

Year	Competition	Venue	Position	Event	Notes
Representing  Poland					
2001	World Youth Championships	Debrecen, Hungary	2nd	400 m	47.12
			1st	Medley relay	1:50.46
	European Junior Championships	Grosseto, Italy	1st	4x400 m relay	3:06.12
2003	European Junior Championships	Tampere, Finland	3rd	400 m	46.69
			2nd	4x400 m relay	3:08.62
2005	European U23 Championships	Erfurt, Germany	11th (sf)	400 m	46.62
			1st	4x400 m relay	3:04.41
	Universiade	Izmir, Turkey	7th	400 m	46.89
			1st	4x400 m relay	3:02.57
2006	World Indoor Championships	Moscow, Russia	2nd (h)	4x400 m relay	3:06.10
	European Championships	Göteborg, Sweden	3rd	4x400 m relay	3:01.73
2007	European Indoor Championships	Birmingham, United Kingdom	3rd	4x400 m relay	3:08.14
	Universiade	Bangkok, Thailand	7th	400 m	46.85
			1st	4x400 m relay	3:02.05
2008	World Indoor Championships	Valencia, Spain	4th	4x400 m relay	3:08.76
	Olympic Games	Beijing, China	7th	4x400 m relay	3:00.32
2009	Universiade	Belgrade, Serbia	2nd	4x400 m relay	3:05.69