



Konkurencja 32  
26.04.2026 - 13:20

M czynn, 400m dowolny

20 lat i starsi  
Wyniki

Pozycja			Wiek							Czas	Pkt	
Kategoria "0" 20-24												
1.	WI	ZIK Jan Jr	23	Perfect Swimming Bielsko-Biała						<b>4:37.93</b>	565	
	50m:	30.21	30.21	150m:	1:38.32	34.59	250m:	2:48.80	35.63	350m:	4:01.41	36.46
	100m:	1:03.73	33.52	200m:	2:13.17	34.85	300m:	3:24.95	36.15	400m:	4:37.93	36.52
2.	PARA	Mikołaj	23	Perfect Swimming Bielsko-Biała						<b>5:03.11</b>	436	
	50m:	30.95	30.95	150m:	1:43.25	36.75	250m:	3:00.53	39.07	350m:	4:22.29	41.39
	100m:	1:06.50	35.55	200m:	2:21.46	38.21	300m:	3:40.90	40.37	400m:	5:03.11	40.82
Kategoria "A" 25-29												
1.	GAWRON	Oskar	27	Fundacja Power Swimming						<b>4:22.71</b>	670	
	50m:	30.49	30.49	150m:	1:38.17	34.16	250m:	2:45.33	33.29	350m:	3:52.31	33.55
	100m:	1:04.01	33.52	200m:	2:12.04	33.87	300m:	3:18.76	33.43	400m:	4:22.71	30.40
2.	LÓSARCZYK	Sebastian	28	WSSiRN START Katowice						<b>6:42.71</b>	186	
	50m:	46.13	46.13	150m:	2:33.20	53.32	250m:	4:16.99	51.79	350m:	5:59.37	51.56
	100m:	1:39.88	53.75	200m:	3:25.20	52.00	300m:	5:07.81	50.82	400m:	6:42.71	43.34
3.	KRZEMIE	Grzegorz	28	Zawodnik niezrzeszony Gliwice						<b>7:52.66</b>	115	
	50m:	48.87	48.87	150m:	2:45.51	59.97	250m:	4:46.01	59.59	350m:	6:49.45	1:01.83
	100m:	1:45.54	56.67	200m:	3:46.42	1:00.91	300m:	5:47.62	1:01.61	400m:	7:52.66	1:03.21
Kategoria "B" 30-34												
1.	MENDYK	Przemysław	34	MUKS GILUS Gilowice						<b>4:57.27</b>	454	
	50m:	32.77	32.77	150m:	1:45.89	36.75	250m:	3:01.89	38.40	350m:	4:19.26	38.65
	100m:	1:09.14	36.37	200m:	2:23.49	37.60	300m:	3:40.61	38.72	400m:	4:57.27	38.01
2.	KONIECZNAK	Przemysław	31	Water Squad						<b>5:41.26</b>	300	
	50m:	39.09	39.09	150m:	2:02.45	41.61	250m:	3:28.82	43.33	350m:	4:58.11	44.46
	100m:	1:20.84	41.75	200m:	2:45.49	43.04	300m:	4:13.65	44.83	400m:	5:41.26	43.15
Kategoria "C" 35-39												
1.	BARANOWSKI	Marek	35	Water Squad						<b>4:41.14</b>	604	
	50m:	32.10	32.10	150m:	1:42.76	35.94	250m:	2:54.50	35.58	350m:	4:06.43	36.00
	100m:	1:06.82	34.72	200m:	2:18.92	36.16	300m:	3:30.43	35.93	400m:	4:41.14	34.71
2.	WITKOWSKI	Paweł	38	Water Squad						<b>5:08.50</b>	457	
	50m:	33.95	33.95	150m:	1:48.80	38.19	250m:	3:08.30	40.03	350m:	4:30.36	41.58
	100m:	1:10.61	36.66	200m:	2:28.27	39.47	300m:	3:48.78	40.48	400m:	5:08.50	38.14
Kategoria "D" 40-44												
1.	RACZY	SKI Przemysław	41	KS „Masters” Łódź						<b>4:52.64</b>	556	
	50m:	32.87	32.87	150m:	1:46.08	36.89	250m:	3:00.75	37.58	350m:	4:17.14	38.03
	100m:	1:09.19	36.32	200m:	2:23.17	37.09	300m:	3:39.11	38.36	400m:	4:52.64	35.50
2.	KRAJNA	Paweł	43	Fundacja Power Swimming						<b>6:27.60</b>	239	
	50m:	39.63	39.63	150m:	2:13.28	48.23	250m:	3:52.55	49.97	350m:	5:36.00	51.74
	100m:	1:25.05	45.42	200m:	3:02.58	49.30	300m:	4:44.26	51.71	400m:	6:27.60	51.60
3.	ZAGÓRSKI	Łukasz	43	Fundacja Power Swimming						<b>6:51.02</b>	200	
	50m:	44.50	44.50	150m:	2:28.31	53.74	250m:	4:19.54	55.44	350m:	6:01.25	47.63
	100m:	1:34.57	50.07	200m:	3:24.10	55.79	300m:	5:13.62	54.08	400m:	6:51.02	49.77



