

XXVI BIEG JAĆWINGÓW

WYNIKI ZAWODÓW / RESULTS LIST


Bieg główny 20km CL (5 x 4km)

Organizator: OSiR Gołdap, Nadleśnictwo Gołdap, Warmińsko-Mazurski Szkolny Związek Sportowy, Towarzystwo
Data: 16 lutego 2013 r.
Miejsce: Gołdap
Dystans: 20 km

| Msc Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat. | Druż / Klub Team / Club | R-k YoB | W kategorii in Age | Wynik | Tempo m/km | diff Net | pkt | Check points | | | |
|-------------|-----------|-------------------------|---------------------|--------------|-------------------------------------|------------|-----------------------|----------|---------------|-------------|-----|--------------|--------------|--------------|--------------|
| 1 | 66 | RINDZEVICIUS Marijus | WILNO | | LTU | 80 M30/1 | M / 1 | 00:55:56 | 02.47 | +0:00:00 | | 0:11:19 / 2 | 0:22:27 / 1 | 0:33:37 / 1 | 0:44:52 / 1 |
| 2 | 5 | BRANAS Marcin | WARSZAWA | | KLASYK WARSZAWA | 86 M20/1 | M / 2 | 00:55:56 | 02.47 | +0:00:02 | | 0:11:20 / 3 | 0:22:28 / 2 | 0:33:38 / 2 | 0:44:55 / 2 |
| 3 | 18 | KIELA Dainius | VILNIUS | | S-SPORTAS | 72 M40/1 | M / 3 | 00:55:59 | 02.47 | +0:00:-1 | | 0:14:39 / 14 | 0:23:28 / 4 | 0:33:38 / 3 | 0:44:59 / 3 |
| 4 | 13 | CIBOROWSKI Damian | JASŁO | | SPEED JASŁO | 73 M40/2 | M / 4 | 01:00:24 | 03.01 | +0:04:28 | | 0:11:18 / 1 | 0:23:00 / 3 | 0:35:06 / 4 | 0:47:30 / 4 |
| 5 | 12 | CIBOROWSKI Sebastian | PISZ | | SEBA-SPORT PISZ | 70 M40/3 | M / 5 | 01:02:20 | 03.06 | +0:06:25 | | 0:11:34 / 5 | 0:23:46 / 5 | 0:36:11 / 5 | 0:48:57 / 5 |
| 6 | 207 | LUFT Mikołaj | WARSZAWA | | LUFT TRI TEAM | 85 M20/2 | M / 6 | 01:03:47 | 03.11 | +0:07:53 | | 0:12:02 / 6 | 0:24:32 / 6 | 0:37:24 / 6 | 0:50:15 / 6 |
| 7 | 2 | ŻAMOJTUK Daniel | GOŁDAP | | STRAŻ POŻARNA | 76 M30/2 | Stral / M / 7 | 01:06:34 | 03.19 | +0:10:39 | | 0:12:42 / 8 | 0:26:14 / 9 | 0:39:41 / 7 | 0:52:44 / 7 |
| 8 | 208 | KOSIŃSKI Daniel | WARSZAWA | | SN KLASYK WARSZAWA | 75 M30/3 | M / 8 | 01:07:20 | 03.22 | +0:11:25 | | 0:12:52 / 9 | 0:26:17 / 10 | 0:39:53 / 10 | 0:53:41 / 9 |
| 9 | 8 | SADOWSKI Robert | GOŁDAP | | | 67 M40/4 | M / 9 | 01:07:56 | 03.23 | +0:12:00 | | 0:12:41 / 7 | 0:26:13 / 8 | 0:39:51 / 9 | 0:53:40 / 8 |
| 10 | 7 | KRYGIER Mariusz | DUBENINKI | | STRAŻ GRANICZNA | 75 M30/4 | Gran / M / 10 | 01:08:33 | 03.25 | +0:12:37 | | 0:11:34 / 4 | 0:26:04 / 7 | 0:39:50 / 8 | 0:53:49 / 10 |
| 11 | 26 | SZYMAŃCZAK Beata | WILKOWICE | | LKS KLIMCZOK BYSTRA | 89 K20/1 | K / 1 | 01:12:30 | 03.37 | +0:16:33 | | 0:13:47 / 13 | 0:27:53 / 11 | 0:42:25 / 11 | 0:57:07 / 11 |
