

VII Bieg Marszałka

WYNIKI ZAWODÓW



































Bieg 10km

Organizator: Towarzystwo Przyjaciół Sulejówka, Grupa Inicjatywna Mieszkańców Sulejówka

Termin: 14.06.2014

Miejsce: Sulejówek

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 | Netto | [min/km] |
|--------------------------------|-----------|-------------------------------|---------------------|---|--------------------------------------|------------|---------------------------|--------------|----------|----------|
| Bieg 10km KATEGORIA:K70 | | | | | | | | | | |
| 1 | 10 | ROSIŃSKA Janina | PABIANICE |  POL | AZS ŁÓDŹ | 36 | K70/1 (K)89 | 01:25:18 | 01:25:18 | 08.31 |
| Bieg 10km KATEGORIA:K60 | | | | | | | | | | |
| 1 | 276 | MARCZAK Grażyna | WARSZAWA |  POL | | 53 | K60/1 (K)21 | 00:52:10 | 00:52:10 | 05.13 |
| 2 | 346 | POLAK Teresa | WARSZAWA |  POL | KB ACTIVESPORTS WARSZAWA | 51 | K60/2 (K)42 | 00:56:28 | 00:56:28 | 05.38 |
| 3 | 442 | KARŁOWICZ Anna | WARSZAWA |  POL | WOLNA WOLA WARSZAWA | 53 | K60/3 (K)49 | 00:57:25 | 00:57:25 | 05.44 |
| 4 | 368 | SZUBA Zofia | WARSZAWA |  POL | BORUTA RUNNING TEAM | 53 | K60/4 (K)59 | 00:58:36 | 00:58:36 | 05.51 |
| Bieg 10km KATEGORIA:K50 | | | | | | | | | | |
| 1 | 160 | SOSZYŃSKA Małgorzata | WARSZAWA |  POL | CZŁAPACZE | 62 | K50/1 (K)28 | 00:52:49 | 00:52:49 | 05.16 |
| 2 | 197 | STRACHOCKA Anna | WARSZAWA |  POL | ŻOLIBORZ BIEGA | 56 | K50/2 (K)39 | 00:54:51 | 00:54:51 | 05.29 |
| 3 | 486 | JESINOWICZ Grażyna | WARSZAWA |  POL | AON WARSZAWA | 60 | K50/3 (K)66 | 00:59:45 | 00:59:45 | 05.58 |
| 4 | 40 | KOLASA Barbara | WARSZAWA-WESOŁA |  POL | KLUB J.SLOWACKIEGO | 56 | K50/4 (K)80 | 01:05:08 | 01:05:08 | 06.30 |
| 5 | 219 | WIKTORZAK Krystyna | WARSZAWA |  POL | | 56 | K50/5 (K)86 | 01:15:18 | 01:15:18 | 07.31 |
| Bieg 10km KATEGORIA:K40 | | | | | | | | | | |
| 1 | 2 | ORŁOWSKA Maria | TRZEMESZNO |  POL | FUNDACJA AKTYWNE TRZEMESZNO | 72 | K40/1 (K)4 | 00:43:18 | 00:43:18 | 04.19 |
| 2 | 114 | ANDRZEJEWSKA Edyta | ŁÓDŹ |  POL | SZAKALE BALUT ŁÓDŹ | 70 | K40/2 (K)17 | 00:50:41 | 00:50:41 | 05.04 |
| 3 | 70 | TURCZYŃSKA Monika | WARSZAWA |  POL | | 73 | K40/3 (K)31 | 00:53:13 | 00:53:13 | 05.19 |
| 4 | 372 | TOMCZUK Vanessa | WARSZAWA WESOŁA |  POL | | 72 | K40/4 (K)40 | 00:56:04 | 00:56:04 | 05.36 |
| 5 | 95 | POPLAWSKA Katarzyna | HIPOLITÓW |  POL | | 74 | K40/5 (K)41 | 00:56:18 | 00:56:18 | 05.37 |
| 6 | 178 | WĄTROSKA-DEC Magdalena | WARSZAWA |  POL | VEGE RUNNERS | 73 | K40/6 (K)46 | 00:57:05 | 00:57:05 | 05.42 |
| 7 | 500 | DŻUGANOWSKA Agnieszka | WARSZAWA |  POL | | 73 | K40/7 (K)47 | 00:57:06 | 00:57:06 | 05.42 |
| 8 | 186 | SUOWIAK Danuta | NOWY DWÓR |  POL | | 69 | K40/8 (K)48 | 00:57:11 | 00:57:11 | 05.43 |
| 9 | 130 | TROJANOWSKA Iwona | SULEJÓWEK |  POL | | 73 | K40/9 (K)50 | 00:57:49 | 00:57:49 | 05.46 |
| 10 | 329 | SIEDLECKA Urszula | JÓZEFÓW |  POL | | 66 | K40/10 (K)53 | 00:58:09 | 00:58:09 | 05.48 |
| 11 | 435 | SANTAREK Monika | WARSZAWA |  POL | AVIVA RUNNING TEAM | 73 | K40/11 (K)55 | 00:58:24 | 00:58:24 | 05.50 |
| 12 | 355 | SIDOR Joanna | WARSZAWA |  POL | HAPPY FEET | 73 | K40/12 (K)58 | 00:58:32 | 00:58:32 | 05.51 |
| 13 | 110 | BOROWSKA Magdalena | WARSZAWA |  POL | | 66 | K40/13 (K)62 | 00:59:23 | 00:59:23 | 05.56 |
| 14 | 410 | WOŹNICA Lidia | WARSZAWA |  POL | | 72 | K40/14 (K)64 | 00:59:27 | 00:59:27 | 05.56 |
| 15 | 380 | FETKE Fabiana | TORUŃ |  POL | | 74 | K40/15 (K)67 | 00:59:45 | 00:59:45 | 05.58 |
| 16 | 298 | FABISIAK Ewa | SULEJÓWEK |  POL | VICTORIA BIEGA | 67 | K40/16 (K)70 | 01:00:11 | 01:00:11 | 06.01 |
| 17 | 390 | ZBONIKOWSKA Katarzyna | WARSZAWA |  POL | | 73 | K40/17 (K)71 | 01:00:50 | 01:00:50 | 06.05 |
| 18 | 117 | ADAMCZYK Małgorzata | NOWY DWÓR |  POL | SEROCK BIEGA Z HOTELEM NARVIL | 70 | K40/18 (K)84 | 01:11:08 | 01:11:08 | 07.06 |
| 19 | 473 | ŚRUBARSKA Agata | WARSZAWA |  POL | POWOLNIAK | 65 | K40/19 (K)88 | 01:20:11 | 01:20:11 | 08.01 |
| Bieg 10km KATEGORIA:K30 | | | | | | | | | | |
| 1 | 492 | ZIELIŃSKA Emilia | WARSZAWA |  POL | WIECZOREK TEAM | 83 | K30/1 (K)1 | 00:39:44 | 00:39:43 | 03.58 |
| 2 | 19 | KUCHARSKA Kamila | WARSZAWA |  POL | WOJSKOWY INSTYTUT MEDYCZNY LOTNICZEJ | 84 | K30/2 (K)3 | 00:42:10 | 00:42:10 | 04.13 |
| 3 | 182 | GRABARCZYK Monika | MARKI |  POL | MARKOWI BIEGACZE | 81 | K30/3 (K)5 | 00:45:14 | 00:45:14 | 04.31 |
| 4 | 388 | LEWANDOWSKA Karolina | WARSZAWA |  POL | SZCZEGÓLNICIE DZIEWCZYNY! | 77 | K30/4 (K)6 | 00:45:51 | 00:45:51 | 04.35 |
| 5 | 22 | TOMCZUK-KUZKA Katarzyna | WARSZAWA |  POL | | 76 | K30/5 (K)7 | 00:46:59 | 00:46:59 | 04.41 |
| 6 | 289 | KOZŁOWSKA-WOYCIECHOWSKA Hanna | WARSZAWA |  POL | AIG | 83 | K30/6 (K)8 | 00:47:08 | 00:47:08 | 04.42 |
| 7 | 295 | KASKA-ŁOBODOWSKA Ewelina | SIENNICA |  POL | SIENNICA | 84 | K30/7 (K)9 | 00:47:46 | 00:47:46 | 04.46 |
| 8 | 627 | KACZMARCZYK Jolanta | WARSZAWA |  POL | POLSAT BIEGA | 82 | K30/8 (K)10 | 00:48:21 | 00:48:21 | 04.50 |
| 9 | 290 | PAWŁOWSKA Katarzyna | WARSZAWA |  POL | ALETEMPO | 75 | K30/9 (K)11 | 00:48:55 | 00:48:55 | 04.53 |
| 10 | 122 | NOWOCIN Magdalena | WARSZAWA |  POL | KB BIEGAMBOLUBIĘ WARSZAWA | 79 | K30/10 (K)12 | 00:49:25 | 00:49:25 | 04.56 |

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat | Drużyna Team | R-k YoB | W kategorii in Age Sex | Czas Time | Netto | [min/km] |
|--------------|--------|------------------------|----------------------|----------|----------------------------------|---------|------------------------|-----------|----------|----------|
| 11 | 462 | HANGIEL Urszula | WARSZAWA | | POL | 83 | K30/11 (K)15 | 00:50:12 | 00:50:12 | 05.01 |
| 12 | 376 | RUDNICKA Emilia | WARSZAWA | | POL ZABIEGANI PO USZY | 83 | K30/12 (K)16 | 00:50:27 | 00:50:27 | 05.02 |
| 13 | 41 | SÓLTYSIAK Małgorzata | SULEJÓWEK | | POL | 77 | K30/13 (K)20 | 00:51:44 | 00:51:44 | 05.10 |
| 14 | 203 | RAWICKA Magdalena | WARSZAWA | | POL | 82 | K30/14 (K)23 | 00:52:15 | 00:52:15 | 05.13 |
| 15 | 626 | BIDZIŃSKA Elżbieta | WARSZAWA | | POL POLSAT BIEGA | 82 | K30/15 (K)24 | 00:52:22 | 00:52:22 | 05.14 |
| 16 | 684 | ŁUKASIEWICZ Aneta | WARSZAWA | | POL POLSAT BIEGA | 75 | K30/16 (K)25 | 00:52:26 | 00:52:26 | 05.14 |
| 17 | 673 | ZWIERZ-SAMORAJ Iga | ZALESIE GÓRNE | | POL POLSAT BIEGA | 76 | K30/17 (K)26 | 00:52:30 | 00:52:30 | 05.15 |
| 18 | 400 | KĘPIŃSKA Katarzyna | WIĄZOWNA | | POL MATKA POLKA | 79 | K30/18 (K)27 | 00:52:46 | 00:52:46 | 05.16 |
| 19 | 354 | CHABIERA Ewelina | WARSZAWA | | POL HAPPY FEET | 84 | K30/19 (K)30 | 00:53:10 | 00:53:10 | 05.19 |
| 20 | 395 | RUDNICKA Anna | WARSZAWA | | POL ZABIEGANI PO USZY | 81 | K30/20 (K)32 | 00:53:20 | 00:53:20 | 05.20 |
| 21 | 5 | CRYSTAL Fretard | WARSZAWA | | FRA | 78 | K30/21 (K)33 | 00:53:21 | 00:53:21 | 05.20 |
| 22 | 156 | SKAWIŃSKA Anna | WARSZAWA WESOLA | | POL | 83 | K30/22 (K)35 | 00:53:39 | 00:53:39 | 05.21 |
| 23 | 644 | KALSKA Stella | WARSZAWA | | POL POLSAT BIEGA | 77 | K30/23 (K)36 | 00:54:02 | 00:54:02 | 05.24 |
| 24 | 622 | LESZCZYŃSKA Magdalena | WARSZAWA | | POL POLSAT BIEGA | 79 | K30/24 (K)38 | 00:54:39 | 00:54:39 | 05.27 |
| 25 | 391 | ŚNIOCH Agnieszka | WARSZAWA | | POL POLSAT BIEGA | 84 | K30/25 (K)43 | 00:56:34 | 00:56:34 | 05.39 |
| 26 | 602 | SARZYŃSKA Izabela | KAZIMIERÓW | | POL POLSAT BIEGA | 75 | K30/26 (K)44 | 00:56:57 | 00:56:57 | 05.41 |
| 27 | 458 | MRÓZ Małgorzata | WARSZAWA | | POL JW 2414 PULK OCHRONY | 82 | K30/27 (K)45 | 00:56:57 | 00:56:57 | 05.41 |
| 28 | 78 | TREPANOWSKA Anna | WARSZAWA | | POL | 78 | K30/28 (K)52 | 00:58:08 | 00:58:08 | 05.48 |
| 29 | 314 | MAZUREK Marta | WARSZAWA | | POL MINISTERSTWO ROLNICTWA | 77 | K30/29 (K)54 | 00:58:17 | 00:58:17 | 05.49 |
| 30 | 157 | SIERZPUTOWSKA Izabella | MIASKOWO | | POL UMISIE BYLEWLIMICIE | 75 | K30/30 (K)57 | 00:58:32 | 00:58:32 | 05.51 |
| 31 | 29 | KRAWCZYŃSKA Tina | RADZIEJOWICE/SLABOMI | | POL ROCHE RUNNERS | 76 | K30/31 (K)61 | 00:59:07 | 00:59:07 | 05.54 |
| 32 | 381 | GRABOWSKA Anna | WARSZAWA | | POL | 79 | K30/32 (K)65 | 00:59:45 | 00:59:45 | 05.58 |
| 33 | 307 | MUSZYŃSKA Marta | MIĘDZYRZEC PODLASKI | | POL | 81 | K30/33 (K)69 | 00:59:56 | 00:59:56 | 05.59 |
| 34 | 68 | MIKULSKA Aneta | OKUNIEW | | POL | 79 | K30/34 (K)72 | 01:01:18 | 01:01:18 | 06.07 |
| 35 | 25 | KOCON Magdalena | WARSZAWA | | POL 12TRI.PL | 84 | K30/35 (K)73 | 01:01:36 | 01:01:36 | 06.09 |
| 36 | 63 | MIERZEJEWSKA Martyna | WARSZAWA | | POL 12TRI.PL | 83 | K30/36 (K)74 | 01:02:09 | 01:02:09 | 06.12 |
| 37 | 351 | ROGALA Ewelina | WARSZAWA | | POL | 80 | K30/37 (K)75 | 01:02:11 | 01:02:11 | 06.13 |
| 38 | 249 | KUKAWSKA Magdalena | WARSZAWA | | POL | 83 | K30/38 (K)76 | 01:03:11 | 01:03:11 | 06.19 |
| 39 | 336 | KAMOLA Joanna | JÓZEFOSŁAW | | POL | 81 | K30/39 (K)78 | 01:03:41 | 01:03:41 | 06.22 |
| 40 | 383 | SADOWSKA Joanna | SULEJÓWEK | | POL | 76 | K30/40 (K)81 | 01:05:47 | 01:05:47 | 06.34 |
| 41 | 169 | HERSE Anna | SULEJÓWEK | | POL | 83 | K30/41 (K)83 | 01:10:42 | 01:10:42 | 07.04 |
| 42 | 497 | KOWALSKA Joanna | WARSZAWA | | POL NIE SZESZONA W ZADNYM KLUPIE | 84 | K30/42 (K)85 | 01:14:17 | 01:14:17 | 07.25 |

