

X OGÓLNOPOLSKI BIEG RASZYŃSKI

WYNIKI ZAWODÓW

Open

Organizator: KLUB SPORTOWY RASZYN, GMINNY OŚRODEK SPORTU W RASZYNIE

Termin: 07.04.2019

Miejsce: Raszyn

Dystans: 10 km

Trasa posiada atest PZLA

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Kraj Nat. | Drużyna Team | Miejscowość City | R-k YoB | W kategorii in Age | Grupa Group | Wynik Total | Wynik Netto | Międzyczasy | | Check points |
|-----------------|-----------|-------------------------|--------------|---------------------------------|---------------------|------------|-----------------------|----------------|----------------|----------------|-------------|----------|--------------|
| | | | | | | | | | | | 1 Runda | 2 Runda | |
| 1 | 447 | NOWAK JAKUB | POL | LŁKS PREFBET ŚNIADOWO ŁOMŻA | WARSZAWA | 89 | M30/1 | | 00:30:00 | 00:29:59 | 00:09:49 | 00:19:51 | |
| 2 | 480 | WASIEWICZ KRZYSZTOF | POL | KONDYCJA | PIASECZNO | 92 | M20/1 | | 00:31:52 | 00:31:52 | 00:10:10 | 00:21:04 | |
| 3 | 416 | DRAGAN ALEKSANDER | POL | | KIELCE | 90 | M20/2 | | 00:31:53 | 00:31:51 | 00:10:35 | 00:21:14 | |
| 4 | 316 | SZATECKI MAKSYMILIAN | POL | I-SPORT TEAM / JAKUBOWSKI TEAM | WARSZAWA | 96 | M20/3 | | 00:32:38 | 00:32:37 | 00:10:35 | 00:21:33 | |
| 5 | 216 | MIKIELSKI DANIEL | POL | | OLSZTYNEK | 90 | M20/4 | | 00:33:23 | 00:33:21 | 00:10:50 | 00:21:58 | |
| 6 | 369 | ZARZYCKI MACIEJ | POL | | ŻÓŁWIN | 89 | M30/2 | | 00:35:08 | 00:35:05 | 00:11:02 | 00:22:46 | |
| 7 | 349 | WIECZOREK DARIUSZ | POL | KB PWK LEGIONOWO | LEGIONOWO | 69 | M50/1 | | 00:36:05 | 00:36:05 | 00:11:43 | 00:23:44 | |
| 8 | 443 | ŁAPIŃSKA ANNA | POL | KS WARSZAWIANKA W-WA/REEBOK RUN | WARSZAWA | 89 | K30/1 | | 00:36:13 | 00:36:11 | 00:11:44 | 00:23:46 | |
| 9 | 242 | OWCZAREK RAFAŁ | POL | | GÓRA KALWARIA | 93 | M20/5 | | 00:36:24 | 00:36:23 | 00:11:44 | 00:23:50 | |
| 10 | 255 | PIATKA TOMASZ | POL | ADIDAS RUNNERS WARSAW | WARSZAWA | 84 | M30/3 | | 00:36:24 | 00:36:20 | 00:12:05 | 00:24:14 | |
| 11 | 176 | KUNA BARTŁOMIEJ | POL | KUNA TRIKLUB | WARKA | 85 | M30/4 | | 00:36:45 | 00:36:43 | 00:11:30 | 00:23:55 | |
| 12 | 76 | GOS MATEUSZ | POL | KS WARKA | WARKA | 02 | M16/1 | | 00:36:49 | 00:36:47 | 00:11:34 | 00:23:56 | |
| 13 | 192 | ŁUKOMSKI JANUSZ | POL | PKO BANK POLSKI SA | WARSZAWA | 78 | M40/1 | | 00:36:52 | 00:36:46 | 00:12:14 | 00:24:21 | |
| 14 | 476 | SZYSZKA ANNA | POL | LŁKS PREFBET ŚNIADOWO ŁOMŻA | SADOWNE | 90 | K20/1 | | 00:37:16 | 00:37:15 | 00:11:34 | 00:24:14 | |
| 15 | 240 | ORMAN TOMASZ | POL | TOMTEAM | SZYDŁOWIEC | 66 | M50/2 | | 00:37:25 | 00:37:25 | 00:12:06 | 00:24:34 | |
| 16 | 334 | ŚLIWA KRZYSZTOF | POL | NAPRZÓD MŁOCINY | WARSZAWA | 85 | M30/5 | | 00:37:36 | 00:37:36 | 00:12:30 | 00:25:03 | |
| 17 | 352 | WILCZYŃSKI MATEUSZ | POL | SZYBKIE WILKI | SIEDLCE | 85 | M30/6 | | 00:37:40 | 00:37:38 | 00:12:05 | 00:24:40 | |
| 18 | 426 | JARZĄBEK SABINA | POL | KKL KIELCE | DALESZYCE | 93 | K20/2 | | 00:37:40 | 00:37:38 | 00:11:53 | 00:24:36 | |
| 19 | 212 | MICHALAK MARIUSZ | POL | | WARSZAWA | 70 | M40/2 | | 00:37:41 | 00:37:38 | 00:12:22 | 00:24:53 | |
| 20 | 172 | KUCIEJCZYK HENRYK | POL | TEMPO MŁAWA | SZYDŁOWO | 59 | M60+/1 | | 00:37:45 | 00:37:45 | 00:12:39 | 00:25:13 | |
| 21 | 342 | TURCZYN MAREK | POL | TARCZYŃSKI KLUB BIEGOWY | RUDA | 69 | M50/3 | | 00:37:54 | 00:37:53 | 00:12:38 | 00:25:10 | |
| 22 | 337 | TRONIARZ PAWEŁ | POL | TEAMOCHAL | RASZYN | 79 | M40/3 | Rasz/1 | 00:37:54 | 00:37:51 | 00:12:25 | 00:25:06 | |
| 23 | 229 | MUCHA ROBERT | POL | SPORTOWE LOVE | ZALESIE GÓRNE | 76 | M40/4 | | 00:37:58 | 00:37:56 | 00:12:36 | 00:25:11 | |
| 24 | 335 | ŚLIWIAK JUSTYNA | POL | KB TKKF PROMYK CIECHANÓW | WARSZAWA | 89 | K30/2 | | 00:38:12 | 00:38:10 | 00:12:20 | 00:25:09 | |
| 25 | 420 | FILIPKOWSKI PIOTR | POL | | WARSZAWA | 77 | M40/5 | | 00:38:24 | 00:38:20 | 00:12:39 | 00:25:22 | |
| 26 | 489 | WOJTYNA ŁUKASZ | POL | | WARSZAWA | 87 | M30/7 | | 00:38:33 | 00:38:27 | 00:12:41 | 00:25:31 | |
| 27 | 214 | MICHALIK RAFAŁ | POL | IZBA ADWOKACKA | CZĘSTOCHOWA | 91 | M20/6 | | 00:38:37 | 00:38:37 | 00:12:39 | 00:25:31 | |

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Kraj Nat. | Drużyna Team | Miejscowość City | R-k YoB | W kategorii in Age | Grupa Group | Wynik Total | Wynik Netto | Międzyczasy | Check points |
|-----------------|-----------|-------------------------|--------------|-----------------------------------|---------------------|------------|-----------------------|----------------|----------------|----------------|-------------|--------------|
| 28 | 389 | KAMIŃSKI MATEUSZ | POL | POWERBUG.PL | WARSZAWA | 91 | M20/7 | | 00:39:02 | 00:39:00 | 00:12:06 | 00:25:19 |
| 29 | 477 | TOMCZAK MARCIN | POL | KOCI PAZUR | CIECHANÓW | 80 | M30/8 | | 00:39:05 | 00:39:01 | 00:12:28 | 00:25:43 |
| 30 | 414 | BRYL MARCIN | POL | ADIDAS RUNNERS WARSAW | WARSZAWA | 79 | M40/6 | | 00:39:18 | 00:39:14 | 00:12:56 | 00:25:58 |
| 31 | 502 | MUCKUS FILIP | POL | KS KANAŁEK | WARSZAWA | 87 | M30/9 | | 00:39:20 | 00:39:16 | 00:12:56 | 00:25:56 |
| 32 | 484 | WIERZBICKA MAGDALENA | POL | NIKE + RUN CLUB | ŚWIEBODZIN | 89 | K30/3 | | 00:39:34 | 00:39:32 | 00:12:47 | 00:26:00 |
| 33 | 496 | LEŚNIAK JACEK | POL | | WARSZAWA | 80 | M30/10 | | 00:39:34 | 00:39:30 | 00:13:17 | 00:26:36 |
| 34 | 79 | GROCHOWSKI MACIEJ | POL | | WARSZAWA | 85 | M30/11 | | 00:39:48 | 00:39:44 | 00:12:38 | 00:25:59 |
| 35 | 333 | ŚCISŁOWSKI NORBERT | POL | KS START PUŁASKI WARKA | WARKA | 82 | M30/12 | | 00:40:13 | 00:40:10 | 00:13:16 | 00:26:39 |
| 36 | 151 | KOWALCZYK PIOTR | POL | | WARKA | 72 | M40/7 | | 00:40:16 | 00:40:12 | 00:13:13 | 00:26:39 |
| 37 | 353 | WITCZAK PIOTR | POL | | SKIERNIEWICE | 78 | M40/8 | | 00:40:25 | 00:40:23 | 00:13:09 | 00:26:38 |
| 38 | 200 | MAKOWSKI MATEUSZ | POL | | WARSZAWA | 91 | M20/8 | | 00:40:26 | 00:40:21 | 00:12:45 | 00:26:30 |
| 39 | 39 | CZUB DANIEL | POL | ŻMUDA RUNNING TEAM | WARSZAWA | 84 | M30/13 | | 00:40:31 | 00:40:27 | 00:13:08 | 00:26:33 |
| 40 | 210 | MEJKA MAŁGORZATA | POL | | LUBAWA | 86 | K30/4 | | 00:40:35 | 00:40:32 | 00:12:51 | 00:26:41 |
| 41 | 269 | PRZEPIÓRA SEBASTIAN | POL | GORLICE TEAM. | GORLICE | 73 | M40/9 | | 00:40:39 | 00:40:36 | 00:13:08 | 00:26:36 |
| 42 | 234 | NOWOCIEŃ JACEK | POL | UCZNIOWSKI KLUB SPORTOWY RUSIEC | PODKOWA LEŚNA | 59 | M60+/2 | | 00:40:41 | 00:40:38 | 00:13:15 | 00:26:48 |
| 43 | 12 | BANASZCZYK GRZEGORZ | POL | ENDORFINA SZYDŁOWIEC | SZYDŁOWIEC | 87 | M30/14 | | 00:40:51 | 00:40:45 | 00:13:18 | 00:27:03 |
| 44 | 278 | RDZONEK DARIUSZ | POL | | WARSZAWA | 83 | M30/15 | | 00:40:54 | 00:40:41 | 00:13:37 | 00:27:18 |
| 45 | 146 | KOŚCIK JAKUB | POL | KRÓLEWSKI KLUB BIEGACZA | WARSZAWA | 85 | M30/16 | | 00:40:55 | 00:40:51 | 00:13:46 | 00:27:17 |
| 46 | 211 | MICHALAK MAJA | POL | | WARSZAWA | 96 | K20/3 | | 00:41:05 | 00:41:00 | 00:13:14 | 00:26:57 |
| 47 | 497 | MIELCZARSKI BARTOSZ | POL | | WARSZAWA | 84 | M30/17 | | 00:41:25 | 00:41:18 | 00:13:40 | 00:27:22 |
| 48 | 340 | TUCHOLSKI PAWEŁ | POL | | RYBIE | 78 | M40/10 | Rasz/2 | 00:41:31 | 00:41:28 | 00:13:08 | 00:26:58 |
| 49 | 436 | KOWALEC ŁUKASZ | POL | WAWRYN TEAM | PIASTÓW | 79 | M40/11 | | 00:41:34 | 00:41:29 | 00:13:23 | 00:27:33 |
| 50 | 395 | ŻMUDA MICHAŁ | POL | ŻMUDA RUNNING TEAM | RASZYN | 77 | M40/12 | Rasz/3 | 00:41:35 | 00:41:33 | 00:13:35 | 00:27:19 |
| 51 | 40 | DALASIŃSKI ANDRZEJ | POL | KUŹNIA TRIATHLONU | ŁÓDŹ | 80 | M30/18 | | 00:41:35 | 00:41:31 | 00:13:19 | 00:27:18 |
| 52 | 468 | STOLARSKI MACIEJ | POL | WAWRYN TEAM | RYBIE | 73 | M40/13 | Rasz/4 | 00:41:45 | 00:41:40 | 00:13:29 | 00:27:31 |
| 53 | 9 | BALEWSKI TOMASZ | POL | TEAM ZABIEGANEDNI | WARSZAWA | 71 | M40/14 | | 00:41:46 | 00:41:40 | 00:13:35 | 00:27:27 |
| 54 | 275 | RACHWALIK TOMASZ | POL | | STASI LAS | 72 | M40/15 | | 00:41:46 | 00:41:44 | 00:13:40 | 00:27:39 |
| 55 | 274 | PYTLOS MARCIN | POL | NAPRZÓD MŁOCINY | WARSZAWA | 80 | M30/19 | | 00:41:47 | 00:41:43 | 00:14:00 | 00:28:01 |
| 56 | 408 | TRONIARZ MARCIN | POL | GRAVITAN | RASZYN | 75 | M40/16 | Rasz/5 | 00:41:50 | 00:41:43 | 00:13:41 | 00:27:43 |
| 57 | 365 | ZAJĄC ADAM | POL | NAPRZÓD MŁOCINY | WARSZAWA | 67 | M50/4 | | 00:41:52 | 00:41:47 | 00:13:07 | 00:27:15 |
| 58 | 152 | KOWALSKI ARTUR | POL | TVP SPORT | WARSZAWA | 75 | M40/17 | | 00:41:53 | 00:41:49 | 00:14:00 | 00:28:15 |
| 59 | 43 | DĄBAL MARCIN | POL | SŁOWIANIN | BŁĘDÓW | 81 | M30/20 | | 00:41:57 | 00:41:50 | 00:14:03 | 00:27:52 |
| 60 | 297 | SAWICKI MARCIN | POL | | JASIENIEC | 95 | M20/9 | | 00:42:07 | 00:42:04 | 00:13:21 | 00:27:51 |
| 61 | 357 | WOJCIECHOWSKI KRZYSZTOF | POL | TRENINGBIEGACZA.PL | WARSZAWA | 79 | M40/18 | | 00:42:07 | 00:42:01 | 00:13:49 | 00:27:57 |
| 62 | 441 | LENART KONRAD | POL | TTC | MICHAŁOWICE | 77 | M40/19 | | 00:42:09 | 00:42:05 | 00:13:06 | 00:27:17 |
| 63 | 32 | CIESIELSKI MARCIN | POL | KLUB SZACHOWY PIĄTKA SKIERNIEWICE | SKIERNIEWICE | 74 | M40/20 | | 00:42:13 | 00:42:11 | 00:13:19 | 00:27:39 |
| 64 | 325 | SZOPA ŁUKASZ | POL | | WARSZAWA | 99 | M20/10 | | 00:42:15 | 00:42:09 | 00:13:50 | 00:28:19 |
| 65 | 262 | PLUSZKA ADAM | POL | VEGE RUNNERS | WARSZAWA | 76 | M40/21 | | 00:42:15 | 00:42:10 | 00:13:29 | 00:27:38 |
| 66 | 273 | PYRZAK PAWEŁ | POL | FORT JAKSMANICE | PRZEMYŚL | 85 | M30/21 | | 00:42:16 | 00:42:13 | 00:13:37 | 00:28:02 |
| 67 | 72 | GNIECIAK DARIUSZ | POL | TARCZYŃSKI KLUB BIEGOWY | TARCZYN | 80 | M30/22 | | 00:42:19 | 00:42:17 | 00:13:41 | 00:27:42 |

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Kraj Nat. | Drużyna Team | Miejscowość City | R-k YoB | W kategorii in Age | Grupa Group | Wynik Total | Wynik Netto | Międzyczasy | Check points |
|-----------------|-----------|-------------------------|--------------|-------------------------|---------------------|------------|-----------------------|----------------|----------------|----------------|-------------|-------------------|
| 68 | 379 | ZIÓLKOWSKI JACEK | POL | CROSS - WARSZAWA | WARSZAWA | 66 | M50/5 | | 00:42:29 | 00:42:25 | 00:13:41 | 00:28:02 |
| 69 | 120 | KASPROWICZ GRAŻKA | POL | LKB.RUDNIK | WARSZAWA | 85 | K30/5 | | 00:42:34 | 00:42:08 | 00:20:21 | |
| 70 | 82 | GRZEJSZCZYK SEBASTIAN | POL | ŻMUDA RUNNING TEAM | RASZYN | 86 | M30/23 | Rasz/6 | 00:42:42 | 00:42:39 | 00:14:11 | 00:28:41 |
| 71 | 398 | HAISHAN ZHENG | POL | GRAVITAN | RASZYN | 80 | M30/24 | | 00:42:52 | 00:42:47 | 00:13:40 | 00:27:47 |
| 72 | 94 | JARMUŁ ANTONI | POL | | MICHAŁOWICE | 00 | M16/2 | | 00:42:54 | 00:42:46 | 00:14:04 | 00:28:29 |
| 73 | 384 | NURKIEWICZ MACIEJ | POL | | PIASECZNO | 79 | M40/22 | | 00:43:01 | 00:42:47 | 00:14:22 | 00:28:43 |
| 74 | 475 | SZYMANIAK PAWEŁ | POL | DOGOŃ DANFOSS | GRODZISK | 77 | M40/23 | | 00:43:04 | 00:42:54 | 00:14:23 | 00:28:39 |
| 75 | 5 | ALOT PAWEŁ | POL | | RADOM | 83 | M30/25 | | 00:43:08 | 00:43:01 | 00:14:04 | 00:28:33 |
| 76 | 431 | KOCHANOWSKI MICHAŁ | POL | | WARSZAWA | 90 | M20/11 | | 00:43:08 | 00:42:59 | 00:13:59 | 00:28:27 |
| 77 | 313 | STYCZEK SEBASTIAN | POL | | NOWA WOLA | 89 | M30/26 | | 00:43:09 | 00:42:59 | 00:14:17 | 00:28:43 |
| 78 | 239 | OLSZEWSKI BARTŁOMIEJ | POL | | RASZYN | 86 | M30/27 | Rasz/7 | 00:43:15 | 00:43:03 | 00:14:55 | 00:29:17 |
| 79 | 221 | MIROSZ ARTUR | POL | | RADOM | 73 | M40/24 | | 00:43:15 | 00:43:07 | 00:13:58 | 00:28:12 |
| 80 | 129 | KILJANCZYK DOMINIK | POL | TARCZYŃSKI KLUB BIEGOWY | TARCZYN | 00 | M16/3 | | 00:43:20 | 00:43:12 | 00:14:27 | 00:29:00 |
| 81 | 522 | BAJ ROBERT | POL | #RC_WAW | TERESIN | 84 | M30/28 | | 00:43:22 | 00:43:13 | 00:13:46 | 00:28:31 |
| 82 | 51 | DUDEK MARCIN | POL | DTW RUNNING TEAM | WARSZAWA | 88 | M30/29 | | 00:43:22 | 00:43:14 | 00:14:34 | 00:29:04 |
| 83 | 245 | PAŁYSA MAREK | POL | TRI NEGU | DAWIDY BANKOWE | 74 | M40/25 | Rasz/8 | 00:43:54 | 00:43:36 | 00:14:11 | 00:28:53 |
| 84 | 263 | PŁATOS EWELINA | POL | RADOM | RADOM | 95 | K20/4 | | 00:43:57 | 00:43:50 | 00:14:35 | 00:29:07 |
| 85 | 527 | SARZAŁA DARIUSZ | POL | | WARSZAWA | 59 | M60+3 | | 00:44:11 | 00:43:56 | 00:14:41 | 00:29:23 00:53:45 |
| 86 | 421 | GAJEK IRENEUSZ | POL | | CIECHANÓW | 78 | M40/26 | | 00:44:17 | 00:44:05 | 00:14:15 | 00:29:02 |
| 87 | 154 | KOZŁOWSKI RADOSŁAW | POL | | HENRYKÓW-UROCZE | 77 | M40/27 | | 00:44:18 | 00:43:56 | 00:15:12 | 00:29:58 |
| 88 | 272 | PYĆ MATEUSZ | POL | | SŁOMIN | 90 | M20/12 | Rasz/9 | 00:44:20 | 00:44:20 | 00:14:03 | 00:29:06 |
| 89 | 370 | ZAWADZKA ALEKSANDRA | POL | DD RUNNING TEAM | WARSZAWA | 93 | K20/5 | | 00:44:28 | 00:44:27 | 00:14:44 | 00:29:29 |
| 90 | 136 | KONIECZNY SYLWESTER | POL | | SZYDŁOWIEC | 64 | M50/6 | | 00:44:31 | 00:44:26 | 00:14:06 | 00:29:21 |
| 91 | 302 | SKRZYPKOWSKI MACIEJ | POL | | WARSZAWA | 86 | M30/30 | | 00:44:32 | 00:44:23 | 00:14:36 | 00:29:23 |
| 92 | 237 | OLCHOWIK MARCIN | POL | | WARSZAWA | 83 | M30/31 | | 00:44:36 | 00:44:29 | 00:15:12 | 00:29:27 |
| 93 | 435 | KORKOSZ ANDRZEJ | POL | GROTY TEAM | BLIZNE JASIŃSKIEGO | 77 | M40/28 | | 00:44:39 | 00:44:32 | 00:14:35 | 00:29:38 |
| 94 | 175 | KULKA SERGIUSZ | POL | TRI NEGU | LESZNOWOLA | 80 | M30/32 | Rasz/10 | 00:44:40 | 00:44:34 | 00:14:09 | 00:29:02 |
| 95 | 524 | CYBULSKI ARTUR | POL | KS RASZYN | RASZYN | 94 | M20/13 | Rasz/11 | 00:44:45 | 00:44:29 | 00:15:24 | |
| 96 | 48 | DOMAGAŁA JAROSŁAW | POL | | WARSZAWA | 66 | M50/7 | | 00:44:55 | 00:44:46 | 00:14:31 | 00:29:25 |
| 97 | 99 | JĘDRUSZCZAK PIOTR | POL | GOGGLE PAE TEAM | MSZCZONÓW | 77 | M40/29 | | 00:44:58 | 00:44:55 | 00:13:58 | 00:29:05 |
| 98 | 190 | ŁUGOWSKI SYLWESTER | POL | ADIDAS RUNNERS WARSAW | WARSZAWA | 89 | M30/33 | | 00:45:04 | 00:44:56 | 00:14:35 | 00:29:45 |
| 99 | 481 | WAWRZYŃIAK DAMIAN | POL | LAMY Z PANAMY | WARSZAWA | 93 | M20/14 | | 00:45:04 | 00:45:00 | 00:14:45 | 00:29:59 |
| 100 | 193 | ŁYSIAK KRZYSZTOF | POL | KOTLET POWER TEAM | WARSZAWA | 76 | M40/30 | | 00:45:04 | 00:44:54 | 00:14:24 | 00:29:38 |
| 101 | 168 | KSYNA BOGUSŁAW | POL | OSP KAMION | KAMION | 56 | M60+4 | | 00:45:05 | 00:44:57 | 00:14:36 | 00:29:44 |
| 102 | 49 | DRASZAWKA ŁUKASZ | POL | POWER TRAINING | WARSZAWA | 83 | M30/34 | | 00:45:05 | 00:44:53 | 00:14:48 | 00:29:53 |
| 103 | 515 | KAPLIŃSKI KAMIL | POL | | WARSZAWA | 79 | M40/31 | | 00:45:07 | 00:44:40 | 00:14:33 | 00:29:49 |
| 104 | 467 | STEFAŃSKI KRYSZTYAN | POL | KS KANAŁEK | OLSZTYN | 84 | M30/35 | | 00:45:15 | 00:45:11 | 00:12:56 | |
| 105 | 453 | PANKOWSKI GRZEGORZ | POL | KOSI MAZAKI TEAM | WARSZAWA | 82 | M30/36 | | 00:45:18 | 00:45:05 | 00:15:10 | 00:30:19 |
| 106 | 454 | PAPUGA SŁAWEK | POL | ING FAKTORING | NOWA WOLA | 82 | M30/37 | | 00:45:20 | 00:44:59 | 00:15:12 | 00:30:11 |
| 107 | 505 | SKWARSKI PRZEMYSŁAW | POL | | WARSZAWA | 80 | M30/38 | | 00:45:21 | 00:45:05 | 00:14:55 | 00:30:02 |

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Kraj Nat. | Drużyna Team | Miejscowość City | R-k YoB | W kategorii in Age | Grupa Group | Wynik Total | Wynik Netto | Międzyczasy | Check points | |
|-----------------|-----------|-------------------------|--------------|----------------------------------|---------------------|------------|-----------------------|----------------|----------------|----------------|-------------|--------------|----------|
| 108 | 285 | ROSIŃSKA BARBARA | POL | STO-NOGI MILANÓWEK | MILANÓWEK | 62 | K50/1 | | 00:45:27 | 00:45:25 | 00:14:18 | 00:29:37 | |
| 109 | 458 | PIETRASZEK MIREK | POL | NIE MA | KONSTANCIN | 71 | M40/32 | | 00:45:30 | 00:44:57 | 00:15:19 | 00:30:13 | |
| 110 | 281 | REWERA ROBERT | POL | PKO BANK POLSKI SA | WARSZAWA | 72 | M40/33 | | 00:45:39 | 00:45:31 | 00:14:28 | 00:29:53 | |
| 111 | 261 | PISKOREK ADAM | POL | | TUCHOWICZ | 67 | M50/8 | | 00:45:44 | 00:45:38 | 00:14:38 | 00:29:59 | |
| 112 | 63 | FIGARSKI TOMASZ | POL | TEAM IKEA | JANKI | 92 | M20/15 | | 00:45:46 | 00:45:28 | 00:14:39 | 00:29:45 | |
| 113 | 473 | SZMIGIELSKI MATEUSZ | POL | | CHOTOMÓW | 90 | M20/16 | | 00:45:46 | 00:45:23 | 00:15:25 | 00:30:27 | |
| 114 | 66 | FILIPCZUK DARIUSZ | POL | | ZIELONKA | 65 | M50/9 | | 00:45:49 | 00:45:37 | 00:15:04 | 00:30:25 | |
| 115 | 116 | KARAŚ TOMASZ | POL | LEGIA WARSZAWA SEKCJA ŁYŻWIARSKA | RASZYN | 83 | M30/39 | Rasz/12 | 00:45:53 | 00:45:38 | 00:14:29 | 00:29:44 | |
| 116 | 528 | SARZAŁA BARTŁOMIEJ | POL | AKS POLONIA WARSZAWA | WARSZAWA | 93 | M20/17 | | 00:46:07 | 00:45:57 | 00:15:17 | 00:30:29 | 00:53:44 |
| 117 | 346 | WASILEWSKI PIOTR | POL | | GŁOSKÓW | 78 | M40/34 | | 00:46:15 | 00:45:55 | 00:15:23 | 00:30:37 | |
| 118 | 284 | ROSIĄK LESZEK | POL | TEAM IKEA | JANKI | 74 | M40/35 | | 00:46:21 | 00:45:48 | 00:16:17 | 00:31:25 | |
| 119 | 309 | STRZELCZYK TOMASZ | POL | STREET RUN RADOM | RADOM | 87 | M30/40 | | 00:46:21 | 00:46:07 | 00:14:39 | 00:30:13 | |
| 120 | 460 | PYLNIEV OLEKSANDR | UKR | MAJCAKE | WARSZAWA | 86 | M30/41 | | 00:46:30 | 00:46:13 | 00:15:11 | 00:30:23 | |
| 121 | 33 | CIEŚLAR RAFAŁ | POL | BIELSKO-BIAŁA | BIELSKO-BIAŁA | 84 | M30/42 | | 00:46:41 | 00:46:37 | 00:15:02 | 00:30:40 | |
| 122 | 171 | KUCHTA PAWEŁ | POL | | MACIEJOWICE | 81 | M30/43 | | 00:46:42 | 00:46:27 | 00:15:03 | 00:30:41 | |
| 123 | 34 | CIMOCHOWSKI MIECZYŚŁAW | POL | MC SERWIS | WARSZAWA | 76 | M40/36 | | 00:46:43 | 00:46:33 | 00:14:41 | 00:30:26 | |
| 124 | 517 | DUDEK DARIUSZ | POL | | PIASECZNO | 67 | M50/10 | | 00:46:45 | 00:46:08 | 00:21:11 | | |
| 125 | 296 | SADKOWSKI PAWEŁ | POL | | MAKÓW | 80 | M30/44 | | 00:46:47 | 00:46:42 | 00:15:33 | 00:31:12 | |
| 126 | 428 | KANIA TOMASZ | POL | | ZŁOTOKŁOS | 69 | M50/11 | | 00:46:48 | 00:45:46 | 00:16:20 | 00:31:40 | |
| 127 | 381 | ZYGMUNTOWICZ TOMASZ | POL | | RYBIE | 77 | M40/37 | Rasz/13 | 00:46:51 | 00:46:39 | 00:15:04 | 00:30:40 | |
| 128 | 321 | SZEWCAK JERZY | POL | | JÓZEFÓW | 61 | M50/12 | | 00:47:03 | 00:46:55 | 00:14:57 | 00:30:39 | |
| 129 | 457 | PIĄTKOWSKI MICHAŁ | POL | BRONX RUNNING CREW | RASZYN | 78 | M40/38 | Rasz/14 | 00:47:03 | 00:46:46 | 00:15:47 | 00:31:23 | |
| 130 | 159 | KRUK JAROSŁAW | POL | | MICHAŁOWICE | 77 | M40/39 | | 00:47:07 | 00:46:56 | 00:14:58 | 00:30:46 | |
| 131 | 394 | SZYMAŃSKI PIOTR | POL | | PRUSZKÓW | 80 | M30/45 | | 00:47:08 | 00:46:46 | 00:16:12 | 00:31:48 | |
| 132 | 226 | MRÓWKA MACIEJ | POL | IRONANT.PL | WARSZAWA | 72 | M40/40 | | 00:47:09 | 00:47:03 | 00:14:56 | 00:30:45 | |
| 133 | 235 | OBŁUSKI SEBASTIAN | POL | | RASZYN | 92 | M20/18 | Rasz/15 | 00:47:16 | 00:46:52 | 00:15:35 | 00:31:09 | |
| 134 | 264 | PODBIELSKI MARIUSZ | POL | | PRUSZKOW | 74 | M40/41 | | 00:47:17 | 00:46:56 | 00:15:59 | 00:31:25 | |
| 135 | 485 | WŁODARSKI PIOTR | POL | KS RASZYN | WARSZAWA | 82 | M30/46 | | 00:47:18 | 00:47:02 | 00:15:25 | 00:31:10 | |
| 136 | 432 | KOŁTUNIAK SZYMON | POL | | KOBYŁKA | 02 | M16/4 | | 00:47:27 | 00:47:14 | 00:15:25 | 00:31:03 | |
| 137 | 258 | PIETRASIK ELŻBIETA | POL | STUMILOWE GAZELE Z RASZYNA | WARSZAWA | 85 | K30/6 | | 00:47:31 | 00:47:26 | 00:15:01 | 00:31:12 | |
| 138 | 91 | JANECKI PRZEMYSŁAW | POL | TRENINGBIEGACZA.PL | WARSZAWA | 80 | M30/47 | | 00:47:34 | 00:47:13 | 00:16:04 | 00:31:52 | |
| 139 | 410 | BAKUŁA MAREK | POL | SBRT WARSZAWA | RASZYN | 79 | M40/42 | Rasz/16 | 00:47:35 | 00:47:28 | 00:14:59 | 00:31:10 | |
| 140 | 491 | ZIELIŃSKA DIANA | POL | BRAK | WARKA | 84 | K30/7 | | 00:47:38 | 00:47:33 | 00:15:19 | 00:31:10 | |
| 141 | 444 | MIKA AMELIA | POL | | PIASECZNO | 78 | K40/1 | | 00:47:40 | 00:47:22 | 00:15:21 | 00:31:02 | |
| 142 | 74 | GOCH ROBERT | POL | KONDYCJA | PIASECZNO | 64 | M50/13 | | 00:47:40 | 00:47:26 | 00:15:22 | 00:31:02 | |
| 143 | 155 | KRAWCZYK KONRAD | POL | CS GROUP RUNNERS | WARSZAWA | 91 | M20/19 | | 00:47:42 | 00:47:25 | 00:16:08 | 00:31:59 | |
| 144 | 6 | ANDRZEJEWSKI TOMASZ | POL | RADOM | RADOM | 83 | M30/48 | | 00:47:51 | 00:47:43 | 00:15:27 | 00:31:35 | |
| 145 | 10 | BALIŃSKA AGNIESZKA | POL | BALAX TEAM | SZKUCIN | 77 | K40/2 | | 00:47:51 | 00:47:39 | 00:16:15 | 00:32:03 | |
| 146 | 139 | KOPERSKA ANNA | POL | MKB DREPTAK /HYDRO CENTRUM | MIŃSK MAZOWIECKI | 93 | K20/6 | | 00:47:56 | 00:47:44 | 00:15:49 | 00:31:41 | |
| 147 | 169 | KUBICA EWA | POL | | WARSAW | 86 | K30/8 | | 00:47:57 | 00:47:46 | 00:15:56 | 00:31:43 | |

| <i>Miejsce Rank</i> | <i>Nr Bib</i> | <i>Nazwisko i imię Name</i> | <i>Kraj Nat.</i> | <i>Drużyna Team</i> | <i>Miejscowość City</i> | <i>R-k YoB</i> | <i>W kategorii in Age</i> | <i>Grupa Group</i> | <i>Wynik Total</i> | <i>Wynik Netto</i> | <i>Międzyczasy</i> | <i>Check points</i> |
|-------------------------|-------------------|---------------------------------|----------------------|-----------------------------------|-----------------------------|--------------------|-------------------------------|------------------------|------------------------|------------------------|--------------------|---------------------|
| 148 | 266 | POLAKOWSKI BARTŁOMIEJ | POL | | RASZYN | 97 | M20/20 | Rasz/17 | 00:48:04 | 00:47:33 | 00:16:25 | 00:32:08 |
| 149 | 308 | STRÓZIK KRYSZTIAN | POL | | PRUSZKÓW | 98 | M20/21 | | 00:48:04 | 00:47:53 | 00:16:07 | 00:33:12 |
| 150 | 122 | KAZIMIERSKI GRZEGORZ | POL | OMEGABRUK | KSIAŻENICE | 83 | M30/49 | | 00:48:08 | 00:48:05 | 00:14:58 | 00:32:11 |
| 151 | 104 | JURKOWSKI KRZYSZTOF | POL | | RASZYN | 69 | M50/14 | Rasz/18 | 00:48:17 | 00:48:12 | 00:15:55 | 00:31:54 |
| 152 | 411 | BIAŁOBRZESKI BARTOSZ | POL | | RYBIE | 82 | M30/50 | Rasz/19 | 00:48:18 | 00:47:46 | 00:15:13 | 00:31:20 |
| 153 | 294 | RZYMOWSKA KRYSZYNA | POL | | WARSZAWA | 69 | K50/2 | | 00:48:18 | 00:48:06 | 00:16:03 | 00:31:59 |
| 154 | 145 | KOSTRUBAŁA KACPER | POL | | WARSZAWA | 74 | M40/43 | | 00:48:21 | 00:48:06 | 00:16:10 | 00:32:08 |
| 155 | 238 | OLESIŃSKI PIOTR | POL | BELVEDERE ŻYRARDÓW | ŻYRARDÓW | 81 | M30/51 | | 00:48:23 | 00:48:16 | 00:15:09 | 00:31:42 |
| 156 | 507 | WOJDALSKA MARTA | POL | | RASZYN | 94 | K20/7 | Rasz/20 | 00:48:24 | 00:47:59 | 00:16:30 | 00:32:29 |
| 157 | 360 | WOŹNIAK MICHAŁ | POL | MZO PRUSZKÓW | PRUSZKÓW | 81 | M30/52 | | 00:48:26 | 00:48:10 | 00:15:38 | 00:31:57 |
| 158 | 224 | MŁYNARSKI SYLWESTER | POL | NIE MA | RADOM | 84 | M30/53 | | 00:48:27 | 00:48:27 | 00:15:00 | 00:31:55 |
| 159 | 418 | DYBOWSKI HUBERT | POL | | RASZYN | 85 | M30/54 | Rasz/21 | 00:48:27 | 00:48:18 | 00:15:35 | 00:31:59 |
| 160 | 203 | MARCHEWKA RAFAŁ | POL | | WARSZAWA | 80 | M30/55 | | 00:48:33 | 00:48:22 | 00:15:25 | 00:31:55 |
| 161 | 131 | KIRYLCZUK PIOTR | POL | TEAM KARAŚ | PECICE MAŁE | 80 | M30/56 | | 00:48:34 | 00:48:24 | 00:15:26 | 00:31:50 |
| 162 | 445 | MIZERSKI BARTŁOMIEJ | POL | | DAWIDY BANKOWE | 02 | M16/5 | Rasz/22 | 00:48:36 | 00:48:16 | 00:16:58 | 00:32:56 |
| 163 | 54 | DURMA KRYSZTIAN | POL | | FALENTY NOWE | 88 | M30/57 | Rasz/23 | 00:48:39 | 00:48:09 | 00:16:01 | 00:31:57 |
| 164 | 368 | ZAPADKA ELŻBIETA | POL | | MRĄGOWO | 84 | K30/9 | | 00:48:40 | 00:48:26 | 00:16:09 | 00:32:12 |
| 165 | 119 | KAROLAK RAFAŁ | POL | STOMILEX | PRUSZKÓW | 78 | M40/44 | | 00:48:42 | 00:48:25 | 00:16:52 | 00:32:58 |
| 166 | 429 | KARCZEWSKI WIKTOR | POL | MARKOWI BIEGACZE | MARKI | 78 | M40/45 | | 00:48:44 | 00:48:21 | 00:16:06 | 00:32:08 |
| 167 | 448 | NOWAK TOMASZ | POL | A.S.GALAKTIKOS | BELSK DUŻY | 74 | M40/46 | | 00:48:46 | 00:48:30 | 00:16:58 | 00:32:56 |
| 168 | 501 | GŁUCHOWSKI KAROL | POL | HUTA NOWA HUTA | WARSZAWA | 89 | M30/58 | | 00:48:48 | 00:48:42 | 00:16:25 | 00:32:53 |
| 169 | 512 | MACKIEWICZ WOJCIECH | POL | LACKOWA | RASZYN | 74 | M40/47 | Rasz/24 | 00:48:50 | 00:48:42 | 00:16:26 | 00:32:34 |
| 170 | 185 | LEWIŃSKI KRZYSZTOF | POL | BIEGIEM PRZEZ POLSKĘ | NOWE MIASTO NAD | 67 | M50/15 | | 00:48:53 | 00:48:45 | 00:16:16 | 00:32:41 |
| 171 | 184 | LEWIŃSKA AGATA | POL | BIEGIEM PRZEZ POLSKĘ | NOWE MIASTO NAD | 03 | K16/1 | | 00:48:53 | 00:48:45 | 00:16:13 | 00:32:41 |
| 172 | 56 | DYBYSŁAWSKI ADAM | POL | RK ATHLETICS | WARSZAWA | 77 | M40/48 | | 00:49:02 | 00:48:36 | 00:16:06 | 00:32:38 |
| 173 | 347 | WENTYKIER BEATA | POL | STUMIŁOWE GAZELE Z RASZYNA | PIASECZNO | 78 | K40/3 | | 00:49:04 | 00:48:57 | 00:15:43 | 00:32:09 |
| 174 | 14 | BARTOSZEWSKI JAROSŁAW | POL | | SĘKOCIN STARY | 75 | M40/49 | Rasz/25 | 00:49:06 | 00:48:58 | 00:16:10 | 00:33:01 |
| 175 | 356 | WITKOWSKI PAWEŁ | POL | POLSKI KOMFORT | PIASECZNO | 93 | M20/22 | | 00:49:08 | 00:48:57 | 00:16:48 | 00:33:04 |
| 176 | 299 | SIELCZAK ZBYSZEK | POL | TARCZYŃSKI KLUB BIEGOWY | HENRYKÓW-UROCZE | 75 | M40/50 | | 00:49:08 | 00:48:56 | 00:16:09 | 00:32:33 |
| 177 | 412 | BIŃKOWSKI MARCELI | POL | SZKOŁA SPORTÓW WALKI-MARCELI TEAM | GRÓJEC | 64 | M50/16 | | 00:49:10 | 00:48:53 | 00:16:11 | 00:32:34 |
| 178 | 367 | ZAKRZEWSKI MARCIN | POL | | PŁOŃSK | 91 | M20/23 | | 00:49:13 | 00:48:42 | 00:17:26 | 00:33:36 |
| 179 | 350 | WIERZBICKI MICHAŁ | POL | LESZNOWOLA BIEGA | LESZNOWOLA | 87 | M30/59 | | 00:49:18 | 00:48:56 | 00:16:09 | 00:32:41 |
| 180 | 61 | FELLER ARKADIUSZ | POL | BŁĘDOWSKA WATAHA | BŁĘDÓW | 83 | M30/60 | | 00:49:18 | 00:49:00 | 00:16:48 | 00:33:05 |
| 181 | 11 | BALIŃSKI WOJCIECH | POL | BALAX TEAM | RUDA MALENIECKA | 75 | M40/51 | | 00:49:20 | 00:49:08 | 00:16:22 | 00:32:39 |
| 182 | 112 | KAMIŃSKI WIESŁAW | POL | NASIELSK BASZTA TEAM | WARSZAWA | 67 | M50/17 | | 00:49:25 | 00:48:54 | 00:17:25 | 00:33:30 |
| 183 | 331 | SZYMAŃSKI KRZYSZTOF | POL | TARCZYŃSKI KLUB BIEGOWY | HENRYKÓW UROCZE | 73 | M40/52 | | 00:49:25 | 00:49:12 | 00:16:09 | 00:32:34 |
| 184 | 80 | GRUBEK ROBERT | POL | WATAHA | KOMORÓW | 72 | M40/53 | | 00:49:27 | 00:49:09 | 00:16:12 | 00:32:43 |
| 185 | 386 | DURLIK JAKUB | POL | | RASZYN | 96 | M20/24 | Rasz/26 | 00:49:30 | 00:49:17 | 00:16:11 | 00:32:56 |
| 186 | 8 | BABIŃSKI JERZY | POL | | NADARZYN | 60 | M50/18 | | 00:49:33 | 00:49:22 | 00:16:06 | 00:32:38 |
| 187 | 423 | GNIECIAK TOMASZ | POL | TARCZYŃSKI KLUB BIEGOWY | TARCZYN | 76 | M40/54 | | 00:49:37 | 00:49:22 | 00:16:51 | 00:33:21 |

| <i>Miejsce Rank</i> | <i>Nr Bib</i> | <i>Nazwisko i imię Name</i> | <i>Kraj Nat.</i> | <i>Drużyna Team</i> | <i>Miejscowość City</i> | <i>R-k YoB</i> | <i>W kategorii in Age</i> | <i>Grupa Group</i> | <i>Wynik Total</i> | <i>Wynik Netto</i> | <i>Międzyczasy</i> | <i>Check points</i> |
|-------------------------|-------------------|---------------------------------|----------------------|---------------------------|-----------------------------|--------------------|-------------------------------|------------------------|------------------------|------------------------|--------------------|---------------------|
| 188 | 209 | MĄDZIK ALEKSANDRA | POL | TRENINGBIEGACZA.PL | WARSZAWA | 81 | K30/10 | | 00:49:37 | 00:49:32 | 00:16:17 | 00:32:56 |
| 189 | 510 | ZIÓLKOWSKI SŁAWOMIR | POL | | RASZYN | 77 | M40/55 | Rasz/27 | 00:49:45 | 00:49:33 | 00:15:38 | 00:32:19 |
| 190 | 472 | SZEWCZYK LESZEK | POL | A.S.GALAKTIKOS | BELSK DUŻY | 73 | M40/56 | | 00:49:48 | 00:49:29 | 00:16:57 | 00:33:07 |
| 191 | 282 | ROCH ADAM | POL | NIE MA | JANKI | 83 | M30/61 | Rasz/28 | 00:49:48 | 00:49:26 | 00:15:14 | 00:32:17 |
| 192 | 29 | CHOJNOWSKI PIOTR | POL | UWIELIŃSKIE CHARTY | ZALESIE GÓRNE | 73 | M40/57 | | 00:49:48 | 00:49:19 | 00:16:20 | 00:32:54 |
| 193 | 287 | RUPIK PIOTR | POL | | STARA IWICZNA | 72 | M40/58 | | 00:49:50 | 00:49:33 | 00:16:49 | 00:33:13 |
| 194 | 406 | STAŃCZAK MARCIN | POL | GRAVITAN | WARSZAWA | 83 | M30/62 | | 00:49:51 | 00:49:47 | 00:15:21 | 00:32:02 |
| 195 | 403 | REDLICH DARIUSZ | POL | GRAVITAN | RASZYN | 83 | M30/63 | Rasz/29 | 00:49:51 | 00:49:39 | 00:16:16 | 00:32:58 |
| 196 | 256 | PIEKAROWICZ MAGDALENA | POL | TARCZYŃSKI KLUB BIEGOWY | PRACE DUŻE | 67 | K50/3 | | 00:49:52 | 00:49:40 | 00:16:17 | 00:32:48 |
| 197 | 195 | MACIOŁEK DAREK | POL | SĘKOCIN RUNNERS | SĘKOCIN STARY | 78 | M40/59 | Rasz/30 | 00:50:01 | 00:49:52 | 00:16:41 | 00:33:36 |
| 198 | 525 | MADETKO ŁUKASZ | POL | | RASZYN | 85 | M30/64 | Rasz/31 | 00:50:01 | 00:49:45 | 00:16:11 | 00:32:46 |
| 199 | 487 | WNUK MATEUSZ | POL | | MICHAŁOWICE | 79 | M40/60 | | 00:50:01 | 00:49:30 | 00:15:36 | 00:32:26 |
| 200 | 513 | RADZIKOWSKI MARCIN | POL | RADZIKI | WARSZAWA | 78 | M40/61 | | 00:50:10 | 00:49:57 | 00:16:58 | 00:33:43 |
| 201 | 64 | FIJAŁKOWSKA ANETA | POL | | RADOM | 77 | K40/4 | | 00:50:10 | 00:50:01 | 00:16:19 | 00:33:13 |
| 202 | 500 | DZIUBINSKI MARIUSZ | POL | | RYBIE | 77 | M40/62 | Rasz/32 | 00:50:13 | 00:49:58 | 00:16:11 | 00:32:41 |
| 203 | 153 | KOWALSKI MICHAŁ | POL | TEAM IKEA | JANKI | 87 | M30/65 | | 00:50:13 | 00:49:56 | 00:16:17 | 00:32:58 |
| 204 | 164 | KRYNICKA KAROLINA | POL | | MICHAŁOWICE | 97 | K20/8 | | 00:50:17 | 00:49:56 | 00:16:28 | 00:33:33 |
| 205 | 319 | SZCZEPAŃSKI MARCIN | POL | KONDYCJA | JASTRZĘBIE | 74 | M40/63 | | 00:50:18 | 00:49:59 | 00:16:11 | 00:32:47 |
| 206 | 310 | STRZEŚNIEWSKI MAREK | POL | PGR SKAJZGIRY | PIASECZNO | 57 | M60+5 | | 00:50:24 | 00:50:24 | 00:16:14 | 00:32:56 |
| 207 | 196 | MACIOSZEK JAROSŁAW | POL | | KAJETANY | 71 | M40/64 | | 00:50:25 | 00:50:04 | 00:15:56 | 00:32:34 |
| 208 | 36 | CZARNAK MARCIN | POL | | RASZYN | 88 | M30/66 | Rasz/33 | 00:50:25 | 00:50:06 | 00:16:58 | 00:33:35 |
| 209 | 156 | KRAWCZYK PAWEŁ | POL | NIEZALEŻNY | DAWIDY | 86 | M30/67 | Rasz/34 | 00:50:30 | 00:50:08 | 00:16:29 | 00:33:26 |
| 210 | 220 | MIROŃCZUK PIOTR | POL | | MYSIADŁO | 82 | M30/68 | | 00:50:34 | 00:50:25 | 00:15:34 | 00:32:46 |
| 211 | 141 | KOSMAŁA DARIUSZ | POL | WARSZAWA | WARSZAWA | 64 | M50/19 | | 00:50:38 | 00:50:32 | 00:16:27 | 00:33:16 |
| 212 | 161 | KRUPCZYŃSKI SZYMON | POL | | RASZYN | 91 | M20/25 | Rasz/35 | 00:50:40 | 00:50:20 | 00:16:26 | 00:33:25 |
| 213 | 111 | KAMIŃSKI STANISŁAW | POL | GOS NADARZYN | NADARZYN | 58 | M60+6 | | 00:50:43 | 00:50:34 | 00:16:46 | 00:33:35 |
| 214 | 328 | SZUSTAK DARIUSZ | POL | | RASZYN | 69 | M50/20 | Rasz/36 | 00:50:50 | 00:50:25 | 00:17:07 | 00:34:03 |
| 215 | 327 | SZTYK KATARZYNA | POL | | RYBIE | 99 | K20/9 | Rasz/37 | 00:50:52 | 00:50:41 | 00:16:06 | 00:33:12 |
| 216 | 181 | LESIAK ROMAN | POL | | KOZIENICE | 70 | M40/65 | | 00:51:00 | 00:50:39 | 00:16:32 | 00:33:24 |
| 217 | 306 | STASIAK PIOTR | POL | | WARSZAWA | 88 | M30/69 | | 00:51:00 | 00:50:46 | 00:16:27 | 00:33:18 |
| 218 | 341 | TULA RENATA | POL | MYKMYK | WARSZAWA | 52 | K60+1 | | 00:51:03 | 00:50:50 | 00:16:44 | 00:33:41 |
| 219 | 180 | LATUSZEK KRZYSZTOF | POL | TRUCHTACZ.PL | GARWOLIN- MIĘTNE | 69 | M50/21 | | 00:51:08 | 00:50:57 | 00:16:23 | 00:33:36 |
| 220 | 244 | PAŁYSA JOANNA | POL | TRI NEGU | DAWIDY BANKOWE | 78 | K40/5 | Rasz/38 | 00:51:08 | 00:50:50 | 00:16:38 | 00:33:43 |
| 221 | 450 | PALUCH AGATA | POL | | RASZYN | 87 | K30/11 | Rasz/39 | 00:51:09 | 00:50:47 | 00:17:14 | 00:34:22 |
| 222 | 90 | JAGLARSKA ANNA | POL | 12TRI.PL | WARSZAWA | 85 | K30/12 | | 00:51:11 | 00:50:55 | 00:16:46 | 00:34:03 |
| 223 | 320 | SZELWACHOWSKI DARIUSZ | POL | | WARSZAWA | 64 | M50/22 | | 00:51:14 | 00:51:04 | 00:16:15 | 00:33:19 |
| 224 | 344 | WALAC JACEK | POL | DOGOŃ GRODZISK MAZOWIECKI | GRODZISK | 83 | M30/70 | | 00:51:14 | 00:51:03 | 00:16:24 | 00:33:36 |
| 225 | 201 | MALIK GABRIEL | POL | | WARSZAWA | 79 | M40/66 | | 00:51:14 | 00:50:52 | 00:16:51 | 00:33:20 |
| 226 | 15 | BASZTA MAGDALENA | POL | TEAM IKEA | JANKI | 84 | K30/13 | | 00:51:15 | 00:50:42 | 00:19:30 | 00:36:13 |
| 227 | 332 | CHOJKA-BARTOSZKO KAROLINA | POL | | DAWIDY BANKOWE | 82 | K30/14 | Rasz/40 | 00:51:21 | 00:51:02 | 00:17:02 | 00:34:03 |

