

III Bieg Młodzika

WYNIKI ZAWODÓW

Organizator: Radzyminski Osrodek Kultury i Sportu

Termin: 24.03.2019

Miejsce: Radzymin

Dystans: 7,8 km

| 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] |
|--------------------------------------|--------|---------------------------|------------------|----------|-------------------------------|---------|--------------------|---------|-----------|----------|
| Bieg główny 7,8 km - K20 [11] | | | | | | | | | | |
| 1 | 66 | KOPKA Marcelina | CZESTOCHOWA | POL | | 98 | K20/1 | (K)1 | 00:32:57 | 04.13 |
| 2 | 138 | ROGUSKA Klaudia | RADZYMIN | POL | RADZYMIN RUN TEAM | 90 | K20/2 | (K)4 | 00:34:52 | 04.26 |
| 3 | 36 | FILIPOWICZ Natalia | WARSZAWA | POL | | 92 | K20/3 | (K)8 | 00:37:19 | 04.47 |
| 4 | 158 | STĘPIEŃ Lena | WOŁOMIN | POL | | 97 | K20/4 | (K)28 | 00:44:02 | 05.38 |
| 5 | 162 | SZCZEPANKOWSKA Paulina | RADZYMIN | POL | RADZYMIN RUN TEAM | 95 | K20/5 | (K)31 | 00:44:54 | 05.45 |
| 6 | 151 | SOCHACKA Karolina | RADZYMIN | POL | | 93 | K20/6 | (K)32 | 00:44:59 | 05.46 |
| 7 | 106 | MILEK Dagmara | RADZYMIN | POL | | 90 | K20/7 | (K)33 | 00:44:59 | 05.46 |
| 8 | 74 | KRÓL Marta | DĄBRÓWKA | POL | | 96 | K20/8 | (K)45 | 00:49:30 | 06.20 |
| 9 | 121 | PAZIEWSKA Izabela | WARSZAWA | POL | PIEROGI ADAMUSA | 94 | K20/9 | (K)47 | 00:49:39 | 06.22 |
| 10 | 110 | NIEMCZYŃSKA Dorota | JÓZEFÓW | POL | PIEROGI ADAMUSA | 94 | K20/10 | (K)48 | 00:50:04 | 06.25 |
| 11 | 179 | WIŚNIEWSKA Natalia | RADZYMIN | POL | | 92 | K20/11 | (K)49 | 00:51:18 | 06.34 |
| Bieg główny 7,8 km - K30 [23] | | | | | | | | | | |
| 1 | 32 | DZIEWULSKA Zofia | RADZYMIN | POL | RADZYMIN RUN TEAM | 81 | K30/1 | (K)3 | 00:33:57 | 04.16 |
| 2 | 103 | MICHALSKA Katarzyna | RADZYMIN | POL | | 88 | K30/2 | (K)5 | 00:35:46 | 04.35 |
| 3 | 135 | LENARD-MYSZKOWSKA Anna | BANIOCHA | POL | TEAM ZABIEGANEDNI | 84 | K30/3 | (K)9 | 00:37:36 | 04.49 |
| 4 | 22 | CZAJKOWSKA Joanna | PERLEJEWO | POL | TEAM RUN PELCH | 81 | K30/4 | (K)10 | 00:37:54 | 04.51 |
| 5 | 136 | REGULSKA Ewa | WARSZAWA | POL | | 83 | K30/5 | (K)11 | 00:38:36 | 04.57 |
| 6 | 140 | ROŚLON Kinga | RADZYMIN | POL | | 86 | K30/6 | (K)15 | 00:40:29 | 05.11 |
| 7 | 23 | CZARNOTA Dorota | LEGIONOWO | POL | BRAVEHEARTS LEGIONOWO | 81 | K30/7 | (K)16 | 00:40:37 | 05.12 |
| 8 | 169 | TRZASKOWSKA Justyna | WARSZAWA | POL | | 82 | K30/8 | (K)18 | 00:41:05 | 05.16 |
| 9 | 95 | MALINOWSKA Barbara | RADZYMIN | POL | | 84 | K30/9 | (K)19 | 00:41:43 | 05.20 |
| 10 | 64 | KOCZOROWSKA Anna | RADIÓWEK | POL | TEAM ZABIEGANEDNI | 81 | K30/10 | (K)21 | 00:42:09 | 05.24 |
