

XXXV Bieg Soczewka z BOP

WYNIKI ZAWODÓW**Bieg główny 11,6 km - M20**

Organizator: Płockie Towarzystwo Krzewienia Kultury Fizycznej

Termin: 17.10.2015

Miejsce: Soczewka

Dystans: 11,6 km

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat | Drużyna Team | R-k YoB | W kategorii in Age | Sex | Czas Time | [min/km] |
|---------------------------------------|-----------|-------------------------|---------------------|-------------|---------------------|------------|-----------------------|--------|--------------|----------|
| Bieg główny 11,6 km - M20 [26] | | | | | | | | | | |
| 1 | 140 | PIERNIKOWSKI Damian | TORUŃ | POL | VECTRA WŁOCŁAWEK | 88 | M20/1 | (M)1 | 00:38:26 | 03.18 |
| 2 | 320 | FRELIK Karol | MSZCZONÓW | POL | LKS OSUCHÓW | 92 | M20/2 | (M)3 | 00:39:17 | 03.23 |
| 3 | 321 | WOJTCZAK Andrzej | OSUCHÓW | POL | LKS OSUCHÓW | 96 | M20/3 | (M)5 | 00:39:50 | 03.26 |
| 4 | 16 | ZYCH Marek | BRUDZEŃ DUŻY | POL | TKKF PŁOCK | 88 | M20/4 | (M)9 | 00:43:22 | 03.44 |
| 5 | 258 | BUCHOLC Łukasz | PŁOCK | POL | | 86 | M20/5 | (M)13 | 00:44:48 | 03.51 |
| 6 | 276 | KAMIŃSKI Tomasz | GĄBIN | POL | | 92 | M20/6 | (M)21 | 00:47:17 | 04.03 |
| 7 | 216 | BANASZKIEWICZ Maciej | PŁOCK | POL | MUKS PŁOCK | 96 | M20/7 | (M)26 | 00:48:46 | 04.12 |
| 8 | 241 | GACHEWICZ Paweł | PŁOCK | POL | | 94 | M20/8 | (M)44 | 00:50:49 | 04.22 |
| 9 | 278 | ZAREMBA Radosław | PŁOCK | POL | | 88 | M20/9 | (M)45 | 00:50:53 | 04.23 |
| 10 | 289 | DĄBROWSKI Krzysztof | PŁOCK | POL | KJ CREW | 86 | M20/10 | (M)64 | 00:53:01 | 04.34 |
| 11 | 207 | PUDLIK Konrad | PŁOCK | POL | | 93 | M20/11 | (M)66 | 00:53:12 | 04.35 |
| 12 | 171 | STOBNIKI Mateusz | GĄBIN | POL | | 93 | M20/12 | (M)71 | 00:53:35 | 04.37 |
| 13 | 75 | GAWROŃSKI Piotr | PŁOCK | POL | PŁOCK | 87 | M20/13 | (M)82 | 00:55:09 | 04.45 |
| 14 | 181 | OLCZAK Oskar | SANNIKI | POL | | 86 | M20/14 | (M)95 | 00:55:47 | 04.48 |
| 15 | 93 | TRUSZKOWSKI Piotr | PŁOCK/SIECIEŃ | POL | | 90 | M20/15 | (M)100 | 00:56:03 | 04.49 |
| 16 | 218 | LEWANDOWSKI Mateusz | BABOSZEWO | POL | | 91 | M20/16 | (M)113 | 00:57:07 | 04.55 |
| 17 | 309 | ŻABIŃSKI Radosław | WŁOCŁAWEK | POL | ANWIL TEAM | 86 | M20/17 | (M)129 | 00:58:17 | 05.01 |
| 18 | 29 | MIZIOŁEK Michał | KUTNO | POL | | 86 | M20/18 | (M)167 | 01:01:51 | 05.19 |
| 19 | 267 | MALINOWSKI Michał | MASZEWO DUŻE | POL | NIGHT RUNNERS PŁOCK | 90 | M20/19 | (M)180 | 01:04:09 | 05.31 |
| 20 | 85 | ZBONIKOWSKI Marcin | GRODZTWO | POL | BANDEROZA | 89 | M20/20 | (M)182 | 01:04:21 | 05.32 |
| 21 | 49 | MARCINKOWSKI Michał | PŁOCK | POL | NIGHT RUNNERS PŁOCK | 87 | M20/21 | (M)188 | 01:04:42 | 05.34 |
| 22 | 255 | GÓRECKI Tomasz | PŁOCK | POL | | 86 | M20/22 | (M)190 | 01:04:47 | 05.35 |
| 23 | 205 | WOJTYCKI Piotr | MASZEWO DUŻE | POL | BIEGAMPŁOCK TEAM | 87 | M20/23 | (M)198 | 01:05:31 | 05.38 |
| 24 | 222 | OLCZAK Piotr | GOŚLICE | POL | O.S.P GOŚLICE | 87 | M20/24 | (M)212 | 01:07:47 | 05.50 |
| 25 | 211 | HIŃCZ Rafał | MOCHOWO | POL | | 87 | M20/25 | (M)216 | 01:09:04 | 05.57 |
| 26 | 283 | NAGRODZKI Michał | PŁOCK | POL | | 89 | M20/26 | (M)225 | 01:11:27 | 06.09 |

Bieg główny 11,6 km - M30 [104]

| | | | | | | | | | | |
|----|-----|----------------------|-----------|-----|--------------------------|----|--------|-------|----------|-------|
| 1 | 1 | KALASZCZYŃSKI Łukasz | PŁOCK | POL | KJ CREW | 84 | M30/1 | (M)2 | 00:38:35 | 03.19 |
| 2 | 2 | KAMIŃSKI Artur | PŁOCK | POL | PŁOCK_BIEGA NO AGE LIMIT | 79 | M30/2 | (M)4 | 00:39:35 | 03.24 |
| 3 | 7 | GIŻYŃSKI Przemysław | PŁOCK | POL | TKKF PŁOCK | 79 | M30/3 | (M)6 | 00:40:17 | 03.28 |
| 4 | 5 | DYMEK Sebastian | PŁOCK | POL | TKKF PŁOCK | 82 | M30/4 | (M)7 | 00:42:43 | 03.41 |
| 5 | 9 | STAŃCZAK Marcin | ŁĄCK | POL | PŁOCK_BIEGA NO AGE LIMIT | 79 | M30/5 | (M)8 | 00:43:06 | 03.42 |
| 6 | 97 | CHODOROWSKI Rafał | PŁOCK | POL | KMP PŁOCK | 78 | M30/6 | (M)10 | 00:43:45 | 03.46 |
| 7 | 51 | WOJCIK Juliusz | PŁOCK | POL | SNAILS | 77 | M30/7 | (M)14 | 00:45:10 | 03.53 |
| 8 | 48 | CHRZANOWSKI Zbigniew | PŁOCK | POL | KJ CREW | 82 | M30/8 | (M)16 | 00:46:25 | 04.00 |
| 9 | 125 | DOBRYŃSKI Przemysław | GOSTYNIN | POL | PŁOCK_BIEGA NO AGE LIMIT | 78 | M30/9 | (M)17 | 00:46:59 | 04.02 |
| 10 | 133 | PSZCZOŁA Marek | PŁOCK | POL | | 78 | M30/10 | (M)18 | 00:47:01 | 04.03 |
| 11 | 159 | RÓŻAŃSKI Michał | PŁOCK | POL | KJ CREW | 82 | M30/11 | (M)23 | 00:47:37 | 04.06 |
| 12 | 134 | PIETRZAK Łukasz | WŁOCŁAWEK | POL | | 79 | M30/12 | (M)27 | 00:49:00 | 04.13 |
| 13 | 25 | PTASZKIEWICZ Michał | LUBOŃ | POL | | 85 | M30/13 | (M)30 | 00:49:11 | 04.14 |
| 14 | 273 | NOWICKI Jarosław | WŁOCŁAWEK | POL | | 81 | M30/14 | (M)31 | 00:49:30 | 04.15 |
| 15 | 65 | SALA Grzegorz | WARSZAWA | POL | KJ CREW | 83 | M30/15 | (M)32 | 00:49:47 | 04.17 |
| 16 | 221 | WŁODARCZYK Robert | WŁOCŁAWEK | POL | WIKI POLSKA SGF RUNNERS | 79 | M30/16 | (M)33 | 00:49:54 | 04.17 |
| 17 | 280 | BIELKOWSKI Wojciech | PŁOCK | POL | KJ CREW | 77 | M30/17 | (M)34 | 00:49:58 | 04.17 |
| 18 | 231 | TRZASKA Marcin | BIALKOWO | POL | BOP | 83 | M30/18 | (M)38 | 00:50:37 | 04.21 |