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Kraj Nat. | Drużyna Team | Miejscowość City | R-k YoB | W kategorii in Age | Grupa Group | Wynik Total | Wynik Netto | Międzyczasy | Check points |
|-----------------|-----------|-------------------------|--------------|--------------------------|---------------------|------------|-----------------------|----------------|----------------|----------------|-------------|--------------|
| 228 | 37 | CZARNECKI MACIEJ | POL | STREET RUN RADOM | PRZYTYK | 83 | M30/71 | | 00:51:26 | 00:51:05 | 00:16:28 | 00:33:24 |
| 229 | 243 | PALUCH KONRAD | POL | | RASZYN | 93 | M20/26 | Rasz/41 | 00:51:28 | 00:51:07 | 00:17:14 | 00:34:23 |
| 230 | 96 | JAWOREK KRZYSZTOF | POL | FC MIKOŁAJSKA | WARSZAWA | 83 | M30/72 | | 00:51:30 | 00:51:21 | 00:16:25 | 00:33:55 |
| 231 | 257 | PIEKAROWICZ PIOTR | POL | TARCZYŃSKI KLUB BIEGOWY | PRACE DUŻE | 63 | M50/23 | | 00:51:31 | 00:51:17 | 00:17:23 | 00:34:31 |
| 232 | 499 | OBŁĄKOWSKI HUBERT | POL | | ZAZDROŚĆ | 78 | M40/67 | | 00:51:37 | 00:50:59 | 00:17:11 | 00:34:18 |
| 233 | 31 | CIBORSKA AGNIESZKA | POL | NAPRZÓD MŁOCINY | WARSZAWA | 73 | K40/6 | | 00:51:38 | 00:51:25 | 00:16:25 | 00:33:38 |
| 234 | 516 | DUDEK ŁUKASZ | POL | | PIASECZNO | 97 | M20/27 | | 00:51:44 | 00:51:23 | 00:16:25 | 00:33:59 |
| 235 | 62 | FERCZYKOWSKI TOMASZ | POL | TEAM IKEA | JANKI | 91 | M20/28 | | 00:51:47 | 00:51:15 | 00:18:02 | 00:35:05 |
| 236 | 97 | JAWORSKI LUKASZ | POL | | WARSZAWA | 83 | M30/73 | | 00:51:50 | 00:51:34 | 00:16:40 | 00:34:03 |
| 237 | 466 | SOLIŃSKI ARKADIUSZ | POL | | WARSZAWA | 77 | M40/68 | | 00:51:55 | 00:51:21 | 00:17:53 | 00:35:06 |
| 238 | 166 | KSIĄŻEK GRZEGORZ | POL | | WARSZAWA | 83 | M30/74 | | 00:52:01 | 00:51:48 | 00:16:00 | 00:33:20 |
| 239 | 330 | SZYMAŃSKA DOROTA | POL | TARCZYŃSKI KLUB BIEGOWY | HENRYKÓW UROCZE | 75 | K40/7 | | 00:52:08 | 00:51:54 | 00:17:23 | 00:34:44 |
| 240 | 286 | ROSIŃSKI EUGENIUSZ | POL | STO-NOGI MILANÓWEK | MILANÓWEK | 62 | M50/24 | | 00:52:13 | 00:51:51 | 00:17:34 | 00:34:50 |
| 241 | 128 | KIJAK ARTUR | POL | GKMA | ZĄBKI | 76 | M40/69 | | 00:52:18 | 00:51:53 | 00:17:52 | 00:35:11 |
| 242 | 178 | KWASNIAK LUKASZ | POL | NIEZRZESZONY | GODZISZ | 87 | M30/75 | Rasz/42 | 00:52:29 | 00:52:17 | 00:16:23 | 00:33:48 |
| 243 | 359 | WOJTKOWSKI PIOTR | POL | ZABIEGANY WOŁOMIN | KOBYŁKA | 85 | M30/76 | | 00:52:31 | 00:52:14 | 00:17:26 | 00:34:53 |
| 244 | 47 | DOLIŃSKI JACEK | POL | LIRENE RUNNING TEAM | CHYLICE | 74 | M40/70 | | 00:52:32 | 00:52:25 | 00:16:55 | 00:34:29 |
| 245 | 177 | KUŻMICKA JOANNA | POL | | WARSZAWA | 74 | K40/8 | | 00:52:52 | 00:52:35 | 00:17:50 | 00:35:10 |
| 246 | 392 | KSIĘŻYCKA MARTA | POL | | NADARZYN | 92 | K20/10 | | 00:52:55 | 00:52:36 | 00:17:26 | 00:35:01 |
| 247 | 165 | KRZYWIEC PRZEMYSŁAW | POL | | FALENTY | 86 | M30/77 | Rasz/43 | 00:53:02 | 00:52:53 | 00:17:08 | 00:35:24 |
| 248 | 28 | CHOJNOWSKA AGNIESZKA | POL | UWIELIŃSKIE CHARTY | ZALESIE GÓRNE | 75 | K40/9 | | 00:53:06 | 00:52:37 | 00:17:56 | 00:35:35 |
| 249 | 504 | RYCHTER ADRIANA | POL | POLSKI KOMFORT | MAGDALENKA | 77 | K40/10 | | 00:53:12 | 00:52:48 | 00:17:03 | 00:34:53 |
| 250 | 492 | RYCHTER RAFAŁ | POL | POLSKI KOMFORT | MAGDALENKA | 76 | M40/71 | | 00:53:14 | 00:52:50 | 00:16:47 | 00:33:02 |
| 251 | 58 | DYTRYCH ADAM | POL | | WOLA GOŁKOWSKA | 74 | M40/72 | | 00:53:15 | 00:52:49 | 00:17:07 | 00:35:01 |
| 252 | 307 | STEFAŃCZYK AGATA | POL | | RASZYN | 80 | K30/15 | Rasz/44 | 00:53:17 | 00:53:01 | 00:17:38 | 00:35:46 |
| 253 | 422 | GAŁĄZKA ANDRZEJ | POL | NIEZRZESZONY | FALENTY | 59 | M60+7 | Rasz/45 | 00:53:17 | 00:53:09 | 00:17:30 | 00:35:10 |
| 254 | 53 | DURASIEWICZ MIKOŁAJ | POL | | RYBIE | 73 | M40/73 | Rasz/46 | 00:53:20 | 00:53:06 | 00:17:06 | 00:34:52 |
| 255 | 442 | LIPIŃSKI OSKAR | POL | | WARSZAWA | 87 | M30/78 | | 00:53:20 | 00:52:51 | 00:17:37 | 00:35:14 |
| 256 | 132 | KLIKOWSKI MACIEJ | POL | | ZGORZAŁA | 86 | M30/79 | | 00:53:27 | 00:52:53 | 00:18:38 | 00:36:35 |
| 257 | 149 | KOWALCZYK ANNA | POL | | WARKA | 75 | K40/11 | | 00:53:30 | 00:53:23 | 00:17:45 | 00:36:03 |
| 258 | 69 | GAWIN KRZYSZTOF | POL | TRI NEGU | WARSZAWA | 92 | M20/29 | | 00:53:31 | 00:53:07 | 00:19:23 | 00:37:22 |
| 259 | 189 | ŁOŚ ŁUKASZ | POL | BIDUL RUN TEAM | WARSZAWA | 92 | M20/30 | | 00:53:32 | 00:53:26 | 00:16:19 | 00:34:55 |
| 260 | 402 | PENKALA MAREK | POL | GRAVITAN | RASZYN | 72 | M40/74 | Rasz/47 | 00:53:37 | 00:53:00 | 00:18:32 | 00:36:20 |
| 261 | 479 | UMOWSKI RAFAŁ | POL | ŻYRARDOWSKIE TOWARZYSTWO | ŻYRARDÓW | 88 | M30/80 | | 00:53:40 | 00:53:36 | 00:16:09 | 00:34:50 |
| 262 | 174 | KULIG MAŁGORZATA | POL | TEAM IKEA | JANKI | 91 | K20/11 | | 00:53:42 | 00:53:10 | 00:18:48 | 00:36:36 |
| 263 | 213 | MICHALEC WOJCIECH | POL | BIEGIEM!RADOM | RADOM | 65 | M50/25 | | 00:53:42 | 00:53:33 | 00:17:44 | 00:35:50 |
| 264 | 102 | JUCHNIEWICZ PATRYK | POL | | WARSZAWA | 87 | M30/81 | | 00:53:43 | 00:53:15 | 00:17:37 | 00:35:30 |
| 265 | 23 | BORZĄDEK ALEKSANDRA | POL | LEGIA RUN CLUB | GRODZISK | 00 | K16/2 | | 00:53:43 | 00:53:15 | 00:18:10 | 00:36:03 |
| 266 | 158 | KROL NINA | POL | | WARSZAWA | 84 | K30/16 | | 00:53:43 | 00:53:36 | 00:17:28 | 00:35:30 |
| 267 | 326 | SZOPA SŁAWOMIR | POL | | WARSZAWA | 72 | M40/75 | | 00:53:59 | 00:53:40 | 00:17:12 | 00:35:14 |

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Kraj Nat. | Drużyna Team | Miejscowość City | R-k YoB | W kategorii in Age | Grupa Group | Wynik Total | Wynik Netto | Międzyczasy | Check points |
|-----------------|-----------|-------------------------|--------------|--------------------------|---------------------|------------|-----------------------|----------------|----------------|----------------|-------------|--------------|
| 268 | 471 | SZCZĘSNY WITOLD | POL | O.R.P.P. KIEŁ | PIASECZNO | 82 | M30/82 | | 00:54:04 | 00:53:34 | 00:18:47 | 00:36:45 |
| 269 | 182 | STAŃCZAK MALGORZATA | POL | | WARSZAWA | 83 | K30/17 | | 00:54:04 | 00:53:44 | 00:18:09 | 00:36:06 |
| 270 | 259 | PIETRZAK PAULINA | POL | TRENINGBIEGACZA.PL | WARSZAWA | 83 | K30/18 | | 00:54:05 | 00:53:46 | 00:18:11 | 00:36:06 |
| 271 | 439 | KUBASIEWICZ WOJCIECH | POL | | WARSZAWA | 93 | M20/31 | | 00:54:12 | 00:53:44 | 00:19:01 | 00:36:25 |
| 272 | 78 | GÓRSKA ELEONORA | POL | | WARSZAWA | 72 | K40/12 | | 00:54:17 | 00:53:56 | 00:17:15 | 00:35:38 |
| 273 | 298 | SIELCZAK IWONA | POL | TARCZYŃSKI KLUB BIEGOWY | NOWA IWICZNA | 72 | K40/13 | | 00:54:18 | 00:54:06 | 00:17:35 | 00:35:26 |
| 274 | 526 | BINIENDA MATEUSZ | POL | | BYDGOSZCZ | 78 | M40/76 | | 00:54:19 | 00:53:47 | 00:18:54 | 00:36:47 |
| 275 | 135 | KONARZEWSKA MAŁGORZATA | POL | TEAM IKEA | JANKI | 87 | K30/19 | | 00:54:20 | 00:53:46 | 00:19:17 | 00:37:42 |
| 276 | 474 | SZOT PAWEŁ | POL | | WARSZAWA | 78 | M40/77 | | 00:54:20 | 00:53:54 | 00:17:10 | 00:34:45 |
| 277 | 50 | DUCH EMIL | POL | JB WARSAW | WARSZAWA | 85 | M30/83 | | 00:54:23 | 00:54:04 | 00:18:02 | 00:35:52 |
| 278 | 246 | PARCHEM KAROL | POL | TEAM IKEA | JANKI | 91 | M20/32 | | 00:54:26 | 00:53:56 | 00:16:55 | 00:35:14 |
| 279 | 157 | KRAWCZYK TOMASZ | POL | TEAM IKEA | JANKI | 80 | M30/84 | | 00:54:32 | 00:53:57 | 00:19:29 | 00:37:42 |
| 280 | 215 | MIECZKOWSKI MIECZYSLAW | POL | TOWARZYSTWO GIMNASTYCZNE | BRWINÓW | 52 | M60+8 | | 00:54:38 | 00:54:18 | 00:17:39 | 00:35:52 |
| 281 | 124 | KĄŻMIERCZAK KRYSZTIAN | POL | WYBIERZ | TERESIN | 96 | M20/33 | | 00:54:39 | 00:54:01 | 00:17:33 | 00:35:36 |
| 282 | 373 | ZIEJA BERNARD | POL | | PRUSZKÓW | 91 | M20/34 | | 00:54:40 | 00:54:26 | 00:17:44 | 00:36:06 |
| 283 | 187 | LIPIEC ŁUKASZ | POL | | PUCHAŁY | 93 | M20/35 | Rasz/48 | 00:54:40 | 00:54:29 | 00:17:09 | 00:35:31 |
| 284 | 456 | PAWLAK IRENEUSZ | POL | | GRZMIĄCA | 84 | M30/85 | | 00:54:41 | 00:54:04 | 00:17:55 | 00:36:07 |
| 285 | 202 | MALISZEWSKI BOGDAN | POL | | WARSZAWA | 62 | M50/26 | | 00:54:48 | 00:54:21 | 00:18:12 | 00:36:06 |
| 286 | 312 | STYCZEK KATARZYNA | POL | | NOWA WOLA | 66 | K50/4 | | 00:54:51 | 00:54:21 | 00:18:20 | 00:36:24 |
| 287 | 117 | KARBARZ MARCIN | POL | WCHUW `OBIEGÓWKA` | WARSZAWA | 78 | M40/78 | | 00:54:51 | 00:54:27 | 00:17:55 | 00:36:20 |
| 288 | 208 | GRANICA MATEUSZ | POL | WCHUW `OBIEGÓWKA` | WARSZAWA | 91 | M20/36 | | 00:54:52 | 00:54:29 | 00:17:57 | 00:36:10 |
| 289 | 271 | PUCHALSKI MICHAŁ | POL | | WARSZAWA | 80 | M30/86 | | 00:54:57 | 00:54:29 | 00:18:25 | 00:36:35 |
| 290 | 462 | RIDINGER MICHAŁ | POL | ELBLĄG | PIASECZNO | 84 | M30/87 | | 00:55:02 | 00:54:26 | 00:18:53 | 00:37:00 |
| 291 | 60 | DZIEWULSKA HENRYKA | POL | ROZBIEGANY PIASTÓW | PIASTÓW | 65 | K50/5 | | 00:55:03 | 00:54:34 | 00:19:02 | 00:37:01 |
| 292 | 250 | PAWŁOWSKI JAN | POL | WCHUW `OBIEGÓWKA` | WARSZAWA | 87 | M30/88 | | 00:55:03 | 00:54:39 | 00:17:56 | 00:36:21 |
| 293 | 446 | NOWAK AGNIESZKA | POL | | NADMA | 92 | K20/12 | | 00:55:12 | 00:54:50 | 00:17:19 | 00:35:43 |
| 294 | 363 | WYSZYK ADA | POL | TEAM IKEA | JANKI | 95 | K20/13 | | 00:55:15 | 00:54:43 | 00:18:51 | 00:37:16 |
| 295 | 35 | CZAJKA JUSTYNA | POL | | PARZNIEW | 79 | K40/14 | | 00:55:17 | 00:54:54 | 00:17:23 | 00:35:52 |
| 296 | 125 | KESKA ANNA | POL | | RASZYN | 86 | K30/20 | Rasz/49 | 00:55:21 | 00:55:15 | 00:17:39 | 00:36:40 |
| 297 | 27 | SZYPULSKA MAGDALENA | POL | | RYBIE | 92 | K20/14 | Rasz/50 | 00:55:27 | 00:54:56 | 00:18:52 | 00:37:17 |
| 298 | 254 | PETRYKA WOJCIECH | POL | | RASZYN | 70 | M40/79 | Rasz/51 | 00:55:28 | 00:55:21 | 00:17:21 | 00:36:01 |
| 299 | 329 | SZYMANOWICZ RAFAL | POL | RUN FOREST RUN | RASZYN | 86 | M30/89 | Rasz/52 | 00:55:34 | 00:55:25 | 00:17:16 | 00:36:51 |
| 300 | 292 | RYBKA JAN | POL | RYBENSHUTTE | NOWE GROCHOLICE | 85 | M30/90 | Rasz/53 | 00:55:40 | 00:55:13 | 00:18:25 | 00:37:00 |
| 301 | 92 | JANIEC MARCIN | POL | | RASZYN | 73 | M40/80 | Rasz/54 | 00:55:40 | 00:55:21 | 00:18:19 | 00:36:54 |
| 302 | 143 | KOSSON MONIKA | POL | | RASZYN | 96 | K20/15 | Rasz/55 | 00:55:43 | 00:55:24 | 00:17:47 | 00:36:16 |
| 303 | 288 | RUPIK URSZULA | POL | | STARA IWICZNA | 75 | K40/15 | | 00:55:49 | 00:55:31 | 00:18:17 | 00:36:50 |
| 304 | 338 | TRZASKOWSKA JUSTYNA | POL | | WARSZAWA | 82 | K30/21 | | 00:55:52 | 00:55:13 | 00:19:11 | 00:37:24 |
| 305 | 267 | PRĘGOWSKI GRZEGORZ | POL | EKOBIEGI | WARSZAWA | 67 | M50/27 | | 00:55:52 | 00:55:29 | 00:18:23 | 00:36:59 |
| 306 | 160 | KRUPCZYŃSKI MARIUSZ | POL | RASZYN | RASZYN | 61 | M50/28 | Rasz/56 | 00:55:58 | 00:55:37 | 00:18:00 | 00:36:45 |
| 307 | 488 | WOJCIECHOWSKA JOANNA | POL | NATIONALE- NEDERLANDEN | WARSZAWA | 87 | K30/22 | | 00:56:00 | 00:55:28 | 00:18:57 | 00:37:14 |

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Kraj Nat. | Drużyna Team | Miejscowość City | R-k YoB | W kategorii in Age | Grupa Group | Wynik Total | Wynik Netto | Międzyczasy | Check points |
|-----------------|-----------|-------------------------|--------------|----------------------------------|---------------------|------------|-----------------------|----------------|----------------|----------------|-------------|--------------|
| 308 | 170 | KUBOWICZ GRZEGORZ | POL | POLSKI KOMFORT | WARSZAWA | 78 | M40/81 | | 00:56:01 | 00:55:33 | 00:18:16 | 00:36:36 |
| 309 | 173 | KUDŁA BEATA | POL | | WARSZAWA | 91 | K20/16 | | 00:56:05 | 00:55:49 | 00:17:45 | 00:36:16 |
| 310 | 351 | WIETESKA ROBERT | POL | | RASZYN | 76 | M40/82 | Rasz/57 | 00:56:16 | 00:56:07 | 00:18:04 | 00:36:40 |
| 311 | 433 | KOPCEWICZ JAKUB | POL | S.M.A.J.L. | MYSIADŁO | 00 | M16/6 | | 00:56:19 | 00:56:00 | 00:19:13 | 00:37:48 |
| 312 | 385 | BONIKOWSKA JOANNA | POL | TEAM IKEA | JANKI | 74 | K40/16 | | 00:56:20 | 00:55:49 | 00:18:46 | 00:37:07 |
| 313 | 1 | BUKOWSKI JANUSZ | POL | STOWARZYSZENIE DAĆ SIEBIE INNYM | WARSZAWA | 56 | M60+/9 | | 00:56:20 | 00:56:17 | 00:18:19 | 00:37:11 |
| 314 | 434 | KOPCEWICZ MICHAŁ | POL | S.M.A.J.L. | MYSIADŁO | 74 | M40/83 | | 00:56:25 | 00:56:05 | 00:19:13 | 00:37:48 |
| 315 | 142 | KOSSON MAREK | POL | | RASZYN | 67 | M50/29 | Rasz/58 | 00:56:26 | 00:56:09 | 00:17:47 | 00:36:22 |
| 316 | 25 | BUDZIAK DARIUSX | POL | | SUŁKOWICE | 74 | M40/84 | | 00:56:28 | 00:55:59 | 00:18:01 | 00:37:24 |
| 317 | 134 | KŁOSIŃSKI PAWEŁ | POL | KB IM PIOTRA SĘKOWSKIEGO | PŁOŃSK | 67 | M50/30 | | 00:56:29 | 00:56:05 | 00:18:43 | 00:37:38 |
| 318 | 121 | KATNER TOMASZ | POL | TEAM IKEA | JANKI | 79 | M40/85 | | 00:56:30 | 00:55:57 | 00:18:38 | 00:37:25 |
| 319 | 138 | KOPEĆ PATRYCJA | POL | | JÓZEFOSŁAW | 78 | K40/17 | | 00:56:31 | 00:56:14 | 00:18:48 | 00:37:40 |
| 320 | 191 | ŁUKASIEWICZ RENATA | POL | | BANIOCHA | 71 | K40/18 | | 00:56:32 | 00:55:56 | 00:18:20 | 00:37:12 |
| 321 | 300 | SKOWROŃSKA EWA | POL | | JEDLIŃSK | 74 | K40/19 | | 00:56:33 | 00:56:28 | 00:18:52 | 00:37:46 |
| 322 | 77 | GOŚCINNY PIOTR | POL | | STARA BŁOTNICA | 77 | M40/86 | | 00:56:37 | 00:56:34 | 00:18:52 | 00:37:46 |
| 323 | 424 | JAGIELSKI MICHAŁ | POL | | POZNAŃ | 85 | M30/91 | | 00:56:37 | 00:56:17 | 00:19:17 | 00:37:57 |
| 324 | 465 | SITOWSKI PAWEŁ | POL | | WILCZA GÓRA | 70 | M40/87 | | 00:56:37 | 00:56:13 | 00:18:51 | 00:37:33 |
| 325 | 18 | BEJDA PAWEŁ | POL | THE BRAND | ZĄBKI | 69 | M50/31 | | 00:56:40 | 00:56:18 | 00:18:52 | 00:37:16 |
| 326 | 348 | WIADEREK PIOTR | POL | PĘDZĄCE ŻÓŁWIE | WARSZAWA | 85 | M30/92 | | 00:56:40 | 00:56:14 | 00:18:00 | 00:36:39 |
| 327 | 253 | PETRYKA KAJETAN | POL | TEAM IKEA | JANKI | 95 | M20/37 | | 00:56:40 | 00:56:06 | 00:19:54 | 00:38:59 |
| 328 | 455 | PAWEŁAS MARTA | POL | | WARSZAWA | 86 | K30/23 | | 00:56:41 | 00:56:27 | 00:17:45 | 00:36:48 |
| 329 | 464 | SAPOR DOMINIKA | POL | | WARSZAWA | 87 | K30/24 | | 00:56:43 | 00:56:10 | 00:19:31 | 00:38:10 |
| 330 | 241 | OSIŃSKA KARINA | POL | | STACHOWO | 80 | K30/25 | | 00:56:44 | 00:56:16 | 00:18:39 | 00:37:26 |
| 331 | 493 | DĄBKOWSKI MICHAŁ | POL | POLSKI KOMFORT | PIASECZNO | 93 | M20/38 | | 00:56:55 | 00:56:27 | 00:18:16 | 00:37:49 |
| 332 | 461 | RADKIEWICZ KAROL | POL | TARCZYŃSKI KLUB BIEGOWY | TARCZYN | 92 | M20/39 | | 00:57:11 | 00:56:55 | 00:19:38 | 00:38:57 |
| 333 | 440 | LEGAN MARTYNA | POL | KUŹNIA TRIATHLONU | WARSZAWA | 92 | K20/17 | | 00:57:12 | 00:56:37 | 00:19:55 | 00:38:59 |
| 334 | 463 | RYTEL WERONIKA | POL | LAMY Z PANAMY | CHYLICE | 94 | K20/18 | | 00:57:18 | 00:56:42 | 00:18:54 | 00:39:43 |
| 335 | 289 | RUSINOWSKI TOMASZ | POL | | WOLA GOŁKOWSKA | 77 | M40/88 | | 00:57:20 | 00:56:42 | 00:19:32 | 00:38:23 |
| 336 | 17 | BEDNARZAK TADEUSZ | POL | YULO RUN TEAM SIEDLCE | SIEDLCE | 58 | M60+/10 | | 00:57:23 | 00:56:49 | 00:19:42 | 00:38:36 |
| 337 | 523 | ZEGAR WERONIKA | POL | | WARSZAWA | 85 | K30/26 | | 00:57:28 | 00:57:04 | 00:18:16 | 00:37:34 |
| 338 | 519 | ŚWITAŁA ADAM | POL | | RASZYN | 70 | M40/89 | Rasz/59 | 00:57:31 | 00:57:08 | 00:19:24 | 00:38:48 |
| 339 | 449 | PALMOWSKI JAROSŁAW | POL | | ZGORZAŁA | 74 | M40/90 | | 00:57:34 | 00:57:01 | 00:19:55 | 00:39:40 |
| 340 | 115 | KARAŚ DOMINIKA | POL | LEGIA WARSZAWA SEKCJA ŁYŻWIARSKA | RASZYN | 85 | K30/27 | Rasz/60 | 00:57:35 | 00:57:22 | 00:19:21 | 00:38:38 |
| 341 | 89 | IMIOŁEK ROBERT | POL | | PIASECZNO | 72 | M40/91 | | 00:57:38 | 00:57:09 | 00:19:29 | 00:38:24 |
| 342 | 144 | KOSSOWSKI WOJMIR | POL | ORANGE POLSKA | WARSZAWA | 80 | M30/93 | | 00:57:41 | 00:57:20 | 00:19:46 | 00:39:04 |
| 343 | 490 | WOŹNIAK KARINA | POL | | PIASECZNO | 86 | K30/28 | | 00:57:53 | 00:57:16 | 00:18:53 | 00:37:38 |
| 344 | 438 | KUBASIEWICZ PATRYCJA | POL | | WARSZAWA | 93 | K20/19 | | 00:57:54 | 00:57:27 | 00:19:00 | 00:38:24 |
| 345 | 376 | ZIEMNICKI PAWEŁ | POL | | RASZYN | 83 | M30/94 | Rasz/61 | 00:57:55 | 00:57:46 | 00:17:54 | 00:37:11 |
| 346 | 24 | BROWARCZYK KATARZYNA | POL | | WARSZAWA | 93 | K20/20 | | 00:58:02 | 00:57:44 | 00:18:27 | 00:38:10 |
| 347 | 268 | PRYKIEL RADOSŁAW | POL | | RASZYN | 85 | M30/95 | Rasz/62 | 00:58:02 | 00:57:48 | 00:18:26 | 00:38:09 |

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Kraj Nat. | Drużyna Team | Miejscowość City | R-k YoB | W kategorii in Age | Grupa Group | Wynik Total | Wynik Netto | Międzyczasy | Check points |
|-----------------|-----------|---------------------------|--------------|------------------------------------|---------------------|------------|-----------------------|----------------|----------------|----------------|-------------|--------------|
| 348 | 163 | KRUPIŃSKI KRZYSZTOF | POL | | JÓZEFÓW | 96 | M20/40 | | 00:58:02 | 00:57:43 | 00:17:40 | 00:37:29 |
| 349 | 86 | HOFFMAN MARCIN | POL | DIXI-CAR | RASZYN | 84 | M30/96 | Rasz/63 | 00:58:10 | 00:57:59 | 00:19:33 | 00:39:03 |
| 350 | 108 | KALISIEWICZ KRZYSZTOF | POL | | WARSZAWA | 62 | M50/32 | | 00:58:15 | 00:57:50 | 00:18:47 | 00:38:08 |
| 351 | 397 | CHEN FENGQIN | POL | GRAVITAN | SEKOCIN STARY | 86 | K30/29 | | 00:58:16 | 00:58:13 | 00:17:23 | 00:38:27 |
| 352 | 279 | REGULSKA EWA | POL | | WARSZAWA | 83 | K30/30 | | 00:58:22 | 00:58:11 | 00:18:51 | 00:38:02 |
| 353 | 425 | JAROS ARKADIUSZ | POL | RUN VEGAN | BRWINÓW | 61 | M50/33 | | 00:58:23 | 00:58:05 | 00:19:08 | 00:38:41 |
| 354 | 366 | ZAKRZEWSKA MAŁGORZATA | POL | | WARSZAWA | 83 | K30/31 | | 00:58:23 | 00:57:53 | 00:19:25 | 00:38:47 |
| 355 | 382 | ŻUKOWSKI SEBASTIAN | POL | TEAM IKEA | JANKI | 86 | M30/97 | | 00:58:24 | 00:58:05 | 00:17:42 | 00:37:30 |
| 356 | 67 | FILIPOWICZ NATALIA | POL | | WARSZAWA | 92 | K20/21 | | 00:58:25 | 00:58:14 | 00:18:51 | 00:38:02 |
| 357 | 110 | KAMIŃSKI KONRAD | POL | UP&MORE | RASZYN | 78 | M40/92 | Rasz/64 | 00:58:28 | 00:57:58 | 00:19:55 | 00:38:53 |
| 358 | 345 | WASIAK RAFAŁ | POL | | LEGIONOWO | 90 | M20/41 | | 00:58:32 | 00:57:59 | 00:18:56 | 00:38:50 |
| 359 | 42 | DARŁAK AGNIESZKA | POL | NIE MA | NADARZYN | 77 | K40/20 | | 00:58:35 | 00:58:08 | 00:19:16 | 00:38:38 |
| 360 | 22 | BOGUCKI WŁODZIMIERZ | POL | NIEZRZESZONY | SEKOCIN NOWY | 61 | M50/34 | Rasz/65 | 00:58:35 | 00:58:12 | 00:20:07 | 00:39:27 |
| 361 | 52 | DUDZIŃSKA SABINA | POL | DOGOŃ GRODZISK MAZOWIECKI | GRODZISK | 84 | K30/32 | | 00:58:36 | 00:58:07 | 00:19:41 | 00:39:07 |
| 362 | 2 | ADACH-SOSNOWSKA MAGDALENA | POL | NIE MA | RASZYN | 76 | K40/21 | Rasz/66 | 00:58:44 | 00:58:30 | 00:18:55 | 00:38:47 |
| 363 | 41 | DAMIĘCKA KATARZYNA | POL | J&J | WARSZAWA | 84 | K30/33 | | 00:58:46 | 00:58:21 | 00:20:17 | 00:39:39 |
| 364 | 231 | MUSIAŁ MARCIN | POL | NIEZALEŻNY | PRUSZKÓW | 84 | M30/98 | | 00:58:47 | 00:58:23 | 00:17:58 | 00:37:39 |
| 365 | 140 | KOSIACKA DOROTA | POL | | PRUSZKÓW | 82 | K30/34 | | 00:58:56 | 00:58:17 | 00:19:43 | 00:38:37 |
| 366 | 194 | MACIASZEK DAWID | POL | TEAM IKEA | JANKI | 87 | M30/99 | | 00:58:59 | 00:58:26 | 00:19:55 | 00:39:18 |
| 367 | 374 | ZIELIŃSKI ARKADIUSZ | POL | SAFEGUARD | WARSZAWA | 86 | M30/100 | | 00:59:01 | 00:58:27 | 00:20:15 | 00:39:44 |
| 368 | 506 | WOJCIUK TOMASZ | POL | | ŁOZISKA | 78 | M40/93 | | 00:59:01 | 00:58:47 | 00:19:31 | 00:38:54 |
| 369 | 383 | ŻYWEK TERESA | POL | TRIPower | WARSZAWA | 47 | K60+/2 | | 00:59:03 | 00:58:40 | 00:19:10 | 00:38:41 |
| 370 | 508 | ZIELIŃSKI ŁUKASZ | POL | AUTOBUS Z NAPISEM 'KONIEC WYŚCIGU' | WARSZAWA | 77 | M40/94 | | 00:59:03 | 00:58:51 | 00:19:31 | 00:38:54 |
| 371 | 377 | ZIENTAŁA ADAM | POL | BRAK | NOWA WOLA | 80 | M30/101 | | 00:59:14 | 00:58:45 | 00:18:37 | 00:38:17 |
| 372 | 107 | KACZOROWSKI KRZYSZTOF | POL | | RADOM | 74 | M40/95 | | 00:59:24 | 00:59:14 | 00:19:21 | 00:39:32 |
| 373 | 430 | KŁOS AGATA | POL | | PIASECZNO | 87 | K30/35 | | 00:59:30 | 00:59:01 | 00:19:31 | 00:39:20 |
| 374 | 126 | KĘSKA OLGA | POL | SAFEGUARD | WARSZAWA | 89 | K30/36 | | 00:59:31 | 00:58:55 | 00:20:09 | 00:40:18 |
| 375 | 518 | DUDEK JAKUB | POL | | PIASECZNO | 94 | M20/42 | | 00:59:33 | 00:58:57 | 00:21:09 | 00:40:20 |
| 376 | 137 | KONWALIK PIOTR | POL | | WARSZAWA | 74 | M40/96 | | 00:59:34 | 00:59:05 | 00:19:32 | 00:39:20 |
| 377 | 315 | SUCHNICKI ADAM | POL | | WARSZAWA | 90 | M20/43 | | 00:59:39 | 00:59:02 | 00:18:24 | 00:38:35 |
| 378 | 222 | MISIAK ANNA | POL | TEAM ZABIEGANEDNI | WARSZAWA | 88 | K30/37 | | 00:59:40 | 00:59:04 | 00:19:10 | 00:38:43 |
| 379 | 470 | SZCZĘSNY JUSTYNA | POL | O. R. P. P. KIEŁ | PIASECZNO | 82 | K30/38 | | 00:59:41 | 00:59:06 | 00:19:55 | 00:39:34 |
| 380 | 206 | MARLECKI ANDRZEJ | POL | BIEGIEMIRADOM | RADOM | 55 | M60+/11 | | 00:59:43 | 00:59:03 | 00:20:00 | 00:39:34 |
| 381 | 364 | VOLOSHCHUK MYKYTA | POL | TEAM IKEA | JANKI | 93 | M20/44 | | 01:00:05 | 00:59:32 | 00:19:50 | 00:39:16 |
| 382 | 183 | LEWANDOWSKI MARCIN | POL | EXCELLENT HOUSE TEAM | KOBYŁKA | 78 | M40/97 | | 01:00:16 | 00:59:50 | 00:19:54 | 00:40:12 |
| 383 | 150 | KOWALCZYK MARCIN | POL | | RYBIE | 82 | M30/102 | Rasz/67 | 01:00:16 | 01:00:11 | 00:17:41 | 00:38:20 |
| 384 | 498 | NAROŻNIAK MICHAŁ | POL | | RASZYN | 84 | M30/103 | Rasz/68 | 01:00:16 | 01:00:00 | 00:17:37 | 00:37:34 |
| 385 | 167 | KSIĘŻAK SYLWESTER | POL | EXCELLENT HOUSE TEAM | RASZYN | 83 | M30/104 | Rasz/69 | 01:00:17 | 00:59:52 | 00:19:54 | 00:40:11 |
| 386 | 283 | ROLA IWONA | POL | TEAM ZALESICE | WIERZBICA | 80 | K30/39 | | 01:00:23 | 01:00:15 | 00:18:49 | 00:38:58 |
| 387 | 452 | KOŚCIOŁEK KONRAD | POL | | PIASECZNO | 72 | M40/98 | | 01:00:24 | 01:00:05 | 00:19:24 | 00:39:14 |

| <i>Miejsce Rank</i> | <i>Nr Bib</i> | <i>Nazwisko i imię Name</i> | <i>Kraj Nat.</i> | <i>Drużyna Team</i> | <i>Miejscowość City</i> | <i>R-k YoB</i> | <i>W kategorii in Age</i> | <i>Grupa Group</i> | <i>Wynik Total</i> | <i>Wynik Netto</i> | <i>Międzyczasy</i> | <i>Check points</i> |
|-------------------------|-------------------|-----------------------------------|----------------------|---------------------------|-----------------------------|--------------------|-------------------------------|------------------------|------------------------|------------------------|--------------------|---------------------|
| 388 | 59 | DZBAŃSKI RAFAŁ | POL | | KOTUŃ | 89 | M30/105 | | 01:00:30 | 01:00:17 | 00:18:20 | 00:38:41 |
| 389 | 247 | PASZKOWSKI PIOTR | POL | ZAMIENIE TEAM | ZAMIENIE | 84 | M30/106 | | 01:00:30 | 01:00:06 | 00:19:17 | 00:39:22 |
| 390 | 371 | ZBRZEŹNIAK IGOR | POL | | RASZYN | 95 | M20/45 | Rasz/70 | 01:00:47 | 01:00:12 | 00:18:02 | 00:39:26 |
| 391 | 469 | SYROCKI WOJCIECH | POL | | WARSZAWA | 72 | M40/99 | | 01:00:52 | 01:00:13 | 00:20:20 | 00:40:35 |
| 392 | 95 | JASINOWICZ ALEKSANDRA | POL | | WARSZAWA | 94 | K20/22 | | 01:01:01 | 01:00:34 | 00:20:22 | 00:40:42 |
| 393 | 361 | WOŹNICKI DANIEL | POL | | RASZYN | 97 | M20/46 | Rasz/71 | 01:01:09 | 01:00:30 | 00:19:49 | 00:40:11 |
| 394 | 483 | WIERZBICKA HALINA | POL | | MILANÓWEK | 85 | K30/40 | | 01:01:09 | 01:00:31 | 00:19:55 | 00:40:02 |
| 395 | 93 | JANISZEWSKI PIOTR | POL | KGW SŁĄD | ŁADY | 80 | M30/107 | Rasz/72 | 01:01:20 | 01:00:49 | 00:18:56 | 00:39:24 |
| 396 | 301 | SKRZECZ IWONA | POL | DOGOŃ GRODZISK MAZOWIECKI | GRODZISK | 83 | K30/41 | | 01:01:23 | 01:00:56 | 00:19:19 | 00:39:28 |
| 397 | 188 | ŁACHMAŃSKI EMIL | POL | TEAM IKEA | JANKI | 86 | M30/108 | | 01:01:24 | 01:00:51 | 00:20:11 | 00:40:52 |
| 398 | 291 | RYBKA AGNIESZKA | POL | RYBENSHUTTE | NOWE GROCHOLICE | 83 | K30/42 | Rasz/73 | 01:01:29 | 01:01:03 | 00:20:18 | 00:41:19 |
| 399 | 277 | RADZIKOWSKA KAROLINA | POL | RADZIKI | WARSZAWA | 79 | K40/22 | | 01:01:31 | 01:01:18 | 00:19:28 | 00:40:12 |
| 400 | 413 | BOBYNKO MACIEJ | POL | | RYBIE | 58 | M60+/12 | Rasz/74 | 01:01:34 | 01:01:23 | 00:19:38 | 00:40:17 |
| 401 | 478 | TRUŚ MATEUSZ | POL | MARKOWI BIEGACZE | MARKI | 86 | M30/109 | | 01:01:44 | 01:01:21 | 00:19:49 | 00:40:26 |
| 402 | 417 | DRZEWIECKA-WITKOWSKA AGNIESZKA | POL | TARCZYŃSKI KLUB BIEGOWY | TARCZYN | 80 | K30/43 | | 01:01:44 | 01:01:29 | 00:19:39 | 00:40:26 |
| 403 | 133 | KLUZIAK JAROSŁAW | POL | BRAK | MIŃSK MAZOWIECKI | 85 | M30/110 | | 01:01:52 | 01:01:41 | 00:17:35 | 00:38:50 |
| 404 | 118 | KARŁOWICZ ANNA | POL | PARTIA WOLNYCH BIEGACZY | WARSZAWA | 53 | K60+/3 | | 01:01:55 | 01:01:32 | 00:19:58 | 00:40:37 |
| 405 | 280 | RESIAK MACIEJ | POL | | DAWIDY | 85 | M30/111 | Rasz/75 | 01:02:06 | 01:01:52 | 00:18:52 | 00:39:15 |
| 406 | 109 | KALISZEWSKI JANUSZ | POL | | WARSZAWA | 73 | M40/100 | | 01:02:10 | 01:01:49 | 00:19:33 | 00:40:27 |
| 407 | 520 | ZIENTAŁA ROBERT | POL | BRAK | NADARZYN | 81 | M30/112 | | 01:02:11 | 01:01:42 | 00:18:59 | 00:40:17 |
| 408 | 503 | PHAM DUC TRUNG | POL | | RASZYN | 78 | M40/101 | Rasz/76 | 01:02:13 | 01:02:06 | 00:18:46 | 00:39:55 |
| 409 | 451 | MIASKOWSKI MARCIN | POL | HITEC FILM | DRWALEW | 79 | M40/102 | | 01:02:17 | 01:01:57 | 00:20:04 | 00:40:58 |
| 410 | 343 | TUREK PAWEŁ | POL | PRINCES | PIASECZNO | 72 | M40/103 | | 01:02:24 | 01:01:58 | 00:20:37 | 00:41:04 |
| 411 | 106 | KACZMAREK ADAM | POL | | LASZCZKI | 70 | M40/104 | Rasz/77 | 01:02:25 | 01:02:16 | 00:20:21 | 00:41:34 |
| 412 | 427 | JESIONEK JULIA | POL | LAMY Z PANAMY | WARSZAWA | 97 | K20/23 | | 01:02:33 | 01:01:57 | 00:21:56 | 00:41:29 |
| 413 | 233 | NIEDZIÓŁKA OLIWIA | POL | TEAM IKEA | JANKI | 98 | K20/24 | | 01:02:33 | 01:02:15 | 00:20:03 | 00:40:42 |
| 414 | 100 | JÓZWIK ROBERT | POL | ARSUN | WARSZAWA | 76 | M40/105 | | 01:02:42 | 01:02:13 | 00:20:19 | 00:41:26 |
| 415 | 197 | MADEJAK EWELINA | POL | TRENINGBIEGACZA.PL | WARSZAWA | 98 | K20/25 | | 01:02:52 | 01:02:31 | 00:21:14 | 00:42:15 |
| 416 | 198 | MADEJAK MONIKA | POL | TRENINGBIEGACZA.PL | WARSZAWA | 77 | K40/23 | | 01:02:56 | 01:02:36 | 00:21:15 | 00:42:15 |
| 417 | 123 | KAZIMIERSKA JOANNA | POL | OMEGABRUK | GRODZISK | 84 | K30/44 | | 01:02:56 | 01:02:53 | 00:19:24 | 00:40:58 |
| 418 | 232 | NAZAROW-NENNO KONSTANTY | POL | BRAK | WARSZAWA | 79 | M40/106 | | 01:02:56 | 01:02:29 | 00:19:29 | 00:40:20 |
| 419 | 419 | FABIJAŃSKI TOMASZ | POL | | WARSZAWA | 84 | M30/113 | | 01:03:03 | 01:02:39 | 00:20:11 | 00:41:18 |
| 420 | 521 | JARECKI DAMIAN | POL | | ŁASK | 80 | M30/114 | | 01:03:03 | 01:02:31 | 00:19:25 | 00:40:13 |
| 421 | 103 | JURCZAK AGNIESZKA | POL | NIEZALEŻNY | JEDLIŃSK | 72 | K40/24 | | 01:03:37 | 01:03:35 | 00:19:28 | 00:41:08 |
| 422 | 293 | RYBKA TOMASZ | POL | | DZIEHCINIEC | 58 | M60+/13 | | 01:03:42 | 01:03:16 | 00:20:38 | 00:41:27 |
| 423 | 46 | DEMSKA KAROLINA | POL | | RASZYN | 80 | K30/45 | Rasz/78 | 01:03:52 | 01:03:29 | 00:20:31 | 00:42:47 |
| 424 | 509 | RAFIŃSKA AGNIESZKA | POL | | WARSZAWA | 82 | K30/46 | | 01:03:55 | 01:03:33 | 00:19:20 | 00:41:14 |
| 425 | 407 | ŚWIĄTKOWSKI KRZYSZTOF | POL | GRAVITAN | RYBIE | 92 | M20/47 | | 01:04:11 | 01:03:43 | 00:21:36 | 00:43:13 |
| 426 | 399 | LIPIŃSKA IWONA | POL | GRAVITAN | RASZYN | 95 | K20/26 | Rasz/79 | 01:04:13 | 01:03:45 | 00:21:36 | 00:43:12 |

