

Zawody: VI Adamowska Dziesiątka

Data: 2014-10-19

Kategoria: 10KM

| M | Mck | Nr | Imię | Nazwisko | Kat | Miejscowość | Team | AV | Wynik | Tempo |
|----|-----|-----|-----------|--------------|-----|---------------------------|-------------------------------------|-----------|----------|-------|
| 1 | | 148 | SERGEI | MARCHUK | M2 | UKRAINE | CK KOVEL | 18.94km/h | 00:31:40 | 03:10 |
| 2 | | 121 | ADAM | WAKULUK | M2 | SIEMIATYCZE | LKS SPRINTER SIEMI ATYCZE | 18.22km/h | 00:32:56 | 03:17 |
| 3 | | 10 | BARTOSZ | CEBERAK | M2 | LUBARTÓW | LUBARTOWBIEGA.PL | 18.09km/h | 00:33:10 | 03:19 |
| 4 | | 150 | GENNADI | KUZNIETSOV | M3 | | CK KOVEL | 17.6km/h | 00:34:05 | 03:24 |
| 5 | | 72 | PIOTR | MIERZEJEWSKI | M4 | SIEDLCE | YULO RUN TEAM SIED LCE | 17.49km/h | 00:34:18 | 03:25 |
| 6 | | 138 | ROMAN | KWIATKOWSKI | M1 | SOBIENIE JEZIORY | OKS START OTWOCK | 17.4km/h | 00:34:29 | 03:26 |
| 7 | 1 | 21 | PATRYK | DOMAGAŁA | M1 | SIEDLCE | MKS POGOŃ SIEDLCE | 17.2km/h | 00:34:52 | 03:29 |
| 8 | 1 | 63 | MICHAŁ | MARKOWSKI | M3 | DZIEWULE | MKS POGOŃ SIEDLCE | 17.16km/h | 00:34:57 | 03:29 |
| 9 | | 120 | IZABELA | TRZASKALSKA | K1 | TERESPOL | AZS UMCS LUBLIN | 16.93km/h | 00:35:26 | 03:32 |
| 10 | 1 | 76 | PAWEŁ | MŁODZIKOWSKI | M2 | ADAMÓW | KB V-MAX ADAMÓW | 16.86km/h | 00:35:35 | 03:33 |
| 11 | 2 | 134 | RAFAŁ | WYSOCKI | M2 | SIEDLCE | MKS POGOŃ SIEDLCE | 16.79km/h | 00:35:43 | 03:34 |
| 12 | 3 | 46 | ŁUKASZ | KOSIERADZKI | M2 | SIEDLCE | MKS POGOŃ SIEDLCE | 16.71km/h | 00:35:54 | 03:35 |
| 13 | 4 | 145 | JAKUB | PIECH | M2 | BIAŁA PODLASKA | AZS UJ KRAKÓW | 16.38km/h | 00:36:38 | 03:39 |
| 14 | 5 | 52 | ZBIGNIEW | LAMPARSKI | M2 | MIŃSK MAZOWIECKI | MKB DREPTAK | 16.27km/h | 00:36:52 | 03:41 |
| 15 | 1 | 82 | ANDRZEJ | OKNIŃSKI | M4 | SIEDLCE | YULO RUN TEAM SIED LCE | 15.97km/h | 00:37:33 | 03:45 |
| 16 | 2 | 106 | PAWEŁ | SIEJKO | M1 | MIĘDZYRZEC PODKASIE KI | KB BIAŁA BIEGA | 15.93km/h | 00:37:40 | 03:46 |
| 17 | 1 | 158 | KAZIMIERZ | KAMOLA | M5 | PUŁAWY | CHEMIK-NOXY PUŁAW Y | 15.89km/h | 00:37:46 | 03:46 |
| 18 | | 149 | NATALIA | YAKIMOWICH | K3 | UKRAINE | CK KOVEL | 15.88km/h | 00:37:46 | 03:46 |
| 19 | 6 | 92 | PIOTR | PODSTAWKA | M2 | STANISŁAWÓW | - | 15.88km/h | 00:37:46 | 03:46 |
