

XIX BIEG POWSTANIA WARSZAWSKIEGO 2009

WYNIKI ZAWODÓW

OPEN 10km

Organizator: Warszawski Ośrodek Sportu i Rekreacji

Termin: 25 lipca 2009 r.

Miejsce: Warszawa

Dystans: 10km

Miejsce Rank	Nr Bib	Nazwisko i imię Name	Miejscowość City	Kraj Nat	Drużyna Team	R-k YoB	W kateg in Age	Sex	Wynik Total	Wynik Netto	[km/h]	5km
1	2387	GIŻYŃSKI Mariusz	WARSZAWA		KLUB BIEGACZA NIKE	81	M20/1	(M)1	00:29:34	00:29:33	20.30	00:14:43 / 2 [20.39]
2	2250	JABŁOŃSKI Artur	HORODŁO			81	M20/2	(M)2	00:31:25	00:31:24	19.11	00:15:28 / 6 [19.40]
3	2210	ANDRZEJUK Bogusław	BIĄŁYSTOK		PODLASIE BIAŁYSTOK	75	M30/1	(M)3	00:31:33	00:31:33	19.02	00:15:28 / 7 [19.40]
4	2307	KAPIŃSKI SŁAWOMIR	PŁOCK		PŁOCK	66	M40/1	(M)4	00:32:25	00:32:25	18.51	00:15:29 / 8 [19.38]
5	2288	BADUREK Maciej	MIŃSK MAZOWIECKI			88	M20/3	(M)5	00:32:51	00:32:50	18.27	00:15:52 / 9 [18.91]
6	2711	NOŻYŃSKI Dariusz	WARSZAWA		DCS.PL	80	M20/4	(M)6	00:32:55	00:32:53	18.25	00:15:56 / 10 [18.83]
7	1631	CELINSKI robert	TRZEBIESZÓW I		ITI ADVENTURE TEAM	73	M30/2	(M)7	00:33:32	00:33:31	17.90	00:16:12 / 11 [18.52]
8	2273	KRZYŻANOWSKI Karol	SOŁKI		MARATONKA GRAJEWO	72	M30/3	(M)8	00:34:11	00:34:10	17.56	00:16:49 / 17 [17.84]
9	1765	ŚLĘZAK Piotr	OBORNIKI ŚLĄSKIE		WWW.MEBLAT.EU	89	M20/5	(M)9	00:34:13	00:34:13	17.54	00:16:49 / 18 [17.84]
10	1304	BECHT Lukas	FREIBURG I.		AZS UNIWERSYTET WARSZAWA	86	M20/6	(M)10	00:34:17	00:33:17	18.03	00:15:17 / 4 [19.63]
11	2694	CELIŃSKI Aleksander	WARSZAWA		BYLEDOBIEC ANIN	84	M20/7	(M)11	00:35:00	00:34:59	17.15	00:16:48 / 16 [17.86]
12	638	PRZEPIÓRA Sebastian	WOŁOMIN			73	M30/4	(M)12	00:35:09	00:35:07	17.09	00:17:15 / 20 [17.39]
13	2106	RODZIK Piotr	KIELCE		KKL KIELCE	80	M20/8	(M)13	00:35:55	00:35:55	16.71	00:17:20 / 21 [17.31]
14	2227	ZDUNEK Michał	FRAMPOL		BIEGAJZNAMI.PL	77	M30/5	(M)14	00:36:01	00:36:00	16.67	00:17:49 / 33 [16.84]
15	912	POŻOGA Mariusz	WERBKOWICE			77	M30/6	(M)15	00:36:08	00:36:06	16.62	00:17:29 / 24 [17.16]
16	2402	KRÓL Dariusz	WOŁOMIN		AKTYWNY RELAKS WOŁOMIN	64	M40/2	(M)16	00:36:09	00:36:07	16.61	00:17:36 / 26 [17.05]
17	2882	KAMISIŃSKI Paweł	RADOM			80	M20/9	(M)17	00:36:24	00:36:22	16.50	00:17:52 / 34 [16.79]
18	1693	ZAJĄC Robert	ZĄPKI			75	M30/7	(M)18	00:36:28	00:35:28	16.92	00:17:37 / 28 [17.03]
19	1217	SZYNAL Paweł	BŁONIE		LKS OLYMP BŁONIE	73	M30/8	(M)19	00:36:29	00:36:28	16.45	00:17:36 / 25 [17.05]
20	2592	KUREK Łukasz	PIASECZNO		KB GIMNASION WARSZAWA			(M)20	00:36:30	00:36:29	16.45	00:17:37 / 27 [17.03]
21	2204	DYMEK Sebastian	PŁOCK		TKKF PŁOCK	82	M20/10	(M)21	00:36:33	00:36:32	16.42	00:17:49 / 32 [16.84]
22	437	KOPER Zbigniew	MIŃSK MAZOWIECKI		KB DREPTAK MIŃSK MAZ.	63	M40/3	(M)22	00:36:36	00:36:33	16.42	00:17:46 / 29 [16.89]
23	1072	ŁUKASIEWICZ Maciej	WARSZAWA		WARSZAWIAKY ATHLETICS CLUB	82	M20/11	(M)23	00:36:39	00:36:38	16.38	00:17:49 / 30 [16.84]
24	238	RUDNIK Maciej	WARSZAWA		WARSZAWIAKY	70	M30/9	(M)24	00:36:45	00:36:43	16.34	00:17:49 / 31 [16.84]
25	1550	BAREWSKI Bogdan	WARSZAWA		OTK RZEZNIK	54	M50/1	(M)25	00:36:47	00:36:46	16.32	00:18:13 / 43 [16.47]
26	2245	MATCZAK Bartosz	WARSZAWA		ENTRE.PL TEAM	81	M20/12	(M)26	00:37:01	00:37:00	16.22	00:17:55 / 38 [16.74]
27	1662	KRAWIECKI Wojciech	WARSZAWA		AZS WAT WARSZAWA	75	M30/10	(M)27	00:37:03	00:37:01	16.21	00:18:15 / 44 [16.44]
28	956	DRABCZYK Szymon	WARSZAWA			60	M40/4	(M)28	00:37:10	00:37:09	16.15	00:18:05 / 41 [16.59]
29	1461	MARKOWSKI Dariusz	GLINOJECK			74	M30/11	(M)29	00:37:15	00:37:12	16.13	00:18:00 / 40 [16.67]
30	2325	POTRZUSKI Kamil	WARSZAWA		AZS UNIWERSYTET WARSZAWSKI	87	M20/13	(M)30	00:37:15	00:37:14	16.11	00:17:58 / 39 [16.70]
31	2470	GASPARSKI Bartłomiej	WARSZAWA		ART PROFI	77	M30/12	(M)31	00:37:19	00:37:17	16.09	00:18:18 / 47 [16.39]
32	2175	RAKOCZY Marcin	KIELCE		SPELEOKLUB ŚWIĘTOKRZYSKI	76	M30/13	(M)32	00:37:20	00:37:13	16.12	00:18:30 / 55 [16.22]
33	2471	SOBECKI Bartłomiej	ŁÓDŹ		KB ARTURÓWEK ŁÓDŹ	80	M20/14	(M)33	00:37:24	00:37:17	16.09	00:18:19 / 49 [16.38]
34	2173	MANKIELEWICZ HENRYK	SZCZYTNO		AKB SZCZYTNO	59	M50/2	(M)34	00:37:27	00:37:26	16.03	00:18:19 / 48 [16.38]
35	2311	GIPSIK Andrzej	LEGIONOWO		LOTOS JABŁONNA	57	M50/3	(M)35	00:37:33	00:37:31	15.99	00:18:28 / 53 [16.25]
36	580	NOWOCIEŃ Jacek	PODKOWA LEŚNA		GLKS NADARZYN	59	M50/4	(M)36	00:37:35	00:37:34	15.97	00:18:17 / 46 [16.41]
37	1599	WASILEWSKI Dominik	JABŁONNA			78	M30/14	(M)37	00:37:38	00:37:36	15.96	00:18:31 / 57 [16.20]
38	436	ZDUŃCZYK Sławomir	MIŃSK MAZOWIECKI		KB DREPTAK MIŃSK MAZ.	76	M30/15	(M)38	00:37:44	00:37:41	15.92	00:18:36 / 64 [16.13]
39	2238	SOSZKA Marcin	PILAWA		LONDON2012TEAM	83	M20/15	(M)39	00:37:45	00:37:43	15.91	00:18:08 / 42 [16.54]
40	96	STASZEWSKI WOJCIECH	WARSZAWA		GAZETA WYBORCZA	67	M40/5	(M)40	00:37:52	00:37:51	15.85	00:18:31 / 56 [16.20]
41	2414	CYBULA SEBASTIAN	WARSZAWA		ART PROFI	74	M30/16	(M)41	00:37:53	00:37:50	15.86	00:18:19 / 50 [16.38]
42	2120	LEŚNIAK Adam	HALINÓW		BYLEDOBIEC ANIN	65	M40/6	(M)42	00:37:56	00:37:54	15.83	00:18:36 / 62 [16.13]
43	2191	ŚLIWIŃSKI Paweł	WIELGIE			82	M20/16	(M)43	00:37:58	00:37:55	15.82	00:18:47 / 72 [15.97]

Miejsce Rank	Nr Bib	Nazwisko i imię Name	Miejscowość City	Kraj Nat	Drużyna Team	R-k YoB	W kateg in Age Sex	Wynik Total	Wynik Netto	[km/h]	5km
44	2626	WYSZYŃSKI Bernard	WARSZAWA		KB GYMNASION WARSZAWA	78	M30/17 (M)44	00:38:06	00:38:04	15.76	00:18:42 / 68 [16.04]
45	2274	KRAUSE Janusz Dariusz	PROSTKI		MARATONKA GRAJEWO	65	M40/7 (M)45	00:38:06	00:38:04	15.76	00:18:36 / 63 [16.13]
46	1882	KOPIŃSKI Mirosław	ZŁOTORYJA			76	M30/18 (M)46	00:38:12	00:38:11	15.71	00:18:47 / 73 [15.97]
47	608	PIOTROWSKI Andrzej	WARSZAWA 03-436		ENTRE.PL TEAM	72	M30/19 (M)47	00:38:13	00:38:09	15.73	00:19:13 / 90 [15.61]
48	347	KRASZEWSKI Marcin	WARSZAWA			79	M30/20 (M)48	00:38:18	00:38:14	15.69	00:18:21 / 51 [16.35]
49	2521	WESOŁOWSKI Ireneusz	WARSZAWA		WARSZAWA-TARCHOMIN	74	M30/21 (M)49	00:38:23	00:38:21	15.65	00:18:32 / 59 [16.19]
50	2899	JACHYMCZYK Norbert	JAWORZNO		KB MCKIS JAWORZNO	78	M30/22 (M)50	00:38:25	00:38:19	15.66	00:18:51 / 76 [15.92]
51	679	ŁOMIAK Piotr	WARSZAWA			71	M30/23 (M)51	00:38:30	00:38:27	15.60	00:18:49 / 75 [15.94]
52	460	SKARUZ Jarosław	WARSZAWA-WESOLA		WARSZAWA-WESOLA	77	M30/24 (M)52	00:38:34	00:38:31	15.58	00:18:41 / 67 [16.06]
53	1966	OSIŃSKI Marcin	MAZOWSZANY		UKS TECHNIK RADOM	86	M20/17 (M)53	00:38:42	00:38:38	15.53	00:18:34 / 61 [16.16]
54	2271	CIMOCK Sławomir	GRAJEWO			64	M40/8 (M)54	00:38:44	00:38:34	15.56	00:19:06 / 86 [15.71]
55	842	RADZIKOWSKI Andrzej	KIŚCINNE		LKS OLYMP	81	M20/18 (M)55	00:38:45	00:38:40	15.52	00:18:45 / 71 [16.00]
56	1979	BIERCEWICZ pawel	WARSZAWA			79	M30/25 (M)56	00:38:46	00:38:42	15.50	00:18:55 / 79 [15.86]
57	2677	KOTLARZ Paweł	WARSZAWA		BYLEDOBIEC ANIN	77	M30/26 (M)57	00:38:46	00:38:39	15.52	00:19:06 / 87 [15.71]
58	2322	ZIMNY Emanuel	ŁOWICZ		KM \\\\"AKTYWNI\\\" SOCHACZEW	81	M20/19 (M)58	00:38:48	00:38:46	15.48	00:18:36 / 65 [16.13]
59	2439	BANASZEK Ilona	WARSZAWA		KB GALERIA WARSZAWA	80	K20/1 (K)1	00:38:49	00:38:46	15.48	00:18:58 / 82 [15.82]
60	2108	ODO Robert	SUKÓW		KKL KIELCE	65	M40/9 (M)59	00:38:49	00:38:48	15.46	00:19:03 / 83 [15.75]
61	2095	SPLAWSKI Roman	KOŚCIAN			73	M30/27 (M)60	00:39:07	00:38:25	15.62	00:20:37 / 179 [14.55]
62	2211	PRZYBYSZ Krzysztof	WARSZAWA			59	M50/5 (M)61	00:39:08	00:39:07	15.34	00:18:52 / 78 [15.90]
63	1486	LENCZOWSKI Jan	SULEJÓWEK			76	M30/28 (M)62	00:39:12	00:39:08	15.33	00:19:23 / 98 [15.48]
64	695	SUCHMIEL Przemek	WARSZAWA		TANREN DOJO	75	M30/29 (M)63	00:39:13	00:39:11	15.31	00:19:36 / 112 [15.31]
65	271	KĄCKI Paweł	WARSZAWA		KB GYMNASION WARSZAWA	75	M30/30 (M)64	00:39:21	00:39:16	15.28	00:19:21 / 94 [15.50]
66	2282	DREŹEK Krzysztof	GRAJEWO		MARATONKA GRAJEWO	65	M40/10 (M)65	00:39:21	00:39:10	15.32	00:19:31 / 104 [15.37]
67	2275	WOJNOWSKI Krzysztof	GRAJEWO			93	M20/20 (M)66	00:39:21	00:39:09	15.33	00:19:31 / 103 [15.37]
68	113	SALAK MICHAŁ			PKO	09	(M)67	00:39:28	00:39:25	15.22	00:19:32 / 108 [15.36]
69	559	SCHAB Joanna	WARSZAWA		ALETEMPO	76	K30/1 (K)2	00:39:30	00:39:24	15.23	00:19:21 / 95 [15.50]
70	1416	ZIOŁKOWSKI DOMINIK	WARSZAWA			83	M20/21 (M)68	00:39:35	00:39:33	15.17	00:19:04 / 84 [15.73]
71	2404	WIĄCEK Marcin	WIELUŃ			81	M20/22 (M)69	00:39:40	00:38:54	15.42	00:19:59 / 139 [15.01]
72	1901	PROJS Tomasz	ŁUBIANKA		KM TRUCHCIK ŁUBIANKA	65	M40/11 (M)70	00:39:41	00:39:39	15.13	00:19:32 / 106 [15.36]
73	1402	KIELIN GRZEGORZ	POLKOWICE		TKKF START POLKOWICE	76	M30/31 (M)71	00:39:43	00:39:40	15.13	00:18:56 / 80 [15.85]
74	2082	TSERKEZIS Evangelos	ATHENES			70	M30/32 (M)72	00:39:44	00:39:41	15.12	00:19:22 / 96 [15.49]
75	317	KOCISZEWSKI Krzysztof	WARSZAWA		WARSZAWIAKY	59	M50/6 (M)73	00:39:45	00:39:39	15.13	00:19:39 / 114 [15.27]
76	2770	KORDYŃSKI Tomasz	WARSZAWA			77	M30/33 (M)74	00:39:45	00:39:27	15.21	00:19:51 / 133 [15.11]
77	2137	SAWICKA Olga	WARSZAWA		AKL URSYNÓW	88	K20/2 (K)3	00:39:45	00:39:41	15.12	00:19:55 / 136 [15.06]
78	1788	KOBAK Mariusz	JEDLICZE			80	M20/23 (M)75	00:39:46	00:39:44	15.10	00:19:04 / 85 [15.73]
79	2184	BELOWSKI Łukasz	PULAWY			82	M20/24 (M)76	00:39:47	00:39:26	15.22	00:20:16 / 154 [14.80]
80	107	KOSMAŁSKI MARCIN	WARSZAWA		PKO	84	M20/25 (M)77	00:39:48	00:39:41	15.12	00:19:44 / 124 [15.20]
81	610	MITUŁA Łukasz	WARSZAWA		WOJSKOWA SEKCJA BIEGOWA CYTADELI	86	M20/26 (M)78	00:39:54	00:39:41	15.12	00:19:35 / 111 [15.32]
82	2573	POLAŃSKI Piotr	WARSZAWA		WARSZAWA-MOKOTÓW	65	M40/12 (M)79	00:39:56	00:39:55	15.03	00:19:31 / 105 [15.37]
83	83	MIODUSZEWSKI Mariusz	ZĄBKI			75	M30/34 (M)80	00:39:59	00:39:39	15.13	00:19:59 / 140 [15.01]
84	564	DREWNOWSKI ROBERT	WARSZAWA		NIEZRZESZONY	73	M30/35 (M)81	00:40:00	00:39:56	15.03	00:19:42 / 119 [15.23]
85	1955	ŁAWNICZAK Tomasz	POZNAŃ		KB MANIAC POZNAŃ	82	M20/27 (M)82	00:40:04	00:39:52	15.05	00:19:45 / 127 [15.19]
86	1350	KOTWA Andrzej Robert				67	M40/13 (M)83	00:40:05	00:38:40	15.52	00:20:59 / 207 [14.30]
87	256	ŚCISŁOWSKI Norbert	WARKA			82	M20/28 (M)84	00:40:05	00:39:52	15.05	00:19:48 / 131 [15.15]
88	561	FĄDERSKI Remigiusz	OŚCISŁOWO			68	M40/14 (M)85	00:40:08	00:39:59	15.01	00:19:37 / 113 [15.29]
89	1387	GORZKOWSKI Tomasz	GAŚKI		TGB GAŚKI	77	M30/36 (M)86	00:40:11	00:40:07	14.96	00:19:42 / 120 [15.23]
90	2613	LASOCKI Marcin	WARSZAWA		Geofizyka Warszawa	79	M30/37 (M)87	00:40:12	00:39:52	15.05	00:20:07 / 146 [14.91]
91	743	OCHOCKI Jakub	WARSZAWA			88	M20/29 (M)88	00:40:15	00:40:10	14.94	00:19:22 / 97 [15.49]
92	871	GÓRNICKA-ANTONOWICZ Anna	JÓZEFOSŁAW		UNTS	68	K40/1 (K)4	00:40:17	00:40:15	14.91	00:21:17 / 230 [14.10]
93	2602	JANKOWSKI Eugeniusz	PULAWY				(M)89	00:40:20	00:40:19	14.88	00:19:33 / 109 [15.35]
94	440	TYMICKI Zbigniew	WARSZAWA		SBBP.PL	69	M40/15 (M)90	00:40:21	00:40:14	14.91	00:19:49 / 132 [15.14]
95	1567	ANDRES Beata	WARSZAWA		ENTRE.PL TEAM	75	K30/2 (K)5	00:40:26	00:40:25	14.85	00:19:26 / 100 [15.44]

Miejsce Rank	Nr Bib	Nazwisko i imię Name	Miejscowość City	Kraj Nat	Drużyna Team	R-k YoB	W kateg in Age Sex	Wynik Total	Wynik Netto	[km/h]	5km
96	207	ROSZKOWSKI Tomasz	WARSZAWA			86	M20/30 (M)91	00:40:30	00:40:20	14.88	00:20:18 / 158 [14.78]
97	474	ROSIAK Leszek	WARSZAWA		ZIELONY NUGAT	74	M30/38 (M)92	00:40:42	00:40:20	14.88	00:20:33 / 174 [14.60]
98	565	NIEDŹWIADEK Kamil	WARSZAWA		AWF WARSZAWA	89	M20/31 (M)93	00:40:43	00:40:37	14.77	00:19:33 / 110 [15.35]
99	2473	NIGOT Krzysztof	WARSZAWA		9 DYWERSYJNA	73	M30/39 (M)94	00:40:46	00:40:30	14.81	00:20:16 / 152 [14.80]
100	2347	GABRYCH ŁUKASZ	SKIERNIEWICE		BRE RUNNERS	85	M20/32 (M)95	00:40:48	00:40:47	14.71	00:19:19 / 93 [15.53]
101	2631	KUŚNIERZ Tomasz	WARSZAWA			73	M30/40 (M)96	00:40:49	00:40:39	14.76	00:20:26 / 165 [14.68]
102	796	MYSZKOWSKI Henryk	GÓRA KALWARIA		NIEZRZESZONY	63	M40/16 (M)97	00:40:52	00:40:46	14.72	00:19:45 / 125 [15.19]
103	2640	SMOLAK Łukasz	SIEDLCE				(M)98	00:40:55	00:40:33	14.80	00:21:08 / 217 [14.20]
104	2926	ZDANOWICZ Maciej	GRODZISK MAZOWIECKI		NIE NALEŻĘ DO KLABU	87	M20/33 (M)99	00:40:56	00:40:46	14.72	00:20:04 / 144 [14.95]
105	2237	JANUSZ sebastian	WARSZAWA		POLBANK	76	M30/41 (M)100	00:40:57	00:40:41	14.75	00:20:30 / 169 [14.63]
106	2427	WEBER Michał	WARSZAWA		ŚLĄSK WROCŁAW	85	M20/34 (M)101	00:40:58	00:40:21	14.87	00:21:06 / 215 [14.22]
107	1688	MISZKURKA Robert	KOBYŁKA			73	M30/42 (M)102	00:40:59	00:40:53	14.68	00:19:55 / 135 [15.06]
108	435	KOTECKI ARKADIUSZ	WARSZAWA		SASKA KĘPA	80	M20/35 (M)103	00:41:01	00:40:59	14.64	00:19:47 / 130 [15.16]
109	1791	SMOLEŃ Bogusław	OLSZTYN			68	M40/17 (M)104	00:41:01	00:40:50	14.69	00:20:27 / 167 [14.67]
110	2144	BAŁATKA Krzysztof	KUTNO			85	M20/36 (M)105	00:41:02	00:40:54	14.67	00:23:04 / 429 [13.01]
111	1452	SIKORSSKI Jacek	PILA			69	M40/18 (M)106	00:41:05	00:40:54	14.67	00:20:44 / 187 [14.47]
112	258	SKIBIŃSKI Marek	WARSZAWA			90	M20/37 (M)107	00:41:05	00:40:57	14.65	00:19:53 / 134 [15.09]
113	1707	KONARSKI Jakub	WARSZAWA		WARSZAWIACY	77	M30/43 (M)108	00:41:07	00:40:58	14.65	00:19:56 / 137 [15.05]
114	1220	KAMIŃSKI Sławomir	BŁONIE			61	M40/19 (M)109	00:41:08	00:41:03	14.62	00:20:00 / 141 [15.00]
115	1708	STETANKOWSKI Marek	IZABELIN		POLSKA BIEGA	69	M40/20 (M)110	00:41:18	00:41:16	14.54	00:20:08 / 147 [14.90]
116	2415	STYKOWSKI Robert	WARSZAWA		ART PROFI WARSZAWA	77	M30/44 (M)111	00:41:20	00:41:17	14.53	00:19:43 / 122 [15.22]
117	250	WIECZOREK piotr	WARSZAWA			78	M30/45 (M)112	00:41:20	00:40:22	14.86	00:21:19 / 236 [14.07]
118	1513	KRZESAK Adam	PIASTÓW		KB GYMNASION / IM2010	74	M30/46 (M)113	00:41:29	00:41:22	14.50	00:20:34 / 175 [14.59]
119	2595	MICHALUK Michał	LIPNO			86	M20/38 (M)114	00:41:31	00:41:24	14.49	00:20:43 / 185 [14.48]
120	913	WYPYCH RADOSŁAW	WARSZAWA		ART PROFI	69	M40/21 (M)115	00:41:31	00:40:31	14.81	00:20:32 / 171 [14.61]
121	879	WOJDAK Robert	WARSZAWA		BIEGAMY Z OCHOTĄ	67	M40/22 (M)116	00:41:33	00:41:29	14.46	00:20:37 / 178 [14.55]
122	1552	KARCZEWSKI Sylwester	WARSZAWA		ENTRE TEAM	59	M50/7 (M)117	00:41:37	00:41:35	14.43	00:18:58 / 81 [15.82]
123	2167	MOŚCICKI Radosław	JÓZEFOSŁAW		KB GALERIA WARSZAWA	75	M30/47 (M)118	00:41:38	00:41:19	14.52	00:20:07 / 145 [14.91]
124	1883	ROSIŃSKI Zbigniew				60	M40/23 (M)119	00:41:39	00:41:34	14.43	00:20:53 / 198 [14.37]
125	824	ZŁONKIEWICZ Marek	RZESZÓW			70	M30/48 (M)120	00:41:40	00:41:00	14.63	00:21:02 / 211 [14.26]
126	245	ŁASIŃSKI Michał	WARSZAWA		AMD NTT SYSTEM	87	M20/39 (M)121	00:41:42	00:41:36	14.42	00:20:55 / 200 [14.34]
127	1360	KOJRO Łukasz	WARSZAWA		ZWIĄZKOWIEC	78	M30/49 (M)122	00:41:42	00:41:32	14.45	00:20:59 / 208 [14.30]
128	1028	DRUSIŃSKI Norbert	WARSZAWA			67	M40/24 (M)123	00:41:43	00:41:31	14.45	00:20:24 / 162 [14.71]
129	1767	KOŁODZIEJ Grzegorz	SKOŁYSZYN			85	M20/40 (M)124	00:41:46	00:41:42	14.39	00:20:30 / 170 [14.63]
130	1193	SUJAK Mirosław	MIŃSK MAZOWIECKI		KB DREPTAK	65	M40/25 (M)125	00:41:48	00:41:43	14.38	00:20:17 / 155 [14.79]
131	1750	MUCHOWICZ Paweł	GORZÓW WIELKOPOLSKI			74	M30/50 (M)126	00:41:51	00:41:38	14.41	00:20:49 / 194 [14.41]
132	1506	SZEMRAJ Piotr	WARSZAWA			74	M30/51 (M)127	00:41:51	00:41:40	14.40	00:21:08 / 220 [14.20]
133	208	BIESZYŃSKI Ryszard	ŁOMIANKI		ŁOMIANKI	60	M40/26 (M)128	00:41:54	00:41:42	14.39	00:20:25 / 164 [14.69]
134	523	MILCZAREK Rafał	SOCHACZEW		KM AKTYWNI SOCHACZEW	75	M30/52 (M)129	00:41:55	00:41:42	14.39	00:20:57 / 204 [14.32]
135	2518	KMIEĆ NORBERT	LEGIONOWO		L627WASTRD	81	M20/41 (M)130	00:41:56	00:41:52	14.33	00:20:14 / 150 [14.83]
136	2338	DĄBKOWSKI Krzysztof	GRODZISK MAZOWIECKI			68	M40/27 (M)131	00:42:01	00:41:57	14.30	00:20:47 / 192 [14.43]
137	1534	MAŁOLEPSZY Sławomir	LUBLIN			80	M20/42 (M)132	00:42:02	00:41:58	14.30	00:20:35 / 177 [14.57]
138	2386	GIŻYŃSKA Anna	WARSZAWA		KLUB BIEGACZA NIKE	82	K20/3 (K)6	00:42:06	00:41:58	14.30	00:21:03 / 213 [14.25]
139	2255	BIAŁOGRODZKI Sylwester	ZALESIE GÓRNE			61	M40/28 (M)133	00:42:07	00:41:48	14.35	00:20:46 / 190 [14.45]
140	1381	KOŁODZIEJSKI Mieczysław	WARSZAWA			68	M40/29 (M)134	00:42:08	00:42:03	14.27	00:20:46 / 189 [14.45]
141	2373	OSOJCA Błażej	GRODZISK MAZOWIECKI			84	M20/43 (M)135	00:42:09	00:41:07	14.59	00:22:24 / 361 [13.39]
142	1076	KUBISIAK Marek	WARSZAWA		INDYWIDUALNIE	77	M30/53 (M)136	00:42:09	00:42:04	14.26	00:20:33 / 172 [14.60]
143	2218	ULOWSKI Jacek	ŁÓDŹ		FAN-RUN TEAM	68	M40/30 (M)137	00:42:10	00:40:57	14.65	00:21:56 / 293 [13.68]
144	2059	PIETRASIAK janusz	ŁÓDŹ		KB ARTURÓWEK SYMPATYK	66	M40/31 (M)138	00:42:12	00:42:05	14.26	00:20:28 / 168 [14.66]
145	1200	OLTARZEWSKI Wojciech	WARSZAWA			78	M30/54 (M)139	00:42:15	00:41:39	14.41	00:21:40 / 264 [13.85]
146	2503	JAROSZ Arkadiusz	KOL. JASZCZÓW		LW BOGDANKA, JW 3463	87	M20/44 (M)140	00:42:17	00:41:08	14.59	00:22:08 / 325 [13.55]
147	259	GERAS Ryszard	WARSZAWA			81	M20/45 (M)141	00:42:18	00:41:52	14.33	00:21:10 / 224 [14.17]
148	2553	HORAŻY Paweł	JANÓWEK PIERWSZY			64	M40/32 (M)142	00:42:22	00:42:13	14.21	00:20:49 / 195 [14.41]

<i>Miejsce Rank</i>	<i>Nr Bib</i>	<i>Nazwisko i imię Name</i>	<i>Miejscowość City</i>	<i>Kraj Nat</i>	<i>Drużyna Team</i>	<i>R-k YoB</i>	<i>W kateg in Age Sex</i>	<i>Wynik Total</i>	<i>Wynik Netto</i>	<i>[km/h]</i>	<i>5km</i>
149	1490	NADROWSKI Sławomir	MILANÓWEK			76	M30/55 (M)143	00:42:23	00:42:16	14.20	00:20:52 / 196 [14.38]
150	462	PIĄTEK Bogdan	ZIELONKA		LECHICI ZIELONKA	53	M50/8 (M)144	00:42:24	00:41:45	14.37	00:21:23 / 242 [14.03]
151	2182	NOSARZEWSKI Konrad	STUPSK			91	M20/46 (M)145	00:42:29	00:42:25	14.15	00:19:45 / 126 [15.19]
152	2669	PLACHCIŃSKI Patryk	WARSZAWA				(M)146	00:42:30	00:42:25	14.15	00:21:16 / 228 [14.11]
153	2153	URBANIAK Marian	TRZEŚŃ		GOSIR GORZYCE	59	M50/9 (M)147	00:42:32	00:42:29	14.12	00:20:56 / 203 [14.33]
154	1790	PRÓCHNIAK Marcin	KOŃSKOWOLA			88	M20/47 (M)148	00:42:34	00:42:08	14.24	00:20:47 / 193 [14.43]
155	538	NAWROT Arkadiusz	MIŃSK MAZOWIECKI		KB DREPTAK	77	M30/56 (M)149	00:42:35	00:42:23	14.16	00:20:39 / 184 [14.53]
156	2880	PIASECKI Paweł	WARSZAWA		PAM WARSZAWA	82	M20/48 (M)150	00:42:37	00:42:30	14.12	00:20:38 / 183 [14.54]
157	2355	GRZYBOWSKI Tomasz	ŁASK			67	M40/33 (M)151	00:42:38	00:41:52	14.33	00:22:11 / 332 [13.52]
158	2426	GÓRAL Tadeusz	WARSZAWA			70	M30/57 (M)152	00:42:40	00:42:38	14.07	00:20:53 / 197 [14.37]
159	2219	PRZEDPEŁSKI Radosław	ŁÓDŹ		KB ARTURÓWEK ŁÓDŹ	82	M20/49 (M)153	00:42:41	00:42:33	14.10	00:20:46 / 191 [14.45]
160	2405	GÓŹDŹ Wojtek	KIELCE		SPELEOKLUB ŚWIĘTOKRZYSKI	74	M30/58 (M)154	00:42:49	00:42:43	14.05	00:21:10 / 223 [14.17]
161	1254	LIS Artur	WARSZAWA			71	M30/59 (M)155	00:42:52	00:42:11	14.22	00:21:44 / 274 [13.80]
162	1104	BUCZYŃSKI Michał	RADOM			70	M30/60 (M)156	00:42:54	00:42:41	14.06	00:20:45 / 188 [14.46]
163	2009	GROJA Tomasz	ZAWIERCIE		NIEZRZESZONY	85	M20/50 (M)157	00:42:55	00:42:38	14.07	00:21:22 / 240 [14.04]
164	674	ŚWIERCZ Jacek	WARSZAWA		BYLEDOBIEC ANIN	69	M40/34 (M)158	00:42:59	00:42:40	14.06	00:20:01 / 142 [14.99]
165	2534	SZYNKIEWICZ Michał	ELBLĄG			82	M20/51 (M)159	00:43:01	00:42:43	14.05	00:21:37 / 262 [13.88]
166	1219	ZIELIŃSKI Michał	WARSZAWA			81	M20/52 (M)160	00:43:03	00:42:53	13.99	00:21:10 / 222 [14.17]
167	1377	KUREK Marcin	WOŁOMIN			78	M30/61 (M)161	00:43:05	00:42:56	13.98	00:21:24 / 244 [14.02]
168	909	WALIGÓRSKI TOMASZ	MARKI		START PUŁASKI WARKA	72	M30/62 (M)162	00:43:06	00:42:57	13.97	00:21:08 / 219 [14.20]
169	840	BORKOWSKI Paweł	WARSZAWA		INFOVIDE-MATRIX	74	M30/63 (M)163	00:43:14	00:42:14	14.21	00:21:54 / 289 [13.70]
170	2354	PYSZAK Sylwester	ŁASK JASTRZĄB			81	M20/53 (M)164	00:43:14	00:42:30	14.12	00:22:12 / 333 [13.51]
171	2924	JĘDRZEJCZAK Andrzej				66	M40/35 (M)165	00:43:15	00:43:11	13.89	00:21:11 / 226 [14.16]
172	2107	BAK Adam	KIELCE		KKL KIELCE	60	M40/36 (M)166	00:43:15	00:42:57	13.97	00:21:55 / 291 [13.69]
173	2773	SZMIT Łukasz				09	(M)167	00:43:15	00:43:14	13.88	00:21:29 / 250 [13.96]
174	1071	LISICKI Marek	AGRYTÓWEK			57	M50/10 (M)168	00:43:16	00:43:09	13.90	00:21:21 / 238 [14.05]
175	2667	ŻÓŁTOWSKI MACIEJ	WARSZAWA				(M)169	00:43:18	00:42:39	14.07	00:21:19 / 235 [14.07]
176	2091	GÓRSKI Tomasz	WARSZAWA			73	M30/64 (M)170	00:43:18	00:42:57	13.97	00:22:19 / 348 [13.44]
177	1700	KUCHARSKI Marek	PIASECZNO		GAZETA WYBORCZA	74	M30/65 (M)171	00:43:20	00:42:33	14.10	00:21:41 / 266 [13.84]
178	2351	NOWOCIEŃ Tomasz	KRAKÓW			81	M20/54 (M)172	00:43:22	00:43:09	13.90	00:21:55 / 292 [13.69]
179	2709	STĄBLEWSKI Hubert	WARSZAWA			79	M30/66 (M)173	00:43:22	00:43:17	13.86	00:20:33 / 173 [14.60]
180	2115	BORDZOŁ Jan	LUBARTÓW			51	M50/11 (M)174	00:43:25	00:43:21	13.84	00:21:18 / 231 [14.08]
181	2723	JENKINS Chris	WARSZAWA				(M)175	00:43:25	00:43:10	13.90	00:22:03 / 307 [13.61]
182	2171	CZARNOTA KAZIMIERZ	SZCZYTNO		AKB SZCZYTNO	60	M40/37 (M)176	00:43:25	00:43:14	13.88	00:21:14 / 227 [14.13]
183	2466	SOBOLEWSKI Tomek	SIERZCHÓW		JAGODATEAM	88	M20/55 (M)177	00:43:26	00:42:31	14.11	00:22:25 / 363 [13.38]
184	554	ZAŁEWSKI Marcin	WARSZAWA		CANOR ANTICUS	52	M50/12 (M)178	00:43:28	00:43:22	13.84	00:21:21 / 237 [14.05]
185	2600	ZARANEK Tomasz	LEGIONOWO				(M)179	00:43:28	00:43:10	13.90	00:21:48 / 282 [13.76]
186	1701	ORLIŃSKI Tomasz	LEGIONOWO		GAZETA WYBORCZA	79	M30/67 (M)180	00:43:31	00:42:44	14.04	00:22:27 / 367 [13.36]
187	2530	BIERANOWSKI Piotr	SULEJÓWEK		UNTS	79	M30/68 (M)181	00:43:31	00:43:15	13.87	00:22:04 / 310 [13.60]
188	2528	ŁĄCZYŃSKI Mikołaj	WARSZAWA		UNTS WARSZAWA	76	M30/69 (M)182	00:43:31	00:43:16	13.87	00:22:03 / 306 [13.61]
189	1140	MUSOLF Maciej	WARSZAWA			85	M20/56 (M)183	00:43:32	00:43:03	13.94	00:21:54 / 290 [13.70]
190	1968	ORLIICKI Stanisław	RUDZE		TEAM - RUDZE	59	M50/13 (M)184	00:43:32	00:43:32	13.78	00:20:17 / 156 [14.79]
191	1830	DOBECKI SZYMON	GDAŃSK		BRAK	75	M30/70 (M)185	00:43:33	00:43:28	13.80	00:21:04 / 214 [14.24]
192	2920	ZAKRZEWSKI Mateusz	WARSZAWA		BRAK	82	M20/57 (M)186	00:43:33	00:43:21	13.84	00:21:32 / 253 [13.93]
193	512	KUPIDURSKI Piotr	WARSZAWA			74	M30/71 (M)187	00:43:39	00:43:22	13.84	00:21:42 / 271 [13.82]
194	1779	ŁOŚ Rafał	ŻABNO		AZS KIELCE	85	M20/58 (M)188	00:43:43	00:43:01	13.95	00:23:15 / 455 [12.90]
195	2335	KAMOOCKI Bartłomiej	TOMASZOW		WKS KAWALERIA	81	M20/59 (M)189	00:43:43	00:43:31	13.79	00:21:27 / 248 [13.99]
196	2568	HOTÓWKO Mikołaj	WARSZAWA			74	M30/72 (M)190	00:43:44	00:43:03	13.94	00:21:41 / 268 [13.84]
197	2289	JUDKA Władław	MIŃSK MAZOWIECKI		KB DREPTAK	59	M50/14 (M)191	00:43:45	00:43:08	13.91	00:21:40 / 265 [13.85]
198	511	BOŻKO Marcin	WARSZAWA		BOZKO TEAM	78	M30/73 (M)192	00:43:48	00:43:34	13.77	00:20:58 / 206 [14.31]
199	1522	PODBIELSKI Radosław	WARSZAWA			82	M20/60 (M)193	00:43:49	00:43:26	13.81	00:21:57 / 296 [13.67]
200	2659	PRZEDPEŁSKI Przemysław	STARY KRASZEW				(M)194	00:43:49	00:43:22	13.84	00:21:58 / 297 [13.66]
201	1502	DAJCZER Rafał	WARSZAWA			77	M30/74 (M)195	00:43:50	00:43:47	13.70	00:21:22 / 239 [14.04]

