

Praska Dycha 2013

WYNIKI ZAWODÓW

Bieg 10km

Organizator: Running Consulting Mariusz Giżyński i Kuba Wiśniewski PR

Termin: 20.10.2013

Miejsce: Warszawa

Dystans: 10 km

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat | Drużyna Team | R-k YoB | W kategorii in Age | Sex | Czas Time | [min/km] |
|--|-----------|-------------------------|---------------------|-------------|----------------------------|------------|-----------------------|--------|--------------|----------|
| Bieg 10km Mężczyźni KATEGORIA:M20 | | | | | | | | | | |
| 1 | 924 | DOBROWOLSKI Emil | CHOTOMÓW | POL | | 86 | M20/1 | (M)1 | 00:30:46 | 03.04 |
| 2 | 965 | DĄBROWSKI Przemysław | | POL | POL-VEN TEAM | 89 | M20/2 | (M)2 | 00:30:59 | 03.05 |
| 3 | 951 | KOPEĆ Wojciech | OLSZTYNEK | POL | TRENINGIBIEGOWE.PL | 86 | M20/3 | (M)3 | 00:31:19 | 03.07 |
| 4 | 985 | GŁOWAŁA Robert | GARWOLIN | POL | GKS WILGA GARWOLIN | 92 | M20/4 | (M)4 | 00:32:00 | 03.12 |
| 5 | 977 | WITKOWSKI Damian | POMIECHÓWEK | POL | TRENINGIBIEGOWE.PL | 87 | M20/5 | (M)5 | 00:32:54 | 03.17 |
| 6 | 983 | ŚWIESIULSKI Łukasz | GARWOLIN | POL | GKS WILGA GARWOLIN | 92 | M20/6 | (M)8 | 00:35:27 | 03.32 |
| 7 | 652 | GOSK Dominik | WARSZAWA | POL | JUSTDOMI BLOG | 92 | M20/7 | (M)15 | 00:36:44 | 03.40 |
| 8 | 909 | WYSOCKI Tomasz | POMIECHÓWEK | POL | TRENINGIBIEGOWE.PL | 87 | M20/8 | (M)17 | 00:37:00 | 03.42 |
| 9 | 984 | SZYMBORSKI Łukasz | GARWOLIN | POL | GKS WILGA GARWOLIN | 84 | M20/9 | (M)23 | 00:37:55 | 03.47 |
| 10 | 883 | MILIŃSKI Piotr | WARSZAWA | POL | | 91 | M20/10 | (M)34 | 00:39:23 | 03.56 |
| 11 | 841 | SZYMAŃSKI Maciej | BYDGOSZCZ | POL | | 88 | M20/11 | (M)38 | 00:39:30 | 03.56 |
| 12 | 857 | OKOMSKI Łukasz | RADOM | POL | | 84 | M20/12 | (M)40 | 00:39:41 | 03.57 |
| 13 | 651 | NITKIEWICZ Marcin | PRUSZKÓW | POL | TASOWANIE | 84 | M20/13 | (M)43 | 00:39:48 | 03.58 |
| 14 | 875 | CZYŻKOWSKI Paweł | MIŃSK MAZOWIECKI | POL | | 85 | M20/14 | (M)49 | 00:39:57 | 03.59 |
| 15 | 995 | OKULUS Piotrek | WARSZAWA | POL | LEGION WARSZAWA | 86 | M20/15 | (M)53 | 00:40:04 | 04.00 |
| 16 | 900 | KALINOWSKI Paweł | ŁOMIANKI | POL | | 84 | M20/16 | (M)54 | 00:40:04 | 04.00 |
| 17 | 520 | BRZEZIŃSKI Krzysztof | PODOLSZYN NOWY | POL | | 93 | M20/17 | (M)56 | 00:40:08 | 04.00 |
| 18 | 906 | ROMAN Adam | WARSZAWA | POL | 12TRI.PL | 85 | M20/18 | (M)63 | 00:40:32 | 04.03 |
| 19 | 778 | KASZYCKI Nestor | WARSZAWA | POL | ENTRE.PL TEAM | 86 | M20/19 | (M)64 | 00:40:32 | 04.03 |
| 20 | 856 | LEWICKI Michał | BODZANÓW | POL | | 92 | M20/20 | (M)65 | 00:40:32 | 04.03 |
| 21 | 753 | KORPAK Piotr | WARSZAWA | POL | | 86 | M20/21 | (M)77 | 00:41:13 | 04.07 |
| 22 | 733 | OLEWIŃSKI Jakub | WARSZAWA | POL | | 93 | M20/22 | (M)79 | 00:41:16 | 04.07 |
| 23 | 709 | STRACHOCKI Kacper | WARSZAWA | POL | | 85 | M20/23 | (M)82 | 00:41:22 | 04.08 |
| 24 | 748 | ZAWADA Michał | WARSZAWA | POL | KB ERGO | 84 | M20/24 | (M)89 | 00:41:33 | 04.09 |
| 25 | 822 | BARANOWSKI Andrzej | WARSZAWA | POL | | 88 | M20/25 | (M)105 | 00:42:01 | 04.12 |
| 26 | 692 | WESOŁOWSKI Mariusz | WARSZAWA | POL | | 84 | M20/26 | (M)106 | 00:42:06 | 04.12 |
| 27 | 905 | RAKOWSKI Marcel | WARSZAWA | POL | ACCELERATE | 90 | M20/27 | (M)111 | 00:42:20 | 04.14 |
| 28 | 839 | STĘPIEŃ Bartłomiej | PRUSZKÓW | POL | | 84 | M20/28 | (M)116 | 00:42:26 | 04.14 |
| 29 | 290 | BUDZYŃSKI Krzysztof | WARSZAWA | POL | | 85 | M20/29 | (M)118 | 00:42:31 | 04.15 |
| 30 | 969 | NIEMIRA Michał | | POL | POL-VEN TEAM | 84 | M20/30 | (M)126 | 00:42:43 | 04.16 |
| 31 | 940 | KOŚCIK Jakub | WARSZAWA | POL | | 85 | M20/31 | (M)129 | 00:42:49 | 04.16 |
| 32 | 846 | GRĄDZKI Marek | WARSZAWA | POL | KLUB WYSOKOGÓRSKI WARSZAWA | 84 | M20/32 | (M)131 | 00:42:50 | 04.17 |
| 33 | 75 | JABŁOŃSKI Maciej | WARSZAWA | POL | | 86 | M20/33 | (M)135 | 00:42:56 | 04.17 |
| 34 | 901 | KUBIŃSKI Adam | WARSZAWA | POL | | 98 | M20/34 | (M)142 | 00:43:12 | 04.19 |
| 35 | 337 | WOJTYNA Łukasz | KRAKÓW | POL | | 87 | M20/35 | (M)148 | 00:43:20 | 04.18 |
| 36 | 756 | KUSAK Paweł | WARSZAWA | POL | | 84 | M20/36 | (M)150 | 00:43:25 | 04.20 |
| 37 | 620 | SIWIK Marcin | RĘCZAJE POLSKIE :D | POL | ZADYSZKA WOŁOMIN | 91 | M20/37 | (M)153 | 00:43:31 | 04.20 |
| 38 | 212 | WIELICZKO Krzysztof | ZAMOŚĆ | POL | | 85 | M20/38 | (M)155 | 00:43:35 | 04.21 |
| 39 | 238 | GLEGOŁA Oskar | WARSZAWA | POL | | 00 | M20/39 | (M)159 | 00:43:40 | 04.21 |
| 40 | 711 | KORZEŃ Michał | CHOTOMÓW | POL | GRUPA BIEGOWA CHTMO | 85 | M20/40 | (M)162 | 00:43:42 | 04.22 |
| 41 | 656 | STANISZ Piotr | WARSZAWA | POL | LEGION WARSZAWA | 86 | M20/41 | (M)165 | 00:43:46 | 04.22 |
| 42 | 547 | CIOLKOWSKI Tomasz | WARSZAWA | POL | | 91 | M20/42 | (M)168 | 00:43:52 | 04.21 |
| 43 | 904 | PODLAK Piotr | USTKA | POL | | 89 | M20/43 | (M)170 | 00:43:56 | 04.23 |
| 44 | 791 | DZIERŻANOWSKI Kajetan | WARSZAWA | POL | | 85 | M20/44 | (M)180 | 00:44:06 | 04.24 |
| 45 | 745 | OLCZAK Paweł | SIESTRZEŃ | POL | | 92 | M20/45 | (M)184 | 00:44:14 | 04.25 |
| 46 | 546 | CIOLKOWSKI Adam | WARSZAWA | POL | | 92 | M20/46 | (M)188 | 00:44:21 | 04.24 |

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat | Drużyna Team | R-k YoB | W kategorii in Age Sex | Czas Time | [min/km] |
|--------------|--------|----------------------|------------------|----------|---------------------|---------|------------------------|-----------|----------|
| 47 | 717 | ALBRYCHT Mikołaj | WARSZAWA | POL | 12TRI.PL | 84 | M20/47 (M)190 | 00:44:22 | 04.26 |
| 48 | 304 | PENDRAK Kamil | KOŁOBRZEG | POL | | 88 | M20/48 (M)194 | 00:44:31 | 04.26 |
| 49 | 794 | JUCHNICKI Tomasz | WARSZAWA | POL | | 88 | M20/49 (M)197 | 00:44:39 | 04.27 |
| 50 | 999 | OKSIĘDZKI Tomasz | BRWINÓW | POL | | 89 | M20/50 (M)198 | 00:44:40 | 04.28 |
| 51 | 31 | BRODOWSKI Łukasz | LEGIONOWO | POL | | 86 | M20/51 (M)201 | 00:44:49 | 04.28 |
| 52 | 860 | NOWAK Mariusz | MICHAŁOWICE | POL | WARTA | 85 | M20/52 (M)202 | 00:44:50 | 04.29 |
| 53 | 565 | MARCINIAK Jan | WARSZAWA | POL | | 94 | M20/53 (M)205 | 00:44:52 | 04.26 |
| 54 | 817 | KWIATKOWSKI Bartosz | WARSZAWA | POL | | 87 | M20/54 (M)206 | 00:44:55 | 04.29 |
| 55 | 69 | GRAJEK Michał | WARSZAWA | POL | | 93 | M20/55 (M)208 | 00:44:59 | 04.29 |
| 56 | 716 | BRZUSZEK Adam | CHELM | POL | | 89 | M20/56 (M)210 | 00:44:59 | 04.29 |
| 57 | 732 | ARTYFIKIEWICZ Paweł | WARSZAWA | POL | APUQ | 87 | M20/57 (M)211 | 00:45:00 | 04.30 |
| 58 | 23 | BABIARZ Paweł | WARSZAWA | POL | | 84 | M20/58 (M)216 | 00:45:12 | 04.30 |
| 59 | 569 | TOPOLSKI Roman | WARSZAWA | POL | GRUPA BIEGOWA URSUS | 84 | M20/59 (M)219 | 00:45:19 | 04.31 |
| 60 | 622 | SZEWczyk Michał | KRASNYSTAW | POL | | 88 | M20/60 (M)224 | 00:45:25 | 04.31 |
| 61 | 858 | LEWANDOWSKI Jakub | WARSZAWA | POL | | 89 | M20/61 (M)225 | 00:45:26 | 04.32 |
| 62 | 761 | KUCHARSKI Mateusz | PRUSZKÓW | POL | | 97 | M20/62 (M)235 | 00:45:37 | 04.33 |
| 63 | 820 | SZYMAŃSKI Paweł | WARSZAWA | POL | | 85 | M20/63 (M)238 | 00:45:42 | 04.34 |
| 64 | 333 | PARYS-LISOWSKI Jan | WARSZAWA | POL | | 88 | M20/64 (M)240 | 00:45:54 | 04.34 |
| 65 | 142 | NAGIEL Jakub | SULEJÓWEK | POL | | 96 | M20/65 (M)252 | 00:46:04 | 04.35 |
| 66 | 635 | NETCZUK Tomasz | | POL | | 87 | M20/66 (M)254 | 00:46:06 | 04.34 |
| 67 | 826 | KRACKI Paweł | WARSZAWA | POL | | 89 | M20/67 (M)262 | 00:46:23 | 04.38 |
| 68 | 783 | DUCH Emil | WARSZAWA | POL | | 85 | M20/68 (M)268 | 00:46:33 | 04.39 |
| 69 | 925 | MAJEWSKI Kamil | WARSZAWA | POL | | 86 | M20/69 (M)278 | 00:46:44 | 04.40 |
| 70 | 383 | SKALNIAK Mateusz | OSTROWIEC ŚW. | POL | | 91 | M20/70 (M)279 | 00:46:45 | 04.40 |
| 71 | 178 | SOCHA Paweł | ZĄBKI | POL | 12TRI.PL | 86 | M20/71 (M)282 | 00:46:49 | 04.40 |
| 72 | 136 | MODRZEJEWSKI Artur | WARSZAWA | POL | | 84 | M20/72 (M)299 | 00:47:26 | 04.44 |
| 73 | 734 | PUCHALSKI Filip | WARSZAWA | POL | | 87 | M20/73 (M)302 | 00:47:30 | 04.45 |
| 74 | 501 | BRZEZIŃSKI Adam | PODOLSZYN NOWY | POL | | 92 | M20/74 (M)303 | 00:47:36 | 04.45 |
| 75 | 264 | BOLESŁAWSKI Bartosz | WARSZAWA | POL | | 86 | M20/75 (M)307 | 00:47:45 | 04.46 |
| 76 | 588 | DZIEKAŃSKI Mikołaj | WARSZAWA | POL | | 88 | M20/76 (M)327 | 00:48:15 | 04.49 |
| 77 | 91 | KASPRZAK Piotr | WARSZAWA | POL | | 86 | M20/77 (M)329 | 00:48:18 | 04.49 |
| 78 | 535 | ROZWADOWSKI Igor | WARSZAWA | POL | | 85 | M20/78 (M)334 | 00:48:26 | 04.50 |
| 79 | 443 | ROBAKIEWICZ Łukasz | WARSZAWA | POL | | 88 | M20/79 (M)338 | 00:48:40 | 04.52 |
| 80 | 796 | KALINOWSKI Kamil | WOŁOMIN | POL | ZADYSZKA WOŁOMIN | 89 | M20/80 (M)339 | 00:48:41 | 04.52 |
| 81 | 646 | NAJMARK Grzegorz | KANIE | POL | | 89 | M20/81 (M)340 | 00:48:46 | 04.52 |
| 82 | 512 | POLEK Bartosz | WARSZAWA | POL | | 91 | M20/82 (M)341 | 00:48:47 | 04.52 |
| 83 | 427 | KIŁCZEWSKI Maciej | PIASTÓW | POL | TASOWANIE | 87 | M20/83 (M)344 | 00:48:50 | 04.53 |
| 84 | 325 | HRNCIAR Michał | WARSZAWA | SVK | KLACIANSKA MAGURA | 84 | M20/84 (M)347 | 00:48:55 | 04.53 |
| 85 | 523 | GNIADZIK Mateusz | CZARNOGLÓW 43 | POL | | 91 | M20/85 (M)352 | 00:48:59 | 04.53 |
| 86 | 411 | KORENKIEWICZ Marcin | AUGUSTÓW | POL | | 85 | M20/86 (M)356 | 00:49:06 | 04.54 |
| 87 | 990 | ŁAGOWSKI Piotr | WARSZAWA | POL | | 84 | M20/87 (M)359 | 00:49:08 | 04.54 |
| 88 | 336 | SZCZEPAŃSKI Tomasz | KRASNOSIELC | POL | | 84 | M20/88 (M)363 | 00:49:15 | 04.55 |
| 89 | 345 | KOZAK Mikołaj | WARSZAWA | POL | | 88 | M20/89 (M)367 | 00:49:25 | 04.56 |
| 90 | 579 | SOBIESZCZAK Piotr | WARSZAWA | POL | | 88 | M20/90 (M)368 | 00:49:28 | 04.56 |
| 91 | 222 | WYDERKA Krzysztof | WARSZAWA | POL | | 88 | M20/91 (M)372 | 00:49:33 | 04.57 |
| 92 | 429 | KOSIOREK Michał | WARSZAWA | POL | | 87 | M20/92 (M)373 | 00:49:33 | 04.57 |
| 93 | 582 | WOŹNIAK Karol | WARSZAWA | POL | KB CASTELLANUS | 86 | M20/93 (M)382 | 00:49:49 | 04.58 |
| 94 | 853 | WILCZYŃSKI Mateusz | SIEDLCE | POL | | 85 | M20/94 (M)385 | 00:49:54 | 04.59 |
| 95 | 165 | RUDNICKI Jakub | WARSZAWA | POL | | 96 | M20/95 (M)395 | 00:50:14 | 05.01 |
| 96 | 524 | KAZIMERCZYK Kamil | PIASECZNO | POL | | 84 | M20/96 (M)414 | 00:51:05 | 05.06 |
| 97 | 572 | NOGALA Maciej | WARSZAWA | POL | | 86 | M20/97 (M)420 | 00:51:31 | 05.09 |
| 98 | 871 | SIWEK Bartłomiej | WIELISZEW | POL | | 86 | M20/98 (M)425 | 00:51:43 | 05.10 |
| 99 | 180 | STASIUK Arkadiusz | WARSZAWA | POL | | 85 | M20/99 (M)428 | 00:51:53 | 05.11 |
| 100 | 192 | ŚLIŻEWSKI Piotr | WARSZAWA | POL | | 84 | M20/100 (M)434 | 00:52:01 | 05.12 |
| 101 | 278 | KWIETNIEWSKI Bartosz | WARSZAWA | POL | | 84 | M20/101 (M)447 | 00:52:26 | 05.14 |
| 102 | 112 | KWIATKOWSKI Jarosław | BRODY | POL | | 85 | M20/102 (M)453 | 00:52:41 | 05.16 |
| 103 | 64 | GÓRECKI Sebastian | WARSZAWA | POL | APUQ | 85 | M20/103 (M)454 | 00:52:42 | 05.16 |
| 104 | 226 | ZBOINA Konrad | WARSZAWA | POL | | 84 | M20/104 (M)461 | 00:53:00 | 05.18 |

