

| Lp. | rtowy | Imię i nazwisko | Czas | 4,8 km 0 m | | | | 17 PK | | | | | | | | | | |
|-----|-------|---|-------|-------------------------------|-------------------------------|-------------------------------|-------------------------------|--------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|--|
| | | | | 1(31) 15(45) | 2(32) 16(46) | 3(33) 17(47) | 4(34) Meta | 5(35) | 6(36) | 7(37) | 8(38) | 9(39) | 10(40) | 11(41) | 12(42) | 13(43) | 14(44) | |
| 1 | 1213 | KASPER ZALEWSKI ENTRE.PL TEAM | 20:06 | 0:20 0:20 16:38 1:40 | 1:12 0:52 18:44 2:06 | 1:38 0:26 19:42 0:58 | 2:20 0:42 20:06 0:23 | 3:11 0:51 | 4:29 1:18 | 6:29 2:00 | 7:38 1:09 | 9:10 1:32 | 10:49 1:39 | 12:02 1:13 | 13:17 1:15 | 14:10 0:53 | 14:58 0:48 | |
| 2 | 1164 | KAROL GALICZ Kusy Bielany Orient | 22:41 | 0:20 0:20 18:34 2:02 | 1:14 0:54 21:03 2:29 | 1:37 0:23 22:10 1:07 | 2:19 0:42 22:40 0:30 | 3:10 0:51 | 4:31 1:21 | 6:22 1:51 | 7:38 1:16 | 9:26 1:48 | 11:24 1:58 | 13:03 1:39 | 14:32 1:29 | 15:38 1:06 | 16:32 0:54 | |
| 3 | 1186 | MACIEJ MAŁECKI ENTRE.PL TEAM | 22:45 | 0:26 0:26 18:18 1:47 | 1:31 1:05 20:35 2:17 | 2:15 0:44 22:21 1:46 | 3:07 0:52 22:45 0:23 | 4:02 0:55 | 5:38 1:36 | 7:56 2:18 | 9:09 1:13 | 10:39 1:30 | 12:18 1:39 | 13:34 1:16 | 14:43 1:09 | 15:42 0:59 | 16:31 0:49 | |
| 4 | 1233 | BARTOSZ S. NIEBIE Warszawa | 24:04 | 0:20 0:20 19:57 2:52 | 1:18 0:58 22:32 2:35 | 1:43 0:25 23:38 1:06 | 2:33 0:50 24:03 0:25 | 3:37 1:04 | 5:54 2:17 | 7:52 1:58 | 9:12 1:20 | 10:58 1:46 | 12:52 1:54 | 14:19 1:27 | 15:49 1:30 | 17:05 1:16 | 0:00 | |
| 5 | 1163 | PIOTR FIEDORCZUK Ks Grochów | 24:09 | 0:25 0:25 20:00 2:05 | 1:45 1:20 22:37 2:37 | 2:12 0:27 23:45 1:08 | 3:04 0:52 24:08 0:23 | 4:03 0:59 | 5:36 1:33 | 7:38 2:02 | 9:00 1:22 | 10:42 1:42 | 12:55 2:13 | 14:28 1:33 | 15:51 1:23 | 16:59 1:08 | 17:55 0:56 | |
| 6 | 1232 | BARTOSZ J. NIEBIE Warszawa | 24:42 | 0:23 0:23 20:14 2:06 | 1:25 1:02 22:44 2:30 | 1:54 0:29 24:19 1:35 | 2:52 0:58 24:42 0:22 | 3:54 1:02 | 5:28 1:34 | 8:06 2:38 | 9:31 1:25 | 11:16 1:45 | 13:12 1:56 | 14:41 1:29 | 16:04 1:23 | 17:11 1:07 | 18:08 0:57 | |