| 20 | | 99 | GABRIELA | ROLKA | K1 | NOWY SĄCZ | RUNONLINE.PL | 15.73km/h | 00:38:08 | 03:48 |
| 21 | 7 | 89 | KACPER | PIECH | M2 | BIAŁA PODLASKA | RUNONLINE.PL | 15.73km/h | 00:38:08 | 03:48 |
| 22 | 2 | 59 | ANDRZEJ | MAJEWSKI | M5 | BIAŁA PODLASKA | KB BIAŁA BIEGA | 15.65km/h | 00:38:20 | 03:50 |
| 23 | 2 | 155 | MARIUSZ | PIOTROWSKI | M3 | MIŃSK MAZOWIECKI | MKB DREPTAK | 15.6km/h | 00:38:27 | 03:50 |
| 24 | 2 | 132 | SYLWESTER | WOJDA | M4 | ŻELECHÓW | E.S.K.M. | 15.33km/h | 00:39:08 | 03:54 |
| 25 | 3 | 88 | ANDRZEJ | PAWONIAK | M3 | CHOTYŁÓW | LSSIW CHOTYŁOWIAK | 15.27km/h | 00:39:17 | 03:55 |
| 26 | 8 | 154 | ADAM | MITURA | M2 | ZAKALEW | OSP ZAKALEW/ BIEGU SIEM.PL | 15.02km/h | 00:39:56 | 03:59 |
| 27 | 4 | 22 | PIOTR | DOMAŃSKI | M3 | RADZYŃ PODLASKA | KANANAS | 15.02km/h | 00:39:56 | 03:59 |
| 28 | 3 | 107 | SŁAWOMIR | SKWAREK | M5 | ADAMÓW | KB V-MAX ADAMÓW | 15.01km/h | 00:39:58 | 03:59 |
| 29 | 9 | 115 | SEBASTIAN | SZMITKOWSKI | M2 | SIEDLEC | MESSERSZMITEK | 14.98km/h | 00:40:02 | 04:00 |
| 30 | 5 | 136 | SŁAWOMIR | ZDUŃCZYK | M3 | MIŃSK MAZOWIECKI | MKB DREPTAK | 14.97km/h | 00:40:05 | 04:00 |
| 31 | | 87 | PAULINA | PAWŁOWSKA | K1 | GRABIANÓW | MKS POGOŃ SIEDLCE | 14.93km/h | 00:40:10 | 04:01 |
| 32 | 3 | 33 | IRENEUSZ | HAWRYLUK | M4 | KRASNYSTAW | KRASNYSTAW BIEGA | 14.87km/h | 00:40:20 | 04:02 |
| 33 | 4 | 60 | KRZYSZTOF | MAJEWSKI | M5 | BIAŁA PODLASKA | KB BIAŁA BIEGA | 14.7km/h | 00:40:48 | 04:04 |
| 34 | 10 | 103 | PAWEŁ | RUSZNIAK | M2 | KRASNYSTAW | KRASNYSTAW BIEGA | 14.61km/h | 00:41:04 | 04:06 |
| 35 | 6 | 45 | RAFAŁ | KONDRACKI | M3 | ŁUKÓW | KB V-MAX ADAMÓW | 14.58km/h | 00:41:09 | 04:06 |
| 36 | | 86 | MAGDALENA | PAWLAK | K1 | ADAMÓW | KB V-MAX ADAMÓW | 14.54km/h | 00:41:15 | 04:07 |
| 37 | 4 | 69 | KRZYSZTOF | MICHALAK | M4 | STANISŁAWÓW | MKB DREPTAK | 14.32km/h | 00:41:54 | 04:11 |
| 38 | 5 | 147 | MIROSLAW | OŻÓG | M4 | CHEŁM | STOWARZYSZENIE KRA SNYSTAW BIEGA | 14.29km/h | 00:41:59 | 04:11 |

| M | Mck | Nr | Imię | Nazwisko | Kat | Miejscowość | Team | AV | Wynik | Tempo |
|----|-----|-----|-----------|---------------|-----|-------------------------|-----------------------------------|-----------|----------|-------|
