

Mistrzostwa Polski Masters 2025
Gliwice, 14. - 16.11.2025

Konkurencja 40
16.11.2025 - 13:10

Mężczyzn, 400m dowolny

20 lat i starsi
Wyniki

Rekordy Polski Masters 90 - 94	10:33.41	Kazimierz Mrówczyński	Katowice	23.11.2012
Rekordy Polski Masters 85 - 89	9:01.66	Kazimierz Mrówczyński	Lublin	09.12.2007
Rekordy Polski Masters 80 - 84	7:10.86	Stanisław Krokoszyński	Poznań	19.11.2011
Rekordy Polski Masters 75 - 79	6:37.09	Ewald Bastek	Gliwice	15.11.2015
Rekordy Polski Masters 70 - 74	5:54.36	Ewald Bastek	Warszawa	06.06.2009
Rekordy Polski Masters 65 - 69	4:52.24	Leszek Madej	Łódź	13.09.2025
Rekordy Polski Masters 60 - 64	4:57.23	Leszek Madej	Łódź	12.11.2023
Rekordy Polski Masters 55 - 59	4:43.44	Mariusz Gabiec	Rumia	09.02.2013
Rekordy Polski Masters 50 - 54	4:28.99	Marcin Horbacz	Łódź	13.09.2025
Rekordy Polski Masters 45 - 49	4:27.64	Paweł Gregorowicz	Łódź	17.11.2019
Rekordy Polski Masters 40 - 44	4:21.19	Dariusz Wolny	Racibórz	14.04.2002
Rekordy Polski Masters 35 - 39	4:17.37	Stanisław Fluder	Suwałki	01.12.2024
Rekordy Polski Masters 30 - 34	3:59.91	Bartłomiej Lassek	Łódź	07.04.2024
Rekordy Polski Masters 25 - 29	4:07.23	Arkadiusz Aptewicz	Olsztyn	18.11.2018

Punkty: AQUA Master 2025

Pozycja Rok ur. Czas Pkt.

20 - 24 lat

1. Paweł Urbaniak	05	KS Victoria Zawiercie	5:38.12	314
50m: 31.48 31.48	150m: 1:50.71 42.17	250m: 3:21.78 46.08	350m: 4:54.79 46.44	
100m: 1:08.54 37.06	200m: 2:35.70 44.99	300m: 4:08.35 46.57	400m: 5:38.12 43.33	
2. Szymon Gromada	03	"Masters Zdieszowice"	7:11.55	151
50m: 44.73 44.73	150m: 2:26.53 52.55	250m: 4:18.38 57.43	350m: 6:14.12 57.43	
100m: 1:33.98 49.25	200m: 3:20.95 54.42	300m: 5:16.69 58.31	400m: 7:11.55 57.43	

NW Tomasz Truszkowski 03 Niezrzeszeni

25 - 29 lat

1. Jack Shillinglaw	99	Niezrzeszeni	4:14.88	733
50m: 28.06 28.06	150m: 1:29.60 31.27	250m: 2:34.81 32.88	350m: 3:41.57 33.52	
100m: 58.33 30.27	200m: 2:01.93 32.33	300m: 3:08.05 33.24	400m: 4:14.88 33.31	
2. Oskar Gawron	99	Fundacja Power Swimming	4:17.91	708
50m: 28.45 28.45	150m: 1:32.94 32.62	250m: 2:38.29 32.61	350m: 3:44.88 33.64	
100m: 1:00.32 31.87	200m: 2:05.68 32.74	300m: 3:11.24 32.95	400m: 4:17.91 33.03	
3. Marcin Kisielewski	97	Niezrzeszeni	4:21.09	682
50m: 28.81 28.81	150m: 1:33.14 33.02	250m: 2:39.69 33.23	350m: 3:48.02 34.10	
100m: 1:00.12 31.31	200m: 2:06.46 33.32	300m: 3:13.92 34.23	400m: 4:21.09 33.07	
4. Pedro Reis	97	KS Korona 1919 Kraków	6:16.61	227
50m: 39.87 39.87	150m: 2:14.47 48.21	250m: 3:51.65 48.94	350m: 5:30.94 49.69	
100m: 1:26.26 46.39	200m: 3:02.71 48.24	300m: 4:41.25 49.60	400m: 6:16.61 45.67	

