

|    |                      |      |                                                    |                   |     |    |      |          |          |          |          |          |          |             |             |                 |
|----|----------------------|------|----------------------------------------------------|-------------------|-----|----|------|----------|----------|----------|----------|----------|----------|-------------|-------------|-----------------|
| 1  | GRZEBSKI Dariusz     | 7126 | NIDZICA BIEGA                                      | NIDZICA           | M40 | 1  | M 1  | 00:00:03 | 01:06:39 | 01:59:45 | 03:25:11 | 04:36:53 | 05:18:17 | 05:39:06.63 | 05:39:10.26 |                 |
| 2  | ONOSZKO Adam         | 7098 | SOKÓLSKI ULTRAS                                    | SOKÓŁKA           | M40 | 2  | M 2  | 00:00:04 | 01:08:17 | 02:02:06 | 03:29:36 | 04:42:07 | 05:21:10 | 05:39:54.06 | 05:39:58.06 | +00:00:47 (0.2) |
| 3  | SHUMEL Viktar        | 7086 |                                                    | BIAŁYSTOK         | M40 | 3  | M 3  | 00:00:04 | 01:06:25 | 02:00:44 | 03:28:58 | 04:43:49 | 05:24:37 | 05:43:25.08 | 05:43:29.53 | +00:04:19 (1.3) |
| 4  | PRZYBYLSKI Tomasz    | 7037 | W POGONI ZA DUCHEM                                 | DĄBROWA GÓRNICZA  | M40 | 4  | M 4  | 00:00:03 | 01:12:41 | 02:07:33 | 03:35:51 | 04:49:56 | 05:28:23 | 05:47:49.37 | 05:47:53.03 | +00:08:42 (2.5) |
| 5  | POGORZELSKI Kamil    | 7027 | BIAŁYSTOK BIEGA TEAM / KORONA SZCZECIN             | BIAŁYSTOK         | M20 | 1  | M 5  | 00:00:00 | 01:07:30 | 02:02:08 | 03:31:58 | 04:54:45 | 05:36:40 | 05:57:11.22 | 05:57:11.51 | +00:18:01 (5.0) |
| 6  | KOCIŃSKI Radosław    | 7081 | RUN - WALK & ROCK 'N' ROLL                         | SZAFRANKI         | M30 | 1  | M 6  | 00:00:00 | 01:15:01 | 02:13:20 | 03:48:39 | 05:08:12 | 05:48:54 | 06:08:05.24 | 06:08:05.53 | +00:28:55 (7.9) |
| 7  | NOWAK Mateusz        | 7058 | KOMENDA MIEJSKA PAŃSTWOWEJ STRAŻY POŻARNEJ W ŁOMŻY | ZBÓJNA            | M30 | 2  | M 7  | 00:00:04 | 01:14:50 | 02:13:22 | 03:50:25 | 05:14:08 | 06:00:09 | 06:24:40.56 | 06:24:44.73 | +00:45:34 (11)  |
| 8  | ZALEWSKI Bartek      | 7092 |                                                    | EŁK               | M30 | 3  | M 8  | 00:00:00 | 01:06:43 | 02:03:09 | 03:45:42 | 05:23:25 | 06:11:45 | 06:32:30.92 | 06:32:31.21 | +00:53:20 (13)  |
| 9  | CHODOWIEC Emil       | 7071 |                                                    | NURZEC-STACJA     | M40 | 5  | M 9  | 00:00:17 | 01:20:29 | 02:23:24 | 04:05:48 | 05:39:00 | 06:24:40 | 06:45:57.23 | 06:46:15.12 | +01:07:04 (16)  |
| 10 | RUSNAK Oleg          | 7090 |                                                    | WARSZAWA          | M40 | 6  | M 10 | 00:00:18 | 01:21:35 | 02:28:02 | 04:17:22 | 05:48:22 | 06:32:22 | 06:53:35.56 | 06:53:54.20 | +01:14:43 (18)  |
