

BIEG URSYNOWA

Organizator: Urząd Dzielnicy Warszawa - Ursynów

Data: 2023-06-04

Miejsce: Warszawa

Dystans: 5 km

Klasyfikacja wg czasów netto.

W klasyfikacji open pierwsze 100 miejsc wg czasu brutto

BIEG URSYNOWA, OPEN

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Drużyna 1 | 2.5km | Netto | Brutto | min/km | km/h |
|------|----------------------|------|--|-------------------------|------|------|--------|------|------------------------|----------|-------------|-------------|--------|------|
| 1 | JASTRZĘBSKI KAMIL | 1803 | DUCLA ACADEMY WARSZAWA | WARSZAWA | POL | M 30 | 1 | M 1 | DUKLANOWSKI TEAM | 00:06:47 | 00:14:43.80 | 00:14:45.10 | 2:56 | 20.4 |
| 2 | ALEKSANDROVICH ROMAN | 21 | ACHILLES | LESZNO | POL | M 20 | 1 | M 2 | | 00:07:03 | 00:14:50.05 | 00:14:51.80 | 2:58 | 20.2 |
| 3 | WASIEWICZ KRZYSZTOF | 1978 | SRS KONDYCJA PIASECZNO | PIASECZNO | POL | M 30 | 3 | M 3 | SRS KONDYCJA PIASECZNO | 00:07:02 | 00:14:59.70 | 00:15:01.35 | 2:59 | 20 |
| 4 | TELKOVSKY TARAS | 2146 | - | - | BLR | M 30 | 2 | M 4 | | 00:06:54 | 00:14:55.25 | 00:15:08.50 | 2:59 | 20.1 |
| 5 | GONTARCZYK RAFAŁ | 382 | RLTL OPTIMA RADOM/TEAM NEVER GIVE UP | OSTROWIEC ŚWIETOKRZYSKI | POL | M 30 | 4 | M 5 | | 00:07:03 | 00:15:08.15 | 00:15:09.80 | 3:01 | 19.8 |
| 6 | SŁUPIK TOMASZ | 1937 | ENDLESS PAIN | WARSZAWA | POL | M 30 | 5 | M 6 | | 00:07:07 | 00:15:12.00 | 00:15:12.00 | 3:02 | 19.7 |
| 7 | BISKUPSKI TOMASZ | 1695 | ZABIEGANI W KIELCACH | DALESZYCE | POL | M 20 | 4 | M 7 | | 00:07:03 | 00:15:26.30 | 00:15:27.90 | 3:05 | 19.4 |
| 8 | DAMENTKA KAMIL | 218 | CTS | WARSZAWA | POL | M 20 | 2 | M 8 | | 00:06:59 | 00:15:15.70 | 00:15:29.55 | 3:03 | 19.7 |
| 9 | KONIECZNY MARCIN | 1972 | K.S NIEMANIEMOGE | OLSZTYN | POL | M 50 | 1 | M 9 | | 00:07:20 | 00:15:29.45 | 00:15:31.45 | 3:05 | 19.4 |
| 10 | TOKARSKI PIOTR | 1448 | KREPA | OLSZTYN | POL | M 20 | 5 | M 10 | | 00:07:22 | 00:15:30.30 | 00:15:32.25 | 3:06 | 19.4 |
| 11 | SKIBIŃSKI MIKOŁAJ | 1271 | DUCLA ACADEMY | POZNAŃ | POL | M 30 | 6 | M 11 | DUKLANOWSKI TEAM | 00:07:19 | 00:15:31.70 | 00:15:32.85 | 3:06 | 19.3 |
| 12 | WIĘCKOWSKI ŁUKASZ | 1536 | WARSZAWA | WARSZAWA | POL | M 20 | 6 | M 12 | | 00:07:20 | 00:15:31.05 | 00:15:32.85 | 3:06 | 19.3 |
| 13 | N DARIUSZ | 76 | WARSZAWA | WARSZAWA | POL | M 40 | 1 | M 13 | | 00:07:19 | 00:15:32.25 | 00:15:34.20 | 3:06 | 19.3 |
| 14 | MISIEWICZ MICHAŁ | 909 | DATUMO.IO | OLSZTYN | POL | M 20 | 3 | M 14 | | 00:07:01 | 00:15:26.05 | 00:15:40.20 | 3:05 | 19.4 |
| 15 | WASILEWSKI ADAM | 1980 | TEAM 7:30 | DOBRE | POL | M 30 | 7 | M 15 | TEAM 7:30 | 00:07:20 | 00:15:46.25 | 00:15:48.00 | 3:09 | 19 |
| 16 | KROCHMAL PAWEŁ | 695 | PAWKO RUNNER TEAM | WARSZAWA | POL | M 30 | 8 | M 16 | PAWKO RUNNER TEAM | 00:07:19 | 00:15:57.25 | 00:15:58.90 | 3:11 | 18.8 |
| 17 | KWARTA MACIEJ | 752 | WARSZAWA | WARSZAWA | POL | M 30 | 9 | M 17 | ŻÓRAWSKI TEAM | 00:07:35 | 00:16:03.75 | 00:16:05.55 | 3:12 | 18.7 |
| 18 | ADRJANOWSKI KRZYSIEK | 19 | URSYNÓW | URSYNÓW | POL | M 20 | 7 | M 18 | | 00:07:22 | 00:16:07.10 | 00:16:08.80 | 3:13 | 18.6 |
| 19 | WRONOWSKI RAFAŁ | 1998 | WRONA RUN | BANIE MAZURSKIE | POL | M 30 | 10 | M 19 | | 00:07:26 | 00:16:12.25 | 00:16:14.35 | 3:14 | 18.5 |
| 20 | PYSHNIAK KOSTIANTYN | 1152 | UKRAINE | UKRAINE | UKR | M 20 | 8 | M 20 | | 00:07:11 | 00:16:22.65 | 00:16:23.85 | 3:16 | 18.3 |
| 21 | GOŁASZEWSKI MICHAŁ | 378 | TEAM KOPEĆ | LEGIONOWO | POL | M 40 | 2 | M 21 | TEAM KOPEĆ | 00:07:37 | 00:16:23.15 | 00:16:39.30 | 3:16 | 18.3 |
| 22 | ŁABĘDZKI KONRAD | 792 | DUKLANOWSKI TEAM | WARSZAWA | POL | M 30 | 11 | M 22 | DUKLANOWSKI TEAM | 00:07:35 | 00:16:26.65 | 00:16:41.85 | 3:17 | 18.3 |
| 23 | MŁACKI ALAN | 1864 | TEAM KOPEĆ | KOŁBIEL | POL | M 30 | 12 | M 23 | | 00:08:08 | 00:16:52.30 | 00:16:55.15 | 3:22 | 17.8 |
| 24 | KUR ADRIAN | 1830 | DUCLA ACADEMY WARSZAWA | WARSZAWA | POL | M 30 | 13 | M 24 | DUKLANOWSKI TEAM | 00:07:58 | 00:16:54.40 | 00:16:57.05 | 3:22 | 17.8 |
| 25 | MAZEK EMILIA | 884 | AZS AWF WARSZAWA | UNIN-KOLONIA | POL | K 30 | 1 | K 1 | | 00:07:59 | 00:16:55.35 | 00:16:57.40 | 3:23 | 17.7 |
| 26 | STELMACH DOMINIKA | 1342 | ADIDAS RUNNERS WARSAW | WARSZAWA | POL | K 40 | 1 | K 2 | ADIDAS RUNNERS WARSAW | 00:07:46 | 00:16:48.25 | 00:17:03.60 | 3:21 | 17.9 |
| 27 | WRONOWSKI ALBERT | 1999 | WRONA RUN | BANIE MAZURSKIE | POL | M 20 | 9 | M 25 | | 00:07:49 | 00:16:50.55 | 00:17:07.50 | 3:22 | 17.8 |
| 28 | STACHOWIAK MACIEJ | 68 | WARSZAWA | WARSZAWA | POL | M 40 | 3 | M 26 | | | 00:16:49.95 | 00:17:09.90 | 3:21 | 17.8 |
| 29 | ROBAK DOMINIK | 1185 | ADIDAS RUNNER WARSAW / PASSION FIRST / WE RUN CLAN | WARSZAWA | POL | M 30 | 14 | M 27 | ADIDAS RUNNERS WARSAW | 00:07:48 | 00:17:07.25 | 00:17:10.30 | 3:25 | 17.5 |
| 30 | DZICZEK SZYMON | 280 | PASSION FIRST | WARSZAWA | POL | M 20 | 12 | M 28 | PASSION FIRST | 00:07:37 | 00:17:09.10 | 00:17:12.25 | 3:25 | 17.5 |
| 31 | KORZENIOWSKI DARIUSZ | 652 | ACCELERATING POLAND | WARSZAWA | POL | M 40 | 4 | M 29 | ACCELERATING POLAND | 00:08:05 | 00:17:08.20 | 00:17:12.40 | 3:25 | 17.5 |
| 32 | OMIELAN WOJCIECH | 1884 | ELK | WARSZAWA | POL | M 20 | 13 | M 30 | | 00:07:53 | 00:17:11.55 | 00:17:13.90 | 3:26 | 17.5 |
| 33 | KLECZEWSKI PIOTR | 592 | WARSZAWA | WARSZAWA | POL | M 16 | 1 | M 31 | | 00:07:44 | 00:16:56.95 | 00:17:14.15 | 3:23 | 17.7 |
| 34 | NIEDZIAŁEK MICHAŁ | 956 | 100 TWARZY GRZYBIARZY | WARSZAWA | POL | M 20 | 10 | M 32 | | 00:07:44 | 00:16:58.15 | 00:17:16.75 | 3:23 | 17.7 |
| 35 | PISAREWICZ KAROL | 1084 | MINISTRY OF SILLY WALKS | WARSZAWA | POL | M 30 | 17 | M 33 | | 00:07:58 | 00:17:13.40 | 00:17:17.25 | 3:26 | 17.4 |
| 36 | WAŚNIEWSKI ALBERT | 1515 | SKLEP BIEGACZA/ŻÓRAWSKI TEAM | WARSZAWA | POL | M 30 | 18 | M 34 | ŻÓRAWSKI TEAM | 00:08:15 | 00:17:13.65 | 00:17:17.70 | 3:26 | 17.4 |
| 37 | DAUKSZO MACIEJ | 219 | WARSZAWA | WARSZAWA | POL | M 20 | 11 | M 35 | | 00:08:00 | 00:17:04.15 | 00:17:22.70 | 3:24 | 17.6 |
| 38 | MAJCHRZAK JULIAN | 827 | TEAM ZABIEGANEDNI / ASICS FRONTRUNNER POLAND | WARSZAWA | POL | M 30 | 19 | M 36 | TEAM ZABIEGANEDNI #1 | 00:08:07 | 00:17:19.45 | 00:17:23.05 | 3:27 | 17.3 |
| 39 | JASZCZERSKI PAWEŁ | 480 | WARSZAWA | WARSZAWA | POL | M 30 | 21 | M 37 | | 00:08:02 | 00:17:22.80 | 00:17:25.70 | 3:28 | 17.3 |
| 40 | TKACZYK MATEUSZ | 1967 | PULAWY | PULAWY | POL | M 20 | 14 | M 38 | | 00:08:17 | 00:17:22.65 | 00:17:26.10 | 3:28 | 17.3 |

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| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Drużyna 1 | 2.5km | Netto | Brutto | min/km | km/h |
|------|-------------------------|------|-------------------------------|-------------------|------|------|--------|------|--------------------------------|----------|-------------|-------------|--------|------|
| 41 | JĘDRZEJSKA ALEKSANDRA | 146 | CTS | WROCŁAW | POL | K 30 | 2 | K 3 | | 00:08:05 | 00:17:26.15 | 00:17:29.05 | 3:29 | 17.2 |
| 42 | MAŚLANKO MACIEJ | 872 | GRA-LECH S.C | JEŻÓW | POL | M 30 | 15 | M 39 | | 00:08:04 | 00:17:07.95 | 00:17:29.55 | 3:25 | 17.5 |
| 43 | PARMEE ALEXANDER | 1036 | ŻÓRAWSKI TEAM | WARSZAWA | POL | M 30 | 22 | M 40 | ŻÓRAWSKI TEAM | 00:08:16 | 00:17:27.30 | 00:17:31.25 | 3:29 | 17.2 |
| 44 | KALBARCZYK ADRIANA | 1713 | DUCLA ACADEMY WARSZAWA | WARSZAWA | POL | K 30 | 3 | K 4 | DUKLANOWSKI TEAM | 00:08:16 | 00:17:28.35 | 00:17:31.80 | 3:29 | 17.2 |
| 45 | DŁUGOSZ JACEK | 239 | | KIELCE | POL | M 40 | 5 | M 41 | | 00:07:59 | 00:17:30.25 | 00:17:32.90 | 3:30 | 17.1 |
| 46 | TRUSIAK ARTUR | 1468 | BIEGAJĄCE ZĄBKI | ZĄBKI | POL | M 50 | 3 | M 42 | | 00:08:11 | 00:17:30.75 | 00:17:33.05 | 3:30 | 17.1 |
| 47 | HOROSZKO MICHAŁ | 435 | | WARSZAWA | POL | M 30 | 16 | M 43 | | 00:08:07 | 00:17:11.15 | 00:17:34.80 | 3:26 | 17.5 |
| 48 | WITUSOWSKI PIOTR | 1555 | VEGE RUNNERS | WARSZAWA | POL | M 40 | 6 | M 44 | VEGE RUNNERS URSYNÓW | 00:08:15 | 00:17:30.55 | 00:17:35.35 | 3:30 | 17.1 |
| 49 | MIERZLIKIN NATALIA | 1860 | | WARSZAWA | POL | K 30 | 4 | K 5 | | 00:08:12 | 00:17:34.70 | 00:17:37.30 | 3:30 | 17.1 |
| 50 | ZYCH MARIUSZ | 1659 | BIEGAJ POD OKIEM TRENERA | WARSZAWA | POL | M 40 | 7 | M 45 | BIEGAJ POD OKIEM TRENERA | 00:07:58 | 00:17:32.95 | 00:17:37.40 | 3:30 | 17.1 |
| 51 | NIEDŹWIADK KAMIL | 1880 | NIEDŹWIADKI TEAM | WARSZAWA | POL | M 30 | 20 | M 46 | | 00:07:58 | 00:17:21.15 | 00:17:38.65 | 3:28 | 17.3 |
| 52 | BOCHENKO DANIEL | 91 | | BRZOZOWA | POL | M 50 | 2 | M 47 | | 00:07:55 | 00:17:26.30 | 00:17:42.30 | 3:29 | 17.2 |
| 53 | PIOTROWSKI FILIP | 1899 | BKS WATAHA WARSZAWA | WIELISZEW | POL | M 20 | 15 | M 48 | | 00:08:06 | 00:17:24.95 | 00:17:44.10 | 3:28 | 17.2 |
| 54 | MAŁOLEPSZY RAFAŁ | 845 | ADAM DRACZYŃSKI RUNNING TEAM | WARSZAWA | POL | M 30 | 27 | M 49 | | 00:08:11 | 00:17:42.40 | 00:17:44.90 | 3:32 | 16.9 |
| 55 | KARWOWSKI DANIEL | 552 | KB PŁOŃSK | WARSZAWA | POL | M 30 | 26 | M 50 | | 00:08:15 | 00:17:41.65 | 00:17:46.75 | 3:32 | 17 |
| 56 | MARYNOWSKI WOJCIECH | 863 | | WARSZAWA | POL | M 20 | 17 | M 51 | | 00:08:15 | 00:17:42.00 | 00:17:47.30 | 3:32 | 16.9 |
| 57 | STANKOWSKI RAFAŁ | 1334 | SZURAMSOBIE UNIA HRUBIESZÓW | OŻARÓW MAZOWIECKI | POL | M 40 | 8 | M 52 | | 00:08:15 | 00:17:43.00 | 00:17:48.00 | 3:32 | 16.9 |
| 58 | GŁODEK ADAM | 365 | AIOA | WARSZAWA | POL | M 30 | 25 | M 53 | | 00:08:28 | 00:17:41.05 | 00:17:48.85 | 3:32 | 17 |
| 59 | BAZUŁKA ALEKSANDRA | 1742 | HOKA GARMIN TEAM | KATOWICE | POL | K 20 | 1 | K 6 | | 00:08:18 | 00:17:46.40 | 00:17:49.60 | 3:33 | 16.9 |
| 60 | SAJA MARCIN | 1231 | | SIEDLCE | POL | M 30 | 28 | M 54 | | 00:08:24 | 00:17:47.25 | 00:17:50.45 | 3:33 | 16.9 |
| 61 | PODCZASI MARCIN | 1904 | WKZ KOZIENICE BBL | KOZIENICE | POL | M 20 | 16 | M 55 | WKZ KOZIENICE BBL | 00:08:19 | 00:17:39.05 | 00:17:51.50 | 3:31 | 17 |
| 62 | PRIMIK MAREK | 1119 | VEGE RUNNERS | WARSZAWA | POL | M 40 | 10 | M 56 | VEGE RUNNERS URSYNÓW | 00:08:18 | 00:17:51.45 | 00:17:55.80 | 3:34 | 16.8 |
| 63 | ŚLIWA KRZYSZTOF | 1427 | KS LEMIESZ TEAM WARSZAWA | WARSZAWA | POL | M 30 | 23 | M 57 | KS LEMIESZ TEAM | 00:08:13 | 00:17:34.10 | 00:17:57.25 | 3:30 | 17.1 |
| 64 | KOWAL AMADEUSZ | 663 | NAPRZÓD MŁOCINY | LUBACZÓW | POL | M 30 | 31 | M 58 | NAPRZÓD MŁOCINY | 00:08:30 | 00:17:50.40 | 00:17:58.45 | 3:34 | 16.8 |
| 65 | SOLKA MACIEJ | 1316 | GÓRA BIEGA | GÓRA KALWARIA | POL | M 30 | 29 | M 59 | GÓRA BIEGA - DZIKI | 00:08:31 | 00:17:47.50 | 00:17:58.90 | 3:33 | 16.9 |
| 66 | WOJCIECHOWSKI SEBASTIAN | 6 | VEGE RUNNERS | WARSZAWA | POL | M 40 | 11 | M 60 | VEGE RUNNERS URSYNÓW | 00:08:27 | 00:17:55.40 | 00:17:59.75 | 3:35 | 16.7 |
| 67 | JUSIŃSKI KRYSZTOF | 506 | BRACTWO BIEGOWE BGK | WARSZAWA | POL | M 30 | 24 | M 61 | ŻÓRAWSKI TEAM | 00:08:09 | 00:17:40.55 | 00:18:00.80 | 3:32 | 17 |
| 68 | TOMCZYK PIOTR | 1454 | | WARSZAWA | POL | M 40 | 9 | M 62 | | 00:08:08 | 00:17:43.50 | 00:18:01.50 | 3:32 | 16.9 |
| 69 | ORZEŁ MICHAŁ | 1007 | ADIDAS RUNNERS WARSAW | WARSZAWA | POL | M 40 | 12 | M 63 | ADIDAS RUNNERS WARSAW | 00:08:35 | 00:17:56.10 | 00:18:03.35 | 3:35 | 16.7 |
| 70 | PIASTA DARIUSZ | 1059 | | WARSSAWA | POL | M 50 | 4 | M 64 | | 00:08:10 | 00:17:46.00 | 00:18:05.50 | 3:33 | 16.9 |
| 71 | FILIPOWICZ MICHAŁ | 309 | | JELENIA GÓRA | POL | M 30 | 30 | M 65 | | 00:08:23 | 00:17:48.40 | 00:18:06.40 | 3:33 | 16.9 |
| 72 | SOBCZYK GRZEGORZ | 1940 | WKZ KOZIENICE BBL | KOZIENICE | POL | M 30 | 33 | M 66 | WKZ KOZIENICE BBL | 00:08:25 | 00:17:56.85 | 00:18:09.30 | 3:35 | 16.7 |
| 73 | PIMPICKI IGNACY | 1897 | CZEMPION | WARSZAWA | POL | M 14 | 1 | M 67 | | 00:08:24 | 00:17:51.70 | 00:18:09.50 | 3:34 | 16.8 |
| 74 | STRZELECKI PIOTR | 1359 | KB PACE WARSZAWA | WARSZAWA | POL | M 20 | 19 | M 68 | KB PACE WARSZAWA | 00:08:37 | 00:18:05.20 | 00:18:10.80 | 3:37 | 16.6 |
| 75 | MATCZAK MATEUSZ | 873 | SH RUNNING TEAM | WARSZAWA | POL | M 30 | 35 | M 69 | | 00:08:24 | 00:18:05.15 | 00:18:10.95 | 3:37 | 16.6 |
| 76 | MOKRZAŃSKI MICHAŁ | 920 | WARSZAWIACY | WARSZAWA | POL | M 40 | 15 | M 70 | | 00:08:35 | 00:18:05.70 | 00:18:12.05 | 3:37 | 16.6 |
| 77 | SALAK MICHAŁ | 1716 | PKO BP | WARSZAWA | POL | M 40 | 16 | M 71 | | 00:08:34 | 00:18:07.25 | 00:18:14.70 | 3:37 | 16.6 |
| 78 | MARCINISZYN GRZEGORZ | 1855 | DUKLANOWSKI TEAM | WARSZAWA | POL | M 30 | 38 | M 72 | DUKLANOWSKI TEAM | 00:08:17 | 00:18:16.20 | 00:18:19.15 | 3:39 | 16.4 |
| 79 | DAWIDEK BARTEK | 1696 | REPREZENTACJA DZIENNIKARZY | WARSZAWA | POL | M 30 | 37 | M 73 | | 00:08:33 | 00:18:14.95 | 00:18:19.80 | 3:38 | 16.5 |
| 80 | ŁOJEWSKI MARCIN | 1021 | BIEGOWY WARIAT RUNNING TEAM | - | POL | M 30 | 36 | M 74 | BIEGOWY WARIAT RUNNING TEAM | 00:08:46 | 00:18:09.75 | 00:18:20.10 | 3:37 | 16.5 |
| 81 | WOŹNIAK PRZEMYSŁAW | 1583 | WIELISZEW HERON TEAM | LEGIONOWO | POL | M 30 | 32 | M 75 | WIELISZEW HERON TEAM | 00:08:16 | 00:17:54.40 | 00:18:20.85 | 3:34 | 16.8 |
| 82 | BURDACH DARIUSZ | 138 | JACK TEAM/TEAM PARCZYŃSKICH | WARSZAWA | POL | M 40 | 19 | M 76 | | 00:08:40 | 00:18:16.20 | 00:18:22.40 | 3:39 | 16.4 |
| 83 | WYSOCKI MICHAŁ | 1599 | ŁÓDŹ KOCHA SPORT | ŁÓDŹ | POL | M 40 | 17 | M 77 | ŁÓDŹ KOCHA SPORT | 00:08:34 | 00:18:14.45 | 00:18:23.10 | 3:38 | 16.5 |
| 84 | KAMIŃSKI PAWEŁ | 541 | PASSION FIRST | WARSZAWA | POL | M 40 | 18 | M 78 | ADIDAS RUNNERS WARSAW | 00:08:37 | 00:18:15.30 | 00:18:23.35 | 3:39 | 16.4 |
| 85 | WYSOKIŃSKI KONRAD | 2132 | RUN INTO THE WILD / BARUNOWCE | PIASECZNO | POL | M 40 | 13 | M 79 | BARUNOWCE | 00:08:19 | 00:18:00.70 | 00:18:25.15 | 3:36 | 16.7 |
| 86 | KWIATKOWSKI MATEUSZ | 755 | WIELISZEW HERON TEAM | KOMORNICA | POL | M 30 | 34 | M 80 | | 00:08:16 | 00:17:59.05 | 00:18:25.80 | 3:35 | 16.7 |
| 87 | TRONIAZ PAWEŁ | 1466 | T&T BRO | RASZYŃ | POL | M 40 | 20 | M 81 | | 00:08:34 | 00:18:17.40 | 00:18:26.05 | 3:39 | 16.4 |
| 88 | WASIEWICZ ADAM | 1509 | NIE MÓJ CYRK, MOJE MAŁPY | WARSZAWA | POL | M 40 | 14 | M 82 | | 00:08:22 | 00:18:04.30 | 00:18:26.60 | 3:36 | 16.6 |
| 89 | GOLONKA PRZEMYSŁAW | 1791 | | CIECIERZYN | POL | M 20 | 18 | M 83 | | 00:08:19 | 00:18:03.30 | 00:18:26.95 | 3:36 | 16.6 |

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| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Drużyna 1 | 2.5km | Netto | Brutto | min/km | km/h |
|------|-----------------------|------|-----------------------------|---------------------|------|------|--------|-------|-----------------------------|----------|-------------|-------------|--------|------|
| 90 | RUPIŃSKI KRZYSZTOF | 1685 | | WARSZAWA | POL | M 30 | 39 | M 84 | | 00:08:33 | 00:18:17.65 | 00:18:27.40 | 3:39 | 16.4 |
| 91 | KRYWCZUK TOMASZ | 707 | ADIDAS RUNNERS WARSAW | WARSZAWA | POL | M 20 | 20 | M 85 | ADIDAS RUNNERS WARSAW | 00:08:16 | 00:18:08.20 | 00:18:28.45 | 3:37 | 16.5 |
| 92 | KLIMEK MAREK | 597 | ADIDAS RUNNER WARSAW | WARSZAWA | POL | M 30 | 41 | M 86 | ADIDAS RUNNERS WARSAW | 00:08:35 | 00:18:20.90 | 00:18:29.55 | 3:40 | 16.4 |
| 93 | ZASĘPA SEBASTIAN | 1629 | TEAM ZABIEGANEDNI | JOZEFOSLAW | POL | M 40 | 21 | M 87 | TEAM ZABIEGANEDNI #1 | 00:08:26 | 00:18:25.05 | 00:18:29.60 | 3:41 | 16.3 |
| 94 | MARCINIAK GRZEGORZ | 850 | BIEGOWY WARIAT RUNNING TEAM | WARSZAWA | POL | M 50 | 5 | M 88 | BIEGOWY WARIAT RUNNING TEAM | 00:08:20 | 00:18:11.20 | 00:18:35.75 | 3:38 | 16.5 |
| 95 | GREWIŃSKI TOMASZ | 406 | LIPIEC RUNNING TEAM | WARSZAWA | POL | M 50 | 7 | M 89 | LIPIEC RUNNING TEAM | 00:08:49 | 00:18:33.80 | 00:18:41.95 | 3:42 | 16.2 |
| 96 | NOWAK MARCIN | 973 | | WARSZAWA | POL | M 40 | 23 | M 90 | | 00:08:47 | 00:18:29.30 | 00:18:42.30 | 3:41 | 16.2 |
| 97 | GARTKIEWICZ ADAM | 340 | DUKLANOWSKI TEAM | WARSZAWA | POL | M 50 | 8 | M 91 | | 00:08:55 | 00:18:36.95 | 00:18:42.60 | 3:43 | 16.1 |
| 98 | GAJEK IRENEUSZ | 332 | ASFALTLOVE DZIKI | CIECHANÓW | POL | M 40 | 24 | M 92 | | 00:08:47 | 00:18:30.55 | 00:18:43.55 | 3:42 | 16.2 |
| 99 | GÓRZYŃSKI MACIEJ | 396 | WOODRUN | PIASECZNO | POL | M 50 | 6 | M 93 | | 00:08:46 | 00:18:33.25 | 00:18:43.75 | 3:42 | 16.2 |
| 100 | KOWALCZYK ALICJA | 667 | | WARSZAWA | POL | K 30 | 6 | K 7 | | 00:08:35 | 00:18:35.25 | 00:18:43.80 | 3:43 | 16.1 |
| 101 | GLINKA ELŻBIETA | 1790 | ADIDAS RUNNERS WARSAW | WARSZAWA | POL | K 30 | 5 | K 8 | ADIDAS RUNNERS WARSAW | 00:08:36 | 00:18:15.30 | 00:18:46.10 | 3:39 | 16.4 |
| 102 | ŚLIWIAK JAKUB | 1428 | BIEGOWY WARIAT RUNNING TEAM | WARSZAWA | POL | M 30 | 40 | M 94 | BIEGOWY WARIAT RUNNING TEAM | 00:08:42 | 00:18:18.75 | 00:18:44.70 | 3:39 | 16.4 |
| 103 | PAGACZ BARTOSZ | 1026 | | WARSZAWA | POL | M 40 | 22 | M 95 | | 00:08:39 | 00:18:28.95 | 00:18:57.05 | 3:41 | 16.2 |
| 104 | PILIPCZUK JAKUB | 1076 | | ZAMOŚĆ | POL | M 20 | 21 | M 96 | | 00:08:30 | 00:18:29.85 | 00:19:01.35 | 3:41 | 16.2 |
| 105 | STARKO KRZYSZTOF | 1336 | TEAM ZABIEGANEDNI | WARSZAWA | POL | M 30 | 42 | M 97 | TEAM ZABIEGANEDNI #2 | 00:08:23 | 00:18:30.95 | 00:18:55.70 | 3:42 | 16.2 |
| 106 | KOZŁOWSKI WŁODZIMIERZ | 1721 | KS START PUŁASKI | SUŁKOWICE | POL | M 40 | 25 | M 98 | | 00:08:47 | 00:18:33.00 | 00:18:45.20 | 3:42 | 16.2 |
| 107 | REGULSKI PAWEŁ | 1174 | GÓRA BIEGA | WARKA | POL | M 20 | 22 | M 99 | GÓRA BIEGA - DZIKI | 00:08:39 | 00:18:33.15 | 00:19:01.05 | 3:42 | 16.2 |
| 108 | BUBEŁA MAGDA | 1753 | LIPIEC RUNNING TEAM | BLIZNE JASIŃSKIEGO | POL | K 40 | 2 | K 9 | LIPIEC RUNNING TEAM | 00:08:38 | 00:18:35.05 | 00:18:59.50 | 3:43 | 16.1 |
| 109 | POTENTAS PAWEŁ | 1909 | | WARSZAWA | POL | M 30 | 43 | M 100 | | 00:08:56 | 00:18:37.10 | 00:18:47.10 | 3:43 | 16.1 |
| 110 | WOJTASIAK TOMASZ | 1694 | LIPIEC RUNNING TEAM | WARSZAWA | POL | M 40 | 26 | M 101 | LIPIEC RUNNING TEAM | 00:08:35 | 00:18:37.55 | 00:19:01.20 | 3:43 | 16.1 |
| 111 | OŻÓG PAWEŁ | 1023 | ZABIEGANI W KIELCACH | KIELCE | POL | M 30 | 44 | M 102 | | 00:08:21 | 00:18:38.40 | 00:19:02.10 | 3:43 | 16.1 |
| 112 | SZEWczyk RAFAŁ | 1393 | CWCR/DEPARTAMENT BIEGÓW | OLSZTYN | POL | M 40 | 27 | M 103 | CWCR/DEPARTAMENT BIEGÓW | 00:08:35 | 00:18:38.85 | 00:18:46.65 | 3:43 | 16.1 |
| 113 | LACIAK MARCIN | 1684 | BARUNOWCE | WARSZAWA | POL | M 40 | 28 | M 104 | | 00:08:43 | 00:18:40.25 | 00:18:49.10 | 3:44 | 16.1 |
| 114 | POTKAJ PRZEMYSŁAW | 1113 | DĄBROWSKI TEAM | KADZIDŁO | POL | M 20 | 23 | M 105 | DĄBROWSKI TEAM | 00:08:52 | 00:18:40.65 | 00:18:50.65 | 3:44 | 16.1 |
| 115 | LEJA MARCIN | 769 | TEAM ZABIEGANEDNI | ŻOŁYNIA | POL | M 30 | 45 | M 106 | TEAM ZABIEGANEDNI #1 | 00:08:39 | 00:18:41.60 | 00:19:09.10 | 3:44 | 16.1 |
| 116 | JAMBOR MICHAŁ | 458 | ŻÓRAWSKI TEAM | WARSZAWA | POL | M 40 | 29 | M 107 | ŻÓRAWSKI TEAM | | 00:18:42.15 | 00:18:58.65 | 3:44 | 16 |
| 117 | MADEJEK KAMIL | 824 | VEGE RUNNERS | WARSZAWA | POL | M 30 | 46 | M 108 | VEGE RUNNERS URSYNÓW | 00:08:51 | 00:18:42.50 | 00:18:51.95 | 3:44 | 16 |
| 118 | VEREMCHUK YULIIA | 1499 | YULIANKA BIEGNIIE BO LUBI | WARSZAWA | UKR | K 30 | 7 | K 10 | | 00:08:55 | 00:18:43.55 | 00:18:56.15 | 3:44 | 16 |
| 119 | ŻURAWSKI SŁAWOMIR | 1672 | BARUNOWCE | WARSZAWA | POL | M 40 | 30 | M 109 | | 00:08:53 | 00:18:44.05 | 00:18:57.90 | 3:44 | 16 |
| 120 | KUPA BARTOSZ | 276 | KLUB BIEGACZY JYSK | SŁUPNO | POL | M 30 | 47 | M 110 | | 00:08:38 | 00:18:44.10 | 00:18:48.15 | 3:44 | 16 |
| 121 | ŁUCKA DARIUSZ | 1710 | | NOWA IWICZNA | POL | M 30 | 48 | M 111 | | 00:08:48 | 00:18:44.25 | 00:18:54.80 | 3:44 | 16 |
| 122 | OLSZAŃSKI PAWEŁ | 999 | KB PACE WARSZAWA | OLSZTYN | POL | M 20 | 24 | M 112 | KB PACE WARSZAWA | 00:08:13 | 00:18:44.45 | 00:18:47.60 | 3:44 | 16 |
| 123 | MAKULEC MARCIN | 832 | SANTANDER RUNNING CLUB | WARSZAWA | POL | M 40 | 31 | M 113 | | 00:08:48 | 00:18:45.45 | 00:18:56.45 | 3:45 | 16 |
| 124 | REBELLO FELIPE | 1168 | | GRODZISK MOZOWIECKI | POL | M 30 | 49 | M 114 | | 00:09:02 | 00:18:46.65 | 00:18:58.35 | 3:45 | 16 |
| 125 | DRAŻEK JUSTYNA | 258 | ICHEM-VITADIET | BUCZEK | POL | K 20 | 2 | K 11 | | 00:08:56 | 00:18:48.45 | 00:18:55.10 | 3:45 | 16 |
| 126 | KALIŃSKI FRANCISZEK | 526 | | ŁOWICZ | POL | M 20 | 25 | M 115 | | 00:08:53 | 00:18:48.95 | 00:19:02.60 | 3:45 | 16 |
| 127 | FRAĆZYK PAWEŁ | 318 | | WARSZAWA | POL | M 30 | 50 | M 116 | | 00:08:37 | 00:18:49.05 | 00:19:13.95 | 3:45 | 15.9 |
| 128 | CZARNOCKI WOJCIECH | 202 | ADIDAS RUNNERS WARSAW | WARSZAWA | POL | M 20 | 26 | M 117 | ADIDAS RUNNERS WARSAW | 00:08:54 | 00:18:49.70 | 00:19:05.25 | 3:45 | 15.9 |
| 129 | LEWDOROWICZ WOJCIECH | 779 | SAM SOBIE KLUBEM | KADY | POL | M 40 | 32 | M 118 | | 00:08:23 | 00:18:50.35 | 00:19:15.55 | 3:46 | 15.9 |
| 130 | FILIPIAK ADAM | 307 | ŁÓDŹ KOCHA SPORT | ŁÓDŹ | POL | M 30 | 51 | M 119 | ŁÓDŹ KOCHA SPORT | 00:08:48 | 00:18:51.05 | 00:19:02.50 | 3:46 | 15.9 |
| 131 | KASPRZYK KACPER | 2041 | | WARSZAWA | POL | M 16 | 2 | M 120 | | 00:08:17 | 00:18:51.45 | 00:19:16.20 | 3:46 | 15.9 |
| 132 | BIELECKI JAKUB | 74 | | WARSZAWA | POL | M 30 | 52 | M 121 | | 00:08:57 | 00:18:53.25 | 00:19:12.10 | 3:46 | 15.9 |
| 133 | KNAP CZAREK | 607 | HOŻA TEAM SKYRUNNERS | SZCZECIN | POL | M 50 | 9 | M 122 | | 00:08:51 | 00:18:55.30 | 00:19:24.90 | 3:47 | 15.9 |
| 134 | BEŁZ DANIEL | 66 | | PIASECZNO | POL | M 30 | 53 | M 123 | | 00:09:06 | 00:18:56.55 | 00:19:32.10 | 3:47 | 15.8 |
| 135 | RUSZNIK PIOTR | 1209 | LIPIEC RUNNING TEAM | PIASECZNO | POL | M 40 | 33 | M 124 | LIPIEC RUNNING TEAM | 00:08:59 | 00:18:56.60 | 00:19:03.45 | 3:47 | 15.8 |

BIEG URSYNOWA, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Drużyna 1 | 2.5km | Netto | Brutto | min/km | km/h |
|------|------------------------|------|---|---------------|------|------|--------|-------|--------------------------------|----------|-------------|-------------|--------|------|
| 136 | GÓRECKI RAFAŁ | 388 | | LESZNO | POL | M 40 | 34 | M 125 | ADIDAS RUNNERS WARSAW | 00:08:43 | 00:18:56.90 | 00:19:07.40 | 3:47 | 15.8 |
| 137 | ZIELIŃSKI ŁUKASZ | 1649 | GÓRA BIEGA | GÓRA KALWARIA | POL | M 30 | 54 | M 126 | GÓRA BIEGA - DZIKI | 00:08:54 | 00:18:57.25 | 00:19:09.70 | 3:47 | 15.8 |
| 138 | OWCZAREK KACPER | 2072 | ŁÓDŹ KOCHA SPORT | ŁÓDŹ | POL | M 14 | 2 | M 127 | ŁÓDŹ KOCHA SPORT | 00:08:47 | 00:18:57.95 | 00:19:27.60 | 3:47 | 15.8 |
| 139 | KUKLA-KUKLEWICZ MICHAŁ | 734 | | WARSZAWA | POL | M 20 | 27 | M 128 | | 00:08:57 | 00:18:59.95 | 00:19:39.50 | 3:47 | 15.8 |
| 140 | OCHMAN MICHAŁ | 981 | BEC POLAND | WARSZAWA | POL | M 40 | 35 | M 129 | | 00:09:03 | 00:19:02.50 | 00:19:41.45 | 3:48 | 15.8 |
| 141 | ZHENG HAISHAN | 1647 | | TARCZYN | POL | M 40 | 36 | M 130 | | 00:08:59 | 00:19:03.05 | 00:19:35.75 | 3:48 | 15.7 |
| 142 | TELEON PIOTR | 1441 | JACEKBIEGA RUNNING TEAM | WARSZAWA | POL | M 40 | 37 | M 131 | JACEKBIEGA RUNNING TEAM | 00:08:46 | 00:19:03.75 | 00:19:17.65 | 3:48 | 15.7 |
| 143 | OLCZAK JANUSZ | 989 | BIEGANIE 50+ | WARSZAWA | POL | M 50 | 10 | M 132 | | 00:09:12 | 00:19:03.95 | 00:19:14.55 | 3:48 | 15.7 |
| 144 | PIATKA TOMASZ | 1060 | ADIDAS RUNNERS WARSAW | WARSZAWA | POL | M 30 | 55 | M 133 | ADIDAS RUNNERS WARSAW | 00:09:06 | 00:19:05.55 | 00:19:15.40 | 3:49 | 15.7 |
| 145 | KALINOWSKI BARTOSZ | 2038 | KONDYCJA | NOWA IWICZNA | POL | M 16 | 3 | M 134 | | 00:08:57 | 00:19:07.90 | 00:19:17.05 | 3:49 | 15.7 |
| 146 | DUDELA ADRIAN | 1778 | KAZIKI | WARSZAWA | POL | M 40 | 38 | M 135 | KAZIKI | 00:08:42 | 00:19:08.05 | 00:19:34.85 | 3:49 | 15.7 |
| 147 | ŚWIĘCICKI TOMASZ | 1434 | ACCELERATING POLAND | WARSZAWA | POL | M 40 | 39 | M 136 | ACCELERATING POLAND | 00:08:27 | 00:19:10.30 | 00:19:29.20 | 3:50 | 15.7 |
| 148 | CYGLER SŁAWEK | 195 | WKS WAWEL | WARSZAWA | POL | M 30 | 56 | M 137 | WKS WAWEL KRAKÓW | 00:09:06 | 00:19:10.95 | 00:19:46.95 | 3:50 | 15.7 |
| 149 | STOLARSKI KRZYSZTOF | 1945 | BIEGAJĄCE ZĄBKI | ZĄBKI | POL | M 50 | 11 | M 138 | | 00:08:58 | 00:19:11.15 | 00:19:24.90 | 3:50 | 15.6 |
| 150 | WASILEWSKI KUBA | 1511 | | WARSZAWA | POL | M 30 | 57 | M 139 | | 00:08:45 | 00:19:11.30 | 00:19:38.20 | 3:50 | 15.6 |
| 151 | SZYMAŃCZYK IGOR | 1412 | | WARSZAW | POL | M 30 | 58 | M 140 | | 00:09:07 | 00:19:11.60 | 00:19:50.00 | 3:50 | 15.6 |
| 152 | DABROWA KAMIL | 216 | LIPIEC RUNNING TEAM | WARSZAWA | POL | M 50 | 12 | M 141 | LIPIEC RUNNING TEAM | 00:08:58 | 00:19:12.15 | 00:19:20.50 | 3:50 | 15.6 |
| 153 | GASZEWSKA MAŁGORZATA | 343 | ZA LINIĄ METY | WARSZAWA | POL | K 20 | 3 | K 12 | | 00:08:56 | 00:19:13.20 | 00:19:24.45 | 3:50 | 15.6 |
| 154 | KOBUSZEWSKI ARTUR | 611 | BIEGOWY WARIAT RUNNING TEAM | WARSZAWA | POL | M 40 | 40 | M 142 | BIEGOWY WARIAT RUNNING TEAM | 00:08:47 | 00:19:15.35 | 00:19:40.85 | 3:51 | 15.6 |
| 155 | SZYMAŃSKI BARTŁOMIEJ | 1419 | ADIDAS RUNNERS WARSAW | WARSZAWA | POL | M 40 | 41 | M 143 | ADIDAS RUNNERS WARSAW | 00:09:10 | 00:19:15.90 | 00:19:30.95 | 3:51 | 15.6 |
| 156 | PIKUS PRZEMEK | 1074 | LIPIEC RUNNING TEAM | BABICE NOWE | POL | M 40 | 42 | M 144 | LIPIEC RUNNING TEAM | 00:08:50 | 00:19:15.95 | 00:19:24.30 | 3:51 | 15.6 |
| 157 | DOBROŁĘCKI JACEK | 243 | KONRAD NOSARZEWSKI BADANIA DIETA TRENING | STUPSK | POL | M 20 | 28 | M 145 | | 00:08:14 | 00:19:16.10 | 00:19:20.00 | 3:51 | 15.6 |
| 158 | WOJTKOWIAK MARTA | 1573 | PAWKO RUNNER TEAM | WARSZAWA | POL | K 30 | 8 | K 13 | PAWKO RUNNER TEAM | 00:08:58 | 00:19:16.90 | 00:19:45.45 | 3:51 | 15.6 |
| 159 | WIELOGÓRSKI IGNACY | 2103 | | WARSZAWA | POL | M 16 | 4 | M 146 | | 00:08:33 | 00:19:18.20 | 00:19:39.40 | 3:51 | 15.5 |
| 160 | ZDEB PRZEMEK | 1642 | ADIDAS RUNNERS WARSAW | WARSZAWA | POL | M 40 | 43 | M 147 | ADIDAS RUNNERS WARSAW | 00:09:03 | 00:19:18.90 | 00:19:33.55 | 3:51 | 15.5 |
| 161 | SYGUŁA MATEUSZ | 1372 | KOLARSKI.EU TEAM | MICHAŁOWICE | POL | M 40 | 44 | M 148 | | 00:08:38 | 00:19:20.70 | 00:19:23.00 | 3:52 | 15.5 |
| 162 | SZYMAŃSKI HUBERT | 1415 | BIEGOWY WARIAT RUNNING TEAM | ŁOMIANKI | POL | M 40 | 45 | M 149 | BIEGOWY WARIAT RUNNING TEAM | 00:09:14 | 00:19:22.10 | 00:19:44.50 | 3:52 | 15.5 |
| 163 | CZUB DANIEL | 211 | | WARSZAWA | POL | M 30 | 59 | M 150 | | 00:08:59 | 00:19:22.55 | 00:20:05.75 | 3:52 | 15.5 |
| 164 | BANASIUK MACIEJ | 47 | | WARSZAWA | POL | M 50 | 13 | M 151 | | 00:08:55 | 00:19:23.15 | 00:19:35.95 | 3:52 | 15.5 |
| 165 | CHEŁMIŃSKI GRZEGORZ | 156 | LIPIEC RUNNING TEAM | WARSZAWA | POL | M 50 | 14 | M 152 | LIPIEC RUNNING TEAM | 00:09:00 | 00:19:23.65 | 00:19:50.65 | 3:52 | 15.5 |
| 166 | KARWACZ JAKUB | 551 | | STARE LIPINY | POL | M 30 | 60 | M 153 | | 00:09:25 | 00:19:24.40 | 00:19:41.15 | 3:52 | 15.5 |
| 167 | MIKULSKI JACEK | 907 | ADIDAS RUNNERS WARSAW | WARSZAWA | POL | M 50 | 15 | M 154 | ADIDAS RUNNERS WARSAW | 00:09:10 | 00:19:25.15 | 00:19:41.25 | 3:53 | 15.5 |
| 168 | FAJKOWSKI PIOTR | 293 | ADIDAS RUNNERS WARSAW | WARSZAWA | POL | M 30 | 61 | M 155 | ADIDAS RUNNERS WARSAW | 00:08:56 | 00:19:25.50 | 00:19:39.85 | 3:53 | 15.5 |
| 169 | SOFUL TOMASZ | 1308 | | WARSZAWA | POL | M 40 | 46 | M 156 | | 00:09:00 | 00:19:25.75 | 00:19:32.40 | 3:53 | 15.5 |
| 170 | RYDZ-MOŚCICKI ROBERT | 1221 | | WARSZAWA | POL | M 40 | 47 | M 157 | | 00:09:08 | 00:19:25.80 | 00:19:29.75 | 3:53 | 15.5 |
| 171 | KLIMEK JAKUB | 2044 | | WARSZAWA | POL | M 16 | 5 | M 158 | | 00:09:25 | 00:19:26.00 | 00:19:43.20 | 3:53 | 15.4 |
| 172 | WRONOWSKI MARCIN | 1590 | JEDNOOSOBOWY KLUB MYSZKA MISJO MILUSIA | WARSZAWA | POL | M 20 | 29 | M 159 | | 00:09:05 | 00:19:26.45 | 00:20:04.15 | 3:53 | 15.4 |
| 173 | WORBIEW MAGDALENA | 37 | LIPIEC RUNNING TEAM | WARSZAWA | POL | K 30 | 9 | K 14 | | 00:09:18 | 00:19:26.65 | 00:19:36.70 | 3:53 | 15.4 |
| 174 | STAEVEN KRZYSZTOF | 1326 | TEAM ZABIEGANEDNI | WARSZAWA | POL | M 40 | 48 | M 160 | TEAM ZABIEGANEDNI #2 | 00:09:10 | 00:19:27.00 | 00:20:05.45 | 3:53 | 15.4 |
| 175 | MISSALA MAGDA | 2143 | | - | POL | K 16 | 1 | K 15 | | 00:09:00 | 00:19:28.45 | 00:20:06.35 | 3:53 | 15.4 |
| 176 | KACPRZYK ALEX | 511 | RP RUNNERS | WARSZAWA | POL | M 50 | 16 | M 161 | | 00:09:24 | 00:19:28.55 | 00:19:45.75 | 3:53 | 15.4 |
| 177 | SŁAWIŃSKI PIOTR | 1286 | | WARSZAWA | POL | M 40 | 49 | M 162 | | 00:08:57 | 00:19:29.20 | 00:20:12.50 | 3:53 | 15.4 |
| 178 | CIESIELSKI MARCIN | 1760 | WARSAW RUN CLUB | SKIERNIEWICE | POL | M 40 | 50 | M 163 | WARSAW RUN CLUB | 00:09:23 | 00:19:30.15 | 00:19:47.65 | 3:54 | 15.4 |
| 179 | MARCHEWKA JAN | 1854 | SZKOŁA FUNDACJA PRIMUS ZOLTANA BALO | WARSZAWA | POL | M 60 | 1 | M 164 | | 00:09:14 | 00:19:30.35 | 00:19:47.65 | 3:54 | 15.4 |

BIEG URSYNOWA, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Drużyna 1 | 2.5km | Netto | Brutto | min/km | km/h |
|------|-----------------------|------|---|----------------------|------|------|--------|-------|--|----------|-------------|-------------|--------|------|
| 180 | KŁYS MATEUSZ | 606 | | WARSZAWA | POL | M 30 | 62 | M 165 | | 00:09:26 | 00:19:32.60 | 00:19:56.30 | 3:54 | 15.4 |
| 181 | JASKÓLSKI BARTŁOMIEJ | 478 | | OSTROŻEŃ PIERWSZY | POL | M 20 | 30 | M 166 | | 00:09:23 | 00:19:33.00 | 00:19:52.50 | 3:54 | 15.3 |
| 182 | PLUTA PATRYK | 1092 | | PRZEDBÓRZ | POL | M 20 | 31 | M 167 | | 00:08:57 | 00:19:33.05 | 00:19:47.00 | 3:54 | 15.3 |
| 183 | MARON JACEK | 860 | ADIDAS RUNNERS WARSAW | WARSZAWA | POL | M 50 | 17 | M 168 | ADIDAS RUNNERS WARSAW | 00:08:52 | 00:19:33.40 | 00:19:48.80 | 3:54 | 15.3 |
| 184 | OKHOTNIKOV MYKHAILO | 984 | | WARSZAWA | UKR | M 20 | 32 | M 169 | | 00:09:00 | 00:19:34.10 | 00:19:48.35 | 3:54 | 15.3 |
| 185 | WOŁOSEWICZ KAMIL | 1578 | TEAM ZABIEGANEDNI | WARSZAWA | POL | M 40 | 51 | M 170 | TEAM ZABIEGANEDNI | 00:09:22 | 00:19:34.95 | 00:19:50.70 | 3:54 | 15.3 |
| 186 | BOCZARSKI PAWEŁ | 93 | | WARSZAWA | POL | M 30 | 63 | M 171 | | 00:09:15 | 00:19:35.30 | 00:19:52.80 | 3:55 | 15.3 |
| 187 | KOSIERADZKI TOMASZ | 656 | KS STASZEWSKY | WARSZAWA | POL | M 30 | 64 | M 172 | KS STASZEWSKY | 00:09:21 | 00:19:36.10 | 00:19:58.65 | 3:55 | 15.3 |
| 188 | SZTYLKO MICHAŁ | 1401 | | WARSZAWA | POL | M 40 | 52 | M 173 | | 00:09:15 | 00:19:37.10 | 00:20:19.30 | 3:55 | 15.3 |
| 189 | BARTOSZEK KONRAD | 56 | | WARSZAWA | POL | M 40 | 53 | M 174 | ADIDAS RUNNERS WARSAW | 00:09:25 | 00:19:37.15 | 00:19:55.70 | 3:55 | 15.3 |
| 190 | JASIŃSKI ŁUKASZ | 476 | | ZŁOTOKŁOS | POL | M 40 | 54 | M 175 | | 00:09:29 | 00:19:37.15 | 00:19:55.15 | 3:55 | 15.3 |
| 191 | SOBCZAK GRZEGORZ | 1300 | | ŁOMIANKI | POL | M 40 | 55 | M 176 | | 00:09:25 | 00:19:37.40 | 00:19:55.50 | 3:55 | 15.3 |
| 192 | CIERNIEWSKI MACIEJ | 183 | ARTUR KOZŁOWSKI TEAM (PLANBIEGANIE.PL) | STACHOWO | POL | M 30 | 65 | M 177 | ARTUR KOZŁOWSKI TEAM (PLANBIEGANIE.PL) | 00:09:22 | 00:19:38.80 | 00:19:55.15 | 3:55 | 15.3 |
| 193 | STĘPIEŃ ANDRZEJ | 1078 | EXOTEAM | WARSZAWA | POL | M 40 | 56 | M 178 | EXOTEAM | 00:08:56 | 00:19:39.05 | 00:20:11.05 | 3:55 | 15.3 |
| 194 | TOMCZAK JOANNA | 1452 | | WARSZAWA (URSYNÓW) | POL | K 30 | 10 | K 16 | | 00:09:08 | 00:19:39.20 | 00:19:53.25 | 3:55 | 15.3 |
| 195 | MAZUR MAREK | 888 | | BOBROWIEC | POL | M 50 | 18 | M 179 | | 00:09:14 | 00:19:39.20 | 00:19:52.45 | 3:55 | 15.3 |
| 196 | MARZEC ZBIGNIEW | 864 | PIASECZYŃSKI BIEGACZ | PIASECZNO | POL | M 30 | 66 | M 180 | | 00:09:06 | 00:19:40.35 | 00:19:43.20 | 3:56 | 15.3 |
| 197 | JURSKI SZYMON | 505 | KAZIKI | WARSZAWA | POL | M 30 | 67 | M 181 | KAZIKI | 00:09:28 | 00:19:40.55 | 00:19:54.40 | 3:56 | 15.3 |
| 198 | RELUGA GRZEGORZ | 1178 | CZARNECKI RUN TEAM | WARSZAWA | POL | M 50 | 19 | M 182 | CZARNECKI RUN TEAM | 00:08:53 | 00:19:41.60 | 00:20:11.85 | 3:56 | 15.2 |
| 199 | PRUCHNIAK ROBERT | 1125 | LIPIEC RUNNING TEAM | WARSZAWA | POL | M 50 | 20 | M 183 | LIPIEC RUNNING TEAM | 00:09:20 | 00:19:42.65 | 00:19:52.60 | 3:56 | 15.2 |
| 200 | CZEREWACZ ANDRZEJ | 1767 | | KRAKÓW | POL | M 20 | 33 | M 184 | | 00:09:24 | 00:19:44.30 | 00:20:02.30 | 3:56 | 15.2 |
| 201 | GÓRSKI PATRYK | 2028 | UKS OSIR GÓRA KALWARIA | DOBIESZ | POL | M 16 | 6 | M 185 | | 00:08:37 | 00:19:44.35 | 00:20:14.10 | 3:56 | 15.2 |
| 202 | MACIEJOWICZ MICHAŁ | 817 | VEGERUNNERS | WARSZAWA | POL | M 30 | 68 | M 186 | | 00:08:39 | 00:19:44.60 | 00:19:53.15 | 3:56 | 15.2 |
| 203 | KOŁODZIEJSKI MICHAŁ | 621 | LIPIEC RUNNING TEAM | WARSZAWA | POL | M 40 | 57 | M 187 | LIPIEC RUNNING TEAM | 00:09:21 | 00:19:44.95 | 00:19:54.60 | 3:56 | 15.2 |
| 204 | WAŚNIEWSKI PAWEŁ | 1981 | | WARSZAWA | POL | M 20 | 34 | M 188 | | 00:09:01 | 00:19:45.20 | 00:19:59.55 | 3:57 | 15.2 |
| 205 | ZUREK KAZIMIERZ | 1675 | M.I.L.A. | NOWA IWICZNA | POL | M 30 | 69 | M 189 | | 00:09:24 | 00:19:45.20 | 00:20:03.30 | 3:57 | 15.2 |
| 206 | WOLSKI KRZYSZTOF | 1576 | | WARSZAWA | POL | M 40 | 58 | M 190 | | 00:09:05 | 00:19:45.45 | 00:20:25.30 | 3:57 | 15.2 |
| 207 | SOBOLEWSKI MATEUSZ | 1303 | ŻÓRAWSKI TEAM | WARSZAWA | POL | M 20 | 35 | M 191 | ŻÓRAWSKI TEAM | 00:09:05 | 00:19:45.50 | 00:19:57.65 | 3:57 | 15.2 |
| 208 | WIERZCHOŁOWSKI MARCIN | 1529 | | WARSZAWA | POL | M 40 | 59 | M 192 | | 00:09:24 | 00:19:46.05 | 00:20:09.80 | 3:57 | 15.2 |
| 209 | PISKALA DANIEL | 1731 | POWER TRAINING | WARSZAWA | POL | M 40 | 60 | M 193 | | 00:09:17 | 00:19:46.40 | 00:20:06.35 | 3:57 | 15.2 |
| 210 | ANDERS DANIEL | 23 | | MYSIADŁO | POL | M 40 | 61 | M 194 | | 00:09:06 | 00:19:47.50 | 00:19:56.15 | 3:57 | 15.2 |
| 211 | STROJKOWSKI BARTOSZ | 1352 | ŁÓDŹ KOCHA SPORT | ŁÓDŹ | POL | M 40 | 62 | M 195 | ŁÓDŹ KOCHA SPORT | 00:08:51 | 00:19:47.60 | 00:20:21.80 | 3:57 | 15.2 |
| 212 | MATEJEK RAFAŁ | 874 | STOMILEX | WARSZAWA | POL | M 30 | 70 | M 196 | | 00:09:14 | 00:19:47.60 | 00:19:59.30 | 3:57 | 15.2 |
| 213 | UMIASTOWSKI BARTOSZ | 1492 | | NOWY DWÓR MAZOWIECKI | POL | M 20 | 36 | M 197 | | 00:09:24 | 00:19:48.85 | 00:20:12.55 | 3:57 | 15.2 |
| 214 | ŁUKOMSKI JANUSZ | 809 | PKO BANK POLSKI | WARSZAWA | POL | M 40 | 63 | M 198 | | 00:09:24 | 00:19:48.95 | 00:20:05.75 | 3:57 | 15.2 |
| 215 | ŁOCZEWSKI PAWEŁ | 801 | | WARSZAWA | POL | M 60 | 2 | M 199 | | 00:09:07 | 00:19:51.10 | 00:20:24.70 | 3:58 | 15.1 |
| 216 | SZYMAŃSKI ANDRZEJ | 1417 | | WARSZAWA | POL | M 40 | 64 | M 200 | | 00:09:24 | 00:19:51.10 | 00:20:10.75 | 3:58 | 15.1 |
| 217 | NIEMIRA MICHAŁ | 959 | MPK WYBIEGANIE | WARSZAWA | POL | M 30 | 71 | M 201 | | 00:09:26 | 00:19:51.10 | 00:20:07.10 | 3:58 | 15.1 |
| 218 | KAWAŁOWSKI MARCIN | 564 | | PRUSZKÓW | POL | M 40 | 65 | M 202 | | 00:09:26 | 00:19:51.25 | 00:20:15.50 | 3:58 | 15.1 |
| 219 | GAŁĄŻKA TOMASZ | 1787 | | BŁONIE | POL | M 40 | 66 | M 203 | | 00:09:12 | 00:19:51.45 | 00:20:15.20 | 3:58 | 15.1 |
| 220 | ROSZKOWSKI WOJCIECH | 1198 | | WARSZAWA | POL | M 60 | 3 | M 204 | | 00:09:19 | 00:19:51.75 | 00:20:16.90 | 3:58 | 15.1 |
| 221 | PIOTROWSKI TOMASZ | 1901 | | KONSTANCJIN JEZIORNA | POL | M 50 | 21 | M 205 | | 00:08:57 | 00:19:52.10 | 00:20:23.90 | 3:58 | 15.1 |
| 222 | FABISIAK MARCIN | 291 | TEAM ZABIEGANEDNI | WARSZAWA | POL | M 40 | 67 | M 206 | TEAM ZABIEGANEDNI #4 | 00:09:24 | 00:19:53.40 | 00:20:10.80 | 3:58 | 15.1 |
| 223 | DUDEK IGOR | 269 | | JELENIA GÓRA | POL | M 20 | 37 | M 207 | | 00:09:19 | 00:19:54.15 | 00:20:09.40 | 3:58 | 15.1 |
| 224 | GREDA PIOTR | 405 | | WARSZAWA | POL | M 30 | 72 | M 208 | | 00:09:23 | 00:19:55.00 | 00:20:15.35 | 3:59 | 15.1 |
| 225 | KOZIOŁ KRZYSZTOF | 683 | | WARSZAWA | POL | M 30 | 73 | M 209 | | 00:09:35 | 00:19:55.35 | 00:20:11.20 | 3:59 | 15.1 |
| 226 | BISOWSKI MARIUSZ | 87 | MARUDY Z KOBYŁKI | KOBYŁKA | POL | M 40 | 68 | M 210 | MARUDY Z KOBYŁKI | 00:09:29 | 00:19:55.95 | 00:20:13.90 | 3:59 | 15.1 |
| 227 | SMOLIŃSKI MICHAŁ | 1295 | | WARSZAWA | POL | M 40 | 69 | M 211 | | 00:09:20 | 00:19:57.55 | 00:20:16.35 | 3:59 | 15 |
| 228 | SMOLEŃ PAWEŁ | 1293 | | WARSZAWA | POL | M 30 | 74 | M 212 | | 00:09:23 | 00:19:58.70 | 00:20:18.75 | 3:59 | 15 |
| 229 | MAŁEK ŁUKASZ | 842 | KARDIOLOGSPORTOWY.PL | WARSZAWA | POL | M 40 | 70 | M 213 | | 00:09:21 | 00:19:58.75 | 00:20:23.70 | 3:59 | 15 |
| 230 | MIKA JAROSŁAW | 1861 | KONDYCJA PIASECZNO | PIASECZNO | POL | M 40 | 71 | M 214 | | 00:09:22 | 00:19:59.85 | 00:20:21.10 | 3:59 | 15 |
| 231 | PEKAŁSKI MAREK | 1054 | TRIZARZA | WARSZAWA | POL | M 40 | 72 | M 215 | | 00:09:14 | 00:19:59.95 | 00:20:28.90 | 3:59 | 15 |

BIEG URSYNOWA, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Drużyna 1 | 2.5km | Netto | Brutto | min/km | km/h |
|------|------------------------|------|--|---------------------|------|------|--------|-------|--------------------------|----------|-------------|-------------|--------|------|
| 232 | KONDRAT MIRON | 2048 | | ZĄBKI | POL | M 16 | 7 | M 216 | | 00:09:26 | 00:20:00.95 | 00:20:23.05 | 4:00 | 15 |
| 233 | MATVEYENKA DZIANIS | 879 | | WARSZAWA | POL | M 30 | 75 | M 217 | | 00:09:25 | 00:20:01.05 | 00:20:20.80 | 4:00 | 15 |
| 234 | PUSEK MIKOLAJ | 1148 | FPL TEAM | WARSZAWA | POL | M 20 | 38 | M 218 | | 00:09:21 | 00:20:01.55 | 00:20:22.15 | 4:00 | 15 |
| 235 | | 250 | | | | | | 1 | | 00:09:21 | 00:20:01.60 | 00:20:17.00 | 4:00 | 15 |
| 236 | MACIEJCZYK PIOTR | 816 | MCSP | WARSZAWA | POL | M 40 | 73 | M 219 | | 00:09:04 | 00:20:02.85 | 00:20:19.75 | 4:00 | 15 |
| 237 | MUSIAŁ ANNA | 939 | | WARSZAWA | POL | K 20 | 4 | K 17 | | 00:09:24 | 00:20:03.05 | 00:20:26.60 | 4:00 | 15 |
| 238 | PIKUL PIOTR | 1073 | | WARSZAWA | POL | M 40 | 74 | M 220 | | 00:09:26 | 00:20:04.95 | 00:20:22.00 | 4:00 | 15 |
| 239 | ŚLIWOWSKA JUSTYNA | 1962 | #PLANBIEGANIE | ŁÓDŹ | POL | K 30 | 11 | K 18 | #PLANBIEGANIE | 00:09:34 | 00:20:05.45 | 00:20:28.05 | 4:01 | 14.9 |
| 240 | CZARNECKI SŁAWOMIR | 1765 | | WARSZAWA | POL | M 30 | 76 | M 221 | | 00:08:54 | 00:20:05.55 | 00:20:28.85 | 4:01 | 14.9 |
| 241 | KORYCIŃSKI ANDRZEJ | 650 | | WARSZAWA | POL | M 30 | 77 | M 222 | | 00:09:28 | 00:20:05.70 | 00:20:26.10 | 4:01 | 14.9 |
| 242 | RYBAK ADAM | 1923 | KONDYCJA PIASECZNO | USTANÓW | POL | M 40 | 75 | M 223 | | 00:09:21 | 00:20:05.90 | 00:20:27.15 | 4:01 | 14.9 |
| 243 | BIELECKI BARTOSZ | 561 | | ŁÓDŹ KOCHA SPORT | POL | M 30 | 78 | M 224 | | 00:09:27 | 00:20:05.95 | 00:20:27.60 | 4:01 | 14.9 |
| 244 | PRZEWOZNIAK JAN | 1136 | | WARSZAWA | POL | M 40 | 76 | M 225 | | 00:09:20 | 00:20:06.65 | 00:20:28.50 | 4:01 | 14.9 |
| 245 | ULICZNY PAWEŁ | 1487 | REMBERTÓW TEAM | WARSZAWA | POL | M 40 | 77 | M 226 | REMBERTÓW TEAM | 00:09:26 | 00:20:08.50 | 00:20:26.85 | 4:01 | 14.9 |
| 246 | JAKUBIAK WOJCIECH | 456 | | WARSZAWA | POL | M 20 | 39 | M 227 | | 00:09:21 | 00:20:08.55 | 00:20:27.65 | 4:01 | 14.9 |
| 247 | ZYGOŃ KRZYSZTOF | 1660 | | WARSZAWA | POL | M 30 | 79 | M 228 | | 00:09:03 | 00:20:10.80 | 00:20:49.60 | 4:02 | 14.9 |
| 248 | PIOTROWSKI STANISŁAW | 1900 | AZS AWF WARSZAWA | KONSTANCIN-JEZIORNA | POL | M 14 | 3 | M 229 | | 00:09:16 | 00:20:11.30 | 00:20:24.65 | 4:02 | 14.9 |
| 249 | KRAWCZYŃSKI PRZEMYSŁAW | 808 | | WARSZAWA | POL | M 40 | 78 | M 230 | | 00:09:13 | 00:20:11.75 | 00:20:55.75 | 4:02 | 14.9 |
| 250 | RATYŃSKI PAWEŁ | 1165 | | MOGIELNICA | POL | M 30 | 80 | M 231 | | 00:09:21 | 00:20:13.60 | 00:20:19.50 | 4:02 | 14.8 |
| 251 | MANCZENKO EUGENIUSZ | 848 | MARKOWI BIEGACZE | WARSZAWA | POL | M 40 | 79 | M 232 | MARKOWI BIEGACZE | 00:09:25 | 00:20:13.60 | 00:20:30.80 | 4:02 | 14.8 |
| 252 | CHRUŚCIEL LUCYNA | 174 | ADIDAS RUNNERS WARSAW | WARSZAWA | POL | K 30 | 12 | K 19 | ADIDAS RUNNERS WARSAW | 00:09:37 | 00:20:14.55 | 00:20:42.05 | 4:02 | 14.8 |
| 253 | ŚLIMKO DANIEL | 1426 | | WARSZAWA | POL | M 30 | 81 | M 233 | | 00:09:21 | 00:20:15.50 | 00:20:51.55 | 4:03 | 14.8 |
| 254 | JAMBOR MACIEJ | 459 | | WARSZAWA | POL | M 30 | 82 | M 234 | | 00:09:30 | 00:20:15.80 | 00:20:35.15 | 4:03 | 14.8 |
| 255 | WŁAZAŁEK NATALIA | 1557 | ADIDASRUNNERSWARSAW | PILAWA | POL | K 20 | 5 | K 20 | ADIDAS RUNNERS WARSAW | 00:09:12 | 00:20:16.75 | 00:20:31.20 | 4:03 | 14.8 |
| 256 | LEWANDOWSKI MICHAŁ | 1836 | ADIDAS RUNNERS WARSAW | WARSZAWA | POL | M 20 | 40 | M 235 | ADIDAS RUNNERS WARSAW | 00:09:17 | 00:20:18.15 | 00:20:34.35 | 4:03 | 14.8 |
| 257 | MACIOŁEK DAREK | 818 | BNP PARIBAS RUNNING TEAM | SĘKOCIN STARY | POL | M 40 | 80 | M 236 | BNP PARIBAS RUNNING TEAM | 00:09:12 | 00:20:18.65 | 00:20:56.20 | 4:03 | 14.8 |
| 258 | ZUBRZYCKI JANUSZ | 1658 | OLDSKULL | LASKI | POL | M 40 | 81 | M 237 | | 00:09:23 | 00:20:18.75 | 00:20:38.10 | 4:03 | 14.8 |
| 259 | MULAK MICHAŁ | 936 | TEAM ZABIEGANEDNI | WARSZAWA | POL | M 40 | 82 | M 238 | TEAM ZABIEGANEDNI #3 | 00:09:34 | 00:20:20.50 | 00:21:08.30 | 4:04 | 14.8 |
| 260 | MARCZUK ROBERT | 857 | | ZIELONKA | POL | M 40 | 83 | M 239 | | 00:09:15 | 00:20:22.55 | 00:20:57.50 | 4:04 | 14.7 |
| 261 | LETKOWSKI DARIUSZ | 776 | GAPMONT RUNNING TEAM | WARSZAWA | POL | M 40 | 84 | M 240 | | 00:09:25 | 00:20:23.05 | 00:20:37.10 | 4:04 | 14.7 |
| 262 | NURZYŃSKI MARCIN | 978 | TEAM ZABIEGANEDNI | WARSZAWA | POL | M 40 | 85 | M 241 | TEAM ZABIEGANEDNI #2 | 00:09:27 | 00:20:23.40 | 00:20:38.50 | 4:04 | 14.7 |
| 263 | TRONIARZ OSKAR | 1467 | T&T BRO | MICHAŁOWICE | POL | M 16 | 8 | M 242 | | 00:09:23 | 00:20:23.50 | 00:20:37.10 | 4:04 | 14.7 |
| 264 | RĘKAWEK PAULINA | 1915 | TEAM ZABIEGANEDNI | LIPOWO | POL | K 30 | 13 | K 21 | TEAM ZABIEGANEDNI | 00:09:32 | 00:20:24.65 | 00:20:54.80 | 4:04 | 14.7 |
| 265 | KUCHARSKI MACIEJ | 721 | KS STASZEWCY | WARSZAWA | POL | M 30 | 83 | M 243 | KS STASZEWCY | 00:09:06 | 00:20:25.20 | 00:21:05.10 | 4:05 | 14.7 |
| 266 | SMOLIŃSKI MATEUSZ | 1296 | | WARSZAWA | POL | M 30 | 84 | M 244 | | 00:09:21 | 00:20:25.55 | 00:20:39.90 | 4:05 | 14.7 |
| 267 | ŁACHOWSKI TOMASZ | 757 | | WARSZAWA | POL | M 40 | 86 | M 245 | | 00:09:29 | 00:20:26.60 | 00:20:41.45 | 4:05 | 14.7 |
| 268 | ŻURAWSKI MARCIN | 1673 | ADIDAS RUNNERS WARSAW/ DRUŻYNABLONDYNA | WARSZAWA | POL | M 40 | 87 | M 246 | ADIDAS RUNNERS WARSAW | 00:09:21 | 00:20:27.10 | 00:21:08.00 | 4:05 | 14.7 |
| 269 | GÓRSKI MACIEJ | 392 | | WARSZAWA | POL | M 50 | 22 | M 247 | | 00:09:37 | 00:20:27.45 | 00:20:51.15 | 4:05 | 14.7 |
| 270 | CZAPSKI KACPER | 200 | EMILKRÓLTEAM | GOLICE | POL | M 20 | 41 | M 248 | | 00:09:27 | 00:20:27.80 | 00:20:43.90 | 4:05 | 14.7 |
| 271 | LENDZION MARCIN | 774 | GRUPA BIEGOWA UM W-WA | WARSZAWA | POL | M 16 | 9 | M 249 | GRUPA BIEGOWA UM W-WA | 00:09:39 | 00:20:27.85 | 00:20:58.95 | 4:05 | 14.7 |
| 272 | RUZIK RAFAŁ | 1920 | RURA TEAM | WARSZAWA | POL | M 40 | 88 | M 250 | | 00:09:48 | 00:20:31.05 | 00:21:01.80 | 4:06 | 14.6 |
| 273 | CIEĆWIERZ MICHAŁ | 181 | | WARSZAWA | POL | M 30 | 85 | M 251 | | 00:09:27 | 00:20:31.70 | 00:20:55.95 | 4:06 | 14.6 |
| 274 | JASKÓLSKA MAGDA | 477 | VEGE RUNNERS | WARSZAWA | POL | K 30 | 14 | K 22 | VEGE RUNNERS URSYNÓW | 00:09:37 | 00:20:31.95 | 00:20:48.25 | 4:06 | 14.6 |
| 275 | SKROBEK ŁUKASZ | 1931 | | ZĄBKI | POL | M 30 | 86 | M 252 | | 00:09:33 | 00:20:32.10 | 00:20:50.95 | 4:06 | 14.6 |
| 276 | ALFUT GRZEGORZ | 20 | VELO SIERPC | SIERPC | POL | M 60 | 4 | M 253 | | 00:09:36 | 00:20:32.20 | 00:21:17.90 | 4:06 | 14.6 |
| 277 | OWCZAREK BARTŁOMIEJ | 1018 | ŁÓDŹ KOCHA SPORT | ŁÓDŹ | POL | M 30 | 87 | M 254 | ŁÓDŹ KOCHA SPORT | 00:09:46 | 00:20:32.20 | 00:21:03.80 | 4:06 | 14.6 |
| 278 | PROSTKO DARIUSZ | 1123 | KB PACE WARSZAWA | POŚWIĘTNE | POL | M 30 | 88 | M 255 | KB PACE WARSZAWA | 00:09:27 | 00:20:32.45 | 00:20:57.00 | 4:06 | 14.6 |

BIEG URSYNOWA, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Drużyna 1 | 2.5km | Netto | Brutto | min/km | km/h |
|------|---------------------|------|-----------------------------|----------------------|------|------|--------|-------|-----------------------------|----------|-------------|-------------|--------|------|
| 279 | GMURZYŃSKI TOMASZ | 368 | | RADZYMIN | AFG | M 30 | 89 | M 256 | | 00:09:53 | 00:20:33.30 | 00:21:07.55 | 4:06 | 14.6 |
| 280 | ZAROŃ BARTŁOMIEJ | 2129 | AMT... | WARSZAWA | POL | M 40 | 89 | M 257 | | 00:09:23 | 00:20:34.10 | 00:21:23.65 | 4:06 | 14.6 |
| 281 | KURNICKI MICHAŁ | 746 | | WARSZAWA | POL | M 20 | 42 | M 258 | | 00:09:37 | 00:20:34.85 | 00:21:21.25 | 4:06 | 14.6 |
| 282 | KUZIEMSKI MARCIN | 748 | | WARSZAWA | POL | M 40 | 90 | M 259 | | 00:09:26 | 00:20:36.60 | 00:20:58.25 | 4:07 | 14.6 |
| 283 | KUCHARSKI PIOTR | 720 | 12TRI.PL | LUBARTÓW | POL | M 50 | 23 | M 260 | 12TRI.PL | 00:09:28 | 00:20:36.95 | 00:20:57.85 | 4:07 | 14.6 |
| 284 | KOSMAŁA ANTONI | 2119 | | WARSZAWA | POL | M 16 | 10 | M 261 | | 00:09:41 | 00:20:37.50 | 00:21:03.90 | 4:07 | 14.6 |
| 285 | CHLAŚCIAK ADAM | 159 | | WARSZAWA | POL | M 30 | 90 | M 262 | | 00:09:32 | 00:20:37.70 | 00:20:55.50 | 4:07 | 14.6 |
| 286 | KULESZA DAMIAN | 735 | ADIDAS RUNNERS WARSAW | WARSZAWA | POL | M 30 | 91 | M 263 | ADIDAS RUNNERS WARSAW | 00:09:35 | 00:20:38.10 | 00:21:23.15 | 4:07 | 14.5 |
| 287 | MALYSHKA ANDREI | 841 | | WARSZAWA | BLR | M 30 | 92 | M 264 | | 00:09:54 | 00:20:38.45 | 00:21:08.60 | 4:07 | 14.5 |
| 288 | BUDNICKI MICHAŁ | 126 | | WARSZAWA | POL | M 40 | 91 | M 265 | | 00:09:26 | 00:20:38.50 | 00:20:56.50 | 4:07 | 14.5 |
| 289 | SOKOŁOWSKI KONRAD | 1312 | WPRUNNING | NOWA WIEŚ | POL | M 40 | 92 | M 266 | | 00:09:48 | 00:20:38.95 | 00:21:15.60 | 4:07 | 14.5 |
| 290 | ZYZAŃSKI MIKOŁAJ | 1664 | | WARSZAWA | POL | M 20 | 43 | M 267 | | 00:09:36 | 00:20:41.35 | 00:21:36.90 | 4:08 | 14.5 |
| 291 | RUZIK ANTONI | 1921 | RURA TEAM | WARSZAWA | POL | M 14 | 4 | M 268 | | 00:09:42 | 00:20:41.85 | 00:21:16.90 | 4:08 | 14.5 |
| 292 | FONGANG PATRICK | 316 | | WARSZAWA | POL | M 16 | 11 | M 269 | | 00:09:29 | 00:20:41.95 | 00:21:00.70 | 4:08 | 14.5 |
| 293 | GRABOWSKI MICHAŁ | 398 | MORDERCZE OPONKI | SUCHEDNIÓW | POL | M 30 | 93 | M 270 | MORDERCZE OPONKI | 00:09:21 | 00:20:42.10 | 00:21:06.65 | 4:08 | 14.5 |
| 294 | SZYBALSKI MICHAŁ | 1407 | | MARKI | POL | M 30 | 94 | M 271 | | 00:09:39 | 00:20:42.15 | 00:21:26.45 | 4:08 | 14.5 |
| 295 | LEWIŃSKI BARTŁOMIEJ | 780 | TEAM ZABIEGANEDNI | WARSZAWA | POL | M 40 | 93 | M 272 | TEAM ZABIEGANEDNI | 00:09:26 | 00:20:43.00 | 00:20:59.80 | 4:08 | 14.5 |
| 296 | DOMAGAŁA JAROSŁAW | 1730 | AKTYWNA WARSZAWA | WARSZAWA (OCHOTA) | POL | M 50 | 24 | M 273 | AKTYWNA WARSZAWA | 00:09:47 | 00:20:43.70 | 00:21:15.15 | 4:08 | 14.5 |
| 297 | STOBNICKI MATEUSZ | 1944 | GABIN BIEGA | BŁONIE | POL | M 30 | 95 | M 274 | | 00:09:49 | 00:20:43.80 | 00:21:12.85 | 4:08 | 14.5 |
| 298 | KRZTOŃ KRZYSZTOF | 710 | | WARSZAWA | POL | M 30 | 96 | M 275 | | 00:09:53 | 00:20:44.15 | 00:21:14.10 | 4:08 | 14.5 |
| 299 | WITKOWSKI MIROSLAW | 1989 | PKS MOCZYMORDY | WARSZAWA (MOKOTÓW) | POL | M 30 | 97 | M 276 | | | 00:20:44.40 | 00:20:44.40 | 4:08 | 14.5 |
| 300 | URBAŃSKI MIROSLAW | 1497 | | SIERADZ | POL | M 50 | 25 | M 277 | | 00:09:37 | 00:20:45.20 | 00:21:32.70 | 4:09 | 14.5 |
| 301 | MAJEWSKA EWA | 829 | | WARSZAWA | POL | K 40 | 3 | K 23 | | 00:09:36 | 00:20:46.05 | 00:21:06.00 | 4:09 | 14.4 |
| 302 | BODZIOCH ARTUR | 96 | ŚLĘZAK TEAM | WARSZAWA | POL | M 30 | 98 | M 278 | | 00:09:57 | 00:20:46.15 | 00:21:19.90 | 4:09 | 14.4 |
| 303 | KURIATA KAMIL | 745 | | WARSZAWA | POL | M 40 | 94 | M 279 | | 00:09:36 | 00:20:46.20 | 00:21:33.50 | 4:09 | 14.4 |
| 304 | TROŃSKI JACEK | 1463 | BIKE SALON TEAM | WARSZAWA | POL | M 40 | 95 | M 280 | | 00:09:55 | 00:20:47.95 | 00:21:17.90 | 4:09 | 14.4 |
| 305 | FREJ DAMIAN | 1723 | | ZGORZAŁA | POL | M 30 | 99 | M 281 | | 00:09:57 | 00:20:48.35 | 00:21:16.40 | 4:09 | 14.4 |
| 306 | THIEL ALEKSANDER | 1965 | | REGUŁY | POL | M 14 | 5 | M 282 | | 00:09:23 | 00:20:48.70 | 00:21:15.70 | 4:09 | 14.4 |
| 307 | AUGUSTYŃSKI MARIUSZ | 39 | | MARKI | POL | M 50 | 26 | M 283 | | 00:09:43 | 00:20:48.70 | 00:21:36.40 | 4:09 | 14.4 |
| 308 | BARAŃSKI PIOTR | 50 | | JÓZEFOSŁAW | POL | M 40 | 96 | M 284 | | 00:09:40 | 00:20:50.20 | 00:21:10.55 | 4:10 | 14.4 |
| 309 | FELIGA MARIUSZ | 299 | | GRANICE | POL | M 40 | 97 | M 285 | | 00:09:31 | 00:20:50.70 | 00:21:33.20 | 4:10 | 14.4 |
| 310 | PAZDAN MATEUSZ | 1049 | | WARSZAWA | POL | M 40 | 98 | M 286 | | 00:09:43 | 00:20:50.80 | 00:21:06.00 | 4:10 | 14.4 |
| 311 | NOWOCIEŃ JACEK | 975 | UKS RUSIEC | PODKOWA LEŚNA | POL | M 60 | 5 | M 287 | | 00:09:35 | 00:20:50.90 | 00:21:11.30 | 4:10 | 14.4 |
| 312 | STRUZIK ANNA | 1354 | KRZYSIO TEAM | ZGORZAŁA | POL | K 40 | 4 | K 24 | | 00:09:40 | 00:20:51.10 | 00:21:13.10 | 4:10 | 14.4 |
| 313 | GASIOROWSKA ALICJA | 342 | | PIASECZNO | POL | K 40 | 5 | K 25 | ŻÓRAWSKI TEAM | 00:09:39 | 00:20:51.35 | 00:21:20.00 | 4:10 | 14.4 |
| 314 | KOSESKI MACIEJ | 654 | | WARSZAWA | POL | M 30 | 100 | M 288 | | 00:09:40 | 00:20:51.40 | 00:21:25.75 | 4:10 | 14.4 |
| 315 | KAMIŃSKI TOMASZ | 534 | | BYDGOSZCZ | POL | M 30 | 101 | M 289 | | 00:09:18 | 00:20:51.85 | 00:21:32.35 | 4:10 | 14.4 |
| 316 | MAJ GRZEGORZ | 826 | | WARSZAWA | POL | M 30 | 102 | M 290 | | 00:09:36 | 00:20:52.00 | 00:21:40.50 | 4:10 | 14.4 |
| 317 | GONCHAROV MICHAEL | 381 | KS LEMIESZ TEAM | WARSZAWA | POL | M 30 | 103 | M 291 | KS LEMIESZ TEAM | 00:09:54 | 00:20:53.40 | 00:21:17.25 | 4:10 | 14.4 |
| 318 | PIECYK KACPER | 1894 | | WARSZAWA | POL | M 16 | 12 | M 292 | | 00:09:34 | 00:20:53.65 | 00:21:25.30 | 4:10 | 14.4 |
| 319 | PYSZEL ZUZANNA | 1153 | | WARSZAWA | POL | K 20 | 6 | K 26 | | 00:09:56 | 00:20:54.00 | 00:21:22.20 | 4:10 | 14.4 |
| 320 | GRYZ JACEK | 417 | SUNFIT STUDIO | NOWY DWÓR MAZOWIECKI | POL | M 40 | 99 | M 293 | | 00:09:54 | 00:20:55.25 | 00:21:28.35 | 4:11 | 14.3 |
| 321 | GIEGIEL LUKASZ | 354 | | WARSZAWA | POL | M 30 | 104 | M 294 | | 00:09:34 | 00:20:56.25 | 00:21:19.15 | 4:11 | 14.3 |
| 322 | GOŁĘBIEWSKI ŁUKASZ | 380 | | WARSZAWA | POL | M 40 | 100 | M 295 | | 00:09:37 | 00:20:56.50 | 00:21:11.70 | 4:11 | 14.3 |
| 323 | GÓRCZYŃSKI MICHAŁ | 387 | KSSTASZEWSKY | WARSZAWA | POL | M 40 | 101 | M 296 | KS STASZEWSKY | 00:09:36 | 00:20:56.80 | 00:21:19.80 | 4:11 | 14.3 |
| 324 | SZYMAŃSKA AGNIESZKA | 1413 | BIEGOWY WARIAT RUNNING TEAM | ŁOMIANKI | POL | K 40 | 6 | K 27 | BIEGOWY WARIAT RUNNING TEAM | 00:09:38 | 00:20:57.10 | 00:21:19.50 | 4:11 | 14.3 |
| 325 | DWORAK ŁUKASZ | 273 | | WARSZAWA | POL | M 16 | 13 | M 297 | | 00:09:51 | 00:20:57.15 | 00:21:27.50 | 4:11 | 14.3 |
| 326 | TRONIAK MARCIN | 1465 | | RASZYN | POL | M 40 | 102 | M 298 | | 00:09:57 | 00:20:58.60 | 00:21:37.05 | 4:11 | 14.3 |
| 327 | GRUBKA MARCIN | 2142 | | - | POL | M 40 | 103 | M 299 | | 00:10:08 | 00:20:58.60 | 00:21:32.75 | 4:11 | 14.3 |
| 328 | URBANIAK ROBERT | 1494 | ORANGE POLSKA | WARSZAWA | POL | M 40 | 104 | M 300 | | 00:09:24 | 00:20:59.85 | 00:21:19.80 | 4:11 | 14.3 |
| 329 | RĄBALSKI MARCIN | 1167 | | WARSZAWA | POL | M 30 | 105 | M 301 | ADIDAS RUNNERS WARSAW | 00:09:35 | 00:21:00.20 | 00:21:45.60 | 4:12 | 14.3 |
| 330 | ŁATKOWSKI ŁUKASZ | 797 | GRUPA BIEGOWA CHTMO | CHOTOMÓW | POL | M 40 | 105 | M 302 | | 00:10:01 | 00:21:01.10 | 00:22:08.20 | 4:12 | 14.3 |
| 331 | ZAWODZIAN PIOTR | 1638 | | WARSZAWA | POL | M 30 | 106 | M 303 | | 00:09:38 | 00:21:01.70 | 00:21:47.15 | 4:12 | 14.3 |
| 332 | OLSZAK ZENON | 998 | KG OŻARÓW MAZOWIECKI BIEGA | WARSZAWA | POL | M 50 | 27 | M 304 | WARSAW RUN CLUB | 00:09:20 | 00:21:03.15 | 00:21:38.90 | 4:12 | 14.3 |

BIEG URSYNOWA, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Drużyna 1 | 2.5km | Netto | Brutto | min/km | km/h |
|------|-----------------------|------|--|---------------|------|------|--------|-------|-----------------------------|----------|-------------|-------------|--------|------|
| 333 | KULIGOWSKI ADRIAN | 1829 | | RADZYMIN | POL | M 20 | 44 | M 305 | | 00:09:48 | 00:21:03.45 | 00:21:54.40 | 4:12 | 14.3 |
| 334 | SZORTYKA MARCIN | 1396 | | WARSZAWA | POL | M 40 | 106 | M 306 | | 00:09:34 | 00:21:03.65 | 00:21:28.20 | 4:12 | 14.3 |
| 335 | KNYCHAS DAREK | 609 | PZU SPORT TEAM | WARSZAWA | POL | M 50 | 28 | M 307 | PZU SPORT TEAM | 00:09:59 | 00:21:03.80 | 00:21:36.60 | 4:12 | 14.3 |
| 336 | ZAWADZKA KATARZYNA | 1633 | | WARSZAWA | POL | K 40 | 7 | K 28 | | 00:09:54 | 00:21:05.50 | 00:21:29.15 | 4:13 | 14.2 |
| 337 | KUNOWSKI MATEUSZ | 743 | | WARSZAWA | POL | M 20 | 45 | M 308 | | 00:09:46 | 00:21:05.95 | 00:21:36.60 | 4:13 | 14.2 |
| 338 | TYM JOANNA | 1483 | LIPIEC RUNNING TEAM | WARSZAWA | POL | K 40 | 8 | K 29 | LIPIEC RUNNING TEAM | 00:09:46 | 00:21:06.50 | 00:21:16.55 | 4:13 | 14.2 |
| 339 | ADAMCZYK PRZEMYSŁAW | 12 | ADIDAS RUNNERS WARSAW / RYKOWISKO TEAM | WARSZAWA | POL | M 40 | 107 | M 309 | ADIDAS RUNNERS WARSAW | 00:10:11 | 00:21:06.90 | 00:22:09.20 | 4:13 | 14.2 |
| 340 | CHOŁUJ ANNA | 1755 | WKZ KOZIENICE BBL | KOZIENICE | POL | K 30 | 15 | K 30 | WKZ KOZIENICE BBL | 00:09:47 | 00:21:07.95 | 00:22:00.05 | 4:13 | 14.2 |
| 341 | KLIBISZ SŁAWOMIR | 594 | | WARSZAWA | POL | M 50 | 29 | M 310 | | 00:09:54 | 00:21:08.75 | 00:21:38.10 | 4:13 | 14.2 |
| 342 | PRUCHNIEWSKI SŁAWOMIR | 1128 | WP | WARSZAWA | POL | M 40 | 108 | M 311 | | 00:09:55 | 00:21:08.80 | 00:21:33.75 | 4:13 | 14.2 |
| 343 | TOLAK PIOTR | 1449 | ADIDAS RUNNERS WARSAW | WARSZAWA | POL | M 30 | 107 | M 312 | ADIDAS RUNNERS WARSAW | 00:09:32 | 00:21:09.00 | 00:21:51.00 | 4:13 | 14.2 |
| 344 | KOWALSKI JAROSŁAW | 680 | | PAPROTNIA | POL | M 40 | 109 | M 313 | | 00:09:49 | 00:21:09.05 | 00:21:33.20 | 4:13 | 14.2 |
| 345 | ROMANOWSKI FILIP | 2083 | | JÓZEFÓW | POL | M 16 | 14 | M 314 | | 00:10:11 | 00:21:09.05 | 00:22:12.75 | 4:13 | 14.2 |
| 346 | KWIATKOWSKI MATEUSZ | 1833 | ROZBIEGANY PIASTÓW | PRUSZKÓW | POL | M 30 | 108 | M 315 | PAWKO RUNNER TEAM | 00:09:59 | 00:21:09.90 | 00:21:42.75 | 4:13 | 14.2 |
| 347 | DANIELAK ŁUKASZ | 1719 | | HIPOLITOW | POL | M 30 | 109 | M 316 | | 00:09:19 | 00:21:10.10 | 00:21:48.10 | 4:14 | 14.2 |
| 348 | SADOWSKA MONIKA | 1228 | | WARSZAWA | POL | K 40 | 9 | K 31 | | 00:09:54 | 00:21:10.55 | 00:21:33.55 | 4:14 | 14.2 |
| 349 | BIELIŃSKI ŁUKASZ | 75 | | WARSZAWA | POL | M 40 | 110 | M 317 | | 00:09:33 | 00:21:10.60 | 00:22:04.35 | 4:14 | 14.2 |
| 350 | BUDKOWSKI PATRYK | 124 | | WARSZAWA | POL | M 30 | 110 | M 318 | | 00:09:30 | 00:21:11.30 | 00:21:30.25 | 4:14 | 14.2 |
| 351 | KONDRAT OSKAR | 2049 | | ZĄBKI | POL | M 16 | 15 | M 319 | | 00:09:09 | 00:21:11.70 | 00:21:51.25 | 4:14 | 14.2 |
| 352 | MALESZKA PAWEŁ | 835 | | JABŁONNA | POL | M 60 | 6 | M 320 | | 00:09:53 | 00:21:11.85 | 00:21:43.00 | 4:14 | 14.2 |
| 353 | GOLI LESZEK | 374 | MOVADO RUNNERS | WARSZAWA | POL | M 40 | 111 | M 321 | | 00:10:02 | 00:21:11.95 | 00:22:17.95 | 4:14 | 14.2 |
| 354 | DUDZIK BARTŁOMIJ | 270 | | IZABELIN | POL | M 20 | 46 | M 322 | | 00:09:48 | 00:21:12.00 | 00:21:49.70 | 4:14 | 14.2 |
| 355 | SUŁKOWSKI TYMON | 1949 | | WARSZAWA | POL | M 14 | 6 | M 323 | | 00:09:39 | 00:21:12.35 | 00:21:45.30 | 4:14 | 14.2 |
| 356 | ROSINSKI KRZYSZTOF | 1194 | | WARSZAWA | POL | M 50 | 30 | M 324 | | 00:09:47 | 00:21:13.05 | 00:21:52.10 | 4:14 | 14.1 |
| 357 | KWAŚNIEWSKI KRZYSZTOF | 753 | | WARSZAWA | POL | M 50 | 31 | M 325 | | 00:10:08 | 00:21:13.35 | 00:22:12.20 | 4:14 | 14.1 |
| 358 | ROŻEJ DAMIAN | 1199 | SPACE CAR AUTOMOTIVE | ZGORZAŁA | POL | M 30 | 111 | M 326 | | 00:09:56 | 00:21:14.80 | 00:22:02.60 | 4:14 | 14.1 |
| 359 | KIBITLEWSKA EMILIA | 572 | | SUWAŁKI | POL | K 30 | 16 | K 32 | | 00:09:49 | 00:21:15.00 | 00:21:39.45 | 4:15 | 14.1 |
| 360 | NIEMCZYK DAMIAN | 1717 | DREAM RUN | WARSZAWA | POL | M 40 | 112 | M 327 | | 00:09:33 | 00:21:16.35 | 00:21:41.05 | 4:15 | 14.1 |
| 361 | ŚWISTAK RAFAŁ | 1435 | WARSZAWA ANIN | WARSZAWA | POL | M 50 | 32 | M 328 | | 00:09:53 | 00:21:16.55 | 00:21:47.95 | 4:15 | 14.1 |
| 362 | JAKUBCZAK WOJCIECH | 455 | | WARSZAWA | POL | M 30 | 112 | M 329 | | 00:10:03 | 00:21:16.85 | 00:22:16.90 | 4:15 | 14.1 |
| 363 | MYŚLIŃSKI MATEUSZ | 944 | | WARSZAWA | POL | M 20 | 47 | M 330 | | 00:09:45 | 00:21:16.90 | 00:21:41.95 | 4:15 | 14.1 |
| 364 | OBUKOWICZ MICHAŁ | 980 | EMILIA ANKIEWICZ TEAM | WARSZAWA | POL | M 30 | 113 | M 331 | | 00:09:55 | 00:21:17.20 | 00:21:35.75 | 4:15 | 14.1 |
| 365 | WOŹNICKI PAWEŁ | 1994 | | WARSZAWA | POL | M 20 | 48 | M 332 | | 00:09:55 | 00:21:18.15 | 00:21:49.15 | 4:15 | 14.1 |
| 366 | MIERZEJEWSKI RAFAŁ | 901 | BIEGAJ W MŁAWIE | GRUDUSK | POL | M 20 | 49 | M 333 | | 00:10:33 | 00:21:18.70 | 00:22:06.05 | 4:15 | 14.1 |
| 367 | STAŃSKI SŁAWOMIR | 2140 | | - | POL | M 60 | 7 | M 334 | | 00:10:11 | 00:21:20.35 | 00:21:54.80 | 4:16 | 14.1 |
| 368 | TRUSZKOWSKI KAMIL | 1469 | | BIALYSTOK | POL | M 30 | 114 | M 335 | | 00:09:56 | 00:21:20.45 | 00:21:42.25 | 4:16 | 14.1 |
| 369 | OSIAŁ MARIUSZ | 1010 | KB IM. PIOTRA SEKOWSKIEGO | PŁOŃSK | POL | M 40 | 113 | M 336 | | 00:09:51 | 00:21:20.50 | 00:21:52.10 | 4:16 | 14.1 |
| 370 | KAMIŃSKI ŁUKASZ | 539 | PZU SPORT TEAM | ZĄBKI | POL | M 30 | 115 | M 337 | | 00:09:38 | 00:21:21.30 | 00:22:05.25 | 4:16 | 14.1 |
| 371 | REMISZ ŁUKASZ | 1181 | | WARSZAWA | POL | M 30 | 116 | M 338 | | 00:09:48 | 00:21:21.35 | 00:21:52.00 | 4:16 | 14.1 |
| 372 | MOTYKA PIOTR | 930 | GÓRA BIEGA | GÓRA KALWARIA | POL | M 40 | 114 | M 339 | GÓRA BIEGA | 00:10:12 | 00:21:21.85 | 00:21:54.80 | 4:16 | 14.1 |
| 373 | DOŁĘGOWSKA JAKUB | 2016 | FUNDACJA MORSY WOŁOMIN KOBYŁKA | KOBYŁKA | POL | M 16 | 16 | M 340 | | 00:10:29 | 00:21:21.95 | 00:22:07.00 | 4:16 | 14.1 |
| 374 | FIRADZA MICHAŁ | 311 | | KROŚNIEWICE | POL | M 40 | 115 | M 341 | | 00:09:55 | 00:21:22.20 | 00:21:51.35 | 4:16 | 14 |
| 375 | MACHALSKI MATEUSZ | 813 | ASP HOOLIGANS | WARSZAWA | POL | M 30 | 117 | M 342 | | 00:10:10 | 00:21:22.20 | 00:21:39.55 | 4:16 | 14 |
| 376 | STRYJEWSKI SEBASTIAN | 1355 | | WARSZAWA | POL | M 30 | 118 | M 343 | | 00:10:01 | 00:21:22.55 | 00:22:19.25 | 4:16 | 14 |
| 377 | SZAŁAŃSKI PRZEMYSŁAW | 1383 | | WARSZAWA | POL | M 30 | 119 | M 344 | | 00:09:59 | 00:21:22.90 | 00:21:56.45 | 4:16 | 14 |
| 378 | SKUBISZEWSKI PIOTR | 1935 | | WARSZAWA | POL | M 40 | 116 | M 345 | | 00:10:01 | 00:21:22.90 | 00:22:22.65 | 4:16 | 14 |
| 379 | NIKIEL SZYMON | 1881 | | KRAKÓW | POL | M 30 | 120 | M 346 | | 00:09:48 | 00:21:23.35 | 00:21:49.15 | 4:16 | 14 |
| 380 | NALEPA SZYMON | 949 | | WARSZAWA | POL | M 30 | 121 | M 347 | | 00:10:06 | 00:21:24.60 | 00:22:26.40 | 4:16 | 14 |
| 381 | FILCZAK DANIEL | 310 | BIEGOWY WARIAT RUNNING TEAM | PRUSZKÓW | POL | M 40 | 117 | M 348 | BIEGOWY WARIAT RUNNING TEAM | 00:10:06 | 00:21:24.75 | 00:22:26.75 | 4:16 | 14 |
| 382 | MARSZAŁEK MARCIN | 861 | | WARSZAWA | POL | M 30 | 122 | M 349 | | 00:09:58 | 00:21:24.95 | 00:21:45.60 | 4:16 | 14 |
| 383 | REMBELSKA DOMINIKA | 1179 | | JÓZEFOSŁAW | POL | K 50 | 1 | K 33 | | 00:09:53 | 00:21:25.35 | 00:21:34.60 | 4:17 | 14 |
| 384 | MILCZARZYK DARIUSZ | 1862 | WKZ KOZIENICE BBL | KOZIENICE | POL | M 30 | 123 | M 350 | WKZ KOZIENICE BBL | 00:10:07 | 00:21:26.00 | 00:21:59.80 | 4:17 | 14 |
| 385 | WIŚNIEWSKI MACIEK | 1550 | | WARSZAWA | POL | M 40 | 118 | M 351 | | 00:09:59 | 00:21:26.50 | 00:22:16.80 | 4:17 | 14 |

BIEG URSYNOWA, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Drużyna 1 | 2.5km | Netto | Brutto | min/km | km/h |
|------|--------------------------|------|-----------------------|---------------------|------|------|--------|-------|-------------------------------|----------|-------------|-------------|--------|------|
| 386 | SYLWESTROWICZ WOJCIECH | 1952 | ŁÓDŹ KOCHA SPORT | ŁÓDŹ | POL | M 40 | 119 | M 352 | ŁÓDŹ KOCHA SPORT | 00:10:00 | 00:21:26.85 | 00:21:58.80 | 4:17 | 14 |
| 387 | SZAREK GUSTAW | 1955 | | WARSZAWA | POL | M 30 | 124 | M 353 | WALENTINO ULTRAS | 00:10:20 | 00:21:27.25 | 00:22:12.80 | 4:17 | 14 |
| 388 | BAS MICHAŁ | 57 | | WARSZAWA | POL | M 30 | 125 | M 354 | | 00:10:03 | 00:21:27.75 | 00:22:00.85 | 4:17 | 14 |
| 389 | IWANIUK TOMASZ | 443 | ŻYWCEM ZABIEGANI | WARSZAWA | POL | M 40 | 120 | M 355 | | 00:10:03 | 00:21:27.80 | 00:21:57.40 | 4:17 | 14 |
| 390 | OKRASA MICHAŁ | 985 | | WARSZAWA | POL | M 20 | 50 | M 356 | | 00:09:47 | 00:21:28.00 | 00:22:04.20 | 4:17 | 14 |
| 391 | KOPEĆ TOMASZ | 1821 | | WARSZAWA | POL | M 40 | 121 | M 357 | | 00:10:16 | 00:21:28.35 | 00:22:20.25 | 4:17 | 14 |
| 392 | STRZELECKI PIOTR | 1360 | | WARSZAWA | POL | M 40 | 122 | M 358 | | 00:09:59 | 00:21:28.45 | 00:21:57.90 | 4:17 | 14 |
| 393 | KALBARCZYK WOJTEK | 520 | ADIDAS RUNNERS WARSAW | WARSZAWA | POL | M 30 | 126 | M 359 | ADIDAS RUNNERS WARSAW | 00:09:56 | 00:21:28.85 | 00:21:56.75 | 4:17 | 14 |
| 394 | GRYCNER PAWEŁ | 414 | CTS | WARSZAWA | POL | M 30 | 127 | M 360 | | 00:09:54 | 00:21:29.00 | 00:21:53.45 | 4:17 | 14 |
| 395 | KOWALSKI ROBERT | 676 | NEW BALANCE RUN CLUB | WARSZAWA | POL | M 60 | 8 | M 361 | | 00:09:58 | 00:21:29.85 | 00:22:21.00 | 4:17 | 14 |
| 396 | PRZYWARA MICHAŁ | 1141 | | WARSZAWA | POL | M 40 | 123 | M 362 | | 00:10:12 | 00:21:30.10 | 00:21:39.85 | 4:18 | 14 |
| 397 | BAZYLUK ANDRZEJ | 1743 | | WARSZAWA | POL | M 50 | 33 | M 363 | | 00:09:38 | 00:21:30.60 | 00:22:21.50 | 4:18 | 14 |
| 398 | CHMIELEWSKI MACIEJ | 162 | | WARSZAWA | POL | M 40 | 124 | M 364 | | 00:10:30 | 00:21:31.40 | 00:22:15.75 | 4:18 | 13.9 |
| 399 | TELEŃNICKI GRZEGORZ | 1963 | BBL_GROTY | WARSZAWA | POL | M 50 | 34 | M 365 | | 00:10:14 | 00:21:32.00 | 00:22:17.95 | 4:18 | 13.9 |
| 400 | FALBA ZBIGNIEW | 296 | BIEGNIJ Z PROSERVICE | WARSZAWA | POL | M 50 | 35 | M 366 | BIEGNIJ Z PROSERVICE | 00:10:26 | 00:21:32.00 | 00:22:18.95 | 4:18 | 13.9 |
| 401 | NOWAKOWSKA KATARZYNA | 969 | ADIDAS RUNNERS WARSAW | WARSZAWA | POL | K 40 | 10 | K 34 | ADIDAS RUNNERS WARSAW | 00:09:52 | 00:21:33.65 | 00:22:20.05 | 4:18 | 13.9 |
| 402 | GWIAZDA MARCIN | 423 | | WARSZAWA | POL | M 30 | 128 | M 367 | | 00:10:28 | 00:21:33.85 | 00:22:22.10 | 4:18 | 13.9 |
| 403 | KUBICKI JAKUB | 716 | ESSA | WARSZAWA | POL | M 20 | 51 | M 368 | ESSA | 00:10:14 | 00:21:35.10 | 00:22:37.40 | 4:19 | 13.9 |
| 404 | POŁCZYŃSKI MACIEJ | 1906 | | WARSZAWA | POL | M 20 | 52 | M 369 | | 00:10:29 | 00:21:35.55 | 00:23:25.75 | 4:19 | 13.9 |
| 405 | MACHOŃ PAWEŁ | 814 | GRUPA BIEGOWA UM W-WA | WARSZAWA | POL | M 40 | 125 | M 370 | GRUPA BIEGOWA UM W-WA | 00:10:26 | 00:21:35.95 | 00:22:12.00 | 4:19 | 13.9 |
| 406 | RUDNIK MARCIN | 1205 | | WARSZAWA | POL | M 40 | 126 | M 371 | | 00:10:11 | 00:21:38.20 | 00:22:06.00 | 4:19 | 13.9 |
| 407 | PALUCH KAMIL | 1029 | | WARSZAWA | POL | M 30 | 129 | M 372 | | 00:10:07 | 00:21:38.90 | 00:22:41.60 | 4:19 | 13.9 |
| 408 | KORAL JAKUB | 637 | | WARSZAWA | POL | M 30 | 130 | M 373 | | 00:09:59 | 00:21:39.95 | 00:22:06.35 | 4:19 | 13.9 |
| 409 | ZENTARA ZBIGNIEW | 1644 | | WARSZAWA | POL | M 40 | 127 | M 374 | | 00:09:27 | 00:21:40.00 | 00:22:00.30 | 4:20 | 13.8 |
| 410 | RAKOMSIN YURY | 1912 | | WARSZAWA | POL | M 40 | 128 | M 375 | | 00:09:55 | 00:21:40.20 | 00:22:09.15 | 4:20 | 13.8 |
| 411 | ZENTARA MATEUSZ | 1645 | | WARSZAWA | POL | M 16 | 17 | M 376 | | 00:09:28 | 00:21:40.50 | 00:22:00.60 | 4:20 | 13.8 |
| 412 | JARZYŃSKI KAMIL | 474 | | WARSZAWA | POL | M 30 | 131 | M 377 | | 00:10:28 | 00:21:41.15 | 00:22:28.85 | 4:20 | 13.8 |
| 413 | WNUK TOMASZ | 1563 | | WARSZAWA | POL | M 40 | 129 | M 378 | | 00:10:11 | 00:21:41.60 | 00:22:43.55 | 4:20 | 13.8 |
| 414 | BUKAŁA OKTAWIA | 134 | VEGE RUNNERS | WARSZAWA | POL | K 30 | 17 | K 35 | VEGE RUNNERS RESZTA ŚWIATA | 00:10:14 | 00:21:44.10 | 00:22:50.35 | 4:20 | 13.8 |
| 415 | PROBOSZ STANISŁAW | 2080 | | WARSZAWA | POL | M 16 | 18 | M 379 | | 00:10:23 | 00:21:45.30 | 00:22:03.45 | 4:21 | 13.8 |
| 416 | SAJKOWSKI ANDRZEJ | 1232 | METRO WARSZAWSKIE | WARSZAWA | POL | M 70 | 1 | M 380 | | 00:09:55 | 00:21:45.50 | 00:22:08.50 | 4:21 | 13.8 |
| 417 | POMASKI PAWEŁ | 1104 | WARSAW RUN CLUB | WARSZAWA | POL | M 50 | 36 | M 381 | WARSAW RUN CLUB | 00:10:12 | 00:21:45.70 | 00:22:40.05 | 4:21 | 13.8 |
| 418 | JEDNACHOWSKI MARCIN | 485 | PUCK | WARSZAWA | POL | M 30 | 132 | M 382 | | 00:10:29 | 00:21:46.75 | 00:22:33.00 | 4:21 | 13.8 |
| 419 | MACKENTHUN TOMASZ | 2056 | | WARSZAWA | POL | M 16 | 19 | M 383 | | 00:09:47 | 00:21:48.30 | 00:22:06.40 | 4:21 | 13.8 |
| 420 | BOJARSKI MAREK | 69 | | WARSZAWA | POL | M 30 | 133 | M 384 | | 00:09:51 | 00:21:49.15 | 00:22:03.50 | 4:21 | 13.8 |
| 421 | TROJDAN SEBASTIAN | 1464 | TEAM ZABIEGANEDNI | WARSZAWA | POL | M 40 | 130 | M 385 | TEAM ZABIEGANEDNI | 00:10:19 | 00:21:49.20 | 00:22:24.75 | 4:21 | 13.8 |
| 422 | BUKOWIŃSKI DAMIAN | 135 | | WARSZAWA | POL | M 30 | 134 | M 386 | | 00:10:47 | 00:21:49.85 | 00:23:33.80 | 4:21 | 13.8 |
| 423 | WOJTASZKO JUSTYNA | 1572 | | WARTA | POL | K 20 | 7 | K 36 | | | 00:21:50.00 | 00:22:51.65 | 4:22 | 13.7 |
| 424 | PIASECKI TOMASZ | 1056 | | WARSZAWA | POL | M 40 | 131 | M 387 | | 00:10:08 | 00:21:51.60 | 00:22:41.40 | 4:22 | 13.7 |
| 425 | DRAGAN RADOŚLAW | 257 | | WARSZAWA | POL | M 40 | 132 | M 388 | | 00:10:15 | 00:21:51.90 | 00:22:17.20 | 4:22 | 13.7 |
| 426 | BURZYKOWSKI JAKUB | 141 | | ŁOWICZ | POL | M 20 | 53 | M 389 | | 00:10:32 | 00:21:53.20 | 00:23:09.15 | 4:22 | 13.7 |
| 427 | GAŁECKI MICHAŁ | 337 | ADIDAS RUNNERS WARSAW | WARSZAWA | POL | M 50 | 37 | M 390 | ADIDAS RUNNERS WARSAW | 00:09:51 | 00:21:53.40 | 00:22:25.30 | 4:22 | 13.7 |
| 428 | KOŁOSOWSKI PIOTR | 1818 | | WARSZAWA | POL | M 40 | 133 | M 391 | | 00:10:29 | 00:21:53.50 | 00:22:38.00 | 4:22 | 13.7 |
| 429 | KLAMBOROWSKI ARTUR | 590 | KB PACE WARSZAWA | WARSZAWA | POL | M 30 | 135 | M 392 | KB PACE WARSZAWA | 00:10:32 | 00:21:53.65 | 00:22:40.10 | 4:22 | 13.7 |
| 430 | CIOK PRZEMEK | 190 | KS STASZEWCY | WARSZAWA | POL | M 40 | 134 | M 393 | KS STASZEWCY | 00:10:00 | 00:21:54.45 | 00:22:06.30 | 4:22 | 13.7 |
| 431 | SIESTRZYKOWSKA KATARZYNA | 1254 | | WARSZAWA | POL | K 30 | 18 | K 37 | | 00:09:58 | 00:21:54.75 | 00:22:23.90 | 4:22 | 13.7 |
| 432 | RELUGA MAŁGORZATA | 1177 | CZARNECKI RUN TEAM | WARSZAWA | POL | K 50 | 2 | K 38 | CZARNECKI RUN TEAM | 00:10:22 | 00:21:55.55 | 00:22:13.05 | 4:23 | 13.7 |
| 433 | DĄBROWSKI LEONARD | 2014 | | WARSZAWA | POL | M 12 | 1 | M 394 | | 00:10:30 | 00:21:55.55 | 00:22:55.80 | 4:23 | 13.7 |
| 434 | SAPIGÓRSKI RAFAŁ | 1233 | | WARSZAWA | POL | M 40 | 135 | M 395 | | 00:10:40 | 00:21:55.85 | 00:22:59.10 | 4:23 | 13.7 |
| 435 | PILNIAK MARIUSZ | 1077 | AKTYWNA WARSZAWA | WARSZAWA | POL | M 40 | 136 | M 396 | AKTYWNA WARSZAWA | 00:10:29 | 00:21:56.00 | 00:22:40.85 | 4:23 | 13.7 |
| 436 | GOLEC TOMASZ | 373 | | WARSZAWA | POL | M 50 | 38 | M 397 | | 00:10:08 | 00:21:56.80 | 00:22:33.00 | 4:23 | 13.7 |
| 437 | ŁANDWIJT MARCIN | 794 | | KONSTANTYNÓW ŁÓDZKI | POL | M 50 | 39 | M 398 | | 00:10:34 | 00:21:56.80 | 00:22:41.25 | 4:23 | 13.7 |

BIEG URSYNOWA, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Drużyna 1 | 2.5km | Netto | Brutto | min/km | km/h |
|------|-----------------------|------|-----------------------------|---------------------|------|------|--------|-------|-----------------------------|----------|-------------|-------------|--------|------|
| 438 | STRZYŻEWSKI ARKADIUSZ | 1361 | GÓRA BIEGA | GÓRA KALWARIA | POL | M 40 | 137 | M 399 | | 00:10:12 | 00:21:56.85 | 00:23:04.85 | 4:23 | 13.7 |
| 439 | GRZYWACZ MARCIN | 421 | | WARSZAWA | POL | M 40 | 138 | M 400 | | 00:10:30 | 00:21:57.90 | 00:22:35.50 | 4:23 | 13.7 |
| 440 | KUCIŃSKI HUBERT | 728 | ONSLOW - SEKJA DZIADKÓW | WARSZAWA | POL | M 40 | 139 | M 401 | | 00:10:11 | 00:21:58.00 | 00:23:09.10 | 4:23 | 13.7 |
| 441 | ZALASA WOJCIECH | 1617 | | ŁÓDŹ | POL | M 50 | 40 | M 402 | ŁÓDŹ KOCHA SPORT | 00:10:12 | 00:21:59.35 | 00:22:31.25 | 4:23 | 13.6 |
| 442 | RUTKOWSKI MICHAŁ | 1211 | | WARSZAWA | POL | M 40 | 140 | M 403 | | 00:10:15 | 00:21:59.40 | 00:23:03.45 | 4:23 | 13.6 |
| 443 | CICHOCKI MARIUSZ | 178 | WARSAW RUN CLUB | WARSZAWA | POL | M 30 | 136 | M 404 | WARSAW RUN CLUB | 00:10:18 | 00:21:59.90 | 00:22:32.10 | 4:23 | 13.6 |
| 444 | BAK OSKAR | 61 | MADMAN TEAM | OTWOCK | POL | M 20 | 54 | M 405 | | 00:10:27 | 00:22:00.30 | 00:22:45.65 | 4:24 | 13.6 |
| 445 | ZGODA MATEUSZ | 1646 | | WARSZAWA | POL | M 30 | 137 | M 406 | NAPRZÓD MŁOCINY | 00:10:31 | 00:22:00.40 | 00:22:43.70 | 4:24 | 13.6 |
| 446 | NIEDŹWIADEK CZESŁAW | 958 | NIEDŹWIADKI RUNNING TEAM | WARSZAWA | POL | M 60 | 9 | M 407 | | 00:10:09 | 00:22:02.40 | 00:22:47.30 | 4:24 | 13.6 |
| 447 | WITKOWSKI MICHAŁ | 16 | | WARSZAWA | POL | M 40 | 141 | M 408 | | 00:10:06 | 00:22:02.50 | 00:22:33.55 | 4:24 | 13.6 |
| 448 | BUCZKOWSKI PIOTR | 121 | | WARSZAWA | POL | M 40 | 142 | M 409 | | 00:10:16 | 00:22:02.55 | 00:22:30.45 | 4:24 | 13.6 |
| 449 | SPRAWKA MAGDALENA | 1325 | | SIEDLCE | POL | K 20 | 8 | K 39 | | 00:10:18 | 00:22:02.95 | 00:22:28.30 | 4:24 | 13.6 |
| 450 | BIENKOWSKI DANIEL | 79 | | WARSZAWA | POL | M 30 | 138 | M 410 | | 00:10:21 | 00:22:03.70 | 00:23:34.35 | 4:24 | 13.6 |
| 451 | HUCAŁ GRZEGORZ | 439 | RCI WARSZAWA | WARSZAWA | POL | M 30 | 139 | M 411 | | 00:10:19 | 00:22:04.05 | 00:22:22.20 | 4:24 | 13.6 |
| 452 | TURSKI KRYSZTIAN | 1973 | | WARSZAWA | POL | M 30 | 140 | M 412 | | 00:10:36 | 00:22:04.70 | 00:22:42.75 | 4:24 | 13.6 |
| 453 | BOROVKOV SERGIJ | 101 | ADIDAS RANNERS WARSZAW | WARSZAWA | POL | M 40 | 143 | M 413 | ADIDAS RANNERS WARSZAW | 00:10:11 | 00:22:05.90 | 00:22:37.80 | 4:25 | 13.6 |
| 454 | SZTARBAŁA EWA | 1400 | LIPIEC RUNNING TEAM | WARSZAWA | POL | K 40 | 11 | K 40 | | 00:10:14 | 00:22:05.95 | 00:22:38.15 | 4:25 | 13.6 |
| 455 | BUDZIK DARIUSZ | 128 | | WARSZAWA | POL | M 50 | 41 | M 414 | | 00:10:21 | 00:22:06.15 | 00:23:10.20 | 4:25 | 13.6 |
| 456 | GADOMSKA ANNA | 326 | PZU SPORT TEAM | WARSZAWA | POL | K 40 | 12 | K 41 | PZU SPORT TEAM | 00:10:24 | 00:22:06.85 | 00:23:27.40 | 4:25 | 13.6 |
| 457 | MASALSKI MACIEJ | 866 | | WARSZAWA | POL | M 16 | 20 | M 415 | | 00:10:27 | 00:22:08.15 | 00:22:54.25 | 4:25 | 13.6 |
| 458 | WRÓBLEWSKI JACEK | 1592 | | JÓZEFÓW | POL | M 40 | 144 | M 416 | | 00:10:30 | 00:22:08.95 | 00:22:53.20 | 4:25 | 13.6 |
| 459 | WITKOWSKI MICHAŁ | 1554 | | JÓZEFÓW | POL | M 40 | 145 | M 417 | | 00:10:31 | 00:22:09.40 | 00:22:53.05 | 4:25 | 13.5 |
| 460 | KLUJ BOGUSŁAW | 602 | BIEGAM DLA SANDRY I ROBERTA | ZAKRĘT | POL | M 60 | 10 | M 418 | | 00:10:31 | 00:22:10.85 | 00:22:57.75 | 4:26 | 13.5 |
| 461 | WYRZYKOWSKI ANTONI | 2110 | | KONSTANCIN | POL | M 16 | 21 | M 419 | | 00:10:31 | 00:22:11.15 | 00:23:26.70 | 4:26 | 13.5 |
| 462 | PĄPROWICZ TYMON | 2076 | | WARSZAWA | POL | M 14 | 7 | M 420 | CHŁOPAKI Z KEN | 00:10:42 | 00:22:13.05 | 00:23:36.20 | 4:26 | 13.5 |
| 463 | SOŁOWIOW MARCIN | 1317 | BIEGOWY WARIAT RUNNING TEAM | WARSZAWA | POL | M 40 | 146 | M 421 | BIEGOWY WARIAT RUNNING TEAM | 00:10:05 | 00:22:13.55 | 00:22:36.15 | 4:26 | 13.5 |
| 464 | KASHIVSKYY OLEH | 554 | DUCLA ACADEMY | WARSZAWA | POL | M 50 | 42 | M 422 | | 00:10:20 | 00:22:14.00 | 00:22:43.65 | 4:26 | 13.5 |
| 465 | PAŚ SZYMON | 60 | | WARSZAWA | POL | M 30 | 141 | M 423 | | 00:10:32 | 00:22:14.00 | 00:23:02.90 | 4:26 | 13.5 |
| 466 | WOJTAS JANUSZ | 1571 | | WARSZAWA | POL | M 50 | 43 | M 424 | | 00:10:32 | 00:22:15.00 | 00:23:35.40 | 4:27 | 13.5 |
| 467 | RZYMOWSKA KRYSZYNA | 1223 | | WARSZAWA | POL | K 50 | 3 | K 42 | | 00:10:28 | 00:22:15.05 | 00:22:59.60 | 4:27 | 13.5 |
| 468 | CHEŁCHOWSKI MICHAŁ | 155 | PAWKO RUNNER TEAM | WARSZAWA | POL | M 20 | 55 | M 425 | PAWKO RUNNER TEAM | 00:10:28 | 00:22:15.15 | 00:22:47.95 | 4:27 | 13.5 |
| 469 | SZOT FRANCISZEK | 2098 | | WARSZAWA | POL | M 14 | 8 | M 426 | | 00:10:28 | 00:22:15.60 | 00:23:14.90 | 4:27 | 13.5 |
| 470 | ORZESZEK PIOTR | 1008 | TRIWAWA | WARSZAWA | POL | M 30 | 142 | M 427 | | 00:09:58 | 00:22:17.10 | 00:22:56.70 | 4:27 | 13.5 |
| 471 | KOWALSKI MARIUSZ | 678 | | WARSZAWA | POL | M 40 | 147 | M 428 | | 00:10:46 | 00:22:18.95 | 00:24:00.35 | 4:27 | 13.5 |
| 472 | SZAFRAN MARIUSZ | 1378 | | BRWINÓW | POL | M 40 | 148 | M 429 | | 00:10:45 | 00:22:19.45 | 00:23:38.80 | 4:27 | 13.4 |
| 473 | PASIŃSKI DANIEL | 1038 | GRUPA BIEGOWA UM W-WA | WARSZAWA | POL | M 40 | 149 | M 430 | GRUPA BIEGOWA UM W-WA | 00:10:50 | 00:22:19.60 | 00:23:25.90 | 4:27 | 13.4 |
| 474 | MNICH ZBIGNIEW | 1865 | | LIPOWO | POL | M 40 | 150 | M 431 | | 00:10:05 | 00:22:20.00 | 00:22:50.35 | 4:28 | 13.4 |
| 475 | BUDNICKA JOANNA | 125 | | WARSZAWA | POL | K 40 | 13 | K 43 | | 00:09:58 | 00:22:20.15 | 00:22:30.95 | 4:28 | 13.4 |
| 476 | MATOWICKI MICHAŁ | 877 | | WARSZAWA | POL | M 30 | 143 | M 432 | | 00:10:49 | 00:22:21.45 | 00:23:18.45 | 4:28 | 13.4 |
| 477 | KALINOWSKI PATRYK | 523 | PENDZONCY JELEN | WARSZAWA | POL | M 30 | 144 | M 433 | | 00:10:14 | 00:22:21.55 | 00:23:31.10 | 4:28 | 13.4 |
| 478 | PUCHALSKI JAN | 1142 | | ŁOWICZ | POL | M 20 | 56 | M 434 | | 00:10:50 | 00:22:23.45 | 00:23:19.90 | 4:28 | 13.4 |
| 479 | STANKIEWICZ PIOTR | 1333 | | MARKI | POL | M 30 | 145 | M 435 | | 00:10:17 | 00:22:24.00 | 00:23:26.10 | 4:28 | 13.4 |
| 480 | PACEK GERARD | 2073 | | WARSZAWA | POL | M 16 | 22 | M 436 | | 00:10:16 | 00:22:24.20 | 00:23:23.05 | 4:28 | 13.4 |
| 481 | KOPCZEWSKI MICHAŁ | 629 | ROYAL GOLF CLUB WILANÓW | WARSZAWA | POL | M 50 | 44 | M 437 | ROYAL GOLF CLUB WILANÓW | 00:10:33 | 00:22:24.25 | 00:23:15.10 | 4:28 | 13.4 |
| 482 | DZIERŻANOWSKI KAJETAN | 283 | MORSY SHARK TEAM | WARSZAWA | POL | M 30 | 146 | M 438 | | 00:10:32 | 00:22:25.60 | 00:23:14.50 | 4:29 | 13.4 |
| 483 | ŻEBROWSKI DARIUSZ | 1665 | | WARSZAWA | POL | M 40 | 151 | M 439 | | 00:10:26 | 00:22:25.70 | 00:23:12.70 | 4:29 | 13.4 |
| 484 | GRZĄDZIEL PAWEŁ | 418 | ADIDAS RANNERS WARSZAW | WARSZAWA | POL | M 50 | 45 | M 440 | ADIDAS RANNERS WARSZAW | 00:10:31 | 00:22:26.35 | 00:23:18.80 | 4:29 | 13.4 |
| 485 | MONASTYRSKI MIKOŁAJ | 923 | | WARSZAWA | POL | M 30 | 147 | M 441 | | 00:10:39 | 00:22:26.60 | 00:23:41.45 | 4:29 | 13.4 |
| 486 | RÓŻYCKI GRZEGORZ | 1201 | | ŁÓDŹ | POL | M 60 | 11 | M 442 | | 00:10:12 | 00:22:26.90 | 00:22:56.20 | 4:29 | 13.4 |
| 487 | KOWALSKI MATEUSZ | 675 | | KONSTANCIN-JEZIORNA | POL | M 40 | 152 | M 443 | | 00:10:36 | 00:22:27.15 | 00:23:14.35 | 4:29 | 13.4 |
| 488 | WASILEWSKI ROBERT | 1512 | COP - DKP | WARSZAWA | POL | M 50 | 46 | M 444 | | 00:10:35 | 00:22:28.00 | 00:23:36.30 | 4:29 | 13.4 |
| 489 | CISOŃ DOMINIK | 192 | | JÓZEFOSŁAW | POL | M 40 | 153 | M 445 | | 00:10:23 | 00:22:29.10 | 00:23:27.40 | 4:29 | 13.3 |

BIEG URSYNOWA, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Drużyna 1 | 2.5km | Netto | Brutto | min/km | km/h |
|------|--------------------------|------|---|------------------------|------|------|--------|-------|-----------------------|-------------|-------------|-------------|--------|------|
| 490 | OWOC TOMASZ | 1022 | ADIDAS RUNNERS WARSAW / PKO BANK POLSKI | WARSZAWA | POL | M 50 | 47 | M 446 | ADIDAS RUNNERS WARSAW | 00:10:30 | 00:22:29.70 | 00:23:15.50 | 4:29 | 13.3 |
| 491 | WIRKUS TYMOTEUSZ | 1546 | | GDAŃSK | POL | M 30 | 148 | M 447 | | 00:11:01 | 00:22:29.80 | 00:23:23.75 | 4:29 | 13.3 |
| 492 | WOJEWÓDZKI MARCIN | 1570 | WOJEWÓDZCY TEAM | WARSZAWA | POL | M 30 | 149 | M 448 | | 00:10:48 | 00:22:29.85 | 00:23:34.50 | 4:29 | 13.3 |
| 493 | KUCHTA PAWEŁ | 725 | | MACIEJOWICE | POL | M 40 | 154 | M 449 | | 00:22:30.10 | 00:23:16.05 | 4:30 | 13.3 | |
| 494 | LIPSZYC ALEKSANDER | 1708 | | WARSZAWA | POL | M 20 | 57 | M 450 | | 00:09:46 | 00:22:30.60 | 00:22:57.80 | 4:30 | 13.3 |
| 495 | PRZYDALSKI WOJTEK | 1140 | | WARSZAWA | POL | M 30 | 150 | M 451 | | 00:10:33 | 00:22:30.95 | 00:23:18.15 | 4:30 | 13.3 |
| 496 | RENKIEWICZ MAKSYMILIAN | 1182 | | WARSZAWA | POL | M 30 | 151 | M 452 | | 00:10:41 | 00:22:31.05 | 00:23:59.00 | 4:30 | 13.3 |
| 497 | TRACZEWSKI JAN | 1458 | | WARSZAWA | POL | M 20 | 58 | M 453 | | 00:09:55 | 00:22:31.30 | 00:23:16.35 | 4:30 | 13.3 |
| 498 | KASZA MARCIN | 560 | GALOPUJĄCY ŻÓŁW | BUSKO ZDRÓJ | POL | M 40 | 155 | M 454 | | 00:10:55 | 00:22:32.80 | 00:23:29.80 | 4:30 | 13.3 |
| 499 | ZAWADA KONRAD | 2130 | | WARSZAWA | POL | M 30 | 152 | M 455 | | 00:11:16 | 00:22:33.15 | 00:25:53.25 | 4:30 | 13.3 |
| 500 | GRYGOWSKI KRYSPIŃ | 2029 | | JABŁONNA | POL | M 14 | 9 | M 456 | | 00:10:51 | 00:22:33.55 | 00:23:40.70 | 4:30 | 13.3 |
| 501 | WIĘCZKOWSKI WOJCIECH | 1537 | | WARSZAWA | POL | M 40 | 156 | M 457 | | 00:10:43 | 00:22:33.90 | 00:23:52.75 | 4:30 | 13.3 |
| 502 | ŚLEPOWRŃSKI JAKUB | 1424 | PZU SPORT TEAM | WARSZAWA | POL | M 30 | 153 | M 458 | PZU SPORT TEAM | 00:10:57 | 00:22:34.05 | 00:23:32.00 | 4:30 | 13.3 |
| 503 | WOJCIECHOWSKI ANDRZEJ | 1568 | | KOLONIA LESZNOWOLA | POL | M 30 | 154 | M 459 | | 00:10:57 | 00:22:34.40 | 00:23:30.90 | 4:30 | 13.3 |
| 504 | CZERNIEWSKI MAREK | 1769 | | WARSZAWA | POL | M 40 | 157 | M 460 | | 00:10:39 | 00:22:36.00 | 00:23:50.30 | 4:31 | 13.3 |
| 505 | S KONSTANTYN | 1224 | | WARSZAWA | POL | M 30 | 155 | M 461 | | 00:10:15 | 00:22:36.35 | 00:22:42.75 | 4:31 | 13.3 |
| 506 | SKRZYPEK MICHAŁ | 1280 | SASKŁACZ TEAM | WARSZAWA | POL | M 30 | 156 | M 462 | | 00:10:39 | 00:22:36.35 | 00:24:26.75 | 4:31 | 13.3 |
| 507 | SŁOMKA DOMINIKA | 1288 | TEAM ZABIEGANEDNI | WARSZAWA | POL | K 30 | 19 | K 44 | TEAM ZABIEGANEDNI #1 | 00:10:29 | 00:22:37.00 | 00:23:22.10 | 4:31 | 13.3 |
| 508 | PIECHOTA PIOTR | 1893 | | WARSZAWA | POL | M 16 | 23 | M 463 | | 00:10:11 | 00:22:37.05 | 00:22:49.80 | 4:31 | 13.3 |
| 509 | SOKOŁOWSKI FRANEK | 2090 | | WARSZAWA | POL | M 16 | 24 | M 464 | | 00:10:36 | 00:22:38.10 | 00:23:52.70 | 4:31 | 13.3 |
| 510 | SZCZEPANIAK PAWEŁ | 1386 | SPORTOHOLIK | PIASECZNO | POL | M 40 | 158 | M 465 | | 00:10:12 | 00:22:39.20 | 00:23:46.50 | 4:31 | 13.2 |
| 511 | WITON TOMASZ | 1990 | BIEGANIE POD SOKOLIM OKIEM | WARSZAWA | POL | M 40 | 159 | M 466 | | 00:10:35 | 00:22:40.45 | 00:23:31.10 | 4:32 | 13.2 |
| 512 | MAGNUSKI PIOTR | 825 | | WARSZAWA | POL | M 40 | 160 | M 467 | | 00:10:20 | 00:22:40.85 | 00:23:10.30 | 4:32 | 13.2 |
| 513 | TRACZ JAKUB | 1457 | CSWP RUNNING TEAM | WARSZAWA | POL | M 30 | 157 | M 468 | CSWP RUNNING TEAM | 00:10:43 | 00:22:41.35 | 00:23:39.05 | 4:32 | 13.2 |
| 514 | ZAJĄC DAWID | 1614 | | WARSZAWA | POL | M 20 | 59 | M 469 | | 00:10:54 | 00:22:41.90 | 00:24:05.70 | 4:32 | 13.2 |
| 515 | LEŚNIAK BARBARA | 2055 | LEŚNIAKTEAM | WARSZAWA | POL | K 12 | 1 | K 45 | | 00:11:02 | 00:22:42.05 | 00:23:45.90 | 4:32 | 13.2 |
| 516 | MACANDER JAKUB | 812 | | SKIERNIEWICE | POL | M 20 | 60 | M 470 | | 00:10:36 | 00:22:42.45 | 00:23:17.20 | 4:32 | 13.2 |
| 517 | MATYSZCZAK KRZYSZTOF | 883 | KENKO | WARSZAWA | POL | M 40 | 161 | M 471 | KENKO | 00:10:55 | 00:22:42.75 | 00:23:51.05 | 4:32 | 13.2 |
| 518 | GWÓDŹ MACIEJ | 2030 | | WARSZAWA | POL | M 14 | 10 | M 472 | SP NR 9 STO | 00:10:58 | 00:22:42.90 | 00:23:37.95 | 4:32 | 13.2 |
| 519 | ZIEMKOWSKI TOBIASZ | 1651 | KSSTASZEWSKY | WARSZAWA | POL | M 30 | 158 | M 473 | KS STASZEWSKY | 00:22:42.90 | 00:23:37.80 | 4:32 | 13.2 | |
| 520 | WALCZAK MATEUSZ | 1505 | | WARSZAWA | POL | M 30 | 159 | M 474 | | 00:10:50 | 00:22:43.05 | 00:23:38.25 | 4:32 | 13.2 |
| 521 | PIENIAŻEK LESZEK | 1895 | AKTYWNA WARSZAWA | WARSZAWA | POL | M 60 | 12 | M 475 | AKTYWNA WARSZAWA | 00:11:00 | 00:22:43.50 | 00:24:01.90 | 4:32 | 13.2 |
| 522 | KOLAŚT WOJTEK | 1817 | RACEFIGTER JUNIOR | STARA NIEDZIAŁKA | POL | M 14 | 11 | M 476 | | 00:10:23 | 00:22:43.75 | 00:23:44.45 | 4:32 | 13.2 |
| 523 | SZWEDA-LEWANDOWSKA ZOFIA | 1406 | | WARSZAWA | POL | K 40 | 14 | K 46 | | 00:10:46 | 00:22:43.75 | 00:24:11.95 | 4:32 | 13.2 |
| 524 | SOBIESZEK PIOTR | 1301 | | WARSZAWA | POL | M 40 | 162 | M 477 | | 00:10:44 | 00:22:44.40 | 00:23:34.40 | 4:32 | 13.2 |
| 525 | WOSZTYL TOMASZ | 1580 | | WARSZAWA (ŚRÓDMIEŚCIE) | POL | M 30 | 160 | M 478 | | 00:09:51 | 00:22:44.60 | 00:23:32.90 | 4:32 | 13.2 |
| 526 | ZBOROCH ROBERT | 1640 | | WARSZAWA | POL | M 30 | 161 | M 479 | | 00:11:04 | 00:22:44.70 | 00:23:32.00 | 4:32 | 13.2 |
| 527 | TASZYCKI WIESŁAW | 1439 | | WOLA UHRUSKA | POL | M 50 | 48 | M 480 | | 00:10:36 | 00:22:44.80 | 00:24:17.85 | 4:32 | 13.2 |
| 528 | JERECZEK ADA | 488 | AKTYWNA WARSZAWA | WARSZAWA | POL | K 20 | 9 | K 47 | AKTYWNA WARSZAWA | 00:10:55 | 00:22:44.90 | 00:23:43.10 | 4:32 | 13.2 |
| 529 | MATEUSZ DUCH | 876 | GÓRA BIEGA | GÓRA KALWARIA | POL | M 30 | 162 | M 481 | | 00:10:22 | 00:22:45.75 | 00:23:36.75 | 4:33 | 13.2 |
| 530 | SUŁKOWSKI RAFAŁ | 1948 | | WARSZAWA | POL | M 50 | 49 | M 482 | | 00:10:26 | 00:22:45.95 | 00:23:39.65 | 4:33 | 13.2 |
| 531 | PODKAŃSKI PAWEŁ | 1097 | | WARSZAWA | POL | M 30 | 163 | M 483 | | 00:10:32 | 00:22:46.15 | 00:23:20.20 | 4:33 | 13.2 |
| 532 | JAROSIŃSKI ŁUKASZ | 472 | TAŃCZĄCE MUCHOMORKI | KRZEWINA | POL | M 40 | 163 | M 484 | | 00:10:21 | 00:22:46.70 | 00:23:44.20 | 4:33 | 13.2 |
| 533 | SKIERCZYŃSKI GRZEGORZ | 1273 | | WARSZAWA | POL | M 40 | 164 | M 485 | | 00:11:00 | 00:22:47.00 | 00:23:42.50 | 4:33 | 13.2 |
| 534 | SELWESIUK BARTOSZ | 1239 | | WARSZAWA | POL | M 20 | 61 | M 486 | | 00:11:00 | 00:22:47.15 | 00:23:51.30 | 4:33 | 13.2 |
| 535 | KOPER SEBASTIAN | 634 | CARREFOUR RUNNING TEAM | WARSZAWA | POL | M 40 | 165 | M 487 | | 00:10:25 | 00:22:47.50 | 00:23:09.30 | 4:33 | 13.2 |
| 536 | MAZUR ANNA | 887 | G8 BIELANY | WARSZAWA | POL | K 20 | 10 | K 48 | | 00:09:39 | 00:22:48.15 | 00:23:32.60 | 4:33 | 13.2 |
| 537 | KOŁDRA ROBERT | 618 | | PNIEWY | POL | M 40 | 166 | M 488 | | 00:10:33 | 00:22:50.70 | 00:24:02.80 | 4:34 | 13.1 |
| 538 | MASTALERZ ANDRZEJ | 870 | | WARSZAWA | POL | M 50 | 50 | M 489 | | 00:10:45 | 00:22:50.95 | 00:24:00.35 | 4:34 | 13.1 |
| 539 | JASZCZERSKA GRAZYNA | 479 | AKADEMIA BIEGANIA GRUDZIĄDZ | GRUDZIĄDZ | POL | K 50 | 4 | K 49 | | 00:10:44 | 00:22:52.50 | 00:23:37.30 | 4:34 | 13.1 |
| 540 | MAJEWSKA ZUZANNA | 828 | AZS SGGW | WARSZAWA | POL | K 16 | 2 | K 50 | | 00:10:47 | 00:22:52.50 | 00:23:50.70 | 4:34 | 13.1 |
| 541 | STOLARCZYK PIOTR | 1349 | ESSA | WARSZAWA | POL | M 20 | 62 | M 490 | ESSA | 00:10:15 | 00:22:52.60 | 00:23:55.00 | 4:34 | 13.1 |
| 542 | ZAWADKA JAKUB | 2112 | | SIENNICA | POL | M 12 | 2 | M 491 | | 00:10:53 | 00:22:53.60 | 00:23:28.25 | 4:34 | 13.1 |
| 543 | KOWALCZYK PIOTR | 668 | | REPKI | POL | M 50 | 51 | M 492 | | 00:10:48 | 00:22:53.70 | 00:23:51.30 | 4:34 | 13.1 |
| 544 | GRYSZPANOWICZ SEBASTIAN | 416 | | WARSZAWA | POL | M 40 | 167 | M 493 | | 00:10:20 | 00:22:53.90 | 00:23:17.20 | 4:34 | 13.1 |

BIEG URSYNOWA, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Drużyna 1 | 2.5km | Netto | Brutto | min/km | km/h |
|------|----------------------------|------|---|---------------------|------|------|--------|-------|-------------------------------|----------|-------------|-------------|--------|------|
| 545 | GAÁL DANIEL | 323 | | WARSZAWA | POL | M 40 | 168 | M 494 | | 00:11:09 | 00:22:54.00 | 00:23:53.40 | 4:34 | 13.1 |
| 546 | WIĘTCZAK MICHAŁ | 1538 | | ŁÓDŹ | POL | M 30 | 164 | M 495 | | 00:10:24 | 00:22:54.05 | 00:23:20.75 | 4:34 | 13.1 |
| 547 | CHRABAŁOWSKI JAROSŁAW | 171 | EXORIGO-UPOS S.A. | WARSZAWA | POL | M 30 | 165 | M 496 | | 00:10:37 | 00:22:54.20 | 00:23:46.90 | 4:34 | 13.1 |
| 548 | MARTSENIUK VOLODYMYR | 862 | | WARSZAWA | POL | M 20 | 63 | M 497 | ITMRUN | 00:10:52 | 00:22:55.00 | 00:23:51.75 | 4:35 | 13.1 |
| 549 | PIOTROWSKI MATEUSZ | 1083 | | WARSZAWA | POL | M 30 | 166 | M 498 | | 00:11:07 | 00:22:55.45 | 00:24:24.40 | 4:35 | 13.1 |
| 550 | DĘBSKI ANDRZEJ | 235 | | BIALYSTOK | POL | M 40 | 169 | M 499 | | 00:10:38 | 00:22:56.20 | 00:24:04.80 | 4:35 | 13.1 |
| 551 | KRASUCKI MICHAŁ | 688 | | WARSZAWA | POL | M 20 | 64 | M 500 | | 00:10:58 | 00:22:56.25 | 00:24:33.80 | 4:35 | 13.1 |
| 552 | ZAPOROWSKI MARCIN | 1623 | | WARSZAWA | POL | M 40 | 170 | M 501 | ADIDAS RUNNERS WARSAW | 00:10:49 | 00:22:56.85 | 00:23:26.60 | 4:35 | 13.1 |
| 553 | STANISZEWSKI RAFAŁ | 1332 | BIEGAJ POD OKIEM TRENERA | WARSZAWA | POL | M 40 | 171 | M 502 | BIEGAJ POD OKIEM TRENERA | 00:10:51 | 00:22:57.10 | 00:23:27.85 | 4:35 | 13.1 |
| 554 | SKWARCZ PAWEŁ | 1284 | | WARSZAWA | POL | M 30 | 167 | M 503 | | 00:10:58 | 00:22:57.20 | 00:23:52.05 | 4:35 | 13.1 |
| 555 | RUTKOWSKI PAWEŁ | 1213 | ADIDAS RUNNERS WARSAW | WARSZAWA | POL | M 30 | 168 | M 504 | ADIDAS RUNNERS WARSAW | 00:10:36 | 00:22:58.25 | 00:23:43.80 | 4:35 | 13.1 |
| 556 | ROMANOWSKI NORBERT | 1192 | BRAK | JÓZEFÓW | POL | M 40 | 172 | M 505 | | 00:10:32 | 00:22:59.25 | 00:23:45.05 | 4:35 | 13.1 |
| 557 | JAGIELSKA MAGDALENA | 450 | POŁAWIACZKI PEREŁ, KS STASZEWSKY | WARSZAWA | POL | K 50 | 5 | K 51 | KS STASZEWSKY | 00:10:35 | 00:22:59.75 | 00:23:52.45 | 4:35 | 13.1 |
| 558 | FORNALIK ADAM | 1783 | WITC | WARSZAWA | POL | M 40 | 173 | M 506 | | 00:10:22 | 00:22:59.85 | 00:24:07.30 | 4:35 | 13.1 |
| 559 | MIERZEJEWSKI GRZEGORZ | 902 | TEAM SPIRIT | GRUDUSK | POL | M 20 | 65 | M 507 | | 00:10:04 | 00:23:00.60 | 00:23:25.30 | 4:36 | 13 |
| 560 | BAL ŁUKASZ | 1738 | CWKS AUDYTY | WARSZAWA | POL | M 30 | 169 | M 508 | | 00:10:39 | 00:23:00.65 | 00:23:46.50 | 4:36 | 13 |
| 561 | RÓŻYCKI KRZYSZTOF | 1202 | VEGE RUNNERS | WARSZAWA | POL | M 40 | 174 | M 509 | VEGE RUNNERS URSYNÓW | 00:10:14 | 00:23:00.80 | 00:23:29.95 | 4:36 | 13 |
| 562 | WITZKE ARTUR | 1556 | | LEGIONOWO | POL | M 40 | 175 | M 510 | | 00:11:01 | 00:23:01.20 | 00:24:25.60 | 4:36 | 13 |
| 563 | KALUZNY JAN | 2039 | | MICHALOWICE | POL | M 12 | 3 | M 511 | | 00:10:47 | 00:23:01.60 | 00:24:35.95 | 4:36 | 13 |
| 564 | PAŃCZYK WOJTEK | 1033 | THE PAŃCZYX | WARSZAWA | POL | M 40 | 176 | M 512 | | 00:10:53 | 00:23:02.75 | 00:24:03.00 | 4:36 | 13 |
| 565 | KOWALSKI PAWEŁ | 677 | | WARSZAWA | GBR | M 40 | 177 | M 513 | | 00:10:46 | 00:23:03.20 | 00:23:31.55 | 4:36 | 13 |
| 566 | RACZYŃSKI SEBASTIAN | 1156 | ORACLE RED BULL RACING | OPOCZNO | POL | M 30 | 170 | M 514 | | 00:10:20 | 00:23:03.50 | 00:24:02.30 | 4:36 | 13 |
| 567 | CHODNIEWICZ MICHAŁ | 164 | | WARSZAWA | POL | M 40 | 178 | M 515 | | 00:10:38 | 00:23:04.30 | 00:24:18.75 | 4:36 | 13 |
| 568 | ZALEWSKI RAFAŁ | 1620 | SEMP URSYNOW | WARSZAWA | POL | M 40 | 179 | M 516 | SEMP URSYNOW | 00:10:41 | 00:23:05.95 | 00:24:37.40 | 4:37 | 13 |
| 569 | TURZYŃSKI PIOTR | 1706 | DECATHLON PIASECZNO | PIASECZNO | POL | M 20 | 66 | M 517 | DECATHLON | 00:10:54 | 00:23:06.80 | 00:24:30.60 | 4:37 | 13 |
| 570 | JACKIEWICZ ADAM | 449 | | WARSZAWA | POL | M 40 | 180 | M 518 | | 00:10:46 | 00:23:07.30 | 00:24:30.75 | 4:37 | 13 |
| 571 | WRZESZCZ ŁUKASZ | 1593 | BIEGOWY WARIAT RUNNING TEAM | WARSZAWA | POL | M 30 | 171 | M 519 | | 00:11:09 | 00:23:08.80 | 00:24:20.75 | 4:37 | 13 |
| 572 | WIEWIURA AGNIESZKA | 1533 | GÓRA BIEGA | KONSTANCIN JEZIORNA | POL | K 30 | 20 | K 52 | GÓRA BIEGA - DZIKI | 00:10:57 | 00:23:09.40 | 00:24:06.80 | 4:37 | 13 |
| 573 | ŻYWIEN MAREK | 1676 | ONLY SPEEDWAY | WARSZAWA | POL | M 50 | 52 | M 520 | | 00:10:42 | 00:23:10.50 | 00:24:01.50 | 4:38 | 12.9 |
| 574 | FRUNZE-PROCHOREC KATARZYNA | 321 | ARKADIUSZ GARDZIELEWSKI RUNNING TEAM | ŁADY | POL | K 50 | 6 | K 53 | | 00:10:57 | 00:23:10.50 | 00:24:10.35 | 4:38 | 12.9 |
| 575 | MAŚLANKA PIOTR | 1727 | | WARSZAWA | POL | M 50 | 53 | M 521 | | | 00:23:11.45 | 00:24:44.85 | 4:38 | 12.9 |
| 576 | KALINOWSKI BARTŁOMIJ | 522 | DSV | WARSZAWA | POL | M 30 | 172 | M 522 | DSV ISS | 00:10:27 | 00:23:11.65 | 00:24:45.80 | 4:38 | 12.9 |
| 577 | PAWLICKI TOMASZ | 1046 | VEGERUNNERS | WARSZAWA | POL | M 40 | 181 | M 523 | VEGE RUNNERS RESZTA ŚWIATA | 00:11:02 | 00:23:12.05 | 00:24:24.50 | 4:38 | 12.9 |
| 578 | ŚWIEŻAK PAWEŁ | 1433 | | WARSZAWA | POL | M 40 | 182 | M 524 | | 00:10:43 | 00:23:12.70 | 00:24:28.35 | 4:38 | 12.9 |
| 579 | CABAJ MAREK | 144 | | WARSZAWA | POL | M 40 | 183 | M 525 | | 00:11:12 | 00:23:13.35 | 00:24:18.60 | 4:38 | 12.9 |
| 580 | SZCZYPA GRZEGORZ | 1391 | | WARSZAWA | POL | M 40 | 184 | M 526 | ROYAL GOLF CLUB WILANÓW | 00:11:28 | 00:23:13.45 | 00:24:58.45 | 4:38 | 12.9 |
| 581 | MISIORNY MACIEJ | 910 | | WARSZAWA | POL | M 50 | 54 | M 527 | | 00:10:44 | 00:23:14.15 | 00:25:13.85 | 4:38 | 12.9 |
| 582 | GRUSZCZYŃSKI WOJCIECH | 412 | | WARSZAWA | POL | M 30 | 173 | M 528 | | 00:11:25 | 00:23:14.50 | 00:24:35.45 | 4:38 | 12.9 |
| 583 | PONIAŁOWSKI KRZYSZTOF | 1105 | TEAM ZABIEGANEDNI | WARSZAWA | POL | M 40 | 185 | M 529 | TEAM ZABIEGANEDNI #3 | 00:10:50 | 00:23:14.60 | 00:24:04.00 | 4:38 | 12.9 |
| 584 | TEJEDA HÉCTOR | 1440 | | WARSAW | POL | M 40 | 186 | M 530 | | 00:11:09 | 00:23:15.50 | 00:24:24.15 | 4:39 | 12.9 |
| 585 | GOGACZ MAGDALENA | 372 | URZĄD DZIELNICY URSYNÓW | WARSZAWA | POL | K 40 | 15 | K 54 | | 00:10:46 | 00:23:15.55 | 00:24:09.90 | 4:39 | 12.9 |
| 586 | KARCZEWSKI PRZEMYSŁAW | 544 | TRICLUB | WARSZAWA | POL | M 40 | 187 | M 531 | | 00:10:56 | 00:23:17.35 | 00:24:09.75 | 4:39 | 12.9 |
| 587 | CZUJKOWSKI PIOTR | 1772 | | BASZKOWKA | GBR | M 30 | 174 | M 532 | | 00:11:18 | 00:23:18.25 | 00:26:36.70 | 4:39 | 12.9 |
| 588 | MAŚLANKO PRZEMYSŁAW | 871 | M | BRZEZINY | POL | M 60 | 13 | M 533 | | 00:10:40 | 00:23:18.80 | 00:24:08.90 | 4:39 | 12.9 |
| 589 | KĘPKA KRZYSZTOF | 571 | TRIWAWA | WARSZAWA | POL | M 40 | 188 | M 534 | TRIWAWA | 00:11:20 | 00:23:19.30 | 00:24:39.30 | 4:39 | 12.9 |
| 590 | KAPUŚCIAREK ELA | 543 | | ŁOMIANKI | POL | K 40 | 16 | K 55 | | 00:10:33 | 00:23:19.35 | 00:24:25.10 | 4:39 | 12.9 |
| 591 | KRYCZEK PIOTR | 704 | | WARSZAWA | POL | M 60 | 14 | M 535 | | 00:11:11 | 00:23:19.45 | 00:24:38.45 | 4:39 | 12.9 |
| 592 | JANOWSKI RAFAŁ | 467 | | OTWOCK | POL | M 50 | 55 | M 536 | | 00:11:07 | 00:23:19.60 | 00:24:32.95 | 4:39 | 12.9 |

