

| .p. | wy lmi i nazwisko | Kat. | Czas | | | | | | | | | | | | | | | |
|------------------|-------------------|---|---------------|-----------------|-------------------------------|-------------------------------|-------------------------------|-------------------------------|--------------------------------|---------------|-----------------------|-----------------------|---------------|---------------|---------------|---------------|---------------|---------------|
| <i>orun (66)</i> | | | 4,9 km | 18 PK | <i>(c.d.)</i> | | | | | | | | | | | | | |
| | | | | 1(31) 15(45) | 2(32) 16(46) | 3(33) 17(47) | 4(34) 18(48) | 5(35) Meta | 6(36) | 7(37) | 8(38) | 9(39) | 10(40) | 11(41) | 12(42) | 13(43) | 14(44) | |
| 14 | 1269 | ALEKSANDRA BARANOW WARSZAWA . | O-run | 32:40 | 1:15 1:15 24:49 | 3:17 2:02 27:54 | 4:50 1:33 31:03 | 7:18 2:28 32:24 | 7:52 0:34 32:40 | 9:27 1:35 | 11:41 2:14 6:18 | 13:26 1:45 2:23 | 15:49 1:32 | 17:21 1:20 | 18:41 1:48 | 20:29 1:30 | 21:59 1:55 | 23:54 |
| 15 | 1248 | MARCIN ROSZKOWSKI WARSZAWA ZABIEGANI P | O-run | 32:44 | 0:55 1:32 1:32 25:06 | 3:05 3:54 2:22 27:53 | 3:09 5:36 1:42 30:50 | 1:21 7:00 1:24 32:18 | 0:16 7:38 0:38 32:44 | 9:29 1:51 | 10:52 1:23 | 12:41 1:49 | 14:56 2:15 | 16:31 1:35 | 18:48 2:17 | 20:45 1:57 | 22:02 1:17 | 23:57 1:55 |
| 16 | 1266 | ROMAN ZAJ C PIASECZNO DO CELU | O-run | 32:56 | 1:09 1:13 1:13 24:42 | 2:47 3:41 2:28 27:50 | 2:57 5:14 1:33 31:13 | 1:28 6:42 1:28 32:38 | 0:26 7:20 0:38 32:56 | 9:39 2:19 | 10:52 1:13 | 12:45 1:53 | 15:13 2:28 | 16:40 1:27 | 18:30 1:50 | 20:07 1:37 | 21:46 1:39 | 23:33 1:47 |
| 17 | 1218 | PIOTR GÓRSKI KARCZEW HARDCOROW | O-run | 33:21 | 1:09 1:34 1:34 25:52 | 3:08 4:30 2:56 28:46 | 3:23 6:10 1:40 31:47 | 1:25 7:57 1:47 33:03 | 0:18 8:30 0:33 33:21 | 10:56 2:26 | 12:31 1:35 | 14:30 1:59 | 16:58 2:28 | 18:25 1:27 | 19:51 1:26 | 21:40 1:49 | 22:54 1:14 | 24:40 1:46 |
| 18 | 1246 | CEZARY RAK KARCZEW HARDCOROW | O-run | 33:39 | 1:12 2:05 2:05 26:19 | 2:54 5:03 2:58 29:10 | 3:01 6:42 1:39 32:03 | 1:16 8:23 1:41 33:16 | 0:18 8:58 0:35 33:39 | 11:29 2:31 | 12:58 1:29 | 14:51 1:53 | 17:09 2:18 | 18:50 1:41 | 20:25 1:35 | 22:04 1:39 | 23:19 1:15 | 25:09 1:50 |
| 19 | 1285 | MARCIN ŁAPI SKI KANIA NOWA MOTOINTEG | O-run | 34:32 | 1:10 1:37 1:37 26:36 | 2:51 3:53 2:16 29:24 | 2:53 5:44 1:51 32:46 | 1:13 6:57 1:13 34:04 | 0:23 7:33 0:36 34:32 | 10:32 2:59 | 12:50 2:18 | 14:43 1:53 | 17:22 2:39 | 18:52 1:30 | 20:07 1:15 | 21:52 1:45 | 23:19 1:27 | 25:28 2:09 |