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat | Drużyna Team | R-k YoB | W kategorii in Age | Sex | Czas Time | [min/km] |
|-----------------|-----------|-------------------------|---------------------|-------------|--------------------------|------------|-----------------------|--------|--------------|----------|
| 19 | 111 | OCHOCKI Michał | SULEJÓWEK | POL | PZU SPORTTEAM | 80 | M30/19 | (M)40 | 00:50:41 | 04.21 |
| 20 | 160 | RADOMSKI Marcin | PŁOCK | POL | TKKF PŁOCK | 76 | M30/20 | (M)43 | 00:50:47 | 04.22 |
| 21 | 43 | KWIATKOWSKI Michał | TOPÓLNO | POL | | 84 | M30/21 | (M)50 | 00:51:22 | 04.25 |
| 22 | 244 | MISIAK Paweł | PŁOCK | POL | TKKF PŁOCK | 76 | M30/22 | (M)52 | 00:51:27 | 04.26 |
| 23 | 168 | LIPIŃSKI Krzysztof | PŁOCK | POL | NIE MA LIPY | 79 | M30/23 | (M)53 | 00:51:30 | 04.26 |
| 24 | 42 | NAGUSZEWSKI Paweł | STRÓŻEWKO | POL | | 76 | M30/24 | (M)54 | 00:51:33 | 04.26 |
| 25 | 24 | DĄBKOWSKI Marcin | PŁOCK | POL | | 77 | M30/25 | (M)55 | 00:51:57 | 04.28 |
| 26 | 315 | ŁAWNICKI Robert | PŁOCK | POL | TKKF PŁOCK | 83 | M30/26 | (M)56 | 00:52:03 | 04.29 |
| 27 | 90 | PIKULSKI Przemysław | PŁOCK | POL | PŁOCK | 83 | M30/27 | (M)60 | 00:52:21 | 04.30 |
| 28 | 136 | NIEDZIELAK Michał | PŁOCK | POL | NIGHT RUNNERS PŁOCK | 77 | M30/28 | (M)69 | 00:53:24 | 04.36 |
| 29 | 234 | SZMULEWICZ Michał | BODZANÓW | POL | BODZANÓW | 76 | M30/29 | (M)70 | 00:53:33 | 04.37 |
| 30 | 304 | BORKOWSKI Grzegorz | SZCZAWIN KOŚCIELNY | POL | | 82 | M30/30 | (M)73 | 00:53:58 | 04.39 |
| 31 | 99 | CZERNIJ Mariusz | PŁOCK | POL | | 82 | M30/31 | (M)74 | 00:54:00 | 04.39 |
| 32 | 106 | SZOCHNER Witold | BRWILNO | POL | BOP | 78 | M30/32 | (M)77 | 00:54:24 | 04.41 |
| 33 | 324 | GRZYBOWSKI Michał | PŁOCK | POL | TKKF PŁOCK | 82 | M30/33 | (M)79 | 00:54:27 | 04.41 |
| 34 | 272 | BURY Michał | PŁOCK | POL | KJ CREW | 79 | M30/34 | (M)81 | 00:55:04 | 04.44 |
| 35 | 200 | OSTROWSKI Michał | BODZANÓW | POL | BODZANÓW | 78 | M30/35 | (M)84 | 00:55:17 | 04.45 |
| 36 | 146 | SMALEC Ireneusz | PŁOCK | POL | UCIEKINIERYZY ZNAD WISŁY | 85 | M30/36 | (M)87 | 00:55:25 | 04.46 |
| 37 | 264 | WILGOCKI Radosław | GĄBIN | POL | | 80 | M30/37 | (M)90 | 00:55:33 | 04.47 |
| 38 | 137 | MIECZNIKOWSKI Łukasz | PŁOCK | POL | Z LASU | 84 | M30/38 | (M)92 | 00:55:45 | 04.48 |
| 39 | 73 | KAMIŃSKI Marek | ROGOZINO | POL | NIGHT RUNNERS PŁOCK | 78 | M30/39 | (M)97 | 00:55:52 | 04.49 |
| 40 | 86 | MACIEJEWSKI Jacek | PŁOCK | POL | | 78 | M30/40 | (M)98 | 00:55:53 | 04.49 |
| 41 | 166 | STRZAŁKOWSKI Marcin | PŁOCK | POL | NIGHT RUNNERS PŁOCK | 79 | M30/41 | (M)101 | 00:56:06 | 04.50 |
| 42 | 303 | MIKOŁAJCZYK Piotr | PŁOCK | POL | BOP | 84 | M30/42 | (M)103 | 00:56:11 | 04.50 |
| 43 | 229 | WISNIEWSKI Radosław | PŁOCK | POL | | 83 | M30/43 | (M)104 | 00:56:19 | 04.51 |
| 44 | 124 | JAWORSKI Marcin | PŁOCK | POL | BIEGAMPŁOCK TEAM | 76 | M30/44 | (M)106 | 00:56:36 | 04.52 |
| 45 | 78 | LASKOWSKI Marek | PŁOCK | POL | | 81 | M30/45 | (M)107 | 00:56:46 | 04.53 |
| 46 | 107 | BUJAK Wojciech | SŁUPNO | POL | | 79 | M30/46 | (M)108 | 00:56:48 | 04.53 |
| 47 | 144 | WÓJCIK Wojciech | PŁOCK | POL | | 77 | M30/47 | (M)110 | 00:56:54 | 04.54 |
| 48 | 259 | POPEK Maciej | WŁOCLAWEK | POL | | 77 | M30/48 | (M)111 | 00:57:00 | 04.54 |
| 49 | 54 | SIEMIĄTKOWSKI Marcin | GĄBIN | POL | TRIRUN.PL | 84 | M30/49 | (M)115 | 00:57:14 | 04.56 |
| 50 | 288 | KAJKOWSKI Szymon | BIAŁOBRZEGI | POL | JAMTO | 79 | M30/50 | (M)118 | 00:57:20 | 04.56 |
| 51 | 254 | CZAJKOWSKI Przemysław | GRABINA | POL | | 77 | M30/51 | (M)119 | 00:57:20 | 04.56 |
| 52 | 21 | CYBULSKI Tomasz | PŁOCK | POL | | 84 | M30/52 | (M)120 | 00:57:22 | 04.56 |
| 53 | 220 | ZAWADZKI Piotr | PŁOCK | POL | NIGHT RUNNERS PŁOCK | 85 | M30/53 | (M)121 | 00:57:22 | 04.56 |
| 54 | 6 | MATA CZ Jarosław | PŁOCK | POL | BOP | 79 | M30/54 | (M)123 | 00:57:29 | 04.57 |
| 55 | 34 | JAKUBOWSKI Łukasz | PŁOCK | POL | | 83 | M30/55 | (M)124 | 00:57:32 | 04.57 |
| 56 | 63 | KOWALCZYK Jacek | NOWE GULCZEWO | POL | | 76 | M30/56 | (M)125 | 00:57:41 | 04.58 |
| 57 | 38 | GAJDKA Krzysztof | PŁOCK | POL | | 80 | M30/57 | (M)126 | 00:57:53 | 04.59 |
| 58 | 122 | DENKIEWICZ Jacek | ZAWIDZ KOSCIELNY | POL | | 85 | M30/58 | (M)130 | 00:58:24 | 05.02 |
| 59 | 141 | KĄMIERCZAK Marek | BIAŁOBRZEGI | POL | NIGHT RUNNERS PŁOCK | 78 | M30/59 | (M)132 | 00:58:45 | 05.03 |
| 60 | 153 | BISPING Bartosz | PŁOCK | POL | NIGHT RUNNERS PŁOCK | 78 | M30/60 | (M)133 | 00:58:50 | 05.04 |
| 61 | 14 | LEJKOWSKI Jarosław | PŁOCK | POL | BOP | 84 | M30/61 | (M)134 | 00:58:51 | 05.04 |
| 62 | 143 | DĄBROWSKI Michał | PŁOCK | POL | KJ CREW | 82 | M30/62 | (M)135 | 00:58:55 | 05.04 |
| 63 | 284 | MAKULSKI Przemysław | TORUŃ | POL | TK KARATE KYOKUSHIN | 85 | M30/63 | (M)137 | 00:59:02 | 05.05 |
| 64 | 314 | MALINOWSKI Rafał | CEKANOWO | POL | PŁOCK | 78 | M30/64 | (M)138 | 00:59:11 | 05.06 |
| 65 | 253 | SOLTYKOWSKI Andrzej | PŁOCK | POL | BOP | 76 | M30/65 | (M)139 | 00:59:12 | 05.06 |
| 66 | 204 | OSIECKI Tomasz | PŁOCK | POL | | 76 | M30/66 | (M)140 | 00:59:14 | 05.06 |
| 67 | 313 | JAGACKI Piotr | PŁOCK | POL | PŁOCK | 80 | M30/67 | (M)142 | 00:59:22 | 05.07 |
| 68 | 251 | STAWSKI Paweł | PŁOCK | POL | NIGHT RUNNERS PŁOCK | 81 | M30/68 | (M)143 | 00:59:24 | 05.07 |
| 69 | 20 | KALISZEWSKI Jarosław | PŁOCK | POL | NIGHT RUNNERS PŁOCK | 76 | M30/69 | (M)145 | 00:59:48 | 05.09 |
| 70 | 52 | PROCHNO Piotr | WŁOCLAWEK | POL | | 85 | M30/70 | (M)147 | 00:59:52 | 05.09 |
| 71 | 274 | KOPCZYŃSKI Marcin | LISZYNO | POL | BOP | 80 | M30/71 | (M)148 | 01:00:05 | 05.10 |
| 72 | 115 | OLSZEWSKI Jacek | PŁOCK | POL | Z LASU | 77 | M30/72 | (M)151 | 01:00:17 | 05.11 |
| 73 | 277 | LIBERACKI Daniel | GĄBIN | POL | | 81 | M30/73 | (M)152 | 01:00:21 | 05.12 |
| 74 | 116 | NOWAK Michał | PŁOCK | POL | PŁOCK_BIEGA NO AGE LIMIT | 80 | M30/74 | (M)153 | 01:00:23 | 05.12 |
| 75 | 186 | GRABOWSKI Jarosław | PŁOCK | POL | PŁOCK | 79 | M30/75 | (M)155 | 01:01:03 | 05.15 |
| 76 | 198 | LIPIŃSKI Jacek | PŁOCK | POL | | 79 | M30/76 | (M)162 | 01:01:33 | 05.18 |