Bieg 10km KATEGORIA:K20

| | | | | | | | | | | |
|----|-----|------------------------|-----------|--|---------------------|----|--------------|----------|----------|-------|
| 1 | 176 | KACZANOWSKA Monika | MINSK MAZ | | POL 12TRI.PL | 88 | K20/1 (K)2 | 00:40:54 | 00:40:52 | 04.05 |
| 2 | 191 | GOLEC Beata | WARSZAWA | | POL | 86 | K20/2 (K)13 | 00:49:35 | 00:49:35 | 04.57 |
| 3 | 450 | RUSINOWICZ Ewa | NAREW | | POL STRAŻ GRANICZNA | 88 | K20/3 (K)14 | 00:50:02 | 00:50:02 | 05.00 |
| 4 | 651 | KOŁODZIEJ Joanna | ZĄBKI | | POL POLSAT BIEGA | 86 | K20/4 (K)18 | 00:51:04 | 00:51:04 | 05.06 |
| 5 | 404 | SZULIM Maria | SULEJÓWEK | | POL | 86 | K20/5 (K)19 | 00:51:22 | 00:51:22 | 05.08 |
| 6 | 631 | STAROBRAĆ Aleksandra | WARSZAWA | | POL POLSAT BIEGA | 88 | K20/6 (K)22 | 00:52:13 | 00:52:13 | 05.13 |
| 7 | 291 | SKOMAROWSKA Barbara | LEGIONOWO | | POL JW 2189 | 85 | K20/7 (K)29 | 00:53:08 | 00:53:08 | 05.18 |
| 8 | 195 | STASIUK Natalia | WARSZAWA | | POL BEMOWO | 88 | K20/8 (K)34 | 00:53:31 | 00:53:31 | 05.21 |
| 9 | 430 | RADKOWSKA Małgorzata | WARSZAWA | | POL | 88 | K20/9 (K)37 | 00:54:06 | 00:54:06 | 05.24 |
| 10 | 406 | ŁOPATKA Ida | WARSZAWA | | POL | 88 | K20/10 (K)51 | 00:58:05 | 00:58:05 | 05.48 |
| 11 | 228 | GRUSZCZYŃSKA Magdalena | WARSZAWA | | POL | 85 | K20/11 (K)60 | 00:58:51 | 00:58:51 | 05.53 |
| 12 | 334 | PŁAT Anna | SULEJÓWEK | | POL | 85 | K20/12 (K)63 | 00:59:25 | 00:59:25 | 05.56 |
| 13 | 303 | ZDROJEWSKA Aneta | SULEJÓWEK | | POL | 88 | K20/13 (K)68 | 00:59:46 | 00:59:46 | 05.58 |
| 14 | 345 | BOBRYK Anna | ŁOSICE | | POL | 93 | K20/14 (K)77 | 01:03:35 | 01:03:35 | 06.21 |
| 15 | 327 | ŁYSIAK Sylwia | WARSZAWA | | POL | 87 | K20/15 (K)79 | 01:04:19 | 01:04:19 | 06.25 |
| 16 | 131 | TKACZ Aleksandra | SULEJÓWEK | | POL | 86 | K20/16 (K)87 | 01:15:49 | 01:15:49 | 07.34 |

Bieg 10km KATEGORIA:K16

| | | | | | | | | | | |
|---|-----|--------------------|----------|--|--------------|----|-------------|----------|----------|-------|
| 1 | 414 | MAKARUK Aleksandra | RZECZYCA | | POL | 96 | K16/1 (K)56 | 00:58:31 | 00:58:31 | 05.51 |
| 2 | 273 | MIERZWA Paulina | ZABORÓW | | POL HARCERZE | 96 | K16/2 (K)82 | 01:09:09 | 01:09:09 | 06.54 |

Bieg 10km KATEGORIA:M70

| | | | | | | | | | | |
|---|-----|-----------------|----------|--|--------------|----|--------------|----------|----------|-------|
| 1 | 109 | SWJATECKI Jerzy | SZCZECIN | | POL | 44 | M70/1 (M)313 | 00:53:51 | 00:53:51 | 05.23 |
| 2 | 449 | HOŁOWACZ Tomasz | WARSZAWA | | POL KONDYCJA | 40 | M70/2 (M)326 | 00:54:21 | 00:54:21 | 05.26 |
| 3 | 324 | TOMASIK Janusz | WARSZAWA | | POL | 43 | M70/3 (M)391 | 01:03:23 | 01:03:23 | 06.20 |

Bieg 10km KATEGORIA:M60

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat | Drużyna Team | R-k YoB | W kategorii in Age Sex | Czas Time | Netto | [min/km] |
|--------------|--------|-----------------------|----------------------|----------|-----------------------|---------|------------------------|-----------|----------|----------|
| 1 | 248 | STAŃCZAK Edmund | PŁOCK | POL | TKKF PŁOCK | 53 | M60/1 (M)45 | 00:41:49 | 00:41:45 | 04.10 |
| 2 | 375 | LICHOSIK Jerzy | JELEŃ GÓRA | POL | | 50 | M60/2 (M)48 | 00:41:58 | 00:41:58 | 04.11 |
| 3 | 387 | KORZONKOWSKI Zbigniew | WARSZAWA | POL | ENTRE. PL TEAM | 50 | M60/3 (M)124 | 00:45:51 | 00:45:51 | 04.35 |
| 4 | 310 | GAŃKO Aleksander | WARSZAWA-WESOŁA | POL | | 49 | M60/4 (M)129 | 00:46:02 | 00:46:02 | 04.36 |
| 5 | 326 | KOWALEWSKI Jan | LEGIONOWO | POL | MZA SOLIDARNOŚĆ | 50 | M60/5 (M)180 | 00:47:53 | 00:47:53 | 04.47 |
| 6 | 680 | WALASZEK Kazimierz | GŁOSKÓW-LETNICKO | POL | POLSAT BIEGA | 50 | M60/6 (M)196 | 00:48:44 | 00:48:44 | 04.52 |
| 7 | 37 | KOLASA Andrzej | WARSZAWA-WESOŁA | POL | KLUB J.SLOWACKIEGO | 51 | M60/7 (M)206 | 00:49:03 | 00:49:03 | 04.54 |
| 8 | 378 | OWCZARSKI Henryk | ROGOZINO | POL | TKKF PŁOCK | 50 | M60/8 (M)208 | 00:49:06 | 00:49:06 | 04.54 |
| 9 | 111 | WILCZYŃSKI Mikołaj | SIEDLCE | POL | SZYBKIE WILKI | 48 | M60/9 (M)214 | 00:49:22 | 00:49:22 | 04.56 |
| 10 | 128 | MARSZALEC Jarosław | SULEJÓWEK | POL | | 46 | M60/10 (M)236 | 00:49:57 | 00:49:57 | 04.59 |
| 11 | 30 | KRAWCZYŃSKI Jacek | RADZIEJOWICE/ŚLABOMI | POL | MARATONY POLSKIE TEAM | 47 | M60/11 (M)238 | 00:50:11 | 00:50:11 | 05.01 |
| 12 | 426 | ADAMCZYK Adam | WARSZAWA | POL | AMATOR | 49 | M60/12 (M)263 | 00:51:36 | 00:51:36 | 05.09 |
| 13 | 456 | GRZYWACZEWSKI Adam | LEGIONOWO | POL | | 49 | M60/13 (M)274 | 00:52:03 | 00:52:03 | 05.12 |
| 14 | 166 | NIEWIADOMSKI Zdzisław | WARSZAWA | POL | | 49 | M60/14 (M)296 | 00:52:49 | 00:52:49 | 05.16 |
| 15 | 183 | JASZCZUK Marian | SIEDLCE | POL | | 52 | M60/15 (M)325 | 00:54:19 | 00:54:19 | 05.25 |
| 16 | 674 | SIKORA Jerzy | WARSZAWA | POL | POLSAT BIEGA | 54 | M60/16 (M)330 | 00:54:23 | 00:54:23 | 05.26 |
| 17 | 23 | WRÓBEL Marek | ŁASK | POL | | 50 | M60/17 (M)334 | 00:55:23 | 00:55:23 | 05.32 |
| 18 | 397 | BORUCKI Władysław | KWIDZYN | POL | | 51 | M60/18 (M)340 | 00:55:59 | 00:55:59 | 05.35 |
| 19 | 254 | STĘPCZYŃSKI Jerzy | OSTRÓW MAZOWIECKA | POL | BIEGAM DLA SIEBIE) | 47 | M60/19 (M)355 | 00:56:58 | 00:56:58 | 05.41 |
| 20 | 76 | BOCHENEK Jerzy | WARSZAWA | POL | AUTO-MEX | 54 | M60/20 (M)360 | 00:57:36 | 00:57:36 | 05.45 |
| 21 | 401 | KACZOR Waldemar | WARSZAWA | POL | BIEGAM DLA SIEBIE | 50 | M60/21 (M)366 | 00:57:59 | 00:57:59 | 05.47 |
| 22 | 50 | CZECHOWSKI Jerzy | WARSZAWA | POL | MZA WARSZAWA | 49 | M60/22 (M)380 | 01:00:08 | 01:00:08 | 06.00 |
| 23 | 167 | SARNECKI Jerzy | WARSZAWA | POL | | 46 | M60/23 (M)382 | 01:00:39 | 01:00:39 | 06.03 |
| 24 | 393 | SOSIŃSKI Jerzy | HALINÓW | POL | | 48 | M60/24 (M)385 | 01:00:55 | 01:00:55 | 06.05 |
| 25 | 77 | KOBUSIŃSKI Eugeniusz | WARSZAWA | POL | AUTO-MEX | 54 | M60/25 (M)411 | 01:15:21 | 01:15:21 | 07.32 |

























