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Kraj Nat. | Drużyna Team | Miejscowość City | R-k YoB | W kategorii in Age | Grupa Group | Wynik Total | Wynik Netto | Międzyczasy | Check points |
|-----------------|-----------|-------------------------|--------------|--------------------|---------------------|------------|-----------------------|----------------|----------------|----------------|-------------|--------------|
| 427 | 223 | MIZERA DAMIAN | POL | | ZAMIENIE | 85 | M30/115 | | 01:05:48 | 01:05:09 | 00:21:13 | 00:43:29 |
| 428 | 252 | PERZYNA RENATA | POL | | KOLONIA | 71 | K40/25 | | 01:05:57 | 01:05:44 | 00:20:11 | 00:42:08 |
| 429 | 20 | BINIENDA WERONIKA | POL | | FALENTY NOWE | 02 | K16/3 | Rasz/80 | 01:06:07 | 01:05:36 | 00:20:28 | 00:44:12 |
| 430 | 88 | IMIOŁEK MONIKA | POL | NIE MA | JEDLIŃSK | 75 | K40/26 | | 01:06:15 | 01:05:50 | 00:20:12 | 00:42:14 |
| 431 | 105 | KACZMARCZYK URSZULA | POL | | RASZYN | 81 | K30/47 | Rasz/81 | 01:06:17 | 01:05:54 | 00:20:33 | 00:42:48 |
| 432 | 19 | BINIENDA BŁAŻEJ | POL | | FALENTY NOWE | 74 | M40/107 | Rasz/82 | 01:06:19 | 01:05:50 | 00:20:28 | 00:44:12 |
| 433 | 380 | ZYCH KRZYSZTOF | POL | SAFEGUARD | WARSZAWA | 86 | M30/116 | | 01:06:33 | 01:05:56 | 00:20:39 | 00:42:06 |
| 434 | 323 | SZEWCZYK JOANNA | POL | | RASZYN | 80 | K30/48 | Rasz/83 | 01:06:43 | 01:06:16 | 00:20:43 | 00:42:37 |
| 435 | 4 | ADAMSKA ANNA | POL | TEAM IKEA | JANKI | 95 | K20/27 | | 01:06:50 | 01:06:15 | 00:21:54 | 00:44:06 |
| 436 | 147 | KOTKIEWICZ BARTOSZ | POL | TEAM IKEA | JANKI | 80 | M30/117 | | 01:06:51 | 01:06:17 | 00:21:54 | 00:44:06 |
| 437 | 217 | MIKOŚ ROMAN | POL | | OTWOCK | 66 | M50/35 | | 01:06:52 | 01:06:41 | 00:20:33 | 00:43:19 |
| 438 | 495 | KOBUS WALDEK | POL | SQUASHCITY | WARSZAWA | 62 | M50/36 | | 01:07:25 | 01:07:12 | 00:20:12 | 00:43:45 |
| 439 | 218 | MIKOŚ TERESA | POL | | OTWOCK | 63 | K50/6 | | 01:07:29 | 01:07:21 | 00:20:31 | 00:43:18 |
| 440 | 362 | WÓJCIK KLAUDIA | POL | | FALENTY | 95 | K20/28 | Rasz/84 | 01:07:30 | 01:07:07 | 00:21:37 | 00:44:31 |
| 441 | 324 | SZMIGIEL IZABELA | POL | ZA LINIĄ METY TEAM | WARSZAWA | 92 | K20/29 | | 01:07:37 | 01:07:10 | 00:22:39 | 00:44:26 |
| 442 | 44 | DELBAR MAURICE | BEL | LES DIABLES ROUGES | RASZYN | 61 | M50/37 | Rasz/85 | 01:07:58 | 01:07:27 | 00:20:17 | 00:42:16 |
| 443 | 148 | KOWALCZYK ALEKSANDRA | POL | | ŁAZY | 95 | K20/30 | | 01:08:42 | 01:08:16 | 00:20:02 | 00:43:31 |
| 444 | 378 | ZIMNICKI PRZEMYSŁAW | POL | | MARYSIN | 93 | M20/48 | | 01:08:44 | 01:08:19 | 00:20:05 | 00:43:35 |
| 445 | 314 | STYKOWSKA MARLENA | POL | | RYBIE | 82 | K30/49 | Rasz/86 | 01:08:45 | 01:08:15 | 00:22:19 | 00:44:52 |
| 446 | 260 | PIÓRKOWSKA ANNA | POL | | RASZYN | 81 | K30/50 | Rasz/87 | 01:08:45 | 01:08:16 | 00:22:14 | 00:44:49 |
| 447 | 207 | MARSZAŁEK JERZY | POL | | WARSZAWA | 58 | M60+/14 | | 01:09:10 | 01:08:33 | 00:22:55 | 00:47:00 |
| 448 | 30 | CHYLICKI MARIAN-TOMASZ | POL | BIEGIEMIRADOM | RADOM | 58 | M60+/15 | | 01:09:50 | 01:09:17 | 00:22:32 | 00:45:55 |
| 449 | 225 | MOSZKOWICZ EUGENIUSZ | POL | KONDYCJA | WARSZAWA | 42 | M60+/16 | | 01:10:01 | 01:09:46 | 00:21:14 | 00:44:48 |
| 450 | 375 | ZIEMBA SYLWIA | POL | | SĘKOCIN STARY | 96 | K20/31 | Rasz/88 | 01:10:22 | 01:09:57 | 00:21:34 | 00:45:29 |
| 451 | 354 | WITKOWSKA AGNIESZKA | POL | ŻMUDA RUNNING TEAM | WARSZAWA | 91 | K20/32 | | 01:11:01 | 01:11:01 | | |
| 452 | 16 | BAZGA ANNA | POL | | SĘKOCIN STARY | 81 | K30/51 | | 01:11:07 | 01:10:48 | 00:21:10 | 00:45:15 |
| 453 | 311 | STRZYMIŃSKA MAŁGORZATA | POL | POLSKI KOMFORT | WARSZAWA | 91 | K20/33 | | 01:11:14 | 01:10:47 | 00:21:45 | 00:45:44 |
| 454 | 290 | RYBICKA MAGDALENA | POL | | JANOWIEC | 78 | K40/27 | | 01:11:16 | 01:10:49 | 00:20:29 | 00:44:40 |
| 455 | 55 | DUSZCZYK DOROTA | POL | BIEGACZKI WPR | OPACZ-KOLONIA | 89 | K30/52 | | 01:11:34 | 01:11:24 | 00:22:23 | 00:46:36 |
| 456 | 415 | CZECHOWSKI JERZY | POL | MZA WARSZAWA | WARSZAWA | 49 | M60+/17 | | 01:12:40 | 01:12:12 | 00:23:08 | 00:47:14 |
| 457 | 199 | MAKARSKA EWELINA | POL | TEAM IKEA | JANKI | 81 | K30/53 | | 01:12:55 | 01:12:20 | 00:23:02 | 00:47:15 |
| 458 | 390 | KARDASZEWSKI TOMASZ | POL | OCHOTABIEGA | WARSZAWA | 82 | M30/118 | | 01:13:11 | 01:12:39 | 00:23:02 | 00:47:22 |
| 459 | 87 | HRYNIEWICKA MONIKA | POL | ROZBIEGANY PIASTÓW | PIASTÓW | 84 | K30/54 | | 01:13:34 | 01:13:04 | 00:22:54 | 00:47:42 |
| 460 | 388 | GOGOLEWSKI JERZY | POL | OCHOTABIEGA | WARSZAWA | 85 | M30/119 | | 01:13:42 | 01:13:13 | 00:23:02 | 00:48:13 |
| 461 | 270 | PRZYBYLAK WANDA | POL | ROZBIEGANY PIASTÓW | PIASTÓW | 55 | K60+/4 | | 01:13:46 | 01:13:19 | 00:22:54 | 00:47:45 |
| 462 | 26 | CHMIELAK KRZYSZTOF | POL | | WARSZAWA | 82 | M30/120 | | 01:16:13 | 01:15:41 | 00:24:13 | 00:50:05 |
| 463 | 38 | CZERNIAWSKI ROMUALD | POL | ZABIEGANY WOŁOMIN | KOBYŁKA | 67 | M50/38 | | 01:16:13 | 01:16:13 | | |
| 464 | 358 | WOJEWÓDZKI TOMASZ | POL | | STRZENIÓWKA | 61 | M50/39 | | 01:20:56 | 01:20:22 | 00:23:22 | 00:52:08 |
| 465 | 83 | GUZIK WOJCIECH | POL | TEAM IKEA | JANKI | 94 | M20/49 | | 01:26:29 | 01:26:29 | | |
| 466 | 236 | OCHAB MARIUSZ | POL | | WARSZAWA | 69 | M50/40 | | 01:29:51 | 01:29:17 | 00:28:00 | 00:58:17 |

| <i>Miejsce Rank</i> | <i>Nr Bib</i> | <i>Nazwisko i imię Name</i> | <i>Kraj Nat.</i> | <i>Drużyna Team</i> | <i>Miejscowość City</i> | <i>R-k YoB</i> | <i>W kategorii in Age</i> | <i>Grupa Group</i> | <i>Wynik Total</i> | <i>Wynik Netto</i> | <i>Międzyczasy</i> | <i>Check points</i> |
|-------------------------|-------------------|---------------------------------|----------------------|-------------------------|-----------------------------|--------------------|-------------------------------|------------------------|------------------------|------------------------|--------------------|---------------------|
| 467 | 511 | MAREK HENRYK | POL | | WARSZAWA | 47 | M60+/18 | | 01:31:34 | 01:30:59 | 00:28:26 | |

X OGÓLNOPOLSKI BIEG RASZYŃSKI

WYNIKI ZAWODÓW

Open

Organizator: KLUB SPORTOWY RASZYN, GMINNY OŚRODEK SPORTU W RASZYNIE

Termin: 07.04.2019

Miejsce: Raszyn

Dystans: 10 km

Trasa posiada atest PZLA

Mężczyźni

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Kraj Nat. | Drużyna Team | Miejscowość City | R-k YoB | W kategorii in Age | Grupa Group | Wynik Total | Wynik Netto | Międzyczasy | | Check points |
|-----------------|-----------|-------------------------|--------------|--------------------------------|---------------------|------------|-----------------------|----------------|----------------|----------------|-------------|----------|--------------|
| | | | | | | | | | | | 1 Runda | 2 Runda | |
| 1 | 447 | NOWAK JAKUB | POL | LŁKS PREFBET ŚNIADOWO ŁOMŻA | WARSZAWA | 89 | M30/1 | | 00:30:00 | 00:29:59 | 00:09:49 | 00:19:51 | |
| 2 | 480 | WASIEWICZ KRZYSZTOF | POL | KONDYCJA | PIASECZNO | 92 | M20/1 | | 00:31:52 | 00:31:52 | 00:10:10 | 00:21:04 | |
| 3 | 416 | DRAGAN ALEKSANDER | POL | | KIELCE | 90 | M20/2 | | 00:31:53 | 00:31:51 | 00:10:35 | 00:21:14 | |
| 4 | 316 | SZATECKI MAKSYMILIAN | POL | I-SPORT TEAM / JAKUBOWSKI TEAM | WARSZAWA | 96 | M20/3 | | 00:32:38 | 00:32:37 | 00:10:35 | 00:21:33 | |
| 5 | 216 | MIKIELSKI DANIEL | POL | | OLSZTYNEK | 90 | M20/4 | | 00:33:23 | 00:33:21 | 00:10:50 | 00:21:58 | |
| 6 | 369 | ZARZYCKI MACIEJ | POL | | ŻÓŁWIN | 89 | M30/2 | | 00:35:08 | 00:35:05 | 00:11:02 | 00:22:46 | |
| 7 | 349 | WIECZOREK DARIUSZ | POL | KB PWK LEGIONOWO | LEGIONOWO | 69 | M50/1 | | 00:36:05 | 00:36:05 | 00:11:43 | 00:23:44 | |
| 8 | 242 | OWCZAREK RAFAŁ | POL | | GÓRA KALWARIA | 93 | M20/5 | | 00:36:24 | 00:36:23 | 00:11:44 | 00:23:50 | |
| 9 | 255 | PIATKA TOMASZ | POL | ADIDAS RUNNERS WARSAW | WARSZAWA | 84 | M30/3 | | 00:36:24 | 00:36:20 | 00:12:05 | 00:24:14 | |
| 10 | 176 | KUNA BARTŁOMIEJ | POL | KUNA TRIKLUB | WARKA | 85 | M30/4 | | 00:36:45 | 00:36:43 | 00:11:30 | 00:23:55 | |
| 11 | 76 | GOS MATEUSZ | POL | KS WARKA | WARKA | 02 | M16/1 | | 00:36:49 | 00:36:47 | 00:11:34 | 00:23:56 | |
| 12 | 192 | ŁUKOMSKI JANUSZ | POL | PKO BANK POLSKI SA | WARSZAWA | 78 | M40/1 | | 00:36:52 | 00:36:46 | 00:12:14 | 00:24:21 | |
| 13 | 240 | ORMAN TOMASZ | POL | TOMTEAM | SZYDŁOWIEC | 66 | M50/2 | | 00:37:25 | 00:37:25 | 00:12:06 | 00:24:34 | |
| 14 | 334 | ŚLIWA KRZYSZTOF | POL | NAPRZÓD MŁOCINY | WARSZAWA | 85 | M30/5 | | 00:37:36 | 00:37:36 | 00:12:30 | 00:25:03 | |
| 15 | 352 | WILCZYŃSKI MATEUSZ | POL | SZYBKIE WILKI | SIEDLCE | 85 | M30/6 | | 00:37:40 | 00:37:38 | 00:12:05 | 00:24:40 | |
| 16 | 212 | MICHALAK MARIUSZ | POL | | WARSZAWA | 70 | M40/2 | | 00:37:41 | 00:37:38 | 00:12:22 | 00:24:53 | |
| 17 | 172 | KUCIEJCZYK HENRYK | POL | TEMPO MŁAWA | SZYDŁOWO | 59 | M60+/1 | | 00:37:45 | 00:37:45 | 00:12:39 | 00:25:13 | |
| 18 | 342 | TURCZYN MAREK | POL | TARCZYŃSKI KLUB BIEGOWY | RUDA | 69 | M50/3 | | 00:37:54 | 00:37:53 | 00:12:38 | 00:25:10 | |
| 19 | 337 | TRONIARZ PAWEŁ | POL | TEAMOCHAL | RASZYN | 79 | M40/3 | Rasz/1 | 00:37:54 | 00:37:51 | 00:12:25 | 00:25:06 | |
| 20 | 229 | MUCHA ROBERT | POL | SPORTOWE LOVE | ZALESIE GÓRNE | 76 | M40/4 | | 00:37:58 | 00:37:56 | 00:12:36 | 00:25:11 | |
| 21 | 420 | FILIPKOWSKI PIOTR | POL | | WARSZAWA | 77 | M40/5 | | 00:38:24 | 00:38:20 | 00:12:39 | 00:25:22 | |
| 22 | 489 | WOJTYNA ŁUKASZ | POL | | WARSZAWA | 87 | M30/7 | | 00:38:33 | 00:38:27 | 00:12:41 | 00:25:31 | |
| 23 | 214 | MICHALIK RAFAŁ | POL | IZBA ADWOKACKA | CZĘSTOCHOWA | 91 | M20/6 | | 00:38:37 | 00:38:37 | 00:12:39 | 00:25:31 | |
| 24 | 389 | KAMIŃSKI MATEUSZ | POL | POWERBUG.PL | WARSZAWA | 91 | M20/7 | | 00:39:02 | 00:39:00 | 00:12:06 | 00:25:19 | |
| 25 | 477 | TOMCZAK MARCIN | POL | KOCI PAZUR | CIECHANÓW | 80 | M30/8 | | 00:39:05 | 00:39:01 | 00:12:28 | 00:25:43 | |
| 26 | 414 | BRYL MARCIN | POL | ADIDAS RUNNERS WARSAW | WARSZAWA | 79 | M40/6 | | 00:39:18 | 00:39:14 | 00:12:56 | 00:25:58 | |
| 27 | 502 | MUCKUS FILIP | POL | KS KANAŁEK | WARSZAWA | 87 | M30/9 | | 00:39:20 | 00:39:16 | 00:12:56 | 00:25:56 | |

Mężczyźni

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Kraj Nat. | Drużyna Team | Miejscowość City | R-k YoB | W kategorii in Age | Grupa Group | Wynik Total | Wynik Netto | Międzyczasy | Check points |
|-----------------|-----------|-------------------------|--------------|-----------------------------------|---------------------|------------|-----------------------|----------------|----------------|----------------|-------------|--------------|
| 28 | 496 | LEŚNIAK JACEK | POL | | WARSZAWA | 80 | M30/10 | | 00:39:34 | 00:39:30 | 00:13:17 | 00:26:36 |
| 29 | 79 | GROCHOWSKI MACIEJ | POL | | WARSZAWA | 85 | M30/11 | | 00:39:48 | 00:39:44 | 00:12:38 | 00:25:59 |
| 30 | 333 | ŚCISŁOWSKI NORBERT | POL | KS START PUŁASKI WARKA | WARKA | 82 | M30/12 | | 00:40:13 | 00:40:10 | 00:13:16 | 00:26:39 |
| 31 | 151 | KOWALCZYK PIOTR | POL | | WARKA | 72 | M40/7 | | 00:40:16 | 00:40:12 | 00:13:13 | 00:26:39 |
| 32 | 353 | WITCZAK PIOTR | POL | | SKIERNIEWICE | 78 | M40/8 | | 00:40:25 | 00:40:23 | 00:13:09 | 00:26:38 |
| 33 | 200 | MAKOWSKI MATEUSZ | POL | | WARSZAWA | 91 | M20/8 | | 00:40:26 | 00:40:21 | 00:12:45 | 00:26:30 |
| 34 | 39 | CZUB DANIEL | POL | ŻMUDA RUNNING TEAM | WARSZAWA | 84 | M30/13 | | 00:40:31 | 00:40:27 | 00:13:08 | 00:26:33 |
| 35 | 269 | PRZEPIÓRA SEBASTIAN | POL | GORLICE TEAM. | GORLICE | 73 | M40/9 | | 00:40:39 | 00:40:36 | 00:13:08 | 00:26:36 |
| 36 | 234 | NOWOCIEŃ JACEK | POL | UCZNIOWSKI KLUB SPORTOWY RUSIEC | PODKOWA LEŚNA | 59 | M60+/2 | | 00:40:41 | 00:40:38 | 00:13:15 | 00:26:48 |
| 37 | 12 | BANASZCZYK GRZEGORZ | POL | ENDORFINA SZYDŁOWIEC | SZYDŁOWIEC | 87 | M30/14 | | 00:40:51 | 00:40:45 | 00:13:18 | 00:27:03 |
| 38 | 278 | RDZONEK DARIUSZ | POL | | WARSZAWA | 83 | M30/15 | | 00:40:54 | 00:40:41 | 00:13:37 | 00:27:18 |
| 39 | 146 | KOŚCIK JAKUB | POL | KRÓLEWSKI KLUB BIEGACZA | WARSZAWA | 85 | M30/16 | | 00:40:55 | 00:40:51 | 00:13:46 | 00:27:17 |
| 40 | 497 | MIELCZARSKI BARTOSZ | POL | | WARSZAWA | 84 | M30/17 | | 00:41:25 | 00:41:18 | 00:13:40 | 00:27:22 |
| 41 | 340 | TUCHOLSKI PAWEŁ | POL | | RYBIE | 78 | M40/10 | Rasz/2 | 00:41:31 | 00:41:28 | 00:13:08 | 00:26:58 |
| 42 | 436 | KOWALEC ŁUKASZ | POL | WAWRYN TEAM | PIASTÓW | 79 | M40/11 | | 00:41:34 | 00:41:29 | 00:13:23 | 00:27:33 |
| 43 | 395 | ŻMUDA MICHAŁ | POL | ŻMUDA RUNNING TEAM | RASZYN | 77 | M40/12 | Rasz/3 | 00:41:35 | 00:41:33 | 00:13:35 | 00:27:19 |
| 44 | 40 | DALASIŃSKI ANDRZEJ | POL | KUŹNIA TRIATHLONU | ŁÓDŹ | 80 | M30/18 | | 00:41:35 | 00:41:31 | 00:13:19 | 00:27:18 |
| 45 | 468 | STOLARSKI MACIEJ | POL | WAWRYN TEAM | RYBIE | 73 | M40/13 | Rasz/4 | 00:41:45 | 00:41:40 | 00:13:29 | 00:27:31 |
| 46 | 9 | BALEWSKI TOMASZ | POL | TEAM ZABIEGANEDNI | WARSZAWA | 71 | M40/14 | | 00:41:46 | 00:41:40 | 00:13:35 | 00:27:27 |
| 47 | 275 | RACHWALIK TOMASZ | POL | | STASI LAS | 72 | M40/15 | | 00:41:46 | 00:41:44 | 00:13:40 | 00:27:39 |
| 48 | 274 | PYTLOS MARCIN | POL | NAPRZÓD MŁOCINY | WARSZAWA | 80 | M30/19 | | 00:41:47 | 00:41:43 | 00:14:00 | 00:28:01 |
| 49 | 408 | TRONIARZ MARCIN | POL | GRAVITAN | RASZYN | 75 | M40/16 | Rasz/5 | 00:41:50 | 00:41:43 | 00:13:41 | 00:27:43 |
| 50 | 365 | ZAJĄC ADAM | POL | NAPRZÓD MŁOCINY | WARSZAWA | 67 | M50/4 | | 00:41:52 | 00:41:47 | 00:13:07 | 00:27:15 |
| 51 | 152 | KOWALSKI ARTUR | POL | TVP SPORT | WARSZAWA | 75 | M40/17 | | 00:41:53 | 00:41:49 | 00:14:00 | 00:28:15 |
| 52 | 43 | DĄBAL MARCIN | POL | SŁOWIANIN | BŁĘDÓW | 81 | M30/20 | | 00:41:57 | 00:41:50 | 00:14:03 | 00:27:52 |
| 53 | 297 | SAWICKI MARCIN | POL | | JASIENIEC | 95 | M20/9 | | 00:42:07 | 00:42:04 | 00:13:21 | 00:27:51 |
| 54 | 357 | WOJCIECHOWSKI KRZYSZTOF | POL | TRENINGBIEGACZA.PL | WARSZAWA | 79 | M40/18 | | 00:42:07 | 00:42:01 | 00:13:49 | 00:27:57 |
| 55 | 441 | LENART KONRAD | POL | TTC | MICHAŁOWICE | 77 | M40/19 | | 00:42:09 | 00:42:05 | 00:13:06 | 00:27:17 |
| 56 | 32 | CIESIELSKI MARCIN | POL | KLUB SZACHOWY PIĄTKA SKIERNIEWICE | SKIERNIEWICE | 74 | M40/20 | | 00:42:13 | 00:42:11 | 00:13:19 | 00:27:39 |
| 57 | 325 | SZOPA ŁUKASZ | POL | | WARSZAWA | 99 | M20/10 | | 00:42:15 | 00:42:09 | 00:13:50 | 00:28:19 |
| 58 | 262 | PLUSZKA ADAM | POL | VEGE RUNNERS | WARSZAWA | 76 | M40/21 | | 00:42:15 | 00:42:10 | 00:13:29 | 00:27:38 |
| 59 | 273 | PYRZAK PAWEŁ | POL | FORT JAKSMANICE | PRZEMYŚL | 85 | M30/21 | | 00:42:16 | 00:42:13 | 00:13:37 | 00:28:02 |
| 60 | 72 | GNIECIAK DARIUSZ | POL | TARCZYŃSKI KLUB BIEGOWY | TARCZYN | 80 | M30/22 | | 00:42:19 | 00:42:17 | 00:13:41 | 00:27:42 |
| 61 | 379 | ZIÓŁKOWSKI JACEK | POL | CROSS - WARSZAWA | WARSZAWA | 66 | M50/5 | | 00:42:29 | 00:42:25 | 00:13:41 | 00:28:02 |
| 62 | 82 | GRZEJSZCZYK SEBASTIAN | POL | ŻMUDA RUNNING TEAM | RASZYN | 86 | M30/23 | Rasz/6 | 00:42:42 | 00:42:39 | 00:14:11 | 00:28:41 |
| 63 | 398 | HAISHAN ZHENG | POL | GRAVITAN | RASZYN | 80 | M30/24 | | 00:42:52 | 00:42:47 | 00:13:40 | 00:27:47 |
| 64 | 94 | JARMUŁ ANTONI | POL | | MICHAŁOWICE | 00 | M16/2 | | 00:42:54 | 00:42:46 | 00:14:04 | 00:28:29 |
| 65 | 384 | NURKIEWICZ MACIEJ | POL | | PIASECZNO | 79 | M40/22 | | 00:43:01 | 00:42:47 | 00:14:22 | 00:28:43 |
| 66 | 475 | SZYMANIAK PAWEŁ | POL | DOGOŃ DANFOSS | GRODZISK | 77 | M40/23 | | 00:43:04 | 00:42:54 | 00:14:23 | 00:28:39 |
| 67 | 5 | ALOT PAWEŁ | POL | | RADOM | 83 | M30/25 | | 00:43:08 | 00:43:01 | 00:14:04 | 00:28:33 |

Mężczyźni

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Kraj Nat. | Drużyna Team | Miejscowość City | R-k YoB | W kategorii in Age | Grupa Group | Wynik Total | Wynik Netto | Międzyczasy | Check points |
|-----------------|-----------|-------------------------|--------------|----------------------------------|---------------------|------------|-----------------------|----------------|-----------------|----------------|-------------|--------------|
| 68 | 431 | KOCHANOWSKI MICHAŁ | POL | | WARSZAWA | 90 | M20/11 | | 00:43:08 | 00:42:59 | 00:13:59 | 00:28:27 |
| 69 | 313 | STYCZEK SEBASTIAN | POL | | NOWA WOLA | 89 | M30/26 | | 00:43:09 | 00:42:59 | 00:14:17 | 00:28:43 |
| 70 | 239 | OLSZEWSKI BARTŁOMIEJ | POL | | RASZYN | 86 | M30/27 | Rasz/7 | 00:43:15 | 00:43:03 | 00:14:55 | 00:29:17 |
| 71 | 221 | MIROSZ ARTUR | POL | | RADOM | 73 | M40/24 | | 00:43:15 | 00:43:07 | 00:13:58 | 00:28:12 |
| 72 | 129 | KILJANCZYK DOMINIK | POL | TARCZYŃSKI KLUB BIEGOWY | TARCZYN | 00 | M16/3 | | 00:43:20 | 00:43:12 | 00:14:27 | 00:29:00 |
| 73 | 522 | BAJ ROBERT | POL | #RC_WAW | TERESIN | 84 | M30/28 | | 00:43:22 | 00:43:13 | 00:13:46 | 00:28:31 |
| 74 | 51 | DUDEK MARCIN | POL | DTW RUNNING TEAM | WARSZAWA | 88 | M30/29 | | 00:43:22 | 00:43:14 | 00:14:34 | 00:29:04 |
| 75 | 245 | PAŁYSA MAREK | POL | TRI NEGU | DAWIDY BANKOWE | 74 | M40/25 | Rasz/8 | 00:43:54 | 00:43:36 | 00:14:11 | 00:28:53 |
| 76 | 527 | SARZAŁA DARIUSZ | POL | | WARSZAWA | 59 | M60+/3 | | 00:44:11 | 00:43:56 | 00:14:41 | 00:29:23 |
| 77 | 421 | GAJEK IRENEUSZ | POL | | CIECHANÓW | 78 | M40/26 | | 00:44:17 | 00:44:05 | 00:14:15 | 00:29:02 |
| 78 | 154 | KOZŁOWSKI RADOSŁAW | POL | | HENRYKÓW-UROCZE | 77 | M40/27 | | 00:44:18 | 00:43:56 | 00:15:12 | 00:29:58 |
| 79 | 272 | PYĆ MATEUSZ | POL | | SŁOMIN | 90 | M20/12 | Rasz/9 | 00:44:20 | 00:44:20 | 00:14:03 | 00:29:06 |
| 80 | 136 | KONIECZNY SYLWESTER | POL | | SZYDŁOWIEC | 64 | M50/6 | | 00:44:31 | 00:44:26 | 00:14:06 | 00:29:21 |
| 81 | 302 | SKRZYPKOWSKI MACIEJ | POL | | WARSZAWA | 86 | M30/30 | | 00:44:32 | 00:44:23 | 00:14:36 | 00:29:23 |
| 82 | 237 | OLCHOWIK MARCIN | POL | | WARSZAWA | 83 | M30/31 | | 00:44:36 | 00:44:29 | 00:15:12 | 00:29:27 |
| 83 | 435 | KORKOSZ ANDRZEJ | POL | GROTY TEAM | BLIZNE JASIŃSKIEGO | 77 | M40/28 | | 00:44:39 | 00:44:32 | 00:14:35 | 00:29:38 |
| 84 | 175 | KULKA SERGIUSZ | POL | TRI NEGU | LESZNOWOLA | 80 | M30/32 | Rasz/10 | 00:44:40 | 00:44:34 | 00:14:09 | 00:29:02 |
| 85 | 524 | CYBULSKI ARTUR | POL | KS RASZYN | RASZYN | 94 | M20/13 | Rasz/11 | 00:44:45 | 00:44:29 | 00:15:24 | |
| 86 | 48 | DOMAGAŁA JAROSŁAW | POL | | WARSZAWA | 66 | M50/7 | | 00:44:55 | 00:44:46 | 00:14:31 | 00:29:25 |
| 87 | 99 | JĘDRUSZCZAK PIOTR | POL | GOGGLE PAE TEAM | MSZCZONÓW | 77 | M40/29 | | 00:44:58 | 00:44:55 | 00:13:58 | 00:29:05 |
| 88 | 190 | ŁUGOWSKI SYLWESTER | POL | ADIDAS RUNNERS WARSAW | WARSZAWA | 89 | M30/33 | | 00:45:04 | 00:44:56 | 00:14:35 | 00:29:45 |
| 89 | 481 | WAWRZYŃIAK DAMIAN | POL | LAMY Z PANAMY | WARSZAWA | 93 | M20/14 | | 00:45:04 | 00:45:00 | 00:14:45 | 00:29:59 |
| 90 | 193 | ŁYSIAK KRZYSZTOF | POL | KOTLET POWER TEAM | WARSZAWA | 76 | M40/30 | | 00:45:04 | 00:44:54 | 00:14:24 | 00:29:38 |
| 91 | 168 | KSYNA BOGUSŁAW | POL | OSP KAMION | KAMION | 56 | M60+/4 | | 00:45:05 | 00:44:57 | 00:14:36 | 00:29:44 |
| 92 | 49 | DRASZAWKA ŁUKASZ | POL | POWER TRAINING | WARSZAWA | 83 | M30/34 | | 00:45:05 | 00:44:53 | 00:14:48 | 00:29:53 |
| 93 | 515 | KAPLIŃSKI KAMIL | POL | | WARSZAWA | 79 | M40/31 | | 00:45:07 | 00:44:40 | 00:14:33 | 00:29:49 |
| 94 | 467 | STEFAŃSKI KRYSZTIAN | POL | KS KANAŁEK | OLSZTYN | 84 | M30/35 | | 00:45:15 | 00:45:11 | 00:12:56 | |
| 95 | 453 | PANKOWSKI GRZEGORZ | POL | KOSI MAZAKI TEAM | WARSZAWA | 82 | M30/36 | | 00:45:18 | 00:45:05 | 00:15:10 | 00:30:19 |
| 96 | 454 | PAPUGA SŁAWEK | POL | ING FAKTORING | NOWA WOLA | 82 | M30/37 | | 00:45:20 | 00:44:59 | 00:15:12 | 00:30:11 |
| 97 | 505 | SKWARSKI PRZEMYSŁAW | POL | | WARSZAWA | 80 | M30/38 | | 00:45:21 | 00:45:05 | 00:14:55 | 00:30:02 |
| 98 | 458 | PIETRASZEK MIREK | POL | NIE MA | KONSTANCIN | 71 | M40/32 | | 00:45:30 | 00:44:57 | 00:15:19 | 00:30:13 |
| 99 | 281 | REWERA ROBERT | POL | PKO BANK POLSKI SA | WARSZAWA | 72 | M40/33 | | 00:45:39 | 00:45:31 | 00:14:28 | 00:29:53 |
| 100 | 261 | PISKOREK ADAM | POL | | TUCHOWICZ | 67 | M50/8 | | 00:45:44 | 00:45:38 | 00:14:38 | 00:29:59 |
| 101 | 63 | FIGARSKI TOMASZ | POL | TEAM IKEA | JANKI | 92 | M20/15 | | 00:45:46 | 00:45:28 | 00:14:39 | 00:29:45 |
| 102 | 473 | SZMIGIELSKI MATEUSZ | POL | | CHOTOMÓW | 90 | M20/16 | | 00:45:46 | 00:45:23 | 00:15:25 | 00:30:27 |
| 103 | 66 | FILIPCZUK DARIUSZ | POL | | ZIELONKA | 65 | M50/9 | | 00:45:49 | 00:45:37 | 00:15:04 | 00:30:25 |
| 104 | 116 | KARAŚ TOMASZ | POL | LEGIA WARSZAWA SEKCJA ŁYŻWIARSKA | RASZYN | 83 | M30/39 | Rasz/12 | 00:45:53 | 00:45:38 | 00:14:29 | 00:29:44 |
| 105 | 528 | SARZAŁA BARTŁOMIEJ | POL | AKS POLONIA WARSZAWA | WARSZAWA | 93 | M20/17 | | 00:46:07 | 00:45:57 | 00:15:17 | 00:30:29 |
| 106 | 346 | WASILEWSKI PIOTR | POL | | GŁOSKÓW | 78 | M40/34 | | 00:46:15 | 00:45:55 | 00:15:23 | 00:30:37 |
| 107 | 284 | ROSIAK LESZEK | POL | TEAM IKEA | JANKI | 74 | M40/35 | | 00:46:21 | 00:45:48 | 00:16:17 | 00:31:25 |

Mężczyźni

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Kraj Nat. | Drużyna Team | Miejscowość City | R-k YoB | W kategorii in Age | Grupa Group | Wynik Total | Wynik Netto | Międzyczasy | Check points |
|-----------------|-----------|-------------------------|--------------|--------------------|---------------------|------------|-----------------------|----------------|----------------|----------------|-------------|--------------|
| 108 | 309 | STRZELCZYK TOMASZ | POL | STREET RUN RADOM | RADOM | 87 | M30/40 | | 00:46:21 | 00:46:07 | 00:14:39 | 00:30:13 |
| 109 | 460 | PYLNIEV OLEKSANDR | UKR | MAJCAKE | WARSZAWA | 86 | M30/41 | | 00:46:30 | 00:46:13 | 00:15:11 | 00:30:23 |
| 110 | 33 | CIEŚLAR RAFAŁ | POL | BIELSKO-BIAŁA | BIELSKO-BIAŁA | 84 | M30/42 | | 00:46:41 | 00:46:37 | 00:15:02 | 00:30:40 |
| 111 | 171 | KUCHTA PAWEŁ | POL | | MACIEJOWICE | 81 | M30/43 | | 00:46:42 | 00:46:27 | 00:15:03 | 00:30:41 |
| 112 | 34 | CIMOCHOWSKI MIECZYŚŁAW | POL | MC SERWIS | WARSZAWA | 76 | M40/36 | | 00:46:43 | 00:46:33 | 00:14:41 | 00:30:26 |
| 113 | 517 | DUDEK DARIUSZ | POL | | PIASECZNO | 67 | M50/10 | | 00:46:45 | 00:46:08 | 00:21:11 | |
| 114 | 296 | SADKOWSKI PAWEŁ | POL | | MAKÓW | 80 | M30/44 | | 00:46:47 | 00:46:42 | 00:15:33 | 00:31:12 |
| 115 | 428 | KANIA TOMASZ | POL | | ZŁOTOKŁOS | 69 | M50/11 | | 00:46:48 | 00:45:46 | 00:16:20 | 00:31:40 |
| 116 | 381 | ZYGMUNTOWICZ TOMASZ | POL | | RYBIE | 77 | M40/37 | Rasz/13 | 00:46:51 | 00:46:39 | 00:15:04 | 00:30:40 |
| 117 | 321 | SZEWCZAK JERZY | POL | | JÓZEFÓW | 61 | M50/12 | | 00:47:03 | 00:46:55 | 00:14:57 | 00:30:39 |
| 118 | 457 | PIĄTKOWSKI MICHAŁ | POL | BRONX RUNNING CREW | RASZYN | 78 | M40/38 | Rasz/14 | 00:47:03 | 00:46:46 | 00:15:47 | 00:31:23 |
| 119 | 159 | KRUK JAROSŁAW | POL | | MICHAŁOWICE | 77 | M40/39 | | 00:47:07 | 00:46:56 | 00:14:58 | 00:30:46 |
| 120 | 394 | SZYMAŃSKI PIOTR | POL | | PRUSZKÓW | 80 | M30/45 | | 00:47:08 | 00:46:46 | 00:16:12 | 00:31:48 |
| 121 | 226 | MRÓWKA MACIEJ | POL | IRONANT.PL | WARSZAWA | 72 | M40/40 | | 00:47:09 | 00:47:03 | 00:14:56 | 00:30:45 |
| 122 | 235 | OBŁUSKI SEBASTIAN | POL | | RASZYN | 92 | M20/18 | Rasz/15 | 00:47:16 | 00:46:52 | 00:15:35 | 00:31:09 |
| 123 | 264 | PODBIELSKI MARIUSZ | POL | | PRUSZKOW | 74 | M40/41 | | 00:47:17 | 00:46:56 | 00:15:59 | 00:31:25 |
| 124 | 485 | WŁODARSKI PIOTR | POL | KS RASZYN | WARSZAWA | 82 | M30/46 | | 00:47:18 | 00:47:02 | 00:15:25 | 00:31:10 |
| 125 | 432 | KOŁTUNIAK SZYMON | POL | | KOBYŁKA | 02 | M16/4 | | 00:47:27 | 00:47:14 | 00:15:25 | 00:31:03 |
| 126 | 91 | JANECKI PRZEMYSŁAW | POL | TRENINGBIEGACZA.PL | WARSZAWA | 80 | M30/47 | | 00:47:34 | 00:47:13 | 00:16:04 | 00:31:52 |
| 127 | 410 | BAKUŁA MAREK | POL | SBRT WARSZAWA | RASZYN | 79 | M40/42 | Rasz/16 | 00:47:35 | 00:47:28 | 00:14:59 | 00:31:10 |
| 128 | 74 | GOCH ROBERT | POL | KONDYCJA | PIASECZNO | 64 | M50/13 | | 00:47:40 | 00:47:26 | 00:15:22 | 00:31:02 |
| 129 | 155 | KRAWCZYK KONRAD | POL | CS GROUP RUNNERS | WARSZAWA | 91 | M20/19 | | 00:47:42 | 00:47:25 | 00:16:08 | 00:31:59 |
| 130 | 6 | ANDRZEJEWSKI TOMASZ | POL | RADOM | RADOM | 83 | M30/48 | | 00:47:51 | 00:47:43 | 00:15:27 | 00:31:35 |
| 131 | 266 | POLAKOWSKI BARTŁOMIEJ | POL | | RASZYN | 97 | M20/20 | Rasz/17 | 00:48:04 | 00:47:33 | 00:16:25 | 00:32:08 |
| 132 | 308 | STRÓZIK KRYSZTOF | POL | | PRUSZKÓW | 98 | M20/21 | | 00:48:04 | 00:47:53 | 00:16:07 | 00:33:12 |
| 133 | 122 | KAZIMIERSKI GRZEGORZ | POL | OMEGABRUK | KSIĄŻENICE | 83 | M30/49 | | 00:48:08 | 00:48:05 | 00:14:58 | 00:32:11 |
| 134 | 104 | JURKOWSKI KRZYSZTOF | POL | | RASZYN | 69 | M50/14 | Rasz/18 | 00:48:17 | 00:48:12 | 00:15:55 | 00:31:54 |
| 135 | 411 | BIAŁOBRZESKI BARTOSZ | POL | | RYBIE | 82 | M30/50 | Rasz/19 | 00:48:18 | 00:47:46 | 00:15:13 | 00:31:20 |
| 136 | 145 | KOSTRUBAŁA KACPER | POL | | WARSZAWA | 74 | M40/43 | | 00:48:21 | 00:48:06 | 00:16:10 | 00:32:08 |
| 137 | 238 | OLESIŃSKI PIOTR | POL | BELVEDERE ŻYRARDÓW | ŻYRARDÓW | 81 | M30/51 | | 00:48:23 | 00:48:16 | 00:15:09 | 00:31:42 |
| 138 | 360 | WOŹNIAK MICHAŁ | POL | MZO PRUSZKÓW | PRUSZKÓW | 81 | M30/52 | | 00:48:26 | 00:48:10 | 00:15:38 | 00:31:57 |
| 139 | 224 | MŁYNARSKI SYLWESTER | POL | NIE MA | RADOM | 84 | M30/53 | | 00:48:27 | 00:48:27 | 00:15:00 | 00:31:55 |
| 140 | 418 | DYBOWSKI HUBERT | POL | | RASZYN | 85 | M30/54 | Rasz/21 | 00:48:27 | 00:48:18 | 00:15:35 | 00:31:59 |
| 141 | 203 | MARCHEWKA RAFAŁ | POL | | WARSZAWA | 80 | M30/55 | | 00:48:33 | 00:48:22 | 00:15:25 | 00:31:55 |
| 142 | 131 | KIRYLCZUK PIOTR | POL | TEAM KARAŚ | PECICE MAŁE | 80 | M30/56 | | 00:48:34 | 00:48:24 | 00:15:26 | 00:31:50 |
| 143 | 445 | MIZERSKI BARTŁOMIEJ | POL | | DAWIDY BANKOWE | 02 | M16/5 | Rasz/22 | 00:48:36 | 00:48:16 | 00:16:58 | 00:32:56 |
| 144 | 54 | DURMA KRYSZTOF | POL | | FALENTY NOWE | 88 | M30/57 | Rasz/23 | 00:48:39 | 00:48:09 | 00:16:01 | 00:31:57 |
| 145 | 119 | KAROLAK RAFAŁ | POL | STOMILEX | PRUSZKÓW | 78 | M40/44 | | 00:48:42 | 00:48:25 | 00:16:52 | 00:32:58 |
| 146 | 429 | KARCZEWSKI WIKTOR | POL | MARKOWI BIEGACZE | MARKI | 78 | M40/45 | | 00:48:44 | 00:48:21 | 00:16:06 | 00:32:08 |
| 147 | 448 | NOWAK TOMASZ | POL | A.S.GALAKTIKOS | BELSK DUŻY | 74 | M40/46 | | 00:48:46 | 00:48:30 | 00:16:58 | 00:32:56 |