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat | Drużyna Team | R-k YoB | W kategorii in Age | Czas Time | [min/km] |
|--------------|--------|----------------------|------------------|----------|-------------------------|---------|--------------------|-----------|----------|
| 77 | 279 | LESZCZYŃSKI Andrzej | PŁOCK | POL | KJ CREW | 83 | M30/77 (M)165 | 01:01:46 | 05.19 |
| 78 | 47 | ZIELIŃSKI Michał | NOWE GULCZEWO | POL | NIGHT RUNNERS PŁOCK | 79 | M30/78 (M)166 | 01:01:47 | 05.19 |
| 79 | 298 | JAKUBOWSKI Łukasz | GÓRKI | POL | | 84 | M30/79 (M)169 | 01:02:04 | 05.21 |
| 80 | 80 | OKRASZEWSKI Dariusz | PŁOCK | POL | AMPM RUNNING | 82 | M30/80 (M)170 | 01:02:24 | 05.22 |
| 81 | 263 | WACHOL Michał | SŁUPNO | POL | | 80 | M30/81 (M)171 | 01:02:29 | 05.23 |
| 82 | 46 | KOZICIŃSKI Radosław | PŁOCK | POL | NIGHT HULAXEWO RUNNERS | 76 | M30/82 (M)172 | 01:02:39 | 05.24 |
| 83 | 202 | STUPECKI Kamil | ROGOZINO | POL | | 81 | M30/83 (M)173 | 01:03:38 | 05.29 |
| 84 | 305 | CHYLIŃSKI Michał | PŁOCK | POL | NIGHT RUNNERS PŁOCK | 85 | M30/84 (M)179 | 01:04:04 | 05.31 |
| 85 | 318 | GROMMUNT Piotr | PŁOCK | POL | | 80 | M30/85 (M)183 | 01:04:35 | 05.34 |
| 86 | 118 | JAKUBOWSKI Łukasz | PŁOCK | POL | | 84 | M30/86 (M)192 | 01:05:17 | 05.37 |
| 87 | 132 | JABŁOŃSKI Paweł | PŁOCK | POL | OSP PODOLSZYCE | 82 | M30/87 (M)193 | 01:05:18 | 05.37 |
| 88 | 233 | MAJCHRZAK Tomasz | PŁOCK | POL | BOP | 77 | M30/88 (M)196 | 01:05:28 | 05.38 |
| 89 | 294 | MAJCHRZAK Piotr | WARSZAWA | POL | JACEKBIEGA RUNNING TEAM | 80 | M30/89 (M)197 | 01:05:28 | 05.38 |
| 90 | 297 | LISIŃSKI Piotr | PŁOCK | POL | BPSA | 78 | M30/90 (M)199 | 01:05:38 | 05.39 |
| 91 | 224 | ŻABKA Marcin | PŁOCK | POL | | 80 | M30/91 (M)201 | 01:05:48 | 05.40 |
| 92 | 39 | PIASKOWSKI Rafał | PŁOCK | POL | | 84 | M30/92 (M)202 | 01:06:03 | 05.41 |
| 93 | 40 | TARASZKIEWICZ Szymon | SŁUPNO | POL | TEAM SŁUPNO | 78 | M30/93 (M)203 | 01:06:31 | 05.44 |
| 94 | 247 | MARCINKOWSKI Borys | STRZELCE | POL | | 84 | M30/94 (M)205 | 01:06:54 | 05.46 |
| 95 | 131 | KOBIERZYCKI Jacek | PŁOCK | POL | | 78 | M30/95 (M)207 | 01:07:04 | 05.46 |
| 96 | 66 | STANECKI Marcin | SKIERNIEWICE | POL | STANECCY | 76 | M30/96 (M)208 | 01:07:12 | 05.47 |
| 97 | 188 | KARKOWSKI Rafał | PŁOCK | POL | PŁOCK KLUB KOLARSKI | 77 | M30/97 (M)209 | 01:07:28 | 05.48 |
| 98 | 88 | WAJSZCZAK Tomasz | SŁUPNO | POL | | 80 | M30/98 (M)210 | 01:07:30 | 05.49 |
| 99 | 102 | MAZURKIEWICZ Kamil | POŁOCK | POL | | 83 | M30/99 (M)217 | 01:09:07 | 05.57 |
| 100 | 226 | KĘPCZYŃSKI Adam | PŁOCK | POL | | 85 | M30/100 (M)220 | 01:09:58 | 06.01 |
| 101 | 215 | LIPCZYŃSKI Tomasz | PŁOCK | POL | NIGHT RUNNERS PŁOCK | 84 | M30/101 (M)222 | 01:10:22 | 06.04 |
| 102 | 178 | UCHWAŁ Marcin | PŁOCK | POL | INNOVACJA | 76 | M30/102 (M)224 | 01:11:26 | 06.09 |
| 103 | 230 | KWIATKOWSKI Mariusz | PŁOCK | POL | | 77 | M30/103 (M)231 | 01:17:47 | 06.42 |