Bieg 10km KATEGORIA:M50

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|----|-----|-------------------------|---------------------|-----|-----------------------------|----|---------------|----------|----------|-------|
| 1 | 494 | KOPER Zbigniew | BARCZAÇA | POL | MKB DREPTAK | 63 | M50/1 (M)12 | 00:37:51 | 00:37:50 | 03.47 |
| 2 | 3 | GLINKA Krzysztof | WARSZAWA | POL | MKS POLONIA WARSZAWA | 64 | M50/2 (M)13 | 00:38:14 | 00:38:14 | 03.49 |
| 3 | 325 | GIPSIK Andrzej | LEGIONOWO | POL | | 57 | M50/3 (M)15 | 00:38:22 | 00:38:21 | 03.50 |
| 4 | 255 | WYSIŃSKI Wiesław | ŁUKÓW | POL | ORLETA ŁUKÓW / V-MAX ADAMÓW | 56 | M50/4 (M)19 | 00:39:01 | 00:39:00 | 03.54 |
| 5 | 331 | RADOMSKI Kazimierz | WOŁOMIN / MAJDAN | POL | KB-REBUS.PL | 63 | M50/5 (M)37 | 00:41:12 | 00:41:09 | 04.06 |
| 6 | 133 | ARTYSZUK Mirosław | WARSZAWA | POL | | 60 | M50/6 (M)63 | 00:42:51 | 00:42:51 | 04.17 |
| 7 | 297 | FABISIAK Andrzej | SULEJÓWEK | POL | VICTORIA BIEGA | 64 | M50/7 (M)68 | 00:43:18 | 00:43:18 | 04.19 |
| 8 | 239 | MALISZEWSKI Cezary | WARSZAWA | POL | DENAT WARSZAWA | 58 | M50/8 (M)115 | 00:45:07 | 00:45:07 | 04.30 |
| 9 | 413 | WIECZOREK Janusz | MIŃSK MAZOWIECKI | POL | MKB DREPTAK | 59 | M50/9 (M)116 | 00:45:10 | 00:45:10 | 04.31 |
| 10 | 405 | FIEDORUK Piotr | WARSZAWA | POL | WAT | 62 | M50/10 (M)130 | 00:46:05 | 00:46:05 | 04.36 |
| 11 | 286 | NOWAKOWSKI Mariusz | WARSZAWA | POL | ŻOLIBORZ BIEGA | 60 | M50/11 (M)142 | 00:46:37 | 00:46:37 | 04.39 |
| 12 | 18 | SZCZYGIELSKI Tomasz | 05-070 | POL | | 61 | M50/12 (M)173 | 00:47:36 | 00:47:36 | 04.45 |
| 13 | 487 | JESINOWICZ Bronisław | WARSZAWA | POL | AON WARSZAWA | 59 | M50/13 (M)178 | 00:47:48 | 00:47:48 | 04.46 |
| 14 | 159 | KULAKOWSKI Piotr | KONSTANCIN-JEZIORNA | POL | CZŁAPACZE | 57 | M50/14 (M)195 | 00:48:44 | 00:48:44 | 04.52 |
| 15 | 192 | IZDEBSKI Zenon | SULEJÓWEK | POL | | 57 | M50/15 (M)203 | 00:49:02 | 00:49:02 | 04.54 |
| 16 | 148 | BABIŃSKI Jerzy | NADARZYN | POL | | 60 | M50/16 (M)220 | 00:49:27 | 00:49:27 | 04.56 |
| 17 | 64 | KLAMCZYŃSKI Marek | SULEJÓWEK | POL | | 59 | M50/17 (M)240 | 00:50:20 | 00:50:20 | 05.02 |
| 18 | 61 | WOLAŃCZYK Andrzej | WARSZAWA | POL | DAWAJ MARYŚKA | 58 | M50/18 (M)243 | 00:50:36 | 00:50:36 | 05.03 |
| 19 | 34 | SZCZEPKOWSKI Paweł | WARSZAWA | POL | ARTEQUIPMENT | 55 | M50/19 (M)248 | 00:50:53 | 00:50:53 | 05.05 |
| 20 | 93 | GAWROŃSKI Mariusz | WARSZAWA | POL | | 64 | M50/20 (M)255 | 00:51:10 | 00:51:10 | 05.07 |
| 21 | 437 | KOSSAKOWSKI Włodzimierz | WARSZAWA | POL | | 57 | M50/21 (M)272 | 00:52:02 | 00:52:02 | 05.12 |
| 22 | 412 | BIAŁOKOZ Alfred | WARSZAWA | POL | | 64 | M50/22 (M)275 | 00:52:05 | 00:52:05 | 05.12 |
| 23 | 344 | KASPRZAK Bogusław | KARCZEW | POL | DRUŻYNA SZPIKU | 58 | M50/23 (M)277 | 00:52:09 | 00:52:09 | 05.12 |
| 24 | 260 | KOŚNIK Andrzej | MIŃSK MAZOWIECKI | POL | MKB DREPTAK | 61 | M50/24 (M)288 | 00:52:38 | 00:52:38 | 05.15 |
| 25 | 287 | BEDNARZAK Tadeusz | SIEDLCE | POL | | 58 | M50/25 (M)289 | 00:52:39 | 00:52:39 | 05.15 |
| 26 | 604 | SOBIERAJSKI Henryk | WARSZAWA | POL | POLSAT BIEGA | 64 | M50/26 (M)298 | 00:52:50 | 00:52:50 | 05.17 |
| 27 | 103 | GROTKOWSKI Krzysztof | OKUNIEW | POL | | 63 | M50/27 (M)301 | 00:52:58 | 00:52:58 | 05.17 |
| 28 | 73 | KŁOS Zbigniew | PIASTÓW | POL | TAK SOBIE BIEGAM | 60 | M50/28 (M)307 | 00:53:12 | 00:53:12 | 05.19 |
| 29 | 328 | SIEDLECKI Jacek | JÓZEFÓW | POL | | 59 | M50/29 (M)308 | 00:53:13 | 00:53:13 | 05.19 |
| 30 | 204 | PAWIŃSKI Zbigniew | ŁÓDŹ | POL | | 59 | M50/30 (M)311 | 00:53:22 | 00:53:22 | 05.20 |
| 31 | 180 | RODAK Zbigniew | WARSZAWA | POL | | 64 | M50/31 (M)319 | 00:54:10 | 00:54:10 | 05.25 |
| 32 | 218 | WIKTORZAK Władysław | WARSZAWA | POL | | 55 | M50/32 (M)356 | 00:57:06 | 00:57:06 | 05.42 |

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat | Drużyna Team | R-k YoB | W kategorii in Age Sex | Czas Time | Netto | [min/km] |
|--------------|--------|----------------------|------------------|----------|-------------------------------|---------|------------------------|-----------|----------|----------|
| 33 | 116 | CZERCZAK Andrzej | WARSZAWA | | POL CITI - SPOŁECZNIE AKTYWNI | 64 | M50/33 (M)359 | 00:57:31 | 00:57:31 | 05.45 |
| 34 | 235 | ZALEWSKI Krzysztof | CISIE | | POL | 56 | M50/34 (M)365 | 00:57:59 | 00:57:59 | 05.47 |
| 35 | 171 | FILIPOWSKI Tomasz | WARSZAWA | | POL | 56 | M50/35 (M)367 | 00:58:11 | 00:58:11 | 05.49 |
| 36 | 161 | HAGMAJER Marek | WARSZAWA | | POL | 62 | M50/36 (M)370 | 00:58:25 | 00:58:25 | 05.50 |
| 37 | 318 | KWIECIEŃ Jacek | MARKI | | POL MARKOWI BIEGACZE | 57 | M50/37 (M)373 | 00:59:03 | 00:59:03 | 05.54 |
| 38 | 48 | JAKUBOWSKI Grzegorz | WARSZAWA | | POL | 64 | M50/38 (M)378 | 00:59:54 | 00:59:54 | 05.59 |
| 39 | 353 | KIELAK Adam | WARSZAWA | | POL CANDELLUX LIGHTING | 64 | M50/39 (M)388 | 01:02:10 | 01:02:10 | 06.13 |
| 40 | 261 | MALCZYK Andrzej | WARSZAWA | | POL | 64 | M50/40 (M)398 | 01:04:54 | 01:04:54 | 06.29 |
| 41 | 379 | BARECKI Włodzimierz | WARSZAWA | | POL | 56 | M50/41 (M)404 | 01:06:32 | 01:06:32 | 06.39 |
| 42 | 89 | KOSTRZEWSKI Juliusz | WARSZAWA | | POL | 63 | M50/42 (M)407 | 01:09:29 | 01:09:29 | 06.56 |

Bieg 10km KATEGORIA:M40

| | | | | | | | | | | |
|----|-----|---------------------|-------------------|--|-----------------------------------|----|---------------|----------|----------|-------|
| 1 | 700 | ANTOSIK Jarosław | RAWA MAZOWIECKA | | POL | 74 | M40/1 (M)5 | 00:35:30 | 00:35:30 | 03.33 |
| 2 | 445 | WEBER Thomas | WARSZAWA | | GER WBS WARSZAWA | 69 | M40/2 (M)7 | 00:35:51 | 00:35:51 | 03.35 |
| 3 | 234 | PLACHCIŃSKI Patryk | WARSZAWA | | POL ENTRE. PL TEAM | 74 | M40/3 (M)16 | 00:38:25 | 00:38:23 | 03.50 |
| 4 | 222 | SZCZEREK Paweł | WARSZAWA - WESOŁA | | POL AMATOR | 66 | M40/4 (M)17 | 00:38:25 | 00:38:19 | 03.49 |
| 5 | 190 | PASEK Rafał | WARSZAWA | | POL | 74 | M40/5 (M)20 | 00:39:10 | 00:39:04 | 03.54 |
| 6 | 382 | CHURSKI Szymon | WARSZAWA | | POL SCS MYŚLIBÓRZ | 69 | M40/6 (M)24 | 00:39:37 | 00:39:34 | 03.57 |
| 7 | 143 | NOWAK Maciej | SULEJÓWEK | | POL | 65 | M40/7 (M)25 | 00:39:42 | 00:39:34 | 03.57 |
| 8 | 369 | SZUBA Eryk | WARSZAWA | | POL | 72 | M40/8 (M)31 | 00:40:39 | 00:40:36 | 04.03 |
| 9 | 210 | ŚWISTEK Dariusz | WIELISZEW | | POL WIELISZEW HERON TEAM | 70 | M40/9 (M)33 | 00:40:55 | 00:40:52 | 04.05 |
| 10 | 55 | SIEDLECKI Dariusz | WARSZAWA | | POL | 71 | M40/10 (M)35 | 00:41:05 | 00:41:02 | 04.06 |
| 11 | 418 | ŚWIDERSKI Sławomir | OKUNIEW | | POL BEMOVIA | 72 | M40/11 (M)36 | 00:41:09 | 00:40:54 | 04.05 |
| 12 | 174 | URBAŃSKI Mirosław | SIERADZ | | POL SIERADZBIEGA. PL | 69 | M40/12 (M)41 | 00:41:47 | 00:41:38 | 04.09 |
| 13 | 610 | WRÓBEL Marek | WARSZAWA | | POL POLSAT BIEGA | 72 | M40/13 (M)52 | 00:42:05 | 00:42:05 | 04.12 |
| 14 | 689 | KACPRZAK Marek | JÓZEFÓW | | POL POLSAT BIEGA | 71 | M40/14 (M)53 | 00:42:07 | 00:42:07 | 04.12 |
| 15 | 358 | ŚWIERCZ Jacek | WARSZAWA | | POL BYLEDOBIEC ANIN | 69 | M40/15 (M)57 | 00:42:20 | 00:42:20 | 04.14 |
| 16 | 660 | SKOWRON Krzysztof | WARSZAWA | | POL POLSAT BIEGA | 73 | M40/16 (M)58 | 00:42:24 | 00:42:24 | 04.14 |
| 17 | 54 | SZPANOWSKI Piotr | OŻARÓW MAZOWIECKI | | POL WAŚY KRÓLA JANA | 73 | M40/17 (M)59 | 00:42:39 | 00:42:39 | 04.15 |
| 18 | 51 | MATCZUK Grzegorz | PIASECZNO | | POL | 71 | M40/18 (M)61 | 00:42:46 | 00:42:46 | 04.16 |
| 19 | 655 | POSZELEŻNY Dariusz | WARSZAWA | | POL POLSAT BIEGA | 74 | M40/19 (M)62 | 00:42:48 | 00:42:48 | 04.16 |
| 20 | 164 | PRĘDOTA Krzysztof | WARSZAWA | | POL TRUCHT TARCHOMIN TEAM | 72 | M40/20 (M)65 | 00:43:10 | 00:43:10 | 04.19 |
| 21 | 17 | DAWIDCZYK Tomasz | KOBYŁKA | | POL | 69 | M40/21 (M)66 | 00:43:10 | 00:43:10 | 04.19 |
| 22 | 129 | MIKULSKI Jacek | MARKI | | POL ORTOREH TEAM.PL | 72 | M40/22 (M)67 | 00:43:14 | 00:43:14 | 04.19 |
| 23 | 229 | WIŚNIEWSKI Piotrek | RADZIKÓW | | POL RUMAKI | 73 | M40/23 (M)74 | 00:43:33 | 00:43:33 | 04.21 |
| 24 | 433 | BUGAJSKI Adam | WARSZAWA | | POL POLANIE | 74 | M40/24 (M)77 | 00:43:39 | 00:43:39 | 04.21 |
| 25 | 181 | ULICZNY Paweł | WARSZAWA | | POL REMBERTÓW TEAM | 74 | M40/25 (M)80 | 00:43:49 | 00:43:49 | 04.22 |
| 26 | 691 | MROCKOWSKI Michał | ŁOMIANKI | | POL | 72 | M40/26 (M)81 | 00:43:51 | 00:43:51 | 04.23 |
| 27 | 385 | SOLTYSIAK Paweł | WARSZAWA | | POL GAPMONT RUNNING TEAM | 74 | M40/27 (M)100 | 00:44:29 | 00:44:29 | 04.26 |
| 28 | 266 | GOTOWIEC Darek | TŁUSZCZ | | POL BÓBR TŁUSZCZ | 73 | M40/28 (M)103 | 00:44:35 | 00:44:35 | 04.27 |
| 29 | 451 | GOZDEK Michał | WARSZAWA | | POL 12TRI.PL | 74 | M40/29 (M)111 | 00:44:57 | 00:44:57 | 04.29 |
| 30 | 187 | DEC Marcin | WARSZAWA | | POL VEGE RUNNERS | 73 | M40/30 (M)114 | 00:45:00 | 00:45:00 | 04.30 |
| 31 | 1 | ŚLIWA Arkadiusz | SULEJÓWEK | | POL | 67 | M40/31 (M)117 | 00:45:18 | 00:45:18 | 04.31 |
| 32 | 57 | GRYZ Paweł | SULEJÓWEK | | POL STARSZAKI | 71 | M40/32 (M)122 | 00:45:50 | 00:45:50 | 04.35 |
| 33 | 284 | LAU Marcin | ZĄBKI | | POL | 74 | M40/33 (M)123 | 00:45:50 | 00:45:50 | 04.35 |
| 34 | 154 | SZYMANOWSKI Tomasz | SULEJÓWEK | | POL | 72 | M40/34 (M)125 | 00:45:51 | 00:45:51 | 04.35 |
| 35 | 271 | BAK Piotr | HALINÓW | | POL AUTO PIOTR | 72 | M40/35 (M)127 | 00:45:58 | 00:45:58 | 04.35 |
| 36 | 330 | GALCZYŃSKI Wojciech | WARSZAWA | | POL | 71 | M40/36 (M)128 | 00:46:00 | 00:46:00 | 04.36 |
| 37 | 220 | RYBKA Zbigniew | WARSZAWA | | POL | 68 | M40/37 (M)136 | 00:46:26 | 00:46:26 | 04.38 |
| 38 | 656 | LUCZAK Paweł | WARSZAWA | | POL POLSAT BIEGA | 72 | M40/38 (M)148 | 00:46:41 | 00:46:41 | 04.40 |
| 39 | 350 | ROGALA Robert | WARSZAWA | | POL | 73 | M40/39 (M)157 | 00:47:08 | 00:47:08 | 04.42 |
| 40 | 47 | TUROS Marek | WARSZAWA | | POL | 69 | M40/40 (M)165 | 00:47:13 | 00:47:13 | 04.43 |
| 41 | 370 | KAZAŁA Piotr | WARSZAWA | | POL ZABIEGANI PO USZY | 70 | M40/41 (M)166 | 00:47:17 | 00:47:17 | 04.43 |
| 42 | 15 | TOBIASZ Robert | OTWOCK | | POL WARBUD RUNNING TEAM | 72 | M40/42 (M)169 | 00:47:25 | 00:47:25 | 04.44 |
| 43 | 244 | DĄBKOWSKI Jarosław | SULEJÓWEK | | POL OIRP WARSZAWA | 73 | M40/43 (M)170 | 00:47:26 | 00:47:26 | 04.44 |
| 44 | 440 | GIEREJKO Mariusz | SULEJÓWEK | | POL | 73 | M40/44 (M)172 | 00:47:33 | 00:47:33 | 04.45 |
| 45 | 422 | KONIECZNIK Marek | BELK | | POL SIN CORTE | 72 | M40/45 (M)175 | 00:47:43 | 00:47:43 | 04.46 |
| 46 | 359 | ROSZKOWSKI Marcin | WARSZAWA | | POL TEAM ASA - BIEGIEM PO ZDROWIE | 72 | M40/46 (M)176 | 00:47:47 | 00:47:47 | 04.46 |
| 47 | 347 | MAGALSKI Piotr | OLSZTYN | | POL ORANGE POLSKA | 73 | M40/47 (M)177 | 00:47:47 | 00:47:47 | 04.46 |