| 7 | 1167 | JULIA GŁOWACZ Kusy Bielany Orient | 24:59 | 0:21 0:21 20:52 2:02 | 1:20 0:59 23:24 2:32 | 3:11 1:51 24:31 1:07 | 4:11 1:00 24:59 0:27 | 5:11 1:00 | 6:51 1:40 | 8:39 1:48 | 9:59 1:20 | 11:46 1:47 | 13:49 2:03 | 15:17 1:28 | 16:40 1:23 | 17:56 1:16 | 18:50 0:54 | |
| 8 | | TOMASZ MICHALAK KS Spójnia W-wa | 26:16 | 0:20 0:20 21:45 2:21 | 1:23 1:03 24:36 2:51 | 1:54 0:31 25:48 1:12 | 2:56 1:02 26:15 0:27 | 3:58 1:02 | 5:37 1:39 | 7:56 2:19 | 9:20 1:24 | 11:24 2:04 | 13:32 2:08 | 15:11 1:39 | 17:12 2:01 | 18:28 1:16 | 19:24 0:56 | |
| 9 | 1174 | KRYSTIAN IŻYCKI Warszawa | 26:56 | 0:20 0:20 22:32 2:11 | 1:37 1:17 25:12 2:40 | 2:51 1:14 26:27 1:15 | 3:42 0:51 26:56 0:28 | 4:40 0:58 | 6:22 1:42 | 8:49 2:27 | 10:23 1:34 | 12:11 1:48 | 14:33 2:22 | 16:01 1:28 | 18:05 2:04 | 19:26 1:21 | 20:21 0:55 | |
| 10 | 1216 | MAGDALENA ZEML 12tri.pl/Warszawa | 27:54 | 0:26 0:26 22:30 2:21 | 1:47 1:21 25:38 3:08 | 2:18 0:31 27:25 1:47 | 3:19 1:01 27:53 0:28 | 4:26 1:07 | 6:12 1:46 | 8:32 2:20 | 10:04 1:32 | 12:09 2:05 | 14:18 2:09 | 16:00 1:42 | 17:47 1:47 | 19:05 1:18 | 20:09 1:04 | |
| 11 | 1168 | JAN GOLEŃ KB GALERIA Warsz | 28:03 | 0:27 0:27 23:36 2:19 | 1:43 1:16 26:22 2:46 | 2:26 0:43 27:33 1:11 | 3:26 1:00 28:02 0:29 | 4:36 1:10 | 6:24 1:48 | 9:18 2:54 | 10:48 1:30 | 12:42 1:54 | 15:08 2:26 | 16:48 1:40 | 18:48 2:00 | 20:08 1:20 | 21:17 1:09 | |
| 12 | 1223 | SZYMON GUMOWSI Kusy Bielany Orient | 28:11 | 0:24 0:24 23:14 2:28 | 1:27 1:03 26:23 3:09 | 2:09 0:42 27:42 1:19 | 3:42 1:33 28:11 0:28 | 4:58 1:16 | 6:59 2:01 | 9:21 2:22 | 11:05 1:44 | 13:01 1:56 | 15:20 2:19 | 17:01 1:41 | 18:32 1:31 | 19:43 1:11 | 20:46 1:03 | |
| 13 | 1206 | MICHAŁ STĘPNIAK KB ERGO | 28:19 | 0:28 0:28 23:30 2:29 | 1:34 1:06 26:31 3:01 | 2:03 0:29 27:49 1:18 | 3:08 1:05 28:18 0:29 | 4:17 1:09 | 6:06 1:49 | 8:46 2:40 | 10:33 1:47 | 12:44 2:11 | 15:01 2:17 | 16:51 1:50 | 18:31 1:40 | 19:52 1:21 | 21:01 1:09 | |
| 14 | 1178 | PAWEŁ KAÇKI KB Rabarbar | 28:38 | 0:24 0:24 22:10 2:08 | 1:32 1:08 25:28 3:18 | 2:37 1:05 28:14 2:46 | 3:43 1:06 28:37 0:23 | 4:58 1:15 | 6:45 1:47 | 9:33 2:48 | 10:54 1:21 | 12:58 2:04 | 14:46 1:48 | 16:20 1:34 | 17:50 1:30 | 19:01 1:11 | 20:02 1:01 | |
