

IV MI DZYNARODOWE GRAND PRIX WARMII I MAZUR W PŁYWANIU 14-15.12.2019 r.
OLSZTYN, 14 - 15-12-2019

Konkurencja 34 M czyzn, 400m dowolny 12 lat i starsi
2019-12-15 - 15:32 Wyniki

| | | | | | |
|----------------|---------|-----------------------|-------|---------------|------------|
| Rekord PL Open | 3:37.57 | WOJDAK Wojciech | 01006 | Netanya (ISR) | 2015-12-02 |
| Rekord PL 19 + | 3:37.57 | WOJDAK Wojciech | 01006 | Netanya (ISR) | 2015-12-02 |
| Rekord PL 18 | 3:41.69 | WOJDAK Wojciech | 01006 | Ostrowiec Sw | 2014-12-18 |
| Rekord PL 17 | 3:45.26 | WOJDAK Wojciech | 01006 | Ostrowiec Sw | 2013-12-19 |
| Rekord PL 16 | 3:47.70 | WOJDAK Wojciech | 03106 | Ostrowiec Sw. | 2012-12-19 |
| Rekord PL 15 | 3:50.76 | MŁYNARCZYK Karol | 05114 | Lublin | 2015-12-17 |
| Rekord PL 14 | 3:57.40 | DASZKIEWICZ Michał | 01006 | Oswiecim | 2017-12-23 |
| Rekord PL 13 | 4:07.29 | CHMIELEWSKI Krzysztof | 05614 | Lublin | 2017-12-09 |
| Rekord PL 12 | 4:24.82 | MIENICKI Rafał | 04114 | Olsztyn | 2018-11-24 |

Punkty: FINA 2019

| Pozycja | Rok ur. | Czas | Pkt. |
|---------------------------|---------------------|--------------------------------|---------------------|
| 12 lat | | | |
| 1. KRY Radosław | 07 | UKS Tri-Team Rumia | 4:34.58 461 |
| 50m: 30.59 30.59 | 150m: 1:39.08 34.83 | 250m: 2:49.52 35.09 | 350m: 4:00.06 35.54 |
| 100m: 1:04.25 33.66 | 200m: 2:14.43 35.35 | 300m: 3:24.52 35.00 | 400m: 4:34.58 34.52 |
| 2. CIECHANOWSKI Stanisław | 07 | UKS 307 Warszawa | 4:38.82 441 |
| 50m: 30.54 30.54 | 150m: 1:40.24 34.96 | 250m: 2:51.54 36.05 | 350m: 4:03.86 35.81 |
| 100m: 1:05.28 34.74 | 200m: 2:15.49 35.25 | 300m: 3:28.05 36.51 | 400m: 4:38.82 34.96 |
| 3. KOZŁOWSKI Iwo | 07 | UKP „Polonia Warszawa” | 4:45.00 413 |
| 50m: 33.13 33.13 | 150m: 1:45.01 36.27 | 250m: 2:57.60 36.17 | 350m: 4:10.51 36.17 |
| 100m: 1:08.74 35.61 | 200m: 2:21.43 36.42 | 300m: 3:34.34 36.74 | 400m: 4:45.00 34.49 |
| 4. MAZUR Adam | 07 | Dwójka Morena Gda sk | 4:50.65 389 |
| 50m: 32.60 32.60 | 150m: 1:45.45 36.75 | 250m: 2:59.83 37.44 | 350m: 4:15.32 37.66 |