30 - 34 lat

1. Adam Dubiel	93	Water Squad	4:01.97	842
50m: 27.10 27.10	150m: 1:27.37 30.49	250m: 2:29.18 30.96	350m: 3:31.70 31.42	
100m: 56.88 29.78	200m: 1:58.22 30.85	300m: 3:00.28 31.10	400m: 4:01.97 30.27	
2. Konrad Karnaszewski	94	Water Squad	4:28.87	614
50m: 27.51 27.51	150m: 1:30.19 32.05	250m: 2:39.74 35.49	350m: 3:52.83 36.89	
100m: 58.14 30.63	200m: 2:04.25 34.06	300m: 3:15.94 36.20	400m: 4:28.87 36.04	
3. Piotr Witt	91	KS Warta Poznań	4:30.41	603
50m: 29.24 29.24	150m: 1:37.13 34.31	250m: 2:46.27 34.47	350m: 3:56.11 34.56	
100m: 1:02.82 33.58	200m: 2:11.80 34.67	300m: 3:21.55 35.28	400m: 4:30.41 34.30	
4. Piotr Orłowski	91	MKP Szczecin	4:40.51	540
50m: 30.34 30.34	150m: 1:38.08 34.45	250m: 2:49.74 36.09	350m: 4:04.10 37.25	
100m: 1:03.63 33.29	200m: 2:13.65 35.57	300m: 3:26.85 37.11	400m: 4:40.51 36.41	

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Konkurencja 40, Mężczyzn, 400m dowolny, 30 - 34 lat

Pozycja	Rok ur.								Czas	Pkt.
5. Przemysław Mendiak	92 MUKS Gilus Gilowice								4:46.83	505
50m: 32.07 32.07	150m: 1:43.98	36.72	250m: 2:57.67	36.95	350m: 4:11.18	36.65				
100m: 1:07.26 35.19	200m: 2:20.72	36.74	300m: 3:34.53	36.86	400m: 4:46.83	35.65				
6. Jacek Sokulski	91 Fundacja Power Swimming								4:53.55	471
50m: 32.73 32.73	150m: 1:49.57	39.41	250m: 3:07.05	37.92	350m: 4:21.26	36.58				
100m: 1:10.16 37.43	200m: 2:29.13	39.56	300m: 3:44.68	37.63	400m: 4:53.55	32.29				
7. Przemysław Konieczniak	95 Water Squad								5:29.07	334
50m: 38.86 38.86	150m: 2:02.22	41.63	250m: 3:25.75	41.90	350m: 4:49.89	42.15				
100m: 1:20.59 41.73	200m: 2:43.85	41.63	300m: 4:07.74	41.99	400m: 5:29.07	39.18				
NW Amadeusz Kempia	94 Niezrzeszeni									
NW Maciej Gajda	95 MKP „Wodnik 29” Tychy									

35 - 39 lat

1. Rafał Zielonka	86 Masters Avia Świdnik								4:25.86	715
50m: 30.02 30.02	150m: 1:35.88	33.26	250m: 2:43.76	34.08	350m: 3:52.03	34.24				
100m: 1:02.62 32.60	200m: 2:09.68	33.80	300m: 3:17.79	34.03	400m: 4:25.86	33.83				
2. Przemysław Kuśmider	89 MUKS Zgierz								4:53.04	534
50m: 32.68 32.68	150m: 1:46.40	37.32	250m: 3:02.02	37.76	350m: 4:16.85	37.61				
100m: 1:09.08 36.40	200m: 2:24.26	37.86	300m: 3:39.24	37.22	400m: 4:53.04	36.19				
3. Marcin Szczypiński	86 UKS Karlik Katowice								5:06.93	464
50m: 32.51 32.51	150m: 1:44.82	36.71	250m: 3:02.33	39.34	350m: 4:24.67	41.76				
100m: 1:08.11 35.60	200m: 2:22.99	38.17	300m: 3:42.91	40.58	400m: 5:06.93	42.26				
4. Michał Sznajder	86 Warsaw Masters Team								5:24.88	392
50m: 35.38 35.38	150m: 1:54.70	40.69	250m: 3:18.97	42.38	350m: 4:45.01	42.91				
100m: 1:14.01 38.63	200m: 2:36.59	41.89	300m: 4:02.10	43.13	400m: 5:24.88	39.87				