Mężczyźni

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Kraj Nat. | Drużyna Team | Miejscowość City | R-k YoB | W kategorii in Age | Grupa Group | Wynik Total | Wynik Netto | Międzyczasy | Check points |
|-----------------|-----------|-------------------------|--------------|-----------------------------------|---------------------|------------|-----------------------|----------------|-----------------|----------------|-------------|--------------|
| 148 | 501 | GLUCHOWSKI KAROL | POL | HUTA NOWA HUTA | WARSZAWA | 89 | M30/58 | | 00:48:48 | 00:48:42 | 00:16:25 | 00:32:53 |
| 149 | 512 | MACKIEWICZ WOJCIECH | POL | LACKOWA | RASZYN | 74 | M40/47 | Rasz/24 | 00:48:50 | 00:48:42 | 00:16:26 | 00:32:34 |
| 150 | 185 | LEWIŃSKI KRZYSZTOF | POL | BIEGIEM PRZEZ POLSKĘ | NOWE MIASTO NAD | 67 | M50/15 | | 00:48:53 | 00:48:45 | 00:16:16 | 00:32:41 |
| 151 | 56 | DYBYSŁAWSKI ADAM | POL | RK ATHLETICS | WARSZAWA | 77 | M40/48 | | 00:49:02 | 00:48:36 | 00:16:06 | 00:32:38 |
| 152 | 14 | BARTOSZEWSKI JAROSŁAW | POL | | SĘKOCIN STARY | 75 | M40/49 | Rasz/25 | 00:49:06 | 00:48:58 | 00:16:10 | 00:33:01 |
| 153 | 356 | WITKOWSKI PAWEŁ | POL | POLSKI KOMFORT | PIASECZNO | 93 | M20/22 | | 00:49:08 | 00:48:57 | 00:16:48 | 00:33:04 |
| 154 | 299 | SIELCZAK ZBYSZEK | POL | TARCZYŃSKI KLUB BIEGOWY | HENRYKÓW-UROCZE | 75 | M40/50 | | 00:49:08 | 00:48:56 | 00:16:09 | 00:32:33 |
| 155 | 412 | BIŃKOWSKI MARCELI | POL | SZKOŁA SPORTÓW WALKI-MARCELI TEAM | GRÓJEC | 64 | M50/16 | | 00:49:10 | 00:48:53 | 00:16:11 | 00:32:34 |
| 156 | 367 | ZAKRZEWSKI MARCIN | POL | | PŁOŃSK | 91 | M20/23 | | 00:49:13 | 00:48:42 | 00:17:26 | 00:33:36 |
| 157 | 350 | WIERZBICKI MICHAŁ | POL | LESZNOWOLA BIEGA | LESZNOWOLA | 87 | M30/59 | | 00:49:18 | 00:48:56 | 00:16:09 | 00:32:41 |
| 158 | 61 | FELLER ARKADIUSZ | POL | BŁĘDOWSKA WATAHA | BŁĘDÓW | 83 | M30/60 | | 00:49:18 | 00:49:00 | 00:16:48 | 00:33:05 |
| 159 | 11 | BALIŃSKI WOJCIECH | POL | BALAX TEAM | RUDA MALENIECKA | 75 | M40/51 | | 00:49:20 | 00:49:08 | 00:16:22 | 00:32:39 |
| 160 | 112 | KAMIŃSKI WIESŁAW | POL | NASIELSK BASZTA TEAM | WARSZAWA | 67 | M50/17 | | 00:49:25 | 00:48:54 | 00:17:25 | 00:33:30 |
| 161 | 331 | SZYMAŃSKI KRZYSZTOF | POL | TARCZYŃSKI KLUB BIEGOWY | HENRYKÓW UROCZE | 73 | M40/52 | | 00:49:25 | 00:49:12 | 00:16:09 | 00:32:34 |
| 162 | 80 | GRUBEK ROBERT | POL | WATAHA | KOMORÓW | 72 | M40/53 | | 00:49:27 | 00:49:09 | 00:16:12 | 00:32:43 |
| 163 | 386 | DURLIK JAKUB | POL | | RASZYN | 96 | M20/24 | Rasz/26 | 00:49:30 | 00:49:17 | 00:16:11 | 00:32:56 |
| 164 | 8 | BABIŃSKI JERZY | POL | | NADARZYN | 60 | M50/18 | | 00:49:33 | 00:49:22 | 00:16:06 | 00:32:38 |
| 165 | 423 | GNIECIAK TOMASZ | POL | TARCZYŃSKI KLUB BIEGOWY | TARCZYN | 76 | M40/54 | | 00:49:37 | 00:49:22 | 00:16:51 | 00:33:21 |
| 166 | 510 | ZIÓŁKOWSKI SŁAWOMIR | POL | | RASZYN | 77 | M40/55 | Rasz/27 | 00:49:45 | 00:49:33 | 00:15:38 | 00:32:19 |
| 167 | 472 | SZEWczyk LESZEK | POL | A.S.GALAKTIKOS | BELSK DUŻY | 73 | M40/56 | | 00:49:48 | 00:49:29 | 00:16:57 | 00:33:07 |
| 168 | 282 | ROCH ADAM | POL | NIE MA | JANKI | 83 | M30/61 | Rasz/28 | 00:49:48 | 00:49:26 | 00:15:14 | 00:32:17 |
| 169 | 29 | CHOJNOWSKI PIOTR | POL | UWIELIŃSKIE CHARTY | ZALESIE GÓRNE | 73 | M40/57 | | 00:49:48 | 00:49:19 | 00:16:20 | 00:32:54 |
| 170 | 287 | RUPIK PIOTR | POL | | STARA IWICZNA | 72 | M40/58 | | 00:49:50 | 00:49:33 | 00:16:49 | 00:33:13 |
| 171 | 406 | STAŃCZAK MARCIN | POL | GRAVITAN | WARSZAWA | 83 | M30/62 | | 00:49:51 | 00:49:47 | 00:15:21 | 00:32:02 |
| 172 | 403 | REDLICH DARIUSZ | POL | GRAVITAN | RASZYN | 83 | M30/63 | Rasz/29 | 00:49:51 | 00:49:39 | 00:16:16 | 00:32:58 |
| 173 | 195 | MACIOŁEK DAREK | POL | SĘKOCIN RUNNERS | SĘKOCIN STARY | 78 | M40/59 | Rasz/30 | 00:50:01 | 00:49:52 | 00:16:41 | 00:33:36 |
| 174 | 525 | MADETKO ŁUKASZ | POL | | RASZYN | 85 | M30/64 | Rasz/31 | 00:50:01 | 00:49:45 | 00:16:11 | 00:32:46 |
| 175 | 487 | WNUK MATEUSZ | POL | | MICHAŁOWICE | 79 | M40/60 | | 00:50:01 | 00:49:30 | 00:15:36 | 00:32:26 |
| 176 | 513 | RADZIKOWSKI MARCIN | POL | RADZIKI | WARSZAWA | 78 | M40/61 | | 00:50:10 | 00:49:57 | 00:16:58 | 00:33:43 |
| 177 | 500 | DZIUBINSKI MARIUSZ | POL | | RYBIE | 77 | M40/62 | Rasz/32 | 00:50:13 | 00:49:58 | 00:16:11 | 00:32:41 |
| 178 | 153 | KOWALSKI MICHAŁ | POL | TEAM IKEA | JANKI | 87 | M30/65 | | 00:50:13 | 00:49:56 | 00:16:17 | 00:32:58 |
| 179 | 319 | SZCZEPAŃSKI MARCIN | POL | KONDYCJA | JASTRZĘBIE | 74 | M40/63 | | 00:50:18 | 00:49:59 | 00:16:11 | 00:32:47 |
| 180 | 310 | STRZEŚNIEWSKI MAREK | POL | PGR SKAJZGIRY | PIASECZNO | 57 | M60+/5 | | 00:50:24 | 00:50:24 | 00:16:14 | 00:32:56 |
| 181 | 196 | MACIOSZEK JAROSŁAW | POL | | KAJETANY | 71 | M40/64 | | 00:50:25 | 00:50:04 | 00:15:56 | 00:32:34 |
| 182 | 36 | CZARNAK MARCIN | POL | | RASZYN | 88 | M30/66 | Rasz/33 | 00:50:25 | 00:50:06 | 00:16:58 | 00:33:35 |
| 183 | 156 | KRAWCZYK PAWEŁ | POL | NIEZALEŻNY | DAWIDY | 86 | M30/67 | Rasz/34 | 00:50:30 | 00:50:08 | 00:16:29 | 00:33:26 |
| 184 | 220 | MIRONCZUK PIOTR | POL | | MYSIADŁO | 82 | M30/68 | | 00:50:34 | 00:50:25 | 00:15:34 | 00:32:46 |
| 185 | 141 | KOSMAŁA DARIUSZ | POL | WARSZAWA | WARSZAWA | 64 | M50/19 | | 00:50:38 | 00:50:32 | 00:16:27 | 00:33:16 |
| 186 | 161 | KRUPCZYŃSKI SZYMON | POL | | RASZYN | 91 | M20/25 | Rasz/35 | 00:50:40 | 00:50:20 | 00:16:26 | 00:33:25 |
| 187 | 111 | KAMIŃSKI STANISŁAW | POL | GOS NADARZYN | NADARZYN | 58 | M60+/6 | | 00:50:43 | 00:50:34 | 00:16:46 | 00:33:35 |

Meżczyźni

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Kraj Nat. | Drużyna Team | Miejscowość City | R-k YoB | W kategorii in Age | Grupa Group | Wynik Total | Wynik Netto | Międzyczasy | Check points |
|-----------------|-----------|-------------------------|--------------|---------------------------|---------------------|------------|-----------------------|----------------|----------------|----------------|-------------|--------------|
| 188 | 328 | SZUSTAK DARIUSZ | POL | | RASZYN | 69 | M50/20 | Rasz/36 | 00:50:50 | 00:50:25 | 00:17:07 | 00:34:03 |
| 189 | 181 | LESIAK ROMAN | POL | | KOZIENICE | 70 | M40/65 | | 00:51:00 | 00:50:39 | 00:16:32 | 00:33:24 |
| 190 | 306 | STASIAK PIOTR | POL | | WARSZAWA | 88 | M30/69 | | 00:51:00 | 00:50:46 | 00:16:27 | 00:33:18 |
| 191 | 180 | LATUSZEK KRZYSZTOF | POL | TRUCHTACZ.PL | GARWOLIN- MIĘTNE | 69 | M50/21 | | 00:51:08 | 00:50:57 | 00:16:23 | 00:33:36 |
| 192 | 320 | SZELWACHOWSKI DARIUSZ | POL | | WARSZAWA | 64 | M50/22 | | 00:51:14 | 00:51:04 | 00:16:15 | 00:33:19 |
| 193 | 344 | WALAC JACEK | POL | DOGOŃ GRODZISK MAZOWIECKI | GRODZISK | 83 | M30/70 | | 00:51:14 | 00:51:03 | 00:16:24 | 00:33:36 |
| 194 | 201 | MALIK GABRIEL | POL | | WARSZAWA | 79 | M40/66 | | 00:51:14 | 00:50:52 | 00:16:51 | 00:33:20 |
| 195 | 37 | CZARNECKI MACIEJ | POL | STREET RUN RADOM | PRZYTYK | 83 | M30/71 | | 00:51:26 | 00:51:05 | 00:16:28 | 00:33:24 |
| 196 | 243 | PALUCH KONRAD | POL | | RASZYN | 93 | M20/26 | Rasz/41 | 00:51:28 | 00:51:07 | 00:17:14 | 00:34:23 |
| 197 | 96 | JAWOREK KRZYSZTOF | POL | FC MIKOŁAJSKA | WARSZAWA | 83 | M30/72 | | 00:51:30 | 00:51:21 | 00:16:25 | 00:33:55 |
| 198 | 257 | PIEKAROWICZ PIOTR | POL | TARCZYŃSKI KLUB BIEGOWY | PRACE DUŻE | 63 | M50/23 | | 00:51:31 | 00:51:17 | 00:17:23 | 00:34:31 |
| 199 | 499 | OBŁĄKOWSKI HUBERT | POL | | ZAZDROŚĆ | 78 | M40/67 | | 00:51:37 | 00:50:59 | 00:17:11 | 00:34:18 |
| 200 | 516 | DUDEK ŁUKASZ | POL | | PIASECZNO | 97 | M20/27 | | 00:51:44 | 00:51:23 | 00:16:25 | 00:33:59 |
| 201 | 62 | FERCZYKOWSKI TOMASZ | POL | TEAM IKEA | JANKI | 91 | M20/28 | | 00:51:47 | 00:51:15 | 00:18:02 | 00:35:05 |
| 202 | 97 | JAWORSKI LUKASZ | POL | | WARSZAWA | 83 | M30/73 | | 00:51:50 | 00:51:34 | 00:16:40 | 00:34:03 |
| 203 | 466 | SOLIŃSKI ARKADIUSZ | POL | | WARSZAWA | 77 | M40/68 | | 00:51:55 | 00:51:21 | 00:17:53 | 00:35:06 |
| 204 | 166 | KSIĄŻEK GRZEGORZ | POL | | WARSZAWA | 83 | M30/74 | | 00:52:01 | 00:51:48 | 00:16:00 | 00:33:20 |
| 205 | 286 | ROSIŃSKI EUGENIUSZ | POL | STO-NOGI MILANÓWEK | MILANÓWEK | 62 | M50/24 | | 00:52:13 | 00:51:51 | 00:17:34 | 00:34:50 |
| 206 | 128 | KIJAK ARTUR | POL | GKMA | ZĄBKI | 76 | M40/69 | | 00:52:18 | 00:51:53 | 00:17:52 | 00:35:11 |
| 207 | 178 | KWASNIAK LUKASZ | POL | NIEZRZESZONY | GODZISZ | 87 | M30/75 | Rasz/42 | 00:52:29 | 00:52:17 | 00:16:23 | 00:33:48 |
| 208 | 359 | WOJTKOWSKI PIOTR | POL | ZABIEGANY WOŁOMIN | KOBYŁKA | 85 | M30/76 | | 00:52:31 | 00:52:14 | 00:17:26 | 00:34:53 |
| 209 | 47 | DOLIŃSKI JACEK | POL | LIRENE RUNNING TEAM | CHYLICE | 74 | M40/70 | | 00:52:32 | 00:52:25 | 00:16:55 | 00:34:29 |
| 210 | 165 | KRZYWIEC PRZEMYSŁAW | POL | | FALENTY | 86 | M30/77 | Rasz/43 | 00:53:02 | 00:52:53 | 00:17:08 | 00:35:24 |
| 211 | 492 | RYCHTER RAFAŁ | POL | POLSKI KOMFORT | MAGDALENKA | 76 | M40/71 | | 00:53:14 | 00:52:50 | 00:16:47 | 00:33:02 |
| 212 | 58 | DYTRYCH ADAM | POL | | WOLA GOŁKOWSKA | 74 | M40/72 | | 00:53:15 | 00:52:49 | 00:17:07 | 00:35:01 |
| 213 | 422 | GAŁĄZKA ANDRZEJ | POL | NIEZRZESZONY | FALENTY | 59 | M60+7 | Rasz/45 | 00:53:17 | 00:53:09 | 00:17:30 | 00:35:10 |
| 214 | 53 | DURASIEWICZ MIKOŁAJ | POL | | RYBIE | 73 | M40/73 | Rasz/46 | 00:53:20 | 00:53:06 | 00:17:06 | 00:34:52 |
| 215 | 442 | LIPIŃSKI OSKAR | POL | | WARSZAWA | 87 | M30/78 | | 00:53:20 | 00:52:51 | 00:17:37 | 00:35:14 |
| 216 | 132 | KLIKOWSKI MACIEJ | POL | | ZGORZAŁA | 86 | M30/79 | | 00:53:27 | 00:52:53 | 00:18:38 | 00:36:35 |
| 217 | 69 | GAWIN KRZYSZTOF | POL | TRI NEGU | WARSZAWA | 92 | M20/29 | | 00:53:31 | 00:53:07 | 00:19:23 | 00:37:22 |
| 218 | 189 | ŁOŚ ŁUKASZ | POL | BIDUL RUN TEAM | WARSZAWA | 92 | M20/30 | | 00:53:32 | 00:53:26 | 00:16:19 | 00:34:55 |
| 219 | 402 | PENKALA MAREK | POL | GRAVITAN | RASZYN | 72 | M40/74 | Rasz/47 | 00:53:37 | 00:53:00 | 00:18:32 | 00:36:20 |
| 220 | 479 | UMOWSKI RAFAŁ | POL | ŻYRARDOWSKIE TOWARZYSTWO | ŻYRARDÓW | 88 | M30/80 | | 00:53:40 | 00:53:36 | 00:16:09 | 00:34:50 |
| 221 | 213 | MICHALEC WOJCIECH | POL | BIEGIEM!RADOM | RADOM | 65 | M50/25 | | 00:53:42 | 00:53:33 | 00:17:44 | 00:35:50 |
| 222 | 102 | JUCHNIEWICZ PATRYK | POL | | WARSZAWA | 87 | M30/81 | | 00:53:43 | 00:53:15 | 00:17:37 | 00:35:30 |
| 223 | 326 | SZOPA SŁAWOMIR | POL | | WARSZAWA | 72 | M40/75 | | 00:53:59 | 00:53:40 | 00:17:12 | 00:35:14 |
| 224 | 471 | SZCZĘSNY WITOLD | POL | O.R.P.P. KIEŁ | PIASECZNO | 82 | M30/82 | | 00:54:04 | 00:53:34 | 00:18:47 | 00:36:45 |
| 225 | 439 | KUBASIEWICZ WOJCIECH | POL | | WARSZAWA | 93 | M20/31 | | 00:54:12 | 00:53:44 | 00:19:01 | 00:36:25 |
| 226 | 526 | BINIENDA MATEUSZ | POL | | BYDGOSZCZ | 78 | M40/76 | | 00:54:19 | 00:53:47 | 00:18:54 | 00:36:47 |
| 227 | 474 | SZOT PAWEŁ | POL | | WARSZAWA | 78 | M40/77 | | 00:54:20 | 00:53:54 | 00:17:10 | 00:34:45 |

Mężczyźni

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Kraj Nat. | Drużyna Team | Miejscowość City | R-k YoB | W kategorii in Age | Grupa Group | Wynik Total | Wynik Netto | Międzyczasy | Check points |
|-----------------|-----------|-------------------------|--------------|---------------------------------|---------------------|------------|-----------------------|----------------|-----------------|----------------|-------------|--------------|
| 228 | 50 | DUCH EMIL | POL | JB WARSZAW | WARSZAWA | 85 | M30/83 | | 00:54:23 | 00:54:04 | 00:18:02 | 00:35:52 |
| 229 | 246 | PARCHEM KAROL | POL | TEAM IKEA | JANKI | 91 | M20/32 | | 00:54:26 | 00:53:56 | 00:16:55 | 00:35:14 |
| 230 | 157 | KRAWCZYK TOMASZ | POL | TEAM IKEA | JANKI | 80 | M30/84 | | 00:54:32 | 00:53:57 | 00:19:29 | 00:37:42 |
| 231 | 215 | MIECZKOWSKI MIECZYSLAW | POL | TOWARZYSTWO GIMNASTYCZNE | BRWINÓW | 52 | M60+/8 | | 00:54:38 | 00:54:18 | 00:17:39 | 00:35:52 |
| 232 | 124 | KĄŻMIERCZAK KRYSZTIAN | POL | WYBIERZ | TERESIN | 96 | M20/33 | | 00:54:39 | 00:54:01 | 00:17:33 | 00:35:36 |
| 233 | 373 | ZIEJA BERNARD | POL | | PRUSZKÓW | 91 | M20/34 | | 00:54:40 | 00:54:26 | 00:17:44 | 00:36:06 |
| 234 | 187 | LIPIEC ŁUKASZ | POL | | PUCHAŁY | 93 | M20/35 | Rasz/48 | 00:54:40 | 00:54:29 | 00:17:09 | 00:35:31 |
| 235 | 456 | PAWLAK IRENEUSZ | POL | | GRZMIĄCA | 84 | M30/85 | | 00:54:41 | 00:54:04 | 00:17:55 | 00:36:07 |
| 236 | 202 | MALISZEWSKI BOGDAN | POL | | WARSZAWA | 62 | M50/26 | | 00:54:48 | 00:54:21 | 00:18:12 | 00:36:06 |
| 237 | 117 | KARBARZ MARCIN | POL | WCHUW `OBIEGÓWKA` | WARSZAWA | 78 | M40/78 | | 00:54:51 | 00:54:27 | 00:17:55 | 00:36:20 |
| 238 | 208 | GRANICA MATEUSZ | POL | WCHUW `OBIEGÓWKA` | WARSZAWA | 91 | M20/36 | | 00:54:52 | 00:54:29 | 00:17:57 | 00:36:10 |
| 239 | 271 | PUCHALSKI MICHAŁ | POL | | WARSZAWA | 80 | M30/86 | | 00:54:57 | 00:54:29 | 00:18:25 | 00:36:35 |
| 240 | 462 | RIDINGER MICHAŁ | POL | ELBLĄG | PIASECZNO | 84 | M30/87 | | 00:55:02 | 00:54:26 | 00:18:53 | 00:37:00 |
| 241 | 250 | PAWŁOWSKI JAN | POL | WCHUW `OBIEGÓWKA` | WARSZAWA | 87 | M30/88 | | 00:55:03 | 00:54:39 | 00:17:56 | 00:36:21 |
| 242 | 254 | PETRYKA WOJCIECH | POL | | RASZYN | 70 | M40/79 | Rasz/51 | 00:55:28 | 00:55:21 | 00:17:21 | 00:36:01 |
| 243 | 329 | SZYMANOWICZ RAFAL | POL | RUN FOREST RUN | RASZYN | 86 | M30/89 | Rasz/52 | 00:55:34 | 00:55:25 | 00:17:16 | 00:36:51 |
| 244 | 292 | RYBKA JAN | POL | RYBENSHUTTE | NOWE GROCHOLICE | 85 | M30/90 | Rasz/53 | 00:55:40 | 00:55:13 | 00:18:25 | 00:37:00 |
| 245 | 92 | JANIEC MARCIN | POL | | RASZYN | 73 | M40/80 | Rasz/54 | 00:55:40 | 00:55:21 | 00:18:19 | 00:36:54 |
| 246 | 267 | PRĘGOWSKI GRZEGORZ | POL | EKOBIEGI | WARSZAWA | 67 | M50/27 | | 00:55:52 | 00:55:29 | 00:18:23 | 00:36:59 |
| 247 | 160 | KRUPCZYŃSKI MARIUSZ | POL | RASZYN | RASZYN | 61 | M50/28 | Rasz/56 | 00:55:58 | 00:55:37 | 00:18:00 | 00:36:45 |
| 248 | 170 | KUBOWICZ GRZEGORZ | POL | POLSKI KOMFORT | WARSZAWA | 78 | M40/81 | | 00:56:01 | 00:55:33 | 00:18:16 | 00:36:36 |
| 249 | 351 | WIETESKA ROBERT | POL | | RASZYN | 76 | M40/82 | Rasz/57 | 00:56:16 | 00:56:07 | 00:18:04 | 00:36:40 |
| 250 | 433 | KOPCEWICZ JAKUB | POL | S.M.A.J.L. | MYSIADŁO | 00 | M16/6 | | 00:56:19 | 00:56:00 | 00:19:13 | 00:37:48 |
| 251 | 1 | BUKOWSKI JANUSZ | POL | STOWARZYSZENIE DAĆ SIEBIE INNYM | WARSZAWA | 56 | M60+/9 | | 00:56:20 | 00:56:17 | 00:18:19 | 00:37:11 |
| 252 | 434 | KOPCEWICZ MICHAŁ | POL | S.M.A.J.L. | MYSIADŁO | 74 | M40/83 | | 00:56:25 | 00:56:05 | 00:19:13 | 00:37:48 |
| 253 | 142 | KOSSON MAREK | POL | | RASZYN | 67 | M50/29 | Rasz/58 | 00:56:26 | 00:56:09 | 00:17:47 | 00:36:22 |
| 254 | 25 | BUDZIAK DARIUSX | POL | | SUŁKOWICE | 74 | M40/84 | | 00:56:28 | 00:55:59 | 00:18:01 | 00:37:24 |
| 255 | 134 | KŁOSIŃSKI PAWEŁ | POL | KB IM PIOTRA SĘKOWSKIEGO | PŁOŃSK | 67 | M50/30 | | 00:56:29 | 00:56:05 | 00:18:43 | 00:37:38 |
| 256 | 121 | KATNER TOMASZ | POL | TEAM IKEA | JANKI | 79 | M40/85 | | 00:56:30 | 00:55:57 | 00:18:38 | 00:37:25 |
| 257 | 77 | GOŚCINNY PIOTR | POL | | STARA BŁOTNICA | 77 | M40/86 | | 00:56:37 | 00:56:34 | 00:18:52 | 00:37:46 |
| 258 | 424 | JAGIELSKI MICHAŁ | POL | | POZNAŃ | 85 | M30/91 | | 00:56:37 | 00:56:17 | 00:19:17 | 00:37:57 |
| 259 | 465 | SITOWSKI PAWEŁ | POL | | WILCZA GÓRA | 70 | M40/87 | | 00:56:37 | 00:56:13 | 00:18:51 | 00:37:33 |
| 260 | 18 | BEJDA PAWEŁ | POL | THE BRAND | ZĄBKI | 69 | M50/31 | | 00:56:40 | 00:56:18 | 00:18:52 | 00:37:16 |
| 261 | 348 | WIADEREK PIOTR | POL | PĘDZĄCE ŻÓŁWIE | WARSZAWA | 85 | M30/92 | | 00:56:40 | 00:56:14 | 00:18:00 | 00:36:39 |
| 262 | 253 | PETRYKA KAJETAN | POL | TEAM IKEA | JANKI | 95 | M20/37 | | 00:56:40 | 00:56:06 | 00:19:54 | 00:38:59 |
| 263 | 493 | DĄBKOWSKI MICHAŁ | POL | POLSKI KOMFORT | PIASECZNO | 93 | M20/38 | | 00:56:55 | 00:56:27 | 00:18:16 | 00:37:49 |
| 264 | 461 | RADKIEWICZ KAROL | POL | TARCZYŃSKI KLUB BIEGOWY | TARCZYN | 92 | M20/39 | | 00:57:11 | 00:56:55 | 00:19:38 | 00:38:57 |
| 265 | 289 | RUSINOWSKI TOMASZ | POL | | WOLA GOŁKOWSKA | 77 | M40/88 | | 00:57:20 | 00:56:42 | 00:19:32 | 00:38:23 |
| 266 | 17 | BEDNARZAK TADEUSZ | POL | YULO RUN TEAM SIEDLCE | SIEDLCE | 58 | M60+/10 | | 00:57:23 | 00:56:49 | 00:19:42 | 00:38:36 |
| 267 | 519 | ŚWITAŁA ADAM | POL | | RASZYN | 70 | M40/89 | Rasz/59 | 00:57:31 | 00:57:08 | 00:19:24 | 00:38:48 |

Mężczyźni

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Kraj Nat. | Drużyna Team | Miejscowość City | R-k YoB | W kategorii in Age | Grupa Group | Wynik Total | Wynik Netto | Międzyczasy | Check points |
|-----------------|-----------|-------------------------|--------------|------------------------------------|---------------------|------------|-----------------------|----------------|-----------------|----------------|-------------|--------------|
| 268 | 449 | PALMOWSKI JAROSŁAW | POL | | ZGORZAŁA | 74 | M40/90 | | 00:57:34 | 00:57:01 | 00:19:55 | 00:39:40 |
| 269 | 89 | IMIOŁEK ROBERT | POL | | PIASECZNO | 72 | M40/91 | | 00:57:38 | 00:57:09 | 00:19:29 | 00:38:24 |
| 270 | 144 | KOSSOWSKI WOJMIR | POL | ORANGE POLSKA | WARSZAWA | 80 | M30/93 | | 00:57:41 | 00:57:20 | 00:19:46 | 00:39:04 |
| 271 | 376 | ZIEMNICKI PAWEŁ | POL | | RASZYN | 83 | M30/94 | Rasz/61 | 00:57:55 | 00:57:46 | 00:17:54 | 00:37:11 |
| 272 | 268 | PRYKIEL RADOŚLAW | POL | | RASZYN | 85 | M30/95 | Rasz/62 | 00:58:02 | 00:57:48 | 00:18:26 | 00:38:09 |
| 273 | 163 | KRUPIŃSKI KRZYSZTOF | POL | | JÓZEFÓW | 96 | M20/40 | | 00:58:02 | 00:57:43 | 00:17:40 | 00:37:29 |
| 274 | 86 | HOFFMAN MARCIN | POL | DIXI-CAR | RASZYN | 84 | M30/96 | Rasz/63 | 00:58:10 | 00:57:59 | 00:19:33 | 00:39:03 |
| 275 | 108 | KALISIEWICZ KRZYSZTOF | POL | | WARSZAWA | 62 | M50/32 | | 00:58:15 | 00:57:50 | 00:18:47 | 00:38:08 |
| 276 | 425 | JAROS ARKADIUSZ | POL | RUN VEGAN | BRWINÓW | 61 | M50/33 | | 00:58:23 | 00:58:05 | 00:19:08 | 00:38:41 |
| 277 | 382 | ŻUKOWSKI SEBASTIAN | POL | TEAM IKEA | JANKI | 86 | M30/97 | | 00:58:24 | 00:58:05 | 00:17:42 | 00:37:30 |
| 278 | 110 | KAMIŃSKI KONRAD | POL | UP&MORE | RASZYN | 78 | M40/92 | Rasz/64 | 00:58:28 | 00:57:58 | 00:19:55 | 00:38:53 |
| 279 | 345 | WASIAK RAFAŁ | POL | | LEGIONOWO | 90 | M20/41 | | 00:58:32 | 00:57:59 | 00:18:56 | 00:38:50 |
| 280 | 22 | BOGUCKI WŁODZIMIERZ | POL | NIEZRZESZONY | SEKOCIN NOWY | 61 | M50/34 | Rasz/65 | 00:58:35 | 00:58:12 | 00:20:07 | 00:39:27 |
| 281 | 231 | MUSIAŁ MARCIN | POL | NIEZALEŻNY | PRUSZKÓW | 84 | M30/98 | | 00:58:47 | 00:58:23 | 00:17:58 | 00:37:39 |
| 282 | 194 | MACIASZEK DAWID | POL | TEAM IKEA | JANKI | 87 | M30/99 | | 00:58:59 | 00:58:26 | 00:19:55 | 00:39:18 |
| 283 | 374 | ZIELIŃSKI ARKADIUSZ | POL | SAFEGUARD | WARSZAWA | 86 | M30/100 | | 00:59:01 | 00:58:27 | 00:20:15 | 00:39:44 |
| 284 | 506 | WOJCIUK TOMASZ | POL | | ŁOZISKA | 78 | M40/93 | | 00:59:01 | 00:58:47 | 00:19:31 | 00:38:54 |
| 285 | 508 | ZIELIŃSKI ŁUKASZ | POL | AUTOBUS Z NAPISEM 'KONIEC WYŚCIGU' | WARSZAWA | 77 | M40/94 | | 00:59:03 | 00:58:51 | 00:19:31 | 00:38:54 |
| 286 | 377 | ZIENTAŁA ADAM | POL | BRAK | NOWA WOLA | 80 | M30/101 | | 00:59:14 | 00:58:45 | 00:18:37 | 00:38:17 |
| 287 | 107 | KACZOROWSKI KRZYSZTOF | POL | | RADOM | 74 | M40/95 | | 00:59:24 | 00:59:14 | 00:19:21 | 00:39:32 |
| 288 | 518 | DUDEK JAKUB | POL | | PIASECZNO | 94 | M20/42 | | 00:59:33 | 00:58:57 | 00:21:09 | 00:40:20 |
| 289 | 137 | KONWALIK PIOTR | POL | | WARSZAWA | 74 | M40/96 | | 00:59:34 | 00:59:05 | 00:19:32 | 00:39:20 |
| 290 | 315 | SUCHNICKI ADAM | POL | | WARSZAWA | 90 | M20/43 | | 00:59:39 | 00:59:02 | 00:18:24 | 00:38:35 |
| 291 | 206 | MARLECKI ANDRZEJ | POL | BIEGIEM!RADOM | RADOM | 55 | M60+/11 | | 00:59:43 | 00:59:03 | 00:20:00 | 00:39:34 |
| 292 | 364 | VOLOSHCHUK MYKYTA | POL | TEAM IKEA | JANKI | 93 | M20/44 | | 01:00:05 | 00:59:32 | 00:19:50 | 00:39:16 |
| 293 | 183 | LEWANDOWSKI MARCIN | POL | EXCELLENT HOUSE TEAM | KOBYŁKA | 78 | M40/97 | | 01:00:16 | 00:59:50 | 00:19:54 | 00:40:12 |
| 294 | 150 | KOWALCZYK MARCIN | POL | | RYBIE | 82 | M30/102 | Rasz/67 | 01:00:16 | 01:00:11 | 00:17:41 | 00:38:20 |
| 295 | 498 | NARÓŻNIK MICHAŁ | POL | | RASZYN | 84 | M30/103 | Rasz/68 | 01:00:16 | 01:00:00 | 00:17:37 | 00:37:34 |
| 296 | 167 | KSIĘŻAK SYLWESTER | POL | EXCELLENT HOUSE TEAM | RASZYN | 83 | M30/104 | Rasz/69 | 01:00:17 | 00:59:52 | 00:19:54 | 00:40:11 |
| 297 | 452 | KOŚCIÓŁEK KONRAD | POL | | PIASECZNO | 72 | M40/98 | | 01:00:24 | 01:00:05 | 00:19:24 | 00:39:14 |
| 298 | 59 | DZBAŃSKI RAFAŁ | POL | | KOTUŃ | 89 | M30/105 | | 01:00:30 | 01:00:17 | 00:18:20 | 00:38:41 |
| 299 | 247 | PASZKOWSKI PIOTR | POL | ZAMIENIE TEAM | ZAMIENIE | 84 | M30/106 | | 01:00:30 | 01:00:06 | 00:19:17 | 00:39:22 |
| 300 | 371 | ZBRZEŃNIK IGOR | POL | | RASZYN | 95 | M20/45 | Rasz/70 | 01:00:47 | 01:00:12 | 00:18:02 | 00:39:26 |
| 301 | 469 | SYROCKI WOJCIECH | POL | | WARSZAWA | 72 | M40/99 | | 01:00:52 | 01:00:13 | 00:20:20 | 00:40:35 |
| 302 | 361 | WOŹNICKI DANIEL | POL | | RASZYN | 97 | M20/46 | Rasz/71 | 01:01:09 | 01:00:30 | 00:19:49 | 00:40:11 |
| 303 | 93 | JANISZEWSKI PIOTR | POL | KGW SQŁAD | ŁADY | 80 | M30/107 | Rasz/72 | 01:01:20 | 01:00:49 | 00:18:56 | 00:39:24 |
| 304 | 188 | ŁACHMAŃSKI EMIL | POL | TEAM IKEA | JANKI | 86 | M30/108 | | 01:01:24 | 01:00:51 | 00:20:11 | 00:40:52 |
| 305 | 413 | BOBYNKO MACIEJ | POL | | RYBIE | 58 | M60+/12 | Rasz/74 | 01:01:34 | 01:01:23 | 00:19:38 | 00:40:17 |
| 306 | 478 | TRUŚ MATEUSZ | POL | MARKOWI BIEGACZE | MARKI | 86 | M30/109 | | 01:01:44 | 01:01:21 | 00:19:49 | 00:40:26 |
| 307 | 133 | KLUZIAK JAROSŁAW | POL | BRAK | MIŃSK MAZOWIECKI | 85 | M30/110 | | 01:01:52 | 01:01:41 | 00:17:35 | 00:38:50 |

Mężczyźni

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Kraj Nat. | Drużyna Team | Miejscowość City | R-k YoB | W kategorii in Age | Grupa Group | Wynik Total | Wynik Netto | Międzyczasy | Check points |
|-----------------|-----------|-------------------------|--------------|--------------------|---------------------|------------|-----------------------|----------------|----------------|----------------|-------------|--------------|
| 308 | 280 | RESIAK MACIEJ | POL | | DAWIDY | 85 | M30/111 | Rasz/75 | 01:02:06 | 01:01:52 | 00:18:52 | 00:39:15 |
| 309 | 109 | KALISZEWSKI JANUSZ | POL | | WARSZAWA | 73 | M40/100 | | 01:02:10 | 01:01:49 | 00:19:33 | 00:40:27 |
| 310 | 520 | ZIENTAŁA ROBERT | POL | BRAK | NADARZYN | 81 | M30/112 | | 01:02:11 | 01:01:42 | 00:18:59 | 00:40:17 |
| 311 | 503 | PHAM DUC TRUNG | POL | | RASZYN | 78 | M40/101 | Rasz/76 | 01:02:13 | 01:02:06 | 00:18:46 | 00:39:55 |
| 312 | 451 | MIASKOWSKI MARCIN | POL | HITEC FILM | DRWALEW | 79 | M40/102 | | 01:02:17 | 01:01:57 | 00:20:04 | 00:40:58 |
| 313 | 343 | TUREK PAWEŁ | POL | PRINCES | PIASECZNO | 72 | M40/103 | | 01:02:24 | 01:01:58 | 00:20:37 | 00:41:04 |
| 314 | 106 | KACZMAREK ADAM | POL | | LASZCZKI | 70 | M40/104 | Rasz/77 | 01:02:25 | 01:02:16 | 00:20:21 | 00:41:34 |
| 315 | 100 | JÓZWIK ROBERT | POL | ARSUN | WARSZAWA | 76 | M40/105 | | 01:02:42 | 01:02:13 | 00:20:19 | 00:41:26 |
| 316 | 232 | NAZAROW-NENNO KONSTANTY | POL | BRAK | WARSZAWA | 79 | M40/106 | | 01:02:56 | 01:02:29 | 00:19:29 | 00:40:20 |
| 317 | 419 | FABIJAŃSKI TOMASZ | POL | | WARSZAWA | 84 | M30/113 | | 01:03:03 | 01:02:39 | 00:20:11 | 00:41:18 |
| 318 | 521 | JARECKI DAMIAN | POL | | ŁASK | 80 | M30/114 | | 01:03:03 | 01:02:31 | 00:19:25 | 00:40:13 |
| 319 | 293 | RYBKA TOMASZ | POL | | DZIEHCINIEC | 58 | M60+/13 | | 01:03:42 | 01:03:16 | 00:20:38 | 00:41:27 |
| 320 | 407 | ŚWIĄTKOWSKI KRZYSZTOF | POL | GRAVITAN | RYBIE | 92 | M20/47 | | 01:04:11 | 01:03:43 | 00:21:36 | 00:43:13 |
| 321 | 223 | MIZERA DAMIAN | POL | | ZAMIENIE | 85 | M30/115 | | 01:05:48 | 01:05:09 | 00:21:13 | 00:43:29 |
| 322 | 19 | BINIENDA BŁAŻEJ | POL | | FALENTY NOWE | 74 | M40/107 | Rasz/82 | 01:06:19 | 01:05:50 | 00:20:28 | 00:44:12 |
| 323 | 380 | ZYCH KRZYSZTOF | POL | SAFEGUARD | WARSZAWA | 86 | M30/116 | | 01:06:33 | 01:05:56 | 00:20:39 | 00:42:06 |
| 324 | 147 | KOTKIEWICZ BARTOSZ | POL | TEAM IKEA | JANKI | 80 | M30/117 | | 01:06:51 | 01:06:17 | 00:21:54 | 00:44:06 |
| 325 | 217 | MIKOŚ ROMAN | POL | | OTWOCK | 66 | M50/35 | | 01:06:52 | 01:06:41 | 00:20:33 | 00:43:19 |
| 326 | 495 | KOBUS WALDEK | POL | SQUASHCITY | WARSZAWA | 62 | M50/36 | | 01:07:25 | 01:07:12 | 00:20:12 | 00:43:45 |
| 327 | 44 | DELBAR MAURICE | BEL | LES DIABLES ROUGES | RASZYN | 61 | M50/37 | Rasz/85 | 01:07:58 | 01:07:27 | 00:20:17 | 00:42:16 |
| 328 | 378 | ZIMNICKI PRZEMYSŁAW | POL | | MARYSIN | 93 | M20/48 | | 01:08:44 | 01:08:19 | 00:20:05 | 00:43:35 |
| 329 | 207 | MARSZAŁEK JERZY | POL | | WARSZAWA | 58 | M60+/14 | | 01:09:10 | 01:08:33 | 00:22:55 | 00:47:00 |
| 330 | 30 | CHYLICKI MARIAN-TOMASZ | POL | BIEGIEMIRADOM | RADOM | 58 | M60+/15 | | 01:09:50 | 01:09:17 | 00:22:32 | 00:45:55 |
| 331 | 225 | MOSZKOWICZ EUGENIUSZ | POL | KONDYCJA | WARSZAWA | 42 | M60+/16 | | 01:10:01 | 01:09:46 | 00:21:14 | 00:44:48 |
| 332 | 415 | CZECHOWSKI JERZY | POL | MZA WARSZAWA | WARSZAWA | 49 | M60+/17 | | 01:12:40 | 01:12:12 | 00:23:08 | 00:47:14 |
| 333 | 390 | KARDASZEWSKI TOMASZ | POL | OCHOTABIEGA | WARSZAWA | 82 | M30/118 | | 01:13:11 | 01:12:39 | 00:23:02 | 00:47:22 |
| 334 | 388 | GOGOLEWSKI JERZY | POL | OCHOTABIEGA | WARSZAWA | 85 | M30/119 | | 01:13:42 | 01:13:13 | 00:23:02 | 00:48:13 |
| 335 | 26 | CHMIELAK KRZYSZTOF | POL | | WARSZAWA | 82 | M30/120 | | 01:16:13 | 01:15:41 | 00:24:13 | 00:50:05 |
| 336 | 38 | CZERNIAWSKI ROMUALD | POL | ZABIEGANY WOŁOMIN | KOBYŁKA | 67 | M50/38 | | 01:16:13 | 01:16:13 | | |
| 337 | 358 | WOJEWÓDZKI TOMASZ | POL | | STRZENIÓWKA | 61 | M50/39 | | 01:20:56 | 01:20:22 | 00:23:22 | 00:52:08 |
| 338 | 83 | GUZIK WOJCIECH | POL | TEAM IKEA | JANKI | 94 | M20/49 | | 01:26:29 | 01:26:29 | | |
| 339 | 236 | OCHAB MARIUSZ | POL | | WARSZAWA | 69 | M50/40 | | 01:29:51 | 01:29:17 | 00:28:00 | 00:58:17 |
| 340 | 511 | MAREK HENRYK | POL | | WARSZAWA | 47 | M60+/18 | | 01:31:34 | 01:30:59 | 00:28:26 | |

X OGÓLNOPOLSKI BIEG RASZYŃSKI

WYNIKI ZAWODÓW

M16: 16 - 19 lat

Organizator: KLUB SPORTOWY RASZYN, GMINNY OŚRODEK SPORTU W RASZYNIE

Termin: 07.04.2019

Miejsce: Raszyn

Dystans: 10 km

Trasa posiada atest PZLA

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Kraj Nat. | Drużyna Team | Miejscowość City | R-k YoB | W kategorii in Age | Grupa Group | Wynik Total | Wynik Netto | Międzyczasy | | Check points |
|-----------------|-----------|-------------------------|--------------|-------------------------|---------------------|------------|-----------------------|----------------|-----------------|----------------|-------------|----------|--------------|
| | | | | | | | | | | | 1 Runda | 2 Runda | |
| 1 | 76 | GOS MATEUSZ | POL | KS WARKA | WARKA | 02 | M16/1 | | 00:36:49 | 00:36:47 | 00:11:34 | 00:23:56 | |
| 2 | 94 | JARMUŁ ANTONI | POL | | MICHAŁOWICE | 00 | M16/2 | | 00:42:54 | 00:42:46 | 00:14:04 | 00:28:29 | |
| 3 | 129 | KILJANCZYK DOMINIK | POL | TARCZYŃSKI KLUB BIEGOWY | TARCZYN | 00 | M16/3 | | 00:43:20 | 00:43:12 | 00:14:27 | 00:29:00 | |
| 4 | 432 | KOŁTUNIAK SZYMON | POL | | KOBYŁKA | 02 | M16/4 | | 00:47:27 | 00:47:14 | 00:15:25 | 00:31:03 | |
| 5 | 445 | MIZERSKI BARTŁOMIEJ | POL | | DAWIDY BANKOWE | 02 | M16/5 | Rasz/22 | 00:48:36 | 00:48:16 | 00:16:58 | 00:32:56 | |
| 6 | 433 | KOPCEWICZ JAKUB | POL | S.M.A.J.L. | MYSIADŁO | 00 | M16/6 | | 00:56:19 | 00:56:00 | 00:19:13 | 00:37:48 | |