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat | Drużyna Team | R-k W kategorii YoB in Age Sex | Czas Time | [min/km] |
|--------------|--------|------------------------|------------------|----------|--------------|--------------------------------|-----------|----------|
| 105 | 188 | SZULKIN Michał | WARSZAWA | POL | 12TRI.PL | 86 M20/105 (M)465 | 00:53:11 | 05.19 |
| 106 | 571 | NIZIOLEK Paweł | WARSZAWA | POL | | 90 M20/106 (M)475 | 00:53:26 | 05.20 |
| 107 | 240 | JAWOROWSKI Maksymilian | LEGIONOWO | POL | | 87 M20/107 (M)479 | 00:53:40 | 05.22 |
| 108 | 305 | RODAK Kamil | WARSZAWA | POL | | 96 M20/108 (M)480 | 00:53:45 | 05.22 |
| 109 | 386 | ŚNIAROWSKI Tomasz | WARSZAWA | POL | | 85 M20/109 (M)490 | 00:54:12 | 05.25 |
| 110 | 54 | FIOLNA Marcin | RADOM | POL | | 84 M20/110 (M)495 | 00:54:20 | 05.26 |
| 111 | 514 | STYK Karol | WARSZAWA | POL | | 84 M20/111 (M)499 | 00:54:22 | 05.26 |
| 112 | 397 | KOSOWSKI Maciej | WARSZAWA | POL | | 84 M20/112 (M)505 | 00:54:26 | 05.26 |
| 113 | 244 | CALIŃSKI Krzysztof | WARSZAWA | POL | | 86 M20/113 (M)518 | 00:54:58 | 05.29 |
| 114 | 242 | KLIMOWICZ Michał | WARSZAWA | POL | | 88 M20/114 (M)523 | 00:55:26 | 05.32 |
| 115 | 101 | KOWALSKI Michał | WARSZAWA | POL | POL-VEN TEAM | 87 M20/115 (M)524 | 00:55:37 | 05.33 |
| 116 | 506 | KŁOS Adam | ŁOWICZ | POL | | 84 M20/116 (M)530 | 00:55:58 | 05.35 |
| 117 | 72 | HASS Hubert | WARSZAWA | POL | | 86 M20/117 (M)535 | 00:56:11 | 05.37 |
| 118 | 430 | KUCIAK Jakub | ZĄBKI | POL | | 97 M20/118 (M)536 | 00:56:30 | 05.39 |
| 119 | 74 | HREHOROWICZ Maciej | WARSZAWA | POL | | 92 M20/119 (M)537 | 00:56:41 | 05.40 |
| 120 | 450 | ŻYGAS Wojciech | WARSZAWA | POL | | 84 M20/120 (M)547 | 00:57:01 | 05.42 |
| 121 | 346 | KRYŚIAK Jakub | WARSZAWA | POL | FITBACK.PL | 95 M20/121 (M)569 | 00:58:57 | 05.53 |
| 122 | 448 | ZAWALICH Mariusz | WARSZAWA | POL | | 85 M20/122 (M)572 | 00:59:36 | 05.57 |
| 123 | 464 | DUDZIŃSKI Tomasz | WARSZAWA | POL | | 85 M20/123 (M)578 | 01:00:17 | 06.01 |
| 124 | 10 | ALVARENGA Dimas | | POL | POL-VEN TEAM | 85 M20/124 (M)583 | 01:00:45 | 06.04 |
| 125 | 102 | KRAJCZEWSKI Jan | WARSZAWA | POL | | 89 M20/125 (M)586 | 01:01:02 | 06.06 |
| 126 | 261 | WYPYCH Rafał | WARSZAWA | POL | | 97 M20/126 (M)587 | 01:01:09 | 06.06 |
| 127 | 964 | SERAFINOWSKI Łukasz | PŁOCK | POL | | 85 M20/127 (M)590 | 01:02:09 | 06.12 |
| 128 | 170 | SEJBUK Robert | WARSZAWA | POL | | 85 M20/128 (M)596 | 01:03:29 | 06.20 |
| 129 | 211 | WICHROWSKI Bartosz | WARSZAWA | POL | | 87 M20/129 (M)597 | 01:03:48 | 06.22 |
| 130 | 363 | JAROŃCZYK Paweł | BIALYSTOK | POL | | 87 M20/130 (M)599 | 01:04:12 | 06.25 |
| 131 | 600 | MARKOWSKI Marcin | SOBIENIE JEZIORY | POL | | 91 M20/131 (M)608 | 01:06:14 | 06.37 |
| 132 | 282 | JEŻYKOWSKI Mateusz | WARSZAWA | POL | | 84 M20/132 (M)614 | 01:09:03 | 06.54 |

Bieg 10km Mężczyźni KATEGORIA:M30

| | | | | | | | | |
|----|-----|-------------------------|------------------|-----|--------------------------|-----------------|----------|-------|
| 1 | 987 | ŚWIECAK Robert | GARWOLIN | POL | GKS WILGA GARWOLIN | 80 M30/1 (M)6 | 00:34:22 | 03.26 |
| 2 | 156 | PRZEPIÓRA Ryszard | GORLICE | POL | | 76 M30/2 (M)7 | 00:35:23 | 03.32 |
| 3 | 931 | SZYDLIK Adam | ŁOMŻA | POL | KS ŁOMŻANIE | 76 M30/3 (M)10 | 00:36:18 | 03.37 |
| 4 | 749 | ŁUKASIEWICZ Maciej | WARSZAWA | POL | | 82 M30/4 (M)13 | 00:36:24 | 03.38 |
| 5 | 979 | KRZYWANIA Bartłomiej | WARSZAWA | POL | POL-VEN TEAM | 82 M30/5 (M)18 | 00:37:03 | 03.42 |
| 6 | 680 | IGNATOWICZ Andrzej | WARSZAWA | POL | TRUCHT TARCHOMIN TEAM | 74 M30/6 (M)19 | 00:37:17 | 03.43 |
| 7 | 788 | WYSZYŃSKI Bernard | WARSZAWA | POL | KB ACTIVESPORTS WARSZAWA | 78 M30/7 (M)20 | 00:37:26 | 03.44 |
| 8 | 666 | KĄCKI Paweł | WARSZAWA | POL | | 75 M30/8 (M)24 | 00:38:06 | 03.48 |
| 9 | 747 | AKSIUCIK Arkadiusz | WARSZAWA | POL | | 81 M30/9 (M)25 | 00:38:21 | 03.50 |
| 10 | 701 | KUBIT Tadeusz | MŁAWA | POL | | 74 M30/10 (M)27 | 00:38:28 | 03.50 |
| 11 | 829 | MAJ Piotr | WARSZAWA | POL | | 77 M30/11 (M)29 | 00:38:51 | 03.52 |
| 12 | 301 | ŁUKASZUK Michał | WARSZAWA | POL | TRENINGIBIEGOWE.PL | 80 M30/12 (M)30 | 00:38:52 | 03.53 |
| 13 | 679 | WENTYKIER Piotr | PŁOŃSK | POL | | 79 M30/13 (M)35 | 00:39:24 | 03.56 |
| 14 | 789 | CHABRZYK Paweł | WARSZAWA | POL | | 83 M30/14 (M)36 | 00:39:26 | 03.56 |
| 15 | 861 | PIOTROWSKI Mariusz | MIŃSK MAZOWIECKI | POL | | 82 M30/15 (M)37 | 00:39:27 | 03.56 |
| 16 | 859 | MARTIN DELGADO Pablo | WARSZAWA | POL | | 78 M30/16 (M)39 | 00:39:35 | 03.57 |
| 17 | 758 | WOJCIECHOWSKI Sebastian | WARSZAWA | POL | | 83 M30/17 (M)41 | 00:39:46 | 03.58 |
| 18 | 751 | WÓJCICKI Łukasz | WARSZAWA | POL | | 82 M30/18 (M)42 | 00:39:48 | 03.58 |
| 19 | 922 | LENARCZYK Jakub | WARSZAWA | POL | | 78 M30/19 (M)44 | 00:39:50 | 03.59 |
| 20 | 583 | ZYCH Robert | MIŃSK MAZOWIECKI | POL | | 78 M30/20 (M)45 | 00:39:53 | 03.59 |
| 21 | 862 | SMOLIŃSKI Michał | WARSZAWA | POL | | 76 M30/21 (M)46 | 00:39:54 | 03.58 |
| 22 | 803 | SWEKLEJ Paweł | WARSZAWA | POL | | 75 M30/22 (M)47 | 00:39:55 | 03.59 |
| 23 | 876 | DŁUŻNIEWSKI Jacek | ŁOMŻA | POL | KS ŁOMŻANIE | 75 M30/23 (M)48 | 00:39:55 | 03.59 |
| 24 | 727 | SOBOLEWSKI Jakub | WARSZAWA | POL | TRUCHT TARCHOMIN TEAM | 77 M30/24 (M)50 | 00:40:02 | 04.00 |
| 25 | 903 | PŁACHCIŃSKI Patryk | WARSZAWA | POL | | 74 M30/25 (M)51 | 00:40:02 | 04.00 |
| 26 | 807 | TRONIARZ Paweł | RASZYN | POL | | 79 M30/26 (M)58 | 00:40:12 | 04.01 |
| 27 | 815 | PAŁGAN Grzegorz | WARSZAWA | POL | | 78 M30/27 (M)59 | 00:40:12 | 04.01 |
| 28 | 14 | SENK Aleksander | | POL | POL-VEN TEAM | 79 M30/28 (M)60 | 00:40:15 | 04.01 |
| 29 | 824 | GOTKOWICZ Krzysztof | GDAŃSK | POL | | 75 M30/29 (M)62 | 00:40:31 | 04.03 |

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat | Drużyna Team | R-k YoB | W kategorii in Age Sex | Czas Time | [min/km] |
|---------------------|---------------|-----------------------------|-------------------------|-----------------|------------------------------|----------------|-------------------------------|------------------|-----------------|
| 30 | 997 | KOPER Robert | WARSZAWA | POL | | 78 | M30/30 (M)66 | 00:40:36 | 04.03 |
| 31 | 660 | WALENDZIEWSKI Adam | WARSZAWA | POL | AKS POLONIA WARSZAWA | 82 | M30/31 (M)67 | 00:40:37 | 04.03 |
| 32 | 832 | NIEWIŃSKI Łukasz | PIĄTNICA | POL | TRUCHT TARCHOMIN TEAM | 81 | M30/32 (M)70 | 00:40:42 | 04.04 |
| 33 | 993 | CYDZIK Mirosław | OLSZTYN | POL | | 76 | M30/33 (M)71 | 00:40:45 | 04.04 |
| 34 | 720 | CHRZANOWSKI Jakub | WARSZAWA | POL | 12TRI.PL | 81 | M30/34 (M)74 | 00:41:03 | 04.06 |
| 35 | 866 | GRABOWSKI Bartłomiej | OTWOCK | POL | STRYKI - BYKI ADVENTURE TEAM | 80 | M30/35 (M)75 | 00:41:09 | 04.06 |
| 36 | 892 | STOLARCZYK Radosław | SIERADZ | POL | | 83 | M30/36 (M)81 | 00:41:20 | 04.08 |
| 37 | 970 | GORLEWSKI Karol | | POL | POL-VEN TEAM | 82 | M30/37 (M)84 | 00:41:24 | 04.08 |
| 38 | 847 | JASTRZĘBSKI Jakub | WARSZAWA | POL | BIEGAM NA TARCHOMINIE | 83 | M30/38 (M)85 | 00:41:26 | 04.08 |
| 39 | 787 | BUŚKO Hubert | WARSZAWA | POL | | 74 | M30/39 (M)86 | 00:41:26 | 04.08 |
| 40 | 658 | ZALESKI Marcin | BIALYSTOK | POL | | 81 | M30/40 (M)87 | 00:41:29 | 04.08 |
| 41 | 686 | MICHAŁSKI Robert | WOŁOMIN | POL | | 82 | M30/41 (M)90 | 00:41:36 | 04.09 |
| 42 | 415 | MURAWSKI Mariusz | MIŃSK MAZOWIECKI | POL | | 80 | M30/42 (M)92 | 00:41:37 | 04.09 |
| 43 | 971 | CHMIEL Przemysław | | POL | POL-VEN TEAM | 78 | M30/43 (M)93 | 00:41:39 | 04.09 |
| 44 | 757 | SUCHECKI Adam | WARSZAWA | POL | | 82 | M30/44 (M)94 | 00:41:43 | 04.10 |
| 45 | 502 | CYRA Piotr | WARSZAWA | POL | | 75 | M30/45 (M)96 | 00:41:48 | 04.10 |
| 46 | 823 | BARTOSZ Marek | KRAKÓW | POL | | 79 | M30/46 (M)98 | 00:41:53 | 04.11 |
| 47 | 937 | KUROWSKI Maciej | WARSZAWA | POL | | 80 | M30/47 (M)99 | 00:41:54 | 04.11 |
| 48 | 799 | MAJEWSKI Piotr | WARSZAWA | POL | | 76 | M30/48 (M)101 | 00:41:55 | 04.11 |
| 49 | 768 | CAŁKA Bartłomiej | PILAWA | POL | | 83 | M30/49 (M)102 | 00:41:56 | 04.11 |
| 50 | 837 | SMOLIŃSKI Krzys | PIASECZNO | POL | | 78 | M30/50 (M)104 | 00:41:59 | 04.11 |
| 51 | 802 | SAJNUG Rafał | WARSZAWA | POL | | 81 | M30/51 (M)107 | 00:42:07 | 04.12 |
| 52 | 792 | GRZEGORCZYK Maciej | PRUSZKÓW | POL | | 78 | M30/52 (M)109 | 00:42:14 | 04.13 |
| 53 | 667 | PAWLICKI Tomasz | WARSZAWA | POL | 12TRI.PL | 80 | M30/53 (M)110 | 00:42:17 | 04.13 |
| 54 | 737 | CZEMERYŚ Dariusz | WARSZAWA | POL | | 78 | M30/54 (M)112 | 00:42:21 | 04.14 |
| 55 | 797 | KUCHTA Piotr | WARSZAWA | POL | | 76 | M30/55 (M)113 | 00:42:24 | 04.14 |
| 56 | 776 | GOLAŃSKI Robert | WARSZAWA | POL | | 74 | M30/56 (M)119 | 00:42:33 | 04.15 |
| 57 | 672 | FURMANIAK Paweł | WARSZAWA | POL | | 83 | M30/57 (M)120 | 00:42:34 | 04.15 |
| 58 | 818 | KWIATKOWSKI Michał | WARSZAWA | POL | | 79 | M30/58 (M)121 | 00:42:35 | 04.15 |
| 59 | 838 | SOBCZAK Marcin | WARSZAWA | POL | | 76 | M30/59 (M)122 | 00:42:35 | 04.15 |
| 60 | 786 | TRONIARZ Marcin | RASZYN | POL | | 75 | M30/60 (M)124 | 00:42:39 | 04.15 |
| 61 | 915 | BOJAR Michał | LUBLIN | POL | | 80 | M30/61 (M)127 | 00:42:44 | 04.16 |
| 62 | 800 | MIEKUS Hubert | WARSZAWA | POL | ACCELERATE | 75 | M30/62 (M)128 | 00:42:49 | 04.16 |
| 63 | 801 | MIODUSZEWSKI Paweł | WARSZAWA | POL | | 76 | M30/63 (M)132 | 00:42:55 | 04.17 |
| 64 | 387 | WAWER JR Piotr | WARSZAWA | POL | | 83 | M30/64 (M)134 | 00:42:56 | 04.16 |
| 65 | 952 | HOTÓWKO Mikołaj | WARSZAWA | POL | | 74 | M30/65 (M)137 | 00:43:02 | 04.18 |
| 66 | 812 | CHRZANOWSKI Hubert | WARSZAWA | POL | ACCELERATE | 83 | M30/66 (M)138 | 00:43:02 | 04.18 |
| 67 | 625 | OLCHOWIK Marcin | WARSZAWA | POL | WOSIR | 83 | M30/67 (M)141 | 00:43:10 | 04.18 |
| 68 | 944 | SKRZYPCZAK Hubert | PRUSZKOW | POL | | 79 | M30/68 (M)144 | 00:43:15 | 04.19 |
| 69 | 819 | BOŃCZYK Stanisław | WARSZAWA | POL | TASOWANIE | 83 | M30/69 (M)145 | 00:43:16 | 04.19 |
| 70 | 764 | SZYPULSKI Wojciech | WARSZAWA | POL | | 74 | M30/70 (M)151 | 00:43:28 | 04.20 |
| 71 | 889 | SŁOWIK Radosław | ŻELECHÓW | POL | | 77 | M30/71 (M)154 | 00:43:35 | 04.21 |
| 72 | 821 | SZYMKOWIAK Sebastian | WARSZAWA | POL | | 78 | M30/72 (M)156 | 00:43:37 | 04.21 |
| 73 | 907 | SZCZYPKOWSKI Wojciech | WARSZAWA | POL | | 74 | M30/73 (M)157 | 00:43:38 | 04.21 |
| 74 | 785 | LUBECKI Artur | WARSZAWA | POL | BUBBA TEAM | 83 | M30/74 (M)158 | 00:43:39 | 04.21 |
| 75 | 844 | ADAMCZYK Piotr | WARSZAWA | POL | | 83 | M30/75 (M)160 | 00:43:40 | 04.22 |
| 76 | 813 | GIEZ Marcin | OSTROWIEC | POL | | 81 | M30/76 (M)163 | 00:43:43 | 04.22 |
| 77 | 687 | ORZECZOWSKI Paweł | PŁOŃSK | POL | | 81 | M30/77 (M)166 | 00:43:48 | 04.22 |
| 78 | 740 | KACZMAREK Grzegorz | WARSZAWA | POL | | 80 | M30/78 (M)167 | 00:43:50 | 04.23 |
| 79 | 8 | KALUPA Tomasz | | POL | POL-VEN TEAM | 83 | M30/79 (M)171 | 00:43:56 | 04.23 |
| 80 | 707 | PŁOSZCZYŃSKI Krystian | WARSZAWA | POL | | 75 | M30/80 (M)173 | 00:43:57 | 04.23 |
| 81 | 908 | WASZCZUK Bartłomiej | WARSZAWA | POL | | 76 | M30/81 (M)177 | 00:44:05 | 04.24 |
| 82 | 938 | DERDA Wojciech | WARSZAWA | POL | | 80 | M30/82 (M)178 | 00:44:05 | 04.24 |
| 83 | 968 | NOWAKOWSKI Sławomir | | POL | POL-VEN TEAM | 77 | M30/83 (M)179 | 00:44:05 | 04.24 |
| 84 | 795 | KACZOREK Marcin | JÓZEFÓW | POL | | 75 | M30/84 (M)181 | 00:44:07 | 04.24 |
| 85 | 933 | WŁOSTOWSKI Marek | WARSZAWA | POL | VEGE RUNNERS | 83 | M30/85 (M)185 | 00:44:15 | 04.25 |
| 86 | 417 | DYMIŃSKI Marcin | ZĄBKI | POL | BÓBR TŁUSZCZ | 79 | M30/86 (M)186 | 00:44:17 | 04.25 |
| 87 | 129 | MELCAREK Jacek | WARSZAWA | POL | | 77 | M30/87 (M)187 | 00:44:21 | 04.25 |

