.52	300m:	5:05.43	52.10	400m:	6:42.62	46.76
4.	PIETRASZEWSKI Zbigniew		55	Uks Cityzen						<b>7:05.68</b>		
	50m:	47.93	47.93	150m:	2:34.61	53.52	250m:	4:23.91	55.41	350m:	6:13.03	54.39
	100m:	1:41.09	53.16	200m:	3:28.50	53.89	300m:	5:18.64	54.73	400m:	7:05.68	52.65
5.	WANDZIOCH Karol		58	NIEZRZESZENI						<b>7:20.92</b>		
	50m:	49.98	49.98	150m:	2:40.52	56.13	250m:	4:33.60	56.83	350m:		
	100m:	1:44.39	54.41	200m:	3:36.77	56.25	300m:	5:30.29	56.69	400m:	7:20.92	

70 - 74 lat

1.	DUBI SKI Bogdan		53	Stowarzyszenie Pływackie Legia Warsz						<b>6:59.58</b>		
	50m:	45.83	45.83	150m:	2:30.60	53.50	250m:	4:17.11	52.95	350m:		
	100m:	1:37.10	51.27	200m:	3:24.16	53.56	300m:	5:11.38	54.27	400m:	6:59.58	
2.	MARSZAŁEK Andrzej		54	Uks Cityzen						<b>7:38.07</b>		
	50m:	53.27	53.27	150m:	2:48.39	57.71	250m:	4:45.58	58.69	350m:		
	100m:	1:50.68	57.41	200m:	3:46.89	58.50	300m:	5:44.77	59.19	400m:	7:38.07	

75 - 79 lat

1.	BARTKOWIAK Roman		49	K.S Warta Pozna						<b>7:40.41</b>		
	50m:	50.45	50.45	150m:	2:45.56	59.00	250m:	4:44.44	59.51	350m:	6:42.89	58.76
	100m:	1:46.56	56.11	200m:	3:44.93	59.37	300m:	5:44.13	59.69	400m:	7:40.41	57.52
2.	WOLNIEWICZ Janusz		48	Ks Extreme Team Oborniki						<b>8:43.52</b>		
	50m:	50.83	50.83	150m:	3:02.18	1:09.02	250m:	5:21.30	1:08.53	350m:	7:37.97	1:08.04
	100m:	1:53.16	1:02.33	200m:	4:12.77	1:10.59	300m:	6:29.93	1:08.63	400m:	8:43.52	1:05.55
3.	PŁONKA Janusz		48	NIEZRZESZENI						<b>11:59.61</b>		
	50m:	1:19.38	1:19.38	150m:	4:19.42	1:30.34	250m:	7:24.65	1:32.97	350m:		
	100m:	2:49.08	1:29.70	200m:	5:51.68	1:32.26	300m:	9:01.43	1:36.78	400m:	11:59.61	

80 - 84 lat

1.	DZIEKO SKI Edward		43	NIEZRZESZENI						<b>8:38.03</b>		
	50m:	58.70	58.70	150m:	3:06.56	1:05.14	250m:	5:20.64	1:06.82	350m:	7:34.49	1:05.97
	100m:	2:01.42	1:02.72	200m:	4:13.82	1:07.26	300m:	6:28.52	1:07.88	400m:	8:38.03	1:03.54
2.	WAGA Stanisław		40	KS Korona 1919 Kraków						<b>9:25.98</b>		
	50m:	1:06.17	1:06.17	150m:	3:35.16	1:15.38	250m:	6:00.18	1:12.61	350m:	8:24.52	1:13.43
	100m:	2:19.78	1:13.61	200m:	4:47.57	1:12.41	300m:	7:11.09	1:10.91	400m:	9:25.98	1:01.46