Miejsce Rank	Nr Bib	Nazwisko i imię Name	Miejscowość City	Kraj Nat	Drużyna Team	R-k YoB	W kateg in Age	Sex	Wynik Total	Wynik Netto	[km/h]	5km
202	1449	FIAŁEK Mirosław	WARSZAWA			77	M30/75	(M)196	00:43:51	00:43:48	13.70	00:21:23 / 241 [14.03]
203	1525	SMOLIŃSKI Robert	WARSZAWA		ERA RUNNING TEAM	68	M40/38	(M)197	00:43:51	00:43:39	13.75	00:21:56 / 294 [13.68]
204	2331	DWORZAŃSKI Tomasz	LUBLIN		POLESIE KOCK	80	M20/61	(M)198	00:43:52	00:43:45	13.71	00:21:11 / 225 [14.16]
205	370	JÓZWIK Robert	WARSZAWA		GATX TEAM	76	M30/76	(M)199	00:43:53	00:43:50	13.69	00:21:09 / 221 [14.18]
206	1438	BAŃKOWSKI Jan	WARSZAWA			90	M20/62	(M)200	00:43:55	00:42:59	13.96	00:22:11 / 331 [13.52]
207	719	CHRUST Maciej	WARSZAWA		WARSZAWA	78	M30/77	(M)201	00:43:58	00:43:47	13.70	00:21:37 / 261 [13.88]
208	488	DĄBROWSKI Tomasz	WARSZAWA			78	M30/78	(M)202	00:43:58	00:43:43	13.72	00:22:04 / 309 [13.60]
209	526	IGNATOWICZ Andrzej	WARSZAWA			74	M30/79	(M)203	00:44:05	00:43:38	13.75	00:22:22 / 359 [13.41]
210	216	WIŚNIEWSKI Piotr	BLONIE			73	M30/80	(M)204	00:44:06	00:43:06	13.92	00:22:06 / 318 [13.57]
211	1600	ŁASZCZUK Witold	WARSZAWA		GAZETA WYBORCZA	59	M50/15	(M)205	00:44:08	00:43:27	13.81	00:22:20 / 353 [13.43]
212	1282	KORCZ Sławomir	WARSZAWA		SBBP.PL	65	M40/39	(M)206	00:44:09	00:42:53	13.99	00:22:27 / 368 [13.36]
213	1336	TLAŁKA Mariusz	WARSZAWA			70	M30/81	(M)207	00:44:12	00:44:05	13.61	00:21:07 / 216 [14.21]
214	2698	GLIŃSKI Łukasz	WARSZAWA		AZS WAT WARSZAWA	87	M20/63	(M)208	00:44:12	00:43:48	13.70	00:22:38 / 386 [13.25]
215	2056	KRZYŻEWSKI Kamil	BRATKÓWKA			90	M20/64	(M)209	00:44:14	00:44:12	13.57	00:20:37 / 180 [14.55]
216	1697	GOLAŃSKI Robert	WARSZAWA		LASEK BIELAŃSKI TEAM	74	M30/82	(M)210	00:44:15	00:43:49	13.69	00:22:05 / 312 [13.58]
217	1784	GŁOWACKI Jacek	WARSZAWA		BIEGAMY Z OCHOTĄ	61	M40/40	(M)211	00:44:16	00:44:07	13.60	00:21:34 / 256 [13.91]
218	795	BRZUSZCZYŃSKI Jacek	WARSZAWA		WS WARSZAWA	76	M30/83	(M)212	00:44:16	00:43:58	13.65	00:21:59 / 302 [13.65]
219	2545	DOMAŃSKI Jerzy	OTWOCK		NZ	60	M40/41	(M)213	00:44:16	00:44:01	13.63	00:22:07 / 321 [13.56]
220	2272	SAWICKI Adam	GRAJEWO		MARATONKA GRAJEWO	71	M30/84	(M)214	00:44:17	00:44:06	13.61	00:21:57 / 295 [13.67]
221	2425	TARNOWSKI Robert	WARSZAWA			91	M20/65	(M)215	00:44:19	00:43:28	13.80	00:23:44 / 542 [12.64]
222	1485	RAKOWSKI Alessandro	WARSZAWA			75	M30/85	(M)216	00:44:19	00:44:10	13.58	00:21:45 / 276 [13.79]
223	1731	GRAD Andrzej				84	M20/66	(M)217	00:44:20	00:44:07	13.60	00:21:19 / 234 [14.07]
224	463	SZTUBECKI Michał	WARSZAWA			72	M30/86	(M)218	00:44:21	00:44:11	13.58	00:21:24 / 243 [14.02]
225	1323	KALINOWSKI MIROSLAW	WARSZAWA			69	M40/42	(M)219	00:44:21	00:43:36	13.76	00:22:15 / 340 [13.48]
226	1180	ZDUŃCZYK Andrzej	WARSZAWA		BIK SA	74	M30/87	(M)220	00:44:24	00:44:20	13.53	00:21:35 / 257 [13.90]
227	2596	GŁAZ Arkadiusz	BRANIEWO			78	M30/88	(M)221	00:44:26	00:42:51	14.00	00:23:34 / 512 [12.73]
228	2395	WAWASEK Przemysław	KOBYŁKA			76	M30/89	(M)222	00:44:27	00:43:43	13.72	00:21:41 / 267 [13.84]
229	1898	KAMIŃSKI STANISŁAW	NADARZYN			58	M50/16	(M)223	00:44:28	00:44:19	13.54	00:21:43 / 273 [13.81]
230	1610	ROSZKOWSKI piotr	WARSZAWA			73	M30/90	(M)224	00:44:30	00:44:21	13.53	00:21:36 / 259 [13.89]
231	1831	POGORZELSKI Marek	WARSZAWA		BGK WARSZAWA	66	M40/43	(M)225	00:44:32	00:44:27	13.50	00:21:33 / 254 [13.92]
232	2444	ALCHIMOWICZ Krzysztof	PIASECZNO			66	M40/44	(M)226	00:44:33	00:44:25	13.51	00:22:07 / 323 [13.56]
233	2332	ŻELAZKO Łukasz	GRÓJEC			88	M20/67	(M)227	00:44:34	00:44:21	13.53	00:21:50 / 284 [13.74]
234	1553	TYMIŃSKI Paweł	WARSZAWA			76	M30/91	(M)228	00:44:37	00:44:25	13.51	00:22:00 / 303 [13.64]
235	2356	GAJDA Sławomir				74	M30/92	(M)229	00:44:38	00:43:52	13.68	00:22:21 / 354 [13.42]
236	1588	ZDZIECHOWSKI Szymon	WARSZAWA		BRAK	79	M30/93	(M)230	00:44:38	00:44:05	13.61	00:22:08 / 324 [13.55]
237	2489	RYBKOWSKI Grzegorz	PRUSZKÓW		IM 2010	68	M40/45	(M)231	00:44:39	00:44:22	13.52	00:22:11 / 330 [13.52]
238	2911	BEZULSKI Łukasz	WARSZAWA		HALABANY ZENONA	85	M20/68	(M)232	00:44:41	00:43:41	13.74	00:23:13 / 453 [12.92]
239	791	ORYNEK Michał	WARSZAWA			90	M20/69	(M)233	00:44:44	00:44:13	13.57	00:22:38 / 385 [13.25]
240	2590	LESZCZYŃSKI paweł	WARSZAWA			60	M40/46	(M)234	00:44:46	00:44:04	13.62	00:22:39 / 390 [13.25]
241	1317	BONIK Paweł	WARSZAWA		PĘDZĄCE CHOMIKI	74	M30/94	(M)235	00:44:47	00:44:32	13.47	00:22:05 / 313 [13.58]
242	1351	STANKOWSKI Radosław	WARSZAWA			87	M20/70	(M)236	00:44:47	00:44:09	13.59	00:23:12 / 448 [12.93]
243	269	URBAŃSKI Mirosław	SIERADZ			69	M40/47	(M)237	00:44:48	00:44:31	13.48	00:22:06 / 319 [13.57]
244	396	PIOTROWSKI Adam	WARSZAWA		WWW.FORT-BEMA.PL	72	M30/95	(M)238	00:44:51	00:44:48	13.39	00:22:06 / 320 [13.57]
245	1331	KLIMKOWSKI Cezary	WARSZAWA		BRAK	77	M30/96	(M)239	00:44:51	00:44:38	13.44	00:21:58 / 299 [13.66]
246	378	KALINOWSKI Jakub	WARSZAWA			85	M20/71	(M)240	00:44:51	00:44:03	13.62	00:23:11 / 447 [12.94]
247	2280	SZYCIK Waldemar	GRAJEWO		MARATONKA GRAJEWO	69	M40/48	(M)241	00:44:52	00:44:15	13.56	00:22:28 / 369 [13.35]
248	2481	ROEHRYCK Paweł	WARSZAWA			71	M30/97	(M)242	00:44:53	00:43:36	13.76	00:22:41 / 392 [13.23]
249	1627	OLKIEWICZ Jędrzej	WARSZAWA			79	M30/98	(M)243	00:44:53	00:43:09	13.90	00:21:53 / 287 [13.71]
250	611	SZYMAŃSKI Bartłomiej	WARSZAWA			89	M20/72	(M)244	00:44:54	00:43:50	13.69	00:22:43 / 397 [13.21]
251	2645	ŚLIWKA Arkadiusz	LEGIONOWO			76	M30/99	(M)245	00:44:54	00:44:24	13.51	00:22:52 / 413 [13.12]
252	1029	JAKUBIAK Rafał	WARSZAWA		BIEGAMY Z OCHOTĄ	78	M30/100	(M)246	00:44:54	00:44:22	13.52	00:22:15 / 339 [13.48]
253	1645	WISZNIEWSKI Karol	WARSZAWA			82	M20/73	(M)247	00:44:56	00:44:24	13.51	00:22:16 / 343 [13.47]
254	357	ŻERDZICKI Andrzej	WARSZAWA			54	M50/17	(M)248	00:44:56	00:44:44	13.41	00:22:14 / 337 [13.49]

Miejsce Rank	Nr Bib	Nazwisko i imię Name	Miejscowość City	Kraj Nat	Drużyna Team	R-k YoB	W kateg in Age Sex	Wynik Total	Wynik Netto	[km/h]	5km
255	1690	SZYMCZYK Oliver	WARSZAWA			88	M20/74 (M)249	00:44:59	00:44:28	13.49	00:21:37 / 260 [13.88]
256	2409	RAPAL Błaszczyk	RADOM			84	M20/75 (M)250	00:44:59	00:44:40	13.43	00:22:13 / 336 [13.50]
257	2744	KULIK Oskar	OWCZARNIA			90	M20/76 (M)251	00:45:00	00:44:00	13.64	00:23:10 / 441 [12.95]
258	2348	GRZĘCAK Marcin	ŁÓDŹ			76	M30/101 (M)252	00:45:01	00:44:37	13.45	00:22:31 / 375 [13.32]
259	2523	ZAWROTNY PAWEŁ	GIŻYCKO	-		87	M20/77 (M)253	00:45:02	00:44:47	13.40	00:22:19 / 350 [13.44]
260	2176	WIKĄ Jakub	WARSZAWA		ABC KONDYCJA	74	M30/102 (M)254	00:45:05	00:44:54	13.36	00:22:13 / 335 [13.50]
261	2228	WERSZNIK Michał	KIELCE			65	M40/49 (M)255	00:45:05	00:44:54	13.36	00:22:12 / 334 [13.51]
262	959	BIELECKI Jakub	WARSZAWA			83	M20/78 (M)256	00:45:06	00:44:06	13.61	00:23:17 / 463 [12.88]
263	2587	PARZUCH greg	NEW YORK			60	M40/50 (M)257	00:45:06	00:45:01	13.33	00:21:47 / 279 [13.77]
264	1946	VANDERSEN Paul	WARSZAWA			70	M30/103 (M)258	00:45:06	00:44:55	13.36	00:22:09 / 327 [13.54]
265	1404	ŁUKASZCZYK Tadeusz	WARSZAWA			55	M50/18 (M)259	00:45:08	00:45:00	13.33	00:21:48 / 281 [13.76]
266	1746	BURZYŃSKI Paweł	WARSZAWA		AIRBIKE	76	M30/104 (M)260	00:45:09	00:44:05	13.61	00:23:17 / 464 [12.88]
267	2308	JABŁOŃSKI Mariusz	RADOM		JW 3463 RADOM	74	M30/105 (M)261	00:45:10	00:44:02	13.63	00:23:26 / 483 [12.80]
268	729	PAWŁOWSKI HUBERT	WARSZAWA			92	M20/79 (M)262	00:45:12	00:44:26	13.50	00:22:16 / 344 [13.47]
269	1437	GRABARCZYK Marcin	WARSZAWA			68	M40/51 (M)263	00:45:12	00:45:02	13.32	00:22:42 / 394 [13.22]
270	2142	RUDZEWICZ Sebastian	WARSZAWA			80	M20/80 (M)264	00:45:13	00:44:58	13.34	00:21:01 / 210 [14.27]
271	848	GAS Adam	OTWOCK		ŁOSIOWE BŁOTA	77	M30/106 (M)265	00:45:13	00:44:58	13.34	00:22:17 / 345 [13.46]
272	2124	ZIĘBA Paweł	SOSNOWIEC			84	M20/81 (M)266	00:45:14	00:43:28	13.80	00:23:54 / 570 [12.55]
273	2206	MOŹDŻEŃ Arkadiusz				74	M30/107 (M)267	00:45:15	00:44:18	13.54	00:23:05 / 432 [13.00]
274	2161	PULAWSKI Bogusław	KADZIDŁO			68	M40/52 (M)268	00:45:16	00:45:08	13.29	00:22:28 / 370 [13.35]
275	2155	DŁUGOŁĘCKI Piotr	ŁÓDŹ			64	M40/53 (M)269	00:45:16	00:44:57	13.35	00:22:16 / 341 [13.47]
276	1043	JASIK Piotr	WARSZAWA			58	M50/19 (M)270	00:45:17	00:45:12	13.27	00:21:47 / 280 [13.77]
277	566	NIEDŹWIADEK Czesław	WARSZAWA		DGW	56	M50/20 (M)271	00:45:20	00:45:12	13.27	00:22:41 / 393 [13.23]
278	1224	GRONEK Kamil	WARSZAWA			91	M20/82 (M)272	00:45:21	00:44:22	13.52	00:23:03 / 428 [13.02]
279	2434	TARTANUS Piotr	WARSZAWA			72	M30/108 (M)273	00:45:21	00:44:47	13.40	00:22:06 / 315 [13.57]
280	673	ŚWIERCZ Iwona	WARSZAWA		BYLEDOBIEC ANIN	69	K40/2 (K)7	00:45:22	00:45:04	13.31	00:22:03 / 305 [13.61]
281	911	BIELAK ŁUKASZ	MYSZKÓW			80	M20/83 (M)274	00:45:23	00:45:02	13.32	00:22:46 / 402 [13.18]
282	2295	WIECZOREK Janusz	MIŃSK MAZOWIECKI		KB DREPTAK MIŃSK MAZOWIECKI	59	M50/21 (M)275	00:45:24	00:45:13	13.27	00:22:10 / 329 [13.53]
283	2257	MADETKO Łukasz	RASZYN		DAWIDY BANKOWE	85	M20/84 (M)276	00:45:31	00:45:10	13.28	00:22:10 / 328 [13.53]
284	2497	PRZYBYŁ Jarosław	WARSZAWA	-		81	M20/85 (M)277	00:45:33	00:45:18	13.25	00:22:07 / 322 [13.56]
285	1949	NGUYEN-BRODNICKI Tung	WARSZAWA		ERA RUNNING TEAM	72	M30/109 (M)278	00:45:33	00:45:27	13.20	00:22:26 / 364 [13.37]
286	624	NIEMIRA Michał	WARSZAWA			84	M20/86 (M)279	00:45:33	00:44:07	13.60	00:23:50 / 562 [12.59]
287	2420	WIĘCŁAW Andrzej	BŁONIE			66	M40/54 (M)280	00:45:35	00:45:30	13.19	00:22:47 / 404 [13.17]
288	172	MISZCZUK ARKADIUSZ			STRAŻ MIEJSKA	67	M40/55 (M)281	00:45:37	00:44:26	13.50	00:23:21 / 472 [12.85]
289	1087	KOZDROŃ Łukasz	JAROSŁAW			90	M20/87 (M)282	00:45:39	00:44:01	13.63	00:24:40 / 712 [12.16]
290	2231	GRUDZIEN Robert	ŁÓDŹ			63	M40/56 (M)283	00:45:40	00:44:55	13.36	00:23:44 / 540 [12.64]
291	2903	CHYŁA Artur	KONSTANCIN JEZIORNA			68	M40/57 (M)284	00:45:40	00:45:13	13.27	00:23:50 / 560 [12.59]
292	964	RUSTECKI Mariusz	WARSZAWA		INFOVIDE-MATRIX	73	M30/110 (M)285	00:45:41	00:44:41	13.43	00:23:25 / 480 [12.81]
293	2050	CHMIELEWSKI Robert	JÓZEFÓW			67	M40/58 (M)286	00:45:41	00:45:33	13.17	00:22:22 / 358 [13.41]
294	1699	CENDROWSKI Marcin	WARSZAWA			68	M40/59 (M)287	00:45:43	00:44:47	13.40	00:23:10 / 442 [12.95]
295	1651	KREPS Andrzej	WARSZAWA		CARSERWIS	67	M40/60 (M)288	00:45:43	00:45:35	13.16	00:21:59 / 300 [13.65]
296	2490	LARWIŃSKI Bartłomiej	WARSZAWA		CENTRUM PODRÓŻY SA	72	M30/111 (M)289	00:45:43	00:45:03	13.32	00:23:48 / 552 [12.61]
297	1093	KWIECIEŃ Jakub	JAROSŁAW			89	M20/88 (M)290	00:45:47	00:44:09	13.59	00:24:40 / 710 [12.16]
298	1058	JANCZAK Marek	RADOM			73	M30/112 (M)291	00:45:47	00:44:51	13.38	00:23:39 / 527 [12.68]
299	1682	PIETRASIK Krzysiek	RADOM/WARSZAWA			87	M20/89 (M)292	00:45:48	00:45:34	13.17	00:22:29 / 371 [13.34]
300	817	MIATKOWSKI Błażej	WARSZAWA			70	M30/113 (M)293	00:45:49	00:44:18	13.54	00:24:10 / 615 [12.41]
301	782	KLIGLICH Paweł	WARSZAWA			77	M30/114 (M)294	00:45:51	00:45:31	13.18	00:22:38 / 388 [13.25]
302	2177	NOWOSAD Michał	WARSZAWA			81	M20/90 (M)295	00:45:51	00:44:36	13.45	00:23:55 / 574 [12.54]
303	2057	KACZMAREK Paweł	POZNAŃ		PUMA Z BIEGIEM POZNANIA	81	M20/91 (M)296	00:45:54	00:44:23	13.52	00:24:19 / 652 [12.34]
304	1077	KULICKA Agata	WARSZAWA		INDYWIDUALNIE	75	K30/3 (K)8	00:45:56	00:45:50	13.09	00:22:32 / 376 [13.31]
305	857	SZMIDT Jacek	WARSZAWA		BIELAŃSKI KB WARSZAWA	57	M50/22 (M)297	00:45:57	00:45:46	13.11	00:22:50 / 411 [13.14]
306	1301	SWORCZUK Paweł	MIĘDZYRZEC PODLASKI			81	M20/92 (M)298	00:45:59	00:45:11	13.28	00:23:29 / 496 [12.78]
307	910	JAKUBASZEK Monika	WARSZAWA			80	K20/4 (K)9	00:46:00	00:45:00	13.33	00:23:17 / 462 [12.88]

Miejsce Rank	Nr Bib	Nazwisko i imię Name	Miejscowość City	Kraj Nat	Drużyna Team	R-k YoB	W kateg in Age Sex	Wynik Total	Wynik Netto	[km/h]	5km
308	2098	DZIKOWSKI Krzysztof	OSTRÓW MAZ		U OLKA	74	M30/115 (M)299	00:46:01	00:45:13	13.27	00:23:28 / 493 [12.78]
309	1125	HENSLER Grzegorz	WARSZAWA			77	M30/116 (M)300	00:46:01	00:44:54	13.36	00:23:16 / 459 [12.89]
310	1655	LIS Marek	WARSZAWA			75	M30/117 (M)301	00:46:02	00:45:49	13.10	00:23:34 / 510 [12.73]
311	2736	NURKOWSKI Maciej	NOWA IWICZNA			78	M30/118 (M)302	00:46:03	00:45:31	13.18	00:21:30 / 252 [13.95]
312	939	RĄCZKA Maciej	WARSZAWA		BRAK	88	M20/93 (M)303	00:46:03	00:45:42	13.13	00:23:10 / 443 [12.95]
313	1920	WIEŚNIAK Dariusz	WARSZAWA			78	M30/119 (M)304	00:46:03	00:44:49	13.39	00:24:40 / 713 [12.16]
314	2674	ZAWODNIK DO UZUP					(M)305	00:46:04	00:45:51	13.09	00:22:53 / 414 [13.11]
315	2700	GRONO Krzysztof	FIUKÓWKA		CREATIVE RACING	75	M30/120 (M)306	00:46:05	00:45:08	13.29	00:23:44 / 539 [12.64]
316	1361	PINDELSKI Szymon	WARSZAWA			77	M30/121 (M)307	00:46:08	00:44:31	13.48	00:24:18 / 650 [12.35]
317	704	BOGOBOWICZ Zbigniew	W			49	M60/1 (M)308	00:46:08	00:45:28	13.20	00:23:32 / 504 [12.75]
318	135	MARCZYŃSKA Katarzyna	OŻARÓW MAZOWIECKI			70	K30/4 (K)10	00:46:11	00:45:31	13.18	00:23:49 / 558 [12.60]
319	2127	ŁASTOWIECKI Radosław	MIŃSK MAZOWIECKI		1131	75	M30/122 (M)309	00:46:12	00:46:03	13.03	00:22:04 / 308 [13.60]
320	1427	ŻESZCZYŃSKI Cezary	WARSZAWA			79	M30/123 (M)310	00:46:13	00:45:36	13.16	00:22:47 / 405 [13.17]
321	660	KUNA PAWEŁ	LIPSKO		WSPOL SZCZYTNO	82	M20/94 (M)311	00:46:13	00:45:12	13.27	00:23:16 / 460 [12.89]
322	2576	PAJDOSZ Rafał	BIAŁA PODLASKA		NIEZRZESZONY	77	M30/124 (M)312	00:46:14	00:45:01	13.33	00:24:17 / 643 [12.35]
323	868	ZAWISTOWSKI ARTUR	WARSZAWA			76	M30/125 (M)313	00:46:14	00:45:58	13.05	00:22:32 / 377 [13.31]
324	2464	KORDELAS Grzegorz	ŁÓDŹ			50	M50/23 (M)314	00:46:15	00:46:11	12.99	00:22:49 / 407 [13.15]
325	2611	GRZESZCZUK Grzegorz	WARSZAWA				(M)315	00:46:16	00:44:35	13.46	00:24:44 / 723 [12.13]
326	451	DĄBLEWSKI Maksymilian	WARSZAWA			74	M30/126 (M)316	00:46:18	00:46:01	13.04	00:22:37 / 383 [13.26]
327	2467	KRÓLAK Jonatan	ŁÓDŹ			93	M20/95 (M)317	00:46:19	00:46:14	12.98	00:21:43 / 272 [13.81]
328	1571	SUTARCZYK MAREK	WARSZAWA		OSIR BEMOWO WARSZAWA	55	M50/24 (M)318	00:46:19	00:45:58	13.05	00:22:44 / 399 [13.20]
329	407	HORODEŃSKI Michał	WARSZAWA			74	M30/127 (M)319	00:46:23	00:46:09	13.00	00:22:31 / 373 [13.32]
330	415	POPOWSKI Jarosław	WARSZAWA		JUREK O TEAM WARSZAWA	69	M40/61 (M)320	00:46:26	00:44:49	13.39	00:24:03 / 594 [12.47]
331	1925	NOWIŃSKI Arkadiusz	OTWOCK			76	M30/128 (M)321	00:46:26	00:46:22	12.94	00:22:38 / 387 [13.25]
332	1243	BANACH Krzysztof	LUBLIN			72	M30/129 (M)322	00:46:26	00:45:26	13.21	00:23:27 / 488 [12.79]
333	2705	PUCHTA Dariusz	WARSZAWA			90	M20/96 (M)323	00:46:27	00:46:17	12.96	00:23:48 / 557 [12.61]
334	2157	SABANDA Witold	ŁÓDŹ		KB ARTURÓWEK ŁÓDŹ	73	M30/130 (M)324	00:46:27	00:46:19	12.95	00:22:53 / 415 [13.11]
335	1566	WOSKOWSKI Paweł	WARSZAWA			81	M20/97 (M)325	00:46:30	00:45:28	13.20	00:21:30 / 251 [13.95]
336	541	BLAUTENBERG Leszek	WARSZAWA		ZPR	64	M40/62 (M)326	00:46:36	00:46:30	12.90	00:22:50 / 409 [13.14]
337	1344	PIETRZAK Mieczysław	WARSZAWA			65	M40/63 (M)327	00:46:36	00:46:00	13.04	00:22:47 / 403 [13.17]
338	1019	DĄBROWSKI Jarosław	POLKOWICE			73	M30/131 (M)328	00:46:36	00:46:26	12.92	00:22:44 / 400 [13.20]
339	2169	TROCHIMOWICZ ARTUR	SZCZYTNO		AKB GIMNAZJUM 1 SZCZYTNO	61	M40/64 (M)329	00:46:39	00:46:36	12.88	00:22:42 / 395 [13.22]
340	1829	KACPERSKI Olaf	WARSZAWA			73	M30/132 (M)330	00:46:40	00:46:36	12.88	00:22:06 / 317 [13.57]
341	646	PAWLICKI Tomasz	WARSZAWA			80	M20/98 (M)331	00:46:42	00:46:10	13.00	00:23:30 / 497 [12.77]
342	830	WOLANIN Tomasz	WARSZAWA		MARATONYPOLSKIE.PL TEAM	74	M30/133 (M)332	00:46:42	00:46:21	12.94	00:23:04 / 430 [13.01]
343	1628	STAWOWSKI Piotr	WARSZAWA			79	M30/134 (M)333	00:46:43	00:46:26	12.92	00:23:38 / 525 [12.69]
344	2148	FIRADZA Michał	KROŚNIEWICE			75	M30/135 (M)334	00:46:43	00:46:35	12.88	00:23:05 / 431 [13.00]
345	1981	GÓRALSKI Jan	WARSZAWA		KANCELARIA ADWOKACKA GÓRALSKI & GÓRA	81	M20/99 (M)335	00:46:43	00:46:16	12.97	00:23:01 / 426 [13.03]
346	589	WÓJCICKI Leszek	MIŃSK MAZOWIECKI			63	M40/65 (M)336	00:46:44	00:46:39	12.86	00:23:28 / 492 [12.78]
347	1623	WOŹNIAK Piotr	NIECHŁONIN			81	M20/100 (M)337	00:46:47	00:46:04	13.02	00:25:03 / 776 [11.98]
348	1480	WCISŁO Marek	WARSZAWA		ERA RUNNING TEAM	70	M30/136 (M)338	00:46:47	00:46:03	13.03	00:23:33 / 508 [12.74]
349	2543	KUSIDEL Bartłomiej	TOMASZOW		WKS KAWALERIA	83	M20/101 (M)339	00:46:47	00:46:34	12.88	00:23:59 / 582 [12.51]
350	1204	PIOTROWICZ Dariusz	WARSZAWA			75	M30/137 (M)340	00:46:48	00:46:40	12.86	00:23:27 / 487 [12.79]
351	399	OWSIŃSKI andrzej	WARSZAWA			70	M30/138 (M)341	00:46:49	00:45:56	13.06	00:23:26 / 484 [12.80]
352	377	JANKOWSKI Marek	WOŁOMIN			63	M40/66 (M)342	00:46:50	00:45:32	13.18	00:23:42 / 536 [12.66]
353	1804	LISEWSKI Tomasz	ZŁOTORIA			82	M20/102 (M)343	00:46:50	00:46:43	12.84	00:22:56 / 418 [13.08]
354	2731	ZAJĄC GRZEGORZ	NADARZYN		WIĘCEJ FUNKU !!! RALLY TEAM	84	M20/103 (M)344	00:46:50	00:45:13	13.27	00:24:49 / 738 [12.09]
355	1960	DEMIANIUK Kasia	WARSZAWA			80	K20/5 (K)11	00:46:51	00:46:40	12.86	00:23:12 / 449 [12.93]
356	2555	ANDZIAK Grzegorz	WARSZAWA		WARSZAWIAKY	74	M30/139 (M)345	00:46:52	00:46:36	12.88	00:22:52 / 412 [13.12]
357	1698	KASPRZYK Krzysztof	WARSZAWA		LASEK BIELAŃSKI TEAM	74	M30/140 (M)346	00:46:53	00:46:22	12.94	00:23:15 / 457 [12.90]
358	408	POKŁOŃSKI Maciej	WARSZAWA			69	M40/67 (M)347	00:46:53	00:46:31	12.90	00:23:11 / 446 [12.94]
359	2396	PETRYK Karol	WARSZAWA			82	M20/104 (M)348	00:46:54	00:46:32	12.89	00:23:48 / 554 [12.61]

Miejsce Rank	Nr Bib	Nazwisko i imię Name	Miejscowość City	Kraj Nat	Drużyna Team	R-k YoB	W kateg in Age Sex	Wynik Total	Wynik Netto	[km/h]	5km
360	2887	DREWZYŃSKI Dawid				09	(M)349	00:46:54	00:45:38	13.15	00:23:13 / 451 [12.92]
361	2526	CIEĆKO Artur	PRZEMYŚL		APTEKA W RYNKU	76	M30/141 (M)350	00:46:56	00:46:49	12.82	00:23:48 / 553 [12.61]
362	635	PEDA Adam	WARSZAWA			78	M30/142 (M)351	00:46:56	00:46:39	12.86	00:25:40 / 906 [11.69]
363	680	MICHALUK Marcin	WARSZAWA			83	M20/105 (M)352	00:46:56	00:46:16	12.97	00:25:02 / 775 [11.98]
364	368	MALISZEWSKI Cezary	WARSZAWA		DENAT	58	M50/25 (M)353	00:46:57	00:45:55	13.07	00:23:31 / 500 [12.76]
365	369	KOZŁOWSKI Sobiesław	LEGNICA			79	M30/143 (M)354	00:46:57	00:46:47	12.83	00:23:16 / 461 [12.89]
366	1652	KUŹNIEWSKA Małgorzata	WARSZAWA		CARSERWIS	77	K30/5 (K)12	00:46:57	00:46:48	12.82	00:22:40 / 391 [13.24]
367	2352	PEKALA Jarosław	ZGIERZ			70	M30/144 (M)355	00:46:58	00:46:14	12.98	00:23:26 / 481 [12.80]
368	1644	GAC Jacek	WARSZAWA			67	M40/68 (M)356	00:46:58	00:46:07	13.01	00:23:19 / 468 [12.87]
369	478	DĄBROWSKI Mirosław	WARSZAWA			67	M40/69 (M)357	00:46:59	00:46:40	12.86	00:23:31 / 501 [12.76]
370	1179	STANKIEWICZ Krzysztof	WARSZAWA		BIK S.A.	71	M30/145 (M)358	00:47:00	00:46:25	12.93	00:24:13 / 625 [12.39]
371	1848	FLOREK Jakub	KROSNO			84	M20/106 (M)359	00:47:02	00:45:55	13.07	00:23:53 / 568 [12.56]
372	2716	STANISZEWSKI Waldemar	WARSZAWA		TARCHOMIN - WIEŚ	48	M60/2 (M)360	00:47:03	00:46:27	12.92	00:23:20 / 471 [12.86]
373	30	STAROSTKA Jacek			PKO	09	(M)361	00:47:03	00:46:58	12.78	00:22:43 / 398 [13.21]
374	963	SZEMPLIŃSKI Paweł	WARSZAWA		INFOVIDE - MATRIX	72	M30/146 (M)362	00:47:05	00:46:05	13.02	00:24:09 / 612 [12.42]
375	2140	GOCH Karol	SOCHACZEW		KM AKTYWNI SOCHACZEW	85	M20/107 (M)363	00:47:05	00:46:52	12.80	00:23:20 / 470 [12.86]
376	2119	KLAMCZYŃSKI Marek	SULEJÓWEK		NIESTOWARZYSZONY	59	M50/26 (M)364	00:47:06	00:46:20	12.95	00:23:36 / 516 [12.71]
377	915	WILCZYŃSKI TOMASZ	WARSZAWA			87	M20/108 (M)365	00:47:06	00:46:49	12.82	00:24:06 / 599 [12.45]
378	2654	JANICKI Marcin	LEGIONOWO			91	M20/109 (M)366	00:47:06	00:45:39	13.14	00:25:12 / 800 [11.90]
379	1728	BIENIEK Paweł	WARSZAWA			92	M20/110 (M)367	00:47:07	00:45:37	13.15	00:24:18 / 647 [12.35]
380	2150	BANIA Jan	ŁÓDŹ		K B ARTURÓWEK ŁÓDŹ	46	M60/3 (M)368	00:47:07	00:47:00	12.77	00:22:58 / 420 [13.06]
381	356	SKRZYNIARZ Tomasz	WARSZAWA			77	M30/147 (M)369	00:47:07	00:46:35	12.88	00:23:44 / 541 [12.64]
382	2359	URBAŃSKI RAFAŁ	GIŻYCKO	-		89	M20/111 (M)370	00:47:08	00:46:54	12.79	00:23:08 / 439 [12.97]
383	1021	ARNOLD Waldemar	WARSZAWA			53	M50/27 (M)371	00:47:08	00:46:49	12.82	00:23:16 / 458 [12.89]
384	774	RZEPKA Paweł	PIASTÓW			81	M20/112 (M)372	00:47:09	00:46:18	12.96	00:25:20 / 827 [11.84]
385	2492	JASIŃSKI Robert	WARSZAWA		C.W.K.S	83	M20/113 (M)373	00:47:10	00:45:24	13.22	00:25:08 / 789 [11.94]
386	988	KUREK Andrzej	WARSZAWA			55	M50/28 (M)374	00:47:11	00:47:01	12.76	00:23:10 / 440 [12.95]
387	677	BIELUSZKA Marta	WARSZAWA			85	K20/6 (K)13	00:47:12	00:47:03	12.75	00:23:30 / 498 [12.77]
388	1939	CHARIASZ Paweł	WARSZAWA			73	M30/148 (M)375	00:47:12	00:46:25	12.93	00:24:17 / 642 [12.35]
389	1306	BIREK Mateusz	WARSZAWA			82	M20/114 (M)376	00:47:13	00:45:04	13.31	00:25:45 / 918 [11.65]
390	1813	TIMOSZUK Jarosław				74	M30/149 (M)377	00:47:13	00:46:37	12.87	00:23:13 / 452 [12.92]
391	509	REMBERK Michał	WARSZAWA		WARSZAWSKI ŻÓŁWIK	71	M30/150 (M)378	00:47:14	00:46:45	12.83	00:23:33 / 507 [12.74]
392	2475	KWAŚNIEWSKI Włodzimierz	WARSZAWA			52	M50/29 (M)379	00:47:15	00:47:05	12.74	00:22:58 / 419 [13.06]
393	2418	ZIELSKI GRZEGORZ	WARSZAWA		SPARTAN (KLUB OSIEDLOWY)	78	M30/151 (M)380	00:47:15	00:46:04	13.02	00:24:48 / 735 [12.10]
394	1240	PIĘTKA Jarosław	MIŃSK MAZOWIECKI			80	M20/115 (M)381	00:47:16	00:46:35	12.88	00:25:03 / 777 [11.98]
395	1997	KWITOWSKI Piotr				78	M30/152 (M)382	00:47:17	00:46:38	12.87	00:24:34 / 693 [12.21]
396	720	RACHWAŁ Michał	WARSZAWA			81	M20/116 (M)383	00:47:18	00:46:51	12.81	00:23:37 / 521 [12.70]
397	2060	PLASKOTA Michał	NADARZYN			83	M20/117 (M)384	00:47:19	00:46:40	12.86	00:24:01 / 586 [12.49]
398	2362	ŁYCZKO Sławomir	KĘTRZYN		GARBATE MZURY	65	M40/70 (M)385	00:47:20	00:46:55	12.79	00:24:00 / 584 [12.50]
399	1865	TRONINA Marek	WARSZAWA		MARATON WARSZAWSKI	68	M40/71 (M)386	00:47:20	00:46:45	12.83	00:23:50 / 563 [12.59]
400	1017	SZYMCZAKOWSKI TADEUSZ	RAWA MAZOWIECKA		RAWA MAZOWIECKA	54	M50/30 (M)387	00:47:23	00:46:54	12.79	00:24:11 / 619 [12.41]
401	2128	ŻAK Robert	MARKI			77	M30/153 (M)388	00:47:23	00:47:11	12.72	00:23:32 / 502 [12.75]
402	2293	WIECZOREK Filip	MIŃSK MAZOWIECKI		KB DREPTAK MIŃSK MAZOWIECKI	91	M20/118 (M)389	00:47:24	00:47:19	12.68	00:24:11 / 616 [12.41]
403	1521	PLUTA Ireneusz	WARSZAWA			62	M40/72 (M)390	00:47:27	00:47:02	12.76	00:25:58 / 977 [11.55]
404	105	WOŹNIAK ADAM			PKO	09	(M)391	00:47:29	00:47:06	12.74	00:23:19 / 466 [12.87]
405	1529	CYPEL Piotr	SOCHACZEW		DRAGON FC SOCHACZEW	82	M20/119 (M)392	00:47:29	00:47:24	12.66	00:24:40 / 714 [12.16]
406	1455	POLCYN JAN	OSIEK			64	M40/73 (M)393	00:47:30	00:46:47	12.83	00:23:28 / 490 [12.78]
407	1546	BAKOWSKI piotr	PIASECZNO			77	M30/154 (M)394	00:47:31	00:46:53	12.80	00:24:25 / 671 [12.29]
408	2318	BALCER Konrad	WARSZAWA			80	M20/120 (M)395	00:47:31	00:46:56	12.78	00:24:53 / 750 [12.06]
409	932	SULEJ Mieczysław	ŁUKÓW		KB DELFINEK ŁUKÓW	49	M60/4 (M)396	00:47:33	00:46:35	12.88	00:23:39 / 526 [12.68]
410	2353	PIENIAK Sławomir	WARSZAWA			65	M40/74 (M)397	00:47:34	00:47:20	12.68	00:23:34 / 511 [12.73]
411	2240	ZARYCHTA Paweł	WIELICZKA			76	M30/155 (M)398	00:47:34	00:47:18	12.68	00:23:28 / 491 [12.78]
412	1973	BORS Łukasz	NOWE MIASTO			85	M20/121 (M)399	00:47:34	00:47:21	12.67	00:23:38 / 523 [12.69]

