

| OPEN | nr | Nazwisko | Imię | czas | data ur. | kat. | M-c kat. | Miasto / klub |
|------|------|-------------|-----------|----------|------------|------|----------|----------------------------|
| 1 | 5 | Godlewski | Andrzej | 36:31,00 | 27-2-1985 | M3 | 1 | Biegamy dla Zdrowia |
| 2 | 8 | Czerwiński | Andrzej | 36:40,00 | 17-4-1972 | M6 | 1 | Turośl |
| 3 | 6 | Pupek | Daniel | 36:57,00 | 31-1-1987 | M3 | 2 | Biegamy dla Zdrowia |
| 4 | 19 | Stelwach | Leszek | 37:02,00 | 12-7-1963 | M7 | 1 | Mat-poż/oddział Łomża |
| 5 | 1 | Gosk | Anna | 37:35,00 | 31-3-1990 | K2 | 1 | Białystok |
| 6 | 7 | Bochenko | Daniel | 37:58,00 | 14-7-1972 | M6 | 2 | Mzungu Ugali |
| 7 | 15 | Tyszka | Tomasz | 38:58,00 | 27-10-1977 | M5 | 1 | 18 Bstoccki Pułk Rozpoznaw |
| 8 | 9 | Kapelewski | Dariusz | 39:15,00 | 19-5-1977 | M5 | 2 | Biegamy dla Zdrowia |
| 9 | 10 | Perkowski | Jakub | 39:32,00 | 22-10-1999 | M1 | 1 | Sokoły |
| 10 | 16 | Wójtowicz | Robert | 39:50,00 | 27-3-1977 | M5 | 3 | Amator Sportu |
| 11 | 20 | Mieczkowski | Robert | 40:07,00 | 22-6-1976 | M5 | 4 | Biegamy dla Zdrowia |
| 12 | 119 | Poreda | Dariusz | 40:48,00 | 13-10-1983 | M3 | 3 | Biegamy dla Zdrowia |
| 13 | 18 | Niewiński | Łukasz | 40:50,00 | 6-3-1981 | M4 | 1 | Trucht Tarchomin Team |
| 14 | 30 | Serafin | Daniel | 41:02,00 | 31-7-1986 | M3 | 4 | Biegamy dla Zdrowia |
| 15 | 12 | Koldys | Łukasz | 41:03,00 | 28-5-1988 | M2 | 1 | Kąty |
| 16 | 13 | Wandzioch | Krzysztof | 41:04,00 | 16-2-1992 | M2 | 2 | Wandzioch Team |
| 17 | 32 | Pleban | Marek | 41:24,00 | 18-11-1976 | M5 | 5 | Łomża |
| 18 | 1978 | Burnos | Piotr | 41:51,00 | 2-8-1978 | M4 | 2 | Biegamy dla Zdrowia |
| 19 | 29 | Dmochowski | Dawid | 42:02,00 | 28-9-1986 | M3 | 5 | Ucieszy.pl |
| 20 | 38 | Długolecki | Hubert | 42:45,00 | 4-4-1988 | M2 | 3 | Ławy |
| 21 | 39 | Remiszewski | Paweł | 42:53,00 | 19-1-1983 | M3 | 6 | Akademia Sportu Medyk |
| 22 | 130 | Bączek | Mirosław | 42:58,00 | 10-10-1966 | M7 | 2 | Biegamy dla Zdrowia |
| 23 | 31 | Brzozowski | Ireneusz | 43:09,00 | 27-1-1981 | M4 | 3 | Wysokie Mazowieckie |
| 24 | 27 | Miniuk | Paweł | 43:18,00 | 23-12-1991 | M2 | 4 | Pałę Wrotki |
| 25 | 33 | Basaj | Paweł | 43:56,00 | 19-5-1971 | M6 | 3 | BBL Suwałki |
| 26 | 34 | Pruszko | Adam | 43:57,00 | 17-2-1971 | M6 | 4 | Biegamy dla Zdrowia |
| 27 | 14 | Krupiński | Adam | 43:58,00 | 6-10-1983 | M3 | 7 | Zambrów |
| 28 | 37 | Modzelewski | Krzysztof | 44:10,00 | 10-6-1966 | M7 | 3 | KK24h Ostrołęka |
| 29 | 24 | Chiliński | Karol | 44:58,00 | 20-4-1995 | M1 | 2 | Drużyna Szpiku |
| 30 | 22 | Szulc | Jakub | 45:32,00 | 12-4-2001 | M1 | 3 | Paint Run |
| 31 | 21 | Murat | Bartosz | 45:38,00 | 1-2-1975 | M5 | 6 | Biegamy dla Zdrowia |
| 32 | 53 | Boruta | Karol | 45:55,00 | 23-11-1987 | M3 | 8 | Świątajno |