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat | Drużyna Team | R-k YoB | W kategorii in Age Sex | Czas Time | [min/km] |
|---------------------|---------------|-----------------------------|-------------------------|-----------------|---------------------|----------------|-------------------------------|------------------|-----------------|
| 88 | 695 | OLECH Marcin | WARSZAWA | POL | | 80 | M30/88 (M)189 | 00:44:22 | 04.26 |
| 89 | 777 | KACZYŃSKI Artur | WARSZAWA | POL | | 74 | M30/89 (M)192 | 00:44:24 | 04.26 |
| 90 | 482 | SROCZYŃSKI Sebastian | WARSZAWA | POL | | 78 | M30/90 (M)193 | 00:44:31 | 04.23 |
| 91 | 661 | KOŃCZYK Grzegorz | WARSZAWA | POL | | 80 | M30/91 (M)195 | 00:44:32 | 04.27 |
| 92 | 669 | BUGAJSKI Adam | WARSZAWA | POL | | 74 | M30/92 (M)196 | 00:44:36 | 04.27 |
| 93 | 704 | BARANOWSKI Tomasz | ZIELONKA | POL | 12TRI.PL | 78 | M30/93 (M)199 | 00:44:41 | 04.28 |
| 94 | 814 | WIDOMSKI Hubert | WARSZAWA | POL | | 77 | M30/94 (M)203 | 00:44:50 | 04.29 |
| 95 | 665 | RUSAK Paweł | WARSZAWA | POL | | 75 | M30/95 (M)204 | 00:44:51 | 04.29 |
| 96 | 886 | NEVRETDINOV Marat | WARSZAWA | POL | | 75 | M30/96 (M)207 | 00:44:57 | 04.29 |
| 97 | 865 | CHRUSZCZEWSKI Mikołaj | WARSZAWA | POL | | 83 | M30/97 (M)209 | 00:44:59 | 04.29 |
| 98 | 409 | GRZELCZYK Piotr | ZĄBKI | POL | | 77 | M30/98 (M)212 | 00:45:03 | 04.29 |
| 99 | 948 | CZARNECKI Michał | WARSZAWA | POL | 12TRI.PL | 75 | M30/99 (M)214 | 00:45:08 | 04.30 |
| 100 | 954 | DANILUK Grzegorz | KANIE | POL | OXYGEN FITNESS | 76 | M30/100 (M)215 | 00:45:11 | 04.31 |
| 101 | 691 | PRZYBYSZ Andrzej | WARSZAWA | POL | | 82 | M30/101 (M)217 | 00:45:15 | 04.31 |
| 102 | 742 | FILIPOWICZ Grzegorz | WARSZAWA | POL | | 81 | M30/102 (M)218 | 00:45:16 | 04.31 |
| 103 | 63 | GOLI Leszek | WARSZAWA | POL | | 76 | M30/103 (M)221 | 00:45:19 | 04.31 |
| 104 | 670 | KRUPA Daniel | GÓRA KALWARIA | POL | | 82 | M30/104 (M)222 | 00:45:20 | 04.32 |
| 105 | 836 | RYCHTER Rafał | MAGDALENKA | POL | | 76 | M30/105 (M)223 | 00:45:24 | 04.32 |
| 106 | 509 | LETKOWSKI Dariusz | WARSZAWA | POL | | 78 | M30/106 (M)226 | 00:45:29 | 04.32 |
| 107 | 676 | CHODNIEWICZ Michał | WARSZAWA | POL | | 82 | M30/107 (M)228 | 00:45:31 | 04.33 |
| 108 | 690 | JUSEWICZ Piotr | WARSZAWA | POL | | 82 | M30/108 (M)229 | 00:45:31 | 04.33 |
| 109 | 705 | BIELA Wojciech | WARSZAWA | POL | | 80 | M30/109 (M)231 | 00:45:34 | 04.33 |
| 110 | 724 | CABAJ Paweł | WARSZAWA | POL | | 75 | M30/110 (M)233 | 00:45:35 | 04.33 |
| 111 | 873 | WRZEŚNIEWSKI Tomasz | WARSZAWA | POL | | 82 | M30/111 (M)234 | 00:45:36 | 04.33 |
| 112 | 683 | MAKULEC Marcin | WARSZAWA | POL | TRUCHTACZ.PL | 82 | M30/112 (M)239 | 00:45:52 | 04.35 |
| 113 | 596 | KUŹŁAK Grzegorz | WARSZAWA | POL | PKO BANK POLSKI | 78 | M30/113 (M)242 | 00:45:56 | 04.35 |
| 114 | 771 | MAZUREK Marcin | WARSZAWA | POL | | 76 | M30/114 (M)244 | 00:45:58 | 04.35 |
| 115 | 179 | STACHURSKI Michał | WARSZAWA | POL | | 80 | M30/115 (M)245 | 00:46:00 | 04.34 |
| 116 | 365 | KŁONIECKI Marcin | WARSZAWA | POL | | 79 | M30/116 (M)246 | 00:46:00 | 04.35 |
| 117 | 161 | RASZEWSKI Piotr | WARSZAWA | POL | | 80 | M30/117 (M)247 | 00:46:00 | 04.36 |
| 118 | 782 | TAŃSKI Przemysław | WARSZAWA | POL | AGR WELODROM | 80 | M30/118 (M)249 | 00:46:01 | 04.36 |
| 119 | 613 | TIMOFIEJUK Paweł | WARSZAWA | POL | NR ALBATROSY | 78 | M30/119 (M)250 | 00:46:02 | 04.32 |
| 120 | 217 | WNUK Maciej | ZĄBKI | POL | | 80 | M30/120 (M)251 | 00:46:04 | 04.35 |
| 121 | 852 | SAMUSZONEK Jakub | WROCLAW | POL | | 82 | M30/121 (M)253 | 00:46:05 | 04.36 |
| 122 | 693 | BRZÓSKA Tomasz | WYSOKIE MAZOWIECKIE | POL | | 83 | M30/122 (M)255 | 00:46:07 | 04.36 |
| 123 | 992 | MARCZUK Marek | WARSZAWA | POL | | 75 | M30/123 (M)256 | 00:46:08 | 04.36 |
| 124 | 880 | JĘDRYCH Leszek | WARSZAWA | POL | CAFE ILUZJA | 74 | M30/124 (M)258 | 00:46:13 | 04.37 |
| 125 | 696 | MILEWSKI Paweł | WARSZAWA | POL | | 81 | M30/125 (M)259 | 00:46:19 | 04.37 |
| 126 | 736 | POKRZYWNICKI Tomek | PIASECZNO | POL | | 79 | M30/126 (M)260 | 00:46:19 | 04.37 |
| 127 | 358 | CZAJA Daniel | WARSZAWA | POL | | 75 | M30/127 (M)261 | 00:46:21 | 04.38 |
| 128 | 453 | ZIELIŃSKI Przemysław | OLSZTYN | POL | | 76 | M30/128 (M)263 | 00:46:26 | 04.38 |
| 129 | 139 | MURACH Marcin | ŁOMIANKI | POL | | 81 | M30/129 (M)267 | 00:46:31 | 04.39 |
| 130 | 916 | DUMERACKI Daniel | PIASTÓW | POL | KB CASTELLANUS | 77 | M30/130 (M)269 | 00:46:33 | 04.39 |
| 131 | 549 | DĄBROWSKI Robert | WARSZAWA | POL | | 83 | M30/131 (M)271 | 00:46:34 | 04.39 |
| 132 | 816 | JARMUŁ Jacek | BOBROWIEC | POL | | 76 | M30/132 (M)273 | 00:46:35 | 04.39 |
| 133 | 45 | CZYNIENIK Łukasz | WARSZAWA | POL | | 83 | M30/133 (M)274 | 00:46:35 | 04.39 |
| 134 | 759 | JAWOREK Krzysztof | WARSZAWA | POL | | 76 | M30/134 (M)275 | 00:46:36 | 04.39 |
| 135 | 677 | KANIEWSKI Paweł | WARSZAWA | POL | | 82 | M30/135 (M)276 | 00:46:40 | 04.40 |
| 136 | 263 | ŻUK Marcin | PIASECZNO | POL | | 74 | M30/136 (M)280 | 00:46:45 | 04.40 |
| 137 | 731 | DRYGALSKI Adam | WARSZAWA | POL | | 80 | M30/137 (M)283 | 00:46:50 | 04.41 |
| 138 | 402 | STAN Marcin | WARSZAWA | POL | | 74 | M30/138 (M)286 | 00:46:55 | 04.41 |
| 139 | 371 | MASTALERZ Marek | LESZNO | POL | | 74 | M30/139 (M)288 | 00:46:59 | 04.41 |
| 140 | 919 | KNAP Radosław | WARSZAWA | POL | 12TRI.PL | 77 | M30/140 (M)289 | 00:47:01 | 04.42 |
| 141 | 935 | ZDUNEK Mariusz | WARSZAWA | POL | | 82 | M30/141 (M)293 | 00:47:09 | 04.42 |
| 142 | 52 | DUDEK Bartłomiej | WARSZAWA | POL | 12TRI.PL | 82 | M30/142 (M)294 | 00:47:14 | 04.43 |
| 143 | 884 | MOLENDĄ Marcin | KIELCE | POL | | 78 | M30/143 (M)296 | 00:47:20 | 04.44 |
| 144 | 728 | ZAPOROWSKI Marcin | WARSZAWA | POL | | 82 | M30/144 (M)297 | 00:47:21 | 04.44 |
| 145 | 868 | MIODUSZEWSKI Paweł | WARSZAWA | POL | | 76 | M30/145 (M)304 | 00:47:36 | 04.45 |

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat | Drużyna Team | R-k YoB | W kategorii in Age Sex | Czas Time | [min/km] |
|---------------------|---------------|-----------------------------|-------------------------|-----------------|----------------------|----------------|-------------------------------|------------------|-----------------|
| 146 | 521 | BUTOR Arkadiusz | MAŁKINIA GÓRNA | | POL | 76 | M30/146 (M)305 | 00:47:41 | 04.46 |
| 147 | 281 | JASTRZĘBSKI Mariusz | ZĄBKI | | POL | 78 | M30/147 (M)306 | 00:47:41 | 04.46 |
| 148 | 110 | KULMIŃSKI Rafał | WIĄZOWNA | | POL | 78 | M30/148 (M)311 | 00:47:47 | 04.46 |
| 149 | 684 | SZCZEPKOWSKI Bartłomiej | WARSZAWA | | POL | 81 | M30/149 (M)312 | 00:47:50 | 04.47 |
| 150 | 140 | MURILLO Xavi | WARSZAWA | | ESP POL-VEN TEAM | 75 | M30/150 (M)313 | 00:47:50 | 04.47 |
| 151 | 953 | CYRNY Rafał | WARSZAWA | | POL | 77 | M30/151 (M)314 | 00:47:52 | 04.47 |
| 152 | 306 | STRZĘBOSZEWSKI Piotr | ZĄBKI | | POL | 80 | M30/152 (M)315 | 00:47:55 | 04.47 |
| 153 | 805 | SZCZYGIEL Tomasz | WARSZAWA | | POL | 81 | M30/153 (M)316 | 00:47:55 | 04.47 |
| 154 | 878 | GAUVIN Andrew | WARSZAWA | | POL | 77 | M30/154 (M)317 | 00:47:56 | 04.47 |
| 155 | 963 | STAŚKIEWICZ Tomasz | WARSZAWA | | AKS POLONIA WARSZAWA | 75 | M30/155 (M)318 | 00:47:59 | 04.47 |
| 156 | 153 | PIOTROWICZ Paweł | WARSZAWA | | POL | 76 | M30/156 (M)319 | 00:48:01 | 04.48 |
| 157 | 864 | BARTOSIK Dawid | POGORZEL | | POL | 76 | M30/157 (M)320 | 00:48:01 | 04.48 |
| 158 | 863 | SOCHACKI Marcin | WARSZAWA | | POL | 77 | M30/158 (M)321 | 00:48:03 | 04.48 |
| 159 | 702 | ZALEWSKI Michał | WARSZAWA | | 12TRI.PL | 82 | M30/159 (M)322 | 00:48:04 | 04.48 |
| 160 | 359 | DRAGAN Radosław | WARSZAWA | | POL | 79 | M30/160 (M)325 | 00:48:13 | 04.49 |
| 161 | 553 | GURECZNY Krzysztof | WARSZAWA | | POL NR ALBATROSY | 80 | M30/161 (M)328 | 00:48:17 | 04.49 |
| 162 | 176 | SKAWIŃSKI Łukasz | WARSZAWA | | POL | 81 | M30/162 (M)330 | 00:48:20 | 04.50 |
| 163 | 300 | KUBICZ Mikołaj | WARSZAWA | | POL | 82 | M30/163 (M)331 | 00:48:23 | 04.50 |
| 164 | 452 | WRÓBLEWSKI Jarosław | ŻYRARDÓW | | POL | 83 | M30/164 (M)332 | 00:48:24 | 04.50 |
| 165 | 39 | CIARKA Radosław | NOWY DWÓR | | POL | 81 | M30/165 (M)333 | 00:48:25 | 04.50 |
| 166 | 378 | JANKOWSKI Rafał | WARSZAWA | | POL | 82 | M30/166 (M)335 | 00:48:29 | 04.50 |
| 167 | 536 | SOBIESIAK Rafał | WARSZAWA | | POL | 81 | M30/167 (M)336 | 00:48:31 | 04.51 |
| 168 | 551 | GAJEWSKI Sebastian | ŻYRARDÓW | | POL | 80 | M30/168 (M)337 | 00:48:40 | 04.52 |
| 169 | 122 | ŁYSIAK Krzysztof | WARSZAWA | | POL | 76 | M30/169 (M)342 | 00:48:48 | 04.52 |
| 170 | 389 | WYDRZYCKI Tomasz | WARSZAWA | | POL | 82 | M30/170 (M)343 | 00:48:49 | 04.52 |
| 171 | 111 | MACIĄG Przemysław | WARSZAWA | | POL | 80 | M30/171 (M)348 | 00:48:56 | 04.53 |
| 172 | 498 | SZAROTA Jakub | WARSZAWA | | POL | 79 | M30/172 (M)350 | 00:48:57 | 04.53 |
| 173 | 424 | HAMORI Tomasz | PIASTÓW | | POL TASOWANIE | 83 | M30/173 (M)351 | 00:48:58 | 04.53 |
| 174 | 347 | KULAK Paweł | PRUSZKÓW | | POL | 74 | M30/174 (M)353 | 00:49:00 | 04.54 |
| 175 | 921 | KURDEJ Grzegorz | JÓZEFÓW | | POL | 74 | M30/175 (M)354 | 00:49:01 | 04.54 |
| 176 | 207 | WELLMAN Piotr | WARSZAWA | | POL | 76 | M30/176 (M)357 | 00:49:06 | 04.54 |
| 177 | 288 | GLIŃSKI Paweł | ZĄBKI | | POL | 78 | M30/177 (M)358 | 00:49:07 | 04.54 |
| 178 | 32 | BRUDEREK Tomasz | JABŁONNA | | POL | 78 | M30/178 (M)360 | 00:49:10 | 04.55 |
| 179 | 369 | MAKÓWKA Paweł | WARSZAWA | | POL | 78 | M30/179 (M)361 | 00:49:12 | 04.55 |
| 180 | 462 | CZAJA Piotr | WARSZAWA | | POL | 76 | M30/180 (M)362 | 00:49:15 | 04.55 |
| 181 | 119 | ŁADAK Marcin | WARSZAWA | | POL 12TRI.PL | 74 | M30/181 (M)365 | 00:49:23 | 04.56 |
| 182 | 934 | WÓJCICKI Hubert | OTWOCK | | POL | 79 | M30/182 (M)366 | 00:49:24 | 04.56 |
| 183 | 612 | SZABELAK Witek | WARSZAWA | | POL | 81 | M30/183 (M)371 | 00:49:33 | 04.57 |
| 184 | 593 | KASZA Przemysław | WARSZAWA | | POL | 76 | M30/184 (M)376 | 00:49:39 | 04.57 |
| 185 | 516 | WIADERNY Tomasz | PRUSZKÓW | | POL | 74 | M30/185 (M)378 | 00:49:44 | 04.58 |
| 186 | 84 | JÓZWIK Robert | WARSZAWA | | POL | 76 | M30/186 (M)384 | 00:49:50 | 04.59 |
| 187 | 479 | PRZEŹDZIECKI Michał | CHRZANÓW MAŁY | | POL | 78 | M30/187 (M)386 | 00:49:54 | 04.59 |
| 188 | 37 | FALANA Cezary | WARSZAWA | | POL | 74 | M30/188 (M)394 | 00:50:13 | 05.01 |
| 189 | 426 | JASKULSKI Piotr | PRUSZKÓW | | POL A-TEAM | 78 | M30/189 (M)396 | 00:50:17 | 05.01 |
| 190 | 578 | SAMEREK Paweł | WARSZAWA | | POL | 77 | M30/190 (M)397 | 00:50:19 | 05.01 |
| 191 | 458 | WORONIECKI Michał | WARSZAWA | | POL | 75 | M30/191 (M)398 | 00:50:23 | 05.02 |
| 192 | 467 | KISIELEWICZ Michał | WARSZAWA | | POL | 78 | M30/192 (M)399 | 00:50:23 | 05.02 |
| 193 | 421 | CHAJDAS Michał | ZIELONKA | | POL | 76 | M30/193 (M)400 | 00:50:24 | 05.02 |
| 194 | 595 | KOWALCZYK Tomasz | WARSZAWA | | POL | 74 | M30/194 (M)401 | 00:50:25 | 05.02 |
| 195 | 284 | KOTECKI Sławomir | ZĄBKI | | POL | 74 | M30/195 (M)402 | 00:50:29 | 05.02 |
| 196 | 493 | GODLEWSKI Marek | WARSZAWA | | POL | 83 | M30/196 (M)403 | 00:50:31 | 05.03 |
| 197 | 446 | ŚWIĘCZKOWSKI Grzegorz | WARSZAWA | | POL | 77 | M30/197 (M)404 | 00:50:31 | 05.03 |
| 198 | 470 | KOWASZEWICZ Michał | WARSZAWA | | POL | 74 | M30/198 (M)405 | 00:50:34 | 05.03 |
| 199 | 643 | ŚWIETLIKOWSKI Robert | WARSZAWA | | POL PKO BANK POLSKI | 77 | M30/199 (M)407 | 00:50:35 | 05.03 |
| 200 | 517 | ZIELINSKI Łukasz | WARSZAWA | | POL A-TEAM | 75 | M30/200 (M)410 | 00:50:51 | 05.05 |
| 201 | 49 | DOMINIAK Bartosz | WARSZAWA | | POL | 76 | M30/201 (M)411 | 00:50:52 | 05.05 |
| 202 | 273 | FILIPIAK Grzegorz | WARSZAWA | | POL | 74 | M30/202 (M)413 | 00:51:03 | 05.06 |
| 203 | 606 | OTAWSKI Maciej | KIELCE | | POL | 81 | M30/203 (M)415 | 00:51:08 | 05.06 |