| 12 | 206 | KRAKÓWKO Robert | ROSOCHATE | | NIEZRZESZONY | 72 M40/5 | M / 11 | 01:14:17 | 03.42 | +0:18:22 | | 0:13:23 / 10 | 0:27:55 / 12 | 0:42:54 / 12 | 0:58:21 / 12 |
| 13 | 20 | NOWACKA Krystyna | WARSZAWA | | TN BIEGÓWKI | 85 K20/2 | K / 2 | 01:18:40 | 03.55 | +0:22:40 | | 0:14:57 / 15 | 0:30:40 / 16 | 0:46:49 / 15 | 1:02:55 / 14 |
| 14 | 14 | CIBOROWSKA Aneta | PISZ | | SEBA-SPORT PISZ | 77 K30/1 | K / 3 | 01:19:03 | 03.57 | +0:23:06 | | 0:15:05 / 16 | 0:30:30 / 14 | 0:46:47 / 14 | 1:02:55 / 15 |
| 15 | 226 | GRZESZCZAK Bogusław | OTOWOCK | | SN KLASYK | 51 M60/1 | M / 12 | 01:19:07 | 03.57 | +0:23:12 | | 0:13:23 / 11 | 0:27:58 / 13 | 0:44:49 / 13 | 1:01:28 / 13 |
| 16 | 181 | TAUDUL Marek | GOŁDAP | | STRAŻ GRANICZNA | 71 M40/6 | Gran / M / 13 | 01:21:22 | 04.04 | +0:25:27 | | 0:13:36 / 12 | 0:30:32 / 15 | 0:47:34 / 16 | 1:05:27 / 17 |
| 17 | 4 | RYNKO Paweł | OLSZTYN | | | 80 M30/5 | M / 14 | 01:22:59 | 04.08 | +0:26:59 | | 0:15:43 / 19 | 0:31:56 / 17 | 0:48:29 / 17 | 1:05:17 / 16 |
| 18 | 65 | MARKOWSKI Adam | KORSZE | | STRAŻ POŻARNA | 77 M30/6 | Stral / M / 15 | 01:24:21 | 04.13 | +0:28:26 | | 0:16:19 / 22 | 0:32:55 / 21 | 0:49:57 / 20 | 1:06:54 / 19 |
| 19 | 210 | WALCZAK Robert | ZIELONA GÓRA | | WWW.LEXPREMIIUM.PL | 80 M30/7 | M / 16 | 01:24:41 | 04.14 | +0:28:47 | | 0:15:39 / 17 | 0:32:05 / 18 | 0:49:00 / 18 | 1:06:29 / 18 |
| 20 | 23 | WITKOWSKI Piotr | KĘTRZYN | | NIEZRZESZONY | 78 M30/8 | Gran / M / 17 | 01:26:09 | 04.18 | +0:30:14 | | 0:16:12 / 20 | 0:32:49 / 20 | 0:49:56 / 19 | 1:07:44 / 20 |
| 21 | 106 | GROMADA Marcin | BIAŁYSTOK | | BRAK | 72 M40/7 | M / 18 | 01:27:07 | 04.21 | +0:31:12 | | 0:17:10 / 29 | 0:33:49 / 23 | 0:52:01 / 25 | 1:09:18 / 24 |
| 22 | 9 | MUCHA Robert | ZALESIE GÓRNE | | TN BIEGÓWKI | 76 M30/9 | M / 19 | 01:27:32 | 04.22 | +0:31:30 | | 0:17:03 / 28 | 0:34:52 / 28 | 0:51:41 / 23 | 1:08:49 / 23 |
| 23 | 123 | ŁABAJCZYK Witold | WARSZAWA | | STRAŻ POŻARNA | 74 M30/10 | Stral / M / 20 | 01:28:49 | 04.26 | +0:32:46 | | 0:15:39 / 18 | 0:32:45 / 19 | 0:50:09 / 21 | 1:08:15 / 22 |
| 24 | 197 | ZUBOWICZ Łukasz | OKÓLEK | | OKÓLEK | 91 M20/3 | M / 21 | 01:29:29 | 04.28 | +0:33:35 | | 0:16:18 / 21 | 0:33:55 / 24 | 0:52:18 / 26 | 1:11:08 / 27 |
| 25 | 198 | ZUBOWICZ Tomasz | OKÓLEK | | TN BIEGÓWKI | 84 M20/4 | Stral / M / 22 | 01:29:29 | 04.28 | +0:33:35 | | 0:17:29 / 32 | 0:35:13 / 29 | 0:53:13 / 29 | 1:11:02 / 26 |
| 26 | 32 | BRZOZOWSKA Danuta | RACZKI | | BRAK | 71 K40/1 | K / 4 | 01:29:37 | 04.28 | +0:33:42 | | 0:16:35 / 25 | 0:33:58 / 25 | 0:51:53 / 24 | 1:10:19 / 25 |
| 27 | 143 | MAZUR Jarosław | ELBLĄG | | BRAK | 69 M40/8 | M / 23 | 01:31:06 | 04.33 | +0:35:11 | | 0:16:59 / 27 | 0:34:33 / 27 | 0:52:58 / 27 | 1:11:53 / 28 |