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat | Drużyna Team | R-k | W kategorii YoB in Age Sex | Czas Time | Netto | [min/km] |
|--------------|--------|------------------------------|---------------------|---|-------------------------------|-----|----------------------------|-----------------|----------|----------|
| 48 | 417 | HANULAK Mariusz | WARSZAWA |  POL | | 72 | M40/48 (M)179 | 00:47:50 | 00:47:50 | 04.47 |
| 49 | 658 | GRYGORCZUK Rafał | WARSZAWA |  POL | POLSAT BIEGA | 74 | M40/49 (M)187 | 00:48:12 | 00:48:12 | 04.49 |
| 50 | 438 | BUBROWSKI Mariusz | ŁOMIANKI |  POL | OLECKO BIEGA | 73 | M40/50 (M)189 | 00:48:15 | 00:48:15 | 04.49 |
| 51 | 46 | SZULKOWSKI Marek | JÓZEFÓW |  POL | NIE SZESZONA W ZADNYM KLUPIE | 70 | M40/51 (M)190 | 00:48:24 | 00:48:24 | 04.50 |
| 52 | 43 | GRZYBOWSKI Dariusz | GRÓJEC |  POL | | 72 | M40/52 (M)193 | 00:48:37 | 00:48:37 | 04.51 |
| 53 | 124 | BOCHENSKI Wojciech | WARSZAWA |  POL | | 74 | M40/53 (M)194 | 00:48:38 | 00:48:38 | 04.51 |
| 54 | 332 | JOCZ Jarosław | WARSZAWA |  POL | JARTOM24.PL | 70 | M40/54 (M)198 | 00:48:46 | 00:48:46 | 04.52 |
| 55 | 14 | SKAMROT Ireneusz | WARSZAWA |  POL | | 72 | M40/55 (M)202 | 00:48:55 | 00:48:55 | 04.53 |
| 56 | 341 | KARASIŃSKI Robert | WARSZAWA |  POL | | 68 | M40/56 (M)209 | 00:49:13 | 00:49:13 | 04.55 |
| 57 | 444 | RASZTAWICKI Leszek | WARSZAWA |  POL | | 73 | M40/57 (M)211 | 00:49:20 | 00:49:20 | 04.56 |
| 58 | 460 | CZACHOWSKI Michał | WARSZAWA |  POL | | 70 | M40/58 (M)215 | 00:49:22 | 00:49:22 | 04.56 |
| 59 | 56 | MŁOSZEWSKI Paweł | WARSZAWA |  POL | PMBIEGA | 66 | M40/59 (M)217 | 00:49:25 | 00:49:25 | 04.56 |
| 60 | 35 | DOLEGA Dariusz | PIONKI |  POL | | 66 | M40/60 (M)219 | 00:49:26 | 00:49:26 | 04.56 |
| 61 | 357 | PIESIO Artur | WARSZAWA |  POL | | 73 | M40/61 (M)221 | 00:49:28 | 00:49:28 | 04.56 |
| 62 | 319 | RAPACZ Mariusz | SMARDZEW |  POL | MAGIC TEAM | 69 | M40/62 (M)222 | 00:49:28 | 00:49:28 | 04.56 |
| 63 | 415 | HEŚ Tomasz | TRZEMESZNO |  POL | | 72 | M40/63 (M)235 | 00:49:56 | 00:49:56 | 04.59 |
| 64 | 13 | WOJTASZEK Mariusz | KAŁUSZYN |  POL | KAŁUSZYN | 73 | M40/64 (M)237 | 00:50:02 | 00:50:02 | 05.00 |
| 65 | 20 | CZERWIŃSKI Bogusław | KOBYŁKA |  POL | | 69 | M40/65 (M)239 | 00:50:16 | 00:50:16 | 05.01 |
| 66 | 230 | WIŚNIEWSKI Paweł | RADZIKÓW |  POL | RUMAKI | 73 | M40/66 (M)241 | 00:50:33 | 00:50:33 | 05.03 |
| 67 | 252 | GRABOWSKI Piotr | WARSZAWA |  POL | REMBERTÓW TEAM | 68 | M40/67 (M)244 | 00:50:42 | 00:50:42 | 05.04 |
| 68 | 362 | EWERTOWSKI Piotr | MARKI |  POL | MARKOWI BIEGACZE | 67 | M40/68 (M)246 | 00:50:51 | 00:50:51 | 05.05 |
| 69 | 624 | CICHY Jacek | WARSZAWA |  POL | POLSAT BIEGA | 73 | M40/69 (M)256 | 00:51:10 | 00:51:10 | 05.07 |
| 70 | 69 | KRAJEWSKI Przemysław | WARSZAWA |  POL | | 73 | M40/70 (M)258 | 00:51:17 | 00:51:17 | 05.07 |
| 71 | 97 | MODRZEJEWSKI Zbigniew | LEGIONOWO |  POL | | 69 | M40/71 (M)262 | 00:51:36 | 00:51:36 | 05.09 |
| 72 | 648 | DŹWIGAŁOWSKI Arnold | WARSZAWA |  POL | POLSAT BIEGA | 71 | M40/72 (M)264 | 00:51:38 | 00:51:38 | 05.09 |
| 73 | 611 | IWANICKI Paweł | WARSZAWA |  POL | POLSAT BIEGA | 73 | M40/73 (M)265 | 00:51:43 | 00:51:43 | 05.10 |
| 74 | 488 | NOWAKOWSKI Maciej przemysław | WARSZAWA |  POL | REMBERTÓW TEAM | 72 | M40/74 (M)266 | 00:51:45 | 00:51:45 | 05.10 |
| 75 | 613 | JABŁOŃSKI Marek | WARSZAWA |  POL | POLSAT BIEGA | 74 | M40/75 (M)268 | 00:51:50 | 00:51:50 | 05.11 |
| 76 | 399 | BRAKOWIECKI Wojciech | LUBLIN |  POL | | 73 | M40/76 (M)269 | 00:51:53 | 00:51:53 | 05.11 |
| 77 | 371 | NAGIEL Jacek | SULEJÓWEK |  POL | | 68 | M40/77 (M)270 | 00:51:58 | 00:51:58 | 05.11 |
| 78 | 386 | GUTKOWSKI Janusz | WARSZAWA |  POL | | 73 | M40/78 (M)271 | 00:51:59 | 00:51:59 | 05.11 |
| 79 | 278 | PARKASIEWICZ Norbert | ZIELONKA |  POL | | 74 | M40/79 (M)280 | 00:52:11 | 00:52:11 | 05.13 |
| 80 | 258 | KUCIAK Paweł | ZĄBKI |  POL | | 69 | M40/80 (M)285 | 00:52:30 | 00:52:30 | 05.15 |
| 81 | 136 | SEKULSKI Dariusz | SULEJÓWEK |  POL | | 73 | M40/81 (M)286 | 00:52:34 | 00:52:34 | 05.15 |
| 82 | 42 | JAROSZYŃSKI Paweł | GRÓJEC |  POL | | 67 | M40/82 (M)292 | 00:52:47 | 00:52:47 | 05.16 |
| 83 | 423 | SKIBA Adam | ĆMIŁÓW |  POL | 26 WOG | 68 | M40/83 (M)293 | 00:52:48 | 00:52:48 | 05.16 |
| 84 | 163 | GALECKI Tomasz | WARSZAWA |  POL | PRAWILNIAKI WARSZAWA | 70 | M40/84 (M)304 | 00:53:10 | 00:53:10 | 05.19 |
| 85 | 118 | ADAMCZYK Dariusz | NOWY DWÓR |  POL | SEROCK BIEGA Z HOTELEM NARVIL | 68 | M40/85 (M)306 | 00:53:10 | 00:53:10 | 05.19 |
| 86 | 485 | CYBOLSKI Dominik | WARSZAWA |  POL | | 74 | M40/86 (M)312 | 00:53:36 | 00:53:36 | 05.21 |
| 87 | 682 | GARWOLA Paweł | LEGIONOWO |  POL | POLSAT BIEGA | 74 | M40/87 (M)314 | 00:53:54 | 00:53:54 | 05.23 |
| 88 | 489 | KOZŁOWSKI Robert | WARSZAWA |  POL | | 69 | M40/88 (M)315 | 00:53:57 | 00:53:57 | 05.23 |
| 89 | 168 | SZYMAŃSKI Krzysztof | SULEJÓWEK |  POL | | 69 | M40/89 (M)316 | 00:53:58 | 00:53:58 | 05.23 |
| 90 | 461 | ABRAMOWICZ Krzysztof | WARSZAWA |  POL | | 72 | M40/90 (M)317 | 00:54:03 | 00:54:03 | 05.24 |
| 91 | 657 | SKOK Maciej | ZIELONKA |  POL | POLSAT BIEGA | 73 | M40/91 (M)321 | 00:54:12 | 00:54:12 | 05.25 |
| 92 | 49 | MĘDREK Dariusz | WARSZAWA |  POL | 1 WARSZAWSKA BRYGADA PANCERNA | 71 | M40/92 (M)327 | 00:54:22 | 00:54:22 | 05.26 |
| 93 | 6 | LOIC Fretard | WARSZAWA |  FRA | | 71 | M40/93 (M)328 | 00:54:22 | 00:54:22 | 05.26 |
| 94 | 321 | BAKA Marcin | GRODZISK MAZOWIECKI |  POL | | 67 | M40/94 (M)332 | 00:54:29 | 00:54:29 | 05.26 |
| 95 | 429 | BOGDAŃSKI Bartosz | GDAŃSK |  POL | | 72 | M40/95 (M)336 | 00:55:36 | 00:55:36 | 05.33 |
| 96 | 299 | KWAŚNY Ryszard | WARSZAWA |  POL | WSB CYTADELA | 72 | M40/96 (M)337 | 00:55:41 | 00:55:41 | 05.34 |
| 97 | 360 | DREWNIAK Marcin | KOCZARGI STARE |  POL | | 69 | M40/97 (M)341 | 00:56:03 | 00:56:03 | 05.36 |
| 98 | 12 | ŚMIETANKA Piotr | KOBYŁKA |  POL | | 72 | M40/98 (M)342 | 00:56:09 | 00:56:09 | 05.36 |
| 99 | 98 | STOKOWSKI Mariusz | WARSZAWA |  POL | BIEGAM BO LUBIĘ | 74 | M40/99 (M)343 | 00:56:16 | 00:56:16 | 05.37 |
| 100 | 94 | POPLAWSKI Arkadiusz | HIPOLITÓW |  POL | | 74 | M40/100 (M)344 | 00:56:17 | 00:56:17 | 05.37 |
| 101 | 498 | WANACKI Piotr | JÓZEFIN |  POL | STARZAKI | 70 | M40/101 (M)345 | 00:56:18 | 00:56:18 | 05.37 |
| 102 | 645 | PANEK Krzysztof | NADMA |  POL | POLSAT BIEGA | 67 | M40/102 (M)346 | 00:56:25 | 00:56:25 | 05.38 |
| 103 | 144 | ŁACHOWSKI Dariusz | ZIELONKA |  POL | ALIOR RUNNING TEAM | 73 | M40/103 (M)347 | 00:56:36 | 00:56:36 | 05.39 |
| 104 | 654 | KUCIAK Marcin | WARSAW |  POL | POLSAT BIEGA | 70 | M40/104 (M)348 | 00:56:37 | 00:56:37 | 05.39 |
| 105 | 282 | RUSINOWSKI Krzysztof | RASZYN |  POL | | 73 | M40/105 (M)351 | 00:56:43 | 00:56:43 | 05.40 |

