

GENERATION CUP-ZAWODY DLA DZIECI I DOROSŁYCH
Warszawa, 5. - 6.12.2025

Konkurencja 41 Mężczyzn, 400m dowolny 20 - 94 lat
 6.12.2025 - 14:25 Wyniki

Punkty: AQUA 2025

Rok ur.				Czas	Pkt.	Pkt.Masters	100m	200m	300m	400m	
20 - 24 lat											
1. ŁOPACIŃSKI Wojciech		01	Niezrzeszeni		5:58.04	232	304	1:20.36	1:31.15	1:34.54	1:31.99
50m:	37.24	37.24	150m:	2:05.28	44.92	250m:	3:38.79	47.28	350m:	5:13.98	47.93
100m:	1:20.36	43.12	200m:	2:51.51	46.23	300m:	4:26.05	47.26	400m:	5:58.04	44.06

25 - 29 lat												
1. KAŁUŻYŃSKI Antoni		99	Warsaw Masters Team			4:31.18	534	701	1:00.02	1:09.29	1:12.13	1:09.74
50m:	28.68	28.68	150m:	1:33.48	33.46	250m:	2:45.28	35.97	350m:	3:57.81	36.37	
100m:	1:00.02	31.34	200m:	2:09.31	35.83	300m:	3:21.44	36.16	400m:	4:31.18	33.37	

30 - 34 lat												
1. BOROWICZ-SKONECZNY S92			Warsaw Masters Team			4:56.74	407	516	1:07.68	1:13.49	1:16.35	1:19.22
50m:	32.25	32.25	150m:	1:43.94	36.26	250m:	2:58.96	37.79	350m:	4:17.14	39.62	
100m:	1:07.68	35.43	200m:	2:21.17	37.23	300m:	3:37.52	38.56	400m:	4:56.74	39.60	
2. WENGERSKI Jędrzej 92			5Styl Sharks			5:05.05	375	475	1:10.32	1:15.94	1:19.37	1:19.42
50m:	33.63	33.63	150m:	1:47.72	37.40	250m:	3:05.49	39.23	350m:	4:25.72	40.09	
100m:	1:10.32	36.69	200m:	2:26.26	38.54	300m:	3:45.63	40.14	400m:	5:05.05	39.33	

35 - 39 lat												
1. WITKOWSKI Paweł		88	Niezrzeszeni			5:20.84	322	422	1:10.25	1:22.21	1:25.81	1:22.57
50m:	33.20	33.20	150m:	1:50.72	40.47	250m:	3:14.97	42.51	350m:	4:40.59	42.32	
100m:	1:10.25	37.05	200m:	2:32.46	41.74	300m:	3:58.27	43.30	400m:	5:20.84	40.25	
2. OLKOWICZ Arkadiusz		90	Warsaw Masters Team			7:24.35	121	159	1:37.94	1:52.91	1:58.32	1:55.18
50m:	46.49	46.49	150m:	2:33.56	55.62	250m:	4:29.48	58.63	350m:	6:28.44	59.27	
100m:	1:37.94	51.45	200m:	3:30.85	57.29	300m:	5:29.17	59.69	400m:	7:24.35	55.91	
3. KRYSIK Marcin		88	Warsaw Masters Team			7:54.62	99	130	1:48.23	2:02.14	2:04.72	1:59.53
50m:	49.31	49.31	150m:	2:49.52	1:01.29	250m:	4:53.21	1:02.84	350m:	6:56.00	1:00.91	
100m:	1:48.23	58.92	200m:	3:50.37	1:00.85	300m:	5:55.09	1:01.88	400m:	7:54.62	58.62	

40 - 44 lat													
1.	STRZAŁKOWSKI Artur		85	Niezrzeszeni			6:12.85	205	289	1:25.63	1:35.63	1:37.94	1:33.65
	50m:	39.56	39.56	150m:	2:12.93	47.30	250m:	3:50.17	48.91	350m:	5:28.57	49.37	
	100m:	1:25.63	46.07	200m:	3:01.26	48.33	300m:	4:39.20	49.03	400m:	6:12.85	44.28	