| 11 | KUBIAK Rafał         | 7055 | W POGONI ZA DUCHEM                                 | SOSNOWIEC         | M40 | 7  | M 11 | 00:00:00 | 01:23:45 | 02:28:20 | 04:16:43 | 05:53:58 | 06:42:10 | 07:02:39.17 | 07:02:39.46 | +01:23:29 (19)  |
| 12 | RASIŃSKI Piotr       | 7103 | KS PRZAŚNIK                                        | PRZASNYSZ         | M20 | 2  | M 12 | 00:00:13 | 01:23:05 | 02:30:57 | 04:24:35 | 06:00:45 | 06:39:08 | 07:02:58.80 | 07:03:12.38 | +01:24:02 (19)  |
| 13 | DZIOCH Jakub         | 7016 |                                                    | GODZISZEWO 47     | M20 | 3  | M 13 | 00:00:10 | 01:25:15 | 02:34:21 | 04:24:46 | 05:57:28 | 06:41:18 | 07:03:28.20 | 07:03:39.11 | +01:24:28 (19)  |
| 14 | LISEK Ewa            | 7085 | NIDZICA BIEGA                                      | NIDZICA           | K40 | 1  | K 1  | 00:00:04 | 01:15:41 | 02:17:04 | 04:03:54 | 05:46:23 | 06:43:19 | 07:05:09.32 | 07:05:13.86 | +01:26:03 (20)  |
| 15 | HARASIM Mateusz      | 7028 | SZUKAM                                             | GOLICE            | M20 | 4  | M 14 | 00:00:02 | 01:13:05 | 02:11:07 | 04:00:02 | 05:49:13 | 06:48:09 | 07:11:50.54 | 07:11:53.53 | +01:32:43 (21)  |
| 16 | SZCZUKA Krzysztof    | 7123 | KWAŚNE JABŁKA                                      | LUBLIN            | M40 | 8  | M 15 | 00:00:09 | 01:30:28 | 02:40:38 | 04:33:02 | 06:05:54 | 06:53:48 | 07:17:10.44 | 07:17:19.55 | +01:38:09 (22)  |
| 17 | GARSZTKA Mateusz     | 7067 |                                                    | GDAŃSK            | M30 | 4  | M 16 | 00:00:05 | 01:22:16 | 02:28:39 | 04:24:57 | 06:07:31 | 07:00:14 | 07:24:14.48 | 07:24:20.26 | +01:45:09 (23)  |
| 18 | PASEK Monika         | 7091 | RUNNING CRAZY STRIPES                              | CZACHÓWEK         | K40 | 2  | K 2  | 00:00:07 | 01:22:13 | 02:29:59 | 04:25:10 | 06:09:47 | 07:04:43 | 07:30:08.21 | 07:30:16.13 | +01:51:05 (24)  |
| 19 | TULICKI Rafał        | 7121 |                                                    | SUWAŁKI           | M30 | 5  | M 17 | 00:00:00 | 01:21:20 | 02:27:14 | 04:24:36 | 06:11:00 | 07:06:27 | 07:31:04.78 | 07:31:05.07 | +01:51:54 (24)  |
| 20 | ASŁANOWICZ Marcin    | 7102 |                                                    | WARSZAWA          | M50 | 1  | M 18 | 00:00:03 | 01:20:04 | 02:23:38 | 04:18:40 | 06:12:10 | 07:08:12 | 07:31:21.79 | 07:31:25.43 | +01:52:15 (24)  |
| 21 | ZALEWSKI Piotr       | 7039 | SLAVIC PAGAN                                       | STAROWA GÓRA      | M30 | 6  | M 19 | 00:00:05 | 01:27:23 | 02:36:56 | 04:35:35 | 06:18:21 | 07:10:08 | 07:34:25.85 | 07:34:31.08 | +01:55:20 (25)  |
| 22 | PANKOWSKI Grzegorz   | 7062 | ZABIEGANY WOŁOMIN                                  | WARSZAWA          | M40 | 9  | M 20 | 00:00:14 | 01:24:08 | 02:27:21 | 04:15:47 | 05:53:50 | 07:03:13 | 07:34:58.52 | 07:35:12.95 | +01:56:02 (25)  |