| 28 | 140 | MARCHELA Mirosław | BIAŁYSTOK | | BRAK | 67 M40/9 | M / 24 | 01:31:33 | 04.34 | +0:35:39 | | 0:16:20 / 23 | 0:34:24 / 26 | 0:53:01 / 28 | 1:11:56 / 29 |
| 29 | 86 | BIELAK Zbigniew | GIŻYCKO | | GIŻYCKIE STOWARZYSZENIE ŁYŻWIARSKIE | 55 M50/1 | M / 25 | 01:32:11 | 04.36 | +0:36:17 | | | | | |

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|-----------------|---------------|-----------------------------|-------------------------|------------------|--------------------------------|----------------|---------------------------|--------------|-------------------|-----------------|------------|---------------------|--------------|--------------|--------------|
| 30 | 157 | POŹNIAK Józef | SUWAŁKI | POL | BRAK | 53 M60/2 | M / 26 | 01:32:36 | 04.37 | +0:36:42 | | 0:17:16 / 30 | 0:35:15 / 30 | 0:53:50 / 30 | 1:13:00 / 30 |
| 31 | 47 | LASZKOWSKA Elżbieta | RACZKI | POL | BRAK | 70 K40/2 | K / 5 | 01:34:14 | 04.42 | +0:38:20 | | 0:17:37 / 34 | 0:35:53 / 32 | 0:54:39 / 31 | 1:13:52 / 31 |
| 32 | 74 | KLEMENTOWICZ Tadeusz | WARSZAWA | POL | SN KLASYK | 49 M60/3 | M / 27 | 01:35:14 | 04.45 | +0:39:19 | | 0:17:51 / 35 | 0:36:40 / 34 | 0:56:01 / 33 | 1:15:14 / 33 |
| 33 | 112 | JACHURA Cezary | BĘSIA | POL | | 64 M40/10 | M / 28 | 01:35:59 | 04.47 | +0:40:05 | | 0:17:35 / 33 | 0:35:48 / 31 | 0:54:44 / 32 | 1:14:21 / 32 |
| 34 | 225 | KĘPCZYŃSKI Janusz | OŻARÓW | POL | GOSIŃ OŻARÓW MAZ | 49 M60/4 | M / 29 | 01:36:22 | 04.49 | +0:40:28 | | 0:17:18 / 31 | 0:36:05 / 33 | 0:56:11 / 34 | 1:16:15 / 34 |
| 35 | 184 | TURCZYŃSKI Aleksander | BIALYSTOK | POL | NIEZRZESZONY | 59 M50/2 | M / 30 | 01:36:36 | 04.49 | +0:40:41 | | 0:18:48 / 38 | 0:38:04 / 38 | 0:57:20 / 35 | 1:16:42 / 35 |
| 36 | 195 | ZARZYCKI Wojciech | OSTROŁĘKA | POL | | 71 M40/11 | M / 31 | 01:37:21 | 04.52 | +0:41:27 | | 0:19:10 / 43 | 0:37:59 / 36 | 0:57:43 / 38 | 1:17:24 / 37 |
| 37 | 193 | WYSOCKI Marek | MLAWA | POL | | 60 M50/3 | M / 32 | 01:38:19 | 04.54 | +0:42:24 | | 0:18:36 / 37 | 0:38:00 / 37 | 0:57:28 / 36 | 1:17:23 / 36 |
| 38 | 1 | OSTASZEWSKI Krzysztof | GOŁDAP | POL | STRAŻ GRANICZNA | 67 M40/12 | Gran/4 M / 33 | 01:38:45 | 04.56 | +0:42:50 | | 0:16:52 / 26 | 0:36:55 / 35 | 0:57:42 / 37 | 1:18:14 / 38 |
| 39 | 149 | MYTYCH Ryszard | ELBLĄG | POL | | 51 M60/5 | M / 34 | 01:39:05 | 04.57 | +0:43:11 | | 0:18:36 / 36 | 0:38:21 / 40 | 0:58:28 / 40 | 1:18:22 / 39 |
| 40 | 48 | LEŚNIAK Urszula | WARSZAWA | POL | | 75 K30/2 | K / 6 | 01:39:39 | 04.58 | +0:43:45 | | 0:19:07 / 41 | 0:39:07 / 41 | 0:59:02 / 42 | 1:18:52 / 42 |