BIEG URSYNOWA, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Drużyna 1 | 2.5km | Netto | Brutto | min/km | km/h |
|------|-----------------------|------|-----------------------------|---------------------|------|------|--------|-------|-----------------------------|----------|-------------|-------------|--------|------|
| 593 | MÓRAWSKI MACIEJ | 931 | | OSTRÓW MAZOWIECKA | POL | M 30 | 175 | M 537 | | 00:11:19 | 00:23:19.65 | 00:24:23.35 | 4:39 | 12.9 |
| 594 | BURY OSKAR | 140 | | WARSZAWA | POL | M 30 | 176 | M 538 | | 00:10:45 | 00:23:20.80 | 00:24:31.95 | 4:40 | 12.9 |
| 595 | KRÓL ŁUKASZ | 700 | PZU SPORT TEAM | WARSZAWA | POL | M 30 | 177 | M 539 | PZU SPORT TEAM | 00:10:55 | 00:23:21.60 | 00:24:22.25 | 4:40 | 12.8 |
| 596 | RAFAŁKO GRZEGORZ | 1161 | | WARSZAWA | POL | M 40 | 189 | M 540 | | 00:11:01 | 00:23:21.90 | 00:24:23.75 | 4:40 | 12.8 |
| 597 | OLEJNICZAK LEON | 2070 | | WARSZAWA | POL | M 16 | 25 | M 541 | | 00:11:02 | 00:23:22.35 | 00:24:17.80 | 4:40 | 12.8 |
| 598 | KOSTACIŃSKA MARIA | 1823 | ADIDAS RUNNERS WARSAW | WARSZAWA | POL | K 30 | 21 | K 56 | ADIDAS RUNNERS WARSAW | 00:11:14 | 00:23:22.75 | 00:24:26.45 | 4:40 | 12.8 |
| 599 | KRAWCZYK ŁUKASZ | 693 | | WARSZAWA | POL | M 30 | 178 | M 542 | | 00:10:59 | 00:23:23.00 | 00:24:36.20 | 4:40 | 12.8 |
| 600 | NOWACZYŃSKA KATARZYNA | 965 | TEAM ZABIEGANEDNI | WARSZAWA | POL | K 40 | 17 | K 57 | TEAM ZABIEGANEDNI | 00:11:15 | 00:23:23.15 | 00:24:26.30 | 4:40 | 12.8 |
| 601 | PLUTA IRENEUSZ | 1091 | | WARSZAWA | POL | M 60 | 15 | M 543 | | 00:10:54 | 00:23:23.50 | 00:23:59.40 | 4:40 | 12.8 |
| 602 | KEMPA JAKUB | 25 | | WARSZAWA | POL | M 20 | 67 | M 544 | | 00:10:26 | 00:23:23.65 | 00:24:13.90 | 4:40 | 12.8 |
| 603 | TYLUS PAWEŁ | 1482 | | WARSZAWA | POL | M 50 | 56 | M 545 | | 00:10:52 | 00:23:23.95 | 00:24:17.30 | 4:40 | 12.8 |
| 604 | PAKUŁA BŁAŻEJ | 1027 | | WARSZAWA | POL | M 30 | 179 | M 546 | | 00:10:19 | 00:23:24.15 | 00:24:30.00 | 4:40 | 12.8 |
| 605 | CYWIŃSKI MARCIN | 198 | MARCYS\$_RUNNER | MARKI | POL | M 30 | 180 | M 547 | | 00:11:01 | 00:23:24.60 | 00:24:35.95 | 4:40 | 12.8 |
| 606 | ADAMIEC KAROL | 15 | | WARSZAWA | POL | M 20 | 68 | M 548 | | 00:11:18 | 00:23:24.95 | 00:24:15.50 | 4:40 | 12.8 |
| 607 | SROKA SZYMON | 2092 | KS GROM | WARSZAWA | POL | M 12 | 4 | M 549 | | 00:11:53 | 00:23:24.95 | 00:25:19.20 | 4:40 | 12.8 |
| 608 | BILEWICZ MATEUSZ | 83 | ACCENTURE | WARSZAWA | POL | M 30 | 181 | M 550 | | 00:10:48 | 00:23:26.95 | 00:24:48.50 | 4:41 | 12.8 |
| 609 | MALISZEWSKI CEZARY | 840 | | WARSZAWA | POL | M 60 | 16 | M 551 | | 00:10:52 | 00:23:27.55 | 00:23:52.50 | 4:41 | 12.8 |
| 610 | POGOCKI MACIEJ | 1101 | | WARSZAWA | POL | M 40 | 190 | M 552 | | 00:11:21 | 00:23:29.10 | 00:24:53.20 | 4:41 | 12.8 |
| 611 | JAREK ZUZANNA | 2033 | RACE FIGHTER JUNIOR | MIŃSK MAZOWIECKI | POL | K 14 | 1 | K 58 | | 00:10:37 | 00:23:30.45 | 00:24:30.85 | 4:42 | 12.8 |
| 612 | KIM MINJU | 585 | | WARSZAWA | | M 30 | 182 | M 553 | | 00:11:16 | 00:23:30.55 | 00:24:18.95 | 4:42 | 12.8 |
| 613 | BRĄGOSZEWSKI PAWEŁ | 109 | | OTWOCK | POL | M 40 | 191 | M 554 | | 00:11:20 | 00:23:30.60 | 00:24:48.40 | 4:42 | 12.8 |
| 614 | DUCHNOWSKA NATALIA | 265 | | ŁÓDŹ | POL | K 20 | 11 | K 59 | | 00:10:59 | 00:23:30.90 | 00:24:49.15 | 4:42 | 12.8 |
| 615 | WŁODARSKI JAKUB | 1562 | | WARSZAWA | POL | M 30 | 183 | M 555 | | 00:11:04 | 00:23:31.60 | 00:24:24.50 | 4:42 | 12.8 |
| 616 | KACZOR KONRAD | 1809 | | WARSZAWA | POL | M 30 | 184 | M 556 | | 00:11:17 | 00:23:32.05 | 00:24:36.35 | 4:42 | 12.7 |
| 617 | POLAK LECHOSŁAW | 424 | ADIDAS RUNNERS WARSAW | PEĆICE MAŁE | POL | M 60 | 17 | M 557 | ADIDAS RUNNERS WARSAW | 00:10:59 | 00:23:32.25 | 00:24:27.40 | 4:42 | 12.7 |
| 618 | BEDNORZ LESZEK | 64 | | WARSZAWA | POL | M 40 | 192 | M 558 | | 00:11:23 | 00:23:33.20 | 00:24:50.20 | 4:42 | 12.7 |
| 619 | BOGUSZ SEBASTIAN | 1748 | PZU SPORT TEAM | WARSZAWA | POL | M 30 | 185 | M 559 | | 00:11:08 | 00:23:33.30 | 00:25:56.85 | 4:42 | 12.7 |
| 620 | SKARŻYŃSKI ADAM | 1270 | GRUPA BIEGOWA UM W-WA | WARSZAWA | POL | M 40 | 193 | M 560 | | 00:10:58 | 00:23:34.15 | 00:24:32.50 | 4:42 | 12.7 |
| 621 | MAŁYSA PIOTR | 846 | | KONSTANCIN-JEZIORNA | POL | M 30 | 186 | M 561 | | 00:11:00 | 00:23:34.55 | 00:24:31.40 | 4:42 | 12.7 |
| 622 | BELKIEWICZ RAFAŁ | 2137 | TEAM ZABIEGANEDNI | WARSZAWA | POL | M 40 | 194 | M 562 | TEAM ZABIEGANEDNI | 00:11:15 | 00:23:34.80 | 00:24:37.70 | 4:42 | 12.7 |
| 623 | DREWNIK ROBERT | 259 | BIEGNIJ Z PROSERVICE | WARSZAWA | POL | M 40 | 195 | M 563 | BIEGNIJ Z PROSERVICE | 00:10:47 | 00:23:35.20 | 00:24:24.00 | 4:43 | 12.7 |
| 624 | LOZOVIKOV PAVLO | 789 | | WARSZAWA | POL | M 30 | 187 | M 564 | | 00:11:59 | 00:23:35.40 | 00:25:42.90 | 4:43 | 12.7 |
| 625 | JAŃCZAK MARIUSZ | 469 | | WARSZAWA | POL | M 40 | 196 | M 565 | | 00:11:00 | 00:23:35.50 | 00:24:29.90 | 4:43 | 12.7 |
| 626 | FRANCZEK ALEKSY | 2024 | | WARSZAWA | POL | M 14 | 12 | M 566 | | 00:11:05 | 00:23:36.00 | 00:23:40.45 | 4:43 | 12.7 |
| 627 | SNOPEK STANISŁAW | 1299 | TVP SPORT | IZABELIN | POL | M 60 | 18 | M 567 | | 00:10:52 | 00:23:36.25 | 00:24:41.70 | 4:43 | 12.7 |
| 628 | MACIEJEC DOROTA | 1850 | | WARSZAWA | POL | K 40 | 18 | K 60 | | 00:10:33 | 00:23:36.45 | 00:24:11.70 | 4:43 | 12.7 |
| 629 | CZYŻ MONIKA | 214 | | WARSZAWA | POL | K 30 | 22 | K 61 | | 00:11:06 | 00:23:36.55 | 00:24:45.00 | 4:43 | 12.7 |
| 630 | COUKNAS CONSTANTINE | 1761 | | FORD CITY | USA | M 14 | 13 | M 568 | | 00:10:12 | 00:23:37.85 | 00:23:52.30 | 4:43 | 12.7 |
| 631 | KUBRAK MICHAŁ | 718 | | WARSZAWA | POL | M 30 | 188 | M 569 | | 00:11:21 | 00:23:38.60 | 00:24:57.90 | 4:43 | 12.7 |
| 632 | BARGŁOWSKI KAMIL | 51 | | BIALYSTOK | POL | M 16 | 26 | M 570 | | 00:11:17 | 00:23:38.85 | 00:24:35.65 | 4:43 | 12.7 |
| 633 | RATYŃSKI MICHAŁ | 1164 | BIEGOWY WARIAT RUNNING TEAM | WARSZAWA | POL | M 40 | 197 | M 571 | BIEGOWY WARIAT RUNNING TEAM | 00:10:43 | 00:23:38.90 | 00:25:14.00 | 4:43 | 12.7 |
| 634 | ARAŻNY ZBIGNIEW | 34 | KRAV MAGA WARSZAWA | WARSZAWA | POL | M 50 | 57 | M 572 | | 00:11:03 | 00:23:38.95 | 00:25:14.80 | 4:43 | 12.7 |
| 635 | PRUS MARCIN | 1129 | | WARSZAWA | POL | M 40 | 198 | M 573 | | 00:11:09 | 00:23:39.40 | 00:25:10.25 | 4:43 | 12.7 |
| 636 | ZAKRZEWSKI MICHAŁ | 1615 | KLUB BIEGACZA RTV EURO AGD | WARSZAWA | POL | M 40 | 199 | M 574 | | 00:11:08 | 00:23:39.50 | 00:24:29.50 | 4:43 | 12.7 |
| 637 | SOKÓŁ RYSZARD | 2091 | | JÓZEFOSŁAW | POL | M 14 | 14 | M 575 | | 00:11:12 | 00:23:40.65 | 00:24:41.10 | 4:44 | 12.7 |
| 638 | GORYSZEWSKI PIOTR | 385 | | WARSZAWA | POL | M 30 | 189 | M 576 | | 00:11:26 | 00:23:41.70 | 00:24:33.05 | 4:44 | 12.7 |
| 639 | KISZCZYC ARTUR | 588 | | OTWOCK | POL | M 50 | 58 | M 577 | | 00:11:19 | 00:23:42.35 | 00:25:01.65 | 4:44 | 12.7 |
| 640 | HRYNKIEWICZ MACIEJ | 438 | | WARSZAWA | POL | M 50 | 59 | M 578 | | 00:11:16 | 00:23:42.65 | 00:24:59.60 | 4:44 | 12.7 |
| 641 | RYŻYŃSKI MICHAŁ | 1925 | PAWKORUNNERTEAM | KALISZ | POL | M 20 | 69 | M 579 | PAWKO RUNNER TEAM | 00:10:39 | 00:23:42.85 | 00:24:18.20 | 4:44 | 12.7 |
| 642 | CISZEWSKI GRZEGORZ | 193 | | PIASECZNO | POL | M 40 | 200 | M 580 | | 00:11:36 | 00:23:42.90 | 00:25:06.80 | 4:44 | 12.7 |
| 643 | SYGUDA KATARZYNA | 1371 | TEAM PARSZCZYŃSKICH | WARSZAWA | POL | K 20 | 12 | K 62 | | 00:11:15 | 00:23:43.10 | 00:24:48.70 | 4:44 | 12.6 |
| 644 | KOZAK MIKOŁAJ | 682 | | WARSZAWA | POL | M 30 | 190 | M 581 | | 00:10:41 | 00:23:43.90 | 00:24:27.50 | 4:44 | 12.6 |
| 645 | KUCIŃSKI ŁUKASZ | 727 | TI HEALTH CLUB | WARSZAWA | POL | M 30 | 191 | M 582 | TI HEALTH CLUB | 00:11:55 | 00:23:45.35 | 00:25:29.50 | 4:45 | 12.6 |
| 646 | SMOLIŃSKI KRZYSZTOF | 1297 | | WARSZAWA | POL | M 40 | 201 | M 583 | | 00:10:40 | 00:23:45.90 | 00:24:34.65 | 4:45 | 12.6 |

BIEG URSYNOWA, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Drużyna 1 | 2.5km | Netto | Brutto | min/km | km/h |
|------|------------------------|------|------------------------------|-------------------|------|------|--------|-------|-------------------------------|----------|-------------|-------------|--------|------|
| 647 | WRÓBLEWSKI TOMASZ | 2128 | | WARSZAWA | POL | M 20 | 70 | M 584 | | 00:11:08 | 00:23:46.20 | 00:25:29.45 | 4:45 | 12.6 |
| 648 | KOPEĆ MARCIN | 633 | | WARSZAWA | POL | M 30 | 192 | M 585 | | 00:12:32 | 00:23:46.30 | 00:25:35.95 | 4:45 | 12.6 |
| 649 | DUDEK JAKUB | 267 | | BANIOCHA | POL | M 20 | 71 | M 586 | | 00:10:36 | 00:23:46.50 | 00:25:04.90 | 4:45 | 12.6 |
| 650 | OCHREMIAK JĘDRZEJ | 983 | OBOZYBIEGOWE.PL | WARSZAWA | POL | M 30 | 193 | M 587 | | 00:10:57 | 00:23:46.55 | 00:24:45.20 | 4:45 | 12.6 |
| 651 | PODBIELSKI PAWEŁ | 1903 | AKL URSYNÓW WARSZAWA | WARSZAWA | POL | M 14 | 15 | M 588 | | 00:11:34 | 00:23:47.25 | 00:24:54.65 | 4:45 | 12.6 |
| 652 | BISOWSKA AMELIA | 85 | MARUDY Z KOBYŁKI | KOBYŁKA | POL | K 16 | 3 | K 63 | MARUDY Z KOBYŁKI | 00:11:57 | 00:23:47.40 | 00:25:11.60 | 4:45 | 12.6 |
| 653 | DYRLA MARIUSZ | 1782 | | WARSZAWA | POL | M 40 | 202 | M 589 | | 00:11:23 | 00:23:47.90 | 00:24:36.30 | 4:45 | 12.6 |
| 654 | JAWORSKA JOANNA | 481 | TEAM ZABIEGANEDNI | WARSZAWA | POL | K 40 | 19 | K 64 | TEAM ZABIEGANEDNI #3 | 00:11:32 | 00:23:48.65 | 00:25:06.75 | 4:45 | 12.6 |
| 655 | MATEJEK BŁAŻEJ | 875 | | WARSZAWA | POL | M 20 | 72 | M 590 | | 00:11:36 | 00:23:48.90 | 00:26:00.20 | 4:45 | 12.6 |
| 656 | MAŁAZEWSKI BARTOSZ | 1 | GARDA | WARSZAWA | POL | M 30 | 194 | M 591 | | 00:10:42 | 00:23:49.30 | 00:25:05.30 | 4:45 | 12.6 |
| 657 | BUJNOWSKI RAFAŁ | 132 | | WARSZAWA | POL | M 40 | 203 | M 592 | | 00:11:02 | 00:23:49.50 | 00:24:42.80 | 4:45 | 12.6 |
| 658 | PATYK MATEUSZ | 1042 | | WARSZAWA | POL | M 30 | 195 | M 593 | | 00:11:15 | 00:23:49.70 | 00:24:53.45 | 4:45 | 12.6 |
| 659 | ANGEŁOW CHRISTIAN | 24 | | WARSZAWA | POL | M 40 | 204 | M 594 | | 00:11:33 | 00:23:49.70 | 00:26:53.05 | 4:45 | 12.6 |
| 660 | BUJNOWSKA ELIZA | 131 | VEGE RUNNERS | WARSZAWA | POL | K 40 | 20 | K 65 | VEGE RUNNERS URSYNÓW | 00:11:03 | 00:23:49.80 | 00:24:43.00 | 4:45 | 12.6 |
| 661 | ZYŚK SŁAWOMIR | 1661 | | WARSZAWA | POL | M 30 | 196 | M 595 | | 00:11:02 | 00:23:51.55 | 00:24:38.75 | 4:46 | 12.6 |
| 662 | CZEKAŁSKI JACEK | 206 | | ŁÓDŹ | POL | M 50 | 60 | M 596 | | 00:10:55 | 00:23:54.25 | 00:25:25.35 | 4:46 | 12.6 |
| 663 | LE QUANG OSKAR | 1840 | | JÓZEFOSŁAW | POL | M 16 | 27 | M 597 | | 00:10:32 | 00:23:54.35 | 00:24:06.35 | 4:46 | 12.6 |
| 664 | BASINSKI JERZY | 58 | | DEBLIN | POL | M 50 | 61 | M 598 | | 00:11:01 | 00:23:54.95 | 00:24:57.30 | 4:46 | 12.6 |
| 665 | WEJMAN TOMASZ | 1519 | TEAM ZABIEGANEDNI | WARSZAWA | POL | M 30 | 197 | M 599 | TEAM ZABIEGANEDNI | 00:11:29 | 00:23:55.00 | 00:25:06.75 | 4:47 | 12.5 |
| 666 | KĄZMIERSKI ADRIAN | 566 | | WOŁOMIN | POL | M 30 | 198 | M 600 | | 00:11:07 | 00:23:55.70 | 00:25:06.15 | 4:47 | 12.5 |
| 667 | KROPIAK KATARZYNA | 696 | VEGE RUNNERS | WARSZAWA | POL | K 30 | 23 | K 66 | VEGE RUNNERS RESZTA ŚWIATA | 00:11:00 | 00:23:55.75 | 00:24:50.10 | 4:47 | 12.5 |
| 668 | GRÓŃSKI JAN | 410 | BIEGACZ ŚWIĘTOKRZYSKI | KIELCE | POL | M 70 | 2 | M 601 | | 00:11:07 | 00:23:56.50 | 00:25:31.55 | 4:47 | 12.5 |
| 669 | STĘPNIEWSKI DOMINIK | 1347 | | WARSZAWA | POL | M 20 | 73 | M 602 | | 00:11:14 | 00:23:56.80 | 00:25:00.65 | 4:47 | 12.5 |
| 670 | JÓZWIK GRZEGORZ | 496 | | JÓZEFOSŁAW | POL | M 50 | 62 | M 603 | | 00:11:11 | 00:23:57.00 | 00:24:33.65 | 4:47 | 12.5 |
| 671 | WILK DANIEL | 2105 | | WARSZAWA | POL | M 16 | 28 | M 604 | | 00:12:05 | 00:23:58.80 | 00:25:41.85 | 4:47 | 12.5 |
| 672 | DĄBROWSKI ADAM | 225 | BRACTWO BIEGOWE BGK | WARSZAWA | POL | M 30 | 199 | M 605 | BRACTWO BIEGOWE BGK | 00:11:08 | 00:24:01.55 | 00:24:52.40 | 4:48 | 12.5 |
| 673 | KOŁODZIEJSKI RAFAŁ | 622 | | WARSZAWA | POL | M 40 | 205 | M 606 | | 00:11:20 | 00:24:01.80 | 00:25:04.65 | 4:48 | 12.5 |
| 674 | TRIGO ADRIAN | 1462 | | WARSAW | POL | M 30 | 200 | M 607 | | 00:10:31 | 00:24:02.30 | 00:24:52.00 | 4:48 | 12.5 |
| 675 | JURCZAK GRZEGORZ | 500 | | WARSZAWA | POL | M 30 | 201 | M 608 | | 00:10:47 | 00:24:02.75 | 00:25:12.65 | 4:48 | 12.5 |
| 676 | ŁOZIŃSKI PIOTR | 803 | BRACTWO BIEGOWE BGK | WARSZAWA | POL | M 40 | 206 | M 609 | BRACTWO BIEGOWE BGK | 00:11:38 | 00:24:02.80 | 00:25:42.10 | 4:48 | 12.5 |
| 677 | KAMIŃSKI ANDRZEJ | 2040 | | WARSZAWA | POL | M 12 | 5 | M 610 | | 00:11:53 | 00:24:03.15 | 00:24:03.15 | 4:48 | 12.5 |
| 678 | HORDIENKO NATALIA | 434 | UKRAINE | WARSZAWA | POL | K 30 | 24 | K 67 | | 00:11:02 | 00:24:03.35 | 00:25:09.20 | 4:48 | 12.5 |
| 679 | KATNER WIKTOR | 2042 | | WARSZAWA | POL | M 12 | 6 | M 611 | | 00:11:40 | 00:24:04.05 | 00:25:34.15 | 4:48 | 12.5 |
| 680 | BEŁOWSKI LESZEK | 65 | AD BLUE NOXY PUŁAWY | PUŁAWY | POL | M 70 | 3 | M 612 | | 00:11:14 | 00:24:04.55 | 00:25:23.30 | 4:48 | 12.5 |
| 681 | DMUCHOWSKI JAKUB | 241 | | ŁOMŹA | POL | M 20 | 74 | M 613 | | 00:11:19 | 00:24:04.60 | 00:25:11.15 | 4:48 | 12.5 |
| 682 | TOMCZYŃSKI MICHAŁ | 1455 | | WARSZAWA | POL | M 30 | 202 | M 614 | | 00:11:25 | 00:24:04.65 | 00:25:23.20 | 4:48 | 12.5 |
| 683 | CHORAŻEWICZ BARTŁOMIEJ | 169 | | MYSZYŃCIEC | POL | M 30 | 203 | M 615 | | 00:11:14 | 00:24:04.75 | 00:25:39.05 | 4:48 | 12.5 |
| 684 | WĘGLIŃSKI JACEK | 1984 | | WARSZAWA | POL | M 50 | 63 | M 616 | | 00:11:34 | 00:24:05.80 | 00:25:47.20 | 4:49 | 12.5 |
| 685 | KULESZA MARCIN | 736 | QLESH RACING TEAM/WK_RW TEAM | WARSZAWA | POL | M 40 | 207 | M 617 | | 00:11:01 | 00:24:06.45 | 00:25:00.40 | 4:49 | 12.4 |
| 686 | MUZYCHENKO DMYTRO | 940 | TEAM ZABIEGANEDNI | WARSZAWA | POL | M 20 | 75 | M 618 | | 00:11:26 | 00:24:06.50 | 00:25:23.50 | 4:49 | 12.4 |
| 687 | CIEŚLAR RAFAŁ | 187 | | WARSZAWA | POL | M 30 | 204 | M 619 | | 00:11:29 | 00:24:07.05 | 00:25:19.00 | 4:49 | 12.4 |
| 688 | PONOMARÓW TOMASZ | 1908 | | WARSZAWA | POL | M 30 | 205 | M 620 | | 00:10:34 | 00:24:07.75 | 00:25:10.05 | 4:49 | 12.4 |
| 689 | KRUPNIEWSKA JOANNA | 1828 | RUN OTWOCK | OTWOCK | POL | K 50 | 7 | K 68 | | 00:11:26 | 00:24:08.40 | 00:25:13.05 | 4:49 | 12.4 |
| 690 | POPŁAWSKI ADAM | 1110 | | WARSZAWA | POL | M 30 | 206 | M 621 | | 00:11:03 | 00:24:08.45 | 00:27:05.70 | 4:49 | 12.4 |
| 691 | DORS MAREK | 253 | KABEX PODKOWA JANÓW | WARSZAWA | POL | M 20 | 76 | M 622 | | 00:11:42 | 00:24:09.75 | 00:25:38.00 | 4:49 | 12.4 |
| 692 | ATAMANOV MYKYTA | 36 | RUN FOR PEACE | DONIECK (UKRAINA) | POL | M 20 | 77 | M 623 | | 00:11:41 | 00:24:10.65 | 00:25:45.25 | 4:50 | 12.4 |
| 693 | CZERWIŃSKI RADOŚLAW | 209 | | WARSZAWA | POL | M 40 | 208 | M 624 | | 00:11:16 | 00:24:11.05 | 00:25:26.80 | 4:50 | 12.4 |
| 694 | BUCZEK ROBERT | 120 | | WARSZAWA | POL | M 50 | 64 | M 625 | | 00:11:43 | 00:24:11.80 | 00:25:46.25 | 4:50 | 12.4 |
| 695 | WOJTAŁ TOMASZ | 1992 | | WARSZAWA | POL | M 40 | 209 | M 626 | | 00:11:31 | 00:24:12.10 | 00:24:57.65 | 4:50 | 12.4 |
| 696 | JAREK KATARZYNA | 470 | | MIŃSK MAZOWIECKI | POL | K 40 | 21 | K 69 | | 00:11:01 | 00:24:12.75 | 00:25:14.40 | 4:50 | 12.4 |
| 697 | SZCZERBIŃSKI ARKADIUSZ | 1389 | KATAREK | WARSZAWA | POL | M 30 | 207 | M 627 | | 00:11:50 | 00:24:12.75 | 00:26:19.15 | 4:50 | 12.4 |
| 698 | GOCH DOMINIK | 370 | | WARSZAWA | POL | M 40 | 210 | M 628 | | 00:11:28 | 00:24:13.25 | 00:25:51.35 | 4:50 | 12.4 |

BIEG URSYNOWA, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Drużyna 1 | 2.5km | Netto | Brutto | min/km | km/h |
|------|----------------------|------|----------------------------------|--------------------|------|------|--------|-------|-----------------------|----------|-------------|-------------|--------|------|
| 699 | KIERASIŃSKA DOROTA | 578 | TEAM ZABIEGANEDNI | WARSZAWA | POL | K 40 | 22 | K 70 | TEAM ZABIEGANEDNI | 00:11:48 | 00:24:13.70 | 00:25:41.55 | 4:50 | 12.4 |
| 700 | WOLSZCZAK RYSZARD | 1993 | WKZ KOZIENICE BBL | KOZIENICE | POL | M 60 | 19 | M 629 | WKZ KOZIENICE BBL | 00:11:25 | 00:24:13.75 | 00:25:03.90 | 4:50 | 12.4 |
| 701 | MATUSIAK MARCIN | 2062 | | WARSZAWA | POL | M 14 | 16 | M 630 | | 00:11:19 | 00:24:13.85 | 00:25:13.80 | 4:50 | 12.4 |
| 702 | ZAWADZKI WOJCIECH | 1634 | TATA BIEGA | WARSZAWA | POL | M 30 | 208 | M 631 | | 00:10:35 | 00:24:14.55 | 00:24:59.35 | 4:50 | 12.4 |
| 703 | ZIĘDALSKI REMIGIUSZ | 1653 | | ZĄBKI | POL | M 40 | 211 | M 632 | | 00:11:48 | 00:24:14.85 | 00:25:07.30 | 4:50 | 12.4 |
| 704 | LIDAK KRZYSZTOF | 1841 | KS GROM PRO WARSZAWA | WARSZAWA | POL | M 12 | 7 | M 633 | | 00:11:09 | 00:24:15.15 | 00:24:37.70 | 4:51 | 12.4 |
| 705 | PAPROWICZ WOJCIECH | 1050 | NOA | WARSZAWA | POL | M 40 | 212 | M 634 | CHŁOPAKI Z KEN | 00:11:20 | 00:24:16.80 | 00:25:41.00 | 4:51 | 12.4 |
| 706 | WYSOCKA MAGDA | 1598 | | STOCZEK | POL | K 30 | 25 | K 71 | | 00:11:45 | 00:24:16.85 | 00:25:44.80 | 4:51 | 12.4 |
| 707 | BANASIK MARCIN | 46 | MARATONCZYCY | WARSZAWA | POL | M 20 | 78 | M 635 | MARATONCZYCY | 00:11:36 | 00:24:18.10 | 00:25:57.00 | 4:51 | 12.3 |
| 708 | SMACHA ŁUKASZ | 1291 | | WARSZAWA | POL | M 40 | 213 | M 636 | | 00:11:42 | 00:24:18.10 | 00:25:53.05 | 4:51 | 12.3 |
| 709 | KASHIVSKA OKSANA | 553 | | WARSZAWA | POL | K 50 | 8 | K 72 | | 00:11:13 | 00:24:19.25 | 00:25:26.65 | 4:51 | 12.3 |
| 710 | JUŚKO RAFAŁ | 508 | KTOŚ | OSTROWIEC ŚW | POL | M 40 | 214 | M 637 | | 00:11:38 | 00:24:19.45 | 00:25:18.25 | 4:51 | 12.3 |
| 711 | MACIASZCZYK ADAM | 815 | | WARSZAWA | POL | M 50 | 65 | M 638 | | 00:11:44 | 00:24:19.55 | 00:25:38.30 | 4:51 | 12.3 |
| 712 | CHRAPEK JANUSZ | 1700 | ROSSMANN | WARSZAWA | POL | M 40 | 215 | M 639 | | 00:11:25 | 00:24:19.95 | 00:26:09.55 | 4:51 | 12.3 |
| 713 | GROCHOWSKI PAWEŁ | 409 | PZU SPORT TEAM | WARSZAWA | POL | M 40 | 216 | M 640 | PZU SPORT TEAM | 00:10:54 | 00:24:20.00 | 00:25:21.10 | 4:52 | 12.3 |
| 714 | BARYŁA KRZYSZTOF | 2 | | WARSZAWA | POL | M 40 | 217 | M 641 | | 00:11:46 | 00:24:20.20 | 00:25:43.65 | 4:52 | 12.3 |
| 715 | LECH MACIEJ | 1834 | | WARSZAWA | POL | M 30 | 209 | M 642 | | 00:10:59 | 00:24:21.30 | 00:25:32.15 | 4:52 | 12.3 |
| 716 | WOJDALSKI MICHAŁ | 1569 | | WARSZAWA | POL | M 30 | 210 | M 643 | | 00:12:04 | 00:24:21.70 | 00:26:08.10 | 4:52 | 12.3 |
| 717 | ROGOWSKI MICHAŁ | 1917 | | WARSZAWA | POL | M 40 | 218 | M 644 | | 00:11:26 | 00:24:21.90 | 00:26:01.10 | 4:52 | 12.3 |
| 718 | BISOWSKI SZYMON | 2004 | MARUDY Z KOBYŁKI | KOBYŁKA | POL | M 14 | 17 | M 645 | MARUDY Z KOBYŁKI | 00:11:57 | 00:24:22.05 | 00:25:46.10 | 4:52 | 12.3 |
| 719 | CHEŁMIŃSKI MACIEJ | 157 | | WARSZAWA | POL | M 40 | 219 | M 646 | | 00:10:25 | 00:24:22.40 | 00:25:13.55 | 4:52 | 12.3 |
| 720 | ROMANIK KLAUDIA | 1190 | | WARSZAWA | POL | K 30 | 26 | K 73 | | 00:11:07 | 00:24:22.60 | 00:25:11.20 | 4:52 | 12.3 |
| 721 | BŁACHNIO ROBERT | 90 | PAWKO RUNNER TEAM | WARSZAWA | POL | M 30 | 211 | M 647 | PAWKO RUNNER TEAM | 00:11:16 | 00:24:22.85 | 00:25:33.00 | 4:52 | 12.3 |
| 722 | MARCZEWSKI MARCIN | 855 | RESILIA BEMOWO | WARSZAWA | POL | M 40 | 220 | M 648 | | 00:11:06 | 00:24:23.10 | 00:24:56.75 | 4:52 | 12.3 |
| 723 | WIERNIK DANIEL | 1986 | | WARSZAWA | POL | M 30 | 212 | M 649 | | 00:11:22 | 00:24:23.40 | 00:25:45.00 | 4:52 | 12.3 |
| 724 | BĘTKOWSKI PIOTR | 70 | | WARSZAWA | POL | M 20 | 79 | M 650 | | 00:11:01 | 00:24:23.75 | 00:26:03.25 | 4:52 | 12.3 |
| 725 | IWONIN JUREK | 447 | | WARSZAWA | POL | M 40 | 221 | M 651 | | 00:11:25 | 00:24:24.55 | 00:25:41.55 | 4:52 | 12.3 |
| 726 | PODOBINSKI PIOTR | 1099 | | WARSZAWA | POL | M 50 | 66 | M 652 | | 00:11:53 | 00:24:25.45 | 00:25:47.10 | 4:53 | 12.3 |
| 727 | POKAROWSKI WOJCIECH | 2079 | | WARSZAWA | POL | M 16 | 29 | M 653 | | 00:11:09 | 00:24:25.70 | 00:26:00.80 | 4:53 | 12.3 |
| 728 | OLMA WŁADYSŁAW | 997 | FORMA BIEGANIA - JASTRZĘBIE | JASTRZĘBIE - ZDRÓJ | POL | M 50 | 67 | M 654 | | 00:11:36 | 00:24:27.85 | 00:25:01.15 | 4:53 | 12.3 |
| 729 | BARSCZ MICHAŁ | 1741 | | WARSZAWA | POL | M 30 | 213 | M 655 | | 00:11:52 | 00:24:27.95 | 00:26:11.45 | 4:53 | 12.3 |
| 730 | KOSTRUBIEC GRZEGORZ | 661 | | WARSZAWA | POL | M 30 | 214 | M 656 | | 00:11:14 | 00:24:28.40 | 00:25:02.35 | 4:53 | 12.3 |
| 731 | HORBATY JERZY | 433 | GIM92 | WARSZAWA | POL | M 50 | 68 | M 657 | | 00:11:48 | 00:24:28.55 | 00:25:53.20 | 4:53 | 12.3 |
| 732 | DYLEWSKI TOMASZ | 277 | | WARSZAWA | POL | M 40 | 222 | M 658 | | 00:11:07 | 00:24:29.80 | 00:25:19.75 | 4:53 | 12.3 |
| 733 | NAWROCKA ROMA | 953 | GRUPA BIEGOWA UM W-WA | WARSZAWA | POL | K 40 | 23 | K 74 | GRUPA BIEGOWA UM W-WA | 00:11:31 | 00:24:29.85 | 00:25:06.40 | 4:53 | 12.3 |
| 734 | DABROWSKI LUKA | 1773 | | WARSZAWA | POL | M 50 | 69 | M 659 | | 00:11:41 | 00:24:30.10 | 00:25:06.40 | 4:54 | 12.2 |
| 735 | KSYNA BOGUSŁAW | 712 | | KAMION MAŁY | POL | M 60 | 20 | M 660 | | 00:11:33 | 00:24:30.30 | 00:25:04.55 | 4:54 | 12.2 |
| 736 | KUKLA MARCIN | 733 | RYSIK RUNNERS | WARSZAWA | POL | M 50 | 70 | M 661 | | 00:11:31 | 00:24:30.85 | 00:25:21.30 | 4:54 | 12.2 |
| 737 | ROSTKOWSKI BARTOSZ | 1197 | | WARSZAWA | POL | M 40 | 223 | M 662 | | 00:11:39 | 00:24:31.00 | 00:26:08.10 | 4:54 | 12.2 |
| 738 | KRAUZ PAWEŁ | 690 | KS STASZEWSKY / KPP W PIASECZNIK | ZAGOŚCINIEC | POL | M 40 | 224 | M 663 | KS STASZEWSKY | 00:11:18 | 00:24:32.25 | 00:26:00.45 | 4:54 | 12.2 |
| 739 | SARNOWSKI WOJCIECH | 1234 | | WARSZAWA | POL | M 40 | 225 | M 664 | | 00:10:58 | 00:24:34.00 | 00:26:27.35 | 4:54 | 12.2 |
| 740 | DOLIŃSKA AGNIESZKA | 246 | WARSAW RUN CLUB | WARSZAWA | POL | K 40 | 24 | K 75 | WARSAW RUN CLUB | 00:11:43 | 00:24:34.45 | 00:25:55.10 | 4:54 | 12.2 |
| 741 | SZCZERBICKI RAFAŁ | 1388 | WARSAW RUN CLUB | WARSZAWA | POL | M 40 | 226 | M 665 | WARSAW RUN CLUB | 00:11:44 | 00:24:34.55 | 00:25:54.65 | 4:54 | 12.2 |
| 742 | DĄBROWSKI TOBIASZ | 2013 | | WARSZAWA | POL | M 16 | 30 | M 666 | | 00:10:30 | 00:24:34.90 | 00:25:35.00 | 4:54 | 12.2 |
| 743 | CIERECH BOGUSŁAW | 182 | | TERESIN | POL | M 70 | 4 | M 667 | | 00:11:10 | 00:24:35.15 | 00:25:54.30 | 4:55 | 12.2 |
| 744 | IWKIEWICZ TOMASZ | 446 | | WARSZAWA | POL | M 60 | 21 | M 668 | | 00:11:29 | 00:24:35.15 | 00:25:10.30 | 4:55 | 12.2 |
| 745 | MRÓZ GABRIELA | 934 | PAWKO RUNNER TEAM | JEDLICZE | POL | K 30 | 27 | K 76 | PAWKO RUNNER TEAM | 00:11:20 | 00:24:35.20 | 00:25:44.70 | 4:55 | 12.2 |
| 746 | SMYL JACEK | 1939 | | WARSZAWA | POL | M 30 | 215 | M 669 | | 00:11:00 | 00:24:35.75 | 00:24:52.65 | 4:55 | 12.2 |
| 747 | BŁASZCZAK WOJCIECH | 1747 | CHWILAMOMENTTEAM | WARSZAWA | POL | M 40 | 227 | M 670 | | 00:12:00 | 00:24:35.80 | 00:25:53.35 | 4:55 | 12.2 |
| 748 | STĘPIEŃ MIKOŁAJ | 2095 | | JÓZEFOSŁAW | POL | M 14 | 18 | M 671 | | 00:11:53 | 00:24:36.40 | 00:25:57.95 | 4:55 | 12.2 |
| 749 | KONDRIYSZYN KACPER | 1819 | | WARSZAWA | POL | M 20 | 80 | M 672 | | 00:11:51 | 00:24:36.70 | 00:26:15.30 | 4:55 | 12.2 |
| 750 | PADEREWSKA OLGA | 1886 | PAWKO RUNNER TEAM | SIEDLCE | POL | K 40 | 25 | K 77 | PAWKO RUNNER TEAM | 00:11:15 | 00:24:37.05 | 00:25:40.45 | 4:55 | 12.2 |
| 751 | ORLIŃSKA EDYTA | 1003 | TEAM BALANS | PŁOŃSK | POL | K 30 | 28 | K 78 | | 00:11:31 | 00:24:37.05 | 00:25:47.40 | 4:55 | 12.2 |
| 752 | SOKOŁOWSKA MAGDALENA | 1310 | | WARSZAWA | POL | K 30 | 29 | K 79 | | 00:11:20 | 00:24:37.20 | 00:25:25.60 | 4:55 | 12.2 |
| 753 | BUKOWSKA MARTYNA | 136 | | WARSZAWA | POL | K 30 | 30 | K 80 | | 00:10:19 | 00:24:37.35 | 00:24:48.90 | 4:55 | 12.2 |
| 754 | FABISIAK ANNA | 290 | TEAM ZABIEGANEDNI | WARSZAWA | POL | K 40 | 26 | K 81 | TEAM ZABIEGANEDNI | 00:11:41 | 00:24:37.35 | 00:25:55.45 | 4:55 | 12.2 |

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BIEG URSYNOWA, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Drużyna 1 | 2.5km | Netto | Brutto | min/km | km/h |
|------|-------------------------|------|---------------------------|---------------------|------|------|--------|-------|-------------------|----------|-------------|-------------|--------|------|
| 755 | JURKOWSKI ARTUR | 504 | | SIENNICA | POL | M 30 | 216 | M 673 | | 00:11:43 | 00:24:37.40 | 00:26:10.55 | 4:55 | 12.2 |
| 756 | LIS-MAJER ANNA | 788 | BIEGOWY WARIAT | WARSZAWA | POL | K 30 | 31 | K 82 | BIEGOWY WARIAT | 00:11:30 | 00:24:38.55 | 00:25:58.90 | 4:55 | 12.2 |
| | | | | | | | | | RUNNING TEAM | | | | | |
| 757 | MAĆZEWSKA WERONIKA | 889 | | WARSZAWA | POL | K 20 | 13 | K 83 | | 00:11:23 | 00:24:38.85 | 00:25:55.15 | 4:55 | 12.2 |
| 758 | DRABAREK ROMUALD | 255 | | WARSZAWA | POL | M 60 | 22 | M 674 | | 00:11:27 | 00:24:39.80 | 00:25:58.50 | 4:55 | 12.2 |
| 759 | WIETRZYCKI MARCIN | 1596 | REBELLION OF FREE RUNNERS | WARSZAWA | POL | M 40 | 228 | M 675 | | 00:11:00 | 00:24:39.85 | 00:25:38.55 | 4:55 | 12.2 |
| 760 | RZEPECKI ŁUKASZ | 1926 | | KONSTANCJA JEZIORNA | POL | M 40 | 229 | M 676 | | 00:11:47 | 00:24:41.45 | 00:26:10.60 | 4:56 | 12.2 |
| 761 | WIKTOROWICZ TOMASZ | 1987 | | WARSZAWA | POL | M 40 | 230 | M 677 | | 00:12:03 | 00:24:41.60 | 00:26:37.75 | 4:56 | 12.2 |
| 762 | MIASTOWSKI RAFAŁ | 18 | SŁOŃ B | WARSZAWA | POL | M 50 | 71 | M 678 | | 00:11:17 | 00:24:41.90 | 00:25:56.00 | 4:56 | 12.2 |
| 763 | KORBA MICHAŁ | 1822 | | WARSZAWA | POL | M 40 | 231 | M 679 | | 00:11:23 | 00:24:43.00 | 00:26:33.90 | 4:56 | 12.1 |
| 764 | MYŚLIŃSKI ZDZIŚŁAW | 945 | | WARSZAWA | POL | M 40 | 232 | M 680 | | 00:11:17 | 00:24:43.15 | 00:25:08.50 | 4:56 | 12.1 |
| 765 | WAJS SŁAWOMIR | 1977 | | WARSZAWA | POL | M 30 | 217 | M 681 | | 00:11:52 | 00:24:43.30 | 00:26:05.55 | 4:56 | 12.1 |
| 766 | JÓZEFOWICZ MACIEJ | 495 | VEGE RUNNERS | WARSZAWA | POL | M 30 | 218 | M 682 | VEGE RUNNERS | 00:11:32 | 00:24:43.50 | 00:26:13.10 | 4:56 | 12.1 |
| | | | | | | | | | RESZTA ŚWIATA | | | | | |
| 767 | MURANOWICZ MAREK | 1869 | | WARSZAWA | POL | M 50 | 72 | M 683 | | 00:11:57 | 00:24:43.65 | 00:26:24.75 | 4:56 | 12.1 |
| 768 | WIRASZKA BARBARA | 1988 | | WARSZAWA | POL | K 50 | 9 | K 84 | | 00:11:34 | 00:24:43.75 | 00:26:02.50 | 4:56 | 12.1 |
| 769 | GÓRSKI ARKADIUSZ | 394 | GÓRA BIEGA | DOBIESZ | POL | M 40 | 233 | M 684 | GÓRA BIEGA | 00:11:40 | 00:24:44.15 | 00:26:15.90 | 4:56 | 12.1 |
| 770 | SŁOWIK PAWEŁ | 1289 | PARÓWY WWA | WARSZAWA | POL | M 30 | 219 | M 685 | | 00:11:43 | 00:24:44.20 | 00:25:41.05 | 4:56 | 12.1 |
| 771 | FILIPOWICZ ARKADIUSZ | 308 | | MARKI | POL | M 40 | 234 | M 686 | | 00:11:18 | 00:24:44.65 | 00:25:24.80 | 4:56 | 12.1 |
| 772 | KOWALCZYK ROBERT | 665 | | W-WA | POL | M 40 | 235 | M 687 | | 00:11:44 | 00:24:44.95 | 00:25:41.45 | 4:56 | 12.1 |
| 773 | TOMALAK MACIEJ | 1450 | | WARSZAWA | POL | M 40 | 236 | M 688 | | 00:11:20 | 00:24:45.15 | 00:26:21.40 | 4:57 | 12.1 |
| 774 | JACNIACKI KRZYSZTOF | 1801 | | JÓZEFOSŁAW | POL | M 14 | 19 | M 689 | | 00:11:27 | 00:24:45.35 | 00:26:02.90 | 4:57 | 12.1 |
| 775 | ŻUŁAWSKI MACIEJ | 2135 | | WARSZAWA | POL | M 40 | 237 | M 690 | | 00:11:35 | 00:24:45.65 | 00:26:05.15 | 4:57 | 12.1 |
| 776 | FLOREK MAŁGORZATA | 313 | LEBIODA TEAM | WARSZAWA | POL | K 30 | 32 | K 85 | | 00:11:59 | 00:24:46.10 | 00:24:46.10 | 4:57 | 12.1 |
| 777 | WAWER HUBERT | 1516 | | WARSZAWA | POL | M 30 | 220 | M 691 | CBRE | 00:11:10 | 00:24:46.95 | 00:25:43.45 | 4:57 | 12.1 |
| 778 | PIOTROWSKA EDYTA | 1081 | BRACTWO BIEGOWE BGK | WARSZAWA | POL | K 40 | 27 | K 86 | BRACTWO BIEGOWE | 00:11:38 | 00:24:47.35 | 00:26:26.40 | 4:57 | 12.1 |
| | | | | | | | | | BGK | | | | | |
| 779 | GAŁCZYŃSKI WOJCIECH | 336 | | KRĘCZKI | POL | M 50 | 73 | M 692 | | 00:12:26 | 00:24:47.85 | 00:26:46.30 | 4:57 | 12.1 |
| 780 | PARTYKA AGNIESZKA | 1037 | TEAM ZABIEGANEDNI | WARSZAWA | POL | K 50 | 10 | K 87 | TEAM ZABIEGANEDNI | 00:11:38 | 00:24:48.25 | 00:26:09.30 | 4:57 | 12.1 |
| 781 | KOWALSKI TOMASZ | 681 | KB PACE WARSZAWA | WARSZAWA | POL | M 40 | 238 | M 693 | KB PACE WARSZAWA | 00:12:17 | 00:24:48.85 | 00:26:29.40 | 4:57 | 12.1 |
| | | | | | | | | | 2 | | | | | |
| 782 | TRZECIAKOWSKI PAWEŁ | 1473 | | WARSZAWA | POL | M 40 | 239 | M 694 | | 00:11:48 | 00:24:49.35 | 00:26:18.45 | 4:57 | 12.1 |
| 783 | BRODZIK JAKUB | 1751 | | WARSZAWA | POL | M 20 | 81 | M 695 | | 00:11:49 | 00:24:49.35 | 00:26:18.45 | 4:57 | 12.1 |
| 784 | SIDORCZUK-KUMOSA DOROTA | 1245 | TEAM ZABIEGANEDNI | WARSZAWA | POL | K 40 | 28 | K 88 | TEAM ZABIEGANEDNI | 00:11:50 | 00:24:49.35 | 00:26:17.00 | 4:57 | 12.1 |
| 785 | RYBARCZYK ROBERT | 1216 | ORANGE POLSKA | WARSZAWA | POL | M 40 | 240 | M 696 | | 00:11:29 | 00:24:49.60 | 00:26:16.55 | 4:57 | 12.1 |
| 786 | SZABŁOWSKI MARCIN | 1953 | | WARSZAWA | POL | M 30 | 221 | M 697 | | 00:11:35 | 00:24:50.45 | 00:26:16.05 | 4:58 | 12.1 |
| 787 | KALBARCZYK IGOR | 519 | | WARSZAWA | POL | M 30 | 222 | M 698 | | 00:12:08 | 00:24:50.55 | 00:26:47.90 | 4:58 | 12.1 |
| 788 | PIETRUSZEWSKI KRZYSZTOF | 1069 | | WARSZAWA | POL | M 40 | 241 | M 699 | | 00:11:20 | 00:24:51.05 | 00:26:12.55 | 4:58 | 12.1 |
| 789 | SZELWACHOWSKI DARIUSZ | 1392 | | WARSZAWA | POL | M 50 | 74 | M 700 | | 00:11:15 | 00:24:52.05 | 00:25:54.40 | 4:58 | 12.1 |
| 790 | LEWANDOWSKI WOJCIECH | 1837 | | WARSZAWA | POL | M 30 | 223 | M 701 | | 00:11:29 | 00:24:52.25 | 00:26:06.75 | 4:58 | 12.1 |
| 791 | DAMPC MARIUSZ | 1735 | | WARSZAWA | POL | M 30 | 224 | M 702 | | 00:11:49 | 00:24:52.70 | 00:26:28.50 | 4:58 | 12.1 |
| 792 | PIWOWAREK ROBERT | 1088 | | WARSZAWA | POL | M 20 | 82 | M 703 | | 00:11:50 | 00:24:53.20 | 00:26:21.05 | 4:58 | 12.1 |
| 793 | BŁACH PIOTR | 89 | | WARSZAWA | POL | M 20 | 83 | M 704 | | 00:11:45 | 00:24:53.25 | 00:26:25.10 | 4:58 | 12.1 |
| 794 | DERESZEWSKI PIOTR | 231 | ZABIEGANY WOŁOMIN | WARSZAWA | POL | M 40 | 242 | M 705 | | 00:11:53 | 00:24:53.60 | 00:26:32.00 | 4:58 | 12.1 |
| 795 | POPLAWSKI MICHAEL | 1109 | | WARSZAWA | POL | M 30 | 225 | M 706 | | 00:12:10 | 00:24:54.20 | 00:26:42.05 | 4:58 | 12 |
| 796 | KOWALSKA KASIA | 672 | TEAM ZABIEGANEDNI | ZGORZAŁA | POL | K 40 | 29 | K 89 | TEAM ZABIEGANEDNI | 00:11:53 | 00:24:55.70 | 00:26:40.55 | 4:59 | 12 |
| | | | | | | | | | #4 | | | | | |
| 797 | WOSINSKA MAGDALENA | 1579 | ULTRA LASKI | WARSZAWA | POL | K 40 | 30 | K 90 | | 00:11:30 | 00:24:56.05 | 00:26:04.55 | 4:59 | 12 |
| 798 | OSTROWSKI SŁAWOMIR | 1014 | | WARSZAWA | POL | M 40 | 243 | M 707 | | 00:12:04 | 00:24:56.20 | 00:26:44.25 | 4:59 | 12 |
| 799 | ZABIELSKI GRZEGORZ | 1602 | | WARSZAWA | POL | M 50 | 75 | M 708 | | 00:11:31 | 00:24:56.85 | 00:26:04.85 | 4:59 | 12 |
| 800 | SAWICKI ADRIAN | 1236 | | WARSZAWA | POL | M 30 | 226 | M 709 | | 00:11:54 | 00:24:57.15 | 00:26:33.60 | 4:59 | 12 |
| 801 | WŁODARCZYK TOMASZ | 1560 | - | - | POL | M 30 | 227 | M 710 | | 00:11:30 | 00:24:57.25 | 00:26:14.60 | 4:59 | 12 |
| 802 | GIEZ MARCIN | 358 | | WARSZAWA | POL | M 40 | 244 | M 711 | | 00:12:20 | 00:24:57.50 | 00:26:54.75 | 4:59 | 12 |
| 803 | DĘBSKI KAROL | 236 | | ZAMIENIE | POL | M 30 | 228 | M 712 | | 00:11:34 | 00:24:58.55 | 00:26:40.40 | 4:59 | 12 |
| 804 | PLECHOWSKI ARKADIUSZ | 1095 | | KARCZEW | POL | M 40 | 245 | M 713 | | 00:11:28 | 00:24:59.00 | 00:26:01.05 | 4:59 | 12 |
| 805 | KLIMKIEWICZ BEATA | 599 | | WARSZAWA | POL | K 40 | 31 | K 91 | | 00:11:24 | 00:24:59.85 | 00:25:22.65 | 4:59 | 12 |
| 806 | SZADKOWSKI BŁAŻEJ | 1377 | | WARSZAWA | POL | M 40 | 246 | M 714 | | 00:11:49 | 00:25:00.50 | 00:26:39.10 | 5:00 | 12 |

BIEG URSYNOWA, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Drużyna 1 | 2.5km | Netto | Brutto | min/km | km/h |
|------|---------------------------|------|--|-----------------|------|------|--------|-------|------------------------|----------|-------------|-------------|--------|------|
| 807 | CIOSEK MARCIN | 191 | | WARSZAWA | POL | M 40 | 247 | M 715 | | 00:11:54 | 00:25:01.55 | 00:26:25.45 | 5:00 | 12 |
| 808 | KUCHER PAVLO | 724 | | WARSZAWA | UKR | M 20 | 84 | M 716 | | 00:12:35 | 00:25:03.00 | 00:27:00.30 | 5:00 | 12 |
| 809 | KUCHARSKI MICHAŁ | 722 | | WARSZAWA | POL | M 20 | 85 | M 717 | | 00:10:59 | 00:25:03.30 | 00:26:14.05 | 5:00 | 12 |
| 810 | KOŁODZIEJSKA IWONA | 620 | | JABLONNA | POL | K 40 | 32 | K 92 | | 00:11:54 | 00:25:03.45 | 00:26:39.05 | 5:00 | 12 |
| 811 | DUBAN ELŻBIETA | 262 | | JANKI | POL | K 50 | 11 | K 93 | | 00:11:56 | 00:25:05.20 | 00:26:34.50 | 5:01 | 12 |
| 812 | WIECZOREK MIŁOSZ | 2120 | | WARSZAWA | POL | M 16 | 31 | M 718 | | 00:12:13 | 00:25:05.20 | 00:26:18.10 | 5:01 | 12 |
| 813 | ORŁOWSKI KACPER | 1885 | | WARSZAWA | POL | M 30 | 229 | M 719 | | 00:11:35 | 00:25:05.55 | 00:26:16.50 | 5:01 | 12 |
| 814 | WOŹNIAK PRZEMYSŁAW | 1584 | | WARSZAWA | POL | M 30 | 230 | M 720 | | 00:11:39 | 00:25:05.60 | 00:27:01.80 | 5:01 | 12 |
| 815 | KOPACZEL PAWEŁ | 628 | LEGIA RUN CLUB WARSZAWA | RYBNO | POL | M 40 | 248 | M 721 | | 00:11:47 | 00:25:05.75 | 00:25:50.20 | 5:01 | 12 |
| 816 | CZUBASZEK KRZYSZTOF | 212 | | WARSZAWA | POL | M 40 | 249 | M 722 | | 00:11:30 | 00:25:07.05 | 00:26:15.20 | 5:01 | 11.9 |
| 817 | MALINOWSKI RADEK | 838 | | WARSZAWA | POL | M 40 | 250 | M 723 | | 00:12:42 | 00:25:07.55 | 00:26:19.00 | 5:01 | 11.9 |
| 818 | DRACHAL AGATA | 256 | | PIASTÓW | POL | K 30 | 33 | K 94 | | 00:12:06 | 00:25:08.00 | 00:26:34.35 | 5:01 | 11.9 |
| 819 | ORNOWSKA JOANNA | 1004 | | WARSZAWA | POL | K 20 | 14 | K 95 | | 00:11:24 | 00:25:08.05 | 00:26:24.40 | 5:01 | 11.9 |
| 820 | LISEWSKI DOMINIK | 787 | | WARSZAWA | POL | M 30 | 231 | M 724 | | 00:12:23 | 00:25:08.55 | 00:27:52.70 | 5:01 | 11.9 |
| 821 | LEWANDOWSKI PRZEMYSŁAW | 778 | | WARSZAWA | POL | M 30 | 232 | M 725 | | 00:11:54 | 00:25:09.15 | 00:26:47.10 | 5:01 | 11.9 |
| 822 | CHAZAN BERNARD | 153 | | WARSZAWA | POL | M 50 | 76 | M 726 | | 00:11:47 | 00:25:09.25 | 00:26:31.45 | 5:01 | 11.9 |
| 823 | MACUTKIEWICZ ADAM | 820 | MARATOŃCZYCY | WARSZAWA | POL | M 20 | 86 | M 727 | MARATOŃCZYCY | 00:12:41 | 00:25:10.05 | 00:26:53.55 | 5:02 | 11.9 |
| 824 | CIEŚLAK RADEK | 186 | | ŁOZISKA | POL | M 30 | 233 | M 728 | | 00:11:44 | 00:25:10.10 | 00:25:57.60 | 5:02 | 11.9 |
| 825 | DĄBROWSKI JAROSŁAW | 227 | | WARSZAWA | POL | M 40 | 251 | M 729 | | 00:11:37 | 00:25:10.30 | 00:26:11.35 | 5:02 | 11.9 |
| 826 | SIERY ARTUR | 1252 | | WARSZAWA | POL | M 60 | 23 | M 730 | | 00:11:46 | 00:25:11.35 | 00:26:42.35 | 5:02 | 11.9 |
| 827 | BUJALSKI KONRAD | 130 | ETV ULUBIONA WARSZAWA | WARSZAWA | POL | M 20 | 87 | M 731 | | 00:12:10 | 00:25:12.15 | 00:27:07.55 | 5:02 | 11.9 |
| 828 | CHRZANOWSKI MICHAŁ | 175 | | WARSZAWA | POL | M 40 | 252 | M 732 | | 00:12:46 | 00:25:12.25 | 00:26:51.75 | 5:02 | 11.9 |
| 829 | GWÓZDZ PAWEŁ | 1799 | | WARSZAWA | POL | M 40 | 253 | M 733 | | 00:11:34 | 00:25:13.05 | 00:26:04.05 | 5:02 | 11.9 |
| 830 | JUSZCZAK LESZEK | 1806 | GOĆLAWSKIE KOTY Z NIEZALEŻNYM CYRYLEM NA CZELE | WARSZAWA | POL | M 60 | 24 | M 734 | | 00:11:41 | 00:25:13.20 | 00:26:19.35 | 5:02 | 11.9 |
| 831 | MATYSIAK ALEKSANDRA | 2148 | | WARSZAWA | POL | K 14 | 2 | K 96 | | 00:12:04 | 00:25:13.30 | 00:26:44.65 | 5:02 | 11.9 |
| 832 | DĄBROWSKI PAWEŁ | 1763 | STADO PĘDZĄCYCH IMADEŁ | - | POL | M 40 | 254 | M 735 | STADO PĘDZĄCYCH IMADEŁ | 00:11:43 | 00:25:13.65 | 00:26:19.90 | 5:02 | 11.9 |
| 833 | KOŚLACZ IRENEUSZ | 1732 | | WARSZAWA | POL | M 40 | 255 | M 736 | | 00:12:02 | 00:25:14.65 | 00:26:54.90 | 5:02 | 11.9 |
| 834 | LENDZION JAROSŁAW | 773 | GRUPA BIEGOWA UM W-WA | WARSZAWA | POL | M 40 | 256 | M 737 | GRUPA BIEGOWA UM W-WA | 00:12:33 | 00:25:14.65 | 00:26:36.85 | 5:02 | 11.9 |
| 835 | TYC PIOTR | 1479 | | WARSZAWA | POL | M 20 | 88 | M 738 | | 00:12:23 | 00:25:15.80 | 00:27:04.80 | 5:03 | 11.9 |
| 836 | ZAMYŁKO LIDIA | 1622 | | WARSZAWA | POL | K 40 | 33 | K 97 | | 00:12:04 | 00:25:16.25 | 00:28:35.90 | 5:03 | 11.9 |
| 837 | SZYMCZYK MICHAŁ | 1422 | NASTĘPNY KROK TEAM | WARSZAWA | POL | M 30 | 234 | M 739 | | 00:11:22 | 00:25:16.30 | 00:26:33.30 | 5:03 | 11.9 |
| 838 | KEMPA PIOTR | 568 | | WARSZAWA | POL | M 30 | 235 | M 740 | | 00:11:59 | 00:25:16.35 | 00:26:33.35 | 5:03 | 11.9 |
| 839 | WÓJCIK AGNIESZKA | 1996 | | WARSZAWA | POL | K 30 | 34 | K 98 | | 00:11:38 | 00:25:17.50 | 00:26:20.80 | 5:03 | 11.9 |
| 840 | KORNOWICZ ARKADIUSZ | 645 | | WARSZAWA | POL | M 40 | 257 | M 741 | | 00:11:46 | 00:25:17.70 | 00:26:47.30 | 5:03 | 11.9 |
| 841 | KORDA SEBASTIAN | 2144 | | - | POL | M 14 | 20 | M 742 | | 00:12:26 | 00:25:18.35 | 00:27:03.55 | 5:03 | 11.9 |
| 842 | TULA RENATA | 1475 | | WARSZAWA | POL | K 70 | 1 | K 99 | | 00:11:54 | 00:25:18.50 | 00:26:47.90 | 5:03 | 11.9 |
| 843 | BORETA MARZENA | 1749 | BIEGOWY WARIAT RUNNING TEAM | WARSZAWA | POL | K 40 | 34 | K 100 | | 00:11:33 | 00:25:18.60 | 00:26:16.65 | 5:03 | 11.9 |
| 844 | PUCZYŃSKA RENATA | 1144 | | WARSZAWA | POL | K 40 | 35 | K 101 | | 00:11:16 | 00:25:18.85 | 00:26:08.50 | 5:03 | 11.9 |
| 845 | SAS SZYMON | 1235 | | WARSZAWA | POL | M 30 | 236 | M 743 | | 00:12:05 | 00:25:19.60 | 00:27:01.15 | 5:03 | 11.8 |
| 846 | SZYKUŁA KACPER | 1957 | | WARSZAWA | POL | M 30 | 237 | M 744 | | 00:11:53 | 00:25:20.90 | 00:27:04.50 | 5:04 | 11.8 |
| 847 | BODAK KAJETAN | 95 | | WARSZAWA | POL | M 40 | 258 | M 745 | | 00:12:17 | 00:25:21.45 | 00:27:09.20 | 5:04 | 11.8 |
| 848 | RUSIECKI PRZEMYSŁAW | 1919 | | WARSZAWA | POL | M 40 | 259 | M 746 | | 00:11:49 | 00:25:22.00 | 00:26:48.65 | 5:04 | 11.8 |
| 849 | PIASECZYŃSKA-JAMBOR AGATA | 1058 | ŻÓRAWSKI TEAM | WARSZAWA | POL | K 40 | 36 | K 102 | ŻÓRAWSKI TEAM | 00:11:42 | 00:25:22.35 | 00:26:12.70 | 5:04 | 11.8 |
| 850 | GOŹDZIAK KRZYSZTOF | 189 | | MIELEC | POL | M 20 | 89 | M 747 | | 00:12:51 | 00:25:23.95 | 00:28:11.10 | 5:04 | 11.8 |
| 851 | MŁYNARCZYK DAREK | 916 | ***** *** | ZALESIE GÓRNE | POL | M 40 | 260 | M 748 | | 00:11:50 | 00:25:24.60 | 00:26:54.45 | 5:04 | 11.8 |
| 852 | BOHDZIEWICZ PAWEŁ | 99 | | DZIEKANÓW LEŚNY | POL | M 40 | 261 | M 749 | | 00:11:57 | 00:25:24.85 | 00:26:54.15 | 5:04 | 11.8 |
| 853 | OSYRA TOMASZ | 1016 | | WARSZAWA | POL | M 40 | 262 | M 750 | | 00:11:56 | 00:25:24.90 | 00:27:13.90 | 5:04 | 11.8 |
| 854 | BIERNACKI MATEUSZ | 1746 | | KONSTANCIN | POL | M 20 | 90 | M 751 | | 00:12:13 | 00:25:27.10 | 00:27:09.80 | 5:05 | 11.8 |
| 855 | KACPROWSKI TADEUSZ | 1808 | | WARSZAWA | POL | M 70 | 5 | M 752 | | 00:11:56 | 00:25:27.35 | 00:26:57.80 | 5:05 | 11.8 |
| 856 | STĘPNIEWSKI JAKUB | 1348 | | RASZYN | POL | M 20 | 91 | M 753 | | 00:11:31 | 00:25:27.60 | 00:26:43.90 | 5:05 | 11.8 |
| 857 | SUŁKOWSKI MICHAŁ | 1950 | | WARSZAWA | POL | M 30 | 238 | M 754 | | 00:12:13 | 00:25:27.75 | 00:27:03.30 | 5:05 | 11.8 |
| 858 | MANART MATEUSZ | 847 | | WARSZAWA | POL | M 30 | 239 | M 755 | ITMRUN | 00:11:35 | 00:25:28.75 | 00:26:26.20 | 5:05 | 11.8 |
| 859 | ŻAKOWICZ FRANEK | 2113 | | JOZEFOSAW | POL | M 16 | 32 | M 756 | | 00:11:05 | 00:25:28.85 | 00:26:27.70 | 5:05 | 11.8 |
| 860 | SUŁKOWSKA MAGDALENA | 1947 | | WARSZAWA | POL | K 30 | 35 | K 103 | | 00:12:14 | 00:25:29.20 | 00:27:03.25 | 5:05 | 11.8 |

BIEG URSYNOWA, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Drużyna 1 | 2.5km | Netto | Brutto | min/km | km/h |
|------|-----------------------------|------|---------------------------------|------------------|------|------|--------|-------|-------------------|----------|-------------|-------------|--------|------|
| 861 | GARBIEC BOGDAN | 338 | | WARSZAWA | POL | M 50 | 77 | M 757 | | 00:11:23 | 00:25:29.80 | 00:26:49.15 | 5:05 | 11.8 |
| 862 | KOCIĘCKA EDYTA | 612 | | OLSZTYN | POL | K 20 | 15 | K 104 | | 00:12:01 | 00:25:30.20 | 00:27:06.95 | 5:06 | 11.8 |
| 863 | DYCHA MARCIN | 275 | NEW BALANCE RUN CLUB | WARSAW | POL | M 50 | 78 | M 758 | | 00:12:16 | 00:25:31.40 | 00:27:08.15 | 5:06 | 11.8 |
| 864 | BUGAJ PRZEMYSŁAW | 129 | | WARSZAWA | POL | M 30 | 240 | M 759 | | 00:12:10 | 00:25:31.95 | 00:27:12.45 | 5:06 | 11.8 |
| 865 | WILK ŁUKASZ | 1540 | | WARSZAWA | POL | M 40 | 263 | M 760 | | 00:13:07 | 00:25:33.30 | 00:27:41.30 | 5:06 | 11.7 |
| 866 | MICHALCZUK JAREK | 899 | | WARSZAWA | POL | M 30 | 241 | M 761 | | 00:12:59 | 00:25:33.55 | 00:28:01.10 | 5:06 | 11.7 |
| 867 | NAGIEL BARTOSZ | 947 | | WARSZAWA | POL | M 30 | 242 | M 762 | | 00:12:31 | 00:25:34.40 | 00:27:29.05 | 5:06 | 11.7 |
| 868 | PRUSAK MARTA | 1130 | TEAM ZABIEGANEDNI | WIĄZOWNA | POL | K 40 | 37 | K 105 | TEAM ZABIEGANEDNI | 00:12:23 | 00:25:35.00 | 00:27:20.05 | 5:07 | 11.7 |
| | | | | | | | | | #2 | | | | | |
| 869 | RÓŻAK-RUKUSZEWICZ MAGDALENA | 1200 | DZIKIE GRUBASY SZATANA | WARSZAWA | POL | K 40 | 38 | K 106 | | 00:11:55 | 00:25:35.10 | 00:27:06.55 | 5:07 | 11.7 |
| 870 | KOŚNIK ALICJA | 662 | | WARSZAWA | POL | K 20 | 16 | K 107 | | 00:12:21 | 00:25:35.10 | 00:27:28.95 | 5:07 | 11.7 |
| 871 | CHARKO ELŻBIETA | 151 | GÓRA BIEGA | GÓRA KALWARIA | POL | K 30 | 36 | K 108 | GÓRA BIEGA | 00:12:26 | 00:25:35.10 | 00:27:08.25 | 5:07 | 11.7 |
| 872 | SIWCZAK AGNIESZKA | 1264 | MORDERCZE OPONKI | WARSZAWA | POL | K 30 | 37 | K 109 | MORDERCZE OPONKI | 00:12:23 | 00:25:35.60 | 00:27:26.60 | 5:07 | 11.7 |
| 873 | STALICA WOJCIECH | 1327 | | CZĘSTOCHOWA | POL | M 50 | 79 | M 763 | | 00:12:04 | 00:25:35.75 | 00:27:42.20 | 5:07 | 11.7 |
| 874 | PISARSKI MICHAŁ | 1085 | | WARSZAWA | POL | M 40 | 264 | M 764 | | 00:12:41 | 00:25:36.45 | 00:27:17.60 | 5:07 | 11.7 |
| 875 | FIEDOROWICZ EWA | 303 | | WARSZAWA | POL | K 40 | 39 | K 110 | PRACUJĄCA TRÓJKA | 00:11:57 | 00:25:37.30 | 00:26:51.45 | 5:07 | 11.7 |
| 876 | FIGAT KRZYSZTOF | 304 | | WARSZAWA URSYNÓW | POL | M 40 | 265 | M 765 | | 00:12:29 | 00:25:37.35 | 00:27:28.50 | 5:07 | 11.7 |
| 877 | SOSIŃSKI HUBERT | 1319 | RUNFORRESTRUN | WARSZAWA | POL | M 30 | 243 | M 766 | | 00:12:21 | 00:25:38.00 | 00:27:36.05 | 5:07 | 11.7 |
| 878 | WELSZYNG PIOTR | 1521 | | ROKIETNICA | POL | M 40 | 266 | M 767 | | 00:11:56 | 00:25:38.25 | 00:26:55.00 | 5:07 | 11.7 |
| 879 | SĘDEK PIOTR | 1240 | | WARSZAWA | POL | M 50 | 80 | M 768 | | 00:12:32 | 00:25:38.45 | 00:27:31.40 | 5:07 | 11.7 |
| 880 | PYZARA TOMASZ | 1154 | | CHOTOMÓW | POL | M 40 | 267 | M 769 | | 00:11:42 | 00:25:39.30 | 00:26:42.25 | 5:07 | 11.7 |
| 881 | SHKURENKO MAKSYM | 1929 | PEREMOHA | WARSZAWA | UKR | M 40 | 268 | M 770 | | 00:11:13 | 00:25:41.15 | 00:27:13.10 | 5:08 | 11.7 |
| 882 | LEWANDOWSKA JOANNA | 777 | | WARSZAWA | POL | K 50 | 12 | K 111 | | 00:12:08 | 00:25:41.30 | 00:27:31.25 | 5:08 | 11.7 |
| 883 | ŻÓŁKOWSKI MAREK | 1668 | TEAM ZABIEGANEDNI | WARSZAWA | POL | M 60 | 25 | M 771 | TEAM ZABIEGANEDNI | 00:12:14 | 00:25:42.00 | 00:27:25.15 | 5:08 | 11.7 |
| 884 | ZAWISŁAK PAWEŁ | 1637 | | MYSIADŁO | POL | M 16 | 33 | M 772 | | 00:12:41 | 00:25:42.90 | 00:27:08.85 | 5:08 | 11.7 |
| 885 | JAŃCZYK WOJCIECH | 1802 | | WARSZAWA | POL | M 40 | 269 | M 773 | | 00:12:27 | 00:25:43.10 | 00:27:39.85 | 5:08 | 11.7 |
| 886 | ZAWADKA MARTA | 1631 | | WARSZAWA | POL | K 30 | 38 | K 112 | | 00:12:21 | 00:25:43.95 | 00:27:22.90 | 5:08 | 11.7 |
| 887 | SZYMAŃSKI ROBERT | 1960 | KREWKI URSYNÓW HDK | WARSZAWA | POL | M 40 | 270 | M 774 | | 00:12:21 | 00:25:44.05 | 00:27:33.05 | 5:08 | 11.7 |
| 888 | KOSTECKI HUBERT | 659 | | WARSZAWA | POL | M 30 | 244 | M 775 | | 00:12:20 | 00:25:44.60 | 00:27:31.45 | 5:08 | 11.7 |
| 889 | GRECKI MICHAŁ | 403 | PWPW SA | CHYLICZKI | POL | M 30 | 245 | M 776 | | 00:12:45 | 00:25:45.00 | 00:27:07.50 | 5:09 | 11.7 |
| 890 | TROJANOWSKA KAROLINA | 1969 | | WARSZAWA | POL | K 30 | 39 | K 113 | | 00:12:18 | 00:25:45.75 | 00:28:20.55 | 5:09 | 11.7 |
| 891 | ŁADNY KACPER | 1845 | | WARSZAWA | POL | M 12 | 8 | M 777 | | 00:12:23 | 00:25:46.15 | 00:27:24.20 | 5:09 | 11.6 |
| 892 | CHWASTEK RYSZARD | 177 | RATUJMYRSIE | WARSZAWA | POL | M 60 | 26 | M 778 | | 00:12:21 | 00:25:46.65 | 00:27:51.95 | 5:09 | 11.6 |
| 893 | SZYDLIK MATEUSZ | 1956 | | WARSZAWA | POL | M 30 | 246 | M 779 | | 00:11:48 | 00:25:46.95 | 00:27:23.60 | 5:09 | 11.6 |
| 894 | ŚWINIARSKI ADAM | 1951 | | WARSZAWA | POL | M 20 | 92 | M 780 | | 00:12:10 | 00:25:47.30 | 00:27:30.95 | 5:09 | 11.6 |
| 895 | MASKIEWICZ ARKADIUSZ | 867 | ERA RUNNING TEAM | WARSZAWA | POL | M 50 | 81 | M 781 | | 00:12:21 | 00:25:47.55 | 00:27:29.60 | 5:09 | 11.6 |
| 896 | JÓŻWIĄK AGNIESZKA | 2138 | | WARSZAWA | POL | K 40 | 40 | K 114 | | 00:11:52 | 00:25:47.65 | 00:26:47.40 | 5:09 | 11.6 |
| 897 | GAŃTOWSKI ARTUR | 351 | | WARSZAWA | POL | M 30 | 247 | M 782 | | 00:11:55 | 00:25:47.85 | 00:27:11.30 | 5:09 | 11.6 |
| 898 | MARKOWSKA OKTAWIA | 859 | BIEGAJ Z DYMKIEM | WARSZAWA | POL | K 40 | 41 | K 115 | | 00:12:07 | 00:25:48.00 | 00:27:16.20 | 5:09 | 11.6 |
| 899 | GÓRSKI HUBERT | 393 | | WARSZAWA | POL | M 30 | 248 | M 783 | | 00:12:08 | 00:25:49.20 | 00:27:19.95 | 5:09 | 11.6 |
| 900 | DĄBROWSKA KATARZYNA | 1774 | WARSAW RUN CLUB | WARSZAWA | POL | K 50 | 13 | K 116 | AKTYWNA WARSZAWA | 00:12:20 | 00:25:49.25 | 00:27:39.45 | 5:09 | 11.6 |
| 901 | MIKULSKI DAMIAN | 906 | TEAM ZABIEGANEDNI | WARSZAWA | POL | M 40 | 271 | M 784 | TEAM ZABIEGANEDNI | 00:12:32 | 00:25:49.75 | 00:27:38.85 | 5:09 | 11.6 |
| | | | | | | | | | #4 | | | | | |
| 902 | STRZELCZYK KAMIL | 1357 | TEAM ZABIEGANEDNI | WARSZAWA | POL | M 40 | 272 | M 785 | TEAM ZABIEGANEDNI | 00:12:23 | 00:25:49.80 | 00:27:37.40 | 5:09 | 11.6 |
| 903 | SZYMOR JOANNA | 1423 | SERWIS POJAZDÓW ADAM WOŁKOWYCKI | WARSZAWA | POL | K 30 | 40 | K 117 | | 00:12:23 | 00:25:50.30 | 00:27:38.35 | 5:10 | 11.6 |
| 904 | GAŚKA AGNIESZKA | 348 | TEAM ZABIEGANEDNI | WIĄZOWNA | POL | K 20 | 17 | K 118 | TEAM ZABIEGANEDNI | 00:12:26 | 00:25:50.45 | 00:27:35.75 | 5:10 | 11.6 |
| 905 | NOWICKI PIOTR | 974 | | WARSZAWA | POL | M 40 | 273 | M 786 | | 00:12:34 | 00:25:50.60 | 00:27:39.40 | 5:10 | 11.6 |
| 906 | BOŻEK MARIUSZ | 108 | ORSOME RUNNERS | WARSZAWA | POL | M 30 | 249 | M 787 | | 00:12:21 | 00:25:51.45 | 00:27:41.50 | 5:10 | 11.6 |
| 907 | GABRYSEWSKI RADOSŁAW | 324 | | WARSZAWA | POL | M 30 | 250 | M 788 | | 00:12:26 | 00:25:52.50 | 00:27:00.20 | 5:10 | 11.6 |
| 908 | KAMIŃSKI TOMASZ | 535 | MARATONCZYCY | WARSZAWA | POL | M 20 | 93 | M 789 | MARATONCZYCY | 00:12:04 | 00:25:52.60 | 00:27:35.55 | 5:10 | 11.6 |
| 909 | ŁASZCZYCH MAŁGORZATA | 796 | | WARSZAWA | POL | K 30 | 41 | K 119 | | 00:11:57 | 00:25:53.10 | 00:27:11.80 | 5:10 | 11.6 |
| 910 | KALINOWSKI KAROL | 525 | KS LEMIESZ TEAM | WARSZAWA | POL | M 40 | 274 | M 790 | | 00:11:52 | 00:25:53.15 | 00:27:15.45 | 5:10 | 11.6 |
| 911 | KARPIŃSKA-GROMEK MONIKA | 550 | KS LEMIESZ TEAM | WARSZAWA | POL | K 40 | 42 | K 120 | | 00:11:52 | 00:25:53.55 | 00:27:16.35 | 5:10 | 11.6 |
| 912 | MOLSKI ANDRZEJ | 922 | | WARSZAWA | POL | M 50 | 82 | M 791 | | 00:11:58 | 00:25:53.65 | 00:27:21.85 | 5:10 | 11.6 |
| 913 | OWCZARCZYK MICHAŁ | 1017 | | WARSZAWA | POL | M 40 | 275 | M 792 | | 00:11:34 | 00:25:53.95 | 00:27:30.70 | 5:10 | 11.6 |
| 914 | UKRAINIEC BOGDAN | 1975 | SC ULTRA | LWOW | UKR | M 60 | 27 | M 793 | | 00:12:14 | 00:25:54.15 | 00:27:29.25 | 5:10 | 11.6 |

BIEG URSYNOWA, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Drużyna 1 | 2.5km | Netto | Brutto | min/km | km/h |
|------|------------------------|------|---------------------------------|--------------|------|------|--------|-------|-------------------|----------|-------------|-------------|--------|------|
| 915 | BOROWSKI MIKOŁAJ | 103 | | WARSZAWA | POL | M 30 | 251 | M 794 | | 00:12:33 | 00:25:54.45 | 00:27:46.40 | 5:10 | 11.6 |
| 916 | KALUŻNY KAROL | 531 | | MICHALOWICE | POL | M 40 | 276 | M 795 | | 00:12:42 | 00:25:55.55 | 00:27:31.70 | 5:11 | 11.6 |
| 917 | KALUZNA JUSTYNA | 530 | | MICHALOWICE | POL | K 40 | 43 | K 121 | | 00:12:42 | 00:25:55.95 | 00:27:31.85 | 5:11 | 11.6 |
| 918 | BORUTA KAMIL | 106 | | WARSZAWA | POL | M 30 | 252 | M 796 | | 00:12:23 | 00:25:56.35 | 00:27:49.10 | 5:11 | 11.6 |
| 919 | DŁUGOSZ MARTA | 240 | | WARSZAWA | POL | K 30 | 42 | K 122 | | 00:12:31 | 00:25:56.35 | 00:27:47.55 | 5:11 | 11.6 |
| 920 | PROCHWICZ JAKUB | 1120 | X FIGHT PIASECZNO | WARSZAWA | POL | M 30 | 253 | M 797 | | 00:12:33 | 00:25:56.40 | 00:27:46.45 | 5:11 | 11.6 |
| 921 | OCHNIK KAMILA | 982 | | WARSZAWA | POL | | | K 123 | | 00:12:22 | 00:25:57.05 | 00:27:49.60 | 5:11 | 11.6 |
| 922 | FABROWICZ KATARZYNA | 292 | | WARSZAWA | POL | K 40 | 44 | K 124 | | 00:11:50 | 00:25:58.20 | 00:27:27.35 | 5:11 | 11.6 |
| 923 | HAWRYLUK-STASIAK EWA | 427 | BIEGUNI 2022 | WARSZAWA | POL | K 60 | 1 | K 125 | | 00:12:18 | 00:25:58.60 | 00:27:47.05 | 5:11 | 11.6 |
| 924 | WAŚOWSKI PIOTR | 1518 | | PRUSZKÓW | POL | M 50 | 83 | M 798 | | 00:12:07 | 00:25:58.70 | 00:27:28.10 | 5:11 | 11.6 |
| 925 | KRATOK DMITRY | 689 | RUN_WAWA_RUN | WARSZAWA | POL | M 30 | 254 | M 799 | | 00:12:30 | 00:25:58.85 | 00:27:34.40 | 5:11 | 11.6 |
| 926 | PAŃCZYK JOANNA | 1034 | THE PAŃCZYKS | WARSZAWA | POL | K 40 | 45 | K 126 | | 00:12:15 | 00:25:59.55 | 00:27:21.30 | 5:11 | 11.5 |
| 927 | ULICZNY MICHAŁ | 1488 | | WARSZAWA | POL | M 20 | 94 | M 800 | | 00:12:40 | 00:25:59.70 | 00:27:39.40 | 5:11 | 11.5 |
| 928 | MYSTKOWSKA MARTA | 1870 | | WARSZAWA | POL | K 30 | 43 | K 127 | | 00:11:59 | 00:25:59.80 | 00:28:25.25 | 5:11 | 11.5 |
| 929 | ROJEWSKI MATEUSZ | 1189 | | WARSZAWA | POL | M 20 | 95 | M 801 | | 00:11:47 | 00:26:00.50 | 00:27:31.15 | 5:12 | 11.5 |
| 930 | KLUCZYK ANTONI | 2045 | KS GROM | WARSZAWA | POL | M 12 | 9 | M 802 | | 00:11:59 | 00:26:00.65 | 00:27:36.35 | 5:12 | 11.5 |
| 931 | STĘPIEŃ RADOŚLAW | 1345 | | JÓZEFOSŁAW | POL | M 40 | 277 | M 803 | | 00:11:53 | 00:26:01.00 | 00:27:22.90 | 5:12 | 11.5 |
| 932 | WYBRANIEC MICHAŁ | 1595 | | WARSZAWA | POL | M 40 | 278 | M 804 | | 00:12:12 | 00:26:01.35 | 00:27:42.05 | 5:12 | 11.5 |
| 933 | SLASKA MARIA | 1285 | | NOWA IWICZNA | POL | K 20 | 18 | K 128 | | 00:11:29 | 00:26:01.60 | 00:27:32.30 | 5:12 | 11.5 |
| 934 | SIRODZKI ZBIGNIEW | 1260 | | WARSZAWA | POL | M 50 | 84 | M 805 | | 00:11:58 | 00:26:01.65 | 00:29:03.70 | 5:12 | 11.5 |
| 935 | GNIADZIK RAFAL | 369 | DEAF RUNNING | WARSZAWA | POL | M 40 | 279 | M 806 | DEAF RUNNING | 00:12:23 | 00:26:01.75 | 00:27:01.30 | 5:12 | 11.5 |
| 936 | WOLKOWYCKI ADAM | 1575 | SERWIS POJAZDÓW ADAM WOŁKOWYCKI | WARSZAWA | POL | M 40 | 280 | M 807 | | 00:12:26 | 00:26:02.20 | 00:28:03.50 | 5:12 | 11.5 |
| 937 | LACHOWICZ TOMASZ | 756 | WITC | WARSZAWA | POL | M 20 | 96 | M 808 | | 00:11:37 | 00:26:03.30 | 00:26:22.05 | 5:12 | 11.5 |
| 938 | KRÓL PATRYK | 701 | | WARSZAWA | POL | M 30 | 255 | M 809 | | 00:11:57 | 00:26:03.35 | 00:28:21.20 | 5:12 | 11.5 |
| 939 | ZARZYCKA OLA | 1627 | | WARSZAWA | POL | K 40 | 46 | K 129 | | 00:12:00 | 00:26:04.40 | 00:26:36.70 | 5:12 | 11.5 |
| 940 | KROSZKA BEATA | 697 | TEAM ZABIEGANEDNI | WARSZAWA | POL | K 50 | 14 | K 130 | TEAM ZABIEGANEDNI | 00:12:26 | 00:26:04.40 | 00:27:54.00 | 5:12 | 11.5 |
| 941 | ZAKRZEWSKI MATEUSZ | 163 | | WARSZAWA | POL | M 20 | 97 | M 810 | | 00:11:47 | 00:26:04.55 | 00:28:54.15 | 5:12 | 11.5 |
| 942 | NIEDZIÓŁKA JACEK | 2141 | | - | POL | M 50 | 85 | M 811 | | 00:12:45 | 00:26:05.75 | 00:27:33.95 | 5:13 | 11.5 |
| 943 | PATEJ MACIEJ | 1720 | | BIAŁYSTOK | POL | M 20 | 98 | M 812 | | 00:12:43 | 00:26:06.55 | 00:27:39.60 | 5:13 | 11.5 |
| 944 | PRZYBYSZ MATEUSZ | 1139 | | WARSZAWA | POL | M 20 | 99 | M 813 | | 00:12:32 | 00:26:06.70 | 00:27:48.05 | 5:13 | 11.5 |
| 945 | FRANCZYK MONIKA | 1785 | | WARSZAWA | POL | K 30 | 44 | K 131 | | 00:12:08 | 00:26:07.10 | 00:28:04.65 | 5:13 | 11.5 |
| 946 | LIACH ALIAKSANDR | 782 | | WARSAW | BEL | M 30 | 256 | M 814 | | 00:12:06 | 00:26:08.55 | 00:28:08.25 | 5:13 | 11.5 |
| 947 | JAZNICKI TOMEK | 483 | KS ZNICZ - POWĄZKI | WARSZAWA | POL | M 50 | 86 | M 815 | | 00:12:28 | 00:26:08.95 | 00:28:05.90 | 5:13 | 11.5 |
| 948 | BRZOZOWSKI ERNEST | 118 | KS STASZEWSKY | BŁONIE | POL | M 40 | 281 | M 816 | KS STASZEWSKY | 00:12:03 | 00:26:09.05 | 00:27:22.70 | 5:13 | 11.5 |
| 949 | SZULC KASIA | 1403 | | ZĄBKI | POL | K 50 | 15 | K 132 | | 00:12:20 | 00:26:09.05 | 00:27:35.40 | 5:13 | 11.5 |
| 950 | MARCINKOWSKI DARIUSZ | 853 | | SOCHACZEW | POL | M 60 | 28 | M 817 | | 00:12:32 | 00:26:09.40 | 00:28:07.15 | 5:13 | 11.5 |
| 951 | SIWEK ANNA | 1265 | | WARSZAWA | POL | K 40 | 47 | K 133 | | 00:11:48 | 00:26:10.65 | 00:27:37.90 | 5:14 | 11.5 |
| 952 | LEŚNIAK KRZYSZTOF | 775 | LEŚNIAKTEAM | WARSZAWA | POL | M 40 | 282 | M 818 | | 00:12:04 | 00:26:11.05 | 00:27:15.05 | 5:14 | 11.5 |
| 953 | KOSZUT WOJCIECH | 1824 | | WARSZAWA | POL | M 40 | 283 | M 819 | | 00:12:37 | 00:26:11.20 | 00:28:07.35 | 5:14 | 11.5 |
| 954 | GRUSZKA JAKUB | 413 | TN BIEGÓWKA WESOŁA | WARSZAWA | POL | M 30 | 257 | M 820 | | 00:11:29 | 00:26:12.05 | 00:27:29.85 | 5:14 | 11.5 |
| 955 | BRAMSON PIOTR | 1750 | | WARSZAWA | POL | M 40 | 284 | M 821 | | 00:11:46 | 00:26:13.05 | 00:26:40.25 | 5:14 | 11.4 |
| 956 | JURDECZKA MIROŚLAW | 501 | | WARSZAWA | POL | M 30 | 258 | M 822 | | 00:12:11 | 00:26:13.35 | 00:28:08.15 | 5:14 | 11.4 |
| 957 | ZAIDLEWICZ MAREK | 1612 | | WARSZAWA | POL | M 40 | 285 | M 823 | | 00:12:39 | 00:26:13.40 | 00:29:33.35 | 5:14 | 11.4 |
| 958 | CYBULSKI DAWID | 1762 | | ZAMOŚĆ | POL | M 20 | 100 | M 824 | | 00:12:44 | 00:26:13.40 | 00:28:50.10 | 5:14 | 11.4 |
| 959 | MURAWSKA MAŁGORZATA | 938 | TEAM ZABIEGANEDNI | WARSZAWA | POL | K 50 | 16 | K 134 | TEAM ZABIEGANEDNI | 00:12:28 | 00:26:15.55 | 00:27:59.75 | 5:15 | 11.4 |
| 960 | JĘDRZEJEWSKA LAURA | 1805 | | PŁOŃSK | POL | K 20 | 19 | K 135 | | 00:12:19 | 00:26:15.60 | 00:28:00.50 | 5:15 | 11.4 |
| 961 | GUTOWSKI PIOTR | 422 | | SKARYSZEW | POL | M 20 | 101 | M 825 | | 00:12:34 | 00:26:16.65 | 00:28:01.35 | 5:15 | 11.4 |
| 962 | GOLISZ ADAM | 377 | | MYSIADŁO | POL | M 50 | 87 | M 826 | | 00:12:41 | 00:26:17.05 | 00:27:43.10 | 5:15 | 11.4 |
| 963 | ZACHUTA PIOTR | 1606 | | WARSZAWA | POL | M 30 | 259 | M 827 | | 00:12:22 | 00:26:18.00 | 00:28:14.90 | 5:15 | 11.4 |
| 964 | OWCZARZYK JANEK | 2071 | | WARSZAWA | POL | M 14 | 21 | M 828 | | 00:11:59 | 00:26:18.05 | 00:27:30.50 | 5:15 | 11.4 |
| 965 | PINDAKIEWICZ MICHAŁ | 1079 | | WARSZAWA | POL | M 50 | 88 | M 829 | | 00:12:16 | 00:26:18.30 | 00:28:00.70 | 5:15 | 11.4 |
| 966 | GIERSZEWSKI MARIUSZ | 357 | | ŻDŹAR | POL | M 30 | 260 | M 830 | | 00:11:56 | 00:26:18.40 | 00:27:52.10 | 5:15 | 11.4 |
| 967 | MAKOWSKI JULIUSZ | 1852 | | WARSZAWA | POL | M 30 | 261 | M 831 | | 00:12:07 | 00:26:19.85 | 00:27:32.45 | 5:15 | 11.4 |
| 968 | ŚWIDERSKI DARIUSZ | 1431 | POLYPHARM | WARSZAWA | POL | M 50 | 89 | M 832 | | 00:12:12 | 00:26:20.65 | 00:27:40.60 | 5:16 | 11.4 |
| 969 | KIETLIŃSKI SZYMON | 1814 | | WARSZAWA | POL | M 12 | 10 | M 833 | | 00:13:12 | 00:26:20.80 | 00:29:28.90 | 5:16 | 11.4 |
| 970 | MARCINKOWSKI KRZYSZTOF | 1856 | | WARSZAWA | POL | M 40 | 286 | M 834 | | 00:12:14 | 00:26:21.25 | 00:27:58.40 | 5:16 | 11.4 |

BIEG URSYNOWA, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Drużyna 1 | 2.5km | Netto | Brutto | min/km | km/h |
|------|-------------------------------|------|------------------------|--------------------|------|------|--------|-------|-------------------|----------|-------------|-------------|--------|------|
| 971 | SKUP KACPER | 1281 | | WARSZAWA | POL | M 30 | 262 | M 835 | | 00:11:18 | 00:26:21.30 | 00:27:07.55 | 5:16 | 11.4 |
| 972 | ZABŁOCKI WOJCIECH | 1603 | | WARSZAWA | POL | M 30 | 263 | M 836 | | 00:11:58 | 00:26:21.65 | 00:27:29.70 | 5:16 | 11.4 |
| 973 | ROJEWSKA PAULINA | 1188 | | WARSZAWA | POL | K 20 | 20 | K 136 | | 00:11:59 | 00:26:22.10 | 00:27:29.85 | 5:16 | 11.4 |
| 974 | DĄBROWSKI DANIEL | 1724 | | MYSZKÓW | POL | M 40 | 287 | M 837 | | 00:12:26 | 00:26:22.75 | 00:28:12.65 | 5:16 | 11.4 |
| 975 | AUGUSTYN ŁUKASZ | 38 | CBRE | WARSZAWA | POL | M 30 | 264 | M 838 | | 00:12:10 | 00:26:22.90 | 00:26:30.60 | 5:16 | 11.4 |
| 976 | GIEFERT SYLWIA | 1788 | | WARSZAWA | POL | K 20 | 21 | K 137 | | 00:12:19 | 00:26:23.15 | 00:28:08.50 | 5:16 | 11.4 |
| 977 | MOTYKA ALEKSANDRA | 2068 | GÓRA BIEGA | GÓRA KALWARIA | POL | K 14 | 3 | K 138 | DRAGONFLIES | 00:12:04 | 00:26:23.25 | 00:27:54.70 | 5:16 | 11.4 |
| 978 | ANTKIEWICZ WERONIKA | 29 | | WARSZAWA (URSYNÓW) | POL | K 20 | 22 | K 139 | | 00:12:02 | 00:26:23.40 | 00:27:43.80 | 5:16 | 11.4 |
| 979 | GRABEK RADOŚLAW | 1796 | | WARSZAWA | POL | M 40 | 288 | M 839 | | 00:12:35 | 00:26:24.05 | 00:27:56.65 | 5:16 | 11.4 |
| 980 | KOZŁOWSKI PATRYK | 685 | GÓRA BIEGA | GÓRA KALWARIA | POL | M 40 | 289 | M 840 | GÓRA BIEGA | 00:12:04 | 00:26:24.40 | 00:27:55.65 | 5:16 | 11.4 |
| 981 | TRZASO ANIA | 1472 | ADIDAS RUNNERS WARSZAW | WARSZAWA | POL | K 30 | 45 | K 140 | | 00:12:29 | 00:26:24.85 | 00:28:02.60 | 5:16 | 11.4 |
| 982 | BIEDROŃ DARIUSZ | 73 | ALUNIO TEAM | WARSZAWA | POL | M 40 | 290 | M 841 | | 00:12:44 | 00:26:25.10 | 00:28:01.85 | 5:17 | 11.4 |
| 983 | DZIUBIŃSKI PIOTR | 288 | KDPS | WARSZAWA | POL | M 30 | 265 | M 842 | | 00:12:27 | 00:26:25.95 | 00:28:21.70 | 5:17 | 11.4 |
| 984 | KARNEY KRZYSZTOF | 548 | | WARSZAWA | POL | M 40 | 291 | M 843 | | 00:12:45 | 00:26:26.40 | 00:29:15.00 | 5:17 | 11.3 |
| 985 | MOŚ TOMASZ | 1867 | | WARSZAWA | POL | M 40 | 292 | M 844 | | 00:12:42 | 00:26:27.35 | 00:28:19.70 | 5:17 | 11.3 |
| 986 | OSTROWSKI MARCIN | 1013 | | WARSZAWA | POL | M 40 | 293 | M 845 | | 00:12:51 | 00:26:27.35 | 00:28:05.10 | 5:17 | 11.3 |
| 987 | GIECKO ANNA | 353 | | LUBLIN | POL | K 50 | 17 | K 141 | | 00:12:12 | 00:26:27.75 | 00:26:47.10 | 5:17 | 11.3 |
| 988 | KRZECZEWSKI PIOTR | 709 | | WARSZAWA | POL | M 30 | 266 | M 846 | | 00:12:25 | 00:26:27.80 | 00:29:07.05 | 5:17 | 11.3 |
| 989 | CIEŚLIK EMIL | 2011 | ŁÓDŹ KOCHA SPORT | ŁÓDŹ | POL | M 16 | 34 | M 847 | ŁÓDŹ KOCHA SPORT | 00:13:17 | 00:26:27.95 | 00:29:19.30 | 5:17 | 11.3 |
| 990 | MACUTKIEWICZ IZABELA | 819 | | WARSZAWA | POL | K 30 | 46 | K 142 | | 00:12:23 | 00:26:28.05 | 00:27:58.40 | 5:17 | 11.3 |
| 991 | BRODZKI JAN | 112 | | WARSZAWA | POL | M 30 | 267 | M 848 | | 00:11:43 | 00:26:29.05 | 00:27:28.65 | 5:17 | 11.3 |
| 992 | BOGUSZEWSKI PIOTR | 98 | | WARSZAWA | POL | M 40 | 294 | M 849 | | 00:12:36 | 00:26:29.05 | 00:30:13.75 | 5:17 | 11.3 |
| 993 | SUCHOCKI KONRAD | 1364 | | SZEWNICA | POL | M 30 | 268 | M 850 | | 00:12:38 | 00:26:29.15 | 00:28:43.05 | 5:17 | 11.3 |
| 994 | WÓJCIK ARTUR | 1587 | | JÓZEFOSŁAW | POL | M 40 | 295 | M 851 | | 00:12:03 | 00:26:29.35 | 00:27:53.85 | 5:17 | 11.3 |
| 995 | SOWIAK GRZEGORZ | 1322 | | WARSZAWA | POL | M 30 | 269 | M 852 | | 00:12:16 | 00:26:29.40 | 00:27:50.55 | 5:17 | 11.3 |
| 996 | CHARCHUŁA MARTA | 148 | | IZABELIN | POL | K 30 | 47 | K 143 | | 00:12:50 | 00:26:29.95 | 00:28:47.40 | 5:17 | 11.3 |
| 997 | FRENKEL MAREK | 319 | | BLIZNE JASIŃSKIEGO | POL | M 50 | 90 | M 853 | | 00:12:14 | 00:26:30.20 | 00:29:59.25 | 5:18 | 11.3 |
| 998 | JAGUŚ PIOTREK | 453 | | WARSZAWA | POL | M 30 | 270 | M 854 | | 00:11:56 | 00:26:31.05 | 00:28:26.45 | 5:18 | 11.3 |
| 999 | PIECZONKA MARCIN | 1064 | | WARSZAWA | POL | M 30 | 271 | M 855 | | 00:11:46 | 00:26:31.30 | 00:29:17.80 | 5:18 | 11.3 |
| 1000 | JAKÓBCZAK MICHAŁ | 454 | | ZĄBKI | POL | M 20 | 102 | M 856 | | 00:12:08 | 00:26:31.55 | 00:28:25.75 | 5:18 | 11.3 |
| 1001 | GAJOWNICZEK ARTUR | 333 | | WARSZAWA | POL | M 40 | 296 | M 857 | | 00:12:30 | 00:26:32.05 | 00:27:37.80 | 5:18 | 11.3 |
| 1002 | DUBAN MAGDALENA | 2020 | | JANKI | POL | K 14 | 4 | K 144 | | | 00:26:33.15 | 00:28:01.95 | 5:18 | 11.3 |
| 1003 | GOLISZ EWA | 376 | | WARSZAWA | POL | K 50 | 18 | K 145 | | 00:12:32 | 00:26:33.35 | 00:27:58.55 | 5:18 | 11.3 |
| 1004 | ŁYSIAK KRZYSZTOF | 811 | KOTLET POWER TEAM | WARSZAWA | POL | M 40 | 297 | M 858 | | 00:12:14 | 00:26:34.40 | 00:28:48.15 | 5:18 | 11.3 |
| 1005 | PODGÓRSKA ALEKSANDRA | 67 | | WARSZAWA | POL | K 30 | 48 | K 146 | | 00:12:01 | 00:26:34.70 | 00:28:10.10 | 5:18 | 11.3 |
| 1006 | KALINOWSKI PIOTR | 524 | | NOWA IWICZNA | POL | M 40 | 298 | M 859 | | 00:13:00 | 00:26:34.75 | 00:28:15.35 | 5:18 | 11.3 |
| 1007 | KNAP MACIEJ | 2046 | | WARSZAWA | POL | M 16 | 35 | M 860 | | 00:13:52 | 00:26:35.45 | 00:29:16.50 | 5:19 | 11.3 |
| 1008 | BANACH MATEUSZ | 44 | | WARSZAWA | POL | M 30 | 272 | M 861 | | 00:12:31 | 00:26:35.55 | 00:27:25.70 | 5:19 | 11.3 |
| 1009 | CHUDECKI ŁUKASZ | 176 | | WARSZAWA | POL | M 30 | 273 | M 862 | | 00:12:30 | 00:26:36.15 | 00:27:41.90 | 5:19 | 11.3 |
| 1010 | GIL WOJCIECH | 359 | TEAM ZABIEGANEDNI | WARSZAWA | POL | M 50 | 91 | M 863 | TEAM ZABIEGANEDNI | 00:12:50 | 00:26:36.30 | 00:27:24.25 | 5:19 | 11.3 |
| 1011 | MOKRZANOWSKA ANNA | 919 | | WARSZAWA | POL | K 30 | 49 | K 147 | | 00:12:21 | 00:26:37.30 | 00:28:10.20 | 5:19 | 11.3 |
| 1012 | RUKUSZEWICZ WAWRZYNIEC | 1206 | DZIKIE GRUBASY SZATANA | WARSZAWA | POL | M 40 | 299 | M 864 | | 00:12:36 | 00:26:37.85 | 00:28:10.00 | 5:19 | 11.3 |
| 1013 | FRITZ TOMASZ | 1786 | | BIELSKO BIAŁA | POL | M 40 | 300 | M 865 | | 00:12:24 | 00:26:38.10 | 00:28:17.90 | 5:19 | 11.3 |
| 1014 | BUDNICKI GRZEGORZ | 127 | | WARSZAWA | POL | M 60 | 29 | M 866 | | 00:12:28 | 00:26:38.35 | 00:27:49.60 | 5:19 | 11.3 |
| 1015 | CHMIELEWSKI TOMASZ | 160 | | PIASTÓW | POL | M 40 | 301 | M 867 | | 00:13:10 | 00:26:38.50 | 00:29:17.85 | 5:19 | 11.3 |
| 1016 | KUKŁA ELZBIETA | 732 | RYSIK RUNNERS | WARSZAWA | POL | K 50 | 19 | K 148 | | 00:12:26 | 00:26:38.65 | 00:28:20.00 | 5:19 | 11.3 |
| 1017 | ROGAŁSKA JUSTYNA | 1186 | | WARSZAWA | POL | K 30 | 50 | K 149 | | 00:12:41 | 00:26:39.80 | 00:28:58.15 | 5:19 | 11.3 |
| 1018 | CYNKIER MIESZKO | 197 | TEAM ENVOL POLAND | SULJEÓWEK | POL | M 40 | 302 | M 868 | | 00:12:49 | 00:26:42.40 | 00:28:35.80 | 5:20 | 11.2 |
| 1019 | ANIOŁKOWSKI KRZYSZTOF | 27 | GRUPA BIEGOWA UM W-WA | WARSZAWA | POL | M 40 | 303 | M 869 | AKTYWNA WARSZAWA | 00:13:15 | 00:26:42.60 | 00:29:23.40 | 5:20 | 11.2 |
| 1020 | REGUCKI FABIAN | 1173 | | WARSZAWA | POL | M 16 | 36 | M 870 | | 00:12:27 | 00:26:43.20 | 00:29:10.30 | 5:20 | 11.2 |
| 1021 | PASZKIEWICZ ALICJA | 1703 | | WARSZAWA | POL | K 20 | 23 | K 150 | | 00:12:33 | 00:26:43.85 | 00:28:23.65 | 5:20 | 11.2 |
| 1022 | CIEŚLIK MARIUSZ | 188 | ŁÓDŹ KOCHA SPORT | ŁÓDŹ | POL | M 40 | 304 | M 871 | ŁÓDŹ KOCHA SPORT | 00:13:17 | 00:26:43.95 | 00:29:34.30 | 5:20 | 11.2 |
| 1023 | SZYMAŃSKA MAJA | 1414 | | WARSZAWA | POL | K 16 | 4 | K 151 | | 00:12:24 | 00:26:44.00 | 00:28:32.35 | 5:20 | 11.2 |
| 1024 | WINNICKA-MACKENTHUN AGNIESZKA | 1545 | | WARSZAWA | POL | K 40 | 48 | K 152 | | 00:12:54 | 00:26:44.30 | 00:28:16.75 | 5:20 | 11.2 |
| 1025 | CZERNIAWSKA JOANNA | 1768 | | WARSZAWA | POL | K 40 | 49 | K 153 | | 00:12:22 | 00:26:44.35 | 00:28:26.60 | 5:20 | 11.2 |
| 1026 | KWIATKOWSKA IZABELA | 754 | | KOMORNICA | POL | K 30 | 51 | K 154 | | 00:12:36 | 00:26:44.90 | 00:28:34.55 | 5:20 | 11.2 |
| 1027 | BIENIAK EWELINA | 77 | | BIAŁE BŁOTA | POL | K 30 | 52 | K 155 | | 00:12:42 | 00:26:45.55 | 00:28:38.90 | 5:21 | 11.2 |

BIEG URSYNOWA, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Drużyna 1 | 2.5km | Netto | Brutto | min/km | km/h |
|------|---------------------------|------|-------------------------------------|------------------|------|------|--------|-------|-----------------------------|----------|-------------|-------------|--------|------|
| 1028 | PATER AGNIESZKA | 1891 | THE GREEN RUNNERS | WARSZAWA | POL | K 40 | 50 | K 156 | | 00:12:25 | 00:26:46.50 | 00:29:00.55 | 5:21 | 11.2 |
| 1029 | CHARMUZKO MONIKA | 152 | | WARSZAWA | POL | K 40 | 51 | K 157 | | 00:12:47 | 00:26:46.50 | 00:28:27.65 | 5:21 | 11.2 |
| 1030 | CYGAN ANNA | 194 | PATRYCJA DETTLAFF I BLACK HAT ULTRA | WARSZAWA | POL | K 50 | 20 | K 158 | | 00:12:11 | 00:26:46.80 | 00:27:47.20 | 5:21 | 11.2 |
| 1031 | PRUSIK JAN | 1131 | | STARA WIEŚ | POL | M 30 | 274 | M 872 | | 00:12:52 | 00:26:47.35 | 00:29:16.80 | 5:21 | 11.2 |
| 1032 | KURZACZ KATARZYNA | 747 | ADIDAS RUNNERS WARSAW | WARSZAWA | POL | K 50 | 21 | K 159 | ADIDAS RUNNERS WARSAW | 00:12:34 | 00:26:47.90 | 00:28:42.70 | 5:21 | 11.2 |
| 1033 | TEMPLER MAREK | 1443 | TEAM ZABIEGANEDNI | WARSZAWA | POL | M 40 | 305 | M 873 | | 00:12:30 | 00:26:48.05 | 00:28:42.10 | 5:21 | 11.2 |
| 1034 | GERULA JAKUB | 352 | | WARSZAWA | POL | M 20 | 103 | M 874 | | 00:12:26 | 00:26:48.45 | 00:27:00.00 | 5:21 | 11.2 |
| 1035 | KWACZYŃSKA MARZENA | 1832 | PZU SPORT TEAM | WARSZAWA | POL | K 50 | 22 | K 160 | PZU SPORT TEAM | 00:12:41 | 00:26:48.45 | 00:28:44.20 | 5:21 | 11.2 |
| 1036 | KRYSIUK KAROLINA | 705 | | TORUŃ | POL | K 20 | 24 | K 161 | | 00:12:42 | 00:26:48.65 | 00:28:39.15 | 5:21 | 11.2 |
| 1037 | PRASEK ŁUKASZ | 1117 | | WARSZAWA | POL | M 40 | 306 | M 875 | | 00:12:49 | 00:26:48.65 | 00:28:52.10 | 5:21 | 11.2 |
| 1038 | PRASEK AGATA | 1118 | | WARSZAWA | POL | K 40 | 52 | K 162 | | 00:12:50 | 00:26:48.80 | 00:28:51.90 | 5:21 | 11.2 |
| 1039 | STEMPEL TOMASZ | 1343 | MARYSIN WAWERSKI BIEGA WAWERSKI | WARSZAWA-MARYSIN | POL | M 40 | 307 | M 876 | | 00:12:26 | 00:26:49.20 | 00:28:38.50 | 5:21 | 11.2 |
| 1040 | KIETLIŃSKI MACIEJ | 580 | | WARSZAWA | POL | M 50 | 92 | M 877 | | 00:13:37 | 00:26:49.30 | 00:29:32.10 | 5:21 | 11.2 |
| 1041 | TREVOR ARRON | 1461 | | WARSZAWA | POL | M 50 | 93 | M 878 | | 00:12:54 | 00:26:49.40 | 00:28:29.90 | 5:21 | 11.2 |
| 1042 | OLSZEWSKA DOROTA | 1000 | BRACTWO BIEGOWE BGK | WARSZAWA | POL | K 40 | 53 | K 163 | BRACTWO BIEGOWE BGK | 00:12:26 | 00:26:50.70 | 00:28:29.60 | 5:22 | 11.2 |
| 1043 | KIELISZEK-MĘDREK MONIKA | 577 | | WARSZAWA | POL | K 30 | 53 | K 164 | | 00:13:51 | 00:26:51.30 | 00:29:46.55 | 5:22 | 11.2 |
| 1044 | WOZIŃSKI PATRYK | 1581 | | WARSZAWA | POL | M 30 | 275 | M 879 | | 00:13:11 | 00:26:51.50 | 00:29:01.60 | 5:22 | 11.2 |
| 1045 | ŚWIDRAK BARTOSZ | 1432 | | WARSZAWA | POL | M 30 | 276 | M 880 | | 00:12:03 | 00:26:51.85 | 00:28:21.90 | 5:22 | 11.2 |
| 1046 | SZYDŁOWSKI JERZY | 1408 | | WARSZAWA | POL | M 60 | 30 | M 881 | | 00:12:17 | 00:26:51.85 | 00:28:07.70 | 5:22 | 11.2 |
| 1047 | GADZIŃSKI MARCIN | 328 | | WARSZAWA | POL | M 20 | 104 | M 882 | | 00:12:38 | 00:26:52.95 | 00:29:34.30 | 5:22 | 11.2 |
| 1048 | BAK AGATA | 63 | | WARSZAWA | POL | K 30 | 54 | K 165 | | 00:12:50 | 00:26:53.15 | 00:29:10.35 | 5:22 | 11.2 |
| 1049 | OLSZEWSKI ANDRZEJ | 1001 | KS STASZEWSKY | WARSZAWA | POL | M 50 | 94 | M 883 | KS STASZEWSKY | 00:11:56 | 00:26:54.20 | 00:28:22.45 | 5:22 | 11.2 |
| 1050 | KRAWCZYK JULIUSZ | 692 | | WARSZAWA | POL | M 20 | 105 | M 884 | | 00:12:52 | 00:26:55.10 | 00:28:51.70 | 5:23 | 11.1 |
| 1051 | JEMINIĄK MARTA | 487 | | WARSZAWA | POL | K 16 | 5 | K 166 | | 00:13:07 | 00:26:55.25 | 00:29:07.75 | 5:23 | 11.1 |
| 1052 | SKWIRA PIOTR | 1936 | CHWILAMOMENTTEAM | WARSZAWA | POL | M 40 | 308 | M 885 | CHWILAMOMENTTEAM | 00:12:17 | 00:26:55.75 | 00:28:13.20 | 5:23 | 11.1 |
| 1053 | STOLARSKI JANUSZ | 1351 | PARKRUN SŁODOWO WŁOCLAWEK | WŁOCLAWEK | POL | M 60 | 31 | M 886 | | 00:13:06 | 00:26:56.10 | 00:29:07.75 | 5:23 | 11.1 |
| 1054 | MASTALEREK ARKADIUSZ | 869 | | WARSZAWA | POL | M 40 | 309 | M 887 | | 00:13:26 | 00:26:57.20 | 00:29:30.40 | 5:23 | 11.1 |
| 1055 | DZIDA BARBARA | 281 | TEAM ZABIEGANE DNI | WARSZAWA | POL | K 40 | 54 | K 167 | | 00:12:25 | 00:26:57.70 | 00:28:42.25 | 5:23 | 11.1 |
| 1056 | PRZEPIÓRA JACEK | 1133 | ATOMOWE KRASNALE | WARSZAWA | POL | M 40 | 310 | M 888 | | 00:12:07 | 00:26:58.00 | 00:28:38.15 | 5:23 | 11.1 |
| 1057 | POMIERNY DOMINIK | 1907 | #KUCIAPSKI TEAM | WARSZAWA | POL | M 40 | 311 | M 889 | ADIDAS RUNNERS WARSAW | 00:12:38 | 00:26:58.05 | 00:27:49.05 | 5:23 | 11.1 |
| 1058 | CHRABAŁOWSKI ŁUKASZ | 172 | | WARSZAWA | POL | M 40 | 312 | M 890 | | 00:12:34 | 00:26:58.20 | 00:28:44.15 | 5:23 | 11.1 |
| 1059 | RYBCHUK IAROSLAV | 1217 | | WARSZAWA | POL | M 20 | 106 | M 891 | CBRE | 00:12:47 | 00:26:58.65 | 00:29:06.50 | 5:23 | 11.1 |
| 1060 | GŁĄŻEWSKI TOMASZ | 364 | | WARSZAWA | POL | M 30 | 277 | M 892 | | 00:12:51 | 00:26:59.45 | 00:29:10.35 | 5:23 | 11.1 |
| 1061 | LECHAŃSKA ALEKSANDRA | 1835 | | WARSZAWA | POL | K 30 | 55 | K 168 | | | 00:27:00.25 | 00:28:20.90 | 5:24 | 11.1 |
| 1062 | BARTOSIAK BEATA | 53 | | WARSZAWA | POL | K 40 | 55 | K 169 | | 00:12:36 | 00:27:01.00 | 00:28:45.60 | 5:24 | 11.1 |
| 1063 | WIECZOREK WIKTOR | 1985 | BIEGOWY WARIAT RUNNING TEAM | BĘDZIN | POL | M 14 | 22 | M 893 | BIEGOWY WARIAT RUNNING TEAM | 00:13:10 | 00:27:02.60 | 00:28:54.85 | 5:24 | 11.1 |
| 1064 | WILK ASIA | 1541 | | WARSZAWA | POL | K 16 | 6 | K 170 | | 00:13:12 | 00:27:02.65 | 00:29:10.70 | 5:24 | 11.1 |
| 1065 | DĘBOWSKA KINGA | 234 | PAWKO RUNNER TEAM | WARSZAWA | POL | K 20 | 25 | K 171 | PAWKO RUNNER TEAM | 00:12:46 | 00:27:02.85 | 00:28:37.75 | 5:24 | 11.1 |
| 1066 | FORNALIK IWONA | 1784 | WITC | WARSZAWA | POL | K 40 | 56 | K 172 | | 00:12:41 | 00:27:03.55 | 00:27:34.00 | 5:24 | 11.1 |
| 1067 | BZURA EMILIA | 143 | | WARSZAWA | POL | K 40 | 57 | K 173 | | 00:12:29 | 00:27:03.75 | 00:28:53.65 | 5:24 | 11.1 |
| 1068 | RYSZKA BOGUSŁAW | 1924 | | LUBLINIEC | POL | M 50 | 95 | M 894 | | 00:12:37 | 00:27:03.85 | 00:28:41.10 | 5:24 | 11.1 |
| 1069 | ŻURAWSKI PAWEŁ | 1674 | LENIWCE TEAM | WARSZAWA | POL | M 40 | 313 | M 895 | | 00:12:56 | 00:27:05.20 | 00:28:57.85 | 5:25 | 11.1 |
| 1070 | GAŚOWSKA-ŚLIWIŃSKA RENATA | 349 | DREAM RUN | WARSZAWA | POL | K 40 | 58 | K 174 | DREAM RUN | 00:12:52 | 00:27:05.75 | 00:30:16.95 | 5:25 | 11.1 |
| 1071 | WAWRZYŃOWSKI MICHAŁ | 1517 | | JÓZEFÓW | POL | M 30 | 278 | M 896 | | 00:12:28 | 00:27:05.80 | 00:28:51.25 | 5:25 | 11.1 |
| 1072 | SIARNIEWICZ ŁUKASZ | 1244 | | PIASECZNO | POL | M 20 | 107 | M 897 | | 00:12:30 | 00:27:05.90 | 00:29:20.90 | 5:25 | 11.1 |
| 1073 | PRZYBYŚ KRZYSZTOF | 82 | | WARSZAWA | POL | M 50 | 96 | M 898 | | 00:12:54 | 00:27:05.90 | 00:28:41.75 | 5:25 | 11.1 |
| 1074 | STEFANKOWSKI ROBERT | 1340 | | WARSZAWA | POL | M 30 | 279 | M 899 | | 00:13:01 | 00:27:06.25 | 00:29:17.30 | 5:25 | 11.1 |
| 1075 | GÓRSKA SYLWIA | 390 | GÓRA BIEGA | GÓRA KALWARIA | POL | K 40 | 59 | K 175 | GÓRA BIEGA | 00:12:51 | 00:27:06.30 | 00:29:17.30 | 5:25 | 11.1 |
| 1076 | CZERESNIOWSKA ANNA | 207 | ADIDAS RUNNERS WARSAW | WARSZAWA | POL | K 30 | 56 | K 176 | ADIDAS RUNNERS WARSAW | 00:12:14 | 00:27:07.85 | 00:28:59.80 | 5:25 | 11.1 |
| 1077 | DWORAK MARCIN | 1680 | | WARSZAWA | POL | M 50 | 97 | M 900 | | 00:13:02 | 00:27:08.65 | 00:29:27.60 | 5:25 | 11.1 |

BIEG URSYNOWA, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Drużyna 1 | 2.5km | Netto | Brutto | min/km | km/h |
|------|------------------------|------|-----------------------------|---------------------|------|------|--------|-------|--------------------------------|----------|-------------|-------------|--------|------|
| 1078 | ZABOJSZCZ TOMASZ | 2123 | | WARSZAWA | POL | M 50 | 98 | M 901 | | 00:12:33 | 00:27:09.20 | 00:30:38.35 | 5:25 | 11 |
| 1079 | KŁĘK MAGDALENA | 603 | BEZLITOŚNI | JÓZEFOSŁAW | POL | K 40 | 60 | K 177 | | 00:12:44 | 00:27:10.65 | 00:29:30.10 | 5:26 | 11 |
| 1080 | BOCZARSKI PIOTR | 94 | | WARSZAWA | POL | M 30 | 280 | M 902 | | 00:12:52 | 00:27:10.80 | 00:29:17.70 | 5:26 | 11 |
| 1081 | SOKOŁOWSKA ALEKSANDRA | 2089 | | BŁĘDÓW | POL | K 16 | 7 | K 178 | | 00:12:24 | 00:27:11.70 | 00:27:37.60 | 5:26 | 11 |
| 1082 | SOKOŁOWSKI JAROSŁAW | 1314 | | BŁĘDÓW | POL | M 40 | 314 | M 903 | | 00:12:24 | 00:27:11.75 | 00:27:37.60 | 5:26 | 11 |
| 1083 | NOWAKOWSKI RAFAŁ | 971 | | WARSZAWA | POL | M 20 | 108 | M 904 | | 00:13:04 | 00:27:12.10 | 00:29:26.05 | 5:26 | 11 |
| 1084 | WRONA MILENA | 1997 | | JABŁONNA | POL | K 40 | 61 | K 179 | | 00:12:43 | 00:27:12.15 | 00:29:04.50 | 5:26 | 11 |
| 1085 | KONDRAT PIOTR | 625 | | ZĄBKI | POL | M 60 | 32 | M 905 | | 00:12:23 | 00:27:12.85 | 00:29:01.10 | 5:26 | 11 |
| 1086 | MĘKARSKI TOMASZ | 2064 | | WARSZAWA | POL | M 16 | 37 | M 906 | | 00:13:14 | 00:27:13.20 | 00:29:18.20 | 5:26 | 11 |
| 1087 | ZBOCH JOANNA | 1639 | | WARSZAWA | POL | K 50 | 23 | K 180 | | 00:13:09 | 00:27:13.35 | 00:29:07.85 | 5:26 | 11 |
| 1088 | SKALSKI MAREK | 1697 | | DĄBROWA CHOTOMOWSKA | POL | M 50 | 99 | M 907 | | 00:12:34 | 00:27:14.00 | 00:28:56.55 | 5:26 | 11 |
| 1089 | PIECHOCKA KATARZYNA | 1061 | BIEGOWY WARIAT RUNNING TEAM | WARSZAWA | POL | K 40 | 62 | K 181 | BIEGOWY WARIAT RUNNING TEAM | 00:12:55 | 00:27:14.00 | 00:28:54.85 | 5:26 | 11 |
| 1090 | JEDRKIEWICZ KLARA | 2035 | | WARSZAWA | POL | K 16 | 8 | K 182 | | | 00:27:14.20 | 00:27:41.70 | 5:26 | 11 |
| 1091 | DOBRUCH HANNA | 245 | | WARSZAWA | POL | K 50 | 24 | K 183 | | 00:12:31 | 00:27:14.35 | 00:28:24.20 | 5:26 | 11 |
| 1092 | TYLUS JOLANTA | 1481 | | WARSZAWA | POL | K 50 | 25 | K 184 | | 00:12:43 | 00:27:15.30 | 00:28:24.80 | 5:27 | 11 |
| 1093 | PAWLISZ MARCIN | 1047 | | WARSZAWA | POL | M 50 | 100 | M 908 | | 00:12:30 | 00:27:15.90 | 00:29:03.25 | 5:27 | 11 |
| 1094 | GOLIŃSKI RADOSŁAW | 375 | | WARSZAWA | POL | M 30 | 281 | M 909 | | 00:13:15 | 00:27:16.35 | 00:29:23.20 | 5:27 | 11 |
| 1095 | HARABIN KINGA | 425 | RUN CZARNÓW | CZARNÓW | POL | K 30 | 57 | K 185 | | 00:12:35 | 00:27:16.95 | 00:29:33.75 | 5:27 | 11 |
| 1096 | REICH TOMASZ | 1914 | | WARSZAWA | POL | M 40 | 315 | M 910 | NOWAWARSZAWA | 00:12:46 | 00:27:19.10 | 00:29:16.65 | 5:27 | 11 |
| 1097 | TULEJ BOŻENA | 1476 | MKB DREPTAK | MIŃSK MAZOWIECKI | POL | K 60 | 2 | K 186 | | 00:13:06 | 00:27:19.15 | 00:29:17.05 | 5:27 | 11 |
| 1098 | PINKWART WIKTOR | 1080 | | WARSZAWA | POL | M 20 | 109 | M 911 | | 00:13:12 | 00:27:19.20 | 00:29:29.90 | 5:27 | 11 |
| 1099 | ZACZYK ALICJA | 1607 | MAMA W MARATONIE | WARSZAWA | POL | K 40 | 63 | K 187 | | 00:13:05 | 00:27:19.25 | 00:30:31.00 | 5:27 | 11 |
| 1100 | GORAL PIOTR | 383 | | JÓZEFOSŁAW | POL | M 60 | 33 | M 912 | | 00:12:30 | 00:27:19.60 | 00:29:09.05 | 5:27 | 11 |
| 1101 | SKROBEK PIOTR | 1277 | | ŁOMIANKI | POL | M 30 | 282 | M 913 | | 00:13:37 | 00:27:19.60 | 00:30:17.75 | 5:27 | 11 |
| 1102 | SIKORA ZUZANNA | 1255 | PZU SPORT TEAM | WARSZAWA | POL | K 40 | 64 | K 188 | PZU SPORT TEAM | 00:12:42 | 00:27:19.95 | 00:29:15.55 | 5:27 | 11 |
| 1103 | PASZEWSKA KORNELIA | 1889 | | BŁONIE | POL | K 20 | 26 | K 189 | | 00:12:54 | 00:27:20.25 | 00:29:55.65 | 5:28 | 11 |
| 1104 | KORNILUK PIOTR | 644 | | WARSZAWA | POL | M 40 | 316 | M 914 | | 00:12:36 | 00:27:20.60 | 00:28:45.50 | 5:28 | 11 |
| 1105 | CZECHOWSKI TOMASZ | 205 | | WARSZAWA | POL | M 20 | 110 | M 915 | | 00:15:03 | 00:27:20.75 | 00:30:20.65 | 5:28 | 11 |
| 1106 | KATNER TOMASZ | 562 | | WARSZAWA | POL | M 40 | 317 | M 916 | | 00:12:27 | 00:27:21.45 | 00:28:51.75 | 5:28 | 11 |
| 1107 | WNUK PIOTR | 1564 | ROYAL GOLF CLUB WILANÓW | WARSZAWA | POL | M 50 | 101 | M 917 | ROYAL GOLF CLUB WILANÓW | 00:12:45 | 00:27:21.50 | 00:29:06.50 | 5:28 | 11 |
| 1108 | TARNAWSKA DOROTA | 1438 | | WARSZAWA | POL | K 40 | 65 | K 190 | | 00:12:29 | 00:27:22.05 | 00:28:26.80 | 5:28 | 11 |
| 1109 | BRZOZOWSKI ANDRZEJ | 119 | WKZ | ZAMOŚĆ | POL | M 60 | 34 | M 918 | | 00:13:12 | 00:27:22.10 | 00:29:36.75 | 5:28 | 11 |
| 1110 | KLIMEK MARTA | 596 | | WARSZAWA | POL | K 30 | 58 | K 191 | | 00:12:25 | 00:27:22.75 | 00:28:33.50 | 5:28 | 11 |
| 1111 | OSTRYSZ MAGDALENA | 1015 | | WARSZAWA | POL | K 30 | 59 | K 192 | | 00:13:09 | 00:27:23.45 | 00:29:23.30 | 5:28 | 11 |
| 1112 | TOMASZEWSKI MACIEJ | 1451 | | WARSZAWA | POL | M 20 | 111 | M 919 | | 00:13:19 | 00:27:23.70 | 00:29:33.15 | 5:28 | 11 |
| 1113 | NOWOSIELSKI BARTŁOMIEJ | 977 | LAUBNITZ | WARSZAWA | POL | M 20 | 112 | M 920 | | 00:13:07 | 00:27:23.75 | 00:29:47.90 | 5:28 | 11 |
| 1114 | MULARZUK NATALIA | 937 | | WARSZAWA | POL | K 30 | 60 | K 193 | | 00:13:11 | 00:27:23.75 | 00:29:33.65 | 5:28 | 11 |
| 1115 | ŁAKOMY KATARZYNA | 793 | | WARSZAWA | POL | K 30 | 61 | K 194 | | 00:13:00 | 00:27:24.35 | 00:28:48.95 | 5:28 | 10.9 |
| 1116 | KASICA ROBERT | 557 | | GRÓJEC | POL | M 40 | 318 | M 921 | | 00:12:33 | 00:27:24.40 | 00:29:01.90 | 5:28 | 10.9 |
| 1117 | GROTEK KAROL | 411 | | PNIEWY | POL | M 20 | 113 | M 922 | | 00:11:41 | 00:27:24.65 | 00:28:42.75 | 5:28 | 10.9 |
| 1118 | KOPEĆ PIOTR | 632 | | PIASECZNO | POL | M 40 | 319 | M 923 | | 00:13:12 | 00:27:25.15 | 00:30:08.60 | 5:29 | 10.9 |
| 1119 | MALANOWSKA JULIA | 833 | | WARSZAWA | POL | K 30 | 62 | K 195 | | 00:12:50 | 00:27:25.35 | 00:28:47.70 | 5:29 | 10.9 |
| 1120 | ŻÓŁCIŃSKI WALDEMAR | 1667 | GRUPA BIEGOWA UM W-WA | WARSZAWA | POL | M 60 | 35 | M 924 | GRUPA BIEGOWA UM W-WA | 00:13:12 | 00:27:25.70 | 00:29:09.85 | 5:29 | 10.9 |
| 1121 | KOWALSKA KATARZYNA | 1827 | | WARSZAWA | POL | K 30 | 63 | K 196 | | 00:12:40 | 00:27:25.75 | 00:28:48.20 | 5:29 | 10.9 |
| 1122 | CZOPEK MATEUSZ | 1771 | BIEGAM, BO MUSZĘ | WARSZAWA | POL | M 30 | 283 | M 925 | | 00:12:55 | 00:27:25.90 | 00:29:36.10 | 5:29 | 10.9 |
| 1123 | WÓJTOWICZ MICHAŁ | 1589 | | WARSZAWA | POL | M 20 | 114 | M 926 | | 00:13:26 | 00:27:26.40 | 00:29:28.30 | 5:29 | 10.9 |
| 1124 | PRYBYSH DMITRI | 1132 | | WARSZAWA | BEL | M 30 | 284 | M 927 | | 00:13:31 | 00:27:26.75 | 00:29:47.05 | 5:29 | 10.9 |
| 1125 | KOSTRUBAŁA KACPER | 660 | | WARSZAWA | POL | M 40 | 320 | M 928 | | 00:13:11 | 00:27:28.15 | 00:29:25.20 | 5:29 | 10.9 |
| 1126 | KRÓL MONIKA | 699 | TEAM ZABIEGANEDNI | WARSZAWA | AFG | K 40 | 66 | K 197 | TEAM ZABIEGANEDNI #4 | 00:12:39 | 00:27:28.70 | 00:29:17.85 | 5:29 | 10.9 |
| 1127 | KOSTRUBAŁA LIDIA | 2050 | | WARSZAWA | POL | K 14 | 5 | K 198 | | 00:13:11 | 00:27:28.85 | 00:29:25.25 | 5:29 | 10.9 |
| 1128 | WIECZOREK MICHAŁ | 1726 | BIEGOWY WARIAT RUNNING TEAM | WARSZAWA | POL | M 40 | 321 | M 929 | BIEGOWY WARIAT RUNNING TEAM | 00:12:31 | 00:27:29.10 | 00:29:21.65 | 5:29 | 10.9 |
| 1129 | SIRY ROMAN | 1262 | | WARSZAWA | POL | M 30 | 285 | M 930 | | 00:13:17 | 00:27:31.40 | 00:29:49.10 | 5:30 | 10.9 |

BIEG URSYNOWA, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Drużyna 1 | 2.5km | Netto | Brutto | min/km | km/h |
|------|------------------------|------|-----------------------|----------------------|------|------|--------|-------|-----------------------|----------|-------------|-------------|--------|------|
| 1130 | ZADROŻNY CYPRIAN | 1610 | | WARSZAWA | POL | M 40 | 322 | M 931 | | 00:12:40 | 00:27:31.80 | 00:29:25.75 | 5:30 | 10.9 |
| 1131 | BRODECKI KRZYSIEK | 110 | | WARSZAWA | POL | M 40 | 323 | M 932 | | 00:13:20 | 00:27:32.05 | 00:29:37.90 | 5:30 | 10.9 |
| 1132 | THIEL MONIKA | 1966 | | REGUŁY | POL | K 30 | 64 | K 199 | | 00:12:43 | 00:27:32.50 | 00:29:48.20 | 5:30 | 10.9 |
| 1133 | FARRALES RONALDO | 1698 | PINOYSINPOLAND | WARSZAWA | POL | | | M 933 | | 00:12:02 | 00:27:33.40 | 00:28:39.60 | 5:30 | 10.9 |
| 1134 | CZERWIŃSKA-BLOK IWONA | 208 | | WARSZAWA | POL | K 30 | 65 | K 200 | | 00:13:08 | 00:27:33.60 | 00:29:44.15 | 5:30 | 10.9 |
| 1135 | CZERWONKA-KITA MARTA | 210 | | WARSZAWA | POL | K 40 | 67 | K 201 | | 00:13:08 | 00:27:34.25 | 00:29:46.85 | 5:30 | 10.9 |
| 1136 | ŁAPIŃSKA PATRYCJA | 1846 | | WARSZAWA | POL | K 20 | 27 | K 202 | | 00:13:18 | 00:27:34.40 | 00:29:39.70 | 5:30 | 10.9 |
| 1137 | MALINOWSKI ŁUKASZ | 837 | | WARSZAWA | POL | M 40 | 324 | M 934 | | 00:12:35 | 00:27:34.45 | 00:29:31.35 | 5:30 | 10.9 |
| 1138 | KORNAS AGATA | 641 | CSWP RUNNING TEAM | WARSZAWA | POL | K 20 | 28 | K 203 | CSWP RUNNING TEAM | 00:12:46 | 00:27:34.50 | 00:28:58.15 | 5:30 | 10.9 |
| 1139 | RACZYŃSKI DOMINIK | 1157 | | WARSZAWA | POL | M 20 | 115 | M 935 | | 00:12:48 | 00:27:34.50 | 00:30:47.50 | 5:30 | 10.9 |
| 1140 | SZACKI WOJCIECH | 1375 | | WARSZAWA | POL | M 40 | 325 | M 936 | | 00:12:24 | 00:27:35.05 | 00:28:42.10 | 5:31 | 10.9 |
| 1141 | PATALAS AGNIESZKA | 1890 | | PIASECZNO | POL | K 40 | 68 | K 204 | | 00:12:49 | 00:27:35.30 | 00:30:04.70 | 5:31 | 10.9 |
| 1142 | PROUTY MATTHEW | 1124 | | BIELAWA | POL | M 50 | 102 | M 937 | | 00:13:32 | 00:27:36.20 | 00:30:02.25 | 5:31 | 10.9 |
| 1143 | PRZEWODOWSKI SEBASTIAN | 1135 | | WARSZAWA | POL | M 40 | 326 | M 938 | | 00:13:22 | 00:27:36.50 | 00:29:46.10 | 5:31 | 10.9 |
| 1144 | KILJAŃSKI RADOŚLAW | 583 | | WARSZAWA | POL | M 30 | 286 | M 939 | | 00:13:07 | 00:27:36.55 | 00:30:07.10 | 5:31 | 10.9 |
| 1145 | ŁASKA JAKUB | 795 | | WARSZAWA | POL | M 20 | 116 | M 940 | | 00:13:10 | 00:27:36.90 | 00:29:49.20 | 5:31 | 10.9 |
| 1146 | REDA SŁAWOMIR | 1170 | TEAM ZABIEGANEDNI | WARSZAWA | POL | M 60 | 36 | M 941 | TEAM ZABIEGANEDNI | 00:13:17 | 00:27:37.00 | 00:29:52.90 | 5:31 | 10.9 |
| 1147 | OLKOWSKI ROBERT | 996 | | IZABELIN-DZIEKANÓWEK | POL | M 50 | 103 | M 942 | | 00:12:20 | 00:27:38.20 | 00:28:57.25 | 5:31 | 10.9 |
| 1148 | DUDEK MIKOŁAJ | 268 | | WARSZAWA | POL | M 20 | 117 | M 943 | CBRE | 00:13:34 | 00:27:38.45 | 00:30:19.10 | 5:31 | 10.9 |
| 1149 | BATOR ZBIGNIEW | 59 | | WARSZAWA | POL | M 60 | 37 | M 944 | | 00:12:57 | 00:27:38.55 | 00:29:15.60 | 5:31 | 10.9 |
| 1150 | OSTROWSKA PATRYCJA | 1012 | | WARSZAWA | POL | K 20 | 29 | K 205 | | 00:12:03 | 00:27:39.05 | 00:29:03.75 | 5:31 | 10.8 |
| 1151 | WIECZOREK IZA | 1526 | | KONSTANCIN JEZIORNA | POL | K 40 | 69 | K 206 | | 00:12:35 | 00:27:39.20 | 00:30:32.60 | 5:31 | 10.8 |
| 1152 | REKUS ŁUKASZ | 1176 | | WARSZAWA | POL | M 30 | 287 | M 945 | | 00:13:12 | 00:27:40.55 | 00:29:38.20 | 5:32 | 10.8 |
| 1153 | THEODOULOU NICCI | 1964 | | WARSAW | POL | K 50 | 26 | K 207 | | 00:12:48 | 00:27:41.35 | 00:29:33.80 | 5:32 | 10.8 |
| 1154 | KŁOPOCKI RAFAŁ | 605 | | STRZENIÓWKA | POL | M 50 | 104 | M 946 | | 00:13:26 | 00:27:42.20 | 00:30:26.30 | 5:32 | 10.8 |
| 1155 | RUTKOWSKI TOMASZ | 1212 | | WARSZAWA | POL | M 40 | 327 | M 947 | | 00:12:55 | 00:27:43.75 | 00:30:24.40 | 5:32 | 10.8 |
| 1156 | ZACZYK JAKUB | 1608 | | WARSZAWA | POL | M 40 | 328 | M 948 | | 00:13:30 | 00:27:44.65 | 00:30:31.85 | 5:32 | 10.8 |
| 1157 | WIERZCHOWIECKI MICHAŁ | 1530 | | WARSZAWA | POL | M 50 | 105 | M 949 | | 00:13:00 | 00:27:44.70 | 00:29:40.15 | 5:32 | 10.8 |
| 1158 | RYBICKI MAREK | 1218 | | NOWY DWÓR MAZOWIECKI | POL | M 50 | 106 | M 950 | | 00:13:16 | 00:27:45.20 | 00:29:50.70 | 5:33 | 10.8 |
| 1159 | KOPEĆ PATRYCJA | 631 | | JÓZEFOSŁAW | POL | K 40 | 70 | K 208 | | 00:13:10 | 00:27:45.25 | 00:30:11.55 | 5:33 | 10.8 |
| 1160 | HULANICKI ANDRZEJ | 441 | POLCARD FROM FISERV | WARSZAWA | POL | M 60 | 38 | M 951 | | 00:13:11 | 00:27:46.40 | 00:28:51.15 | 5:33 | 10.8 |
| 1161 | WACKO KRZYSZTOF | 1502 | | WARSZAWA | POL | M 30 | 288 | M 952 | | 00:13:11 | 00:27:46.40 | 00:30:34.70 | 5:33 | 10.8 |
| 1162 | ZAMORSKI ALEKSANDER | 2121 | | PIASECZNO | POL | M 14 | 23 | M 953 | | 00:11:54 | 00:27:46.95 | 00:30:27.60 | 5:33 | 10.8 |
| 1163 | PAWIŃSKI ŁUKASZ | 1043 | | MAGNUSZEW | POL | M 30 | 289 | M 954 | | 00:13:14 | 00:27:48.80 | 00:29:28.65 | 5:33 | 10.8 |
| 1164 | GRABEK ANNA | 1795 | CLV LO | WARSZAWA | POL | K 40 | 71 | K 209 | | 00:13:21 | 00:27:49.15 | 00:29:41.55 | 5:33 | 10.8 |
| 1165 | MATYSIAK AGNIESZKA | 881 | | WARSZAWA | POL | K 40 | 72 | K 210 | | 00:13:17 | 00:27:49.20 | 00:29:53.65 | 5:33 | 10.8 |
| 1166 | SIRKO KRZYSZTOF | 1259 | | WARSZAWA | POL | M 30 | 290 | M 955 | | 00:12:37 | 00:27:49.60 | 00:29:33.80 | 5:33 | 10.8 |
| 1167 | MISTAK JACEK | 1863 | REMBERTÓW TEAM | WARSZAWA | POL | M 40 | 329 | M 956 | | 00:13:12 | 00:27:49.85 | 00:30:00.30 | 5:33 | 10.8 |
| 1168 | FOK TOMASZ | 314 | ADIDAS RUNNERS WARSAW | WARSZAWA | POL | M 30 | 291 | M 957 | ADIDAS RUNNERS WARSAW | 00:13:42 | 00:27:50.05 | 00:30:46.90 | 5:34 | 10.8 |
| 1169 | ZAJĄC TOMASZ | 1613 | | WARSZAWA | POL | M 30 | 292 | M 958 | | 00:13:54 | 00:27:50.10 | 00:30:41.90 | 5:34 | 10.8 |
| 1170 | SIERPINSKA MARTA | 1251 | | WARSZAWA | POL | K 50 | 27 | K 211 | | 00:12:43 | 00:27:50.25 | 00:28:24.50 | 5:34 | 10.8 |
| 1171 | LECHOWICZ KATARZYNA | 765 | | WARSZAWA | POL | K 40 | 73 | K 212 | | 00:13:21 | 00:27:50.40 | 00:29:51.30 | 5:34 | 10.8 |
| 1172 | WINIARCZYK ŁUKASZ | 1542 | | WARSZAWA | POL | M 40 | 330 | M 959 | | 00:13:11 | 00:27:51.25 | 00:30:06.35 | 5:34 | 10.8 |
| 1173 | PATEREK LENA | 2075 | | WARSZAWA | POL | K 14 | 6 | K 213 | | 00:13:18 | 00:27:51.55 | 00:29:55.80 | 5:34 | 10.8 |
| 1174 | PATEREK ADA | 1041 | 12TRI.PL | WARSZAWA | POL | K 40 | 74 | K 214 | | 00:13:18 | 00:27:51.60 | 00:29:55.85 | 5:34 | 10.8 |
| 1175 | ADAMIAK DAWID | 2000 | | WARSZAWA | POL | M 14 | 24 | M 960 | | 00:12:44 | 00:27:51.70 | 00:29:42.35 | 5:34 | 10.8 |
| 1176 | PAŁASIEWICZ GRZEGORZ | 1031 | | WARSZAWA | POL | M 60 | 39 | M 961 | | 00:13:07 | 00:27:51.70 | 00:29:43.80 | 5:34 | 10.8 |
| 1177 | DESKA LESZEK | 233 | | NOWA IWICZNA | POL | M 40 | 331 | M 962 | | 00:13:14 | 00:27:52.00 | 00:29:43.80 | 5:34 | 10.8 |
| 1178 | KRYSZEWSKA KAJA | 706 | | KOLUSZKI | POL | K 20 | 30 | K 215 | | 00:13:15 | 00:27:52.50 | 00:30:02.60 | 5:34 | 10.8 |
| 1179 | DESKA KAROLINA | 232 | | NOWA IWICZNA | POL | K 40 | 75 | K 216 | | 00:13:15 | 00:27:53.15 | 00:29:44.65 | 5:34 | 10.8 |
| 1180 | STAROMŁYŃSKI ŁUKASZ | 1734 | | WARSZAWA | POL | M 40 | 332 | M 963 | | 00:13:37 | 00:27:53.25 | 00:30:11.50 | 5:34 | 10.8 |
| 1181 | BARNAS IŁONA | 52 | | WARSZAWA | POL | K 40 | 76 | K 217 | | 00:13:12 | 00:27:53.85 | 00:30:46.50 | 5:34 | 10.8 |
| 1182 | HARABIN JUSTYNA | 426 | | CZARNÓW | POL | K 30 | 66 | K 218 | | 00:13:07 | 00:27:53.90 | 00:30:11.05 | 5:34 | 10.8 |
| 1183 | KLAMBOROWSKA MAGDALENA | 589 | KB PACE WARSZAWA | WARSZAWA | POL | K 30 | 67 | K 219 | KB PACE WARSZAWA 2 | 00:12:44 | 00:27:54.30 | 00:29:34.70 | 5:34 | 10.8 |
| 1184 | ZATORSKA AGNIESZKA | 1630 | KB PACE WARSZAWA | PRUSZKÓW | POL | K 20 | 31 | K 220 | KB PACE WARSZAWA 2 | 00:13:31 | 00:27:54.60 | 00:30:28.90 | 5:34 | 10.8 |

BIEG URSYNOWA, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Drużyna 1 | 2.5km | Netto | Brutto | min/km | km/h |
|------|-------------------------|------|----------------------|---------------------|------|------|--------|-------|--------------|----------|-------------|-------------|--------|------|
| 1185 | SOKOŁOWSKA ANNA | 1311 | | WARSZAWA | POL | K 40 | 77 | K 221 | | 00:13:06 | 00:27:54.95 | 00:30:00.75 | 5:34 | 10.8 |
| 1186 | WÓJCIK ROBERT | 1586 | | WARSZAWA | POL | M 40 | 333 | M 964 | | 00:13:17 | 00:27:55.20 | 00:29:59.35 | 5:35 | 10.7 |
| 1187 | WITKOWSKA MAGDA | 1552 | | WARSZAWA | POL | K 40 | 78 | K 222 | | 00:13:19 | 00:27:55.20 | 00:31:14.25 | 5:35 | 10.7 |
| 1188 | PAŁASIEWICZ KRZYSZTOF | 1030 | | WARSZAWA | POL | M 40 | 334 | M 965 | | 00:13:17 | 00:27:55.50 | 00:30:01.65 | 5:35 | 10.7 |
| 1189 | RANKOWSKI BARTOSZ | 1163 | | WARSAW | POL | M 40 | 335 | M 966 | | 00:13:07 | 00:27:55.95 | 00:30:04.50 | 5:35 | 10.7 |
| 1190 | ROGALA GRZEGORZ | 1916 | | WARSZAWA | POL | M 50 | 107 | M 967 | | 00:13:03 | 00:27:56.05 | 00:29:42.15 | 5:35 | 10.7 |
| 1191 | APANOWICZ ANGELIKA | 31 | | WARSZAWA | POL | K 40 | 79 | K 223 | | 00:13:17 | 00:27:56.55 | 00:30:00.30 | 5:35 | 10.7 |
| 1192 | SADŁOWSKA ALEKSANDRA | 1225 | | WARSZAWA | POL | K 20 | 32 | K 224 | | 00:13:04 | 00:27:57.00 | 00:31:01.15 | 5:35 | 10.7 |
| 1193 | CIESIELSKI MATEUSZ | 184 | | MYSIADŁO | POL | M 30 | 293 | M 968 | | 00:13:19 | 00:27:57.05 | 00:30:01.50 | 5:35 | 10.7 |
| 1194 | PAŚNIK JOANNA | 1040 | JAĆWIEŻ | WARSZAWA | POL | K 40 | 80 | K 225 | | | 00:27:57.10 | 00:30:02.95 | 5:35 | 10.7 |
| 1195 | JANISZEWSKI PIOTR | 465 | | ŁADY | POL | M 40 | 336 | M 969 | | 00:13:06 | 00:27:58.40 | 00:30:04.20 | 5:35 | 10.7 |
| 1196 | ŻYWIŁOWSKA DOROTA | 1677 | BRAK | JÓZEFOSŁAW | POL | K 30 | 68 | K 226 | | 00:13:21 | 00:27:59.15 | 00:30:41.95 | 5:35 | 10.7 |
| 1197 | ROSENBAUM OLGA | 1193 | | WARSZAWA | POL | K 30 | 69 | K 227 | | 00:13:09 | 00:27:59.60 | 00:30:10.75 | 5:35 | 10.7 |
| 1198 | BUKOWSKI JANUSZ | 137 | | WARSZAWA | POL | M 60 | 40 | M 970 | | 00:12:56 | 00:27:59.80 | 00:28:25.15 | 5:35 | 10.7 |
| 1199 | WAJDA PAWEŁ | 1976 | | WARSZAWA | POL | M 40 | 337 | M 971 | | 00:13:18 | 00:28:00.25 | 00:29:58.30 | 5:36 | 10.7 |
| 1200 | MASALSKI MICHAŁ | 865 | | WARSZAWA | POL | M 40 | 338 | M 972 | | 00:13:21 | 00:28:00.90 | 00:30:06.45 | 5:36 | 10.7 |
| 1201 | REGUŁA MAJA | 1175 | | WARSZAWA | POL | K 40 | 81 | K 228 | | 00:13:27 | 00:28:03.15 | 00:29:02.30 | 5:36 | 10.7 |
| 1202 | NARTOWSKI JAN | 950 | MORT! | WARSZAWA | POL | M 60 | 41 | M 973 | | 00:13:10 | 00:28:03.20 | 00:30:46.40 | 5:36 | 10.7 |
| 1203 | IWANIUK MARCIN | 444 | | WARSZAWA | POL | M 40 | 339 | M 974 | | 00:13:08 | 00:28:03.55 | 00:29:43.50 | 5:36 | 10.7 |
| 1204 | DABROWSKI KUBA | 217 | | WARSZAWA | POL | M 30 | 294 | M 975 | | 00:13:51 | 00:28:03.95 | 00:30:40.10 | 5:36 | 10.7 |
| 1205 | SOWIŃSKI EDMUND | 1942 | TKKF PŁOCK | PŁOCK | POL | M 70 | 6 | M 976 | | 00:13:20 | 00:28:04.05 | 00:30:16.00 | 5:36 | 10.7 |
| 1206 | MALER WŁADYSŁAW | 834 | NEW BALANCE RUN CLUB | WARSZAWA | POL | M 70 | 7 | M 977 | | 00:13:26 | 00:28:06.15 | 00:29:57.10 | 5:37 | 10.7 |
| 1207 | ŻÓŁKOWSKI RAFAŁ | 2134 | RUN % FUN | WARSZAWA | POL | M 30 | 295 | M 978 | RUN % FUN | 00:13:09 | 00:28:07.35 | 00:31:09.80 | 5:37 | 10.7 |
| 1208 | MADEJ GRZEGORZ | 823 | GÓRA BIEGA | GÓRA KALWARIA | POL | M 40 | 340 | M 979 | DRAGONFLIES | 00:12:58 | 00:28:08.25 | 00:31:18.35 | 5:37 | 10.7 |
| 1209 | MOSTOWSKI GRZEGORZ | 927 | | WARSZAWA | POL | M 30 | 296 | M 980 | | | 00:28:08.35 | 00:29:52.25 | 5:37 | 10.7 |
| 1210 | CHRÓST PATRYCJA | 1756 | | WARSZAWA | POL | K 20 | 33 | K 229 | | 00:12:31 | 00:28:10.35 | 00:30:17.40 | 5:38 | 10.7 |
| 1211 | MĘKARSKA MARTA | 895 | | WARSZAWA | POL | K 20 | 34 | K 230 | | 00:13:15 | 00:28:10.85 | 00:30:15.85 | 5:38 | 10.7 |
| 1212 | DUDKIEWICZ KATARZYNA | 1779 | MAGO | GRODZISK MAZOWIECKI | POL | K 30 | 70 | K 231 | | 00:12:36 | 00:28:11.30 | 00:31:24.45 | 5:38 | 10.6 |
| 1213 | POTOCZNA EWA | 1910 | | WARSZAWA | POL | K 30 | 71 | K 232 | | 00:12:36 | 00:28:11.30 | 00:31:24.45 | 5:38 | 10.6 |
| 1214 | KLIMAS MARCIN | 595 | | WARSZAWA | POL | M 50 | 108 | M 981 | | 00:12:54 | 00:28:12.20 | 00:30:07.45 | 5:38 | 10.6 |
| 1215 | RADECKA ZOFIA | 2082 | | WARSZAWA | POL | K 12 | 2 | K 233 | | 00:13:16 | 00:28:12.75 | 00:31:51.90 | 5:38 | 10.6 |
| 1216 | TOMCZAK KAROL | 1453 | | WARSZAWA | POL | M 20 | 118 | M 982 | | 00:13:36 | 00:28:14.20 | 00:31:00.60 | 5:38 | 10.6 |
| 1217 | MĘDEL MARTA | 894 | | MARKI | POL | K 40 | 82 | K 234 | | 00:13:16 | 00:28:14.30 | 00:31:00.05 | 5:38 | 10.6 |
| 1218 | GRZYBOWSKI BARTOSZ | 1707 | DECATHLON | WARSZAWA | POL | M 20 | 119 | M 983 | DECATHLON | 00:13:15 | 00:28:14.55 | 00:30:28.30 | 5:38 | 10.6 |
| 1219 | NOWAKOWSKI KAMIL | 972 | CBRE | WARSZAWA | POL | M 30 | 297 | M 984 | | 00:13:23 | 00:28:14.80 | 00:30:57.90 | 5:38 | 10.6 |
| 1220 | LEGAN MARTYNA | 766 | CBRE | WARSZAWA | POL | K 30 | 72 | K 235 | | 00:13:26 | 00:28:16.75 | 00:31:04.95 | 5:39 | 10.6 |
| 1221 | MĘŻYŃSKI GRZEGORZ | 896 | | PIASTÓW | POL | M 40 | 341 | M 985 | | 00:13:35 | 00:28:17.05 | 00:31:15.90 | 5:39 | 10.6 |
| 1222 | SKONIECZNY ANDRZEJ | 1276 | | WARSZAWA | POL | M 50 | 109 | M 986 | | 00:12:48 | 00:28:17.55 | 00:29:15.15 | 5:39 | 10.6 |
| 1223 | WELTER SZYMON | 1982 | | WARSZAWA | POL | M 20 | 120 | M 987 | | 00:12:31 | 00:28:20.15 | 00:31:20.85 | 5:40 | 10.6 |
| 1224 | DYMEL ANDRZEJ | 278 | MARKOWI BIEGACZE | WARSZAWA | POL | M 70 | 8 | M 988 | | 00:12:32 | 00:28:20.25 | 00:28:35.50 | 5:40 | 10.6 |
| 1225 | SMOŁOKOWSKA IZA | 1298 | | WARSZAWA | POL | K 50 | 28 | K 236 | | 00:13:18 | 00:28:20.45 | 00:31:13.50 | 5:40 | 10.6 |
| 1226 | KLEMENSOWICZ PAWEŁ | 593 | | WARSZAWA | POL | M 20 | 121 | M 989 | | 00:13:47 | 00:28:20.60 | 00:30:56.70 | 5:40 | 10.6 |
| 1227 | WYSOCKA MAGDALENA | 1597 | | WARSZAWA | POL | K 30 | 73 | K 237 | | 00:13:04 | 00:28:20.65 | 00:30:20.80 | 5:40 | 10.6 |
| 1228 | BOROVIŃSKA ALEKSANDRA | 102 | | WARSZAWA | POL | K 20 | 35 | K 238 | | 00:13:19 | 00:28:21.25 | 00:30:31.20 | 5:40 | 10.6 |
| 1229 | SOCHA PAWEŁ | 1306 | 12TRI.PL | ZĄBKI | POL | M 30 | 298 | M 990 | | 00:13:34 | 00:28:21.95 | 00:31:18.95 | 5:40 | 10.6 |
| 1230 | ZDANOWICZ PAWEŁ | 1641 | | WARSZAWA | POL | M 40 | 342 | M 991 | | 00:13:22 | 00:28:22.25 | 00:30:29.90 | 5:40 | 10.6 |
| 1231 | GARGAS-MARUT MAŁGORZATA | 339 | PZU SPORT TEAM | JÓZEFOSŁAW | POL | K 40 | 83 | K 239 | | 00:13:10 | 00:28:22.35 | 00:30:30.70 | 5:40 | 10.6 |
| 1232 | BANASZKIEWICZ JAKUB | 49 | YUMMY BANANA | WARSZAWA | POL | M 20 | 122 | M 992 | YUMMY BANANA | 00:13:40 | 00:28:22.45 | 00:30:45.80 | 5:40 | 10.6 |
| 1233 | SKRZYPCZAK BŁAŻEJ | 1934 | | WARSZAWA | POL | M 20 | 123 | M 993 | | 00:14:49 | 00:28:22.65 | 00:30:50.45 | 5:40 | 10.6 |
| 1234 | WUJEC PAWEŁ | 1594 | | WARSZAWA | POL | M 50 | 110 | M 994 | | 00:13:40 | 00:28:22.95 | 00:30:38.85 | 5:40 | 10.6 |
| 1235 | GÓRZYŃSKA ANNA | 395 | | WARSZAWA | POL | K 40 | 84 | K 240 | | 00:12:46 | 00:28:23.05 | 00:29:44.40 | 5:40 | 10.6 |
| 1236 | MILLER GABRIELA | 908 | YUMMY BANANA | WARSZAWA | POL | | | K 241 | YUMMY BANANA | 00:13:41 | 00:28:23.05 | 00:30:46.30 | 5:40 | 10.6 |
| 1237 | SULEJ ANNA | 1367 | PZU SPORT TEAM | SIEDLCE | POL | K 30 | 74 | K 242 | | 00:13:10 | 00:28:23.10 | 00:30:31.85 | 5:40 | 10.6 |
| 1238 | DZIĘCIOŁ ARTUR | 285 | | WARSZAWA | POL | M 20 | 124 | M 995 | CBRE | 00:13:32 | 00:28:23.90 | 00:31:22.50 | 5:40 | 10.6 |
| 1239 | ADAMUS KATARZYNA | 17 | DECATHLON | PIASECZNO | POL | K 40 | 85 | K 243 | DECATHLON | 00:13:16 | 00:28:24.30 | 00:30:36.90 | 5:40 | 10.6 |
| 1240 | MAZUR PAWEŁ | 885 | | WARSZAWA | POL | M 40 | 343 | M 996 | | 00:13:47 | 00:28:25.15 | 00:31:09.05 | 5:41 | 10.6 |
| 1241 | SIENKIEWICZ DOMINIK | 1701 | | WARSZAWA | POL | M 12 | 11 | M 997 | | 00:13:49 | 00:28:26.10 | 00:29:01.65 | 5:41 | 10.6 |