Miejsce Rank	Nr Bib	Nazwisko i imię Name	Miejscowość City	Kraj Nat	Drużyna Team	R-k YoB	W kateg in Age Sex	Wynik Total	Wynik Netto	[km/h]	5km
413	1650	JURCZYK Jerzy	WARSZAWA			76	M30/156 (M)400	00:47:35	00:46:53	12.80	00:23:22 / 476 [12.84]
414	1055	STEFANIAK Tomasz	PIASECZNO			79	M30/157 (M)401	00:47:35	00:47:08	12.73	00:24:38 / 704 [12.18]
415	1296	KUREK Krzysztof	LEGIONOWO			80	M20/122 (M)402	00:47:36	00:47:05	12.74	00:23:43 / 538 [12.65]
416	1291	ROMANIUK Michał	SIEDLCE			75	M30/158 (M)403	00:47:36	00:47:27	12.64	00:22:56 / 417 [13.08]
417	1160	ZYGALUK Szymon	WARSZAWA			90	M20/123 (M)404	00:47:37	00:46:58	12.78	00:25:23 / 830 [11.82]
418	1850	PIOTRAK Marcin	WARSZAWA			75	M30/159 (M)405	00:47:39	00:46:44	12.84	00:24:43 / 720 [12.14]
419	1218	GRZEGORCZYK Wojciech	WARSZAWA			67	M40/75 (M)406	00:47:39	00:47:16	12.69	00:23:46 / 545 [12.62]
420	2885	JABŁOŃSKI Bartosz				80	M20/124 (M)407	00:47:40	00:46:23	12.94	00:25:28 / 853 [11.78]
421	285	ZĘGOTA Grzegorz	WARSZAWA			72	M30/160 (M)408	00:47:41	00:45:29	13.19	00:24:47 / 732 [12.10]
422	243	ŁASIŃSKI Paweł	WARSZAWA		AMD NTT SYSTEM	83	M20/125 (M)409	00:47:42	00:47:36	12.61	00:23:54 / 569 [12.55]
423	1532	SKUBISZEWSKI Maciej	WARSZAWA			83	M20/126 (M)410	00:47:42	00:46:30	12.90	00:25:35 / 883 [11.73]
424	1127	MITKA Bartosz	WARSZAWA			80	M20/127 (M)411	00:47:42	00:47:01	12.76	00:25:35 / 886 [11.73]
425	1803	JANISZEWSKI Juliusz	WARSZAWA			78	M30/161 (M)412	00:47:43	00:46:43	12.84	00:24:22 / 662 [12.31]
426	1001	SZCZEPANIK Daniel	WARSZAWA			75	M30/162 (M)413	00:47:44	00:46:51	12.81	00:24:44 / 721 [12.13]
427	2516	MILCZAREK Janusz	ŁÓDŹ		32 BAZA LOTNICZA / JASTRZĄB	62	M40/76 (M)414	00:47:46	00:46:57	12.78	00:23:57 / 575 [12.53]
428	715	KILIAŃSKI Rafał	WARSZAWA			72	M30/163 (M)415	00:47:47	00:46:51	12.81	00:25:12 / 799 [11.90]
429	2379	NOCUŃ Czesław				09	(M)416	00:47:48	00:47:04	12.75	00:24:47 / 731 [12.10]
430	1084	OSIAK Andrzej	ZALESIE GÓRNE		ZALESIE GÓRNE	61	M40/77 (M)417	00:47:48	00:46:58	12.78	00:24:11 / 620 [12.41]
431	2003	PALACZ Krzysztof	WARSZAWA			92	M20/128 (M)418	00:47:48	00:46:18	12.96	00:24:12 / 621 [12.40]
432	2002	RAKOCZY Piotr	WARSZAWA			77	M30/164 (M)419	00:47:48	00:46:12	12.99	00:24:16 / 640 [12.36]
433	1347	KLEPACKI Tomasz	WARSZAWA		BIELAŃSKI KB WARSZAWA	56	M50/31 (M)420	00:47:48	00:47:04	12.75	00:24:28 / 677 [12.26]
434	1535	MAGRZYK Czesław	WARSZAWA		BIELAŃSKI KB WARSZAWA	55	M50/32 (M)421	00:47:49	00:47:05	12.74	00:24:28 / 679 [12.26]
435	2074	RATAJEWICZ Maciek	WARSZAWA		SKPB WARSZAWA	80	M20/129 (M)422	00:47:49	00:47:11	12.72	00:24:09 / 611 [12.42]
436	2431	SADOWSKI Piotr	PIASECZNO			68	M40/78 (M)423	00:47:49	00:47:40	12.59	00:23:21 / 473 [12.85]
437	2701	BRYL Marcin	WARSZAWA			79	M30/165 (M)424	00:47:49	00:45:55	13.07	00:25:54 / 955 [11.58]
438	2546	TARNOWSKA Justyna	WARSZAWA		Ś.U.K.S POLNA WARSZAWA	79	K30/6 (K)14	00:47:50	00:47:09	12.73	00:25:11 / 796 [11.91]
439	1124	DRABIK Jacek	WARSZAWA			79	M30/166 (M)425	00:47:50	00:46:44	12.84	00:23:47 / 551 [12.61]
440	1840	KOZŁOWSKI Tomasz	TUCHOLA			78	M30/167 (M)426	00:47:50	00:47:40	12.59	00:23:42 / 533 [12.66]
441	2235	GRZYBOWSKI Dariusz	GRÓJEC		NIEZRZESZONY	72	M30/168 (M)427	00:47:50	00:47:43	12.57	00:23:47 / 549 [12.61]
442	691	LEWIŃSKI Hubert	LEGIONOWO			85	M20/130 (M)428	00:47:51	00:47:30	12.63	00:23:58 / 577 [12.52]
443	1839	NOWACKA Justyna	TUCHOLA			78	K30/7 (K)15	00:47:51	00:47:40	12.59	00:23:57 / 576 [12.53]
444	684	KRAWCZYK Jakub	WARSZAWA			88	M20/131 (M)429	00:47:51	00:47:24	12.66	00:22:49 / 408 [13.15]
445	1142	KOŚLA Krystian	MIELEK		RBS BANK	84	M20/132 (M)430	00:47:53	00:47:42	12.58	00:23:07 / 436 [12.98]
446	2004	KIELAK Bartłomiej	PIASECZNO			92	M20/133 (M)431	00:47:53	00:46:23	12.94	00:24:14 / 627 [12.38]
447	1439	SKRZESZEWSKI Grzegorz	WARSZAWA			58	M50/33 (M)432	00:47:53	00:47:48	12.55	00:23:52 / 566 [12.57]
448	498	SERWATKA Lech	WARSZAWA			75	M30/169 (M)433	00:47:54	00:47:15	12.70	00:24:45 / 725 [12.12]
449	1787	GANCZEWSKI Paweł	KOMORÓW			69	M40/79 (M)434	00:47:54	00:47:23	12.66	00:24:54 / 752 [12.05]
450	1378	ROGOZIŃSKI Jędrzej	WARSZAWA			85	M20/134 (M)435	00:47:55	00:46:41	12.85	00:24:54 / 755 [12.05]
451	2458	SULIŃSKI Konrad	WARSZAWA		AIRBIKE	82	M20/135 (M)436	00:47:55	00:46:49	12.82	00:24:16 / 636 [12.36]
452	2065	ŻURANIEWSKA Agnieszka	WARSZAWA			77	K30/8 (K)16	00:47:55	00:47:21	12.67	00:23:49 / 559 [12.60]
453	1541	FABIŃSKI grzegorz	WARSZAWA			75	M30/170 (M)437	00:47:57	00:47:38	12.60	00:23:00 / 423 [13.04]
454	2739	ŚWIDERSKI Dariusz	WARSZAWA		CENTRALA FARMACEUTYCZNA CEFARMSA	69	M40/80 (M)438	00:47:58	00:47:29	12.64	00:23:35 / 514 [12.72]
455	1057	BIAŁAS Konrad	WARSZAWA			73	M30/171 (M)439	00:47:58	00:47:02	12.76	00:23:40 / 528 [12.68]
456	1051	NYCKOWSKI Jan	KAJETANY			85	M20/136 (M)440	00:47:58	00:46:56	12.78	00:24:25 / 670 [12.29]
457	2662	TELIDECKI PATRYK	LEGIONOWO				(M)441	00:47:59	00:46:32	12.89	00:25:20 / 826 [11.84]
458	687	KAWCZYŃSKI Dariusz	ŁÓDŹ			79	M30/172 (M)442	00:47:59	00:47:10	12.72	00:23:47 / 550 [12.61]
459	464	KOWALCZYK Tomek	WARSZAWA			88	M20/137 (M)443	00:48:00	00:47:02	12.76	00:23:32 / 503 [12.75]
460	2625	CHRABAŁOWSKI Jarosław	WARSZAWA		KB GYMNASION WARSZAWA	85	M20/138 (M)444	00:48:00	00:47:46	12.56	00:25:09 / 791 [11.93]
461	2340	BEREZOWSKI Oskar	WARSZAWA			75	M30/173 (M)445	00:48:01	00:47:36	12.61	00:24:15 / 633 [12.37]
462	137	KOZŁOWSKI Tomasz				09	(M)446	00:48:01	00:47:58	12.51	00:25:09 / 792 [11.93]
463	971	WIELOGÓRKA Piotr	WARSZAWA		BYLEDOBIEC	76	M30/174 (M)447	00:48:02	00:47:55	12.52	00:23:51 / 564 [12.58]
464	888	JANECKI Przemysław	DĄBROWICE			80	M20/139 (M)448	00:48:04	00:47:40	12.59	00:24:06 / 600 [12.45]

Miejsce Rank	Nr Bib	Nazwisko i imię Name	Miejscowość City	Kraj Nat	Drużyna Team	R-k YoB	W kateg in Age Sex	Wynik Total	Wynik Netto	[km/h]	5km
465	2469	SAWICKI mikolaj	WARSZAWA			79	M30/175 (M)449	00:48:05	00:47:39	12.59	00:23:43 / 537 [12.65]
466	1819	PIEKAREK Grzegorz				77	M30/176 (M)450	00:48:06	00:47:47	12.56	00:23:48 / 555 [12.61]
467	2601	WENTYKIER PIOTR	PLONSK		KLUB PLONSK	79	M30/177 (M)451	00:48:06	00:48:00	12.50	00:23:24 / 478 [12.82]
468	2216	BADOWSKA Sylwia	ŁÓDŹ		STRAŻ MIEJSKA	80	K20/7 (K)17	00:48:08	00:46:58	12.78	00:24:25 / 669 [12.29]
469	2524	KRYSIAK ADAM	GIŻYCKO		-	77	M30/178 (M)452	00:48:08	00:47:54	12.53	00:23:29 / 495 [12.78]
470	2741	TROCHIMCZUK Rafał	WARSZAWA		ACCELERATE	80	M20/140 (M)453	00:48:09	00:46:49	12.82	00:25:36 / 888 [11.72]
471	2921	JACZEWSKI Wojciech	RADOM			80	M20/141 (M)454	00:48:09	00:47:27	12.64	00:25:37 / 894 [11.71]
472	1780	SOBIESZEK Krzysztof	WARSZAWA			80	M20/142 (M)455	00:48:10	00:47:04	12.75	00:25:38 / 897 [11.70]
473	1302	ŁOBODZIŃSKI Piotr	NOWA IWICZNA			67	M40/81 (M)456	00:48:10	00:47:49	12.55	00:24:24 / 666 [12.30]
474	1425	KLIMA WOJCIECH	WARSZAWA			76	M30/179 (M)457	00:48:10	00:47:42	12.58	00:24:06 / 601 [12.45]
475	56	GRABIŃSKI Marcin			NIWIDOMI	09	(M)458	00:48:10	00:47:49	12.55	00:23:58 / 578 [12.52]
476	2170	BARANOWSKI WALDEMAR	SZCZYTNO		AKB SZCZYTNO	57	M50/34 (M)459	00:48:11	00:48:08	12.47	00:23:26 / 482 [12.80]
477	576	ŚWIDERSKI Sławomir	OKUNIEW			72	M30/180 (M)460	00:48:11	00:47:45	12.57	00:24:36 / 700 [12.20]
478	2542	SZYPCZAK Tomasz	SOCHACZEW			75	M30/181 (M)461	00:48:11	00:47:05	12.74	00:25:23 / 832 [11.82]
479	2513	ROPIAK Ryszard	MYSZYŃCIEC		KURPIE MYSZYŃCIEC	44	M60/5 (M)462	00:48:12	00:46:47	12.83	00:25:25 / 837 [11.80]
480	552	CACKOWSKI Robert	ŻABINIEC			76	(M)463	00:48:13	00:46:36	12.88	00:25:56 / 966 [11.57]
481	551	CACKOWSKI Dariusz	ŻABINIEC			78	M30/182 (M)464	00:48:13	00:46:35	12.88	00:25:56 / 965 [11.57]
482	209	BIESZYŃSKA Anna	ŁOMIANKI		ŁOMIANKI	60	K40/3 (K)18	00:48:14	00:47:14	12.70	00:23:27 / 486 [12.79]
483	694	BAK Magdalena	JÓZEFÓW			83	K20/8 (K)19	00:48:14	00:47:51	12.54	00:24:03 / 591 [12.47]
484	1038	GÓRECKI Tomasz	WARSZAWA			71	M30/183 (M)465	00:48:18	00:46:37	12.87	00:25:29 / 854 [11.77]
485	1083	ŚCIBOR MARIAN	ZEGRZE			72	M30/184 (M)466	00:48:20	00:48:06	12.47	00:24:08 / 604 [12.43]
486	1394	SKORUPIŃSKI Jarosław	RADZYMIN			68	M40/82 (M)467	00:48:21	00:46:54	12.79	00:25:04 / 781 [11.97]
487	1247	KĘCIK Janusz	WARSZAWA			51	M50/35 (M)468	00:48:24	00:48:06	12.47	00:23:27 / 489 [12.79]
488	1676	WAŚNIEWSKI Sylwester	WARSZAWA		NIE	71	M30/185 (M)469	00:48:25	00:47:58	12.51	00:23:47 / 548 [12.61]
489	592	NOWAK Jacek	WARSZAWA			77	M30/186 (M)470	00:48:26	00:47:34	12.61	00:24:22 / 659 [12.31]
490	490	RÓWNICKI Dariusz	WARSZAWA			72	M30/187 (M)471	00:48:26	00:46:41	12.85	00:25:30 / 856 [11.76]
491	1837	JACENKO Maciej	WARSZAWA			76	M30/188 (M)472	00:48:27	00:47:32	12.62	00:25:39 / 901 [11.70]
492	2554	GRUDNIEWSKI Edward	KOZIENICE		KCKRIS-KOZIENICE	55	M50/36 (M)473	00:48:27	00:47:57	12.51	00:24:24 / 668 [12.30]
493	1520	KOMOR MIROSLAW	PIASÓW		PIAST	51	M50/37 (M)474	00:48:28	00:48:11	12.45	00:23:41 / 532 [12.67]
494	1287	FELIS Paweł	WARSZAWA		NIEZRZESZONY	69	M40/83 (M)475	00:48:29	00:48:03	12.49	00:24:16 / 637 [12.36]
495	2263	SKWARSKI Daniel	WARSZAWA			85	M20/143 (M)476	00:48:29	00:46:49	12.82	00:25:32 / 871 [11.75]
496	1996	SARNA Oktawian	WARSZAWA			62	M40/84 (M)477	00:48:29	00:48:05	12.48	00:25:47 / 931 [11.64]
497	111	JAGŁOWSKI MARIUSZ			PKO	09	(M)478	00:48:29	00:48:07	12.47	00:24:16 / 641 [12.36]
498	996	SOMMER robert	WARSZAWA		UKS ŻOLIBORZ	64	M40/85 (M)479	00:48:29	00:48:05	12.48	00:25:47 / 935 [11.64]
499	2702	SIKORA GRZEGORZ	WARSZAWA			83	M20/144 (M)480	00:48:29	00:46:34	12.88	00:25:54 / 958 [11.58]
500	1283	KORCZ Dariusz	ŁÓDŹ			63	M40/86 (M)481	00:48:30	00:47:15	12.70	00:24:54 / 753 [12.05]
501	575	BAK Tomasz	WARSZAWA-WESOLA			71	M30/189 (M)482	00:48:31	00:48:12	12.45	00:24:00 / 585 [12.50]
502	2112	ORZECOWSKI Krzysztof	SOCHACZEW		KM AKTYWNI SOCHACZEW	49	M60/6 (M)483	00:48:31	00:48:17	12.43	00:24:17 / 644 [12.35]
503	2874	WITKOWSKI Tadeusz	TARNÓW OPOLSKI		NIEZRZESZONY	56	M50/38 (M)484	00:48:32	00:48:13	12.44	00:23:46 / 547 [12.62]
504	578	SĘDECKI Piotr	SKIERNIEWICE			62	M40/87 (M)485	00:48:33	00:47:36	12.61	00:25:26 / 840 [11.80]
505	1812	ŻEBROWSKI Piotr	BRUDZEŃ			76	M30/190 (M)486	00:48:33	00:47:06	12.74	00:26:59 / 1162 [11.12]
506	2606	NIEDZIÓŁKA Tomasz	SIEDLCE				(M)487	00:48:33	00:46:38	12.87	00:26:00 / 985 [11.54]
507	2541	MAKULEC DARIUSZ	SOCHACZEW		KM AKTYWNI SOCHACZEW	69	M40/88 (M)488	00:48:35	00:47:29	12.64	00:25:23 / 831 [11.82]
508	2247	ENGLERT Paweł	GDYNIA		NIEZRZESZONY	76	M30/191 (M)489	00:48:35	00:48:20	12.41	00:23:19 / 467 [12.87]
509	1147	CHŁOPAŚ Marcin	WARSZAWA		CUE BAR KRAKÓW	80	M20/145 (M)490	00:48:35	00:48:07	12.47	00:24:07 / 602 [12.44]
510	1680	WAŚNIEWSKI Rafał	ŁOMIANKI		NIE	75	M30/192 (M)491	00:48:36	00:48:10	12.46	00:23:46 / 546 [12.62]
511	215	ADAMCZYK Katarzyna	ŁOMIANKI			84	K20/9 (K)20	00:48:36	00:48:09	12.46	00:24:31 / 682 [12.24]
512	1808	KURZEJA Tomasz	WARSZAWA				(M)492	00:48:36	00:47:56	12.52	00:25:46 / 927 [11.64]
513	1499	WOJCIECHOWSKI Adam	WARSZAWA		AMD NTT SYSTEM	70	M30/193 (M)493	00:48:36	00:48:09	12.46	00:24:31 / 683 [12.24]
514	2753	TRZOSOWSKI Jacek	PULTUSK		CENTRALA FARMACEUTYCZNA CEFARM	64	M40/89 (M)494	00:48:37	00:48:07	12.47	00:23:54 / 571 [12.55]
515	2046	STADNICKI Jan	CHEŁM			64	M40/90 (M)495	00:48:38	00:47:57	12.51	00:25:00 / 765 [12.00]
516	2755	MUSIATOWICZ	WARSZAWA				(M)496	00:48:39	00:48:10	12.46	00:23:35 / 515 [12.72]
517	101	KACZMAREK Jakub	WARSZAWA		RADIO WARSZAWA	93	M20/146 (M)497	00:48:39	00:48:08	12.47	00:23:45 / 543 [12.63]

Miejsce Rank	Nr Bib	Nazwisko i imię Name	Miejscowość City	Kraj Nat	Drużyna Team	R-k YoB	W kateg in Age Sex	Wynik Total	Wynik Netto	[km/h]	5km
518	1467	KUBAK Wojciech	WARSZAWA	NIE		73	M30/194 (M)498	00:48:39	00:48:34	12.35	00:23:22 / 475 [12.84]
519	2363	DOSTATNI Grzegorz	WARSZAWA			74	M30/195 (M)499	00:48:39	00:47:06	12.74	00:26:39 / 1101 [11.26]
520	1197	KURACKI Tomasz	WARSZAWA			76	M30/196 (M)500	00:48:39	00:48:02	12.49	00:25:28 / 848 [11.78]
521	2544	NOWICKI Adam	TOMASZÓW MAZ.			79	M30/197 (M)501	00:48:39	00:48:26	12.39	00:23:59 / 581 [12.51]
522	1855	FIDURA Tomasz	WARSZAWA			77	M30/198 (M)502	00:48:40	00:48:19	12.42	00:24:48 / 736 [12.10]
523	2135	FESOŁOWICZ Sławomir	MARKI			76	M30/199 (M)503	00:48:41	00:48:29	12.38	00:24:09 / 610 [12.42]
524	2583	LEWANDOWSKI Mariusz	LUBAŃ			84	M20/147 (M)504	00:48:42	00:48:27	12.38	00:26:36 / 1091 [11.28]
525	2581	WOJCIESZUK Tomasz	WARSZAWA			82	M20/148 (M)505	00:48:42	00:48:28	12.38	00:26:37 / 1093 [11.27]
526	1340	KOZON Krzysztof	WARSZAWA			73	M30/200 (M)506	00:48:43	00:48:02	12.49	00:24:52 / 745 [12.06]
527	936	SOBIEGRAJ Jerzy	POZNAN	MALTA	POZNAN	49	M60/7 (M)507	00:48:44	00:48:08	12.47	00:24:06 / 598 [12.45]
528	247	CZUBAKOWSKI Sławomir	WARSZAWA			64	M40/91 (M)508	00:48:46	00:48:38	12.34	00:23:29 / 494 [12.78]
529	1299	POKONIECZNY Krzysztof	WARSZAWA			81	M20/149 (M)509	00:48:47	00:48:00	12.50	00:24:29 / 680 [12.25]
530	1681	JAWORSKI Rafał	BŁONIE			71	M30/201 (M)510	00:48:47	00:48:09	12.46	00:24:18 / 646 [12.35]
531	621	LEWANDOWSKI Paweł	WARSZAWA	KB	GYMNASION WARSZAWA	80	M20/150 (M)511	00:48:48	00:48:29	12.38	00:24:41 / 716 [12.15]
532	1802	SADKOWSKI Tomasz	WARSZAWA			75	M30/202 (M)512	00:48:49	00:47:16	12.69	00:26:41 / 1110 [11.24]
533	2761	RUM Agnieszka	WARSZAWA	KB	GALERIA	78	K30/9 (K)21	00:48:49	00:48:26	12.39	00:24:24 / 667 [12.30]
534	1090	ŚWIDER Karol	ZIELONKA	WRONIA	TEAM	91	M20/151 (M)513	00:48:51	00:47:51	12.54	00:25:14 / 806 [11.89]
535	241	KWIATKOWSKA Anna	WARSZAWA			87	K20/10 (K)22	00:48:53	00:48:30	12.37	00:25:10 / 794 [11.92]
536	1321	BEBELSKI RAFAŁ	WARSZAWA			77	M30/203 (M)514	00:48:53	00:48:32	12.36	00:22:59 / 421 [13.05]
537	734	RAJEWSKI Robert	WARSZAWA	DIABOLOS	PEELKAS	83	M20/152 (M)515	00:48:54	00:48:43	12.32	00:24:46 / 730 [12.11]
538	941	WICIAK Paweł	WARSZAWA			81	M20/153 (M)516	00:48:56	00:48:44	12.31	00:23:18 / 465 [12.88]
539	1741	CHUDZIK MACIEJ	JÓZEFÓW	MADZIA		74	M30/204 (M)517	00:48:57	00:48:29	12.38	00:23:59 / 583 [12.51]
540	2388	SZYMAŃSKI Piotr	SIERPC			79	M30/205 (M)518	00:48:58	00:47:22	12.67	00:25:38 / 896 [11.70]
541	1763	HYPŚ Leszek	OLSZTYN			62	M40/92 (M)519	00:48:58	00:48:52	12.28	00:23:40 / 530 [12.68]
542	2738	KRAMEK Tomasz	WARSZAWA			86	M20/154 (M)520	00:48:59	00:48:09	12.46	00:24:32 / 686 [12.23]
543	2066	PUCEL Wojciech	RASZYN			73	M30/206 (M)521	00:48:59	00:48:33	12.36	00:25:27 / 844 [11.79]
544	2099	GMURZYŃSKI Arkadiusz	WARSZAWA			70	M30/207 (M)522	00:49:00	00:48:18	12.42	00:24:33 / 689 [12.22]
545	1169	NAGLER Piotr	WARSZAWA			74	M30/208 (M)523	00:49:00	00:48:09	12.46	00:24:32 / 687 [12.23]
546	609	MARAS Anna	WOŁOMIN	WOJSKOWA	SEKCJA BIEGOWA CYTADELI	84	K20/11 (K)23	00:49:01	00:48:01	12.50	00:23:01 / 425 [13.03]
547	706	MALMON Rafał	SZYDŁOWIEC	KB	HOLMES PLACE	73	M30/209 (M)524	00:49:02	00:48:29	12.38	00:25:34 / 877 [11.73]
548	301	SIEK Jacek	WARSZAWA			65	M40/93 (M)525	00:49:03	00:48:55	12.27	00:23:42 / 534 [12.66]
549	542	SABALA Krzysztof	WARSZAWA	ZPR		60	M40/94 (M)526	00:49:03	00:48:56	12.26	00:24:08 / 606 [12.43]
550	472	ZIMNY Marcin	WARSZAWA			83	M20/155 (M)527	00:49:04	00:48:01	12.50	00:25:03 / 779 [11.98]
551	2341	PRUCNAL TOMASZ	WARSZAWA			82	M20/156 (M)528	00:49:05	00:48:55	12.27	00:24:13 / 624 [12.39]
552	1875	BIERNAT JAN	WARSZAWA			70	M30/210 (M)529	00:49:05	00:47:17	12.69	00:25:38 / 895 [11.70]
553	2436	OPIŃSKI MAREK	PIASECZNO			59	M50/39 (M)530	00:49:06	00:48:56	12.26	00:24:45 / 726 [12.12]
554	2205	DRAŻKOWSKI Roman	WARSZAWA			70	M30/211 (M)531	00:49:06	00:48:31	12.37	00:25:13 / 803 [11.90]
555	2256	BIAŁOGRODZKI leszek	PIASECZNO			71	M30/212 (M)532	00:49:07	00:48:46	12.30	00:23:51 / 565 [12.58]
556	1982	TRZEPACZ Arek	WARSZAWA			82	M20/157 (M)533	00:49:12	00:48:56	12.26	00:25:34 / 878 [11.73]
557	1389	SENK Aleksander	WARSZAWA	KB	HOLMES PLACE	79	M30/213 (M)534	00:49:12	00:48:39	12.33	00:25:33 / 875 [11.74]
558	1388	KRUSZEWSKA-SENK Agnieszka	WARSZAWA	KB	HOLMES PLACE	84	K20/12 (K)24	00:49:12	00:48:38	12.34	00:25:34 / 880 [11.73]
559	2633	ŻOCHOWSKI Marcin	WARSZAWA			76	M30/214 (M)535	00:49:13	00:48:20	12.41	00:25:04 / 782 [11.97]
560	1604	DUPLICKI Kamil	SOCHACZEW	BRAK		81	M20/158 (M)536	00:49:14	00:49:08	12.21	00:29:19 / 1628 [10.23]
561	1174	LISIAK Jerzy	LUBLIN			70	M30/215 (M)537	00:49:14	00:48:22	12.41	00:24:41 / 718 [12.15]
562	2081	CZYŻEWSKI Piotr	ŁÓDŹ	STRAŻ	MIEJSKA ŁÓDŹ	65	M40/95 (M)538	00:49:14	00:48:04	12.48	00:25:41 / 908 [11.68]
563	2442	ANDERSZ Patryk	WARSZAWA	AZS UW - JUDO		85	M20/159 (M)539	00:49:15	00:48:03	12.49	00:24:23 / 663 [12.30]
564	1154	BOBROWIEC Michał	WARSZAWA			75	M30/216 (M)540	00:49:15	00:47:42	12.58	00:26:39 / 1100 [11.26]
565	59	SENIUK Stanisław				09	(M)541	00:49:16	00:48:55	12.27	00:24:27 / 674 [12.27]
566	579	SZCZEPŁEK Jan	WARSZAWA			85	M20/160 (M)542	00:49:16	00:48:41	12.32	00:24:51 / 744 [12.07]
567	819	ŚMIGIELSKI Mieczysław	WARSZAWA			52	M50/40 (M)543	00:49:17	00:49:03	12.23	00:24:02 / 588 [12.48]
568	516	LUBECKI Artur	KOLNO			83	M20/161 (M)544	00:49:17	00:47:23	12.66	00:25:39 / 899 [11.70]
569	2342	MARCINIAK Janusz	ŻÓŁWIN	WARSZAWIAKY		60	M40/96 (M)545	00:49:18	00:48:43	12.32	00:24:36 / 699 [12.20]

Miejsce Rank	Nr Bib	Nazwisko i imię Name	Miejscowość City	Kraj Nat	Drużyna Team	R-k YoB	W kateg in Age Sex	Wynik Total	Wynik Netto	[km/h]	5km
570	2531	GOSKA Przemysław	LOWICZ		WKS KAWALERIA	80	M20/162 (M)546	00:49:18	00:49:06	12.22	00:23:50 / 561 [12.59]
571	2319	BAÑBURA Piotr	KOŃSKIE		PASAT KOŃSKIE	79	M30/217 (M)547	00:49:19	00:48:02	12.49	00:25:39 / 902 [11.70]
572	1956	JANUKOWICZ Tomasz	ŁOMIAŃKI			75	M30/218 (M)548	00:49:20	00:49:08	12.21	00:24:34 / 695 [12.21]
573	1794	MIŃKOWSKI Marcin	WARSZAWA			75	M30/219 (M)549	00:49:20	00:47:21	12.67	00:25:41 / 910 [11.68]
574	302	GRANAT Zbigniew	WARSZAWA			59	M50/41 (M)550	00:49:20	00:49:01	12.24	00:23:33 / 505 [12.74]
575	1319	MUCHA Grzegorz	WARSZAWA			58	M50/42 (M)551	00:49:21	00:48:54	12.27	00:24:46 / 729 [12.11]
576	1327	KOWALCZYK JUSTYNA	WARSZAWA		KB GALERIA WARSZAWA	70	K30/10 (K)25	00:49:21	00:48:37	12.34	00:24:58 / 760 [12.02]
577	1926	DUTKIEWICZ Andrzej	TORUŃ			56	M50/43 (M)552	00:49:22	00:49:20	12.16	00:24:26 / 672 [12.28]
578	1292	SZPILA Tomasz	WARSZAWA			66	M40/97 (M)553	00:49:22	00:48:48	12.30	00:24:49 / 740 [12.09]
579	1198	MICHAŁOWSKI Andrzej	WARSZAWA		BRAK	75	M30/220 (M)554	00:49:24	00:48:14	12.44	00:24:35 / 697 [12.20]
580	2156	KUPIS Marian	ŁÓDŹ		K B ARTURÓWEK ŁÓDŹ	45	M60/8 (M)555	00:49:25	00:49:17	12.17	00:24:11 / 617 [12.41]
581	1951	DWORZYŃSKI Krzysztof	WARSZAWA			77	M30/221 (M)556	00:49:26	00:48:14	12.44	00:26:14 / 1024 [11.44]
582	1542	MIETĘŃ Marcin	WARSZAWA			87	M20/163 (M)557	00:49:27	00:47:04	12.75	00:27:47 / 1339 [10.80]
583	1621	PUŻNIAK Mirosław	JÓZEFÓW			81	M20/164 (M)558	00:49:27	00:48:06	12.47	00:26:35 / 1086 [11.29]
584	859	PIELACHOWSKI Piotr	WARSZAWA			59	M50/44 (M)559	00:49:27	00:49:14	12.19	00:24:48 / 733 [12.10]
585	2242	DOBOSZ Marek	WARSZAWA			56	M50/45 (M)560	00:49:28	00:46:38	12.87	00:26:00 / 986 [11.54]
586	2244	MUZYKA Barbara	WARSZAWA		KOPYTKO IM2010	70	K30/11 (K)26	00:49:29	00:48:29	12.38	00:24:50 / 741 [12.08]
587	1616	ŁUKASIK Kazimierz	PRUSZKÓW			46	M60/9 (M)561	00:49:29	00:48:43	12.32	00:25:11 / 797 [11.91]
588	1853	SZOLAJSKI Bartłomiej	WARSZAWA			77	M30/222 (M)562	00:49:31	00:48:39	12.33	00:24:33 / 691 [12.22]
589	2109	BIL Marcin	KIELCE		NIEZRZESZONY	69	M40/98 (M)563	00:49:31	00:49:04	12.23	00:25:15 / 811 [11.88]
590	1185	KINASIEWICZ Marek	WARSZAWA			52	M50/46 (M)564	00:49:34	00:49:10	12.20	00:25:14 / 807 [11.89]
591	1823	MAZUR Krzysztof	SZCZAWNO-ZDRÓJ		MARATONYPOLSKIE.PL TEAM	64	M40/99 (M)565	00:49:35	00:49:31	12.12	00:23:58 / 580 [12.52]
592	2593	SZYMAŃSKA Justyna	PŁOŃSK		PŁOŃSK	87	K20/13 (K)27	00:49:35	00:49:28	12.13	00:25:10 / 793 [11.92]
593	2909	SIBIGA Dariusz	WARSZAWA			64	M40/100 (M)566	00:49:37	00:49:30	12.12	00:24:21 / 657 [12.32]
594	1507	ŁABIŃSKI Michał	WARSZAWA		KS PIASECZNO	93	M20/165 (M)567	00:49:38	00:49:00	12.24	00:25:46 / 928 [11.64]
595	1297	BAGIŃSKI Daniel	ZGORZELEC			77	M30/223 (M)568	00:49:38	00:49:03	12.23	00:23:35 / 513 [12.72]
596	1635	PACHUTKO Karol	WARSZAWA			88	M20/166 (M)569	00:49:38	00:48:26	12.39	00:27:22 / 1263 [10.96]
597	2559	SKOWROŃSKI Łukasz	LEGIONOWO			79	M30/224 (M)570	00:49:39	00:48:19	12.42	00:26:01 / 988 [11.53]
598	1495	BURNOS Zbigniew	REGUŁY		ŁKB	75	M30/225 (M)571	00:49:39	00:48:07	12.47	00:26:37 / 1095 [11.27]
599	2660	ZARANEK Tomasz	WARSZAWA				(M)572	00:49:40	00:48:13	12.44	00:25:58 / 973 [11.55]
600	671	PAWŁOWSKA-POJAWA Anna	WARSZAWA		BYLEDOBIEC ANIN	76	K30/12 (K)28	00:49:41	00:49:22	12.15	00:24:39 / 706 [12.17]
601	702	GOŁASZEWSKI Marek	LEGIONOWO		NIEZRZESZONY	58	M50/47 (M)573	00:49:42	00:49:23	12.15	00:24:27 / 676 [12.27]
602	889	BIENIEK Maciej	WARSZAWA		POLBANK EFG	75	M30/226 (M)574	00:49:43	00:48:58	12.25	00:25:19 / 825 [11.85]
603	1405	MIKA Jarosław	PRUSZKÓW			67	M40/101 (M)575	00:49:45	00:49:41	12.08	00:24:04 / 596 [12.47]
604	1465	PAWLICKI Adam	KOŁOBRZEG /		PRICEWATERHOUSECOOPERS MARATHON TEAM	74	M30/227 (M)576	00:49:46	00:49:19	12.17	00:25:28 / 847 [11.78]
605	1783	PIWKO Robert	WARSZAWA			75	M30/228 (M)577	00:49:46	00:49:35	12.10	00:24:14 / 632 [12.38]
606	2758	SUSKI Mirosław	ZĄBKI			72	M30/229 (M)578	00:49:47	00:49:27	12.13	00:23:54 / 572 [12.55]
607	1100	FRASUNKIEWICZ Robert	WOŁOMIN			71	M30/230 (M)579	00:49:47	00:49:09	12.21	00:24:40 / 711 [12.16]
608	1679	SOBIECKI Marek	MARIEW			72	M30/231 (M)580	00:49:48	00:49:33	12.11	00:24:37 / 702 [12.19]
609	2632	ŻURAWSKI BOGUMIŁ	PŁOCK		KB FISKUS	59	M50/48 (M)581	00:49:49	00:49:22	12.15	00:24:32 / 685 [12.23]
610	2346	KAZNOWSKI Andrzej	WARSZAWA			84	M20/167 (M)582	00:49:50	00:49:25	12.14	00:26:15 / 1031 [11.43]
611	2262	GÓRKA Krzysztof	GRODZISK MAZOWIECKI		BAYERN MONACHIUM	63	M40/102 (M)583	00:49:51	00:49:31	12.12	00:24:31 / 684 [12.24]
612	1334	DZIUBECKI Jakub	NIECHCICE			09	(M)584	00:49:53	00:49:14	12.19	00:25:46 / 925 [11.64]
613	327	GARBIEC Tomasz	WARSZAWA			75	M30/232 (M)585	00:49:53	00:48:29	12.38	00:25:59 / 978 [11.55]
614	333	WIECZOREK grzegorz	WARSZAWA			78	M30/233 (M)586	00:49:54	00:49:47	12.05	00:24:10 / 613 [12.41]
615	981	SALACH Łukasz	WARSZAWA			89	M20/168 (M)587	00:49:54	00:48:31	12.37	00:25:40 / 904 [11.69]
616	2222	ORCZYKOWSKI Dariusz	RADOM			67	M40/103 (M)588	00:49:55	00:48:19	12.42	00:25:26 / 841 [11.80]
617	2132	JURGA Kazimierz	WOLA ZARADZYŃSKA		NIE ZRZESZONY	62	M40/104 (M)589	00:49:56	00:49:27	12.13	00:24:59 / 762 [12.01]
618	1478	MAĆKOWIAK MIROSLAW	WARSZAWA			62	M40/105 (M)590	00:49:58	00:49:03	12.23	00:26:01 / 987 [11.53]
619	1864	ISASI Gorka	WARSZAWA			71	M30/234 (M)591	00:49:59	00:49:04	12.23	00:25:32 / 867 [11.75]
620	413	KOTYŃSKI Łukasz	WOŁOMIN			84	M20/169 (M)592	00:49:59	00:49:31	12.12	00:24:37 / 703 [12.19]
621	1673	FERRARIS Danilo	WARSZAWA		ART PROFI WARSZAWA	56	M50/49 (M)593	00:50:00	00:48:34	12.35	00:26:06 / 997 [11.49]