| 39 | 6 | 156 | ROBERT | DZIADUCH | M4 | PUŁAWY | CHEMIK-NOXY PUŁAW Y | 14.28km/h | 00:42:00 | 04:12 |
| 40 | 7 | 48 | RYSZARD | KROL | M3 | RADZYŃ PODLASKI | KWOJOWNIK SWIATLA R ADZYN PODL | 14.2km/h | 00:42:16 | 04:13 |
| 41 | 5 | 133 | WIESŁAW | WYSIŃSKI | M5 | ŁUKÓW | V-MAX ADAMÓW | 14.12km/h | 00:42:28 | 04:14 |
| 42 | 8 | 100 | PIOTR | ROSIŃSKI | M3 | ŁUKÓW | - | 14.12km/h | 00:42:29 | 04:14 |
| 43 | 9 | 80 | DARIUSZ | MUSZYŃSKI | M3 | MIĘDZYRZEC PODŁAS KI | | 14.11km/h | 00:42:32 | 04:15 |
| 44 | 10 | 31 | KRZYSZTOF | GRONO | M3 | FIUKÓWKA | V-MAX | 14.08km/h | 00:42:36 | 04:15 |
| 45 | 7 | 47 | MARIUSZ | KOWALCZYK | M4 | LUBARTÓW | LUBARTOWBIEGA.PL | 14.01km/h | 00:42:49 | 04:16 |
| 46 | 11 | 101 | KAROL | ROZCZYPAŁA | M2 | JEZIORY | - | 13.87km/h | 00:43:16 | 04:19 |
| 47 | 11 | 124 | PAWEŁ | WASILEWSKI | M3 | RYKI | BIEGUSIEM.PL | 13.84km/h | 00:43:20 | 04:20 |
| 48 | 12 | 116 | DARIUSZ | SZPONAR | M3 | HRUBIESZÓW | CHEŁM BIEGA | 13.81km/h | 00:43:26 | 04:20 |
| 49 | 8 | 42 | ZBIGNIEW | KASPRZYKOWSKI | M4 | SIEDLCE | ORNIS SIEDLCE | 13.78km/h | 00:43:31 | 04:21 |
| 50 | 1 | 25 | TADEUSZ | DZIEKOŃSKI | M6 | BIĄŁYSTOK | JUVENIA BIĄŁYSTOK | 13.77km/h | 00:43:34 | 04:21 |
| 51 | 13 | 32 | PIOTR | HARASIMIUK | M3 | KOMARÓWKA PODLASKA | DMSK.BSMIEDZYRZEC.P L | 13.69km/h | 00:43:48 | 04:22 |
| 52 | 14 | 23 | ZBIGNIEW | DOMAŃSKI | M3 | ŁUKÓW | KB V-MAX ADAMÓW | 13.67km/h | 00:43:53 | 04:23 |
| 53 | 15 | 20 | PAWEŁ | DANIŁKO | M3 | BIAŁA PODLASKA | - | 13.65km/h | 00:43:58 | 04:23 |
| 54 | 12 | 39 | MACIEJ | KALACIŃSKI | M2 | NOWE OPOLE | - | 13.59km/h | 00:44:09 | 04:24 |
| 55 | 6 | 146 | ZBIGNIEW | PACUŁA | M5 | PIASECZNO | - | 13.58km/h | 00:44:10 | 04:25 |
| 56 | 7 | 14 | MAREK | CHADAJ | M5 | ADAMÓW | KB V-MAX ADAMÓW | 13.58km/h | 00:44:11 | 04:25 |
| 57 | | 108 | JOANNA | SNOPKIEWICZ | K2 | SKWARNE | BIEGACZ CEGŁÓW | 13.46km/h | 00:44:34 | 04:27 |
| 58 | 8 | 95 | JERZY | PULIK | M5 | MIĘDZYRZEC PODŁAS KI | | 13.42km/h | 00:44:43 | 04:28 |
| 59 | 9 | 122 | MAREK | WAKUŁA | M4 | SIEDLCE | - | 13.36km/h | 00:44:54 | 04:29 |
| 60 | 9 | 144 | MIROSŁAW | WŁODARCZYK | M5 | TERESPOL | CENTRUM LOGISTYCZN E | 13.31km/h | 00:45:05 | 04:30 |