| 15 | 1195 | MACIEJ NOWAKOW Kusy Bielany Orient | 29:06 | 0:25 0:25 24:00 2:41 | 1:41 1:16 27:09 3:09 | 2:13 0:32 28:39 1:30 | 3:18 1:05 29:05 0:26 | 4:21 1:03 | 6:23 2:02 | 8:31 2:08 | 10:01 1:30 | 13:09 3:08 | 15:21 2:12 | 17:08 1:47 | 18:59 1:51 | 20:13 1:14 | 21:19 1:06 | |
| 16 | 1152 | PIOTR ANDRZEJEW Warszawa | 29:41 | 0:23 0:23 25:12 2:29 | 1:48 1:25 27:59 2:47 | 2:22 0:34 29:11 1:12 | 4:06 1:44 29:41 0:30 | 5:33 1:27 | 7:51 2:18 | 10:29 2:38 | 12:08 1:39 | 14:27 2:19 | 16:42 2:15 | 18:26 1:44 | 20:09 1:43 | 21:39 1:30 | 22:43 1:04 | |
| 17 | 1198 | PIOTR PARAHUZ Canada | 31:58 | 0:29 0:29 26:57 2:28 | 1:47 1:18 30:01 3:04 | 4:24 2:37 31:24 1:23 | 6:49 2:25 31:57 0:33 | 8:04 1:15 | 9:59 1:55 | 12:14 2:15 | 13:53 1:39 | 16:10 2:17 | 18:32 2:22 | 20:15 1:43 | 21:54 1:39 | 23:25 1:31 | 24:29 1:04 | |
| 18 | 1231 | ALICJA FIEDORCZUK fuszka running te | 32:40 | 0:28 0:28 27:02 2:41 | 1:47 1:19 30:34 3:32 | 3:08 1:21 32:07 1:33 | 4:15 1:07 32:39 0:32 | 5:31 1:16 | 7:36 2:05 | 10:14 2:38 | 12:11 1:57 | 14:33 2:22 | 17:20 2:47 | 19:24 2:04 | 21:17 1:53 | 23:05 1:48 | 24:21 1:16 | |
| 19 | 1229 | MARCIN SOBIERAJ Sochaczew | 33:09 | 0:34 0:34 27:37 3:12 | 1:57 1:23 0:00 4:58 | 2:38 0:41 32:35 0:33 | 3:43 1:05 33:09 0:33 | 5:08 1:25 | 7:27 2:19 | 9:51 2:24 | 11:56 2:05 | 14:11 2:15 | 16:52 2:41 | 19:12 2:20 | 21:17 2:05 | 22:55 1:38 | 24:25 1:30 | |
| 19 | 1224 | SŁAWOMIR NOWAK Kusy Bielany Orient | 33:09 | 0:22 0:22 26:49 2:55 | 1:35 1:13 30:11 3:22 | 2:42 1:07 32:47 2:36 | 3:38 0:56 33:09 0:21 | 4:52 1:14 | 7:18 2:26 | 9:57 2:39 | 11:50 1:53 | 14:12 2:22 | 17:07 2:55 | 19:09 2:02 | 21:04 1:55 | 22:46 1:42 | 23:54 1:08 | |
| 21 | 1207 | ADRIAN SZCZEPAN Warszawa | 34:00 | 0:35 0:35 29:18 2:18 | 1:47 1:12 32:12 2:54 | 2:22 0:35 33:30 1:18 | 3:45 1:23 34:00 0:29 | 4:44 0:59 | 10:13 5:29 | 13:32 3:19 | 15:28 1:56 | 17:34 2:06 | 20:43 3:09 | 22:42 1:59 | 24:31 1:49 | 25:57 1:26 | 27:00 1:03 | |
| 22 | 1226 | MICHAŁ CZERNICKI Kusy Bielany Orient | 34:20 | 0:37 0:37 28:37 3:14 | 3:15 2:38 32:26 3:49 | 4:04 0:49 33:54 1:28 | 5:06 1:02 34:19 0:25 | 6:23 1:17 | 8:39 2:16 | 11:09 2:30 | 13:12 2:03 | 15:46 2:34 | 18:25 2:39 | 20:32 2:07 | 22:34 2:02 | 24:01 1:27 | 25:23 1:22 | |

| Lp. | rtowy | Imię i nazwisko | Czas | | | | | | | | | | | | | | |
