

GRAND PRIX POLSKI

ŁÓDŹ 26 – 27.10.2002

Blok I

01 50 m stylem motylkowym K

| | | | | | | |
|----|----------------------|------|-------------------------------|----------|-----|---|
| 1 | Urbańczyk Aleksandra | 87 | MKS Trójka Łódź | 00:27,41 | 815 | 9 |
| 2 | Pawlak Patrycja | 85 | WKS Śląsk Wrocław | 00:29,28 | 668 | 7 |
| 3 | Gębicka Małgorzata | 85 | Śląsk Wrocław/SMS Kraków | 00:29,70 | 640 | 6 |
| 4 | Gapińska Agnieszka | 84 | Polonia Warszawa/SMS Warszawa | 00:29,73 | 638 | 5 |
| 5 | Całus Irmína | brak | AZS AWF Wrocław | 00:30,02 | 620 | 4 |
| 6 | Gołębiowska Joanna | | AZS-AWF Warszawa | 00:30,03 | 619 | 3 |
| 7 | Ślusarek Alicja | brak | KS Posenania | 00:30,17 | 611 | 2 |
| 8 | Kucharska Karolina | 88 | SKS Start Łódź | 00:30,78 | 575 | 1 |
| 9 | Oliwa Zuzanna | 81 | AZS-AWF Warszawa | 00:30,81 | 573 | |
| 10 | Wojtyczka Joanna | 85 | AZS-AWF Katowice/SMS Gdańsk | 00:30,84 | 572 | |
| 11 | Suchorska Beata | 88 | TS "Olimpia" Poznań | 00:30,94 | 566 | |
| 12 | Lewandowska Zaklina | 86 | MKS Trójka Łódź | 00:31,09 | 558 | |
| 13 | Jakubiuk Katarzyna | 84 | MKP Szczecin/SMS Szczecin | 00:31,25 | 550 | |
| 14 | Kokot Marta | 89 | Polonia Warszawa/SMS Warszawa | 00:31,38 | 543 | |
| 15 | Krawczyk Martyna | 82 | MKS Trójka Łódź | 00:31,46 | 539 | |
| 16 | Kwiatkowska Anna | 89 | Polonia Warszawa/SMS Warszawa | 00:32,43 | 492 | |
| 17 | Średnicka Michalina | 84 | MKP Szczecin/SMS Szczecin | 00:32,76 | 477 | |
| 18 | Czechowicz Karolina | 84 | MKP "Słowianka" Gorzów | 00:32,99 | 467 | |
| 19 | Piekut Anna | 88 | MTP "Kormoran" Olsztyn | 00:33,00 | 467 | |
| 20 | Wójtewicz Małgorzata | brak | MUKS Ołock | 00:33,33 | 453 | |

02 50 m stylem motylkowym M

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|----|----------------------|------|-------------------------------|----------|-----|---|
| 1 | Miziak Bartłomiej | 85 | Polonia Warszawa/SMS Warszawa | 00:24,99 | 799 | 9 |
| 2 | Borucki Robert | 77 | AZS-AWF Warszawa | 00:25,12 | 787 | 7 |
| 3 | Grzelak Piotr | 79 | AZS-AWF Warszawa | 00:25,60 | 743 | 6 |
| 4 | Babuchowski Marcin | 84 | MKS Trójka Łódź | 00:25,90 | 718 | 5 |
| 5 | Olejarczyk Bartosz | brak | MKS Trójka Łódź | 00:25,95 | 714 | 4 |
| 6 | Piotrowicz Krzysztof | 82 | AZS-AWF Warszawa | 00:26,30 | 685 | 3 |
| 7 | Lewandowski Maciej | 86 | UŚKS Ostrołęka/SMS Kraków | 00:26,32 | 684 | 2 |
| 8 | Kaczyński Jacek | 86 | Polonia Warszawa/SMS Warszawa | 00:26,55 | 666 | 1 |
| 9 | Stopiński Józef | 81 | AZS AWF Gdańsk | 00:26,59 | 663 | |
| 10 | Słotwiński Piotr | 85 | Wisłą Puławy/SMS Warszawa | 00:26,66 | 658 | |
| 11 | Załuski Kajetan | 87 | Kusy Chorzów | 00:26,82 | 646 | |
| 12 | Wielgosz Piotr | 85 | MKP Szczecin/SMS Szczecin | 00:26,87 | 643 | |
| 13 | Gawłowicz Krzysztof | 87 | KS "Novita-10" Zielona Góra | 00:26,90 | 641 | |
| 14 | Muras Mariusz | 83 | SKS Start Łódź | 00:27,13 | 624 | |
| 15 | Stankowski Tomasz | 84 | KS Warta/SMS Poznań | 00:27,32 | 611 | |
| 16 | Hamisz Piotr | 85 | WKS Śląsk Wrocław | 00:27,41 | 605 | |
| 17 | Bziuk Wojciech | 87 | MUKS Płock | 00:27,70 | 587 | |
| 18 | Chmura Jan | 87 | Polonia Warszawa/SMS Warszawa | 00:27,74 | 584 | |
| 19 | Rakowski Bartosz | 86 | KS Warta/SMS Poznań | 00:27,82 | 579 | |
| 20 | Krawczyk Bartosz | 86 | Polonia Warszawa/SMS Warszawa | 00:27,97 | 570 | |
| 21 | Peńsko Jan | 87 | Polonia Warszawa/SMS Warszawa | 00:27,98 | 569 | |
| 22 | Brzóška Adrian | 83 | AZS AWF Gdańsk | 00:28,00 | 568 | |
| | Dunajewski Wojciech | 86 | KS "Novita-10" Zielona Góra | 00:28,00 | 568 | |
| 24 | Jerzewski Mieszko | 86 | KS Warta/SMS Poznań | 00:28,21 | 555 | |
| 25 | Krömer Norbert | 77 | MKP "Słowianka" Gorzów | 00:28,27 | 552 | |
| 26 | Sławiński Mateusz | 86 | WKS Śląsk Wrocław | 00:28,29 | 551 | |
| 27 | Starzyński Jakub | 88 | MTP "Kormoran" Olsztyn | 00:28,33 | 548 | |
| 28 | Radomski Tomek | 86 | SKS Start Łódź | 00:28,36 | 547 | |
| 29 | Żarczyński Michał | 87 | MTP "Kormoran" Olsztyn | 00:28,37 | 546 | |
| 30 | Sipa Mateusz | 86 | MKS Jedynka Łódź | 00:28,38 | 545 | |

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|----|-----------------------|------|-------------------------------|----------|-----|
| 31 | Oleździ Oskar | 87 | Polonia Warszawa/SMS Warszawa | 00:28,41 | 544 |
| 32 | Piotrowski Przemysław | 86 | Polonia Warszawa/SMS Warszawa | 00:28,50 | 539 |
| 33 | Łuczak Kamil | 86 | SKS Start Łódź | 00:28,64 | 531 |
| 34 | Pietrzak Artur | 88 | Akwawit Leszno | 00:28,72 | 526 |
| 35 | Ziemniarski Bartosz | 86 | TS "Olimpia" Poznań | 00:28,89 | 517 |
| 36 | Pławski Łukasz | 87 | Neptun Stargard/SMS Szczecin | 00:28,90 | 516 |
| 37 | Broecker Marek | 88 | Polonia Warszawa/SMS Warszawa | 00:28,95 | 464 |
| 38 | Kasza Sebastian | 89 | MKS Jedyńka Łódź | 00:29,26 | 498 |
| 39 | Gozdalik Michał | 87 | Polonia Warszawa/SMS Warszawa | 00:29,33 | 494 |
| 40 | Kaczmarczyk Michał | 87 | MUKS Płock | 00:29,64 | 479 |
| 41 | Gabryńczyk Paweł | 88 | Śląsk Wrocław | 00:29,68 | 477 |
| 42 | Gałas Michał | 87 | MKS Trójka Łódź | 00:29,76 | 498 |
| 43 | Pawlak Radosław | 89 | SKS Start Łódź | 00:30,01 | 461 |
| 44 | Wiesławski Łukasz | 86 | SKS Start Łódź | 00:30,02 | 461 |
| 45 | Krawczyk Alan | 86 | KS Warta/SMS Poznań | 00:30,38 | 444 |
| 46 | Fastyn Marcin | 88 | MKS Jedyńka Łódź | 00:30,55 | 437 |
| 47 | Welfel Witold | 89 | SKS Start Łódź | 00:30,57 | 436 |
| 48 | Sass Mateusz | 86 | SKS Start Łódź | 00:30,68 | 432 |
| 49 | Przydonik Michał | 89 | MKS Trójka Łódź | 00:30,89 | 423 |
| 50 | Rdzeń Rafał | 89 | SKS Start Łódź | 00:31,02 | 418 |
| 51 | Królikowski Jakub | 86 | Warta Poznań | 00:31,25 | 450 |
| 52 | Ostrowski Sebastian | brak | Śląsk Wrocław | 00:31,60 | 395 |
| 53 | Gliński Marcin | 88 | MUKS Płock | 00:31,76 | 389 |
| | Maraszek Krystian | 85 | SKS Start Łódź | dysk | |

03 50 m stylem grzbietowym K

| | | | | | | |
|----|------------------------|------|-------------------------------|----------|-----|---|
| 1 | Solan Agnieszka | 86 | KS Wisła - Puławy | 00:30,00 | 749 | 9 |
| 2 | Staszak Katarzyna | 87 | MKS Jordan/SMS Kraków | 00:30,06 | 745 | 7 |
| 3 | Zdunek Aleksandra | 86 | Polonia Warszawa/SMS Warszawa | 00:30,41 | 719 | 6 |
| 4 | Całus Irmina | brak | AZS AWF Wrocław | 00:30,78 | 694 | 5 |
| 5 | Kwiatkowska Agata | 90 | UKP Manta Jelcz Laskowice | 00:30,79 | 693 | 4 |
| 6 | Dąbrowska Elżbieta | 87 | Polonia Warszawa/SMS Warszawa | 00:31,21 | 665 | 3 |
| 7 | Stanisławska Agnieszka | 83 | KS "Novita-10" Zielona Góra | 00:31,37 | 655 | 2 |
| 8 | Wiśniewska Emilia | 86 | KS Warta/SMS Poznań | 00:31,41 | 653 | 1 |
| 9 | Nosek Karolina | 85 | Flota Gdynia/SMS Gdańsk | 00:31,73 | 633 | |
| 10 | Kret Paulina | 88 | MUKS Płock | 00:32,19 | 606 | |
| 11 | Wojciechowska Ewa | 85 | KS Warta/SMS Poznań | 00:32,66 | 581 | |
| 12 | Kryńska Dominka | 88 | SKS 137 Delfin Łódź | 00:32,75 | 576 | |
| 13 | Ptasińska Olga | 88 | Polonia Warszawa/SMS Warszawa | 00:32,81 | 573 | |
| 14 | Kotfica Paulina | 86 | Wodnik Police/SMS Szczecin | 00:32,94 | 566 | |
| 15 | Zbrzeźniak Klaudia | 88 | Polonia Warszawa/SMS Warszawa | 00:33,23 | 551 | |
| 16 | Naumiec Paulina | 87 | Polonia Warszawa/SMS Warszawa | 00:33,77 | 525 | |
| 17 | I mach I za | 89 | MKS MDKS Warszawa | 00:33,89 | 520 | |
| 18 | Płóćniak Agnieszka | 86 | KS "Poznania" | 00:34,79 | 480 | |
| 19 | Dziedzic Marta | 86 | MKS Jedyńka Łódź | 00:35,28 | 460 | |
| 20 | Winogrodzka Monika | 87 | Polonia Warszawa/SMS Warszawa | 00:35,73 | 443 | |
| 21 | Rosińska Katarzyna | 89 | MKS Trójka Łódź | 00:39,02 | 340 | |

04 50 m stylem grzbietowym M

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|---|-----------------------|----|--------------------------------|----------|-----|---|
| 1 | Siembida Mariusz | 75 | AZS AWF Gdańsk | 00:25,44 | 780 | 9 |
| 2 | Wilant Przemysław | 77 | MKP "Słowianka" Gorzów | 00:25,66 | 760 | 7 |
| 3 | Betlej Wojciech | 84 | LKS Delfin Polaniec/SMS Kraków | 00:27,59 | 611 | 6 |
| 4 | Głowiak Paweł | 86 | Słowianka Gorzów/SMS Kraków | 00:28,04 | 582 | 5 |
| 5 | Szulczewski Sebastian | 85 | Skra Płock/SMS Warszawa | 00:28,18 | 574 | 4 |
| 6 | Tatarynowicz Piotr | 83 | MKP "Słowianka" Gorzów | 00:28,41 | 560 | 3 |
| 7 | Owczarek Oskar | 85 | KS Warta/SMS Poznań | 00:28,45 | 558 | 2 |
| 8 | Hundziak Ernest | 85 | WKS Śląsk Wrocław | 00:28,65 | 546 | 1 |
| 9 | Kubiak Przemysław | 83 | MKS Trójka Łódź | 00:28,85 | 535 | |

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|----|---------------------|----|-------------------------------|----------|-----|
| 10 | Stankowski Tomasz | 84 | KS Warta/SMS Poznań | 00:28,94 | 530 |
| 11 | Buczyński Błażej | 87 | Polonia Warszawa/SMS Warszawa | 00:28,95 | 529 |
| 12 | Jaszczyński Rafał | 83 | KS "Novita-10" Zielona Góra | 00:29,08 | 522 |
| 13 | Pelc Michał | 86 | MKP Szczecin/SMS Szczecin | 00:29,49 | 501 |
| 14 | Mężyk Edward | 84 | MKS "Juvenia" Wrocław | 00:29,91 | 480 |
| 15 | Figarski Sebastian | 85 | WKS Śląsk Wrocław | 00:29,95 | 478 |
| 16 | Pławski Łukasz | 87 | Neptun Stargard/SMS Szczecin | 00:30,47 | 454 |
| 17 | Pietrusiński Michał | 86 | UTS "Orlik" Lublin | 00:30,49 | 453 |
| 18 | Osiński Adam | 86 | WKS Śląsk Wrocław | 00:30,54 | 451 |
| 19 | Galas Michał | 87 | MKS Trójka Łódź | 00:30,60 | 448 |
| 20 | Naumiec Marek | 88 | Polonia Warszawa/SMS Warszawa | 00:30,90 | 435 |
| 21 | Gonda Rafał | 86 | WKS Śląsk Wrocław | 00:31,05 | 429 |
| 22 | Maj Michał | 87 | WKS Śląsk Wrocław | 00:31,26 | 420 |
| 23 | Jastrzębski Bartek | 86 | MKS Jedyńka Łódź | 00:31,49 | 411 |
| 24 | Majchrzak Dominik | 87 | MKS Trójka Łódź | 00:31,83 | 398 |
| 25 | Żurek Kamil | 86 | MKS Jedyńka Łódź | 00:32,53 | 373 |
| 26 | Błoch Maciej | 88 | SKS 137 Delfin Łódź | 00:32,68 | 368 |
| 27 | Goszczycki Michał | 88 | MTP "Kormoran" Olsztyn | 00:32,76 | 365 |
| 28 | Gostomski Piotr | 88 | Polonia Warszawa/SMS Warszawa | 00:33,48 | 342 |