| 61 | 10 | 105 | TADEUSZ | SERBISTA | M5 | JÓZEFIN | - | 13.26km/h | 00:45:15 | 04:31 |
| 62 | 16 | 139 | KAMIL | KRAWCZAK | M3 | ZAJEZIERZE | BIEGUSIEM.PL | 13.24km/h | 00:45:19 | 04:31 |
| 63 | 10 | 65 | ANDRZEJ | MARZĘTA | M4 | LUBARTÓW | LUBARTOWBIEGA.PL | 13.19km/h | 00:45:29 | 04:32 |
| 64 | 3 | 68 | DAWID | MICHALAK | M1 | STANISŁAWÓW | MKB DREPTAK | 13.18km/h | 00:45:31 | 04:33 |
| 65 | 1 | 30 | GIZELA | GRABIŃSKA | K2 | WARSZAWA-WESOLNE | OWS UW | 13.17km/h | 00:45:32 | 04:33 |
| 66 | 17 | 16 | TOMASZ | CHODUŃ | M3 | JAWIDZ | LUBARTOWBIEGA.PL | 13.15km/h | 00:45:37 | 04:33 |
| 67 | 11 | 17 | JÓZEF | CIEŚLAK | M5 | ŚWIDERK | - | 13.08km/h | 00:45:52 | 04:35 |
| 68 | 11 | 135 | ADAM | ZBICIAK | M4 | LUBARTÓW | LUBARTOWBIEGA.PL | 13.06km/h | 00:45:57 | 04:35 |
| 69 | 12 | 8 | ADAM | BURDACH | M4 | ADAMÓW | - | 13.02km/h | 00:46:05 | 04:36 |
| 70 | 2 | 123 | IWONA | WASILEWSKA | K2 | RYKI | BIEGUSIEM.PL | 13.01km/h | 00:46:06 | 04:36 |
| 71 | 18 | 67 | PIOTR | MĘCZYŃSKI | M3 | STYRZYNIC | - | 12.95km/h | 00:46:20 | 04:38 |
| 72 | 19 | 141 | DARIUSZ | GRABOWSKI | M3 | STĘŻYCA | BIEGUSIEM.PL | 12.9km/h | 00:46:31 | 04:39 |
| 73 | 13 | 11 | ANDRZEJ | CELEJ | M4 | STARE ZADYBIE | V-MAX ADAMÓW | 12.89km/h | 00:46:31 | 04:39 |
| 74 | 2 | 157 | LESZEK | BELOWSKI | M6 | PUŁAWY | CHEMIK-NOXY PUŁAW Y | 12.88km/h | 00:46:35 | 04:39 |
| 75 | 20 | 91 | SYLWESTER | PIWKO | M3 | SIEDLCE | REHMEDICA SIEDLCE | 12.88km/h | 00:46:35 | 04:39 |
| 76 | 3 | 153 | WIOLETTA | DESSAUER | K2 | LUBARTÓ | LUBARTOWBIEGA.PL | 12.79km/h | 00:46:55 | 04:41 |
| 77 | 4 | 9 | MAGDA | CAKAŁA | K2 | ADAMÓW | KB V-MAX ADAMÓW | 12.78km/h | 00:46:57 | 04:41 |

| M | Mck | Nr | Imię | Nazwisko | Kat | Miejscowość | Team | AV | Wynik | Tempo |
|-----|-----|-----|------------|-------------------------|-----|-------------------------|--------------------|-----------|----------|-------|
| 78 | 12 | 128 | JANUSZ | WIECZOREK | M5 | MIŃSK MAZOWIEC | MKB DREPTAK | 12.76km/h | 00:47:01 | 04:42 |
| 79 | 14 | 53 | KRZYSZTOF | LATUSZEK | M4 | GARWOLIN- MIĘTNE | IERUCHTACZ.PL | 12.75km/h | 00:47:04 | 04:42 |
| 80 | 13 | 110 | LESZEK | STAŃCZUK | M5 | CHODÓW | - | 12.73km/h | 00:47:08 | 04:42 |