| 20 | 1293 | RAFAŁ TOMANEK WARSZAWA ZGUBIŁEM K | O-run | 35:08 | 1:08 2:17 2:17 26:20 | 2:48 4:54 2:37 29:56 | 3:22 7:21 2:27 33:35 | 1:18 8:59 1:38 34:55 | 0:28 9:35 0:36 35:08 | 11:19 1:44 | 12:34 1:15 | 14:34 2:00 | 17:22 2:48 | 18:58 1:36 | 20:16 1:18 | 21:57 1:41 | 23:21 1:24 | 25:08 1:47 |
| 21 | 1225 | PAWEŁ K CKI WARSZAWA KB RABARBA | O-run | 35:19 | 1:12 1:28 1:28 27:48 | 3:36 3:39 2:11 30:41 | 3:39 5:09 1:30 33:39 | 1:20 7:33 2:24 34:49 | 0:13 10:50 3:17 35:19 | 12:21 1:31 | 14:28 2:07 | 16:07 1:39 | 18:22 2:15 | 20:00 1:38 | 22:08 2:08 | 23:52 1:44 | 25:04 1:12 | 26:48 1:44 |
| 22 | 1242 | MACIEK NOWAKOWSKI WARSZAWA BKS WATAHA | O-run | 35:29 | 1:00 1:13 1:13 28:46 | 2:53 3:11 1:58 31:21 | 2:58 4:56 1:45 34:16 | 1:10 6:46 1:50 35:19 | 0:30 7:21 0:35 35:29 | 8:57 1:36 | 12:01 3:04 | 14:00 1:59 | 20:15 6:15 | 21:37 1:22 | 23:43 2:06 | 25:20 1:37 | 26:26 1:06 | 27:52 1:26 |
| 23 | 1290 | JAROSŁAW POPOWSKI WARSZAWA UNTS WARS | O-run | 36:14 | 0:54 1:56 1:56 27:10 | 2:35 4:46 2:50 30:38 | 2:55 6:40 1:54 34:22 | 1:03 8:11 1:31 35:49 | 0:10 9:01 0:50 36:14 | 11:00 1:59 | 12:26 1:26 | 14:40 2:14 | 17:26 2:46 | 18:57 1:31 | 20:21 1:24 | 22:17 1:56 | 23:45 1:28 | 25:49 2:04 |
| 24 | 1235 | MARCIN MARSZAŁEK WARSZAWA OKI SPORT | O-run | 36:27 | 1:21 1:27 1:27 28:32 | 3:28 3:53 2:26 31:27 | 3:44 6:03 2:10 34:41 | 1:27 7:41 1:38 36:08 | 0:25 8:22 0:41 36:27 | 10:42 2:20 | 12:00 1:18 | 14:25 2:25 | 16:52 2:27 | 19:40 2:48 | 22:20 2:40 | 24:12 1:52 | 25:30 1:18 | 27:21 1:51 |
| 25 | 1253 | MARCIN SOBIERAJ SOCHACZEW LOS FANAT | O-run | 36:40 | 1:11 1:51 1:51 27:28 | 2:55 4:10 2:19 30:56 | 3:14 6:03 1:53 34:53 | 1:27 7:42 1:39 36:18 | 0:19 8:16 0:34 36:40 | 10:07 1:51 | 12:44 2:37 | 14:41 1:57 | 17:26 2:45 | 19:13 1:47 | 20:57 1:44 | 22:44 1:47 | 24:12 1:28 | 26:12 2:00 |

| .p. | wy lmi | i nazwisko | Kat. | Czas | | | | | | | | | | | | | | |
|------------------|--------|---|-------|-------|-------------------------------|-------------------------------|-------------------------------|--------------------------------|--------------------------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|
| orun (66) | | | | | 4,9 km | 18 PK | <i>(c.d.)</i> | | | | | | | | | | | |
| | | | | | 1(31) 15(45) | 2(32) 16(46) | 3(33) 17(47) | 4(34) 18(48) | 5(35) Meta | 6(36) | 7(37) | 8(38) | 9(39) | 10(40) | 11(41) | 12(42) | 13(43) | 14(44) |