| 41 | 133 | LEŚNIAK Krzysztof | WARSZAWA | POL | NIEZRZESZONA | 75 M30/11 | M / 35 | 01:39:39 | 04.58 | +0:43:45 | | 0:19:07 / 40 | 0:39:08 / 42 | 0:58:59 / 41 | 1:18:49 / 41 |
| 42 | 83 | BARTŁOMOWICZ Łukasz | WARSZAWA | POL | | 80 M30/12 | M / 36 | 01:41:21 | 05.04 | +0:45:27 | | 0:18:53 / 39 | 0:38:09 / 39 | 0:58:15 / 39 | 1:18:43 / 40 |
| 43 | 213 | GĘBALSKI Zbigniew | WARSZAWA | POL | TN BIEGÓWKI - GEBALSKY TEAM | 54 M50/4 | M / 37 | 01:41:30 | 05.04 | +0:45:35 | | 0:19:31 / 46 | 0:39:13 / 43 | 0:59:41 / 43 | 1:19:47 / 43 |
| 44 | 152 | PALEJ Jerzy | BIALYSTOK | POL | STRAŻ GRANICZNA | 75 M30/13 | Gran/5 M / 38 | 01:41:48 | 05.05 | +0:45:53 | | 0:20:13 / 55 | 0:40:11 / 49 | 1:00:06 / 45 | 1:20:47 / 45 |
| 45 | 100 | DYTMAN Sebastian | KLEOSIN | POL | STRAŻ GRANICZNA | 71 M40/13 | Gran/6 M / 39 | 01:41:55 | 05.05 | +0:46:00 | | 0:19:50 / 50 | 0:40:03 / 47 | 1:00:12 / 46 | 1:20:46 / 44 |
| 46 | 175 | SZCZERBA Jan | WILKASY | POL | STRAŻ GRANICZNA | 60 M50/5 | Gran/7 M / 40 | 01:41:59 | 05.05 | +0:46:05 | | 0:19:19 / 44 | 0:39:42 / 44 | 0:59:42 / 44 | 1:21:35 / 48 |
| 47 | 214 | GRZELUK Mieczysław | GIZYCKO | POL | BRAK | 73 M40/14 | M / 41 | 01:42:02 | 05.06 | +0:46:08 | | 0:20:16 / 56 | 0:40:42 / 51 | 1:00:48 / 49 | 1:21:29 / 47 |
| 48 | 101 | DZINGIELEWSKI Dariusz | PRUSZCZ | POL | BRAK | 81 M30/14 | M / 42 | 01:43:21 | 05.10 | +0:47:26 | | 0:21:09 / 65 | 0:41:53 / 57 | 1:02:19 / 53 | 1:22:36 / 50 |
| 49 | 219 | KIEDA Wojciech | BIALYSTOK | POL | TRENERFIT.PL | 76 M30/15 | M / 43 | 01:43:27 | 05.10 | +0:47:33 | | 0:19:59 / 52 | 0:40:26 / 50 | 1:00:23 / 47 | 1:21:09 / 46 |
| 50 | 68 | ZAURSKI Piotr | PRZASNYSZ | POL | | 71 M40/15 | Poli/1 M / 44 | 01:43:59 | 05.11 | +0:48:05 | | 0:20:54 / 60 | 0:41:32 / 56 | 1:02:16 / 52 | 1:22:50 / 51 |
| 51 | 170 | ***** | | | | | M / 45 | 01:44:16 | 05.12 | +0:48:21 | | 0:16:27 / 24 | 0:32:59 / 22 | 0:50:20 / 22 | 1:07:47 / 21 |
| 52 | 154 | SYPEREK Janusz | GOŁDAP | POL | | 51 M60/6 | M / 46 | 01:44:43 | 05.14 | +0:48:48 | | 0:19:07 / 42 | 0:39:49 / 45 | 1:00:41 / 48 | 1:22:07 / 49 |
| 53 | 164 | SIENICKI Piotr | PIASTÓW | POL | AB POLAND TRAVEL | 81 M30/16 | M / 47 | 01:44:48 | 05.14 | +0:48:53 | | 0:19:21 / 45 | 0:40:03 / 46 | 1:01:48 / 51 | 1:22:55 / 52 |
| 54 | 87 | BOBRUK Michał | BIALYSTOK | POL | | 81 M30/17 | M / 48 | 01:45:01 | 05.15 | +0:49:07 | | 0:20:12 / 54 | 0:41:07 / 53 | 1:02:24 / 54 | 1:23:36 / 54 |
| 55 | 139 | MANDYWEL Grzegorz | BARTOSZYCE | POL | STRAŻ GRANICZNA | 73 M40/16 | Gran/8 M / 49 | 01:45:13 | 05.15 | +0:49:18 | | 0:20:25 / 57 | 0:41:27 / 55 | 1:02:33 / 55 | 1:23:44 / 55 |
