

20. Bieg Powstania Warszawskiego

WYNIKI ZAWODÓW

OPEN 5km

Organizator: Warszawski Ośrodek Sportu i Rekreacji

Termin: 24 lipca 2010 r.

Miejsce: Warszawa

Dystans: 5km

| <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 kategorii W</i> | <i>Grupy Group</i> | <i>Sex</i> | <i>Wynik Time</i> | <i>Wynik Netto</i> | <i>[km/h]</i> |
|---------------------|---------------|-----------------------------|-------------------------|-----------------|------------------------------|----------------|----------------------|--------------------|------------|-------------------|--------------------|---------------|
| 1 | 654 | BRESZKA Michał | ŁĘBORK | | | 84 | M20/1 | (M)1 | | 00:14:50 | 00:14:50 | 20.22 |
| 2 | 1329 | NOWAK Jakub | WARSZAWA | | KS WARSZAWIANKA | 89 | M20/2 | (M)2 | | 00:14:54 | 00:14:54 | 20.13 |
| 3 | 1292 | KRULOV sergei | BREST | | | 90 | M20/3 | (M)3 | | 00:15:08 | 00:15:08 | 19.82 |
| 4 | 739 | KUŚMIERZ SYLWESTER | TOMASZÓW LUBELSKI | | BYLEDOBIEC ANIN | 78 | M30/1 | (M)4 | | 00:15:49 | 00:15:49 | 18.97 |
| 5 | 702 | PTAK Sławomir | CEGLÓW | | AZS-AWF WARSZAWA | 86 | M20/4 | (M)5 | | 00:15:57 | 00:15:56 | 18.83 |
| 6 | 944 | JENDRYCH Marek | WARSZAWA | | | 84 | M20/5 | (M)6 | | 00:16:18 | 00:16:18 | 18.40 |
| 7 | 1090 | MŁODZIKOWSKI Paweł | ADAMÓW | | LKS SOKÓŁ ADAMÓW | 87 | M20/6 | (M)7 | | 00:16:37 | 00:16:37 | 18.05 |
| 8 | 1266 | KABANEC dmitryi | BREST | | DINAMO | 91 | M20/7 | (M)8 | | 00:16:37 | 00:16:35 | 18.09 |
| 9 | 1085 | MATCZAK Bartosz | WARSZAWA | | ENTRE.PL TEAM | 81 | M20/8 | (M)9 | | 00:16:39 | 00:16:39 | 18.02 |
| 10 | 270 | LIPIEC Tomasz | WARSZAWA | | BYLEDOBIEC | 71 | M30/2 | (M)10 | | 00:16:51 | 00:16:50 | 17.82 |
| 11 | 1420 | KUCHARCZYK Tomasz | | | | 89 | M20/9 | (M)11 | | 00:17:13 | 00:17:10 | 17.48 |
| 12 | 1041 | JASIŃSKI Mateusz | JÓZEFÓW | | OKS START OTWOCK | 91 | M20/10 | (M)12 | | 00:17:16 | 00:17:12 | 17.44 |
| 13 | 322 | ARTYSZUK Kamil | WARSZAWA | | WARSZAWIAKY | 84 | M20/11 | (M)13 | | 00:17:17 | 00:17:17 | 17.36 |
| 14 | 1100 | OLSZEWSKI Bartosz | WARSZAWA | | BAHAMAS JELONKI | 84 | M20/12 | (M)14 | | 00:17:18 | 00:17:18 | 17.34 |
| 15 | 3874 | KRYSIK Marcin | WUJÓWKA | | AZS WAT | 88 | M20/13 | (M)15 | | 00:17:26 | 00:17:22 | 17.27 |
| 16 | 1178 | WESOŁOWSKI Ireneusz | WARSZAWA | | AZS AWF WARSZAWA | 74 | M30/3 | (M)16 | | 00:17:34 | 00:17:32 | 17.11 |
| 17 | 1419 | OCICKI Tomasz | WARSZAWA | | | 84 | M20/14 | (M)17 | | 00:18:02 | 00:17:36 | 17.05 |
| 18 | 831 | ZWIERZCHOŃ Grzegorz | WARSZAWA | | BIEGNIJZWIERZU.PL | 81 | M20/15 | (M)18 | | 00:18:03 | 00:18:03 | 16.62 |
| 19 | 976 | BARAŃSKI Przemysław | TRZEBIATÓW | | MLUKS TRZEBIATÓW | 93 | M20/16 | (M)19 | | 00:18:07 | 00:18:07 | 16.56 |
| 20 | 2994 | NOWOCIEŃ Jacek | PODKOWA LEŚNA | | | 59 | M50/1 | (M)20 | | 00:18:09 | 00:18:09 | 16.53 |
| 21 | 1500 | CIEŚLAK Agnieszka | ŚLESIN | | | 89 | K20/1 | (K)1 | | 00:18:10 | 00:18:09 | 16.53 |
| 22 | 1001 | CYBULA Sebastian | WARSZAWA | | ART PROFI WARSZAWA | 74 | M30/4 | (M)21 | | 00:18:13 | 00:18:02 | 16.64 |
| 23 | 1142 | SMOLAK Łukasz | SIEDLCE | | | 84 | M20/17 | (M)22 | | 00:18:14 | 00:17:53 | 16.78 |
| 24 | 1022 | GIŻYŃSKA Anna | WARSZAWA | | | 82 | K20/2 | (K)2 | | 00:18:18 | 00:18:17 | 16.41 |
| 25 | 287 | ŁASIŃSKI Michał | WARSZAWA | | | 87 | M20/18 | (M)23 | | 00:18:31 | 00:18:29 | 16.23 |
| 26 | 690 | DREWNOWSKI Robert | WARSZAWA | | | 73 | M30/5 | (M)24 | | 00:18:37 | 00:18:34 | 16.16 |
| 27 | 416 | CICHAWA Paweł | OPOCZNO | | | 79 | M30/6 | (M)25 | | 00:18:39 | 00:18:36 | 16.13 |
| 28 | 1147 | STASZEWSKI Wojciech | WARSZAWA | | GAZETA WYBORCZA/POLSKA BIEGA | 67 | M40/1 | (M)26 | | 00:18:45 | 00:18:45 | 16.00 |
| 29 | 4286 | DUDZIS KRZYSZTOF | ELK | | MARATONKA GRAJEWO | 58 | M50/2 | (M)27 | | 00:18:49 | 00:18:48 | 15.96 |
| 30 | 1177 | WESOŁOWSKI Michał | RYKI | | WKS "WAWEL" KRAKÓW | 91 | M20/19 | (M)28 | | 00:18:54 | 00:18:48 | 15.96 |
| 31 | 1012 | DZIWOSZ KATARZYNA | WARSZAWA | | AMD NTT SYSTEM | 80 | K30/1 | (K)3 | | 00:18:57 | 00:18:57 | 15.83 |
| 32 | 2162 | NIEMIRA Michał | WARSZAWA | | | 84 | M20/20 | (M)29 | | 00:19:00 | 00:18:47 | 15.97 |
| 33 | 4977 | KŁÓSEK Tomasz | WARSZAWA | | | 74 | M30/7 | (M)30 | | 00:19:06 | 00:19:04 | 15.73 |
| 34 | 1428 | KOCISZEWSKI Krzysztof | WARSZAWA | | | 59 | M50/3 | (M)31 | | 00:19:09 | 00:19:08 | 15.68 |
| 35 | 420 | ŁUKASZEWSKI Witold | RADZIWIŁŁÓW | | | 67 | M40/2 | (M)32 | | 00:19:14 | 00:19:08 | 15.68 |
| 36 | 1430 | SMITH Dorota | ŁOMIANKI | | | 62 | M40/3 | (M)33 | | 00:19:17 | 00:19:08 | 15.68 |
| 37 | 964 | JAROSIEWICZ Paweł | WARSZAWA | | | 90 | M20/21 | (M)34 | | 00:19:24 | 00:19:01 | 15.78 |
| 38 | 1164 | ŚCISŁO Mariusz | KRAKÓW | | KKB DYSTANS | 78 | M30/8 | (M)35 | | 00:19:26 | 00:19:03 | 15.75 |
| 39 | 1068 | LASECKI Mariusz | KARCZEW | | | 80 | M30/9 | (M)36 | | 00:19:28 | 00:19:05 | 15.72 |
| 40 | 1123 | PUDEŁKO Jakub | PIASECZNO | | | 90 | M20/22 | (M)37 | | 00:19:31 | 00:18:46 | 15.99 |
| 41 | 1021 | GISKA Fabian | WARSZAWA | | | 83 | M20/23 | (M)38 | | 00:19:31 | 00:18:56 | 15.85 |
| 42 | 1089 | MIROCHA Jan | BIAŁYSTOK/SOWLANY | | PODLASKI KLUB BIEGOWY | 90 | M20/24 | (M)39 | | 00:19:35 | 00:19:29 | 15.40 |
| 43 | 1264 | JANISZEWSKI Bogumił | BIAŁYSTOK | | PODLASKI KLUB BIEGOWY | 89 | M20/25 | (M)40 | | 00:19:36 | 00:19:11 | 15.64 |
| 44 | 1062 | KRUSZKA Jakub | KOWALA | | | 85 | M20/26 | (M)41 | | 00:19:37 | 00:19:31 | 15.37 |
| 45 | 1054 | KOSSAKOWSKI Mateusz | WOLA CYGOWSKA | | KB POŚWIĘTNE | 94 | M20/27 | (M)42 | | 00:19:38 | 00:18:53 | 15.89 |
| 46 | 495 | MICHALAK Krzysztof | RZĄDZA | | KB DREPTAK | 67 | M40/4 | (M)43 | | 00:19:40 | 00:19:36 | 15.31 |
| 47 | 248 | BIELECKI Michał | WARSZAWA | | | 75 | M30/10 | (M)44 | | 00:19:44 | 00:19:39 | 15.27 |

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat | Drużyna Team | R-k YoB | W kategorii in Age Group | Grupy Sex | Wynik Time | Wynik Netto | [km/h] |
|---------------------|---------------|-----------------------------|-------------------------|-----------------|-----------------------|----------------|---------------------------------|------------------|-------------------|--------------------|---------------|
| 48 | 993 | CALAHORRO Rafael | WARSZAWA | | MOSTOSTAL WARSZAWA SA | 80 | M30/11 | (M)45 | 00:19:54 | 00:19:32 | 15.36 |
| 49 | 1422 | DĘBSKI Mateusz | RADOM | | | 98 | M20/28 | (M)46 | 00:19:56 | 00:19:29 | 15.40 |
| 50 | 1066 | KWIATKOWSKI Maciej | SOCHACZEW | | KM AKTYWNI SOCHACZEW | 94 | M20/29 | (M)47 | 00:19:56 | 00:19:49 | 15.14 |
| 51 | 1057 | KOWALSKI Tomasz | WARSZAWA | | WTT WARSZAWA | 86 | M20/30 | (M)48 | 00:19:57 | 00:19:45 | 15.19 |
| 52 | 1186 | WOJCIECHOWSKA KATARZYNA | KOMORÓW | | STAL NOWA DĘBA | 95 | K20/3 | (K)4 | 00:20:02 | 00:20:00 | 15.00 |
| 53 | 1049 | KARKUT BOGDAN | KOMORÓW | | WITAR TARNOBRZEG | 70 | M40/5 | (M)49 | 00:20:02 | 00:20:00 | 15.00 |
| 54 | 1074 | LIPSKI Jakub | WARSZAWA | | | 82 | M20/31 | (M)50 | 00:20:14 | 00:18:53 | 15.89 |
| 55 | 1427 | FIGURA Robert | WARSZAWA | | | 91 | M20/32 | (M)51 | 00:20:17 | 00:20:00 | 15.00 |
| 56 | 559 | SROKA Bartosz | GLUCHOŁAZY | | JUVENIA GLUCHOŁAZY | 85 | M20/33 | (M)52 | 00:20:23 | 00:20:05 | 14.94 |
| 57 | 1600 | ADAMIAK Michał | WARSZAWA | | | 75 | M30/12 | (M)53 | 00:20:24 | 00:20:07 | 14.91 |
| 58 | 537 | LUBA Alicja | WARSZAWA | | POLONIA WARSZAWA | 83 | K20/4 | (K)5 | 00:20:25 | 00:20:03 | 14.96 |
| 59 | 2843 | ZAWIŚLAK Emil | WARSZAWA | | | 91 | M20/34 | (M)54 | 00:20:29 | 00:20:17 | 14.79 |
| 60 | 1445 | PASZKIEWICZ Piotr Jerzy | WARSZAWA | | | 73 | M30/13 | (M)55 | 00:20:30 | 00:20:28 | 14.66 |
| 61 | 307 | MADRACH Piotr | WARSZAWA | | KB GYMNASION WARSZAWA | 83 | M20/35 | (M)56 | 00:20:33 | 00:20:28 | 14.66 |
| 62 | 4949 | GRABKOWSKI Bartosz | RYPIN | | | 90 | M20/36 | (M)57 | 00:20:33 | 00:20:28 | 14.66 |
| 63 | 127 | KALINOWSKA Paulina | | | | 10 | | (K)6 | 00:20:35 | 00:20:03 | 14.96 |
| 64 | 3968 | NOWOSAD Kamil | HRUBIESZÓW | | | 84 | M20/37 | (M)58 | 00:20:39 | 00:20:33 | 14.60 |
| 65 | 612 | MISZTAŁ Łukasz | KRAŚNIK | | | 81 | M20/38 | (M)59 | 00:20:39 | 00:20:26 | 14.68 |
| 66 | 2134 | TURSKI Artur | WARSZAWA | | | 87 | M20/39 | (M)60 | 00:20:42 | 00:20:09 | 14.89 |
| 67 | 1435 | PŁOSKOŃSKI Piotr | RUSINÓW | | | 65 | M40/6 | (M)61 | 00:20:42 | 00:20:39 | 14.53 |
| 68 | 542 | DABROWSKI Tomasz | WARSZAWA | | UNTS | 78 | M30/14 | (M)62 | 00:20:42 | 00:20:37 | 14.55 |
| 69 | 671 | PHILLIPS Robert | WARSZAWA | | | 74 | M30/15 | (M)63 | 00:20:43 | 00:19:40 | 15.25 |
| 70 | 286 | ŁASIŃSKI Paweł | WARSZAWA | | | 83 | M20/40 | (M)64 | 00:20:43 | 00:20:37 | 14.55 |
| 71 | 2257 | LASOCKI Piotr | WARSZAWA | | KB DLA MONICZKI | 81 | M20/41 | (M)65 | 00:20:45 | 00:20:38 | 14.54 |
| 72 | 1449 | STOGOWSKI bartosz | KYPIN | | | 94 | M20/42 | (M)66 | 00:20:47 | 00:20:42 | 14.49 |
| 73 | 237 | NOWAK Maciej | SULEJÓWEK | | | 65 | M40/7 | (M)67 | 00:20:50 | 00:20:36 | 14.56 |
| 74 | 477 | NOWAK KRZYSZTOF | SULEJÓWEK | | | 91 | M20/43 | (M)68 | 00:20:51 | 00:19:32 | 15.36 |
| 75 | 4194 | WITEK-PIOTROWSKA Ewa | WARSZAWA | | ENTRE.PL TEAM | 75 | K30/2 | (K)7 | 00:20:52 | 00:20:35 | 14.57 |
| 76 | 2112 | STANISZ Piotr | WARSZAWA | | LEGION WARSZAWA | 86 | M20/44 | (M)69 | 00:21:01 | 00:20:29 | 14.65 |
| 77 | 1379 | SZTEKMILLER Dominik | OZORKÓW | | 32 BLOTT | 75 | M30/16 | (M)70 | 00:21:02 | 00:20:51 | 14.39 |
| 78 | 210 | KAWIŃSKI Michał | WARSZAWA | | | 84 | M20/45 | (M)71 | 00:21:05 | 00:20:47 | 14.43 |
| 79 | 4145 | TAJCHMAN Michał | WŁOSZCZOWA | | | 82 | M20/46 | (M)72 | 00:21:08 | 00:20:51 | 14.39 |
| 80 | 2202 | MLĄCKI Jarosław | KOŁBIEL | | | 86 | M20/47 | (M)73 | 00:21:09 | 00:21:02 | 14.26 |
| 81 | 3449 | HOŁOWACZ Krzysztof | WARSZAWA | | | 77 | M30/17 | (M)74 | 00:21:13 | 00:21:08 | 14.20 |
| 82 | 882 | NIEMCZYK Damian | WARSZAWA | | | 83 | M20/48 | (M)75 | 00:21:14 | 00:20:57 | 14.32 |
| 83 | 451 | FIEDORUK Piotr | WARSZAWA | | | 62 | M40/8 | (M)76 | 00:21:15 | 00:21:06 | 14.22 |
| 84 | 1498 | UCIECHOWSKA Teresa | OPOLE | | | 87 | K20/5 | (K)8 | 00:21:15 | 00:21:12 | 14.15 |
| 85 | 489 | BIESZYŃSKI Ryszard | ŁOMIANKI | | ŁOMIANKI | 60 | M50/4 | (M)77 | 00:21:16 | 00:20:45 | 14.46 |
| 86 | 541 | ILCZUK Piotr | BŁONIE | | LKS OLYMP BŁONIE | 91 | M20/49 | (M)78 | 00:21:20 | 00:20:49 | 14.41 |
| 87 | 588 | SZCZEREK Adrian | WARSZAWA | | UKS ŻOLIBORZ WARSZAWA | 95 | M20/50 | (M)79 | 00:21:26 | 00:21:21 | 14.05 |
| 88 | 531 | NAPOLSKI Marcin | WARSZAWA | | DISZ SPORT CLUB | 82 | M20/51 | (M)80 | 00:21:28 | 00:21:02 | 14.26 |
| 89 | 460 | BIELUSZKA Paweł | WARSZAWA | | | 84 | M20/52 | (M)81 | 00:21:29 | 00:21:17 | 14.10 |
| 90 | 574 | DANILEWICZ Andrzej | WARSZAWA | | | 82 | M20/53 | (M)82 | 00:21:29 | 00:21:06 | 14.22 |
| 91 | 3889 | KUREK MARCIN | WOŁOMIN | | AKTYWNY RELAKS | 78 | M30/18 | (M)83 | 00:21:30 | 00:21:16 | 14.11 |
| 92 | 624 | ŁYCZKO Łukasz | WOŁOMIN | | | 84 | M20/54 | (M)84 | 00:21:33 | 00:21:25 | 14.01 |
| 93 | 4995 | DĘBSKI Dariusz | RADOM | | | 71 | M30/19 | (M)85 | 00:21:43 | 00:21:15 | 14.12 |
| 94 | 394 | STRZELECKI Grzegorz | WARSZAWA | | SALOMON TRAIL RUNNING | 79 | M30/20 | (M)86 | 00:21:46 | 00:21:36 | 13.89 |
| 95 | 216 | ZYCH Tomasz | JASZENICA | | FACEBOOK.COM BIEGANIE | 91 | M20/55 | (M)87 | 00:21:49 | 00:21:45 | 13.79 |
| 96 | 238 | ŁOŚ Łukasz | PRUSZKÓW | | | 92 | M20/56 | (M)88 | 00:21:52 | 00:21:38 | 13.87 |
| 97 | 1132 | SAWICKI Kamil | WARSZAWA | | MOSTOSTAL WARSZAWA | 85 | M20/57 | (M)89 | 00:21:56 | 00:21:34 | 13.91 |
| 98 | 904 | RUDY Michał | WARSZAWA | | | 95 | M20/58 | (M)90 | 00:21:57 | 00:21:36 | 13.89 |
| 99 | 359 | BUJWID Krzysztof | WARSZAWA | | | 87 | M20/59 | (M)91 | 00:21:58 | 00:21:51 | 13.73 |
| 100 | 924 | LESZCZYŃSKI Paweł | WARSZAWA | | LASY WAWERSKIE | 60 | M50/5 | (M)92 | 00:21:59 | 00:21:14 | 14.13 |
| 101 | 400 | WYGLĄDAŁA Andrzej | OTWOCK | | | 77 | M30/21 | (M)93 | 00:22:01 | 00:21:52 | 13.72 |
| 102 | 493 | BIELSKI Michał | WARSZAWA | | | 92 | M20/60 | (M)94 | 00:22:02 | 00:21:45 | 13.79 |
| 103 | 839 | MIKUŁOWSKI Rafał | WARSZAWA | | | 94 | M20/61 | (M)95 | 00:22:02 | 00:21:09 | 14.18 |
| 104 | 1122 | PRYMAK Jakub | BIAŁYSTOK | | | 90 | M20/62 | (M)96 | 00:22:07 | 00:22:01 | 13.63 |
| 105 | 441 | CZOSNYKA Tomasz | WARSZAWA | | | 85 | M20/63 | (M)97 | 00:22:10 | 00:21:43 | 13.81 |

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat | Drużyna Team | R-k YoB | W kategorii in Age Group | Grupy Sex | Wynik Time | Wynik Netto | [km/h] |
|---------------------|---------------|-----------------------------|-------------------------|-----------------|-------------------------------|----------------|---------------------------------|------------------|-------------------|--------------------|---------------|
| 106 | 3904 | LEŚ Tomasz | WARSZAWA | | AGA I TOMEK | 88 | M20/64 | (M)98 | 00:22:17 | 00:20:32 | 14.61 |
| 107 | 716 | MICHAŁOWSKI Włodzimierz | GRODZISK MAZ | | | 76 | M30/22 | (M)99 | 00:22:19 | 00:21:51 | 13.73 |
| 108 | 1591 | CZERWIŃSKI Wojciech | WARSZAWA | | | 83 | M20/65 | (M)100 | 00:22:26 | 00:21:07 | 14.21 |
| 109 | 413 | NACZAS Łukasz | ULĘŻ | | | 89 | M20/66 | (M)101 | 00:22:27 | 00:21:18 | 14.08 |
| 110 | 981 | BOBROWICZ Mateusz | WARSZAWA | | ACCELERATE KB | 83 | M20/67 | (M)102 | 00:22:35 | 00:22:09 | 13.54 |
| 111 | 1495 | POCZWARDOWSKA Kinga | | | | 91 | K20/6 | (K)9 | 00:22:43 | 00:22:38 | 13.25 |
| 112 | 491 | SZCZOTKA Sławomir | ZĄBKI | | | 88 | M20/68 | (M)103 | 00:22:43 | 00:21:37 | 13.88 |
| 113 | 512 | SPRENGEL Piotr | MILANÓWEK | - | | 89 | M20/69 | (M)104 | 00:22:44 | 00:22:25 | 13.38 |
| 114 | 1475 | WOŹNIAK Robert | OROŃSKO | | | 10 | | (M)105 | 00:22:45 | 00:22:18 | 13.45 |
| 115 | 858 | BIAŁY Marcin | KŁODAWA | | | 84 | M20/70 | (M)106 | 00:22:46 | 00:21:33 | 13.92 |
| 116 | 1044 | JĘDRZEJEWSKI RAFAŁ | WARSZAWA | | RUN DARKINS | 70 | M40/9 | (M)107 | 00:22:48 | 00:22:30 | 13.33 |
| 117 | 369 | ZAKRZEWSKI Damian | CHOTOMÓW | | GRUPA BIEGOWA CHTMO | 92 | M20/71 | (M)108 | 00:22:50 | 00:21:56 | 13.68 |
| 118 | 266 | KAJAK Przemysław | WIERZBIN | | | 91 | M20/72 | (M)109 | 00:22:52 | 00:21:23 | 14.03 |
| 119 | 233 | MARCINIAK Arkadiusz | LEGIONOWO | | | 75 | M30/23 | (M)110 | 00:22:52 | 00:22:27 | 13.36 |
| 120 | 1447 | MIETĘŃ Marcin | WARSZAWA | | | 87 | M20/73 | (M)111 | 00:22:53 | 00:22:15 | 13.48 |
| 121 | 236 | POPEK Przemysław | ŁOMIANKI | | | 91 | M20/74 | (M)112 | 00:22:56 | 00:22:52 | 13.12 |
| 122 | 4006 | PIECZONKA Janusz | LEGNICA | | | 88 | M20/75 | (M)113 | 00:22:57 | 00:21:11 | 14.16 |
| 123 | 838 | POTIOPA Sebastian | SIEDLCE | | | 80 | M30/24 | (M)114 | 00:22:58 | 00:20:54 | 14.35 |
| 124 | 504 | SIEGOCZYŃSKI Piotr | PIASECZNO | | | 66 | M40/10 | (M)115 | 00:22:58 | 00:22:45 | 13.19 |
| 125 | 530 | NAPIÓRKOWSKI Tomasz | WARSZAWA | | | 86 | M20/76 | (M)116 | 00:22:59 | 00:22:14 | 13.49 |
| 126 | 1102 | OLSZEWSKI Andrzej | WARSZAWA | | BRAK | 56 | M50/6 | (M)117 | 00:23:00 | 00:22:14 | 13.49 |
| 127 | 1163 | SZYCIK Jarosław | GRAJEWO | | MARATONKA GRAJEWO | 95 | M20/77 | (M)118 | 00:23:04 | 00:22:22 | 13.41 |
| 128 | 662 | NATORSKI Łukasz | WARSZAWA | | | 83 | M20/78 | (M)119 | 00:23:05 | 00:21:55 | 13.69 |
| 129 | 655 | WIŚNIEWSKI Karol | PIASECZNO | | | 88 | M20/79 | (M)120 | 00:23:05 | 00:22:06 | 13.57 |
| 130 | 1448 | MIZIOŁEK Tomasz | WARSZAWA | | | 94 | M20/80 | (M)121 | 00:23:07 | 00:22:14 | 13.49 |
| 131 | 1014 | FLOREK Michał | KRAKÓW | | JW 2771 | 84 | M20/81 | (M)122 | 00:23:08 | 00:21:54 | 13.70 |
| 132 | 1493 | SZYPUSLKI Wojciech | WARSZAWA | | | 74 | M30/25 | (M)123 | 00:23:09 | 00:22:48 | 13.16 |
| 133 | 1064 | KULAK Maciej | WARSZAWA | | | 77 | M30/26 | (M)124 | 00:23:10 | 00:21:48 | 13.76 |
| 134 | 3334 | PIETRZAK JUSTYNA | PIASTÓW | | BRAK | 92 | K20/7 | (K)10 | 00:23:11 | 00:22:19 | 13.44 |
| 135 | 551 | GEORGEON Christian | WARSZAWA | | | 83 | M20/82 | (M)125 | 00:23:11 | 00:22:41 | 13.23 |
| 136 | 628 | KRASZEWSKI Wojtuś | WŁOCŁAWEK | | | 96 | M20/83 | (M)126 | 00:23:13 | 00:22:38 | 13.25 |
| 137 | 246 | LUTOSTAŃSKI Robert | WARSZAWA | | | 81 | M20/84 | (M)127 | 00:23:14 | 00:23:10 | 12.95 |
| 138 | 398 | SZYDŁO Grzegorz | OSTRÓW MAZOWIECKA | | | 82 | M20/85 | (M)128 | 00:23:16 | 00:22:43 | 13.21 |
| 139 | 321 | ARTYSZUK Mirosław | WARSZAWA | | DOWÓDZTWO SP | 60 | M50/7 | (M)129 | 00:23:18 | 00:22:22 | 13.41 |
| 140 | 791 | BURSZTA Matylda | MILANÓWEK | | POLONIA WARSZAWA | 92 | K20/8 | (K)11 | 00:23:18 | 00:23:01 | 13.03 |
| 141 | 792 | PECHCIN Olga | MIŃSK MAZOWIECKI | | POLONIA WARSZAWA | 92 | K20/9 | (K)12 | 00:23:18 | 00:23:01 | 13.03 |
| 142 | 903 | KUPTEL Robert | BIELSK PODLASKI | | | 75 | M30/27 | (M)130 | 00:23:19 | 00:21:42 | 13.82 |
| 143 | 285 | BARANOWSKI Krzysztof | WARSZAWA | | | 82 | M20/86 | (M)131 | 00:23:19 | 00:23:06 | 12.99 |
| 144 | 1180 | WIECZOREK Maciej | MIŃSK MAZOWIECKI | | KB DREPTAK MIŃSK MAZOWIECKI | 94 | M20/87 | (M)132 | 00:23:19 | 00:22:25 | 13.38 |
| 145 | 1150 | STREFLIK Mateusz | GRÓJEC | | | 95 | M20/88 | (M)133 | 00:23:20 | 00:21:13 | 14.14 |
| 146 | 444 | RODAK Adam | WARSZAWA | | | 91 | M20/89 | (M)134 | 00:23:22 | 00:21:39 | 13.86 |
| 147 | 2941 | JASIK Piotr | WARSZAWA | | | 58 | M50/8 | (M)135 | 00:23:23 | 00:22:43 | 13.21 |
| 148 | 994 | CHŁOPAŚ Marcin | WARSZAWA | | CUE BAR KRAKÓW | 80 | M30/28 | (M)136 | 00:23:24 | 00:23:18 | 12.88 |
| 149 | 325 | ANDERSZ Patryk | WARSZAWA | | AZS UW - JUDO | 85 | M20/90 | (M)137 | 00:23:25 | 00:21:02 | 14.26 |
| 150 | 1446 | MIETĘŃ Paweł | WARSZAWA | | | 84 | M20/91 | (M)138 | 00:23:30 | 00:22:52 | 13.12 |
| 151 | 1174 | WARCHOLIK Witold | KRAKÓW | | MIŚKA TEAM | 74 | M30/29 | (M)139 | 00:23:30 | 00:23:20 | 12.86 |
| 152 | 1429 | BORAWSKI Kamil | WARSZAWA | | | 83 | M20/92 | (M)140 | 00:23:33 | 00:20:41 | 14.50 |
| 153 | 1456 | CZUBA Marzena | WARSZAWA | | | 69 | K40/1 | (K)13 | 00:23:37 | 00:23:36 | 12.71 |
| 154 | 2230 | PIEKUT Andrzej | NOWY DWÓR | | JOGGER | 59 | M50/9 | (M)141 | 00:23:42 | 00:23:24 | 12.82 |
| 155 | 368 | MERCHEL Krzysztof | CHOTOMÓW | | GRUPA BIEGOWA CHTMO | 83 | M20/93 | (M)142 | 00:23:43 | 00:23:27 | 12.79 |
| 156 | 3219 | WÓJCİK Piotr | WARSZAWA | | | 72 | M30/30 | (M)143 | 00:23:44 | 00:23:03 | 13.02 |
| 157 | 3296 | TYWOŃCZUK Maciej | OLSZTYN | | | 81 | M20/94 | (M)144 | 00:23:45 | 00:23:15 | 12.90 |
| 158 | 754 | MŁOPECKI Filip | BABICE STARE | | | 95 | M20/95 | (M)145 | 00:23:46 | 00:22:47 | 13.17 |
| 159 | 572 | HULANICKA Irina | WARSZAWA | | TKKF PIASKI WARSZAWA | 56 | K50/1 | (K)14 | 00:23:47 | 00:21:36 | 13.89 |
| 160 | 1125 | ROBAK Wojciech | WARSZAWA | | WOJSKOWE CENTRUM GEOGRAFICZNE | 82 | M20/96 | (M)146 | 00:23:49 | 00:22:50 | 13.14 |
| 161 | 779 | OBSTÓJ Irek | WARSZAWA | | | 61 | M40/11 | (M)147 | 00:23:50 | 00:23:19 | 12.87 |
| 162 | 805 | SZYMASZCZYK Paweł | GRODZISK MAZOWIECKI | | | 89 | M20/97 | (M)148 | 00:23:51 | 00:23:33 | 12.74 |
| 163 | 571 | HULANICKI Andrzej | WARSZAWA | | TKKF PIASKI WARSZAWA | 58 | M50/10 | (M)149 | 00:23:52 | 00:22:56 | 13.08 |

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat | Drużyna Team | R-k YoB | W kategorii in Age Group | Grupy Sex | Wynik Time | Wynik Netto | [km/h] |
|---------------------|---------------|-----------------------------|-------------------------|-----------------|----------------------|----------------|---------------------------------|------------------|-------------------|--------------------|---------------|
| 164 | 748 | RADŁOWSKI Rafał | WARSZAWA | | | 83 | M20/98 | (M)150 | 00:23:52 | 00:23:07 | 12.98 |
| 165 | 590 | PRZEDWOLSKI Tomasz | WARSZAWA | | | 79 | M30/31 | (M)151 | 00:23:53 | 00:23:47 | 12.61 |
| 166 | 1425 | GUTOWSKA karolina | WARSZAWA | | | 86 | K20/10 | (K)15 | 00:23:53 | 00:23:31 | 12.76 |
| 167 | 885 | KROGULEC Mateusz | ŁOMIANKI | | | 88 | M20/99 | (M)152 | 00:23:54 | 00:22:50 | 13.14 |
| 168 | 265 | ADAMCZYK Adrian | BORZĘCIN DUŻY | | | 91 | M20/100 | (M)153 | 00:23:55 | 00:22:26 | 13.37 |
| 169 | 1105 | ORZOŁ Jacek | ZĄBKI | | KBKS LENIWIEC | 80 | M30/32 | (M)154 | 00:23:57 | 00:22:52 | 13.12 |
| 170 | 526 | KUCHYNSKI Dimitrij | WARSZAWA | | | 87 | M20/101 | (M)155 | 00:23:58 | 00:22:51 | 13.13 |
| 171 | 2992 | KRASZEWSKI Wojciech | WŁOCŁAWEK | | | 65 | M40/12 | (M)156 | 00:23:58 | 00:23:40 | 12.68 |
| 172 | 1363 | SMARZEWSKI Adrian | WARSZAWA | | | 81 | M20/102 | (M)157 | 00:23:59 | 00:22:18 | 13.45 |
| 173 | 1024 | GÓRSKI Dominik | WARSZAWA | | KOMPANIA NIGDY JUŻ | 78 | M30/33 | (M)158 | 00:24:01 | 00:23:24 | 12.82 |
| 174 | 2539 | DARKA Marcin | WARSZAWA | | LASEK BIELAŃSKI TEAM | 76 | M30/34 | (M)159 | 00:24:02 | 00:23:49 | 12.60 |
| 175 | 2774 | GRZEGORCZYK Wojciech | WARSZAWA | | | 67 | M40/13 | (M)160 | 00:24:03 | 00:23:35 | 12.72 |
| 176 | 250 | KRZYŻEWSKI Tomasz | WARSZAWA | | | 75 | M30/35 | (M)161 | 00:24:03 | 00:23:58 | 12.52 |
| 177 | 1597 | SZUSTEK Sławomir | WARSZAWA | | | 60 | M50/11 | (M)162 | 00:24:06 | 00:23:28 | 12.78 |
| 178 | 3589 | SAWICKA Malgorzata | WARSZAWA | | | 73 | K30/3 | (K)16 | 00:24:07 | 00:23:48 | 12.61 |
| 179 | 658 | ZYGMUNT Michał | KONSTANCIN-JEZIORNA | | | 84 | M20/103 | (M)163 | 00:24:07 | 00:23:00 | 13.04 |
| 180 | 1598 | KOWALSKI Marcin | RADOM | | | 77 | M30/36 | (M)164 | 00:24:12 | 00:23:35 | 12.72 |
| 181 | 2351 | WOLNY Damian | WARSZAWA | | | 89 | M20/104 | (M)165 | 00:24:13 | 00:24:09 | 12.42 |
| 182 | 4179 | WASIAK Adam | PULTUSK | | | 86 | M20/105 | (M)166 | 00:24:13 | 00:23:41 | 12.67 |
| 183 | 114 | NOWORUCKA Ilona | | | | 10 | | (K)17 | 00:24:14 | 00:22:21 | 13.42 |
| 184 | 3575 | LEŚNIAK Adam | HALINÓW | | BYLEDOBIEC ANIN | 65 | M40/14 | (M)167 | 00:24:15 | 00:23:16 | 12.89 |
| 185 | 3573 | MZYK Elżbieta | WARSZAWA | | BYLEDOBIEC ANIN | 75 | K30/4 | (K)18 | 00:24:15 | 00:23:16 | 12.89 |
| 186 | 2171 | GARDOCKI Bartosz | WARSZAWA | | | 84 | M20/106 | (M)168 | 00:24:16 | 00:24:14 | 12.38 |
| 187 | 328 | SIWOŃ Ewa | WARSZAWA | | ETRAMPKI.PL | 73 | K30/5 | (K)19 | 00:24:19 | 00:23:57 | 12.53 |
| 188 | 664 | CIACH Paweł | WARSZAWA | | | 88 | M20/107 | (M)169 | 00:24:20 | 00:21:13 | 14.14 |
| 189 | 360 | ZWOLAK krzysztof | WARSZAWA | | | 74 | M30/37 | (M)170 | 00:24:21 | 00:24:11 | 12.41 |
| 190 | 777 | ADAMOWICZ Przemysław | WARSZAWA | | | 83 | M20/108 | (M)171 | 00:24:22 | 00:23:31 | 12.76 |
| 191 | 205 | PAPLAK Alfred | BRWINÓW | | | 60 | M50/12 | (M)172 | 00:24:23 | 00:24:23 | 12.30 |
| 192 | 249 | SYMONOWICZ Jacek | FROMBORK JARTOM | | | 71 | M30/38 | (M)173 | 00:24:24 | 00:24:19 | 12.34 |
| 193 | 337 | WILIŃSKI Mateusz | WARSZAWA | | | 87 | M20/109 | (M)174 | 00:24:27 | 00:22:25 | 13.38 |
| 194 | 1593 | OGONOWSKI Jacek | KRAKÓW | | | 46 | M60/1 | (M)175 | 00:24:29 | 00:24:13 | 12.39 |
| 195 | 3026 | DADAN Marek | WARSZAWA | | | 64 | M40/15 | (M)176 | 00:24:29 | 00:24:14 | 12.38 |
| 196 | 338 | MYTYK Remigiusz | WARSZAWA | | | 87 | M20/110 | (M)177 | 00:24:30 | 00:22:27 | 13.36 |
| 197 | 859 | WIRASZKA Jakub | WARSZAWA | | OMC_SOLUTION | 83 | M20/111 | (M)178 | 00:24:30 | 00:23:17 | 12.88 |
| 198 | 3392 | JAROŃCZYK Paweł | BIAŁYSTOK | | | 87 | M20/112 | (M)179 | 00:24:31 | 00:23:03 | 13.02 |
| 199 | 3621 | WARCHOŁ Paweł | WARSZAWA | | | 87 | M20/113 | (M)180 | 00:24:32 | 00:24:27 | 12.27 |
| 200 | 656 | KRAWCZYK Marcin | PIASECZNO | | | 84 | M20/114 | (M)181 | 00:24:32 | 00:24:07 | 12.44 |
| 201 | 1485 | SOŃTA Oskar | BŁONIE | | | 87 | M20/115 | (M)182 | 00:24:33 | 00:23:49 | 12.60 |
| 202 | 2037 | WAŚNIEWSKI Sylwester | WARSZAWA | | | 71 | M30/39 | (M)183 | 00:24:34 | 00:23:35 | 12.72 |
| 203 | 2231 | ZARZYCKI Zdzisław | NOWY DWÓR | | JOGGER | 58 | M50/13 | (M)184 | 00:24:36 | 00:24:28 | 12.26 |
| 204 | 955 | KOWALSKI Jan | WARSZAWA | | | 79 | M30/40 | (M)185 | 00:24:36 | 00:23:41 | 12.67 |
| 205 | 243 | PRZYBYŁA Krzysztof | WARSZAWA | | KU AZS WAT WARSZAWA | 86 | M20/116 | (M)186 | 00:24:37 | 00:23:01 | 13.03 |
| 206 | 469 | LISOWSKI Jan | WARSZAWA | | | 88 | M20/117 | (M)187 | 00:24:37 | 00:23:41 | 12.67 |
| 207 | 468 | WASZELEWSKI Piotr | WARSZAWA | | | 88 | M20/118 | (M)188 | 00:24:38 | 00:23:40 | 12.68 |
| 208 | 813 | PRZYBYSZ Gerard | WARSZAWA | | | 80 | M30/41 | (M)189 | 00:24:39 | 00:22:39 | 13.25 |
| 209 | 912 | WOREK Bartosz | GLUCHOŁAZY | | | 95 | M20/119 | (M)190 | 00:24:39 | 00:23:50 | 12.59 |
| 210 | 1260 | GROCHOWSKI Mateusz | GDAŃSK | | CROWELL PL | 97 | M20/120 | (M)191 | 00:24:40 | 00:24:29 | 12.25 |
| 211 | 3842 | KOCIELA Monika | DZIAŁDOWO | | AZS WAT WARSZAWA | 88 | K20/11 | (K)20 | 00:24:40 | 00:22:39 | 13.25 |
| 212 | 801 | SITARSKI Adam | TERESIN | | | 87 | M20/121 | (M)192 | 00:24:42 | 00:23:56 | 12.53 |
| 213 | 543 | WYPYCH Kacper | WARSZAWA | | | 96 | M20/122 | (M)193 | 00:24:43 | 00:23:42 | 12.66 |
| 214 | 1453 | KARCZYK Łukasz | WARSZAWA | | | 86 | M20/123 | (M)194 | 00:24:43 | 00:22:15 | 13.48 |
| 215 | 1452 | PIEŃKOWSKI Krzysztof | WARSZAWA | | | 86 | M20/124 | (M)195 | 00:24:43 | 00:22:15 | 13.48 |
| 216 | 1158 | SZELWACHOWSKI Daniel | WARSZAWA | | KB LAS HORMIGAS | 88 | M20/125 | (M)196 | 00:24:46 | 00:24:08 | 12.43 |
| 217 | 2300 | KOBUS Łukasz | WARSZAWA | | | 84 | M20/126 | (M)197 | 00:24:46 | 00:22:41 | 13.23 |
| 218 | 672 | KLIMEK Piotr | WARSZAWA | | | 90 | M20/127 | (M)198 | 00:24:48 | 00:23:23 | 12.83 |
| 219 | 673 | BOLESŁAWSKI Bartosz | WARSZAWA | | | 86 | M20/128 | (M)199 | 00:24:50 | 00:23:25 | 12.81 |
| 220 | 473 | ZDUNEK Marcin | WARSZAWA | | | 78 | M30/42 | (M)200 | 00:24:52 | 00:24:19 | 12.34 |
| 221 | 1436 | BEDRA Piotr | PIASECZNO | | | 84 | M20/129 | (M)201 | 00:24:53 | 00:22:42 | 13.22 |