| 11 | 93 | MAKSYMOWICZ Katarzyna | GÓRASZKA | POL | TEAM ZABIEGANEDNI | 80 | K30/11 | (K)22 | 00:42:12 | 05.24 |
| 12 | 166 | TEKLA Katarzyna | RADZYMIN | POL | RADZYMIN RUN TEAM | 82 | K30/12 | (K)25 | 00:43:02 | 05.31 |
| 13 | 133 | PRZYBOROWSKA Sylwia | EMILIANÓW | POL | FASTFURIOUS | 89 | K30/13 | (K)26 | 00:43:32 | 05.34 |
| 14 | 177 | WARELUK Justyna | WOŁOMIN | POL | | 80 | K30/14 | (K)36 | 00:45:55 | 05.53 |
| 15 | 75 | KUBUJ Agnieszka | POŚWIĘTNE | POL | TEAM ZABIEGANEDNI | 85 | K30/15 | (K)37 | 00:45:56 | 05.53 |
| 16 | 474 | SZYMAŃSKA Agata | RADZYMIN | POL | RADZYMIN RUN TEAM | 81 | K30/16 | (K)38 | 00:46:39 | 05.58 |
| 17 | 473 | KIEDZIŃSKA Aneta | RADZYMIN | POL | RADZYMIN RUN TEAM | 81 | K30/17 | (K)39 | 00:46:41 | 05.59 |
| 18 | 187 | WRONKA Mariana | WOŁOMIN | POL | ZABIEGANY WOŁOMIN | 87 | K30/18 | (K)41 | 00:47:20 | 06.04 |
| 19 | 72 | KRÓL Bogumiła | DĄBRÓWKA | POL | BIEGNE PO MEDAL I KOSZULKE -) | 89 | K30/19 | (K)46 | 00:49:31 | 06.20 |
| 20 | 91 | MACURA Anna | ZĄBKI | POL | BIEGAM BO LUBIĘ ZĄBKI TEAM | 81 | K30/20 | (K)50 | 00:52:17 | 06.42 |
| 21 | 51 | JAWORSKA Joanna | MARKI | POL | NESSI TEAM | 80 | K30/21 | (K)51 | 00:54:03 | 06.55 |
| 22 | 123 | PEĆ-PIĄTKOWSKA Aleksandra | RADZYMIN | POL | PIĄTKOWSKI TRAWEL | 81 | K30/22 | (K)55 | 00:55:02 | 07.03 |
| 23 | 15 | BIEGA Joanna | WARSZAWA | POL | SLOW JOGGING WARSZAWA | 81 | K30/23 | (K)57 | 00:58:41 | 07.31 |
| Bieg główny 7,8 km - K40 [19] | | | | | | | | | | |
| 1 | 55 | KAMIEN Dorota | WARSZAWA | POL | AWF WARSZAWA | 72 | K40/1 | (K)2 | 00:33:38 | 04.17 |
| 2 | 49 | JARZĄBEK Agnieszka | RADZYMIN | POL | RADZYMIN RUN TEAM | 76 | K40/2 | (K)6 | 00:35:49 | 04.34 |
| 3 | 57 | KARASIEWICZ Katarzyna | KULIGÓW | POL | #BIEGAMDLASIEBIE | 71 | K40/3 | (K)12 | 00:39:16 | 05.02 |
| 4 | 89 | ŁOZAK-SEREDA Basia | WOŁOMIN | POL | ZABIEGANY WOŁOMIN | 79 | K40/4 | (K)13 | 00:39:26 | 05.03 |
| 5 | 190 | ZDUNEK Edyta | WOŁOMIN | POL | BÓBR TŁUSZCZ | 70 | K40/5 | (K)14 | 00:39:55 | 05.07 |
| 6 | 167 | TOMASZEWSKA Urszula | OSSÓW | POL | ZABIEGANY WOŁOMIN | 76 | K40/6 | (K)17 | 00:40:50 | 05.14 |
| 7 | 175 | WARDAK Agnieszka | RADZYMIN | POL | RADZYMIN RUN TEAM | 73 | K40/7 | (K)20 | 00:41:43 | 05.20 |
| 8 | 155 | STACHOWICZ Magdalena | KOBYŁKA | POL | | 78 | K40/8 | (K)23 | 00:42:19 | 05.25 |
| 9 | 124 | PIASECKA Katarzyna | RADZYMIN | POL | SAND RUN TEAM | 72 | K40/9 | (K)24 | 00:42:43 | 05.28 |
| 10 | 48 | JAKUBIK Anna | RADZYMIN | POL | EKOBIEGI | 76 | K40/10 | (K)29 | 00:44:18 | 05.40 |