| 100m: 1:08.70 36.10 | 200m: 2:22.39 36.94 | 300m: 3:37.66 37.83 | 400m: 4:50.65 35.33 |
| 5. ANTOSIK Kacper | 07 | UKS G-8 Bielany Warszawa | 4:50.97 388 |
| 50m: 32.51 32.51 | 150m: 1:46.97 37.57 | 250m: 3:02.26 37.45 | 350m: 4:16.09 37.09 |
| 100m: 1:09.40 36.89 | 200m: 2:24.81 37.84 | 300m: 3:39.00 36.74 | 400m: 4:50.97 34.88 |
| 6. FIGIEL Filip | 07 | UKS Pi tka Konstantynów Łódzki | 4:53.54 378 |
| 50m: 32.85 32.85 | 150m: 1:47.57 38.02 | 250m: 3:03.13 37.90 | 350m: 4:18.86 37.95 |
| 100m: 1:09.55 36.70 | 200m: 2:25.23 37.66 | 300m: 3:40.91 37.78 | 400m: 4:53.54 34.68 |
| 7. GAJEWSKI Jan | 07 | MKS Ochota Warszawa | 4:54.07 376 |
| 50m: 33.24 33.24 | 150m: 1:48.01 37.85 | 250m: 3:04.69 38.41 | 350m: 4:19.17 36.46 |
| 100m: 1:10.16 36.92 | 200m: 2:26.28 38.27 | 300m: 3:42.71 38.02 | 400m: 4:54.07 34.90 |
| 8. KUSEK Mateusz | 07 | MUKS Olimpijcyk Suwałki | 4:55.66 369 |
| 50m: 31.88 31.88 | 150m: 1:46.36 37.65 | 250m: 3:03.30 39.04 | 350m: 4:20.63 38.04 |
| 100m: 1:08.71 36.83 | 200m: 2:24.26 37.90 | 300m: 3:42.59 39.29 | 400m: 4:55.66 35.03 |
| 9. OŁOWNIA Ignacy | 07 | UKS Siódemka Gdynia | 4:56.87 365 |
| 50m: 33.92 33.92 | 150m: 1:46.28 36.33 | 250m: 3:01.54 38.10 | 350m: 4:19.65 39.05 |
| 100m: 1:09.95 36.03 | 200m: 2:23.44 37.16 | 300m: 3:40.60 39.06 | 400m: 4:56.87 37.22 |
| 10. KOZACZEK Robert | 07 | Dwójka Morena Gda sk | 5:00.48 352 |
| 50m: 33.53 33.53 | 150m: 1:49.37 38.77 | 250m: 3:06.70 38.67 | 350m: 4:23.12 38.20 |
| 100m: 1:10.60 37.07 | 200m: 2:28.03 38.66 | 300m: 3:44.92 38.22 | 400m: 5:00.48 37.36 |
| 11. ROMER Stanisław | 07 | MKP Warszawianka | 5:02.55 345 |
| 50m: 33.87 33.87 | 150m: 1:52.71 40.21 | 250m: 3:10.12 38.12 | 350m: 4:27.43 38.19 |
| 100m: 1:12.50 38.63 | 200m: 2:32.00 39.29 | 300m: 3:49.24 39.12 | 400m: 5:02.55 35.12 |
| 12. FR CZYK Jakub | 07 | UKS Siódemka Gdynia | 5:06.15 333 |
| 50m: 33.10 33.10 | 150m: 1:49.80 39.20 | 250m: 3:08.75 39.52 | 350m: 4:28.08 39.31 |
| 100m: 1:10.60 37.50 | 200m: 2:29.23 39.43 | 300m: 3:48.77 40.02 | 400m: 5:06.15 38.07 |