05 50 m stylem Klasycznym K

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|----|------------------------|----|--------------------------------|----------|-----|---|
| 1 | Kamińska Beata | 80 | AZS AWF Gdańsk | 00:32,36 | 845 | 9 |
| 2 | Braszkiewicz Agnieszka | 81 | AZS-AWF Warszawa | 00:32,80 | 812 | 7 |
| 3 | Bystrzycka Agnieszka | 81 | AZS AWF Wrocław | 00:33,99 | 729 | 6 |
| 4 | Waszkiewicz Magdalena | 86 | USKS Ostrołęka/SMS Kraków | 00:34,11 | 722 | 5 |
| 5 | Szewczuk Agata | 86 | Victoria Racibórz/SMS Racibórz | 00:34,72 | 684 | 4 |
| 6 | Kacprzak Marta | 88 | MKS Jedyńka Łódź | 00:34,96 | 670 | 3 |
| 7 | Gościński Małgorzata | 85 | Akwawit Leszno | 00:35,33 | 650 | 2 |
| 8 | Duljan Katarzyna | 87 | Victoria Racibórz/SMS Racibórz | 00:35,53 | 639 | 1 |
| 9 | Kowalczyk Natalia | 84 | Victoria Racibórz/SMS Racibórz | 00:35,74 | 627 | |
| 10 | Pęczek Sandra | 87 | MKS "Juvenia" Wrocław | 00:35,95 | 616 | |
| 11 | Węgrzyn Maria | 88 | Polonia Warszawa/SMS Warszawa | 00:37,11 | 560 | |
| 12 | Podpora Hanna | 88 | Polonia Warszawa/SMS Warszawa | 00:37,36 | 549 | |
| 13 | Grunt Agata | 86 | KS Warta/SMS Poznań | 00:37,48 | 544 | |
| 14 | Stępień Marta | 88 | SKS 137 Delfin Łódź | 00:37,74 | 533 | |
| 15 | Tomkiewicz Kamila | 89 | Polonia Warszawa/SMS Warszawa | 00:37,84 | 529 | |
| 16 | Jędrzycka Katarzyna | 86 | MKS Trójka Łódź | 00:38,79 | 491 | |
| 17 | Czechowicz Karolina | 84 | MKP "Słowianka" Gorzów | 00:38,84 | 489 | |
| 18 | Witkowska Aleksandra | 88 | MKS Trójka Łódź | 00:40,17 | 442 | |

06 50 m stylem Klasycznym M

| | | | | | | |
|----|---------------------|----|--------------------------------|----------|-----|---|
| 1 | Duszyński Tomasz | 76 | UTS "Orlik" Lublin | 00:29,29 | 757 | 9 |
| 2 | Krawczyk Marek | 76 | AZS AWF Gdańsk | 00:29,32 | 755 | 7 |
| 3 | Paczkowski Damian | 87 | Polonia Warszawa/SMS Warszawa | 00:30,09 | 699 | 6 |
| 4 | Żebiałowicz Rafał | 85 | MKS Trójka Łódź | 00:30,22 | 690 | 5 |
| 5 | Kujat Szymon | 82 | AZS-AWF Warszawa | 00:30,43 | 675 | 4 |
| 6 | Kuczko Sławomir | 85 | Znicz Koszalin/SMS Szczecin | 00:30,47 | 673 | 3 |
| 7 | Stasiaczek Michel | 84 | WKS Śląsk Wrocław | 00:30,57 | 666 | 2 |
| 8 | Małopolski Marek | 84 | AZS AWF Katowice/SMS Kraków | 00:30,62 | 663 | 1 |
| 9 | Grygorowicz Jacek | 85 | MKP Szczecin/SMS Szczecin | 00:31,00 | 639 | |
| 10 | Muras Mariusz | 83 | SKS Start Łódź | 00:31,31 | 620 | |
| 11 | Ptak Łukasz | 83 | Juvenia Wrocław/SMS Racibórz | 00:31,45 | 612 | |
| 12 | Sipa Mateusz | 86 | MKS Jedyńka Łódź | 00:31,71 | 597 | |
| | Dryło Paweł | 85 | Victoria Racibórz/SMS Racibórz | 00:31,71 | 597 | |
| 14 | Dobies Jakub | 87 | MUKS Płock | 00:31,89 | 587 | |
| 15 | Wiesławski Łukasz | 86 | SKS Start Łódź | 00:31,99 | 581 | |
| 16 | Przybysz Łukasz | 87 | MKS Trójka Łódź | 00:32,05 | 578 | |
| | Andrzejewski Michał | 86 | KS Warta/SMS Poznań | 00:32,05 | 578 | |

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|----|-------------------------------|----|-------------------------------|----------|-----|-----|
| 18 | Styrzyński Adrian | 87 | MKS Jedyńka Łódź | 00:33,05 | 527 | |
| 19 | Roenig Jan | 86 | MKP Szczecin/SMS Szczecin | 00:33,11 | 524 | |
| 20 | Gajderowicz Rafał | 86 | SKS Start Łódź | 00:33,16 | 522 | |
| 21 | Gałka Piotr | 88 | MUKS Płock | 00:33,33 | 514 | |
| | Pożniak Mikołaj | 87 | MKS "Juwenia" Wrocław | 00:33,33 | 514 | |
| 23 | Skorulski Jacek | 83 | AZS AWF Wrocław | 00:33,43 | 509 | |
| 24 | Fastyn Marcin | 88 | MKS Jedyńka Łódź | 00:33,48 | 507 | |
| 25 | Rynkiewicz Bartosz | 86 | MKP Szczecin/SMS Szczecin | 00:33,54 | 504 | |
| 26 | Milejczak Dariusz | 85 | Warta Poznań | 00:33,83 | 491 | |
| 27 | Goldberg-Knebel Gabriel | 88 | MKS "ROŚ" Pisz | 00:34,19 | 476 | |
| 28 | Przybysz Karol | 88 | Polonia Warszawa/SMS Warszawa | 00:34,27 | 473 | |
| 29 | Kosmański Łukasz | 82 | AZS AWF Gdańsk | 00:34,48 | 464 | |
| 30 | Kucharski Sykstus | 86 | NAWA Skierniewice | 00:35,14 | 438 | |
| 31 | Przydonik Michał | 89 | MKS Trójka Łódź | 00:35,36 | 430 | |
| | Włodarczyk Piotr | 87 | Polonia Warszawa/SMS Warszawa | dysk. | | |
| | Winogrodzki Mariusz | 87 | Polonia Warszawa/SMS Warszawa | dysk. | | |
| 07 | 50 m stylem dowolnym K | | | | | |
| 1 | Urbańczyk Aleksandra | 87 | MKS Trójka Łódź | 00:26,56 | 701 | 9 |
| 2 | Braszkiewicz Agnieszka | 81 | AZS AWF Warszawa | 00:27,10 | 659 | 7 |
| 3 | Kalska Agnieszka | 87 | MKP Szczecin/SMS Kraków | 00:27,78 | 612 | 6 |
| 4 | Stanisławska Agnieszka | 83 | KS "Novita-10" Zielona Góra | 00:27,90 | 604 | 5 |
| 5 | Kowalczyk Katarzyna | 88 | MUKS Płock | 00:28,03 | 596 | 4 |
| 6 | Suchorska Beata | 88 | TS "Olimpia" Poznań | 00:28,06 | 594 | 3 |
| 7 | Nosek Karolina | 85 | Flota Gdyńka/SMS Gdańsk | 00:28,18 | 586 | 2 |
| 8 | Gołębiowska Joanna | | AZS-AWF Warszawa | 00:28,20 | 585 | 1 |
| 9 | Trempska Agata | 87 | MKS Jedyńka Łódź | 00:28,21 | 585 | |
| 10 | Nowakowska Anna | 86 | MKS Trójka Łódź | 00:28,34 | 577 | |
| 11 | Wojtyczka Joanna | 85 | AZS-AWF Katowice/SMS Gdańsk | 00:28,47 | 569 | |
| 12 | Kokot Marta | 89 | Polonia Warszawa/SMS Warszawa | 00:28,52 | 566 | |
| 13 | Palak Klaudia | 85 | MKS Jordan/SMS Kraków | 00:28,60 | 561 | |
| 14 | Kosowicz Marta | 87 | KS "Novita-10" Zielona Góra | 00:28,61 | 560 | |
| 15 | Oliwa Zuzanna | 81 | AZS-AWF Warszawa | 00:28,76 | 552 | |
| 16 | Zdunek Aleksandra | 86 | Polonia Warszawa/SMS Warszawa | 00:28,79 | 550 | |
| 17 | Kacprzak Iza | | MKS Trójka Łódź | 00:28,80 | 549 | |
| 18 | Wieczerek Krystyna | 87 | MKS Trójka Łódź | 00:29,17 | 529 | |
| 19 | Ptasińska Olga | 88 | Polonia Warszawa/SMS Warszawa | 00:29,19 | 528 | |
| 20 | Dąbrowska Elżbieta | 87 | Polonia Warszawa/SMS Warszawa | 00:29,40 | 516 | |
| 21 | Zielińska Agnieszka | 86 | AZS-AWF Katowice/SMS Szczecin | 00:29,50 | 511 | |
| 22 | Naumiec Paulina | 87 | Polonia Warszawa/SMS Warszawa | 00:29,56 | 508 | |
| 23 | Kwiatkowska Agata | 90 | UKP Manta Jelcz Laskowice | 00:30,12 | 480 | |
| 24 | Kraszula Leontyna | 89 | SKS Start Łódź | 00:30,24 | 474 | |
| 25 | Chwałek Natalia | 86 | MKP "Słowianka" Gorzów | 00:30,28 | 473 | |
| 26 | Zbrzeźniak Klaudia | 88 | Polonia Warszawa/SMS Warszawa | 00:30,87 | 446 | |
| 27 | Bednarek Natalia | 90 | MKS Trójka Łódź | 00:31,01 | 440 | |
| 28 | Węgrzyn Maria | 88 | Polonia Warszawa/SMS Warszawa | 00:31,22 | 431 | |
| 29 | Winogrodzka Monika | 87 | Polonia Warszawa/SMS Warszawa | 00:31,70 | 412 | |
| 30 | Kotfica Paulina | 86 | Wodnik Police/SMS Szczecin | 00:31,72 | 411 | |
| 31 | Przyborowska Magda | 86 | Warta | 00:33,71 | 342 | |
| 08 | 50 m stylem dowolnym M | | | | | |
| 1 | Kajak Maciej | 78 | MTP "Lublinianka" | 00:23,60 | 726 | 9 |
| 2 | Gąsior Łukasz | 86 | Polonia Warszawa/SMS Warszawa | 00:23,74 | 713 | 7 |
| 3 | Miziak Bartłomiej | 85 | Polonia Warszawa/SMS Warszawa | 00:23,89 | 700 | 6 |
| 4 | Witkowski Michał | 84 | MKS Trójka Łódź | 00:23,94 | 695 | 5 |
| 5 | Załuski Kajetan | 87 | KUSY Chorzów | 00:24,00 | 690 | 4 |
| 6 | Gęgotek Piotr | 84 | AZS AWF Katowice/SMS Kraków | 00:24,10 | 682 | 2,5 |

