

XXX PÓLMARATON WIĄZOWSKI

WYNIKI ZAWODÓW

BIEG 5 KM

Organizator: Rada i Wójt Gminy Wiązowna, Stowarzyszenie Kultury Fizycznej "Advit"

Termin: 28 LUTEGO 2010r.

Miejsce: WIĄZOWNA

Dystans: 5 KM

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat | Drużyna Team | R-k YoB | W kategorii in Age | Grupy Group | Sex | Wynik Time | Wynik Netto | [km/h] |
|--------------|--------|----------------------|------------------|----------|--|---------|--------------------|-------------|-----|------------|-------------|--------|
| 1 | 1641 | NOWAK JAKUB | WARSZAWA | POL | KS WARSZAWIANKA | 89 | M20/1 | (M)1 | | 00:14:56 | 00:14:56 | 20.09 |
| 2 | 1750 | KUZDRA DARIUSZ | ZAMOŚĆ | POL | AGROS ZAMOŚĆ | 75 | M30/1 | (M)2 | | 00:15:01 | 00:15:01 | 19.98 |
| 3 | 1512 | GAJNY WOJCIECH | BIELSKO-BIAŁA | POL | LUKS GRONICZEK BIELSKOBIĄŁA | 87 | M20/2 | (M)3 | | 00:15:26 | 00:15:25 | 19.46 |
| 4 | 1712 | JUKNEVICIUS ANDRIUS | PAKRUOJIS | LTU | SPORTO PASAULIS | 92 | M20/3 | (M)4 | | 00:15:36 | 00:15:36 | 19.23 |
| 5 | 1753 | CELIŃSKI ROBERT | TRZEBIESZÓW | POL | AZS AWF WARSZAWA ITI ADVENTURE TEAM | 73 | M30/2 | (M)5 | | 00:15:42 | 00:15:42 | 19.11 |
| 6 | 1747 | SŁOMSKI ADAM | WARSZAWA | POL | | 85 | M20/4 | (M)6 | | 00:16:02 | 00:16:02 | 18.71 |
| 7 | 1748 | ZAWODNIK DO UZUP | | | | | | (M)7 | | 00:16:03 | 00:16:03 | 18.69 |
| 8 | 1689 | KOŚĘDA SEBASTIAN | ŁOWICZ | POL | AZS AWF WARSZAWA | 81 | M20/5 | (M)8 | | 00:16:11 | 00:16:11 | 18.54 |
| 9 | 1736 | WYSZOMIRSKI MATEUSZ | KARCZEW | POL | | 76 | M30/3 | (M)9 | | 00:16:13 | 00:16:13 | 18.50 |
| 10 | 1598 | STAWSKI MICHAŁ | ŁÓDŹ | POL | BIEGNADJEZIORSKIM.PL | 85 | M20/6 | (M)10 | | 00:16:28 | 00:16:28 | 18.22 |
| 11 | 1676 | DRĄGOWSKI KUBA | OTWOCK | POL | OKS BNO | 90 | M20/7 | (M)11 | | 00:16:30 | 00:16:28 | 18.22 |
| 12 | 1541 | PTAK SŁAWOMIR | CEGLÓW | POL | KB DREPTAK MIŃSK MAZOWIECKI | 86 | M20/8 | (M)12 | | 00:16:34 | 00:16:34 | 18.11 |
| 13 | 1701 | WYSZOMIRSKI MATEUSZ | KARCZEW | POL | OKS START OTWOCK | 93 | M20/9 | (M)13 | | 00:16:43 | 00:16:41 | 17.98 |
| 14 | 1587 | LISIEWICZ MICHAŁ | WARSZAWA | POL | AZS AWF WARSZAWA | 74 | M30/4 | (M)14 | | 00:16:56 | 00:16:56 | 17.72 |
| 15 | 480 | MŁODZIKOWSKI PAWEŁ | ADAMÓW | POL | SOKÓŁ ADAMÓW | 87 | M20/10 | (M)15 | | 00:17:18 | 00:17:18 | 17.34 |
| 16 | 1622 | ZAKRZEWSKI KRZYSZTOF | SOCHACZEW | POL | KM AKTYWNI SOCHACZEW | 90 | M20/11 | (M)16 | | 00:17:37 | 00:17:36 | 17.05 |
| 17 | 1771 | RODZIK PIOTR | | POL | KKL KIELCE | 80 | M30/5 | (M)17 | | 00:17:39 | 00:17:38 | 17.01 |
| 18 | 1669 | ZAGAWA ŁUKASZ | ŁOWICZ | POL | AZS AWF WARSZAWA | 89 | M20/12 | (M)18 | | 00:17:45 | 00:17:44 | 16.92 |
| 19 | 1671 | KAMIŃSKI JAN | ŁÓDŹ | POL | KM PSP ŁÓDŹ | 68 | M40/1 | (M)19 | | 00:17:46 | 00:17:46 | 16.89 |
| 20 | 1624 | JASIŃSKI MATEUSZ | JÓZEFÓW | POL | MKS POLONIA WWA | 91 | M20/13 | (M)20 | | 00:17:50 | 00:17:49 | 16.84 |
| 21 | 1732 | KSIĄŻEK MAREK | WIĄZOWNA KOPKI | POL | | 81 | M20/14 | (M)21 | | 00:17:55 | 00:17:55 | 16.74 |
| 22 | 1629 | WESOŁOWSKI IRENEUSZ | WARSZAWA | POL | AZS AWF WARSZAWA | 74 | M30/6 | (M)22 | | 00:17:57 | 00:17:57 | 16.71 |
| 23 | 1673 | SOSZKA MARCIN | PILAWA | POL | LONDON2012 | 83 | M20/15 | (M)23 | | 00:17:58 | 00:17:58 | 16.70 |
| 24 | 1677 | STASIKOWSKI MATEUSZ | WARSZAWA | POL | LASEK BIELAŃSKI TEAM | 86 | M20/16 | (M)24 | | 00:17:59 | 00:17:59 | 16.68 |
| 25 | 1545 | SZYMBORSKI RAFAŁ | GÓRA | POL | K.B.PIMAR LEGIONOWO | 92 | M20/17 | (M)25 | | 00:18:11 | 00:18:11 | 16.50 |
| 26 | 488 | FĄDERSKI REMIGIUSZ | GLINOJECK | POL | KB TKKF PROMYK CIECHANÓW | 68 | M40/2 | (M)26 | | 00:18:15 | 00:18:10 | 16.51 |
| 27 | 1646 | SUROWIEC JAROSŁAW | MILANÓW | POL | AGROCORN LKS MILANÓW | 82 | M20/18 | (M)27 | | 00:18:18 | 00:18:16 | 16.42 |
| 28 | 1500 | KROCHMAL PAWEŁ | WARSZAWA | POL | AKL URSYNÓW | 93 | M20/19 | (M)28 | | 00:18:24 | 00:18:21 | 16.35 |
| 29 | 1577 | ZIMNY EMANUEL | ŁOWICZ | POL | KM AKTYWNI SOCHACZEW | 81 | M20/20 | (M)29 | | 00:18:30 | 00:18:30 | 16.22 |