Bieg główny 11,6 km - M40 [61]

| | | | | | | | | | |
|----|-----|----------------------|------------------|-----|---------------------------------------|----|--------------|----------|-------|
| 1 | 45 | MALINOWSKI Piotr | PŁOCK | POL | | 68 | M40/1 (M)12 | 00:44:35 | 03.50 |
| 2 | 30 | KUJAWA Krzysztof | PŁOCK | POL | | 74 | M40/2 (M)15 | 00:45:24 | 03.54 |
| 3 | 96 | BUDZIŁO Adam | PŁOCK | POL | PTT DELTA | 72 | M40/3 (M)20 | 00:47:09 | 04.03 |
| 4 | 189 | MICHALAK Waldemar | KUTNO | POL | STOWARZYSZENIE INTEGRACJA KROŚNIEWICE | 71 | M40/4 (M)24 | 00:48:32 | 04.10 |
| 5 | 56 | KIEŁBASA Dariusz | GĄBIN | POL | KB TKKF PROMYK CIECHANÓW | 69 | M40/5 (M)25 | 00:48:37 | 04.11 |
| 6 | 164 | BRZEZIŃSKI Andrzej | BIAŁA | POL | NIGHT RUNNERS PŁOCK | 72 | M40/6 (M)28 | 00:49:07 | 04.13 |
| 7 | 173 | SKROK Krzysztof | PŁOCK | POL | NIGHT RUNNERS PŁOCK | 70 | M40/7 (M)29 | 00:49:09 | 04.14 |
| 8 | 50 | WOJTYCKI Grzegorz | PŁOCK | POL | BIEGAMPŁOCK TEAM | 71 | M40/8 (M)35 | 00:49:59 | 04.18 |
| 9 | 18 | BRYGIER Jacek | PŁOCK | POL | TKKF PŁOCK | 71 | M40/9 (M)36 | 00:50:25 | 04.20 |
| 10 | 138 | AUGUSTYNIAK Grzegorz | SŁUPNO | POL | PTT DELTA | 72 | M40/10 (M)37 | 00:50:33 | 04.21 |
| 11 | 172 | JARONI Hubert | LUDWIKOWO | POL | | 73 | M40/11 (M)41 | 00:50:44 | 04.20 |
| 12 | 26 | MARTYNOWSKI Witold | ROGOZINO | POL | BODZANÓW | 69 | M40/12 (M)46 | 00:50:59 | 04.23 |
| 13 | 240 | KEMPCZYŃSKI Paweł | PŁOCK | POL | | 74 | M40/13 (M)47 | 00:51:00 | 04.22 |
| 14 | 170 | TYMIŃSKI Dariusz | BRWILNO | POL | NIGHT RUNNERS PŁOCK | 68 | M40/14 (M)48 | 00:51:11 | 04.24 |
| 15 | 161 | TYC Bogusław | PŁOCK | POL | BIEGAMPŁOCK TEAM | 67 | M40/15 (M)51 | 00:51:25 | 04.26 |
| 16 | 147 | PODOLEWSKI Rafał | PŁOCK | POL | PŁOCK_BIEGA NO AGE LIMIT | 75 | M40/16 (M)61 | 00:52:29 | 04.31 |
| 17 | 271 | TOMIŃSKI Krzysztof | NOWY DUNINÓW | POL | | 75 | M40/17 (M)63 | 00:52:33 | 04.31 |
| 18 | 98 | JAKUBOWSKI Dariusz | PŁOCK | POL | | 73 | M40/18 (M)67 | 00:53:19 | 04.35 |
| 19 | 293 | PIECHACZEK Jacek | JASTRZĘBIE-ZDRÓJ | POL | | 73 | M40/19 (M)68 | 00:53:20 | 04.35 |
| 20 | 182 | MAJEWSKI Krzysztof | PŁOCK NOWE | POL | BOP | 74 | M40/20 (M)72 | 00:53:44 | 04.37 |
| 21 | 41 | DOBEK Tomasz | PŁOCK | POL | | 71 | M40/21 (M)76 | 00:54:20 | 04.41 |
| 22 | 23 | JĘDRZEJEWSKI Marceł | GOSTYNIN | POL | PŁOCK_BIEGA NO AGE LIMIT | 74 | M40/22 (M)78 | 00:54:25 | 04.41 |
| 23 | 95 | SZULBORSKI Dariusz | PŁOCK | POL | TKKF PŁOCK | 68 | M40/23 (M)80 | 00:55:03 | 04.44 |
| 24 | 167 | SYNAKOWSKI Jarosław | PŁOCK | POL | PŁOCK_BIEGA NO AGE LIMIT | 71 | M40/24 (M)83 | 00:55:11 | 04.45 |
| 25 | 262 | TABOREK Grzegorz | PŁOCK | POL | NG RUN | 71 | M40/25 (M)86 | 00:55:19 | 04.46 |
| 26 | 201 | BIELSKI Jarosław | PŁOCK | POL | LOZA SZYDERCOW | 70 | M40/26 (M)89 | 00:55:31 | 04.47 |
| 27 | 114 | STRZELECKI Konrad | KRUSZYN | POL | | 73 | M40/27 (M)91 | 00:55:42 | 04.48 |
| 28 | 175 | ZIELIŃSKI Szczepan | WŁOCLAWEK | POL | | 74 | M40/28 (M)94 | 00:55:46 | 04.48 |

