

WYNIKI ZAWODÓW



Organizator: Stowarzyszenie „DAĆ SIEBIE INNYM” – Janusz Bukowski

Termin: 14.10.2018

Miejsce: Warszawa

Dystans: 5 km

WYBIEGAJ SPRAWNOŚĆ

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat | Drużyna Team | R-k YoB | W kategorii in Age | Sex | Czas Time | [min/km] |
|-----------------------------|--------|-------------------------|----------------------|----------|---|---------|--------------------|--------|-----------|----------|
| Bieg 5 km - K20 [25] | | | | | | | | | | |
| 1 | 274 | JANECZKO Małgorzata | SKARŻYSKO-KAMIENNA | | POL LEGIA RUN CLUB | 89 | K20/1 | (K)2 | 00:21:38 | 04.19 |
| 2 | 277 | SPALTABAKA Karolina | | | POL FTCGROUP | 94 | K20/2 | (K)9 | 00:24:09 | 04.49 |
| 3 | 142 | BORZĄDEK Aleksandra | GRODZISK MAZOWIECKI | | POL LEGIA RUN CLUB | 00 | K20/3 | (K)10 | 00:24:13 | 04.50 |
| 4 | 350 | BILIŃSKA Joanna | PŁOŃSK | | POL | 90 | K20/4 | (K)11 | 00:24:17 | 04.51 |
| 5 | 345 | JASTRZĘBSKA-MAJAK Marta | WARSZAWA | | POL NAPRZÓD MŁOCINY | 93 | K20/5 | (K)13 | 00:24:25 | 04.53 |
| 6 | 236 | JONIK Justyna | WARSZAWA | | POL AZS WAT | 91 | K20/6 | (K)14 | 00:24:28 | 04.53 |
| 7 | 284 | FRANKEL-DOMINIK Marta | WARSZAWA | | POL AKADEMIA WALKI | 89 | K20/7 | (K)25 | 00:27:13 | 05.26 |
| 8 | 165 | OZGA Anna | WARSZAWA | | POL | 93 | K20/8 | (K)35 | 00:28:39 | 05.43 |
| 9 | 123 | STAŃCZYK Zofia | ZIELONKA | | POL | 01 | K20/9 | (K)37 | 00:28:43 | 05.44 |
| 10 | 377 | BERNAT Agata | WARSZAWA | | POL | 90 | K20/10 | (K)38 | 00:28:47 | 05.45 |
| 11 | 417 | PUŚCIAN Karolina | WARSZAWA | | POL | 91 | K20/11 | (K)43 | 00:29:22 | 05.52 |
| 12 | 242 | KOŚNIK Alicja | WARSZAWA | | POL | 00 | K20/12 | (K)44 | 00:29:24 | 05.52 |
| 13 | 355 | LEWANDOWSKA Agnieszka | WARSZAWA | | POL SZTORM GRUPA | 90 | K20/13 | (K)69 | 00:31:10 | 06.14 |
| 14 | 237 | MAZOWIECKA Karolina | WARSZAWA | | POL | 89 | K20/14 | (K)76 | 00:31:47 | 06.21 |
| 15 | 405 | WILCZEK Marta | LEGIONOWO | | POL RB | 90 | K20/15 | (K)89 | 00:32:48 | 06.33 |
| 16 | 306 | BANACHOWICZ Milena | LATCHORZEW | | POL BIEGAM BO LUBIE | 93 | K20/16 | (K)90 | 00:32:49 | 06.33 |
| 17 | 402 | DUDCZAK Aleksandra | WARSZAWA | | POL RB | 91 | K20/17 | (K)99 | 00:33:40 | 06.44 |
| 18 | 451 | MAKSYMENKO Anna | WARSZAWA | | POL | 95 | K20/18 | (K)100 | 00:33:48 | 06.45 |
| 19 | 260 | WILCZEWSKA Ewa | BIALYSTOK | | POL | 90 | K20/19 | (K)102 | 00:33:57 | 06.47 |
| 20 | 248 | BODER Karolina | WARSZAWA | | POL ASSECO ACTIVE TEAM | 91 | K20/20 | (K)108 | 00:34:57 | 06.59 |
| 21 | 476 | ZAWODNIK Anonimowy | | | POL BAKU BAKU | | K20/21 | (K)111 | 00:35:13 | 07.02 |
| 22 | 360 | ORDON Agata | WARSZAWA | | POL MERCEDES-BENZ POLSKA | 97 | K20/22 | (K)115 | 00:35:31 | 07.06 |
| 23 | 430 | BORECKA Marta | WARSZAWA | | POL | 93 | K20/23 | (K)122 | 00:36:48 | 07.21 |
| 24 | 463 | LIPIŃSKA Joanna | KAZUŃ POLSKI | | POL ROZBIEGAMY NOWY DWÓR | 91 | K20/24 | (K)127 | 00:39:26 | 07.53 |
| 25 | 469 | DĄBROWSKA Magdalena | WARSZAWA | | POL FUNDACJA SONI | 01 | K20/25 | (K)135 | 00:44:26 | 08.53 |
| Bieg 5 km - K30 [53] | | | | | | | | | | |
| 1 | 38 | PIETRAŚ Agata | PRUSZKOW | | POL KB PLL LOT | 84 | K30/1 | (K)1 | 00:21:07 | 04.13 |
| 2 | 49 | KAMIŃSKA Angelika | WARSZAWA | | POL SIOSTRY BIEGAJĄ | 79 | K30/2 | (K)3 | 00:21:58 | 04.22 |
| 3 | 114 | NAPIONTEK Maria | POZNAŃ | | POL | 86 | K30/3 | (K)4 | 00:22:39 | 04.30 |
| 4 | 356 | WLAZŁO Anita | WARSZAWA | | POL | 84 | K30/4 | (K)5 | 00:23:05 | 04.37 |
| 5 | 100 | SEKŚCIŃSKA Magda | ŁOMŻA | | POL KS ŁOMŻANIE | 84 | K30/5 | (K)8 | 00:24:03 | 04.48 |
| 6 | 87 | ROMAN Ewa | KOMORÓW | | POL SPORTGAS | 80 | K30/6 | (K)12 | 00:24:18 | 04.51 |
| 7 | 158 | MAJEWSKA Hanna | WARSZAWA | | POL BIEGAM NA TARCHOMINIE | 88 | K30/7 | (K)21 | 00:26:30 | 05.18 |
| 8 | 354 | MISZKURKA Milena | WARSZAWA | | POL CNJO WOŁOMIN | 85 | K30/8 | (K)24 | 00:27:12 | 05.26 |
| 9 | 286 | WIŚNIEWSKA Marta | WARSZAWA (BIAŁOLEKA) | | POL | 80 | K30/9 | (K)29 | 00:27:58 | 05.35 |
| 10 | 499 | MORYTO Anna | LEGIONOWO | | POL | 80 | K30/10 | (K)31 | 00:28:02 | 05.36 |
| 11 | 448 | PILITOWSKA Agnieszka | WARSZAWA | | POL | 88 | K30/11 | (K)32 | 00:28:02 | 05.36 |
| 12 | 375 | ŁUCZAK Małgorzata | WARSZAWA | | POL RUNNERSI ZE SKARBKA | 79 | K30/12 | (K)34 | 00:28:34 | 05.42 |
| 13 | 464 | KUŻMIŃSKA Katarzyna | WARSZAWA | | POL | 82 | K30/13 | (K)39 | 00:28:57 | 05.47 |
| 14 | 194 | ŁUKASZEWSKA Anna | WARSZAWA | | POL DAMS TEAM | 86 | K30/14 | (K)42 | 00:29:18 | 05.51 |
| 15 | 498 | KAROLEWICZ Natalia | POZNAŃ | | POL | 85 | K30/15 | (K)46 | 00:29:27 | 05.53 |
| 16 | 275 | DANIELEK Ewa | BYDGOSZCZ | | POL REEBOK RUN CREW | 83 | K30/16 | (K)47 | 00:29:45 | 05.57 |
| 17 | 68 | DZIEKAŃSKA Wioletta | WARSZAWA | | POL | 88 | K30/17 | (K)48 | 00:29:52 | 05.58 |
| 18 | 81 | JAKUBISIAK Renata | WARSZAWA | | POL AEGONRUN | 81 | K30/18 | (K)49 | 00:29:52 | 05.58 |
| 19 | 337 | NOWAK Magdalena | WARSZAWA | | POL | 84 | K30/19 | (K)51 | 00:29:54 | 05.58 |
| 20 | 64 | BIEŃKA Anna | WARSZAWA | | POL SKARYMAKERSI - SKARYSZEWSKIE CIACHA | 82 | K30/20 | (K)53 | 00:30:01 | 06.00 |
| 21 | 291 | ŁAPIŃSKA Edyta | WARSZAWA | | POL SKARYMAKERSI - SKARYSZEWSKIE CIACHA | 82 | K30/21 | (K)54 | 00:30:01 | 06.00 |
| 22 | 478 | MŁYNIK Magdalena | WARSZAWA | | POL | 83 | K30/22 | (K)55 | 00:30:15 | 06.03 |