| 81 | 21 | 34 | KRZYSZTOF | IWAN | M3 | BIAŁA PODLASKA | - | 12.66km/h | 00:47:22 | 04:44 |
| 82 | 1 | 19 | PAULINA | CZYZOWSKA | K1 | HUTA MINSKA | MKB DREPTAK | 12.66km/h | 00:47:24 | 04:44 |
| 83 | 15 | 112 | MIROSLAW | SUJAK | M4 | MIŃSK MAZOWIEC | MKB DREPTAK | 12.65km/h | 00:47:25 | 04:44 |
| 84 | 14 | 90 | KRZYSZTOF | PIECH | M5 | BIAŁA PODLASKA | AWF BIAŁA PODLASKA | 12.49km/h | 00:48:01 | 04:48 |
| A | | | | | | | | | | |
| 85 | 22 | 84 | ARTUR | OSTROWSKI | M3 | SIEDLCE | YULO RUN TEAM | 12.44km/h | 00:48:13 | 04:49 |
| 86 | 16 | 64 | JACEK | MARON | M4 | WARSZAWA | - | 12.42km/h | 00:48:17 | 04:49 |
| 87 | 17 | 54 | ROMAN | LESIAK | M4 | KOZIENICE | - | 12.25km/h | 00:48:58 | 04:53 |
| 88 | 15 | 109 | MAREK | SOBIESZEK | M5 | SULBINY | NIEZRZESZONY | 12.23km/h | 00:49:04 | 04:54 |
| 89 | 18 | 93 | IRENEUSZ | POPLAWSKI | M4 | BIAŁA PODLASKA | KB BIAŁA BIEGA | 12.22km/h | 00:49:05 | 04:54 |
| 90 | 5 | 27 | GRAŻYNA | GŁOWACKA | K2 | ROSSOSZ | KOMARÓWKA_ | 12.16km/h | 00:49:21 | 04:56 |
| 91 | 1 | 85 | MARCIN | OZIĘBŁO | | ŁUKÓW | WULKANY MIŁOŚCI | 12.12km/h | 00:49:30 | 04:57 |
| 92 | 16 | 94 | ROMAN | PRAŻMO | M5 | SAMOKŁĘSKI | LUBARTOWBIEGA.PL | 12.11km/h | 00:49:32 | 04:57 |
| 93 | 23 | 36 | MAREK | JÓZWIK | M3 | ADAMÓW | - | 12.08km/h | 00:49:40 | 04:58 |
| 94 | 24 | 102 | MAREK | RUDZIŃSKI | M3 | SIEDLCE | - | 12.05km/h | 00:49:48 | 04:58 |
| 95 | 13 | 131 | MATEUSZ | WILCZYŃSKI | M2 | SIEDLCE | SZYBKIE WILKI | 12.04km/h | 00:49:49 | 04:58 |
| 96 | 3 | 130 | MIKOŁAJ | WILCZYŃSKI | M6 | SIEDLCE | SZYBKIE WILKI | 12.04km/h | 00:49:50 | 04:59 |
| 97 | 17 | 97 | STANISŁAW | REDZIK | M5 | OTWOCK | - | 11.9km/h | 00:50:25 | 05:02 |
| 98 | 18 | 78 | ANDRZEJ | MRZYGŁOCKI | M5 | LUBIN | VEGE RUNNERS | 11.84km/h | 00:50:39 | 05:03 |
| 99 | 25 | 26 | DARIUSZ | FRANCZAK VEL ZWARZYŃSKI | M5 | KRASNYSTAW | KRASNYSTAW BIEGA | 11.83km/h | 00:50:43 | 05:04 |
| 100 | 26 | 44 | RADOSŁAW | KLUGA | M3 | CHELM | CHEŁM BIEGA | 11.82km/h | 00:50:46 | 05:04 |
| 101 | 2 | 159 | KORNELIA | STĘPNICKA | K1 | KŁOCZEW | BIEGUSIEM.PL | 11.72km/h | 00:51:12 | 05:07 |
| 102 | 19 | 125 | JAROSŁAW | WAWRZYKOWSKI | M4 | LUBLIN | - | 11.68km/h | 00:51:22 | 05:08 |