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat | Drużyna Team | R-k YoB | W kategorii in Age | Sex | Czas Time | [min/km] |
|-----------------|-----------|-------------------------|---------------------|-------------|--------------------------|------------|-----------------------|--------|--------------|----------|
| 29 | 225 | GRALICKI Sławomir | PŁOCK | POL | | 72 | M40/29 | (M)99 | 00:55:53 | 04.49 |
| 30 | 74 | ROSIAK Dariusz | PŁOCK | POL | | 73 | M40/30 | (M)102 | 00:56:06 | 04.50 |
| 31 | 228 | BORUCKI Tomasz | NOWY YORK | POL | | 75 | M40/31 | (M)105 | 00:56:26 | 04.51 |
| 32 | 149 | JAROSZEWSKI Roman | PŁOCK | POL | TKKF PŁOCK | 67 | M40/32 | (M)112 | 00:57:07 | 04.55 |
| 33 | 296 | KRYSTOFORSKI Sebastian | WŁOCLAWEK | POL | ANWIL TEAM | 75 | M40/33 | (M)114 | 00:57:10 | 04.55 |
| 34 | 121 | SIWEK Tomasz | PŁOCK | POL | PŁOCK | 73 | M40/34 | (M)116 | 00:57:14 | 04.56 |
| 35 | 163 | JANECKI Michał | WARSZAWA | POL | | 74 | M40/35 | (M)117 | 00:57:16 | 04.56 |
| 36 | 308 | MACIEJA Krzysztof | WŁOCLAWEK | POL | ANWIL TEAM | 70 | M40/36 | (M)122 | 00:57:25 | 04.57 |
| 37 | 191 | DZIERBICKI Krzysztof | NOWY DUNINÓW | POL | | 66 | M40/37 | (M)127 | 00:57:59 | 04.59 |
| 38 | 79 | STAWICKI Zbigniew | PŁOCK | POL | BIEGAMPŁOCK TEAM | 71 | M40/38 | (M)128 | 00:58:00 | 05.00 |
| 39 | 156 | NIEWINOWSKI Paweł | BIALOBRZEZI | POL | TADEO I SYNOWIE | 75 | M40/39 | (M)131 | 00:58:39 | 05.03 |
| 40 | 113 | CZUBA Krzysztof | OZORKÓW | POL | | 71 | M40/40 | (M)136 | 00:58:58 | 05.05 |
| 41 | 286 | KĄCKI Piotr | WŁOCLAWEK | POL | ANWIL TEAM | 67 | M40/41 | (M)141 | 00:59:19 | 05.06 |
| 42 | 292 | JABŁOŃSKI Grzegorz | PŁOCK | POL | | 66 | M40/42 | (M)144 | 00:59:35 | 05.08 |
| 43 | 287 | GALLUS Michał | WŁOCLAWEK | POL | ANWIL TEAM | 72 | M40/43 | (M)146 | 00:59:51 | 05.09 |
| 44 | 28 | KRAWCZYK Marek | PŁOCK | POL | | 75 | M40/44 | (M)156 | 01:01:10 | 05.16 |
| 45 | 126 | RZEPKA Andrzej | WIELKI GŁĘBOCZEK | POL | WIELKI GŁĘBOCZEK | 74 | M40/45 | (M)164 | 01:01:43 | 05.19 |
| 46 | 195 | BINIEWICZ Sławomir | ŁECZYCA | POL | BORUTA TEAM | 71 | M40/46 | (M)168 | 01:01:52 | 05.20 |
| 47 | 55 | RÓŻAŃSKI Mirosław | TŁUCHOWO | POL | | 69 | M40/47 | (M)174 | 01:03:40 | 05.29 |
| 48 | 32 | KWIATKOWSKI Marcin | SOCZEWKA | POL | | 75 | M40/48 | (M)175 | 01:03:48 | 05.30 |
| 49 | 87 | MILAK Arkadiusz | WŁOCLAWEK | POL | | 69 | M40/49 | (M)176 | 01:03:52 | 05.30 |
| 50 | 197 | TŁUCHOWSKI Jacek | ROGOZINO | POL | NIE MA LIPY | 74 | M40/50 | (M)177 | 01:03:55 | 05.30 |
| 51 | 176 | KUBLIK Michał | PŁOCK | POL | NIGHT RUNNERS PŁOCK | 70 | M40/51 | (M)178 | 01:04:02 | 05.31 |
| 52 | 3 | TANNER Joseph | PŁOCK | USA | BOP | 71 | M40/52 | (M)195 | 01:05:23 | 05.38 |
| 53 | 92 | ŻÓŁTOWSKI Paweł | PŁOCK | POL | PŁOCK | 75 | M40/53 | (M)206 | 01:06:55 | 05.46 |
| 54 | 139 | MISZTELA Tomasz | SŁUPNO | POL | PTT DELTA | 66 | M40/54 | (M)211 | 01:07:34 | 05.49 |
| 55 | 311 | KUREK Krzysztof | PŁOCK | POL | PŁOCK_BIEGA NO AGE LIMIT | 74 | M40/55 | (M)219 | 01:09:53 | 06.01 |
| 56 | 242 | BURAS Piotr | GOZDOWO | POL | PIOTREK BIEGA | 72 | M40/56 | (M)221 | 01:10:06 | 06.02 |
| 57 | 232 | MAJCZAK Radosław | PŁOCK | POL | BOP | 72 | M40/57 | (M)223 | 01:10:58 | 06.07 |
| 58 | 285 | STAWIARSKI Krzysztof | KĘPA POLSKA | POL | BODZANÓW | 69 | M40/58 | (M)227 | 01:11:53 | 06.11 |
| 59 | 31 | NIEWINOWSKI Piotr | BIALOBRZEZI | POL | TADEO I SYNOWIE | 73 | M40/59 | (M)228 | 01:13:05 | 06.18 |
| 60 | 192 | BARANOWSKI Romuald | PŁOCK | POL | PŁOCK | 68 | M40/60 | (M)230 | 01:15:17 | 06.29 |