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat | Drużyna Team | R-k YoB | W kategorii in Age | (K) Sex | Czas Time | [min/km] |
|--------------|--------|-------------------------------|------------------|----------|---|---------|--------------------|---------|-----------|----------|
| 23 | 339 | MANOWSKA-CEPAK Katarzyna | WARSZAWA | | POL | 83 | K30/23 | (K)56 | 00:30:16 | 06.03 |
| 24 | 486 | SZALA Aleksandra | WARSZAWA | | POL | 88 | K30/24 | (K)60 | 00:30:30 | 06.06 |
| 25 | 415 | WINCZEWSKA-LATOSZEK Katarzyna | WARSZAWA | | POL | 87 | K30/25 | (K)61 | 00:30:34 | 06.06 |
| 26 | 382 | KOŁODZIŃSKA Katarzyna | WARSZAWA | | POL | 88 | K30/26 | (K)62 | 00:30:35 | 06.07 |
| 27 | 343 | SYTNYK Karolina | WARSZAWA | | POL | 86 | K30/27 | (K)63 | 00:30:51 | 06.10 |
| 28 | 406 | UTKO Ewa | LEGIONOWO | | POL RB | 80 | K30/28 | (K)65 | 00:30:54 | 06.10 |
| 29 | 387 | GRZELIŃSKA Agnieszka | CHOTOMÓW | | POL RB | 79 | K30/29 | (K)66 | 00:30:55 | 06.11 |
| 30 | 373 | KAWECKA Monika | WARSZAWA | | POL | 83 | K30/30 | (K)71 | 00:31:22 | 06.16 |
| 31 | 311 | ZALESKA Karolina | WARSZAWA | | POL | 79 | K30/31 | (K)73 | 00:31:34 | 06.18 |
| 32 | 485 | JARZĄB Katarzyna | WARSZAWA | | POL | 79 | K30/32 | (K)74 | 00:31:40 | 06.20 |
| 33 | 346 | WITCZAK Magdalena | WARSZAWA | | POL - | 79 | K30/33 | (K)78 | 00:32:07 | 06.25 |
| 34 | 309 | OSTROWSKA Magdalena | WARSZAWA | | POL GRAŻYŃKI OCR | 83 | K30/34 | (K)81 | 00:32:20 | 06.28 |
| 35 | 77 | TOBIASZ Małgorzata | WARSZAWA | | POL | 80 | K30/35 | (K)82 | 00:32:24 | 06.28 |
| 36 | 410 | BARSZCZEWSKA Izabela | WARSZAWA | | POL | 83 | K30/36 | (K)84 | 00:32:31 | 06.30 |
| 37 | 293 | BIAŁOGRODZKA Dorota | PIASECZNO | | POL | 79 | K30/37 | (K)86 | 00:32:35 | 06.31 |
| 38 | 50 | WICHER Dorota | WARSZAWA | | POL ENDOPRZYJACIELE | 82 | K30/38 | (K)92 | 00:32:56 | 06.35 |
| 39 | 452 | KOSIOREK Anna | WARSZAWA | | POL | 83 | K30/39 | (K)95 | 00:33:15 | 06.39 |
| 40 | 74 | KOWALCZYK Żaneta | PŁOCK | | POL | 88 | K30/40 | (K)96 | 00:33:20 | 06.40 |
| 41 | 283 | SZWAJA Ewelina | WARSZAWA | | POL | 81 | K30/41 | (K)97 | 00:33:24 | 06.40 |
| 42 | 298 | LACH Marta | WARSZAWA | | POL SLOW JOGGING WARSZAWA | 79 | K30/42 | (K)98 | 00:33:35 | 06.43 |
| 43 | 481 | NADUK Katarzyna | WARSZAWA | | POL | 82 | K30/43 | (K)101 | 00:33:56 | 06.47 |
| 44 | 348 | MELSKA Karolina | WARSZAWA | | POL F17 KRZYSZTOF LENDA | 86 | K30/44 | (K)105 | 00:34:24 | 06.52 |
| 45 | 308 | CZYŻ Justyna | WARSZAWA | | POL YOGI TEAM - WŚCIEKLE JAMNIORY | 86 | K30/45 | (K)107 | 00:34:27 | 06.53 |
| 46 | 335 | WÓJCİK Anna | WARSZAWA | | POL | 83 | K30/46 | (K)114 | 00:35:28 | 07.05 |
| 47 | 437 | LITWINIEC Agnieszka | WARSZAWA | | POL - | 79 | K30/47 | (K)119 | 00:36:04 | 07.12 |
| 48 | 455 | WIECZOREK Marta | WARSZAWA | | POL | 84 | K30/48 | (K)123 | 00:36:50 | 07.22 |
| 49 | 163 | URBANIAK Magdalena | WARSZAWA | | POL SKARYMAKERSI - SKARYSZEWSKIE CIACHA | 84 | K30/49 | (K)126 | 00:37:51 | 07.34 |
| 50 | 241 | MAJCHER Izabela | WARSZAWA | | POL | 84 | K30/50 | (K)130 | 00:40:20 | 08.04 |
| 51 | 238 | SIEROŃ Anna | WARSZAWA | | POL | 81 | K30/51 | (K)138 | 00:47:56 | 09.35 |
| 52 | 152 | MASLOWSKA Anna | WARSZAWA | | POL ZSS NR 105 | 87 | K30/52 | (K)139 | 00:48:59 | 09.47 |

Bieg 5 km - K40 [46]

| | | | | | | | | | | |
|----|-----|-----------------------------|--------------------|--|---|----|--------|-------|----------|-------|
| 1 | 496 | GRYGIERCZYK Anna | WARSZAWA | | POL | 76 | K40/1 | (K)6 | 00:23:09 | 04.37 |
| 2 | 109 | CIBORSKA Agnieszka | WARSZAWA | | POL NAPRZÓD MŁOCINY | 73 | K40/2 | (K)7 | 00:23:32 | 04.42 |
| 3 | 80 | MICHAŁOWSKA Katarzyna | WARSZAWA | | POL RK ATHLETICS | 73 | K40/3 | (K)16 | 00:25:33 | 05.06 |
| 4 | 447 | MĘDEL Marta | KOSZALIN | | POL TKKF KOSZALIN | 76 | K40/4 | (K)17 | 00:25:46 | 05.09 |
| 5 | 156 | KOMA Anna | WARSZAWA | | POL NIE BIEGAM W KLUBIE | 71 | K40/5 | (K)18 | 00:25:56 | 05.11 |
| 6 | 155 | MYŚLIŃSKA Anna | WARSZAWA | | POL BIEGAM BO LUBIĘ WARSZAWA POLONEZ I EKOBIEGI | 75 | K40/6 | (K)19 | 00:26:06 | 05.13 |
| 7 | 175 | JANCZEWSKA Ewa | WARSZAWA | | POL BIEGANIE MNIE USKRZYDŁA | 77 | K40/7 | (K)20 | 00:26:09 | 05.13 |
| 8 | 326 | BARANOWSKA Danuta | WARSZAWA | | POL | 78 | K40/8 | (K)22 | 00:26:46 | 05.21 |
| 9 | 253 | PAWŁOWSKA Karolina | WARSZAWA | | POL | 73 | K40/9 | (K)23 | 00:27:10 | 05.26 |
| 10 | 65 | MIODUSZEWSKA Anna | WARSZAWA | | POL | 75 | K40/10 | (K)27 | 00:27:31 | 05.30 |
| 11 | 178 | SITAREK Iwona | GRÓJEC | | POL BIEGAM BO BIEGAM | 69 | K40/11 | (K)28 | 00:27:53 | 05.34 |
| 12 | 183 | JASTRZĘBSKA-MAJAK Agnieszka | WARSZAWA | | POL | 71 | K40/12 | (K)33 | 00:28:06 | 05.37 |
| 13 | 292 | PRZYBYSIAK Iwona | MARKI | | POL | 76 | K40/13 | (K)40 | 00:29:01 | 05.48 |
| 14 | 92 | ZAWODNIK Anonimowy | | | POL | | K40/14 | (K)41 | 00:29:09 | 05.49 |
| 15 | 186 | TRYNKIEWICZ Monika | WARSZAWA | | POL | 76 | K40/15 | (K)45 | 00:29:25 | 05.53 |
| 16 | 270 | ZAKRZEWSKA Agnieszka | WARSZAWA | | POL | 75 | K40/16 | (K)50 | 00:29:53 | 05.58 |
| 17 | 244 | GOŁAŚ Grażyna | WARSZAWA | | POL ASSECO ACTIVE TEAM | 76 | K40/17 | (K)57 | 00:30:16 | 06.03 |
| 18 | 327 | ANTONOWICZ Agata | WARSZAWA | | POL | 74 | K40/18 | (K)58 | 00:30:23 | 06.04 |
| 19 | 243 | ŻURAWSKA Renata | WARSZAWA | | POL NA ZDROWIE | 78 | K40/19 | (K)59 | 00:30:27 | 06.05 |
| 20 | 16 | KOŁODZIEJCZYK Marta | OSTRÓW MAZOWIECKA | | POL OSTRÓW BIEGA | 75 | K40/20 | (K)67 | 00:30:56 | 06.11 |
| 21 | 119 | RĘBIJEWSKA Katarzyna | SOCHACZEW | | POL LIRENE RUNNING TEAM | 69 | K40/21 | (K)68 | 00:31:03 | 06.12 |
| 22 | 181 | WOIŃSKA Magdalena | PIASECZNO | | POL | 78 | K40/22 | (K)70 | 00:31:21 | 06.16 |
| 23 | 301 | ZAWADKA Agnieszka | BLIZNE JASIŃSKIEGO | | POL | 71 | K40/23 | (K)72 | 00:31:27 | 06.17 |
| 24 | 285 | ZAKRZEWSKA Monika | PIASECZNO | | POL MBB | 78 | K40/24 | (K)75 | 00:31:46 | 06.21 |
| 25 | 394 | ZJADEWICZ Wioletta | PŁOŃSKA | | POL RB | 77 | K40/25 | (K)77 | 00:32:02 | 06.24 |