| 103 | 27 | 81 | MACIEJ | NURZYŃSKI | M3 | ŁUKÓW | BIEGACZE POMAGACZE | 11.67km/h | 00:51:25 | 05:08 |
| 104 | 28 | 140 | MARCIN | FILIPAK | M3 | GÓRY | - | 11.65km/h | 00:51:28 | 05:08 |
| 105 | 14 | 118 | PRZEMYSŁAW | ŚWIDERSKI | M2 | SOBIENIE JEZIORY | KOMARÓWKA | 11.59km/h | 00:51:44 | 05:10 |
| 106 | 29 | 18 | GRZEGORZ | CZECHOWICZ | M3 | SIEDLCE | - | 11.51km/h | 00:52:08 | 05:12 |
| 107 | 6 | 29 | ANNA | GRABEK | K2 | WARSZAWA | - | 11.51km/h | 00:52:08 | 05:12 |
| 108 | 19 | 4 | TADEUSZ | BEDNARZAK | M5 | SIEDLCE | NIEZRZESZONY | 11.5km/h | 00:52:11 | 05:13 |
| 109 | 20 | 56 | KRZYSZTOF | ŁAJTAR | M4 | KOMARÓWKA PODKASIMIRSKA | KOMARÓWKA | 11.44km/h | 00:52:28 | 05:14 |
| A | | | | | | | | | | |
| 110 | 20 | 77 | JERZY | MŁODZIKOWSKI | M5 | ADAMÓW | KB V-MAX ADAMÓW | 11.41km/h | 00:52:35 | 05:15 |
| 111 | 21 | 71 | GRZEGORZ | MICKIEWICZ | M4 | KOMARÓWKA PODKASIMIRSKA | KOMARÓWKA | 11.36km/h | 00:52:49 | 05:16 |
| A | | | | | | | | | | |
| 112 | 22 | 40 | CEZARY | KALITA | M4 | BIAŁA PODLASKA | KB BIAŁA BIEGA | 11.34km/h | 00:52:54 | 05:17 |
| 113 | 1 | 50 | DANUTA | STĘPNICKA | K3 | RYKI | BIEGUSIEM.PL | 11.33km/h | 00:52:56 | 05:17 |
| 114 | 15 | 49 | PAWEŁ | KRZYZIŃSKI | M2 | SIEDLCE | - | 11.26km/h | 00:53:16 | 05:19 |
| 115 | 7 | 143 | AGATA | BONIAKOWSKA | K2 | CEGLÓW | BIEGACZ CEGŁÓW | 11.22km/h | 00:53:27 | 05:20 |
| 116 | 21 | 114 | JERZY | SZEWCAK | M5 | JÓZEFÓW | - | 11.19km/h | 00:53:35 | 05:21 |
| 117 | 23 | 3 | PIOTR | BAKOWSKI | M4 | LUBLIN | - | 10.96km/h | 00:54:44 | 05:28 |
| 118 | 30 | 61 | ADAM | MAJSTEREK | M3 | DĘBLIN | BIEGUSIEM.PL | 10.9km/h | 00:55:01 | 05:30 |
| 119 | 16 | 137 | MACIEJ | ZIELIŃSKI | M2 | SZCZYTNIKI | BIEGAJZNAMI.PL | 10.86km/h | 00:55:15 | 05:31 |

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|-----|-----|-----|-----------|--------------|-----|-----------------------------|-------------------------|-----------|----------|-------|
| 120 | 17 | 83 | MICHAŁ | OLEJNICZAK | M2 | RADZYŃ PODLASKI | | 10.84km/h | 00:55:19 | 05:31 |
| 121 | 3 | 12 | KAMILA | CELEJ | K1 | STARE ZADYBIE | KB V-MAX ADAMÓW | 10.81km/h | 00:55:28 | 05:32 |