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat | Drużyna Team | R-k W kategorii Grupy YoB in Age Group Sex | Wynik Time | Wynik Netto | [km/h] |
|---------------------|---------------|-----------------------------|-------------------------|-----------------|------------------------|---|-------------------|--------------------|---------------|
| 222 | 1015 | FROM Przemysław | WYSZKÓW | | | 85 M20/130 (M)202 | 00:24:53 | 00:24:19 | 12.34 |
| 223 | 951 | CZAJA Daniel | WARSZAWA | | | 75 M30/43 (M)203 | 00:24:54 | 00:23:47 | 12.61 |
| 224 | 1250 | DZIECIÓŁ Artur | TLUSZCZ | | | 87 M20/131 (M)204 | 00:24:54 | 00:24:33 | 12.22 |
| 225 | 490 | BIESZYŃSKA Anna | ŁOMIANKI | | | 60 K50/2 (K)21 | 00:24:55 | 00:23:34 | 12.73 |
| 226 | 1389 | WARGIN Cezary | WARSZAWA | | | 95 M20/132 (M)205 | 00:24:57 | 00:24:46 | 12.11 |
| 227 | 273 | STRZYŻEWSKI Paweł | CIECHOCINEK | | | 78 M30/44 (M)206 | 00:25:00 | 00:24:31 | 12.24 |
| 228 | 573 | SZABŁOWSKI Paweł | WARSZAWA | | UNIwersytet Warszawski | 90 M20/133 (M)207 | 00:25:01 | 00:23:55 | 12.54 |
| 229 | 3100 | SABAJ Agnieszka | WARSZAWA | | | 82 K20/12 (K)22 | 00:25:03 | 00:24:11 | 12.41 |
| 230 | 2658 | JASIŃSKI Marcin | PIASECZNO | | | 93 M20/134 (M)208 | 00:25:03 | 00:24:36 | 12.20 |
| 231 | 595 | SZCZEPANIK Magdalena | WARSZAWA | | | 85 K20/13 (K)23 | 00:25:04 | 00:24:42 | 12.15 |
| 232 | 932 | CIEŚLIK Michał | WARSZAWA | | AZS PW | 87 M20/135 (M)209 | 00:25:07 | 00:23:35 | 12.72 |
| 233 | 247 | MEDYŃSKI Rafał | WARSZAWA | | | 75 M30/45 (M)210 | 00:25:09 | 00:25:01 | 11.99 |
| 234 | 4020 | POROS Ireneusz | PIŃCZÓW | | SAINT-GOBAIN SQUAD | 65 M40/16 (M)211 | 00:25:11 | 00:24:43 | 12.14 |
| 235 | 985 | BOGUSIEWICZ Tomasz | TLUSZCZ | | | 76 M30/46 (M)212 | 00:25:12 | 00:24:50 | 12.08 |
| 236 | 415 | MARCZUK Malwina | WARSZAWA | | | 87 K20/14 (K)24 | 00:25:13 | 00:24:51 | 12.07 |
| 237 | 1069 | LASKOWSKI Grzegorz | POŚWIĘTNE | | | 68 M40/17 (M)213 | 00:25:15 | 00:24:23 | 12.30 |
| 238 | 215 | SWACZYŃSKI Robert | WARSZAWA | | POLSKA | 68 M40/18 (M)214 | 00:25:16 | 00:24:54 | 12.05 |
| 239 | 1467 | JANKOWSKI Dominik | WARSZAWA | | | 97 M20/136 (M)215 | 00:25:17 | 00:23:51 | 12.58 |
| 240 | 363 | MALDIS Marek | WARSZAWA | | | 49 M60/2 (M)216 | 00:25:17 | 00:25:09 | 11.93 |
| 241 | 102 | LIPIEC Dariusz | WARSZAWA | | BYLEDOBIEC | 40 M70/1 (M)217 | 00:25:18 | 00:25:08 | 11.94 |
| 242 | 1148 | STRASZAK Marek | WARSZAWA | | | 74 M30/47 (M)218 | 00:25:19 | 00:23:57 | 12.53 |
| 243 | 980 | BEDNARCZYK Maciej | BŁONIE | | KOMPANIA NIGDY JUŻ | 85 M20/137 (M)219 | 00:25:22 | 00:24:43 | 12.14 |
| 244 | 345 | BORUCIŃSKI Marcin | KLAUDYN | | | 97 M20/138 (M)220 | 00:25:23 | 00:25:00 | 12.00 |
| 245 | 202 | MORGAŁA Dominik | WARSZAWA | | | 86 M20/139 (M)221 | 00:25:23 | 00:25:02 | 11.98 |
| 246 | 730 | WOJTYŚ Rafał | WARSZAWA | | | 87 M20/140 (M)222 | 00:25:24 | 00:24:54 | 12.05 |
| 247 | 457 | GROCHOWSKI Krzysztof | WARSZAWA | | BIEGAMY Z OCHOTĄ | 89 M20/141 (M)223 | 00:25:25 | 00:25:14 | 11.89 |
| 248 | 525 | NORWA Michał | WARSZAWA | | | 94 M20/142 (M)224 | 00:25:26 | 00:25:00 | 12.00 |
| 249 | 358 | WIŚNIEWSKI Maciej | WARSZAWA | | | 96 M20/143 (M)225 | 00:25:27 | 00:24:08 | 12.43 |
| 250 | 357 | WIŚNIEWSKI Tomasz | WARSZAWA | | | 70 M40/19 (M)226 | 00:25:28 | 00:24:11 | 12.41 |
| 251 | 4370 | KUCIŃSKI Dominik | WARSZAWA | | | 84 M20/144 (M)227 | 00:25:30 | 00:24:48 | 12.10 |
| 252 | 584 | RAJKOWSKI Wojciech | PRUSZKÓW | | KB PRUSZKÓW | 98 M20/145 (M)228 | 00:25:30 | 00:24:39 | 12.17 |
| 253 | 2390 | KIERNOZEK Sylwia | WARSZAWA | | | 83 K20/15 (K)25 | 00:25:31 | 00:25:20 | 11.84 |
| 254 | 3233 | CIEĆWIERZ Michał | WARSZAWA | | | 74 M30/48 (M)229 | 00:25:33 | 00:25:17 | 11.87 |
| 255 | 523 | KOSTRZEWA Dariusz | PRUSZKÓW | | | 93 M20/146 (M)230 | 00:25:34 | 00:24:27 | 12.27 |
| 256 | 682 | MAJEWSKI Bartłomiej | WARSZAWA | | | 93 M20/147 (M)231 | 00:25:34 | 00:25:05 | 11.96 |
| 257 | 948 | GROT Paweł | WARSZAWA | | | 69 M40/20 (M)232 | 00:25:34 | 00:25:03 | 11.98 |
| 258 | 692 | ŁĘCKI Tomasz | WARSZAWA | | | 80 M30/49 (M)233 | 00:25:34 | 00:25:03 | 11.98 |
| 259 | 781 | GRZESZEK Jan | WARSZAWA | | | 78 M30/50 (M)234 | 00:25:37 | 00:25:09 | 11.93 |
| 260 | 405 | JASEK Krzysztof | WARSZAWA | | BRAK | 74 M30/51 (M)235 | 00:25:38 | 00:25:29 | 11.77 |
| 261 | 718 | JASKÓŁOWSKI Jakub | WARSZAWA | | | 81 M20/148 (M)236 | 00:25:38 | 00:24:56 | 12.03 |
| 262 | 641 | CAPIGA Mateusz | KAZUŃ POLSKI | | | 90 M20/149 (M)237 | 00:25:39 | 00:24:12 | 12.40 |
| 263 | 862 | PLEWKA Grzegorz | WARSZAWA | | | 81 M20/150 (M)238 | 00:25:39 | 00:24:37 | 12.19 |
| 264 | 666 | LATUSZEK Katarzyna | KOLONIA UNIN | | TRUCHTACZ.PL | 98 K20/16 (K)26 | 00:25:39 | 00:24:57 | 12.02 |
| 265 | 516 | MOSTOWSKI Piotr | WARSZAWA | | | 85 M20/151 (M)239 | 00:25:40 | 00:24:25 | 12.29 |
| 266 | 1433 | BUJNOWSKI Tomasz | WARSZAWA | | | 70 M40/21 (M)240 | 00:25:40 | 00:23:00 | 13.04 |
| 267 | 581 | WÓJCIC Henryk | WARSZAWA | | | 56 M50/14 (M)241 | 00:25:40 | 00:25:26 | 11.80 |
| 268 | 291 | SIWEK Jarosław | WARSZAWA | | | 75 M30/52 (M)242 | 00:25:40 | 00:25:12 | 11.90 |
| 269 | 3077 | BODZAN Wojciech | WARSZAWA | | | 76 M30/53 (M)243 | 00:25:41 | 00:25:03 | 11.98 |
| 270 | 1352 | POŁAWSKI Łukasz | WARSZAWA | | | 80 M30/54 (M)244 | 00:25:41 | 00:25:03 | 11.98 |
| 271 | 426 | ŚLIWA Aneta | SITANIEC | | | 85 K20/17 (K)27 | 00:25:42 | 00:25:36 | 11.72 |
| 272 | 3217 | BYCZEK Marcin | LUBLIN | | | 72 M30/55 (M)245 | 00:25:42 | 00:24:12 | 12.40 |
| 273 | 1073 | LEWTAK Marta | BIAŁA PODLASKA | | | 83 K20/18 (K)28 | 00:25:42 | 00:24:38 | 12.18 |
| 274 | 1484 | GÓRSKI Dariusz | KONSTANCIN | | | 77 M30/56 (M)246 | 00:25:43 | 00:25:20 | 11.84 |
| 275 | 499 | KLUJ Mariusz | WARSZAWA | | | 93 M20/152 (M)247 | 00:25:44 | 00:24:28 | 12.26 |
| 276 | 255 | WOŹNIAK Grzegorz | WARSZAWA | | | 63 M40/22 (M)248 | 00:25:45 | 00:25:29 | 11.77 |
| 277 | 346 | DEFRATYKA Alicja | WARSZAWA | | | 81 K20/19 (K)29 | 00:25:47 | 00:25:03 | 11.98 |
| 278 | 4494 | SPÓLNIK Stanisław | KRAKÓW | | CROSS KRAKÓW | 51 M50/15 (M)249 | 00:25:47 | 00:25:31 | 11.76 |
| 279 | 1055 | KOSTANIAK Mariusz | GRÓJEC | | JS | 87 M20/153 (M)250 | 00:25:48 | 00:24:46 | 12.11 |

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat | Drużyna Team | R-k YoB | W kategorii in Age Group | Grupy Sex | Wynik Time | Wynik Netto | [km/h] |
|---------------------|---------------|-----------------------------|-------------------------|-----------------|--|----------------|---------------------------------|------------------|-------------------|--------------------|---------------|
| 280 | 1018 | GAWŁOWSKI Maciek | JÓZEFOSŁAW | | | 77 | M30/57 | (M)251 | 00:25:48 | 00:24:48 | 12.10 |
| 281 | 464 | KAWA Iwona | WARSZAWA | | | 75 | K30/6 | (K)30 | 00:25:48 | 00:25:43 | 11.67 |
| 282 | 1489 | ZAWODNIK DO UZUP | | | | | | (M)252 | 00:25:50 | 00:25:07 | 11.94 |
| 283 | 1072 | LEWANDOWSKI Paweł | NOWA IWICZNA | | | 73 | M30/58 | (M)253 | 00:25:51 | 00:25:12 | 11.90 |
| 284 | 133 | HOŁOWACZ Tomasz | WARSZAWA | | | 40 | M70/2 | (M)254 | 00:25:54 | 00:25:13 | 11.90 |
| 285 | 2110 | NOWAKOWSKI Paweł | WARSZAWA | | | 78 | M30/59 | (M)255 | 00:25:56 | 00:23:51 | 12.58 |
| 286 | 335 | PRZYBYSZ Andrzej | WARSZAWA | | | 82 | M20/154 | (M)256 | 00:25:57 | 00:25:13 | 11.90 |
| 287 | 763 | BOROWSKI Witalij | WARSZAWA | | | 88 | M20/155 | (M)257 | 00:25:58 | 00:24:51 | 12.07 |
| 288 | 3369 | TURZYŃSKI Michał | WARSZAWA | | | 85 | M20/156 | (M)258 | 00:25:58 | 00:24:58 | 12.02 |
| 289 | 701 | GOŁASZEWSKI Michał | WARSZAWA | | LEGIA WARSZAWA | 83 | M20/157 | (M)259 | 00:25:58 | 00:24:43 | 12.14 |
| 290 | 1314 | MACIEJCZYK Piotr | WARSZAWA | | | 68 | M40/23 | (M)260 | 00:25:58 | 00:23:06 | 12.99 |
| 291 | 3370 | SUWALD Anna | WARSZAWA | | KB GYMNASION | 90 | K20/20 | (K)31 | 00:26:00 | 00:25:00 | 12.00 |
| 292 | 746 | TURSKI Sebastian | WARSZAWA | | | 84 | M20/158 | (M)261 | 00:26:03 | 00:25:37 | 11.71 |
| 293 | 1421 | HYPŚ Maciej | OLSZTYN | | | 93 | M20/159 | (M)262 | 00:26:03 | 00:24:52 | 12.06 |
| 294 | 784 | MITUŁA Anna | STARE GRABIE | | WSB CYTADELA | 85 | K20/21 | (K)32 | 00:26:03 | 00:25:02 | 11.98 |
| 295 | 230 | SENATOR Ryszard | WARSZAWA | | ATHLETIC BODY | 57 | M50/16 | (M)263 | 00:26:05 | 00:25:21 | 11.83 |
| 296 | 909 | SZYMCZAK Artur | ŻYRARDÓW | | | 83 | M20/160 | (M)264 | 00:26:09 | 00:24:58 | 12.02 |
| 297 | 137 | BARANOWSKI Tadeusz | WARSZAWA | | | 37 | M70/3 | (M)265 | 00:26:09 | 00:25:55 | 11.58 |
| 298 | 1219 | BOGUSZ Artur | WARSZAWA | | | 78 | M30/60 | (M)266 | 00:26:09 | 00:25:57 | 11.56 |
| 299 | 381 | WITTLIEB Wojciech | WARSZAWA | | | 72 | M30/61 | (M)267 | 00:26:11 | 00:25:33 | 11.74 |
| 300 | 750 | ZABOROWSKI Dariusz | WARSZAWA | | WARSZAWIAKY | 59 | M50/17 | (M)268 | 00:26:12 | 00:25:49 | 11.62 |
| 301 | 770 | ZAWADZKI Radosław | WARSZAWA | | | 89 | M20/161 | (M)269 | 00:26:14 | 00:23:58 | 12.52 |
| 302 | 1193 | WRZYCIEL Mateusz | KOSZWICE | | START KOSZWICE | 93 | M20/162 | (M)270 | 00:26:15 | 00:25:24 | 11.81 |
| 303 | 503 | GODZINA Rafał | PIASECZNO | | | 94 | M20/163 | (M)271 | 00:26:16 | 00:25:52 | 11.60 |
| 304 | 1060 | KRÓLAK Konrad | WARSZAWA | | | 74 | M30/62 | (M)272 | 00:26:16 | 00:25:42 | 11.67 |
| 305 | 998 | CIEĆKO Magdalena | PRZEMYŚL | | ZATKAŁO KAKAŁO | 76 | K30/7 | (K)33 | 00:26:17 | 00:25:21 | 11.83 |
| 306 | 713 | BIELIŃSKI MATEUSZ | WARSZAWA | | | 87 | M20/164 | (M)273 | 00:26:18 | 00:24:08 | 12.43 |
| 307 | 445 | WIŚNIAK Artur | WARSZAWA | | ŚCIEŻKI BIEGOWE PARK SKARYSZEWSKI | 96 | M20/165 | (M)274 | 00:26:20 | 00:24:42 | 12.15 |
| 308 | 4941 | RYBICKI Michał | WARSZAWA | | | 94 | M20/166 | (M)275 | 00:26:20 | 00:25:10 | 11.92 |
| 309 | 1372 | SUCHENEK Robert | WARSZAWA | | | 76 | M30/63 | (M)276 | 00:26:20 | 00:25:01 | 11.99 |
| 310 | 1494 | PARFINOWICZ Marcin | | | | 10 | | (M)277 | 00:26:20 | 00:24:29 | 12.25 |
| 311 | 308 | WÓJCIK Rafał | WARSZAWA | | | 78 | M30/64 | (M)278 | 00:26:21 | 00:26:07 | 11.49 |
| 312 | 921 | KOZŁOWSKA Anna | WARSZAWA | | | 80 | K30/8 | (K)34 | 00:26:21 | 00:25:40 | 11.69 |
| 313 | 397 | SZYDŁO Mariusz | WARSZAWA | | | 80 | M30/65 | (M)279 | 00:26:22 | 00:25:48 | 11.63 |
| 314 | 785 | BURY Daniel | WARSZAWA | | ŚLŹEW | 78 | M30/66 | (M)280 | 00:26:22 | 00:24:11 | 12.41 |
| 315 | 800 | KRUZA Małgorzata | WARSZAWA | | | 82 | K20/22 | (K)35 | 00:26:23 | 00:25:36 | 11.72 |
| 316 | 396 | KOWALCZYK Mariusz | RADOM | | | 76 | M30/67 | (M)281 | 00:26:23 | 00:25:55 | 11.58 |
| 317 | 1308 | LEWANDOWSKI Artur | ŚWIDNIK | | | 89 | M20/167 | (M)282 | 00:26:25 | 00:25:01 | 11.99 |
| 318 | 812 | DMOCH Adrian | WARSZAWA | | | 80 | M30/68 | (M)283 | 00:26:26 | 00:24:25 | 12.29 |
| 319 | 851 | KAZIMIERCZAK Rafał | ŁOWICZ | | | 74 | M30/69 | (M)284 | 00:26:26 | 00:24:56 | 12.03 |
| 320 | 1459 | FAZAN Rafał | JÓZEFOSŁAW | | | 71 | M30/70 | (M)285 | 00:26:27 | 00:25:16 | 11.87 |
| 321 | 1460 | ZYCH bartek | WARSZAWA | | | 75 | M30/71 | (M)286 | 00:26:29 | 00:25:18 | 11.86 |
| 322 | 389 | DYMEL Jan | WARSZAWA | | | 90 | M20/168 | (M)287 | 00:26:32 | 00:26:09 | 11.47 |
| 323 | 1431 | RASZEWSKI Andrzej | ŁOMIANKI | | | 78 | M30/72 | (M)288 | 00:26:33 | 00:26:22 | 11.38 |
| 324 | 4543 | WOLSZCZAK Ewelina | WARSZAWA | | | 83 | K20/23 | (K)36 | 00:26:33 | 00:25:28 | 11.78 |
| 325 | 3549 | WALCZAK JACEK | WARSZAWA | | | 73 | M30/73 | (M)289 | 00:26:33 | 00:25:38 | 11.70 |
| 326 | 771 | FOGEL Piotr | KRUPIA WÓLKA | | | 68 | M40/24 | (M)290 | 00:26:35 | 00:26:01 | 11.53 |
| 327 | 430 | ZAGOZDON Marcin | JEZIÓRKO | | | 95 | M20/169 | (M)291 | 00:26:35 | 00:25:49 | 11.62 |
| 328 | 933 | GRZESZCZYK Bartosz | PULAWY | | MAZOWIECKA GRUPA PARAMILITARNA KOMPANIA | 88 | M20/170 | (M)292 | 00:26:36 | 00:25:56 | 11.57 |
| 329 | 453 | RASZEWSKI Piotr | WARSZAWA | | | 80 | M30/74 | (M)293 | 00:26:37 | 00:24:18 | 12.35 |
| 330 | 1416 | RELIGA Dorota | PIASECZNO | | | 86 | K20/24 | (K)37 | 00:26:37 | 00:26:07 | 11.49 |
| 331 | 1153 | SYTA Krzysztof | WARSZAWA | | | 52 | M50/18 | (M)294 | 00:26:37 | 00:25:33 | 11.74 |
| 332 | 3199 | BIEDACHA Piotr | LUBLIN/WARSZAWA | | ACCELERATE | 85 | M20/171 | (M)295 | 00:26:37 | 00:26:05 | 11.50 |
| 333 | 622 | OLSZEWSKI Maciej | WARSZAWA | | | 97 | M20/172 | (M)296 | 00:26:37 | 00:25:36 | 11.72 |
| 334 | 297 | WŁODARSKI Mariusz | SKIERNIEWICE | | | 66 | M40/25 | (M)297 | 00:26:38 | 00:24:44 | 12.13 |
| 335 | 586 | BIEŃKOWSKI Marek | LEGIONOWO | | | 80 | M30/75 | (M)298 | 00:26:39 | 00:26:03 | 11.52 |
| 336 | 2441 | GAŚIŃSKI Rafał | BORZĘCIN DUŻY | | | 87 | M20/173 | (M)299 | 00:26:40 | 00:25:16 | 11.87 |
| 337 | 519 | WÓJCIKIEWICZ Rafał | WARSZAWA | | | 78 | M30/76 | (M)300 | 00:26:41 | 00:26:13 | 11.44 |

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat | Drużyna Team | R-k YoB | W kategorii in Age Group | Grupy Sex | Wynik Time | Wynik Netto | [km/h] |
|---------------------|---------------|-----------------------------|-------------------------|-----------------|-------------------------|----------------|---------------------------------|------------------|-------------------|--------------------|---------------|
| 338 | 1208 | ARTYMOWICZ Piotr | KRAKÓW | | | 73 | M30/77 | (M)301 | 00:26:41 | 00:25:22 | 11.83 |
| 339 | 1438 | KĘZIERSKI Dariusz | WARSZAWA | | | 73 | M30/78 | (M)302 | 00:26:41 | 00:25:21 | 11.83 |
| 340 | 778 | MIKULOWSKI Janusz | WARSZAWA | | | 60 | M50/19 | (M)303 | 00:26:41 | 00:25:21 | 11.83 |
| 341 | 488 | SZYMCZAKOWSKI Oskar | RAWA MAZOWIECKA | | MLUKS RAWA | 98 | M20/174 | (M)304 | 00:26:42 | 00:25:35 | 11.73 |
| 342 | 3251 | SIKORA Jakub | WARSZAWA | | | 84 | M20/175 | (M)305 | 00:26:42 | 00:23:55 | 12.54 |
| 343 | 926 | WIECZOREK Przemysław | LEGIONOWO | | | 92 | M20/176 | (M)306 | 00:26:42 | 00:24:24 | 12.30 |
| 344 | 928 | OBSZYŃSKI Artur | STALOWA WOLA | | | 89 | M20/177 | (M)307 | 00:26:42 | 00:26:40 | 11.25 |
| 345 | 1594 | LACHOWICZ Paweł | WARSZAWA | | | 80 | M30/79 | (M)308 | 00:26:44 | 00:26:05 | 11.50 |
| 346 | 1140 | SKULTECKI Piotr | WARSZAWA | | | 82 | M20/178 | (M)309 | 00:26:44 | 00:26:29 | 11.33 |
| 347 | 227 | ŚWIDERSKI Zbigniew | WARSZAWA | | | 79 | M30/80 | (M)310 | 00:26:45 | 00:25:04 | 11.97 |
| 348 | 652 | KMIECIŃSKI Artur | WARSZAWA | | Q-MEDIA SOLUTION | 77 | M30/81 | (M)311 | 00:26:45 | 00:25:13 | 11.90 |
| 349 | 432 | SUSKI Bartosz | WARSZAWA | | | 86 | M20/179 | (M)312 | 00:26:46 | 00:25:51 | 11.61 |
| 350 | 2533 | KALATA Piotr | WARSZAWA | | | 80 | M30/82 | (M)313 | 00:26:46 | 00:24:51 | 12.07 |
| 351 | 2036 | SANKOWSKI Michał | JÓZEFOSŁAW | | | 76 | M30/83 | (M)314 | 00:26:46 | 00:26:41 | 11.24 |
| 352 | 332 | LEWANDOWSKA Barbara | WARSZAWA | | | 80 | K30/9 | (K)38 | 00:26:46 | 00:24:33 | 12.22 |
| 353 | 916 | GROCHOWALSKI Patryk | WARSZAWA | | | 89 | M20/180 | (M)315 | 00:26:47 | 00:24:23 | 12.30 |
| 354 | 2033 | KĄDZIELAWA Adam | WARSZAWA | | | 74 | M30/84 | (M)316 | 00:26:47 | 00:25:35 | 11.73 |
| 355 | 4087 | SOLARZ Marek | WARSZAWA | | MARATONYPOLSKIE.PL TEAM | 91 | M20/181 | (M)317 | 00:26:48 | 00:25:53 | 11.59 |
| 356 | 922 | GREGORCZYK Monika | WARSZAWA | | | 76 | K30/10 | (K)39 | 00:26:48 | 00:26:06 | 11.49 |
| 357 | 323 | BAJER Marek | NOWY TARG | | | 82 | M20/182 | (M)318 | 00:26:49 | 00:25:33 | 11.74 |
| 358 | 561 | BETNARSKI Krzysztof | WARSZAWA | | THE ROYAL OF SCOTLAND | 79 | M30/85 | (M)319 | 00:26:51 | 00:26:03 | 11.52 |
| 359 | 1424 | DAŚKO Anna | WARSZAWA | | | 89 | K20/25 | (K)40 | 00:26:52 | 00:26:42 | 11.24 |
| 360 | 245 | PRZYBYŁA Sylwester | WARSZAWA | | KU AZS WAT WARSZAWA | 57 | M50/20 | (M)320 | 00:26:54 | 00:25:17 | 11.87 |
| 361 | 3992 | PARZUCHOWSKI Paweł | RADOM | | | 84 | M20/183 | (M)321 | 00:26:55 | 00:26:41 | 11.24 |
| 362 | 828 | BOROWY Jakub | WARSZAWA | | | 98 | M20/184 | (M)322 | 00:26:55 | 00:26:01 | 11.53 |
| 363 | 324 | KWIATKOWSKI Grzegorz | WARSZAWA | | | 86 | M20/185 | (M)323 | 00:26:56 | 00:26:45 | 11.21 |
| 364 | 219 | SKIBIŃSKI Zenon | WARSZAWA | | | 68 | M40/26 | (M)324 | 00:26:57 | 00:26:25 | 11.36 |
| 365 | 4148 | TEREBUN EDWARD | BIELSK PODLASKI | | MARATONKA | 74 | M30/86 | (M)325 | 00:26:58 | 00:25:44 | 11.66 |
| 366 | 1130 | RYCHLEWSKI Michał | ZDUŃSKA WOLA | | X | 73 | M30/87 | (M)326 | 00:27:00 | 00:25:37 | 11.71 |
| 367 | 1444 | MŁYNARSKI Tomasz | WARSZAWA | | | 77 | M30/88 | (M)327 | 00:27:02 | 00:26:09 | 11.47 |
| 368 | 726 | KRAWCZYŃSKI Rafał | WARSZAWA | | | 75 | M30/89 | (M)328 | 00:27:03 | 00:25:31 | 11.76 |
| 369 | 1160 | SZUMSKA ANNA | NASIELSK | | | 81 | K20/26 | (K)41 | 00:27:04 | 00:26:43 | 11.23 |
| 370 | 2044 | WEREDA Paweł | WARSZAWA | | | 70 | M40/27 | (M)329 | 00:27:05 | 00:25:11 | 11.91 |
| 371 | 4207 | WÓJCİK Agnieszka | WARSZAWA | | | 82 | K20/27 | (K)42 | 00:27:06 | 00:25:21 | 11.83 |
| 372 | 560 | SZAMRETA Agnieszka | BIALYSTOK | | | 87 | K20/28 | (K)43 | 00:27:07 | 00:26:52 | 11.17 |
| 373 | 1119 | PODLEŚNY Konrad | CIEMNO | | | 98 | M20/186 | (M)330 | 00:27:08 | 00:25:14 | 11.89 |
| 374 | 1423 | HOLESKA Monika | CHORZÓW | | | 89 | K20/29 | (K)44 | 00:27:09 | 00:26:53 | 11.16 |
| 375 | 301 | SZADURSKI Robert | WARSZAWA | | | 74 | M30/90 | (M)331 | 00:27:09 | 00:26:03 | 11.52 |
| 376 | 2883 | MOSIEJ Anna | WARSZAWA | | | 88 | K20/30 | (K)45 | 00:27:09 | 00:26:01 | 11.53 |
| 377 | 1463 | STELMASZEWSKI Przemysław | PŁOCK | | | 84 | M20/187 | (M)332 | 00:27:10 | 00:26:31 | 11.31 |
| 378 | 494 | MICHALAK Dawid | RZĄDZA | | KB DREPTAK | 98 | M20/188 | (M)333 | 00:27:10 | 00:26:42 | 11.24 |
| 379 | 443 | RODAK Kamil | WARSZAWA | | | 96 | M20/189 | (M)334 | 00:27:10 | 00:25:47 | 11.64 |
| 380 | 379 | PAWLAK Anna | PIASECZNO | | | 82 | K20/31 | (K)46 | 00:27:10 | 00:26:59 | 11.12 |
| 381 | 423 | PIZON Sebastian | WARSZAWA | | PLATAN BORKOWICE | 81 | M20/190 | (M)335 | 00:27:13 | 00:25:45 | 11.65 |
| 382 | 3712 | DEPTUŁA Anna | WARSZAWA | | | 70 | K40/2 | (K)47 | 00:27:14 | 00:25:56 | 11.57 |
| 383 | 2666 | BĘBENEK Anna | JEZIORZANY | | JEZIORZANY | 83 | K20/32 | (K)48 | 00:27:15 | 00:26:55 | 11.15 |
| 384 | 229 | SENATOR ARTUR | WARSZAWA | | | 84 | M20/191 | (M)336 | 00:27:17 | 00:27:11 | 11.04 |
| 385 | 3859 | KOWALCZYK Marcin | ŁĘCZYCA | | | 81 | M20/192 | (M)337 | 00:27:18 | 00:26:05 | 11.50 |
| 386 | 3325 | KARCZMARCZYK Rafał | WARSZAWA | | | 79 | M30/91 | (M)338 | 00:27:19 | 00:26:12 | 11.45 |
| 387 | 122 | ZAWODNIK DO UZUP | | | | | | (M)339 | 00:27:19 | 00:26:22 | 11.38 |
| 388 | 925 | WOJCIECHOWSKI Grzegorz | WARSZAWA | | | 88 | M20/193 | (M)340 | 00:27:20 | 00:25:02 | 11.98 |
| 389 | 264 | SUF CZYŃSKA Ilona | WYGLĘDY | | | 92 | K20/33 | (K)49 | 00:27:20 | 00:25:51 | 11.61 |
| 390 | 1137 | SIDWIŃSKI Marcin | WARSZAWA | | | 82 | M20/194 | (M)341 | 00:27:22 | 00:26:16 | 11.42 |
| 391 | 539 | SULEWSKI Marcin | WARSZAWA | | | 86 | M20/195 | (M)342 | 00:27:22 | 00:25:46 | 11.64 |
| 392 | 860 | KRAWCZYK Stanisław | WARSZAWA | | | 58 | M50/21 | (M)343 | 00:27:23 | 00:25:55 | 11.58 |
| 393 | 2621 | NOWICKA Joanna | WARSZAWA | | | 53 | K50/3 | (K)50 | 00:27:23 | 00:26:44 | 11.22 |
| 394 | 636 | KOWALSKI Piotr | WARSZAWA | | | 76 | M30/92 | (M)344 | 00:27:24 | 00:26:22 | 11.38 |
| 395 | 929 | ŻOCHOWSKI Daniel | SOKOŁÓW PODLASKI | | | 88 | M20/196 | (M)345 | 00:27:24 | 00:25:23 | 11.82 |