| 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] |
|--------------|--------|------------------------|------------------|----------|-----------------------------|---------|--------------------|---------|-----------|----------|
| 11 | 174 | WALAWKO-KUROWSKA Marta | CEGIELNIA | | POL PPB | 77 | K40/11 | (K)30 | 00:44:48 | 05.44 |
| 12 | 77 | KUDLAK Monika | TARCZYN | | POL TARCZYŃSKI KLUB BIEGOWY | 73 | K40/12 | (K)34 | 00:45:10 | 05.47 |
| 13 | 63 | KLUSEK Jolanta | WARSZAWA | | POL YOLA YOLANDA | 70 | K40/13 | (K)40 | 00:47:00 | 06.01 |
| 14 | 192 | ZIARKO Joanna | WARSZAWA | | POL | 76 | K40/14 | (K)43 | 00:48:31 | 06.13 |
| 15 | 79 | KUROWSKA Monika | RADZYMIN | | POL RADZYMIN RUN TEAM | 77 | K40/15 | (K)44 | 00:49:01 | 06.17 |
| 16 | 84 | LACH Marta | WARSZAWA | | POL SLOW JOGGING WARSZAWA | 79 | K40/16 | (K)52 | 00:54:04 | 06.55 |
| 17 | 475 | GRYCKO Marta | WARSZAWA | | POL | 77 | K40/17 | (K)53 | 00:54:09 | 06.56 |

Bieg główny 7,8 km - K50 [3]

| | | | | | | | | | | |
|---|----|-------------------------|----------|--|-----------------------|----|-------|-------|----------|-------|
| 1 | 98 | MARCINKIEWICZ Katarzyna | KOBYŁKA | | POL BÓBR TŁUSZCZ | 69 | K50/1 | (K)7 | 00:36:45 | 04.42 |
| 2 | 87 | ŁASKA Renata | ZIELONKA | | POL KINO STOWARZYSZE | 64 | K50/2 | (K)42 | 00:47:51 | 06.08 |
| 3 | 53 | KALISTA Beata | DUCHNÓW | | POL TEAM ZABIEGANEDNI | 64 | K50/3 | (K)54 | 00:54:59 | 07.03 |

Bieg główny 7,8 km - K60 [4]

| | | | | | | | | | | |
|---|-----|-------------------|----------|--|------------------------|----|-------|-------|----------|-------|
| 1 | 39 | GAWRACZYŃSKA Anna | WARSZAWA | | POL WTŁ STEGNY | 54 | K60/1 | (K)27 | 00:43:44 | 05.36 |
| 2 | 193 | ZIELIŃSKA Renata | PIASTÓW | | POL ROZBIEGANY PIASTÓW | 57 | K60/2 | (K)35 | 00:45:46 | 05.52 |
| 3 | 42 | GOGOLEWSKA Anna | RADZYMIN | | POL SŁUPNO | 59 | K60/3 | (K)56 | 00:55:05 | 07.03 |
| 4 | 37 | FRYDRYCH Bożena | WARSZAWA | | POL | 57 | K60/4 | (K)58 | 01:06:00 | 08.27 |

Bieg główny 7,8 km - M16 [2]

| | | | | | | | | | | |
|---|----|-------------|-------|--|--------------|----|-------|------|----------|-------|
| 1 | 43 | GOS Mateusz | WARKA | | POL KS WARKA | 02 | M16/1 | (M)4 | 00:28:07 | 03.36 |
|---|----|-------------|-------|--|--------------|----|-------|------|----------|-------|

Bieg główny 7,8 km - M20 [19]