| 122 | 4 | 75 | WERONIKA | MŁODZIKOWSKA | K1 | ADAMÓW | KB V-MAX ADAMÓW | 10.7km/h | 00:56:04 | 05:36 |
| 123 | 24 | 66 | STEFAN | MATYSKA | M4 | STARE ZADYBIE | V-MAX ADAMÓW | 10.68km/h | 00:56:10 | 05:37 |
| 124 | 31 | 129 | TOMASZ | WIELICZKO | M3 | ADAMÓW | - | 10.67km/h | 00:56:13 | 05:37 |
| 125 | 18 | 38 | KONRAD | JÓŻWIK | M2 | ADAMÓW | - | 10.52km/h | 00:57:03 | 05:42 |
| 126 | 5 | 28 | KATARZYNA | GŁOWIENKA | K1 | RYKI | BIEGUSIEM.PL | 10.49km/h | 00:57:11 | 05:43 |
| 127 | 25 | 58 | TOMASZ | ŁUKASIAK | M4 | RYKI | BIEGUSIEM.PL | 10.49km/h | 00:57:12 | 05:43 |
| 128 | 32 | 37 | SEBASTIAN | JÓŻWIK | M3 | ADAMÓW | - | 10.47km/h | 00:57:18 | 05:43 |
| 129 | 26 | 35 | JACEK | IWAŃSKI | M4 | SKARYSZEW | UKS OLIMP SKARYSZE W | 10.44km/h | 00:57:29 | 05:44 |
| 130 | 4 | 111 | KRZYSZTOF | STAŃCZYK | M6 | FIUKÓWKA | KB V-MAX ADAMÓW | 10.12km/h | 00:59:18 | 05:55 |
| 131 | 6 | 117 | ANIA | ŚWIDERSKA | K1 | KROTOSZYN | - | 10.07km/h | 00:59:33 | 05:57 |
| 132 | 27 | 73 | ROBERT | MIROSZ | M4 | SIEDLCE | - | 10.04km/h | 00:59:45 | 05:58 |
| 133 | 2 | 15 | EWA | CHADAJ | K3 | ADAMÓW | KB V-MAX ADAMÓW | 10km/h | 01:00:01 | 06:00 |
| 134 | 19 | 1 | PIOTR | BANY | M2 | RYKI | BIEGUSIEM.PL | 9.96km/h | 01:00:13 | 06:01 |
| 135 | 28 | 74 | CEZARY | MITRUS | M4 | SIEDLCE | - | 9.93km/h | 01:00:25 | 06:02 |
| 136 | 8 | 57 | BEATA | ŁAJTAR | K2 | KOMARÓWKA PODKAMARÓWKA A | | 9.9km/h | 01:00:35 | 06:03 |
| 137 | 33 | 13 | DANIEL | CELEJ | M3 | KŁOCZEW | BIEGUSIEM.PL | 9.83km/h | 01:01:00 | 06:06 |
| 138 | 20 | 152 | PAWEŁ | CELIŃSKI | M2 | ADAMÓW | | 9.67km/h | 01:02:01 | 06:12 |
| 139 | 34 | 160 | KRZYSZTOF | MISIAK | M3 | ŁUKÓW | | 9.65km/h | 01:02:09 | 06:12 |
| 140 | 35 | 151 | ROBERT | FACOR | M3 | ADAMÓW | | 9.61km/h | 01:02:26 | 06:14 |
| 141 | 22 | 41 | ANTONI | KAMECKI | M5 | MIĘDZYRZEC PODŁAS KI | | 9.57km/h | 01:02:41 | 06:16 |
| 142 | 9 | 2 | JOANNA | BAKOWSKA | K2 | LUBLIN | - | 9.33km/h | 01:04:19 | 06:25 |
| 143 | 7 | 161 | JOANNA | CZEBRESZUK | K1 | ŁUKÓW | VMAX | 9.01km/h | 01:06:36 | 06:39 |
| 144 | 10 | 119 | BEATA | TARASIUK | K2 | MIĘDZYRZEC PODŁAS KI | | 8.64km/h | 01:09:27 | 06:56 |
| 145 | 29 | 51 | ADAM | KWIATKOWSKI | M4 | MIĘDZYRZEC PODŁAS KI | BMS LA BIEGA | 8.47km/h | 01:10:48 | 07:04 |