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat | Drużyna Team | R-k YoB | W kategorii in Age Group | Grupy Sex | Wynik Time | Wynik Netto | [km/h] |
|---------------------|---------------|-----------------------------|-------------------------|-----------------|---------------------------|----------------|---------------------------------|------------------|-------------------|--------------------|---------------|
| 396 | 2884 | SALAŁATA Anna | KIELCE | | | 85 | K20/34 | (K)51 | 00:27:25 | 00:27:13 | 11.02 |
| 397 | 131 | HALASIK Paweł Piotr | | | | 10 | | (M)346 | 00:27:26 | 00:26:21 | 11.39 |
| 398 | 1294 | KUCZERA Małgorzata | WARSZAWA | | | 89 | K20/35 | (K)52 | 00:27:26 | 00:27:19 | 10.98 |
| 399 | 583 | GOLENIA Cezary | | | THE ROYAL OF SCOTLAND | 80 | M30/93 | (M)347 | 00:27:28 | 00:26:13 | 11.44 |
| 400 | 3088 | MICHALSKI Lech | WARSZAWA | | | 79 | M30/94 | (M)348 | 00:27:29 | 00:25:03 | 11.98 |
| 401 | 968 | ADAMCZYK Michał | CHOTOMÓW | | GRUPA BIEGOWA CHTMO | 92 | M20/197 | (M)349 | 00:27:30 | 00:27:14 | 11.02 |
| 402 | 514 | TOPOROWSKI Marcin | WARSZAWA | | | 84 | M20/198 | (M)350 | 00:27:31 | 00:25:32 | 11.75 |
| 403 | 1488 | KUROKAWA Shintarou | JAPONIA | | | 79 | M30/95 | (M)351 | 00:27:31 | 00:26:52 | 11.17 |
| 404 | 611 | PIJANOWSKI Paweł | WARSZAWA | | LEGIA WARSZAWA | 83 | M20/199 | (M)352 | 00:27:33 | 00:26:11 | 11.46 |
| 405 | 683 | STACHOWIAK Paweł | SULEJÓWEK | | | 88 | M20/200 | (M)353 | 00:27:35 | 00:25:58 | 11.55 |
| 406 | 1283 | KOSELKI Krzysztof | LUBLINIEC | | WKB META LUBLINIEC | 61 | M40/28 | (M)354 | 00:27:37 | 00:25:59 | 11.55 |
| 407 | 401 | JASZCZUK Marian | SIEDLCE | | | 52 | M50/22 | (M)355 | 00:27:39 | 00:26:16 | 11.42 |
| 408 | 3836 | KLUZIAK Kamil | ZIELONKA | | NIEŚWIADOMI | 85 | M20/201 | (M)356 | 00:27:39 | 00:24:49 | 12.09 |
| 409 | 2089 | KUCHARSKI Stanisław | | | RADIO WARSZAWA PRAGA | 77 | M30/96 | (M)357 | 00:27:42 | 00:26:57 | 11.13 |
| 410 | 419 | CHRYCIUK Rafał | MILANÓWEK | | | 96 | M20/202 | (M)358 | 00:27:44 | 00:26:42 | 11.24 |
| 411 | 4216 | WYRWAS Tadeusz | ŁÓMŻA | | ŁÓMŻYŃSKI KLUB BIEGOWY | 59 | M50/23 | (M)359 | 00:27:45 | 00:25:59 | 11.55 |
| 412 | 558 | PĘDZICH Wioletta | ŁÓMŻA | | KLUB BIEGOWY ŁÓMŻA | 79 | K30/11 | (K)53 | 00:27:45 | 00:25:58 | 11.55 |
| 413 | 300 | STYKOWSKI Tomasz | WARSZAWA | | | 80 | M30/97 | (M)360 | 00:27:46 | 00:27:08 | 11.06 |
| 414 | 563 | ARIF Imran | WARSZAWA | | THE ROYAL OF SCOTLAND | 84 | M20/203 | (M)361 | 00:27:46 | 00:27:01 | 11.10 |
| 415 | 2844 | ZAWIŚLAK Robert | WARSZAWA | | | 59 | M50/24 | (M)362 | 00:27:46 | 00:27:32 | 10.90 |
| 416 | 479 | SUWIŃSKI Adam | WARSZAWA | | | 89 | M20/204 | (M)363 | 00:27:48 | 00:26:13 | 11.44 |
| 417 | 406 | ZAWADZKI Kamil | WARSZAWA | | | 93 | M20/205 | (M)364 | 00:27:49 | 00:25:58 | 11.55 |
| 418 | 660 | HINDERA Przemysław | WARSZAWA | | | 80 | M30/98 | (M)365 | 00:27:50 | 00:26:20 | 11.39 |
| 419 | 3193 | RYTEL Rafał | WARSZAWA | | ZARZĄD | 80 | M30/99 | (M)366 | 00:27:50 | 00:26:27 | 11.34 |
| 420 | 1191 | WOŹNIAK Krzysztof | WARSZAWA | | | 72 | M30/100 | (M)367 | 00:27:51 | 00:26:41 | 11.24 |
| 421 | 1037 | JAKUBEK-SKULTECKA Monika | WARSZAWA | | | 84 | K20/36 | (K)54 | 00:27:54 | 00:26:52 | 11.17 |
| 422 | 712 | DĘBOWCZYK Mariusz | WARSZAWA WESOŁA | | | 87 | M20/206 | (M)368 | 00:27:54 | 00:25:41 | 11.68 |
| 423 | 761 | ZDUNIAK Marcin | WARSZAWA | | | 80 | M30/101 | (M)369 | 00:27:55 | 00:26:32 | 11.31 |
| 424 | 315 | SROCZYŃSKA Magdalena | WARSZAWA | | KLUB BIEGACZA NIKE | 83 | K20/37 | (K)55 | 00:27:56 | 00:25:37 | 11.71 |
| 425 | 305 | SOWIŃSKA Lidia | WARSZAWA | | | 94 | K20/38 | (K)56 | 00:27:57 | 00:26:49 | 11.19 |
| 426 | 544 | WYPYCH Bartłomiej | WARSZAWA | | | 96 | M20/207 | (M)370 | 00:27:57 | 00:26:55 | 11.15 |
| 427 | 353 | WOJCIESZAK Leszek | WARSZAWA | | | 74 | M30/102 | (M)371 | 00:27:58 | 00:26:58 | 11.12 |
| 428 | 966 | DUBINIEWICZ KATARZYNA | WARSZAWA | | | 85 | K20/39 | (K)57 | 00:27:59 | 00:27:09 | 11.05 |
| 429 | 1145 | SOLARZ Jarosław | WARSZAWA | | | 62 | M40/29 | (M)372 | 00:28:01 | 00:27:06 | 11.07 |
| 430 | 226 | LIS MIKOŁAJ | KATOWICE | | | 83 | M20/208 | (M)373 | 00:28:01 | 00:26:01 | 11.53 |
| 431 | 3531 | WOREK JAROSŁAW | GLUCHOŁAZY | | | 65 | M40/30 | (M)374 | 00:28:02 | 00:27:12 | 11.03 |
| 432 | 845 | KRYSTKIEWICZ Jarosław | WARSZAWA | | | 78 | M30/103 | (M)375 | 00:28:05 | 00:25:43 | 11.67 |
| 433 | 853 | KOZAK Stanisław | WARSZAWA | | | 86 | M20/209 | (M)376 | 00:28:07 | 00:26:33 | 11.30 |
| 434 | 309 | JAGIELSKI Witold | WARSZAWA | | | 65 | M40/31 | (M)377 | 00:28:09 | 00:26:27 | 11.34 |
| 435 | 2849 | MAZUROWSKA Joanna | DĘBE WIELKIE | | AKADEMIA SZTUK WALKI | 76 | K30/12 | (K)58 | 00:28:10 | 00:27:28 | 10.92 |
| 436 | 728 | TKACZEWSKI Łukasz | LEGIONOWO | | | 85 | M20/210 | (M)378 | 00:28:11 | 00:27:23 | 10.96 |
| 437 | 1172 | USZYŃSKI Maciej | WARSZAWA | | RAIFFEISEN RUNNERS POLSKA | 69 | M40/32 | (M)379 | 00:28:11 | 00:26:46 | 11.21 |
| 438 | 466 | GAŚSIOR Michał | MOTYCZ | | | 81 | M20/211 | (M)380 | 00:28:12 | 00:27:15 | 11.01 |
| 439 | 367 | ZYGMUNT Kamil | TOPOROWICE | | GRUPA BIEGOWA CHTMO | 88 | M20/212 | (M)381 | 00:28:13 | 00:26:32 | 11.31 |
| 440 | 887 | DĄBKOWSKI Krzysztof | NOWA IWICZNA | | | 79 | M30/104 | (M)382 | 00:28:13 | 00:25:33 | 11.74 |
| 441 | 669 | MALEWICZ Adam | WARSZAWA | | | 74 | M30/105 | (M)383 | 00:28:13 | 00:25:34 | 11.73 |
| 442 | 729 | KLEPACKA Katarzyna | LIDZBARK WARMIŃSKI | | | 88 | K20/40 | (K)59 | 00:28:14 | 00:27:26 | 10.94 |
| 443 | 465 | MIGDAŁOWSKA Katarzyna | OLSZTYN | | | 83 | K20/41 | (K)60 | 00:28:14 | 00:27:17 | 11.00 |
| 444 | 749 | FORNALIK JANINA | WARSZAWA | | | 73 | K30/13 | (K)61 | 00:28:15 | 00:27:21 | 10.97 |
| 445 | 670 | KISIELEWSKI Sebastian | WARSZAWA | | | 79 | M30/106 | (M)384 | 00:28:15 | 00:25:52 | 11.60 |
| 446 | 3084 | WOJDA Rafał | WARSZAWA | | SAINT GOBAIN SQUAD | 82 | M20/213 | (M)385 | 00:28:16 | 00:28:00 | 10.71 |
| 447 | 863 | SAJDAK Grzegorz | WARSZAWA | | VOLVO. FOR MARATHON | 66 | M40/33 | (M)386 | 00:28:18 | 00:27:49 | 10.78 |
| 448 | 204 | GRZESZKIEWICZ Mirosław | WARSZAWA | | | 67 | M40/34 | (M)387 | 00:28:21 | 00:27:53 | 10.76 |
| 449 | 804 | OBSZYŃSKI Arkadiusz | STALOWA WOLA | | | 79 | M30/107 | (M)388 | 00:28:22 | 00:28:19 | 10.59 |
| 450 | 1481 | YATSUZUKA Yo | WARSZAWA | | | 74 | K30/14 | (K)62 | 00:28:23 | 00:27:17 | 11.00 |
| 451 | 796 | CHRZĄSTOWSKI Adrian | WIERZBICA | | | 81 | M20/214 | (M)389 | 00:28:23 | 00:25:53 | 11.59 |
| 452 | 1154 | SZAJKO Marcin | OTWOCK | | | 86 | M20/215 | (M)390 | 00:28:26 | 00:26:47 | 11.20 |
| 453 | 979 | BASZKOWSKI Paweł | JOZEFOW | | | 77 | M30/108 | (M)391 | 00:28:27 | 00:28:23 | 10.57 |

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat | Drużyna Team | R-k YoB | W kategorii in Age Group | Grupy Sex | Wynik Time | Wynik Netto | [km/h] |
|---------------------|---------------|-----------------------------|-------------------------|-----------------|----------------------|----------------|---------------------------------|------------------|-------------------|--------------------|---------------|
| 454 | 343 | SUŁKOWSKI Michał | WARSZAWA | | | 90 | M20/216 | (M)392 | 00:28:28 | 00:27:26 | 10.94 |
| 455 | 208 | ŚWIĆ Małgorzata | WARSZAWA | | | 74 | K30/15 | (K)63 | 00:28:28 | 00:28:25 | 10.56 |
| 456 | 817 | WIELEŃSKA Monika | WARSZAWA | | | 82 | K20/42 | (K)64 | 00:28:29 | 00:26:36 | 11.28 |
| 457 | 1051 | KOŁŁATAJ Magdalena | WARSZAWA | | KOMPANIA NIGDY JUŻ | 78 | K30/16 | (K)65 | 00:28:30 | 00:27:48 | 10.79 |
| 458 | 442 | RODAK Zbigniew | WARSZAWA | | | 64 | M40/35 | (M)393 | 00:28:30 | 00:27:07 | 11.06 |
| 459 | 764 | PISKORSKI Marcin | OTWOCK | | | 87 | M20/217 | (M)394 | 00:28:31 | 00:26:18 | 11.41 |
| 460 | 756 | MŁODECKA Asia | BABICE STARE | | | 93 | K20/43 | (K)66 | 00:28:31 | 00:27:40 | 10.84 |
| 461 | 818 | PYCEK Tomasz | OLSZTYNEK | | | 85 | M20/218 | (M)395 | 00:28:32 | 00:26:39 | 11.26 |
| 462 | 1461 | FAZAN Barbara | JÓZEFOSŁAW | | | 73 | K30/17 | (K)67 | 00:28:34 | 00:27:24 | 10.95 |
| 463 | 4026 | PRUSAKOWSKI Tomasz | WARSZAWA | | | 83 | M20/219 | (M)396 | 00:28:34 | 00:26:34 | 11.29 |
| 464 | 620 | STOLARZ Jarosław | WARSZAWA | | | 96 | M20/220 | (M)397 | 00:28:35 | 00:28:00 | 10.71 |
| 465 | 989 | BRODOWSKI Piotr | WARSZAWA | | | 78 | M30/109 | (M)398 | 00:28:36 | 00:27:49 | 10.78 |
| 466 | 894 | ZAWADZKI Piotr | WARSZAWA | | | 85 | M20/221 | (M)399 | 00:28:37 | 00:27:22 | 10.96 |
| 467 | 4046 | ROSOSZCZUK Paweł | WARSZAWA | | | 83 | M20/222 | (M)400 | 00:28:39 | 00:25:52 | 11.60 |
| 468 | 835 | MAJCHERCZYK Krzysztof | WARSZAWA | | | 79 | M30/110 | (M)401 | 00:28:43 | 00:28:23 | 10.57 |
| 469 | 2238 | MAŁACHOWSKI Sławomir | WARSZAWA | | SSRL | 65 | M40/36 | (M)402 | 00:28:48 | 00:27:57 | 10.73 |
| 470 | 689 | STERNICKI Artur | BIELSKO-BIAŁA | | | 69 | M40/37 | (M)403 | 00:28:49 | 00:27:57 | 10.73 |
| 471 | 1477 | ŻUKOWICZ Filip | WARSZAWA | | | 95 | M20/223 | (M)404 | 00:28:49 | 00:27:27 | 10.93 |
| 472 | 478 | NOWAK Lidia | SULEJÓWEK | | | 94 | K20/44 | (K)68 | 00:28:49 | 00:28:34 | 10.50 |
| 473 | 2630 | WACŁAWSKA Maria | WARSZAWA | | | 79 | K30/18 | (K)69 | 00:28:51 | 00:27:36 | 10.87 |
| 474 | 564 | STALMACH Sylwia | WARSZAWA | | | 10 | | (K)70 | 00:28:52 | 00:28:22 | 10.58 |
| 475 | 1204 | ŻURAWSKI MARCIN | PŁOCK | | | 83 | M20/224 | (M)405 | 00:28:52 | 00:27:56 | 10.74 |
| 476 | 1205 | ŻURAWSKI BOGUMIL | PŁOCK | | TKKF PŁOCK | 59 | M50/25 | (M)406 | 00:28:52 | 00:27:56 | 10.74 |
| 477 | 868 | ŁAZIŃSKA Patrycja | JÓZEFÓW | | | 98 | K20/45 | (K)71 | 00:28:53 | 00:28:22 | 10.58 |
| 478 | 870 | ŁAZIŃSKI MATEUSZ | WARSZAWA | | | 96 | M20/225 | (M)407 | 00:28:53 | 00:28:21 | 10.58 |
| 479 | 4304 | GROMEK Mirosław | BIĄŁOBRZEGI | | | 60 | M50/26 | (M)408 | 00:28:55 | 00:28:20 | 10.59 |
| 480 | 942 | MACIVER Alasdair | GRENOBLE | | | 64 | M40/38 | (M)409 | 00:28:56 | 00:28:36 | 10.49 |
| 481 | 4152 | TOMANIAK Krzysztof | JABŁONNA | | | 81 | M20/226 | (M)410 | 00:28:56 | 00:27:12 | 11.03 |
| 482 | 709 | WÓJCIK Kamil | RADOM | | | 88 | M20/227 | (M)411 | 00:28:56 | 00:27:10 | 11.04 |
| 483 | 952 | MIESZKOWSKI Radosław | WARSZAWA | | IM2010 WARSZAWA | 71 | M30/111 | (M)412 | 00:28:56 | 00:27:18 | 10.99 |
| 484 | 1088 | MILANCEJ Małgosia | ŁÓDŹ | | DRUŻYNA SZPIKU | 82 | K20/46 | (K)72 | 00:28:56 | 00:27:21 | 10.97 |
| 485 | 5 | WILCZYŃSKI Wiesław | WARSZAWA | | | 55 | M50/27 | (M)413 | 00:28:57 | 00:28:56 | 10.37 |
| 486 | 2888 | BEREDA Łukasz | MIŃSK MAZOWIECKI | | | 83 | M20/228 | (M)414 | 00:28:58 | 00:28:55 | 10.37 |
| 487 | 3150 | PAPIS Szymon | WARSZAWA | | | 90 | M20/229 | (M)415 | 00:28:59 | 00:28:19 | 10.59 |
| 488 | 589 | KAMIŃSKI Konrad | RASZYN | | | 78 | M30/112 | (M)416 | 00:28:59 | 00:27:58 | 10.73 |
| 489 | 412 | YAJIMA Daiki | WARSZAWA | | | 98 | M20/230 | (M)417 | 00:29:00 | 00:27:53 | 10.76 |
| 490 | 677 | NAHORNY Jakub | WARSZAWA | | | 98 | M20/231 | (M)418 | 00:29:04 | 00:28:39 | 10.47 |
| 491 | 594 | ZDUNEK Piotr | WARSZAWA | | | 73 | M30/113 | (M)419 | 00:29:04 | 00:28:14 | 10.63 |
| 492 | 1017 | GAUVIN Anna | WARSZAWA | | | 74 | K30/19 | (K)73 | 00:29:05 | 00:27:45 | 10.81 |
| 493 | 1107 | PALEJKO Barbara | WARSZAWA | | | 77 | K30/20 | (K)74 | 00:29:07 | 00:27:53 | 10.76 |
| 494 | 1120 | PODRECKI Paweł | WARSZAWA | | | 68 | M40/39 | (M)420 | 00:29:07 | 00:27:53 | 10.76 |
| 495 | 593 | PARSZUTAS Julia | ŁOMIANKI | | UKS RONIN TEAM | 97 | K20/47 | (K)75 | 00:29:08 | 00:28:17 | 10.61 |
| 496 | 676 | NAHORNY Rafał | WARSZAWA | | | 61 | M40/40 | (M)421 | 00:29:08 | 00:28:43 | 10.45 |
| 497 | 1141 | SŁOWIŃSKI Marek | WARSZAWA | | | 74 | M30/114 | (M)422 | 00:29:08 | 00:26:19 | 11.40 |
| 498 | 4195 | WITKOWSKA EDYTA | SOCHACZEW | | KM AKTYWNI SOCHACZEW | 75 | K30/21 | (K)76 | 00:29:09 | 00:28:09 | 10.66 |
| 499 | 665 | WALKIEWICZ Mariusz | WARSZAWA | | | 72 | M30/115 | (M)423 | 00:29:10 | 00:28:43 | 10.45 |
| 500 | 923 | SOBIERAJSKI HENRYK | WARSZAWA | | | 64 | M40/41 | (M)424 | 00:29:10 | 00:28:43 | 10.45 |
| 501 | 869 | ŁAZIŃSKI PIOTR | WARSZAWA | | | 66 | M40/42 | (M)425 | 00:29:10 | 00:28:38 | 10.48 |
| 502 | 3537 | ŻELAWSKA-PALASZ Karolina | WARSZAWA | | | 75 | K30/22 | (K)77 | 00:29:11 | 00:28:14 | 10.63 |
| 503 | 3741 | FILIPKOWSKA Małgorzata | CZĘSTOCHOWA | | | 87 | K20/48 | (K)78 | 00:29:12 | 00:29:09 | 10.29 |
| 504 | 3208 | CYPEL Marta | SOCHACZEW | | DFC SOCHACZEW | 76 | K30/23 | (K)79 | 00:29:12 | 00:27:52 | 10.77 |
| 505 | 298 | MĘKAL Radosław | WARSZAWA | | | 79 | M30/116 | (M)426 | 00:29:12 | 00:28:54 | 10.38 |
| 506 | 4027 | PRZYBYLSKA MAŁGORZATA | SOCHACZEW | | KM AKTYWNI SOCHACZEW | 69 | K40/3 | (K)80 | 00:29:13 | 00:28:13 | 10.63 |
| 507 | 1092 | NALEPA Szymon | JAKUBOWICE KONIŃSKIE | | | 98 | M20/232 | (M)427 | 00:29:14 | 00:27:20 | 10.98 |
| 508 | 1114 | PIETRASIK Hanna | WARSZAWA | | | 76 | K30/24 | (K)81 | 00:29:16 | 00:27:27 | 10.93 |
| 509 | 1464 | CHMIEL Michał | RADOM | | | 77 | M30/117 | (M)428 | 00:29:16 | 00:28:04 | 10.69 |
| 510 | 1465 | KORNETA Paweł | RADOM | | | 85 | M20/233 | (M)429 | 00:29:16 | 00:28:02 | 10.70 |
| 511 | 3440 | JURKIEWICZ piotr | WARSZAWA | | | 63 | M40/43 | (M)430 | 00:29:17 | 00:26:40 | 11.25 |

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat | Drużyna Team | R-k YoB | W kategorii in Age Group | Grupy Sex | Wynik Time | Wynik Netto | [km/h] |
|---------------------|---------------|-----------------------------|-------------------------|-----------------|-----------------------|----------------|---------------------------------|------------------|-------------------|--------------------|---------------|
| 512 | 3010 | SEROCKA Danuta | GRUDZIĄDZ | | | 71 | K30/25 | (K)82 | 00:29:17 | 00:28:48 | 10.42 |
| 513 | 497 | LEWANDOWSKI Jakub | WARSZAWA | | | 89 | M20/234 | (M)431 | 00:29:18 | 00:27:07 | 11.06 |
| 514 | 722 | BOBER Damian | RADZYŃ PODLASKI | | WKTR WARSZAWA | 80 | M30/118 | (M)432 | 00:29:19 | 00:27:14 | 11.02 |
| 515 | 2263 | SKOCZEK Marek | SULKOWICE | | | 60 | M50/28 | (M)433 | 00:29:19 | 00:28:57 | 10.36 |
| 516 | 545 | WYPYCH Mateusz | WARSZAWA | | | 96 | M20/235 | (M)434 | 00:29:20 | 00:28:20 | 10.59 |
| 517 | 459 | BONDARCZYK Marcin | WARSZAWA | | HENKEL RUNNING TEAM | 82 | M20/236 | (M)435 | 00:29:21 | 00:28:33 | 10.51 |
| 518 | 1451 | KOSTKA Grzegorz | WARSZAWA | | | 81 | M20/237 | (M)436 | 00:29:21 | 00:26:32 | 11.31 |
| 519 | 410 | JASTKOWIAK Justyna | SKARZYSKO KAMIENNA | | | 82 | K20/49 | (K)83 | 00:29:22 | 00:27:27 | 10.93 |
| 520 | 3394 | KASPROWICZ Piotr | URSUS | | | 82 | M20/238 | (M)437 | 00:29:23 | 00:28:39 | 10.47 |
| 521 | 207 | KOWALIK Zbigniew | WARSZAWA | | | 66 | M40/44 | (M)438 | 00:29:23 | 00:28:27 | 10.54 |
| 522 | 404 | KLEPACKI Marek | DROHICZYN | | KSW TEAM | 87 | M20/239 | (M)439 | 00:29:23 | 00:28:02 | 10.70 |
| 523 | 3343 | PIKUŁA Miłosz | WARSZAWA | | | 81 | M20/240 | (M)440 | 00:29:24 | 00:27:51 | 10.77 |
| 524 | 2061 | GÓRSKI Karol | | | | 10 | | (M)441 | 00:29:25 | 00:27:23 | 10.96 |
| 525 | 567 | JAGIELŁO Janusz | WARSZAWA | | THE ROYAL OF SCOTLAND | 84 | M20/241 | (M)442 | 00:29:26 | 00:28:18 | 10.60 |
| 526 | 244 | KROCHMAL Grzegorz | WARSZAWA | | KU AZS WAT WARSZAWA | 59 | M50/29 | (M)443 | 00:29:29 | 00:27:53 | 10.76 |
| 527 | 681 | DECK Wiesław | SULEJÓWEK | | | 54 | M50/30 | (M)444 | 00:29:29 | 00:27:53 | 10.76 |
| 528 | 772 | SZABŁOWSKI marek | WARSZAWA | | NIEZRZESZONY | 48 | M60/3 | (M)445 | 00:29:30 | 00:29:10 | 10.29 |
| 529 | 848 | SYGNOWSKI Paweł | WARSZAWA | | | 85 | M20/242 | (M)446 | 00:29:30 | 00:27:02 | 11.10 |
| 530 | 1388 | WARGIN Waldemar | WARSZAWA | | | 68 | M40/45 | (M)447 | 00:29:32 | 00:27:39 | 10.85 |
| 531 | 1291 | KRAWCZYK Tomasz | WARSZAWA | | | 80 | M30/119 | (M)448 | 00:29:33 | 00:28:55 | 10.37 |
| 532 | 1056 | KOWALSKI KONRAD | WARSZAWA | | | 82 | M20/243 | (M)449 | 00:29:33 | 00:27:42 | 10.83 |
| 533 | 376 | MIESZKOWSKI Paweł | WARSZAWA | | | 95 | M20/244 | (M)450 | 00:29:36 | 00:27:58 | 10.73 |
| 534 | 866 | STRÓŻYŃSKA Ewa | OLSZTYN | | | 67 | K40/4 | (K)84 | 00:29:37 | 00:29:03 | 10.33 |
| 535 | 919 | NOWIERSKIE Łukasz | WARSZAWA | | | 84 | M20/245 | (M)451 | 00:29:37 | 00:27:15 | 11.01 |
| 536 | 203 | PANUFNIK Piotr | WARSZAWA | | | 84 | M20/246 | (M)452 | 00:29:38 | 00:27:31 | 10.90 |
| 537 | 382 | WACHOWICZ Małgorzata | WARSZAWA | | | 84 | K20/50 | (K)85 | 00:29:38 | 00:29:24 | 10.20 |
| 538 | 1019 | GAŚIEWSKI Paweł | WARSZAWA | | ERA RUNNING TEAM | 77 | M30/120 | (M)453 | 00:29:38 | 00:29:00 | 10.34 |
| 539 | 717 | MIKULISZYN Agnieszka | WARSZAWA | | | 90 | K20/51 | (K)86 | 00:29:38 | 00:27:26 | 10.94 |
| 540 | 354 | ROMSICKA Urszula | OTWOCK | | | 84 | K20/52 | (K)87 | 00:29:39 | 00:28:34 | 10.50 |
| 541 | 900 | GIZIŃSKA Alina | WARSZAWA | | | 73 | K30/26 | (K)88 | 00:29:39 | 00:28:30 | 10.53 |
| 542 | 2650 | BALCEREAŁ Marcin | WARSZAWA | | SZYBKI LOPEZ | 74 | M30/121 | (M)454 | 00:29:41 | 00:29:28 | 10.18 |
| 543 | 375 | MIESZKOWSKI Maciej | WARSZAWA | | | 67 | M40/46 | (M)455 | 00:29:41 | 00:28:02 | 10.70 |
| 544 | 1131 | SARAMAK Rafał | IZABELIN | | | 70 | M40/47 | (M)456 | 00:29:42 | 00:27:35 | 10.88 |
| 545 | 1076 | ŁABANOWSKI Tomasz | WARSZAWA | | | 79 | M30/122 | (M)457 | 00:29:44 | 00:27:13 | 11.02 |
| 546 | 645 | ABRAMCZUK Piotr | WARSZAWA | | | 76 | M30/123 | (M)458 | 00:29:44 | 00:27:13 | 11.02 |
| 547 | 1077 | ŁUCZAK Dariusz | WARSZAWA | | | 72 | M30/124 | (M)459 | 00:29:44 | 00:27:38 | 10.86 |
| 548 | 1312 | ŁUKASIEWICZ Michał | WARSZAWA | | | 90 | M20/247 | (M)460 | 00:29:45 | 00:28:31 | 10.52 |
| 549 | 913 | SADOWSKA Magdalena | WARSZAWA | | | 78 | K30/27 | (K)89 | 00:29:47 | 00:28:07 | 10.67 |
| 550 | 880 | GOŹLIŃSKA Agnieszka | WARSZAWA | | | 71 | K30/28 | (K)90 | 00:29:48 | 00:29:45 | 10.08 |
| 551 | 651 | KOZŁOWSKI Arkadiusz | WARSZAWA | | | 74 | M30/125 | (M)461 | 00:29:48 | 00:29:35 | 10.14 |
| 552 | 1441 | CHEĆ Paweł | RADOM | | | 73 | M30/126 | (M)462 | 00:29:48 | 00:27:15 | 11.01 |
| 553 | 1010 | DZIAŁAK Mariusz | WARSZAWA | | OMC_SOLUTION | 73 | M30/127 | (M)463 | 00:29:48 | 00:27:15 | 11.01 |
| 554 | 402 | NAWACKA Emilia | OLSZTYNEK | | | 82 | K20/53 | (K)91 | 00:29:49 | 00:28:26 | 10.55 |
| 555 | 1194 | WYPART Dominik | CZĘSTOCHOWA | | | 97 | M20/248 | (M)464 | 00:29:51 | 00:27:35 | 10.88 |
| 556 | 943 | ZYGA SZYMON | WARSZAWA | | KB NA WŁASNĄ NOGĘ | 76 | M30/128 | (M)465 | 00:29:52 | 00:27:04 | 11.08 |
| 557 | 1499 | GRZEGRZÓŁKA Iga | WARSZAWA | | | 86 | K20/54 | (K)92 | 00:29:52 | 00:28:14 | 10.63 |
| 558 | 1417 | KOCIMSKA agnieszka | NOWE MIASTO | | | 80 | K30/29 | (K)93 | 00:29:52 | 00:27:28 | 10.92 |
| 559 | 1134 | SHKURENKO Volodymyr | WARSZAWA | | | 77 | M30/129 | (M)466 | 00:29:53 | 00:27:42 | 10.83 |
| 560 | 290 | APANAS Rafał | WOŁOMIN | | | 77 | M30/130 | (M)467 | 00:29:53 | 00:27:27 | 10.93 |
| 561 | 355 | TUDEK Joanna | GÓRA KALWARIA | | | 74 | K30/30 | (K)94 | 00:29:53 | 00:28:53 | 10.39 |
| 562 | 342 | GLĄB Przemysław | WARSZAWA | | | 83 | M20/249 | (M)468 | 00:29:54 | 00:27:27 | 10.93 |
| 563 | 463 | SOBIEN Agnieszka | WARSZAWA | | | 77 | K30/31 | (K)95 | 00:29:54 | 00:27:27 | 10.93 |
| 564 | 257 | MYSZKOWSKI Maciej | GÓRA KALWARIA | | | 98 | M20/250 | (M)469 | 00:29:54 | 00:29:49 | 10.06 |
| 565 | 2304 | PUCHAŁSKA Magdalena | WARSZAWA | | | 89 | K20/55 | (K)96 | 00:29:54 | 00:28:01 | 10.71 |
| 566 | 808 | CHMIELEWSKA Grażyna | WARSZAWA | | | 71 | K30/32 | (K)97 | 00:29:54 | 00:28:39 | 10.47 |
| 567 | 501 | SZABŁOWSKA Emilia | PIASECZNO | | | 86 | K20/56 | (K)98 | 00:29:57 | 00:28:37 | 10.48 |
| 568 | 1357 | RODOWICZ Mateusz | WARSZAWA | | | 91 | M20/251 | (M)470 | 00:29:58 | 00:28:44 | 10.44 |
| 569 | 370 | SKWARCZYŃSKI Andrzej | WARSZAWA | | GRUPA BIEGOWA CHTMO | 82 | M20/252 | (M)471 | 00:29:59 | 00:27:45 | 10.81 |

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat | Drużyna Team | R-k YoB | W kategorii in Age Group | Grupy Sex | Wynik Time | Wynik Netto | [km/h] |
|---------------------|---------------|-----------------------------|-------------------------|-----------------|-------------------------------------|----------------|---------------------------------|------------------|-------------------|--------------------|---------------|
| 570 | 276 | SMOLEŃSKI Tomasz | WARSZAWA | | | 79 | M30/131 | (M)472 | 00:30:00 | 00:27:51 | 10.77 |
| 571 | 393 | MICHAŁOWSKI Radosław | GRODZISK MAZOWIECKI | | | 78 | M30/132 | (M)473 | 00:30:01 | 00:29:38 | 10.12 |
| 572 | 414 | WAŁEJKO Magdalena | GLIWICE | | | 81 | K20/57 | (K)99 | 00:30:05 | 00:29:11 | 10.28 |
| 573 | 201 | MORGALA Sebastian | WARSZAWA | | | 92 | M20/253 | (M)474 | 00:30:07 | 00:28:57 | 10.36 |
| 574 | 278 | MICHAŁOWSKI Tomasz | | | | 79 | M30/133 | (M)475 | 00:30:07 | 00:27:58 | 10.73 |
| 575 | 1188 | WOLCZAK Grzegorz | OŻARÓW MAZOWIECKI | | | 96 | M20/254 | (M)476 | 00:30:07 | 00:29:43 | 10.10 |
| 576 | 685 | WARMIAK Damian | WARSZAWA | | | 96 | M20/255 | (M)477 | 00:30:08 | 00:28:15 | 10.62 |
| 577 | 674 | KAROLCZAK Maciej | WARSZAWA | | | 54 | M50/31 | (M)478 | 00:30:08 | 00:27:48 | 10.79 |
| 578 | 737 | KRÓLAK Stanisław | WARSZAWA | | | 60 | M50/32 | (M)479 | 00:30:08 | 00:28:46 | 10.43 |
| 579 | 3345 | KNIEFEL Aleksandra | URSUS | | | 86 | K20/58 | (K)100 | 00:30:10 | 00:29:26 | 10.19 |
| 580 | 653 | KMIECIŃSKA Iwona | WARSZAWA | | Q-MEDIA SOLUTION | 77 | K30/33 | (K)101 | 00:30:11 | 00:28:39 | 10.47 |
| 581 | 776 | SZNERCH Krzysztof | WARSZAWA | | | 73 | M30/134 | (M)480 | 00:30:12 | 00:27:14 | 11.02 |
| 582 | 1483 | DUBER Katarzyna | WARSZAWA | | | 72 | K30/34 | (K)102 | 00:30:12 | 00:29:01 | 10.34 |
| 583 | 1482 | STACHURSKI Rafał | WARSZAWA | | | 72 | M30/135 | (M)481 | 00:30:12 | 00:29:02 | 10.33 |
| 584 | 2383 | MALINOWSKI Stanisław | WARSZAWA | | | 59 | M50/33 | (M)482 | 00:30:13 | 00:28:41 | 10.46 |
| 585 | 3939 | MILCZAREK Rafał | SOCHACZEW | | KM MARATONCYZKA AKTYWNI | 75 | M30/136 | (M)483 | 00:30:13 | 00:29:23 | 10.21 |
| 586 | 1071 | LELONEK Klaudia | SOCHACZEW | | ZESPÓŁ SZKÓŁ SOCHACZEW (SP7 I GIM3) | 98 | K20/59 | (K)103 | 00:30:14 | 00:29:25 | 10.20 |
| 587 | 941 | OGRODNICZEK Dawid | WARSZAWA | | | 96 | M20/256 | (M)484 | 00:30:15 | 00:28:23 | 10.57 |
| 588 | 484 | ALCHIMOWICZ Tomasz | WARSZAWA | | | 73 | M30/137 | (M)485 | 00:30:15 | 00:29:52 | 10.04 |
| 589 | 515 | NOWAKOWSKI Wojciech | WARSZAWA | | | 78 | M30/138 | (M)486 | 00:30:16 | 00:29:02 | 10.33 |
| 590 | 1392 | WETOSZKA Weronika | WARSZAWA | | | 86 | K20/60 | (K)104 | 00:30:16 | 00:29:28 | 10.18 |
| 591 | 3046 | SZNAJDER Marcin | BROCHÓW | | | 83 | M20/257 | (M)487 | 00:30:17 | 00:28:43 | 10.45 |
| 592 | 697 | JANKOWSKI Konrad | WARSZAWA | | | 49 | M60/4 | (M)488 | 00:30:18 | 00:30:09 | 9.95 |
| 593 | 824 | ZAWOJSKA-GONTAR Czesława | KONSTANCIN | | | 65 | K40/5 | (K)105 | 00:30:18 | 00:30:11 | 9.94 |
| 594 | 825 | GONTAR Michał | KONSTANCIN | | | 67 | M40/48 | (M)489 | 00:30:18 | 00:30:11 | 9.94 |
| 595 | 240 | GÓRALSKI Jędrzej | WARSZAWA | | | 64 | M40/49 | (M)490 | 00:30:19 | 00:28:23 | 10.57 |
| 596 | 1466 | KUBIAK Maciej | WARSZAWA | | | 83 | M20/258 | (M)491 | 00:30:20 | 00:27:34 | 10.88 |
| 597 | 1179 | WIDOMSKA Agnieszka | GÓRA KALWARIA | | | 73 | K30/35 | (K)106 | 00:30:20 | 00:29:36 | 10.14 |
| 598 | 802 | RÓŻYCKA Małgorzata | WARSZAWA | | | 79 | K30/36 | (K)107 | 00:30:21 | 00:27:58 | 10.73 |
| 599 | 2508 | WIECZOREK Dariusz | WARSZAWA | | | 67 | M40/50 | (M)492 | 00:30:21 | 00:29:18 | 10.24 |
| 600 | 272 | BEREZOWSKI Dariusz | WARSZAWA | | | 83 | M20/259 | (M)493 | 00:30:21 | 00:28:44 | 10.44 |
| 601 | 3525 | KAŹMIERCZAK Dominika | WARSZAWA | | | 72 | K30/37 | (K)108 | 00:30:22 | 00:29:43 | 10.10 |
| 602 | 263 | ADAMCZYK Izabela | BORZĘCIN DUŻY | | | 92 | K20/61 | (K)109 | 00:30:24 | 00:28:55 | 10.37 |
| 603 | 4114 | SZADE Sebastian | WARSZAWA | | STARCOM | 81 | M20/260 | (M)494 | 00:30:26 | 00:28:09 | 10.66 |
| 604 | 277 | BUCZEK Zuzanna | WARSZAWA | | | 79 | K30/38 | (K)110 | 00:30:26 | 00:28:58 | 10.36 |
| 605 | 2918 | WÓJTOWICZ Maciek | WARSZAWA | | | 77 | M30/139 | (M)495 | 00:30:26 | 00:28:21 | 10.58 |
| 606 | 1487 | ADAMSKI Jakub | BYDGOSZCZ | | | 84 | M20/261 | (M)496 | 00:30:26 | 00:29:25 | 10.20 |
| 607 | 431 | MĄDRY TOMASZ | ZĄBKI | | | 98 | M20/262 | (M)497 | 00:30:27 | 00:29:46 | 10.08 |
| 608 | 1189 | WOLSZCZAK Tomasz | WARSZAWA | | | 81 | M20/263 | (M)498 | 00:30:28 | 00:28:41 | 10.46 |
| 609 | 112 | PIEKARZEWSKI Grzegorz | | | | 10 | | (M)499 | 00:30:30 | 00:27:41 | 10.84 |
| 610 | 2217 | STACHOWIAK Tomasz | WARSZAWA | | | 72 | M30/140 | (M)500 | 00:30:32 | 00:29:01 | 10.34 |
| 611 | 391 | WAŁOSZCZYK Paweł | WARSZAWA | | | 86 | M20/264 | (M)501 | 00:30:32 | 00:28:04 | 10.69 |
| 612 | 1196 | ZAKRZEWSKI Rafał | CHOTOMÓW | | GRUPA BIEGOWA CHTMO | 76 | M30/141 | (M)502 | 00:30:33 | 00:29:40 | 10.11 |
| 613 | 790 | SZYMAŃSKI Marcin | WARSZAWA | | | 80 | M30/142 | (M)503 | 00:30:33 | 00:29:41 | 10.11 |
| 614 | 965 | MARCINKOWSKA Magdalena | KOSÓW LACKI | | | 85 | K20/62 | (K)111 | 00:30:34 | 00:28:49 | 10.41 |
| 615 | 852 | MAZUR Paweł | WARSZAWA | | KB CASTELLANUS | 71 | M30/143 | (M)504 | 00:30:35 | 00:30:02 | 9.99 |
| 616 | 1032 | GWIAZDA Elżbieta | ŁĘKAWICA 14 | | | 74 | K30/39 | (K)112 | 00:30:36 | 00:30:11 | 9.94 |
| 617 | 635 | KOZDRÓJ Mirosław | WARSZAWA | | | 68 | M40/51 | (M)505 | 00:30:36 | 00:28:27 | 10.54 |
| 618 | 467 | BOCZKOWSKI Marek | WARSZAWA | | | 88 | M20/265 | (M)506 | 00:30:38 | 00:29:09 | 10.29 |
| 619 | 1242 | DĄBROWSKA AGNIESZKA | WARSZAWA | | | 79 | K30/40 | (K)113 | 00:30:38 | 00:28:55 | 10.37 |
| 620 | 312 | GRYZ Krzysztof | WARSZAWA | | | 59 | M50/34 | (M)507 | 00:30:39 | 00:29:09 | 10.29 |
| 621 | 4215 | WYRWA Maciej | POZNAŃ | | | 74 | M30/144 | (M)508 | 00:30:41 | 00:29:54 | 10.03 |
| 622 | 693 | KARPIŃSKI Krzysztof | ZĄBKI | | BRAK | 58 | M50/35 | (M)509 | 00:30:42 | 00:27:59 | 10.72 |
| 623 | 881 | MICHAŁOWSKA Katarzyna | WARSZAWA | | | 70 | K40/6 | (K)114 | 00:30:42 | 00:30:38 | 9.79 |
| 624 | 3548 | JANAS Ignacy | WARSZAWA | | | 83 | M20/266 | (M)510 | 00:30:44 | 00:28:49 | 10.41 |
| 625 | 883 | JABŁOŃSKA Justyna | ZALESIE GÓRNE | | | 73 | K30/41 | (K)115 | 00:30:44 | 00:30:21 | 9.88 |
| 626 | 449 | KOZIŃSKI Łukasz | WARSZAWA | | | 83 | M20/267 | (M)511 | 00:30:47 | 00:28:47 | 10.42 |
| 627 | 715 | LISOWSKI Rafał | WARSZAWA | | | 76 | M30/145 | (M)512 | 00:30:48 | 00:30:42 | 9.77 |