| | | | | | | | | | | |
|----|-----|---------------------|--------------------|--|------------------------------|----|--------|-------|----------|-------|
| 1 | 164 | SZYMANIAK Kamil | PEŁCH | | POL TEAM ZABIEGANEDNI | 90 | M20/1 | (M)1 | 00:25:20 | 03.14 |
| 2 | 149 | SKORUPA Kamil | NOWA SUCHA | | POL UKS FILIPIDES TERESIN | 99 | M20/2 | (M)2 | 00:27:32 | 03.31 |
| 3 | 41 | GLAPIŃSKI Igor | TARCZYN | | POL TARCZYŃSKI KLUB BIEGOWY | 92 | M20/3 | (M)3 | 00:27:57 | 03.34 |
| 4 | 67 | KOWALIK Paweł | KOMARÓWKA PODLASKA | | POL KALENJI BY DECATHLON | 90 | M20/4 | (M)7 | 00:29:25 | 03.46 |
| 5 | 471 | PAROBCZY Przemysław | SULEJÓWEK | | POL ROZBIEGANY SULEJÓWEK | 98 | M20/5 | (M)11 | 00:29:58 | 03.50 |
| 6 | 60 | KAWA Michał | SULEJÓWEK | | POL ROZBIEGANY SULEJÓWEK | 92 | M20/6 | (M)12 | 00:30:00 | 03.50 |
| 7 | 127 | PIWKO Damian | DUCZKI | | POL PIWKO RUN TEAM | 97 | M20/7 | (M)15 | 00:30:30 | 03.54 |
| 8 | 81 | KUŹDUB Piotr | GAŚAWY RZĄDOWE | | POL TEAM MEDIA PROJECT GROUP | 90 | M20/8 | (M)21 | 00:31:01 | 03.58 |
| 9 | 184 | WOŹNIAK Olaf | ZAKOPANE | | POL DZIK KOMANDO | 90 | M20/9 | (M)22 | 00:31:09 | 03.59 |
| 10 | 35 | FIJAŁKOWSKI Kamil | RADZYMIN | | POL RADZYMIN RUN TEAM | 91 | M20/10 | (M)36 | 00:33:32 | 04.17 |
| 11 | 146 | SARZAŁA Bartłomiej | WARSZAWA | | POL AKS POLONIA WARSZAWA | 93 | M20/11 | (M)43 | 00:35:06 | 04.30 |
| 12 | 38 | GALIMSKI Marcin | ZĄBKI | | POL | 90 | M20/12 | (M)56 | 00:37:16 | 04.46 |
| 13 | 161 | SYPNIEWSKI Artur | RADZYMIN | | POL | 95 | M20/13 | (M)62 | 00:37:52 | 04.51 |
| 14 | 20 | CHOJNACKI Jakub | RADZYMIN | | POL RADZYMIN RUN TEAM | 96 | M20/14 | (M)66 | 00:38:13 | 04.54 |
| 15 | 163 | SZCZYGIEL Michał | STRZYŻÓW | | POL | 91 | M20/15 | (M)67 | 00:38:33 | 04.56 |
| 16 | 120 | PASIECZNY Krystian | SULEJÓWEK | | POL ROZBIEGANY SULEJÓWEK | 98 | M20/16 | (M)71 | 00:39:09 | 05.01 |
| 17 | 467 | URBANIAK Adam | RADZYMIN | | POL | 92 | M20/17 | (M)72 | 00:39:29 | 05.03 |
| 18 | 168 | TRAWICKI Patryk | STARE ZAŁUBICE | | POL PIEROGI ADAMUSA | 92 | M20/18 | (M)95 | 00:43:10 | 05.32 |
| 19 | 470 | LASKOWSKI Krystian | SULEJÓWEK | | POL | 98 | M20/19 | (M)96 | 00:43:31 | 05.34 |

Bieg główny 7,8 km - M30 [23]

