



Event 32  
26.04.2026 - 13:20

Men, 400m Freestyle

20 years and older  
Results

Rank		Age			Time	Pkt
Kategoria "0" 20-24						
1.	WIEZIK Jan Jr	23	Perfect Swimming Bielsko-Biala		<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 Mikolaj	23	Perfect Swimming Bielsko-Biala		<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.	SLOSARCZYK 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.	KRZEMIEN 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 Przemyslaw	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 Przemyslaw	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 Pawel	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.	RACZYNSKI Przemyslaw	41	KS „Masters" Lodz		<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 Pawel	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.	ZAGORSKI Lukasz	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		



Event 32, Men, 400m Freestyle

Kategoria "E" 45-49

1. KACZMAREK Stanislaw	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 Poznan	<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. SKOWRONSKI 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. LIPINSKI Cezary	54	Masters Avia Swidnik	<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 „Trojka” Pulawy	<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 Poznan	<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 Swiebodzice	<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 Poznan	<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. POKORNY Jiri	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 „Trojka” Pulawy	<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	



Event 32, Men, 400m Freestyle

Kategoria "J" 70-74

1.	TWARDYSKO Stanislaw	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.	MARSZALEK 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 Stanislaw	86	KS Korona 1919 Krakow	<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