| 56 | 22 | CZAJKOWSKI Jacek | ŁANKIEWICZ | POL | STRAŻ POŻARNA/ENERGETYCY | 76 M30/18 | Stra/5 M / 50 | 01:45:21 | 05.16 | +0:49:27 | | 0:19:34 / 47 | 0:40:03 / 48 | 1:01:08 / 50 | 1:23:16 / 53 |
| 57 | 187 | WALCZAK Wojciech | | POL | | M30/19 | Stra/6 M / 51 | 01:47:00 | 05.21 | +0:51:06 | | 0:19:40 / 49 | 0:41:00 / 52 | 1:02:44 / 56 | 1:24:46 / 56 |
| 58 | 172 | SUHAK Tomasz | BIALYSTOK | POL | BRAK | 78 M30/20 | M / 52 | 01:48:53 | 05.26 | +0:52:59 | | 0:21:39 / 68 | 0:43:31 / 64 | 1:05:40 / 62 | 1:27:33 / 60 |
| 59 | 147 | MOSKAL Marcin | WARSZAWA | POL | ARKIN | 81 M30/21 | M / 53 | 01:49:11 | 05.27 | +0:53:17 | | 0:20:08 / 53 | 0:42:06 / 58 | 1:04:05 / 59 | 1:26:46 / 59 |
| 60 | 155 | PIERSA Janek | ŁĘG | POL | | 58 M50/6 | M / 54 | 01:49:15 | 05.27 | +0:53:21 | | 0:19:35 / 48 | 0:41:07 / 54 | 1:03:14 / 57 | 1:25:47 / 57 |
| 61 | 190 | WICHOWSKI Jacek | ZALESIE GÓRNE | POL | STRAŻ POŻARNA | 66 M40/17 | Stra/7 M / 55 | 01:50:14 | 05.30 | +0:54:20 | | 0:20:54 / 61 | 0:42:38 / 60 | 1:04:04 / 58 | 1:26:35 / 58 |
| 62 | 171 | STANOCH Edward | WARSZAWA | POL | | 71 M40/18 | M / 56 | 01:50:51 | 05.32 | +0:54:56 | | 0:21:55 / 72 | 0:44:02 / 67 | 1:05:42 / 63 | 1:27:58 / 61 |
| 63 | 93 | CIUPIŃSKI Jerzy | OLSZTYN | POL | | 55 M50/7 | M / 57 | 01:51:00 | 05.33 | +0:55:06 | | 0:21:03 / 64 | 0:43:10 / 62 | 1:05:25 / 60 | 1:28:03 / 62 |
| 64 | 160 | RYPINA Sylwester | WARSZAWA | POL | ARKIN | 78 M30/22 | M / 58 | 01:51:40 | 05.35 | +0:55:45 | | 0:21:02 / 62 | 0:43:24 / 63 | 1:06:08 / 65 | 1:29:03 / 65 |
| 65 | 212 | GALACH Paweł | WARSZAWA | POL | ARKIN | 65 M40/19 | M / 59 | 01:51:50 | 05.35 | +0:55:55 | | 0:21:02 / 63 | 0:43:10 / 61 | 1:05:51 / 64 | 1:28:30 / 63 |
| 66 | 81 | ANTOCHOWSKI Jan | OSTRÓDA, | POL | | 53 M60/7 | M / 60 | 01:52:22 | 05.37 | +0:56:27 | | 0:19:53 / 51 | 0:42:22 / 59 | 1:05:26 / 61 | 1:28:52 / 64 |
| 67 | 99 | DUDKO Roman | DYWITY | POL | BRAK | 49 M60/8 | M / 61 | 01:53:05 | 05.39 | +0:57:11 | | 0:20:29 / 58 | 0:44:01 / 66 | 1:06:37 / 67 | 1:29:42 / 66 |
| 68 | 148 | MYSTKOWSKI Dariusz | WYSOKIE | POL | ARKIN | 84 M20/5 | M / 62 | 01:53:07 | 05.39 | +0:57:12 | | 0:21:59 / 73 | 0:44:34 / 69 | 1:07:56 / 70 | 1:30:53 / 70 |
| 69 | 186 | UCZCIWEK Marek | SOCHACZEW | POL | ARKIN | 80 M30/23 | M / 63 | 01:53:07 | 05.39 | +0:57:12 | | 0:22:00 / 74 | 0:44:35 / 70 | 1:07:56 / 71 | 1:30:54 / 72 |

| Msc Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat. | Druż / Klub Team / Club | R-k YoB | W kategorii in Age | Wynik | Tempo m/km | diff Net | pkt | Check points | | | |