Bieg główny 11,6 km - M50 [29]

| | | | | | | | | | | |
|----|-----|-------------------------|-----------|-----|--------------------------|----|--------|--------|----------|-------|
| 1 | 10 | WIĘCKOWSKI Wojciech | BODZANÓW | POL | PTT DELTA | 61 | M50/1 | (M)11 | 00:43:54 | 03.47 |
| 2 | 227 | ŁOMICKI Dariusz | PŁOCK | POL | PŁOCK_BIEGA NO AGE LIMIT | 64 | M50/2 | (M)19 | 00:47:04 | 04.03 |
| 3 | 35 | POCIECH Marek | KORYTÓW | POL | POCIECH | 62 | M50/3 | (M)22 | 00:47:33 | 04.05 |
| 4 | 256 | MALANOWSKI Jarosław | PŁOCK | POL | PTT DELTA | 59 | M50/4 | (M)49 | 00:51:13 | 04.24 |
| 5 | 105 | MISZTELA Dariusz | PŁOCK | POL | PTT DELTA | 61 | M50/5 | (M)58 | 00:52:15 | 04.30 |
| 6 | 58 | RYBICKI Wiesław | PŁOCK | POL | | 64 | M50/6 | (M)59 | 00:52:19 | 04.30 |
| 7 | 206 | PUDLIK Andrzej | PŁOCK | POL | | 64 | M50/7 | (M)62 | 00:52:30 | 04.31 |
| 8 | 203 | PETRYKOWSKI Roman | PŁOCK | POL | BIEGAMPŁOCK TEAM | 59 | M50/8 | (M)65 | 00:53:04 | 04.34 |
| 9 | 53 | KOWALCZYK Witold | SŁUPNO | POL | SNAILS | 64 | M50/9 | (M)85 | 00:55:17 | 04.46 |
| 10 | 76 | POLEĆ Andrzej | SOCHACZEW | POL | | 65 | M50/10 | (M)88 | 00:55:27 | 04.46 |
| 11 | 158 | PORTALSKI Marek | BIAŁA | POL | TKKF PŁOCK | 62 | M50/11 | (M)93 | 00:55:46 | 04.48 |
| 12 | 157 | LEWANDOWSKI Krzysztof | BODZANÓW | POL | BODZANÓW | 61 | M50/12 | (M)96 | 00:55:52 | 04.49 |
| 13 | 184 | KOWALSKI Paweł | PŁOCK | POL | | 65 | M50/13 | (M)109 | 00:56:52 | 04.54 |
| 14 | 266 | PIÓRKOWSKA Stanisław | SIERPC | POL | | 58 | M50/14 | (M)150 | 01:00:15 | 05.11 |
| 15 | 68 | BRZEZIŃSKI Andrzej | PŁOCK | POL | TKKF PŁOCK | 65 | M50/15 | (M)154 | 01:00:25 | 05.12 |
| 16 | 100 | PIÓRKOWSKI Dariusz | PŁOCK | POL | BOP | 65 | M50/16 | (M)158 | 01:01:13 | 05.16 |
| 17 | 325 | KŁOS Zbigniew | PIASTÓW | POL | | 60 | M50/17 | (M)160 | 01:01:30 | 05.18 |
| 18 | 69 | ALABRUDZIŃSKI Krzysztof | PŁOCK | POL | TKKF PŁOCK | 60 | M50/18 | (M)161 | 01:01:30 | 05.18 |
| 19 | 281 | PRZESOR Wiesław | PŁOCK | POL | STIRW-CKRW | 62 | M50/19 | (M)163 | 01:01:35 | 05.18 |
| 20 | 190 | BOROWSKI Sławomir | PŁOCK | POL | | 60 | M50/20 | (M)181 | 01:04:19 | 05.32 |
| 21 | 269 | KOZICZAK Piotr | KUTNO | POL | | 64 | M50/21 | (M)184 | 01:04:37 | 05.34 |
| 22 | 307 | GIERKOWSKI Andrzej | WŁOCLAWEK | POL | ANWIL TEAM | 65 | M50/22 | (M)186 | 01:04:39 | 05.34 |
| 23 | 261 | ŚPIEGOWSKI Jerzy | PŁOCK | POL | BOP | 57 | M50/23 | (M)187 | 01:04:42 | 05.34 |
| 24 | 223 | LENART Zdzisław | PŁOCK | POL | | 58 | M50/24 | (M)189 | 01:04:47 | 05.35 |

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat | Drużyna Team | R-k YoB | W kategorii in Age | (M) (F) Sex | Czas Time | [min/km] |
|--------------|--------|-----------------------|------------------|----------|---------------------|---------|--------------------|-------------|-----------|----------|
| 25 | 108 | PIUS Krzysztof | PŁOCK | POL | NIGHT RUNNERS PŁOCK | 65 | M50/25 | (M)191 | 01:04:58 | 05.36 |
| 26 | 235 | JĘDRZEJEWSKI Sławomir | PŁOCK | POL | | 64 | M50/26 | (M)200 | 01:05:41 | 05.39 |
| 27 | 71 | BUGAJEWSKI Janusz | PŁONSK | POL | | 61 | M50/27 | (M)214 | 01:08:42 | 05.55 |
| 28 | 260 | ŁAKOMY Krzysztof | PŁOCK | POL | | 60 | M50/28 | (M)218 | 01:09:36 | 06.00 |
| 29 | 257 | KSYNA Bogusław | KAMION | POL | OSP KAMION | 56 | M50/29 | (M)229 | 01:14:10 | 06.23 |

Bieg główny 11,6 km - M60 [10]

| | | | | | | | | | | |
|----|-----|---------------------|----------|-----|--------------------------|----|--------|--------|----------|-------|
| 1 | 319 | BURZACKI Wiesław | LIDZBARK | POL | | 54 | M60/1 | (M)39 | 00:50:39 | 04.21 |
| 2 | 104 | MATUSZEWSKI Piotr | GOSTYNIN | POL | PŁOCK_BIEGA NO AGE LIMIT | 54 | M60/2 | (M)42 | 00:50:46 | 04.22 |
| 3 | 19 | STAŃCZAK Edmund | PŁOCK | POL | PŁOCK_BIEGA NO AGE LIMIT | 53 | M60/3 | (M)57 | 00:52:05 | 04.29 |
| 4 | 4 | DYMEK Stanisław | PŁOCK | POL | PTT DELTA | 54 | M60/4 | (M)75 | 00:54:13 | 04.40 |
| 5 | 82 | CHRZANOWSKI Andrzej | SŁUPNO | POL | TRENDY TRAVEL PŁOCK | 55 | M60/5 | (M)149 | 01:00:08 | 05.11 |
| 6 | 155 | ZALEWSKI Józef | PŁOCK | POL | TKKF PŁOCK | 47 | M60/6 | (M)157 | 01:01:11 | 05.16 |
| 7 | 236 | BOGUSZEWSKI Ryszard | PŁOCK | POL | TKKF PŁOCK | 50 | M60/7 | (M)159 | 01:01:27 | 05.17 |
| 8 | 101 | ZABOROWSKI Zbigniew | PŁOCK | POL | TKKF PŁOCK | 50 | M60/8 | (M)213 | 01:08:25 | 05.53 |
| 9 | 246 | WALENTO Zbigniew | MRAĞOWO | POL | | 53 | M60/9 | (M)226 | 01:11:51 | 06.11 |
| 10 | 33 | GARWACKI Józef | PŁOCK | POL | | 49 | M60/10 | (M)232 | 01:21:56 | 07.03 |