BIEG URSYNOWA, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Drużyna 1 | 2.5km | Netto | Brutto | min/km | km/h |
|------|-------------------------|------|-----------------------------|--------------------|------|------|--------|--------|-------------------------------------|----------|-------------|-------------|--------|------|
| 1242 | HULANICKA IRINA | 440 | POLCARD FROM FISERV | WARSZAWA | POL | K 60 | 3 | K 244 | | 00:13:16 | 00:28:26.50 | 00:29:31.50 | 5:41 | 10.6 |
| 1243 | OLIWO KAMIL | 994 | ARENA | WARSZAWA | POL | | | M 998 | | 00:12:53 | 00:28:26.55 | 00:30:28.15 | 5:41 | 10.6 |
| 1244 | SZAFRAN CZESŁAW | 1379 | | OTWOCK | POL | M 70 | 9 | M 999 | | 00:13:13 | 00:28:27.25 | 00:30:13.00 | 5:41 | 10.5 |
| 1245 | LASZCZKA RENATA | 762 | ADIDAS RUNNERS WARSAW | WARSZAWA | POL | K 40 | 86 | K 245 | ADIDAS RUNNERS WARSAW | 00:13:21 | 00:28:27.45 | 00:30:42.80 | 5:41 | 10.5 |
| 1246 | MISIORNY MAGDALENA | 911 | | WARSZAWA | POL | K 40 | 87 | K 246 | | 00:13:48 | 00:28:27.45 | 00:31:05.25 | 5:41 | 10.5 |
| 1247 | GŁOWACKA PATRYCJA | 2026 | | WARSZAWA | POL | K 16 | 9 | K 247 | | 00:13:28 | 00:28:28.20 | 00:30:18.70 | 5:41 | 10.5 |
| 1248 | SZEWCIK ZUZANNA | 2097 | | WARSZAWA | POL | K 16 | 10 | K 248 | | 00:13:28 | 00:28:28.30 | 00:30:18.65 | 5:41 | 10.5 |
| 1249 | PERLAN ROBERT | 1052 | LESZNO TEAM | LESZNO | POL | M 40 | 344 | M 1000 | LESZNO TEAM | 00:13:53 | 00:28:29.25 | 00:31:07.35 | 5:41 | 10.5 |
| 1250 | KUBASZCZYK AGNIESZKA | 714 | | WARSZAWA | POL | K 30 | 75 | K 249 | | 00:12:52 | 00:28:30.25 | 00:31:06.10 | 5:42 | 10.5 |
| 1251 | BAGLAJ MAGDALENA | 40 | | WARSZAWA | POL | K 30 | 76 | K 250 | | 00:13:07 | 00:28:30.30 | 00:30:02.15 | 5:42 | 10.5 |
| 1252 | ŚWIDERSKA DOROTA | 1430 | | WARSZAWA | POL | K 30 | 77 | K 251 | | 00:13:16 | 00:28:30.50 | 00:30:38.35 | 5:42 | 10.5 |
| 1253 | KHAMUTOU PAVEL | 1807 | | WARSZAWA | POL | M 20 | 125 | M 1001 | | 00:13:03 | 00:28:30.55 | 00:30:02.20 | 5:42 | 10.5 |
| 1254 | ORDAK MAŁGORZATA | 1002 | | PRUSZKÓW | POL | K 30 | 78 | K 252 | | 00:13:34 | 00:28:31.00 | 00:31:17.35 | 5:42 | 10.5 |
| 1255 | WIERZEJSKI PIOTR | 145 | | WARSZAWA | POL | M 40 | 345 | M 1002 | | 00:12:16 | 00:28:31.05 | 00:30:09.15 | 5:42 | 10.5 |
| 1256 | ŻURAWSKI DOMINIK | 2136 | | ZĄBKI | POL | M 40 | 346 | M 1003 | | 00:13:32 | 00:28:31.35 | 00:31:09.90 | 5:42 | 10.5 |
| 1257 | KONATOWICZ IWONA | 624 | ADIDAS RUNNERS WARSAW | JÓZEFOSŁAW | POL | K 40 | 88 | K 253 | ADIDAS RUNNERS WARSAW | 00:13:08 | 00:28:31.50 | 00:30:41.40 | 5:42 | 10.5 |
| 1258 | WASIULEWSKI WOJCIECH | 1513 | | WARSZAWA | POL | M 30 | 299 | M 1004 | | 00:13:51 | 00:28:32.60 | 00:30:57.35 | 5:42 | 10.5 |
| 1259 | CZUK PRZEMYSŁAW | 213 | | MAGDALENKA | POL | M 40 | 347 | M 1005 | | 00:13:38 | 00:28:33.45 | 00:31:12.05 | 5:42 | 10.5 |
| 1260 | KONKOWSKA JOANNA | 627 | TEAM ZABIEGANEDNI | WARSZAWA | POL | K 50 | 29 | K 254 | | 00:13:27 | 00:28:33.90 | 00:30:24.75 | 5:42 | 10.5 |
| 1261 | CZUK MAKSYMILIAN | 2012 | | MAGDALENKA | POL | M 12 | 12 | M 1006 | | 00:13:38 | 00:28:34.40 | 00:31:12.90 | 5:42 | 10.5 |
| 1262 | OKULANIS MATEUSZ | 988 | | WARSZAWA | POL | M 20 | 126 | M 1007 | | 00:13:56 | 00:28:34.50 | 00:31:08.45 | 5:42 | 10.5 |
| 1263 | SZANIAWSKI MICHAŁ | 1384 | #TEAMSZANIA | WARSZAWA | POL | M 40 | 348 | M 1008 | | 00:13:37 | 00:28:35.20 | 00:30:44.65 | 5:43 | 10.5 |
| 1264 | PUDŁOWSKA IWONA | 1145 | | WARSZAWA | POL | K 30 | 79 | K 255 | | 00:13:12 | 00:28:35.35 | 00:29:52.20 | 5:43 | 10.5 |
| 1265 | XU YIWEI | 1709 | | WARSZAWA | POL | M 30 | 300 | M 1009 | | 00:11:59 | 00:28:35.40 | 00:29:34.90 | 5:43 | 10.5 |
| 1266 | KALITA JAKUB | 527 | | NOWE GROCHOLICE | POL | M 20 | 127 | M 1010 | | 00:12:09 | 00:28:36.75 | 00:29:54.40 | 5:43 | 10.5 |
| 1267 | TALAJKO DOROTA | 1437 | | WARSZAWA | POL | K 40 | 89 | K 256 | | 00:13:18 | 00:28:36.90 | 00:29:12.80 | 5:43 | 10.5 |
| 1268 | MĘŻYŃSKI MATEUSZ | 2065 | | PIASTÓW | POL | M 12 | 13 | M 1011 | | 00:13:59 | 00:28:36.90 | 00:31:11.75 | 5:43 | 10.5 |
| 1269 | CZEKAJ TOMASZ | 1766 | | WARSZAWA | POL | M 40 | 349 | M 1012 | | 00:13:17 | 00:28:37.10 | 00:30:50.30 | 5:43 | 10.5 |
| 1270 | LASKUS ANNA | 761 | | WARSZAWA | POL | K 40 | 90 | K 257 | | 00:13:14 | 00:28:37.25 | 00:30:01.45 | 5:43 | 10.5 |
| 1271 | WASZKIEWICZ WOJTEK | 1514 | | WARSZAWA | POL | M 30 | 301 | M 1013 | | 00:14:35 | 00:28:37.95 | 00:31:28.10 | 5:43 | 10.5 |
| 1272 | MARCZEWSKI STANISŁAW | 856 | STEGNY POŁUDNIE | WARSZAWA | POL | M 40 | 350 | M 1014 | | 00:12:37 | 00:28:38.70 | 00:30:16.20 | 5:43 | 10.5 |
| 1273 | DĄBROWSKI JACEK | 224 | BIEGOWY WARIAT RUNNING TEAM | MILANÓWEK | POL | M 50 | 111 | M 1015 | | 00:13:02 | 00:28:39.65 | 00:30:21.00 | 5:43 | 10.5 |
| 1274 | SIWEK AGNIESZKA | 1266 | BIEGAJĄCE ZĄBKI | ZĄBKI | POL | K 30 | 80 | K 258 | | 00:12:54 | 00:28:40.70 | 00:31:09.90 | 5:44 | 10.5 |
| 1275 | SZULAWSKI ROBERT | 1402 | GSD.RUNNERS | WARSZAWA | POL | M 50 | 112 | M 1016 | | 00:12:15 | 00:28:40.80 | 00:29:32.60 | 5:44 | 10.5 |
| 1276 | KNAP JAKUB | 2047 | | WARSZAWA | POL | M 12 | 14 | M 1017 | | 00:13:59 | 00:28:41.10 | 00:31:21.85 | 5:44 | 10.5 |
| 1277 | KNAP RADOSŁAW | 608 | | WARSZAWA | POL | M 40 | 351 | M 1018 | | 00:13:59 | 00:28:41.50 | 00:31:21.60 | 5:44 | 10.5 |
| 1278 | MĘDEL CEZARY | 893 | | MARKI | POL | M 50 | 113 | M 1019 | | 00:13:43 | 00:28:41.60 | 00:31:00.05 | 5:44 | 10.5 |
| 1279 | CHOJNOWSKI ANDRZEJ | 166 | BIEGAM NA TARCHOMINIE | WARSZAWA | POL | M 40 | 352 | M 1020 | | 00:13:05 | 00:28:41.65 | 00:30:33.20 | 5:44 | 10.5 |
| 1280 | RUCYK JUSTYNA | 1203 | | WARSZAWA | POL | K 40 | 91 | K 259 | BIEGAM DOBRZE DLA FUNDACJI SYNAPSIS | 00:13:18 | 00:28:42.35 | 00:30:46.30 | 5:44 | 10.5 |
| 1281 | GŁODOWSKA MARTA | 366 | ŻÓRAWSKI TEAM | WARSZAWA | POL | K 30 | 81 | K 260 | ŻÓRAWSKI TEAM | 00:13:57 | 00:28:43.40 | 00:31:29.70 | 5:44 | 10.4 |
| 1282 | DOLATA EWA | 1777 | | KONSTANCIN-JEIORNA | POL | K 20 | 36 | K 261 | | 00:12:54 | 00:28:43.45 | 00:31:20.90 | 5:44 | 10.4 |
| 1283 | GRZESZAK WERONIKA | 10 | - | - | POL | K 30 | 82 | K 262 | | 00:13:01 | 00:28:44.65 | 00:30:33.95 | 5:44 | 10.4 |
| 1284 | ANKIEWICZ WOJTEK | 28 | | WARSZAWA | POL | M 40 | 353 | M 1021 | | 00:12:40 | 00:28:45.00 | 00:32:11.10 | 5:45 | 10.4 |
| 1285 | KLUCZYK PIOTR | 601 | KS GROM | WARSZAWA | POL | M 30 | 302 | M 1022 | | 00:13:25 | 00:28:46.20 | 00:30:22.55 | 5:45 | 10.4 |
| 1286 | KARCZEWSKA MARTA | 1873 | KS ATAK AGRYKOLA | WARSZAWA | POL | K 14 | 7 | K 263 | | 00:13:17 | 00:28:47.10 | 00:30:41.10 | 5:45 | 10.4 |
| 1287 | KĘDZIA-STĘPKOWSKI PIOTR | 569 | | WARSZAWA | POL | M 50 | 114 | M 1023 | | 00:14:10 | 00:28:47.15 | 00:31:00.30 | 5:45 | 10.4 |
| 1288 | DUBEK MICHAŁ | 264 | | WARSZAWA | POL | M 40 | 354 | M 1024 | | 00:13:50 | 00:28:47.70 | 00:31:42.20 | 5:45 | 10.4 |
| 1289 | URBAŃSKA-STANCIUK MARIA | 1495 | | WARSZAWA | POL | K 20 | 37 | K 264 | | 00:13:16 | 00:28:48.10 | 00:31:35.80 | 5:45 | 10.4 |
| 1290 | WASILEWSKA MAŁGORZATA | 1979 | | KALISZKI | POL | K 40 | 92 | K 265 | | 00:13:17 | 00:28:49.50 | 00:31:50.15 | 5:45 | 10.4 |
| 1291 | DOMŻAŁA KATARZYNA | 252 | TEAM ZABIEGANEDNI | KARCZEW | POL | K 20 | 38 | K 266 | | 00:12:34 | 00:28:49.70 | 00:30:36.25 | 5:45 | 10.4 |
| 1292 | WIŚNIEWSKA MAGDALENA | 1548 | | WARSZAWA | POL | K 40 | 93 | K 267 | | 00:13:59 | 00:28:49.85 | 00:31:25.45 | 5:45 | 10.4 |
| 1293 | KŁOPOCKA ANNA | 604 | | STRZEŃNÓWKA | POL | K 50 | 30 | K 268 | | 00:13:26 | 00:28:50.70 | 00:31:35.10 | 5:46 | 10.4 |
| 1294 | OLKOWSKA ZOFIA | 995 | | GLINIANKA | POL | K 30 | 83 | K 269 | | 00:13:55 | 00:28:51.25 | 00:31:27.35 | 5:46 | 10.4 |
| 1295 | SKRZYŃSKA EMILIA | 1279 | | ŁÓDŹ | POL | K 30 | 84 | K 270 | | 00:13:31 | 00:28:51.50 | 00:30:54.45 | 5:46 | 10.4 |

BIEG URSYNOWA, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Drużyna 1 | 2.5km | Netto | Brutto | min/km | km/h |
|------|------------------------------|------|-----------------------------------|---------------------|------|------|--------|--------|-------------------|----------|-------------|-------------|--------|------|
| 1296 | KORYCKA KLAUDIA | 651 | | WARSZAWA | POL | K 20 | 39 | K 271 | | 00:12:48 | 00:28:51.85 | 00:30:34.55 | 5:46 | 10.4 |
| 1297 | MAREK MICHAŁ | 858 | | WARSZAWA | AFG | M 30 | 303 | M 1025 | | 00:13:48 | 00:28:52.25 | 00:31:35.40 | 5:46 | 10.4 |
| 1298 | JESIONOWSKI MARCIN | 489 | | WARSZAWA | POL | M 40 | 355 | M 1026 | | 00:12:04 | 00:28:53.10 | 00:30:07.95 | 5:46 | 10.4 |
| 1299 | KRULAK GABRYSLA | 2051 | KRULACZKI TEAM | WARSZAWA | POL | K 12 | 3 | K 272 | | 00:12:53 | 00:28:53.45 | 00:30:23.60 | 5:46 | 10.4 |
| 1300 | STASZEWSKI JANUSZ | 1339 | | WARSZAWA | POL | M 50 | 115 | M 1027 | | 00:13:35 | 00:28:54.70 | 00:32:08.05 | 5:46 | 10.4 |
| 1301 | DOSTOJEWSKI PIOTR | 254 | | WARSZAWA | POL | M 40 | 356 | M 1028 | | 00:12:53 | 00:28:54.85 | 00:30:51.80 | 5:46 | 10.4 |
| 1302 | FROM KONRAD | 320 | WARSAW RUN CLUB | WARSZAWA | POL | M 40 | 357 | M 1029 | | 00:13:19 | 00:28:55.05 | 00:31:03.05 | 5:47 | 10.4 |
| 1303 | SOBONSKA KATARZYNA | 1304 | CBRE | WARSZAWA | POL | K 30 | 85 | K 273 | | 00:13:44 | 00:28:55.20 | 00:31:38.70 | 5:47 | 10.4 |
| 1304 | MARCINKIEWICZ WOJCIECH | 852 | BIEGUSTATORZY | WARSZAWA | POL | M 30 | 304 | M 1030 | | 00:13:54 | 00:28:55.50 | 00:31:31.90 | 5:47 | 10.4 |
| 1305 | GRECZEK ANNA | 404 | | WARSZAWA | POL | K 30 | 86 | K 274 | | 00:13:27 | 00:28:55.70 | 00:31:41.85 | 5:47 | 10.4 |
| 1306 | NIKLIŃSKI DOMINIK | 150 | | WARSZAWA | POL | M 40 | 358 | M 1031 | | 00:13:38 | 00:28:55.70 | 00:31:11.75 | 5:47 | 10.4 |
| 1307 | JODŁOWSKI RAFAŁ | 494 | MYSZORY | WARSZAWA | POL | M 30 | 305 | M 1032 | | 00:13:45 | 00:28:56.80 | 00:30:38.95 | 5:47 | 10.4 |
| 1308 | WITEK SZYMON | 2107 | | WARSZAWA | POL | M 14 | 25 | M 1033 | | 00:14:08 | 00:28:56.90 | 00:31:08.95 | 5:47 | 10.4 |
| 1309 | TLAK TOMASZ | 1445 | | WARSZAWA | POL | M 40 | 359 | M 1034 | | 00:12:51 | 00:28:57.10 | 00:30:29.65 | 5:47 | 10.4 |
| 1310 | JODŁOWSKA ANNA | 493 | MYSZORY | 6 | POL | K 50 | 31 | K 275 | | 00:13:45 | 00:28:57.40 | 00:30:39.15 | 5:47 | 10.4 |
| 1311 | KARCZMARCZYK PAWEŁ | 545 | | WARSZAWA | POL | M 30 | 306 | M 1035 | | 00:13:17 | 00:28:57.85 | 00:30:44.10 | 5:47 | 10.4 |
| 1312 | BOGUSZ WERONIKA | 97 | | WARSZAWA | POL | K 20 | 40 | K 276 | | 00:13:12 | 00:28:58.00 | 00:31:07.15 | 5:47 | 10.4 |
| 1313 | ŚWISTAK ANIA | 2100 | | WARSZAWA | POL | K 16 | 11 | K 277 | | 00:13:35 | 00:28:59.85 | 00:31:59.00 | 5:47 | 10.4 |
| 1314 | SZYMANEK ŁUKASZ | 1409 | | WARSZAWA | POL | M 40 | 360 | M 1036 | | 00:13:13 | 00:29:00.05 | 00:32:02.85 | 5:48 | 10.3 |
| 1315 | PODGRODZKI PAWEŁ | 1096 | | WARSZAWA | POL | M 40 | 361 | M 1037 | | 00:13:14 | 00:29:00.05 | 00:30:37.20 | 5:48 | 10.3 |
| 1316 | SŁĄBA PAULINA | 1287 | | WARSZAWA | POL | K 30 | 87 | K 278 | | 00:13:46 | 00:29:00.20 | 00:31:59.90 | 5:48 | 10.3 |
| 1317 | JANCAK KATARZYNA | 462 | | PRUSZKÓW | POL | K 30 | 88 | K 279 | | 00:13:14 | 00:29:00.30 | 00:30:37.05 | 5:48 | 10.3 |
| 1318 | JAGODZIŃSKI KAMIL | 452 | | WARSZAWA | POL | M 30 | 307 | M 1038 | | 00:13:02 | 00:29:00.90 | 00:30:44.35 | 5:48 | 10.3 |
| 1319 | KNYZIAK JAKUB | 2017 | FUNDACJA MORSY WOŁOMIN KOBYLKA | KOBYŁKA | POL | M 12 | 15 | M 1039 | | 00:12:59 | 00:29:01.60 | 00:30:04.90 | 5:48 | 10.3 |
| 1320 | ADAMCZYK JULIA | 13 | RUNS IN THE FAMILY | WARSZAWA | POL | K 20 | 41 | K 280 | | 00:13:59 | 00:29:01.95 | 00:31:10.50 | 5:48 | 10.3 |
| 1321 | FONGANG SIMON | 317 | | WARSZAWA | POL | M 20 | 128 | M 1040 | | 00:13:35 | 00:29:03.30 | 00:31:54.05 | 5:48 | 10.3 |
| 1322 | HOLDENMAJER CEZARY | 1800 | | WARSZAWA | POL | M 50 | 116 | M 1041 | | 00:14:12 | 00:29:03.60 | 00:31:33.70 | 5:48 | 10.3 |
| 1323 | WASILEWSKA-CICHOPEK KAROLINA | 1510 | | WARSZAWA | POL | K 30 | 89 | K 281 | | 00:13:27 | 00:29:04.25 | 00:31:03.00 | 5:48 | 10.3 |
| 1324 | SOKHAN OLENA | 1309 | | WARSZAWA | POL | K 20 | 42 | K 282 | ITMRUN | 00:12:58 | 00:29:04.55 | 00:30:24.50 | 5:48 | 10.3 |
| 1325 | GAWRYSZEWSKI GRZEGORZ | 345 | | WARSZAWA | POL | M 30 | 308 | M 1042 | | 00:13:46 | 00:29:04.75 | 00:31:25.40 | 5:48 | 10.3 |
| 1326 | SAHAJDAK IWONA | 1230 | | WARSZAWA | POL | K 30 | 90 | K 283 | | 00:13:46 | 00:29:05.30 | 00:31:25.25 | 5:49 | 10.3 |
| 1327 | SZYMAŃCZAK MAGDALENA | 1959 | | FORD CITY | USA | K 40 | 94 | K 284 | | 00:13:08 | 00:29:06.95 | 00:30:08.40 | 5:49 | 10.3 |
| 1328 | SEGIET RAFAŁ | 1237 | | SEROCK | POL | M 30 | 309 | M 1043 | | 00:13:43 | 00:29:08.55 | 00:32:08.05 | 5:49 | 10.3 |
| 1329 | ŚWINIARSKI EMIL | 1729 | | WARSZAWA | POL | M 20 | 129 | M 1044 | | 00:13:07 | 00:29:08.70 | 00:31:14.80 | 5:49 | 10.3 |
| 1330 | MICOREK MAJA | 1859 | PARASPORTOWI | WARSZAWA | POL | K 20 | 43 | K 285 | PARASPORTOWI | 00:14:21 | 00:29:08.75 | 00:31:50.40 | 5:49 | 10.3 |
| 1331 | STAŃCZAK DOMINIKA | 1335 | TEAM ZABIEGANEDNI | WARSZAWA | POL | K 40 | 95 | K 286 | TEAM ZABIEGANEDNI | 00:14:22 | 00:29:08.95 | 00:31:50.65 | 5:49 | 10.3 |
| 1332 | CZARKOWSKI DARIUSZ | 201 | | OŻARÓW MAZOWIECKI | POL | M 40 | 362 | M 1045 | PRACUJĄCA TRÓJKA | 00:13:09 | 00:29:09.15 | 00:30:29.55 | 5:49 | 10.3 |
| 1333 | KOWALSKA PAULINA | 673 | | KONSTANCIN-JEZIORNA | POL | K 40 | 96 | K 287 | | 00:13:19 | 00:29:09.35 | 00:30:35.30 | 5:49 | 10.3 |
| 1334 | GÓRAL TADEUSZ | 384 | KKB | WARSZAWA | POL | M 50 | 117 | M 1046 | | 00:14:10 | 00:29:09.80 | 00:30:12.40 | 5:49 | 10.3 |
| 1335 | KRULAK MARZENA | 703 | KRULACZKI TEAM | WARSZAWA | POL | K 40 | 97 | K 288 | | 00:13:59 | 00:29:10.05 | 00:32:00.50 | 5:50 | 10.3 |
| 1336 | WITEK LENA | 2106 | | STOKŁOSY | POL | K 16 | 12 | K 289 | | 00:13:49 | 00:29:10.40 | 00:31:21.60 | 5:50 | 10.3 |
| 1337 | GROCHOWSKA MAGDALENA | 408 | | WARSZAWA | POL | K 30 | 91 | K 290 | | 00:14:22 | 00:29:10.90 | 00:31:32.35 | 5:50 | 10.3 |
| 1338 | LULA RADOSŁAW | 1844 | RUN VEGAN | WARSZAWA | POL | M 40 | 363 | M 1047 | | 00:15:10 | 00:29:10.95 | 00:32:43.70 | 5:50 | 10.3 |
| 1339 | WIERZBICKI IRENEUSZ | 1528 | | ŁUKÓW | POL | M 50 | 118 | M 1048 | | 00:13:56 | 00:29:11.15 | 00:31:37.75 | 5:50 | 10.3 |
| 1340 | VIARBITSKAYA TATSIANA | 1500 | | WARSZAWA | POL | K 40 | 98 | K 291 | ITMRUN | 00:13:28 | 00:29:13.20 | 00:32:34.35 | 5:50 | 10.3 |
| 1341 | HRYMAK ANKA | 437 | | WARSZAWA | POL | K 40 | 99 | K 292 | | 00:13:18 | 00:29:14.40 | 00:31:22.70 | 5:50 | 10.3 |
| 1342 | BIERNAT MICHAŁ | 80 | | ŁÓDŹ | POL | M 60 | 42 | M 1049 | | 00:13:57 | 00:29:14.40 | 00:31:23.25 | 5:50 | 10.3 |
| 1343 | KORNAUS JOANNA | 643 | | WARSZAWA | POL | K 30 | 92 | K 293 | | 00:14:02 | 00:29:14.45 | 00:32:16.80 | 5:50 | 10.3 |
| 1344 | BIERNAT DOROTA | 81 | DMMM TEAM ŁÓDŹ | ŁÓDŹ | POL | K 60 | 4 | K 294 | | 00:13:57 | 00:29:14.55 | 00:31:23.25 | 5:50 | 10.3 |
| 1345 | DUBEK ALEKSANDRA | 2021 | | WARSZAWA | POL | K 12 | 4 | K 295 | | 00:14:18 | 00:29:14.55 | 00:31:41.20 | 5:50 | 10.3 |
| 1346 | PRZEWODOWSKA AGNIESZKA | 1134 | | WARSZAWA | POL | K 40 | 100 | K 296 | | 00:13:57 | 00:29:14.60 | 00:31:24.80 | 5:50 | 10.3 |
| 1347 | CHRZANOWSKA MAŁGORZATA | 1758 | | WARSZAWA | POL | K 40 | 101 | K 297 | | 00:12:41 | 00:29:14.85 | 00:30:20.25 | 5:50 | 10.3 |
| 1348 | ANTOS SŁAWOMIR | 30 | | LEGIONOWO | POL | M 40 | 364 | M 1050 | | 00:14:02 | 00:29:15.30 | 00:31:43.85 | 5:51 | 10.3 |
| 1349 | PALENIK PAWEŁ | 1888 | | WARSZAWA | POL | M 12 | 16 | M 1051 | | 00:14:08 | 00:29:16.35 | 00:32:17.50 | 5:51 | 10.3 |
| 1350 | NIEWIADOMSKI ZDZISŁAW | 960 | | WARSZAWA | POL | M 70 | 10 | M 1052 | | 00:13:24 | 00:29:18.20 | 00:31:58.70 | 5:51 | 10.2 |
| 1351 | SZOT PAWEŁ | 1398 | | WARSZAWA | POL | M 40 | 365 | M 1053 | | 00:14:04 | 00:29:19.35 | 00:31:55.10 | 5:51 | 10.2 |

BIEG URSYNOWA, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Drużyna 1 | 2.5km | Netto | Brutto | min/km | km/h |
|------|------------------------------|------|--------------------------------|---------------------|------|------|--------|--------|-------------------|----------|-------------|-------------|--------|------|
| 1352 | PIWOWAREK GRZEGORZ | 1087 | PRZEPIÓRKI WIKTORA | WARSZAWA | POL | M 30 | 310 | M 1054 | | 00:14:11 | 00:29:19.60 | 00:31:53.85 | 5:51 | 10.2 |
| 1353 | POŁCZYŃSKI PAWEŁ | 1905 | | WARSZAWA | POL | M 30 | 311 | M 1055 | | 00:11:46 | 00:29:20.00 | 00:30:50.75 | 5:52 | 10.2 |
| 1354 | SZEJTUS BEATA | 196 | | OTWOCK | POL | K 40 | 102 | K 298 | | 00:13:49 | 00:29:20.30 | 00:32:33.75 | 5:52 | 10.2 |
| 1355 | WITEK DAGMARA | 1551 | | WARSZAWA | POL | K 40 | 103 | K 299 | | 00:13:48 | 00:29:20.75 | 00:31:32.25 | 5:52 | 10.2 |
| 1356 | STĘPIEŃ SYLWIA | 1346 | | JÓZEFOSŁAW | POL | K 40 | 104 | K 300 | | 00:13:37 | 00:29:21.15 | 00:30:43.10 | 5:52 | 10.2 |
| 1357 | ROSZCZYK KAMILA | 2084 | UKS G8 BIELANY | WARSZAWA | POL | K 12 | 5 | K 301 | | 00:14:19 | 00:29:21.15 | 00:31:58.20 | 5:52 | 10.2 |
| 1358 | JASINOWSKA EMILIA | 475 | | MIĘDZYCHÓD | POL | K 70 | 2 | K 302 | | 00:13:29 | 00:29:21.90 | 00:30:59.65 | 5:52 | 10.2 |
| 1359 | GŁOWACKA ELŻBIETA | 367 | TEAM ZABIEGANEDNI | WARSZAWA | POL | K 60 | 5 | K 303 | TEAM ZABIEGANEDNI | 00:10:24 | 00:29:22.60 | 00:30:00.00 | 5:52 | 10.2 |
| 1360 | REGUCKI ARTUR | 1172 | | WARSZAWA | POL | M 50 | 119 | M 1056 | | 00:13:11 | 00:29:22.90 | 00:31:32.05 | 5:52 | 10.2 |
| 1361 | ULBIN KAROLINA | 1486 | | WARSZAWA | POL | K 20 | 44 | K 304 | | 00:13:22 | 00:29:23.20 | 00:31:31.55 | 5:52 | 10.2 |
| 1362 | SZYMANEK ALEKSANDRA | 1410 | | WARSZAWA | POL | K 30 | 93 | K 305 | | 00:13:36 | 00:29:23.25 | 00:32:02.90 | 5:52 | 10.2 |
| 1363 | DUBEK KATARZYNA | 263 | | WARSZAWA | POL | K 40 | 105 | K 306 | | 00:14:17 | 00:29:23.30 | 00:31:49.75 | 5:52 | 10.2 |
| 1364 | SOŁOWIOW MARZENA | 1318 | | WARSZAWA | POL | K 40 | 106 | K 307 | | 00:14:02 | 00:29:23.85 | 00:32:03.40 | 5:52 | 10.2 |
| 1365 | GRYGOWSKA BEATA | 415 | | JABŁONNA | POL | K 40 | 107 | K 308 | | 00:13:24 | 00:29:24.15 | 00:30:31.90 | 5:52 | 10.2 |
| 1366 | DRZYŃICKI DAMIAN | 261 | SEMP URSYNOW | WARSZAWA | POL | M 40 | 366 | M 1057 | SEMP URSYNOW | 00:13:18 | 00:29:25.15 | 00:31:30.10 | 5:53 | 10.2 |
| 1367 | GOŁĘBIEWSKI KAROL | 379 | | WARSZAWA | POL | M 30 | 312 | M 1058 | DSV ISS | 00:13:45 | 00:29:25.85 | 00:32:10.40 | 5:53 | 10.2 |
| 1368 | KOWALSKA KINGA | 674 | KB PACE WARSZAWA | WARSZAWA | POL | K 40 | 108 | K 309 | KB PACE WARSZAWA | 00:13:59 | 00:29:25.85 | 00:31:51.40 | 5:53 | 10.2 |
| 1369 | BUDA ARKADIUSZ | 122 | | WARSZAWA | POL | M 30 | 313 | M 1059 | DSV ISS | 00:13:45 | 00:29:26.05 | 00:32:10.60 | 5:53 | 10.2 |
| 1370 | KUZNETSOVA SVITLANA | 749 | | WARSZAWA | POL | K 40 | 109 | K 310 | | 00:13:52 | 00:29:26.10 | 00:31:40.60 | 5:53 | 10.2 |
| 1371 | PALENIK MARCIN | 1887 | | WARSZAWA | POL | M 40 | 367 | M 1060 | | 00:14:09 | 00:29:26.25 | 00:32:27.15 | 5:53 | 10.2 |
| 1372 | PAPROWICZ ADAM | 2077 | | WARSZAWA | POL | M 12 | 17 | M 1061 | CHŁOPAKI Z KEN | 00:13:22 | 00:29:27.40 | 00:30:51.60 | 5:53 | 10.2 |
| 1373 | TYLMAN RADOŚLAW | 1480 | | WARSZAWA | POL | M 30 | 314 | M 1062 | | 00:13:20 | 00:29:28.15 | 00:31:37.50 | 5:53 | 10.2 |
| 1374 | MIKOSZA ANNA | 1702 | | WARSZAWA | POL | K 30 | 94 | K 311 | | 00:13:33 | 00:29:28.60 | 00:30:59.10 | 5:53 | 10.2 |
| 1375 | LULA IZABELA | 1872 | RUN VEGAN | WARSZAWA | POL | K 14 | 8 | K 312 | | 00:15:37 | 00:29:28.70 | 00:32:34.00 | 5:53 | 10.2 |
| 1376 | KOLASZT ULA | 614 | RACEFIGHTER GOSIR DĘBE WIELKIE | STARA NIEDZIAŁKA | POL | K 16 | 13 | K 313 | | 00:13:54 | 00:29:28.95 | 00:31:29.55 | 5:53 | 10.2 |
| 1377 | MADEJ JOANNA | 2057 | | WARSZAWA | POL | K 16 | 14 | K 314 | | 00:13:54 | 00:29:29.05 | 00:31:29.70 | 5:53 | 10.2 |
| 1378 | BALCERZAK TOMASZ | 1722 | | LEGIONOWO | POL | M 40 | 368 | M 1063 | | 00:13:28 | 00:29:29.20 | 00:31:20.40 | 5:53 | 10.2 |
| 1379 | KOSIOR KONRAD | 658 | | WARSZAWA | POL | M 30 | 315 | M 1064 | | 00:15:03 | 00:29:29.35 | 00:32:29.65 | 5:53 | 10.2 |
| 1380 | RYBAK MATEUSZ | 1922 | | WARSZAWA | POL | M 20 | 130 | M 1065 | | 00:13:43 | 00:29:29.85 | 00:31:11.60 | 5:53 | 10.2 |
| 1381 | MADEJ JAKUB | 2059 | GÓRA BIEGA | GÓRA KALWARIA | POL | M 14 | 26 | M 1066 | DRAGONFLIES | 00:14:15 | 00:29:30.30 | 00:32:08.70 | 5:54 | 10.2 |
| 1382 | KOŁAKOWSKA ANETA | 617 | | WARSZAWA | POL | K 30 | 95 | K 315 | | 00:13:34 | 00:29:30.90 | 00:30:23.00 | 5:54 | 10.2 |
| 1383 | KUBOWICZ MACIEJ | 717 | | WARSZAWA | POL | M 40 | 369 | M 1067 | | 00:14:08 | 00:29:31.35 | 00:31:30.60 | 5:54 | 10.2 |
| 1384 | ŻURALSKA ALEKSANDRA | 2139 | | WARSZAWA | POL | K 40 | 110 | K 316 | | 00:13:20 | 00:29:31.60 | 00:30:51.25 | 5:54 | 10.2 |
| 1385 | UŁANEK KAMILA | 1491 | | WARSZAWA | POL | K 40 | 111 | K 317 | | 00:13:59 | 00:29:33.15 | 00:32:07.30 | 5:54 | 10.2 |
| 1386 | WOŁCZAK BARTŁOMIEJ | 1577 | | WARSZAWA | POL | M 20 | 131 | M 1068 | | 00:14:08 | 00:29:33.35 | 00:31:10.80 | 5:54 | 10.2 |
| 1387 | SZYMCAK AGNIESZKA | 1421 | | CELESTYNOW | POL | K 30 | 96 | K 318 | | 00:13:40 | 00:29:34.25 | 00:31:19.75 | 5:54 | 10.1 |
| 1388 | CHMIELEWSKA JOANNA | 626 | | WARSZAWA | POL | K 20 | 45 | K 319 | | 00:14:03 | 00:29:36.00 | 00:32:23.60 | 5:55 | 10.1 |
| 1389 | KACZOR RENATA | 515 | | WARSZAWA | POL | K 50 | 32 | K 320 | | 00:13:21 | 00:29:36.10 | 00:32:21.30 | 5:55 | 10.1 |
| 1390 | KALINOWSKA ALEKSANDRA | 521 | | WARSZAWA | POL | K 30 | 97 | K 321 | | 00:14:04 | 00:29:36.45 | 00:32:23.60 | 5:55 | 10.1 |
| 1391 | WINIARSKA-CZARNOTA KATARZYNA | 1543 | | WARSZAWA | POL | K 30 | 98 | K 322 | | 00:14:13 | 00:29:36.60 | 00:32:05.65 | 5:55 | 10.1 |
| 1392 | KINGA BER | 586 | | WARSZAWA | POL | K 30 | 99 | K 323 | | 00:14:13 | 00:29:38.60 | 00:32:07.65 | 5:55 | 10.1 |
| 1393 | GÓRECKA KATARZYNA | 1794 | | LESZNO | POL | K 40 | 112 | K 324 | | 00:13:26 | 00:29:38.95 | 00:30:52.25 | 5:55 | 10.1 |
| 1394 | NIKLEWICZ KONRAD | 961 | | WARSZAWA | POL | M 40 | 370 | M 1069 | | 00:14:20 | 00:29:39.75 | 00:32:39.25 | 5:55 | 10.1 |
| 1395 | PIETRZYK PAWEŁ | 1070 | | WARSZAWA | POL | M 40 | 371 | M 1070 | | 00:12:50 | 00:29:39.80 | 00:31:18.20 | 5:55 | 10.1 |
| 1396 | WÓJCIK MAŁGORZATA | 1736 | | GOŁDAP | POL | K 20 | 46 | K 325 | | 00:13:59 | 00:29:42.40 | 00:32:34.70 | 5:56 | 10.1 |
| 1397 | JANCZEWSKA EWA | 463 | | WARSZAWA | POL | K 40 | 113 | K 326 | | 00:14:04 | 00:29:42.95 | 00:32:04.05 | 5:56 | 10.1 |
| 1398 | BINDER MARTA | 84 | | KONSTANCIN-JEZIORNA | POL | K 40 | 114 | K 327 | | 00:14:12 | 00:29:43.20 | 00:32:40.80 | 5:56 | 10.1 |
| 1399 | BRZĘCZEK IZABELA | 115 | | JÓZEFOSŁAW | POL | K 50 | 33 | K 328 | | 00:13:42 | 00:29:44.15 | 00:31:49.05 | 5:56 | 10.1 |
| 1400 | DOBRUCH ROBERT | 244 | | WARSZAWA | POL | M 50 | 120 | M 1071 | | 00:13:24 | 00:29:44.20 | 00:30:54.40 | 5:56 | 10.1 |
| 1401 | STRZABALA GRZEGORZ | 1356 | | WARSZAWA | POL | M 40 | 372 | M 1072 | | 00:14:12 | 00:29:44.40 | 00:32:05.20 | 5:56 | 10.1 |
| 1402 | PIEKARSKA GOSIA | 1065 | | WARSZAWA | POL | K 40 | 115 | K 329 | | 00:13:40 | 00:29:45.05 | 00:30:17.10 | 5:57 | 10.1 |
| 1403 | KUNKA PIOTR | 741 | TEAM ZABIEGANEDNI | JAKUBÓW | POL | M 40 | 373 | M 1073 | TEAM ZABIEGANEDNI | 00:13:34 | 00:29:45.30 | 00:32:43.50 | 5:57 | 10.1 |
| 1404 | ZUBRZYCKA ALEKSANDRA | 1657 | | FALENTY DUŻE | POL | K 30 | 100 | K 330 | | 00:13:52 | 00:29:45.50 | 00:32:26.55 | 5:57 | 10.1 |
| 1405 | WIECZOREK PIOTR | 1527 | | WARSZAWA | POL | M 40 | 374 | M 1074 | | 00:14:32 | 00:29:45.95 | 00:33:09.70 | 5:57 | 10.1 |
| 1406 | SKALSKA KAROLINA | 1267 | | WARSZAWA | POL | K 40 | 116 | K 331 | | 00:14:08 | 00:29:47.65 | 00:32:06.90 | 5:57 | 10.1 |
| 1407 | DYMEL PIOTR | 279 | | WARSZAWA | POL | M 70 | 11 | M 1075 | | 00:13:52 | 00:29:47.70 | 00:31:59.50 | 5:57 | 10.1 |
| 1408 | RACZYŃSKI PATRYK | 1155 | RKS ZERZEŃ | WARSZAWA | POL | M 40 | 375 | M 1076 | | 00:14:06 | 00:29:47.70 | 00:33:01.75 | 5:57 | 10.1 |

BIEG URSYNOWA, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Drużyna 1 | 2.5km | Netto | Brutto | min/km | km/h | |
|------|----------------------|------|----------------------|---------------|------|------|--------|--------|-------------------------------|----------|-------------|-------------|-------------|------|------|
| 1409 | IWASZKO PAWEŁ | 445 | | WARSZAWA | POL | M 40 | 376 | M 1077 | | | 00:13:19 | 00:29:48.15 | 00:31:20.10 | 5:57 | 10.1 |
| 1410 | TOLAK MARCIN | 203 | TEAM TOLAK | WARSZAWA | POL | M 40 | 377 | M 1078 | TEAM TOLAK | 00:14:02 | 00:29:48.70 | 00:32:37.30 | 5:57 | 10.1 | |
| 1411 | MAŁEK KAROLINA | 843 | | WARSZAWA | POL | K 40 | 117 | K 332 | | 00:13:59 | 00:29:48.75 | 00:33:07.40 | 5:57 | 10.1 | |
| 1412 | NOWAK WIKTOR | 966 | SPARTANIE DZIECIOM | WARSZAWA | POL | M 60 | 43 | M 1079 | | 00:13:37 | 00:29:50.65 | 00:33:06.40 | 5:58 | 10.1 | |
| 1413 | LUKOWSKA HANNA | 791 | TEAM ZABIEGANEDNI | WARSZAWA | POL | K 60 | 6 | K 333 | | 00:14:05 | 00:29:51.05 | 00:32:26.05 | 5:58 | 10.1 | |
| 1414 | CHOŁUJ MICHALINA | 2010 | GÓRA BIEGA | TOMICIE | POL | K 14 | 9 | K 334 | GÓRA BIEGA | 00:14:25 | 00:29:51.70 | 00:32:29.35 | 5:58 | 10.1 | |
| 1415 | MADEJ WIKTORIA | 2058 | GÓRA BIEGA | GÓRA KALWARIA | POL | K 16 | 15 | K 335 | DRAGONFLIES | 00:14:24 | 00:29:52.65 | 00:32:30.95 | 5:58 | 10 | |
| 1416 | MAŁEK HANNA | 2060 | | WARSZAWA | POL | K 16 | 16 | K 336 | | 00:14:26 | 00:29:54.10 | 00:32:45.95 | 5:58 | 10 | |
| 1417 | NOGAL JÓZEF | 963 | ALBATROS | PODŁĘCZE | POL | M 60 | 44 | M 1080 | | 00:13:27 | 00:29:54.35 | 00:31:47.40 | 5:58 | 10 | |
| 1418 | MASTALERZ DAWID | 1858 | | WARSZAWA | POL | M 20 | 132 | M 1081 | | 00:13:02 | 00:29:54.60 | 00:31:37.45 | 5:58 | 10 | |
| 1419 | DI FOLCO VERONICA | 237 | TI HEALTH CLUB | WARSZAWA | POL | K 40 | 118 | K 337 | TI HEALTH CLUB | 00:14:18 | 00:29:56.50 | 00:31:40.70 | 5:59 | 10 | |
| 1420 | MATYSIAK KRYSIA | 2063 | | WARSZAWA | POL | K 14 | 10 | K 338 | | 00:14:17 | 00:29:58.25 | 00:31:38.35 | 5:59 | 10 | |
| 1421 | PIOTROWSKA EWA | 1898 | | WARSZAWA | POL | K 40 | 119 | K 339 | | 00:13:28 | 00:29:58.85 | 00:30:03.90 | 5:59 | 10 | |
| 1422 | KORONA TATIANA | 647 | TEAM KARAŚ | WARSZAWA | POL | K 50 | 34 | K 340 | TEAM KARAŚ | 00:14:22 | 00:29:58.85 | 00:32:43.50 | 5:59 | 10 | |
| 1423 | ADAMIAK PAWEŁ | 14 | | WARSZAWA | POL | M 50 | 121 | M 1082 | | 00:13:46 | 00:30:00.15 | 00:33:06.95 | 6:00 | 10 | |
| 1424 | JUŚKO ELWIRA | 509 | KWADRANS TEAM | OSTROWIEC ŚW | POL | K 40 | 120 | K 341 | | 00:13:54 | 00:30:01.70 | 00:32:12.45 | 6:00 | 10 | |
| 1425 | BRZOZOWSKA MAGDALENA | 117 | BIEGUSTATORZY | WARSZAWA | POL | K 40 | 121 | K 342 | | 00:14:00 | 00:30:04.35 | 00:32:38.05 | 6:00 | 10 | |
| 1426 | GODLEWSKI PIOTR | 371 | | WARSZAWA | POL | M 30 | 316 | M 1083 | | 00:13:49 | 00:30:05.20 | 00:32:48.05 | 6:01 | 10 | |
| 1427 | INCI MARTA | 442 | | WARSZAWA | POL | K 40 | 122 | K 343 | | 00:13:47 | 00:30:05.85 | 00:32:57.60 | 6:01 | 10 | |
| 1428 | KRZECZEWSKI JACEK | 708 | | WARSZAWA | POL | M 50 | 122 | M 1084 | | 00:13:50 | 00:30:06.55 | 00:32:19.70 | 6:01 | 10 | |
| 1429 | SZYMCZAK MIROŚLAW | 1420 | TRIWAWA | WARSZAWA | POL | M 70 | 12 | M 1085 | | 00:14:05 | 00:30:07.25 | 00:33:04.00 | 6:01 | 10 | |
| 1430 | WALOS JAN | 1508 | | WARSZAWA | POL | M 60 | 45 | M 1086 | | 00:13:19 | 00:30:08.00 | 00:31:48.50 | 6:01 | 10 | |
| 1431 | FIL TETIANA | 305 | | WARSZAWA | POL | K 16 | 17 | K 344 | | 00:13:12 | 00:30:09.40 | 00:30:20.40 | 6:01 | 10 | |
| 1432 | LAMPARSKA PATRYCJA | 758 | | WARSZAWA | POL | K 30 | 101 | K 345 | | 00:14:28 | 00:30:09.50 | 00:32:35.50 | 6:01 | 10 | |
| 1433 | SMAGIEŁ TOMASZ | 1292 | STS SMAGIEŁ | WARSZAWA | POL | M 50 | 123 | M 1087 | | 00:14:12 | 00:30:10.25 | 00:33:15.90 | 6:02 | 9.9 | |
| 1434 | LASZUK KATARZYNA | 1699 | | WARSZAWA | POL | K 40 | 123 | K 346 | | 00:14:12 | 00:30:10.50 | 00:32:29.60 | 6:02 | 9.9 | |
| 1435 | ZAWICKA ANGELINA | 1636 | MARKI | MARKI | POL | K 40 | 124 | K 347 | | 00:14:47 | 00:30:10.75 | 00:32:32.35 | 6:02 | 9.9 | |
| 1436 | KUSIŃSKA DOROTA | 1683 | | WARSZAWA | POL | K 30 | 102 | K 348 | | 00:14:11 | 00:30:10.80 | 00:32:29.75 | 6:02 | 9.9 | |
| 1437 | BALCERZAK KAROLINA | 42 | | WARSZAWA | POL | K 20 | 47 | K 349 | | 00:13:57 | 00:30:11.10 | 00:31:44.95 | 6:02 | 9.9 | |
| 1438 | MOLSA NATALIA | 921 | | WARSZAWA | POL | K 30 | 103 | K 350 | | 00:14:28 | 00:30:11.70 | 00:32:51.85 | 6:02 | 9.9 | |
| 1439 | SKOMOROWSKA MONIKA | 1275 | | WARSZAWA | POL | K 40 | 125 | K 351 | | 00:13:40 | 00:30:14.60 | 00:31:37.35 | 6:02 | 9.9 | |
| 1440 | WEKA KRZYSZTOF | 1520 | BIAŁYSTOK BIEGA TEAM | BIAŁYSTOK | POL | | | M 1088 | VEGE RUNNERS RESZTA ŚWIATA | 00:13:29 | 00:30:15.00 | 00:31:14.75 | 6:03 | 9.9 | |
| 1441 | RYŃSKI ANDRZEJ | 1222 | | GDYNIA | POL | M 50 | 124 | M 1089 | | 00:13:41 | 00:30:15.00 | 00:31:37.35 | 6:03 | 9.9 | |
| 1442 | SZAJEWSKA AGNIESZKA | 1381 | TEAM ZABIEGANEDNI | WARSZAWA | POL | K 40 | 126 | K 352 | TEAM ZABIEGANEDNI | 00:14:04 | 00:30:15.35 | 00:32:38.15 | 6:03 | 9.9 | |
| 1443 | NIEDZIELA MICHAŁ | 957 | | WARSZAWA | POL | M 40 | 378 | M 1090 | | 00:13:59 | 00:30:15.45 | 00:31:54.35 | 6:03 | 9.9 | |
| 1444 | TORZEWSKA AGNIESZKA | 1456 | BEMOWO BIEGA | WARSZAWA | POL | K 40 | 127 | K 353 | | 00:13:57 | 00:30:15.90 | 00:32:31.05 | 6:03 | 9.9 | |
| 1445 | BROZE OLIWIA | 114 | | WARSZAWA | POL | K 16 | 18 | K 354 | | 00:13:41 | 00:30:16.60 | 00:32:56.10 | 6:03 | 9.9 | |
| 1446 | KOZŁOWSKA SYLWIA | 684 | | WARSZAWA | POL | K 20 | 48 | K 355 | | 00:14:05 | 00:30:17.60 | 00:33:06.10 | 6:03 | 9.9 | |
| 1447 | STOLECKA PAULINA | 1946 | | WARSZAWA | POL | K 30 | 104 | K 356 | | 00:13:21 | 00:30:18.10 | 00:32:50.15 | 6:03 | 9.9 | |
| 1448 | GAŁADYK JOANNA | 334 | B&B | GDYNIA | POL | K 30 | 105 | K 357 | | 00:14:22 | 00:30:18.20 | 00:32:37.25 | 6:03 | 9.9 | |
| 1449 | BUREK KASJA | 139 | | WARSZAWA | POL | K 40 | 128 | K 358 | | 00:14:10 | 00:30:19.55 | 00:32:25.05 | 6:03 | 9.9 | |
| 1450 | BARAŃSKA DANUTA | 1739 | | WARSZAWA | POL | K 50 | 35 | K 359 | | 00:14:14 | 00:30:19.60 | 00:32:42.85 | 6:03 | 9.9 | |
| 1451 | LEWANDOWSKI PIOTR | 1838 | | WARSZAWA | POL | M 50 | 125 | M 1091 | | 00:14:12 | 00:30:21.15 | 00:32:10.90 | 6:04 | 9.9 | |
| 1452 | FLASZCZYŃSKI MICHAŁ | 312 | | PRUSZKÓW | POL | M 30 | 317 | M 1092 | | 00:14:25 | 00:30:25.90 | 00:33:23.10 | 6:05 | 9.9 | |
| 1453 | GOSIEWSKA RENATA | 386 | | WARSZAWA | POL | K 50 | 36 | K 360 | | 00:13:39 | 00:30:27.25 | 00:32:35.70 | 6:05 | 9.9 | |
| 1454 | CHOROŚ SYLWIA | 170 | | WARSZAWA | POL | K 30 | 106 | K 361 | | 00:14:17 | 00:30:28.00 | 00:32:38.20 | 6:05 | 9.8 | |
| 1455 | POGOCKA ALICJA | 2078 | | WARSZAWA | POL | K 14 | 11 | K 362 | | 00:14:36 | 00:30:28.95 | 00:32:54.10 | 6:05 | 9.8 | |
| 1456 | PROCHWICZ SZYMON | 1121 | | WARSZAWA | POL | M 20 | 133 | M 1093 | | 00:14:04 | 00:30:29.05 | 00:33:12.35 | 6:05 | 9.8 | |
| 1457 | JÓZWIK ARTUR | 497 | BBB | WARSZAWA | POL | M 40 | 379 | M 1094 | | 00:14:12 | 00:30:30.40 | 00:33:08.65 | 6:06 | 9.8 | |
| 1458 | ROGUSKI MICHAŁ | 1187 | | WARSZAWA | POL | M 30 | 318 | M 1095 | | 00:14:02 | 00:30:30.70 | 00:32:50.15 | 6:06 | 9.8 | |
| 1459 | KOWALIK MARTA | 1826 | | NARUSZEWO | POL | K 20 | 49 | K 363 | | 00:13:31 | 00:30:31.45 | 00:31:08.75 | 6:06 | 9.8 | |
| 1460 | TRYFON PAWEŁ | 1970 | | WARSZAWA | POL | M 20 | 134 | M 1096 | | 00:14:09 | 00:30:31.55 | 00:33:22.50 | 6:06 | 9.8 | |
| 1461 | MALICZOWSKA EWA | 836 | | WARSZAWA | POL | K 30 | 107 | K 364 | | 00:13:34 | 00:30:31.80 | 00:33:05.60 | 6:06 | 9.8 | |
| 1462 | PROUTY ANTHONY | 2081 | | BIELAWA | POL | M 16 | 38 | M 1097 | | 00:14:07 | 00:30:31.85 | 00:32:56.20 | 6:06 | 9.8 | |
| 1463 | BEDNAREK KRZYSZTOF | 1744 | | CHYLICE | POL | M 20 | 135 | M 1098 | | 00:14:00 | 00:30:32.00 | 00:32:39.20 | 6:06 | 9.8 | |
| 1464 | TROJANOWSKA NINA | 1968 | ADIDAS RUNNERS | WARSZAWA | POL | K 20 | 50 | K 365 | | 00:14:10 | 00:30:32.40 | 00:33:22.60 | 6:06 | 9.8 | |

BIEG URSYNOWA, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Drużyna 1 | 2.5km | Netto | Brutto | min/km | km/h |
|------|------------------------|------|-------------------------|---------------------|------|------|--------|--------|-------------------|----------|-------------|-------------|--------|------|
| 1465 | GONTAREK EMANUELA | 1793 | | WARSZAWA | POL | K 20 | 51 | K 366 | | 00:14:02 | 00:30:33.40 | 00:31:58.50 | 6:06 | 9.8 |
| 1466 | WŁODARCZYK AGNIESZKA | 1559 | | KONSTANCIN-JEZIORNA | POL | K 30 | 108 | K 367 | | 00:14:14 | 00:30:33.60 | 00:33:30.45 | 6:06 | 9.8 |
| 1467 | LIPIŃSKA ADRIANNA | 786 | | WARSZAWA | POL | K 20 | 52 | K 368 | | 00:15:01 | 00:30:34.35 | 00:33:51.70 | 6:06 | 9.8 |
| 1468 | ARCHACKA IWONA | 35 | | WARSZAWA | POL | K 30 | 109 | K 369 | | 00:14:03 | 00:30:35.40 | 00:33:38.40 | 6:07 | 9.8 |
| 1469 | KORONA MARCIN | 648 | TEAM KARAS | WARSZAWA | POL | M 20 | 136 | M 1099 | TEAM KARAŚ | 00:14:25 | 00:30:35.95 | 00:33:12.95 | 6:07 | 9.8 |
| 1470 | WOLAK KATARZYNA | 1574 | | OPACZ-KOLONIA | POL | K 30 | 110 | K 370 | CBRE | 00:14:01 | 00:30:38.85 | 00:33:46.40 | 6:07 | 9.8 |
| 1471 | TRYBULEC JUSTYNA | 1470 | | WARSZAWA | POL | K 30 | 111 | K 371 | | 00:14:10 | 00:30:39.10 | 00:31:28.95 | 6:07 | 9.8 |
| 1472 | CHOŁUJ MARTA | 167 | | WARSZAWA | POL | K 30 | 112 | K 372 | | 00:14:15 | 00:30:41.85 | 00:33:12.10 | 6:08 | 9.8 |
| 1473 | GAWIN MARIUSZ | 344 | | WARSZAWA | POL | M 20 | 137 | M 1100 | | 00:14:07 | 00:30:43.40 | 00:32:56.45 | 6:08 | 9.8 |
| 1474 | GRECKA ANNA | 402 | | CHYLICZKI | POL | K 30 | 113 | K 373 | | 00:13:59 | 00:30:44.10 | 00:32:05.55 | 6:08 | 9.8 |
| 1475 | FALACIŃSKA MONIKA | 294 | | WARSZAWA | POL | K 40 | 129 | K 374 | | 00:14:42 | 00:30:46.70 | 00:33:55.30 | 6:09 | 9.8 |
| 1476 | ZIETEK MARCIN | 1652 | | WARSZAWA | POL | M 40 | 380 | M 1101 | | 00:14:47 | 00:30:46.90 | 00:34:04.15 | 6:09 | 9.8 |
| 1477 | LISZEWSKA DOMINIKA | 1843 | | WARSZAWA | POL | K 40 | 130 | K 375 | | 00:14:46 | 00:30:47.25 | 00:33:25.90 | 6:09 | 9.7 |
| 1478 | MARCINIAK RAFAL | 851 | | WARSZAWA | POL | M 30 | 319 | M 1102 | | 00:13:45 | 00:30:47.60 | 00:32:46.25 | 6:09 | 9.7 |
| 1479 | ORZECZOWSKI DANIEL | 1006 | | PIASECZNO | POL | M 40 | 381 | M 1103 | | 00:14:16 | 00:30:47.95 | 00:34:09.35 | 6:09 | 9.7 |
| 1480 | PETRYCKI MARCIN | 1053 | PUMPIT | MARKÓW-ŚWINICE | POL | M 40 | 382 | M 1104 | | 00:14:22 | 00:30:49.30 | 00:31:53.90 | 6:09 | 9.7 |
| 1481 | DUSIŃSKA DOMINIKA | 271 | | WARSZAWA | POL | K 20 | 53 | K 376 | | 00:13:58 | 00:30:49.75 | 00:33:27.40 | 6:09 | 9.7 |
| 1482 | TYSZKA RAFAŁ | 2102 | | WARSZAWA | POL | M 16 | 39 | M 1105 | | 00:13:41 | 00:30:49.80 | 00:32:45.10 | 6:09 | 9.7 |
| 1483 | TYRANKIEWICZ KAMILA | 1484 | | WARSZAWA | POL | K 40 | 131 | K 377 | | 00:14:19 | 00:30:50.65 | 00:32:14.85 | 6:10 | 9.7 |
| 1484 | DRÓDZ RENATA | 260 | | WARSZAWA | POL | K 40 | 132 | K 378 | | 00:14:22 | 00:30:51.10 | 00:32:47.80 | 6:10 | 9.7 |
| 1485 | LIGOWSKI KRZYSZTOF | 784 | | WARSZAWA | POL | M 40 | 383 | M 1106 | | 00:13:11 | 00:30:53.25 | 00:33:15.45 | 6:10 | 9.7 |
| 1486 | MATUSIAK ANNA | 878 | | CHOTOMÓW | POL | K 30 | 114 | K 379 | | 00:14:27 | 00:30:53.40 | 00:33:36.50 | 6:10 | 9.7 |
| 1487 | DĄBROWSKI ANDRZEJ | 226 | | JÓZEFÓW | POL | M 60 | 46 | M 1107 | | 00:13:45 | 00:30:54.75 | 00:32:05.15 | 6:10 | 9.7 |
| 1488 | JUNEVIČIUS ANDRIUS | 498 | | WARSZAWA | POL | M 20 | 138 | M 1108 | | 00:15:07 | 00:30:54.90 | 00:33:11.60 | 6:10 | 9.7 |
| 1489 | ŻURAWSKI FILIP | 2115 | | WARSZAWA | POL | M 14 | 27 | M 1109 | | 00:13:43 | 00:30:55.35 | 00:33:46.10 | 6:11 | 9.7 |
| 1490 | OKRASA MACIEJ | 986 | WARSZAWIAKY | WARSZAWA | POL | M 40 | 384 | M 1110 | | 00:13:52 | 00:30:55.40 | 00:33:17.00 | 6:11 | 9.7 |
| 1491 | STASIAK MARCIN | 1338 | | WARSZAWA | POL | M 50 | 126 | M 1111 | | 00:15:38 | 00:30:55.75 | 00:32:27.00 | 6:11 | 9.7 |
| 1492 | PURZYCKA DOMINIKA | 1147 | | WARSZAWA | POL | K 20 | 54 | K 380 | | 00:15:07 | 00:30:56.00 | 00:33:11.65 | 6:11 | 9.7 |
| 1493 | KASICA JACEK | 556 | BIEGAM, BO BIEGAM :) | WARSZAWA | POL | M 40 | 385 | M 1112 | | 00:14:39 | 00:30:57.05 | 00:33:08.80 | 6:11 | 9.7 |
| 1494 | KOWALCZYK BOGDAN | 664 | WARSZAWA-BRÓDNO | WARSZAWA | POL | M 60 | 47 | M 1113 | | 00:14:04 | 00:30:57.30 | 00:33:40.05 | 6:11 | 9.7 |
| 1495 | BODALSKI JACEK | 1689 | AKTYWNA WARSZAWA | WARSZAWA | POL | M 50 | 127 | M 1114 | AKTYWNA WARSZAWA | 00:13:59 | 00:30:57.45 | 00:33:33.65 | 6:11 | 9.7 |
| 1496 | DŁUGOSZ PATRYK | 238 | | WARSZAWA | POL | M 30 | 320 | M 1115 | | 00:14:12 | 00:30:58.80 | 00:33:54.00 | 6:11 | 9.7 |
| 1497 | WIĘCKOWSKA VIOLETTA | 1535 | KS START PUŁASKI | WARKA | POL | K 50 | 37 | K 381 | | 00:14:34 | 00:30:58.80 | 00:33:47.00 | 6:11 | 9.7 |
| 1498 | ZAWADKA AGNIESZKA | 1632 | | STARE BABICE | POL | K 50 | 38 | K 382 | | 00:14:43 | 00:30:59.05 | 00:34:07.10 | 6:11 | 9.7 |
| 1499 | STEFAŃSKA JOANNA | 1341 | | WARSZAWA | POL | K 40 | 133 | K 383 | | 00:14:02 | 00:30:59.60 | 00:33:52.80 | 6:11 | 9.7 |
| 1500 | GIERKOWSKA AGNIESZKA | 356 | | WARSZAWA | POL | K 40 | 134 | K 384 | | 00:13:41 | 00:31:00.10 | 00:33:51.55 | 6:12 | 9.7 |
| 1501 | KUMÓR SEBASTIAN | 740 | | WARSZAWA | POL | M 30 | 321 | M 1116 | | 00:13:55 | 00:31:00.40 | 00:32:09.35 | 6:12 | 9.7 |
| 1502 | CIEŚLAK ADRIANA | 185 | | GRÓJEC | POL | K 30 | 115 | K 385 | | 00:14:14 | 00:31:01.35 | 00:33:39.10 | 6:12 | 9.7 |
| 1503 | KOBUS KARINA | 610 | | PIASECZNO | POL | K 20 | 55 | K 386 | | 00:14:38 | 00:31:03.45 | 00:33:49.70 | 6:12 | 9.7 |
| 1504 | JACHEĆ KORNELA | 448 | | WARSZAWA | POL | K 20 | 56 | K 387 | | 00:14:43 | 00:31:06.35 | 00:34:05.05 | 6:13 | 9.6 |
| 1505 | BITOWSKI HUBERT | 88 | | JÓZEFOSŁAW | POL | M 40 | 386 | M 1117 | | 00:14:30 | 00:31:06.50 | 00:34:02.55 | 6:13 | 9.6 |
| 1506 | MAKAVEYEU ANTON | 831 | | WARSZAWA | POL | M 30 | 322 | M 1118 | | 00:14:31 | 00:31:07.15 | 00:34:30.40 | 6:13 | 9.6 |
| 1507 | SMOLEŃSKA MAŁGORZATA | 1294 | | WARSZAWA | POL | K 40 | 135 | K 388 | | 00:13:50 | 00:31:11.25 | 00:33:57.85 | 6:14 | 9.6 |
| 1508 | LENARCZYK PAWEŁ | 4 | | - | POL | M 40 | 387 | M 1119 | | 00:13:51 | 00:31:12.80 | 00:33:51.05 | 6:14 | 9.6 |
| 1509 | ORZECZOWSKA KAROLINA | 1005 | | PIASECZNO | POL | K 40 | 136 | K 389 | | 00:14:43 | 00:31:14.85 | 00:34:08.85 | 6:14 | 9.6 |
| 1510 | PLUTA MONIKA | 1093 | | SULEJÓWEK | POL | K 30 | 116 | K 390 | | 00:13:54 | 00:31:15.05 | 00:34:04.15 | 6:15 | 9.6 |
| 1511 | KUDLAK MONIKA | 730 | GUTEK TEAM | RUDA | POL | K 50 | 39 | K 391 | | 00:14:08 | 00:31:15.60 | 00:34:03.10 | 6:15 | 9.6 |
| 1512 | DZIEDZIC EWA | 282 | TEAM ZABIEGANEDNI | DZIECHCINIEC | POL | K 50 | 40 | K 392 | TEAM ZABIEGANEDNI | 00:14:16 | 00:31:15.70 | 00:33:13.65 | 6:15 | 9.6 |
| 1513 | ŚMIERCIAK KASIA | 1429 | | WARSZAWA | POL | K 30 | 117 | K 393 | | 00:14:45 | 00:31:16.10 | 00:33:44.25 | 6:15 | 9.6 |
| 1514 | ŻÓŁTOWSKI BARTŁOMIEJ | 1670 | | WARSZAWA | POL | M 40 | 388 | M 1120 | | 00:13:48 | 00:31:17.50 | 00:34:01.60 | 6:15 | 9.6 |
| 1515 | GIL ELŻBIETA | 1789 | | WARSZAWA | POL | K 40 | 137 | K 394 | | 00:13:49 | 00:31:18.15 | 00:33:15.50 | 6:15 | 9.6 |
| 1516 | ZAWADZKI KSAWERY | 1635 | | WARSZAWA | POL | M 30 | 323 | M 1121 | | 00:15:03 | 00:31:21.50 | 00:34:06.65 | 6:16 | 9.6 |
| 1517 | MIKULSKA SYLWIA | 905 | | WARSZAWA | POL | K 40 | 138 | K 395 | | 00:13:43 | 00:31:22.85 | 00:33:51.65 | 6:16 | 9.6 |
| 1518 | LIPKA-ZALEWSKA GRAŻYNA | 1842 | | JULIANÓW | POL | K 50 | 41 | K 396 | | 00:15:14 | 00:31:23.70 | 00:34:17.10 | 6:16 | 9.6 |
| 1519 | HOŁDAŚ MARIUSZ | 429 | | WARSZAWA | POL | M 50 | 128 | M 1122 | | 00:12:43 | 00:31:24.45 | 00:32:55.75 | 6:16 | 9.6 |
| 1520 | WINIARZ NATALIA | 1544 | | WARSZAWA | POL | K 30 | 118 | K 397 | | 00:14:48 | 00:31:24.90 | 00:34:00.50 | 6:16 | 9.6 |
| 1521 | KARŁOWICZ ANNA | 547 | PARTIA WOLNYCH BIEGACZY | WARSZAWA | POL | K 70 | 3 | K 398 | | 00:14:27 | 00:31:25.45 | 00:34:16.50 | 6:17 | 9.5 |

BIEG URSYNOWA, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Drużyna 1 | 2.5km | Netto | Brutto | min/km | km/h |
|------|--------------------------------|------|---------------------------|---------------|------|------|--------|--------|------------------|----------|-------------|-------------|--------|------|
| 1522 | MODZELEWSKA-SOKOŁ BARBARA | 918 | | WARSZAWA | POL | K 60 | 7 | K 399 | | 00:14:12 | 00:31:26.70 | 00:32:27.80 | 6:17 | 9.5 |
| 1523 | JAGLIŃSKA ANNA | 451 | | WARSZAWA | POL | K 40 | 139 | K 400 | | 00:14:00 | 00:31:26.95 | 00:34:03.50 | 6:17 | 9.5 |
| 1524 | BIDZIŃSKA ALICJA | 72 | | WARSZAWA | POL | K 30 | 119 | K 401 | | 00:14:39 | 00:31:27.20 | 00:34:11.35 | 6:17 | 9.5 |
| 1525 | KOŁPACZYŃSKA ANNA | 1728 | | WARSZAWA | POL | K 30 | 120 | K 402 | | 00:14:10 | 00:31:27.25 | 00:33:33.55 | 6:17 | 9.5 |
| 1526 | KOWALCZYK KAMILA | 1825 | | WARSZAWA | POL | K 30 | 121 | K 403 | | 00:14:16 | 00:31:27.70 | 00:32:51.00 | 6:17 | 9.5 |
| 1527 | STOLARSKA DANUTA | 1350 | PARKRUN SŁODOWO WŁOCLAWEK | WŁOCLAWEK | POL | K 60 | 8 | K 404 | | 00:14:43 | 00:31:27.95 | 00:34:15.95 | 6:17 | 9.5 |
| 1528 | JANEK KATARZYNA | 464 | KATAREK | WARSZAWA | AFG | K 30 | 122 | K 405 | | 00:14:32 | 00:31:29.65 | 00:33:35.60 | 6:17 | 9.5 |
| 1529 | HERNIK WERONIKA | 428 | | GRÓJEC | POL | K 30 | 123 | K 406 | | 00:14:28 | 00:31:30.10 | 00:33:41.15 | 6:18 | 9.5 |
| 1530 | KĄDZIELAWA MAREK | 567 | CWCR | WARSZAWA | POL | M 50 | 129 | M 1123 | | 00:14:12 | 00:31:31.00 | 00:33:22.30 | 6:18 | 9.5 |
| 1531 | JAROSIŃSKA ANNA | 471 | | GORA KALWARIA | POL | K 30 | 124 | K 407 | | 00:14:14 | 00:31:31.05 | 00:33:55.60 | 6:18 | 9.5 |
| 1532 | ZALEWSKI PIOTR | 2124 | | JULIANÓW | POL | M 50 | 130 | M 1124 | | 00:15:14 | 00:31:31.25 | 00:34:24.50 | 6:18 | 9.5 |
| 1533 | GLASSER MAREK | 360 | | WARSZAWA | POL | M 70 | 13 | M 1125 | | 00:14:53 | 00:31:33.30 | 00:33:58.70 | 6:18 | 9.5 |
| 1534 | DĄBROWSKI PAWEŁ | 223 | | WARSZAWA | POL | M 30 | 324 | M 1126 | | 00:13:59 | 00:31:34.50 | 00:31:49.25 | 6:18 | 9.5 |
| 1535 | KARTOWICZ ALDONA | 1149 | | WARSZAWA | POL | K 30 | 125 | K 408 | | 00:14:25 | 00:31:34.80 | 00:34:09.65 | 6:18 | 9.5 |
| 1536 | ZAMIELA EWA | 1621 | | WARSZAWA | POL | K 50 | 42 | K 409 | | 00:14:56 | 00:31:36.65 | 00:32:46.60 | 6:19 | 9.5 |
| 1537 | LAZAREVA SVETLANA | 1711 | | WARY | AFG | K 40 | 140 | K 410 | | 00:14:49 | 00:31:37.70 | 00:34:00.60 | 6:19 | 9.5 |
| 1538 | MITURA ANNA | 915 | | WARSZAWA | POL | K 40 | 141 | K 411 | | 00:14:34 | 00:31:37.75 | 00:34:22.70 | 6:19 | 9.5 |
| 1539 | MAJEK JAKUB | 1851 | | PIASECZNO | POL | M 20 | 139 | M 1127 | | 00:14:38 | 00:31:38.05 | 00:34:56.90 | 6:19 | 9.5 |
| 1540 | BUSZMAN ZUZANNA | 142 | | WARSZAWA | POL | K 20 | 57 | K 412 | | 00:15:10 | 00:31:38.30 | 00:34:45.25 | 6:19 | 9.5 |
| 1541 | KACZMARSKA ALICJA | 514 | TI HEALTH CLUB | WARSZAWA | POL | K 40 | 142 | K 413 | TI HEALTH CLUB | 00:14:47 | 00:31:38.90 | 00:33:46.05 | 6:19 | 9.5 |
| 1542 | OLSZEWSKA KATARZYNA BERNADETTA | 2147 | | - | POL | K 40 | 143 | K 414 | | 00:15:26 | 00:31:40.75 | 00:34:43.75 | 6:20 | 9.5 |
| 1543 | KENIG WIKTOR | 2116 | | WARSZAWA | POL | M 16 | 40 | M 1128 | | 00:14:37 | 00:31:41.05 | 00:34:58.50 | 6:20 | 9.5 |
| 1544 | BEDNARSKA LIWIA | 1745 | | WARSZAWA | POL | K 30 | 126 | K 415 | | 00:14:53 | 00:31:41.70 | 00:31:57.40 | 6:20 | 9.5 |
| 1545 | KENIG PAWEŁ | 1682 | | WARSZAWA | POL | M 50 | 131 | M 1129 | | 00:14:36 | 00:31:41.90 | 00:34:59.05 | 6:20 | 9.5 |
| 1546 | SZATKOWSKA MARTA | 1385 | | WARSZAWA | POL | K 20 | 58 | K 416 | | 00:14:14 | 00:31:42.45 | 00:33:58.70 | 6:20 | 9.5 |
| 1547 | ŻÓŁTOWSKA DOMINIKA | 1669 | NAPRZÓD MŁOCINY | WARSZAWA | POL | K 40 | 144 | K 417 | | 00:14:14 | 00:31:43.70 | 00:34:01.60 | 6:20 | 9.5 |
| 1548 | DOMŻAŁA JAN | 2018 | | WARSZAWA | POL | M 12 | 18 | M 1130 | | 00:13:54 | 00:31:43.80 | 00:34:06.20 | 6:20 | 9.5 |
| 1549 | ORZOŁ SYLWIA | 147 | | WARSZAWA | POL | K 30 | 127 | K 418 | | 00:14:22 | 00:31:51.95 | 00:34:07.55 | 6:22 | 9.4 |
| 1550 | HAWRYLUK EMILIA | 2032 | | WARSZAWA | POL | K 16 | 19 | K 419 | | 00:15:02 | 00:31:52.05 | 00:35:13.80 | 6:22 | 9.4 |
| 1551 | MŁYNARCZYK MIKOŁAJ | 917 | | ZALESIE GÓRNE | POL | M 20 | 140 | M 1131 | | 00:13:47 | 00:31:52.55 | 00:34:10.80 | 6:22 | 9.4 |
| 1552 | LIPIEC KAZIMIERA | 785 | | WARSZAWA | POL | K 40 | 145 | K 420 | | 00:14:19 | 00:31:53.75 | 00:35:04.85 | 6:22 | 9.4 |
| 1553 | BALCERZAK MONIKA | 43 | | WARSZAWA | POL | K 40 | 146 | K 421 | | 00:14:04 | 00:31:54.80 | 00:33:28.80 | 6:22 | 9.4 |
| 1554 | BŁOŃSKI ROBERT | 1693 | | WARSZAWA | POL | M 50 | 132 | M 1132 | | 00:14:37 | 00:31:56.65 | 00:33:48.70 | 6:23 | 9.4 |
| 1555 | FERLAS HELENA | 2023 | | JÓZEFOSŁAW | POL | K 12 | 6 | K 422 | | 00:15:20 | 00:31:56.65 | 00:34:52.70 | 6:23 | 9.4 |
| 1556 | BANASIAK PIOTR | 45 | | WARSZAWA | POL | M 30 | 325 | M 1133 | | 00:14:54 | 00:31:56.85 | 00:34:55.25 | 6:23 | 9.4 |
| 1557 | FERLAS MICHAŁ | 300 | | JÓZEFOSŁAW | POL | M 50 | 133 | M 1134 | | 00:15:21 | 00:31:57.75 | 00:34:53.30 | 6:23 | 9.4 |
| 1558 | MICHAŁEK-PENDOWSKA BARBARA | 900 | | WARSZAWA | POL | K 40 | 147 | K 423 | | 00:14:46 | 00:31:58.70 | 00:33:53.20 | 6:23 | 9.4 |
| 1559 | MICHAŁEK JERZY | 898 | KB IM. P. SEKOWSKIEGO | PŁOŃSK | POL | M 70 | 14 | M 1135 | | 00:14:45 | 00:32:00.05 | 00:34:39.20 | 6:24 | 9.4 |
| 1560 | SIRODZKI MICHAŁ | 1261 | | WARSZAWA | POL | M 20 | 141 | M 1136 | | 00:14:08 | 00:32:00.45 | 00:34:37.80 | 6:24 | 9.4 |
| 1561 | PYRZAK PIOTR | 1151 | | WARSZAWA | POL | M 40 | 389 | M 1137 | | 00:14:21 | 00:32:01.00 | 00:34:29.95 | 6:24 | 9.4 |
| 1562 | PUCHAŁA TOMASZ | 1143 | MYSZORY | WARSZAWA | POL | M 40 | 390 | M 1138 | | 00:14:53 | 00:32:01.35 | 00:33:43.40 | 6:24 | 9.4 |
| 1563 | FATLA KATARZYNA | 298 | | WARSZAWA | POL | K 30 | 128 | K 424 | AKTYWNA WARSZAWA | 00:14:52 | 00:32:02.70 | 00:34:17.70 | 6:24 | 9.4 |
| 1564 | JANKOWSKI REMIGIUSZ | 466 | | WARSZAWA | POL | M 50 | 134 | M 1139 | | 00:14:49 | 00:32:04.50 | 00:34:52.35 | 6:24 | 9.4 |
| 1565 | GRABOWSKI JERZY | 399 | NIEZRZESZONY | WARSZAWA | POL | M 70 | 15 | M 1140 | | 00:15:07 | 00:32:04.70 | 00:34:47.20 | 6:24 | 9.4 |
| 1566 | SOKOŁOWSKI MARIAN | 1313 | SAMOTNY WILK | WARSZAWA | POL | M 70 | 16 | M 1141 | | 00:14:33 | 00:32:05.15 | 00:33:48.30 | 6:25 | 9.4 |
| 1567 | KUCHARSKI KRZYSZTOF | 723 | | WARSZAWA | POL | M 60 | 48 | M 1142 | | 00:14:53 | 00:32:07.20 | 00:34:02.00 | 6:25 | 9.3 |
| 1568 | PREKOWSKI GRZEGORZ | 54 | | WARSZAWA | POL | M 50 | 135 | M 1143 | | 00:14:36 | 00:32:09.90 | 00:34:52.90 | 6:25 | 9.3 |
| 1569 | SURMACZ IZA | 1370 | POLINEZJA | WARSZAWA | POL | K 20 | 59 | K 425 | | 00:14:26 | 00:32:10.45 | 00:34:57.90 | 6:26 | 9.3 |
| 1570 | ANGERHOFER MONIKA | 26 | | WARSZAWA | POL | K 30 | 129 | K 426 | | 00:16:00 | 00:32:11.30 | 00:35:17.05 | 6:26 | 9.3 |
| 1571 | WOŹNIAK KATARZYNA | 1585 | | PIASECZNO | POL | K 50 | 43 | K 427 | | 00:14:19 | 00:32:12.45 | 00:34:49.65 | 6:26 | 9.3 |
| 1572 | STĘPŃNIAK JULIA | 1878 | | ZIELONKA | POL | K 16 | 20 | K 428 | | 00:14:56 | 00:32:13.65 | 00:35:24.40 | 6:26 | 9.3 |
| 1573 | WITEK ADAM | 2108 | | WARSZAWA | POL | M 12 | 19 | M 1144 | | 00:14:12 | 00:32:14.55 | 00:34:36.55 | 6:26 | 9.3 |
| 1574 | KRIEWS KONRAD | 694 | | WARSZAWA | POL | M 40 | 391 | M 1145 | | 00:15:45 | 00:32:16.40 | 00:35:34.85 | 6:27 | 9.3 |
| 1575 | BEDNARZAK TADEUSZ | 1678 | YULO RUN TEAM SIEDLCE | SIEDLCE | POL | M 60 | 49 | M 1146 | | 00:15:46 | 00:32:16.50 | 00:35:26.50 | 6:27 | 9.3 |
| 1576 | GRZESZAK DANUTA | 9 | | MOGILNO | POL | K 70 | 4 | K 429 | | 00:15:05 | 00:32:20.60 | 00:35:00.15 | 6:28 | 9.3 |
| 1577 | ZABIELSKI JAROSŁAW | 1601 | | WARSZAWA | POL | M 50 | 136 | M 1147 | | 00:15:11 | 00:32:22.15 | 00:34:42.40 | 6:28 | 9.3 |
| 1578 | FONGANG ALEKSANDRA | 315 | | WARSZAWA | POL | K 40 | 148 | K 430 | | 00:15:14 | 00:32:25.50 | 00:35:16.40 | 6:29 | 9.3 |

BIEG URSYNOWA, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Drużyna 1 | 2.5km | Netto | Brutto | min/km | km/h |
|------|--------------------------|------|----------------------------|---------------------|------|------|--------|--------|------------|----------|-------------|-------------|--------|------|
| 1579 | ULMA KLAUDIA | 1490 | | WARSZAWA | POL | K 20 | 60 | K 431 | | 00:15:20 | 00:32:26.85 | 00:35:25.10 | 6:29 | 9.2 |
| 1580 | ULMA DAWID | 1489 | | WARSZAWA | POL | M 30 | 326 | M 1148 | | 00:15:20 | 00:32:27.00 | 00:35:25.10 | 6:29 | 9.2 |
| 1581 | MATYSZCZAK MONIKA | 882 | KENKO | WARSZAWA | POL | K 40 | 149 | K 432 | KENKO | 00:15:48 | 00:32:32.90 | 00:35:32.35 | 6:30 | 9.2 |
| 1582 | GAŚSIOROWSKA DOROTA | 347 | | WARSZAWA | POL | K 50 | 44 | K 433 | | 00:16:08 | 00:32:33.10 | 00:36:00.75 | 6:30 | 9.2 |
| 1583 | SZYMAŃCZAK ZBIGNIEW | 1958 | | NADARZYN | POL | M 60 | 50 | M 1149 | | 00:15:01 | 00:32:33.30 | 00:33:34.85 | 6:30 | 9.2 |
| 1584 | SZANDECKI MARIUSZ | 1954 | | ŁOMIANKI | POL | M 40 | 392 | M 1150 | | 00:16:38 | 00:32:33.60 | 00:32:33.60 | 6:30 | 9.2 |
| 1585 | SYTY ADAM | 1374 | | WARSZAWA | POL | M 40 | 393 | M 1151 | | 00:14:00 | 00:32:33.95 | 00:35:19.70 | 6:30 | 9.2 |
| 1586 | SKARZYŃSKA KATARZYNA | 1269 | | WARSZAWA | POL | K 40 | 150 | K 434 | | 00:15:48 | 00:32:34.95 | 00:35:40.35 | 6:30 | 9.2 |
| 1587 | SZMIGIELSKI MACIEJ | 1394 | | JÓZEFOSŁAW | POL | M 40 | 394 | M 1152 | | 00:15:48 | 00:32:35.10 | 00:35:40.25 | 6:31 | 9.2 |
| 1588 | SHIPOVSKAYA LARISA | 1242 | | WARSZAWA | POL | K 50 | 45 | K 435 | | 00:15:02 | 00:32:35.15 | 00:35:27.20 | 6:31 | 9.2 |
| 1589 | KALMAN ANITA | 528 | | WARSZAWA | POL | K 40 | 151 | K 436 | | 00:15:27 | 00:32:36.10 | 00:35:30.70 | 6:31 | 9.2 |
| 1590 | SZAFRAN BEATA | 1380 | PUMPIT | MARKÓW ŚWINICE | POL | K 40 | 152 | K 437 | | 00:15:20 | 00:32:38.25 | 00:33:50.20 | 6:31 | 9.2 |
| 1591 | MUZYZKA POLINA | 941 | | WARSZAWA | UKR | K 16 | 21 | K 438 | | 00:14:27 | 00:32:38.55 | 00:34:16.80 | 6:31 | 9.2 |
| 1592 | GŁADECZKA MARZENA | 363 | GÓRA BIEGA | BANIOCHA | POL | K 40 | 153 | K 439 | GÓRA BIEGA | 00:14:34 | 00:32:38.80 | 00:35:27.45 | 6:31 | 9.2 |
| 1593 | ROBACZEWSKA MARTA | 1184 | | WARSZAWA | POL | K 30 | 130 | K 440 | | 00:15:24 | 00:32:41.25 | 00:35:39.10 | 6:32 | 9.2 |
| 1594 | KARPECHENKO ARTEM | 549 | | WARSZAWA | POL | M 30 | 327 | M 1153 | | 00:17:57 | 00:32:42.75 | 00:35:38.30 | 6:32 | 9.2 |
| 1595 | BUDA ARTUR | 2007 | | WARSZAWA | POL | M 14 | 28 | M 1154 | | 00:14:36 | 00:32:43.10 | 00:35:00.25 | 6:32 | 9.2 |
| 1596 | STRZELCZYK OLGA | 1358 | | WARSZAWA | POL | K 40 | 154 | K 441 | | 00:14:53 | 00:32:43.15 | 00:35:08.55 | 6:32 | 9.2 |
| 1597 | KRAWCZAK ANGELIKA | 691 | | WARSZAWA | POL | K 30 | 131 | K 442 | | 00:15:20 | 00:32:44.95 | 00:35:47.50 | 6:32 | 9.2 |
| 1598 | MODRZEJEWSKA ANNA | 1866 | | WARSZAWA | POL | K 40 | 155 | K 443 | | 00:13:51 | 00:32:45.55 | 00:34:50.45 | 6:33 | 9.2 |
| 1599 | ŻOCHOWSKI GRZEGORZ | 1666 | | WARSZAWA | POL | M 60 | 51 | M 1155 | | 00:15:13 | 00:32:46.00 | 00:36:11.70 | 6:33 | 9.2 |
| 1600 | NASIEROWSKA-SAS MARTYNA | 951 | | WARSZAWA | POL | K 30 | 132 | K 444 | | 00:14:39 | 00:32:48.50 | 00:35:11.30 | 6:33 | 9.1 |
| 1601 | KWAPISIEWICZ KATARZYNA | 751 | | WARSZAWA | POL | K 40 | 156 | K 445 | | 00:15:21 | 00:32:49.60 | 00:35:52.05 | 6:33 | 9.1 |
| 1602 | REGIMOWICZ TAMARA | 1171 | NEW BALANCE RUN CLUB | WARSZAWA | POL | K 30 | 133 | K 446 | | 00:14:25 | 00:32:49.70 | 00:34:53.80 | 6:33 | 9.1 |
| 1603 | KASPRZAK EWELINA | 558 | | WARSZAWA | POL | K 30 | 134 | K 447 | | 00:14:30 | 00:32:55.70 | 00:35:47.20 | 6:35 | 9.1 |
| 1604 | MIERZWIKA KAROLINA | 2066 | | WARSZAWA | POL | K 12 | 7 | K 448 | | 00:14:45 | 00:32:56.10 | 00:36:08.65 | 6:35 | 9.1 |
| 1605 | MYŚLIBORSKA OLGA | 943 | | WARSZAWA | POL | K 40 | 157 | K 449 | | 00:15:03 | 00:32:56.75 | 00:34:16.75 | 6:35 | 9.1 |
| 1606 | WALAS ZUZANNA | 1504 | | MAGDALENKA | POL | K 30 | 135 | K 450 | | 00:15:31 | 00:32:57.25 | 00:36:24.05 | 6:35 | 9.1 |
| 1607 | GAŹOWSKA AGNIESZKA | 350 | | WARSZAWA | POL | K 30 | 136 | K 451 | | 00:14:22 | 00:32:57.50 | 00:35:33.90 | 6:35 | 9.1 |
| 1608 | RADKOWSKI MICHAŁ | 1160 | | WARSZAWA | POL | M 40 | 395 | M 1156 | | 00:15:03 | 00:32:57.65 | 00:34:29.70 | 6:35 | 9.1 |
| 1609 | PYLYPENKO IRYNA | 1150 | CBRE | WARSZAWA | POL | K 30 | 137 | K 452 | | 00:15:10 | 00:32:58.95 | 00:35:55.95 | 6:35 | 9.1 |
| 1610 | PERKOŁUP PAULINA | 1051 | | WARSZAWA | POL | K 30 | 138 | K 453 | | 00:15:20 | 00:32:59.50 | 00:35:57.30 | 6:35 | 9.1 |
| 1611 | GRZYBEK MARTA | 420 | | WARSZAWA | POL | K 20 | 61 | K 454 | | 00:14:43 | 00:32:59.65 | 00:35:14.30 | 6:35 | 9.1 |
| 1612 | ZABIEGA ŁUKASZ | 1600 | | WARSZAWA | POL | M 30 | 328 | M 1157 | | 00:15:20 | 00:33:01.10 | 00:35:58.75 | 6:36 | 9.1 |
| 1613 | BIBRZYCKA - DĘBSKA MAGDA | 71 | | ZAMIENIE | POL | K 30 | 139 | K 455 | | 00:16:00 | 00:33:03.75 | 00:36:09.45 | 6:36 | 9.1 |
| 1614 | KUBIAK JULIA | 1874 | | WARSAW | POL | K 16 | 22 | K 456 | | 00:14:37 | 00:33:05.45 | 00:34:29.65 | 6:37 | 9.1 |
| 1615 | SKRZYPCZAK JAROSŁAW | 1933 | | WARSZAWA | POL | M 50 | 137 | M 1158 | | 00:14:49 | 00:33:05.95 | 00:35:33.80 | 6:37 | 9.1 |
| 1616 | PIWOWARCZYK SŁAWOMIR | 1086 | | WARSZAWA | POL | M 50 | 138 | M 1159 | | 00:14:48 | 00:33:06.80 | 00:34:08.85 | 6:37 | 9.1 |
| 1617 | WESOŁOWSKI PAWEŁ | 1983 | | WARSZAWA | POL | M 40 | 396 | M 1160 | | 00:16:13 | 00:33:06.85 | 00:36:15.10 | 6:37 | 9.1 |
| 1618 | KORYCIŃSKA MARIOLA | 649 | | WARSZAWA | POL | K 30 | 140 | K 457 | | 00:14:28 | 00:33:08.20 | 00:34:48.65 | 6:37 | 9.1 |
| 1619 | ZAGRAJEK KRZYSIEK | 1611 | | WARSZAWA | POL | M 30 | 329 | M 1161 | | 00:19:33 | 00:33:08.40 | 00:33:08.40 | 6:37 | 9.1 |
| 1620 | CHMIELEWSKI ANTONI | 161 | MIĘDZYRZECKA GRUPA BIEGOWA | MJEDZYRZEC PODLASKI | POL | M 70 | 17 | M 1162 | | 00:15:34 | 00:33:08.80 | 00:36:18.20 | 6:37 | 9.1 |
| 1621 | WŁODARCZYK EULALIA | 1558 | | WARSZAWA | POL | K 40 | 158 | K 458 | | 00:15:58 | 00:33:08.85 | 00:36:28.70 | 6:37 | 9.1 |
| 1622 | FALACIŃSKI KAROL | 295 | | WARSZAWA | POL | M 40 | 397 | M 1163 | | 00:15:08 | 00:33:09.40 | 00:36:18.85 | 6:37 | 9 |
| 1623 | MEKARSKI PIOTR | 1687 | | WARSZAWA | POL | M 40 | 398 | M 1164 | | 00:15:59 | 00:33:13.60 | 00:36:02.65 | 6:38 | 9 |
| 1624 | FRANEK MARCIN | 2118 | | WARSZAWA | POL | M 16 | 41 | M 1165 | | 00:14:31 | 00:33:14.45 | 00:36:01.25 | 6:38 | 9 |
| 1625 | BRODZIK MAŁGOSIA | 111 | | WARSZAWA | POL | K 40 | 159 | K 459 | | 00:14:48 | 00:33:14.45 | 00:35:28.90 | 6:38 | 9 |
| 1626 | KILJAŃSKA ANNA | 582 | | WARSZAWA | POL | K 20 | 62 | K 460 | | 00:14:28 | 00:33:16.20 | 00:35:46.90 | 6:39 | 9 |
| 1627 | WALKIEWICZ MARIUSZ | 1507 | | NOWA IWICZNA | POL | M 50 | 139 | M 1166 | | 00:14:17 | 00:33:19.85 | 00:35:43.30 | 6:39 | 9 |
| 1628 | GOŁOS PIOTR | 1704 | | WARSZAWA | POL | M 50 | 140 | M 1167 | | 00:14:18 | 00:33:20.05 | 00:35:43.50 | 6:40 | 9 |
| 1629 | SPIEWAK MACIEJ | 1324 | | WARSZAWA | POL | M 40 | 399 | M 1168 | | 00:15:45 | 00:33:20.10 | 00:36:16.10 | 6:40 | 9 |
| 1630 | ŻELAZKO JOANNA | 2133 | | WARSZAWA | POL | K 40 | 160 | K 461 | | 00:14:35 | 00:33:21.80 | 00:35:21.50 | 6:40 | 9 |
| 1631 | KAIM-MIERZWIKA KATARZYNA | 517 | | WARSZAWA | POL | K 40 | 161 | K 462 | | 00:15:12 | 00:33:23.15 | 00:36:08.60 | 6:40 | 9 |
| 1632 | MORAWSKA IRMINA | 924 | | WARSZAWA | POL | K 20 | 63 | K 463 | | 00:15:45 | 00:33:23.20 | 00:36:22.80 | 6:40 | 9 |
| 1633 | MAJEWSKI MACIEJ | 830 | | MAGDALENKA | POL | M 30 | 330 | M 1169 | | 00:16:00 | 00:33:24.95 | 00:36:23.65 | 6:40 | 9 |
| 1634 | ZALEWSKA AGNIESZKA | 1618 | | WARSZAWA | POL | K 40 | 162 | K 464 | | 00:15:01 | 00:33:31.80 | 00:33:42.90 | 6:42 | 9 |
| 1635 | BUDEK EWA | 123 | | WARSZAWA | POL | K 40 | 163 | K 465 | | 00:14:54 | 00:33:32.40 | 00:36:11.40 | 6:42 | 8.9 |

BIEG URSYNOWA, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Drużyna 1 | 2.5km | Netto | Brutto | min/km | km/h |
|------|--------------------------------------|------|-------------------|--------------------|------|------|--------|--------|----------------------------|----------|-------------|-------------|--------|------|
| 1636 | GAJDUK ILONA | 331 | | WROCLAW | POL | K 30 | 141 | K 466 | | 00:16:26 | 00:33:34.30 | 00:36:53.80 | 6:42 | 8.9 |
| 1637 | FILIPCZYK HANNA | 306 | | WARSZAWA | POL | K 40 | 164 | K 467 | PRACUJĄCA TRÓJKA | 00:15:53 | 00:33:34.60 | 00:36:24.75 | 6:42 | 8.9 |
| 1638 | CHRZANOWSKA AGNIESZKA | 1759 | | WARSZAWA | POL | K 30 | 142 | K 468 | | 00:16:27 | 00:33:34.70 | 00:36:53.90 | 6:42 | 8.9 |
| 1639 | PRUCHNIEWICZ MICHAŁ | 1126 | | WARSZAWA | POL | M 30 | 331 | M 1170 | | 00:16:23 | 00:33:34.85 | 00:36:54.10 | 6:42 | 8.9 |
| 1640 | CHROMIŃSKA KLARA | 173 | | WARSZAWA | POL | K 20 | 64 | K 469 | | 00:15:54 | 00:33:35.75 | 00:37:07.55 | 6:43 | 8.9 |
| 1641 | JARZĄBEK PAULINA | 2034 | MKS MECHANIK | WŁODAWA | POL | K 16 | 23 | K 470 | | 00:13:32 | 00:33:36.45 | 00:34:56.25 | 6:43 | 8.9 |
| 1642 | MIERZYŃSKA ROKSANA | 903 | CBRE | WARSZAWA | POL | K 20 | 65 | K 471 | | 00:15:53 | 00:33:38.25 | 00:36:46.45 | 6:43 | 8.9 |
| 1643 | KOWALIK ALICJA | 671 | CBRE | WARSZAWA | POL | K 30 | 143 | K 472 | CBRE | 00:15:47 | 00:33:38.70 | 00:37:17.90 | 6:43 | 8.9 |
| 1644 | WÓJCICKA AGNIESZKA | 1995 | GÓRA BIEGA | KĄTY | POL | K 30 | 144 | K 473 | | 00:14:58 | 00:33:38.85 | 00:35:51.05 | 6:43 | 8.9 |
| 1645 | SKROJNA ANNA | 1932 | RUN CZARNÓW | CZARNÓW | POL | K 30 | 145 | K 474 | | 00:15:13 | 00:33:40.40 | 00:35:58.10 | 6:44 | 8.9 |
| 1646 | STASIAK JOANNA | 1337 | | MYSIADŁO | POL | K 40 | 165 | K 475 | | 00:16:16 | 00:33:40.70 | 00:36:45.65 | 6:44 | 8.9 |
| 1647 | KILIAN MONIKA | 1815 | | MYSIADŁO | POL | K 40 | 166 | K 476 | | 00:16:16 | 00:33:41.05 | 00:36:45.95 | 6:44 | 8.9 |
| 1648 | KOSIATY JAROSŁAW | 655 | | WARSZAWA | POL | M 50 | 141 | M 1171 | | 00:15:15 | 00:33:42.45 | 00:34:40.50 | 6:44 | 8.9 |
| 1649 | JAKUBICKA JOANNA | 457 | TEAM ZABIEGANEDNI | WARSZAWA | POL | K 30 | 146 | K 477 | | 00:15:08 | 00:33:44.55 | 00:36:56.15 | 6:44 | 8.9 |
| 1650 | RYCHLEWICZ RAFAŁ | 1220 | | WARSZAWA | POL | M 40 | 400 | M 1172 | | 00:14:53 | 00:33:45.35 | 00:36:55.35 | 6:45 | 8.9 |
| 1651 | GRYNCZEWSKI JEREMI | 1798 | | WARSZAWA | POL | M 12 | 20 | M 1173 | | 00:13:02 | 00:33:47.70 | 00:35:08.30 | 6:45 | 8.9 |
| 1652 | WOŹNIAK JAKUB | 1582 | | WARSZAWA | POL | M 16 | 42 | M 1174 | | 00:15:18 | 00:33:47.70 | 00:36:57.15 | 6:45 | 8.9 |
| 1653 | TYSZKA SYLWIA | 1485 | | WARSZAWA | POL | K 40 | 167 | K 478 | | 00:15:33 | 00:33:48.20 | 00:35:44.50 | 6:45 | 8.9 |
| 1654 | KALOGEROPOULOU EVGENIA | 529 | | WARSZAWA | GRE | K 30 | 147 | K 479 | | 00:16:04 | 00:33:49.20 | 00:37:11.85 | 6:45 | 8.9 |
| 1655 | KLIBER KATARZYNA | 1816 | | WARSZAWA | POL | K 40 | 168 | K 480 | | 00:15:49 | 00:33:49.30 | 00:37:28.20 | 6:45 | 8.9 |
| 1656 | ZYZANSKA AGA | 1662 | | WARSAW | POL | K 30 | 148 | K 481 | | 00:16:20 | 00:33:50.70 | 00:36:55.25 | 6:46 | 8.9 |
| 1657 | SEITARIDIS CHRISTOS | 1238 | | WARSZAWA | GRE | M 30 | 332 | M 1175 | | 00:16:04 | 00:33:50.85 | 00:37:13.85 | 6:46 | 8.9 |
| 1658 | SŁOWIK JERZY | 1290 | | WARSZAWA | POL | M 60 | 52 | M 1176 | | 00:13:03 | 00:33:52.10 | 00:35:12.70 | 6:46 | 8.9 |
| 1659 | KILJAN KAROLINA | 581 | | PIASECZNO | POL | K 20 | 66 | K 482 | | 00:15:37 | 00:33:52.85 | 00:36:39.15 | 6:46 | 8.9 |
| 1660 | DEREK EWA | 229 | | WARSZAWA | POL | K 30 | 149 | K 483 | | 00:16:23 | 00:33:53.05 | 00:36:56.05 | 6:46 | 8.9 |
| 1661 | WILCZAK TOMASZ | 1686 | | BASZKÓWKA | POL | M 30 | 333 | M 1177 | | 00:17:18 | 00:33:53.35 | 00:37:02.35 | 6:46 | 8.9 |
| 1662 | DEREK WOJCIECH | 230 | | WARSZAWA | POL | M 30 | 334 | M 1178 | | 00:16:23 | 00:33:53.50 | 00:36:56.05 | 6:46 | 8.9 |
| 1663 | JAŻWIŃSKI (TATA PATEREK ;-)) PRZEMEK | 484 | | JÓZEFÓW | POL | M 40 | 401 | M 1179 | | 00:16:19 | 00:33:55.90 | 00:37:01.85 | 6:47 | 8.8 |
| 1664 | KONARSKA ANNA | 623 | | WARSZAWA | POL | K 20 | 67 | K 484 | | 00:16:20 | 00:33:58.50 | 00:37:04.85 | 6:47 | 8.8 |
| 1665 | KUZNETSOVA KATERYNA | 750 | | WARSZAWA | POL | K 20 | 68 | K 485 | | 00:14:46 | 00:34:00.05 | 00:36:13.95 | 6:48 | 8.8 |
| 1666 | PODLECKA ANNA | 1098 | | WARSZAWA (URSYNÓW) | POL | K 40 | 169 | K 486 | | 00:15:04 | 00:34:01.40 | 00:37:23.15 | 6:48 | 8.8 |
| 1667 | WIETRZYCKA MONIKA | 1531 | | WARSZAWA | POL | K 30 | 150 | K 487 | | 00:15:59 | 00:34:01.55 | 00:37:08.65 | 6:48 | 8.8 |
| 1668 | PLUTA ALEK | 1094 | | SULEJÓWEK | POL | M 30 | 335 | M 1180 | | 00:16:16 | 00:34:02.00 | 00:37:08.10 | 6:48 | 8.8 |
| 1669 | ŻUKOWSKA DOMINIKA | 2114 | | WARSZAWA | POL | K 16 | 24 | K 488 | | 00:16:08 | 00:34:02.70 | 00:34:12.95 | 6:48 | 8.8 |
| 1670 | PAWLAK LUCYNA | 1045 | | MARKI | POL | K 60 | 9 | K 489 | | 00:15:41 | 00:34:04.80 | 00:37:14.20 | 6:48 | 8.8 |
| 1671 | KARKOS MAGDALENA | 546 | | WARSZAWA | POL | K 30 | 151 | K 490 | | 00:16:19 | 00:34:08.15 | 00:37:11.90 | 6:49 | 8.8 |
| 1672 | KASIANENKO VERONIKA | 555 | | WARSZAWA | POL | K 16 | 25 | K 491 | | 00:15:17 | 00:34:09.55 | 00:34:38.25 | 6:49 | 8.8 |
| 1673 | ZIMNY ZUZANNA | 1656 | | WARSZAWA | POL | K 16 | 26 | K 492 | | 00:15:35 | 00:34:09.55 | 00:34:30.50 | 6:49 | 8.8 |
| 1674 | WÓJCIKOWSKA JULIA | 1871 | | WARSZAWA | POL | K 16 | 27 | K 493 | | 00:15:35 | 00:34:09.75 | 00:34:30.80 | 6:49 | 8.8 |
| 1675 | RYCHLEWICZ ZOFIA | 2085 | | WARSZAWA | POL | K 12 | 8 | K 494 | | 00:15:18 | 00:34:11.65 | 00:36:55.80 | 6:50 | 8.8 |
| 1676 | SOWIŃSKA EWELINA | 1323 | | PIASTÓW | POL | K 30 | 152 | K 495 | | 00:16:19 | 00:34:12.00 | 00:37:19.40 | 6:50 | 8.8 |
| 1677 | PROKOPCZYK ALEKSANDRA | 1911 | | SOCHACZEW | POL | K 40 | 170 | K 496 | | 00:17:37 | 00:34:12.85 | 00:37:20.00 | 6:50 | 8.8 |
| 1678 | CZAJA PIOTR | 1764 | | WARSZAWA | POL | M 40 | 402 | M 1181 | | 00:15:35 | 00:34:13.55 | 00:35:58.85 | 6:50 | 8.8 |
| 1679 | NEJMAN ANDRZEJ | 955 | | WARSZAWA | POL | M 40 | 403 | M 1182 | | 00:16:08 | 00:34:14.15 | 00:37:26.45 | 6:50 | 8.8 |
| 1680 | KEMPA ROBERT | 48 | | WARSZAWA | POL | M 40 | 404 | M 1183 | | 00:15:51 | 00:34:16.95 | 00:37:49.85 | 6:51 | 8.8 |
| 1681 | KOWALEWSKA KATARZYNA | 669 | | WARSZAWA | POL | K 40 | 171 | K 497 | | 00:15:25 | 00:34:17.25 | 00:36:43.10 | 6:51 | 8.8 |
| 1682 | MASTALEREK JOANNA | 868 | | WARSZAWA | POL | K 40 | 172 | K 498 | | 00:15:12 | 00:34:17.35 | 00:36:59.10 | 6:51 | 8.8 |
| 1683 | ZAMORSKA MONIKA | 2126 | | PIASECZNO | POL | K 40 | 173 | K 499 | | 00:15:20 | 00:34:19.55 | 00:37:01.75 | 6:51 | 8.7 |
| 1684 | SOBOLEWSKA ALEKSANDRA | 1725 | | WARSZAWA | POL | K 20 | 69 | K 500 | | 00:15:49 | 00:34:20.15 | 00:35:46.50 | 6:52 | 8.7 |
| 1685 | TUREK PAWEŁ | 1971 | PRIN-S | NOWA IWICZNA | POL | M 50 | 142 | M 1184 | | 00:13:30 | 00:34:23.90 | 00:36:09.95 | 6:52 | 8.7 |
| 1686 | SZAJKOWSKA MAJA | 2096 | | WARSZAWA | POL | K 12 | 9 | K 501 | | 00:16:12 | 00:34:26.60 | 00:36:01.20 | 6:53 | 8.7 |
| 1687 | SZAJKOWSKA EWA | 1382 | | WARSZAWA (MOKOTÓW) | POL | K 50 | 46 | K 502 | | 00:16:12 | 00:34:27.25 | 00:36:01.70 | 6:53 | 8.7 |
| 1688 | MYSZOR-CIECIELĄG MONIKA | 942 | | PIASECZNO | POL | K 40 | 174 | K 503 | | 00:15:59 | 00:34:28.60 | 00:37:24.35 | 6:53 | 8.7 |
| 1689 | ZYZAŃSKA JULIA | 1663 | | WARSAW | POL | K 20 | 70 | K 504 | | 00:16:20 | 00:34:32.05 | 00:37:36.55 | 6:54 | 8.7 |
| 1690 | DOMINIAK BARTOSZ | 33 | #BARTEKBIEGA | WARSZAWA | POL | M 40 | 405 | M 1185 | URZĄD DZIELNICY URSYNÓW | 00:15:45 | 00:34:32.75 | 00:37:25.45 | 6:54 | 8.7 |
| 1691 | DENKIEWICZ ADAM | 2015 | | WARSZAWA | POL | M 12 | 21 | M 1186 | | 00:14:11 | 00:34:34.10 | 00:36:56.40 | 6:54 | 8.7 |

BIEG URSYNOWA, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Drużyna 1 | 2.5km | Netto | Brutto | min/km | km/h |
|------|----------------------------|------|----------------------|-------------------|------|------|--------|--------|----------------------|----------|-------------|-------------|--------|------|
| 1692 | PILIS DARIA | 1896 | | WARSAW | POL | K 20 | 71 | K 505 | | 00:15:34 | 00:34:34.15 | 00:36:33.40 | 6:54 | 8.7 |
| 1693 | SZNAJDER BEATA | 1395 | | WARSZAWA | POL | K 40 | 175 | K 506 | | 00:15:22 | 00:34:34.25 | 00:35:42.85 | 6:54 | 8.7 |
| 1694 | BRONISZEWSKA NATALIA | 2006 | | KIJÓW | POL | K 16 | 28 | K 507 | | 00:15:33 | 00:34:34.30 | 00:37:57.25 | 6:54 | 8.7 |
| 1695 | BAKALAROVA MICHAELA | 41 | | WARSZAWA | POL | K 30 | 153 | K 508 | | 00:15:00 | 00:34:34.95 | 00:36:41.85 | 6:54 | 8.7 |
| 1696 | KRZYŻEWSKA KAROLINA | 711 | PZU SPORT TEAM | WARSZAWA | POL | K 30 | 154 | K 509 | PZU SPORT TEAM | 00:15:55 | 00:34:36.10 | 00:37:35.00 | 6:55 | 8.7 |
| 1697 | MOSKAŁA BOGUSŁAW | 925 | | WARSZAWA | POL | M 60 | 53 | M 1187 | | 00:16:19 | 00:34:39.00 | 00:37:44.85 | 6:55 | 8.7 |
| 1698 | SKRUCHA IGA | 1278 | | WARSZAWA | POL | K 30 | 155 | K 510 | | 00:16:15 | 00:34:39.15 | 00:37:27.25 | 6:55 | 8.7 |
| 1699 | PLICHCIŃSKA MAŁGORZATA | 1089 | EKONOMIK MOKOTÓW | WARSZAWA | POL | K 40 | 176 | K 511 | | 00:16:09 | 00:34:41.20 | 00:37:39.35 | 6:56 | 8.6 |
| 1700 | JEKIMOW JOANNA | 486 | | WARSZAWA | POL | K 40 | 177 | K 512 | | 00:15:35 | 00:34:42.95 | 00:37:00.05 | 6:56 | 8.6 |
| 1701 | BORYS KAROLINA | 107 | | WARSZAWA | POL | K 20 | 72 | K 513 | | 00:16:17 | 00:34:43.45 | 00:38:00.50 | 6:56 | 8.6 |
| 1702 | MASALSKI MIKOŁAJ | 2061 | | WARSZAWA | POL | M 14 | 29 | M 1188 | | 00:15:58 | 00:34:45.75 | 00:37:41.60 | 6:57 | 8.6 |
| 1703 | FRYDRYCH KATARZYNA | 322 | | WARSZAWA | POL | K 40 | 178 | K 514 | | 00:16:21 | 00:34:47.10 | 00:37:54.55 | 6:57 | 8.6 |
| 1704 | GOŁASZEWSKA MAGDALENA | 1792 | | WARSZAWA | POL | K 30 | 156 | K 515 | | 00:15:33 | 00:34:54.00 | 00:36:24.50 | 6:58 | 8.6 |
| 1705 | KOSIŃSKI RAFAŁ | 657 | BIEGNIJ Z PROSERVICE | OŻARÓW MAZOWIECKI | POL | M 40 | 406 | M 1189 | BIEGNIJ Z PROSERVICE | 00:15:38 | 00:34:56.45 | 00:36:53.90 | 6:59 | 8.6 |
| 1706 | SZOSTAKOWSKI JAROSŁAW | 1397 | BIEGAMY Z OCHOTĄ | WARSZAWA | POL | M 50 | 143 | M 1190 | | 00:16:20 | 00:35:00.45 | 00:38:04.25 | 7:00 | 8.6 |
| 1707 | RUTKOWSKA MARIA | 1210 | | WARSZAWA | POL | K 30 | 157 | K 516 | | 00:15:49 | 00:35:00.75 | 00:38:35.20 | 7:00 | 8.6 |
| 1708 | BRONISZEWSKI JAKUB | 113 | | KIJÓW | POL | M 40 | 407 | M 1191 | | 00:16:01 | 00:35:01.25 | 00:37:57.20 | 7:00 | 8.6 |
| 1709 | GROCHOWSKA JOANNA | 407 | BIEGAMY Z OCHOTĄ | WARSZAWA | POL | K 50 | 47 | K 517 | | 00:16:21 | 00:35:01.60 | 00:38:04.60 | 7:00 | 8.6 |
| 1710 | MARCINIAK JULIA | 1733 | | WARSZAWA | POL | K 20 | 73 | K 518 | | 00:15:20 | 00:35:04.20 | 00:37:41.35 | 7:00 | 8.6 |
| 1711 | KAMIŃSKI MACIEJ | 538 | | ZIELONKA | POL | M 40 | 408 | M 1192 | | 00:16:27 | 00:35:04.30 | 00:38:17.25 | 7:00 | 8.6 |
| 1712 | SKUPIŃSKI TOMASZ | 1282 | | WOŁOMIN | POL | M 20 | 142 | M 1193 | | 00:16:27 | 00:35:04.80 | 00:38:17.55 | 7:00 | 8.6 |
| 1713 | DĄBROWSKI TOMASZ | 222 | | WARSZAWA | POL | M 40 | 409 | M 1194 | | 00:15:34 | 00:35:07.00 | 00:38:00.80 | 7:01 | 8.5 |
| 1714 | BORKOWSKI ADRIAN | 1532 | | WARSZAWA | POL | M 30 | 336 | M 1195 | | 00:15:53 | 00:35:08.30 | 00:38:05.65 | 7:01 | 8.5 |
| 1715 | KIELBICKI MARCIN | 574 | | WARSZAWA | POL | M 40 | 410 | M 1196 | | 00:16:15 | 00:35:08.35 | 00:38:19.10 | 7:01 | 8.5 |
| 1716 | JURKOWSKA IRENA | 502 | | WARSZAWA | POL | K 70 | 5 | K 519 | | 00:15:54 | 00:35:09.95 | 00:36:39.95 | 7:01 | 8.5 |
| 1717 | KOGOWSKA ALICJA | 613 | | WARSZAWA | POL | K 30 | 158 | K 520 | | 00:16:46 | 00:35:10.75 | 00:37:27.30 | 7:02 | 8.5 |
| 1718 | ŁAZARECKA MAGDA | 799 | | WARSZAWA | POL | K 40 | 179 | K 521 | | 00:16:23 | 00:35:15.60 | 00:38:20.00 | 7:03 | 8.5 |
| 1719 | ŁAZAREVA VLADISLAVA | 1712 | | WARSZAWA | POL | K 16 | 29 | K 522 | | 00:15:22 | 00:35:16.35 | 00:38:06.35 | 7:03 | 8.5 |
| 1720 | RUDENKO DARIA | 1204 | | WARSZAWA | POL | K 20 | 74 | K 523 | | 00:15:36 | 00:35:17.25 | 00:37:29.00 | 7:03 | 8.5 |
| 1721 | KĘDZIA-STĘPKOWSKI ANTONI | 570 | | WARSZAWA | POL | M 20 | 143 | M 1197 | | 00:15:40 | 00:35:17.65 | 00:37:31.70 | 7:03 | 8.5 |
| 1722 | MELSKA KAROLINA | 890 | | WARSZAWA | POL | K 30 | 159 | K 524 | | 00:16:17 | 00:35:18.15 | 00:38:08.35 | 7:03 | 8.5 |
| 1723 | KUC DANIEL | 719 | | ZIELONKA | POL | M 40 | 411 | M 1198 | | 00:16:20 | 00:35:19.60 | 00:38:20.75 | 7:03 | 8.5 |
| 1724 | DWURZYŃSKA SYLWIA | 274 | | WARSZAWA | POL | K 40 | 180 | K 525 | | 00:15:42 | 00:35:20.40 | 00:38:07.35 | 7:04 | 8.5 |
| 1725 | KĘDZIA-STĘPKOWSKA ANIELA | 2043 | | WARSZAWA | POL | K 16 | 30 | K 526 | | 00:15:40 | 00:35:22.70 | 00:37:36.65 | 7:04 | 8.5 |
| 1726 | KORNACKA AGNIESZKA | 640 | | NIEPORĘT | POL | K 20 | 75 | K 527 | | 00:16:18 | 00:35:25.15 | 00:35:45.10 | 7:05 | 8.5 |
| 1727 | OLCZAK WITOLD | 991 | UMCS BIEGA | WARSZAWA | POL | M 60 | 54 | M 1199 | | 00:16:21 | 00:35:29.90 | 00:38:36.35 | 7:05 | 8.5 |
| 1728 | OLCZAK URSZULA | 990 | UMCS BIEGA | WARSZAWA | POL | K 50 | 48 | K 528 | | 00:16:22 | 00:35:30.65 | 00:38:36.50 | 7:06 | 8.5 |
| 1729 | KILKOWSKA JOANNA | 584 | | WARSZAWA | POL | K 50 | 49 | K 529 | | 00:16:19 | 00:35:36.15 | 00:38:43.40 | 7:07 | 8.4 |
| 1730 | KOPCZYŃSKA JUDYTA | 1820 | MARKOWI BIEGACZE | MARKI | POL | K 40 | 181 | K 530 | | 00:15:43 | 00:35:39.80 | 00:37:34.90 | 7:07 | 8.4 |
| 1731 | RYBARKIEWICZ MELANIA | 1875 | | WARSZAWA | POL | K 16 | 31 | K 531 | | 00:16:00 | 00:35:39.95 | 00:38:25.00 | 7:07 | 8.4 |
| 1732 | DYGA DOMINIK | 1781 | | WARSZAWA | POL | M 16 | 43 | M 1200 | | 00:15:59 | 00:35:40.35 | 00:38:25.60 | 7:08 | 8.4 |
| 1733 | HOŁOPIAK EWA | 430 | NEW BALANCE RUN CLUB | WARSZAWA | POL | K 60 | 10 | K 532 | | 00:15:34 | 00:35:44.90 | 00:38:50.70 | 7:08 | 8.4 |
| 1734 | LEHMANN KAROLINA | 768 | | WARSZAWA | POL | K 20 | 76 | K 533 | | 00:16:24 | 00:35:52.40 | 00:39:09.25 | 7:10 | 8.4 |
| 1735 | SZUSTKIEWICZ ZBIGNIEW | 1404 | | MSZCZONÓW | POL | M 50 | 144 | M 1201 | | 00:16:20 | 00:35:53.35 | 00:38:43.85 | 7:10 | 8.4 |
| 1736 | SIEROCINSKA-RUDZIŃSKA ANNA | 1250 | | WARSZAWA | POL | K 40 | 182 | K 534 | | 00:16:43 | 00:35:56.35 | 00:38:02.50 | 7:11 | 8.3 |
| 1737 | GAJ BOGNA | 329 | | WARSZAWA | POL | K 50 | 50 | K 535 | | 00:16:28 | 00:36:07.55 | 00:38:07.00 | 7:13 | 8.3 |
| 1738 | TUROWSKI KRZYSZTOF | 1477 | | WARSZAWA | POL | M 60 | 55 | M 1202 | | 00:16:16 | 00:36:09.90 | 00:37:35.85 | 7:13 | 8.3 |
| 1739 | SOCHA JULIA | 1877 | | SEROKOMLA | POL | K 16 | 32 | K 536 | | 00:16:14 | 00:36:10.80 | 00:36:48.05 | 7:14 | 8.3 |
| 1740 | LAMPARSKI ROBERT | 759 | | WARSZAWA | POL | M 40 | 412 | M 1203 | | 00:18:07 | 00:36:11.05 | 00:36:11.05 | 7:14 | 8.3 |
| 1741 | MODZELEWSKA LENA | 1876 | | JÓZEFOSŁAW | POL | K 16 | 33 | K 537 | | 00:16:14 | 00:36:11.20 | 00:36:48.20 | 7:14 | 8.3 |
| 1742 | KACZOROWSKA MONIKA | 516 | | ZĄBKI | POL | K 50 | 51 | K 538 | | 00:17:28 | 00:36:11.30 | 00:39:29.35 | 7:14 | 8.3 |
| 1743 | MISTRZAK MARTA | 912 | | PIASECZNO | POL | K 40 | 183 | K 539 | | 00:17:05 | 00:36:12.20 | 00:39:49.30 | 7:14 | 8.3 |
| 1744 | WIŚNIEWSKA KATARZYNA | 1547 | INDYWIDUALISTKA | WARSZAWA | POL | K 50 | 52 | K 540 | | 00:16:33 | 00:36:22.55 | 00:37:49.25 | 7:16 | 8.2 |
| 1745 | GIERANOWSKI MARCIN | 1715 | ZALATANI | WARSZAWA | POL | M 40 | 413 | M 1204 | | 00:16:22 | 00:36:23.85 | 00:39:18.45 | 7:16 | 8.2 |
| 1746 | HOŁOWACZ TOMASZ | 431 | KONDYCJA | WARSZAWA | POL | M 70 | 18 | M 1205 | | 00:17:30 | 00:36:26.00 | 00:39:28.50 | 7:17 | 8.2 |
| 1747 | JĘDRAS JAKUB | 492 | | WARSZAWA | POL | M 40 | 414 | M 1206 | | 00:16:14 | 00:36:33.35 | 00:39:30.30 | 7:18 | 8.2 |
| 1748 | ZALEWSKA ALICJA | 2111 | | WARSZAWA | POL | K 16 | 34 | K 541 | | 00:16:08 | 00:36:34.75 | 00:36:44.80 | 7:18 | 8.2 |

BIEG URSYNOWA, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Drużyna 1 | 2.5km | Netto | Brutto | min/km | km/h |
|------|------------------------------|------|-----------------------|-------------|------|------|--------|--------|-------------------------------------|----------|-------------|-------------|--------|------|
| 1749 | KAMIŃSKA KASIA | 533 | | ZIELONKA | POL | K 16 | 35 | K 542 | | 00:16:35 | 00:36:36.60 | 00:39:48.45 | 7:19 | 8.2 |
| 1750 | SMYDA PIOTR | 1688 | | BUSKO-ZDRÓJ | POL | M 60 | 56 | M 1207 | | 00:17:06 | 00:36:38.70 | 00:39:48.60 | 7:19 | 8.2 |
| 1751 | BISOWSKA HANNA | 2003 | MARUDY Z KOBYŁKI | KOBYŁKA | POL | K 12 | 10 | K 543 | MARUDY Z KOBYŁKI | 00:16:22 | 00:36:39.35 | 00:39:44.90 | 7:19 | 8.2 |
| 1752 | BISOWSKA KATARZYNA | 86 | MARUDY Z KOBYŁKI | KOBYŁKA | POL | K 40 | 184 | K 544 | MARUDY Z KOBYŁKI | 00:16:22 | 00:36:39.75 | 00:39:45.25 | 7:19 | 8.2 |
| 1753 | ZIELINSKA EWELINA | 1648 | | NOWA WOLA | POL | K 30 | 160 | K 545 | | 00:17:04 | 00:36:42.85 | 00:40:01.50 | 7:20 | 8.2 |
| 1754 | RANKOWSKA EWA | 1913 | | WARSZAWA | POL | K 40 | 185 | K 546 | | 00:17:09 | 00:36:43.95 | 00:39:58.70 | 7:20 | 8.2 |
| 1755 | FABISZ JAN | 2022 | | WARSZAWA | POL | M 12 | 22 | M 1208 | | 00:17:58 | 00:36:44.05 | 00:39:38.00 | 7:20 | 8.2 |
| 1756 | MISTRZAK MARCIN | 913 | | PIASECZNO | POL | M 40 | 415 | M 1209 | | 00:17:40 | 00:36:46.60 | 00:39:49.10 | 7:21 | 8.2 |
| 1757 | BORUSZEWSKI MACIEJ | 105 | | WARSZAWA | POL | M 50 | 145 | M 1210 | | 00:15:22 | 00:36:50.25 | 00:39:15.00 | 7:22 | 8.1 |
| 1758 | BORUSZEWSKA MAJA | 2005 | | WARSZAWA | POL | K 14 | 12 | K 547 | | 00:15:21 | 00:36:50.40 | 00:39:15.05 | 7:22 | 8.1 |
| 1759 | GAJDA AGNIESZKA | 330 | - | WARSZAWA | POL | K 40 | 186 | K 548 | | 00:16:31 | 00:36:51.10 | 00:39:45.40 | 7:22 | 8.1 |
| 1760 | NIKODEMSKA-FABISZ MAŁGORZATA | 962 | PZU SPORT TEAM | WARSZAWA | POL | K 40 | 187 | K 549 | | 00:17:58 | 00:36:54.15 | 00:39:47.70 | 7:22 | 8.1 |
| 1761 | GARWACKI JOZEF | 341 | | PŁOCK | POL | M 70 | 19 | M 1211 | | 00:17:05 | 00:36:59.55 | 00:40:08.70 | 7:23 | 8.1 |
| 1762 | KULETA MAŁGORZATA | 737 | | WARSZAWA | POL | K 40 | 188 | K 550 | | 00:16:11 | 00:37:04.20 | 00:40:29.60 | 7:24 | 8.1 |
| 1763 | CHAMERSKA KATARZYNA | 1754 | | WARSZAWA | POL | K 40 | 189 | K 551 | | 00:16:50 | 00:37:06.75 | 00:40:07.30 | 7:25 | 8.1 |
| 1764 | UFA JAROSŁAW | 1974 | | SOCHACZEW | POL | M 50 | 146 | M 1212 | | 00:17:36 | 00:37:08.55 | 00:40:15.90 | 7:25 | 8.1 |
| 1765 | GÓRSKA-MANCZENKO KATARZYNA | 391 | LEŚNE SZYCHY | WARSZAWA | POL | K 30 | 161 | K 552 | BIEGAM DOBRZE DLA FUNDACJI SYNOPSIS | 00:19:24 | 00:37:18.05 | 00:37:18.05 | 7:27 | 8 |
| 1766 | JURCZAK KAROLINA | 499 | | WARSZAWA | POL | K 40 | 190 | K 553 | | 00:17:43 | 00:37:18.35 | 00:40:49.15 | 7:27 | 8 |
| 1767 | HAIIDUCHYK DARYNA | 2031 | | WARSZAWA | POL | K 16 | 36 | K 554 | | 00:16:23 | 00:37:19.35 | 00:37:22.90 | 7:27 | 8 |
| 1768 | DZIUBIŃSKA ANNA | 287 | | WARSZAWA | POL | K 30 | 162 | K 555 | | 00:17:07 | 00:37:20.25 | 00:40:39.30 | 7:28 | 8 |
| 1769 | MAZUR KINGA | 886 | | WARSZAWA | POL | K 40 | 191 | K 556 | | 00:16:47 | 00:37:22.40 | 00:40:26.60 | 7:28 | 8 |
| 1770 | RADECKI MICHAŁ | 1159 | | WARSZAWA | POL | M 40 | 416 | M 1213 | | 00:16:58 | 00:37:22.65 | 00:40:33.70 | 7:28 | 8 |
| 1771 | ROSÓŁ RENATA | 1196 | | WARSZAWA | POL | K 50 | 53 | K 557 | | 00:17:31 | 00:37:25.35 | 00:40:37.95 | 7:29 | 8 |
| 1772 | NAKWASKI BARTŁOMIEJ | 948 | | JÓZEFOSŁAW | POL | M 40 | 417 | M 1214 | | 00:15:21 | 00:37:35.15 | 00:39:06.60 | 7:31 | 8 |
| 1773 | DZIURDŹ JACEK | 289 | GRUPA BIEGOWA UM W-WA | WARSZAWA | POL | M 40 | 418 | M 1215 | | 00:16:42 | 00:37:40.55 | 00:39:41.15 | 7:32 | 8 |
| 1774 | SAMEL HELENA | 5 | | - | POL | K 12 | 11 | K 558 | | 00:16:41 | 00:37:48.15 | 00:40:10.15 | 7:33 | 7.9 |
| 1775 | KIJANKA PATRYCJA | 1691 | | WARSZAWA | POL | K 30 | 163 | K 559 | | 00:17:13 | 00:37:50.95 | 00:41:02.55 | 7:34 | 7.9 |
| 1776 | KOŁAKOWSKI ALEKSANDER | 616 | | WARSZAWA | POL | M 30 | 337 | M 1216 | | 00:16:35 | 00:37:51.00 | 00:38:43.10 | 7:34 | 7.9 |
| 1777 | BRZAŃKAŁA MATEUSZ | 1705 | | WARSZAWA | POL | M 20 | 144 | M 1217 | | 00:17:13 | 00:37:52.00 | 00:41:03.00 | 7:34 | 7.9 |
| 1778 | SAMEL JANUSZ | 3 | | - | POL | M 40 | 419 | M 1218 | | 00:16:42 | 00:37:52.45 | 00:40:14.20 | 7:34 | 7.9 |
| 1779 | WILCZAK JOANNA | 1539 | | BASZKÓWKA | POL | K 30 | 164 | K 560 | | 00:17:18 | 00:37:55.85 | 00:41:05.25 | 7:35 | 7.9 |
| 1780 | JANISZEWSKI STANISŁAW | 1681 | - | WARSZAWA | POL | M 70 | 20 | M 1219 | | 00:17:11 | 00:37:59.70 | 00:38:06.90 | 7:35 | 7.9 |
| 1781 | ROWICKI JAKUB | 1918 | | WARSZAWA | POL | M 20 | 145 | M 1220 | | 00:16:55 | 00:38:06.10 | 00:40:55.45 | 7:37 | 7.9 |
| 1782 | SYPIAŃSKA KALINA | 1373 | | SIEDLCE | POL | K 40 | 192 | K 561 | | 00:17:37 | 00:38:07.90 | 00:41:18.65 | 7:37 | 7.9 |
| 1783 | PIECZENIUK DARIUSZ | 1063 | | SIEDLCE | POL | M 50 | 147 | M 1221 | | 00:17:38 | 00:38:08.40 | 00:41:18.70 | 7:37 | 7.9 |
| 1784 | PIOTROWSKA-KRZAK ELA | 1082 | | WARSZAWA | POL | K 40 | 193 | K 562 | | 00:17:30 | 00:38:15.65 | 00:40:23.80 | 7:39 | 7.8 |
| 1785 | SZCZEPEŁEK MARTA | 1387 | KOTLET POWER TEAM | WARSZAWA | POL | K 40 | 194 | K 563 | | 00:17:30 | 00:38:33.85 | 00:42:05.35 | 7:42 | 7.8 |
| 1786 | SMNK TANIA | 1938 | | WARSAW | POL | K 30 | 165 | K 564 | | 00:17:57 | 00:38:37.40 | 00:41:32.45 | 7:43 | 7.8 |
| 1787 | URBANIAK ELŻBIETA | 1493 | | WARSZAWA | POL | K 40 | 195 | K 565 | | 00:17:37 | 00:38:38.90 | 00:41:45.55 | 7:43 | 7.8 |
| 1788 | TKACZ JACEK | 1444 | TEAM KOPEĆ | OLSZTYN | POL | M 40 | 420 | M 1222 | TEAM KOPEĆ | 00:18:05 | 00:38:44.45 | 00:42:05.80 | 7:44 | 7.7 |
| 1789 | PABIŚ EWA | 1024 | | WARSZAWA | POL | K 50 | 54 | K 566 | | 00:17:39 | 00:39:08.40 | 00:42:21.35 | 7:49 | 7.7 |
| 1790 | SHADRYNA DARYA | 1241 | | WARSZAWA | POL | K 20 | 77 | K 567 | | 00:17:36 | 00:39:18.30 | 00:42:26.30 | 7:51 | 7.6 |
| 1791 | ŁUCEWICZ-NAPĄŁKOW MARYJA | 1849 | | WARSZAWA | POL | K 40 | 196 | K 568 | | 00:17:45 | 00:39:24.25 | 00:42:41.60 | 7:52 | 7.6 |
| 1792 | ZIMNY MARIA | 1655 | | WARSZAWA | POL | K 40 | 197 | K 569 | | 00:18:24 | 00:39:38.05 | 00:42:51.00 | 7:55 | 7.6 |
| 1793 | KARPIŃSKA NINA | 844 | | WARSZAWA | POL | K 40 | 198 | K 570 | | 00:17:45 | 00:39:52.75 | 00:42:28.35 | 7:58 | 7.5 |
| 1794 | BARTOSIK KRYSZYNA | 55 | | WARSZAWA | POL | K 60 | 11 | K 571 | | 00:18:49 | 00:39:59.25 | 00:43:16.90 | 7:59 | 7.5 |
| 1795 | PRZYBYSZ KRZYSZTOF | 1138 | | OSIECK | POL | M 20 | 146 | M 1223 | | 00:18:31 | 00:40:00.10 | 00:42:48.55 | 8:00 | 7.5 |
| 1796 | PIĘTKA IWONA | 1072 | | OSIECK | POL | K 30 | 166 | K 572 | | 00:18:33 | 00:40:00.15 | 00:42:48.45 | 8:00 | 7.5 |
| 1797 | OLEKSIAK HUBERT | 993 | | KOBYŁKA | POL | M 30 | 338 | M 1224 | | 00:18:07 | 00:40:03.80 | 00:43:10.45 | 8:00 | 7.5 |
| 1798 | LECH MICHALINA | 2053 | | WARSZAWA | POL | K 16 | 37 | K 573 | | 00:17:51 | 00:40:10.25 | 00:43:42.05 | 8:02 | 7.5 |
| 1799 | ZAROSIŃSKA PAULINA | 1626 | | WARSZAWA | POL | K 20 | 78 | K 574 | | 00:18:40 | 00:40:33.15 | 00:43:52.85 | 8:06 | 7.4 |
| 1800 | LECH PAWEŁ LECH | 764 | | WARSZAWA | POL | M 50 | 148 | M 1225 | URZĄD DZIELNICY URSYNÓW | 00:18:17 | 00:40:40.75 | 00:43:45.95 | 8:08 | 7.4 |
| 1801 | NOWAKOWSKA ANNA | 968 | | WARSZAWA | POL | K 40 | 199 | K 575 | | 00:18:21 | 00:40:41.95 | 00:43:53.50 | 8:08 | 7.4 |
| 1802 | MOSZKOWICZ EUGENIUSZ | 928 | KONDYCJA | WARSZAWA | POL | M 70 | 21 | M 1226 | | 00:18:07 | 00:41:02.40 | 00:44:04.05 | 8:12 | 7.3 |
| 1803 | REMISIEWICZ MALGORZATA | 1180 | | WARSZAWA | POL | K 40 | 200 | K 576 | | 00:17:40 | 00:41:03.95 | 00:43:03.50 | 8:12 | 7.3 |

BIEG URSYNOWA, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Drużyna 1 | 2.5km | Netto | Brutto | min/km | km/h |
|------|------------------------|------|--------------------------|------------------------|------|------|--------|--------|-----------------------|----------|-------------|-------------|--------|------|
| 1804 | JĘDRAS KATARZYNA | 491 | | WARSZAWA | POL | K 40 | 201 | K 577 | | 00:18:55 | 00:41:28.35 | 00:44:39.10 | 8:17 | 7.2 |
| 1805 | SKOLIMOWSKA AGNIESZKA | 1274 | | WARSZAWA | POL | K 40 | 202 | K 578 | | 00:18:45 | 00:41:40.30 | 00:44:58.75 | 8:20 | 7.2 |
| 1806 | TRYLSKA ELIZA | 1471 | | KAJETANY | POL | K 40 | 203 | K 579 | | 00:18:46 | 00:41:41.00 | 00:44:59.10 | 8:20 | 7.2 |
| 1807 | WRÓBLEWSKA JOANNA | 1591 | LAS NA ZAWSZE | WARSZAWA | POL | K 60 | 12 | K 580 | | 00:19:13 | 00:41:43.05 | 00:45:11.30 | 8:20 | 7.2 |
| 1808 | STANASZEK ANNA | 1943 | | CHOJNÓW | POL | K 40 | 204 | K 581 | | 00:21:36 | 00:41:58.35 | 00:45:26.70 | 8:23 | 7.1 |
| 1809 | REDA ALICJA | 1169 | TEAM ZABIEGANEDNI | WARSZAWA | POL | K 60 | 13 | K 582 | TEAM ZABIEGANEDNI | 00:19:31 | 00:42:03.15 | 00:42:29.85 | 8:24 | 7.1 |
| 1810 | SIERPIŃSKI DOMINIK | 636 | | WARSZAWA | POL | M 16 | 44 | M 1227 | | 00:17:32 | 00:42:18.45 | 00:42:54.35 | 8:27 | 7.1 |
| 1811 | CZECHOWSKI JERZY | 204 | MZA - WARSZAWA | WARSZAWA | POL | M 70 | 22 | M 1228 | | 00:19:38 | 00:42:39.05 | 00:44:51.40 | 8:31 | 7 |
| 1812 | DZIKI MARZENNA | 286 | ALETEMPO | WARSZAWA | POL | K 70 | 6 | K 583 | | 00:20:43 | 00:45:19.15 | 00:48:37.30 | 9:03 | 6.6 |
| 1813 | BAK MIROŚLAW | 62 | | WARSZAWA | POL | M 70 | 23 | M 1229 | | 00:21:08 | 00:46:42.05 | 00:48:17.60 | 9:20 | 6.4 |
| 1814 | TAN ROGER TAN | 2101 | | WARSZAWA | POL | M 14 | 30 | M 1230 | | 00:27:30 | 00:47:21.85 | 00:47:21.85 | 9:28 | 6.3 |
| 1815 | BRZEZOWSKA BEATA | 1752 | | WARSZAWA | POL | K 50 | 55 | K 584 | | 00:21:36 | 00:47:41.25 | 00:51:11.25 | 9:32 | 6.3 |
| 1816 | DOMANSKI JACEK EXPEDYT | 249 | WKB META LUBLINIEC | WARSZAWA | POL | M 70 | 24 | M 1231 | | 00:23:24 | 00:49:28.25 | 00:51:10.85 | 9:53 | 6.1 |
| 1817 | TUKENDORF BARBARA | 1474 | TEAM ZABIEGANEDNI | WARSZAWA | POL | K 70 | 7 | K 585 | TEAM ZABIEGANEDNI | 00:24:00 | 00:50:02.50 | 00:51:10.30 | 10:00 | 6 |
| 1818 | OLEJNIK FRANCISZEK | 1882 | INŻYNIERIA BIEGANIA TEAM | KATOWICE | POL | M 20 | 147 | M 1232 | | 00:08:08 | | | 3:15 | 18.4 |
| 1819 | KOPKA MARCELINA | 635 | ADIDAS RUNNERS WARSAW | WARSZAWA | POL | K 20 | 79 | K 586 | ADIDAS RUNNERS WARSAW | 00:09:03 | | | 3:37 | 16.6 |
| 1820 | JASZCZYŃSKI ANDRZEJ | 1804 | | WARSZAWA | POL | M 30 | 339 | M 1233 | | 00:09:23 | | | 3:45 | 16 |
| 1821 | BUJWID KRZYSZTOF | 133 | | WARSZAWA | POL | M 30 | 340 | M 1234 | | 00:09:54 | | | 3:57 | 15.2 |
| 1822 | LASKUS KAMILA | 2052 | AKL URSYNÓW | WARSZAWA | POL | K 12 | 12 | K 587 | | 00:12:14 | | | 4:53 | 12.3 |
| 1823 | WIĘCZEK ŁUKASZ | 1534 | | WARSZAWA | POL | M 30 | 341 | M 1235 | | 00:12:27 | | | 4:58 | 12 |
| 1824 | ZIMNY STEFFEN | 1654 | | WARSZAWA | POL | M 40 | 421 | M 1236 | | 00:19:04 | | | 7:37 | 7.9 |
| 1825 | WIECZOREK AGATA | 1525 | | NOWE MIASTO NAD PILICĄ | POL | K 30 | 167 | K 588 | | 00:19:16 | | | 7:42 | 7.8 |
| 1826 | STANIAK KATARZYNA | 1331 | | BOLIMÓW | POL | K 40 | 205 | K 589 | | 00:22:44 | | | 9:05 | 6.6 |
| 1827 | STANIAK JULIA | 2094 | | BOLIMÓW | POL | K 16 | 38 | K 590 | | 00:22:48 | | | 9:07 | 6.6 |
| 1828 | ŚLĘZAK KAROLINA | 1425 | | WARSZAWA | POL | K 20 | 80 | K 591 | | | | | | |
| 1829 | ZAMARRIPA KAROLINA | 2125 | CTS | WARSZAWA | POL | K 20 | 81 | K 592 | | | | | | |

BIEG URSYNOWA, K Open

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Drużyna 1 | 2.5km | Netto | Brutto | min/km | km/h |
|------|-----------------------|------|--------------------------|--------------------|------|------|--------|------|-----------------------|----------|-------------|-------------|--------|------|
| 1 | MAZEK EMILIA | 884 | AZS AWF WARSZAWA | UNIN-KOLONIA | POL | K 30 | 1 | K 1 | | 00:07:59 | 00:16:55.35 | 00:16:57.40 | 3:23 | 17.7 |
| 2 | STELMACH DOMINIKA | 1342 | ADIDAS RUNNERS WARSAW | WARSZAWA | POL | K 40 | 1 | K 2 | ADIDAS RUNNERS WARSAW | 00:07:46 | 00:16:48.25 | 00:17:03.60 | 3:21 | 17.9 |
| 3 | JĘDRZEJSKA ALEKSANDRA | 146 | CTS | WROCLAW | POL | K 30 | 2 | K 3 | | 00:08:05 | 00:17:26.15 | 00:17:29.05 | 3:29 | 17.2 |
| 4 | KALBARCZYK ADRIANA | 1713 | DUCLA ACADEMY WARSZAWA | WARSZAWA | POL | K 30 | 3 | K 4 | DUKLANOWSKI TEAM | 00:08:16 | 00:17:28.35 | 00:17:31.80 | 3:29 | 17.2 |
| 5 | MIERZLIKIN NATALIA | 1860 | | WARSZAWA | POL | K 30 | 4 | K 5 | | 00:08:12 | 00:17:34.70 | 00:17:37.30 | 3:30 | 17.1 |
| 6 | BAZUŁKA ALEKSANDRA | 1742 | HOKA GARMIN TEAM | KATOWICE | POL | K 20 | 1 | K 6 | | 00:08:18 | 00:17:46.40 | 00:17:49.60 | 3:33 | 16.9 |
| 7 | KOWALCZYK ALICJA | 667 | | WARSZAWA | POL | K 30 | 6 | K 7 | | 00:08:35 | 00:18:35.25 | 00:18:43.80 | 3:43 | 16.1 |
| 8 | GLINKA ELŻBIETA | 1790 | ADIDAS RUNNERS WARSAW | WARSZAWA | POL | K 30 | 5 | K 8 | ADIDAS RUNNERS WARSAW | 00:08:36 | 00:18:15.30 | 00:18:46.10 | 3:39 | 16.4 |
| 9 | BUBEŁA MAGDA | 1753 | LIPIEC RUNNING TEAM | BLIZNE JASIŃSKIEGO | POL | K 40 | 2 | K 9 | LIPIEC RUNNING TEAM | 00:08:38 | 00:18:35.05 | 00:18:59.50 | 3:43 | 16.1 |
| 10 | VEREMCHUK YULIIA | 1499 | YULIANKA BIEGNIE BO LUBI | WARSZAWA | UKR | K 30 | 7 | K 10 | | 00:08:55 | 00:18:43.55 | 00:18:56.15 | 3:44 | 16 |
| 11 | DRAŻEK JUSTYNA | 258 | ICHEM-VITADIET | BUCZEK | POL | K 20 | 2 | K 11 | | 00:08:56 | 00:18:48.45 | 00:18:55.10 | 3:45 | 16 |
| 12 | GASZEWSKA MAŁGORZATA | 343 | ZA LINIĄ METY | WARSZAWA | POL | K 20 | 3 | K 12 | | 00:08:56 | 00:19:13.20 | 00:19:24.45 | 3:50 | 15.6 |
| 13 | WOJTKOWIAK MARTA | 1573 | PAWKO RUNNER TEAM | WARSZAWA | POL | K 30 | 8 | K 13 | PAWKO RUNNER TEAM | 00:08:58 | 00:19:16.90 | 00:19:45.45 | 3:51 | 15.6 |
| 14 | WORBIEW MAGDALENA | 37 | LIPIEC RUNNING TEAM | WARSZAWA | POL | K 30 | 9 | K 14 | | 00:09:18 | 00:19:26.65 | 00:19:36.70 | 3:53 | 15.4 |
| 15 | MISSALA MAGDA | 2143 | | - | POL | K 16 | 1 | K 15 | | 00:09:00 | 00:19:28.45 | 00:20:06.35 | 3:53 | 15.4 |
| 16 | TOMCZAK JOANNA | 1452 | | WARSZAWA (URSYNÓW) | POL | K 30 | 10 | K 16 | | 00:09:08 | 00:19:39.20 | 00:19:53.25 | 3:55 | 15.3 |
| 17 | MUSIAŁ ANNA | 939 | | WARSZAWA | POL | K 20 | 4 | K 17 | | 00:09:24 | 00:20:03.05 | 00:20:26.60 | 4:00 | 15 |
| 18 | ŚLIWOWSKA JUSTYNA | 1962 | #PLANBIEGANIE | ŁÓDŹ | POL | K 30 | 11 | K 18 | #PLANBIEGANIE | 00:09:34 | 00:20:05.45 | 00:20:28.05 | 4:01 | 14.9 |
| 19 | CHRUŚCIEL LUCYNA | 174 | ADIDAS RUNNERS WARSAW | WARSZAWA | POL | K 30 | 12 | K 19 | ADIDAS RUNNERS WARSAW | 00:09:37 | 00:20:14.55 | 00:20:42.05 | 4:02 | 14.8 |
| 20 | WŁAZAŁEK NATALIA | 1557 | ADIDASRUNNERSWARSAW | PILAWA | POL | K 20 | 5 | K 20 | ADIDAS RUNNERS WARSAW | 00:09:12 | 00:20:16.75 | 00:20:31.20 | 4:03 | 14.8 |
| 21 | RĘKAWEK PAULINA | 1915 | TEAM ZABIEGANEDNI | LIPOWO | POL | K 30 | 13 | K 21 | TEAM ZABIEGANEDNI | 00:09:32 | 00:20:24.65 | 00:20:54.80 | 4:04 | 14.7 |