IV MI DZYNARODOWE GRAND PRIX WARMII I MAZUR W PŁYWANIU 14-15.12.2019 r.
OLSZTYN, 14 - 15-12-2019

Konkurencja 34, Chłopców, 400m dowolny, 12 lat

| Pozycja | Rok ur. | Czas | Pkt. |
|------------------------------|-------------------------------|---------------------|---------------------|
| 13. KANCZKOWSKI Szymon | 07 UKS Tri-Team Rumia | 5:09.14 | 323 |
| 50m: 35.86 35.86 | 150m: 1:55.57 40.22 | 250m: 3:15.16 40.22 | 350m: 4:32.57 38.45 |
| 100m: 1:15.35 39.49 | 200m: 2:34.94 39.37 | 300m: 3:54.12 38.96 | 400m: 5:09.14 36.57 |
| 14. RESZKA Jakub | 07 UKS G-8 Bielany Warszawa | 5:09.94 | 321 |
| 50m: 34.45 34.45 | 150m: 1:52.34 39.53 | 250m: 3:11.50 39.91 | 350m: 4:32.53 40.89 |
| 100m: 1:12.81 38.36 | 200m: 2:31.59 39.25 | 300m: 3:51.64 40.14 | 400m: 5:09.94 37.41 |
| 15. OLSZY SKI-SEKLECKI Jakub | 07 ABIANKA Gda sk | 5:12.05 | 314 |
| 50m: 34.24 34.24 | 150m: 1:53.76 39.68 | 250m: 3:14.33 40.14 | 350m: 4:34.18 39.63 |
| 100m: 1:14.08 39.84 | 200m: 2:34.19 40.43 | 300m: 3:54.55 40.22 | 400m: 5:12.05 37.87 |
| 16. TOKAREWICZ Igor | 07 UKS „Ósemka” Starogard Gda | 5:17.92 | 297 |
| 50m: 36.56 36.56 | 150m: 1:56.85 40.56 | 250m: 3:19.18 41.44 | 350m: 4:40.76 40.56 |
| 100m: 1:16.29 39.73 | 200m: 2:37.74 40.89 | 300m: 4:00.20 41.02 | 400m: 5:17.92 37.16 |
| 17. TIMOSHIN Mikhail | 07 SHOR 14 Kaliningrad | 5:20.13 | 291 |
| 50m: 35.24 35.24 | 150m: 1:55.88 40.99 | 250m: 3:18.99 41.81 | 350m: 4:41.21 40.64 |
| 100m: 1:14.89 39.65 | 200m: 2:37.18 41.30 | 300m: 4:00.57 41.58 | 400m: 5:20.13 38.92 |
| 18. CHMIELEWSKI Jan | 07 UKS G-8 Bielany Warszawa | 5:21.15 | 288 |
| 50m: 35.35 35.35 | 150m: 1:56.33 41.00 | 250m: 3:18.53 41.18 | 350m: 4:41.19 41.67 |
| 100m: 1:15.33 39.98 | 200m: 2:37.35 41.02 | 300m: 3:59.52 40.99 | 400m: 5:21.15 39.96 |
| 19. GUSTAITIS Karolis | 07 Kauno PM | 5:38.74 | 246 |
| 50m: 35.76 35.76 | 150m: 2:03.19 43.75 | 250m: 3:30.93 43.30 | 350m: 4:57.25 41.98 |
| 100m: 1:19.44 43.68 | 200m: 2:47.63 44.44 | 300m: 4:15.27 44.34 | 400m: 5:38.74 41.49 |

13 lat

| | | | |
|---------------------------------------|-----------------------------------|---------------------|---------------------|
| 1. FILIPIAK Mikołaj | 06 Siódemka Sopot | 4:05.92 | 642 |
| <i>Wynik lepszy od rekordu Polski</i> | | | |
| 50m: 28.24 28.24 | 150m: 1:29.78 31.25 | 250m: 2:33.20 31.69 | 350m: 3:35.58 30.49 |
| 100m: 58.53 30.29 | 200m: 2:01.51 31.73 | 300m: 3:05.09 31.89 | 400m: 4:05.92 30.34 |
| 2. POPIEL Mikołaj | 06 Sekcja Pływacka Meduza Paj | 4:07.94 | 627 |
| 50m: 28.27 28.27 | 150m: 1:30.01 31.34 | 250m: 2:33.73 31.42 | 350m: 3:36.95 31.36 |
| 100m: 58.67 30.40 | 200m: 2:02.31 32.30 | 300m: 3:05.59 31.86 | 400m: 4:07.94 30.99 |
| 3. LARY Jerzy | 06 Iuks Muszelka Warszawa | 4:17.78 | 558 |
| 50m: 29.71 29.71 | 150m: 1:33.88 32.27 | 250m: 2:39.37 32.58 | 350m: 3:45.62 32.98 |
| 100m: 1:01.61 31.90 | 200m: 2:06.79 32.91 | 300m: 3:12.64 33.27 | 400m: 4:17.78 32.16 |
| 4. KUREK Bartosz | 06 TP Olimpijczyk Aleksandrów Łód | 4:25.42 | 511 |
| 50m: 29.57 29.57 | 150m: 1:35.42 33.45 | 250m: 2:43.18 33.95 | 350m: 3:52.43 34.51 |
| 100m: 1:01.97 32.40 | 200m: 2:09.23 33.81 | 300m: 3:17.92 34.74 | 400m: 4:25.42 32.99 |
| 5. KAPAŁA Bartosz | 06 MTP Kormoran Olsztyn | 4:28.12 | 496 |
| 50m: 31.59 31.59 | 150m: 1:39.96 34.31 | 250m: 2:48.17 34.11 | 350m: 3:55.76 33.53 |
| 100m: 1:05.65 34.06 | 200m: 2:14.06 34.10 | 300m: 3:22.23 34.06 | 400m: 4:28.12 32.36 |
| 6. FRONCZAK Antoni | 06 UKP „Polonia Warszawa” | 4:28.94 | 491 |
| 50m: 29.82 29.82 | 150m: 1:36.44 33.49 | 250m: 2:45.38 34.49 | 350m: 3:54.35 34.41 |
| 100m: 1:02.95 33.13 | 200m: 2:10.89 34.45 | 300m: 3:19.94 34.56 | 400m: 4:28.94 34.59 |
| 7. FILIPIAK Maciej | 06 Siódemka Sopot | 4:29.90 | 486 |
| 50m: 30.02 30.02 | 150m: 1:37.40 34.03 | 250m: 2:46.74 34.88 | 350m: 3:56.39 34.72 |
| 100m: 1:03.37 33.35 | 200m: 2:11.86 34.46 | 300m: 3:21.67 34.93 | 400m: 4:29.90 33.51 |