| | | | | | | | | | | |
|----|-----|---------------------|-----------|--|----------------------------|----|--------|-------|----------|-------|
| 1 | 159 | STRYKOWSKI Daniel | WARSZAWA | | POL CARREFOUR RUNNING TEAM | 80 | M30/1 | (M)10 | 00:29:57 | 03.50 |
| 2 | 469 | MAJEWSKI Tomasz | WOŁOMIN | | POL WIDŁOROGI | 80 | M30/2 | (M)16 | 00:30:31 | 03.54 |
| 3 | 21 | CHRAPEK Janusz | WARSZAWA | | POL BONVM KLUB SPORTOWY | 80 | M30/3 | (M)17 | 00:30:35 | 03.54 |
| 4 | 126 | PIESIO Kamil | CEGIELNIA | | POL | 84 | M30/4 | (M)18 | 00:30:37 | 03.54 |
| 5 | 105 | MIELCZAREK Paweł | MARKI | | POL MARKOWI BIEGACZE | 81 | M30/5 | (M)20 | 00:30:56 | 03.57 |
| 6 | 145 | RUCIŃSKI Michał | RADZYMIN | | POL | 81 | M30/6 | (M)23 | 00:31:27 | 04.01 |
| 7 | 40 | GAŹARZ Janusz | MIEDZNA | | POL J&J | 81 | M30/7 | (M)41 | 00:34:26 | 04.23 |
| 8 | 156 | STANKIEWICZ Piotr | RADZYMIN | | POL | 85 | M30/8 | (M)44 | 00:35:23 | 04.30 |
| 9 | 141 | ROSLON Krzysztof | RADZYMIN | | POL | 84 | M30/9 | (M)59 | 00:37:38 | 04.49 |
| 10 | 486 | SKIBNIEWSKI Mateusz | RADZYMIN | | POL | 82 | M30/10 | (M)60 | 00:37:47 | 04.50 |
| 11 | 165 | TEKLAK Kamil | RADZYMIN | | POL | 82 | M30/11 | (M)61 | 00:37:49 | 04.50 |
| 12 | 181 | WOJDA Michał | KLEMBÓW | | POL ORŁY KLEMBÓW | 83 | M30/12 | (M)63 | 00:37:57 | 04.51 |
| 13 | 183 | WOJTKOWSKI Piotr | KOBYŁKA | | POL | 85 | M30/13 | (M)64 | 00:38:00 | 04.52 |
| 14 | 194 | ZIELIŃSKI Maciej | PIASTÓW | | POL | 88 | M30/14 | (M)79 | 00:40:31 | 05.11 |
| 15 | 44 | GRUSZKA Jakub | WARSZAWA | | POL | 84 | M30/15 | (M)80 | 00:40:36 | 05.12 |
| 16 | 78 | KUNKA Piotr | JAKUBÓW | | POL TEAM ZABIEGANEDNI | 83 | M30/16 | (M)84 | 00:40:49 | 05.13 |
| 17 | 80 | KUROWSKI Tomasz | RADZYMIN | | POL RADZYMIN RUN TEAM | 80 | M30/17 | (M)87 | 00:41:45 | 05.21 |

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat | Drużyna Team | R-k YoB | W kategorii in Age | Sex | Czas Time | [min/km] |
|-----------------|-----------|-------------------------|---------------------|-------------|-----------------------|------------|-----------------------|--------|--------------|----------|
| 18 | 61 | KĘDZIERSKI Jarosław | RADZYMIN | | POL | 81 | M30/18 | (M)88 | 00:41:47 | 05.21 |
| 19 | 171 | TYCZYŃSKI Marek | SIERAKÓW | | POL RADZYMIN RUN TEAM | 80 | M30/19 | (M)89 | 00:41:59 | 05.23 |
| 20 | 139 | ROGUSKI Kamil | RADZYMIN | | POL RADZYMIN RUN TEAM | 86 | M30/20 | (M)94 | 00:42:49 | 05.29 |
| 21 | 152 | SOKOLIŃSKI Daniel | WARSZAWA | | POL | 82 | M30/21 | (M)103 | 00:44:41 | 05.43 |
| 22 | 104 | MICHAŁSKI Andrzej | RADZYMIN | | POL | 84 | M30/22 | (M)106 | 00:46:00 | 05.53 |
| 23 | 466 | ZAWADOWSKI Piotr | WARSZAWA | | POL BRAK | 84 | M30/23 | (M)112 | 00:54:41 | 07.00 |

Bieg główny 7,8 km - M40 [43]