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat | Drużyna Team | R-k YoB | W kategorii in Age | (K) Sex | Czas Time | [min/km] |
|--------------|--------|----------------------------|------------------|----------|--|---------|--------------------|---------|-----------|----------|
| 26 | 140 | CUDNA-WAGNER Anna | WARSZAWA | | POL | 76 | K40/26 | (K)79 | 00:32:09 | 06.25 |
| 27 | 460 | GAJ Bogna | WARSZAWA | | POL CZARNE PANTERY | 70 | K40/27 | (K)83 | 00:32:30 | 06.30 |
| 28 | 453 | CHOJECKA Anna | WARSZAWA | | POL GRUPA ZYWIEC | 71 | K40/28 | (K)85 | 00:32:32 | 06.30 |
| 29 | 56 | JAROSZ-WAWRYNIUK Inga | WARSZAWA | | POL LIRENE RUNNING TEAM | 77 | K40/29 | (K)87 | 00:32:47 | 06.33 |
| 30 | 43 | PIOTROWSKA-KRZAK Elżbieta | WARSZAWA | | POL CS GROUP RUNNERS TEAM | 77 | K40/30 | (K)88 | 00:32:48 | 06.33 |
| 31 | 60 | KOŁODZIEJSKA Barbara | WARSZAWA | | POL ENDOPRZYJACIELE | 69 | K40/31 | (K)91 | 00:32:55 | 06.35 |
| 32 | 473 | KOPCZYŃSKA Judyta | MARKI | | POL | 78 | K40/32 | (K)93 | 00:33:07 | 06.37 |
| 33 | 336 | PLATEK Aneta | WARSZAWA | | POL ARSUN SP. Z O.O. | 78 | K40/33 | (K)103 | 00:34:03 | 06.48 |
| 34 | 471 | DUDA Renata | WARSZAWA | | POL | 76 | K40/34 | (K)104 | 00:34:04 | 06.48 |
| 35 | 105 | KWIATKOWSKA Małgorzata | WARSZAWA | | POL | 78 | K40/35 | (K)106 | 00:34:26 | 06.53 |
| 36 | 213 | SOSNOWSKA-DUDEK Aleksandra | WARSZAWA | | POL | 78 | K40/36 | (K)109 | 00:35:00 | 07.00 |
| 37 | 370 | IWANEK Karina | BOBROWIEC | | POL IWANKI | 73 | K40/37 | (K)116 | 00:35:35 | 07.07 |
| 38 | 439 | JACZYŃSKA Krystyna | WARSZAWA | | POL | 74 | K40/38 | (K)118 | 00:36:03 | 07.12 |
| 39 | 353 | MIKOŁAJCZYK-LASKUS Marzena | ŁOMIANKI | | POL - | 74 | K40/39 | (K)120 | 00:36:04 | 07.12 |
| 40 | 361 | PAWŁOWSKA Katarzyna | WARSZAWA | | POL | 75 | K40/40 | (K)121 | 00:36:48 | 07.21 |
| 41 | 95 | TSHISENSE Marta | WARSZAWA | | POL CAŁA TWOJA | 69 | K40/41 | (K)128 | 00:39:51 | 07.58 |
| 42 | 482 | WÓJCIK Edyta | WARSZAWA | | POL | 73 | K40/42 | (K)129 | 00:40:06 | 08.01 |
| 43 | 226 | PRZYGODA Dorota | LASKI | | POL PRZYGODA | 71 | K40/43 | (K)131 | 00:42:29 | 08.29 |
| 44 | 229 | ZWOLAK Joanna | WARSZAWA | | POL DOM DZIECKA NIEWIDOMEGO WARSZAWA. SASKS KĘPA | 75 | K40/44 | (K)133 | 00:43:20 | 08.40 |
| 45 | 234 | TEODORSKA Elzbieta | WARSZAWA | | POL DOM DZIECKA NIEWIDOMEGO WARSZAWA. SASKS KĘPA | 73 | K40/45 | (K)134 | 00:43:34 | 08.42 |
| 46 | 15 | WASILKIEWICZ Anna | LEGIONOWO | | POL NIE BIEGAM W KLUBIE | 76 | K40/46 | (K)137 | 00:47:34 | 09.30 |

Bieg 5 km - K50 [7]

| | | | | | | | | | | |
|---|-----|-----------------------|----------|--|---|----|-------|--------|----------|-------|
| 1 | 115 | HAWRYLUK-STASIAK Ewa | WARSZAWA | | POL | 63 | K50/1 | (K)26 | 00:27:24 | 05.28 |
| 2 | 419 | GŁOWACKA Kasia | WARSZAWA | | POL | 68 | K50/2 | (K)30 | 00:28:00 | 05.36 |
| 3 | 144 | POLIŃSKA Anna | WARSZAWA | | POL SKARYMAKERSI - SKARYSZEWSKIE CIACHA | 64 | K50/3 | (K)52 | 00:29:57 | 05.59 |
| 4 | 112 | HIGERSBERGER Wiesława | WARSZAWA | | POL TRUCHTACZ.PL | 60 | K50/4 | (K)110 | 00:35:00 | 07.00 |
| 5 | 187 | KRZYŻANOWSKA Zoja | WAWA | | POL VEGE RUNNERS | 67 | K50/5 | (K)113 | 00:35:23 | 07.04 |

Bieg 5 km - K60 [7]

| | | | | | | | | | | |
|---|-----|-------------------|----------|--|-----------------------|----|-------|--------|----------|-------|
| 1 | 35 | TULA Renata | WARSZAWA | | POL MYKMYK | 52 | K60/1 | (K)15 | 00:25:08 | 05.01 |
| 2 | 58 | GŁOWACKA Elżbieta | WARSZAWA | | POL TEAM ZABIEGANEDNI | 55 | K60/2 | (K)36 | 00:28:42 | 05.44 |
| 3 | 317 | JURKOWSKA Irena | WARSZAWA | | POL - | 49 | K60/3 | (K)80 | 00:32:18 | 06.27 |
| 4 | 153 | KOSIOREK Barbara | WARSZAWA | | POL | 58 | K60/4 | (K)94 | 00:33:15 | 06.39 |
| 5 | 84 | TUKENDORF Barbara | WARSZAWA | | POL RK ATHLETICS | 52 | K60/5 | (K)112 | 00:35:16 | 07.03 |
| 6 | 36 | KURPIŃSKA Barbara | WARSZAWA | | POL | 58 | K60/6 | (K)124 | 00:37:04 | 07.24 |
| 7 | 316 | BARTOSIK Krystyna | ZGIERZ | | POL | 58 | K60/7 | (K)125 | 00:37:04 | 07.24 |

Bieg 5 km - M20 [43]