45 - 49 lat												
1. WENDA Paweł		80	Stowarzyszenie Pływackie Selis			5:49.25	1250	1:18.05	1:29.44	1:32.42	1:29.34	
50m:	36.53	36.53	150m:	2:02.22	44.17	250m:	3:33.73	46.24	350m:	5:06.11	46.20	
100m:	1:18.05	41.52	200m:	2:47.49	45.27	300m:	4:19.91	46.18	400m:	5:49.25	43.14	
2. SZYMAŃSKI Maciej		79	Warsaw Masters Team			6:23.83	188	275	1:21.91	1:38.70	1:42.93	1:40.29
50m:	38.66	38.66	150m:	2:11.81	49.90	250m:	3:53.91	53.30	350m:	5:36.45	52.91	
100m:	1:21.91	43.25	200m:	3:00.61	48.80	300m:	4:43.54	49.63	400m:	6:23.83	47.38	

55 - 59 lat											
1. BEDNARCZYK Paweł		69	Warsaw Masters Team		5:56.42	235	399	1:19.47	1:32.53	1:34.42	1:30.00
50m:	36.64	36.64	150m:	2:05.03	45.56	250m:	3:39.40	47.40	350m:	5:13.32	46.90
100m:	1:19.47	42.83	200m:	2:52.00	46.97	300m:	4:26.42	47.02	400m:	5:56.42	43.10
2. OSTAPCZUK Sebastian		70	Klub Sportowy Mako		6:56.51	147	250	1:33.32	1:45.59	1:48.97	1:48.63
50m:	44.86	44.86	150m:	2:24.92	51.60	250m:	4:12.53	53.62	350m:	6:03.11	55.23
100m:	1:33.32	48.46	200m:	3:18.91	53.99	300m:	5:07.88	55.35	400m:	6:56.51	53.40

Konkurencja 41, Mężczyzn, 400m dowolny, 55 - 59 lat

Rok ur.			Czas			Pkt.	Pkt.Masters	100m	200m	300m	400m	
3.	PALUSZAK Zbigniew		67	Warsaw Masters Team		7:10.68	133	226	1:39.07	1:48.99	1:50.95	1:51.67
	50m:	46.66	46.66	150m:	2:32.92	53.85	250m:	4:23.27	55.21	350m:	6:16.00	56.99
	100m:	1:39.07	52.41	200m:	3:28.06	55.14	300m:	5:19.01	55.74	400m:	7:10.68	54.68

65 - 69 lat

1.	CZUPRYN Wojciech	58	Niezrzeszeni			7:44.57	106	213	1:40.60	1:56.74	2:01.70	2:05.53
	50m:	46.60	46.60	150m:	2:37.33	56.73	250m:	4:37.64	1:00.30	350m:	6:42.27	1:03.23
	100m:	1:40.60	54.00	200m:	3:37.34	1:00.01	300m:	5:39.04	1:01.40	400m:	7:44.57	1:02.30

70 - 74 lat

1.	KULIŚ Zenon	54	Warsaw Masters Team			7:43.20	107	265	1:49.80	1:59.81	1:59.80	1:53.79
	50m:	51.05	51.05	150m:	2:49.94	1:00.14	250m:	4:50.73	1:01.12	350m:	6:46.92	57.51
	100m:	1:49.80	58.75	200m:	3:49.61	59.67	300m:	5:49.41	58.68	400m:	7:43.20	56.28
2.	WASIUK Janusz	53	Masters Krasnik			9:57.63	49	123	2:28.04	2:37.33	2:35.07	2:17.19
	50m:	1:13.82	1:13.82	150m:	3:48.73	1:20.69	250m:	6:25.73	1:20.36	350m:	8:53.89	1:13.45
	100m:	2:28.04	1:14.22	200m:	5:05.37	1:16.64	300m:	7:40.44	1:14.71	400m:	9:57.63	1:03.74