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| | Wilant Przemysław | 77 | MKP "Słowianka" Gorzów | 00:24,10 | 682 | 2,5 |
| 8 | Olejarczyk Bartosz | 87 | MKS Trójka Łódź | 00:24,23 | 671 | 1 |
| 9 | Ostrowski Bartosz | 82 | AZS-AWF Warszawa | 00:24,31 | 664 | |
| 10 | Babuchowski Marcin | 84 | MKS Trójka Łódź | 00:24,53 | 646 | |
| 11 | Słowiński Piotr | 85 | Wisłą Puławy/SMS Warszawa | 00:24,60 | 641 | |
| 12 | Herbst Łukasz | 85 | Polonia Warszawa/SMS Warszawa | 00:24,70 | 633 | |
| 13 | Gawłowicz Krzysztof | 87 | KS "Novita-10" Zielona Góra | 00:24,75 | 629 | |
| 14 | Chmura Jan | 87 | Polonia Warszawa/SMS Warszawa | 00:24,82 | 624 | |
| 15 | Celejowski Marcin | 83 | AZS-AWF Warszawa | 00:24,83 | 623 | |
| 16 | Wodzicki Mateusz | 86 | MKP Szczecin/SMS Szczecin | 00:24,87 | 620 | |
| 17 | Kaczyński Jacek | 86 | Polonia Warszawa/SMS Warszawa | 00:24,88 | 619 | |
| 18 | Nawrocki Adrian | 85 | Flota Gdynia/SMS Szczecin | 00:24,95 | 614 | |
| 19 | Głowiak Paweł | 86 | Słowianka Gorzów/SMS Kraków | 00:24,98 | 612 | |
| 20 | Ziemniarski Bartosz | 86 | TS "Olimpia" Poznań | 00:25,03 | 608 | |
| 21 | Jaworowski Marek | 86 | MKS "Juwenia" Wrocław | 00:25,20 | 596 | |
| 22 | Krawczyk Bartosz | 86 | Polonia Warszawa/SMS Warszawa | 00:25,22 | 595 | |
| 23 | Mroczyński Jakub | 83 | KS "Posnania" | 00:25,34 | 586 | |
| 24 | Marecik Andrzej | 84 | MKP Szczecin/SMS Szczecin | 00:25,42 | 581 | |
| 25 | Sławiński Mateusz | 86 | WKS Śląsk Wrocław | 00:25,48 | 577 | |
| 26 | Tatarynowicz Piotr | 83 | MKP "Słowianka" Gorzów | 00:25,54 | 573 | |
| 27 | Chojęcki Michał | 87 | MKS Trójka Łódź | 00:25,69 | 563 | |
| 28 | Gozdalik Michał | 87 | Polonia Warszawa/SMS Warszawa | 00:25,82 | 554 | |
| 29 | Buczyński Błażej | 87 | Polonia Warszawa/SMS Warszawa | 00:25,85 | 552 | |
| 30 | Puchacz Jan | 86 | UTS "Orlik" Lublin | 00:25,92 | 548 | |
| 31 | Pietrusiak Dawid | 86 | WKS Śląsk Wrocław | 00:26,00 | 543 | |
| 32 | Gimiński Łukasz | 86 | MKS Jordan/SMS Kraków | 00:26,09 | 537 | |
| 33 | Maraszek Krystian | 85 | SKS Start Łódź | 00:26,13 | 535 | |
| 34 | Radomski Tomek | 86 | SKS Start Łódź | 00:26,15 | 533 | |
| 35 | Maksymiuk Łukasz | 86 | SKS Start Łódź | 00:26,17 | 532 | |
| 36 | Łuczak Kamil | 86 | SKS Start Łódź | 00:26,36 | 521 | |
| 37 | Gajderowicz Rafał | 86 | SKS Start Łódź | 00:26,49 | 513 | |
| 38 | Skorulski Jacek | 83 | AZS AWF Wrocław | 00:26,51 | 512 | |
| 39 | Kosmański Łukasz | 82 | AZS AWF Gdańsk | 00:26,57 | 508 | |
| 40 | Kasza Sebastian | 89 | MKS Jedyńka Łódź | 00:26,64 | 504 | |
| 41 | Wiaderek Ksawery | 87 | MKS Trójka Łódź | 00:26,66 | 503 | |
| 42 | Naumiec Marek | 88 | Polonia Warszawa/SMS Warszawa | 00:26,76 | 498 | |
| 43 | Handke Paweł | 87 | WKS Śląsk Wrocław | 00:26,80 | 495 | |
| 44 | Gabriańczyk Paweł | 88 | WKS Śląsk Wrocław | 00:27,01 | 484 | |
| 45 | Peńsko Jan | 87 | Polonia Warszawa/SMS Warszawa | 00:27,02 | 483 | |
| 46 | Welfel Witold | 89 | SKS Start Łódź | 00:27,12 | 478 | |
| 47 | Piotrowski Przemysław | 86 | Polonia Warszawa/SMS Warszawa | 00:27,18 | 475 | |
| 48 | Pora Damian | 88 | MUKS Płock | 00:27,20 | 474 | |
| 49 | Grygorowicz Jacek | 85 | MKP Szczecin/SMS Szczecin | 00:27,38 | 465 | |
| 50 | Jastrzębski Bartek | 86 | MKS Jedyńka Łódź | 00:27,74 | 447 | |
| 51 | Ostrowski Sebastian | 89 | WKS Śląsk Wrocław | 00:27,91 | 439 | |
| 52 | Żurek Kamil | 86 | MKS Jedyńka Łódź | 00:28,25 | 423 | |
| 53 | Czerski Jacek | 89 | WKS Śląsk Wrocław | 00:28,26 | 422 | |
| 54 | Goldberg-Knebel Gabriel | 88 | MKS "ROŚ" Pisz | 00:28,32 | 420 | |
| 55 | Michalak Bartosz | 89 | MKS "ROŚ" Pisz | 00:28,48 | 413 | |
| 56 | Pawlak Radosław | 89 | SKS Start Łódź | 00:28,71 | 403 | |
| 57 | Majchrzak Dominik | 87 | MKS Trójka Łódź | 00:28,86 | 397 | |
| 58 | Rdzeń Rafał | 89 | SKS Start Łódź | 00:29,20 | 383 | |
| 59 | Wąsowski-Goldberg Piotr | 86 | MKS "ROŚ" Pisz | 00:29,30 | 379 | |
| 60 | Włodarczyk Piotr | 87 | Polonia Warszawa/SMS Warszawa | 00:29,77 | 361 | |
| 61 | Różycki Marcin | 89 | MKS Trójka Łódź | 00:33,25 | 259 | |
| 62 | Sass Mateusz | 86 | SKS Start Łódź | dysk. | | |

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|----|-------------------------|------|-------------------------------|----------|-----|---|
| 09 | 400 m stylem zmiennym K | | | | | |
| 1 | Baranowska Katarzyna | 87 | MKP Szczecin/SMS Szczecin | 05:02,99 | 699 | 9 |
| 2 | Średnicka Michalina | 84 | MKP Szczecin/SMS Szczecin | 05:07,89 | 666 | 7 |
| 3 | Kucharska Karolina | 88 | SKS Start Łódź | 05:15,17 | 621 | 6 |
| 4 | Gernand Anna | 86 | MKS Trójka Łódź | 05:17,11 | 610 | 5 |
| 5 | Burghardt Nina | 86 | WKS Śląsk Wrocław | 05:19,27 | 598 | 4 |
| 6 | Mach Izabela | brak | MKS MDK Warszawa | 05:26,35 | 560 | 3 |
| 7 | Piekut Anna | 88 | MTP "Kormoran" Olsztyn | 05:27,29 | 555 | 2 |
| 10 | 400 m stylem zmiennym M | | | | | |
| 1 | Kujat Szymon | 82 | AZS-AWF Warszawa | 04:34,59 | 703 | 9 |
| 2 | Dunajewski Wojciech | 86 | KS "Novita-10" Zielona Góra | 04:36,22 | 692 | 7 |
| 3 | Krömer Norbert | 77 | MKP "Słowianka" Gorzów | 04:37,71 | 680 | 6 |
| 4 | Żemło Marek | 85 | Górnik Radlin/SMS Kraków | 04:38,73 | 672 | 5 |
| 5 | Dziubiński Adam | 83 | MKS Trójka Łódź | 04:39,03 | 670 | 4 |
| 6 | Hanisz Piotr | 85 | WKS Śląsk Wrocław | 04:44,52 | 632 | 3 |
| 7 | Starzyński Jakub | 88 | MTP "Kormoran" Olsztyn | 04:44,80 | 630 | 2 |
| 8 | Sławiany Mateusz | 86 | WKS Śląsk Wrocław | 04:49,63 | 599 | 1 |
| 9 | Herbst Łukasz | 85 | Polonia Warszawa/SMS Warszawa | 04:50,42 | 594 | |
| 10 | Jaworowski Marek | 86 | MKS "Juvenia" Wrocław | 04:52,53 | 582 | |
| 11 | Swornowski Jakub | 86 | KS Warta/SMS Poznań | 04:53,39 | 576 | |
| 12 | Kuczko Sławomir | 85 | Znicz Koszalin/SMS Szczecin | 04:53,77 | 574 | |
| 13 | Roenig Jan | 86 | MKP Szczecin/SMS Szczecin | 04:54,34 | 571 | |
| 14 | Rynkiewicz Bartosz | 86 | MKP Szczecin/SMS Szczecin | 04:54,69 | 569 | |
| 15 | Hasik Konrad | 83 | AZS AWF Gdańsk | 04:56,04 | 561 | |
| 16 | Przybysz Łukasz | 87 | MKS Trójka Łódź | 04:56,67 | 558 | |
| 17 | Szulczewski Sebastian | 85 | Skra Płock/SMS Warszawa | 04:57,11 | 555 | |
| 18 | Pietrzak Artur | 88 | Akwawit Leszno | 05:02,67 | 525 | |
| 19 | Kluczyk Szymon | 87 | MPK Szczecin | 05:03,89 | 519 | |
| 20 | Żarczyński Michał | 87 | MTP "Kormoran" Olsztyn | 05:04,94 | 513 | |
| 21 | Olędzki Oskar | 87 | Polonia Warszawa/SMS Warszawa | 05:09,73 | 490 | |
| 22 | Matczak Mateusz | 89 | MKS Trójka Łódź | 05:18,28 | 451 | |
| 23 | Przybysz Karol | 88 | Polonia Warszawa/SMS Warszawa | 05:21,50 | 438 | |
| 24 | Goszczycki Michał | 88 | MTP "Kormoran" Olsztyn | 05:21,58 | 410 | |
| 11 | 800 m stylem dowolnym K | | | | | |
| 1 | Stepańczyk Marta | 81 | AZS-AWF Warszawa | 09:02,33 | 761 | 9 |
| 2 | Smykowska Katarzyna | 83 | KS "Novita-10" Zielona Góra | 09:02,50 | 761 | 7 |
| 3 | Palak Klaudia | 85 | MKS Jordan/SMS Kraków | 09:14,47 | 712 | 6 |
| 4 | Kalska Agnieszka | 87 | MKP Szczecin/SMS Kraków | 09:19,32 | 694 | 5 |
| 5 | Wieczerek Krystyna | 87 | MKS Trójka Łódź | 09:28,72 | 660 | 4 |
| 6 | Zielińska Agnieszka | 86 | AZS-AWF Katowice/SMS Szczecin | 09:33,66 | 643 | 3 |
| 7 | Murek Agnieszka | 85 | Akwawit Leszno | 09:38,84 | 626 | 2 |
| 8 | Rzeczowska Anna | 88 | SP "GIGANT-113" | 09:48,01 | 597 | 1 |
| 9 | Wierzyk Anna | 88 | WKS Śląsk Wrocław | 09:48,41 | 595 | |
| 10 | Chwałek Natalia | 86 | MKP "Słowianka" Gorzów | 10:06,41 | 545 | |
| 11 | Podpora Hanna | 88 | Polonia Warszawa/SMS Warszawa | 10:20,36 | 509 | |
| 12 | 800 m stylem dowolnym M | | | | | |
| 1 | Drzewiński Łukasz | 84 | Słowianka Gorzów/SMS Kraków | 08:19,36 | 732 | 9 |
| 2 | Nowak Przemysław | 85 | KS Warta/SMS Poznań | 08:23,96 | 712 | 7 |
| 3 | Gimiński Łukasz | 86 | MKS Jordan/SMS Kraków | 08:27,10 | 699 | 6 |
| 4 | Garbal Mateusz | 83 | AZS-AWF Warszawa | 08:31,95 | 679 | 5 |
| 5 | Stankowski Tomasz | 85 | MKS Trójka Łódź | 08:32,21 | 678 | 4 |
| 6 | Ruta Kamil | 86 | WKS Śląsk Wrocław | 08:37,36 | 658 | 3 |
| 7 | Marecik Andrzej | 84 | MKP Szczecin/SMS Szczecin | 08:38,48 | 654 | 2 |
| 8 | Nawrocki Adrian | 85 | Flota Gdynia/SMS Szczecin | 08:38,65 | 653 | 1 |
| 9 | Budny Michał | 84 | Kormoran Olsztyn/SMS Kraków | 08:40,85 | 645 | |

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|----|---------------------|----|-------------------------------|----------|-----|
| 10 | Owczarek Oskar | 85 | KS Warta/SMS Poznań | 08:42,97 | 637 |
| 11 | Wodzicki Mateusz | 86 | MKP Szczecin/SMS Szczecin | 08:43,78 | 634 |
| 12 | Rumin Paweł | 85 | Polonia Warszawa/SMS Warszawa | 08:45,80 | 627 |
| 13 | Sawrymowicz Mateusz | 87 | MKP Szczecin/SMS Szczecin | 08:47,38 | 621 |
| 14 | Kowalski Kamil | 86 | MKS Jedyńka Łódź | 08:49,28 | 614 |
| 15 | Nowakowski Marcin | 86 | WKS Śląsk Wrocław | 08:50,19 | 611 |
| 16 | Wielgosz Piotr | 85 | MKP Szczecin/SMS Szczecin | 08:50,52 | 610 |
| 17 | Dziechciewicz Paweł | 84 | MTP "Lubilinianka" | 08:50,56 | 610 |
| 18 | Ochmiański Łukasz | 87 | MKS Trójka Łódź | 08:57,97 | 585 |
| 19 | Wachowiak Tomasz | 86 | KS Warta/SMS Poznań | 09:01,35 | 574 |
| 20 | Hermanowicz Rafał | 86 | MKS Delfin Toruń/SMS Kraków | 09:01,58 | 573 |
| 21 | Chojecki Michał | 87 | MKS Trójka Łódź | 09:02,88 | 569 |
| 22 | Zielonka Rafał | 86 | UTS "Orlik" Lublin | 09:03,28 | 568 |
| 23 | Gąsior Łukasz | 86 | Polonia Warszawa/SMS Warszawa | 09:04,35 | 565 |
| 24 | Pelc Michał | 86 | MKP Szczecin/SMS Szczecin | 09:07,58 | 555 |
| 25 | Romel Jakub | 86 | KS Warta/SMS Poznań | 09:07,85 | 554 |
| 26 | Handke Paweł | 87 | WKS Śląsk Wrocław | 09:08,07 | 553 |
| 27 | Zgórecki Grzegorz | 84 | TS Olimpia Poznań | 09:10,13 | 547 |
| 28 | Ziarnik Sebastian | 86 | MKS Trójka Łódź | 09:13,93 | 536 |
| 29 | Korsak Bartłomiej | 89 | Polonia Warszawa/SMS Warszawa | 09:19,75 | 519 |
| 30 | Woziwoda Tomasz | 89 | MKS Trójka Łódź | 09:38,31 | 471 |
| 31 | Młyński Krystian | 86 | WKS Śląsk Wrocław | 09:39,60 | 468 |
| 32 | Winiewicz Michał | 88 | Śląsk Wrocław | 09:42,38 | 461 |
| 33 | Chmura Maciej | 86 | WKS Śląsk Wrocław | 09:54,50 | 433 |
| 34 | Gostomski Piotr | 88 | Polonia Warszawa/SMS Warszawa | 10:08,32 | 404 |

Blok II

13 200 m stylem motylkowym K

| | | | | | | |
|---|---------------------|------|-------------------------------|----------|-----|---|
| 1 | Jędrzejczak Otylia | 83 | AZS-AWF Warszawa | 02:12,27 | 827 | 9 |
| 2 | Gębicka Magorzata | 85 | Śląsk Wrocław/SMS Kraków | 02:14,19 | 792 | 7 |
| 3 | Pawlak Patrycja | 85 | WKS Śląsk Wrocław | 02:19,01 | 712 | 6 |
| 4 | Ślósarek Alicja | brak | KS Posenia | 02:21,00 | 682 | 5 |
| 5 | Gapińska Agnieszka | 84 | Polonia Warszawa/SMS Warszawa | 02:26,46 | 609 | 4 |
| 6 | Jakubiuk Katarzyna | 84 | MKP Szczecin/SMS Szczecin | 02:30,06 | 566 | 3 |
| 7 | Piekut Anna | 88 | MTP "Kormoran" Olsztyn | 02:33,80 | 526 | 2 |
| 8 | Lewandowska Żaklina | 86 | MKS Trójka Łódź | 02:35,56 | 508 | 1 |