| 23 | BUDNICKI Andrzej     | 7019 | BIEGUNKA                                           | BIAŁYSTOK         | M50 | 2  | M 21 | 00:00:06 | 01:27:17 | 02:39:06 | 04:37:03 | 06:23:26 | 07:18:17 | 07:44:50.38 | 07:44:57.26 | +02:05:47 (27)  |
| 24 | SZEREMETA Andrzej    | 7044 | PZU SPORT TEAM                                     | WARSZAWA          | M50 | 3  | M 22 | 00:00:09 | 01:22:07 | 02:36:31 | 04:36:58 | 06:24:59 | 07:20:25 | 07:45:00.10 | 07:45:09.56 | +02:05:59 (27)  |
| 25 | WŁADYCZAŃSKI Mateusz | 7109 | OUTDOOR TRAINING                                   | BIAŁYSTOK         | M30 | 7  | M 23 | 00:00:00 | 01:22:44 | 02:34:04 | 04:43:07 | 06:35:44 | 07:25:20 | 07:45:12.67 | 07:45:12.96 | +02:06:02 (27)  |
| 26 | OSMÓLSKI Robert      | 7116 | NADAKTYWNI                                         | SIELACHOWSKIE     | M40 | 10 | M 24 | 00:00:00 | 01:22:44 | 02:34:04 | 04:43:08 | 06:35:46 | 07:25:22 | 07:45:37.20 | 07:45:37.49 | +02:06:27 (27)  |
| 27 | PIETRZYK Przemysław  | 7011 | WSTĘTNE JEŻE/BORN TO RUN                           | ŁÓDŹ              | M30 | 8  | M 25 | 00:00:13 | 01:25:19 | 02:34:15 | 04:35:40 | 06:26:13 | 07:22:37 | 07:46:51.85 | 07:47:05.51 | +02:07:55 (27)  |
| 28 | PUCHALSKI Mateusz    | 7063 | BIAŁYSTOK BIEGA TEAM                               | CIECHANOWIEC      | M20 | 5  | M 26 | 00:00:10 | 01:21:50 | 02:28:25 | 04:28:50 | 06:21:51 | 07:26:32 | 07:47:54.87 | 07:48:05.26 | +02:08:55 (27)  |
| 29 | DZIEČKOWSKI Marcin   | 7099 | DO BYLE GDZIE                                      | POZNAŃ            | M50 | 4  | M 27 | 00:00:15 | 01:28:44 | 02:37:40 | 04:33:17 | 06:31:30 | 07:27:29 | 07:51:38.21 | 07:51:53.87 | +02:12:43 (28)  |
| 30 | KULASZEWSKI Marcin   | 7096 |                                                    | STAROGARD GDAŃSKI | M20 | 6  | M 28 | 00:00:12 | 01:26:44 | 02:37:34 | 04:33:07 | 06:24:46 | 07:24:02 | 07:52:47.60 | 07:52:59.61 | +02:13:49 (28)  |
| 31 | KOZDROWSKA Marta     | 7006 |                                                    | PRUSZKÓW          | K30 | 1  | K 3  | 00:00:06 | 01:25:18 | 02:31:20 | 04:37:43 | 06:33:25 | 07:30:05 | 07:56:03.81 | 07:56:10.11 | +02:16:59 (28)  |

|    |                          |      |                            |                   |     |    |      |          |          |          |          |          |          |             |             |                |
|----|--------------------------|------|----------------------------|-------------------|-----|----|------|----------|----------|----------|----------|----------|----------|-------------|-------------|----------------|
| 32 | MATUSZEWSKI Łukasz       | 7079 | BWRUNNERS                  | WARSZAWA          | M30 | 9  | M 29 | 00:00:03 | 01:25:23 | 02:40:17 | 04:48:19 | 06:37:55 | 07:34:37 | 07:57:43.45 | 07:57:47.26 | +02:18:37 (29) |
| 33 | SMODEREK Robert          | 7110 |                            | ZIELONKA          | M50 | 5  | M 30 | 00:00:14 | 01:28:19 | 02:44:31 | 04:50:30 | 06:40:43 | 07:39:01 | 08:04:24.73 | 08:04:38.75 | +02:25:28 (30) |