| 26 | 1272 | JACEK BORKOWSKI WARSZAWA . | O-run | 37:46 | 2:05 2:05 29:07 1:09 | 4:42 2:37 32:26 3:19 | 6:54 2:12 36:08 3:42 | 10:56 4:02 37:24 1:16 | 11:28 0:32 37:46 0:22 | 13:19 1:51 | 14:48 1:29 | 16:48 2:00 | 19:40 2:52 | 21:46 2:06 | 23:05 1:19 | 24:44 1:39 | 26:08 1:24 | 27:58 1:50 |
| 27 | 1276 | PIOTR DANILUK WARSZAWA BKS WATAHA | O-run | 39:16 | 1:42 1:42 29:49 1:24 | 4:12 2:30 33:26 3:37 | 6:23 2:11 37:22 3:56 | 8:24 2:01 38:53 1:31 | 9:30 1:06 39:16 0:23 | 11:57 2:27 | 13:30 1:33 | 15:59 2:29 | 19:15 3:16 | 21:16 2:01 | 22:47 1:31 | 24:49 2:02 | 26:22 1:33 | 28:25 2:03 |
| 28 | 1210 | BOGUSŁAW CIASTEK RADOM PTTK RADOM - KI | O-run | 39:17 | 1:35 1:35 29:51 1:13 | 4:04 2:29 33:20 3:29 | 5:57 1:53 37:22 4:02 | 7:34 1:37 38:49 1:27 | 8:40 1:06 39:17 0:28 | 10:21 1:41 | 12:08 1:47 | 14:14 2:06 | 17:07 2:53 | 20:19 3:12 | 22:02 1:43 | 24:42 2:40 | 26:11 1:29 | 28:38 2:27 |
| 29 | 1252 | JAN SKACZKOWSKI WARSZAWA BKS WATAHA | O-run | 39:25 | 1:28 1:28 30:30 1:12 | 6:14 4:46 33:31 3:01 | 7:56 1:42 36:48 3:17 | 9:17 1:21 38:04 1:16 | 11:16 1:59 39:25 1:21 | 14:06 2:50 | 16:00 1:54 | 18:09 2:09 | 20:48 2:39 | 22:58 2:10 | 24:32 1:34 | 26:10 1:38 | 27:38 1:28 | 29:18 1:40 |
| 30 | 1243 | SŁAWOMIR NOWAKOWS WARSZAWA BKS WATAHA | O-run | 39:36 | 1:33 1:33 30:30 1:14 | 4:04 2:31 33:45 3:15 | 6:30 2:26 37:56 4:11 | 8:09 1:39 39:17 1:21 | 9:22 1:13 39:36 0:19 | 11:48 2:26 | 14:14 2:26 | 16:08 1:54 | 19:00 2:52 | 21:03 2:03 | 23:16 2:13 | 25:24 2:08 | 26:53 1:29 | 29:16 2:23 |
| 31 | 1294 | BARTOSZ TYCZY SKI WARSZAWA REMBERTÓ | O-run | 40:06 | 1:55 1:55 30:38 1:20 | 4:17 2:22 34:25 3:47 | 6:29 2:12 38:17 3:52 | 8:41 2:12 39:45 1:28 | 11:46 3:05 40:06 0:21 | 13:47 2:01 | 15:19 1:32 | 17:24 2:05 | 20:25 3:01 | 22:22 1:57 | 23:50 1:28 | 25:44 1:54 | 27:04 1:20 | 29:18 2:14 |
| 32 | 1220 | IRINA HULANICKA WARSZAWA GOGGLE PAE | O-run | 40:45 | 1:52 1:52 30:57 1:21 | 4:34 2:42 34:41 3:44 | 7:26 2:52 38:49 4:08 | 9:09 1:43 40:21 1:32 | 10:00 0:51 40:45 0:24 | 12:03 2:03 | 13:43 1:40 | 16:04 2:21 | 19:19 3:15 | 21:37 2:18 | 23:13 1:36 | 25:27 2:14 | 27:04 1:37 | 29:36 2:32 |
| 33 | 1284 | JACENTY ŁAPANOWSKI WARSZAWA KU AZS WAT | O-run | 41:57 | 1:37 1:37 33:20 1:24 | 4:38 3:01 36:32 3:12 | 6:51 2:13 40:10 3:38 | 8:40 1:49 41:34 1:24 | 9:23 0:43 41:57 0:23 | 12:49 3:26 | 14:07 1:18 | 16:07 2:00 | 18:54 2:47 | 20:26 1:32 | 21:49 1:23 | 28:02 6:13 | 29:31 1:29 | 31:56 2:25 |