| 30 | 1571 | NOWOCIEŃ JACEK | PODKOWA LEŚNA | POL | GLKS NADARZYN | 59 | M50/1 | (M)30 | | 00:18:36 | 00:18:35 | 16.14 |
| 31 | 1692 | PIOTROWSKI ANDRZEJ | WARSZAWA | POL | ENTRE.PL TEAM | 72 | M30/7 | (M)31 | | 00:18:40 | 00:18:37 | 16.11 |
| 32 | 1728 | CZARNECKI MARCIN | WARSZAWA | POL | | 76 | M30/8 | (M)32 | | 00:18:49 | 00:18:48 | 15.96 |
| 33 | 1660 | GUBA ADRIAN | SOBIENIE JEZIORY | POL | ZESPÓŁ SZKÓŁ EKONOMICZNOGASTRONOMICZNYCH W OTWOCKU | 93 | M20/21 | (M)33 | | 00:18:49 | 00:18:47 | 15.97 |
| 34 | 1608 | BIEŃKOWSKI PIOTR | JANÓWEK PIERWSZY | POL | KB PIMAR LEGIONOWO | 90 | M20/22 | (M)34 | | 00:18:50 | 00:18:49 | 15.94 |
| 35 | 1697 | KALINOWSKA PAULINA | KARCZEW | POL | OKS START OTWOCK | 91 | K20/1 | (K)1 | | 00:18:55 | 00:18:53 | 15.89 |
| 36 | 1778 | KŁÓSEK TOMASZ | WARSZAWA | POL | | 74 | M30/9 | (M)35 | | 00:19:07 | 00:19:06 | 15.71 |
| 37 | 1752 | WICHA IWONA | GÓRA KALWARIA | POL | AKL URSYNÓW | 87 | K20/2 | (K)2 | | 00:19:13 | 00:19:10 | 15.65 |
| 38 | 1686 | PIŁKOWSKI TADEUSZ | KARCZEW | POL | OKS BNO | 90 | M20/23 | (M)36 | | 00:19:17 | 00:19:15 | 15.58 |
| 39 | 1631 | SIERADZKI SŁAWOMIR | SOSNOWIEC | POL | | 77 | M30/10 | (M)37 | | 00:19:19 | 00:19:18 | 15.54 |
| 40 | 1599 | MICHALUK MICHAŁ | LIPNO | POL | | 86 | M20/24 | (M)38 | | 00:19:25 | 00:19:23 | 15.48 |
| 41 | 1551 | KOSIERADZKI ŁUKASZ | SIEDLCE | POL | KOŁO STRZELECTWA SPORTOWEGO EKONOMIC | 91 | M20/25 | (M)39 | | 00:19:26 | 00:19:24 | 15.46 |



| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat | Drużyna Team | R-k YoB | W kategorii in Age Group | Grupy Sex | Wynik Time | Wynik Netto | [km/h] |
|--------------|--------|-----------------------|------------------|----------|--|---------|--------------------------|-----------|------------|-------------|--------|
| SIEDLCE | | | | | | | | | | | |
| 42 | 1633 | ŁASIŃSKI MICHAŁ | WARSZAWA | POL | PUMA Z BIEGIEM WARSZAWY | 87 | M20/26 | (M)40 | 00:19:28 | 00:19:27 | 15.42 |
| 43 | 1675 | DRĄGOWSKI PIOTR | OTWOCK | POL | OKS BNO | 82 | M20/27 | (M)41 | 00:19:36 | 00:19:31 | 15.37 |
| 44 | 1568 | SOBECKI BARTŁOMIJ | ŁÓDŹ | POL | ZBIEGIEMMIASTA.PL | 80 | M30/11 | (M)42 | 00:19:39 | 00:19:37 | 15.29 |
| 45 | 1668 | GRABKOWSKI BARTOSZ | RYPIN | POL | KB LECH RYPIN | 90 | M20/28 | (M)43 | 00:19:40 | 00:19:39 | 15.27 |
| 46 | 1607 | WYSOCKI RAFAŁ | SIEDLCE | POL | KOŁO STRZELECTWA SPORTOWEGO EKONOMIK | 90 | M20/29 | (M)44 | 00:19:42 | 00:19:40 | 15.25 |
| SIEDLCE | | | | | | | | | | | |
| 47 | 1645 | MICHALAK KRZYSZTOF | STANISŁAWÓW | POL | KB DREPTAK MIŃSK MAZOWIECKI | 67 | M40/3 | (M)45 | 00:19:45 | 00:19:44 | 15.20 |
| 48 | 1556 | KRAWCZYK TOMASZ | MOSZCZENICA | POL | | 89 | M20/30 | (M)46 | 00:19:47 | 00:19:44 | 15.20 |
| 49 | 1600 | MILCZAREK RAFAŁ | SOCHACZEW | POL | KM AKTYWNI SOCHACZEW | 75 | M30/12 | (M)47 | 00:19:47 | 00:19:46 | 15.18 |
| 50 | 1756 | OLEKSA PRZEMYSŁAW | GÓRASZKA | POL | FC GÓRASZKA | 93 | M20/31 | (M)48 | 00:19:48 | 00:19:48 | 15.15 |
| 51 | 1745 | MAJSZCZYK SEBASTIAN | MAJDAN | POL | | 93 | M20/32 | (M)49 | 00:19:54 | 00:19:51 | 15.11 |
| 52 | 1759 | WAWRZYŃIAK MATEUSZ | MAJDAN | POL | | 93 | M20/33 | (M)50 | 00:20:04 | 00:20:01 | 14.99 |
| 53 | 1742 | KABULSKI DARIUSZ | SOBIENIE JEZIORY | POL | ZESPÓŁ SZKÓŁ EKONOMICZNOGASTRONOMICZNYCH | 91 | M20/34 | (M)51 | 00:20:07 | 00:20:04 | 14.95 |
| 54 | 1764 | JANKOWSKI SEBASTIAN | RADZYMIN | POL | | 86 | M20/35 | (M)52 | 00:20:09 | 00:20:05 | 14.94 |
| 55 | 1642 | NOWAK KRZYSZTOF | SULEJÓWEK | POL | | 91 | M20/36 | (M)53 | 00:20:16 | 00:20:10 | 14.88 |
| 56 | 1724 | WITCZAK AGNIESZKA | WARSZAWA | POL | | 86 | K20/3 | (K)3 | 00:20:31 | 00:20:29 | 14.65 |
| 57 | 1695 | WIĄCZYK PRZEMYSŁAW | DUCHNÓW | POL | | 94 | M20/37 | (M)54 | 00:20:49 | 00:20:43 | 14.48 |
| 58 | 1786 | FIEDORUK PIOTR | WARSZAWA | POL | AZS WAT | 62 | M40/4 | (M)55 | 00:20:54 | 00:20:52 | 14.38 |