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat | Drużyna Team | R-k YoB | W kategorii in Age Sex | Czas Time | Netto | [min/km] |
|--------------|--------|----------------------|------------------|----------|--------------------------------|---------|------------------------|-----------|----------|----------|
| 106 | 407 | LIS Sylwester | WARSZAWA | POL | | 71 | M40/106 (M)352 | 00:56:45 | 00:56:45 | 05.40 |
| 107 | 335 | KĄZMIERCZAK Marek | WARSZAWA | POL | | 66 | M40/107 (M)357 | 00:57:16 | 00:57:16 | 05.43 |
| 108 | 612 | WINGROWICZ Mariusz | SULEJÓWEK | POL | POLSAT BIEGA | 73 | M40/108 (M)361 | 00:57:39 | 00:57:39 | 05.45 |
| 109 | 233 | GARBACZ Andrzej | WARSZAWA | POL | 10 WARSZAWSKI PUŁK SAMOCHODOWY | 70 | M40/109 (M)364 | 00:57:58 | 00:57:58 | 05.47 |
| 110 | 208 | PIENIAK Janusz | SULEJÓWEK | POL | | 70 | M40/110 (M)375 | 00:59:41 | 00:59:41 | 05.58 |
| 111 | 305 | ŁABANOWSKI Krzysztof | SULEJÓWEK | POL | | 67 | M40/111 (M)376 | 00:59:48 | 00:59:48 | 05.58 |
| 112 | 45 | MAKARUK Rafał | SULEJÓWEK | POL | | 69 | M40/112 (M)377 | 00:59:52 | 00:59:52 | 05.59 |
| 113 | 366 | SADOWNIK Włodzimierz | MIŃSK MAZOWIECKI | POL | BIEGAM BO LUBIĘ | 72 | M40/113 (M)381 | 01:00:23 | 01:00:23 | 06.02 |
| 114 | 480 | MRÓWKA Marek | WARSZAWA | POL | 10 WARSZAWSKI PUŁK SAMOCHODOWY | 65 | M40/114 (M)383 | 01:00:50 | 01:00:50 | 06.05 |
| 115 | 664 | JAGODZIŃSKI Zbigniew | WARSZAWA | POL | POLSAT BIEGA | 71 | M40/115 (M)387 | 01:01:28 | 01:01:28 | 06.08 |
| 116 | 189 | BEDNARCZYK Zbigniew | ZĄBKI | POL | | 74 | M40/116 (M)389 | 01:02:28 | 01:02:28 | 06.14 |
| 117 | 28 | DĄDZIK Piotr | USTANÓW | POL | | 72 | M40/117 (M)392 | 01:03:31 | 01:03:31 | 06.21 |
| 118 | 215 | KOLASA Edward | STARA NIEDZIAŁKA | POL | | 70 | M40/118 (M)397 | 01:04:27 | 01:04:27 | 06.26 |
| 119 | 465 | INEKSIĄK Zbigniew | WARSZAWA-WESOŁA | POL | | 68 | M40/119 (M)399 | 01:05:06 | 01:05:06 | 06.30 |
| 120 | 241 | WOŹNIAK Jacek | KAZANÓW | POL | | 65 | M40/120 (M)403 | 01:06:24 | 01:06:24 | 06.38 |
| 121 | 392 | CHLABICZ Michał | WARSZAWA | POL | | 72 | M40/121 (M)409 | 01:12:56 | 01:12:56 | 07.17 |
| 122 | 283 | KAMIŃSKI Krzysztof | WARSZAWA | POL | BLACK COFFEE | 70 | M40/122 (M)410 | 01:15:20 | 01:15:20 | 07.32 |
| 123 | 125 | SUKNAROWSKI Marek | WARSZAWA | POL | | 66 | M40/123 (M)412 | 01:20:10 | 01:20:10 | 08.01 |

Bieg 10km KATEGORIA:M30

| | | | | | | | | | | |
|----|-----|---------------------|---------------------|-----|-------------------------------|----|---------------|----------|----------|-------|
| 1 | 213 | JABŁOŃSKI Artur | WARSZAWA | POL | SZCZEGÓLNI DZIEWCZYNY! | 81 | M30/1 (M)1 | 00:31:51 | 00:31:51 | 03.11 |
| 2 | 653 | OLSZEWSKI Bartosz | WARSZAWA | POL | POLSAT BIEGA | 84 | M30/2 (M)2 | 00:33:43 | 00:33:43 | 03.22 |
| 3 | 206 | CELIŃSKI Aleksander | WARSZAWA - ANIN | POL | BYLEDOBIEC ANIN | 84 | M30/3 (M)3 | 00:34:31 | 00:34:31 | 03.27 |
| 4 | 352 | ZDUŃCZYK Sławomir | MIŃSK MAZOWIECKI | POL | MKB DREPTAK | 76 | M30/4 (M)18 | 00:38:28 | 00:38:26 | 03.50 |
| 5 | 661 | ZAWORSKI Szymon | GDYNIA | POL | POLSAT BIEGA | 76 | M30/5 (M)22 | 00:39:28 | 00:39:25 | 03.56 |
| 6 | 685 | DOMAŃSKI Marcin | LEGIONOWO | POL | POLSAT BIEGA | 83 | M30/6 (M)23 | 00:39:36 | 00:39:28 | 03.56 |
| 7 | 269 | BŁASZCZYK Artur | DĄBROWA GÓRNICZA | POL | 1 WARSZAWSKA BRYGADA PANCERNA | 79 | M30/7 (M)26 | 00:39:45 | 00:39:41 | 03.58 |
| 8 | 620 | KUTER Krzysztof | WARSZAWA | POL | POLSAT BIEGA | 82 | M30/8 (M)27 | 00:40:09 | 00:40:05 | 04.00 |
| 9 | 316 | SEROCKI Piotr | MARKI | POL | MARKOWI BIEGACZE | 77 | M30/9 (M)29 | 00:40:18 | 00:40:17 | 04.01 |
| 10 | 253 | SZULIM Maciej | SULEJÓWEK | POL | KLUB KOLARSKI CYKLON | 84 | M30/10 (M)30 | 00:40:26 | 00:40:16 | 04.01 |
| 11 | 104 | MICHAŁSKI Robert | WOŁOMIN | POL | NOCNE PIŁOWANIE AGRYKOLI | 82 | M30/11 (M)32 | 00:40:48 | 00:40:43 | 04.04 |
| 12 | 411 | SZCZEPANIAK Michał | WOŁOMIN | POL | KSIĘŻYC | 75 | M30/12 (M)34 | 00:40:59 | 00:40:18 | 04.01 |
| 13 | 436 | CEGIELKA Dawid | ŚREM | POL | | 81 | M30/13 (M)38 | 00:41:24 | 00:41:15 | 04.07 |
| 14 | 288 | ZAWAL Przemysław | WARSZAWA | POL | REMBERTÓW TEAM | 77 | M30/14 (M)40 | 00:41:40 | 00:41:38 | 04.09 |
| 15 | 308 | MUSZYŃSKI Dariusz | MIĘDZYRZEC PODLASKI | POL | | 79 | M30/15 (M)42 | 00:41:47 | 00:41:33 | 04.09 |
| 16 | 277 | DULNIK Marcin | WARSZAWA | POL | JACEKBIEGA RUNNING TEAM | 80 | M30/16 (M)43 | 00:41:48 | 00:41:30 | 04.09 |
| 17 | 663 | TYRALSKI Dominik | WARSZAWA | POL | POLSAT BIEGA | 78 | M30/17 (M)44 | 00:41:49 | 00:41:38 | 04.09 |
| 18 | 202 | ŻAK Robert | MARKI | POL | MARKOWI BIEGACZE | 77 | M30/18 (M)46 | 00:41:57 | 00:41:55 | 04.11 |
| 19 | 83 | SADOWSKI Adam | SULEJÓWEK | POL | | 75 | M30/19 (M)49 | 00:42:04 | 00:41:57 | 04.11 |
| 20 | 662 | PACIOREK Piotr | WARSZAWA | POL | POLSAT BIEGA | 78 | M30/20 (M)50 | 00:42:05 | 00:42:05 | 04.12 |
| 21 | 227 | WOLSKI Marek | TARNOBRZEG | POL | OIRP WARSZAWA | 82 | M30/21 (M)51 | 00:42:05 | 00:42:05 | 04.12 |
| 22 | 675 | STASZAK Maciej | WARSZAWA | POL | POLSAT BIEGA | 75 | M30/22 (M)64 | 00:42:55 | 00:42:55 | 04.17 |
| 23 | 119 | KWIATKOWSKI Michał | WARSZAWA | POL | BIEGNIJ WARSZAWO | 79 | M30/23 (M)71 | 00:43:26 | 00:43:26 | 04.20 |
| 24 | 342 | SEFERYŃSKI Jacek | WARSZAWA | POL | PKO BANK POLSKI | 77 | M30/24 (M)72 | 00:43:27 | 00:43:27 | 04.20 |
| 25 | 420 | CHRÓST Marcin | MIŃSK MAZOWIECKI | POL | TAK SOBIE BIEGAM | 80 | M30/25 (M)75 | 00:43:35 | 00:43:35 | 04.21 |
| 26 | 339 | ZDUNEK Mariusz | WARSZAWA | POL | ROXY | 82 | M30/26 (M)76 | 00:43:39 | 00:43:39 | 04.21 |
| 27 | 140 | PAWLICKI Tomasz | WARSZAWA | POL | AFTERRUNNERS.PL | 80 | M30/27 (M)79 | 00:43:47 | 00:43:47 | 04.22 |
| 28 | 474 | SADKOWSKI Bartosz | ŁBISKA | POL | | 75 | M30/28 (M)83 | 00:43:52 | 00:43:52 | 04.23 |
| 29 | 292 | URBANOWICZ Kamil | JÓZEFOSŁAW | POL | | 79 | M30/29 (M)84 | 00:43:52 | 00:43:52 | 04.23 |
| 30 | 398 | SZYMAJDA Adam | WARSZAWA | POL | | 79 | M30/30 (M)86 | 00:43:57 | 00:43:57 | 04.23 |
| 31 | 457 | KŁONIECKI Marcin | WARSZAWA | POL | | 79 | M30/31 (M)87 | 00:43:57 | 00:43:57 | 04.23 |
| 32 | 155 | SKAWIŃSKI Łukasz | WARSZAWA | POL | | 81 | M30/32 (M)88 | 00:43:58 | 00:43:58 | 04.23 |
| 33 | 616 | PACHLA Adam | WARSZAWA | POL | POLSAT BIEGA | 79 | M30/33 (M)89 | 00:43:59 | 00:43:59 | 04.23 |
| 34 | 650 | WAŚKOWIEC Mariusz | WARSZAWA | POL | POLSAT BIEGA | 80 | M30/34 (M)91 | 00:44:01 | 00:44:01 | 04.24 |
| 35 | 237 | BULKA Piotr | SULEJÓWEK | POL | GENERALI RUNNING TEAM | 75 | M30/35 (M)94 | 00:44:05 | 00:44:05 | 04.24 |
| 36 | 88 | MAKULEC Marcin | WARSZAWA-WESOŁA | POL | TRUCHTACZ GARWOLIN | 82 | M30/36 (M)95 | 00:44:12 | 00:44:12 | 04.25 |
| 37 | 337 | MAJDAN Łukasz | WARSZAWA | POL | SPARTANIE DZIECIOM | 76 | M30/37 (M)96 | 00:44:12 | 00:44:12 | 04.25 |
| 38 | 469 | JOŃSKI Tomasz | RYKI | POL | JW. 4808 / BIEGUSIEM.PL | 79 | M30/38 (M)97 | 00:44:16 | 00:44:16 | 04.25 |
| 39 | 198 | WYCZAŃSKI Tomasz | WARSZAWA | POL | JW 2414 PUŁK OCHRONY | 78 | M30/39 (M)104 | 00:44:36 | 00:44:36 | 04.27 |