Miejsce Rank	Nr Bib	Nazwisko i imię Name	Miejscowość City	Kraj Nat	Drużyna Team	R-k YoB	W kateg in Age Sex	Wynik Total	Wynik Netto	[km/h]	5km
622	1239	GIEREJKO Grzegorz	ŁOMIANKI			65	M40/106 (M)594	00:50:01	00:49:28	12.13	00:24:33 / 688 [12.22]
623	442	OSTASZEWSKI Hubert	WARSZAWA			74	M30/235 (M)595	00:50:02	00:49:47	12.05	00:24:56 / 758 [12.03]
624	1509	SZYMAŃCZAK Zbigniew	NADARZYN			55	M50/50 (M)596	00:50:03	00:49:25	12.14	00:25:14 / 808 [11.89]
625	2628	RĘBIŚ Tomasz	PIASECZNO			74	M30/236 (M)597	00:50:03	00:49:18	12.17	00:25:37 / 889 [11.71]
626	620	ŻMIJEWSKA Katarzyna	WARSZAWA		KB GYMNASION WARSZAWA	77	K30/13 (K)29	00:50:03	00:49:44	12.06	00:24:48 / 734 [12.10]
627	1991	KRAMER Rafał	RADOM		KLUB MARATOŃCZYKA AZS POLITECHNIKA RADOM	67	M40/107 (M)598	00:50:04	00:49:33	12.11	00:25:13 / 805 [11.90]
628	1874	WOJTYŚ Tomasz	WARSZAWA		KPMG MARATHON TEAM	75	M30/237 (M)599	00:50:05	00:48:26	12.39	00:26:03 / 995 [11.52]
629	2104	BARANOWSKI Kamil	SZCZYTNO			85	M20/170 (M)600	00:50:06	00:49:48	12.05	00:26:09 / 1003 [11.47]
630	2103	KRĘPEĆ Katarzyna	SZCZECIN			85	K20/14 (K)30	00:50:06	00:49:48	12.05	00:26:09 / 1006 [11.47]
631	1689	CHMIELEWSKI Rafał	WARSZAWA			79	M30/238 (M)601	00:50:08	00:49:25	12.14	00:25:45 / 923 [11.65]
632	2291	NUREK Jerzy	MIŃSK MAZOWIECKI		KB DREPTAK	49	M60/10 (M)602	00:50:10	00:50:06	11.98	00:24:53 / 749 [12.06]
633	753	SZOPA TOMASZ	PRUSZKÓW			84	M20/171 (M)603	00:50:10	00:48:45	12.31	00:26:12 / 1018 [11.45]
634	1349	NOWAKOWSKI Marcin	CZĘSTOCHOWA			77	M30/239 (M)604	00:50:11	00:49:14	12.19	00:24:59 / 761 [12.01]
635	1573	WALASZCZYK Ryszard	WARSZAWA			79	M30/240 (M)605	00:50:14	00:48:52	12.28	00:26:50 / 1137 [11.18]
636	2569	BEARD John				79	M30/241 (M)606	00:50:14	00:50:04	11.98	00:23:37 / 519 [12.70]
637	348	KIELEK Przemysław	GRODZISK MAZOWIECKI			78	M30/242 (M)607	00:50:14	00:48:23	12.40	00:26:22 / 1050 [11.38]
638	1447	BLACHNIO Roman	WARSZAWA			64	M40/108 (M)608	00:50:15	00:49:30	12.12	00:25:55 / 961 [11.58]
639	1583	KACZMARSKI Robert	PARCZEW			73	M30/243 (M)609	00:50:15	00:49:15	12.18	00:25:15 / 812 [11.88]
640	1168	KOPER Bartłomiej	WARSZAWA			79	M30/244 (M)610	00:50:17	00:50:02	11.99	00:23:45 / 544 [12.63]
641	489	ZAJDZIŃSKI Robert	WARSZAWA		NIEZRZESZONY	75	M30/245 (M)611	00:50:17	00:50:03	11.99	00:24:34 / 692 [12.21]
642	1545	RZEPKO Mariusz	MARKI			76	M30/246 (M)612	00:50:18	00:49:35	12.10	00:25:48 / 939 [11.63]
643	1158	WONTORSKI Mateusz	WARSZAWA		KGJ	79	M30/247 (M)613	00:50:19	00:49:19	12.17	00:26:27 / 1065 [11.34]
644	1789	ROJAN Paweł	WARSZAWA			63	M40/109 (M)614	00:50:19	00:49:15	12.18	00:25:43 / 915 [11.67]
645	1206	KUSZKO Wojciech	WARSZAWA		POLSKA BIEGA	56	M50/51 (M)615	00:50:19	00:49:34	12.10	00:25:37 / 890 [11.71]
646	890	KALUŻNY Modest	WARSZAWA			55	M50/52 (M)616	00:50:21	00:49:49	12.04	00:24:55 / 756 [12.04]
647	2389	SCHREUR Frank	AMERSFOORT			89	(M)617	00:50:22	00:49:44	12.06	00:25:31 / 863 [11.76]
648	532	BŁASZCZAK Mateusz	KONSTANCIN-JEZIORNA			89	M20/172 (M)618	00:50:23	00:50:11	11.96	00:25:35 / 885 [11.73]
649	429	KALINOWSKI Arkadiusz	WARSZAWA			67	M40/110 (M)619	00:50:23	00:50:09	11.96	00:24:22 / 661 [12.31]
650	2679	BRZEZINA Józef	SOCHACZEW		KM AKTYWNI	59	M50/53 (M)620	00:50:25	00:49:06	12.22	00:26:32 / 1076 [11.31]
651	1511	BERNE Włodzimierz	OŻARÓW MAZ,		HERBALIFE W-WA	50	M50/54 (M)621	00:50:26	00:50:09	11.96	00:25:00 / 767 [12.00]
652	992	SOBOLEWSKI krzysztof	RADOM			76	M30/248 (M)622	00:50:27	00:49:18	12.17	00:26:27 / 1064 [11.34]
653	539	MALISZEWSKI Jacek	WARSZAWA		DRUŻYNA SZPIKU	74	M30/249 (M)623	00:50:27	00:49:47	12.05	00:26:16 / 1035 [11.42]
654	201	BUKOWSKI Janusz	WARSZAWA		GAZOWNIK	56	M50/55 (M)624	00:50:28	00:50:28	11.89	00:25:07 / 787 [11.94]
655	1897	GŁOWACKI Zdzisław	WARSZAWA			50	M50/56 (M)625	00:50:30	00:50:19	11.92	00:25:21 / 828 [11.83]
656	1305	SOBOLEWSKI Rafał	WARSZAWA		XCX	75	M30/250 (M)626	00:50:31	00:49:33	12.11	00:26:27 / 1066 [11.34]
657	1637	BAK Tomasz	GÓRA KALWARIA			82	M20/173 (M)627	00:50:33	00:49:57	12.01	00:25:41 / 912 [11.68]
658	745	LEŚ Tomasz	WARSZAWA			88	M20/174 (M)628	00:50:33	00:48:52	12.28	00:27:21 / 1253 [10.97]
659	2369	RICHTER Łukasz	WARSZAWA			78	M30/251 (M)629	00:50:34	00:50:05	11.98	00:25:37 / 892 [11.71]
660	2336	GÓRSKI Piotr	WARSZAWA			73	M30/252 (M)630	00:50:35	00:49:48	12.05	00:25:54 / 959 [11.58]
661	2484	KUBALA Sławomir	WARSZAWA			71	M30/253 (M)631	00:50:37	00:49:19	12.17	00:25:02 / 772 [11.98]
662	1303	SOCHA Jarosław	WARSZAWA	-		70	M30/254 (M)632	00:50:38	00:49:49	12.04	00:25:02 / 773 [11.98]
663	812	ZAŚKO ANNA	WARSZAWA			76	K30/14 (K)31	00:50:39	00:49:25	12.14	00:27:07 / 1203 [11.06]
664	811	MACZKA MIROŚLAW	RZESZÓW			78	M30/255 (M)633	00:50:39	00:49:25	12.14	00:27:07 / 1204 [11.06]
665	1252	JUCHNIEWICZ Lidia	WARSZAWA			81	K20/15 (K)32	00:50:40	00:50:24	11.90	00:25:22 / 829 [11.83]
666	270	MAMLA Zbigniew	WARSZAWA			70	M30/256 (M)634	00:50:41	00:50:15	11.94	00:25:51 / 948 [11.61]
667	500	SZELWACHOWSKI Dariusz	WARSZAWA		KB LAS HORMIGAS	64	M40/111 (M)635	00:50:41	00:49:48	12.05	00:24:29 / 681 [12.25]
668	2446	SZTOKINIER Leszek	WARSZAWA		BPH TEAM	77	M30/257 (M)636	00:50:43	00:50:17	11.93	00:25:58 / 974 [11.55]
669	2638	KWAŚNY Ryszard				72	M30/258 (M)637	00:50:43	00:49:58	12.01	00:24:03 / 593 [12.47]
670	1742	WOJTKOWSKI Ireneusz	WARSZAWA		INFOVIDE-MATRIX	61	M40/112 (M)638	00:50:44	00:50:03	11.99	00:25:13 / 802 [11.90]
671	319	WASILEWSKI Robert	WARSZAWA		WSB CYTADELA	72	M30/259 (M)639	00:50:44	00:49:58	12.01	00:24:02 / 590 [12.48]
672	560	BEDNARSKI Marcin	WARSZAWA		ALETEMPO	77	M30/260 (M)640	00:50:45	00:50:38	11.85	00:24:14 / 628 [12.38]
673	2203	REMBOWSKI Jacek	ŁOWICZ		NZ	46	M60/11 (M)641	00:50:45	00:50:36	11.86	00:26:11 / 1012 [11.46]

Miejsce Rank	Nr Bib	Nazwisko i imię Name	Miejscowość City	Kraj Nat	Drużyna Team	R-k YoB	W kateg in Age Sex	Wynik Total	Wynik Netto	[km/h]	5km
674	2875	NIEŚLUCHOWSKI Tomasz				54	M50/57 (M)642	00:50:46	00:49:19	12.17	00:26:40 / 1103 [11.25]
675	1896	BADOWSKI Przemysław	WARSZAWA			85	M20/175 (M)643	00:50:46	00:49:10	12.20	00:27:10 / 1211 [11.04]
676	1835	MALCZYŃSKI Maciej	WARSZAWA		IPAPL RUNNERS	78	M30/261 (M)644	00:50:46	00:50:10	11.96	00:25:30 / 858 [11.76]
677	1315	SKUCIŃSKI Paweł	KIELCE			81	M20/176 (M)645	00:50:46	00:49:15	12.18	00:27:43 / 1330 [10.82]
678	1128	SZLENDAK Krzysztof	WARSZAWA		UNTS	68	M40/113 (M)646	00:50:47	00:49:09	12.21	00:26:15 / 1029 [11.43]
679	384	TYMIŃSKI Jarosław	WARSZAWA			68	M40/114 (M)647	00:50:47	00:49:41	12.08	00:27:05 / 1195 [11.08]
680	2477	BRZEZIŃSKI Marcin	WARSZAWA			82	M20/177 (M)648	00:50:47	00:50:38	11.85	00:24:21 / 655 [12.32]
681	2198	GAŚNICA-JÓZKOWY Barbara	ZAKOPANE		TOWARZYSTWO GIMNASTYCZNE SOKÓŁ ZAKOPANE	69	K40/4 (K)33	00:50:48	00:50:19	11.92	00:25:39 / 898 [11.70]
682	1150	RACHUBIŃSKI Michał	WARSZAWA			88	M20/178 (M)649	00:50:48	00:49:40	12.08	00:27:20 / 1250 [10.98]
683	276	NARCZEWSKI Adam	WARSZAWA			81	M20/179 (M)650	00:50:49	00:50:26	11.90	00:24:42 / 719 [12.15]
684	765	MARKOWSKI Mirosław	LASKI			56	M50/58 (M)651	00:50:50	00:50:28	11.89	00:25:25 / 838 [11.80]
685	2367	ŚRODOŃ Wojciech	WARSZAWA			72	M30/262 (M)652	00:50:50	00:49:57	12.01	00:24:35 / 696 [12.20]
686	877	MAZURKIEWICZ Andrzej	WÓŁKA KOZODAWSKA		KB GYMNASION WARSZAWA	53	M50/59 (M)653	00:50:50	00:49:29	12.13	00:26:00 / 984 [11.54]
687	2197	SNARSKI Bogdan	WASILKÓW		I LOVE KASIA	79	M30/263 (M)654	00:50:51	00:49:17	12.17	00:26:35 / 1089 [11.29]
688	1312	ZENC Robert	WARSZAWA			75	M30/264 (M)655	00:50:52	00:49:17	12.17	00:27:28 / 1279 [10.92]
689	2372	LASKOWSKI Grzegorz	POŚWIĘTNE			68	M40/115 (M)656	00:50:52	00:49:35	12.10	00:26:07 / 1000 [11.49]
690	601	CAŁKA Paweł	WARSZAWA			47	M60/12 (M)657	00:50:53	00:50:04	11.98	00:27:05 / 1193 [11.08]
691	1233	MATCZUK Konrad	WOŁOMIN			73	M30/265 (M)658	00:50:54	00:50:06	11.98	00:26:34 / 1082 [11.29]
692	1162	KURPIEL Dariusz	PRUSZKÓW			67	M40/116 (M)659	00:50:55	00:50:18	11.93	00:24:52 / 747 [12.06]
693	1950	TREPKA Marek	WARSZAWA			77	M30/266 (M)660	00:50:57	00:49:45	12.06	00:26:14 / 1027 [11.44]
694	1508	SZYMAŃCZAK Rafał	NADARZYN			80	M20/180 (M)661	00:50:57	00:50:04	11.98	00:26:37 / 1096 [11.27]
695	849	BRĄGOSZEWSKI Paweł	OTWOCK			75	M30/267 (M)662	00:51:00	00:49:52	12.03	00:27:07 / 1201 [11.06]
696	951	OLESIŃSKI ARTUR	WARSZAWA		KB GYMNASION WARSZAWA	80	M20/181 (M)663	00:51:02	00:50:32	11.87	00:25:16 / 815 [11.87]
697	922	GRODZKI Robert	WARSZAWA			61	M40/117 (M)664	00:51:03	00:49:55	12.02	00:26:07 / 1001 [11.49]
698	262	CYBULSKI Adam	WARSZAWA			61	M40/118 (M)665	00:51:03	00:50:16	11.94	00:26:12 / 1015 [11.45]
699	441	BIAŁKOWSKI Krzysztof	TERESIN	-		82	M20/182 (M)666	00:51:03	00:51:00	11.76	00:24:55 / 757 [12.04]
700	1451	BACZYŃSKI BARTOSZ	WARSZAWA			88	M20/183 (M)667	00:51:03	00:50:26	11.90	00:26:00 / 982 [11.54]
701	668	PUSZAKOWSKI Jacek	WARSZAWA			75	M30/268 (M)668	00:51:04	00:49:55	12.02	00:25:51 / 947 [11.61]
702	508	GRADOŃ Kacper	WARSZAWA		FUNDACJA KUKUCZKI	76	M30/269 (M)669	00:51:05	00:50:46	11.82	00:25:18 / 823 [11.86]
703	2360	KRAWCZAK Krzysztof	SZCZECIN		NIEZRZESZONY	73	M30/270 (M)670	00:51:07	00:50:30	11.88	00:25:16 / 817 [11.87]
704	1468	KUBAK Gracjana	WARSZAWA		NIE	74	K30/15 (K)34	00:51:07	00:51:02	11.76	00:25:32 / 870 [11.75]
705	1116	KALICIECKI Artur	WARSZAWA			94	M20/184 (M)671	00:51:07	00:49:47	12.05	00:26:54 / 1147 [11.15]
706	501	SZELWACHOWSKI Daniel	WARSZAWA		KB LAS HORMIGAS	88	M20/185 (M)672	00:51:08	00:50:15	11.94	00:26:44 / 1121 [11.22]
707	2742	HUFF Bryan	PHILADELPHIA		NIE	75	M30/271 (M)673	00:51:08	00:50:20	11.92	00:26:08 / 1002 [11.48]
708	944	SZUSTEK Konrad	WARSZAWA			84	M20/186 (M)674	00:51:09	00:50:09	11.96	00:26:47 / 1129 [11.20]
709	2249	ŻUBER Jakub	WARSZAWA		KB GALERIA WARSZAWA	84	M20/187 (M)675	00:51:09	00:50:49	11.81	00:24:01 / 587 [12.49]
710	1806	SZYSZKA Marcin	KOŁOBRZEG			74	M30/272 (M)676	00:51:10	00:50:19	11.92	00:26:50 / 1138 [11.18]
711	2378	JABŁOŃSKI Paweł	WARSZAWA			82	M20/188 (M)677	00:51:10	00:50:48	11.81	00:25:15 / 809 [11.88]
712	616	KAPRYŚ Michał	LEGIONOWO			82	M20/189 (M)678	00:51:11	00:50:10	11.96	00:26:03 / 994 [11.52]
713	2579	PETERA Jarosław	KRAKÓW		JW 2771 KRAKÓW	80	M20/190 (M)679	00:51:12	00:50:22	11.91	00:26:54 / 1146 [11.15]
714	2584	BĘBENEK Anna	JEZIORZANY		JEZIORZANY	83	K20/16 (K)35	00:51:13	00:50:24	11.90	00:26:53 / 1145 [11.16]
715	1654	MALARA Wojciech	WARSZAWA			78	M30/273 (M)680	00:51:13	00:51:02	11.76	00:27:48 / 1343 [10.79]
716	897	TUCZYWSKI KACPER	PRUSZKÓW			94	M20/191 (M)681	00:51:13	00:50:57	11.78	00:25:01 / 769 [11.99]
717	1086	SREBRZYŃSKI Cezary	WARSZAWA		WSB CYTADELA	70	M30/274 (M)682	00:51:14	00:51:08	11.73	00:24:39 / 705 [12.17]
718	376	ROMAŃSKI Adam	WARSZAWA			79	M30/275 (M)683	00:51:16	00:50:58	11.77	00:27:01 / 1175 [11.10]
719	926	KROCHMAL Andrzej	WARSZAWA			56	M50/60 (M)684	00:51:18	00:50:14	11.94	00:25:37 / 893 [11.71]
720	669	ROSLAN Grzegorz	WARSZAWA		AKADEMIA OBRONY NARODOWEJ	65	M40/119 (M)685	00:51:19	00:50:55	11.78	00:25:25 / 839 [11.80]
721	952	PYTKOWSKI Marek	ZIELONKA		LECHICI ZIELONKA	56	M50/61 (M)686	00:51:19	00:50:49	11.81	00:25:23 / 833 [11.82]
722	2207	FARANA Tomasz	WARSZAWA	-		75	M30/276 (M)687	00:51:19	00:50:09	11.96	00:25:56 / 967 [11.57]
723	617	GRZESZYK Kamil	LEGIONOWO			72	M30/277 (M)688	00:51:21	00:50:20	11.92	00:26:02 / 993 [11.52]
724	863	KLUKOWSKI Dariusz	WARSZAWA			65	M40/120 (M)689	00:51:22	00:51:11	11.72	00:24:46 / 728 [12.11]
725	1639	LATAWIEC Piotr	WARSZAWA			56	M50/62 (M)690	00:51:22	00:50:28	11.89	00:27:41 / 1325 [10.84]

Miejsce Rank	Nr Bib	Nazwisko i imię Name	Miejscowość City	Kraj Nat	Drużyna Team	R-k YoB	W kateg in Age Sex	Wynik Total	Wynik Netto	[km/h]	5km
726	1476	DĄBROWSKI Cezary	PIASECZNO			71	M30/278 (M)691	00:51:23	00:49:57	12.01	00:27:58 / 1380 [10.73]
727	1477	OBŁOZA Piotr	PIASECZNO			71	M30/279 (M)692	00:51:24	00:49:58	12.01	00:27:57 / 1378 [10.73]
728	2485	ZARZECKI Adrian	TLUSZCZ		AZS UW	87	M20/192 (M)693	00:51:24	00:49:37	12.09	00:28:08 / 1411 [10.66]
729	2474	GODLEWSKI Artur	KOBYŁKA		JUVEPOLAND-KOBYŁKA	87	M20/193 (M)694	00:51:24	00:49:37	12.09	00:28:08 / 1410 [10.66]
730	106	GŁUCH KRZYSZTOF			PKO	09	(M)695	00:51:25	00:51:04	11.75	00:26:06 / 999 [11.49]
731	2141	KIELAK KRYSZTIAN	WOŁOMIN			79	M30/280 (M)696	00:51:25	00:50:18	11.93	00:26:21 / 1047 [11.39]
732	2493	BUĆKO Błażej	WARSZAWA			81	M20/194 (M)697	00:51:26	00:50:02	11.99	00:27:47 / 1340 [10.80]
733	1869	GÓRECKI Sebastian	OŚWIĘCIM		MAXGEAR.PL	85	M20/195 (M)698	00:51:27	00:50:20	11.92	00:25:53 / 952 [11.59]
734	1963	ZAWODNIK DO UZUP					(M)699	00:51:27	00:50:44	11.83	00:25:46 / 924 [11.64]
735	1818	WITAN Paweł	WARSZAWA			73	M30/281 (M)700	00:51:27	00:50:40	11.84	00:25:53 / 953 [11.59]
736	1526	KUCZKOWSKI Jerzy	OŻARÓW MAZ		GOSIR OŻARÓW MAZ	56	M50/63 (M)701	00:51:28	00:51:11	11.72	00:25:35 / 881 [11.73]
737	104	PIWKO HALINA			PKO	09	(K)36	00:51:29	00:51:11	11.72	00:25:36 / 887 [11.72]
738	938	JEDLIŃSKI Bartłomiej	WARSZAWA			83	M20/196 (M)702	00:51:30	00:50:49	11.81	00:25:49 / 942 [11.62]
739	1413	ANTKOWICZ ARKADIUSZ	LATCHORZEW			72	M30/282 (M)703	00:51:31	00:51:11	11.72	00:24:59 / 763 [12.01]
740	2147	LEWANDOWSKA Ewa	ŁÓDŹ		K B ARTURÓWEK ŁÓDŹ	61	K40/5 (K)37	00:51:32	00:51:26	11.67	00:24:53 / 751 [12.06]
741	1355	BOROWSKA Sylwia	WARSZAWA			74	K30/16 (K)38	00:51:32	00:50:13	11.95	00:27:14 / 1227 [11.02]
742	1098	POLAK KRZYSZTOF	WARSZAWA			65	M40/121 (M)704	00:51:32	00:50:27	11.89	00:27:19 / 1246 [10.98]
743	2551	RĘBACZ Maciej	BIALYSTOK		BRAK	71	M30/283 (M)705	00:51:33	00:50:57	11.78	00:25:45 / 919 [11.65]
744	380	SZULKOWSKI Jarosław	WARSZAWA		NIEZRZESZONY	62	M40/122 (M)706	00:51:34	00:51:10	11.73	00:25:42 / 914 [11.67]
745	2403	ZAWADZKI Andrzej	WARSZAWA			78	M30/284 (M)707	00:51:35	00:50:49	11.81	00:24:20 / 653 [12.33]
746	2774	PAŁASZ Paweł	WARSZAWA			73	M30/285 (M)708	00:51:36	00:50:13	11.95	00:27:38 / 1315 [10.86]
747	2637	SOPOROWSKI Jan	WARSZAWA			85	M20/197 (M)709	00:51:37	00:50:26	11.90	00:26:25 / 1058 [11.36]
748	2086	MARACH Piotr	MARKI			80	M20/198 (M)710	00:51:37	00:50:26	11.90	00:27:13 / 1222 [11.02]
749	1446	BŁASZCZYK SŁAWOMIR	WARSZAWA			67	M40/123 (M)711	00:51:37	00:50:53	11.79	00:25:55 / 964 [11.58]
750	901	WITKOWSKI Konrad	TOMASZÓW LUBELSKI			77	M30/286 (M)712	00:51:38	00:50:56	11.78	00:26:38 / 1098 [11.26]
751	1497	PROTAS darek	WARSZAWA			73	M30/287 (M)713	00:51:40	00:50:41	11.84	00:26:49 / 1135 [11.19]
752	235	ZYGA Szymon	WARSZAWA			76	M30/288 (M)714	00:51:41	00:50:58	11.77	00:27:22 / 1260 [10.96]
753	2556	ZOTOV Denis	SKIERDY		CRS-1	77	M30/289 (M)715	00:51:41	00:51:33	11.64	00:25:44 / 917 [11.66]
754	1407	GUTOWSKA Joanna	KONSTANCIN			85	K20/17 (K)39	00:51:42	00:51:05	11.75	00:26:00 / 983 [11.54]
755	450	MAŚLANKA Krzysztof	WARSZAWA			85	M20/199 (M)716	00:51:43	00:51:17	11.70	00:26:28 / 1068 [11.34]
756	878	WITEK ADAM	WARSZAWA			71	M30/290 (M)717	00:51:43	00:49:50	12.04	00:27:37 / 1313 [10.86]
757	2445	ALCHIMOWICZ Przemysław	PIASECZNO			84	M20/200 (M)718	00:51:44	00:51:35	11.63	00:24:44 / 724 [12.13]
758	140	MOSIŃSKI Tomasz				09	(M)719	00:51:44	00:51:34	11.64	00:24:24 / 664 [12.30]
759	1664	SĘKOWSKI Adam	WARSZAWA			68	M40/124 (M)720	00:51:45	00:51:32	11.64	00:26:04 / 996 [11.51]
760	1849	KOSTYRA Radosław	JÓZEFÓW			80	M20/201 (M)721	00:51:45	00:50:51	11.80	00:25:47 / 930 [11.64]
761	473	KRYSIŃSKI Emil	WARSZAWA			79	M30/291 (M)722	00:51:46	00:50:43	11.83	00:25:03 / 778 [11.98]
762	947	SZAFRAN Czesław	WARSZAWA			48	M60/13 (M)723	00:51:46	00:51:40	11.61	00:24:24 / 665 [12.30]
763	2491	SŁAWOMIR Maciek				78	M30/292 (M)724	00:51:46	00:51:16	11.70	00:26:59 / 1166 [11.12]
764	1626	STELMACH Tomasz	WARSZAWA			76	M30/293 (M)725	00:51:47	00:49:52	12.03	00:27:08 / 1208 [11.06]
765	2305	KRUSZEWSKI Maciej	WARSZAWA			92	M20/202 (M)726	00:51:47	00:51:23	11.68	00:25:48 / 938 [11.63]
766	1049	TURZYŃSKI Tomasz	WARSZAWA		KB NA WŁASNĄ NOGĘ	76	M30/294 (M)727	00:51:48	00:51:05	11.75	00:27:50 / 1356 [10.78]
767	1624	GÓRA Marcin	WARSZAWA			70	M30/295 (M)728	00:51:49	00:49:54	12.02	00:27:08 / 1207 [11.06]
768	1444	GRZESIAK Mateusz	KRAKÓW			75	M30/296 (M)729	00:51:50	00:50:40	11.84	00:26:41 / 1112 [11.24]
769	1736	KUŚNIERKIEWICZ Tomasz	WARSZAWA			63	M40/125 (M)730	00:51:50	00:51:22	11.68	00:25:59 / 980 [11.55]
770	1363	RYCHLIK KONRAD	WARSZAWA		KB GYMNASION WARSZAWA	79	M30/297 (M)731	00:51:52	00:50:22	11.91	00:27:23 / 1266 [10.96]
771	2890	OSIAK Paweł	WARSZAWA		ANIN-SADUL	77	M30/298 (M)732	00:51:53	00:51:07	11.74	00:26:33 / 1078 [11.30]
772	142	MIECH Wiesław	PŁOCK			50	M50/64 (M)733	00:51:54	00:50:53	11.79	00:26:24 / 1055 [11.36]
773	2547	GURGUN Łukasz	WARSZAWA			85	M20/203 (M)734	00:51:54	00:51:09	11.73	00:25:33 / 874 [11.74]
774	833	FRANECKI Jarosław	WARSZAWA			57	M50/65 (M)735	00:51:55	00:51:31	11.65	00:25:24 / 834 [11.81]
775	326	MOŹDŻONEK Artur	OTWOCK			92	M20/204 (M)736	00:51:57	00:50:26	11.90	00:26:28 / 1067 [11.34]
776	1382	TUROS Marek	WARSZAWA		CZMZ MULTIWET	69	M40/126 (M)737	00:51:58	00:51:29	11.65	00:25:58 / 975 [11.55]
777	934	SULEJ Adrian	WARSZAWA		SAGARSI	92	M20/205 (M)738	00:52:00	00:50:54	11.79	00:27:12 / 1215 [11.03]
778	305	FASZCZEWSKI Artur	WARSZAWA		ABC KONDYCJA	68	M40/127 (M)739	00:52:01	00:50:48	11.81	00:26:52 / 1141 [11.17]

Miejsce Rank	Nr Bib	Nazwisko i imię Name	Miejscowość City	Kraj Nat	Drużyna Team	R-k YoB	W kateg in Age Sex	Wynik Total	Wynik Netto	[km/h]	5km
779	1846	STUPALKOWSKI Marek	WARSZAWA			62	M40/128 (M)740	00:52:01	00:51:36	11.63	00:25:35 / 882 [11.73]
780	2381	KOSELA Sebastian	RAWA MAZOWIECKA		BIK SA	85	M20/206 (M)741	00:52:02	00:51:32	11.64	00:26:02 / 990 [11.52]
781	856	SKARŻYŃSKI Tomasz	WARSZAWA			86	M20/207 (M)742	00:52:03	00:50:26	11.90	00:28:26 / 1465 [10.55]
782	1422	GROCHOWALSKI Tomasz	WARSZAWA			68	M40/129 (M)743	00:52:03	00:51:15	11.71	00:25:33 / 872 [11.74]
783	1501	GONERA krzysztof	WARSZAWA			57	M50/66 (M)744	00:52:04	00:51:58	11.55	00:24:12 / 622 [12.40]
784	383	POLKO Adrian	WARSZAWA			91	M20/208 (M)745	00:52:05	00:52:02	11.53	00:24:39 / 708 [12.17]
785	385	POLKO Roman	WARSZAWA			62	M40/130 (M)746	00:52:05	00:52:02	11.53	00:24:39 / 709 [12.17]
786	2615	GORZELAK Artur	WARSZAWA		BPH TEAM	85	M20/209 (M)747	00:52:05	00:51:36	11.63	00:25:40 / 907 [11.69]
787	494	BIAŁOWĄS Dawid	ŚWIDNIK		SANATORIUM LEŚNIK Sopot	82	M20/210 (M)748	00:52:06	00:51:26	11.67	00:26:14 / 1022 [11.44]
788	495	CHUDYBA Michał	SOPOT		SANATORIUM LEŚNIK Sopot	79	M30/299 (M)749	00:52:06	00:51:26	11.67	00:26:13 / 1021 [11.44]
789	1581	KRZYSZTOFIAK KRZYSZTOF	WARSZAWA			81	M20/211 (M)750	00:52:06	00:51:54	11.56	00:26:10 / 1009 [11.46]
790	759	BANACKI RYSZARD	WARSZAWA			64	M40/131 (M)751	00:52:06	00:51:12	11.72	00:25:51 / 946 [11.61]
791	928	SUWALD Andrzej	WARSZAWA			61	M40/132 (M)752	00:52:07	00:51:07	11.74	00:26:11 / 1010 [11.46]
792	2532	KONIAŃSKI Konrad	ŁÓDŹ			83	M20/212 (M)753	00:52:07	00:51:44	11.60	00:25:31 / 861 [11.76]
793	2717	CZAJA Piotr	WARSZAWA			76	M30/300 (M)754	00:52:09	00:51:21	11.68	00:26:22 / 1051 [11.38]
794	469	LEPLE Grzegorz	OPACZ KOLONIA		KLUBBIEGACZA.PL	69	M40/133 (M)755	00:52:12	00:51:40	11.61	00:25:25 / 836 [11.80]
795	569	ANISIEWICZ Albert	WARSZAWA		URSYNÓW	73	M30/301 (M)756	00:52:12	00:51:42	11.61	00:26:09 / 1005 [11.47]
796	2757	BORKOWSKI Robert	KRAKÓW			80	M20/213 (M)757	00:52:12	00:50:43	11.83	00:26:29 / 1070 [11.33]
797	485	ADAMCZYK Kazimierz	ŁOMIAŃKI			54	M50/67 (M)758	00:52:12	00:51:45	11.59	00:25:59 / 981 [11.55]
798	363	ŻYCZYŃSKI Jarosław	KOBYŁKA			82	M20/214 (M)759	00:52:13	00:50:34	11.87	00:28:27 / 1475 [10.54]
799	1857	DASZKOWSKI Peter	WARSZAWA			61	M40/134 (M)760	00:52:14	00:52:04	11.52	00:25:24 / 835 [11.81]
800	990	CIOŁEK Wojciech	SIERADZ			66	M40/135 (M)761	00:52:14	00:50:38	11.85	00:28:27 / 1474 [10.54]
801	219	OLĘDZKI Janusz	WARSZAWA			56	M50/68 (M)762	00:52:14	00:50:46	11.82	00:26:36 / 1090 [11.28]
802	362	ROGUSKI Marcin	LEGIONOWO			79	M30/302 (M)763	00:52:14	00:50:36	11.86	00:28:27 / 1472 [10.54]
803	2726	LIGĘZA Paweł	WOJKOWICE			88	M20/215 (M)764	00:52:15	00:51:01	11.76	00:27:15 / 1230 [11.01]
804	364	ROGUSKI Rafał	LEGIONOWO		KLUB BIEGACZA TP	78	M30/303 (M)765	00:52:16	00:50:36	11.86	00:28:16 / 1432 [10.61]
805	449	PEŁSYŃSKI Piotr	WARSZAWA			85	M20/216 (M)766	00:52:16	00:51:50	11.58	00:26:28 / 1069 [11.34]
806	1568	MALARSKI Piotr	WARSZAWA		WKN	58	M50/69 (M)767	00:52:16	00:51:46	11.59	00:25:54 / 954 [11.58]
807	177	MIŁOSZ KAROLINA	WARSZAWA		STRAŻ MIEJSKA	83	K20/18 (K)40	00:52:17	00:51:31	11.65	00:26:14 / 1025 [11.44]
808	870	GZEL Jakub	WARSZAWA			81	M20/217 (M)768	00:52:18	00:51:13	11.71	00:26:46 / 1124 [11.21]
809	781	STEFAŃSKI Dariusz	WARSZAWA			61	M40/136 (M)769	00:52:19	00:51:28	11.66	00:26:17 / 1038 [11.41]
810	1933	ZIELIŃSKI Krzysztof	WARSZAWA		M42195	59	M50/70 (M)770	00:52:20	00:52:11	11.50	00:25:11 / 795 [11.91]
811	1891	POLAKOWSKI Wojciech	RASZYN			90	M20/218 (M)771	00:52:20	00:51:41	11.61	00:25:54 / 960 [11.58]
812	2225	ŁOSZEWSKI Patryk	KRAKÓW			77	M30/304 (M)772	00:52:20	00:51:49	11.58	00:25:34 / 876 [11.73]
813	867	TOMCZAK Dariusz	WARSZAWA			65	M40/137 (M)773	00:52:21	00:51:03	11.75	00:27:04 / 1188 [11.08]
814	1241	OBERZIG Sylwin	MIŃSK MAZOWIECKI		OSZŹ MIŃSK MAZOWIECKI	74	M30/305 (M)774	00:52:21	00:51:21	11.68	00:27:04 / 1189 [11.08]
815	1758	WRÓBEL Witold	WARSZAWA			84	M20/219 (M)775	00:52:21	00:52:01	11.53	00:25:47 / 932 [11.64]
816	787	GÓRCZYŃSKI Łukasz	WARSZAWA		KB LAS HORMIGAS	77	M30/306 (M)776	00:52:22	00:51:30	11.65	00:26:44 / 1120 [11.22]
817	2217	LESIECKI Michał	ŁÓDŹ		STRAŻ MIEJSKA ŁÓDŹ	86	M20/220 (M)777	00:52:22	00:50:41	11.84	00:29:16 / 1615 [10.25]
818	678	ANDRZEJEWSKI Maciej	WARSZAWA			84	M20/221 (M)778	00:52:23	00:51:25	11.67	00:26:40 / 1108 [11.25]
819	1099	BOGUCKI Włodzimierz	SĘKOCIN NOWY			61	M40/138 (M)779	00:52:24	00:51:45	11.59	00:26:20 / 1045 [11.39]
820	1667	SENGER Robert	GDAŃSK		LECHIA GDAŃSK	82	M20/222 (M)780	00:52:26	00:52:04	11.52	00:26:17 / 1042 [11.41]
821	2209	KOWALSKI Marcin	STAROŻREBY			81	M20/223 (M)781	00:52:27	00:51:47	11.59	00:27:03 / 1181 [11.09]
822	1721	PYC Michał	WARSZAWA			79	M30/307 (M)782	00:52:28	00:50:50	11.80	00:28:35 / 1499 [10.50]
823	505	JASZCZUK Piotr	SIEDLCE			80	M20/224 (M)783	00:52:29	00:50:45	11.82	00:27:04 / 1192 [11.08]
824	222	PRZYGODZKI Tadeusz	PIOTRKÓW			49	M60/14 (M)784	00:52:31	00:51:41	11.61	00:26:48 / 1133 [11.19]
825	581	DE BELLO Salvatore	WARSZAWA		DBITALIA.PL	70	M30/308 (M)785	00:52:32	00:51:06	11.74	00:27:51 / 1359 [10.77]
826	1519	SOCHACKA Marta	GDAŃSK		CASTELLANUS	83	K20/19 (K)41	00:52:33	00:52:10	11.50	00:26:17 / 1041 [11.41]
827	2683	RACINOWSKI Dariusz	PŁOŃSK		KB IM.P.SĘKOWSKIEGO PŁOŃSK	63	M40/139 (M)786	00:52:33	00:51:33	11.64	00:26:43 / 1114 [11.23]
828	1149	SKRZYPKOWSKI Maciej	OTWOCK			86	M20/225 (M)787	00:52:35	00:51:22	11.68	00:26:11 / 1013 [11.46]
829	1821	JARONCZYK Paweł	BIALYSTOK			87	M20/226 (M)788	00:52:37	00:50:47	11.81	00:26:56 / 1151 [11.14]
830	1199	PIOTR Newecki	WARSZAWA			78	M30/309 (M)789	00:52:38	00:52:05	11.52	00:25:45 / 920 [11.65]
831	2643	KOPERSKI Grzegorz			NIE MA LEKKO		(M)790	00:52:39	00:51:24	11.67	00:26:58 / 1158 [11.12]