IV MI DZYNARODOWE GRAND PRIX WARMII I MAZUR W PŁYWANIU 14-15.12.2019 r.
OLSZTYN, 14 - 15-12-2019

Konkurencja 34, Chłopców, 400m dowolny, 13 lat

| Pozycja | Rok ur. | | | | Czas | | | | Pkt. |
|---------------------------|---------------------|---------------------------------|---------------------|--|------|--|--|--|------|
| 8. LE NIEWSKI Wiktor | 06 | MKS „Jagiellonka” Warszawa | 4:35.32 | | 458 | | | | |
| 50m: 31.38 31.38 | 150m: 1:41.86 35.60 | 250m: 2:52.98 35.38 | 350m: 4:03.30 34.81 | | | | | | |
| 100m: 1:06.26 34.88 | 200m: 2:17.60 35.74 | 300m: 3:28.49 35.51 | 400m: 4:35.32 32.02 | | | | | | |
| 9. BORSKI Mikołaj | 06 | UKS Tri-Team Rumia | 4:42.66 | | 423 | | | | |
| 50m: 32.22 32.22 | 150m: 1:43.33 35.72 | 250m: 2:55.56 36.12 | 350m: 4:07.62 36.21 | | | | | | |
| 100m: 1:07.61 35.39 | 200m: 2:19.44 36.11 | 300m: 3:31.41 35.85 | 400m: 4:42.66 35.04 | | | | | | |
| 10. GAWLIK Kacper | 06 | MKS „Jagiellonka” Warszawa | 4:45.02 | | 412 | | | | |
| 50m: 31.31 31.31 | 150m: 1:42.68 36.50 | 250m: 2:55.77 37.05 | 350m: 4:09.59 36.43 | | | | | | |
| 100m: 1:06.18 34.87 | 200m: 2:18.72 36.04 | 300m: 3:33.16 37.39 | 400m: 4:45.02 35.43 | | | | | | |
| 11. WIDERSKI Julian | 06 | MKS Trójka Łódź | 4:46.44 | | 406 | | | | |
| 50m: 31.76 31.76 | 150m: 1:47.74 38.53 | 250m: 3:03.26 37.81 | 350m: 4:16.50 36.09 | | | | | | |
| 100m: 1:09.21 37.45 | 200m: 2:25.45 37.71 | 300m: 3:40.41 37.15 | 400m: 4:46.44 29.94 | | | | | | |
| 12. BZYMEK Igor | 06 | Nowodworski OSiR | 4:47.66 | | 401 | | | | |
| 50m: 32.39 32.39 | 150m: | 250m: 4:15.08 | 350m: | | | | | | |
| 100m: | 200m: | 300m: | 400m: 4:47.66 | | | | | | |
| 13. NETTER Maciej | 06 | UKS Tri-Team Rumia | 4:49.88 | | 392 | | | | |
| 50m: 33.14 33.14 | 150m: 1:45.37 36.55 | 250m: 2:59.71 37.35 | 350m: 4:14.99 38.03 | | | | | | |
| 100m: 1:08.82 35.68 | 200m: 2:22.36 36.99 | 300m: 3:36.96 37.25 | 400m: 4:49.88 34.89 | | | | | | |
| 14. SZYMANEK Jakub | 06 | UKS G-8 Bielany Warszawa | 4:50.23 | | 391 | | | | |
| 50m: 31.82 31.82 | 150m: 1:46.43 37.63 | 250m: 3:00.80 37.06 | 350m: 4:15.12 37.07 | | | | | | |
| 100m: 1:08.80 36.98 | 200m: 2:23.74 37.31 | 300m: 3:38.05 37.25 | 400m: 4:50.23 35.11 | | | | | | |
| 15. DUBIEL Wiktor | 06 | ABIANKA Gdańsk | 4:51.40 | | 386 | | | | |
| 50m: 31.74 31.74 | 150m: 1:46.32 37.41 | 250m: 3:00.56 35.75 | 350m: 4:15.82 37.15 | | | | | | |