14 200 m stylem motylkowym M

| | | | | | | |
|----|-----------------------|----|-------------------------------|----------|-----|---|
| 1 | Drzewiński Łukasz | 84 | Słowianka Gorzów/SMS Kraków | 01:59,12 | 825 | 9 |
| 2 | Piotrowicz Krzysztof | 82 | AZS-AWF Warszawa | 02:06,64 | 687 | 7 |
| 3 | Grzelak Piotr | 79 | AZS-AWF Warszawa | 02:07,01 | 681 | 6 |
| 4 | Lewandowski Maciej | 86 | UŚKS Ostrołęka/SMS Kraków | 02:08,28 | 661 | 5 |
| 5 | Dziubiński Adam | 83 | MKS Trójka Łódź | 02:08,39 | 659 | 4 |
| 6 | Stopiński Józef | 81 | AZS AWF Gdańsk | 02:08,56 | 657 | 3 |
| 7 | Stankowski Tomasz | 84 | KS Warta/SMS Poznań | 02:09,01 | 650 | 2 |
| 8 | Muras Mariusz | 83 | SKS Start Łódź | 02:10,03 | 635 | 1 |
| 9 | Hermanowicz Rafał | 86 | MKS Delfin Toruń/SMS Kraków | 02:11,98 | 607 | |
| 10 | Rumin Paweł | 85 | Polonia Warszawa/SMS Warszawa | 02:12,28 | 603 | |
| 11 | Żarczyński Michał | 87 | MTP "Kormoran" Olsztyn | 02:12,31 | 602 | |
| 12 | Budny Michał | 84 | Kormoran Olsztyn/SMS Kraków | 02:13,36 | 588 | |
| 13 | Starzyński Jakub | 88 | MTP "Kormoran" Olsztyn | 02:13,63 | 585 | |
| 14 | Rakowski Bartosz | 86 | KS Warta/SMS Poznań | 02:13,87 | 581 | |
| 15 | Szulczewski Sebastian | 85 | Skra Płock/SMS Warszawa | 02:14,63 | 572 | |
| 16 | Pławski Łukasz | 87 | Neptun Stargard/SMS Szczecin | 02:14,77 | 570 | |
| 17 | Peńsko Jan | 87 | Polonia Warszawa/SMS Warszawa | 02:15,53 | 560 | |
| 18 | Romel Jakub | 86 | KS Warta/SMS Poznań | 02:16,37 | 550 | |

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|----|-----------------------|------|-------------------------------|----------|-----|
| 19 | Nowakowski Marcin | 86 | WKS Śląsk Wrocław | 02:16,73 | 546 |
| 20 | Wielgosz Piotr | 85 | MKP Szczecin/SMS Szczecin | 02:17,69 | 534 |
| 21 | Krawczyk Bartosz | 86 | Polonia Warszawa/SMS Warszawa | 02:18,75 | 522 |
| 22 | Jerzewski Mieszko | 86 | KS Warta/SMS Poznań | 02:18,90 | 520 |
| 23 | Olędzki Oskar | 87 | Polonia Warszawa/SMS Warszawa | 02:19,58 | 513 |
| 24 | Pietrzak Artur | 88 | Akwawit Leszno | 02:19,90 | 509 |
| 25 | Kasza Sebasitan | brak | MKS Jedyńka | 02:20,54 | 502 |
| 26 | Maraszek Krystian | 85 | SKS Start Łódź | 02:22,33 | 484 |
| 27 | Krawczyk Alan | 86 | KS Warta/SMS Poznań | 02:23,36 | 473 |
| 28 | Kluczyk Szymon | 87 | MPK Szczecin | 02:25,71 | 451 |
| 29 | Piotrowski Przemysław | 86 | Polonia Warszawa/SMS Warszawa | 02:27,00 | 439 |
| 30 | Królikowski Jakub | 86 | Warta Poznań | 02:32,10 | 396 |
| 31 | Broecker Marek | 88 | Polonia Warszawa/SMS Warszawa | 02:33,85 | 383 |
| 32 | Suski Tomasz | 89 | MTP "Kormoran" Olsztyn | 02:44,07 | 316 |

15 200 m stylem grzbietowym K

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|----|------------------------|------|-------------------------------|----------|-----|---|
| 1 | Staszak Katarzyna | 87 | MKS Jordan/SMS Kraków | 02:17,63 | 769 | 9 |
| 2 | Całus Irmiona | brak | AZS AWF Wrocław | 02:17,93 | 764 | 7 |
| 3 | Solan Agnieszka | 86 | KS Wisła - Puławy | 02:20,09 | 729 | 6 |
| 4 | Wiśniewska Emilia | 86 | KS Warta/SMS Poznań | 02:21,90 | 701 | 5 |
| 5 | Stanisławska Agnieszka | 83 | KS "Novita-10" Zielona Góra | 02:22,52 | 692 | 4 |
| 6 | Zdunek Aleksandra | 86 | Polonia Warszawa/SMS Warszawa | 02:22,75 | 689 | 3 |
| 7 | Nosek Karolina | 85 | Flota Gdynia/SMS Gdańsk | 02:22,77 | 688 | 2 |
| 8 | Dąbrowska Elżbieta | 87 | Polonia Warszawa/SMS Warszawa | 02:24,61 | 662 | 1 |
| 9 | Kryńska Dominka | 88 | SKS 137 Delfin Łódź | 02:24,87 | 659 | |
| 10 | Wojciechowska Ewa | 85 | KS Warta/SMS Poznań | 02:27,77 | 621 | |
| 11 | Kopecka Dorota | 85 | MTP "Kormoran" Olsztyn | 02:28,25 | 615 | |
| 12 | I mach I zabela | brak | MKS MDK Warszawa | 02:29,42 | 600 | |
| 13 | Kret Paulina | 88 | MUKS Płock | 02:30,00 | 594 | |
| 14 | Kwiatkowska Agata | 90 | UKP Manta Jelcz Laskowice | 02:31,03 | 581 | |
| 15 | Ptasińska Olga | 88 | Polonia Warszawa/SMS Warszawa | 02:31,66 | 574 | |
| 16 | Dziedzic Marta | 86 | MKS Jedyńka Łódź | 02:32,06 | 570 | |
| 17 | Charzewska Joanna | 89 | NAWA Skierniewice | 02:32,52 | 565 | |
| 18 | Zbrzeźniak Klaudia | 88 | Polonia Warszawa/SMS Warszawa | 02:35,02 | 538 | |
| 19 | Naumiec Paulina | 87 | Polonia Warszawa/SMS Warszawa | 02:39,74 | 491 | |
| 20 | Płóćiniak Agnieszka | 86 | KS "Posnania" | 02:43,35 | 459 | |
| 21 | Rosińska Katarzyna | 89 | MKS Trójka Łódź | 02:46,79 | 432 | |
| 22 | Winogrodzka Monika | 87 | Polonia Warszawa/SMS Warszawa | 02:50,05 | 407 | |

16 200 m stylem grzbietowym M

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|----|---------------------|----|--------------------------------|----------|-----|---|
| 1 | Siembida Mariusz | 75 | AZS AWF Gdańsk | 02:00,45 | 795 | 9 |
| 2 | Wilant Przemysław | 77 | MKP "Słowianka" Gorzów | 02:02,59 | 754 | 7 |
| 3 | Jaszczyński Rafał | 83 | KS "Novita-10" Zielona Góra | 02:06,56 | 686 | 6 |
| 4 | Betlej Wojciech | 84 | LKS Delfin Polaniec/SMS Kraków | 02:06,89 | 680 | 5 |
| 5 | Tatarynowicz Piotr | 83 | MKP "Słowianka" Gorzów | 02:08,02 | 662 | 4 |
| 6 | Hundziak Ernest | 85 | WKS Śląsk Wrocław | 02:08,68 | 652 | 3 |
| 7 | Owczarek Oskar | 85 | KS Warta/SMS Poznań | 02:09,18 | 645 | 2 |
| 8 | Babuchowski Marcin | 84 | MKS Trójka Łódź | 02:10,58 | 624 | 1 |
| 9 | Głowiak Paweł | 86 | Słowianka Gorzów/SMS Kraków | 02:11,16 | 616 | |
| 10 | Pelc Michał | 86 | MKP Szczecin/SMS Szczecin | 02:12,79 | 593 | |
| 11 | Swornowski Jakub | 86 | KS Warta/SMS Poznań | 02:14,92 | 566 | |
| 12 | Mężyk Edward | 84 | MKS "Juwenia" Wrocław | 02:15,98 | 553 | |
| 13 | Pietrusiński Michał | 86 | UTS "Orlik" Lublin | 02:16,18 | 550 | |
| 14 | Figarski Sebastian | 85 | WKS Śląsk Wrocław | 02:17,31 | 537 | |
| 15 | Gałas Michał | 87 | MKS Trójka Łódź | 02:18,06 | 528 | |

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|----|--------------------|----|-------------------------------|----------|-----|
| 16 | Buczyński Błażej | 87 | Polonia Warszawa/SMS Warszawa | 02:18,91 | 518 |
| 17 | Gonda Rafał | 86 | WKS Śląsk Wrocław | 02:19,58 | 511 |
| 18 | Maj Michał | 87 | WKS Śląsk Wrocław | 02:21,33 | 492 |
| 19 | Winiewicz Michał | 88 | Śląsk Wrocław | 02:24,04 | 465 |
| 20 | Gąsior Łukasz | 86 | Polonia Warszawa/SMS Warszawa | 02:24,06 | 465 |
| 21 | Osiński Adam | 86 | WKS Śląsk Wrocław | 02:24,16 | 464 |
| 22 | Jastrzębski Bartek | 86 | MKS Jedyńka Łódź | 02:24,71 | 458 |
| 23 | Goszczycki Michał | 88 | MTP "Kormoran" Olsztyn | 02:26,27 | 444 |
| 24 | Gaszyk Tomasz | 89 | MTP "Kormoran" Olsztyn | 02:27,12 | 436 |
| 25 | Żurek Kamil | 86 | MKS Jedyńka Łódź | 02:29,08 | 419 |
| 26 | Naumiec Marek | 88 | Polonia Warszawa/SMS Warszawa | 02:29,49 | 416 |
| 27 | Błoch Maciej | 88 | SKS 137 Delfin Łódź | 02:29,57 | 415 |
| 28 | Gostomski Piotr | 88 | Polonia Warszawa/SMS Warszawa | 02:30,84 | 405 |
| 29 | Gliński Marcin | 88 | MUKS Płock | 02:32,01 | 395 |
| 30 | Mackiewicz Mieszko | 89 | NAWA Skierniewice | 02:34,08 | 380 |
| 31 | Goszczycki Dawid | 89 | MTP "Kormoran" Olsztyn | 02:38,98 | 348 |
| 32 | Kardaś Wojciech | 89 | MTP "Kormoran" Olsztyn | 02:41,45 | 330 |

17 200 m stylem klasycznym K

| | | | | | | |
|----|-----------------------|----|--------------------------------|----------|-----|---|
| 1 | Kamińska Beata | 80 | AZS AWF Gdańsk | 02:32,25 | 781 | 9 |
| 2 | Krawczyk Martyna | 82 | MKS Trójka Łódź | 02:32,85 | 772 | 7 |
| 3 | Kacprzak Marta | 88 | MKS Jedyńka Łódź | 02:36,90 | 713 | 6 |
| 4 | Bystrzycka Agnieszka | 81 | AZS AWF Wrocław | 02:41,45 | 655 | 5 |
| 5 | Waszkiewicz Magdalena | 86 | USKS Ostrołęka/SMS Kraków | 02:42,32 | 644 | 4 |
| 6 | Burghardt Nina | 86 | WKS Śląsk Wrocław | 02:45,06 | 613 | 3 |
| 7 | Duljan Katarzyna | 87 | Victoria Racibórz/SMS Racibórz | 02:45,26 | 610 | 2 |
| 8 | Gościński Małgorzata | 85 | Akwawit Leszno | 02:45,42 | 609 | 1 |
| 9 | Grunt Agata | 86 | KS Warta/SMS Poznań | 02:50,14 | 559 | |
| 10 | Tomkiewicz Kamila | 89 | Polonia Warszawa/SMS Warszawa | 02:51,35 | 548 | |
| 11 | Stępień Marta | 88 | SKS 137 Delfin Łódź | 02:51,56 | 546 | |
| 12 | Pęczek Sandra | 87 | MKS "Juwenia" Wrocław | 02:51,69 | 544 | |
| 13 | Węgrzyn Maria | 88 | Polonia Warszawa/SMS Warszawa | 02:55,53 | 509 | |
| 14 | Witkowska Aleksandra | 88 | MKS Trójka Łódź | 02:59,60 | 475 | |
| 15 | Podpora Hanna | 88 | Polonia Warszawa/SMS Warszawa | 03:02,20 | 455 | |