40 - 44 lat

1. Przemysław Nowak	85 KS Warta Poznań								4:31.08	699
50m: 31.28 31.28	150m: 1:38.63	34.04	250m: 2:46.64	33.63	350m: 3:56.12	34.42				
100m: 1:04.59 33.31	200m: 2:13.01	34.38	300m: 3:21.70	35.06	400m: 4:31.08	34.96				
2. Tomasz Ślósarek	85 KS Waterpolo Poznań								4:37.40	653
50m: 30.71 30.71	150m: 1:39.21	34.59	250m: 2:50.11	35.65	350m: 4:02.15	36.02				
100m: 1:04.62 33.91	200m: 2:14.46	35.25	300m: 3:26.13	36.02	400m: 4:37.40	35.25				
3. Przemysław Raczyński	85 Masters Łódź								4:49.04	577
50m: 32.01 32.01	150m: 1:43.89	36.38	250m: 2:57.67	36.67	350m: 4:12.74	37.61				
100m: 1:07.51 35.50	200m: 2:21.00	37.11	300m: 3:35.13	37.46	400m: 4:49.04	36.30				
4. Tomasz Porada	83 Warsaw Masters Team								4:50.35	569
50m: 33.36 33.36	150m: 1:46.79	36.90	250m: 3:01.13	36.66	350m: 4:14.75	36.55				
100m: 1:09.89 36.53	200m: 2:24.47	37.68	300m: 3:38.20	37.07	400m: 4:50.35	35.60				
5. Przemysław Kubica	82 MKP Gdańsk								5:00.52	513
50m: 33.70 33.70	150m: 1:48.09	37.50	250m: 3:04.61	38.39	350m: 4:23.08	39.35				
100m: 1:10.59 36.89	200m: 2:26.22	38.13	300m: 3:43.73	39.12	400m: 5:00.52	37.44				
6. Marcin Kruk	82 Koszalińskie TKKF								5:09.79	468
50m: 35.47 35.47	150m: 1:52.83	38.71	250m: 3:12.55	40.14	350m: 4:32.67	40.26				
100m: 1:14.12 38.65	200m: 2:32.41	39.58	300m: 3:52.41	39.86	400m: 5:09.79	37.12				
7. Piotr Borucki	84 Masters Białystok								6:37.34	222
50m: 43.08 43.08	150m: 2:21.30	50.29	250m: 4:03.32	51.22	350m: 5:45.82	50.07				
100m: 1:31.01 47.93	200m: 3:12.10	50.80	300m: 4:55.75	52.43	400m: 6:37.34	51.52				

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Konkurencja 40, Mężczyzn, 400m dowolny, 40 - 44 lat

Pozycja				Rok ur.					Czas	Pkt.
8.	Tomasz Grzelczak			85	UKS Cityzen				7:22.03	161
	50m:	43.44	43.44	150m:	2:28.27	53.91	250m:	4:23.48	58.20	350m: 6:23.84 1:01.13
	100m:	1:34.36	50.92	200m:	3:25.28	57.01	300m:	5:22.71	59.23	400m: 7:22.03 58.19
NW	Paweł Krajna			83	Fundacja Power Swimming					
NW	Krzysztof Skowroński			81	Fundacja Power Swimming					