X OGÓLNOPOLSKI BIEG RASZYŃSKI

WYNIKI ZAWODÓW

M20: 20 - 29 lat

Organizator: KLUB SPORTOWY RASZYN, GMINNY OŚRODEK SPORTU W RASZYNIE

Termin: 07.04.2019

Miejsce: Raszyn

Dystans: 10 km

Trasa posiada atest PZLA

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Kraj Nat. | Drużyna Team | Miejscowość City | R-k YoB | W kategorii in Age | Grupa Group | Wynik Total | Wynik Netto | Międzyczasy | | Check points |
|-----------------|-----------|-------------------------|--------------|--------------------------------|---------------------|------------|-----------------------|----------------|----------------|----------------|-------------|----------|--------------|
| | | | | | | | | | | | 1 Runda | 2 Runda | |
| 1 | 480 | WASIEWICZ KRZYSZTOF | POL | KONDYCJA | PIASECZNO | 92 | M20/1 | | 00:31:52 | 00:31:52 | 00:10:10 | 00:21:04 | |
| 2 | 416 | DRAGAN ALEKSANDER | POL | | KIELCE | 90 | M20/2 | | 00:31:53 | 00:31:51 | 00:10:35 | 00:21:14 | |
| 3 | 316 | SZATECKI MAKSYMILIAN | POL | I-SPORT TEAM / JAKUBOWSKI TEAM | WARSZAWA | 96 | M20/3 | | 00:32:38 | 00:32:37 | 00:10:35 | 00:21:33 | |
| 4 | 216 | MIKIELSKI DANIEL | POL | | OLSZTYNEK | 90 | M20/4 | | 00:33:23 | 00:33:21 | 00:10:50 | 00:21:58 | |
| 5 | 242 | OWCZAREK RAFAŁ | POL | | GÓRA KALWARIA | 93 | M20/5 | | 00:36:24 | 00:36:23 | 00:11:44 | 00:23:50 | |
| 6 | 214 | MICHALIK RAFAŁ | POL | IZBA ADWOKACKA | CZĘSTOCHOWA | 91 | M20/6 | | 00:38:37 | 00:38:37 | 00:12:39 | 00:25:31 | |
| 7 | 389 | KAMIŃSKI MATEUSZ | POL | POWERBUG.PL | WARSZAWA | 91 | M20/7 | | 00:39:02 | 00:39:00 | 00:12:06 | 00:25:19 | |
| 8 | 200 | MAKOWSKI MATEUSZ | POL | | WARSZAWA | 91 | M20/8 | | 00:40:26 | 00:40:21 | 00:12:45 | 00:26:30 | |
| 9 | 297 | SAWICKI MARCIN | POL | | JASIENIEC | 95 | M20/9 | | 00:42:07 | 00:42:04 | 00:13:21 | 00:27:51 | |
| 10 | 325 | SZOPA ŁUKASZ | POL | | WARSZAWA | 99 | M20/10 | | 00:42:15 | 00:42:09 | 00:13:50 | 00:28:19 | |
| 11 | 431 | KOCHANOWSKI MICHAŁ | POL | | WARSZAWA | 90 | M20/11 | | 00:43:08 | 00:42:59 | 00:13:59 | 00:28:27 | |
| 12 | 272 | PYĆ MATEUSZ | POL | | SŁOMIN | 90 | M20/12 | Rasz/9 | 00:44:20 | 00:44:20 | 00:14:03 | 00:29:06 | |
| 13 | 524 | CYBULSKI ARTUR | POL | KS RASZYN | RASZYN | 94 | M20/13 | Rasz/11 | 00:44:45 | 00:44:29 | 00:15:24 | | |
| 14 | 481 | WAWRZYŃIAK DAMIAN | POL | LAMY Z PANAMY | WARSZAWA | 93 | M20/14 | | 00:45:04 | 00:45:00 | 00:14:45 | 00:29:59 | |
| 15 | 63 | FIGARSKI TOMASZ | POL | TEAM IKEA | JANKI | 92 | M20/15 | | 00:45:46 | 00:45:28 | 00:14:39 | 00:29:45 | |
| 16 | 473 | SZMIGIELSKI MATEUSZ | POL | | CHOTOMÓW | 90 | M20/16 | | 00:45:46 | 00:45:23 | 00:15:25 | 00:30:27 | |
| 17 | 528 | SARZAŁA BARTŁOMIEJ | POL | AKS POLONIA WARSZAWA | WARSZAWA | 93 | M20/17 | | 00:46:07 | 00:45:57 | 00:15:17 | 00:30:29 | 00:53:44 |
| 18 | 235 | OBLUSKI SEBASTIAN | POL | | RASZYN | 92 | M20/18 | Rasz/15 | 00:47:16 | 00:46:52 | 00:15:35 | 00:31:09 | |
| 19 | 155 | KRAWCZYK KONRAD | POL | CS GROUP RUNNERS | WARSZAWA | 91 | M20/19 | | 00:47:42 | 00:47:25 | 00:16:08 | 00:31:59 | |
| 20 | 266 | POLAKOWSKI BARTŁOMIEJ | POL | | RASZYN | 97 | M20/20 | Rasz/17 | 00:48:04 | 00:47:33 | 00:16:25 | 00:32:08 | |
| 21 | 308 | STRÓŻIK KRYSZTOF | POL | | PRUSZKÓW | 98 | M20/21 | | 00:48:04 | 00:47:53 | 00:16:07 | 00:33:12 | |
| 22 | 356 | WITKOWSKI PAWEŁ | POL | POLSKI KOMFORT | PIASECZNO | 93 | M20/22 | | 00:49:08 | 00:48:57 | 00:16:48 | 00:33:04 | |
| 23 | 367 | ZAKRZEWSKI MARCIN | POL | | PŁOŃSK | 91 | M20/23 | | 00:49:13 | 00:48:42 | 00:17:26 | 00:33:36 | |
| 24 | 386 | DURLIK JAKUB | POL | | RASZYN | 96 | M20/24 | Rasz/26 | 00:49:30 | 00:49:17 | 00:16:11 | 00:32:56 | |
| 25 | 161 | KRUPCZYŃSKI SZYMON | POL | | RASZYN | 91 | M20/25 | Rasz/35 | 00:50:40 | 00:50:20 | 00:16:26 | 00:33:25 | |
| 26 | 243 | PALUCH KONRAD | POL | | RASZYN | 93 | M20/26 | Rasz/41 | 00:51:28 | 00:51:07 | 00:17:14 | 00:34:23 | |
| 27 | 516 | DUDEK ŁUKASZ | POL | | PIASECZNO | 97 | M20/27 | | 00:51:44 | 00:51:23 | 00:16:25 | 00:33:59 | |

| <i>Miejsce Rank</i> | <i>Nr Bib</i> | <i>Nazwisko i imię Name</i> | <i>Kraj Nat.</i> | <i>Drużyna Team</i> | <i>Miejscowość City</i> | <i>R-k YoB</i> | <i>W kategorii in Age</i> | <i>Grupa Group</i> | <i>Wynik Total</i> | <i>Wynik Netto</i> | <i>Międzyczasy</i> | <i>Check points</i> |
|-------------------------|-------------------|---------------------------------|----------------------|-------------------------|-----------------------------|--------------------|-------------------------------|------------------------|------------------------|------------------------|--------------------|---------------------|
| 28 | 62 | FERCZYKOWSKI TOMASZ | POL | TEAM IKEA | JANKI | 91 | M20/28 | | 00:51:47 | 00:51:15 | 00:18:02 | 00:35:05 |
| 29 | 69 | GAWIN KRZYSZTOF | POL | TRI NEGU | WARSZAWA | 92 | M20/29 | | 00:53:31 | 00:53:07 | 00:19:23 | 00:37:22 |
| 30 | 189 | ŁOŚ ŁUKASZ | POL | BIDUL RUN TEAM | WARSZAWA | 92 | M20/30 | | 00:53:32 | 00:53:26 | 00:16:19 | 00:34:55 |
| 31 | 439 | KUBASIEWICZ WOJCIECH | POL | | WARSZAWA | 93 | M20/31 | | 00:54:12 | 00:53:44 | 00:19:01 | 00:36:25 |
| 32 | 246 | PARCHEM KAROL | POL | TEAM IKEA | JANKI | 91 | M20/32 | | 00:54:26 | 00:53:56 | 00:16:55 | 00:35:14 |
| 33 | 124 | KĄŻMIERCZAK KRYSZTIAN | POL | WYBIERZ | TERESIN | 96 | M20/33 | | 00:54:39 | 00:54:01 | 00:17:33 | 00:35:36 |
| 34 | 373 | ZIEJA BERNARD | POL | | PRUSZKÓW | 91 | M20/34 | | 00:54:40 | 00:54:26 | 00:17:44 | 00:36:06 |
| 35 | 187 | LIPIEC ŁUKASZ | POL | | PUCHAŁY | 93 | M20/35 | Rasz/48 | 00:54:40 | 00:54:29 | 00:17:09 | 00:35:31 |
| 36 | 208 | GRANICA MATEUSZ | POL | WCHUW `OBIEGÓWKA` | WARSZAWA | 91 | M20/36 | | 00:54:52 | 00:54:29 | 00:17:57 | 00:36:10 |
| 37 | 253 | PETRYKA KAJETAN | POL | TEAM IKEA | JANKI | 95 | M20/37 | | 00:56:40 | 00:56:06 | 00:19:54 | 00:38:59 |
| 38 | 493 | DĄBKOWSKI MICHAŁ | POL | POLSKI KOMFORT | PIASECZNO | 93 | M20/38 | | 00:56:55 | 00:56:27 | 00:18:16 | 00:37:49 |
| 39 | 461 | RADKIEWICZ KAROL | POL | TARCZYŃSKI KLUB BIEGOWY | TARCZYN | 92 | M20/39 | | 00:57:11 | 00:56:55 | 00:19:38 | 00:38:57 |
| 40 | 163 | KRUPIŃSKI KRZYSZTOF | POL | | JÓZEFÓW | 96 | M20/40 | | 00:58:02 | 00:57:43 | 00:17:40 | 00:37:29 |
| 41 | 345 | WASIAK RAFAŁ | POL | | LEGIONOWO | 90 | M20/41 | | 00:58:32 | 00:57:59 | 00:18:56 | 00:38:50 |
| 42 | 518 | DUDEK JAKUB | POL | | PIASECZNO | 94 | M20/42 | | 00:59:33 | 00:58:57 | 00:21:09 | 00:40:20 |
| 43 | 315 | SUCHNICKI ADAM | POL | | WARSZAWA | 90 | M20/43 | | 00:59:39 | 00:59:02 | 00:18:24 | 00:38:35 |
| 44 | 364 | VOLOSHCHUK MYKYTA | POL | TEAM IKEA | JANKI | 93 | M20/44 | | 01:00:05 | 00:59:32 | 00:19:50 | 00:39:16 |
| 45 | 371 | ZBRZEŹNIAK IGOR | POL | | RASZYN | 95 | M20/45 | Rasz/70 | 01:00:47 | 01:00:12 | 00:18:02 | 00:39:26 |
| 46 | 361 | WOŹNICKI DANIEL | POL | | RASZYN | 97 | M20/46 | Rasz/71 | 01:01:09 | 01:00:30 | 00:19:49 | 00:40:11 |
| 47 | 407 | ŚWIĄTKOWSKI KRZYSZTOF | POL | GRAVITAN | RYBIE | 92 | M20/47 | | 01:04:11 | 01:03:43 | 00:21:36 | 00:43:13 |
| 48 | 378 | ZIMNICKI PRZEMYSŁAW | POL | | MARYSIN | 93 | M20/48 | | 01:08:44 | 01:08:19 | 00:20:05 | 00:43:35 |
| 49 | 83 | GUZIK WOJCIECH | POL | TEAM IKEA | JANKI | 94 | M20/49 | | 01:26:29 | 01:26:29 | | |

X OGÓLNOPOLSKI BIEG RASZYŃSKI

WYNIKI ZAWODÓW

M30: 30 - 39 lat

Organizator: KLUB SPORTOWY RASZYN, GMINNY OŚRODEK SPORTU W RASZYNIE

Termin: 07.04.2019

Miejsce: Raszyn

Dystans: 10 km

Trasa posiada atest PZLA

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Kraj Nat. | Drużyna Team | Miejscowość City | R-k YoB | W kategorii in Age | Grupa Group | Wynik Total | Wynik Netto | Międzyczasy | | Check points |
|-----------------|-----------|-------------------------|--------------|-----------------------------|---------------------|------------|-----------------------|----------------|----------------|----------------|-------------|----------|--------------|
| | | | | | | | | | | | 1 Runda | 2 Runda | |
| 1 | 447 | NOWAK JAKUB | POL | LŁKS PREFBET ŚNIADOWO ŁOMŻA | WARSZAWA | 89 | M30/1 | | 00:30:00 | 00:29:59 | 00:09:49 | 00:19:51 | |
| 2 | 369 | ZARZYCKI MACIEJ | POL | | ŻÓŁWIN | 89 | M30/2 | | 00:35:08 | 00:35:05 | 00:11:02 | 00:22:46 | |
| 3 | 255 | PIATKA TOMASZ | POL | ADIDAS RUNNERS WARSAW | WARSZAWA | 84 | M30/3 | | 00:36:24 | 00:36:20 | 00:12:05 | 00:24:14 | |
| 4 | 176 | KUNA BARTŁOMIEJ | POL | KUNA TRIKLUB | WARKA | 85 | M30/4 | | 00:36:45 | 00:36:43 | 00:11:30 | 00:23:55 | |
| 5 | 334 | ŚLIWA KRZYSZTOF | POL | NAPRZÓD MŁOCINY | WARSZAWA | 85 | M30/5 | | 00:37:36 | 00:37:36 | 00:12:30 | 00:25:03 | |
| 6 | 352 | WILCZYŃSKI MATEUSZ | POL | SZYBKIE WILKI | SIEDLCE | 85 | M30/6 | | 00:37:40 | 00:37:38 | 00:12:05 | 00:24:40 | |
| 7 | 489 | WOJTYNA ŁUKASZ | POL | | WARSZAWA | 87 | M30/7 | | 00:38:33 | 00:38:27 | 00:12:41 | 00:25:31 | |
| 8 | 477 | TOMCZAK MARCIN | POL | KOCI PAZUR | CIECHANÓW | 80 | M30/8 | | 00:39:05 | 00:39:01 | 00:12:28 | 00:25:43 | |
| 9 | 502 | MUCKUS FILIP | POL | KS KANAŁEK | WARSZAWA | 87 | M30/9 | | 00:39:20 | 00:39:16 | 00:12:56 | 00:25:56 | |
| 10 | 496 | LEŚNIAK JACEK | POL | | WARSZAWA | 80 | M30/10 | | 00:39:34 | 00:39:30 | 00:13:17 | 00:26:36 | |
| 11 | 79 | GROCHOWSKI MACIEJ | POL | | WARSZAWA | 85 | M30/11 | | 00:39:48 | 00:39:44 | 00:12:38 | 00:25:59 | |
| 12 | 333 | ŚCISŁOWSKI NORBERT | POL | KS START PUŁASKI WARKA | WARKA | 82 | M30/12 | | 00:40:13 | 00:40:10 | 00:13:16 | 00:26:39 | |
| 13 | 39 | CZUB DANIEL | POL | ŻMUDA RUNNING TEAM | WARSZAWA | 84 | M30/13 | | 00:40:31 | 00:40:27 | 00:13:08 | 00:26:33 | |
| 14 | 12 | BANASZCZYK GRZEGORZ | POL | ENDORFINA SZYDŁOWIEC | SZYDŁOWIEC | 87 | M30/14 | | 00:40:51 | 00:40:45 | 00:13:18 | 00:27:03 | |
| 15 | 278 | RDZONEK DARIUSZ | POL | | WARSZAWA | 83 | M30/15 | | 00:40:54 | 00:40:41 | 00:13:37 | 00:27:18 | |
| 16 | 146 | KOŚCIK JAKUB | POL | KRÓLEWSKI KLUB BIEGACZA | WARSZAWA | 85 | M30/16 | | 00:40:55 | 00:40:51 | 00:13:46 | 00:27:17 | |
| 17 | 497 | MIELCZARSKI BARTOSZ | POL | | WARSZAWA | 84 | M30/17 | | 00:41:25 | 00:41:18 | 00:13:40 | 00:27:22 | |
| 18 | 40 | DALASIŃSKI ANDRZEJ | POL | KUŹNIA TRIATHLONU | ŁÓDŹ | 80 | M30/18 | | 00:41:35 | 00:41:31 | 00:13:19 | 00:27:18 | |
| 19 | 274 | PYTŁOS MARCIN | POL | NAPRZÓD MŁOCINY | WARSZAWA | 80 | M30/19 | | 00:41:47 | 00:41:43 | 00:14:00 | 00:28:01 | |
| 20 | 43 | DĄBAL MARCIN | POL | SŁOWIANIN | BŁĘDÓW | 81 | M30/20 | | 00:41:57 | 00:41:50 | 00:14:03 | 00:27:52 | |
| 21 | 273 | PYRZAK PAWEŁ | POL | FORT JAKSMANICE | PRZEMYŚL | 85 | M30/21 | | 00:42:16 | 00:42:13 | 00:13:37 | 00:28:02 | |
| 22 | 72 | GNIECIAK DARIUSZ | POL | TARCZYŃSKI KLUB BIEGOWY | TARCZYN | 80 | M30/22 | | 00:42:19 | 00:42:17 | 00:13:41 | 00:27:42 | |
| 23 | 82 | GRZEJSZCZYK SEBASTIAN | POL | ŻMUDA RUNNING TEAM | RASZYN | 86 | M30/23 | Rasz/6 | 00:42:42 | 00:42:39 | 00:14:11 | 00:28:41 | |
| 24 | 398 | HAISHAN ZHENG | POL | GRAVITAN | RASZYN | 80 | M30/24 | | 00:42:52 | 00:42:47 | 00:13:40 | 00:27:47 | |
| 25 | 5 | ALOT PAWEŁ | POL | | RADOM | 83 | M30/25 | | 00:43:08 | 00:43:01 | 00:14:04 | 00:28:33 | |
| 26 | 313 | STYCZEK SEBASTIAN | POL | | NOWA WOLA | 89 | M30/26 | | 00:43:09 | 00:42:59 | 00:14:17 | 00:28:43 | |
| 27 | 239 | OLSZEWSKI BARTŁOMIEJ | POL | | RASZYN | 86 | M30/27 | Rasz/7 | 00:43:15 | 00:43:03 | 00:14:55 | 00:29:17 | |

| <i>Miejsce Rank</i> | <i>Nr Bib</i> | <i>Nazwisko i imię Name</i> | <i>Kraj Nat.</i> | <i>Drużyna Team</i> | <i>Miejscowość City</i> | <i>R-k YoB</i> | <i>W kategorii in Age</i> | <i>Grupa Group</i> | <i>Wynik Total</i> | <i>Wynik Netto</i> | <i>Międzyczasy</i> | <i>Check points</i> |
|-------------------------|-------------------|---------------------------------|----------------------|----------------------------------|-----------------------------|--------------------|-------------------------------|------------------------|------------------------|------------------------|--------------------|---------------------|
| 28 | 522 | BAJ ROBERT | POL | #RC_WAW | TERESIN | 84 | M30/28 | | 00:43:22 | 00:43:13 | 00:13:46 | 00:28:31 |
| 29 | 51 | DUDEK MARCIN | POL | DTW RUNNING TEAM | WARSZAWA | 88 | M30/29 | | 00:43:22 | 00:43:14 | 00:14:34 | 00:29:04 |
| 30 | 302 | SKRZYPKOWSKI MACIEJ | POL | | WARSZAWA | 86 | M30/30 | | 00:44:32 | 00:44:23 | 00:14:36 | 00:29:23 |
| 31 | 237 | OLCHOWIK MARCIN | POL | | WARSZAWA | 83 | M30/31 | | 00:44:36 | 00:44:29 | 00:15:12 | 00:29:27 |
| 32 | 175 | KULKA SERGIUSZ | POL | TRI NEGU | LESZNOWOLA | 80 | M30/32 | Rasz/10 | 00:44:40 | 00:44:34 | 00:14:09 | 00:29:02 |
| 33 | 190 | ŁUGOWSKI SYLWESTER | POL | ADIDAS RUNNERS WARSAW | WARSZAWA | 89 | M30/33 | | 00:45:04 | 00:44:56 | 00:14:35 | 00:29:45 |
| 34 | 49 | DRASZAWKA ŁUKASZ | POL | POWER TRAINING | WARSZAWA | 83 | M30/34 | | 00:45:05 | 00:44:53 | 00:14:48 | 00:29:53 |
| 35 | 467 | STEFAŃSKI KRYSZTIAN | POL | KS KANAŁEK | OLSZTYN | 84 | M30/35 | | 00:45:15 | 00:45:11 | 00:12:56 | |
| 36 | 453 | PANKOWSKI GRZEGORZ | POL | KOSI MAZAKI TEAM | WARSZAWA | 82 | M30/36 | | 00:45:18 | 00:45:05 | 00:15:10 | 00:30:19 |
| 37 | 454 | PAPUGA SŁAWEK | POL | ING FAKTORING | NOWA WOLA | 82 | M30/37 | | 00:45:20 | 00:44:59 | 00:15:12 | 00:30:11 |
| 38 | 505 | SKWARSKI PRZEMYSŁAW | POL | | WARSZAWA | 80 | M30/38 | | 00:45:21 | 00:45:05 | 00:14:55 | 00:30:02 |
| 39 | 116 | KARAŚ TOMASZ | POL | LEGIA WARSZAWA SEKCJA ŁYŻWIARSKA | RASZYN | 83 | M30/39 | Rasz/12 | 00:45:53 | 00:45:38 | 00:14:29 | 00:29:44 |
| 40 | 309 | STRZELCZYK TOMASZ | POL | STREET RUN RADOM | RADOM | 87 | M30/40 | | 00:46:21 | 00:46:07 | 00:14:39 | 00:30:13 |
| 41 | 460 | PYLNIEV OLEKSANDR | UKR | MAJCAKE | WARSZAWA | 86 | M30/41 | | 00:46:30 | 00:46:13 | 00:15:11 | 00:30:23 |
| 42 | 33 | CIEŚLAR RAFAŁ | POL | BIELSKO-BIAŁA | BIELSKO-BIAŁA | 84 | M30/42 | | 00:46:41 | 00:46:37 | 00:15:02 | 00:30:40 |
| 43 | 171 | KUCHTA PAWEŁ | POL | | MACIEJOWICE | 81 | M30/43 | | 00:46:42 | 00:46:27 | 00:15:03 | 00:30:41 |
| 44 | 296 | SADKOWSKI PAWEŁ | POL | | MAKÓW | 80 | M30/44 | | 00:46:47 | 00:46:42 | 00:15:33 | 00:31:12 |
| 45 | 394 | SZYMAŃSKI PIOTR | POL | | PRUSZKÓW | 80 | M30/45 | | 00:47:08 | 00:46:46 | 00:16:12 | 00:31:48 |
| 46 | 485 | WŁODARSKI PIOTR | POL | KS RASZYN | WARSZAWA | 82 | M30/46 | | 00:47:18 | 00:47:02 | 00:15:25 | 00:31:10 |
| 47 | 91 | JANECKI PRZEMYSŁAW | POL | TRENINGBIEGACZA.PL | WARSZAWA | 80 | M30/47 | | 00:47:34 | 00:47:13 | 00:16:04 | 00:31:52 |
| 48 | 6 | ANDRZEJEWSKI TOMASZ | POL | RADOM | RADOM | 83 | M30/48 | | 00:47:51 | 00:47:43 | 00:15:27 | 00:31:35 |
| 49 | 122 | KAZIMIERSKI GRZEGORZ | POL | OMEGABRUK | KSIĄŻENICE | 83 | M30/49 | | 00:48:08 | 00:48:05 | 00:14:58 | 00:32:11 |
| 50 | 411 | BIAŁOBRZESKI BARTOSZ | POL | | RYBIE | 82 | M30/50 | Rasz/19 | 00:48:18 | 00:47:46 | 00:15:13 | 00:31:20 |
| 51 | 238 | OLESIŃSKI PIOTR | POL | BELVEDERE ŻYRARDÓW | ŻYRARDÓW | 81 | M30/51 | | 00:48:23 | 00:48:16 | 00:15:09 | 00:31:42 |
| 52 | 360 | WOŹNIAK MICHAŁ | POL | MZO PRUSZKÓW | PRUSZKÓW | 81 | M30/52 | | 00:48:26 | 00:48:10 | 00:15:38 | 00:31:57 |
| 53 | 224 | MŁYNARSKI SYLWESTER | POL | NIE MA | RADOM | 84 | M30/53 | | 00:48:27 | 00:48:27 | 00:15:00 | 00:31:55 |
| 54 | 418 | DYBOWSKI HUBERT | POL | | RASZYN | 85 | M30/54 | Rasz/21 | 00:48:27 | 00:48:18 | 00:15:35 | 00:31:59 |
| 55 | 203 | MARCHEWKA RAFAŁ | POL | | WARSZAWA | 80 | M30/55 | | 00:48:33 | 00:48:22 | 00:15:25 | 00:31:55 |
| 56 | 131 | KIRYLCZUK PIOTR | POL | TEAM KARAŚ | PECICE MAŁE | 80 | M30/56 | | 00:48:34 | 00:48:24 | 00:15:26 | 00:31:50 |
| 57 | 54 | DURMA KRYSZTIAN | POL | | FALENTY NOWE | 88 | M30/57 | Rasz/23 | 00:48:39 | 00:48:09 | 00:16:01 | 00:31:57 |
| 58 | 501 | GŁUCHOWSKI KAROL | POL | HUTA NOWA HUTA | WARSZAWA | 89 | M30/58 | | 00:48:48 | 00:48:42 | 00:16:25 | 00:32:53 |
| 59 | 350 | WIERZBICKI MICHAŁ | POL | LESZNOWOLA BIEGA | LESZNOWOLA | 87 | M30/59 | | 00:49:18 | 00:48:56 | 00:16:09 | 00:32:41 |
| 60 | 61 | FELLER ARKADIUSZ | POL | BŁĘDOWSKA WATAHA | BŁĘDÓW | 83 | M30/60 | | 00:49:18 | 00:49:00 | 00:16:48 | 00:33:05 |
| 61 | 282 | ROCH ADAM | POL | NIE MA | JANKI | 83 | M30/61 | Rasz/28 | 00:49:48 | 00:49:26 | 00:15:14 | 00:32:17 |
| 62 | 406 | STAŃCZAK MARCIN | POL | GRAVITAN | WARSZAWA | 83 | M30/62 | | 00:49:51 | 00:49:47 | 00:15:21 | 00:32:02 |
| 63 | 403 | REDLICH DARIUSZ | POL | GRAVITAN | RASZYN | 83 | M30/63 | Rasz/29 | 00:49:51 | 00:49:39 | 00:16:16 | 00:32:58 |
| 64 | 525 | MADETKO ŁUKASZ | POL | | RASZYN | 85 | M30/64 | Rasz/31 | 00:50:01 | 00:49:45 | 00:16:11 | 00:32:46 |
| 65 | 153 | KOWALSKI MICHAŁ | POL | TEAM IKEA | JANKI | 87 | M30/65 | | 00:50:13 | 00:49:56 | 00:16:17 | 00:32:58 |
| 66 | 36 | CZARNAK MARCIN | POL | | RASZYN | 88 | M30/66 | Rasz/33 | 00:50:25 | 00:50:06 | 00:16:58 | 00:33:35 |
| 67 | 156 | KRAWCZYK PAWEŁ | POL | NIEZALEŻNY | DAWIDY | 86 | M30/67 | Rasz/34 | 00:50:30 | 00:50:08 | 00:16:29 | 00:33:26 |

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Kraj Nat. | Drużyna Team | Miejscowość City | R-k YoB | W kategorii in Age | Grupa Group | Wynik Total | Wynik Netto | Międzyczasy | Check points |
|-----------------|-----------|-------------------------|--------------|---------------------------|---------------------|------------|-----------------------|----------------|----------------|----------------|-------------|--------------|
| 68 | 220 | MIRONCZUK PIOTR | POL | | MYSIADŁO | 82 | M30/68 | | 00:50:34 | 00:50:25 | 00:15:34 | 00:32:46 |
| 69 | 306 | STASIAK PIOTR | POL | | WARSZAWA | 88 | M30/69 | | 00:51:00 | 00:50:46 | 00:16:27 | 00:33:18 |
| 70 | 344 | WALAC JACEK | POL | DOGOŃ GRODZISK MAZOWIECKI | GRODZISK | 83 | M30/70 | | 00:51:14 | 00:51:03 | 00:16:24 | 00:33:36 |
| 71 | 37 | CZARNECKI MACIEJ | POL | STREET RUN RADOM | PRZYTYK | 83 | M30/71 | | 00:51:26 | 00:51:05 | 00:16:28 | 00:33:24 |
| 72 | 96 | JAWOREK KRZYSZTOF | POL | FC MIKOŁAJSKA | WARSZAWA | 83 | M30/72 | | 00:51:30 | 00:51:21 | 00:16:25 | 00:33:55 |
| 73 | 97 | JAWORSKI LUKASZ | POL | | WARSZAWA | 83 | M30/73 | | 00:51:50 | 00:51:34 | 00:16:40 | 00:34:03 |
| 74 | 166 | KSIĄŻEK GRZEGORZ | POL | | WARSZAWA | 83 | M30/74 | | 00:52:01 | 00:51:48 | 00:16:00 | 00:33:20 |
| 75 | 178 | KWASNIAK LUKASZ | POL | NIEZRZESZONY | GODZISZ | 87 | M30/75 | Rasz/42 | 00:52:29 | 00:52:17 | 00:16:23 | 00:33:48 |
| 76 | 359 | WOJTKOWSKI PIOTR | POL | ZABIEGANY WOŁOMIN | KOBYŁKA | 85 | M30/76 | | 00:52:31 | 00:52:14 | 00:17:26 | 00:34:53 |
| 77 | 165 | KRZYWIEC PRZEMYSŁAW | POL | | FALENTY | 86 | M30/77 | Rasz/43 | 00:53:02 | 00:52:53 | 00:17:08 | 00:35:24 |
| 78 | 442 | LIPIŃSKI OSKAR | POL | | WARSZAWA | 87 | M30/78 | | 00:53:20 | 00:52:51 | 00:17:37 | 00:35:14 |
| 79 | 132 | KLIKOWSKI MACIEJ | POL | | ZGORZAŁA | 86 | M30/79 | | 00:53:27 | 00:52:53 | 00:18:38 | 00:36:35 |
| 80 | 479 | UMOWSKI RAFAŁ | POL | ŻYRARDOWSKIE TOWARZYSTWO | ŻYRARDÓW | 88 | M30/80 | | 00:53:40 | 00:53:36 | 00:16:09 | 00:34:50 |
| 81 | 102 | JUCHNIEWICZ PATRYK | POL | | WARSZAWA | 87 | M30/81 | | 00:53:43 | 00:53:15 | 00:17:37 | 00:35:30 |
| 82 | 471 | SZCZĘSNY WITOLD | POL | O.R.P.P. KIEŁ | PIASECZNO | 82 | M30/82 | | 00:54:04 | 00:53:34 | 00:18:47 | 00:36:45 |
| 83 | 50 | DUCH EMIL | POL | JB WARSAW | WARSZAWA | 85 | M30/83 | | 00:54:23 | 00:54:04 | 00:18:02 | 00:35:52 |
| 84 | 157 | KRAWCZYK TOMASZ | POL | TEAM IKEA | JANKI | 80 | M30/84 | | 00:54:32 | 00:53:57 | 00:19:29 | 00:37:42 |
| 85 | 456 | PAWLAK IRENEUSZ | POL | | GRZMIĄCA | 84 | M30/85 | | 00:54:41 | 00:54:04 | 00:17:55 | 00:36:07 |
| 86 | 271 | PUCHALSKI MICHAŁ | POL | | WARSZAWA | 80 | M30/86 | | 00:54:57 | 00:54:29 | 00:18:25 | 00:36:35 |
| 87 | 462 | RIDINGER MICHAŁ | POL | ELBLĄG | PIASECZNO | 84 | M30/87 | | 00:55:02 | 00:54:26 | 00:18:53 | 00:37:00 |
| 88 | 250 | PAWŁOWSKI JAN | POL | WCHUW `OBIEGÓWKA` | WARSZAWA | 87 | M30/88 | | 00:55:03 | 00:54:39 | 00:17:56 | 00:36:21 |
| 89 | 329 | SZYMANOWICZ RAFAL | POL | RUN FOREST RUN | RASZYN | 86 | M30/89 | Rasz/52 | 00:55:34 | 00:55:25 | 00:17:16 | 00:36:51 |
| 90 | 292 | RYBKA JAN | POL | RYBENSHUTTE | NOWE GROCHOLICE | 85 | M30/90 | Rasz/53 | 00:55:40 | 00:55:13 | 00:18:25 | 00:37:00 |
| 91 | 424 | JAGIELSKI MICHAŁ | POL | | POZNAŃ | 85 | M30/91 | | 00:56:37 | 00:56:17 | 00:19:17 | 00:37:57 |
| 92 | 348 | WIADEREK PIOTR | POL | PĘDZĄCE ŻÓLWIE | WARSZAWA | 85 | M30/92 | | 00:56:40 | 00:56:14 | 00:18:00 | 00:36:39 |
| 93 | 144 | KOSSOWSKI WOJMIR | POL | ORANGE POLSKA | WARSZAWA | 80 | M30/93 | | 00:57:41 | 00:57:20 | 00:19:46 | 00:39:04 |
| 94 | 376 | ZIEMNICKI PAWEŁ | POL | | RASZYN | 83 | M30/94 | Rasz/61 | 00:57:55 | 00:57:46 | 00:17:54 | 00:37:11 |
| 95 | 268 | PRYKIEL RADOŚLAW | POL | | RASZYN | 85 | M30/95 | Rasz/62 | 00:58:02 | 00:57:48 | 00:18:26 | 00:38:09 |
| 96 | 86 | HOFFMAN MARCIN | POL | DIXI-CAR | RASZYN | 84 | M30/96 | Rasz/63 | 00:58:10 | 00:57:59 | 00:19:33 | 00:39:03 |
| 97 | 382 | ŻUKOWSKI SEBASTIAN | POL | TEAM IKEA | JANKI | 86 | M30/97 | | 00:58:24 | 00:58:05 | 00:17:42 | 00:37:30 |
| 98 | 231 | MUSIAŁ MARCIN | POL | NIEZALEŻNY | PRUSZKÓW | 84 | M30/98 | | 00:58:47 | 00:58:23 | 00:17:58 | 00:37:39 |
| 99 | 194 | MACIASZEK DAWID | POL | TEAM IKEA | JANKI | 87 | M30/99 | | 00:58:59 | 00:58:26 | 00:19:55 | 00:39:18 |
| 100 | 374 | ZIELIŃSKI ARKADIUSZ | POL | SAFEGUARD | WARSZAWA | 86 | M30/100 | | 00:59:01 | 00:58:27 | 00:20:15 | 00:39:44 |
| 101 | 377 | ZIENTAŁA ADAM | POL | BRAK | NOWA WOLA | 80 | M30/101 | | 00:59:14 | 00:58:45 | 00:18:37 | 00:38:17 |
| 102 | 150 | KOWALCZYK MARCIN | POL | | RYBIE | 82 | M30/102 | Rasz/67 | 01:00:16 | 01:00:11 | 00:17:41 | 00:38:20 |
| 103 | 498 | NAROŻNIAK MICHAŁ | POL | | RASZYN | 84 | M30/103 | Rasz/68 | 01:00:16 | 01:00:00 | 00:17:37 | 00:37:34 |
| 104 | 167 | KSIĘŻAK SYLWESTER | POL | EXCELLENT HOUSE TEAM | RASZYN | 83 | M30/104 | Rasz/69 | 01:00:17 | 00:59:52 | 00:19:54 | 00:40:11 |
| 105 | 59 | DZBAŃSKI RAFAŁ | POL | | KOTUŃ | 89 | M30/105 | | 01:00:30 | 01:00:17 | 00:18:20 | 00:38:41 |
| 106 | 247 | PASZKOWSKI PIOTR | POL | ZAMIENIE TEAM | ZAMIENIE | 84 | M30/106 | | 01:00:30 | 01:00:06 | 00:19:17 | 00:39:22 |
| 107 | 93 | JANISZEWSKI PIOTR | POL | KGW SQŁAD | ŁADY | 80 | M30/107 | Rasz/72 | 01:01:20 | 01:00:49 | 00:18:56 | 00:39:24 |

| <i>Miejsce Rank</i> | <i>Nr Bib</i> | <i>Nazwisko i imię Name</i> | <i>Kraj Nat.</i> | <i>Drużyna Team</i> | <i>Miejscowość City</i> | <i>R-k YoB</i> | <i>W kategorii in Age</i> | <i>Grupa Group</i> | <i>Wynik Total</i> | <i>Wynik Netto</i> | <i>Międzyczasy</i> | <i>Check points</i> |
|-------------------------|-------------------|---------------------------------|----------------------|-------------------------|-----------------------------|--------------------|-------------------------------|------------------------|------------------------|------------------------|--------------------|---------------------|
| 108 | 188 | ŁACHMAŃSKI EMIL | POL | TEAM IKEA | JANKI | 86 | M30/108 | | 01:01:24 | 01:00:51 | 00:20:11 | 00:40:52 |
| 109 | 478 | TRUŚ MATEUSZ | POL | MARKOWI BIEGACZE | MARKI | 86 | M30/109 | | 01:01:44 | 01:01:21 | 00:19:49 | 00:40:26 |
| 110 | 133 | KLUZIAK JAROSŁAW | POL | BRAK | MIŃSK MAZOWIECKI | 85 | M30/110 | | 01:01:52 | 01:01:41 | 00:17:35 | 00:38:50 |
| 111 | 280 | RESIAK MACIEJ | POL | | DAWIDY | 85 | M30/111 | Rasz/75 | 01:02:06 | 01:01:52 | 00:18:52 | 00:39:15 |
| 112 | 520 | ZIENTAŁA ROBERT | POL | BRAK | NADARZYN | 81 | M30/112 | | 01:02:11 | 01:01:42 | 00:18:59 | 00:40:17 |
| 113 | 419 | FABIJAŃSKI TOMASZ | POL | | WARSZAWA | 84 | M30/113 | | 01:03:03 | 01:02:39 | 00:20:11 | 00:41:18 |
| 114 | 521 | JARECKI DAMIAN | POL | | ŁASK | 80 | M30/114 | | 01:03:03 | 01:02:31 | 00:19:25 | 00:40:13 |
| 115 | 223 | MIZERA DAMIAN | POL | | ZAMIENIE | 85 | M30/115 | | 01:05:48 | 01:05:09 | 00:21:13 | 00:43:29 |
| 116 | 380 | ZYCH KRZYSZTOF | POL | SAFEGUARD | WARSZAWA | 86 | M30/116 | | 01:06:33 | 01:05:56 | 00:20:39 | 00:42:06 |
| 117 | 147 | KOTKIEWICZ BARTOSZ | POL | TEAM IKEA | JANKI | 80 | M30/117 | | 01:06:51 | 01:06:17 | 00:21:54 | 00:44:06 |
| 118 | 390 | KARDASZEWSKI TOMASZ | POL | OCHOTABIEGA | WARSZAWA | 82 | M30/118 | | 01:13:11 | 01:12:39 | 00:23:02 | 00:47:22 |
| 119 | 388 | GOGOLEWSKI JERZY | POL | OCHOTABIEGA | WARSZAWA | 85 | M30/119 | | 01:13:42 | 01:13:13 | 00:23:02 | 00:48:13 |
| 120 | 26 | CHMIELAK KRZYSZTOF | POL | | WARSZAWA | 82 | M30/120 | | 01:16:13 | 01:15:41 | 00:24:13 | 00:50:05 |

X OGÓLNOPOLSKI BIEG RASZYŃSKI

WYNIKI ZAWODÓW

M40: 40 - 49 lat

Organizator: KLUB SPORTOWY RASZYN, GMINNY OŚRODEK SPORTU W RASZYNIE

Termin: 07.04.2019

Miejsce: Raszyn

Dystans: 10 km

Trasa posiada atest PZLA

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Kraj Nat. | Drużyna Team | Miejscowość City | R-k YoB | W kategorii in Age | Grupa Group | Wynik Total | Wynik Netto | Międzyczasy | | Check points |
|-----------------|-----------|-------------------------|--------------|-----------------------------------|---------------------|------------|-----------------------|----------------|----------------|----------------|-------------|----------|--------------|
| | | | | | | | | | | | 1 Runda | 2 Runda | |
| 1 | 192 | ŁUKOMSKI JANUSZ | POL | PKO BANK POLSKI SA | WARSZAWA | 78 | M40/1 | | 00:36:52 | 00:36:46 | 00:12:14 | 00:24:21 | |
| 2 | 212 | MICHALAK MARIUSZ | POL | | WARSZAWA | 70 | M40/2 | | 00:37:41 | 00:37:38 | 00:12:22 | 00:24:53 | |
| 3 | 337 | TRONIAK PAWEŁ | POL | TEAMOCHAL | RASZYN | 79 | M40/3 | Rasz/1 | 00:37:54 | 00:37:51 | 00:12:25 | 00:25:06 | |
| 4 | 229 | MUCHA ROBERT | POL | SPORTOWE LOVE | ZALESIE GÓRNE | 76 | M40/4 | | 00:37:58 | 00:37:56 | 00:12:36 | 00:25:11 | |
| 5 | 420 | FILIPKOWSKI PIOTR | POL | | WARSZAWA | 77 | M40/5 | | 00:38:24 | 00:38:20 | 00:12:39 | 00:25:22 | |
| 6 | 414 | BRYL MARCIN | POL | ADIDAS RUNNERS WARSAW | WARSZAWA | 79 | M40/6 | | 00:39:18 | 00:39:14 | 00:12:56 | 00:25:58 | |
| 7 | 151 | KOWALCZYK PIOTR | POL | | WARKA | 72 | M40/7 | | 00:40:16 | 00:40:12 | 00:13:13 | 00:26:39 | |
| 8 | 353 | WITCZAK PIOTR | POL | | SKIERNIEWICE | 78 | M40/8 | | 00:40:25 | 00:40:23 | 00:13:09 | 00:26:38 | |
| 9 | 269 | PRZEPIÓRA SEBASTIAN | POL | GORLICE TEAM. | GORLICE | 73 | M40/9 | | 00:40:39 | 00:40:36 | 00:13:08 | 00:26:36 | |
| 10 | 340 | TUCHOLSKI PAWEŁ | POL | | RYBIE | 78 | M40/10 | Rasz/2 | 00:41:31 | 00:41:28 | 00:13:08 | 00:26:58 | |
| 11 | 436 | KOWALEC ŁUKASZ | POL | WAWRYN TEAM | PIASTÓW | 79 | M40/11 | | 00:41:34 | 00:41:29 | 00:13:23 | 00:27:33 | |
| 12 | 395 | ŻMUDA MICHAŁ | POL | ŻMUDA RUNNING TEAM | RASZYN | 77 | M40/12 | Rasz/3 | 00:41:35 | 00:41:33 | 00:13:35 | 00:27:19 | |
| 13 | 468 | STOLARSKI MACIEJ | POL | WAWRYN TEAM | RYBIE | 73 | M40/13 | Rasz/4 | 00:41:45 | 00:41:40 | 00:13:29 | 00:27:31 | |
| 14 | 9 | BALEWSKI TOMASZ | POL | TEAM ZABIEGANEDNI | WARSZAWA | 71 | M40/14 | | 00:41:46 | 00:41:40 | 00:13:35 | 00:27:27 | |
| 15 | 275 | RACHWALIK TOMASZ | POL | | STASI LAS | 72 | M40/15 | | 00:41:46 | 00:41:44 | 00:13:40 | 00:27:39 | |
| 16 | 408 | TRONIAK MARCIN | POL | GRAVITAN | RASZYN | 75 | M40/16 | Rasz/5 | 00:41:50 | 00:41:43 | 00:13:41 | 00:27:43 | |
| 17 | 152 | KOWALSKI ARTUR | POL | TVP SPORT | WARSZAWA | 75 | M40/17 | | 00:41:53 | 00:41:49 | 00:14:00 | 00:28:15 | |
| 18 | 357 | WOJCIECHOWSKI KRZYSZTOF | POL | TRENINGBIEGACZA.PL | WARSZAWA | 79 | M40/18 | | 00:42:07 | 00:42:01 | 00:13:49 | 00:27:57 | |
| 19 | 441 | LENART KONRAD | POL | TTC | MICHAŁOWICE | 77 | M40/19 | | 00:42:09 | 00:42:05 | 00:13:06 | 00:27:17 | |
| 20 | 32 | CIESIELSKI MARCIN | POL | KLUB SZACHOWY PIĄTKA SKIERNIEWICE | SKIERNIEWICE | 74 | M40/20 | | 00:42:13 | 00:42:11 | 00:13:19 | 00:27:39 | |
| 21 | 262 | PLUSZKA ADAM | POL | VEGE RUNNERS | WARSZAWA | 76 | M40/21 | | 00:42:15 | 00:42:10 | 00:13:29 | 00:27:38 | |
| 22 | 384 | NURKIEWICZ MACIEJ | POL | | PIASECZNO | 79 | M40/22 | | 00:43:01 | 00:42:47 | 00:14:22 | 00:28:43 | |
| 23 | 475 | SZYMANIAK PAWEŁ | POL | DOGOŃ DANFOSS | GRODZISK | 77 | M40/23 | | 00:43:04 | 00:42:54 | 00:14:23 | 00:28:39 | |
| 24 | 221 | MIROSZ ARTUR | POL | | RADOM | 73 | M40/24 | | 00:43:15 | 00:43:07 | 00:13:58 | 00:28:12 | |
| 25 | 245 | PAŁYSA MAREK | POL | TRI NEGU | DAWIDY BANKOWE | 74 | M40/25 | Rasz/8 | 00:43:54 | 00:43:36 | 00:14:11 | 00:28:53 | |
| 26 | 421 | GAJEK IRENEUSZ | POL | | CIECHANÓW | 78 | M40/26 | | 00:44:17 | 00:44:05 | 00:14:15 | 00:29:02 | |
| 27 | 154 | KOZŁOWSKI RADOŚLAW | POL | | HENRYKÓW-UROCZE | 77 | M40/27 | | 00:44:18 | 00:43:56 | 00:15:12 | 00:29:58 | |