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Kategoria "E" 45-49

1. KACZMAREK Stanisław	47	Landsberg Crew	<b>4:41.88</b>	641		
50m: 33.00 33.00	150m: 1:44.21	35.86	250m: 2:57.05	36.56	350m: 4:08.44	35.09
100m: 1:08.35 35.35	200m: 2:20.49	36.28	300m: 3:33.35	36.30	400m: 4:41.88	33.44
2. GIEJSZTOWT Marcin	48	Warsaw Masters Team	<b>4:50.91</b>	583		
50m: 34.50 34.50	150m: 1:48.75	36.69	250m: 3:03.05	36.65	350m: 4:16.74	36.31
100m: 1:12.06 37.56	200m: 2:26.40	37.65	300m: 3:40.43	37.38	400m: 4:50.91	34.17
3. WACHOWSKI Blazej	46	KS Warta Pozna	<b>5:05.95</b>	501		
50m: 35.62 35.62	150m: 1:54.75	39.65	250m: 3:12.71	38.77	350m: 4:30.51	38.70
100m: 1:15.10 39.48	200m: 2:33.94	39.19	300m: 3:51.81	39.10	400m: 5:05.95	35.44
4. DYCZEK Mariusz	47	"Masters Zdzeszowice"	<b>5:08.11</b>	491		
50m: 34.74 34.74	150m: 1:50.96	38.82	250m: 3:10.83	40.04	350m: 4:30.61	39.53
100m: 1:12.14 37.40	200m: 2:30.79	39.83	300m: 3:51.08	40.25	400m: 5:08.11	37.50
5. BIELSKI Dymitr	49	Warsaw Masters Team	<b>5:25.13</b>	418		
50m: 35.88 35.88	150m: 1:56.68	41.23	250m: 3:20.27	41.38	350m: 4:44.35	42.13
100m: 1:15.45 39.57	200m: 2:38.89	42.21	300m: 4:02.22	41.95	400m: 5:25.13	40.78
6. SKOWRO SKI Krzysztof	45	Fundacja Power Swimming	<b>5:58.16</b>	312		
50m: 38.58 38.58	150m: 2:10.55	46.58	250m: 3:45.00	47.44	350m: 5:18.19	46.69
100m: 1:23.97 45.39	200m: 2:57.56	47.01	300m: 4:31.50	46.50	400m: 5:58.16	39.97
7. BIELAWNY Waldemar	48	Zawodnik niezrzeszony Krotoszyn	<b>7:18.38</b>	170		
50m: 47.01 47.01	150m: 2:38.31	57.02	250m: 4:34.70	58.04	350m: 6:29.14	55.98
100m: 1:41.29 54.28	200m: 3:36.66	58.35	300m: 5:33.16	58.46	400m: 7:18.38	49.24