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat | Drużyna Team | R-k YoB | W kategorii in Age Sex | Czas Time | Netto | [min/km] |
|--------------|--------|-----------------------|------------------|----------|------------------------|---------|------------------------|-----------|----------|----------|
| 40 | 482 | NIEDZIÓŁKA Wojciech | MIŃSK MAZOWIECKI | POL | KPP MIŃSK MAZOWIECKI | 83 | M30/40 (M)105 | 00:44:41 | 00:44:41 | 04.28 |
| 41 | 275 | PAŹ Jacek | TŁUSZCZ | POL | BÓBR TŁUSZCZ | 75 | M30/41 (M)107 | 00:44:45 | 00:44:45 | 04.28 |
| 42 | 499 | SZAROTA Jakub | WARSZAWA | POL | MARKOWI BIEGACZE | 79 | M30/42 (M)108 | 00:44:51 | 00:44:51 | 04.29 |
| 43 | 26 | ROJEK Rafał | WARSZAWA | POL | REMBRIDGE | 78 | M30/43 (M)109 | 00:44:52 | 00:44:52 | 04.29 |
| 44 | 7 | PIEKARSKI Jacek | SULEJÓWEK | POL | | 83 | M30/44 (M)110 | 00:44:53 | 00:44:53 | 04.29 |
| 45 | 173 | LESZCZYŃSKI Mateusz | ŁÓDŹ | POL | | 84 | M30/45 (M)112 | 00:44:58 | 00:44:58 | 04.29 |
| 46 | 638 | KUCHARSKI Sławek | MARKI | POL | POLSAT BIEGA | 81 | M30/46 (M)126 | 00:45:56 | 00:45:56 | 04.35 |
| 47 | 639 | BRODEL Rafał | KALUSZYN | POL | POLSAT BIEGA | 76 | M30/47 (M)131 | 00:46:07 | 00:46:07 | 04.36 |
| 48 | 425 | BALICKI Marcin | WARSZAWA | POL | AMATOR | 83 | M30/48 (M)132 | 00:46:11 | 00:46:11 | 04.37 |
| 49 | 293 | BALIŃSKI Wojciech | MŁOTKOWICE | POL | BALAX TEAM | 75 | M30/49 (M)133 | 00:46:11 | 00:46:11 | 04.37 |
| 50 | 211 | PAWIŃSKI Maciej | ŁÓDŹ | POL | | 84 | M30/50 (M)137 | 00:46:27 | 00:46:27 | 04.38 |
| 51 | 609 | KOZARSKI Krzysztof | WARSZAWA | POL | POLSAT BIEGA | 81 | M30/51 (M)139 | 00:46:35 | 00:46:35 | 04.39 |
| 52 | 209 | BIELAWSKI Leszek | OKUNIEW | POL | | 76 | M30/52 (M)140 | 00:46:36 | 00:46:36 | 04.39 |
| 53 | 365 | STELMACH Artur | WARSZAWA | POL | ZERO GRAWITACJI | 83 | M30/53 (M)141 | 00:46:36 | 00:46:36 | 04.39 |
| 54 | 225 | RUSAK Paweł | WARSZAWA | POL | | 75 | M30/54 (M)143 | 00:46:37 | 00:46:37 | 04.39 |
| 55 | 172 | MAKOWSKI Maciej | SULEJÓWEK | POL | | 80 | M30/55 (M)144 | 00:46:38 | 00:46:38 | 04.39 |
| 56 | 463 | LIS Michał | GRABINA | POL | ALETEMPO | 79 | M30/56 (M)146 | 00:46:40 | 00:46:40 | 04.40 |
| 57 | 618 | GIELO Robert | WARSZAWA | POL | POLSAT BIEGA | 76 | M30/57 (M)150 | 00:46:43 | 00:46:43 | 04.40 |
| 58 | 603 | CHOLEWIŃSKI Marcin | WARSZAWA | POL | POLSAT BIEGA | 75 | M30/58 (M)151 | 00:46:44 | 00:46:44 | 04.40 |
| 59 | 649 | MERCHELSKI Piotr | PIASTÓW | POL | POLSAT BIEGA | 84 | M30/59 (M)153 | 00:46:54 | 00:46:54 | 04.41 |
| 60 | 153 | KIERAT Sergiusz | GRABINA | POL | | 81 | M30/60 (M)155 | 00:47:03 | 00:47:03 | 04.42 |
| 61 | 454 | ŁUCZYK Janusz | POŚWIĘTNE | POL | BÓBR TŁUSZCZ | 79 | M30/61 (M)159 | 00:47:08 | 00:47:08 | 04.42 |
| 62 | 115 | PLUCIENNIK Krzysztof | ŁÓDŹ | POL | SZAKALE BAŁUT ŁÓDŹ | 81 | M30/62 (M)160 | 00:47:09 | 00:47:09 | 04.42 |
| 63 | 468 | DAWIDEK Tomasz | WARSZAWA | POL | | 78 | M30/63 (M)161 | 00:47:11 | 00:47:11 | 04.43 |
| 64 | 614 | KOPIŃSKI Mariusz | WARSZAWA | POL | POLSAT BIEGA | 81 | M30/64 (M)162 | 00:47:11 | 00:47:11 | 04.43 |
| 65 | 605 | LADA Łukasz | WARSZAWA | POL | POLSAT BIEGA | 78 | M30/65 (M)163 | 00:47:11 | 00:47:11 | 04.43 |
| 66 | 285 | ŁOZA Dariusz | JABŁONNA | POL | OZZW | 75 | M30/66 (M)167 | 00:47:17 | 00:47:17 | 04.43 |
| 67 | 666 | MORGA Cezary | WARSZAWA | POL | POLSAT BIEGA | 81 | M30/67 (M)174 | 00:47:41 | 00:47:41 | 04.46 |
| 68 | 333 | KRZYŻEWSKI Tomasz | WARSZAWA | POL | JARTOM24.PL | 75 | M30/68 (M)181 | 00:47:56 | 00:47:56 | 04.47 |
| 69 | 207 | OCHOCKI Michał | SULEJÓWEK | POL | PZU SPORT TEAM | 80 | M30/69 (M)183 | 00:48:07 | 00:48:07 | 04.48 |
| 70 | 455 | OJRZANOWSKI Michał | WARSZAWA | POL | | 75 | M30/70 (M)184 | 00:48:07 | 00:48:07 | 04.48 |
| 71 | 62 | LUSA Marcin | SULEJÓWEK | POL | KS SULEJÓWEK | 80 | M30/71 (M)188 | 00:48:14 | 00:48:14 | 04.49 |
| 72 | 396 | JASZCZUK Piotr | SULEJÓWEK | POL | | 80 | M30/72 (M)191 | 00:48:27 | 00:48:27 | 04.50 |
| 73 | 107 | BELC Piotr | WARSZAWA | POL | | 77 | M30/73 (M)192 | 00:48:37 | 00:48:37 | 04.51 |
| 74 | 606 | GAWĘCKI Filip | WARSZAWA | POL | POLSAT BIEGA | 84 | M30/74 (M)197 | 00:48:45 | 00:48:45 | 04.52 |
| 75 | 102 | WOJCIECHOWSKI Piotr | 05-070 | POL | | 76 | M30/75 (M)200 | 00:48:52 | 00:48:52 | 04.53 |
| 76 | 349 | NOCEŃ Mariusz | SULEJÓWEK | POL | | 75 | M30/76 (M)201 | 00:48:53 | 00:48:53 | 04.53 |
| 77 | 466 | DRYGALSKI Adam | WARSZAWA | POL | KS WILCZUR GOŁOTCZYNA | 80 | M30/77 (M)210 | 00:49:18 | 00:49:18 | 04.55 |
| 78 | 265 | SYGOCKI Konrad | WARSZAWA | POL | | 78 | M30/78 (M)213 | 00:49:22 | 00:49:22 | 04.56 |
| 79 | 250 | GRUZA Mariusz | WARSZAWA | POL | MINISTERSTWO ROLNICTWA | 75 | M30/79 (M)216 | 00:49:23 | 00:49:23 | 04.56 |
| 80 | 123 | TOMKIEWICZ Grzegorz | MIŃSK MAZOWIECKI | POL | | 81 | M30/80 (M)218 | 00:49:25 | 00:49:25 | 04.56 |
| 81 | 108 | ŚWIĘCZKOWSKI Grzegorz | WARSZAWA | POL | | 77 | M30/81 (M)223 | 00:49:29 | 00:49:29 | 04.56 |
| 82 | 665 | CENDROWSKI Jarosław | ZĄBKI | POL | POLSAT BIEGA | 80 | M30/82 (M)225 | 00:49:32 | 00:49:32 | 04.57 |
| 83 | 687 | TEODOROWICZ Marcin | WŁODAWA | POL | POLSAT BIEGA | 84 | M30/83 (M)226 | 00:49:39 | 00:49:39 | 04.57 |
| 84 | 150 | PRAWDA Michał | KOZIENICE | POL | | 84 | M30/84 (M)227 | 00:49:40 | 00:49:40 | 04.58 |
| 85 | 408 | MALINOWSKI Paweł | SMARDZEW | POL | | 75 | M30/85 (M)228 | 00:49:43 | 00:49:43 | 04.58 |
| 86 | 188 | PRAŻUCH Paweł | ŁÓDŹ | POL | | 84 | M30/86 (M)229 | 00:49:43 | 00:49:43 | 04.58 |
| 87 | 134 | SADŁOWSKI Piotr | SULEJÓWEK | POL | | 84 | M30/87 (M)230 | 00:49:44 | 00:49:44 | 04.58 |
| 88 | 403 | KOWALCZYK Tomasz | MIŃSK MAZOWIECKI | POL | | 77 | M30/88 (M)233 | 00:49:55 | 00:49:55 | 04.59 |
| 89 | 421 | ŻYWICKI Maciej | RUDKA | POL | RUN-MROZY | 83 | M30/89 (M)234 | 00:49:55 | 00:49:55 | 04.59 |
| 90 | 313 | GRELEWSKI Krzysztof | MIŃSK MAZOWIECKI | POL | | 75 | M30/90 (M)242 | 00:50:36 | 00:50:36 | 05.03 |
| 91 | 309 | NIEWINOWSKI Paweł | PŁOCK | POL | TADEO I SYNOWIE | 75 | M30/91 (M)245 | 00:50:50 | 00:50:50 | 05.05 |
| 92 | 671 | GRADZIK Krzysztof | WARSZAWA | POL | POLSAT BIEGA | 76 | M30/92 (M)249 | 00:50:53 | 00:50:53 | 05.05 |
| 93 | 58 | SIEDLECKI Bartosz | WARSZAWA | POL | | 77 | M30/93 (M)250 | 00:51:00 | 00:51:00 | 05.06 |
| 94 | 142 | OTAWSKI Maciej | KIELCE | POL | | 81 | M30/94 (M)253 | 00:51:06 | 00:51:06 | 05.06 |
| 95 | 688 | DUMAŃSKI Norbert | WARSZAWA | POL | POLSAT BIEGA | 78 | M30/95 (M)254 | 00:51:09 | 00:51:09 | 05.06 |
| 96 | 496 | KRYSEWSKI Arkadiusz | TORUŃ | POL | | 79 | M30/96 (M)257 | 00:51:14 | 00:51:14 | 05.07 |
| 97 | 483 | KOZŁOWSKI Dariusz | SIEDLCE | POL | KPP MIŃSK MAZOWIECKI | 75 | M30/97 (M)259 | 00:51:19 | 00:51:19 | 05.07 |