| 34 | 1288 | ALINA PLASOTA KOBYLKA . | O-run | 42:28 | 2:35 2:35 33:33 1:26 | 5:11 2:36 37:09 3:36 | 6:47 1:36 40:51 3:42 | 13:38 6:51 42:12 1:21 | 14:06 0:28 42:28 0:16 | 16:08 2:02 | 17:33 1:25 | 20:22 2:49 | 22:58 2:36 | 24:56 1:58 | 26:27 1:31 | 28:11 1:44 | 29:46 1:35 | 32:07 2:21 |
| 35 | 1289 | GRZEGORZ PLASOTA KOBYLKA . | O-run | 42:31 | 2:37 2:37 33:27 1:18 | 5:06 2:29 37:04 3:37 | 6:39 1:33 40:45 3:41 | 13:35 6:56 42:07 1:22 | 14:08 0:33 42:31 0:24 | 16:03 1:55 | 17:51 1:48 | 20:18 2:27 | 22:40 2:22 | 24:44 2:04 | 26:22 1:38 | 28:26 2:04 | 29:47 1:21 | 32:09 2:22 |
| 36 | 1258 | ANDRZEJ ST PNIAK RADZYMIN SKARYMAKER | O-run | 42:53 | 1:58 1:58 34:00 1:07 | 4:53 2:55 37:39 3:39 | 6:44 1:51 41:23 3:44 | 8:17 1:33 42:36 1:13 | 9:11 0:54 42:53 0:17 | 11:09 1:58 | 12:26 1:17 | 14:22 1:56 | 17:08 2:46 | 23:46 6:38 | 26:16 2:30 | 27:51 1:35 | 29:19 1:28 | 32:53 3:34 |
| 37 | 1216 | AGNIESZKA GONTEK WARSZAWA JACK TEAM | O-run | 43:10 | 2:52 2:52 33:21 1:33 | 6:11 3:19 37:10 3:49 | 9:19 3:08 41:22 4:12 | 11:21 2:02 42:43 1:21 | 12:13 0:52 43:10 0:27 | 14:17 2:04 | 16:21 2:04 | 18:42 2:21 | 21:46 3:04 | 24:06 2:20 | 25:42 1:36 | 27:45 2:03 | 29:20 1:35 | 31:48 2:28 |

| .p. | wy lmi | i nazwisko | Kat. | Czas | | | | | | | | | | | | | | |
|------------------|--------|---|-------|-------|-------------------------------|-------------------------------|--------------------------------|--------------------------------|--------------------------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|
| orun (66) | | | | | 4,9 km | 18 PK | <i>(c.d.)</i> | | | | | | | | | | | |
| | | | | | 1(31) 15(45) | 2(32) 16(46) | 3(33) 17(47) | 4(34) 18(48) | 5(35) Meta | 6(36) | 7(37) | 8(38) | 9(39) | 10(40) | 11(41) | 12(42) | 13(43) | 14(44) |
| 38 | 1270 | KORNELIA BIELECKA RUMIA UKS SIODEMKA R | O-run | 43:58 | 1:49 1:49 33:32 1:38 | 5:12 3:23 37:22 3:50 | 7:43 2:31 41:56 4:34 | 10:07 2:24 43:35 1:39 | 10:59 0:52 43:58 0:23 | 13:17 2:18 | 15:55 2:38 | 18:30 2:35 | 21:46 3:16 | 23:39 1:53 | 25:24 1:45 | 27:39 2:15 | 29:31 1:52 | 31:54 2:23 |
| 39 | 1275 | KARINA DANILUK WARSZAWA BKS WATAHA | O-run | 44:27 | 1:47 1:47 33:09 2:08 | 4:47 3:00 37:14 4:05 | 6:56 2:09 42:06 4:52 | 8:56 2:00 43:55 1:49 | 9:40 0:44 44:27 0:32 | 12:26 2:46 | 14:02 1:36 | 16:33 2:31 | 19:43 3:10 | 22:03 2:20 | 23:32 1:29 | 26:02 2:30 | 28:35 2:33 | 31:01 2:26 |
| 40 | 1274 | IZABELA BORZYM WARSZAWA BKS WATAHA | O-run | 45:00 | 1:33 1:33 33:32 1:56 | 4:50 3:17 38:18 4:46 | 6:53 2:03 43:06 4:48 | 8:49 1:56 44:44 1:38 | 9:30 0:41 45:00 0:16 | 11:51 2:21 | 13:46 1:55 | 16:22 2:36 | 20:17 3:55 | 22:26 2:09 | 24:14 1:48 | 26:54 2:40 | 29:00 2:06 | 31:36 2:36 |