BIEG URSYNOWA, K Open c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Drużyna 1 | 2.5km | Netto | Brutto | min/km | km/h |
|------|----------------------------|------|---|---------------------|------|------|--------|------|--------------------------------|----------|-------------|-------------|--------|------|
| 22 | JASKÓLSKA MAGDA | 477 | VEGE RUNNERS | WARSZAWA | POL | K 30 | 14 | K 22 | VEGE RUNNERS URSYNÓW | 00:09:37 | 00:20:31.95 | 00:20:48.25 | 4:06 | 14.6 |
| 23 | MAJEWSKA EWA | 829 | | WARSZAWA | POL | K 40 | 3 | K 23 | | 00:09:36 | 00:20:46.05 | 00:21:06.00 | 4:09 | 14.4 |
| 24 | STRUZIK ANNA | 1354 | KRZYSIO TEAM | ZGORZAŁA | POL | K 40 | 4 | K 24 | | 00:09:40 | 00:20:51.10 | 00:21:13.10 | 4:10 | 14.4 |
| 25 | GASIOROWSKA ALICJA | 342 | | PIASECZNO | POL | K 40 | 5 | K 25 | ŻÓRAWSKI TEAM | 00:09:39 | 00:20:51.35 | 00:21:20.00 | 4:10 | 14.4 |
| 26 | PYSZEL ZUZANNA | 1153 | | WARSZAWA | POL | K 20 | 6 | K 26 | | 00:09:56 | 00:20:54.00 | 00:21:22.20 | 4:10 | 14.4 |
| 27 | SZYMAŃSKA AGNIESZKA | 1413 | BIEGOWY WARIAT RUNNING TEAM | ŁOMIANKI | POL | K 40 | 6 | K 27 | BIEGOWY WARIAT RUNNING TEAM | 00:09:38 | 00:20:57.10 | 00:21:19.50 | 4:11 | 14.3 |
| 28 | ZAWADZKA KATARZYNA | 1633 | | WARSZAWA | POL | K 40 | 7 | K 28 | | 00:09:54 | 00:21:05.50 | 00:21:29.15 | 4:13 | 14.2 |
| 29 | TYM JOANNA | 1483 | LIPIEC RUNNING TEAM | WARSZAWA | POL | K 40 | 8 | K 29 | LIPIEC RUNNING TEAM | 00:09:46 | 00:21:06.50 | 00:21:16.55 | 4:13 | 14.2 |
| 30 | CHOŁUJ ANNA | 1755 | WKZ KOZIENICE BBL | KOZIENICE | POL | K 30 | 15 | K 30 | WKZ KOZIENICE BBL | 00:09:47 | 00:21:07.95 | 00:22:00.05 | 4:13 | 14.2 |
| 31 | SADOWSKA MONIKA | 1228 | | WARSZAWA | POL | K 40 | 9 | K 31 | | 00:09:54 | 00:21:10.55 | 00:21:33.55 | 4:14 | 14.2 |
| 32 | KIBITLEWSKA EMILIA | 572 | | SUWAŁKI | POL | K 30 | 16 | K 32 | | 00:09:49 | 00:21:15.00 | 00:21:39.45 | 4:15 | 14.1 |
| 33 | REMBELSKA DOMINIKA | 1179 | | JÓZEFOSŁAW | POL | K 50 | 1 | K 33 | | 00:09:53 | 00:21:25.35 | 00:21:34.60 | 4:17 | 14 |
| 34 | NOWAKOWSKA KATARZYNA | 969 | ADIDAS RUNNERS WARSAW | WARSZAWA | POL | K 40 | 10 | K 34 | ADIDAS RUNNERS WARSAW | 00:09:52 | 00:21:33.65 | 00:22:20.05 | 4:18 | 13.9 |
| 35 | BUKAŁA OKTAWIA | 134 | VEGE RUNNERS | WARSZAWA | POL | K 30 | 17 | K 35 | VEGE RUNNERS RESZTA ŚWIATA | 00:10:14 | 00:21:44.10 | 00:22:50.35 | 4:20 | 13.8 |
| 36 | WOJTASZKO JUSTYNA | 1572 | | WARTA | POL | K 20 | 7 | K 36 | | | 00:21:50.00 | 00:22:51.65 | 4:22 | 13.7 |
| 37 | SIESTRZYKOWSKA KATARZYNA | 1254 | | WARSZAWA | POL | K 30 | 18 | K 37 | | 00:09:58 | 00:21:54.75 | 00:22:23.90 | 4:22 | 13.7 |
| 38 | RELUGA MAŁGORZATA | 1177 | CZARNECKI RUN TEAM | WARSZAWA | POL | K 50 | 2 | K 38 | CZARNECKI RUN TEAM | 00:10:22 | 00:21:55.55 | 00:22:13.05 | 4:23 | 13.7 |
| 39 | SPRAWKA MAGDALENA | 1325 | | SIEDLCE | POL | K 20 | 8 | K 39 | | 00:10:18 | 00:22:02.95 | 00:22:28.30 | 4:24 | 13.6 |
| 40 | SZTARBAŁA EWA | 1400 | LIPIEC RUNNING TEAM | WARSZAWA | POL | K 40 | 11 | K 40 | | 00:10:14 | 00:22:05.95 | 00:22:38.15 | 4:25 | 13.6 |
| 41 | GADOMSKA ANNA | 326 | PZU SPORT TEAM | WARSZAWA | POL | K 40 | 12 | K 41 | PZU SPORT TEAM | 00:10:24 | 00:22:06.85 | 00:23:27.40 | 4:25 | 13.6 |
| 42 | RZYMOWSKA KRYSZYNA | 1223 | | WARSZAWA | POL | K 50 | 3 | K 42 | | 00:10:28 | 00:22:15.05 | 00:22:59.60 | 4:27 | 13.5 |
| 43 | BUDNICKA JOANNA | 125 | | WARSZAWA | POL | K 40 | 13 | K 43 | | 00:09:58 | 00:22:20.15 | 00:22:30.95 | 4:28 | 13.4 |
| 44 | SŁOMKA DOMINIKA | 1288 | TEAM ZABIEGANEDNI | WARSZAWA | POL | K 30 | 19 | K 44 | TEAM ZABIEGANEDNI #1 | 00:10:29 | 00:22:37.00 | 00:23:22.10 | 4:31 | 13.3 |
| 45 | LEŚNIAK BARBARA | 2055 | LEŚNIAKTEAM | WARSZAWA | POL | K 12 | 1 | K 45 | | 00:11:02 | 00:22:42.05 | 00:23:45.90 | 4:32 | 13.2 |
| 46 | SZWEDA-LEWANDOWSKA ZOFIA | 1406 | | WARSZAWA | POL | K 40 | 14 | K 46 | | 00:10:46 | 00:22:43.75 | 00:24:11.95 | 4:32 | 13.2 |
| 47 | JERECZEK ADA | 488 | AKTYWNA WARSZAWA | WARSZAWA | POL | K 20 | 9 | K 47 | AKTYWNA WARSZAWA | 00:10:55 | 00:22:44.90 | 00:23:43.10 | 4:32 | 13.2 |
| 48 | MAZUR ANNA | 887 | G8 BIELANY | WARSZAWA | POL | K 20 | 10 | K 48 | | 00:09:39 | 00:22:48.15 | 00:23:32.60 | 4:33 | 13.2 |
| 49 | JASZCZERSKA GRAŻYNA | 479 | AKADEMIA BIEGANIA GRUDZIĄDZ | GRUDZIĄDZ | POL | K 50 | 4 | K 49 | | 00:10:44 | 00:22:52.50 | 00:23:37.30 | 4:34 | 13.1 |
| 50 | MAJEWSKA ZUZANNA | 828 | AZS SGGW | WARSZAWA | POL | K 16 | 2 | K 50 | | 00:10:47 | 00:22:52.50 | 00:23:50.70 | 4:34 | 13.1 |
| 51 | JAGIELSKA MAGDALENA | 450 | POŁAWIACZKI PEREL, KS STASZEWSKY | WARSZAWA | POL | K 50 | 5 | K 51 | KS STASZEWSKY | 00:10:35 | 00:22:59.75 | 00:23:52.45 | 4:35 | 13.1 |
| 52 | WIEWIURA AGNIESZKA | 1533 | GÓRA BIEGA | KONSTANCIN JEZIORNA | POL | K 30 | 20 | K 52 | GÓRA BIEGA - DZIKI | 00:10:57 | 00:23:09.40 | 00:24:06.80 | 4:37 | 13 |
| 53 | FRUNZE-PROCHOREC KATARZYNA | 321 | ARKADIUSZ GARDZIELEWSKI RUNNING TEAM | ŁADY | POL | K 50 | 6 | K 53 | | 00:10:57 | 00:23:10.50 | 00:24:10.35 | 4:38 | 12.9 |
| 54 | GOGACZ MAGDALENA | 372 | URZĄD DZIELNICY URSYNÓW | WARSZAWA | POL | K 40 | 15 | K 54 | | 00:10:46 | 00:23:15.55 | 00:24:09.90 | 4:39 | 12.9 |
| 55 | KAPUŚCIAREK ELA | 543 | | ŁOMIANKI | POL | K 40 | 16 | K 55 | | 00:10:33 | 00:23:19.35 | 00:24:25.10 | 4:39 | 12.9 |
| 56 | KOSTACIŃSKA MARIA | 1823 | ADIDAS RUNNERS WARSAW | WARSZAWA | POL | K 30 | 21 | K 56 | ADIDAS RUNNERS WARSAW | 00:11:14 | 00:23:22.75 | 00:24:26.45 | 4:40 | 12.8 |
| 57 | NOWACZYŃSKA KATARZYNA | 965 | TEAM ZABIEGANEDNI | WARSZAWA | POL | K 40 | 17 | K 57 | TEAM ZABIEGANEDNI | 00:11:15 | 00:23:23.15 | 00:24:26.30 | 4:40 | 12.8 |
| 58 | JAREK ZUZANNA | 2033 | RACE FIGHTER JUNIOR | MIŃSK MAZOWIECKI | POL | K 14 | 1 | K 58 | | 00:10:37 | 00:23:30.45 | 00:24:30.85 | 4:42 | 12.8 |
| 59 | DUCHNOWSKA NATALIA | 265 | | ŁÓDŹ | POL | K 20 | 11 | K 59 | | 00:10:59 | 00:23:30.90 | 00:24:49.15 | 4:42 | 12.8 |
| 60 | MACIEJEC DOROTA | 1850 | | WARSZAWA | POL | K 40 | 18 | K 60 | | 00:10:33 | 00:23:36.45 | 00:24:11.70 | 4:43 | 12.7 |
| 61 | CZYŻ MONIKA | 214 | | WARSZAWA | POL | K 30 | 22 | K 61 | | 00:11:06 | 00:23:36.55 | 00:24:45.00 | 4:43 | 12.7 |
| 62 | SYGUDA KATARZYNA | 1371 | TEAM PARSZCZYŃSKICH | WARSZAWA | POL | K 20 | 12 | K 62 | | 00:11:15 | 00:23:43.10 | 00:24:48.70 | 4:44 | 12.6 |
| 63 | BISOWSKA AMELIA | 85 | MARUDY Z KOBYŁKI | KOBYŁKA | POL | K 16 | 3 | K 63 | MARUDY Z KOBYŁKI | 00:11:57 | 00:23:47.40 | 00:25:11.60 | 4:45 | 12.6 |
| 64 | JAWORSKA JOANNA | 481 | TEAM ZABIEGANEDNI | WARSZAWA | POL | K 40 | 19 | K 64 | TEAM ZABIEGANEDNI #3 | 00:11:32 | 00:23:48.65 | 00:25:06.75 | 4:45 | 12.6 |
| 65 | BUJNOWSKA ELIZA | 131 | VEGE RUNNERS | WARSZAWA | POL | K 40 | 20 | K 65 | VEGE RUNNERS URSYNÓW | 00:11:03 | 00:23:49.80 | 00:24:43.00 | 4:45 | 12.6 |
| 66 | KROPIAK KATARZYNA | 696 | VEGE RUNNERS | WARSZAWA | POL | K 30 | 23 | K 66 | VEGE RUNNERS RESZTA ŚWIATA | 00:11:00 | 00:23:55.75 | 00:24:50.10 | 4:47 | 12.5 |
| 67 | HORDIENKO NATALIA | 434 | UKRAINE | WARSZAWA | POL | K 30 | 24 | K 67 | | 00:11:02 | 00:24:03.35 | 00:25:09.20 | 4:48 | 12.5 |

BIEG URSYNOWA, K Open c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Drużyna 1 | 2.5km | Netto | Brutto | min/km | km/h |
|------|-----------------------------|------|---------------------------------|------------------|------|------|--------|-------|-----------------------------|----------|-------------|-------------|--------|------|
| 68 | KRUPNIEWSKA JOANNA | 1828 | RUN OTWOCK | OTWOCK | POL | K 50 | 7 | K 68 | | 00:11:26 | 00:24:08.40 | 00:25:13.05 | 4:49 | 12.4 |
| 69 | JAREK KATARZYNA | 470 | | MIŃSK MAZOWIECKI | POL | K 40 | 21 | K 69 | | 00:11:01 | 00:24:12.75 | 00:25:14.40 | 4:50 | 12.4 |
| 70 | KIERASIŃSKA DOROTA | 578 | TEAM ZABIEGANEDNI | WARSZAWA | POL | K 40 | 22 | K 70 | TEAM ZABIEGANEDNI | 00:11:48 | 00:24:13.70 | 00:25:41.55 | 4:50 | 12.4 |
| 71 | WYSOCKA MAGDA | 1598 | | STOCZEK | POL | K 30 | 25 | K 71 | | 00:11:45 | 00:24:16.85 | 00:25:44.80 | 4:51 | 12.4 |
| 72 | KASHIVSKA OKSANA | 553 | | WARSZAWA | POL | K 50 | 8 | K 72 | | 00:11:13 | 00:24:19.25 | 00:25:26.65 | 4:51 | 12.3 |
| 73 | ROMANIK KLAUDIA | 1190 | | WARSZAWA | POL | K 30 | 26 | K 73 | | 00:11:07 | 00:24:22.60 | 00:25:11.20 | 4:52 | 12.3 |
| 74 | NAWROCKA ROMA | 953 | GRUPA BIEGOWA UM W-WA | WARSZAWA | POL | K 40 | 23 | K 74 | GRUPA BIEGOWA UM W-WA | 00:11:31 | 00:24:29.85 | 00:25:06.40 | 4:53 | 12.3 |
| 75 | DOLIŃSKA AGNIESZKA | 246 | WARSAW RUN CLUB | WARSZAWA | POL | K 40 | 24 | K 75 | WARSAW RUN CLUB | 00:11:43 | 00:24:34.45 | 00:25:55.10 | 4:54 | 12.2 |
| 76 | MRÓZ GABRIELA | 934 | PAWKO RUNNER TEAM | JEDLICZE | POL | K 30 | 27 | K 76 | PAWKO RUNNER TEAM | 00:11:20 | 00:24:35.20 | 00:25:44.70 | 4:55 | 12.2 |
| 77 | PADEREWSKA OLGA | 1886 | PAWKO RUNNER TEAM | SIEDLCE | POL | K 40 | 25 | K 77 | PAWKO RUNNER TEAM | 00:11:15 | 00:24:37.05 | 00:25:40.45 | 4:55 | 12.2 |
| 78 | ORLIŃSKA EDYTA | 1003 | TEAM BALANS | PŁOŃSK | POL | K 30 | 28 | K 78 | | 00:11:31 | 00:24:37.05 | 00:25:47.40 | 4:55 | 12.2 |
| 79 | SOKOŁOWSKA MAGDALENA | 1310 | | WARSZAWA | POL | K 30 | 29 | K 79 | | 00:11:20 | 00:24:37.20 | 00:25:25.60 | 4:55 | 12.2 |
| 80 | BUKOWSKA MARTYNA | 136 | | WARSZAWA | POL | K 30 | 30 | K 80 | | 00:10:19 | 00:24:37.35 | 00:24:48.90 | 4:55 | 12.2 |
| 81 | FABISIAK ANNA | 290 | TEAM ZABIEGANEDNI | WARSZAWA | POL | K 40 | 26 | K 81 | TEAM ZABIEGANEDNI #3 | 00:11:41 | 00:24:37.35 | 00:25:55.45 | 4:55 | 12.2 |
| 82 | LIS-MAJER ANNA | 788 | BIEGOWY WARIAT RUNNING TEAM | WARSZAWA | POL | K 30 | 31 | K 82 | BIEGOWY WARIAT RUNNING TEAM | 00:11:30 | 00:24:38.55 | 00:25:58.90 | 4:55 | 12.2 |
| 83 | MAĆZEWSKA WERONIKA | 889 | | WARSZAWA | POL | K 20 | 13 | K 83 | | 00:11:23 | 00:24:38.85 | 00:25:55.15 | 4:55 | 12.2 |
| 84 | WIRASZKA BARBARA | 1988 | | WARSZAWA | POL | K 50 | 9 | K 84 | | 00:11:34 | 00:24:43.75 | 00:26:02.50 | 4:56 | 12.1 |
| 85 | FLOREK MAŁGORZATA | 313 | LEBIODA TEAM | WARSZAWA | POL | K 30 | 32 | K 85 | | 00:11:59 | 00:24:46.10 | 00:24:46.10 | 4:57 | 12.1 |
| 86 | PIOTROWSKA EDYTA | 1081 | BRACTWO BIEGOWE BGK | WARSZAWA | POL | K 40 | 27 | K 86 | BRACTWO BIEGOWE BGK | 00:11:38 | 00:24:47.35 | 00:26:26.40 | 4:57 | 12.1 |
| 87 | PARTYKA AGNIESZKA | 1037 | TEAM ZABIEGANEDNI | WARSZAWA | POL | K 50 | 10 | K 87 | TEAM ZABIEGANEDNI | 00:11:38 | 00:24:48.25 | 00:26:09.30 | 4:57 | 12.1 |
| 88 | SIDORCZUK-KUMOSA DOROTA | 1245 | TEAM ZABIEGANEDNI | WARSZAWA | POL | K 40 | 28 | K 88 | TEAM ZABIEGANEDNI | 00:11:50 | 00:24:49.35 | 00:26:17.00 | 4:57 | 12.1 |
| 89 | KOWALSKA KASIA | 672 | TEAM ZABIEGANEDNI | ZGORZAŁA | POL | K 40 | 29 | K 89 | TEAM ZABIEGANEDNI #4 | 00:11:53 | 00:24:55.70 | 00:26:40.55 | 4:59 | 12 |
| 90 | WOSINSKA MAGDALENA | 1579 | ULTRA LASKI | WARSZAWA | POL | K 40 | 30 | K 90 | | 00:11:30 | 00:24:56.05 | 00:26:04.55 | 4:59 | 12 |
| 91 | KLIMKIEWICZ BEATA | 599 | | WARSZAWA | POL | K 40 | 31 | K 91 | | 00:11:24 | 00:24:59.85 | 00:25:22.65 | 4:59 | 12 |
| 92 | KOŁODZIEJSKA IWONA | 620 | | JABLONNA | POL | K 40 | 32 | K 92 | | 00:11:54 | 00:25:03.45 | 00:26:39.05 | 5:00 | 12 |
| 93 | DUBAN ELŻBIETA | 262 | | JANKI | POL | K 50 | 11 | K 93 | | 00:11:56 | 00:25:05.20 | 00:26:34.50 | 5:01 | 12 |
| 94 | DRACHAL AGATA | 256 | | PIASTÓW | POL | K 30 | 33 | K 94 | | 00:12:06 | 00:25:08.00 | 00:26:34.35 | 5:01 | 11.9 |
| 95 | ORNOWSKA JOANNA | 1004 | | WARSZAWA | POL | K 20 | 14 | K 95 | | 00:11:24 | 00:25:08.05 | 00:26:24.40 | 5:01 | 11.9 |
| 96 | MATYSIAK ALEKSANDRA | 2148 | | WARSZAWA | POL | K 14 | 2 | K 96 | | 00:12:04 | 00:25:13.30 | 00:26:44.65 | 5:02 | 11.9 |
| 97 | ZAMYŁKO LIDIA | 1622 | | WARSZAWA | POL | K 40 | 33 | K 97 | | 00:12:04 | 00:25:16.25 | 00:28:35.90 | 5:03 | 11.9 |
| 98 | WÓJCIK AGNIESZKA | 1996 | | WARSZAWA | POL | K 30 | 34 | K 98 | | 00:11:38 | 00:25:17.50 | 00:26:20.80 | 5:03 | 11.9 |
| 99 | TULA RENATA | 1475 | | WARSZAWA | POL | K 70 | 1 | K 99 | | 00:11:54 | 00:25:18.50 | 00:26:47.90 | 5:03 | 11.9 |
| 100 | BORETA MARZENA | 1749 | BIEGOWY WARIAT RUNNING TEAM | WARSZAWA | POL | K 40 | 34 | K 100 | | 00:11:33 | 00:25:18.60 | 00:26:16.65 | 5:03 | 11.9 |
| 101 | PUCZYŃSKA RENATA | 1144 | | WARSZAWA | POL | K 40 | 35 | K 101 | | 00:11:16 | 00:25:18.85 | 00:26:08.50 | 5:03 | 11.9 |
| 102 | PIASECZYŃSKA-JAMBOR AGATA | 1058 | ŻÓRAWSKI TEAM | WARSZAWA | POL | K 40 | 36 | K 102 | ŻÓRAWSKI TEAM | 00:11:42 | 00:25:22.35 | 00:26:12.70 | 5:04 | 11.8 |
| 103 | SUŁKOWSKA MAGDALENA | 1947 | | WARSZAWA | POL | K 30 | 35 | K 103 | | 00:12:14 | 00:25:29.20 | 00:27:03.25 | 5:05 | 11.8 |
| 104 | KOCIĘCKA EDYTA | 612 | | OLSZTYN | POL | K 20 | 15 | K 104 | | 00:12:01 | 00:25:30.20 | 00:27:06.95 | 5:06 | 11.8 |
| 105 | PRUSAK MARTA | 1130 | TEAM ZABIEGANEDNI | WIĄZOWNA | POL | K 40 | 37 | K 105 | TEAM ZABIEGANEDNI #2 | 00:12:23 | 00:25:35.00 | 00:27:20.05 | 5:07 | 11.7 |
| 106 | RÓŻAK-RUKUSZEWICZ MAGDALENA | 1200 | DZIKIE GRUBASY SZATANA | WARSZAWA | POL | K 40 | 38 | K 106 | | 00:11:55 | 00:25:35.10 | 00:27:06.55 | 5:07 | 11.7 |
| 107 | KOŚNIK ALICJA | 662 | | WARSZAWA | POL | K 20 | 16 | K 107 | | 00:12:21 | 00:25:35.10 | 00:27:28.95 | 5:07 | 11.7 |
| 108 | CHARKO ELŻBIETA | 151 | GÓRA BIEGA | GÓRA KALWARIA | POL | K 30 | 36 | K 108 | GÓRA BIEGA | 00:12:26 | 00:25:35.10 | 00:27:08.25 | 5:07 | 11.7 |
| 109 | SIWCZAK AGNIESZKA | 1264 | MORDERCZE OPONKI | WARSZAWA | POL | K 30 | 37 | K 109 | MORDERCZE OPONKI | 00:12:23 | 00:25:35.60 | 00:27:26.60 | 5:07 | 11.7 |
| 110 | FIEDOROWICZ EWA | 303 | | WARSZAWA | POL | K 40 | 39 | K 110 | PRACUJĄCA TRÓJKA | 00:11:57 | 00:25:37.30 | 00:26:51.45 | 5:07 | 11.7 |
| 111 | LEWANDOWSKA JOANNA | 777 | | WARSZAWA | POL | K 50 | 12 | K 111 | | 00:12:08 | 00:25:41.30 | 00:27:31.25 | 5:08 | 11.7 |
| 112 | ZAWADKA MARTA | 1631 | | WARSZAWA | POL | K 30 | 38 | K 112 | | 00:12:21 | 00:25:43.95 | 00:27:22.90 | 5:08 | 11.7 |
| 113 | TROJANOWSKA KAROLINA | 1969 | | WARSZAWA | POL | K 30 | 39 | K 113 | | 00:12:18 | 00:25:45.75 | 00:28:20.55 | 5:09 | 11.7 |
| 114 | JÓŻWIAK AGNIESZKA | 2138 | | WARSZAWA | POL | K 40 | 40 | K 114 | | 00:11:52 | 00:25:47.65 | 00:26:47.40 | 5:09 | 11.6 |
| 115 | MARKOWSKA OKTAWIA | 859 | BIEGAJ Z DYMKIEM | WARSZAWA | POL | K 40 | 41 | K 115 | | 00:12:07 | 00:25:48.00 | 00:27:16.20 | 5:09 | 11.6 |
| 116 | DĄBROWSKA KATARZYNA | 1774 | WARSAW RUN CLUB | WARSZAWA | POL | K 50 | 13 | K 116 | AKTYWNA WARSZAWA | 00:12:20 | 00:25:49.25 | 00:27:39.45 | 5:09 | 11.6 |
| 117 | SZYMOR JOANNA | 1423 | SERWIS POJAZDÓW ADAM WÓLKOWYCKI | WARSZAWA | POL | K 30 | 40 | K 117 | | 00:12:23 | 00:25:50.30 | 00:27:38.35 | 5:10 | 11.6 |

BIEG URSYNOWA, K Open c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Drużyna 1 | 2.5km | Netto | Brutto | min/km | km/h |
|------|-------------------------------|------|-------------------------------------|--------------------|------|------|--------|-------|-----------------------|----------|-------------|-------------|--------|------|
| 118 | GAŚKA AGNIESZKA | 348 | TEAM ZABIEGANEDNI | WIĄZOWNA | POL | K 20 | 17 | K 118 | TEAM ZABIEGANEDNI | 00:12:26 | 00:25:50.45 | 00:27:35.75 | 5:10 | 11.6 |
| 119 | ŁASZCZYCH MAŁGORZATA | 796 | | WARSZAWA | POL | K 30 | 41 | K 119 | | 00:11:57 | 00:25:53.10 | 00:27:11.80 | 5:10 | 11.6 |
| 120 | KARPIŃSKA-GROMEK MONIKA | 550 | KS LEMIESZ TEAM | WARSZAWA | POL | K 40 | 42 | K 120 | | 00:11:52 | 00:25:53.55 | 00:27:16.35 | 5:10 | 11.6 |
| 121 | KALUZNA JUSTYNA | 530 | | MICHALOWICE | POL | K 40 | 43 | K 121 | | 00:12:42 | 00:25:55.95 | 00:27:31.85 | 5:11 | 11.6 |
| 122 | DŁUGOSZ MARTA | 240 | | WARSZAWA | POL | K 30 | 42 | K 122 | | 00:12:31 | 00:25:56.35 | 00:27:47.55 | 5:11 | 11.6 |
| 123 | FABROWICZ KATARZYNA | 292 | | WARSZAWA | POL | K 40 | 44 | K 124 | | 00:11:50 | 00:25:58.20 | 00:27:27.35 | 5:11 | 11.6 |
| 124 | HAWRYLUK-STASIAK EWA | 427 | BIEGUNI 2022 | WARSZAWA | POL | K 60 | 1 | K 125 | | 00:12:18 | 00:25:58.60 | 00:27:47.05 | 5:11 | 11.6 |
| 125 | PAŃCZYK JOANNA | 1034 | THE PAŃCZYKS | WARSZAWA | POL | K 40 | 45 | K 126 | | 00:12:15 | 00:25:59.55 | 00:27:21.30 | 5:11 | 11.5 |
| 126 | MYSTKOWSKA MARTA | 1870 | | WARSZAWA | POL | K 30 | 43 | K 127 | | 00:11:59 | 00:25:59.80 | 00:28:25.25 | 5:11 | 11.5 |
| 127 | SLASKA MARIA | 1285 | | NOWA IWICZNA | POL | K 20 | 18 | K 128 | | 00:11:29 | 00:26:01.60 | 00:27:32.30 | 5:12 | 11.5 |
| 128 | ZARZYCKA OLA | 1627 | | WARSZAWA | POL | K 40 | 46 | K 129 | | 00:12:00 | 00:26:04.40 | 00:26:36.70 | 5:12 | 11.5 |
| 129 | KROSCZYK BEATA | 697 | TEAM ZABIEGANEDNI | WARSZAWA | POL | K 50 | 14 | K 130 | TEAM ZABIEGANEDNI | 00:12:26 | 00:26:04.40 | 00:27:54.00 | 5:12 | 11.5 |
| 130 | FRANCZYK MONIKA | 1785 | | WARSZAWA | POL | K 30 | 44 | K 131 | | 00:12:08 | 00:26:07.10 | 00:28:04.65 | 5:13 | 11.5 |
| 131 | SZULC KASIA | 1403 | | ZĄBKI | POL | K 50 | 15 | K 132 | | 00:12:20 | 00:26:09.05 | 00:27:35.40 | 5:13 | 11.5 |
| 132 | SIWEK ANNA | 1265 | | WARSZAWA | POL | K 40 | 47 | K 133 | | 00:11:48 | 00:26:10.65 | 00:27:37.90 | 5:14 | 11.5 |
| 133 | MURAWSKA MAŁGORZATA | 938 | TEAM ZABIEGANEDNI | WARSZAWA | POL | K 50 | 16 | K 134 | TEAM ZABIEGANEDNI | 00:12:28 | 00:26:15.55 | 00:27:59.75 | 5:15 | 11.4 |
| 134 | JĘDRZEJEWSKA LAURA | 1805 | | PŁOŃSK | POL | K 20 | 19 | K 135 | | 00:12:19 | 00:26:15.60 | 00:28:00.50 | 5:15 | 11.4 |
| 135 | ROJEWSKA PAULINA | 1188 | | WARSZAWA | POL | K 20 | 20 | K 136 | | 00:11:59 | 00:26:22.10 | 00:27:29.85 | 5:16 | 11.4 |
| 136 | GIEFERT SYLWIA | 1788 | | WARSZAWA | POL | K 20 | 21 | K 137 | | 00:12:19 | 00:26:23.15 | 00:28:08.50 | 5:16 | 11.4 |
| 137 | MOTYKA ALEKSANDRA | 2068 | GÓRA BIEGA | GÓRA KALWARIA | POL | K 14 | 3 | K 138 | DRAGONFLIES | 00:12:04 | 00:26:23.25 | 00:27:54.70 | 5:16 | 11.4 |
| 138 | ANTKIEWICZ WERONIKA | 29 | | WARSZAWA (URSYNÓW) | POL | K 20 | 22 | K 139 | | 00:12:02 | 00:26:23.40 | 00:27:43.80 | 5:16 | 11.4 |
| 139 | TRZASKO ANIA | 1472 | ADIDAS RUNNERS WARSAW | WARSZAWA | POL | K 30 | 45 | K 140 | | 00:12:29 | 00:26:24.85 | 00:28:02.60 | 5:16 | 11.4 |
| 140 | GIECKO ANNA | 353 | | LUBLIN | POL | K 50 | 17 | K 141 | | 00:12:12 | 00:26:27.75 | 00:26:47.10 | 5:17 | 11.3 |
| 141 | MACUTKIEWICZ IZABELA | 819 | | WARSZAWA | POL | K 30 | 46 | K 142 | | 00:12:23 | 00:26:28.05 | 00:27:58.40 | 5:17 | 11.3 |
| 142 | CHARCHUŁA MARTA | 148 | | IZABELIN | POL | K 30 | 47 | K 143 | | 00:12:50 | 00:26:29.95 | 00:28:47.40 | 5:17 | 11.3 |
| 143 | DUBAN MAGDALENA | 2020 | | JANKI | POL | K 14 | 4 | K 144 | | | 00:26:33.15 | 00:28:01.95 | 5:18 | 11.3 |
| 144 | GOLISZ EWA | 376 | | WARSZAWA | POL | K 50 | 18 | K 145 | | 00:12:32 | 00:26:33.35 | 00:27:58.55 | 5:18 | 11.3 |
| 145 | PODGÓRSKA ALEKSANDRA | 67 | | WARSZAWA | POL | K 30 | 48 | K 146 | | 00:12:01 | 00:26:34.70 | 00:28:10.10 | 5:18 | 11.3 |
| 146 | MOKRZANOWSKA ANNA | 919 | | WARSZAWA | POL | K 30 | 49 | K 147 | | 00:12:21 | 00:26:37.30 | 00:28:10.20 | 5:19 | 11.3 |
| 147 | KUKLA ELZBIETA | 732 | RYSIK RUNNERS | WARSZAWA | POL | K 50 | 19 | K 148 | | 00:12:26 | 00:26:38.65 | 00:28:20.00 | 5:19 | 11.3 |
| 148 | ROGALSKA JUSTYNA | 1186 | | WARSZAWA | POL | K 30 | 50 | K 149 | | 00:12:41 | 00:26:39.80 | 00:28:58.15 | 5:19 | 11.3 |
| 149 | PASZKIEWICZ ALICJA | 1703 | | WARSZAWA | POL | K 20 | 23 | K 150 | | 00:12:33 | 00:26:43.85 | 00:28:23.65 | 5:20 | 11.2 |
| 150 | SZYMAŃSKA MAJA | 1414 | | WARSZAWA | POL | K 16 | 4 | K 151 | | 00:12:24 | 00:26:44.00 | 00:28:32.35 | 5:20 | 11.2 |
| 151 | WINNICKA-MACKENTHUN AGNIESZKA | 1545 | | WARSZAWA | POL | K 40 | 48 | K 152 | | 00:12:54 | 00:26:44.30 | 00:28:16.75 | 5:20 | 11.2 |
| 152 | CZERNIAWSKA JOANNA | 1768 | | WARSZAWA | POL | K 40 | 49 | K 153 | | 00:12:22 | 00:26:44.35 | 00:28:26.60 | 5:20 | 11.2 |
| 153 | KWIATKOWSKA IZABELA | 754 | | KOMORNICA | POL | K 30 | 51 | K 154 | | 00:12:36 | 00:26:44.90 | 00:28:34.55 | 5:20 | 11.2 |
| 154 | BIENIAK EWELINA | 77 | | BIAŁE BŁOTA | POL | K 30 | 52 | K 155 | | 00:12:42 | 00:26:45.55 | 00:28:38.90 | 5:21 | 11.2 |
| 155 | PATER AGNIESZKA | 1891 | THE GREEN RUNNERS | WARSZAWA | POL | K 40 | 50 | K 156 | | 00:12:25 | 00:26:46.50 | 00:29:00.55 | 5:21 | 11.2 |
| 156 | CHARMUSZKO MONIKA | 152 | | WARSZAWA | POL | K 40 | 51 | K 157 | | 00:12:47 | 00:26:46.50 | 00:28:27.65 | 5:21 | 11.2 |
| 157 | CYGAN ANNA | 194 | PATRYCJA DETTLAFF I BLACK HAT ULTRA | WARSZAWA | POL | K 50 | 20 | K 158 | | 00:12:11 | 00:26:46.80 | 00:27:47.20 | 5:21 | 11.2 |
| 158 | KURZACZ KATARZYNA | 747 | ADIDAS RUNNERS WARSAW | WARSZAWA | POL | K 50 | 21 | K 159 | ADIDAS RUNNERS WARSAW | 00:12:34 | 00:26:47.90 | 00:28:42.70 | 5:21 | 11.2 |
| 159 | KWACZYŃSKA MARZENA | 1832 | PZU SPORT TEAM | WARSZAWA | POL | K 50 | 22 | K 160 | PZU SPORT TEAM | 00:12:41 | 00:26:48.45 | 00:28:44.20 | 5:21 | 11.2 |
| 160 | KRYSIUK KAROLINA | 705 | | TORUŃ | POL | K 20 | 24 | K 161 | | 00:12:42 | 00:26:48.65 | 00:28:39.15 | 5:21 | 11.2 |
| 161 | PRASEK AGATA | 1118 | | WARSZAWA | POL | K 40 | 52 | K 162 | | 00:12:50 | 00:26:48.80 | 00:28:51.90 | 5:21 | 11.2 |
| 162 | OLSZEWSKA DOROTA | 1000 | BRACHTWO BIEGOWE BGK | WARSZAWA | POL | K 40 | 53 | K 163 | BRACHTWO BIEGOWE BGK | 00:12:26 | 00:26:50.70 | 00:28:29.60 | 5:22 | 11.2 |
| 163 | KIELISZEK-MĘDREK MONIKA | 577 | | WARSZAWA | POL | K 30 | 53 | K 164 | | 00:13:51 | 00:26:51.30 | 00:29:46.55 | 5:22 | 11.2 |
| 164 | BAK AGATA | 63 | | WARSZAWA | POL | K 30 | 54 | K 165 | | 00:12:50 | 00:26:53.15 | 00:29:10.35 | 5:22 | 11.2 |
| 165 | JEMIENIAK MARTA | 487 | | WARSZAWA | POL | K 16 | 5 | K 166 | | 00:13:07 | 00:26:55.25 | 00:29:07.75 | 5:23 | 11.1 |
| 166 | DZIDA BARBARA | 281 | TEAM ZABIEGANE DNI | WARSZAWA | POL | K 40 | 54 | K 167 | | 00:12:25 | 00:26:57.70 | 00:28:42.25 | 5:23 | 11.1 |
| 167 | LECHAŃSKA ALEKSANDRA | 1835 | | WARSZAWA | POL | K 30 | 55 | K 168 | | | 00:27:00.25 | 00:28:20.90 | 5:24 | 11.1 |
| 168 | BARTOSIAK BEATA | 53 | | WARSZAWA | POL | K 40 | 55 | K 169 | | 00:12:36 | 00:27:01.00 | 00:28:45.60 | 5:24 | 11.1 |
| 169 | WILK ASIA | 1541 | | WARSZAWA | POL | K 16 | 6 | K 170 | | 00:13:12 | 00:27:02.65 | 00:29:10.70 | 5:24 | 11.1 |
| 170 | DĘBOWSKA KINGA | 234 | PAWKO RUNNER TEAM | WARSZAWA | POL | K 20 | 25 | K 171 | PAWKO RUNNER TEAM | 00:12:46 | 00:27:02.85 | 00:28:37.75 | 5:24 | 11.1 |
| 171 | FORNALIK IWONA | 1784 | WITC | WARSZAWA | POL | K 40 | 56 | K 172 | | 00:12:41 | 00:27:03.55 | 00:27:34.00 | 5:24 | 11.1 |

BIEG URSYNOWA, K Open c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Drużyna 1 | 2.5km | Netto | Brutto | min/km | km/h |
|------|---------------------------|------|-----------------------------|---------------------|------|------|--------|-------|--------------------------------|----------|-------------|-------------|--------|------|
| 172 | BZURA EMILIA | 143 | | WARSZAWA | POL | K 40 | 57 | K 173 | | 00:12:29 | 00:27:03.75 | 00:28:53.65 | 5:24 | 11.1 |
| 173 | GAŚOWSKA-SŁIWIŃSKA RENATA | 349 | DREAM RUN | WARSZAWA | POL | K 40 | 58 | K 174 | DREAM RUN | 00:12:52 | 00:27:05.75 | 00:30:16.95 | 5:25 | 11.1 |
| 174 | GÓRSKA SYLWIA | 390 | GÓRA BIEGA | GÓRA KALWARIA | POL | K 40 | 59 | K 175 | GÓRA BIEGA | 00:12:51 | 00:27:06.30 | 00:29:17.30 | 5:25 | 11.1 |
| 175 | CZERESNIOWSKA ANNA | 207 | ADIDAS RUNNERS WARSAW | WARSZAWA | POL | K 30 | 56 | K 176 | ADIDAS RUNNERS WARSAW | 00:12:14 | 00:27:07.85 | 00:28:59.80 | 5:25 | 11.1 |
| 176 | KŁĘK MAGDALENA | 603 | BEZLITOŚNI | JÓZEFOSŁAW | POL | K 40 | 60 | K 177 | | 00:12:44 | 00:27:10.65 | 00:29:30.10 | 5:26 | 11 |
| 177 | SOKOŁOWSKA ALEKSANDRA | 2089 | | BŁĘDÓW | POL | K 16 | 7 | K 178 | | 00:12:24 | 00:27:11.70 | 00:27:37.60 | 5:26 | 11 |
| 178 | WRONA MILENA | 1997 | | JABŁONNA | POL | K 40 | 61 | K 179 | | 00:12:43 | 00:27:12.15 | 00:29:04.50 | 5:26 | 11 |
| 179 | ZBOCH JOANNA | 1639 | | WARSZAWA | POL | K 50 | 23 | K 180 | | 00:13:09 | 00:27:13.35 | 00:29:07.85 | 5:26 | 11 |
| 180 | PIECHOCKA KATARZYNA | 1061 | BIEGOWY WARIAT RUNNING TEAM | WARSZAWA | POL | K 40 | 62 | K 181 | BIEGOWY WARIAT RUNNING TEAM | 00:12:55 | 00:27:14.00 | 00:28:54.85 | 5:26 | 11 |
| 181 | JEDRKIEWICZ KLARA | 2035 | | WARSZAWA | POL | K 16 | 8 | K 182 | | | 00:27:14.20 | 00:27:41.70 | 5:26 | 11 |
| 182 | DOBRUCH HANNA | 245 | | WARSZAWA | POL | K 50 | 24 | K 183 | | 00:12:31 | 00:27:14.35 | 00:28:24.20 | 5:26 | 11 |
| 183 | TYLUS JOLANTA | 1481 | | WARSZAWA | POL | K 50 | 25 | K 184 | | 00:12:43 | 00:27:15.30 | 00:28:24.80 | 5:27 | 11 |
| 184 | HARABIN KINGA | 425 | RUN CZARNÓW | CZARNÓW | POL | K 30 | 57 | K 185 | | 00:12:35 | 00:27:16.95 | 00:29:33.75 | 5:27 | 11 |
| 185 | TULEJ BOŻENA | 1476 | MKB DREPTAK | MIŃSK MAZOWIECKI | POL | K 60 | 2 | K 186 | | 00:13:06 | 00:27:19.15 | 00:29:17.05 | 5:27 | 11 |
| 186 | ZACZYK ALICJA | 1607 | MAMA W MARATONIE | WARSZAWA | POL | K 40 | 63 | K 187 | | 00:13:05 | 00:27:19.25 | 00:30:31.00 | 5:27 | 11 |
| 187 | SIKORA ZUZANNA | 1255 | PZU SPORT TEAM | WARSZAWA | POL | K 40 | 64 | K 188 | PZU SPORT TEAM | 00:12:42 | 00:27:19.95 | 00:29:15.55 | 5:27 | 11 |
| 188 | PASZEWSKA KORNELIA | 1889 | | BŁONIE | POL | K 20 | 26 | K 189 | | 00:12:54 | 00:27:20.25 | 00:29:55.65 | 5:28 | 11 |
| 189 | TARNAWSKA DOROTA | 1438 | | WARSZAWA | POL | K 40 | 65 | K 190 | | 00:12:29 | 00:27:22.05 | 00:28:26.80 | 5:28 | 11 |
| 190 | KLIMEK MARTA | 596 | | WARSZAWA | POL | K 30 | 58 | K 191 | | 00:12:25 | 00:27:22.75 | 00:28:33.50 | 5:28 | 11 |
| 191 | OSTRYSZ MAGDALENA | 1015 | | WARSZAWA | POL | K 30 | 59 | K 192 | | 00:13:09 | 00:27:23.45 | 00:29:23.30 | 5:28 | 11 |
| 192 | MULARZUK NATALIA | 937 | | WARSZAWA | POL | K 30 | 60 | K 193 | | 00:13:11 | 00:27:23.75 | 00:29:33.65 | 5:28 | 11 |
| 193 | ŁAKOMY KATARZYNA | 793 | | WARSZAWA | POL | K 30 | 61 | K 194 | | 00:13:00 | 00:27:24.35 | 00:28:48.95 | 5:28 | 10.9 |
| 194 | MALANOWSKA JULIA | 833 | | WARSZAWA | POL | K 30 | 62 | K 195 | | 00:12:50 | 00:27:25.35 | 00:28:47.70 | 5:29 | 10.9 |
| 195 | KOWALSKA KATARZYNA | 1827 | | WARSZAWA | POL | K 30 | 63 | K 196 | | 00:12:40 | 00:27:25.75 | 00:28:48.20 | 5:29 | 10.9 |
| 196 | KRÓL MONIKA | 699 | TEAM ZABIEGANEDNI | WARSZAWA | AFG | K 40 | 66 | K 197 | TEAM ZABIEGANEDNI #4 | 00:12:39 | 00:27:28.70 | 00:29:17.85 | 5:29 | 10.9 |
| 197 | KOSTRUBAŁA LIDIA | 2050 | | WARSZAWA | POL | K 14 | 5 | K 198 | | 00:13:11 | 00:27:28.85 | 00:29:25.25 | 5:29 | 10.9 |
| 198 | THIEL MONIKA | 1966 | | REGUŁY | POL | K 30 | 64 | K 199 | | 00:12:43 | 00:27:32.50 | 00:29:48.20 | 5:30 | 10.9 |
| 199 | CZERWIŃSKA-BLOK IWONA | 208 | | WARSZAWA | POL | K 30 | 65 | K 200 | | 00:13:08 | 00:27:33.60 | 00:29:44.15 | 5:30 | 10.9 |
| 200 | CZERWONKA-KITA MARTA | 210 | | WARSZAWA | POL | K 40 | 67 | K 201 | | 00:13:08 | 00:27:34.25 | 00:29:46.85 | 5:30 | 10.9 |
| 201 | ŁAPIŃSKA PATRYCJA | 1846 | | WARSZAWA | POL | K 20 | 27 | K 202 | | 00:13:18 | 00:27:34.40 | 00:29:39.70 | 5:30 | 10.9 |
| 202 | KORNAS AGATA | 641 | CSWP RUNNING TEAM | WARSZAWA | POL | K 20 | 28 | K 203 | CSWP RUNNING TEAM | 00:12:46 | 00:27:34.50 | 00:28:58.15 | 5:30 | 10.9 |
| 203 | PATALAS AGNIESZKA | 1890 | | PIASECZNO | POL | K 40 | 68 | K 204 | | 00:12:49 | 00:27:35.30 | 00:30:04.70 | 5:31 | 10.9 |
| 204 | OSTROWSKA PATRYCJA | 1012 | | WARSZAWA | POL | K 20 | 29 | K 205 | | 00:12:03 | 00:27:39.05 | 00:29:03.75 | 5:31 | 10.8 |
| 205 | WIECZOREK IZA | 1526 | | KONSTANCIN JEZIORNA | POL | K 40 | 69 | K 206 | | 00:12:35 | 00:27:39.20 | 00:30:32.60 | 5:31 | 10.8 |
| 206 | THEODOULOU NICCI | 1964 | | WARSAW | POL | K 50 | 26 | K 207 | | 00:12:48 | 00:27:41.35 | 00:29:33.80 | 5:32 | 10.8 |
| 207 | KOPEĆ PATRYCJA | 631 | | JÓZEFOSŁAW | POL | K 40 | 70 | K 208 | | 00:13:10 | 00:27:45.25 | 00:30:11.55 | 5:33 | 10.8 |
| 208 | GRABEK ANNA | 1795 | CLV LO | WARSZAWA | POL | K 40 | 71 | K 209 | | 00:13:21 | 00:27:49.15 | 00:29:41.55 | 5:33 | 10.8 |
| 209 | MATYSIAK AGNIESZKA | 881 | | WARSZAWA | POL | K 40 | 72 | K 210 | | 00:13:17 | 00:27:49.20 | 00:29:53.65 | 5:33 | 10.8 |
| 210 | SIERPIŃSKA MARTA | 1251 | | WARSZAWA | POL | K 50 | 27 | K 211 | | 00:12:43 | 00:27:50.25 | 00:28:24.50 | 5:34 | 10.8 |
| 211 | LECHOWICZ KATARZYNA | 765 | | WARSZAWA | POL | K 40 | 73 | K 212 | | 00:13:21 | 00:27:50.40 | 00:29:51.30 | 5:34 | 10.8 |
| 212 | PATEREK LENA | 2075 | | WARSZAWA | POL | K 14 | 6 | K 213 | | 00:13:18 | 00:27:51.55 | 00:29:55.80 | 5:34 | 10.8 |
| 213 | PATEREK ADA | 1041 | 12TRI.PL | WARSZAWA | POL | K 40 | 74 | K 214 | | 00:13:18 | 00:27:51.60 | 00:29:55.85 | 5:34 | 10.8 |
| 214 | KRYSZEWSKA KAJA | 706 | | KOLUSZKI | POL | K 20 | 30 | K 215 | | 00:13:15 | 00:27:52.50 | 00:30:02.60 | 5:34 | 10.8 |
| 215 | DESKA KAROLINA | 232 | | NOWA IWICZNA | POL | K 40 | 75 | K 216 | | 00:13:15 | 00:27:53.15 | 00:29:44.65 | 5:34 | 10.8 |
| 216 | BARNAS ILONA | 52 | | WARSZAWIA | POL | K 40 | 76 | K 217 | | 00:13:12 | 00:27:53.85 | 00:30:46.50 | 5:34 | 10.8 |
| 217 | HARABIN JUSTYNA | 426 | | CZARNÓW | POL | K 30 | 66 | K 218 | | 00:13:07 | 00:27:53.90 | 00:30:11.05 | 5:34 | 10.8 |
| 218 | KLAMBOROWSKA MAGDALENA | 589 | KB PACE WARSZAWA | WARSZAWA | POL | K 30 | 67 | K 219 | KB PACE WARSZAWA 2 | 00:12:44 | 00:27:54.30 | 00:29:34.70 | 5:34 | 10.8 |
| 219 | ZATORSKA AGNIESZKA | 1630 | KB PACE WARSZAWA | PRUSZKÓW | POL | K 20 | 31 | K 220 | KB PACE WARSZAWA 2 | 00:13:31 | 00:27:54.60 | 00:30:28.90 | 5:34 | 10.8 |
| 220 | SOKOŁOWSKA ANNA | 1311 | | WARSZAWA | POL | K 40 | 77 | K 221 | | 00:13:06 | 00:27:54.95 | 00:30:00.75 | 5:34 | 10.8 |
| 221 | WITKOWSKA MAGDA | 1552 | | WARSZAWA | POL | K 40 | 78 | K 222 | | 00:13:19 | 00:27:55.20 | 00:31:14.25 | 5:35 | 10.7 |
| 222 | APANOWICZ ANGELIKA | 31 | | WARSZAWA | POL | K 40 | 79 | K 223 | | 00:13:17 | 00:27:56.55 | 00:30:00.30 | 5:35 | 10.7 |
| 223 | SADŁOWSKA ALEKSANDRA | 1225 | | WARSZAWA | POL | K 20 | 32 | K 224 | | 00:13:04 | 00:27:57.00 | 00:31:01.15 | 5:35 | 10.7 |

BIEG URSYNOWA, K Open c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Drużyna 1 | 2.5km | Netto | Brutto | min/km | km/h |
|------|-------------------------|------|-----------------------|---------------------|------|------|--------|-------|-------------------------------------|----------|-------------|-------------|--------|------|
| 224 | PAŚNIK JOANNA | 1040 | JAĆWIEŻ | WARSZAWA | POL | K 40 | 80 | K 225 | | | 00:27:57.10 | 00:30:02.95 | 5:35 | 10.7 |
| 225 | ŻYWIŁOWSKA DOROTA | 1677 | BRAK | JÓZEFOSŁAW | POL | K 30 | 68 | K 226 | | 00:13:21 | 00:27:59.15 | 00:30:41.95 | 5:35 | 10.7 |
| 226 | ROSENBAUM OLGA | 1193 | | WARSZAWA | POL | K 30 | 69 | K 227 | | 00:13:09 | 00:27:59.60 | 00:30:10.75 | 5:35 | 10.7 |
| 227 | REGUŁA MAJA | 1175 | | WARSZAWA | POL | K 40 | 81 | K 228 | | 00:13:27 | 00:28:03.15 | 00:29:02.30 | 5:36 | 10.7 |
| 228 | CHRÓST PATRYCJA | 1756 | | WARSZAWA | POL | K 20 | 33 | K 229 | | 00:12:31 | 00:28:10.35 | 00:30:17.40 | 5:38 | 10.7 |
| 229 | MĘKARSKA MARTA | 895 | | WARSZAWA | POL | K 20 | 34 | K 230 | | 00:13:15 | 00:28:10.85 | 00:30:15.85 | 5:38 | 10.7 |
| 230 | DUDKIEWICZ KATARZYNA | 1779 | MAGO | GRODZISK MAZOWIECKI | POL | K 30 | 70 | K 231 | | 00:12:36 | 00:28:11.30 | 00:31:24.45 | 5:38 | 10.6 |
| 231 | POTOCZNA EWA | 1910 | | WARSZAWA | POL | K 30 | 71 | K 232 | | 00:12:36 | 00:28:11.30 | 00:31:24.45 | 5:38 | 10.6 |
| 232 | RADECKA ZOFIA | 2082 | | WARSZAWA | POL | K 12 | 2 | K 233 | | 00:13:16 | 00:28:12.75 | 00:31:51.90 | 5:38 | 10.6 |
| 233 | MĘDEL MARTA | 894 | | MARKI | POL | K 40 | 82 | K 234 | | 00:13:16 | 00:28:14.30 | 00:31:00.05 | 5:38 | 10.6 |
| 234 | LEGAN MARTYNA | 766 | CBRE | WARSZAWA | POL | K 30 | 72 | K 235 | | 00:13:26 | 00:28:16.75 | 00:31:04.95 | 5:39 | 10.6 |
| 235 | SMOLOKOWSKA IZA | 1298 | | WARSZAWA | POL | K 50 | 28 | K 236 | | 00:13:18 | 00:28:20.45 | 00:31:13.50 | 5:40 | 10.6 |
| 236 | WYSOCKA MAGDALENA | 1597 | | WARSZAWA | POL | K 30 | 73 | K 237 | | 00:13:04 | 00:28:20.65 | 00:30:20.80 | 5:40 | 10.6 |
| 237 | BOROWIŃSKA ALEKSANDRA | 102 | | WARSZAWA | POL | K 20 | 35 | K 238 | | 00:13:19 | 00:28:21.25 | 00:30:31.20 | 5:40 | 10.6 |
| 238 | GARGAS-MARUT MAŁGORZATA | 339 | PZU SPORT TEAM | JÓZEFOSŁAW | POL | K 40 | 83 | K 239 | | 00:13:10 | 00:28:22.35 | 00:30:30.70 | 5:40 | 10.6 |
| 239 | GÓRZYŃSKA ANNA | 395 | | WARSZAWA | POL | K 40 | 84 | K 240 | | 00:12:46 | 00:28:23.05 | 00:29:44.40 | 5:40 | 10.6 |
| 240 | SULEJ ANNA | 1367 | PZU SPORT TEAM | SIEDLCE | POL | K 30 | 74 | K 242 | | 00:13:10 | 00:28:23.10 | 00:30:31.85 | 5:40 | 10.6 |
| 241 | ADAMUS KATARZYNA | 17 | DECATHLON | PIASECZNO | POL | K 40 | 85 | K 243 | DECATHLON | 00:13:16 | 00:28:24.30 | 00:30:36.90 | 5:40 | 10.6 |
| 242 | HULANICKA IRINA | 440 | POLCARD FROM FISERV | WARSZAWA | POL | K 60 | 3 | K 244 | | 00:13:16 | 00:28:26.50 | 00:29:31.50 | 5:41 | 10.6 |
| 243 | LASZCZKA RENATA | 762 | ADIDAS RUNNERS WARSAW | WARSZAWA | POL | K 40 | 86 | K 245 | ADIDAS RUNNERS WARSAW | 00:13:21 | 00:28:27.45 | 00:30:42.80 | 5:41 | 10.5 |
| 244 | MISIORNY MAGDALENA | 911 | | WARSZAWA | POL | K 40 | 87 | K 246 | | 00:13:48 | 00:28:27.45 | 00:31:05.25 | 5:41 | 10.5 |
| 245 | GŁOWACKA PATRYCJA | 2026 | | WARSZAWA | POL | K 16 | 9 | K 247 | | 00:13:28 | 00:28:28.20 | 00:30:18.70 | 5:41 | 10.5 |
| 246 | SZEWczyk ZUZANNA | 2097 | | WARSZAWA | POL | K 16 | 10 | K 248 | | 00:13:28 | 00:28:28.30 | 00:30:18.65 | 5:41 | 10.5 |
| 247 | KUBASZCZYK AGNIESZKA | 714 | | WARSZAWA | POL | K 30 | 75 | K 249 | | 00:12:52 | 00:28:30.25 | 00:31:06.10 | 5:42 | 10.5 |
| 248 | BAGLAJ MAGDALENA | 40 | | WARSZAWA | POL | K 30 | 76 | K 250 | | 00:13:07 | 00:28:30.30 | 00:30:02.15 | 5:42 | 10.5 |
| 249 | ŚWIDERSKA DOROTA | 1430 | | WARSZAWA | POL | K 30 | 77 | K 251 | | 00:13:16 | 00:28:30.50 | 00:30:38.35 | 5:42 | 10.5 |
| 250 | ORDAK MAŁGORZATA | 1002 | | PRUSZKÓW | POL | K 30 | 78 | K 252 | | 00:13:34 | 00:28:31.00 | 00:31:17.35 | 5:42 | 10.5 |
| 251 | KONATOWICZ IWONA | 624 | ADIDAS RUNNERS WARSAW | JÓZEFOSŁAW | POL | K 40 | 88 | K 253 | ADIDAS RUNNERS WARSAW | 00:13:08 | 00:28:31.50 | 00:30:41.40 | 5:42 | 10.5 |
| 252 | KONKOWSKA JOANNA | 627 | TEAM ZABIEGANEDNI | WARSZAWA | POL | K 50 | 29 | K 254 | | 00:13:27 | 00:28:33.90 | 00:30:24.75 | 5:42 | 10.5 |
| 253 | PUDŁOWSKA IWONA | 1145 | | WARSZAWA | POL | K 30 | 79 | K 255 | | 00:13:12 | 00:28:35.35 | 00:29:52.20 | 5:43 | 10.5 |
| 254 | TALAJKO DOROTA | 1437 | | WARSZAWA | POL | K 40 | 89 | K 256 | | 00:13:18 | 00:28:36.90 | 00:29:12.80 | 5:43 | 10.5 |
| 255 | LASKUS ANNA | 761 | | WARSZAWA | POL | K 40 | 90 | K 257 | | 00:13:14 | 00:28:37.25 | 00:30:01.45 | 5:43 | 10.5 |
| 256 | SIWEK AGNIESZKA | 1266 | BIEGAJĄCE ZĄBKI | ZĄBKI | POL | K 30 | 80 | K 258 | | 00:12:54 | 00:28:40.70 | 00:31:09.90 | 5:44 | 10.5 |
| 257 | RUCYK JUSTYNA | 1203 | | WARSZAWA | POL | K 40 | 91 | K 259 | BIEGAM DOBRZE DLA FUNDACJI SYNOPSIS | 00:13:18 | 00:28:42.35 | 00:30:46.30 | 5:44 | 10.5 |
| 258 | GŁODOWSKA MARTA | 366 | ŻÓRAWSKI TEAM | WARSZAWA | POL | K 30 | 81 | K 260 | ŻÓRAWSKI TEAM | 00:13:57 | 00:28:43.40 | 00:31:29.70 | 5:44 | 10.4 |
| 259 | DOLATA EWA | 1777 | | KONSTANCIN-JEIORNA | POL | K 20 | 36 | K 261 | | 00:12:54 | 00:28:43.45 | 00:31:20.90 | 5:44 | 10.4 |
| 260 | GRZESZAK WERONIKA | 10 | - | - | POL | K 30 | 82 | K 262 | | 00:13:01 | 00:28:44.65 | 00:30:33.95 | 5:44 | 10.4 |
| 261 | KARCZEWSKA MARTA | 1873 | KS ATAK AGRYKOLA | WARSZAWA | POL | K 14 | 7 | K 263 | | 00:13:17 | 00:28:47.10 | 00:30:41.10 | 5:45 | 10.4 |
| 262 | URBAŃSKA-STANCIUK MARIA | 1495 | | WARSZAWA | POL | K 20 | 37 | K 264 | | 00:13:16 | 00:28:48.10 | 00:31:35.80 | 5:45 | 10.4 |
| 263 | WASILEWSKA MAŁGORZATA | 1979 | | KALISZKI | POL | K 40 | 92 | K 265 | | 00:13:17 | 00:28:49.50 | 00:31:50.15 | 5:45 | 10.4 |
| 264 | DOMŻAŁA KATARZYNA | 252 | TEAM ZABIEGANEDNI | KARCZEW | POL | K 20 | 38 | K 266 | | 00:12:34 | 00:28:49.70 | 00:30:36.25 | 5:45 | 10.4 |
| 265 | WIŚNIEWSKA MAGDALENA | 1548 | | WARSZAWA | POL | K 40 | 93 | K 267 | | 00:13:59 | 00:28:49.85 | 00:31:25.45 | 5:45 | 10.4 |
| 266 | KŁOPOCKA ANNA | 604 | | STRZENIÓWKA | POL | K 50 | 30 | K 268 | | 00:13:26 | 00:28:50.70 | 00:31:35.10 | 5:46 | 10.4 |
| 267 | OLKOWSKA ZOFIA | 995 | | GLINIANKA | POL | K 30 | 83 | K 269 | | 00:13:55 | 00:28:51.25 | 00:31:27.35 | 5:46 | 10.4 |
| 268 | SKRZYŃSKA EMILIA | 1279 | | ŁÓDŹ | POL | K 30 | 84 | K 270 | | 00:13:31 | 00:28:51.50 | 00:30:54.45 | 5:46 | 10.4 |
| 269 | KORYCKA KLAUDIA | 651 | | WARSZAWA | POL | K 20 | 39 | K 271 | | 00:12:48 | 00:28:51.85 | 00:30:34.55 | 5:46 | 10.4 |
| 270 | KRULAK GABRYŚIA | 2051 | KRULACZKI TEAM | WARSZAWA | POL | K 12 | 3 | K 272 | | 00:12:53 | 00:28:53.45 | 00:30:23.60 | 5:46 | 10.4 |
| 271 | SOBONSKA KATARZYNA | 1304 | CBRE | WARSZAWA | POL | K 30 | 85 | K 273 | | 00:13:44 | 00:28:55.20 | 00:31:38.70 | 5:47 | 10.4 |
| 272 | GRECZEK ANNA | 404 | | WARSZAWA | POL | K 30 | 86 | K 274 | | 00:13:27 | 00:28:55.70 | 00:31:41.85 | 5:47 | 10.4 |
| 273 | JODŁOWSKA ANNA | 493 | MYSZORY | 6 | POL | K 50 | 31 | K 275 | | 00:13:45 | 00:28:57.40 | 00:30:39.15 | 5:47 | 10.4 |
| 274 | BOGUSZ WERONIKA | 97 | | WARSZAWA | POL | K 20 | 40 | K 276 | | 00:13:12 | 00:28:58.00 | 00:31:07.15 | 5:47 | 10.4 |
| 275 | ŚWISTAK ANIA | 2100 | | WARSZAWA | POL | K 16 | 11 | K 277 | | 00:13:35 | 00:28:59.85 | 00:31:59.00 | 5:47 | 10.4 |
| 276 | SŁĄBA PAULINA | 1287 | | WARSZAWA | POL | K 30 | 87 | K 278 | | 00:13:46 | 00:29:00.20 | 00:31:59.90 | 5:48 | 10.3 |
| 277 | JANCIK KATARZYNA | 462 | | PRUSZKÓW | POL | K 30 | 88 | K 279 | | 00:13:14 | 00:29:00.30 | 00:30:37.05 | 5:48 | 10.3 |

BIEG URSYNOWA, K Open c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Drużyna 1 | 2.5km | Netto | Brutto | min/km | km/h |
|------|------------------------------|------|--------------------------------|---------------------|------|------|--------|-------|-------------------|----------|-------------|-------------|--------|------|
| 278 | ADAMCZYK JULIA | 13 | RUNS IN THE FAMILY | WARSZAWA | POL | K 20 | 41 | K 280 | | 00:13:59 | 00:29:01.95 | 00:31:10.50 | 5:48 | 10.3 |
| 279 | WASILEWSKA-CICHOPEK KAROLINA | 1510 | | WARSZAWA | POL | K 30 | 89 | K 281 | | 00:13:27 | 00:29:04.25 | 00:31:03.00 | 5:48 | 10.3 |
| 280 | SOKHAN OLENA | 1309 | | WARSZAWA | POL | K 20 | 42 | K 282 | ITMRUN | 00:12:58 | 00:29:04.55 | 00:30:24.50 | 5:48 | 10.3 |
| 281 | SAHAJDAK IWONA | 1230 | | WARSZAWA | POL | K 30 | 90 | K 283 | | 00:13:46 | 00:29:05.30 | 00:31:25.25 | 5:49 | 10.3 |
| 282 | SZYMAŃCZAK MAGDALENA | 1959 | | FORD CITY | USA | K 40 | 94 | K 284 | | 00:13:08 | 00:29:06.95 | 00:30:08.40 | 5:49 | 10.3 |
| 283 | MICOREK MAJA | 1859 | PARASPORTOWI | WARSZAWA | POL | K 20 | 43 | K 285 | PARASPORTOWI | 00:14:21 | 00:29:08.75 | 00:31:50.40 | 5:49 | 10.3 |
| 284 | STAŃCZAK DOMINIKA | 1335 | TEAM ZABIEGANEDNI | WARSZAWA | POL | K 40 | 95 | K 286 | TEAM ZABIEGANEDNI | 00:14:22 | 00:29:08.95 | 00:31:50.65 | 5:49 | 10.3 |
| 285 | KOWALSKA PAULINA | 673 | | KONSTANCIN-JEZIORNA | POL | K 40 | 96 | K 287 | | 00:13:19 | 00:29:09.35 | 00:30:35.30 | 5:49 | 10.3 |
| 286 | KRULAK MARZENA | 703 | KRULACZKI TEAM | WARSZAWA | POL | K 40 | 97 | K 288 | | 00:13:59 | 00:29:10.05 | 00:32:00.50 | 5:50 | 10.3 |
| 287 | WITEK LENA | 2106 | | STOKŁOSY | POL | K 16 | 12 | K 289 | | 00:13:49 | 00:29:10.40 | 00:31:21.60 | 5:50 | 10.3 |
| 288 | GROCHOWSKA MAGDALENA | 408 | | WARSZAWA | POL | K 30 | 91 | K 290 | | 00:14:22 | 00:29:10.90 | 00:31:32.35 | 5:50 | 10.3 |
| 289 | VIARBITSKAYA TATSIANA | 1500 | | WARSZAWA | POL | K 40 | 98 | K 291 | ITMRUN | 00:13:28 | 00:29:13.20 | 00:32:34.35 | 5:50 | 10.3 |
| 290 | HRYMAK ANKA | 437 | | WARSZAWA | POL | K 40 | 99 | K 292 | | 00:13:18 | 00:29:14.40 | 00:31:22.70 | 5:50 | 10.3 |
| 291 | KORNAUS JOANNA | 643 | | WARSZAWA | POL | K 30 | 92 | K 293 | | 00:14:02 | 00:29:14.45 | 00:32:16.80 | 5:50 | 10.3 |
| 292 | BIERNAT DOROTA | 81 | DMMM TEAM ŁÓDŹ | ŁÓDŹ | POL | K 60 | 4 | K 294 | | 00:13:57 | 00:29:14.55 | 00:31:23.25 | 5:50 | 10.3 |
| 293 | DUBEK ALEKSANDRA | 2021 | | WARSZAWA | POL | K 12 | 4 | K 295 | | 00:14:18 | 00:29:14.55 | 00:31:41.20 | 5:50 | 10.3 |
| 294 | PRZEWODOWSKA AGNIESZKA | 1134 | | WARSZAWA | POL | K 40 | 100 | K 296 | | 00:13:57 | 00:29:14.60 | 00:31:24.80 | 5:50 | 10.3 |
| 295 | CHRZANOWSKA MAŁGORZATA | 1758 | | WARSZAWA | POL | K 40 | 101 | K 297 | | 00:12:41 | 00:29:14.85 | 00:30:20.25 | 5:50 | 10.3 |
| 296 | SZEJTUS BEATA | 196 | | OTWOCK | POL | K 40 | 102 | K 298 | | 00:13:49 | 00:29:20.30 | 00:32:33.75 | 5:52 | 10.2 |
| 297 | WITEK DAGMARA | 1551 | | WARSZAWA | POL | K 40 | 103 | K 299 | | 00:13:48 | 00:29:20.75 | 00:31:32.25 | 5:52 | 10.2 |
| 298 | STĘPIEŃ SYLWIA | 1346 | | JÓZEFOSŁAW | POL | K 40 | 104 | K 300 | | 00:13:37 | 00:29:21.15 | 00:30:43.10 | 5:52 | 10.2 |
| 299 | ROSZCZYK KAMILA | 2084 | UKS G8 BIELANY | WARSZAWA | POL | K 12 | 5 | K 301 | | 00:14:19 | 00:29:21.15 | 00:31:58.20 | 5:52 | 10.2 |
| 300 | JASINOWSKA EMILIA | 475 | | MIĘDZYCHÓD | POL | K 70 | 2 | K 302 | | 00:13:29 | 00:29:21.90 | 00:30:59.65 | 5:52 | 10.2 |
| 301 | GŁOWACKA ELŻBIETA | 367 | TEAM ZABIEGANEDNI | WARSZAWA | POL | K 60 | 5 | K 303 | TEAM ZABIEGANEDNI | 00:10:24 | 00:29:22.60 | 00:30:00.00 | 5:52 | 10.2 |
| 302 | ULBIN KAROLINA | 1486 | | WARSZAWA | POL | K 20 | 44 | K 304 | | 00:13:22 | 00:29:23.20 | 00:31:31.55 | 5:52 | 10.2 |
| 303 | SZYMANEK ALEKSANDRA | 1410 | | WARSZAWA | POL | K 30 | 93 | K 305 | | 00:13:36 | 00:29:23.25 | 00:32:02.90 | 5:52 | 10.2 |
| 304 | DUBEK KATARZYNA | 263 | | WARSZAWA | POL | K 40 | 105 | K 306 | | 00:14:17 | 00:29:23.30 | 00:31:49.75 | 5:52 | 10.2 |
| 305 | SOŁOWIOW MARZENA | 1318 | | WARSZAWA | POL | K 40 | 106 | K 307 | | 00:14:02 | 00:29:23.85 | 00:32:03.40 | 5:52 | 10.2 |
| 306 | GRYGOWSKA BEATA | 415 | | JABŁONNA | POL | K 40 | 107 | K 308 | | 00:13:24 | 00:29:24.15 | 00:30:31.90 | 5:52 | 10.2 |
| 307 | KOWALSKA KINGA | 674 | KB PACE WARSZAWA | WARSZAWA | POL | K 40 | 108 | K 309 | KB PACE WARSZAWA | 00:13:59 | 00:29:25.85 | 00:31:51.40 | 5:53 | 10.2 |
| 308 | KUZNETSOVA SVITLANA | 749 | | WARSZAWA | POL | K 40 | 109 | K 310 | | 00:13:52 | 00:29:26.10 | 00:31:40.60 | 5:53 | 10.2 |
| 309 | MIKOSZA ANNA | 1702 | | WARSZAWA | POL | K 30 | 94 | K 311 | | 00:13:33 | 00:29:28.60 | 00:30:59.10 | 5:53 | 10.2 |
| 310 | LULA IZABELA | 1872 | RUN VEGAN | WARSZAWA | POL | K 14 | 8 | K 312 | | 00:15:37 | 00:29:28.70 | 00:32:34.00 | 5:53 | 10.2 |
| 311 | KOŁASZT ULA | 614 | RACEFIGHTER GOSIR DĘBE WIELKIE | STARA NIEDZIAŁKA | POL | K 16 | 13 | K 313 | | 00:13:54 | 00:29:28.95 | 00:31:29.55 | 5:53 | 10.2 |
| 312 | MADEJ JOANNA | 2057 | | WARSZAWA | POL | K 16 | 14 | K 314 | | 00:13:54 | 00:29:29.05 | 00:31:29.70 | 5:53 | 10.2 |
| 313 | KOŁAKOWSKA ANETA | 617 | | WARSZAWA | POL | K 30 | 95 | K 315 | | 00:13:34 | 00:29:30.90 | 00:30:23.00 | 5:54 | 10.2 |
| 314 | ŻURALSKA ALEKSANDRA | 2139 | | WARSZAWA | POL | K 40 | 110 | K 316 | | 00:13:20 | 00:29:31.60 | 00:30:51.25 | 5:54 | 10.2 |
| 315 | UŁANEK KAMILA | 1491 | | WARSZAWA | POL | K 40 | 111 | K 317 | | 00:13:59 | 00:29:33.15 | 00:32:07.30 | 5:54 | 10.2 |
| 316 | SZYMCAK AGNIESZKA | 1421 | | CELESTYNOW | POL | K 30 | 96 | K 318 | | 00:13:40 | 00:29:34.25 | 00:31:19.75 | 5:54 | 10.1 |
| 317 | CHMIELEWSKA JOANNA | 626 | | WARSZAWA | POL | K 20 | 45 | K 319 | | 00:14:03 | 00:29:36.00 | 00:32:23.60 | 5:55 | 10.1 |
| 318 | KACZOR RENATA | 515 | | WARSZAWA | POL | K 50 | 32 | K 320 | | 00:13:21 | 00:29:36.10 | 00:32:21.30 | 5:55 | 10.1 |
| 319 | KALINOWSKA ALEKSANDRA | 521 | | WARSZAWA | POL | K 30 | 97 | K 321 | | 00:14:04 | 00:29:36.45 | 00:32:23.60 | 5:55 | 10.1 |
| 320 | WINIARSKA-CZARNOTA KATARZYNA | 1543 | | WARSZAWA | POL | K 30 | 98 | K 322 | | 00:14:13 | 00:29:36.60 | 00:32:05.65 | 5:55 | 10.1 |
| 321 | KINGA BER | 586 | | WARSZAWA | POL | K 30 | 99 | K 323 | | 00:14:13 | 00:29:38.60 | 00:32:07.65 | 5:55 | 10.1 |
| 322 | GÓRECKA KATARZYNA | 1794 | | LESZNO | POL | K 40 | 112 | K 324 | | 00:13:26 | 00:29:38.95 | 00:30:52.25 | 5:55 | 10.1 |
| 323 | WÓJCIK MAŁGORZATA | 1736 | | GOŁDAP | POL | K 20 | 46 | K 325 | | 00:13:59 | 00:29:42.40 | 00:32:34.70 | 5:56 | 10.1 |
| 324 | JANCZEWSKA EWA | 463 | | WARSZAWA | POL | K 40 | 113 | K 326 | | 00:14:04 | 00:29:42.95 | 00:32:04.05 | 5:56 | 10.1 |
| 325 | BINDER MARTA | 84 | | KONSTANCIN-JEZIORNA | POL | K 40 | 114 | K 327 | | 00:14:12 | 00:29:43.20 | 00:32:40.80 | 5:56 | 10.1 |
| 326 | BRZĘCZEK IZABELA | 115 | | JÓZEFOSŁAW | POL | K 50 | 33 | K 328 | | 00:13:42 | 00:29:44.15 | 00:31:49.05 | 5:56 | 10.1 |
| 327 | PIEKARSKA GOSIA | 1065 | | WARSZAWA | POL | K 40 | 115 | K 329 | | 00:13:40 | 00:29:45.05 | 00:30:17.10 | 5:57 | 10.1 |
| 328 | ZUBRZYCKA ALEKSANDRA | 1657 | | FALENTY DUŻE | POL | K 30 | 100 | K 330 | | 00:13:52 | 00:29:45.50 | 00:32:26.55 | 5:57 | 10.1 |
| 329 | SKALSKA KAROLINA | 1267 | | WARSZAWA | POL | K 40 | 116 | K 331 | | 00:14:08 | 00:29:47.65 | 00:32:06.90 | 5:57 | 10.1 |
| 330 | MAŁEK KAROLINA | 843 | | WARSZAWA | POL | K 40 | 117 | K 332 | | 00:13:59 | 00:29:48.75 | 00:33:07.40 | 5:57 | 10.1 |
| 331 | LUKOWSKA HANNA | 791 | TEAM ZABIEGANEDNI | WARSZAWA | POL | K 60 | 6 | K 333 | | 00:14:05 | 00:29:51.05 | 00:32:26.05 | 5:58 | 10.1 |
| 332 | CHOŁUJ MICHALINA | 2010 | GÓRA BIEGA | TOMICZE | POL | K 14 | 9 | K 334 | GÓRA BIEGA | 00:14:25 | 00:29:51.70 | 00:32:29.35 | 5:58 | 10.1 |
| 333 | MADEJ WIKTORIA | 2058 | GÓRA BIEGA | GÓRA KALWARIA | POL | K 16 | 15 | K 335 | DRAGONFLIES | 00:14:24 | 00:29:52.65 | 00:32:30.95 | 5:58 | 10 |
| 334 | MAŁEK HANNA | 2060 | | WARSZAWA | POL | K 16 | 16 | K 336 | | 00:14:26 | 00:29:54.10 | 00:32:45.95 | 5:58 | 10 |

BIEG URSYNOWA, K Open c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Drużyna 1 | 2.5km | Netto | Brutto | min/km | km/h |
|------|----------------------|------|-------------------|---------------------|------|------|--------|-------|-------------------|----------|-------------|-------------|--------|------|
| 335 | DI FOLCO VERONICA | 237 | TI HEALTH CLUB | WARSZAWA | POL | K 40 | 118 | K 337 | TI HEALTH CLUB | 00:14:18 | 00:29:56.50 | 00:31:40.70 | 5:59 | 10 |
| 336 | MATYSIAK KRYSIA | 2063 | | WARSZAWA | POL | K 14 | 10 | K 338 | | 00:14:17 | 00:29:58.25 | 00:31:38.35 | 5:59 | 10 |
| 337 | PIOTROWSKA EWA | 1898 | | WARSZAWA | POL | K 40 | 119 | K 339 | | 00:13:28 | 00:29:58.85 | 00:30:03.90 | 5:59 | 10 |
| 338 | KORONA TATIANA | 647 | TEAM KARAŚ | WARSZAWA | POL | K 50 | 34 | K 340 | TEAM KARAŚ | 00:14:22 | 00:29:58.85 | 00:32:43.50 | 5:59 | 10 |
| 339 | JUŚKO ELWIRA | 509 | KWADRANS TEAM | OSTROWIEC ŚW | POL | K 40 | 120 | K 341 | | 00:13:54 | 00:30:01.70 | 00:32:12.45 | 6:00 | 10 |
| 340 | BRZOZOWSKA MAGDALENA | 117 | BIEGUSTATORZY | WARSZAWA | POL | K 40 | 121 | K 342 | | 00:14:00 | 00:30:04.35 | 00:32:38.05 | 6:00 | 10 |
| 341 | INCI MARTA | 442 | | WARSZAWA | POL | K 40 | 122 | K 343 | | 00:13:47 | 00:30:05.85 | 00:32:57.60 | 6:01 | 10 |
| 342 | FIL TETIANA | 305 | | WARSZAWA | POL | K 16 | 17 | K 344 | | 00:13:12 | 00:30:09.40 | 00:30:20.40 | 6:01 | 10 |
| 343 | LAMPARSKA PATRYCJA | 758 | | WARSZAWA | POL | K 30 | 101 | K 345 | | 00:14:28 | 00:30:09.50 | 00:32:35.50 | 6:01 | 10 |
| 344 | LASZUK KATARZYNA | 1699 | | WARSZAWA | POL | K 40 | 123 | K 346 | | 00:14:12 | 00:30:10.50 | 00:32:29.60 | 6:02 | 9.9 |
| 345 | ZAWICKA ANGELINA | 1636 | | MARKI | POL | K 40 | 124 | K 347 | | 00:14:47 | 00:30:10.75 | 00:32:32.35 | 6:02 | 9.9 |
| 346 | KUSIŃSKA DOROTA | 1683 | | WARSZAWA | POL | K 30 | 102 | K 348 | | 00:14:11 | 00:30:10.80 | 00:32:29.75 | 6:02 | 9.9 |
| 347 | BALCERZAK KAROLINA | 42 | | WARSZAWA | POL | K 20 | 47 | K 349 | | 00:13:57 | 00:30:11.10 | 00:31:44.95 | 6:02 | 9.9 |
| 348 | MOLSA NATALIA | 921 | | WARSZAWA | POL | K 30 | 103 | K 350 | | 00:14:28 | 00:30:11.70 | 00:32:51.85 | 6:02 | 9.9 |
| 349 | SKOMOROWSKA MONIKA | 1275 | | WARSZAWA | POL | K 40 | 125 | K 351 | | 00:13:40 | 00:30:14.60 | 00:31:37.35 | 6:02 | 9.9 |
| 350 | SZAJEWSKA AGNIESZKA | 1381 | TEAM ZABIEGANEDNI | WARSZAWA | POL | K 40 | 126 | K 352 | TEAM ZABIEGANEDNI | 00:14:04 | 00:30:15.35 | 00:32:38.15 | 6:03 | 9.9 |
| 351 | TORZEWSKA AGNIESZKA | 1456 | BEMOWO BIEGA | WARSZAWA | POL | K 40 | 127 | K 353 | | 00:13:57 | 00:30:15.90 | 00:32:31.05 | 6:03 | 9.9 |
| 352 | BROZE OLIWIA | 114 | | WARSZAWA | POL | K 16 | 18 | K 354 | | 00:13:41 | 00:30:16.60 | 00:32:56.10 | 6:03 | 9.9 |
| 353 | KOZŁOWSKA SYLWIA | 684 | | WARSZAWA | POL | K 20 | 48 | K 355 | | 00:14:05 | 00:30:17.60 | 00:33:06.10 | 6:03 | 9.9 |
| 354 | STOŁECKA PAULINA | 1946 | | WARSZAWA | POL | K 30 | 104 | K 356 | | 00:13:21 | 00:30:18.10 | 00:32:50.15 | 6:03 | 9.9 |
| 355 | GAŁADYK JOANNA | 334 | B&B | GDYNIA | POL | K 30 | 105 | K 357 | | 00:14:22 | 00:30:18.20 | 00:32:37.25 | 6:03 | 9.9 |
| 356 | BUREK KASIA | 139 | | WARSZAWA | POL | K 40 | 128 | K 358 | | 00:14:10 | 00:30:19.55 | 00:32:25.05 | 6:03 | 9.9 |
| 357 | BARAŃSKA DANUTA | 1739 | | WARSZAWA | POL | K 50 | 35 | K 359 | | 00:14:14 | 00:30:19.60 | 00:32:42.85 | 6:03 | 9.9 |
| 358 | GOSIEWSKA RENATA | 386 | | WARSZAWA | POL | K 50 | 36 | K 360 | | 00:13:39 | 00:30:27.25 | 00:32:35.70 | 6:05 | 9.9 |
| 359 | CHOROŚ SYLWIA | 170 | | WARSZAWA | POL | K 30 | 106 | K 361 | | 00:14:17 | 00:30:28.00 | 00:32:38.20 | 6:05 | 9.8 |
| 360 | POGOCKA ALICJA | 2078 | | WARSZAWA | POL | K 14 | 11 | K 362 | | 00:14:36 | 00:30:28.95 | 00:32:54.10 | 6:05 | 9.8 |
| 361 | KOWALIK MARTA | 1826 | | NARUSZEWO | POL | K 20 | 49 | K 363 | | 00:13:31 | 00:30:31.45 | 00:31:08.75 | 6:06 | 9.8 |
| 362 | MALICZOWSKA EWA | 836 | | WARSZAWA | POL | K 30 | 107 | K 364 | | 00:13:34 | 00:30:31.80 | 00:33:05.60 | 6:06 | 9.8 |
| 363 | TROJANOWSKA NINA | 1968 | ADIDAS RUNNERS | WARSZAWA | POL | K 20 | 50 | K 365 | | 00:14:10 | 00:30:32.40 | 00:33:22.60 | 6:06 | 9.8 |
| 364 | GONTAREK EMANUELA | 1793 | | WARSZAWA | POL | K 20 | 51 | K 366 | | 00:14:02 | 00:30:33.40 | 00:31:58.50 | 6:06 | 9.8 |
| 365 | WŁODARCZYK AGNIESZKA | 1559 | | KONSTANCIN-JEZIORNA | POL | K 30 | 108 | K 367 | | 00:14:14 | 00:30:33.60 | 00:33:30.45 | 6:06 | 9.8 |
| 366 | LIPIŃSKA ADRIANNA | 786 | | WARSZAWA | POL | K 20 | 52 | K 368 | | 00:15:01 | 00:30:34.35 | 00:33:51.70 | 6:06 | 9.8 |
| 367 | ARCHACKA IWONA | 35 | | WARSZAWA | POL | K 30 | 109 | K 369 | | 00:14:03 | 00:30:35.40 | 00:33:38.40 | 6:07 | 9.8 |
| 368 | WOLAK KATARZYNA | 1574 | | OPACZ-KOLONIA | POL | K 30 | 110 | K 370 | CBRE | 00:14:01 | 00:30:38.85 | 00:33:46.40 | 6:07 | 9.8 |
| 369 | TRYBULEC JUSTYNA | 1470 | | WARSZAWA | POL | K 30 | 111 | K 371 | | 00:14:10 | 00:30:39.10 | 00:31:28.95 | 6:07 | 9.8 |
| 370 | CHOŁUJ MARTA | 167 | | WARSZAWA | POL | K 30 | 112 | K 372 | | 00:14:15 | 00:30:41.85 | 00:33:12.10 | 6:08 | 9.8 |
| 371 | GRECKA ANNA | 402 | | CHYLICZKI | POL | K 30 | 113 | K 373 | | 00:13:59 | 00:30:44.10 | 00:32:05.55 | 6:08 | 9.8 |
| 372 | FALACIŃSKA MONIKA | 294 | | WARSZAWA | POL | K 40 | 129 | K 374 | | 00:14:42 | 00:30:46.70 | 00:33:55.30 | 6:09 | 9.8 |
| 373 | LISZEWSKA DOMINIKA | 1843 | | WARSZAWA | POL | K 40 | 130 | K 375 | | 00:14:46 | 00:30:47.25 | 00:33:25.90 | 6:09 | 9.7 |
| 374 | DUSIŃSKA DOMINIKA | 271 | | WARSZAWA | POL | K 20 | 53 | K 376 | | 00:13:58 | 00:30:49.75 | 00:33:27.40 | 6:09 | 9.7 |
| 375 | TYRANKIEWICZ KAMILA | 1484 | | WARSZAWA | POL | K 40 | 131 | K 377 | | 00:14:19 | 00:30:50.65 | 00:32:14.85 | 6:10 | 9.7 |
| 376 | DRÓDZ RENATA | 260 | | WARSZAWA | POL | K 40 | 132 | K 378 | | 00:14:22 | 00:30:51.10 | 00:32:47.80 | 6:10 | 9.7 |
| 377 | MATUSIAK ANNA | 878 | | CHOTOMÓW | POL | K 30 | 114 | K 379 | | 00:14:27 | 00:30:53.40 | 00:33:36.50 | 6:10 | 9.7 |
| 378 | PURZYCKA DOMINIKA | 1147 | | WARSZAWA | POL | K 20 | 54 | K 380 | | 00:15:07 | 00:30:56.00 | 00:33:11.65 | 6:11 | 9.7 |
| 379 | WIĘCKOWSKA VIOLETTA | 1535 | KS START PUŁASKI | WARKA | POL | K 50 | 37 | K 381 | | 00:14:34 | 00:30:58.80 | 00:33:47.00 | 6:11 | 9.7 |
| 380 | ZAWADKA AGNIESZKA | 1632 | | STARE BABICE | POL | K 50 | 38 | K 382 | | 00:14:43 | 00:30:59.05 | 00:34:07.10 | 6:11 | 9.7 |
| 381 | STEFAŃSKA JOANNA | 1341 | | WARSZAWA | POL | K 40 | 133 | K 383 | | 00:14:02 | 00:30:59.60 | 00:33:52.80 | 6:11 | 9.7 |
| 382 | GIERKOWSKA AGNIESZKA | 356 | | WARSZAWA | POL | K 40 | 134 | K 384 | | 00:13:41 | 00:31:00.10 | 00:33:51.55 | 6:12 | 9.7 |
| 383 | CIEŚLAK ADRIANA | 185 | | GRÓJEC | POL | K 30 | 115 | K 385 | | 00:14:14 | 00:31:01.35 | 00:33:39.10 | 6:12 | 9.7 |
| 384 | KOBUS KARINA | 610 | | PIASECZNO | POL | K 20 | 55 | K 386 | | 00:14:38 | 00:31:03.45 | 00:33:49.70 | 6:12 | 9.7 |
| 385 | JACHEĆ KORNELA | 448 | | WARSZAWA | POL | K 20 | 56 | K 387 | | 00:14:43 | 00:31:06.35 | 00:34:05.05 | 6:13 | 9.6 |
| 386 | SMOLEŃSKA MAŁGORZATA | 1294 | | WARSZAWA | POL | K 40 | 135 | K 388 | | 00:13:50 | 00:31:11.25 | 00:33:57.85 | 6:14 | 9.6 |
| 387 | ORZECHOWSKA KAROLINA | 1005 | | PIASECZNO | POL | K 40 | 136 | K 389 | | 00:14:43 | 00:31:14.85 | 00:34:08.85 | 6:14 | 9.6 |
| 388 | PLUTA MONIKA | 1093 | | SULEJÓWEK | POL | K 30 | 116 | K 390 | | 00:13:54 | 00:31:15.05 | 00:34:04.15 | 6:15 | 9.6 |
| 389 | KUDŁAK MONIKA | 730 | GUTEK TEAM | RUĐA | POL | K 50 | 39 | K 391 | | 00:14:08 | 00:31:15.60 | 00:34:03.10 | 6:15 | 9.6 |
| 390 | DZIEDZIC EWA | 282 | TEAM ZABIEGANEDNI | DZIEHCINIEC | POL | K 50 | 40 | K 392 | TEAM ZABIEGANEDNI | 00:14:16 | 00:31:15.70 | 00:33:13.65 | 6:15 | 9.6 |
| 391 | ŚMIERCIAK KASIA | 1429 | | WARSZAWA | POL | K 30 | 117 | K 393 | | 00:14:45 | 00:31:16.10 | 00:33:44.25 | 6:15 | 9.6 |

BIEG URSYNOWA, K Open c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Drużyna 1 | 2.5km | Netto | Brutto | min/km | km/h |
|------|--------------------------------|------|---------------------------|----------------|------|------|--------|-------|------------------|----------|-------------|-------------|--------|------|
| 392 | GIL ELŻBIETA | 1789 | | WARSZAWA | POL | K 40 | 137 | K 394 | | 00:13:49 | 00:31:18.15 | 00:33:15.50 | 6:15 | 9.6 |
| 393 | MIKULSKA SYLWIA | 905 | | WARSZAWA | POL | K 40 | 138 | K 395 | | 00:13:43 | 00:31:22.85 | 00:33:51.65 | 6:16 | 9.6 |
| 394 | LIPKA-ZALEWSKA GRAŻYNA | 1842 | | JULIANÓW | POL | K 50 | 41 | K 396 | | 00:15:14 | 00:31:23.70 | 00:34:17.10 | 6:16 | 9.6 |
| 395 | WINIARZ NATALIA | 1544 | | WARSZAWA | POL | K 30 | 118 | K 397 | | 00:14:48 | 00:31:24.90 | 00:34:00.50 | 6:16 | 9.6 |
| 396 | KARŁOWICZ ANNA | 547 | PARTIA WOLNYCH BIEGACZY | WARSZAWA | POL | K 70 | 3 | K 398 | | 00:14:27 | 00:31:25.45 | 00:34:16.50 | 6:17 | 9.5 |
| 397 | MODZELEWSKA-SOKÓŁ BARBARA | 918 | | WARSZAWA | POL | K 60 | 7 | K 399 | | 00:14:12 | 00:31:26.70 | 00:32:27.80 | 6:17 | 9.5 |
| 398 | JAGLIŃSKA ANNA | 451 | | WARSZAWA | POL | K 40 | 139 | K 400 | | 00:14:00 | 00:31:26.95 | 00:34:03.50 | 6:17 | 9.5 |
| 399 | BIDZIŃSKA ALICJA | 72 | | WARSZAWA | POL | K 30 | 119 | K 401 | | 00:14:39 | 00:31:27.20 | 00:34:11.35 | 6:17 | 9.5 |
| 400 | KOŁPACZYŃSKA ANNA | 1728 | | WARSZAWA | POL | K 30 | 120 | K 402 | | 00:14:10 | 00:31:27.25 | 00:33:33.55 | 6:17 | 9.5 |
| 401 | KOWALCZYK KAMILA | 1825 | | WARSZAWA | POL | K 30 | 121 | K 403 | | 00:14:16 | 00:31:27.70 | 00:32:51.00 | 6:17 | 9.5 |
| 402 | STOLARSKA DANUTA | 1350 | PARKRUN SŁODOWO WŁOCLAWEK | WŁOCLAWEK | POL | K 60 | 8 | K 404 | | 00:14:43 | 00:31:27.95 | 00:34:15.95 | 6:17 | 9.5 |
| 403 | JANEK KATARZYNA | 464 | KATAREK | WARSZAWA | AFG | K 30 | 122 | K 405 | | 00:14:32 | 00:31:29.65 | 00:33:35.60 | 6:17 | 9.5 |
| 404 | HERNIK WERONIKA | 428 | | GRÓJEC | POL | K 30 | 123 | K 406 | | 00:14:28 | 00:31:30.10 | 00:33:41.15 | 6:18 | 9.5 |
| 405 | JAROSIŃSKA ANNA | 471 | | GÓRA KALWARIA | POL | K 30 | 124 | K 407 | | 00:14:14 | 00:31:31.05 | 00:33:55.60 | 6:18 | 9.5 |
| 406 | KARTOWICZ ALDONA | 1149 | | WARSZAWA | POL | K 30 | 125 | K 408 | | 00:14:25 | 00:31:34.80 | 00:34:09.65 | 6:18 | 9.5 |
| 407 | ZAMIELA EWA | 1621 | | WARSZAWA | POL | K 50 | 42 | K 409 | | 00:14:56 | 00:31:36.65 | 00:32:46.60 | 6:19 | 9.5 |
| 408 | LAZAREVA SVETLANA | 1711 | | WARY | AFG | K 40 | 140 | K 410 | | 00:14:49 | 00:31:37.70 | 00:34:00.60 | 6:19 | 9.5 |
| 409 | MITURA ANNA | 915 | | WARSZAWA | POL | K 40 | 141 | K 411 | | 00:14:34 | 00:31:37.75 | 00:34:22.70 | 6:19 | 9.5 |
| 410 | BUSZMAN ZUZANNA | 142 | | WARSZAWA | POL | K 20 | 57 | K 412 | | 00:15:10 | 00:31:38.30 | 00:34:45.25 | 6:19 | 9.5 |
| 411 | KACZMARSKA ALICJA | 514 | TI HEALTH CLUB | WARSZAWA | POL | K 40 | 142 | K 413 | TI HEALTH CLUB | 00:14:47 | 00:31:38.90 | 00:33:46.05 | 6:19 | 9.5 |
| 412 | OLSZEWSKA KATARZYNA BERNADETTA | 2147 | | - | POL | K 40 | 143 | K 414 | | 00:15:26 | 00:31:40.75 | 00:34:43.75 | 6:20 | 9.5 |
| 413 | BEDNARSKA LIWIA | 1745 | | WARSZAWA | POL | K 30 | 126 | K 415 | | 00:14:53 | 00:31:41.70 | 00:31:57.40 | 6:20 | 9.5 |
| 414 | SZATKOWSKA MARTA | 1385 | | WARSZAWA | POL | K 20 | 58 | K 416 | | 00:14:14 | 00:31:42.45 | 00:33:58.70 | 6:20 | 9.5 |
| 415 | ŻÓŁTOWSKA DOMINIKA | 1669 | NAPRZÓD WŁOCINY | WARSZAWA | POL | K 40 | 144 | K 417 | | 00:14:14 | 00:31:43.70 | 00:34:01.60 | 6:20 | 9.5 |
| 416 | ORZOŁ SYLWIA | 147 | | WARSZAWA | POL | K 30 | 127 | K 418 | | 00:14:22 | 00:31:51.95 | 00:34:07.55 | 6:22 | 9.4 |
| 417 | HAWRYLUK EMILIA | 2032 | | WARSZAWA | POL | K 16 | 19 | K 419 | | 00:15:02 | 00:31:52.05 | 00:35:13.80 | 6:22 | 9.4 |
| 418 | LIPIEC KAZIMIERA | 785 | | WARSZAWA | POL | K 40 | 145 | K 420 | | 00:14:19 | 00:31:53.75 | 00:35:04.85 | 6:22 | 9.4 |
| 419 | BALCERZAK MONIKA | 43 | | WARSZAWA | POL | K 40 | 146 | K 421 | | 00:14:04 | 00:31:54.80 | 00:33:28.80 | 6:22 | 9.4 |
| 420 | FERLAS HELENA | 2023 | | JÓZEFOSŁAW | POL | K 12 | 6 | K 422 | | 00:15:20 | 00:31:56.65 | 00:34:52.70 | 6:23 | 9.4 |
| 421 | MICHAŁEK-PENDOWSKA BARBARA | 900 | | WARSZAWA | POL | K 40 | 147 | K 423 | | 00:14:46 | 00:31:58.70 | 00:33:53.20 | 6:23 | 9.4 |
| 422 | FATLA KATARZYNA | 298 | | WARSZAWA | POL | K 30 | 128 | K 424 | AKTYWNA WARSZAWA | 00:14:52 | 00:32:02.70 | 00:34:17.70 | 6:24 | 9.4 |
| 423 | SURMACZ IZA | 1370 | POLINEZJA | WARSZAWA | POL | K 20 | 59 | K 425 | | 00:14:26 | 00:32:10.45 | 00:34:57.90 | 6:26 | 9.3 |
| 424 | ANGERHOFER MONIKA | 26 | | WARSZAWA | POL | K 30 | 129 | K 426 | | 00:16:00 | 00:32:11.30 | 00:35:17.05 | 6:26 | 9.3 |
| 425 | WOŹNIAK KATARZYNA | 1585 | | PIASECZNO | POL | K 50 | 43 | K 427 | | 00:14:19 | 00:32:12.45 | 00:34:49.65 | 6:26 | 9.3 |
| 426 | STĘPŃIAK JULIA | 1878 | | ZIELONKA | POL | K 16 | 20 | K 428 | | 00:14:56 | 00:32:13.65 | 00:35:24.40 | 6:26 | 9.3 |
| 427 | GRZESZAK DANUTA | 9 | | MOGILNO | POL | K 70 | 4 | K 429 | | 00:15:05 | 00:32:20.60 | 00:35:00.15 | 6:28 | 9.3 |
| 428 | FONGANG ALEKSANDRA | 315 | | WARSZAWA | POL | K 40 | 148 | K 430 | | 00:15:14 | 00:32:25.50 | 00:35:16.40 | 6:29 | 9.3 |
| 429 | ULMA KLAUDIA | 1490 | | WARSZAWA | POL | K 20 | 60 | K 431 | | 00:15:20 | 00:32:26.85 | 00:35:25.10 | 6:29 | 9.2 |
| 430 | MATYSZCZAK MONIKA | 882 | KENKO | WARSZAWA | POL | K 40 | 149 | K 432 | | 00:15:48 | 00:32:32.90 | 00:35:32.35 | 6:30 | 9.2 |
| 431 | GAŚSIOROWSKA DOROTA | 347 | | WARSZAWA | POL | K 50 | 44 | K 433 | | 00:16:08 | 00:32:33.10 | 00:36:00.75 | 6:30 | 9.2 |
| 432 | SKARZYŃSKA KATARZYNA | 1269 | | WARSZAWA | POL | K 40 | 150 | K 434 | | 00:15:48 | 00:32:34.95 | 00:35:40.35 | 6:30 | 9.2 |
| 433 | SHIPOVSKAYA LARISA | 1242 | | WARSZAWA | POL | K 50 | 45 | K 435 | | 00:15:02 | 00:32:35.15 | 00:35:27.20 | 6:31 | 9.2 |
| 434 | KALMAN ANITA | 528 | | WARSZAWA | POL | K 40 | 151 | K 436 | | 00:15:27 | 00:32:36.10 | 00:35:30.70 | 6:31 | 9.2 |
| 435 | SZAFRAN BEATA | 1380 | PUMPIT | MARKÓW ŚWINICE | POL | K 40 | 152 | K 437 | | 00:15:20 | 00:32:38.25 | 00:33:50.20 | 6:31 | 9.2 |
| 436 | MUZYKA POLINA | 941 | | WARSZAWA | UKR | K 16 | 21 | K 438 | | 00:14:27 | 00:32:38.55 | 00:34:16.80 | 6:31 | 9.2 |
| 437 | GŁADECKA MARZENA | 363 | GÓRA BIEGA | BANIOCHA | POL | K 40 | 153 | K 439 | GÓRA BIEGA | 00:14:34 | 00:32:38.80 | 00:35:27.45 | 6:31 | 9.2 |
| 438 | ROBACZEWSKA MARTA | 1184 | | WARSZAWA | POL | K 30 | 130 | K 440 | | 00:15:24 | 00:32:41.25 | 00:35:39.10 | 6:32 | 9.2 |
| 439 | STRZELCZYK OLGA | 1358 | | WARSZAWA | POL | K 40 | 154 | K 441 | | 00:14:53 | 00:32:43.15 | 00:35:08.55 | 6:32 | 9.2 |
| 440 | KRAWCZAK ANGELIKA | 691 | | WARSZAWA | POL | K 30 | 131 | K 442 | | 00:15:20 | 00:32:44.95 | 00:35:47.50 | 6:32 | 9.2 |
| 441 | MODRZEJEWSKA ANNA | 1866 | | WARSZAWA | POL | K 40 | 155 | K 443 | | 00:13:51 | 00:32:45.55 | 00:34:50.45 | 6:33 | 9.2 |
| 442 | NASIEROWSKA-SAS MARTYNA | 951 | | WARSZAWA | POL | K 30 | 132 | K 444 | | 00:14:39 | 00:32:48.50 | 00:35:11.30 | 6:33 | 9.1 |
| 443 | KWAPISIEWICZ KATARZYNA | 751 | | WARSZAWA | POL | K 40 | 156 | K 445 | | 00:15:21 | 00:32:49.60 | 00:35:52.05 | 6:33 | 9.1 |
| 444 | REGIMOWICZ TAMARA | 1171 | NEW BALANCE RUN CLUB | WARSZAWA | POL | K 30 | 133 | K 446 | | 00:14:25 | 00:32:49.70 | 00:34:53.80 | 6:33 | 9.1 |
| 445 | KASPRZAK EWELINA | 558 | | WARSZAWA | POL | K 30 | 134 | K 447 | | 00:14:30 | 00:32:55.70 | 00:35:47.20 | 6:35 | 9.1 |
| 446 | MIERZWICKA KAROLINA | 2066 | | WARSZAWA | POL | K 12 | 7 | K 448 | | 00:14:45 | 00:32:56.10 | 00:36:08.65 | 6:35 | 9.1 |
| 447 | MYŚLIBORSKA OLGA | 943 | | WARSZAWA | POL | K 40 | 157 | K 449 | | 00:15:03 | 00:32:56.75 | 00:34:16.75 | 6:35 | 9.1 |
| 448 | WALAS ZUZANNA | 1504 | | MAGDALENKA | POL | K 30 | 135 | K 450 | | 00:15:31 | 00:32:57.25 | 00:36:24.05 | 6:35 | 9.1 |

BIEG URSYNOWA, K Open c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Drużyna 1 | 2.5km | Netto | Brutto | min/km | km/h |
|------|---------------------------|------|-------------------|--------------------|------|------|--------|-------|------------------|----------|-------------|-------------|--------|------|
| 449 | GAŹOWSKA AGNIESZKA | 350 | | WARSZAWA | POL | K 30 | 136 | K 451 | | 00:14:22 | 00:32:57.50 | 00:35:33.90 | 6:35 | 9.1 |
| 450 | PYLYPENKO IRYNA | 1150 | CBRE | WARSZAWA | POL | K 30 | 137 | K 452 | | 00:15:10 | 00:32:58.95 | 00:35:55.95 | 6:35 | 9.1 |
| 451 | PERKOŁUP PAULINA | 1051 | | WARSZAWA | POL | K 30 | 138 | K 453 | | 00:15:20 | 00:32:59.50 | 00:35:57.30 | 6:35 | 9.1 |
| 452 | GRZYBEK MARTA | 420 | | WARSZAWA | POL | K 20 | 61 | K 454 | | 00:14:43 | 00:32:59.65 | 00:35:14.30 | 6:35 | 9.1 |
| 453 | BIBRZYCKA - DĘBSKA MAGDA | 71 | | ZAMENIE | POL | K 30 | 139 | K 455 | | 00:16:00 | 00:33:03.75 | 00:36:09.45 | 6:36 | 9.1 |
| 454 | KUBIAK JULIA | 1874 | | WARSAW | POL | K 16 | 22 | K 456 | | 00:14:37 | 00:33:05.45 | 00:34:29.65 | 6:37 | 9.1 |
| 455 | KORYCIŃSKA MARIOLA | 649 | | WARSZAWA | POL | K 30 | 140 | K 457 | | 00:14:28 | 00:33:08.20 | 00:34:48.65 | 6:37 | 9.1 |
| 456 | WŁODARCZYK EULALIA | 1558 | | WARSZAWA | POL | K 40 | 158 | K 458 | | 00:15:58 | 00:33:08.85 | 00:36:28.70 | 6:37 | 9.1 |
| 457 | BRODZIK MAŁGOSIA | 111 | | WARSZAWA | POL | K 40 | 159 | K 459 | | 00:14:48 | 00:33:14.45 | 00:35:28.90 | 6:38 | 9 |
| 458 | KILJAŃSKA ANNA | 582 | | WARSZAWA | POL | K 20 | 62 | K 460 | | 00:14:28 | 00:33:16.20 | 00:35:46.90 | 6:39 | 9 |
| 459 | ŻELAZKO JOANNA | 2133 | | WARSZAWA | POL | K 40 | 160 | K 461 | | 00:14:35 | 00:33:21.80 | 00:35:21.50 | 6:40 | 9 |
| 460 | KAIM-MIERZWICKA KATARZYNA | 517 | | WARSZAWA | POL | K 40 | 161 | K 462 | | 00:15:12 | 00:33:23.15 | 00:36:08.60 | 6:40 | 9 |
| 461 | MORAWSKA IRMINA | 924 | | WARSZAWA | POL | K 20 | 63 | K 463 | | 00:15:45 | 00:33:23.20 | 00:36:22.80 | 6:40 | 9 |
| 462 | ZALEWSKA AGNIESZKA | 1618 | | WARSZAWA | POL | K 40 | 162 | K 464 | | 00:15:01 | 00:33:31.80 | 00:33:42.90 | 6:42 | 9 |
| 463 | BUDEK EWA | 123 | | WARSZAWA | POL | K 40 | 163 | K 465 | | 00:14:54 | 00:33:32.40 | 00:36:11.40 | 6:42 | 8.9 |
| 464 | GAJDUK ILONA | 331 | | WROCLAW | POL | K 30 | 141 | K 466 | | 00:16:26 | 00:33:34.30 | 00:36:53.80 | 6:42 | 8.9 |
| 465 | FILIPCZYK HANNA | 306 | | WARSZAWA | POL | K 40 | 164 | K 467 | PRACUJĄCA TRÓJKA | 00:15:53 | 00:33:34.60 | 00:36:24.75 | 6:42 | 8.9 |
| 466 | CHRZANOWSKA AGNIESZKA | 1759 | | WARSZAWA | POL | K 30 | 142 | K 468 | | 00:16:27 | 00:33:34.70 | 00:36:53.90 | 6:42 | 8.9 |
| 467 | CHROMIŃSKA KLARA | 173 | | WARSZAWA | POL | K 20 | 64 | K 469 | | 00:15:54 | 00:33:35.75 | 00:37:07.55 | 6:43 | 8.9 |
| 468 | JARZĄBEK PAULINA | 2034 | MKS MECHANIK | WŁODAWA | POL | K 16 | 23 | K 470 | | 00:13:32 | 00:33:36.45 | 00:34:56.25 | 6:43 | 8.9 |
| 469 | MIERZYŃSKA ROKSANA | 903 | CBRE | WARSZAWA | POL | K 20 | 65 | K 471 | | 00:15:53 | 00:33:38.25 | 00:36:46.45 | 6:43 | 8.9 |
| 470 | KOWALIK ALICJA | 671 | CBRE | WARSZAWA | POL | K 30 | 143 | K 472 | CBRE | 00:15:47 | 00:33:38.70 | 00:37:17.90 | 6:43 | 8.9 |
| 471 | WÓJCICKA AGNIESZKA | 1995 | GÓRA BIEGA | KĄTY | POL | K 30 | 144 | K 473 | | 00:14:58 | 00:33:38.85 | 00:35:51.05 | 6:43 | 8.9 |
| 472 | SKROJNA ANNA | 1932 | RUN CZARNÓW | CZARNÓW | POL | K 30 | 145 | K 474 | | 00:15:13 | 00:33:40.40 | 00:35:58.10 | 6:44 | 8.9 |
| 473 | STASIAK JOANNA | 1337 | | MYSIADŁO | POL | K 40 | 165 | K 475 | | 00:16:16 | 00:33:40.70 | 00:36:45.65 | 6:44 | 8.9 |
| 474 | KILIAN MONIKA | 1815 | | MYSIADŁO | POL | K 40 | 166 | K 476 | | 00:16:16 | 00:33:41.05 | 00:36:45.95 | 6:44 | 8.9 |
| 475 | JAKUBICKA JOANNA | 457 | TEAM ZABIEGANEDNI | WARSZAWA | POL | K 30 | 146 | K 477 | | 00:15:08 | 00:33:44.55 | 00:36:56.15 | 6:44 | 8.9 |
| 476 | TYSZKA SYLWIA | 1485 | | WARSZAWA | POL | K 40 | 167 | K 478 | | 00:15:33 | 00:33:48.20 | 00:35:44.50 | 6:45 | 8.9 |
| 477 | KALOGEROPOULOU EVGENIA | 529 | | WARSZAWA | GRE | K 30 | 147 | K 479 | | 00:16:04 | 00:33:49.20 | 00:37:11.85 | 6:45 | 8.9 |
| 478 | KLIBER KATARZYNA | 1816 | | WARSZAWA | POL | K 40 | 168 | K 480 | | 00:15:49 | 00:33:49.30 | 00:37:28.20 | 6:45 | 8.9 |
| 479 | ZYZANSKA AGA | 1662 | | WARSAW | POL | K 30 | 148 | K 481 | | 00:16:20 | 00:33:50.70 | 00:36:55.25 | 6:46 | 8.9 |
| 480 | KILJAN KAROLINA | 581 | | PIASECZNO | POL | K 20 | 66 | K 482 | | 00:15:37 | 00:33:52.85 | 00:36:39.15 | 6:46 | 8.9 |
| 481 | DEREK EWA | 229 | | WARSZAWA | POL | K 30 | 149 | K 483 | | 00:16:23 | 00:33:53.05 | 00:36:56.05 | 6:46 | 8.9 |
| 482 | KONARSKA ANNA | 623 | | WARSZAWA | POL | K 20 | 67 | K 484 | | 00:16:20 | 00:33:58.50 | 00:37:04.85 | 6:47 | 8.8 |
| 483 | KUZNETSOVA KATERYNA | 750 | | WARSZAWA | POL | K 20 | 68 | K 485 | | 00:14:46 | 00:34:00.05 | 00:36:13.95 | 6:48 | 8.8 |
| 484 | PODLECKA ANNA | 1098 | | WARSZAWA (URSYNÓW) | POL | K 40 | 169 | K 486 | | 00:15:04 | 00:34:01.40 | 00:37:23.15 | 6:48 | 8.8 |
| 485 | WIETRZYCKA MONIKA | 1531 | | WARSZAWA | POL | K 30 | 150 | K 487 | | 00:15:59 | 00:34:01.55 | 00:37:08.65 | 6:48 | 8.8 |
| 486 | ŻUKOWSKA DOMINIKA | 2114 | | WARSZAWA | POL | K 16 | 24 | K 488 | | 00:16:08 | 00:34:02.70 | 00:34:12.95 | 6:48 | 8.8 |
| 487 | PAWLAK LUCYNA | 1045 | | MARKI | POL | K 60 | 9 | K 489 | | 00:15:41 | 00:34:04.80 | 00:37:14.20 | 6:48 | 8.8 |
| 488 | KARKOS MAGDALENA | 546 | | WARSZAWA | POL | K 30 | 151 | K 490 | | 00:16:19 | 00:34:08.15 | 00:37:11.90 | 6:49 | 8.8 |
| 489 | KASIANENKO VERONIKA | 555 | | WARSZAWA | POL | K 16 | 25 | K 491 | | 00:15:17 | 00:34:09.55 | 00:34:38.25 | 6:49 | 8.8 |
| 490 | ZIMNY ZUZANNA | 1656 | | WARSZAWA | POL | K 16 | 26 | K 492 | | 00:15:35 | 00:34:09.55 | 00:34:30.50 | 6:49 | 8.8 |
| 491 | WÓJCIKOWSKA JULIA | 1871 | | WARSZAWA | POL | K 16 | 27 | K 493 | | 00:15:35 | 00:34:09.75 | 00:34:30.80 | 6:49 | 8.8 |
| 492 | RYCHLEWICZ ZOFIA | 2085 | | WARSZAWA | POL | K 12 | 8 | K 494 | | 00:15:18 | 00:34:11.65 | 00:36:55.80 | 6:50 | 8.8 |
| 493 | SOWIŃSKA EWELINA | 1323 | | PIASTÓW | POL | K 30 | 152 | K 495 | | 00:16:19 | 00:34:12.00 | 00:37:19.40 | 6:50 | 8.8 |
| 494 | PROKOPCZYK ALEKSANDRA | 1911 | | SOCHACZEW | POL | K 40 | 170 | K 496 | | 00:17:37 | 00:34:12.85 | 00:37:20.00 | 6:50 | 8.8 |
| 495 | KOWALEWSKA KATARZYNA | 669 | | WARSZAWA | POL | K 40 | 171 | K 497 | | 00:15:25 | 00:34:17.25 | 00:36:43.10 | 6:51 | 8.8 |
| 496 | MASTALEREK JOANNA | 868 | | WARSZAWA | POL | K 40 | 172 | K 498 | | 00:15:12 | 00:34:17.35 | 00:36:59.10 | 6:51 | 8.8 |
| 497 | ZAMORSKA MONIKA | 2126 | | PIASECZNO | POL | K 40 | 173 | K 499 | | 00:15:20 | 00:34:19.55 | 00:37:01.75 | 6:51 | 8.7 |
| 498 | SOBOLEWSKA ALEKSANDRA | 1725 | | WARSZAWA | POL | K 20 | 69 | K 500 | | 00:15:49 | 00:34:20.15 | 00:35:46.50 | 6:52 | 8.7 |
| 499 | SZAJKOWSKA MAJA | 2096 | | WARSZAWA | POL | K 12 | 9 | K 501 | | 00:16:12 | 00:34:26.60 | 00:36:01.20 | 6:53 | 8.7 |
| 500 | SZAJKOWSKA EWA | 1382 | | WARSZAWA (MOKOTÓW) | POL | K 50 | 46 | K 502 | | 00:16:12 | 00:34:27.25 | 00:36:01.70 | 6:53 | 8.7 |
| 501 | MYSZOR-CIECIELĄG MONIKA | 942 | | PIASECZNO | POL | K 40 | 174 | K 503 | | 00:15:59 | 00:34:28.60 | 00:37:24.35 | 6:53 | 8.7 |
| 502 | ZYZAŃSKA JULIA | 1663 | | WARSAW | POL | K 20 | 70 | K 504 | | 00:16:20 | 00:34:32.05 | 00:37:36.55 | 6:54 | 8.7 |
| 503 | PILIS DARIA | 1896 | | WARSAW | POL | K 20 | 71 | K 505 | | 00:15:34 | 00:34:34.15 | 00:36:33.40 | 6:54 | 8.7 |
| 504 | SZNAJDER BEATA | 1395 | | WARSZAWA | POL | K 40 | 175 | K 506 | | 00:15:22 | 00:34:34.25 | 00:35:42.85 | 6:54 | 8.7 |
| 505 | BRONISZEWSKA NATALIA | 2006 | | KIJÓW | POL | K 16 | 28 | K 507 | | 00:15:33 | 00:34:34.30 | 00:37:57.25 | 6:54 | 8.7 |

BIEG URSYNOWA, K Open c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Drużyna 1 | 2.5km | Netto | Brutto | min/km | km/h |
|------|-----------------------------|------|----------------------|------------|------|------|--------|-------|-------------------------------------|----------|-------------|-------------|--------|------|
| 506 | BAKALAROVA MICHAELA | 41 | | WARZAWA | POL | K 30 | 153 | K 508 | | 00:15:00 | 00:34:34.95 | 00:36:41.85 | 6:54 | 8.7 |
| 507 | KRZYŻEWSKA KAROLINA | 711 | PZU SPORT TEAM | WARZAWA | POL | K 30 | 154 | K 509 | PZU SPORT TEAM | 00:15:55 | 00:34:36.10 | 00:37:35.00 | 6:55 | 8.7 |
| 508 | SKRUCHA IGA | 1278 | | WARZAWA | POL | K 30 | 155 | K 510 | | 00:16:15 | 00:34:39.15 | 00:37:27.25 | 6:55 | 8.7 |
| 509 | PLICHCIŃSKA MAŁGORZATA | 1089 | EKONOMIK MOKOTÓW | WARZAWA | POL | K 40 | 176 | K 511 | | 00:16:09 | 00:34:41.20 | 00:37:39.35 | 6:56 | 8.6 |
| 510 | JEKIMOW JOANNA | 486 | | WARZAWA | POL | K 40 | 177 | K 512 | | 00:15:35 | 00:34:42.95 | 00:37:00.05 | 6:56 | 8.6 |
| 511 | BORYS KAROLINA | 107 | | WARZAWA | POL | K 20 | 72 | K 513 | | 00:16:17 | 00:34:43.45 | 00:38:00.50 | 6:56 | 8.6 |
| 512 | FRYDRYCH KATARZYNA | 322 | | WARZAWA | POL | K 40 | 178 | K 514 | | 00:16:21 | 00:34:47.10 | 00:37:54.55 | 6:57 | 8.6 |
| 513 | GOŁASZEWSKA MAGDALENA | 1792 | | WARZAWA | POL | K 30 | 156 | K 515 | | 00:15:33 | 00:34:54.00 | 00:36:24.50 | 6:58 | 8.6 |
| 514 | RUTKOWSKA MARIA | 1210 | | WARZAWA | POL | K 30 | 157 | K 516 | | 00:15:49 | 00:35:00.75 | 00:38:35.20 | 7:00 | 8.6 |
| 515 | GROCHOWSKA JOANNA | 407 | BIEGAMY Z OCHOTĄ | WARZAWA | POL | K 50 | 47 | K 517 | | 00:16:21 | 00:35:01.60 | 00:38:04.60 | 7:00 | 8.6 |
| 516 | MARCINIAK JULIA | 1733 | | WARZAWA | POL | K 20 | 73 | K 518 | | 00:15:20 | 00:35:04.20 | 00:37:41.35 | 7:00 | 8.6 |
| 517 | JURKOWSKA IRENA | 502 | | WARZAWA | POL | K 70 | 5 | K 519 | | 00:15:54 | 00:35:09.95 | 00:36:39.95 | 7:01 | 8.5 |
| 518 | KOGOWSKA ALICJA | 613 | | WARZAWA | POL | K 30 | 158 | K 520 | | 00:16:46 | 00:35:10.75 | 00:37:27.30 | 7:02 | 8.5 |
| 519 | ŁAZARECKA MAGDA | 799 | | WARZAWA | POL | K 40 | 179 | K 521 | | 00:16:23 | 00:35:15.60 | 00:38:20.00 | 7:03 | 8.5 |
| 520 | LAZAREVA VLADISLAVA | 1712 | | WARZAWA | POL | K 16 | 29 | K 522 | | 00:15:22 | 00:35:16.35 | 00:38:06.35 | 7:03 | 8.5 |
| 521 | RUDENKO DARIA | 1204 | | WARZAWA | POL | K 20 | 74 | K 523 | | 00:15:36 | 00:35:17.25 | 00:37:29.00 | 7:03 | 8.5 |
| 522 | MELSKA KAROLINA | 890 | | WARZAWA | POL | K 30 | 159 | K 524 | | 00:16:17 | 00:35:18.15 | 00:38:08.35 | 7:03 | 8.5 |
| 523 | DWURZYŃSKA SYLWIA | 274 | | WARZAWA | POL | K 40 | 180 | K 525 | | 00:15:42 | 00:35:20.40 | 00:38:07.35 | 7:04 | 8.5 |
| 524 | KĘDZIA-STĘPKOWSKA ANIELA | 2043 | | WARZAWA | POL | K 16 | 30 | K 526 | | 00:15:40 | 00:35:22.70 | 00:37:36.65 | 7:04 | 8.5 |
| 525 | KORNACKA AGNIESZKA | 640 | | NIEPORĘT | POL | K 20 | 75 | K 527 | | 00:16:18 | 00:35:25.15 | 00:35:45.10 | 7:05 | 8.5 |
| 526 | OLCZAK URSZULA | 990 | UMCS BIEGA | WARZAWA | POL | K 50 | 48 | K 528 | | 00:16:22 | 00:35:30.65 | 00:38:36.50 | 7:06 | 8.5 |
| 527 | KILKOWSKA JOANNA | 584 | | WARZAWA | POL | K 50 | 49 | K 529 | | 00:16:19 | 00:35:36.15 | 00:38:43.40 | 7:07 | 8.4 |
| 528 | KOPCZYŃSKA JUDYTA | 1820 | MARKOWI BIEGACZE | MARKI | POL | K 40 | 181 | K 530 | | 00:15:43 | 00:35:39.80 | 00:37:34.90 | 7:07 | 8.4 |
| 529 | RYBARKIEWICZ MELANIA | 1875 | | WARZAWA | POL | K 16 | 31 | K 531 | | 00:16:00 | 00:35:39.95 | 00:38:25.00 | 7:07 | 8.4 |
| 530 | HOŁOPIAK EWA | 430 | NEW BALANCE RUN CLUB | WARZAWA | POL | K 60 | 10 | K 532 | | 00:15:34 | 00:35:44.90 | 00:38:50.70 | 7:08 | 8.4 |
| 531 | LEHMANN KAROLINA | 768 | | WARZAWA | POL | K 20 | 76 | K 533 | | 00:16:24 | 00:35:52.40 | 00:39:09.25 | 7:10 | 8.4 |
| 532 | SIEROCIŃSKA-RUDZIŃSKA ANNA | 1250 | | WARZAWA | POL | K 40 | 182 | K 534 | | 00:16:43 | 00:35:56.35 | 00:38:02.50 | 7:11 | 8.3 |
| 533 | GAJ BOGNA | 329 | | WARZAWA | POL | K 50 | 50 | K 535 | | 00:16:28 | 00:36:07.55 | 00:38:07.00 | 7:13 | 8.3 |
| 534 | SOCHA JULIA | 1877 | | SEROKOMLA | POL | K 16 | 32 | K 536 | | 00:16:14 | 00:36:10.80 | 00:36:48.05 | 7:14 | 8.3 |
| 535 | MODZELEWSKA LENA | 1876 | | JÓZEFOSŁAW | POL | K 16 | 33 | K 537 | | 00:16:14 | 00:36:11.20 | 00:36:48.20 | 7:14 | 8.3 |
| 536 | KACZOROWSKA MONIKA | 516 | | ZĄBKI | POL | K 50 | 51 | K 538 | | 00:17:28 | 00:36:11.30 | 00:39:29.35 | 7:14 | 8.3 |
| 537 | MISTRZAK MARTA | 912 | | PIASECZNO | POL | K 40 | 183 | K 539 | | 00:17:05 | 00:36:12.20 | 00:39:49.30 | 7:14 | 8.3 |
| 538 | WIŚNIEWSKA KATARZYNA | 1547 | INDYWIDUALISTKA | WARZAWA | POL | K 50 | 52 | K 540 | | 00:16:33 | 00:36:22.55 | 00:37:49.25 | 7:16 | 8.2 |
| 539 | ZALEWSKA ALICJA | 2111 | | WARZAWA | POL | K 16 | 34 | K 541 | | 00:16:08 | 00:36:34.75 | 00:36:44.80 | 7:18 | 8.2 |
| 540 | KAMIŃSKA KASIA | 533 | | ZIELONKA | POL | K 16 | 35 | K 542 | | 00:16:35 | 00:36:36.60 | 00:39:48.45 | 7:19 | 8.2 |
| 541 | BISOWSKA HANNA | 2003 | MARUDY Z KOBYŁKI | KOBYŁKA | POL | K 12 | 10 | K 543 | MARUDY Z KOBYŁKI | 00:16:22 | 00:36:39.35 | 00:39:44.90 | 7:19 | 8.2 |
| 542 | BISOWSKA KATARZYNA | 86 | MARUDY Z KOBYŁKI | KOBYŁKA | POL | K 40 | 184 | K 544 | MARUDY Z KOBYŁKI | 00:16:22 | 00:36:39.75 | 00:39:45.25 | 7:19 | 8.2 |
| 543 | ZIELIŃSKA EWELINA | 1648 | | NOWA WOLA | POL | K 30 | 160 | K 545 | | 00:17:04 | 00:36:42.85 | 00:40:01.50 | 7:20 | 8.2 |
| 544 | RANKOWSKA EWA | 1913 | | WARZAWA | POL | K 40 | 185 | K 546 | | 00:17:09 | 00:36:43.95 | 00:39:58.70 | 7:20 | 8.2 |
| 545 | BORUSZEWSKA MAJA | 2005 | | WARZAWA | POL | K 14 | 12 | K 547 | | 00:15:21 | 00:36:50.40 | 00:39:15.05 | 7:22 | 8.1 |
| 546 | GAJDA AGNIESZKA | 330 | - | WARZAWA | POL | K 40 | 186 | K 548 | | 00:16:31 | 00:36:51.10 | 00:39:45.40 | 7:22 | 8.1 |
| 547 | NIKODEMKA-FABISZ MAŁGORZATA | 962 | PZU SPORT TEAM | WARZAWA | POL | K 40 | 187 | K 549 | | 00:17:58 | 00:36:54.15 | 00:39:47.70 | 7:22 | 8.1 |
| 548 | KULETA MAŁGORZATA | 737 | | WARZAWA | POL | K 40 | 188 | K 550 | | 00:16:11 | 00:37:04.20 | 00:40:29.60 | 7:24 | 8.1 |
| 549 | CHAMERSKA KATARZYNA | 1754 | | WARZAWA | POL | K 40 | 189 | K 551 | | 00:16:50 | 00:37:06.75 | 00:40:07.30 | 7:25 | 8.1 |
| 550 | GÓRSKA-MANCZENKO KATARZYNA | 391 | LEŚNE SZYCHY | WARZAWA | POL | K 30 | 161 | K 552 | BIEGAM DOBRZE DLA FUNDACJI SYNOPSIS | 00:19:24 | 00:37:18.05 | 00:37:18.05 | 7:27 | 8 |
| 551 | JURCZAK KAROLINA | 499 | | WARZAWA | POL | K 40 | 190 | K 553 | | 00:17:43 | 00:37:18.35 | 00:40:49.15 | 7:27 | 8 |
| 552 | HAIUCHYK DARYNA | 2031 | | WARZAWA | POL | K 16 | 36 | K 554 | | 00:16:23 | 00:37:19.35 | 00:37:22.90 | 7:27 | 8 |
| 553 | DZIUBIŃSKA ANNA | 287 | | WARZAWA | POL | K 30 | 162 | K 555 | | 00:17:07 | 00:37:20.25 | 00:40:39.30 | 7:28 | 8 |
| 554 | MAZUR KINGA | 886 | | WARZAWA | POL | K 40 | 191 | K 556 | | 00:16:47 | 00:37:22.40 | 00:40:26.60 | 7:28 | 8 |
| 555 | ROSÓŁ RENATA | 1196 | | WARZAWA | POL | K 50 | 53 | K 557 | | 00:17:31 | 00:37:25.35 | 00:40:37.95 | 7:29 | 8 |
| 556 | SAMEL HELENA | 5 | - | | POL | K 12 | 11 | K 558 | | 00:16:41 | 00:37:48.15 | 00:40:10.15 | 7:33 | 7.9 |
| 557 | KIJANKA PATRYCJA | 1691 | | WARZAWA | POL | K 30 | 163 | K 559 | | 00:17:13 | 00:37:50.95 | 00:41:02.55 | 7:34 | 7.9 |
| 558 | WILCZAK JOANNA | 1539 | | BASZKÓWKA | POL | K 30 | 164 | K 560 | | 00:17:18 | 00:37:55.85 | 00:41:05.25 | 7:35 | 7.9 |
| 559 | SYPIAŃSKA KALINA | 1373 | | SIEDLCE | POL | K 40 | 192 | K 561 | | 00:17:37 | 00:38:07.90 | 00:41:18.65 | 7:37 | 7.9 |
| 560 | PIOTROWSKA-KRZAK ELA | 1082 | | WARZAWA | POL | K 40 | 193 | K 562 | | 00:17:30 | 00:38:15.65 | 00:40:23.80 | 7:39 | 7.8 |
| 561 | SZCZEPEK MARTA | 1387 | KOTLET POWER TEAM | WARZAWA | POL | K 40 | 194 | K 563 | | 00:17:30 | 00:38:33.85 | 00:42:05.35 | 7:42 | 7.8 |

BIEG URSYNOWA, K Open c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Drużyna 1 | 2.5km | Netto | Brutto | min/km | km/h |
|------|--------------------------|------|------------------------|------------------------|------|------|--------|-------|---------------------------|----------|-------------|-------------|--------|------|
| 562 | SMNK TANIA | 1938 | | WARSZAW | POL | K 30 | 165 | K 564 | | 00:17:57 | 00:38:37.40 | 00:41:32.45 | 7:43 | 7.8 |
| 563 | URBANIAK ELŻBIETA | 1493 | | WARSZAWA | POL | K 40 | 195 | K 565 | | 00:17:37 | 00:38:38.90 | 00:41:45.55 | 7:43 | 7.8 |
| 564 | PABIŚ EWA | 1024 | | WARSZAWA | POL | K 50 | 54 | K 566 | | 00:17:39 | 00:39:08.40 | 00:42:21.35 | 7:49 | 7.7 |
| 565 | SHADRYNA DARYA | 1241 | | WARSZAWA | POL | K 20 | 77 | K 567 | | 00:17:36 | 00:39:18.30 | 00:42:26.30 | 7:51 | 7.6 |
| 566 | ŁUCEWICZ-NAPAŁKOW MARYJA | 1849 | | WARSZAWA | POL | K 40 | 196 | K 568 | | 00:17:45 | 00:39:24.25 | 00:42:41.60 | 7:52 | 7.6 |
| 567 | ZIMNY MARIA | 1655 | | WARSZAWA | POL | K 40 | 197 | K 569 | | 00:18:24 | 00:39:38.05 | 00:42:51.00 | 7:55 | 7.6 |
| 568 | KARPIŃSKA NINA | 844 | | WARSZAWA | POL | K 40 | 198 | K 570 | | 00:17:45 | 00:39:52.75 | 00:42:28.35 | 7:58 | 7.5 |
| 569 | BARTOSIK KRYSZYNA | 55 | | WARSZAWA | POL | K 60 | 11 | K 571 | | 00:18:49 | 00:39:59.25 | 00:43:16.90 | 7:59 | 7.5 |
| 570 | PIĘTKA IWONA | 1072 | | OSIECK | POL | K 30 | 166 | K 572 | | 00:18:33 | 00:40:00.15 | 00:42:48.45 | 8:00 | 7.5 |
| 571 | LECH MICHALINA | 2053 | | WARSZAWA | POL | K 16 | 37 | K 573 | | 00:17:51 | 00:40:10.25 | 00:43:42.05 | 8:02 | 7.5 |
| 572 | ZAROSIŃSKA PAULINA | 1626 | | WARSZAWA | POL | K 20 | 78 | K 574 | | 00:18:40 | 00:40:33.15 | 00:43:52.85 | 8:06 | 7.4 |
| 573 | NOWAKOWSKA ANNA | 968 | | WARSZAWA | POL | K 40 | 199 | K 575 | | 00:18:21 | 00:40:41.95 | 00:43:53.50 | 8:08 | 7.4 |
| 574 | REMISIEWICZ MALGORZATA | 1180 | | WARSZAWA | POL | K 40 | 200 | K 576 | | 00:17:40 | 00:41:03.95 | 00:43:03.50 | 8:12 | 7.3 |
| 575 | JĘDRAS KATARZYNA | 491 | | WARSZAWA | POL | K 40 | 201 | K 577 | | 00:18:55 | 00:41:28.35 | 00:44:39.10 | 8:17 | 7.2 |
| 576 | SKOLIMOWSKA AGNIESZKA | 1274 | | KAJETANY | POL | K 40 | 202 | K 578 | | 00:18:45 | 00:41:40.30 | 00:44:58.75 | 8:20 | 7.2 |
| 577 | TRYLSKA ELIZA | 1471 | | KAJETANY | POL | K 40 | 203 | K 579 | | 00:18:46 | 00:41:41.00 | 00:44:59.10 | 8:20 | 7.2 |
| 578 | WRÓBLEWSKA JOANNA | 1591 | LAS NA ZAWSZE | WARSZAWA | POL | K 60 | 12 | K 580 | | 00:19:13 | 00:41:43.05 | 00:45:11.30 | 8:20 | 7.2 |
| 579 | STANASZEK ANNA | 1943 | | CHOJNÓW | POL | K 40 | 204 | K 581 | | 00:21:36 | 00:41:58.35 | 00:45:26.70 | 8:23 | 7.1 |
| 580 | REDA ALICJA | 1169 | TEAM ZABIEGANEDNI | WARSZAWA | POL | K 60 | 13 | K 582 | TEAM ZABIEGANEDNI | 00:19:31 | 00:42:03.15 | 00:42:29.85 | 8:24 | 7.1 |
| 581 | DZIKI MARZENNA | 286 | ALETEMPO | WARSZAWA | POL | K 70 | 6 | K 583 | | 00:20:43 | 00:45:19.15 | 00:48:37.30 | 9:03 | 6.6 |
| 582 | BRZEZOWSKA BEATA | 1752 | | WARSZAWA | POL | K 50 | 55 | K 584 | | 00:21:36 | 00:47:41.25 | 00:51:11.25 | 9:32 | 6.3 |
| 583 | TUKENDORF BARBARA | 1474 | TEAM ZABIEGANEDNI | WARSZAWA | POL | K 70 | 7 | K 585 | TEAM ZABIEGANEDNI | 00:24:00 | 00:50:02.50 | 00:51:10.30 | 10:00 | 6 |
| 584 | KOPKA MARCELINA | 635 | ADIDAS RUNNERS WARSZAW | WARSZAWA | POL | K 20 | 79 | K 586 | ADIDAS RUNNERS WARSZAW | 00:09:03 | | | 3:37 | 16.6 |
| 585 | LASKUS KAMILA | 2052 | AKL URSYNÓW | WARSZAWA | POL | K 12 | 12 | K 587 | | 00:12:14 | | | 4:53 | 12.3 |
| 586 | WIECZOREK AGATA | 1525 | | NOWE MIASTO NAD PILICĄ | POL | K 30 | 167 | K 588 | | 00:19:16 | | | 7:42 | 7.8 |
| 587 | STANIAK KATARZYNA | 1331 | | BOLIMÓW | POL | K 40 | 205 | K 589 | | 00:22:44 | | | 9:05 | 6.6 |
| 588 | STANIAK JULIA | 2094 | | BOLIMÓW | POL | K 16 | 38 | K 590 | | 00:22:48 | | | 9:07 | 6.6 |
| 589 | ŚLĘZAK KAROLINA | 1425 | | WARSZAWA | POL | K 20 | 80 | K 591 | | | | | | |
| 590 | ZAMARRIPA KAROLINA | 2125 | CTS | WARSZAWA | POL | K 20 | 81 | K 592 | | | | | | |

BIEG URSYNOWA, M Open

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Drużyna 1 | 2.5km | Netto | Brutto | min/km | km/h |
|------|----------------------|------|---|-------------------------|------|------|--------|------|---------------------------|----------|-------------|-------------|--------|------|
| 1 | JASTRZĘBSKI KAMIL | 1803 | DUCLA ACADEMY WARSZAWA | WARSZAWA | POL | M 30 | 1 | M 1 | DUKLANOWSKI TEAM | 00:06:47 | 00:14:43.80 | 00:14:45.10 | 2:56 | 20.4 |
| 2 | ALEKSANDROVICH ROMAN | 21 | ACHILLES | LESZNO | POL | M 20 | 1 | M 2 | | 00:07:03 | 00:14:50.05 | 00:14:51.80 | 2:58 | 20.2 |
| 3 | WASIEWICZ KRZYSZTOF | 1978 | SRS KONDYCJA PIASECZNO | PIASECZNO | POL | M 30 | 3 | M 3 | SRS KONDYCJA PIASECZNO | 00:07:02 | 00:14:59.70 | 00:15:01.35 | 2:59 | 20 |
| 4 | TELKOVSKY TARAS | 2146 | | - | BLR | M 30 | 2 | M 4 | | 00:06:54 | 00:14:55.25 | 00:15:08.50 | 2:59 | 20.1 |
| 5 | GONTARCZYK RAFAŁ | 382 | RLTL OPTIMA RADOM/TEAM NEVER GIVE UP | OSTROWIEC ŚWIETOKRZYSKI | POL | M 30 | 4 | M 5 | | 00:07:03 | 00:15:08.15 | 00:15:09.80 | 3:01 | 19.8 |
| 6 | SŁUPIK TOMASZ | 1937 | ENDLESS PAIN | WARSZAWA | POL | M 30 | 5 | M 6 | | 00:07:07 | 00:15:12.00 | 00:15:12.00 | 3:02 | 19.7 |
| 7 | BISKUPSKI TOMASZ | 1695 | ZABIEGANI W KIELCACH | DALESZYCE | POL | M 20 | 4 | M 7 | | 00:07:03 | 00:15:26.30 | 00:15:27.90 | 3:05 | 19.4 |
| 8 | DAMENTKA KAMIL | 218 | CTS | WARSZAWA | POL | M 20 | 2 | M 8 | | 00:06:59 | 00:15:15.70 | 00:15:29.55 | 3:03 | 19.7 |
| 9 | KONIECZNY MARCIN | 1972 | K.S NIEMANIEMOGE | OLSZTYN | POL | M 50 | 1 | M 9 | | 00:07:20 | 00:15:29.45 | 00:15:31.45 | 3:05 | 19.4 |
| 10 | TOKARSKI PIOTR | 1448 | | KREPA | POL | M 20 | 5 | M 10 | | 00:07:22 | 00:15:30.30 | 00:15:32.25 | 3:06 | 19.4 |
| 11 | SKIBIŃSKI MIKOŁAJ | 1271 | DUCLA ACADEMY | POZNAŃ | POL | M 30 | 6 | M 11 | DUKLANOWSKI TEAM | 00:07:19 | 00:15:31.70 | 00:15:32.85 | 3:06 | 19.3 |
| 12 | WIĘCCKOWSKI ŁUKASZ | 1536 | | WARSZAWA | POL | M 20 | 6 | M 12 | | 00:07:20 | 00:15:31.05 | 00:15:32.85 | 3:06 | 19.3 |
| 13 | N DARIUSZ | 76 | | WARSZAWA | POL | M 40 | 1 | M 13 | | 00:07:19 | 00:15:32.25 | 00:15:34.20 | 3:06 | 19.3 |
| 14 | MISIEWICZ MICHAŁ | 909 | DATUMO.IO | OLSZTYN | POL | M 20 | 3 | M 14 | | 00:07:01 | 00:15:26.05 | 00:15:40.20 | 3:05 | 19.4 |
| 15 | WASILEWSKI ADAM | 1980 | TEAM 7:30 | DOBRE | POL | M 30 | 7 | M 15 | TEAM 7:30 | 00:07:20 | 00:15:46.25 | 00:15:48.00 | 3:09 | 19 |
| 16 | KROCHMAL PAWEŁ | 695 | PAWKO RUNNER TEAM | WARSZAWA | POL | M 30 | 8 | M 16 | PAWKO RUNNER TEAM | 00:07:19 | 00:15:57.25 | 00:15:58.90 | 3:11 | 18.8 |
| 17 | KWARTA MACIEJ | 752 | | WARSZAWA | POL | M 30 | 9 | M 17 | ŻÓRAWSKI TEAM | 00:07:35 | 00:16:03.75 | 00:16:05.55 | 3:12 | 18.7 |
| 18 | ADRJANOWSKI KRZYSIEK | 19 | | URSYNÓW | POL | M 20 | 7 | M 18 | | 00:07:22 | 00:16:07.10 | 00:16:08.80 | 3:13 | 18.6 |
| 19 | WRONOWSKI RAFAŁ | 1998 | WRONA RUN | BANIE MAZURSKIE | POL | M 30 | 10 | M 19 | | 00:07:26 | 00:16:12.25 | 00:16:14.35 | 3:14 | 18.5 |
| 20 | PYSHNIAK KOSTIANTYN | 1152 | UKRAINE | UKRAINE | UKR | M 20 | 8 | M 20 | | 00:07:11 | 00:16:22.65 | 00:16:23.85 | 3:16 | 18.3 |

BIEG URSYNOWA, M Open c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Drużyna 1 | 2.5km | Netto | Brutto | min/km | km/h |
|------|-------------------------|------|--|-------------------|------|------|--------|------|--------------------------|----------|-------------|-------------|--------|------|
| 21 | GOŁASZEWSKI MICHAŁ | 378 | TEAM KOPEĆ | LEGIONOWO | POL | M 40 | 2 | M 21 | TEAM KOPEĆ | 00:07:37 | 00:16:23.15 | 00:16:39.30 | 3:16 | 18.3 |
| 22 | ŁABĘDZKI KONRAD | 792 | DUKLANOWSKI TEAM | WARSZAWA | POL | M 30 | 11 | M 22 | DUKLANOWSKI TEAM | 00:07:35 | 00:16:26.65 | 00:16:41.85 | 3:17 | 18.3 |
| 23 | MLĄCKI ALAN | 1864 | TEAM KOPEĆ | KOŁBIEL | POL | M 30 | 12 | M 23 | | 00:08:08 | 00:16:52.30 | 00:16:55.15 | 3:22 | 17.8 |
| 24 | KUR ADRIAN | 1830 | DUCLA ACADEMY WARSZAWA | WARSZAWA | POL | M 30 | 13 | M 24 | DUKLANOWSKI TEAM | 00:07:58 | 00:16:54.40 | 00:16:57.05 | 3:22 | 17.8 |
| 25 | WRONOWSKI ALBERT | 1999 | WRONA RUN | BANIE MAZURSKIE | POL | M 20 | 9 | M 25 | | 00:07:49 | 00:16:50.55 | 00:17:07.50 | 3:22 | 17.8 |
| 26 | STACHOWIAK MACIEJ | 68 | | WARSZAWA | POL | M 40 | 3 | M 26 | | | 00:16:49.95 | 00:17:09.90 | 3:21 | 17.8 |
| 27 | ROBAK DOMINIK | 1185 | ADIDAS RUNNER WARSAW / PASSION FIRST / WE RUN CLAN | WARSZAWA | POL | M 30 | 14 | M 27 | ADIDAS RUNNERS WARSAW | 00:07:48 | 00:17:07.25 | 00:17:10.30 | 3:25 | 17.5 |
| 28 | DZICZEK SZYMON | 280 | PASSION FIRST | WARSZAWA | POL | M 20 | 12 | M 28 | PASSION FIRST | 00:07:37 | 00:17:09.10 | 00:17:12.25 | 3:25 | 17.5 |
| 29 | KORZENIOWSKI DARIUSZ | 652 | ACCELERATING POLAND | WARSZAWA | POL | M 40 | 4 | M 29 | ACCELERATING POLAND | 00:08:05 | 00:17:08.20 | 00:17:12.40 | 3:25 | 17.5 |
| 30 | OMIELAN WOJCIECH | 1884 | | ELK | POL | M 20 | 13 | M 30 | | 00:07:53 | 00:17:11.55 | 00:17:13.90 | 3:26 | 17.5 |
| 31 | KLECZEWSKI PIOTR | 592 | | WARSZAWA | POL | M 16 | 1 | M 31 | | 00:07:44 | 00:16:56.95 | 00:17:14.15 | 3:23 | 17.7 |
| 32 | NIEDZIAŁEK MICHAŁ | 956 | 100 TWARZY GRZYBIARZY | WARSZAWA | POL | M 20 | 10 | M 32 | | 00:07:44 | 00:16:58.15 | 00:17:16.75 | 3:23 | 17.7 |
| 33 | PISAREWICZ KAROL | 1084 | MINISTRY OF SILLY WALKS | WARSZAWA | POL | M 30 | 17 | M 33 | | 00:07:58 | 00:17:13.40 | 00:17:17.25 | 3:26 | 17.4 |
| 34 | WAŚNIEWSKI ALBERT | 1515 | SKLEP BIEGACZA/ZÓRAWSKI TEAM | WARSZAWA | POL | M 30 | 18 | M 34 | ZÓRAWSKI TEAM | 00:08:15 | 00:17:13.65 | 00:17:17.70 | 3:26 | 17.4 |
| 35 | DAUKSZO MACIEJ | 219 | | WARSZAWA | POL | M 20 | 11 | M 35 | | 00:08:00 | 00:17:04.15 | 00:17:22.70 | 3:24 | 17.6 |
| 36 | MAJCHRZAK JULIAN | 827 | TEAM ZABIEGANEDNI / ASICS FRONTRUNNER POLAND | WARSZAWA | POL | M 30 | 19 | M 36 | TEAM ZABIEGANEDNI #1 | 00:08:07 | 00:17:19.45 | 00:17:23.05 | 3:27 | 17.3 |
| 37 | JASZCZERSKI PAWEŁ | 480 | | WARSZAWA | POL | M 30 | 21 | M 37 | | 00:08:02 | 00:17:22.80 | 00:17:25.70 | 3:28 | 17.3 |
| 38 | TKACZYK MATEUSZ | 1967 | | PULAWY | POL | M 20 | 14 | M 38 | | 00:08:17 | 00:17:22.65 | 00:17:26.10 | 3:28 | 17.3 |
| 39 | MAŚLANKO MACIEJ | 872 | GRA-LECH S.C | JEŻÓW | POL | M 30 | 15 | M 39 | | 00:08:04 | 00:17:07.95 | 00:17:29.55 | 3:25 | 17.5 |
| 40 | PARMEE ALEXANDER | 1036 | ZÓRAWSKI TEAM | WARSZAWA | POL | M 30 | 22 | M 40 | ZÓRAWSKI TEAM | 00:08:16 | 00:17:27.30 | 00:17:31.25 | 3:29 | 17.2 |
| 41 | DŁUGOSZ JACEK | 239 | | KIELCE | POL | M 40 | 5 | M 41 | | 00:07:59 | 00:17:30.25 | 00:17:32.90 | 3:30 | 17.1 |
| 42 | TRUSIAK ARTUR | 1468 | BIEGAJĄCE ZĄBKI | ZĄBKI | POL | M 50 | 3 | M 42 | | 00:08:11 | 00:17:30.75 | 00:17:33.05 | 3:30 | 17.1 |
| 43 | HOROSZKO MICHAŁ | 435 | | WARSZAWA | POL | M 30 | 16 | M 43 | | 00:08:07 | 00:17:11.15 | 00:17:34.80 | 3:26 | 17.5 |
| 44 | WITUSOWSKI PIOTR | 1555 | VEGE RUNNERS | WARSZAWA | POL | M 40 | 6 | M 44 | VEGE RUNNERS URSYNÓW | 00:08:15 | 00:17:30.55 | 00:17:35.35 | 3:30 | 17.1 |
| 45 | ZYCH MARIUSZ | 1659 | BIEGAJ POD OKIEM TRENERA | WARSZAWA | POL | M 40 | 7 | M 45 | BIEGAJ POD OKIEM TRENERA | 00:07:58 | 00:17:32.95 | 00:17:37.40 | 3:30 | 17.1 |
| 46 | NIEDŹWIADK KAMIL | 1880 | NIEDŹWIADKI TEAM | WARSZAWA | POL | M 30 | 20 | M 46 | | 00:07:58 | 00:17:21.15 | 00:17:38.65 | 3:28 | 17.3 |
| 47 | BOCHENKO DANIEL | 91 | | BRZOZOWA | POL | M 50 | 2 | M 47 | | 00:07:55 | 00:17:26.30 | 00:17:42.30 | 3:29 | 17.2 |
| 48 | PIOTROWSKI FILIP | 1899 | BKS WATAHA WARSZAWA | WIELISZEW | POL | M 20 | 15 | M 48 | | 00:08:06 | 00:17:24.95 | 00:17:44.10 | 3:28 | 17.2 |
| 49 | MAŁOLEPSZY RAFAŁ | 845 | ADAM DRACZYŃSKI RUNNING TEAM | WARSZAWA | POL | M 30 | 27 | M 49 | | 00:08:11 | 00:17:42.40 | 00:17:44.90 | 3:32 | 16.9 |
| 50 | KARWOWSKI DANIEL | 552 | KB PŁOŃSK | WARSZAWA | POL | M 30 | 26 | M 50 | | 00:08:15 | 00:17:41.65 | 00:17:46.75 | 3:32 | 17 |
| 51 | MARYNOWSKI WOJCIECH | 863 | | WARSZAWA | POL | M 20 | 17 | M 51 | | 00:08:15 | 00:17:42.00 | 00:17:47.30 | 3:32 | 16.9 |
| 52 | STANKOWSKI RAFAŁ | 1334 | SZURAMSOBIE UNIA HRUBIESZÓW | OŻARÓW MAZOWIECKI | POL | M 40 | 8 | M 52 | | 00:08:15 | 00:17:43.00 | 00:17:48.00 | 3:32 | 16.9 |
| 53 | GŁÓDEK ADAM | 365 | AIOA | WARSZAWA | POL | M 30 | 25 | M 53 | | 00:08:28 | 00:17:41.05 | 00:17:48.85 | 3:32 | 17 |
| 54 | SAJA MARCIN | 1231 | | SIEDLCE | POL | M 30 | 28 | M 54 | | 00:08:24 | 00:17:47.25 | 00:17:50.45 | 3:33 | 16.9 |
| 55 | PODCZASI MARCIN | 1904 | WKZ KOZIENICE BBL | KOZIENICE | POL | M 20 | 16 | M 55 | WKZ KOZIENICE BBL | 00:08:19 | 00:17:39.05 | 00:17:51.50 | 3:31 | 17 |
| 56 | PRIMIK MAREK | 1119 | VEGE RUNNERS | WARSZAWA | POL | M 40 | 10 | M 56 | VEGE RUNNERS URSYNÓW | 00:08:18 | 00:17:51.45 | 00:17:55.80 | 3:34 | 16.8 |
| 57 | ŚLIWA KRZYSZTOF | 1427 | KS LEMIESZ TEAM WARSZAWA | WARSZAWA | POL | M 30 | 23 | M 57 | KS LEMIESZ TEAM | 00:08:13 | 00:17:34.10 | 00:17:57.25 | 3:30 | 17.1 |
| 58 | KOWAL AMADEUSZ | 663 | NAPRZÓD MŁOCINY | LUBACZÓW | POL | M 30 | 31 | M 58 | NAPRZÓD MŁOCINY | 00:08:30 | 00:17:50.40 | 00:17:58.45 | 3:34 | 16.8 |
| 59 | SOLKA MACIEJ | 1316 | GÓRA BIEGA | GÓRA KALWARIA | POL | M 30 | 29 | M 59 | GÓRA BIEGA - DZIKI | 00:08:31 | 00:17:47.50 | 00:17:58.90 | 3:33 | 16.9 |
| 60 | WOJCIECHOWSKI SEBASTIAN | 6 | VEGE RUNNERS | WARSZAWA | POL | M 40 | 11 | M 60 | VEGE RUNNERS URSYNÓW | 00:08:27 | 00:17:55.40 | 00:17:59.75 | 3:35 | 16.7 |
| 61 | JUSIŃSKI KRYSZTOF | 506 | BRACTWO BIEGOWE BGK | WARSZAWA | POL | M 30 | 24 | M 61 | ZÓRAWSKI TEAM | 00:08:09 | 00:17:40.55 | 00:18:00.80 | 3:32 | 17 |
| 62 | TOMCZYK PIOTR | 1454 | | WARSZAWA | POL | M 40 | 9 | M 62 | | 00:08:08 | 00:17:43.50 | 00:18:01.50 | 3:32 | 16.9 |
| 63 | ORZEŁ MICHAŁ | 1007 | ADIDAS RUNNERS WARSAW | WARSZAWA | POL | M 40 | 12 | M 63 | ADIDAS RUNNERS WARSAW | 00:08:35 | 00:17:56.10 | 00:18:03.35 | 3:35 | 16.7 |
| 64 | PIASTA DARIUSZ | 1059 | | WARSSAWA | POL | M 50 | 4 | M 64 | | 00:08:10 | 00:17:46.00 | 00:18:05.50 | 3:33 | 16.9 |
| 65 | FILIPOWICZ MICHAŁ | 309 | | JELENIA GÓRA | POL | M 30 | 30 | M 65 | | 00:08:23 | 00:17:48.40 | 00:18:06.40 | 3:33 | 16.9 |
| 66 | SOBCZYK GRZEGORZ | 1940 | WKZ KOZIENICE BBL | KOZIENICE | POL | M 30 | 33 | M 66 | WKZ KOZIENICE BBL | 00:08:25 | 00:17:56.85 | 00:18:09.30 | 3:35 | 16.7 |
| 67 | PIMPICKI IGNACY | 1897 | CZEMPION | WARSZAWA | POL | M 14 | 1 | M 67 | | 00:08:24 | 00:17:51.70 | 00:18:09.50 | 3:34 | 16.8 |
| 68 | STRZELECKI PIOTR | 1359 | KB PACE WARSZAWA | WARSZAWA | POL | M 20 | 19 | M 68 | KB PACE WARSZAWA | 00:08:37 | 00:18:05.20 | 00:18:10.80 | 3:37 | 16.6 |
| 69 | MATCZAK MATEUSZ | 873 | SH RUNNING TEAM | WARSZAWA | POL | M 30 | 35 | M 69 | | 00:08:24 | 00:18:05.15 | 00:18:10.95 | 3:37 | 16.6 |