| 59 | 1663 | KOWALCZYK MARCIN | OTWOCK | POL | ZESPÓŁ SZKÓŁ EKONOMICZNOGASTRONOMICZNYCH W OTWOCKU | 93 | M20/38 | (M)56 | 00:21:00 | 00:20:51 | 14.39 |
| 60 | 1696 | CZAPSKI TOMASZ | SOCHACZEW | POL | KM AKTYWNI SOCHACZEW | 80 | M30/13 | (M)57 | 00:21:03 | 00:21:03 | 14.25 |
| 61 | 1707 | CACKO ŁUKASZ | GLINIANKA | POL | UKS ORŁY | 94 | M20/39 | (M)58 | 00:21:11 | 00:21:04 | 14.24 |
| 62 | 1779 | CICIERSKI KRZYSZTOF | WOLA DUCKA | POL | | 93 | M20/40 | (M)59 | 00:21:11 | 00:21:04 | 14.24 |
| 63 | 1586 | OKULUS PIOTR | WARSZAWA | POL | LEGION | 86 | M20/41 | (M)60 | 00:21:16 | 00:21:07 | 14.21 |
| 64 | 1594 | NOWAK MACIEJ | SULEJÓWEK | POL | | 65 | M40/5 | (M)61 | 00:21:23 | 00:21:17 | 14.10 |
| 65 | 1667 | WOŹNIAK SEBASTIAN | OTWOCK | POL | ZESPÓŁ SZKÓŁ EKONOMICZNOGASTRONOMICZNYCH W OTWOCKU | 93 | M20/42 | (M)62 | 00:21:28 | 00:21:19 | 14.07 |
| 66 | 1539 | ŁUDKOWSKI MARIUSZ | MIŃSK MAZOWIECKI | POL | ŁUDKI | 74 | M30/14 | (M)63 | 00:21:29 | 00:21:25 | 14.01 |
| 67 | 1611 | KOESLSKI KRZYSZTOF | LUBLINIEC | POL | WKB META LUBLINIEC | 61 | M40/6 | (M)64 | 00:21:30 | 00:21:20 | 14.06 |
| 68 | 1704 | WOJCISZEK KAMIL | DUCHNÓW | POL | | 93 | M20/43 | (M)65 | 00:21:34 | 00:21:31 | 13.94 |
| 69 | 1705 | STOGOWSKI BARTOSZ | RYPIN | POL | KB LECH RYPIN | 94 | M20/44 | (M)66 | 00:21:35 | 00:21:35 | 13.90 |
| 70 | 1772 | STRZESZEWSKI GRZEGORZ | GLINIANKA | POL | | 87 | M20/45 | (M)67 | 00:21:38 | 00:21:34 | 13.91 |
| 71 | 1720 | CACKO MONIKA | OTWOCK | POL | LICEUM OGÓLNOSZTAŁCĄCE NR 3 IM. JULIUSZA SŁOWACKIEGO W OTWOCKU | 93 | K20/4 | (K)4 | 00:21:39 | 00:21:36 | 13.89 |
| 72 | 1529 | GRUDKOWSKI TOMASZ | SZCZYTNO | POL | AKB SZCZYTNO | 70 | M40/7 | (M)68 | 00:21:42 | 00:21:40 | 13.85 |
| 73 | 1647 | DUDA TOMASZ | LUBLIN | POL | | 82 | M20/46 | (M)69 | 00:21:45 | 00:21:44 | 13.80 |
| 74 | 1565 | KIELECKI TOMASZ | JÓZEFÓW | POL | | 85 | M20/47 | (M)70 | 00:21:48 | 00:21:42 | 13.82 |
| 75 | 1533 | BIAŁOGRODZKI RYSZARD | PIASECZNO | POL | PIASECZNO | 59 | M50/2 | (M)71 | 00:21:57 | 00:21:55 | 13.69 |
| 76 | 1572 | KOCON RAFAŁ | DUCHNÓW | POL | | 96 | M20/48 | (M)72 | 00:22:02 | 00:21:56 | 13.68 |
| 77 | 1773 | KALOTA PAWEŁ | WIĄZOWNA | POL | | 92 | M20/49 | (M)73 | 00:22:10 | 00:22:06 | 13.57 |
| 78 | 1632 | ŁASIŃSKI PAWEŁ | WARSZAWA | POL | PUMA Z BIEGIEM WARSZAWY | 83 | M20/50 | (M)74 | 00:22:18 | 00:22:16 | 13.47 |
| 79 | 1513 | CELIŃSKI TOMASZ | OTWOCK | POL | PANACEUM OTWOCK | 68 | M40/8 | (M)75 | 00:22:18 | 00:22:14 | 13.49 |
| 80 | 1650 | KOWALSKI ŁUKASZ | TRĄBKI | POL | MORWIK | 92 | M20/51 | (M)76 | 00:22:25 | 00:22:11 | 13.52 |
| 81 | 1739 | NEJMAN ŁUKASZ | WIĄZOWNA | POL | | 81 | M20/52 | (M)77 | 00:22:26 | 00:22:25 | 13.38 |
| 82 | 1575 | STANISZ PIOTR | WARSZAWA | POL | BRAK | 86 | M20/53 | (M)78 | 00:22:27 | 00:22:19 | 13.44 |
| 83 | 1659 | ZADROŻNY KAMIL | KĄTY | POL | | 93 | M20/54 | (M)79 | 00:22:31 | 00:22:22 | 13.41 |
| 84 | 1693 | KOWALSKI ŁUKASZ | DRUŻBICE | POL | | 91 | M20/55 | (M)80 | 00:22:35 | 00:22:30 | 13.33 |
| 85 | 1520 | PACEWICZ MAREK | ZIELONKI | POL | 4 GIMNAZJUM W KRAKOWIE | 94 | M20/56 | (M)81 | 00:22:36 | 00:22:35 | 13.28 |
| 86 | 1757 | ZIOMEK MARIUSZ | GÓRASZKA | POL | FC GÓRASZKA | 94 | M20/57 | (M)82 | 00:22:36 | 00:22:33 | 13.30 |
| 87 | 1710 | EKERT TOMASZ | GLINIANKA | POL | UKS ORŁY | 95 | M20/58 | (M)83 | 00:22:38 | 00:22:31 | 13.32 |
| 88 | 1588 | BURNOS ZBIGNIEW | REGUŁY | POL | ŁOMŻYŃSKI KLUB BIEGOWY | 75 | M30/15 | (M)84 | 00:22:41 | 00:22:25 | 13.38 |



| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat | Drużyna Team | R-k YoB | W kategorii in Age Group | Grupy Sex | Wynik Time | Wynik Netto | [km/h] |
|--------------|--------|----------------------|------------------|----------|--|---------|--------------------------|-----------|------------|-------------|--------|
| 89 | 1578 | WIECZOREK MACIEJ | MIŃSK MAZOWIECKI | POL | KB DREPTAK MIŃSK MAZOWIECKI | 94 | M20/59 | (M)85 | 00:22:45 | 00:22:36 | 13.27 |