| 100m: 1:08.91 37.17 | 200m: 2:24.81 38.49 | 300m: 3:38.67 38.11 | 400m: 4:51.40 35.58 | | | | | | |
| 16. SZMAJDA Nikodem | 06 | MUKS Olimpijczyk Suwałki | 4:52.90 | | 380 | | | | |
| 50m: 32.98 32.98 | 150m: 1:47.28 37.33 | 250m: 3:02.89 37.82 | 350m: 4:18.10 37.48 | | | | | | |
| 100m: 1:09.95 36.97 | 200m: 2:25.07 37.79 | 300m: 3:40.62 37.73 | 400m: 4:52.90 34.80 | | | | | | |
| 17. DZI GIELEWSKI Jacek | 06 | KS Delfin Gdynia | 4:59.38 | | 356 | | | | |
| 50m: 33.63 33.63 | 150m: 1:49.95 38.06 | 250m: 3:05.59 37.67 | 350m: 4:20.03 36.77 | | | | | | |
| 100m: 1:11.89 38.26 | 200m: 2:27.92 37.97 | 300m: 3:43.26 37.67 | 400m: 4:59.38 39.35 | | | | | | |
| 18. RADOMSKI Filip | 06 | UKS G-8 Bielany Warszawa | 5:02.42 | | 345 | | | | |
| 50m: 32.87 32.87 | 150m: 1:48.00 37.79 | 250m: 3:07.83 40.10 | 350m: 4:24.73 38.22 | | | | | | |
| 100m: 1:10.21 37.34 | 200m: 2:27.73 39.73 | 300m: 3:46.51 38.68 | 400m: 5:02.42 37.69 | | | | | | |
| 19. KUBIAK Olivier | 06 | UKS G-8 Bielany Warszawa | 5:03.16 | | 343 | | | | |
| 50m: 33.26 33.26 | 150m: 1:49.82 38.30 | 250m: 3:07.93 39.52 | 350m: 4:26.55 38.63 | | | | | | |
| 100m: 1:11.52 38.26 | 200m: 2:28.41 38.59 | 300m: 3:47.92 39.99 | 400m: 5:03.16 36.61 | | | | | | |
| 20. SOBCZAK Stanisław | 06 | TP Olimpijczyk Aleksandrów Łódź | 5:07.03 | | 330 | | | | |
| 50m: 35.43 35.43 | 150m: 1:54.86 40.33 | 250m: 3:12.40 38.85 | 350m: 4:30.70 38.49 | | | | | | |
| 100m: 1:14.53 39.10 | 200m: 2:33.55 38.69 | 300m: 3:52.21 39.81 | 400m: 5:07.03 36.33 | | | | | | |
| 21. ZIELI SKI Michał | 06 | MUKS Olimpijczyk Suwałki | 5:11.66 | | 315 | | | | |
| 50m: 32.23 32.23 | 150m: 1:51.12 | 250m: 3:12.86 41.30 | 350m: 4:34.81 40.83 | | | | | | |
| 100m: | 200m: 2:31.56 40.44 | 300m: 3:53.98 41.12 | 400m: 5:11.66 36.85 | | | | | | |
| 22. MICKIEWICZ Franciszek | 06 | SWIMLAND Olsztyn | 5:16.76 | | 300 | | | | |
| 50m: 33.80 33.80 | 150m: 1:53.44 40.62 | 250m: 3:15.71 40.52 | 350m: 4:38.60 41.44 | | | | | | |
| 100m: 1:12.82 39.02 | 200m: 2:35.19 41.75 | 300m: 3:57.16 41.45 | 400m: 5:16.76 38.16 | | | | | | |
| 23. DUNOWSKI Adam | 06 | ABIANKA Gdańsk | 5:38.73 | | 246 | | | | |
| 50m: 36.17 36.17 | 150m: 2:00.64 42.74 | 250m: 3:28.86 43.88 | 350m: 4:56.41 44.28 | | | | | | |
| 100m: 1:17.90 41.73 | 200m: 2:44.98 44.34 | 300m: 4:12.13 43.27 | 400m: 5:38.73 42.32 | | | | | | |