BIEG URSYNOWA, M Open c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Drużyna 1 | 2.5km | Netto | Brutto | min/km | km/h |
|------|-----------------------|------|-------------------------------|---------------------|------|------|--------|-------|--------------------------------|----------|-------------|-------------|--------|------|
| 70 | MOKRZAŃSKI MICHAŁ | 920 | WARSZAWIAKY | WARSZAWA | POL | M 40 | 15 | M 70 | | 00:08:35 | 00:18:05.70 | 00:18:12.05 | 3:37 | 16.6 |
| 71 | SALAK MICHAŁ | 1716 | PKO BP | WARSZAWA | POL | M 40 | 16 | M 71 | | 00:08:34 | 00:18:07.25 | 00:18:14.70 | 3:37 | 16.6 |
| 72 | MARCINISZYN GRZEGORZ | 1855 | DUKLANOWSKI TEAM | WARSZAWA | POL | M 30 | 38 | M 72 | DUKLANOWSKI TEAM | 00:08:17 | 00:18:16.20 | 00:18:19.15 | 3:39 | 16.4 |
| 73 | DAWIDEK BARTEK | 1696 | REPREZENTACJA DZIENNIKARZY | WARSZAWA | POL | M 30 | 37 | M 73 | | 00:08:33 | 00:18:14.95 | 00:18:19.80 | 3:38 | 16.5 |
| 74 | ŁOJEWSKI MARCIN | 1021 | BIEGOWY WARIAT RUNNING TEAM | - | POL | M 30 | 36 | M 74 | BIEGOWY WARIAT RUNNING TEAM | 00:08:46 | 00:18:09.75 | 00:18:20.10 | 3:37 | 16.5 |
| 75 | WOŹNIAK PRZEMYSŁAW | 1583 | WIELISZEW HERON TEAM | LEGIONOWO | POL | M 30 | 32 | M 75 | WIELISZEW HERON TEAM | 00:08:16 | 00:17:54.40 | 00:18:20.85 | 3:34 | 16.8 |
| 76 | BURDACH DARIUSZ | 138 | JACK TEAM/TEAM PARCZYŃSKICH | WARSZAWA | POL | M 40 | 19 | M 76 | | 00:08:40 | 00:18:16.20 | 00:18:22.40 | 3:39 | 16.4 |
| 77 | WYSOCKI MICHAŁ | 1599 | ŁÓDŹ KOCHA SPORT | ŁÓDŹ | POL | M 40 | 17 | M 77 | ŁÓDŹ KOCHA SPORT | 00:08:34 | 00:18:14.45 | 00:18:23.10 | 3:38 | 16.5 |
| 78 | KAMIŃSKI PAWEŁ | 541 | PASSION FIRST | WARSZAWA | POL | M 40 | 18 | M 78 | ADIDAS RUNNERS WARSAW | 00:08:37 | 00:18:15.30 | 00:18:23.35 | 3:39 | 16.4 |
| 79 | WYSOKIŃSKI KONRAD | 2132 | RUN INTO THE WILD / BARUNOWCE | PIASECZNO | POL | M 40 | 13 | M 79 | BARUNOWCE | 00:08:19 | 00:18:00.70 | 00:18:25.15 | 3:36 | 16.7 |
| 80 | KWIATKOWSKI MATEUSZ | 755 | WIELISZEW HERON TEAM | KOMORNICA | POL | M 30 | 34 | M 80 | | 00:08:16 | 00:17:59.05 | 00:18:25.80 | 3:35 | 16.7 |
| 81 | TRONIARZ PAWEŁ | 1466 | T&T BRO | RASZYN | POL | M 40 | 20 | M 81 | | 00:08:34 | 00:18:17.40 | 00:18:26.05 | 3:39 | 16.4 |
| 82 | WASIEWICZ ADAM | 1509 | NIE MÓJ CYRK, MOJE MAŁPY | WARSZAWA | POL | M 40 | 14 | M 82 | | 00:08:22 | 00:18:04.30 | 00:18:26.60 | 3:36 | 16.6 |
| 83 | GOLONKA PRZEMYSŁAW | 1791 | | CIECIERZYN | POL | M 20 | 18 | M 83 | | 00:08:19 | 00:18:03.30 | 00:18:26.95 | 3:36 | 16.6 |
| 84 | RUPIŃSKI KRZYSZTOF | 1685 | | WARSZAWA | POL | M 30 | 39 | M 84 | | 00:08:33 | 00:18:17.65 | 00:18:27.40 | 3:39 | 16.4 |
| 85 | KRYWCZUK TOMASZ | 707 | ADIDAS RUNNERS WARSAW | WARSZAWA | POL | M 20 | 20 | M 85 | ADIDAS RUNNERS WARSAW | 00:08:16 | 00:18:08.20 | 00:18:28.45 | 3:37 | 16.5 |
| 86 | KLIMEK MAREK | 597 | ADIDAS RUNNER WARSAW | WARSZAWA | POL | M 30 | 41 | M 86 | ADIDAS RUNNERS WARSAW | 00:08:35 | 00:18:20.90 | 00:18:29.55 | 3:40 | 16.4 |
| 87 | ZASĘPA SEBASTIAN | 1629 | TEAM ZABIEGANEDNI | JOZEFOSLAW | POL | M 40 | 21 | M 87 | TEAM ZABIEGANEDNI #1 | 00:08:26 | 00:18:25.05 | 00:18:29.60 | 3:41 | 16.3 |
| 88 | MARCINIAK GRZEGORZ | 850 | BIEGOWY WARIAT RUNNING TEAM | WARSZAWA | POL | M 50 | 5 | M 88 | BIEGOWY WARIAT RUNNING TEAM | 00:08:20 | 00:18:11.20 | 00:18:35.75 | 3:38 | 16.5 |
| 89 | GREWIŃSKI TOMASZ | 406 | LIPIEC RUNNING TEAM | WARSZAWA | POL | M 50 | 7 | M 89 | LIPIEC RUNNING TEAM | 00:08:49 | 00:18:33.80 | 00:18:41.95 | 3:42 | 16.2 |
| 90 | NOWAK MARCIN | 973 | | WARSZAWA | POL | M 40 | 23 | M 90 | | 00:08:47 | 00:18:29.30 | 00:18:42.30 | 3:41 | 16.2 |
| 91 | GARTKIEWICZ ADAM | 340 | DUKLANOWSKI TEAM | WARSZAWA | POL | M 50 | 8 | M 91 | | 00:08:55 | 00:18:36.95 | 00:18:42.60 | 3:43 | 16.1 |
| 92 | GAJEK IRENEUSZ | 332 | ASFALTLOVE DZIKI | CIECHANÓW | POL | M 40 | 24 | M 92 | | 00:08:47 | 00:18:30.55 | 00:18:43.55 | 3:42 | 16.2 |
| 93 | GÓRZYŃSKI MACIEJ | 396 | WOODRUN | PIASECZNO | POL | M 50 | 6 | M 93 | | 00:08:46 | 00:18:33.25 | 00:18:43.75 | 3:42 | 16.2 |
| 94 | ŚLIWIAK JAKUB | 1428 | BIEGOWY WARIAT RUNNING TEAM | WARSZAWA | POL | M 30 | 40 | M 94 | BIEGOWY WARIAT RUNNING TEAM | 00:08:42 | 00:18:18.75 | 00:18:44.70 | 3:39 | 16.4 |
| 95 | PAGACZ BARTOSZ | 1026 | | WARSZAWA | POL | M 40 | 22 | M 95 | | 00:08:39 | 00:18:28.95 | 00:18:57.05 | 3:41 | 16.2 |
| 96 | PILIPCZUK JAKUB | 1076 | | ZAMOŚĆ | POL | M 20 | 21 | M 96 | | 00:08:30 | 00:18:29.85 | 00:19:01.35 | 3:41 | 16.2 |
| 97 | STARKO KRZYSZTOF | 1336 | TEAM ZABIEGANEDNI | WARSZAWA | POL | M 30 | 42 | M 97 | TEAM ZABIEGANEDNI #2 | 00:08:23 | 00:18:30.95 | 00:18:55.70 | 3:42 | 16.2 |
| 98 | KOZŁOWSKI WŁODZIMIERZ | 1721 | KS START PUŁASKI | SUŁKOWICE | POL | M 40 | 25 | M 98 | | 00:08:47 | 00:18:33.00 | 00:18:45.20 | 3:42 | 16.2 |
| 99 | REGULSKI PAWEŁ | 1174 | GÓRA BIEGA | WARKA | POL | M 20 | 22 | M 99 | GÓRA BIEGA - DZIKI | 00:08:39 | 00:18:33.15 | 00:19:01.05 | 3:42 | 16.2 |
| 100 | POTENTAS PAWEŁ | 1909 | | WARSZAWA | POL | M 30 | 43 | M 100 | | 00:08:56 | 00:18:37.10 | 00:18:47.10 | 3:43 | 16.1 |
| 101 | WOJTASIAK TOMASZ | 1694 | LIPIEC RUNNING TEAM | WARSZAWA | POL | M 40 | 26 | M 101 | LIPIEC RUNNING TEAM | 00:08:35 | 00:18:37.55 | 00:19:01.20 | 3:43 | 16.1 |
| 102 | OŻÓG PAWEŁ | 1023 | ZABIEGANI W KIELCACH | KIELCE | POL | M 30 | 44 | M 102 | | 00:08:21 | 00:18:38.40 | 00:19:02.10 | 3:43 | 16.1 |
| 103 | SZEWCZYK RAFAŁ | 1393 | CWCR/DEPARTAMENT BIEGÓW | OLSZTYN | POL | M 40 | 27 | M 103 | CWCR/DEPARTAMENT BIEGÓW | 00:08:35 | 00:18:38.85 | 00:18:46.65 | 3:43 | 16.1 |
| 104 | LACIAK MARCIN | 1684 | BARUNOWCE | WARSZAWA | POL | M 40 | 28 | M 104 | | 00:08:43 | 00:18:40.25 | 00:18:49.10 | 3:44 | 16.1 |
| 105 | POTKAJ PRZEMYSŁAW | 1113 | DĄBROWSKI TEAM | KADZIDŁO | POL | M 20 | 23 | M 105 | DĄBROWSKI TEAM | 00:08:52 | 00:18:40.65 | 00:18:50.65 | 3:44 | 16.1 |
| 106 | LEJA MARCIN | 769 | TEAM ZABIEGANEDNI | ŻOŁYNIA | POL | M 30 | 45 | M 106 | TEAM ZABIEGANEDNI #1 | 00:08:39 | 00:18:41.60 | 00:19:09.10 | 3:44 | 16.1 |
| 107 | JAMBOR MICHAŁ | 458 | ŻÓRAWSKI TEAM | WARSZAWA | POL | M 40 | 29 | M 107 | ŻÓRAWSKI TEAM | | 00:18:42.15 | 00:18:58.65 | 3:44 | 16 |
| 108 | MADEJEK KAMIL | 824 | VEGE RUNNERS | WARSZAWA | POL | M 30 | 46 | M 108 | VEGE RUNNERS URSYNÓW | 00:08:51 | 00:18:42.50 | 00:18:51.95 | 3:44 | 16 |
| 109 | ŻURAWSKI SŁAWOMIR | 1672 | BARUNOWCE | WARSZAWA | POL | M 40 | 30 | M 109 | | 00:08:53 | 00:18:44.05 | 00:18:57.90 | 3:44 | 16 |
| 110 | KUPA BARTOSZ | 276 | KLUB BIEGACZY JYSK | SŁUPNO | POL | M 30 | 47 | M 110 | | 00:08:38 | 00:18:44.10 | 00:18:48.15 | 3:44 | 16 |
| 111 | ŁUCKA DARIUSZ | 1710 | | NOWA IWICZNA | POL | M 30 | 48 | M 111 | | 00:08:48 | 00:18:44.25 | 00:18:54.80 | 3:44 | 16 |
| 112 | OLSZAŃSKI PAWEŁ | 999 | KB PACE WARSZAWA | OLSZTYN | POL | M 20 | 24 | M 112 | KB PACE WARSZAWA | 00:08:13 | 00:18:44.45 | 00:18:47.60 | 3:44 | 16 |
| 113 | MAKULEC MARCIN | 832 | SANTANDER RUNNING CLUB | WARSZAWA | POL | M 40 | 31 | M 113 | | 00:08:48 | 00:18:45.45 | 00:18:56.45 | 3:45 | 16 |
| 114 | REBELLO FELIPE | 1168 | | GRODZISK MOZOWIECKI | POL | M 30 | 49 | M 114 | | 00:09:02 | 00:18:46.65 | 00:18:58.35 | 3:45 | 16 |

BIEG URSYNOWA, M Open c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Drużyna 1 | 2.5km | Netto | Brutto | min/km | km/h |
|------|------------------------|------|--|---------------|------|------|--------|-------|-----------------------------|----------|-------------|-------------|--------|------|
| 115 | KALIŃSKI FRANCISZEK | 526 | | ŁOWICZ | POL | M 20 | 25 | M 115 | | 00:08:53 | 00:18:48.95 | 00:19:02.60 | 3:45 | 16 |
| 116 | FRAŃCZYK PAWEŁ | 318 | | WARSZAWA | POL | M 30 | 50 | M 116 | | 00:08:37 | 00:18:49.05 | 00:19:13.95 | 3:45 | 15.9 |
| 117 | CZARNOCKI WOJCIECH | 202 | ADIDAS RUNNERS WARSAW | WARSZAWA | POL | M 20 | 26 | M 117 | ADIDAS RUNNERS WARSAW | 00:08:54 | 00:18:49.70 | 00:19:05.25 | 3:45 | 15.9 |
| 118 | LEWDOROWICZ WOJCIECH | 779 | SAM SOBIE KLUBEM | KADY | POL | M 40 | 32 | M 118 | | 00:08:23 | 00:18:50.35 | 00:19:15.55 | 3:46 | 15.9 |
| 119 | FILIPIAK ADAM | 307 | ŁÓDŹ KOCHA SPORT | ŁÓDŹ | POL | M 30 | 51 | M 119 | ŁÓDŹ KOCHA SPORT | 00:08:48 | 00:18:51.05 | 00:19:02.50 | 3:46 | 15.9 |
| 120 | KASPRZYK KACPER | 2041 | | WARSZAWA | POL | M 16 | 2 | M 120 | | 00:08:17 | 00:18:51.45 | 00:19:16.20 | 3:46 | 15.9 |
| 121 | BIELECKI JAKUB | 74 | | WARSZAWA | POL | M 30 | 52 | M 121 | | 00:08:57 | 00:18:53.25 | 00:19:12.10 | 3:46 | 15.9 |
| 122 | KNAP CZAREK | 607 | HOŻA TEAM SKYRUNNERS | SZCZECIN | POL | M 50 | 9 | M 122 | | 00:08:51 | 00:18:55.30 | 00:19:24.90 | 3:47 | 15.9 |
| 123 | BEŁZ DANIEL | 66 | | PIASECZNO | POL | M 30 | 53 | M 123 | | 00:09:06 | 00:18:56.55 | 00:19:32.10 | 3:47 | 15.8 |
| 124 | RUSZNIK PIOTR | 1209 | LIPIEC RUNNING TEAM | PIASECZNO | POL | M 40 | 33 | M 124 | LIPIEC RUNNING TEAM | 00:08:59 | 00:18:56.60 | 00:19:03.45 | 3:47 | 15.8 |
| 125 | GÓRECKI RAFAŁ | 388 | | LESZNO | POL | M 40 | 34 | M 125 | ADIDAS RUNNERS WARSAW | 00:08:43 | 00:18:56.90 | 00:19:07.40 | 3:47 | 15.8 |
| 126 | ZIELIŃSKI ŁUKASZ | 1649 | GÓRA BIEGA | GÓRA KALWARIA | POL | M 30 | 54 | M 126 | GÓRA BIEGA - DZIKI | 00:08:54 | 00:18:57.25 | 00:19:09.70 | 3:47 | 15.8 |
| 127 | OWCZAREK KACPER | 2072 | ŁÓDŹ KOCHA SPORT | ŁÓDŹ | POL | M 14 | 2 | M 127 | ŁÓDŹ KOCHA SPORT | 00:08:47 | 00:18:57.95 | 00:19:27.60 | 3:47 | 15.8 |
| 128 | KUKLA-KUKLEWICZ MICHAŁ | 734 | | WARSZAWA | POL | M 20 | 27 | M 128 | | 00:08:57 | 00:18:59.95 | 00:19:39.50 | 3:47 | 15.8 |
| 129 | OCHMAN MICHAŁ | 981 | BEC POLAND | WARSZAWA | POL | M 40 | 35 | M 129 | | 00:09:03 | 00:19:02.50 | 00:19:41.45 | 3:48 | 15.8 |
| 130 | ZHENG HAISHAN | 1647 | | TARCZYN | POL | M 40 | 36 | M 130 | | 00:08:59 | 00:19:03.05 | 00:19:35.75 | 3:48 | 15.7 |
| 131 | TELEON PIOTR | 1441 | JACEKBIEGA RUNNING TEAM | WARSZAWA | POL | M 40 | 37 | M 131 | JACEKBIEGA RUNNING TEAM | 00:08:46 | 00:19:03.75 | 00:19:17.65 | 3:48 | 15.7 |
| 132 | OLCZAK JANUSZ | 989 | BIEGANIE 50+ | WARSZAWA | POL | M 50 | 10 | M 132 | | 00:09:12 | 00:19:03.95 | 00:19:14.55 | 3:48 | 15.7 |
| 133 | PIATKA TOMASZ | 1060 | ADIDAS RUNNERS WARSAW | WARSZAWA | POL | M 30 | 55 | M 133 | ADIDAS RUNNERS WARSAW | 00:09:06 | 00:19:05.55 | 00:19:15.40 | 3:49 | 15.7 |
| 134 | KALINOWSKI BARTOSZ | 2038 | KONDYCJA | NOWA IWICZNA | POL | M 16 | 3 | M 134 | | 00:08:57 | 00:19:07.90 | 00:19:17.05 | 3:49 | 15.7 |
| 135 | DUDELA ADRIAN | 1778 | KAZIKI | WARSZAWA | POL | M 40 | 38 | M 135 | KAZIKI | 00:08:42 | 00:19:08.05 | 00:19:34.85 | 3:49 | 15.7 |
| 136 | ŚWIĘCICKI TOMASZ | 1434 | ACCELERATING POLAND | WARSZAWA | POL | M 40 | 39 | M 136 | ACCELERATING POLAND | 00:08:27 | 00:19:10.30 | 00:19:29.20 | 3:50 | 15.7 |
| 137 | CYGLER SŁAWEK | 195 | WKS WAWEL | WARSZAWA | POL | M 30 | 56 | M 137 | WKS WAWEL KRAKÓW | 00:09:06 | 00:19:10.95 | 00:19:46.95 | 3:50 | 15.7 |
| 138 | STOLARSKI KRZYSZTOF | 1945 | BIEGAJĄCE ZĄBKI | ZĄBKI | POL | M 50 | 11 | M 138 | | 00:08:58 | 00:19:11.15 | 00:19:24.90 | 3:50 | 15.6 |
| 139 | WASILEWSKI KUBA | 1511 | | WARSZAWA | POL | M 30 | 57 | M 139 | | 00:08:45 | 00:19:11.30 | 00:19:38.20 | 3:50 | 15.6 |
| 140 | SZYMAŃCZYK IGOR | 1412 | | WARSZAW | POL | M 30 | 58 | M 140 | | 00:09:07 | 00:19:11.60 | 00:19:50.00 | 3:50 | 15.6 |
| 141 | DABROWA KAMIL | 216 | LIPIEC RUNNING TEAM | WARSZAWA | POL | M 50 | 12 | M 141 | LIPIEC RUNNING TEAM | 00:08:58 | 00:19:12.15 | 00:19:20.50 | 3:50 | 15.6 |
| 142 | KOBUSZEWSKI ARTUR | 611 | BIEGOWY WARIAT RUNNING TEAM | WARSZAWA | POL | M 40 | 40 | M 142 | BIEGOWY WARIAT RUNNING TEAM | 00:08:47 | 00:19:15.35 | 00:19:40.85 | 3:51 | 15.6 |
| 143 | SZYMAŃSKI BARTŁOMIEJ | 1419 | ADIDAS RUNNERS WARSAW | WARSZAWA | POL | M 40 | 41 | M 143 | ADIDAS RUNNERS WARSAW | 00:09:10 | 00:19:15.90 | 00:19:30.95 | 3:51 | 15.6 |
| 144 | PIKUS PRZEMEK | 1074 | LIPIEC RUNNING TEAM | BABICE NOWE | POL | M 40 | 42 | M 144 | LIPIEC RUNNING TEAM | 00:08:50 | 00:19:15.95 | 00:19:24.30 | 3:51 | 15.6 |
| 145 | DOBROŁĘCKI JACEK | 243 | KONRAD NOSARZEWSKI BADANIA DIETA TRENING | STUPSK | POL | M 20 | 28 | M 145 | | 00:08:14 | 00:19:16.10 | 00:19:20.00 | 3:51 | 15.6 |
| 146 | WIELOGÓRSKI IGNACY | 2103 | | WARSZAWA | POL | M 16 | 4 | M 146 | | 00:08:33 | 00:19:18.20 | 00:19:39.40 | 3:51 | 15.5 |
| 147 | ZDEB PRZEMEK | 1642 | ADIDAS RUNNERS WARSAW | WARSZAWA | POL | M 40 | 43 | M 147 | ADIDAS RUNNERS WARSAW | 00:09:03 | 00:19:18.90 | 00:19:33.55 | 3:51 | 15.5 |
| 148 | SYGUŁA MATEUSZ | 1372 | KOLARSKI.EU TEAM | MICHAŁOWICE | POL | M 40 | 44 | M 148 | | 00:08:38 | 00:19:20.70 | 00:19:23.00 | 3:52 | 15.5 |
| 149 | SZYMAŃSKI HUBERT | 1415 | BIEGOWY WARIAT RUNNING TEAM | ŁOMIANKI | POL | M 40 | 45 | M 149 | BIEGOWY WARIAT RUNNING TEAM | 00:09:14 | 00:19:22.10 | 00:19:44.50 | 3:52 | 15.5 |
| 150 | CZUB DANIEL | 211 | | WARSZAWA | POL | M 30 | 59 | M 150 | | 00:08:59 | 00:19:22.55 | 00:20:05.75 | 3:52 | 15.5 |
| 151 | BANASIUK MACIEJ | 47 | | WARSZAWA | POL | M 50 | 13 | M 151 | | 00:08:55 | 00:19:23.15 | 00:19:35.95 | 3:52 | 15.5 |
| 152 | CHEŁMIŃSKI GRZEGORZ | 156 | LIPIEC RUNNING TEAM | WARSZAWA | POL | M 50 | 14 | M 152 | LIPIEC RUNNING TEAM | 00:09:00 | 00:19:23.65 | 00:19:50.65 | 3:52 | 15.5 |
| 153 | KARWACZ JAKUB | 551 | | STARE LIPINY | POL | M 30 | 60 | M 153 | | 00:09:25 | 00:19:24.40 | 00:19:41.15 | 3:52 | 15.5 |
| 154 | MIKULSKI JACEK | 907 | ADIDAS RUNNERS WARSAW | WARSZAWA | POL | M 50 | 15 | M 154 | ADIDAS RUNNERS WARSAW | 00:09:10 | 00:19:25.15 | 00:19:41.25 | 3:53 | 15.5 |
| 155 | FAJKOWSKI PIOTR | 293 | ADIDAS RUNNERS WARSAW | WARSZAWA | POL | M 30 | 61 | M 155 | ADIDAS RUNNERS WARSAW | 00:08:56 | 00:19:25.50 | 00:19:39.85 | 3:53 | 15.5 |
| 156 | SOFUL TOMASZ | 1308 | | WARSZAWA | POL | M 40 | 46 | M 156 | | 00:09:00 | 00:19:25.75 | 00:19:32.40 | 3:53 | 15.5 |
| 157 | RYDZ-MOŚCICKI ROBERT | 1221 | | WARSZAWA | POL | M 40 | 47 | M 157 | | 00:09:08 | 00:19:25.80 | 00:19:29.75 | 3:53 | 15.5 |
| 158 | KLIMEK JAKUB | 2044 | | WARSZAWA | POL | M 16 | 5 | M 158 | | 00:09:25 | 00:19:26.00 | 00:19:43.20 | 3:53 | 15.4 |
| 159 | WRONOWSKI MARCIN | 1590 | JEDNOOSOBOWY KLUB MYSZKA MISIO MILUSIA | WARSZAWA | POL | M 20 | 29 | M 159 | | 00:09:05 | 00:19:26.45 | 00:20:04.15 | 3:53 | 15.4 |

BIEG URSYNOWA, M Open c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Drużyna 1 | 2.5km | Netto | Brutto | min/km | km/h |
|------|-----------------------|------|--|----------------------|------|------|--------|-------|--|----------|-------------|-------------|--------|------|
| 160 | STAEVEN KRZYSZTOF | 1326 | TEAM ZABIEGANEDNI | WARSZAWA | POL | M 40 | 48 | M 160 | TEAM ZABIEGANEDNI | 00:09:10 | 00:19:27.00 | 00:20:05.45 | 3:53 | 15.4 |
| 161 | KACPRZYK ALEX | 511 | RP RUNNERS | WARSZAWA | POL | M 50 | 16 | M 161 | #2 | 00:09:24 | 00:19:28.55 | 00:19:45.75 | 3:53 | 15.4 |
| 162 | SŁAWIŃSKI PIOTR | 1286 | | WARSZAWA | POL | M 40 | 49 | M 162 | | 00:08:57 | 00:19:29.20 | 00:20:12.50 | 3:53 | 15.4 |
| 163 | CIESIELSKI MARCIN | 1760 | WARSAW RUN CLUB | SKIERNIEWICE | POL | M 40 | 50 | M 163 | WARSAW RUN CLUB | 00:09:23 | 00:19:30.15 | 00:19:47.65 | 3:54 | 15.4 |
| 164 | MARCHEWKA JAN | 1854 | SZKOŁA FUNDACJA PRIMUS ZOLTANA BALO | WARSZAWA | POL | M 60 | 1 | M 164 | | 00:09:14 | 00:19:30.35 | 00:19:47.65 | 3:54 | 15.4 |
| 165 | KŁYS MATEUSZ | 606 | | WARSZAWA | POL | M 30 | 62 | M 165 | | 00:09:26 | 00:19:32.60 | 00:19:56.30 | 3:54 | 15.4 |
| 166 | JASKÓLSKI BARTŁOMIEJ | 478 | | OSTROŻEŃ PIERWSZY | POL | M 20 | 30 | M 166 | | 00:09:23 | 00:19:33.00 | 00:19:52.50 | 3:54 | 15.3 |
| 167 | PLUTA PATRYK | 1092 | | PRZEDBÓRZ | POL | M 20 | 31 | M 167 | | 00:08:57 | 00:19:33.05 | 00:19:47.00 | 3:54 | 15.3 |
| 168 | MARON JACEK | 860 | ADIDAS RUNNERS WARSAW | WARSZAWA | POL | M 50 | 17 | M 168 | ADIDAS RUNNERS WARSAW | 00:08:52 | 00:19:33.40 | 00:19:48.80 | 3:54 | 15.3 |
| 169 | OKHOTNIKOV MYKHAILO | 984 | | WARSZAWA | UKR | M 20 | 32 | M 169 | | 00:09:00 | 00:19:34.10 | 00:19:48.35 | 3:54 | 15.3 |
| 170 | WOŁOSEWICZ KAMIL | 1578 | TEAM ZABIEGANEDNI | WARSZAWA | POL | M 40 | 51 | M 170 | TEAM ZABIEGANEDNI | 00:09:22 | 00:19:34.95 | 00:19:50.70 | 3:54 | 15.3 |
| 171 | BOCZARSKI PAWEŁ | 93 | | WARSZAWA | POL | M 30 | 63 | M 171 | | 00:09:15 | 00:19:35.30 | 00:19:52.80 | 3:55 | 15.3 |
| 172 | KOSIERADZKI TOMASZ | 656 | KS STASZEWSKY | WARSZAWA | POL | M 30 | 64 | M 172 | KS STASZEWSKY | 00:09:21 | 00:19:36.10 | 00:19:58.65 | 3:55 | 15.3 |
| 173 | SZTYLKO MICHAŁ | 1401 | | WARSZAWA | POL | M 40 | 52 | M 173 | | 00:09:15 | 00:19:37.10 | 00:20:19.30 | 3:55 | 15.3 |
| 174 | BARTOSZEK KONRAD | 56 | | WARSZAWA | POL | M 40 | 53 | M 174 | ADIDAS RUNNERS WARSAW | 00:09:25 | 00:19:37.15 | 00:19:55.70 | 3:55 | 15.3 |
| 175 | JASIŃSKI ŁUKASZ | 476 | | ZŁOTOKŁOS | POL | M 40 | 54 | M 175 | | 00:09:29 | 00:19:37.15 | 00:19:55.15 | 3:55 | 15.3 |
| 176 | SOBCZAK GRZEGORZ | 1300 | | ŁOMIANKI | POL | M 40 | 55 | M 176 | | 00:09:25 | 00:19:37.40 | 00:19:55.50 | 3:55 | 15.3 |
| 177 | CIERNIEWSKI MACIEJ | 183 | ARTUR KOZŁOWSKI TEAM (PLANBIEGANIE.PL) | STACHOWO | POL | M 30 | 65 | M 177 | ARTUR KOZŁOWSKI TEAM (PLANBIEGANIE.PL) | 00:09:22 | 00:19:38.80 | 00:19:55.15 | 3:55 | 15.3 |
| 178 | STĘPIEŃ ANDRZEJ | 1078 | EXOTEAM | WARSZAWA | POL | M 40 | 56 | M 178 | EXOTEAM | 00:08:56 | 00:19:39.05 | 00:20:11.05 | 3:55 | 15.3 |
| 179 | MAZUR MAREK | 888 | | BOBROWIEC | POL | M 50 | 18 | M 179 | | 00:09:14 | 00:19:39.20 | 00:19:52.45 | 3:55 | 15.3 |
| 180 | MARZEC ZBIGNIEW | 864 | PIASECZYŃSKI BIEGACZ | PIASECZNO | POL | M 30 | 66 | M 180 | | 00:09:06 | 00:19:40.35 | 00:19:43.20 | 3:56 | 15.3 |
| 181 | JURSKI SZYMON | 505 | KAZIKI | WARSZAWA | POL | M 30 | 67 | M 181 | KAZIKI | 00:09:28 | 00:19:40.55 | 00:19:54.40 | 3:56 | 15.3 |
| 182 | RELUGA GRZEGORZ | 1178 | CZARNECKI RUN TEAM | WARSZAWA | POL | M 50 | 19 | M 182 | CZARNECKI RUN TEAM | 00:08:53 | 00:19:41.60 | 00:20:11.85 | 3:56 | 15.2 |
| 183 | PRUCHNIAK ROBERT | 1125 | LIPIEC RUNNING TEAM | WARSZAWA | POL | M 50 | 20 | M 183 | LIPIEC RUNNING TEAM | 00:09:20 | 00:19:42.65 | 00:19:52.60 | 3:56 | 15.2 |
| 184 | CZEREWACZ ANDRZEJ | 1767 | | KRAKÓW | POL | M 20 | 33 | M 184 | | 00:09:24 | 00:19:44.30 | 00:20:02.30 | 3:56 | 15.2 |
| 185 | GÓRSKI PATRYK | 2028 | UKS OSIR GÓRA KALWARIA | DOBIESZ | POL | M 16 | 6 | M 185 | | 00:08:37 | 00:19:44.35 | 00:20:14.10 | 3:56 | 15.2 |
| 186 | MACIEJOWICZ MICHAŁ | 817 | VEGERUNNERS | WARSZAWA | POL | M 30 | 68 | M 186 | | 00:08:39 | 00:19:44.60 | 00:19:53.15 | 3:56 | 15.2 |
| 187 | KOŁODZIEJSKI MICHAŁ | 621 | LIPIEC RUNNING TEAM | WARSZAWA | POL | M 40 | 57 | M 187 | LIPIEC RUNNING TEAM | 00:09:21 | 00:19:44.95 | 00:19:54.60 | 3:56 | 15.2 |
| 188 | WAŚNIEWSKI PAWEŁ | 1981 | | WARSZAWA | POL | M 20 | 34 | M 188 | | 00:09:01 | 00:19:45.20 | 00:19:59.55 | 3:57 | 15.2 |
| 189 | ŻUREK KAZIMIERZ | 1675 | M.I.L.A. | NOWA IWICZNA | POL | M 30 | 69 | M 189 | | 00:09:24 | 00:19:45.20 | 00:20:03.30 | 3:57 | 15.2 |
| 190 | WOLSKI KRZYSZTOF | 1576 | | WARSZAWA | POL | M 40 | 58 | M 190 | | 00:09:05 | 00:19:45.45 | 00:20:25.30 | 3:57 | 15.2 |
| 191 | SOBOLEWSKI MATEUSZ | 1303 | ŻÓRAWSKI TEAM | WARSZAWA | POL | M 20 | 35 | M 191 | ŻÓRAWSKI TEAM | 00:09:05 | 00:19:45.50 | 00:19:57.65 | 3:57 | 15.2 |
| 192 | WIERZCHOŁOWSKI MARCIN | 1529 | | WARSZAWA | POL | M 40 | 59 | M 192 | | 00:09:24 | 00:19:46.05 | 00:20:09.80 | 3:57 | 15.2 |
| 193 | PISKAŁA DANIEL | 1731 | POWER TRAINING | WARSZAWA | POL | M 40 | 60 | M 193 | | 00:09:17 | 00:19:46.40 | 00:20:06.35 | 3:57 | 15.2 |
| 194 | ANDERS DANIEL | 23 | | MYSIADŁO | POL | M 40 | 61 | M 194 | | 00:09:06 | 00:19:47.50 | 00:19:56.15 | 3:57 | 15.2 |
| 195 | STROJKOWSKI BARTOSZ | 1352 | ŁÓDŹ KOCHA SPORT | ŁÓDŹ | POL | M 40 | 62 | M 195 | ŁÓDŹ KOCHA SPORT | 00:08:51 | 00:19:47.60 | 00:20:21.80 | 3:57 | 15.2 |
| 196 | MATEJEK RAFAŁ | 874 | STOMILEX | WARSZAWA | POL | M 30 | 70 | M 196 | | 00:09:14 | 00:19:47.60 | 00:19:59.30 | 3:57 | 15.2 |
| 197 | UMIĄSTOWSKI BARTOSZ | 1492 | | NOWY DWÓR MAZOWIECKI | POL | M 20 | 36 | M 197 | | 00:09:24 | 00:19:48.85 | 00:20:12.55 | 3:57 | 15.2 |
| 198 | ŁUKOMSKI JANUSZ | 809 | PKO BANK POLSKI | WARSZAWA | POL | M 40 | 63 | M 198 | | 00:09:24 | 00:19:48.95 | 00:20:05.75 | 3:57 | 15.2 |
| 199 | ŁOCZEWSKI PAWEŁ | 801 | | WARSZAWA | POL | M 60 | 2 | M 199 | | 00:09:07 | 00:19:51.10 | 00:20:24.70 | 3:58 | 15.1 |
| 200 | SZYMAŃSKI ANDRZEJ | 1417 | | WARSZAWA | POL | M 40 | 64 | M 200 | | 00:09:24 | 00:19:51.10 | 00:20:10.75 | 3:58 | 15.1 |
| 201 | NIEMIRA MICHAŁ | 959 | MPK WYBIEGANIE | WARSZAWA | POL | M 30 | 71 | M 201 | | 00:09:26 | 00:19:51.10 | 00:20:07.10 | 3:58 | 15.1 |
| 202 | KAWAŁOWSKI MARCIN | 564 | | PRUSZKÓW | POL | M 40 | 65 | M 202 | | 00:09:26 | 00:19:51.25 | 00:20:15.50 | 3:58 | 15.1 |
| 203 | GAŁĄZKA TOMASZ | 1787 | | BŁONIE | POL | M 40 | 66 | M 203 | | 00:09:12 | 00:19:51.45 | 00:20:15.20 | 3:58 | 15.1 |
| 204 | ROSZKOWSKI WOJCIECH | 1198 | | WARSZAWA | POL | M 60 | 3 | M 204 | | 00:09:19 | 00:19:51.75 | 00:20:16.90 | 3:58 | 15.1 |
| 205 | PIOTROWSKI TOMASZ | 1901 | | KONSTANCIN JEZIORNA | POL | M 50 | 21 | M 205 | | 00:08:57 | 00:19:52.10 | 00:20:23.90 | 3:58 | 15.1 |
| 206 | FABIŚIAK MARCIN | 291 | TEAM ZABIEGANEDNI | WARSZAWA | POL | M 40 | 67 | M 206 | TEAM ZABIEGANEDNI #4 | 00:09:24 | 00:19:53.40 | 00:20:10.80 | 3:58 | 15.1 |
| 207 | DUDEK IGOR | 269 | | JELENIA GÓRA | POL | M 20 | 37 | M 207 | | 00:09:19 | 00:19:54.15 | 00:20:09.40 | 3:58 | 15.1 |
| 208 | GREDA PIOTR | 405 | | WARSZAWA | POL | M 30 | 72 | M 208 | | 00:09:23 | 00:19:55.00 | 00:20:15.35 | 3:59 | 15.1 |
| 209 | KOZIOŁ KRZYSZTOF | 683 | | WARSZAWA | POL | M 30 | 73 | M 209 | | 00:09:35 | 00:19:55.35 | 00:20:11.20 | 3:59 | 15.1 |

BIEG URSYNOWA, M Open c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Drużyna 1 | 2.5km | Netto | Brutto | min/km | km/h |
|------|------------------------|------|--|---------------------|------|------|--------|-------|--------------------------|----------|-------------|-------------|--------|------|
| 210 | BISOWSKI MARIUSZ | 87 | MARUDY Z KOBYŁKI | KOBYŁKA | POL | M 40 | 68 | M 210 | MARUDY Z KOBYŁKI | 00:09:29 | 00:19:55.95 | 00:20:13.90 | 3:59 | 15.1 |
| 211 | SMOLIŃSKI MICHAŁ | 1295 | | WARSZAWA | POL | M 40 | 69 | M 211 | | 00:09:20 | 00:19:57.55 | 00:20:16.35 | 3:59 | 15 |
| 212 | SMOLEŃ PAWEŁ | 1293 | | WARSZAWA | POL | M 30 | 74 | M 212 | | 00:09:23 | 00:19:58.70 | 00:20:18.75 | 3:59 | 15 |
| 213 | MAŁEK ŁUKASZ | 842 | KARDIOLOGSPORTOWY.PL | WARSZAWA | POL | M 40 | 70 | M 213 | | 00:09:21 | 00:19:58.75 | 00:20:23.70 | 3:59 | 15 |
| 214 | MIKA JAROSŁAW | 1861 | KONDYCJA PIASECZNO | PIASECZNO | POL | M 40 | 71 | M 214 | | 00:09:22 | 00:19:59.85 | 00:20:21.10 | 3:59 | 15 |
| 215 | PEKAŁSKI MAREK | 1054 | TRIZARZA | WARSZAWA | POL | M 40 | 72 | M 215 | | 00:09:14 | 00:19:59.95 | 00:20:28.90 | 3:59 | 15 |
| 216 | KONDRAT MIRON | 2048 | | ZĄBKI | POL | M 16 | 7 | M 216 | | 00:09:26 | 00:20:00.95 | 00:20:23.05 | 4:00 | 15 |
| 217 | MATVEYENKA DZIANIS | 879 | | WARSZAWA | POL | M 30 | 75 | M 217 | | 00:09:25 | 00:20:01.05 | 00:20:20.80 | 4:00 | 15 |
| 218 | PUSEK MIKOLAJ | 1148 | FPL TEAM | WARSZAWA | POL | M 20 | 38 | M 218 | | 00:09:21 | 00:20:01.55 | 00:20:22.15 | 4:00 | 15 |
| 219 | MACIEJCZYK PIOTR | 816 | MCSP | WARSZAWA | POL | M 40 | 73 | M 219 | | 00:09:04 | 00:20:02.85 | 00:20:19.75 | 4:00 | 15 |
| 220 | PIKUL PIOTR | 1073 | | WARSZAWA | POL | M 40 | 74 | M 220 | | 00:09:26 | 00:20:04.95 | 00:20:22.00 | 4:00 | 15 |
| 221 | CZARNECKI SŁAWOMIR | 1765 | | WARSZAWA | POL | M 30 | 76 | M 221 | | 00:08:54 | 00:20:05.55 | 00:20:28.85 | 4:01 | 14.9 |
| 222 | KORYCIŃSKI ANDRZEJ | 650 | | WARSZAWA | POL | M 30 | 77 | M 222 | | 00:09:28 | 00:20:05.70 | 00:20:26.10 | 4:01 | 14.9 |
| 223 | RYBAK ADAM | 1923 | KONDYCJA PIASECZNO | USTANÓW | POL | M 40 | 75 | M 223 | | 00:09:21 | 00:20:05.90 | 00:20:27.15 | 4:01 | 14.9 |
| 224 | BIELECKI BARTOSZ | 561 | ŁÓDŹ KOCHA SPORT | ŁÓDŹ | POL | M 30 | 78 | M 224 | | 00:09:27 | 00:20:05.95 | 00:20:27.60 | 4:01 | 14.9 |
| 225 | PRZEWOZNIAK JAN | 1136 | | WARSZAWA | POL | M 40 | 76 | M 225 | | 00:09:20 | 00:20:06.65 | 00:20:28.50 | 4:01 | 14.9 |
| 226 | ULICZNY PAWEŁ | 1487 | REMBERTÓW TEAM | WARSZAWA | POL | M 40 | 77 | M 226 | REMBERTÓW TEAM | 00:09:26 | 00:20:08.50 | 00:20:26.85 | 4:01 | 14.9 |
| 227 | JAKUBIAK WOJCIECH | 456 | | WARSZAWA | POL | M 20 | 39 | M 227 | | 00:09:21 | 00:20:08.55 | 00:20:27.65 | 4:01 | 14.9 |
| 228 | ZYGOŃ KRZYSZTOF | 1660 | | WARSZAWA | POL | M 30 | 79 | M 228 | | 00:09:03 | 00:20:10.80 | 00:20:49.60 | 4:02 | 14.9 |
| 229 | PIOTROWSKI STANISŁAW | 1900 | AZS AWF WARSZAWA | KONSTANCIN-JEZIORNA | POL | M 14 | 3 | M 229 | | 00:09:16 | 00:20:11.30 | 00:20:24.65 | 4:02 | 14.9 |
| 230 | KRAWCZYŃSKI PRZEMYSŁAW | 808 | | WARSZAWA | POL | M 40 | 78 | M 230 | | 00:09:13 | 00:20:11.75 | 00:20:55.75 | 4:02 | 14.9 |
| 231 | RATYŃSKI PAWEŁ | 1165 | | MOGIELNICA | POL | M 30 | 80 | M 231 | | 00:09:21 | 00:20:13.60 | 00:20:19.50 | 4:02 | 14.8 |
| 232 | MANCZENKO EUGENIUSZ | 848 | MARKOWI BIEGACZE | WARSZAWA | POL | M 40 | 79 | M 232 | MARKOWI BIEGACZE | 00:09:25 | 00:20:13.60 | 00:20:30.80 | 4:02 | 14.8 |
| 233 | ŚLIMKO DANIEL | 1426 | | WARSZAWA | POL | M 30 | 81 | M 233 | | 00:09:21 | 00:20:15.50 | 00:20:51.55 | 4:03 | 14.8 |
| 234 | JAMBOR MACIEJ | 459 | | WARSZAWA | POL | M 30 | 82 | M 234 | | 00:09:30 | 00:20:15.80 | 00:20:35.15 | 4:03 | 14.8 |
| 235 | LEWANDOWSKI MICHAŁ | 1836 | ADIDAS RUNNERS WARSAW | WARSZAWA | POL | M 20 | 40 | M 235 | ADIDAS RUNNERS WARSAW | 00:09:17 | 00:20:18.15 | 00:20:34.35 | 4:03 | 14.8 |
| 236 | MACIOŁEK DAREK | 818 | BNP PARIBAS RUNNING TEAM | SĘKOCIN STARY | POL | M 40 | 80 | M 236 | BNP PARIBAS RUNNING TEAM | 00:09:12 | 00:20:18.65 | 00:20:56.20 | 4:03 | 14.8 |
| 237 | ZUBRZYCKI JANUSZ | 1658 | OLDSKULL | LASKI | POL | M 40 | 81 | M 237 | | 00:09:23 | 00:20:18.75 | 00:20:38.10 | 4:03 | 14.8 |
| 238 | MULAK MICHAŁ | 936 | TEAM ZABIEGANEDNI | WARSZAWA | POL | M 40 | 82 | M 238 | TEAM ZABIEGANEDNI #3 | 00:09:34 | 00:20:20.50 | 00:21:08.30 | 4:04 | 14.8 |
| 239 | MARCZUK ROBERT | 857 | | ZIELONKA | POL | M 40 | 83 | M 239 | | 00:09:15 | 00:20:22.55 | 00:20:57.50 | 4:04 | 14.7 |
| 240 | LETKOWSKI DARIUSZ | 776 | GAPMONT RUNNING TEAM | WARSZAWA | POL | M 40 | 84 | M 240 | | 00:09:25 | 00:20:23.05 | 00:20:37.10 | 4:04 | 14.7 |
| 241 | NURZYŃSKI MARCIN | 978 | TEAM ZABIEGANEDNI | WARSZAWA | POL | M 40 | 85 | M 241 | TEAM ZABIEGANEDNI #2 | 00:09:27 | 00:20:23.40 | 00:20:38.50 | 4:04 | 14.7 |
| 242 | TRONIARZ OSKAR | 1467 | T&T BRO | MICHAŁOWICE | POL | M 16 | 8 | M 242 | | 00:09:23 | 00:20:23.50 | 00:20:37.10 | 4:04 | 14.7 |
| 243 | KUCHARSKI MACIEJ | 721 | KS STASZEWSKY | WARSZAWA | POL | M 30 | 83 | M 243 | KS STASZEWSKY | 00:09:06 | 00:20:25.20 | 00:21:05.10 | 4:05 | 14.7 |
| 244 | SMOLIŃSKI MATEUSZ | 1296 | | WARSZAWA | POL | M 30 | 84 | M 244 | | 00:09:21 | 00:20:25.55 | 00:20:39.90 | 4:05 | 14.7 |
| 245 | LACHOWSKI TOMASZ | 757 | | WARSZAWA | POL | M 40 | 86 | M 245 | | 00:09:29 | 00:20:26.60 | 00:20:41.45 | 4:05 | 14.7 |
| 246 | ŻURAWSKI MARCIN | 1673 | ADIDAS RUNNERS WARSAW/ DRUŻYNABLONDYNA | WARSZAWA | POL | M 40 | 87 | M 246 | ADIDAS RUNNERS WARSAW | 00:09:21 | 00:20:27.10 | 00:21:08.00 | 4:05 | 14.7 |
| 247 | GÓRSKI MACIEJ | 392 | | WARSZAWA | POL | M 50 | 22 | M 247 | | 00:09:37 | 00:20:27.45 | 00:20:51.15 | 4:05 | 14.7 |
| 248 | CZAPSKI KACPER | 200 | EMILKRÓLTEAM | GOLICE | POL | M 20 | 41 | M 248 | | 00:09:27 | 00:20:27.80 | 00:20:43.90 | 4:05 | 14.7 |
| 249 | LENDZION MARCIN | 774 | GRUPA BIEGOWA UM W-WA | WARSZAWA | POL | M 16 | 9 | M 249 | GRUPA BIEGOWA UM W-WA | 00:09:39 | 00:20:27.85 | 00:20:58.95 | 4:05 | 14.7 |
| 250 | RUZIK RAFAŁ | 1920 | RURA TEAM | WARSZAWA | POL | M 40 | 88 | M 250 | | 00:09:48 | 00:20:31.05 | 00:21:01.80 | 4:06 | 14.6 |
| 251 | CIEĆWIERZ MICHAŁ | 181 | | WARSZAWA | POL | M 30 | 85 | M 251 | | 00:09:27 | 00:20:31.70 | 00:20:55.95 | 4:06 | 14.6 |
| 252 | SKROBEK ŁUKASZ | 1931 | | ZĄBKI | POL | M 30 | 86 | M 252 | | 00:09:33 | 00:20:32.10 | 00:20:50.95 | 4:06 | 14.6 |
| 253 | ALFUT GRZEGORZ | 20 | VELO SIERPC | SIERPC | POL | M 60 | 4 | M 253 | | 00:09:36 | 00:20:32.20 | 00:21:17.90 | 4:06 | 14.6 |
| 254 | OWCZAREK BARTŁOMIEJ | 1018 | ŁÓDŹ KOCHA SPORT | ŁÓDŹ | POL | M 30 | 87 | M 254 | ŁÓDŹ KOCHA SPORT | 00:09:46 | 00:20:32.20 | 00:21:03.80 | 4:06 | 14.6 |
| 255 | PROSTKO DARIUSZ | 1123 | KB PACE WARSZAWA | POŚWIĘTNE | POL | M 30 | 88 | M 255 | KB PACE WARSZAWA 2 | 00:09:27 | 00:20:32.45 | 00:20:57.00 | 4:06 | 14.6 |
| 256 | GMURZYŃSKI TOMASZ | 368 | | RADZYMIN | AFG | M 30 | 89 | M 256 | | 00:09:53 | 00:20:33.30 | 00:21:07.55 | 4:06 | 14.6 |
| 257 | ZAROŃ BARTŁOMIEJ | 2129 | AMT... | WARSZAWA | POL | M 40 | 89 | M 257 | | 00:09:23 | 00:20:34.10 | 00:21:23.65 | 4:06 | 14.6 |
| 258 | KURNICKI MICHAŁ | 746 | | WARSZAWA | POL | M 20 | 42 | M 258 | | 00:09:37 | 00:20:34.85 | 00:21:21.25 | 4:06 | 14.6 |
| 259 | KUZIEMSKI MARCIN | 748 | | WARSZAWA | POL | M 40 | 90 | M 259 | | 00:09:26 | 00:20:36.60 | 00:20:58.25 | 4:07 | 14.6 |

BIEG URSYNOWA, M Open c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Drużyna 1 | 2.5km | Netto | Brutto | min/km | km/h |
|------|-----------------------|------|--|----------------------|------|------|--------|-------|-----------------------|----------|-------------|-------------|--------|------|
| 260 | KUCHARSKI PIOTR | 720 | 12TRI.PL | LUBARTÓW | POL | M 50 | 23 | M 260 | 12TRI.PL | 00:09:28 | 00:20:36.95 | 00:20:57.85 | 4:07 | 14.6 |
| 261 | KOSMALA ANTONI | 2119 | | WARSZAWA | POL | M 16 | 10 | M 261 | | 00:09:41 | 00:20:37.50 | 00:21:03.90 | 4:07 | 14.6 |
| 262 | CHLAŚCIAK ADAM | 159 | | WARSZAWA | POL | M 30 | 90 | M 262 | | 00:09:32 | 00:20:37.70 | 00:20:55.50 | 4:07 | 14.6 |
| 263 | KULESZA DAMIAN | 735 | ADIDAS RUNNERS WARSAW | WARSZAWA | POL | M 30 | 91 | M 263 | ADIDAS RUNNERS WARSAW | 00:09:35 | 00:20:38.10 | 00:21:23.15 | 4:07 | 14.5 |
| 264 | MALYSHKA ANDREI | 841 | | WARSZAWA | BLR | M 30 | 92 | M 264 | | 00:09:54 | 00:20:38.45 | 00:21:08.60 | 4:07 | 14.5 |
| 265 | BUDNICKI MICHAŁ | 126 | | WARSZAWA | POL | M 40 | 91 | M 265 | | 00:09:26 | 00:20:38.50 | 00:20:56.50 | 4:07 | 14.5 |
| 266 | SOKOŁOWSKI KONRAD | 1312 | WPRUNNING | NOWA WIEŚ | POL | M 40 | 92 | M 266 | | 00:09:48 | 00:20:38.95 | 00:21:15.60 | 4:07 | 14.5 |
| 267 | ZYZAŃSKI MIKOŁAJ | 1664 | | WARSZAWA | POL | M 20 | 43 | M 267 | | 00:09:36 | 00:20:41.35 | 00:21:36.90 | 4:08 | 14.5 |
| 268 | RUZIK ANTONI | 1921 | RURA TEAM | WARSZAWA | POL | M 14 | 4 | M 268 | | 00:09:42 | 00:20:41.85 | 00:21:16.90 | 4:08 | 14.5 |
| 269 | FONGANG PATRICK | 316 | | WARSZAWA | POL | M 16 | 11 | M 269 | | 00:09:29 | 00:20:41.95 | 00:21:00.70 | 4:08 | 14.5 |
| 270 | GRABOWSKI MICHAŁ | 398 | MORDERCZE OPONKI | SUCHEDNIÓW | POL | M 30 | 93 | M 270 | MORDERCZE OPONKI | 00:09:21 | 00:20:42.10 | 00:21:06.65 | 4:08 | 14.5 |
| 271 | SZYBALSKI MICHAŁ | 1407 | | MARKI | POL | M 30 | 94 | M 271 | | 00:09:39 | 00:20:42.15 | 00:21:26.45 | 4:08 | 14.5 |
| 272 | LEWIŃSKI BARTŁOMIEJ | 780 | TEAM ZABIEGANEDNI | WARSZAWA | POL | M 40 | 93 | M 272 | TEAM ZABIEGANEDNI | 00:09:26 | 00:20:43.00 | 00:20:59.80 | 4:08 | 14.5 |
| 273 | DOMAGAŁA JAROSŁAW | 1730 | AKTYWNA WARSZAWA | WARSZAWA (OCHOTA) | POL | M 50 | 24 | M 273 | AKTYWNA WARSZAWA | 00:09:47 | 00:20:43.70 | 00:21:15.15 | 4:08 | 14.5 |
| 274 | STOBNICKI MATEUSZ | 1944 | GĄBIN BIEGA | BŁONIE | POL | M 30 | 95 | M 274 | | 00:09:49 | 00:20:43.80 | 00:21:12.85 | 4:08 | 14.5 |
| 275 | KRZTOŃ KRZYSZTOF | 710 | | WARSZAWA | POL | M 30 | 96 | M 275 | | 00:09:53 | 00:20:44.15 | 00:21:14.10 | 4:08 | 14.5 |
| 276 | WITKOWSKI MIROŚLAW | 1989 | PKS MOCZYMORDY | WARSZAWA (MOKOTÓW) | POL | M 30 | 97 | M 276 | | | 00:20:44.40 | 00:20:44.40 | 4:08 | 14.5 |
| 277 | URBAŃSKI MIROŚLAW | 1497 | | SIERADZ | POL | M 50 | 25 | M 277 | | 00:09:37 | 00:20:45.20 | 00:21:32.70 | 4:09 | 14.5 |
| 278 | BODZIOCH ARTUR | 96 | ŚLĘZAK TEAM | WARSZAWA | POL | M 30 | 98 | M 278 | | 00:09:57 | 00:20:46.15 | 00:21:19.90 | 4:09 | 14.4 |
| 279 | KURIATA KAMIL | 745 | | WARSZAWA | POL | M 40 | 94 | M 279 | | 00:09:36 | 00:20:46.20 | 00:21:33.50 | 4:09 | 14.4 |
| 280 | TROŃSKI JACEK | 1463 | BIKE SALON TEAM | WARSZAWA | POL | M 40 | 95 | M 280 | | 00:09:55 | 00:20:47.95 | 00:21:17.90 | 4:09 | 14.4 |
| 281 | FREJ DAMIAN | 1723 | | ZGORZAŁA | POL | M 30 | 99 | M 281 | | 00:09:57 | 00:20:48.35 | 00:21:16.40 | 4:09 | 14.4 |
| 282 | THIEL ALEKSANDER | 1965 | | REGUŁY | POL | M 14 | 5 | M 282 | | 00:09:23 | 00:20:48.70 | 00:21:15.70 | 4:09 | 14.4 |
| 283 | AUGUSTYŃIAK MARIUSZ | 39 | | MARKI | POL | M 50 | 26 | M 283 | | 00:09:43 | 00:20:48.70 | 00:21:36.40 | 4:09 | 14.4 |
| 284 | BARAŃSKI PIOTR | 50 | | JÓZEFOSŁAW | POL | M 40 | 96 | M 284 | | 00:09:40 | 00:20:50.20 | 00:21:10.55 | 4:10 | 14.4 |
| 285 | FELIGA MARIUSZ | 299 | | GRANICE | POL | M 40 | 97 | M 285 | | 00:09:31 | 00:20:50.70 | 00:21:33.20 | 4:10 | 14.4 |
| 286 | PAZDAN MATEUSZ | 1049 | | WARSZAWA | POL | M 40 | 98 | M 286 | | 00:09:43 | 00:20:50.80 | 00:21:06.00 | 4:10 | 14.4 |
| 287 | NOWOCIEŃ JACEK | 975 | UKS RUSIEC | PODKOWA LEŚNA | POL | M 60 | 5 | M 287 | | 00:09:35 | 00:20:50.90 | 00:21:11.30 | 4:10 | 14.4 |
| 288 | KOSESKI MACIEJ | 654 | | WARSZAWA | POL | M 30 | 100 | M 288 | | 00:09:40 | 00:20:51.40 | 00:21:25.75 | 4:10 | 14.4 |
| 289 | KAMIŃSKI TOMASZ | 534 | | BYDGOSZCZ | POL | M 30 | 101 | M 289 | | 00:09:18 | 00:20:51.85 | 00:21:32.35 | 4:10 | 14.4 |
| 290 | MAJ GRZEGORZ | 826 | | WARSZAWA | POL | M 30 | 102 | M 290 | | 00:09:36 | 00:20:52.00 | 00:21:40.50 | 4:10 | 14.4 |
| 291 | GONCHAROV MICHAEL | 381 | KS LEMIESZ TEAM | WARSZAWA | POL | M 30 | 103 | M 291 | KS LEMIESZ TEAM | 00:09:54 | 00:20:53.40 | 00:21:17.25 | 4:10 | 14.4 |
| 292 | PIECYK KACPER | 1894 | | WARSZAWA | POL | M 16 | 12 | M 292 | | 00:09:34 | 00:20:53.65 | 00:21:25.30 | 4:10 | 14.4 |
| 293 | GRYZ JACEK | 417 | SUNFIT STUDIO | NOWY DWÓR MAZOWIECKI | POL | M 40 | 99 | M 293 | | 00:09:54 | 00:20:55.25 | 00:21:28.35 | 4:11 | 14.3 |
| 294 | GIEGIEL LUKASZ | 354 | | WARSZAWA | POL | M 30 | 104 | M 294 | | 00:09:34 | 00:20:56.25 | 00:21:19.15 | 4:11 | 14.3 |
| 295 | GOŁĘBIEWSKI LUKASZ | 380 | | WARSZAWA | POL | M 40 | 100 | M 295 | | 00:09:37 | 00:20:56.50 | 00:21:11.70 | 4:11 | 14.3 |
| 296 | GÓRCZYŃSKI MICHAŁ | 387 | KSSTASZEWCY | WARSZAWA | POL | M 40 | 101 | M 296 | KS STASZEWCY | 00:09:36 | 00:20:56.80 | 00:21:19.80 | 4:11 | 14.3 |
| 297 | DWORAK LUKASZ | 273 | | WARSZAWA | POL | M 16 | 13 | M 297 | | 00:09:51 | 00:20:57.15 | 00:21:27.50 | 4:11 | 14.3 |
| 298 | TRONIAK MARCIN | 1465 | | RASZYN | POL | M 40 | 102 | M 298 | | 00:09:57 | 00:20:58.60 | 00:21:37.05 | 4:11 | 14.3 |
| 299 | GRUBKA MARCIN | 2142 | | - | POL | M 40 | 103 | M 299 | | 00:10:08 | 00:20:58.60 | 00:21:32.75 | 4:11 | 14.3 |
| 300 | URBANIAK ROBERT | 1494 | ORANGE POLSKA | WARSZAWA | POL | M 40 | 104 | M 300 | | 00:09:24 | 00:20:59.85 | 00:21:19.80 | 4:11 | 14.3 |
| 301 | RĄBALSKI MARCIN | 1167 | | WARSZAWA | POL | M 30 | 105 | M 301 | ADIDAS RUNNERS WARSAW | 00:09:35 | 00:21:00.20 | 00:21:45.60 | 4:12 | 14.3 |
| 302 | ŁATKOWSKI LUKASZ | 797 | GRUPA BIEGOWA CHTMO | CHOTOMÓW | POL | M 40 | 105 | M 302 | | 00:10:01 | 00:21:01.10 | 00:22:08.20 | 4:12 | 14.3 |
| 303 | ZAWODZIAN PIOTR | 1638 | | WARSZAWA | POL | M 30 | 106 | M 303 | | 00:09:38 | 00:21:01.70 | 00:21:47.15 | 4:12 | 14.3 |
| 304 | OLSZAK ZENON | 998 | KG OŻARÓW MAZOWIECKI BIEGA | WARSZAWA | POL | M 50 | 27 | M 304 | WARSAW RUN CLUB | 00:09:20 | 00:21:03.15 | 00:21:38.90 | 4:12 | 14.3 |
| 305 | KULIGOWSKI ADRIAN | 1829 | | RADZYMIN | POL | M 20 | 44 | M 305 | | 00:09:48 | 00:21:03.45 | 00:21:54.40 | 4:12 | 14.3 |
| 306 | SZORTYKA MARCIN | 1396 | | WARSZAWA | POL | M 40 | 106 | M 306 | | 00:09:34 | 00:21:03.65 | 00:21:28.20 | 4:12 | 14.3 |
| 307 | KNYCHAS DAREK | 609 | PZU SPORT TEAM | WARSZAWA | POL | M 50 | 28 | M 307 | PZU SPORT TEAM | 00:09:59 | 00:21:03.80 | 00:21:36.60 | 4:12 | 14.3 |
| 308 | KUNOWSKI MATEUSZ | 743 | | WARSZAWA | POL | M 20 | 45 | M 308 | | 00:09:46 | 00:21:05.95 | 00:21:36.60 | 4:13 | 14.2 |
| 309 | ADAMCZYK PRZEMYSŁAW | 12 | ADIDAS RUNNERS WARSAW / RYKOWISKO TEAM | WARSZAWA | POL | M 40 | 107 | M 309 | ADIDAS RUNNERS WARSAW | 00:10:11 | 00:21:06.90 | 00:22:09.20 | 4:13 | 14.2 |
| 310 | KLIBISZ SŁAWOMIR | 594 | | WARSZAWA | POL | M 50 | 29 | M 310 | | 00:09:54 | 00:21:08.75 | 00:21:38.10 | 4:13 | 14.2 |
| 311 | PRUCHNIEWSKI SŁAWOMIR | 1128 | WP | WARSZAWA | POL | M 40 | 108 | M 311 | | 00:09:55 | 00:21:08.80 | 00:21:33.75 | 4:13 | 14.2 |
| 312 | TOLAK PIOTR | 1449 | ADIDAS RUNNERS WARSAW | WARSZAWA | POL | M 30 | 107 | M 312 | ADIDAS RUNNERS WARSAW | 00:09:32 | 00:21:09.00 | 00:21:51.00 | 4:13 | 14.2 |

BIEG URSYNOWA, M Open c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Drużyna 1 | 2.5km | Netto | Brutto | min/km | km/h |
|------|------------------------|------|-----------------------------------|---------------|------|------|--------|-------|--------------------------------|----------|-------------|-------------|--------|------|
| 313 | KOWALSKI JAROSŁAW | 680 | | PAPROTNIA | POL | M 40 | 109 | M 313 | | 00:09:49 | 00:21:09.05 | 00:21:33.20 | 4:13 | 14.2 |
| 314 | ROMANOWSKI FILIP | 2083 | | JÓZEFÓW | POL | M 16 | 14 | M 314 | | 00:10:11 | 00:21:09.05 | 00:22:12.75 | 4:13 | 14.2 |
| 315 | KWIATKOWSKI MATEUSZ | 1833 | ROZBIEGANY PIASTÓW | PRUSZKÓW | POL | M 30 | 108 | M 315 | PAWKO RUNNER TEAM | 00:09:59 | 00:21:09.90 | 00:21:42.75 | 4:13 | 14.2 |
| 316 | DANIELAK ŁUKASZ | 1719 | | HIPOLITÓW | POL | M 30 | 109 | M 316 | | 00:09:19 | 00:21:10.10 | 00:21:48.10 | 4:14 | 14.2 |
| 317 | BIELIŃSKI ŁUKASZ | 75 | | WARSZAWA | POL | M 40 | 110 | M 317 | | 00:09:33 | 00:21:10.60 | 00:22:04.35 | 4:14 | 14.2 |
| 318 | BUDKOWSKI PATRYK | 124 | | WARSZAWA | POL | M 30 | 110 | M 318 | | 00:09:30 | 00:21:11.30 | 00:21:30.25 | 4:14 | 14.2 |
| 319 | KONDRAT OSKAR | 2049 | | ZĄBKI | POL | M 16 | 15 | M 319 | | 00:09:09 | 00:21:11.70 | 00:21:51.25 | 4:14 | 14.2 |
| 320 | MALESZKA PAWEŁ | 835 | | JABŁONNA | POL | M 60 | 6 | M 320 | | 00:09:53 | 00:21:11.85 | 00:21:43.00 | 4:14 | 14.2 |
| 321 | GOLI LESZEK | 374 | MOVADO RUNNERS | WARSZAWA | POL | M 40 | 111 | M 321 | | 00:10:02 | 00:21:11.95 | 00:22:17.95 | 4:14 | 14.2 |
| 322 | DUDZIK BARTŁOMIEJ | 270 | | IZABELIN | POL | M 20 | 46 | M 322 | | 00:09:48 | 00:21:12.00 | 00:21:49.70 | 4:14 | 14.2 |
| 323 | SUŁKOWSKI TYMON | 1949 | | WARSZAWA | POL | M 14 | 6 | M 323 | | 00:09:39 | 00:21:12.35 | 00:21:45.30 | 4:14 | 14.2 |
| 324 | ROSINSKI KRZYSZTOF | 1194 | | WARSZAWA | POL | M 50 | 30 | M 324 | | 00:09:47 | 00:21:13.05 | 00:21:52.10 | 4:14 | 14.1 |
| 325 | KWAŚNIEWSKI KRZYSZTOF | 753 | | WARSZAWA | POL | M 50 | 31 | M 325 | | 00:10:08 | 00:21:13.35 | 00:22:12.20 | 4:14 | 14.1 |
| 326 | ROŻEJ DAMIAN | 1199 | SPACE CAR AUTOMOTIVE | ZGORZAŁA | POL | M 30 | 111 | M 326 | | 00:09:56 | 00:21:14.80 | 00:22:02.60 | 4:14 | 14.1 |
| 327 | NIEMCZYK DAMIAN | 1717 | DREAM RUN | WARSZAWA | POL | M 40 | 112 | M 327 | | 00:09:33 | 00:21:16.35 | 00:21:41.05 | 4:15 | 14.1 |
| 328 | ŚWISTAK RAFAŁ | 1435 | WARSZAWA ANIN | WARSZAWA | POL | M 50 | 32 | M 328 | | 00:09:53 | 00:21:16.55 | 00:21:47.95 | 4:15 | 14.1 |
| 329 | JAKUBCZAK WOJCIECH | 455 | | WARSZAWA | POL | M 30 | 112 | M 329 | | 00:10:03 | 00:21:16.85 | 00:22:16.90 | 4:15 | 14.1 |
| 330 | MYŚLIŃSKI MATEUSZ | 944 | | WARSZAWA | POL | M 20 | 47 | M 330 | | 00:09:45 | 00:21:16.90 | 00:21:41.95 | 4:15 | 14.1 |
| 331 | OBUKOWICZ MICHAŁ | 980 | EMILIA ANKIEWICZ TEAM | WARSZAWA | POL | M 30 | 113 | M 331 | | 00:09:55 | 00:21:17.20 | 00:21:35.75 | 4:15 | 14.1 |
| 332 | WOŹNICKI PAWEŁ | 1994 | | WARSZAWA | POL | M 20 | 48 | M 332 | | 00:09:55 | 00:21:18.15 | 00:21:49.15 | 4:15 | 14.1 |
| 333 | MIERZEJEWSKI RAFAŁ | 901 | BIEGAJ W MŁAWIE | GRUDUSK | POL | M 20 | 49 | M 333 | | 00:10:33 | 00:21:18.70 | 00:22:06.05 | 4:15 | 14.1 |
| 334 | STAŃSKI SŁAWOMIR | 2140 | | - | POL | M 60 | 7 | M 334 | | 00:10:11 | 00:21:20.35 | 00:21:54.80 | 4:16 | 14.1 |
| 335 | TRUSZKOWSKI KAMIL | 1469 | | BIAŁYSTOK | POL | M 30 | 114 | M 335 | | 00:09:56 | 00:21:20.45 | 00:21:42.25 | 4:16 | 14.1 |
| 336 | OSIAŁ MARIUSZ | 1010 | KB IM. PIOTRA SĘKOWSKIEGO | PŁOŃSK | POL | M 40 | 113 | M 336 | | 00:09:51 | 00:21:20.50 | 00:21:52.10 | 4:16 | 14.1 |
| 337 | KAMIŃSKI ŁUKASZ | 539 | PZU SPORT TEAM | ZĄBKI | POL | M 30 | 115 | M 337 | | 00:09:38 | 00:21:21.30 | 00:22:05.25 | 4:16 | 14.1 |
| 338 | REMISZ ŁUKASZ | 1181 | | WARSZAWA | POL | M 30 | 116 | M 338 | | 00:09:48 | 00:21:21.35 | 00:21:52.00 | 4:16 | 14.1 |
| 339 | MOTYKA PIOTR | 930 | GÓRA BIEGA | GÓRA KALWARIA | POL | M 40 | 114 | M 339 | GÓRA BIEGA | 00:10:12 | 00:21:21.85 | 00:21:54.80 | 4:16 | 14.1 |
| 340 | DOŁĘGOWSKA JAKUB | 2016 | FUNDACJA MORSY WOŁOMIN KOBYŁKA | KOBYŁKA | POL | M 16 | 16 | M 340 | | 00:10:29 | 00:21:21.95 | 00:22:07.00 | 4:16 | 14.1 |
| 341 | FIRADZA MICHAŁ | 311 | | KROŚNIEWICE | POL | M 40 | 115 | M 341 | | 00:09:55 | 00:21:22.20 | 00:21:51.35 | 4:16 | 14 |
| 342 | MACHALSKI MATEUSZ | 813 | ASP HOOLIGANS | WARSZAWA | POL | M 30 | 117 | M 342 | | 00:10:10 | 00:21:22.20 | 00:21:39.55 | 4:16 | 14 |
| 343 | STRYJEWSKI SEBASTIAN | 1355 | | WARSZAWA | POL | M 30 | 118 | M 343 | | 00:10:01 | 00:21:22.55 | 00:22:19.25 | 4:16 | 14 |
| 344 | SZAŁAŃSKI PRZEMYSŁAW | 1383 | | WARSZAWA | POL | M 30 | 119 | M 344 | | 00:09:59 | 00:21:22.90 | 00:21:56.45 | 4:16 | 14 |
| 345 | SKUBISZEWSKI PIOTR | 1935 | | WARSZAWA | POL | M 40 | 116 | M 345 | | 00:10:01 | 00:21:22.90 | 00:22:22.65 | 4:16 | 14 |
| 346 | NIKIEL SZYMON | 1881 | | KRAKÓW | POL | M 30 | 120 | M 346 | | 00:09:48 | 00:21:23.35 | 00:21:49.15 | 4:16 | 14 |
| 347 | NALEPA SZYMON | 949 | | WARSZAWA | POL | M 30 | 121 | M 347 | | 00:10:06 | 00:21:24.60 | 00:22:26.40 | 4:16 | 14 |
| 348 | FILCZOWSKI DANIEL | 310 | BIEGOWY WARIAT RUNNING TEAM | PRUSZKÓW | POL | M 40 | 117 | M 348 | BIEGOWY WARIAT RUNNING TEAM | 00:10:06 | 00:21:24.75 | 00:22:26.75 | 4:16 | 14 |
| 349 | MARSZAŁEK MARCIN | 861 | | WARSZAWA | POL | M 30 | 122 | M 349 | | 00:09:58 | 00:21:24.95 | 00:21:45.60 | 4:16 | 14 |
| 350 | MILCZARCYK DARIUSZ | 1862 | WKZ KOZIENICE BBL | KOZIENICE | POL | M 30 | 123 | M 350 | WKZ KOZIENICE BBL | 00:10:07 | 00:21:26.00 | 00:21:59.80 | 4:17 | 14 |
| 351 | WIŚNIEWSKI MACIEK | 1550 | | WARSZAWA | POL | M 40 | 118 | M 351 | | 00:09:59 | 00:21:26.50 | 00:22:16.80 | 4:17 | 14 |
| 352 | SYLWESTROWICZ WOJCIECH | 1952 | ŁÓDŹ KOCHA SPORT | ŁÓDŹ | POL | M 40 | 119 | M 352 | ŁÓDŹ KOCHA SPORT | 00:10:00 | 00:21:26.85 | 00:21:58.80 | 4:17 | 14 |
| 353 | SZAREK GUSTAW | 1955 | | WARSZAWA | POL | M 30 | 124 | M 353 | WALENTINO ULTRAS | 00:10:20 | 00:21:27.25 | 00:22:12.80 | 4:17 | 14 |
| 354 | BAS MICHAŁ | 57 | | WARSZAWA | POL | M 30 | 125 | M 354 | | 00:10:03 | 00:21:27.75 | 00:22:00.85 | 4:17 | 14 |
| 355 | IWANIUK TOMASZ | 443 | ŻYWCEM ZABIEGANI | WARSZAWA | POL | M 40 | 120 | M 355 | | 00:10:03 | 00:21:27.80 | 00:21:57.40 | 4:17 | 14 |
| 356 | OKRASA MICHAŁ | 985 | | WARSZAWA | POL | M 20 | 50 | M 356 | | 00:09:47 | 00:21:28.00 | 00:22:04.20 | 4:17 | 14 |
| 357 | KOPEĆ TOMASZ | 1821 | | WARSZAWA | POL | M 40 | 121 | M 357 | | 00:10:16 | 00:21:28.35 | 00:22:20.25 | 4:17 | 14 |
| 358 | STRZELECKI PIOTR | 1360 | | WARSZAWA | POL | M 40 | 122 | M 358 | | 00:09:59 | 00:21:28.45 | 00:21:57.90 | 4:17 | 14 |
| 359 | KALBARCZYK WOJTEK | 520 | ADIDAS RUNNERS WARSAW | WARSZAWA | POL | M 30 | 126 | M 359 | ADIDAS RUNNERS WARSAW | 00:09:56 | 00:21:28.85 | 00:21:56.75 | 4:17 | 14 |
| 360 | GRYCNER PAWEŁ | 414 | CTS | WARSZAWA | POL | M 30 | 127 | M 360 | | 00:09:54 | 00:21:29.00 | 00:21:53.45 | 4:17 | 14 |
| 361 | KOWALSKI ROBERT | 676 | NEW BALANCE RUN CLUB | WARSZAWA | POL | M 60 | 8 | M 361 | | 00:09:58 | 00:21:29.85 | 00:22:21.00 | 4:17 | 14 |
| 362 | PRZYWARA MICHAŁ | 1141 | | WARSZAWA | POL | M 40 | 123 | M 362 | | 00:10:12 | 00:21:30.10 | 00:21:39.85 | 4:18 | 14 |
| 363 | BAZYLUK ANDRZEJ | 1743 | | WARSZAWA | POL | M 50 | 33 | M 363 | | 00:09:38 | 00:21:30.60 | 00:22:21.50 | 4:18 | 14 |
| 364 | CHMIELEWSKI MACIEJ | 162 | | WARSZAWA | POL | M 40 | 124 | M 364 | | 00:10:30 | 00:21:31.40 | 00:22:15.75 | 4:18 | 13.9 |
| 365 | TELEŚNICKI GRZEGORZ | 1963 | BBL GROTY | WARSZAWA | POL | M 50 | 34 | M 365 | | 00:10:14 | 00:21:32.00 | 00:22:17.95 | 4:18 | 13.9 |
| 366 | FALBA ZBIGNIEW | 296 | BIEGNIJ Z PROSERVICE | WARSZAWA | POL | M 50 | 35 | M 366 | BIEGNIJ Z PROSERVICE | 00:10:26 | 00:21:32.00 | 00:22:18.95 | 4:18 | 13.9 |

BIEG URSYNOWA, M Open c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Drużyna 1 | 2.5km | Netto | Brutto | min/km | km/h |
|------|-----------------------|------|-----------------------------|---------------------|------|------|--------|-------|-----------------------|----------|-------------|-------------|--------|------|
| 367 | GWIAZDA MARCIN | 423 | | WARSZAWA | POL | M 30 | 128 | M 367 | | 00:10:28 | 00:21:33.85 | 00:22:22.10 | 4:18 | 13.9 |
| 368 | KUBICKI JAKUB | 716 | ESSA | WARSZAWA | POL | M 20 | 51 | M 368 | ESSA | 00:10:14 | 00:21:35.10 | 00:22:37.40 | 4:19 | 13.9 |
| 369 | POŁCZYŃSKI MACIEJ | 1906 | | WARSZAWA | POL | M 20 | 52 | M 369 | | 00:10:29 | 00:21:35.55 | 00:23:25.75 | 4:19 | 13.9 |
| 370 | MACHOŃ PAWEŁ | 814 | GRUPA BIEGOWA UM W-WA | WARSZAWA | POL | M 40 | 125 | M 370 | GRUPA BIEGOWA UM W-WA | 00:10:26 | 00:21:35.95 | 00:22:12.00 | 4:19 | 13.9 |
| 371 | RUDNIK MARCIN | 1205 | | WARSZAWA | POL | M 40 | 126 | M 371 | | 00:10:11 | 00:21:38.20 | 00:22:06.00 | 4:19 | 13.9 |
| 372 | PALUCH KAMIL | 1029 | | WARSZAWA | POL | M 30 | 129 | M 372 | | 00:10:07 | 00:21:38.90 | 00:22:41.60 | 4:19 | 13.9 |
| 373 | KORAL JAKUB | 637 | | WARSZAWA | POL | M 30 | 130 | M 373 | | 00:09:59 | 00:21:39.95 | 00:22:06.35 | 4:19 | 13.9 |
| 374 | ZENTARA ZBIGNIEW | 1644 | | WARSZAWA | POL | M 40 | 127 | M 374 | | 00:09:27 | 00:21:40.00 | 00:22:00.30 | 4:20 | 13.8 |
| 375 | RAKOMSIN YURY | 1912 | | WARSZAWA | POL | M 40 | 128 | M 375 | | 00:09:55 | 00:21:40.20 | 00:22:09.15 | 4:20 | 13.8 |
| 376 | ZENTARA MATEUSZ | 1645 | | WARSZAWA | POL | M 16 | 17 | M 376 | | 00:09:28 | 00:21:40.50 | 00:22:00.60 | 4:20 | 13.8 |
| 377 | JARZYŃSKI KAMIL | 474 | | WARSZAWA | POL | M 30 | 131 | M 377 | | 00:10:28 | 00:21:41.15 | 00:22:28.85 | 4:20 | 13.8 |
| 378 | WNUK TOMASZ | 1563 | | WARSZAWA | POL | M 40 | 129 | M 378 | | 00:10:11 | 00:21:41.60 | 00:22:43.55 | 4:20 | 13.8 |
| 379 | PROBOSZ STANISŁAW | 2080 | | WARSZAWA | POL | M 16 | 18 | M 379 | | 00:10:23 | 00:21:45.30 | 00:22:03.45 | 4:21 | 13.8 |
| 380 | SAJKOWSKI ANDRZEJ | 1232 | METRO WARSZAWSKIE | WARSZAWA | POL | M 70 | 1 | M 380 | | 00:09:55 | 00:21:45.50 | 00:22:08.50 | 4:21 | 13.8 |
| 381 | POMASKI PAWEŁ | 1104 | WARSAW RUN CLUB | WARSZAWA | POL | M 50 | 36 | M 381 | WARSAW RUN CLUB | 00:10:12 | 00:21:45.70 | 00:22:40.05 | 4:21 | 13.8 |
| 382 | JEDNACHOWSKI MARCIN | 485 | | PUCK | POL | M 30 | 132 | M 382 | | 00:10:29 | 00:21:46.75 | 00:22:33.00 | 4:21 | 13.8 |
| 383 | MACKENTHUN TOMASZ | 2056 | | WARSZAWA | POL | M 16 | 19 | M 383 | | 00:09:47 | 00:21:48.30 | 00:22:06.40 | 4:21 | 13.8 |
| 384 | BOJARSKI MAREK | 69 | | WARSZAWA | POL | M 30 | 133 | M 384 | | 00:09:51 | 00:21:49.15 | 00:22:03.50 | 4:21 | 13.8 |
| 385 | TROJDAN SEBASTIAN | 1464 | TEAM ZABIEGANEDNI | WARSZAWA | POL | M 40 | 130 | M 385 | TEAM ZABIEGANEDNI | 00:10:19 | 00:21:49.20 | 00:22:24.75 | 4:21 | 13.8 |
| 386 | BUKOWIŃSKI DAMIAN | 135 | | WARSZAWA | POL | M 30 | 134 | M 386 | | 00:10:47 | 00:21:49.85 | 00:23:33.80 | 4:21 | 13.8 |
| 387 | PIASECKI TOMASZ | 1056 | | WARSZAWA | POL | M 40 | 131 | M 387 | | 00:10:08 | 00:21:51.60 | 00:22:41.40 | 4:22 | 13.7 |
| 388 | DRAGAN RADOŚLAW | 257 | | WARSZAWA | POL | M 40 | 132 | M 388 | | 00:10:15 | 00:21:51.90 | 00:22:17.20 | 4:22 | 13.7 |
| 389 | BURZYKOWSKI JAKUB | 141 | | ŁOWICZ | POL | M 20 | 53 | M 389 | | 00:10:32 | 00:21:53.20 | 00:23:09.15 | 4:22 | 13.7 |
| 390 | GAŁECKI MICHAŁ | 337 | ADIDAS RUNNERS WARSAW | WARSZAWA | POL | M 50 | 37 | M 390 | ADIDAS RUNNERS WARSAW | 00:09:51 | 00:21:53.40 | 00:22:25.30 | 4:22 | 13.7 |
| 391 | KOŁOSOWSKI PIOTR | 1818 | | WARSZAWA | POL | M 40 | 133 | M 391 | | 00:10:29 | 00:21:53.50 | 00:22:38.00 | 4:22 | 13.7 |
| 392 | KLAMBOROWSKI ARTUR | 590 | KB PACE WARSZAWA | WARSZAWA | POL | M 30 | 135 | M 392 | KB PACE WARSZAWA | 00:10:32 | 00:21:53.65 | 00:22:40.10 | 4:22 | 13.7 |
| 393 | CIOK PRZEMEK | 190 | KS STASZEWCY | WARSZAWA | POL | M 40 | 134 | M 393 | KS STASZEWCY | 00:10:00 | 00:21:54.45 | 00:22:06.30 | 4:22 | 13.7 |
| 394 | DAJBROWSKI LEONARD | 2014 | | WARSZAWA | POL | M 12 | 1 | M 394 | | 00:10:30 | 00:21:55.55 | 00:22:55.80 | 4:23 | 13.7 |
| 395 | SAPIGÓRSKI RAFAŁ | 1233 | | WARSZAWA | POL | M 40 | 135 | M 395 | | 00:10:40 | 00:21:55.85 | 00:22:59.10 | 4:23 | 13.7 |
| 396 | PILNIAK MARIUSZ | 1077 | AKTYWNA WARSZAWA | WARSZAWA | POL | M 40 | 136 | M 396 | AKTYWNA WARSZAWA | 00:10:29 | 00:21:56.00 | 00:22:40.85 | 4:23 | 13.7 |
| 397 | GOLEC TOMASZ | 373 | | WARSZAWA | POL | M 50 | 38 | M 397 | | 00:10:08 | 00:21:56.80 | 00:22:33.00 | 4:23 | 13.7 |
| 398 | ŁANDWIJT MARCIN | 794 | | KONSTANTYNÓW ŁÓDZKI | POL | M 50 | 39 | M 398 | | 00:10:34 | 00:21:56.80 | 00:22:41.25 | 4:23 | 13.7 |
| 399 | STRZYŻEWSKI ARKADIUSZ | 1361 | GÓRA BIEGA | GÓRA KALWARIA | POL | M 40 | 137 | M 399 | | 00:10:12 | 00:21:56.85 | 00:23:04.85 | 4:23 | 13.7 |
| 400 | GRZYWACZ MARCIN | 421 | | WARSZAWA | POL | M 40 | 138 | M 400 | | 00:10:30 | 00:21:57.90 | 00:22:35.50 | 4:23 | 13.7 |
| 401 | KUCIŃSKI HUBERT | 728 | ONSLOW - SEKCJA DZIADKÓW | WARSZAWA | POL | M 40 | 139 | M 401 | | 00:10:11 | 00:21:58.00 | 00:23:09.10 | 4:23 | 13.7 |
| 402 | ZALASA WOJCIECH | 1617 | | ŁÓDŹ | POL | M 50 | 40 | M 402 | ŁÓDŹ KOCHA SPORT | 00:10:12 | 00:21:59.35 | 00:22:31.25 | 4:23 | 13.6 |
| 403 | RUTKOWSKI MICHAŁ | 1211 | | WARSZAWA | POL | M 40 | 140 | M 403 | | 00:10:15 | 00:21:59.40 | 00:23:03.45 | 4:23 | 13.6 |
| 404 | CICHOCKI MARIUSZ | 178 | WARSAW RUN CLUB | WARSZAWA | POL | M 30 | 136 | M 404 | WARSAW RUN CLUB | 00:10:18 | 00:21:59.90 | 00:22:32.10 | 4:23 | 13.6 |
| 405 | BAK OSKAR | 61 | MADMAN TEAM | OTWOCK | POL | M 20 | 54 | M 405 | | 00:10:27 | 00:22:00.30 | 00:22:45.65 | 4:24 | 13.6 |
| 406 | ZGODA MATEUSZ | 1646 | | WARSZAWA | POL | M 30 | 137 | M 406 | NAPRZÓD MŁOCINY | 00:10:31 | 00:22:00.40 | 00:22:43.70 | 4:24 | 13.6 |
| 407 | NIEDŹWIADEK CZESŁAW | 958 | NIEDŹWIADKI RUNNING TEAM | WARSZAWA | POL | M 60 | 9 | M 407 | | 00:10:09 | 00:22:02.40 | 00:22:47.30 | 4:24 | 13.6 |
| 408 | WITKOWSKI MICHAŁ | 16 | | WARSZAWA | POL | M 40 | 141 | M 408 | | 00:10:06 | 00:22:02.50 | 00:22:33.55 | 4:24 | 13.6 |
| 409 | BUCZKOWSKI PIOTR | 121 | | WARSZAWA | POL | M 40 | 142 | M 409 | | 00:10:16 | 00:22:02.55 | 00:22:30.45 | 4:24 | 13.6 |
| 410 | BIENKOWSKI DANIEL | 79 | | WARSZAWA | POL | M 30 | 138 | M 410 | | 00:10:21 | 00:22:03.70 | 00:23:34.35 | 4:24 | 13.6 |
| 411 | HUCAŁ GRZEGORZ | 439 | RCI WARSZAWA | WARSZAWA | POL | M 30 | 139 | M 411 | | 00:10:19 | 00:22:04.05 | 00:22:22.20 | 4:24 | 13.6 |
| 412 | TURSKI KRYSZTIAN | 1973 | | WARSZAWA | POL | M 30 | 140 | M 412 | | 00:10:36 | 00:22:04.70 | 00:22:42.75 | 4:24 | 13.6 |
| 413 | BOROVKOV SERGIJ | 101 | ADIDAS RANNERS WARSAW | WARSZAWA | POL | M 40 | 143 | M 413 | ADIDAS RUNNERS WARSAW | 00:10:11 | 00:22:05.90 | 00:22:37.80 | 4:25 | 13.6 |
| 414 | BUDZIK DARIUSZ | 128 | | ZALESIE GÓRNE | POL | M 50 | 41 | M 414 | | 00:10:21 | 00:22:06.15 | 00:23:10.20 | 4:25 | 13.6 |
| 415 | MASALSKI MACIEJ | 866 | | WARSZAWA | POL | M 16 | 20 | M 415 | | 00:10:27 | 00:22:08.15 | 00:22:54.25 | 4:25 | 13.6 |
| 416 | WRÓBLEWSKI JACEK | 1592 | | JÓZEFÓW | POL | M 40 | 144 | M 416 | | 00:10:30 | 00:22:08.95 | 00:22:53.20 | 4:25 | 13.6 |
| 417 | WITKOWSKI MICHAŁ | 1554 | | JÓZEFÓW | POL | M 40 | 145 | M 417 | | 00:10:31 | 00:22:09.40 | 00:22:53.05 | 4:25 | 13.5 |
| 418 | KLUJ BOGUSŁAW | 602 | BIEGAM DLA SANDRY I ROBERTA | ZAKRĘT | POL | M 60 | 10 | M 418 | | 00:10:31 | 00:22:10.85 | 00:22:57.75 | 4:26 | 13.5 |
| 419 | WYRZYKOWSKI ANTONI | 2110 | | KONSTANCIN | POL | M 16 | 21 | M 419 | | 00:10:31 | 00:22:11.15 | 00:23:26.70 | 4:26 | 13.5 |
| 420 | PĄPROWICZ TYMON | 2076 | | WARSZAWA | POL | M 14 | 7 | M 420 | CHŁOPAKI Z KEN | 00:10:42 | 00:22:13.05 | 00:23:36.20 | 4:26 | 13.5 |

BIEG URSYNOWA, M Open c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Drużyna 1 | 2.5km | Netto | Brutto | min/km | km/h |
|------|------------------------|------|--|--------------------|------|------|--------|-------|--------------------------------|----------|-------------|-------------|--------|------|
| 421 | SOŁOWIOW MARCIN | 1317 | BIEGOWY WARIAT RUNNING TEAM | WARSZAWA | POL | M 40 | 146 | M 421 | BIEGOWY WARIAT RUNNING TEAM | 00:10:05 | 00:22:13.55 | 00:22:36.15 | 4:26 | 13.5 |
| 422 | KASHIVSKYY OLEH | 554 | DUCLA ACADEMY | WARSZAWA | POL | M 50 | 42 | M 422 | | 00:10:20 | 00:22:14.00 | 00:22:43.65 | 4:26 | 13.5 |
| 423 | PAŚ SZYMON | 60 | | WARSZAWA | POL | M 30 | 141 | M 423 | | 00:10:32 | 00:22:14.00 | 00:23:02.90 | 4:26 | 13.5 |
| 424 | WOJTAS JANUSZ | 1571 | | WARSZAWA | POL | M 50 | 43 | M 424 | | 00:10:32 | 00:22:15.00 | 00:23:35.40 | 4:27 | 13.5 |
| 425 | CHEŁCHOWSKI MICHAŁ | 155 | PAWKO RUNNER TEAM | WARSZAWA | POL | M 20 | 55 | M 425 | PAWKO RUNNER TEAM | | 00:22:15.15 | 00:22:47.95 | 4:27 | 13.5 |
| 426 | SZOT FRANCISZEK | 2098 | | WARSZAWA | POL | M 14 | 8 | M 426 | | 00:10:28 | 00:22:15.60 | 00:23:14.90 | 4:27 | 13.5 |
| 427 | ORZESZEK PIOTR | 1008 | TRIWAWA | WARSZAWA | POL | M 30 | 142 | M 427 | | 00:09:58 | 00:22:17.10 | 00:22:56.70 | 4:27 | 13.5 |
| 428 | KOWALSKI MARIUSZ | 678 | | WARSZAWA | POL | M 40 | 147 | M 428 | | 00:10:46 | 00:22:18.95 | 00:24:00.35 | 4:27 | 13.5 |
| 429 | SZAFRAN MARIUSZ | 1378 | | BRWINÓW | POL | M 40 | 148 | M 429 | | 00:10:45 | 00:22:19.45 | 00:23:38.80 | 4:27 | 13.4 |
| 430 | PASIŃSKI DANIEL | 1038 | GRUPA BIEGOWA UM W-WA | WARSZAWA | POL | M 40 | 149 | M 430 | GRUPA BIEGOWA UM W-WA | 00:10:50 | 00:22:19.60 | 00:23:25.90 | 4:27 | 13.4 |
| 431 | MNICH ZBIGNIEW | 1865 | | LIPOWO | POL | M 40 | 150 | M 431 | | 00:10:05 | 00:22:20.00 | 00:22:50.35 | 4:28 | 13.4 |
| 432 | MATOWICKI MICHAŁ | 877 | | WARSZAWA | POL | M 30 | 143 | M 432 | | 00:10:49 | 00:22:21.45 | 00:23:18.45 | 4:28 | 13.4 |
| 433 | KALINOWSKI PATRYK | 523 | PENDZONCY JELEN | WARSZAWA | POL | M 30 | 144 | M 433 | | 00:10:14 | 00:22:21.55 | 00:23:31.10 | 4:28 | 13.4 |
| 434 | PUCHALSKI JAN | 1142 | | ŁOWICZ | POL | M 20 | 56 | M 434 | | 00:10:50 | 00:22:23.45 | 00:23:19.90 | 4:28 | 13.4 |
| 435 | STANKIEWICZ PIOTR | 1333 | | MARKI | POL | M 30 | 145 | M 435 | | 00:10:17 | 00:22:24.00 | 00:23:26.10 | 4:28 | 13.4 |
| 436 | PACEK GERARD | 2073 | | WARSZAWA | POL | M 16 | 22 | M 436 | | 00:10:16 | 00:22:24.20 | 00:23:23.05 | 4:28 | 13.4 |
| 437 | KOPCZEWSKI MICHAŁ | 629 | ROYAL GOLF CLUB WILANÓW | WARSZAWA | POL | M 50 | 44 | M 437 | ROYAL GOLF CLUB WILANÓW | 00:10:33 | 00:22:24.25 | 00:23:15.10 | 4:28 | 13.4 |
| 438 | DZIERŻANOWSKI KAJETAN | 283 | MORSY SHARK TEAM | WARSZAWA | POL | M 30 | 146 | M 438 | | 00:10:32 | 00:22:25.60 | 00:23:14.50 | 4:29 | 13.4 |
| 439 | ŻEBROWSKI DARIUSZ | 1665 | | WARSZAWA | POL | M 40 | 151 | M 439 | | 00:10:26 | 00:22:25.70 | 00:23:12.70 | 4:29 | 13.4 |
| 440 | GRZĄDZIEL PAWEŁ | 418 | ADIDAS RUNNERS WARSAW | WARSZAWA | POL | M 50 | 45 | M 440 | ADIDAS RUNNERS WARSAW | 00:10:31 | 00:22:26.35 | 00:23:18.80 | 4:29 | 13.4 |
| 441 | MONASTYRSKI MIKOŁAJ | 923 | | WARSZAWA | POL | M 30 | 147 | M 441 | | 00:10:39 | 00:22:26.60 | 00:23:41.45 | 4:29 | 13.4 |
| 442 | RÓŻYCKI GRZEGORZ | 1201 | | ŁÓDŹ | POL | M 60 | 11 | M 442 | | 00:10:12 | 00:22:26.90 | 00:22:56.20 | 4:29 | 13.4 |
| 443 | KOWALSKI MATEUSZ | 675 | KONSTANCIN-JEZIORNA | WARSZAWA | POL | M 40 | 152 | M 443 | | 00:10:36 | 00:22:27.15 | 00:23:14.35 | 4:29 | 13.4 |
| 444 | WASILEWSKI ROBERT | 1512 | COP - DKP | WARSZAWA | POL | M 50 | 46 | M 444 | | 00:10:35 | 00:22:28.00 | 00:23:36.30 | 4:29 | 13.4 |
| 445 | CISOŃ DOMINIK | 192 | | JÓZEFOSŁAW | POL | M 40 | 153 | M 445 | | 00:10:23 | 00:22:29.10 | 00:23:27.40 | 4:29 | 13.3 |
| 446 | OWOC TOMASZ | 1022 | ADIDAS RUNNERS WARSAW / PKO BANK POLSKI | WARSZAWA | POL | M 50 | 47 | M 446 | ADIDAS RUNNERS WARSAW | 00:10:30 | 00:22:29.70 | 00:23:15.50 | 4:29 | 13.3 |
| 447 | WIRKUS TYMOTEUSZ | 1546 | | GDAŃSK | POL | M 30 | 148 | M 447 | | 00:11:01 | 00:22:29.80 | 00:23:23.75 | 4:29 | 13.3 |
| 448 | WOJEWÓDZKI MARCIN | 1570 | WOJEWÓDZCY TEAM | WARSZAWA | POL | M 30 | 149 | M 448 | | 00:10:48 | 00:22:29.85 | 00:23:34.50 | 4:29 | 13.3 |
| 449 | KUCHTA PAWEŁ | 725 | | MACIEJOWICE | POL | M 40 | 154 | M 449 | | | 00:22:30.10 | 00:23:16.05 | 4:30 | 13.3 |
| 450 | LIPSZYC ALEKSANDER | 1708 | | WARSZAWA | POL | M 20 | 57 | M 450 | | 00:09:46 | 00:22:30.60 | 00:22:57.80 | 4:30 | 13.3 |
| 451 | PRZYDALSKI WOJTEK | 1140 | | WARSZAWA | POL | M 30 | 150 | M 451 | | 00:10:33 | 00:22:30.95 | 00:23:18.15 | 4:30 | 13.3 |
| 452 | RENKIEWICZ MAKSYMILIAN | 1182 | | WARSZAWA | POL | M 30 | 151 | M 452 | | 00:10:41 | 00:22:31.05 | 00:23:59.00 | 4:30 | 13.3 |
| 453 | TRACZEWSKI JAN | 1458 | | WARSZAWA | POL | M 20 | 58 | M 453 | | 00:09:55 | 00:22:31.30 | 00:23:16.35 | 4:30 | 13.3 |
| 454 | KASZA MARCIN | 560 | GALOPUJĄCY ŻÓŁW | BUSKO ZDRÓJ | POL | M 40 | 155 | M 454 | | 00:10:55 | 00:22:32.80 | 00:23:29.80 | 4:30 | 13.3 |
| 455 | ZAWADA KONRAD | 2130 | | WARSZAWA | POL | M 30 | 152 | M 455 | | 00:11:16 | 00:22:33.15 | 00:25:53.25 | 4:30 | 13.3 |
| 456 | GRYGOWSKI KRYSPIŃ | 2029 | | JABŁONNA | POL | M 14 | 9 | M 456 | | 00:10:51 | 00:22:33.55 | 00:23:40.70 | 4:30 | 13.3 |
| 457 | WIĘCZKOWSKI WOJCIECH | 1537 | | WARSZAWA | POL | M 40 | 156 | M 457 | | 00:10:43 | 00:22:33.90 | 00:23:52.75 | 4:30 | 13.3 |
| 458 | SŁEPOWROŃSKI JAKUB | 1424 | PZU SPORT TEAM | WARSZAWA | POL | M 30 | 153 | M 458 | PZU SPORT TEAM | 00:10:57 | 00:22:34.05 | 00:23:32.00 | 4:30 | 13.3 |
| 459 | WOJCIECHOWSKI ANDRZEJ | 1568 | | KOLONIA LESZNOWOLA | POL | M 30 | 154 | M 459 | | 00:10:57 | 00:22:34.40 | 00:23:30.90 | 4:30 | 13.3 |
| 460 | CZERNIEWSKI MAREK | 1769 | | WARSZAWA | POL | M 40 | 157 | M 460 | | 00:10:39 | 00:22:36.00 | 00:23:50.30 | 4:31 | 13.3 |
| 461 | S KONSTANTYN | 1224 | | WARSZAWA | POL | M 30 | 155 | M 461 | | 00:10:15 | 00:22:36.35 | 00:22:42.75 | 4:31 | 13.3 |
| 462 | SKRZYPEK MICHAŁ | 1280 | SASKŁACZ TEAM | WARSZAWA | POL | M 30 | 156 | M 462 | | 00:10:39 | 00:22:36.35 | 00:24:26.75 | 4:31 | 13.3 |
| 463 | PIECHOTA PIOTR | 1893 | | WARSZAWA | POL | M 16 | 23 | M 463 | | 00:10:11 | 00:22:37.05 | 00:22:49.80 | 4:31 | 13.3 |
| 464 | SOKOŁOWSKI FRANEK | 2090 | | WARSZAWA | POL | M 16 | 24 | M 464 | | 00:10:36 | 00:22:38.10 | 00:23:52.70 | 4:31 | 13.3 |
| 465 | SZCZEPANIAK PAWEŁ | 1386 | SPORTOHOLIK | PIASECZNO | POL | M 40 | 158 | M 465 | | 00:10:12 | 00:22:39.20 | 00:23:46.50 | 4:31 | 13.2 |
| 466 | WITON TOMASZ | 1990 | BIEGANIE POD SOKOLIM OKIEM | WARSZAWA | POL | M 40 | 159 | M 466 | | 00:10:35 | 00:22:40.45 | 00:23:31.10 | 4:32 | 13.2 |
| 467 | MAGNUSKI PIOTR | 825 | | WARSZAWA | POL | M 40 | 160 | M 467 | | 00:10:20 | 00:22:40.85 | 00:23:10.30 | 4:32 | 13.2 |
| 468 | TRACZ JAKUB | 1457 | CSWP RUNNING TEAM | WARSZAWA | POL | M 30 | 157 | M 468 | CSWP RUNNING TEAM | 00:10:43 | 00:22:41.35 | 00:23:39.05 | 4:32 | 13.2 |
| 469 | ZAJĄC DAWID | 1614 | | WARSZAWA | POL | M 20 | 59 | M 469 | | 00:10:54 | 00:22:41.90 | 00:24:05.70 | 4:32 | 13.2 |
| 470 | MACANDER JAKUB | 812 | | SKIERNIEWICE | POL | M 20 | 60 | M 470 | | 00:10:36 | 00:22:42.45 | 00:23:17.20 | 4:32 | 13.2 |
| 471 | MATYSZCZAK KRZYSZTOF | 883 | KENKO | WARSZAWA | POL | M 40 | 161 | M 471 | KENKO | 00:10:55 | 00:22:42.75 | 00:23:51.05 | 4:32 | 13.2 |
| 472 | GWÓDŹ MACIEJ | 2030 | | WARSZAWA | POL | M 14 | 10 | M 472 | SP NR 9 STO | 00:10:58 | 00:22:42.90 | 00:23:37.95 | 4:32 | 13.2 |

BIEG URSYNOWA, M Open c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Drużyna 1 | 2.5km | Netto | Brutto | min/km | km/h |
|------|------------------------|------|-----------------------------|------------------------|------|------|--------|-------|-------------------------------|----------|-------------|-------------|--------|------|
| 473 | ZIEMKOWSKI TOBIASZ | 1651 | KSSTASZEWCY | WARSZAWA | POL | M 30 | 158 | M 473 | KS STASZEWCY | | 00:22:42.90 | 00:23:37.80 | 4:32 | 13.2 |
| 474 | WALCZAK MATEUSZ | 1505 | | WARSZAWA | POL | M 30 | 159 | M 474 | | 00:10:50 | 00:22:43.05 | 00:23:38.25 | 4:32 | 13.2 |
| 475 | PIENIAŻEK LESZEK | 1895 | AKTYWNA WARSZAWA | WARSZAWA | POL | M 60 | 12 | M 475 | AKTYWNA WARSZAWA | 00:11:00 | 00:22:43.50 | 00:24:01.90 | 4:32 | 13.2 |
| 476 | KOLASZT WOJTEK | 1817 | RACEFIGHTER JUNIOR | STARA NIEDZIAŁKA | POL | M 14 | 11 | M 476 | | 00:10:23 | 00:22:43.75 | 00:23:44.45 | 4:32 | 13.2 |
| 477 | SOBIESZEK PIOTR | 1301 | | WARSZAWA | POL | M 40 | 162 | M 477 | | 00:10:44 | 00:22:44.40 | 00:23:34.40 | 4:32 | 13.2 |
| 478 | WOSZTYL TOMASZ | 1580 | | WARSZAWA (ŚRÓDMIEŚCIE) | POL | M 30 | 160 | M 478 | | 00:09:51 | 00:22:44.60 | 00:23:32.90 | 4:32 | 13.2 |
| 479 | ZBOROCH ROBERT | 1640 | | WARSZAWA | POL | M 30 | 161 | M 479 | | 00:11:04 | 00:22:44.70 | 00:23:32.00 | 4:32 | 13.2 |
| 480 | TASZYCKI WIESŁAW | 1439 | | WOLA UHRUSKA | POL | M 50 | 48 | M 480 | | 00:10:36 | 00:22:44.80 | 00:24:17.85 | 4:32 | 13.2 |
| 481 | MATEUSZ DUCH | 876 | GÓRA BIEGA | GÓRA KALWARIA | POL | M 30 | 162 | M 481 | | 00:10:22 | 00:22:45.75 | 00:23:36.75 | 4:33 | 13.2 |
| 482 | SUŁKOWSKI RAFAŁ | 1948 | | WARSZAWA | POL | M 50 | 49 | M 482 | | 00:10:26 | 00:22:45.95 | 00:23:39.65 | 4:33 | 13.2 |
| 483 | PODKAŃSKI PAWEŁ | 1097 | | WARSZAWA | POL | M 30 | 163 | M 483 | | 00:10:32 | 00:22:46.15 | 00:23:20.20 | 4:33 | 13.2 |
| 484 | JAROSIŃSKI ŁUKASZ | 472 | TAŃCZĄCE MUCHOMORKI | KRZEWINA | POL | M 40 | 163 | M 484 | | 00:10:21 | 00:22:46.70 | 00:23:44.20 | 4:33 | 13.2 |
| 485 | SKIERCZYŃSKI GRZEGORZ | 1273 | | WARSZAWA | POL | M 40 | 164 | M 485 | | 00:11:00 | 00:22:47.00 | 00:23:42.50 | 4:33 | 13.2 |
| 486 | SELWESIUK BARTOSZ | 1239 | | WARSZAWA | POL | M 20 | 61 | M 486 | | 00:11:00 | 00:22:47.15 | 00:23:51.30 | 4:33 | 13.2 |
| 487 | KOPER SEBASTIAN | 634 | CARREFOUR RUNNING TEAM | WARSZAWA | POL | M 40 | 165 | M 487 | | 00:10:25 | 00:22:47.50 | 00:23:09.30 | 4:33 | 13.2 |
| 488 | KOŁDRA ROBERT | 618 | | PNIEWY | POL | M 40 | 166 | M 488 | | 00:10:33 | 00:22:50.70 | 00:24:02.80 | 4:34 | 13.1 |
| 489 | MASTALERZ ANDRZEJ | 870 | | WARSZAWA | POL | M 50 | 50 | M 489 | | 00:10:45 | 00:22:50.95 | 00:24:00.35 | 4:34 | 13.1 |
| 490 | STOLARCZYK PIOTR | 1349 | ESSA | WARSZAWA | POL | M 20 | 62 | M 490 | ESSA | 00:10:15 | 00:22:52.60 | 00:23:55.00 | 4:34 | 13.1 |
| 491 | ZAWADKA JAKUB | 2112 | | SIENNICA | POL | M 12 | 2 | M 491 | | 00:10:53 | 00:22:53.60 | 00:23:28.25 | 4:34 | 13.1 |
| 492 | KOWALCZYK PIOTR | 668 | | REPKI | POL | M 50 | 51 | M 492 | | 00:10:48 | 00:22:53.70 | 00:23:51.30 | 4:34 | 13.1 |
| 493 | GRYSPANOWICZ SEBASTIAN | 416 | | WARSZAWA | POL | M 40 | 167 | M 493 | | 00:10:20 | 00:22:53.90 | 00:23:17.20 | 4:34 | 13.1 |
| 494 | GAÅŁ DANIEL | 323 | | WARSZAWA | POL | M 40 | 168 | M 494 | | 00:11:09 | 00:22:54.00 | 00:23:53.40 | 4:34 | 13.1 |
| 495 | WIĘTCZAK MICHAŁ | 1538 | | ŁÓDŹ | POL | M 30 | 164 | M 495 | | 00:10:24 | 00:22:54.05 | 00:23:20.75 | 4:34 | 13.1 |
| 496 | CHRABAŁOWSKI JAROSŁAW | 171 | EXORIGO-UPOS S.A. | WARSZAWA | POL | M 30 | 165 | M 496 | | 00:10:37 | 00:22:54.20 | 00:23:46.90 | 4:34 | 13.1 |
| 497 | MARTSENIUK VOLODYMYR | 862 | | WARSZAWA | POL | M 20 | 63 | M 497 | ITMRUN | 00:10:52 | 00:22:55.00 | 00:23:51.75 | 4:35 | 13.1 |
| 498 | PIOTROWSKI MATEUSZ | 1083 | | WARSZAWA | POL | M 30 | 166 | M 498 | | 00:11:07 | 00:22:55.45 | 00:24:24.40 | 4:35 | 13.1 |
| 499 | DĘBSKI ANDRZEJ | 235 | | BIALYSTOK | POL | M 40 | 169 | M 499 | | 00:10:38 | 00:22:56.20 | 00:24:04.80 | 4:35 | 13.1 |
| 500 | KRASUCKI MICHAŁ | 688 | | WARSZAWA | POL | M 20 | 64 | M 500 | | 00:10:58 | 00:22:56.25 | 00:24:33.80 | 4:35 | 13.1 |
| 501 | ZAPOROWSKI MARCIN | 1623 | | WARSZAWA | POL | M 40 | 170 | M 501 | ADIDAS RUNNERS WARSAW | 00:10:49 | 00:22:56.85 | 00:23:26.60 | 4:35 | 13.1 |
| 502 | STANISZEWSKI RAFAŁ | 1332 | BIEGAJ POD OKIEM TRENERA | WARSZAWA | POL | M 40 | 171 | M 502 | BIEGAJ POD OKIEM TRENERA | 00:10:51 | 00:22:57.10 | 00:23:27.85 | 4:35 | 13.1 |
| 503 | SKWARCZ PAWEŁ | 1284 | | WARSZAWA | POL | M 30 | 167 | M 503 | | 00:10:58 | 00:22:57.20 | 00:23:52.05 | 4:35 | 13.1 |
| 504 | RUTKOWSKI PAWEŁ | 1213 | ADIDAS RUNNERS WARSAW | WARSZAWA | POL | M 30 | 168 | M 504 | ADIDAS RUNNERS WARSAW | 00:10:36 | 00:22:58.25 | 00:23:43.80 | 4:35 | 13.1 |
| 505 | ROMANOWSKI NORBERT | 1192 | BRAK | JÓZEFÓW | POL | M 40 | 172 | M 505 | | 00:10:32 | 00:22:59.25 | 00:23:45.05 | 4:35 | 13.1 |
| 506 | FORNALIK ADAM | 1783 | WITC | WARSZAWA | POL | M 40 | 173 | M 506 | | 00:10:22 | 00:22:59.85 | 00:24:07.30 | 4:35 | 13.1 |
| 507 | MIERZEJEWSKI GRZEGORZ | 902 | TEAM SPIRIT | GRUDUSK | POL | M 20 | 65 | M 507 | | 00:10:04 | 00:23:00.60 | 00:23:25.30 | 4:36 | 13 |
| 508 | BAL ŁUKASZ | 1738 | CWKS AUDYTY | WARSZAWA | POL | M 30 | 169 | M 508 | | 00:10:39 | 00:23:00.65 | 00:23:46.50 | 4:36 | 13 |
| 509 | RÓŻYCKI KRZYSZTOF | 1202 | VEGE RUNNERS | WARSZAWA | POL | M 40 | 174 | M 509 | VEGE RUNNERS URSYNÓW | 00:10:14 | 00:23:00.80 | 00:23:29.95 | 4:36 | 13 |
| 510 | WITZKE ARTUR | 1556 | | LEGIONOWO | POL | M 40 | 175 | M 510 | | 00:11:01 | 00:23:01.20 | 00:24:25.60 | 4:36 | 13 |
| 511 | KALUŻNY JAN | 2039 | | MICHAŁOWICE | POL | M 12 | 3 | M 511 | | 00:10:47 | 00:23:01.60 | 00:24:35.95 | 4:36 | 13 |
| 512 | PAŃCZYK WOJTEK | 1033 | THE PAŃCZYX | WARSZAWA | POL | M 40 | 176 | M 512 | | 00:10:53 | 00:23:02.75 | 00:24:03.00 | 4:36 | 13 |
| 513 | KOWALSKI PAWEŁ | 677 | | WARSZAWA | GBR | M 40 | 177 | M 513 | | 00:10:46 | 00:23:03.20 | 00:23:31.55 | 4:36 | 13 |
| 514 | RACZYŃSKI SEBASTIAN | 1156 | ORACLE RED BULL RACING | OPOCZNO | POL | M 30 | 170 | M 514 | | 00:10:20 | 00:23:03.50 | 00:24:02.30 | 4:36 | 13 |
| 515 | CHODNIEWICZ MICHAŁ | 164 | | WARSZAWA | POL | M 40 | 178 | M 515 | | 00:10:38 | 00:23:04.30 | 00:24:18.75 | 4:36 | 13 |
| 516 | ZALEWSKI RAFAŁ | 1620 | SEMP URSYNOW | WARSZAWA | POL | M 40 | 179 | M 516 | SEMP URSYNOW | 00:10:41 | 00:23:05.95 | 00:24:37.40 | 4:37 | 13 |
| 517 | TURZYŃSKI PIOTR | 1706 | DECATHLON PIASECZNO | PIASECZNO | POL | M 20 | 66 | M 517 | DECATHLON | 00:10:54 | 00:23:06.80 | 00:24:30.60 | 4:37 | 13 |
| 518 | JACKIEWICZ ADAM | 449 | | WARSZAWA | POL | M 40 | 180 | M 518 | | 00:10:46 | 00:23:07.30 | 00:24:30.75 | 4:37 | 13 |
| 519 | WRZESZCZ ŁUKASZ | 1593 | BIEGOWY WARIAT RUNNING TEAM | WARSZAWA | POL | M 30 | 171 | M 519 | | 00:11:09 | 00:23:08.80 | 00:24:20.75 | 4:37 | 13 |
| 520 | ŻYWIEN MAREK | 1676 | ONLY SPEEDWAY | WARSZAWA | POL | M 50 | 52 | M 520 | | 00:10:42 | 00:23:10.50 | 00:24:01.50 | 4:38 | 12.9 |
| 521 | MAŚLANKA PIOTR | 1727 | | WARSZAWA | POL | M 50 | 53 | M 521 | | | 00:23:11.45 | 00:24:44.85 | 4:38 | 12.9 |
| 522 | KALINOWSKI BARTŁOMIEJ | 522 | DSV | WARSZAWA | POL | M 30 | 172 | M 522 | DSV ISS | 00:10:27 | 00:23:11.65 | 00:24:45.80 | 4:38 | 12.9 |
| 523 | PAWLICKI TOMASZ | 1046 | VEGERUNNERS | WARSZAWA | POL | M 40 | 181 | M 523 | VEGE RUNNERS RESZTA ŚWIATA | 00:11:02 | 00:23:12.05 | 00:24:24.50 | 4:38 | 12.9 |
| 524 | ŚWIEŻAK PAWEŁ | 1433 | | WARSZAWA | POL | M 40 | 182 | M 524 | | 00:10:43 | 00:23:12.70 | 00:24:28.35 | 4:38 | 12.9 |

BIEG URSYNOWA, M Open c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Drużyna 1 | 2.5km | Netto | Brutto | min/km | km/h |
|------|-----------------------|------|-----------------------------|---------------------|------|------|--------|-------|--------------------------------|----------|-------------|-------------|--------|------|
| 525 | CABAJ MAREK | 144 | | WARSZAWA | POL | M 40 | 183 | M 525 | | 00:11:12 | 00:23:13.35 | 00:24:18.60 | 4:38 | 12.9 |
| 526 | SZCZYPA GRZEGORZ | 1391 | | WARSZAWA | POL | M 40 | 184 | M 526 | ROYAL GOLF CLUB WILANÓW | 00:11:28 | 00:23:13.45 | 00:24:58.45 | 4:38 | 12.9 |
| 527 | MISIORNY MACIEJ | 910 | | WARSZAWA | POL | M 50 | 54 | M 527 | | 00:10:44 | 00:23:14.15 | 00:25:13.85 | 4:38 | 12.9 |
| 528 | GRUSZCZYŃSKI WOJCIECH | 412 | | WARSZAWA | POL | M 30 | 173 | M 528 | | 00:11:25 | 00:23:14.50 | 00:24:35.45 | 4:38 | 12.9 |
| 529 | PONIATOWSKI KRZYSZTOF | 1105 | TEAM ZABIEGANEDNI | WARSZAWA | POL | M 40 | 185 | M 529 | TEAM ZABIEGANEDNI #3 | 00:10:50 | 00:23:14.60 | 00:24:04.00 | 4:38 | 12.9 |
| 530 | TEJEDA HÉCTOR | 1440 | | WARSAW | POL | M 40 | 186 | M 530 | | 00:11:09 | 00:23:15.50 | 00:24:24.15 | 4:39 | 12.9 |
| 531 | KARCZEWSKI PRZEMYSŁAW | 544 | TRICLUB | WARSZAWA | POL | M 40 | 187 | M 531 | | 00:10:56 | 00:23:17.35 | 00:24:09.75 | 4:39 | 12.9 |
| 532 | CZUJKOWSKI PIOTR | 1772 | | BASZKOWKA | GBR | M 30 | 174 | M 532 | | 00:11:18 | 00:23:18.25 | 00:26:36.70 | 4:39 | 12.9 |
| 533 | MASŁANKO PRZEMYSŁAW | 871 | M | BRZESZYN | POL | M 60 | 13 | M 533 | | 00:10:40 | 00:23:18.80 | 00:24:08.90 | 4:39 | 12.9 |
| 534 | KĘPKA KRZYSZTOF | 571 | TRIWAWA | WARSZAWA | POL | M 40 | 188 | M 534 | TRIWAWA | 00:11:20 | 00:23:19.30 | 00:24:39.30 | 4:39 | 12.9 |
| 535 | KRYCZEK PIOTR | 704 | | WARSZAWA | POL | M 60 | 14 | M 535 | | 00:11:11 | 00:23:19.45 | 00:24:38.45 | 4:39 | 12.9 |
| 536 | JANOWSKI RAFAŁ | 467 | | OTWOCK | POL | M 50 | 55 | M 536 | | 00:11:07 | 00:23:19.60 | 00:24:32.95 | 4:39 | 12.9 |
| 537 | MÓRAWSKI MACIEJ | 931 | | OSTRÓW MAZOWIECKA | POL | M 30 | 175 | M 537 | | 00:11:19 | 00:23:19.65 | 00:24:23.35 | 4:39 | 12.9 |
| 538 | BURY OSKAR | 140 | | WARSZAWA | POL | M 30 | 176 | M 538 | | 00:10:45 | 00:23:20.80 | 00:24:31.95 | 4:40 | 12.9 |
| 539 | KRÓL ŁUKASZ | 700 | PZU SPORT TEAM | WARSZAWA | POL | M 30 | 177 | M 539 | PZU SPORT TEAM | 00:10:55 | 00:23:21.60 | 00:24:22.25 | 4:40 | 12.8 |
| 540 | RAFAŁKO GRZEGORZ | 1161 | | WARSZAWA | POL | M 40 | 189 | M 540 | | 00:11:01 | 00:23:21.90 | 00:24:23.75 | 4:40 | 12.8 |
| 541 | OLEJNICZAK LEON | 2070 | | WARSZAWA | POL | M 16 | 25 | M 541 | | 00:11:02 | 00:23:22.35 | 00:24:17.80 | 4:40 | 12.8 |
| 542 | KRAWCZYK ŁUKASZ | 693 | | WARSZAWA | POL | M 30 | 178 | M 542 | | 00:10:59 | 00:23:23.00 | 00:24:36.20 | 4:40 | 12.8 |
| 543 | PLUTA IRENEUSZ | 1091 | | WARSZAWA | POL | M 60 | 15 | M 543 | | 00:10:54 | 00:23:23.50 | 00:23:59.40 | 4:40 | 12.8 |
| 544 | KEMPA JAKUB | 25 | | WARSZAWA | POL | M 20 | 67 | M 544 | | 00:10:26 | 00:23:23.65 | 00:24:13.90 | 4:40 | 12.8 |
| 545 | TYLUS PAWEŁ | 1482 | | WARSZAWA | POL | M 50 | 56 | M 545 | | 00:10:52 | 00:23:23.95 | 00:24:17.30 | 4:40 | 12.8 |
| 546 | PAKUŁA BŁAŻEJ | 1027 | | WARSZAWA | POL | M 30 | 179 | M 546 | | 00:10:19 | 00:23:24.15 | 00:24:30.00 | 4:40 | 12.8 |
| 547 | CYWIŃSKI MARCIN | 198 | MARCYS_RUNNER | MARKI | POL | M 30 | 180 | M 547 | | 00:11:01 | 00:23:24.60 | 00:24:35.95 | 4:40 | 12.8 |
| 548 | ADAMIEC KAROL | 15 | | WARSZAWA | POL | M 20 | 68 | M 548 | | 00:11:18 | 00:23:24.95 | 00:24:15.50 | 4:40 | 12.8 |
| 549 | SROKA SZYMON | 2092 | KS GROM | WARSZAWA | POL | M 12 | 4 | M 549 | | 00:11:53 | 00:23:24.95 | 00:25:19.20 | 4:40 | 12.8 |
| 550 | BILEWICZ MATEUSZ | 83 | ACCENTURE | WARSZAWA | POL | M 30 | 181 | M 550 | | 00:10:48 | 00:23:26.95 | 00:24:48.50 | 4:41 | 12.8 |
| 551 | MALISZEWSKI CEZARY | 840 | | WARSZAWA | POL | M 60 | 16 | M 551 | | 00:10:52 | 00:23:27.55 | 00:23:52.50 | 4:41 | 12.8 |
| 552 | POGOCKI MACIEJ | 1101 | | WARSZAWA | POL | M 40 | 190 | M 552 | | 00:11:21 | 00:23:29.10 | 00:24:53.20 | 4:41 | 12.8 |
| 553 | KIM MINJU | 585 | | WARSZAWA | | M 30 | 182 | M 553 | | 00:11:16 | 00:23:30.55 | 00:24:18.95 | 4:42 | 12.8 |
| 554 | BRĄGOSZEWSKI PAWEŁ | 109 | | OTWOCK | | M 40 | 191 | M 554 | | 00:11:20 | 00:23:30.60 | 00:24:48.40 | 4:42 | 12.8 |
| 555 | WŁÓDARSKI JAKUB | 1562 | | WARSZAWA | POL | M 30 | 183 | M 555 | | 00:11:04 | 00:23:31.60 | 00:24:24.50 | 4:42 | 12.8 |
| 556 | KACZOR KONRAD | 1809 | | WARSZAWA | POL | M 30 | 184 | M 556 | | 00:11:17 | 00:23:32.05 | 00:24:36.35 | 4:42 | 12.7 |
| 557 | POLAK LECHOSŁAW | 424 | ADIDAS RUNNERS WARSAW | PEĆCICE MAŁE | POL | M 60 | 17 | M 557 | ADIDAS RUNNERS WARSAW | 00:10:59 | 00:23:32.25 | 00:24:27.40 | 4:42 | 12.7 |
| 558 | BEDNORZ LESZEK | 64 | | WARSZAWA | POL | M 40 | 192 | M 558 | | 00:11:23 | 00:23:33.20 | 00:24:50.20 | 4:42 | 12.7 |
| 559 | BOGUSZ SEBASTIAN | 1748 | PZU SPORT TEAM | WARSZAWA | POL | M 30 | 185 | M 559 | | 00:11:08 | 00:23:33.30 | 00:25:56.85 | 4:42 | 12.7 |
| 560 | SKARZYŃSKI ADAM | 1270 | GRUPA BIEGOWA UM W-WA | WARSZAWA | POL | M 40 | 193 | M 560 | | 00:10:58 | 00:23:34.15 | 00:24:32.50 | 4:42 | 12.7 |
| 561 | MAŁYSA PIOTR | 846 | | KONSTANCIN-JEZIORNA | POL | M 30 | 186 | M 561 | | 00:11:00 | 00:23:34.55 | 00:24:31.40 | 4:42 | 12.7 |
| 562 | BELKIEWICZ RAFAŁ | 2137 | TEAM ZABIEGANEDNI | WARSZAWA | POL | M 40 | 194 | M 562 | TEAM ZABIEGANEDNI | 00:11:15 | 00:23:34.80 | 00:24:37.70 | 4:42 | 12.7 |
| 563 | DREWNIK ROBERT | 259 | BIEGNIJ Z PROSERVICE | WARSZAWA | POL | M 40 | 195 | M 563 | BIEGNIJ Z PROSERVICE | 00:10:47 | 00:23:35.20 | 00:24:24.00 | 4:43 | 12.7 |
| 564 | LOZOVIKOV PAVLO | 789 | | WARSZAWA | POL | M 30 | 187 | M 564 | | 00:11:59 | 00:23:35.40 | 00:25:42.90 | 4:43 | 12.7 |
| 565 | JAŃCZAK MARIUSZ | 469 | | WARSZAWA | POL | M 40 | 196 | M 565 | | 00:11:00 | 00:23:35.50 | 00:24:29.90 | 4:43 | 12.7 |
| 566 | FRANCZEK ALEKSY | 2024 | | WARSZAWA | POL | M 14 | 12 | M 566 | | 00:11:05 | 00:23:36.00 | 00:23:40.45 | 4:43 | 12.7 |
| 567 | SNOPEK STANISŁAW | 1299 | TVP SPORT | IZABELIN | POL | M 60 | 18 | M 567 | | 00:10:52 | 00:23:36.25 | 00:24:41.70 | 4:43 | 12.7 |
| 568 | COUKNAS CONSTANTINE | 1761 | | FORD CITY | USA | M 14 | 13 | M 568 | | 00:10:12 | 00:23:37.85 | 00:23:52.30 | 4:43 | 12.7 |
| 569 | KUBRAK MICHAŁ | 718 | | WARSZAWA | POL | M 30 | 188 | M 569 | | 00:11:21 | 00:23:38.60 | 00:24:57.90 | 4:43 | 12.7 |
| 570 | BARGŁOWSKI KAMIL | 51 | | BIAŁYSTOK | POL | M 16 | 26 | M 570 | | 00:11:17 | 00:23:38.85 | 00:24:35.65 | 4:43 | 12.7 |
| 571 | RATYŃSKI MICHAŁ | 1164 | BIEGOWY WARIAT RUNNING TEAM | WARSZAWA | POL | M 40 | 197 | M 571 | BIEGOWY WARIAT RUNNING TEAM | 00:10:43 | 00:23:38.90 | 00:25:14.00 | 4:43 | 12.7 |
| 572 | ARAŻNY ZBIGNIEW | 34 | KRAV MAGA WARSZAWA | WARSZAWA | POL | M 50 | 57 | M 572 | | 00:11:03 | 00:23:38.95 | 00:25:14.80 | 4:43 | 12.7 |
| 573 | PRUS MARCIN | 1129 | | WARSZAWA | POL | M 40 | 198 | M 573 | | 00:11:09 | 00:23:39.40 | 00:25:10.25 | 4:43 | 12.7 |
| 574 | ZAKRZEWSKI MICHAŁ | 1615 | KLUB BIEGACZA RTV EURO AGD | WARSZAWA | POL | M 40 | 199 | M 574 | | 00:11:08 | 00:23:39.50 | 00:24:29.50 | 4:43 | 12.7 |
| 575 | SOKÓŁ RYSZARD | 2091 | | JÓZEFOSŁAW | POL | M 14 | 14 | M 575 | | 00:11:12 | 00:23:40.65 | 00:24:41.10 | 4:44 | 12.7 |
| 576 | GORYSZEWSKI PIOTR | 385 | | WARSZAWA | POL | M 30 | 189 | M 576 | | 00:11:26 | 00:23:41.70 | 00:24:33.05 | 4:44 | 12.7 |
| 577 | KISZCZYC ARTUR | 588 | | OTWOCK | POL | M 50 | 58 | M 577 | | 00:11:19 | 00:23:42.35 | 00:25:01.65 | 4:44 | 12.7 |

BIEG URSYNOWA, M Open c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Drużyna 1 | 2.5km | Netto | Brutto | min/km | km/h |
|------|------------------------|------|------------------------------|-------------------|------|------|--------|-------|------------------------|----------|-------------|-------------|--------|------|
| 578 | HRYNKIEWICZ MACIEJ | 438 | | WARSZAWA | POL | M 50 | 59 | M 578 | | 00:11:16 | 00:23:42.65 | 00:24:59.60 | 4:44 | 12.7 |
| 579 | RZYŃSKI MICHAŁ | 1925 | PAWKORUNNERTEAM | KALISZ | POL | M 20 | 69 | M 579 | PAWKO RUNNER TEAM | 00:10:39 | 00:23:42.85 | 00:24:18.20 | 4:44 | 12.7 |
| 580 | CISZEWSKI GRZEGORZ | 193 | | PIASECZNO | POL | M 40 | 200 | M 580 | | 00:11:36 | 00:23:42.90 | 00:25:06.80 | 4:44 | 12.7 |
| 581 | KOZAK MIKOŁAJ | 682 | | WARSZAWA | POL | M 30 | 190 | M 581 | | 00:10:41 | 00:23:43.90 | 00:24:27.50 | 4:44 | 12.6 |
| 582 | KUCIŃSKI ŁUKASZ | 727 | TI HEALTH CLUB | WARSZAWA | POL | M 30 | 191 | M 582 | TI HEALTH CLUB | 00:11:55 | 00:23:45.35 | 00:25:29.50 | 4:45 | 12.6 |
| 583 | SMOLIŃSKI KRZYSZTOF | 1297 | | WARSZAWA | POL | M 40 | 201 | M 583 | | 00:10:40 | 00:23:45.90 | 00:24:34.65 | 4:45 | 12.6 |
| 584 | WRÓBLEWSKI TOMASZ | 2128 | | WARSZAWA | POL | M 20 | 70 | M 584 | | 00:11:08 | 00:23:46.20 | 00:25:29.45 | 4:45 | 12.6 |
| 585 | KOPEĆ MARCIN | 633 | | WARSZAWA | POL | M 30 | 192 | M 585 | | 00:12:32 | 00:23:46.30 | 00:25:35.95 | 4:45 | 12.6 |
| 586 | DUDEK JAKUB | 267 | | BANIOCHA | POL | M 20 | 71 | M 586 | | 00:10:36 | 00:23:46.50 | 00:25:04.90 | 4:45 | 12.6 |
| 587 | OCHREMIAK JĘDRZEJ | 983 | OBOZYBIEGOWE.PL | WARSZAWA | POL | M 30 | 193 | M 587 | | 00:10:57 | 00:23:46.55 | 00:24:45.20 | 4:45 | 12.6 |
| 588 | PODBIELSKI PAWEŁ | 1903 | AKL URSYNÓW WARSZAWA | WARSZAWA | POL | M 14 | 15 | M 588 | | 00:11:34 | 00:23:47.25 | 00:24:54.65 | 4:45 | 12.6 |
| 589 | DYRLA MARIUSZ | 1782 | | WARSZAWA | POL | M 40 | 202 | M 589 | | 00:11:23 | 00:23:47.90 | 00:24:36.30 | 4:45 | 12.6 |
| 590 | MATEJEK BŁAŻEJ | 875 | | WARSZAWA | POL | M 20 | 72 | M 590 | | 00:11:36 | 00:23:48.90 | 00:26:00.20 | 4:45 | 12.6 |
| 591 | MAŁAŻEWSKI BARTOSZ | 1 | GARDA | WARSZAWA | POL | M 30 | 194 | M 591 | | 00:10:42 | 00:23:49.30 | 00:25:05.30 | 4:45 | 12.6 |
| 592 | BUJNOWSKI RAFAŁ | 132 | | WARSZAWA | POL | M 40 | 203 | M 592 | | 00:11:02 | 00:23:49.50 | 00:24:42.80 | 4:45 | 12.6 |
| 593 | PATYK MATEUSZ | 1042 | | WARSZAWA | POL | M 30 | 195 | M 593 | | 00:11:15 | 00:23:49.70 | 00:24:53.45 | 4:45 | 12.6 |
| 594 | ANGEŁOW CHRISTIAN | 24 | | WARSZAWA | POL | M 40 | 204 | M 594 | | 00:11:33 | 00:23:49.70 | 00:26:53.05 | 4:45 | 12.6 |
| 595 | ZYSK SŁAWOMIR | 1661 | | WARSZAWA | POL | M 30 | 196 | M 595 | | 00:11:02 | 00:23:51.55 | 00:24:38.75 | 4:46 | 12.6 |
| 596 | CZEKAŁSKI JACEK | 206 | | ŁÓDŹ | POL | M 50 | 60 | M 596 | | 00:10:55 | 00:23:54.25 | 00:25:25.35 | 4:46 | 12.6 |
| 597 | LE QUANG OSKAR | 1840 | | JÓZEFOSŁAW | POL | M 16 | 27 | M 597 | | 00:10:32 | 00:23:54.35 | 00:24:06.35 | 4:46 | 12.6 |
| 598 | BASIŃSKI JERZY | 58 | | DEBLIN | POL | M 50 | 61 | M 598 | | 00:11:01 | 00:23:54.95 | 00:24:57.30 | 4:46 | 12.6 |
| 599 | WEJMAN TOMASZ | 1519 | TEAM ZABIEGANEDNI | WARSZAWA | POL | M 30 | 197 | M 599 | TEAM ZABIEGANEDNI | 00:11:29 | 00:23:55.00 | 00:25:06.75 | 4:47 | 12.5 |
| 600 | KAŻMIERSKI ADRIAN | 566 | | WOŁOMIN | POL | M 30 | 198 | M 600 | | 00:11:07 | 00:23:55.70 | 00:25:06.15 | 4:47 | 12.5 |
| 601 | GROŃSKI JAN | 410 | BIEGACZ ŚWIĘTOKRZYSKI | KIELCE | POL | M 70 | 2 | M 601 | | 00:11:07 | 00:23:56.50 | 00:25:31.55 | 4:47 | 12.5 |
| 602 | STĘPNIEWSKI DOMINIK | 1347 | | WARSZAWA | POL | M 20 | 73 | M 602 | | 00:11:14 | 00:23:56.80 | 00:25:00.65 | 4:47 | 12.5 |
| 603 | JÓZWIK GRZEGORZ | 496 | | JÓZEFOSŁAW | POL | M 50 | 62 | M 603 | | 00:11:11 | 00:23:57.00 | 00:24:33.65 | 4:47 | 12.5 |
| 604 | WILK DANIEL | 2105 | | WARSZAWA | POL | M 16 | 28 | M 604 | | 00:12:05 | 00:23:58.80 | 00:25:41.85 | 4:47 | 12.5 |
| 605 | DĄBROWSKI ADAM | 225 | BRACTWO BIEGOWE BGK | WARSZAWA | POL | M 30 | 199 | M 605 | BRACTWO BIEGOWE BGK | 00:11:08 | 00:24:01.55 | 00:24:52.40 | 4:48 | 12.5 |
| 606 | KOŁODZIEJSKI RAFAŁ | 622 | | WARSZAWA | POL | M 40 | 205 | M 606 | | 00:11:20 | 00:24:01.80 | 00:25:04.65 | 4:48 | 12.5 |
| 607 | TRIGO ADRIAN | 1462 | | WARSAW | POL | M 30 | 200 | M 607 | | 00:10:31 | 00:24:02.30 | 00:24:52.00 | 4:48 | 12.5 |
| 608 | JURCZAK GRZEGORZ | 500 | | WARSZAWA | POL | M 30 | 201 | M 608 | | 00:10:47 | 00:24:02.75 | 00:25:12.65 | 4:48 | 12.5 |
| 609 | ŁOZIŃSKI PIOTR | 803 | BRACTWO BIEGOWE BGK | WARSZAWA | POL | M 40 | 206 | M 609 | BRACTWO BIEGOWE BGK | 00:11:38 | 00:24:02.80 | 00:25:42.10 | 4:48 | 12.5 |
| 610 | KAMIŃSKI ANDRZEJ | 2040 | | WARSZAWA | POL | M 12 | 5 | M 610 | | 00:11:53 | 00:24:03.15 | 00:24:03.15 | 4:48 | 12.5 |
| 611 | KATNER WIKTOR | 2042 | | WARSZAWA | POL | M 12 | 6 | M 611 | | 00:11:40 | 00:24:04.05 | 00:25:34.15 | 4:48 | 12.5 |
| 612 | BEŁOWSKI LESZEK | 65 | AD BLUE NOXY PUŁAWY | PUŁAWY | POL | M 70 | 3 | M 612 | | 00:11:14 | 00:24:04.55 | 00:25:23.30 | 4:48 | 12.5 |
| 613 | DMUCHOWSKI JAKUB | 241 | | ŁOMŻA | POL | M 20 | 74 | M 613 | | 00:11:19 | 00:24:04.60 | 00:25:11.15 | 4:48 | 12.5 |
| 614 | TOMCZYŃSKI MICHAŁ | 1455 | | WARSZAWA | POL | M 30 | 202 | M 614 | | 00:11:25 | 00:24:04.65 | 00:25:23.20 | 4:48 | 12.5 |
| 615 | CHORAŻEWICZ BARTŁOMIEJ | 169 | | MYSZYŃCIEC | POL | M 30 | 203 | M 615 | | 00:11:14 | 00:24:04.75 | 00:25:39.05 | 4:48 | 12.5 |
| 616 | WĘGLIŃSKI JACEK | 1984 | | WARSZAWA | POL | M 50 | 63 | M 616 | | 00:11:34 | 00:24:05.80 | 00:25:47.20 | 4:49 | 12.5 |
| 617 | KULESZA MARCIN | 736 | QLESH RACING TEAM/WK_RW TEAM | WARSZAWA | POL | M 40 | 207 | M 617 | | 00:11:01 | 00:24:06.45 | 00:25:00.40 | 4:49 | 12.4 |
| 618 | MUZYCHENKO DMYTRO | 940 | TEAM ZABIEGANEDNI | WARSZAWA | POL | M 20 | 75 | M 618 | | 00:11:26 | 00:24:06.50 | 00:25:23.50 | 4:49 | 12.4 |
| 619 | CIEŚLAR RAFAŁ | 187 | | WARSZAWA | POL | M 30 | 204 | M 619 | | 00:11:29 | 00:24:07.05 | 00:25:19.00 | 4:49 | 12.4 |
| 620 | PONOMARÓW TOMASZ | 1908 | | WARSZAWA | POL | M 30 | 205 | M 620 | | 00:10:34 | 00:24:07.75 | 00:25:10.05 | 4:49 | 12.4 |
| 621 | POPŁAWSKI ADAM | 1110 | | WARSZAWA | POL | M 30 | 206 | M 621 | | 00:11:03 | 00:24:08.45 | 00:27:05.70 | 4:49 | 12.4 |
| 622 | DORS MAREK | 253 | KABEX PODKOWA JANÓW | WARSZAWA | POL | M 20 | 76 | M 622 | | 00:11:42 | 00:24:09.75 | 00:25:38.00 | 4:49 | 12.4 |
| 623 | ATAMANOV MYKYTA | 36 | RUN FOR PEACE | DONIECK (UKRAINA) | POL | M 20 | 77 | M 623 | | 00:11:41 | 00:24:10.65 | 00:25:45.25 | 4:50 | 12.4 |
| 624 | CZERWIŃSKI RADOŚLAW | 209 | | WARSZAWA | POL | M 40 | 208 | M 624 | | 00:11:16 | 00:24:11.05 | 00:25:26.80 | 4:50 | 12.4 |
| 625 | BUCZEK ROBERT | 120 | | WARSZAWA | POL | M 50 | 64 | M 625 | | 00:11:43 | 00:24:11.80 | 00:25:46.25 | 4:50 | 12.4 |
| 626 | WOJTAL TOMASZ | 1992 | | WARSZAWA | POL | M 40 | 209 | M 626 | | 00:11:31 | 00:24:12.10 | 00:24:57.65 | 4:50 | 12.4 |
| 627 | SZCZERBIŃSKI ARKADIUSZ | 1389 | KATAREK | WARSZAWA | POL | M 30 | 207 | M 627 | | 00:11:50 | 00:24:12.75 | 00:26:19.15 | 4:50 | 12.4 |
| 628 | GOCH DOMINIK | 370 | | WARSZAWA | POL | M 40 | 210 | M 628 | | 00:11:28 | 00:24:13.25 | 00:25:51.35 | 4:50 | 12.4 |
| 629 | WOLSZCZAK RYSZARD | 1993 | WKZ KOZIENICE BBL | KOZIENICE | POL | M 60 | 19 | M 629 | WKZ KOZIENICE BBL | 00:11:25 | 00:24:13.75 | 00:25:03.90 | 4:50 | 12.4 |
| 630 | MATUSIAK MARCIN | 2062 | | WARSZAWA | POL | M 14 | 16 | M 630 | | 00:11:19 | 00:24:13.85 | 00:25:13.80 | 4:50 | 12.4 |
| 631 | ZAWADZKI WOJCIECH | 1634 | TATA BIEGA | WARSZAWA | POL | M 30 | 208 | M 631 | | 00:10:35 | 00:24:14.55 | 00:24:59.35 | 4:50 | 12.4 |
| 632 | ZIĘDAŁSKI REMIGIUSZ | 1653 | | ZĄBKI | POL | M 40 | 211 | M 632 | | 00:11:48 | 00:24:14.85 | 00:25:07.30 | 4:50 | 12.4 |

BIEG URSYNOWA, M Open c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Drużyna 1 | 2.5km | Netto | Brutto | min/km | km/h |
|------|----------------------|------|----------------------------------|---------------------|------|------|--------|-------|-------------------------------|----------|-------------|-------------|--------|------|
| 633 | LIDAK KRZYSZTOF | 1841 | KS GROM PRO WARSZAWA | WARSZAWA | POL | M 12 | 7 | M 633 | | 00:11:09 | 00:24:15.15 | 00:24:37.70 | 4:51 | 12.4 |
| 634 | PAPROWICZ WOJCIECH | 1050 | NOA | WARSZAWA | POL | M 40 | 212 | M 634 | CHŁOPAKI Z KEN | 00:11:20 | 00:24:16.80 | 00:25:41.00 | 4:51 | 12.4 |
| 635 | BANASIK MARCIN | 46 | MARATONCZYCY | WARSZAWA | POL | M 20 | 78 | M 635 | MARATONCZYCY | 00:11:36 | 00:24:18.10 | 00:25:57.00 | 4:51 | 12.3 |
| 636 | SMACHA ŁUKASZ | 1291 | | WARSZAWA | POL | M 40 | 213 | M 636 | | 00:11:42 | 00:24:18.10 | 00:25:53.05 | 4:51 | 12.3 |
| 637 | JUŚKO RAFAŁ | 508 | KTOŚ | OSTROWIEC ŚW | POL | M 40 | 214 | M 637 | | 00:11:38 | 00:24:19.45 | 00:25:18.25 | 4:51 | 12.3 |
| 638 | MACIASZCZYK ADAM | 815 | | WARSZAWA | POL | M 50 | 65 | M 638 | | 00:11:44 | 00:24:19.55 | 00:25:38.30 | 4:51 | 12.3 |
| 639 | CHRAPEK JANUSZ | 1700 | ROSSMANN | WARSZAWA | POL | M 40 | 215 | M 639 | | 00:11:25 | 00:24:19.95 | 00:26:09.55 | 4:51 | 12.3 |
| 640 | GROCHOWSKI PAWEŁ | 409 | PZU SPORT TEAM | WARSZAWA | POL | M 40 | 216 | M 640 | PZU SPORT TEAM | 00:10:54 | 00:24:20.00 | 00:25:21.10 | 4:52 | 12.3 |
| 641 | BARYŁA KRZYSZTOF | 2 | | WARSZAWA | POL | M 40 | 217 | M 641 | | 00:11:46 | 00:24:20.20 | 00:25:43.65 | 4:52 | 12.3 |
| 642 | LECH MACIEJ | 1834 | | WARSZAWA | POL | M 30 | 209 | M 642 | | 00:10:59 | 00:24:21.30 | 00:25:32.15 | 4:52 | 12.3 |
| 643 | WOJDALSKI MICHAŁ | 1569 | | WARSZAWA | POL | M 30 | 210 | M 643 | | 00:12:04 | 00:24:21.70 | 00:26:08.10 | 4:52 | 12.3 |
| 644 | ROGOWSKI MICHAŁ | 1917 | | WARSZAWA | POL | M 40 | 218 | M 644 | | 00:11:26 | 00:24:21.90 | 00:26:01.10 | 4:52 | 12.3 |
| 645 | BISOWSKI SZYMON | 2004 | MARUDY Z KOBYŁKI | KOBYŁKA | POL | M 14 | 17 | M 645 | MARUDY Z KOBYŁKI | 00:11:57 | 00:24:22.05 | 00:25:46.10 | 4:52 | 12.3 |
| 646 | CHEŁMIŃSKI MACIEJ | 157 | | WARSZAWA | POL | M 40 | 219 | M 646 | | 00:10:25 | 00:24:22.40 | 00:25:13.55 | 4:52 | 12.3 |
| 647 | BŁACHNIO ROBERT | 90 | PAWKO RUNNER TEAM | WARSZAWA | POL | M 30 | 211 | M 647 | PAWKO RUNNER TEAM | 00:11:16 | 00:24:22.85 | 00:25:33.00 | 4:52 | 12.3 |
| 648 | MARCZEWSKI MARCIN | 855 | RESILIA BEMOWO | WARSZAWA | POL | M 40 | 220 | M 648 | | 00:11:06 | 00:24:23.10 | 00:24:56.75 | 4:52 | 12.3 |
| 649 | WIERNIK DANIEL | 1986 | | WARSZAWA | POL | M 30 | 212 | M 649 | | 00:11:22 | 00:24:23.40 | 00:25:45.00 | 4:52 | 12.3 |
| 650 | BĘTKOWSKI PIOTR | 70 | | WARSZAWA | POL | M 20 | 79 | M 650 | | 00:11:01 | 00:24:23.75 | 00:26:03.25 | 4:52 | 12.3 |
| 651 | IWONIN JUREK | 447 | | WARSZAWA | POL | M 40 | 221 | M 651 | | 00:11:25 | 00:24:24.55 | 00:25:41.55 | 4:52 | 12.3 |
| 652 | PODOBINSKI PIOTR | 1099 | | WARSZAWA | POL | M 50 | 66 | M 652 | | 00:11:53 | 00:24:25.45 | 00:25:47.10 | 4:53 | 12.3 |
| 653 | POKAROWSKI WOJCIECH | 2079 | | WARSZAWA | POL | M 16 | 29 | M 653 | | 00:11:09 | 00:24:25.70 | 00:26:00.80 | 4:53 | 12.3 |
| 654 | OLMA WŁADYSŁAW | 997 | FORMA BIEGANIA - JASTRZĘBIE | JASTRZĘBIE - ZDRÓJ | POL | M 50 | 67 | M 654 | | 00:11:36 | 00:24:27.85 | 00:25:01.15 | 4:53 | 12.3 |
| 655 | BARSZCZ MICHAŁ | 1741 | | WARSZAWA | POL | M 30 | 213 | M 655 | | 00:11:52 | 00:24:27.95 | 00:26:11.45 | 4:53 | 12.3 |
| 656 | KOSTRUBIEC GRZEGORZ | 661 | | WARSZAWA | POL | M 30 | 214 | M 656 | | 00:11:14 | 00:24:28.40 | 00:25:02.35 | 4:53 | 12.3 |
| 657 | HORBATY JERZY | 433 | GIM92 | WARSZAWA | POL | M 50 | 68 | M 657 | | 00:11:48 | 00:24:28.55 | 00:25:53.20 | 4:53 | 12.3 |
| 658 | DYLEWSKI TOMASZ | 277 | | WARSZAWA | POL | M 40 | 222 | M 658 | | 00:11:07 | 00:24:29.80 | 00:25:19.75 | 4:53 | 12.3 |
| 659 | DABROWSKI LUKA | 1773 | | WARSZAWA | POL | M 50 | 69 | M 659 | | 00:11:41 | 00:24:30.10 | 00:25:06.40 | 4:54 | 12.2 |
| 660 | KSYNA BOGUSŁAW | 712 | | KAMION MAŁY | POL | M 60 | 20 | M 660 | | 00:11:33 | 00:24:30.30 | 00:25:04.55 | 4:54 | 12.2 |
| 661 | KUKLA MARCIN | 733 | RYSIK RUNNERS | WARSZAWA | POL | M 50 | 70 | M 661 | | 00:11:31 | 00:24:30.85 | 00:25:21.30 | 4:54 | 12.2 |
| 662 | ROSTKOWSKI BARTOSZ | 1197 | | WARSZAWA | POL | M 40 | 223 | M 662 | | 00:11:39 | 00:24:31.00 | 00:26:08.10 | 4:54 | 12.2 |
| 663 | KRAUZ PAWEŁ | 690 | KS STASZEWSKY / KPP W PIASECZNIK | ZAGOŚCINIEC | POL | M 40 | 224 | M 663 | KS STASZEWSKY | 00:11:18 | 00:24:32.25 | 00:26:00.45 | 4:54 | 12.2 |
| 664 | SARNOWSKI WOJCIECH | 1234 | | WARSZAWA | POL | M 40 | 225 | M 664 | | 00:10:58 | 00:24:34.00 | 00:26:27.35 | 4:54 | 12.2 |
| 665 | SZCZERBICKI RAFAŁ | 1388 | WARSAW RUN CLUB | WARSZAWA | POL | M 40 | 226 | M 665 | WARSAW RUN CLUB | 00:11:44 | 00:24:34.55 | 00:25:54.65 | 4:54 | 12.2 |
| 666 | DĄBROWSKI TOBIASZ | 2013 | | WARSZAWA | POL | M 16 | 30 | M 666 | | 00:10:30 | 00:24:34.90 | 00:25:35.00 | 4:54 | 12.2 |
| 667 | CIERECH BOGUSŁAW | 182 | | TERESIN | POL | M 70 | 4 | M 667 | | 00:11:10 | 00:24:35.15 | 00:25:54.30 | 4:55 | 12.2 |
| 668 | IWKIEWICZ TOMASZ | 446 | | WARSZAWA | POL | M 60 | 21 | M 668 | | 00:11:29 | 00:24:35.15 | 00:25:10.30 | 4:55 | 12.2 |
| 669 | SMYL JACEK | 1939 | | WARSZAWA | POL | M 30 | 215 | M 669 | | 00:11:00 | 00:24:35.75 | 00:24:52.65 | 4:55 | 12.2 |
| 670 | BŁASZCZAK WOJCIECH | 1747 | CHWILAMOMENTTEAM | WARSZAWA | POL | M 40 | 227 | M 670 | | 00:12:00 | 00:24:35.80 | 00:25:53.35 | 4:55 | 12.2 |
| 671 | STĘPIEŃ MIKOŁAJ | 2095 | | JÓZEFOSŁAW | POL | M 14 | 18 | M 671 | | 00:11:53 | 00:24:36.40 | 00:25:57.95 | 4:55 | 12.2 |
| 672 | KONDRYSZYN KACPER | 1819 | | WARSZAWA | POL | M 20 | 80 | M 672 | | 00:11:51 | 00:24:36.70 | 00:26:15.30 | 4:55 | 12.2 |
| 673 | JURKOWSKI ARTUR | 504 | | SIENICA | POL | M 30 | 216 | M 673 | | 00:11:43 | 00:24:37.40 | 00:26:10.55 | 4:55 | 12.2 |
| 674 | DRABAREK ROMUALD | 255 | | WARSZAWA | POL | M 60 | 22 | M 674 | | 00:11:27 | 00:24:39.80 | 00:25:58.50 | 4:55 | 12.2 |
| 675 | WIETRZYCKI MARCIN | 1596 | REBELLION OF FREE RUNNERS | WARSZAWA | POL | M 40 | 228 | M 675 | | 00:11:00 | 00:24:39.85 | 00:25:38.55 | 4:55 | 12.2 |
| 676 | RZEPECKI ŁUKASZ | 1926 | | KONSTANCJA JEZIORNA | POL | M 40 | 229 | M 676 | | 00:11:47 | 00:24:41.45 | 00:26:10.60 | 4:56 | 12.2 |
| 677 | WIKTOROWICZ TOMASZ | 1987 | | WARSZAWA | POL | M 40 | 230 | M 677 | | 00:12:03 | 00:24:41.60 | 00:26:37.75 | 4:56 | 12.2 |
| 678 | MIASTOWSKI RAFAŁ | 18 | SŁOŃ B | WARSZAWA | POL | M 50 | 71 | M 678 | | 00:11:17 | 00:24:41.90 | 00:25:56.00 | 4:56 | 12.2 |
| 679 | KORBA MICHAŁ | 1822 | | WARSZAWA | POL | M 40 | 231 | M 679 | | 00:11:23 | 00:24:43.00 | 00:26:33.90 | 4:56 | 12.1 |
| 680 | MYŚLIŃSKI ZDZIŚŁAW | 945 | | WARSZAWA | POL | M 40 | 232 | M 680 | | 00:11:17 | 00:24:43.15 | 00:25:08.50 | 4:56 | 12.1 |
| 681 | WAJS SŁAWOMIR | 1977 | | WARSZAWA | POL | M 30 | 217 | M 681 | | 00:11:52 | 00:24:43.30 | 00:26:05.55 | 4:56 | 12.1 |
| 682 | JÓZEFOWICZ MACIEJ | 495 | VEGE RUNNERS | WARSZAWA | POL | M 30 | 218 | M 682 | VEGE RUNNERS RESZTA ŚWIATA | 00:11:32 | 00:24:43.50 | 00:26:13.10 | 4:56 | 12.1 |
| 683 | MURANOWICZ MAREK | 1869 | | WARSZAWA | POL | M 50 | 72 | M 683 | | 00:11:57 | 00:24:43.65 | 00:26:24.75 | 4:56 | 12.1 |
| 684 | GÓRSKI ARKADIUSZ | 394 | GÓRA BIEGA | DOBIESZ | POL | M 40 | 233 | M 684 | GÓRA BIEGA | 00:11:40 | 00:24:44.15 | 00:26:15.90 | 4:56 | 12.1 |
| 685 | SŁOWIK PAWEŁ | 1289 | PARÓWY WWA | WARSZAWA | POL | M 30 | 219 | M 685 | | 00:11:43 | 00:24:44.20 | 00:25:41.05 | 4:56 | 12.1 |
| 686 | FILIPOWICZ ARKADIUSZ | 308 | | MARKI | POL | M 40 | 234 | M 686 | | 00:11:18 | 00:24:44.65 | 00:25:24.80 | 4:56 | 12.1 |
| 687 | KOWALCZYK ROBERT | 665 | | W-WA | POL | M 40 | 235 | M 687 | | 00:11:44 | 00:24:44.95 | 00:25:41.45 | 4:56 | 12.1 |
| 688 | TOMALAK MACIEJ | 1450 | | WARSZAWA | POL | M 40 | 236 | M 688 | | 00:11:20 | 00:24:45.15 | 00:26:21.40 | 4:57 | 12.1 |