| 90 | 1768 | KRUPIŃSKI MAREK | DUCHNÓW | POL | | 95 | M20/60 | (M)86 | 00:22:47 | 00:22:42 | 13.22 |
| 91 | 1661 | KALASKA ARTUR | OTWOCK | POL | ZESPÓŁ SZKÓŁ EKONOMICZNOGASTRONOMICZNYCH W OTWOCKU | 92 | M20/61 | (M)87 | 00:22:50 | 00:22:41 | 13.23 |
| 92 | 1730 | BUKOWSKI JANUSZ | WARSZAWA | POL | GAZOWNIA WARSZAWA | 56 | M50/3 | (M)88 | 00:22:52 | 00:22:52 | 13.12 |
| 93 | 1672 | GONTAREK ADAM | GŁOWACZÓW | POL | | 85 | M20/62 | (M)89 | 00:22:59 | 00:22:50 | 13.14 |
| 94 | 1628 | JEŻ ADAM | WARSZAWA | POL | | 79 | M30/16 | (M)90 | 00:23:00 | 00:22:59 | 13.05 |
| 95 | 1664 | KUROWSKI BERNARD | CELESTYNÓW | POL | ZESPÓŁ SZKÓŁ EKONOMICZNOGASTRONOMICZNYCH W OTWOCKU | 92 | M20/63 | (M)91 | 00:23:14 | 00:23:05 | 13.00 |
| 96 | 1635 | CHAŁUPKA JAKUB | NOWE MIASTO NAD | POL | | 94 | M20/64 | (M)92 | 00:23:15 | 00:23:12 | 12.93 |
| 97 | 1734 | ŁYSIK JÓZEF | WIĄZOWNA | POL | | 90 | M20/65 | (M)93 | 00:23:15 | 00:23:13 | 12.92 |
| 98 | 1657 | SOKÓŁ ROBERT | DABRÓWKA | POL | MORWIK | 89 | M20/66 | (M)94 | 00:23:19 | 00:23:05 | 13.00 |
| 99 | 1683 | ZYCH BARTEK | WARSZAWA | POL | | 73 | M30/17 | (M)95 | 00:23:20 | 00:23:12 | 12.93 |
| 100 | 1670 | ZAGAWA MATEUSZ | ŁOWICZ | POL | | 91 | M20/67 | (M)96 | 00:23:20 | 00:23:16 | 12.89 |
| 101 | 1590 | CELIŃSKI MAREK | WARSZAWA - ANIN | POL | BYLEDOBIEC ANIN | 94 | M20/68 | (M)97 | 00:23:25 | 00:23:15 | 12.90 |
| 102 | 1510 | KRZYMOWSKI MAREK | WARSZAWA | POL | | 72 | M30/18 | (M)98 | 00:23:25 | 00:23:09 | 12.96 |
| 103 | 1723 | KONOWROCKI ROBERT | WIĄZOWNA | POL | | 81 | M20/69 | (M)99 | 00:23:26 | 00:23:22 | 12.84 |
| 104 | 1617 | CELEJ PAWEŁ | STARE ZADYBIE | POL | | 96 | M20/70 | (M)100 | 00:23:31 | 00:23:22 | 12.84 |
| 105 | 1706 | GAŃKO DANIEL | HALINÓW | POL | | 93 | M20/71 | (M)101 | 00:23:37 | 00:23:34 | 12.73 |
| 106 | 1763 | KOBZA SŁAWOMIR | WOLA KARCZEWSKA | POL | | 67 | M40/9 | (M)102 | 00:23:39 | 00:23:35 | 12.72 |
| 107 | 1554 | ZALEWSKI MARCIN | WARSZAWA | POL | AMD NTT SYSTEM | 87 | M20/72 | (M)103 | 00:23:40 | 00:23:35 | 12.72 |
| 108 | 1666 | PRZYSTAWKO DAMIAN | KARCZEW | POL | ZESPÓŁ SZKÓŁ EKONOMICZNOGASTRONOMICZNYCH W OTWOCKU | 93 | M20/73 | (M)104 | 00:23:41 | 00:23:33 | 12.74 |
| 109 | 1674 | GÓRNICKI PIOTR | OTWOCK | POL | | 92 | M20/74 | (M)105 | 00:23:45 | 00:23:38 | 12.69 |
| 110 | 1708 | GERKA KRZYSZTOF | PISKORCZYN | POL | KB LECH RYPIN | | | (M)106 | 00:23:46 | 00:23:43 | 12.65 |
| 111 | 1662 | KABULSKI GRZEGORZ | SOBIENIE JEZIORY | POL | ZESPÓŁ SZKÓŁ EKONOMICZNOGASTRONOMICZNYCH W OTWOCKU | 91 | M20/75 | (M)107 | 00:23:48 | 00:23:39 | 12.68 |
| 112 | 1619 | LUBIENIECKI ARTUR | MIŃSK MAZOWIECKI | POL | | 78 | M30/19 | (M)108 | 00:23:50 | 00:23:46 | 12.62 |
| 113 | 1627 | POPEK PRZEMYSŁAW | ŁOMIANKI | POL | BIEGAJACYPRZEMEK.WA.PL | 91 | M20/76 | (M)109 | 00:23:54 | 00:23:53 | 12.56 |
| 114 | 1758 | ĆWIK HUBERT | ZAMOŚĆ | POL | AGROS ZAMOŚĆ | 77 | M30/20 | (M)110 | 00:24:00 | 00:24:00 | 12.50 |
| 115 | 1550 | MACIOLEK SZYMON | SIEDLCE | POL | KOŁO STRZELECTWA SPORTOWEGO EKONOMIK SIEDLCE | 79 | M30/21 | (M)111 | 00:24:12 | 00:23:57 | 12.53 |
| 116 | 1718 | NORWA PRZEMYSŁAW | ŁOSICE | POL | | 89 | M20/77 | (M)112 | 00:24:13 | 00:24:03 | 12.47 |
| 117 | 1746 | KOZERA ŁUKASZ | MAJDAN | POL | | 93 | M20/78 | (M)113 | 00:24:16 | 00:24:13 | 12.39 |
| 118 | 1687 | PIŁKOWSKA ALICJA | KARCZEW | POL | | 92 | K20/5 | (K)5 | 00:24:19 | 00:24:12 | 12.40 |
| 119 | 1769 | MEDĘŃSKI PRZEMYSŁAW | | POL | KB LECHICI ZIELONKA | 79 | M30/22 | (M)114 | 00:24:19 | 00:24:08 | 12.43 |
| 120 | 1787 | POTEPA MICHAŁ | OTWOCK | POL | | 92 | M20/79 | (M)115 | 00:24:20 | 00:24:13 | 12.39 |
| 121 | 1655 | ROKICKI GRZEGORZ | PUZNÓWKA | POL | MORWIK | 78 | M30/23 | (M)116 | 00:24:22 | 00:24:10 | 12.41 |
| 122 | 1610 | BARTNIKOWSKA MONIKA | WARSZAWA | POL | WARSZAWA | 81 | K20/6 | (K)6 | 00:24:27 | 00:24:25 | 12.29 |
| 123 | 1562 | MALDIS MAREK | WARSZAWA | POL | LASEK BIELAŃSKI TEAM | 49 | M60/1 | (M)117 | 00:24:33 | 00:24:27 | 12.27 |