18 200 m stylem klasycznym M

| | | | | | | |
|----|---------------------|----|--------------------------------|----------|-----|---|
| 1 | Krawczyk Marek | 76 | AZS AWF Gdańsk | 02:17,83 | 771 | 9 |
| 2 | Kujat Szymon | 82 | AZS-AWF Warszawa | 02:20,81 | 723 | 7 |
| 3 | Duszyński Tomasz | 76 | UTS "Orlik" Lublin | 02:20,95 | 721 | 6 |
| 4 | Kuczko Sławomir | 85 | Znicz Koszalin/SMS Szczecin | 02:21,58 | 711 | 5 |
| 5 | Paczkowski Damian | 87 | Polonia Warszawa/SMS Warszawa | 02:25,23 | 659 | 4 |
| 6 | Winogrodzki Mariusz | 87 | Polonia Warszawa/SMS Warszawa | 02:25,78 | 651 | 3 |
| 7 | Małopolski Marek | 84 | AZS AWF Katowice/SMS Kraków | 02:26,02 | 648 | 2 |
| 8 | Stasiaczek Michel | 84 | WKS Śląsk Wrocław | 02:26,18 | 646 | 1 |
| 9 | Przybysz Łukasz | 87 | MKS Trójka Łódź | 02:26,90 | 637 | |
| 10 | Żebiałowicz Rafał | 85 | MKS Trójka Łódź | 02:27,01 | 635 | |
| 11 | Gaszyk Grzegorz | 85 | MTP "Kormoran" Olsztyn | 02:27,61 | 627 | |
| 12 | Wiesławski Łukasz | 86 | SKS Start Łódź | 02:28,75 | 613 | |
| 13 | Dryło Paweł | 85 | Victoria Racibórz/SMS Racibórz | 02:29,45 | 605 | |
| 14 | Andrzejewski Michał | 86 | KS Warta/SMS Poznań | 02:30,08 | 597 | |
| 15 | Roening Jan | 86 | MKP Szczecin/SMS Szczecin | 02:33,10 | 562 | |
| 16 | Rynkiewicz Bartosz | 86 | MKP Szczecin/SMS Szczecin | 02:33,40 | 559 | |
| 17 | Galka Piotr | 88 | MUKS Płock | 02:33,80 | 555 | |
| 18 | Sipa Mateusz | 86 | MKS Jedyńka Łódź | 02:33,83 | 554 | |
| 19 | Ptak Łukasz | 83 | Juwenia Wrocław/SMS Racibórz | 02:33,90 | 554 | |

| | | | | | | | |
|----|--------------------------------|----|-------------------------------|----------|-----|---|---|
| 20 | Gajderowicz Rafał | 86 | SKS Start Łódź | 02:35,90 | 533 | | |
| 21 | Kucharski Sykstus | 86 | NAWA Skierniewice | 02:37,06 | 521 | | |
| 22 | Grygorowicz Jacek | 85 | MKP Szczecin/SMS Szczecin | 02:38,19 | 510 | | |
| 23 | Milejczak Dariusz | 85 | Warta Poznań | 02:38,93 | 503 | | |
| 24 | Skorulski Jacek | 83 | AZS AWF Wrocław | 02:39,21 | 500 | | |
| 25 | Przybysz Karol | 88 | Polonia Warszawa/SMS Warszawa | 02:41,73 | 477 | | |
| 26 | Poźniak Mikołaj | 87 | MKS "Juwenia" Wrocław | 02:42,79 | 468 | | |
| 27 | Goldberg-Knebel Gabriel | 88 | MKS "ROŚ" Pisz | 02:45,69 | 444 | | |
| 28 | Przydonik Michał | 89 | MKS Trójka Łódź | 02:46,45 | 437 | | |
| 29 | Matczak Mateusz | 89 | MKS Trójka Łódź | 02:48,13 | 424 | | |
| 19 | 200 m stylem dowolnym K | | | | | | |
| 1 | Jędrzejczak Otylia | 83 | AZS-AWF Warszawa | 02:01,20 | 835 | 9 | S |
| 2 | Palak Klaudia | 85 | MKS Jordan/SMS Kraków | 02:06,64 | 732 | 9 | D |
| 3 | Smykowska Katarzyna | 83 | KS "Novita-10" Zielona Góra | 02:06,91 | 728 | 7 | D |
| 4 | Kalska Agnieszka | 87 | MKP Szczecin/SMS Kraków | 02:07,40 | 719 | 6 | D |
| 5 | Stepańczyk Marta | 81 | AZS-AWF Warszawa | 02:07,45 | 718 | 5 | D |
| 6 | Nowakowska Anna | 86 | MKS Trójka Łódź | 02:09,47 | 685 | 7 | S |
| 7 | Wieczerek Krystyna | 87 | MKS Trójka Łódź | 02:10,33 | 672 | 4 | D |
| 8 | Kowalczyk Katarzyna | 88 | MUKS Płock | 02:10,35 | 672 | 6 | S |
| 9 | Murek Agnieszka | 85 | Akwawit Leszno | 02:11,67 | 651 | 3 | D |
| 10 | Stanisławska Agnieszka | 83 | KS "Novita-10" Zielona Góra | 02:12,41 | 641 | 5 | S |
| 11 | Wojtyczka Joanna | 85 | AZS-AWF Katowice/SMS Gdańsk | 02:13,67 | 623 | 4 | S |
| 12 | Zielińska Agnieszka | 86 | AZS-AWF Katowice/SMS Szczecin | 02:13,81 | 621 | 3 | S |
| 13 | Trempska Agata | 87 | MKS Jedyńka Łódź | 02:13,86 | 620 | 2 | S |
| 14 | Rzeczowska Anna | 88 | SP "GIGANT-113" | 02:13,95 | 619 | 2 | D |
| 15 | Gernand Anna | 86 | MKS Trójka Łódź | 02:14,61 | 610 | 1 | D |
| 16 | Oleszczyk Małgorzata | 87 | MKS Trójka Łódź | 02:15,54 | 597 | 1 | S |
| 17 | Suchorska Beata | 88 | TS "Olimpia" Poznań | 02:15,63 | 596 | | S |
| 18 | Kosowicz Marta | 87 | KS "Novita-10" Zielona Góra | 02:15,78 | 594 | | S |
| 19 | Solan Agnieszka | 86 | KS Wisła - Puławy | 02:16,63 | 583 | | |
| 20 | Kokot Marta | 89 | Polonia Warszawa/SMS Warszawa | 02:16,75 | 581 | | S |
| 21 | Kacprzak Iza | 83 | MKS Trójka Łódź | 02:16,98 | 580 | | S |
| 22 | Wierzyk Anna | 88 | WKS Śląsk Wrocław | 02:17,48 | 572 | | |
| 23 | Kraszula Leontyna | 89 | SKS Start Łódź | 02:18,89 | 555 | | S |
| 24 | Chwałek Natalia | 86 | MKP "Słowianka" Gorzów | 02:18,98 | 554 | | |
| 25 | Tomaszewska Aleksandra | 85 | MTP "Kormoran" Olsztyn | 02:20,95 | 531 | | |
| 26 | Bednarek Natalia | 90 | MKS Trójka Łódź | 02:28,15 | 457 | | |
| 20 | 200 m stylem dowolnym M | | | | | | |
| 1 | Kajak Maciej | 78 | MTP "Lubilianka" | 01:51,72 | 741 | 9 | S |
| 2 | Budny Michał | 84 | Kormoran Olsztyn/SMS Kraków | 01:54,10 | 695 | 9 | D |
| 3 | Gęgotek Piotr | 84 | AZS AWF Katowice/SMS Kraków | 01:54,29 | 692 | 7 | S |
| 4 | Gąsior Łukasz | 86 | Polonia Warszawa/SMS Warszawa | 01:54,30 | 692 | 7 | D |
| | Ostrowski Bartosz | 82 | AZS-AWF Warszawa | 01:54,30 | 692 | 6 | S |
| 6 | Garbal Mateusz | 83 | AZS-AWF Warszawa | 01:54,46 | 689 | 6 | D |
| 7 | Gimiński Łukasz | 86 | MKS Jordan/SMS Kraków | 01:55,87 | 664 | 5 | D |
| 8 | Olejarczyk Bartosz | 83 | MKS Trójka Łódź | 01:56,01 | 661 | 5 | S |
| 9 | Gawłowicz Krzysztof | 87 | KS "Novita-10" Zielona Góra | 01:56,88 | 647 | 4 | S |
| 10 | Rumin Paweł | 85 | Polonia Warszawa/SMS Warszawa | 01:57,10 | 643 | 4 | D |
| 11 | Stankowski Tomasz | 85 | MKS Trójka Łódź | 01:57,13 | 643 | 3 | D |
| 12 | Marecik Andrzej | 84 | MKP Szczecin/SMS Szczecin | 01:57,53 | 636 | 2 | D |
| 13 | Nawrocki Adrian | 85 | Flota Gdynia/SMS Szczecin | 01:57,55 | 636 | 1 | D |
| 14 | Witkowski Michał | 84 | MKS Trójka Łódź | 01:57,87 | 631 | 3 | S |
| 15 | Dziechciewicz Paweł | 84 | MTP "Lubilianka" | 01:58,26 | 624 | | D |
| 16 | Sławiński Mateusz | 86 | WKS Śląsk Wrocław | 01:59,81 | 600 | | D |
| 17 | Kowalski Kamil | 86 | MKS Jedyńka Łódź | 01:59,97 | 598 | | D |
| 18 | Brzóska Adrian | 83 | AZS AWF Gdańsk | 02:00,06 | 597 | 2 | S |
| 19 | Ruta Kamil | 86 | WKS Śląsk Wrocław | 02:00,31 | 593 | | D |

| | | | | | | |
|----|-------------------------|----|-------------------------------|----------|-----|-----|
| | Kubiak Przemysław | 83 | MKS Trójka Łódź | 02:00,31 | 593 | |
| 21 | Nowak Przemysław | 85 | KS Warta/SMS Poznań | 02:00,53 | 590 | D |
| 22 | Miziak Bartłomiej | 85 | Polonia Warszawa/SMS Warszawa | 02:00,53 | 590 | 1 S |
| 23 | Ziemniarski Bartosz | 86 | TS "Olimpia" Poznań | 02:00,75 | 587 | S |
| 24 | Kaczyński Jacek | 86 | Polonia Warszawa | 02:01,43 | 577 | |
| 25 | Styrzyński Adrian | 87 | MKS Jedyńka Łódź | 02:02,31 | 564 | S |
| 26 | Wodzicki Mateusz | 86 | MKP Szczecin/SMS Szczecin | 02:02,63 | 591 | |
| 27 | Mroczyński Jakub | 83 | KS "Poznania" | 02:02,69 | 559 | S |
| 28 | Zgórecki Grzegorz | 84 | TS Olimpia Poznań | 02:02,73 | 559 | |
| 29 | Pietrusiak Dawid | 86 | WKS Śląsk Wrocław | 02:02,81 | 557 | S |
| 30 | Handke Paweł | 87 | WKS Śląsk Wrocław | 02:03,05 | 554 | |
| 31 | Zielonka Rafał | 86 | UTS "Orlik" Lublin | 02:03,39 | 550 | D |
| 32 | Jaszczyński Rafał | 83 | KS "Novita-10" Zielona Góra | 02:03,42 | 549 | D |
| 33 | Milejczak Dariusz | 85 | Warta Poznań | 02:03,62 | 548 | |
| 34 | Chmura Jan | 87 | Polonia Warszawa/SMS Warszawa | 02:03,81 | 544 | S |
| 35 | Ochmiański Łukasz | 87 | MKS Trójka Łódź | 02:04,08 | 541 | D |
| 36 | Chojecki Michał | 87 | MKS Trójka Łódź | 02:04,35 | 537 | |
| 37 | Dobies Jakub | 87 | MUKS Płock | 02:04,43 | 536 | |
| 38 | Puchacz Jan | 86 | UTS "Orlik" Lublin | 02:05,14 | 527 | S |
| 39 | Bziuk Wojciech | 87 | MUKS Płock | 02:05,32 | 525 | |
| 40 | Wiaderek Ksawery | 87 | MKS Trójka Łódź | 02:05,55 | 522 | S |
| 41 | Wachowiak Tomasz | 86 | KS Warta/SMS Poznań | 02:05,57 | 521 | D |
| 42 | Welfel Witold | 89 | SKS Start Łódź | 02:05,82 | 518 | S |
| 43 | Sawrymowicz Mateusz | 87 | MKP Szczecin/SMS Szczecin | 02:05,84 | 518 | D |
| 44 | Krawczyk Bartosz | 86 | Polonia Warszawa/SMS Warszawa | 02:06,05 | 516 | S |
| 45 | Herbst Łukasz | 85 | Polonia Warszawa/SMS Warszawa | 02:06,11 | 515 | S |
| 46 | Korsak Bartłomiej | 89 | Polonia Warszawa/SMS Warszawa | 02:06,86 | 506 | D |
| 47 | Ziernik Sebastian | 86 | MKS Trójka Łódź | 02:06,93 | 505 | D |
| 48 | Peńsko Jan | 87 | Polonia Warszawa/SMS Warszawa | 02:08,57 | 486 | S |
| 49 | Kaczmarczyk Michał | 87 | MUKS Płock | 02:09,51 | 475 | S |
| 50 | Broecker Marek | 88 | Polonia Warszawa/SMS Warszawa | 02:09,61 | 474 | S |
| 51 | Woziwoda Tomasz | 89 | MKS Trójka Łódź | 02:10,38 | 466 | D |
| 52 | Leonowicz Dariusz | 89 | MTP "Kormoran" Olsztyn | 02:10,40 | 469 | S |
| 53 | Mackiewicz Mieszko | 89 | NAWA Skierniewice | 02:11,78 | 451 | |
| 54 | Piotrowski Przemysław | 86 | Polonia Warszawa/SMS Warszawa | 02:12,10 | 448 | S |
| 55 | Chmura Maciej | 86 | WKS Śląsk Wrocław | 02:14,66 | 423 | D |
| 56 | Ostrowski Sebastian | 89 | Śląsk Wrocław | 02:14,68 | 423 | |
| 57 | Winiewicz Michał | 88 | Śląsk Wrocław | 02:14,69 | 422 | |
| 58 | Gabriańczyk Paweł | 88 | Śląsk Wrocław | 02:14,78 | 422 | |
| 59 | Gaszyk Tomasz | 89 | MTP "Kormoran" Olsztyn | 02:14,89 | 421 | |
| 60 | Pora Damian | 88 | MUKS Płock | 02:15,58 | 414 | S |
| 61 | Rdzeń Rafał | 89 | SKS Start | 02:15,71 | 413 | S |
| 62 | Gostomski Piotr | 88 | Polonia Warszawa/SMS Warszawa | 02:16,19 | 409 | D |
| 63 | Michalak Bartosz | 89 | MKS "ROŚ" Pisz | 02:17,81 | 394 | S |
| 64 | Gozdalik Michał | 87 | Polonia Warszawa/SMS Warszawa | 02:17,93 | 393 | S |
| 65 | Czerski Jacek | 89 | WKS Śląsk Wrocław | 02:17,96 | 393 | |
| 66 | Młyński Krystian | 86 | WKS Śląsk Wrocław | 02:18,39 | 389 | D |
| 67 | Wąsowski-Goldberg Piotr | 86 | MKS "ROŚ" Pisz | 02:19,13 | 383 | S |
| 68 | Suski Tomasz | 89 | MTP "Kormoran" Olsztyn | 02:20,26 | 374 | S |
| 69 | Goszczycki Dawid | 89 | MTP "Kormoran" Olsztyn | 02:22,60 | 356 | |
| 70 | Kardaś Wojciech | 89 | MTP "Kormoran" Olsztyn | 02:22,78 | 355 | |
| 71 | Różycki Marcin | 89 | MKS Trójka Łódź | 02:32,42 | 291 | S |

21 200 m stylem zmiennym K

| | | | | | | |
|---|----------------------|----|---------------------------|----------|-----|---|
| 1 | Urbańczyk Aleksandra | 87 | MKS Trójka Łódź | 02:18,03 | 793 | 9 |
| 2 | Baranowska Katarzyna | 87 | MKP Szczecin/SMS Szczecin | 02:22,38 | 723 | 7 |