| | | | | | | | | | | |
|----|-----|-------------------------|------------------|--|--------------------------------|----|--------|--------|----------|-------|
| 1 | 189 | ZASĘPA Sebastian | JÓZEFOSŁAW | | POL TEAM ZABIEGANEDNI | 79 | M40/1 | (M)5 | 00:28:48 | 03.41 |
| 2 | 115 | ORLIŃSKI Tomasz | LEGIONOWO | | POL BHP ORLINSKY | 79 | M40/2 | (M)6 | 00:29:13 | 03.44 |
| 3 | 69 | KOZŁOWSKI Gabriel | TLUSZCZ | | POL BÓBR TLUSZCZ | 73 | M40/3 | (M)8 | 00:29:30 | 03.45 |
| 4 | 56 | KAMIŃSKI Paweł | WARSZAWA | | POL #BIEGAMDLASIEBIE | 76 | M40/4 | (M)14 | 00:30:15 | 03.52 |
| 5 | 485 | BISKOWSKI Mariusz | KOBYŁKA | | POL | 74 | M40/5 | (M)19 | 00:30:43 | 03.55 |
| 6 | 114 | NURZYŃSKI Marcin | WARSZAWA | | POL TEAM ZABIEGANEDNI | 76 | M40/6 | (M)24 | 00:31:29 | 04.01 |
| 7 | 31 | MYSZKOWSKI Sebastian | KONSTANCIN | | POL TEAM ZABIEGANEDNI | 78 | M40/7 | (M)25 | 00:31:40 | 04.03 |
| 8 | 130 | POLASKI Dariusz | RADZYMIN | | POL TRIMACHINE | 75 | M40/8 | (M)26 | 00:31:47 | 04.03 |
| 9 | 172 | TYMCZYSZYN Paweł | WARSZAWA | | POL | 73 | M40/9 | (M)27 | 00:31:49 | 04.04 |
| 10 | 188 | WRÓBEL Tomasz | KOBYŁKA | | POL ZABIEGANY WOŁOMIN | 72 | M40/10 | (M)28 | 00:31:55 | 04.04 |
| 11 | 46 | GRYZ Jacek | JANÓWEK | | POL BRAVEHEARTS LEGIONOWO | 79 | M40/11 | (M)29 | 00:32:01 | 04.06 |
| 12 | 94 | MAKSYMOWICZ Marcin | GÓRASZKA | | POL TEAM ZABIEGANEDNI | 78 | M40/12 | (M)30 | 00:32:05 | 04.06 |
| 13 | 30 | DYMIŃSKI Marcin | ZĄBKI | | POL BÓBR TLUSZCZ | 79 | M40/13 | (M)33 | 00:32:32 | 04.08 |
| 14 | 186 | WRONKA Artur | RADZYMIN | | POL RADZYMIN RUN TEAM | 74 | M40/14 | (M)37 | 00:33:35 | 04.17 |
| 15 | 70 | KOZŁOWSKI Marek | MIŃSK MAZOWIECKI | | POL MIŃSK MAZOWIECKI | 70 | M40/15 | (M)38 | 00:33:39 | 04.18 |
| 16 | 154 | STACHOWICZ Maciej | WOŁOMIN | | POL TRIMACHINE | 77 | M40/16 | (M)39 | 00:34:07 | 04.21 |
| 17 | 107 | MODLISZEWSKI Przemysław | RADZYMIN | | POL | 79 | M40/17 | (M)40 | 00:34:26 | 04.20 |
| 18 | 102 | MICHAŁIK Mariusz | WARSZAWA | | POL BÓBR TLUSZCZ | 79 | M40/18 | (M)42 | 00:34:44 | 04.25 |
| 19 | 493 | KUSY Marcin | WARSZAWA | | POL | 76 | M40/19 | (M)45 | 00:35:38 | 04.33 |
| 20 | 58 | KARYŚ Dariusz | STRACHÓWKA | | POL STRACHÓWKA | 78 | M40/20 | (M)46 | 00:35:51 | 04.35 |
| 21 | 125 | PIASECKI Tomasz | RADZYMIN | | POL SAND RUN TEAM | 72 | M40/21 | (M)47 | 00:35:52 | 04.35 |
| 22 | 170 | TYCZYŃSKI Artur | BIALOBRZEGI | | POL COMP TEAM | 77 | M40/22 | (M)48 | 00:36:01 | 04.37 |
| 23 | 180 | WIŚNIEWSKI Robert | WARSZAWA | | POL | 74 | M40/23 | (M)50 | 00:36:34 | 04.41 |
| 24 | 160 | SULEWSKI Andrzej | STARY KRASZEW | | POL RZĄDZA KRASZEW | 74 | M40/24 | (M)51 | 00:36:48 | 04.43 |
| 25 | 92 | MADZIAR Paweł | RADZYMIN | | POL ZGRYZ ZĄBKI | 72 | M40/25 | (M)52 | 00:36:51 | 04.43 |
| 26 | 71 | KOZOŃ Cezary | RADZYMIN | | POL RADZYMIN RUN TEAM | 76 | M40/26 | (M)53 | 00:36:57 | 04.44 |
| 27 | 96 | MANOWIECKI Grzegorz | LEGIONOWO | | POL BRAVEHEARTS LEGIONOWO | 74 | M40/27 | (M)54 | 00:37:00 | 04.44 |
| 28 | 68 | KOWALSKI Jarosław | KOBYŁKA | | POL TRIMACHINE | 70 | M40/28 | (M)58 | 00:37:30 | 04.48 |
| 29 | 150 | SOBOLEWSKI Konrad | RADZYMIN | | POL | 76 | M40/29 | (M)65 | 00:38:11 | 04.53 |
| 30 | 137 | RESZKA Sławomir | RADZYMIN | | POL | 77 | M40/30 | (M)74 | 00:39:45 | 05.05 |
| 31 | 76 | KUCUCHA Krzysztof | RADZYMIN | | POL RADZYMIN RUN TEAM | 75 | M40/31 | (M)76 | 00:39:50 | 05.06 |
| 32 | 122 | PAZIEWSKI Andrzej | WARSZAWA | | POL BIEGAM NA TARCHOMINIE | 73 | M40/32 | (M)77 | 00:40:20 | 05.10 |
| 33 | 478 | PIEKARSKI Paweł | LEGIONOWO | | POL BRAVEHEARTS LEGIONOWO | 74 | M40/33 | (M)78 | 00:40:24 | 05.10 |
| 34 | 185 | WÓJCİK Paweł | RADZYMIN | | POL RADZYMIN RUN TEAM | 74 | M40/34 | (M)82 | 00:40:41 | 05.13 |
| 35 | 176 | WARDAK Tomasz | RADZYMIN | | POL RADZYMIN RUN TEAM | 73 | M40/35 | (M)85 | 00:41:44 | 05.21 |
| 36 | 109 | NAPIÓRKOWSKI Michał | KOBYŁKA | | POL BIEGAM BO LUBIĘ ZĄBKI TEAM | 79 | M40/36 | (M)90 | 00:42:07 | 05.24 |
| 37 | 65 | KOCZOROWSKI Marcin | RADIÓWEK | | POL TEAM ZABIEGANEDNI | 79 | M40/37 | (M)91 | 00:42:09 | 05.24 |
| 38 | 111 | NOWACKI Marek | RADZYMIN | | POL CATERMARK | 72 | M40/38 | (M)97 | 00:43:33 | 05.35 |
| 39 | 83 | KWIATKOWSKI Sławomir | RADZYMIN | | POL | 74 | M40/39 | (M)98 | 00:43:44 | 05.36 |
| 40 | 144 | RUCIŃSKI Grzegorz | WARSZAWA | | POL | 75 | M40/40 | (M)100 | 00:44:17 | 05.40 |
| 41 | 13 | BERTA Damian | RADZYMIN | | POL | 77 | M40/41 | (M)105 | 00:45:42 | 05.51 |
| 42 | 19 | CEREGRA Piotr | WARSZAWA | | POL TN BIEGÓWKI | 73 | M40/42 | (M)108 | 00:46:26 | 05.57 |
| 43 | 12 | BAJOREK Jacek | WYSZKÓW | | POL IZBI KONSULTING | 75 | M40/43 | (M)111 | 00:50:42 | 06.30 |