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat | Drużyna Team | R-k W kategorii Grupy YoB in Age Group Sex | Wynik Time | Wynik Netto | [km/h] |
|---------------------|---------------|-----------------------------|-------------------------|-----------------|-----------------------|---|-------------------|--------------------|---------------|
| 628 | 580 | RESZKO Maciej | WARSZAWA | | | 82 M20/268 (M)513 | 00:30:48 | 00:28:33 | 10.51 |
| 629 | 97 | CHRABAŁOWSKI Dariusz | WARSZAWA | | | 10 (M)514 | 00:30:48 | 00:27:54 | 10.75 |
| 630 | 822 | PATRYCY Agnieszka Ewa | WARSZAWA | | | 77 K30/42 (K)116 | 00:30:49 | 00:29:52 | 10.04 |
| 631 | 623 | JANCZYK Rafał | WARSZAWA | | | 68 M40/52 (M)515 | 00:30:49 | 00:29:46 | 10.08 |
| 632 | 743 | LEWANDOWSKI Piotr | WARSZAWA | | - | 79 M30/146 (M)516 | 00:30:49 | 00:30:16 | 9.91 |
| 633 | 597 | HINZMANN Dominika | WARSZAWA | | | 78 K30/43 (K)117 | 00:30:50 | 00:28:50 | 10.40 |
| 634 | 596 | HINZMANN Szymon | WARSZAWA | | | 78 M30/147 (M)517 | 00:30:50 | 00:28:51 | 10.40 |
| 635 | 678 | LEWANDOWSKA Małgorzata | WARSZAWA | | | 73 K30/44 (K)118 | 00:30:51 | 00:29:32 | 10.16 |
| 636 | 844 | KUCHARSKA Kasia | WARSZAWA | | | 78 K30/45 (K)119 | 00:30:52 | 00:28:32 | 10.51 |
| 637 | 906 | WITAN Tomasz | PRUSZKÓW | | | 79 M30/148 (M)518 | 00:30:52 | 00:29:11 | 10.28 |
| 638 | 1138 | SIENICKI marek | MIŃSK MAZOWIECKI | | MKB DREPTAK50 | 56 M50/36 (M)519 | 00:30:52 | 00:30:10 | 9.94 |
| 639 | 1143 | SMOLIŃSKA Małgorzata | WARSZAWA | | | 75 K30/46 (K)120 | 00:30:53 | 00:30:06 | 9.97 |
| 640 | 995 | CHOJNACKA Monika | TORUŃ | | NIEZRZESZONA | 76 K30/47 (K)121 | 00:30:56 | 00:28:25 | 10.56 |
| 641 | 361 | ZWOLAK joanna | WARSZAWA | | | 75 K30/48 (K)122 | 00:30:56 | 00:30:45 | 9.76 |
| 642 | 724 | GOTTLIEB Aaron | NEW YORK | | | 74 M30/149 (M)520 | 00:30:57 | 00:28:19 | 10.59 |
| 643 | 723 | OHNMACHT Tim | MILWAUKEE | | | 71 M30/150 (M)521 | 00:30:57 | 00:28:20 | 10.59 |
| 644 | 725 | WILSON Ken | ODENSE | | | 71 M30/151 (M)522 | 00:30:58 | 00:28:20 | 10.59 |
| 645 | 365 | JACZEWSKI Paweł | WARSZAWA | | | 82 M20/269 (M)523 | 00:30:58 | 00:28:28 | 10.54 |
| 646 | 680 | DECK Anna | SULEJÓWEK | | | 85 K20/63 (K)123 | 00:31:00 | 00:29:21 | 10.22 |
| 647 | 1008 | DUDA Stasiek | JÓZEFÓW | | | 96 M20/270 (M)524 | 00:31:00 | 00:28:44 | 10.44 |
| 648 | 311 | KONOPKA Anna | WARSZAWA | | | 86 K20/64 (K)124 | 00:31:00 | 00:29:35 | 10.14 |
| 649 | 1059 | KROCHMAL Adam | WARSZAWA | | | 86 M20/271 (M)525 | 00:31:00 | 00:29:21 | 10.22 |
| 650 | 455 | GALICKA Magdalena | WARSZAWA | | | 83 K20/65 (K)125 | 00:31:01 | 00:29:02 | 10.33 |
| 651 | 481 | BUDNIK Asia | WARSZAWA | | | 93 K20/66 (K)126 | 00:31:02 | 00:28:58 | 10.36 |
| 652 | 1091 | MRO CZKOWSKA marta | WARSZAWA | | | 85 K20/67 (K)127 | 00:31:02 | 00:30:01 | 9.99 |
| 653 | 364 | BŁĘDOWSKI Mariusz | WARSZAWA | | | 70 M40/53 (M)526 | 00:31:03 | 00:28:59 | 10.35 |
| 654 | 1086 | MATYJAS Łukasz | JÓZEFÓW | | | 80 M30/152 (M)527 | 00:31:04 | 00:29:41 | 10.11 |
| 655 | 1335 | ORCZYK tomasz | WARSZAWA | | MSZ | 76 M30/153 (M)528 | 00:31:05 | 00:28:49 | 10.41 |
| 656 | 646 | GAJC Bartłomiej | OLSZTYN | | | 78 M30/154 (M)529 | 00:31:05 | 00:28:44 | 10.44 |
| 657 | 991 | BYLICKA Emilia | WARSZAWA | | | 84 K20/68 (K)128 | 00:31:05 | 00:29:16 | 10.25 |
| 658 | 380 | GÓZDŹ Michał | WARSZAWA | | | 72 M30/155 (M)530 | 00:31:05 | 00:30:07 | 9.96 |
| 659 | 3433 | SZYMAŃSKI Rafał | WARSZAWA | | | 84 M20/272 (M)531 | 00:31:07 | 00:30:25 | 9.86 |
| 660 | 598 | FIJAŁKOWSKI Michał | KIELCE | | | 78 M30/156 (M)532 | 00:31:08 | 00:28:59 | 10.35 |
| 661 | 1439 | SZAFRAN Mariusz | WARSZAWA | | | 78 M30/157 (M)533 | 00:31:12 | 00:29:38 | 10.12 |
| 662 | 837 | ŁUKASZUK Małgorzata | WARSZAWA | | | 76 K30/49 (K)129 | 00:31:13 | 00:29:36 | 10.14 |
| 663 | 392 | BORKOWSKI Arkadiusz | WARSZAWA | | | 86 M20/273 (M)534 | 00:31:14 | 00:28:46 | 10.43 |
| 664 | 699 | JĘDRZEJCZYK Kasia | WARSZAWA | | | 84 K20/69 (K)130 | 00:31:14 | 00:30:39 | 9.79 |
| 665 | 609 | MATEJKO Ewa | GIŻYCKO | | | 80 K30/50 (K)131 | 00:31:15 | 00:30:32 | 9.83 |
| 666 | 1440 | FILIPSKA Anna | GDYNIA | | | 85 K20/70 (K)132 | 00:31:17 | 00:28:36 | 10.49 |
| 667 | 1185 | WŁODARCZYK Tomasz | WARSZAWA | | | 86 M20/274 (M)535 | 00:31:17 | 00:29:06 | 10.31 |
| 668 | 1004 | DĄBROWSKI Łukasz | JÓZEFÓW | | | 96 M20/275 (M)536 | 00:31:18 | 00:29:01 | 10.34 |
| 669 | 118 | MAMCARCZYK Tomasz | | | | 10 (M)537 | 00:31:19 | 00:29:29 | 10.18 |
| 670 | 2697 | STACHOWICZ Tomek | WARSZAWA | | | 81 M20/276 (M)538 | 00:31:22 | 00:28:48 | 10.42 |
| 671 | 341 | NAUMIUK Małgorzata | PARCZEW | | | 79 K30/51 (K)133 | 00:31:24 | 00:29:53 | 10.04 |
| 672 | 340 | JAKOWIECKI karol | PARCZEW | | | 85 M20/277 (M)539 | 00:31:24 | 00:29:53 | 10.04 |
| 673 | 765 | KACPRZAK Maciej | WARSZAWA | | | 79 M30/158 (M)540 | 00:31:25 | 00:29:10 | 10.29 |
| 674 | 569 | STAŃCZAK Marcin | WARSZAWA | | THE ROYAL OF SCOTLAND | 84 M20/278 (M)541 | 00:31:26 | 00:29:31 | 10.16 |
| 675 | 570 | WĘCŁAWIK Małgorzata | WARSZAWA | | THE ROYAL OF SCOTLAND | 85 K20/71 (K)134 | 00:31:27 | 00:30:23 | 9.87 |
| 676 | 2080 | JAKÓBCZAK Paweł | | | | 10 (M)542 | 00:31:28 | 00:29:31 | 10.16 |
| 677 | 762 | JOACHIMIAK Anna | WARSZAWA | | | 75 K30/52 (K)135 | 00:31:28 | 00:30:04 | 9.98 |
| 678 | 1190 | WOŁOSZCZUK Adam | WARSZAWA | | | 81 M20/279 (M)543 | 00:31:29 | 00:29:42 | 10.10 |
| 679 | 1383 | SZYMAŃSKA Malwina | PRUSZKÓW | | | 80 K30/53 (K)136 | 00:31:30 | 00:31:11 | 9.62 |
| 680 | 950 | KASIEWICZ Katarzyna | WARSZAWA | | | 78 K30/54 (K)137 | 00:31:31 | 00:29:28 | 10.18 |
| 681 | 351 | KOWALCZYK Michał | WARSZAWA | | | 91 M20/280 (M)544 | 00:31:32 | 00:28:47 | 10.42 |
| 682 | 927 | BIELAŃSKI Waldemar | WARSZAWA | | | 64 M40/54 (M)545 | 00:31:32 | 00:30:12 | 9.93 |
| 683 | 2038 | KONDRASZUK Dorota | LISIWÓLKA | | | 78 K30/55 (K)138 | 00:31:33 | 00:29:44 | 10.09 |
| 684 | 953 | BIAŁECKI Janusz | WARSZAWA | | | 70 M40/55 (M)546 | 00:31:33 | 00:28:46 | 10.43 |
| 685 | 959 | MOŚCICKA Halina | WARSZAWA | | | 59 K50/4 (K)139 | 00:31:35 | 00:30:37 | 9.80 |

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat | Drużyna Team | R-k W kategorii Grupy YoB in Age Group Sex | Wynik Time | Wynik Netto | [km/h] |
|---------------------|---------------|------------------------------|-------------------------|-----------------|-----------------------|---|-------------------|--------------------|---------------|
| 686 | 834 | MIKUŁOWSKA Krystyna | WARSZAWA | | BRAK | 61 K40/7 (K)140 | 00:31:35 | 00:30:52 | 9.72 |
| 687 | 757 | KAWELSKI ŁUKASZ | WARSZAWA | | | 83 M20/281 (M)547 | 00:31:36 | 00:30:38 | 9.79 |
| 688 | 1045 | JÓZEFACIUK Jadwiga | BIALA PODLASKA | | | 56 K50/5 (K)141 | 00:31:37 | 00:30:07 | 9.96 |
| 689 | 1083 | MARKOWICZ Ewa | WROCLAW | | | 79 K30/56 (K)142 | 00:31:38 | 00:29:20 | 10.23 |
| 690 | 738 | JAKUBOWSKA katarzyna | WARSZAWA | | | 88 K20/72 (K)143 | 00:31:38 | 00:31:19 | 9.58 |
| 691 | 3211 | MIĄŁKOS Olga | SOCHACZEW | | | 88 K20/73 (K)144 | 00:31:39 | 00:31:35 | 9.50 |
| 692 | 1031 | GUZIK Paulina | SOCHACZEW | | DRAGON FC SOCHACZEW | 92 K20/74 (K)145 | 00:31:39 | 00:30:59 | 9.68 |
| 693 | 1382 | SZYMAŃSKA Anna | WARSZAWA | | | 82 K20/75 (K)146 | 00:31:39 | 00:29:27 | 10.19 |
| 694 | 2417 | OLESIŃSKA ZOSIA | WARSZAWA | | | 80 K30/57 (K)147 | 00:31:39 | 00:29:24 | 10.20 |
| 695 | 2062 | GÓRSKI Artur | | | | 10 (M)548 | 00:31:40 | 00:29:38 | 10.12 |
| 696 | 714 | STAWIARZ patrycja | WARSZAWA | | | 79 K30/58 (K)148 | 00:31:40 | 00:29:13 | 10.27 |
| 697 | 893 | JĘDRZEJCZYK Paulina | WARSZAWA | | | 90 K20/76 (K)149 | 00:31:41 | 00:29:18 | 10.24 |
| 698 | 225 | PILIŃSKI Maciej | RASZYN | | | 69 M40/56 (M)549 | 00:31:41 | 00:30:15 | 9.92 |
| 699 | 733 | MAKOWSKA Zofia | WARSZAWA | | | 57 K50/6 (K)150 | 00:31:41 | 00:30:33 | 9.82 |
| 700 | 734 | STAŃCZAK Natalia | RAWA MAZOWIECKA | | RAWA | 96 K20/77 (K)151 | 00:31:42 | 00:30:11 | 9.94 |
| 701 | 1322 | MICHALEC Tomek | TRNAVA | | | 82 M20/282 (M)550 | 00:31:42 | 00:29:30 | 10.17 |
| 702 | 472 | FIGURA Daniel | WARSZAWA | | | 93 M20/283 (M)551 | 00:31:44 | 00:31:12 | 9.62 |
| 703 | 279 | SMOLEŃSKA Małgorzata | WARSZAWA | | | 79 K30/59 (K)152 | 00:31:46 | 00:29:38 | 10.12 |
| 704 | 751 | DOBIES Joanna | WARSZAWA | | | 76 K30/60 (K)153 | 00:31:49 | 00:29:44 | 10.09 |
| 705 | 752 | WNOROWSKI Maciej | WARSZAWA | | | 76 M30/159 (M)552 | 00:31:49 | 00:29:44 | 10.09 |
| 706 | 8 | IWANOW Mikołaj | OBORNIKI ŚLĄSKIE | | | 48 M60/5 (M)553 | 00:31:50 | 00:31:48 | 9.43 |
| 707 | 562 | MAJCHRZAK weronika | WARSZAWA | | | 75 K30/61 (K)154 | 00:31:51 | 00:29:56 | 10.02 |
| 708 | 1046 | JURKIEWICZ Izabela | WARSZAWA | | | 73 K30/62 (K)155 | 00:31:52 | 00:31:04 | 9.66 |
| 709 | 383 | ŚMIETANKA Maria | WARSZAWA | | | 81 K20/78 (K)156 | 00:31:53 | 00:29:50 | 10.06 |
| 710 | 411 | YAJIMA Masahito | WARSZAWA | | | 66 M40/57 (M)554 | 00:31:53 | 00:30:46 | 9.75 |
| 711 | 258 | WOJDYNA Piotr | WARSZAWA | | | 72 M30/160 (M)555 | 00:31:54 | 00:30:35 | 9.81 |
| 712 | 289 | OLUBIEC JR Piotr Krzysztof | WARSZAWA | | TRUCHT TARCHOMIN | 97 M20/284 (M)556 | 00:31:57 | 00:31:13 | 9.61 |
| 713 | 1127 | ROZWADOWSKA HANNA | WARSZAWA | | | 57 K50/7 (K)157 | 00:31:58 | 00:31:47 | 9.44 |
| 714 | 429 | CHRZANOWSKI Dominik | WARSZAWA | | | 98 M20/285 (M)557 | 00:31:58 | 00:31:08 | 9.64 |
| 715 | 1115 | PIETROWSKA Anna | BŁONIE | | | 83 K20/79 (K)158 | 00:31:59 | 00:30:36 | 9.80 |
| 716 | 704 | GRADEK Joanna | NIEPORĘT | | | 77 K30/63 (K)159 | 00:31:59 | 00:29:20 | 10.23 |
| 717 | 705 | ŁAGOWSKA Aneta | NIEPORĘT | | | 83 K20/80 (K)160 | 00:32:00 | 00:29:21 | 10.22 |
| 718 | 657 | KRAWCZYK Monika | PIASECZNO | | | 84 K20/81 (K)161 | 00:32:00 | 00:31:33 | 9.51 |
| 719 | 820 | MAJEWSKI Staszek | WORNÓWEK | | | 98 M20/286 (M)558 | 00:32:01 | 00:29:42 | 10.10 |
| 720 | 775 | OŻÓG Piotr | WARSZAWA | | | 77 M30/161 (M)559 | 00:32:02 | 00:29:05 | 10.32 |
| 721 | 256 | ŁAPIEŃSKA-PIECHOTA Magdalena | WARSZAWA | | | 70 K40/8 (K)162 | 00:32:03 | 00:29:49 | 10.06 |
| 722 | 483 | SIELSKA Marta | WARSZAWA | | | 86 K20/82 (K)163 | 00:32:04 | 00:30:31 | 9.83 |
| 723 | 814 | SOŁTYSIAK Magdalena | URSUS | | | 79 K30/64 (K)164 | 00:32:05 | 00:31:25 | 9.55 |
| 724 | 849 | SZYMUL Marek | URSUS | | | 75 M30/162 (M)560 | 00:32:06 | 00:31:25 | 9.55 |
| 725 | 1050 | KOLASA Jakub | WARSZAWA | | | 76 M30/163 (M)561 | 00:32:06 | 00:30:08 | 9.96 |
| 726 | 1476 | PIECHOTA boleslaw | KRZYŻ WIELKOPOLSKI | | | 49 M60/6 (M)562 | 00:32:06 | 00:30:36 | 9.80 |
| 727 | 294 | PAWLICKI Robert | WARSZAWA | | | 86 M20/287 (M)563 | 00:32:06 | 00:29:19 | 10.23 |
| 728 | 536 | KAZIMIERSKA Paulina | KUTNO | | | 88 K20/83 (K)165 | 00:32:07 | 00:30:24 | 9.87 |
| 729 | 352 | KOWALCZYK Tadesz | WARSZAWA | | | 59 M50/37 (M)564 | 00:32:07 | 00:29:22 | 10.22 |
| 730 | 780 | ANDRZEJEWSKI Paweł | WARSZAWA | | | 87 M20/288 (M)565 | 00:32:07 | 00:29:48 | 10.07 |
| 731 | 606 | KOWALSKI Wojciech | RADOM | | | 97 M20/289 (M)566 | 00:32:08 | 00:29:42 | 10.10 |
| 732 | 2240 | SZCZAWIŃSKI Cezary | WARSZAWA | | | 80 M30/164 (M)567 | 00:32:08 | 00:29:41 | 10.11 |
| 733 | 556 | KOWALSKI Piotr | WARSZAWA | | THE ROYAL OF SCOTLAND | 76 M30/165 (M)568 | 00:32:08 | 00:29:29 | 10.18 |
| 734 | 253 | ROHN Zuzanna | GRUDZIĄDZ | | | 76 K30/65 (K)166 | 00:32:10 | 00:31:11 | 9.62 |
| 735 | 252 | ZAWADA Jacek | WARSZAWA | | | 72 M30/166 (M)569 | 00:32:10 | 00:31:10 | 9.63 |
| 736 | 450 | DĄBROWSKA Anna | WARSZAWA | | | 75 K30/66 (K)167 | 00:32:10 | 00:30:12 | 9.93 |
| 737 | 969 | ADAMKIEWICZ Michał | SOCHACZEW | | | 95 M20/290 (M)570 | 00:32:12 | 00:30:18 | 9.90 |
| 738 | 811 | HOLWEK Grzegorz | WARSZAWA | | | 85 M20/291 (M)571 | 00:32:12 | 00:29:28 | 10.18 |
| 739 | 486 | KRUK Michał | WARSZAWA | | | 96 M20/292 (M)572 | 00:32:13 | 00:30:21 | 9.88 |
| 740 | 2834 | KRAŚ Adam | WARSZAWA | | THE ROYAL OF SCOTLAND | 75 M30/167 (M)573 | 00:32:13 | 00:29:34 | 10.15 |
| 741 | 934 | KONIECZNY Sebastian | OTWOCK | | | 94 M20/293 (M)574 | 00:32:13 | 00:29:41 | 10.11 |
| 742 | 319 | BRZUSZCZYŃSKI Radosław | WARSZAWA | | | 73 M30/168 (M)575 | 00:32:14 | 00:31:17 | 9.59 |
| 743 | 806 | TERKA Aleksandra | ŁOMIANKI | | | 79 K30/67 (K)168 | 00:32:14 | 00:31:05 | 9.65 |

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat | Drużyna Team | R-k YoB | W kategorii in Age Group | Grupy Sex | Wynik Time | Wynik Netto | [km/h] |
|---------------------|---------------|------------------------------|-------------------------|-----------------|---------------------------|----------------|---------------------------------|------------------|-------------------|--------------------|---------------|
| 744 | 807 | BIEŃKO Michał | ŁOMIANKI | | | 79 | M30/169 | (M)576 | 00:32:14 | 00:31:03 | 9.66 |
| 745 | 949 | MOĆKO Beata | WOŁOMIN | | ŚWIAT ROWERÓW RACING TEAM | 72 | K30/68 | (K)169 | 00:32:15 | 00:29:42 | 10.10 |
| 746 | 788 | ROZBICKA-WIECZOREK agnieszka | WARSZAWA | | | 82 | K20/84 | (K)170 | 00:32:15 | 00:29:51 | 10.05 |
| 747 | 884 | PIASECKA-KOŁACZ Agnieszka | CIECHANÓW | | METALTECH TEAM | 75 | K30/69 | (K)171 | 00:32:16 | 00:31:44 | 9.45 |
| 748 | 1458 | KOŁACZ Piotr | WARSZAWA | | | 71 | M30/170 | (M)577 | 00:32:16 | 00:31:44 | 9.45 |
| 749 | 578 | MIELCZAREK Wioletta | SKIERNIEWICE | | | 73 | K30/70 | (K)172 | 00:32:17 | 00:31:04 | 9.66 |
| 750 | 576 | NAGÓRSKA Agnieszka | SKIERNIEWICE | | | 73 | K30/71 | (K)173 | 00:32:17 | 00:31:04 | 9.66 |
| 751 | 1003 | CZERNUSZENKO Jacek | ŁOMIANKI DOLNE | | | 70 | M40/58 | (M)578 | 00:32:17 | 00:30:05 | 9.97 |
| 752 | 675 | GRABOWSKI Radosław | WARSZAWA | | ART PROFi TEAM | 74 | M30/171 | (M)579 | 00:32:17 | 00:30:13 | 9.93 |
| 753 | 827 | WNOROWSKI Grzegorz | WARSZAWA | | | 70 | M40/59 | (M)580 | 00:32:19 | 00:31:12 | 9.62 |
| 754 | 826 | WNOROWSKI Antoni | WARSZAWA | | | 96 | M20/294 | (M)581 | 00:32:20 | 00:31:12 | 9.62 |
| 755 | 507 | BACHORZ Iwo | WARSZAWA | | | 94 | M20/295 | (M)582 | 00:32:21 | 00:31:19 | 9.58 |
| 756 | 275 | SYSIK Piotr | WARSZAWA | | | 79 | M30/172 | (M)583 | 00:32:21 | 00:32:00 | 9.38 |
| 757 | 506 | ŚLEZIAK Kacper | TARNOWSKIE GÓRY | | | 94 | M20/296 | (M)584 | 00:32:22 | 00:31:21 | 9.57 |
| 758 | 1042 | JAWORZ DUTKA ELŻBIETA | WARSZAWA | | | 83 | K20/85 | (K)174 | 00:32:23 | 00:31:03 | 9.66 |
| 759 | 3956 | NEWELSKA Katarzyna | WARSZAWA | | | 75 | K30/72 | (K)175 | 00:32:24 | 00:30:46 | 9.75 |
| 760 | 1199 | ZBUDNIEWEK Grażyna | ŁÓDŹ | | | 54 | K50/8 | (K)176 | 00:32:25 | 00:30:37 | 9.80 |
| 761 | 1200 | ZBUDNIEWEK Roman | ŁÓDŹ | | | 52 | M50/38 | (M)585 | 00:32:25 | 00:30:37 | 9.80 |
| 762 | 3119 | BORUCH Tomasz | WARSZAWA | | | 75 | M30/173 | (M)586 | 00:32:26 | 00:31:03 | 9.66 |
| 763 | 910 | SZULIM Marek | WARSZAWA | | | 74 | M30/174 | (M)587 | 00:32:26 | 00:31:31 | 9.52 |
| 764 | 1295 | KULS Monika | WARSZAWA | | | 87 | K20/86 | (K)177 | 00:32:27 | 00:30:58 | 9.69 |
| 765 | 1350 | PISZCZEK Jakub | WARSZAWA | | | 85 | M20/297 | (M)588 | 00:32:27 | 00:30:59 | 9.68 |
| 766 | 235 | ZAWADZKA Marta | WARSZAWA | | | 77 | K30/73 | (K)178 | 00:32:28 | 00:30:36 | 9.80 |
| 767 | 1166 | ŚWIĄTKOWSKA Beata | WARSZAWA | | | 81 | K20/87 | (K)179 | 00:32:28 | 00:30:45 | 9.76 |
| 768 | 234 | ZAWADZKI Andrzej | WARSZAWA | | | 78 | M30/175 | (M)589 | 00:32:29 | 00:30:36 | 9.80 |
| 769 | 348 | SPLITT Anna | ŁĘBORK | | | 83 | K20/88 | (K)180 | 00:32:29 | 00:30:06 | 9.97 |
| 770 | 1214 | BARTULSKA Karolina | WARSZAWA | | | 81 | K20/89 | (K)181 | 00:32:29 | 00:31:12 | 9.62 |
| 771 | 356 | PASZTALENIC GRZEGORZ | WARSZAWA | | | 74 | M30/176 | (M)590 | 00:32:29 | 00:29:42 | 10.10 |
| 772 | 1098 | NOWOSAD Olga | HRUBIESZÓW | | | 87 | K20/90 | (K)182 | 00:32:29 | 00:31:48 | 9.43 |
| 773 | 982 | BOBRYK Karolina | WARSZAWA | | | 84 | K20/91 | (K)183 | 00:32:30 | 00:29:48 | 10.07 |
| 774 | 1101 | OLSZEWSKI Paweł | WARSZAWA | | | 87 | M20/298 | (M)591 | 00:32:30 | 00:29:48 | 10.07 |
| 775 | 362 | MAZURKIEWICZ Michał | WARSZAWA | | | 85 | M20/299 | (M)592 | 00:32:30 | 00:31:18 | 9.58 |
| 776 | 231 | STELMACH Edyta | WOLA SUFCZYŃSKA | | | 85 | K20/92 | (K)184 | 00:32:31 | 00:31:47 | 9.44 |
| 777 | 1149 | STRASZAK Mateusz | OLKUSZ | | | 94 | M20/300 | (M)593 | 00:32:32 | 00:31:07 | 9.64 |
| 778 | 241 | GÓRALSKA Ewa | WARSZAWA | | | 68 | K40/9 | (K)185 | 00:32:32 | 00:30:35 | 9.81 |
| 779 | 372 | DOBROWOLSKA Agnieszka | WARSZAWA | | | 81 | K20/93 | (K)186 | 00:32:33 | 00:30:40 | 9.78 |
| 780 | 306 | WOŹNIAK Angelika | WARSZAWA | | | 83 | K20/94 | (K)187 | 00:32:34 | 00:29:59 | 10.01 |
| 781 | 967 | POJASEK Karolina | WARSZAWA | | | 81 | K20/95 | (K)188 | 00:32:35 | 00:30:15 | 9.92 |
| 782 | 1437 | RUCIŃSKI Rafał | WARSZAWA | | | 77 | M30/177 | (M)594 | 00:32:35 | 00:31:05 | 9.65 |
| 783 | 228 | STAWICKA JADWIGA | KONSTANCIN | | PARK ZDROJOWY KONSTANCIN | 52 | K50/9 | (K)189 | 00:32:37 | 00:29:49 | 10.06 |
| 784 | 3129 | SZELACHOWSKI Wojciech | WARSZAWA | | | 79 | M30/178 | (M)595 | 00:32:37 | 00:30:32 | 9.83 |
| 785 | 936 | PIEKARSKI Tomasz | WARSZAWA | | | 73 | M30/179 | (M)596 | 00:32:39 | 00:31:47 | 9.44 |
| 786 | 937 | KOPIJA-PIEKARSKA Monika | WARSZAWA | | | 79 | K30/74 | (K)190 | 00:32:39 | 00:31:47 | 9.44 |
| 787 | 890 | KOWALCZYK Marlena | WARSZAWA | | | 85 | K20/96 | (K)191 | 00:32:40 | 00:30:18 | 9.90 |
| 788 | 891 | KAMIŃSKI Paweł | WARSZAWA | | | 88 | M20/301 | (M)597 | 00:32:40 | 00:30:18 | 9.90 |
| 789 | 786 | ADAMOWICZ Tomasz | WARSZAWA | | | 68 | M40/60 | (M)598 | 00:32:40 | 00:30:12 | 9.93 |
| 790 | 267 | ADAMCZYK Anna | BORZĘCIN DUŻY | | | 87 | K20/97 | (K)192 | 00:32:42 | 00:31:11 | 9.62 |
| 791 | 403 | BIERNAT Dorota | ŁÓDŹ | | DMMM TEAM | 62 | K40/10 | (K)193 | 00:32:42 | 00:31:24 | 9.55 |
| 792 | 224 | KRAWCZYŃSKI JACEK | RADZIEJOWICE-SŁABOMI | | | 47 | M60/7 | (M)599 | 00:32:42 | 00:30:51 | 9.72 |
| 793 | 918 | ZAWADZKI Sebastian | WARSZAWA | | | 84 | M20/302 | (M)600 | 00:32:43 | 00:30:10 | 9.94 |
| 794 | 1146 | SPADLO Andrzej | MŁOKICIE | | | 60 | M50/39 | (M)601 | 00:32:43 | 00:30:18 | 9.90 |
| 795 | 4956 | ŁAZOWSKA Joanna | WARSZAWA | | | 80 | K30/75 | (K)194 | 00:32:44 | 00:31:48 | 9.43 |
| 796 | 787 | ADAMOWICZ Hanna | WARSZAWA | | | 77 | K30/76 | (K)195 | 00:32:44 | 00:30:17 | 9.91 |
| 797 | 914 | KAWAŁKOWSKI Krzysztof | WARSZAWA | | | 66 | M40/61 | (M)602 | 00:32:44 | 00:32:04 | 9.36 |
| 798 | 644 | TATARYNOWICZ Marta | WARSZAWA | | | 84 | K20/98 | (K)196 | 00:32:45 | 00:31:33 | 9.51 |
| 799 | 798 | GRZESIK Witold | WARSZAWA | | | 61 | M40/62 | (M)603 | 00:32:46 | 00:30:31 | 9.83 |
| 800 | 1479 | POCIEJ Katarzyna | PŁOCK | | | 85 | K20/99 | (K)197 | 00:32:46 | 00:30:03 | 9.98 |
| 801 | 1135 | SIDOROWICZ Natalia | WROCLAW | | | 84 | K20/100 | (K)198 | 00:32:47 | 00:30:34 | 9.81 |