| 33 | 51 | Kaczmarczyk | Kamil | 45:59,00 | 24-6-1988 | M2 | 5 | OSM Piątnica |

| | | | | | | | | |
|----|------|---------------|-----------|----------|------------|-----|----|-----------------------------|
| 34 | 60 | Elster | Adam | 46:05,00 | 21-4-1970 | M6 | 5 | Biegamy dla Zdrowia |
| 35 | 44 | Siemieniuk | Dorota | 46:15,00 | 30-9-1987 | K3 | 1 | Studio Styl |
| 36 | 54 | Kozioł | Piotr | 46:21,00 | 25-3-1987 | M3 | 9 | Krótką Piłką |
| 37 | 23 | Duda | Dominika | 46:38,00 | 28-9-1985 | K3 | 2 | Biegamy dla Zdrowia |
| 38 | 58 | Domoradzki | Robert | 46:43,00 | 24-11-1976 | M5 | 7 | Łomża |
| 39 | 26 | Niebrzydowski | Paweł | 46:49,00 | 17-10-1993 | M1 | 4 | Glinki |
| 40 | 71 | Adamowicz | Krzysztof | 47:02,00 | 14-12-1974 | M5 | 8 | TMT |
| 41 | 70 | Brajczewski | Maciej | 47:03,00 | 3-6-1981 | M4 | 4 | Biegamy dla Zdrowia |
| 42 | 86 | Rydzewski | Marcin | 47:15,00 | 9-6-1978 | M4 | 5 | Łomża |
| 43 | 36 | Zdunek | Józef | 47:16,00 | 16-2-1964 | M7 | 4 | KB Jurund Szczytno |
| 44 | 72 | Mackiewicz | Marek | 47:17,00 | 25-1-1966 | M7 | 5 | Łomża |
| 45 | 62 | Szulc | Wojciech | 47:29,00 | 24-8-1968 | M6 | 6 | Paint Run |
| 46 | 40 | Zapadka | Stanisław | 47:34,00 | 7-5-1955 | M9 | 1 | Klub Biegacza Mrągowo |
| 47 | 56 | Stankiewicz | Piotr | 47:39,00 | 10-7-1979 | M4 | 6 | Krótką Piłką |
| 48 | 63 | Modzelewski | Wiesław | 47:49,00 | 6-8-1964 | M7 | 6 | KK24h Ostrołęka |
| 49 | 57 | Zyskowski | Artur | 47:51,00 | 11-3-1976 | M5 | 9 | Ostrołęka |
| 50 | 1958 | Pozdrawiam | Mariusz | 48:00,00 | 2-2-1958 | M8 | 1 | Biegamy dla Zdrowia |
| 51 | 68 | Gumkowski | Andrzej | 48:31,00 | 7-9-1954 | M9 | 2 | Ostre Kurpie |
| 52 | 84 | Lindebny | Łukasz | 48:40,00 | 21-12-1980 | M4 | 7 | Białystok |
| 53 | 80 | Janucik | Tadeusz | 48:44,00 | 9-12-1949 | M10 | 1 | Biegamy dla Zdrowia |
| 54 | 94 | Fabiszeski | Kamil | 48:59,00 | 26-10-1998 | M1 | 5 | Łomża |
| 55 | 61 | Fabiszewski | Krzysztof | 49:03,00 | 2-9-1972 | M6 | 7 | Biegamy dla Zdrowia |
| 56 | 77 | Rakowska | Iwona | 49:26,00 | 14-9-1980 | K4 | 1 | BiegaMy |
| 57 | 117 | Stefańska | Natalia | 49:28,00 | 5-4-1997 | K1 | 1 | BK Skansen |
| 58 | 74 | Kowalczyk | Roman | 49:35,00 | 16-11-1955 | M9 | 3 | Biegamy dla Zdrowia |
| 59 | 41 | Szmit | Jarosław | 49:43,00 | 29-2-1968 | M6 | 8 | Biegamy dla Zdrowia |
| 60 | 55 | Horoszko | Łukasz | 49:52,00 | 1-12-1983 | M3 | 10 | Suchowola |
| 61 | 79 | Mikielski | Stanisław | 49:53,00 | 17-1-1950 | M10 | 2 | Biegam Sobie Zambrów |
| 62 | 50 | Zieniewicz | Andrzej | 49:59,00 | 15-6-1951 | M10 | 3 | GSzR Białystok |
| 63 | 111 | Jakubiak | Tomasz | 49:59,00 | 21-11-1976 | M5 | 10 | Łomża |
| 64 | 46 | Zajkowska | Marta | 50:07,00 | 22-12-1980 | K4 | 2 | PEKAS Team |
| 65 | 48 | Breczko | Beata | 50:25,00 | 14-2-1981 | K4 | 3 | Sokółka |
| 66 | 65 | Wyrwas | Tadeusz | 50:26,00 | 28-10-1959 | M8 | 2 | Biegamy dla Zdrowia |