| 34 | OWORUSZKO Robert         | 7033 |                            | BELCHATÓW         | M40 | 11 | M 31 | 00:00:08 | 01:31:44 | 02:43:55 | 04:51:04 | 06:44:42 | 07:41:27 | 08:06:19.26 | 08:06:27.99 | +02:27:17 (30) |
| 35 | SWĘDZIOL Monika          | 7052 | W POGONI ZA DUCHEM         | SOSNOWIEC         | K40 | 3  | K 4  | 00:00:07 | 01:27:25 | 02:40:43 | 04:50:32 | 06:40:59 | 07:37:55 | 08:06:25.55 | 08:06:33.09 | +02:27:22 (30) |
| 36 | LEBIEDZIŃSKI Dawid       | 7022 |                            | SUPRAŚL           | M20 | 7  | M 32 | 00:00:04 | 01:22:33 | 02:32:41 | 04:38:00 | 06:32:44 | 07:42:00 | 08:08:21.99 | 08:08:26.63 | +02:29:16 (30) |
| 37 | LEBIEDZIŃSKI Marcin      | 7021 |                            | SUPRAŚL           | M40 | 12 | M 33 | 00:00:04 | 01:22:32 | 02:32:40 | 04:38:00 | 06:32:45 | 07:42:01 | 08:08:22.58 | 08:08:26.77 | +02:29:16 (30) |
| 38 | SZCZEPAŃSKI Paweł        | 7056 | RUN DE GIRARD              | CHROBOTY          | M40 | 13 | M 34 | 00:00:14 | 01:34:54 | 02:48:33 | 04:54:58 | 06:52:35 | 07:46:23 | 08:08:32.51 | 08:08:47.18 | +02:29:36 (30) |
| 39 | SASIN Przemek            | 7068 |                            | WARSZAWA          | M30 | 10 | M 35 | 00:00:03 | 01:20:03 | 02:29:36 | 04:40:36 | 06:38:55 | 07:44:35 | 08:09:22.48 | 08:09:26.33 | +02:30:16 (30) |
| 40 | SADOWSKA Magda           | 7129 |                            | MRĄGOWO           | K30 | 2  | K 5  | 00:00:12 | 01:34:49 | 02:54:10 | 04:56:52 | 06:47:27 | 07:45:34 | 08:13:42.77 | 08:13:54.81 | +02:34:44 (31) |
| 41 | DĄBROWSKI-TUMAŃSKI Paweł | 7087 |                            | OŻARÓW MAZOWIECKI | M30 | 11 | M 36 | 00:00:17 | 01:21:32 | 02:29:41 | 04:40:44 | 06:48:55 | 07:53:42 | 08:18:44.15 | 08:19:01.32 | +02:39:51 (32) |
| 42 | MAZUR Michał             | 7112 | BIEGACZE STU MOSTÓW        | OLEŚNICA          | M30 | 12 | M 37 | 00:00:07 | 01:22:01 | 02:31:19 | 04:39:58 | 06:47:43 | 07:53:05 | 08:20:21.13 | 08:20:28.28 | +02:41:18 (32) |
| 43 | BASIAK Michał            | 7078 |                            | WARSZAWA          | M30 | 13 | M 38 | 00:00:09 | 01:34:58 | 02:54:14 | 05:08:34 | 06:59:40 | 07:54:01 | 08:20:33.76 | 08:20:42.83 | +02:41:32 (32) |
| 44 | GASIUK Sławomir          | 7075 |                            | MILANÓWEK         | M50 | 6  | M 39 | 00:00:05 | 01:28:45 | 02:41:31 | 04:49:01 | 06:50:17 | 07:56:59 | 08:23:53.07 | 08:23:58.95 | +02:44:48 (32) |
| 45 | TREŚCIŃSKI Mariusz       | 7059 |                            | POZNAŃ            | M30 | 14 | M 40 | 00:00:08 | 01:27:10 | 02:38:25 | 04:44:53 | 06:40:18 | 07:52:14 | 08:24:24.03 | 08:24:32.08 | +02:45:21 (32) |
| 46 | TRYLAŃSKA Ewelina        | 7003 | BILIŃSKI TEAM RUN & WALK   | PABIANICE         | K40 | 4  | K 6  | 00:00:07 | 01:35:34 | 02:50:49 | 04:58:42 | 06:55:54 | 07:57:40 | 08:24:43.48 | 08:24:51.07 | +02:45:40 (32) |