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat | Drużyna Team | R-k W kategorii YoB in Age Sex | Czas Time | [min/km] |
|---------------------|---------------|-----------------------------|-------------------------|-----------------|--------------------------|---------------------------------------|------------------|-----------------|
| 204 | 772 | MUSZYŃSKI Sebastian | ZĄBKI | POL | | 78 M30/204 (M)416 | 00:51:10 | 05.07 |
| 205 | 932 | ŚWIOSTEK Olgierd | WARSZAWA | POL | | 77 M30/205 (M)419 | 00:51:27 | 05.08 |
| 206 | 354 | ŻURAWSKI Wojciech | JULIANÓW | POL | | 80 M30/206 (M)421 | 00:51:33 | 05.09 |
| 207 | 980 | BULYK Jacek | | POL | POL-VEN TEAM | 83 M30/207 (M)426 | 00:51:44 | 05.10 |
| 208 | 60 | GLEGOŁA Daniel | WARSZAWA | POL | | 76 M30/208 (M)427 | 00:51:51 | 05.11 |
| 209 | 436 | MIKOŁAJCZYK Piotr | WARSZAWA | POL | GOODRUNNERS | 79 M30/209 (M)429 | 00:51:55 | 05.11 |
| 210 | 420 | BUCKI Bartosz | WARSZAWA | POL | | 82 M30/210 (M)430 | 00:51:55 | 05.11 |
| 211 | 118 | ŁABUDZIŃSKI Radosław | WARSZAWA | POL | | 82 M30/211 (M)435 | 00:52:01 | 05.12 |
| 212 | 241 | KLICKI Tomasz | MARKI | POL | | 77 M30/212 (M)436 | 00:52:04 | 05.12 |
| 213 | 292 | ŁUKASIEWICZ Marcin | WARKA | POL | | 76 M30/213 (M)437 | 00:52:07 | 05.12 |
| 214 | 473 | KWAPISZ Dariusz | WARSZAWA | POL | | 74 M30/214 (M)438 | 00:52:07 | 05.12 |
| 215 | 266 | GRONZIK Tomasz | WARSZAWA | POL | | 81 M30/215 (M)439 | 00:52:09 | 05.12 |
| 216 | 310 | ZDUNIAK Marcin | WARSZAWA | POL | BIEGAM NA TARCHOMINIE | 80 M30/216 (M)441 | 00:52:10 | 05.13 |
| 217 | 403 | WILK Andrzej | NOWA IWICZNA | POL | | 75 M30/217 (M)442 | 00:52:11 | 05.13 |
| 218 | 274 | MICHALIK Mariusz | WARSZAWA | POL | | 79 M30/218 (M)445 | 00:52:21 | 05.14 |
| 219 | 576 | PUCHAŁA Michał | WARSZAWA | POL | | 80 M30/219 (M)446 | 00:52:24 | 05.14 |
| 220 | 432 | LATO Robert | WARSZAWA | POL | ROCHE RUNNERS | 79 M30/220 (M)448 | 00:52:27 | 05.14 |
| 221 | 193 | ŚPIEWAK Krzysztof | WARSZAWA | POL | | 74 M30/221 (M)450 | 00:52:29 | 05.14 |
| 222 | 231 | ŻUWAŁA Konrad | WARSZAWA | POL | | 82 M30/222 (M)451 | 00:52:34 | 05.15 |
| 223 | 158 | PYTLOS Marcin | WARSZAWA | POL | 12TRI.PL | 80 M30/223 (M)452 | 00:52:39 | 05.15 |
| 224 | 125 | MAJER Jakub | WARSZAWA | POL | | 83 M30/224 (M)456 | 00:52:47 | 05.16 |
| 225 | 504 | GODWOD Antoni | WARSZAWA | POL | | 78 M30/225 (M)457 | 00:52:50 | 05.17 |
| 226 | 825 | GROCHOWSKI Marcin | TARCZYN | POL | | 74 M30/226 (M)460 | 00:52:55 | 05.17 |
| 227 | 664 | CZWARNO Tomasz | WARSZAWA | POL | NOCNE PIŁOWANIE AGRYKOLI | 78 M30/227 (M)463 | 00:53:02 | 05.18 |
| 228 | 534 | PRZYBORSKI Krzysztof | OŻARÓW MAZOWIECKI | POL | | 80 M30/228 (M)466 | 00:53:11 | 05.19 |
| 229 | 320 | WSZOŁA Robert | WARSZAWA - | POL | | 75 M30/229 (M)467 | 00:53:16 | 05.19 |
| 230 | 318 | PRZYBYLSKI Piotr | WIĄZOWNA | POL | | 81 M30/230 (M)468 | 00:53:18 | 05.19 |
| 231 | 40 | CIOK Przemysław | WARSZAWA | POL | | 80 M30/231 (M)469 | 00:53:19 | 05.19 |
| 232 | 611 | SIUBCZYŃSKI Łukasz | WARSZAWA | POL | | 78 M30/232 (M)470 | 00:53:19 | 05.19 |
| 233 | 128 | MATUSIAK Przemysław | WARSZAWA | POL | | 77 M30/233 (M)471 | 00:53:20 | 05.20 |
| 234 | 422 | GIENIECZKO Andrzej | HIPOLITÓW | POL | | 74 M30/234 (M)474 | 00:53:23 | 05.20 |
| 235 | 567 | MIERZICKI Marcel | WARSZAWA | POL | NR ALBATROSY | 82 M30/235 (M)476 | 00:53:34 | 05.21 |
| 236 | 315 | MISIAK-NIEDŹWIADEK Tomasz | WARSZAWA | POL | | 79 M30/236 (M)477 | 00:53:34 | 05.21 |
| 237 | 487 | WASIEK Wojtek | WARSZAWA | POL | | 75 M30/237 (M)478 | 00:53:38 | 05.21 |
| 238 | 357 | BLUMERT Piotr | WARSZAWA | POL | | 74 M30/238 (M)481 | 00:53:46 | 05.22 |
| 239 | 441 | PAWŁOWSKI Remigiusz | SKIERDY | POL | | 75 M30/239 (M)482 | 00:53:51 | 05.23 |
| 240 | 174 | SKALSKI Grzegorz | OSTROWIEC | POL | | 74 M30/240 (M)483 | 00:53:55 | 05.23 |
| 241 | 538 | SZCZEPAŃSKI Łukasz | WARSZAWA | POL | APUQ | 81 M30/241 (M)487 | 00:54:05 | 05.24 |
| 242 | 564 | ŁUKASIEWICZ Łukasz | PRUSZKÓW | POL | | 80 M30/242 (M)488 | 00:54:06 | 05.24 |
| 243 | 116 | LIRSKI Kamil | ZIELONKA | POL | | 79 M30/243 (M)489 | 00:54:10 | 05.25 |
| 244 | 457 | SZCZYGIELSKI Wojciech | WARSZAWA | POL | | 79 M30/244 (M)491 | 00:54:14 | 05.25 |
| 245 | 348 | MAGNUSZEWSKI Marcin | WARSZAWA | POL | | 80 M30/245 (M)492 | 00:54:16 | 05.25 |
| 246 | 468 | KOTECKI Arkadiusz | WARSZAWA | POL | | 80 M30/246 (M)493 | 00:54:16 | 05.25 |
| 247 | 414 | MISSION Maciej | PIASTÓW | POL | GOODRUNNERS | 80 M30/247 (M)494 | 00:54:17 | 05.25 |
| 248 | 106 | KRAWCZYŃSKI Marcin | WARSZAWA | POL | | 80 M30/248 (M)496 | 00:54:20 | 05.26 |
| 249 | 204 | WALEWSKI Marcin | WARSZAWA | POL | | 74 M30/249 (M)497 | 00:54:21 | 05.26 |
| 250 | 250 | PACHNIK Piotr | WARSZAWA | POL | | 76 M30/250 (M)498 | 00:54:21 | 05.26 |
| 251 | 385 | STAWICKI Kamil | WARSZAWA | POL | BIEGAM NA TARCHOMINIE | 78 M30/251 (M)501 | 00:54:23 | 05.26 |
| 252 | 29 | BIELANSKI Grzegorz | ZĄBKI | POL | | 79 M30/252 (M)502 | 00:54:23 | 05.26 |
| 253 | 607 | PAWLAK Krzysztof | WARSZAWA | POL | COMTEC 3D TEAM | 78 M30/253 (M)503 | 00:54:24 | 05.26 |
| 254 | 18 | LEŚNIEWSKI Jarosław | | POL | ENTRE.PL TEAM | 74 M30/254 (M)510 | 00:54:30 | 05.27 |
| 255 | 253 | PYZEL Jarosław | WARSZAWA | POL | | 77 M30/255 (M)511 | 00:54:31 | 05.27 |
| 256 | 121 | ŁOBEJKO Arek | WARSZAWA | POL | | 77 M30/256 (M)512 | 00:54:33 | 05.27 |
| 257 | 585 | BUTLER Rafał | MARKI | POL | | 80 M30/257 (M)513 | 00:54:35 | 05.27 |
| 258 | 914 | BARBELLA Jose | WARSZAWA | POL | | 79 M30/258 (M)516 | 00:54:50 | 05.29 |
| 259 | 650 | SKWERES Tomasz | WARSZAWA | POL | A-TEAM | 80 M30/259 (M)517 | 00:54:51 | 05.29 |
| 260 | 81 | JASIŃSKI Stanisław | WARSZAWA | POL | | 82 M30/260 (M)520 | 00:55:07 | 05.30 |
| 261 | 447 | WYSTRYCHOWSKI Marcin | MARKI | POL | | 80 M30/261 (M)522 | 00:55:25 | 05.32 |

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat | Drużyna Team | R-k YoB | W kategorii in Age Sex | Czas Time | [min/km] |
|--------------|--------|----------------------|------------------|----------|---------------------|---------|------------------------|-----------|----------|
| 262 | 540 | ADAMKIEWICZ Marcin | WARSZAWA | POL | | 80 | M30/262 (M)525 | 00:55:37 | 05.33 |
| 263 | 423 | GLINKA Łukasz | DRWALEW | POL | | 81 | M30/263 (M)526 | 00:55:43 | 05.34 |
| 264 | 341 | ĆWIEK Arkadiusz | WARSZAWA | POL | 12TRI.PL | 76 | M30/264 (M)527 | 00:55:47 | 05.34 |
| 265 | 967 | BIEDRUNA Piotr | | POL | POL-VEN TEAM | 83 | M30/265 (M)528 | 00:55:58 | 05.35 |
| 266 | 440 | PATURALSKI Piotr | WARSZAWA | POL | | 76 | M30/266 (M)529 | 00:55:58 | 05.35 |
| 267 | 463 | DĄBROWSKI Rafał | WARSZAWA | POL | | 76 | M30/267 (M)531 | 00:55:58 | 05.35 |
| 268 | 609 | RADZIKOWSKI Marcin | WARSZAWA | POL | PKO BANK POLSKI | 78 | M30/268 (M)532 | 00:56:01 | 05.36 |
| 269 | 314 | MARZECKI Adam | WARSZAWA | POL | | 80 | M30/269 (M)533 | 00:56:02 | 05.36 |
| 270 | 529 | MAKAREWICZ Andrzej | WARSZAWA | POL | | 81 | M30/270 (M)542 | 00:56:54 | 05.41 |
| 271 | 294 | KOBIEROWSKI Edward | BYTÓW | POL | | 78 | M30/271 (M)545 | 00:57:01 | 05.42 |
| 272 | 236 | CZESŁAWSKI Andrzej | WARSZAWA | POL | WWW.MOJEPOWISLE.COM | 80 | M30/272 (M)548 | 00:57:04 | 05.42 |
| 273 | 62 | GLINICKI Jarosław | WARSZAWA | POL | | 76 | M30/273 (M)549 | 00:57:06 | 05.42 |
| 274 | 648 | ZYGADŁO Piotr | WARSZAWA | POL | | 82 | M30/274 (M)553 | 00:57:12 | 05.43 |
| 275 | 340 | CHABEREK Maciej | WARSZAWA | POL | | 83 | M30/275 (M)554 | 00:57:12 | 05.43 |
| 276 | 201 | UMIŃSKI Michał | WARSZAWA | POL | | 76 | M30/276 (M)557 | 00:57:32 | 05.45 |
| 277 | 330 | ŁUKASIEWICZ Tomasz | NADARZYN | POL | | 83 | M30/277 (M)558 | 00:57:44 | 05.46 |
| 278 | 550 | DELEŻUCH Kamil | WARSZAWA | POL | | 81 | M30/278 (M)559 | 00:58:02 | 05.48 |
| 279 | 218 | SOBKIEWICZ Wojciech | WARSZAWA | POL | | 82 | M30/279 (M)560 | 00:58:06 | 05.48 |
| 280 | 233 | ALEKSANDRUK Robert | WARSZAWA | POL | | 76 | M30/280 (M)561 | 00:58:09 | 05.48 |
| 281 | 255 | ROWIŃSKI Paweł | WARSZAWA | POL | | 77 | M30/281 (M)566 | 00:58:20 | 05.50 |
| 282 | 283 | CHOJNACKI Tomasz | WARSZAWA | POL | | 82 | M30/282 (M)567 | 00:58:22 | 05.50 |
| 283 | 224 | ZAMBRZYCKI Paweł | WARSZAWA | POL | | 82 | M30/283 (M)570 | 00:59:14 | 05.55 |
| 284 | 323 | GNIAZDOWSKI Marcin | WARSAW, MASOVIAN | POL | WWW.MOJEPOWISLE.COM | 80 | M30/284 (M)576 | 01:00:00 | 06.00 |
| 285 | 471 | KRYSZKIEWICZ Tomasz | WARSZAWA | POL | | 76 | M30/285 (M)580 | 01:00:35 | 06.03 |
| 286 | 566 | MARKOVIC Miroslav | WARSZAWA | POL | | 80 | M30/286 (M)581 | 01:00:36 | 06.03 |
| 287 | 638 | HADAJ Marcin | OPACZ KOLONIA | POL | | 77 | M30/287 (M)584 | 01:00:54 | 06.05 |
| 288 | 270 | BANAŚ Marcin | MIŃSK MAZOWIECKI | POL | | 82 | M30/288 (M)588 | 01:01:36 | 06.09 |
| 289 | 401 | MAJEWSKI Paweł | WARSZAWA | POL | | 76 | M30/289 (M)592 | 01:02:13 | 06.13 |
| 290 | 533 | NIŻNIKIEWICZ Artur | MARKI | POL | | 77 | M30/290 (M)598 | 01:03:54 | 06.23 |
| 291 | 586 | CZUPTA Hieronim | WARSZAWA | POL | | 74 | M30/291 (M)603 | 01:05:31 | 06.33 |
| 292 | 410 | JASIŃSKI Adam | WARSZAWA | POL | GOODRUNNERS | 77 | M30/292 (M)604 | 01:05:48 | 06.34 |
| 293 | 229 | ŻMUDA Paweł | PRUSZKÓW | POL | | 83 | M30/293 (M)605 | 01:05:48 | 06.34 |
| 294 | 573 | NOWAK Grzegorz | JASTARNIA | POL | | 82 | M30/294 (M)611 | 01:07:45 | 06.46 |
| 295 | 342 | DOBROWOLSKI Artur | WARSZAWA | POL | | 74 | M30/295 (M)612 | 01:08:24 | 06.50 |
| 296 | 396 | JEZERSKI Marek | WARSZAWA | POL | | 83 | M30/296 (M)613 | 01:09:01 | 06.54 |
| 297 | 631 | FARMUS Jacek | WARSZAWA | POL | | 79 | M30/297 (M)615 | 01:09:31 | 06.57 |
| 298 | 159 | RADOMSKI Mateusz | WARSZAWA | POL | FLAT | 77 | M30/298 (M)618 | 01:11:15 | 07.07 |