BIEG URSYNOWA, M Open c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Drużyna 1 | 2.5km | Netto | Brutto | min/km | km/h |
|------|-------------------------|------|---|------------|------|------|--------|-------|---------------------------|----------|-------------|-------------|--------|------|
| 689 | JACNIACKI KRZYSZTOF | 1801 | | JÓZEFOSŁAW | POL | M 14 | 19 | M 689 | | 00:11:27 | 00:24:45.35 | 00:26:02.90 | 4:57 | 12.1 |
| 690 | ŻUŁAWSKI MACIEJ | 2135 | | WARSZAWA | POL | M 40 | 237 | M 690 | | 00:11:35 | 00:24:45.65 | 00:26:05.15 | 4:57 | 12.1 |
| 691 | WAWER HUBERT | 1516 | | WARSZAWA | POL | M 30 | 220 | M 691 | CBRE | 00:11:10 | 00:24:46.95 | 00:25:43.45 | 4:57 | 12.1 |
| 692 | GAŁCZYŃSKI WOJCIECH | 336 | | KRĘCZKI | POL | M 50 | 73 | M 692 | | 00:12:26 | 00:24:47.85 | 00:26:46.30 | 4:57 | 12.1 |
| 693 | KOWALSKI TOMASZ | 681 | KB PACE WARSZAWA | WARSZAWA | POL | M 40 | 238 | M 693 | KB PACE WARSZAWA 2 | 00:12:17 | 00:24:48.85 | 00:26:29.40 | 4:57 | 12.1 |
| 694 | TRZECIAKOWSKI PAWEŁ | 1473 | | WARSZAWA | POL | M 40 | 239 | M 694 | | 00:11:48 | 00:24:49.35 | 00:26:18.45 | 4:57 | 12.1 |
| 695 | BRODZIK JAKUB | 1751 | | WARSZAWA | POL | M 20 | 81 | M 695 | | 00:11:49 | 00:24:49.35 | 00:26:18.45 | 4:57 | 12.1 |
| 696 | RYBARCZYK ROBERT | 1216 | ORANGE POLSKA | WARSZAWA | POL | M 40 | 240 | M 696 | | 00:11:29 | 00:24:49.60 | 00:26:16.55 | 4:57 | 12.1 |
| 697 | SZABŁOWSKI MARCIN | 1953 | | WARSZAWA | POL | M 30 | 221 | M 697 | | 00:11:35 | 00:24:50.45 | 00:26:16.05 | 4:58 | 12.1 |
| 698 | KALBARCZYK IGOR | 519 | | WARSZAWA | POL | M 30 | 222 | M 698 | | 00:12:08 | 00:24:50.55 | 00:26:47.90 | 4:58 | 12.1 |
| 699 | PIETRUSZEWSKI KRZYSZTOF | 1069 | | WARSZAWA | POL | M 40 | 241 | M 699 | | 00:11:20 | 00:24:51.05 | 00:26:12.55 | 4:58 | 12.1 |
| 700 | SZELWACHOWSKI DARIUSZ | 1392 | | WARSZAWA | POL | M 50 | 74 | M 700 | | 00:11:15 | 00:24:52.05 | 00:25:54.40 | 4:58 | 12.1 |
| 701 | LEWANDOWSKI WOJCIECH | 1837 | | WARSZAWA | POL | M 30 | 223 | M 701 | | 00:11:29 | 00:24:52.25 | 00:26:06.75 | 4:58 | 12.1 |
| 702 | DAMPC MARIUSZ | 1735 | | WARSZAWA | POL | M 30 | 224 | M 702 | | 00:11:49 | 00:24:52.70 | 00:26:28.50 | 4:58 | 12.1 |
| 703 | PIWOWAREK ROBERT | 1088 | | WARSZAWA | POL | M 20 | 82 | M 703 | | 00:11:50 | 00:24:53.20 | 00:26:21.05 | 4:58 | 12.1 |
| 704 | BŁACH PIOTR | 89 | | WARSZAWA | POL | M 20 | 83 | M 704 | | 00:11:45 | 00:24:53.25 | 00:26:25.10 | 4:58 | 12.1 |
| 705 | DERESZEWSKI PIOTR | 231 | ZABIEGANY WOŁOMIN | WARSZAWA | POL | M 40 | 242 | M 705 | | 00:11:53 | 00:24:53.60 | 00:26:32.00 | 4:58 | 12.1 |
| 706 | POPLAWSKI MICHAŁ | 1109 | | WARSZAWA | POL | M 30 | 225 | M 706 | | 00:12:10 | 00:24:54.20 | 00:26:42.05 | 4:58 | 12 |
| 707 | OSTROWSKI SŁAWOMIR | 1014 | | WARSZAWA | POL | M 40 | 243 | M 707 | | 00:12:04 | 00:24:56.20 | 00:26:44.25 | 4:59 | 12 |
| 708 | ZABIELSKI GRZEGORZ | 1602 | | WARSZAWA | POL | M 50 | 75 | M 708 | | 00:11:31 | 00:24:56.85 | 00:26:04.85 | 4:59 | 12 |
| 709 | SAWICKI ADRIAN | 1236 | | WARSZAWA | POL | M 30 | 226 | M 709 | | 00:11:54 | 00:24:57.15 | 00:26:33.60 | 4:59 | 12 |
| 710 | WŁODARCZYK TOMASZ | 1560 | - | - | POL | M 30 | 227 | M 710 | | 00:11:30 | 00:24:57.25 | 00:26:14.60 | 4:59 | 12 |
| 711 | GIEZ MARCIN | 358 | | WARSZAWA | POL | M 40 | 244 | M 711 | | 00:12:20 | 00:24:57.50 | 00:26:54.75 | 4:59 | 12 |
| 712 | DĘBSKI KAROL | 236 | | ZAMIENIE | POL | M 30 | 228 | M 712 | | 00:11:34 | 00:24:58.55 | 00:26:40.40 | 4:59 | 12 |
| 713 | PŁOCHOWSKI ARKADIUSZ | 1095 | | KARCZEW | POL | M 40 | 245 | M 713 | | 00:11:28 | 00:24:59.00 | 00:26:01.05 | 4:59 | 12 |
| 714 | SZADKOWSKI BŁAŻEJ | 1377 | | WARSZAWA | POL | M 40 | 246 | M 714 | | 00:11:49 | 00:25:00.50 | 00:26:39.10 | 5:00 | 12 |
| 715 | CIOSEK MARCIN | 191 | | WARSZAWA | POL | M 40 | 247 | M 715 | | 00:11:54 | 00:25:01.55 | 00:26:25.45 | 5:00 | 12 |
| 716 | KUCHER PAVLO | 724 | | WARSZAWA | UKR | M 20 | 84 | M 716 | | 00:12:35 | 00:25:03.00 | 00:27:00.30 | 5:00 | 12 |
| 717 | KUCHARSKI MICHAŁ | 722 | | WARSZAWA | POL | M 20 | 85 | M 717 | | 00:10:59 | 00:25:03.30 | 00:26:14.05 | 5:00 | 12 |
| 718 | WIECZOREK MIŁOSZ | 2120 | | WARSZAWA | POL | M 16 | 31 | M 718 | | 00:12:13 | 00:25:05.20 | 00:26:18.10 | 5:01 | 12 |
| 719 | ORŁOWSKI KACPER | 1885 | | WARSZAWA | POL | M 30 | 229 | M 719 | | 00:11:35 | 00:25:05.55 | 00:26:16.50 | 5:01 | 12 |
| 720 | WOŹNIAK PRZEMYSŁAW | 1584 | | WARSZAWA | POL | M 30 | 230 | M 720 | | 00:11:39 | 00:25:05.60 | 00:27:01.80 | 5:01 | 12 |
| 721 | KOPACZEL PAWEŁ | 628 | LEGIA RUN CLUB WARSZAWA | RYBNO | POL | M 40 | 248 | M 721 | | 00:11:47 | 00:25:05.75 | 00:25:50.20 | 5:01 | 12 |
| 722 | CZUBASZEK KRZYSZTOF | 212 | | WARSZAWA | POL | M 40 | 249 | M 722 | | 00:11:30 | 00:25:07.05 | 00:26:15.20 | 5:01 | 11.9 |
| 723 | MALINOWSKI RADEK | 838 | | WARSZAWA | POL | M 40 | 250 | M 723 | | 00:12:42 | 00:25:07.55 | 00:26:19.00 | 5:01 | 11.9 |
| 724 | LISEWSKI DOMINIK | 787 | | WARSZAWA | POL | M 30 | 231 | M 724 | | 00:12:23 | 00:25:08.55 | 00:27:52.70 | 5:01 | 11.9 |
| 725 | LEWANDOWSKI PRZEMYSŁAW | 778 | | WARSZAWA | POL | M 30 | 232 | M 725 | | 00:11:54 | 00:25:09.15 | 00:26:47.10 | 5:01 | 11.9 |
| 726 | CHAZAN BERNARD | 153 | | WARSZAWA | POL | M 50 | 76 | M 726 | | 00:11:47 | 00:25:09.25 | 00:26:31.45 | 5:01 | 11.9 |
| 727 | MACUTKIEWICZ ADAM | 820 | MARATOŃCZYCY | WARSZAWA | POL | M 20 | 86 | M 727 | MARATOŃCZYCY | 00:12:41 | 00:25:10.05 | 00:26:53.55 | 5:02 | 11.9 |
| 728 | CIEŚLAK RADEK | 186 | | ŁOZISKA | POL | M 30 | 233 | M 728 | | 00:11:44 | 00:25:10.10 | 00:25:57.60 | 5:02 | 11.9 |
| 729 | DĄBROWSKI JAROSŁAW | 227 | | WARSZAWA | POL | M 40 | 251 | M 729 | | 00:11:37 | 00:25:10.30 | 00:26:11.35 | 5:02 | 11.9 |
| 730 | SIERY ARTUR | 1252 | | WARSZAWA | POL | M 60 | 23 | M 730 | | 00:11:46 | 00:25:11.35 | 00:26:42.35 | 5:02 | 11.9 |
| 731 | BUJAŁSKI KONRAD | 130 | ETV ULUBIONA WARSZAWA | WARSZAWA | POL | M 20 | 87 | M 731 | | 00:12:10 | 00:25:12.15 | 00:27:07.55 | 5:02 | 11.9 |
| 732 | CHRZANOWSKI MICHAŁ | 175 | | WARSZAWA | POL | M 40 | 252 | M 732 | | 00:12:46 | 00:25:12.25 | 00:26:51.75 | 5:02 | 11.9 |
| 733 | GWÓZDZ PAWEŁ | 1799 | | WARSZAWA | POL | M 40 | 253 | M 733 | | 00:11:34 | 00:25:13.05 | 00:26:04.05 | 5:02 | 11.9 |
| 734 | JUSZCZAK LESZEK | 1806 | GOĆLAWSKIE KOTY Z NIEZALEŻNYM CYRYLEM NA CZELE | WARSZAWA | POL | M 60 | 24 | M 734 | | 00:11:41 | 00:25:13.20 | 00:26:19.35 | 5:02 | 11.9 |
| 735 | DĄBROWSKI PAWEŁ | 1763 | STADO PĘDZĄCYCH IMADEŁ | - | POL | M 40 | 254 | M 735 | STADO PĘDZĄCYCH IMADEŁ | 00:11:43 | 00:25:13.65 | 00:26:19.90 | 5:02 | 11.9 |
| 736 | KOŚLACZ IRENEUSZ | 1732 | | WARSZAWA | POL | M 40 | 255 | M 736 | | 00:12:02 | 00:25:14.65 | 00:26:54.90 | 5:02 | 11.9 |
| 737 | LENDZION JAROSŁAW | 773 | GRUPA BIEGOWA UM W-WA | WARSZAWA | POL | M 40 | 256 | M 737 | GRUPA BIEGOWA UM W-WA | 00:12:33 | 00:25:14.65 | 00:26:36.85 | 5:02 | 11.9 |
| 738 | TYC PIOTR | 1479 | | WARSZAWA | POL | M 20 | 88 | M 738 | | 00:12:23 | 00:25:15.80 | 00:27:04.80 | 5:03 | 11.9 |
| 739 | SZYMCZYK MICHAŁ | 1422 | NASTĘPNY KROK TEAM | WARSZAWA | POL | M 30 | 234 | M 739 | | 00:11:22 | 00:25:16.30 | 00:26:33.30 | 5:03 | 11.9 |
| 740 | KEMPA PIOTR | 568 | | WARSZAWA | POL | M 30 | 235 | M 740 | | 00:11:59 | 00:25:16.35 | 00:26:33.35 | 5:03 | 11.9 |
| 741 | KORNOWICZ ARKADIUSZ | 645 | | WARSZAWA | POL | M 40 | 257 | M 741 | | 00:11:46 | 00:25:17.70 | 00:26:47.30 | 5:03 | 11.9 |

BIEG URSYNOWA, M Open c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Drużyna 1 | 2.5km | Netto | Brutto | min/km | km/h |
|------|----------------------|------|----------------------|------------------|------|------|--------|-------|-------------------|----------|-------------|-------------|--------|------|
| 742 | KORDA SEBASTIAN | 2144 | | - | POL | M 14 | 20 | M 742 | | 00:12:26 | 00:25:18.35 | 00:27:03.55 | 5:03 | 11.9 |
| 743 | SAS SZYMON | 1235 | | WARSZAWA | POL | M 30 | 236 | M 743 | | 00:12:05 | 00:25:19.60 | 00:27:01.15 | 5:03 | 11.8 |
| 744 | SZYKUŁA KACPER | 1957 | | WARSZAWA | POL | M 30 | 237 | M 744 | | 00:11:53 | 00:25:20.90 | 00:27:04.50 | 5:04 | 11.8 |
| 745 | BODAK KAJETAN | 95 | | WARSZAWA | POL | M 40 | 258 | M 745 | | 00:12:17 | 00:25:21.45 | 00:27:09.20 | 5:04 | 11.8 |
| 746 | RUSIECKI PRZEMYSŁAW | 1919 | | WARSZAWA | POL | M 40 | 259 | M 746 | | 00:11:49 | 00:25:22.00 | 00:26:48.65 | 5:04 | 11.8 |
| 747 | GOŹDZIAK KRZYSZTOF | 189 | | MIELEC | POL | M 20 | 89 | M 747 | | 00:12:51 | 00:25:23.95 | 00:28:11.10 | 5:04 | 11.8 |
| 748 | MŁYNARCZYK DAREK | 916 | ***** *** | ZALESIE GÓRNE | POL | M 40 | 260 | M 748 | | 00:11:50 | 00:25:24.60 | 00:26:54.45 | 5:04 | 11.8 |
| 749 | BOHDZIEWICZ PAWEŁ | 99 | | DZIEKANÓW LEŚNY | POL | M 40 | 261 | M 749 | | 00:11:57 | 00:25:24.85 | 00:26:54.15 | 5:04 | 11.8 |
| 750 | OSYRA TOMASZ | 1016 | | WARSZAWA | POL | M 40 | 262 | M 750 | | 00:11:56 | 00:25:24.90 | 00:27:13.90 | 5:04 | 11.8 |
| 751 | BIERNACKI MATEUSZ | 1746 | | KONSTANCIN | POL | M 20 | 90 | M 751 | | 00:12:13 | 00:25:27.10 | 00:27:09.80 | 5:05 | 11.8 |
| 752 | KACPROWSKI TADEUSZ | 1808 | | WARSZAWA | POL | M 70 | 5 | M 752 | | 00:11:56 | 00:25:27.35 | 00:26:57.80 | 5:05 | 11.8 |
| 753 | STĘPNIEWSKI JAKUB | 1348 | | RASZYN | POL | M 20 | 91 | M 753 | | 00:11:31 | 00:25:27.60 | 00:26:43.90 | 5:05 | 11.8 |
| 754 | SUŁKOWSKI MICHAŁ | 1950 | | WARSZAWA | POL | M 30 | 238 | M 754 | | 00:12:13 | 00:25:27.75 | 00:27:03.30 | 5:05 | 11.8 |
| 755 | MANART MATEUSZ | 847 | | WARSZAWA | POL | M 30 | 239 | M 755 | ITMRUN | 00:11:35 | 00:25:28.75 | 00:26:26.20 | 5:05 | 11.8 |
| 756 | ŻAKOWICZ FRANEK | 2113 | | JOZEFOSAW | POL | M 16 | 32 | M 756 | | 00:11:05 | 00:25:28.85 | 00:26:27.70 | 5:05 | 11.8 |
| 757 | GARBIEC BOGDAN | 338 | | WARSZAWA | POL | M 50 | 77 | M 757 | | 00:11:23 | 00:25:29.80 | 00:26:49.15 | 5:05 | 11.8 |
| 758 | DYCHA MARCIN | 275 | NEW BALANCE RUN CLUB | WARSAW | POL | M 50 | 78 | M 758 | | 00:12:16 | 00:25:31.40 | 00:27:08.15 | 5:06 | 11.8 |
| 759 | BUGAJ PRZEMYSŁAW | 129 | | WARSZAWA | POL | M 30 | 240 | M 759 | | 00:12:10 | 00:25:31.95 | 00:27:12.45 | 5:06 | 11.8 |
| 760 | WILK ŁUKASZ | 1540 | | WARSZAWA | POL | M 40 | 263 | M 760 | | 00:13:07 | 00:25:33.30 | 00:27:41.30 | 5:06 | 11.7 |
| 761 | MICHALCZUK JAREK | 899 | | WARSZAWA | POL | M 30 | 241 | M 761 | | 00:12:59 | 00:25:33.55 | 00:28:01.10 | 5:06 | 11.7 |
| 762 | NAGIEL BARTOSZ | 947 | | WARSZAWA | POL | M 30 | 242 | M 762 | | 00:12:31 | 00:25:34.40 | 00:27:29.05 | 5:06 | 11.7 |
| 763 | STALICA WOJCIECH | 1327 | | CZĘSTOCHOWA | POL | M 50 | 79 | M 763 | | 00:12:04 | 00:25:35.75 | 00:27:42.20 | 5:07 | 11.7 |
| 764 | PISARSKI MICHAŁ | 1085 | | WARSZAWA | POL | M 40 | 264 | M 764 | | 00:12:41 | 00:25:36.45 | 00:27:17.60 | 5:07 | 11.7 |
| 765 | FIGAT KRZYSZTOF | 304 | | WARSZAWA URSYNÓW | POL | M 40 | 265 | M 765 | | 00:12:29 | 00:25:37.35 | 00:27:28.50 | 5:07 | 11.7 |
| 766 | SOSIŃSKI HUBERT | 1319 | RUNFORRESTRUN | WARSZAWA | POL | M 30 | 243 | M 766 | | 00:12:21 | 00:25:38.00 | 00:27:36.05 | 5:07 | 11.7 |
| 767 | WELSZYNG PIOTR | 1521 | | ROKIETNICA | POL | M 40 | 266 | M 767 | | 00:11:56 | 00:25:38.25 | 00:26:55.00 | 5:07 | 11.7 |
| 768 | SĘDEK PIOTR | 1240 | | WARSZAWA | POL | M 50 | 80 | M 768 | | 00:12:32 | 00:25:38.45 | 00:27:31.40 | 5:07 | 11.7 |
| 769 | PYZARA TOMASZ | 1154 | | CHOTOMÓW | POL | M 40 | 267 | M 769 | | 00:11:42 | 00:25:39.30 | 00:26:42.25 | 5:07 | 11.7 |
| 770 | SHKURENKO MAKSYM | 1929 | PEREMOHA | WARSZAWA | UKR | M 40 | 268 | M 770 | | 00:11:13 | 00:25:41.15 | 00:27:13.10 | 5:08 | 11.7 |
| 771 | ŻÓŁKOWSKI MAREK | 1668 | TEAM ZABIEGANEDNI | WARSZAWA | POL | M 60 | 25 | M 771 | TEAM ZABIEGANEDNI | 00:12:14 | 00:25:42.00 | 00:27:25.15 | 5:08 | 11.7 |
| 772 | ZAWIŚLAK PAWEŁ | 1637 | | MYSIADŁO | POL | M 16 | 33 | M 772 | | 00:12:41 | 00:25:42.90 | 00:27:08.85 | 5:08 | 11.7 |
| 773 | JAŃCZYK WOJCIECH | 1802 | | WARSZAWA | POL | M 40 | 269 | M 773 | | 00:12:27 | 00:25:43.10 | 00:27:39.85 | 5:08 | 11.7 |
| 774 | SZYMAŃSKI ROBERT | 1960 | KREWKI URSYNÓW HDK | WARSZAWA | POL | M 40 | 270 | M 774 | | 00:12:21 | 00:25:44.05 | 00:27:33.05 | 5:08 | 11.7 |
| 775 | KOSTECKI HUBERT | 659 | | WARSZAWA | POL | M 30 | 244 | M 775 | | 00:12:20 | 00:25:44.60 | 00:27:31.45 | 5:08 | 11.7 |
| 776 | GRECKI MICHAŁ | 403 | PWPW SA | CHYLICZKI | POL | M 30 | 245 | M 776 | | 00:12:45 | 00:25:45.00 | 00:27:07.50 | 5:09 | 11.7 |
| 777 | ŁADNY KACPER | 1845 | | WARSZAWA | POL | M 12 | 8 | M 777 | | 00:12:23 | 00:25:46.15 | 00:27:24.20 | 5:09 | 11.6 |
| 778 | CHWASTEK RYSZARD | 177 | RATUJMYRYSIE | WARSZAWA | POL | M 60 | 26 | M 778 | | 00:12:21 | 00:25:46.65 | 00:27:51.95 | 5:09 | 11.6 |
| 779 | SZYDLIK MATEUSZ | 1956 | | WARSZAWA | POL | M 30 | 246 | M 779 | | 00:11:48 | 00:25:46.95 | 00:27:23.60 | 5:09 | 11.6 |
| 780 | ŚWINIARSKI ADAM | 1951 | | WARSZAWA | POL | M 20 | 92 | M 780 | | 00:12:10 | 00:25:47.30 | 00:27:30.95 | 5:09 | 11.6 |
| 781 | MASKIEWICZ ARKADIUSZ | 867 | ERA RUNNING TEAM | WARSZAWA | POL | M 50 | 81 | M 781 | | 00:12:21 | 00:25:47.55 | 00:27:29.60 | 5:09 | 11.6 |
| 782 | GĄTOWSKI ARTUR | 351 | | WARSZAWA | POL | M 30 | 247 | M 782 | | 00:11:55 | 00:25:47.85 | 00:27:11.30 | 5:09 | 11.6 |
| 783 | GÓRSKI HUBERT | 393 | | WARSZAWA | POL | M 30 | 248 | M 783 | | 00:12:08 | 00:25:49.20 | 00:27:19.95 | 5:09 | 11.6 |
| 784 | MIKULSKI DAMIAN | 906 | TEAM ZABIEGANEDNI | WARSZAWA | POL | M 40 | 271 | M 784 | TEAM ZABIEGANEDNI | 00:12:32 | 00:25:49.75 | 00:27:38.85 | 5:09 | 11.6 |
| 785 | STRZELCZYK KAMIL | 1357 | TEAM ZABIEGANEDNI | WARSZAWA | POL | M 40 | 272 | M 785 | TEAM ZABIEGANEDNI | 00:12:23 | 00:25:49.80 | 00:27:37.40 | 5:09 | 11.6 |
| 786 | NOWICKI PIOTR | 974 | | WARSZAWA | POL | M 40 | 273 | M 786 | | 00:12:34 | 00:25:50.60 | 00:27:39.40 | 5:10 | 11.6 |
| 787 | BOŻEK MARIUSZ | 108 | ORSOME RUNNERS | WARSZAWA | POL | M 30 | 249 | M 787 | | 00:12:21 | 00:25:51.45 | 00:27:41.50 | 5:10 | 11.6 |
| 788 | GABRYSEWSKI RADOSŁAW | 324 | | WARSZAWA | POL | M 30 | 250 | M 788 | | 00:12:26 | 00:25:52.50 | 00:27:00.20 | 5:10 | 11.6 |
| 789 | KAMIŃSKI TOMASZ | 535 | MARATOŃCZYCY | WARSZAWA | POL | M 20 | 93 | M 789 | MARATOŃCZYCY | 00:12:04 | 00:25:52.60 | 00:27:35.55 | 5:10 | 11.6 |
| 790 | KALINOWSKI KAROL | 525 | KS LEMIESZ TEAM | WARSZAWA | POL | M 40 | 274 | M 790 | | 00:11:52 | 00:25:53.15 | 00:27:15.45 | 5:10 | 11.6 |
| 791 | MOLSKI ANDRZEJ | 922 | | WARSZAWA | POL | M 50 | 82 | M 791 | | 00:11:58 | 00:25:53.65 | 00:27:21.85 | 5:10 | 11.6 |
| 792 | OWCZARCZYK MICHAŁ | 1017 | | WARSZAWA | POL | M 40 | 275 | M 792 | | 00:11:34 | 00:25:53.95 | 00:27:30.70 | 5:10 | 11.6 |
| 793 | UKRAJINIEC BOGDAN | 1975 | SC ULTRA | LWOW | UKR | M 60 | 27 | M 793 | | 00:12:14 | 00:25:54.15 | 00:27:29.25 | 5:10 | 11.6 |
| 794 | BOROWSKI MIKOŁAJ | 103 | | WARSZAWA | POL | M 30 | 251 | M 794 | | 00:12:33 | 00:25:54.45 | 00:27:46.40 | 5:10 | 11.6 |
| 795 | KALUŻNY KAROL | 531 | | MICHALOWICE | POL | M 40 | 276 | M 795 | | 00:12:42 | 00:25:55.55 | 00:27:31.70 | 5:11 | 11.6 |
| 796 | BORUTA KAMIL | 106 | | WARSZAWA | POL | M 30 | 252 | M 796 | | 00:12:23 | 00:25:56.35 | 00:27:49.10 | 5:11 | 11.6 |
| 797 | PROCHWICZ JAKUB | 1120 | X FIGHT PIASECZNO | WARSZAWA | POL | M 30 | 253 | M 797 | | 00:12:33 | 00:25:56.40 | 00:27:46.45 | 5:11 | 11.6 |

BIEG URSYNOWA, M Open c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Drużyna 1 | 2.5km | Netto | Brutto | min/km | km/h |
|------|------------------------|------|---------------------------------|--------------------|------|------|--------|-------|------------------|----------|-------------|-------------|--------|------|
| 798 | WAŚOWSKI PIOTR | 1518 | | PRUSZKÓW | POL | M 50 | 83 | M 798 | | 00:12:07 | 00:25:58.70 | 00:27:28.10 | 5:11 | 11.6 |
| 799 | KRATOK DMITRY | 689 | RUN_WAWA_RUN | WARSZAWA | POL | M 30 | 254 | M 799 | | 00:12:30 | 00:25:58.85 | 00:27:34.40 | 5:11 | 11.6 |
| 800 | ULICZNY MICHAŁ | 1488 | | WARSZAWA | POL | M 20 | 94 | M 800 | | 00:12:40 | 00:25:59.70 | 00:27:39.40 | 5:11 | 11.5 |
| 801 | ROJEWSKI MATEUSZ | 1189 | | WARSZAWA | POL | M 20 | 95 | M 801 | | 00:11:47 | 00:26:00.50 | 00:27:31.15 | 5:12 | 11.5 |
| 802 | KLUCZYK ANTONI | 2045 | KS GROM | WARSZAWA | POL | M 12 | 9 | M 802 | | 00:11:59 | 00:26:00.65 | 00:27:36.35 | 5:12 | 11.5 |
| 803 | STĘPIEŃ RADOŚLAW | 1345 | | JÓZEFOSŁAW | POL | M 40 | 277 | M 803 | | 00:11:53 | 00:26:01.00 | 00:27:22.90 | 5:12 | 11.5 |
| 804 | WYBRANIEC MICHAŁ | 1595 | | WARSZAWA | POL | M 40 | 278 | M 804 | | 00:12:12 | 00:26:01.35 | 00:27:42.05 | 5:12 | 11.5 |
| 805 | SIRODZKI ZBIGNIEW | 1260 | | WARSZAWA | POL | M 50 | 84 | M 805 | | 00:11:58 | 00:26:01.65 | 00:29:03.70 | 5:12 | 11.5 |
| 806 | GNIADZIK RAFAL | 369 | DEAF RUNNING | WARSZAWA | POL | M 40 | 279 | M 806 | DEAF RUNNING | 00:12:23 | 00:26:01.75 | 00:27:01.30 | 5:12 | 11.5 |
| 807 | WOLKOWYCKI ADAM | 1575 | SERWIS POJAZDÓW ADAM WOŁKOWYCKI | WARSZAWA | POL | M 40 | 280 | M 807 | | 00:12:26 | 00:26:02.20 | 00:28:03.50 | 5:12 | 11.5 |
| 808 | LACHOWICZ TOMASZ | 756 | WITC | WARSZAWA | POL | M 20 | 96 | M 808 | | 00:11:37 | 00:26:03.30 | 00:26:22.05 | 5:12 | 11.5 |
| 809 | KRÓL PATRYK | 701 | | WARSZAWA | POL | M 30 | 255 | M 809 | | 00:11:57 | 00:26:03.35 | 00:28:21.20 | 5:12 | 11.5 |
| 810 | ZAKRZEWSKI MATEUSZ | 163 | | WARSZAWA | POL | M 20 | 97 | M 810 | | 00:11:47 | 00:26:04.55 | 00:28:54.15 | 5:12 | 11.5 |
| 811 | NIEDZIÓŁKA JACEK | 2141 | | - | POL | M 50 | 85 | M 811 | | 00:12:45 | 00:26:05.75 | 00:27:33.95 | 5:13 | 11.5 |
| 812 | PATEJ MACIEJ | 1720 | | BIAŁYSTOK | POL | M 20 | 98 | M 812 | | 00:12:43 | 00:26:06.55 | 00:27:39.60 | 5:13 | 11.5 |
| 813 | PRZYBYSZ MATEUSZ | 1139 | | WARSZAWA | POL | M 20 | 99 | M 813 | | 00:12:32 | 00:26:06.70 | 00:27:48.05 | 5:13 | 11.5 |
| 814 | LIACH ALIAKSANDR | 782 | | WARSAW | BEL | M 30 | 256 | M 814 | | 00:12:06 | 00:26:08.55 | 00:28:08.25 | 5:13 | 11.5 |
| 815 | JAZNICKI TOMEK | 483 | KS ZNICZ - POWĄZKI | WARSZAWA | POL | M 50 | 86 | M 815 | | 00:12:28 | 00:26:08.95 | 00:28:05.90 | 5:13 | 11.5 |
| 816 | BRZozowski ERNEST | 118 | KS STASZEWSKY | BŁONIE | POL | M 40 | 281 | M 816 | KS STASZEWSKY | 00:12:03 | 00:26:09.05 | 00:27:22.70 | 5:13 | 11.5 |
| 817 | MARCINKOWSKI DARIUSZ | 853 | | SOCHACZEW | POL | M 60 | 28 | M 817 | | 00:12:32 | 00:26:09.40 | 00:28:07.15 | 5:13 | 11.5 |
| 818 | LEŚNIAK KRZYSZTOF | 775 | LEŚNIAKTEAM | WARSZAWA | POL | M 40 | 282 | M 818 | | 00:12:04 | 00:26:11.05 | 00:27:15.05 | 5:14 | 11.5 |
| 819 | KOSZUT WOJCIECH | 1824 | | WARSZAWA | POL | M 40 | 283 | M 819 | | 00:12:37 | 00:26:11.20 | 00:28:07.35 | 5:14 | 11.5 |
| 820 | GRUSZKA JAKUB | 413 | TN BIEGÓWKI WESOŁA | WARSZAWA | POL | M 30 | 257 | M 820 | | 00:11:29 | 00:26:12.05 | 00:27:29.85 | 5:14 | 11.5 |
| 821 | BRAMSON PIOTR | 1750 | | WARSZAWA | POL | M 40 | 284 | M 821 | | 00:11:46 | 00:26:13.05 | 00:26:40.25 | 5:14 | 11.4 |
| 822 | JURDECZKA MIROŚLAW | 501 | | WARSZAWA | POL | M 30 | 258 | M 822 | | 00:12:11 | 00:26:13.35 | 00:28:08.15 | 5:14 | 11.4 |
| 823 | ZAJDLEWICZ MAREK | 1612 | | WARSZAWA | POL | M 40 | 285 | M 823 | | 00:12:39 | 00:26:13.40 | 00:29:33.35 | 5:14 | 11.4 |
| 824 | CYBULSKI DAWID | 1762 | | ZAMOŚĆ | POL | M 20 | 100 | M 824 | | 00:12:44 | 00:26:13.40 | 00:28:50.10 | 5:14 | 11.4 |
| 825 | GUTOWSKI PIOTR | 422 | | SKARYSZEW | POL | M 20 | 101 | M 825 | | 00:12:34 | 00:26:16.65 | 00:28:01.35 | 5:15 | 11.4 |
| 826 | GOLISZ ADAM | 377 | | MYSIADŁO | POL | M 50 | 87 | M 826 | | 00:12:41 | 00:26:17.05 | 00:27:43.10 | 5:15 | 11.4 |
| 827 | ZACHUTA PIOTR | 1606 | | WARSZAWA | POL | M 30 | 259 | M 827 | | 00:12:22 | 00:26:18.00 | 00:28:14.90 | 5:15 | 11.4 |
| 828 | OWCZARCZYK JANEK | 2071 | | WARSZAWA | POL | M 14 | 21 | M 828 | | 00:11:59 | 00:26:18.05 | 00:27:30.50 | 5:15 | 11.4 |
| 829 | PINDAKIEWICZ MICHAŁ | 1079 | | WARSZAWA | POL | M 50 | 88 | M 829 | | 00:12:16 | 00:26:18.30 | 00:28:00.70 | 5:15 | 11.4 |
| 830 | GIERSZEWSKI MARIUSZ | 357 | | ŻDŹAR | POL | M 30 | 260 | M 830 | | 00:11:56 | 00:26:18.40 | 00:27:52.10 | 5:15 | 11.4 |
| 831 | MAKOWSKI JULIUSZ | 1852 | | WARSZAWA | POL | M 30 | 261 | M 831 | | 00:12:07 | 00:26:19.85 | 00:27:32.45 | 5:15 | 11.4 |
| 832 | ŚWIDERSKI DARIUSZ | 1431 | POLYPHARM | WARSZAWA | POL | M 50 | 89 | M 832 | | 00:12:12 | 00:26:20.65 | 00:27:40.60 | 5:16 | 11.4 |
| 833 | KIETLIŃSKI SZYMON | 1814 | | WARSZAWA | POL | M 12 | 10 | M 833 | | 00:13:12 | 00:26:20.80 | 00:29:28.90 | 5:16 | 11.4 |
| 834 | MARCINKOWSKI KRZYSZTOF | 1856 | | WARSZAWA | POL | M 40 | 286 | M 834 | | 00:12:14 | 00:26:21.25 | 00:27:58.40 | 5:16 | 11.4 |
| 835 | SKUP KACPER | 1281 | | WARSZAWA | POL | M 30 | 262 | M 835 | | 00:11:18 | 00:26:21.30 | 00:27:07.55 | 5:16 | 11.4 |
| 836 | ZABLOCKI WOJCIECH | 1603 | | WARSAW | POL | M 30 | 263 | M 836 | | 00:11:58 | 00:26:21.65 | 00:27:29.70 | 5:16 | 11.4 |
| 837 | DĄBROWSKI DANIEL | 1724 | | MYSZKÓW | POL | M 40 | 287 | M 837 | | 00:12:26 | 00:26:22.75 | 00:28:12.65 | 5:16 | 11.4 |
| 838 | AUGUSTYN ŁUKASZ | 38 | CBRE | WARSZAWA | POL | M 30 | 264 | M 838 | | 00:12:10 | 00:26:22.90 | 00:26:30.60 | 5:16 | 11.4 |
| 839 | GRABEK RADOŚLAW | 1796 | | WARSZAWA | POL | M 40 | 288 | M 839 | | 00:12:35 | 00:26:24.05 | 00:27:56.65 | 5:16 | 11.4 |
| 840 | KOZŁOWSKI PATRYK | 685 | GÓRA BIEGA | GÓRA KALWARIA | POL | M 40 | 289 | M 840 | GÓRA BIEGA | 00:12:04 | 00:26:24.40 | 00:27:55.65 | 5:16 | 11.4 |
| 841 | BIEDROŃ DARIUSZ | 73 | ALUNIO TEAM | WARSZAWA | POL | M 40 | 290 | M 841 | | 00:12:44 | 00:26:25.10 | 00:28:01.85 | 5:17 | 11.4 |
| 842 | DZIUBIŃSKI PIOTR | 288 | KDPS | WARSZAWA | POL | M 30 | 265 | M 842 | | 00:12:27 | 00:26:25.95 | 00:28:21.70 | 5:17 | 11.4 |
| 843 | KARNEY KRZYSZTOF | 548 | | WARSZAWA | POL | M 40 | 291 | M 843 | | 00:12:45 | 00:26:26.40 | 00:29:15.00 | 5:17 | 11.3 |
| 844 | MOŚ TOMASZ | 1867 | | WARSZAWA | POL | M 40 | 292 | M 844 | | 00:12:42 | 00:26:27.35 | 00:28:19.70 | 5:17 | 11.3 |
| 845 | OSTROWSKI MARCIN | 1013 | | WARSZAWA | POL | M 40 | 293 | M 845 | | 00:12:51 | 00:26:27.35 | 00:28:05.10 | 5:17 | 11.3 |
| 846 | KRZECZEWSKI PIOTR | 709 | | WARSZAWA | POL | M 30 | 266 | M 846 | | 00:12:25 | 00:26:27.80 | 00:29:07.05 | 5:17 | 11.3 |
| 847 | CIEŚLIK EMIL | 2011 | ŁÓDŹ KOCHA SPORT | ŁÓDŹ | POL | M 16 | 34 | M 847 | ŁÓDŹ KOCHA SPORT | 00:13:17 | 00:26:27.95 | 00:29:19.30 | 5:17 | 11.3 |
| 848 | BRODZKI JAN | 112 | | WARSZAWA | POL | M 30 | 267 | M 848 | | 00:11:43 | 00:26:29.05 | 00:27:28.65 | 5:17 | 11.3 |
| 849 | BOGUSZEWSKI PIOTR | 98 | | WARSZAWA | POL | M 40 | 294 | M 849 | | 00:12:36 | 00:26:29.05 | 00:30:13.75 | 5:17 | 11.3 |
| 850 | SUCHOCKI KONRAD | 1364 | | SZEWNICA | POL | M 30 | 268 | M 850 | | 00:12:38 | 00:26:29.15 | 00:28:43.05 | 5:17 | 11.3 |
| 851 | WÓJCIK ARTUR | 1587 | | JÓZEFOSŁAW | POL | M 40 | 295 | M 851 | | 00:12:03 | 00:26:29.35 | 00:27:53.85 | 5:17 | 11.3 |
| 852 | SOWIAK GRZEGORZ | 1322 | | WARSZAWA | POL | M 30 | 269 | M 852 | | 00:12:16 | 00:26:29.40 | 00:27:50.55 | 5:17 | 11.3 |
| 853 | FRENKEL MAREK | 319 | | BLIZNE JASIŃSKIEGO | POL | M 50 | 90 | M 853 | | 00:12:14 | 00:26:30.20 | 00:29:59.25 | 5:18 | 11.3 |

BIEG URSYNOWA, M Open c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Drużyna 1 | 2.5km | Netto | Brutto | min/km | km/h |
|------|------------------------|------|-----------------------------|---------------------------|------|------|--------|-------|-----------------------------|----------|-------------|-------------|--------|------|
| 854 | JAGUŚ PIOTREK | 453 | | WARSZAWA | POL | M 30 | 270 | M 854 | | 00:11:56 | 00:26:31.05 | 00:28:26.45 | 5:18 | 11.3 |
| 855 | PIECZONKA MARCIN | 1064 | | WARSZAWA | POL | M 30 | 271 | M 855 | | 00:11:46 | 00:26:31.30 | 00:29:17.80 | 5:18 | 11.3 |
| 856 | JAKÓBCZAK MICHAŁ | 454 | | ZĄBKI | POL | M 20 | 102 | M 856 | | 00:12:08 | 00:26:31.55 | 00:28:25.75 | 5:18 | 11.3 |
| 857 | GAJOWNICZEK ARTUR | 333 | | WARSZAWA | POL | M 40 | 296 | M 857 | | 00:12:30 | 00:26:32.05 | 00:27:37.80 | 5:18 | 11.3 |
| 858 | ŁYSIAK KRZYSZTOF | 811 | KOTLET POWER TEAM | WARSZAWA | POL | M 40 | 297 | M 858 | | 00:12:14 | 00:26:34.40 | 00:28:48.15 | 5:18 | 11.3 |
| 859 | KALINOWSKI PIOTR | 524 | | NOWA IWICZNA | POL | M 40 | 298 | M 859 | | 00:13:00 | 00:26:34.75 | 00:28:15.35 | 5:18 | 11.3 |
| 860 | KNAP MACIEJ | 2046 | | WARSZAWA | POL | M 16 | 35 | M 860 | | 00:13:52 | 00:26:35.45 | 00:29:16.50 | 5:19 | 11.3 |
| 861 | BANACH MATEUSZ | 44 | | WARSZAWA | POL | M 30 | 272 | M 861 | | 00:12:31 | 00:26:35.55 | 00:27:25.70 | 5:19 | 11.3 |
| 862 | CHUDECKI ŁUKASZ | 176 | | WARSZAWA | POL | M 30 | 273 | M 862 | | 00:12:30 | 00:26:36.15 | 00:27:41.90 | 5:19 | 11.3 |
| 863 | GIL WOJCIECH | 359 | TEAM ZABIEGANEDNI | WARSZAWA | POL | M 50 | 91 | M 863 | TEAM ZABIEGANEDNI | 00:12:50 | 00:26:36.30 | 00:27:24.25 | 5:19 | 11.3 |
| 864 | RUKUSZEWICZ WAWRZYNIEC | 1206 | DZIKIE GRUBASY SZATANA | WARSZAWA | POL | M 40 | 299 | M 864 | | 00:12:36 | 00:26:37.85 | 00:28:10.00 | 5:19 | 11.3 |
| 865 | FRITZ TOMASZ | 1786 | | BIELSKO BIAŁA | POL | M 40 | 300 | M 865 | | 00:12:24 | 00:26:38.10 | 00:28:17.90 | 5:19 | 11.3 |
| 866 | BUDNICKI GRZEGORZ | 127 | | WARSZAWA | POL | M 60 | 29 | M 866 | | 00:12:28 | 00:26:38.35 | 00:27:49.60 | 5:19 | 11.3 |
| 867 | CHMIELEWSKI TOMASZ | 160 | | PIASTÓW | POL | M 40 | 301 | M 867 | | 00:13:10 | 00:26:38.50 | 00:29:17.85 | 5:19 | 11.3 |
| 868 | CYNKIER MIESZKO | 197 | TEAM ENVOL POLAND | SULJÉÓWEK | POL | M 40 | 302 | M 868 | | 00:12:49 | 00:26:42.40 | 00:28:35.80 | 5:20 | 11.2 |
| 869 | ANIÓŁKOWSKI KRZYSZTOF | 27 | GRUPA BIEGOWA UM W-WA | WARSZAWA | POL | M 40 | 303 | M 869 | AKTYWNA WARSZAWA | 00:13:15 | 00:26:42.60 | 00:29:23.40 | 5:20 | 11.2 |
| 870 | REGUCKI FABIAN | 1173 | | WARSZAWA | POL | M 16 | 36 | M 870 | | 00:12:27 | 00:26:43.20 | 00:29:10.30 | 5:20 | 11.2 |
| 871 | CIEŚLIK MARIUSZ | 188 | ŁÓDŹ KOCHA SPORT | ŁÓDŹ | POL | M 40 | 304 | M 871 | ŁÓDŹ KOCHA SPORT | 00:13:17 | 00:26:43.95 | 00:29:34.30 | 5:20 | 11.2 |
| 872 | PRUSIK JAN | 1131 | | STARA WIEŚ | POL | M 30 | 274 | M 872 | | 00:12:52 | 00:26:47.35 | 00:29:16.80 | 5:21 | 11.2 |
| 873 | TEMPLER MAREK | 1443 | TEAM ZABIEGANEDNI | WARSZAWA | POL | M 40 | 305 | M 873 | | 00:12:30 | 00:26:48.05 | 00:28:42.10 | 5:21 | 11.2 |
| 874 | GERULA JAKUB | 352 | | WARSZAWA | POL | M 20 | 103 | M 874 | | 00:12:26 | 00:26:48.45 | 00:27:00.00 | 5:21 | 11.2 |
| 875 | PRASEK ŁUKASZ | 1117 | | WARSZAWA | POL | M 40 | 306 | M 875 | | 00:12:49 | 00:26:48.65 | 00:28:52.10 | 5:21 | 11.2 |
| 876 | STEMPEL TOMASZ | 1343 | MARYSIN WAWERSKI BIEGA | WARSZAWA-MARYSIN WAWERSKI | POL | M 40 | 307 | M 876 | | 00:12:26 | 00:26:49.20 | 00:28:38.50 | 5:21 | 11.2 |
| 877 | KIETLIŃSKI MACIEJ | 580 | | WARSZAWA | POL | M 50 | 92 | M 877 | | 00:13:37 | 00:26:49.30 | 00:29:32.10 | 5:21 | 11.2 |
| 878 | TREVOR ARRON | 1461 | | WARSZAWA | POL | M 50 | 93 | M 878 | | 00:12:54 | 00:26:49.40 | 00:28:29.90 | 5:21 | 11.2 |
| 879 | WOZIŃSKI PATRYK | 1581 | | WARSZAWA | POL | M 30 | 275 | M 879 | | 00:13:11 | 00:26:51.50 | 00:29:01.60 | 5:22 | 11.2 |
| 880 | ŚWIDRAK BARTOSZ | 1432 | | WARSZAWA | POL | M 30 | 276 | M 880 | | 00:12:03 | 00:26:51.85 | 00:28:21.90 | 5:22 | 11.2 |
| 881 | SZYDŁOWSKI JERZY | 1408 | | WARSZAWA | POL | M 60 | 30 | M 881 | | 00:12:17 | 00:26:51.85 | 00:28:07.70 | 5:22 | 11.2 |
| 882 | GADZIŃSKI MARCIN | 328 | | WARSZAWA | POL | M 20 | 104 | M 882 | | 00:12:38 | 00:26:52.95 | 00:29:34.30 | 5:22 | 11.2 |
| 883 | OLSZEWSKI ANDRZEJ | 1001 | KS STASZEWSKY | WARSZAWA | POL | M 50 | 94 | M 883 | KS STASZEWSKY | 00:11:56 | 00:26:54.20 | 00:28:22.45 | 5:22 | 11.2 |
| 884 | KRAWCZYK JULIUSZ | 692 | | WARSZAWA | POL | M 20 | 105 | M 884 | | 00:12:52 | 00:26:55.10 | 00:28:51.70 | 5:23 | 11.1 |
| 885 | SKWIRA PIOTR | 1936 | CHWILAMOMENTTEAM | WARSZAWA | POL | M 40 | 308 | M 885 | CHWILAMOMENTTEAM | 00:12:17 | 00:26:55.75 | 00:28:13.20 | 5:23 | 11.1 |
| 886 | STOLARSKI JANUSZ | 1351 | PARKRUN SŁODOWO WŁOCLAWEK | WŁOCLAWEK | POL | M 60 | 31 | M 886 | | 00:13:06 | 00:26:56.10 | 00:29:07.75 | 5:23 | 11.1 |
| 887 | MASTALEREK ARKADIUSZ | 869 | | WARSZAWA | POL | M 40 | 309 | M 887 | | 00:13:26 | 00:26:57.20 | 00:29:30.40 | 5:23 | 11.1 |
| 888 | PRZEPIÓRA JACEK | 1133 | ATOMOWE KRASNALE | WARSZAWA | POL | M 40 | 310 | M 888 | | 00:12:07 | 00:26:58.00 | 00:28:38.15 | 5:23 | 11.1 |
| 889 | POMIERNY DOMINIK | 1907 | #KUCIAPSKI TEAM | WARSZAWA | POL | M 40 | 311 | M 889 | ADIDAS RUNNERS WARSAW | 00:12:38 | 00:26:58.05 | 00:27:49.05 | 5:23 | 11.1 |
| 890 | CHRABAŁOWSKI ŁUKASZ | 172 | | WARSZAWA | POL | M 40 | 312 | M 890 | | 00:12:34 | 00:26:58.20 | 00:28:44.15 | 5:23 | 11.1 |
| 891 | RYBCHUK IAROSLAV | 1217 | | WARSZAWA | POL | M 20 | 106 | M 891 | CBRE | 00:12:47 | 00:26:58.65 | 00:29:06.50 | 5:23 | 11.1 |
| 892 | GŁAŻEWSKI TOMASZ | 364 | | WARSZAWA | POL | M 30 | 277 | M 892 | | 00:12:51 | 00:26:59.45 | 00:29:10.35 | 5:23 | 11.1 |
| 893 | WIECZOREK WIKTOR | 1985 | BIEGOWY WARIAT RUNNING TEAM | BĘDZIN | POL | M 14 | 22 | M 893 | BIEGOWY WARIAT RUNNING TEAM | 00:13:10 | 00:27:02.60 | 00:28:54.85 | 5:24 | 11.1 |
| 894 | RYSZKA BOGUSŁAW | 1924 | | LUBLINIEC | POL | M 50 | 95 | M 894 | | 00:12:37 | 00:27:03.85 | 00:28:41.10 | 5:24 | 11.1 |
| 895 | ŻURAWSKI PAWEŁ | 1674 | LENIWCE TEAM | WARSZAWA | POL | M 40 | 313 | M 895 | | 00:12:56 | 00:27:05.20 | 00:28:57.85 | 5:25 | 11.1 |
| 896 | WAWRZYNOWSKI MICHAŁ | 1517 | | JÓZEFÓW | POL | M 30 | 278 | M 896 | | 00:12:28 | 00:27:05.80 | 00:28:51.25 | 5:25 | 11.1 |
| 897 | SIARNIEWICZ ŁUKASZ | 1244 | | PIASECZNO | POL | M 20 | 107 | M 897 | | 00:12:30 | 00:27:05.90 | 00:29:20.90 | 5:25 | 11.1 |
| 898 | PRZYBYSZ KRZYSZTOF | 82 | | WARSZAWA | POL | M 50 | 96 | M 898 | | 00:12:54 | 00:27:05.90 | 00:28:41.75 | 5:25 | 11.1 |
| 899 | STEFANKOWSKI ROBERT | 1340 | | WARSZAWA | POL | M 30 | 279 | M 899 | | 00:13:01 | 00:27:06.25 | 00:29:17.30 | 5:25 | 11.1 |
| 900 | DWORAK MARCIN | 1680 | | WARSZAWA | POL | M 50 | 97 | M 900 | | 00:13:02 | 00:27:08.65 | 00:29:27.60 | 5:25 | 11.1 |
| 901 | ZABOJSZCZ TOMASZ | 2123 | | WARSZAWA | POL | M 50 | 98 | M 901 | | 00:12:33 | 00:27:09.20 | 00:30:38.35 | 5:25 | 11 |
| 902 | BOCZARSKI PIOTR | 94 | | WARSZAWA | POL | M 30 | 280 | M 902 | | 00:12:52 | 00:27:10.80 | 00:29:17.70 | 5:26 | 11 |
| 903 | SOKOŁOWSKI JAROSŁAW | 1314 | | BŁĘDÓW | POL | M 40 | 314 | M 903 | | 00:12:24 | 00:27:11.75 | 00:27:37.60 | 5:26 | 11 |
| 904 | NOWAKOWSKI RAFAŁ | 971 | | WARSZAWA | POL | M 20 | 108 | M 904 | | 00:13:04 | 00:27:12.10 | 00:29:26.05 | 5:26 | 11 |
| 905 | KONDRÁT PIOTR | 625 | | ZĄBKI | POL | M 60 | 32 | M 905 | | 00:12:23 | 00:27:12.85 | 00:29:01.10 | 5:26 | 11 |
| 906 | MĘKARSKI TOMASZ | 2064 | | WARSZAWA | POL | M 16 | 37 | M 906 | | 00:13:14 | 00:27:13.20 | 00:29:18.20 | 5:26 | 11 |
| 907 | SKALSKI MAREK | 1697 | | DĄBROWA CHOTOMOWSKA | POL | M 50 | 99 | M 907 | | 00:12:34 | 00:27:14.00 | 00:28:56.55 | 5:26 | 11 |

BIEG URSYNOWA, M Open c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Drużyna 1 | 2.5km | Netto | Brutto | min/km | km/h |
|------|------------------------|------|-----------------------------|----------------------|------|------|--------|-------|-----------------------------|----------|-------------|-------------|--------|------|
| 908 | PAWLISZ MARCIN | 1047 | | WARSZAWA | POL | M 50 | 100 | M 908 | | 00:12:30 | 00:27:15.90 | 00:29:03.25 | 5:27 | 11 |
| 909 | GOLIŃSKI RADOSŁAW | 375 | | WARSZAWA | POL | M 30 | 281 | M 909 | | 00:13:15 | 00:27:16.35 | 00:29:23.20 | 5:27 | 11 |
| 910 | REICH TOMASZ | 1914 | | WARSZAWA | POL | M 40 | 315 | M 910 | NOWAWARSZAWA | 00:12:46 | 00:27:19.10 | 00:29:16.65 | 5:27 | 11 |
| 911 | PINKWART WIKTOR | 1080 | | WARSZAWA | POL | M 20 | 109 | M 911 | | 00:13:12 | 00:27:19.20 | 00:29:29.90 | 5:27 | 11 |
| 912 | GORAL PIOTR | 383 | | JOZEFOSLAW | POL | M 60 | 33 | M 912 | | 00:12:30 | 00:27:19.60 | 00:29:09.05 | 5:27 | 11 |
| 913 | SKROBEK PIOTR | 1277 | | ŁOMIANKI | POL | M 30 | 282 | M 913 | | 00:13:37 | 00:27:19.60 | 00:29:17.75 | 5:27 | 11 |
| 914 | KORNILUK PIOTR | 644 | | WARSZAWA | POL | M 40 | 316 | M 914 | | 00:12:36 | 00:27:20.60 | 00:28:45.50 | 5:28 | 11 |
| 915 | CZECHOWSKI TOMASZ | 205 | | WARSZAWA | POL | M 20 | 110 | M 915 | | 00:15:03 | 00:27:20.75 | 00:30:20.65 | 5:28 | 11 |
| 916 | KATNER TOMASZ | 562 | | WARSZAWA | POL | M 40 | 317 | M 916 | | 00:12:27 | 00:27:21.45 | 00:28:51.75 | 5:28 | 11 |
| 917 | WNUK PIOTR | 1564 | ROYAL GOLF CLUB WILANÓW | WARSZAWA | POL | M 50 | 101 | M 917 | ROYAL GOLF CLUB WILANÓW | 00:12:45 | 00:27:21.50 | 00:29:06.50 | 5:28 | 11 |
| 918 | BRZozowski ANDRZEJ | 119 | WKZ | ZAMOŚĆ | POL | M 60 | 34 | M 918 | | 00:13:12 | 00:27:22.10 | 00:29:36.75 | 5:28 | 11 |
| 919 | TOMASZEWSKI MACIEJ | 1451 | | WARSZAWA | POL | M 20 | 111 | M 919 | | 00:13:19 | 00:27:23.70 | 00:29:33.15 | 5:28 | 11 |
| 920 | NOWOSIELSKI BARTŁOMIEJ | 977 | LAUBNITZ | WARSZAWA | POL | M 20 | 112 | M 920 | | 00:13:07 | 00:27:23.75 | 00:29:47.90 | 5:28 | 11 |
| 921 | KASICA ROBERT | 557 | | GRÓJEC | POL | M 40 | 318 | M 921 | | 00:12:33 | 00:27:24.40 | 00:29:01.90 | 5:28 | 10.9 |
| 922 | GROTEK KAROL | 411 | | PNIEWY | POL | M 20 | 113 | M 922 | | 00:11:41 | 00:27:24.65 | 00:28:42.75 | 5:28 | 10.9 |
| 923 | KOPEĆ PIOTR | 632 | | PIASECZNO | POL | M 40 | 319 | M 923 | | 00:13:12 | 00:27:25.15 | 00:30:08.60 | 5:29 | 10.9 |
| 924 | ŻÓŁCIŃSKI WALDEMAR | 1667 | GRUPA BIEGOWA UM W-WA | WARSZAWA | POL | M 60 | 35 | M 924 | GRUPA BIEGOWA UM W-WA | 00:13:12 | 00:27:25.70 | 00:29:09.85 | 5:29 | 10.9 |
| 925 | CZOPEK MATEUSZ | 1771 | BIEGAM, BO MUSZE | WARSZAWA | POL | M 30 | 283 | M 925 | | 00:12:55 | 00:27:25.90 | 00:29:36.10 | 5:29 | 10.9 |
| 926 | WÓJTOWICZ MICHAŁ | 1589 | | WARSZAWA | POL | M 20 | 114 | M 926 | | 00:13:26 | 00:27:26.40 | 00:29:28.30 | 5:29 | 10.9 |
| 927 | PRYBYSH DMITRI | 1132 | | WARSZAWA | BEL | M 30 | 284 | M 927 | | 00:13:31 | 00:27:26.75 | 00:29:47.05 | 5:29 | 10.9 |
| 928 | KOSTRUBAŁA KACPER | 660 | | WARSZAWA | POL | M 40 | 320 | M 928 | | 00:13:11 | 00:27:28.15 | 00:29:25.20 | 5:29 | 10.9 |
| 929 | WIECZOREK MICHAŁ | 1726 | BIEGOWY WARIAT RUNNING TEAM | WARSZAWA | POL | M 40 | 321 | M 929 | BIEGOWY WARIAT RUNNING TEAM | 00:12:31 | 00:27:29.10 | 00:29:21.65 | 5:29 | 10.9 |
| 930 | SIRY ROMAN | 1262 | | WARSZAWA | POL | M 30 | 285 | M 930 | | 00:13:17 | 00:27:31.40 | 00:29:49.10 | 5:30 | 10.9 |
| 931 | ZADROŻNY CYPRIAN | 1610 | | WARSZAWA | POL | M 40 | 322 | M 931 | | 00:12:40 | 00:27:31.80 | 00:29:25.75 | 5:30 | 10.9 |
| 932 | BRODECKI KRZYSIEK | 110 | | WARSZAWA | POL | M 40 | 323 | M 932 | | 00:13:20 | 00:27:32.05 | 00:29:37.90 | 5:30 | 10.9 |
| 933 | MALINOWSKI ŁUKASZ | 837 | | WARSZAWA | POL | M 40 | 324 | M 934 | | 00:12:35 | 00:27:34.45 | 00:29:31.35 | 5:30 | 10.9 |
| 934 | RACZYŃSKI DOMINIK | 1157 | | WARSZAWA | POL | M 20 | 115 | M 935 | | 00:12:48 | 00:27:34.50 | 00:30:47.50 | 5:30 | 10.9 |
| 935 | SZACKI WOJCIECH | 1375 | | WARSZAWA | POL | M 40 | 325 | M 936 | | 00:12:24 | 00:27:35.05 | 00:28:42.10 | 5:31 | 10.9 |
| 936 | PROUTY MATTHEW | 1124 | | BIELAWA | POL | M 50 | 102 | M 937 | | 00:13:32 | 00:27:36.20 | 00:30:02.25 | 5:31 | 10.9 |
| 937 | PRZEWODOWSKI SEBASTIAN | 1135 | | WARSZAWA | POL | M 40 | 326 | M 938 | | 00:13:22 | 00:27:36.50 | 00:29:46.10 | 5:31 | 10.9 |
| 938 | KIJJAŃSKI RADOSŁAW | 583 | | WARSZAWA | POL | M 30 | 286 | M 939 | | 00:13:07 | 00:27:36.55 | 00:30:07.10 | 5:31 | 10.9 |
| 939 | ŁASKA JAKUB | 795 | | WARSZAWA | POL | M 20 | 116 | M 940 | | 00:13:10 | 00:27:36.90 | 00:29:49.20 | 5:31 | 10.9 |
| 940 | REDA SŁAWOMIR | 1170 | TEAM ZABIEGANEDNI | WARSZAWA | POL | M 60 | 36 | M 941 | TEAM ZABIEGANEDNI | 00:13:17 | 00:27:37.00 | 00:29:52.90 | 5:31 | 10.9 |
| 941 | OLKOWSKI ROBERT | 996 | | IZABELIN-DZIEKANÓWEK | POL | M 50 | 103 | M 942 | | 00:12:20 | 00:27:38.20 | 00:28:57.25 | 5:31 | 10.9 |
| 942 | DUDEK MIKOŁAJ | 268 | | WARSZAWA | POL | M 20 | 117 | M 943 | CBRE | 00:13:34 | 00:27:38.45 | 00:30:19.10 | 5:31 | 10.9 |
| 943 | BATOR ZBIGNIEW | 59 | | WARSZAWA | POL | M 60 | 37 | M 944 | | 00:12:57 | 00:27:38.55 | 00:29:15.60 | 5:31 | 10.9 |
| 944 | REKUS ŁUKASZ | 1176 | | WARSZAWA | POL | M 30 | 287 | M 945 | | 00:13:12 | 00:27:40.55 | 00:29:38.20 | 5:32 | 10.8 |
| 945 | KŁOPOCKI RAFAŁ | 605 | | STRZENIÓWKA | POL | M 50 | 104 | M 946 | | 00:13:26 | 00:27:42.20 | 00:30:26.30 | 5:32 | 10.8 |
| 946 | RUTKOWSKI TOMASZ | 1212 | | WARSZAWA | POL | M 40 | 327 | M 947 | | 00:12:55 | 00:27:43.75 | 00:30:24.40 | 5:32 | 10.8 |
| 947 | ZACZYK JAKUB | 1608 | | WARSZAWA | POL | M 40 | 328 | M 948 | | 00:13:30 | 00:27:44.65 | 00:30:31.85 | 5:32 | 10.8 |
| 948 | WIERZCHOWIECKI MICHAŁ | 1530 | | WARSZAWA | POL | M 50 | 105 | M 949 | | 00:13:00 | 00:27:44.70 | 00:29:40.15 | 5:32 | 10.8 |
| 949 | RYBICKI MAREK | 1218 | | NOWY DWÓR MAZOWIECKI | POL | M 50 | 106 | M 950 | | 00:13:16 | 00:27:45.20 | 00:29:50.70 | 5:33 | 10.8 |
| 950 | HULANICKI ANDRZEJ | 441 | POLCARD FROM FISERV | WARSZAWA | POL | M 60 | 38 | M 951 | | 00:13:11 | 00:27:46.40 | 00:28:51.15 | 5:33 | 10.8 |
| 951 | WACKO KRZYSZTOF | 1502 | | WARSZAWA | POL | M 30 | 288 | M 952 | | 00:13:11 | 00:27:46.40 | 00:30:34.70 | 5:33 | 10.8 |
| 952 | ZAMORSKI ALEKSANDER | 2121 | | PIASECZNO | POL | M 14 | 23 | M 953 | | 00:11:54 | 00:27:46.95 | 00:30:27.60 | 5:33 | 10.8 |
| 953 | PAWIŃSKI ŁUKASZ | 1043 | | MAGNUSZEW | POL | M 30 | 289 | M 954 | | 00:13:14 | 00:27:48.80 | 00:29:28.65 | 5:33 | 10.8 |
| 954 | SIRKO KRZYSZTOF | 1259 | | WARSZAWA | POL | M 30 | 290 | M 955 | | 00:12:37 | 00:27:49.60 | 00:29:33.80 | 5:33 | 10.8 |
| 955 | MISTAK JACEK | 1863 | REMBERTÓW TEAM | WARSZAWA | POL | M 40 | 329 | M 956 | | 00:13:12 | 00:27:49.85 | 00:30:00.30 | 5:33 | 10.8 |
| 956 | FOK TOMASZ | 314 | ADIDAS RUNNERS WARSAW | WARSZAWA | POL | M 30 | 291 | M 957 | ADIDAS RUNNERS WARSAW | 00:13:42 | 00:27:50.05 | 00:30:46.90 | 5:34 | 10.8 |
| 957 | ZAJĄC TOMASZ | 1613 | | WARSZAWA | POL | M 30 | 292 | M 958 | | 00:13:54 | 00:27:50.10 | 00:30:41.90 | 5:34 | 10.8 |
| 958 | WINIARCZYK ŁUKASZ | 1542 | | WARSZAWA | POL | M 40 | 330 | M 959 | | 00:13:11 | 00:27:51.25 | 00:30:06.35 | 5:34 | 10.8 |
| 959 | ADAMIAK DAWID | 2000 | | WARSZAWA | POL | M 14 | 24 | M 960 | | 00:12:44 | 00:27:51.70 | 00:29:42.35 | 5:34 | 10.8 |
| 960 | PAŁASIEWICZ GRZEGORZ | 1031 | | WARSZAWA | POL | M 60 | 39 | M 961 | | 00:13:07 | 00:27:51.70 | 00:29:43.80 | 5:34 | 10.8 |

BIEG URSYNOWA, M Open c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Drużyna 1 | 2.5km | Netto | Brutto | min/km | km/h |
|------|-----------------------|------|-----------------------------|-----------------|------|------|--------|--------|--------------|----------|-------------|-------------|--------|------|
| 961 | DESKA LESZEK | 233 | | NOWA IWICZNA | POL | M 40 | 331 | M 962 | | 00:13:14 | 00:27:52.00 | 00:29:43.80 | 5:34 | 10.8 |
| 962 | STAROMYŃSKI ŁUKASZ | 1734 | | WARSZAWA | POL | M 40 | 332 | M 963 | | 00:13:37 | 00:27:53.25 | 00:30:11.50 | 5:34 | 10.8 |
| 963 | WÓJCIK ROBERT | 1586 | | WARSZAWA | POL | M 40 | 333 | M 964 | | 00:13:17 | 00:27:55.20 | 00:29:59.35 | 5:35 | 10.7 |
| 964 | PAŁASIEWICZ KRZYSZTOF | 1030 | | WARSZAWA | POL | M 40 | 334 | M 965 | | 00:13:17 | 00:27:55.50 | 00:30:01.65 | 5:35 | 10.7 |
| 965 | RANKOWSKI BARTOSZ | 1163 | | WARSAW | POL | M 40 | 335 | M 966 | | 00:13:07 | 00:27:55.95 | 00:30:04.50 | 5:35 | 10.7 |
| 966 | ROGAŁA GRZEGORZ | 1916 | | WARSZAWA | POL | M 50 | 107 | M 967 | | 00:13:03 | 00:27:56.05 | 00:29:42.15 | 5:35 | 10.7 |
| 967 | CIESIELSKI MATEUSZ | 184 | | MYSIADŁO | POL | M 30 | 293 | M 968 | | 00:13:19 | 00:27:57.05 | 00:30:01.50 | 5:35 | 10.7 |
| 968 | JANISZEWSKI PIOTR | 465 | | ŁADY | POL | M 40 | 336 | M 969 | | 00:13:06 | 00:27:58.40 | 00:30:04.20 | 5:35 | 10.7 |
| 969 | BUKOWSKI JANUSZ | 137 | | WARSZAWA | POL | M 60 | 40 | M 970 | | 00:12:56 | 00:27:59.80 | 00:28:25.15 | 5:35 | 10.7 |
| 970 | WAJDA PAWEŁ | 1976 | | WARSZAWA | POL | M 40 | 337 | M 971 | | 00:13:18 | 00:28:00.25 | 00:29:58.30 | 5:36 | 10.7 |
| 971 | MASALSKI MICHAŁ | 865 | | WARSZAWA | POL | M 40 | 338 | M 972 | | 00:13:21 | 00:28:00.90 | 00:30:06.45 | 5:36 | 10.7 |
| 972 | NARTOWSKI JAN | 950 | MORT! | WARSZAWA | POL | M 60 | 41 | M 973 | | 00:13:10 | 00:28:03.20 | 00:30:46.40 | 5:36 | 10.7 |
| 973 | IWANIUK MARCIN | 444 | | WARSZAWA | POL | M 40 | 339 | M 974 | | 00:13:08 | 00:28:03.55 | 00:29:43.50 | 5:36 | 10.7 |
| 974 | DĄBROWSKI KUBA | 217 | | WARSZAWA | POL | M 30 | 294 | M 975 | | 00:13:51 | 00:28:03.95 | 00:30:40.10 | 5:36 | 10.7 |
| 975 | SOWIŃSKI EDMUND | 1942 | TKKF PŁOCK | PŁOCK | POL | M 70 | 6 | M 976 | | 00:13:20 | 00:28:04.05 | 00:30:16.00 | 5:36 | 10.7 |
| 976 | MALER WŁADYSŁAW | 834 | NEW BALANCE RUN CLUB | WARSZAWA | POL | M 70 | 7 | M 977 | | 00:13:26 | 00:28:06.15 | 00:29:57.10 | 5:37 | 10.7 |
| 977 | ŻÓŁKOWSKI RAFAŁ | 2134 | RUN % FUN | WARSZAWA | POL | M 30 | 295 | M 978 | RUN % FUN | 00:13:09 | 00:28:07.35 | 00:31:09.80 | 5:37 | 10.7 |
| 978 | MADEJ GRZEGORZ | 823 | GÓRA BIEGA | GÓRA KALWARIA | POL | M 40 | 340 | M 979 | DRAGONFLIES | 00:12:58 | 00:28:08.25 | 00:31:18.35 | 5:37 | 10.7 |
| 979 | MOSTOWSKI GRZEGORZ | 927 | | WARSZAWA | POL | M 30 | 296 | M 980 | | | 00:28:08.35 | 00:29:52.25 | 5:37 | 10.7 |
| 980 | KLIMAS MARCIN | 595 | | WARSZAWA | POL | M 50 | 108 | M 981 | | 00:12:54 | 00:28:12.20 | 00:30:07.45 | 5:38 | 10.6 |
| 981 | TOMCZAK KAROL | 1453 | | WARSZAWA | POL | M 20 | 118 | M 982 | | 00:13:36 | 00:28:14.20 | 00:31:00.60 | 5:38 | 10.6 |
| 982 | GRZYBOWSKI BARTOSZ | 1707 | DECATHLON | WARSZAWA | POL | M 20 | 119 | M 983 | DECATHLON | 00:13:15 | 00:28:14.55 | 00:30:28.30 | 5:38 | 10.6 |
| 983 | NOWAKOWSKI KAMIL | 972 | CBRE | WARSZAWA | POL | M 30 | 297 | M 984 | | 00:13:23 | 00:28:14.80 | 00:30:57.90 | 5:38 | 10.6 |
| 984 | MĘŻYŃSKI GRZEGORZ | 896 | | PIASTÓW | POL | M 40 | 341 | M 985 | | 00:13:35 | 00:28:17.05 | 00:31:15.90 | 5:39 | 10.6 |
| 985 | SKONIECZNY ANDRZEJ | 1276 | | WARSZAWA | POL | M 50 | 109 | M 986 | | 00:12:48 | 00:28:17.55 | 00:29:15.15 | 5:39 | 10.6 |
| 986 | WELTER SZYMON | 1982 | | WARSZAWA | POL | M 20 | 120 | M 987 | | 00:12:31 | 00:28:20.15 | 00:31:20.85 | 5:40 | 10.6 |
| 987 | DYMEL ANDRZEJ | 278 | MARKOWI BIEGACZE | WARSZAWA | POL | M 70 | 8 | M 988 | | 00:12:32 | 00:28:20.25 | 00:28:35.50 | 5:40 | 10.6 |
| 988 | KLEMENSOWICZ PAWEŁ | 593 | | WARSZAWA | POL | M 20 | 121 | M 989 | | 00:13:47 | 00:28:20.60 | 00:30:56.70 | 5:40 | 10.6 |
| 989 | SOCHA PAWEŁ | 1306 | 12TRI.PL | ZĄBKI | POL | M 30 | 298 | M 990 | | 00:13:34 | 00:28:21.95 | 00:31:18.95 | 5:40 | 10.6 |
| 990 | ZDANOWICZ PAWEŁ | 1641 | | WARSZAWA | POL | M 40 | 342 | M 991 | | 00:13:22 | 00:28:22.25 | 00:30:29.90 | 5:40 | 10.6 |
| 991 | BANASZKIEWICZ JAKUB | 49 | YUMMY BANANA | WARSZAWA | POL | M 20 | 122 | M 992 | YUMMY BANANA | 00:13:40 | 00:28:22.45 | 00:30:45.80 | 5:40 | 10.6 |
| 992 | SKRZYPCZAK BŁAŻEJ | 1934 | | WARSZAWA | POL | M 20 | 123 | M 993 | | 00:14:49 | 00:28:22.65 | 00:30:50.45 | 5:40 | 10.6 |
| 993 | WUJEC PAWEŁ | 1594 | | WARSZAWA | POL | M 50 | 110 | M 994 | | 00:13:40 | 00:28:22.95 | 00:30:38.85 | 5:40 | 10.6 |
| 994 | DZIĘCIOŁ ARTUR | 285 | | WARSZAWA | POL | M 20 | 124 | M 995 | CBRE | 00:13:32 | 00:28:23.90 | 00:31:22.50 | 5:40 | 10.6 |
| 995 | MAZUR PAWEŁ | 885 | | WARSZAWA | POL | M 40 | 343 | M 996 | | 00:13:47 | 00:28:25.15 | 00:31:09.05 | 5:41 | 10.6 |
| 996 | SIENKIEWICZ DOMINIK | 1701 | | WARSZAWA | POL | M 12 | 11 | M 997 | | 00:13:49 | 00:28:26.10 | 00:29:01.65 | 5:41 | 10.6 |
| 997 | SZAFRAN CZESŁAW | 1379 | | OTWOCK | POL | M 70 | 9 | M 999 | | 00:13:13 | 00:28:27.25 | 00:30:13.00 | 5:41 | 10.5 |
| 998 | PERLAN ROBERT | 1052 | LESZNO TEAM | LESZNO | POL | M 40 | 344 | M 1000 | LESZNO TEAM | 00:13:53 | 00:28:29.25 | 00:31:07.35 | 5:41 | 10.5 |
| 999 | KHAMUTOU PAVEL | 1807 | | WARSAW | POL | M 20 | 125 | M 1001 | | 00:13:03 | 00:28:30.55 | 00:30:02.20 | 5:42 | 10.5 |
| 1000 | WIERZEJSKI PIOTR | 145 | | WARSZAWA | POL | M 40 | 345 | M 1002 | | 00:12:16 | 00:28:31.05 | 00:30:09.15 | 5:42 | 10.5 |
| 1001 | ŻURAWSKI DOMINIK | 2136 | | ZĄBKI | POL | M 40 | 346 | M 1003 | | 00:13:32 | 00:28:31.35 | 00:31:09.90 | 5:42 | 10.5 |
| 1002 | WASIULEWSKI WOJCIECH | 1513 | | WARSZAWA | POL | M 30 | 299 | M 1004 | | 00:13:51 | 00:28:32.60 | 00:30:57.35 | 5:42 | 10.5 |
| 1003 | CZUK PRZEMYSŁAW | 213 | | MAGDALENKA | POL | M 40 | 347 | M 1005 | | 00:13:38 | 00:28:33.45 | 00:31:12.05 | 5:42 | 10.5 |
| 1004 | CZUK MAKSYMILIAN | 2012 | | MAGDALENKA | POL | M 12 | 12 | M 1006 | | 00:13:38 | 00:28:34.40 | 00:31:12.90 | 5:42 | 10.5 |
| 1005 | OKULANIS MATEUSZ | 988 | | WARSZAWA | POL | M 20 | 126 | M 1007 | | 00:13:56 | 00:28:34.50 | 00:31:08.45 | 5:42 | 10.5 |
| 1006 | SZANIAWSKI MICHAŁ | 1384 | #TEAMSZANIA | WARSZAWA | POL | M 40 | 348 | M 1008 | | 00:13:37 | 00:28:35.20 | 00:30:44.65 | 5:43 | 10.5 |
| 1007 | XU YIWEI | 1709 | | WARSZAWA | POL | M 30 | 300 | M 1009 | | 00:11:59 | 00:28:35.40 | 00:29:34.90 | 5:43 | 10.5 |
| 1008 | KALITA JAKUB | 527 | | NOWE GROCHOLICE | POL | M 20 | 127 | M 1010 | | 00:12:09 | 00:28:36.75 | 00:29:54.40 | 5:43 | 10.5 |
| 1009 | MĘŻYŃSKI MATEUSZ | 2065 | | PIASTÓW | POL | M 12 | 13 | M 1011 | | 00:13:59 | 00:28:36.90 | 00:31:11.75 | 5:43 | 10.5 |
| 1010 | CZEKAJ TOMASZ | 1766 | | WARSZAWA | POL | M 40 | 349 | M 1012 | | 00:13:17 | 00:28:37.10 | 00:30:50.30 | 5:43 | 10.5 |
| 1011 | WASZKIEWICZ WOJTEK | 1514 | | WARSZAWA | POL | M 30 | 301 | M 1013 | | 00:14:35 | 00:28:37.95 | 00:31:28.10 | 5:43 | 10.5 |
| 1012 | MARCZEWSKI STANISŁAW | 856 | STEGNY POŁUDNIE | WARSZAWA | POL | M 40 | 350 | M 1014 | | 00:12:37 | 00:28:38.70 | 00:30:16.20 | 5:43 | 10.5 |
| 1013 | DĄBROWSKI JACEK | 224 | BIEGOWY WARIAT RUNNING TEAM | MILANÓWEK | POL | M 50 | 111 | M 1015 | | 00:13:02 | 00:28:39.65 | 00:30:21.00 | 5:43 | 10.5 |
| 1014 | SZULAWSKI ROBERT | 1402 | GSD.RUNNERS | WARSZAWA | POL | M 50 | 112 | M 1016 | | 00:12:15 | 00:28:40.80 | 00:29:32.60 | 5:44 | 10.5 |
| 1015 | KNAP JAKUB | 2047 | | WARSZAWA | POL | M 12 | 14 | M 1017 | | 00:13:59 | 00:28:41.10 | 00:31:21.85 | 5:44 | 10.5 |
| 1016 | KNAP RADOSŁAW | 608 | | WARSZAWA | POL | M 40 | 351 | M 1018 | | 00:13:59 | 00:28:41.50 | 00:31:21.60 | 5:44 | 10.5 |
| 1017 | MEDEL CEZARY | 893 | | MARKI | POL | M 50 | 113 | M 1019 | | 00:13:43 | 00:28:41.60 | 00:31:00.05 | 5:44 | 10.5 |

BIEG URSYNOWA, M Open c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Drużyna 1 | 2.5km | Netto | Brutto | min/km | km/h |
|------|-------------------------|------|-----------------------------------|-------------------|------|------|--------|--------|-------------------|----------|-------------|-------------|--------|------|
| 1018 | CHOJNOWSKI ANDRZEJ | 166 | BIEGAM NA TARCHOMINIE | WARSZAWA | POL | M 40 | 352 | M 1020 | | 00:13:05 | 00:28:41.65 | 00:30:33.20 | 5:44 | 10.5 |
| 1019 | ANKIEWICZ WOJTEK | 28 | | WARSZAWA | POL | M 40 | 353 | M 1021 | | 00:12:40 | 00:28:45.00 | 00:32:11.10 | 5:45 | 10.4 |
| 1020 | KLUCZYK PIOTR | 601 | KS GROM | WARSZAWA | POL | M 30 | 302 | M 1022 | | 00:13:25 | 00:28:46.20 | 00:30:22.55 | 5:45 | 10.4 |
| 1021 | KĘDZIA-STĘPKOWSKI PIOTR | 569 | | WARSZAWA | POL | M 50 | 114 | M 1023 | | 00:14:10 | 00:28:47.15 | 00:31:00.30 | 5:45 | 10.4 |
| 1022 | DUBEK MICHAŁ | 264 | | WARSZAWA | POL | M 40 | 354 | M 1024 | | 00:13:50 | 00:28:47.70 | 00:31:42.20 | 5:45 | 10.4 |
| 1023 | MAREK MICHAŁ | 858 | | WARSZAWA | AFG | M 30 | 303 | M 1025 | | 00:13:48 | 00:28:52.25 | 00:31:35.40 | 5:46 | 10.4 |
| 1024 | JESIONOWSKI MARCIN | 489 | | WARSZAWA | POL | M 40 | 355 | M 1026 | | 00:12:04 | 00:28:53.10 | 00:30:07.95 | 5:46 | 10.4 |
| 1025 | STASZEWSKI JANUSZ | 1339 | | WARSZAWA | POL | M 50 | 115 | M 1027 | | 00:13:35 | 00:28:54.70 | 00:32:08.05 | 5:46 | 10.4 |
| 1026 | DOSTOJEWSKI PIOTR | 254 | | WARSZAWA | POL | M 40 | 356 | M 1028 | | 00:12:53 | 00:28:54.85 | 00:30:51.80 | 5:46 | 10.4 |
| 1027 | FROM KONRAD | 320 | WARSAW RUN CLUB | WARSZAWA | POL | M 40 | 357 | M 1029 | | 00:13:19 | 00:28:55.05 | 00:31:03.05 | 5:47 | 10.4 |
| 1028 | MARCINKIEWICZ WOJCIECH | 852 | BIEGUSTATORZY | WARSZAWA | POL | M 30 | 304 | M 1030 | | 00:13:54 | 00:28:55.50 | 00:31:31.90 | 5:47 | 10.4 |
| 1029 | NIKLIŃSKI DOMINIK | 150 | | WARSZAWA | POL | M 40 | 358 | M 1031 | | 00:13:38 | 00:28:55.70 | 00:31:11.75 | 5:47 | 10.4 |
| 1030 | JODŁOWSKI RAFAŁ | 494 | MYSZORY | WARSZAWA | POL | M 30 | 305 | M 1032 | | 00:13:45 | 00:28:56.80 | 00:30:38.95 | 5:47 | 10.4 |
| 1031 | WITEK SZYMON | 2107 | | WARSZAWA | POL | M 14 | 25 | M 1033 | | 00:14:08 | 00:28:56.90 | 00:31:08.95 | 5:47 | 10.4 |
| 1032 | TLAK TOMASZ | 1445 | | WARSZAWA | POL | M 40 | 359 | M 1034 | | 00:12:51 | 00:28:57.10 | 00:30:29.65 | 5:47 | 10.4 |
| 1033 | KARCZMARCZYK PAWEŁ | 545 | | WARSZAWA | POL | M 30 | 306 | M 1035 | | 00:13:17 | 00:28:57.85 | 00:30:44.10 | 5:47 | 10.4 |
| 1034 | SZYMANEK ŁUKASZ | 1409 | | WARSZAWA | POL | M 40 | 360 | M 1036 | | 00:13:13 | 00:29:00.05 | 00:32:02.85 | 5:48 | 10.3 |
| 1035 | PODGRODZKI PAWEŁ | 1096 | | WARSZAWA | POL | M 40 | 361 | M 1037 | | 00:13:14 | 00:29:00.05 | 00:30:37.20 | 5:48 | 10.3 |
| 1036 | JAGODZIŃSKI KAMIL | 452 | | WARSZAWA | POL | M 30 | 307 | M 1038 | | 00:13:02 | 00:29:00.90 | 00:30:44.35 | 5:48 | 10.3 |
| 1037 | KNYZIAK JAKUB | 2017 | FUNDACJA MORSY WOŁOMIN KOBYLKA | KOBYŁKA | POL | M 12 | 15 | M 1039 | | 00:12:59 | 00:29:01.60 | 00:30:04.90 | 5:48 | 10.3 |
| 1038 | FONGANG SIMON | 317 | | WARSZAWA | POL | M 20 | 128 | M 1040 | | 00:13:35 | 00:29:03.30 | 00:31:54.05 | 5:48 | 10.3 |
| 1039 | HOLDENMAJER CEZARY | 1800 | | WARSZAWA | POL | M 50 | 116 | M 1041 | | 00:14:12 | 00:29:03.60 | 00:31:33.70 | 5:48 | 10.3 |
| 1040 | GAWRYSZEWSKI GRZEGORZ | 345 | | WARSZAWA | POL | M 30 | 308 | M 1042 | | 00:13:46 | 00:29:04.75 | 00:31:25.40 | 5:48 | 10.3 |
| 1041 | SEGIET RAFAŁ | 1237 | | SEROCK | POL | M 30 | 309 | M 1043 | | 00:13:43 | 00:29:08.55 | 00:32:08.05 | 5:49 | 10.3 |
| 1042 | ŚWINIARSKI EMIL | 1729 | | WARSZAWA | POL | M 20 | 129 | M 1044 | | 00:13:07 | 00:29:08.70 | 00:31:14.80 | 5:49 | 10.3 |
| 1043 | CZARKOWSKI DARIUSZ | 201 | | OŻARÓW MAZOWIECKI | POL | M 40 | 362 | M 1045 | PRACUJĄCA TRÓJKA | 00:13:09 | 00:29:09.15 | 00:30:29.55 | 5:49 | 10.3 |
| 1044 | GÓRAL TADEUSZ | 384 | KKB | WARSZAWA | POL | M 50 | 117 | M 1046 | | 00:14:10 | 00:29:09.80 | 00:30:12.40 | 5:49 | 10.3 |
| 1045 | LULA RADOŚLAW | 1844 | RUN VEGAN | WARSZAWA | POL | M 40 | 363 | M 1047 | | 00:15:10 | 00:29:10.95 | 00:32:43.70 | 5:50 | 10.3 |
| 1046 | WIERZBIcki IRENEUSZ | 1528 | | ŁUKÓW | POL | M 50 | 118 | M 1048 | | 00:13:56 | 00:29:11.15 | 00:31:37.75 | 5:50 | 10.3 |
| 1047 | BIERNAT MICHAŁ | 80 | | ŁÓDŹ | POL | M 60 | 42 | M 1049 | | 00:13:57 | 00:29:14.40 | 00:31:23.25 | 5:50 | 10.3 |
| 1048 | ANTOS SŁAWOMIR | 30 | | LEGIONOWO | POL | M 40 | 364 | M 1050 | | 00:14:02 | 00:29:15.30 | 00:31:43.85 | 5:51 | 10.3 |
| 1049 | PALENIK PAWEŁ | 1888 | | WARSZAWA | POL | M 12 | 16 | M 1051 | | 00:14:08 | 00:29:16.35 | 00:32:17.50 | 5:51 | 10.3 |
| 1050 | NIEWIADOMSKI ZDZISŁAW | 960 | | WARSZAWA | POL | M 70 | 10 | M 1052 | | 00:13:24 | 00:29:18.20 | 00:31:58.70 | 5:51 | 10.2 |
| 1051 | SZOT PAWEŁ | 1398 | | WARSZAWA | POL | M 40 | 365 | M 1053 | | 00:14:04 | 00:29:19.35 | 00:31:55.10 | 5:51 | 10.2 |
| 1052 | PIWOWAREK GRZEGORZ | 1087 | PRZEPIÓRKI WIKTORA | WARSZAWA | POL | M 30 | 310 | M 1054 | | 00:14:11 | 00:29:19.60 | 00:31:53.85 | 5:51 | 10.2 |
| 1053 | POŁCZYŃSKI PAWEŁ | 1905 | | WARSZAWA | POL | M 30 | 311 | M 1055 | | 00:11:46 | 00:29:20.00 | 00:30:50.75 | 5:52 | 10.2 |
| 1054 | REGUCKI ARTUR | 1172 | | WARSZAWA | POL | M 50 | 119 | M 1056 | | 00:13:11 | 00:29:22.90 | 00:31:32.05 | 5:52 | 10.2 |
| 1055 | DRZYŃNICKI DAMIAN | 261 | SEMP URSYNOW | WARSZAWA | POL | M 40 | 366 | M 1057 | SEMP URSYNOW | 00:13:18 | 00:29:25.15 | 00:31:30.10 | 5:53 | 10.2 |
| 1056 | GOŁĘBIEWSKI KAROL | 379 | | WARSZAWA | POL | M 30 | 312 | M 1058 | DSV ISS | 00:13:45 | 00:29:25.85 | 00:32:10.40 | 5:53 | 10.2 |
| 1057 | BUDA ARKADIUSZ | 122 | | WARSZAWA | POL | M 30 | 313 | M 1059 | DSV ISS | 00:13:45 | 00:29:26.05 | 00:32:10.60 | 5:53 | 10.2 |
| 1058 | PALENIK MARCIN | 1887 | | WARSZAWA | POL | M 40 | 367 | M 1060 | | 00:14:09 | 00:29:26.25 | 00:32:27.15 | 5:53 | 10.2 |
| 1059 | PĄPROWICZ ADAM | 2077 | | WARSZAWA | POL | M 12 | 17 | M 1061 | CHŁOPAKI Z KEN | 00:13:22 | 00:29:27.40 | 00:30:51.60 | 5:53 | 10.2 |
| 1060 | TYLMAN RADOŚLAW | 1480 | | WARSZAWA | POL | M 30 | 314 | M 1062 | | 00:13:20 | 00:29:28.15 | 00:31:37.50 | 5:53 | 10.2 |
| 1061 | BALCERZAK TOMASZ | 1722 | | LEGIONOWO | POL | M 40 | 368 | M 1063 | | 00:13:28 | 00:29:29.20 | 00:31:20.40 | 5:53 | 10.2 |
| 1062 | KOSIOR KONRAD | 658 | | WARSZAWA | POL | M 30 | 315 | M 1064 | | 00:15:03 | 00:29:29.35 | 00:32:29.65 | 5:53 | 10.2 |
| 1063 | RYBAK MATEUSZ | 1922 | | WARSZAWA | POL | M 20 | 130 | M 1065 | | 00:13:43 | 00:29:29.85 | 00:31:11.60 | 5:53 | 10.2 |
| 1064 | MADEJ JAKUB | 2059 | GÓRA BIEGA | GÓRA KALWARIA | POL | M 14 | 26 | M 1066 | DRAGONFLIES | 00:14:15 | 00:29:30.30 | 00:32:08.70 | 5:54 | 10.2 |
| 1065 | KUBOWICZ MACIEJ | 717 | | WARSZAWA | POL | M 40 | 369 | M 1067 | | 00:14:08 | 00:29:31.35 | 00:31:30.60 | 5:54 | 10.2 |
| 1066 | WOŁCZAK BARTŁOMIEJ | 1577 | | WARSZAWA | POL | M 20 | 131 | M 1068 | | 00:14:08 | 00:29:33.35 | 00:31:10.80 | 5:54 | 10.2 |
| 1067 | NIKLEWICZ KONRAD | 961 | | WARSZAWA | POL | M 40 | 370 | M 1069 | | 00:14:20 | 00:29:39.75 | 00:32:39.25 | 5:55 | 10.1 |
| 1068 | PIETRZYK PAWEŁ | 1070 | | WARSZAWA | POL | M 40 | 371 | M 1070 | | 00:12:50 | 00:29:39.80 | 00:31:18.20 | 5:55 | 10.1 |
| 1069 | DOBRUCH ROBERT | 244 | | WARSZAWA | POL | M 50 | 120 | M 1071 | | 00:13:24 | 00:29:44.20 | 00:30:54.40 | 5:56 | 10.1 |
| 1070 | STRZABALA GRZEGORZ | 1356 | | WARSZAWA | POL | M 40 | 372 | M 1072 | | 00:14:12 | 00:29:44.40 | 00:32:05.20 | 5:56 | 10.1 |
| 1071 | KUNKA PIOTR | 741 | TEAM ZABIEGANEDNI | JAKUBÓW | POL | M 40 | 373 | M 1073 | TEAM ZABIEGANEDNI | 00:13:34 | 00:29:45.30 | 00:32:43.50 | 5:57 | 10.1 |
| 1072 | WIECZOREK PIOTR | 1527 | | WARSZAWA | POL | M 40 | 374 | M 1074 | | 00:14:32 | 00:29:45.95 | 00:33:09.70 | 5:57 | 10.1 |
| 1073 | DYMEL PIOTR | 279 | | WARSZAWA | POL | M 70 | 11 | M 1075 | | 00:13:52 | 00:29:47.70 | 00:31:59.50 | 5:57 | 10.1 |

BIEG URSYNOWA, M Open c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Drużyna 1 | 2.5km | Netto | Brutto | min/km | km/h |
|------|----------------------|------|----------------------|----------------|------|------|--------|--------|------------------|----------|-------------|-------------|--------|------|
| 1074 | RACZYŃSKI PATRYK | 1155 | RKS ZERZEŃ | WARSZAWA | POL | M 40 | 375 | M 1076 | | 00:14:06 | 00:29:47.70 | 00:33:01.75 | 5:57 | 10.1 |
| 1075 | IWASZKO PAWEŁ | 445 | | WARSZAWA | POL | M 40 | 376 | M 1077 | | 00:13:19 | 00:29:48.15 | 00:31:20.10 | 5:57 | 10.1 |
| 1076 | TOLAK MARCIN | 203 | TEAM TOLAK | WARSZAWA | POL | M 40 | 377 | M 1078 | TEAM TOLAK | 00:14:02 | 00:29:48.70 | 00:32:37.30 | 5:57 | 10.1 |
| 1077 | NOWAK WIKTOR | 966 | SPARTANIE DZIECIOM | WARSZAWA | POL | M 60 | 43 | M 1079 | | 00:13:37 | 00:29:50.65 | 00:33:06.40 | 5:58 | 10.1 |
| 1078 | NOGAL JÓZEF | 963 | ALBATROS | PODŁĘCZE | POL | M 60 | 44 | M 1080 | | 00:13:27 | 00:29:54.35 | 00:31:47.40 | 5:58 | 10 |
| 1079 | MASTALERZ DAWID | 1858 | | WARSZAWA | POL | M 20 | 132 | M 1081 | | 00:13:02 | 00:29:54.60 | 00:31:37.45 | 5:58 | 10 |
| 1080 | ADAMIAK PAWEŁ | 14 | | WARSZAWA | POL | M 50 | 121 | M 1082 | | 00:13:46 | 00:30:00.15 | 00:33:06.95 | 6:00 | 10 |
| 1081 | GODLEWSKI PIOTR | 371 | | WARSZAWA | POL | M 30 | 316 | M 1083 | | 00:13:49 | 00:30:05.20 | 00:32:48.05 | 6:01 | 10 |
| 1082 | KRZECZEWSKI JACEK | 708 | | WARSZAWA | POL | M 50 | 122 | M 1084 | | 00:13:50 | 00:30:06.55 | 00:32:19.70 | 6:01 | 10 |
| 1083 | SZYMCZAK MIROSLAW | 1420 | TRIWAWA | WARSZAWA | POL | M 70 | 12 | M 1085 | | 00:14:05 | 00:30:07.25 | 00:33:04.00 | 6:01 | 10 |
| 1084 | WALOS JAN | 1508 | | WARSZAWA | POL | M 60 | 45 | M 1086 | | 00:13:19 | 00:30:08.00 | 00:31:48.50 | 6:01 | 10 |
| 1085 | SMAGIEŁ TOMASZ | 1292 | STS SMAGIEŁ | WARSZAWA | POL | M 50 | 123 | M 1087 | | 00:14:12 | 00:30:10.25 | 00:33:15.90 | 6:02 | 9.9 |
| 1086 | RYŃSKI ANDRZEJ | 1222 | | GDYNIA | POL | M 50 | 124 | M 1089 | | 00:13:41 | 00:30:15.00 | 00:31:37.35 | 6:03 | 9.9 |
| 1087 | NIEDZIELA MICHAŁ | 957 | | WARSZAWA | POL | M 40 | 378 | M 1090 | | 00:13:59 | 00:30:15.45 | 00:31:54.35 | 6:03 | 9.9 |
| 1088 | LEWANDOWSKI PIOTR | 1838 | | WARSZAWA | POL | M 50 | 125 | M 1091 | | 00:14:12 | 00:30:21.15 | 00:32:10.90 | 6:04 | 9.9 |
| 1089 | FLASZCZYŃSKI MICHAŁ | 312 | | PRUSZKÓW | POL | M 30 | 317 | M 1092 | | 00:14:25 | 00:30:25.90 | 00:33:23.10 | 6:05 | 9.9 |
| 1090 | PROCHWICZ SZYMON | 1121 | | WARSZAWA | POL | M 20 | 133 | M 1093 | | 00:14:04 | 00:30:29.05 | 00:33:12.35 | 6:05 | 9.8 |
| 1091 | JÓZWIK ARTUR | 497 | BBB | WARSZAWA | POL | M 40 | 379 | M 1094 | | 00:14:12 | 00:30:30.40 | 00:33:08.65 | 6:06 | 9.8 |
| 1092 | ROGUSKI MICHAŁ | 1187 | | WARSZAWA | POL | M 30 | 318 | M 1095 | | 00:14:02 | 00:30:30.70 | 00:32:50.15 | 6:06 | 9.8 |
| 1093 | TRYFON PAWEŁ | 1970 | | WARSZAWA | POL | M 20 | 134 | M 1096 | | 00:14:09 | 00:30:31.55 | 00:33:22.50 | 6:06 | 9.8 |
| 1094 | PROUTY ANTHONY | 2081 | | BIELAWA | POL | M 16 | 38 | M 1097 | | 00:14:07 | 00:30:31.85 | 00:32:56.20 | 6:06 | 9.8 |
| 1095 | BEDNAREK KRZYSZTOF | 1744 | | CHYLICE | POL | M 20 | 135 | M 1098 | | 00:14:00 | 00:30:32.00 | 00:32:39.20 | 6:06 | 9.8 |
| 1096 | KORONA MARCIN | 648 | TEAM KARAS | WARSZAWA | POL | M 20 | 136 | M 1099 | TEAM KARAŚ | 00:14:25 | 00:30:35.95 | 00:33:12.95 | 6:07 | 9.8 |
| 1097 | GAWIN MARIUSZ | 344 | | WARSZAWA | POL | M 20 | 137 | M 1100 | | 00:14:07 | 00:30:43.40 | 00:32:56.45 | 6:08 | 9.8 |
| 1098 | ZIETEK MARCIN | 1652 | | WARSZAWA | POL | M 40 | 380 | M 1101 | | 00:14:47 | 00:30:46.90 | 00:34:04.15 | 6:09 | 9.8 |
| 1099 | MARCINIAK RAFAL | 851 | | WARSZAWA | POL | M 30 | 319 | M 1102 | | 00:13:45 | 00:30:47.60 | 00:32:46.25 | 6:09 | 9.7 |
| 1100 | ORZECZOWSKI DANIEL | 1006 | | PIASECZNO | POL | M 40 | 381 | M 1103 | | 00:14:16 | 00:30:47.95 | 00:34:09.35 | 6:09 | 9.7 |
| 1101 | PETRYCKI MARCIN | 1053 | PUMPIT | MARKÓW-ŚWINICE | POL | M 40 | 382 | M 1104 | | 00:14:22 | 00:30:49.30 | 00:31:53.90 | 6:09 | 9.7 |
| 1102 | TYSZKA RAFAŁ | 2102 | | WARSZAWA | POL | M 16 | 39 | M 1105 | | 00:13:41 | 00:30:49.80 | 00:32:45.10 | 6:09 | 9.7 |
| 1103 | LIGOWSKI KRZYSZTOF | 784 | | WARSZAWA | POL | M 40 | 383 | M 1106 | | 00:13:11 | 00:30:53.25 | 00:33:15.45 | 6:10 | 9.7 |
| 1104 | DĄBROWSKI ANDRZEJ | 226 | | JÓZEFÓW | POL | M 60 | 46 | M 1107 | | 00:13:45 | 00:30:54.75 | 00:34:05.15 | 6:10 | 9.7 |
| 1105 | JUNEVIČIUS ANDRIUS | 498 | | WARSZAWA | POL | M 20 | 138 | M 1108 | | 00:15:07 | 00:30:54.90 | 00:33:11.60 | 6:10 | 9.7 |
| 1106 | ŻURAWSKI FILIP | 2115 | | WARSZAWA | POL | M 14 | 27 | M 1109 | | 00:13:43 | 00:30:55.35 | 00:33:46.10 | 6:11 | 9.7 |
| 1107 | OKRAŚA MACIEJ | 986 | WARSZAWIAKY | WARSZAWA | POL | M 40 | 384 | M 1110 | | 00:13:52 | 00:30:55.40 | 00:33:17.00 | 6:11 | 9.7 |
| 1108 | STASIAK MARCIN | 1338 | | WARSZAWA | POL | M 50 | 126 | M 1111 | | 00:15:38 | 00:30:55.75 | 00:32:27.00 | 6:11 | 9.7 |
| 1109 | KASICA JACEK | 556 | BIEGAM, BO BIEGAM :) | WARSZAWA | POL | M 40 | 385 | M 1112 | | 00:14:39 | 00:30:57.05 | 00:33:08.80 | 6:11 | 9.7 |
| 1110 | KOWALCZYK BOGDAN | 664 | WARSZAWA-BRÓDNO | WARSZAWA | POL | M 60 | 47 | M 1113 | | 00:14:04 | 00:30:57.30 | 00:33:40.05 | 6:11 | 9.7 |
| 1111 | BODALSKI JACEK | 1689 | AKTYWNA WARSZAWA | WARSZAWA | POL | M 50 | 127 | M 1114 | AKTYWNA WARSZAWA | 00:13:59 | 00:30:57.45 | 00:33:33.65 | 6:11 | 9.7 |
| 1112 | DŁUGOSZ PATRYK | 238 | | WARSZAWA | POL | M 30 | 320 | M 1115 | | 00:14:12 | 00:30:58.80 | 00:33:54.00 | 6:11 | 9.7 |
| 1113 | KUMÓR SEBASTIAN | 740 | | WARSZAWA | POL | M 30 | 321 | M 1116 | | 00:13:55 | 00:31:00.40 | 00:32:09.35 | 6:12 | 9.7 |
| 1114 | BITOWSKI HUBERT | 88 | | JÓZEFOSŁAW | POL | M 40 | 386 | M 1117 | | 00:14:30 | 00:31:06.50 | 00:34:02.55 | 6:13 | 9.6 |
| 1115 | MAKAVEYEU ANTON | 831 | | WARSZAWA | POL | M 30 | 322 | M 1118 | | 00:14:31 | 00:31:07.15 | 00:34:30.40 | 6:13 | 9.6 |
| 1116 | LENARCZYK PAWEŁ | 4 | | - | POL | M 40 | 387 | M 1119 | | 00:13:51 | 00:31:12.80 | 00:33:51.05 | 6:14 | 9.6 |
| 1117 | ŻÓŁTOWSKI BARTŁOMIEJ | 1670 | | WARSZAWA | POL | M 40 | 388 | M 1120 | | 00:13:48 | 00:31:17.50 | 00:34:01.60 | 6:15 | 9.6 |
| 1118 | ZAWADZKI KSAWERY | 1635 | | WARSZAWA | POL | M 30 | 323 | M 1121 | | 00:15:03 | 00:31:21.50 | 00:34:06.65 | 6:16 | 9.6 |
| 1119 | HOŁDAŚ MARIUSZ | 429 | | WARSZAWA | POL | M 50 | 128 | M 1122 | | 00:12:43 | 00:31:24.45 | 00:32:55.75 | 6:16 | 9.6 |
| 1120 | KĄDZIELAWA MAREK | 567 | CWCR | WARSZAWA | POL | M 50 | 129 | M 1123 | | 00:14:12 | 00:31:31.00 | 00:33:22.30 | 6:18 | 9.5 |
| 1121 | ZALEWSKI PIOTR | 2124 | | JULIANÓW | POL | M 50 | 130 | M 1124 | | 00:15:14 | 00:31:31.25 | 00:34:24.50 | 6:18 | 9.5 |
| 1122 | GLASSER MAREK | 360 | | WARSZAWA | POL | M 70 | 13 | M 1125 | | 00:14:53 | 00:31:33.30 | 00:33:58.70 | 6:18 | 9.5 |
| 1123 | DĄBROWSKI PAWEŁ | 223 | | WARSZAWA | POL | M 30 | 324 | M 1126 | | 00:13:59 | 00:31:34.50 | 00:31:49.25 | 6:18 | 9.5 |
| 1124 | MAJEK JAKUB | 1851 | | PIASECZNO | POL | M 20 | 139 | M 1127 | | 00:14:38 | 00:31:38.05 | 00:34:56.90 | 6:19 | 9.5 |
| 1125 | KENIG WIKTOR | 2116 | | WARSZAWA | POL | M 16 | 40 | M 1128 | | 00:14:37 | 00:31:41.05 | 00:34:58.50 | 6:20 | 9.5 |
| 1126 | KENIG PAWEŁ | 1682 | | WARSZAWA | POL | M 50 | 131 | M 1129 | | 00:14:36 | 00:31:41.90 | 00:34:59.05 | 6:20 | 9.5 |
| 1127 | DOMŻAŁA JAN | 2018 | | WARSZAWA | POL | M 12 | 18 | M 1130 | | 00:13:54 | 00:31:43.80 | 00:34:06.20 | 6:20 | 9.5 |
| 1128 | MŁYNARCZYK MIKOŁAJ | 917 | | ZALESIE GÓRNE | POL | M 20 | 140 | M 1131 | | 00:13:47 | 00:31:52.55 | 00:34:10.80 | 6:22 | 9.4 |
| 1129 | BŁOŃSKI ROBERT | 1693 | | WARSZAWA | POL | M 50 | 132 | M 1132 | | 00:14:37 | 00:31:56.65 | 00:33:48.70 | 6:23 | 9.4 |
| 1130 | BANASIAK PIOTR | 45 | | WARSZAWA | POL | M 30 | 325 | M 1133 | | 00:14:54 | 00:31:56.85 | 00:34:55.25 | 6:23 | 9.4 |

BIEG URSYNOWA, M Open c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Drużyna 1 | 2.5km | Netto | Brutto | min/km | km/h |
|------|--------------------------------------|------|----------------------------|---------------------|------|------|--------|--------|----------------------------|----------|-------------|-------------|--------|------|
| 1131 | FERLAS MICHAŁ | 300 | | JÓZEFOSŁAW | POL | M 50 | 133 | M 1134 | | 00:15:21 | 00:31:57.75 | 00:34:53.30 | 6:23 | 9.4 |
| 1132 | MICHALAK JERZY | 898 | KB IM. P.SĘKOWSKIEGO | ŁŁOŃSK | POL | M 70 | 14 | M 1135 | | 00:14:45 | 00:32:00.05 | 00:34:39.20 | 6:24 | 9.4 |
| 1133 | SIRODZKI MICHAŁ | 1261 | | WARSZAWA | POL | M 20 | 141 | M 1136 | | 00:14:08 | 00:32:00.45 | 00:34:37.80 | 6:24 | 9.4 |
| 1134 | PYRZAK PIOTR | 1151 | | WARSZAWA | POL | M 40 | 389 | M 1137 | | 00:14:21 | 00:32:01.00 | 00:34:29.95 | 6:24 | 9.4 |
| 1135 | PUCHAŁA TOMASZ | 1143 | MYSZORY | WARSZAWA | POL | M 40 | 390 | M 1138 | | 00:14:53 | 00:32:01.35 | 00:33:43.40 | 6:24 | 9.4 |
| 1136 | JANKOWSKI REMIGIUSZ | 466 | | WARSZAWA | POL | M 50 | 134 | M 1139 | | 00:14:49 | 00:32:04.50 | 00:34:52.35 | 6:24 | 9.4 |
| 1137 | GRABOWSKI JERZY | 399 | NIEZRZESZONY | WARSZAWA | POL | M 70 | 15 | M 1140 | | 00:15:07 | 00:32:04.70 | 00:34:47.20 | 6:24 | 9.4 |
| 1138 | SOKOŁOWSKI MARIAN | 1313 | SAMOTNY WILK | WARSZAWA | POL | M 70 | 16 | M 1141 | | 00:14:33 | 00:32:05.15 | 00:33:48.30 | 6:25 | 9.4 |
| 1139 | KUCHARSKI KRZYSZTOF | 723 | | WARSZAWA | POL | M 60 | 48 | M 1142 | | 00:14:53 | 00:32:07.20 | 00:34:02.00 | 6:25 | 9.3 |
| 1140 | PREKOWSKI GRZEGORZ | 54 | | WARSZAWA | POL | M 50 | 135 | M 1143 | | 00:14:36 | 00:32:09.90 | 00:34:52.90 | 6:25 | 9.3 |
| 1141 | WITEK ADAM | 2108 | | WARSZAWA | POL | M 12 | 19 | M 1144 | | 00:14:12 | 00:32:14.55 | 00:34:36.55 | 6:26 | 9.3 |
| 1142 | KRIEWS KONRAD | 694 | | WARSZAWA | POL | M 40 | 391 | M 1145 | | 00:15:45 | 00:32:16.40 | 00:35:34.85 | 6:27 | 9.3 |
| 1143 | BEDNARZAK TADEUSZ | 1678 | YULO RUN TEAM SIEDLCE | SIEDLCE | POL | M 60 | 49 | M 1146 | | 00:15:46 | 00:32:16.50 | 00:35:26.50 | 6:27 | 9.3 |
| 1144 | ZABIELSKI JAROSŁAW | 1601 | | WARSZAWA | POL | M 50 | 136 | M 1147 | | 00:15:11 | 00:32:22.15 | 00:34:42.40 | 6:28 | 9.3 |
| 1145 | ULMA DAWID | 1489 | | WARSZAWA | POL | M 30 | 326 | M 1148 | | 00:15:20 | 00:32:27.00 | 00:35:25.10 | 6:29 | 9.2 |
| 1146 | SZYMAŃCZAK ZBIGNIEW | 1958 | | NADARZYN | POL | M 60 | 50 | M 1149 | | 00:15:01 | 00:32:33.30 | 00:33:34.85 | 6:30 | 9.2 |
| 1147 | SZANDECKI MARIUSZ | 1954 | | ŁOMIANKI | POL | M 40 | 392 | M 1150 | | 00:16:38 | 00:32:33.60 | 00:32:33.60 | 6:30 | 9.2 |
| 1148 | SYTY ADAM | 1374 | | WARSZAWA | POL | M 40 | 393 | M 1151 | | 00:14:00 | 00:32:33.95 | 00:35:19.70 | 6:30 | 9.2 |
| 1149 | SZMIGIELSKI MACIEJ | 1394 | | JÓZEFOSŁAW | POL | M 40 | 394 | M 1152 | | 00:15:48 | 00:32:35.10 | 00:35:40.25 | 6:31 | 9.2 |
| 1150 | KARPECHENKO ARTEM | 549 | | WARSZAWA | POL | M 30 | 327 | M 1153 | | 00:17:57 | 00:32:42.75 | 00:35:38.30 | 6:32 | 9.2 |
| 1151 | BUDA ARTUR | 2007 | | WARSZAWA | POL | M 14 | 28 | M 1154 | | 00:14:36 | 00:32:43.10 | 00:35:00.25 | 6:32 | 9.2 |
| 1152 | ŻOCHOWSKI GRZEGORZ | 1666 | | WARSZAWA | POL | M 60 | 51 | M 1155 | | 00:15:13 | 00:32:46.00 | 00:36:11.70 | 6:33 | 9.2 |
| 1153 | RADKOWSKI MICHAŁ | 1160 | | WARSZAWA | POL | M 40 | 395 | M 1156 | | 00:15:03 | 00:32:57.65 | 00:34:29.70 | 6:35 | 9.1 |
| 1154 | ZABIEGA ŁUKASZ | 1600 | | WARSZAWA | POL | M 30 | 328 | M 1157 | | 00:15:20 | 00:33:01.10 | 00:35:58.75 | 6:36 | 9.1 |
| 1155 | SKRZYPCZAK JAROSŁAW | 1933 | | WARSZAWA | POL | M 50 | 137 | M 1158 | | 00:14:49 | 00:33:05.95 | 00:35:33.80 | 6:37 | 9.1 |
| 1156 | PIWOWARCZYK SŁAWOMIR | 1086 | | WARSZAWA | POL | M 50 | 138 | M 1159 | | 00:14:48 | 00:33:06.80 | 00:34:08.85 | 6:37 | 9.1 |
| 1157 | WESOŁOWSKI PAWEŁ | 1983 | | WARSZAWA | POL | M 40 | 396 | M 1160 | | 00:16:13 | 00:33:06.85 | 00:36:15.10 | 6:37 | 9.1 |
| 1158 | ZAGRAJEK KRZYSIEK | 1611 | | WARSZAWA | POL | M 30 | 329 | M 1161 | | 00:19:33 | 00:33:08.40 | 00:33:08.40 | 6:37 | 9.1 |
| 1159 | CHMIELEWSKI ANTONI | 161 | MIĘDZYRZECKA GRUPA BIEGOWA | MJEDZYRZEC PODLASKI | POL | M 70 | 17 | M 1162 | | 00:15:34 | 00:33:08.80 | 00:36:18.20 | 6:37 | 9.1 |
| 1160 | FALACIŃSKI KAROL | 295 | | WARSZAWA | POL | M 40 | 397 | M 1163 | | 00:15:08 | 00:33:09.40 | 00:36:18.85 | 6:37 | 9 |
| 1161 | MĘKARSKI PIOTR | 1687 | | WARSZAWA | POL | M 40 | 398 | M 1164 | | 00:15:59 | 00:33:13.60 | 00:36:02.65 | 6:38 | 9 |
| 1162 | FRANEK MARCIN | 2118 | | WARSZAWA | POL | M 16 | 41 | M 1165 | | 00:14:31 | 00:33:14.45 | 00:36:01.25 | 6:38 | 9 |
| 1163 | WALKIEWICZ MARIUSZ | 1507 | | NOWA IWICZNA | POL | M 50 | 139 | M 1166 | | 00:14:17 | 00:33:19.85 | 00:35:43.30 | 6:39 | 9 |
| 1164 | GOŁOS PIOTR | 1704 | | WARSZAWA | POL | M 50 | 140 | M 1167 | | 00:14:18 | 00:33:20.05 | 00:35:43.50 | 6:40 | 9 |
| 1165 | SPIEWAŁ MACIEJ | 1324 | | WARSZAWA | POL | M 40 | 399 | M 1168 | | 00:15:45 | 00:33:20.10 | 00:36:16.10 | 6:40 | 9 |
| 1166 | MAJEWSKI MACIEJ | 830 | | MAGDALENKA | POL | M 30 | 330 | M 1169 | | 00:16:00 | 00:33:24.95 | 00:36:23.65 | 6:40 | 9 |
| 1167 | PRUCHNIEWICZ MICHAŁ | 1126 | | WARSZAWA | POL | M 30 | 331 | M 1170 | | 00:16:23 | 00:33:34.85 | 00:36:54.10 | 6:42 | 8.9 |
| 1168 | KOSIATY JAROSŁAW | 655 | | WARSZAWA | POL | M 50 | 141 | M 1171 | | 00:15:15 | 00:33:42.45 | 00:34:40.50 | 6:44 | 8.9 |
| 1169 | RYCHLEWICZ RAFAŁ | 1220 | | WARSZAWA | POL | M 40 | 400 | M 1172 | | 00:14:53 | 00:33:45.35 | 00:36:55.35 | 6:45 | 8.9 |
| 1170 | GRYŃCZEWSKI JEREMI | 1798 | | WARSZAWA | POL | M 12 | 20 | M 1173 | | 00:13:02 | 00:33:47.70 | 00:35:08.30 | 6:45 | 8.9 |
| 1171 | WOŹNIAK JAKUB | 1582 | | WARSZAWA | POL | M 16 | 42 | M 1174 | | 00:15:18 | 00:33:47.70 | 00:36:57.15 | 6:45 | 8.9 |
| 1172 | SEITARIDIS CHRISTOS | 1238 | | WARSZAWA | GRE | M 30 | 332 | M 1175 | | 00:16:04 | 00:33:50.85 | 00:37:13.85 | 6:46 | 8.9 |
| 1173 | SŁOWIK JERZY | 1290 | | WARSZAWA | POL | M 60 | 52 | M 1176 | | 00:13:03 | 00:33:52.10 | 00:35:12.70 | 6:46 | 8.9 |
| 1174 | WILCZAK TOMASZ | 1686 | | BASZKÓWKA | POL | M 30 | 333 | M 1177 | | 00:17:18 | 00:33:53.35 | 00:37:02.35 | 6:46 | 8.9 |
| 1175 | DEREK WOJCIECH | 230 | | WARSZAWA | POL | M 30 | 334 | M 1178 | | 00:16:23 | 00:33:53.50 | 00:36:56.05 | 6:46 | 8.9 |
| 1176 | JAŻWIŃSKI (TATA PATEREK ;-)) PRZEMEK | 484 | | JÓZEFÓW | POL | M 40 | 401 | M 1179 | | 00:16:19 | 00:33:55.90 | 00:37:01.85 | 6:47 | 8.8 |
| 1177 | PLUTA ALEK | 1094 | | SULEJÓWEK | POL | M 30 | 335 | M 1180 | | 00:16:16 | 00:34:02.00 | 00:37:08.10 | 6:48 | 8.8 |
| 1178 | CZAJA PIOTR | 1764 | | WARSZAWA | POL | M 40 | 402 | M 1181 | | 00:15:35 | 00:34:13.55 | 00:35:58.85 | 6:50 | 8.8 |
| 1179 | NEJMAN ANDRZEJ | 955 | | WARSZAWA | POL | M 40 | 403 | M 1182 | | 00:16:08 | 00:34:14.15 | 00:37:26.45 | 6:50 | 8.8 |
| 1180 | KEMPA ROBERT | 48 | | WARSZAWA | POL | M 40 | 404 | M 1183 | | 00:15:51 | 00:34:16.95 | 00:37:49.85 | 6:51 | 8.8 |
| 1181 | TUREK PAWEŁ | 1971 | PRIN-S | NOWA IWICZNA | POL | M 50 | 142 | M 1184 | | 00:13:30 | 00:34:23.90 | 00:36:09.95 | 6:52 | 8.7 |
| 1182 | DOMINIAK BARTOSZ | 33 | #BARTEKBIEGA | WARSZAWA | POL | M 40 | 405 | M 1185 | URZĄD DZIELNICY URSYNÓW | 00:15:45 | 00:34:32.75 | 00:37:25.45 | 6:54 | 8.7 |
| 1183 | DENKIEWICZ ADAM | 2015 | | WARSZAWA | POL | M 12 | 21 | M 1186 | | 00:14:11 | 00:34:34.10 | 00:36:56.40 | 6:54 | 8.7 |
| 1184 | MOSKAŁA BOGUSŁAW | 925 | | WARSZAWA | POL | M 60 | 53 | M 1187 | | 00:16:19 | 00:34:39.00 | 00:37:44.85 | 6:55 | 8.7 |
| 1185 | MASALSKI MIKOŁAJ | 2061 | | WARSZAWA | POL | M 14 | 29 | M 1188 | | 00:15:58 | 00:34:45.75 | 00:37:41.60 | 6:57 | 8.6 |
| 1186 | KOSIŃSKI RAFAŁ | 657 | BIEGNIJ Z PROSERVICE | OŻARÓW MAZOWIECKI | POL | M 40 | 406 | M 1189 | BIEGNIJ Z PROSERVICE | 00:15:38 | 00:34:56.45 | 00:36:53.90 | 6:59 | 8.6 |

BIEG URSYNOWA, M Open c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Drużyna 1 | 2.5km | Netto | Brutto | min/km | km/h |
|------|--------------------------|------|--------------------------|-------------|------|------|--------|--------|-------------------------|----------|-------------|-------------|--------|------|
| 1187 | SZOSTAKOWSKI JAROSŁAW | 1397 | BIEGAMY Z OCHOTA | WARSZAWA | POL | M 50 | 143 | M 1190 | | 00:16:20 | 00:35:00.45 | 00:38:04.25 | 7:00 | 8.6 |
| 1188 | BRONISZEWSKI JAKUB | 113 | | KIJÓW | POL | M 40 | 407 | M 1191 | | 00:16:01 | 00:35:01.25 | 00:37:57.20 | 7:00 | 8.6 |
| 1189 | KAMIŃSKI MACIEJ | 538 | | ZIELONKA | POL | M 40 | 408 | M 1192 | | 00:16:27 | 00:35:04.30 | 00:38:17.25 | 7:00 | 8.6 |
| 1190 | SKUPIŃSKI TOMASZ | 1282 | | WOŁOMIN | POL | M 20 | 142 | M 1193 | | 00:16:27 | 00:35:04.80 | 00:38:17.55 | 7:00 | 8.6 |
| 1191 | DĄBROWSKI TOMASZ | 222 | | WARSZAWA | POL | M 40 | 409 | M 1194 | | 00:15:34 | 00:35:07.00 | 00:38:00.80 | 7:01 | 8.5 |
| 1192 | BORKOWSKI ADRIAN | 1532 | | WARSZAWA | POL | M 30 | 336 | M 1195 | | 00:15:53 | 00:35:08.30 | 00:38:05.65 | 7:01 | 8.5 |
| 1193 | KIELBICKI MARCIN | 574 | | WARSZAWA | POL | M 40 | 410 | M 1196 | | 00:16:15 | 00:35:08.35 | 00:38:19.10 | 7:01 | 8.5 |
| 1194 | KĘDZIA-STĘPKOWSKI ANTONI | 570 | | WARSZAWA | POL | M 20 | 143 | M 1197 | | 00:15:40 | 00:35:17.65 | 00:37:31.70 | 7:03 | 8.5 |
| 1195 | KUC DANIEL | 719 | | ZIELONKA | POL | M 40 | 411 | M 1198 | | 00:16:20 | 00:35:19.60 | 00:38:20.75 | 7:03 | 8.5 |
| 1196 | OLCZAK WITOLD | 991 | UMCS BIEGA | WARSZAWA | POL | M 60 | 54 | M 1199 | | 00:16:21 | 00:35:29.90 | 00:38:36.35 | 7:05 | 8.5 |
| 1197 | DYGA DOMINIK | 1781 | | WARSZAWA | POL | M 16 | 43 | M 1200 | | 00:15:59 | 00:35:40.35 | 00:38:25.60 | 7:08 | 8.4 |
| 1198 | SZUSTKIEWICZ ZBIGNIEW | 1404 | | MSZCZONÓW | POL | M 50 | 144 | M 1201 | | 00:16:20 | 00:35:53.35 | 00:38:43.85 | 7:10 | 8.4 |
| 1199 | TUROWSKI KRZYSZTOF | 1477 | | WARSZAWA | POL | M 60 | 55 | M 1202 | | 00:16:16 | 00:36:09.90 | 00:37:35.85 | 7:13 | 8.3 |
| 1200 | LAMPARSKI ROBERT | 759 | | WARSZAWA | POL | M 40 | 412 | M 1203 | | 00:18:07 | 00:36:11.05 | 00:36:11.05 | 7:14 | 8.3 |
| 1201 | GIERANOWSKI MARCIN | 1715 | ZALATANI | WARSZAWA | POL | M 40 | 413 | M 1204 | | 00:16:22 | 00:36:23.85 | 00:39:18.45 | 7:16 | 8.2 |
| 1202 | HOŁOWACZ TOMASZ | 431 | KONDYCJA | WARSZAWA | POL | M 70 | 18 | M 1205 | | 00:17:30 | 00:36:26.00 | 00:39:28.50 | 7:17 | 8.2 |
| 1203 | JĘDRAS JAKUB | 492 | | WARSZAWA | POL | M 40 | 414 | M 1206 | | 00:16:14 | 00:36:33.35 | 00:39:30.30 | 7:18 | 8.2 |
| 1204 | SMYDA PIOTR | 1688 | | BUSKO-ZDRÓJ | POL | M 60 | 56 | M 1207 | | 00:17:06 | 00:36:38.70 | 00:39:48.60 | 7:19 | 8.2 |
| 1205 | FABISZ JAN | 2022 | | WARSZAWA | POL | M 12 | 22 | M 1208 | | 00:17:58 | 00:36:44.05 | 00:39:38.00 | 7:20 | 8.2 |
| 1206 | MISTRZAK MARCIN | 913 | | PIASECZNO | POL | M 40 | 415 | M 1209 | | 00:17:40 | 00:36:46.60 | 00:39:49.10 | 7:21 | 8.2 |
| 1207 | BORUSZEWSKI MACIEJ | 105 | | WARSZAWA | POL | M 50 | 145 | M 1210 | | 00:15:22 | 00:36:50.25 | 00:39:15.00 | 7:22 | 8.1 |
| 1208 | GARWACKI JOZEF | 341 | | PŁOCK | POL | M 70 | 19 | M 1211 | | 00:17:05 | 00:36:59.55 | 00:40:08.70 | 7:23 | 8.1 |
| 1209 | UFA JAROSŁAW | 1974 | | SOCHACZEW | POL | M 50 | 146 | M 1212 | | 00:17:36 | 00:37:08.55 | 00:40:15.90 | 7:25 | 8.1 |
| 1210 | RADECKI MICHAŁ | 1159 | | WARSZAWA | POL | M 40 | 416 | M 1213 | | 00:16:58 | 00:37:22.65 | 00:40:33.70 | 7:28 | 8 |
| 1211 | NAKWASKI BARTŁOMIEJ | 948 | | JÓZEFOSŁAW | POL | M 40 | 417 | M 1214 | | 00:15:21 | 00:37:35.15 | 00:39:06.60 | 7:31 | 8 |
| 1212 | DZIURDŹ JACEK | 289 | GRUPA BIEGOWA UM W-WA | WARSZAWA | POL | M 40 | 418 | M 1215 | | 00:16:42 | 00:37:40.55 | 00:39:41.15 | 7:32 | 8 |
| 1213 | KOŁAKOWSKI ALEKSANDER | 616 | | WARSZAWA | POL | M 30 | 337 | M 1216 | | 00:16:35 | 00:37:51.00 | 00:38:43.10 | 7:34 | 7.9 |
| 1214 | BRZAŃKAŁA MATEUSZ | 1705 | | WARSZAWA | POL | M 20 | 144 | M 1217 | | 00:17:13 | 00:37:52.00 | 00:41:03.00 | 7:34 | 7.9 |
| 1215 | SAMEL JANUSZ | 3 | | - | POL | M 40 | 419 | M 1218 | | 00:16:42 | 00:37:52.45 | 00:40:14.20 | 7:34 | 7.9 |
| 1216 | JANISZEWSKI STANISŁAW | 1681 | - | WARSZAWA | POL | M 70 | 20 | M 1219 | | 00:17:11 | 00:37:59.70 | 00:38:06.90 | 7:35 | 7.9 |
| 1217 | ROWICKI JAKUB | 1918 | | WARSZAWA | POL | M 20 | 145 | M 1220 | | 00:16:55 | 00:38:06.10 | 00:40:55.45 | 7:37 | 7.9 |
| 1218 | PIECZENIUK DARIUSZ | 1063 | | SIEDLCE | POL | M 50 | 147 | M 1221 | | 00:17:38 | 00:38:08.40 | 00:41:18.70 | 7:37 | 7.9 |
| 1219 | TKACZ JACEK | 1444 | TEAM KOPEĆ | OLSZTYN | POL | M 40 | 420 | M 1222 | TEAM KOPEĆ | 00:18:05 | 00:38:44.45 | 00:42:05.80 | 7:44 | 7.7 |
| 1220 | PRZYBYSZ KRZYSZTOF | 1138 | | OSIECK | POL | M 20 | 146 | M 1223 | | 00:18:31 | 00:40:00.10 | 00:42:48.55 | 8:00 | 7.5 |
| 1221 | OLEKSIAK HUBERT | 993 | | KOBYŁKA | POL | M 30 | 338 | M 1224 | | 00:18:07 | 00:40:03.80 | 00:43:10.45 | 8:00 | 7.5 |
| 1222 | LECH PAWEŁ LECH | 764 | | WARSZAWA | POL | M 50 | 148 | M 1225 | URZĄD DZIELNICY URSYNÓW | 00:18:17 | 00:40:40.75 | 00:43:45.95 | 8:08 | 7.4 |
| 1223 | MOSZKOWICZ EUGENIUSZ | 928 | KONDYCJA | WARSZAWA | POL | M 70 | 21 | M 1226 | | 00:18:07 | 00:41:02.40 | 00:44:04.05 | 8:12 | 7.3 |
| 1224 | SIERPIŃSKI DOMINIK | 636 | | WARSZAWA | POL | M 16 | 44 | M 1227 | | 00:17:32 | 00:42:18.45 | 00:42:54.35 | 8:27 | 7.1 |
| 1225 | CZECHOWSKI JERZY | 204 | MZA - WARSZAWA | WARSZAWA | POL | M 70 | 22 | M 1228 | | 00:19:38 | 00:42:39.05 | 00:44:51.40 | 8:31 | 7 |
| 1226 | BAK MIROŚŁAW | 62 | | WARSZAWA | POL | M 70 | 23 | M 1229 | | 00:21:08 | 00:46:42.05 | 00:48:17.60 | 9:20 | 6.4 |
| 1227 | TAN ROGER TAN | 2101 | | WARSZAWA | POL | M 14 | 30 | M 1230 | | 00:27:30 | 00:47:21.85 | 00:47:21.85 | 9:28 | 6.3 |
| 1228 | DOMANSKI JACEK EXPEDYT | 249 | WKB META LUBLINIEC | WARSZAWA | POL | M 70 | 24 | M 1231 | | 00:23:24 | 00:49:28.25 | 00:51:10.85 | 9:53 | 6.1 |
| 1229 | OLEJNIK FRANCISZEK | 1882 | INŻYNIERIA BIEGANIA TEAM | KATOWICE | POL | M 20 | 147 | M 1232 | | 00:08:08 | | | 3:15 | 18.4 |
| 1230 | JASZCZYŃSKI ANDRZEJ | 1804 | | WARSZAWA | POL | M 30 | 339 | M 1233 | | 00:09:23 | | | 3:45 | 16 |
| 1231 | BUJWID KRZYSZTOF | 133 | | WARSZAWA | POL | M 30 | 340 | M 1234 | | 00:09:54 | | | 3:57 | 15.2 |
| 1232 | WIĘCEK ŁUKASZ | 1534 | | WARSZAWA | POL | M 30 | 341 | M 1235 | | 00:12:27 | | | 4:58 | 12 |
| 1233 | ZIMNY STEFFEN | 1654 | | WARSZAWA | POL | M 40 | 421 | M 1236 | | 00:19:04 | | | 7:37 | 7.9 |

BIEG URSYNOWA, K 12

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Drużyna 1 | 2.5km | Netto | Brutto | min/km | km/h |
|------|------------------|------|----------------|-----------|------|------|--------|-------|-----------|----------|-------------|-------------|--------|------|
| 1 | LEŚNIAK BARBARA | 2055 | LEŚNIAKTEAM | WARSZAWA | POL | K 12 | 1 | K 45 | | 00:11:02 | 00:22:42.05 | 00:23:45.90 | 4:32 | 13.2 |
| 2 | RADECKA ZOFIA | 2082 | | WARSZAWA | POL | K 12 | 2 | K 233 | | 00:13:16 | 00:28:12.75 | 00:31:51.90 | 5:38 | 10.6 |
| 3 | KRULAK GABRYŚIA | 2051 | KRULACZKI TEAM | WARSZAWA | POL | K 12 | 3 | K 272 | | 00:12:53 | 00:28:53.45 | 00:30:23.60 | 5:46 | 10.4 |
| 4 | DUBEK ALEKSANDRA | 2021 | | WARSZAWA | POL | K 12 | 4 | K 295 | | 00:14:18 | 00:29:14.55 | 00:31:41.20 | 5:50 | 10.3 |

BIEG URSYNOWA, K 12 c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Drużyna 1 | 2.5km | Netto | Brutto | min/km | km/h |
|------|---------------------|------|------------------|------------|------|------|--------|-------|------------------|----------|-------------|-------------|--------|------|
| 5 | ROSZCZYK KAMILA | 2084 | UKS G8 BIELANY | WARSZAWA | POL | K 12 | 5 | K 301 | | 00:14:19 | 00:29:21.15 | 00:31:58.20 | 5:52 | 10.2 |
| 6 | FERLAS HELENA | 2023 | | JÓZEFOSŁAW | POL | K 12 | 6 | K 422 | | 00:15:20 | 00:31:56.65 | 00:34:52.70 | 6:23 | 9.4 |
| 7 | MIERZWICKA KAROLINA | 2066 | | WARSZAWA | POL | K 12 | 7 | K 448 | | 00:14:45 | 00:32:56.10 | 00:36:08.65 | 6:35 | 9.1 |
| 8 | RYCHLEWICZ ZOFIA | 2085 | | WARSZAWA | POL | K 12 | 8 | K 494 | | 00:15:18 | 00:34:11.65 | 00:36:55.80 | 6:50 | 8.8 |
| 9 | SZAJKOWSKA MAJA | 2096 | | WARSZAWA | POL | K 12 | 9 | K 501 | | 00:16:12 | 00:34:26.60 | 00:36:01.20 | 6:53 | 8.7 |
| 10 | BISOWSKA HANNA | 2003 | MARUDY Z KOBYŁKI | KOBYŁKA | POL | K 12 | 10 | K 543 | MARUDY Z KOBYŁKI | 00:16:22 | 00:36:39.35 | 00:39:44.90 | 7:19 | 8.2 |
| 11 | SAMEL HELENA | 5 | | - | POL | K 12 | 11 | K 558 | | 00:16:41 | 00:37:48.15 | 00:40:10.15 | 7:33 | 7.9 |
| 12 | LASKUS KAMILA | 2052 | AKL URSYNÓW | WARSZAWA | POL | K 12 | 12 | K 587 | | 00:12:14 | | | 4:53 | 12.3 |

BIEG URSYNOWA, M 12

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Drużyna 1 | 2.5km | Netto | Brutto | min/km | km/h |
|------|---------------------|------|-----------------------------------|-------------|------|------|--------|--------|----------------|----------|-------------|-------------|--------|------|
| 1 | DĄBROWSKI LEONARD | 2014 | | WARSZAWA | POL | M 12 | 1 | M 394 | | 00:10:30 | 00:21:55.55 | 00:22:55.80 | 4:23 | 13.7 |
| 2 | ZAWADKA JAKUB | 2112 | | SIENICA | POL | M 12 | 2 | M 491 | | 00:10:53 | 00:22:53.60 | 00:23:28.25 | 4:34 | 13.1 |
| 3 | KALUZNY JAN | 2039 | | MICHALOWICE | POL | M 12 | 3 | M 511 | | 00:10:47 | 00:23:01.60 | 00:24:35.95 | 4:36 | 13 |
| 4 | SROKA SZYMON | 2092 | KS GROM | WARSZAWA | POL | M 12 | 4 | M 549 | | 00:11:53 | 00:23:24.95 | 00:25:19.20 | 4:40 | 12.8 |
| 5 | KAMIŃSKI ANDRZEJ | 2040 | | WARSZAWA | POL | M 12 | 5 | M 610 | | 00:11:53 | 00:24:03.15 | 00:24:03.15 | 4:48 | 12.5 |
| 6 | KATNER WIKTOR | 2042 | | WARSZAWA | POL | M 12 | 6 | M 611 | | 00:11:40 | 00:24:04.05 | 00:25:34.15 | 4:48 | 12.5 |
| 7 | LIDAK KRZYSZTOF | 1841 | KS GROM PRO WARSZAWA | WARSZAWA | POL | M 12 | 7 | M 633 | | 00:11:09 | 00:24:15.15 | 00:24:37.70 | 4:51 | 12.4 |
| 8 | ŁADNY KACPER | 1845 | | WARSZAWA | POL | M 12 | 8 | M 777 | | 00:12:23 | 00:25:46.15 | 00:27:24.20 | 5:09 | 11.6 |
| 9 | KLUCZYK ANTONI | 2045 | KS GROM | WARSZAWA | POL | M 12 | 9 | M 802 | | 00:11:59 | 00:26:00.65 | 00:27:36.35 | 5:12 | 11.5 |
| 10 | KIETLIŃSKI SZYMON | 1814 | | WARSZAWA | POL | M 12 | 10 | M 833 | | 00:13:12 | 00:26:20.80 | 00:29:28.90 | 5:16 | 11.4 |
| 11 | SIENKIEWICZ DOMINIK | 1701 | | WARSZAWA | POL | M 12 | 11 | M 997 | | 00:13:49 | 00:28:26.10 | 00:29:01.65 | 5:41 | 10.6 |
| 12 | CZUK MAKSYMILIAN | 2012 | | MAGDALENKA | POL | M 12 | 12 | M 1006 | | 00:13:38 | 00:28:34.40 | 00:31:12.90 | 5:42 | 10.5 |
| 13 | MĘŻYŃSKI MATEUSZ | 2065 | | PIASTOW | POL | M 12 | 13 | M 1011 | | 00:13:59 | 00:28:36.90 | 00:31:11.75 | 5:43 | 10.5 |
| 14 | KNAP JAKUB | 2047 | | WARSZAWA | POL | M 12 | 14 | M 1017 | | 00:13:59 | 00:28:41.10 | 00:31:21.85 | 5:44 | 10.5 |
| 15 | KNYZIAK JAKUB | 2017 | FUNDACJA MORSY WOŁOMIN KOBYŁKA | KOBYŁKA | POL | M 12 | 15 | M 1039 | | 00:12:59 | 00:29:01.60 | 00:30:04.90 | 5:48 | 10.3 |
| 16 | PALENIK PAWEŁ | 1888 | | WARSZAWA | POL | M 12 | 16 | M 1051 | | 00:14:08 | 00:29:16.35 | 00:32:17.50 | 5:51 | 10.3 |
| 17 | PĄPROWICZ ADAM | 2077 | | WARSZAWA | POL | M 12 | 17 | M 1061 | CHŁOPAKI Z KEN | 00:13:22 | 00:29:27.40 | 00:30:51.60 | 5:53 | 10.2 |
| 18 | DOMŻAŁA JAN | 2018 | | WARSZAWA | POL | M 12 | 18 | M 1130 | | 00:13:54 | 00:31:43.80 | 00:34:06.20 | 6:20 | 9.5 |
| 19 | WITEK ADAM | 2108 | | WARSZAWA | POL | M 12 | 19 | M 1144 | | 00:14:12 | 00:32:14.55 | 00:34:36.55 | 6:26 | 9.3 |
| 20 | GRYNCEWSKI JEREMI | 1798 | | WARSZAWA | POL | M 12 | 20 | M 1173 | | 00:13:02 | 00:33:47.70 | 00:35:08.30 | 6:45 | 8.9 |
| 21 | DENKIEWICZ ADAM | 2015 | | WARSZAWA | POL | M 12 | 21 | M 1186 | | 00:14:11 | 00:34:34.10 | 00:36:56.40 | 6:54 | 8.7 |
| 22 | FABISZ JAN | 2022 | | WARSZAWA | POL | M 12 | 22 | M 1208 | | 00:17:58 | 00:36:44.05 | 00:39:38.00 | 7:20 | 8.2 |

BIEG URSYNOWA, K 14

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Drużyna 1 | 2.5km | Netto | Brutto | min/km | km/h |
|------|---------------------|------|---------------------|------------------|------|------|--------|-------|-------------|----------|-------------|-------------|--------|------|
| 1 | JAREK ZUZANNA | 2033 | RACE FIGHTER JUNIOR | MIŃSK MAZOWIECKI | POL | K 14 | 1 | K 58 | | 00:10:37 | 00:23:30.45 | 00:24:30.85 | 4:42 | 12.8 |
| 2 | MATYSIAK ALEKSANDRA | 2148 | | WARSZAWA | POL | K 14 | 2 | K 96 | | 00:12:04 | 00:25:13.30 | 00:26:44.65 | 5:02 | 11.9 |
| 3 | MOTYKA ALEKSANDRA | 2068 | GÓRA BIEGA | GÓRA KALWARIA | POL | K 14 | 3 | K 138 | DRAGONFLIES | 00:12:04 | 00:26:23.25 | 00:27:54.70 | 5:16 | 11.4 |
| 4 | DUBAN MAGDALENA | 2020 | | JANKI | POL | K 14 | 4 | K 144 | | | 00:26:33.15 | 00:28:01.95 | 5:18 | 11.3 |
| 5 | KOSTRUBAŁA LIDIA | 2050 | | WARSZAWA | POL | K 14 | 5 | K 198 | | 00:13:11 | 00:27:28.85 | 00:29:25.25 | 5:29 | 10.9 |
| 6 | PATEREK LENA | 2075 | | WARSZAWA | POL | K 14 | 6 | K 213 | | 00:13:18 | 00:27:51.55 | 00:29:55.80 | 5:34 | 10.8 |
| 7 | KARCZEWSKA MARTA | 1873 | KS ATAK AGRYKOLA | WARSZAWA | POL | K 14 | 7 | K 263 | | 00:13:17 | 00:28:47.10 | 00:30:41.10 | 5:45 | 10.4 |
| 8 | LULA IZABELA | 1872 | RUN VEGAN | WARSZAWA | POL | K 14 | 8 | K 312 | | 00:15:37 | 00:29:28.70 | 00:32:34.00 | 5:53 | 10.2 |
| 9 | CHOŁUJ MICHALINA | 2010 | GÓRA BIEGA | TOMICE | POL | K 14 | 9 | K 334 | GÓRA BIEGA | 00:14:25 | 00:29:51.70 | 00:32:29.35 | 5:58 | 10.1 |
| 10 | MATYSIAK KRYSIA | 2063 | | WARSZAWA | POL | K 14 | 10 | K 338 | | 00:14:17 | 00:29:58.25 | 00:31:38.35 | 5:59 | 10 |
| 11 | POGOCKA ALICJA | 2078 | | WARSZAWA | POL | K 14 | 11 | K 362 | | 00:14:36 | 00:30:28.95 | 00:32:54.10 | 6:05 | 9.8 |
| 12 | BORUSZEWSKA MAJA | 2005 | | WARSZAWA | POL | K 14 | 12 | K 547 | | 00:15:21 | 00:36:50.40 | 00:39:15.05 | 7:22 | 8.1 |

BIEG URSYNOWA, M 14

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Drużyna 1 | 2.5km | Netto | Brutto | min/km | km/h |
|------|----------------------|------|-----------------------------|---------------------|------|------|--------|--------|--------------------------------|----------|-------------|-------------|--------|------|
| 1 | PIMPICKI IGNACY | 1897 | CZEMPION | WARSZAWA | POL | M 14 | 1 | M 67 | | 00:08:24 | 00:17:51.70 | 00:18:09.50 | 3:34 | 16.8 |
| 2 | OWCZAREK KACPER | 2072 | ŁÓDŹ KOCHA SPORT | ŁÓDŹ | POL | M 14 | 2 | M 127 | ŁÓDŹ KOCHA SPORT | 00:08:47 | 00:18:57.95 | 00:19:27.60 | 3:47 | 15.8 |
| 3 | PIOTROWSKI STANISŁAW | 1900 | AZS AWF WARSZAWA | KONSTANCIN-JEZIORNA | POL | M 14 | 3 | M 229 | | 00:09:16 | 00:20:11.30 | 00:20:24.65 | 4:02 | 14.9 |
| 4 | RUZIK ANTONI | 1921 | RURA TEAM | WARSZAWA | POL | M 14 | 4 | M 268 | | 00:09:42 | 00:20:41.85 | 00:21:16.90 | 4:08 | 14.5 |
| 5 | THIEL ALEKSANDER | 1965 | | REGUŁY | POL | M 14 | 5 | M 282 | | 00:09:23 | 00:20:48.70 | 00:21:15.70 | 4:09 | 14.4 |
| 6 | SUŁKOWSKI TYMON | 1949 | | WARSZAWA | POL | M 14 | 6 | M 323 | | 00:09:39 | 00:21:12.35 | 00:21:45.30 | 4:14 | 14.2 |
| 7 | PAPROWICZ TYMON | 2076 | | WARSZAWA | POL | M 14 | 7 | M 420 | CHŁOPAKI Z KEN | 00:10:42 | 00:22:13.05 | 00:23:36.20 | 4:26 | 13.5 |
| 8 | SZOT FRANCISZEK | 2098 | | WARSZAWA | POL | M 14 | 8 | M 426 | | 00:10:28 | 00:22:15.60 | 00:23:14.90 | 4:27 | 13.5 |
| 9 | GRYGOWSKI KRYSPIŃ | 2029 | | JABŁONNA | POL | M 14 | 9 | M 456 | | 00:10:51 | 00:22:33.55 | 00:23:40.70 | 4:30 | 13.3 |
| 10 | GWÓZDŹ MACIEJ | 2030 | | WARSZAWA | POL | M 14 | 10 | M 472 | SP NR 9 STO | 00:10:58 | 00:22:42.90 | 00:23:37.95 | 4:32 | 13.2 |
| 11 | KOLASZT WOJTEK | 1817 | RACEFIGTER JUNIOR | STARA NIEDZIAŁKA | POL | M 14 | 11 | M 476 | | 00:10:23 | 00:22:43.75 | 00:23:44.45 | 4:32 | 13.2 |
| 12 | FRANCZEK ALEKSY | 2024 | | WARSZAWA | POL | M 14 | 12 | M 566 | | 00:11:05 | 00:23:36.00 | 00:23:40.45 | 4:43 | 12.7 |
| 13 | COUKNAS CONSTANTINE | 1761 | | FORD CITY | USA | M 14 | 13 | M 568 | | 00:10:12 | 00:23:37.85 | 00:23:52.30 | 4:43 | 12.7 |
| 14 | SOKÓŁ RYSZARD | 2091 | | JÓZEFOSŁAW | POL | M 14 | 14 | M 575 | | 00:11:12 | 00:23:40.65 | 00:24:41.10 | 4:44 | 12.7 |
| 15 | PODBIELSKI PAWEŁ | 1903 | AKL URSYNÓW WARSZAWA | WARSZAWA | POL | M 14 | 15 | M 588 | | 00:11:34 | 00:23:47.25 | 00:24:54.65 | 4:45 | 12.6 |
| 16 | MATUSIAK MARCIN | 2062 | | WARSZAWA | POL | M 14 | 16 | M 630 | | 00:11:19 | 00:24:13.85 | 00:25:13.80 | 4:50 | 12.4 |
| 17 | BISOWSKI SZYMON | 2004 | MARUDY Z KOBYŁKI | KOBYŁKA | POL | M 14 | 17 | M 645 | MARUDY Z KOBYŁKI | 00:11:57 | 00:24:22.05 | 00:25:46.10 | 4:52 | 12.3 |
| 18 | STĘPIEŃ MIKOŁAJ | 2095 | | JÓZEFOSŁAW | POL | M 14 | 18 | M 671 | | 00:11:53 | 00:24:36.40 | 00:25:57.95 | 4:55 | 12.2 |
| 19 | JACNIAKI KRZYSZTOF | 1801 | | JÓZEFOSŁAW | POL | M 14 | 19 | M 689 | | 00:11:27 | 00:24:45.35 | 00:26:02.90 | 4:57 | 12.1 |
| 20 | KORDA SEBASTIAN | 2144 | | - | POL | M 14 | 20 | M 742 | | 00:12:26 | 00:25:18.35 | 00:27:03.55 | 5:03 | 11.9 |
| 21 | OWCZARCZYK JANEK | 2071 | | WARSZAWA | POL | M 14 | 21 | M 828 | | 00:11:59 | 00:26:18.05 | 00:27:30.50 | 5:15 | 11.4 |
| 22 | WIECZOREK WIKTOR | 1985 | BIEGOWY WARIAT RUNNING TEAM | BĘDZIN | POL | M 14 | 22 | M 893 | BIEGOWY WARIAT RUNNING TEAM | 00:13:10 | 00:27:02.60 | 00:28:54.85 | 5:24 | 11.1 |
| 23 | ZAMORSKI ALEKSANDER | 2121 | | PIASECZNO | POL | M 14 | 23 | M 953 | | 00:11:54 | 00:27:46.95 | 00:30:27.60 | 5:33 | 10.8 |
| 24 | ADAMIAK DAWID | 2000 | | WARSZAWA | POL | M 14 | 24 | M 960 | | 00:12:44 | 00:27:51.70 | 00:29:42.35 | 5:34 | 10.8 |
| 25 | WITEK SZYMON | 2107 | | WARSZAWA | POL | M 14 | 25 | M 1033 | | 00:14:08 | 00:28:56.90 | 00:31:08.95 | 5:47 | 10.4 |
| 26 | MADEJ JAKUB | 2059 | GÓRA BIEGA | GÓRA KALWARIA | POL | M 14 | 26 | M 1066 | DRAGONFLIES | 00:14:15 | 00:29:30.30 | 00:32:08.70 | 5:54 | 10.2 |
| 27 | ŻURAWSKI FILIP | 2115 | | WARSZAWA | POL | M 14 | 27 | M 1109 | | 00:13:43 | 00:30:55.35 | 00:33:46.10 | 6:11 | 9.7 |
| 28 | BUDA ARTUR | 2007 | | WARSZAWA | POL | M 14 | 28 | M 1154 | | 00:14:36 | 00:32:43.10 | 00:35:00.25 | 6:32 | 9.2 |
| 29 | MASALSKI MIKOŁAJ | 2061 | | WARSZAWA | POL | M 14 | 29 | M 1188 | | 00:15:58 | 00:34:45.75 | 00:37:41.60 | 6:57 | 8.6 |
| 30 | TAN ROGER TAN | 2101 | | WARSZAWA | POL | M 14 | 30 | M 1230 | | 00:27:30 | 00:47:21.85 | 00:47:21.85 | 9:28 | 6.3 |

BIEG URSYNOWA, K 16

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Drużyna 1 | 2.5km | Netto | Brutto | min/km | km/h |
|------|-----------------------|------|--------------------------------|------------------|------|------|--------|-------|------------------|----------|-------------|-------------|--------|------|
| 1 | MISSALA MAGDA | 2143 | | - | POL | K 16 | 1 | K 15 | | 00:09:00 | 00:19:28.45 | 00:20:06.35 | 3:53 | 15.4 |
| 2 | MAJEWSKA ZUZANNA | 828 | AZS SGGW | WARSZAWA | POL | K 16 | 2 | K 50 | | 00:10:47 | 00:22:52.50 | 00:23:50.70 | 4:34 | 13.1 |
| 3 | BISOWSKA AMELIA | 85 | MARUDY Z KOBYŁKI | KOBYŁKA | POL | K 16 | 3 | K 63 | MARUDY Z KOBYŁKI | 00:11:57 | 00:23:47.40 | 00:25:11.60 | 4:45 | 12.6 |
| 4 | SZYMAŃSKA MAJA | 1414 | | WARSZAWA | POL | K 16 | 4 | K 151 | | 00:12:24 | 00:26:44.00 | 00:28:32.35 | 5:20 | 11.2 |
| 5 | JEMINIANK MARTA | 487 | | WARSZAWA | POL | K 16 | 5 | K 166 | | 00:13:07 | 00:26:55.25 | 00:29:07.75 | 5:23 | 11.1 |
| 6 | WILK ASIA | 1541 | | WARSZAWA | POL | K 16 | 6 | K 170 | | 00:13:12 | 00:27:02.65 | 00:29:10.70 | 5:24 | 11.1 |
| 7 | SOKOŁOWSKA ALEKSANDRA | 2089 | | BŁĘDÓW | POL | K 16 | 7 | K 178 | | 00:12:24 | 00:27:11.70 | 00:27:37.60 | 5:26 | 11 |
| 8 | JEDRZKIEWICZ KLARA | 2035 | | WARSZAWA | POL | K 16 | 8 | K 182 | | | 00:27:14.20 | 00:27:41.70 | 5:26 | 11 |
| 9 | GŁOWACKA PATRYCJA | 2026 | | WARSZAWA | POL | K 16 | 9 | K 247 | | 00:13:28 | 00:28:28.20 | 00:30:18.70 | 5:41 | 10.5 |
| 10 | SZEWCZYK ZUZANNA | 2097 | | WARSZAWA | POL | K 16 | 10 | K 248 | | 00:13:28 | 00:28:28.30 | 00:30:18.65 | 5:41 | 10.5 |
| 11 | ŚWISTAK ANIA | 2100 | | WARSZAWA | POL | K 16 | 11 | K 277 | | 00:13:35 | 00:28:59.85 | 00:31:59.00 | 5:47 | 10.4 |
| 12 | WITEK LENA | 2106 | | STOKŁOSY | POL | K 16 | 12 | K 289 | | 00:13:49 | 00:29:10.40 | 00:31:21.60 | 5:50 | 10.3 |
| 13 | KOLASZT ULA | 614 | RACEFIGHTER GOSIR DĘBE WIELKIE | STARA NIEDZIAŁKA | POL | K 16 | 13 | K 313 | | 00:13:54 | 00:29:28.95 | 00:31:29.55 | 5:53 | 10.2 |
| 14 | MADEJ JOANNA | 2057 | | WARSZAWA | POL | K 16 | 14 | K 314 | | 00:13:54 | 00:29:29.05 | 00:31:29.70 | 5:53 | 10.2 |
| 15 | MADEJ WIKTORIA | 2058 | GÓRA BIEGA | GÓRA KALWARIA | POL | K 16 | 15 | K 335 | DRAGONFLIES | 00:14:24 | 00:29:52.65 | 00:32:30.95 | 5:58 | 10 |
| 16 | MAŁEK HANNA | 2060 | | WARSZAWA | POL | K 16 | 16 | K 336 | | 00:14:26 | 00:29:54.10 | 00:32:45.95 | 5:58 | 10 |
| 17 | FIL TETIANA | 305 | | WARSZAWA | POL | K 16 | 17 | K 344 | | 00:13:12 | 00:30:09.40 | 00:30:20.40 | 6:01 | 10 |
| 18 | BROZE OLIWIA | 114 | | WARSZAWA | POL | K 16 | 18 | K 354 | | 00:13:41 | 00:30:16.60 | 00:32:56.10 | 6:03 | 9.9 |
| 19 | HAWRYLUK EMILIA | 2032 | | WARSZAWA | POL | K 16 | 19 | K 419 | | 00:15:02 | 00:31:52.05 | 00:35:13.80 | 6:22 | 9.4 |
| 20 | STĘPNIAK JULIA | 1878 | | ZIELONKA | POL | K 16 | 20 | K 428 | | 00:14:56 | 00:32:13.65 | 00:35:24.40 | 6:26 | 9.3 |
| 21 | MUZYKA POLINA | 941 | | WARSZAWA | UKR | K 16 | 21 | K 438 | | 00:14:27 | 00:32:38.55 | 00:34:16.80 | 6:31 | 9.2 |