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat | Drużyna Team | R-k YoB | W kategorii in Age Group | Grupy Sex | Wynik Time | Wynik Netto | [km/h] |
|---------------------|---------------|-----------------------------|-------------------------|-----------------|--|----------------|---------------------------------|------------------|-------------------|--------------------|---------------|
| 802 | 4910 | MINASIEWICZ Ewa | PULTUSK | | | 69 | K40/11 | (K)199 | 00:32:47 | 00:31:34 | 9.50 |
| 803 | 4913 | MINASIEWICZ Tomasz | KARNIEWO | | | 70 | M40/63 | (M)604 | 00:32:47 | 00:31:34 | 9.50 |
| 804 | 744 | DEMBIŃSKA Barbara | WARSZAWA | | | 86 | K20/101 | (K)200 | 00:32:47 | 00:30:37 | 9.80 |
| 805 | 1040 | JARMIŃSKI Hubert | WARSZAWA | | | 68 | M40/64 | (M)605 | 00:32:47 | 00:31:33 | 9.51 |
| 806 | 625 | KURDEJ Monika | JÓZEFÓW | | | 78 | K30/77 | (K)201 | 00:32:48 | 00:30:05 | 9.97 |
| 807 | 1075 | LIS Magdalena | WARSZAWA | | | 76 | K30/78 | (K)202 | 00:32:48 | 00:31:35 | 9.50 |
| 808 | 983 | BOGDANOWICZ Piotr | WARSZAWA | | | 81 | M20/303 | (M)606 | 00:32:49 | 00:30:27 | 9.85 |
| 809 | 452 | KĘPCZYŃSK Janusz | OŻARÓW MAZOWIECKI | | | 49 | M60/8 | (M)607 | 00:32:49 | 00:30:45 | 9.76 |
| 810 | 1182 | WILCZYŃSKA Julia | WARSZAWA | | KLUB MARUDY | 82 | K20/102 | (K)203 | 00:32:49 | 00:30:27 | 9.85 |
| 811 | 4115 | SZAFRAN Sebastian | JÓZEFOSŁAW | | | 74 | M30/180 | (M)608 | 00:32:50 | 00:30:43 | 9.77 |
| 812 | 2725 | MACIOLEK Paweł | SIEDLCE | | KSS EKONOMIK SIEDLCE | 91 | M20/304 | (M)609 | 00:32:50 | 00:30:34 | 9.81 |
| 813 | 107 | GRANAT Bogusław | WARSZAWA | | A1POL-WARSZAWA | 32 | M70/4 | (M)610 | 00:32:52 | 00:30:52 | 9.72 |
| 814 | 1116 | PILAREK Monika | WARSZAWA | | | 76 | K30/79 | (K)204 | 00:32:53 | 00:30:23 | 9.87 |
| 815 | 917 | JUNG Jakub | WARSZAWA | | BRAK | 85 | M20/305 | (M)611 | 00:32:53 | 00:30:47 | 9.75 |
| 816 | 3270 | SKARPETOWSKI Michele | UNTERSIGGENTHAL | | | 85 | K20/103 | (K)205 | 00:32:54 | 00:32:14 | 9.31 |
| | | Katarzyna | | | | | | | | | |
| 817 | 1128 | RUBINOWSKA-AUGUŚCIK Dorota | MYSIADŁO | | SZALONE MYSZY | 70 | K40/12 | (K)206 | 00:32:54 | 00:30:55 | 9.70 |
| 818 | 3831 | KIN LEWIS Joanna | WARSZAWA | | WARSZAWA | 69 | K40/13 | (K)207 | 00:32:56 | 00:32:35 | 9.21 |
| 819 | 1171 | ULOWSKI Bartek | ŁÓDŹ | | FAN-RUN TEAM | 98 | M20/306 | (M)612 | 00:32:57 | 00:31:08 | 9.64 |
| 820 | 766 | KUNIKOWSKA Elżbieta | WARSZAWA | | | 80 | K30/80 | (K)208 | 00:32:57 | 00:30:34 | 9.81 |
| 821 | 668 | KOKOSZKA MARCIN | MAŁKINIA GÓRNA | | | 78 | M30/181 | (M)613 | 00:32:57 | 00:30:48 | 9.74 |
| 822 | 647 | GOWOREK Jarosław | WARSZAWA | | | 74 | M30/182 | (M)614 | 00:32:58 | 00:30:51 | 9.72 |
| 823 | 1096 | NOGAL Paweł | GÓRA KALWARIA | | | 82 | M20/307 | (M)615 | 00:32:59 | 00:30:37 | 9.80 |
| 824 | 428 | CHRZANOWSKA Małgorzata | WARSZAWA | | | 69 | K40/14 | (K)209 | 00:32:59 | 00:32:09 | 9.33 |
| 825 | 130 | DZIWULSKA Marta | | | | 10 | | (K)210 | 00:33:00 | 00:31:26 | 9.54 |
| 826 | 349 | SŁYSZ Borys | KONSTANCIN-JEZIORNA | | | 77 | M30/183 | (M)616 | 00:33:00 | 00:30:37 | 9.80 |
| 827 | 907 | ALEKSANDROWICZ Julita | ZĄBKI | | | 79 | K30/81 | (K)211 | 00:33:01 | 00:31:17 | 9.59 |
| 828 | 508 | ŻOCHOWSKA Dominika | SOKOŁÓW PODLASKI | | | 86 | K20/104 | (K)212 | 00:33:02 | 00:31:12 | 9.62 |
| 829 | 836 | SYTA Małgorzata | WARSZAWA | | | 76 | K30/82 | (K)213 | 00:33:02 | 00:31:23 | 9.56 |
| 830 | 585 | GRUSZCZYŃSKI Marek | WARSZAWA | | | 48 | M60/9 | (M)617 | 00:33:04 | 00:32:02 | 9.37 |
| 831 | 974 | BAŃDO Iwona | KRAKÓW | | BAŃDO TEAM | 81 | K20/105 | (K)214 | 00:33:07 | 00:32:17 | 9.29 |
| 832 | 973 | BAŃDO Sebastian | KRAKÓW | | | 80 | M30/184 | (M)618 | 00:33:07 | 00:32:18 | 9.29 |
| 833 | 694 | KARPIŃSKI Jacek | ZĄBKI | | BRAK | 88 | M20/308 | (M)619 | 00:33:07 | 00:30:24 | 9.87 |
| 834 | 691 | DANIELEWSKI Kamil | ZĄBKI | | | 86 | M20/309 | (M)620 | 00:33:08 | 00:30:26 | 9.86 |
| 835 | 1486 | SHIMOKAWA Yumi | WARSZAWA | | | 74 | M30/185 | (M)621 | 00:33:08 | 00:32:02 | 9.37 |
| 836 | 686 | ORŁOWSKI Bartosz | ZĄBKI | | | 88 | M20/310 | (M)622 | 00:33:08 | 00:30:25 | 9.86 |
| 837 | 509 | KOLENIEC Judyta | WARSZAWA | | | 86 | K20/106 | (K)215 | 00:33:09 | 00:31:19 | 9.58 |
| 838 | 510 | MARSZALEK Dorota | WARSZAWA | | | 86 | K20/107 | (K)216 | 00:33:09 | 00:31:19 | 9.58 |
| 839 | 2087 | TRAWIŃSKI Michał | | | | 10 | | (M)623 | 00:33:13 | 00:30:41 | 9.78 |
| 840 | 886 | WOJCIECHOWSKA Magdalena | WARSZAWA | | | 90 | K20/108 | (K)217 | 00:33:14 | 00:31:56 | 9.39 |
| 841 | 206 | GAJ Artur | WARSZAWA | | | 78 | M30/186 | (M)624 | 00:33:15 | 00:31:10 | 9.63 |
| 842 | 1442 | RUTKOWSKA Elżbieta | WARSZAWA | | | 71 | K30/83 | (K)218 | 00:33:15 | 00:30:32 | 9.83 |
| 843 | 857 | LUCKIEWICZ Emilia | WARSZAWA | | | 80 | K30/84 | (K)219 | 00:33:16 | 00:31:57 | 9.39 |
| 844 | 1162 | SZYCIK Swietłana | GRAJEWO | | MARATONKA GRAJEWO | 71 | K30/85 | (K)220 | 00:33:17 | 00:32:36 | 9.20 |
| 845 | 1079 | MACHTYLSKA Aleksandra | WROCLAW | | WKB PIAST | 83 | K20/109 | (K)221 | 00:33:19 | 00:30:33 | 9.82 |
| 846 | 1152 | STUSIŃSKA Karolina | SIEDLCE | | KSS EKONOMIK SIEDLCE | 93 | K20/110 | (K)222 | 00:33:19 | 00:31:03 | 9.66 |
| 847 | 1202 | ZUBRZYCKA Agnieszka | WARSZAWA | | | 76 | K30/86 | (K)223 | 00:33:22 | 00:33:20 | 9.00 |
| 848 | 815 | BANACHOWICZ PRZEMEK | WARSZAWA | | MAZOWIECKA JEDNOSTKA WDRAŻANIA PROGRAMÓW | 79 | M30/187 | (M)625 | 00:33:22 | 00:31:48 | 9.43 |
| 849 | 2827 | OLEJNICKA Anna | WARSZAWA | | THE ROYAL OF SCOTLAND | 74 | K30/87 | (K)224 | 00:33:22 | 00:30:48 | 9.74 |
| 850 | 220 | OTTO Zdzisława | WARSZAWA | | | 47 | K60/1 | (K)225 | 00:33:24 | 00:32:27 | 9.24 |
| 851 | 4938 | BARECKI włodzimierz | WARSZAWA | | | 56 | M50/40 | (M)626 | 00:33:24 | 00:30:45 | 9.76 |
| 852 | 1033 | GYRIA Olga | WARSZAWA | | ACCELERATE | 81 | K20/111 | (K)226 | 00:33:24 | 00:31:19 | 9.58 |
| 853 | 1043 | JELOWICKI Krzysztof | WARSZAWA | | | 73 | M30/188 | (M)627 | 00:33:25 | 00:31:36 | 9.49 |
| 854 | 336 | USZYŃSKI Daniel | WARSZAWA | | | 80 | M30/189 | (M)628 | 00:33:25 | 00:31:34 | 9.50 |
| 855 | 2221 | MUSOLF Maciej | WARSZAWA | | | 85 | M20/311 | (M)629 | 00:33:25 | 00:31:23 | 9.56 |
| 856 | 527 | ŁABĘDŹ Piotr | WARSZAWA | | | 85 | M20/312 | (M)630 | 00:33:26 | 00:32:01 | 9.37 |
| 857 | 395 | NIEDŹWIEDZKA Joanna | WARSZAWA | | | 58 | K50/10 | (K)227 | 00:33:26 | 00:32:49 | 9.14 |
| 858 | 421 | KERNER katarzyna | WARSZAWA | | | 94 | K20/112 | (K)228 | 00:33:27 | 00:31:44 | 9.45 |

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat | Drużyna Team | R-k YoB | W kategorii in Age | Grupy Group | Sex | Wynik Time | Wynik Netto | [km/h] |
|---------------------|---------------|-----------------------------|-------------------------|-----------------|----------------------|----------------|---------------------------|--------------------|------------|-------------------|--------------------|---------------|
| 859 | 555 | CZERWIŃSKA Klaudia | WARSZAWA | | | 94 | K20/113 | (K)229 | | 00:33:27 | 00:32:48 | 9.15 |
| 860 | 259 | BAJKO Justyna | WARSZAWA | | | 80 | K30/88 | (K)230 | | 00:33:28 | 00:30:48 | 9.74 |
| 861 | 3186 | PIKULSKI Paweł | WARSZAWA | | | 81 | M20/313 | (M)631 | | 00:33:28 | 00:31:27 | 9.54 |
| 862 | 547 | KIRYLUK Katarzyna | WARSZAWA | | | 74 | K30/89 | (K)231 | | 00:33:30 | 00:31:16 | 9.59 |
| 863 | 990 | BRZEZINA Ewa | SOCHACZEW | | KM AKTYWNI SOCHACZEW | 61 | K40/15 | (K)232 | | 00:33:31 | 00:32:43 | 9.17 |
| 864 | 768 | JANICKA Marta | WARSZAWA | | FANKLUB MISIAKA | 81 | K20/114 | (K)233 | | 00:33:32 | 00:30:50 | 9.73 |
| 865 | 1030 | GRUCELSKA-ZENC Justyna | WARSZAWA | | | 78 | K30/90 | (K)234 | | 00:33:33 | 00:32:10 | 9.33 |
| 866 | 843 | DEMIANIUK Beata | MIŃSK MAZOWIECKI | | | 72 | K30/91 | (K)235 | | 00:33:34 | 00:32:03 | 9.36 |
| 867 | 841 | WÓJCICKA Elżbieta | MIŃSK MAZOWIECKI | | | 64 | K40/16 | (K)236 | | 00:33:34 | 00:32:03 | 9.36 |
| 868 | 3803 | JARZYŃKA DOMINIK | LUBLIN | | NIEZRZESZONY | 94 | M20/314 | (M)632 | | 00:33:37 | 00:31:49 | 9.43 |
| 869 | 2777 | MATULANIEC Elżbieta | WARSZAWA | | DAMY RADE | 56 | K50/11 | (K)237 | | 00:33:39 | 00:32:23 | 9.26 |
| 870 | 1136 | SIDOROWICZ Ryszard | CZĘSTOCHOWA | | | 54 | M50/41 | (M)633 | | 00:33:40 | 00:31:27 | 9.54 |
| 871 | 939 | KLIŚ Agnieszka | WARSZAWA | | | 78 | K30/92 | (K)238 | | 00:33:41 | 00:32:43 | 9.17 |
| 872 | 895 | KOJRO Krzysztof | WARSZAWA | | ZWIĄZKOWIEC | 49 | M60/10 | (M)634 | | 00:33:42 | 00:31:02 | 9.67 |
| 873 | 1490 | MACIURA Anna | WARSZAWA | | | 79 | K30/93 | (K)239 | | 00:33:42 | 00:32:04 | 9.36 |
| 874 | 1491 | MACIURA Sławomir | WARSZAWA | | | 74 | M30/190 | (M)635 | | 00:33:42 | 00:32:04 | 9.36 |
| 875 | 700 | OMSZAŃSKI Marek | WARSZAWA | | | 81 | M20/315 | (M)636 | | 00:33:43 | 00:32:24 | 9.26 |
| 876 | 915 | HERNIK Jacek | WARSZAWA | | | 59 | M50/42 | (M)637 | | 00:33:43 | 00:31:28 | 9.53 |
| 877 | 3329 | KURPIŃSKA Izabela | WARSZAWA | | | 83 | K20/115 | (K)240 | | 00:33:44 | 00:31:29 | 9.53 |
| 878 | 540 | KONARZEWSKI Jan | LEGIONOWO | | | 96 | M20/316 | (M)638 | | 00:33:45 | 00:33:30 | 8.96 |
| 879 | 816 | BANACHOWICZ IWONA | WARSZAWA | | | 76 | K30/94 | (K)241 | | 00:33:47 | 00:32:14 | 9.31 |
| 880 | 854 | KOWALCZYK Dominika | WARSZAWA | | | 80 | K30/95 | (K)242 | | 00:33:48 | 00:32:25 | 9.25 |
| 881 | 221 | KŁOSOWSKI Dominik | WARSZAWA | | | 80 | M30/191 | (M)639 | | 00:33:51 | 00:31:17 | 9.59 |
| 882 | 373 | MANANDRAH Michał | WARSZAWA | | | 80 | M30/192 | (M)640 | | 00:33:52 | 00:32:00 | 9.38 |
| 883 | 789 | FUDALA Renata | WARSZAWA | | | 79 | K30/96 | (K)243 | | 00:33:53 | 00:31:24 | 9.55 |
| 884 | 975 | BAR Katarzyna | WARSZAWA | | | 72 | K30/97 | (K)244 | | 00:33:54 | 00:33:19 | 9.00 |
| 885 | 731 | MIRECKI Tomasz | WARSZAWA | | | 71 | M30/193 | (M)641 | | 00:33:55 | 00:31:19 | 9.58 |
| 886 | 782 | SZUMNIAK Alicja | WARSZAWA | | | 92 | K20/116 | (K)245 | | 00:33:59 | 00:31:33 | 9.51 |
| 887 | 1176 | WERAKSA Katarzyna | WARSZAWA | | | 83 | K20/117 | (K)246 | | 00:34:00 | 00:31:49 | 9.43 |
| 888 | 720 | BARTNIK Marzena | WARSZAWA | | | 92 | K20/118 | (K)247 | | 00:34:01 | 00:33:34 | 8.94 |
| 889 | 721 | BARTNIK Joanna | WARSZAWA | | | 89 | K20/119 | (K)248 | | 00:34:01 | 00:33:35 | 8.93 |
| 890 | 1005 | DOLIŃSKI Tadeusz | WARSZAWA | | AMATOR | 58 | M50/43 | (M)642 | | 00:34:05 | 00:31:27 | 9.54 |
| 891 | 136 | KOSSON Danuta | WARSZAWA | | CROSS WARSZAWA | 50 | K60/2 | (K)249 | | 00:34:05 | 00:32:47 | 9.15 |
| 892 | 212 | FASZCZEWSKA Aleksandra | WARSZAWA | | ABC KONDYCJA | 96 | K20/120 | (K)250 | | 00:34:07 | 00:32:05 | 9.35 |
| 893 | 3417 | KOSICKA-GRABOWSKA Agnieszka | WARSZAWA | | | 72 | K30/98 | (K)251 | | 00:34:08 | 00:32:58 | 9.10 |
| 894 | 326 | DULKO Bożena | WARSZAWA | | | 74 | K30/99 | (K)252 | | 00:34:08 | 00:31:49 | 9.43 |
| 895 | 640 | KOPYŚ Jerzy | WARSZAWA | | | 58 | M50/44 | (M)643 | | 00:34:08 | 00:31:49 | 9.43 |
| 896 | 819 | MAJEWSKI Michał | WORNÓWK | | | 72 | M30/194 | (M)644 | | 00:34:09 | 00:31:50 | 9.42 |
| 897 | 482 | BUDNIK Magda | CZOSNÓW | | | 92 | K20/121 | (K)253 | | 00:34:09 | 00:32:04 | 9.36 |
| 898 | 329 | KUPIEC Robert | WARSZAWA | | | 72 | M30/195 | (M)645 | | 00:34:09 | 00:31:50 | 9.42 |
| 899 | 742 | DZIWANI Magdalena | WARSZAWA | | | 92 | K20/122 | (K)254 | | 00:34:10 | 00:33:13 | 9.03 |
| 900 | 633 | CELIŃSKA Weronika | WARSZAWA | | BYLEDOBIEC ANIN | 86 | K20/123 | (K)255 | | 00:34:12 | 00:31:48 | 9.43 |
| 901 | 524 | KRÓLIKOWSKI Edward | WARSZAWA | | | 56 | M50/45 | (M)646 | | 00:34:13 | 00:31:51 | 9.42 |
| 902 | 1097 | NOWAKOWSKI Ryszard | SOCHACZEW 96500 | | KM.AKTYWNI SOCHACZEW | 46 | M60/11 | (M)647 | | 00:34:14 | 00:33:59 | 8.83 |
| 903 | 898 | PAWŁOWSKA Aleksandra | WARSZAWA | | | 97 | K20/124 | (K)256 | | 00:34:16 | 00:32:44 | 9.16 |
| 904 | 528 | KLUCZKA Marta | WARSZAWA | | | 82 | K20/125 | (K)257 | | 00:34:17 | 00:32:37 | 9.20 |
| 905 | 1361 | SERWAN Anna | WARSZAWA | | | 85 | K20/126 | (K)258 | | 00:34:17 | 00:33:11 | 9.04 |
| 906 | 892 | POTORECKA Dorota | WARSZAWA | | | 57 | K50/12 | (K)259 | | 00:34:17 | 00:32:11 | 9.32 |
| 907 | 1362 | SERWAN Izabela | LUBLIN | | | 65 | K40/17 | (K)260 | | 00:34:17 | 00:33:09 | 9.05 |
| 908 | 1271 | KASPERSKI Wojciech | WARSZAWA | | | 49 | M60/12 | (M)648 | | 00:34:18 | 00:32:32 | 9.22 |
| 909 | 1256 | GACZKOWSKA Agnieszka | WARSZAWA | | | 83 | K20/127 | (K)261 | | 00:34:19 | 00:32:33 | 9.22 |
| 910 | 378 | PAWŁOWSKI Rafał | WARSZAWA | | | 63 | M40/65 | (M)649 | | 00:34:20 | 00:33:34 | 8.94 |
| 911 | 803 | BAJER Magdalena | URSUS | | | 80 | K30/100 | (K)262 | | 00:34:21 | 00:33:41 | 8.91 |
| 912 | 876 | KANIA Krzysztof | WARSZAWA | | | 59 | M50/46 | (M)650 | | 00:34:22 | 00:31:28 | 9.53 |
| 913 | 462 | SZYMAŃSKI Antoni | ŁĄZY | | | 48 | M60/13 | (M)651 | | 00:34:23 | 00:31:37 | 9.49 |
| 914 | 3800 | JANUSZEK Paweł | LUBSZA | | | 86 | M20/317 | (M)652 | | 00:34:24 | 00:33:20 | 9.00 |
| 915 | 1478 | BERLIŃSKA Maria | ŁÓDŹ | | | 83 | K20/128 | (K)263 | | 00:34:24 | 00:33:20 | 9.00 |
| 916 | 1480 | SZEWCZYK Radosław | WARSZAWA | | | 80 | M30/196 | (M)653 | | 00:34:24 | 00:33:20 | 9.00 |

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat | Drużyna Team | R-k W kategorii Grupy YoB in Age Group Sex | Wynik Time | Wynik Netto | [km/h] |
|---------------------|---------------|-----------------------------|-------------------------|-----------------|------------------------|---|-------------------|--------------------|---------------|
| 917 | 760 | SZYMAŃSKI Artur | WARSZAWA | | | 70 M40/66 (M)654 | 00:34:25 | 00:32:45 | 9.16 |
| 918 | 2608 | GRODZKI Artur | WARSZAWA | | | 58 M50/47 (M)655 | 00:34:26 | 00:32:53 | 9.12 |
| 919 | 3614 | SZCZEPANOWSKI Mikołaj | MARKI | | | 89 M20/318 (M)656 | 00:34:27 | 00:31:58 | 9.38 |
| 920 | 4955 | DĄBROWSKA Agnieszka | PIASECZNO | | | 72 K30/101 (K)264 | 00:34:28 | 00:31:39 | 9.48 |
| 921 | 2059 | URBAŚ Marcin | WARSZAWA | | | 10 (M)657 | 00:34:29 | 00:34:27 | 8.71 |
| 922 | 388 | JAMROZIAK Aleksandra | WARSZAWA | | | 91 K20/129 (K)265 | 00:34:29 | 00:33:31 | 8.95 |
| 923 | 1497 | KOWALCZYK anna | KRUPIA WÓŁKA | | | 76 M30/197 (M)658 | 00:34:30 | 00:34:02 | 8.81 |
| 924 | 288 | ZIELIŃSKI Mirosław | WARSZAWA | | | 53 M50/48 (M)659 | 00:34:31 | 00:34:10 | 8.78 |
| 925 | 377 | ROSLAN Małgorzata | WARSZAWA | | | 64 K40/18 (K)266 | 00:34:31 | 00:33:46 | 8.88 |
| 926 | 1230 | CHYCZEWSKI Bartosz | WARSZAWA | | | 75 M30/198 (M)660 | 00:34:31 | 00:32:33 | 9.22 |
| 927 | 1470 | CHYCZEWSKA Marzena | WARSZAWA | | | 75 K30/102 (K)267 | 00:34:31 | 00:32:34 | 9.21 |
| 928 | 855 | ŁĘCKA Małgorzata | WARSZAWA | | | 86 K20/130 (K)268 | 00:34:31 | 00:33:43 | 8.90 |
| 929 | 856 | WARCHOŁ Łukasz | WARSZAWA | | WSR POLSKATER | 82 M20/319 (M)661 | 00:34:32 | 00:33:44 | 8.89 |
| 930 | 905 | JASIŃSKA-PIWKO Izabela | WARSZAWA | | BIEGAM BO LUBIE | 81 K20/131 (K)269 | 00:34:32 | 00:33:20 | 9.00 |
| 931 | 111 | BUCHOLC JERZY | WARSZAWA | | GYMNASION | 33 M70/5 (M)662 | 00:34:34 | 00:31:48 | 9.43 |
| 932 | 299 | GRAJEWSKI Stefan | WARSZAWA | | | 79 M30/199 (M)663 | 00:34:36 | 00:32:36 | 9.20 |
| 933 | 708 | SMUTKIEWICZ Bartłomiej | LEGIONOWO | | | 77 M30/200 (M)664 | 00:34:37 | 00:32:26 | 9.25 |
| 934 | 719 | BARTNIK Justyna | WARSZAWA | | | 87 K20/132 (K)270 | 00:34:39 | 00:34:12 | 8.77 |
| 935 | 1028 | GROMULSKI Bartosz | OLEKSIN | | | 82 M20/320 (M)665 | 00:34:39 | 00:32:34 | 9.21 |
| 936 | 3986 | PALASA Ieva | WARSZAWA | | PARK ZNICZA | 79 K30/103 (K)271 | 00:34:39 | 00:32:23 | 9.26 |
| 937 | 1080 | MAKOCKA JOANNA | WARSZAWA | | | 83 K20/133 (K)272 | 00:34:41 | 00:33:05 | 9.07 |
| 938 | 840 | MACIASZEK Tomasz | WARSZAWA | | | 83 M20/321 (M)666 | 00:34:42 | 00:34:31 | 8.69 |
| 939 | 963 | TOMANEK Andrzej | WARSZAWA | | | 52 M50/49 (M)667 | 00:34:43 | 00:34:16 | 8.75 |
| 940 | 627 | KRASZEWSKA Majka | WŁOCŁAWEK | | | 91 K20/134 (K)273 | 00:34:43 | 00:32:18 | 9.29 |
| 941 | 327 | JASIŃSKI Karol | WARSZAWA | | | 81 M20/322 (M)668 | 00:34:44 | 00:32:22 | 9.27 |
| 942 | 2993 | KRASZEWSKA Dorota | WŁOCŁAWEK | | | 67 K40/19 (K)274 | 00:34:44 | 00:34:17 | 8.75 |
| 943 | 842 | FLORIAŃCZYK Laura | WARSZAWA | | | 91 K20/135 (K)275 | 00:34:45 | 00:34:34 | 8.68 |
| 944 | 643 | MATEJEWSKI Mieczysław | WARSZAWA | | | 42 M60/14 (M)669 | 00:34:45 | 00:34:00 | 8.82 |
| 945 | 407 | ZAWADZKI Tomasz | WARSZAWA | | | 64 M40/67 (M)670 | 00:34:45 | 00:32:54 | 9.12 |
| 946 | 1061 | KRUPIŃSKA Jowita | NAKŁO NAD NOTECIĄ | | | 91 K20/136 (K)276 | 00:34:46 | 00:33:52 | 8.86 |
| 947 | 864 | BOŹEK Rafał | WARSZAWA | | | 63 M40/68 (M)671 | 00:34:47 | 00:33:07 | 9.06 |
| 948 | 799 | SOLTYSIAK Monika | WARSZAWA | | | 83 K20/137 (K)277 | 00:34:50 | 00:34:38 | 8.66 |
| 949 | 538 | ZATORSKA Joanna | WARSZAWA | | | 79 K30/104 (K)278 | 00:34:51 | 00:33:53 | 8.85 |
| 950 | 867 | GROMIEC Michał | WARSZAWA | | | 82 M20/323 (M)672 | 00:34:53 | 00:32:11 | 9.32 |
| 951 | 223 | KRAWCZYŃSKA Tina | RADZIEJOWICE | | | 76 K30/105 (K)279 | 00:34:53 | 00:33:04 | 9.07 |
| 952 | 956 | ŻABA Maciej | WARSZAWA | | | 74 M30/201 (M)673 | 00:34:53 | 00:32:07 | 9.34 |
| 953 | 280 | GALLEWICZ Teresa | WARSZAWA | | | 79 K30/106 (K)280 | 00:34:54 | 00:32:46 | 9.16 |
| 954 | 1249 | DYMEK Marian | ŁOWICZ | | META LUBLINIEC | 46 M60/15 (M)674 | 00:34:56 | 00:33:34 | 8.94 |
| 955 | 1023 | GOCH Katarzyna | SOCHACZEW | | KM AKTYWNI SOCHACZEW | 87 K20/138 (K)281 | 00:34:57 | 00:34:20 | 8.74 |
| 956 | 707 | SMUTKIEWICZ Iwona | LEGIONOWO | | | 76 K30/107 (K)282 | 00:34:58 | 00:32:48 | 9.15 |
| 957 | 1181 | WIĘCŁAWEK Przemysław | GRÓJEC | | | 81 M20/324 (M)675 | 00:34:59 | 00:31:57 | 9.39 |
| 958 | 1234 | CIEŚLUK Małgorzata | WARSZAWA | | CROSS WARSZAWA | 63 K40/20 (K)283 | 00:35:00 | 00:34:34 | 8.68 |
| 959 | 599 | SZYMAŃSKI Mirosław | WARSZAWA | | KB GYMNASION WARSZAWA | 74 M30/202 (M)676 | 00:35:00 | 00:33:03 | 9.08 |
| 960 | 565 | GALEWICZ Anna | WARSZAWA | | THE ROYAL OF SCOTLAND | 77 K30/108 (K)284 | 00:35:03 | 00:33:58 | 8.83 |
| 961 | 331 | WRÓBLEWSKI Jarosław | WARSZAWA | | | 71 M30/203 (M)677 | 00:35:03 | 00:33:52 | 8.86 |
| 962 | 954 | PARYS Aleksandra | WARSZAWA | | | 76 K30/109 (K)285 | 00:35:04 | 00:33:23 | 8.99 |
| 963 | 2870 | KOŁOSIŃSKA Małgorzata | GÓRA KALWARIA | | UKS OSIR GÓRA KALWARIA | 92 K20/139 (K)286 | 00:35:04 | 00:33:44 | 8.89 |
| 964 | 769 | CZARNECKA Ilona | ŁOMIANKI | | ŁOMIANKI | 74 K30/110 (K)287 | 00:35:06 | 00:32:09 | 9.33 |
| 965 | 480 | ŚWISTAK Joanna | OTRĘBUSY | | | 85 K20/140 (K)288 | 00:35:07 | 00:32:43 | 9.17 |
| 966 | 242 | KROCHMAL Małgorzata | WARSZAWA | | KU AZS WAT WARSZAWA | 58 K50/13 (K)289 | 00:35:08 | 00:33:18 | 9.01 |
| 967 | 498 | HORDYJ - LEPLÉ Joanna | OPACZ KOLONIA | | | 73 K30/111 (K)290 | 00:35:08 | 00:32:56 | 9.11 |
| 968 | 986 | BOLIMOWSKA Olga | TERESIN | | NIE | 98 K20/141 (K)291 | 00:35:08 | 00:34:10 | 8.78 |
| 969 | 987 | BOLIMOWSKI Ryszard | TERESIN | | BRĄK | 65 M40/69 (M)678 | 00:35:09 | 00:34:11 | 8.78 |
| 970 | 631 | BELŻECKI Michał | WARSZAWA | | | 98 M20/325 (M)679 | 00:35:09 | 00:32:53 | 9.12 |
| 971 | 740 | JĘDRZEJOWSKI Antoni | WARSZAWA | | | 70 M40/70 (M)680 | 00:35:13 | 00:32:37 | 9.20 |
| 972 | 587 | SADKOWSKA Dorota | TYCHY | | | 81 K20/142 (K)292 | 00:35:13 | 00:33:53 | 8.85 |
| 973 | 865 | MAKOWSKA Katarzyna | WARSZAWA | | | 64 K40/21 (K)293 | 00:35:13 | 00:33:32 | 8.95 |
| 974 | 1039 | JANCIK Iwona | WARSZAWA | | UKS GEPARD | 80 K30/112 (K)294 | 00:35:16 | 00:33:04 | 9.07 |

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat | Drużyna Team | R-k YoB | W kategorii in Age | Grupy Group | Sex | Wynik Time | Wynik Netto | [km/h] |
|---------------------|---------------|------------------------------|-------------------------|-----------------|--------------------------|----------------|---------------------------|--------------------|------------|-------------------|--------------------|---------------|
| 975 | 1038 | JANCIK Mariusz | WARSZAWA | | UKS GEPARD | 80 | M30/204 | (M)681 | | 00:35:16 | 00:33:05 | 9.07 |
| 976 | 2359 | STRZEMIECZNY Piotr | PŁOŃSK | | | 83 | M20/326 | (M)682 | | 00:35:17 | 00:33:20 | 9.00 |
| 977 | 2360 | JAKUBOWSKA Dorota | PŁOŃSK | | | 85 | K20/143 | (K)295 | | 00:35:17 | 00:33:20 | 9.00 |
| 978 | 1599 | ZIELIŃSKI Marcin | WARSZAWA | | | 71 | M30/205 | (M)683 | | 00:35:17 | 00:32:25 | 9.25 |
| 979 | 2057 | ZAWODNIK DO UZUP | | | | | | (M)684 | | 00:35:17 | 00:31:41 | 9.47 |
| 980 | 1109 | PAWŁOWSKA AGNIESZKA | WARSZAWA | | | 66 | K40/22 | (K)296 | | 00:35:18 | 00:33:46 | 8.88 |
| 981 | 437 | BIELECKA Karolina | SIEDLCE | | | 84 | K20/144 | (K)297 | | 00:35:19 | 00:32:25 | 9.25 |
| 982 | 1081 | MALICKA Bożena | ŁÓDŹ | | | 67 | K40/23 | (K)298 | | 00:35:20 | 00:35:05 | 8.55 |
| 983 | 741 | JUREWICZ-JĘDRZEJOWSKA Marta | WARSZAWA | | | 70 | K40/24 | (K)299 | | 00:35:20 | 00:32:43 | 9.17 |
| 984 | 461 | TABOR Tomasz | WARSZAWA | | | 70 | M40/71 | (M)685 | | 00:35:20 | 00:33:48 | 8.88 |
| 985 | 339 | BUTWIŁOWSKA Barbara | WARSZAWA | | | 69 | K40/25 | (K)300 | | 00:35:21 | 00:32:41 | 9.18 |
| 986 | 897 | JANOWSKI Bogdan | WARSZAWA | | | 66 | M40/72 | (M)686 | | 00:35:22 | 00:33:23 | 8.99 |
| 987 | 896 | JANOWSKI Jakub | WARSZAWA | | | 98 | M20/327 | (M)687 | | 00:35:22 | 00:33:22 | 8.99 |
| 988 | 972 | AUGUŚCIK Olga | MYSIADŁO | | SZALONE MYSZY | 91 | K20/145 | (K)301 | | 00:35:23 | 00:33:25 | 8.98 |
| 989 | 661 | MASŁOWSKA Martyna | LIDZBARK | | | 93 | K20/146 | (K)302 | | 00:35:23 | 00:34:03 | 8.81 |
| 990 | 268 | WISZNIEWSKA Izabela | WIERZBIN | | | 92 | K20/147 | (K)303 | | 00:35:25 | 00:33:52 | 8.86 |
| 991 | 347 | KASPRZAK Karolina | KARCZEW | | | 88 | K20/148 | (K)304 | | 00:35:28 | 00:34:03 | 8.81 |
| 992 | 899 | GIZIŃSKA - DZIADKOWIEC Beata | WARSZAWA | | ŻÓŁWIE | 69 | K40/26 | (K)305 | | 00:35:29 | 00:34:19 | 8.74 |
| 993 | 485 | JAGODZIŃSKI GRZEGORZ | WARSZAWA | | | 64 | M40/73 | (M)688 | | 00:35:29 | 00:35:04 | 8.56 |
| 994 | 1443 | CZAJKA Marta | WARSZAWA | | | 87 | K20/149 | (K)306 | | 00:35:29 | 00:34:10 | 8.78 |
| 995 | 371 | DOBROWOLSKA Anna | WARSZAWA | | | 79 | K30/113 | (K)307 | | 00:35:29 | 00:33:36 | 8.93 |
| 996 | 374 | DOBROWOLSKI Krzysztof | WARSZAWA | | | 51 | M50/50 | (M)689 | | 00:35:30 | 00:33:39 | 8.92 |
| 997 | 3397 | NIEMCZYK Jacek | URSUS | | | 85 | M20/328 | (M)690 | | 00:35:34 | 00:34:50 | 8.61 |
| 998 | 605 | NIEWIAROWSKA Anna | WARSZAWA | | | 73 | K30/114 | (K)308 | | 00:35:35 | 00:33:13 | 9.03 |
| 999 | 2622 | MAŁYSZ Marta | WARSZAWA | | | 76 | K30/115 | (K)309 | | 00:35:38 | 00:34:18 | 8.75 |
| 1000 | 978 | BARNAS MAREK | WARSZAWA | | | 64 | M40/74 | (M)691 | | 00:35:41 | 00:35:08 | 8.54 |
| 1001 | 977 | BARNAS PAULINA | WARSZAWA | | BRAK | 64 | K40/27 | (K)310 | | 00:35:41 | 00:35:08 | 8.54 |
| 1002 | 947 | ROSIŃSKI Cyprian | WARSZAWA | | SZK.PODST. NR63 WARSZAWA | 98 | M20/329 | (M)692 | | 00:35:47 | 00:34:20 | 8.74 |
| 1003 | 888 | TETER Agnieszka | ZAWICHOST | | | 85 | K20/150 | (K)311 | | 00:35:49 | 00:33:19 | 9.00 |
| 1004 | 889 | ŁABUDZIŃSKI Radosław | SŁUPCZA | | | 82 | M20/330 | (M)693 | | 00:35:49 | 00:33:19 | 9.00 |
| 1005 | 832 | MICHALKIEWICZ Olga | WARSZAWA | | | 75 | K30/116 | (K)312 | | 00:35:50 | 00:35:29 | 8.45 |
| 1006 | 436 | PASTUSZEK Krzysztof | RADZYMIN | | | 85 | M20/331 | (M)694 | | 00:35:51 | 00:33:30 | 8.96 |
| 1007 | 435 | LEWICKA Marta | RADZYMIN | | | 85 | K20/151 | (K)313 | | 00:35:51 | 00:33:30 | 8.96 |
| 1008 | 1169 | TOMASZEWSKA Magdalena | WARSZAWA | | MALENKAIII'S TEAM | 77 | K30/117 | (K)314 | | 00:35:52 | 00:33:02 | 9.08 |
| 1009 | 946 | ROSIŃSKI Janusz | WARSZAWA | | | 61 | M40/75 | (M)695 | | 00:35:52 | 00:34:25 | 8.72 |
| 1010 | 4153 | TOMASZEWSKI Wojtek | WARSZAWA | | MALENKAIIIIII | 75 | M30/206 | (M)696 | | 00:35:53 | 00:33:03 | 9.08 |
| 1011 | 566 | DYGA-TWARDOWSKA Hanna | WARSZAWA | | | 75 | K30/118 | (K)315 | | 00:35:54 | 00:35:14 | 8.51 |
| 1012 | 511 | DUCHIŃSKA Magdalena | ZIELONKA | | | 92 | K20/152 | (K)316 | | 00:35:56 | 00:33:19 | 9.00 |
| 1013 | 513 | BIEŃKOWSKI Kacper | SULEJÓWEK | | | 91 | M20/332 | (M)697 | | 00:35:56 | 00:33:19 | 9.00 |
| 1014 | 732 | JABŁOŃSKA Marta | WARSZAWA | | BRE BANK | 81 | K20/153 | (K)317 | | 00:35:58 | 00:33:46 | 8.88 |
| 1015 | 387 | TRĄBIŃSKI Tomasz | PRUSZKÓW | | | 65 | M40/76 | (M)698 | | 00:35:59 | 00:35:52 | 8.36 |
| 1016 | 901 | GŁOWACKA Anna | WARSZAWA | | | 92 | K20/154 | (K)318 | | 00:36:00 | 00:33:29 | 8.96 |
| 1017 | 433 | TELEP Adrian | PRUSZKÓW | | | 98 | M20/333 | (M)699 | | 00:36:00 | 00:34:35 | 8.67 |
| 1018 | 626 | GOGOLEWSKA Anna | SŁUPNO | | | 59 | K50/14 | (K)319 | | 00:36:01 | 00:34:44 | 8.64 |
| 1019 | 470 | GRABEK Anna | WARSZAWA | | | 75 | K30/119 | (K)320 | | 00:36:02 | 00:34:04 | 8.81 |
| 1020 | 1036 | HUZIUK Piotr | WARSZAWA | | | 73 | M30/207 | (M)700 | | 00:36:03 | 00:33:29 | 8.96 |
| 1021 | 1124 | RATUSZYŃSKA Urszula | WARSZAWA | | ALETEMPO | 73 | K30/120 | (K)321 | | 00:36:03 | 00:33:29 | 8.96 |
| 1022 | 579 | KOŁOSIŃSKA anna | WARSZAWA | | | 82 | K20/155 | (K)322 | | 00:36:04 | 00:34:43 | 8.64 |
| 1023 | 1111 | PAWŁOWSKA Iga | WARSZAWA | | | 92 | K20/156 | (K)323 | | 00:36:04 | 00:34:03 | 8.81 |
| 1024 | 1112 | PAWŁOWSKI Władysław | WARSZAWA | | | 68 | M40/77 | (M)701 | | 00:36:05 | 00:34:05 | 8.80 |
| 1025 | 1110 | PAWŁOWSKA Agnieszka | WARSZAWA | | | 69 | K40/28 | (K)324 | | 00:36:05 | 00:34:05 | 8.80 |
| 1026 | 608 | NAPIERAŁA Joanna | OSTRÓW WIELKOPOLSKI | | | 80 | K30/121 | (K)325 | | 00:36:06 | 00:35:24 | 8.47 |
| 1027 | 214 | BARTKOWIAK Henryk | NOWA IWICZNA | | | 46 | M60/16 | (M)702 | | 00:36:08 | 00:34:17 | 8.75 |
| 1028 | 456 | HANYŻ Ewelina | WARSZAWA | | | 78 | K30/122 | (K)326 | | 00:36:10 | 00:33:49 | 8.87 |
| 1029 | 1473 | ZIĘTEK Karolina | WARSZAWA | | | 96 | K20/157 | (K)327 | | 00:36:11 | 00:35:18 | 8.50 |
| 1030 | 1157 | SZELEWICZ Agnieszka | WARSZAWA | | | 62 | K40/29 | (K)328 | | 00:36:12 | 00:33:53 | 8.85 |
| 1031 | 2056 | KOZŁOWSKA Lidia | TŁUSZCZ | | | 78 | K30/123 | (K)329 | | 00:36:13 | 00:34:15 | 8.76 |
| 1032 | 667 | JELOWIECKA Aleksandra | WARSZAWA | | | 79 | K30/124 | (K)330 | | 00:36:13 | 00:34:24 | 8.72 |