Bieg 10km Mężczyźni KATEGORIA:M40

| | | | | | | | | | |
|----|-----|------------------------|---------------------|-----|-----------------------|----|---------------|----------|-------|
| 1 | 489 | PIASTA Dariusz | WARSZAWA | POL | | 72 | M40/1 (M)9 | 00:35:57 | 03.35 |
| 2 | 626 | PRZEPIÓRA Sebastian | GORLICE | POL | | 73 | M40/2 (M)12 | 00:36:23 | 03.38 |
| 3 | 741 | TURCZYN Marek | RUDA/TARCZYN | POL | | 69 | M40/3 (M)14 | 00:36:43 | 03.40 |
| 4 | 849 | KRÓL Dariusz marek | WOŁOMIN | POL | KB-REBUS.PL | 64 | M40/4 (M)16 | 00:36:45 | 03.40 |
| 5 | 872 | WOJCIESKI Tomasz | MAŁOCICE | POL | | 71 | M40/5 (M)26 | 00:38:22 | 03.50 |
| 6 | 685 | ZARSKI Antek | WARSZAWA | POL | | 70 | M40/6 (M)31 | 00:38:56 | 03.53 |
| 7 | 982 | SZOSTAK Sławomir | GARWOLIN | POL | GKS WILGA GARWOLIN | 70 | M40/7 (M)32 | 00:39:01 | 03.54 |
| 8 | 718 | DZIĘGIELEWSKI Zbigniew | WARSZAWA | POL | | 72 | M40/8 (M)33 | 00:39:19 | 03.55 |
| 9 | 703 | DOMAŃSKI Gerard | WARSZAWA | POL | | 73 | M40/9 (M)52 | 00:40:03 | 04.00 |
| 10 | 779 | MARCHEWKA Jarosław | WARSZAWA | POL | | 66 | M40/10 (M)57 | 00:40:12 | 04.01 |
| 11 | 774 | BŁĘDOWSKI Jakub | WOLA RĘBKOWSKA | POL | | 73 | M40/11 (M)68 | 00:40:38 | 04.03 |
| 12 | 662 | SZYSZKA Sebastian | GARWOLIN | POL | TRUCHTACZ.PL | 71 | M40/12 (M)73 | 00:40:57 | 04.05 |
| 13 | 978 | BIAŁY Sebastian | | POL | POL-VEN TEAM | 73 | M40/13 (M)76 | 00:41:10 | 04.07 |
| 14 | 804 | SZCZEPANIAK Artur | WARSZAWA | POL | | 72 | M40/14 (M)78 | 00:41:15 | 04.07 |
| 15 | 867 | GRUNWALD Wojciech | WARSAW | POL | BYLEDOBIEC ANIN | 73 | M40/15 (M)80 | 00:41:16 | 04.07 |
| 16 | 899 | GODLEWSKI Jarosław | WARSZAWA | POL | PKO BANK POLSKI | 72 | M40/16 (M)88 | 00:41:33 | 04.09 |
| 17 | 657 | TULIK Paweł | OŻARÓW MAZOWIECKI | POL | LEGION WARSZAWA | 73 | M40/17 (M)95 | 00:41:43 | 04.10 |
| 18 | 888 | RÓŻYCKI Dariusz | KONSTANCIN-JEZIORNA | POL | | 65 | M40/18 (M)97 | 00:41:48 | 04.10 |
| 19 | 663 | GAJEWSKI Marek | WARSZAWA | POL | | 65 | M40/19 (M)100 | 00:41:54 | 04.11 |
| 20 | 682 | SMOLEŃSKI Piotr | WARSZAWA | POL | TRUCHT TARCHOMIN TEAM | 69 | M40/20 (M)103 | 00:41:57 | 04.11 |

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat | Drużyna Team | R-k YoB | W kategorii in Age Sex | Czas Time | [min/km] |
|---------------------|---------------|-----------------------------|-------------------------|-----------------|-----------------------|----------------|-------------------------------|------------------|-----------------|
| 21 | 798 | LATOSZEK Rafał | WARSZAWA | POL | | 73 | M40/21 (M)114 | 00:42:25 | 04.14 |
| 22 | 835 | PRZEWORSKI Mariusz | WARSZAWA | POL | | 73 | M40/22 (M)115 | 00:42:25 | 04.14 |
| 23 | 773 | BARBARSKI Dariusz | NOWE MIASTO | POL | | 70 | M40/23 (M)117 | 00:42:29 | 04.14 |
| 24 | 781 | SZPANOWSKI Piotr | OŻARÓW MAZOWIECKI | POL | | 73 | M40/24 (M)123 | 00:42:38 | 04.15 |
| 25 | 769 | CIECIERA Paweł | WARSZAWA | POL | AGR WELODROM | 72 | M40/25 (M)130 | 00:42:50 | 04.17 |
| 26 | 912 | PIOTROWSKI Andrzej | WARSZAWA | POL | 12TRI.PL | 73 | M40/26 (M)133 | 00:42:56 | 04.17 |
| 27 | 845 | EKIERT Mariusz | GARWOLIN | POL | TRUCHTACZ.PL | 73 | M40/27 (M)140 | 00:43:10 | 04.19 |
| 28 | 881 | KANIA Przemysław | HORNÓWEK | POL | | 70 | M40/28 (M)143 | 00:43:13 | 04.19 |
| 29 | 678 | KILIAŃSKI Rafał | WARSZAWA | POL | TRUCHT TARCHOMIN TEAM | 72 | M40/29 (M)146 | 00:43:18 | 04.19 |
| 30 | 739 | JĘDRZEJEWSKI Rafał | WARSZAWA | POL | | 70 | M40/30 (M)147 | 00:43:20 | 04.20 |
| 31 | 843 | LEWIŃSKI Krzysztof | NOWE MIASTO NAD | POL | | 67 | M40/31 (M)149 | 00:43:21 | 04.20 |
| 32 | 947 | POJAWA Tomasz | WARSZAWA-WESOŁA | POL | BYLEDOBIEC ANIN | 73 | M40/32 (M)161 | 00:43:41 | 04.22 |
| 33 | 710 | JANICKI Jacek | WARSZAWA | POL | 12TRI.PL | 72 | M40/33 (M)164 | 00:43:45 | 04.22 |
| 34 | 766 | ŚWIERCZ Jacek | WARSZAWA | POL | BYLEDOBIEC ANIN | 69 | M40/34 (M)172 | 00:43:56 | 04.23 |
| 35 | 928 | POWROŹNIK Grzegorz | WARSZAWA | POL | | 73 | M40/35 (M)175 | 00:44:00 | 04.24 |
| 36 | 722 | HASIEC Cezary | WARSZAWA | POL | | 73 | M40/36 (M)182 | 00:44:11 | 04.25 |
| 37 | 956 | ZAKRZEWSKI Robert | WARSZAWA | POL | GOLDEN TEAM | 71 | M40/37 (M)183 | 00:44:14 | 04.25 |
| 38 | 898 | FORZYCKI Mariusz | PIASECZNO | POL | | 69 | M40/38 (M)191 | 00:44:23 | 04.26 |
| 39 | 699 | NOWAKOWSKI Rafał | WARSZAWA | POL | 12TRI.PL | 73 | M40/39 (M)200 | 00:44:49 | 04.28 |
| 40 | 917 | GRZESZAK Rafał | GRODZISK MAZOWIECKI | POL | | 72 | M40/40 (M)213 | 00:45:05 | 04.30 |
| 41 | 941 | LATUSZEK Krzysztof | GARWOLIN- MIĘTNE | POL | | 69 | M40/41 (M)227 | 00:45:30 | 04.33 |
| 42 | 994 | TULIK Piotr | OŻARÓW MAZOWIECKI | POL | LEGION WARSZAWA | 73 | M40/42 (M)232 | 00:45:34 | 04.33 |
| 43 | 885 | MOŁODKIEWICZ Zbigniew | HRUBIESZÓW | POL | | 73 | M40/43 (M)237 | 00:45:41 | 04.34 |
| 44 | 939 | GŁOWACKI Bartek | WARSZAWA | POL | | 73 | M40/44 (M)241 | 00:45:55 | 04.35 |
| 45 | 85 | JURASZ Paweł | GRODZISK MAZOWIECKI | POL | | 70 | M40/45 (M)264 | 00:46:28 | 04.38 |
| 46 | 474 | ŁABANOWSKI Krzysztof | KĘTRZYN | POL | | 67 | M40/46 (M)265 | 00:46:28 | 04.38 |
| 47 | 698 | HRUZEWICZ Witold | WARSZAWA | POL | | 73 | M40/47 (M)266 | 00:46:30 | 04.39 |
| 48 | 681 | JABŁONOWSKI Krzysztof | WARSZAWA | POL | | 67 | M40/48 (M)270 | 00:46:34 | 04.39 |
| 49 | 433 | MACIEJKO Mikołaj | PIASECZNO | POL | | 73 | M40/49 (M)272 | 00:46:34 | 04.39 |
| 50 | 552 | GŁOWACKI Andrzej | LEGIONOWO | POL | | 71 | M40/50 (M)277 | 00:46:43 | 04.40 |
| 51 | 267 | SZELAĞ Tomasz | MIŃSK MAZOWIECKI | POL | | 70 | M40/51 (M)281 | 00:46:46 | 04.40 |
| 52 | 4 | LECH Paweł | WARSZAWA | POL | | 65 | M40/52 (M)284 | 00:46:52 | 04.41 |
| 53 | 614 | WAŚOWICZ Olgierd | WARSZAWA | POL | NR ALBATROSY | 73 | M40/53 (M)285 | 00:46:53 | 04.41 |
| 54 | 78 | JAKUBOWSKI Krzysztof | LEGIONOWO | POL | | 72 | M40/54 (M)287 | 00:46:56 | 04.41 |
| 55 | 68 | GRACZYK Wojciech | WARSZAWA | POL | | 67 | M40/55 (M)290 | 00:47:02 | 04.42 |
| 56 | 80 | JAROSIEWICZ Dariusz | LEGIONOWO | POL | | 73 | M40/56 (M)292 | 00:47:04 | 04.42 |
| 57 | 721 | CENDROWSKI Marcin | WARSZAWA | POL | | 68 | M40/57 (M)301 | 00:47:30 | 04.45 |
| 58 | 155 | PRĘDOTA Krzysztof | WARSZAWA | POL | TRUCHT TARCHOMIN TEAM | 72 | M40/58 (M)309 | 00:47:46 | 04.46 |
| 59 | 406 | BANASIAK Piotr | WARSZAWA | POL | | 70 | M40/59 (M)310 | 00:47:46 | 04.46 |
| 60 | 621 | SYCAN Krzysztof | WARSZAWA | POL | PKO BANK POLSKI | 72 | M40/60 (M)324 | 00:48:13 | 04.49 |
| 61 | 57 | GAWROŃSKI Mariusz | WARSZAWA | POL | | 64 | M40/61 (M)326 | 00:48:14 | 04.49 |
| 62 | 500 | BARTCZAK Robert | WARSZAWA | POL | | 70 | M40/62 (M)349 | 00:48:57 | 04.53 |
| 63 | 893 | JARMUL Tomasz | KONSTANCIN-JEZIORNA | POL | | 72 | M40/63 (M)364 | 00:49:18 | 04.55 |
| 64 | 604 | MICHNA Szymon | ŁOMIANKI | POL | | 72 | M40/64 (M)370 | 00:49:31 | 04.57 |
| 65 | 199 | TUROS Marek | WARSZAWA | POL | | 69 | M40/65 (M)375 | 00:49:36 | 04.57 |
| 66 | 349 | MUCHA Jarosław | OTWOCK | POL | | 68 | M40/66 (M)377 | 00:49:42 | 04.58 |
| 67 | 833 | NOWICKI Maciej | KANIE | POL | | 64 | M40/67 (M)381 | 00:49:48 | 04.58 |
| 68 | 581 | WEREDA Paweł | WARSZAWA | POL | | 70 | M40/68 (M)383 | 00:49:49 | 04.58 |
| 69 | 27 | BEJDA Paweł | ZĄBKI | POL | THE BRAND | 69 | M40/69 (M)388 | 00:49:56 | 04.59 |
| 70 | 328 | KURCEWICZ Dariusz | WARSZAWA | POL | MADAROS | 69 | M40/70 (M)390 | 00:50:00 | 05.00 |
| 71 | 574 | PIASECKI Konrad | WARSZAWA | POL | | 70 | M40/71 (M)391 | 00:50:02 | 05.00 |
| 72 | 370 | MAKULEC Dominik | GARWOLIN | POL | | 73 | M40/72 (M)393 | 00:50:05 | 05.00 |
| 73 | 276 | WITKOWSKI Tomasz | MARKI | POL | | 71 | M40/73 (M)406 | 00:50:35 | 05.03 |
| 74 | 248 | NOWAK Piotr | WARSZAWA | POL | MIDLIFE CRISIS TEAM | 72 | M40/74 (M)408 | 00:50:41 | 05.04 |
| 75 | 556 | KOŁODZIEJCZYK Tomasz | WARSZAWA | POL | | 71 | M40/75 (M)409 | 00:50:46 | 05.04 |
| 76 | 215 | WIŚNIEWSKI Piotrek | RADZIKÓW | POL | | 73 | M40/76 (M)412 | 00:51:00 | 05.06 |
| 77 | 530 | MARKOWSKI Remigiusz | PULŃTUSK | POL | | 72 | M40/77 (M)417 | 00:51:14 | 05.07 |
| 78 | 141 | NAGIEL Jacek | SULEJÓWEK | POL | | 68 | M40/78 (M)418 | 00:51:27 | 05.08 |