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Kraj Nat. | Drużyna Team | Miejscowość City | R-k YoB | W kategorii in Age | Grupa Group | Wynik Total | Wynik Netto | Międzyczasy | Check points |
|-----------------|-----------|-------------------------|--------------|-------------------------|---------------------|------------|-----------------------|----------------|----------------|----------------|-------------|--------------|
| 28 | 435 | KORKOSZ ANDRZEJ | POL | GROTY TEAM | BLIZNE JASIŃSKIEGO | 77 | M40/28 | | 00:44:39 | 00:44:32 | 00:14:35 | 00:29:38 |
| 29 | 99 | JĘDRUSZCZAK PIOTR | POL | GOGGLE PAE TEAM | MSZCZONÓW | 77 | M40/29 | | 00:44:58 | 00:44:55 | 00:13:58 | 00:29:05 |
| 30 | 193 | ŁYSIAK KRZYSZTOF | POL | KOTLET POWER TEAM | WARSZAWA | 76 | M40/30 | | 00:45:04 | 00:44:54 | 00:14:24 | 00:29:38 |
| 31 | 515 | KAPLIŃSKI KAMIL | POL | | WARSZAWA | 79 | M40/31 | | 00:45:07 | 00:44:40 | 00:14:33 | 00:29:49 |
| 32 | 458 | PIETRASZEK MIREK | POL | NIE MA | KONSTANCIN | 71 | M40/32 | | 00:45:30 | 00:44:57 | 00:15:19 | 00:30:13 |
| 33 | 281 | REWERA ROBERT | POL | PKO BANK POLSKI SA | WARSZAWA | 72 | M40/33 | | 00:45:39 | 00:45:31 | 00:14:28 | 00:29:53 |
| 34 | 346 | WASILEWSKI PIOTR | POL | | GŁOSKÓW | 78 | M40/34 | | 00:46:15 | 00:45:55 | 00:15:23 | 00:30:37 |
| 35 | 284 | ROSIAK LESZEK | POL | TEAM IKEA | JANKI | 74 | M40/35 | | 00:46:21 | 00:45:48 | 00:16:17 | 00:31:25 |
| 36 | 34 | CIMOCHOWSKI MIECZYŚLAW | POL | MC SERWIS | WARSZAWA | 76 | M40/36 | | 00:46:43 | 00:46:33 | 00:14:41 | 00:30:26 |
| 37 | 381 | ZYGMUNTOWICZ TOMASZ | POL | | RYBIE | 77 | M40/37 | Rasz/13 | 00:46:51 | 00:46:39 | 00:15:04 | 00:30:40 |
| 38 | 457 | PIĄTKOWSKI MICHAŁ | POL | BRONX RUNNING CREW | RASZYN | 78 | M40/38 | Rasz/14 | 00:47:03 | 00:46:46 | 00:15:47 | 00:31:23 |
| 39 | 159 | KRUK JAROSŁAW | POL | | MICHAŁOWICE | 77 | M40/39 | | 00:47:07 | 00:46:56 | 00:14:58 | 00:30:46 |
| 40 | 226 | MRÓWKA MACIEJ | POL | IRONANT.PL | WARSZAWA | 72 | M40/40 | | 00:47:09 | 00:47:03 | 00:14:56 | 00:30:45 |
| 41 | 264 | PODBIELSKI MARIUSZ | POL | | PRUSZKOW | 74 | M40/41 | | 00:47:17 | 00:46:56 | 00:15:59 | 00:31:25 |
| 42 | 410 | BAKUŁA MAREK | POL | SBRT WARSZAWA | RASZYN | 79 | M40/42 | Rasz/16 | 00:47:35 | 00:47:28 | 00:14:59 | 00:31:10 |
| 43 | 145 | KOSTRUBAŁA KACPER | POL | | WARSZAWA | 74 | M40/43 | | 00:48:21 | 00:48:06 | 00:16:10 | 00:32:08 |
| 44 | 119 | KAROLAK RAFAŁ | POL | STOMILEX | PRUSZKÓW | 78 | M40/44 | | 00:48:42 | 00:48:25 | 00:16:52 | 00:32:58 |
| 45 | 429 | KARCZEWSKI WIKTOR | POL | MARKOWI BIEGACZE | MARKI | 78 | M40/45 | | 00:48:44 | 00:48:21 | 00:16:06 | 00:32:08 |
| 46 | 448 | NOWAK TOMASZ | POL | A.S.GALAKTIKOS | BELSK DUŻY | 74 | M40/46 | | 00:48:46 | 00:48:30 | 00:16:58 | 00:32:56 |
| 47 | 512 | MACKIEWICZ WOJCIECH | POL | LACKOWA | RASZYN | 74 | M40/47 | Rasz/24 | 00:48:50 | 00:48:42 | 00:16:26 | 00:32:34 |
| 48 | 56 | DYBYSŁAWSKI ADAM | POL | RK ATHLETICS | WARSZAWA | 77 | M40/48 | | 00:49:02 | 00:48:36 | 00:16:06 | 00:32:38 |
| 49 | 14 | BARTOSZEWSKI JAROSŁAW | POL | | SĘKOCIN STARY | 75 | M40/49 | Rasz/25 | 00:49:06 | 00:48:58 | 00:16:10 | 00:33:01 |
| 50 | 299 | SIELCZAK ZBYSZEK | POL | TARCZYŃSKI KLUB BIEGOWY | HENRYKÓW-UROCZE | 75 | M40/50 | | 00:49:08 | 00:48:56 | 00:16:09 | 00:32:33 |
| 51 | 11 | BALIŃSKI WOJCIECH | POL | BALAX TEAM | RUDA MALENIECKA | 75 | M40/51 | | 00:49:20 | 00:49:08 | 00:16:22 | 00:32:39 |
| 52 | 331 | SZYMAŃSKI KRZYSZTOF | POL | TARCZYŃSKI KLUB BIEGOWY | HENRYKÓW UROCZE | 73 | M40/52 | | 00:49:25 | 00:49:12 | 00:16:09 | 00:32:34 |
| 53 | 80 | GRUBEK ROBERT | POL | WATAHA | KOMORÓW | 72 | M40/53 | | 00:49:27 | 00:49:09 | 00:16:12 | 00:32:43 |
| 54 | 423 | GNIECIAK TOMASZ | POL | TARCZYŃSKI KLUB BIEGOWY | TARCZYN | 76 | M40/54 | | 00:49:37 | 00:49:22 | 00:16:51 | 00:33:21 |
| 55 | 510 | ZIÓLKOWSKI SŁAWOMIR | POL | | RASZYN | 77 | M40/55 | Rasz/27 | 00:49:45 | 00:49:33 | 00:15:38 | 00:32:19 |
| 56 | 472 | SZEWCZYK LESZEK | POL | A.S.GALAKTIKOS | BELSK DUŻY | 73 | M40/56 | | 00:49:48 | 00:49:29 | 00:16:57 | 00:33:07 |
| 57 | 29 | CHOJNOWSKI PIOTR | POL | UWIELIŃSKIE CHARTY | ZALESIE GÓRNE | 73 | M40/57 | | 00:49:48 | 00:49:19 | 00:16:20 | 00:32:54 |
| 58 | 287 | RUPIK PIOTR | POL | | STARA IWICZNA | 72 | M40/58 | | 00:49:50 | 00:49:33 | 00:16:49 | 00:33:13 |
| 59 | 195 | MACIOŁEK DAREK | POL | SĘKOCIN RUNNERS | SĘKOCIN STARY | 78 | M40/59 | Rasz/30 | 00:50:01 | 00:49:52 | 00:16:41 | 00:33:36 |
| 60 | 487 | WNUK MATEUSZ | POL | | MICHAŁOWICE | 79 | M40/60 | | 00:50:01 | 00:49:30 | 00:15:36 | 00:32:26 |
| 61 | 513 | RADZIKOWSKI MARCIN | POL | RADZIKI | WARSZAWA | 78 | M40/61 | | 00:50:10 | 00:49:57 | 00:16:58 | 00:33:43 |
| 62 | 500 | DZIUBINSKI MARIUSZ | POL | | RYBIE | 77 | M40/62 | Rasz/32 | 00:50:13 | 00:49:58 | 00:16:11 | 00:32:41 |
| 63 | 319 | SZCZEPAŃSKI MARCIN | POL | KONDYCJA | JASTRZĘBIE | 74 | M40/63 | | 00:50:18 | 00:49:59 | 00:16:11 | 00:32:47 |
| 64 | 196 | MACIOSZEK JAROSŁAW | POL | | KAJETANY | 71 | M40/64 | | 00:50:25 | 00:50:04 | 00:15:56 | 00:32:34 |
| 65 | 181 | LESIAK ROMAN | POL | | KOZIENICE | 70 | M40/65 | | 00:51:00 | 00:50:39 | 00:16:32 | 00:33:24 |
| 66 | 201 | MALIK GABRIEL | POL | | WARSZAWA | 79 | M40/66 | | 00:51:14 | 00:50:52 | 00:16:51 | 00:33:20 |
| 67 | 499 | OBŁĄKOWSKI HUBERT | POL | | ZAZDROŚĆ | 78 | M40/67 | | 00:51:37 | 00:50:59 | 00:17:11 | 00:34:18 |

| <i>Miejsce Rank</i> | <i>Nr Bib</i> | <i>Nazwisko i imię Name</i> | <i>Kraj Nat.</i> | <i>Drużyna Team</i> | <i>Miejscowość City</i> | <i>R-k YoB</i> | <i>W kategorii in Age</i> | <i>Grupa Group</i> | <i>Wynik Total</i> | <i>Wynik Netto</i> | <i>Międzyczasy</i> | <i>Check points</i> |
|-------------------------|-------------------|---------------------------------|----------------------|------------------------------------|-----------------------------|--------------------|-------------------------------|------------------------|------------------------|------------------------|--------------------|---------------------|
| 68 | 466 | SOLIŃSKI ARKADIUSZ | POL | | WARSZAWA | 77 | M40/68 | | 00:51:55 | 00:51:21 | 00:17:53 | 00:35:06 |
| 69 | 128 | KIJAK ARTUR | POL | GKMA | ZĄBKI | 76 | M40/69 | | 00:52:18 | 00:51:53 | 00:17:52 | 00:35:11 |
| 70 | 47 | DOLIŃSKI JACEK | POL | LIRENE RUNNING TEAM | CHYLICE | 74 | M40/70 | | 00:52:32 | 00:52:25 | 00:16:55 | 00:34:29 |
| 71 | 492 | RYCHTER RAFAŁ | POL | POLSKI KOMFORT | MAGDALENKA | 76 | M40/71 | | 00:53:14 | 00:52:50 | 00:16:47 | 00:33:02 |
| 72 | 58 | DYTRYCH ADAM | POL | | WOLA GOŁKOWSKA | 74 | M40/72 | | 00:53:15 | 00:52:49 | 00:17:07 | 00:35:01 |
| 73 | 53 | DURASIEWICZ MIKOŁAJ | POL | | RYBIE | 73 | M40/73 | Rasz/46 | 00:53:20 | 00:53:06 | 00:17:06 | 00:34:52 |
| 74 | 402 | PENKALA MAREK | POL | GRAVITAN | RASZYN | 72 | M40/74 | Rasz/47 | 00:53:37 | 00:53:00 | 00:18:32 | 00:36:20 |
| 75 | 326 | SZOPA SŁAWOMIR | POL | | WARSZAWA | 72 | M40/75 | | 00:53:59 | 00:53:40 | 00:17:12 | 00:35:14 |
| 76 | 526 | BINIENDA MATEUSZ | POL | | BYDGOSZCZ | 78 | M40/76 | | 00:54:19 | 00:53:47 | 00:18:54 | 00:36:47 |
| 77 | 474 | SZOT PAWEŁ | POL | | WARSZAWA | 78 | M40/77 | | 00:54:20 | 00:53:54 | 00:17:10 | 00:34:45 |
| 78 | 117 | KARBARZ MARCIN | POL | WCHUW `OBIEGÓWKA` | WARSZAWA | 78 | M40/78 | | 00:54:51 | 00:54:27 | 00:17:55 | 00:36:20 |
| 79 | 254 | PETRYKA WOJCIECH | POL | | RASZYN | 70 | M40/79 | Rasz/51 | 00:55:28 | 00:55:21 | 00:17:21 | 00:36:01 |
| 80 | 92 | JANIEC MARCIN | POL | | RASZYN | 73 | M40/80 | Rasz/54 | 00:55:40 | 00:55:21 | 00:18:19 | 00:36:54 |
| 81 | 170 | KUBOWICZ GRZEGORZ | POL | POLSKI KOMFORT | WARSZAWA | 78 | M40/81 | | 00:56:01 | 00:55:33 | 00:18:16 | 00:36:36 |
| 82 | 351 | WIETESKA ROBERT | POL | | RASZYN | 76 | M40/82 | Rasz/57 | 00:56:16 | 00:56:07 | 00:18:04 | 00:36:40 |
| 83 | 434 | KOPCEWICZ MICHAŁ | POL | S.M.A.J.L. | MYSIADŁO | 74 | M40/83 | | 00:56:25 | 00:56:05 | 00:19:13 | 00:37:48 |
| 84 | 25 | BUDZIAK DARIUSX | POL | | SUŁKOWICE | 74 | M40/84 | | 00:56:28 | 00:55:59 | 00:18:01 | 00:37:24 |
| 85 | 121 | KATNER TOMASZ | POL | TEAM IKEA | JANKI | 79 | M40/85 | | 00:56:30 | 00:55:57 | 00:18:38 | 00:37:25 |
| 86 | 77 | GOŚCINNY PIOTR | POL | | STARA BŁOTNICA | 77 | M40/86 | | 00:56:37 | 00:56:34 | 00:18:52 | 00:37:46 |
| 87 | 465 | SITOWSKI PAWEŁ | POL | | WILCZA GÓRA | 70 | M40/87 | | 00:56:37 | 00:56:13 | 00:18:51 | 00:37:33 |
| 88 | 289 | RUSINOWSKI TOMASZ | POL | | WOLA GOŁKOWSKA | 77 | M40/88 | | 00:57:20 | 00:56:42 | 00:19:32 | 00:38:23 |
| 89 | 519 | ŚWITAŁA ADAM | POL | | RASZYN | 70 | M40/89 | Rasz/59 | 00:57:31 | 00:57:08 | 00:19:24 | 00:38:48 |
| 90 | 449 | PALMOWSKI JAROSŁAW | POL | | ZGORZAŁA | 74 | M40/90 | | 00:57:34 | 00:57:01 | 00:19:55 | 00:39:40 |
| 91 | 89 | IMIOŁEK ROBERT | POL | | PIASECZNO | 72 | M40/91 | | 00:57:38 | 00:57:09 | 00:19:29 | 00:38:24 |
| 92 | 110 | KAMIŃSKI KONRAD | POL | UP&MORE | RASZYN | 78 | M40/92 | Rasz/64 | 00:58:28 | 00:57:58 | 00:19:55 | 00:38:53 |
| 93 | 506 | WOJCIUK TOMASZ | POL | | ŁOZISKA | 78 | M40/93 | | 00:59:01 | 00:58:47 | 00:19:31 | 00:38:54 |
| 94 | 508 | ZIELIŃSKI ŁUKASZ | POL | AUTOBUS Z NAPISEM `KONIEC WYŚCIGU` | WARSZAWA | 77 | M40/94 | | 00:59:03 | 00:58:51 | 00:19:31 | 00:38:54 |
| 95 | 107 | KACZOROWSKI KRZYSZTOF | POL | | RADOM | 74 | M40/95 | | 00:59:24 | 00:59:14 | 00:19:21 | 00:39:32 |
| 96 | 137 | KONWALIK PIOTR | POL | | WARSZAWA | 74 | M40/96 | | 00:59:34 | 00:59:05 | 00:19:32 | 00:39:20 |
| 97 | 183 | LEWANDOWSKI MARCIN | POL | EXCELLENT HOUSE TEAM | KOBYŁKA | 78 | M40/97 | | 01:00:16 | 00:59:50 | 00:19:54 | 00:40:12 |
| 98 | 452 | KOŚCIOŁEK KONRAD | POL | | PIASECZNO | 72 | M40/98 | | 01:00:24 | 01:00:05 | 00:19:24 | 00:39:14 |
| 99 | 469 | SYROCKI WOJCIECH | POL | | WARSZAWA | 72 | M40/99 | | 01:00:52 | 01:00:13 | 00:20:20 | 00:40:35 |
| 100 | 109 | KALISZEWSKI JANUSZ | POL | | WARSZAWA | 73 | M40/100 | | 01:02:10 | 01:01:49 | 00:19:33 | 00:40:27 |
| 101 | 503 | PHAM DUC TRUNG | POL | | RASZYN | 78 | M40/101 | Rasz/76 | 01:02:13 | 01:02:06 | 00:18:46 | 00:39:55 |
| 102 | 451 | MIASKOWSKI MARCIN | POL | HITEC FILM | DRWALEW | 79 | M40/102 | | 01:02:17 | 01:01:57 | 00:20:04 | 00:40:58 |
| 103 | 343 | TUREK PAWEŁ | POL | PRINCES | PIASECZNO | 72 | M40/103 | | 01:02:24 | 01:01:58 | 00:20:37 | 00:41:04 |
| 104 | 106 | KACZMAREK ADAM | POL | | LASZCZKI | 70 | M40/104 | Rasz/77 | 01:02:25 | 01:02:16 | 00:20:21 | 00:41:34 |
| 105 | 100 | JÓZWIK ROBERT | POL | ARSUN | WARSZAWA | 76 | M40/105 | | 01:02:42 | 01:02:13 | 00:20:19 | 00:41:26 |
| 106 | 232 | NAZAROW-NENNO KONSTANTY | POL | BRAK | WARSZAWA | 79 | M40/106 | | 01:02:56 | 01:02:29 | 00:19:29 | 00:40:20 |
| 107 | 19 | BINIENDA BŁAŻEJ | POL | | FALENTY NOWE | 74 | M40/107 | Rasz/82 | 01:06:19 | 01:05:50 | 00:20:28 | 00:44:12 |

| <i>Miejsce Rank</i> | <i>Nr Bib</i> | <i>Nazwisko i imię Name</i> | <i>Kraj Nat.</i> | <i>Drużyna Team</i> | <i>Miejscowość City</i> | <i>R-k YoB</i> | <i>W kategorii in Age</i> | <i>Grupa Group</i> | <i>Wynik Total</i> | <i>Wynik Netto</i> | <i>Międzyczasy</i> | <i>Check points</i> |
|-------------------------|-------------------|---------------------------------|----------------------|-------------------------|-----------------------------|--------------------|-------------------------------|------------------------|------------------------|------------------------|--------------------|---------------------|
|-------------------------|-------------------|---------------------------------|----------------------|-------------------------|-----------------------------|--------------------|-------------------------------|------------------------|------------------------|------------------------|--------------------|---------------------|

X OGÓLNOPOLSKI BIEG RASZYŃSKI

WYNIKI ZAWODÓW

M50: 50 - 59 lat

Organizator: KLUB SPORTOWY RASZYN, GMINNY OŚRODEK SPORTU W RASZYNIE

Termin: 07.04.2019

Miejsce: Raszyn

Dystans: 10 km

Trasa posiada atest PZLA

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Kraj Nat. | Drużyna Team | Miejscowość City | R-k YoB | W kategorii in Age | Grupa Group | Wynik Total | Wynik Netto | Międzyczasy | | Check points |
|-----------------|-----------|-------------------------|--------------|-----------------------------------|---------------------|------------|-----------------------|----------------|----------------|----------------|-------------|----------|--------------|
| | | | | | | | | | | | 1 Runda | 2 Runda | |
| 1 | 349 | WIECZOREK DARIUSZ | POL | KB PWK LEGIONOWO | LEGIONOWO | 69 | M50/1 | | 00:36:05 | 00:36:05 | 00:11:43 | 00:23:44 | |
| 2 | 240 | ORMAN TOMASZ | POL | TOMTEAM | SZYDŁOWIEC | 66 | M50/2 | | 00:37:25 | 00:37:25 | 00:12:06 | 00:24:34 | |
| 3 | 342 | TURCZYN MAREK | POL | TARCZYŃSKI KLUB BIEGOWY | RUDA | 69 | M50/3 | | 00:37:54 | 00:37:53 | 00:12:38 | 00:25:10 | |
| 4 | 365 | ZAJĄC ADAM | POL | NAPRZÓD MŁOCINY | WARSZAWA | 67 | M50/4 | | 00:41:52 | 00:41:47 | 00:13:07 | 00:27:15 | |
| 5 | 379 | ZIÓŁKOWSKI JACEK | POL | CROSS - WARSZAWA | WARSZAWA | 66 | M50/5 | | 00:42:29 | 00:42:25 | 00:13:41 | 00:28:02 | |
| 6 | 136 | KONIECZNY SYLWESTER | POL | | SZYDŁOWIEC | 64 | M50/6 | | 00:44:31 | 00:44:26 | 00:14:06 | 00:29:21 | |
| 7 | 48 | DOMAGAŁA JAROSŁAW | POL | | WARSZAWA | 66 | M50/7 | | 00:44:55 | 00:44:46 | 00:14:31 | 00:29:25 | |
| 8 | 261 | PISKOREK ADAM | POL | | TUCHOWICZ | 67 | M50/8 | | 00:45:44 | 00:45:38 | 00:14:38 | 00:29:59 | |
| 9 | 66 | FILIPCZUK DARIUSZ | POL | | ZIELONKA | 65 | M50/9 | | 00:45:49 | 00:45:37 | 00:15:04 | 00:30:25 | |
| 10 | 517 | DUDEK DARIUSZ | POL | | PIASECZNO | 67 | M50/10 | | 00:46:45 | 00:46:08 | 00:21:11 | | |
| 11 | 428 | KANIA TOMASZ | POL | | ZŁOTOKŁOS | 69 | M50/11 | | 00:46:48 | 00:45:46 | 00:16:20 | 00:31:40 | |
| 12 | 321 | SZEWCZAK JERZY | POL | | JÓZEFÓW | 61 | M50/12 | | 00:47:03 | 00:46:55 | 00:14:57 | 00:30:39 | |
| 13 | 74 | GOCH ROBERT | POL | KONDYCJA | PIASECZNO | 64 | M50/13 | | 00:47:40 | 00:47:26 | 00:15:22 | 00:31:02 | |
| 14 | 104 | JURKOWSKI KRZYSZTOF | POL | | RASZYN | 69 | M50/14 | Rasz/18 | 00:48:17 | 00:48:12 | 00:15:55 | 00:31:54 | |
| 15 | 185 | LEWIŃSKI KRZYSZTOF | POL | BIEGIEM PRZEZ POLSKĘ | NOWE MIASTO NAD | 67 | M50/15 | | 00:48:53 | 00:48:45 | 00:16:16 | 00:32:41 | |
| 16 | 412 | BIŃKOWSKI MARCELI | POL | SZKOŁA SPORTÓW WALKI-MARCELI TEAM | GRÓJEC | 64 | M50/16 | | 00:49:10 | 00:48:53 | 00:16:11 | 00:32:34 | |
| 17 | 112 | KAMIŃSKI WIESŁAW | POL | NASIELSK BASZTA TEAM | WARSZAWA | 67 | M50/17 | | 00:49:25 | 00:48:54 | 00:17:25 | 00:33:30 | |
| 18 | 8 | BABIŃSKI JERZY | POL | | NADARZYN | 60 | M50/18 | | 00:49:33 | 00:49:22 | 00:16:06 | 00:32:38 | |
| 19 | 141 | KOSMAŁA DARIUSZ | POL | WARSZAWA | WARSZAWA | 64 | M50/19 | | 00:50:38 | 00:50:32 | 00:16:27 | 00:33:16 | |
| 20 | 328 | SZUSTAK DARIUSZ | POL | | RASZYN | 69 | M50/20 | Rasz/36 | 00:50:50 | 00:50:25 | 00:17:07 | 00:34:03 | |
| 21 | 180 | LATUSZEK KRZYSZTOF | POL | TRUCHTACZ.PL | GARWOLIN- MIĘTNE | 69 | M50/21 | | 00:51:08 | 00:50:57 | 00:16:23 | 00:33:36 | |
| 22 | 320 | SZELWACHOWSKI DARIUSZ | POL | | WARSZAWA | 64 | M50/22 | | 00:51:14 | 00:51:04 | 00:16:15 | 00:33:19 | |
| 23 | 257 | PIEKAROWICZ PIOTR | POL | TARCZYŃSKI KLUB BIEGOWY | PRACE DUŻE | 63 | M50/23 | | 00:51:31 | 00:51:17 | 00:17:23 | 00:34:31 | |
| 24 | 286 | ROSIŃSKI EUGENIUSZ | POL | STO-NOGI MILANÓWEK | MILANÓWEK | 62 | M50/24 | | 00:52:13 | 00:51:51 | 00:17:34 | 00:34:50 | |
| 25 | 213 | MICHALEC WOJCIECH | POL | BIEGIEM!RADOM | RADOM | 65 | M50/25 | | 00:53:42 | 00:53:33 | 00:17:44 | 00:35:50 | |
| 26 | 202 | MALISZEWSKI BOGDAN | POL | | WARSZAWA | 62 | M50/26 | | 00:54:48 | 00:54:21 | 00:18:12 | 00:36:06 | |
| 27 | 267 | PRĘGOWSKI GRZEGORZ | POL | EKOBIEGI | WARSZAWA | 67 | M50/27 | | 00:55:52 | 00:55:29 | 00:18:23 | 00:36:59 | |

| <i>Miejsce Rank</i> | <i>Nr Bib</i> | <i>Nazwisko i imię Name</i> | <i>Kraj Nat.</i> | <i>Drużyna Team</i> | <i>Miejscowość City</i> | <i>R-k YoB</i> | <i>W kategorii in Age</i> | <i>Grupa Group</i> | <i>Wynik Total</i> | <i>Wynik Netto</i> | <i>Międzyczasy</i> | <i>Check points</i> |
|-------------------------|-------------------|---------------------------------|----------------------|--------------------------|-----------------------------|--------------------|-------------------------------|------------------------|------------------------|------------------------|--------------------|---------------------|
| 28 | 160 | KRUPCZYŃSKI MARIUSZ | POL | RASZYN | RASZYN | 61 | M50/28 | Rasz/56 | 00:55:58 | 00:55:37 | 00:18:00 | 00:36:45 |
| 29 | 142 | KOSSON MAREK | POL | | RASZYN | 67 | M50/29 | Rasz/58 | 00:56:26 | 00:56:09 | 00:17:47 | 00:36:22 |
| 30 | 134 | KŁOSIŃSKI PAWEŁ | POL | KB IM PIOTRA SĘKOWSKIEGO | PŁOŃSK | 67 | M50/30 | | 00:56:29 | 00:56:05 | 00:18:43 | 00:37:38 |
| 31 | 18 | BEJDA PAWEŁ | POL | THE BRAND | ZĄBKI | 69 | M50/31 | | 00:56:40 | 00:56:18 | 00:18:52 | 00:37:16 |
| 32 | 108 | KALISIEWICZ KRZYSZTOF | POL | | WARSZAWA | 62 | M50/32 | | 00:58:15 | 00:57:50 | 00:18:47 | 00:38:08 |
| 33 | 425 | JAROS ARKADIUSZ | POL | RUN VEGAN | BRWINÓW | 61 | M50/33 | | 00:58:23 | 00:58:05 | 00:19:08 | 00:38:41 |
| 34 | 22 | BOGUCKI WŁODZIMIERZ | POL | NIEZRZESZONY | SEKOCIN NOWY | 61 | M50/34 | Rasz/65 | 00:58:35 | 00:58:12 | 00:20:07 | 00:39:27 |
| 35 | 217 | MIKOŚ ROMAN | POL | | OTWOCK | 66 | M50/35 | | 01:06:52 | 01:06:41 | 00:20:33 | 00:43:19 |
| 36 | 495 | KOBUS WALDEK | POL | SQUASHCITY | WARSZAWA | 62 | M50/36 | | 01:07:25 | 01:07:12 | 00:20:12 | 00:43:45 |
| 37 | 44 | DELBAR MAURICE | BEL | LES DIABLES ROUGES | RASZYN | 61 | M50/37 | Rasz/85 | 01:07:58 | 01:07:27 | 00:20:17 | 00:42:16 |
| 38 | 38 | CZERNIAWSKI ROMUALD | POL | ZABIEGANY WOŁOMIN | KOBYŁKA | 67 | M50/38 | | 01:16:13 | 01:16:13 | | |
| 39 | 358 | WOJEWÓDZKI TOMASZ | POL | | STRZENIÓWKA | 61 | M50/39 | | 01:20:56 | 01:20:22 | 00:23:22 | 00:52:08 |
| 40 | 236 | OCHAB MARIUSZ | POL | | WARSZAWA | 69 | M50/40 | | 01:29:51 | 01:29:17 | 00:28:00 | 00:58:17 |

X OGÓLNOPOLSKI BIEG RASZYŃSKI

WYNIKI ZAWODÓW

M60+: 60 lat i więcej

Organizator: KLUB SPORTOWY RASZYN, GMINNY OŚRODEK SPORTU W RASZYNIE

Termin: 07.04.2019

Miejsce: Raszyn

Dystans: 10 km

Trasa posiada atest PZLA

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Kraj Nat. | Drużyna Team | Miejscowość City | R-k YoB | W kategorii in Age | Grupa Group | Wynik Total | Wynik Netto | Międzyczasy | | Check points |
|-----------------|-----------|-------------------------|--------------|---------------------------------|---------------------|------------|-----------------------|----------------|-----------------|----------------|-------------|----------|--------------|
| | | | | | | | | | | | 1 Runda | 2 Runda | |
| 1 | 172 | KUCIEJCZYK HENRYK | POL | TEMPO MŁAWA | SZYDLOWO | 59 | M60+/1 | | 00:37:45 | 00:37:45 | 00:12:39 | 00:25:13 | |
| 2 | 234 | NOWOCIEŃ JACEK | POL | UCZNIOWSKI KLUB SPORTOWY RUSIEC | PODKOWA LEŚNA | 59 | M60+/2 | | 00:40:41 | 00:40:38 | 00:13:15 | 00:26:48 | |
| 3 | 527 | SARZAŁA DARIUSZ | POL | | WARSZAWA | 59 | M60+/3 | | 00:44:11 | 00:43:56 | 00:14:41 | 00:29:23 | 00:53:45 |
| 4 | 168 | KSYNA BOGUSŁAW | POL | OSP KAMION | KAMION | 56 | M60+/4 | | 00:45:05 | 00:44:57 | 00:14:36 | 00:29:44 | |
| 5 | 310 | STRZEŚNIEWSKI MAREK | POL | PGR SKAJZGIRY | PIASECZNO | 57 | M60+/5 | | 00:50:24 | 00:50:24 | 00:16:14 | 00:32:56 | |
| 6 | 111 | KAMIŃSKI STANISŁAW | POL | GOS NADARZYN | NADARZYN | 58 | M60+/6 | | 00:50:43 | 00:50:34 | 00:16:46 | 00:33:35 | |
| 7 | 422 | GAŁĄZKA ANDRZEJ | POL | NIEZRZESZONY | FALENTY | 59 | M60+/7 | Rasz/45 | 00:53:17 | 00:53:09 | 00:17:30 | 00:35:10 | |
| 8 | 215 | MIECZKOWSKI MIECZYSLAW | POL | TOWARZYSTWO GIMNASTYCZNE | BRWINÓW | 52 | M60+/8 | | 00:54:38 | 00:54:18 | 00:17:39 | 00:35:52 | |
| 9 | 1 | BUKOWSKI JANUSZ | POL | STOWARZYSZENIE DAĆ SIEBIE INNYM | WARSZAWA | 56 | M60+/9 | | 00:56:20 | 00:56:17 | 00:18:19 | 00:37:11 | |
| 10 | 17 | BEDNARZAK TADEUSZ | POL | YULO RUN TEAM SIEDLCE | SIEDLCE | 58 | M60+/10 | | 00:57:23 | 00:56:49 | 00:19:42 | 00:38:36 | |
| 11 | 206 | MARLECKI ANDRZEJ | POL | BIEGIEMIRADOM | RADOM | 55 | M60+/11 | | 00:59:43 | 00:59:03 | 00:20:00 | 00:39:34 | |
| 12 | 413 | BOBYNKO MACIEJ | POL | | RYBIE | 58 | M60+/12 | Rasz/74 | 01:01:34 | 01:01:23 | 00:19:38 | 00:40:17 | |
| 13 | 293 | RYBKA TOMASZ | POL | | DZIEHCINIEC | 58 | M60+/13 | | 01:03:42 | 01:03:16 | 00:20:38 | 00:41:27 | |
| 14 | 207 | MARSZAŁEK JERZY | POL | | WARSZAWA | 58 | M60+/14 | | 01:09:10 | 01:08:33 | 00:22:55 | 00:47:00 | |
| 15 | 30 | CHYLICKI MARIAN-TOMASZ | POL | BIEGIEMIRADOM | RADOM | 58 | M60+/15 | | 01:09:50 | 01:09:17 | 00:22:32 | 00:45:55 | |
| 16 | 225 | MOSZKOWICZ EUGENIUSZ | POL | KONDYCJA | WARSZAWA | 42 | M60+/16 | | 01:10:01 | 01:09:46 | 00:21:14 | 00:44:48 | |
| 17 | 415 | CZECHOWSKI JERZY | POL | MZA WARSZAWA | WARSZAWA | 49 | M60+/17 | | 01:12:40 | 01:12:12 | 00:23:08 | 00:47:14 | |
| 18 | 511 | MAREK HENRYK | POL | | WARSZAWA | 47 | M60+/18 | | 01:31:34 | 01:30:59 | 00:28:26 | | |

X OGÓLNOPOLSKI BIEG RASZYŃSKI

WYNIKI ZAWODÓW

Open

Organizator: KLUB SPORTOWY RASZYN, GMINNY OŚRODEK SPORTU W RASZYNIE

Termin: 07.04.2019

Miejsce: Raszyn

Dystans: 10 km

Trasa posiada atest PZLA

Kobiety

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Kraj Nat. | Drużyna Team | Miejscowość City | R-k YoB | W kategorii in Age | Grupa Group | Wynik Total | Wynik Netto | Międzyczasy | | Check points |
|-----------------|-----------|-------------------------|--------------|---------------------------------|---------------------|------------|-----------------------|----------------|----------------|----------------|-------------|----------|--------------|
| | | | | | | | | | | | 1 Runda | 2 Runda | |
| 1 | 443 | ŁAPIŃSKA ANNA | POL | KS WARSZAWIANKA W-WA/REEBOK RUN | WARSZAWA | 89 | K30/1 | | 00:36:13 | 00:36:11 | 00:11:44 | 00:23:46 | |
| 2 | 476 | SZYSZKA ANNA | POL | LŁKS PREFBET ŚNIADOWO ŁOMŻA | SADOWNE | 90 | K20/1 | | 00:37:16 | 00:37:15 | 00:11:34 | 00:24:14 | |
| 3 | 426 | JARZĄBEK SABINA | POL | KKL KIELCE | DALESZYCE | 93 | K20/2 | | 00:37:40 | 00:37:38 | 00:11:53 | 00:24:36 | |
| 4 | 335 | ŚLIWIAK JUSTYNA | POL | KB TKKF PROMYK CIECHANÓW | WARSZAWA | 89 | K30/2 | | 00:38:12 | 00:38:10 | 00:12:20 | 00:25:09 | |
| 5 | 484 | WIERZBICKA MAGDALENA | POL | NIKE + RUN CLUB | ŚWIEBODZIN | 89 | K30/3 | | 00:39:34 | 00:39:32 | 00:12:47 | 00:26:00 | |
| 6 | 210 | MEJKA MAŁGORZATA | POL | | LUBAWA | 86 | K30/4 | | 00:40:35 | 00:40:32 | 00:12:51 | 00:26:41 | |
| 7 | 211 | MICHALAK MAJA | POL | | WARSZAWA | 96 | K20/3 | | 00:41:05 | 00:41:00 | 00:13:14 | 00:26:57 | |
| 8 | 120 | KASPROWICZ GRAŻKA | POL | LKB.RUDNIK | WARSZAWA | 85 | K30/5 | | 00:42:34 | 00:42:08 | 00:20:21 | | |
| 9 | 263 | PŁATOS EWELINA | POL | RADOM | RADOM | 95 | K20/4 | | 00:43:57 | 00:43:50 | 00:14:35 | 00:29:07 | |
| 10 | 370 | ZAWADZKA ALEKSANDRA | POL | DD RUNNING TEAM | WARSZAWA | 93 | K20/5 | | 00:44:28 | 00:44:27 | 00:14:44 | 00:29:29 | |
| 11 | 285 | ROSIŃSKA BARBARA | POL | STO-NOGI MILANÓWEK | MILANÓWEK | 62 | K50/1 | | 00:45:27 | 00:45:25 | 00:14:18 | 00:29:37 | |
| 12 | 258 | PIETRASIK ELŻBIETA | POL | STUMILOWE GAZELE Z RASZYNA | WARSZAWA | 85 | K30/6 | | 00:47:31 | 00:47:26 | 00:15:01 | 00:31:12 | |
| 13 | 491 | ZIELIŃSKA DIANA | POL | BRAK | WARKA | 84 | K30/7 | | 00:47:38 | 00:47:33 | 00:15:19 | 00:31:10 | |
| 14 | 444 | MIKA AMELIA | POL | | PIASECZNO | 78 | K40/1 | | 00:47:40 | 00:47:22 | 00:15:21 | 00:31:02 | |
| 15 | 10 | BALIŃSKA AGNIESZKA | POL | BALAX TEAM | SZKUCIN | 77 | K40/2 | | 00:47:51 | 00:47:39 | 00:16:15 | 00:32:03 | |
| 16 | 139 | KOPERSKA ANNA | POL | MKB DREPTAK /HYDRO CENTRUM | MIŃSK MAZOWIECKI | 93 | K20/6 | | 00:47:56 | 00:47:44 | 00:15:49 | 00:31:41 | |
| 17 | 169 | KUBICA EWA | POL | | WARSAW | 86 | K30/8 | | 00:47:57 | 00:47:46 | 00:15:56 | 00:31:43 | |
| 18 | 294 | RZYMOWSKA KRYSZYNA | POL | | WARSZAWA | 69 | K50/2 | | 00:48:18 | 00:48:06 | 00:16:03 | 00:31:59 | |
| 19 | 507 | WOJDALSKA MARTA | POL | | RASZYN | 94 | K20/7 | Rasz/20 | 00:48:24 | 00:47:59 | 00:16:30 | 00:32:29 | |
| 20 | 368 | ZAPADKA ELŻBIETA | POL | | MRĄGOWO | 84 | K30/9 | | 00:48:40 | 00:48:26 | 00:16:09 | 00:32:12 | |
| 21 | 184 | LEWIŃSKA AGATA | POL | BIEGIEM PRZEZ POLSKĘ | NOWE MIASTO NAD | 03 | K16/1 | | 00:48:53 | 00:48:45 | 00:16:13 | 00:32:41 | |
| 22 | 347 | WENTYKIER BEATA | POL | STUMILOWE GAZELE Z RASZYNA | PIASECZNO | 78 | K40/3 | | 00:49:04 | 00:48:57 | 00:15:43 | 00:32:09 | |
| 23 | 209 | MĄDZIK ALEKSANDRA | POL | TRENINGBIEGACZA.PL | WARSZAWA | 81 | K30/10 | | 00:49:37 | 00:49:32 | 00:16:17 | 00:32:56 | |
| 24 | 256 | PIEKAROWICZ MAGDALENA | POL | TARCZYŃSKI KLUB BIEGOWY | PRACE DUŻE | 67 | K50/3 | | 00:49:52 | 00:49:40 | 00:16:17 | 00:32:48 | |
| 25 | 64 | FIJAŁKOWSKA ANETA | POL | | RADOM | 77 | K40/4 | | 00:50:10 | 00:50:01 | 00:16:19 | 00:33:13 | |
| 26 | 164 | KRYNICKA KAROLINA | POL | | MICHAŁOWICE | 97 | K20/8 | | 00:50:17 | 00:49:56 | 00:16:28 | 00:33:33 | |
| 27 | 327 | SZTYK KATARZYNA | POL | | RYBIE | 99 | K20/9 | Rasz/37 | 00:50:52 | 00:50:41 | 00:16:06 | 00:33:12 | |

Kobiety

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Kraj Nat. | Drużyna Team | Miejscowość City | R-k YoB | W kategorii in Age | Grupa Group | Wynik Total | Wynik Netto | Międzyczasy | Check points |
|-----------------|-----------|---------------------------|--------------|-------------------------|---------------------|------------|-----------------------|----------------|-----------------|----------------|-------------|--------------|
| 28 | 341 | TULA RENATA | POL | MYKMYK | WARSZAWA | 52 | K60+1 | | 00:51:03 | 00:50:50 | 00:16:44 | 00:33:41 |
| 29 | 244 | PAŁYSA JOANNA | POL | TRI NEGU | DAWIDY BANKOWE | 78 | K40/5 | Rasz/38 | 00:51:08 | 00:50:50 | 00:16:38 | 00:33:43 |
| 30 | 450 | PALUCH AGATA | POL | | RASZYN | 87 | K30/11 | Rasz/39 | 00:51:09 | 00:50:47 | 00:17:14 | 00:34:22 |
| 31 | 90 | JAGLARSKA ANNA | POL | 12TRI.PL | WARSZAWA | 85 | K30/12 | | 00:51:11 | 00:50:55 | 00:16:46 | 00:34:03 |
| 32 | 15 | BASZTA MAGDALENA | POL | TEAM IKEA | JANKI | 84 | K30/13 | | 00:51:15 | 00:50:42 | 00:19:30 | 00:36:13 |
| 33 | 332 | CHOJKA-BARTOSZKO KAROLINA | POL | | DAWIDY BANKOWE | 82 | K30/14 | Rasz/40 | 00:51:21 | 00:51:02 | 00:17:02 | 00:34:03 |
| 34 | 31 | CIBORSKA AGNIESZKA | POL | NAPRZÓD MŁOCINY | WARSZAWA | 73 | K40/6 | | 00:51:38 | 00:51:25 | 00:16:25 | 00:33:38 |
| 35 | 330 | SZYMAŃSKA DOROTA | POL | TARCZYŃSKI KLUB BIEGOWY | HENRYKÓW UROCZE | 75 | K40/7 | | 00:52:08 | 00:51:54 | 00:17:23 | 00:34:44 |
| 36 | 177 | KUŹMICKA JOANNA | POL | | WARSZAWA | 74 | K40/8 | | 00:52:52 | 00:52:35 | 00:17:50 | 00:35:10 |
| 37 | 392 | KSIĘŻYCKA MARTA | POL | | NADARZYN | 92 | K20/10 | | 00:52:55 | 00:52:36 | 00:17:26 | 00:35:01 |
| 38 | 28 | CHOJNOWSKA AGNIESZKA | POL | UWIELIŃSKIE CHARTY | ZALESIE GÓRNE | 75 | K40/9 | | 00:53:06 | 00:52:37 | 00:17:56 | 00:35:35 |
| 39 | 504 | RYCHTER ADRIANA | POL | POLSKI KOMFORT | MAGDALENKA | 77 | K40/10 | | 00:53:12 | 00:52:48 | 00:17:03 | 00:34:53 |
| 40 | 307 | STEFAŃCZYK AGATA | POL | | RASZYN | 80 | K30/15 | Rasz/44 | 00:53:17 | 00:53:01 | 00:17:38 | 00:35:46 |
| 41 | 149 | KOWALCZYK ANNA | POL | | WARKA | 75 | K40/11 | | 00:53:30 | 00:53:23 | 00:17:45 | 00:36:03 |
| 42 | 174 | KULIG MAŁGORZATA | POL | TEAM IKEA | JANKI | 91 | K20/11 | | 00:53:42 | 00:53:10 | 00:18:48 | 00:36:36 |
| 43 | 23 | BORZĄDEK ALEKSANDRA | POL | LEGIA RUN CLUB | GRODZISK | 00 | K16/2 | | 00:53:43 | 00:53:15 | 00:18:10 | 00:36:03 |
| 44 | 158 | KROL NINA | POL | | WARSZAWA | 84 | K30/16 | | 00:53:43 | 00:53:36 | 00:17:28 | 00:35:30 |
| 45 | 182 | STAŃCZAK MALGORZATA | POL | | WARSZAWA | 83 | K30/17 | | 00:54:04 | 00:53:44 | 00:18:09 | 00:36:06 |
| 46 | 259 | PIETRZAK PAULINA | POL | TRENINGBIEGACZA.PL | WARSZAWA | 83 | K30/18 | | 00:54:05 | 00:53:46 | 00:18:11 | 00:36:06 |
| 47 | 78 | GÓRSKA ELEONORA | POL | | WARSZAWA | 72 | K40/12 | | 00:54:17 | 00:53:56 | 00:17:15 | 00:35:38 |
| 48 | 298 | SIELCZAK IWONA | POL | TARCZYŃSKI KLUB BIEGOWY | NOWA IWICZNA | 72 | K40/13 | | 00:54:18 | 00:54:06 | 00:17:35 | 00:35:26 |
| 49 | 135 | KONARZEWSKA MAŁGORZATA | POL | TEAM IKEA | JANKI | 87 | K30/19 | | 00:54:20 | 00:53:46 | 00:19:17 | 00:37:42 |
| 50 | 312 | STYCZEK KATARZYNA | POL | | NOWA WOLA | 66 | K50/4 | | 00:54:51 | 00:54:21 | 00:18:20 | 00:36:24 |
| 51 | 60 | DZIEWULSKA HENRYKA | POL | ROZBIEGANY PIASTÓW | PIASTÓW | 65 | K50/5 | | 00:55:03 | 00:54:34 | 00:19:02 | 00:37:01 |
| 52 | 446 | NOWAK AGNIESZKA | POL | | NADMA | 92 | K20/12 | | 00:55:12 | 00:54:50 | 00:17:19 | 00:35:43 |
| 53 | 363 | WYSMYK ADA | POL | TEAM IKEA | JANKI | 95 | K20/13 | | 00:55:15 | 00:54:43 | 00:18:51 | 00:37:16 |
| 54 | 35 | CZAJKA JUSTYNA | POL | | PARZNIEW | 79 | K40/14 | | 00:55:17 | 00:54:54 | 00:17:23 | 00:35:52 |
| 55 | 125 | KESKA ANNA | POL | | RASZYN | 86 | K30/20 | Rasz/49 | 00:55:21 | 00:55:15 | 00:17:39 | 00:36:40 |
| 56 | 27 | SZYPULSKA MAGDALENA | POL | | RYBIE | 92 | K20/14 | Rasz/50 | 00:55:27 | 00:54:56 | 00:18:52 | 00:37:17 |
| 57 | 143 | KOSSON MONIKA | POL | | RASZYN | 96 | K20/15 | Rasz/55 | 00:55:43 | 00:55:24 | 00:17:47 | 00:36:16 |
| 58 | 288 | RUPIK URSZULA | POL | | STARA IWICZNA | 75 | K40/15 | | 00:55:49 | 00:55:31 | 00:18:17 | 00:36:50 |
| 59 | 338 | TRZASKOWSKA JUSTYNA | POL | | WARSZAWA | 82 | K30/21 | | 00:55:52 | 00:55:13 | 00:19:11 | 00:37:24 |
| 60 | 488 | WOJCIECHOWSKA JOANNA | POL | NATIONALE- NEDERLANDEN | WARSZAWA | 87 | K30/22 | | 00:56:00 | 00:55:28 | 00:18:57 | 00:37:14 |
| 61 | 173 | KUDŁA BEATA | POL | | WARSZAWA | 91 | K20/16 | | 00:56:05 | 00:55:49 | 00:17:45 | 00:36:16 |
| 62 | 385 | BONIKOWSKA JOANNA | POL | TEAM IKEA | JANKI | 74 | K40/16 | | 00:56:20 | 00:55:49 | 00:18:46 | 00:37:07 |
| 63 | 138 | KOPEĆ PATRYCJA | POL | | JÓZEFOSŁAW | 78 | K40/17 | | 00:56:31 | 00:56:14 | 00:18:48 | 00:37:40 |
| 64 | 191 | ŁUKASIEWICZ RENATA | POL | | BANIOCHA | 71 | K40/18 | | 00:56:32 | 00:55:56 | 00:18:20 | 00:37:12 |
| 65 | 300 | SKOWROŃSKA EWA | POL | | JEDLIŃSK | 74 | K40/19 | | 00:56:33 | 00:56:28 | 00:18:52 | 00:37:46 |
| 66 | 455 | PAWEŁAS MARTA | POL | | WARSZAWA | 86 | K30/23 | | 00:56:41 | 00:56:27 | 00:17:45 | 00:36:48 |
| 67 | 464 | SAPOR DOMINIKA | POL | | WARSZAWA | 87 | K30/24 | | 00:56:43 | 00:56:10 | 00:19:31 | 00:38:10 |