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat | Drużyna Team | R-k YoB | W kategorii in Age Sex | Czas Time | Netto | [min/km] |
|--------------|--------|------------------------|---------------------|----------|-----------------------|---------|------------------------|-----------|----------|----------|
| 98 | 39 | GLIŃSKI Paweł | ZĄBKI | POL | | 78 | M30/98 (M)260 | 00:51:30 | 00:51:30 | 05.09 |
| 99 | 193 | GRABARCZYK Marek | MARKI | POL | MARKOWI BIEGACZE | 76 | M30/99 (M)261 | 00:51:36 | 00:51:36 | 05.09 |
| 100 | 175 | LUCZYŃSKI Mikołaj | WARSZAWA | POL | | 83 | M30/100 (M)267 | 00:51:49 | 00:51:49 | 05.10 |
| 101 | 113 | SROCZYŃSKI Paweł | WARSZAWA | POL | | 80 | M30/101 (M)273 | 00:52:02 | 00:52:02 | 05.12 |
| 102 | 364 | RUPIEWICZ Jarosław | WARSZAWA | POL | KB CASTELLANUS | 80 | M30/102 (M)276 | 00:52:07 | 00:52:07 | 05.12 |
| 103 | 447 | KOŁODZIEJCZYK Robert | WARSZAWA | POL | | 75 | M30/103 (M)281 | 00:52:11 | 00:52:11 | 05.13 |
| 104 | 90 | BEREDA Przemysław | WIĄZOWNA | POL | BIEGAM DLA SIEBIE:) | 83 | M30/104 (M)284 | 00:52:17 | 00:52:17 | 05.13 |
| 105 | 294 | BEDNARZAK Karol | WARSZAWA | POL | | 84 | M30/105 (M)290 | 00:52:39 | 00:52:39 | 05.15 |
| 106 | 205 | GIENIECZKO Andrzej | HIPOLITÓW | POL | | 75 | M30/106 (M)291 | 00:52:39 | 00:52:39 | 05.15 |
| 107 | 149 | JAMBOR Michał | WARSZAWA | POL | BRACTWO BIEGOWE BGK | 79 | M30/107 (M)295 | 00:52:49 | 00:52:49 | 05.16 |
| 108 | 683 | KORNAFEL Marcin | BRWINÓW | POL | POLSAT BIEGA | 78 | M30/108 (M)297 | 00:52:50 | 00:52:50 | 05.17 |
| 109 | 145 | ROSIK Piotr | SULEJÓWEK | POL | | 83 | M30/109 (M)299 | 00:52:55 | 00:52:55 | 05.17 |
| 110 | 296 | ŁOBODOWSKI Marcin | SIENNICA | POL | SIENNICA | 81 | M30/110 (M)303 | 00:53:07 | 00:53:07 | 05.18 |
| 111 | 640 | SEBASTIANOWICZ Bartosz | WARSZAWA | POL | POLSAT BIEGA | 84 | M30/111 (M)305 | 00:53:10 | 00:53:10 | 05.19 |
| 112 | 270 | BŁASZCZAK Mariusz | GRODZISK MAZOWIECKI | POL | OZŹW | 80 | M30/112 (M)318 | 00:54:03 | 00:54:03 | 05.24 |
| 113 | 221 | RYŻKOWSKI Mariusz | SIEDLCE | POL | | 79 | M30/113 (M)322 | 00:54:13 | 00:54:13 | 05.25 |
| 114 | 443 | CZERNIAK Paweł | WARSZAWA | POL | | 84 | M30/114 (M)323 | 00:54:14 | 00:54:14 | 05.25 |
| 115 | 632 | KACZMAREK Kamil | OLSZTYN | POL | POLSAT BIEGA | 82 | M30/115 (M)324 | 00:54:16 | 00:54:16 | 05.25 |
| 116 | 470 | KOMOROWSKI Adam | SULEJÓWEK | POL | | 76 | M30/116 (M)331 | 00:54:29 | 00:54:29 | 05.26 |
| 117 | 16 | RAMA Andrzej | SULEJÓWEK | POL | | 78 | M30/117 (M)333 | 00:54:41 | 00:54:41 | 05.28 |
| 118 | 96 | MARYL Krzysztof | WARSZAWA | POL | | 79 | M30/118 (M)335 | 00:55:27 | 00:55:27 | 05.32 |
| 119 | 670 | STAWOWY Tomasz | WARSZAWA | POL | POLSAT BIEGA | 75 | M30/119 (M)338 | 00:55:50 | 00:55:50 | 05.35 |
| 120 | 439 | SAWICKI Paweł | GÓRA KALWARIA | POL | OZŹW | 77 | M30/120 (M)339 | 00:55:53 | 00:55:53 | 05.35 |
| 121 | 633 | KARCZMARCZYK Adam | SULEJÓWEK | POL | POLSAT BIEGA | 78 | M30/121 (M)350 | 00:56:42 | 00:56:42 | 05.40 |
| 122 | 601 | KUREK Bartosz | WARSZAWA | POL | POLSAT BIEGA | 82 | M30/122 (M)353 | 00:56:47 | 00:56:47 | 05.40 |
| 123 | 696 | BOGUSZEWSKI Piotr | WARSZAWA | POL | | 80 | M30/123 (M)354 | 00:56:53 | 00:56:53 | 05.41 |
| 124 | 312 | WIKŁO Marcin | WARSZAWA | POL | KS WILCZUR GOŁOTCZYNA | 76 | M30/124 (M)363 | 00:57:51 | 00:57:51 | 05.47 |
| 125 | 472 | SUKIENNIK Marcin | HIPOLITÓW | POL | HAKS | 79 | M30/125 (M)368 | 00:58:12 | 00:58:12 | 05.49 |
| 126 | 272 | WIĘSEK Artur | WARSZAWA | POL | | 83 | M30/126 (M)369 | 00:58:19 | 00:58:19 | 05.49 |
| 127 | 158 | UMIŃSKI Michał | WARSZAWA | POL | UMISIE BYLEWLIMICIE | 76 | M30/127 (M)371 | 00:58:30 | 00:58:30 | 05.51 |
| 128 | 216 | TUŁACZ Jan | ŁÓDŹ | POL | | 79 | M30/128 (M)374 | 00:59:21 | 00:59:21 | 05.56 |
| 129 | 11 | KULIK Marek | ŁÓDŹ | POL | | 84 | M30/129 (M)379 | 00:59:54 | 00:59:54 | 05.59 |
| 130 | 311 | SZTOMPKA Bartłomiej | WARSZAWA | POL | | 79 | M30/130 (M)384 | 01:00:52 | 01:00:52 | 06.05 |
| 131 | 356 | DEMIAŃSKI Marcin | TURÓW | POL | LECHICI ZIELONKA | 78 | M30/131 (M)386 | 01:01:00 | 01:01:00 | 06.06 |
| 132 | 669 | BUBIŃSKI Maciej | WARSZAWA | POL | POLSAT BIEGA | 82 | M30/132 (M)390 | 01:02:34 | 01:02:34 | 06.15 |
| 133 | 263 | KAMOLA Michał | JÓZEFOSŁAW | POL | | 81 | M30/133 (M)394 | 01:03:42 | 01:03:42 | 06.22 |
| 134 | 667 | KILISZEK Romuald | KARCZEW | POL | POLSAT BIEGA | 78 | M30/134 (M)400 | 01:05:29 | 01:05:29 | 06.32 |
| 135 | 652 | ARCISZEWSKI Rafał | WARSZAWA | POL | POLSAT BIEGA | 77 | M30/135 (M)401 | 01:05:32 | 01:05:32 | 06.33 |
| 136 | 120 | KORZEMPA Krzysztof | SULEJÓWEK | POL | | 76 | M30/136 (M)402 | 01:05:36 | 01:05:36 | 06.33 |
| 137 | 165 | KOMOREK Krzysztof | SULEJÓWEK | POL | BRACTWO BIEGOWE BGK | 75 | M30/137 (M)408 | 01:11:39 | 01:11:39 | 07.09 |


Bieg 10km KATEGORIA:M20

| | | | | | | | | | | |
|----|-----|--------------------|------------------|-----|-------------------------------|----|--------------|----------|----------|-------|
| 1 | 459 | STUPAK Marcin | PIASECZNO | POL | SZCZEGÓLNICIE DZIEWCZYNY! | 88 | M20/1 (M)4 | 00:35:25 | 00:35:25 | 03.32 |
| 2 | 74 | ONISK Kamil | MIŃSK MAZOWIECKI | POL | MKB DREPTAK | 89 | M20/2 (M)6 | 00:35:47 | 00:35:47 | 03.34 |
| 3 | 33 | ROSZKOWSKI Tomasz | WARSZAWA | POL | SZCZEGÓLNICIE DZIEWCZYNY! | 86 | M20/3 (M)8 | 00:35:51 | 00:35:50 | 03.35 |
| 4 | 91 | ŁOBACZ Michał | BIALYSTOK | POL | MISZKA I FELEK TEAM | 89 | M20/4 (M)9 | 00:36:41 | 00:36:40 | 03.40 |
| 5 | 4 | SIRKO Waldemar | JANIKOWO | POL | SIR MED CENTRUM MEDYCZNE | 92 | M20/5 (M)10 | 00:36:51 | 00:36:51 | 03.41 |
| 6 | 752 | MICHALIK Rafał | CZĘSTOCHOWA | | | 91 | M20/6 (M)11 | 00:37:39 | 00:37:39 | 03.45 |
| 7 | 141 | PODSTAWKA Piotr | STANISŁAWÓW | POL | | 87 | M20/7 (M)14 | 00:38:17 | 00:38:16 | 03.49 |
| 8 | 112 | WILCZYŃSKI Mateusz | SIEDLCE | POL | SZYBKIE WILKI | 85 | M20/8 (M)21 | 00:39:20 | 00:39:20 | 03.56 |
| 9 | 184 | NOWAK Krzysztof | SULEJÓWEK | POL | BRAK | 91 | M20/9 (M)28 | 00:40:12 | 00:40:04 | 04.00 |
| 10 | 641 | PORADA Dominik | SZYDŁOWIEC | POL | POLSAT BIEGA | 90 | M20/10 (M)39 | 00:41:38 | 00:41:33 | 04.09 |
| 11 | 409 | KLAKUS Mariusz | BRODNICA | POL | SGSP | 92 | M20/11 (M)47 | 00:41:58 | 00:41:52 | 04.11 |
| 12 | 320 | DŁUSKI Sebastian | WARSZAWA | POL | | 87 | M20/12 (M)54 | 00:42:07 | 00:42:07 | 04.12 |
| 13 | 201 | NOWAK Dawid | ZMIENNICA | POL | SGSP | 93 | M20/13 (M)55 | 00:42:17 | 00:42:17 | 04.13 |
| 14 | 467 | MATA Michał | SULEJÓWEK | POL | | 89 | M20/14 (M)60 | 00:42:43 | 00:42:43 | 04.16 |
| 15 | 453 | CELEGRAT Tomasz | SULEJÓWEK | POL | | 87 | M20/15 (M)69 | 00:43:23 | 00:43:23 | 04.20 |
| 16 | 196 | KACPRZAK Mariusz | WARSZAWA | POL | SGSP | 92 | M20/16 (M)70 | 00:43:24 | 00:43:24 | 04.20 |
| 17 | 72 | DĄBSKI Paweł | SIENNICA RÓŻANA | POL | 1 WARSZAWSKA BRYGADA PANCERNA | 88 | M20/17 (M)73 | 00:43:31 | 00:43:31 | 04.21 |