| | | | | | | | | | | |
|----|-----|---------------------|----------------|--|---|----|--------|-------|----------|-------|
| 1 | 198 | WOŹNICKI Paweł | WĘGRÓW | | POL AKTYWNI WĘGRÓW | 90 | M20/1 | (M)2 | 00:16:32 | 03.18 |
| 2 | 267 | TABER Konrad | BRWINÓW | | POL ACTIVE PROSPERIA RUNNING TEAM/STO-NOGI MILANÓWEK | 96 | M20/2 | (M)3 | 00:17:01 | 03.23 |
| 3 | 137 | ZYCH Łukasz | MARKI | | POL | 89 | M20/3 | (M)6 | 00:18:46 | 03.44 |
| 4 | 148 | SZOPA Łukasz | WARSZAWA | | POL SZOPIKI | 99 | M20/4 | (M)8 | 00:18:58 | 03.47 |
| 5 | 6 | ZALEWSKI Krystian | | | POL | 89 | M20/5 | (M)9 | 00:19:21 | 03.51 |
| 6 | 362 | JASIŃSKI Mateusz | JÓZEFÓW | | POL ALOHA WEALTH AND WELLNESS SPÓŁKA Z OGRANICZONĄ ODPOWIEDZIALNOŚCIĄ | 91 | M20/6 | (M)14 | 00:20:15 | 04.02 |
| 7 | 192 | KRUPIŃSKI Kacper | MARKI | | POL | 02 | M20/7 | (M)20 | 00:21:04 | 04.12 |
| 8 | 254 | KOMOREK Tomasz | WARSZAWA | | POL DD RUNNING TEAM | 92 | M20/8 | (M)27 | 00:21:54 | 04.19 |
| 9 | 474 | PIĄTKIEWICZ Marcin | WARSZAWA | | POL PRACOWNIA CUKIERNICZA ZAGOŹDZIŃSKI | 98 | M20/9 | (M)33 | 00:22:22 | 04.26 |
| 10 | 413 | SKRZYNIK Tymon | WARSZAWA | | POL | 90 | M20/10 | (M)43 | 00:23:14 | 04.38 |
| 11 | 264 | BRZEZIŃSKI Adam | PODOLSZYN NOWY | | POL | 92 | M20/11 | (M)54 | 00:23:32 | 04.42 |
| 12 | 426 | IRZMAŃSKI Jakub | WARSZAWA | | POL | 89 | M20/12 | (M)59 | 00:23:51 | 04.46 |
| 13 | 421 | DĘBSKI Krzysztof | WARSZAWA | | POL | 91 | M20/13 | (M)66 | 00:24:02 | 04.48 |
| 14 | 202 | ZABROCKI Radosław | | | POL FINESPORT | 90 | M20/14 | (M)67 | 00:24:04 | 04.48 |
| 15 | 204 | KWAPIS Andrzej | | | POL FINESPORT | 89 | M20/15 | (M)70 | 00:24:07 | 04.49 |
| 16 | 462 | KRZYŻANOWSKI Daniel | WARSZAWA | | POL | 91 | M20/16 | (M)74 | 00:24:26 | 04.53 |
| 17 | 331 | ZBROWSKI Mateusz | NOWA WIEŚ | | POL BIEGNĘ, ŻEBY BARTEK MÓGL BIEGAĆ | 91 | M20/17 | (M)88 | 00:24:49 | 04.57 |

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat | Drużyna Team | R-k YoB | W kategorii in Age | (M) Sex | Czas Time | [min/km] |
|-----------------------------|--------|-----------------------|-------------------|----------|--|---------|--------------------|---------|-----------|----------|
| 18 | 428 | KAWECKI Maciej | WARSZAWA | | POL | 94 | M20/18 | (M)99 | 00:25:37 | 05.07 |
| 19 | 358 | WITECKI Patryk | WARSZAWA | | POL | 94 | M20/19 | (M)103 | 00:25:42 | 05.08 |
| 20 | 33 | ROLEWSKI Dawid | WARSZAWA | | POL - | 95 | M20/20 | (M)111 | 00:26:00 | 05.12 |
| 21 | 450 | ZAWODNIK Anonimowy | | | POL | | M20/21 | (M)125 | 00:26:56 | 05.23 |
| 22 | 259 | SZLAGA Michał | WARSZAWA | | POL | 02 | M20/22 | (M)134 | 00:27:13 | 05.26 |
| 23 | 425 | BOGDAN Maciej | WARSZAWA | | POL | 89 | M20/23 | (M)135 | 00:27:17 | 05.27 |
| 24 | 383 | POPEK Przemysław | WARSZAWA | | POL HUTNIK WARSZAWA | 91 | M20/24 | (M)150 | 00:27:54 | 05.34 |
| 25 | 472 | PAWŁOWSKI Maksymilian | WARSZAWA | | POL UKSW | 99 | M20/25 | (M)151 | 00:27:59 | 05.35 |
| 26 | 17 | KUĆ Patryk | PIASTÓW | | POL | 96 | M20/26 | (M)154 | 00:28:14 | 05.38 |
| 27 | 45 | MIODUSZEWSKI Adrian | WARSZAWA | | POL | 90 | M20/27 | (M)166 | 00:28:48 | 05.45 |
| 28 | 330 | SZEREJKO Aleksander | WARSZAWA | | POL - | 89 | M20/28 | (M)175 | 00:29:30 | 05.54 |
| 29 | 161 | URBANIAK Marcin | WARSZAWA | | POL SKARYMAKERSI - SKARYSZEWSKIE CIACHA | 89 | M20/29 | (M)186 | 00:29:57 | 05.59 |
| 30 | 386 | ROGOWSKI Krzysztof | NDM | | POL RB | 89 | M20/30 | (M)193 | 00:30:20 | 06.04 |
| 31 | 484 | WALECKI Maciej | WARSZAWA | | POL MB BANK | 94 | M20/31 | (M)212 | 00:32:25 | 06.29 |
| 32 | 466 | WIŚNIEWSKI Adam | WARSZAWA | | POL FUNDACJA SONI | 98 | M20/32 | (M)218 | 00:33:02 | 06.36 |
| 33 | 289 | KWIATKOWSKI Dawid | WARSZAWA | | POL | 02 | M20/33 | (M)220 | 00:33:10 | 06.38 |
| 34 | 427 | KANIA Rafał | WARSZAWA | | POL | 91 | M20/34 | (M)224 | 00:33:29 | 06.41 |
| 35 | 11 | GOSZCZ Dariusz | KAJETANY | | POL ZSS NR 105 | 93 | M20/35 | (M)231 | 00:35:03 | 07.00 |