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|----|------------------------|----|--------------------------------|----------|-----|---|
| 3 | Staszak Katarzyna | 87 | MKS Jordan/SMS Kraków | 02:25,10 | 683 | 6 |
| 4 | Kowalczyk Natalia | 84 | Victoria Racibórz/SMS Racibórz | 02:26,15 | 668 | 5 |
| 5 | Szewczuk Agata | 86 | Victoria Racibórz/SMS Racibórz | 02:26,31 | 666 | 4 |
| 6 | Gołębiowska Joanna | | AZS-AWF Warszawa | 02:28,29 | 640 | 3 |
| 7 | Średnicka Michalina | 84 | MKP Szczecin/SMS Szczecin | 02:28,88 | 632 | 2 |
| 8 | Gębicka Magorzata | 85 | Śląsk Wrocław/SMS Kraków | 02:28,89 | 632 | 1 |
| 9 | Burghardt Nina | 86 | WKS Śląsk Wrocław | 02:31,99 | 594 | |
| 10 | Charzewska Joanna | 89 | NAWA Skierniewice | 02:35,72 | 553 | |
| 11 | Wojtkiewicz Małgorzata | 87 | MUKS Płock | 02:35,89 | 550 | |
| 12 | Kwiatkowska Anna | 89 | Polonia Warszawa/SMS Warszawa | 02:36,10 | 548 | |
| 13 | Kopecka Dorota | 85 | MTP "Kormoran" Olsztyn | 02:37,64 | 532 | |
| | Czechowicz Karolina | 84 | MKP "Słowianka" Gorzów | dysk. | | |

22 200 m stylem zmiennym M

| | | | | | | |
|----|-----------------------|----|-------------------------------|----------|-----|---|
| 1 | Kujat Szymon | 82 | AZS-AWF Warszawa | 02:09,19 | 699 | 9 |
| 2 | Grzelak Piotr | 79 | AZS-AWF Warszawa | 02:09,79 | 689 | 7 |
| 3 | Żemło Marek | 85 | Górnik Radlin/SMS Kraków | 02:10,09 | 684 | 6 |
| 4 | Dunajewski Wojciech | 86 | KS "Novita-10" Zielona Góra | 02:10,23 | 682 | 5 |
| 5 | Muras Mariusz | 83 | SKS Start Łódź | 02:10,91 | 671 | 4 |
| 6 | Herbst Łukasz | 85 | Polonia Warszawa/SMS Warszawa | 02:12,19 | 652 | 3 |
| 7 | Krömer Norbert | 77 | MKP "Słowianka" Gorzów | 02:13,56 | 632 | 2 |
| 8 | Hamisz Piotr | 85 | WKS Śląsk Wrocław | 02:14,13 | 624 | 1 |
| 9 | Slotwiński Piotr | 85 | Polonia Warszawa/SMS Warszawa | 02:14,28 | 622 | |
| 10 | Sławiany Mateusz | 86 | WKS Śląsk Wrocław | 02:14,61 | 617 | |
| 11 | Jaworowski Marek | 86 | MKS "Juvenia" Wrocław | 02:14,93 | 613 | |
| 12 | Głowiak Paweł | 86 | Słowianka Gorzów/SMS Kraków | 02:15,11 | 611 | |
| 13 | Dziubiński Adam | 83 | MKS Trójka Łódź | 02:15,31 | 608 | |
| 14 | Hasik Konrad | 83 | AZS AWF Gdańsk | 02:15,50 | 605 | |
| 15 | Starzyński Jakub | 88 | MTP "Kormoran" Olsztyn | 02:16,86 | 587 | |
| 16 | Łuczak Kamil | 86 | SKS Start Łódź | 02:17,58 | 578 | |
| 17 | Radomski Tomek | 86 | SKS Start Łódź | 02:18,58 | 566 | |
| 18 | Paczkowski Damian | 87 | Polonia Warszawa/SMS Warszawa | 02:18,69 | 564 | |
| 19 | Gaszyk Grzegorz | 85 | MTP "Kormoran" Olsztyn | 02:19,20 | 558 | |
| 20 | Żarczyński Michał | 87 | MTP "Kormoran" Olsztyn | 02:20,99 | 537 | |
| 21 | Winogrodzki Mariusz | 87 | Polonia Warszawa/SMS Warszawa | 02:21,64 | 530 | |
| 22 | Szulczewski Sebastian | 85 | Skra Płock/SMS Warszawa | 02:22,04 | 525 | |
| 23 | Kluczyk Szymon | 87 | MKS Szczecin | 02:23,86 | 506 | |
| 24 | Olędzki Oskar | 87 | Polonia Warszawa/SMS Warszawa | 02:24,80 | 496 | |
| 25 | Grygorowicz Jacek | 85 | MKP Szczecin/SMS Szczecin | 02:26,77 | 476 | |
| 26 | Maksymiuk Łukasz | 86 | SKS Start Łódź | 02:26,80 | 476 | |
| 27 | Przybysz Karol | 88 | Polonia Warszawa/SMS Warszawa | 02:28,84 | 457 | |
| 28 | Krawczyk Michał | 86 | WKS Śląsk Wrocław | 02:30,09 | 445 | |
| 29 | Goszczycki Michał | 88 | MTP "Kormoran" Olsztyn | 02:32,42 | 425 | |
| 30 | Naumiec Marek | 88 | Polonia Warszawa/SMS Warszawa | 02:37,40 | 386 | |
| 31 | Pawlak Radosław | 89 | SKS Start Łódź | 02:37,59 | 385 | |

Blok III

23 100 m stylem dowolnym K

| | | | | | | |
|---|----------------------|----|---------------------------|----------|-----|---|
| 1 | Jędrzejczak Otylia | 83 | AZS-AWF Warszawa | 00:56,90 | 770 | 9 |
| 2 | Kalska Agnieszka | 87 | MKP Szczecin/SMS Kraków | 00:59,56 | 672 | 7 |
| 3 | Baranowska Katarzyna | 87 | MKP Szczecin/SMS Szczecin | 01:00,41 | 644 | 6 |
| 4 | Nosek Karolina | 85 | Flota Gdynia/SMS Gdańsk | 01:00,78 | 632 | 5 |
| 5 | Nowakowska Anna | 86 | MKS Trójka Łódź | 01:00,88 | 629 | 4 |
| 6 | Suchorska Beata | 88 | TS "Olimpia" Poznań | 01:01,04 | 624 | 3 |
| 7 | Palak Klaudia | 85 | MKS Jordan/SMS Kraków | 01:01,13 | 621 | 2 |

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|----|------------------------|------|-------------------------------|----------|-----|---|
| 8 | Wieczerek Krystyna | 87 | MKS Trójka Łódź | 01:01,21 | 619 | 1 |
| 9 | Wojtyczka Joanna | 85 | AZS-AWF Katowice/SMS Gdańsk | 01:01,47 | 611 | |
| 10 | Kosowicz Marta | 87 | KS "Novita-10" Zielona Góra | 01:01,62 | 607 | |
| 11 | Trempska Agata | 87 | MKS Jedyńka Łódź | 01:01,71 | 604 | |
| 12 | Zielińska Agnieszka | 86 | AZS-AWF Katowice/SMS Szczecin | 01:02,39 | 584 | |
| 13 | Tomaszewska Aleksandra | 85 | MTP "Kormoran" Olsztyn | 01:02,48 | 582 | |
| 14 | Kacprzak Iza | 83 | MKS Trójka Łódź | 01:03,38 | 557 | |
| 15 | Wierzyk Anna | 88 | WKS Śląsk Wrocław | 01:03,77 | 547 | |
| 16 | Oleszczyk Małgorzata | 87 | MKS Trójka Łódź | 01:04,25 | 535 | |
| 17 | Chwałek Natalia | 86 | MKP "Słowianka" Gorzów | 01:04,36 | 532 | |
| 18 | Kraszula Leontyna | 89 | SKS Start Łódź | 01:04,45 | 530 | |
| 19 | Przyborowska Magda | brak | Warta Poznań | 01:11,42 | 389 | |

24 100 m stylem dowolnym M

| | | | | | | |
|----|-------------------------|----|-------------------------------|----------|-----|---|
| 1 | Kajak Maciej | 78 | MTP "Lubilianka" | 00:50,67 | 785 | 9 |
| 2 | Gęgotek Piotr | 84 | AZS AWF Katowice/SMS Kraków | 00:51,80 | 739 | 7 |
| 3 | Gąsior Łukasz | 86 | Polonia Warszawa/SMS Warszawa | 00:51,87 | 731 | 6 |
| 4 | Niziak Bartłomiej | 85 | SMS Warszawa | 00:52,35 | 711 | 5 |
| 5 | Ostrowski Bartosz | 82 | AZS-AWF Warszawa | 00:52,61 | 701 | 4 |
| 6 | Witkowski Michał | 84 | MKS Trójka Łódź | 00:52,86 | 691 | 3 |
| 7 | Zaluski Kajetan | 87 | Kusy Chorzów | 00:52,96 | 687 | 2 |
| 8 | Gawłowicz Krzysztof | 87 | KS "Novita-10" Zielona Góra | 00:53,37 | 671 | 1 |
| 9 | Sławiany Mateusz | 86 | WKS Śląsk Wrocław | 00:54,59 | 627 | |
| 10 | Ziemniarski Bartosz | 86 | TS "Olimpia" Poznań | 00:54,76 | 622 | |
| 11 | Wodzicki Mateusz | 86 | MKP Szczecin/SMS Szczecin | 00:54,77 | 621 | |
| 12 | Celejowski Marcin | 83 | AZS-AWF Warszawa | 00:54,83 | 619 | |
| 13 | Marecik Andrzej | 84 | MKP Szczecin/SMS Szczecin | 00:55,12 | 609 | |
| 14 | Nawrocki Adrian | 85 | Flota Gdynia/SMS Szczecin | 00:55,13 | 609 | |
| 15 | Garbal Mateusz | 83 | AZS-AWF Warszawa | 00:55,41 | 600 | |
| 16 | Brzóska Adrian | 83 | AZS AWF Gdańsk | 00:55,45 | 599 | |
| 17 | Chojecki Michał | 87 | MKS Trójka Łódź | 00:55,75 | 589 | |
| 18 | Dziechcierowicz Paweł | 84 | MTP "Lubilianka" | 00:55,87 | 585 | |
| 19 | Gimiński Łukasz | 86 | MKS Jordan/SMS Kraków | 00:56,18 | 576 | |
| | Mroczyński Jakub | 83 | KS "Poznań" | 00:56,18 | 576 | |
| 21 | Radomski Tomek | 86 | SKS Start Łódź | 00:56,52 | 565 | |
| 22 | Puchacz Jan | 86 | UTS "Orlik" Lublin | 00:56,57 | 564 | |
| 23 | Nowak Przemysław | 85 | KS Warta/SMS Poznań | 00:56,69 | 560 | |
| 24 | Łuczak Kamil | 86 | SKS Start Łódź | 00:56,81 | 557 | |
| 25 | Pietrusiak Dawid | 86 | WKS Śląsk Wrocław | 00:56,98 | 552 | |
| 26 | Kasza Sebastian | 89 | MKS Jedyńka Łódź | 00:57,47 | 538 | |
| 27 | Wiaderek Ksawery | 87 | MKS Trójka Łódź | 00:57,52 | 536 | |
| 28 | Welfel Witold | 89 | SKS Start Łódź | 00:57,78 | 529 | |
| 29 | Handke Paweł | 87 | WKS Śląsk Wrocław | 00:57,97 | 524 | |
| 30 | Leonowicz Dariusz | 89 | MTP "Kormoran" Olsztyn | 00:58,68 | 505 | |
| 31 | Maksymiuk Łukasz | 86 | SKS Start Łódź | 00:58,99 | 497 | |
| 32 | Gabriańczyk Piotr | 88 | WKS Śląsk Wrocław | 00:59,24 | 491 | |
| 33 | Winiewicz Michał | 88 | WKS Śląsk Wrocław | 01:00,47 | 461 | |
| 34 | Ostrowski Sebastian | 89 | WKS Śląsk Wrocław | 01:00,77 | 455 | |
| 35 | Sass Mateusz | 86 | SKS Start Łódź | 01:01,22 | 445 | |
| 36 | Woziwoda Tomasz | 89 | MKS Trójka Łódź | 01:01,25 | 444 | |
| 37 | Czerski Jacek | 89 | WKS Śląsk Wrocław | 01:01,63 | 436 | |
| 38 | Michalak Bartosz | 89 | MKS "ROŚ" Pisz | 01:03,09 | 406 | |
| 39 | Mackiewicz Mieszko | 89 | NAWA Skierniewice | 01:03,15 | 405 | |
| 40 | Wąsowski-Goldberg Piotr | 86 | MKS "ROŚ" Pisz | 01:05,45 | 364 | |
| 41 | Suski Tomasz | 89 | MTP "Kormoran" Olsztyn | 01:06,19 | 352 | |
| 42 | Różycki Marcin | 89 | MKS Trójka Łódź | 01:13,19 | 260 | |

| 25 100 m stylem klasycznym K | | | | | | |
|------------------------------|------------------------|----|--------------------------------|----------|-----|---|
| 1 | Kamińska Beata | 80 | AZS AWF Gdańsk | 01:10,64 | 793 | 9 |
| 2 | Braszkiewicz Agnieszka | 81 | AZS-AWF Warszawa | 01:10,99 | 782 | 7 |
| 3 | Krawczyk Martyna | 82 | MKS Trójka Łódź | 01:12,89 | 722 | 6 |
| 4 | Bystrzycka Agnieszka | 81 | AZS AWF Wrocław | 01:13,34 | 709 | 5 |
| 5 | Kacprzak Marta | 88 | MKS Jedyńka Łódź | 01:14,83 | 667 | 4 |
| 6 | Waszkiewicz Magdalena | 86 | USKS Ostrołęka/SMS Kraków | 01:16,05 | 636 | 3 |
| 7 | Duljan Katarzyna | 87 | Victoria Racibórz/SMS Racibórz | 01:16,79 | 617 | 2 |
| 8 | Gościński Małgorzata | 85 | Akwawit Leszno | 01:17,55 | 599 | 1 |
| 9 | Burghardt Nina | 86 | WKS Śląsk Wrocław | 01:18,77 | 572 | |
| 10 | Pęczek Sandra | 87 | MKS "Juwenia" Wrocław | 01:20,07 | 545 | |
| 11 | Grunt Agata | 86 | KS Warta/SMS Poznań | 01:20,20 | 542 | |
| 12 | Jędrzycka Katarzyna | 86 | MKS Trójka Łódź | 01:20,76 | 531 | |
| 13 | Stępień Marta | 88 | SKS 137 Delfin Łódź | 01:21,23 | 521 | |
| 14 | Czechowicz Karolina | 84 | MKP "Słowianka" Gorzów | 01:24,29 | 467 | |
| | Witkowska Aleksandra | 88 | MKS Trójka Łódź | dysk. | | |