| 124 | 1766 | BEDNAREK JACEK | PIASECZNO | POL | | 67 | M40/10 | (M)118 | 00:24:46 | 00:24:43 | 12.14 |
| 125 | 1656 | SEKUŁA PAWEŁ | GLINA | POL | MORWIK | 85 | M20/80 | (M)119 | 00:24:47 | 00:24:32 | 12.23 |
| 126 | 1601 | BUDYTA KATARZYNA | SOBIENIE JEZIORY | POL | | 85 | K20/7 | (K)7 | 00:24:48 | 00:24:47 | 12.10 |
| 127 | 1694 | DYMACZ GRZEGORZ | HALINÓW | POL | | 67 | M40/11 | (M)120 | 00:24:50 | 00:24:36 | 12.20 |
| 128 | 1559 | STREFLIK MATEUSZ | GRÓJEC | POL | | 95 | M20/81 | (M)121 | 00:24:51 | 00:24:46 | 12.11 |
| 129 | 1504 | SREBRZYŃSKI CEZARY | WARSZAWA | POL | WSB CYTADELA | 70 | M40/12 | (M)122 | 00:24:53 | 00:24:47 | 12.10 |
| 130 | 1516 | JĘDRASIK JANUSZ | MIŃSK MAZOWIECKI | POL | NIEZRZESZONY | 60 | M50/4 | (M)123 | 00:24:58 | 00:24:53 | 12.06 |
| 131 | 1743 | PURWIN TOMASZ | WIĄZOWNA | POL | | 93 | M20/82 | (M)124 | 00:25:02 | 00:24:59 | 12.01 |
| 132 | 1507 | ŁUKOMSKA JULITA | SULEJÓWEK | POL | NIEZRZESZONA | 78 | K30/1 | (K)8 | 00:25:04 | 00:24:53 | 12.06 |
| 133 | 1776 | WIERZBICKI ŁUKASZ | WARSZAWA | POL | | 82 | M20/83 | (M)125 | 00:25:05 | 00:24:58 | 12.02 |
| 134 | 1534 | ZEGAR ARKADIUSZ | WARSZAWA | POL | | 82 | M20/84 | (M)126 | 00:25:06 | 00:25:02 | 11.98 |



| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat | Drużyna Team | R-k YoB | W kategorii in Age Group | Grupy Sex | Wynik Time | Wynik Netto | [km/h] |
|--------------|--------|----------------------------|------------------|----------|---|---------|--------------------------|-----------|------------|-------------|--------|
| 135 | 1585 | DZIOBKOWSKI MICHAŁ | WARSZAWA | POL | | 92 | M20/85 | (M)127 | 00:25:06 | 00:24:52 | 12.06 |
| 136 | 1531 | CAPIGA MATEUSZ | KAZUN POLSKI | POL | | 90 | M20/86 | (M)128 | 00:25:06 | 00:24:51 | 12.07 |
| 137 | 1698 | IGNASIAK JAN | SIERADZ | POL | IKS START ZDUŃSKA WOLA | 56 | M50/5 | (M)129 | 00:25:18 | 00:25:07 | 11.94 |
| 138 | 1638 | BUREK PAWEŁ | MIŃSK MAZOWIECKI | POL | | 68 | M40/13 | (M)130 | 00:25:27 | 00:25:20 | 11.84 |
| 139 | 1597 | TYMIRSKI PAWEŁ | WARSZAWA | POL | | 74 | M30/24 | (M)131 | 00:25:29 | 00:25:12 | 11.90 |
| 140 | 1722 | IZDEBSKI PAWEŁ | WARSZAWA | POL | | 90 | M20/87 | (M)132 | 00:25:43 | 00:25:39 | 11.70 |
| 141 | 1740 | WOJDA RAFAŁ | WARSZAWA WESOLA | POL | WWW.WOJDA.ORG | 82 | M20/88 | (M)133 | 00:25:44 | 00:25:43 | 11.67 |
| 142 | 1521 | KOWALIK ZBIGNIEW | WARSZAWA | POL | NIEZRZESZONY | 66 | M40/14 | (M)134 | 00:25:44 | 00:25:39 | 11.70 |
| 143 | 1716 | NORWA MICHAŁ | ŁOSICE | POL | | 91 | M20/89 | (M)135 | 00:25:50 | 00:25:40 | 11.69 |
| 144 | 1755 | ZABOROWSKI DARIUSZ | WARSZAWA | POL | WARSZAWIAKY | 59 | M50/6 | (M)136 | 00:25:53 | 00:25:51 | 11.61 |
| 145 | 1621 | WÓJCICKI BOGUSŁAW | WÓLKA MIŃSKA | POL | | 64 | M40/15 | (M)137 | 00:25:56 | 00:25:45 | 11.65 |
| 146 | 1751 | MILKOWSKA AGNIESZKA | SIEMIATYCZE | POL | AKL URSYNÓW | 90 | M20/90 | (M)138 | 00:26:01 | 00:25:55 | 11.58 |
| 147 | 1518 | RUPIEWICZ JAROSŁAW | WARSZAWA | POL | KB CASTELLANUS | 80 | M30/25 | (M)139 | 00:26:04 | 00:25:56 | 11.57 |
| 148 | 1738 | NEJMAN MACIEJ | WIĄZOWNA | POL | | 82 | M20/91 | (M)140 | 00:26:04 | 00:26:02 | 11.52 |
| 149 | 1733 | SZELĄG TOMASZ | MIŃSK MAZOWIECKI | POL | | 70 | M40/16 | (M)141 | 00:26:05 | 00:26:01 | 11.53 |
| 150 | 1517 | MILCZAREK JAKUB | WARSZAWA | POL | | 79 | M30/26 | (M)142 | 00:26:08 | 00:25:58 | 11.55 |
| 151 | 1538 | LUKOWSKA URSZULA | MIŃSK MAZOWIECKI | POL | LUDKI | 74 | K30/2 | (K)9 | 00:26:11 | 00:26:06 | 11.49 |
| 152 | 1636 | DĄBROWSKI DANIEL | SULEJÓWEK | POL | SULEJÓWEK | 81 | M20/92 | (M)143 | 00:26:14 | 00:25:57 | 11.56 |
| 153 | 1691 | PASEK WOJCIECH | KOŃSKIE | POL | | 59 | M50/7 | (M)144 | 00:26:16 | 00:26:06 | 11.49 |
| 154 | 1649 | KOWALSKI TOMASZ | LIPOWKI | POL | MORWIK | 78 | M30/27 | (M)145 | 00:26:16 | 00:26:03 | 11.52 |
| 155 | 1777 | OSIAK IZABELA | OTWOCK | POL | | 92 | K20/8 | (K)10 | 00:26:18 | 00:26:07 | 11.49 |
| 156 | 1729 | DYMEL ANDRZEJ | ŁOMIANKI | POL | | 52 | M50/8 | (M)146 | 00:26:34 | 00:26:30 | 11.32 |