| 36 | 24 | KALISZ Patryk | WARSZAWA | | POL DOM DZIECKA NIEWIDOMEGO WARSZAWA. SASKS KĘPA | 98 | M20/36 | (M)233 | 00:35:52 | 07.10 |
| 37 | 13 | KOZŁOWSKI Mateusz | IZABELIN | | POL ZSS NR 105 | 96 | M20/37 | (M)240 | 00:36:54 | 07.22 |
| 38 | 468 | ULATOWSKI Dominik | WARSZAWA | | POL FUNDACJA SONI | 00 | M20/38 | (M)243 | 00:38:31 | 07.42 |
| 39 | 18 | REISCH Maciej | PRUSZKÓW | | POL | 97 | M20/39 | (M)249 | 00:43:10 | 08.38 |
| 40 | 25 | STEFAŃSKI Leszek | WARSZAWA | | POL DOM DZIECKA NIEWIDOMEGO WARSZAWA. SASKS KĘPA | 02 | M20/40 | (M)250 | 00:43:23 | 08.40 |
| 41 | 23 | KROLIKOWSKI Adam | WARSZAWA | | POL DOM DZIECKA NIEWIDOMEGO WARSZAWA. SASKS KĘPA | 98 | M20/41 | (M)252 | 00:43:33 | 08.42 |
| 42 | 470 | WOŹNIAK Mikołaj | WARSZAWA | | POL FUNDACJA SONI | 00 | M20/42 | (M)253 | 00:44:42 | 08.56 |
| 43 | 12 | STRZALKOWSKI Dariusz | ZĄBKI | | POL ZSS NR 105 | 97 | M20/43 | (M)258 | 00:48:59 | 09.47 |
| Bieg 5 km - M30 [82] | | | | | | | | | | |
| 1 | 322 | STUPAK Marcin | PIASECZNO | | POL DREAM RUN | 88 | M30/1 | (M)1 | 00:16:25 | 03.16 |
| 2 | 444 | CHRABAŁOWSKI Jarosław | WARSZAWA | | POL WARSZAWIAKY | 85 | M30/2 | (M)4 | 00:18:31 | 03.41 |
| 3 | 338 | MICHALSKI Robert | WARSZAWA | | POL NOCNE PIŁOWANIE AGRYKOLI | 82 | M30/3 | (M)5 | 00:18:33 | 03.42 |
| 4 | 488 | ZAWODNIK Anonimowy | | | POL KOCI PAZUR | | M30/4 | (M)7 | 00:18:55 | 03.46 |
| 5 | 113 | GÓRNIOWICZ Marcin | WARSZAWA | | POL NAPRZÓD MŁŁOCINY | 81 | M30/5 | (M)12 | 00:19:57 | 03.57 |
| 6 | 367 | GRUSZCZYŃSKI Wojciech | WARSZAWA | | POL | 85 | M30/6 | (M)15 | 00:20:21 | 04.03 |
| 7 | 193 | ŁUKASZEWSKI Dariusz | WARSZAWA | | POL DAMS TEAM | 84 | M30/7 | (M)18 | 00:20:55 | 04.10 |
| 8 | 381 | MASZCZYŃSKI Krzysztof | PRUSZKÓW | | POL BIEGNĘ, ŻEBY BARTEK MÓGL BIEGAĆ | 82 | M30/8 | (M)21 | 00:21:12 | 04.13 |
| 9 | 59 | ROBAK Wojciech | WARSZAWA | | POL | 82 | M30/9 | (M)23 | 00:21:30 | 04.16 |
| 10 | 210 | KOSIŃSKI Rafał | OŻARÓW MAZOWIECKI | | POL BIEGNIJ Z PROSERVICE | 83 | M30/10 | (M)31 | 00:22:13 | 04.23 |
| 11 | 42 | MAJCHRZAK Rafał | ZIELONA GÓRA | | POL MBB | 82 | M30/11 | (M)34 | 00:22:23 | 04.27 |
| 12 | 396 | RÓŻYCKI Jarek | LEGIONOWO | | POL RB | 87 | M30/12 | (M)36 | 00:22:42 | 04.30 |
| 13 | 281 | KERNER Marcin | WARSZAWA | | POL MBB | 83 | M30/13 | (M)37 | 00:22:43 | 04.31 |
| 14 | 127 | ZIELIŃSKI Marcin | WARSZAWA | | POL ACCELERATE | 84 | M30/14 | (M)38 | 00:22:52 | 04.31 |
| 15 | 37 | WYSOCKI Wojciech | PIASECZNO | | POL | 81 | M30/15 | (M)39 | 00:22:57 | 04.33 |
| 16 | 295 | DUDA Jacek | PRUSZKÓW | | POL | 81 | M30/16 | (M)42 | 00:23:06 | 04.37 |
| 17 | 357 | KALBARCZYK Igor | LUBLIN | | POL | 84 | M30/17 | (M)46 | 00:23:18 | 04.39 |
| 18 | 378 | KRUPIŃSKI Maciej | WARSZAWA | | POL POLSKI ZWIĄZEK KOSZYKÓWKI | 84 | M30/18 | (M)50 | 00:23:26 | 04.41 |
| 19 | 475 | GODKOWICZ Kacper | WARSZAWA | | POL | 83 | M30/19 | (M)51 | 00:23:27 | 04.41 |
| 20 | 344 | KRÓLICKI Konrad | WARSZAWA | | POL AXA RUNNING TEAM | 81 | M30/20 | (M)52 | 00:23:31 | 04.42 |
| 21 | 364 | ROZENBAUM Jakub | WARSZAWA | | POL SKURCZE ŁYDEK | 88 | M30/21 | (M)63 | 00:23:57 | 04.47 |
| 22 | 303 | ZBROWSKI Michał | NOWA WIEŚ | | POL BIEGNĘ, ŻEBY BARTEK MÓGL BIEGAĆ | 82 | M30/22 | (M)68 | 00:24:05 | 04.49 |
| 23 | 334 | RASZEWSKI Piotr | WARSZAWA | | POL | 80 | M30/23 | (M)71 | 00:24:08 | 04.49 |
| 24 | 266 | WOJTAN Roland | WARSZAWA | | POL SPORTGAS | 88 | M30/24 | (M)73 | 00:24:16 | 04.51 |
| 25 | 465 | MORGA Cezary | WARSZAWA | | POL WIATROLAPY | 81 | M30/25 | (M)78 | 00:24:30 | 04.54 |
| 26 | 143 | KORZENIEWSKI Marcin | MACIERZYSZ | | POL | 79 | M30/26 | (M)79 | 00:24:30 | 04.54 |
| 27 | 107 | MILLER Tomasz | ZĄBKI | | POL BIEGAM BO LUBIĘ ZĄBKI TEAM | 83 | M30/27 | (M)82 | 00:24:33 | 04.54 |
| 28 | 278 | ANDERSZ Patryk | WARSZAWA | | POL | 85 | M30/28 | (M)85 | 00:24:43 | 04.56 |