Miejsce Rank	Nr Bib	Nazwisko i imię Name	Miejscowość City	Kraj Nat	Drużyna Team	R-k YoB	W kateg in Age Sex	Wynik Total	Wynik Netto	[km/h]	5km
832	1300	JAKUBIUK Sławomir	WARSZAWA			77	M30/310 (M)791	00:52:40	00:51:52	11.57	00:26:27 / 1062 [11.34]
833	986	BURNOS Adam	WARSZAWA		ŁOMŻYŃSKI KLUB BIEGOWY	73	M30/311 (M)792	00:52:41	00:51:09	11.73	00:27:31 / 1291 [10.90]
834	749	ORZESZEK Krzysztof	WARSZAWA		UKS GEPARD	70	M30/312 (M)793	00:52:41	00:51:37	11.62	00:26:19 / 1044 [11.40]
835	2134	JĘDRYSZKA Tomasz	WARSZAWA			74	M30/313 (M)794	00:52:43	00:51:40	11.61	00:28:59 / 1570 [10.35]
836	1937	BYKOWSKI Bogdan	STARY KISIELIN		NIEZRZESZONY	49	M60/15 (M)795	00:52:44	00:51:02	11.76	00:27:22 / 1262 [10.96]
837	339	GLINIEWICZ Aleksandra	WARSZAWA			55	K50/1 (K)42	00:52:44	00:51:52	11.57	00:27:04 / 1186 [11.08]
838	2285	BILIŃSKI Tomasz	WARSZAWA		NIEZRZESZONY	63	M40/140 (M)796	00:52:45	00:52:08	11.51	00:26:43 / 1116 [11.23]
839	55	LESIK Tomasz				09	(M)797	00:52:45	00:52:23	11.45	00:25:31 / 866 [11.76]
840	1186	KAMONT Rafał	WARSZAWA			81	M20/227 (M)798	00:52:45	00:51:41	11.61	00:26:40 / 1104 [11.25]
841	1187	WILK Jarosław	WARSZAWA		IPAPL RUNNERS	62	M40/141 (M)799	00:52:46	00:51:35	11.63	00:26:40 / 1106 [11.25]
842	2430	KRĘPIŃSKI Tomasz	NIEPORĘT			85	M20/228 (M)800	00:52:46	00:50:59	11.77	00:28:51 / 1538 [10.40]
843	2457	SLASKI Tomasz	WARSZAWA			69	M40/142 (M)801	00:52:46	00:51:55	11.56	00:25:55 / 962 [11.58]
844	1738	SUWARA Grzegorz	PRUSZKÓW			61	M40/143 (M)802	00:52:46	00:51:51	11.57	00:27:17 / 1236 [11.00]
845	1201	SOBCZAK Anna	WARSZAWA			83	K20/20 (K)43	00:52:47	00:52:36	11.41	00:26:30 / 1072 [11.32]
846	2535	ZBUDNIEWEK Roman	ŁÓDŹ			52	M50/71 (M)803	00:52:47	00:52:20	11.46	00:25:47 / 933 [11.64]
847	1658	STASIUK Marian	WARSZAWA			61	M40/144 (M)804	00:52:49	00:52:31	11.42	00:25:29 / 855 [11.77]
848	260	TALAGA Bartosz	WARSZAWA		MARATONKA GRAJEWO	70	M30/314 (M)805	00:52:50	00:51:32	11.64	00:27:06 / 1196 [11.07]
849	1454	NIEMCZEWSKI OSKAR	PILA			91	M20/229 (M)806	00:52:51	00:52:07	11.51	00:26:11 / 1014 [11.46]
850	2008	HORAŁA Piotr	WROCLAW		GB WROCLAWSKIE KRASNALE	84	M20/230 (M)807	00:52:51	00:51:02	11.76	00:28:01 / 1392 [10.71]
851	14	TYBURC Paweł	WARSZAWA			73	M30/315 (M)808	00:52:51	00:52:26	11.44	00:25:26 / 842 [11.80]
852	2178	KILIAN Daniel	MYSIADŁO			73	M30/316 (M)809	00:52:51	00:52:26	11.44	00:25:26 / 843 [11.80]
853	2898	DUDEK Bartłomiej	KRAKÓW			77	M30/317 (M)810	00:52:52	00:52:27	11.44	00:26:34 / 1083 [11.29]
854	1178	SUDAKOWSKI Tomasz	RAWA MAZOWIECKA		ZAWISZA	71	M30/318 (M)811	00:52:52	00:52:24	11.45	00:26:35 / 1084 [11.29]
855	1709	ROSIĄK Jacek	WARSZAWA		LASEK BIELAŃSKI TEAM	63	M40/145 (M)812	00:52:54	00:52:07	11.51	00:26:26 / 1060 [11.35]
856	613	KASPRZYCKI Marcin	WARSZAWA			74	M30/319 (M)813	00:52:54	00:51:47	11.59	00:26:16 / 1033 [11.42]
857	929	POLAŃSKI Rafał	WARSZAWA		IM2010 TRUSKAWKA	70	M30/320 (M)814	00:52:57	00:51:54	11.56	00:27:06 / 1197 [11.07]
858	1822	ZIELIŃSKA Karolina	WARSZAWA			84	K20/21 (K)44	00:52:57	00:51:35	11.63	00:27:23 / 1268 [10.96]
859	2398	CYDZIK Mirosław	OLSZTYN			76	M30/321 (M)815	00:52:57	00:51:08	11.73	00:28:01 / 1391 [10.71]
860	1512	PERCZYŃSKI Tomasz	WARSZAWA		LUCID DREAM PRODUCTION	78	M30/322 (M)816	00:52:58	00:52:45	11.37	00:26:10 / 1008 [11.46]
861	2349	MADZIARSKA Monika	PIASECZNO		KB GYMNASION WARSZAWA	78	K30/17 (K)45	00:52:59	00:52:05	11.52	00:26:02 / 992 [11.52]
862	2054	NAROŻNIK Sylwia	STAROGARD GDAŃSKI		NIEZRZESZONA	78	K30/18 (K)46	00:52:59	00:52:38	11.40	00:25:41 / 911 [11.68]
863	854	KUBACKA Paulina	SZCZECIN		MARATOŃCZYK TEAM	72	K30/19 (K)47	00:53:00	00:51:31	11.65	00:27:52 / 1363 [10.77]
864	2076	PASEK Wojciech	KOŃSKIE		PASAT KOŃSKIE	59	M50/72 (M)817	00:53:00	00:51:45	11.59	00:28:11 / 1423 [10.64]
865	933	SULEJ Jarosław	WARSZAWA		SAGARSI	71	M30/323 (M)818	00:53:01	00:51:56	11.55	00:27:12 / 1217 [11.03]
866	2001	SZAFRAŃSKI marcin	WARSZAWA			78	M30/324 (M)819	00:53:03	00:52:41	11.39	00:26:16 / 1036 [11.42]
867	2468	GŁOWACKI Marcin	WARSZAWA			83	M20/231 (M)820	00:53:03	00:51:24	11.67	00:27:26 / 1275 [10.94]
868	2005	MALENTA Michał	WARSZAWA			84	M20/232 (M)821	00:53:05	00:51:33	11.64	00:27:53 / 1367 [10.76]
869	567	GORSIAK Edward	WARSZAWA		CHOSZCZÓWKA	59	M50/73 (M)822	00:53:05	00:52:41	11.39	00:26:15 / 1028 [11.43]
870	2604	ZAWODNIK DO UZUP					(M)823	00:53:07	00:51:59	11.54	00:27:17 / 1238 [11.00]
871	1729	DOMARADZKI Łukasz	WARSZAWA			87	M20/233 (M)824	00:53:07	00:50:44	11.83	00:27:45 / 1335 [10.81]
872	2893	ŁACPRZAK Robert	WARSZAWA			74	M30/325 (M)825	00:53:08	00:52:58	11.33	00:27:53 / 1368 [10.76]
873	2118	BIAŁEK Adam	KATOWICE			73	M30/326 (M)826	00:53:09	00:52:25	11.45	00:27:20 / 1251 [10.98]
874	2126	STOLARCZYK Marcin	MYSŁOWICE			85	M20/234 (M)827	00:53:09	00:52:24	11.45	00:27:20 / 1247 [10.98]
875	1799	SIWIEC Robert	WARSZAWA		MARATONYPOLSKIE.PL TEAM	74	M30/327 (M)828	00:53:10	00:52:29	11.43	00:26:31 / 1073 [11.31]
876	943	WIŚNIEWSKI ARTUR	WARSZAWA			66	M40/146 (M)829	00:53:11	00:52:34	11.41	00:26:24 / 1053 [11.36]
877	518	KRASIŃSKI Piotr	WARSZAWA			75	M30/328 (M)830	00:53:11	00:52:34	11.41	00:26:24 / 1054 [11.36]
878	2264	CZARNIECKI Kamil	WARSZAWA			79	M30/329 (M)831	00:53:12	00:52:20	11.46	00:26:44 / 1119 [11.22]
879	267	KUCHARSKI Krzysztof	WARSZAWA		ERA RUNNING TEAM	75	M30/330 (M)832	00:53:13	00:52:48	11.36	00:27:31 / 1290 [10.90]
880	2102	SZPAK` Michał	NAMYSŁÓW			78	M30/331 (M)833	00:53:13	00:52:17	11.48	00:27:23 / 1267 [10.96]
881	1606	WUDARCZYK Arek	WARSZAWA			79	M30/332 (M)834	00:53:15	00:52:46	11.37	00:27:14 / 1228 [11.02]
882	1602	MUTRYNOWSKI Piotr	WARSZAWA			74	M30/333 (M)835	00:53:15	00:51:52	11.57	00:28:06 / 1404 [10.68]
883	1764	CHICIŃSKI Grzegorz	DĘBLIN		BRAK	72	M30/334 (M)836	00:53:16	00:51:20	11.69	00:27:28 / 1280 [10.92]
884	2515	KALUSKI Marcin	OTWOCK			81	M20/235 (M)837	00:53:17	00:52:09	11.51	00:28:46 / 1529 [10.43]

Miejsce Rank	Nr Bib	Nazwisko i imię Name	Miejscowość City	Kraj Nat	Drużyna Team	R-k YoB	W kateg in Age Sex	Wynik Total	Wynik Netto	[km/h]	5km
885	1227	ŻELECHOWSKI Tomasz	WARSZAWA			76	M30/335 (M)838	00:53:17	00:51:33	11.64	00:28:42 / 1521 [10.45]
886	2265	RYTEL Rafał	WARSZAWA			80	M20/236 (M)839	00:53:18	00:52:27	11.44	00:26:43 / 1118 [11.23]
887	1298	GONDEK Magdalena	WARSZAWA			81	K20/22 (K)48	00:53:19	00:52:14	11.49	00:26:36 / 1092 [11.28]
888	1148	WOŹNIAK Ryszard	BORZYCHY		NIEZRZESZONY	71	M30/336 (M)840	00:53:19	00:52:39	11.40	00:24:33 / 690 [12.22]
889	67	SAWA Ryszard			NIEWIDOMI	09	(M)841	00:53:20	00:52:30	11.43	00:27:37 / 1312 [10.86]
890	68	PLATOWSKI Feliks			PRZEWODNIK NIEWIDOMI	09	(M)842	00:53:20	00:52:31	11.42	00:27:37 / 1311 [10.86]
891	2441	LABRIGA Dariusz	KARCZEW			70	M30/337 (M)843	00:53:21	00:51:47	11.59	00:27:52 / 1362 [10.77]
892	2610	LEŚNIEWSKI JAROSŁAW	ŁOCHÓW				(M)844	00:53:22	00:52:56	11.34	00:26:16 / 1037 [11.42]
893	2728	DZIACZYŃSKI Mariusz	PIASECZNO			66	M40/147 (M)845	00:53:23	00:51:48	11.58	00:27:10 / 1212 [11.04]
894	1778	ORZECHOWSKI Cezary	ŁOMIANKI			64	M40/148 (M)846	00:53:23	00:53:01	11.32	00:25:57 / 969 [11.56]
895	1795	KALINOWSKI Piotr	WARSZAWA			59	M50/74 (M)847	00:53:24	00:53:09	11.29	00:26:53 / 1143 [11.16]
896	1372	GRĘDA Andrzej	WARSZAWA			61	M40/149 (M)848	00:53:25	00:53:05	11.30	00:25:30 / 857 [11.76]
897	2671	JAWOROWSKI Arkadiusz	BIELSK PODLASKI				(M)849	00:53:25	00:53:24	11.24	00:25:28 / 849 [11.78]
898	1593	KURDEJ Grzegorz	JÓZEFÓW			74	M30/338 (M)850	00:53:26	00:52:14	11.49	00:27:02 / 1177 [11.10]
899	1443	KOTWAS Robert	NIEPORĘT			73	M30/339 (M)851	00:53:27	00:52:05	11.52	00:27:53 / 1366 [10.76]
900	2105	PARZELSKI Gerard	RADOM			75	M30/340 (M)852	00:53:27	00:51:56	11.55	00:27:41 / 1326 [10.84]
901	1575	KWIATKOWSKA Patrycja	WARSZAWA			76	K30/20 (K)49	00:53:28	00:53:26	11.23	00:26:12 / 1019 [11.45]
902	1884	TERLECKI JÓZEF	GRUSZEWNIA		WKB META LUBLINIEC	54	M50/75 (M)853	00:53:28	00:52:36	11.41	00:27:04 / 1190 [11.08]
903	2375	SZCZEPKOWSKI Paweł	WARSZAWA WESOLA		NIEZRZESZONY	55	M50/76 (M)854	00:53:29	00:53:14	11.27	00:27:19 / 1243 [10.98]
904	338	MICHAŁSKI Janusz	WARSZAWA			57	M50/77 (M)855	00:53:30	00:52:06	11.52	00:27:24 / 1270 [10.95]
905	263	KOSIŃSKI Marek	WARSZAWA			57	M50/78 (M)856	00:53:32	00:52:47	11.37	00:27:21 / 1255 [10.97]
906	1718	HELWICH Robert	WARSZAWA			80	M20/237 (M)857	00:53:32	00:52:15	11.48	00:28:29 / 1484 [10.53]
907	2752	PIASZCZYŃSKA Anna	WARSZAWA			74	K30/21 (K)50	00:53:33	00:52:55	11.34	00:27:00 / 1171 [11.11]
908	815	BINDER Agnieszka	MILANÓWEK			83	K20/23 (K)51	00:53:33	00:52:24	11.45	00:27:07 / 1205 [11.06]
909	1456	ZAGRZEJEWSKA Antonina	WARSZAWA		LOBO SISTERS RUNNERS CLUB	77	K30/22 (K)52	00:53:34	00:52:37	11.40	00:25:58 / 976 [11.55]
910	2049	SOKOŁOWSKI Artur	WARSZAWA			68	M40/150 (M)858	00:53:34	00:53:14	11.27	00:25:46 / 929 [11.64]
911	248	KOWALIK Zbyszek	WARSZAWA			66	M40/151 (M)859	00:53:35	00:52:47	11.37	00:26:45 / 1123 [11.21]
912	806	NOWAK Tomasz	ŁOWICZ			81	M20/238 (M)860	00:53:35	00:52:07	11.51	00:27:52 / 1364 [10.77]
913	2229	TOMASZEWSKA Elżbieta	WARSZAWA			83	K20/24 (K)53	00:53:36	00:52:01	11.53	00:28:09 / 1419 [10.66]
914	1669	STACHURSKI Marcin	OŻARÓW MAZOWIECKI			75	M30/341 (M)861	00:53:37	00:53:23	11.24	00:26:25 / 1056 [11.36]
915	540	KASPRZAK Bogusław	KARCZEW		DRUŻYNA SZPIKU	58	M50/79 (M)862	00:53:37	00:52:57	11.33	00:26:27 / 1063 [11.34]
916	1105	SĘDEK Rafał	WARSZAWA			81	M20/239 (M)863	00:53:38	00:52:18	11.47	00:28:09 / 1415 [10.66]
917	444	JAROSZ Andrzej	WARSZAWA			74	M30/342 (M)864	00:53:38	00:52:53	11.35	00:27:06 / 1198 [11.07]
918	1213	KOZIOŁ Mariusz	WARSZAWA-WESOLA		AKADEMIA OBRONY NARODOWEJ	72	M30/343 (M)865	00:53:38	00:53:27	11.23	00:26:31 / 1074 [11.31]
919	1462	SZTOMBER Daniel	WARSZAWA		WARSZAWA	82	M20/240 (M)866	00:53:39	00:51:56	11.55	00:28:39 / 1515 [10.47]
920	1617	SERWACZYŃSKI Mirosław	PIASECZNO			62	M40/152 (M)867	00:53:40	00:52:08	11.51	00:28:06 / 1405 [10.68]
921	2366	RÓŻYCKI Konrad	WARSZAWA		ALETEMPO	62	M40/153 (M)868	00:53:41	00:52:33	11.42	00:27:05 / 1194 [11.08]
922	1877	MATCZAK Piotr	WESOLA			63	M40/154 (M)869	00:53:42	00:52:33	11.42	00:27:00 / 1168 [11.11]
923	2575	MOSKAŁ Izabella	KÓRNIK		BRYLANT KÓRNIK	73	K30/23 (K)54	00:53:42	00:53:19	11.25	00:26:09 / 1004 [11.47]
924	1811	KORKOSZ Andrzej	WARSZAWA			77	M30/344 (M)870	00:53:43	00:52:12	11.49	00:30:13 / 1784 [9.93]
925	2230	WYRWAS Tadeusz	ŁOMŻA		SPONTANICZNIE LKB	59	M50/80 (M)871	00:53:43	00:52:22	11.46	00:28:23 / 1455 [10.57]
926	603	SOBIEPAN Arkadiusz	LEGIONOWO			77	M30/345 (M)872	00:53:44	00:52:11	11.50	00:27:51 / 1358 [10.77]
927	2292	MADZIAR Andrzej	MIŃSK MAZOWIECKI		KB DREPTAK MIŃSK MAZOWIEC	42	M60/16 (M)873	00:53:45	00:52:16	11.48	00:27:17 / 1237 [11.00]
928	2565	WĘGRZYN Jakub	DĘBLIN			87	M20/241 (M)874	00:53:46	00:53:28	11.22	00:25:01 / 768 [11.99]
929	2092	DOBOSZ Paweł	WARSZAWA			79	M30/346 (M)875	00:53:47	00:52:26	11.44	00:27:35 / 1305 [10.88]
930	358	TRACZYK Jarosław	WARSZAWA			60	M40/155 (M)876	00:53:47	00:52:16	11.48	00:27:22 / 1264 [10.96]
931	1272	STAŃKO Zbigniew	WARSZAWA-WESOLA			70	M30/347 (M)877	00:53:53	00:52:28	11.44	00:27:49 / 1350 [10.78]
932	1133	KUNKEL Marek	WARSZAWA			74	M30/348 (M)878	00:53:55	00:52:35	11.41	00:27:47 / 1341 [10.80]
933	510	MALINOWSKI Jerzy	OŻARÓW MAZOWIECKI		GOSIR OŻARÓW MAZOWIECKI	61	M40/156 (M)879	00:53:55	00:53:45	11.16	00:24:58 / 759 [12.02]
934	1191	ADAMECZEK Marek	WARSZAWA			69	M40/157 (M)880	00:53:57	00:52:05	11.52	00:30:30 / 1841 [9.84]
935	496	GRABOWSKI Michał	ZIELONKA		ERA RUNNING TEAM	75	M30/349 (M)881	00:53:57	00:53:06	11.30	00:30:06 / 1769 [9.97]
936	666	FUKS Szymon	WARSZAWA			80	M20/242 (M)882	00:53:58	00:53:06	11.30	00:30:05 / 1766 [9.97]
937	1496	WÓJCIK Paweł	WARSZAWA			61	M40/158 (M)883	00:53:58	00:52:01	11.53	00:27:35 / 1306 [10.88]

Miejsce Rank	Nr Bib	Nazwisko i imię Name	Miejscowość City	Kraj Nat	Drużyna Team	R-k YoB	W kateg in Age Sex	Wynik Total	Wynik Netto	[km/h]	5km
938	2647	LIPKO Justyna	WARSZAWA			83	K20/25 (K)55	00:53:59	00:53:57	11.12	00:26:14 / 1026 [11.44]
939	1959	PROKOPIAK PIOTR	WARSZAWA			79	M30/350 (M)884	00:53:59	00:53:05	11.30	00:26:40 / 1107 [11.25]
940	2188	KETNER anna	ŁÓDŹ			74	K30/24 (K)56	00:54:00	00:53:39	11.18	00:26:53 / 1144 [11.16]
941	1737	CIENKUSZ Damian	WARSZAWA			78	M30/351 (M)885	00:54:01	00:52:58	11.33	00:27:49 / 1347 [10.78]
942	1929	GRUSZEWSKI Paweł	WARSZAWA			78	M30/352 (M)886	00:54:01	00:51:58	11.55	00:28:50 / 1534 [10.40]
943	727	WRÓBLEWSKI Kamil	GŁOSKÓW			88	M20/243 (M)887	00:54:03	00:52:59	11.32	00:27:39 / 1317 [10.85]
944	70	SAWA Jacek			NIEWIDOMI PRZEWODNIK	09	(M)888	00:54:03	00:53:35	11.20	00:26:56 / 1153 [11.14]
945	1842	GRYGIEL Tomasz	WARSZAWA			74	M30/353 (M)889	00:54:05	00:52:55	11.34	00:27:29 / 1284 [10.92]
946	2648	ZIÓLKOWSKA Matylda	GDYNIA			80	K20/26 (K)57	00:54:06	00:52:53	11.35	00:27:46 / 1336 [10.80]
947	2582	CAŁA Włodzimierz	WARSZAWA			74	M30/354 (M)890	00:54:06	00:53:44	11.17	00:26:34 / 1081 [11.29]
948	431	ŚLIWA Krzysztof	WARSZAWA			85	M20/244 (M)891	00:54:06	00:52:04	11.52	00:28:50 / 1536 [10.40]
949	1518	SZYMANIK Maciej	WARSZAWA			70	M30/355 (M)892	00:54:08	00:52:29	11.43	00:28:28 / 1479 [10.54]
950	1962	MALARECKI Paweł	ŁOMIANKI			62	M40/159 (M)893	00:54:08	00:53:24	11.24	00:27:31 / 1289 [10.90]
951	390	BUNICZ Sebastian	WARSZAWA			81	M20/245 (M)894	00:54:09	00:52:31	11.42	00:28:36 / 1502 [10.49]
952	2149	KOBUSIŃSKI Józef	WARSZAWA		WARSZAWA-MIĘDZYLESIE	51	M50/81 (M)895	00:54:09	00:52:40	11.39	00:29:14 / 1606 [10.26]
953	2080	BRZEZIŃSKI Piotr	ŁÓDŹ			66	M40/160 (M)896	00:54:10	00:52:59	11.32	00:27:41 / 1323 [10.84]
954	1135	PALCZEWSKI Marcin	WARSZAWA		LASEK BIELAŃSKI TEAM	75	M30/356 (M)897	00:54:10	00:52:43	11.38	00:28:58 / 1566 [10.36]
955	1723	ANTCZAK Remigiusz	WARSZAWA			66	M40/161 (M)898	00:54:11	00:52:12	11.49	00:26:48 / 1132 [11.19]
956	1900	STRUMIŁŁO Daniel	GDAŃSK			82	M20/246 (M)899	00:54:11	00:53:53	11.14	00:27:29 / 1282 [10.92]
957	1899	NÓŻKA Maciej	GDAŃSK			83	M20/247 (M)900	00:54:11	00:53:53	11.14	00:27:29 / 1283 [10.92]
958	2298	STRZELEC Wiesław	RADOM		JW 3463	73	M30/357 (M)901	00:54:12	00:53:05	11.30	00:26:25 / 1059 [11.36]
959	1881	KNAP Wojciech	WARSZAWA			60	M40/162 (M)902	00:54:13	00:52:34	11.41	00:28:11 / 1422 [10.64]
960	2096	STĘPCZYŃSKI Jerzy	OSTRÓW MAZOWIECKA		NIE NALEŻY	47	M60/17 (M)903	00:54:13	00:54:11	11.07	00:26:29 / 1071 [11.33]
961	1687	FALKOWSKI Maciej	WARSZAWA			82	M20/248 (M)904	00:54:13	00:53:02	11.31	00:28:00 / 1387 [10.71]
962	1579	POWROŹNIK Kondrad	WARSZAWA			79	M30/358 (M)905	00:54:14	00:53:39	11.18	00:26:57 / 1156 [11.13]
963	1574	SAWICKA Małgorzata	WARSZAWA			74	K30/25 (K)58	00:54:14	00:54:11	11.07	00:26:12 / 1016 [11.45]
964	2117	STOLARCZYK Stanisław	TLUSZCZ		BÓBR TLUSZCZ	43	M60/18 (M)906	00:54:14	00:53:30	11.21	00:27:20 / 1248 [10.98]
965	1851	BIAŁEK Maciej	WARSZAWA			80	M20/249 (M)907	00:54:15	00:53:58	11.12	00:26:13 / 1020 [11.44]
966	2018	WIERCIŃSKI Daniel	SIEDLCE			84	M20/250 (M)908	00:54:15	00:53:24	11.24	00:28:31 / 1488 [10.52]
967	1572	WASZKIEWICZ Maciej	WARSZAWA			82	M20/251 (M)909	00:54:17	00:52:51	11.35	00:28:55 / 1557 [10.37]
968	974	SZYBOWSKI Sławek	WARSZAWA			74	M30/359 (M)910	00:54:18	00:52:33	11.42	00:29:08 / 1591 [10.30]
969	420	PASTUSZEK Krzysztof	JÓZEFÓW			85	M20/252 (M)911	00:54:18	00:52:56	11.34	00:27:39 / 1319 [10.85]
970	1061	SIMON CLARE				69	K40/6 (K)59	00:54:20	00:53:03	11.31	00:27:59 / 1385 [10.72]
971	531	NOWICKA Joanna	WARSZAWA			53	K50/2 (K)60	00:54:20	00:53:23	11.24	00:27:33 / 1296 [10.89]
972	2504	ŻURAWSKI Paweł	WARSZAWA			74	M30/360 (M)912	00:54:24	00:52:41	11.39	00:27:54 / 1370 [10.75]
973	2432	WOJEWODA Michał	WARSZAWA			74	M30/361 (M)913	00:54:25	00:54:03	11.10	00:26:47 / 1128 [11.20]
974	1539	BIAŁECKI Jerzy	WARSZAWA		ALETEMPO	59	M50/82 (M)914	00:54:25	00:53:03	11.31	00:28:55 / 1555 [10.37]
975	837	KOLAŃCZYK Paulina	WARSZAWA		ALETEMPO	80	K20/27 (K)61	00:54:25	00:53:03	11.31	00:28:54 / 1553 [10.38]
976	1432	BOLIMOWSKI ANDRZEJ	WARSZAWA			86	M20/253 (M)915	00:54:26	00:52:56	11.34	00:28:53 / 1547 [10.39]
977	2071	DZIEWICKI Marek	WARASZWA			68	M40/163 (M)916	00:54:27	00:53:29	11.22	00:26:58 / 1159 [11.12]
978	834	GRZEGORZEWSKI Marcin	WARSZAWA			64	M40/164 (M)917	00:54:28	00:53:01	11.32	00:28:22 / 1449 [10.58]
979	883	WOŹNICKI ARTUR	WARSZAWA			72	M30/362 (M)918	00:54:28	00:53:22	11.24	00:28:25 / 1464 [10.56]
980	108	DĄBROWSKI MARIUSZ			PKO	09	(M)919	00:54:29	00:53:43	11.17	00:27:17 / 1235 [11.00]
981	430	GRENDA Piotr	ŚWIDNIK			81	M20/254 (M)920	00:54:31	00:53:44	11.17	00:27:20 / 1252 [10.98]
982	700	KWIATKOWSKI Sławomir	WARSZAWA			77	M30/363 (M)921	00:54:31	00:54:24	11.03	00:27:02 / 1178 [11.10]
983	885	OGURKIS Jan	WARSZAWA			62	M40/165 (M)922	00:54:32	00:54:22	11.04	00:26:26 / 1061 [11.35]
984	19	DĄBKOWSKI Michał	WARSZAWA LEGIA			80	M20/255 (M)923	00:54:33	00:54:17	11.05	00:30:08 / 1774 [9.96]
985	1618	ROTKIEWICZ MIKOŁAJ	WARSZAWA			74	M30/364 (M)924	00:54:33	00:53:06	11.30	00:27:50 / 1353 [10.78]
986	1289	SIELICKI Krzysztof	MYSIADŁO			81	M20/256 (M)925	00:54:34	00:53:17	11.26	00:27:12 / 1216 [11.03]
987	1202	MŁODAWSKI Marriusz	WARSZAWA			83	M20/257 (M)926	00:54:34	00:54:19	11.05	00:26:59 / 1164 [11.12]
988	2408	ŁUKASIK Mirosław	PRUSZKÓW			71	M30/365 (M)927	00:54:35	00:54:18	11.05	00:27:45 / 1334 [10.81]
989	898	RAJKOWSKI KRZYSZTOF	PRUSZKÓW			64	M40/166 (M)928	00:54:36	00:54:20	11.04	00:27:34 / 1301 [10.88]
990	134	WIEWIÓRSKI MAREK	WARSZAWA		TOK FM	70	M30/366 (M)929	00:54:36	00:53:23	11.24	00:32:32 / 2149 [9.22]

Miejsce Rank	Nr Bib	Nazwisko i imię Name	Miejscowość City	Kraj Nat	Drużyna Team	R-k YoB	W kateg in Age Sex	Wynik Total	Wynik Netto	[km/h]	5km
991	2627	MAJCHROWSKI Piotr	WARSZAWA			77	M30/367 (M)930	00:54:40	00:53:40	11.18	00:27:40 / 1322 [10.84]
992	2549	BUJAS Marek	SULEJÓWEK		BRK	52	M50/83 (M)931	00:54:42	00:54:28	11.02	00:27:19 / 1245 [10.98]
993	395	CZARKOWSKI ROBERT	SZCZYTNO		AKB SZCZYTNO	76	M30/368 (M)932	00:54:45	00:54:16	11.06	00:27:18 / 1240 [10.99]
994	315	KOŁTYS - DĄBROWSKA ANNA	WARSZAWA			79	K30/26 (K)62	00:54:45	00:54:18	11.05	00:27:18 / 1241 [10.99]
995	761	CHĘCIAK Grzegorz	WARSZAWA		NIE	66	M40/167 (M)933	00:54:45	00:54:30	11.01	00:26:15 / 1030 [11.43]
996	355	WÓJCIK Dariusz	WARSZAWA			72	M30/369 (M)934	00:54:46	00:53:07	11.30	00:28:10 / 1420 [10.65]
997	1528	CYPEL Sławomir	SOCHACZEW		DRAGON FC SOCHACZEW	72	M30/370 (M)935	00:54:46	00:54:42	10.97	00:25:49 / 943 [11.62]
998	661	JĘDRZEJEWSKI Marcin	PRUSZKÓW			80	M20/258 (M)936	00:54:47	00:54:20	11.04	00:27:58 / 1382 [10.73]
999	482	SZPANOWSKI Maciej	WARSZAWA			74	M30/371 (M)937	00:54:47	00:54:04	11.10	00:28:24 / 1459 [10.56]
1000	2185	GAWAŁKIEWICZ Łukasz	SKIERNIEWICE		ZZTOP SKIERNIEWICE	80	M20/259 (M)938	00:54:50	00:53:42	11.17	00:28:43 / 1525 [10.45]
1001	1271	ZAWODNIK DO UZUP					(M)939	00:54:50	00:53:39	11.18	00:28:58 / 1565 [10.36]
1002	2357	FARBISZEWSKI Marek	WARSZAWA		KB TP	77	M30/372 (M)940	00:54:50	00:52:59	11.32	00:27:50 / 1352 [10.78]
1003	2746	SOKALSKI Grzegorz	KONSTANCIN-JEZIORNA			75	M30/373 (M)941	00:54:51	00:54:21	11.04	00:24:14 / 630 [12.38]
1004	1608	LASOTA PRZEMYSŁAW	WARSZAWA			84	M20/260 (M)942	00:54:51	00:54:17	11.05	00:28:15 / 1430 [10.62]
1005	1357	SADOWSKI Łukasz	PRUSZKÓW			79	M30/374 (M)943	00:54:51	00:53:14	11.27	00:24:12 / 623 [12.40]
1006	1288	JAWOREK Mariusz	PŁOCK			72	M30/375 (M)944	00:54:51	00:54:25	11.03	00:26:46 / 1127 [11.21]
1007	1322	SZABŁOWSKA Emilia	WARSZAWA			86	K20/28 (K)63	00:54:51	00:54:14	11.06	00:28:26 / 1467 [10.55]
1008	864	POŁOWNIAK Andrzej	WARSZAWA			48	M60/19 (M)945	00:54:52	00:53:33	11.20	00:27:52 / 1361 [10.77]
1009	1978	RYGIER Aleksander	WARSZAWA			56	M50/84 (M)946	00:54:53	00:53:28	11.22	00:28:52 / 1544 [10.39]
1010	927	BOGUSZ Lilia	WARSZAWA		TRUSKAWKA	76	K30/27 (K)64	00:54:53	00:53:51	11.14	00:28:34 / 1494 [10.50]
1011	2759	MĄDRY Joanna	ZĄBKI			67	K40/7 (K)65	00:54:53	00:54:34	11.00	00:27:03 / 1182 [11.09]
1012	2708	GAWLAS Mateusz	PSZCZYNA			81	M20/261 (M)947	00:54:55	00:53:52	11.14	00:27:50 / 1355 [10.78]
1013	212	SZTOMBER Piotr	WARSZAWA			85	M20/262 (M)948	00:54:55	00:54:20	11.04	00:28:34 / 1498 [10.50]
1014	1032	DALIDOWICZ Agnieszka	WARSZAWA			78	K30/28 (K)66	00:54:56	00:54:39	10.98	00:26:57 / 1154 [11.13]
1015	1533	RUDZKI Dominik	WARSZAWA			82	M20/263 (M)949	00:54:56	00:52:53	11.35	00:29:42 / 1692 [10.10]
1016	1757	DEMIDOWSKA Alina	PSZCZYNA			86	K20/29 (K)67	00:54:58	00:54:21	11.04	00:27:27 / 1278 [10.93]
1017	2699	TOMASZEWSKI Marek	GDAŃSK			63	M40/168 (M)950	00:54:58	00:53:11	11.28	00:29:45 / 1700 [10.08]
1018	1576	DĄBROWSKI Filip	WARSZAWA			82	M20/264 (M)951	00:55:01	00:53:12	11.28	00:29:17 / 1622 [10.24]
1019	547	WĘGIEL Wojciech	WARSZAWA			75	M30/376 (M)952	00:55:02	00:54:19	11.05	00:28:24 / 1460 [10.56]
1020	481	LIS Sylwester	WARSZAWA			71	M30/377 (M)953	00:55:03	00:54:24	11.03	00:27:48 / 1345 [10.79]
1021	1640	MALINOWSKI Mariusz	INOWROCŁAW			78	M30/378 (M)954	00:55:03	00:53:36	11.19	00:30:58 / 1917 [9.69]
1022	1696	MATUSIAK Marcin	LEGIONOWO			80	M20/265 (M)955	00:55:03	00:53:35	11.20	00:29:11 / 1597 [10.28]
1023	803	KASPROWICZ Dominik	WARSZAWA			76	M30/379 (M)956	00:55:04	00:53:10	11.29	00:29:11 / 1598 [10.28]
1024	1620	MICHAŁSKI Rafał	JABŁONNA			73	M30/380 (M)957	00:55:04	00:53:19	11.25	00:30:20 / 1807 [9.89]
1025	2320	PANUFIK Tomasz	BOROWA GÓRA			81	M20/266 (M)958	00:55:05	00:53:53	11.14	00:28:44 / 1527 [10.44]
1026	2591	JANCZUK Piotr	ŻYRARDÓW			76	M30/381 (M)959	00:55:05	00:53:23	11.24	00:28:49 / 1531 [10.41]
1027	627	FRIEDRICH Michał	WARSZAWA			81	M20/267 (M)960	00:55:06	00:53:50	11.15	00:29:48 / 1712 [10.07]
1028	958	KUCAB Maciej Rafał	LUBLIN		WOLNY BIEGACZ	85	M20/268 (M)961	00:55:07	00:54:01	11.11	00:26:16 / 1032 [11.42]
1029	61	POWAŁKA Grzegorz			NIWIDOMI	09	(M)962	00:55:08	00:53:57	11.12	00:28:37 / 1508 [10.48]
1030	701	WRÓBEL Marcin	KATOWICE		KB GALERIA WARSZAWA	86	M20/269 (M)963	00:55:09	00:53:58	11.12	00:28:38 / 1511 [10.48]
1031	2259	KOŁODZIEJ Cezary	OTWOCK			82	M20/270 (M)964	00:55:10	00:53:20	11.25	00:28:38 / 1513 [10.48]
1032	432	SOCHA Marcin	WARSZAWA			77	M30/382 (M)965	00:55:10	00:53:54	11.13	00:28:13 / 1428 [10.63]
1033	1871	PAWLICKI Jan	WARSZAWA			78	M30/383 (M)966	00:55:11	00:54:47	10.95	00:25:49 / 941 [11.62]
1034	299	DUDZIŃSKI Tomasz	WARSZAWA		KTE TRAMP	85	M20/271 (M)967	00:55:12	00:53:43	11.17	00:27:58 / 1381 [10.73]
1035	1798	KALINOWSKI Maciej	WARSZAWA			95	M20/272 (M)968	00:55:13	00:54:57	10.92	00:26:33 / 1079 [11.30]
1036	892	PAWŁAK Bogumił	IZABELIN		SAGORSI	60	M40/169 (M)969	00:55:13	00:54:11	11.07	00:28:11 / 1421 [10.64]
1037	960	CISZEWSKI Marcelli	WARSZAWA			83	M20/273 (M)970	00:55:13	00:53:52	11.14	00:29:10 / 1593 [10.29]
1038	255	SKRZYPKOWSKI tomasz	OTWOCK			57	M50/85 (M)971	00:55:17	00:54:36	10.99	00:25:51 / 945 [11.61]
1039	2727	TYNIEC Kamil	WOJKOWICE			86	M20/274 (M)972	00:55:18	00:54:03	11.10	00:27:16 / 1232 [11.00]
1040	2762	DŁUGOKEŃSKI Mateusz	WARSZAWA				(M)973	00:55:19	00:54:09	11.08	00:28:04 / 1400 [10.69]
1041	2517	SOŁTYSIAK Paweł	WARSZAWA			74	M30/384 (M)974	00:55:19	00:53:46	11.16	00:29:11 / 1596 [10.28]
1042	2519	MAZAN Przemysław	WARSZAWA		VEGE RUNNERS	75	M30/385 (M)975	00:55:21	00:53:48	11.15	00:29:15 / 1611 [10.26]