| 47 | CYWONIUK Grzegorz        | 7010 | GREGORMEBLE                | BIAŁYSTOK         | M40 | 14 | M 41 | 00:00:06 | 01:26:48 | 02:37:38 | 04:50:33 | 06:51:50 | 08:00:43 | 08:29:23.51 | 08:29:30.20 | +02:50:19 (33) |
| 48 | CIMOCHOWSKI Damian       | 7072 |                            | MARKI             | M20 | 8  | M 42 | 00:00:18 | 01:32:07 | 02:48:06 | 04:57:53 | 06:55:34 | 08:06:30 | 08:34:25.91 | 08:34:43.96 | +02:55:33 (34) |
| 49 | SIEMIEŃCZUK Robert       | 7095 | BHU                        | WARSZAWA          | M50 | 7  | M 43 | 00:00:08 | 01:30:00 | 02:44:39 | 04:51:45 | 06:53:17 | 08:06:20 | 08:34:59.39 | 08:35:08.22 | +02:55:57 (34) |
| 50 | ŚLIWIŃSKI Bartłomiej     | 7002 | LOVE DANCE HELP            | TOMTER            | M40 | 15 | M 44 | 00:00:05 | 01:30:28 | 02:40:03 | 04:40:35 | 06:53:39 | 08:01:53 | 08:35:12.26 | 08:35:17.72 | +02:56:07 (34) |
| 51 | MICHALIK Katarzyna       | 7082 | BÓBR TŁUSZCZ               | WARSZAWA          | K30 | 3  | K 7  | 00:00:07 | 01:32:52 | 02:48:38 | 04:59:34 | 07:01:22 | 08:10:15 | 08:35:39.98 | 08:35:47.64 | +02:56:37 (34) |
| 52 | MAKULSKI Łukasz          | 7077 | SBC                        | CARACASS          | M40 | 16 | M 45 | 00:00:09 | 01:37:58 | 02:56:19 | 05:11:26 | 07:11:28 | 08:08:47 | 08:35:51.51 | 08:36:01.37 | +02:56:51 (34) |
| 53 | ROGOVOI Nikita           | 7005 |                            | WINSKO            | M30 | 15 | M 46 | 00:00:07 | 01:30:41 | 02:45:46 | 04:55:08 | 06:59:47 | 08:08:33 | 08:36:39.99 | 08:36:47.32 | +02:57:37 (34) |
| 54 | ŚWIERZEWSKA Marcelina    | 7050 |                            | GOSTYŃ            | K20 | 1  | K 8  | 00:00:13 | 01:35:52 | 02:53:40 | 05:08:02 | 07:08:15 | 08:09:34 | 08:37:22.39 | 08:37:36.17 | +02:58:25 (34) |
| 55 | BIEL Mariusz             | 7051 |                            | WARSZAWA          | M50 | 8  | M 47 | 00:00:00 |          |          |          |          |          | 08:37:43.00 | 08:37:43.00 | +02:58:32 (34) |
| 56 | NOWACZYŃSKA Katarzyna    | 7001 | TEAMZABIEGANEDNI           | WARSZAWA          | K40 | 5  | K 9  | 00:00:12 | 01:36:40 | 02:58:48 |          | 07:13:30 | 08:13:04 | 08:37:47.22 | 08:38:00.00 | +02:58:49 (34) |
| 57 | TRUCHAN Tomasz           | 7066 |                            | BIAŁA PODLASKA    | M20 | 9  | M 48 | 00:00:11 | 01:29:51 | 02:48:46 | 05:05:22 | 07:11:19 | 08:16:07 | 08:42:35.88 | 08:42:47.29 | +03:03:37 (35) |
| 58 | STAWIANY Marcin          | 7106 |                            | WIŚNIOWA GÓRA     | M40 | 17 | M 49 | 00:00:06 | 01:35:01 | 02:54:18 | 05:13:05 | 07:17:57 | 08:17:56 | 08:45:36.25 | 08:45:42.56 | +03:06:32 (35) |
| 59 | KAMIŃSKA Justyna         | 7026 |                            | OLSZTYN           | K40 | 6  | K 10 | 00:00:09 | 01:34:51 | 02:53:44 | 05:13:17 | 07:14:06 | 08:18:16 | 08:46:39.24 | 08:46:49.11 | +03:07:38 (35) |