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat | Drużyna Team | R-k YoB | W kategorii in Age | (M) Sex | Czas Time | [min/km] |
|--------------|--------|------------------------|---------------------|----------|---|---------|--------------------|---------|-----------|----------|
| 29 | 131 | LULAJ Maciej | ŁOMIANKI | | POL | 85 | M30/29 | (M)86 | 00:24:44 | 04.56 |
| 30 | 445 | SIEBYŁA Karol | WARSZAWA | | POL NIE BIEGAM W KLUBIE | 80 | M30/30 | (M)87 | 00:24:47 | 04.57 |
| 31 | 101 | MAĐRACH Piotr | WARSZAWA | | POL ASICS FRONTRUNNER POLAND | 83 | M30/31 | (M)89 | 00:24:56 | 04.59 |
| 32 | 414 | WIERCINSKI Daniel | WARSZAWA | | POL | 84 | M30/32 | (M)92 | 00:25:16 | 05.03 |
| 33 | 53 | ROSTKOWSKI Łukasz | WARSZAWA | | POL STOWARZYSZENIE DAĆ SIEBIE INNYM | 85 | M30/33 | (M)93 | 00:25:23 | 05.04 |
| 34 | 399 | JASIŃSKI Krzysztof | PŁOŃSK | | POL RB | 83 | M30/34 | (M)95 | 00:25:26 | 05.05 |
| 35 | 215 | GIEDROJC Przemysław | WARSZAWA | | POL SKARYMAKERSI - SKARYSZEWSKIE CIACHA | 85 | M30/35 | (M)96 | 00:25:27 | 05.05 |
| 36 | 54 | JAGIELSKI Tomasz | WARSZAWA | | POL | 80 | M30/36 | (M)101 | 00:25:40 | 05.08 |
| 37 | 457 | MAŃK Kamil | LEGIONOWO | | POL | 79 | M30/37 | (M)104 | 00:25:45 | 05.09 |
| 38 | 108 | BARYŻEWSKI Remigiusz | WARSZAWA | | POL | 85 | M30/38 | (M)105 | 00:25:45 | 05.09 |
| 39 | 416 | MILTON Neil | WARSZAWA | | POL | 79 | M30/39 | (M)108 | 00:25:49 | 05.09 |
| 40 | 296 | ANDRYCHOWICZ Jan | WARSZAWA | | POL | 86 | M30/40 | (M)110 | 00:25:54 | 05.10 |
| 41 | 231 | FIGIEL Michał | GRODZISK MAZOWIECKI | | POL | 81 | M30/41 | (M)112 | 00:26:01 | 05.12 |
| 42 | 456 | RYCHLIK Krzysztof | WARSZAWA | | POL | 84 | M30/42 | (M)118 | 00:26:32 | 05.18 |
| 43 | 411 | NIEMIRKA Bartosz | WARSZAWA | | POL | 88 | M30/43 | (M)119 | 00:26:32 | 05.18 |
| 44 | 125 | SELESKI Marcin | WARSZAWA | | POL MARCIN.BIZ | 85 | M30/44 | (M)120 | 00:26:42 | 05.20 |
| 45 | 240 | NALEWAJEK Krzysztof | STASI LAS | | POL | 81 | M30/45 | (M)121 | 00:26:47 | 05.21 |
| 46 | 434 | JACHOWICZ Łukasz | LEGIONOWO | | POL | 84 | M30/46 | (M)122 | 00:26:47 | 05.21 |
| 47 | 483 | OLCHOWIK Marcin | WARSZAWA | | POL | 83 | M30/47 | (M)126 | 00:26:56 | 05.23 |
| 48 | 134 | RACZYŃSKI Michał | WARSZAWA | | POL | 79 | M30/48 | (M)129 | 00:27:01 | 05.24 |
| 49 | 91 | SZYMAŃSKI Paweł | WARSZAWA | | POL REEBOK RUN CREW | 81 | M30/49 | (M)136 | 00:27:18 | 05.27 |
| 50 | 280 | KALINA Marek | PIASZCZNO | | POL MBB | 81 | M30/50 | (M)141 | 00:27:38 | 05.31 |
| 51 | 203 | PIĄTEK Dariusz | | | POL FINESPORT | 81 | M30/51 | (M)146 | 00:27:46 | 05.33 |
| 52 | 72 | DOBRODZIEJ Tomasz | WARSZAWA | | POL ZNIKAJĄCY PUNKT | 83 | M30/52 | (M)148 | 00:27:50 | 05.34 |
| 53 | 479 | CHOROMAŃSKI Aleksander | WARSZAWA | | POL | 81 | M30/53 | (M)156 | 00:28:29 | 05.41 |
| 54 | 351 | KALINKIEWICZ Adrian | WARSZAWA | | POL EKSPEDYCJA-MOTOCYKLOWA.PL | 81 | M30/54 | (M)157 | 00:28:29 | 05.41 |
| 55 | 477 | MALINOWSKI Juliusz | WARSZAWA | | POL | 81 | M30/55 | (M)158 | 00:28:30 | 05.42 |
| 56 | 403 | POSIEWKA Jacek | NOWY DWÓR MAZ. | | POL RB | 84 | M30/56 | (M)171 | 00:29:11 | 05.50 |
| 57 | 359 | KAMIŃSKI Mariusz | WARSZAWA | | POL PRACOWNIA CUKIERNICZA ZAGOŹDZIŃSKI | 82 | M30/57 | (M)174 | 00:29:20 | 05.52 |
| 58 | 166 | SIEDLECKI Tomasz | GRÓJEC | | POL AKTYWNI GRÓJEC | 85 | M30/58 | (M)177 | 00:29:35 | 05.55 |
| 59 | 216 | PAC Bartosz | WARSZAWA | | POL | 81 | M30/59 | (M)178 | 00:29:36 | 05.55 |
| 60 | 480 | LACHOWSKI Karol | WARSZAWA | | POL AEGONRUN | 83 | M30/60 | (M)183 | 00:29:52 | 05.58 |
| 61 | 70 | DZIEKAŃSKI Mikołaj | WARSZAWA | | POL | 88 | M30/61 | (M)184 | 00:29:53 | 05.58 |
| 62 | 86 | KRYSIAK Filip | WARSZAWA | | POL VEGE RUNNERS | 85 | M30/62 | (M)185 | 00:29:57 | 05.59 |
| 63 | 388 | PĄGOWSKI Łukasz | WARSZAWA | | POL RB | 85 | M30/63 | (M)187 | 00:29:58 | 05.59 |
| 64 | 315 | ŁAŃCUCHOWSKI Łukasz | MYSIADŁO | | POL HALSA | 85 | M30/64 | (M)188 | 00:29:58 | 05.59 |
| 65 | 132 | ŚWISTAK Piotr | WARSZAWA | | POL | 84 | M30/65 | (M)192 | 00:30:17 | 06.03 |
| 66 | 449 | KOMARNICKI Kamil | WARSZAWA | | POL SAM SIĘ TURLAM | 79 | M30/66 | (M)195 | 00:30:36 | 06.07 |
| 67 | 379 | TEODOROWICZ Sylwester | WARSZAWA | | POL | 82 | M30/67 | (M)196 | 00:30:37 | 06.07 |
| 68 | 332 | SYTNYK Roman | WARSZAWA | | POL | 86 | M30/68 | (M)198 | 00:30:50 | 06.10 |
| 69 | 404 | KACZOROWSKI Paweł | NOWY DWÓR MAZ. | | POL RB | 84 | M30/69 | (M)200 | 00:31:14 | 06.14 |
| 70 | 258 | MAZOWIECKI Maciej | WARSZAWA | | POL | 84 | M30/70 | (M)203 | 00:31:46 | 06.21 |
| 71 | 329 | PYPKOWSKI Michał | WARSZAWA | | POL MBB | 88 | M30/71 | (M)204 | 00:31:49 | 06.21 |
| 72 | 391 | SIENKIEWICZ Jarosław | PŁOŃSK | | POL RB | 83 | M30/72 | (M)207 | 00:32:09 | 06.25 |
| 73 | 418 | HEBA Stanisław | WARSZAWA | | POL | 85 | M30/73 | (M)208 | 00:32:09 | 06.25 |
| 74 | 302 | SAWICKI Paweł | WARSZAWA | | POL TIMEX | 85 | M30/74 | (M)209 | 00:32:10 | 06.26 |
| 75 | 412 | FIJAŁKOWSKI Piotr | WARSZAWA | | POL | 83 | M30/75 | (M)211 | 00:32:21 | 06.28 |
| 76 | 349 | ZMYŚŁOWSKI Jarosław | PŁOŃSKI | | POL | 80 | M30/76 | (M)215 | 00:32:49 | 06.33 |
| 77 | 261 | BĄCZEK Michał | WARSZAWA | | POL | 87 | M30/77 | (M)225 | 00:33:56 | 06.47 |
| 78 | 459 | NIESZPOREK Szymon | WARSZAWA | | POL TRENING LAB | 82 | M30/78 | (M)226 | 00:33:57 | 06.47 |
| 79 | 30 | KOŁODZIEJCZYK Grzegorz | KOŁBIEL | | POL VELOAKTIV | 86 | M30/79 | (M)232 | 00:35:35 | 07.07 |
| 80 | 436 | LITWINIEC Krzysztof | WARSZAWA | | POL - | 85 | M30/80 | (M)235 | 00:36:03 | 07.12 |
| 81 | 290 | KOWALSKI Michał | WARSZAWA | | POL SKARYMAKERSI - SKARYSZEWSKIE CIACHA | 87 | M30/81 | (M)242 | 00:37:56 | 07.35 |
| 82 | 217 | KĘPA Piotr | NOWA WOLA | | POL DECATHLON TEAM | 87 | M30/82 | (M)245 | 00:39:35 | 07.55 |