| 26 100 m stylem klasycznym M | | | | | | |
|------------------------------|-------------------------|----|--------------------------------|----------|-----|---|
| 1 | Krawczyk Marek | 76 | AZS AWF Gdańsk | 01:02,85 | 772 | 9 |
| 2 | Duszyński Tomasz | 76 | UTS "Orlik" Lublin | 01:04,76 | 705 | 7 |
| 3 | Kuczko Sławomir | 85 | Znicz Koszalin/SMS Szczecin | 01:04,93 | 700 | 6 |
| 4 | Paczkowski Damian | 87 | Polonia Warszawa/SMS Warszawa | 01:05,51 | 682 | 5 |
| 5 | Małopolski Marek | 84 | AZS AWF Katowice/SMS Kraków | 01:06,31 | 657 | 4 |
| 6 | Żebiałowicz Rafał | 85 | MKS Trójka Łódź | 01:06,33 | 657 | 3 |
| 7 | Winogradzki Mariusz | 87 | SMS Warszawa | 01:06,73 | 645 | 2 |
| 8 | Stasiaczek Michel | 84 | WKS Śląsk Wrocław | 01:07,57 | 621 | 1 |
| 9 | Ptak Łukasz | 83 | Juwenia Wrocław/SMS Racibórz | 01:08,09 | 607 | |
| 10 | Grygorowicz Jacek | 85 | MKP Szczecin/SMS Szczecin | 01:08,29 | 602 | |
| 11 | Dryło Paweł | 85 | Victoria Racibórz/SMS Racibórz | 01:08,99 | 583 | |
| 12 | Wiesławski Łukasz | 86 | SKS Start Łódź | 01:09,17 | 579 | |
| 13 | Gaszyk Grzegorz | 85 | MTP "Kormoran" Olsztyn | 01:09,42 | 573 | |
| 14 | Jaworowski Marek | 86 | MKS "Juwenia" Wrocław | 01:09,81 | 563 | |
| 15 | Sipa Mateusz | 86 | MKS Jedyńka Łódź | 01:10,23 | 556 | |
| 16 | Roenig Jan | 86 | MKP Szczecin/SMS Szczecin | 01:10,62 | 544 | |
| 17 | Krömer Norbert | 77 | MKP "Słowianka" Gorzów | 01:10,66 | 543 | |
| 18 | Przybysz Łukasz | 87 | MKS Trójka Łódź | 01:10,74 | 541 | |
| 19 | Gajderowicz Rafał | 86 | SKS Start Łódź | 01:11,04 | 534 | |
| 20 | Andrzejewski Michał | 86 | KS Warta/SMS Poznań | 01:11,19 | 531 | |
| 21 | Skorulski Jacek | 83 | AZS AWF Wrocław | 01:12,59 | 501 | |
| 22 | Kucharski Sykstus | 86 | NAWA Skierniewice | 01:12,84 | 496 | |
| 23 | Rynkiewicz Bartosz | 86 | MKP Szczecin/SMS Szczecin | 01:14,29 | 467 | |
| 24 | Poźniak Mikołaj | 87 | MKS "Juwenia" Wrocław | 01:14,39 | 465 | |
| 25 | Goldberg-Knebel Gabriel | 88 | MKS "ROŚ" Pisz | 01:14,60 | 461 | |
| 26 | Fastyn Marcin | 88 | MKS Jedyńka Łódź | 01:15,81 | 440 | |
| 27 | Przydonik Michał | 89 | MKS Trójka Łódź | 01:16,35 | 430 | |
| 28 | Kosmański Łukasz | 82 | AZS AWF Gdańsk | 01:17,21 | 416 | |
| 29 | Matczak Mateusz | 89 | MKS Trójka Łódź | 01:19,66 | 379 | |

| 27 100 m stylem grzbietowym K | | | | | | |
|-------------------------------|------------------------|------|-----------------------------|----------|-----|---|
| 1 | Solan Agnieszka | 86 | KS Wisła - Puławy | 01:04,36 | 762 | 9 |
| 2 | Staszak Katarzyna | 87 | MKS Jordan/SMS Kraków | 01:04,73 | 749 | 7 |
| 3 | Całus Irmína | brak | AZS AWF Wrocław | 01:05,41 | 726 | 6 |
| 4 | Zdunek Aleksandra | 86 | SMS Warszawa | 01:05,79 | 714 | 5 |
| 5 | Stanisławska Agnieszka | 83 | KS "Novita-10" Zielona Góra | 01:06,51 | 691 | 4 |
| 6 | Dąbrowska Elżbieta | 87 | SMS Warszawa | 01:06,54 | 690 | 3 |

| | | | | | | | |
|----|---------------------|------|----------------------------|----------|-----|---|-------|
| 7 | Wiśniewska Emilia | 86 | KS Warta/SMS Poznań | 01:06,91 | 678 | 2 | |
| 8 | Kwiatkowska Agata | 90 | UKP Manta Jelcz Laskowice | 01:07,23 | 671 | 1 | RP-12 |
| 9 | Kryńska Dominka | 88 | SKS 137 Delfin Łódź | 01:07,65 | 656 | | |
| 10 | Nosek Karolina | 85 | Flota Gdynia/SMS Gdańsk | 01:07,78 | 653 | | |
| 11 | Wojciechowska Ewa | 85 | KS Warta/SMS Poznań | 01:07,82 | 651 | | |
| 12 | Kopecka Dorota | 85 | MTP "Kormoran" Olsztyn | 01:11,10 | 565 | | |
| 13 | Charzewska Joanna | 89 | NAWA Skierniewice | 01:11,28 | 561 | | |
| 14 | Kotfica Paulina | 86 | Wodnik Police/SMS Szczecin | 01:11,59 | 554 | | |
| 15 | Imach Izabela | brak | MKS MDK Warszawa | 01:11,66 | 553 | | |
| 16 | Dziedzic Marta | 86 | MKS Jedyńka Łódź | 01:14,38 | 494 | | |
| 17 | Płóćiniak Agnieszka | 86 | KS "Posnania" | 01:15,11 | 479 | | |
| 18 | Rosińska Katarzyna | 89 | MKS Trójka Łódź | 01:19,15 | 410 | | |

28 100 m stylem grzbietowym M

| | | | | | | | |
|----|---------------------|----|--------------------------------|----------|-----|---|--|
| 1 | Siembida Mariusz | 75 | AZS AWF Gdańsk | 00:54,93 | 788 | 9 | |
| 2 | Wilant Przemysław | 77 | MKP "Słowianka" Gorzów | 00:55,30 | 773 | 7 | |
| 3 | Betlej Wojciech | 84 | LKS Delfin Połaniec/SMS Kraków | 00:59,08 | 634 | 6 | |
| 4 | Jaszczyński Rafał | 83 | KS "Novita-10" Zielona Góra | 00:59,46 | 621 | 5 | |
| 5 | Tatarynowicz Piotr | 83 | MKP "Słowianka" Gorzów | 00:59,59 | 617 | 4 | |
| 6 | Owczarek Oskar | 85 | KS Warta/SMS Poznań | 00:59,70 | 614 | 3 | |
| 7 | Głowiak Paweł | 86 | Słowianka Gorzów/SMS Kraków | 00:59,74 | 613 | 2 | |
| 8 | Hundziak Ernest | 85 | WKS Śląsk Wrocław | 00:59,75 | 612 | 1 | |
| 9 | Kubiak Przemysław | 83 | MKS Trójka Łódź | 00:59,86 | 609 | | |
| 10 | Babuchowski Marcin | 84 | MKS Trójka Łódź | 01:00,15 | 600 | | |
| 11 | Pelc Michał | 86 | MKP Szczecin/SMS Szczecin | 01:02,74 | 529 | | |
| 12 | Kowalski Kamil | 86 | MKS Jedyńka Łódź | 01:03,21 | 517 | | |
| 13 | Mężyk Edward | 84 | MKS "Juwenia" Wrocław | 01:03,85 | 502 | | |
| 14 | Galas Michał | 87 | MKS Trójka Łódź | 01:04,06 | 497 | | |
| 15 | Figarski Sebastian | 85 | WKS Śląsk Wrocław | 01:04,42 | 489 | | |
| 16 | Pietrusiński Michał | 86 | UTS "Orlik" Lublin | 01:05,10 | 473 | | |
| 17 | Gonda Rafał | 86 | WKS Śląsk Wrocław | 01:05,35 | 468 | | |
| 18 | Maj Michał | 87 | WKS Śląsk Wrocław | 01:05,61 | 462 | | |
| 19 | Majchrzak Dominik | 87 | MKS Trójka Łódź | 01:06,22 | 450 | | |
| 20 | Osiński Adam | 86 | WKS Śląsk Wrocław | 01:06,31 | 448 | | |
| 21 | Swornowski Jakub | 86 | KS Warta/SMS Poznań | 01:06,73 | 439 | | |
| 22 | Jastrzębski Bartek | 86 | MKS Jedyńka Łódź | 01:07,63 | 422 | | |
| 23 | Rynkiewicz Bartosz | 86 | MKP Szczecin/SMS Szczecin | 01:07,81 | 419 | | |
| 24 | Goszczycki Dawid | 89 | MTP "Kormoran" Olsztyn | 01:09,50 | 389 | | |
| 25 | Bloch Maciej | 88 | SKS 137 Delfin Łódź | 01:09,57 | 388 | | |
| 26 | Żurek Kamil | 86 | MKS Jedyńka Łódź | 01:10,60 | 371 | | |
| 27 | Gaszyk Tomasz | 89 | MTP "Kormoran" Olsztyn | 01:11,60 | 356 | | |
| 28 | Gąsior Łukasz | 86 | SMS Warszawa | 01:15,17 | 307 | | |
| 29 | Goszczycki Michał | 88 | MTP "Kormoran" Olsztyn | 01:15,91 | 298 | | |
| 30 | Kardaś Wojciech | 89 | MTP "Kormoran" Olsztyn | 01:16,04 | 297 | | |

29 100 m stylem motylkowym K

| | | | | | | | |
|----|---------------------|------|---------------------------|----------|-----|---|--|
| 1 | Jędrzejczak Otylia | 83 | AZS-AWF Warszawa | 01:01,35 | 783 | 9 | |
| 2 | Gębicka Magorzata | 85 | Śląsk Wrocław/SMS Kraków | 01:01,84 | 765 | 7 | |
| 3 | Pawlak Patrycja | 85 | WKS Śląsk Wrocław | 01:03,60 | 703 | 6 | |
| 4 | Gołębiowska Joanna | | AZS-AWF Warszawa | 01:04,66 | 669 | 5 | |
| 5 | Ślósarek Alicja | brak | KS Posnania | 01:05,82 | 634 | 4 | |
| 6 | Kucharska Karolina | 88 | SKS Start Łódź | 01:06,77 | 607 | 3 | |
| 7 | Oliwa Zuzanna | 81 | AZS-AWF Warszawa | 01:07,13 | 598 | 2 | |
| 8 | Lewandowska Żaklina | 86 | MKS Trójka Łódź | 01:08,64 | 559 | 1 | |
| 9 | Jakubiuk Katarzyna | 84 | MKP Szczecin/SMS Szczecin | 01:10,76 | 510 | | |
| 10 | Piekut Anna | 88 | MTP "Kormoran" Olsztyn | 01:11,98 | 485 | | |

| 30 100 m stylem motylkowym M | | | | | | |
|------------------------------|----------------------|------|------------------------------|----------|-----|---|
| 1 | Drzewiński Łukasz | brak | Słowianka Gorzów/SMS Kraków | 00:54,61 | 788 | 9 |
| 2 | Grzelak Piotr | 79 | AZS-AWF Warszawa | 00:55,33 | 757 | 7 |
| 3 | Borucki Robert | 77 | AZS-AWF Warszawa | 00:55,68 | 743 | 6 |
| 4 | Miziak Bartłomiej | 85 | SMS Warszawa | 00:55,91 | 734 | 5 |
| 5 | Stopiński Józef | 81 | AZS AWF Gdańsk | 00:57,41 | 678 | 4 |
| 6 | Olejarczk Bartosz | brak | MKS Trójka Łódź | 00:57,64 | 670 | 3 |
| 7 | Wielgosz Piotr | 85 | MKP Szczecin/SMS Szczecin | 00:58,11 | 654 | 2 |
| 8 | Muras Mariusz | 83 | SKS Start Łódź | 00:58,33 | 646 | 1 |
| 9 | Piotrowicz Krzysztof | 82 | AZS-AWF Warszawa | 00:58,65 | 636 | |
| 10 | Stankowski Tomasz | 84 | KS Warta/SMS Poznań | 00:58,81 | 631 | |
| 11 | Lewandowski Maciej | 86 | UŚKS Ostrołęka/SMS Kraków | 00:59,15 | 620 | |
| 12 | Żemło Marek | 85 | Górnik Radlin/SMS Kraków | 00:59,33 | 614 | |
| 13 | Maraszek Krystian | 85 | SKS Start Łódź | 00:59,92 | 596 | |
| 14 | Styrzyński Adrian | 87 | MKS Jedyńka Łódź | 01:00,21 | 588 | |
| 15 | Hamisz Piotr | 85 | WKS Śląsk Wrocław | 01:00,33 | 584 | |
| 16 | Dunajewski Wojciech | 86 | KS "Novita-10" Zielona Góra | 01:00,94 | 567 | |
| 17 | Hermanowicz Rafał | 86 | MKS Delfin Toruń/SMS Kraków | 01:00,97 | 566 | |
| 18 | Brzóška Adrian | 83 | AZS AWF Gdańsk | 01:01,34 | 556 | |
| 19 | Dziubiński Adam | 83 | MKS Trójka Łódź | 01:01,58 | 549 | |
| 20 | Rakowski Bartosz | 86 | KS Warta/SMS Poznań | 01:01,91 | 540 | |
| 21 | Jerzewski Mieszko | 86 | KS Warta/SMS Poznań | 01:02,07 | 536 | |
| 22 | Pławski Łukasz | 87 | Neptun Stargard/SMS Szczecin | 01:02,08 | 536 | |
| 23 | Żarczyński Michał | 87 | MTP "Kormoran" Olsztyn | 01:02,18 | 533 | |
| 24 | Starzyński Jakub | 88 | MTP "Kormoran" Olsztyn | 01:02,41 | 528 | |
| 25 | Pietrzak Artur | 88 | Akwawit Leszno | 01:04,18 | 485 | |
| 26 | Kasza Sebastian | 89 | MKS Jedyńka Łódź | 01:04,31 | 482 | |
| 27 | Nowakowski Marcin | 86 | WKS Śląsk Wrocław | 01:04,54 | 477 | |
| 28 | Jaszczyński Rafał | 83 | KS "Novita-10" Zielona Góra | 01:05,56 | 455 | |
| 29 | Krawczyk Alan | 86 | KS Warta/SMS Poznań | 01:05,89 | 448 | |
| 30 | Pawlak Radosław | 89 | SKS Start Łódź | 01:07,23 | 422 | |
| 31 | Garyńczyk Paweł | 88 | Śląska Wrocław | 01:07,99 | 408 | |
| 32 | Królikowski Jakub | 86 | Warta Poznań | 01:09,06 | 389 | |
| 33 | Rdzeń Rafał | 89 | SKS Start Łódź | 01:09,07 | 389 | |
| 34 | Suski Tomasz | 89 | MTP "Kormoran" Olsztyn | 01:12,56 | 335 | |
| | Ostrowski Sebastian | 89 | Śląska Wrocław | dysk. | | |