Bieg główny 11,6 km - M70 [5]








| | | | | | | | | | | |
|---|-----|----------------------|-----------|-----|-------------------|----|-------|--------|----------|-------|
| 1 | 59 | LEŚNIEWSKI Kazimierz | WŁOCŁAWEK | POL | | 42 | M70/1 | (M)185 | 01:04:38 | 05.34 |
| 2 | 152 | SOWIŃSKI Edmund | PŁOCK | POL | TKKF PŁOCK | 42 | M70/2 | (M)194 | 01:05:21 | 05.38 |
| 3 | 323 | SZYMAŃSKI Jerzy | KURZĘTNIK | POL | | 44 | M70/3 | (M)204 | 01:06:52 | 05.45 |
| 4 | 310 | PACZKOWSKI Andrzej | SIERPC | POL | TKKF KUBUŚ SIERPC | 43 | M70/4 | (M)215 | 01:08:44 | 05.55 |
| 5 | 12 | JEZIÓRSKI Zbigniew | | POL | | 42 | M70/5 | (M)233 | 01:31:31 | 07.53 |

Bieg główny 11,6 km - K20 [13]
















| | | | | | | | | | | |
|----|-----|----------------------|-------------|-----|-------------------|----|--------|-------|----------|-------|
| 1 | 8 | BUDEK Agnieszka | PŁOCK | POL | TKKF PŁOCK | 87 | K20/1 | (K)1 | 00:50:51 | 04.22 |
| 2 | 148 | TURALSKA Aneta | SIERPC | POL | TKKF KUBUŚ SIERPC | 91 | K20/2 | (K)2 | 00:51:58 | 04.28 |
| 3 | 196 | GŁOWACKA Aneta | BODZANÓW | POL | BODZANÓW | 86 | K20/3 | (K)4 | 00:54:26 | 04.41 |
| 4 | 117 | SMYKOWSKA Magdalena | PŁOCK | POL | | 89 | K20/4 | (K)21 | 01:02:48 | 05.24 |
| 5 | 11 | ŁUCIAKIEWICZ Justyna | PŁOCK | POL | BOP | 86 | K20/5 | (K)24 | 01:04:16 | 05.32 |
| 6 | 213 | PIETRZAK Małgorzata | PŁOCK | POL | | 88 | K20/6 | (K)32 | 01:06:22 | 05.43 |
| 7 | 265 | MARKOWSKA Dorota | PŁOCK | POL | | 95 | K20/7 | (K)34 | 01:07:10 | 05.47 |
| 8 | 185 | POGODZIŃSKA Anka | PŁOCK | POL | | 86 | K20/8 | (K)36 | 01:07:27 | 05.48 |
| 9 | 217 | JAKUBOWSKA Katarzyna | PŁOCK | POL | KJ CREW | 86 | K20/9 | (K)40 | 01:08:49 | 05.56 |
| 10 | 212 | HIŃCZ Ewa | MOCHOWO | POL | | 88 | K20/10 | (K)41 | 01:09:03 | 05.57 |
| 11 | 268 | SUMIŃSKA Magdalena | MŁODZIESZYN | POL | OSP KAMION | 91 | K20/11 | (K)46 | 01:14:09 | 06.23 |
| 12 | 135 | KRYSIAK Aleksandra | SOCZEWKA | POL | | 91 | K20/12 | (K)47 | 01:14:10 | 06.23 |
| 13 | 219 | LEŚNIEWSKA Sylwia | PŁOCK | POL | | 87 | K20/13 | (K)56 | 01:18:04 | 06.43 |

Bieg główny 11,6 km - K30 [25]






| | | | | | | | | | | |
|----|-----|-------------------------------|------------------|-----|--------------------------|----|--------|-------|----------|-------|
| 1 | 301 | KUCHNICKA Kasia | RYPIN | POL | KB LECH RYPIN | 84 | K30/1 | (K)3 | 00:53:23 | 04.36 |
| 2 | 89 | BRULIŃSKA Monika | PŁOCK | POL | PŁOCK_BIEGA NO AGE LIMIT | 76 | K30/2 | (K)7 | 00:58:00 | 05.00 |
| 3 | 81 | WALKOWIAK Barbara | PŁOCK | POL | NIGHT RUNNERS PŁOCK | 83 | K30/3 | (K)8 | 00:58:21 | 05.01 |
| 4 | 243 | BIEŃKOWSKA Agnieszka | PŁOCK | POL | TKKF PŁOCK | 80 | K30/4 | (K)9 | 00:58:55 | 05.04 |
| 5 | 290 | KĄCKA Olga | WARSZAWA | POL | UKA | 79 | K30/5 | (K)10 | 00:59:00 | 05.05 |
| 6 | 130 | TARKA Marta | PŁOCK | POL | | 77 | K30/6 | (K)11 | 01:00:18 | 05.11 |
| 7 | 174 | RZYMSKA Sylwia | PŁOCK | POL | BIEGAMPŁOCK TEAM | 78 | K30/7 | (K)13 | 01:00:32 | 05.13 |
| 8 | 127 | RZEPKA Ewa | WIELKI GŁĘBOCZEK | POL | WIELKI GŁĘBOCZEK | 77 | K30/8 | (K)15 | 01:01:42 | 05.19 |
| 9 | 44 | LIBERACKA Justyna | PŁOCK | POL | | 83 | K30/9 | (K)18 | 01:02:15 | 05.22 |
| 10 | 128 | KUBARA-GRABSKA Karina | RADOM | POL | | 78 | K30/10 | (K)19 | 01:02:21 | 05.22 |
| 11 | 119 | KĄZMIERCZAK-MYSZYŃSKA Paulina | ZAWIDZ | POL | TKKF KUBUŚ SIERPC | 79 | K30/11 | (K)22 | 01:02:52 | 05.25 |
| 12 | 123 | MURAS Patrycja | PŁOCK | POL | NIGHT RUNNERS PŁOCK | 83 | K30/12 | (K)27 | 01:05:21 | 05.38 |
| 13 | 177 | BOJARSKA Agnieszka | PŁOCK | POL | | 78 | K30/13 | (K)28 | 01:05:21 | 05.38 |
| 14 | 179 | OSIECKA Anna | PŁOCK | POL | PŁOCK | 77 | K30/14 | (K)29 | 01:05:23 | 05.38 |
| 15 | 103 | BIERNAT Katarzyna | PŁOCK | POL | | 78 | K30/15 | (K)30 | 01:06:00 | 05.41 |
| 16 | 187 | RÓJ KARKOWSKA Agata | PŁOCK | POL | PŁOCK KLUB KOLARSKI | 79 | K30/16 | (K)31 | 01:06:06 | 05.41 |
| 17 | 252 | TRZEBSKA Joanna | STRZELCE | POL | | 82 | K30/17 | (K)33 | 01:06:55 | 05.46 |
| 18 | 67 | STANECKA Małgorzata | SKIERNIEWICE | POL | STANECCY | 76 | K30/18 | (K)35 | 01:07:12 | 05.47 |