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat | Drużyna Team | R-k YoB | W kategorii in Age Sex | Czas Time | [min/km] |
|--------------|--------|------------------------------|------------------|----------|------------------|---------|------------------------|-----------|----------|
| 79 | 309 | WITTMANN Rafał | JÓZEFÓW | | POL | 71 | M40/79 (M)423 | 00:51:38 | 05.09 |
| 80 | 557 | KOTOWSKI Szymon | WOŁOMIN | | POL | 66 | M40/80 (M)424 | 00:51:40 | 05.10 |
| 81 | 98 | KOSIOR Dariusz | WARSZAWA | | POL | 67 | M40/81 (M)432 | 00:51:58 | 05.11 |
| 82 | 56 | GAŁĄZKA Andrzej | WARSZAWA | | POL | 67 | M40/82 (M)433 | 00:52:01 | 05.12 |
| 83 | 285 | ZIELIŃSKI Tadeusz | ZĄBKI | | POL | 73 | M40/83 (M)440 | 00:52:10 | 05.13 |
| 84 | 515 | WASILEWSKI Robert | WARSZAWA | | POL | 72 | M40/84 (M)443 | 00:52:15 | 05.13 |
| 85 | 297 | YARASHEVICH Ivan | ZĄBKI | | POL THE BRAND | 73 | M40/85 (M)449 | 00:52:29 | 05.14 |
| 86 | 531 | MATCZUK Konrad | WOLONIN | | POL KB-REBUS.PL | 73 | M40/86 (M)455 | 00:52:44 | 05.16 |
| 87 | 319 | WOJCIECHOWSKI Artur | WARSZAWA | | POL | 68 | M40/87 (M)458 | 00:52:54 | 05.17 |
| 88 | 205 | WAWRZYKOWSKI Jarosław | LUBLIN | | POL | 72 | M40/88 (M)462 | 00:53:00 | 05.18 |
| 89 | 30 | BORZYŃSKI Jarosław | WARSZAWA | | POL | 71 | M40/89 (M)464 | 00:53:06 | 05.18 |
| 90 | 599 | ILLER Mariusz | WARSZAWA | | POL | 70 | M40/90 (M)472 | 00:53:20 | 05.20 |
| 91 | 478 | PARZYCH Cezary | MIKOŁAJKI | | POL | 70 | M40/91 (M)473 | 00:53:21 | 05.20 |
| 92 | 435 | MATCZAK Marek | PODOLSZYN NOWY | | POL | 72 | M40/92 (M)484 | 00:53:58 | 05.23 |
| 93 | 413 | MILCZAREK Marcin | WARSZAWA | | POL | 73 | M40/93 (M)485 | 00:54:03 | 05.24 |
| 94 | 95 | KLUKOWSKI Dariusz | WARSZAWA | | POL | 65 | M40/94 (M)486 | 00:54:05 | 05.24 |
| 95 | 254 | RODAK Zbigniew | WARSZAWA | | POL | 64 | M40/95 (M)500 | 00:54:22 | 05.26 |
| 96 | 279 | PIEKARSKI Jacek | BRWINÓW | | POL | 66 | M40/96 (M)504 | 00:54:25 | 05.26 |
| 97 | 511 | OSIK Robert | WARSZAWA | | POL | 66 | M40/97 (M)507 | 00:54:27 | 05.26 |
| 98 | 202 | URBAŃSKI Piotr | WARSZAWA | | POL | 71 | M40/98 (M)509 | 00:54:28 | 05.26 |
| 99 | 97 | KOLECKI Jacek | MARKI | | POL | 73 | M40/99 (M)514 | 00:54:38 | 05.27 |
| 100 | 269 | DWORAK Adam | WARSZAWA | | POL | 67 | M40/100 (M)521 | 00:55:24 | 05.32 |
| 101 | 404 | WOYNOWSKI Robert | KLAUDYN | | POL | 71 | M40/101 (M)534 | 00:56:08 | 05.36 |
| 102 | 38 | CHORZEWSKI Leszek | WARSZAWA | | POL | 64 | M40/102 (M)538 | 00:56:44 | 05.40 |
| 103 | 149 | PASTUSZKA Marek | WARSZAWA | | POL | 70 | M40/103 (M)540 | 00:56:50 | 05.41 |
| 104 | 431 | KUCIAK Paweł | ZĄBKI | | POL | 69 | M40/104 (M)541 | 00:56:52 | 05.41 |
| 105 | 601 | GADOMSKI Robert | WARSZAWA | | POL POL-VEN TEAM | 72 | M40/105 (M)543 | 00:56:56 | 05.41 |
| 106 | 20 | ADAMCZAK Grzegorz | WARSZAWA | | POL | 71 | M40/106 (M)546 | 00:57:01 | 05.42 |
| 107 | 289 | DREWNIAK Marcin | KOCZARGI STARE | | POL | 69 | M40/107 (M)550 | 00:57:07 | 05.42 |
| 108 | 437 | NOWAKOWSKI Maciej przemysław | WARSZAWA | | POL | 72 | M40/108 (M)551 | 00:57:07 | 05.42 |
| 109 | 83 | JAŹDŹYK Marek | WARSZAWA | | POL 12TRI.PL | 70 | M40/109 (M)552 | 00:57:11 | 05.43 |
| 110 | 543 | BOGDAŃSKI Bartosz | WARSZAWA | | POL | 72 | M40/110 (M)556 | 00:57:32 | 05.45 |
| 111 | 394 | DOWELL Stuart | WARSZAWA | | GBR | 71 | M40/111 (M)562 | 00:58:10 | 05.49 |
| 112 | 526 | KOŚCIUCZYK Lesław | WYSZKÓW | | POL | 72 | M40/112 (M)563 | 00:58:14 | 05.49 |
| 113 | 647 | BONIECKI Paweł | STRZENIÓWKA | | POL | 71 | M40/113 (M)564 | 00:58:17 | 05.49 |
| 114 | 3 | KRÓL Arkadiusz | WARSZAWA | | POL | 71 | M40/114 (M)568 | 00:58:38 | 05.51 |
| 115 | 76 | JAGIELSKI Witold | WARSZAWA | | POL 12TRI.PL | 65 | M40/115 (M)571 | 00:59:14 | 05.55 |
| 116 | 210 | WICHOWSKI Jerzy | WARSZAWA | | POL | 64 | M40/116 (M)573 | 00:59:38 | 05.57 |
| 117 | 168 | RYBICKI Paweł | WARSZAWA | | POL | 68 | M40/117 (M)575 | 00:59:56 | 05.59 |
| 118 | 438 | OSTROWSKI Paweł | WARSZAWA | | POL | 71 | M40/118 (M)577 | 01:00:03 | 06.00 |
| 119 | 260 | WYPYCH Mirosław | WARSZAWA | | POL | 70 | M40/119 (M)579 | 01:00:27 | 06.02 |
| 120 | 335 | SMERKOWSKI Mariusz | WARSZAWA | | POL | 66 | M40/120 (M)585 | 01:00:56 | 06.05 |
| 121 | 594 | KŁOSIEWICZ Krzysztof | WARSZAWA | | POL | 66 | M40/121 (M)591 | 01:02:10 | 06.13 |
| 122 | 488 | WOJDYŁA Michał | WARSZAWA | | POL | 72 | M40/122 (M)595 | 01:03:02 | 06.18 |
| 123 | 247 | NOWAK Piotr | WARSZAWA | | POL | 64 | M40/123 (M)600 | 01:04:41 | 06.28 |
| 124 | 220 | WOLIŃSKI Rafał | PRUSZKÓW | | POL | 73 | M40/124 (M)601 | 01:04:51 | 06.29 |
| 125 | 352 | RATAJCZAK Sławek silvio | WARSZAWA | | POL | 65 | M40/125 (M)602 | 01:05:28 | 06.32 |
| 126 | 277 | KLOSKE Marcin | WARSZAWA | | POL | 71 | M40/126 (M)606 | 01:05:52 | 06.35 |
| 127 | 12 | BAJOREK Jacek | | | POL POL-VEN TEAM | 70 | M40/127 (M)610 | 01:07:43 | 06.46 |
| 128 | 239 | GÓRALSKI Marek | WARSZAWA | | POL | 72 | M40/128 (M)616 | 01:09:44 | 06.58 |
| 129 | 148 | PASIERBIŃSKI Piotr | KANIE | | POL | 68 | M40/129 (M)620 | 01:11:58 | 07.11 |
| 130 | 59 | GIL Wojciech | WARSZAWA | | POL | 71 | M40/130 (M)622 | 01:17:49 | 07.46 |

Bieg 10km Mężczyźni KATEGORIA:M50

| | | | | | | | | | |
|---|-----|-------------------|-----------------|--|------------------|----|-------------|----------|-------|
| 1 | 694 | KUCIEJCZYK Henryk | SZYDLOWO | | POL | 59 | M50/1 (M)11 | 00:36:20 | 03.38 |
| 2 | 991 | MAGIERSKI Jerzy | WARSZAWA-WESOŁA | | POL | 56 | M50/2 (M)21 | 00:37:28 | 03.44 |
| 3 | 945 | SZYMAŃSKI Dariusz | ŁÓŻA | | POL KS ŁÓŻANIE | 62 | M50/3 (M)22 | 00:37:43 | 03.46 |
| 4 | 950 | NOWOCIEŃ Jacek | PODKOWA LEŚNA | | POL | 59 | M50/4 (M)28 | 00:38:47 | 03.52 |
| 5 | 974 | SAWCZENKO Andrzej | WARSZAWA | | POL POL-VEN TEAM | 59 | M50/5 (M)55 | 00:40:08 | 04.00 |

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat | Drużyna Team | R-k YoB | W kategorii in Age Sex | Czas Time | [min/km] |
|--------------|--------|----------------------|---------------------|----------|-----------------------|---------|------------------------|-----------|----------|
| 6 | 869 | RADOMSKI Kazimierz | WOŁOMIN / MAJDAN | POL | KB-REBUS.PL | 63 | M50/6 (M)61 | 00:40:24 | 04.02 |
| 7 | 780 | RUTKOWSKI Sławomir | WARSZAWA | POL | | 59 | M50/7 (M)83 | 00:41:23 | 04.08 |
| 8 | 298 | JUDKA Władysław | MIŃSK MAZOWIECKI | POL | | 59 | M50/8 (M)108 | 00:42:11 | 04.12 |
| 9 | 689 | PODLES Robert | WARSZAWA | POL | COBI POLAND | 62 | M50/9 (M)125 | 00:42:39 | 04.15 |
| 10 | 2 | FREITES Luis | | POL | POL-VEN TEAM | 61 | M50/10 (M)152 | 00:43:29 | 04.20 |
| 11 | 659 | KAJAK Mirosław | GARWOLIN | POL | TRUCHTACZ.PL | 58 | M50/11 (M)174 | 00:43:58 | 04.23 |
| 12 | 362 | ZIÓLEK Grzegorz | WIELISZEW | POL | | 59 | M50/12 (M)176 | 00:44:05 | 04.22 |
| 13 | 877 | DURJASZ Paweł | JÓZEFIN | POL | | 61 | M50/13 (M)220 | 00:45:19 | 04.31 |
| 14 | 902 | MAZIŃSKI Krzysztof | HALINÓW | POL | | 63 | M50/14 (M)230 | 00:45:32 | 04.33 |
| 15 | 688 | GULKOWSKI Wojciech | WARSZAWA | POL | TRUCHT TARCHOMIN TEAM | 61 | M50/15 (M)236 | 00:45:38 | 04.33 |
| 16 | 234 | BOCHENKO Edward | ŁOMŻA | POL | | 55 | M50/16 (M)243 | 00:45:57 | 04.34 |
| 17 | 887 | OLESIAK Grzegorz | WARSZAWA | POL | | 62 | M50/17 (M)248 | 00:46:01 | 04.36 |
| 18 | 50 | DRABAREK Romuald | WARSZAWA | POL | | 62 | M50/18 (M)257 | 00:46:09 | 04.36 |
| 19 | 714 | MŁOSZ Krzysztof | WARSZAWA | POL | | 63 | M50/19 (M)291 | 00:47:04 | 04.42 |
| 20 | 850 | MIKINA Artur | WARSZAWA | POL | | 59 | M50/20 (M)295 | 00:47:16 | 04.43 |
| 21 | 541 | AUGUSTYN Zbigniew | ZALESIE GÓRNE | POL | | 61 | M50/21 (M)298 | 00:47:24 | 04.44 |
| 22 | 894 | ZIELIŃSKI Karol | ZĄBKI | POL | | 57 | M50/22 (M)300 | 00:47:29 | 04.44 |
| 23 | 545 | CICHON Tomasz | WARSZAWA | POL | | 63 | M50/23 (M)308 | 00:47:45 | 04.46 |
| 24 | 629 | DYJAK Marek | WARSZAWA | POL | | 61 | M50/24 (M)323 | 00:48:09 | 04.48 |
| 25 | 24 | BARAN Zenon | WARSZAWA | POL | | 60 | M50/25 (M)345 | 00:48:50 | 04.53 |
| 26 | 483 | STEFAŃSKI Dariusz | WARSZAWA | POL | | 61 | M50/26 (M)355 | 00:49:05 | 04.54 |
| 27 | 351 | RASZEWSKI Jan | WARSZAWA | POL | | 55 | M50/27 (M)374 | 00:49:34 | 04.57 |
| 28 | 630 | STUPALKOWSKI Marek | WARSZAWA | POL | | 62 | M50/28 (M)379 | 00:49:46 | 04.58 |
| 29 | 181 | STASIUK Marian | WARSZAWA | POL | | 61 | M50/29 (M)380 | 00:49:48 | 04.58 |
| 30 | 317 | OGURKIS Jan | WARSZAWA | POL | | 62 | M50/30 (M)389 | 00:49:59 | 04.59 |
| 31 | 624 | WITKOWSKI Adam | POMIECHÓWEK | POL | TRENINGIBIEGOWE.PL | 61 | M50/31 (M)392 | 00:50:04 | 05.00 |
| 32 | 53 | DZIEKONSKI Jacek | KONSTANCIN-JEZIORNA | POL | | 57 | M50/32 (M)422 | 00:51:38 | 05.09 |
| 33 | 230 | ŻUKOWSKI Jarosław | WARSZAWA | POL | | 62 | M50/33 (M)431 | 00:51:56 | 05.11 |
| 34 | 958 | KŁOS Zbigniew | PIASTÓW | POL | | 60 | M50/34 (M)444 | 00:52:20 | 05.14 |
| 35 | 135 | MODRZEJEWSKI Andrzej | WARSZAWA | POL | | 54 | M50/35 (M)459 | 00:52:54 | 05.17 |
| 36 | 126 | MALINOWSKI Jerzy | SZELIGI | POL | | 61 | M50/36 (M)515 | 00:54:38 | 05.27 |
| 37 | 392 | ZEGARŁOWICZ Paweł | PIASTÓW | POL | | 62 | M50/37 (M)519 | 00:55:04 | 05.30 |
| 38 | 197 | TRACZYK Jarosław | WARSZAWA | POL | | 60 | M50/38 (M)539 | 00:56:45 | 05.40 |
| 39 | 412 | KOSIŃSKI Marek | WARSZAWA | POL | | 57 | M50/39 (M)544 | 00:56:57 | 05.41 |
| 40 | 605 | NACHULEWICZ Paweł | WARSZAWA | POL | | 63 | M50/40 (M)555 | 00:57:29 | 05.44 |
| 41 | 195 | ŚWIERCZYŃSKI Andrzej | WARSZAWA | POL | | 58 | M50/41 (M)574 | 00:59:54 | 05.59 |
| 42 | 245 | KWIECIEŃ Jacek | MARKI | POL | | 57 | M50/42 (M)582 | 01:00:39 | 06.03 |
| 43 | 162 | ROSLAN Jacek | WARSZAWA | POL | | 63 | M50/43 (M)589 | 01:01:44 | 06.10 |
| 44 | 527 | KRZAK Marek | WARSZAWA | POL | | 61 | M50/44 (M)593 | 01:02:33 | 06.15 |
| 45 | 99 | KOSTRZEWSKI Juliusz | WARSZAWA | POL | | 63 | M50/45 (M)607 | 01:06:03 | 06.36 |
| 46 | 92 | KĘDZIERSKI Paweł | WARSZAWA | POL | | 57 | M50/46 (M)609 | 01:06:42 | 06.40 |
| 47 | 616 | BARECKI Włodzimierz | WARSZAWA | POL | | 56 | M50/47 (M)619 | 01:11:39 | 07.09 |
| 48 | 518 | ZIELIŃSKI Tomasz | WARSZAWA | POL | | 57 | M50/48 (M)621 | 01:16:31 | 07.39 |
| 49 | 364 | KLEJNOWSKI Krzysztof | WARSZAWA | POL | | 61 | M50/49 (M)623 | 01:22:06 | 08.12 |

Bieg 10km Mężczyźni KATEGORIA:M60

| | | | | | | | | | |
|----|-----|-----------------------|----------------------|-----|---------------|----|---------------|----------|-------|
| 1 | 16 | DĄBROWSKI Krzysztof | | POL | POL-VEN TEAM | 50 | M60/1 (M)69 | 00:40:39 | 04.03 |
| 2 | 975 | KOSOWSKI Janusz | OLSZTYN | POL | | 52 | M60/2 (M)72 | 00:40:50 | 04.05 |
| 3 | 713 | PIĄTEK Bogdan | ZIELONKA | POL | | 53 | M60/3 (M)136 | 00:42:59 | 04.17 |
| 4 | 451 | LICHOSIK Jerzy | JELEŃ GÓRA | POL | | 50 | M60/4 (M)139 | 00:43:06 | 04.17 |
| 5 | 882 | KORZONKOWSKI Zbigniew | WARSZAWA | POL | ENTRE.PL TEAM | 50 | M60/5 (M)169 | 00:43:52 | 04.23 |
| 6 | 312 | GIRUĆ Zbigniew | WIĄZOWNA | POL | | 53 | M60/6 (M)346 | 00:48:52 | 04.53 |
| 7 | 957 | WILCZYŃSKI Mikołaj | SIEDLCE | POL | | 48 | M60/7 (M)387 | 00:49:55 | 04.59 |
| 8 | 105 | KRAWCZYŃSKI Jacek | RADZIEJOWICE/ŚLABOMI | POL | | 47 | M60/8 (M)506 | 00:54:26 | 05.26 |
| 9 | 642 | KALINOWSKI Janusz | 3502 | POL | | 50 | M60/9 (M)594 | 01:02:51 | 06.17 |
| 10 | 416 | TOMASIK Janusz | WARSZAWA | POL | | 43 | M60/10 (M)617 | 01:11:00 | 07.06 |

Bieg 10km Kobiety KATEGORIA:K20

| | | | | | | | | | |
|---|-----|--------------------|--------------------|-----|--------------------|----|------------|----------|-------|
| 1 | 653 | ŚLUSARCZYK Mariola | WARSZAWA | POL | TRENINGIBIEGOWE.PL | 90 | K20/1 (K)1 | 00:37:10 | 03.43 |
| 2 | 654 | ZANIEWSKA Izabela | CZARNA BIAŁOSTOCKA | POL | FORPRO | 88 | K20/2 (K)2 | 00:37:10 | 03.42 |