Bieg główny 7,8 km - M50 [12]

| | | | | | | | | | | |
|---|-----|---------------------|----------|--|-----------------------|----|-------|-------|----------|-------|
| 1 | 73 | KRÓL Dariusz marek | WOŁOMIN | | POL AKTYWNY RELAKS | 64 | M50/1 | (M)9 | 00:29:43 | 03.48 |
| 2 | 11 | ADAMSKI Wojciech | RADZYMIN | | POL RADZYMIN RUN TEAM | 65 | M50/2 | (M)32 | 00:32:30 | 04.09 |
| 3 | 118 | OSYTEK Sławomir | RADZYMIN | | POL RADZYMIN RUN TEAM | 66 | M50/3 | (M)34 | 00:33:25 | 04.16 |
| 4 | 191 | ZDUNEK Waldemar | WOŁOMIN | | POL BÓBR TLUSZCZ | 65 | M50/4 | (M)49 | 00:36:08 | 04.37 |
| 5 | 24 | CZERNIAWSKI Romuald | KOBYŁKA | | POL | 67 | M50/5 | (M)69 | 00:38:51 | 04.58 |
| 6 | 88 | ŁASKI Tomasz | ZIELONKA | | POL KINO STOWARZYSZE | 65 | M50/6 | (M)70 | 00:39:04 | 05.00 |