| 60 | ZIELINKO Łukasz          | 7014 | ŻUBERTEAM                  | KLEPACZE          | M30 | 16 | M 50 | 00:00:12 | 01:28:14 | 02:44:50 | 05:10:18 | 07:15:35 | 08:20:23 | 08:47:36.44 | 08:47:48.57 | +03:08:38 (35) |
| 61 | KWIATEK Magdalena        | 7108 | OUTDOOR TRAINING BIAŁYSTOK | PIASECZNO         | K40 | 7  | K 11 | 00:00:06 | 01:28:57 | 02:46:34 | 04:59:26 | 07:06:18 | 08:22:16 | 08:52:06.60 | 08:52:13.01 | +03:13:02 (36) |
| 62 | TOMASZEWSKI Paweł        | 7069 |                            | KLESZCZEWO        | M30 | 17 | M 51 | 00:00:15 | 01:25:54 | 02:46:51 | 05:18:27 | 07:23:02 | 08:35:07 | 08:57:36.34 | 08:57:51.50 | +03:18:41 (36) |

|    |                           |      |                          |                  |     |    |      |          |          |          |          |          |          |             |             |                |
|----|---------------------------|------|--------------------------|------------------|-----|----|------|----------|----------|----------|----------|----------|----------|-------------|-------------|----------------|
| 63 | CZUJ Stanisław            | 7036 | ZAMOŚĆ BIEGA             | ZAMOŚĆ           | M50 | 9  | M 52 | 00:00:10 | 01:36:31 | 02:54:13 | 05:08:33 | 07:23:54 | 08:34:22 | 09:04:56.90 | 09:05:07.37 | +03:25:57 (37) |
| 64 | JAROSZ Dawid              | 7041 | #HAPPYRUNNERS            | ŁÓDŹ             | M30 | 18 | M 53 | 00:00:15 | 01:34:51 | 02:48:14 | 05:05:01 | 07:21:35 | 08:31:34 | 09:04:53.53 | 09:05:09.21 | +03:25:58 (37) |
| 65 | STEFANIAK Filip           | 7015 | BIEGAM TYŁEM             | WARSZAWA         | M40 | 18 | M 54 | 00:00:11 | 01:36:59 | 02:56:18 | 05:11:25 | 07:23:53 | 08:36:01 | 09:05:25.34 | 09:05:36.45 | +03:26:26 (37) |
| 66 | DUBIŃSKI Łukasz           | 7088 |                          | KARCZEW          | M40 | 19 | M 55 | 00:00:15 | 01:34:54 | 02:54:09 | 05:12:27 | 07:25:07 | 08:36:57 | 09:05:27.50 | 09:05:43.33 | +03:26:33 (37) |
| 67 | TARASZKIEWICZ Monika      | 7043 |                          | ZAŚCIANKI        | K30 | 4  | K 12 | 00:00:16 | 01:38:47 | 03:05:52 | 05:21:46 | 07:24:48 | 08:36:17 | 09:07:47.71 | 09:08:04.27 | +03:28:54 (38) |
| 68 | TARASZKIEWICZ Łukasz      | 7042 |                          | ZAŚCIANKI        | M30 | 19 | M 56 | 00:00:16 | 01:38:47 | 03:05:51 | 05:21:46 | 07:24:49 | 08:36:17 | 09:07:48.72 | 09:08:04.95 | +03:28:54 (38) |
| 69 | CICHOŃ Sławomir           | 7073 | KROSSKI                  | WARSZAWA         | M50 | 10 | M 57 | 00:00:11 | 01:39:11 | 02:59:16 | 05:24:58 | 07:33:32 | 08:39:07 | 09:08:56.74 | 09:09:08.54 | +03:29:58 (38) |
| 70 | KOCZOROWSKI Marcin        | 7031 | TEAM ZABIEGANEDNI        | RADIÓWEK         | M40 | 20 | M 58 | 00:00:11 | 01:36:58 | 03:02:14 | 05:28:39 | 07:39:46 | 08:47:32 | 09:17:01.35 | 09:17:13.28 | +03:38:03 (39) |