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat | Drużyna Team | R-k YoB | W kategorii in Age Sex | Czas Time | [min/km] |
|---------------------|---------------|-----------------------------|-------------------------|-----------------|-----------------------|----------------|-------------------------------|------------------|-----------------|
| 3 | 767 | SKARZYŃSKA Magdalena | KANIE | POL | KB-REBUS.PL | 87 | K20/3 (K)5 | 00:38:49 | 03.52 |
| 4 | 976 | WIERZBICKA Magdalena | ŚWIEBODZIN | POL | TRENINGIBIEGOWE.PL | 89 | K20/4 (K)6 | 00:39:25 | 03.56 |
| 5 | 923 | LIPSKA Paulina | WARSZAWA | POL | | 92 | K20/5 (K)7 | 00:39:38 | 03.57 |
| 6 | 895 | MILEK Antonina | | POL | CHEMIK ADEBLUE PUŁAWY | 94 | K20/6 (K)8 | 00:40:06 | 04.00 |
| 7 | 870 | ROLKA Gabriela | NOWY SĄCZ | POL | | 89 | K20/7 (K)9 | 00:40:16 | 04.01 |
| 8 | 986 | GŁOWAŁA Sylwia | GARWOLIN | POL | GKS WILGA GARWOLIN | 94 | K20/8 (K)10 | 00:40:41 | 04.04 |
| 9 | 896 | DĄBROWSKA Dominika | WARSZAWA | POL | | 86 | K20/9 (K)11 | 00:40:48 | 04.04 |
| 10 | 989 | SZCZEGOT Katarzyna | GARWOLIN | POL | GKS WILGA GARWOLIN | 98 | K20/10 (K)12 | 00:40:53 | 04.05 |
| 11 | 918 | KARAŚ Jolanta | SULEJÓWEK | POL | | 89 | K20/11 (K)15 | 00:44:12 | 04.25 |
| 12 | 147 | PALINKA Małgorzata | WARSZAWA | POL | | 84 | K20/12 (K)17 | 00:44:35 | 04.25 |
| 13 | 674 | ZWIERZYŃSKA Małgorzata | WARSZAWA | POL | | 85 | K20/13 (K)23 | 00:46:33 | 04.39 |
| 14 | 942 | MATYJASEK Paulina | JÓZEFÓW | POL | | 87 | K20/14 (K)30 | 00:47:47 | 04.46 |
| 15 | 13 | KRUSZEWSKA SENK Agnieszka | | POL | POL-VEN TEAM | 84 | K20/15 (K)32 | 00:47:58 | 04.47 |
| 16 | 981 | AUGUSTYŃSKA Iwona | | POL | POL-VEN TEAM | 90 | K20/16 (K)34 | 00:48:08 | 04.48 |
| 17 | 22 | KLIMCZAK Aleksandra | WOŁOMIN | POL | | 98 | K20/17 (K)35 | 00:48:18 | 04.49 |
| 18 | 485 | TOMASZEWSKA Emilia | WARSZAWA | POL | | 85 | K20/18 (K)40 | 00:49:35 | 04.57 |
| 19 | 384 | SOBCZYK Klaudia | RADOM | POL | | 87 | K20/19 (K)49 | 00:50:20 | 05.02 |
| 20 | 208 | WESOŁOWSKA Karolina | WARSZAWA | POL | | 88 | K20/20 (K)52 | 00:50:43 | 05.04 |
| 21 | 400 | MADEJ Ewa | DYMITROW DUZY | POL | ACCELERATE | 84 | K20/21 (K)56 | 00:51:15 | 05.07 |
| 22 | 434 | MALICKA Paulina | NIEGOSZÓW | POL | GOODRUNNERS | 86 | K20/22 (K)59 | 00:51:36 | 05.09 |
| 23 | 828 | RUTKOWSKA Małgorzata | WARSZAWA | POL | | 84 | K20/23 (K)60 | 00:51:39 | 05.09 |
| 24 | 855 | WÓJTOWICZ Magdalena | LUBLIN | POL | | 90 | K20/24 (K)61 | 00:51:40 | 05.10 |
| 25 | 577 | RAKOWSKA Martyna | USTKA | POL | | 92 | K20/25 (K)62 | 00:52:00 | 05.12 |
| 26 | 107 | KRÓLIKOWSKA Emilia | KOMORÓW | POL | APUQ | 87 | K20/26 (K)69 | 00:53:15 | 05.19 |
| 27 | 100 | KOTLARZ Katarzyna | WARSZAWA | POL | | 90 | K20/27 (K)70 | 00:53:24 | 05.20 |
| 28 | 311 | BRODOWSKA Małgorzata | ŁAJSKI | POL | THE BRAND | 88 | K20/28 (K)71 | 00:53:47 | 05.22 |
| 29 | 570 | MYSZKOWSKA Monika | WARSZAWA | POL | | 87 | K20/29 (K)73 | 00:53:54 | 05.23 |
| 30 | 848 | SZYMAŃSKA Marlena | WYSZKÓW | POL | | 91 | K20/30 (K)76 | 00:54:16 | 05.25 |
| 31 | 442 | PODGORSKA Magdalena | WARSZAWA | POL | GOODRUNNERS | 85 | K20/31 (K)81 | 00:54:49 | 05.28 |
| 32 | 497 | RYBUS Agata | LIPSKO | POL | | 86 | K20/32 (K)83 | 00:55:02 | 05.30 |
| 33 | 634 | FRANCZYK Patrycja | | POL | | 89 | K20/33 (K)85 | 00:55:03 | 05.30 |
| 34 | 96 | KOCON Magdalena | WARSZAWA | POL | 12TRI.PL | 84 | K20/34 (K)86 | 00:55:04 | 05.30 |
| 35 | 324 | GRZYBOWSKA Ewelina | WARSZAWA | POL | | 85 | K20/35 (K)91 | 00:55:20 | 05.32 |
| 36 | 164 | RUDNICKA Adrianna | WARSZAWA | POL | | 89 | K20/36 (K)98 | 00:56:08 | 05.36 |
| 37 | 375 | OŹDŻEŃSKA Ania | WARSZAWA | POL | | 96 | K20/37 (K)100 | 00:56:27 | 05.38 |
| 38 | 86 | KAJAK Anna maria | GARWOLIN | POL | TRUCHTACZ.PL | 94 | K20/38 (K)105 | 00:56:42 | 05.40 |
| 39 | 926 | MATUSIK Dominika | WARSZAWA | POL | | 84 | K20/39 (K)106 | 00:56:44 | 05.40 |
| 40 | 444 | STOKOWSKA Marlena | WARSZAWA | POL | GOODRUNNERS | 87 | K20/40 (K)110 | 00:57:07 | 05.42 |
| 41 | 104 | KRAWCZYK Aleksandra | WARSZAWA | POL | | 84 | K20/41 (K)111 | 00:57:10 | 05.43 |
| 42 | 299 | KOWALSKA Małgorzata | PSUCIN | POL | | 87 | K20/42 (K)116 | 00:57:33 | 05.45 |
| 43 | 610 | ROJEK Anna | WARSZAWA | POL | | 86 | K20/43 (K)117 | 00:57:43 | 05.46 |
| 44 | 15 | OSZKIEL Iлона | WARSZAWA | POL | POL-VEN TEAM | 86 | K20/44 (K)124 | 00:58:22 | 05.50 |
| 45 | 182 | STASIUK Natalia | WARSZAWA | POL | | 88 | K20/45 (K)127 | 00:58:37 | 05.51 |
| 46 | 275 | GRYCAN Małgorzata | WARSZAWA | POL | | 85 | K20/46 (K)128 | 00:58:41 | 05.52 |
| 47 | 344 | KOTKOWSKA Martyna | MŁAWA | POL | | 93 | K20/47 (K)130 | 00:58:49 | 05.52 |
| 48 | 41 | CIUBA Patrycja | WARSZAWA | POL | | 87 | K20/48 (K)133 | 00:59:03 | 05.54 |
| 49 | 491 | ZAWORSKA Agata | WARSZAWA | POL | | 88 | K20/49 (K)135 | 00:59:13 | 05.55 |
| 50 | 221 | WOSKOWICZ Oda | WARSZAWA | POL | | 85 | K20/50 (K)140 | 00:59:45 | 05.58 |
| 51 | 137 | MOJSIEJ Weronika | WARSZAWA | POL | | 91 | K20/51 (K)148 | 01:00:36 | 06.03 |
| 52 | 568 | MIESZCZANEK Marta | WARSZAWA | POL | | 88 | K20/52 (K)154 | 01:01:31 | 06.09 |
| 53 | 169 | SAGANOWSKA Zuzanna | WARSZAWA | POL | | 87 | K20/53 (K)156 | 01:01:35 | 06.09 |
| 54 | 640 | WRONKA Karina | LEGIONOWO | POL | | 86 | K20/54 (K)157 | 01:01:49 | 06.10 |
| 55 | 130 | MIERKIEWICZ Bernadetta | WARSZAWA | POL | | 86 | K20/55 (K)159 | 01:01:53 | 06.11 |
| 56 | 560 | KRÓLIKOWSKA Cecylia | WARSZAWA | POL | APUQ | 85 | K20/56 (K)161 | 01:02:21 | 06.14 |
| 57 | 177 | SMOLEŃSKA Marta | WARSZAWA | POL | TRUCHT TARCHOMIN TEAM | 96 | K20/57 (K)162 | 01:02:24 | 06.14 |
| 58 | 602 | MATUSZEWSKA Nina | WARSZAWA | POL | NR ALBATROSY | 87 | K20/58 (K)165 | 01:02:43 | 06.16 |
| 59 | 376 | PODOLSKA-KUDLA Magdalena | WARSZAWA | POL | | 84 | K20/59 (K)167 | 01:03:07 | 06.18 |
| 60 | 377 | POTYKANOWICZ Aleksandra | ZIELONKA | POL | | 85 | K20/60 (K)168 | 01:03:15 | 06.19 |

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat | Drużyna Team | R-k YoB | W kategorii in Age Sex | Czas Time | [min/km] |
|--------------|--------|-----------------------|---------------------|----------|---------------------------|---------|------------------------|-----------|----------|
| 61 | 134 | MŁYNARCZYK Anna | KONSTANCIN-JEZIORNA | | POL | 87 | K20/61 (K)169 | 01:03:55 | 06.23 |
| 62 | 87 | JABŁKOWSKA Kamila | LEGIONOWO | | POL | 86 | K20/62 (K)173 | 01:04:10 | 06.25 |
| 63 | 374 | ONISZK Marta | WARSZAWA | | POL | 86 | K20/63 (K)175 | 01:04:29 | 06.26 |
| 64 | 209 | WĘGRZYN Karolina | SZCZYTNO | | POL | 93 | K20/64 (K)177 | 01:04:41 | 06.28 |
| 65 | 287 | OGONEK Magdalena | WARSZAWA | | POL | 84 | K20/65 (K)181 | 01:05:00 | 06.30 |
| 66 | 503 | FRANKOWSKA Joanna | WARSZAWA | | POL | 87 | K20/66 (K)183 | 01:05:05 | 06.30 |
| 67 | 373 | MYSTKOWSKA Marta | WARSZAWA | | POL | 86 | K20/67 (K)185 | 01:05:42 | 06.34 |
| 68 | 321 | ZAWADZKA Anna | OTRĘBUSY | | POL | 84 | K20/68 (K)190 | 01:07:11 | 06.43 |
| 69 | 455 | KONCZAK Marta | WARSZAWA | | POL | 91 | K20/69 (K)192 | 01:07:21 | 06.44 |
| 70 | 405 | KOPERNIAK Urszula | WARSZAWA | | POL | 84 | K20/70 (K)202 | 01:08:57 | 06.53 |
| 71 | 154 | PIOTROWSKA Karolina | JABŁONNA | | POL TRUCHT TARCHOMIN TEAM | 95 | K20/71 (K)204 | 01:11:01 | 07.06 |
| 72 | 508 | KOZINA Marta | WARSZAWA | | POL | 84 | K20/72 (K)205 | 01:11:55 | 07.11 |
| 73 | 645 | PASIERBIŃSKA Patrycja | KANIE | | POL | 89 | K20/73 (K)206 | 01:11:58 | 07.11 |

Bieg 10km Kobiety KATEGORIA:K30

| | | | | | | | | | |
|----|-----|--------------------------|------------------|--|---------------------------|----|--------------|----------|-------|
| 1 | 712 | CHRĘŚCIONKO Ewa | WYSZKÓW | | POL KB-REBUS.PL | 82 | K30/1 (K)3 | 00:38:29 | 03.50 |
| 2 | 811 | ZIELIŃSKA Emilia | WARSZAWA | | POL | 83 | K30/2 (K)4 | 00:38:48 | 03.52 |
| 3 | 752 | TARNOWSKA Justyna | WIĄZOWNA | | POL | 79 | K30/3 (K)13 | 00:42:44 | 04.16 |
| 4 | 955 | HABER Gizela | WARSZAWA | | POL | 77 | K30/4 (K)16 | 00:44:17 | 04.25 |
| 5 | 668 | ŻURANIEWSKA Agnieszka | WARSZAWA | | POL TRUCHT TARCHOMIN TEAM | 77 | K30/5 (K)18 | 00:45:29 | 04.32 |
| 6 | 372 | MRÓZ Małgorzata | ŁOMIANKI DOLNE | | POL 12TRI.PL | 82 | K30/6 (K)19 | 00:46:06 | 04.36 |
| 7 | 388 | WIENCELEWSKA Małgorzata | WARSZAWA | | POL | 74 | K30/7 (K)21 | 00:46:25 | 04.38 |
| 8 | 770 | LENARCZYK Katarzyna | WARSZAWA | | PLE | 76 | K30/8 (K)25 | 00:46:50 | 04.41 |
| 9 | 123 | MACIĄG Karolina | WARSZAWA | | POL | 83 | K30/9 (K)26 | 00:46:50 | 04.41 |
| 10 | 762 | SNOPIKIEWICZ Joanna | CEGLÓW | | POL | 77 | K30/10 (K)27 | 00:47:04 | 04.42 |
| 11 | 834 | PAWŁOWSKA-POJAWA Anna | WARSZAWA | | POL BYLEDOBIEC ANIN | 76 | K30/11 (K)28 | 00:47:34 | 04.45 |
| 12 | 43 | SEREDYN Aldona | WARSZAWA | | POL | 79 | K30/12 (K)29 | 00:47:43 | 04.46 |
| 13 | 738 | DREJARZ-KACZMAREK Anna | WARSZAWA | | POL | 79 | K30/13 (K)36 | 00:48:27 | 04.50 |
| 14 | 962 | KURIATA Małgorzata | | | POL POL-VEN TEAM | 74 | K30/14 (K)38 | 00:49:28 | 04.56 |
| 15 | 563 | MOCHNACKA Dorota | ŁOMIANKI | | POL | 75 | K30/15 (K)41 | 00:49:41 | 04.58 |
| 16 | 542 | MALISZEWSKA Marta | WARSZAWA | | POL | 78 | K30/16 (K)44 | 00:49:54 | 04.59 |
| 17 | 58 | GEBKA Natalia | WARSZAWA | | POL | 82 | K30/17 (K)45 | 00:50:02 | 05.00 |
| 18 | 339 | ZAGAJEWSKA Ewa | WARSZAWA | | POL | 83 | K30/18 (K)46 | 00:50:08 | 05.00 |
| 19 | 9 | SKŁODOWSKA Izabela | | | POL POL-VEN TEAM | 83 | K30/19 (K)48 | 00:50:15 | 05.01 |
| 20 | 258 | WESOŁOWSKA Katarzyna | WARSZAWA | | POL | 79 | K30/20 (K)50 | 00:50:35 | 05.03 |
| 21 | 390 | ZABIELSKA Marta | WARSZAWA | | POL | 81 | K30/21 (K)51 | 00:50:42 | 05.04 |
| 22 | 127 | MARKOWSKA Oktawia | MALBORK | | POL | 79 | K30/22 (K)53 | 00:50:46 | 05.04 |
| 23 | 1 | COŚ Monika | | | POL | 77 | K30/23 (K)54 | 00:50:57 | 05.05 |
| 24 | 185 | SUCHMIEL Karolina | WARSZAWA | | POL | 80 | K30/24 (K)55 | 00:50:58 | 05.05 |
| 25 | 499 | BARLIK Paulina | WARSZAWA | | POL | 83 | K30/25 (K)57 | 00:51:17 | 05.07 |
| 26 | 418 | BAKALARZ Agnieszka | WARSZAWA | | POL | 78 | K30/26 (K)63 | 00:52:01 | 05.12 |
| 27 | 555 | JAROSZ-PIWOŃSKA Aldona | GÓRA KALWARIA | | POL | 79 | K30/27 (K)64 | 00:52:12 | 05.13 |
| 28 | 522 | CUPRYŚ Anna | WARSZAWA | | POL | 78 | K30/28 (K)65 | 00:52:15 | 05.13 |
| 29 | 175 | SKAWIŃSKA Anna | WARSZAWA WESOŁA | | POL | 83 | K30/29 (K)66 | 00:52:20 | 05.14 |
| 30 | 291 | ROGUSKA Marta | WARSZAWA | | POL | 81 | K30/30 (K)67 | 00:53:06 | 05.18 |
| 31 | 539 | SZYMAŃSKA-KOPCIŃSKA Ewa | MIŃSK MAZOWIECKI | | POL | 77 | K30/31 (K)68 | 00:53:14 | 05.19 |
| 32 | 67 | GRABOWSKA Iwona | WARSZAWA | | POL | 79 | K30/32 (K)72 | 00:53:52 | 05.23 |
| 33 | 561 | KUCHERIAVAIA Svetlana | WARSZAWA | | POL | 80 | K30/33 (K)75 | 00:54:09 | 05.24 |
| 34 | 353 | SOBIECH Agnieszka | WARSZAWA | | POL | 81 | K30/34 (K)77 | 00:54:24 | 05.26 |
| 35 | 120 | ŁOBEJKO Ania | WARSZAWA | | POL | 80 | K30/35 (K)78 | 00:54:33 | 05.27 |
| 36 | 439 | PACIUSZKIEWICZ Katarzyna | WARSZAWA | | POL | 81 | K30/36 (K)79 | 00:54:38 | 05.27 |
| 37 | 597 | MACHERA Anna | WARSZAWA | | POL | 81 | K30/37 (K)80 | 00:54:38 | 05.27 |
| 38 | 399 | ŁUKASZUK Maja | WARSZAWA | | POL TRENINGIBIEGOWE.PL | 80 | K30/38 (K)82 | 00:54:52 | 05.29 |
| 39 | 329 | ŁASKA Anna | WARSZAWA | | POL | 82 | K30/39 (K)84 | 00:55:03 | 05.30 |
| 40 | 361 | GAJDKA Karolina | WARSZAWA | | POL | 81 | K30/40 (K)87 | 00:55:08 | 05.30 |
| 41 | 326 | JANKOWSKA Kasia | WARSZAWA | | POL | 82 | K30/41 (K)88 | 00:55:14 | 05.31 |
| 42 | 510 | MATYJA Małgorzata | WARSZAWA | | POL | 75 | K30/42 (K)90 | 00:55:18 | 05.31 |
| 43 | 262 | ZIEMKIEWICZ Malwina | WARSZAWA | | POL | 77 | K30/43 (K)93 | 00:55:42 | 05.34 |
| 44 | 268 | SYCHOWICZ Klara | WARSZAWA | | POL | 74 | K30/44 (K)95 | 00:55:47 | 05.34 |