Miejsce Rank	Nr Bib	Nazwisko i imię Name	Miejscowość City	Kraj Nat	Drużyna Team	R-k YoB	W kateg in Age Sex	Wynik Total	Wynik Netto	[km/h]	5km
1043	887	LUDWINEK Iwona	WARSZAWA		VEGE RUNNERS	83	K20/30 (K)68	00:55:21	00:53:48	11.15	00:29:15 / 1614 [10.26]
1044	2520	PSZCZÓLKOWSKI Artur	WARSZAWA		MARATONYPOLSKIE.PL TEAM	74	M30/386 (M)976	00:55:21	00:53:48	11.15	00:29:15 / 1613 [10.26]
1045	1863	ISASI-KURAN Agata	WARSZAWA			77	K30/29 (K)69	00:55:22	00:54:27	11.02	00:28:26 / 1468 [10.55]
1046	997	WIELGUŁASKI Paweł	WARSZAWA			80	M20/275 (M)977	00:55:23	00:54:29	11.01	00:27:16 / 1233 [11.00]
1047	2486	ATYS Bartłomiej	ŁOMIANKI			75	M30/387 (M)978	00:55:24	00:53:37	11.19	00:27:51 / 1357 [10.77]
1048	1668	CAJBEL Maciej	WROCLAW			86	M20/276 (M)979	00:55:24	00:54:49	10.95	00:27:57 / 1377 [10.73]
1049	1856	SEEWALD Siegfried	WARSZAWA			63	M40/170 (M)980	00:55:25	00:55:15	10.86	00:25:57 / 970 [11.56]
1050	178	BACHÓRZ MARTA	WARSZAWA		STRAŻ MIEJSKA	74	K30/30 (K)70	00:55:25	00:54:09	11.08	00:28:23 / 1454 [10.57]
1051	397	KAMIŃSKI Michał	WARSZAWA		ART PROF1	86	M20/277 (M)981	00:55:25	00:53:54	11.13	00:28:08 / 1413 [10.66]
1052	2479	GODLEWSKI Piotr	KOBYŁKA		KENSEI	90	M20/278 (M)982	00:55:27	00:53:39	11.18	00:28:36 / 1505 [10.49]
1053	1712	GARWOLA Paweł	LEGIONOWO			74	M30/388 (M)983	00:55:27	00:54:20	11.04	00:28:22 / 1453 [10.58]
1054	612	NIEWIADOMSKI Maciej	PRUSZKÓW			93	M20/279 (M)984	00:55:27	00:54:23	11.03	00:26:49 / 1136 [11.19]
1055	1109	BOBIK Rafał	WARSZAWA			79	M30/389 (M)985	00:55:29	00:55:13	10.87	00:26:54 / 1149 [11.15]
1056	1159	KĘPA Adam	WARSZAWA		METRO WARSZAWSKIE	68	M40/171 (M)986	00:55:30	00:53:41	11.18	00:28:58 / 1568 [10.36]
1057	2482	PACHOLCZYK Roman	WARSZAWA			58	M50/86 (M)987	00:55:33	00:55:27	10.82	00:27:16 / 1231 [11.00]
1058	2533	SZADE Sebastian	WARSZAWA		STARCOM	81	M20/280 (M)988	00:55:34	00:54:01	11.11	00:28:02 / 1394 [10.70]
1059	1249	WORONOWICZ Natalia	WARSZAWA			84	K20/31 (K)71	00:55:34	00:54:33	11.00	00:28:09 / 1418 [10.66]
1060	487	SIENKIEWICZ Paweł	WARSZAWA		NIEZRZESZONY	74	M30/390 (M)989	00:55:34	00:54:54	10.93	00:27:38 / 1314 [10.86]
1061	109	PULKOWNIK MARCIN			PKO	09	(M)990	00:55:35	00:54:53	10.93	00:28:21 / 1446 [10.58]
1062	2748	OLCZAK Tomasz	GRÓJEC			76	M30/391 (M)991	00:55:36	00:54:32	11.00	00:27:49 / 1349 [10.78]
1063	1994	MOSTOWSKA Joanna	WARSZAWA			82	K20/32 (K)72	00:55:36	00:53:48	11.15	00:30:14 / 1785 [9.92]
1064	1993	KARP Jakub	ZIELONKA			72	M30/392 (M)992	00:55:37	00:53:49	11.15	00:30:14 / 1788 [9.92]
1065	2589	DOMINIAK-LESZCZYŃSKA elżbieta	WARSZAWA			60	K40/8 (K)73	00:55:39	00:55:25	10.83	00:27:28 / 1281 [10.92]
1066	839	SIELECKI Grzegorz	OPATÓW			78	M30/393 (M)993	00:55:41	00:54:13	11.07	00:28:17 / 1434 [10.61]
1067	1265	PASTUŁA URSZULA	WARSZAWA			70	K30/31 (K)74	00:55:44	00:55:09	10.88	00:29:24 / 1644 [10.20]
1068	615	KIERNOZEK Sylwia	WARSZAWA			83	K20/33 (K)75	00:55:44	00:54:54	10.93	00:28:12 / 1425 [10.64]
1069	32	SOKOŁOWSKI Dariusz			AZS- AWF	09	(M)994	00:55:46	00:54:00	11.11	00:30:51 / 1896 [9.72]
1070	807	CIEŚLAK Przemysław	WARSZAWA			74	M30/394 (M)995	00:55:48	00:54:54	10.93	00:27:40 / 1320 [10.84]
1071	1089	SOLARZ Marek	WARSZAWA		WRONIA TEAM	91	M20/281 (M)996	00:55:49	00:54:13	11.07	00:29:26 / 1651 [10.19]
1072	1540	SZYMAŃSKI Sławomir	WARSZAWA			80	M20/282 (M)997	00:55:49	00:54:09	11.08	00:29:38 / 1675 [10.12]
1073	218	WIŚNIEWSKI Paweł	BŁONIE			73	M30/395 (M)998	00:55:49	00:54:49	10.95	00:29:35 / 1668 [10.14]
1074	226	ZAREMBA Ryszard	WARSZAWA			53	M50/87 (M)999	00:55:50	00:54:10	11.08	00:29:48 / 1710 [10.07]
1075	337	GLINIEWICZ Michał	WARSZAWA			91	M20/283 (M)1000	00:55:51	00:54:40	10.98	00:28:18 / 1437 [10.60]
1076	1108	BORUTA Karol	WARSZAWA			78	M30/396 (M)1001	00:55:51	00:55:35	10.79	00:27:22 / 1259 [10.96]
1077	1753	FINFANDO Zbigniew	IZABELIN			67	M40/172 (M)1002	00:55:51	00:54:10	11.08	00:30:51 / 1900 [9.72]
1078	1436	GÓRSKI Marcin	WARSZAWA			80	M20/284 (M)1003	00:55:51	00:54:11	11.07	00:29:19 / 1626 [10.23]
1079	112	WEREDA PAWEŁ			PKO	09	(M)1004	00:55:51	00:55:29	10.81	00:26:48 / 1134 [11.19]
1080	1048	GABRYSIAK Paweł	WARSZAWA		MARATONYPOLSKIE.PL TEAM	87	M20/285 (M)1005	00:55:53	00:54:16	11.06	00:29:26 / 1652 [10.19]
1081	1175	KRUPIŃSKI Paweł	WARSZAWA			76	M30/397 (M)1006	00:55:53	00:55:09	10.88	00:27:49 / 1346 [10.78]
1082	1078	WAGNER Jolanta	WARSZAWA			66	K40/9 (K)76	00:55:54	00:55:28	10.82	00:27:55 / 1372 [10.75]
1083	2232	PALASZ Stanisław	ŁÓDŹ			63	M40/173 (M)1007	00:55:57	00:55:20	10.84	00:28:03 / 1397 [10.70]
1084	577	KINASIEWICZ Paweł	WARSZAWA			76	M30/398 (M)1008	00:55:57	00:55:06	10.89	00:28:20 / 1442 [10.59]
1085	1167	SIENKIEWICZ Michał	WARSZAWA			93	M20/286 (M)1009	00:55:58	00:55:45	10.76	00:25:32 / 868 [11.75]
1086	176	DOBROWOLSKI Artur	WARSZAWA		STRAŻ MIEJSKA	74	M30/399 (M)1010	00:55:58	00:54:34	11.00	00:28:41 / 1519 [10.46]
1087	1210	SUCHECKI Mateusz	WARSZAWA			79	M30/400 (M)1011	00:56:00	00:53:46	11.16	00:30:06 / 1770 [9.97]
1088	1580	KRZYSZTOFIAK KRZYSZTOF	WARSZAWA			55	M50/88 (M)1012	00:56:00	00:55:49	10.75	00:27:48 / 1344 [10.79]
1089	265	SZATRAJ Stanisław	NOWY DWÓR			55	M50/89 (M)1013	00:56:01	00:54:29	11.01	00:28:32 / 1491 [10.51]
1090	862	ORLIK Paweł	LEGIONOWO			71	M30/401 (M)1014	00:56:01	00:55:04	10.90	00:29:39 / 1677 [10.12]
1091	409	IGNACIUK Ewa	BIAŁA PODLASKA			81	K20/34 (K)77	00:56:02	00:54:41	10.97	00:28:08 / 1414 [10.66]
1092	2641	JABLONOWSKA Renata	MARKI				(M)1015	00:56:02	00:54:49	10.95	00:28:37 / 1506 [10.48]
1093	2194	HERMAN Anna	WARSZAWA			78	K30/32 (K)78	00:56:02	00:55:29	10.81	00:28:30 / 1487 [10.53]
1094	588	ROKICKA Barbara	MIŃSK MAZOWIECKI			63	K40/10 (K)79	00:56:05	00:54:59	10.91	00:28:42 / 1524 [10.45]

Miejsce Rank	Nr Bib	Nazwisko i imię Name	Miejscowość City	Kraj Nat	Drużyna Team	R-k YoB	W kateg in Age Sex	Wynik Total	Wynik Netto	[km/h]	5km
1095	1435	LEONIAK Grzegorz	WARSZAWA		ITI ADVENTURE TEAM	66	M40/174 (M)1016	00:56:06	00:54:57	10.92	00:28:41 / 1520 [10.46]
1096	1173	PARCZEWSKI Patryk	WARSZAWA			79	M30/402 (M)1017	00:56:06	00:54:38	10.98	00:30:56 / 1912 [9.70]
1097	823	GAWAŁKO Marta	WARSZAWA			81	K20/35 (K)80	00:56:07	00:54:37	10.99	00:30:30 / 1840 [9.84]
1098	404	CZERWIŃSKI Paweł	WARSZAWA		K.B.GYMNASION WARSZAWA	79	M30/403 (M)1018	00:56:08	00:54:36	10.99	00:29:01 / 1579 [10.34]
1099	1332	DĄBRÓWKA Tomasz	WARSZAWA			79	M30/404 (M)1019	00:56:09	00:53:55	11.13	00:30:05 / 1768 [9.97]
1100	1119	MODRZEJEWSKI Artur	WARSZAWA		NIE	84	M20/287 (M)1020	00:56:10	00:54:02	11.10	00:27:56 / 1375 [10.74]
1101	1328	ROZUM Marek	WARSZAWA			89	M20/288 (M)1021	00:56:13	00:55:19	10.85	00:27:56 / 1376 [10.74]
1102	1527	RUDZKI Wojciech	WARSZAWA			78	M30/405 (M)1022	00:56:14	00:55:45	10.76	00:28:07 / 1407 [10.67]
1103	497	ROKICKI Maciej	RASZYN			82	M20/289 (M)1023	00:56:16	00:55:35	10.79	00:27:36 / 1309 [10.87]
1104	755	DOMŻAŁ MICHAŁ	OTWOCK			69	M40/175 (M)1024	00:56:17	00:55:21	10.84	00:29:38 / 1673 [10.12]
1105	2884	REY Tomasz	WARSZAWA				(M)1025	00:56:17	00:54:13	11.07	00:29:42 / 1690 [10.10]
1106	2459	BISKUP Michelle	WARSZAWA			75	K30/33 (K)81	00:56:18	00:55:05	10.89	00:28:37 / 1507 [10.48]
1107	583	GZULA Jerzy Andrzej	PRUSZKÓW		BRAK	47	M60/20 (M)1026	00:56:19	00:55:59	10.72	00:28:01 / 1393 [10.71]
1108	1888	SOŻYŃSKI Maciej	WROCLAW			59	M50/90 (M)1027	00:56:20	00:55:21	10.84	00:27:32 / 1293 [10.90]
1109	115	MATACZ JOLANTA			PKO	09	(K)82	00:56:21	00:55:16	10.86	00:29:05 / 1587 [10.32]
1110	2172	SIENKIEWICZ Andrzej	SZCZYTNO			82	M20/290 (M)1028	00:56:22	00:55:17	10.85	00:29:05 / 1586 [10.32]
1111	2756	HANKEL Mathias	WARSZAWA		WOŁONTARIUSZ FUNDACJI POLSKO-NIEMIECKIE	87	M20/291 (M)1029	00:56:24	00:55:32	10.80	00:29:20 / 1633 [10.23]
1112	2455	SZAŁKOWSKI Dawid	WARSZAWA			78	M30/406 (M)1030	00:56:26	00:55:49	10.75	00:28:00 / 1388 [10.71]
1113	2456	RUBASZEK Michał	WARSZAWA			78	M30/407 (M)1031	00:56:26	00:55:49	10.75	00:28:01 / 1389 [10.71]
1114	1607	JUKLANIUK MACIEJ	WARSZAWA			83	M20/292 (M)1032	00:56:27	00:55:52	10.74	00:28:15 / 1429 [10.62]
1115	2651	JUSIŃSKA Beata	WARSZAWA		KB HOLMES PLACE WARSZAWA	74	K30/34 (K)83	00:56:27	00:56:16	10.66	00:26:58 / 1160 [11.12]
1116	758	KOZŁOWSKI Michał	WARSZAWA		BRAK	79	M30/408 (M)1033	00:56:28	00:54:51	10.94	00:29:21 / 1635 [10.22]
1117	1026	OSTAFIN Dariusz	WARSZAWA		NIEZRZESZONY	61	M40/176 (M)1034	00:56:29	00:54:59	10.91	00:29:33 / 1665 [10.15]
1118	1479	BOROŃ Ryszard	PIASECZNO			60	M40/177 (M)1035	00:56:29	00:55:01	10.91	00:29:54 / 1732 [10.03]
1119	1976	GOC Jarosław	WARSZAWA			60	M40/178 (M)1036	00:56:30	00:55:06	10.89	00:28:52 / 1545 [10.39]
1120	2406	PIOTROWSKI Przemysław	WARSZAWA		-	81	M20/293 (M)1037	00:56:32	00:54:35	10.99	00:31:51 / 2059 [9.42]
1121	1569	ZAWISTOWSKI Piotr	WARSZAWA			85	M20/294 (M)1038	00:56:35	00:54:52	10.94	00:29:23 / 1642 [10.21]
1122	793	SOBORCZYK Maciej	WARSZAWA			73	M30/409 (M)1039	00:56:35	00:55:29	10.81	00:28:53 / 1549 [10.39]
1123	1975	CHMIELOWIEC Anna	WARSZAWA		KB GALERIA WARSZAWA	75	K30/35 (K)84	00:56:36	00:55:53	10.74	00:28:57 / 1562 [10.36]
1124	2179	BUCZKOWSKI Maciej	WARSZAWA			81	M20/295 (M)1040	00:56:36	00:54:56	10.92	00:28:21 / 1445 [10.58]
1125	1376	KOSIŃSKI Marcin	SOKOŁÓW PODLASKI			79	M30/410 (M)1041	00:56:38	00:55:36	10.79	00:27:27 / 1277 [10.93]
1126	1923	MIĘKUS Hubert	WARSZAWA			75	M30/411 (M)1042	00:56:42	00:55:48	10.75	00:29:16 / 1619 [10.25]
1127	1424	GRODZKI Dariusz	BRZESZYN			81	M20/296 (M)1043	00:56:43	00:55:16	10.86	00:28:55 / 1556 [10.37]
1128	649	WOJTAS Michał	WARSZAWA			82	M20/297 (M)1044	00:56:45	00:56:18	10.66	00:28:23 / 1456 [10.57]
1129	1484	GRZYBOWSKI Piotr	WARSZAWA			69	M40/179 (M)1045	00:56:45	00:55:44	10.77	00:28:58 / 1564 [10.36]
1130	230	KOŁACIŃSKI Zbigniew	WARSZAWA			52	M50/91 (M)1046	00:56:46	00:56:42	10.58	00:27:15 / 1229 [11.01]
1131	2069	SCIEBIENNY Jan	WARSZAWA			78	M30/412 (M)1047	00:56:46	00:56:17	10.66	00:30:40 / 1868 [9.78]
1132	2133	KANIA Cezary	WARSZAWA			72	M30/413 (M)1048	00:56:48	00:55:45	10.76	00:29:14 / 1608 [10.26]
1133	1873	STAWICKI Radosław	WARSZAWA			70	M30/414 (M)1049	00:56:48	00:55:08	10.88	00:29:42 / 1688 [10.10]
1134	1428	ŻESZCZYŃSKA Izabela	WARSZAWA			80	K20/36 (K)85	00:56:52	00:56:16	10.66	00:27:42 / 1327 [10.83]
1135	2390	FREJTAG Dawid				87	M20/298 (M)1050	00:56:52	00:55:50	10.75	00:30:15 / 1790 [9.92]
1136	1284	SKOWROŃSKI Dominik	WARSZAWA			79	M30/415 (M)1051	00:56:52	00:55:49	10.75	00:28:42 / 1523 [10.45]
1137	2174	JANKOWSKI STEFAN	SZCZYTNO		AKB SZCZYTNO	38	M70/1 (M)1052	00:56:53	00:56:41	10.59	00:28:05 / 1403 [10.68]
1138	777	BLAZEVIC Bozidar	WARSZAWA			76	M30/416 (M)1053	00:56:54	00:54:55	10.93	00:30:31 / 1844 [9.83]
1139	533	BŁASZCZAK Grzegorz	WARSZAWA		CARSERWIS	54	M50/92 (M)1054	00:56:55	00:56:43	10.58	00:28:05 / 1402 [10.68]
1140	202	HIBSZ Andrzej	WARSZAWA			54	M50/93 (M)1055	00:56:56	00:56:41	10.59	00:27:39 / 1318 [10.85]
1141	1632	ŚMIGIELSKI Michał	WARSZAWA		ITI ADVENTURE TEAM	61	M40/180 (M)1056	00:56:56	00:55:48	10.75	00:30:33 / 1851 [9.82]
1142	375	OZIMKIEWICZ Mariusz	WARSZAWA			78	M30/417 (M)1057	00:56:57	00:56:39	10.59	00:27:03 / 1179 [11.09]
1143	320	KORNET Mateusz	WARSZAWA		DB MARATHON TEAM	80	M20/299 (M)1058	00:56:57	00:56:21	10.65	00:29:16 / 1616 [10.25]
1144	921	NOWAK KRZYSZTOF	WARSZAWA			82	M20/300 (M)1059	00:56:58	00:55:33	10.80	00:28:56 / 1561 [10.37]
1145	1943	RADECKI Artur	WARSZAWA			77	M30/418 (M)1060	00:56:58	00:55:46	10.76	00:28:07 / 1409 [10.67]
1146	2889	OSIAK Robert	WARSZAWA		ANIN-SADUL	87	M20/301 (M)1061	00:56:59	00:56:12	10.68	00:29:59 / 1746 [10.01]

Miejsce Rank	Nr Bib	Nazwisko i imię Name	Miejscowość City	Kraj Nat	Drużyna Team	R-k YoB	W kateg in Age Sex	Wynik Total	Wynik Netto	[km/h]	5km
1147	1756	KRETKIEWICZ Jacek	WARSZAWA			82	M20/302 (M)1062	00:56:59	00:55:33	10.80	00:29:52 / 1725 [10.04]
1148	1196	LESZCZYŃSKI Jacek	WARSZAWA			75	M30/419 (M)1063	00:57:02	00:55:18	10.85	00:30:13 / 1782 [9.93]
1149	229	PERŁOWSKI Piotr	WARSZAWA			82	M20/303 (M)1064	00:57:03	00:55:28	10.82	00:29:56 / 1736 [10.02]
1150	648	KLOKOCKI Mateusz	WARSZAWA			79	M30/420 (M)1065	00:57:06	00:56:41	10.59	00:28:25 / 1462 [10.56]
1151	647	KARZEWSKA Paulina	WARSZAWA			85	K20/37 (K)86	00:57:06	00:56:40	10.59	00:28:25 / 1461 [10.56]
1152	1117	KALICIECKI Ireneusz	WARSZAWA			63	M40/181 (M)1066	00:57:08	00:56:17	10.66	00:28:38 / 1512 [10.48]
1153	405	ROSŁOŃ Dominik	WARSZAWA			77	M30/421 (M)1067	00:57:09	00:55:37	10.79	00:29:01 / 1580 [10.34]
1154	766	KURABIEWSKI Marcin	WARSZAWA			82	M20/304 (M)1068	00:57:10	00:56:21	10.65	00:28:49 / 1530 [10.41]
1155	1719	KONDEJ Łukasz				79	M30/422 (M)1069	00:57:12	00:56:51	10.55	00:28:28 / 1478 [10.54]
1156	1565	ZAWODNIK DO UZUP					(M)1070	00:57:14	00:56:57	10.54	00:27:04 / 1187 [11.08]
1157	1475	ZALCMAN MARCIN	WARSZAWA			81	M20/305 (M)1071	00:57:15	00:56:27	10.63	00:29:26 / 1649 [10.19]
1158	2686	GÓRKA Andrzej				09	(M)1072	00:57:18	00:56:52	10.55	00:28:35 / 1501 [10.50]
1159	1543	BUJWID Krzysztof	WARSZAWA			87	M20/306 (M)1073	00:57:18	00:54:51	10.94	00:29:19 / 1632 [10.23]
1160	275	PORADA Tomasz	WARSZAWA		BRAK	83	M20/307 (M)1074	00:57:19	00:56:56	10.54	00:27:11 / 1213 [11.04]
1161	1412	SZAJKO Marcin	OTWOCK			86	M20/308 (M)1075	00:57:19	00:56:07	10.69	00:31:28 / 2002 [9.53]
1162	173	MISZCZUK LUIZA			STRAŻ MIEJSKA	74	K30/36 (K)87	00:57:20	00:56:08	10.69	00:29:07 / 1588 [10.30]
1163	264	GAWROŃSKI Mariusz	WARSZAWA			64	M40/182 (M)1076	00:57:21	00:56:36	10.60	00:28:08 / 1412 [10.66]
1164	97	RYBARCZYK Maria	PULTUSK		TOK FM	55	K50/3 (K)88	00:57:21	00:56:56	10.54	00:27:46 / 1337 [10.80]
1165	2765	HAŁAJKO Grzegorz	WARSZAWA			81	M20/309 (M)1077	00:57:21	00:55:07	10.89	00:29:13 / 1603 [10.27]
1166	2681	HUDZIK Mateusz				09	(M)1078	00:57:22	00:56:57	10.54	00:27:14 / 1226 [11.02]
1167	359	RUBASZEWSKI Łukasz	WARSZAWA		METRO WARSZAWSKIE	78	M30/423 (M)1079	00:57:24	00:56:35	10.60	00:28:59 / 1574 [10.35]
1168	200	KOWALCZYK Magdalena	WARSZAWA		STRAŻ MIEJSKA	76	K30/37 (K)89	00:57:25	00:56:01	10.71	00:30:01 / 1754 [9.99]
1169	1281	BURTA Piotr	SULEJÓWEK			70	M30/424 (M)1080	00:57:26	00:56:38	10.59	00:29:22 / 1639 [10.22]
1170	1036	SKOCZYŁAS Karol	WARSZAWA			78	M30/425 (M)1081	00:57:26	00:56:34	10.61	00:29:14 / 1607 [10.26]
1171	517	GEMBARZEWSKI Cezary	WARSZAWA			84	M20/310 (M)1082	00:57:28	00:56:52	10.55	00:29:46 / 1703 [10.08]
1172	307	GARCARZ Leszek	WARSZAWA			54	M50/94 (M)1083	00:57:29	00:57:02	10.52	00:28:29 / 1485 [10.53]
1173	1531	ŻAK Dariusz	WARSZAWA		RBS	74	M30/426 (M)1084	00:57:29	00:57:18	10.47	00:27:43 / 1331 [10.82]
1174	828	DZIASEK Maciej	WARSZAWA		KTE TRAMP	85	M20/311 (M)1085	00:57:30	00:56:02	10.71	00:30:32 / 1849 [9.83]
1175	681	GALIŃSKI Michał	WARSZAWA			80	M20/312 (M)1086	00:57:30	00:56:18	10.66	00:30:32 / 1848 [9.83]
1176	1557	SARAPATA Andrzej	WARSZAWA			78	M30/427 (M)1087	00:57:31	00:56:26	10.63	00:29:42 / 1691 [10.10]
1177	1971	FRĄCZEK Ryszard	NAMYSŁÓW		NIE ZRZESZONY	54	M50/95 (M)1088	00:57:32	00:56:27	10.63	00:30:05 / 1763 [9.97]
1178	2234	FOLDA Piotr	POZNAŃ			59	M50/96 (M)1089	00:57:32	00:55:49	10.75	00:32:54 / 2215 [9.12]
1179	170	NERC AGATA	POMIECHÓWEK		STRAŻ MIEJSKA	85	K20/38 (K)90	00:57:32	00:56:49	10.56	00:28:33 / 1493 [10.51]
1180	816	WŁOSTOWSKI Marek	WARSZAWA			83	M20/313 (M)1090	00:57:35	00:56:04	10.70	00:30:04 / 1762 [9.98]
1181	838	ZYGMONT Tomasz	WARSZAWA			69	M40/183 (M)1091	00:57:36	00:56:37	10.60	00:28:20 / 1443 [10.59]
1182	421	NIECHWIADOWICZ Jan	WARSZAWA			66	M40/184 (M)1092	00:57:36	00:57:16	10.48	00:27:21 / 1257 [10.97]
1183	1012	PAZDESKI Artur	WARSZAWA			83	M20/314 (M)1093	00:57:37	00:56:52	10.55	00:29:29 / 1661 [10.18]
1184	1472	MATUS Jarosław	WARSZAWA			79	M30/428 (M)1094	00:57:38	00:56:32	10.61	00:28:36 / 1503 [10.49]
1185	1710	GÓRNIOWICZ Marcin	WARSZAWA			81	M20/315 (M)1095	00:57:39	00:56:12	10.68	00:31:13 / 1955 [9.61]
1186	1365	PTASIEWICZ Łukasz	PŁOŃSK			80	M20/316 (M)1096	00:57:40	00:57:12	10.49	00:28:36 / 1504 [10.49]
1187	425	NOWAKOWSKI Mariusz	WARSZAWA		NIEZRZESZONY	60	M40/185 (M)1097	00:57:42	00:55:53	10.74	00:29:40 / 1682 [10.11]
1188	2007	JANIK Monika	PSARY		NIEZRZESZONA	78	K30/38 (K)91	00:57:42	00:56:41	10.59	00:30:16 / 1795 [9.91]
1189	1872	ZMITROWICZ Agata	KONSTANCIN			79	K30/39 (K)92	00:57:43	00:56:03	10.70	00:29:54 / 1731 [10.03]
1190	1481	SIBIELAK Łukasz	WARSZAWA			72	M30/429 (M)1098	00:57:44	00:55:50	10.75	00:30:12 / 1780 [9.93]
1191	810	FABISZEWSKI adam	WARSZAWA			69	M40/186 (M)1099	00:57:45	00:56:11	10.68	00:28:53 / 1548 [10.39]
1192	659	SUTKOWSKI Michał	WARSZAWA			62	M40/187 (M)1100	00:57:45	00:56:36	10.60	00:29:48 / 1708 [10.07]
1193	2111	FELCZAK WŁODZIMIERZ	SOCHACZEW			56	M50/97 (M)1101	00:57:46	00:57:32	10.43	00:28:35 / 1500 [10.50]
1194	2636	LESNER Przemysław	WARSZAWA		AZS WAT		(M)1102	00:57:46	00:55:55	10.73	00:31:58 / 2088 [9.38]
1195	2337	JĘDRZEJEWSKI Zbigniew	WARSZAWA			66	M40/188 (M)1103	00:57:46	00:55:42	10.77	00:30:35 / 1859 [9.81]
1196	1294	STĘPIEŃ PIOTR	MIŃSK MAZOWIECKI		MON	75	M30/430 (M)1104	00:57:47	00:57:32	10.43	00:28:18 / 1436 [10.60]
1197	1922	STĘPNOWSKI Adam	BYDGOSZCZ			83	M20/317 (M)1105	00:57:47	00:57:30	10.43	00:28:39 / 1514 [10.47]
1198	2251	JANCZAK Jarosław	KUTNO			77	M30/431 (M)1106	00:57:49	00:56:52	10.55	00:31:50 / 2054 [9.42]
1199	2507	SKORA Anna	RADOM			79	M30/432 (M)1107	00:57:50	00:56:40	10.59	00:28:54 / 1552 [10.38]

Miejsce Rank	Nr Bib	Nazwisko i imię Name	Miejscowość City	Kraj Nat	Drużyna Team	R-k YoB	W kateg in Age Sex	Wynik Total	Wynik Netto	[km/h]	5km
1200	2635	SZUCHNICKA Marta	SOKÓŁKA			82	K20/39 (K)93	00:57:51	00:56:51	10.55	00:28:51 / 1540 [10.40]
1201	311	KORSAK Marcin	WARSZAWA			78	M30/433 (M)1108	00:57:52	00:57:35	10.42	00:31:23 / 1986 [9.56]
1202	2361	PIETRZAK Daniel	WARSZAWA - BRÓDNO			77	M30/434 (M)1109	00:57:53	00:56:31	10.62	00:31:03 / 1933 [9.66]
1203	2370	TARGOŃSKI ŁUKASZ	WARSZAWA - BRÓDNO			80	M20/318 (M)1110	00:57:53	00:56:31	10.62	00:31:03 / 1934 [9.66]
1204	2634	GURZYŃSKI Cezary	WARSZAWA				(M)1111	00:57:54	00:56:54	10.54	00:28:54 / 1554 [10.38]
1205	1936	NOWAK Ireneusz	OSIELSKO			66	M40/189 (M)1112	00:57:55	00:57:03	10.52	00:28:22 / 1448 [10.58]
1206	1065	SZYMCZAK Krzysztof	WARSZAWA			80	M20/319 (M)1113	00:57:55	00:56:40	10.59	00:31:53 / 2064 [9.41]
1207	1656	MAŃKOWSKI Witold	WARSZAWA			49	M60/21 (M)1114	00:57:56	00:56:23	10.64	00:29:41 / 1685 [10.11]
1208	2733	CZORNIEJ Sławomir	WARSZAWA			53	M50/98 (M)1115	00:57:57	00:56:41	10.59	00:31:16 / 1965 [9.59]
1209	1370	MIESZKOWSKI Dariusz	WARSZAWA			61	M40/190 (M)1116	00:57:58	00:56:21	10.65	00:29:50 / 1718 [10.06]
1210	1088	WIŚNIEWSKI Paweł	LEGIONOWO			76	M30/435 (M)1117	00:57:58	00:57:07	10.50	00:31:44 / 2045 [9.45]
1211	1630	ŻBIK Barbara	WARSZAWA		ITI ADVENTURE TEAM	82	K20/40 (K)94	00:57:59	00:56:30	10.62	00:29:58 / 1739 [10.01]
1212	1330	ZAPORA Robert	WARSZAWA		NIEZRZESZONY	64	M40/191 (M)1118	00:57:59	00:57:37	10.41	00:29:59 / 1747 [10.01]
1213	1126	MIKOŁAJCZUK Tomasz	WARSZAWA			74	M30/436 (M)1119	00:58:00	00:57:51	10.37	00:29:00 / 1576 [10.34]
1214	1634	ŻABKO Jarosław	WARSZAWA			66	M40/192 (M)1120	00:58:01	00:56:32	10.61	00:29:58 / 1740 [10.01]
1215	318	KOCISZEWSKA Marta	WARSZAWA		WARSZAWIACY	88	K20/41 (K)95	00:58:02	00:57:55	10.36	00:23:33 / 506 [12.74]
1216	977	LACHOWICZ Marek	WARSZAWA			65	M40/193 (M)1121	00:58:07	00:57:54	10.36	00:27:01 / 1174 [11.10]
1217	1464	RÓŻANEK Michał	WARSZAWA			85	M20/320 (M)1122	00:58:07	00:57:36	10.42	00:30:29 / 1839 [9.84]
1218	574	TEICHERT MARIA	WARSZAWA			64	M40/194 (M)1123	00:58:08	00:57:56	10.36	00:27:38 / 1316 [10.86]
1219	2371	BORZIMEK Ludwika	WYSZKÓW			89	K20/42 (K)96	00:58:08	00:57:50	10.37	00:27:59 / 1384 [10.72]
1220	1171	GREGORCZYK Monika	WARSZAWA			76	K30/40 (K)97	00:58:09	00:57:34	10.42	00:27:35 / 1304 [10.88]
1221	274	CZUPTA Hieronim	WARSZAWA		AON WARSZAWA	74	M30/437 (M)1124	00:58:10	00:57:38	10.41	00:29:13 / 1602 [10.27]
1222	537	WILCZYŃSKI Piotr	MIŃSK MAZOWIECKI			72	M30/438 (M)1125	00:58:10	00:57:56	10.36	00:28:19 / 1438 [10.59]
1223	519	DWORAKOWSKI Marcin	WARSZAWA			74	M30/439 (M)1126	00:58:13	00:57:58	10.35	00:27:45 / 1332 [10.81]
1224	211	BUDZYŃSKI Krzysztof	WARSZAWA			85	M20/321 (M)1127	00:58:14	00:57:39	10.41	00:28:55 / 1559 [10.37]
1225	1031	ROMANOWSKA Zofia	WARSZAWA		-----	90	K20/43 (K)98	00:58:14	00:57:06	10.51	00:30:56 / 1911 [9.70]
1226	1947	DĄBKOWSKI Jan	WARSZAWA			83	M20/322 (M)1128	00:58:14	00:56:10	10.68	00:28:40 / 1518 [10.47]
1227	937	DOMANSKI Jacek	WARSZAWA		WKB META LUBLINIEC	41	M60/22 (M)1129	00:58:16	00:57:16	10.48	00:30:16 / 1798 [9.91]
1228	1066	DWORAK tomasz	WARSZAWA			80	M20/323 (M)1130	00:58:16	00:57:01	10.52	00:31:53 / 2069 [9.41]
1229	1027	KUCHARSKI Kazimierz	WARSZAWA		NIEZRZESZONY	55	M50/99 (M)1131	00:58:17	00:56:46	10.57	00:29:46 / 1704 [10.08]
1230	1704	GLEGOŁA Ryszard	CHOTOMÓW			76	M30/440 (M)1132	00:58:18	00:57:37	10.41	00:27:14 / 1225 [11.02]
1231	373	ZYGADŁO Piotr	WARSZAWA			82	M20/324 (M)1133	00:58:19	00:56:21	10.65	00:29:55 / 1733 [10.03]
1232	310	WRÓBLEWSKI Marek	OTWOCK			70	M30/441 (M)1134	00:58:20	00:56:49	10.56	00:29:17 / 1623 [10.24]
1233	2629	LEDWOROWSKI Bartosz	WARSZAWA			70	M30/442 (M)1135	00:58:21	00:56:37	10.60	00:30:34 / 1853 [9.81]
1234	1234	MICHAŁSKI Lech	WARSZAWA			79	M30/443 (M)1136	00:58:22	00:57:36	10.42	00:29:39 / 1676 [10.12]
1235	794	GROBELNY Marek	WARSZAWA			73	M30/444 (M)1137	00:58:24	00:58:07	10.32	00:27:45 / 1333 [10.81]
1236	2087	MILEWSKI Marcin	WARSZAWA			79	M30/445 (M)1138	00:58:25	00:57:12	10.49	00:29:59 / 1744 [10.01]
1237	2751	MUCHOROWSKI Krzysztof	WARSZAWA			66	M40/195 (M)1139	00:58:25	00:57:45	10.39	00:28:52 / 1543 [10.39]
1238	722	KOZANECKA Joanna	WARSZAWA		LASEK BIELAŃSKI TEAM W-WA	77	K30/41 (K)99	00:58:25	00:57:10	10.50	00:30:13 / 1783 [9.93]
1239	662	NASOŃ Elżbieta	WARSZAWA		KB GALERIA WARSZAWA	67	K40/11 (K)100	00:58:26	00:56:30	10.62	00:30:18 / 1801 [9.90]
1240	1261	MIKULSKI Jacek	OTRĘBUSY			86	M20/325 (M)1140	00:58:27	00:57:11	10.49	00:30:42 / 1870 [9.77]
1241	273	KOWALIK Jacek	ZĄBKI		AON WARSZAWA	70	M30/446 (M)1141	00:58:27	00:57:38	10.41	00:28:45 / 1528 [10.43]
1242	492	KWAPISIEWICZ Joanna	WARSZAWA		BRAK	77	K30/42 (K)101	00:58:29	00:56:44	10.58	00:30:29 / 1837 [9.84]
1243	2189	KETNER Piotr	ŁÓDŹ			72	M30/447 (M)1142	00:58:30	00:58:09	10.32	00:30:14 / 1789 [9.92]
1244	1683	SZPANOWSKI Piotr	OŻARÓW MAZOWIECKI			73	M30/448 (M)1143	00:58:31	00:57:18	10.47	00:30:22 / 1811 [9.88]
1245	1817	KAZANA Tomasz	KOBYŁKA			83	M20/326 (M)1144	00:58:31	00:57:34	10.42	00:29:55 / 1734 [10.03]
1246	443	RYCZEK Sławomir	WARSZAWA		COP	67	M40/196 (M)1145	00:58:31	00:57:21	10.46	00:29:39 / 1678 [10.12]
1247	2571	SZCZĘSNA Honorata	WARSZAWA			77	K30/43 (K)102	00:58:32	00:58:04	10.33	00:29:16 / 1620 [10.25]
1248	403	STOLARSKI PAWEŁ	JABŁONNA			64	M40/197 (M)1146	00:58:33	00:57:13	10.49	00:29:39 / 1680 [10.12]
1249	1990	LEWCZUK Andrzej	WARSZAWA			74	M30/449 (M)1147	00:58:33	00:56:49	10.56	00:30:47 / 1885 [9.75]
1250	2268	GIWEROWSKI PAWEŁ	ZGIERZ		-	73	M30/450 (M)1148	00:58:35	00:57:47	10.38	00:31:22 / 1981 [9.56]
1251	1082	JUREK Norbert	WARSZAWA			84	M20/327 (M)1149	00:58:35	00:56:48	10.56	00:30:19 / 1803 [9.90]
1252	1259	DULSKI Maciej	OTRĘBUSY			87	M20/328 (M)1150	00:58:36	00:57:20	10.47	00:30:42 / 1871 [9.77]