BIEG URSYNOWA, K 16 c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Drużyna 1 | 2.5km | Netto | Brutto | min/km | km/h |
|------|--------------------------|------|--------------|------------|------|------|--------|-------|-----------|----------|-------------|-------------|--------|------|
| 22 | KUBIAK JULIA | 1874 | | WARSZAWA | POL | K 16 | 22 | K 456 | | 00:14:37 | 00:33:05.45 | 00:34:29.65 | 6:37 | 9.1 |
| 23 | JARZĄBEK PAULINA | 2034 | MKS MECHANIK | WŁODAWA | POL | K 16 | 23 | K 470 | | 00:13:32 | 00:33:36.45 | 00:34:56.25 | 6:43 | 8.9 |
| 24 | ŻUKOWSKA DOMINIKA | 2114 | | WARSZAWA | POL | K 16 | 24 | K 488 | | 00:16:08 | 00:34:02.70 | 00:34:12.95 | 6:48 | 8.8 |
| 25 | KASIANENKO VERONIKA | 555 | | WARSZAWA | POL | K 16 | 25 | K 491 | | 00:15:17 | 00:34:09.55 | 00:34:38.25 | 6:49 | 8.8 |
| 26 | ZIMNY ZUZANNA | 1656 | | WARSZAWA | POL | K 16 | 26 | K 492 | | 00:15:35 | 00:34:09.55 | 00:34:30.50 | 6:49 | 8.8 |
| 27 | WÓJCIKOWSKA JULIA | 1871 | | WARSZAWA | POL | K 16 | 27 | K 493 | | 00:15:35 | 00:34:09.75 | 00:34:30.80 | 6:49 | 8.8 |
| 28 | BRONISZEWSKA NATALIA | 2006 | | KIJÓW | POL | K 16 | 28 | K 507 | | 00:15:33 | 00:34:34.30 | 00:37:57.25 | 6:54 | 8.7 |
| 29 | LAZAREVA VLADISLAVA | 1712 | | WARSZAWA | POL | K 16 | 29 | K 522 | | 00:15:22 | 00:35:16.35 | 00:38:06.35 | 7:03 | 8.5 |
| 30 | KĘDZIA-STĘPKOWSKA ANIELA | 2043 | | WARSZAWA | POL | K 16 | 30 | K 526 | | 00:15:40 | 00:35:22.70 | 00:37:36.65 | 7:04 | 8.5 |
| 31 | RYBARKIEWICZ MELANIA | 1875 | | WARSZAWA | POL | K 16 | 31 | K 531 | | 00:16:00 | 00:35:39.95 | 00:38:25.00 | 7:07 | 8.4 |
| 32 | SOCHA JULIA | 1877 | | SEROKOMLA | POL | K 16 | 32 | K 536 | | 00:16:14 | 00:36:10.80 | 00:36:48.05 | 7:14 | 8.3 |
| 33 | MODZELEWSKA LENA | 1876 | | JÓZEFOSŁAW | POL | K 16 | 33 | K 537 | | 00:16:14 | 00:36:11.20 | 00:36:48.20 | 7:14 | 8.3 |
| 34 | ZALEWSKA ALICJA | 2111 | | WARSZAWA | POL | K 16 | 34 | K 541 | | 00:16:08 | 00:36:34.75 | 00:36:44.80 | 7:18 | 8.2 |
| 35 | KAMIŃSKA KASIA | 533 | | ZIELONKA | POL | K 16 | 35 | K 542 | | 00:16:35 | 00:36:36.60 | 00:39:48.45 | 7:19 | 8.2 |
| 36 | HAIUCHYK DARYNA | 2031 | | WARSZAWA | POL | K 16 | 36 | K 554 | | 00:16:23 | 00:37:19.35 | 00:37:22.90 | 7:27 | 8 |
| 37 | LECH MICHALINA | 2053 | | WARSZAWA | POL | K 16 | 37 | K 573 | | 00:17:51 | 00:40:10.25 | 00:43:42.05 | 8:02 | 7.5 |
| 38 | STANIAK JULIA | 2094 | | BOLIMÓW | POL | K 16 | 38 | K 590 | | 00:22:48 | | | 9:07 | 6.6 |

BIEG URSYNOWA, M 16

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Drużyna 1 | 2.5km | Netto | Brutto | min/km | km/h |
|------|---------------------|------|-----------------------------------|--------------|------|------|--------|-------|--------------------------|----------|-------------|-------------|--------|------|
| 1 | KLECZEWSKI PIOTR | 592 | | WARSZAWA | POL | M 16 | 1 | M 31 | | 00:07:44 | 00:16:56.95 | 00:17:14.15 | 3:23 | 17.7 |
| 2 | KASPRZYK KACPER | 2041 | | WARSZAWA | POL | M 16 | 2 | M 120 | | 00:08:17 | 00:18:51.45 | 00:19:16.20 | 3:46 | 15.9 |
| 3 | KALINOWSKI BARTOSZ | 2038 | KONDYCCJA | NOWA IWICZNA | POL | M 16 | 3 | M 134 | | 00:08:57 | 00:19:07.90 | 00:19:17.05 | 3:49 | 15.7 |
| 4 | WIELOGÓRSKI IGNACY | 2103 | | WARSZAWA | POL | M 16 | 4 | M 146 | | 00:08:33 | 00:19:18.20 | 00:19:39.40 | 3:51 | 15.5 |
| 5 | KLIMEK JAKUB | 2044 | | WARSZAWA | POL | M 16 | 5 | M 158 | | 00:09:25 | 00:19:26.00 | 00:19:43.20 | 3:53 | 15.4 |
| 6 | GÓRSKI PATRYK | 2028 | UKS OSIR GÓRA KALWARIA | DOBIESZ | POL | M 16 | 6 | M 185 | | 00:08:37 | 00:19:44.35 | 00:20:14.10 | 3:56 | 15.2 |
| 7 | KONDRAT MIRON | 2048 | | ZĄBKI | POL | M 16 | 7 | M 216 | | 00:09:26 | 00:20:00.95 | 00:20:23.05 | 4:00 | 15 |
| 8 | TRONIAK OSKAR | 1467 | T&T BRO | MICHAŁOWICE | POL | M 16 | 8 | M 242 | | 00:09:23 | 00:20:23.50 | 00:20:37.10 | 4:04 | 14.7 |
| 9 | LENDZION MARCIN | 774 | GRUPA BIEGOWA UM W-WA | WARSZAWA | POL | M 16 | 9 | M 249 | GRUPA BIEGOWA UM W-WA | 00:09:39 | 00:20:27.85 | 00:20:58.95 | 4:05 | 14.7 |
| 10 | KOSMALA ANTONI | 2119 | | WARSZAWA | POL | M 16 | 10 | M 261 | | 00:09:41 | 00:20:37.50 | 00:21:03.90 | 4:07 | 14.6 |
| 11 | FONGANG PATRICK | 316 | | WARSZAWA | POL | M 16 | 11 | M 269 | | 00:09:29 | 00:20:41.95 | 00:21:00.70 | 4:08 | 14.5 |
| 12 | PIECYK KACPER | 1894 | | WARSZAWA | POL | M 16 | 12 | M 292 | | 00:09:34 | 00:20:53.65 | 00:21:25.30 | 4:10 | 14.4 |
| 13 | DWORAK ŁUKASZ | 273 | | WARSZAWA | POL | M 16 | 13 | M 297 | | 00:09:51 | 00:20:57.15 | 00:21:27.50 | 4:11 | 14.3 |
| 14 | ROMANOWSKI FILIP | 2083 | | JÓZEFÓW | POL | M 16 | 14 | M 314 | | 00:10:11 | 00:21:09.05 | 00:22:12.75 | 4:13 | 14.2 |
| 15 | KONDRAT OSKAR | 2049 | | ZĄBKI | POL | M 16 | 15 | M 319 | | 00:09:09 | 00:21:11.70 | 00:21:51.25 | 4:14 | 14.2 |
| 16 | DOŁĘGOWSKI JAKUB | 2016 | FUNDACJA MORSY WOŁOMIN KOBYLKA | KOBYŁKA | POL | M 16 | 16 | M 340 | | 00:10:29 | 00:21:21.95 | 00:22:07.00 | 4:16 | 14.1 |
| 17 | ZENTARA MATEUSZ | 1645 | | WARSZAWA | POL | M 16 | 17 | M 376 | | 00:09:28 | 00:21:40.50 | 00:22:00.60 | 4:20 | 13.8 |
| 18 | PROBOSZ STANISŁAW | 2080 | | WARSZAWA | POL | M 16 | 18 | M 379 | | 00:10:23 | 00:21:45.30 | 00:22:03.45 | 4:21 | 13.8 |
| 19 | MACKENTHUN TOMASZ | 2056 | | WARSZAWA | POL | M 16 | 19 | M 383 | | 00:09:47 | 00:21:48.30 | 00:22:06.40 | 4:21 | 13.8 |
| 20 | MASALSKI MACIEJ | 866 | | WARSZAWA | POL | M 16 | 20 | M 415 | | 00:10:27 | 00:22:08.15 | 00:22:54.25 | 4:25 | 13.6 |
| 21 | WYRZYKOWSKI ANTONI | 2110 | | KONSTANCIN | POL | M 16 | 21 | M 419 | | 00:10:31 | 00:22:11.15 | 00:23:26.70 | 4:26 | 13.5 |
| 22 | PACEK GERARD | 2073 | | WARSZAWA | POL | M 16 | 22 | M 436 | | 00:10:16 | 00:22:24.20 | 00:23:23.05 | 4:28 | 13.4 |
| 23 | PIECHOTA PIOTR | 1893 | | WARSZAWA | POL | M 16 | 23 | M 463 | | 00:10:11 | 00:22:37.05 | 00:22:49.80 | 4:31 | 13.3 |
| 24 | SOKOŁOWSKI FRANEK | 2090 | | WARSZAWA | POL | M 16 | 24 | M 464 | | 00:10:36 | 00:22:38.10 | 00:23:52.70 | 4:31 | 13.3 |
| 25 | OLEJNICZAK LEON | 2070 | | WARSZAWA | POL | M 16 | 25 | M 541 | | 00:11:02 | 00:23:22.35 | 00:24:17.80 | 4:40 | 12.8 |
| 26 | BARGŁOWSKI KAMIL | 51 | | BIAŁYSTOK | POL | M 16 | 26 | M 570 | | 00:11:17 | 00:23:38.85 | 00:24:35.65 | 4:43 | 12.7 |
| 27 | LE QUANG OSKAR | 1840 | | JÓZEFOSŁAW | POL | M 16 | 27 | M 597 | | 00:10:32 | 00:23:54.35 | 00:24:06.35 | 4:46 | 12.6 |
| 28 | WILK DANIEL | 2105 | | WARSZAWA | POL | M 16 | 28 | M 604 | | 00:12:05 | 00:23:58.80 | 00:25:41.85 | 4:47 | 12.5 |
| 29 | POKAROWSKI WOJCIECH | 2079 | | WARSZAWA | POL | M 16 | 29 | M 653 | | 00:11:09 | 00:24:25.70 | 00:26:00.80 | 4:53 | 12.3 |
| 30 | DĄBROWSKI TOBIASZ | 2013 | | WARSZAWA | POL | M 16 | 30 | M 666 | | 00:10:30 | 00:24:34.90 | 00:25:35.00 | 4:54 | 12.2 |
| 31 | WIECZOREK MIŁOSZ | 2120 | | WARSZAWA | POL | M 16 | 31 | M 718 | | 00:12:13 | 00:25:05.20 | 00:26:18.10 | 5:01 | 12 |
| 32 | ŻAKOWICZ FRANEK | 2113 | | JOZEFOSAW | POL | M 16 | 32 | M 756 | | 00:11:05 | 00:25:28.85 | 00:26:27.70 | 5:05 | 11.8 |
| 33 | ZAWIŚLAK PAWEŁ | 1637 | | MYSIADŁO | POL | M 16 | 33 | M 772 | | 00:12:41 | 00:25:42.90 | 00:27:08.85 | 5:08 | 11.7 |

BIEG URSYNOWA, M 16 c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Drużyna 1 | 2.5km | Netto | Brutto | min/km | km/h |
|------|--------------------|------|------------------|-----------|------|------|--------|--------|------------------|----------|-------------|-------------|--------|------|
| 34 | CIEŚLIK EMIL | 2011 | ŁÓDŹ KOCHA SPORT | ŁÓDŹ | POL | M 16 | 34 | M 847 | ŁÓDŹ KOCHA SPORT | 00:13:17 | 00:26:27.95 | 00:29:19.30 | 5:17 | 11.3 |
| 35 | KNAP MACIEJ | 2046 | | WARSZAWA | POL | M 16 | 35 | M 860 | | 00:13:52 | 00:26:35.45 | 00:29:16.50 | 5:19 | 11.3 |
| 36 | REGUCKI FABIAN | 1173 | | WARSZAWA | POL | M 16 | 36 | M 870 | | 00:12:27 | 00:26:43.20 | 00:29:10.30 | 5:20 | 11.2 |
| 37 | MEKARSKI TOMASZ | 2064 | | WARSZAWA | POL | M 16 | 37 | M 906 | | 00:13:14 | 00:27:13.20 | 00:29:18.20 | 5:26 | 11 |
| 38 | PROUTY ANTHONY | 2081 | | BIELAWA | POL | M 16 | 38 | M 1097 | | 00:14:07 | 00:30:31.85 | 00:32:56.20 | 6:06 | 9.8 |
| 39 | TYSZKA RAFAŁ | 2102 | | WARSZAWA | POL | M 16 | 39 | M 1105 | | 00:13:41 | 00:30:49.80 | 00:32:45.10 | 6:09 | 9.7 |
| 40 | KENIG WIKTOR | 2116 | | WARSZAWA | POL | M 16 | 40 | M 1128 | | 00:14:37 | 00:31:41.05 | 00:34:58.50 | 6:20 | 9.5 |
| 41 | FRANEK MARCIN | 2118 | | WARSZAWA | POL | M 16 | 41 | M 1165 | | 00:14:31 | 00:33:14.45 | 00:36:01.25 | 6:38 | 9 |
| 42 | WOŹNIAK JAKUB | 1582 | | WARSZAWA | POL | M 16 | 42 | M 1174 | | 00:15:18 | 00:33:47.70 | 00:36:57.15 | 6:45 | 8.9 |
| 43 | DYGA DOMINIK | 1781 | | WARSZAWA | POL | M 16 | 43 | M 1200 | | 00:15:59 | 00:35:40.35 | 00:38:25.60 | 7:08 | 8.4 |
| 44 | SIERPIŃSKI DOMINIK | 636 | | WARSZAWA | POL | M 16 | 44 | M 1227 | | 00:17:32 | 00:42:18.45 | 00:42:54.35 | 8:27 | 7.1 |

BIEG URSYNOWA, K 20

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Drużyna 1 | 2.5km | Netto | Brutto | min/km | km/h |
|------|-------------------------|------|---------------------|--------------------|------|------|--------|-------|--------------------------|----------|-------------|-------------|--------|------|
| 1 | BAZUŁKA ALEKSANDRA | 1742 | HOKA GARMIN TEAM | KATOWICE | POL | K 20 | 1 | K 6 | | 00:08:18 | 00:17:46.40 | 00:17:49.60 | 3:33 | 16.9 |
| 2 | DRAŹEK JUSTYNA | 258 | ICHEM-VITADIET | BUCZEK | POL | K 20 | 2 | K 11 | | 00:08:56 | 00:18:48.45 | 00:18:55.10 | 3:45 | 16 |
| 3 | GASZEWSKA MAŁGORZATA | 343 | ZA LINIĄ METY | WARSZAWA | POL | K 20 | 3 | K 12 | | 00:08:56 | 00:19:13.20 | 00:19:24.45 | 3:50 | 15.6 |
| 4 | MUSIAŁ ANNA | 939 | | WARSZAWA | POL | K 20 | 4 | K 17 | | 00:09:24 | 00:20:03.05 | 00:20:26.60 | 4:00 | 15 |
| 5 | WŁAZAŁEK NATALIA | 1557 | ADIDASRUNNERSWARSAW | PILAWA | POL | K 20 | 5 | K 20 | ADIDAS RUNNERS WARSAW | 00:09:12 | 00:20:16.75 | 00:20:31.20 | 4:03 | 14.8 |
| 6 | PYSZEL ZUZANNA | 1153 | | WARSZAWA | POL | K 20 | 6 | K 26 | | 00:09:56 | 00:20:54.00 | 00:21:22.20 | 4:10 | 14.4 |
| 7 | WOJTASZKO JUSTYNA | 1572 | | WARTA | POL | K 20 | 7 | K 36 | | | 00:21:50.00 | 00:22:51.65 | 4:22 | 13.7 |
| 8 | SPRAWKA MAGDALENA | 1325 | | SIEDLCE | POL | K 20 | 8 | K 39 | | 00:10:18 | 00:22:02.95 | 00:22:28.30 | 4:24 | 13.6 |
| 9 | JERECZEK ADA | 488 | AKTYWNA WARSZAWA | WARSZAWA | POL | K 20 | 9 | K 47 | AKTYWNA WARSZAWA | 00:10:55 | 00:22:44.90 | 00:23:43.10 | 4:32 | 13.2 |
| 10 | MAZUR ANNA | 887 | G8 BIELANY | WARSZAWA | POL | K 20 | 10 | K 48 | | 00:09:39 | 00:22:48.15 | 00:23:32.60 | 4:33 | 13.2 |
| 11 | DUCHNOWSKA NATALIA | 265 | | ŁÓDŹ | POL | K 20 | 11 | K 59 | | 00:10:59 | 00:23:30.90 | 00:24:49.15 | 4:42 | 12.8 |
| 12 | SYGUDA KATARZYNA | 1371 | TEAM PARSZCZYŃSKICH | WARSZAWA | POL | K 20 | 12 | K 62 | | 00:11:15 | 00:23:43.10 | 00:24:48.70 | 4:44 | 12.6 |
| 13 | MAŃCZEWSKA WERONIKA | 889 | | WARSZAWA | POL | K 20 | 13 | K 83 | | 00:11:23 | 00:24:38.85 | 00:25:55.15 | 4:55 | 12.2 |
| 14 | ORNOWSKA JOANNA | 1004 | | WARSZAWA | POL | K 20 | 14 | K 95 | | 00:11:24 | 00:25:08.05 | 00:26:24.40 | 5:01 | 11.9 |
| 15 | KOCIĘCKA EDYTA | 612 | | OLSZTYN | POL | K 20 | 15 | K 104 | | 00:12:01 | 00:25:30.20 | 00:27:06.95 | 5:06 | 11.8 |
| 16 | KOŚNIK ALICJA | 662 | | WARSZAWA | POL | K 20 | 16 | K 107 | | 00:12:21 | 00:25:35.10 | 00:27:28.95 | 5:07 | 11.7 |
| 17 | GAŚKA AGNIESZKA | 348 | TEAM ZABIEGANEDNI | WIĄZOWNA | POL | K 20 | 17 | K 118 | TEAM ZABIEGANEDNI | 00:12:26 | 00:25:50.45 | 00:27:35.75 | 5:10 | 11.6 |
| 18 | SLASKA MARIA | 1285 | | NOWA IWICZNA | POL | K 20 | 18 | K 128 | | 00:11:29 | 00:26:01.60 | 00:27:32.30 | 5:12 | 11.5 |
| 19 | JĘDRZEJEWSKA LAURA | 1805 | | PŁOŃSK | POL | K 20 | 19 | K 135 | | 00:12:19 | 00:26:15.60 | 00:28:00.50 | 5:15 | 11.4 |
| 20 | ROJEWSKA PAULINA | 1188 | | WARSZAWA | POL | K 20 | 20 | K 136 | | 00:11:59 | 00:26:22.10 | 00:27:29.85 | 5:16 | 11.4 |
| 21 | GIEFERT SYLWIA | 1788 | | WARSZAWA | POL | K 20 | 21 | K 137 | | 00:12:19 | 00:26:23.15 | 00:28:08.50 | 5:16 | 11.4 |
| 22 | ANTKIEWICZ WERONIKA | 29 | | WARSZAWA (URSYNÓW) | POL | K 20 | 22 | K 139 | | 00:12:02 | 00:26:23.40 | 00:27:43.80 | 5:16 | 11.4 |
| 23 | PASZKIEWICZ ALICJA | 1703 | | WARSZAWA | POL | K 20 | 23 | K 150 | | 00:12:33 | 00:26:43.85 | 00:28:23.65 | 5:20 | 11.2 |
| 24 | KRYSIUK KAROLINA | 705 | | TORUŃ | POL | K 20 | 24 | K 161 | | 00:12:42 | 00:26:48.65 | 00:28:39.15 | 5:21 | 11.2 |
| 25 | DĘBOWSKA KINGA | 234 | PAWKO RUNNER TEAM | WARSZAWA | POL | K 20 | 25 | K 171 | PAWKO RUNNER TEAM | 00:12:46 | 00:27:02.85 | 00:28:37.75 | 5:24 | 11.1 |
| 26 | PASZEWSKA KORNELIA | 1889 | | BŁONIE | POL | K 20 | 26 | K 189 | | 00:12:54 | 00:27:20.25 | 00:29:55.65 | 5:28 | 11 |
| 27 | ŁAPIŃSKA PATRYCJA | 1846 | | WARSZAWA | POL | K 20 | 27 | K 202 | | 00:13:18 | 00:27:34.40 | 00:29:39.70 | 5:30 | 10.9 |
| 28 | KORNAS AGATA | 641 | CSWP RUNNING TEAM | WARSZAWA | POL | K 20 | 28 | K 203 | CSWP RUNNING TEAM | 00:12:46 | 00:27:34.50 | 00:28:58.15 | 5:30 | 10.9 |
| 29 | OSTROWSKA PATRYCJA | 1012 | | WARSZAWA | POL | K 20 | 29 | K 205 | | 00:12:03 | 00:27:39.05 | 00:29:03.75 | 5:31 | 10.8 |
| 30 | KRYSZEWSKA KAJA | 706 | | KOLUSZKI | POL | K 20 | 30 | K 215 | | 00:13:15 | 00:27:52.50 | 00:30:02.60 | 5:34 | 10.8 |
| 31 | ZATORSKA AGNIESZKA | 1630 | KB PACE WARSZAWA | PRUSZKÓW | POL | K 20 | 31 | K 220 | KB PACE WARSZAWA 2 | 00:13:31 | 00:27:54.60 | 00:30:28.90 | 5:34 | 10.8 |
| 32 | SADŁOWSKA ALEKSANDRA | 1225 | | WARSZAWA | POL | K 20 | 32 | K 224 | | 00:13:04 | 00:27:57.00 | 00:31:01.15 | 5:35 | 10.7 |
| 33 | CHRÓST PATRYCJA | 1756 | | WARSZAWA | POL | K 20 | 33 | K 229 | | 00:12:31 | 00:28:10.35 | 00:30:17.40 | 5:38 | 10.7 |
| 34 | MEKARSKA MARTA | 895 | | WARSZAWA | POL | K 20 | 34 | K 230 | | 00:13:15 | 00:28:10.85 | 00:30:15.85 | 5:38 | 10.7 |
| 35 | BOROWIŃSKA ALEKSANDRA | 102 | | WARSZAWA | POL | K 20 | 35 | K 238 | | 00:13:19 | 00:28:21.25 | 00:30:31.20 | 5:40 | 10.6 |
| 36 | DOLATA EWA | 1777 | | KONSTANCIN-JEIORNA | POL | K 20 | 36 | K 261 | | 00:12:54 | 00:28:43.45 | 00:31:20.90 | 5:44 | 10.4 |
| 37 | URBAŃSKA-STĄNCZUK MARIA | 1495 | | WARSZAWA | POL | K 20 | 37 | K 264 | | 00:13:16 | 00:28:48.10 | 00:31:35.80 | 5:45 | 10.4 |
| 38 | DOMŻAŁA KATARZYNA | 252 | TEAM ZABIEGANEDNI | KARCZEW | POL | K 20 | 38 | K 266 | | 00:12:34 | 00:28:49.70 | 00:30:36.25 | 5:45 | 10.4 |
| 39 | KORYCKA KLAUDIA | 651 | | WARSZAWA | POL | K 20 | 39 | K 271 | | 00:12:48 | 00:28:51.85 | 00:30:34.55 | 5:46 | 10.4 |

BIEG URSYNOWA, K 20 c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Drużyna 1 | 2.5km | Netto | Brutto | min/km | km/h |
|------|-----------------------|------|-----------------------|-----------|------|------|--------|-------|--------------------------|----------|-------------|-------------|--------|------|
| 40 | BOGUSZ WERONIKA | 97 | | WARSZAWA | POL | K 20 | 40 | K 276 | | 00:13:12 | 00:28:58.00 | 00:31:07.15 | 5:47 | 10.4 |
| 41 | ADAMCZYK JULIA | 13 | RUNS IN THE FAMILY | WARSZAWA | POL | K 20 | 41 | K 280 | | 00:13:59 | 00:29:01.95 | 00:31:10.50 | 5:48 | 10.3 |
| 42 | SOKHAN OLENA | 1309 | | WARSZAWA | POL | K 20 | 42 | K 282 | ITMRUN | 00:12:58 | 00:29:04.55 | 00:30:24.50 | 5:48 | 10.3 |
| 43 | MICOREK MAJA | 1859 | PARASPORTOWI | WARSZAWA | POL | K 20 | 43 | K 285 | PARASPORTOWI | 00:14:21 | 00:29:08.75 | 00:31:50.40 | 5:49 | 10.3 |
| 44 | ULBIN KAROLINA | 1486 | | WARSZAWA | POL | K 20 | 44 | K 304 | | 00:13:22 | 00:29:23.20 | 00:31:31.55 | 5:52 | 10.2 |
| 45 | CHMIELEWSKA JOANNA | 626 | | WARSZAWA | POL | K 20 | 45 | K 319 | | 00:14:03 | 00:29:36.00 | 00:32:23.60 | 5:55 | 10.1 |
| 46 | WÓJCIK MAŁGORZATA | 1736 | | GOŁDAP | POL | K 20 | 46 | K 325 | | 00:13:59 | 00:29:42.40 | 00:32:34.70 | 5:56 | 10.1 |
| 47 | BALCERZAK KAROLINA | 42 | | WARSZAWA | POL | K 20 | 47 | K 349 | | 00:13:57 | 00:30:11.10 | 00:31:44.95 | 6:02 | 9.9 |
| 48 | KOZŁOWSKA SYLWIA | 684 | | WARSZAWA | POL | K 20 | 48 | K 355 | | 00:14:05 | 00:30:17.60 | 00:33:06.10 | 6:03 | 9.9 |
| 49 | KOWALIK MARTA | 1826 | | NARUSZEWO | POL | K 20 | 49 | K 363 | | 00:13:31 | 00:30:31.45 | 00:31:08.75 | 6:06 | 9.8 |
| 50 | TROJANOWSKA NINA | 1968 | ADIDAS RUNNERS | WARSZAWA | POL | K 20 | 50 | K 365 | | 00:14:10 | 00:30:32.40 | 00:33:22.60 | 6:06 | 9.8 |
| 51 | GONTAREK EMANUELA | 1793 | | WARSZAWA | POL | K 20 | 51 | K 366 | | 00:14:02 | 00:30:33.40 | 00:31:58.50 | 6:06 | 9.8 |
| 52 | LIPIŃSKA ADRIANNA | 786 | | WARSZAWA | POL | K 20 | 52 | K 368 | | 00:15:01 | 00:30:34.35 | 00:33:51.70 | 6:06 | 9.8 |
| 53 | DUSIŃSKA DOMINIKA | 271 | | WARSZAWA | POL | K 20 | 53 | K 376 | | 00:13:58 | 00:30:49.75 | 00:33:27.40 | 6:09 | 9.7 |
| 54 | PURZYCKA DOMINIKA | 1147 | | WARSZAWA | POL | K 20 | 54 | K 380 | | 00:15:07 | 00:30:56.00 | 00:33:11.65 | 6:11 | 9.7 |
| 55 | KOBUS KARINA | 610 | | PIASECZNO | POL | K 20 | 55 | K 386 | | 00:14:38 | 00:31:03.45 | 00:33:49.70 | 6:12 | 9.7 |
| 56 | JACHEĆ KORNELA | 448 | | WARSZAWA | POL | K 20 | 56 | K 387 | | 00:14:43 | 00:31:06.35 | 00:34:05.05 | 6:13 | 9.6 |
| 57 | BUSZMAN ZUZANNA | 142 | | WARSZAWA | POL | K 20 | 57 | K 412 | | 00:15:10 | 00:31:38.30 | 00:34:45.25 | 6:19 | 9.5 |
| 58 | SZATKOWSKA MARTA | 1385 | | WARSZAWA | POL | K 20 | 58 | K 416 | | 00:14:14 | 00:31:42.45 | 00:33:58.70 | 6:20 | 9.5 |
| 59 | SURMACZ IZA | 1370 | POLINEZJA | WARSZAWA | POL | K 20 | 59 | K 425 | | 00:14:26 | 00:32:10.45 | 00:34:57.90 | 6:26 | 9.3 |
| 60 | ULMA KLAUDIA | 1490 | | WARSZAWA | POL | K 20 | 60 | K 431 | | 00:15:20 | 00:32:26.85 | 00:35:25.10 | 6:29 | 9.2 |
| 61 | GRZYBEK MARTA | 420 | | WARSZAWA | POL | K 20 | 61 | K 454 | | 00:14:43 | 00:32:59.65 | 00:35:14.30 | 6:35 | 9.1 |
| 62 | KIJĄŃSKA ANNA | 582 | | WARSZAWA | POL | K 20 | 62 | K 460 | | 00:14:28 | 00:33:16.20 | 00:35:46.90 | 6:39 | 9 |
| 63 | MORAWSKA IRMINA | 924 | | WARSZAWA | POL | K 20 | 63 | K 463 | | 00:15:45 | 00:33:23.20 | 00:36:22.80 | 6:40 | 9 |
| 64 | CHROMIŃSKA KLARA | 173 | | WARSZAWA | POL | K 20 | 64 | K 469 | | 00:15:54 | 00:33:35.75 | 00:37:07.55 | 6:43 | 8.9 |
| 65 | MIERZYŃSKA ROKSANA | 903 | CBRE | WARSZAWA | POL | K 20 | 65 | K 471 | | 00:15:53 | 00:33:38.25 | 00:36:46.45 | 6:43 | 8.9 |
| 66 | KIJAN KAROLINA | 581 | | PIASECZNO | POL | K 20 | 66 | K 482 | | 00:15:37 | 00:33:52.85 | 00:36:39.15 | 6:46 | 8.9 |
| 67 | KONARSKA ANNA | 623 | | WARSZAWA | POL | K 20 | 67 | K 484 | | 00:16:20 | 00:33:58.50 | 00:37:04.85 | 6:47 | 8.8 |
| 68 | KUZNETSOVA KATERYNA | 750 | | WARSZAWA | POL | K 20 | 68 | K 485 | | 00:14:46 | 00:34:00.05 | 00:36:13.95 | 6:48 | 8.8 |
| 69 | SOBOLEWSKA ALEKSANDRA | 1725 | | WARSZAWA | POL | K 20 | 69 | K 500 | | 00:15:49 | 00:34:20.15 | 00:35:46.50 | 6:52 | 8.7 |
| 70 | ZYZAŃSKA JULIA | 1663 | | WARSAW | POL | K 20 | 70 | K 504 | | 00:16:20 | 00:34:32.05 | 00:37:36.55 | 6:54 | 8.7 |
| 71 | PILIS DARIA | 1896 | | WARSAW | POL | K 20 | 71 | K 505 | | 00:15:34 | 00:34:34.15 | 00:36:33.40 | 6:54 | 8.7 |
| 72 | BORYS KAROLINA | 107 | | WARSZAWA | POL | K 20 | 72 | K 513 | | 00:16:17 | 00:34:43.45 | 00:38:00.50 | 6:56 | 8.6 |
| 73 | MARCINIAK JULIA | 1733 | | WARSZAWA | POL | K 20 | 73 | K 518 | | 00:15:20 | 00:35:04.20 | 00:37:41.35 | 7:00 | 8.6 |
| 74 | RUDENKO DARIA | 1204 | | WARSZAWA | POL | K 20 | 74 | K 523 | | 00:15:36 | 00:35:17.25 | 00:37:29.00 | 7:03 | 8.5 |
| 75 | KORNACKA AGNIESZKA | 640 | | NIEPORĘT | POL | K 20 | 75 | K 527 | | 00:16:18 | 00:35:25.15 | 00:35:45.10 | 7:05 | 8.5 |
| 76 | LEHMANN KAROLINA | 768 | | WARSZAWA | POL | K 20 | 76 | K 533 | | 00:16:24 | 00:35:52.40 | 00:39:09.25 | 7:10 | 8.4 |
| 77 | SHADRYNA DARYA | 1241 | | WARSZAWA | POL | K 20 | 77 | K 567 | | 00:17:36 | 00:39:18.30 | 00:42:26.30 | 7:51 | 7.6 |
| 78 | ZAROSIŃSKA PAULINA | 1626 | | WARSZAWA | POL | K 20 | 78 | K 574 | | 00:18:40 | 00:40:33.15 | 00:43:52.85 | 8:06 | 7.4 |
| 79 | KOPKA MARCELINA | 635 | ADIDAS RUNNERS WARSAW | WARSZAWA | POL | K 20 | 79 | K 586 | ADIDAS RUNNERS WARSAW | 00:09:03 | | | 3:37 | 16.6 |
| 80 | ŚLĘZAK KAROLINA | 1425 | | WARSZAWA | POL | K 20 | 80 | K 591 | | | | | | |
| 81 | ZAMARRIPA KAROLINA | 2125 | CTS | WARSZAWA | POL | K 20 | 81 | K 592 | | | | | | |

BIEG URSYNOWA, M 20

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Drużyna 1 | 2.5km | Netto | Brutto | min/km | km/h |
|------|----------------------|------|----------------------|-----------------|------|------|--------|------|-----------|----------|-------------|-------------|--------|------|
| 1 | ALEKSANDROVICH ROMAN | 21 | ACHILLES | LESZNO | POL | M 20 | 1 | M 2 | | 00:07:03 | 00:14:50.05 | 00:14:51.80 | 2:58 | 20.2 |
| 2 | DAMENTKA KAMIL | 218 | CTS | WARSZAWA | POL | M 20 | 2 | M 8 | | 00:06:59 | 00:15:15.70 | 00:15:29.55 | 3:03 | 19.7 |
| 3 | MISIEWICZ MICHAŁ | 909 | DATUMO.IO | OLSZTYN | POL | M 20 | 3 | M 14 | | 00:07:01 | 00:15:26.05 | 00:15:40.20 | 3:05 | 19.4 |
| 4 | BISKUPSKI TOMASZ | 1695 | ZABIEGANI W KIELCACH | DALESZYCE | POL | M 20 | 4 | M 7 | | 00:07:03 | 00:15:26.30 | 00:15:27.90 | 3:05 | 19.4 |
| 5 | TOKARSKI PIOTR | 1448 | | KREPA | POL | M 20 | 5 | M 10 | | 00:07:22 | 00:15:30.30 | 00:15:32.25 | 3:06 | 19.4 |
| 6 | WIĘCKOWSKI ŁUKASZ | 1536 | | WARSZAWA | POL | M 20 | 6 | M 12 | | 00:07:20 | 00:15:31.05 | 00:15:32.85 | 3:06 | 19.3 |
| 7 | ADRJANOWSKI KRZYSIEK | 19 | | URSYNÓW | POL | M 20 | 7 | M 18 | | 00:07:22 | 00:16:07.10 | 00:16:08.80 | 3:13 | 18.6 |
| 8 | PYSHNIAK KOSTIANTYN | 1152 | UKRAINE | UKRAINE | UKR | M 20 | 8 | M 20 | | 00:07:11 | 00:16:22.65 | 00:16:23.85 | 3:16 | 18.3 |
| 9 | WRONOWSKI ALBERT | 1999 | WRONA RUN | BANIE MAZURSKIE | POL | M 20 | 9 | M 25 | | 00:07:49 | 00:16:50.55 | 00:17:07.50 | 3:22 | 17.8 |

BIEG URSYNOWA, M 20 c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Drużyna 1 | 2.5km | Netto | Brutto | min/km | km/h |
|------|------------------------|------|---|----------------------|------|------|--------|-------|--------------------------|-------------|-------------|-------------|--------|------|
| 10 | NIEDZIAŁEK MICHAŁ | 956 | 100 TWARZY GRZYBIARZY | WARSZAWA | POL | M 20 | 10 | M 32 | | 00:07:44 | 00:16:58.15 | 00:17:16.75 | 3:23 | 17.7 |
| 11 | DAUKSZO MACIEJ | 219 | | WARSZAWA | POL | M 20 | 11 | M 35 | | 00:08:00 | 00:17:04.15 | 00:17:22.70 | 3:24 | 17.6 |
| 12 | DZICZEK SZYMON | 280 | PASSION FIRST | WARSZAWA | POL | M 20 | 12 | M 28 | PASSION FIRST | 00:07:37 | 00:17:09.10 | 00:17:12.25 | 3:25 | 17.5 |
| 13 | OMIELAN WOJCIECH | 1884 | | ELK | POL | M 20 | 13 | M 30 | | 00:07:53 | 00:17:11.55 | 00:17:13.90 | 3:26 | 17.5 |
| 14 | TKACZYK MATEUSZ | 1967 | | PULAWY | POL | M 20 | 14 | M 38 | | 00:08:17 | 00:17:22.65 | 00:17:26.10 | 3:28 | 17.3 |
| 15 | PIOTROWSKI FILIP | 1899 | BKS WATAHA WARSZAWA | WIELISZEW | POL | M 20 | 15 | M 48 | | 00:08:06 | 00:17:24.95 | 00:17:44.10 | 3:28 | 17.2 |
| 16 | PODCZASI MARCIN | 1904 | WKZ KOZIENICE BBL | KOZIENICE | POL | M 20 | 16 | M 55 | WKZ KOZIENICE BBL | 00:08:19 | 00:17:39.05 | 00:17:51.50 | 3:31 | 17 |
| 17 | MARYNOWSKI WOJCIECH | 863 | | WARSZAWA | POL | M 20 | 17 | M 51 | | 00:08:15 | 00:17:42.00 | 00:17:47.30 | 3:32 | 16.9 |
| 18 | GOLONKA PRZEMYSŁAW | 1791 | | WARSZAWA | POL | M 20 | 18 | M 83 | | 00:08:19 | 00:18:03.30 | 00:18:26.95 | 3:36 | 16.6 |
| 19 | STRZELECKI PIOTR | 1359 | KB PACE WARSZAWA | WARSZAWA | POL | M 20 | 19 | M 68 | KB PACE WARSZAWA | 00:08:37 | 00:18:05.20 | 00:18:10.80 | 3:37 | 16.6 |
| 20 | KRYWCZUK TOMASZ | 707 | ADIDAS RUNNERS WARSAW | WARSZAWA | POL | M 20 | 20 | M 85 | ADIDAS RUNNERS WARSAW | 00:08:16 | 00:18:08.20 | 00:18:28.45 | 3:37 | 16.5 |
| 21 | PILIPCZUK JAKUB | 1076 | | ZAMOŚĆ | POL | M 20 | 21 | M 96 | | 00:08:30 | 00:18:29.85 | 00:19:01.35 | 3:41 | 16.2 |
| 22 | REGULSKI PAWEŁ | 1174 | GÓRA BIEGA | WARKA | POL | M 20 | 22 | M 99 | GÓRA BIEGA - DZIKI | 00:08:39 | 00:18:33.15 | 00:19:01.05 | 3:42 | 16.2 |
| 23 | POTKAJ PRZEMYSŁAW | 1113 | DĄBROWSKI TEAM | KADZIDŁO | POL | M 20 | 23 | M 105 | DĄBROWSKI TEAM | 00:08:52 | 00:18:40.65 | 00:18:50.65 | 3:44 | 16.1 |
| 24 | OLSZAŃSKI PAWEŁ | 999 | KB PACE WARSZAWA | OLSZTYN | POL | M 20 | 24 | M 112 | KB PACE WARSZAWA | 00:08:13 | 00:18:44.45 | 00:18:47.60 | 3:44 | 16 |
| 25 | KALIŃSKI FRANCISZEK | 526 | | ŁOWICZ | POL | M 20 | 25 | M 115 | | 00:08:53 | 00:18:48.95 | 00:19:02.60 | 3:45 | 16 |
| 26 | CZARNOCKI WOJCIECH | 202 | ADIDAS RUNNERS WARSAW | WARSZAWA | POL | M 20 | 26 | M 117 | ADIDAS RUNNERS WARSAW | 00:08:54 | 00:18:49.70 | 00:19:05.25 | 3:45 | 15.9 |
| 27 | KUKLA-KUKLEWICZ MICHAŁ | 734 | | WARSZAWA | POL | M 20 | 27 | M 128 | | 00:08:57 | 00:18:59.95 | 00:19:39.50 | 3:47 | 15.8 |
| 28 | DOBROŁĘCKI JACEK | 243 | KONRAD NOSARZEWSKI BADANIA DIETA TRENING | STUPSK | POL | M 20 | 28 | M 145 | | 00:08:14 | 00:19:16.10 | 00:19:20.00 | 3:51 | 15.6 |
| 29 | WRONOWSKI MARCIN | 1590 | JEDNOOSOBOWY KLUB MYSZKA MISIO MILUSIA | WARSZAWA | POL | M 20 | 29 | M 159 | | 00:09:05 | 00:19:26.45 | 00:20:04.15 | 3:53 | 15.4 |
| 30 | JASKÓLSKI BARTŁOMIEJ | 478 | | OSTROŻEŃ PIERWSZY | POL | M 20 | 30 | M 166 | | 00:09:23 | 00:19:33.00 | 00:19:52.50 | 3:54 | 15.3 |
| 31 | PLUTA PATRYK | 1092 | | PRZEDBÓRZ | POL | M 20 | 31 | M 167 | | 00:08:57 | 00:19:33.05 | 00:19:47.00 | 3:54 | 15.3 |
| 32 | OKHOTNIKOV MYKHAILO | 984 | | WARSZAWA | UKR | M 20 | 32 | M 169 | | 00:09:00 | 00:19:34.10 | 00:19:48.35 | 3:54 | 15.3 |
| 33 | CZEREWACZ ANDRZEJ | 1767 | | KRAKÓW | POL | M 20 | 33 | M 184 | | 00:09:24 | 00:19:44.30 | 00:20:02.30 | 3:56 | 15.2 |
| 34 | WAŚNIEWSKI PAWEŁ | 1981 | | WARSZAWA | POL | M 20 | 34 | M 188 | | 00:09:01 | 00:19:45.20 | 00:19:59.55 | 3:57 | 15.2 |
| 35 | SOBOLEWSKI MATEUSZ | 1303 | ZÓRAWSKI TEAM | WARSZAWA | POL | M 20 | 35 | M 191 | ZÓRAWSKI TEAM | 00:09:05 | 00:19:45.50 | 00:19:57.65 | 3:57 | 15.2 |
| 36 | UMIASTOWSKI BARTOSZ | 1492 | | NOWY DWÓR MAZOWIECKI | POL | M 20 | 36 | M 197 | | 00:09:24 | 00:19:48.85 | 00:20:12.55 | 3:57 | 15.2 |
| 37 | DUDEK IGOR | 269 | | JELENIA GÓRA | POL | M 20 | 37 | M 207 | | 00:09:19 | 00:19:54.15 | 00:20:09.40 | 3:58 | 15.1 |
| 38 | PUSEK MIKOŁAJ | 1148 | FPL TEAM | WARSZAWA | POL | M 20 | 38 | M 218 | | 00:09:21 | 00:20:01.55 | 00:20:22.15 | 4:00 | 15 |
| 39 | JAKUBIAK WOJCIECH | 456 | | WARSZAWA | POL | M 20 | 39 | M 227 | | 00:09:21 | 00:20:08.55 | 00:20:27.65 | 4:01 | 14.9 |
| 40 | LEWANDOWSKI MICHAŁ | 1836 | ADIDAS RUNNERS WARSAW | WARSZAWA | POL | M 20 | 40 | M 235 | ADIDAS RUNNERS WARSAW | 00:09:17 | 00:20:18.15 | 00:20:34.35 | 4:03 | 14.8 |
| 41 | CZAPSKI KACPER | 200 | EMILKRÓLTEAM | GOLICE | POL | M 20 | 41 | M 248 | | 00:09:27 | 00:20:27.80 | 00:20:43.90 | 4:05 | 14.7 |
| 42 | KURNICKI MICHAŁ | 746 | | WARSZAWA | POL | M 20 | 42 | M 258 | | 00:09:37 | 00:20:34.85 | 00:21:21.25 | 4:06 | 14.6 |
| 43 | ZYZAŃSKI MIKOŁAJ | 1664 | | WARSZAWA | POL | M 20 | 43 | M 267 | | 00:09:36 | 00:20:41.35 | 00:21:36.90 | 4:08 | 14.5 |
| 44 | KULIGOWSKI ADRIAN | 1829 | | RADZYMIN | POL | M 20 | 44 | M 305 | | 00:09:48 | 00:21:03.45 | 00:21:54.40 | 4:12 | 14.3 |
| 45 | KUNOWSKI MATEUSZ | 743 | | WARSZAWA | POL | M 20 | 45 | M 308 | | 00:09:46 | 00:21:05.95 | 00:21:36.60 | 4:13 | 14.2 |
| 46 | DUDZIK BARTŁOMIEJ | 270 | | IZABELIN | POL | M 20 | 46 | M 322 | | 00:09:48 | 00:21:12.00 | 00:21:49.70 | 4:14 | 14.2 |
| 47 | MYŚLIŃSKI MATEUSZ | 944 | | WARSZAWA | POL | M 20 | 47 | M 330 | | 00:09:45 | 00:21:16.90 | 00:21:41.95 | 4:15 | 14.1 |
| 48 | WOŹNICKI PAWEŁ | 1994 | | WARSZAWA | POL | M 20 | 48 | M 332 | | 00:09:55 | 00:21:18.15 | 00:21:49.15 | 4:15 | 14.1 |
| 49 | MIERZEJEWSKI RAFAŁ | 901 | BIEGAJ W MŁAWIE | GRUDUSK | POL | M 20 | 49 | M 333 | | 00:10:33 | 00:21:18.70 | 00:22:06.05 | 4:15 | 14.1 |
| 50 | OKRASA MICHAŁ | 985 | | WARSZAWA | POL | M 20 | 50 | M 356 | | 00:09:47 | 00:21:28.00 | 00:22:04.20 | 4:17 | 14 |
| 51 | KUBICKI JAKUB | 716 | ESSA | WARSZAWA | POL | M 20 | 51 | M 368 | ESSA | 00:10:14 | 00:21:35.10 | 00:22:37.40 | 4:19 | 13.9 |
| 52 | POŁCZYŃSKI MACIEJ | 1906 | | WARSZAWA | POL | M 20 | 52 | M 369 | | 00:10:29 | 00:21:35.55 | 00:23:25.75 | 4:19 | 13.9 |
| 53 | BURZYKOWSKI JAKUB | 141 | | ŁOWICZ | POL | M 20 | 53 | M 389 | | 00:10:32 | 00:21:53.20 | 00:23:09.15 | 4:22 | 13.7 |
| 54 | BAK OSKAR | 61 | MADMAN TEAM | OTWOCK | POL | M 20 | 54 | M 405 | | 00:10:27 | 00:22:00.30 | 00:22:45.65 | 4:24 | 13.6 |
| 55 | CHEŁCHOWSKI MICHAŁ | 155 | PAWKO RUNNER TEAM | WARSZAWA | POL | M 20 | 55 | M 425 | PAWKO RUNNER TEAM | 00:22:15.15 | 00:22:47.95 | | 4:27 | 13.5 |
| 56 | PUCHALSKI JAN | 1142 | | ŁOWICZ | POL | M 20 | 56 | M 434 | | 00:10:50 | 00:22:23.45 | 00:23:19.90 | 4:28 | 13.4 |
| 57 | LIPSZYC ALEKSANDER | 1708 | | WARSZAWA | POL | M 20 | 57 | M 450 | | 00:09:46 | 00:22:30.60 | 00:22:57.80 | 4:30 | 13.3 |
| 58 | TRACZEWSKI JAN | 1458 | | WARSZAWA | POL | M 20 | 58 | M 453 | | 00:09:55 | 00:22:31.30 | 00:23:16.35 | 4:30 | 13.3 |
| 59 | ZAJĄC DAWID | 1614 | | WARSZAWA | POL | M 20 | 59 | M 469 | | 00:10:54 | 00:22:41.90 | 00:24:05.70 | 4:32 | 13.2 |
| 60 | MACANDER JAKUB | 812 | | SKIERNIEWICE | POL | M 20 | 60 | M 470 | | 00:10:36 | 00:22:42.45 | 00:23:17.20 | 4:32 | 13.2 |
| 61 | SELWESIUK BARTOSZ | 1239 | | WARSZAWA | POL | M 20 | 61 | M 486 | | 00:11:00 | 00:22:47.15 | 00:23:51.30 | 4:33 | 13.2 |

BIEG URSYNOWA, M 20 c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Drużyna 1 | 2.5km | Netto | Brutto | min/km | km/h |
|------|------------------------|------|-----------------------|-------------------|------|------|--------|-------|-------------------|----------|-------------|-------------|--------|------|
| 62 | STOLARCZYK PIOTR | 1349 | ESSA | WARSZAWA | POL | M 20 | 62 | M 490 | ESSA | 00:10:15 | 00:22:52.60 | 00:23:55.00 | 4:34 | 13.1 |
| 63 | MARTSENIUK VOLODYMYR | 862 | | WARSZAWA | POL | M 20 | 63 | M 497 | ITMRUN | 00:10:52 | 00:22:55.00 | 00:23:51.75 | 4:35 | 13.1 |
| 64 | KRASUCKI MICHAŁ | 688 | | WARSZAWA | POL | M 20 | 64 | M 500 | | 00:10:58 | 00:22:56.25 | 00:24:33.80 | 4:35 | 13.1 |
| 65 | MIERZEJEWSKI GRZEGORZ | 902 | TEAM SPIRIT | GRUDUSK | POL | M 20 | 65 | M 507 | | 00:10:04 | 00:23:00.60 | 00:23:25.30 | 4:36 | 13 |
| 66 | TURZYŃSKI PIOTR | 1706 | DECATHLON PIASECZNO | PIASECZNO | POL | M 20 | 66 | M 517 | DECATHLON | 00:10:54 | 00:23:06.80 | 00:24:30.60 | 4:37 | 13 |
| 67 | KEMPA JAKUB | 25 | | WARSZAWA | POL | M 20 | 67 | M 544 | | 00:10:26 | 00:23:23.65 | 00:24:13.90 | 4:40 | 12.8 |
| 68 | ADAMIEC KAROL | 15 | | WARSZAWA | POL | M 20 | 68 | M 548 | | 00:11:18 | 00:23:24.95 | 00:24:15.50 | 4:40 | 12.8 |
| 69 | RYŻYŃSKI MICHAŁ | 1925 | PAWKORUNNERTEAM | KALISZ | POL | M 20 | 69 | M 579 | PAWKO RUNNER TEAM | 00:10:39 | 00:23:42.85 | 00:24:18.20 | 4:44 | 12.7 |
| 70 | WRÓBLEWSKI TOMASZ | 2128 | | WARSZAWA | POL | M 20 | 70 | M 584 | | 00:11:08 | 00:23:46.20 | 00:25:29.45 | 4:45 | 12.6 |
| 71 | DUDEK JAKUB | 267 | | BANIOCHA | POL | M 20 | 71 | M 586 | | 00:10:36 | 00:23:46.50 | 00:25:04.90 | 4:45 | 12.6 |
| 72 | MATEJEK BŁAŻEJ | 875 | | WARSZAWA | POL | M 20 | 72 | M 590 | | 00:11:36 | 00:23:48.90 | 00:26:00.20 | 4:45 | 12.6 |
| 73 | STĘPNIEWSKI DOMINIK | 1347 | | WARSZAWA | POL | M 20 | 73 | M 602 | | 00:11:14 | 00:23:56.80 | 00:25:00.65 | 4:47 | 12.5 |
| 74 | DMUCHOWSKI JAKUB | 241 | | ŁOMZA | POL | M 20 | 74 | M 613 | | 00:11:19 | 00:24:04.60 | 00:25:11.15 | 4:48 | 12.5 |
| 75 | MUZYCHENKO DMYTRO | 940 | TEAM ZABIEGANEDNI | WARSZAWA | POL | M 20 | 75 | M 618 | | 00:11:26 | 00:24:06.50 | 00:25:23.50 | 4:49 | 12.4 |
| 76 | DORS MAREK | 253 | KABEX PODKOWA JANÓW | WARSZAWA | POL | M 20 | 76 | M 622 | | 00:11:42 | 00:24:09.75 | 00:25:38.00 | 4:49 | 12.4 |
| 77 | ATAMANOV MYKYTA | 36 | RUN FOR PEACE | DONIECK (UKRAINA) | POL | M 20 | 77 | M 623 | | 00:11:41 | 00:24:10.65 | 00:25:45.25 | 4:50 | 12.4 |
| 78 | BANASIK MARCIN | 46 | MARATOŃCZYCY | WARSZAWA | POL | M 20 | 78 | M 635 | MARATOŃCZYCY | 00:11:36 | 00:24:18.10 | 00:25:57.00 | 4:51 | 12.3 |
| 79 | BĘTKOWSKI PIOTR | 70 | | WARSZAWA | POL | M 20 | 79 | M 650 | | 00:11:01 | 00:24:23.75 | 00:26:03.25 | 4:52 | 12.3 |
| 80 | KONDRYSZYN KACPER | 1819 | | WARSZAWA | POL | M 20 | 80 | M 672 | | 00:11:51 | 00:24:36.70 | 00:26:15.30 | 4:55 | 12.2 |
| 81 | BRODZIK JAKUB | 1751 | | WARSZAWA | POL | M 20 | 81 | M 695 | | 00:11:49 | 00:24:49.35 | 00:26:18.45 | 4:57 | 12.1 |
| 82 | PIWOWAREK ROBERT | 1088 | | WARSZAWA | POL | M 20 | 82 | M 703 | | 00:11:50 | 00:24:53.20 | 00:26:21.05 | 4:58 | 12.1 |
| 83 | BŁACH PIOTR | 89 | | WARSZAWA | POL | M 20 | 83 | M 704 | | 00:11:45 | 00:24:53.25 | 00:26:25.10 | 4:58 | 12.1 |
| 84 | KUCHER PAVLO | 724 | | WARSZAWA | UKR | M 20 | 84 | M 716 | | 00:12:35 | 00:25:03.00 | 00:27:00.30 | 5:00 | 12 |
| 85 | KUCHARSKI MICHAŁ | 722 | | WARSZAWA | POL | M 20 | 85 | M 717 | | 00:10:59 | 00:25:03.30 | 00:26:14.05 | 5:00 | 12 |
| 86 | MACUTKIEWICZ ADAM | 820 | MARATOŃCZYCY | WARSZAWA | POL | M 20 | 86 | M 727 | MARATOŃCZYCY | 00:12:41 | 00:25:10.05 | 00:26:53.55 | 5:02 | 11.9 |
| 87 | BUJALSKI KONRAD | 130 | ETV ULUBIONA WARSZAWA | WARSZAWA | POL | M 20 | 87 | M 731 | | 00:12:10 | 00:25:12.15 | 00:27:07.55 | 5:02 | 11.9 |
| 88 | TYC PIOTR | 1479 | | WARSZAWA | POL | M 20 | 88 | M 738 | | 00:12:23 | 00:25:15.80 | 00:27:04.80 | 5:03 | 11.9 |
| 89 | GOŹDZIAK KRZYSZTOF | 189 | | MIELEC | POL | M 20 | 89 | M 747 | | 00:12:51 | 00:25:23.95 | 00:28:11.10 | 5:04 | 11.8 |
| 90 | BIERNACKI MATEUSZ | 1746 | | KONSTANCIN | POL | M 20 | 90 | M 751 | | 00:12:13 | 00:25:27.10 | 00:27:09.80 | 5:05 | 11.8 |
| 91 | STĘPNIEWSKI JAKUB | 1348 | | RASZYN | POL | M 20 | 91 | M 753 | | 00:11:31 | 00:25:27.60 | 00:26:43.90 | 5:05 | 11.8 |
| 92 | ŚWINIARSKI ADAM | 1951 | | WARSZAWA | POL | M 20 | 92 | M 780 | | 00:12:10 | 00:25:47.30 | 00:27:30.95 | 5:09 | 11.6 |
| 93 | KAMIŃSKI TOMASZ | 535 | MARATOŃCZYCY | WARSZAWA | POL | M 20 | 93 | M 789 | MARATOŃCZYCY | 00:12:04 | 00:25:52.60 | 00:27:35.55 | 5:10 | 11.6 |
| 94 | ULICZNY MICHAŁ | 1488 | | WARSZAWA | POL | M 20 | 94 | M 800 | | 00:12:40 | 00:25:59.70 | 00:27:39.40 | 5:11 | 11.5 |
| 95 | ROJEWSKI MATEUSZ | 1189 | | WARSZAWA | POL | M 20 | 95 | M 801 | | 00:11:47 | 00:26:00.50 | 00:27:31.15 | 5:12 | 11.5 |
| 96 | LACHOWICZ TOMASZ | 756 | WITC | WARSZAWA | POL | M 20 | 96 | M 808 | | 00:11:37 | 00:26:03.30 | 00:26:22.05 | 5:12 | 11.5 |
| 97 | ZAKRZEWSKI MATEUSZ | 163 | | WARSZAWA | POL | M 20 | 97 | M 810 | | 00:11:47 | 00:26:04.55 | 00:28:54.15 | 5:12 | 11.5 |
| 98 | PATEJ MACIEJ | 1720 | | BIALYSTOK | POL | M 20 | 98 | M 812 | | 00:12:43 | 00:26:06.55 | 00:27:39.60 | 5:13 | 11.5 |
| 99 | PRZYBYSZ MATEUSZ | 1139 | | WARSZAWA | POL | M 20 | 99 | M 813 | | 00:12:32 | 00:26:06.70 | 00:27:48.05 | 5:13 | 11.5 |
| 100 | CYBULSKI DAWID | 1762 | | ZAMOŚĆ | POL | M 20 | 100 | M 824 | | 00:12:44 | 00:26:13.40 | 00:28:50.10 | 5:14 | 11.4 |
| 101 | GUTOWSKI PIOTR | 422 | | SKARYSZEW | POL | M 20 | 101 | M 825 | | 00:12:34 | 00:26:16.65 | 00:28:01.35 | 5:15 | 11.4 |
| 102 | JAKÓBCZAK MICHAŁ | 454 | | ZĄBKI | POL | M 20 | 102 | M 856 | | 00:12:08 | 00:26:31.55 | 00:28:25.75 | 5:18 | 11.3 |
| 103 | GERULA JAKUB | 352 | | WARSZAWA | POL | M 20 | 103 | M 874 | | 00:12:26 | 00:26:48.45 | 00:27:00.00 | 5:21 | 11.2 |
| 104 | GADZIŃSKI MARCIN | 328 | | WARSZAWA | POL | M 20 | 104 | M 882 | | 00:12:38 | 00:26:52.95 | 00:29:34.30 | 5:22 | 11.2 |
| 105 | KRAWCZYK JULIUSZ | 692 | | WARSZAWA | POL | M 20 | 105 | M 884 | | 00:12:52 | 00:26:55.10 | 00:28:51.70 | 5:23 | 11.1 |
| 106 | RYBCHUK IAROSLAV | 1217 | | WARSZAWA | POL | M 20 | 106 | M 891 | CBRE | 00:12:47 | 00:26:58.65 | 00:29:06.50 | 5:23 | 11.1 |
| 107 | SIARNIEWICZ ŁUKASZ | 1244 | | PIASECZNO | POL | M 20 | 107 | M 897 | | 00:12:30 | 00:27:05.90 | 00:29:20.90 | 5:25 | 11.1 |
| 108 | NOWAKOWSKI RAFAŁ | 971 | | WARSZAWA | POL | M 20 | 108 | M 904 | | 00:13:04 | 00:27:12.10 | 00:29:26.05 | 5:26 | 11 |
| 109 | PINKWART WIKTOR | 1080 | | WARSZAWA | POL | M 20 | 109 | M 911 | | 00:13:12 | 00:27:19.20 | 00:29:29.90 | 5:27 | 11 |
| 110 | CZECHOWSKI TOMASZ | 205 | | WARSZAWA | POL | M 20 | 110 | M 915 | | 00:15:03 | 00:27:20.75 | 00:30:20.65 | 5:28 | 11 |
| 111 | TOMASZEWSKI MACIEJ | 1451 | | WARSZAWA | POL | M 20 | 111 | M 919 | | 00:13:19 | 00:27:23.70 | 00:29:33.15 | 5:28 | 11 |
| 112 | NOWOSIELSKI BARTŁOMIEJ | 977 | LAUBNITZ | WARSZAWA | POL | M 20 | 112 | M 920 | | 00:13:07 | 00:27:23.75 | 00:29:47.90 | 5:28 | 11 |
| 113 | GROTEK KAROL | 411 | | PNIEWY | POL | M 20 | 113 | M 922 | | 00:11:41 | 00:27:24.65 | 00:28:42.75 | 5:28 | 10.9 |
| 114 | WÓJTOWICZ MICHAŁ | 1589 | | WARSZAWA | POL | M 20 | 114 | M 926 | | 00:13:26 | 00:27:26.40 | 00:29:28.30 | 5:29 | 10.9 |
| 115 | RACZYŃSKI DOMINIK | 1157 | | WARSZAWA | POL | M 20 | 115 | M 935 | | 00:12:48 | 00:27:34.50 | 00:30:47.50 | 5:30 | 10.9 |
| 116 | ŁASKA JAKUB | 795 | | WARSZAWA | POL | M 20 | 116 | M 940 | | 00:13:10 | 00:27:36.90 | 00:29:49.20 | 5:31 | 10.9 |
| 117 | DUDEK MIKOŁAJ | 268 | | WARSZAWA | POL | M 20 | 117 | M 943 | CBRE | 00:13:34 | 00:27:38.45 | 00:30:19.10 | 5:31 | 10.9 |
| 118 | TOMCZAK KAROL | 1453 | | WARSZAWA | POL | M 20 | 118 | M 982 | | 00:13:36 | 00:28:14.20 | 00:31:00.60 | 5:38 | 10.6 |

BIEG URSYNOWA, M 20 c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Drużyna 1 | 2.5km | Netto | Brutto | min/km | km/h |
|------|--------------------------|------|--------------------------|-----------------|------|------|--------|--------|--------------|----------|-------------|-------------|--------|------|
| 119 | GRZYBOWSKI BARTOSZ | 1707 | DECATHLON | WARSZAWA | POL | M 20 | 119 | M 983 | DECATHLON | 00:13:15 | 00:28:14.55 | 00:30:28.30 | 5:38 | 10.6 |
| 120 | WELTER SZYMON | 1982 | | WARSZAWA | POL | M 20 | 120 | M 987 | | 00:12:31 | 00:28:20.15 | 00:31:20.85 | 5:40 | 10.6 |
| 121 | KLEMENSOWICZ PAWEŁ | 593 | | WARSZAWA | POL | M 20 | 121 | M 989 | | 00:13:47 | 00:28:20.60 | 00:30:56.70 | 5:40 | 10.6 |
| 122 | BANASZKIEWICZ JAKUB | 49 | YUMMY BANANA | WARSZAWA | POL | M 20 | 122 | M 992 | YUMMY BANANA | 00:13:40 | 00:28:22.45 | 00:30:45.80 | 5:40 | 10.6 |
| 123 | SKRZYPCZAK BŁAŻEJ | 1934 | | WARSZAWA | POL | M 20 | 123 | M 993 | | 00:14:49 | 00:28:22.65 | 00:30:50.45 | 5:40 | 10.6 |
| 124 | DZIĘCIOŁ ARTUR | 285 | | WARSZAWA | POL | M 20 | 124 | M 995 | CBRE | 00:13:32 | 00:28:23.90 | 00:31:22.50 | 5:40 | 10.6 |
| 125 | KHAMUTOU PAVEL | 1807 | | WARSZAWA | POL | M 20 | 125 | M 1001 | | 00:13:03 | 00:28:30.55 | 00:30:02.20 | 5:42 | 10.5 |
| 126 | OKULANIS MATEUSZ | 988 | | WARSZAWA | POL | M 20 | 126 | M 1007 | | 00:13:56 | 00:28:34.50 | 00:31:08.45 | 5:42 | 10.5 |
| 127 | KALITA JAKUB | 527 | | NOWE GROCHOLICE | POL | M 20 | 127 | M 1010 | | 00:12:09 | 00:28:36.75 | 00:29:54.40 | 5:43 | 10.5 |
| 128 | FONGANG SIMON | 317 | | WARSZAWA | POL | M 20 | 128 | M 1040 | | 00:13:35 | 00:29:03.30 | 00:31:54.05 | 5:48 | 10.3 |
| 129 | ŚWINIARSKI EMIL | 1729 | | WARSZAWA | POL | M 20 | 129 | M 1044 | | 00:13:07 | 00:29:08.70 | 00:31:14.80 | 5:49 | 10.3 |
| 130 | RYBAK MATEUSZ | 1922 | | WARSZAWA | POL | M 20 | 130 | M 1065 | | 00:13:43 | 00:29:29.85 | 00:31:11.60 | 5:53 | 10.2 |
| 131 | WOŁCZAK BARTŁOMIEJ | 1577 | | WARSZAWA | POL | M 20 | 131 | M 1068 | | 00:14:08 | 00:29:33.35 | 00:31:10.80 | 5:54 | 10.2 |
| 132 | MASTALERZ DAWID | 1858 | | WARSZAWA | POL | M 20 | 132 | M 1081 | | 00:13:02 | 00:29:54.60 | 00:31:37.45 | 5:58 | 10 |
| 133 | PROCHWICZ SZYMON | 1121 | | WARSZAWA | POL | M 20 | 133 | M 1093 | | 00:14:04 | 00:30:29.05 | 00:33:12.35 | 6:05 | 9.8 |
| 134 | TRYFON PAWEŁ | 1970 | | WARSZAWA | POL | M 20 | 134 | M 1096 | | 00:14:09 | 00:30:31.55 | 00:33:22.50 | 6:06 | 9.8 |
| 135 | BEDNAREK KRZYSZTOF | 1744 | | CHYLICE | POL | M 20 | 135 | M 1098 | | 00:14:00 | 00:30:32.00 | 00:32:39.20 | 6:06 | 9.8 |
| 136 | KORONA MARCIN | 648 | TEAM KARAS | WARSZAWA | POL | M 20 | 136 | M 1099 | TEAM KARAS | 00:14:25 | 00:30:35.95 | 00:33:12.95 | 6:07 | 9.8 |
| 137 | GAWIN MARIUSZ | 344 | | WARSZAWA | POL | M 20 | 137 | M 1100 | | 00:14:07 | 00:30:43.40 | 00:32:56.45 | 6:08 | 9.8 |
| 138 | JUNEVIČIUS ANDRIUS | 498 | | WARSZAWA | POL | M 20 | 138 | M 1108 | | 00:15:07 | 00:30:54.90 | 00:33:11.60 | 6:10 | 9.7 |
| 139 | MAJEK JAKUB | 1851 | | PIASECZNO | POL | M 20 | 139 | M 1127 | | 00:14:38 | 00:31:38.05 | 00:34:56.90 | 6:19 | 9.5 |
| 140 | MŁYNARCZYK MIKOŁAJ | 917 | | ZALESIE GÓRNE | POL | M 20 | 140 | M 1131 | | 00:13:47 | 00:31:52.55 | 00:34:10.80 | 6:22 | 9.4 |
| 141 | SIRODZKI MICHAŁ | 1261 | | WARSZAWA | POL | M 20 | 141 | M 1136 | | 00:14:08 | 00:32:00.45 | 00:34:37.80 | 6:24 | 9.4 |
| 142 | SKUPIŃSKI TOMASZ | 1282 | | WOŁOMIN | POL | M 20 | 142 | M 1193 | | 00:16:27 | 00:35:04.80 | 00:38:17.55 | 7:00 | 8.6 |
| 143 | KĘDZIA-STĘPKOWSKI ANTONI | 570 | | WARSZAWA | POL | M 20 | 143 | M 1197 | | 00:15:40 | 00:35:17.65 | 00:37:31.70 | 7:03 | 8.5 |
| 144 | BRZAŃKAŁA MATEUSZ | 1705 | | WARSZAWA | POL | M 20 | 144 | M 1217 | | 00:17:13 | 00:37:52.00 | 00:41:03.00 | 7:34 | 7.9 |
| 145 | ROWICKI JAKUB | 1918 | | WARSZAWA | POL | M 20 | 145 | M 1220 | | 00:16:55 | 00:38:06.10 | 00:40:55.45 | 7:37 | 7.9 |
| 146 | PRZYBYŚ KRZYSZTOF | 1138 | | OSIECK | POL | M 20 | 146 | M 1223 | | 00:18:31 | 00:40:00.10 | 00:42:48.55 | 8:00 | 7.5 |
| 147 | OLEJNIK FRANCISZEK | 1882 | INŻYNIERIA BIEGANIA TEAM | KATOWICE | POL | M 20 | 147 | M 1232 | | 00:08:08 | | | 3:15 | 18.4 |

BIEG URSYNOWA, K 30

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Drużyna 1 | 2.5km | Netto | Brutto | min/km | km/h |
|------|--------------------------|------|-------------------------|--------------------|------|------|--------|------|----------------------------|----------|-------------|-------------|--------|------|
| 1 | MAZEK EMILIA | 884 | AZS AWF WARSZAWA | UNIN-KOLONIA | POL | K 30 | 1 | K 1 | | 00:07:59 | 00:16:55.35 | 00:16:57.40 | 3:23 | 17.7 |
| 2 | JĘDRZEJSKA ALEKSANDRA | 146 | CTS | WROCŁAW | POL | K 30 | 2 | K 3 | | 00:08:05 | 00:17:26.15 | 00:17:29.05 | 3:29 | 17.2 |
| 3 | KALBARCZYK ADRIANA | 1713 | DUCLA ACADEMY WARSZAWA | WARSZAWA | POL | K 30 | 3 | K 4 | DUKLANOWSKI TEAM | 00:08:16 | 00:17:28.35 | 00:17:31.80 | 3:29 | 17.2 |
| 4 | MIERZLIKIN NATALIA | 1860 | | WARSZAWA | POL | K 30 | 4 | K 5 | | 00:08:12 | 00:17:34.70 | 00:17:37.30 | 3:30 | 17.1 |
| 5 | GLINKA ELŻBIETA | 1790 | ADIDAS RUNNERS WARSZAW | WARSZAWA | POL | K 30 | 5 | K 8 | ADIDAS RUNNERS WARSZAW | 00:08:36 | 00:18:15.30 | 00:18:46.10 | 3:39 | 16.4 |
| 6 | KOWALCZYK ALICJA | 667 | | WARSZAWA | POL | K 30 | 6 | K 7 | | 00:08:35 | 00:18:35.25 | 00:18:43.80 | 3:43 | 16.1 |
| 7 | VEREMCHUK YULIIA | 1499 | YULIANKA BIEGNE BO LUBI | WARSZAWA | UKR | K 30 | 7 | K 10 | | 00:08:55 | 00:18:43.55 | 00:18:56.15 | 3:44 | 16 |
| 8 | WOJTKOWIAK MARTA | 1573 | PAWKO RUNNER TEAM | WARSZAWA | POL | K 30 | 8 | K 13 | PAWKO RUNNER TEAM | 00:08:58 | 00:19:16.90 | 00:19:45.45 | 3:51 | 15.6 |
| 9 | WORBIEW MAGDALENA | 37 | LIPIEC RUNNING TEAM | WARSZAWA | POL | K 30 | 9 | K 14 | | 00:09:18 | 00:19:26.65 | 00:19:36.70 | 3:53 | 15.4 |
| 10 | TOMCZAK JOANNA | 1452 | | WARSZAWA (URSYNÓW) | POL | K 30 | 10 | K 16 | | 00:09:08 | 00:19:39.20 | 00:19:53.25 | 3:55 | 15.3 |
| 11 | ŚLIWOWSKA JUSTYNA | 1962 | #PLANBIEGANIE | ŁÓDŹ | POL | K 30 | 11 | K 18 | #PLANBIEGANIE | 00:09:34 | 00:20:05.45 | 00:20:28.05 | 4:01 | 14.9 |
| 12 | CHRUŚCIEL LUCYNA | 174 | ADIDAS RUNNERS WARSZAW | WARSZAWA | POL | K 30 | 12 | K 19 | ADIDAS RUNNERS WARSZAW | 00:09:37 | 00:20:14.55 | 00:20:42.05 | 4:02 | 14.8 |
| 13 | REKAWEK PAULINA | 1915 | TEAM ZABIEGANEDNI | LIPOWO | POL | K 30 | 13 | K 21 | TEAM ZABIEGANEDNI | 00:09:32 | 00:20:24.65 | 00:20:54.80 | 4:04 | 14.7 |
| 14 | JASKÓLSKA MAGDA | 477 | VEGE RUNNERS | WARSZAWA | POL | K 30 | 14 | K 22 | VEGE RUNNERS URSYNÓW | 00:09:37 | 00:20:31.95 | 00:20:48.25 | 4:06 | 14.6 |
| 15 | CHOŁUJ ANNA | 1755 | WKZ KOZIENICE BBL | KOZIENICE | POL | K 30 | 15 | K 30 | WKZ KOZIENICE BBL | 00:09:47 | 00:21:07.95 | 00:22:00.05 | 4:13 | 14.2 |
| 16 | KIBITLEWSKA EMILIA | 572 | | SUWAŁKI | POL | K 30 | 16 | K 32 | | 00:09:49 | 00:21:15.00 | 00:21:39.45 | 4:15 | 14.1 |
| 17 | BUKAŁA OKTAWIA | 134 | VEGE RUNNERS | WARSZAWA | POL | K 30 | 17 | K 35 | VEGE RUNNERS RESZTA ŚWIATA | 00:10:14 | 00:21:44.10 | 00:22:50.35 | 4:20 | 13.8 |
| 18 | SIESTRZYKOWSKA KATARZYNA | 1254 | | WARSZAWA | POL | K 30 | 18 | K 37 | | 00:09:58 | 00:21:54.75 | 00:22:23.90 | 4:22 | 13.7 |
| 19 | SŁOMKA DOMINIKA | 1288 | TEAM ZABIEGANEDNI | WARSZAWA | POL | K 30 | 19 | K 44 | TEAM ZABIEGANEDNI | 00:10:29 | 00:22:37.00 | 00:23:22.10 | 4:31 | 13.3 |

#1

BIEG URSYNOWA, K 30 c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Drużyna 1 | 2.5km | Netto | Brutto | min/km | km/h |
|------|-------------------------|------|---------------------------------|---------------------|------|------|--------|-------|-----------------------------|-------------|-------------|-------------|--------|------|
| 20 | WIEWIURA AGNIESZKA | 1533 | GÓRA BIEGA | KONSTANCIN JEZIORNA | POL | K 30 | 20 | K 52 | GÓRA BIEGA - DZIKI | 00:10:57 | 00:23:09.40 | 00:24:06.80 | 4:37 | 13 |
| 21 | KOSTACIŃSKA MARIA | 1823 | ADIDAS RUNNERS WARSZAW | WARSZAWA | POL | K 30 | 21 | K 56 | ADIDAS RUNNERS WARSZAW | 00:11:14 | 00:23:22.75 | 00:24:26.45 | 4:40 | 12.8 |
| 22 | CZYŻ MONIKA | 214 | | WARSZAWA | POL | K 30 | 22 | K 61 | | 00:11:06 | 00:23:36.55 | 00:24:45.00 | 4:43 | 12.7 |
| 23 | KROPIAK KATARZYNA | 696 | VEGE RUNNERS | WARSZAWA | POL | K 30 | 23 | K 66 | VEGE RUNNERS RESZTA ŚWIATA | 00:11:00 | 00:23:55.75 | 00:24:50.10 | 4:47 | 12.5 |
| 24 | HORDIENKO NATALIA | 434 | UKRAINE | WARSZAWA | POL | K 30 | 24 | K 67 | | 00:11:02 | 00:24:03.35 | 00:25:09.20 | 4:48 | 12.5 |
| 25 | WYSOCKA MAGDA | 1598 | | STOCZEK | POL | K 30 | 25 | K 71 | | 00:11:45 | 00:24:16.85 | 00:25:44.80 | 4:51 | 12.4 |
| 26 | ROMANIK KLAUDIA | 1190 | | WARSZAWA | POL | K 30 | 26 | K 73 | | 00:11:07 | 00:24:22.60 | 00:25:11.20 | 4:52 | 12.3 |
| 27 | MRÓZ GABRIELA | 934 | PAWKO RUNNER TEAM | JEDLICZE | POL | K 30 | 27 | K 76 | PAWKO RUNNER TEAM | 00:11:20 | 00:24:35.20 | 00:25:44.70 | 4:55 | 12.2 |
| 28 | ORLIŃSKA EDYTA | 1003 | TEAM BALANS | PŁOŃSK | POL | K 30 | 28 | K 78 | | 00:11:31 | 00:24:37.05 | 00:25:47.40 | 4:55 | 12.2 |
| 29 | SOKOŁOWSKA MAGDALENA | 1310 | | WARSZAWA | POL | K 30 | 29 | K 79 | | 00:11:20 | 00:24:37.20 | 00:25:25.60 | 4:55 | 12.2 |
| 30 | BUKOWSKA MARTYNA | 136 | | WARSZAWA | POL | K 30 | 30 | K 80 | | 00:10:19 | 00:24:37.35 | 00:24:48.90 | 4:55 | 12.2 |
| 31 | LIS-MAJER ANNA | 788 | BIEGOWY WARIAT RUNNING TEAM | WARSZAWA | POL | K 30 | 31 | K 82 | BIEGOWY WARIAT RUNNING TEAM | 00:11:30 | 00:24:38.55 | 00:25:58.90 | 4:55 | 12.2 |
| 32 | FLOREK MAŁGORZATA | 313 | LEBIODA TEAM | WARSZAWA | POL | K 30 | 32 | K 85 | | 00:11:59 | 00:24:46.10 | 00:24:46.10 | 4:57 | 12.1 |
| 33 | DRACHAL AGATA | 256 | | PIASTÓW | POL | K 30 | 33 | K 94 | | 00:12:06 | 00:25:08.00 | 00:26:34.35 | 5:01 | 11.9 |
| 34 | WÓJCIK AGNIESZKA | 1996 | | WARSZAWA | POL | K 30 | 34 | K 98 | | 00:11:38 | 00:25:17.50 | 00:26:20.80 | 5:03 | 11.9 |
| 35 | SUŁKOWSKA MAGDALENA | 1947 | | WARSZAWA | POL | K 30 | 35 | K 103 | | 00:12:14 | 00:25:29.20 | 00:27:03.25 | 5:05 | 11.8 |
| 36 | CHARKO ELŻBIETA | 151 | GÓRA BIEGA | GÓRA KALWARIA | POL | K 30 | 36 | K 108 | GÓRA BIEGA | 00:12:26 | 00:25:35.10 | 00:27:08.25 | 5:07 | 11.7 |
| 37 | SIWCZAK AGNIESZKA | 1264 | MORDERCZE OPONKI | WARSZAWA | POL | K 30 | 37 | K 109 | MORDERCZE OPONKI | 00:12:23 | 00:25:35.60 | 00:27:26.60 | 5:07 | 11.7 |
| 38 | ZAWADKA MARTA | 1631 | | WARSZAWA | POL | K 30 | 38 | K 112 | | 00:12:21 | 00:25:43.95 | 00:27:22.90 | 5:08 | 11.7 |
| 39 | TROJANOWSKA KAROLINA | 1969 | | WARSZAWA | POL | K 30 | 39 | K 113 | | 00:12:18 | 00:25:45.75 | 00:28:20.55 | 5:09 | 11.7 |
| 40 | SZYMOR JOANNA | 1423 | SERWIS POJAZDÓW ADAM WOŁKOWYCKI | WARSZAWA | POL | K 30 | 40 | K 117 | | 00:12:23 | 00:25:50.30 | 00:27:38.35 | 5:10 | 11.6 |
| 41 | ŁASZCZYCH MAŁGORZATA | 796 | | WARSZAWA | POL | K 30 | 41 | K 119 | | 00:11:57 | 00:25:53.10 | 00:27:11.80 | 5:10 | 11.6 |
| 42 | DŁUGOSZ MARTA | 240 | | WARSZAWA | POL | K 30 | 42 | K 122 | | 00:12:31 | 00:25:56.35 | 00:27:47.55 | 5:11 | 11.6 |
| 43 | MYSTKOWSKA MARTA | 1870 | | WARSZAWA | POL | K 30 | 43 | K 127 | | 00:11:59 | 00:25:59.80 | 00:28:25.25 | 5:11 | 11.5 |
| 44 | FRANCZYK MONIKA | 1785 | | WARSZAWA | POL | K 30 | 44 | K 131 | | 00:12:08 | 00:26:07.10 | 00:28:04.65 | 5:13 | 11.5 |
| 45 | TRZASKO ANIA | 1472 | ADIDAS RUNNERS WARSZAW | WARSZAWA | POL | K 30 | 45 | K 140 | | 00:12:29 | 00:26:24.85 | 00:28:02.60 | 5:16 | 11.4 |
| 46 | MACUTKIEWICZ IZABELA | 819 | | WARSZAWA | POL | K 30 | 46 | K 142 | | 00:12:23 | 00:26:28.05 | 00:27:58.40 | 5:17 | 11.3 |
| 47 | CHARCHUŁA MARTA | 148 | | IZABELIN | POL | K 30 | 47 | K 143 | | 00:12:50 | 00:26:29.95 | 00:28:47.40 | 5:17 | 11.3 |
| 48 | PODGÓRSKA ALEKSANDRA | 67 | | WARSZAWA | POL | K 30 | 48 | K 146 | | 00:12:01 | 00:26:34.70 | 00:28:10.10 | 5:18 | 11.3 |
| 49 | MOKRZANOWSKA ANNA | 919 | | WARSZAWA | POL | K 30 | 49 | K 147 | | 00:12:21 | 00:26:37.30 | 00:28:10.20 | 5:19 | 11.3 |
| 50 | ROGALSKA JUSTYNA | 1186 | | WARSZAWA | POL | K 30 | 50 | K 149 | | 00:12:41 | 00:26:39.80 | 00:28:58.15 | 5:19 | 11.3 |
| 51 | KWIATKOWSKA IZABELA | 754 | | KOMORNICA | POL | K 30 | 51 | K 154 | | 00:12:36 | 00:26:44.90 | 00:28:34.55 | 5:20 | 11.2 |
| 52 | BIENIAK EWELINA | 77 | | BIAŁE BŁOTA | POL | K 30 | 52 | K 155 | | 00:12:42 | 00:26:45.55 | 00:28:38.90 | 5:21 | 11.2 |
| 53 | KIELISZEK-MĘDREK MONIKA | 577 | | WARSZAWA | POL | K 30 | 53 | K 164 | | 00:13:51 | 00:26:51.30 | 00:29:46.55 | 5:22 | 11.2 |
| 54 | BAK AGATA | 63 | | WARSZAWA | POL | K 30 | 54 | K 165 | | 00:12:50 | 00:26:53.15 | 00:29:10.35 | 5:22 | 11.2 |
| 55 | LECHAŃSKA ALEKSANDRA | 1835 | | WARSZAWA | POL | K 30 | 55 | K 168 | | 00:27:00.25 | 00:28:20.90 | 00:28:20.90 | 5:24 | 11.1 |
| 56 | CZERESNIOWSKA ANNA | 207 | ADIDAS RUNNERS WARSZAW | WARSZAWA | POL | K 30 | 56 | K 176 | ADIDAS RUNNERS WARSZAW | 00:12:14 | 00:27:07.85 | 00:28:59.80 | 5:25 | 11.1 |
| 57 | HARABIN KINGA | 425 | RUN CZARNÓW | CZARNÓW | POL | K 30 | 57 | K 185 | | 00:12:35 | 00:27:16.95 | 00:29:33.75 | 5:27 | 11 |
| 58 | KLIMEK MARTA | 596 | | WARSZAWA | POL | K 30 | 58 | K 191 | | 00:12:25 | 00:27:22.75 | 00:28:33.50 | 5:28 | 11 |
| 59 | OSTRYSZ MAGDALENA | 1015 | | WARSZAWA | POL | K 30 | 59 | K 192 | | 00:13:09 | 00:27:23.45 | 00:29:23.30 | 5:28 | 11 |
| 60 | MULARZUK NATALIA | 937 | | WARSZAWA | POL | K 30 | 60 | K 193 | | 00:13:11 | 00:27:23.75 | 00:29:33.65 | 5:28 | 11 |
| 61 | ŁAKOMY KATARZYNA | 793 | | WARSZAWA | POL | K 30 | 61 | K 194 | | 00:13:00 | 00:27:24.35 | 00:28:48.95 | 5:28 | 10.9 |
| 62 | MALANOWSKA JULIA | 833 | | WARSZAWA | POL | K 30 | 62 | K 195 | | 00:12:50 | 00:27:25.35 | 00:28:47.70 | 5:29 | 10.9 |
| 63 | KOWALSKA KATARZYNA | 1827 | | WARSZAWA | POL | K 30 | 63 | K 196 | | 00:12:40 | 00:27:25.75 | 00:28:48.20 | 5:29 | 10.9 |
| 64 | THIEL MONIKA | 1966 | | REGUŁY | POL | K 30 | 64 | K 199 | | 00:12:43 | 00:27:32.50 | 00:29:48.20 | 5:30 | 10.9 |
| 65 | CZERWIŃSKA-BŁOK IWONA | 208 | | WARSZAWA | POL | K 30 | 65 | K 200 | | 00:13:08 | 00:27:33.60 | 00:29:44.15 | 5:30 | 10.9 |
| 66 | HARABIN JUSTYNA | 426 | | CZARNÓW | POL | K 30 | 66 | K 218 | | 00:13:07 | 00:27:53.90 | 00:30:11.05 | 5:34 | 10.8 |
| 67 | KLAMBOROWSKA MAGDALENA | 589 | KB PACE WARSZAWA | WARSZAWA | POL | K 30 | 67 | K 219 | KB PACE WARSZAWA 2 | 00:12:44 | 00:27:54.30 | 00:29:34.70 | 5:34 | 10.8 |
| 68 | ŻYWIŁOWSKA DOROTA | 1677 | BRAK | JÓZEFOSŁAW | POL | K 30 | 68 | K 226 | | 00:13:21 | 00:27:59.15 | 00:30:41.95 | 5:35 | 10.7 |
| 69 | ROSENBAUM OLGGA | 1193 | | WARSZAWA | POL | K 30 | 69 | K 227 | | 00:13:09 | 00:27:59.60 | 00:30:10.75 | 5:35 | 10.7 |
| 70 | DUDKIEWICZ KATARZYNA | 1779 | MAGO | GRODZISK MAZOWIECKI | POL | K 30 | 70 | K 231 | | 00:12:36 | 00:28:11.30 | 00:31:24.45 | 5:38 | 10.6 |

BIEG URSYNOWA, K 30 c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Drużyna 1 | 2.5km | Netto | Brutto | min/km | km/h |
|------|------------------------------|------|-----------------|---------------------|------|------|--------|-------|---------------|----------|-------------|-------------|--------|------|
| 71 | POTOCZNA EWA | 1910 | | WARSZAWA | POL | K 30 | 71 | K 232 | | 00:12:36 | 00:28:11.30 | 00:31:24.45 | 5:38 | 10.6 |
| 72 | LEGAN MARTYNA | 766 | CBRE | WARSZAWA | POL | K 30 | 72 | K 235 | | 00:13:26 | 00:28:16.75 | 00:31:04.95 | 5:39 | 10.6 |
| 73 | WYSOCKA MAGDALENA | 1597 | | WARSZAWA | POL | K 30 | 73 | K 237 | | 00:13:04 | 00:28:20.65 | 00:30:20.80 | 5:40 | 10.6 |
| 74 | SULEJ ANNA | 1367 | PZU SPORT TEAM | SIEDLCE | POL | K 30 | 74 | K 242 | | 00:13:10 | 00:28:23.10 | 00:30:31.85 | 5:40 | 10.6 |
| 75 | KUBASZCZYK AGNIESZKA | 714 | | WARSZAWA | POL | K 30 | 75 | K 249 | | 00:12:52 | 00:28:30.25 | 00:31:06.10 | 5:42 | 10.5 |
| 76 | BAGLAJ MAGDALENA | 40 | | WARSZAWA | POL | K 30 | 76 | K 250 | | 00:13:07 | 00:28:30.30 | 00:30:02.15 | 5:42 | 10.5 |
| 77 | ŚWIDERSKA DOROTA | 1430 | | WARSZAWA | POL | K 30 | 77 | K 251 | | 00:13:16 | 00:28:30.50 | 00:30:38.35 | 5:42 | 10.5 |
| 78 | ORDAK MAŁGORZATA | 1002 | | PRUSZKÓW | POL | K 30 | 78 | K 252 | | 00:13:34 | 00:28:31.00 | 00:31:17.35 | 5:42 | 10.5 |
| 79 | PUDŁOWSKA IWONA | 1145 | | WARSZAWA | POL | K 30 | 79 | K 255 | | 00:13:12 | 00:28:35.35 | 00:29:52.20 | 5:43 | 10.5 |
| 80 | SIWEK AGNIESZKA | 1266 | BIEGAJĄCE ZĄBKI | ZĄBKI | POL | K 30 | 80 | K 258 | | 00:12:54 | 00:28:40.70 | 00:31:09.90 | 5:44 | 10.5 |
| 81 | GLÓDOWSKA MARTA | 366 | ŻÓRAWSKI TEAM | WARSZAWA | POL | K 30 | 81 | K 260 | ŻÓRAWSKI TEAM | 00:13:57 | 00:28:43.40 | 00:31:29.70 | 5:44 | 10.4 |
| 82 | GRZESZAK WERONIKA | 10 | - | - | POL | K 30 | 82 | K 262 | | 00:13:01 | 00:28:44.65 | 00:30:33.95 | 5:44 | 10.4 |
| 83 | OLKOWSKA ZOFIA | 995 | | GLINIANKA | POL | K 30 | 83 | K 269 | | 00:13:55 | 00:28:51.25 | 00:31:27.35 | 5:46 | 10.4 |
| 84 | SKRZYŃSKA EMILIA | 1279 | | ŁÓDŹ | POL | K 30 | 84 | K 270 | | 00:13:31 | 00:28:51.50 | 00:30:54.45 | 5:46 | 10.4 |
| 85 | SOBONSKA KATARZYNA | 1304 | CBRE | WARSZAWA | POL | K 30 | 85 | K 273 | | 00:13:44 | 00:28:55.20 | 00:31:38.70 | 5:47 | 10.4 |
| 86 | GRECZEK ANNA | 404 | | WARSZAWA | POL | K 30 | 86 | K 274 | | 00:13:27 | 00:28:55.70 | 00:31:41.85 | 5:47 | 10.4 |
| 87 | SŁĄBA PAULINA | 1287 | | WARSZAWA | POL | K 30 | 87 | K 278 | | 00:13:46 | 00:29:00.20 | 00:31:59.90 | 5:48 | 10.3 |
| 88 | JANCZAK KATARZYNA | 462 | | PRUSZKÓW | POL | K 30 | 88 | K 279 | | 00:13:14 | 00:29:00.30 | 00:30:37.05 | 5:48 | 10.3 |
| 89 | WASILEWSKA-CICHOPEK KAROLINA | 1510 | | WARSZAWA | POL | K 30 | 89 | K 281 | | 00:13:27 | 00:29:04.25 | 00:31:03.00 | 5:48 | 10.3 |
| 90 | SAHAJDAK IWONA | 1230 | | WARSZAWA | POL | K 30 | 90 | K 283 | | 00:13:46 | 00:29:05.30 | 00:31:25.25 | 5:49 | 10.3 |
| 91 | GROCHOWSKA MAGDALENA | 408 | | WARSZAWA | POL | K 30 | 91 | K 290 | | 00:14:22 | 00:29:10.90 | 00:31:32.35 | 5:50 | 10.3 |
| 92 | KORNAUS JOANNA | 643 | | WARSZAWA | POL | K 30 | 92 | K 293 | | 00:14:02 | 00:29:14.45 | 00:32:16.80 | 5:50 | 10.3 |
| 93 | SZYMANEK ALEKSANDRA | 1410 | | WARSZAWA | POL | K 30 | 93 | K 305 | | 00:13:36 | 00:29:23.25 | 00:32:02.90 | 5:52 | 10.2 |
| 94 | MIKOSZA ANNA | 1702 | | WARSZAWA | POL | K 30 | 94 | K 311 | | 00:13:33 | 00:29:28.60 | 00:30:59.10 | 5:53 | 10.2 |
| 95 | KOŁAKOWSKA ANETA | 617 | | WARSZAWA | POL | K 30 | 95 | K 315 | | 00:13:34 | 00:29:30.90 | 00:30:23.00 | 5:54 | 10.2 |
| 96 | SZYMCZAK AGNIESZKA | 1421 | | CELESTYNOW | POL | K 30 | 96 | K 318 | | 00:13:40 | 00:29:34.25 | 00:31:19.75 | 5:54 | 10.1 |
| 97 | KALINOWSKA ALEKSANDRA | 521 | | WARSZAWA | POL | K 30 | 97 | K 321 | | 00:14:04 | 00:29:36.45 | 00:32:23.60 | 5:55 | 10.1 |
| 98 | WINIARSKA-CZARNOTA KATARZYNA | 1543 | | WARSZAWA | POL | K 30 | 98 | K 322 | | 00:14:13 | 00:29:36.60 | 00:32:05.65 | 5:55 | 10.1 |
| 99 | KINGA BER | 586 | | WARSZAWA | POL | K 30 | 99 | K 323 | | 00:14:13 | 00:29:38.60 | 00:32:07.65 | 5:55 | 10.1 |
| 100 | ZUBRZYCKA ALEKSANDRA | 1657 | | FALENTY DUŻE | POL | K 30 | 100 | K 330 | | 00:13:52 | 00:29:45.50 | 00:32:26.55 | 5:57 | 10.1 |
| 101 | LAMPARSKA PATRYCJA | 758 | | WARSZAWA | POL | K 30 | 101 | K 345 | | 00:14:28 | 00:30:09.50 | 00:32:35.50 | 6:01 | 10 |
| 102 | KUŚIŃSKA DOROTA | 1683 | | WARSZAWA | POL | K 30 | 102 | K 348 | | 00:14:11 | 00:30:10.80 | 00:32:29.75 | 6:02 | 9.9 |
| 103 | MOLSA NATALIA | 921 | | WARSZAWA | POL | K 30 | 103 | K 350 | | 00:14:28 | 00:30:11.70 | 00:32:51.85 | 6:02 | 9.9 |
| 104 | STOLECKA PAULINA | 1946 | | WARSZAWA | POL | K 30 | 104 | K 356 | | 00:13:21 | 00:30:18.10 | 00:32:50.15 | 6:03 | 9.9 |
| 105 | GAŁADYK JOANNA | 334 | B&B | GDYNIA | POL | K 30 | 105 | K 357 | | 00:14:22 | 00:30:18.20 | 00:32:37.25 | 6:03 | 9.9 |
| 106 | CHOROŚ SYLWIA | 170 | | WARSZAWA | POL | K 30 | 106 | K 361 | | 00:14:17 | 00:30:28.00 | 00:32:38.20 | 6:05 | 9.8 |
| 107 | MALICZOWSKA EWA | 836 | | WARSZAWA | POL | K 30 | 107 | K 364 | | 00:13:34 | 00:30:31.80 | 00:33:05.60 | 6:06 | 9.8 |
| 108 | WŁODARCZYK AGNIESZKA | 1559 | | KONSTANCIN-JEZIORNA | POL | K 30 | 108 | K 367 | | 00:14:14 | 00:30:33.60 | 00:33:30.45 | 6:06 | 9.8 |
| 109 | ARCHACKA IWONA | 35 | | WARSZAWA | POL | K 30 | 109 | K 369 | | 00:14:03 | 00:30:35.40 | 00:33:38.40 | 6:07 | 9.8 |
| 110 | WOLAK KATARZYNA | 1574 | | OPACZ-KOLONIA | POL | K 30 | 110 | K 370 | CBRE | 00:14:01 | 00:30:38.85 | 00:33:46.40 | 6:07 | 9.8 |
| 111 | TRYBULEC JUSTYNA | 1470 | | WARSZAWA | POL | K 30 | 111 | K 371 | | 00:14:10 | 00:30:39.10 | 00:31:28.95 | 6:07 | 9.8 |
| 112 | CHOŁUJ MARTA | 167 | | WARSZAWA | POL | K 30 | 112 | K 372 | | 00:14:15 | 00:30:41.85 | 00:33:12.10 | 6:08 | 9.8 |
| 113 | GRECKA ANNA | 402 | | CHYLICZKI | POL | K 30 | 113 | K 373 | | 00:13:59 | 00:30:44.10 | 00:32:05.55 | 6:08 | 9.8 |
| 114 | MATUSIAK ANNA | 878 | | CHOTOMÓW | POL | K 30 | 114 | K 379 | | 00:14:27 | 00:30:53.40 | 00:33:36.50 | 6:10 | 9.7 |
| 115 | CIEŚLAK ADRIANA | 185 | | GRÓJEC | POL | K 30 | 115 | K 385 | | 00:14:14 | 00:31:01.35 | 00:33:39.10 | 6:12 | 9.7 |
| 116 | PLUTA MONIKA | 1093 | | SULEJÓWEK | POL | K 30 | 116 | K 390 | | 00:13:54 | 00:31:15.05 | 00:34:04.15 | 6:15 | 9.6 |
| 117 | ŚMIERCIAK KASJA | 1429 | | WARSZAWA | POL | K 30 | 117 | K 393 | | 00:14:45 | 00:31:16.10 | 00:33:44.25 | 6:15 | 9.6 |
| 118 | WINIARZ NATALIA | 1544 | | WARSZAWA | POL | K 30 | 118 | K 397 | | 00:14:48 | 00:31:24.90 | 00:34:00.50 | 6:16 | 9.6 |
| 119 | BIDZIŃSKA ALICJA | 72 | | WARSZAWA | POL | K 30 | 119 | K 401 | | 00:14:39 | 00:31:27.20 | 00:34:11.35 | 6:17 | 9.5 |
| 120 | KOŁPACZYŃSKA ANNA | 1728 | | WARSZAWA | POL | K 30 | 120 | K 402 | | 00:14:10 | 00:31:27.25 | 00:33:33.55 | 6:17 | 9.5 |
| 121 | KOWALCZYK KAMILA | 1825 | | WARSZAWA | POL | K 30 | 121 | K 403 | | 00:14:16 | 00:31:27.70 | 00:32:51.00 | 6:17 | 9.5 |
| 122 | JANEK KATARZYNA | 464 | KATAREK | WARSZAWA | AFG | K 30 | 122 | K 405 | | 00:14:32 | 00:31:29.65 | 00:33:35.60 | 6:17 | 9.5 |
| 123 | HERNIK WERONIKA | 428 | | GRÓJEC | POL | K 30 | 123 | K 406 | | 00:14:28 | 00:31:30.10 | 00:33:41.15 | 6:18 | 9.5 |
| 124 | JAROSINSKA ANNA | 471 | | GORA KALWARIA | POL | K 30 | 124 | K 407 | | 00:14:14 | 00:31:31.05 | 00:33:55.60 | 6:18 | 9.5 |
| 125 | KARTOWICZ ALDONA | 1149 | | WARSZAWA | POL | K 30 | 125 | K 408 | | 00:14:25 | 00:31:34.80 | 00:34:09.65 | 6:18 | 9.5 |
| 126 | BEDNARSKA LIWIA | 1745 | | WARSZAWA | POL | K 30 | 126 | K 415 | | 00:14:53 | 00:31:41.70 | 00:31:57.40 | 6:20 | 9.5 |
| 127 | ORZOŁ SYLWIA | 147 | | WARSZAWA | POL | K 30 | 127 | K 418 | | 00:14:22 | 00:31:51.95 | 00:34:07.55 | 6:22 | 9.4 |

BIEG URSYNOWA, K 30 c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Drużyna 1 | 2.5km | Netto | Brutto | min/km | km/h |
|------|----------------------------|------|----------------------|------------------------|------|------|--------|-------|-------------------------------------|----------|-------------|-------------|--------|------|
| 128 | FATLA KATARZYNA | 298 | | WARSZAWA | POL | K 30 | 128 | K 424 | AKTYWNA WARSZAWA | 00:14:52 | 00:32:02.70 | 00:34:17.70 | 6:24 | 9.4 |
| 129 | ANGERHOFER MONIKA | 26 | | WARSZAWA | POL | K 30 | 129 | K 426 | | 00:16:00 | 00:32:11.30 | 00:35:17.05 | 6:26 | 9.3 |
| 130 | ROBACZEWSKA MARTA | 1184 | | WARSZAWA | POL | K 30 | 130 | K 440 | | 00:15:24 | 00:32:41.25 | 00:35:39.10 | 6:32 | 9.2 |
| 131 | KRAWCZAK ANGELIKA | 691 | | WARSZAWA | POL | K 30 | 131 | K 442 | | 00:15:20 | 00:32:44.95 | 00:35:47.50 | 6:32 | 9.2 |
| 132 | NASIEROWSKA-SAS MARTYNA | 951 | | WARSZAWA | POL | K 30 | 132 | K 444 | | 00:14:39 | 00:32:48.50 | 00:35:11.30 | 6:33 | 9.1 |
| 133 | REGIMOWICZ TAMARA | 1171 | NEW BALANCE RUN CLUB | WARSZAWA | POL | K 30 | 133 | K 446 | | 00:14:25 | 00:32:49.70 | 00:34:53.80 | 6:33 | 9.1 |
| 134 | KASPRZAK EWELINA | 558 | | WARSZAWA | POL | K 30 | 134 | K 447 | | 00:14:30 | 00:32:55.70 | 00:35:47.20 | 6:35 | 9.1 |
| 135 | WALAS ZUZANNA | 1504 | | MAGDALENKA | POL | K 30 | 135 | K 450 | | 00:15:31 | 00:32:57.25 | 00:36:24.05 | 6:35 | 9.1 |
| 136 | GAȚOWSKA AGNIESZKA | 350 | | WARSZAWA | POL | K 30 | 136 | K 451 | | 00:14:22 | 00:32:57.50 | 00:35:33.90 | 6:35 | 9.1 |
| 137 | PYLYPENKO IRYNA | 1150 | CBRE | WARSZAWA | POL | K 30 | 137 | K 452 | | 00:15:10 | 00:32:58.95 | 00:35:55.95 | 6:35 | 9.1 |
| 138 | PERKOŁUP PAULINA | 1051 | | WARSZAWA | POL | K 30 | 138 | K 453 | | 00:15:20 | 00:32:59.50 | 00:35:57.30 | 6:35 | 9.1 |
| 139 | BIBRZYCKA - DĘBSKA MAGDA | 71 | | ZAMIENIE | POL | K 30 | 139 | K 455 | | 00:16:00 | 00:33:03.75 | 00:36:09.45 | 6:36 | 9.1 |
| 140 | KORYCIŃSKA MARIOLA | 649 | | WARSZAWA | POL | K 30 | 140 | K 457 | | 00:14:28 | 00:33:08.20 | 00:34:48.65 | 6:37 | 9.1 |
| 141 | GAJDUK ILONA | 331 | | WROCLAW | POL | K 30 | 141 | K 466 | | 00:16:26 | 00:33:34.30 | 00:36:53.80 | 6:42 | 8.9 |
| 142 | CHRZANOWSKA AGNIESZKA | 1759 | | WARSZAWA | POL | K 30 | 142 | K 468 | | 00:16:27 | 00:33:34.70 | 00:36:53.90 | 6:42 | 8.9 |
| 143 | KOWALIK ALICJA | 671 | CBRE | WARSZAWA | POL | K 30 | 143 | K 472 | CBRE | 00:15:47 | 00:33:38.70 | 00:37:17.90 | 6:43 | 8.9 |
| 144 | WÓJCICKA AGNIESZKA | 1995 | GÓRA BIEGA | KĄTY | POL | K 30 | 144 | K 473 | | 00:14:58 | 00:33:38.85 | 00:35:51.05 | 6:43 | 8.9 |
| 145 | SKROJNA ANNA | 1932 | RUN CZARNÓW | CZARNÓW | POL | K 30 | 145 | K 474 | | 00:15:13 | 00:33:40.40 | 00:35:58.10 | 6:44 | 8.9 |
| 146 | JAKUBICKA JOANNA | 457 | TEAM ZABIEGANEDNI | WARSZAWA | POL | K 30 | 146 | K 477 | | 00:15:08 | 00:33:44.55 | 00:36:56.15 | 6:44 | 8.9 |
| 147 | KALOGEROPOULOU EVGENIA | 529 | | WARSZAWA | GRE | K 30 | 147 | K 479 | | 00:16:04 | 00:33:49.20 | 00:37:11.85 | 6:45 | 8.9 |
| 148 | ZYZANSKA AGA | 1662 | | WARSAW | POL | K 30 | 148 | K 481 | | 00:16:20 | 00:33:50.70 | 00:36:55.25 | 6:46 | 8.9 |
| 149 | DEREK EWA | 229 | | WARSZAWA | POL | K 30 | 149 | K 483 | | 00:16:23 | 00:33:53.05 | 00:36:56.05 | 6:46 | 8.9 |
| 150 | WIETRZYCKA MONIKA | 1531 | | WARSZAWA | POL | K 30 | 150 | K 487 | | 00:15:59 | 00:34:01.55 | 00:37:08.65 | 6:48 | 8.8 |
| 151 | KARKOS MAGDALENA | 546 | | WARSZAWA | POL | K 30 | 151 | K 490 | | 00:16:19 | 00:34:08.15 | 00:37:11.90 | 6:49 | 8.8 |
| 152 | SOWIŃSKA EWELINA | 1323 | | PIASTÓW | POL | K 30 | 152 | K 495 | | 00:16:19 | 00:34:12.00 | 00:37:19.40 | 6:50 | 8.8 |
| 153 | BAKALAROVA MICHAELA | 41 | | WARZAWA | POL | K 30 | 153 | K 508 | | 00:15:00 | 00:34:34.95 | 00:36:41.85 | 6:54 | 8.7 |
| 154 | KRZYZEWSKA KAROLINA | 711 | PZU SPORT TEAM | WARSZAWA | POL | K 30 | 154 | K 509 | PZU SPORT TEAM | 00:15:55 | 00:34:36.10 | 00:37:35.00 | 6:55 | 8.7 |
| 155 | SKRUCHA IGA | 1278 | | WARSZAWA | POL | K 30 | 155 | K 510 | | 00:16:15 | 00:34:39.15 | 00:37:27.25 | 6:55 | 8.7 |
| 156 | GOŁASZEWSKA MAGDALENA | 1792 | | WARSZAWA | POL | K 30 | 156 | K 515 | | 00:15:33 | 00:34:54.00 | 00:36:24.50 | 6:58 | 8.6 |
| 157 | RUTKOWSKA MARIA | 1210 | | WARSZAWA | POL | K 30 | 157 | K 516 | | 00:15:49 | 00:35:00.75 | 00:38:35.20 | 7:00 | 8.6 |
| 158 | KOGOWSKA ALICJA | 613 | | WARSZAWA | POL | K 30 | 158 | K 520 | | 00:16:46 | 00:35:10.75 | 00:37:27.30 | 7:02 | 8.5 |
| 159 | MELSKA KAROLINA | 890 | | WARSZAWA | POL | K 30 | 159 | K 524 | | 00:16:17 | 00:35:18.15 | 00:38:08.35 | 7:03 | 8.5 |
| 160 | ZIELIŃSKA EWELINA | 1648 | | NOWA WOLA | POL | K 30 | 160 | K 545 | | 00:17:04 | 00:36:42.85 | 00:40:01.50 | 7:20 | 8.2 |
| 161 | GÓRSKA-MANCZENKO KATARZYNA | 391 | LEŚNE SZYCHY | WARSZAWA | POL | K 30 | 161 | K 552 | BIEGAM DOBRZE DLA FUNDACJI SYNOPSIS | 00:19:24 | 00:37:18.05 | 00:37:18.05 | 7:27 | 8 |
| 162 | DZIUBIŃSKA ANNA | 287 | | WARSZAWA | POL | K 30 | 162 | K 555 | | 00:17:07 | 00:37:20.25 | 00:40:39.30 | 7:28 | 8 |
| 163 | KIJANKA PATRYCJA | 1691 | | WARSZAWA | POL | K 30 | 163 | K 559 | | 00:17:13 | 00:37:50.95 | 00:41:02.55 | 7:34 | 7.9 |
| 164 | WILCZAK JOANNA | 1539 | | BASZKÓWKA | POL | K 30 | 164 | K 560 | | 00:17:18 | 00:37:55.85 | 00:41:05.25 | 7:35 | 7.9 |
| 165 | SMNK TANIA | 1938 | | WARSAW | POL | K 30 | 165 | K 564 | | 00:17:57 | 00:38:37.40 | 00:41:32.45 | 7:43 | 7.8 |
| 166 | PIĘTKA IWONA | 1072 | | OSIECK | POL | K 30 | 166 | K 572 | | 00:18:33 | 00:40:00.15 | 00:42:48.45 | 8:00 | 7.5 |
| 167 | WIECZOREK AGATA | 1525 | | NOWE MIASTO NAD PILICĄ | POL | K 30 | 167 | K 588 | | 00:19:16 | | | 7:42 | 7.8 |

BIEG URSYNOWA, M 30

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Drużyna 1 | 2.5km | Netto | Brutto | min/km | km/h |
|------|---------------------|------|--------------------------------------|-------------------------|------|------|--------|------|------------------------|----------|-------------|-------------|--------|------|
| 1 | JASTRZĘBSKI KAMIL | 1803 | DUCLA ACADEMY WARSZAWA | WARSZAWA | POL | M 30 | 1 | M 1 | DUKLANOWSKI TEAM | 00:06:47 | 00:14:43.80 | 00:14:45.10 | 2:56 | 20.4 |
| 2 | TELKOVSKY TARAS | 2146 | | - | BLR | M 30 | 2 | M 4 | | 00:06:54 | 00:14:55.25 | 00:15:08.50 | 2:59 | 20.1 |
| 3 | WASIEWICZ KRZYSZTOF | 1978 | SRS KONDYCJA PIASECZNO | PIASECZNO | POL | M 30 | 3 | M 3 | SRS KONDYCJA PIASECZNO | 00:07:02 | 00:14:59.70 | 00:15:01.35 | 2:59 | 20 |
| 4 | GONTARCZYK RAFAŁ | 382 | RLTL OPTIMA RADOM/TEAM NEVER GIVE UP | OSTROWIEC ŚWIETOKRZYSKI | POL | M 30 | 4 | M 5 | | 00:07:03 | 00:15:08.15 | 00:15:09.80 | 3:01 | 19.8 |
| 5 | SŁUPIK TOMASZ | 1937 | ENDLESS PAIN | WARSZAWA | POL | M 30 | 5 | M 6 | | 00:07:07 | 00:15:12.00 | 00:15:12.00 | 3:02 | 19.7 |
| 6 | SKIBIŃSKI MIKOŁAJ | 1271 | DUCLA ACADEMY | POZNAŃ | POL | M 30 | 6 | M 11 | DUKLANOWSKI TEAM | 00:07:19 | 00:15:31.70 | 00:15:32.85 | 3:06 | 19.3 |
| 7 | WASILEWSKI ADAM | 1980 | TEAM 7:30 | DOBRE | POL | M 30 | 7 | M 15 | TEAM 7:30 | 00:07:20 | 00:15:46.25 | 00:15:48.00 | 3:09 | 19 |
| 8 | KROCHMAL PAWEŁ | 695 | PAWKO RUNNER TEAM | WARSZAWA | POL | M 30 | 8 | M 16 | PAWKO RUNNER TEAM | 00:07:19 | 00:15:57.25 | 00:15:58.90 | 3:11 | 18.8 |
| 9 | KWARTA MACIEJ | 752 | | WARSZAWA | POL | M 30 | 9 | M 17 | ŻÓRAWSKI TEAM | 00:07:35 | 00:16:03.75 | 00:16:05.55 | 3:12 | 18.7 |

BIEG URSYNOWA, M 30 c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Drużyna 1 | 2.5km | Netto | Brutto | min/km | km/h |
|------|----------------------|------|--|---------------------|------|------|--------|-------|-----------------------------|----------|-------------|-------------|--------|------|
| 10 | WRONOWSKI RAFAŁ | 1998 | WRONA RUN | BANIE MAZURSKIE | POL | M 30 | 10 | M 19 | | 00:07:26 | 00:16:12.25 | 00:16:14.35 | 3:14 | 18.5 |
| 11 | ŁABĘDZKI KONRAD | 792 | DUKLANOWSKI TEAM | WARSZAWA | POL | M 30 | 11 | M 22 | DUKLANOWSKI TEAM | 00:07:35 | 00:16:26.65 | 00:16:41.85 | 3:17 | 18.3 |
| 12 | MLĄCKI ALAN | 1864 | TEAM KOPEĆ | KOŁBIEL | POL | M 30 | 12 | M 23 | | 00:08:08 | 00:16:52.30 | 00:16:55.15 | 3:22 | 17.8 |
| 13 | KUR ADRIAN | 1830 | DUCLA ACADEMY WARSZAWA | WARSZAWA | POL | M 30 | 13 | M 24 | DUKLANOWSKI TEAM | 00:07:58 | 00:16:54.40 | 00:16:57.05 | 3:22 | 17.8 |
| 14 | ROBAK DOMINIK | 1185 | ADIDAS RUNNER WARSAW / PASSION FIRST / WE RUN CLAN | WARSZAWA | POL | M 30 | 14 | M 27 | ADIDAS RUNNERS WARSAW | 00:07:48 | 00:17:07.25 | 00:17:10.30 | 3:25 | 17.5 |
| 15 | MAŚLANKO MACIEJ | 872 | GRA-LECH S.C | JEŻÓW | POL | M 30 | 15 | M 39 | | 00:08:04 | 00:17:07.95 | 00:17:29.55 | 3:25 | 17.5 |
| 16 | HOROSZKO MICHAŁ | 435 | | WARSZAWA | POL | M 30 | 16 | M 43 | | 00:08:07 | 00:17:11.15 | 00:17:34.80 | 3:26 | 17.5 |
| 17 | PISAREWICZ KAROL | 1084 | MINISTRY OF SILLY WALKS | WARSZAWA | POL | M 30 | 17 | M 33 | | 00:07:58 | 00:17:13.40 | 00:17:17.25 | 3:26 | 17.4 |
| 18 | WAŚNIEWSKI ALBERT | 1515 | SKLEP BIEGACZA/ŻÓRAWSKI TEAM | WARSZAWA | POL | M 30 | 18 | M 34 | ŻÓRAWSKI TEAM | 00:08:15 | 00:17:13.65 | 00:17:17.70 | 3:26 | 17.4 |
| 19 | MAJCHRZAK JULIAN | 827 | TEAM ZABIEGANEDNI / ASICS FRONTRUNNER POLAND | WARSZAWA | POL | M 30 | 19 | M 36 | TEAM ZABIEGANEDNI #1 | 00:08:07 | 00:17:19.45 | 00:17:23.05 | 3:27 | 17.3 |
| 20 | NIEDŹWIADEK KAMIL | 1880 | NIEDŹWIADKI TEAM | WARSZAWA | POL | M 30 | 20 | M 46 | | 00:07:58 | 00:17:21.15 | 00:17:38.65 | 3:28 | 17.3 |
| 21 | JASZCZERSKI PAWEŁ | 480 | | WARSZAWA | POL | M 30 | 21 | M 37 | | 00:08:02 | 00:17:22.80 | 00:17:25.70 | 3:28 | 17.3 |
| 22 | PARMEE ALEXANDER | 1036 | ŻÓRAWKI TEAM | WARSZAWA | POL | M 30 | 22 | M 40 | ŻÓRAWKI TEAM | 00:08:16 | 00:17:27.30 | 00:17:31.25 | 3:29 | 17.2 |
| 23 | ŚLIWA KRZYSZTOF | 1427 | KS LEMIESZ TEAM WARSZAWA | WARSZAWA | POL | M 30 | 23 | M 57 | KS LEMIESZ TEAM | 00:08:13 | 00:17:34.10 | 00:17:57.25 | 3:30 | 17.1 |
| 24 | JUSIŃSKI KRYSZTOF | 506 | BRACHTWO BIEGOWE BGK | WARSZAWA | POL | M 30 | 24 | M 61 | ŻÓRAWKI TEAM | 00:08:09 | 00:17:40.55 | 00:18:00.80 | 3:32 | 17 |
| 25 | GŁODEK ADAM | 365 | AIOA | WARSZAWA | POL | M 30 | 25 | M 53 | | 00:08:28 | 00:17:41.05 | 00:17:48.85 | 3:32 | 17 |
| 26 | KARWOWSKI DANIEL | 552 | KB PŁOŃSK | WARSZAWA | POL | M 30 | 26 | M 50 | | 00:08:15 | 00:17:41.65 | 00:17:46.75 | 3:32 | 17 |
| 27 | MAŁOLEPSZY RAFAŁ | 845 | ADAM DRACZYŃSKI RUNNING TEAM | WARSZAWA | POL | M 30 | 27 | M 49 | | 00:08:11 | 00:17:42.40 | 00:17:44.90 | 3:32 | 16.9 |
| 28 | SAJA MARCIN | 1231 | | SIEDLCE | POL | M 30 | 28 | M 54 | | 00:08:24 | 00:17:47.25 | 00:17:50.45 | 3:33 | 16.9 |
| 29 | SOLKA MACIEJ | 1316 | GÓRA BIEGA | GÓRA KALWARIA | POL | M 30 | 29 | M 59 | GÓRA BIEGA - DZIKI | 00:08:31 | 00:17:47.50 | 00:17:58.90 | 3:33 | 16.9 |
| 30 | FILIPOWICZ MICHAŁ | 309 | | JELENIA GÓRA | POL | M 30 | 30 | M 65 | | 00:08:23 | 00:17:48.40 | 00:18:06.40 | 3:33 | 16.9 |
| 31 | KOWAL AMADEUSZ | 663 | NAPRZÓD MŁOCINY | LUBACZÓW | POL | M 30 | 31 | M 58 | NAPRZÓD MŁOCINY | 00:08:30 | 00:17:50.40 | 00:17:58.45 | 3:34 | 16.8 |
| 32 | WOŹNIAK PRZEMYSŁAW | 1583 | WIELISZEW HERON TEAM | LEGIONOWO | POL | M 30 | 32 | M 75 | WIELISZEW HERON TEAM | 00:08:16 | 00:17:54.40 | 00:18:20.85 | 3:34 | 16.8 |
| 33 | SOBCZYK GRZEGORZ | 1940 | WKZ KOZIENICE BBL | KOZIENICE | POL | M 30 | 33 | M 66 | WKZ KOZIENICE BBL | 00:08:25 | 00:17:56.85 | 00:18:09.30 | 3:35 | 16.7 |
| 34 | KWIATKOWSKI MATEUSZ | 755 | WIELISZEW HERON TEAM | KOMORNICA | POL | M 30 | 34 | M 80 | | 00:08:16 | 00:17:59.05 | 00:18:25.80 | 3:35 | 16.7 |
| 35 | MATCZAK MATEUSZ | 873 | SH RUNNING TEAM | WARSZAWA | POL | M 30 | 35 | M 69 | | 00:08:24 | 00:18:05.15 | 00:18:10.95 | 3:37 | 16.6 |
| 36 | ŁOJEWSKI MARCIN | 1021 | BIEGOWY WARIAT RUNNING TEAM | - | POL | M 30 | 36 | M 74 | BIEGOWY WARIAT RUNNING TEAM | 00:08:46 | 00:18:09.75 | 00:18:20.10 | 3:37 | 16.5 |
| 37 | DAWIDEK BARTEK | 1696 | REPREZENTACJA DZIENNIKARZY | WARSZAWA | POL | M 30 | 37 | M 73 | | 00:08:33 | 00:18:14.95 | 00:18:19.80 | 3:38 | 16.5 |
| 38 | MARCINISZYN GRZEGORZ | 1855 | DUKLANOWSKI TEAM | WARSZAWA | POL | M 30 | 38 | M 72 | DUKLANOWSKI TEAM | 00:08:17 | 00:18:16.20 | 00:18:19.15 | 3:39 | 16.4 |
| 39 | RUPIŃSKI KRZYSZTOF | 1685 | | WARSZAWA | POL | M 30 | 39 | M 84 | | 00:08:33 | 00:18:17.65 | 00:18:27.40 | 3:39 | 16.4 |
| 40 | ŚLIWIAK JAKUB | 1428 | BIEGOWY WARIAT RUNNING TEAM | WARSZAWA | POL | M 30 | 40 | M 94 | BIEGOWY WARIAT RUNNING TEAM | 00:08:42 | 00:18:18.75 | 00:18:44.70 | 3:39 | 16.4 |
| 41 | KLIMEK MAREK | 597 | ADIDAS RUNNER WARSAW | WARSZAWA | POL | M 30 | 41 | M 86 | ADIDAS RUNNERS WARSAW | 00:08:35 | 00:18:20.90 | 00:18:29.55 | 3:40 | 16.4 |
| 42 | STARKO KRZYSZTOF | 1336 | TEAM ZABIEGANEDNI | WARSZAWA | POL | M 30 | 42 | M 97 | TEAM ZABIEGANEDNI #2 | 00:08:23 | 00:18:30.95 | 00:18:55.70 | 3:42 | 16.2 |
| 43 | POTENTAS PAWEŁ | 1909 | | WARSZAWA | POL | M 30 | 43 | M 100 | | 00:08:56 | 00:18:37.10 | 00:18:47.10 | 3:43 | 16.1 |
| 44 | OŻÓG PAWEŁ | 1023 | ZABIEGANI W KIELCACH | KIELCE | POL | M 30 | 44 | M 102 | | 00:08:21 | 00:18:38.40 | 00:19:02.10 | 3:43 | 16.1 |
| 45 | LEJA MARCIN | 769 | TEAM ZABIEGANEDNI | ŻOŁYNIA | POL | M 30 | 45 | M 106 | TEAM ZABIEGANEDNI #1 | 00:08:39 | 00:18:41.60 | 00:19:09.10 | 3:44 | 16.1 |
| 46 | MADEJEK KAMIL | 824 | VEGE RUNNERS | WARSZAWA | POL | M 30 | 46 | M 108 | VEGE RUNNERS URSYNÓW | 00:08:51 | 00:18:42.50 | 00:18:51.95 | 3:44 | 16 |
| 47 | KUPA BARTOSZ | 276 | KLUB BIEGACZY JYSK | SŁUPNO | POL | M 30 | 47 | M 110 | | 00:08:38 | 00:18:44.10 | 00:18:48.15 | 3:44 | 16 |
| 48 | ŁUCKA DARIUSZ | 1710 | | NOWA IWICZNA | POL | M 30 | 48 | M 111 | | 00:08:48 | 00:18:44.25 | 00:18:54.80 | 3:44 | 16 |
| 49 | REBELLO FELIPE | 1168 | | GRODZISK MOZOWIECKI | POL | M 30 | 49 | M 114 | | 00:09:02 | 00:18:46.65 | 00:18:58.35 | 3:45 | 16 |
| 50 | FRĄCZYK PAWEŁ | 318 | | WARSZAWA | POL | M 30 | 50 | M 116 | | 00:08:37 | 00:18:49.05 | 00:19:13.95 | 3:45 | 15.9 |
| 51 | FILIPIAK ADAM | 307 | ŁÓDŹ KOCHA SPORT | ŁÓDŹ | POL | M 30 | 51 | M 119 | ŁÓDŹ KOCHA SPORT | 00:08:48 | 00:18:51.05 | 00:19:02.50 | 3:46 | 15.9 |
| 52 | BIELECKI JAKUB | 74 | | WARSZAWA | POL | M 30 | 52 | M 121 | | 00:08:57 | 00:18:53.25 | 00:19:12.10 | 3:46 | 15.9 |
| 53 | BEŁZ DANIEL | 66 | | PIASECZNO | POL | M 30 | 53 | M 123 | | 00:09:06 | 00:18:56.55 | 00:19:32.10 | 3:47 | 15.8 |
| 54 | ZIELIŃSKI ŁUKASZ | 1649 | GÓRA BIEGA | GÓRA KALWARIA | POL | M 30 | 54 | M 126 | GÓRA BIEGA - DZIKI | 00:08:54 | 00:18:57.25 | 00:19:09.70 | 3:47 | 15.8 |
| 55 | PIATKA TOMASZ | 1060 | ADIDAS RUNNERS WARSAW | WARSZAWA | POL | M 30 | 55 | M 133 | ADIDAS RUNNERS WARSAW | 00:09:06 | 00:19:05.55 | 00:19:15.40 | 3:49 | 15.7 |
| 56 | CYGLER SŁAWEK | 195 | WKS WAWEL | WARSZAWA | POL | M 30 | 56 | M 137 | WKS WAWEL KRAKÓW | 00:09:06 | 00:19:10.95 | 00:19:46.95 | 3:50 | 15.7 |

BIEG URSYNOWA, M 30 c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Drużyna 1 | 2.5km | Netto | Brutto | min/km | km/h |
|------|---------------------|------|--|--------------------|------|------|--------|-------|--|----------|-------------|-------------|--------|------|
| 57 | WASILEWSKI KUBA | 1511 | | WARSZAWA | POL | M 30 | 57 | M 139 | | 00:08:45 | 00:19:11.30 | 00:19:38.20 | 3:50 | 15.6 |
| 58 | SZYMAŃCZYK IGOR | 1412 | | WARSZAWA | POL | M 30 | 58 | M 140 | | 00:09:07 | 00:19:11.60 | 00:19:50.00 | 3:50 | 15.6 |
| 59 | CZUB DANIEL | 211 | | WARSZAWA | POL | M 30 | 59 | M 150 | | 00:08:59 | 00:19:22.55 | 00:20:05.75 | 3:52 | 15.5 |
| 60 | KARWACZ JAKUB | 551 | | STARE LIPINY | POL | M 30 | 60 | M 153 | | 00:09:25 | 00:19:24.40 | 00:19:41.15 | 3:52 | 15.5 |
| 61 | FAJKOWSKI PIOTR | 293 | ADIDAS RUNNERS WARSAW | WARSZAWA | POL | M 30 | 61 | M 155 | ADIDAS RUNNERS WARSAW | 00:08:56 | 00:19:25.50 | 00:19:39.85 | 3:53 | 15.5 |
| 62 | KŁYS MATEUSZ | 606 | | WARSZAWA | POL | M 30 | 62 | M 165 | | 00:09:26 | 00:19:32.60 | 00:19:56.30 | 3:54 | 15.4 |
| 63 | BOCZARSKI PAWEŁ | 93 | | WARSZAWA | POL | M 30 | 63 | M 171 | | 00:09:15 | 00:19:35.30 | 00:19:52.80 | 3:55 | 15.3 |
| 64 | KOSIERADZKI TOMASZ | 656 | KS STASZEWCY | WARSZAWA | POL | M 30 | 64 | M 172 | KS STASZEWCY | 00:09:21 | 00:19:36.10 | 00:19:58.65 | 3:55 | 15.3 |
| 65 | CIERNIEWSKI MACIEJ | 183 | ARTUR KOZŁOWSKI TEAM (PLANBIEGANIE.PL) | STACHOWO | POL | M 30 | 65 | M 177 | ARTUR KOZŁOWSKI TEAM (PLANBIEGANIE.PL) | 00:09:22 | 00:19:38.80 | 00:19:55.15 | 3:55 | 15.3 |
| 66 | MARZEC ZBIGNIEW | 864 | PIASECZYŃSKI BIEGACZ | PIASECZNO | POL | M 30 | 66 | M 180 | | 00:09:06 | 00:19:40.35 | 00:19:43.20 | 3:56 | 15.3 |
| 67 | JURSKI SZYMON | 505 | KAZIKI | WARSZAWA | POL | M 30 | 67 | M 181 | KAZIKI | 00:09:28 | 00:19:40.55 | 00:19:54.40 | 3:56 | 15.3 |
| 68 | MACIEJOWICZ MICHAŁ | 817 | VEGERUNNERS | WARSZAWA | POL | M 30 | 68 | M 186 | | 00:08:39 | 00:19:44.60 | 00:19:53.15 | 3:56 | 15.2 |
| 69 | ŻUREK KAZIMIERZ | 1675 | M.I.L.A. | NOWA IWICZNA | POL | M 30 | 69 | M 189 | | 00:09:24 | 00:19:45.20 | 00:20:03.30 | 3:57 | 15.2 |
| 70 | MATEJEK RAFAŁ | 874 | STOMILEX | WARSZAWA | POL | M 30 | 70 | M 196 | | 00:09:14 | 00:19:47.60 | 00:19:59.30 | 3:57 | 15.2 |
| 71 | NIEMIRA MICHAŁ | 959 | MPK WYBIEGANIE | WARSZAWA | POL | M 30 | 71 | M 201 | | 00:09:26 | 00:19:51.10 | 00:20:07.10 | 3:58 | 15.1 |
| 72 | GREDA PIOTR | 405 | | WARSZAWA | POL | M 30 | 72 | M 208 | | 00:09:23 | 00:19:55.00 | 00:20:15.35 | 3:59 | 15.1 |
| 73 | KOZIOŁ KRZYSZTOF | 683 | | WARSZAWA | POL | M 30 | 73 | M 209 | | 00:09:35 | 00:19:55.35 | 00:20:11.20 | 3:59 | 15.1 |
| 74 | SMOLEŃ PAWEŁ | 1293 | | WARSZAWA | POL | M 30 | 74 | M 212 | | 00:09:23 | 00:19:58.70 | 00:20:18.75 | 3:59 | 15 |
| 75 | MATVEYENKA DZIANIS | 879 | | WARSZAWA | POL | M 30 | 75 | M 217 | | 00:09:25 | 00:20:01.05 | 00:20:20.80 | 4:00 | 15 |
| 76 | CZARNECKI SŁAWOMIR | 1765 | | WARSZAWA | POL | M 30 | 76 | M 221 | | 00:08:54 | 00:20:05.55 | 00:20:28.85 | 4:01 | 14.9 |
| 77 | KORYCIŃSKI ANDRZEJ | 650 | | WARSZAWA | POL | M 30 | 77 | M 222 | | 00:09:28 | 00:20:05.70 | 00:20:26.10 | 4:01 | 14.9 |
| 78 | BIELECKI BARTOSZ | 561 | ŁÓDŹ KOCHA SPORT | ŁÓDŹ | POL | M 30 | 78 | M 224 | | 00:09:27 | 00:20:05.95 | 00:20:27.60 | 4:01 | 14.9 |
| 79 | ZYGOŃ KRZYSZTOF | 1660 | | WARSZAWA | POL | M 30 | 79 | M 228 | | 00:09:03 | 00:20:10.80 | 00:20:49.60 | 4:02 | 14.9 |
| 80 | RATYŃSKI PAWEŁ | 1165 | | MOGIELNICA | POL | M 30 | 80 | M 231 | | 00:09:21 | 00:20:13.60 | 00:20:19.50 | 4:02 | 14.8 |
| 81 | ŚLIMKO DANIEL | 1426 | | WARSZAWA | POL | M 30 | 81 | M 233 | | 00:09:21 | 00:20:15.50 | 00:20:51.55 | 4:03 | 14.8 |
| 82 | JAMBOR MACIEJ | 459 | | WARSZAWA | POL | M 30 | 82 | M 234 | | 00:09:30 | 00:20:15.80 | 00:20:35.15 | 4:03 | 14.8 |
| 83 | KUCHARSKI MACIEJ | 721 | KS STASZEWCY | WARSZAWA | POL | M 30 | 83 | M 243 | KS STASZEWCY | 00:09:06 | 00:20:25.20 | 00:21:05.10 | 4:05 | 14.7 |
| 84 | SMOLIŃSKI MATEUSZ | 1296 | | WARSZAWA | POL | M 30 | 84 | M 244 | | 00:09:21 | 00:20:25.55 | 00:20:39.90 | 4:05 | 14.7 |
| 85 | CIECWIERZ MICHAŁ | 181 | | WARSZAWA | POL | M 30 | 85 | M 251 | | 00:09:27 | 00:20:31.70 | 00:20:55.95 | 4:06 | 14.6 |
| 86 | SKROBEK ŁUKASZ | 1931 | ZĄBKI | WARSZAWA | POL | M 30 | 86 | M 252 | | 00:09:33 | 00:20:32.10 | 00:20:50.95 | 4:06 | 14.6 |
| 87 | OWCZAREK BARTŁOMIEJ | 1018 | ŁÓDŹ KOCHA SPORT | ŁÓDŹ | POL | M 30 | 87 | M 254 | ŁÓDŹ KOCHA SPORT | 00:09:46 | 00:20:32.20 | 00:21:03.80 | 4:06 | 14.6 |
| 88 | PROSTKO DARIUSZ | 1123 | KB PACE WARSZAWA | POŚWIĘTNE | POL | M 30 | 88 | M 255 | KB PACE WARSZAWA 2 | 00:09:27 | 00:20:32.45 | 00:20:57.00 | 4:06 | 14.6 |
| 89 | GMURZYŃSKI TOMASZ | 368 | | RADZYMIN | AFG | M 30 | 89 | M 256 | | 00:09:53 | 00:20:33.30 | 00:21:07.55 | 4:06 | 14.6 |
| 90 | CHŁAŚCIAK ADAM | 159 | | WARSZAWA | POL | M 30 | 90 | M 262 | | 00:09:32 | 00:20:37.70 | 00:20:55.50 | 4:07 | 14.6 |
| 91 | KULESZA DAMIAN | 735 | ADIDAS RUNNERS WARSAW | WARSZAWA | POL | M 30 | 91 | M 263 | ADIDAS RUNNERS WARSAW | 00:09:35 | 00:20:38.10 | 00:21:23.15 | 4:07 | 14.5 |
| 92 | MALYSHKA ANDREI | 841 | | WARSZAWA | BLR | M 30 | 92 | M 264 | | 00:09:54 | 00:20:38.45 | 00:21:08.60 | 4:07 | 14.5 |
| 93 | GRABOWSKI MICHAŁ | 398 | MORDERCZE OPONKI | SUCHEDNIÓW | POL | M 30 | 93 | M 270 | MORDERCZE OPONKI | 00:09:21 | 00:20:42.10 | 00:21:06.65 | 4:08 | 14.5 |
| 94 | SZYBAŁSKI MICHAŁ | 1407 | | MARKI | POL | M 30 | 94 | M 271 | | 00:09:39 | 00:20:42.15 | 00:21:26.45 | 4:08 | 14.5 |
| 95 | STOBNICKI MATEUSZ | 1944 | GĄBIN BIEGA | BŁONIE | POL | M 30 | 95 | M 274 | | 00:09:49 | 00:20:43.80 | 00:21:12.85 | 4:08 | 14.5 |
| 96 | KRZTOŃ KRZYSZTOF | 710 | | WARSZAWA | POL | M 30 | 96 | M 275 | | 00:09:53 | 00:20:44.15 | 00:21:14.10 | 4:08 | 14.5 |
| 97 | WITKOWSKI MIROSLAW | 1989 | PKS MOCZYMORDY | WARSZAWA (MOKOTÓW) | POL | M 30 | 97 | M 276 | | | 00:20:44.40 | 00:20:44.40 | 4:08 | 14.5 |
| 98 | BODZIOCH ARTUR | 96 | ŚLĘZAK TEAM | WARSZAWA | POL | M 30 | 98 | M 278 | | 00:09:57 | 00:20:46.15 | 00:21:19.90 | 4:09 | 14.4 |
| 99 | FREJ DAMIAN | 1723 | | ZGORZAŁA | POL | M 30 | 99 | M 281 | | 00:09:57 | 00:20:48.35 | 00:21:16.40 | 4:09 | 14.4 |
| 100 | KOSESKI MACIEJ | 654 | | WARSZAWA | POL | M 30 | 100 | M 288 | | 00:09:40 | 00:20:51.40 | 00:21:25.75 | 4:10 | 14.4 |
| 101 | KAMIŃSKI TOMASZ | 534 | | BYDGOSZCZ | POL | M 30 | 101 | M 289 | | 00:09:18 | 00:20:51.85 | 00:21:32.35 | 4:10 | 14.4 |
| 102 | MAJ GRZEGORZ | 826 | | WARSZAWA | POL | M 30 | 102 | M 290 | | 00:09:36 | 00:20:52.00 | 00:21:40.50 | 4:10 | 14.4 |
| 103 | GONCHAROV MICHAEL | 381 | KS LEMIESZ TEAM | WARSZAWA | POL | M 30 | 103 | M 291 | KS LEMIESZ TEAM | 00:09:54 | 00:20:53.40 | 00:21:17.25 | 4:10 | 14.4 |
| 104 | GIEGIEL ŁUKASZ | 354 | | WARSZAWA | POL | M 30 | 104 | M 294 | | 00:09:34 | 00:20:56.25 | 00:21:19.15 | 4:11 | 14.3 |
| 105 | RĄBAŁSKI MARCIN | 1167 | | WARSZAWA | POL | M 30 | 105 | M 301 | ADIDAS RUNNERS WARSAW | 00:09:35 | 00:21:00.20 | 00:21:45.60 | 4:12 | 14.3 |
| 106 | ZAWODZIAN PIOTR | 1638 | | WARSZAWA | POL | M 30 | 106 | M 303 | | 00:09:38 | 00:21:01.70 | 00:21:47.15 | 4:12 | 14.3 |
| 107 | TOLAK PIOTR | 1449 | ADIDAS RUNNERS WARSAW | WARSZAWA | POL | M 30 | 107 | M 312 | ADIDAS RUNNERS WARSAW | 00:09:32 | 00:21:09.00 | 00:21:51.00 | 4:13 | 14.2 |

BIEG URSYNOWA, M 30 c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Drużyna 1 | 2.5km | Netto | Brutto | min/km | km/h |
|------|------------------------|------|-----------------------|------------------------|------|------|--------|-------|--------------------------|----------|-------------|-------------|--------|------|
| 108 | KWIATKOWSKI MATEUSZ | 1833 | ROZBIEGANY PIASTÓW | PRUSZKÓW | POL | M 30 | 108 | M 315 | PAWKO RUNNER TEAM | 00:09:59 | 00:21:09.90 | 00:21:42.75 | 4:13 | 14.2 |
| 109 | DANIELAK ŁUKASZ | 1719 | | HIPOLITOW | POL | M 30 | 109 | M 316 | | 00:09:19 | 00:21:10.10 | 00:21:48.10 | 4:14 | 14.2 |
| 110 | BUDKOWSKI PATRYK | 124 | | WARSZAWA | POL | M 30 | 110 | M 318 | | 00:09:30 | 00:21:11.30 | 00:21:30.25 | 4:14 | 14.2 |
| 111 | ROŻEJ DAMIAN | 1199 | SPACE CAR AUTOMOTIVE | ZGORZAŁA | POL | M 30 | 111 | M 326 | | 00:09:56 | 00:21:14.80 | 00:22:02.60 | 4:14 | 14.1 |
| 112 | JAKUBCZAK WOJCIECH | 455 | | WARSZAWA | POL | M 30 | 112 | M 329 | | 00:10:03 | 00:21:16.85 | 00:22:16.90 | 4:15 | 14.1 |
| 113 | OBUKOWICZ MICHAŁ | 980 | EMILIA ANKIEWICZ TEAM | WARSZAWA | POL | M 30 | 113 | M 331 | | 00:09:55 | 00:21:17.20 | 00:21:35.75 | 4:15 | 14.1 |
| 114 | TRUSZKOWSKI KAMIL | 1469 | | BIALYSTOK | POL | M 30 | 114 | M 335 | | 00:09:56 | 00:21:20.45 | 00:21:42.25 | 4:16 | 14.1 |
| 115 | KAMIŃSKI ŁUKASZ | 539 | PZU SPORT TEAM | ZĄBKI | POL | M 30 | 115 | M 337 | | 00:09:38 | 00:21:21.30 | 00:22:05.25 | 4:16 | 14.1 |
| 116 | REMISZ ŁUKASZ | 1181 | | WARSZAWA | POL | M 30 | 116 | M 338 | | 00:09:48 | 00:21:21.35 | 00:21:52.00 | 4:16 | 14.1 |
| 117 | MACHALSKI MATEUSZ | 813 | ASP HOOLIGANS | WARSZAWA | POL | M 30 | 117 | M 342 | | 00:10:10 | 00:21:22.20 | 00:21:39.55 | 4:16 | 14 |
| 118 | STRYJEWSKI SEBASTIAN | 1355 | | WARSZAWA | POL | M 30 | 118 | M 343 | | 00:10:01 | 00:21:22.55 | 00:22:19.25 | 4:16 | 14 |
| 119 | SZAŁAŃSKI PRZEMYSŁAW | 1383 | | WARSZAWA | POL | M 30 | 119 | M 344 | | 00:09:59 | 00:21:22.90 | 00:21:56.45 | 4:16 | 14 |
| 120 | NIKIEL SZYMON | 1881 | | KRAKÓW | POL | M 30 | 120 | M 346 | | 00:09:48 | 00:21:23.35 | 00:21:49.15 | 4:16 | 14 |
| 121 | NALEPA SZYMON | 949 | | WARSZAWA | POL | M 30 | 121 | M 347 | | 00:10:06 | 00:21:24.60 | 00:22:26.40 | 4:16 | 14 |
| 122 | MARSZAŁEK MARCIN | 861 | | WARSZAWA | POL | M 30 | 122 | M 349 | | 00:09:58 | 00:21:24.95 | 00:21:45.60 | 4:16 | 14 |
| 123 | MILCZARCYK DARIUSZ | 1862 | WKZ KOZIENICE BBL | KOZIENICE | POL | M 30 | 123 | M 350 | WKZ KOZIENICE BBL | 00:10:07 | 00:21:26.00 | 00:21:59.80 | 4:17 | 14 |
| 124 | SZAREK GUSTAW | 1955 | | WARSZAWA | POL | M 30 | 124 | M 353 | WALENTINO ULTRAS | 00:10:20 | 00:21:27.25 | 00:22:12.80 | 4:17 | 14 |
| 125 | BAS MICHAŁ | 57 | | WARSZAWA | POL | M 30 | 125 | M 354 | | 00:10:03 | 00:21:27.75 | 00:22:00.85 | 4:17 | 14 |
| 126 | KALBARCZYK WOJTEK | 520 | ADIDAS RUNNERS WARSAW | WARSZAWA | POL | M 30 | 126 | M 359 | ADIDAS RUNNERS WARSAW | 00:09:56 | 00:21:28.85 | 00:21:56.75 | 4:17 | 14 |
| 127 | GRYCNER PAWEŁ | 414 | CTS | WARSZAWA | POL | M 30 | 127 | M 360 | | 00:09:54 | 00:21:29.00 | 00:21:53.45 | 4:17 | 14 |
| 128 | GWIAZDA MARCIN | 423 | | WARSZAWA | POL | M 30 | 128 | M 367 | | 00:10:28 | 00:21:33.85 | 00:22:22.10 | 4:18 | 13.9 |
| 129 | PALUCH KAMIL | 1029 | | WARSZAWA | POL | M 30 | 129 | M 372 | | 00:10:07 | 00:21:38.90 | 00:22:41.60 | 4:19 | 13.9 |
| 130 | KORAL JAKUB | 637 | | WARSZAWA | POL | M 30 | 130 | M 373 | | 00:09:59 | 00:21:39.95 | 00:22:06.35 | 4:19 | 13.9 |
| 131 | JARZYŃSKI KAMIL | 474 | | WARSZAWA | POL | M 30 | 131 | M 377 | | 00:10:28 | 00:21:41.15 | 00:22:28.85 | 4:20 | 13.8 |
| 132 | JEDNACHOWSKI MARCIN | 485 | | PUCK | POL | M 30 | 132 | M 382 | | 00:10:29 | 00:21:46.75 | 00:22:33.00 | 4:21 | 13.8 |
| 133 | BOJARSKI MAREK | 69 | | WARSZAWA | POL | M 30 | 133 | M 384 | | 00:09:51 | 00:21:49.15 | 00:22:03.50 | 4:21 | 13.8 |
| 134 | BUKOWIŃSKI DAMIAN | 135 | | WARSZAWA | POL | M 30 | 134 | M 386 | | 00:10:47 | 00:21:49.85 | 00:23:33.80 | 4:21 | 13.8 |
| 135 | KLAMBOROWSKI ARTUR | 590 | KB PACE WARSZAWA | WARSZAWA | POL | M 30 | 135 | M 392 | KB PACE WARSZAWA | 00:10:32 | 00:21:53.65 | 00:22:40.10 | 4:22 | 13.7 |
| 136 | CICHOCKI MARIUSZ | 178 | WARSAW RUN CLUB | WARSZAWA | POL | M 30 | 136 | M 404 | WARSAW RUN CLUB | 00:10:18 | 00:21:59.90 | 00:22:32.10 | 4:23 | 13.6 |
| 137 | ZGODA MATEUSZ | 1646 | | WARSZAWA | POL | M 30 | 137 | M 406 | NAPRZÓD MŁOCINY | 00:10:31 | 00:22:00.40 | 00:22:43.70 | 4:24 | 13.6 |
| 138 | BIENKOWSKI DANIEL | 79 | | WARSZAWA | POL | M 30 | 138 | M 410 | | 00:10:21 | 00:22:03.70 | 00:23:34.35 | 4:24 | 13.6 |
| 139 | HUCAŁ GRZEGORZ | 439 | RCI WARSZAWA | WARSZAWA | POL | M 30 | 139 | M 411 | | 00:10:19 | 00:22:04.05 | 00:22:22.20 | 4:24 | 13.6 |
| 140 | TURSKI KRYSZTIAN | 1973 | | WARSZAWA | POL | M 30 | 140 | M 412 | | 00:10:36 | 00:22:04.70 | 00:22:42.75 | 4:24 | 13.6 |
| 141 | PAŚ SZYMON | 60 | | WARSZAWA | POL | M 30 | 141 | M 423 | | 00:10:32 | 00:22:14.00 | 00:23:02.90 | 4:26 | 13.5 |
| 142 | ORZESZEK PIOTR | 1008 | TRIWAWA | WARSZAWA | POL | M 30 | 142 | M 427 | | 00:09:58 | 00:22:17.10 | 00:22:56.70 | 4:27 | 13.5 |
| 143 | MATOWICKI MICHAŁ | 877 | | WARSZAWA | POL | M 30 | 143 | M 432 | | 00:10:49 | 00:22:21.45 | 00:23:18.45 | 4:28 | 13.4 |
| 144 | KALINOWSKI PATRYK | 523 | PENDZONCY JELEN | WARSZAWA | POL | M 30 | 144 | M 433 | | 00:10:14 | 00:22:21.55 | 00:23:31.10 | 4:28 | 13.4 |
| 145 | STANKIEWICZ PIOTR | 1333 | | MARKI | POL | M 30 | 145 | M 435 | | 00:10:17 | 00:22:24.00 | 00:23:26.10 | 4:28 | 13.4 |
| 146 | DZIERŻANOWSKI KAJETAN | 283 | MORSY SHARK TEAM | WARSZAWA | POL | M 30 | 146 | M 438 | | 00:10:32 | 00:22:25.60 | 00:23:14.50 | 4:29 | 13.4 |
| 147 | MONASTYRSKI MIKOŁAJ | 923 | | WARSZAWA | POL | M 30 | 147 | M 441 | | 00:10:39 | 00:22:26.60 | 00:23:41.45 | 4:29 | 13.4 |
| 148 | WIRKUS TYMOTEUSZ | 1546 | | GDĄSK | POL | M 30 | 148 | M 447 | | 00:11:01 | 00:22:29.80 | 00:23:23.75 | 4:29 | 13.3 |
| 149 | WOJEWÓDZKI MARCIN | 1570 | WOJEWÓDZCY TEAM | WARSZAWA | POL | M 30 | 149 | M 448 | | 00:10:48 | 00:22:29.85 | 00:23:34.50 | 4:29 | 13.3 |
| 150 | PRZYDALSKI WOJTEK | 1140 | | WARSZAWA | POL | M 30 | 150 | M 451 | | 00:10:33 | 00:22:30.95 | 00:23:18.15 | 4:30 | 13.3 |
| 151 | RENKIEWICZ MAKSYMILIAN | 1182 | | WARSZAWA | POL | M 30 | 151 | M 452 | | 00:10:41 | 00:22:31.05 | 00:23:59.00 | 4:30 | 13.3 |
| 152 | ZAWADA KONRAD | 2130 | | WARSZAWA | POL | M 30 | 152 | M 455 | | 00:11:16 | 00:22:33.15 | 00:25:53.25 | 4:30 | 13.3 |
| 153 | ŚLEPOWRÓŃSKI JAKUB | 1424 | PZU SPORT TEAM | WARSZAWA | POL | M 30 | 153 | M 458 | PZU SPORT TEAM | 00:10:57 | 00:22:34.05 | 00:23:32.00 | 4:30 | 13.3 |
| 154 | WOJCIECHOWSKI ANDRZEJ | 1568 | | KOLONIA LESZNOWOLA | POL | M 30 | 154 | M 459 | | 00:10:57 | 00:22:34.40 | 00:23:30.90 | 4:30 | 13.3 |
| 155 | S KONSTANTYN | 1224 | | WARSZAWA | POL | M 30 | 155 | M 461 | | 00:10:15 | 00:22:36.35 | 00:22:42.75 | 4:31 | 13.3 |
| 156 | SKRZYPEK MICHAŁ | 1280 | SASKŁACZ TEAM | WARSZAWA | POL | M 30 | 156 | M 462 | | 00:10:39 | 00:22:36.35 | 00:24:26.75 | 4:31 | 13.3 |
| 157 | TRACZ JAKUB | 1457 | CSWP RUNNING TEAM | WARSZAWA | POL | M 30 | 157 | M 468 | CSWP RUNNING TEAM | 00:10:43 | 00:22:41.35 | 00:23:39.05 | 4:32 | 13.2 |
| 158 | ZIEMKOWSKI TOBIASZ | 1651 | KSSTASZEWCY | WARSZAWA | POL | M 30 | 158 | M 473 | KS STASZEWCY | | 00:22:42.90 | 00:23:37.80 | 4:32 | 13.2 |
| 159 | WALCZAK MATEUSZ | 1505 | | WARSZAWA | POL | M 30 | 159 | M 474 | | 00:10:50 | 00:22:43.05 | 00:23:38.25 | 4:32 | 13.2 |
| 160 | WOSZTYL TOMASZ | 1580 | | WARSZAWA (ŚRÓDMIEŚCIE) | POL | M 30 | 160 | M 478 | | 00:09:51 | 00:22:44.60 | 00:23:32.90 | 4:32 | 13.2 |
| 161 | ZBOROCH ROBERT | 1640 | | WARSZAWA | POL | M 30 | 161 | M 479 | | 00:11:04 | 00:22:44.70 | 00:23:32.00 | 4:32 | 13.2 |
| 162 | MATEUSZ DUCH | 876 | GÓRA BIEGA | GÓRA KALWARIA | POL | M 30 | 162 | M 481 | | 00:10:22 | 00:22:45.75 | 00:23:36.75 | 4:33 | 13.2 |
| 163 | PODKAŃSKI PAWEŁ | 1097 | | WARSZAWA | POL | M 30 | 163 | M 483 | | 00:10:32 | 00:22:46.15 | 00:23:20.20 | 4:33 | 13.2 |