45 - 49 lat

1.	Stanisław Kaczmarek			79	Landsberg Crew Gorzów Wlkp.				4:40.75	649
	50m:	32.42	32.42	150m:	1:44.26	36.13	250m:	2:55.02	35.19	350m: 4:06.57 35.74
	100m:	1:08.13	35.71	200m:	2:19.83	35.57	300m:	3:30.83	35.81	400m: 4:40.75 34.18
2.	Daniel Osik			76	KS Waterpolo Poznań				4:44.36	624
	50m:	31.71	31.71	150m:	1:42.60	35.87	250m:	2:55.02	36.02	350m: 4:08.49 36.51
	100m:	1:06.73	35.02	200m:	2:19.00	36.40	300m:	3:31.98	36.96	400m: 4:44.36 35.87
3.	Adam Wilmowicz			79	Koszalińskie TKKF				4:47.21	606
	50m:	32.20	32.20	150m:	1:43.18	36.03	250m:	2:57.01	36.93	350m: 4:11.34 36.88
	100m:	1:07.15	34.95	200m:	2:20.08	36.90	300m:	3:34.46	37.45	400m: 4:47.21 35.87
4.	Artur Frąckowiak			78	Masters Łódź				4:49.51	592
	50m:	33.32	33.32	150m:	1:45.48	36.39	250m:	3:00.38	37.74	350m: 4:15.03 37.09
	100m:	1:09.09	35.77	200m:	2:22.64	37.16	300m:	3:37.94	37.56	400m: 4:49.51 34.48
5.	Mirosław Pieślak			79	Koszalińskie TKKF				4:57.50	545
	50m:	33.55	33.55	150m:	1:47.36	37.45	250m:	3:04.09	38.14	350m: 4:20.97 38.72
	100m:	1:09.91	36.36	200m:	2:25.95	38.59	300m:	3:42.25	38.16	400m: 4:57.50 36.53
6.	Piotr Konopacki			78	SP Masters Olsztyn				4:57.94	543
	50m:	33.09	33.09	150m:	1:48.57	38.15	250m:	3:05.38	38.72	350m: 4:21.85 37.72
	100m:	1:10.42	37.33	200m:	2:26.66	38.09	300m:	3:44.13	38.75	400m: 4:57.94 36.09
7.	Błażej Wachowski			80	KS Warta Poznań				4:58.91	537
	50m:	34.80	34.80	150m:	1:51.37	38.35	250m:	3:07.35	37.90	350m: 4:23.04 37.47
	100m:	1:13.02	38.22	200m:	2:29.45	38.08	300m:	3:45.57	38.22	400m: 4:58.91 35.87
8.	Mariusz Dyczek			79	"Masters Zdzeszowice"				5:03.76	512
	50m:	33.49	33.49	150m:	1:49.55	38.26	250m:	3:08.32	39.60	350m: 4:26.73 38.90
	100m:	1:11.29	37.80	200m:	2:28.72	39.17	300m:	3:47.83	39.51	400m: 5:03.76 37.03
9.	Bartosz Ostrowski			77	Warsaw Masters Team				5:06.98	496
	50m:	35.41	35.41	150m:	1:53.10	39.12	250m:	3:12.32	39.54	350m: 4:30.70 39.04
	100m:	1:13.98	38.57	200m:	2:32.78	39.68	300m:	3:51.66	39.34	400m: 5:06.98 36.28
10.	Alfred Giezek			76	KS Rekin Świebodzice				6:47.14	212
	50m:	45.41	45.41	150m:	2:30.34	53.41	250m:	4:16.95	52.81	350m: 6:02.81 52.52
	100m:	1:36.93	51.52	200m:	3:24.14	53.80	300m:	5:10.29	53.34	400m: 6:47.14 44.33
NW	Łukasz Cygał			80	Aquapark Strzelin					
NW	Roman Pieślak			79	Koszalińskie TKKF					
NW	Roman Lis			79	Stowarzyszenie Pływackie „SWIMMERS”					

50 - 54 lat

1.	Paweł Gregorowicz			74	SP Masters Olsztyn				4:30.87	735
	50m:	31.27	31.27	150m:	1:38.93	34.06	250m:	2:47.24	34.06	350m: 3:56.40 34.80
	100m:	1:04.87	33.60	200m:	2:13.18	34.25	300m:	3:21.60	34.36	400m: 4:30.87 34.47
2.	Martin Bábsky			72	ŠPK Kúpele Piešťany				4:54.08	574
	50m:	32.20	32.20	150m:	1:47.75	38.34	250m:	3:04.50	38.29	350m: 4:20.31 37.17
	100m:	1:09.41	37.21	200m:	2:26.21	38.46	300m:	3:43.14	38.64	400m: 4:54.08 33.77

Mistrzostwa Polski Masters 2025
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Konkurencja 40, Mężczyzn, 400m dowolny, 50 - 54 lat