Miejsce Rank	Nr Bib	Nazwisko i imię Name	Miejscowość City	Kraj Nat	Drużyna Team	R-k YoB	W kateg in Age Sex	Wynik Total	Wynik Netto	[km/h]	5km
1253	1524	PAZIEWSKI marcin	WARSZAWA			82	M20/329 (M)1151	00:58:37	00:56:45	10.57	00:30:08 / 1773 [9.96]
1254	1170	KOZLOWSKA Anna	WARSZAWA			80	K20/44 (K)103	00:58:38	00:58:03	10.34	00:27:35 / 1303 [10.88]
1255	2143	KRAZEWSKI Grzegorz	GRÓJEC			82	M20/330 (M)1152	00:58:38	00:57:15	10.48	00:33:07 / 2235 [9.06]
1256	2192	BIERNACKI Adam	ŁÓDŹ			50	M50/100 (M)1153	00:58:39	00:58:36	10.24	00:28:32 / 1489 [10.51]
1257	1870	KOBZA Aldona	OTWOCK			82	K20/45 (K)104	00:58:40	00:57:34	10.42	00:28:54 / 1551 [10.38]
1258	2339	BIEDZKI Przemek	WARSZAWA			78	M30/451 (M)1154	00:58:41	00:57:21	10.46	00:30:54 / 1907 [9.71]
1259	1132	WARGIN Waldemar	WARSZAWA			68	M40/198 (M)1155	00:58:43	00:57:58	10.35	00:29:08 / 1592 [10.30]
1260	1195	SIEGOCZYŃSKI Piotr	WARSZAWA			66	M40/199 (M)1156	00:58:43	00:58:07	10.32	00:27:33 / 1295 [10.89]
1261	1589	PIETRZAK Adam	WARSZAWA			52	M50/101 (M)1157	00:58:44	00:58:32	10.25	00:30:16 / 1793 [9.91]
1262	2014	BŁACH Jacek	WARSZAWA			74	M30/452 (M)1158	00:58:44	00:57:04	10.51	00:29:37 / 1670 [10.13]
1263	2072	HUTNY Ewa	WARSZAWA			64	K40/12 (K)105	00:58:45	00:57:22	10.46	00:30:36 / 1861 [9.80]
1264	757	CZARNECKI JAROSŁAW	WARSZAWA			68	M40/200 (M)1159	00:58:45	00:57:04	10.51	00:30:32 / 1847 [9.83]
1265	1717	KROGULEC Mateusz	ŁOMIANKI			88	M20/331 (M)1160	00:58:45	00:57:37	10.41	00:30:41 / 1869 [9.78]
1266	2154	DLUGOŁĘCKA Urszula	ŁÓDŹ			59	K50/4 (K)106	00:58:46	00:58:26	10.27	00:30:14 / 1787 [9.92]
1267	1367	BIELEWICZ Antoni	WARSZAWA			74	M30/453 (M)1161	00:58:46	00:57:03	10.52	00:32:03 / 2099 [9.36]
1268	1408	KARASIŃSKA Anna	WARSZAWA			86	K20/46 (K)107	00:58:47	00:57:49	10.38	00:30:46 / 1882 [9.75]
1269	775	RZEPKA Magdalena	PIASTÓW			83	K20/47 (K)108	00:58:49	00:57:58	10.35	00:29:41 / 1686 [10.11]
1270	2729	RADZIACH ILONA	WARSZAWA		FESTO	71	K30/44 (K)109	00:58:50	00:57:15	10.48	00:29:50 / 1717 [10.06]
1271	278	SOBAŃSKI Cezary	PRUSZKÓW			66	M40/201 (M)1162	00:58:51	00:57:43	10.40	00:28:03 / 1395 [10.70]
1272	2333	DROZD MACIEJ	WARSZAWA			84	M20/332 (M)1163	00:58:54	00:58:44	10.22	00:29:03 / 1584 [10.33]
1273	651	KUCIŃSKI Krzysztof	WARSZAWA			74	M30/454 (M)1164	00:58:55	00:58:14	10.30	00:29:00 / 1575 [10.34]
1274	882	WOJTASZEK Przemek	WARSZAWA			93	M20/333 (M)1165	00:58:55	00:57:04	10.51	00:32:21 / 2137 [9.27]
1275	1418	SZWEDKOWICZ TOMASZ	WARSZAWA			71	M30/455 (M)1166	00:58:56	00:58:07	10.32	00:30:49 / 1892 [9.73]
1276	249	HOMICKI Bogusław	WARSZAWA			41	M60/23 (M)1167	00:58:56	00:58:53	10.19	00:27:25 / 1274 [10.94]
1277	2682	BUCZEK Kamil				09	(M)1168	00:58:58	00:57:15	10.48	00:32:12 / 2113 [9.32]
1278	530	MIKLASZEWSKI Radek	SOPOT			71	M30/456 (M)1169	00:58:59	00:57:51	10.37	00:31:53 / 2066 [9.41]
1279	783	GAŁADYK Sławomir	ŁOPACIANKA			70	M30/457 (M)1170	00:59:00	00:58:23	10.28	00:30:47 / 1884 [9.75]
1280	1614	OKSIEJUK-WASILEWSKA Anna	BIAŁA PODLASKA			73	K30/45 (K)110	00:59:01	00:57:52	10.37	00:31:29 / 2003 [9.53]
1281	2923	MARKOWSKI Robert	KANIE		BRAK	71	M30/458 (M)1171	00:59:01	00:57:44	10.39	00:31:01 / 1925 [9.67]
1282	2031	BARGIEL Marek	KLIMONTÓW		UKS TOPÓR KLIMONTÓW	67	M40/202 (M)1172	00:59:02	00:58:01	10.34	00:37:16 / 2506 [8.05]
1283	2422	BAR Łukasz	WARSZAWA			80	M20/334 (M)1173	00:59:02	00:57:51	10.37	00:32:44 / 2179 [9.16]
1284	2152	MALISZEWICZ-PAJDZIŃSKA Agnieszka	WARSZAWA			76	K30/46 (K)111	00:59:03	00:57:51	10.37	00:30:39 / 1866 [9.79]
1285	303	LIS Jerzy	JÓZEFÓW			74	M30/459 (M)1174	00:59:07	00:57:51	10.37	00:29:54 / 1728 [10.03]
1286	697	KORDEK Agnieszka	WARSZAWA			81	K20/48 (K)112	00:59:08	00:57:38	10.41	00:31:12 / 1952 [9.62]
1287	2223	JANASZEK Dariusz	WARSZAWA			67	M40/203 (M)1175	00:59:09	00:58:02	10.34	00:30:46 / 1879 [9.75]
1288	2922	KOSTRO Maciej	WARSZAWA			73	M30/460 (M)1176	00:59:10	00:57:58	10.35	00:30:14 / 1786 [9.92]
1289	558	DYMEL ANDRZEJ	ŁOMIANKI			52	M50/102 (M)1177	00:59:10	00:58:38	10.23	00:29:13 / 1601 [10.27]
1290	2916	SELWA Stanisław	WARSZAWA		BŁYSKAWICA WISŁA	64	M40/204 (M)1178	00:59:11	00:59:03	10.16	00:29:53 / 1726 [10.04]
1291	2213	KLEPUSZEWSKI Marek	WARSZAWA			63	M40/205 (M)1179	00:59:12	00:57:21	10.46	00:31:22 / 1983 [9.56]
1292	1633	ROGAŁA Adam	WARSZAWA		NIEZRZESZONY	67	M40/206 (M)1180	00:59:13	00:58:05	10.33	00:31:52 / 2063 [9.41]
1293	1800	ZAWADA Michał	TCZÓW			84	M20/335 (M)1181	00:59:13	00:57:33	10.43	00:31:20 / 1974 [9.57]
1294	970	BIELECKI Waldemar	WARSZAWA			88	M20/336 (M)1182	00:59:14	00:57:43	10.40	00:31:28 / 2000 [9.53]
1295	322	MAĆKOWIAK Piotr	WARSZAWA			89	M20/337 (M)1183	00:59:14	00:58:14	10.30	00:29:14 / 1609 [10.26]
1296	2896	SŁOWIŃSKA Ida	WARSZAWA			75	K30/47 (K)113	00:59:16	00:58:20	10.29	00:30:57 / 1915 [9.69]
1297	1325	KAJDANOWSKI Zbigniew	WARSZAWA			78	M30/461 (M)1184	00:59:16	00:58:11	10.31	00:31:17 / 1968 [9.59]
1298	2006	TROJANOWSKA Ewa	WARKOCZ		KS WARKOCZ	71	K30/48 (K)114	00:59:17	00:58:17	10.29	00:30:16 / 1799 [9.91]
1299	2224	NOWAKOWSKI Tomasz	WARSZAWA			74	M30/462 (M)1185	00:59:19	00:58:50	10.20	00:25:52 / 951 [11.60]
1300	1559	GÓRSKI Maciej	WARSZAWA			83	M20/338 (M)1186	00:59:24	00:58:10	10.32	00:29:28 / 1654 [10.18]
1301	1558	NIWIŃSKI Bartosz	WARSZAWA			77	M30/463 (M)1187	00:59:25	00:58:11	10.31	00:29:29 / 1656 [10.18]
1302	1657	BAREJ Grzegorz	WARSZAWA			75	M30/464 (M)1188	00:59:26	00:58:06	10.33	00:29:54 / 1729 [10.03]
1303	1433	RUTKOWSKI Sławomir	WARSZAWA			59	M50/103 (M)1189	00:59:28	00:58:33	10.25	00:28:24 / 1457 [10.56]

Miejsce Rank	Nr Bib	Nazwisko i imię Name	Miejscowość City	Kraj Nat	Drużyna Team	R-k YoB	W kateg in Age Sex	Wynik Total	Wynik Netto	[km/h]	5km
1304	1248	CABAN Artur	WARSZAWA			69	M40/207 (M)1190	00:59:30	00:57:53	10.37	00:32:05 / 2102 [9.35]
1305	637	WÓJCIK Agnieszka	WARSZAWA			82	K20/49 (K)115	00:59:31	00:57:49	10.38	00:31:36 / 2024 [9.49]
1306	1801	MACHTYLSKA Aleksandra	WROCŁAW	-		83	K20/50 (K)116	00:59:33	00:58:44	10.22	00:29:19 / 1631 [10.23]
1307	1470	MROZOWSKA Monika	WARSZAWA			85	K20/51 (K)117	00:59:34	00:57:50	10.37	00:30:58 / 1919 [9.69]
1308	224	Kawecki Zygmunt	WARSZAWA			53	M50/104 (M)1191	00:59:34	00:58:19	10.29	00:29:47 / 1706 [10.07]
1309	555	BUJALSKA maria	WARSZAWA			87	K20/52 (K)118	00:59:35	00:58:44	10.22	00:29:49 / 1713 [10.06]
1310	1214	SKOCZEK Adam	WARSZAWA			43	M60/24 (M)1192	00:59:36	00:58:43	10.22	00:30:35 / 1857 [9.81]
1311	53	JANKOWSKI Piotr		NIEWIDOMI		09	(M)1193	00:59:36	00:58:37	10.24	00:30:05 / 1767 [9.97]
1312	1469	KASPEREK Krzysztof	ŁOMIANKI			63	M40/208 (M)1194	00:59:36	00:57:52	10.37	00:30:59 / 1922 [9.68]
1313	529	MALISZEWSKA Marta	OTWOCK			78	K30/49 (K)119	00:59:37	00:58:42	10.22	00:30:33 / 1852 [9.82]
1314	582	JANKOWSKI Brunon	WĄBRZEŻNO			40	M60/25 (M)1195	00:59:37	00:59:26	10.10	00:28:50 / 1533 [10.40]
1315	434	TERTEL Magdalena	WARSZAWA			81	K20/53 (K)120	00:59:37	00:58:53	10.19	00:30:20 / 1806 [9.89]
1316	324	KOBIERSKI Radosław	WARSZAWA			79	M30/465 (M)1196	00:59:38	00:58:50	10.20	00:29:39 / 1681 [10.12]
1317	325	KOBIERSKA Ewa	WARSZAWA			80	K20/54 (K)121	00:59:38	00:58:51	10.20	00:29:38 / 1674 [10.12]
1318	477	CHRYCIUK Wojciech	WARSZAWA			65	M40/209 (M)1197	00:59:38	00:58:32	10.25	00:31:14 / 1957 [9.61]
1319	557	DYMEL Piotr	WARSZAWA	SCIEŻKI BIEGOWE NIKIE		52	M50/105 (M)1198	00:59:39	00:59:06	10.15	00:29:13 / 1605 [10.27]
1320	1163	ZIELIŃSKA-KURPIEL	PRUSZKÓW			73	K30/50 (K)122	00:59:39	00:58:50	10.20	00:29:57 / 1738 [10.02]
Bożenna											
1321	1816	PACHUTA Agnieszka	WARSZAWA			89	K20/55 (K)123	00:59:39	00:58:42	10.22	00:29:55 / 1735 [10.03]
1322	1253	MYSTKOWSKI Mariusz	WARSZAWA			64	M40/210 (M)1199	00:59:42	00:54:28	11.02	00:33:50 / 2312 [8.87]
1323	1030	DUBIELECKI Łukasz	WOLICA	BIEGAMY Z OCHOTĄ		78	M30/466 (M)1200	00:59:42	00:58:39	10.23	00:28:40 / 1517 [10.47]
1324	2435	KORCZAK Karol	WARSZAWA			90	M20/339 (M)1201	00:59:43	00:59:21	10.11	00:31:37 / 2030 [9.49]
1325	1375	PANKOWSKI Jacek	WARSZAWA			76	M30/467 (M)1202	00:59:43	00:58:42	10.22	00:29:42 / 1687 [10.10]
1326	1544	WIŚNIEWSKI ANDRZEJ	WARSZAWA	KLUB BIEGACZA PLL LOT		57	M50/106 (M)1203	00:59:47	00:57:47	10.38	00:30:55 / 1909 [9.70]
1327	1820	PODLEŚ Robert	WARSZAWA			62	M40/211 (M)1204	00:59:49	00:57:27	10.44	00:31:27 / 1997 [9.54]
1328	1309	DORYNEK Arkadiusz	WARSZAWA			65	M40/212 (M)1205	00:59:52	00:58:40	10.23	00:30:43 / 1874 [9.77]
1329	2652	GAŚIEWSKI Paweł	WARSZAWA	ERA RUNNING TEAM		77	M30/468 (M)1206	00:59:53	00:59:12	10.14	00:29:44 / 1696 [10.09]
1330	2904	KOŁOSIŃSKA Jolanta	GÓRA KALWARIA	UNTS WARSZAWA		91	K20/56 (K)124	00:59:54	00:59:05	10.16	00:29:07 / 1590 [10.30]
1331	1244	GAGAŁA Przemysław	WARSZAWA			69	M40/213 (M)1207	00:59:54	00:58:40	10.23	00:30:01 / 1755 [9.99]
1332	1862	KULMA Magdalena	WARSZAWA			80	K20/57 (K)125	00:59:54	00:59:44	10.04	00:29:10 / 1595 [10.29]
1333	1861	RONKIEWICZ Patrycja	WARSZAWA			78	K30/51 (K)126	00:59:54	00:59:44	10.04	00:29:03 / 1585 [10.33]
1334	2624	POLAK Teresa	WARSZAWA	KB GYMNASION WARSZAWA		51	K50/5 (K)127	00:59:55	00:58:15	10.30	00:29:50 / 1720 [10.06]
1335	2410	TRĄPIŃSKI Michał	WARSZAWA			74	M30/469 (M)1208	00:59:55	00:58:09	10.32	00:31:12 / 1951 [9.62]
1336	1069	SUCHOPARSKA Marta	PODKOWA LEŚNA			72	K30/52 (K)128	00:59:56	00:58:57	10.18	00:30:57 / 1914 [9.69]
1337	847	OKRASZEWSKI Jacek	WARSZAWA			54	M50/107 (M)1209	00:59:56	00:59:41	10.05	00:28:03 / 1398 [10.70]
1338	1771	NATER Urszula	POZNAŃ-LUBOŃ			50	K50/6 (K)129	00:59:56	00:59:39	10.06	00:28:57 / 1563 [10.36]
1339	851	INEKSIĄK Zbigniew	LISTOPAD			68	M40/214 (M)1210	00:59:57	00:59:09	10.14	00:29:31 / 1664 [10.16]
1340	1841	RUSZAK Piotr	WARSZAWA			74	M30/470 (M)1211	00:59:58	00:58:48	10.20	00:32:06 / 2104 [9.35]
1341	2394	MONIUSZKO Grzegorz	BIALYSTOK			83	M20/340 (M)1212	00:59:59	00:58:23	10.28	00:31:59 / 2091 [9.38]
1342	2097	KACZMARSKI Michał	WARSZAWA	KPMG MARATHON TEAM		77	M30/471 (M)1213	00:59:59	00:58:16	10.30	00:31:15 / 1962 [9.60]
1343	1609	KREMYK maria	WARSZAWA			76	K30/53 (K)130	01:00:00	00:59:51	10.03	00:28:42 / 1522 [10.45]
1344	1611	DĄBROWSKI Piotr	WARSZAWA	SBBP.PL		68	M40/215 (M)1214	01:00:00	00:58:44	10.22	00:30:26 / 1825 [9.86]
1345	1380	ANISIMOWICZ JAN	WARSZAWA	ERA RUNNING TEAM		75	M30/472 (M)1215	01:00:00	00:57:00	10.53	00:31:15 / 1963 [9.60]
1346	2494	BIELIK Robert	WARSZAWA	9 DYWERSYJNA		73	M30/473 (M)1216	01:00:02	00:58:46	10.21	00:30:27 / 1826 [9.85]
1347	277	WOLIŃSKI Rafał	PRUSZKÓW			73	M30/474 (M)1217	01:00:02	00:58:36	10.24	00:31:05 / 1938 [9.65]
1348	2495	SAWICKA Monika	WARSZAWA	9 DYWERSYJNA		74	K30/54 (K)131	01:00:02	00:58:47	10.21	00:30:44 / 1876 [9.76]
1349	2496	SAWICKI Piotr	WARSZAWA	9 DYWERSYJNA		74	M30/475 (M)1218	01:00:02	00:58:46	10.21	00:30:27 / 1829 [9.85]
1350	1964	ADACH Marcin	WARSZAWA			71	M30/476 (M)1219	01:00:03	00:58:15	10.30	00:30:29 / 1836 [9.84]
1351	966	GAŁADYK Agnieszka	BOROWIEC			88	K20/58 (K)132	01:00:03	00:58:42	10.22	00:31:14 / 1960 [9.61]
1352	1430	ZASUWA Maciej	OŻARÓW MAZOWIECKI	UKA WARSZAWA		75	M30/477 (M)1220	01:00:04	00:58:28	10.26	00:30:29 / 1838 [9.84]
1353	967	KRZECZKOWSKA Dorota	PULAWY			88	K20/59 (K)133	01:00:04	00:58:43	10.22	00:31:14 / 1959 [9.61]
1354	1054	ZAJĄC JERZY	NADARZYN	WIĘCEJ FUNKU !!! RALLY TEAM		53	M50/108 (M)1221	01:00:05	00:58:12	10.31	00:30:34 / 1856 [9.81]
1355	948	JANISZEWSKI Ireneusz	WARSZAWA			54	M50/109 (M)1222	01:00:06	00:58:49	10.20	00:31:16 / 1967 [9.59]

Miejsce Rank	Nr Bib	Nazwisko i imię Name	Miejscowość City	Kraj Nat	Drużyna Team	R-k YoB	W kateg in Age Sex	Wynik Total	Wynik Netto	[km/h]	5km
1356	2043	SULIMA Wojciech	WARSZAWA			80	M20/341 (M)1223	01:00:07	00:58:52	10.19	00:31:55 / 2075 [9.40]
1357	2562	MROTEK Dawid	PRUSZKÓW			76	M30/478 (M)1224	01:00:10	00:58:13	10.31	00:31:54 / 2073 [9.40]
1358	1471	LASKOWSKA Marzena	ŁOMIANKI			64	K40/13 (K)134	01:00:12	00:58:29	10.26	00:30:59 / 1921 [9.68]
1359	290	PRONKIEWICZ Aleksander	KOŁOBRZEG			76	M30/479 (M)1225	01:00:13	00:59:13	10.13	00:29:17 / 1624 [10.24]
1360	1815	ZALESKI Jerzy	WARSZAWA			55	M50/110 (M)1226	01:00:14	00:59:24	10.10	00:29:58 / 1742 [10.01]
1361	2093	NAPIÓRKOWSKI Mieczysław	RADZIEJOWICE-SŁABOMI			49	M60/26 (M)1227	01:00:15	00:59:06	10.15	00:32:16 / 2123 [9.30]
1362	728	PAWŁOWSKI MATEUSZ	WARSZAWA			95	M20/342 (M)1228	01:00:16	00:59:29	10.09	00:31:11 / 1948 [9.62]
1363	641	TURLEJ Zbigniew	WARSZAWA			48	M60/27 (M)1229	01:00:16	00:58:28	10.26	00:30:57 / 1913 [9.69]
1364	174	LESZCZYŃSKI Piotr	WARSZAWA		STRAŻ MIEJSKA		(M)1230	01:00:16	00:58:52	10.19	00:30:50 / 1895 [9.73]
1365	2720	RUMAK Michał	WARSZAWA			79	M30/480 (M)1231	01:00:17	00:58:41	10.22	00:30:00 / 1750 [10.00]
1366	1505	TOMASZEWSKI Wojciech	WARSZAWA		MALENKA TEAM	75	M30/481 (M)1232	01:00:18	00:59:37	10.06	00:29:25 / 1647 [10.20]
1367	2706	PARCZEWSKI Tadeusz	PRUSZKÓW			49	M60/28 (M)1233	01:00:19	00:58:50	10.20	00:32:12 / 2112 [9.32]
1368	2690	JÓŹWIAK Adam	WARSZAWA		ZTM WARSZAWA	77	M30/482 (M)1234	01:00:20	00:59:39	10.06	00:29:44 / 1695 [10.09]
1369	2883	ŁAWRYNOWICZ MICHAŁ	WARSZAWA				(M)1235	01:00:21	00:59:34	10.07	00:30:02 / 1758 [9.99]
1370	1411	BARTOSZEWSKI PIOTR	HALIN ÓW			75	M30/483 (M)1236	01:00:22	00:58:55	10.18	00:31:08 / 1943 [9.64]
1371	223	PRZYGOŹDKI Jakub	PIOTRKÓW			80	M20/343 (M)1237	01:00:22	00:59:31	10.08	00:31:44 / 2043 [9.45]
1372	1473	KALBARCZYK KRZYSZTOF	WARSZAWA			76	M30/484 (M)1238	01:00:23	00:59:17	10.12	00:29:30 / 1663 [10.17]
1373	502	SKROK jarosław	WARSZAWA			74	M30/485 (M)1239	01:00:24	00:59:23	10.10	00:30:28 / 1832 [9.85]
1374	381	WINEK Tomasz	WARSZAWA			66	M40/216 (M)1240	01:00:25	00:59:05	10.16	00:30:12 / 1781 [9.93]
1375	1134	WARGIN Agnieszka	WARSZAWA			71	K30/55 (K)135	01:00:25	00:59:39	10.06	00:30:21 / 1808 [9.88]
1376	1223	SZCZUROWSKI Tomasz	WARSZAWA			91	M20/344 (M)1241	01:00:26	00:59:24	10.10	00:31:13 / 1953 [9.61]
1377	406	MOSZKOWICZ Eugeniusz	WARSZAWA		ABCKONDYCJA LAS KABACKI	42	M60/29 (M)1242	01:00:29	00:59:39	10.06	00:28:52 / 1542 [10.39]
1378	1295	BELKA Jacek	WARSZAWA			74	M30/486 (M)1243	01:00:29	00:59:34	10.07	00:31:03 / 1932 [9.66]
1379	1209	KATNER Witold	WARSZAWA			75	M30/487 (M)1244	01:00:31	00:59:00	10.17	00:31:07 / 1940 [9.64]
1380	1102	MATRAS Anna	ZIELONKA		KB LECHICI ZIELONKA	60	K40/14 (K)136	01:00:31	01:00:03	9.99	00:30:29 / 1834 [9.84]
1381	776	OLEJ Tomasz	MAGDALENKA			69	M40/217 (M)1245	01:00:32	00:58:30	10.26	00:34:43 / 2378 [8.64]
1382	640	DZIKI MARZENNA	WARSZAWA		ALETEMPO	53	K50/7 (K)137	01:00:33	00:58:54	10.19	00:30:31 / 1843 [9.83]
1383	1905	MISZKURKA Łukasz	WARSZAWA			80	M20/345 (M)1246	01:00:34	00:59:23	10.10	00:30:03 / 1759 [9.98]
1384	2220	ŚCIODOROWSKI Jarosław	ŁÓDŹ			82	M20/346 (M)1247	01:00:35	00:58:54	10.19	00:31:55 / 2076 [9.40]
1385	1904	KALINKA Paweł	WARSZAWA			79	M30/488 (M)1248	01:00:36	00:59:24	10.10	00:30:03 / 1760 [9.98]
1386	1516	TYL Ireneusz	WARSZAWA		SĄGORSI	61	M40/218 (M)1249	01:00:36	00:59:32	10.08	00:29:45 / 1701 [10.08]
1387	2221	KAŹMIERCZAK Jacek	ŁÓDŹ		STRAŻ MIEJSKA ŁÓDŹ	75	M30/489 (M)1250	01:00:37	00:59:37	10.06	00:30:37 / 1864 [9.80]
1388	448	WOLNIEWICZ Mirosław	PRUSZKÓW			70	M30/490 (M)1251	01:00:41	00:56:42	10.58	00:33:47 / 2309 [8.88]
1389	2067	EJSMONT-BRZESKA Magdalena	SOCHACZEW			83	K20/60 (K)138	01:00:42	00:59:29	10.09	00:31:19 / 1970 [9.58]
1390	2314	TWARDOWSKI ROBERT	RADOM		JW 3463 RADOM	59	M50/111 (M)1252	01:00:45	00:59:34	10.07	00:30:53 / 1904 [9.71]
1391	2508	CHYLICKI TOMASZ MARIAN	RADOM		JW 3463 RADOM	58	M50/112 (M)1253	01:00:45	00:59:38	10.06	00:30:52 / 1902 [9.72]
1392	2306	KACPURA PIOTR	RADOM		JW 3463 RADOM	76	M30/491 (M)1254	01:00:45	00:59:36	10.07	00:30:52 / 1903 [9.72]
1393	2151	FRANKENBERG MAŁGORZATA	ŁÓDŹ		-	55	K50/8 (K)139	01:00:46	01:00:26	9.93	00:30:29 / 1833 [9.84]
1394	2597	WIŚNIEWSKI Krzysztof	KUTNO			89	M20/347 (M)1255	01:00:47	00:59:35	10.07	00:32:58 / 2219 [9.10]
1395	323	MAĆKOWIAK Jakub	WARSZAWA			82	M20/348 (M)1256	01:00:49	00:59:41	10.05	00:32:20 / 2133 [9.28]
1396	1118	MODRZEJEWSKI Andrzej	WARSZAWA		NIE	54	M50/113 (M)1257	01:00:50	00:58:42	10.22	00:30:49 / 1890 [9.73]
1397	2500	WRÓBLEWSKI Szymon	SOKOŁÓW PODLASKI			90	M20/349 (M)1258	01:00:51	00:59:26	10.10	00:32:19 / 2129 [9.28]
1398	2656	JANKOWSKI Karol	HAJNOWKA				(M)1259	01:00:51	00:59:26	10.10	00:32:47 / 2189 [9.15]
1399	475	MINTA IWONA	WARSZAWA			77	K30/56 (K)140	01:00:52	00:59:58	10.01	00:30:16 / 1794 [9.91]
1400	2522	SITKOWSKI Marcin	LEGIONOWO		L627WASTRD	84	M20/350 (M)1260	01:00:54	01:00:04	9.99	00:31:02 / 1929 [9.67]
1401	1013	ZWOLIŃSKI Mariusz	WARSZAWA			79	M30/492 (M)1261	01:00:55	00:59:10	10.14	00:32:48 / 2192 [9.15]
1402	1692	JĘDRZEJCZYK Agnieszka	WARSZAWA			70	K30/57 (K)141	01:00:56	01:00:05	9.99	00:31:44 / 2042 [9.45]
1403	1237	KRUK Arkadiusz	WARSZAWA			71	M30/493 (M)1262	01:01:00	01:00:07	9.98	00:30:42 / 1872 [9.77]
1404	1867	ŁUCZYŃSKA Agata	WARSZAWA			75	K30/58 (K)142	01:01:01	00:59:59	10.00	00:31:10 / 1946 [9.63]
1405	1868	ŁUCZYŃSKA Monika	WARSZAWA			71	K30/59 (K)143	01:01:01	01:00:00	10.00	00:31:10 / 1947 [9.63]
1406	591	BARANOWSKI Tadeusz	WARSZAWA			37	M70/2 (M)1263	01:01:03	01:00:27	9.93	00:29:53 / 1727 [10.04]

Miejsce Rank	Nr Bib	Nazwisko i imię Name	Miejscowość City	Kraj Nat	Drużyna Team	R-k YoB	W kateg in Age Sex	Wynik Total	Wynik Netto	[km/h]	5km
1407	1934	NIEMYSKA Edyta	WARSZAWA			78	K30/60 (K)144	01:01:04	01:00:04	9.99	00:28:20 / 1440 [10.59]
1408	1935	BERNAT Michał	WARSZAWA			78	M30/494 (M)1264	01:01:04	01:00:04	9.99	00:28:19 / 1439 [10.59]
1409	754	NALAZEK WOJCIECH	MIŃSK MAZOWIECKI			53	M50/114 (M)1265	01:01:06	01:00:00	10.00	00:31:28 / 2001 [9.53]
1410	2905	JELIŃSKI Michał	WARSZAWA			87	M20/351 (M)1266	01:01:08	00:58:52	10.19	00:30:04 / 1761 [9.98]
1411	2214	WAWER Robert	WARSZAWA			67	M40/219 (M)1267	01:01:09	00:59:19	10.12	00:31:21 / 1979 [9.57]
1412	1659	WILKOWSKI Mariusz	WARSZAWA			88	M20/352 (M)1268	01:01:10	00:59:40	10.06	00:31:12 / 1949 [9.62]
1413	1431	SZNAGE DOMINIK	WARSZAWA			81	M20/353 (M)1269	01:01:11	00:59:41	10.05	00:31:03 / 1930 [9.66]
1414	1677	CZAJKOWSKA Agnieszka	WARSZAWA			76	K30/61 (K)145	01:01:11	00:59:52	10.02	00:31:58 / 2086 [9.38]
1415	1678	CZAJKOWSKI Marek	WARSZAWA			76	M30/495 (M)1270	01:01:11	00:59:52	10.02	00:31:58 / 2087 [9.38]
1416	994	PRZERADZKI Marcin	WARSZAWA			73	M30/496 (M)1271	01:01:12	00:59:53	10.02	00:31:57 / 2085 [9.39]
1417	457	REMBIEWSKA Jagoda	WARSZAWA			57	K50/9 (K)146	01:01:12	00:59:38	10.06	00:30:37 / 1863 [9.80]
1418	675	DESZCZKA Monika	WARSZAWA			84	K20/61 (K)147	01:01:12	01:00:14	9.96	00:31:24 / 1989 [9.55]
1419	746	ŁACHETA Milena	WARSZAWA			84	K20/62 (K)148	01:01:12	01:00:13	9.96	00:29:44 / 1698 [10.09]
1420	1151	KORNILUK Bartosz	BIALA PODLASKA			80	M20/354 (M)1272	01:01:13	00:59:45	10.04	00:32:42 / 2175 [9.17]
1421	886	HOFFMANN Mateusz	WARSZAWA			74	M30/497 (M)1273	01:01:16	00:59:38	10.06	00:31:22 / 1982 [9.56]
1422	401	PRUS Monika	WARSZAWA			76	K30/62 (K)149	01:01:19	01:00:29	9.92	00:30:50 / 1894 [9.73]
1423	752	KRÓLAK Piotr	WARSZAWA			74	M30/498 (M)1274	01:01:19	01:00:18	9.95	00:31:51 / 2058 [9.42]
1424	2131	JURGA Dagmara	WOLA ZARADZYŃSKA		NIE ZRZESZONA	65	K40/15 (K)150	01:01:20	01:00:50	9.86	00:31:06 / 1939 [9.65]
1425	1156	PAWŁOWSKA Katarzyna	WARSZAWA			75	K30/63 (K)151	01:01:22	00:59:57	10.01	00:31:20 / 1976 [9.57]
1426	1008	GROCHOWSKA Joanna	WARSZAWA		BIEGAMY Z OCHOTĄ	64	K40/16 (K)152	01:01:23	01:00:21	9.94	00:32:19 / 2130 [9.28]
1427	1009	GROCHOWSKI Grzegorz	WARSZAWA		BIEGAMY Z OCHOTĄ	61	M40/220 (M)1275	01:01:23	01:00:21	9.94	00:32:20 / 2131 [9.28]
1428	1653	LACH Justyna	WARSZAWA		CARSERVIS	70	K30/64 (K)153	01:01:24	01:01:13	9.80	00:30:20 / 1805 [9.89]
1429	2704	TROCEWICZ Arkadiusz	WARSZAWA			75	M30/499 (M)1276	01:01:25	00:59:36	10.07	00:32:44 / 2178 [9.16]
1430	2876	NIEŚLUCHOWSKI Artur				90	M20/355 (M)1277	01:01:25	00:59:58	10.01	00:32:53 / 2213 [9.12]
1431	2330	CZWARNO Tomasz	WARSZAWA			78	M30/500 (M)1278	01:01:27	01:00:11	9.97	00:32:20 / 2132 [9.28]
1432	1953	ELZANOWSKA Honorata	KOSZALIN			79	K30/65 (K)154	01:01:30	01:01:25	9.77	00:30:10 / 1777 [9.94]
1433	1952	SIELECKA Radosława	WARSZAWA			79	K30/66 (K)155	01:01:30	01:01:25	9.77	00:30:10 / 1779 [9.94]
1434	2925	CHICHŁOWSKI Igor	KONSTANCIN-JEZIORNA			73	M30/501 (M)1279	01:01:34	00:59:34	10.07	00:31:34 / 2019 [9.50]
1435	1081	JASIŃSKI Michał	WARSZAWA			76	M30/502 (M)1280	01:01:35	00:59:06	10.15	00:32:37 / 2158 [9.20]
1436	923	ROSZKOWSKI Marcin	WARSZAWA			72	M30/503 (M)1281	01:01:37	00:59:43	10.05	00:32:45 / 2181 [9.16]
1437	1406	PRZYBYLSKI Tomasz	WARSZAWA			55	M50/115 (M)1282	01:01:39	01:00:33	9.91	00:27:46 / 1338 [10.80]
1438	818	MIKOŁAJCZYK Agata	WARSZAWA			76	K30/67 (K)156	01:01:41	01:01:01	9.83	00:31:14 / 1958 [9.61]
1439	2015	KOBIELA Dorota	WARSZAWA			78	K30/68 (K)157	01:01:42	01:01:19	9.79	00:31:53 / 2068 [9.41]
1440	2016	WELCHMAN Hugh				75	M30/504 (M)1283	01:01:42	01:01:18	9.79	00:31:54 / 2071 [9.40]
1441	2743	TRUBALSKI Przemysław	WARSZAWA			74	M30/505 (M)1284	01:01:43	01:00:35	9.90	00:28:07 / 1408 [10.67]
1442	1954	SOPYŁO Maciej	WARSZAWA			83	M20/356 (M)1285	01:01:44	00:59:39	10.06	00:29:50 / 1719 [10.06]
1443	2407	KĘDZIELSKI Rafał	WARSZAWKA			72	M30/506 (M)1286	01:01:45	01:00:06	9.98	00:31:47 / 2049 [9.44]
1444	114	PLICH MAREK			PKO	09	(M)1287	01:01:47	01:00:22	9.94	00:33:04 / 2231 [9.07]
1445	2327	ANTONIAK Przemysław	WARSZAWA			82	M20/357 (M)1288	01:01:48	01:00:19	9.95	00:30:49 / 1887 [9.73]
1446	599	PISKORSKA Chie	WARSZAWA			67	M40/221 (M)1289	01:01:49	01:01:23	9.77	00:30:00 / 1751 [10.00]
1447	598	PISKORSKI Michał	WARSZAWA			68	M40/222 (M)1290	01:01:49	01:00:49	9.87	00:30:00 / 1752 [10.00]
1448	2685	PRUCHNICKI Adam	MIŃSK MAZOWIECKI			87	M20/358 (M)1291	01:01:51	01:00:09	9.98	00:32:13 / 2114 [9.31]
1449	2877	SKRĘTOWSKA Aleksandra	PŁOCK			90	M20/359 (M)1292	01:01:52	01:00:26	9.93	00:32:53 / 2210 [9.12]
1450	1555	CHOROMAŃSKI Władysław	WARSZAWA			92	M20/360 (M)1293	01:01:53	01:01:19	9.79	00:28:01 / 1390 [10.71]
1451	1046	BIEDRZYCKI Tadeusz	KARCZEWJKT		JKTB. TEAM	52	M50/116 (M)1294	01:01:54	01:01:07	9.82	00:30:07 / 1771 [9.96]
1452	1735	JANKOWSKI Jakub	WARSZAWA			83	M20/361 (M)1295	01:01:55	00:59:44	10.04	00:32:38 / 2159 [9.19]
1453	1733	WEZDECKI Mikołaj	WARSZAWA			83	M20/362 (M)1296	01:01:55	00:59:44	10.04	00:32:38 / 2160 [9.19]
1454	1068	JAKUBOWSKI Marek	WARSZAWA			75	M30/507 (M)1297	01:01:57	00:59:28	10.09	00:32:39 / 2163 [9.19]
1455	686	DESZCZKA Edyta	WARSZAWA			90	K20/63 (K)158	01:02:00	01:01:01	9.83	00:31:24 / 1991 [9.55]
1456	391	SKOCZEK Marek	SULKOWICE		NIEZRZESZONY	60	M40/223 (M)1298	01:02:01	01:01:55	9.69	00:28:50 / 1535 [10.40]
1457	1902	JAKUBIAK Anna	WARSZAWA			74	K30/69 (K)159	01:02:02	01:01:22	9.78	00:31:02 / 1928 [9.67]
1458	1510	KAMIŃSKI Mariusz	WARSZAWA			69	M40/224 (M)1299	01:02:02	01:00:14	9.96	00:32:50 / 2201 [9.14]
1459	618	ZIELIŃSKI Bartosz	LEGIONOWO			82	M20/363 (M)1300	01:02:05	01:01:04	9.83	00:31:27 / 1996 [9.54]