|-------------------|-------|--|---------|--------------------------------|---------------------------------|---------------------------------|----------------------------------|---------------|-------------------------------|------------------------------|---------------|---------------|----------------|---------------|---------------|---------------|---------------|
| O-Run (48) | | | | 4,8 km 0 m 17 PK (c.d.) | | | | | | | | | | | | | |
| | | | | 1(31) 15(45) | 2(32) 16(46) | 3(33) 17(47) | 4(34) Meta | 5(35) | 6(36) | 7(37) | 8(38) | 9(39) | 10(40) | 11(41) | 12(42) | 13(43) | 14(44) |
| 23 | 1182 | WIOLETA KRAUZE SuperWiola | 34:53 | 0:36 0:36 29:14 3:00 | 2:11 1:35 32:49 3:35 | 2:48 0:37 34:18 1:29 | 5:09 2:21 34:53 0:34 | 6:37 1:28 | 8:56 2:19 3:51 *40 | 11:38 2:42 | 13:29 1:51 | 16:02 2:33 | 19:15 3:13 | 21:18 2:03 | 23:21 2:03 | 25:02 1:41 | 26:14 1:12 |
| 24 | 161 | ROMAN MAREK IPN | 36:15 | 0:26 0:26 31:15 2:30 | 4:38 4:12 34:30 3:15 | 5:38 1:00 35:46 1:16 | 6:35 0:57 36:14 0:28 | 7:50 1:15 | 10:00 2:10 2:26 *37 | 12:17 2:17 | 17:29 5:12 | 19:53 2:24 | 22:35 2:42 | 24:27 1:52 | 26:10 1:43 | 27:36 1:26 | 28:45 1:09 |
| 25 | 1219 | TOMASZ SZCZEPAN Warszawa | 36:18 | 0:30 0:30 29:51 2:39 | 1:45 1:15 34:13 4:22 | 2:16 0:31 35:47 1:34 | 3:20 1:04 36:18 0:30 | 4:30 1:10 | 9:51 5:21 12:16 *49 | 13:37 3:46 | 15:14 1:37 | 17:17 2:03 | 20:09 2:52 | 22:26 2:17 | 24:28 2:02 | 26:00 1:32 | 27:12 1:12 |
| 26 | 187 | AGATA ABRAMSKA Warszawa | 36:47 | 0:34 0:34 30:48 2:55 | 2:42 2:08 34:27 3:39 | 3:57 1:15 36:03 1:36 | 5:36 1:39 36:46 0:43 | 7:07 1:31 | 9:29 2:22 | 12:40 3:11 | 14:39 1:59 | 17:20 2:41 | 20:09 2:49 | 22:25 2:16 | 24:27 2:02 | 26:25 1:58 | 27:53 1:28 |
| 27 | 1212 | MICHAŁ WOJEWOD Warszawa | 36:49 | 0:30 0:30 31:38 2:18 | 3:58 3:28 34:56 3:18 | 6:09 2:11 36:14 1:18 | 7:06 0:57 36:48 0:34 | 8:23 1:17 | 10:31 2:08 12:58 *38 | 16:37 6:06 | 18:10 1:33 | 20:30 2:20 | 23:12 2:42 | 25:03 1:51 | 26:49 1:46 | 28:09 1:20 | 29:20 1:11 |
| 28 | 162 | IRINA HULANICKA Goggle Team | 37:17 | 0:39 0:39 31:01 3:01 | 2:20 1:41 34:53 3:52 | 3:02 0:42 36:40 1:47 | 4:12 1:10 37:16 0:36 | 5:41 1:29 | 8:29 2:48 | 11:54 3:25 | 14:02 2:08 | 16:53 2:51 | 19:53 3:00 | 22:01 2:08 | 25:03 3:02 | 26:41 1:38 | 28:00 1:19 |