Bieg 5 km - M40 [73]

| | | | | | | | | | | |
|---|-----|-------------------|------------|--|-----|----|-------|-------|----------|-------|
| 1 | 433 | BARAŃSKI Szczepan | OPACZ MAŁA | | POL | 78 | M40/1 | (M)10 | 00:19:31 | 03.47 |
| 2 | 191 | KOLEŚNIK Roman | WARSZAWA | | POL | 76 | M40/2 | (M)11 | 00:19:36 | 03.54 |

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat | Drużyna Team | R-k YoB | W kategorii in Age | Sex | Czas Time | [min/km] |
|-----------------|-----------|-------------------------|---------------------|-------------|---|------------|-----------------------|--------|--------------|----------|
| 3 | 393 | KRZYŻANOWSKI Krzysztof | NOWY DWÓR MAZ. | | POL RB | 72 | M40/3 | (M)16 | 00:20:45 | 04.07 |
| 4 | 110 | GRZEJDA Igor | WARSZAWA | | POL NAPRZÓD MŁOCINY | 73 | M40/4 | (M)17 | 00:20:54 | 04.09 |
| 5 | 62 | ŻUPAŃSKI Artur | PRUSZKÓW | | POL TRAVEL SERVICE | 71 | M40/5 | (M)19 | 00:21:01 | 04.11 |
| 6 | 32 | WRONOWSKI Mariusz | LEGIONOWO | | POL GRUPA BIEGOWA CHTMO | 78 | M40/6 | (M)24 | 00:21:45 | 04.21 |
| 7 | 314 | SZCZEPANIAK Artur | WARSZAWA | | POL KB CZESIO BIEGIA | 72 | M40/7 | (M)25 | 00:21:45 | 04.19 |
| 8 | 312 | ZALESKI Piotr | WARSZAWA | | POL | 76 | M40/8 | (M)26 | 00:21:52 | 04.21 |
| 9 | 487 | STEPNIAK Cezary | OZORKÓW | | POL WKURW- TEAM | 77 | M40/9 | (M)28 | 00:21:55 | 04.20 |
| 10 | 190 | PYRA Michał | WARSZAWA | | POL | 78 | M40/10 | (M)35 | 00:22:38 | 04.31 |
| 11 | 250 | JAWORSKI Robert | NOWA IWICZNA | | POL | 77 | M40/11 | (M)41 | 00:23:03 | 04.36 |
| 12 | 4 | RAPCZYŃSKI Witold | WARSZAWA | | POL | 70 | M40/12 | (M)48 | 00:23:18 | 04.39 |
| 13 | 149 | SZOPA Sławomir | WARSZAWA | | POL SZOPIKI | 72 | M40/13 | (M)53 | 00:23:31 | 04.42 |
| 14 | 435 | ROSKOWSKI Marcin | WARSZAWA | | POL ZABIEGANI PO USZY | 72 | M40/14 | (M)55 | 00:23:35 | 04.43 |
| 15 | 29 | KUCIŃSKI Łukasz | WARSZAWA | | POL | 78 | M40/15 | (M)58 | 00:23:49 | 04.45 |
| 16 | 48 | KACPERSKI Ryszard | BUCZEK | | POL | 76 | M40/16 | (M)62 | 00:23:54 | 04.46 |
| 17 | 61 | WOJDALSKI Krzysztof | WARSZAWA | | POL SPORTGAS | 75 | M40/17 | (M)64 | 00:24:00 | 04.48 |
| 18 | 55 | TUROS Marek | WARSZAWA | | POL | 69 | M40/18 | (M)65 | 00:24:02 | 04.48 |
| 19 | 104 | SIEMIŃSKI Sławomir | WARSZAWA | | POL | 78 | M40/19 | (M)75 | 00:24:29 | 04.53 |
| 20 | 196 | PAZIEWSKI Andrzej | WARSZAWA | | POL | 73 | M40/20 | (M)77 | 00:24:30 | 04.54 |
| 21 | 369 | IWANIEK Michał | BOBROWIE | | POL IWANKI | 73 | M40/21 | (M)80 | 00:24:32 | 04.54 |
| 22 | 321 | FILIPEK Grzegorz | WARSZAWA | | POL | 71 | M40/22 | (M)84 | 00:24:36 | 04.55 |
| 23 | 207 | ŚWIĘTOCHOWSKI Andrzej | WARSZAWA | | POL | 73 | M40/23 | (M)90 | 00:24:57 | 04.59 |
| 24 | 376 | ZWOLIŃSKI Grzegorz | WARSZAWA | | POL | 72 | M40/24 | (M)94 | 00:25:24 | 05.04 |
| 25 | 130 | KRYSTOWSKI Paweł | WARSZAWA | | POL | 71 | M40/25 | (M)97 | 00:25:32 | 05.06 |
| 26 | 319 | CZAPLA Sławomir | GRODZISK MAZOWIECKI | | POL DOGOŃ GRODZISK MAZOWIECKI | 72 | M40/26 | (M)98 | 00:25:35 | 05.07 |
| 27 | 150 | BACHOR Tomasz | BUCZEK | | POL | 76 | M40/27 | (M)100 | 00:25:40 | 05.08 |
| 28 | 440 | TRZCIŃSKI Arkadiusz | KOSZALIN | | POL | 76 | M40/28 | (M)102 | 00:25:41 | 05.08 |
| 29 | 446 | MĘDEL Cezary | KOSZALIN | | POL | 73 | M40/29 | (M)106 | 00:25:48 | 05.09 |
| 30 | 265 | IGNACIUK Grzegorz | DZIEKANÓW LEŚNY | | POL ICRA RUNNING TEAM | 76 | M40/30 | (M)115 | 00:26:16 | 05.15 |
| 31 | 174 | KOŁODZIEJCZYK Mariusz | OSTRÓW MAZOWIECKA | | POL OSTRÓW BIEGA | 73 | M40/31 | (M)124 | 00:26:49 | 05.21 |
| 32 | 320 | KOLASA Paweł | WARSZAWA | | POL | 71 | M40/32 | (M)128 | 00:27:01 | 05.24 |
| 33 | 224 | GUMIŃSKI Wiesław | NOWY DWÓR | | POL | 72 | M40/33 | (M)131 | 00:27:07 | 05.25 |
| 34 | 41 | KAJKO Artur | WARSZAWA | | POL KLUB BIEGACZA ERGO | 74 | M40/34 | (M)132 | 00:27:08 | 05.25 |
| 35 | 126 | SKOCZEWSKI Marek | WARSZAWA | | POL NAPRZÓD MŁOCINY | 71 | M40/35 | (M)133 | 00:27:09 | 05.25 |
| 36 | 328 | JARMUŻEWSKI Adam | WARSZAWA | | POL | 75 | M40/36 | (M)137 | 00:27:25 | 05.29 |
| 37 | 63 | PIĄTEK Sebastian | WARSZAWA | | POL | 76 | M40/37 | (M)138 | 00:27:31 | 05.30 |
| 38 | 252 | ZAKRZEWSKI Artur | WARSZAWA | | POL | 72 | M40/38 | (M)139 | 00:27:34 | 05.30 |
| 39 | 235 | ROMANOWSKI Paweł | MARKI | | POL MARKOWI BIEGACZE | 73 | M40/39 | (M)143 | 00:27:42 | 05.32 |
| 40 | 179 | JANASZ Andrzej | BRWINÓW | | POL BIEGAM BO BIEGAM | 72 | M40/40 | (M)149 | 00:27:53 | 05.34 |
| 41 | 8 | WÓJCICKIEWICZ Rafał | PRUSZKÓW | | POL TEAM EUROFIN/SECTION WARSAW | 78 | M40/41 | (M)152 | 00:28:02 | 05.36 |
| 42 | 69 | CHMIEL Przemysław | WARSZAWA | | POL ALBATROSY | 78 | M40/42 | (M)155 | 00:28:14 | 05.38 |
| 43 | 374 | ŁUCZAK Piotr | WARSZAWA | | POL PKO BANK POLSKI | 75 | M40/43 | (M)160 | 00:28:34 | 05.42 |
| 44 | 397 | CZAPLA Paweł | WARSZAWA | | POL RB | 76 | M40/44 | (M)161 | 00:28:36 | 05.43 |
| 45 | 121 | ZNAMIEC Marcin | WARSZAWA | | POL | 77 | M40/45 | (M)163 | 00:28:39 | 05.43 |
| 46 | 214 | LISOWSKI Piotr | MIŃSK MAZOWIECKI | | POL BIEGNIJ Z PROSERVICE | 78 | M40/46 | (M)164 | 00:28:47 | 05.45 |
| 47 | 490 | NOWACKI Marek | RADZYMIN | | POL CATERMARK | 72 | M40/47 | (M)167 | 00:28:52 | 05.46 |
| 48 | 75 | TREPCZYŃSKI Paweł | WARSZAWA | | POL | 74 | M40/48 | (M)170 | 00:29:08 | 05.49 |
| 49 | 85 | KASIŃSKI Rafał | WARSZAWA | | POL | 72 | M40/49 | (M)172 | 00:29:15 | 05.51 |
| 50 | 313 | ŻURAWSKI Paweł | WARSZAWA | | POL LENIWCE TEAM | 78 | M40/50 | (M)179 | 00:29:37 | 05.55 |
| 51 | 424 | BAWOR Marcin | WARSZAWA | | POL | 75 | M40/51 | (M)180 | 00:29:41 | 05.56 |
| 52 | 454 | CHOJECKI Marek | WARSZAWA | | POL - | 70 | M40/52 | (M)190 | 00:30:08 | 06.01 |
| 53 | 279 | MOŁOŃ Wiktor | JAROSŁAW | | POL | 76 | M40/53 | (M)194 | 00:30:22 | 06.04 |
| 54 | 136 | MAJCHRZYK Piotr | WARSZAWA | | POL AKTUALIENACJA | 76 | M40/54 | (M)197 | 00:30:49 | 06.09 |
| 55 | 256 | ĆWIEK Arkadiusz | WARSZAWA | | POL SKARYMAKERSI - SKARYSZEWSKIE CIACHA | 76 | M40/55 | (M)199 | 00:30:59 | 06.11 |
| 56 | 57 | BAJOREK Jacek | WYSZKÓW | | POL IZBI KONSULTING | 75 | M40/56 | (M)213 | 00:32:29 | 06.29 |
| 57 | 325 | WÓJCIK Piotr | WARSZAWA | | POL | 78 | M40/57 | (M)214 | 00:32:43 | 06.32 |
| 58 | 28 | ZAWODNIK Anonimowy | | | POL NIE BIEGAM W KLUBIE | | M40/58 | (M)216 | 00:32:53 | 06.34 |
| 59 | 276 | ZAWODNIK Anonimowy | | | POL NIE BIEGAM W KLUBIE | | M40/59 | (M)217 | 00:32:53 | 06.34 |
| 60 | 220 | GADOMSKI Robert | WARSZAWA | | POL GADRUN | 72 | M40/60 | (M)219 | 00:33:09 | 06.37 |












| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat | Drużyna Team | R-k YoB | W kategorii in Age | Sex | Czas Time | [min/km] |
|--------------|--------|------------------------|------------------|----------|---|---------|--------------------|--------|-----------|----------|
| 61 | 177 | NOWAK Ireneusz | WARSZAWA | | POL INSTAL PROJEKT | 73 | M40/61 | (M)221 | 00:33:13 | 06.38 |
| 62 | 461 | WALCZAK Sławomir piotr | WARSZAWA | | POL PARKRUN WARSZAWA PRAGA | 78 | M40/62 | (M)222 | 00:33:21 | 06.40 |
| 63 | 269 | ZAWODNIK Anonimowy | | | POL | | M40/63 | (M)227 | 00:34:06 | 06.49 |
| 64 | 307 | KALINOWSKI Adam | WARSZAWA | | POL AXA RUNNING TEAM | 76 | M40/64 | (M)228 | 00:34:08 | 06.49 |
| 65 | 180 | MURILLO Xavi | WARSZAWA | | ESP SKARYMAKERSI - SKARYSZEWSKIE CIACHA | 75 | M40/65 | (M)230 | 00:34:36 | 06.55 |
| 66 | 195 | ZWOLAK Krzysztof | WARSZAWA | | POL DOM DZIECKA NIEWIDOMEGO WARSZAWA. | 74 | M40/66 | (M)234 | 00:35:53 | 07.10 |
| 67 | 438 | JANKOWSKI Rafał | POLICZNA | | POL | | M40/67 | (M)236 | 00:36:05 | 07.13 |
| 68 | 245 | MADURA Tomasz | WARSZAWA | | POL ASSECO ACTIVE TEAM | 72 | M40/68 | (M)237 | 00:36:05 | 07.13 |
| 69 | 151 | KOWALCZYK Jarosław | WARSZAWA | | POL ZSS NR 105 | 74 | M40/69 | (M)239 | 00:36:39 | 07.19 |
| 70 | 39 | GIL Wojciech | WARSZAWA | | POL | 71 | M40/70 | (M)247 | 00:40:15 | 08.03 |
| 71 | 221 | KRYSIĄK Piotr | WARSZAWA | | POL | 76 | M40/71 | (M)248 | 00:40:31 | 08.06 |
| 72 | 14 | WASILKIEWICZ Bohdan | WARSZAWA | | POL NIE BIEGAM W KLUBIE | 72 | M40/72 | (M)256 | 00:47:34 | 09.30 |