Miejsce Rank	Nr Bib	Nazwisko i imię Name	Miejscowość City	Kraj Nat	Drużyna Team	R-k YoB	W kateg in Age Sex	Wynik Total	Wynik Netto	[km/h]	5km
1460	1417	TYTKOWSKI JACEK	WARSZAWA			54	M50/117 (M)1301	01:02:07	01:00:51	9.86	00:31:23 / 1988 [9.56]
1461	1228	NOWICKI Paweł	WARSZAWA			77	M30/508 (M)1302	01:02:10	01:00:32	9.91	00:33:31 / 2280 [8.95]
1462	1825	NOWICKA Barbara	WARSZAWA				(K)160	01:02:10	01:00:32	9.91	00:33:31 / 2277 [8.95]
1463	1824	CHOIŃSKI Tomasz	WARSZAWA			83	M20/364 (M)1303	01:02:11	01:00:33	9.91	00:33:31 / 2278 [8.95]
1464	881	WOJTASZEK Bartłomiej	WARSZAWA			94	M20/365 (M)1304	01:02:13	01:00:21	9.94	00:32:22 / 2138 [9.27]
1465	1730	SKWARA Helena				89	K20/64 (K)161	01:02:14	01:01:42	9.72	00:31:37 / 2026 [9.49]
1466	231	SMUL Dariusz	WARSZAWA			70	M30/509 (M)1305	01:02:17	01:00:28	9.92	00:31:49 / 2053 [9.43]
1467	1250	JANKOWSKA Marta	WARSZAWA			85	K20/65 (K)162	01:02:17	01:01:17	9.79	00:31:04 / 1936 [9.66]
1468	1007	KIŚLACZUK Marta	LEGIONOWO			90	K20/66 (K)163	01:02:18	01:01:02	9.83	00:32:21 / 2135 [9.27]
1469	1684	MAMLA Emilia	WARSZAWA			89	K20/67 (K)164	01:02:20	01:00:50	9.86	00:32:51 / 2202 [9.13]
1470	428	GALA Tomasz	WARSZAWA			76	M30/510 (M)1306	01:02:20	01:00:50	9.86	00:32:52 / 2209 [9.13]
1471	954	TURLEJ Maria	WARSZAWA			85	K20/68 (K)165	01:02:25	01:00:38	9.90	00:32:47 / 2188 [9.15]
1472	953	BIERNAWSKI Jan	WARSZAWA			85	M20/366 (M)1307	01:02:25	01:00:38	9.90	00:32:47 / 2187 [9.15]
1473	866	GREWIŃSKI Tomasz	WARSZAWA			69	M40/225 (M)1308	01:02:30	01:01:20	9.78	00:34:05 / 2327 [8.80]
1474	210	LASZCZKA Marek	WARSZAWA			58	M50/118 (M)1309	01:02:31	01:01:57	9.69	00:31:27 / 1999 [9.54]
1475	949	TROCZEWSKA Aleksandra	WARSZAWA		LASEK BIELAŃSKI TEAM	83	K20/69 (K)166	01:02:33	01:01:25	9.77	00:32:16 / 2121 [9.30]
1476	43	DĄBROWA Kamil			TOK FM	09	(M)1310	01:02:36	01:01:36	9.74	00:38:55 / 2547 [7.71]
1477	54	LESIK Jan			NIWIDOMI	09	(M)1311	01:02:37	01:02:00	9.68	00:30:22 / 1814 [9.88]
1478	1153	KUŻMIŃSKI Jacek	CHELM			80	M20/367 (M)1312	01:02:38	01:01:41	9.73	00:31:42 / 2038 [9.46]
1479	1625	KOWALSKI Michał	WARSZAWA			87	M20/368 (M)1313	01:02:38	01:00:43	9.88	00:33:18 / 2259 [9.01]
1480	1453	PAWLAK MARCIN	PILA			91	M20/369 (M)1314	01:02:39	01:01:54	9.69	00:31:32 / 2012 [9.51]
1481	1434	RUTKOWSKI Jakub	WARSZAWA			87	M20/370 (M)1315	01:02:41	01:01:45	9.72	00:32:49 / 2198 [9.14]
1482	2423	KUCHARCZYK Piotr	KIELCE	-		76	M30/511 (M)1316	01:02:48	01:01:16	9.79	00:32:17 / 2128 [9.29]
1483	2448	SAWICKI norbert	WARSZAWA			74	M30/512 (M)1317	01:02:49	01:01:12	9.80	00:31:56 / 2078 [9.39]
1484	1440	PIECHOWSKI Tomasz	WARSZAWA			77	M30/513 (M)1318	01:02:52	01:02:18	9.63	00:31:50 / 2056 [9.42]
1485	2277	SZYCK Swietlana	GRAJEWO			71	M30/514 (M)1319	01:02:54	01:02:16	9.64	00:31:32 / 2011 [9.51]
1486	1503	KĘPCZYŃSKI Janusz	OŻARÓW MAZOWIECKI			49	M60/30 (M)1320	01:02:55	01:01:15	9.80	00:31:59 / 2092 [9.38]
1487	987	JEZIORSKI Wojciech	WARSZAWA			68	M40/226 (M)1321	01:02:59	01:01:21	9.78	00:33:07 / 2236 [9.06]
1488	1810	JANOWSKI Michał	WARSZAWA			77	M30/515 (M)1322	01:02:59	01:01:09	9.81	00:34:54 / 2405 [8.60]
1489	2190	KAŻIMIERCZAK Bartłomiej	ZABORÓW			76	M30/516 (M)1323	01:03:00	01:01:10	9.81	00:34:25 / 2352 [8.72]
1490	1924	ŁAMPIKA Krzysztof	WARSZAWA			60	M40/227 (M)1324	01:03:02	01:01:04	9.83	00:32:34 / 2155 [9.21]
1491	1064	NATORSKI Maciej	WARSZAWA			79	M30/517 (M)1325	01:03:02	01:01:04	9.83	00:34:26 / 2353 [8.71]
1492	2241	DOBOSZ Elżbieta	WARSZAWA		KB GYMNASION WARSZAWA	58	K50/10 (K)167	01:03:04	01:00:11	9.97	00:33:29 / 2274 [8.96]
1493	2243	MISIACZEK Ewa	WARSZAWA			68	K40/17 (K)168	01:03:07	01:02:07	9.66	00:33:07 / 2240 [9.06]
1494	2721	NISKOWSKI Michał	WARSZAWA			81	M20/371 (M)1326	01:03:08	01:01:58	9.68	00:31:31 / 2010 [9.52]
1495	1916	ZAŁEWSKI Michał	WARSZAWA			63	M40/228 (M)1327	01:03:08	01:01:24	9.77	00:33:56 / 2319 [8.84]
1496	2261	MINASIEWICZ Toamsz	PULTUSK			70	M30/518 (M)1328	01:03:22	01:01:39	9.73	00:33:25 / 2268 [8.98]
1497	2260	MINASIEWICZ Ewa	PULTUSK			69	K40/18 (K)169	01:03:22	01:01:39	9.73	00:33:25 / 2269 [8.98]
1498	1348	KONDEJ Rafał	WARSZAWA			75	M30/519 (M)1329	01:03:24	01:02:32	9.59	00:30:16 / 1797 [9.91]
1499	422	WIŚNIEWSKI Marek	WARSZAWA			71	M30/520 (M)1330	01:03:24	01:01:50	9.70	00:33:24 / 2267 [8.98]
1500	965	TURLEJ Aleksander	WARSZAWA			78	M30/521 (M)1331	01:03:24	01:01:37	9.74	00:32:17 / 2127 [9.29]
1501	423	WIŚNIEWSKA Beata	WARSZAWA			71	K30/70 (K)170	01:03:24	01:01:50	9.70	00:33:24 / 2266 [8.98]
1502	2090	KAMIŃSKI Krzysztof	WARSZAWA			54	M50/119 (M)1332	01:03:26	01:02:28	9.61	00:30:49 / 1888 [9.73]
1503	1308	MAJEWSKI Bartłomiej	WARSZAWA			93	M20/372 (M)1333	01:03:27	01:02:37	9.58	00:29:57 / 1737 [10.02]
1504	2186	FEDER Sebastian	LEGIONOWO		L627WASTRD	84	M20/373 (M)1334	01:03:36	01:02:46	9.56	00:33:02 / 2227 [9.08]
1505	906	DORI KEREN	WARSZAWA			70	M30/522 (M)1335	01:03:37	01:01:34	9.75	00:33:24 / 2264 [8.98]
1506	905	WERTHEIM alexander	WARSZAWA		VISTULA RUNNERS	49	M60/31 (M)1336	01:03:37	01:01:34	9.75	00:33:24 / 2265 [8.98]
1507	2506	SKORY Łukasz	WARSZAWA			77	M30/523 (M)1337	01:03:38	01:02:28	9.61	00:31:30 / 2005 [9.52]
1508	1494	PIKULSKI Dominik	LUBLIN			80	M20/374 (M)1338	01:03:39	01:02:39	9.58	00:34:56 / 2407 [8.59]
1509	2603	IZDWBSKA-MUCHA DOROTA DOROTA	WARSZAWA				(K)171	01:03:45	01:03:08	9.50	00:32:04 / 2100 [9.36]
1510	1063	GRAD Piotr	BIDZINY			76	M30/524 (M)1339	01:03:48	01:03:01	9.52	00:30:46 / 1881 [9.75]
1511	439	MATULANIEC Elżbieta	WARSZAWA		DAMY RADĘ	56	K50/11 (K)172	01:03:54	01:02:54	9.54	00:31:19 / 1972 [9.58]

Miejsce Rank	Nr Bib	Nazwisko i imię Name	Miejscowość City	Kraj Nat	Drużyna Team	R-k YoB	W kateg in Age Sex	Wynik Total	Wynik Netto	[km/h]	5km
1512	2110	ZARZYCKI Radosław	WARSZAWA			77	M30/525 (M)1340	01:03:55	01:02:22	9.62	00:32:36 / 2156 [9.20]
1513	1034	MICHALAK Mariusz	WARSZAWA			64	M40/229 (M)1341	01:03:56	01:02:22	9.62	00:32:39 / 2161 [9.19]
1514	1035	MICHALAK Wioletta	WARSZAWA			65	K40/19 (K)173	01:03:56	01:02:22	9.62	00:32:39 / 2162 [9.19]
1515	904	WOŹNIAK TOMASZ	WARSZAWA			73	M30/526 (M)1342	01:03:57	01:01:59	9.68	00:33:43 / 2296 [8.90]
1516	1807	SZCZUKA Bartosz	STAROGARD			89	M20/375 (M)1343	01:03:57	01:02:23	9.62	00:28:17 / 1435 [10.61]
1517	2130	TENDERENDA Tadeusz	WARSZAWA		WASHINGTON HEIGHTS	82	M20/376 (M)1344	01:04:03	01:02:44	9.56	00:33:58 / 2321 [8.83]
1518	465	CZECHOWSKI Jerzy	WARSZAWA			49	M60/32 (M)1345	01:04:03	01:03:50	9.40	00:31:09 / 1945 [9.63]
1519	1442	KERNER Piotr	WARSZAWA			66	M40/230 (M)1346	01:04:06	01:03:32	9.44	00:31:32 / 2013 [9.51]
1520	1441	ZWIERZCHOWSKI Wojciech	WARSZAWA			70	M30/527 (M)1347	01:04:09	01:02:22	9.62	00:32:31 / 2147 [9.23]
1521	2585	BĘBENEK Krystyna	WARSZAWA		JEZIORZANY	76	K30/71 (K)174	01:04:18	01:02:46	9.56	00:30:49 / 1891 [9.73]
1522	2527	CIEĆKO Daniel	PRZEMYŚL		APTEKA W RYNKU	77	M30/528 (M)1348	01:04:23	01:04:11	9.35	00:31:56 / 2077 [9.39]
1523	2417	JAŁOSZYŃSKI Artur	WARSZAWA		BRAK	70	M30/529 (M)1349	01:04:23	01:03:21	9.47	00:35:20 / 2434 [8.49]
1524	2642	VALDES-DEPENDA Kim	WARSZAWA				(M)1350	01:04:27	01:03:12	9.49	00:32:15 / 2120 [9.30]
1525	2586	SOLOVYEVA Marina				83	K20/70 (K)175	01:04:28	01:02:55	9.54	00:30:50 / 1893 [9.73]
1526	664	SZELER Joanna	WARSZAWA			72	K30/72 (K)176	01:04:35	01:03:38	9.43	00:32:40 / 2166 [9.18]
1527	2639	PARZYSZEK Dariusz	WARSZAWA			69	M40/231 (M)1351	01:04:38	01:03:01	9.52	00:32:41 / 2171 [9.18]
1528	2650	SKOCZYLAS Michał	PIASECZNO				(M)1352	01:04:43	01:03:28	9.45	00:41:13 / 2579 [7.28]
1529	692	MICHNOWSKI PAWEŁ	WARSZAWA			82	M20/377 (M)1353	01:04:44	01:03:56	9.38	00:31:39 / 2032 [9.48]
1530	850	KALINOWSKI Marek	WARSZAWA			57	M50/120 (M)1354	01:04:44	01:03:21	9.47	00:33:09 / 2243 [9.05]
1531	2614	GZEL Monika	WARSZAWA		BPH TEAM		(K)177	01:04:51	01:03:47	9.41	00:33:31 / 2279 [8.95]
1532	1047	OWCZAREK Katarzyna	FRANKFURT		JKTb. TEAM	78	K30/73 (K)178	01:04:51	01:04:04	9.37	00:30:30 / 1842 [9.84]
1533	969	KILMIUK Ryszard	WARSZAWA			77	M30/530 (M)1355	01:04:51	01:03:01	9.52	00:33:26 / 2271 [8.97]
1534	573	DUSZYŃSKI ZBIGNIEW	WARSZAWA			39	M70/3 (M)1356	01:04:53	01:04:46	9.26	00:29:46 / 1702 [10.08]
1535	438	WAŚCIŃSKI Tadeusz	WARSZAWA		SGGW	52	M50/121 (M)1357	01:04:54	01:03:24	9.46	00:32:49 / 2197 [9.14]
1536	1229	GRABEK Radosław	WARSZAWA			75	M30/531 (M)1358	01:04:54	01:03:50	9.40	00:34:01 / 2324 [8.82]
1537	979	LUBAŃSKI stanisław	WARSZAWA		MALWA TEA	50	M50/122 (M)1359	01:04:58	01:04:18	9.33	00:33:15 / 2253 [9.02]
1538	999	JANKOWSKA sandra	WARSZAWA			96	K20/71 (K)179	01:04:59	01:04:17	9.33	00:35:51 / 2457 [8.37]
1539	1727	GRABOWSKI Radek	WARSZAWA		ART PROFI WARSZAWA	74	M30/532 (M)1360	01:05:00	01:03:39	9.43	00:31:46 / 2047 [9.44]
1540	1984	BOGURADZKI Dariusz	WARSZAWA			84	M20/378 (M)1361	01:05:03	01:04:17	9.33	00:31:31 / 2009 [9.52]
1541	2771	ŚLEPACZUK Robert	WARSZAWA			77	M30/533 (M)1362	01:05:03	01:04:21	9.32	00:31:44 / 2041 [9.45]
1542	821	JĘDRYKA Marcin	WARSZAWA			81	M20/379 (M)1363	01:05:04	01:03:32	9.44	00:32:02 / 2098 [9.37]
1543	491	PIOTRKOWICZ Wojciech	WARSZAWA		NIEZRZESZONY	60	M40/232 (M)1364	01:05:05	01:03:16	9.48	00:33:12 / 2248 [9.04]
1544	1307	JURKOWSKA Zuzanna	WARSZAWA			81	K20/72 (K)180	01:05:05	01:03:47	9.41	00:34:54 / 2404 [8.60]
1545	2100	CHYZANOWSKI Jakub	WARSZAWA			81	M20/380 (M)1365	01:05:05	01:03:47	9.41	00:34:54 / 2402 [8.60]
1546	360	SAKOWSKA Aneta	WARSZAWA		BIEGAJ Z NAMI	75	K30/74 (K)181	01:05:05	01:02:26	9.61	00:34:21 / 2346 [8.73]
1547	1339	KRÓL Aleksandra	WARSZAWA			79	K30/75 (K)182	01:05:08	01:03:35	9.44	00:33:00 / 2221 [9.09]
1548	1052	KUBALSKA JOANNA	WARSZAWA		WIĘCEJ FUNKU !!! RALLY TEAM	86	K20/73 (K)183	01:05:09	01:03:16	9.48	00:31:56 / 2081 [9.39]
1549	1053	ZAJĄC MARCIN	NADARZYN		WIĘCEJ FUNKU !!! RALLY TEAM	86	M20/381 (M)1366	01:05:09	01:03:17	9.48	00:31:56 / 2082 [9.39]
1550	446	DZIECH Konrad	KRAKÓW			74	M30/534 (M)1367	01:05:13	01:04:40	9.28	00:31:57 / 2083 [9.39]
1551	1067	PIŃKOWSKI piotr	KONSTANCIN		NIE	72	M30/535 (M)1368	01:05:17	01:04:03	9.37	00:33:43 / 2298 [8.90]
1552	1255	MACIASZEK Tomasz	WARSZAWA			83	M20/382 (M)1369	01:05:18	01:03:49	9.40	00:34:26 / 2354 [8.71]
1553	2902	WALACZ Wojciech	KOZIENICE			74	M30/536 (M)1370	01:05:23	01:04:28	9.31	00:32:46 / 2184 [9.16]
1554	2045	KAROL Maciej	WARSZAWA			85	M20/383 (M)1371	01:05:23	01:04:26	9.31	00:32:46 / 2183 [9.16]
1555	2724	MICHALSKI Piotr	WARSZAWA			82	M20/384 (M)1372	01:05:24	01:04:24	9.32	00:32:48 / 2190 [9.15]
1556	957	FUHRMANN Maciej	WARSZAWA			79	M30/537 (M)1373	01:05:29	01:04:50	9.25	00:31:29 / 2004 [9.53]
1557	626	PRESKO Paweł	WARSZAWA			79	M30/538 (M)1374	01:05:32	01:03:44	9.41	00:32:15 / 2119 [9.30]
1558	693	BRAŃSKA-DOBROWOLSKA Olga	WARSZAWA		MARATONYPOLSKIE.PL TEAM	73	K30/76 (K)184	01:05:34	01:04:11	9.35	00:33:07 / 2239 [9.06]
1559	236	STANISŁAWSKI Filip	WARSZAWA			79	M30/539 (M)1375	01:05:37	01:05:28	9.16	00:32:59 / 2220 [9.10]
1560	717	TOMANIAK Krzysztof	WARSZAWA			81	M20/385 (M)1376	01:05:38	01:05:14	9.20	00:31:09 / 1944 [9.63]
1561	1906	RYBAK marcin	WARSZAWA			75	M30/540 (M)1377	01:05:41	01:04:32	9.30	00:33:53 / 2314 [8.85]
1562	1391	GRODZICKI Krzysztof	WARSZAWA			64	M40/233 (M)1378	01:05:43	01:04:26	9.31	00:38:46 / 2545 [7.74]
1563	822	KWAŚNIEWSKI Piotr	WARSZAWA			81	M20/386 (M)1379	01:05:44	01:04:13	9.34	00:33:27 / 2273 [8.97]

Miejsce Rank	Nr Bib	Nazwisko i imię Name	Miejscowość City	Kraj Nat	Drużyna Team	R-k YoB	W kateg in Age Sex	Wynik Total	Wynik Netto	[km/h]	5km
1564	445	MAKOWSKA Lucyna	WARSZAWA			79	K30/77 (K)185	01:05:54	01:05:21	9.18	00:31:57 / 2084 [9.39]
1565	330	PALUS Ewa	WARSZAWA			75	K30/78 (K)186	01:05:56	01:04:49	9.26	00:33:46 / 2306 [8.88]
1566	568	ANISIEWICZ Danuta	1977		URSYNÓW	77	K30/79 (K)187	01:05:56	01:05:26	9.17	00:33:31 / 2276 [8.95]
1567	242	PALUS Paweł	WARSZAWA			72	M30/541 (M)1380	01:05:56	01:04:49	9.26	00:33:46 / 2307 [8.88]
1568	1843	RAJCHERT Jerzy	PIASECZNO			86	M20/387 (M)1381	01:06:05	01:04:52	9.25	00:33:41 / 2290 [8.91]
1569	1844	RAJCHERT Paweł	PIASECZNO			46	M60/33 (M)1382	01:06:05	01:04:52	9.25	00:33:42 / 2293 [8.90]
1570	2772	KRZEMIŃSKA Weronika	WARSZAWA			68	K40/20 (K)188	01:06:09	01:04:58	9.24	00:32:00 / 2095 [9.38]
1571	2766	KOTOWICZ Otton				31	M70/4 (M)1383	01:06:12	01:05:20	9.18	00:32:45 / 2182 [9.16]
1572	1445	MICHALIK Wojciech	WARSZAWA		GB GALERIA	56	M50/123 (M)1384	01:06:15	01:04:34	9.29	00:33:04 / 2232 [9.07]
1573	2616	CRICKLOW Terence	WARSZAWA			85	M20/388 (M)1385	01:06:17	01:05:05	9.22	00:31:26 / 1995 [9.54]
1574	1649	BRZEZIŃSKI Marcin	WARSZAWA			73	M30/542 (M)1386	01:06:21	01:04:34	9.29	00:34:43 / 2379 [8.64]
1575	2646	DOMAŃSKI Paweł	BŁONIE			71	M30/543 (M)1387	01:06:26	01:04:49	9.26	00:34:55 / 2406 [8.59]
1576	1601	GARCIA SERRANO Paloma	WARSZAWA			74	K30/80 (K)189	01:06:32	01:05:10	9.21	00:35:13 / 2427 [8.52]
1577	1691	WIŃKOWSKA Alicja	SOCHACZEW			69	K40/21 (K)190	01:06:38	01:05:05	9.22	00:34:06 / 2330 [8.80]
1578	636	MISIURA Michał	WARSZAWA			82	M20/389 (M)1388	01:06:52	01:05:10	9.21	00:34:13 / 2339 [8.77]
1579	713	BARTUŚ Tomasz	WARSZAWA			69	M40/234 (M)1389	01:06:53	01:05:00	9.23	00:30:31 / 1846 [9.83]
1580	1832	ZAGRZEJEWSKA Martyna	WARSZAWA			75	K30/81 (K)191	01:06:56	01:05:36	9.15	00:33:44 / 2301 [8.89]
1581	2577	ŁASKAWIEC Katarzyna	WARSZAWA		WOŁONTARIUSZKA FUNDACJI POLSKO-NIEMIECKI	89	K20/74 (K)192	01:06:59	01:06:07	9.07	00:32:34 / 2151 [9.21]
1582	593	DANISZEWSKI Robert	ŻELECHÓW			77	M30/544 (M)1390	01:07:11	01:06:18	9.05	00:31:35 / 2023 [9.50]
1583	2763	MOORE Jay	WARSZAWA			77	M30/545 (M)1391	01:07:12	01:06:49	8.98	00:31:30 / 2008 [9.52]
1584	1777	KASIEWSKA EWA KATARZYNA	POZNAŃ		DRUŻYNA SZPIKU	48	K60/1 (K)193	01:07:20	01:07:00	8.96	00:33:11 / 2246 [9.04]
1585	711	ĆWIEK Jarosław	WARSZAWA			67	M40/235 (M)1392	01:07:25	01:05:58	9.10	00:36:22 / 2481 [8.25]
1586	2063	WANDAS Marek	WARSZAWA			76	M30/546 (M)1393	01:07:28	01:06:11	9.07	00:34:04 / 2325 [8.81]
1587	2062	WANDAS Olga	WARSZAWA			76	K30/82 (K)194	01:07:28	01:06:11	9.07	00:34:04 / 2326 [8.81]
1588	1115	NOWACKI Marcin	WARSZAWA			78	M30/547 (M)1394	01:07:33	01:05:46	9.12	00:33:49 / 2311 [8.87]
1589	1743	WALCZAK-WOJTKOWSKA Iwona	WARSZAWA			60	K40/22 (K)195	01:07:34	01:06:48	8.98	00:34:35 / 2370 [8.67]
1590	571	KIELCZYK Ieślaw	WARSZAWA			53	M50/124 (M)1395	01:07:39	01:06:14	9.06	00:33:56 / 2320 [8.84]
1591	1426	CHMIELEWSKI Sebastian	ŁOCHOWICE			72	M30/548 (M)1396	01:07:40	01:06:07	9.07	00:33:40 / 2288 [8.91]
1592	2644	DUKACZEWSKA IZA	WARSZAWA			63	K40/23 (K)196	01:07:42	01:06:45	8.99	00:32:47 / 2186 [9.15]
1593	520	MŚCISŁOWSKI Edmund	OSTRÓW MAZOWIECKI			53	M50/125 (M)1397	01:07:45	01:07:36	8.88	00:31:46 / 2048 [9.44]
1594	2290	PIWKOWSKI Piotr	WARSZAWA		WARSZAWIE ODDANY	79	M30/549 (M)1398	01:07:53	01:06:23	9.04	00:33:20 / 2261 [9.00]
1595	780	PALUCH Bogdan	WARSZAWA			46	M60/34 (M)1399	01:08:06	01:06:24	9.04	00:34:44 / 2383 [8.64]
1596	2438	TUROS Stephanie	WARSAW		VISTULA RUNNERS	73	K30/83 (K)197	01:08:07	01:06:58	8.96	00:33:53 / 2316 [8.85]
1597	735	WERCZYŃSKI Rafał	WARASZAWA			77	M30/550 (M)1400	01:08:08	01:06:51	8.98	00:33:37 / 2284 [8.92]
1598	855	SZUBERT anna	BRWINÓW			82	K20/75 (K)198	01:08:09	01:06:10	9.07	00:35:48 / 2453 [8.38]
1599	2578	MARTYNOWSKA Beata	WARSZAWA			59	K50/12 (K)199	01:08:32	01:08:21	8.78	00:31:53 / 2067 [9.41]
1600	2181	BYRT Andrzej	WARSZAWA			49	M60/35 (M)1401	01:08:35	01:08:28	8.76	00:31:34 / 2017 [9.50]
1601	2540	NIEMCZAK Martyna	HALINÓW		-	90	K20/76 (K)200	01:08:41	01:07:55	8.83	00:34:15 / 2342 [8.76]
1602	619	MROCEK - KUBERSKA ILONA	WARSZAWA			78	K30/84 (K)201	01:08:45	01:08:31	8.76	00:32:58 / 2218 [9.10]
1603	433	LISOWSKI Rafał	WARSZAWA			76	M30/551 (M)1402	01:09:00	01:07:43	8.86	00:33:17 / 2255 [9.01]
1604	1226	PINKOSZ Leszek	ZIELONKA			56	M50/126 (M)1403	01:09:06	01:08:37	8.74	00:32:39 / 2165 [9.19]
1605	366	KILJAŃSKA Marta	WARSZAWA			83	K20/77 (K)202	01:09:06	01:07:40	8.87	00:34:56 / 2408 [8.59]
1606	1945	MEJ PAWEŁ	BACZKÓW K/ BOCHNI		NIEZ - BIEGAM BOSO	72	M30/552 (M)1404	01:09:35	01:08:35	8.75	00:34:50 / 2395 [8.61]
1607	468	HORDYJ-LEPLE Joanna	OPACZ-KOLONIA		KLUB BIEGACZA.PL	73	K30/85 (K)203	01:09:45	01:09:16	8.66	00:33:30 / 2275 [8.96]
1608	1772	NATER Magdalena	POZNAŃ-LUBOŃ			73	K30/86 (K)204	01:09:52	01:09:34	8.62	00:33:10 / 2244 [9.05]
1609	1711	SIEMIANOWSKI Szymon	WARSZAWA			70	M30/553 (M)1405	01:09:56	01:08:56	8.70	00:38:45 / 2541 [7.74]
1610	2605	EATON HEATER	WARSZAWA				(M)1406	01:10:05	01:08:56	8.70	00:34:50 / 2397 [8.61]
1611	2440	UMBER Sharon	WARSZAWA		VISTULA RUNNER	60	K40/24 (K)205	01:10:05	01:08:56	8.70	00:34:50 / 2398 [8.61]
1612	1890	ZIOBER Roman	WROCLAW			51	M50/127 (M)1407	01:10:15	01:09:12	8.67	00:35:54 / 2461 [8.36]

Miejsce Rank	Nr Bib	Nazwisko i imię Name	Miejscowość City	Kraj Nat	Drużyna Team	R-k YoB	W kateg in Age Sex	Wynik Total	Wynik Netto	[km/h]	5km
1613	1889	SAPIŃSKA Edyta	WROCLAW			70	K30/87 (K)206	01:10:15	01:09:13	8.67	00:35:54 / 2462 [8.36]
1614	594	ROŚ Beata	WARSZAWA			86	K20/78 (K)207	01:10:17	01:08:20	8.78	00:36:15 / 2475 [8.28]
1615	1675	DRZEWIŃSKA Justyna	WARSZAWA			80	K20/79 (K)208	01:10:19	01:09:21	8.65	00:35:31 / 2442 [8.45]
1616	1674	DRZEWIŃSKI Mariusz	WARSZAWA			80	M20/390 (M)1408	01:10:19	01:09:21	8.65	00:35:30 / 2441 [8.45]
1617	584	SHIN Jong-Hyon	WARSZAWA			71	K30/88 (K)209	01:10:21	01:09:18	8.66	00:34:53 / 2401 [8.60]
1618	100	GRABOWSKI Wojciech				09	(M)1409	01:10:24	01:10:02	8.57	00:34:13 / 2336 [8.77]
1619	543	BALCERAK Marcin	WARSZAWA			74	M30/554 (M)1410	01:10:34	01:09:51	8.59	00:34:42 / 2375 [8.65]
1620	545	CZEPIEL Jakub	WARSZAWA			80	M20/391 (M)1411	01:10:34	01:09:50	8.59	00:34:42 / 2376 [8.65]
1621	1638	LATAWIEC Paulina	RZESZÓW			82	K20/80 (K)210	01:10:35	01:09:41	8.61	00:35:18 / 2432 [8.50]
1622	1333	PARYS Aleksandra	WARSZAWA			76	K30/89 (K)211	01:10:40	01:09:16	8.66	00:36:10 / 2473 [8.29]
1623	346	KOLENIEC Judyta	WARSZAWA			86	K20/81 (K)212	01:10:48	01:08:51	8.71	00:44:48 / 2613 [6.70]
1624	1854	PAZIEWSKI Jacek	WARSZAWA			66	M40/236 (M)1412	01:10:56	01:09:32	8.63	00:35:56 / 2464 [8.35]
1625	572	ŁEBSKI Jakub	WARSZAWA			81	M20/392 (M)1413	01:11:45	01:10:17	8.54	00:36:02 / 2465 [8.33]
1626	1989	WAŻNIEWSKI Wiktor	WARSZAWA			88	M20/393 (M)1414	01:11:54	01:06:23	9.04	00:36:43 / 2490 [8.17]
1627	1985	WAŻNIEWSKI Paweł	WARSZAWA			84	M20/394 (M)1415	01:11:54	01:06:23	9.04	00:36:43 / 2491 [8.17]
1628	1793	GRODZKI Artur	WARSZAWA			58	M50/128 (M)1416	01:12:00	01:11:03	8.44	00:34:56 / 2409 [8.59]
1629	365	KIERZKOWSKA Agata	PIASTÓW			80	K20/82 (K)213	01:12:17	01:10:51	8.47	00:36:57 / 2496 [8.12]
1630	427	WALENDZIK Małgorzata	LEGIONOWO			57	K50/13 (K)214	01:12:57	01:12:35	8.27	00:35:21 / 2435 [8.49]
1631	1980	OBAŁKA Szymon	SIERADZ	-		53	M50/129 (M)1417	01:13:37	01:12:29	8.28	00:36:21 / 2480 [8.25]
1632	136	PAWŁOWICZ Robert	SUCHOWOLA			79	M30/555 (M)1418	01:13:38	01:13:30	8.16	00:34:58 / 2412 [8.58]
1633	709	GAWRYŁO Zbigniew	WARSZAWA		BEMOWSKA GRUPA POŚCIGOWA	68	M40/237 (M)1419	01:13:47	01:12:06	8.32	00:42:52 / 2592 [7.00]
1634	2672	EJSMONT Wiktor	WARSZAWA				(M)1420	01:14:13	01:12:59	8.22	00:36:31 / 2485 [8.22]
1635	2042	NIEWIADOMSKI Piotr	WARSZAWA			85	M20/395 (M)1421	01:14:26	01:13:42	8.14	00:43:55 / 2604 [6.83]
1636	1879	NOWICKA Paulina	POZNAŃ			78	K30/90 (K)215	01:14:44	01:12:27	8.28	00:38:04 / 2529 [7.88]
1637	1912	PIECH Krzysztof	POZNAŃ			73	M30/556 (M)1422	01:14:45	01:12:27	8.28	00:38:04 / 2530 [7.88]
1638	2266	ZAWADZKA Izabela	WARSZAWA			79	K30/91 (K)216	01:14:48	01:13:49	8.13	00:38:24 / 2536 [7.81]
1639	2267	HALLMANN Aleksandra	WARSZAWA			83	K20/83 (K)217	01:15:08	01:14:09	8.09	00:38:24 / 2537 [7.81]
1640	304	LATOŚ Andrzej	WARSZAWA			53	M50/130 (M)1423	01:15:33	01:13:25	8.17	00:38:16 / 2534 [7.84]
1641	1161	PIKULSKI Paweł	WARSZAWA			81	M20/396 (M)1424	01:15:42	01:12:27	8.28	00:40:23 / 2572 [7.43]
1642	332	MOKRACKI paweł	WARSZAWA			61	M40/238 (M)1425	01:15:45	01:14:55	8.01	00:35:24 / 2439 [8.47]
1643	402	STOLARSKA BEATA	JABŁONNA			66	K40/25 (K)218	01:17:13	01:15:53	7.91	00:37:28 / 2511 [8.01]
1644	639	ŚLUBOWSKI Konstanty	WARSZAWA			46	M60/36 (M)1426	01:17:16	01:16:19	7.86	00:37:42 / 2514 [7.96]
1645	1337	MAZUREK Agnieszka	WARSZAWA			72	K30/92 (K)219	01:18:10	01:16:20	7.86	00:38:08 / 2532 [7.87]
1646	1157	ŁANKIEWICZ Kasia	WARSZAWA			75	K30/93 (K)220	01:18:28	01:17:02	7.79	00:38:28 / 2538 [7.80]
1647	2777	MAŁSYMOWICZ Joanna				09	(M)1427	01:19:07	01:13:11	8.20	00:39:32 / 2559 [7.59]
1648	2778	ZANIEWSKI Michel	WATERLOO			84	M20/397 (M)1428	01:19:07	01:13:11	8.20	00:39:32 / 2560 [7.59]
1649	461	GRZELAK Zygmunt	WARSZAWA			32	M70/5 (M)1429	01:20:11	01:19:40	7.53	00:38:45 / 2543 [7.74]
1650	66	MICHALIK Jan	LASKI			44	M60/37 (M)1430	01:20:11	01:19:40	7.53	00:38:46 / 2544 [7.74]
1651	1341	DRÓZD Kinga	WARSZAWA			84	K20/84 (K)221	01:21:44	01:20:09	7.49	00:39:29 / 2556 [7.60]
1652	139	ROMANOWSKI Jakub	WARSZAWA			83	M20/398 (M)1431	01:21:45	01:20:09	7.49	00:39:30 / 2557 [7.59]
1653	788	PAWIŃSKI Jan	OTWOCK		MANIAC POZNAŃ	45	M60/38 (M)1432	01:21:59	01:20:46	7.43	00:39:54 / 2567 [7.52]
1654	875	MALETZ Łukasz	CZĘSTOCHOWA		MIASTO SPORTU	81	M20/399 (M)1433	01:23:58	01:22:39	7.26	00:42:33 / 2591 [7.05]
1655	2019	MAZUR Ela	KLIMONTÓW		UKS TOPÓR	72	K30/94 (K)222	01:24:29	01:23:25	7.19	00:34:45 / 2385 [8.63]
1656	1280	BIAŁOBRZESKA Mirosława	KĘPIASTE K?LESZNA			60	K40/26 (K)223	01:25:11	01:23:35	7.18	00:44:06 / 2606 [6.80]
1657	237	JEZIEJSKA Danuta	WARSZAWA			59	K50/14 (K)224	01:26:50	01:25:52	6.99	00:43:42 / 2603 [6.86]