Kategoria "F" 50-54

1. LIPI SKI Cezary	54	Masters Avia widnik	<b>5:06.45</b>	507		
50m: 36.29 36.29	150m: 1:54.01	38.70	250m: 3:12.64	38.91	350m: 4:31.29	39.32
100m: 1:15.31 39.02	200m: 2:33.73	39.72	300m: 3:51.97	39.33	400m: 5:06.45	35.16
2. GOGACZ Sebastian	50	UKS „Trójka” Puławy	<b>5:07.20</b>	504		
50m: 36.42 36.42	150m: 1:54.67	39.03	250m: 3:13.57	39.47	350m: 4:31.15	38.51
100m: 1:15.64 39.22	200m: 2:34.10	39.43	300m: 3:52.64	39.07	400m: 5:07.20	36.05
3. KEDZIOR Mateusz	53	KS Warta Pozna	<b>5:52.48</b>	333		
50m: 40.81 40.81	150m: 2:08.99	44.70	250m: 3:38.83	45.11	350m: 5:08.47	44.45
100m: 1:24.29 43.48	200m: 2:53.72	44.73	300m: 4:24.02	45.19	400m: 5:52.48	44.01
4. GIEZEK Alfred	50	KS Rekin wiebodzice	<b>6:35.89</b>	235		
50m: 45.27 45.27	150m: 2:25.65	51.00	250m: 4:10.11	52.67	350m: 5:50.80	49.00
100m: 1:34.65 49.38	200m: 3:17.44	51.79	300m: 5:01.80	51.69	400m: 6:35.89	45.09

Kategoria "G" 55-59

1. MONCZAK Piotr	59	KS Warta Pozna	<b>4:50.40</b>	685		
50m: 34.23 34.23	150m: 1:48.30	37.11	250m: 3:02.86	37.07	350m: 4:15.84	36.10
100m: 1:11.19 36.96	200m: 2:25.79	37.49	300m: 3:39.74	36.88	400m: 4:50.40	34.56
2. POKORNÝ Ji í	57	KPS Ostrava	<b>5:45.81</b>	405		
50m: 38.68 38.68	150m: 2:04.59	43.73	250m: 3:32.96	43.96	350m: 5:01.66	44.78
100m: 1:20.86 42.18	200m: 2:49.00	44.41	300m: 4:16.88	43.92	400m: 5:45.81	44.15
3. STACHURSKI Ireneusz	57	UKS „Trójka” Puławy	<b>6:38.26</b>	265		
50m: 43.89 43.89	150m: 2:24.99	51.65	250m: 4:09.49	52.94	350m: 5:51.85	50.85
100m: 1:33.34 49.45	200m: 3:16.55	51.56	300m: 5:01.00	51.51	400m: 6:38.26	46.41

Kategoria "H" 60-64

1. JANUSZKIEWICZ Zbigniew	64	TP Masters Opole	<b>5:05.19</b>	673		
50m: 36.16 36.16	150m: 1:53.46	38.24	250m: 3:09.29	37.78	350m: 4:26.71	38.99
100m: 1:15.22 39.06	200m: 2:31.51	38.05	300m: 3:47.72	38.43	400m: 5:05.19	38.48



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Kategoria "J" 70-74

1. TWARDYSKO Stanisław	70	Weteran Zabrze	<b>6:41.77</b>	363	
50m: 42.57 42.57	150m: 2:21.14	50.50 250m: 4:05.93	52.47	350m: 5:51.56	52.62
100m: 1:30.64 48.07	200m: 3:13.46	52.32 300m: 4:58.94	53.01	400m: 6:41.77	50.21
2. MARSZAŁEK Andrzej	72	UKS Cityzen	<b>7:25.26</b>	267	
50m: 51.76 51.76	150m: 2:45.86	56.98 250m: 4:38.42	56.80	350m: 6:31.19	56.21
100m: 1:48.88 57.12	200m: 3:41.62	55.76 300m: 5:34.98	56.56	400m: 7:25.26	54.07

Kategoria "K" 75-80

1. BORYSKI Jerzy	75	UKS Cityzen	<b>7:37.65</b>	310	
50m: 50.54 50.54	150m: 2:47.03	58.75 250m: 4:44.60	58.31	350m: 6:41.17	58.40
100m: 1:48.28 57.74	200m: 3:46.29	59.26 300m: 5:42.77	58.17	400m: 7:37.65	56.48

Kategoria "L" 80 i starsi

1. WAGA Stanisław	86	KS Korona 1919 Kraków	<b>10:03.37</b>	264	
50m: 1:12.16 1:12.16	150m: 3:50.46	1:19.25 250m: 6:26.51	1:18.66	350m: 8:55.91	1:14.49
100m: 2:31.21 1:19.05	200m: 5:07.85	1:17.39 300m: 7:41.42	1:14.91	400m: 10:03.37	1:07.46