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat | Drużyna Team | R-k YoB | W kategorii in Age Sex | Czas Time | [min/km] |
|--------------|--------|--------------------------------|------------------|----------|------------------|---------|------------------------|-----------|----------|
| 45 | 639 | MAROSZYŃSKA Joanna | IZABELIN | | POL | 76 | K30/45 (K)96 | 00:55:58 | 05.35 |
| 46 | 225 | ZARSKA Marta | WARSZAWA | | POL | 75 | K30/46 (K)99 | 00:56:25 | 05.38 |
| 47 | 548 | DĄBROWSKA Lena | WARSZAWA | | POL | 81 | K30/47 (K)101 | 00:56:33 | 05.39 |
| 48 | 591 | JESIONOWSKA Marta | WARSZAWA | | POL | 82 | K30/48 (K)103 | 00:56:39 | 05.39 |
| 49 | 641 | MINTA Iwona | WARSZAWA | | POL | 77 | K30/49 (K)104 | 00:56:39 | 05.39 |
| 50 | 368 | ŁĄCZKA Dagmara | WARSZAWA | | POL | 81 | K30/50 (K)108 | 00:56:57 | 05.41 |
| 51 | 186 | SZAFRAN Monika | WARSZAWA | | POL | 83 | K30/51 (K)109 | 00:57:01 | 05.42 |
| 52 | 507 | KORNAS Agnieszka | WARSZAWA | | POL | 75 | K30/52 (K)112 | 00:57:14 | 05.43 |
| 53 | 327 | KOWALINA Anna | WARSZAWA | | POL | 83 | K30/53 (K)114 | 00:57:24 | 05.44 |
| 54 | 173 | SIERZPUTOWSKA Izabella | MIASKOWO | | POL | 75 | K30/54 (K)115 | 00:57:32 | 05.45 |
| 55 | 972 | TAWERSKA Renata | WARSZAWA | | POL POL-VEN TEAM | 75 | K30/55 (K)119 | 00:57:52 | 05.47 |
| 56 | 167 | RUSINEK Anna | WARSZAWA | | POL | 81 | K30/56 (K)120 | 00:57:54 | 05.47 |
| 57 | 407 | BARANOWSKA-JAKUTA Dorota | WARSZAWA | | POL | 81 | K30/57 (K)121 | 00:57:54 | 05.47 |
| 58 | 227 | ZINKIEWICZ Anna | GIŻYCKO | | POL | 82 | K30/58 (K)122 | 00:58:07 | 05.48 |
| 59 | 187 | SZOTA Emilia | SADKOWICE | | POL | 82 | K30/59 (K)123 | 00:58:08 | 05.48 |
| 60 | 94 | KIELAK Maja | WARSZAWA | | POL | 75 | K30/60 (K)125 | 00:58:35 | 05.51 |
| 61 | 525 | KNAPIK Ilona | WARSZAWA | | POL | 76 | K30/61 (K)126 | 00:58:36 | 05.51 |
| 62 | 131 | MIKŁASZEWICZ Dorota | WARSZAWA | | POL NR ALBATROSY | 83 | K30/62 (K)131 | 00:58:58 | 05.53 |
| 63 | 513 | RARÓG-PILECKA Wioletta | WARSZAWA | | POL | 74 | K30/63 (K)132 | 00:58:59 | 05.53 |
| 64 | 486 | WASIEK Agnieszka | WARSZAWA | | POL | 77 | K30/64 (K)134 | 00:59:09 | 05.54 |
| 65 | 456 | LEWIŃSKA Paulina | NOWE MIASTO NAD | | POL | 76 | K30/65 (K)137 | 00:59:21 | 05.56 |
| 66 | 532 | MOSZCZYŃSKA-STAŚ Sylwia | WARSZAWA | | POL | 77 | K30/66 (K)141 | 00:59:46 | 05.58 |
| 67 | 469 | WOJDYNA-MILEWSKA Patrycja | WARSZAWA | | POL | 81 | K30/67 (K)143 | 01:00:09 | 06.00 |
| 68 | 265 | CZARNECKA Beata | WARSZAWA | | POL 12TRI.PL | 75 | K30/68 (K)147 | 01:00:33 | 06.03 |
| 69 | 360 | DRYJA Monika | WARSZAWA | | POL | 78 | K30/69 (K)149 | 01:00:53 | 06.05 |
| 70 | 90 | KARWOWSKA Magdalena | WARSZAWA | | POL | 79 | K30/70 (K)151 | 01:01:03 | 06.06 |
| 71 | 496 | OSTASZEWSKA Agnieszka | WARSZAWA | | POL | 82 | K30/71 (K)152 | 01:01:08 | 06.06 |
| 72 | 481 | SAMUSZONEK Anna | WROCLAW | | POL | 82 | K30/72 (K)158 | 01:01:52 | 06.11 |
| 73 | 623 | WISOWSKA Katarzyna | WARSZAWA | | POL | 80 | K30/73 (K)166 | 01:02:48 | 06.16 |
| 74 | 628 | MIKOŁAJCZYK Agata | WARSZAWA | | POL | 76 | K30/74 (K)170 | 01:03:56 | 06.23 |
| 75 | 47 | ĆWIERTNIEWSKA-MAHROUG Krystyna | WARSZAWA | | POL | 81 | K30/75 (K)171 | 01:04:04 | 06.24 |
| 76 | 172 | SIARKIEWICZ-MURACH Barbara | ŁOMIANKI | | POL | 81 | K30/76 (K)172 | 01:04:06 | 06.24 |
| 77 | 590 | JANIK Małgorzata | LEGIONOWO | | POL | 77 | K30/77 (K)174 | 01:04:12 | 06.25 |
| 78 | 11 | BIEŃSKA Anna | | | POL POL-VEN TEAM | 82 | K30/78 (K)176 | 01:04:35 | 06.27 |
| 79 | 7 | DEMIANOWICZ Aneta | | | POL POL-VEN TEAM | 79 | K30/79 (K)178 | 01:04:46 | 06.28 |
| 80 | 138 | MOZDZONEK Anna | WARSZAWA | | POL | 81 | K30/80 (K)179 | 01:04:50 | 06.29 |
| 81 | 228 | ŻMOJDA Agnieszka | WARSZAWA | | POL | 83 | K30/81 (K)186 | 01:05:49 | 06.34 |
| 82 | 103 | KRAMZA Agnieszka | WARSZAWA | | POL | 77 | K30/82 (K)187 | 01:05:51 | 06.35 |
| 83 | 5 | JAWORSKA Agnieszka | | | POL POL-VEN TEAM | 80 | K30/83 (K)188 | 01:06:26 | 06.38 |
| 84 | 206 | WEDDER Monika | KIELCE | | POL | 75 | K30/84 (K)189 | 01:07:00 | 06.42 |
| 85 | 77 | JAGLIŃSKA Anna | WARSZAWA | | POL | 82 | K30/85 (K)191 | 01:07:20 | 06.44 |
| 86 | 93 | KĘSIK Anna | WARSZAWA | | POL | 82 | K30/86 (K)193 | 01:07:22 | 06.44 |
| 87 | 293 | CIECIERA Aneta | WARSZAWA | | POL AGR WELODROM | 74 | K30/87 (K)194 | 01:07:30 | 06.45 |
| 88 | 544 | BOIKE-NOWAK Monika | JASTARNIA | | POL | 82 | K30/88 (K)195 | 01:07:45 | 06.46 |
| 89 | 897 | DOMARADZKA Violetta | WARSZAWA | | POL NR ALBATROSY | 77 | K30/89 (K)196 | 01:07:53 | 06.47 |
| 90 | 562 | KURAS Marzena | PIASECZNO-NOWA | | POL | 79 | K30/90 (K)199 | 01:08:29 | 06.50 |
| 91 | 615 | ZIELIŃSKA-PISKLAK Monika | WARSZAWA | | POL | 78 | K30/91 (K)200 | 01:08:29 | 06.50 |
| 92 | 243 | KOPERNIAK Natalia | WARSZAWA | | POL | 83 | K30/92 (K)201 | 01:08:57 | 06.53 |
| 93 | 70 | GRYGORUK Anna | HAJNÓWKA | | POL | 82 | K30/93 (K)208 | 01:13:07 | 07.18 |
| 94 | 152 | PINDARA Magda | WARSZAWA | | POL | 83 | K30/94 (K)209 | 01:17:41 | 07.46 |

Bieg 10km Kobiety KATEGORIA:K40

| | | | | | | | | | |
|---|-----|---------------------|-----------------|--|---------------------|----|-------------|----------|-------|
| 1 | 998 | ŚWIDERSKA Katarzyna | WARSZAWA | | POL | 71 | K40/1 (K)20 | 00:46:19 | 04.37 |
| 2 | 765 | ŚWIERCZ Iwona | WARSZAWA | | POL BYLEDOBIEC ANIN | 69 | K40/2 (K)22 | 00:46:32 | 04.39 |
| 3 | 537 | STEFAŃSKA Agnieszka | WARSZAWA | | POL | 71 | K40/3 (K)24 | 00:46:41 | 04.40 |
| 4 | 66 | GRABIŃSKA Gizela | WARSZAWA WESOŁA | | POL | 69 | K40/4 (K)33 | 00:48:08 | 04.48 |
| 5 | 910 | SIWOŃ Ewa | WARSZAWA | | POL | 73 | K40/5 (K)37 | 00:49:20 | 04.56 |
| 6 | 146 | ODOLCZYK Joanna | WARSZAWA | | POL | 65 | K40/6 (K)39 | 00:49:32 | 04.57 |

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat | Drużyna Team | R-k YoB | W kategorii in Age Sex | Czas Time | [min/km] |
|--------------|--------|--------------------------|------------------|----------|-----------------------|---------|------------------------|-----------|----------|
| 7 | 480 | RAKOWSKA Magdalena | WARSZAWA | POL | | 73 | K40/7 (K)43 | 00:49:48 | 04.58 |
| 8 | 271 | BONIAKOWSKA Agata | CEGLÓW | POL | | 72 | K40/8 (K)47 | 00:50:14 | 05.01 |
| 9 | 367 | KORECKA-REJCZAK Zofia | WARSZAWA | POL | | 73 | K40/9 (K)58 | 00:51:22 | 05.08 |
| 10 | 26 | BARTNIK Monika | WARSZAWA | POL | | 72 | K40/10 (K)74 | 00:53:59 | 05.23 |
| 11 | 492 | FURMAŃSKA Katia | JULIANÓW | POL | | 68 | K40/11 (K)92 | 00:55:30 | 05.33 |
| 12 | 109 | KUDLAK Monika | RUDA | POL | | 73 | K40/12 (K)94 | 00:55:44 | 05.34 |
| 13 | 219 | WOJTKIEWICZ Marta | PODKOWA LEŚNA | POL | | 73 | K40/13 (K)107 | 00:56:49 | 05.40 |
| 14 | 249 | NOWAK Sandra | WARSZAWA | POL | MIDLIFE CRISIS TEAM | 73 | K40/14 (K)113 | 00:57:19 | 05.43 |
| 15 | 618 | PIETRZAK Monika | WARSZAWA | POL | | 73 | K40/15 (K)118 | 00:57:44 | 05.46 |
| 16 | 303 | MNISZKO Urszula | MARKI | POL | | 72 | K40/16 (K)129 | 00:58:46 | 05.52 |
| 17 | 428 | KOMAR Beata | NOWE MIASTO NAD | POL | | 71 | K40/17 (K)136 | 00:59:19 | 05.55 |
| 18 | 191 | SZYSZKA Monika | GARWOLIN | POL | | 73 | K40/18 (K)138 | 00:59:22 | 05.56 |
| 19 | 519 | BIERNACKA Agnieszka | LEGIONOWO | POL | | 70 | K40/19 (K)142 | 01:00:08 | 06.00 |
| 20 | 356 | BANIA Anna | WARSZAWA | POL | | 73 | K40/20 (K)144 | 01:00:18 | 06.01 |
| 21 | 592 | JĘDRZEJCZYK Agnieszka | WARSZAWA | POL | | 70 | K40/21 (K)146 | 01:00:30 | 06.03 |
| 22 | 460 | BROŻEK Katarzyna | WARSZAWA | POL | | 71 | K40/22 (K)150 | 01:00:55 | 06.05 |
| 23 | 71 | GULKOWSKA Ewa | WARSZAWA | POL | TRUCHT TARCHOMIN TEAM | 65 | K40/23 (K)153 | 01:01:19 | 06.07 |
| 24 | 334 | POLIŃSKA Anna | WARSZAWA | POL | | 64 | K40/24 (K)160 | 01:01:54 | 06.11 |
| 25 | 34 | CELEJEWSKA Aneta | RUDA | POL | | 72 | K40/25 (K)163 | 01:02:33 | 06.15 |
| 26 | 408 | BOGUCKA Martyna | WARSZAWA | POL | | 73 | K40/26 (K)164 | 01:02:36 | 06.15 |
| 27 | 461 | BRZOSTOWSKA Agnieszka | WARSZAWA | POL | | 68 | K40/27 (K)180 | 01:04:57 | 06.29 |
| 28 | 21 | MAZUREK Agnieszka | WARSZAWA | POL | | 72 | K40/28 (K)184 | 01:05:25 | 06.32 |
| 29 | 163 | ROSLAN Małgorzata | WARSZAWA | POL | | 64 | K40/29 (K)197 | 01:08:11 | 06.49 |
| 30 | 235 | BRAŃSKA-DOBROWOLSKA Olga | WARSZAWA | POL | | 73 | K40/30 (K)198 | 01:08:24 | 06.50 |
| 31 | 465 | FARMUS Aldona | WARSZAWA | POL | | 68 | K40/31 (K)203 | 01:09:31 | 06.57 |
| 32 | 295 | HNATEK Anna | WARSZAWA | POL | | 72 | K40/32 (K)207 | 01:12:35 | 07.15 |

Bieg 10km Kobiety KATEGORIA:K50

| | | | | | | | | | |
|---|-----|-----------------------|-----------|-----|--------------------|----|--------------|----------|-------|
| 1 | 700 | ROSIŃSKA Barbara | MILANÓWEK | POL | STO-NOGI MILANÓWEK | 62 | K50/1 (K)14 | 00:44:11 | 04.25 |
| 2 | 184 | STRACHOCKA Anna | WARSZAWA | POL | | 56 | K50/2 (K)97 | 00:56:03 | 05.36 |
| 3 | 145 | NIEŚCIORUK Anna | ŁOMIANKI | POL | | 61 | K50/3 (K)139 | 00:59:38 | 05.57 |
| 4 | 286 | STRZELCZYK Renata | WARSZAWA | POL | | 62 | K50/4 (K)145 | 01:00:26 | 06.02 |
| 5 | 73 | HIGERSBERGER Wiesława | WARSZAWA | POL | TRUCHTACZ.PL | 60 | K50/5 (K)155 | 01:01:35 | 06.09 |
| 6 | 472 | KULBICKA Ewa, elwira | WARSZAWA | POL | | 56 | K50/6 (K)182 | 01:05:05 | 06.30 |

Bieg 10km Kobiety KATEGORIA:K60

| | | | | | | | | | |
|---|-----|----------------|----------|-----|--|----|--------------|----------|-------|
| 1 | 580 | TULA Maria | WARSZAWA | POL | | 52 | K60/1 (K)42 | 00:49:45 | 04.58 |
| 2 | 232 | ŻYWEK Teresa | WARSZAWA | POL | | 47 | K60/2 (K)89 | 00:55:14 | 05.31 |
| 3 | 89 | KARŁOWICZ Anna | WARSZAWA | POL | | 53 | K60/3 (K)102 | 00:56:35 | 05.39 |