|-----------------|---------------|-----------------------------|-------------------------|------------------|--------------------------------|----------------|---------------------------|--------------|-------------------|-----------------|------------|---------------------|---------------|---------------|---------------|
| 70 | 132 | LATAWIEC Piotr | WARSZAWA | POL | TN BIEGÓWKI | 56 | M50/8 | M / 64 | 01:53:13 | 05.39 | +0:57:19 | 0:21:34 / 66 | 0:44:09 / 68 | 1:07:14 / 68 | 1:30:19 / 68 |
| 71 | 221 | ŻUKOWSKI Tomasz | DŹWIERZUTY | POL | NIEZRZESZONY | 72 | M40/20 | M / 65 | 01:53:41 | 05.41 | +0:57:46 | 0:22:48 / 84 | 0:45:33 / 78 | 1:08:02 / 72 | 1:30:53 / 71 |
| 72 | 189 | WEDMAN Jerzy | WARSZAWA | POL | TN BIEGÓWKI | 53 | M60/9 | M / 66 | 01:53:50 | 05.41 | +0:57:55 | 0:22:18 / 77 | 0:45:02 / 72 | 1:08:35 / 75 | 1:31:21 / 73 |
| 73 | 222 | LITWICKI Norbert | BOGATYNIA | POL | | 72 | M40/21 | M / 67 | 01:54:17 | 05.42 | +0:58:23 | 0:20:41 / 59 | 0:43:33 / 65 | 1:06:16 / 66 | 1:29:50 / 67 |
| 74 | 215 | JÓZEFOWICZ Paweł | WARSZAWA | POL | UKA | 64 | M40/22 | M / 68 | 01:54:31 | 05.43 | +0:58:37 | 0:21:53 / 71 | 0:44:47 / 71 | 1:08:15 / 73 | 1:31:27 / 74 |
| 75 | 67 | SPYCHALSKA Urszula | OSTROŁĘKA | POL | | 58 | K50/1 | K / 7 | 01:55:00 | 05.45 | +0:59:06 | 0:22:42 / 83 | 0:45:08 / 74 | 1:07:47 / 69 | 1:30:51 / 69 |
| 76 | 161 | SAGANEK Jacek | WARSZAWA | POL | | 72 | M40/23 | M / 69 | 01:56:39 | 05.49 | +1:00:45 | 0:22:06 / 75 | 0:46:36 / 85 | 1:10:45 / 84 | 1:33:52 / 80 |
| 77 | 41 | KAPELA Anna | ZIELONKA | POL | TN BIEGÓWKI | 71 | K40/3 | K / 8 | 01:56:55 | 05.50 | +1:01:01 | 0:21:42 / 69 | 0:45:05 / 73 | 1:08:34 / 74 | 1:32:16 / 75 |
| 78 | 34 | GĘBALSKA Agnieszka | WARSZAWA | POL | TN BIEGÓWKI - GEBALSKY TEAM | 88 | K20/3 | K / 9 | 01:56:59 | 05.50 | +1:01:04 | 0:22:32 / 79 | 0:45:45 / 79 | 1:09:08 / 76 | 1:32:53 / 76 |
| 79 | 36 | GĘBALSKA Katarzyna | WARSZAWA | POL | TN BIEGÓWKI - GEBALSKY TEAM | 94 | K20/4 | K / 10 | 01:57:05 | 05.51 | +1:01:11 | 0:22:35 / 81 | 0:46:08 / 81 | 1:09:36 / 79 | 1:33:14 / 77 |
| 80 | 116 | KACPRZYK Krzysztof | ELK | POL | | 71 | M40/24 | M / 70 | 01:57:10 | 05.51 | +1:01:16 | 0:22:38 / 82 | 0:46:03 / 80 | 1:09:35 / 77 | 1:33:17 / 78 |
| 81 | 196 | ZAURSKI Marcin | OSTROŁĘKA | POL | | 46 | M60/10 | M / 71 | 01:59:42 | 05.59 | +1:03:47 | 0:22:19 / 78 | 0:45:19 / 76 | 1:09:36 / 80 | 1:33:45 / 79 |
| 82 | 185 | TWARDOWSKI Paweł | ŁÓDŹ | POL | NIEZRZESZONY | 75 | M30/24 | M / 72 | 01:59:51 | 05.59 | +1:03:57 | 0:22:35 / 80 | 0:46:19 / 83 | 1:10:36 / 83 | 1:35:16 / 82 |
| 83 | 62 | ŻUKOWSKA Ewa | ZIELONKA | POL | TN BIEGÓWKI | 67 | K40/4 | K / 11 | 02:00:13 | 06.00 | +1:04:18 | 0:22:12 / 76 | 0:45:13 / 75 | 1:09:35 / 78 | 1:34:18 / 81 |