| 157 | 1625 | NIEDŹWIADEK JAKUB | WARSZAWA | POL | BEMOVIA | 93 | M20/93 | (M)147 | 00:26:47 | 00:26:38 | 11.26 |
| 158 | 1637 | BEJTKA AGNIESZKA | WARSZAWA | POL | | 82 | K20/9 | (K)11 | 00:26:49 | 00:26:46 | 11.21 |
| 159 | 1760 | WOJDA ELŻBIETA | ŻELECHÓW | POL | | 71 | K30/3 | (K)12 | 00:26:51 | 00:26:50 | 11.18 |
| 160 | 1612 | PAPLAK ALFRED | BRWINÓW | POL | RUMAKI | 60 | M50/9 | (M)148 | 00:26:52 | 00:26:52 | 11.17 |
| 161 | 1616 | CELEJ KAMILA | STARE ZADYBIE | POL | | 94 | K20/10 | (K)13 | 00:26:57 | 00:26:47 | 11.20 |
| 162 | 1653 | MORDECKI WIKTOR | STARA WIEŚ | POL | MORWIK | 55 | M50/10 | (M)149 | 00:27:01 | 00:26:56 | 11.14 |
| 163 | 1630 | SZUSTKIEWICZ BEATA | SOCHACZEW | POL | KM AKTYWNI SOCHACZEW | 72 | K30/4 | (K)14 | 00:27:02 | 00:26:47 | 11.20 |
| 164 | 1591 | ŻYWEK TERESA | WARSZAWA | POL | ABC KONDYCJA LAS KABACKI | 47 | K60/1 | (K)15 | 00:27:06 | 00:26:59 | 11.12 |
| 165 | 1569 | LIPIEC EWA | KOZŁÓW BISKUPI | POL | KM AKTYWNI SOCHACZEW | 63 | K40/1 | (K)16 | 00:27:08 | 00:26:53 | 11.16 |
| 166 | 1595 | CIĄČKA AGNIESZKA | GLINIANKA | POL | LICEUM OGÓLNOKSZTAŁCĄCE NR 3 IM. JULIUSZA SŁOWACKIEGO W OTWOCKU | 42 | K20/11 | (K)17 | 00:27:09 | 00:27:02 | 11.10 |
| 167 | 1681 | KUCHARSKA KASIA | WARSZAWA | POL | | 78 | K30/5 | (K)18 | 00:27:19 | 00:27:08 | 11.06 |
| 168 | 1618 | WOŹNICA GABRIELA | GLINIANKA | POL | | 92 | K20/12 | (K)19 | 00:27:28 | 00:27:22 | 10.96 |
| 169 | 1762 | MALANOWSKI JANUSZ | WARSZAWA | POL | | 61 | M40/17 | (M)150 | 00:27:48 | 00:27:35 | 10.88 |
| 170 | 1765 | GÓRA ANDRZEJ | ZIELONKA | POL | KB LECHICI ZIELONKA | 54 | M50/11 | (M)151 | 00:27:51 | 00:27:40 | 10.84 |
| 171 | 1566 | ZARZYCKI RADOSŁAW | WARSZAWA | POL | GROTY TEAM | 77 | M30/28 | (M)152 | 00:27:53 | 00:27:41 | 10.84 |
| 172 | 768 | DZIEDZIC KRZYSZTOF | KALISZ | POL | KN START KALISZ | 50 | M60/2 | (M)153 | 00:27:54 | 00:27:43 | 10.82 |
| 173 | 1546 | JÓŹWIAK-MAJEWSKA KATARZYNA | WARSZAWA | POL | | 83 | K20/13 | (K)20 | 00:27:56 | 00:27:53 | 10.76 |
| 174 | 1535 | ZEGAR AGATA | WARSZAWA | POL | | 81 | K20/14 | (K)21 | 00:27:57 | 00:27:53 | 10.76 |
| 175 | 1770 | PROKOPOWICZ EDMUND | WARSZAWA | POL | KB LECHICI ZIELONKA | 33 | M70/1 | (M)154 | 00:27:58 | 00:27:47 | 10.80 |
| 176 | 1502 | STOKOWSKI MARIUSZ | WARSZAWA | POL | | 74 | M30/29 | (M)155 | 00:28:00 | 00:27:48 | 10.79 |
| 177 | 1503 | DYMEL PIOTR | WARSZAWA | POL | | 52 | M50/12 | (M)156 | 00:28:12 | 00:28:08 | 10.66 |
| 178 | 1544 | ŁUŃSKA REGINA | MRAĞOWO | POL | | 56 | K50/1 | (K)22 | 00:28:16 | 00:28:06 | 10.68 |
| 179 | 1506 | DOLIŃSKI TADEUSZ | WARSZAWA RADOŚĆ | POL | | 58 | M50/13 | (M)157 | 00:28:31 | 00:28:19 | 10.59 |
| 180 | 1737 | WOŹNIAK JERZY | WARSZAWA | POL | BIEGAM BO LUBIĘ | 93 | M20/94 | (M)158 | 00:28:36 | 00:28:22 | 10.58 |
| 181 | 1511 | MAGUZA FILIP | MIŃSK MAZOWIECKI | POL | | 72 | M30/30 | (M)159 | 00:28:42 | 00:28:36 | 10.49 |
| 182 | 1537 | SOSNOWSKA MARTA | OLSZTYNEK | POL | | 90 | K20/15 | (K)23 | 00:28:43 | 00:28:38 | 10.48 |
| 183 | 1626 | WAJDWICZ ANNA | WARSZAWA | POL | | 78 | K30/6 | (K)24 | 00:28:46 | 00:28:44 | 10.44 |
| 184 | 1785 | WOŹNIAK JERZY | WIĄZOWNA | POL | | 72 | M30/31 | (M)160 | 00:28:49 | 00:28:37 | 10.48 |
| 185 | 1789 | ŁACIAK STANISŁAW | WARSZAWA | POL | | 51 | M50/14 | (M)161 | 00:28:59 | 00:28:46 | 10.43 |
| 186 | 1553 | SICZEK LONGIN | LUBLIN | POL | | 67 | M40/18 | (M)162 | 00:29:03 | 00:28:52 | 10.39 |



| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat | Drużyna Team | R-k YoB | W kategorii in Age Group | Grupy Sex | Wynik Time | Wynik Netto | [km/h] |
|--------------|--------|---------------------------|------------------|----------|-------------------------------------|---------|--------------------------|-----------|------------|-------------|--------|
| 187 | 1731 | BLĄDEK WITOLD | ŁÓDŹ | POL | | 44 | M60/3 | (M)163 | 00:29:05 | 00:28:52 | 10.39 |