| 71 | KOCZOROWSKA Anna          | 7032 | TEAM ZABIEGANEDNI        | RADIÓWEK         | K40 | 8  | K 13 | 00:00:12 | 01:36:59 | 03:02:14 | 05:28:39 | 07:39:46 | 08:47:37 | 09:17:01.53 | 09:17:13.72 | +03:38:03 (39) |
| 72 | LISIEWSKI Dominik         | 7076 |                          | MRĄGOWO          | M20 | 10 | M 59 | 00:00:13 | 01:35:21 | 02:59:49 | 05:30:46 | 07:44:34 | 08:57:03 | 09:24:08.75 | 09:24:21.78 | +03:45:11 (39) |
| 73 | DROBYSZEWSKA Anna         | 7084 |                          | TORUŃ            | K40 | 9  | K 14 | 00:00:04 | 01:35:26 | 02:57:32 | 05:27:23 | 07:46:22 | 08:53:05 | 09:27:01.25 | 09:27:06.09 | +03:47:55 (40) |
| 74 | JABŁOŃSKA Anna            | 7094 |                          | WARSZAWA         | K30 | 5  | K 15 | 00:00:12 | 01:36:27 | 03:03:26 | 05:38:19 | 07:55:48 | 09:00:15 | 09:27:51.54 | 09:28:04.08 | +03:48:53 (40) |
| 75 | RAKOMSIN Yury             | 7107 | KUBYTEAM                 | WARSZAWA         | M40 | 21 | M 60 | 00:00:05 | 01:36:05 | 03:02:52 | 05:34:59 |          |          | 09:30:11.04 | 09:30:16.40 | +03:51:06 (40) |
| 76 | MOĆKO Anita               | 7057 | MARKOWI BIEGACZE         | MARKI            | K50 | 1  | K 16 | 00:00:13 | 01:40:37 | 03:12:21 | 05:37:52 | 07:49:39 | 09:01:25 | 09:30:43.31 | 09:30:57.27 | +03:51:47 (40) |
| 77 | BRZESKI Rafał             | 7018 | ŁÓDŹ KOCHA SPORT         | ŁÓDŹ             | M30 | 20 | M 61 | 00:00:19 | 01:31:52 | 02:49:43 | 05:20:19 | 07:39:44 | 09:02:58 | 09:31:00.45 | 09:31:19.67 | +03:52:09 (40) |
| 78 | KAŹMIERSKI Maciej         | 7128 | CF MRĄGOWO               | MRĄGOWO          | M40 | 22 | M 62 | 00:00:12 | 01:35:22 | 02:59:53 | 05:30:46 | 07:49:30 | 09:09:47 | 09:35:09.07 | 09:35:21.76 | +03:56:11 (41) |
| 79 | GROCHOWICZ Robert         | 7020 | MARCINŚWIERCTEAM         | BARTOSZYCE       | M50 | 11 | M 63 | 00:00:14 | 01:42:30 | 03:06:36 | 05:36:36 | 07:56:57 | 09:09:36 | 09:36:41.12 | 09:36:56.00 | +03:57:45 (41) |
| 80 | PISKORSKA Katarzyna       | 7013 |                          | WARSZAWA         | K20 | 2  | K 17 | 00:00:07 | 01:33:16 | 02:49:46 | 05:15:39 | 07:52:02 | 09:07:25 | 09:41:09.70 | 09:41:16.94 | +04:02:06 (41) |
| 81 | KILIAN Agnieszka          | 7105 |                          | STUDZIANKI       | K40 | 10 | K 18 | 00:00:13 | 01:39:18 | 03:11:31 | 05:49:49 | 08:02:32 | 09:11:49 | 09:44:33.55 | 09:44:46.61 | +04:05:36 (42) |
| 82 | FALKOWSKI Łukasz          | 7120 | KB T2/4                  | DZIKOWO          | M40 | 23 | M 64 | 00:00:11 | 01:39:24 | 03:06:15 | 05:41:20 | 08:04:56 | 09:17:39 | 09:44:49.42 | 09:45:01.09 | +04:05:50 (42) |
| 83 | LULEWICZ Piotr            | 7064 |                          | WASILKÓW         | M20 | 11 | M 65 | 00:00:07 | 01:30:32 | 02:54:45 | 05:26:39 | 07:54:43 | 09:17:49 | 09:53:28.56 | 09:53:36.56 | +04:14:26 (42) |
| 84 | TOMASZYCKI Łukasz         | 7054 |                          | SOKÓŁKA          | M30 | 21 | M 66 | 00:00:18 | 01:26:38 | 02:43:47 | 05:17:51 | 07:58:37 | 09:22:27 | 10:02:46.99 | 10:03:05.01 | +04:23:54 (43) |