| 84 | 110 | HELMINIAK Remigiusz | WARSZAWA | POL | NIEZRZESZONY | 78 | M30/25 | M / 73 | 02:00:32 | 06.01 | +1:04:38 | 0:23:50 / 89 | 0:48:07 / 87 | 1:12:03 / 87 | 1:36:19 / 85 |
| 85 | 51 | POCZMAN Agata | WARSZAWA | POL | TN BIEGÓWKI | 76 | K30/3 | K / 12 | 02:00:34 | 06.01 | +1:04:40 | 0:23:39 / 87 | 0:48:16 / 88 | 1:13:15 / 90 | 1:37:11 / 89 |
| 86 | 95 | CZYŻ Tomasz | GIŻYCKO | POL | NIE | 58 | M50/9 | M / 74 | 02:00:48 | 06.02 | +1:04:53 | 0:24:26 / 90 | 0:49:18 / 91 | 1:13:49 / 91 | 1:37:32 / 90 |
| 87 | 165 | SIEROCKI Stanisław | BIĄŁYSTOK | POL | NIEZRZESZONY | 81 | M30/26 | M / 75 | 02:01:35 | 06.04 | +1:05:41 | 0:23:11 / 86 | 0:46:33 / 84 | 1:10:35 / 82 | 1:35:28 / 84 |
| 88 | 24 | BERTEL Alicja | OLSZTYN | POL | NIEZRZESZONA | 80 | K30/4 | K / 13 | 02:02:41 | 06.07 | +1:06:40 | 0:21:35 / 67 | 0:45:22 / 77 | 1:10:32 / 81 | 1:36:40 / 86 |
| 89 | 167 | SKADORWA Tymon | WARSZAWA | POL | BRAK | 82 | M30/27 | M / 76 | 02:03:26 | 06.10 | +1:07:31 | 0:23:09 / 85 | 0:47:00 / 86 | 1:11:47 / 86 | 1:36:57 / 88 |
| 90 | 98 | DROŹDŹ Witold | WARSZAWA | POL | | 74 | M30/28 | M / 77 | 02:03:59 | 06.11 | +1:08:04 | 0:24:28 / 91 | 0:48:21 / 89 | 1:12:52 / 88 | 1:37:42 / 91 |
| 91 | 49 | LIPIŃSKA Urszula | DĘBLIN | POL | NIEZRZESZONA | 72 | K40/5 | K / 14 | 02:04:21 | 06.13 | +1:08:27 | 0:23:45 / 88 | 0:48:29 / 90 | 1:13:00 / 89 | 1:37:58 / 92 |
| 92 | 179 | SZYŃKIEWICZ Wiesław | ELBLĄG | POL | DUAL TEAM | 57 | M50/10 | M / 78 | 02:05:05 | 06.15 | +1:09:11 | 0:21:52 / 70 | 0:46:12 / 82 | 1:10:48 / 85 | 1:36:50 / 87 |
| 93 | 117 | KAMIŃSKI Janusz | ELBLĄG | POL | | 62 | M50/11 | M / 79 | 02:10:32 | 06.31 | +1:14:37 | 0:25:01 / 93 | 0:51:22 / 92 | 1:17:39 / 92 | 1:44:00 / 93 |
| 94 | 37 | GODLEWSKA Olga | KOBYŁKA | POL | NIEZRZESZONA | 74 | K30/5 | K / 15 | 02:11:29 | 06.34 | +1:15:34 | 0:31:30 / 107 | 1:02:54 / 107 | 1:32:52 / 105 | 1:35:24 / 83 |
| 95 | 35 | GĘBALSKA Joanna | WARSZAWA | POL | TN BIEGÓWKI - GEBALSKY TEAM | 91 | K20/5 | K / 16 | 02:13:24 | 06.40 | +1:17:29 | 0:25:06 / 94 | 0:52:17 / 93 | 1:19:08 / 93 | 1:45:58 / 94 |
| 96 | 223 | MATYJAS Dariusz | GIŻYCKO | POL | | 67 | M40/25 | M / 80 | 02:16:08 | 06.48 | +1:20:13 | 0:24:55 / 92 | 0:53:14 / 94 | 1:20:30 / 94 | 1:47:05 / 95 |
| 97 | 54 | RUPNIEWSKA Katarzyna | WARSZAWA | POL | NIEZRZESZONA | 81 | K30/6 | K / 17 | 02:20:03 | 07.00 | +1:24:08 | 0:25:57 / 95 | 0:53:14 / 95 | 1:21:16 / 97 | 1:49:36 / 96 |
| 98 | 105 | GRASZEK Piotr | BYDGOSZCZ | POL | POLSKA BIEGA/GAZETA WYBORCZA | 70 | M40/26 | M / 81 | 02:21:50 | 07.05 | +1:25:56 | 0:27:16 / 98 | 0:54:14 / 96 | 1:21:11 / 95 | 1:50:04 / 97 |