| 41 | 1251 | BARBARA SKACZKOWSK WARSZAWA BKS WATAHA | O-run | 45:30 | 1:55 1:55 37:30 1:14 | 6:37 4:42 40:18 2:48 | 8:34 1:57 0:00 4:45 | 15:25 6:51 45:03 1:38 | 16:06 0:41 45:30 0:27 | 17:52 1:46 | 19:26 1:34 | 21:10 1:44 | 23:38 2:28 | 26:27 2:49 | 29:09 2:42 | 30:48 1:39 | 32:15 1:27 | 36:16 4:01 |
| 42 | 1256 | PIOTR STEFANOWICZ KARCZEW HARDCOROW | O-run | 46:08 | 0:00 36:40 1:27 2:55 | 5:13 39:53 3:13 5:40 | 7:12 44:29 4:36 8:33 | 8:41 45:49 1:20 10:05 | 9:20 46:08 0:19 10:43 | 12:50 3:30 | 20:29 7:39 | 23:09 2:40 | 25:38 2:29 | 27:20 1:42 | 28:49 1:29 | 31:04 2:15 | 33:09 2:05 | 35:13 2:04 |
| 43 | 1232 | ROMAN MAREK WARSZAWA IPN | O-run | 46:18 | 2:55 2:55 36:20 1:24 | 5:40 2:45 39:52 3:32 | 8:33 2:53 44:02 4:10 | 10:05 1:32 45:42 1:40 | 10:43 0:38 46:18 0:36 | 12:58 2:15 | 18:14 5:16 | 20:35 2:21 | 23:36 3:01 | 25:41 2:05 | 28:09 2:28 | 30:15 2:06 | 31:48 1:33 | 34:56 3:08 |
| 44 | 1254 | ALEKSANDRA SOKOŁOW WARSZAWA . | O-run | 46:36 | 0:00 37:11 1:24 | 5:17 40:12 3:01 | 7:06 44:25 4:13 | 8:44 46:14 1:49 | 9:25 46:36 0:22 | 12:46 3:21 | 20:39 7:53 | 23:08 2:29 | 25:34 2:26 | 27:16 1:42 | 28:44 1:28 | 31:32 2:48 | 33:11 1:39 | 35:47 2:36 |
| 45 | 1259 | ARKADIUSZ SYPEK KARCZEW HARDCOROW | O-run | 46:43 | 0:00 37:14 1:25 | 5:22 40:32 3:18 | 7:17 44:46 4:14 | 8:50 46:17 1:31 | 9:35 46:43 0:26 | 12:49 3:14 | 20:35 7:46 | 23:12 2:37 | 25:48 2:36 | 27:24 1:36 | 29:03 1:39 | 31:38 2:35 | 33:14 1:36 | 35:49 2:35 |
| 46 | 1244 | ADAM OSTALSKI WARSZAWA POWER TRAI | O-run | 46:58 | 2:04 2:04 37:30 1:10 | 5:14 3:10 41:12 3:42 | 7:07 1:53 45:21 4:09 | 10:55 3:48 46:40 1:19 | 12:09 1:14 46:58 0:18 | 16:54 4:45 | 18:41 1:47 | 20:43 2:02 | 24:44 4:01 | 27:24 2:40 | 28:56 1:32 | 31:19 2:23 | 33:28 2:09 | 36:20 2:52 |
| 47 | 1238 | PAWEŁ MIESZKOWSKI WARSZAWA . | O-run | 47:08 | 2:06 2:06 37:36 1:22 | 5:18 3:12 41:10 3:34 | 7:10 1:52 45:25 4:15 | 10:57 3:47 46:45 1:20 | 12:12 1:15 47:08 0:23 | 16:55 4:43 | 18:39 1:44 | 20:42 2:03 | 24:42 4:00 | 27:19 2:37 | 28:56 1:37 | 31:22 2:26 | 33:27 2:05 | 36:14 2:47 |
| 48 | 1239 | ANIA NATUSIEWICZ WARSZAWA KLUB INO S | O-run | 47:24 | 3:26 3:26 37:28 1:38 | 7:34 4:08 40:59 3:31 | 10:20 2:46 45:09 4:10 | 13:07 2:47 46:55 1:46 | 13:56 0:49 47:24 0:29 | 16:01 2:05 | 17:40 1:39 | 20:04 2:24 | 23:25 3:21 | 25:31 2:06 | 27:38 2:07 | 30:24 2:46 | 32:04 1:40 | 35:50 3:46 |