Kobiety

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Kraj Nat. | Drużyna Team | Miejscowość City | R-k YoB | W kategorii in Age | Grupa Group | Wynik Total | Wynik Netto | Międzyczasy | Check points |
|-----------------|-----------|-----------------------------------|--------------|----------------------------------|---------------------|------------|-----------------------|----------------|-----------------|----------------|-------------|--------------|
| 68 | 241 | OSIŃSKA KARINA | POL | | STACHOWO | 80 | K30/25 | | 00:56:44 | 00:56:16 | 00:18:39 | 00:37:26 |
| 69 | 440 | LEGAN MARTYNA | POL | KUŹNIA TRIATHLONU | WARSZAWA | 92 | K20/17 | | 00:57:12 | 00:56:37 | 00:19:55 | 00:38:59 |
| 70 | 463 | RYTEL WERONIKA | POL | LAMY Z PANAMY | CHYLICE | 94 | K20/18 | | 00:57:18 | 00:56:42 | 00:18:54 | 00:39:43 |
| 71 | 523 | ZEGAR WERONIKA | POL | | WARSZAWA | 85 | K30/26 | | 00:57:28 | 00:57:04 | 00:18:16 | 00:37:34 |
| 72 | 115 | KARAŚ DOMINIKA | POL | LEGIA WARSZAWA SEKCJA ŁYŻWIARSKA | RASZYN | 85 | K30/27 | Rasz/60 | 00:57:35 | 00:57:22 | 00:19:21 | 00:38:38 |
| 73 | 490 | WOŹNIAK KARINA | POL | | PIASECZNO | 86 | K30/28 | | 00:57:53 | 00:57:16 | 00:18:53 | 00:37:38 |
| 74 | 438 | KUBASIEWICZ PATRYCJA | POL | | WARSZAWA | 93 | K20/19 | | 00:57:54 | 00:57:27 | 00:19:00 | 00:38:24 |
| 75 | 24 | BROWARCZYK KATARZYNA | POL | | WARSZAWA | 93 | K20/20 | | 00:58:02 | 00:57:44 | 00:18:27 | 00:38:10 |
| 76 | 397 | CHEN FENGQIN | POL | GRAVITAN | SEKOCIN STARY | 86 | K30/29 | | 00:58:16 | 00:58:13 | 00:17:23 | 00:38:27 |
| 77 | 279 | REGULSKA EWA | POL | | WARSZAWA | 83 | K30/30 | | 00:58:22 | 00:58:11 | 00:18:51 | 00:38:02 |
| 78 | 366 | ZAKRZEWSKA MAŁGORZATA | POL | | WARSZAWA | 83 | K30/31 | | 00:58:23 | 00:57:53 | 00:19:25 | 00:38:47 |
| 79 | 67 | FILIPOWICZ NATALIA | POL | | WARSZAWA | 92 | K20/21 | | 00:58:25 | 00:58:14 | 00:18:51 | 00:38:02 |
| 80 | 42 | DARŁAK AGNIESZKA | POL | NIE MA | NADARZYN | 77 | K40/20 | | 00:58:35 | 00:58:08 | 00:19:16 | 00:38:38 |
| 81 | 52 | DUDZIŃSKA SABINA | POL | DOGOŃ GRODZISK MAZOWIECKI | GRODZISK | 84 | K30/32 | | 00:58:36 | 00:58:07 | 00:19:41 | 00:39:07 |
| 82 | 2 | ADACH-SOSNOWSKA MAGDALENA | POL | NIE MA | RASZYN | 76 | K40/21 | Rasz/66 | 00:58:44 | 00:58:30 | 00:18:55 | 00:38:47 |
| 83 | 41 | DAMIĘCKA KATARZYNA | POL | J&J | WARSZAWA | 84 | K30/33 | | 00:58:46 | 00:58:21 | 00:20:17 | 00:39:39 |
| 84 | 140 | KOSIACKA DOROTA | POL | | PRUSZKÓW | 82 | K30/34 | | 00:58:56 | 00:58:17 | 00:19:43 | 00:38:37 |
| 85 | 383 | ŻYWEK TERESA | POL | TRIPOWER | WARSZAWA | 47 | K60+2 | | 00:59:03 | 00:58:40 | 00:19:10 | 00:38:41 |
| 86 | 430 | KŁOS AGATA | POL | | PIASECZNO | 87 | K30/35 | | 00:59:30 | 00:59:01 | 00:19:31 | 00:39:20 |
| 87 | 126 | KĘSKA OLGA | POL | SAFEGUARD | WARSZAWA | 89 | K30/36 | | 00:59:31 | 00:58:55 | 00:20:09 | 00:40:18 |
| 88 | 222 | MISIAK ANNA | POL | TEAM ZABIEGANEDNI | WARSZAWA | 88 | K30/37 | | 00:59:40 | 00:59:04 | 00:19:10 | 00:38:43 |
| 89 | 470 | SZCZĘSNY JUSTYNA | POL | O. R. P. P. KIEŁ | PIASECZNO | 82 | K30/38 | | 00:59:41 | 00:59:06 | 00:19:55 | 00:39:34 |
| 90 | 283 | ROLA IWONA | POL | TEAM ZALESICE | WIERZBICA | 80 | K30/39 | | 01:00:23 | 01:00:15 | 00:18:49 | 00:38:58 |
| 91 | 95 | JASINOWICZ ALEKSANDRA | POL | | WARSZAWA | 94 | K20/22 | | 01:01:01 | 01:00:34 | 00:20:22 | 00:40:42 |
| 92 | 483 | WIERZBICKA HALINA | POL | | MILANÓWEK | 85 | K30/40 | | 01:01:09 | 01:00:31 | 00:19:55 | 00:40:02 |
| 93 | 301 | SKRZECZ IWONA | POL | DOGOŃ GRODZISK MAZOWIECKI | GRODZISK | 83 | K30/41 | | 01:01:23 | 01:00:56 | 00:19:19 | 00:39:28 |
| 94 | 291 | RYBKA AGNIESZKA | POL | RYBENSHUTTE | NOWE GROCHOLICE | 83 | K30/42 | Rasz/73 | 01:01:29 | 01:01:03 | 00:20:18 | 00:41:19 |
| 95 | 277 | RADZIKOWSKA KAROLINA | POL | RADZIKI | WARSZAWA | 79 | K40/22 | | 01:01:31 | 01:01:18 | 00:19:28 | 00:40:12 |
| 96 | 417 | DRZEWIECKA-WITKOWSKA AGNIESZKA | POL | TARCZYŃSKI KLUB BIEGOWY | TARCZYN | 80 | K30/43 | | 01:01:44 | 01:01:29 | 00:19:39 | 00:40:26 |
| 97 | 118 | KARŁOWICZ ANNA | POL | PARTIA WOLNYCH BIEGACZY | WARSZAWA | 53 | K60+3 | | 01:01:55 | 01:01:32 | 00:19:58 | 00:40:37 |
| 98 | 427 | JESIONEK JULIA | POL | LAMY Z PANAMY | WARSZAWA | 97 | K20/23 | | 01:02:33 | 01:01:57 | 00:21:56 | 00:41:29 |
| 99 | 233 | NIEDZIÓŁKA OLIWIA | POL | TEAM IKEA | JANKI | 98 | K20/24 | | 01:02:33 | 01:02:15 | 00:20:03 | 00:40:42 |
| 100 | 197 | MADEJAK EWELINA | POL | TRENINGBIEGACZA.PL | WARSZAWA | 98 | K20/25 | | 01:02:52 | 01:02:31 | 00:21:14 | 00:42:15 |
| 101 | 198 | MADEJAK MONIKA | POL | TRENINGBIEGACZA.PL | WARSZAWA | 77 | K40/23 | | 01:02:56 | 01:02:36 | 00:21:15 | 00:42:15 |
| 102 | 123 | KAZIMIERSKA JOANNA | POL | OMEGABRUK | GRODZISK | 84 | K30/44 | | 01:02:56 | 01:02:53 | 00:19:24 | 00:40:58 |
| 103 | 103 | JURCZAK AGNIESZKA | POL | NIEZALEŻNY | JEDLIŃSK | 72 | K40/24 | | 01:03:37 | 01:03:35 | 00:19:28 | 00:41:08 |
| 104 | 46 | DEMSKA KAROLINA | POL | | RASZYN | 80 | K30/45 | Rasz/78 | 01:03:52 | 01:03:29 | 00:20:31 | 00:42:47 |
| 105 | 509 | RAFIŃSKA AGNIESZKA | POL | | WARSZAWA | 82 | K30/46 | | 01:03:55 | 01:03:33 | 00:19:20 | 00:41:14 |
| 106 | 399 | LIPIŃSKA IWONA | POL | GRAVITAN | RASZYN | 95 | K20/26 | Rasz/79 | 01:04:13 | 01:03:45 | 00:21:36 | 00:43:12 |

Kobiety

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Kraj Nat. | Drużyna Team | Miejscowość City | R-k YoB | W kategorii in Age | Grupa Group | Wynik Total | Wynik Netto | Międzyczasy | Check points |
|-----------------|-----------|-------------------------|--------------|--------------------|---------------------|------------|-----------------------|----------------|-----------------|----------------|-------------|--------------|
| 107 | 252 | PERZYNA RENATA | POL | | KOLONIA | 71 | K40/25 | | 01:05:57 | 01:05:44 | 00:20:11 | 00:42:08 |
| 108 | 20 | BINIENDA WERONIKA | POL | | FALENTY NOWE | 02 | K16/3 | Rasz/80 | 01:06:07 | 01:05:36 | 00:20:28 | 00:44:12 |
| 109 | 88 | IMIOŁEK MONIKA | POL | NIE MA | JEDLIŃSK | 75 | K40/26 | | 01:06:15 | 01:05:50 | 00:20:12 | 00:42:14 |
| 110 | 105 | KACZMARCZYK URSZULA | POL | | RASZYN | 81 | K30/47 | Rasz/81 | 01:06:17 | 01:05:54 | 00:20:33 | 00:42:48 |
| 111 | 323 | SZEWCZYK JOANNA | POL | | RASZYN | 80 | K30/48 | Rasz/83 | 01:06:43 | 01:06:16 | 00:20:43 | 00:42:37 |
| 112 | 4 | ADAMSKA ANNA | POL | TEAM IKEA | JANKI | 95 | K20/27 | | 01:06:50 | 01:06:15 | 00:21:54 | 00:44:06 |
| 113 | 218 | MIKOŚ TERESA | POL | | OTWOCK | 63 | K50/6 | | 01:07:29 | 01:07:21 | 00:20:31 | 00:43:18 |
| 114 | 362 | WÓJCIK KLAUDIA | POL | | FALENTY | 95 | K20/28 | Rasz/84 | 01:07:30 | 01:07:07 | 00:21:37 | 00:44:31 |
| 115 | 324 | SZMIGIEL IZABELA | POL | ZA LINIĄ METY TEAM | WARSZAWA | 92 | K20/29 | | 01:07:37 | 01:07:10 | 00:22:39 | 00:44:26 |
| 116 | 148 | KOWALCZYK ALEKSANDRA | POL | | ŁAZY | 95 | K20/30 | | 01:08:42 | 01:08:16 | 00:20:02 | 00:43:31 |
| 117 | 314 | STYKOWSKA MARLENA | POL | | RYBIE | 82 | K30/49 | Rasz/86 | 01:08:45 | 01:08:15 | 00:22:19 | 00:44:52 |
| 118 | 260 | PIÓRKOWSKA ANNA | POL | | RASZYN | 81 | K30/50 | Rasz/87 | 01:08:45 | 01:08:16 | 00:22:14 | 00:44:49 |
| 119 | 375 | ZIEMBA SYLWIA | POL | | SEKOCIN STARY | 96 | K20/31 | Rasz/88 | 01:10:22 | 01:09:57 | 00:21:34 | 00:45:29 |
| 120 | 354 | WITKOWSKA AGNIESZKA | POL | ŻMUDA RUNNING TEAM | WARSZAWA | 91 | K20/32 | | 01:11:01 | 01:11:01 | | |
| 121 | 16 | BAZGA ANNA | POL | | SEKOCIN STARY | 81 | K30/51 | | 01:11:07 | 01:10:48 | 00:21:10 | 00:45:15 |
| 122 | 311 | STRZYMIŃSKA MAŁGORZATA | POL | POLSKI KOMFORT | WARSZAWA | 91 | K20/33 | | 01:11:14 | 01:10:47 | 00:21:45 | 00:45:44 |
| 123 | 290 | RYBICKA MAGDALENA | POL | | JANOWIEC | 78 | K40/27 | | 01:11:16 | 01:10:49 | 00:20:29 | 00:44:40 |
| 124 | 55 | DUSZCZYK DOROTA | POL | BIEGACZKI WPR | OPACZ-KOLONIA | 89 | K30/52 | | 01:11:34 | 01:11:24 | 00:22:23 | 00:46:36 |
| 125 | 199 | MAKARSKA EWELINA | POL | TEAM IKEA | JANKI | 81 | K30/53 | | 01:12:55 | 01:12:20 | 00:23:02 | 00:47:15 |
| 126 | 87 | HRYNIEWICKA MONIKA | POL | ROZBIEGANY PIASTÓW | PIASTÓW | 84 | K30/54 | | 01:13:34 | 01:13:04 | 00:22:54 | 00:47:42 |
| 127 | 270 | PRZYBYLAK WANDA | POL | ROZBIEGANY PIASTÓW | PIASTÓW | 55 | K60+/4 | | 01:13:46 | 01:13:19 | 00:22:54 | 00:47:45 |

X OGÓLNOPOLSKI BIEG RASZYŃSKI

WYNIKI ZAWODÓW

K16: 16 - 19 lat

Organizator: KLUB SPORTOWY RASZYN, GMINNY OŚRODEK SPORTU W RASZYŃNIE

Termin: 07.04.2019

Miejsce: Raszyn

Dystans: 10 km

Trasa posiada atest PZLA

| <i>Miejsce Rank</i> | <i>Nr Bib</i> | <i>Nazwisko i imię Name</i> | <i>Kraj Nat.</i> | <i>Drużyna Team</i> | <i>Miejscowość City</i> | <i>R-k YoB</i> | <i>W kategorii in Age</i> | <i>Grupa Group</i> | <i>Wynik Total</i> | <i>Wynik Netto</i> | <i>Międzyczasy</i> | | <i>Check points</i> |
|-------------------------|-------------------|---------------------------------|----------------------|-------------------------|-----------------------------|--------------------|-------------------------------|------------------------|------------------------|------------------------|--------------------|----------|---------------------|
| | | | | | | | | | | | 1 Runda | 2 Runda | |
| 1 | 184 | LEWIŃSKA AGATA | POL | BIEGIEM PRZEZ POLSKĘ | NOWE MIASTO NAD | 03 | K16/1 | | 00:48:53 | 00:48:45 | 00:16:13 | 00:32:41 | |
| 2 | 23 | BORZĄDEK ALEKSANDRA | POL | LEGIA RUN CLUB | GRODZISK | 00 | K16/2 | | 00:53:43 | 00:53:15 | 00:18:10 | 00:36:03 | |
| 3 | 20 | BINIENDA WERONIKA | POL | | FALENTY NOWE | 02 | K16/3 | Rasz/80 | 01:06:07 | 01:05:36 | 00:20:28 | 00:44:12 | |

X OGÓLNOPOLSKI BIEG RASZYŃSKI

WYNIKI ZAWODÓW

K20: 20 - 29 lat

Organizator: KLUB SPORTOWY RASZYN, GMINNY OŚRODEK SPORTU W RASZYNIE

Termin: 07.04.2019

Miejsce: Raszyn

Dystans: 10 km

Trasa posiada atest PZLA

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Kraj Nat. | Drużyna Team | Miejscowość City | R-k YoB | W kategorii in Age | Grupa Group | Wynik Total | Wynik Netto | Międzyczasy | | Check points |
|-----------------|-----------|-------------------------|--------------|-----------------------------|---------------------|------------|-----------------------|----------------|----------------|----------------|-------------|----------|--------------|
| | | | | | | | | | | | 1 Runda | 2 Runda | |
| 1 | 476 | SZYSZKA ANNA | POL | LŁKS PREFBET ŚNIADOWO ŁOMŻA | SADOWNE | 90 | K20/1 | | 00:37:16 | 00:37:15 | 00:11:34 | 00:24:14 | |
| 2 | 426 | JARZĄBEK SABINA | POL | KKL KIELCE | DALESZYCE | 93 | K20/2 | | 00:37:40 | 00:37:38 | 00:11:53 | 00:24:36 | |
| 3 | 211 | MICHALAK MAJA | POL | | WARSZAWA | 96 | K20/3 | | 00:41:05 | 00:41:00 | 00:13:14 | 00:26:57 | |
| 4 | 263 | PLATOS EWELINA | POL | RADOM | RADOM | 95 | K20/4 | | 00:43:57 | 00:43:50 | 00:14:35 | 00:29:07 | |
| 5 | 370 | ZAWADZKA ALEKSANDRA | POL | DD RUNNING TEAM | WARSZAWA | 93 | K20/5 | | 00:44:28 | 00:44:27 | 00:14:44 | 00:29:29 | |
| 6 | 139 | KOPERSKA ANNA | POL | MKB DREPTAK /HYDRO CENTRUM | MIŃSK MAZOWIECKI | 93 | K20/6 | | 00:47:56 | 00:47:44 | 00:15:49 | 00:31:41 | |
| 7 | 507 | WOJDALSKA MARTA | POL | | RASZYN | 94 | K20/7 | Rasz/20 | 00:48:24 | 00:47:59 | 00:16:30 | 00:32:29 | |
| 8 | 164 | KRYNICKA KAROLINA | POL | | MICHAŁOWICE | 97 | K20/8 | | 00:50:17 | 00:49:56 | 00:16:28 | 00:33:33 | |
| 9 | 327 | SZTYK KATARZYNA | POL | | RYBIE | 99 | K20/9 | Rasz/37 | 00:50:52 | 00:50:41 | 00:16:06 | 00:33:12 | |
| 10 | 392 | KSIĘŻYCKA MARTA | POL | | NADARZYN | 92 | K20/10 | | 00:52:55 | 00:52:36 | 00:17:26 | 00:35:01 | |
| 11 | 174 | KULIG MAŁGORZATA | POL | TEAM IKEA | JANKI | 91 | K20/11 | | 00:53:42 | 00:53:10 | 00:18:48 | 00:36:36 | |
| 12 | 446 | NOWAK AGNIESZKA | POL | | NADMA | 92 | K20/12 | | 00:55:12 | 00:54:50 | 00:17:19 | 00:35:43 | |
| 13 | 363 | WYSMYK ADA | POL | TEAM IKEA | JANKI | 95 | K20/13 | | 00:55:15 | 00:54:43 | 00:18:51 | 00:37:16 | |
| 14 | 27 | SZYPULSKA MAGDALENA | POL | | RYBIE | 92 | K20/14 | Rasz/50 | 00:55:27 | 00:54:56 | 00:18:52 | 00:37:17 | |
| 15 | 143 | KOSSON MONIKA | POL | | RASZYN | 96 | K20/15 | Rasz/55 | 00:55:43 | 00:55:24 | 00:17:47 | 00:36:16 | |
| 16 | 173 | KUDŁA BEATA | POL | | WARSZAWA | 91 | K20/16 | | 00:56:05 | 00:55:49 | 00:17:45 | 00:36:16 | |
| 17 | 440 | LEGAN MARTYNA | POL | KUŹNIA TRIATHLONU | WARSZAWA | 92 | K20/17 | | 00:57:12 | 00:56:37 | 00:19:55 | 00:38:59 | |
| 18 | 463 | RYTEL WERONIKA | POL | LAMY Z PANAMY | CHYLICE | 94 | K20/18 | | 00:57:18 | 00:56:42 | 00:18:54 | 00:39:43 | |
| 19 | 438 | KUBASIEWICZ PATRYCJA | POL | | WARSZAWA | 93 | K20/19 | | 00:57:54 | 00:57:27 | 00:19:00 | 00:38:24 | |
| 20 | 24 | BROWARCZYK KATARZYNA | POL | | WARSZAWA | 93 | K20/20 | | 00:58:02 | 00:57:44 | 00:18:27 | 00:38:10 | |
| 21 | 67 | FILIPOWICZ NATALIA | POL | | WARSZAWA | 92 | K20/21 | | 00:58:25 | 00:58:14 | 00:18:51 | 00:38:02 | |
| 22 | 95 | JASINOWICZ ALEKSANDRA | POL | | WARSZAWA | 94 | K20/22 | | 01:01:01 | 01:00:34 | 00:20:22 | 00:40:42 | |
| 23 | 427 | JESIONEK JULIA | POL | LAMY Z PANAMY | WARSZAWA | 97 | K20/23 | | 01:02:33 | 01:01:57 | 00:21:56 | 00:41:29 | |
| 24 | 233 | NIEDZIÓŁKA OLIWIA | POL | TEAM IKEA | JANKI | 98 | K20/24 | | 01:02:33 | 01:02:15 | 00:20:03 | 00:40:42 | |
| 25 | 197 | MADEJAK EWELINA | POL | TRENINGBIEGACZA.PL | WARSZAWA | 98 | K20/25 | | 01:02:52 | 01:02:31 | 00:21:14 | 00:42:15 | |
| 26 | 399 | LIPIŃSKA IWONA | POL | GRAVITAN | RASZYN | 95 | K20/26 | Rasz/79 | 01:04:13 | 01:03:45 | 00:21:36 | 00:43:12 | |
| 27 | 4 | ADAMSKA ANNA | POL | TEAM IKEA | JANKI | 95 | K20/27 | | 01:06:50 | 01:06:15 | 00:21:54 | 00:44:06 | |

| <i>Miejsce Rank</i> | <i>Nr Bib</i> | <i>Nazwisko i imię Name</i> | <i>Kraj Nat.</i> | <i>Drużyna Team</i> | <i>Miejscowość City</i> | <i>R-k YoB</i> | <i>W kategorii in Age</i> | <i>Grupa Group</i> | <i>Wynik Total</i> | <i>Wynik Netto</i> | <i>Międzyczasy</i> | <i>Check points</i> |
|-------------------------|-------------------|---------------------------------|----------------------|-------------------------|-----------------------------|--------------------|-------------------------------|------------------------|------------------------|------------------------|--------------------|---------------------|
| 28 | 362 | WÓJCIK KLAUDIA | POL | | FALENTY | 95 | K20/28 | Rasz/84 | 01:07:30 | 01:07:07 | 00:21:37 | 00:44:31 |
| 29 | 324 | SZMIGIEL IZABELA | POL | ZA LINIĄ METY TEAM | WARSZAWA | 92 | K20/29 | | 01:07:37 | 01:07:10 | 00:22:39 | 00:44:26 |
| 30 | 148 | KOWALCZYK ALEKSANDRA | POL | | ŁAZY | 95 | K20/30 | | 01:08:42 | 01:08:16 | 00:20:02 | 00:43:31 |
| 31 | 375 | ZIEMBA SYLWIA | POL | | SĘKOCIN STARY | 96 | K20/31 | Rasz/88 | 01:10:22 | 01:09:57 | 00:21:34 | 00:45:29 |
| 32 | 354 | WITKOWSKA AGNIESZKA | POL | ŻMUDA RUNNING TEAM | WARSZAWA | 91 | K20/32 | | 01:11:01 | 01:11:01 | | |
| 33 | 311 | STRZYMIŃSKA MAŁGORZATA | POL | POLSKI KOMFORT | WARSZAWA | 91 | K20/33 | | 01:11:14 | 01:10:47 | 00:21:45 | 00:45:44 |

X OGÓLNOPOLSKI BIEG RASZYŃSKI

WYNIKI ZAWODÓW

K30: 30 - 39 lat

Organizator: KLUB SPORTOWY RASZYN, GMINNY OŚRODEK SPORTU W RASZYŃNIE

Termin: 07.04.2019

Miejsce: Raszyn

Dystans: 10 km

Trasa posiada atest PZLA

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Kraj Nat. | Drużyna Team | Miejscowość City | R-k YoB | W kategorii in Age | Grupa Group | Wynik Total | Wynik Netto | Międzyczasy | | Check points |
|-----------------|-----------|---------------------------|--------------|----------------------------------|---------------------|------------|-----------------------|----------------|----------------|----------------|-------------|----------|--------------|
| | | | | | | | | | | | 1 Runda | 2 Runda | |
| 1 | 443 | ŁAPIŃSKA ANNA | POL | KS WARSZAWIANKA W-WA/REEBOK RUN | WARSZAWA | 89 | K30/1 | | 00:36:13 | 00:36:11 | 00:11:44 | 00:23:46 | |
| 2 | 335 | ŚLIWIAK JUSTYNA | POL | KB TKKF PROMYK CIECHANÓW | WARSZAWA | 89 | K30/2 | | 00:38:12 | 00:38:10 | 00:12:20 | 00:25:09 | |
| 3 | 484 | WIERZBICKA MAGDALENA | POL | NIKE + RUN CLUB | ŚWIEBODZIN | 89 | K30/3 | | 00:39:34 | 00:39:32 | 00:12:47 | 00:26:00 | |
| 4 | 210 | MEJKA MAŁGORZATA | POL | | LUBAWA | 86 | K30/4 | | 00:40:35 | 00:40:32 | 00:12:51 | 00:26:41 | |
| 5 | 120 | KASPROWICZ GRAŻKA | POL | LKB.RUDNIK | WARSZAWA | 85 | K30/5 | | 00:42:34 | 00:42:08 | 00:20:21 | | |
| 6 | 258 | PIETRASIK ELŻBIETA | POL | STUMIŁOWE GAZELE Z RASZYŃNIA | WARSZAWA | 85 | K30/6 | | 00:47:31 | 00:47:26 | 00:15:01 | 00:31:12 | |
| 7 | 491 | ZIELIŃSKA DIANA | POL | BRAK | WARKA | 84 | K30/7 | | 00:47:38 | 00:47:33 | 00:15:19 | 00:31:10 | |
| 8 | 169 | KUBICA EWA | POL | | WARSZAWA | 86 | K30/8 | | 00:47:57 | 00:47:46 | 00:15:56 | 00:31:43 | |
| 9 | 368 | ZAPADKA ELŻBIETA | POL | | MRAĞOWO | 84 | K30/9 | | 00:48:40 | 00:48:26 | 00:16:09 | 00:32:12 | |
| 10 | 209 | MĄDZIK ALEKSANDRA | POL | TRENINGBIEGACZA.PL | WARSZAWA | 81 | K30/10 | | 00:49:37 | 00:49:32 | 00:16:17 | 00:32:56 | |
| 11 | 450 | PALUCH AGATA | POL | | RASZYN | 87 | K30/11 | Rasz/39 | 00:51:09 | 00:50:47 | 00:17:14 | 00:34:22 | |
| 12 | 90 | JAGLARSKA ANNA | POL | 12TRI.PL | WARSZAWA | 85 | K30/12 | | 00:51:11 | 00:50:55 | 00:16:46 | 00:34:03 | |
| 13 | 15 | BASZTA MAGDALENA | POL | TEAM IKEA | JANKI | 84 | K30/13 | | 00:51:15 | 00:50:42 | 00:19:30 | 00:36:13 | |
| 14 | 332 | CHOJKA-BARTOSZKO KAROLINA | POL | | DAWIDY BANKOWE | 82 | K30/14 | Rasz/40 | 00:51:21 | 00:51:02 | 00:17:02 | 00:34:03 | |
| 15 | 307 | STEFAŃCZYK AGATA | POL | | RASZYN | 80 | K30/15 | Rasz/44 | 00:53:17 | 00:53:01 | 00:17:38 | 00:35:46 | |
| 16 | 158 | KROL NINA | POL | | WARSZAWA | 84 | K30/16 | | 00:53:43 | 00:53:36 | 00:17:28 | 00:35:30 | |
| 17 | 182 | STAŃCZAK MALGORZATA | POL | | WARSZAWA | 83 | K30/17 | | 00:54:04 | 00:53:44 | 00:18:09 | 00:36:06 | |
| 18 | 259 | PIETRZAK PAULINA | POL | TRENINGBIEGACZA.PL | WARSZAWA | 83 | K30/18 | | 00:54:05 | 00:53:46 | 00:18:11 | 00:36:06 | |
| 19 | 135 | KONARZEWSKA MAŁGORZATA | POL | TEAM IKEA | JANKI | 87 | K30/19 | | 00:54:20 | 00:53:46 | 00:19:17 | 00:37:42 | |
| 20 | 125 | KESKA ANNA | POL | | RASZYN | 86 | K30/20 | Rasz/49 | 00:55:21 | 00:55:15 | 00:17:39 | 00:36:40 | |
| 21 | 338 | TRZASKOWSKA JUSTYNA | POL | | WARSZAWA | 82 | K30/21 | | 00:55:52 | 00:55:13 | 00:19:11 | 00:37:24 | |
| 22 | 488 | WOJCIECHOWSKA JOANNA | POL | NATIONALE- NEDERLANDEN | WARSZAWA | 87 | K30/22 | | 00:56:00 | 00:55:28 | 00:18:57 | 00:37:14 | |
| 23 | 455 | PAWEŁAS MARTA | POL | | WARSZAWA | 86 | K30/23 | | 00:56:41 | 00:56:27 | 00:17:45 | 00:36:48 | |
| 24 | 464 | SAPOR DOMINIKA | POL | | WARSZAWA | 87 | K30/24 | | 00:56:43 | 00:56:10 | 00:19:31 | 00:38:10 | |
| 25 | 241 | OSIŃSKA KARINA | POL | | STACHOWO | 80 | K30/25 | | 00:56:44 | 00:56:16 | 00:18:39 | 00:37:26 | |
| 26 | 523 | ZEGAR WERONIKA | POL | | WARSZAWA | 85 | K30/26 | | 00:57:28 | 00:57:04 | 00:18:16 | 00:37:34 | |
| 27 | 115 | KARAŚ DOMINIKA | POL | LEGIA WARSZAWA SEKCJA ŁYŻWIARSKA | RASZYN | 85 | K30/27 | Rasz/60 | 00:57:35 | 00:57:22 | 00:19:21 | 00:38:38 | |

| <i>Miejsce Rank</i> | <i>Nr Bib</i> | <i>Nazwisko i imię Name</i> | <i>Kraj Nat.</i> | <i>Drużyna Team</i> | <i>Miejscowość City</i> | <i>R-k YoB</i> | <i>W kategorii in Age</i> | <i>Grupa Group</i> | <i>Wynik Total</i> | <i>Wynik Netto</i> | <i>Międzyczasy</i> | <i>Check points</i> |
|-------------------------|-------------------|-----------------------------------|----------------------|---------------------------|-----------------------------|--------------------|-------------------------------|------------------------|------------------------|------------------------|--------------------|---------------------|
| 28 | 490 | WOŹNIAK KARINA | POL | | PIASECZNO | 86 | K30/28 | | 00:57:53 | 00:57:16 | 00:18:53 | 00:37:38 |
| 29 | 397 | CHEN FENGQIN | POL | GRAVITAN | SĘKOCIN STARY | 86 | K30/29 | | 00:58:16 | 00:58:13 | 00:17:23 | 00:38:27 |
| 30 | 279 | REGULSKA EWA | POL | | WARSZAWA | 83 | K30/30 | | 00:58:22 | 00:58:11 | 00:18:51 | 00:38:02 |
| 31 | 366 | ZAKRZEWSKA MAŁGORZATA | POL | | WARSZAWA | 83 | K30/31 | | 00:58:23 | 00:57:53 | 00:19:25 | 00:38:47 |
| 32 | 52 | DUDZIŃSKA SABINA | POL | DOGOŃ GRODZISK MAZOWIECKI | GRODZISK | 84 | K30/32 | | 00:58:36 | 00:58:07 | 00:19:41 | 00:39:07 |
| 33 | 41 | DAMIĘCKA KATARZYNA | POL | J&J | WARSZAWA | 84 | K30/33 | | 00:58:46 | 00:58:21 | 00:20:17 | 00:39:39 |
| 34 | 140 | KOSIACKA DOROTA | POL | | PRUSZKÓW | 82 | K30/34 | | 00:58:56 | 00:58:17 | 00:19:43 | 00:38:37 |
| 35 | 430 | KŁOS AGATA | POL | | PIASECZNO | 87 | K30/35 | | 00:59:30 | 00:59:01 | 00:19:31 | 00:39:20 |
| 36 | 126 | KĘSKA OLGA | POL | SAFEGUARD | WARSZAWA | 89 | K30/36 | | 00:59:31 | 00:58:55 | 00:20:09 | 00:40:18 |
| 37 | 222 | MISIAK ANNA | POL | TEAM ZABIEGANEDNI | WARSZAWA | 88 | K30/37 | | 00:59:40 | 00:59:04 | 00:19:10 | 00:38:43 |
| 38 | 470 | SZCZĘSNY JUSTYNA | POL | O. R. P. P. KIEŁ | PIASECZNO | 82 | K30/38 | | 00:59:41 | 00:59:06 | 00:19:55 | 00:39:34 |
| 39 | 283 | ROLA IWONA | POL | TEAM ZALESICE | WIERZBICA | 80 | K30/39 | | 01:00:23 | 01:00:15 | 00:18:49 | 00:38:58 |
| 40 | 483 | WIERZBICKA HALINA | POL | | MILANÓWEK | 85 | K30/40 | | 01:01:09 | 01:00:31 | 00:19:55 | 00:40:02 |
| 41 | 301 | SKRZECZ IWONA | POL | DOGOŃ GRODZISK MAZOWIECKI | GRODZISK | 83 | K30/41 | | 01:01:23 | 01:00:56 | 00:19:19 | 00:39:28 |
| 42 | 291 | RYBKA AGNIESZKA | POL | RYBENSHUTTE | NOWE GROCHOLICE | 83 | K30/42 | Rasz/73 | 01:01:29 | 01:01:03 | 00:20:18 | 00:41:19 |
| 43 | 417 | DRZEWIECKA-WITKOWSKA AGNIESZKA | POL | TARCZYŃSKI KLUB BIEGOWY | TARCZYN | 80 | K30/43 | | 01:01:44 | 01:01:29 | 00:19:39 | 00:40:26 |
| 44 | 123 | KAZIMERSKA JOANNA | POL | OMEGABRUK | GRODZISK | 84 | K30/44 | | 01:02:56 | 01:02:53 | 00:19:24 | 00:40:58 |
| 45 | 46 | DEMSKA KAROLINA | POL | | RASZYN | 80 | K30/45 | Rasz/78 | 01:03:52 | 01:03:29 | 00:20:31 | 00:42:47 |
| 46 | 509 | RAFIŃSKA AGNIESZKA | POL | | WARSZAWA | 82 | K30/46 | | 01:03:55 | 01:03:33 | 00:19:20 | 00:41:14 |
| 47 | 105 | KACZMARCZYK URSZULA | POL | | RASZYN | 81 | K30/47 | Rasz/81 | 01:06:17 | 01:05:54 | 00:20:33 | 00:42:48 |
| 48 | 323 | SZEWCZYK JOANNA | POL | | RASZYN | 80 | K30/48 | Rasz/83 | 01:06:43 | 01:06:16 | 00:20:43 | 00:42:37 |
| 49 | 314 | STYKOWSKA MARLENA | POL | | RYBIE | 82 | K30/49 | Rasz/86 | 01:08:45 | 01:08:15 | 00:22:19 | 00:44:52 |
| 50 | 260 | PIÓRKOWSKA ANNA | POL | | RASZYN | 81 | K30/50 | Rasz/87 | 01:08:45 | 01:08:16 | 00:22:14 | 00:44:49 |
| 51 | 16 | BAZGA ANNA | POL | | SĘKOCIN STARY | 81 | K30/51 | | 01:11:07 | 01:10:48 | 00:21:10 | 00:45:15 |
| 52 | 55 | DUSZCZYK DOROTA | POL | BIEGACZKI WPR | OPACZ-KOLONIA | 89 | K30/52 | | 01:11:34 | 01:11:24 | 00:22:23 | 00:46:36 |
| 53 | 199 | MAKARSKA EWELINA | POL | TEAM IKEA | JANKI | 81 | K30/53 | | 01:12:55 | 01:12:20 | 00:23:02 | 00:47:15 |
| 54 | 87 | HRYNIEWICKA MONIKA | POL | ROZBIEGANY PIASTÓW | PIASTÓW | 84 | K30/54 | | 01:13:34 | 01:13:04 | 00:22:54 | 00:47:42 |

X OGÓLNOPOLSKI BIEG RASZYŃSKI

WYNIKI ZAWODÓW

K40: 40 - 49 lat

Organizator: KLUB SPORTOWY RASZYN, GMINNY OŚRODEK SPORTU W RASZYNIE

Termin: 07.04.2019

Miejsce: Raszyn

Dystans: 10 km

Trasa posiada atest PZLA

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Kraj Nat. | Drużyna Team | Miejscowość City | R-k YoB | W kategorii in Age | Grupa Group | Wynik Total | Wynik Netto | Międzyczasy | | Check points |
|-----------------|-----------|---------------------------|--------------|----------------------------|---------------------|------------|-----------------------|----------------|----------------|----------------|-------------|----------|--------------|
| | | | | | | | | | | | 1 Runda | 2 Runda | |
| 1 | 444 | MIKA AMELIA | POL | | PIASECZNO | 78 | K40/1 | | 00:47:40 | 00:47:22 | 00:15:21 | 00:31:02 | |
| 2 | 10 | BALIŃSKA AGNIESZKA | POL | BALAX TEAM | SZKUCIN | 77 | K40/2 | | 00:47:51 | 00:47:39 | 00:16:15 | 00:32:03 | |
| 3 | 347 | WENTYKIER BEATA | POL | STUMIŁOWE GAZELE Z RASZYNA | PIASECZNO | 78 | K40/3 | | 00:49:04 | 00:48:57 | 00:15:43 | 00:32:09 | |
| 4 | 64 | FIJAŁKOWSKA ANETA | POL | | RADOM | 77 | K40/4 | | 00:50:10 | 00:50:01 | 00:16:19 | 00:33:13 | |
| 5 | 244 | PAŁYSA JOANNA | POL | TRI NEGU | DAWIDY BANKOWE | 78 | K40/5 | Rasz/38 | 00:51:08 | 00:50:50 | 00:16:38 | 00:33:43 | |
| 6 | 31 | CIBORSKA AGNIESZKA | POL | NAPRZÓD MŁOCINY | WARSZAWA | 73 | K40/6 | | 00:51:38 | 00:51:25 | 00:16:25 | 00:33:38 | |
| 7 | 330 | SZYMAŃSKA DOROTA | POL | TARCZYŃSKI KLUB BIEGOWY | HENRYKÓW UROCZE | 75 | K40/7 | | 00:52:08 | 00:51:54 | 00:17:23 | 00:34:44 | |
| 8 | 177 | KUŻMICKA JOANNA | POL | | WARSZAWA | 74 | K40/8 | | 00:52:52 | 00:52:35 | 00:17:50 | 00:35:10 | |
| 9 | 28 | CHOJNOWSKA AGNIESZKA | POL | UWIELIŃSKIE CHARTY | ZALESIE GÓRNE | 75 | K40/9 | | 00:53:06 | 00:52:37 | 00:17:56 | 00:35:35 | |
| 10 | 504 | RYCHTER ADRIANA | POL | POLSKI KOMFORT | MAGDALENKA | 77 | K40/10 | | 00:53:12 | 00:52:48 | 00:17:03 | 00:34:53 | |
| 11 | 149 | KOWALCZYK ANNA | POL | | WARKA | 75 | K40/11 | | 00:53:30 | 00:53:23 | 00:17:45 | 00:36:03 | |
| 12 | 78 | GÓRSKA ELEONORA | POL | | WARSZAWA | 72 | K40/12 | | 00:54:17 | 00:53:56 | 00:17:15 | 00:35:38 | |
| 13 | 298 | SIELCZAK IWONA | POL | TARCZYŃSKI KLUB BIEGOWY | NOWA IWICZNA | 72 | K40/13 | | 00:54:18 | 00:54:06 | 00:17:35 | 00:35:26 | |
| 14 | 35 | CZAJKA JUSTYNA | POL | | PARZNIEW | 79 | K40/14 | | 00:55:17 | 00:54:54 | 00:17:23 | 00:35:52 | |
| 15 | 288 | RUPIK URSZULA | POL | | STARA IWICZNA | 75 | K40/15 | | 00:55:49 | 00:55:31 | 00:18:17 | 00:36:50 | |
| 16 | 385 | BONIKOWSKA JOANNA | POL | TEAM IKEA | JANKI | 74 | K40/16 | | 00:56:20 | 00:55:49 | 00:18:46 | 00:37:07 | |
| 17 | 138 | KOPEĆ PATRYCJA | POL | | JÓZEFOSŁAW | 78 | K40/17 | | 00:56:31 | 00:56:14 | 00:18:48 | 00:37:40 | |
| 18 | 191 | ŁUKASIEWICZ RENATA | POL | | BANIOCHA | 71 | K40/18 | | 00:56:32 | 00:55:56 | 00:18:20 | 00:37:12 | |
| 19 | 300 | SKOWROŃSKA EWA | POL | | JEDLIŃSK | 74 | K40/19 | | 00:56:33 | 00:56:28 | 00:18:52 | 00:37:46 | |
| 20 | 42 | DARŁAK AGNIESZKA | POL | NIE MA | NADARZYN | 77 | K40/20 | | 00:58:35 | 00:58:08 | 00:19:16 | 00:38:38 | |
| 21 | 2 | ADACH-SOSNOWSKA MAGDALENA | POL | NIE MA | RASZYN | 76 | K40/21 | Rasz/66 | 00:58:44 | 00:58:30 | 00:18:55 | 00:38:47 | |
| 22 | 277 | RADZIKOWSKA KAROLINA | POL | RADZIKI | WARSZAWA | 79 | K40/22 | | 01:01:31 | 01:01:18 | 00:19:28 | 00:40:12 | |
| 23 | 198 | MADEJAK MONIKA | POL | TRENINGBIEGACZA.PL | WARSZAWA | 77 | K40/23 | | 01:02:56 | 01:02:36 | 00:21:15 | 00:42:15 | |
| 24 | 103 | JURCZAK AGNIESZKA | POL | NIEZALEŻNY | JEDLIŃSK | 72 | K40/24 | | 01:03:37 | 01:03:35 | 00:19:28 | 00:41:08 | |
| 25 | 252 | PERZYNA RENATA | POL | | KOLONIA | 71 | K40/25 | | 01:05:57 | 01:05:44 | 00:20:11 | 00:42:08 | |
| 26 | 88 | IMIOŁEK MONIKA | POL | NIE MA | JEDLIŃSK | 75 | K40/26 | | 01:06:15 | 01:05:50 | 00:20:12 | 00:42:14 | |
| 27 | 290 | RYBICKA MAGDALENA | POL | | JANOWIEC | 78 | K40/27 | | 01:11:16 | 01:10:49 | 00:20:29 | 00:44:40 | |

| <i>Miejsce Rank</i> | <i>Nr Bib</i> | <i>Nazwisko i imię Name</i> | <i>Kraj Nat.</i> | <i>Drużyna Team</i> | <i>Miejscowość City</i> | <i>R-k YoB</i> | <i>W kategorii in Age</i> | <i>Grupa Group</i> | <i>Wynik Total</i> | <i>Wynik Netto</i> | <i>Międzyczasy</i> | <i>Check points</i> |
|-------------------------|-------------------|---------------------------------|----------------------|-------------------------|-----------------------------|--------------------|-------------------------------|------------------------|------------------------|------------------------|--------------------|---------------------|
|-------------------------|-------------------|---------------------------------|----------------------|-------------------------|-----------------------------|--------------------|-------------------------------|------------------------|------------------------|------------------------|--------------------|---------------------|