| 188 | 1589 | RECHNIO HUBERT | WIĄZOWNA | POL | | 80 | M30/32 | (M)164 | 00:29:08 | 00:28:58 | 10.36 |
| 189 | 1519 | WIATR KATARZYNA | WARSZAWA | POL | SOFTTUTOR | 78 | K30/7 | (K)25 | 00:29:10 | 00:29:00 | 10.34 |
| 190 | 1580 | KRÓLAK STANISŁAW | WARSZAWA | POL | | 60 | M50/15 | (M)165 | 00:29:15 | 00:29:10 | 10.29 |
| 191 | 1782 | GRZESZKIEWICZ MIROSLAW | WARSZAWA | POL | | 67 | M40/19 | (M)166 | 00:29:18 | 00:29:12 | 10.27 |
| 192 | 1620 | CZUPTA HIERONIM | WARSZAWA | POL | WARSZAWSKA MASA KRYTYCZNA | 74 | M30/33 | (M)167 | 00:29:18 | 00:29:13 | 10.27 |
| 193 | 1564 | ŚLIWECKI TOMASZ | WARSZAWA | POL | LASEK BIELAŃSKI TEAM | 80 | M30/34 | (M)168 | 00:29:22 | 00:29:15 | 10.26 |
| 194 | 1700 | BOBRYK KINGA | ŁOSICE | POL | | 95 | K20/16 | (K)26 | 00:29:29 | 00:29:23 | 10.21 |
| 195 | 1709 | NOWAK DAMIAN | GLINIANKA | POL | UKS ORLY | 96 | M20/95 | (M)169 | 00:29:32 | 00:29:24 | 10.20 |
| 196 | 1526 | ZAPERTY ADAM | WARSZAWA | POL | | 47 | M60/4 | (M)170 | 00:29:33 | 00:29:21 | 10.22 |
| 197 | 1508 | BŁASZCZYK BARTŁOMIEJ | JÓZEFÓW | POL | | 85 | M20/96 | (M)171 | 00:29:34 | 00:29:26 | 10.19 |
| 198 | 1717 | BOGUCKA SYLWIA | RZEKTA | POL | UKS ORLY | 94 | K20/17 | (K)27 | 00:29:37 | 00:29:29 | 10.18 |
| 199 | 1592 | KOWALEWSKA KATARZYNA | WARSZAWA | POL | | 74 | K30/8 | (K)28 | 00:29:39 | 00:29:22 | 10.22 |
| 200 | 1547 | GAC JOANNA | WARSZAWA | POL | | 92 | K20/18 | (K)29 | 00:29:45 | 00:29:31 | 10.16 |
| 201 | 1522 | CAPAŁA MIECZYSLAW | PULAWY | POL | INDYWIDUALNIE | 49 | M60/5 | (M)172 | 00:29:48 | 00:29:40 | 10.11 |
| 202 | 1699 | KOTLARSKI WIESLAW | BRZOZOWIEC | POL | | 46 | M60/6 | (M)173 | 00:29:58 | 00:29:41 | 10.11 |
| 203 | 1514 | SADOCH DARIUSZ | KĄTY | POL | KOMENDA POWIATOWA POLICJI W OTWOCKU | 65 | M40/20 | (M)174 | 00:30:02 | 00:29:46 | 10.08 |
| 204 | 1690 | SZACHNA DOROTA | WARSZAWA | POL | | 68 | K40/2 | (K)30 | 00:30:08 | 00:29:53 | 10.04 |
| 205 | 1623 | WAŚOWICZ DARIUSZ | WIELOGÓRA | POL | | 63 | M40/21 | (M)175 | 00:30:18 | 00:30:08 | 9.96 |
| 206 | 1558 | STREFLIK KATARZYNA | GRÓJEC | POL | | 91 | K20/19 | (K)31 | 00:30:26 | 00:30:21 | 9.88 |
| 207 | 1543 | JESINOWICZ GRAŻYNA | WARSZAWA | POL | WYŚCIGOWA GĘŚ | 60 | K50/2 | (K)32 | 00:30:40 | 00:30:22 | 9.88 |
| 208 | 1609 | BASZKOWSKI PAWEŁ | JOZEFOW | POL | | 77 | M30/35 | (M)176 | 00:30:47 | 00:30:43 | 9.77 |
| 209 | 1726 | FAZAN BARBARA | JÓZEFOSŁAW | POL | | 73 | K30/9 | (K)33 | 00:30:47 | 00:30:39 | 9.79 |
| 210 | 443 | SZOTA JAROSŁAW | WARSZAWA | POL | ART PROFI TEAM | 77 | M30/36 | (M)177 | 00:30:48 | 00:30:43 | 9.77 |
| 211 | 1614 | OTTO ZDZISŁAWA | WARSZAWA | POL | HARELY DAVIDSON | 47 | K60/2 | (K)34 | 00:30:58 | 00:30:58 | 9.69 |
| 212 | 1767 | MILEK SYLWESTER | OPACZ KOLONIA | POL | KS RASZYN | 61 | M40/22 | (M)178 | 00:31:01 | 00:30:58 | 9.69 |
| 213 | 1584 | DULKO BOŻENA | WARSZAWA | POL | | 74 | K30/10 | (K)35 | 00:31:14 | 00:31:02 | 9.67 |
| 214 | 1651 | MIELCUCH ANNA | CELESTYNÓW | POL | MORWIK | 83 | K20/20 | (K)36 | 00:31:18 | 00:31:04 | 9.66 |
| 215 | 1561 | DYMEK MARIAN | ŁOWICZ | POL | META LUBLINIEC | 46 | M60/7 | (M)179 | 00:31:46 | 00:31:46 | 9.44 |
| 216 | 1719 | ZAWADKA MARLENA | CZARNÓWKA | POL | UKS ORLY | 94 | K20/21 | (K)37 | 00:31:47 | 00:31:39 | 9.48 |
| 217 | 1658 | OSTROWSKA MONIKA | WARSZAWA | POL | | 72 | K30/11 | (K)38 | 00:31:49 | 00:31:33 | 9.51 |
| 218 | 1563 | ZIELIŃSKI MIROSLAW | WARSZAWA | POL | LASEK BIELAŃSKI TEAM | 54 | M50/16 | (M)180 | 00:31:49 | 00:31:41 | 9.47 |
| 219 | 1501 | ZALEWSKA OLGA | PŁOCK | POL | NIEZRZESZONA | 77 | K30/12 | (K)39 | 00:31:53 | 00:31:40 | 9.47 |
| 220 | 1643 | KOWALEWSKI PAWEŁ | WARSZAWA | POL | | 70 | M40/23 | (M)181 | 00:31:55 | 00:31:44 | 9.45 |
| 221 | 1509 | BULICZ-KASPRZAK KATARZYNA | SULEJÓWEK | POL | | 76 | K30/13 | (K)40 | 00:31:57 | 00:31:46 | 9.44 |
| 222 | 1528 | BAR KASIA | WARSZAWA | POL | | 72 | K30/14 | (K)41 | 00:32:05 | 00:31:49 | 9.43 |
| 223 | 1784 | LAVRENTOWSKA EWELINA | WIĄZOWNA | POL | UKS WIĄZOWNA | 95 | K20/22 | (K)42 | 00:32:25 | 00:32:19 | 9.28 |