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat | Drużyna Team | R-k YoB | W kategorii in Age | (K) Sex | Czas Time | [min/km] |
|--------------|--------|----------------------|------------------|---------------------------------------------------------------------------------------|---------------------|---------|--------------------|---------|-----------|----------|
| 19 | 312 | JAKUBOWSKA Monika | SŁUPNO |  POL | | 83 | K30/19 | (K)37 | 01:07:39 | 05.49 |
| 20 | 183 | OLEWNIK-PATRYN Anna | PŁOCK |  POL | AKADEMIA RUCHU | 82 | K30/20 | (K)45 | 01:12:58 | 06.17 |
| 21 | 239 | WRÓBEL Lidia | PŁOCK |  POL | NIGHT RUNNERS PŁOCK | 81 | K30/21 | (K)49 | 01:14:38 | 06.26 |
| 22 | 194 | MALINOWSKA Monika | PŁOCK |  POL | NIGHT RUNNERS PŁOCK | 83 | K30/22 | (K)52 | 01:14:51 | 06.27 |
| 23 | 317 | DOMOSŁAWSKA Daria | PŁOCK |  POL | | 77 | K30/23 | (K)53 | 01:16:20 | 06.34 |
| 24 | 291 | HOŻEWSKA Magdalena | PŁOCK |  POL | PŁOCK | 84 | K30/24 | (K)58 | 01:22:42 | 07.07 |
| 25 | 238 | OBSZYŃSKA Izabela | BIELSK |  POL | | 77 | K30/25 | (K)60 | 01:31:31 | 07.53 |



Bieg główny 11,6 km - K40 [15]

| | | | | | | | | | | |
|----|-----|------------------------|----------|---------------------------------------------------------------------------------------|---------------------|----|--------|-------|----------|-------|
| 1 | 109 | PACHNIEWSKA Agnieszka | PŁOCK |  POL | | 75 | K40/1 | (K)5 | 00:54:30 | 04.41 |
| 2 | 151 | JAROSZEWSKA Monika | PŁOCK |  POL | TKKF PŁOCK | 74 | K40/2 | (K)6 | 00:57:08 | 04.55 |
| 3 | 36 | POCIECH Iwona | KORYTÓW |  POL | POCIECH | 69 | K40/3 | (K)12 | 01:00:22 | 05.12 |
| 4 | 248 | TYMIŃSKA Beata | BRWILNO |  POL | NIGHT RUNNERS PŁOCK | 70 | K40/4 | (K)14 | 01:00:34 | 05.13 |
| 5 | 22 | AKIMOW Anna | PŁOCK |  POL | TKKF PŁOCK | 67 | K40/5 | (K)16 | 01:01:55 | 05.20 |
| 6 | 162 | BURŻACKA-TYC Agnieszka | PŁOCK |  POL | | 72 | K40/6 | (K)17 | 01:02:12 | 05.21 |
| 7 | 61 | SOBOTKA Monika | LONDON |  GBR | KJ CREW | 71 | K40/7 | (K)20 | 01:02:47 | 05.24 |
| 8 | 249 | STRZELECKA Anna | KRUSZYN |  POL | | 74 | K40/8 | (K)23 | 01:03:02 | 05.26 |
| 9 | 306 | GÓRAL Anna | PŁOCK |  POL | BOP | 70 | K40/9 | (K)38 | 01:07:53 | 05.51 |
| 10 | 193 | BINIEWICZ Renata | ŁĘCZYCA |  POL | BORUTA TEAM | 72 | K40/10 | (K)42 | 01:09:04 | 05.57 |
| 11 | 165 | DOBIES Maria | PŁOCK |  POL | PŁOCK | 68 | K40/11 | (K)43 | 01:09:13 | 05.58 |
| 12 | 94 | GONCZARYK Natasza | PŁOCK |  POL | NIGHT RUNNERS PŁOCK | 72 | K40/12 | (K)54 | 01:16:28 | 06.35 |
| 13 | 210 | KAMIŃSKA Katarzyna | PŁOCK |  POL | | 71 | K40/13 | (K)55 | 01:17:50 | 06.42 |
| 14 | 316 | ŚMIETANOWSKA Donata | STÓŻEWKO |  POL | | 73 | K40/14 | (K)57 | 01:18:33 | 06.46 |
| 15 | 91 | ILCZYNA Ewa | PŁOCK |  POL | | 69 | K40/15 | (K)59 | 01:24:01 | 07.14 |

Bieg główny 11,6 km - K50 [5]

| | | | | | | | | | | |
|---|-----|-----------------------|----------|-----------------------------------------------------------------------------------------|---------------------|----|-------|-------|----------|-------|
| 1 | 208 | WIELUŃSKA Jolanta | PŁOCK |  POL | NIGHT RUNNERS PŁOCK | 63 | K50/1 | (K)25 | 01:04:53 | 05.35 |
| 2 | 83 | MRÓWCZYŃSKA Agnieszka | GOSTYNIN |  POL | NIGHT RUNNERS PŁOCK | 65 | K50/2 | (K)39 | 01:07:59 | 05.51 |
| 3 | 72 | BUGAJEWSKA Anna | PŁOŃSK |  POL | | 61 | K50/3 | (K)44 | 01:12:03 | 06.12 |
| 4 | 270 | NAWROCKA Agata | GABIN |  POL | | 64 | K50/4 | (K)48 | 01:14:15 | 06.24 |
| 5 | 250 | WYRWAS Danuta | PŁOCK |  POL | | 63 | K50/5 | (K)50 | 01:14:44 | 06.26 |

Bieg główny 11,6 km - K60 [2]

| | | | | | | | | | | |
|---|-----|--------------------|--------|-----------------------------------------------------------------------------------------|-------------------|----|-------|-------|----------|-------|
| 1 | 110 | CHOJNACKA Krystyna | SIERPC |  POL | TKKF KUBUŚ SIERPC | 52 | K60/1 | (K)26 | 01:05:07 | 05.36 |
| 2 | 154 | ZALEWSKA Barbara | PŁOCK |  POL | TKKF PŁOCK | 52 | K60/2 | (K)51 | 01:14:49 | 06.26 |