| 29 | 1176 | WIESŁAW KAMIŃSKI Park Run Warszawa | 38:20 | 0:34 0:34 33:10 2:26 | 5:54 5:20 36:21 3:11 | 8:09 2:15 0:00 1:58 | 9:21 1:12 38:19 0:36 | 10:39 1:18 | 14:41 4:02 | 17:49 3:08 | 19:47 1:58 | 22:02 2:15 | 24:22 2:20 | 26:13 1:51 | 27:57 1:44 | 29:40 1:43 | 30:44 1:04 |
| 30 | 222 | ZUZANNA KANAREI Kusy Bielany Orient | 38:23 | 0:36 0:36 31:49 3:19 | 2:35 1:59 35:47 3:58 | 3:14 0:39 37:44 1:57 | 4:58 1:44 38:22 0:38 | 6:36 1:38 | 9:21 2:45 | 12:36 3:15 | 14:39 2:03 | 17:38 2:59 | 20:40 3:02 | 23:00 2:20 | 25:11 2:11 | 27:01 1:50 | 28:30 1:29 |
| 31 | 1189 | ANDRZEJ MICHAŁO Warszawa | 39:53 | 0:39 0:39 33:59 2:46 | 2:04 1:25 37:35 3:36 | 2:52 0:48 39:20 1:45 | 4:09 1:17 39:53 0:32 | 5:40 1:31 | 7:53 2:13 | 10:50 2:57 | 12:43 1:53 | 14:57 2:14 | 18:11 3:14 | 20:12 2:01 | 22:12 2:00 | 29:58 7:46 | 31:13 1:15 |
| 32 | 1200 | KAMILA PRZEPIESC Warszawa | 40:00 | 0:30 0:30 35:08 3:05 | 2:33 2:03 38:09 3:01 | 5:30 2:57 39:33 1:24 | 10:26 4:56 39:59 0:26 | 11:54 1:28 | 14:26 2:32 | 18:14 3:48 | 19:54 1:40 | 22:21 2:27 | 25:15 2:54 | 27:12 1:57 | 28:54 1:42 | 30:45 1:51 | 32:03 1:18 |
| 33 | 1205 | ADAM STĘPIEŃ Warszawa | 42:11 | 0:28 0:28 35:59 10:49 | 1:45 1:17 40:27 4:28 | 2:13 0:28 41:41 1:14 | 3:18 1:05 42:10 0:29 | 4:27 1:09 | 9:43 5:16 11:57 *49 | 12:58 3:15 | 14:33 1:35 | 16:31 1:58 | 18:51 2:20 | 20:32 1:41 | 22:09 1:37 | 23:33 1:24 | 25:10 1:37 |
| 33 | 206 | PIOTR BARTOSIEW Stoczek | 42:11 | 0:29 0:29 35:58 10:50 | 1:47 1:18 40:26 4:28 | 2:19 0:32 41:38 1:12 | 3:22 1:03 42:11 0:32 | 4:37 1:15 | 9:42 5:05 11:57 *49 | 12:57 3:15 | 14:32 1:35 | 16:31 1:59 | 18:50 2:19 | 20:30 1:40 | 22:08 1:38 | 23:33 1:25 | 25:08 1:35 |
| 35 | 1220 | HALYNA VOYTOVYC Warszawa | 42:49 | 0:30 0:30 36:56 3:01 | 1:48 1:18 40:26 3:30 | 2:20 0:32 42:10 1:44 | 3:26 1:06 42:48 0:38 | 4:43 1:17 | 9:47 5:04 12:28 *49 | 13:37 3:50 | 15:27 1:50 | 17:48 2:21 | 20:50 3:02 | 22:59 2:09 | 24:59 2:00 | 32:32 7:33 | 33:55 1:23 |
| 36 | 1210 | AGNIESZKA WARZE Biegam na Tarchom | 43:12 | 1:07 1:07 34:35 3:47 | 2:57 1:50 40:26 5:51 | 3:42 0:45 42:18 1:52 | 6:04 2:22 43:11 0:53 | 7:45 1:41 | 10:22 2:37 | 13:05 2:43 | 15:39 2:34 | 18:18 2:39 | 21:54 3:36 | 24:28 2:34 | 27:22 2:54 | 29:19 1:57 | 30:48 1:29 |