X OGÓLNOPOLSKI BIEG RASZYŃSKI

WYNIKI ZAWODÓW

K50: 50 - 59 lat

Organizator: KLUB SPORTOWY RASZYN, GMINNY OŚRODEK SPORTU W RASZYNIE

Termin: 07.04.2019

Miejsce: Raszyn

Dystans: 10 km

Trasa posiada atest PZLA

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Kraj Nat. | Drużyna Team | Miejscowość City | R-k YoB | W kategorii in Age | Grupa Group | Wynik Total | Wynik Netto | Międzyczasy | | Check points |
|-----------------|-----------|-------------------------|--------------|-------------------------|---------------------|------------|-----------------------|----------------|-----------------|----------------|-------------|----------|--------------|
| | | | | | | | | | | | 1 Runda | 2 Runda | |
| 1 | 285 | ROSIŃSKA BARBARA | POL | STO-NOGI MILANÓWEK | MILANÓWEK | 62 | K50/1 | | 00:45:27 | 00:45:25 | 00:14:18 | 00:29:37 | |
| 2 | 294 | RZYMOWSKA KRYSZYNA | POL | | WARSZAWA | 69 | K50/2 | | 00:48:18 | 00:48:06 | 00:16:03 | 00:31:59 | |
| 3 | 256 | PIEKAROWICZ MAGDALENA | POL | TARCZYŃSKI KLUB BIEGOWY | PRACE DUŻE | 67 | K50/3 | | 00:49:52 | 00:49:40 | 00:16:17 | 00:32:48 | |
| 4 | 312 | STYCZEK KATARZYNA | POL | | NOWA WOLA | 66 | K50/4 | | 00:54:51 | 00:54:21 | 00:18:20 | 00:36:24 | |
| 5 | 60 | DZIEWULSKA HENRYKA | POL | ROZBIEGANY PIASTÓW | PIASTÓW | 65 | K50/5 | | 00:55:03 | 00:54:34 | 00:19:02 | 00:37:01 | |
| 6 | 218 | MIKOŚ TERESA | POL | | OTWOCK | 63 | K50/6 | | 01:07:29 | 01:07:21 | 00:20:31 | 00:43:18 | |

X OGÓLNOPOLSKI BIEG RASZYŃSKI

WYNIKI ZAWODÓW

K60+: 60 lat i więcej

Organizator: KLUB SPORTOWY RASZYN, GMINNY OŚRODEK SPORTU W RASZYNIE

Termin: 07.04.2019

Miejsce: Raszyn

Dystans: 10 km

Trasa posiada atest PZLA

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Kraj Nat. | Drużyna Team | Miejscowość City | R-k YoB | W kategorii in Age | Grupa Group | Wynik Total | Wynik Netto | Międzyczasy | | Check points |
|-----------------|-----------|-------------------------|--------------|-------------------------|---------------------|------------|-----------------------|----------------|-----------------|----------------|-------------|----------|--------------|
| | | | | | | | | | | | 1 Runda | 2 Runda | |
| 1 | 341 | TULA RENATA | POL | MYKMYK | WARSZAWA | 52 | K60+/1 | | 00:51:03 | 00:50:50 | 00:16:44 | 00:33:41 | |
| 2 | 383 | ŻYWEK TERESA | POL | TRIPOWER | WARSZAWA | 47 | K60+/2 | | 00:59:03 | 00:58:40 | 00:19:10 | 00:38:41 | |
| 3 | 118 | KARŁOWICZ ANNA | POL | PARTIA WOLNYCH BIEGACZY | WARSZAWA | 53 | K60+/3 | | 01:01:55 | 01:01:32 | 00:19:58 | 00:40:37 | |
| 4 | 270 | PRZYBYŁAK WANDA | POL | ROZBIEGANY PIASTÓW | PIASTÓW | 55 | K60+/4 | | 01:13:46 | 01:13:19 | 00:22:54 | 00:47:45 | |

X OGÓLNOPOLSKI BIEG RASZYŃSKI

WYNIKI ZAWODÓW

Mieszkańcy Gminy Raszyn

Organizator: KLUB SPORTOWY RASZYN, GMINNY OŚRODEK SPORTU W RASZYŃNIE

Termin: 07.04.2019

Miejsce: Raszyn

Dystans: 10 km

Trasa posiada atest PZLA

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Kraj Nat. | Drużyna Team | Miejscowość City | R-k YoB | W kategorii in Age | Grupa Group | Wynik Total | Wynik Netto | Międzyczasy | | Check points |
|-----------------|-----------|-------------------------|--------------|----------------------------------|---------------------|------------|-----------------------|----------------|----------------|----------------|-------------|----------|--------------|
| | | | | | | | | | | | 1 Runda | 2 Runda | |
| 1 | 337 | TRONIARZ PAWEŁ | POL | TEAMOCHAL | RASZYN | 79 | M40/3 | Rasz/1 | 00:37:54 | 00:37:51 | 00:12:25 | 00:25:06 | |
| 2 | 340 | TUCHOLSKI PAWEŁ | POL | | RYBIE | 78 | M40/10 | Rasz/2 | 00:41:31 | 00:41:28 | 00:13:08 | 00:26:58 | |
| 3 | 395 | ŻMUDA MICHAŁ | POL | ŻMUDA RUNNING TEAM | RASZYN | 77 | M40/12 | Rasz/3 | 00:41:35 | 00:41:33 | 00:13:35 | 00:27:19 | |
| 4 | 468 | STOLARSKI MACIEJ | POL | WAWRYN TEAM | RYBIE | 73 | M40/13 | Rasz/4 | 00:41:45 | 00:41:40 | 00:13:29 | 00:27:31 | |
| 5 | 408 | TRONIARZ MARCIN | POL | GRAVITAN | RASZYN | 75 | M40/16 | Rasz/5 | 00:41:50 | 00:41:43 | 00:13:41 | 00:27:43 | |
| 6 | 82 | GRZEJSZCZYK SEBASTIAN | POL | ŻMUDA RUNNING TEAM | RASZYN | 86 | M30/23 | Rasz/6 | 00:42:42 | 00:42:39 | 00:14:11 | 00:28:41 | |
| 7 | 239 | OLSZEWSKI BARTŁOMIEJ | POL | | RASZYN | 86 | M30/27 | Rasz/7 | 00:43:15 | 00:43:03 | 00:14:55 | 00:29:17 | |
| 8 | 245 | PAŁYSA MAREK | POL | TRI NEGU | DAWIDY BANKOWE | 74 | M40/25 | Rasz/8 | 00:43:54 | 00:43:36 | 00:14:11 | 00:28:53 | |
| 9 | 272 | PYĆ MATEUSZ | POL | | SŁOMIN | 90 | M20/12 | Rasz/9 | 00:44:20 | 00:44:20 | 00:14:03 | 00:29:06 | |
| 10 | 175 | KULKA SERGIUSZ | POL | TRI NEGU | LESZNOWOLA | 80 | M30/32 | Rasz/10 | 00:44:40 | 00:44:34 | 00:14:09 | 00:29:02 | |
| 11 | 524 | CYBULSKI ARTUR | POL | KS RASZYN | RASZYN | 94 | M20/13 | Rasz/11 | 00:44:45 | 00:44:29 | 00:15:24 | | |
| 12 | 116 | KARAŚ TOMASZ | POL | LEGIA WARSZAWA SEKCJA ŁYŻWIARSKA | RASZYN | 83 | M30/39 | Rasz/12 | 00:45:53 | 00:45:38 | 00:14:29 | 00:29:44 | |
| 13 | 381 | ZYGMUNTOWICZ TOMASZ | POL | | RYBIE | 77 | M40/37 | Rasz/13 | 00:46:51 | 00:46:39 | 00:15:04 | 00:30:40 | |
| 14 | 457 | PIĄTKOWSKI MICHAŁ | POL | BRONX RUNNING CREW | RASZYN | 78 | M40/38 | Rasz/14 | 00:47:03 | 00:46:46 | 00:15:47 | 00:31:23 | |
| 15 | 235 | OBŁUSKI SEBASTIAN | POL | | RASZYN | 92 | M20/18 | Rasz/15 | 00:47:16 | 00:46:52 | 00:15:35 | 00:31:09 | |
| 16 | 410 | BAKUŁA MAREK | POL | SBRT WARSZAWA | RASZYN | 79 | M40/42 | Rasz/16 | 00:47:35 | 00:47:28 | 00:14:59 | 00:31:10 | |
| 17 | 266 | POLAKOWSKI BARTŁOMIEJ | POL | | RASZYN | 97 | M20/20 | Rasz/17 | 00:48:04 | 00:47:33 | 00:16:25 | 00:32:08 | |
| 18 | 104 | JURKOWSKI KRZYSZTOF | POL | | RASZYN | 69 | M50/14 | Rasz/18 | 00:48:17 | 00:48:12 | 00:15:55 | 00:31:54 | |
| 19 | 411 | BIAŁOBRZESKI BARTOSZ | POL | | RYBIE | 82 | M30/50 | Rasz/19 | 00:48:18 | 00:47:46 | 00:15:13 | 00:31:20 | |
| 20 | 507 | WOJDALSKA MARTA | POL | | RASZYN | 94 | K20/7 | Rasz/20 | 00:48:24 | 00:47:59 | 00:16:30 | 00:32:29 | |
| 21 | 418 | DYBOWSKI HUBERT | POL | | RASZYN | 85 | M30/54 | Rasz/21 | 00:48:27 | 00:48:18 | 00:15:35 | 00:31:59 | |
| 22 | 445 | MIZERSKI BARTŁOMIEJ | POL | | DAWIDY BANKOWE | 02 | M16/5 | Rasz/22 | 00:48:36 | 00:48:16 | 00:16:58 | 00:32:56 | |
| 23 | 54 | DURMA KRYSZTYAN | POL | | FALENTY NOWE | 88 | M30/57 | Rasz/23 | 00:48:39 | 00:48:09 | 00:16:01 | 00:31:57 | |
| 24 | 512 | MACKIEWICZ WOJCIECH | POL | LACKOWA | RASZYN | 74 | M40/47 | Rasz/24 | 00:48:50 | 00:48:42 | 00:16:26 | 00:32:34 | |
| 25 | 14 | BARTOSZEWSKI JAROSŁAW | POL | | SEKOCIN STARY | 75 | M40/49 | Rasz/25 | 00:49:06 | 00:48:58 | 00:16:10 | 00:33:01 | |
| 26 | 386 | DURLIK JAKUB | POL | | RASZYN | 96 | M20/24 | Rasz/26 | 00:49:30 | 00:49:17 | 00:16:11 | 00:32:56 | |
| 27 | 510 | ZIÓŁKOWSKI SŁAWOMIR | POL | | RASZYN | 77 | M40/55 | Rasz/27 | 00:49:45 | 00:49:33 | 00:15:38 | 00:32:19 | |

| <i>Miejsce Rank</i> | <i>Nr Bib</i> | <i>Nazwisko i imię Name</i> | <i>Kraj Nat.</i> | <i>Drużyna Team</i> | <i>Miejscowość City</i> | <i>R-k YoB</i> | <i>W kategorii in Age</i> | <i>Grupa Group</i> | <i>Wynik Total</i> | <i>Wynik Netto</i> | <i>Międzyczasy</i> | <i>Check points</i> |
|-------------------------|-------------------|---------------------------------|----------------------|----------------------------------|-----------------------------|--------------------|-------------------------------|------------------------|------------------------|------------------------|--------------------|---------------------|
| 28 | 282 | ROCH ADAM | POL | NIE MA | JANKI | 83 | M30/61 | Rasz/28 | 00:49:48 | 00:49:26 | 00:15:14 | 00:32:17 |
| 29 | 403 | REDLICH DARIUSZ | POL | GRAVITAN | RASZYN | 83 | M30/63 | Rasz/29 | 00:49:51 | 00:49:39 | 00:16:16 | 00:32:58 |
| 30 | 195 | MACIOLEK DAREK | POL | SĘKOCIN RUNNERS | SĘKOCIN STARY | 78 | M40/59 | Rasz/30 | 00:50:01 | 00:49:52 | 00:16:41 | 00:33:36 |
| 31 | 525 | MADETKO ŁUKASZ | POL | | RASZYN | 85 | M30/64 | Rasz/31 | 00:50:01 | 00:49:45 | 00:16:11 | 00:32:46 |
| 32 | 500 | DZIUBINSKI MARIUSZ | POL | | RYBIE | 77 | M40/62 | Rasz/32 | 00:50:13 | 00:49:58 | 00:16:11 | 00:32:41 |
| 33 | 36 | CZARNAK MARCIN | POL | | RASZYN | 88 | M30/66 | Rasz/33 | 00:50:25 | 00:50:06 | 00:16:58 | 00:33:35 |
| 34 | 156 | KRAWCZYK PAWEŁ | POL | NIEZALEŻNY | DAWIDY | 86 | M30/67 | Rasz/34 | 00:50:30 | 00:50:08 | 00:16:29 | 00:33:26 |
| 35 | 161 | KRUPCZYŃSKI SZYMON | POL | | RASZYN | 91 | M20/25 | Rasz/35 | 00:50:40 | 00:50:20 | 00:16:26 | 00:33:25 |
| 36 | 328 | SZUSTAK DARIUSZ | POL | | RASZYN | 69 | M50/20 | Rasz/36 | 00:50:50 | 00:50:25 | 00:17:07 | 00:34:03 |
| 37 | 327 | SZTYK KATARZYNA | POL | | RYBIE | 99 | K20/9 | Rasz/37 | 00:50:52 | 00:50:41 | 00:16:06 | 00:33:12 |
| 38 | 244 | PAŁYSA JOANNA | POL | TRI NEGU | DAWIDY BANKOWE | 78 | K40/5 | Rasz/38 | 00:51:08 | 00:50:50 | 00:16:38 | 00:33:43 |
| 39 | 450 | PALUCH AGATA | POL | | RASZYN | 87 | K30/11 | Rasz/39 | 00:51:09 | 00:50:47 | 00:17:14 | 00:34:22 |
| 40 | 332 | CHOJKA-BARTOSZKO KAROLINA | POL | | DAWIDY BANKOWE | 82 | K30/14 | Rasz/40 | 00:51:21 | 00:51:02 | 00:17:02 | 00:34:03 |
| 41 | 243 | PALUCH KONRAD | POL | | RASZYN | 93 | M20/26 | Rasz/41 | 00:51:28 | 00:51:07 | 00:17:14 | 00:34:23 |
| 42 | 178 | KWASNIAK LUKASZ | POL | NIEZRZESZONY | GODZISZ | 87 | M30/75 | Rasz/42 | 00:52:29 | 00:52:17 | 00:16:23 | 00:33:48 |
| 43 | 165 | KRZYWIEC PRZEMYSŁAW | POL | | FALENTY | 86 | M30/77 | Rasz/43 | 00:53:02 | 00:52:53 | 00:17:08 | 00:35:24 |
| 44 | 307 | STEFAŃCZYK AGATA | POL | | RASZYN | 80 | K30/15 | Rasz/44 | 00:53:17 | 00:53:01 | 00:17:38 | 00:35:46 |
| 45 | 422 | GAŁĄZKA ANDRZEJ | POL | NIEZRZESZONY | FALENTY | 59 | M60+7 | Rasz/45 | 00:53:17 | 00:53:09 | 00:17:30 | 00:35:10 |
| 46 | 53 | DURASIEWICZ MIKOŁAJ | POL | | RYBIE | 73 | M40/73 | Rasz/46 | 00:53:20 | 00:53:06 | 00:17:06 | 00:34:52 |
| 47 | 402 | PENKALA MAREK | POL | GRAVITAN | RASZYN | 72 | M40/74 | Rasz/47 | 00:53:37 | 00:53:00 | 00:18:32 | 00:36:20 |
| 48 | 187 | LIPIEC ŁUKASZ | POL | | PUCHAŁY | 93 | M20/35 | Rasz/48 | 00:54:40 | 00:54:29 | 00:17:09 | 00:35:31 |
| 49 | 125 | KESKA ANNA | POL | | RASZYN | 86 | K30/20 | Rasz/49 | 00:55:21 | 00:55:15 | 00:17:39 | 00:36:40 |
| 50 | 27 | SZYPULSKA MAGDALENA | POL | | RYBIE | 92 | K20/14 | Rasz/50 | 00:55:27 | 00:54:56 | 00:18:52 | 00:37:17 |
| 51 | 254 | PETRYKA WOJCIECH | POL | | RASZYN | 70 | M40/79 | Rasz/51 | 00:55:28 | 00:55:21 | 00:17:21 | 00:36:01 |
| 52 | 329 | SZYMANOWICZ RAFAL | POL | RUN FOREST RUN | RASZYN | 86 | M30/89 | Rasz/52 | 00:55:34 | 00:55:25 | 00:17:16 | 00:36:51 |
| 53 | 292 | RYBKA JAN | POL | RYBENSHUTTE | NOWE GROCHOLICE | 85 | M30/90 | Rasz/53 | 00:55:40 | 00:55:13 | 00:18:25 | 00:37:00 |
| 54 | 92 | JANIEC MARCIN | POL | | RASZYN | 73 | M40/80 | Rasz/54 | 00:55:40 | 00:55:21 | 00:18:19 | 00:36:54 |
| 55 | 143 | KOSSON MONIKA | POL | | RASZYN | 96 | K20/15 | Rasz/55 | 00:55:43 | 00:55:24 | 00:17:47 | 00:36:16 |
| 56 | 160 | KRUPCZYŃSKI MARIUSZ | POL | RASZYN | RASZYN | 61 | M50/28 | Rasz/56 | 00:55:58 | 00:55:37 | 00:18:00 | 00:36:45 |
| 57 | 351 | WIETESKA ROBERT | POL | | RASZYN | 76 | M40/82 | Rasz/57 | 00:56:16 | 00:56:07 | 00:18:04 | 00:36:40 |
| 58 | 142 | KOSSON MAREK | POL | | RASZYN | 67 | M50/29 | Rasz/58 | 00:56:26 | 00:56:09 | 00:17:47 | 00:36:22 |
| 59 | 519 | ŚWITAŁA ADAM | POL | | RASZYN | 70 | M40/89 | Rasz/59 | 00:57:31 | 00:57:08 | 00:19:24 | 00:38:48 |
| 60 | 115 | KARAŚ DOMINIKA | POL | LEGIA WARSZAWA SEKCJA ŁYŻWIARSKA | RASZYN | 85 | K30/27 | Rasz/60 | 00:57:35 | 00:57:22 | 00:19:21 | 00:38:38 |
| 61 | 376 | ZIEMNICKI PAWEŁ | POL | | RASZYN | 83 | M30/94 | Rasz/61 | 00:57:55 | 00:57:46 | 00:17:54 | 00:37:11 |
| 62 | 268 | PRYKIEL RADOŚLAW | POL | | RASZYN | 85 | M30/95 | Rasz/62 | 00:58:02 | 00:57:48 | 00:18:26 | 00:38:09 |
| 63 | 86 | HOFFMAN MARCIN | POL | DIXI-CAR | RASZYN | 84 | M30/96 | Rasz/63 | 00:58:10 | 00:57:59 | 00:19:33 | 00:39:03 |
| 64 | 110 | KAMIŃSKI KONRAD | POL | UP&MORE | RASZYN | 78 | M40/92 | Rasz/64 | 00:58:28 | 00:57:58 | 00:19:55 | 00:38:53 |
| 65 | 22 | BOGUCKI WŁODZIMIERZ | POL | NIEZRZESZONY | SEKOCIN NOWY | 61 | M50/34 | Rasz/65 | 00:58:35 | 00:58:12 | 00:20:07 | 00:39:27 |
| 66 | 2 | ADACH-SOSNOWSKA MAGDALENA | POL | NIE MA | RASZYN | 76 | K40/21 | Rasz/66 | 00:58:44 | 00:58:30 | 00:18:55 | 00:38:47 |
| 67 | 150 | KOWALCZYK MARCIN | POL | | RYBIE | 82 | M30/102 | Rasz/67 | 01:00:16 | 01:00:11 | 00:17:41 | 00:38:20 |

| <i>Miejsce Rank</i> | <i>Nr Bib</i> | <i>Nazwisko i imię Name</i> | <i>Kraj Nat.</i> | <i>Drużyna Team</i> | <i>Miejscowość City</i> | <i>R-k YoB</i> | <i>W kategorii in Age</i> | <i>Grupa Group</i> | <i>Wynik Total</i> | <i>Wynik Netto</i> | <i>Międzyczasy</i> | <i>Check points</i> |
|-------------------------|-------------------|---------------------------------|----------------------|-------------------------|-----------------------------|--------------------|-------------------------------|------------------------|------------------------|------------------------|--------------------|---------------------|
| 68 | 498 | NAROŻNIAK MICHAŁ | POL | | RASZYN | 84 | M30/103 | Rasz/68 | 01:00:16 | 01:00:00 | 00:17:37 | 00:37:34 |
| 69 | 167 | KSIĘŻAK SYLWESTER | POL | EXCELLENT HOUSE TEAM | RASZYN | 83 | M30/104 | Rasz/69 | 01:00:17 | 00:59:52 | 00:19:54 | 00:40:11 |
| 70 | 371 | ZBRZEŹNIAK IGOR | POL | | RASZYN | 95 | M20/45 | Rasz/70 | 01:00:47 | 01:00:12 | 00:18:02 | 00:39:26 |
| 71 | 361 | WOŹNICKI DANIEL | POL | | RASZYN | 97 | M20/46 | Rasz/71 | 01:01:09 | 01:00:30 | 00:19:49 | 00:40:11 |
| 72 | 93 | JANISZEWSKI PIOTR | POL | KGW SQŁAD | ŁADY | 80 | M30/107 | Rasz/72 | 01:01:20 | 01:00:49 | 00:18:56 | 00:39:24 |
| 73 | 291 | RYBKA AGNIESZKA | POL | RYBENSHUTTE | NOWE GROCHOLICE | 83 | K30/42 | Rasz/73 | 01:01:29 | 01:01:03 | 00:20:18 | 00:41:19 |
| 74 | 413 | BOBYNKO MACIEJ | POL | | RYBIE | 58 | M60+/12 | Rasz/74 | 01:01:34 | 01:01:23 | 00:19:38 | 00:40:17 |
| 75 | 280 | RESIAK MACIEJ | POL | | DAWIDY | 85 | M30/111 | Rasz/75 | 01:02:06 | 01:01:52 | 00:18:52 | 00:39:15 |
| 76 | 503 | PHAM DUC TRUNG | POL | | RASZYN | 78 | M40/101 | Rasz/76 | 01:02:13 | 01:02:06 | 00:18:46 | 00:39:55 |
| 77 | 106 | KACZMAREK ADAM | POL | | LASZCZKI | 70 | M40/104 | Rasz/77 | 01:02:25 | 01:02:16 | 00:20:21 | 00:41:34 |
| 78 | 46 | DEMSKA KAROLINA | POL | | RASZYN | 80 | K30/45 | Rasz/78 | 01:03:52 | 01:03:29 | 00:20:31 | 00:42:47 |
| 79 | 399 | LIPIŃSKA IWONA | POL | GRAVITAN | RASZYN | 95 | K20/26 | Rasz/79 | 01:04:13 | 01:03:45 | 00:21:36 | 00:43:12 |
| 80 | 20 | BINIENDA WERONIKA | POL | | FALENTY NOWE | 02 | K16/3 | Rasz/80 | 01:06:07 | 01:05:36 | 00:20:28 | 00:44:12 |
| 81 | 105 | KACZMARCZYK URSZULA | POL | | RASZYN | 81 | K30/47 | Rasz/81 | 01:06:17 | 01:05:54 | 00:20:33 | 00:42:48 |
| 82 | 19 | BINIENDA BŁAŻEJ | POL | | FALENTY NOWE | 74 | M40/107 | Rasz/82 | 01:06:19 | 01:05:50 | 00:20:28 | 00:44:12 |
| 83 | 323 | SZEWCZYK JOANNA | POL | | RASZYN | 80 | K30/48 | Rasz/83 | 01:06:43 | 01:06:16 | 00:20:43 | 00:42:37 |
| 84 | 362 | WÓJCIK KLAUDIA | POL | | FALENTY | 95 | K20/28 | Rasz/84 | 01:07:30 | 01:07:07 | 00:21:37 | 00:44:31 |
| 85 | 44 | DELBAR MAURICE | BEL | LES DIABLES ROUGES | RASZYN | 61 | M50/37 | Rasz/85 | 01:07:58 | 01:07:27 | 00:20:17 | 00:42:16 |
| 86 | 314 | STYKOWSKA MARLENA | POL | | RYBIE | 82 | K30/49 | Rasz/86 | 01:08:45 | 01:08:15 | 00:22:19 | 00:44:52 |
| 87 | 260 | PIÓRKOWSKA ANNA | POL | | RASZYN | 81 | K30/50 | Rasz/87 | 01:08:45 | 01:08:16 | 00:22:14 | 00:44:49 |
| 88 | 375 | ZIEMBA SYLWIA | POL | | SĘKOCIN STARY | 96 | K20/31 | Rasz/88 | 01:10:22 | 01:09:57 | 00:21:34 | 00:45:29 |

X OGÓLNOPOLSKI BIEG RASZYŃSKI

WYNIKI ZAWODÓW

Mieszkańcy Gminy Raszyn

Organizator: KLUB SPORTOWY RASZYN, GMINNY OŚRODEK SPORTU W RASZYNIE

Termin: 07.04.2019

Miejsce: Raszyn

Dystans: 10 km

Trasa posiada atest PZLA

Mężczyźni

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Kraj Nat. | Drużyna Team | Miejscowość City | R-k YoB | W kategorii in Age | Grupa Group | Wynik Total | Wynik Netto | Międzyczasy | | Check points |
|-----------------|-----------|-------------------------|--------------|----------------------------------|---------------------|------------|-----------------------|----------------|----------------|----------------|-------------|----------|--------------|
| | | | | | | | | | | | 1 Runda | 2 Runda | |
| 1 | 337 | TRONIARZ PAWEŁ | POL | TEAMOCHAL | RASZYN | 79 | M40/3 | Rasz/1 | 00:37:54 | 00:37:51 | 00:12:25 | 00:25:06 | |
| 2 | 340 | TUCHOLSKI PAWEŁ | POL | | RYBIE | 78 | M40/10 | Rasz/2 | 00:41:31 | 00:41:28 | 00:13:08 | 00:26:58 | |
| 3 | 395 | ŻMUDA MICHAŁ | POL | ŻMUDA RUNNING TEAM | RASZYN | 77 | M40/12 | Rasz/3 | 00:41:35 | 00:41:33 | 00:13:35 | 00:27:19 | |
| 4 | 468 | STOLARSKI MACIEJ | POL | WAWRYN TEAM | RYBIE | 73 | M40/13 | Rasz/4 | 00:41:45 | 00:41:40 | 00:13:29 | 00:27:31 | |
| 5 | 408 | TRONIARZ MARCIN | POL | GRAVITAN | RASZYN | 75 | M40/16 | Rasz/5 | 00:41:50 | 00:41:43 | 00:13:41 | 00:27:43 | |
| 6 | 82 | GRZEJSZCZYK SEBASTIAN | POL | ŻMUDA RUNNING TEAM | RASZYN | 86 | M30/23 | Rasz/6 | 00:42:42 | 00:42:39 | 00:14:11 | 00:28:41 | |
| 7 | 239 | OLSZEWSKI BARTŁOMIEJ | POL | | RASZYN | 86 | M30/27 | Rasz/7 | 00:43:15 | 00:43:03 | 00:14:55 | 00:29:17 | |
| 8 | 245 | PAŁYSA MAREK | POL | TRI NEGU | DAWIDY BANKOWE | 74 | M40/25 | Rasz/8 | 00:43:54 | 00:43:36 | 00:14:11 | 00:28:53 | |
| 9 | 272 | PYĆ MATEUSZ | POL | | SŁOMIN | 90 | M20/12 | Rasz/9 | 00:44:20 | 00:44:20 | 00:14:03 | 00:29:06 | |
| 10 | 175 | KULKA SERGIUSZ | POL | TRI NEGU | LESZNOWOLA | 80 | M30/32 | Rasz/10 | 00:44:40 | 00:44:34 | 00:14:09 | 00:29:02 | |
| 11 | 524 | CYBULSKI ARTUR | POL | KS RASZYN | RASZYN | 94 | M20/13 | Rasz/11 | 00:44:45 | 00:44:29 | 00:15:24 | | |
| 12 | 116 | KARAŚ TOMASZ | POL | LEGIA WARSZAWA SEKCJA ŁYŻWIARSKA | RASZYN | 83 | M30/39 | Rasz/12 | 00:45:53 | 00:45:38 | 00:14:29 | 00:29:44 | |
| 13 | 381 | ZYGMUNTOWICZ TOMASZ | POL | | RYBIE | 77 | M40/37 | Rasz/13 | 00:46:51 | 00:46:39 | 00:15:04 | 00:30:40 | |
| 14 | 457 | PIĄTKOWSKI MICHAŁ | POL | BRONX RUNNING CREW | RASZYN | 78 | M40/38 | Rasz/14 | 00:47:03 | 00:46:46 | 00:15:47 | 00:31:23 | |
| 15 | 235 | OBŁUSKI SEBASTIAN | POL | | RASZYN | 92 | M20/18 | Rasz/15 | 00:47:16 | 00:46:52 | 00:15:35 | 00:31:09 | |
| 16 | 410 | BAKUŁA MAREK | POL | SBRT WARSZAWA | RASZYN | 79 | M40/42 | Rasz/16 | 00:47:35 | 00:47:28 | 00:14:59 | 00:31:10 | |
| 17 | 266 | POLAKOWSKI BARTŁOMIEJ | POL | | RASZYN | 97 | M20/20 | Rasz/17 | 00:48:04 | 00:47:33 | 00:16:25 | 00:32:08 | |
| 18 | 104 | JURKOWSKI KRZYSZTOF | POL | | RASZYN | 69 | M50/14 | Rasz/18 | 00:48:17 | 00:48:12 | 00:15:55 | 00:31:54 | |
| 19 | 411 | BIAŁOBRZESKI BARTOSZ | POL | | RYBIE | 82 | M30/50 | Rasz/19 | 00:48:18 | 00:47:46 | 00:15:13 | 00:31:20 | |
| 20 | 418 | DYBOWSKI HUBERT | POL | | RASZYN | 85 | M30/54 | Rasz/21 | 00:48:27 | 00:48:18 | 00:15:35 | 00:31:59 | |
| 21 | 445 | MIZERSKI BARTŁOMIEJ | POL | | DAWIDY BANKOWE | 02 | M16/5 | Rasz/22 | 00:48:36 | 00:48:16 | 00:16:58 | 00:32:56 | |
| 22 | 54 | DURMA KRYSZTYAN | POL | | FALENTY NOWE | 88 | M30/57 | Rasz/23 | 00:48:39 | 00:48:09 | 00:16:01 | 00:31:57 | |
| 23 | 512 | MACKIEWICZ WOJCIECH | POL | LACKOWA | RASZYN | 74 | M40/47 | Rasz/24 | 00:48:50 | 00:48:42 | 00:16:26 | 00:32:34 | |
| 24 | 14 | BARTOSZEWSKI JAROSŁAW | POL | | SEKOCIN STARY | 75 | M40/49 | Rasz/25 | 00:49:06 | 00:48:58 | 00:16:10 | 00:33:01 | |
| 25 | 386 | DURLIK JAKUB | POL | | RASZYN | 96 | M20/24 | Rasz/26 | 00:49:30 | 00:49:17 | 00:16:11 | 00:32:56 | |
| 26 | 510 | ZIÓŁKOWSKI SŁAWOMIR | POL | | RASZYN | 77 | M40/55 | Rasz/27 | 00:49:45 | 00:49:33 | 00:15:38 | 00:32:19 | |
| 27 | 282 | ROCH ADAM | POL | NIE MA | JANKI | 83 | M30/61 | Rasz/28 | 00:49:48 | 00:49:26 | 00:15:14 | 00:32:17 | |

Mężczyźni

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Kraj Nat. | Drużyna Team | Miejscowość City | R-k YoB | W kategorii in Age | Grupa Group | Wynik Total | Wynik Netto | Międzyczasy | Check points |
|-----------------|-----------|-------------------------|--------------|----------------------|---------------------|------------|-----------------------|----------------|----------------|----------------|-------------|--------------|
| 28 | 403 | REDLICH DARIUSZ | POL | GRAVITAN | RASZYN | 83 | M30/63 | Rasz/29 | 00:49:51 | 00:49:39 | 00:16:16 | 00:32:58 |
| 29 | 195 | MACIOLEK DAREK | POL | SĘKOCIN RUNNERS | SĘKOCIN STARY | 78 | M40/59 | Rasz/30 | 00:50:01 | 00:49:52 | 00:16:41 | 00:33:36 |
| 30 | 525 | MADETKO ŁUKASZ | POL | | RASZYN | 85 | M30/64 | Rasz/31 | 00:50:01 | 00:49:45 | 00:16:11 | 00:32:46 |
| 31 | 500 | DZIUBINSKI MARIUSZ | POL | | RYBIE | 77 | M40/62 | Rasz/32 | 00:50:13 | 00:49:58 | 00:16:11 | 00:32:41 |
| 32 | 36 | CZARNAK MARCIN | POL | | RASZYN | 88 | M30/66 | Rasz/33 | 00:50:25 | 00:50:06 | 00:16:58 | 00:33:35 |
| 33 | 156 | KRAWCZYK PAWEŁ | POL | NIEZALEŻNY | DAWIDY | 86 | M30/67 | Rasz/34 | 00:50:30 | 00:50:08 | 00:16:29 | 00:33:26 |
| 34 | 161 | KRUPCZYŃSKI SZYMON | POL | | RASZYN | 91 | M20/25 | Rasz/35 | 00:50:40 | 00:50:20 | 00:16:26 | 00:33:25 |
| 35 | 328 | SZUSTAK DARIUSZ | POL | | RASZYN | 69 | M50/20 | Rasz/36 | 00:50:50 | 00:50:25 | 00:17:07 | 00:34:03 |
| 36 | 243 | PALUCH KONRAD | POL | | RASZYN | 93 | M20/26 | Rasz/41 | 00:51:28 | 00:51:07 | 00:17:14 | 00:34:23 |
| 37 | 178 | KWASNAK LUKASZ | POL | NIEZRZESZONY | GODZISZ | 87 | M30/75 | Rasz/42 | 00:52:29 | 00:52:17 | 00:16:23 | 00:33:48 |
| 38 | 165 | KRZYWIEC PRZEMYSŁAW | POL | | FALENTY | 86 | M30/77 | Rasz/43 | 00:53:02 | 00:52:53 | 00:17:08 | 00:35:24 |
| 39 | 422 | GAŁĄZKA ANDRZEJ | POL | NIEZRZESZONY | FALENTY | 59 | M60+7 | Rasz/45 | 00:53:17 | 00:53:09 | 00:17:30 | 00:35:10 |
| 40 | 53 | DURASIEWICZ MIKOŁAJ | POL | | RYBIE | 73 | M40/73 | Rasz/46 | 00:53:20 | 00:53:06 | 00:17:06 | 00:34:52 |
| 41 | 402 | PENKALA MAREK | POL | GRAVITAN | RASZYN | 72 | M40/74 | Rasz/47 | 00:53:37 | 00:53:00 | 00:18:32 | 00:36:20 |
| 42 | 187 | LIPIEC ŁUKASZ | POL | | PUCHAŁY | 93 | M20/35 | Rasz/48 | 00:54:40 | 00:54:29 | 00:17:09 | 00:35:31 |
| 43 | 254 | PETRYKA WOJCIECH | POL | | RASZYN | 70 | M40/79 | Rasz/51 | 00:55:28 | 00:55:21 | 00:17:21 | 00:36:01 |
| 44 | 329 | SZYMANOWICZ RAFAL | POL | RUN FOREST RUN | RASZYN | 86 | M30/89 | Rasz/52 | 00:55:34 | 00:55:25 | 00:17:16 | 00:36:51 |
| 45 | 292 | RYBKA JAN | POL | RYBENSHUTTE | NOWE GROCHOLICE | 85 | M30/90 | Rasz/53 | 00:55:40 | 00:55:13 | 00:18:25 | 00:37:00 |
| 46 | 92 | JANIEC MARCIN | POL | | RASZYN | 73 | M40/80 | Rasz/54 | 00:55:40 | 00:55:21 | 00:18:19 | 00:36:54 |
| 47 | 160 | KRUPCZYŃSKI MARIUSZ | POL | RASZYN | RASZYN | 61 | M50/28 | Rasz/56 | 00:55:58 | 00:55:37 | 00:18:00 | 00:36:45 |
| 48 | 351 | WIETESKA ROBERT | POL | | RASZYN | 76 | M40/82 | Rasz/57 | 00:56:16 | 00:56:07 | 00:18:04 | 00:36:40 |
| 49 | 142 | KOSSON MAREK | POL | | RASZYN | 67 | M50/29 | Rasz/58 | 00:56:26 | 00:56:09 | 00:17:47 | 00:36:22 |
| 50 | 519 | ŚWITAŁA ADAM | POL | | RASZYN | 70 | M40/89 | Rasz/59 | 00:57:31 | 00:57:08 | 00:19:24 | 00:38:48 |
| 51 | 376 | ZIEMNICKI PAWEŁ | POL | | RASZYN | 83 | M30/94 | Rasz/61 | 00:57:55 | 00:57:46 | 00:17:54 | 00:37:11 |
| 52 | 268 | PRYKIEL RADOSŁAW | POL | | RASZYN | 85 | M30/95 | Rasz/62 | 00:58:02 | 00:57:48 | 00:18:26 | 00:38:09 |
| 53 | 86 | HOFFMAN MARCIN | POL | DIXI-CAR | RASZYN | 84 | M30/96 | Rasz/63 | 00:58:10 | 00:57:59 | 00:19:33 | 00:39:03 |
| 54 | 110 | KAMIŃSKI KONRAD | POL | UP&MORE | RASZYN | 78 | M40/92 | Rasz/64 | 00:58:28 | 00:57:58 | 00:19:55 | 00:38:53 |
| 55 | 22 | BOGUCKI WŁODZIMIERZ | POL | NIEZRZESZONY | SEKOCIN NOWY | 61 | M50/34 | Rasz/65 | 00:58:35 | 00:58:12 | 00:20:07 | 00:39:27 |
| 56 | 150 | KOWALCZYK MARCIN | POL | | RYBIE | 82 | M30/102 | Rasz/67 | 01:00:16 | 01:00:11 | 00:17:41 | 00:38:20 |
| 57 | 498 | NAROŻNIAK MICHAŁ | POL | | RASZYN | 84 | M30/103 | Rasz/68 | 01:00:16 | 01:00:00 | 00:17:37 | 00:37:34 |
| 58 | 167 | KSIĘŻAK SYLWESTER | POL | EXCELLENT HOUSE TEAM | RASZYN | 83 | M30/104 | Rasz/69 | 01:00:17 | 00:59:52 | 00:19:54 | 00:40:11 |
| 59 | 371 | ZBRZEŃNIAK IGOR | POL | | RASZYN | 95 | M20/45 | Rasz/70 | 01:00:47 | 01:00:12 | 00:18:02 | 00:39:26 |
| 60 | 361 | WOŹNICKI DANIEL | POL | | RASZYN | 97 | M20/46 | Rasz/71 | 01:01:09 | 01:00:30 | 00:19:49 | 00:40:11 |
| 61 | 93 | JANISZEWSKI PIOTR | POL | KGW SQŁAD | ŁADY | 80 | M30/107 | Rasz/72 | 01:01:20 | 01:00:49 | 00:18:56 | 00:39:24 |
| 62 | 413 | BOBYNKO MACIEJ | POL | | RYBIE | 58 | M60+12 | Rasz/74 | 01:01:34 | 01:01:23 | 00:19:38 | 00:40:17 |
| 63 | 280 | RESIAK MACIEJ | POL | | DAWIDY | 85 | M30/111 | Rasz/75 | 01:02:06 | 01:01:52 | 00:18:52 | 00:39:15 |
| 64 | 503 | PHAM DUC TRUNG | POL | | RASZYN | 78 | M40/101 | Rasz/76 | 01:02:13 | 01:02:06 | 00:18:46 | 00:39:55 |
| 65 | 106 | KACZMAREK ADAM | POL | | LASZCZKI | 70 | M40/104 | Rasz/77 | 01:02:25 | 01:02:16 | 00:20:21 | 00:41:34 |
| 66 | 19 | BINIENDA BŁAŻEJ | POL | | FALENTY NOWE | 74 | M40/107 | Rasz/82 | 01:06:19 | 01:05:50 | 00:20:28 | 00:44:12 |
| 67 | 44 | DELBAR MAURICE | BEL | LES DIABLES ROUGES | RASZYN | 61 | M50/37 | Rasz/85 | 01:07:58 | 01:07:27 | 00:20:17 | 00:42:16 |

Mężczyźni

| <i>Miejsce Rank</i> | <i>Nr Bib</i> | <i>Nazwisko i imię Name</i> | <i>Kraj Nat.</i> | <i>Drużyna Team</i> | <i>Miejscowość City</i> | <i>R-k YoB</i> | <i>W kategorii in Age</i> | <i>Grupa Group</i> | <i>Wynik Total</i> | <i>Wynik Netto</i> | <i>Międzyczasy</i> | <i>Check points</i> |
|-------------------------|-------------------|---------------------------------|----------------------|-------------------------|-----------------------------|--------------------|-------------------------------|------------------------|------------------------|------------------------|--------------------|---------------------|
|-------------------------|-------------------|---------------------------------|----------------------|-------------------------|-----------------------------|--------------------|-------------------------------|------------------------|------------------------|------------------------|--------------------|---------------------|

X OGÓLNOPOLSKI BIEG RASZYŃSKI

WYNIKI ZAWODÓW

Mieszkańcy Gminy Raszyn

Organizator: KLUB SPORTOWY RASZYN, GMINNY OŚRODEK SPORTU W RASZYNIE

Termin: 07.04.2019

Miejsce: Raszyn

Dystans: 10 km

Trasa posiada atest PZLA

Kobiety

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Kraj Nat. | Drużyna Team | Miejscowość City | R-k YoB | W kategorii in Age | Grupa Group | Wynik Total | Wynik Netto | Międzyczasy | | Check points |
|-----------------|-----------|---------------------------|--------------|----------------------------------|---------------------|------------|-----------------------|----------------|----------------|----------------|-------------|----------|--------------|
| | | | | | | | | | | | 1 Runda | 2 Runda | |
| 1 | 507 | WOJDALSKA MARTA | POL | | RASZYN | 94 | K20/7 | Rasz/20 | 00:48:24 | 00:47:59 | 00:16:30 | 00:32:29 | |
| 2 | 327 | SZTYK KATARZYNA | POL | | RYBIE | 99 | K20/9 | Rasz/37 | 00:50:52 | 00:50:41 | 00:16:06 | 00:33:12 | |
| 3 | 244 | PAŁYSA JOANNA | POL | TRI NEGU | DAWIDY BANKOWE | 78 | K40/5 | Rasz/38 | 00:51:08 | 00:50:50 | 00:16:38 | 00:33:43 | |
| 4 | 450 | PALUCH AGATA | POL | | RASZYN | 87 | K30/11 | Rasz/39 | 00:51:09 | 00:50:47 | 00:17:14 | 00:34:22 | |
| 5 | 332 | CHOJKA-BARTOSZKO KAROLINA | POL | | DAWIDY BANKOWE | 82 | K30/14 | Rasz/40 | 00:51:21 | 00:51:02 | 00:17:02 | 00:34:03 | |
| 6 | 307 | STEFAŃCZYK AGATA | POL | | RASZYN | 80 | K30/15 | Rasz/44 | 00:53:17 | 00:53:01 | 00:17:38 | 00:35:46 | |
| 7 | 125 | KESKA ANNA | POL | | RASZYN | 86 | K30/20 | Rasz/49 | 00:55:21 | 00:55:15 | 00:17:39 | 00:36:40 | |
| 8 | 27 | SZYPULSKA MAGDALENA | POL | | RYBIE | 92 | K20/14 | Rasz/50 | 00:55:27 | 00:54:56 | 00:18:52 | 00:37:17 | |
| 9 | 143 | KOSSON MONIKA | POL | | RASZYN | 96 | K20/15 | Rasz/55 | 00:55:43 | 00:55:24 | 00:17:47 | 00:36:16 | |
| 10 | 115 | KARAŚ DOMINIKA | POL | LEGIA WARSZAWA SEKCJA ŁYŻWIARSKA | RASZYN | 85 | K30/27 | Rasz/60 | 00:57:35 | 00:57:22 | 00:19:21 | 00:38:38 | |
| 11 | 2 | ADACH-SOSNOWSKA MAGDALENA | POL | NIE MA | RASZYN | 76 | K40/21 | Rasz/66 | 00:58:44 | 00:58:30 | 00:18:55 | 00:38:47 | |
| 12 | 291 | RYBKA AGNIESZKA | POL | RYBENSHUTTE | NOWE GROCHOLICE | 83 | K30/42 | Rasz/73 | 01:01:29 | 01:01:03 | 00:20:18 | 00:41:19 | |
| 13 | 46 | DEMSKA KAROLINA | POL | | RASZYN | 80 | K30/45 | Rasz/78 | 01:03:52 | 01:03:29 | 00:20:31 | 00:42:47 | |
| 14 | 399 | LIPÍŃSKA IWONA | POL | GRAVITAN | RASZYN | 95 | K20/26 | Rasz/79 | 01:04:13 | 01:03:45 | 00:21:36 | 00:43:12 | |
| 15 | 20 | BINIENDA WERONIKA | POL | | FALENTY NOWE | 02 | K16/3 | Rasz/80 | 01:06:07 | 01:05:36 | 00:20:28 | 00:44:12 | |
| 16 | 105 | KACZMARCZYK URSZULA | POL | | RASZYN | 81 | K30/47 | Rasz/81 | 01:06:17 | 01:05:54 | 00:20:33 | 00:42:48 | |
| 17 | 323 | SZEWCZYK JOANNA | POL | | RASZYN | 80 | K30/48 | Rasz/83 | 01:06:43 | 01:06:16 | 00:20:43 | 00:42:37 | |
| 18 | 362 | WÓJCIK KLAUDIA | POL | | FALENTY | 95 | K20/28 | Rasz/84 | 01:07:30 | 01:07:07 | 00:21:37 | 00:44:31 | |
| 19 | 314 | STYKOWSKA MARLENA | POL | | RYBIE | 82 | K30/49 | Rasz/86 | 01:08:45 | 01:08:15 | 00:22:19 | 00:44:52 | |
| 20 | 260 | PIÓRKOWSKA ANNA | POL | | RASZYN | 81 | K30/50 | Rasz/87 | 01:08:45 | 01:08:16 | 00:22:14 | 00:44:49 | |
| 21 | 375 | ZIEMBA SYLWIA | POL | | SĘKOCIN STARY | 96 | K20/31 | Rasz/88 | 01:10:22 | 01:09:57 | 00:21:34 | 00:45:29 | |