| 224 | 1714 | WOŹNICA PAULINA | GLINIANKA | POL | UKS ORLY | 94 | K20/23 | (K)43 | 00:32:35 | 00:32:29 | 9.24 |
| 225 | 1639 | KRAWCZYK KLAUDIA | PIASTÓW | POL | | 93 | K20/24 | (K)44 | 00:32:57 | 00:32:44 | 9.16 |
| 226 | 1713 | KSIĄŻEK PAWEŁ | WOLA KARCZEWSKA | POL | UKS ORLY | 94 | M20/97 | (M)182 | 00:33:07 | 00:32:58 | 9.10 |
| 227 | 1505 | ARCISZEWSKA MARTA | WARSZAWA | POL | | 78 | K30/15 | (K)45 | 00:33:07 | 00:32:51 | 9.13 |
| 228 | 1634 | KUŚ ARDKADIUSZ | BRWINÓW | POL | | 81 | M20/98 | (M)183 | 00:33:56 | 00:33:40 | 8.91 |
| 229 | 1711 | MRÓZ KINGA | WOLA KARCZEWSKA | POL | UKS ORLY | 94 | K20/25 | (K)46 | 00:34:03 | 00:33:54 | 8.85 |
| 230 | 1715 | SZCZĘSNA LUIZA | LIPOWO | POL | UKS ORLY | 94 | K20/26 | (K)47 | 00:34:04 | 00:33:56 | 8.84 |
| 231 | 1532 | CAPIGA ANDRZEJ | KAZUN POLSKI | POL | | 56 | M50/17 | (M)184 | 00:34:27 | 00:34:22 | 8.73 |
| 232 | 1735 | ROSIĄK JANUSZ | WARSZAWA | POL | | 49 | M60/8 | (M)185 | 00:34:27 | 00:34:13 | 8.77 |
| 233 | 1654 | ROKICKA ANETA | PUZNÓWKA | POL | MORWIK | 79 | K30/16 | (K)48 | 00:34:48 | 00:34:36 | 8.67 |
| 234 | 1682 | SOBCZAK MARTA | WARSZAWA | POL | | 77 | K30/17 | (K)49 | 00:34:48 | 00:34:40 | 8.65 |
| 235 | 1615 | WÓJCICKA ELŻBIETA | WÓLKA MIŃSKA | POL | | 64 | K40/3 | (K)50 | 00:35:10 | 00:34:54 | 8.60 |
| 236 | 1593 | WÓJCICKA ELŻBIETA | TARGÓWKA | POL | KB DREPTAK MIŃSK MAZOWIECKI | 63 | K40/4 | (K)51 | 00:35:10 | 00:34:53 | 8.60 |
| 237 | 1721 | WOJCISZEK ŁUKASZ | DUCHNÓW | POL | | 95 | M20/99 | (M)186 | 00:35:45 | 00:35:40 | 8.41 |
| 238 | 1754 | STAFIEJ-BARTOSIK AGATA | WARSZAWA | POL | | 76 | K30/18 | (K)52 | 00:35:49 | 00:35:31 | 8.45 |
| 239 | 1684 | CISZEWSKA MAŁGORZATA | WARSZAWA | POL | | 78 | K30/19 | (K)53 | 00:36:17 | 00:36:04 | 8.32 |
| 240 | 1685 | KOŁODZIEJ MONIKA | WARSZAWA | POL | | 81 | K20/27 | (K)54 | 00:36:18 | 00:36:04 | 8.32 |



| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat | Drużyna Team | R-k W kategorii YoB in Age Group Sex | Wynik Time | Wynik Netto | [km/h] |
|--------------|--------|----------------------|------------------|----------|------------------------------------|--------------------------------------|------------|-------------|--------|
| 241 | 1783 | URBANEK ANGELIKA | WIĄZOWNA | POL | ZESPÓŁ SZKÓŁ SZKOLNO GIMNAZJALNYCH | 95 K20/28 (K)55 | 00:36:36 | 00:36:29 | 8.22 |
| 242 | 1780 | LACHOWICZ JAN | WIĄZOWNA | POL | | 47 M60/9 (M)187 | 00:36:44 | 00:36:44 | 8.17 |
| 243 | 1761 | MENRYK MAREK | WARSZAWA | POL | | 92 M20/100 (M)188 | 00:36:44 | 00:36:28 | 8.23 |
| 244 | 1525 | BARTKOWIAK HENRYK | NOWA IWICZNA | POL | | 46 M60/10 (M)189 | 00:36:46 | 00:36:32 | 8.21 |
| 245 | 1557 | BAJOREK JACEK | WYSZKÓW | POL | | 75 M30/37 (M)190 | 00:37:03 | 00:36:48 | 8.15 |
| 246 | 1527 | MICHALIK JAN | IZABELIN | POL | CROSS WARSZAWA | 44 M60/11 (M)191 | 00:37:29 | 00:37:16 | 8.05 |
| 247 | 1703 | GRZELAK ZYGMUNT | WARSZAWA | POL | CROSS | 32 M70/2 (M)192 | 00:37:29 | 00:37:29 | 8.00 |
| 248 | 1781 | SZCZĘSNA ANNA | WŁOCLAWEK | POL | | 47 K60/3 (K)56 | 00:38:07 | 00:38:04 | 7.88 |
| 249 | 1788 | PAWŁOWICZ ROBERT | SUCHOWOLA | POL | | 79 M30/38 (M)193 | 00:38:11 | 00:38:11 | 7.86 |
| 250 | 1524 | KARAŚ ALEKSANDRA | PŁOCK | POL | CROSS WARSZAWA | 50 K60/4 (K)57 | 00:39:03 | 00:38:53 | 7.72 |
| 251 | 1574 | DĄBROWSKI MACIEJ | PŁOCK | POL | CROSS WARSZAWA | 83 M20/101 (M)194 | 00:39:05 | 00:38:54 | 7.71 |
| 252 | 1560 | BAJOREK JERZY | WYSZKÓW | POL | | 46 M60/12 (M)195 | 00:47:19 | 00:47:03 | 6.38 |
| 253 | 1775 | KOCZWARA AGNIESZKA | WARSZAWA | POL | | 81 K20/29 (K)58 | 00:47:34 | 00:47:17 | 6.34 |
| 254 | 1774 | SZEMAKOWICZ ELŻBIETA | GÓRA KALWARIA | POL | | 51 K50/3 (K)59 | 00:47:41 | 00:47:41 | 6.29 |
| 255 | 1727 | NIEDŹWIECKI JAN | WARSZAWA | POL | | 26 M80/1 (M)196 | 00:50:13 | 00:49:53 | 6.01 |
| 256 | 1749 | MALANOWSKI EUGENIUSZ | PŁOCK | POL | | 28 M80/2 (M)197 | 00:56:28 | 00:56:14 | 5.33 |