| 49 | 1227 | ALEKSANDRA KORNACK WARSZAWA HUSARIA RA | O-run | 47:49 | 2:37 2:37 37:58 1:42 | 6:45 4:08 41:29 3:31 | 8:49 2:04 45:28 3:59 | 11:33 2:44 47:18 1:50 | 12:14 0:41 47:49 0:31 | 14:31 2:17 | 19:52 5:21 | 22:11 2:19 | 25:09 2:58 | 27:15 2:06 | 29:37 2:22 | 31:44 2:07 | 33:17 1:33 | 36:16 2:59 |

| .p. | wy lmi | i nazwisko | Kat. | Czas | | | | | | | | | | | | | | |
|------|--------|---|-------|---------------|-------------------------------|---------------------------------|---------------------------------|---------------------------------|---------------------------------|----------------|----------------|----------------|----------------|----------------|---------------|---------------|---------------|----------------|
| | | | | 4,9 km | 18 PK | <i>(c.d.)</i> | | | | | | | | | | | | |
| | | | | | 1(31) 15(45) | 2(32) 16(46) | 3(33) 17(47) | 4(34) 18(48) | 5(35) Meta | 6(36) | 7(37) | 8(38) | 9(39) | 10(40) | 11(41) | 12(42) | 13(43) | 14(44) |
| 50 | 1226 | BO ENA KISIELEWICZ WARSZAWA MAMY RUSZA | O-run | 48:14 | 3:10 3:10 38:12 1:13 | 7:12 4:02 42:12 4:00 | 9:19 2:07 46:22 4:10 | 11:55 2:36 47:51 1:29 | 12:38 0:43 48:14 0:23 | 15:18 2:40 | 20:18 5:00 | 22:33 2:15 | 25:49 3:16 | 27:58 2:09 | 30:02 2:04 | 32:05 2:03 | 33:44 1:39 | 36:59 3:15 |
| 51 | 1257 | ADAM ST PIE WARSZAWA ANANASY | O-run | 49:26 | 5:52 5:52 39:37 1:36 | 9:19 3:27 43:27 3:50 | 11:58 2:39 47:13 3:46 | 14:19 2:21 48:53 1:40 | 15:09 0:50 49:26 0:33 | 17:28 2:19 | 21:19 3:51 | 23:34 2:15 | 26:30 2:56 | 28:35 2:05 | 31:08 2:33 | 33:31 2:23 | 35:14 1:43 | 38:01 2:47 |
| 52 | 1224 | SONIA KAMI SKA WARSZAWA ANANASY | O-run | 49:31 | 6:04 6:04 39:49 1:43 | 9:33 3:29 43:43 3:54 | 12:08 2:35 47:26 3:43 | 14:25 2:17 49:04 1:38 | 15:20 0:55 49:31 0:27 | 17:35 2:15 | 21:21 3:46 | 23:39 2:18 | 26:35 2:56 | 28:55 2:20 | 31:17 2:22 | 33:42 2:25 | 35:18 1:36 | 38:06 2:48 |
| 53 | 1222 | ALBERT JAWORSKI WARSZAWA . | O-run | 49:46 | 6:48 6:48 39:46 1:26 | 9:19 2:31 43:17 3:31 | 11:47 2:28 47:35 4:18 | 13:20 1:33 49:10 1:35 | 13:56 0:36 49:46 0:36 | 16:44 2:48 | 21:45 5:01 | 23:57 2:12 | 26:51 2:54 | 29:07 2:16 | 31:33 2:26 | 33:31 1:58 | 35:10 1:39 | 38:20 3:10 |
| 54 | | JAKUB KOŁACZ | O-run | 50:06 | 1:51 1:51 42:02 1:12 | 6:30 4:39 44:55 2:53 | 9:24 2:54 48:01 3:06 | 10:52 1:28 49:24 1:23 | 13:29 2:37 50:06 0:42 | 15:56 2:27 | 17:21 1:25 | 20:02 2:41 | 23:52 3:50 | 28:51 4:59 | 33:10 4:19 | 36:07 2:57 | 37:46 1:39 | 40:50 3:04 |