Pozycja	Rok ur.				Czas				Pkt.
3.	Mateusz Kędzior	73	KS Warta Poznań		5:51.62				336
	50m: 39.43 39.43	150m: 2:06.73 44.25	250m: 3:35.05 44.28	350m: 5:06.31 46.94					
	100m: 1:22.48 43.05	200m: 2:50.77 44.04	300m: 4:19.37 44.32	400m: 5:51.62 45.31					
4.	Wiktor Morozowski	73	MUKS Zgierz		6:15.34				276
	50m: 39.88 39.88	150m: 2:09.01 46.29	250m: 3:47.27 49.55	350m: 5:27.36 50.14					
	100m: 1:22.72 42.84	200m: 2:57.72 48.71	300m: 4:37.22 49.95	400m: 6:15.34 47.98					
5.	Grzegorz Matyszewski	71	Water Squad		6:44.01				221
	50m: 43.04 43.04	150m: 2:23.00 50.82	250m: 4:07.55 52.59	350m: 5:53.92 53.18					
	100m: 1:32.18 49.14	200m: 3:14.96 51.96	300m: 5:00.74 53.19	400m: 6:44.01 50.09					
6.	Norbert Nowak	74	MUKS Zgierz		7:19.01				172
	50m: 48.46 48.46	150m: 2:37.05 55.29	250m: 4:30.46 57.15	350m: 6:24.13 56.97					
	100m: 1:41.76 53.30	200m: 3:33.31 56.26	300m: 5:27.16 56.70	400m: 7:19.01 54.88					
NW	Tomasz Bucholz	72	Masters Tomaszów Mazowiecki						

55 - 59 lat

1.	Rafał Skośkiewicz	66	Warsaw Masters Team		4:50.61				683
	50m: 32.66 32.66	150m: 1:45.23 36.82	250m: 3:00.20 37.87	350m: 4:15.21 37.09					
	100m: 1:08.41 35.75	200m: 2:22.33 37.10	300m: 3:38.12 37.92	400m: 4:50.61 35.40					
2.	Piotr Monczak	67	KS Warta Poznań		4:52.25				672
	50m: 33.68 33.68	150m: 1:47.53 37.51	250m: 3:02.59 37.06	350m: 4:16.19 36.53					
	100m: 1:10.02 36.34	200m: 2:25.53 38.00	300m: 3:39.66 37.07	400m: 4:52.25 36.06					
3.	Tomasz Ważyński	69	Water Squad		5:36.26				441
	50m: 40.46 40.46	150m: 2:05.98 42.73	250m: 3:33.55 43.86	350m: 4:56.81 40.56					
	100m: 1:23.25 42.79	200m: 2:49.69 43.71	300m: 4:16.25 42.70	400m: 5:36.26 39.45					
4.	Jiří Pokorný	69	KPS Ostrava		5:42.67				417
	50m: 38.67 38.67	150m: 2:04.80 43.32	250m: 3:32.42 43.80	350m: 4:58.82 42.72					
	100m: 1:21.48 42.81	200m: 2:48.62 43.82	300m: 4:16.10 43.68	400m: 5:42.67 43.85					
5.	Ireneusz Stachurski	69	Niezrzeszeni		6:27.05				289
	50m: 42.50 42.50	150m: 2:20.61 50.36	250m: 4:01.16 50.04	350m: 5:39.98 48.82					
	100m: 1:30.25 47.75	200m: 3:11.12 50.51	300m: 4:51.16 50.00	400m: 6:27.05 47.07					
6.	Piotr Krzekotowski	66	Niezrzeszeni		7:38.48				174
	50m: 51.10 51.10	150m: 2:45.20 57.64	250m: 4:42.81 59.27	350m: 6:41.42 59.09					
	100m: 1:47.56 56.46	200m: 3:43.54 58.34	300m: 5:42.33 59.52	400m: 7:38.48 57.06					