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat | Drużyna Team | R-k YoB | W kategorii in Age Group | Grupy Sex | Wynik Time | Wynik Netto | [km/h] |
|---------------------|---------------|-----------------------------|-------------------------|-----------------|---------------------|----------------|---------------------------------|------------------|-------------------|--------------------|---------------|
| 1033 | 96 | KOZŁOWSKI Jakub | WARSZAWA | | | 79 | M30/208 | (M)703 | 00:36:14 | 00:33:53 | 8.85 |
| 1034 | 446 | WIELANIER Matylda | WARSZAWA | | NIEZRZESZONA | 76 | K30/125 | (K)331 | 00:36:15 | 00:35:40 | 8.41 |
| 1035 | 861 | KAWKA Andrzej | WARSZAWA | | NIEZRZESZONY | 56 | M50/51 | (M)704 | 00:36:15 | 00:34:42 | 8.65 |
| 1036 | 3832 | KISZKA Tytus | GMINA IZABELIN | | | 98 | M20/334 | (M)705 | 00:36:20 | 00:36:17 | 8.27 |
| 1037 | 209 | GRABOWSKI Krzysztof | WARSZAWA | | | 84 | M20/335 | (M)706 | 00:36:23 | 00:33:55 | 8.85 |
| 1038 | 254 | FUDAŁA Marek | WARSZAWA | | | 55 | M50/52 | (M)707 | 00:36:24 | 00:33:54 | 8.85 |
| 1039 | 833 | FILAS Matylda | WARSZAWA | | | 77 | K30/126 | (K)332 | 00:36:24 | 00:33:33 | 8.94 |
| 1040 | 1231 | CICHOCKA RENATA | WARSZAWA | | ILF | 73 | K30/127 | (K)333 | 00:36:24 | 00:33:49 | 8.87 |
| 1041 | 602 | SZTAJERWALD Ewelina | WARSZAWA | | | 85 | K20/158 | (K)334 | 00:36:26 | 00:34:17 | 8.75 |
| 1042 | 911 | SZULIM Katarzyna | WARSZAWA | | | 74 | K30/128 | (K)335 | 00:36:27 | 00:35:32 | 8.44 |
| 1043 | 1000 | CWALINA Ula | WARSZAWA | | | 74 | K30/129 | (K)336 | 00:36:28 | 00:34:19 | 8.74 |
| 1044 | 1203 | ŻUCZKOWSKI Łukasz | WARSZAWA | | | 77 | M30/209 | (M)708 | 00:36:28 | 00:34:19 | 8.74 |
| 1045 | 810 | KOWALCZYK Agnieszka | WARSZAWA | | | 85 | K20/159 | (K)337 | 00:36:30 | 00:33:46 | 8.88 |
| 1046 | 1255 | FUDAŁA Marek | WARSZAWA | | | 81 | M20/336 | (M)709 | 00:36:31 | 00:34:01 | 8.82 |
| 1047 | 1070 | LATACZ-STRASZAK agata | WARSZAWA | | | 74 | K30/130 | (K)338 | 00:36:33 | 00:35:08 | 8.54 |
| 1048 | 1129 | RYBIENIK Bartek | WARSZAWA | | NIE | 77 | M30/210 | (M)710 | 00:36:34 | 00:35:33 | 8.44 |
| 1049 | 3739 | FIDURA Tomasz | WARSZAWA | | | 77 | M30/211 | (M)711 | 00:36:34 | 00:35:33 | 8.44 |
| 1050 | 1590 | DERLUKIEWICZ Marta | | | | 10 | | (M)712 | 00:36:36 | 00:35:11 | 8.53 |
| 1051 | 1095 | NIEDZIÓŁKA Szymon | SIEDLCE | | | 98 | M20/337 | (M)713 | 00:36:37 | 00:33:38 | 8.92 |
| 1052 | 629 | PIŃKOWSKI Marcin | WARSZAWA | | | 75 | M30/212 | (M)714 | 00:36:39 | 00:34:09 | 8.78 |
| 1053 | 591 | PARSZUTAS wiktoria | ŁOMIANKI | | UKS RONIN TEM | 98 | K20/160 | (K)339 | 00:36:40 | 00:35:49 | 8.38 |
| 1054 | 679 | DECK Krystyna | SULEJÓWEK | | | 50 | K60/3 | (K)340 | 00:36:41 | 00:34:51 | 8.61 |
| 1055 | 642 | CAPIGA Andrzej | KAZUŃ POLSKI | | | 56 | M50/53 | (M)715 | 00:36:42 | 00:35:15 | 8.51 |
| 1056 | 1161 | SZYCHOWSKA MAGDALENA | ŁĘCZYCA | | BRAK | 77 | K30/131 | (K)341 | 00:36:46 | 00:33:47 | 8.88 |
| 1057 | 1469 | DUDEK Konrad | WARSZAWA | | | 78 | M30/213 | (M)716 | 00:36:47 | 00:35:13 | 8.52 |
| 1058 | 1175 | WASILEWSKI Łukasz | WARSZAWA | | | 98 | M20/338 | (M)717 | 00:36:48 | 00:34:23 | 8.73 |
| 1059 | 759 | WAŚCIŃSKI Tadeusz | WARSZAWA | | SGGW | 52 | M50/54 | (M)718 | 00:36:49 | 00:34:19 | 8.74 |
| 1060 | 302 | STEFAŃSKI Robert | STARA WIEŚ | | | 70 | M40/78 | (M)719 | 00:36:49 | 00:35:33 | 8.44 |
| 1061 | 303 | STEFAŃSKI Grzegorz | STARA WIEŚ | | | 98 | M20/339 | (M)720 | 00:36:49 | 00:35:33 | 8.44 |
| 1062 | 271 | GOŁĘBIEWSKA Katarzyna | WARSZAWA | | | 84 | K20/161 | (K)342 | 00:36:51 | 00:34:24 | 8.72 |
| 1063 | 475 | TRACZYŃSKI Piotr | WARSZAWA | | | 83 | M20/340 | (M)721 | 00:36:52 | 00:34:55 | 8.59 |
| 1064 | 390 | DĘBSKA ANNA | WARSZAWA | | | 58 | K50/15 | (K)343 | 00:36:52 | 00:36:32 | 8.21 |
| 1065 | 703 | WOJCIECHOWSKA Elżbieta | WARSZAWA | | | 67 | K40/30 | (K)344 | 00:36:56 | 00:33:32 | 8.95 |
| 1066 | 532 | ZAWAL Anna | WARSZAWA | | | 78 | K30/132 | (K)345 | 00:36:56 | 00:35:40 | 8.41 |
| 1067 | 809 | LESZCZYŃSKI Janusz | WARSZAWA | | | 78 | M30/214 | (M)722 | 00:36:57 | 00:35:13 | 8.52 |
| 1068 | 522 | JANIAK KAROLINA | POZNAN | | | 74 | K30/133 | (K)346 | 00:36:58 | 00:35:03 | 8.56 |
| 1069 | 148 | LUHOWY ALEXANDER | WARSAW | | | 57 | M50/55 | (M)723 | 00:36:58 | 00:35:03 | 8.56 |
| 1070 | 1432 | RYBCZYŃSKA Monika | WARSZAWA | | | 74 | K30/134 | (K)347 | 00:37:00 | 00:34:17 | 8.75 |
| 1071 | 2808 | WYPYCH Maciej | WARSZAWA | | ART PROF1 | 70 | M40/79 | (M)724 | 00:37:01 | 00:34:18 | 8.75 |
| 1072 | 637 | KOZDRÓJ Rafał | WARSZAWA | | | 95 | M20/341 | (M)725 | 00:37:01 | 00:34:44 | 8.64 |
| 1073 | 632 | BELŻECKI Grzegorz | WARSZAWA | | | 72 | M30/215 | (M)726 | 00:37:01 | 00:34:45 | 8.63 |
| 1074 | 1047 | KAMIŃSKA Agnieszka | KAMIENCZYK | | | 76 | K30/135 | (K)348 | 00:37:03 | 00:35:39 | 8.42 |
| 1075 | 872 | BRZOZOWSKI Piotr | WOŁOMIN | | BIEGANIE.PL | 69 | M40/80 | (M)727 | 00:37:06 | 00:35:44 | 8.40 |
| 1076 | 875 | ZARĘBA-BRZOZOWSKA Agnieszka | WOŁOMIN | | | 72 | K30/136 | (K)349 | 00:37:06 | 00:35:44 | 8.40 |
| 1077 | 1117 | PIOTROWSKI Andrzej | WARSZAWA | | ENTRE.PL TEAM | 72 | M30/216 | (M)728 | 00:37:09 | 00:35:09 | 8.53 |
| 1078 | 1224 | BUJALSKA dorota | WARSZAWA | | | 59 | K50/16 | (K)350 | 00:37:11 | 00:37:04 | 8.09 |
| 1079 | 476 | JAKUBIAK Bogdan | WARSZAWA | | | 43 | M60/17 | (M)729 | 00:37:13 | 00:35:15 | 8.51 |
| 1080 | 1592 | KOSTURKIEWICZ Małgosia | WARSZAWA | | | 70 | K40/31 | (K)351 | 00:37:15 | 00:34:27 | 8.71 |
| 1081 | 95 | GRABOWSKI Wojciech | WARSZAWA | | | 38 | M70/6 | (M)730 | 00:37:20 | 00:37:18 | 8.04 |
| 1082 | 663 | GAŁĄZKA KAROLINA | ŁOCHÓW | | | 79 | K30/137 | (K)352 | 00:37:21 | 00:35:17 | 8.50 |
| 1083 | 3833 | KISZKA Nika | WARSZAWA | | | 71 | K30/138 | (K)353 | 00:37:22 | 00:35:16 | 8.51 |
| 1084 | 999 | CISZEWSKA Małgorzata | WARSZAWA | | | 78 | K30/139 | (K)354 | 00:37:23 | 00:34:37 | 8.67 |
| 1085 | 1052 | KOŁODZIEJ Monika | WAARSZAWA | | | 81 | K20/162 | (K)355 | 00:37:23 | 00:34:37 | 8.67 |
| 1086 | 823 | DAWICZEWSKI Dariusz | WARSZAWA | | | 75 | M30/217 | (M)731 | 00:37:35 | 00:36:38 | 8.19 |
| 1087 | 113 | CHLIPALA Jolanta | | | | 10 | | (K)356 | 00:37:35 | 00:34:57 | 8.58 |
| 1088 | 1035 | HANDZLIK Marta | WARSZAWA | | | 81 | K20/163 | (K)357 | 00:37:47 | 00:36:12 | 8.29 |
| 1089 | 930 | TLAŁKA Mikołaj | WARSZAWA | | | 98 | M20/342 | (M)732 | 00:37:47 | 00:35:14 | 8.51 |
| 1090 | 931 | TLAŁKA Mariusz | WARSZAWA | | | 70 | M40/81 | (M)733 | 00:37:48 | 00:35:15 | 8.51 |

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat | Drużyna Team | R-k YoB | W kategorii in Age Group | Grupy Sex | Wynik Time | Wynik Netto | [km/h] |
|---------------------|---------------|-----------------------------|-------------------------|-----------------|-----------------------|----------------|---------------------------------|------------------|-------------------|--------------------|---------------|
| 1091 | 610 | MUCHNICKA Agnieszka | WARSZAWA | NIE | | 84 | K20/164 | (K)358 | 00:37:53 | 00:34:58 | 8.58 |
| 1092 | 767 | ALEKSANDROWICZ Magdalena | WARSZAWA | | | 67 | K40/32 | (K)359 | 00:38:00 | 00:35:05 | 8.55 |
| 1093 | 222 | BANAŚ Piotr | WARSZAWA | | | 73 | M30/218 | (M)734 | 00:38:01 | 00:36:06 | 8.31 |
| 1094 | 613 | BANAŚ Julianna | LUBLIN | | | 98 | K20/165 | (K)360 | 00:38:01 | 00:36:06 | 8.31 |
| 1095 | 614 | BANAŚ Zuzanna | LUBLIN | | | 97 | K20/166 | (K)361 | 00:38:01 | 00:36:06 | 8.31 |
| 1096 | 2053 | OSIECIMSKI Bartosz | WARSZAWA | | | 72 | M30/219 | (M)735 | 00:38:03 | 00:35:15 | 8.51 |
| 1097 | 366 | KĘDRA krzysztof | WARSZAWA | | | 77 | M30/220 | (M)736 | 00:38:05 | 00:36:00 | 8.33 |
| 1098 | 992 | BYLICKA Ewa | WARSZAWA | | | 53 | K50/17 | (K)362 | 00:38:18 | 00:36:29 | 8.22 |
| 1099 | 557 | POTEMSKI Paweł | WARSZAWA | | THE ROYAL OF SCOTLAND | 79 | M30/221 | (M)737 | 00:38:26 | 00:36:31 | 8.22 |
| 1100 | 330 | FLIS Grażyna | MICHAŁOWICE | | | 57 | K50/18 | (K)363 | 00:38:31 | 00:35:50 | 8.37 |
| 1101 | 1457 | ZIĘTEK Mariusz | WARSZAWA | | | 72 | M30/222 | (M)738 | 00:38:36 | 00:37:43 | 7.95 |
| 1102 | 958 | MALINOWSKI Piotr | WARSZAWA | | NIEZRZESZONY | 66 | M40/82 | (M)739 | 00:38:37 | 00:35:59 | 8.34 |
| 1103 | 957 | WAWRZYŃCZYK-MALINOWSKA Ania | WARSZAWA | | NIEZRZESZONA | 67 | K40/33 | (K)364 | 00:38:37 | 00:35:59 | 8.34 |
| 1104 | 1167 | ŚWIĘCICKA Magdalena | LASKI | | | 71 | K30/140 | (K)365 | 00:38:38 | 00:35:49 | 8.38 |
| 1105 | 1471 | LEONARCZYK Jerzy | KRAKÓW | | | 60 | M50/56 | (M)740 | 00:38:41 | 00:36:41 | 8.18 |
| 1106 | 2740 | SZOKALSKA Aleksandra | WARSZAWA | | | 82 | K20/167 | (K)366 | 00:38:45 | 00:36:09 | 8.30 |
| 1107 | 619 | STOLARZ Ewa | WARSZAWA | | | 68 | K40/34 | (K)367 | 00:38:46 | 00:37:32 | 7.99 |
| 1108 | 962 | RATYŃSKI Wojtek | WARSZAWA | | | 61 | M40/83 | (M)741 | 00:38:47 | 00:36:06 | 8.31 |
| 1109 | 961 | STRZEŻEK Ewa | WARSZAWA | | | 61 | K40/35 | (K)368 | 00:38:47 | 00:36:05 | 8.31 |
| 1110 | 727 | ŁUKOWIEC Paulina | WARSZAWA | | | 88 | K20/168 | (K)369 | 00:38:49 | 00:38:02 | 7.89 |
| 1111 | 115 | CZUBASZEK Dorota | | | | 10 | | (K)370 | 00:38:50 | 00:37:02 | 8.10 |
| 1112 | 607 | ZALEWSKA Barbara | WARSZAWA | | | 53 | K50/19 | (K)371 | 00:38:58 | 00:37:22 | 8.03 |
| 1113 | 110 | KUDOWICZ Adam | OTWOCK | | | 40 | M70/7 | (M)742 | 00:39:00 | 00:36:55 | 8.13 |
| 1114 | 735 | KRYWEN Andrzej | WARSZAWA | | | 49 | M60/18 | (M)743 | 00:39:04 | 00:36:58 | 8.12 |
| 1115 | 1159 | SZULC Katarzyna | OŻARÓW MAZOWIECKI | | | 78 | K30/141 | (K)372 | 00:39:11 | 00:36:33 | 8.21 |
| 1116 | 1027 | GROMULSKA-OSOJCA Barbara | BŁONIE | | | 78 | K30/142 | (K)373 | 00:39:11 | 00:36:33 | 8.21 |
| 1117 | 2375 | RAGUENET Maxime | WARSZAWA | | | 85 | M20/343 | (M)744 | 00:39:15 | 00:37:20 | 8.04 |
| 1118 | 2376 | RAGUENET Martyna | WARSZAWA | | | 84 | K20/169 | (K)374 | 00:39:17 | 00:37:23 | 8.02 |
| 1119 | 384 | STARCZEWSKA Monika | WARSZAWA | | | 84 | K20/170 | (K)375 | 00:39:18 | 00:36:27 | 8.23 |
| 1120 | 108 | MICHALIK Jan | WARSZAWA | | CROSS WARSZAWA | 44 | M60/19 | (M)745 | 00:39:21 | 00:39:15 | 7.64 |
| 1121 | 945 | MAZUREK Agnieszka | WARSZAWA | | | 72 | K30/143 | (K)376 | 00:39:21 | 00:36:59 | 8.11 |
| 1122 | 1007 | DOMASIEWICZ Adriana | GRÓJEC | | | 88 | K20/171 | (K)377 | 00:39:26 | 00:37:58 | 7.90 |
| 1123 | 145 | CZAJKA Elżbieta | WARSZAWA | | | 61 | K40/36 | (K)378 | 00:39:32 | 00:39:12 | 7.65 |
| 1124 | 251 | JANKOWSKI Piotr | WARSZAWA | | | 79 | M30/223 | (M)746 | 00:39:34 | 00:38:40 | 7.76 |
| 1125 | 1474 | KAZUBEK Michał | WARSZAWA | | | 92 | M20/344 | (M)747 | 00:39:34 | 00:37:08 | 8.08 |
| 1126 | 1192 | WRZYCIEL Teodor | KOSZWICE | | START KOSZWICE | 63 | M40/84 | (M)748 | 00:39:40 | 00:37:07 | 8.08 |
| 1127 | 634 | KOZDRÓJ Katarzyna | WARSZAWA | | | 70 | K40/37 | (K)379 | 00:39:41 | 00:37:10 | 8.07 |
| 1128 | 935 | KONIECZNY Maciej | OTWOCK | | | 70 | M40/85 | (M)749 | 00:39:46 | 00:37:14 | 8.06 |
| 1129 | 135 | KARAŚ Aleksandra | PŁOCK | | CROSS WARSZAWA | 50 | K60/4 | (K)380 | 00:39:48 | 00:38:29 | 7.80 |
| 1130 | 783 | POLAŃSKA Alicja | WARSZAWA | | | 92 | K20/172 | (K)381 | 00:39:50 | 00:38:31 | 7.79 |
| 1131 | 134 | DĄBROWSKI Maciej | PŁOCK | | CROSS WARSZAWA | 83 | M20/345 | (M)750 | 00:39:54 | 00:38:36 | 7.77 |
| 1132 | 1285 | KOWALSKA Sylwia | SŁABOSZOWICE | | | 87 | K20/173 | (K)382 | 00:39:54 | 00:39:22 | 7.62 |
| 1133 | 320 | OSTROWSKA Anna | NIDZICA | | RUMAKI | 86 | K20/174 | (K)383 | 00:39:55 | 00:39:22 | 7.62 |
| 1134 | 292 | SZYMAŃSKA Edyta | WARSZAWA | | TWM | 69 | K40/38 | (K)384 | 00:40:02 | 00:39:43 | 7.55 |
| 1135 | 293 | GÓRA Agnieszka | WARSZAWA | | TWM | 71 | K30/144 | (K)385 | 00:40:03 | 00:39:44 | 7.55 |
| 1136 | 274 | GADOMSKI Marcin | WARSZAWA | | | 97 | M20/346 | (M)751 | 00:40:04 | 00:38:03 | 7.88 |
| 1137 | 630 | STOLARSKA JULITA | JABŁONNA | | | 91 | K20/175 | (K)386 | 00:40:06 | 00:37:28 | 8.01 |
| 1138 | 239 | KASENKO Tomasz | WOŁOMIN | | | 77 | M30/224 | (M)752 | 00:40:09 | 00:37:43 | 7.95 |
| 1139 | 1016 | FULARA Agnieszka | WARSZAWA | | | 78 | K30/145 | (K)387 | 00:40:11 | 00:40:07 | 7.48 |
| 1140 | 1144 | SOCHAN Kinga | WIĄZOWNA | | | 78 | K30/146 | (K)388 | 00:40:12 | 00:40:08 | 7.48 |
| 1141 | 960 | MOŚCICKA Magdalena | WARSZAWA | | | 91 | K20/176 | (K)389 | 00:40:14 | 00:39:15 | 7.64 |
| 1142 | 518 | NOWAK-MIERZEJEWSKA Renata | WARSZAWA | | | 73 | K30/147 | (K)390 | 00:40:14 | 00:39:07 | 7.67 |
| 1143 | 295 | BORZYM Lech | WARSZAWA | | | 45 | M60/20 | (M)753 | 00:40:27 | 00:40:12 | 7.46 |
| 1144 | 774 | KLUZIŃSKI Jakub | PRUSZKÓW | | | 76 | M30/225 | (M)754 | 00:40:31 | 00:38:47 | 7.74 |
| 1145 | 773 | KLUZIŃSKA Katarzyna | PRUSZKÓW | | | 73 | K30/148 | (K)391 | 00:40:32 | 00:39:33 | 7.59 |
| 1146 | 879 | OSIAK Anna | WARSZAWA | | SZKOŁA TENISA GEM | 75 | K30/149 | (K)392 | 00:40:39 | 00:38:29 | 7.80 |
| 1147 | 877 | ZAK Zuza | WARSZAWA | | SZKOŁA TENISA GEM | 94 | K20/177 | (K)393 | 00:40:43 | 00:38:33 | 7.78 |
| 1148 | 878 | KOSOWSKA Angela | WARSZAWA | | | 75 | K30/150 | (K)394 | 00:40:43 | 00:38:33 | 7.78 |

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat | Drużyna Team | R-k YoB | W kategorii in Age Group | Grupy Sex | Wynik Time | Wynik Netto | [km/h] |
|---------------------|---------------|---------------------------------|-------------------------|-----------------|---------------------------------|----------------|---------------------------------|------------------|-------------------|--------------------|---------------|
| 1149 | 797 | OKRASIŃSKI Jan | WARSZAWA | | | 69 | M40/86 | (M)755 | 00:40:55 | 00:38:13 | 7.85 |
| 1150 | 4937 | ZIÓŁEK Elżbieta | WARSZAWA | | | 60 | K50/20 | (K)395 | 00:40:56 | 00:38:46 | 7.74 |
| 1151 | 4935 | MALETZ Łukasz | CZĘSTOCHOWA | | MIASTO SPORTU | 81 | M20/347 | (M)756 | 00:40:56 | 00:38:03 | 7.88 |
| 1152 | 344 | PERET Karolina | WARSZAWA | | | 82 | K20/178 | (K)396 | 00:41:08 | 00:38:55 | 7.71 |
| 1153 | 1468 | KOSSAKOWSKI Zbigniew | WARSZAWA | | | 74 | M30/226 | (M)757 | 00:41:23 | 00:38:58 | 7.70 |
| 1154 | 4800 | PRZEPIÓRA Sebastian | GORLICE | | | 73 | M30/227 | (M)758 | 00:41:28 | 00:39:08 | 7.67 |
| 1155 | 304 | SOWIŃSKA Stefania | WARSZAWA | | | 57 | K50/21 | (K)397 | 00:41:33 | 00:39:20 | 7.63 |
| 1156 | 2662 | KEPIŃSKA Małgorzata | WARSZAWA | | NIEZRZESZONY | 56 | K50/22 | (K)398 | 00:41:54 | 00:39:38 | 7.57 |
| 1157 | 3652 | BIAŁOGRODZKA Mariola | PIASECZNO | | | 87 | K20/179 | (K)399 | 00:41:57 | 00:40:41 | 7.37 |
| 1158 | 4093 | STAŃCZYK Paweł | ŁUBNA | | | 85 | M20/348 | (M)759 | 00:41:57 | 00:40:41 | 7.37 |
| 1159 | 427 | TOMICI Alexander | WARSZAWA | | | 97 | M20/349 | (M)760 | 00:42:01 | 00:39:25 | 7.61 |
| 1160 | 1376 | SZCZEPANIK Edyta | CZĘSTOCHOWA | | | 69 | K40/39 | (K)400 | 00:42:02 | 00:40:06 | 7.48 |
| 1161 | 874 | SIÓDEMAK mateusz | WARSZAWA | | | 98 | M20/350 | (M)761 | 00:42:02 | 00:41:43 | 7.19 |
| 1162 | 873 | SIÓDEMAK marcin | WARSZAWA | | | 74 | M30/228 | (M)762 | 00:42:03 | 00:41:43 | 7.19 |
| 1163 | 3374 | GRADOWSKI Krzysztof | WARSZAWA | | BIEGAMY Z OCHOTA | 80 | M30/229 | (M)763 | 00:42:04 | 00:39:44 | 7.55 |
| 1164 | 103 | SUCHORZEWSKI Wojciech | WARSZAWA | | ŻOLIBORZ BIEGA | 33 | M70/8 | (M)764 | 00:42:30 | 00:40:41 | 7.37 |
| 1165 | 317 | ZIELIŃSKA Anna Teresa | WARSZAWA | | ŻOLIBORZ BIEGA | 57 | K50/23 | (K)401 | 00:42:31 | 00:40:42 | 7.37 |
| 1166 | 1596 | ZYCH Paweł | WARSZAWA | | | 76 | M30/230 | (M)765 | 00:42:35 | 00:41:29 | 7.23 |
| 1167 | 696 | BILIŃSKA Alicja | WARSZAWA | | | 74 | K30/151 | (K)402 | 00:42:43 | 00:41:35 | 7.21 |
| 1168 | 695 | CIUBA Patrycja | WARSZAWA | | | 87 | K20/180 | (K)403 | 00:42:43 | 00:41:36 | 7.21 |
| 1169 | 847 | WOJCIECHOWSKI Zbigniew | WARSZAWA | | | 64 | M40/87 | (M)766 | 00:42:45 | 00:41:10 | 7.29 |
| 1170 | 106 | TOMICKA Elżbieta | WARSZAWA | | | 37 | K70/1 | (K)404 | 00:42:50 | 00:40:13 | 7.46 |
| 1171 | 517 | HIPP Monika | WARSZAWA | | | 85 | K20/181 | (K)405 | 00:42:51 | 00:40:50 | 7.35 |
| 1172 | 554 | TARNOWSKI Tomasz | WARSZAWA | | | 53 | M50/57 | (M)767 | 00:42:59 | 00:40:14 | 7.46 |
| 1173 | 553 | TARNOWSKA Magdalena | WARSZAWA | | | 57 | K50/24 | (K)406 | 00:42:59 | 00:40:14 | 7.46 |
| 1174 | 639 | MASTALERZ Ewa | WARSZAWA | | | 44 | K60/5 | (K)407 | 00:43:00 | 00:40:20 | 7.44 |
| 1175 | 318 | ZIELIŃSKI Tomasz | WARSZAWA | | ZOLIBORZ.BIEGA | 57 | M50/58 | (M)768 | 00:43:01 | 00:41:11 | 7.28 |
| 1176 | 1496 | LEESON Barbara | WARSZAWA | | | 53 | K50/25 | (K)408 | 00:43:05 | 00:40:40 | 7.38 |
| 1177 | 424 | DYDO-ROSLON Katarzyna | WARSZAWA | | RUN2-D2 | 80 | K30/152 | (K)409 | 00:43:31 | 00:40:45 | 7.36 |
| 1178 | 425 | ROSLON Marcin | WARSZAWA | | RUN2-D2 | 78 | M30/231 | (M)769 | 00:43:31 | 00:40:43 | 7.37 |
| 1179 | 638 | GERWICKA Jolanta | WARSZAWA | | | 51 | K50/26 | (K)410 | 00:43:46 | 00:42:15 | 7.10 |
| 1180 | 534 | KAZIMIERSKA Elżbieta | KUTNO | | | 63 | K40/40 | (K)411 | 00:43:51 | 00:42:14 | 7.10 |
| 1181 | 385 | ZDUNEK Tomasz | WARSZAWA | | | 74 | M30/232 | (M)770 | 00:43:55 | 00:41:36 | 7.21 |
| 1182 | 386 | ZDUNEK Anna | WARSZAWA | | | 71 | K30/153 | (K)412 | 00:43:55 | 00:41:35 | 7.21 |
| 1183 | 3054 | RUBISZ wojsław | WARSZAWA | | LECHICI ZIELONKA/DRUŻYNA SZPIKU | 79 | M30/233 | (M)771 | 00:44:31 | 00:44:05 | 6.81 |
| 1184 | 1472 | LEONARCZYK Daniel | KRAKÓW | | | 95 | M20/351 | (M)772 | 00:44:47 | 00:44:46 | 6.70 |
| 1185 | 447 | BAJOREK Jacek | WYSZKÓW | | | 75 | M30/234 | (M)773 | 00:45:42 | 00:42:56 | 6.99 |
| 1186 | 448 | BAJOREK Cezary | WYSZKÓW | | | 98 | M20/352 | (M)774 | 00:45:43 | 00:42:57 | 6.98 |
| 1187 | 616 | SKUMIAŁ Anna | WARSZAWA | | | 73 | K30/154 | (K)413 | 00:46:10 | 00:43:24 | 6.91 |
| 1188 | 283 | SKOCZEK Sebastian | SULKOWICE | | | 97 | M20/353 | (M)775 | 00:46:46 | 00:46:27 | 6.46 |
| 1189 | 850 | DOLEGA Piotr | URSUS | | | 76 | M30/235 | (M)776 | 00:47:20 | 00:46:46 | 6.41 |
| 1190 | 617 | JAROTA Maria | WARSZAWA | | | 59 | K50/27 | (K)414 | 00:47:28 | 00:47:16 | 6.35 |
| 1191 | 618 | CHMIELEWSKA Zofia | WARSZAWA | | | 55 | K50/28 | (K)415 | 00:47:33 | 00:47:21 | 6.34 |
| 1192 | 3571 | MAREK Łukasz | WARSZAWA | | KOCHAM MOJE DZIEWUCHY | 82 | M20/354 | (M)777 | 00:48:03 | 00:48:02 | 6.25 |
| 1193 | 313 | ADAMCZYK Urszula | ŁOMIANKI | | | 54 | K50/29 | (K)416 | 00:48:19 | 00:46:40 | 6.43 |
| 1194 | 314 | ADAMCZYK Maria | SKAWINA | | | 56 | K50/30 | (K)417 | 00:48:19 | 00:46:41 | 6.43 |
| 1195 | 1048 | KAPUŚCIŃSKA-BERNATEK Aleksandra | WARSZAWA | | | 73 | K30/155 | (K)418 | 00:49:06 | 00:47:48 | 6.28 |
| 1196 | 104 | JASIŃSKI Stefan | WARSZAWA | | | 40 | M70/9 | (M)778 | 00:50:08 | 00:47:51 | 6.27 |
| 1197 | 2172 | BARTUŚ Anna | WARSZAWA | | | 69 | K40/41 | (K)419 | 00:50:10 | 00:49:36 | 6.05 |
| 1198 | 1418 | WÓJCIK Paweł | WARSZAWA | | | 76 | M30/236 | (M)779 | 00:53:39 | 00:51:22 | 5.84 |
| 1199 | 4393 | MEJ PAWEL | BACZKÓW K/ BOCHNI | | NIEZRZESZONY BIEGAM BOSO | 72 | M30/237 | (M)780 | 00:56:33 | 00:54:16 | 5.53 |
| 1200 | 2580 | OSIAK Robert | WARSZAWA | | ANIN-SADUL | 87 | M20/355 | (M)781 | 00:59:37 | 00:58:07 | 5.16 |
| 1201 | 2860 | DOMAŃSKA Aleksandra | WARSZAWA | | | 80 | K30/156 | (K)420 | 01:06:29 | 01:03:44 | 4.71 |

20. Bieg Powstania Warszawskiego

WYNIKI ZAWODÓW

OPEN 5km

Organizator: Warszawski Ośrodek Sportu i Rekreacji

Termin: 24 lipca 2010 r.

