

Pływacki ŁOMŻING” PUCHAR POLSKI MASTERS”
Łomża, 11.10.2025

Konkurencja 2
11.10.2025 - 15:00

Mężczyzn, 400m dowolny

Open
Wyniki

Punkty: AQUA Master 2025

Pozycja	Rok ur.										Czas	Pkt.
Open												
1.	ZIELONKA, Rafał				86	Masters Avia Świdnik					4:34.77	647
	50m:	31.18	31.18	150m:	1:38.53	34.18	250m:	2:48.38	35.16	350m:	4:00.23	36.04
	100m:	1:04.35	33.17	200m:	2:13.22	34.69	300m:	3:24.19	35.81	400m:	4:34.77	34.54
2.	LIS, Patryk				98	Masters Avia Świdnik					4:41.98	541
	50m:	30.92	30.92	150m:	1:39.90	35.22	250m:	2:52.19	36.40	350m:	4:06.86	37.32
	100m:	1:04.68	33.76	200m:	2:15.79	35.89	300m:	3:29.54	37.35	400m:	4:41.98	35.12
3.	ŚLÓSAREK, Tomasz				85	KS Waterpolo Poznań					4:44.13	607
	50m:	32.06	32.06	150m:	1:42.91	36.18	250m:	2:55.36	37.02	350m:	4:08.72	36.75
	100m:	1:06.73	34.67	200m:	2:18.34	35.43	300m:	3:31.97	36.61	400m:	4:44.13	35.41
4.	NOWAK, Przemysław				85	Niezrzeszony Poznań - Świercze					4:45.13	601
	50m:	31.06	31.06	150m:	1:38.90	34.19	250m:	2:49.92	35.94	350m:	4:06.90	39.02
	100m:	1:04.71	33.65	200m:	2:13.98	35.08	300m:	3:27.88	37.96	400m:	4:45.13	38.23
5.	RACZYNSKI, Przemysław				85	Masters Łódź					4:52.55	556
	50m:	33.18	33.18	150m:	1:45.34	36.36	250m:	2:59.59	37.37	350m:	4:15.65	37.94
	100m:	1:08.98	35.80	200m:	2:22.22	36.88	300m:	3:37.71	38.12	400m:	4:52.55	36.90
6.	BOCHEŃSKI, Rafał				92	KS Waterpolo Poznań					4:54.35	468
	50m:	32.09	32.09	150m:	1:43.53	36.42	250m:	2:58.32	37.64	350m:	4:16.17	38.94
	100m:	1:07.11	35.02	200m:	2:20.68	37.15	300m:	3:37.23	38.91	400m:	4:54.35	38.18
7.	LIPIŃSKI, Cezary				72	Masters Avia Świdnik					5:00.85	536
	50m:	34.36	34.36	150m:	1:48.19	37.94	250m:	3:05.06	38.35	350m:	4:23.82	39.72
	100m:	1:10.25	35.89	200m:	2:26.71	38.52	300m:	3:44.10	39.04	400m:	5:00.85	37.03
8.	KUBICA, Przemysław				82	Niezrzeszony Gdańsk					5:05.71	487
	50m:	33.32	33.32	150m:	1:46.50	37.17	250m:	3:04.42	39.38	350m:	4:25.59	41.23
	100m:	1:09.33	36.01	200m:	2:25.04	38.54	300m:	3:44.36	39.94	400m:	5:05.71	40.12
9.	GOGACZ, Sebastian				76	UKS Trójka Puławy					5:06.35	499
	50m:	35.41	35.41	150m:	1:52.99	38.78	250m:	3:10.23	38.70	350m:	4:28.83	39.35
	100m:	1:14.21	38.80	200m:	2:31.53	38.54	300m:	3:49.48	39.25	400m:	5:06.35	37.52
10.	OSTROWSKI, Bartosz				77	Warsaw Masters Team					5:08.53	489
	50m:	34.10	34.10	150m:	1:49.32	38.05	250m:	3:07.59	39.53	350m:	4:28.15	40.31
	100m:	1:11.27	37.17	200m:	2:28.06	38.74	300m:	3:47.84	40.25	400m:	5:08.53	40.38
11.	GROCHOWSKI, Łukasz				91	Warsaw Masters Team					5:09.06	404
	50m:	34.61	34.61	150m:	1:50.07	38.27	250m:	3:08.47	39.51	350m:	4:28.77	40.52
	100m:	1:11.80	37.19	200m:	2:28.96	38.89	300m:	3:48.25	39.78	400m:	5:09.06	40.29
12.	KUPISZEK, Michał				81	I Swim Białystok					5:23.47	411
	50m:	35.79	35.79	150m:	1:53.34	39.68	250m:	3:17.75	42.41	350m:	4:42.41	42.25
	100m:	1:13.66	37.87	200m:	2:35.34	42.00	300m:	4:00.16	42.41	400m:	5:23.47	41.06
13.	WÓJCICKI, Rafał				75	MASTERS Lublin					5:52.15	334
	50m:	39.74	39.74	150m:	2:07.39	44.32	250m:	3:37.92	45.50	350m:	5:08.15	45.18
	100m:	1:23.07	43.33	200m:	2:52.42	45.03	300m:	4:22.97	45.05	400m:	5:52.15	44.00
14.	GAJDA, Tomasz				78	Muks Zgierz					6:18.58	264
	50m:	1:24.06	1:24.06	150m:	4:42.81	52.60	250m:	6:18.70	44.13	350m:		
	100m:	3:50.21	2:26.15	200m:	5:34.57	51.76	300m:			400m:	6:18.58	
15.	BORUCKI, Piotr				84	Masters Białystok					6:38.17	220
	50m:	42.51	42.51	150m:	2:21.95	50.89	250m:	4:05.35	52.16	350m:	6:38.75	1:40.71
	100m:	1:31.06	48.55	200m:	3:13.19	51.24	300m:	4:58.04	52.69	400m:	6:38.17	
16.	PIETRASZEWSKI, Zbigniew				55	Uks Cityzen					7:07.75	301
	50m:	47.58	47.58	150m:	2:35.42	54.39	250m:	4:24.04	54.56	350m:	6:13.57	55.56
	100m:	1:41.03	53.45	200m:	3:29.48	54.06	300m:	5:18.01	53.97	400m:	7:07.75	54.18
17.	CHOROSZEWSKI, Zdzisław				47	Niezrzeszony Szczytno					9:11.13	177
	50m:	57.35	57.35	150m:	3:13.10	1:08.80	250m:	5:37.08	1:14.25	350m:	8:00.47	1:11.96
	100m:	2:04.30	1:06.95	200m:	4:22.83	1:09.73	300m:	6:48.51	1:11.43	400m:	9:11.13	1:10.66