| 55 | 1241 | KIRYL NIEVIAROUSKI WARSZAWA HUSARIA RA | O-run | 51:48 | 1:52 1:52 42:57 1:21 | 4:14 2:22 46:16 3:19 | 6:48 2:34 49:37 3:21 | 8:47 1:59 50:58 1:21 | 10:05 1:18 51:48 0:50 | 19:59 9:54 | 25:22 5:23 | 28:31 3:09 | 31:25 2:54 | 33:59 2:34 | 35:18 1:19 | 37:04 1:46 | 38:43 1:39 | 41:36 2:53 |
| 56 | | SZYMON GUMOWSKI WARSZAWA BKS WATAHA | O-run | 52:34 | 4:23 4:23 44:29 1:15 | 8:58 4:35 47:30 3:01 | 11:52 2:54 50:46 3:16 | 13:24 1:32 52:03 1:17 | 15:56 2:32 52:34 0:31 | 18:25 2:29 | 19:52 1:27 | 22:42 2:50 | 26:25 3:43 | 31:25 5:00 | 35:32 4:07 | 38:41 3:09 | 40:18 1:37 | 43:14 2:56 |
| 57 | 1273 | ANNA BORZYM WARSZAWA BKS WATAHA | O-run | 57:19 | 2:54 2:54 45:24 2:57 | 7:37 4:43 49:57 4:33 | 10:32 2:55 54:56 4:59 | 13:26 2:54 56:46 1:50 | 14:13 0:47 57:19 0:33 | 17:27 3:14 | 19:23 1:56 | 22:32 3:09 | 26:15 3:43 | 28:49 2:34 | 30:57 2:08 | 33:30 2:33 | 35:29 1:59 | 42:27 6:58 |
| 58 | 1215 | KRYSTYNA GALICZ WARSZAWA BKS WATAHA | O-run | 61:14 | 3:30 3:30 47:50 2:15 | 7:21 3:51 52:36 4:46 | 10:33 3:12 58:40 6:04 | 12:46 2:13 60:36 1:56 | 14:04 1:18 61:14 0:38 | 16:47 2:43 | 18:38 1:51 | 21:29 2:51 | 31:07 9:38 | 33:34 2:27 | 36:47 3:13 | 39:58 3:11 | 42:10 2:12 | 45:35 3:25 |
| 59 | 1206 | HENRYK BARTKOWIAK NOWA IWICZNA GIBNO | O-run | 62:33 | 3:23 3:23 48:32 2:16 | 7:11 3:48 53:30 4:58 | 10:18 3:07 59:23 5:53 | 15:09 4:51 61:53 2:30 | 16:52 1:43 62:33 0:40 | 20:05 3:13 | 22:17 2:12 | 25:18 3:01 | 29:50 4:32 | 32:31 2:41 | 35:10 2:39 | 40:37 5:27 | 42:57 2:20 | 46:16 3:19 |
| 60 | 1292 | SYLWIA TELATY SKA CHOSZCZNO AKTYWNE | O-run | 81:12 | 2:29 2:29 68:34 2:11 | 4:59 2:30 72:18 3:44 | 7:12 2:13 76:27 4:09 | 10:53 3:41 80:16 3:49 | 12:17 1:24 81:12 0:56 | 20:57 8:40 | 23:16 2:19 | 25:31 2:15 | 27:50 2:19 | 32:28 4:38 | 34:54 2:26 | 39:47 4:53 | 41:00 1:13 | 66:23 25:23 |
| 1281 | | AGNIESZKA KERNER WARSZAWA GRUPA BIEG | O-run | nkl | 2:47 2:47 14:35 2:10 | ----- ----- 21:04 6:29 | ----- ----- 24:51 3:47 | ----- ----- 26:49 1:58 | ----- ----- 27:31 0:42 | ----- ----- | ----- ----- | ----- ----- | ----- ----- | ----- ----- | 3:48 1:01 | 6:08 2:20 | 8:04 1:56 | 12:25 4:21 |

| .p. | wy lmi i nazwisko | Kat. | Czas | | | | | | | | | | | | | | | |
|------------------|---|-------|-----------------|------------------------|-----------------------|-------------------------|-------------------------|-------------------------|-------------------------|-------------------------|-------------------------|-------------------------|-------------------------|-------------------------|-------------------------|-------------------------|-------------------------|-------------------------|