| 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] |
|--------------|--------|------------------------|------------------|----------|-----------------------|---------|--------------------|---------|-----------|----------|
| 7 | 33 | EWERTOWSKI Piotr | MARKI | | POL MARKOWI BIEGACZE | 67 | M50/7 | (M)73 | 00:39:43 | 05.05 |
| 8 | 153 | STACHACZ Mirosław | OSTROŁĘKA | | POL ZPHU DREWMAX | 65 | M50/8 | (M)81 | 00:40:38 | 05.12 |
| 9 | 132 | PRZESTRZELSKI Sławomir | JEDWABNE | | POL | 69 | M50/9 | (M)86 | 00:41:45 | 05.21 |
| 10 | 100 | MAREK Roman | WARSZAWA | | POL IPN | 62 | M50/10 | (M)93 | 00:42:44 | 05.28 |
| 11 | 16 | BUJNICKI Kazimierz | WOŁOMIN | | POL MORSY ZIELONKA | 64 | M50/11 | (M)101 | 00:44:30 | 05.42 |
| 12 | 54 | KALISTA Paweł | DUCHNÓW | | POL TEAM ZABIEGANEDNI | 64 | M50/12 | (M)113 | 00:54:59 | 07.03 |

Bieg główny 7,8 km - M60 [11]

| | | | | | | | | | | |
|----|-----|---------------------|---------------|--|-------------------------------------|----|--------|--------|----------|-------|
| 1 | 113 | NOWOCIEŃ Jacek | PODKOWA LEŚNA | | POL UCZNIOWSKI KLUB SPORTOWY RUSIEC | 59 | M60/1 | (M)13 | 00:30:10 | 03.51 |
| 2 | 26 | DĄBROWSKI Krzysztof | RADZYMIN | | POL RADZYMIN RUN TEAM | 50 | M60/2 | (M)31 | 00:32:17 | 04.07 |
| 3 | 212 | SARZAŁA Dariusz | WARSZAWA | | POL AKS POLONIA WARSZAWA | 59 | M60/3 | (M)35 | 00:33:25 | 04.10 |
| 4 | 196 | ŻÓLKOWSKI Marek | WARSZAWA | | POL TEAM ZABIEGANEDNI | 56 | M60/4 | (M)55 | 00:37:14 | 04.46 |
| 5 | 108 | MOŚCICKI Zenon | RUTKI | | POL | 53 | M60/5 | (M)57 | 00:37:17 | 04.46 |
| 6 | 14 | BĘBENEK Czesław | KNUROWIEC | | POL | 53 | M60/6 | (M)68 | 00:38:45 | 04.58 |
| 7 | 491 | KOWALEWSKI Jan | LEGIONOWO | | POL SOLIDARNOŚĆ | 50 | M60/7 | (M)75 | 00:39:47 | 05.06 |
| 8 | 85 | LESZCZYŃSKI Roman | OSTROŁĘKA | | POL SO-BIEBIE-GAM | 51 | M60/8 | (M)102 | 00:44:34 | 05.42 |
| 9 | 25 | DĄBROWSKI Andrzej | JÓZEFÓW | | POL | 57 | M60/9 | (M)104 | 00:45:07 | 05.47 |
| 10 | 157 | STARUCH Andrzej | DĘBE WIELKIE | | POL | 57 | M60/10 | (M)107 | 00:46:15 | 05.55 |
| 11 | 101 | MARSZAŁEK Jerzy | WARSZAWA | | POL | 58 | M60/11 | (M)109 | 00:46:37 | 05.58 |

Bieg główny 7,8 km - M70 [6]

| | | | | | | | | | | |
|---|-----|--------------------|----------|--|------------------------|----|-------|--------|----------|-------|
| 1 | 62 | KISIEL Wincenty | ZĄBKI | | POL WIDŁOROGI | 49 | M70/1 | (M)83 | 00:40:43 | 05.13 |
| 2 | 112 | NOWAKOWSKI Czesław | WARSZAWA | | POL KLUB BIEGACZA GOCH | 47 | M70/2 | (M)99 | 00:43:55 | 05.37 |
| 3 | 465 | KĘPCZYŃSKI Janusz | OŻAWA | | POL OŻAWA BIEGA | 49 | M70/3 | (M)110 | 00:50:33 | 06.28 |
| 4 | 489 | WAŁĘGA Edmund | WARSZAWA | | POL SAN-MUND | 43 | M70/4 | (M)114 | 00:56:23 | 07.13 |
| 5 | 464 | SZYMCZAK Ryszard | WARSZAWA | | POL | 43 | M70/5 | (M)115 | 00:59:34 | 07.38 |
| 6 | 99 | MAREK Henryk | WARSZAWA | | POL | 47 | M70/6 | (M)116 | 01:06:23 | 08.30 |