Pływacki ŁOMŻING” PUCHAR POLSKI MASTERS”
Łomża, 11.10.2025

Konkurencja 2, Mężczyzn, 400m dowolny

Kat. A 25-29 lat

1.	LIS, Patryk	98	Masters Avia Świdnik	4:41.98	541
	50m: 30.92 30.92	150m: 1:39.90	35.22 250m: 2:52.19	36.40 350m: 4:06.86	37.32
	100m: 1:04.68 33.76	200m: 2:15.79	35.89 300m: 3:29.54	37.35 400m: 4:41.98	35.12

Kat. B 30-34 lat

1.	BOCHEŃSKI, Rafał	92	KS Waterpolo Poznań	4:54.35	468
	50m: 32.09 32.09	150m: 1:43.53	36.42 250m: 2:58.32	37.64 350m: 4:16.17	38.94
	100m: 1:07.11 35.02	200m: 2:20.68	37.15 300m: 3:37.23	38.91 400m: 4:54.35	38.18
2.	GROCHOWSKI, Łukasz	91	Warsaw Masters Team	5:09.06	404
	50m: 34.61 34.61	150m: 1:50.07	38.27 250m: 3:08.47	39.51 350m: 4:28.77	40.52
	100m: 1:11.80 37.19	200m: 2:28.96	38.89 300m: 3:48.25	39.78 400m: 5:09.06	40.29

Kat. C 35-39 lat

1.	ZIELONKA, Rafał	86	Masters Avia Świdnik	4:34.77	647
	50m: 31.18 31.18	150m: 1:38.53	34.18 250m: 2:48.38	35.16 350m: 4:00.23	36.04
	100m: 1:04.35 33.17	200m: 2:13.22	34.69 300m: 3:24.19	35.81 400m: 4:34.77	34.54