| 67 | 42 | Kruszyński | Michał | 50:30,00 | 24-4-1987 | M3 | 11 | KB Jurund Szczytno |
| 68 | 66 | Kleczkowski | Leszek | 50:57,00 | 23-1-1960 | M8 | 3 | KK24h Ostrołęka |
| 69 | 59 | Sobieszuk | Marek | 51:16,00 | 8-8-1971 | M6 | 9 | Łomża |
| 70 | 73 | Kiersnowska | Magdalena | 52:14,00 | 9-7-1979 | K4 | 4 | Bielska Inicjatywa Rowerowa |
| 71 | 96 | Limberger | Katarzyna | 52:44,00 | 3-9-1977 | K5 | 1 | Serduszko Team Elk |

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|----|-----|----------------|-----------|------------|------------|-----|----|---------------------|
| 72 | 112 | Kołodziejczyk | Sebastian | 52:52,00 | 15-6-1989 | M2 | 6 | Dziki Ryj Team |
| 73 | 69 | Korolczuk | Henryk | 53:28,00 | 26-8-1956 | M9 | 4 | Łomża |
| 74 | 97 | Kierklo | Weronika | 53:39,00 | 22-9-1989 | K2 | 2 | Ełk |
| 75 | 98 | Firmuga | Piotr | 53:40,00 | 6-7-1972 | M6 | 10 | Łomża |
| 76 | 83 | Mierzejewski | Wiktor | 53:42,00 | 7-8-1989 | M2 | 7 | BBL Ostrołęka |
| 77 | 115 | Gałązka | Krzysztof | 53:59,00 | 14-5-1976 | M5 | 11 | TMT |
| 78 | 113 | Dąbrowski | Artur | 54:17,00 | 12-7-1993 | M1 | 6 | TMT |
| 79 | 88 | Sienicki | Mariusz | 54:22,00 | 15-3-1980 | M4 | 8 | Łomża |
| 80 | 106 | Kurzatkowska | Jolanta | 55:12,00 | 2-7-1974 | K5 | 2 | Łomża |
| 81 | 95 | Arnister | Zbigniew | 55:52,00 | 8-10-1965 | M7 | 7 | TMT |
| 82 | 81 | Muzyk | Edward | 55:59,00 | 1-3-1948 | M10 | 4 | Biegamy dla Zdrowia |
| 83 | 90 | Truszkowski | Marcin | 56:11,00 | 31-10-1982 | M4 | 9 | OSM Piątnica |
| 84 | 92 | Szumowski | Paweł | 56:18,00 | 1-10-1977 | M5 | 12 | Łomża |
| 85 | 129 | Kozłowski | Edward | 56:40,00 | 23-5-1957 | M9 | 5 | Łyse |
| 86 | 110 | Franciszkowicz | Mariola | 56:43,00 | 16-4-1975 | K5 | 3 | Łomża |
| 87 | 64 | Grygo | Krzysztof | 57:17,00 | 23-12-1960 | M8 | 4 | KS Łomżanie |
| 88 | 118 | Wawiórko | Radosław | 57:18,00 | 1-7-1979 | M4 | 10 | Bargłów Dworny |
| 89 | 99 | Łapińska | Anna | 57:58,00 | 10-8-1989 | K2 | 3 | Pałę Wrotki |
| 90 | 67 | Koziejko | Stanisław | 58:02,00 | 21-8-1958 | M8 | 5 | Biegam dla Justynki |
| 91 | 78 | Gieraga | Jerzy | 58:37,00 | 25-4-1950 | M10 | 5 | Łomża |
| 92 | 103 | Niewiarowska | Anna | 59:04,00 | 21-9-1974 | K5 | 4 | Ciechanowiec |
| 93 | 100 | Łotowska | Katarzyna | 59:25,00 | 21-10-1989 | K2 | 4 | Dzikie |
| 94 | 76 | Domurad | Magdalena | 59:40,00 | 2-3-1979 | K4 | 5 | biegaMy Ostrołęka |
| 95 | 109 | Wiazowska | Anna | 1:02:17,00 | 5-6-1992 | K2 | 5 | Pałę Wrotki |
| 96 | 108 | Sobczyński | Paweł | 1:03:50,00 | 25-8-1990 | M2 | 8 | Łomża |
| 97 | 101 | Matyszczyk | Monika | 1:11:00,00 | 8-12-1992 | K2 | 6 | Wandzioch Team |
| 98 | 105 | Lubowska | Kasia | 1:16:43,00 | 25-4-1977 | K5 | 5 | Sokółka |
| 99 | 107 | Mierzejewski | Jan | 1:22:31,00 | 3-6-1947 | M11 | 1 | BBL Ostrołęka |