Miejsce: Warszawa

Dystans: 5km

KOBIETY (WOMEN)

| <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 kategorii W in Age</i> | <i>Grupy Group</i> | <i>Sex</i> | <i>Wynik Time</i> | <i>Wynik Netto</i> | <i>[km/h]</i> |
|---------------------|---------------|-----------------------------|-------------------------|-----------------|----------------------|----------------|-----------------------------|--------------------|------------|-------------------|--------------------|---------------|
| 1 | 1500 | CIEŚLAK Agnieszka | ŚLESIN | | | 89 | K20/1 | (K)1 | | 00:18:10 | 00:18:09 | 16.53 |
| 2 | 1022 | GIŻYŃSKA Anna | WARSZAWA | | | 82 | K20/2 | (K)2 | | 00:18:18 | 00:18:17 | 16.41 |
| 3 | 1012 | DZIWOSZ KATARZYNA | WARSZAWA | | AMD NTT SYSTEM | 80 | K30/1 | (K)3 | | 00:18:57 | 00:18:57 | 15.83 |
| 4 | 1186 | WOJCIECHOWSKA KATARZYNA | KOMORÓW | | STAL NOWA DĘBA | 95 | K20/3 | (K)4 | | 00:20:02 | 00:20:00 | 15.00 |
| 5 | 537 | LUBA Alicja | WARSZAWA | | POLONIA WARSZAWA | 83 | K20/4 | (K)5 | | 00:20:25 | 00:20:03 | 14.96 |
| 6 | 127 | KALINOWSKA Paulina | | | | 10 | | (K)6 | | 00:20:35 | 00:20:03 | 14.96 |
| 7 | 4194 | WITEK-PIOTROWSKA Ewa | WARSZAWA | | ENTRE.PL TEAM | 75 | K30/2 | (K)7 | | 00:20:52 | 00:20:35 | 14.57 |
| 8 | 1498 | UCIECHOWSKA Teresa | OPOLE | | | 87 | K20/5 | (K)8 | | 00:21:15 | 00:21:12 | 14.15 |
| 9 | 1495 | POCZWARDOWSKA Kinga | | | | 91 | K20/6 | (K)9 | | 00:22:43 | 00:22:38 | 13.25 |
| 10 | 3334 | PIETRZAK JUSTYNA | PIASTÓW | | BRAK | 92 | K20/7 | (K)10 | | 00:23:11 | 00:22:19 | 13.44 |
| 11 | 791 | BURSZTA Matylda | MILANÓWEK | | POLONIA WARSZAWA | 92 | K20/8 | (K)11 | | 00:23:18 | 00:23:01 | 13.03 |
| 12 | 792 | PECHCIN Olga | MIŃSK MAZOWIECKI | | POLONIA WARSZAWA | 92 | K20/9 | (K)12 | | 00:23:18 | 00:23:01 | 13.03 |
| 13 | 1456 | CZUBA Marzena | WARSZAWA | | | 69 | K40/1 | (K)13 | | 00:23:37 | 00:23:36 | 12.71 |
| 14 | 572 | HULANICKA Irina | WARSZAWA | | TKKF PIASKI WARSZAWA | 56 | K50/1 | (K)14 | | 00:23:47 | 00:21:36 | 13.89 |
| 15 | 1425 | GUTOWSKA karolina | WARSZAWA | | | 86 | K20/10 | (K)15 | | 00:23:53 | 00:23:31 | 12.76 |
| 16 | 3589 | SAWICKA Małgorzata | WARSZAWA | | | 73 | K30/3 | (K)16 | | 00:24:07 | 00:23:48 | 12.61 |
| 17 | 114 | NOWORUCKA Ilona | | | | 10 | | (K)17 | | 00:24:14 | 00:22:21 | 13.42 |
| 18 | 3573 | MZYK Elżbieta | WARSZAWA | | BYŁODOBIEC ANIN | 75 | K30/4 | (K)18 | | 00:24:15 | 00:23:16 | 12.89 |
| 19 | 328 | SIWOŃ Ewa | WARSZAWA | | ETRAMPKI.PL | 73 | K30/5 | (K)19 | | 00:24:19 | 00:23:57 | 12.53 |
| 20 | 3842 | KOCIELA Monika | DZIAŁDOWO | | AZS WAT WARSZAWA | 88 | K20/11 | (K)20 | | 00:24:40 | 00:22:39 | 13.25 |
| 21 | 490 | BIESZYŃSKA Anna | ŁOMIANKI | | | 60 | K50/2 | (K)21 | | 00:24:55 | 00:23:34 | 12.73 |
| 22 | 3100 | SABAJ Agnieszka | WARSZAWA | | | 82 | K20/12 | (K)22 | | 00:25:03 | 00:24:11 | 12.41 |
| 23 | 595 | SZCZEPANIK Magdalena | WARSZAWA | | | 85 | K20/13 | (K)23 | | 00:25:04 | 00:24:42 | 12.15 |
| 24 | 415 | MARCZUK Malwina | WARSZAWA | | | 87 | K20/14 | (K)24 | | 00:25:13 | 00:24:51 | 12.07 |
| 25 | 2390 | KIERNOZEK Sylwia | WARSZAWA | | | 83 | K20/15 | (K)25 | | 00:25:31 | 00:25:20 | 11.84 |
| 26 | 666 | LATUSZEK Katarzyna | KOLONIA UNIN | | TRUCHTACZ.PL | 98 | K20/16 | (K)26 | | 00:25:39 | 00:24:57 | 12.02 |
| 27 | 426 | ŚLIWA Aneta | SITANIEC | | | 85 | K20/17 | (K)27 | | 00:25:42 | 00:25:36 | 11.72 |
| 28 | 1073 | LEWTAK Marta | BIAŁA PODLASKA | | | 83 | K20/18 | (K)28 | | 00:25:42 | 00:24:38 | 12.18 |
| 29 | 346 | DEFRATYKA Alicja | WARSZAWA | | | 81 | K20/19 | (K)29 | | 00:25:47 | 00:25:03 | 11.98 |
| 30 | 464 | KAWA Iwona | WARSZAWA | | | 75 | K30/6 | (K)30 | | 00:25:48 | 00:25:43 | 11.67 |
| 31 | 3370 | SUWALD Anna | WARSZAWA | | KB GYMNASION | 90 | K20/20 | (K)31 | | 00:26:00 | 00:25:00 | 12.00 |
| 32 | 784 | MITUŁA Anna | STARE GRABIE | | WSB CYTADELA | 85 | K20/21 | (K)32 | | 00:26:03 | 00:25:02 | 11.98 |
| 33 | 998 | CIEĆKO Magdalena | PRZEMYŚL | | ZATKAŁO KAKAŁO | 76 | K30/7 | (K)33 | | 00:26:17 | 00:25:21 | 11.83 |
| 34 | 921 | KOZŁOWSKA Anna | WARSZAWA | | | 80 | K30/8 | (K)34 | | 00:26:21 | 00:25:40 | 11.69 |
| 35 | 800 | KRUZA Małgorzata | WARSZAWA | | | 82 | K20/22 | (K)35 | | 00:26:23 | 00:25:36 | 11.72 |
| 36 | 4543 | WOLSZCZAK Ewelina | WARSZAWA | | | 83 | K20/23 | (K)36 | | 00:26:33 | 00:25:28 | 11.78 |
| 37 | 1416 | RELIGA Dorota | PIASECZNO | | | 86 | K20/24 | (K)37 | | 00:26:37 | 00:26:07 | 11.49 |
| 38 | 332 | LEWANDOWSKA Barbara | WARSZAWA | | | 80 | K30/9 | (K)38 | | 00:26:46 | 00:24:33 | 12.22 |
| 39 | 922 | GREGORCZYK Monika | WARSZAWA | | | 76 | K30/10 | (K)39 | | 00:26:48 | 00:26:06 | 11.49 |
| 40 | 1424 | DAŚKO Anna | WARSZAWA | | | 89 | K20/25 | (K)40 | | 00:26:52 | 00:26:42 | 11.24 |
| 41 | 1160 | SZUMSKA ANNA | NASIELSK | | | 81 | K20/26 | (K)41 | | 00:27:04 | 00:26:43 | 11.23 |
| 42 | 4207 | WÓJCIC Agnieszka | WARSZAWA | | | 82 | K20/27 | (K)42 | | 00:27:06 | 00:25:21 | 11.83 |
| 43 | 560 | SZAMRETA Agnieszka | BIAŁYSTOK | | | 87 | K20/28 | (K)43 | | 00:27:07 | 00:26:52 | 11.17 |
| 44 | 1423 | HOLESKA Monika | CHORZÓW | | | 89 | K20/29 | (K)44 | | 00:27:09 | 00:26:53 | 11.16 |
| 45 | 2883 | MOSIEJ Anna | WARSZAWA | | | 88 | K20/30 | (K)45 | | 00:27:09 | 00:26:01 | 11.53 |
| 46 | 379 | PAWLAK Anna | PIASECZNO | | | 82 | K20/31 | (K)46 | | 00:27:10 | 00:26:59 | 11.12 |
| 47 | 3712 | DEPTUŁA Anna | WARSZAWA | | | 70 | K40/2 | (K)47 | | 00:27:14 | 00:25:56 | 11.57 |

KOBIETY (WOMEN)

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat | Drużyna Team | R-k YoB | W kategorii in Age Group | Grupy Sex | Wynik Time | Wynik Netto | [km/h] |
|---------------------|---------------|-----------------------------|-------------------------|-----------------|-------------------------------------|----------------|---------------------------------|------------------|-------------------|--------------------|---------------|
| 48 | 2666 | BĘBENEK Anna | JEZIORZANY | | JEZIORZANY | 83 | K20/32 | (K)48 | 00:27:15 | 00:26:55 | 11.15 |
| 49 | 264 | SUF CZYŃSKA Ilona | WYGLĘDY | | | 92 | K20/33 | (K)49 | 00:27:20 | 00:25:51 | 11.61 |
| 50 | 2621 | NOWICKA Joanna | WARSZAWA | | | 53 | K50/3 | (K)50 | 00:27:23 | 00:26:44 | 11.22 |
| 51 | 2884 | SALA TA Anna | KIELCE | | | 85 | K20/34 | (K)51 | 00:27:25 | 00:27:13 | 11.02 |
| 52 | 1294 | KUCZERA Małgorzata | WARSZAWA | | | 89 | K20/35 | (K)52 | 00:27:26 | 00:27:19 | 10.98 |
| 53 | 558 | PĘDZICH Wioletta | ŁOMŻA | | KLUB BIEGOWY ŁOMŻA | 79 | K30/11 | (K)53 | 00:27:45 | 00:25:58 | 11.55 |
| 54 | 1037 | JAKUBEK-SKULTECKA Monika | WARSZAWA | | | 84 | K20/36 | (K)54 | 00:27:54 | 00:26:52 | 11.17 |
| 55 | 315 | SROCZYŃSKA Magdalena | WARSZAWA | | KLUB BIEGACZA NIKE | 83 | K20/37 | (K)55 | 00:27:56 | 00:25:37 | 11.71 |
| 56 | 305 | SOWIŃSKA Lidia | WARSZAWA | | | 94 | K20/38 | (K)56 | 00:27:57 | 00:26:49 | 11.19 |
| 57 | 966 | DUBINIEWICZ KATARZYNA | WARSZAWA | | | 85 | K20/39 | (K)57 | 00:27:59 | 00:27:09 | 11.05 |
| 58 | 2849 | MAZUROWSKA Joanna | DĘBE WIELKIE | | AKADEMIA SZTUK WALKI | 76 | K30/12 | (K)58 | 00:28:10 | 00:27:28 | 10.92 |
| 59 | 729 | KLEPACKA Katarzyna | LIDZBARK WARMIŃSKI | | | 88 | K20/40 | (K)59 | 00:28:14 | 00:27:26 | 10.94 |
| 60 | 465 | MIGDAŁOWSKA Katarzyna | OLSZTYN | | | 83 | K20/41 | (K)60 | 00:28:14 | 00:27:17 | 11.00 |
| 61 | 749 | FORNALIK JANINA | WARSZAWA | | | 73 | K30/13 | (K)61 | 00:28:15 | 00:27:21 | 10.97 |
| 62 | 1481 | YATSUZUKA Yo | WARSZAWA | | | 74 | K30/14 | (K)62 | 00:28:23 | 00:27:17 | 11.00 |
| 63 | 208 | ŚWIĆ Małgorzata | WARSZAWA | | | 74 | K30/15 | (K)63 | 00:28:28 | 00:28:25 | 10.56 |
| 64 | 817 | WIELEŃSKA Monika | WARSZAWA | | | 82 | K20/42 | (K)64 | 00:28:29 | 00:26:36 | 11.28 |
| 65 | 1051 | KOŁŁATAJ Magdalena | WARSZAWA | | KOMPANIA NIGDY JUŻ | 78 | K30/16 | (K)65 | 00:28:30 | 00:27:48 | 10.79 |
| 66 | 756 | MŁODECKA Asia | BABICE STARE | | | 93 | K20/43 | (K)66 | 00:28:31 | 00:27:40 | 10.84 |
| 67 | 1461 | FAZAN Barbara | JÓZEFOSŁAW | | | 73 | K30/17 | (K)67 | 00:28:34 | 00:27:24 | 10.95 |
| 68 | 478 | NOWAK Lidia | SULEJÓWEK | | | 94 | K20/44 | (K)68 | 00:28:49 | 00:28:34 | 10.50 |
| 69 | 2630 | WACŁAWSKA Maria | WARSZAWA | | | 79 | K30/18 | (K)69 | 00:28:51 | 00:27:36 | 10.87 |
| 70 | 564 | STALMACH Sylwia | WARSZAWA | | | 10 | | (K)70 | 00:28:52 | 00:28:22 | 10.58 |
| 71 | 868 | ŁAZIŃSKA Patrycja | JÓZEFÓW | | | 98 | K20/45 | (K)71 | 00:28:53 | 00:28:22 | 10.58 |
| 72 | 1088 | MILANCEJ Małgosia | ŁÓDŹ | | DRUŻYNA SZPIKU | 82 | K20/46 | (K)72 | 00:28:56 | 00:27:21 | 10.97 |
| 73 | 1017 | GAUVIN Anna | WARSZAWA | | | 74 | K30/19 | (K)73 | 00:29:05 | 00:27:45 | 10.81 |
| 74 | 1107 | PAŁEJKO Barbara | WARSZAWA | | | 77 | K30/20 | (K)74 | 00:29:07 | 00:27:53 | 10.76 |
| 75 | 593 | PARSZUTAS Julia | ŁOMIANKI | | UKS RONIN TEAM | 97 | K20/47 | (K)75 | 00:29:08 | 00:28:17 | 10.61 |
| 76 | 4195 | WITKOWSKA EDYTA | SOCHACZEW | | KM AKTYWNI SOCHACZEW | 75 | K30/21 | (K)76 | 00:29:09 | 00:28:09 | 10.66 |
| 77 | 3537 | ŻELAWSKA-PALASZ Karolina | WARSZAWA | | | 75 | K30/22 | (K)77 | 00:29:11 | 00:28:14 | 10.63 |
| 78 | 3741 | FILIPKOWSKA Małgorzata | CZĘSTOCHOWA | | | 87 | K20/48 | (K)78 | 00:29:12 | 00:29:09 | 10.29 |
| 79 | 3208 | CYPEL Marta | SOCHACZEW | | DFC SOCHACZEW | 76 | K30/23 | (K)79 | 00:29:12 | 00:27:52 | 10.77 |
| 80 | 4027 | PRZYBYLSKA MAŁGORZATA | SOCHACZEW | | KM AKTYWNI SOCHACZEW | 69 | K40/3 | (K)80 | 00:29:13 | 00:28:13 | 10.63 |
| 81 | 1114 | PIETRASIK Hanna | WARSZAWA | | | 76 | K30/24 | (K)81 | 00:29:16 | 00:27:27 | 10.93 |
| 82 | 3010 | SEROCKA Danuta | GRUDZIĄDZ | | | 71 | K30/25 | (K)82 | 00:29:17 | 00:28:48 | 10.42 |
| 83 | 410 | JASTKOWIAK Justyna | SKARZYSKO KAMIENNA | | | 82 | K20/49 | (K)83 | 00:29:22 | 00:27:27 | 10.93 |
| 84 | 866 | STRÓŻYŃSKA Ewa | OLSZTYN | | | 67 | K40/4 | (K)84 | 00:29:37 | 00:29:03 | 10.33 |
| 85 | 382 | WACHOWICZ Małgorzata | WARSZAWA | | | 84 | K20/50 | (K)85 | 00:29:38 | 00:29:24 | 10.20 |
| 86 | 717 | MIKULISZYN Agnieszka | WARSZAWA | | | 90 | K20/51 | (K)86 | 00:29:38 | 00:27:26 | 10.94 |
| 87 | 354 | ROMSICKA Urszula | OTWOCK | | | 84 | K20/52 | (K)87 | 00:29:39 | 00:28:34 | 10.50 |
| 88 | 900 | GIZIŃSKA Alina | WARSZAWA | | | 73 | K30/26 | (K)88 | 00:29:39 | 00:28:30 | 10.53 |
| 89 | 913 | SADOWSKA Magdalena | WARSZAWA | | | 78 | K30/27 | (K)89 | 00:29:47 | 00:28:07 | 10.67 |
| 90 | 880 | GOŹLIŃSKA Agnieszka | WARSZAWA | | | 71 | K30/28 | (K)90 | 00:29:48 | 00:29:45 | 10.08 |
| 91 | 402 | NAWACKA Emilia | OLSZTYNEK | | | 82 | K20/53 | (K)91 | 00:29:49 | 00:28:26 | 10.55 |
| 92 | 1499 | GRZEGRZÓŁKA Iga | WARSZAWA | | | 86 | K20/54 | (K)92 | 00:29:52 | 00:28:14 | 10.63 |
| 93 | 1417 | KOCIMSKA agnieszka | NOWE MIASTO | | | 80 | K30/29 | (K)93 | 00:29:52 | 00:27:28 | 10.92 |
| 94 | 355 | TUDEK Joanna | GÓRA KALWARIA | | | 74 | K30/30 | (K)94 | 00:29:53 | 00:28:53 | 10.39 |
| 95 | 463 | SOBIEŃ Agnieszka | WARSZAWA | | | 77 | K30/31 | (K)95 | 00:29:54 | 00:27:27 | 10.93 |
| 96 | 2304 | PUCHALSKA Magdalena | WARSZAWA | | | 89 | K20/55 | (K)96 | 00:29:54 | 00:28:01 | 10.71 |
| 97 | 808 | CHMIELEWSKA Grażyna | WARSZAWA | | | 71 | K30/32 | (K)97 | 00:29:54 | 00:28:39 | 10.47 |
| 98 | 501 | SZABŁOWSKA Emilia | PIASECZNO | | | 86 | K20/56 | (K)98 | 00:29:57 | 00:28:37 | 10.48 |
| 99 | 414 | WAŁEJKO Magdalena | GLIWICE | | | 81 | K20/57 | (K)99 | 00:30:05 | 00:29:11 | 10.28 |
| 100 | 3345 | KNIEFEL Aleksandra | URSUS | | | 86 | K20/58 | (K)100 | 00:30:10 | 00:29:26 | 10.19 |
| 101 | 653 | KMIECIŃSKA Iwona | WARSZAWA | | Q-MEDIA SOLUTION | 77 | K30/33 | (K)101 | 00:30:11 | 00:28:39 | 10.47 |
| 102 | 1483 | DUBER Katarzyna | WARSZAWA | | | 72 | K30/34 | (K)102 | 00:30:12 | 00:29:01 | 10.34 |
| 103 | 1071 | LELONEK Klaudia | SOCHACZEW | | ZESPÓŁ SZKÓŁ SOCHACZEW (SP7 I GIM3) | 98 | K20/59 | (K)103 | 00:30:14 | 00:29:25 | 10.20 |
| 104 | 1392 | WETOSZKA Weronika | WARSZAWA | | | 86 | K20/60 | (K)104 | 00:30:16 | 00:29:28 | 10.18 |
| 105 | 824 | ZAWOJSKA-GONTAR Czesława | KONSTANCIN | | | 65 | K40/5 | (K)105 | 00:30:18 | 00:30:11 | 9.94 |

KOBIETY (WOMEN)

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat | Drużyna Team | R-k YoB | W kategorii in Age Group | Grupy Sex | Wynik Time | Wynik Netto | [km/h] |
|---------------------|---------------|------------------------------|-------------------------|-----------------|-----------------------|----------------|---------------------------------|------------------|-------------------|--------------------|---------------|
| 106 | 1179 | WIDOMSKA Agnieszka | GÓRA KALWARIA | | | 73 | K30/35 | (K)106 | 00:30:20 | 00:29:36 | 10.14 |
| 107 | 802 | RÓŻYCKA Małgorzata | WARSZAWA | | | 79 | K30/36 | (K)107 | 00:30:21 | 00:27:58 | 10.73 |
| 108 | 3525 | KĄŻMIERCZAK Dominika | WARSZAWA | | | 72 | K30/37 | (K)108 | 00:30:22 | 00:29:43 | 10.10 |
| 109 | 263 | ADAMCZYK Izabela | BORZĘCIN DUŻY | | | 92 | K20/61 | (K)109 | 00:30:24 | 00:28:55 | 10.37 |
| 110 | 277 | BUCZEK Zuzanna | WARSZAWA | | | 79 | K30/38 | (K)110 | 00:30:26 | 00:28:58 | 10.36 |
| 111 | 965 | MARCINKOWSKA Magdalena | KOSÓW LACKI | | | 85 | K20/62 | (K)111 | 00:30:34 | 00:28:49 | 10.41 |
| 112 | 1032 | GWIAZDA Elżbieta | ŁĘKAWICA 14 | | | 74 | K30/39 | (K)112 | 00:30:36 | 00:30:11 | 9.94 |
| 113 | 1242 | DĄBROWSKA AGNIESZKA | WARSZAWA | | | 79 | K30/40 | (K)113 | 00:30:38 | 00:28:55 | 10.37 |
| 114 | 881 | MICHAŁOWSKA Katarzyna | WARSZAWA | | | 70 | K40/6 | (K)114 | 00:30:42 | 00:30:38 | 9.79 |
| 115 | 883 | JABŁOŃSKA Justyna | ZALESIE GÓRNE | | | 73 | K30/41 | (K)115 | 00:30:44 | 00:30:21 | 9.88 |
| 116 | 822 | PATRYCY Agnieszka Ewa | WARSZAWA | | | 77 | K30/42 | (K)116 | 00:30:49 | 00:29:52 | 10.04 |
| 117 | 597 | HINZMANN Dominika | WARSZAWA | | | 78 | K30/43 | (K)117 | 00:30:50 | 00:28:50 | 10.40 |
| 118 | 678 | LEWANDOWSKA Małgorzata | WARSZAWA | | | 73 | K30/44 | (K)118 | 00:30:51 | 00:29:32 | 10.16 |
| 119 | 844 | KUCHARSKA Kasia | WARSZAWA | | | 78 | K30/45 | (K)119 | 00:30:52 | 00:28:32 | 10.51 |
| 120 | 1143 | SMOLIŃSKA Małgorzata | WARSZAWA | | | 75 | K30/46 | (K)120 | 00:30:53 | 00:30:06 | 9.97 |
| 121 | 995 | CHOJNACKA Monika | TORUŃ | | NIEZRZESZONA | 76 | K30/47 | (K)121 | 00:30:56 | 00:28:25 | 10.56 |
| 122 | 361 | ZWOLAK joanna | WARSZAWA | | | 75 | K30/48 | (K)122 | 00:30:56 | 00:30:45 | 9.76 |
| 123 | 680 | DECK Anna | SULEJÓWEK | | | 85 | K20/63 | (K)123 | 00:31:00 | 00:29:21 | 10.22 |
| 124 | 311 | KONOPKA Anna | WARSZAWA | | | 86 | K20/64 | (K)124 | 00:31:00 | 00:29:35 | 10.14 |
| 125 | 455 | GALICKA Magdalena | WARSZAWA | | | 83 | K20/65 | (K)125 | 00:31:01 | 00:29:02 | 10.33 |
| 126 | 481 | BUDNIK Asia | WARSZAWA | | | 93 | K20/66 | (K)126 | 00:31:02 | 00:28:58 | 10.36 |
| 127 | 1091 | MROCZKOWSKA marta | WARSZAWA | | | 85 | K20/67 | (K)127 | 00:31:02 | 00:30:01 | 9.99 |
| 128 | 991 | BYLICKA Emilia | WARSZAWA | | | 84 | K20/68 | (K)128 | 00:31:05 | 00:29:16 | 10.25 |
| 129 | 837 | ŁUKASZUK Małgorzata | WARSZAWA | | | 76 | K30/49 | (K)129 | 00:31:13 | 00:29:36 | 10.14 |
| 130 | 699 | JĘDRZEJCZYK Kasia | WARSZAWA | | | 84 | K20/69 | (K)130 | 00:31:14 | 00:30:39 | 9.79 |
| 131 | 609 | MATEJKO Ewa | GIŻYCKO | | | 80 | K30/50 | (K)131 | 00:31:15 | 00:30:32 | 9.83 |
| 132 | 1440 | FILIPSKA Anna | GDYNIA | | | 85 | K20/70 | (K)132 | 00:31:17 | 00:28:36 | 10.49 |
| 133 | 341 | NAUMIUK Małgorzata | PARCZEW | | | 79 | K30/51 | (K)133 | 00:31:24 | 00:29:53 | 10.04 |
| 134 | 570 | WĘCŁAWIK Małgorzata | WARSZAWA | | THE ROYAL OF SCOTLAND | 85 | K20/71 | (K)134 | 00:31:27 | 00:30:23 | 9.87 |
| 135 | 762 | JOACHIMIAK Anna | WARSZAWA | | | 75 | K30/52 | (K)135 | 00:31:28 | 00:30:04 | 9.98 |
| 136 | 1383 | SZYMAŃSKA Malwina | PRUSZKÓW | | | 80 | K30/53 | (K)136 | 00:31:30 | 00:31:11 | 9.62 |
| 137 | 950 | KASIEWICZ Katarzyna | WARSZAWA | | | 78 | K30/54 | (K)137 | 00:31:31 | 00:29:28 | 10.18 |
| 138 | 2038 | KONDRASZUK Dorota | LISIWÓLKA | | | 78 | K30/55 | (K)138 | 00:31:33 | 00:29:44 | 10.09 |
| 139 | 959 | MOŚCICKA Halina | WARSZAWA | | | 59 | K50/4 | (K)139 | 00:31:35 | 00:30:37 | 9.80 |
| 140 | 834 | MIKUŁOWSKA Krystyna | WARSZAWA | | BRAK | 61 | K40/7 | (K)140 | 00:31:35 | 00:30:52 | 9.72 |
| 141 | 1045 | JÓZEFACIUK Jadwiga | BIAŁA PODLASKA | | | 56 | K50/5 | (K)141 | 00:31:37 | 00:30:07 | 9.96 |
| 142 | 1083 | MARKOWICZ Ewa | WROCLAW | | | 79 | K30/56 | (K)142 | 00:31:38 | 00:29:20 | 10.23 |
| 143 | 738 | JAKUBOWSKA katarzyna | WARSZAWA | | | 88 | K20/72 | (K)143 | 00:31:38 | 00:31:19 | 9.58 |
| 144 | 3211 | MIAŁKOS Olga | SOCHACZEW | | | 88 | K20/73 | (K)144 | 00:31:39 | 00:31:35 | 9.50 |
| 145 | 1031 | GUZIK Paulina | SOCHACZEW | | DRAGON FC SOCHACZEW | 92 | K20/74 | (K)145 | 00:31:39 | 00:30:59 | 9.68 |
| 146 | 1382 | SZYMAŃSKA Anna | WARSZAWA | | | 82 | K20/75 | (K)146 | 00:31:39 | 00:29:27 | 10.19 |
| 147 | 2417 | OLESIŃSKA ZOSIA | WARSZAWA | | | 80 | K30/57 | (K)147 | 00:31:39 | 00:29:24 | 10.20 |
| 148 | 714 | STAWIARZ patrycja | WARSZAWA | | | 79 | K30/58 | (K)148 | 00:31:40 | 00:29:13 | 10.27 |
| 149 | 893 | JĘDRZEJCZYK Paulina | WARSZAWA | | | 90 | K20/76 | (K)149 | 00:31:41 | 00:29:18 | 10.24 |
| 150 | 733 | MAKOWSKA Zofia | WARSZAWA | | | 57 | K50/6 | (K)150 | 00:31:41 | 00:30:33 | 9.82 |
| 151 | 734 | STAŃCZAK Natalia | RAWA MAZOWIECKA | | RAWA | 96 | K20/77 | (K)151 | 00:31:42 | 00:30:11 | 9.94 |
| 152 | 279 | SMOLEŃSKA Małgorzata | WARSZAWA | | | 79 | K30/59 | (K)152 | 00:31:46 | 00:29:38 | 10.12 |
| 153 | 751 | DOBIES Joanna | WARSZAWA | | | 76 | K30/60 | (K)153 | 00:31:49 | 00:29:44 | 10.09 |
| 154 | 562 | MAJCHRZAK weronika | WARSZAWA | | | 75 | K30/61 | (K)154 | 00:31:51 | 00:29:56 | 10.02 |
| 155 | 1046 | JURKIEWICZ Izabela | WARSZAWA | | | 73 | K30/62 | (K)155 | 00:31:52 | 00:31:04 | 9.66 |
| 156 | 383 | ŚMIETANKA Maria | WARSZAWA | | | 81 | K20/78 | (K)156 | 00:31:53 | 00:29:50 | 10.06 |
| 157 | 1127 | ROZWADOWSKA HANNA | WARSZAWA | | | 57 | K50/7 | (K)157 | 00:31:58 | 00:31:47 | 9.44 |
| 158 | 1115 | PIETROWSKA Anna | BŁONIE | | | 83 | K20/79 | (K)158 | 00:31:59 | 00:30:36 | 9.80 |
| 159 | 704 | GRADEK Joanna | NIEPORĘT | | | 77 | K30/63 | (K)159 | 00:31:59 | 00:29:20 | 10.23 |
| 160 | 705 | ŁAGOWSKA Aneta | NIEPORĘT | | | 83 | K20/80 | (K)160 | 00:32:00 | 00:29:21 | 10.22 |
| 161 | 657 | KRAWCZYK Monika | PIASECZNO | | | 84 | K20/81 | (K)161 | 00:32:00 | 00:31:33 | 9.51 |
| 162 | 256 | ŁAPIEŃSKA-PIECHOTA Magdalena | WARSZAWA | | | 70 | K40/8 | (K)162 | 00:32:03 | 00:29:49 | 10.06 |
| 163 | 483 | SIELSKA Marta | WARSZAWA | | | 86 | K20/82 | (K)163 | 00:32:04 | 00:30:31 | 9.83 |

KOBIETY (WOMEN)

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat | Drużyna Team | R-k YoB | W kategorii Age | Grupy Group | Sex | Wynik Time | Wynik Netto | [km/h] |
|---------------------|---------------|-----------------------------------|-------------------------|-----------------|---------------------------|----------------|------------------------|--------------------|------------|-------------------|--------------------|---------------|
| 164 | 814 | SOLTYSIAK Magdalena | URSUS | | | 79 | K30/64 | (K)164 | | 00:32:05 | 00:31:25 | 9.55 |
| 165 | 536 | KAZIMIERSKA Paulina | KUTNO | | | 88 | K20/83 | (K)165 | | 00:32:07 | 00:30:24 | 9.87 |
| 166 | 253 | ROHN Zuzanna | GRUDZIĄDZ | | | 76 | K30/65 | (K)166 | | 00:32:10 | 00:31:11 | 9.62 |
| 167 | 450 | DĄBROWSKA Anna | WARSZAWA | | | 75 | K30/66 | (K)167 | | 00:32:10 | 00:30:12 | 9.93 |
| 168 | 806 | TERKA Aleksandra | ŁOMIANKI | | | 79 | K30/67 | (K)168 | | 00:32:14 | 00:31:05 | 9.65 |
| 169 | 949 | MOĆKO Beata | WOŁOMIN | | ŚWIAT ROWERÓW RACING TEAM | 72 | K30/68 | (K)169 | | 00:32:15 | 00:29:42 | 10.10 |
| 170 | 788 | ROZBICKA-WIECZOREK agnieszka | WARSZAWA | | | 82 | K20/84 | (K)170 | | 00:32:15 | 00:29:51 | 10.05 |
| 171 | 884 | PIASECKA-KOŁACZ Agnieszka | CIECHANÓW | | METALTECH TEAM | 75 | K30/69 | (K)171 | | 00:32:16 | 00:31:44 | 9.45 |
| 172 | 578 | MIELCZAREK Wioletta | SKIERNIEWICE | | | 73 | K30/70 | (K)172 | | 00:32:17 | 00:31:04 | 9.66 |
| 173 | 576 | NAGÓRSKA Agnieszka | SKIERNIEWICE | | | 73 | K30/71 | (K)173 | | 00:32:17 | 00:31:04 | 9.66 |
| 174 | 1042 | JAWORZ DUTKA ELŻBIETA | WARSZAWA | | | 83 | K20/85 | (K)174 | | 00:32:23 | 00:31:03 | 9.66 |
| 175 | 3956 | NEWELSKA Katarzyna | WARSZAWA | | | 75 | K30/72 | (K)175 | | 00:32:24 | 00:30:46 | 9.75 |
| 176 | 1199 | ZBUDNIEWEK Grażyna | ŁÓDŹ | | | 54 | K50/8 | (K)176 | | 00:32:25 | 00:30:37 | 9.80 |
| 177 | 1295 | KULS Monika | WARSZAWA | | | 87 | K20/86 | (K)177 | | 00:32:27 | 00:30:58 | 9.69 |
| 178 | 235 | ZAWADZKA Marta | WARSZAWA | | | 77 | K30/73 | (K)178 | | 00:32:28 | 00:30:36 | 9.80 |
| 179 | 1166 | ŚWIĄTKOWSKA Beata | WARSZAWA | | | 81 | K20/87 | (K)179 | | 00:32:28 | 00:30:45 | 9.76 |
| 180 | 348 | SPLITT Anna | ŁĘBORK | | | 83 | K20/88 | (K)180 | | 00:32:29 | 00:30:06 | 9.97 |
| 181 | 1214 | BARTULSKA Karolina | WARSZAWA | | | 81 | K20/89 | (K)181 | | 00:32:29 | 00:31:12 | 9.62 |
| 182 | 1098 | NOWOSAD Olga | HRUBIESZÓW | | | 87 | K20/90 | (K)182 | | 00:32:29 | 00:31:48 | 9.43 |
| 183 | 982 | BOBRYK Karolina | WARSZAWA | | | 84 | K20/91 | (K)183 | | 00:32:30 | 00:29:48 | 10.07 |
| 184 | 231 | STELMACH Edyta | WOLA SUFCZYŃSKA | | | 85 | K20/92 | (K)184 | | 00:32:31 | 00:31:47 | 9.44 |
| 185 | 241 | GÓRALSKA Ewa | WARSZAWA | | | 68 | K40/9 | (K)185 | | 00:32:32 | 00:30:35 | 9.81 |
| 186 | 372 | DOBROWOLSKA Agnieszka | WARSZAWA | | | 81 | K20/93 | (K)186 | | 00:32:33 | 00:30:40 | 9.78 |
| 187 | 306 | WOŹNIAK Angelika | WARSZAWA | | | 83 | K20/94 | (K)187 | | 00:32:34 | 00:29:59 | 10.01 |
| 188 | 967 | POJASEK Karolina | WARSZAWA | | | 81 | K20/95 | (K)188 | | 00:32:35 | 00:30:15 | 9.92 |
| 189 | 228 | STAWICKA JADWIGA | KONSTANCIN | | PARK ZDROJOWY KONSTANCIN | 52 | K50/9 | (K)189 | | 00:32:37 | 00:29:49 | 10.06 |
| 190 | 937 | KOPIJA-PIEKARSKA Monika | WARSZAWA | | | 79 | K30/74 | (K)190 | | 00:32:39 | 00:31:47 | 9.44 |
| 191 | 890 | KOWALCZYK Marlena | WARSZAWA | | | 85 | K20/96 | (K)191 | | 00:32:40 | 00:30:18 | 9.90 |
| 192 | 267 | ADAMCZYK Anna | BORZĘCIN DUŻY | | | 87 | K20/97 | (K)192 | | 00:32:42 | 00:31:11 | 9.62 |
| 193 | 403 | BIERNAT Dorota | ŁÓDŹ | | DMMM TEAM | 62 | K40/10 | (K)193 | | 00:32:42 | 00:31:24 | 9.55 |
| 194 | 4956 | ŁAZOWSKA Joanna | WARSZAWA | | | 80 | K30/75 | (K)194 | | 00:32:44 | 00:31:48 | 9.43 |
| 195 | 787 | ADAMOWICZ Hanna | WARSZAWA | | | 77 | K30/76 | (K)195 | | 00:32:44 | 00:30:17 | 9.91 |
| 196 | 644 | TATARYNOWICZ Marta | WARSZAWA | | | 84 | K20/98 | (K)196 | | 00:32:45 | 00:31:33 | 9.51 |
| 197 | 1479 | POCIEJ Katarzyna | PŁOCK | | | 85 | K20/99 | (K)197 | | 00:32:46 | 00:30:03 | 9.98 |
| 198 | 1135 | SIDOROWICZ Natalia | WROCLAW | | | 84 | K20/100 | (K)198 | | 00:32:47 | 00:30:34 | 9.81 |
| 199 | 4910 | MINASIEWICZ Ewa | PULTUSK | | | 69 | K40/11 | (K)199 | | 00:32:47 | 00:31:34 | 9.50 |
| 200 | 744 | DEMBIŃSKA Barbara | WARSZAWA | | | 86 | K20/101 | (K)200 | | 00:32:47 | 00:30:37 | 9.80 |
| 201 | 625 | KURDEJ Monika | JÓZEFÓW | | | 78 | K30/77 | (K)201 | | 00:32:48 | 00:30:05 | 9.97 |
| 202 | 1075 | LIS Magdalena | WARSZAWA | | | 76 | K30/78 | (K)202 | | 00:32:48 | 00:31:35 | 9.50 |
| 203 | 1182 | WILCZYŃSKA Julia | WARSZAWA | | KLUB MARUDY | 82 | K20/102 | (K)203 | | 00:32:49 | 00:30:27 | 9.85 |
| 204 | 1116 | PILAREK Monika | WARSZAWA | | | 76 | K30/79 | (K)204 | | 00:32:53 | 00:30:23 | 9.87 |
| 205 | 3270 | SKARPETOWSKI Michele Katarzyna | UNTERSIGGENTHAL | | | 85 | K20/103 | (K)205 | | 00:32:54 | 00:32:14 | 9.31 |
| 206 | 1128 | RUBINOWSKA-AUGUŚCIK Dorota | MYSIADŁO | | SZALONE MYSZY | 70 | K40/12 | (K)206 | | 00:32:54 | 00:30:55 | 9.70 |
| 207 | 3831 | KIN LEWIS Joanna | WARSZAWA | | WARSZAWA | 69 | K40/13 | (K)207 | | 00:32:56 | 00:32:35 | 9.21 |
| 208 | 766 | KUNIKOWSKA Elżbieta | WARSZAWA | | | 80 | K30/80 | (K)208 | | 00:32:57 | 00:30:34 | 9.81 |
| 209 | 428 | CHRZANOWSKA Małgorzata | WARSZAWA | | | 69 | K40/14 | (K)209 | | 00:32:59 | 00:32:09 | 9.33 |
| 210 | 130 | DZIWULSKA Marta | | | | 10 | | (K)210 | | 00:33:00 | 00:31:26 | 9.54 |
| 211 | 907 | ALEKSANDROWICZ Julita | ZĄBKI | | | 79 | K30/81 | (K)211 | | 00:33:01 | 00:31:17 | 9.59 |
| 212 | 508 | ŻOCHOWSKA Dominika | SOKOŁÓW PODLASKI | | | 86 | K20/104 | (K)212 | | 00:33:02 | 00:31:12 | 9.62 |
| 213 | 836 | SYTA Małgorzata | WARSZAWA | | | 76 | K30/82 | (K)213 | | 00:33:02 | 00:31:23 | 9.56 |
| 214 | 974 | BAŃDO Iwona | KRAKÓW | | BAŃDO TEAM | 81 | K20/105 | (K)214 | | 00:33:07 | 00:32:17 | 9.29 |
| 215 | 509 | KOLENIEC Judyta | WARSZAWA | | | 86 | K20/106 | (K)215 | | 00:33:09 | 00:31:19 | 9.58 |
| 216 | 510 | MARSZALEK Dorota | WARSZAWA | | | 86 | K20/107 | (K)216 | | 00:33:09 | 00:31:19 | 9.58 |
| 217 | 886 | WOJCIECHOWSKA Magdalena | WARSZAWA | | | 90 | K20/108 | (K)217 | | 00:33:14 | 00:31:56 | 9.39 |
| 218 | 1442 | RUTKOWSKA Elżbieta | WARSZAWA | | | 71 | K30/83 | (K)218 | | 00:33:15 | 00:30:32 | 9.83 |
| 219 | 857 | LUCKIEWICZ Emilia | WARSZAWA | | | 80 | K30/84 | (K)219 | | 00:33:16 | 00:31:57 | 9.39 |
| 220 | 1162 | SZYCIK Swietłana | GRAJEWO | | MARATONKA GRAJEWO | 71 | K30/85 | (K)220 | | 00:33:17 | 00:32:36 | 9.20 |
| 221 | 1079 | MACHTYLSKA Aleksandra | WROCLAW | | WKB PIAST | 83 | K20/109 | (K)221 | | 00:33:19 | 00:30:33 | 9.82 |