Bieg 5 km - M50 [38]




| | | | | | | | | | | |
|----|-----|------------------------|---------------|--|--|----|--------|--------|----------|-------|
| 1 | 103 | MARON Jacek | WARSZAWA | | POL JACK TEAM | 68 | M50/1 | (M)29 | 00:22:04 | 04.21 |
| 2 | 268 | TABER Jerzy | BRWINÓW | | POL ACTIVE PROSPERIA RUNNING TEAM/STO-NOGI MILANÓWEK | 66 | M50/2 | (M)30 | 00:22:13 | 04.26 |
| 3 | 71 | MІŁOSZ Krzysztof | WARSZAWA | | POL ZNIKAJĄCY PUNKT | 63 | M50/3 | (M)32 | 00:22:18 | 04.26 |
| 4 | 9 | WŁODARSKI Mariusz | SKIERNIEWICE | | POL MARIOGO.PL | 66 | M50/4 | (M)40 | 00:23:02 | 04.36 |
| 5 | 89 | BUDZIK Dariusz | ZALESIE GÓRNE | | POL | 68 | M50/5 | (M)45 | 00:23:16 | 04.37 |
| 6 | 225 | FIEDORUK Piotr | WARSZAWA | | POL AZS WAT | 62 | M50/6 | (M)47 | 00:23:18 | 04.39 |
| 7 | 146 | PIETROŃ Mirosław | WARSZAWA | | POL | 60 | M50/7 | (M)49 | 00:23:25 | 04.41 |
| 8 | 371 | KOSMAŁA Dariusz | WARSZAWA | | POL WARSZAWA | 64 | M50/8 | (M)56 | 00:23:43 | 04.44 |
| 9 | 228 | GRABOWSKI Piotr | WARSZAWA | | POL REMBERTÓW TEAM | 68 | M50/9 | (M)57 | 00:23:47 | 04.45 |
| 10 | 324 | ZAWODNIK Anonimowy | | | POL | | M50/10 | (M)61 | 00:23:54 | 04.46 |
| 11 | 44 | MIGDALSKI Krzysztof | WARSZAWA | | POL | 67 | M50/11 | (M)69 | 00:24:07 | 04.49 |
| 12 | 117 | NIEDZIÓŁKA Jacek | WARSZAWA | | POL TRUCK SHOW TEAM | 66 | M50/12 | (M)72 | 00:24:15 | 04.51 |
| 13 | 257 | ŻYWIEN Marek | WARSZAWA | | POL | 66 | M50/13 | (M)76 | 00:24:29 | 04.53 |
| 14 | 135 | GAWROŃSKI Mariusz | WARSZAWA | | POL | 64 | M50/14 | (M)83 | 00:24:34 | 04.54 |
| 15 | 251 | BAKUŁA Wiesław | 07-420 WACH | | POL WAMPIR | 68 | M50/15 | (M)91 | 00:25:14 | 05.02 |
| 16 | 389 | KOTOWSKI Wojciech | WOŁOMIN | | POL RB | 63 | M50/16 | (M)107 | 00:25:49 | 05.09 |
| 17 | 34 | FREITES Luis | MARKI | | VEN GRUPA BIEGOWA UM W-WA | 61 | M50/17 | (M)113 | 00:26:01 | 05.12 |
| 18 | 304 | PAWLUK Adam | ŁOWICZ | | POL | 60 | M50/18 | (M)116 | 00:26:16 | 05.15 |
| 19 | 167 | EWERTOWSKI Piotr | MARKI | | POL MARKOWI BIEGACZE | 67 | M50/19 | (M)117 | 00:26:31 | 05.18 |
| 20 | 88 | SIENKIEWICZ Robert | WARSZAWA | | POL NAPRZÓD MŁOCINY | 64 | M50/20 | (M)123 | 00:26:48 | 05.21 |
| 21 | 122 | STAŃCZYK Grzegorz | ZIELONKA | | POL | 66 | M50/21 | (M)127 | 00:27:00 | 05.24 |
| 22 | 318 | GRABOWSKI Leszek | LATCHORZEW | | POL STARE BABICE BIEGAJĄ | 64 | M50/22 | (M)147 | 00:27:47 | 05.33 |
| 23 | 160 | RZEPKA Mirek | WARSZAWA | | POL BRYGADA PORAJÓW | 60 | M50/23 | (M)159 | 00:28:32 | 05.42 |
| 24 | 287 | KWIATKOWSKI Aleksander | ŁOWICZ | | POL IPA KATOWICE VI | 62 | M50/24 | (M)162 | 00:28:39 | 05.43 |
| 25 | 200 | MAREK Roman | WARSZAWA | | POL IPN | 62 | M50/25 | (M)165 | 00:28:48 | 05.45 |
| 26 | 347 | ŁACHETA Jerzy | WARSZAWA | | POL | 61 | M50/26 | (M)168 | 00:29:03 | 05.48 |
| 27 | 340 | RODAK Zbigniew | WARSZAWA | | POL - | 64 | M50/27 | (M)173 | 00:29:20 | 05.52 |
| 28 | 294 | MIKUŁA Tomasz | WARSZAWA | | POL | 66 | M50/28 | (M)181 | 00:29:47 | 05.57 |
| 29 | 182 | KRZYMIANOWSKI Paweł | ZDUŃSKA WOLA | | POL BIEGAM BO LUBIE | 65 | M50/29 | (M)191 | 00:30:09 | 06.01 |
| 30 | 300 | FRENKEL Marek | WARSZAWA | | POL | 68 | M50/30 | (M)201 | 00:31:27 | 06.17 |
| 31 | 40 | ZBROWSKI Dariusz | NOWA WIEŚ | | POL | 59 | M50/31 | (M)205 | 00:32:07 | 06.25 |
| 32 | 398 | WANAT Janusz | CHOTOMÓW | | POL RB | 66 | M50/32 | (M)206 | 00:32:07 | 06.25 |
| 33 | 124 | SELESKI Krzysztof | WARSZAWA | | POL POLFA TARCHOMIN S,A, | 61 | M50/33 | (M)210 | 00:32:20 | 06.28 |
| 34 | 10 | WOŹNIAK Marian | WARSZAWA | | POL | 68 | M50/34 | (M)238 | 00:36:07 | 07.13 |
| 35 | 227 | PRZYGODA Sławomir | LASKI | | POL PRZYGODA | 68 | M50/35 | (M)241 | 00:37:26 | 07.29 |
| 36 | 96 | WARCHOŁ Ryszard | ŚWIECIE | | POL CAŁY TWÓJ | 67 | M50/36 | (M)246 | 00:39:51 | 07.58 |
| 37 | 1 | PIOTROWSKI Norbert | WARSZAWA | | POL | 67 | M50/37 | (M)254 | 00:46:43 | 09.20 |

Bieg 5 km - M60 [15]

| | | | | | | | | | | |
|---|-----|------------------|-------------------|--|--------------------|----|-------|-------|----------|-------|
| 1 | 97 | ZALEWSKI Andrzej | WARSZAWA | | POL TEAM NUTRILITE | 57 | M60/1 | (M)13 | 00:20:06 | 04.00 |
| 2 | 133 | KICIŃSKI Wiesław | WARSZAWA | | POL RADOŚĆ | 55 | M60/2 | (M)22 | 00:21:12 | 04.13 |
| 3 | 310 | KIESZEK Tadeusz | LESZNO/K WARSZAWY | | POL DYSTANS LESZNO | 56 | M60/3 | (M)44 | 00:23:16 | 04.38 |
| 4 | 431 | DUBIŃSKI Bogdan | OPACZ MAŁA | | POL | 53 | M60/4 | (M)60 | 00:23:53 | 04.46 |

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat | Drużyna Team | R-k YoB | W kategorii in Age | (M) Sex | Czas Time | [min/km] |
|--------------|--------|-----------------------|------------------|---|---------------------|---------|--------------------|---------|-----------|----------|
| 5 | 497 | WARDAK Waldemar | |  POL | | 56 | M60/5 | (M)109 | 00:25:53 | 05.10 |
| 6 | 230 | TELEGA Janusz | WARSZAWA |  POL | WAT | 57 | M60/6 | (M)114 | 00:26:08 | 05.13 |
| 7 | 76 | PACIOREK Marek | POPOWO LETNISKO |  POL | 26 WOG | 57 | M60/7 | (M)130 | 00:27:07 | 05.25 |
| 8 | 189 | KONARSKI Kazimierz | WARSZAWA |  POL | FINESPORT | 56 | M60/8 | (M)140 | 00:27:37 | 05.31 |
| 9 | 172 | DĄBROWSKI Andrzej | JÓZEFÓW |  POL | | 57 | M60/9 | (M)142 | 00:27:41 | 05.32 |
| 10 | 154 | KOSIOREK Jerzy | WARSZAWA |  POL | | 57 | M60/10 | (M)144 | 00:27:43 | 05.32 |
| 11 | 168 | NIEWIADOMSKI Zdzisław | WARSZAWA |  POL | | 49 | M60/11 | (M)153 | 00:28:06 | 05.37 |
| 12 | 46 | WRÓBLEWSKI Jerzy | WARSZAWA |  POL | NIE BIEGAM W KLUBIE | 57 | M60/12 | (M)176 | 00:29:31 | 05.54 |
| 13 | 380 | MARSALEK Jerzy | WARSZAWA |  POL | | 58 | M60/13 | (M)182 | 00:29:49 | 05.57 |
| 14 | 305 | KOMOREK Zenon | WARSZAWA |  POL | WAT | 56 | M60/14 | (M)223 | 00:33:23 | 06.40 |
| 15 | 429 | PREDKI Waldemar | WARSZAWA |  POL | BRYGADA PORAJOW | 55 | M60/15 | (M)244 | 00:39:35 | 07.55 |

Bieg 5 km - M70 [3]

| | | | | | | | | | | |
|---|-----|----------------------|----------|---|---------------------|----|-------|--------|----------|-------|
| 1 | 197 | MALER Władysław | WARSZAWA |  POL | | 40 | M70/1 | (M)145 | 00:27:43 | 05.32 |
| 2 | 211 | MOSZKOWICZ Eugeniusz | WARSZAWA |  POL | KONDYCJA | 42 | M70/2 | (M)202 | 00:31:43 | 06.20 |
| 3 | 164 | BEDNARSKI Mirosław | JÓZEFÓW |  POL | NIE BIEGAM W KLUBIE | 40 | M70/3 | (M)229 | 00:34:12 | 06.50 |