60 - 64 lat

1.	Robert Kamiński	65	Niezrzeszeni		5:44.99				466
	50m: 39.03 39.03	150m: 2:05.09 43.57	250m: 3:33.30 44.16	350m: 5:02.09 44.38					
	100m: 1:21.52 42.49	200m: 2:49.14 44.05	300m: 4:17.71 44.41	400m: 5:44.99 42.90					
2.	Marek Koźlikowski	61	SP Masters Olsztyn		5:51.58				440
	50m: 40.65 40.65	150m: 2:10.61 45.45	250m: 3:42.40 45.85	350m: 5:11.14 43.53					
	100m: 1:25.16 44.51	200m: 2:56.55 45.94	300m: 4:27.61 45.21	400m: 5:51.58 40.44					
3.	Piotr Konstanciu	61	Masters Avia Świdnik		6:04.57				395
	50m: 42.54 42.54	150m: 2:14.64 46.75	250m: 3:49.76 47.81	350m: 5:22.97 45.82					
	100m: 1:27.89 45.35	200m: 3:01.95 47.31	300m: 4:37.15 47.39	400m: 6:04.57 41.60					
4.	Andrzej Twarowski	65	Masters Białystok		6:43.29				292
	50m: 43.12 43.12	150m: 2:20.87 50.05	250m: 4:04.60 52.20	350m: 5:50.50 53.79					
	100m: 1:30.82 47.70	200m: 3:12.40 51.53	300m: 4:56.71 52.11	400m: 6:43.29 52.79					
5.	Marek Piórkowski	65	Water Squad		6:48.57				280
	50m: 43.61 43.61	150m: 2:24.09 51.63	250m: 4:10.70 53.61	350m: 5:57.98 53.51					
	100m: 1:32.46 48.85	200m: 3:17.09 53.00	300m: 5:04.47 53.77	400m: 6:48.57 50.59					

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Konkurencja 40, Mężczyzn, 400m dowolny, 60 - 64 lat

Pozycja	Rok ur.								Czas	Pkt.	
6. Piotr Burzyński	62 KS Waterpolo Poznań								6:49.21	279	
50m:	44.70	44.70	150m:	2:25.62	51.80	250m:	4:11.35	53.42	350m:	5:57.59	53.59
100m:	1:33.82	49.12	200m:	3:17.93	52.31	300m:	5:04.00	52.65	400m:	6:49.21	51.62

65 - 69 lat

1.	Leszek Madej			60	Warsaw Masters Team					4:57.16	732	
	50m:	34.21	34.21	150m:	1:49.95	38.29	250m:	3:06.07	37.40	350m:	4:20.06	36.80
	100m:	1:11.66	37.45	200m:	2:28.67	38.72	300m:	3:43.26	37.19	400m:	4:57.16	37.10
2.	Jacek Dziarek			59	MUKS Zgierz					5:52.22	440	
	50m:	40.86	40.86	150m:	2:10.77	45.71	250m:	3:41.72	45.33	350m:	5:10.01	43.56
	100m:	1:25.06	44.20	200m:	2:56.39	45.62	300m:	4:26.45	44.73	400m:	5:52.22	42.21
3.	Jozef Krčík			57	Mestský plavecký klub Prievidza					6:05.05	395	
	50m:	41.89	41.89	150m:	2:11.13	44.92	250m:	3:41.50	44.93	350m:	5:14.90	48.55
	100m:	1:26.21	44.32	200m:	2:56.57	45.44	300m:	4:26.35	44.85	400m:	6:05.05	50.15
4.	Wojciech Korpetta			59	Water Squad					6:30.90	321	
	50m:	43.75	43.75	150m:	2:24.74	51.27	250m:	4:07.50	51.68	350m:	5:47.92	49.70
	100m:	1:33.47	49.72	200m:	3:15.82	51.08	300m:	4:58.22	50.72	400m:	6:30.90	42.98
5.	Daniel Kozyra			59	Sharks SSC					6:39.74	301	
	50m:	43.77	43.77	150m:	2:23.65	51.08	250m:	4:06.42	51.51	350m:	5:50.77	52.55
	100m:	1:32.57	48.80	200m:	3:14.91	51.26	300m:	4:58.22	51.80	400m:	6:39.74	48.97
6.	Stanisław Twardysko			56	Weteran Zabrze					6:41.61	296	
	50m:	43.83	43.83	150m:	2:21.50	50.55	250m:	4:04.92	52.09	350m:	5:49.56	52.80
	100m:	1:30.95	47.12	200m:	3:12.83	51.33	300m:	4:56.76	51.84	400m:	6:41.61	52.05
7.	Marek Lipka			58	Koszalińskie TKKF					7:15.35	233	
	50m:	47.09	47.09	150m:	2:35.22	54.48	250m:	4:26.64	55.92	350m:	6:21.07	56.18
	100m:	1:40.74	53.65	200m:	3:30.72	55.50	300m:	5:24.89	58.25	400m:	7:15.35	54.28