KOBIETY (WOMEN)

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat | Drużyna Team | R-k YoB | W kategorii Age | Grupy Group | Sex | Wynik Time | Wynik Netto | [km/h] |
|---------------------|---------------|-----------------------------|-------------------------|-----------------|-----------------------|----------------|------------------------|--------------------|------------|-------------------|--------------------|---------------|
| 222 | 1152 | STUSIŃSKA Karolina | SIEDLCE | | KSS EKONOMIK SIEDLCE | 93 | K20/110 | (K)222 | | 00:33:19 | 00:31:03 | 9.66 |
| 223 | 1202 | ZUBRZYCKA Agnieszka | WARSZAWA | | | 76 | K30/86 | (K)223 | | 00:33:22 | 00:33:20 | 9.00 |
| 224 | 2827 | OLEJNICKA Anna | WARSZAWA | | THE ROYAL OF SCOTLAND | 74 | K30/87 | (K)224 | | 00:33:22 | 00:30:48 | 9.74 |
| 225 | 220 | OTTO Zdzisława | WARSZAWA | | | 47 | K60/1 | (K)225 | | 00:33:24 | 00:32:27 | 9.24 |
| 226 | 1033 | GYRIA Olga | WARSZAWA | | ACCELERATE | 81 | K20/111 | (K)226 | | 00:33:24 | 00:31:19 | 9.58 |
| 227 | 395 | NIEDŹWIEDZKA Joanna | WARSZAWA | | | 58 | K50/10 | (K)227 | | 00:33:26 | 00:32:49 | 9.14 |
| 228 | 421 | KERNER katarzyna | WARSZAWA | | | 94 | K20/112 | (K)228 | | 00:33:27 | 00:31:44 | 9.45 |
| 229 | 555 | CZERWIŃSKA Klaudia | WARSZAWA | | | 94 | K20/113 | (K)229 | | 00:33:27 | 00:32:48 | 9.15 |
| 230 | 259 | BAJKO Justyna | WARSZAWA | | | 80 | K30/88 | (K)230 | | 00:33:28 | 00:30:48 | 9.74 |
| 231 | 547 | KIRYLUK Katarzyna | WARSZAWA | | | 74 | K30/89 | (K)231 | | 00:33:30 | 00:31:16 | 9.59 |
| 232 | 990 | BRZEZINA Ewa | SOCHACZEW | | KM AKTYWNI SOCHACZEW | 61 | K40/15 | (K)232 | | 00:33:31 | 00:32:43 | 9.17 |
| 233 | 768 | JANICKA Marta | WARSZAWA | | FANKLUB MISIAKA | 81 | K20/114 | (K)233 | | 00:33:32 | 00:30:50 | 9.73 |
| 234 | 1030 | GRUCELSKA-ZENC Justyna | WARSZAWA | | | 78 | K30/90 | (K)234 | | 00:33:33 | 00:32:10 | 9.33 |
| 235 | 843 | DEMIANIUK Beata | MIŃSK MAZOWIECKI | | | 72 | K30/91 | (K)235 | | 00:33:34 | 00:32:03 | 9.36 |
| 236 | 841 | WÓJCICKA Elżbieta | MIŃSK MAZOWIECKI | | | 64 | K40/16 | (K)236 | | 00:33:34 | 00:32:03 | 9.36 |
| 237 | 2777 | MATULANIEC Elżbieta | WARSZAWA | | DAMY RADE | 56 | K50/11 | (K)237 | | 00:33:39 | 00:32:23 | 9.26 |
| 238 | 939 | KLIŚ Agnieszka | WARSZAWA | | | 78 | K30/92 | (K)238 | | 00:33:41 | 00:32:43 | 9.17 |
| 239 | 1490 | MACIURA Anna | WARSZAWA | | | 79 | K30/93 | (K)239 | | 00:33:42 | 00:32:04 | 9.36 |
| 240 | 3329 | KURPIŃSKA Izabela | WARSZAWA | | | 83 | K20/115 | (K)240 | | 00:33:44 | 00:31:29 | 9.53 |
| 241 | 816 | BANACHOWICZ IWONA | WARSZAWA | | | 76 | K30/94 | (K)241 | | 00:33:47 | 00:32:14 | 9.31 |
| 242 | 854 | KOWALCZYK Dominika | WARSZAWA | | | 80 | K30/95 | (K)242 | | 00:33:48 | 00:32:25 | 9.25 |
| 243 | 789 | FUDALA Renata | WARSZAWA | | | 79 | K30/96 | (K)243 | | 00:33:53 | 00:31:24 | 9.55 |
| 244 | 975 | BAR Katarzyna | WARSZAWA | | | 72 | K30/97 | (K)244 | | 00:33:54 | 00:33:19 | 9.00 |
| 245 | 782 | SZUMNIAK Alicja | WARSZAWA | | | 92 | K20/116 | (K)245 | | 00:33:59 | 00:31:33 | 9.51 |
| 246 | 1176 | WERAKSA Katarzyna | WARSZAWA | | | 83 | K20/117 | (K)246 | | 00:34:00 | 00:31:49 | 9.43 |
| 247 | 720 | BARTNIK Marzena | WARSZAWA | | | 92 | K20/118 | (K)247 | | 00:34:01 | 00:33:34 | 8.94 |
| 248 | 721 | BARTNIK Joanna | WARSZAWA | | | 89 | K20/119 | (K)248 | | 00:34:01 | 00:33:35 | 8.93 |
| 249 | 136 | KOSSON Danuta | WARSZAWA | | CROSS WARSZAWA | 50 | K60/2 | (K)249 | | 00:34:05 | 00:32:47 | 9.15 |
| 250 | 212 | FASZCZEWSKA Aleksandra | WARSZAWA | | ABC KONDYCJA | 96 | K20/120 | (K)250 | | 00:34:07 | 00:32:05 | 9.35 |
| 251 | 3417 | KOSICKA-GRABOWSKA Agnieszka | WARSZAWA | | | 72 | K30/98 | (K)251 | | 00:34:08 | 00:32:58 | 9.10 |
| 252 | 326 | DULKO Bożena | WARSZAWA | | | 74 | K30/99 | (K)252 | | 00:34:08 | 00:31:49 | 9.43 |
| 253 | 482 | BUDNIK Magda | CZOSNÓW | | | 92 | K20/121 | (K)253 | | 00:34:09 | 00:32:04 | 9.36 |
| 254 | 742 | DZIWANI Magdalena | WARSZAWA | | | 92 | K20/122 | (K)254 | | 00:34:10 | 00:33:13 | 9.03 |
| 255 | 633 | CELIŃSKA Weronika | WARSZAWA | | BYLEDOBIEC ANIN | 86 | K20/123 | (K)255 | | 00:34:12 | 00:31:48 | 9.43 |
| 256 | 898 | PAWŁOWSKA Aleksandra | WARSZAWA | | | 97 | K20/124 | (K)256 | | 00:34:16 | 00:32:44 | 9.16 |
| 257 | 528 | KLUCZKA Marta | WARSZAWA | | | 82 | K20/125 | (K)257 | | 00:34:17 | 00:32:37 | 9.20 |
| 258 | 1361 | SERWAN Anna | WARSZAWA | | | 85 | K20/126 | (K)258 | | 00:34:17 | 00:33:11 | 9.04 |
| 259 | 892 | POTORECKA Dorota | WARSZAWA | | | 57 | K50/12 | (K)259 | | 00:34:17 | 00:32:11 | 9.32 |
| 260 | 1362 | SERWAN Izabela | LUBLIN | | | 65 | K40/17 | (K)260 | | 00:34:17 | 00:33:09 | 9.05 |
| 261 | 1256 | GACZKOWSKA Agnieszka | WARSZAWA | | | 83 | K20/127 | (K)261 | | 00:34:19 | 00:32:33 | 9.22 |
| 262 | 803 | BAJER Magdalena | URSUS | | | 80 | K30/100 | (K)262 | | 00:34:21 | 00:33:41 | 8.91 |
| 263 | 1478 | BERLIŃSKA Maria | ŁÓDŹ | | | 83 | K20/128 | (K)263 | | 00:34:24 | 00:33:20 | 9.00 |
| 264 | 4955 | DĄBROWSKA Agnieszka | PIASECZNO | | | 72 | K30/101 | (K)264 | | 00:34:28 | 00:31:39 | 9.48 |
| 265 | 388 | JAMROZIAK Aleksandra | WARSZAWA | | | 91 | K20/129 | (K)265 | | 00:34:29 | 00:33:31 | 8.95 |
| 266 | 377 | ROSLAN Małgorzata | WARSZAWA | | | 64 | K40/18 | (K)266 | | 00:34:31 | 00:33:46 | 8.88 |
| 267 | 1470 | CHYCZEWSKA Marzena | WARSZAWA | | | 75 | K30/102 | (K)267 | | 00:34:31 | 00:32:34 | 9.21 |
| 268 | 855 | ŁĘCKA Małgorzata | WARSZAWA | | | 86 | K20/130 | (K)268 | | 00:34:31 | 00:33:43 | 8.90 |
| 269 | 905 | JASIŃSKA-PIWKO Izabela | WARSZAWA | | BIEGAM BO LUBIE | 81 | K20/131 | (K)269 | | 00:34:32 | 00:33:20 | 9.00 |
| 270 | 719 | BARTNIK Justyna | WARSZAWA | | | 87 | K20/132 | (K)270 | | 00:34:39 | 00:34:12 | 8.77 |
| 271 | 3986 | PALASA Ieva | WARSZAWA | | PARK ZNICZA | 79 | K30/103 | (K)271 | | 00:34:39 | 00:32:23 | 9.26 |
| 272 | 1080 | MAKOCKA JOANNA | WARSZAWA | | | 83 | K20/133 | (K)272 | | 00:34:41 | 00:33:05 | 9.07 |
| 273 | 627 | KRASZEWSKA Majka | WŁOCŁAWEK | | | 91 | K20/134 | (K)273 | | 00:34:43 | 00:32:18 | 9.29 |
| 274 | 2993 | KRASZEWSKA Dorota | WŁOCŁAWEK | | | 67 | K40/19 | (K)274 | | 00:34:44 | 00:34:17 | 8.75 |
| 275 | 842 | FLORIAŃCZYK Laura | WARSZAWA | | | 91 | K20/135 | (K)275 | | 00:34:45 | 00:34:34 | 8.68 |
| 276 | 1061 | KRUPIŃSKA Jowita | NAKŁO NAD NOTECIĄ | | | 91 | K20/136 | (K)276 | | 00:34:46 | 00:33:52 | 8.86 |
| 277 | 799 | SOŁTYSIAK Monika | WARSZAWA | | | 83 | K20/137 | (K)277 | | 00:34:50 | 00:34:38 | 8.66 |
| 278 | 538 | ZATORSKA Joanna | WARSZAWA | | | 79 | K30/104 | (K)278 | | 00:34:51 | 00:33:53 | 8.85 |
| 279 | 223 | KRAWCZYŃSKA Tina | RADZIEJOWICE | | | 76 | K30/105 | (K)279 | | 00:34:53 | 00:33:04 | 9.07 |

KOBIETY (WOMEN)

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat | Drużyna Team | R-k YoB | W kategorii in Age Group | Grupy Sex | Wynik Time | Wynik Netto | [km/h] |
|--------------|--------|------------------------------|---------------------|----------|------------------------|---------|--------------------------|-----------|------------|-------------|--------|
| 280 | 280 | GALLEWICZ Teresa | WARSZAWA | | | 79 | K30/106 | (K)280 | 00:34:54 | 00:32:46 | 9.16 |
| 281 | 1023 | GOCH Katarzyna | SOCHACZEW | | KM AKTYWNI SOCHACZEW | 87 | K20/138 | (K)281 | 00:34:57 | 00:34:20 | 8.74 |
| 282 | 707 | SMUTKIEWICZ Iwona | LEGIONOWO | | | 76 | K30/107 | (K)282 | 00:34:58 | 00:32:48 | 9.15 |
| 283 | 1234 | CIEŚLUK Małgorzata | WARSZAWA | | CROSS WARSZAWA | 63 | K40/20 | (K)283 | 00:35:00 | 00:34:34 | 8.68 |
| 284 | 565 | GALEWICZ Anna | WARSZAWA | | THE ROYAL OF SCOTLAND | 77 | K30/108 | (K)284 | 00:35:03 | 00:33:58 | 8.83 |
| 285 | 954 | PARYS Aleksandra | WARSZAWA | | | 76 | K30/109 | (K)285 | 00:35:04 | 00:33:23 | 8.99 |
| 286 | 2870 | KOŁOSIŃSKA Małgorzata | GÓRA KALWARIA | | UKS OSIR GÓRA KALWARIA | 92 | K20/139 | (K)286 | 00:35:04 | 00:33:44 | 8.89 |
| 287 | 769 | CZARNECKA Ilona | ŁOMIANKI | | ŁOMIANKI | 74 | K30/110 | (K)287 | 00:35:06 | 00:32:09 | 9.33 |
| 288 | 480 | ŚWISTAK Joanna | OTRĘBUSY | | | 85 | K20/140 | (K)288 | 00:35:07 | 00:32:43 | 9.17 |
| 289 | 242 | KROCHMAL Małgorzata | WARSZAWA | | KU AZS WAT WARSZAWA | 58 | K50/13 | (K)289 | 00:35:08 | 00:33:18 | 9.01 |
| 290 | 498 | HORDYJ - LEPLÉ Joanna | OPACZ KOLONIA | | | 73 | K30/111 | (K)290 | 00:35:08 | 00:32:56 | 9.11 |
| 291 | 986 | BOLIMOWSKA Olga | TERESIN | | NIE | 98 | K20/141 | (K)291 | 00:35:08 | 00:34:10 | 8.78 |
| 292 | 587 | SADKOWSKA Dorota | TYCHY | | | 81 | K20/142 | (K)292 | 00:35:13 | 00:33:53 | 8.85 |
| 293 | 865 | MAKOWSKA Katarzyna | WARSZAWA | | | 64 | K40/21 | (K)293 | 00:35:13 | 00:33:32 | 8.95 |
| 294 | 1039 | JANCIK Iwona | WARSZAWA | | UKS GEPARD | 80 | K30/112 | (K)294 | 00:35:16 | 00:33:04 | 9.07 |
| 295 | 2360 | JAKUBOWSKA Dorota | PŁOŃSK | | | 85 | K20/143 | (K)295 | 00:35:17 | 00:33:20 | 9.00 |
| 296 | 1109 | PAWŁOWSKA AGNIESZKA | WARSZAWA | | | 66 | K40/22 | (K)296 | 00:35:18 | 00:33:46 | 8.88 |
| 297 | 437 | BIELECKA Karolina | SIEDLCE | | | 84 | K20/144 | (K)297 | 00:35:19 | 00:32:25 | 9.25 |
| 298 | 1081 | MALICKA Bożena | ŁÓDŹ | | | 67 | K40/23 | (K)298 | 00:35:20 | 00:35:05 | 8.55 |
| 299 | 741 | JUREWICZ-JĘDRZEJOWSKA Marta | WARSZAWA | | | 70 | K40/24 | (K)299 | 00:35:20 | 00:32:43 | 9.17 |
| 300 | 339 | BUTWIŁOWSKA Barbara | WARSZAWA | | | 69 | K40/25 | (K)300 | 00:35:21 | 00:32:41 | 9.18 |
| 301 | 972 | AUGUŚCIK Olga | MYSIADŁO | | SZALONE MYSZY | 91 | K20/145 | (K)301 | 00:35:23 | 00:33:25 | 8.98 |
| 302 | 661 | MASŁOWSKA Martyna | LIDZBARK | | | 93 | K20/146 | (K)302 | 00:35:23 | 00:34:03 | 8.81 |
| 303 | 268 | WISZNIEWSKA Izabela | WIERZBIN | | | 92 | K20/147 | (K)303 | 00:35:25 | 00:33:52 | 8.86 |
| 304 | 347 | KASPRZAK Karolina | KARCZEW | | | 88 | K20/148 | (K)304 | 00:35:28 | 00:34:03 | 8.81 |
| 305 | 899 | GIZIŃSKA - DZIADKOWIEC Beata | WARSZAWA | | ŻÓŁWIE | 69 | K40/26 | (K)305 | 00:35:29 | 00:34:19 | 8.74 |
| 306 | 1443 | CZAJKA Marta | WARSZAWA | | | 87 | K20/149 | (K)306 | 00:35:29 | 00:34:10 | 8.78 |
| 307 | 371 | DOBROWOLSKA Anna | WARSZAWA | | | 79 | K30/113 | (K)307 | 00:35:29 | 00:33:36 | 8.93 |
| 308 | 605 | NIEWIAROWSKA Anna | WARSZAWA | | | 73 | K30/114 | (K)308 | 00:35:35 | 00:33:13 | 9.03 |
| 309 | 2622 | MAŁYSZ Marta | WARSZAWA | | | 76 | K30/115 | (K)309 | 00:35:38 | 00:34:18 | 8.75 |
| 310 | 977 | BARNAS PAULINA | WARSZAWA | | BRAK | 64 | K40/27 | (K)310 | 00:35:41 | 00:35:08 | 8.54 |
| 311 | 888 | TETER Agnieszka | ZAWICHOST | | | 85 | K20/150 | (K)311 | 00:35:49 | 00:33:19 | 9.00 |
| 312 | 832 | MICHALKIEWICZ Olga | WARSZAWA | | | 75 | K30/116 | (K)312 | 00:35:50 | 00:35:29 | 8.45 |
| 313 | 435 | LEWICKA Marta | RADZYMIN | | | 85 | K20/151 | (K)313 | 00:35:51 | 00:33:30 | 8.96 |
| 314 | 1169 | TOMASZEWSKA Magdalena | WARSZAWA | | MALENKAIII'S TEAM | 77 | K30/117 | (K)314 | 00:35:52 | 00:33:02 | 9.08 |
| 315 | 566 | DYGA-TWARDOWSKA Hanna | WARSZAWA | | | 75 | K30/118 | (K)315 | 00:35:54 | 00:35:14 | 8.51 |
| 316 | 511 | DUCHIŃSKA Magdalena | ZIELONKA | | | 92 | K20/152 | (K)316 | 00:35:56 | 00:33:19 | 9.00 |
| 317 | 732 | JABŁOŃSKA Marta | WARSZAWA | | BRE BANK | 81 | K20/153 | (K)317 | 00:35:58 | 00:33:46 | 8.88 |
| 318 | 901 | GŁOWACKA Anna | WARSZAWA | | | 92 | K20/154 | (K)318 | 00:36:00 | 00:33:29 | 8.96 |
| 319 | 626 | GOGOLEWSKA Anna | ŚLUPNO | | | 59 | K50/14 | (K)319 | 00:36:01 | 00:34:44 | 8.64 |
| 320 | 470 | GRABEK Anna | WARSZAWA | | | 75 | K30/119 | (K)320 | 00:36:02 | 00:34:04 | 8.81 |
| 321 | 1124 | RATUSZYŃSKA Urszula | WARSZAWA | | ALETEMPO | 73 | K30/120 | (K)321 | 00:36:03 | 00:33:29 | 8.96 |
| 322 | 579 | KOŁOSIŃSKA anna | WARSZAWA | | | 82 | K20/155 | (K)322 | 00:36:04 | 00:34:43 | 8.64 |
| 323 | 1111 | PAWŁOWSKA Iga | WARSZAWA | | | 92 | K20/156 | (K)323 | 00:36:04 | 00:34:03 | 8.81 |
| 324 | 1110 | PAWŁOWSKA Agnieszka | WARSZAWA | | | 69 | K40/28 | (K)324 | 00:36:05 | 00:34:05 | 8.80 |
| 325 | 608 | NAPIERAŁA Joanna | OSTRÓW WIELKOPOLSKI | | | 80 | K30/121 | (K)325 | 00:36:06 | 00:35:24 | 8.47 |
| 326 | 456 | HANYŻ Ewelina | WARSZAWA | | | 78 | K30/122 | (K)326 | 00:36:10 | 00:33:49 | 8.87 |
| 327 | 1473 | ZIĘTEK Karolina | WARSZAWA | | | 96 | K20/157 | (K)327 | 00:36:11 | 00:35:18 | 8.50 |
| 328 | 1157 | SZELEWICZ Agnieszka | WARSZAWA | | | 62 | K40/29 | (K)328 | 00:36:12 | 00:33:53 | 8.85 |
| 329 | 2056 | KOZŁOWSKA Lidia | TŁUSZCZ | | | 78 | K30/123 | (K)329 | 00:36:13 | 00:34:15 | 8.76 |
| 330 | 667 | JELOWIECKA Aleksandra | WARSZAWA | | | 79 | K30/124 | (K)330 | 00:36:13 | 00:34:24 | 8.72 |
| 331 | 446 | WIELANIER Matylda | WARSZAWA | | NIEZRZESZONA | 76 | K30/125 | (K)331 | 00:36:15 | 00:35:40 | 8.41 |
| 332 | 833 | FILAS Matylda | WARSZAWA | | | 77 | K30/126 | (K)332 | 00:36:24 | 00:33:33 | 8.94 |
| 333 | 1231 | CICHOCKA RENATA | WARSZAWA | | ILF | 73 | K30/127 | (K)333 | 00:36:24 | 00:33:49 | 8.87 |
| 334 | 602 | SZTAJERWALD Ewelina | WARSZAWA | | | 85 | K20/158 | (K)334 | 00:36:26 | 00:34:17 | 8.75 |
| 335 | 911 | SZULIM Katarzyna | WARSZAWA | | | 74 | K30/128 | (K)335 | 00:36:27 | 00:35:32 | 8.44 |
| 336 | 1000 | CWALINA Ula | WARSZAWA | | | 74 | K30/129 | (K)336 | 00:36:28 | 00:34:19 | 8.74 |
| 337 | 810 | KOWALCZYK Agnieszka | WARSZAWA | | | 85 | K20/159 | (K)337 | 00:36:30 | 00:33:46 | 8.88 |

KOBIETY (WOMEN)

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat | Drużyna Team | R-k YoB | W kategorii Age | Grupy Group | Sex | Wynik Time | Wynik Netto | [km/h] |
|---------------------|---------------|-----------------------------|-------------------------|-----------------|---------------------|----------------|------------------------|--------------------|------------|-------------------|--------------------|---------------|
| 338 | 1070 | LATACZ-STRASZAK agata | WARSZAWA | | | 74 | K30/130 | (K)338 | | 00:36:33 | 00:35:08 | 8.54 |
| 339 | 591 | PARSZUTAS wiktoria | ŁOMIANKI | | UKS RONIN TEM | 98 | K20/160 | (K)339 | | 00:36:40 | 00:35:49 | 8.38 |
| 340 | 679 | DECK Krystyna | SULEJÓWEK | | | 50 | K60/3 | (K)340 | | 00:36:41 | 00:34:51 | 8.61 |
| 341 | 1161 | SZYCHOWSKA MAGDALENA | ŁĘCZYCA | | BRAK | 77 | K30/131 | (K)341 | | 00:36:46 | 00:33:47 | 8.88 |
| 342 | 271 | GOŁĘBIEWSKA Katarzyna | WARSZAWA | | | 84 | K20/161 | (K)342 | | 00:36:51 | 00:34:24 | 8.72 |
| 343 | 390 | DĘBSKA ANNA | WARSZAWA | | | 58 | K50/15 | (K)343 | | 00:36:52 | 00:36:32 | 8.21 |
| 344 | 703 | WOJCIECHOWSKA Elżbieta | WARSZAWA | | | 67 | K40/30 | (K)344 | | 00:36:56 | 00:33:32 | 8.95 |
| 345 | 532 | ZAWAL Anna | WARSZAWA | | | 78 | K30/132 | (K)345 | | 00:36:56 | 00:35:40 | 8.41 |
| 346 | 522 | JANIAK KAROLINA | POZNAN | | | 74 | K30/133 | (K)346 | | 00:36:58 | 00:35:03 | 8.56 |
| 347 | 1432 | RYBCZYŃSKA Monika | WARSZAWA | | | 74 | K30/134 | (K)347 | | 00:37:00 | 00:34:17 | 8.75 |
| 348 | 1047 | KAMIŃSKA Agnieszka | KAMIEŃCZYK | | | 76 | K30/135 | (K)348 | | 00:37:03 | 00:35:39 | 8.42 |
| 349 | 875 | ZARĘBA-BRZOZOWSKA Agnieszka | WOŁOMIN | | | 72 | K30/136 | (K)349 | | 00:37:06 | 00:35:44 | 8.40 |
| 350 | 1224 | BUJALSKA dorota | WARSZAWA | | | 59 | K50/16 | (K)350 | | 00:37:11 | 00:37:04 | 8.09 |
| 351 | 1592 | KOSTURKIEWICZ Małgosia | WARSZAWA | | | 70 | K40/31 | (K)351 | | 00:37:15 | 00:34:27 | 8.71 |
| 352 | 663 | GAŁĄZKA KAROLINA | ŁOCHÓW | | | 79 | K30/137 | (K)352 | | 00:37:21 | 00:35:17 | 8.50 |
| 353 | 3833 | KISZKA Nika | WARSZAWA | | | 71 | K30/138 | (K)353 | | 00:37:22 | 00:35:16 | 8.51 |
| 354 | 999 | CISZEWSKA Małgorzata | WARSZAWA | | | 78 | K30/139 | (K)354 | | 00:37:23 | 00:34:37 | 8.67 |
| 355 | 1052 | KOŁODZIEJ Monika | WAARSZAWA | | | 81 | K20/162 | (K)355 | | 00:37:23 | 00:34:37 | 8.67 |
| 356 | 113 | CHLIPALA Jolanta | | | | 10 | | (K)356 | | 00:37:35 | 00:34:57 | 8.58 |
| 357 | 1035 | HANDZLIK Marta | WARSZAWA | | | 81 | K20/163 | (K)357 | | 00:37:47 | 00:36:12 | 8.29 |
| 358 | 610 | MUCHNICKA Agnieszka | WARSZAWA | | NIE | 84 | K20/164 | (K)358 | | 00:37:53 | 00:34:58 | 8.58 |
| 359 | 767 | ALEKSANDROWICZ Magdalena | WARSZAWA | | | 67 | K40/32 | (K)359 | | 00:38:00 | 00:35:05 | 8.55 |
| 360 | 613 | BANAŚ Julianna | LUBLIN | | | 98 | K20/165 | (K)360 | | 00:38:01 | 00:36:06 | 8.31 |
| 361 | 614 | BANAŚ Zuzanna | LUBLIN | | | 97 | K20/166 | (K)361 | | 00:38:01 | 00:36:06 | 8.31 |
| 362 | 992 | BYLICKA Ewa | WARSZAWA | | | 53 | K50/17 | (K)362 | | 00:38:18 | 00:36:29 | 8.22 |
| 363 | 330 | FLIS Grażyna | MICHAŁOWICE | | | 57 | K50/18 | (K)363 | | 00:38:31 | 00:35:50 | 8.37 |
| 364 | 957 | WAWRZYŃCZYK-MALINOWSKA Ania | WARSZAWA | | NIEZRZESZONA | 67 | K40/33 | (K)364 | | 00:38:37 | 00:35:59 | 8.34 |
| 365 | 1167 | ŚWIĘCICKA Magdalena | LASKI | | | 71 | K30/140 | (K)365 | | 00:38:38 | 00:35:49 | 8.38 |
| 366 | 2740 | SZOKALSKA Aleksandra | WARSZAWA | | | 82 | K20/167 | (K)366 | | 00:38:45 | 00:36:09 | 8.30 |
| 367 | 619 | STOLARZ Ewa | WARSZAWA | | | 68 | K40/34 | (K)367 | | 00:38:46 | 00:37:32 | 7.99 |
| 368 | 961 | STRZEŻEK Ewa | WARSZAWA | | | 61 | K40/35 | (K)368 | | 00:38:47 | 00:36:05 | 8.31 |
| 369 | 727 | ŁUKOWIEC Paulina | WARSZAWA | | | 88 | K20/168 | (K)369 | | 00:38:49 | 00:38:02 | 7.89 |
| 370 | 115 | CZUBASZEK Dorota | | | | 10 | | (K)370 | | 00:38:50 | 00:37:02 | 8.10 |
| 371 | 607 | ZALEWSKA Barbara | WARSZAWA | | | 53 | K50/19 | (K)371 | | 00:38:58 | 00:37:22 | 8.03 |
| 372 | 1159 | SZULC Katarzyna | OŻARÓW MAZOWIECKI | | | 78 | K30/141 | (K)372 | | 00:39:11 | 00:36:33 | 8.21 |
| 373 | 1027 | GROMULSKA-OSOJCA Barbara | BŁONIE | | | 78 | K30/142 | (K)373 | | 00:39:11 | 00:36:33 | 8.21 |
| 374 | 2376 | RAGUENET Martyna | WARSZAWA | | | 84 | K20/169 | (K)374 | | 00:39:17 | 00:37:23 | 8.02 |
| 375 | 384 | STARCZEWSKA Monika | WARSZAWA | | | 84 | K20/170 | (K)375 | | 00:39:18 | 00:36:27 | 8.23 |
| 376 | 945 | MAZUREK Agnieszka | WARSZAWA | | | 72 | K30/143 | (K)376 | | 00:39:21 | 00:36:59 | 8.11 |
| 377 | 1007 | DOMASIEWICZ Adriana | GRÓJEC | | | 88 | K20/171 | (K)377 | | 00:39:26 | 00:37:58 | 7.90 |
| 378 | 145 | CZAJKA Elżbieta | WARSZAWA | | | 61 | K40/36 | (K)378 | | 00:39:32 | 00:39:12 | 7.65 |
| 379 | 634 | KOZDRÓJ Katarzyna | WARSZAWA | | | 70 | K40/37 | (K)379 | | 00:39:41 | 00:37:10 | 8.07 |
| 380 | 135 | KARAŚ Aleksandra | PŁOCK | | CROSS WARSZAWA | 50 | K60/4 | (K)380 | | 00:39:48 | 00:38:29 | 7.80 |
| 381 | 783 | POLAŃSKA Alicja | WARSZAWA | | | 92 | K20/172 | (K)381 | | 00:39:50 | 00:38:31 | 7.79 |
| 382 | 1285 | KOWALSKA Sylwia | SŁABOSZOWICE | | | 87 | K20/173 | (K)382 | | 00:39:54 | 00:39:22 | 7.62 |
| 383 | 320 | OSTROWSKA Anna | NIDZICA | | RUMAKI | 86 | K20/174 | (K)383 | | 00:39:55 | 00:39:22 | 7.62 |
| 384 | 292 | SZYMAŃSKA Edyta | WARSZAWA | | TWM | 69 | K40/38 | (K)384 | | 00:40:02 | 00:39:43 | 7.55 |
| 385 | 293 | GÓRA Agnieszka | WARSZAWA | | TWM | 71 | K30/144 | (K)385 | | 00:40:03 | 00:39:44 | 7.55 |
| 386 | 630 | STOLARSKA JULITA | JABŁONNA | | | 91 | K20/175 | (K)386 | | 00:40:06 | 00:37:28 | 8.01 |
| 387 | 1016 | FULARA Agnieszka | WARSZAWA | | | 78 | K30/145 | (K)387 | | 00:40:11 | 00:40:07 | 7.48 |
| 388 | 1144 | SOCHAN Kinga | WIĄZOWNA | | | 78 | K30/146 | (K)388 | | 00:40:12 | 00:40:08 | 7.48 |
| 389 | 960 | MOŚCICKA Magdalena | WARSZAWA | | | 91 | K20/176 | (K)389 | | 00:40:14 | 00:39:15 | 7.64 |
| 390 | 518 | NOWAK-MIERZEJEWSKA Renata | WARSZAWA | | | 73 | K30/147 | (K)390 | | 00:40:14 | 00:39:07 | 7.67 |
| 391 | 773 | KLUZIŃSKA Katarzyna | PRUSZKÓW | | | 73 | K30/148 | (K)391 | | 00:40:32 | 00:39:33 | 7.59 |
| 392 | 879 | OSIAK Anna | WARSZAWA | | SZKOŁA TENISA GEM | 75 | K30/149 | (K)392 | | 00:40:39 | 00:38:29 | 7.80 |
| 393 | 877 | ZAK Zuza | WARSZAWA | | SZKOŁA TENISA GEM | 94 | K20/177 | (K)393 | | 00:40:43 | 00:38:33 | 7.78 |
| 394 | 878 | KOSOWSKA Angela | WARSZAWA | | | 75 | K30/150 | (K)394 | | 00:40:43 | 00:38:33 | 7.78 |

KOBIETY (WOMEN)

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat | Drużyna Team | R-k YoB | W kategorii in Age | Grupy Group | Sex | Wynik Time | Wynik Netto | [km/h] |
|---------------------|---------------|---------------------------------|-------------------------|-----------------|---------------------|----------------|---------------------------|--------------------|------------|-------------------|--------------------|---------------|
| 395 | 4937 | ZIÓLEK Elżbieta | WARSZAWA | | | 60 | K50/20 | | (K)395 | 00:40:56 | 00:38:46 | 7.74 |
| 396 | 344 | PERET Karolina | WARSZAWA | | | 82 | K20/178 | | (K)396 | 00:41:08 | 00:38:55 | 7.71 |
| 397 | 304 | SOWIŃSKA Stefania | WARSZAWA | | | 57 | K50/21 | | (K)397 | 00:41:33 | 00:39:20 | 7.63 |
| 398 | 2662 | KĘPIŃSKA Małgorzata | WARSZAWA | | NIEZRZESZONY | 56 | K50/22 | | (K)398 | 00:41:54 | 00:39:38 | 7.57 |
| 399 | 3652 | BIAŁOGRODZKA Mariola | PIASECZNO | | | 87 | K20/179 | | (K)399 | 00:41:57 | 00:40:41 | 7.37 |
| 400 | 1376 | SZCZEPANIK Edyta | CZĘSTOCHOWA | | | 69 | K40/39 | | (K)400 | 00:42:02 | 00:40:06 | 7.48 |
| 401 | 317 | ZIELIŃSKA Anna Teresa | WARSZAWA | | ŻOLIBORZ BIEGA | 57 | K50/23 | | (K)401 | 00:42:31 | 00:40:42 | 7.37 |
| 402 | 696 | BILIŃSKA Alicja | WARSZAWA | | | 74 | K30/151 | | (K)402 | 00:42:43 | 00:41:35 | 7.21 |
| 403 | 695 | CIUBA Patrycja | WARSZAWA | | | 87 | K20/180 | | (K)403 | 00:42:43 | 00:41:36 | 7.21 |
| 404 | 106 | TOMICKA Elżbieta | WARSZAWA | | | 37 | K70/1 | | (K)404 | 00:42:50 | 00:40:13 | 7.46 |
| 405 | 517 | HIPP Monika | WARSZAWA | | | 85 | K20/181 | | (K)405 | 00:42:51 | 00:40:50 | 7.35 |
| 406 | 553 | TARNOWSKA Magdalena | WARSZAWA | | | 57 | K50/24 | | (K)406 | 00:42:59 | 00:40:14 | 7.46 |
| 407 | 639 | MASTALERZ Ewa | WARSZAWA | | | 44 | K60/5 | | (K)407 | 00:43:00 | 00:40:20 | 7.44 |
| 408 | 1496 | LEESOŃ Barbara | WARSZAWA | | | 53 | K50/25 | | (K)408 | 00:43:05 | 00:40:40 | 7.38 |
| 409 | 424 | DYDO-ROŚLŃ Katarzyna | WARSZAWA | | RUN2-D2 | 80 | K30/152 | | (K)409 | 00:43:31 | 00:40:45 | 7.36 |
| 410 | 638 | GERWICKA Jolanta | WARSZAWA | | | 51 | K50/26 | | (K)410 | 00:43:46 | 00:42:15 | 7.10 |
| 411 | 534 | KAZIMIERSKA Elżbieta | KUTNO | | | 63 | K40/40 | | (K)411 | 00:43:51 | 00:42:14 | 7.10 |
| 412 | 386 | ZDUNEK Anna | WARSZAWA | | | 71 | K30/153 | | (K)412 | 00:43:55 | 00:41:35 | 7.21 |
| 413 | 616 | SKUMIAŁ Anna | WARSZAWA | | | 73 | K30/154 | | (K)413 | 00:46:10 | 00:43:24 | 6.91 |
| 414 | 617 | JAROTA Maria | WARSZAWA | | | 59 | K50/27 | | (K)414 | 00:47:28 | 00:47:16 | 6.35 |
| 415 | 618 | CHMIELEWSKA Zofia | WARSZAWA | | | 55 | K50/28 | | (K)415 | 00:47:33 | 00:47:21 | 6.34 |
| 416 | 313 | ADAMCZYK Urszula | ŁOMIANKI | | | 54 | K50/29 | | (K)416 | 00:48:19 | 00:46:40 | 6.43 |
| 417 | 314 | ADAMCZYK Maria | SKAWINA | | | 56 | K50/30 | | (K)417 | 00:48:19 | 00:46:41 | 6.43 |
| 418 | 1048 | KAPUŚCIŃSKA-BERNATEK Aleksandra | WARSZAWA | | | 73 | K30/155 | | (K)418 | 00:49:06 | 00:47:48 | 6.28 |
| 419 | 2172 | BARTUŚ Anna | WARSZAWA | | | 69 | K40/41 | | (K)419 | 00:50:10 | 00:49:36 | 6.05 |
| 420 | 2860 | DOMAŃSKA Aleksandra | WARSZAWA | | | 80 | K30/156 | | (K)420 | 01:06:29 | 01:03:44 | 4.71 |