IV MI DZYNARODOWE GRAND PRIX WARMII I MAZUR W PŁYWANIU 14-15.12.2019 r.
OLSZTYN, 14 - 15-12-2019

Konkurencja 34, M czynn, 400m dowolny

14 lat i starsi

| | | | | | |
|----|-----------------------------------|---------------------|-------------------------|---------------------|-----|
| 1. | TKACZ Wiktor | 05 | MKS Piaseczno | 4:20.13 | 543 |
| | 50m: 27.31 27.31 | 150m: 1:31.84 32.82 | 250m: 2:39.20 33.86 | 350m: 3:46.89 33.46 | |
| | 100m: 59.02 31.71 | 200m: 2:05.34 33.50 | 300m: 3:13.43 34.23 | 400m: 4:20.13 33.24 | |
| 2. | PYRZY SKI Daniel | 04 | Toru Multisport Team | 4:20.37 | 541 |
| | 50m: 29.19 29.19 | 150m: 1:34.24 32.78 | 250m: 2:40.75 33.03 | 350m: 3:48.01 33.59 | |
| | 100m: 1:01.46 32.27 | 200m: 2:07.72 33.48 | 300m: 3:14.42 33.67 | 400m: 4:20.37 32.36 | |
| 3. | WORONKO Maciej | 05 | MKS Medyk Gi ycko | 4:24.56 | 516 |
| | 50m: 29.59 29.59 | 150m: 1:35.67 33.70 | 250m: 2:44.40 34.41 | 350m: 3:53.07 33.82 | |
| | 100m: 1:01.97 32.38 | 200m: 2:09.99 34.32 | 300m: 3:19.25 34.85 | 400m: 4:24.56 31.49 | |
| 4. | DAMENTKA Kamil | 98 | UKS Tri-Team Rumia | 4:34.52 | 462 |
| | 50m: 31.62 31.62 | 150m: 1:41.78 34.74 | 250m: 2:51.56 34.61 | 350m: 4:00.82 34.38 | |
| | 100m: 1:07.04 35.42 | 200m: 2:16.95 35.17 | 300m: 3:26.44 34.88 | 400m: 4:34.52 33.70 | |
| 5. | STADALIUS Gustas | 05 | Kauno PM | 4:35.47 | 457 |
| | 50m: 31.01 31.01 | 150m: 1:41.98 35.49 | 250m: 2:52.63 35.35 | 350m: 4:01.65 34.16 | |
| | 100m: 1:06.49 35.48 | 200m: 2:17.28 35.30 | 300m: 3:27.49 34.86 | 400m: 4:35.47 33.82 | |
| 6. | BUDVYTAS Marijus | 04 | Klaipeda Gintaro SC | 4:50.79 | 388 |
| | 50m: 32.74 32.74 | 150m: 1:45.69 36.38 | 250m: 3:01.00 37.97 | 350m: 4:15.81 37.36 | |
| | 100m: 1:09.31 36.57 | 200m: 2:23.03 37.34 | 300m: 3:38.45 37.45 | 400m: 4:50.79 34.98 | |
| 7. | TURLI SKI J drzej | 05 | MKS Medyk Gi ycko | 5:09.57 | 322 |
| | 50m: 34.68 34.68 | 150m: 1:53.08 39.58 | 250m: 3:13.03 40.24 | 350m: 4:32.89 39.76 | |
| | 100m: 1:13.50 38.82 | 200m: 2:32.79 39.71 | 300m: 3:53.13 40.10 | 400m: 5:09.57 36.68 | |
| 8. | NOWAKOWSKI Maksymilian | 05 | MKP Warszawianka | 5:11.46 | 316 |
| | 50m: 34.51 34.51 | 150m: 1:53.56 40.18 | 250m: 3:13.28 39.39 | 350m: 4:34.39 40.87 | |
| | 100m: 1:13.38 38.87 | 200m: 2:33.89 40.33 | 300m: 3:53.52 40.24 | 400m: 5:11.46 37.07 | |
| PK | REDZI SKI VEL RYDZY SKI Mateusz07 | 07 | UKP „Polonia Warszawa” | 4:51.19 | 387 |
| | 50m: 31.34 31.34 | 150m: 1:44.47 37.22 | 250m: 2:59.57 37.53 | 350m: 4:15.64 38.12 | |
| | 100m: 1:07.25 35.91 | 200m: 2:22.04 37.57 | 300m: 3:37.52 37.95 | 400m: 4:51.19 35.55 | |
| PK | DOMINIUK Jakub | 08 | MUKS Olimpijcyk Suwałki | 5:07.45 | 329 |
| | 50m: 40.74 40.74 | 150m: 2:11.11 45.83 | 250m: 3:41.68 45.18 | 350m: 5:07.73 41.71 | |
| | 100m: 1:25.28 44.54 | 200m: 2:56.50 45.39 | 300m: 4:26.02 44.34 | 400m: 5:07.45 | |