70 - 74 lat

1.	Marian Lasowy	55				Koszalińskie TKKF				7:04.80		307
	50m:	45.75	45.75	150m:	2:35.72	55.33	250m:	4:25.66	54.42	350m:	6:14.68	54.37
	100m:	1:40.39	54.64	200m:	3:31.24	55.52	300m:	5:20.31	54.65	400m:	7:04.80	50.12
2.	Bogdan Dubiński	53				Stowarzyszenie Pływackie Legia Warszawa				7:06.22		304
	50m:	44.35	44.35	150m:	2:28.15	53.55	250m:	4:19.41	55.39	350m:	6:12.79	56.80
	100m:	1:34.60	50.25	200m:	3:24.02	55.87	300m:	5:15.99	56.58	400m:	7:06.22	53.43
3.	Andrzej Marszałek	54				UKS Cityzen				7:17.65		281
	50m:	51.31	51.31	150m:	2:41.11	55.01	250m:	4:31.89	54.76	350m:	6:22.92	55.66
	100m:	1:46.10	54.79	200m:	3:37.13	56.02	300m:	5:27.26	55.37	400m:	7:17.65	54.73

NW Alfred Zabrzeński 54 UKS SP8 Chrzanów

75 - 79 lat

1.	Andrzej Daszyński			48	UKS ENERGETYK Zgorzelec				8:52.07	197		
	50m:	58.37	58.37	150m:	3:12.54	1:07.27	250m:	5:30.24	1:08.15	350m:	7:48.67	1:09.75
	100m:	2:05.27	1:06.90	200m:	4:22.09	1:09.55	300m:	6:38.92	1:08.68	400m:	8:52.07	1:03.40
2.	Janusz Wolniewicz			48	KS Extreme Team Oborniki				9:42.00	151		
	50m:	58.72	58.72	150m:	3:24.81	1:15.63	250m:	5:57.14	1:15.56	350m:	8:23.33	1:11.75
	100m:	2:09.18	1:10.46	200m:	4:41.58	1:16.77	300m:	7:11.58	1:14.44	400m:	9:42.00	1:18.67
3.	Janusz Płonka			48	Niezrzeszeni				13:18.04	58		
	50m:	1:25.62	1:25.62	150m:	4:48.41	1:42.66	250m:	8:16.42	1:42.87	350m:	11:43.72	1:43.76
	100m:	3:05.75	1:40.13	200m:	6:33.55	1:45.14	300m:	9:59.96	1:43.54	400m:	13:18.04	1:34.32

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Mistrzostwa Polski Masters 2025
Gliwice, 14. - 16.11.2025

Konkurencja 40, Mężczyzn, 400m dowolny, 75 - 79 lat

Pozycja		Rok ur.		Czas	Pkt.
NW	Zbigniew Gałgański	49	Koszalińskie TKKF		

80 - 84 lat

1.	Edward Dziekoński	43	Niezrzeszeni	9:09.73	235
	50m: 59.86 59.86	150m: 3:17.76 1:10.07	250m: 5:41.04 1:11.64	350m: 8:02.60 1:10.07	
	100m: 2:07.69 1:07.83	200m: 4:29.40 1:11.64	300m: 6:52.53 1:11.49	400m: 9:09.73 1:07.13	

85 - 89 lat

1.	Stanisław Waga	40	KS Korona 1919 Kraków	9:22.47	326
	50m: 1:06.11 1:06.11	150m: 3:30.68 1:13.85	250m: 5:56.38 1:12.21	350m: 8:17.01 1:11.03	
	100m: 2:16.83 1:10.72	200m: 4:44.17 1:13.49	300m: 7:05.98 1:09.60	400m: 9:22.47 1:05.46	

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