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat | Drużyna Team | R-k | W kategorii YoB in Age Sex | Czas Time | Netto | [min/km] |
|--------------|--------|----------------------|------------------|----------|--------------------------------|-----|----------------------------|-----------|----------|----------|
| 18 | 232 | KOWALSKI Marcin | WARSZAWA | POL | | 88 | M20/18 (M)78 | 00:43:39 | 00:43:39 | 04.21 |
| 19 | 185 | JURZYK Piotr | WIŚNIEW | POL | SGSP | 93 | M20/19 (M)85 | 00:43:55 | 00:43:55 | 04.23 |
| 20 | 268 | GORSKI Jan | OTRĘBUSY | POL | KUBUŚ PUCHATEK | 87 | M20/20 (M)90 | 00:44:00 | 00:44:00 | 04.24 |
| 21 | 36 | BUDZYŃSKI Krzysztof | WARSZAWA | POL | | 85 | M20/21 (M)93 | 00:44:04 | 00:44:04 | 04.24 |
| 22 | 87 | CHROMIŃSKI Wojciech | SULEJÓWEK | POL | | 88 | M20/22 (M)99 | 00:44:21 | 00:44:21 | 04.26 |
| 23 | 259 | FRAŃCZEK Kamil | SULEJÓWEK | POL | | 88 | M20/23 (M)101 | 00:44:30 | 00:44:30 | 04.27 |
| 24 | 79 | KŁOSOWSKI Wojciech | RADYMNO | POL | JW 2414 PULK OCHRONY | 85 | M20/24 (M)106 | 00:44:43 | 00:44:43 | 04.28 |
| 25 | 416 | ROGOWSKI Piotr | WARSZAWA | POL | | 85 | M20/25 (M)113 | 00:45:00 | 00:45:00 | 04.30 |
| 26 | 484 | SZACH Daniel | SULEJÓWEK | POL | KPP MIŃSK MAZOWIECKI | 86 | M20/26 (M)118 | 00:45:28 | 00:45:28 | 04.32 |
| 27 | 646 | PIEKUT Kamil | NACPOLSK | POL | POLSAT BIEGA | 89 | M20/27 (M)119 | 00:45:38 | 00:45:38 | 04.33 |
| 28 | 177 | KACZANOWSKI Maciej | GRÓJEC | POL | RCZSIUT | 87 | M20/28 (M)120 | 00:45:42 | 00:45:42 | 04.34 |
| 29 | 441 | OLSZAK Paweł | CIECHANÓW | POL | JW 2414 PULK OCHRONY | 88 | M20/29 (M)121 | 00:45:44 | 00:45:44 | 04.34 |
| 30 | 428 | MIKULSKI Jacek | SULEJÓWEK | POL | | 94 | M20/30 (M)134 | 00:46:14 | 00:46:14 | 04.37 |
| 31 | 194 | STASIUK Arkadiusz | WARSZAWA | POL | BEMOWO | 85 | M20/31 (M)145 | 00:46:38 | 00:46:38 | 04.39 |
| 32 | 690 | KOZAK Mikołaj | WARSZAWA | POL | POLSAT BIEGA | 88 | M20/32 (M)149 | 00:46:42 | 00:46:42 | 04.40 |
| 33 | 301 | ŚWIERCZEWSKI Marcin | SIERAKÓW | POL | | 91 | M20/33 (M)152 | 00:46:44 | 00:46:44 | 04.40 |
| 34 | 66 | SOKOLIK Wiktor | SULEJÓWEK | POL | | 85 | M20/34 (M)154 | 00:47:02 | 00:47:02 | 04.42 |
| 35 | 105 | LEŚNIAK Marcin | SULEJÓWEK | POL | | 86 | M20/35 (M)156 | 00:47:04 | 00:47:04 | 04.42 |
| 36 | 323 | ROBAK Rafał | KONIN | POL | | 89 | M20/36 (M)158 | 00:47:08 | 00:47:08 | 04.42 |
| 37 | 242 | KWIETNIEWSKI Tomasz | SULEJÓWEK | POL | | 86 | M20/37 (M)164 | 00:47:12 | 00:47:12 | 04.43 |
| 38 | 452 | JANDUŁA Mateusz | SULEJÓWEK | POL | | 88 | M20/38 (M)168 | 00:47:21 | 00:47:21 | 04.44 |
| 39 | 60 | BARYŻEWSKI Remigiusz | WARSZAWA | POL | 12TRI.PL | 85 | M20/39 (M)171 | 00:47:28 | 00:47:28 | 04.44 |
| 40 | 200 | SOCHA Jakub | WARSZAWA | POL | SGSP | 94 | M20/40 (M)182 | 00:48:04 | 00:48:04 | 04.48 |
| 41 | 481 | CAŁKA Jarosław | MIŃSK MAZOWIECKI | POL | KPP MIŃSK MAZOWIECKI | 85 | M20/41 (M)186 | 00:48:09 | 00:48:09 | 04.48 |
| 42 | 434 | ZAKRZEWSKI Jan | WARSZAWA | POL | | 88 | M20/42 (M)199 | 00:48:46 | 00:48:46 | 04.52 |
| 43 | 135 | KOCZKOWSKI Łukasz | WARSZAWA | POL | | 85 | M20/43 (M)205 | 00:49:02 | 00:49:02 | 04.54 |
| 44 | 281 | JÓZWIAK Jacek | WARSZAWA | POL | | 88 | M20/44 (M)207 | 00:49:04 | 00:49:04 | 04.54 |
| 45 | 343 | SEROCZYŃSKI Michał | SULEJÓWEK | POL | | 92 | M20/45 (M)212 | 00:49:21 | 00:49:21 | 04.56 |
| 46 | 256 | ZACHURA Piotr | WARSZAWA | POL | 10 WARSZAWSKI PULK SAMOCHODOWY | 85 | M20/46 (M)224 | 00:49:30 | 00:49:30 | 04.57 |
| 47 | 101 | DRÓŻDŹ Michał | DĘBE WIELKIE | POL | BRAK | 87 | M20/47 (M)231 | 00:49:46 | 00:49:46 | 04.58 |
| 48 | 315 | BUDZIŃSKI Arkadiusz | WOŁOMIN | POL | CANDELLUX LIGHTING | 89 | M20/48 (M)232 | 00:49:49 | 00:49:49 | 04.58 |
| 49 | 245 | CHAJĘCKI Mateusz | WARSZAWA | POL | | 89 | M20/49 (M)247 | 00:50:53 | 00:50:53 | 05.05 |
| 50 | 635 | NAPIÓRKOWSKI Tomasz | SKIERNIEWICE | POL | POLSAT BIEGA | 86 | M20/50 (M)278 | 00:52:10 | 00:52:10 | 05.13 |
| 51 | 132 | KRAJCZEWSKI Jan | WARSZAWA | POL | IMPULS WARSZAWA | 89 | M20/51 (M)279 | 00:52:10 | 00:52:10 | 05.13 |
| 52 | 306 | CABAJ Marek | SULEJÓWEK | POL | | 92 | M20/52 (M)282 | 00:52:12 | 00:52:12 | 05.13 |
| 53 | 317 | DMITRZAK Jarosław | SANOK | POL | 10 WARSZAWSKI PULK SAMOCHODOWY | 88 | M20/53 (M)294 | 00:52:48 | 00:52:48 | 05.16 |
| 54 | 224 | BIEŃKO Maciej | WARSZAWA | POL | | 87 | M20/54 (M)300 | 00:52:56 | 00:52:56 | 05.17 |
| 55 | 138 | TRZOSKA Michał | ŁOWICZ | POL | | 87 | M20/55 (M)302 | 00:52:59 | 00:52:59 | 05.17 |
| 56 | 304 | MIŚKO Mariusz | SULEJÓWEK | POL | | 85 | M20/56 (M)309 | 00:53:15 | 00:53:15 | 05.19 |
| 57 | 246 | LISZKA Maciej | WARSZAWA | POL | | 90 | M20/57 (M)310 | 00:53:17 | 00:53:17 | 05.19 |
| 58 | 71 | OLKOWSKI Paweł | PRUSZKÓW | POL | SZARY_SZLAFROK | 88 | M20/58 (M)329 | 00:54:23 | 00:54:23 | 05.26 |
| 59 | 637 | ŻULNOWSKI Łukasz | WARSZAWA | POL | POLSAT BIEGA | 89 | M20/59 (M)349 | 00:56:37 | 00:56:37 | 05.39 |
| 60 | 8 | MALINOWSKI Piotr | WARSZAWA-WESOŁA | POL | | 87 | M20/60 (M)362 | 00:57:40 | 00:57:40 | 05.46 |
| 61 | 377 | KAROL Maciej | WARSZAWA | POL | PKO BANK POLSKI | 85 | M20/61 (M)372 | 00:58:51 | 00:58:51 | 05.53 |
| 62 | 86 | KURKOWSKI Jakub | WARSZAWA | POL | PATOLOG RUNNERS | 86 | M20/62 (M)395 | 01:04:15 | 01:04:15 | 06.25 |
| 63 | 607 | KOMODZIŃSKI Jakub | OTWOCK | POL | POLSAT BIEGA | 85 | M20/63 (M)405 | 01:06:37 | 01:06:37 | 06.39 |
| 64 | 672 | PUCHNIARZ Dawid | WARSZAWA | POL | POLSAT BIEGA | 90 | M20/64 (M)406 | 01:08:44 | 01:08:44 | 06.52 |

Bieg 10km KATEGORIA:M16

| | | | | | | | | | | |
|----|-----|-------------------------|------------------|-----|--------|----|---------------|----------|----------|-------|
| 1 | 52 | JERZABEK Maciej | WARSZAWA | POL | | 95 | M16/1 (M)56 | 00:42:18 | 00:42:18 | 04.13 |
| 2 | 432 | LECH Mikołaj | GLINA | POL | | 95 | M16/2 (M)82 | 00:43:51 | 00:43:51 | 04.23 |
| 3 | 431 | SZLACHTA Grzegorz | WOŁOMIN | POL | | 96 | M16/3 (M)92 | 00:44:02 | 00:44:02 | 04.24 |
| 4 | 464 | SZABŁOWSKI Hubert | WARSZAWA | POL | | 00 | M16/4 (M)102 | 00:44:33 | 00:44:33 | 04.27 |
| 5 | 279 | PARKASIEWICZ Bartłomiej | ZIELONKA | POL | | 97 | M16/5 (M)135 | 00:46:20 | 00:46:20 | 04.38 |
| 6 | 280 | PARKASIEWICZ Arek | ZIELONKA | POL | | 99 | M16/6 (M)138 | 00:46:29 | 00:46:29 | 04.38 |
| 7 | 424 | SKIBA Bartłomiej | ĆMIŁÓW | POL | 26 WOG | 97 | M16/7 (M)147 | 00:46:41 | 00:46:41 | 04.40 |
| 8 | 348 | NOCEŃ Dawid | SULEJÓWEK | POL | | 00 | M16/8 (M)185 | 00:48:08 | 00:48:08 | 04.48 |
| 9 | 692 | GAŁECKI Szymon | WARSZAWA | POL | | 97 | M16/9 (M)204 | 00:49:02 | 00:49:02 | 04.54 |
| 10 | 238 | MAJEWSKI Kacper | MIŃSK MAZOWIECKI | POL | | 96 | M16/10 (M)251 | 00:51:01 | 00:51:01 | 05.06 |

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat | Drużyna Team | R-k YoB | W kategorii in Age | Sex | Czas Time | Netto | [min/km] |
|---------------------|---------------|-----------------------------|-------------------------|---|------------------------|----------------|---------------------------|------------|------------------|--------------|-----------------|
| 11 | 394 | CZAPSKI Karol | WARSZAWA |  POL | KP WŁOCHY | 98 | M16/11 | (M)252 | 00:51:02 | 00:51:02 | 05.06 |
| 12 | 471 | KŁOS Marcel | ZIELONKA |  POL | | 99 | M16/12 | (M)283 | 00:52:16 | 00:52:16 | 05.13 |
| 13 | 170 | MICHNIEWSKI Tadeusz | WARSZAWA |  POL | MINISTERSTWO ROLNICTWA | 98 | M16/13 | (M)287 | 00:52:37 | 00:52:37 | 05.15 |
| 14 | 179 | RODAK Kamil | WARSZAWA |  POL | | 96 | M16/14 | (M)320 | 00:54:11 | 00:54:11 | 05.25 |
| 15 | 257 | KUCIAK Jakub | ZĄBKI |  POL | HARCERZE | 97 | M16/15 | (M)358 | 00:57:29 | 00:57:29 | 05.44 |
| 16 | 9 | ŻMIGRODZKI Stefan | WARSZAWA |  POL | HARCERZE | 98 | M16/16 | (M)393 | 01:03:32 | 01:03:32 | 06.21 |
| 17 | 44 | MAKARUK Bernard | SULEJÓWEK |  POL | | 96 | M16/17 | (M)396 | 01:04:19 | 01:04:19 | 06.25 |