| 99 | 39 | GRASZEK Arleta | ŁĄŻEK | POL | POLSKA BIEGA/GAZETA WYBORCZA | 69 | K40/6 | K / 18 | 02:21:51 | 07.05 | +1:25:57 | 0:27:24 / 99 | 0:54:22 / 97 | 1:21:15 / 96 | 1:50:07 / 98 |
| 100 | 58 | SUCHECKA Emilia | GARWOLIN | POL | ARKIN | 82 | K30/7 | K / 19 | 02:22:02 | 07.06 | +1:26:07 | 0:26:46 / 96 | 0:54:28 / 98 | 1:22:46 / 98 | 1:51:52 / 99 |
| 101 | 46 | KRZEŚNIAK Agnieszka | WARSZAWA | POL | | 78 | K30/8 | K / 20 | 02:23:27 | 07.10 | +1:27:32 | 0:27:45 / 101 | 0:56:39 / 100 | 1:24:49 / 99 | 1:53:06 / 100 |
| 102 | 156 | POGORZELSKI Jarek | PSZCZÓŁKI | POL | | 62 | M50/12 | M / 82 | 02:25:02 | 07.15 | +1:29:08 | 0:27:35 / 100 | 0:56:29 / 99 | 1:26:09 / 100 | 1:56:07 / 102 |
| 103 | 89 | BORUTA Paweł | WARSZAWA | POL | ARKIN | 86 | M20/6 | M / 83 | 02:25:17 | 07.15 | +1:29:23 | 0:28:08 / 104 | 0:57:13 / 103 | 1:26:30 / 102 | 1:55:21 / 101 |
| 104 | 45 | KOZŁOWSKA Ewa | OLSZTYN | POL | NIEZRZESZONA | 69 | K40/7 | K / 21 | 02:28:32 | 07.25 | +1:32:37 | 0:27:52 / 102 | 0:56:45 / 101 | 1:26:25 / 101 | 1:56:48 / 103 |
| 105 | 59 | SZELATYŃSKA Ewa | WARSZAWA | POL | TN BIEGÓWKI | 60 | K50/2 | K / 22 | 02:29:38 | 07.28 | +1:33:43 | 0:27:05 / 97 | 0:57:23 / 104 | 1:27:04 / 103 | 1:57:52 / 104 |
| 106 | 60 | WEBER Izabela | JÓZEFÓW | POL | TN BIEGÓWKI | 78 | K30/9 | K / 23 | 02:29:41 | 07.29 | +1:33:46 | 0:27:59 / 103 | 0:56:52 / 102 | 1:27:24 / 104 | 1:57:55 / 105 |
| 107 | 61 | ZIĘBA Magdalena | WARSZAWA | POL | TN BIEGÓWKI | 75 | K30/10 | K / 24 | 02:37:36 | 07.52 | +1:41:41 | 0:30:10 / 106 | 1:01:12 / 105 | 1:32:52 / 106 | 2:04:42 / 106 |
| 108 | 79 | CIBOROWSKA Irena | PISZ | POL | SEBA-SPORT PISZ | 48 | K60/1 | K / 25 | 02:46:24 | 08.19 | +1:50:29 | 0:29:19 / 105 | 1:01:15 / 106 | 1:35:45 / 107 | 2:10:21 / 107 |
| 109 | 56 | SMOLIŃSKA Małgorzata | WARSZAWA | POL | POLSKA BIEGA/GAZETA WYBORCZA | 75 | K30/11 | K / 26 | 02:51:36 | 08.34 | +1:55:42 | 0:32:36 / 108 | 1:06:42 / 108 | 1:39:56 / 108 | 2:15:05 / 108 |

| Msc Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat. | Druż / Klub Team / Club | R-k YoB | W kategorii in Age | Wynik | Tempo m/km | diff Net | pkt | Check points | | | |
|-----------------|---------------|-----------------------------|-------------------------|---|--------------------------------|----------------|---------------------------|-----------------|-------------------|-----------------|------------|---------------------|---------------|---------------|---------------|
| 110 | 31 | BALCEREK Ewa | GOLDAP |  POL | BRAK | 62 | K / 27 | 03:09:23 | 09.28 | +2:13:28 | | 0:36:48 / 109 | 1:14:02 / 109 | 1:53:10 / 109 | 2:31:07 / 109 |