| orun (66) | | | 4,9 km | 18 PK | <i>(c.d.)</i> | | | | | | | | | | | | | |
| | | | 1(31) 15(45) | 2(32) 16(46) | 3(33) 17(47) | 4(34) 18(48) | 5(35) Meta | 6(36) | 7(37) | 8(38) | 9(39) | 10(40) | 11(41) | 12(42) | 13(43) | 14(44) | | |
| 1236 | MARCIN MARUSZEWSKI BRWILNO 300 FORMA P | O-run | nkl | 1:40 1:40 14:53 | 3:48 2:08 17:35 | 5:24 1:36 22:07 | ----- ----- 23:06 | ----- ----- 23:24 | ----- ----- 21:09 | ----- ----- *48 | ----- ----- 18:58 | ----- ----- 22:15 | ----- ----- 26:43 | ----- ----- ----- | ----- ----- ----- | ----- ----- ----- | ----- ----- ----- | |
| 1211 | MARTA D BROWSKA WARSZAWA . | O-run | nkl | 0:45 2:21 2:21 | 2:42 5:54 3:33 | 4:32 8:16 2:22 | 0:59 13:15 4:59 | 0:18 14:28 1:13 | ----- ----- 32:26 | ----- ----- 5:43 | ----- ----- 12:50 | ----- ----- ----- | ----- ----- 36:18 | ----- ----- ----- | ----- ----- ----- | ----- ----- ----- | ----- ----- ----- | |
| 1245 | MARCIN PIETRASZEK WARSZAWA VEGE RUNN | O-run | nkl | 2:32 2:32 ----- | 6:28 3:56 ----- | 8:28 2:00 ----- | 9:46 1:18 ----- | 10:20 0:34 37:57 | ----- ----- 1:39 | ----- ----- ----- | ----- ----- 12:50 | ----- ----- ----- | ----- ----- 36:18 | ----- ----- ----- | ----- ----- ----- | ----- ----- ----- | ----- ----- ----- | |
| 1228 | PIOTR KUNKA JAKUBÓW 23 BAZA LOTN | O-run | nkl | 26:03 *46 31:44 | 32:28 *42 ----- | ----- ----- ----- | ----- ----- ----- | ----- ----- ----- | ----- ----- ----- | ----- ----- ----- | ----- ----- ----- | ----- ----- ----- | 33:13 35:08 37:20 | 35:08 1:29 1:55 | 37:20 2:12 2:12 | 38:50 1:30 1:30 | ----- ----- ----- | |
| 1283 | MONIKA LENDZIOSZEK KORYTNICA AKTYWNI W | O-run | nkl | 42:27 3:37 26:11 | 47:08 4:41 5:14 | 52:22 5:14 1:22 | 53:44 1:22 0:29 | 54:13 0:29 ----- | ----- ----- ----- | ----- ----- ----- | 8:57 *32 *32 | 8:58 *32 *32 | 10:52 *33 *33 | 12:55 *34 *34 | 14:15 *35 *35 | 17:02 *36 *36 | 20:35 *37 *37 | 23:13 *38 *38 |
| 1283 | MONIKA LENDZIOSZEK KORYTNICA AKTYWNI W | O-run | nkl | 2:11 2:11 ----- | 5:15 3:04 ----- | 7:35 2:20 ----- | 9:22 1:47 ----- | 9:58 0:36 ----- | 13:31 3:33 ----- | ----- ----- ----- | ----- ----- ----- | 17:10 3:39 4:36 | 21:46 4:36 ----- | ----- ----- ----- | ----- ----- ----- | ----- ----- ----- | ----- ----- ----- | ----- ----- ----- |