Kat. D 40-44 lat

1.	ŚLÓSAREK, Tomasz	85	KS Waterpolo Poznań	4:44.13	607
	50m: 32.06 32.06	150m: 1:42.91	36.18 250m: 2:55.36	37.02 350m: 4:08.72	36.75
	100m: 1:06.73 34.67	200m: 2:18.34	35.43 300m: 3:31.97	36.61 400m: 4:44.13	35.41
2.	NOWAK, Przemysław	85	Niezrzeszony Poznań - Świercze	4:45.13	601
	50m: 31.06 31.06	150m: 1:38.90	34.19 250m: 2:49.92	35.94 350m: 4:06.90	39.02
	100m: 1:04.71 33.65	200m: 2:13.98	35.08 300m: 3:27.88	37.96 400m: 4:45.13	38.23
3.	RACZYŃSKI, Przemysław	85	Masters Łódź	4:52.55	556
	50m: 33.18 33.18	150m: 1:45.34	36.36 250m: 2:59.59	37.37 350m: 4:15.65	37.94
	100m: 1:08.98 35.80	200m: 2:22.22	36.88 300m: 3:37.71	38.12 400m: 4:52.55	36.90
4.	KUBICA, Przemysław	82	Niezrzeszony Gdańsk	5:05.71	487
	50m: 33.32 33.32	150m: 1:46.50	37.17 250m: 3:04.42	39.38 350m: 4:25.59	41.23
	100m: 1:09.33 36.01	200m: 2:25.04	38.54 300m: 3:44.36	39.94 400m: 5:05.71	40.12
5.	KUPISZEK, Michał	81	I Swim Białystok	5:23.47	411
	50m: 35.79 35.79	150m: 1:53.34	39.68 250m: 3:17.75	42.41 350m: 4:42.41	42.25
	100m: 1:13.66 37.87	200m: 2:35.34	42.00 300m: 4:00.16	42.41 400m: 5:23.47	41.06
6.	BORUCKI, Piotr	84	Masters Białystok	6:38.17	220
	50m: 42.51 42.51	150m: 2:21.95	50.89 250m: 4:05.35	52.16 350m: 6:38.75	1:40.71
	100m: 1:31.06 48.55	200m: 3:13.19	51.24 300m: 4:58.04	52.69 400m: 6:38.17	

Kat. E 45-49 lat

1.	GOGACZ, Sebastian	76	UKS Trójka Puławy	5:06.35	499
	50m: 35.41 35.41	150m: 1:52.99	38.78 250m: 3:10.23	38.70 350m: 4:28.83	39.35
	100m: 1:14.21 38.80	200m: 2:31.53	38.54 300m: 3:49.48	39.25 400m: 5:06.35	37.52
2.	OSTROWSKI, Bartosz	77	Warsaw Masters Team	5:08.53	489
	50m: 34.10 34.10	150m: 1:49.32	38.05 250m: 3:07.59	39.53 350m: 4:28.15	40.31
	100m: 1:11.27 37.17	200m: 2:28.06	38.74 300m: 3:47.84	40.25 400m: 5:08.53	40.38
3.	GAJDA, Tomasz	78	Muks Zgierz	6:18.58	264
	50m: 1:24.06 1:24.06	150m: 4:42.81	52.60 250m: 6:18.70	44.13 350m:	
	100m: 3:50.21 2:26.15	200m: 5:34.57	51.76 300m:	400m: 6:18.58	

Pływacki ŁOMŻING" PUCHAR POLSKI MASTERS"
Łomża, 11.10.2025

Konkurencja 2, Mężczyzn, 400m dowolny

Kat. F 50-54 lat

1.	LIPIŃSKI, Cezary	72	Masters Avia Świdnik	5:00.85	536
	50m: 34.36 34.36	150m: 1:48.19 37.94	250m: 3:05.06 38.35	350m: 4:23.82 39.72	
	100m: 1:10.25 35.89	200m: 2:26.71 38.52	300m: 3:44.10 39.04	400m: 5:00.85 37.03	
2.	WÓJCICKI, Rafał	75	MASTERS Lublin	5:52.15	334
	50m: 39.74 39.74	150m: 2:07.39 44.32	250m: 3:37.92 45.50	350m: 5:08.15 45.18	
	100m: 1:23.07 43.33	200m: 2:52.42 45.03	300m: 4:22.97 45.05	400m: 5:52.15 44.00	

Kat. J 70-74 lat

1.	PIETRASZEWSKI, Zbigniew	55	Uks Cityzen	7:07.75	301
	50m: 47.58 47.58	150m: 2:35.42 54.39	250m: 4:24.04 54.56	350m: 6:13.57 55.56	
	100m: 1:41.03 53.45	200m: 3:29.48 54.06	300m: 5:18.01 53.97	400m: 7:07.75 54.18	

Kat. K 75-79 lat

1.	CHOROSZEWSKI, Zdzisław	47	Niezrzeszony Szczytno	9:11.13	177
	50m: 57.35 57.35	150m: 3:13.10 1:08.80	250m: 5:37.08 1:14.25	350m: 8:00.47 1:11.96	
	100m: 2:04.30 1:06.95	200m: 4:22.83 1:09.73	300m: 6:48.51 1:11.43	400m: 9:11.13 1:10.66	