| 85 | WITKOWSKI-KOZIOŁEK Michał | 7049 | KRAV MAGA WARSZAWA       | ZĄBKI            | M30 | 22 | M 67 | 00:00:09 | 01:37:05 | 02:59:38 | 05:40:03 | 08:09:52 | 09:24:50 | 10:03:35.65 | 10:03:45.11 | +04:24:34 (43) |
| 86 | BRZOZOWSKI Leszek         | 7035 |                          | BIAŁYSTOK        | M40 | 24 | M 68 | 00:00:04 | 01:28:45 | 02:48:27 | 05:27:29 | 08:08:44 | 09:27:02 | 10:03:52.54 | 10:03:57.20 | +04:24:46 (43) |
| 87 | ZALESKA Kinga             | 7017 |                          | BIAŁYSTOK        | K20 | 3  | K 19 | 00:00:09 | 01:34:56 | 02:50:43 | 05:40:38 | 08:03:43 | 09:32:46 | 10:08:31.53 | 10:08:41.02 | +04:29:30 (44) |
| 88 | KUBIAK Marcin             | 7104 | DOGFIELD                 | WROCŁAW          | M40 | 25 | M 69 | 00:00:09 | 01:51:45 | 03:37:05 | 06:18:48 | 08:35:05 | 09:42:36 | 10:09:52.24 | 10:10:01.53 | +04:30:51 (44) |
| 89 | KOSAKOWSKI Łukasz         | 7113 |                          | LUBLIN           | M40 | 26 | M 70 | 00:00:09 | 01:34:19 | 02:51:21 | 05:40:37 | 08:03:43 | 09:32:47 | 10:10:50.08 | 10:10:59.89 | +04:31:49 (44) |
| 90 | JAKUBCZYK Jolanta         | 7118 | 100 MARATHON CLUB POLAND | KĘDZIERZYN-KOŹLE | K50 | 2  | K 20 | 00:00:17 | 01:40:36 | 03:09:49 | 06:04:36 | 08:31:29 | 09:44:11 | 10:16:55.67 | 10:17:12.89 | +04:38:02 (45) |
| 91 | JAKUBCZYK Piotr           | 7119 | 100 MARATHON CLUB POLAND | KĘDZIERZYN-KOŹLE | M50 | 12 | M 71 | 00:00:17 | 01:40:36 | 03:09:49 | 06:04:36 | 08:31:29 | 09:44:13 | 10:16:55.82 | 10:17:13.24 | +04:38:02 (45) |
| 92 | IWANICKA-PAŁKA Emilia     | 7030 | PADALEC KRUSZYNIEC       | WROCŁAW          | K40 | 11 | K 21 | 00:00:11 | 01:48:21 | 03:23:56 | 06:09:48 | 08:33:37 | 09:48:54 | 10:20:04.45 | 10:20:15.77 | +04:41:05 (45) |
| 93 | PAŁKA Łukasz              | 7040 | PADALEC KRUSZYNIEC       | WROCŁAW          | M40 | 27 | M 72 | 00:00:11 | 01:48:22 | 03:23:56 | 06:09:48 | 08:33:38 | 09:48:59 | 10:20:04.52 | 10:20:16.04 | +04:41:05 (45) |

|    |                   |      |           |     |    |      |          |          |          |          |          |          |             |             |                |
|----|-------------------|------|-----------|-----|----|------|----------|----------|----------|----------|----------|----------|-------------|-------------|----------------|
| 94 | NIERODA Ilona     | 7007 | BIAŁYSTOK | K30 | 6  | K 22 | 00:00:06 | 01:54:26 | 03:29:23 | 06:16:15 | 08:38:10 | 09:53:19 | 10:28:18.03 | 10:28:24.86 | +04:49:14 (46) |
| 95 | GARSZTKA Dominik  | 7038 | GDAŃSK    | M40 | 28 | M 73 | 00:00:06 | 01:29:30 | 02:57:34 | 05:52:09 | 08:36:15 | 09:54:33 | 10:29:52.54 | 10:29:58.81 | +04:50:48 (46) |
| 96 | WIŚNIEWSKI Marcin | 7125 | WARSZAWA  | M40 | 29 | M 74 | 00:00:23 | 01:38:57 | 03:19:47 | 06:05:36 | 08:34:55 | 10:00:53 | 10:40:27.31 | 10:40:50.43 | +05:01:40 (47) |