| 31 100 m stylem zmiennym K | | | | | | |
|----------------------------|------------------------|------|--------------------------------|----------|-----|---|
| 1 | Urbańczyk Aleksandra | 87 | MKS Trójka Łódź | 01:03,86 | 800 | 9 |
| 2 | Braszkiewicz Agnieszka | 81 | AZS-AWF Warszawa | 01:07,27 | 685 | 7 |
| 3 | Baranowska Katarzyna | 87 | MKP Szczecin/SMS Szczecin | 01:07,52 | 677 | 6 |
| 4 | Kucharska Karolina | 88 | SKS Start Łódź | 01:08,67 | 644 | 5 |
| 5 | Kowalczyk Natalia | 84 | Victoria Racibórz/SMS Racibórz | 01:08,96 | 636 | 4 |
| 6 | Stanisławska Agnieszka | 83 | KS "Novita-10" Zielona Góra | 01:09,01 | 634 | 3 |
| 7 | Szewczuk Agata | 86 | Victoria Racibórz/SMS Racibórz | 01:09,72 | 615 | 2 |
| 8 | Gołębiowska Joanna | | AZS-AWF Warszawa | 01:10,20 | 602 | 1 |
| 9 | Trempska Agata | 87 | MKS Jedyńka Łódź | 01:11,60 | 568 | |
| 10 | Suchorska Beata | 88 | TS "Olimpia" Poznań | 01:11,69 | 566 | |
| 11 | Średnicka Michalina | 84 | MKP Szczecin/SMS Szczecin | 01:12,71 | 542 | |
| 12 | Pęczek Sandra | 87 | MKS "Juwenia" Wrocław | 01:13,27 | 530 | |
| 13 | Charzewska Joanna | 89 | NAWA Skierniewice | 01:14,45 | 505 | |
| 14 | Kwiatkowska Agata | 90 | UKP Manta Jelcz Laskowice | 01:14,79 | 498 | |
| 15 | Oleszczyk Małgorzata | 87 | MKS Trójka Łódź | 01:15,04 | 493 | |
| 16 | Imach Izabela | brak | MKS MDK Warszawa | 01:15,73 | 480 | |

PK

32 100 m stylem zmiennym M

| | | | | | | |
|----|-------------------------|----|-----------------------------|----------|-----|---|
| 1 | Grzelak Piotr | 79 | AZS-AWF Warszawa | 00:58,90 | 720 | 9 |
| 2 | Gawłowicz Krzysztof | 87 | KS "Novita-10" Zielona Góra | 00:59,72 | 690 | 7 |
| 3 | Babuchowski Marcin | 84 | MKS Trójka Łódź | 01:00,44 | 666 | 6 |
| 4 | Zaluski Kajetan | 87 | Kusy Chorzów | 01:00,55 | 662 | 5 |
| 5 | Muras Mariusz | 83 | SKS Start Łódź | 01:00,96 | 649 | 4 |
| 6 | Paczkowski Damian | 87 | SMS Warszawa | 01:01,28 | 639 | 3 |
| 7 | Żemio Marek | 85 | Górnik Radlin/SMS Kraków | 01:01,57 | 630 | 2 |
| 8 | Krömer Norbert | 77 | MKP "Słowianka" Gorzów | 01:01,68 | 627 | 1 |
| 9 | Hasik Konrad | 83 | AZS AWF Gdańsk | 01:01,74 | 625 | |
| 10 | Kuczko Sławomir | 85 | Znicz Koszalin/SMS Szczecin | 01:02,04 | 616 | |
| 11 | Witkowski Michał | 84 | MKS Trójka Łódź | 01:02,12 | 613 | |
| 12 | Żebiałowicz Rafał | 85 | MKS Trójka Łódź | 01:02,31 | 608 | |
| 13 | Hamisz Piotr | 85 | WKS Śląsk Wrocław | 01:02,67 | 597 | |
| 14 | Winogradzki Mariusz | 87 | SMS Warszawa | 01:03,39 | 577 | |
| 15 | Stasiaczek Michel | 84 | WKS Śląsk Wrocław | 01:04,05 | 560 | |
| 16 | Gaszyk Grzegorz | 85 | MTP "Kormoran" Olsztyn | 01:04,20 | 556 | |
| 17 | Stawiany Mateusz | 86 | WKS Śląsk Wrocław | 01:04,28 | 554 | |
| 18 | Wiesławski Łukasz | 86 | SKS Start Łódź | 01:04,53 | 547 | |
| 19 | Roenig Jan | 86 | MKP Szczecin/SMS Szczecin | 01:04,63 | 545 | |
| 20 | Radomski Tomek | 86 | SKS Start Łódź | 01:04,87 | 539 | |
| 21 | Chojecki Michał | 87 | MKS Trójka Łódź | 01:06,12 | 509 | |
| 22 | Łuczak Kamil | 86 | SKS Start Łódź | 01:06,66 | 496 | |
| 23 | Welfel Witold | 89 | SKS Start Łódź | 01:07,17 | 485 | |
| 24 | Jerzewski Mieszko | 86 | KS Warta/SMS Poznań | 01:07,41 | 480 | |
| 25 | Poźniak Mikołaj | 87 | MKS "Juwenia" Wrocław | 01:07,88 | 470 | |
| 26 | Maksymiuk Łukasz | 86 | SKS Start Łódź | 01:08,65 | 454 | |
| 27 | Krawczyk Alan | 86 | KS Warta/SMS Poznań | 01:10,54 | 419 | |
| 28 | Goldberg-Knebel Gabriel | 88 | MKS "ROŚ" Pisz | 01:11,37 | 404 | |
| 29 | Wąsowski-Goldberg Piotr | 86 | MKS "ROŚ" Pisz | 01:13,97 | 363 | |

33 400 m stylem dowolnym K

| | | | | | | |
|----|------------------------|----|-------------------------------|----------|-----|---|
| 1 | Stepańczuk Marta | 81 | AZS-AWF Warszawa | 04:23,85 | 752 | 9 |
| 2 | Palak Klaudia | 85 | MKS Jordan/SMS Kraków | 04:24,26 | 749 | 7 |
| 3 | Smykowska Katarzyna | 83 | KS "Novita-10" Zielona Góra | 04:26,40 | 731 | 6 |
| 4 | Gębicka Magorzata | 85 | Śląsk Wrocław/SMS Kraków | 04:30,06 | 702 | 5 |
| 5 | Kalska Agnieszka | 87 | MKP Szczecin/SMS Kraków | 04:30,94 | 695 | 4 |
| 6 | Wieczerzak Krystyna | 87 | MKS Trójka Łódź | 04:32,55 | 683 | 3 |
| 7 | Staszak Katarzyna | 87 | MKS Jordan/SMS Kraków | 04:35,24 | 663 | 2 |
| 8 | Średnicka Michalina | 84 | MKP Szczecin/SMS Szczecin | 04:36,77 | 652 | 1 |
| 9 | Zielińska Agnieszka | 86 | AZS-AWF Katowice/SMS Szczecin | 04:39,32 | 634 | |
| 10 | Nowakowska Anna | 86 | MKS Trójka Łódź | 04:39,37 | 634 | |
| 11 | Rzeczowska Anna | 88 | SP "GIGANT-113" | 04:40,65 | 625 | |
| 12 | Murek Agnieszka | 85 | Akwawit Leszno | 04:41,44 | 620 | |
| 13 | Tomaszewska Aleksandra | 85 | MTP "Kormoran" Olsztyn | 04:43,50 | 606 | |
| 14 | Wierzyk Anna | 88 | WKS Śląsk Wrocław | 04:44,56 | 600 | |
| 15 | Gernand Anna | 86 | MKS Trójka Łódź | 04:45,48 | 594 | |
| 16 | Kosowicz Marta | 87 | KS "Novita-10" Zielona Góra | 04:50,30 | 565 | |
| 17 | Chwałek Natalia | 86 | MKP "Słowianka" Gorzów | 04:53,45 | 547 | |
| 18 | Kopecka Dorota | 85 | MTP "Kormoran" Olsztyn | 04:56,00 | 533 | |

34 400 m stylem dowolnym M

| | | | | | | |
|---|-------------------|------|-----------------------------|----------|-----|---|
| 1 | Drzewiński Łukasz | brak | Słowianka Gorzów/SMS Kraków | 03:58,20 | 735 | 9 |
| 2 | Gimiński Łukasz | 86 | MKS Jordan/SMS Kraków | 04:03,39 | 689 | 7 |
| 3 | Nowak Przemysław | 85 | KS Warta/SMS Poznań | 04:03,83 | 685 | 6 |
| 4 | Budny Michał | 84 | Kormoran Olsztyn/SMS Kraków | 04:04,15 | 683 | 5 |

| | | | | | | |
|----|---------------------|------|-----------------------------|----------|-----|---|
| 5 | Stankowski Tomasz | 85 | MKS Trójka Łódź | 04:07,62 | 654 | 4 |
| 6 | Ruta Kamil | 86 | WKS Śląsk Wrocław | 04:08,70 | 646 | 3 |
| 7 | Nawrocki Adrian | 85 | Flota Gdynia/SMS Szczecin | 04:09,42 | 640 | 2 |
| 8 | Dziechciewicz Paweł | 84 | MTP "Lubilianka" | 04:11,64 | 623 | 1 |
| 9 | Sławiński Mateusz | 86 | WKS Śląsk Wrocław | 04:11,85 | 622 | |
| 10 | Wielgosz Piotr | 85 | MKP Szczecin/SMS Szczecin | 04:12,32 | 618 | |
| 11 | Garbał Mateusz | 83 | AZS-AWF Warszawa | 04:14,38 | 603 | |
| 12 | Marecik Andrzej | 84 | MKP Szczecin/SMS Szczecin | 04:15,31 | 597 | |
| 13 | Starzyński Jakub | 88 | MTP "Kormoran" Olsztyn | 04:16,36 | 589 | |
| 14 | Kowalski Kamil | 86 | MKS Jedynka Łódź | 04:16,97 | 585 | |
| 15 | Ochmiński Łukasz | 87 | MKS Trójka Łódź | 04:17,11 | 584 | |
| 16 | Wodzicki Mateusz | 86 | MKP Szczecin/SMS Szczecin | 04:17,93 | 579 | |
| 17 | Jaworowski Marek | 86 | MKS "Juwenia" Wrocław | 04:19,68 | 567 | |
| 18 | Wachowiak Tomasz | 86 | KS Warta/SMS Poznań | 04:19,90 | 566 | |
| 19 | Zgórecki Grzegorz | 84 | Olimpia Poznań | 04:20,55 | 561 | |
| 20 | Owczarek Oskar | 85 | KS Warta/SMS Poznań | 04:21,03 | 558 | |
| 21 | Pelc Michał | 86 | MKP Szczecin/SMS Szczecin | 04:21,64 | 554 | |
| 22 | Zielonka Rafał | 86 | UTS "Orlik" Lublin | 04:22,35 | 550 | |
| 23 | Handke Paweł | 87 | WKS Śląsk Wrocław | 04:22,94 | 546 | |
| 24 | Sławiany Mateusz | 86 | WKS Śląsk Wrocław | 04:23,33 | 544 | |
| 25 | Dunajewski Wojciech | 86 | KS "Novita-10" Zielona Góra | 04:24,89 | 534 | |
| 26 | Żarczyński Michał | brak | MTP "Kormoran" Olsztyn | 04:26,33 | 526 | |
| 27 | Romel Jakub | 86 | KS Warta/SMS Poznań | 04:26,54 | 524 | |
| 28 | Hermanowicz Rafał | 86 | MKS Delfin Toruń/SMS Kraków | 04:26,90 | 522 | |
| 29 | Ziernik Sebastian | 86 | MKS Trójka Łódź | 04:31,95 | 494 | |
| 30 | Kluczyk Szymon | 87 | MKP Szczecin | 04:33,14 | 487 | |
| 31 | Woziwoda Tomasz | 89 | MKS Trójka Łódź | 04:33,19 | 487 | |
| 32 | Nowakowski Marcin | 86 | WKS Śląsk Wrocław | 04:33,31 | 486 | |
| 33 | Leonowicz Dariusz | 89 | MTP "Kormoran" Olsztyn | 04:34,21 | 482 | |
| 34 | Winiewicz Michał | 88 | WKS Śląsk Wrocław | 04:35,79 | 473 | |
| 35 | Mackiewicz Mieszko | 89 | NAWA Skierniewice | 04:36,12 | 472 | |
| 36 | Gaszyk Tomasz | 89 | MTP "Kormoran" Olsztyn | 04:36,99 | 467 | |
| 37 | Młyński Krystian | 86 | WKS Śląsk Wrocław | 04:45,53 | 427 | |
| 38 | Goszczycki Dawid | 89 | MTP "Kormoran" Olsztyn | 04:46,87 | 421 | |
| 39 | Chmura Maciej | 86 | WKS Śląsk Wrocław | 04:47,39 | 418 | |
| 40 | Kardaś Wojciech | 89 | MTP "Kormoran" Olsztyn | 04:55,02 | 387 | |
| 41 | Czerski Jacek | 89 | WKS Śląsk Wrocław | 05:01,30 | 363 | |
| | Sawrymowicz Mateusz | 87 | MKP Szczecin/SMS Szczecin | dyskw | | |