| 37 | 1218 | EDYTA MIELNICKA Warszawa | 43:13 | 1:09 1:09 34:34 3:42 | 2:55 1:46 40:20 5:46 | 3:52 0:57 42:21 2:01 | 6:26 2:34 43:13 0:51 | 7:50 1:24 | 10:21 2:31 | 13:11 2:50 | 15:43 2:32 | 18:18 2:35 | 21:57 3:39 | 24:33 2:36 | 27:19 2:46 | 29:19 2:00 | 30:52 1:33 |
| 38 | 1211 | JOLANTA WARZECI Biegam na Tarchom | 43:16 | 1:14 1:14 34:35 3:39 | 2:51 1:37 40:34 5:59 | 3:50 0:59 42:26 1:52 | 6:33 2:43 43:15 0:49 | 7:58 1:25 | 10:21 2:23 | 13:05 2:44 | 15:47 2:42 | 18:26 2:39 | 22:01 3:35 | 24:43 2:42 | 27:19 2:36 | 29:17 1:58 | 30:56 1:39 |
| 39 | 1158 | MAREK DOBOSZ Warszawa | 43:17 | 1:12 1:12 34:42 3:40 | 2:51 1:39 40:41 5:59 | 3:34 0:43 42:35 1:54 | 6:21 2:47 43:17 0:41 | 7:52 1:31 | 10:24 2:32 | 13:27 3:03 | 15:49 2:22 | 18:43 2:54 | 22:08 3:25 | 24:45 2:37 | 27:29 2:44 | 29:23 1:54 | 31:02 1:39 |
| 40 | 1194 | KLAUDIA NISIEWICZ Gimnazjum nr 56 W | 47:19 | 0:32 0:32 40:21 3:41 | 2:02 1:30 44:31 4:10 | 2:52 0:50 46:05 1:34 | 3:56 1:04 47:18 1:13 | 5:15 1:19 | 9:06 3:51 | 19:02 9:56 | 20:58 1:56 | 24:18 3:20 | 27:10 2:52 | 29:12 2:02 | 31:42 2:30 | 35:00 3:18 | 36:40 1:40 |
| 41 | 1202 | KARINA SCICIŃSKA Gimnazjum nr 56 W | 47:22 | 0:33 0:33 40:26 3:41 | 2:01 1:28 44:34 4:08 | 2:54 0:53 46:11 1:37 | 3:57 1:03 47:22 1:11 | 5:18 1:21 | 9:08 3:50 | 19:06 9:58 | 21:04 1:58 | 24:24 3:20 | 27:14 2:50 | 29:17 2:03 | 31:46 2:29 | 35:03 3:17 | 36:45 1:42 |
| 42 | 170 | HENRYK BARTKOW Nowa Iwiczna | 48:56 | 0:54 0:54 40:20 4:17 | 2:48 1:54 45:42 5:22 | 3:39 0:51 48:02 2:20 | 5:23 1:44 48:56 0:53 | 7:14 1:51 | 10:13 2:59 | 15:18 5:05 | 18:03 2:45 | 21:44 3:41 | 25:53 4:09 | 28:58 3:05 | 31:52 2:54 | 34:10 2:18 | 36:03 1:53 |
| 43 | 1165 | KRYSTYNA GALICZ Kusy Bielany Orient | 52:42 | 0:46 0:46 43:37 4:30 | 3:12 2:26 49:25 5:48 | 4:58 1:46 51:44 2:19 | 7:07 2:09 52:41 0:57 | 9:23 2:16 | 12:59 3:36 | 16:55 3:56 | 19:52 2:57 | 23:43 3:51 | 27:40 3:57 | 30:53 3:13 | 33:59 3:06 | 37:02 3:03 | 39:07 2:05 |
| 44 | 1222 | MAGDA KASIEWICZ Warszawa | 1:08:56 | 0:45 0:45 59:58 4:18 | 2:31 1:46 1:06:13 6:15 | 3:56 1:25 1:08:12 1:59 | 12:16 8:20 1:08:55 0:43 | 13:46 1:30 | 16:37 2:51 6:51 *50 | 20:32 3:55 6:55 *50 | 22:46 2:14 | 26:54 4:08 | 46:37 19:43 | 49:00 2:23 | 51:28 2:28 | 54:17 2:49 | 55:40 1:23 |