BIEG URSYNOWA, M 30 c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Drużyna 1 | 2.5km | Netto | Brutto | min/km | km/h |
|------|------------------------|------|-----------------------------|---------------------|------|------|--------|-------|-------------------------------|----------|-------------|-------------|--------|------|
| 164 | WIĘTCZAK MICHAŁ | 1538 | | ŁÓDŹ | POL | M 30 | 164 | M 495 | | 00:10:24 | 00:22:54.05 | 00:23:20.75 | 4:34 | 13.1 |
| 165 | CHRABAŁOWSKI JAROSŁAW | 171 | EXORIGO-UPOS S.A. | WARSZAWA | POL | M 30 | 165 | M 496 | | 00:10:37 | 00:22:54.20 | 00:23:46.90 | 4:34 | 13.1 |
| 166 | PIOTROWSKI MATEUSZ | 1083 | | WARSZAWA | POL | M 30 | 166 | M 498 | | 00:11:07 | 00:22:55.45 | 00:24:24.40 | 4:35 | 13.1 |
| 167 | SKWARCZ PAWEŁ | 1284 | | WARSZAWA | POL | M 30 | 167 | M 503 | | 00:10:58 | 00:22:57.20 | 00:23:52.05 | 4:35 | 13.1 |
| 168 | RUTKOWSKI PAWEŁ | 1213 | ADIDAS RUNNERS WARSAW | WARSZAWA | POL | M 30 | 168 | M 504 | ADIDAS RUNNERS WARSAW | 00:10:36 | 00:22:58.25 | 00:23:43.80 | 4:35 | 13.1 |
| 169 | BAL ŁUKASZ | 1738 | CWKS AUDYTY | WARSZAWA | POL | M 30 | 169 | M 508 | | 00:10:39 | 00:23:00.65 | 00:23:46.50 | 4:36 | 13 |
| 170 | RACZYŃSKI SEBASTIAN | 1156 | ORACLE RED BULL RACING | OPOCZNO | POL | M 30 | 170 | M 514 | | 00:10:20 | 00:23:03.50 | 00:24:02.30 | 4:36 | 13 |
| 171 | WRZESZCZ ŁUKASZ | 1593 | BIEGOWY WARIAT RUNNING TEAM | WARSZAWA | POL | M 30 | 171 | M 519 | | 00:11:09 | 00:23:08.80 | 00:24:20.75 | 4:37 | 13 |
| 172 | KALINOWSKI BARTŁOMIEJ | 522 | DSV | WARSZAWA | POL | M 30 | 172 | M 522 | DSV ISS | 00:10:27 | 00:23:11.65 | 00:24:45.80 | 4:38 | 12.9 |
| 173 | GRUSZCZYŃSKI WOJCIECH | 412 | | WARSZAWA | POL | M 30 | 173 | M 528 | | 00:11:25 | 00:23:14.50 | 00:24:35.45 | 4:38 | 12.9 |
| 174 | CZUJKOWSKI PIOTR | 1772 | | BASZKOWKA | GBR | M 30 | 174 | M 532 | | 00:11:18 | 00:23:18.25 | 00:26:36.70 | 4:39 | 12.9 |
| 175 | MÓRAWSKI MACIEJ | 931 | | OSTRÓW MAZOWIECKA | POL | M 30 | 175 | M 537 | | 00:11:19 | 00:23:19.65 | 00:24:23.35 | 4:39 | 12.9 |
| 176 | BURY OSKAR | 140 | | WARSZAWA | POL | M 30 | 176 | M 538 | | 00:10:45 | 00:23:20.80 | 00:24:31.95 | 4:40 | 12.9 |
| 177 | KRÓL ŁUKASZ | 700 | PZU SPORT TEAM | WARSZAWA | POL | M 30 | 177 | M 539 | PZU SPORT TEAM | 00:10:55 | 00:23:21.60 | 00:24:22.25 | 4:40 | 12.8 |
| 178 | KRAWCZYK ŁUKASZ | 693 | | WARSZAWA | POL | M 30 | 178 | M 542 | | 00:10:59 | 00:23:23.00 | 00:24:36.20 | 4:40 | 12.8 |
| 179 | PAKUŁA BŁAŻEJ | 1027 | | WARSZAWA | POL | M 30 | 179 | M 546 | | 00:10:19 | 00:23:24.15 | 00:24:30.00 | 4:40 | 12.8 |
| 180 | CYWIŃSKI MARCIN | 198 | MARCYS_RUNNER | MARKI | POL | M 30 | 180 | M 547 | | 00:11:01 | 00:23:24.60 | 00:24:35.95 | 4:40 | 12.8 |
| 181 | BILEWICZ MATEUSZ | 83 | ACCENTURE | WARSZAWA | POL | M 30 | 181 | M 550 | | 00:10:48 | 00:23:26.95 | 00:24:48.50 | 4:41 | 12.8 |
| 182 | KIM MINJU | 585 | | WARSZAWA | | M 30 | 182 | M 553 | | 00:11:16 | 00:23:30.55 | 00:24:18.95 | 4:42 | 12.8 |
| 183 | WŁODARSKI JAKUB | 1562 | | WARSZAWA | POL | M 30 | 183 | M 555 | | 00:11:04 | 00:23:31.60 | 00:24:24.50 | 4:42 | 12.8 |
| 184 | KACZOR KONRAD | 1809 | | WARSZAWA | POL | M 30 | 184 | M 556 | | 00:11:17 | 00:23:32.05 | 00:24:36.35 | 4:42 | 12.7 |
| 185 | BOGUSZ SEBASTIAN | 1748 | PZU SPORT TEAM | WARSZAWA | POL | M 30 | 185 | M 559 | | 00:11:08 | 00:23:33.30 | 00:25:56.85 | 4:42 | 12.7 |
| 186 | MAŁYSA PIOTR | 846 | | KONSTANCIN-JEZIORNA | POL | M 30 | 186 | M 561 | | 00:11:00 | 00:23:34.55 | 00:24:31.40 | 4:42 | 12.7 |
| 187 | LOZOVIKOV PAVLO | 789 | | WARSZAWA | POL | M 30 | 187 | M 564 | | 00:11:59 | 00:23:35.40 | 00:25:42.90 | 4:43 | 12.7 |
| 188 | KUBRAK MICHAŁ | 718 | | WARSZAWA | POL | M 30 | 188 | M 569 | | 00:11:21 | 00:23:38.60 | 00:24:57.90 | 4:43 | 12.7 |
| 189 | GORYSZEWSKI PIOTR | 385 | | WARSZAWA | POL | M 30 | 189 | M 576 | | 00:11:26 | 00:23:41.70 | 00:24:33.05 | 4:44 | 12.7 |
| 190 | KOZAK MIKOŁAJ | 682 | | WARSZAWA | POL | M 30 | 190 | M 581 | | 00:10:41 | 00:23:43.90 | 00:24:27.50 | 4:44 | 12.6 |
| 191 | KUCIŃSKI ŁUKASZ | 727 | TI HEALTH CLUB | WARSZAWA | POL | M 30 | 191 | M 582 | TI HEALTH CLUB | 00:11:55 | 00:23:45.35 | 00:25:29.50 | 4:45 | 12.6 |
| 192 | KOPEĆ MARCIN | 633 | | WARSZAWA | POL | M 30 | 192 | M 585 | | 00:12:32 | 00:23:46.30 | 00:25:35.95 | 4:45 | 12.6 |
| 193 | OCHREMIAK JĘDRZEJ | 983 | OBOZYBIEGOWE.PL | WARSZAWA | POL | M 30 | 193 | M 587 | | 00:10:57 | 00:23:46.55 | 00:24:45.20 | 4:45 | 12.6 |
| 194 | MAŁAŻEWSKI BARTOSZ | 1 | GARDA | WARSZAWA | POL | M 30 | 194 | M 591 | | 00:10:42 | 00:23:49.30 | 00:25:05.30 | 4:45 | 12.6 |
| 195 | PATYK MATEUSZ | 1042 | | WARSZAWA | POL | M 30 | 195 | M 593 | | 00:11:15 | 00:23:49.70 | 00:24:53.45 | 4:45 | 12.6 |
| 196 | ZYŚK SŁAWOMIR | 1661 | | WARSZAWA | POL | M 30 | 196 | M 595 | | 00:11:02 | 00:23:51.55 | 00:24:38.75 | 4:46 | 12.6 |
| 197 | WEJMAN TOMASZ | 1519 | TEAM ZABIEGANEDNI | WARSZAWA | POL | M 30 | 197 | M 599 | TEAM ZABIEGANEDNI | 00:11:29 | 00:23:55.00 | 00:25:06.75 | 4:47 | 12.5 |
| 198 | KĄZMIERSKI ADRIAN | 566 | | WOŁOMIN | POL | M 30 | 198 | M 600 | | 00:11:07 | 00:23:55.70 | 00:25:06.15 | 4:47 | 12.5 |
| 199 | DĄBROWSKI ADAM | 225 | BRACTWO BIEGOWE BGK | WARSZAWA | POL | M 30 | 199 | M 605 | BRACTWO BIEGOWE BGK | 00:11:08 | 00:24:01.55 | 00:24:52.40 | 4:48 | 12.5 |
| 200 | TRIGO ADRIÁN | 1462 | | WARSAW | POL | M 30 | 200 | M 607 | | 00:10:31 | 00:24:02.30 | 00:24:52.00 | 4:48 | 12.5 |
| 201 | JURCZAK GRZEGORZ | 500 | | WARSZAWA | POL | M 30 | 201 | M 608 | | 00:10:47 | 00:24:02.75 | 00:25:12.65 | 4:48 | 12.5 |
| 202 | TOMCZYŃSKI MICHAŁ | 1455 | | WARSZAWA | POL | M 30 | 202 | M 614 | | 00:11:25 | 00:24:04.65 | 00:25:23.20 | 4:48 | 12.5 |
| 203 | CHORAŻEWICZ BARTŁOMIEJ | 169 | | MYSZYŃCIEC | POL | M 30 | 203 | M 615 | | 00:11:14 | 00:24:04.75 | 00:25:39.05 | 4:48 | 12.5 |
| 204 | CIEŚLAR RAFAŁ | 187 | | WARSZAWA | POL | M 30 | 204 | M 619 | | 00:11:29 | 00:24:07.05 | 00:25:19.00 | 4:49 | 12.4 |
| 205 | PONOMARÓW TOMASZ | 1908 | | WARSZAWA | POL | M 30 | 205 | M 620 | | 00:10:34 | 00:24:07.75 | 00:25:10.05 | 4:49 | 12.4 |
| 206 | POPLAWSKI ADAM | 1110 | | WARSZAWA | POL | M 30 | 206 | M 621 | | 00:11:03 | 00:24:08.45 | 00:27:05.70 | 4:49 | 12.4 |
| 207 | SZCZERBIŃSKI ARKADIUSZ | 1389 | KATAREK | WARSZAWA | POL | M 30 | 207 | M 627 | | 00:11:50 | 00:24:12.75 | 00:26:19.15 | 4:50 | 12.4 |
| 208 | ZAWADZKI WOJCIECH | 1634 | TATA BIEGA | WARSZAWA | POL | M 30 | 208 | M 631 | | 00:10:35 | 00:24:14.55 | 00:24:59.35 | 4:50 | 12.4 |
| 209 | LECH MACIEJ | 1834 | | WARSZAWA | POL | M 30 | 209 | M 642 | | 00:10:59 | 00:24:21.30 | 00:25:32.15 | 4:52 | 12.3 |
| 210 | WOJDALSKI MICHAŁ | 1569 | | WARSZAWA | POL | M 30 | 210 | M 643 | | 00:12:04 | 00:24:21.70 | 00:26:08.10 | 4:52 | 12.3 |
| 211 | BŁACHNIO ROBERT | 90 | PAWKO RUNNER TEAM | WARSZAWA | POL | M 30 | 211 | M 647 | PAWKO RUNNER TEAM | 00:11:16 | 00:24:22.85 | 00:25:33.00 | 4:52 | 12.3 |
| 212 | WIERNIK DANIEL | 1986 | | WARSZAWA | POL | M 30 | 212 | M 649 | | 00:11:22 | 00:24:23.40 | 00:25:45.00 | 4:52 | 12.3 |
| 213 | BARSCZ MICHAŁ | 1741 | | WARSZAWA | POL | M 30 | 213 | M 655 | | 00:11:52 | 00:24:27.95 | 00:26:11.45 | 4:53 | 12.3 |
| 214 | KOSTRUBIEC GRZEGORZ | 661 | | WARSZAWA | POL | M 30 | 214 | M 656 | | 00:11:14 | 00:24:28.40 | 00:25:02.35 | 4:53 | 12.3 |
| 215 | SMYL JACEK | 1939 | | WARSZAWA | POL | M 30 | 215 | M 669 | | 00:11:00 | 00:24:35.75 | 00:24:52.65 | 4:55 | 12.2 |
| 216 | JURKOWSKI ARTUR | 504 | | SIENNICA | POL | M 30 | 216 | M 673 | | 00:11:43 | 00:24:37.40 | 00:26:10.55 | 4:55 | 12.2 |
| 217 | WAJS SŁAWOMIR | 1977 | | WARSZAWA | POL | M 30 | 217 | M 681 | | 00:11:52 | 00:24:43.30 | 00:26:05.55 | 4:56 | 12.1 |
| 218 | JÓZEFOWICZ MACIEJ | 495 | VEGE RUNNERS | WARSZAWA | POL | M 30 | 218 | M 682 | VEGE RUNNERS RESZTA ŚWIATA | 00:11:32 | 00:24:43.50 | 00:26:13.10 | 4:56 | 12.1 |

BIEG URSYNOWA, M 30 c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Drużyna 1 | 2.5km | Netto | Brutto | min/km | km/h |
|------|------------------------|------|--------------------|------------|------|------|--------|-------|-----------|----------|-------------|-------------|--------|------|
| 219 | SŁOWIK PAWEŁ | 1289 | PARÓWY WWA | WARSZAWA | POL | M 30 | 219 | M 685 | | 00:11:43 | 00:24:44.20 | 00:25:41.05 | 4:56 | 12.1 |
| 220 | WAWER HUBERT | 1516 | | WARSZAWA | POL | M 30 | 220 | M 691 | CBRE | 00:11:10 | 00:24:46.95 | 00:25:43.45 | 4:57 | 12.1 |
| 221 | SZABLŃSKI MARCIN | 1953 | | WARSZAWA | POL | M 30 | 221 | M 697 | | 00:11:35 | 00:24:50.45 | 00:26:16.05 | 4:58 | 12.1 |
| 222 | KALBARCZYK IGOR | 519 | | WARSZAWA | POL | M 30 | 222 | M 698 | | 00:12:08 | 00:24:50.55 | 00:26:47.90 | 4:58 | 12.1 |
| 223 | LEWANDOWSKI WOJCIECH | 1837 | | WARSZAWA | POL | M 30 | 223 | M 701 | | 00:11:29 | 00:24:52.25 | 00:26:06.75 | 4:58 | 12.1 |
| 224 | DAMPC MARIUSZ | 1735 | | WARSZAWA | POL | M 30 | 224 | M 702 | | 00:11:49 | 00:24:52.70 | 00:26:28.50 | 4:58 | 12.1 |
| 225 | POPŁAWSKI MICHAEL | 1109 | | WARSZAWA | POL | M 30 | 225 | M 706 | | 00:12:10 | 00:24:54.20 | 00:26:42.05 | 4:58 | 12 |
| 226 | SAWICKI ADRIAN | 1236 | | WARSZAWA | POL | M 30 | 226 | M 709 | | 00:11:54 | 00:24:57.15 | 00:26:33.60 | 4:59 | 12 |
| 227 | WŁODARCZYK TOMASZ | 1560 | - | - | POL | M 30 | 227 | M 710 | | 00:11:30 | 00:24:57.25 | 00:26:14.60 | 4:59 | 12 |
| 228 | DĘBSKI KAROL | 236 | | ZAMIENIE | POL | M 30 | 228 | M 712 | | 00:11:34 | 00:24:58.55 | 00:26:40.40 | 4:59 | 12 |
| 229 | ORŁOWSKI KACPER | 1885 | | WARSZAWA | POL | M 30 | 229 | M 719 | | 00:11:35 | 00:25:05.55 | 00:26:16.50 | 5:01 | 12 |
| 230 | WOŹNIAK PRZEMYSŁAW | 1584 | | WARSZAWA | POL | M 30 | 230 | M 720 | | 00:11:39 | 00:25:05.60 | 00:27:01.80 | 5:01 | 12 |
| 231 | LISEWSKI DOMINIK | 787 | | WARSZAWA | POL | M 30 | 231 | M 724 | | 00:12:23 | 00:25:08.55 | 00:27:52.70 | 5:01 | 11.9 |
| 232 | LEWANDOWSKI PRZEMYSŁAW | 778 | | WARSZAWA | POL | M 30 | 232 | M 725 | | 00:11:54 | 00:25:09.15 | 00:26:47.10 | 5:01 | 11.9 |
| 233 | CIEŚLAK RADEK | 186 | | ŁOŹYSKA | POL | M 30 | 233 | M 728 | | 00:11:44 | 00:25:10.10 | 00:25:57.60 | 5:02 | 11.9 |
| 234 | SZYMCZYK MICHAŁ | 1422 | NASTĘPNY KROK TEAM | WARSZAWA | POL | M 30 | 234 | M 739 | | 00:11:22 | 00:25:16.30 | 00:26:33.30 | 5:03 | 11.9 |
| 235 | KEMPA PIOTR | 568 | | WARSZAWA | POL | M 30 | 235 | M 740 | | 00:11:59 | 00:25:16.35 | 00:26:33.35 | 5:03 | 11.9 |
| 236 | SAS SZYMON | 1235 | | WARSZAWA | POL | M 30 | 236 | M 743 | | 00:12:05 | 00:25:19.60 | 00:27:01.15 | 5:03 | 11.8 |
| 237 | SZYKUŁA KACPER | 1957 | | WARSZAWA | POL | M 30 | 237 | M 744 | | 00:11:53 | 00:25:20.90 | 00:27:04.50 | 5:04 | 11.8 |
| 238 | SUŁKOWSKI MICHAŁ | 1950 | | WARSZAWA | POL | M 30 | 238 | M 754 | | 00:12:13 | 00:25:27.75 | 00:27:03.30 | 5:05 | 11.8 |
| 239 | MANART MATEUSZ | 847 | | WARSZAWA | POL | M 30 | 239 | M 755 | ITMRUN | 00:11:35 | 00:25:28.75 | 00:26:26.20 | 5:05 | 11.8 |
| 240 | BUGAJ PRZEMYSŁAW | 129 | | WARSZAWA | POL | M 30 | 240 | M 759 | | 00:12:10 | 00:25:31.95 | 00:27:12.45 | 5:06 | 11.8 |
| 241 | MICHALCZUK JAREK | 899 | | WARSZAWA | POL | M 30 | 241 | M 761 | | 00:12:59 | 00:25:33.55 | 00:28:01.10 | 5:06 | 11.7 |
| 242 | NAGIEL BARTOSZ | 947 | | WARSZAWA | POL | M 30 | 242 | M 762 | | 00:12:31 | 00:25:34.40 | 00:27:29.05 | 5:06 | 11.7 |
| 243 | SOSIŃSKI HUBERT | 1319 | RUNFORRESTRUN | WARSZAWA | POL | M 30 | 243 | M 766 | | 00:12:21 | 00:25:38.00 | 00:27:36.05 | 5:07 | 11.7 |
| 244 | KOSTECKI HUBERT | 659 | | WARSZAWA | POL | M 30 | 244 | M 775 | | 00:12:20 | 00:25:44.60 | 00:27:31.45 | 5:08 | 11.7 |
| 245 | GRECKI MICHAŁ | 403 | PWPW SA | CHYLICZKI | POL | M 30 | 245 | M 776 | | 00:12:45 | 00:25:45.00 | 00:27:07.50 | 5:09 | 11.7 |
| 246 | SZYDLIK MATEUSZ | 1956 | | WARSZAWA | POL | M 30 | 246 | M 779 | | 00:11:48 | 00:25:46.95 | 00:27:23.60 | 5:09 | 11.6 |
| 247 | GAŹTOWSKI ARTUR | 351 | | WARSZAWA | POL | M 30 | 247 | M 782 | | 00:11:55 | 00:25:47.85 | 00:27:11.30 | 5:09 | 11.6 |
| 248 | GÓRSKI HUBERT | 393 | | WARSZAWA | POL | M 30 | 248 | M 783 | | 00:12:08 | 00:25:49.20 | 00:27:19.95 | 5:09 | 11.6 |
| 249 | BOŻEK MARIUSZ | 108 | ORSOME RUNNERS | WARSZAWA | POL | M 30 | 249 | M 787 | | 00:12:21 | 00:25:51.45 | 00:27:41.50 | 5:10 | 11.6 |
| 250 | GABRYSEWSKI RADOSŁAW | 324 | | WARSZAWA | POL | M 30 | 250 | M 788 | | 00:12:26 | 00:25:52.50 | 00:27:00.20 | 5:10 | 11.6 |
| 251 | BOROWSKI MIKOŁAJ | 103 | | WARSZAWA | POL | M 30 | 251 | M 794 | | 00:12:33 | 00:25:54.45 | 00:27:46.40 | 5:10 | 11.6 |
| 252 | BORUTA KAMIL | 106 | | WARSZAWA | POL | M 30 | 252 | M 796 | | 00:12:23 | 00:25:56.35 | 00:27:49.10 | 5:11 | 11.6 |
| 253 | PROCHWICZ JAKUB | 1120 | X FIGHT PIASECZNO | WARSZAWA | POL | M 30 | 253 | M 797 | | 00:12:33 | 00:25:56.40 | 00:27:46.45 | 5:11 | 11.6 |
| 254 | KRATOK DMITRY | 689 | RUN_WAWA_RUN | WARSZAWA | POL | M 30 | 254 | M 799 | | 00:12:30 | 00:25:58.85 | 00:27:34.40 | 5:11 | 11.6 |
| 255 | KRÓL PATRYK | 701 | | WARSZAWA | POL | M 30 | 255 | M 809 | | 00:11:57 | 00:26:03.35 | 00:28:21.20 | 5:12 | 11.5 |
| 256 | LIACH ALIAKSANDR | 782 | | WARSAW | BEL | M 30 | 256 | M 814 | | 00:12:06 | 00:26:08.55 | 00:28:08.25 | 5:13 | 11.5 |
| 257 | GRUSZKA JAKUB | 413 | TN BIEGÓWKI WESOŁA | WARSZAWA | POL | M 30 | 257 | M 820 | | 00:11:29 | 00:26:12.05 | 00:27:29.85 | 5:14 | 11.5 |
| 258 | JURDECZKA MIROŚLAW | 501 | | WARSZAWA | POL | M 30 | 258 | M 822 | | 00:12:11 | 00:26:13.35 | 00:28:08.15 | 5:14 | 11.4 |
| 259 | ZACHUTA PIOTR | 1606 | | WARSZAWA | POL | M 30 | 259 | M 827 | | 00:12:22 | 00:26:18.00 | 00:28:14.90 | 5:15 | 11.4 |
| 260 | GIERSZEWSKI MARIUSZ | 357 | | ŻDŹAR | POL | M 30 | 260 | M 830 | | 00:11:56 | 00:26:18.40 | 00:27:52.10 | 5:15 | 11.4 |
| 261 | MAKOWSKI JULIUSZ | 1852 | | WARSZAWA | POL | M 30 | 261 | M 831 | | 00:12:07 | 00:26:19.85 | 00:27:32.45 | 5:15 | 11.4 |
| 262 | SKUP KACPER | 1281 | | WARSZAWA | POL | M 30 | 262 | M 835 | | 00:11:18 | 00:26:21.30 | 00:27:07.55 | 5:16 | 11.4 |
| 263 | ZABLOCKI WOJCIECH | 1603 | | WARSAW | POL | M 30 | 263 | M 836 | | 00:11:58 | 00:26:21.65 | 00:27:29.70 | 5:16 | 11.4 |
| 264 | AUGUSTYN ŁUKASZ | 38 | CBRE | WARSZAWA | POL | M 30 | 264 | M 838 | | 00:12:10 | 00:26:22.90 | 00:26:30.60 | 5:16 | 11.4 |
| 265 | DZIUBIŃSKI PIOTR | 288 | KDPS | WARSZAWA | POL | M 30 | 265 | M 842 | | 00:12:27 | 00:26:25.95 | 00:28:21.70 | 5:17 | 11.4 |
| 266 | KRZECZEWSKI PIOTR | 709 | | WARSZAWA | POL | M 30 | 266 | M 846 | | 00:12:25 | 00:26:27.80 | 00:29:07.05 | 5:17 | 11.3 |
| 267 | BRODZKI JAN | 112 | | WARSZAWA | POL | M 30 | 267 | M 848 | | 00:11:43 | 00:26:29.05 | 00:27:28.65 | 5:17 | 11.3 |
| 268 | SUCHOCKI KONRAD | 1364 | | SZEWNICA | POL | M 30 | 268 | M 850 | | 00:12:38 | 00:26:29.15 | 00:28:43.05 | 5:17 | 11.3 |
| 269 | SOWIAK GRZEGORZ | 1322 | | WARSZAWA | POL | M 30 | 269 | M 852 | | 00:12:16 | 00:26:29.40 | 00:27:50.55 | 5:17 | 11.3 |
| 270 | JAGUŚ PIOTREK | 453 | | WARSZAWA | POL | M 30 | 270 | M 854 | | 00:11:56 | 00:26:31.05 | 00:28:26.45 | 5:18 | 11.3 |
| 271 | PIECZONKA MARCIN | 1064 | | WARSZAWA | POL | M 30 | 271 | M 855 | | 00:11:46 | 00:26:31.30 | 00:29:17.80 | 5:18 | 11.3 |
| 272 | BANACKI MATEUSZ | 44 | | WARSZAWA | POL | M 30 | 272 | M 861 | | 00:12:31 | 00:26:35.55 | 00:27:25.70 | 5:19 | 11.3 |
| 273 | CHUDECKI ŁUKASZ | 176 | | WARSZAWA | POL | M 30 | 273 | M 862 | | 00:12:30 | 00:26:36.15 | 00:27:41.90 | 5:19 | 11.3 |
| 274 | PRUSIK JAN | 1131 | | STARA WIEŚ | POL | M 30 | 274 | M 872 | | 00:12:52 | 00:26:47.35 | 00:29:16.80 | 5:21 | 11.2 |
| 275 | WOZIŃSKI PATRYK | 1581 | | WARSZAWA | POL | M 30 | 275 | M 879 | | 00:13:11 | 00:26:51.50 | 00:29:01.60 | 5:22 | 11.2 |

BIEG URSYNOWA, M 30 c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Drużyna 1 | 2.5km | Netto | Brutto | min/km | km/h |
|------|------------------------|------|-----------------------|------------|------|------|--------|--------|-----------------------|----------|-------------|-------------|--------|------|
| 276 | ŚWIDRAK BARTOSZ | 1432 | | WARSZAWA | POL | M 30 | 276 | M 880 | | 00:12:03 | 00:26:51.85 | 00:28:21.90 | 5:22 | 11.2 |
| 277 | GŁAŻEWSKI TOMASZ | 364 | | WARSZAWA | POL | M 30 | 277 | M 892 | | 00:12:51 | 00:26:59.45 | 00:29:10.35 | 5:23 | 11.1 |
| 278 | WAWRZYNOWSKI MICHAŁ | 1517 | | JÓZEFÓW | POL | M 30 | 278 | M 896 | | 00:12:28 | 00:27:05.80 | 00:28:51.25 | 5:25 | 11.1 |
| 279 | STEFANKOWSKI ROBERT | 1340 | | WARSZAWA | POL | M 30 | 279 | M 899 | | 00:13:01 | 00:27:06.25 | 00:29:17.30 | 5:25 | 11.1 |
| 280 | BOCZARSKI PIOTR | 94 | | WARSZAWA | POL | M 30 | 280 | M 902 | | 00:12:52 | 00:27:10.80 | 00:29:17.70 | 5:26 | 11 |
| 281 | GOLIŃSKI RADOSŁAW | 375 | | WARSZAWA | POL | M 30 | 281 | M 909 | | 00:13:15 | 00:27:16.35 | 00:29:23.20 | 5:27 | 11 |
| 282 | SKROBEK PIOTR | 1277 | | ŁOMIANKI | POL | M 30 | 282 | M 913 | | 00:13:37 | 00:27:19.60 | 00:30:17.75 | 5:27 | 11 |
| 283 | CZOPEK MATEUSZ | 1771 | BIEGAM, BO MUSZĘ | WARSZAWA | POL | M 30 | 283 | M 925 | | 00:12:55 | 00:27:25.90 | 00:29:36.10 | 5:29 | 10.9 |
| 284 | PRYBYSH DMITRI | 1132 | | WARSZAWA | BEL | M 30 | 284 | M 927 | | 00:13:31 | 00:27:26.75 | 00:29:47.05 | 5:29 | 10.9 |
| 285 | SIRY ROMAN | 1262 | | WARSZAWA | POL | M 30 | 285 | M 930 | | 00:13:17 | 00:27:31.40 | 00:29:49.10 | 5:30 | 10.9 |
| 286 | KIJJAŃSKI RADOSŁAW | 583 | | WARSZAWA | POL | M 30 | 286 | M 939 | | 00:13:07 | 00:27:36.55 | 00:30:07.10 | 5:31 | 10.9 |
| 287 | REKUS ŁUKASZ | 1176 | | WARSZAWA | POL | M 30 | 287 | M 945 | | 00:13:12 | 00:27:40.55 | 00:29:38.20 | 5:32 | 10.8 |
| 288 | WACKO KRZYSZTOF | 1502 | | WARSZAWA | POL | M 30 | 288 | M 952 | | 00:13:11 | 00:27:46.40 | 00:30:34.70 | 5:33 | 10.8 |
| 289 | PAWIŃSKI ŁUKASZ | 1043 | | MAGNUSZEW | POL | M 30 | 289 | M 954 | | 00:13:14 | 00:27:48.80 | 00:29:28.65 | 5:33 | 10.8 |
| 290 | SIRKO KRZYSZTOF | 1259 | | WARSZAWA | POL | M 30 | 290 | M 955 | | 00:12:37 | 00:27:49.60 | 00:29:33.80 | 5:33 | 10.8 |
| 291 | FOK TOMASZ | 314 | ADIDAS RUNNERS WARSAW | WARSZAWA | POL | M 30 | 291 | M 957 | ADIDAS RUNNERS WARSAW | 00:13:42 | 00:27:50.05 | 00:30:46.90 | 5:34 | 10.8 |
| 292 | ZAJĄC TOMASZ | 1613 | | WARSZAWA | POL | M 30 | 292 | M 958 | | 00:13:54 | 00:27:50.10 | 00:30:41.90 | 5:34 | 10.8 |
| 293 | CIESIELSKI MATEUSZ | 184 | | MYSIADŁO | POL | M 30 | 293 | M 968 | | 00:13:19 | 00:27:57.05 | 00:30:01.50 | 5:35 | 10.7 |
| 294 | DABROWSKI KUBA | 217 | | WARSZAWA | POL | M 30 | 294 | M 975 | | 00:13:51 | 00:28:03.95 | 00:30:40.10 | 5:36 | 10.7 |
| 295 | ŻÓŁKOWSKI RAFAŁ | 2134 | RUN % FUN | WARSZAWA | POL | M 30 | 295 | M 978 | RUN % FUN | 00:13:09 | 00:28:07.35 | 00:31:09.80 | 5:37 | 10.7 |
| 296 | MOSTOWSKI GRZEGORZ | 927 | | WARSZAWA | POL | M 30 | 296 | M 980 | | | 00:28:08.35 | 00:29:52.25 | 5:37 | 10.7 |
| 297 | NOWAKOWSKI KAMIL | 972 | CBRE | WARSZAWA | POL | M 30 | 297 | M 984 | | 00:13:23 | 00:28:14.80 | 00:30:57.90 | 5:38 | 10.6 |
| 298 | SOCHA PAWEŁ | 1306 | 12TRI.PL | ZĄBKI | POL | M 30 | 298 | M 990 | | 00:13:34 | 00:28:21.95 | 00:31:18.95 | 5:40 | 10.6 |
| 299 | WASIULEWSKI WOJCIECH | 1513 | | WARSZAWA | POL | M 30 | 299 | M 1004 | | 00:13:51 | 00:28:32.60 | 00:30:57.35 | 5:42 | 10.5 |
| 300 | XU YIWEI | 1709 | | WARSZAWA | POL | M 30 | 300 | M 1009 | | 00:11:59 | 00:28:35.40 | 00:29:34.90 | 5:43 | 10.5 |
| 301 | WASZKIEWICZ WOJTEK | 1514 | | WARSZAWA | POL | M 30 | 301 | M 1013 | | 00:14:35 | 00:28:37.95 | 00:31:28.10 | 5:43 | 10.5 |
| 302 | KLUCZYK PIOTR | 601 | KS GROM | WARSZAWA | POL | M 30 | 302 | M 1022 | | 00:13:25 | 00:28:46.20 | 00:30:22.55 | 5:45 | 10.4 |
| 303 | MAREK MICHAŁ | 858 | | WARSZAWA | AFG | M 30 | 303 | M 1025 | | 00:13:48 | 00:28:52.25 | 00:31:35.40 | 5:46 | 10.4 |
| 304 | MARCINKIEWICZ WOJCIECH | 852 | BIEGUSTATORZY | WARSZAWA | POL | M 30 | 304 | M 1030 | | 00:13:54 | 00:28:55.50 | 00:31:31.90 | 5:47 | 10.4 |
| 305 | JODŁOWSKI RAFAŁ | 494 | MYSZORY | WARSZAWA | POL | M 30 | 305 | M 1032 | | 00:13:45 | 00:28:56.80 | 00:30:38.95 | 5:47 | 10.4 |
| 306 | KARCZMARCZYK PAWEŁ | 545 | | WARSZAWA | POL | M 30 | 306 | M 1035 | | 00:13:17 | 00:28:57.85 | 00:30:44.10 | 5:47 | 10.4 |
| 307 | JAGODZIŃSKI KAMIL | 452 | | WARSZAWA | POL | M 30 | 307 | M 1038 | | 00:13:02 | 00:29:00.90 | 00:30:44.35 | 5:48 | 10.3 |
| 308 | GAWRYSZEWSKI GRZEGORZ | 345 | | WARSZAWA | POL | M 30 | 308 | M 1042 | | 00:13:46 | 00:29:04.75 | 00:31:25.40 | 5:48 | 10.3 |
| 309 | SEGIET RAFAŁ | 1237 | | SEROCK | POL | M 30 | 309 | M 1043 | | 00:13:43 | 00:29:08.55 | 00:32:08.05 | 5:49 | 10.3 |
| 310 | PIWOWAREK GRZEGORZ | 1087 | PRZEPIÓRKI WIKTORA | WARSZAWA | POL | M 30 | 310 | M 1054 | | 00:14:11 | 00:29:19.60 | 00:31:53.85 | 5:51 | 10.2 |
| 311 | POŁCZYŃSKI PAWEŁ | 1905 | | WARSZAWA | POL | M 30 | 311 | M 1055 | | 00:11:46 | 00:29:20.00 | 00:30:50.75 | 5:52 | 10.2 |
| 312 | GOŁĘBIEWSKI KAROL | 379 | | WARSZAWA | POL | M 30 | 312 | M 1058 | DSV ISS | 00:13:45 | 00:29:25.85 | 00:32:10.40 | 5:53 | 10.2 |
| 313 | BUDA ARKADIUSZ | 122 | | WARSZAWA | POL | M 30 | 313 | M 1059 | DSV ISS | 00:13:45 | 00:29:26.05 | 00:32:10.60 | 5:53 | 10.2 |
| 314 | TYLMAN RADOSŁAW | 1480 | | WARSZAWA | POL | M 30 | 314 | M 1062 | | 00:13:20 | 00:29:28.15 | 00:31:37.50 | 5:53 | 10.2 |
| 315 | KOSIOR KONRAD | 658 | | WARSZAWA | POL | M 30 | 315 | M 1064 | | 00:15:03 | 00:29:29.35 | 00:32:29.65 | 5:53 | 10.2 |
| 316 | GODLEWSKI PIOTR | 371 | | WARSZAWA | POL | M 30 | 316 | M 1083 | | 00:13:49 | 00:30:05.20 | 00:32:48.05 | 6:01 | 10 |
| 317 | FLASZCZYŃSKI MICHAŁ | 312 | | PRUSZKÓW | POL | M 30 | 317 | M 1092 | | 00:14:25 | 00:30:25.90 | 00:33:23.10 | 6:05 | 9.9 |
| 318 | ROGUSKI MICHAŁ | 1187 | | WARSZAWA | POL | M 30 | 318 | M 1095 | | 00:14:02 | 00:30:30.70 | 00:32:50.15 | 6:06 | 9.8 |
| 319 | MARCINIAK RAFAL | 851 | | WARSZAWA | POL | M 30 | 319 | M 1102 | | 00:13:45 | 00:30:47.60 | 00:32:46.25 | 6:09 | 9.7 |
| 320 | DŁUGOSZ PATRYK | 238 | | WARSZAWA | POL | M 30 | 320 | M 1115 | | 00:14:12 | 00:30:58.80 | 00:33:54.00 | 6:11 | 9.7 |
| 321 | KUMÓR SEBASTIAN | 740 | | WARSZAWA | POL | M 30 | 321 | M 1116 | | 00:13:55 | 00:31:00.40 | 00:32:09.35 | 6:12 | 9.7 |
| 322 | MAKAVEYEU ANTON | 831 | | WARSZAWA | POL | M 30 | 322 | M 1118 | | 00:14:31 | 00:31:07.15 | 00:34:30.40 | 6:13 | 9.6 |
| 323 | ZAWADZKI KSAWERY | 1635 | | WARSZAWA | POL | M 30 | 323 | M 1121 | | 00:15:03 | 00:31:21.50 | 00:34:06.65 | 6:16 | 9.6 |
| 324 | DĄBROWSKI PAWEŁ | 223 | | WARSZAWA | POL | M 30 | 324 | M 1126 | | 00:13:59 | 00:31:34.50 | 00:31:49.25 | 6:18 | 9.5 |
| 325 | BANASIAK PIOTR | 45 | | WARSZAWA | POL | M 30 | 325 | M 1133 | | 00:14:54 | 00:31:56.85 | 00:34:55.25 | 6:23 | 9.4 |
| 326 | ULMA DAWID | 1489 | | WARSZAWA | POL | M 30 | 326 | M 1148 | | 00:15:20 | 00:32:27.00 | 00:35:25.10 | 6:29 | 9.2 |
| 327 | KARPECHENKO ARTEM | 549 | | WARSZAWA | POL | M 30 | 327 | M 1153 | | 00:17:57 | 00:32:42.75 | 00:35:38.30 | 6:32 | 9.2 |
| 328 | ZABIEGA ŁUKASZ | 1600 | | WARSZAWA | POL | M 30 | 328 | M 1157 | | 00:15:20 | 00:33:01.10 | 00:35:58.75 | 6:36 | 9.1 |
| 329 | ZAGRAJEK KRZYSIEK | 1611 | | WARSZAWA | POL | M 30 | 329 | M 1161 | | 00:19:33 | 00:33:08.40 | 00:33:08.40 | 6:37 | 9.1 |
| 330 | MAJEWSKI MACIEJ | 830 | | MAGDALENKA | POL | M 30 | 330 | M 1169 | | 00:16:00 | 00:33:24.95 | 00:36:23.65 | 6:40 | 9 |
| 331 | PRUCHNIEWICZ MICHAŁ | 1126 | | WARSZAWA | POL | M 30 | 331 | M 1170 | | 00:16:23 | 00:33:34.85 | 00:36:54.10 | 6:42 | 8.9 |

BIEG URSYNOWA, M 30 c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Drużyna 1 | 2.5km | Netto | Brutto | min/km | km/h |
|------|-----------------------|------|------|-----------|------|------|--------|--------|-----------|----------|-------------|-------------|--------|------|
| 332 | SEITARIDIS CHRISTOS | 1238 | | WARSZAWA | GRE | M 30 | 332 | M 1175 | | 00:16:04 | 00:33:50.85 | 00:37:13.85 | 6:46 | 8.9 |
| 333 | WILCZAK TOMASZ | 1686 | | BASZKÓWKA | POL | M 30 | 333 | M 1177 | | 00:17:18 | 00:33:53.35 | 00:37:02.35 | 6:46 | 8.9 |
| 334 | DEREK WOJCIECH | 230 | | WARSZAWA | POL | M 30 | 334 | M 1178 | | 00:16:23 | 00:33:53.50 | 00:36:56.05 | 6:46 | 8.9 |
| 335 | PLUTA ALEK | 1094 | | SULEJÓWEK | POL | M 30 | 335 | M 1180 | | 00:16:16 | 00:34:02.00 | 00:37:08.10 | 6:48 | 8.8 |
| 336 | BORKOWSKI ADRIAN | 1532 | | WARSZAWA | POL | M 30 | 336 | M 1195 | | 00:15:53 | 00:35:08.30 | 00:38:05.65 | 7:01 | 8.5 |
| 337 | KOŁAKOWSKI ALEKSANDER | 616 | | WARSZAWA | POL | M 30 | 337 | M 1216 | | 00:16:35 | 00:37:51.00 | 00:38:43.10 | 7:34 | 7.9 |
| 338 | OLEKSIAK HUBERT | 993 | | KOBYŁKA | POL | M 30 | 338 | M 1224 | | 00:18:07 | 00:40:03.80 | 00:43:10.45 | 8:00 | 7.5 |
| 339 | JASZCZYŃSKI ANDRZEJ | 1804 | | WARSZAWA | POL | M 30 | 339 | M 1233 | | 00:09:23 | | | 3:45 | 16 |
| 340 | BUJWID KRZYSZTOF | 133 | | WARSZAWA | POL | M 30 | 340 | M 1234 | | 00:09:54 | | | 3:57 | 15.2 |
| 341 | WIĘCEK ŁUKASZ | 1534 | | WARSZAWA | POL | M 30 | 341 | M 1235 | | 00:12:27 | | | 4:58 | 12 |

BIEG URSYNOWA, K 40

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Drużyna 1 | 2.5km | Netto | Brutto | min/km | km/h |
|------|--------------------------|------|-----------------------------|--------------------|------|------|--------|------|-----------------------------|----------|-------------|-------------|--------|------|
| 1 | STELMACH DOMINIKA | 1342 | ADIDAS RUNNERS WARSAW | WARSZAWA | POL | K 40 | 1 | K 2 | ADIDAS RUNNERS WARSAW | 00:07:46 | 00:16:48.25 | 00:17:03.60 | 3:21 | 17.9 |
| 2 | BUBEŁA MAGDA | 1753 | LIPIEC RUNNING TEAM | BLIZNE JASIŃSKIEGO | POL | K 40 | 2 | K 9 | LIPIEC RUNNING TEAM | 00:08:38 | 00:18:35.05 | 00:18:59.50 | 3:43 | 16.1 |
| 3 | MAJEWSKA EWA | 829 | | WARSZAWA | POL | K 40 | 3 | K 23 | | 00:09:36 | 00:20:46.05 | 00:21:06.00 | 4:09 | 14.4 |
| 4 | STRUZIK ANNA | 1354 | KRZYSIO TEAM | ZGORZAŁA | POL | K 40 | 4 | K 24 | | 00:09:40 | 00:20:51.10 | 00:21:13.10 | 4:10 | 14.4 |
| 5 | GASIOROWSKA ALICJA | 342 | | PIASECZNO | POL | K 40 | 5 | K 25 | ZÓRAWSKI TEAM | 00:09:39 | 00:20:51.35 | 00:21:20.00 | 4:10 | 14.4 |
| 6 | SZYMAŃSKA AGNIESZKA | 1413 | BIEGOWY WARIAT RUNNING TEAM | ŁOMIANKI | POL | K 40 | 6 | K 27 | BIEGOWY WARIAT RUNNING TEAM | 00:09:38 | 00:20:57.10 | 00:21:19.50 | 4:11 | 14.3 |
| 7 | ZAWADZKA KATARZYNA | 1633 | | WARSZAWA | POL | K 40 | 7 | K 28 | | 00:09:54 | 00:21:05.50 | 00:21:29.15 | 4:13 | 14.2 |
| 8 | TYM JOANNA | 1483 | LIPIEC RUNNING TEAM | WARSZAWA | POL | K 40 | 8 | K 29 | LIPIEC RUNNING TEAM | 00:09:46 | 00:21:06.50 | 00:21:16.55 | 4:13 | 14.2 |
| 9 | SADOWSKA MONIKA | 1228 | | WARSZAWA | POL | K 40 | 9 | K 31 | | 00:09:54 | 00:21:10.55 | 00:21:33.55 | 4:14 | 14.2 |
| 10 | NOWAKOWSKA KATARZYNA | 969 | ADIDAS RUNNERS WARSAW | WARSZAWA | POL | K 40 | 10 | K 34 | ADIDAS RUNNERS WARSAW | 00:09:52 | 00:21:33.65 | 00:22:20.05 | 4:18 | 13.9 |
| 11 | SZTARBAŁA EWA | 1400 | LIPIEC RUNNING TEAM | WARSZAWA | POL | K 40 | 11 | K 40 | | 00:10:14 | 00:22:05.95 | 00:22:38.15 | 4:25 | 13.6 |
| 12 | GADOMSKA ANNA | 326 | PZU SPORT TEAM | WARSZAWA | POL | K 40 | 12 | K 41 | PZU SPORT TEAM | 00:10:24 | 00:22:06.85 | 00:23:27.40 | 4:25 | 13.6 |
| 13 | BUDNICKA JOANNA | 125 | | WARSZAWA | POL | K 40 | 13 | K 43 | | 00:09:58 | 00:22:20.15 | 00:22:30.95 | 4:28 | 13.4 |
| 14 | SZWEDA-LEWANDOWSKA ZOFIA | 1406 | | WARSZAWA | POL | K 40 | 14 | K 46 | | 00:10:46 | 00:22:43.75 | 00:24:11.95 | 4:32 | 13.2 |
| 15 | GOGACZ MAGDALENA | 372 | URZĄD DZIELNICY URSYNÓW | WARSZAWA | POL | K 40 | 15 | K 54 | | 00:10:46 | 00:23:15.55 | 00:24:09.90 | 4:39 | 12.9 |
| 16 | KAPUŚCIAREK ELA | 543 | | ŁOMIANKI | POL | K 40 | 16 | K 55 | | 00:10:33 | 00:23:19.35 | 00:24:25.10 | 4:39 | 12.9 |
| 17 | NOWACZYŃSKA KATARZYNA | 965 | TEAM ZABIEGANEDNI | WARSZAWA | POL | K 40 | 17 | K 57 | TEAM ZABIEGANEDNI | 00:11:15 | 00:23:23.15 | 00:24:26.30 | 4:40 | 12.8 |
| 18 | MACIEJEC DOROTA | 1850 | | WARSZAWA | POL | K 40 | 18 | K 60 | | 00:10:33 | 00:23:36.45 | 00:24:11.70 | 4:43 | 12.7 |
| 19 | JAWORSKA JOANNA | 481 | TEAM ZABIEGANEDNI | WARSZAWA | POL | K 40 | 19 | K 64 | TEAM ZABIEGANEDNI #3 | 00:11:32 | 00:23:48.65 | 00:25:06.75 | 4:45 | 12.6 |
| 20 | BUJNOWSKA ELIZA | 131 | VEGE RUNNERS | WARSZAWA | POL | K 40 | 20 | K 65 | VEGE RUNNERS URSYNÓW | 00:11:03 | 00:23:49.80 | 00:24:43.00 | 4:45 | 12.6 |
| 21 | JAREK KATARZYNA | 470 | | MIŃSK MAZOWIECKI | POL | K 40 | 21 | K 69 | | 00:11:01 | 00:24:12.75 | 00:25:14.40 | 4:50 | 12.4 |
| 22 | KIERASIŃSKA DOROTA | 578 | TEAM ZABIEGANEDNI | WARSZAWA | POL | K 40 | 22 | K 70 | TEAM ZABIEGANEDNI | 00:11:48 | 00:24:13.70 | 00:25:41.55 | 4:50 | 12.4 |
| 23 | NAWROCKA ROMA | 953 | GRUPA BIEGOWA UM W-WA | WARSZAWA | POL | K 40 | 23 | K 74 | GRUPA BIEGOWA UM W-WA | 00:11:31 | 00:24:29.85 | 00:25:06.40 | 4:53 | 12.3 |
| 24 | DOLIŃSKA AGNIESZKA | 246 | WARSAW RUN CLUB | WARSZAWA | POL | K 40 | 24 | K 75 | WARSAW RUN CLUB | 00:11:43 | 00:24:34.45 | 00:25:55.10 | 4:54 | 12.2 |
| 25 | PADEREWSKA OLGA | 1886 | PAWKO RUNNER TEAM | SIEDLCE | POL | K 40 | 25 | K 77 | PAWKO RUNNER TEAM | 00:11:15 | 00:24:37.05 | 00:25:40.45 | 4:55 | 12.2 |
| 26 | FABISIAK ANNA | 290 | TEAM ZABIEGANEDNI | WARSZAWA | POL | K 40 | 26 | K 81 | TEAM ZABIEGANEDNI #3 | 00:11:41 | 00:24:37.35 | 00:25:55.45 | 4:55 | 12.2 |
| 27 | PIOTROWSKA EDYTA | 1081 | BRACTWO BIEGOWE BGK | WARSZAWA | POL | K 40 | 27 | K 86 | BRACTWO BIEGOWE BGK | 00:11:38 | 00:24:47.35 | 00:26:26.40 | 4:57 | 12.1 |
| 28 | SIDORCZUK-KUMOSA DOROTA | 1245 | TEAM ZABIEGANEDNI | WARSZAWA | POL | K 40 | 28 | K 88 | TEAM ZABIEGANEDNI | 00:11:50 | 00:24:49.35 | 00:26:17.00 | 4:57 | 12.1 |
| 29 | KOWALSKA KASIA | 672 | TEAM ZABIEGANEDNI | ZGORZAŁA | POL | K 40 | 29 | K 89 | TEAM ZABIEGANEDNI #4 | 00:11:53 | 00:24:55.70 | 00:26:40.55 | 4:59 | 12 |
| 30 | WOSIŃSKA MAGDALENA | 1579 | ULTRA LASKI | WARSZAWA | POL | K 40 | 30 | K 90 | | 00:11:30 | 00:24:56.05 | 00:26:04.55 | 4:59 | 12 |
| 31 | KLIMKIEWICZ BEATA | 599 | | WARSZAWA | POL | K 40 | 31 | K 91 | | 00:11:24 | 00:24:59.85 | 00:25:22.65 | 4:59 | 12 |
| 32 | KOŁODZIEJSKA IWONA | 620 | | JABLONNA | POL | K 40 | 32 | K 92 | | 00:11:54 | 00:25:03.45 | 00:26:39.05 | 5:00 | 12 |
| 33 | ZAMYŁKO LIDIA | 1622 | | WARSZAWA | POL | K 40 | 33 | K 97 | | 00:12:04 | 00:25:16.25 | 00:28:35.90 | 5:03 | 11.9 |

BIEG URSYNOWA, K 40 c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Drużyna 1 | 2.5km | Netto | Brutto | min/km | km/h |
|------|-------------------------------|------|-----------------------------|---------------|------|------|--------|-------|-----------------------------|-------------|-------------|-------------|--------|------|
| 34 | BORETA MARZENA | 1749 | BIEGOWY WARIAT RUNNING TEAM | WARSZAWA | POL | K 40 | 34 | K 100 | | 00:11:33 | 00:25:18.60 | 00:26:16.65 | 5:03 | 11.9 |
| 35 | PUCZYŃSKA RENATA | 1144 | | WARSZAWA | POL | K 40 | 35 | K 101 | | 00:11:16 | 00:25:18.85 | 00:26:08.50 | 5:03 | 11.9 |
| 36 | PIASECZYŃSKA-JAMBOR AGATA | 1058 | ŻÓRAWSKI TEAM | WARSZAWA | POL | K 40 | 36 | K 102 | ŻÓRAWSKI TEAM | 00:11:42 | 00:25:22.35 | 00:26:12.70 | 5:04 | 11.8 |
| 37 | PRUSAK MARTA | 1130 | TEAM ZABIEGANEDNI | WIĄZOWNA | POL | K 40 | 37 | K 105 | TEAM ZABIEGANEDNI | 00:12:23 | 00:25:35.00 | 00:27:20.05 | 5:07 | 11.7 |
| | | | | | | | | | #2 | | | | | |
| 38 | RÓŻAK-RUKUSZEWICZ MAGDALENA | 1200 | DZIKIE GRUBASY SZATANA | WARSZAWA | POL | K 40 | 38 | K 106 | | 00:11:55 | 00:25:35.10 | 00:27:06.55 | 5:07 | 11.7 |
| 39 | FIEDOROWICZ EWA | 303 | | WARSZAWA | POL | K 40 | 39 | K 110 | PRACUJĄCA TRÓJKA | 00:11:57 | 00:25:37.30 | 00:26:51.45 | 5:07 | 11.7 |
| 40 | JÓŹWIAK AGNIESZKA | 2138 | | WARSZAWA | POL | K 40 | 40 | K 114 | | 00:11:52 | 00:25:47.65 | 00:26:47.40 | 5:09 | 11.6 |
| 41 | MARKOWSKA OKTAWIA | 859 | BIEGAJ Z DYMKIEM | WARSZAWA | POL | K 40 | 41 | K 115 | | 00:12:07 | 00:25:48.00 | 00:27:16.20 | 5:09 | 11.6 |
| 42 | KARPIŃSKA-GROMEK MONIKA | 550 | KS LEMIESZ TEAM | WARSZAWA | POL | K 40 | 42 | K 120 | | 00:11:52 | 00:25:53.55 | 00:27:16.35 | 5:10 | 11.6 |
| 43 | KALUZNA JUSTYNA | 530 | | MICHALOWICE | POL | K 40 | 43 | K 121 | | 00:12:42 | 00:25:55.95 | 00:27:31.85 | 5:11 | 11.6 |
| 44 | FABROWICZ KATARZYNA | 292 | | WARSZAWA | POL | K 40 | 44 | K 124 | | 00:11:50 | 00:25:58.20 | 00:27:27.35 | 5:11 | 11.6 |
| 45 | PAŃCZYK JOANNA | 1034 | THE PAŃCZYKS | WARSZAWA | POL | K 40 | 45 | K 126 | | 00:12:15 | 00:25:59.55 | 00:27:21.30 | 5:11 | 11.5 |
| 46 | ZARZYCKA OLA | 1627 | | WARSZAWA | POL | K 40 | 46 | K 129 | | 00:12:00 | 00:26:04.40 | 00:26:36.70 | 5:12 | 11.5 |
| 47 | SIWEK ANNA | 1265 | | WARSZAWA | POL | K 40 | 47 | K 133 | | 00:11:48 | 00:26:10.65 | 00:27:37.90 | 5:14 | 11.5 |
| 48 | WINNICKA-MACKENTHUN AGNIESZKA | 1545 | | WARSZAWA | POL | K 40 | 48 | K 152 | | 00:12:54 | 00:26:44.30 | 00:28:16.75 | 5:20 | 11.2 |
| 49 | CZERNIAWSKA JOANNA | 1768 | | WARSZAWA | POL | K 40 | 49 | K 153 | | 00:12:22 | 00:26:44.35 | 00:28:26.60 | 5:20 | 11.2 |
| 50 | PATER AGNIESZKA | 1891 | THE GREEN RUNNERS | WARSZAWA | POL | K 40 | 50 | K 156 | | 00:12:25 | 00:26:46.50 | 00:29:00.55 | 5:21 | 11.2 |
| 51 | CHARMUSZKO MONIKA | 152 | | WARSZAWA | POL | K 40 | 51 | K 157 | | 00:12:47 | 00:26:46.50 | 00:28:27.65 | 5:21 | 11.2 |
| 52 | PRASEK AGATA | 1118 | | WARSZAWA | POL | K 40 | 52 | K 162 | | 00:12:50 | 00:26:48.80 | 00:28:51.90 | 5:21 | 11.2 |
| 53 | OLSZEWSKA DOROTA | 1000 | BRACTWO BIEGOWE BGK | WARSZAWA | POL | K 40 | 53 | K 163 | BRACTWO BIEGOWE BGK | 00:12:26 | 00:26:50.70 | 00:28:29.60 | 5:22 | 11.2 |
| 54 | DZIDA BARBARA | 281 | TEAM ZABIEGANE DNI | WARSZAWA | POL | K 40 | 54 | K 167 | | 00:12:25 | 00:26:57.70 | 00:28:42.25 | 5:23 | 11.1 |
| 55 | BARTOSIAK BEATA | 53 | | WARSZAWA | POL | K 40 | 55 | K 169 | | 00:12:36 | 00:27:01.00 | 00:28:45.60 | 5:24 | 11.1 |
| 56 | FORNALIK IWONA | 1784 | WITC | WARSZAWA | POL | K 40 | 56 | K 172 | | 00:12:41 | 00:27:03.55 | 00:27:34.00 | 5:24 | 11.1 |
| 57 | BZURA EMILIA | 143 | | WARSZAWA | POL | K 40 | 57 | K 173 | | 00:12:29 | 00:27:03.75 | 00:28:53.65 | 5:24 | 11.1 |
| 58 | GAŚOWSKA-SLIWIŃSKA RENATA | 349 | DREAM RUN | WARSZAWA | POL | K 40 | 58 | K 174 | DREAM RUN | 00:12:52 | 00:27:05.75 | 00:30:16.95 | 5:25 | 11.1 |
| 59 | GÓRSKA SYLWIA | 390 | GÓRA BIEGA | GÓRA KALWARIA | POL | K 40 | 59 | K 175 | GÓRA BIEGA | 00:12:51 | 00:27:06.30 | 00:29:17.30 | 5:25 | 11.1 |
| 60 | KŁĘK MAGDALENA | 603 | BEZLITOŚNI | JÓZEFOSŁAW | POL | K 40 | 60 | K 177 | | 00:12:44 | 00:27:10.65 | 00:29:30.10 | 5:26 | 11 |
| 61 | WRONA MILENA | 1997 | | JABŁONNA | POL | K 40 | 61 | K 179 | | 00:12:43 | 00:27:12.15 | 00:29:04.50 | 5:26 | 11 |
| 62 | PIECHOCKA KATARZYNA | 1061 | BIEGOWY WARIAT RUNNING TEAM | WARSZAWA | POL | K 40 | 62 | K 181 | BIEGOWY WARIAT RUNNING TEAM | 00:12:55 | 00:27:14.00 | 00:28:54.85 | 5:26 | 11 |
| 63 | ZACZYK ALICJA | 1607 | MAMA W MARATONIE | WARSZAWA | POL | K 40 | 63 | K 187 | | 00:13:05 | 00:27:19.25 | 00:30:31.00 | 5:27 | 11 |
| 64 | SIKORA ZUZANNA | 1255 | PZU SPORT TEAM | WARSZAWA | POL | K 40 | 64 | K 188 | PZU SPORT TEAM | 00:12:42 | 00:27:19.95 | 00:29:15.55 | 5:27 | 11 |
| 65 | TARNAWSKA DOROTA | 1438 | | WARSZAWA | POL | K 40 | 65 | K 190 | | 00:12:29 | 00:27:22.05 | 00:28:26.80 | 5:28 | 11 |
| 66 | KRÓL MONIKA | 699 | TEAM ZABIEGANEDNI | WARSZAWA | AFG | K 40 | 66 | K 197 | TEAM ZABIEGANEDNI | 00:12:39 | 00:27:28.70 | 00:29:17.85 | 5:29 | 10.9 |
| | | | | | | | | | #4 | | | | | |
| 67 | CZERWONKA-KITA MARTA | 210 | | WARSZAWA | POL | K 40 | 67 | K 201 | | 00:13:08 | 00:27:34.25 | 00:29:46.85 | 5:30 | 10.9 |
| 68 | PATALAS AGNIESZKA | 1890 | | PIASECZNO | POL | K 40 | 68 | K 204 | | 00:12:49 | 00:27:35.30 | 00:30:04.70 | 5:31 | 10.9 |
| 69 | WIECZOREK IZA | 1526 | KONSTANCIN JEZIORNA | POL | K 40 | 69 | K 206 | | 00:12:35 | 00:27:39.20 | 00:30:32.60 | 5:31 | 10.8 | |
| 70 | KOPEĆ PATRYCJA | 631 | | JÓZEFOSŁAW | POL | K 40 | 70 | K 208 | | 00:13:10 | 00:27:45.25 | 00:30:11.55 | 5:33 | 10.8 |
| 71 | GRABEK ANNA | 1795 | CLV LO | WARSZAWA | POL | K 40 | 71 | K 209 | | 00:13:21 | 00:27:49.15 | 00:29:41.55 | 5:33 | 10.8 |
| 72 | MATYSIAK AGNIESZKA | 881 | | WARSZAWA | POL | K 40 | 72 | K 210 | | 00:13:17 | 00:27:49.20 | 00:29:53.65 | 5:33 | 10.8 |
| 73 | LECHOWICZ KATARZYNA | 765 | | WARSZAWA | POL | K 40 | 73 | K 212 | | 00:13:21 | 00:27:50.40 | 00:29:51.30 | 5:34 | 10.8 |
| 74 | PATEREK ADA | 1041 | 12TRI.PL | WARSZAWA | POL | K 40 | 74 | K 214 | | 00:13:18 | 00:27:51.60 | 00:29:55.85 | 5:34 | 10.8 |
| 75 | DESKA KAROLINA | 232 | | NOWA IWICZNA | POL | K 40 | 75 | K 216 | | 00:13:15 | 00:27:53.15 | 00:29:44.65 | 5:34 | 10.8 |
| 76 | BARNAS ILONA | 52 | | WARSZAWA | POL | K 40 | 76 | K 217 | | 00:13:12 | 00:27:53.85 | 00:30:46.50 | 5:34 | 10.8 |
| 77 | SOKOŁOWSKA ANNA | 1311 | | WARSZAWA | POL | K 40 | 77 | K 221 | | 00:13:06 | 00:27:54.95 | 00:30:00.75 | 5:34 | 10.8 |
| 78 | WITKOWSKA MAGDA | 1552 | | WARSZAWA | POL | K 40 | 78 | K 222 | | 00:13:19 | 00:27:55.20 | 00:31:14.25 | 5:35 | 10.7 |
| 79 | APANOWICZ ANGELIKA | 31 | | WARSZAWA | POL | K 40 | 79 | K 223 | | 00:13:17 | 00:27:56.55 | 00:30:00.30 | 5:35 | 10.7 |
| 80 | PAŚNIK JOANNA | 1040 | JACWIEŻ | WARSZAWA | POL | K 40 | 80 | K 225 | | 00:13:17 | 00:27:57.10 | 00:30:02.95 | 5:35 | 10.7 |
| 81 | REGUŁA MAJA | 1175 | | WARSZAWA | POL | K 40 | 81 | K 228 | | 00:13:27 | 00:28:03.15 | 00:29:02.30 | 5:36 | 10.7 |
| 82 | MĘDEL MARTA | 894 | | MARKI | POL | K 40 | 82 | K 234 | | 00:13:16 | 00:28:14.30 | 00:31:00.05 | 5:38 | 10.6 |
| 83 | GARGAS-MARUT MAŁGORZATA | 339 | PZU SPORT TEAM | JÓZEFOSŁAW | POL | K 40 | 83 | K 239 | | 00:13:10 | 00:28:22.35 | 00:30:30.70 | 5:40 | 10.6 |
| 84 | GÓRZYŃSKA ANNA | 395 | | WARSZAWA | POL | K 40 | 84 | K 240 | | 00:12:46 | 00:28:23.05 | 00:29:44.40 | 5:40 | 10.6 |
| 85 | ADAMUS KATARZYNA | 17 | DECATHLON | PIASECZNO | POL | K 40 | 85 | K 243 | DECATHLON | 00:13:16 | 00:28:24.30 | 00:30:36.90 | 5:40 | 10.6 |
| 86 | LASZCZKA RENATA | 762 | ADIDAS RUNNERS WARSAW | WARSZAWA | POL | K 40 | 86 | K 245 | ADIDAS RUNNERS WARSAW | 00:13:21 | 00:28:27.45 | 00:30:42.80 | 5:41 | 10.5 |

BIEG URSYNOWA, K 40 c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Drużyna 1 | 2.5km | Netto | Brutto | min/km | km/h |
|------|------------------------|------|------------------------|---------------------|------|------|--------|-------|-------------------------------------|----------|-------------|-------------|--------|------|
| 87 | MISIORNY MAGDALENA | 911 | | WARSZAWA | POL | K 40 | 87 | K 246 | | 00:13:48 | 00:28:27.45 | 00:31:05.25 | 5:41 | 10.5 |
| 88 | KONATOWICZ IWONA | 624 | ADIDAS RUNNERS WARSZAW | JÓZEFOSŁAW | POL | K 40 | 88 | K 253 | ADIDAS RUNNERS WARSZAW | 00:13:08 | 00:28:31.50 | 00:30:41.40 | 5:42 | 10.5 |
| 89 | TALAJKO DOROTA | 1437 | | WARSZAWA | POL | K 40 | 89 | K 256 | | 00:13:18 | 00:28:36.90 | 00:29:12.80 | 5:43 | 10.5 |
| 90 | LASKUS ANNA | 761 | | WARSZAWA | POL | K 40 | 90 | K 257 | | 00:13:14 | 00:28:37.25 | 00:30:01.45 | 5:43 | 10.5 |
| 91 | RUCYK JUSTYNA | 1203 | | WARSZAWA | POL | K 40 | 91 | K 259 | BIEGAM DOBRZE DLA FUNDACJI SYNAPSIS | 00:13:18 | 00:28:42.35 | 00:30:46.30 | 5:44 | 10.5 |
| 92 | WASILEWSKA MAŁGORZATA | 1979 | | KALISZKI | POL | K 40 | 92 | K 265 | | 00:13:17 | 00:28:49.50 | 00:31:50.15 | 5:45 | 10.4 |
| 93 | WIŚNIEWSKA MAGDALENA | 1548 | | WARSZAWA | POL | K 40 | 93 | K 267 | | 00:13:59 | 00:28:49.85 | 00:31:25.45 | 5:45 | 10.4 |
| 94 | SZYMAŃCZAK MAGDALENA | 1959 | | FORD CITY | USA | K 40 | 94 | K 284 | | 00:13:08 | 00:29:06.95 | 00:30:08.40 | 5:49 | 10.3 |
| 95 | STĄNCZAK DOMINIKA | 1335 | TEAM ZABIEGANEDNI | WARSZAWA | POL | K 40 | 95 | K 286 | TEAM ZABIEGANEDNI | 00:14:22 | 00:29:08.95 | 00:31:50.65 | 5:49 | 10.3 |
| 96 | KOWALSKA PAULINA | 673 | | KONSTANCIN-JEZIORNA | POL | K 40 | 96 | K 287 | | 00:13:19 | 00:29:09.35 | 00:30:35.30 | 5:49 | 10.3 |
| 97 | KRULAK MARZENA | 703 | KRULACZKI TEAM | WARSZAWA | POL | K 40 | 97 | K 288 | | 00:13:59 | 00:29:10.05 | 00:32:00.50 | 5:50 | 10.3 |
| 98 | VIARBITSKAYA TATSIANA | 1500 | | WARSZAWA | POL | K 40 | 98 | K 291 | ITMRUN | 00:13:28 | 00:29:13.20 | 00:32:34.35 | 5:50 | 10.3 |
| 99 | HRYMAK ANKA | 437 | | WARSZAWA | POL | K 40 | 99 | K 292 | | 00:13:18 | 00:29:14.40 | 00:31:22.70 | 5:50 | 10.3 |
| 100 | PRZEWODOWSKA AGNIESZKA | 1134 | | WARSZAWA | POL | K 40 | 100 | K 296 | | 00:13:57 | 00:29:14.60 | 00:31:24.80 | 5:50 | 10.3 |
| 101 | CHRZANOWSKA MAŁGORZATA | 1758 | | WARSZAWA | POL | K 40 | 101 | K 297 | | 00:12:41 | 00:29:14.85 | 00:30:20.25 | 5:50 | 10.3 |
| 102 | SZEJTUS BEATA | 196 | | OTWOCK | POL | K 40 | 102 | K 298 | | 00:13:49 | 00:29:20.30 | 00:32:33.75 | 5:52 | 10.2 |
| 103 | WITEK DAGMARA | 1551 | | WARSZAWA | POL | K 40 | 103 | K 299 | | 00:13:48 | 00:29:20.75 | 00:31:32.25 | 5:52 | 10.2 |
| 104 | STĘPIEŃ SYLWIA | 1346 | | JÓZEFOSŁAW | POL | K 40 | 104 | K 300 | | 00:13:37 | 00:29:21.15 | 00:30:43.10 | 5:52 | 10.2 |
| 105 | DUBEK KATARZYNA | 263 | | WARSZAWA | POL | K 40 | 105 | K 306 | | 00:14:17 | 00:29:23.30 | 00:31:49.75 | 5:52 | 10.2 |
| 106 | SOŁOWIOW MARZENA | 1318 | | WARSZAWA | POL | K 40 | 106 | K 307 | | 00:14:02 | 00:29:23.85 | 00:32:03.40 | 5:52 | 10.2 |
| 107 | GRYGOWSKA BEATA | 415 | | JABŁONNA | POL | K 40 | 107 | K 308 | | 00:13:24 | 00:29:24.15 | 00:30:31.90 | 5:52 | 10.2 |
| 108 | KOWALSKA KINGA | 674 | KB PACE WARSZAWA | WARSZAWA | POL | K 40 | 108 | K 309 | KB PACE WARSZAWA | 00:13:59 | 00:29:25.85 | 00:31:51.40 | 5:53 | 10.2 |
| 109 | KUZNETSOVA SVITLANA | 749 | | WARSZAWA | POL | K 40 | 109 | K 310 | | 00:13:52 | 00:29:26.10 | 00:31:40.60 | 5:53 | 10.2 |
| 110 | ŻURALSKA ALEKSANDRA | 2139 | | WARSZAWA | POL | K 40 | 110 | K 316 | | 00:13:20 | 00:29:31.60 | 00:30:51.25 | 5:54 | 10.2 |
| 111 | UŁANEK KAMILA | 1491 | | WARSZAWA | POL | K 40 | 111 | K 317 | | 00:13:59 | 00:29:33.15 | 00:32:07.30 | 5:54 | 10.2 |
| 112 | GÓRECKA KATARZYNA | 1794 | | LESZNO | POL | K 40 | 112 | K 324 | | 00:13:26 | 00:29:38.95 | 00:30:52.25 | 5:55 | 10.1 |
| 113 | JANCZEWSKA EWA | 463 | | WARSZAWA | POL | K 40 | 113 | K 326 | | 00:14:04 | 00:29:42.95 | 00:32:04.05 | 5:56 | 10.1 |
| 114 | BINDER MARTA | 84 | | KONSTANCIN-JEZIORNA | POL | K 40 | 114 | K 327 | | 00:14:12 | 00:29:43.20 | 00:32:40.80 | 5:56 | 10.1 |
| 115 | PIEKARSKA GOSIA | 1065 | | WARSZAWA | POL | K 40 | 115 | K 329 | | 00:13:40 | 00:29:45.05 | 00:30:17.10 | 5:57 | 10.1 |
| 116 | SKALSKA KAROLINA | 1267 | | WARSZAWA | POL | K 40 | 116 | K 331 | | 00:14:08 | 00:29:47.65 | 00:32:06.90 | 5:57 | 10.1 |
| 117 | MAŁEK KAROLINA | 843 | | WARSZAWA | POL | K 40 | 117 | K 332 | | 00:13:59 | 00:29:48.75 | 00:33:07.40 | 5:57 | 10.1 |
| 118 | DI FOLCO VERONICA | 237 | TI HEALTH CLUB | WARSZAWA | POL | K 40 | 118 | K 337 | TI HEALTH CLUB | 00:14:18 | 00:29:56.50 | 00:31:40.70 | 5:59 | 10 |
| 119 | PIOTROWSKA EWA | 1898 | | WARSZAWA | POL | K 40 | 119 | K 339 | | 00:13:28 | 00:29:58.85 | 00:30:03.90 | 5:59 | 10 |
| 120 | JUŚKO ELWIRA | 509 | KWADRANS TEAM | OSTROWIEC ŚW | POL | K 40 | 120 | K 341 | | 00:13:54 | 00:30:01.70 | 00:32:12.45 | 6:00 | 10 |
| 121 | BRZOZOWSKA MAGDALENA | 117 | BIEGUSTATORZY | WARSZAWA | POL | K 40 | 121 | K 342 | | 00:14:00 | 00:30:04.35 | 00:32:38.05 | 6:00 | 10 |
| 122 | INCI MARTA | 442 | | WARSZAWA | POL | K 40 | 122 | K 343 | | 00:13:47 | 00:30:05.85 | 00:32:57.60 | 6:01 | 10 |
| 123 | LASZUK KATARZYNA | 1699 | | WARSZAWA | POL | K 40 | 123 | K 346 | | 00:14:12 | 00:30:10.50 | 00:32:29.60 | 6:02 | 9.9 |
| 124 | ZAWICKA ANGELINA | 1636 | | MARKI | POL | K 40 | 124 | K 347 | | 00:14:47 | 00:30:10.75 | 00:32:32.35 | 6:02 | 9.9 |
| 125 | SKOMOROWSKA MONIKA | 1275 | | WARSZAWA | POL | K 40 | 125 | K 351 | | 00:13:40 | 00:30:14.60 | 00:31:37.35 | 6:02 | 9.9 |
| 126 | SZAJEWSKA AGNIESZKA | 1381 | TEAM ZABIEGANEDNI | WARSZAWA | POL | K 40 | 126 | K 352 | TEAM ZABIEGANEDNI | 00:14:04 | 00:30:15.35 | 00:32:38.15 | 6:03 | 9.9 |
| 127 | TORZEWSKA AGNIESZKA | 1456 | BEMOWO BIEGA | WARSZAWA | POL | K 40 | 127 | K 353 | | 00:13:57 | 00:30:15.90 | 00:32:31.05 | 6:03 | 9.9 |
| 128 | BUREK KASIA | 139 | | WARSZAWA | POL | K 40 | 128 | K 358 | | 00:14:10 | 00:30:19.55 | 00:32:25.05 | 6:03 | 9.9 |
| 129 | FALACIŃSKA MONIKA | 294 | | WARSZAWA | POL | K 40 | 129 | K 374 | | 00:14:42 | 00:30:46.70 | 00:33:55.30 | 6:09 | 9.8 |
| 130 | LISZEWSKA DOMINIKA | 1843 | | WARSZAWA | POL | K 40 | 130 | K 375 | | 00:14:46 | 00:30:47.25 | 00:33:25.90 | 6:09 | 9.7 |
| 131 | TYRANKIEWICZ KAMILA | 1484 | | WARSZAWA | POL | K 40 | 131 | K 377 | | 00:14:19 | 00:30:50.65 | 00:32:14.85 | 6:10 | 9.7 |
| 132 | DRÓŻDŻ RENATA | 260 | | WARSZAWA | POL | K 40 | 132 | K 378 | | 00:14:22 | 00:30:51.10 | 00:32:47.80 | 6:10 | 9.7 |
| 133 | STEFAŃSKA JOANNA | 1341 | | WARSZAWA | POL | K 40 | 133 | K 383 | | 00:14:02 | 00:30:59.60 | 00:33:52.80 | 6:11 | 9.7 |
| 134 | GIERKOWSKA AGNIESZKA | 356 | | WARSZAWA | POL | K 40 | 134 | K 384 | | 00:13:41 | 00:31:00.10 | 00:33:51.55 | 6:12 | 9.7 |
| 135 | SMOLEŃSKA MAŁGORZATA | 1294 | | WARSZAWA | POL | K 40 | 135 | K 388 | | 00:13:50 | 00:31:11.25 | 00:33:57.85 | 6:14 | 9.6 |
| 136 | ORZECHOWSKA KAROLINA | 1005 | | PIASECZNO | POL | K 40 | 136 | K 389 | | 00:14:43 | 00:31:14.85 | 00:34:08.85 | 6:14 | 9.6 |
| 137 | GIL ELŻBIETA | 1789 | | WARSZAWA | POL | K 40 | 137 | K 394 | | 00:13:49 | 00:31:18.15 | 00:33:15.50 | 6:15 | 9.6 |
| 138 | MIKULSKA SYLWIA | 905 | | WARSZAWA | POL | K 40 | 138 | K 395 | | 00:13:43 | 00:31:22.85 | 00:33:51.65 | 6:16 | 9.6 |
| 139 | JAGLIŃSKA ANNA | 451 | | WARSZAWA | POL | K 40 | 139 | K 400 | | 00:14:00 | 00:31:26.95 | 00:34:03.50 | 6:17 | 9.5 |
| 140 | LAZAREVA SVETLANA | 1711 | | WARY | AFG | K 40 | 140 | K 410 | | 00:14:49 | 00:31:37.70 | 00:34:00.60 | 6:19 | 9.5 |
| 141 | MITURA ANNA | 915 | | WARSZAWA | POL | K 40 | 141 | K 411 | | 00:14:34 | 00:31:37.75 | 00:34:22.70 | 6:19 | 9.5 |

BIEG URSYNOWA, K 40 c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Drużyna 1 | 2.5km | Netto | Brutto | min/km | km/h |
|------|--------------------------------|------|-------------------|--------------------|------|------|--------|-------|------------------|----------|-------------|-------------|--------|------|
| 142 | KACZMARSKA ALICJA | 514 | TI HEALTH CLUB | WARSZAWA | POL | K 40 | 142 | K 413 | TI HEALTH CLUB | 00:14:47 | 00:31:38.90 | 00:33:46.05 | 6:19 | 9.5 |
| 143 | OLSZEWSKA KATARZYNA BERNADETTA | 2147 | - | - | POL | K 40 | 143 | K 414 | | 00:15:26 | 00:31:40.75 | 00:34:43.75 | 6:20 | 9.5 |
| 144 | ŻÓŁTOWSKA DOMINIKA | 1669 | NAPRZÓD MŁOCINY | WARSZAWA | POL | K 40 | 144 | K 417 | | 00:14:14 | 00:31:43.70 | 00:34:01.60 | 6:20 | 9.5 |
| 145 | LIPIEC KAZIMIERA | 785 | | WARSZAWA | POL | K 40 | 145 | K 420 | | 00:14:19 | 00:31:53.75 | 00:35:04.85 | 6:22 | 9.4 |
| 146 | BALCERZAK MONIKA | 43 | | WARSZAWA | POL | K 40 | 146 | K 421 | | 00:14:04 | 00:31:54.80 | 00:33:28.80 | 6:22 | 9.4 |
| 147 | MICHAŁEK-PENDOWSKA BARBARA | 900 | | WARSZAWA | POL | K 40 | 147 | K 423 | | 00:14:46 | 00:31:58.70 | 00:33:53.20 | 6:23 | 9.4 |
| 148 | FONGANG ALEKSANDRA | 315 | | WARSZAWA | POL | K 40 | 148 | K 430 | | 00:15:14 | 00:32:25.50 | 00:35:16.40 | 6:29 | 9.3 |
| 149 | MATYSZCZAK MONIKA | 882 | KENKO | WARSZAWA | POL | K 40 | 149 | K 432 | KENKO | 00:15:48 | 00:32:32.90 | 00:35:32.35 | 6:30 | 9.2 |
| 150 | SKARZYŃSKA KATARZYNA | 1269 | | WARSZAWA | POL | K 40 | 150 | K 434 | | 00:15:48 | 00:32:34.95 | 00:35:40.35 | 6:30 | 9.2 |
| 151 | KALMAN ANITA | 528 | | WARSZAWA | POL | K 40 | 151 | K 436 | | 00:15:27 | 00:32:36.10 | 00:35:30.70 | 6:31 | 9.2 |
| 152 | SZAFRAN BEATA | 1380 | PUMP!T | MARKÓW ŚWINICE | POL | K 40 | 152 | K 437 | | 00:15:20 | 00:32:38.25 | 00:33:50.20 | 6:31 | 9.2 |
| 153 | GŁADECKA MARZENA | 363 | GÓRA BIEGA | BANIOCHA | POL | K 40 | 153 | K 439 | GÓRA BIEGA | 00:14:34 | 00:32:38.80 | 00:35:27.45 | 6:31 | 9.2 |
| 154 | STRZELCZYK OLGA | 1358 | | WARSZAWA | POL | K 40 | 154 | K 441 | | 00:14:53 | 00:32:43.15 | 00:35:08.55 | 6:32 | 9.2 |
| 155 | MODRZEJEWSKA ANNA | 1866 | | WARSZAWA | POL | K 40 | 155 | K 443 | | 00:13:51 | 00:32:45.55 | 00:34:50.45 | 6:33 | 9.2 |
| 156 | KWAPISIEWICZ KATARZYNA | 751 | | WARSZAWA | POL | K 40 | 156 | K 445 | | 00:15:21 | 00:32:49.60 | 00:35:52.05 | 6:33 | 9.1 |
| 157 | MYŚLIBORSKA OLGA | 943 | | WARSZAWA | POL | K 40 | 157 | K 449 | | 00:15:03 | 00:32:56.75 | 00:34:16.75 | 6:35 | 9.1 |
| 158 | WŁODARCZYK EULALIA | 1558 | | WARSZAWA | POL | K 40 | 158 | K 458 | | 00:15:58 | 00:33:08.85 | 00:36:28.70 | 6:37 | 9.1 |
| 159 | BRODZIK MAŁGOSIA | 111 | | WARSZAWA | POL | K 40 | 159 | K 459 | | 00:14:48 | 00:33:14.45 | 00:35:28.90 | 6:38 | 9 |
| 160 | ŻELAZKO JOANNA | 2133 | | WARSZAWA | POL | K 40 | 160 | K 461 | | 00:14:35 | 00:33:21.80 | 00:35:21.50 | 6:40 | 9 |
| 161 | KAIM-MIERZWICKA KATARZYNA | 517 | | WARSZAWA | POL | K 40 | 161 | K 462 | | 00:15:12 | 00:33:23.15 | 00:36:08.60 | 6:40 | 9 |
| 162 | ZALEWSKA AGNIESZKA | 1618 | | WARSZAWA | POL | K 40 | 162 | K 464 | | 00:15:01 | 00:33:31.80 | 00:33:42.90 | 6:42 | 9 |
| 163 | BUDEK EWA | 123 | | WARSZAWA | POL | K 40 | 163 | K 465 | | 00:14:54 | 00:33:32.40 | 00:36:11.40 | 6:42 | 8.9 |
| 164 | FILIPCZYK HANNA | 306 | | WARSZAWA | POL | K 40 | 164 | K 467 | PRACUJĄCA TRÓJKA | 00:15:53 | 00:33:34.60 | 00:36:24.75 | 6:42 | 8.9 |
| 165 | STASIAK JOANNA | 1337 | | MYSIADŁO | POL | K 40 | 165 | K 475 | | 00:16:16 | 00:33:40.70 | 00:36:45.65 | 6:44 | 8.9 |
| 166 | KILIAN MONIKA | 1815 | | MYSIADŁO | POL | K 40 | 166 | K 476 | | 00:16:16 | 00:33:41.05 | 00:36:45.95 | 6:44 | 8.9 |
| 167 | TYSZKA SYLWIA | 1485 | | WARSZAWA | POL | K 40 | 167 | K 478 | | 00:15:33 | 00:33:48.20 | 00:35:44.50 | 6:45 | 8.9 |
| 168 | KLIBER KATARZYNA | 1816 | | WARSZAWA | POL | K 40 | 168 | K 480 | | 00:15:49 | 00:33:49.30 | 00:37:28.20 | 6:45 | 8.9 |
| 169 | PODLECKA ANNA | 1098 | | WARSZAWA (URSYNÓW) | POL | K 40 | 169 | K 486 | | 00:15:04 | 00:34:01.40 | 00:37:23.15 | 6:48 | 8.8 |
| 170 | PROKOPCZYK ALEKSANDRA | 1911 | | SOCHACZEW | POL | K 40 | 170 | K 496 | | 00:17:37 | 00:34:12.85 | 00:37:20.00 | 6:50 | 8.8 |
| 171 | KOWALEWSKA KATARZYNA | 669 | | WARSZAWA | POL | K 40 | 171 | K 497 | | 00:15:25 | 00:34:17.25 | 00:36:43.10 | 6:51 | 8.8 |
| 172 | MASTALEREK JOANNA | 868 | | WARSZAWA | POL | K 40 | 172 | K 498 | | 00:15:12 | 00:34:17.35 | 00:36:59.10 | 6:51 | 8.8 |
| 173 | ZAMORSKA MONIKA | 2126 | | PIASECZNO | POL | K 40 | 173 | K 499 | | 00:15:20 | 00:34:19.55 | 00:37:01.75 | 6:51 | 8.7 |
| 174 | MYSZOR-CIECIELĄG MONIKA | 942 | | PIASECZNO | POL | K 40 | 174 | K 503 | | 00:15:59 | 00:34:28.60 | 00:37:24.35 | 6:53 | 8.7 |
| 175 | SZNAJDER BEATA | 1395 | | WARSZAWA | POL | K 40 | 175 | K 506 | | 00:15:22 | 00:34:34.25 | 00:35:42.85 | 6:54 | 8.7 |
| 176 | PLICHCIŃSKA MAŁGORZATA | 1089 | EKONOMIK MOKOTÓW | WARSZAWA | POL | K 40 | 176 | K 511 | | 00:16:09 | 00:34:41.20 | 00:37:39.35 | 6:56 | 8.6 |
| 177 | JEKIMOW JOANNA | 486 | | WARSZAWA | POL | K 40 | 177 | K 512 | | 00:15:35 | 00:34:42.95 | 00:37:00.05 | 6:56 | 8.6 |
| 178 | FRYDRYCH KATARZYNA | 322 | | WARSZAWA | POL | K 40 | 178 | K 514 | | 00:16:21 | 00:34:47.10 | 00:37:54.55 | 6:57 | 8.6 |
| 179 | ŁAZARECKA MAGDA | 799 | | WARSZAWA | POL | K 40 | 179 | K 521 | | 00:16:23 | 00:35:15.60 | 00:38:20.00 | 7:03 | 8.5 |
| 180 | DWURZYŃSKA SYLWIA | 274 | | WARSZAWA | POL | K 40 | 180 | K 525 | | 00:15:42 | 00:35:20.40 | 00:38:07.35 | 7:04 | 8.5 |
| 181 | KOPCZYŃSKA JUDYTA | 1820 | MARKOWI BIEGACZE | MARKI | POL | K 40 | 181 | K 530 | | 00:15:43 | 00:35:39.80 | 00:37:34.90 | 7:07 | 8.4 |
| 182 | SIEROCINSKA-RUDZIŃSKA ANNA | 1250 | | WARSZAWA | POL | K 40 | 182 | K 534 | | 00:16:43 | 00:35:56.35 | 00:38:02.50 | 7:11 | 8.3 |
| 183 | MISTRZAK MARTA | 912 | | PIASECZNO | POL | K 40 | 183 | K 539 | | 00:17:05 | 00:36:12.20 | 00:39:49.30 | 7:14 | 8.3 |
| 184 | BISOWSKA KATARZYNA | 86 | MARUDY Z KOBYŁKI | KOBYŁKA | POL | K 40 | 184 | K 544 | MARUDY Z KOBYŁKI | 00:16:22 | 00:36:39.75 | 00:39:45.25 | 7:19 | 8.2 |
| 185 | RANKOWSKA EWA | 1913 | | WARSZAWA | POL | K 40 | 185 | K 546 | | 00:17:09 | 00:36:43.95 | 00:39:58.70 | 7:20 | 8.2 |
| 186 | GAJDA AGNIESZKA | 330 | - | WARSZAWA | POL | K 40 | 186 | K 548 | | 00:16:31 | 00:36:51.10 | 00:39:45.40 | 7:22 | 8.1 |
| 187 | NIKODEMSKA-FABISZ MAŁGORZATA | 962 | PZU SPORT TEAM | WARSZAWA | POL | K 40 | 187 | K 549 | | 00:17:58 | 00:36:54.15 | 00:39:47.70 | 7:22 | 8.1 |
| 188 | KULETA MAŁGORZATA | 737 | | WARSZAWA | POL | K 40 | 188 | K 550 | | 00:16:11 | 00:37:04.20 | 00:40:29.60 | 7:24 | 8.1 |
| 189 | CHAMERSKA KATARZYNA | 1754 | | WARSZAWA | POL | K 40 | 189 | K 551 | | 00:16:50 | 00:37:06.75 | 00:40:07.30 | 7:25 | 8.1 |
| 190 | JURCZAK KAROLINA | 499 | | WARSZAWA | POL | K 40 | 190 | K 553 | | 00:17:43 | 00:37:18.35 | 00:40:49.15 | 7:27 | 8 |
| 191 | MAZUR KINGA | 886 | | WARSZAWA | POL | K 40 | 191 | K 556 | | 00:16:47 | 00:37:22.40 | 00:40:26.60 | 7:28 | 8 |
| 192 | SYPIAŃSKA KALINA | 1373 | | SIEDLCE | POL | K 40 | 192 | K 561 | | 00:17:37 | 00:38:07.90 | 00:41:18.65 | 7:37 | 7.9 |
| 193 | PIOTROWSKA-KRZAK ELA | 1082 | | WARSZAWA | POL | K 40 | 193 | K 562 | | 00:17:30 | 00:38:15.65 | 00:40:23.80 | 7:39 | 7.8 |
| 194 | SZCZEPEK MARTA | 1387 | KOTLET POWER TEAM | WARSZAWA | POL | K 40 | 194 | K 563 | | 00:17:30 | 00:38:33.85 | 00:42:05.35 | 7:42 | 7.8 |
| 195 | URBANIĄK ELŻBIETA | 1493 | | WARSZAWA | POL | K 40 | 195 | K 565 | | 00:17:37 | 00:38:38.90 | 00:41:45.55 | 7:43 | 7.8 |
| 196 | ŁUCEWICZ-NAPAŁKOW MARYJA | 1849 | | WARSZAWA | POL | K 40 | 196 | K 568 | | 00:17:45 | 00:39:24.25 | 00:42:41.60 | 7:52 | 7.6 |
| 197 | ZIMNY MARIA | 1655 | | WARSZAWA | POL | K 40 | 197 | K 569 | | 00:18:24 | 00:39:38.05 | 00:42:51.00 | 7:55 | 7.6 |
| 198 | KARPIŃSKA NINA | 844 | | WARSZAWA | POL | K 40 | 198 | K 570 | | 00:17:45 | 00:39:52.75 | 00:42:28.35 | 7:58 | 7.5 |

BIEG URSYNOWA, K 40 c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Drużyna 1 | 2.5km | Netto | Brutto | min/km | km/h |
|------|------------------------|------|------|-----------|------|------|--------|-------|-----------|----------|-------------|-------------|--------|------|
| 199 | NOWAKOWSKA ANNA | 968 | | WARSZAWA | POL | K 40 | 199 | K 575 | | 00:18:21 | 00:40:41.95 | 00:43:53.50 | 8:08 | 7.4 |
| 200 | REMISIEWICZ MALGORZATA | 1180 | | WARSZAWA | POL | K 40 | 200 | K 576 | | 00:17:40 | 00:41:03.95 | 00:43:03.50 | 8:12 | 7.3 |
| 201 | JĘDRAS KATARZYNA | 491 | | WARSZAWA | POL | K 40 | 201 | K 577 | | 00:18:55 | 00:41:28.35 | 00:44:39.10 | 8:17 | 7.2 |
| 202 | SKOLIMOWSKA AGNIESZKA | 1274 | | KAJETANY | POL | K 40 | 202 | K 578 | | 00:18:45 | 00:41:40.30 | 00:44:58.75 | 8:20 | 7.2 |
| 203 | TRYLSKA ELIZA | 1471 | | KAJETANY | POL | K 40 | 203 | K 579 | | 00:18:46 | 00:41:41.00 | 00:44:59.10 | 8:20 | 7.2 |
| 204 | STANASZEK ANNA | 1943 | | CHOJNÓW | POL | K 40 | 204 | K 581 | | 00:21:36 | 00:41:58.35 | 00:45:26.70 | 8:23 | 7.1 |
| 205 | STANIAK KATARZYNA | 1331 | | BOLIMÓW | POL | K 40 | 205 | K 589 | | 00:22:44 | | | 9:05 | 6.6 |

BIEG URSYNOWA, M 40

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Drużyna 1 | 2.5km | Netto | Brutto | min/km | km/h |
|------|-------------------------|------|-------------------------------|-------------------|------|------|--------|-------|--------------------------|----------|-------------|-------------|--------|------|
| 1 | N DARIUSZ | 76 | | WARSZAWA | POL | M 40 | 1 | M 13 | | 00:07:19 | 00:15:32.25 | 00:15:34.20 | 3:06 | 19.3 |
| 2 | GOŁASZEWSKI MICHAŁ | 378 | TEAM KOPEĆ | LEGIONOWO | POL | M 40 | 2 | M 21 | TEAM KOPEĆ | 00:07:37 | 00:16:23.15 | 00:16:39.30 | 3:16 | 18.3 |
| 3 | STACHOWIAK MACIEJ | 68 | | WARSZAWA | POL | M 40 | 3 | M 26 | | | 00:16:49.95 | 00:17:09.90 | 3:21 | 17.8 |
| 4 | KORZENIOWSKI DARIUSZ | 652 | ACCELERATING POLAND | WARSZAWA | POL | M 40 | 4 | M 29 | ACCELERATING POLAND | 00:08:05 | 00:17:08.20 | 00:17:12.40 | 3:25 | 17.5 |
| 5 | DŁUGOSZ JACEK | 239 | | KIELCE | POL | M 40 | 5 | M 41 | | 00:07:59 | 00:17:30.25 | 00:17:32.90 | 3:30 | 17.1 |
| 6 | WITUSOWSKI PIOTR | 1555 | VEGE RUNNERS | WARSZAWA | POL | M 40 | 6 | M 44 | VEGE RUNNERS URSYNÓW | 00:08:15 | 00:17:30.55 | 00:17:35.35 | 3:30 | 17.1 |
| 7 | ZYCH MARIUSZ | 1659 | BIEGAJ POD OKIEM TRENERA | WARSZAWA | POL | M 40 | 7 | M 45 | BIEGAJ POD OKIEM TRENERA | 00:07:58 | 00:17:32.95 | 00:17:37.40 | 3:30 | 17.1 |
| 8 | STANKOWSKI RAFAŁ | 1334 | SZURAMSOBIE UNIA HRUBIESZÓW | OŻARÓW MAZOWIECKI | POL | M 40 | 8 | M 52 | | 00:08:15 | 00:17:43.00 | 00:17:48.00 | 3:32 | 16.9 |
| 9 | TOMCZYK PIOTR | 1454 | | WARSZAWA | POL | M 40 | 9 | M 62 | | 00:08:08 | 00:17:43.50 | 00:18:01.50 | 3:32 | 16.9 |
| 10 | PRIMIK MAREK | 1119 | VEGE RUNNERS | WARSZAWA | POL | M 40 | 10 | M 56 | VEGE RUNNERS URSYNÓW | 00:08:18 | 00:17:51.45 | 00:17:55.80 | 3:34 | 16.8 |
| 11 | WOJCIECHOWSKI SEBASTIAN | 6 | VEGE RUNNERS | WARSZAWA | POL | M 40 | 11 | M 60 | VEGE RUNNERS URSYNÓW | 00:08:27 | 00:17:55.40 | 00:17:59.75 | 3:35 | 16.7 |
| 12 | ORZEŁ MICHAŁ | 1007 | ADIDAS RUNNERS WARSAW | WARSZAWA | POL | M 40 | 12 | M 63 | ADIDAS RUNNERS WARSAW | 00:08:35 | 00:17:56.10 | 00:18:03.35 | 3:35 | 16.7 |
| 13 | WYSOKIŃSKI KONRAD | 2132 | RUN INTO THE WILD / BARUNOWCE | PIASECZNO | POL | M 40 | 13 | M 79 | BARUNOWCE | 00:08:19 | 00:18:00.70 | 00:18:25.15 | 3:36 | 16.7 |
| 14 | WASIEWICZ ADAM | 1509 | NIE MÓJ CYRK, MOJE MAŁPY | WARSZAWA | POL | M 40 | 14 | M 82 | | 00:08:22 | 00:18:04.30 | 00:18:26.60 | 3:36 | 16.6 |
| 15 | MOKRZAŃSKI MICHAŁ | 920 | WARSZAWIAKY | WARSZAWA | POL | M 40 | 15 | M 70 | | 00:08:35 | 00:18:05.70 | 00:18:12.05 | 3:37 | 16.6 |
| 16 | SALAK MICHAŁ | 1716 | PKO BP | WARSZAWA | POL | M 40 | 16 | M 71 | | 00:08:34 | 00:18:07.25 | 00:18:14.70 | 3:37 | 16.6 |
| 17 | WYSOCKI MICHAŁ | 1599 | ŁÓDŹ KOCHA SPORT | ŁÓDŹ | POL | M 40 | 17 | M 77 | ŁÓDŹ KOCHA SPORT | 00:08:34 | 00:18:14.45 | 00:18:23.10 | 3:38 | 16.5 |
| 18 | KAMIŃSKI PAWEŁ | 541 | PASSION FIRST | WARSZAWA | POL | M 40 | 18 | M 78 | ADIDAS RUNNERS WARSAW | 00:08:37 | 00:18:15.30 | 00:18:23.35 | 3:39 | 16.4 |
| 19 | BURDACH DARIUSZ | 138 | JACK TEAM/TEAM PARCZYŃSKICH | WARSZAWA | POL | M 40 | 19 | M 76 | | 00:08:40 | 00:18:16.20 | 00:18:22.40 | 3:39 | 16.4 |
| 20 | TRONIAKZ PAWEŁ | 1466 | T&T BRO | RASZYN | POL | M 40 | 20 | M 81 | | 00:08:34 | 00:18:17.40 | 00:18:26.05 | 3:39 | 16.4 |
| 21 | ZASĘPA SEBASTIAN | 1629 | TEAM ZABIEGANEDNI | JOZEFOSLAW | POL | M 40 | 21 | M 87 | TEAM ZABIEGANEDNI #1 | 00:08:26 | 00:18:25.05 | 00:18:29.60 | 3:41 | 16.3 |
| 22 | PAGACZ BARTOSZ | 1026 | | WARSZAWA | POL | M 40 | 22 | M 95 | | 00:08:39 | 00:18:28.95 | 00:18:57.05 | 3:41 | 16.2 |
| 23 | NOWAK MARCIN | 973 | | WARSZAWA | POL | M 40 | 23 | M 90 | | 00:08:47 | 00:18:29.30 | 00:18:42.30 | 3:41 | 16.2 |
| 24 | GAJEK IRENEUSZ | 332 | ASFALTOVE DZIKI | CIECHANÓW | POL | M 40 | 24 | M 92 | | 00:08:47 | 00:18:30.55 | 00:18:43.55 | 3:42 | 16.2 |
| 25 | KOZŁOWSKI WŁODZIMIERZ | 1721 | KS START PUŁASKI | SUŁKOWICE | POL | M 40 | 25 | M 98 | | 00:08:47 | 00:18:33.00 | 00:18:45.20 | 3:42 | 16.2 |
| 26 | WOJTASIAK TOMASZ | 1694 | LIPIEC RUNNING TEAM | WARSZAWA | POL | M 40 | 26 | M 101 | LIPIEC RUNNING TEAM | 00:08:35 | 00:18:37.55 | 00:19:01.20 | 3:43 | 16.1 |
| 27 | SZEWczyk RAFAŁ | 1393 | CWCR/DEPARTAMENT BIEGÓW | OLSZTYN | POL | M 40 | 27 | M 103 | CWCR/DEPARTAMENT BIEGÓW | 00:08:35 | 00:18:38.85 | 00:18:46.65 | 3:43 | 16.1 |
| 28 | LACIAK MARCIN | 1684 | BARUNOWCE | WARSZAWA | POL | M 40 | 28 | M 104 | | 00:08:43 | 00:18:40.25 | 00:18:49.10 | 3:44 | 16.1 |
| 29 | JAMBOR MICHAŁ | 458 | ŻÓRAWKI TEAM | WARSZAWA | POL | M 40 | 29 | M 107 | ŻÓRAWKI TEAM | | 00:18:42.15 | 00:18:58.65 | 3:44 | 16 |
| 30 | ŻURAWSKI SŁAWOMIR | 1672 | BARUNOWCE | WARSZAWA | POL | M 40 | 30 | M 109 | | 00:08:53 | 00:18:44.05 | 00:18:57.90 | 3:44 | 16 |
| 31 | MAKULEC MARCIN | 832 | SANTANDER RUNNING CLUB | WARSZAWA | POL | M 40 | 31 | M 113 | | 00:08:48 | 00:18:45.45 | 00:18:56.45 | 3:45 | 16 |
| 32 | LEWDOROWICZ WOJCIECH | 779 | SAM SOBIE KLUBEM | KADY | POL | M 40 | 32 | M 118 | | 00:08:23 | 00:18:50.35 | 00:19:15.55 | 3:46 | 15.9 |
| 33 | RUSZNIK PIOTR | 1209 | LIPIEC RUNNING TEAM | PIASECZNO | POL | M 40 | 33 | M 124 | LIPIEC RUNNING TEAM | 00:08:59 | 00:18:56.60 | 00:19:03.45 | 3:47 | 15.8 |
| 34 | GÓRECKI RAFAŁ | 388 | | LESZNO | POL | M 40 | 34 | M 125 | ADIDAS RUNNERS WARSAW | 00:08:43 | 00:18:56.90 | 00:19:07.40 | 3:47 | 15.8 |
| 35 | OCHMAN MICHAŁ | 981 | BEC POLAND | WARSZAWA | POL | M 40 | 35 | M 129 | | 00:09:03 | 00:19:02.50 | 00:19:41.45 | 3:48 | 15.8 |

BIEG URSYNOWA, M 40 c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Drużyna 1 | 2.5km | Netto | Brutto | min/km | km/h |
|------|------------------------|------|-----------------------------|---------------|------|------|--------|-------|-----------------------------|----------|-------------|-------------|--------|------|
| 36 | ZHENG HAISHAN | 1647 | | TARCZYN | POL | M 40 | 36 | M 130 | | 00:08:59 | 00:19:03.05 | 00:19:35.75 | 3:48 | 15.7 |
| 37 | TELEON PIOTR | 1441 | JACEKBIEGA RUNNING TEAM | WARSZAWA | POL | M 40 | 37 | M 131 | JACEKBIEGA RUNNING TEAM | 00:08:46 | 00:19:03.75 | 00:19:17.65 | 3:48 | 15.7 |
| 38 | DUDELA ADRIAN | 1778 | KAZIKI | WARSZAWA | POL | M 40 | 38 | M 135 | KAZIKI | 00:08:42 | 00:19:08.05 | 00:19:34.85 | 3:49 | 15.7 |
| 39 | ŚWIĘCICKI TOMASZ | 1434 | ACCELERATING POLAND | WARSZAWA | POL | M 40 | 39 | M 136 | ACCELERATING POLAND | 00:08:27 | 00:19:10.30 | 00:19:29.20 | 3:50 | 15.7 |
| 40 | KOBUSZEWSKI ARTUR | 611 | BIEGOWY WARIAT RUNNING TEAM | WARSZAWA | POL | M 40 | 40 | M 142 | BIEGOWY WARIAT RUNNING TEAM | 00:08:47 | 00:19:15.35 | 00:19:40.85 | 3:51 | 15.6 |
| 41 | SZYMAŃSKI BARTŁOMIEJ | 1419 | ADIDAS RUNNERS WARSAW | WARSZAWA | POL | M 40 | 41 | M 143 | ADIDAS RUNNERS WARSAW | 00:09:10 | 00:19:15.90 | 00:19:30.95 | 3:51 | 15.6 |
| 42 | PIKUS PRZEMEK | 1074 | LIPIEC RUNNING TEAM | BABICE NOWE | POL | M 40 | 42 | M 144 | LIPIEC RUNNING TEAM | 00:08:50 | 00:19:15.95 | 00:19:24.30 | 3:51 | 15.6 |
| 43 | ZDEB PRZEMEK | 1642 | ADIDAS RUNNERS WARSAW | WARSZAWA | POL | M 40 | 43 | M 147 | ADIDAS RUNNERS WARSAW | 00:09:03 | 00:19:18.90 | 00:19:33.55 | 3:51 | 15.5 |
| 44 | SYGULA MATEUSZ | 1372 | KOLARSKI.EU TEAM | MICHAŁOWICE | POL | M 40 | 44 | M 148 | | 00:08:38 | 00:19:20.70 | 00:19:23.00 | 3:52 | 15.5 |
| 45 | SZYMAŃSKI HUBERT | 1415 | BIEGOWY WARIAT RUNNING TEAM | ŁOMIANKI | POL | M 40 | 45 | M 149 | BIEGOWY WARIAT RUNNING TEAM | 00:09:14 | 00:19:22.10 | 00:19:44.50 | 3:52 | 15.5 |
| 46 | SOFUL TOMASZ | 1308 | | WARSZAWA | POL | M 40 | 46 | M 156 | | 00:09:00 | 00:19:25.75 | 00:19:32.40 | 3:53 | 15.5 |
| 47 | RYDZ-MOŚCICKI ROBERT | 1221 | | WARSZAWA | POL | M 40 | 47 | M 157 | | 00:09:08 | 00:19:25.80 | 00:19:29.75 | 3:53 | 15.5 |
| 48 | STAEVEN KRZYSZTOF | 1326 | TEAM ZABIEGANEDNI | WARSZAWA | POL | M 40 | 48 | M 160 | TEAM ZABIEGANEDNI #2 | 00:09:10 | 00:19:27.00 | 00:20:05.45 | 3:53 | 15.4 |
| 49 | SŁAWIŃSKI PIOTR | 1286 | | WARSZAWA | POL | M 40 | 49 | M 162 | | 00:08:57 | 00:19:29.20 | 00:20:12.50 | 3:53 | 15.4 |
| 50 | CIESIELSKI MARCIN | 1760 | WARSAW RUN CLUB | SKIERNIEWICE | POL | M 40 | 50 | M 163 | WARSAW RUN CLUB | 00:09:23 | 00:19:30.15 | 00:19:47.65 | 3:54 | 15.4 |
| 51 | WOŁOSEWICZ KAMIL | 1578 | TEAM ZABIEGANEDNI | WARSZAWA | POL | M 40 | 51 | M 170 | TEAM ZABIEGANEDNI | 00:09:22 | 00:19:34.95 | 00:19:50.70 | 3:54 | 15.3 |
| 52 | SZTYLKO MICHAŁ | 1401 | | WARSZAWA | POL | M 40 | 52 | M 173 | | 00:09:15 | 00:19:37.10 | 00:20:19.30 | 3:55 | 15.3 |
| 53 | BARTOSZEK KONRAD | 56 | | WARSZAWA | POL | M 40 | 53 | M 174 | ADIDAS RUNNERS WARSAW | 00:09:25 | 00:19:37.15 | 00:19:55.70 | 3:55 | 15.3 |
| 54 | JASIŃSKI ŁUKASZ | 476 | | ZŁOTOKŁOS | POL | M 40 | 54 | M 175 | | 00:09:29 | 00:19:37.15 | 00:19:55.15 | 3:55 | 15.3 |
| 55 | SOBCZAK GRZEGORZ | 1300 | | ŁOMIANKI | POL | M 40 | 55 | M 176 | | 00:09:25 | 00:19:37.40 | 00:19:55.50 | 3:55 | 15.3 |
| 56 | STĘPIEŃ ANDRZEJ | 1078 | EXOTEAM | WARSZAWA | POL | M 40 | 56 | M 178 | EXOTEAM | 00:08:56 | 00:19:39.05 | 00:20:11.05 | 3:55 | 15.3 |
| 57 | KOŁODZIEJSKI MICHAŁ | 621 | LIPIEC RUNNING TEAM | WARSZAWA | POL | M 40 | 57 | M 187 | LIPIEC RUNNING TEAM | 00:09:21 | 00:19:44.95 | 00:19:54.60 | 3:56 | 15.2 |
| 58 | WOLSKI KRZYSZTOF | 1576 | | WARSZAWA | POL | M 40 | 58 | M 190 | | 00:09:05 | 00:19:45.45 | 00:20:25.30 | 3:57 | 15.2 |
| 59 | WIERZCHOŁOWSKI MARCIN | 1529 | | WARSZAWA | POL | M 40 | 59 | M 192 | | 00:09:24 | 00:19:46.05 | 00:20:09.80 | 3:57 | 15.2 |
| 60 | PISKAŁA DANIEL | 1731 | POWER TRAINING | WARSZAWA | POL | M 40 | 60 | M 193 | | 00:09:17 | 00:19:46.40 | 00:20:06.35 | 3:57 | 15.2 |
| 61 | ANDERS DANIEL | 23 | | MYSIADŁO | POL | M 40 | 61 | M 194 | | 00:09:06 | 00:19:47.50 | 00:19:56.15 | 3:57 | 15.2 |
| 62 | STROJKOWSKI BARTOSZ | 1352 | ŁÓDŹ KOCHA SPORT | ŁÓDŹ | POL | M 40 | 62 | M 195 | ŁÓDŹ KOCHA SPORT | 00:08:51 | 00:19:47.60 | 00:20:21.80 | 3:57 | 15.2 |
| 63 | ŁUKOMSKI JANUSZ | 809 | PKO BANK POLSKI | WARSZAWA | POL | M 40 | 63 | M 198 | | 00:09:24 | 00:19:48.95 | 00:20:05.75 | 3:57 | 15.2 |
| 64 | SZYMAŃSKI ANDRZEJ | 1417 | | WARSZAWA | POL | M 40 | 64 | M 200 | | 00:09:24 | 00:19:51.10 | 00:20:10.75 | 3:58 | 15.1 |
| 65 | KAWAŁOWSKI MARCIN | 564 | | PRUSZKÓW | POL | M 40 | 65 | M 202 | | 00:09:26 | 00:19:51.25 | 00:20:15.50 | 3:58 | 15.1 |
| 66 | GAŁĄZKA TOMASZ | 1787 | | BŁONIE | POL | M 40 | 66 | M 203 | | 00:09:12 | 00:19:51.45 | 00:20:15.20 | 3:58 | 15.1 |
| 67 | FABISIAK MARCIN | 291 | TEAM ZABIEGANEDNI | WARSZAWA | POL | M 40 | 67 | M 206 | TEAM ZABIEGANEDNI #4 | 00:09:24 | 00:19:53.40 | 00:20:10.80 | 3:58 | 15.1 |
| 68 | BISOWSKI MARIUSZ | 87 | MARUDY Z KOBYŁKI | KOBYŁKA | POL | M 40 | 68 | M 210 | MARUDY Z KOBYŁKI | 00:09:29 | 00:19:55.95 | 00:20:13.90 | 3:59 | 15.1 |
| 69 | SMOLIŃSKI MICHAŁ | 1295 | | WARSZAWA | POL | M 40 | 69 | M 211 | | 00:09:20 | 00:19:57.55 | 00:20:16.35 | 3:59 | 15 |
| 70 | MAŁEK ŁUKASZ | 842 | KARDIOLOGSPORTOWY.PL | WARSZAWA | POL | M 40 | 70 | M 213 | | 00:09:21 | 00:19:58.75 | 00:20:23.70 | 3:59 | 15 |
| 71 | MIKA JAROSŁAW | 1861 | KONDYCJA PIASECZNO | PIASECZNO | POL | M 40 | 71 | M 214 | | 00:09:22 | 00:19:59.85 | 00:20:21.10 | 3:59 | 15 |
| 72 | PEKAŁSKI MAREK | 1054 | TRIZARZA | WARSZAWA | POL | M 40 | 72 | M 215 | | 00:09:14 | 00:19:59.95 | 00:20:28.90 | 3:59 | 15 |
| 73 | MACIEJCZYK PIOTR | 816 | MCSP | WARSZAWA | POL | M 40 | 73 | M 219 | | 00:09:04 | 00:20:02.85 | 00:20:19.75 | 4:00 | 15 |
| 74 | PIKUL PIOTR | 1073 | | WARSZAWA | POL | M 40 | 74 | M 220 | | 00:09:26 | 00:20:04.95 | 00:20:22.00 | 4:00 | 15 |
| 75 | RYBAK ADAM | 1923 | KONDYCJA PIASECZNO | USTANÓW | POL | M 40 | 75 | M 223 | | 00:09:21 | 00:20:05.90 | 00:20:27.15 | 4:01 | 14.9 |
| 76 | PRZEWOZNIK JAN | 1136 | | WARSZAWA | POL | M 40 | 76 | M 225 | | 00:09:20 | 00:20:06.65 | 00:20:28.50 | 4:01 | 14.9 |
| 77 | ULICZNY PAWEŁ | 1487 | REMBERTÓW TEAM | WARSZAWA | POL | M 40 | 77 | M 226 | REMBERTÓW TEAM | 00:09:26 | 00:20:08.50 | 00:20:26.85 | 4:01 | 14.9 |
| 78 | KRAWCZYŃSKI PRZEMYSŁAW | 808 | | WARSZAWA | POL | M 40 | 78 | M 230 | | 00:09:13 | 00:20:11.75 | 00:20:55.75 | 4:02 | 14.9 |
| 79 | MANCZENKO EUGENIUSZ | 848 | MARKOWI BIEGACZE | WARSZAWA | POL | M 40 | 79 | M 232 | MARKOWI BIEGACZE | 00:09:25 | 00:20:13.60 | 00:20:30.80 | 4:02 | 14.8 |
| 80 | MACIOŁEK DAREK | 818 | BNP PARIBAS RUNNING TEAM | SĘKOCIN STARY | POL | M 40 | 80 | M 236 | BNP PARIBAS RUNNING TEAM | 00:09:12 | 00:20:18.65 | 00:20:56.20 | 4:03 | 14.8 |
| 81 | ZUBRZYCKI JANUSZ | 1658 | OLDSKULL | LASKI | POL | M 40 | 81 | M 237 | | 00:09:23 | 00:20:18.75 | 00:20:38.10 | 4:03 | 14.8 |
| 82 | MULAK MICHAŁ | 936 | TEAM ZABIEGANEDNI | WARSZAWA | POL | M 40 | 82 | M 238 | TEAM ZABIEGANEDNI #3 | 00:09:34 | 00:20:20.50 | 00:21:08.30 | 4:04 | 14.8 |

BIEG URSYNOWA, M 40 c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Drużyna 1 | 2.5km | Netto | Brutto | min/km | km/h |
|------|------------------------|------|---|----------------------|------|------|--------|-------|-----------------------------|----------|-------------|-------------|--------|------|
| 83 | MARCZUK ROBERT | 857 | | ZIELONKA | POL | M 40 | 83 | M 239 | | 00:09:15 | 00:20:22.55 | 00:20:57.50 | 4:04 | 14.7 |
| 84 | LETKOWSKI DARIUSZ | 776 | GAPMONT RUNNING TEAM | WARSZAWA | POL | M 40 | 84 | M 240 | | 00:09:25 | 00:20:23.05 | 00:20:57.10 | 4:04 | 14.7 |
| 85 | NURZYŃSKI MARCIN | 978 | TEAM ZABIEGANEDNI | WARSZAWA | POL | M 40 | 85 | M 241 | TEAM ZABIEGANEDNI #2 | 00:09:27 | 00:20:23.40 | 00:20:38.50 | 4:04 | 14.7 |
| 86 | LACHOWSKI TOMASZ | 757 | | WARSZAWA | POL | M 40 | 86 | M 245 | | 00:09:29 | 00:20:26.60 | 00:20:41.45 | 4:05 | 14.7 |
| 87 | ŻURAWSKI MARCIN | 1673 | ADIDAS RUNNERS WARSAW/ DRUŻYNABLONDYNA | WARSZAWA | POL | M 40 | 87 | M 246 | ADIDAS RUNNERS WARSAW | 00:09:21 | 00:20:27.10 | 00:21:08.00 | 4:05 | 14.7 |
| 88 | RUZIK RAFAŁ | 1920 | RURA TEAM | WARSZAWA | POL | M 40 | 88 | M 250 | | 00:09:48 | 00:20:31.05 | 00:21:01.80 | 4:06 | 14.6 |
| 89 | ZAROŃ BARTŁOMIEJ | 2129 | AMT... | WARSZAWA | POL | M 40 | 89 | M 257 | | 00:09:23 | 00:20:34.10 | 00:21:23.65 | 4:06 | 14.6 |
| 90 | KUZIEMSKI MARCIN | 748 | | WARSZAWA | POL | M 40 | 90 | M 259 | | 00:09:26 | 00:20:36.60 | 00:20:58.25 | 4:07 | 14.6 |
| 91 | BUDNICKI MICHAŁ | 126 | | WARSZAWA | POL | M 40 | 91 | M 265 | | 00:09:26 | 00:20:38.50 | 00:20:56.50 | 4:07 | 14.5 |
| 92 | SOKOŁOWSKI KONRAD | 1312 | WPRUNNING | NOWA WIEŚ | POL | M 40 | 92 | M 266 | | 00:09:48 | 00:20:38.95 | 00:21:15.60 | 4:07 | 14.5 |
| 93 | LEWIŃSKI BARTŁOMIEJ | 780 | TEAM ZABIEGANEDNI | WARSZAWA | POL | M 40 | 93 | M 272 | TEAM ZABIEGANEDNI | 00:09:26 | 00:20:43.00 | 00:20:59.80 | 4:08 | 14.5 |
| 94 | KURIATA KAMIL | 745 | | WARSZAWA | POL | M 40 | 94 | M 279 | | 00:09:36 | 00:20:46.20 | 00:21:33.50 | 4:09 | 14.4 |
| 95 | TROŃSKI JACEK | 1463 | BIKE SALON TEAM | WARSZAWA | POL | M 40 | 95 | M 280 | | 00:09:55 | 00:20:47.95 | 00:21:17.90 | 4:09 | 14.4 |
| 96 | BARAŃSKI PIOTR | 50 | | JÓZEFOSŁAW | POL | M 40 | 96 | M 284 | | 00:09:40 | 00:20:50.20 | 00:21:10.55 | 4:10 | 14.4 |
| 97 | FELIGA MARIUSZ | 299 | | GRANICE | POL | M 40 | 97 | M 285 | | 00:09:31 | 00:20:50.70 | 00:21:33.20 | 4:10 | 14.4 |
| 98 | PAZDAN MATEUSZ | 1049 | | WARSZAWA | POL | M 40 | 98 | M 286 | | 00:09:43 | 00:20:50.80 | 00:21:06.00 | 4:10 | 14.4 |
| 99 | GRYZ JACEK | 417 | SUNFIT STUDIO | NOWY DWÓR MAZOWIECKI | POL | M 40 | 99 | M 293 | | 00:09:54 | 00:20:55.25 | 00:21:28.35 | 4:11 | 14.3 |
| 100 | GOŁĘBIEWSKI ŁUKASZ | 380 | | WARSZAWA | POL | M 40 | 100 | M 295 | | 00:09:37 | 00:20:56.50 | 00:21:11.70 | 4:11 | 14.3 |
| 101 | GÓRCZYŃSKI MICHAŁ | 387 | KS STASZEWSKY | WARSZAWA | POL | M 40 | 101 | M 296 | KS STASZEWSKY | 00:09:36 | 00:20:56.80 | 00:21:19.80 | 4:11 | 14.3 |
| 102 | TRONIARZ MARCIN | 1465 | | RASZYN | POL | M 40 | 102 | M 298 | | 00:09:57 | 00:20:58.60 | 00:21:37.05 | 4:11 | 14.3 |
| 103 | GRUBKA MARCIN | 2142 | | - | POL | M 40 | 103 | M 299 | | 00:10:08 | 00:20:58.60 | 00:21:32.75 | 4:11 | 14.3 |
| 104 | URBANIAK ROBERT | 1494 | ORANGE POLSKA | WARSZAWA | POL | M 40 | 104 | M 300 | | 00:09:24 | 00:20:59.85 | 00:21:19.80 | 4:11 | 14.3 |
| 105 | ŁATKOWSKI ŁUKASZ | 797 | GRUPA BIEGOWA CHTMO | CHOTOMÓW | POL | M 40 | 105 | M 302 | | 00:10:01 | 00:21:01.10 | 00:22:08.20 | 4:12 | 14.3 |
| 106 | SZORTYKA MARCIN | 1396 | | WARSZAWA | POL | M 40 | 106 | M 306 | | 00:09:34 | 00:21:03.65 | 00:21:28.20 | 4:12 | 14.3 |
| 107 | ADAMCZYK PRZEMYSŁAW | 12 | ADIDAS RUNNERS WARSAW / RYKOWISKO TEAM | WARSZAWA | POL | M 40 | 107 | M 309 | ADIDAS RUNNERS WARSAW | 00:10:11 | 00:21:06.90 | 00:22:09.20 | 4:13 | 14.2 |
| 108 | PRUCHNIEWSKI SŁAWOMIR | 1128 | WP | WARSZAWA | POL | M 40 | 108 | M 311 | | 00:09:55 | 00:21:08.80 | 00:21:33.75 | 4:13 | 14.2 |
| 109 | KOWALSKI JAROSŁAW | 680 | | PAPROTNIA | POL | M 40 | 109 | M 313 | | 00:09:49 | 00:21:09.05 | 00:21:33.20 | 4:13 | 14.2 |
| 110 | BIELIŃSKI ŁUKASZ | 75 | | WARSZAWA | POL | M 40 | 110 | M 317 | | 00:09:33 | 00:21:10.60 | 00:22:04.35 | 4:14 | 14.2 |
| 111 | GOLI LESZEK | 374 | MOVADO RUNNERS | WARSZAWA | POL | M 40 | 111 | M 321 | | 00:10:02 | 00:21:11.95 | 00:22:17.95 | 4:14 | 14.2 |
| 112 | NIEMCZYK DAMIAN | 1717 | DREAM RUN | WARSZAWA | POL | M 40 | 112 | M 327 | | 00:09:33 | 00:21:16.35 | 00:21:41.05 | 4:15 | 14.1 |
| 113 | OSIAŁ MARIUSZ | 1010 | KB IM. PIOTRA SĘKOWSKIEGO | PŁOŃSK | POL | M 40 | 113 | M 336 | | 00:09:51 | 00:21:20.50 | 00:21:52.10 | 4:16 | 14.1 |
| 114 | MOTYKA PIOTR | 930 | GÓRA BIEGA | GÓRA KALWARIA | POL | M 40 | 114 | M 339 | GÓRA BIEGA | 00:10:12 | 00:21:21.85 | 00:21:54.80 | 4:16 | 14.1 |
| 115 | FIRAZDA MICHAŁ | 311 | | KROŚNIEWICE | POL | M 40 | 115 | M 341 | | 00:09:55 | 00:21:22.20 | 00:21:51.35 | 4:16 | 14 |
| 116 | SKUBISZEWSKI PIOTR | 1935 | | WARSZAWA | POL | M 40 | 116 | M 345 | | 00:10:01 | 00:21:22.90 | 00:22:22.65 | 4:16 | 14 |
| 117 | FILOCHOWSKI DANIEL | 310 | BIEGOWY WARIAT RUNNING TEAM | PRUSZKÓW | POL | M 40 | 117 | M 348 | BIEGOWY WARIAT RUNNING TEAM | 00:10:06 | 00:21:24.75 | 00:22:26.75 | 4:16 | 14 |
| 118 | WIŚNIEWSKI MACIEK | 1550 | | WARSZAWA | POL | M 40 | 118 | M 351 | | 00:09:59 | 00:21:26.50 | 00:22:16.80 | 4:17 | 14 |
| 119 | SYLWESTROWICZ WOJCIECH | 1952 | ŁÓDŹ KOCHA SPORT | ŁÓDŹ | POL | M 40 | 119 | M 352 | ŁÓDŹ KOCHA SPORT | 00:10:00 | 00:21:26.85 | 00:21:58.80 | 4:17 | 14 |
| 120 | IWANIUK TOMASZ | 443 | ŻYWCEM ZABIEGANI | WARSZAWA | POL | M 40 | 120 | M 355 | | 00:10:03 | 00:21:27.80 | 00:21:57.40 | 4:17 | 14 |
| 121 | KOPEĆ TOMASZ | 1821 | | WARSZAWA | POL | M 40 | 121 | M 357 | | 00:10:16 | 00:21:28.35 | 00:22:20.25 | 4:17 | 14 |
| 122 | STRZELECKI PIOTR | 1360 | | WARSZAWA | POL | M 40 | 122 | M 358 | | 00:09:59 | 00:21:28.45 | 00:21:57.90 | 4:17 | 14 |
| 123 | PRZYWARA MICHAŁ | 1141 | | WARSZAWA | POL | M 40 | 123 | M 362 | | 00:10:12 | 00:21:30.10 | 00:21:39.85 | 4:18 | 14 |
| 124 | CHMIELEWSKI MACIEJ | 162 | | WARSZAWA | POL | M 40 | 124 | M 364 | | 00:10:30 | 00:21:31.40 | 00:22:15.75 | 4:18 | 13.9 |
| 125 | MACHOŃ PAWEŁ | 814 | GRUPA BIEGOWA UM W-WA | WARSZAWA | POL | M 40 | 125 | M 370 | GRUPA BIEGOWA UM W-WA | 00:10:26 | 00:21:35.95 | 00:22:12.00 | 4:19 | 13.9 |
| 126 | RUDNIK MARCIN | 1205 | | WARSZAWA | POL | M 40 | 126 | M 371 | | 00:10:11 | 00:21:38.20 | 00:22:06.00 | 4:19 | 13.9 |
| 127 | ZENTARA ZBIGNIEW | 1644 | | WARSZAWA | POL | M 40 | 127 | M 374 | | 00:09:27 | 00:21:40.00 | 00:22:00.30 | 4:20 | 13.8 |
| 128 | RAKOMSIN YURY | 1912 | | WARSZAWA | POL | M 40 | 128 | M 375 | | 00:09:55 | 00:21:40.20 | 00:22:09.15 | 4:20 | 13.8 |
| 129 | WNUK TOMASZ | 1563 | | WARSZAWA | POL | M 40 | 129 | M 378 | | 00:10:11 | 00:21:41.60 | 00:22:43.55 | 4:20 | 13.8 |
| 130 | TROJDAŃ SEBASTIAN | 1464 | TEAM ZABIEGANEDNI | WARSZAWA | POL | M 40 | 130 | M 385 | TEAM ZABIEGANEDNI | 00:10:19 | 00:21:49.20 | 00:22:24.75 | 4:21 | 13.8 |
| 131 | PIASECKI TOMASZ | 1056 | | WARSZAWA | POL | M 40 | 131 | M 387 | | 00:10:08 | 00:21:51.60 | 00:22:41.40 | 4:22 | 13.7 |
| 132 | DRAGAN RADOŚLAW | 257 | | WARSZAWA | POL | M 40 | 132 | M 388 | | 00:10:15 | 00:21:51.90 | 00:22:51.20 | 4:22 | 13.7 |
| 133 | KOŁOSOWSKI PIOTR | 1818 | | WARSZAWA | POL | M 40 | 133 | M 391 | | 00:10:29 | 00:21:53.50 | 00:22:38.00 | 4:22 | 13.7 |
| 134 | CIOK PRZEMEK | 190 | KS STASZEWSKY | WARSZAWA | POL | M 40 | 134 | M 393 | KS STASZEWSKY | 00:10:00 | 00:21:54.45 | 00:22:06.30 | 4:22 | 13.7 |

BIEG URSYNOWA, M 40 c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Drużyna 1 | 2.5km | Netto | Brutto | min/km | km/h |
|------|-------------------------|------|-----------------------------|---------------------|------|------|--------|-------|--------------------------------|----------|-------------|-------------|--------|------|
| 135 | SAPIGÓRSKI RAFAŁ | 1233 | | WARSZAWA | POL | M 40 | 135 | M 395 | | 00:10:40 | 00:21:55.85 | 00:22:59.10 | 4:23 | 13.7 |
| 136 | PILNIAK MARIUSZ | 1077 | AKTYWNA WARSZAWA | WARSZAWA | POL | M 40 | 136 | M 396 | AKTYWNA WARSZAWA | 00:10:29 | 00:21:56.00 | 00:22:40.85 | 4:23 | 13.7 |
| 137 | STRZYŻEWSKI ARKADIUSZ | 1361 | GÓRA BIEGA | GÓRA KALWARIA | POL | M 40 | 137 | M 399 | | 00:10:12 | 00:21:56.85 | 00:23:04.85 | 4:23 | 13.7 |
| 138 | GRZYWACZ MARCIN | 421 | | WARSZAWA | POL | M 40 | 138 | M 400 | | 00:10:30 | 00:21:57.90 | 00:22:35.50 | 4:23 | 13.7 |
| 139 | KUCIŃSKI HUBERT | 728 | ONSLOW - SEKcja DZIADKÓW | WARSZAWA | POL | M 40 | 139 | M 401 | | 00:10:11 | 00:21:58.00 | 00:23:09.10 | 4:23 | 13.7 |
| 140 | RUTKOWSKI MICHAŁ | 1211 | | WARSZAWA | POL | M 40 | 140 | M 403 | | 00:10:15 | 00:21:59.40 | 00:23:03.45 | 4:23 | 13.6 |
| 141 | WITKOWSKI MICHAŁ | 16 | | WARSZAWA | POL | M 40 | 141 | M 408 | | 00:10:06 | 00:22:02.50 | 00:22:33.55 | 4:24 | 13.6 |
| 142 | BUCZKOWSKI PIOTR | 121 | | WARSZAWA | POL | M 40 | 142 | M 409 | | 00:10:16 | 00:22:02.55 | 00:22:30.45 | 4:24 | 13.6 |
| 143 | BOROVKOV SERGIJ | 101 | ADIDAS RANNERS WARSZAW | WARSZAWA | POL | M 40 | 143 | M 413 | ADIDAS RUNNERS WARSAW | 00:10:11 | 00:22:05.90 | 00:22:37.80 | 4:25 | 13.6 |
| 144 | WRÓBLEWSKI JACEK | 1592 | | JÓZEFÓW | POL | M 40 | 144 | M 416 | | 00:10:30 | 00:22:08.95 | 00:22:53.20 | 4:25 | 13.6 |
| 145 | WITKOWSKI MICHAŁ | 1554 | | JÓZEFÓW | POL | M 40 | 145 | M 417 | | 00:10:31 | 00:22:09.40 | 00:22:53.05 | 4:25 | 13.5 |
| 146 | SOŁOWIOW MARCIN | 1317 | BIEGOWY WARIAT RUNNING TEAM | WARSZAWA | POL | M 40 | 146 | M 421 | BIEGOWY WARIAT RUNNING TEAM | 00:10:05 | 00:22:13.55 | 00:22:36.15 | 4:26 | 13.5 |
| 147 | KOWALSKI MARIUSZ | 678 | | WARSZAWA | POL | M 40 | 147 | M 428 | | 00:10:46 | 00:22:18.95 | 00:24:00.35 | 4:27 | 13.5 |
| 148 | SZAFRAN MARIUSZ | 1378 | | BRWINÓW | POL | M 40 | 148 | M 429 | | 00:10:45 | 00:22:19.45 | 00:23:38.80 | 4:27 | 13.4 |
| 149 | PASIŃSKI DANIEL | 1038 | GRUPA BIEGOWA UM W-WA | WARSZAWA | POL | M 40 | 149 | M 430 | GRUPA BIEGOWA UM W-WA | 00:10:50 | 00:22:19.60 | 00:23:25.90 | 4:27 | 13.4 |
| 150 | MNICH ZBIGNIEW | 1865 | | LIPOWO | POL | M 40 | 150 | M 431 | | 00:10:05 | 00:22:20.00 | 00:22:50.35 | 4:28 | 13.4 |
| 151 | ŻEBROWSKI DARIUSZ | 1665 | | WARSZAWA | POL | M 40 | 151 | M 439 | | 00:10:26 | 00:22:25.70 | 00:23:12.70 | 4:29 | 13.4 |
| 152 | KOWALSKI MATEUSZ | 675 | | KONSTANCIN-JEZIORNA | POL | M 40 | 152 | M 443 | | 00:10:36 | 00:22:27.15 | 00:23:14.35 | 4:29 | 13.4 |
| 153 | CISOŃ DOMINIK | 192 | | JÓZEFOSŁAW | POL | M 40 | 153 | M 445 | | 00:10:23 | 00:22:29.10 | 00:23:27.40 | 4:29 | 13.3 |
| 154 | KUCHTA PAWEŁ | 725 | | MACIEJOWICE | POL | M 40 | 154 | M 449 | | | 00:22:30.10 | 00:23:16.05 | 4:30 | 13.3 |
| 155 | KASZA MARCIN | 560 | GALOPUJĄCY ŻÓŁW | BUSKO ZDRÓJ | POL | M 40 | 155 | M 454 | | 00:10:55 | 00:22:32.80 | 00:23:29.80 | 4:30 | 13.3 |
| 156 | WIĘCZKOWSKI WOJCIECH | 1537 | | WARSZAWA | POL | M 40 | 156 | M 457 | | 00:10:43 | 00:22:33.90 | 00:23:52.75 | 4:30 | 13.3 |
| 157 | CZERNIEWSKI MAREK | 1769 | | WARSZAWA | POL | M 40 | 157 | M 460 | | 00:10:39 | 00:22:36.00 | 00:23:50.30 | 4:31 | 13.3 |
| 158 | SZCZEPANIAK PAWEŁ | 1386 | SPORTOHOLIK | PIASECZNO | POL | M 40 | 158 | M 465 | | 00:10:12 | 00:22:39.20 | 00:23:46.50 | 4:31 | 13.2 |
| 159 | WITON TOMASZ | 1990 | BIEGANIE POD SOKOLIM OKIEM | WARSZAWA | POL | M 40 | 159 | M 466 | | 00:10:35 | 00:22:40.45 | 00:23:31.10 | 4:32 | 13.2 |
| 160 | MAGNUSKI PIOTR | 825 | | WARSZAWA | POL | M 40 | 160 | M 467 | | 00:10:20 | 00:22:40.85 | 00:23:10.30 | 4:32 | 13.2 |
| 161 | MATYSZCZAK KRZYSZTOF | 883 | KENKO | WARSZAWA | POL | M 40 | 161 | M 471 | KENKO | 00:10:55 | 00:22:42.75 | 00:23:51.05 | 4:32 | 13.2 |
| 162 | SOBIESZEK PIOTR | 1301 | | WARSZAWA | POL | M 40 | 162 | M 477 | | 00:10:44 | 00:22:44.40 | 00:23:34.40 | 4:32 | 13.2 |
| 163 | JAROSIŃSKI ŁUKASZ | 472 | TAŃCZĄCE MUCHOMORKI | KRZEWINA | POL | M 40 | 163 | M 484 | | 00:10:21 | 00:22:46.70 | 00:23:44.20 | 4:33 | 13.2 |
| 164 | SKIERCZYŃSKI GRZEGORZ | 1273 | | WARSZAWA | POL | M 40 | 164 | M 485 | | 00:11:00 | 00:22:47.00 | 00:23:42.50 | 4:33 | 13.2 |
| 165 | KOPER SEBASTIAN | 634 | CARREFOUR RUNNING TEAM | WARSZAWA | POL | M 40 | 165 | M 487 | | 00:10:25 | 00:22:47.50 | 00:23:09.30 | 4:33 | 13.2 |
| 166 | KOŁDRA ROBERT | 618 | | PNIEWY | POL | M 40 | 166 | M 488 | | 00:10:33 | 00:22:50.70 | 00:24:02.80 | 4:34 | 13.1 |
| 167 | GRYSZPANOWICZ SEBASTIAN | 416 | | WARSZAWA | POL | M 40 | 167 | M 493 | | 00:10:20 | 00:22:53.90 | 00:23:17.20 | 4:34 | 13.1 |
| 168 | GAÁL DANIEL | 323 | | WARSZAWA | POL | M 40 | 168 | M 494 | | 00:11:09 | 00:22:54.00 | 00:23:53.40 | 4:34 | 13.1 |
| 169 | DĘBSKI ANDRZEJ | 235 | | BIALYSTOK | POL | M 40 | 169 | M 499 | | 00:10:38 | 00:22:56.20 | 00:24:04.80 | 4:35 | 13.1 |
| 170 | ZAPOROWSKI MARCIN | 1623 | | WARSZAWA | POL | M 40 | 170 | M 501 | ADIDAS RUNNERS WARSAW | 00:10:49 | 00:22:56.85 | 00:23:26.60 | 4:35 | 13.1 |
| 171 | STANISZEWSKI RAFAŁ | 1332 | BIEGAJ POD OKIEM TRENERA | WARSZAWA | POL | M 40 | 171 | M 502 | BIEGAJ POD OKIEM TRENERA | 00:10:51 | 00:22:57.10 | 00:23:27.85 | 4:35 | 13.1 |
| 172 | ROMANOWSKI NORBERT | 1192 | BRAK | JÓZEFÓW | POL | M 40 | 172 | M 505 | | 00:10:32 | 00:22:59.25 | 00:23:45.05 | 4:35 | 13.1 |
| 173 | FORNALIK ADAM | 1783 | WITC | WARSZAWA | POL | M 40 | 173 | M 506 | | 00:10:22 | 00:22:59.85 | 00:24:07.30 | 4:35 | 13.1 |
| 174 | RÓŻYCKI KRZYSZTOF | 1202 | VEGE RUNNERS | WARSZAWA | POL | M 40 | 174 | M 509 | VEGE RUNNERS URSYNÓW | 00:10:14 | 00:23:00.80 | 00:23:29.95 | 4:36 | 13 |
| 175 | WITZKE ARTUR | 1556 | | LEGIONOWO | POL | M 40 | 175 | M 510 | | 00:11:01 | 00:23:01.20 | 00:24:25.60 | 4:36 | 13 |
| 176 | PAŃCZYK WOJTEK | 1033 | THE PAŃCZYX | WARSZAWA | POL | M 40 | 176 | M 512 | | 00:10:53 | 00:23:02.75 | 00:24:03.00 | 4:36 | 13 |
| 177 | KOWALSKI PAWEŁ | 677 | | WARSZAWA | GBR | M 40 | 177 | M 513 | | 00:10:46 | 00:23:03.20 | 00:23:31.55 | 4:36 | 13 |
| 178 | CHODNIEWICZ MICHAŁ | 164 | | WARSZAWA | POL | M 40 | 178 | M 515 | | 00:10:38 | 00:23:04.30 | 00:24:18.75 | 4:36 | 13 |
| 179 | ZALEWSKI RAFAŁ | 1620 | SEMP URSYNOW | WARSZAWA | POL | M 40 | 179 | M 516 | SEMP URSYNOW | 00:10:41 | 00:23:05.95 | 00:24:37.40 | 4:37 | 13 |
| 180 | JACKIEWICZ ADAM | 449 | | WARSZAWA | POL | M 40 | 180 | M 518 | | 00:10:46 | 00:23:07.30 | 00:24:30.75 | 4:37 | 13 |
| 181 | PAWLICKI TOMASZ | 1046 | VEGERUNNERS | WARSZAWA | POL | M 40 | 181 | M 523 | VEGE RUNNERS RESZTA ŚWIATA | 00:11:02 | 00:23:12.05 | 00:24:24.50 | 4:38 | 12.9 |
| 182 | ŚWIEŻAK PAWEŁ | 1433 | | WARSZAWA | POL | M 40 | 182 | M 524 | | 00:10:43 | 00:23:12.70 | 00:24:28.35 | 4:38 | 12.9 |
| 183 | CABAJ MAREK | 144 | | WARSZAWA | POL | M 40 | 183 | M 525 | | 00:11:12 | 00:23:13.35 | 00:24:18.60 | 4:38 | 12.9 |
| 184 | SZCZYPA GRZEGORZ | 1391 | | WARSZAWA | POL | M 40 | 184 | M 526 | ROYAL GOLF CLUB WILANÓW | 00:11:28 | 00:23:13.45 | 00:24:58.45 | 4:38 | 12.9 |

BIEG URSYNOWA, M 40 c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Drużyna 1 | 2.5km | Netto | Brutto | min/km | km/h |
|------|-----------------------|------|---------------------------------|---------------------|------|------|--------|-------|--------------------------------|----------|-------------|-------------|--------|------|
| 185 | PONIATOWSKI KRZYSZTOF | 1105 | TEAM ZABIEGANEDNI | WARSZAWA | POL | M 40 | 185 | M 529 | TEAM ZABIEGANEDNI | 00:10:50 | 00:23:14.60 | 00:24:04.00 | 4:38 | 12.9 |
| | | | | | | | | | #3 | | | | | |
| 186 | TEJEDA HÉCTOR | 1440 | | WARSAW | POL | M 40 | 186 | M 530 | | 00:11:09 | 00:23:15.50 | 00:24:24.15 | 4:39 | 12.9 |
| 187 | KARCZEWSKI PRZEMYSŁAW | 544 | TRICLUB | WARSZAWA | POL | M 40 | 187 | M 531 | | 00:10:56 | 00:23:17.35 | 00:24:09.75 | 4:39 | 12.9 |
| 188 | KĘPKA KRZYSZTOF | 571 | TRIWAWA | WARSZAWA | POL | M 40 | 188 | M 534 | TRIWAWA | 00:11:20 | 00:23:19.30 | 00:24:39.30 | 4:39 | 12.9 |
| 189 | RAFAŁKO GRZEGORZ | 1161 | | WARSZAWA | POL | M 40 | 189 | M 540 | | 00:11:01 | 00:23:21.90 | 00:24:23.75 | 4:40 | 12.8 |
| 190 | POGOCKI MACIEJ | 1101 | | WARSZAWA | POL | M 40 | 190 | M 552 | | 00:11:21 | 00:23:29.10 | 00:24:53.20 | 4:41 | 12.8 |
| 191 | BRĄGOSZEWSKI PAWEŁ | 109 | | OTWOCK | POL | M 40 | 191 | M 554 | | 00:11:20 | 00:23:30.60 | 00:24:48.40 | 4:42 | 12.8 |
| 192 | BEDNORZ LESZEK | 64 | | WARSZAWA | POL | M 40 | 192 | M 558 | | 00:11:23 | 00:23:33.20 | 00:24:50.20 | 4:42 | 12.7 |
| 193 | SKARŻYŃSKI ADAM | 1270 | GRUPA BIEGOWA UM W-WA | WARSZAWA | POL | M 40 | 193 | M 560 | | 00:10:58 | 00:23:34.15 | 00:24:32.50 | 4:42 | 12.7 |
| 194 | BELKIEWICZ RAFAŁ | 2137 | TEAM ZABIEGANEDNI | WARSZAWA | POL | M 40 | 194 | M 562 | TEAM ZABIEGANEDNI | 00:11:15 | 00:23:34.80 | 00:24:37.70 | 4:42 | 12.7 |
| 195 | DREWNIK ROBERT | 259 | BIEGNIJ Z PROSERVICE | WARSZAWA | POL | M 40 | 195 | M 563 | BIEGNIJ Z PROSERVICE | 00:10:47 | 00:23:35.20 | 00:24:24.00 | 4:43 | 12.7 |
| 196 | JAŃCZAK MARIUSZ | 469 | | WARSZAWA | POL | M 40 | 196 | M 565 | | 00:11:00 | 00:23:35.50 | 00:24:29.90 | 4:43 | 12.7 |
| 197 | RATYŃSKI MICHAŁ | 1164 | BIEGOWY WARIAT RUNNING TEAM | WARSZAWA | POL | M 40 | 197 | M 571 | BIEGOWY WARIAT RUNNING TEAM | 00:10:43 | 00:23:38.90 | 00:25:14.00 | 4:43 | 12.7 |
| 198 | PRUS MARCIN | 1129 | | WARSZAWA | POL | M 40 | 198 | M 573 | | 00:11:09 | 00:23:39.40 | 00:25:10.25 | 4:43 | 12.7 |
| 199 | ZAKRZEWSKI MICHAŁ | 1615 | KLUB BIEGACZA RTV EURO AGD | WARSZAWA | POL | M 40 | 199 | M 574 | | 00:11:08 | 00:23:39.50 | 00:24:29.50 | 4:43 | 12.7 |
| 200 | CISZEWSKI GRZEGORZ | 193 | | PIASECZNO | POL | M 40 | 200 | M 580 | | 00:11:36 | 00:23:42.90 | 00:25:06.80 | 4:44 | 12.7 |
| 201 | SMOLIŃSKI KRZYSZTOF | 1297 | | WARSZAWA | POL | M 40 | 201 | M 583 | | 00:10:40 | 00:23:45.90 | 00:24:34.65 | 4:45 | 12.6 |
| 202 | DYRLA MARIUSZ | 1782 | | WARSZAWA | POL | M 40 | 202 | M 589 | | 00:11:23 | 00:23:47.90 | 00:24:36.30 | 4:45 | 12.6 |
| 203 | BUJNOWSKI RAFAŁ | 132 | | WARSZAWA | POL | M 40 | 203 | M 592 | | 00:11:02 | 00:23:49.50 | 00:24:42.80 | 4:45 | 12.6 |
| 204 | ANGEŁOW CHRISTIAN | 24 | | WARSZAWA | POL | M 40 | 204 | M 594 | | 00:11:33 | 00:23:49.70 | 00:26:53.05 | 4:45 | 12.6 |
| 205 | KOŁODZIEJSKI RAFAŁ | 622 | | WARSZAWA | POL | M 40 | 205 | M 606 | | 00:11:20 | 00:24:01.80 | 00:25:04.65 | 4:48 | 12.5 |
| 206 | ŁOZIŃSKI PIOTR | 803 | BRACTWO BIEGOWE BGK | WARSZAWA | POL | M 40 | 206 | M 609 | BRACTWO BIEGOWE BGK | 00:11:38 | 00:24:02.80 | 00:25:42.10 | 4:48 | 12.5 |
| 207 | KULESZA MARCIN | 736 | QLESH RACING TEAM/WK_RW TEAM | WARSZAWA | POL | M 40 | 207 | M 617 | | 00:11:01 | 00:24:06.45 | 00:25:00.40 | 4:49 | 12.4 |
| 208 | CZERWIŃSKI RADOŚLAW | 209 | | WARSZAWA | POL | M 40 | 208 | M 624 | | 00:11:16 | 00:24:11.05 | 00:25:26.80 | 4:50 | 12.4 |
| 209 | WOJTAL TOMASZ | 1992 | | WARSZAWA | POL | M 40 | 209 | M 626 | | 00:11:31 | 00:24:12.10 | 00:24:57.65 | 4:50 | 12.4 |
| 210 | GOCH DOMINIK | 370 | | WARSZAWA | POL | M 40 | 210 | M 628 | | 00:11:28 | 00:24:13.25 | 00:25:51.35 | 4:50 | 12.4 |
| 211 | ZIĘDAŁSKI REMIGIUSZ | 1653 | | ZĄBKI | POL | M 40 | 211 | M 632 | | 00:11:48 | 00:24:14.85 | 00:25:07.30 | 4:50 | 12.4 |
| 212 | PĄPROWICZ WOJCIECH | 1050 | NOA | WARSZAWA | POL | M 40 | 212 | M 634 | CHŁOPAKI Z KEN | 00:11:20 | 00:24:16.80 | 00:25:41.00 | 4:51 | 12.4 |
| 213 | SMACHA ŁUKASZ | 1291 | | WARSZAWA | POL | M 40 | 213 | M 636 | | 00:11:42 | 00:24:18.10 | 00:25:53.05 | 4:51 | 12.3 |
| 214 | JUŚKO RAFAŁ | 508 | KTOŚ | OSTROWIEC ŚW | POL | M 40 | 214 | M 637 | | 00:11:38 | 00:24:19.45 | 00:25:18.25 | 4:51 | 12.3 |
| 215 | CHRAPEK JANUSZ | 1700 | ROSSMANN | WARSZAWA | POL | M 40 | 215 | M 639 | | 00:11:25 | 00:24:19.95 | 00:26:09.55 | 4:51 | 12.3 |
| 216 | GROCHOWSKI PAWEŁ | 409 | PZU SPORT TEAM | WARSZAWA | POL | M 40 | 216 | M 640 | PZU SPORT TEAM | 00:10:54 | 00:24:20.00 | 00:25:21.10 | 4:52 | 12.3 |
| 217 | BARYŁA KRZYSZTOF | 2 | | WARSZAWA | POL | M 40 | 217 | M 641 | | 00:11:46 | 00:24:20.20 | 00:25:43.65 | 4:52 | 12.3 |
| 218 | ROGOWSKI MICHAŁ | 1917 | | WARSZAWA | POL | M 40 | 218 | M 644 | | 00:11:26 | 00:24:21.90 | 00:26:01.10 | 4:52 | 12.3 |
| 219 | CHEŁMIŃSKI MACIEJ | 157 | | WARSZAWA | POL | M 40 | 219 | M 646 | | 00:10:25 | 00:24:22.40 | 00:25:13.55 | 4:52 | 12.3 |
| 220 | MARCZEWSKI MARCIN | 855 | RESILIA BEMOWO | WARSZAWA | POL | M 40 | 220 | M 648 | | 00:11:06 | 00:24:23.10 | 00:24:56.75 | 4:52 | 12.3 |
| 221 | IWONIN JUREK | 447 | | WARSZAWA | POL | M 40 | 221 | M 651 | | 00:11:25 | 00:24:24.55 | 00:25:41.55 | 4:52 | 12.3 |
| 222 | DYLEWSKI TOMASZ | 277 | | WARSZAWA | POL | M 40 | 222 | M 658 | | 00:11:07 | 00:24:29.80 | 00:25:19.75 | 4:53 | 12.3 |
| 223 | ROSTKOWSKI BARTOSZ | 1197 | | WARSZAWA | POL | M 40 | 223 | M 662 | | 00:11:39 | 00:24:31.00 | 00:26:08.10 | 4:54 | 12.2 |
| 224 | KRAUZ PAWEŁ | 690 | KS STASZEWCY / KPP W PIASECZNIK | ZAGOŚCINIEC | POL | M 40 | 224 | M 663 | KS STASZEWCY | 00:11:18 | 00:24:32.25 | 00:26:00.45 | 4:54 | 12.2 |
| 225 | SARNOWSKI WOJCIECH | 1234 | | WARSZAWA | POL | M 40 | 225 | M 664 | | 00:10:58 | 00:24:34.00 | 00:26:27.35 | 4:54 | 12.2 |
| 226 | SZCZERBICKI RAFAŁ | 1388 | WARSAW RUN CLUB | WARSZAWA | POL | M 40 | 226 | M 665 | WARSAW RUN CLUB | 00:11:44 | 00:24:34.55 | 00:25:54.65 | 4:54 | 12.2 |
| 227 | BŁASZCZAK WOJCIECH | 1747 | CHWILAMOMENTTEAM | WARSZAWA | POL | M 40 | 227 | M 670 | | 00:12:00 | 00:24:35.80 | 00:25:53.35 | 4:55 | 12.2 |
| 228 | WIETRZYCKI MARCIN | 1596 | REBELLION OF FREE RUNNERS | WARSZAWA | POL | M 40 | 228 | M 675 | | 00:11:00 | 00:24:39.85 | 00:25:38.55 | 4:55 | 12.2 |
| 229 | RZEPECKI ŁUKASZ | 1926 | | KONSTANCIN JEZIORNA | POL | M 40 | 229 | M 676 | | 00:11:47 | 00:24:41.45 | 00:26:10.60 | 4:56 | 12.2 |
| 230 | WIKTOROWICZ TOMASZ | 1987 | | WARSZAWA | POL | M 40 | 230 | M 677 | | 00:12:03 | 00:24:41.60 | 00:26:37.75 | 4:56 | 12.2 |
| 231 | KORBA MICHAŁ | 1822 | | WARSZAWA | POL | M 40 | 231 | M 679 | | 00:11:23 | 00:24:43.00 | 00:26:33.90 | 4:56 | 12.1 |
| 232 | MYŚLIŃSKI ZDZIŚLAW | 945 | | WARSZAWA | POL | M 40 | 232 | M 680 | | 00:11:17 | 00:24:43.15 | 00:25:08.50 | 4:56 | 12.1 |
| 233 | GÓRSKI ARKADIUSZ | 394 | GÓRA BIEGA | DOBIESZ | POL | M 40 | 233 | M 684 | GÓRA BIEGA | 00:11:40 | 00:24:44.15 | 00:26:15.90 | 4:56 | 12.1 |
| 234 | FILIPOWICZ ARKADIUSZ | 308 | | MARKI | POL | M 40 | 234 | M 686 | | 00:11:18 | 00:24:44.65 | 00:25:24.80 | 4:56 | 12.1 |
| 235 | KOWALCZYK ROBERT | 665 | W-WA | WARSZAWA | POL | M 40 | 235 | M 687 | | 00:11:44 | 00:24:44.95 | 00:25:41.45 | 4:56 | 12.1 |
| 236 | TOMALAK MACIEJ | 1450 | | WARSZAWA | POL | M 40 | 236 | M 688 | | 00:11:20 | 00:24:45.15 | 00:26:21.40 | 4:57 | 12.1 |
| 237 | ŻUŁAWSKI MACIEJ | 2135 | | WARSZAWA | POL | M 40 | 237 | M 690 | | 00:11:35 | 00:24:45.65 | 00:26:05.15 | 4:57 | 12.1 |
| 238 | KOWALSKI TOMASZ | 681 | KB PACE WARSZAWA | WARSZAWA | POL | M 40 | 238 | M 693 | KB PACE WARSZAWA | 00:12:17 | 00:24:48.85 | 00:26:29.40 | 4:57 | 12.1 |

BIEG URSYNOWA, M 40 c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Drużyna 1 | 2.5km | Netto | Brutto | min/km | km/h |
|------|-------------------------|------|------------------------------------|------------------|------|------|--------|-------|---------------------------|----------|-------------|-------------|--------|------|
| 239 | TRZECIAKOWSKI PAWEŁ | 1473 | | WARSZAWA | POL | M 40 | 239 | M 694 | | 00:11:48 | 00:24:49.35 | 00:26:18.45 | 4:57 | 12.1 |
| 240 | RYBARCZYK ROBERT | 1216 | ORANGE POLSKA | WARSZAWA | POL | M 40 | 240 | M 696 | | 00:11:29 | 00:24:49.60 | 00:26:16.55 | 4:57 | 12.1 |
| 241 | PIETRUSZEWSKI KRZYSZTOF | 1069 | | WARSZAWA | POL | M 40 | 241 | M 699 | | 00:11:20 | 00:24:51.05 | 00:26:12.55 | 4:58 | 12.1 |
| 242 | DERESZEWSKI PIOTR | 231 | ZABIEGANY WOŁOMIN | WARSZAWA | POL | M 40 | 242 | M 705 | | 00:11:53 | 00:24:53.60 | 00:26:32.00 | 4:58 | 12.1 |
| 243 | OSTROWSKI SŁAWOMIR | 1014 | | WARSZAWA | POL | M 40 | 243 | M 707 | | 00:12:04 | 00:24:56.20 | 00:26:44.25 | 4:59 | 12 |
| 244 | GIEZ MARCIN | 358 | | WARSZAWA | POL | M 40 | 244 | M 711 | | 00:12:20 | 00:24:57.50 | 00:26:54.75 | 4:59 | 12 |
| 245 | PŁOCHOWSKI ARKADIUSZ | 1095 | | KARCZEW | POL | M 40 | 245 | M 713 | | 00:11:28 | 00:24:59.00 | 00:26:01.05 | 4:59 | 12 |
| 246 | SZADKOWSKI BŁAŻEJ | 1377 | | WARSZAWA | POL | M 40 | 246 | M 714 | | 00:11:49 | 00:25:00.50 | 00:26:39.10 | 5:00 | 12 |
| 247 | CIOSEK MARCIN | 191 | | WARSZAWA | POL | M 40 | 247 | M 715 | | 00:11:54 | 00:25:01.55 | 00:26:25.45 | 5:00 | 12 |
| 248 | KOPACZEL PAWEŁ | 628 | LEGIA RUN CLUB WARSZAWA | RYBNO | POL | M 40 | 248 | M 721 | | 00:11:47 | 00:25:05.75 | 00:25:50.20 | 5:01 | 12 |
| 249 | CZUBASZEK KRZYSZTOF | 212 | | WARSZAWA | POL | M 40 | 249 | M 722 | | 00:11:30 | 00:25:07.05 | 00:26:15.20 | 5:01 | 11.9 |
| 250 | MALINOWSKI RADEK | 838 | | WARSZAWA | POL | M 40 | 250 | M 723 | | 00:12:42 | 00:25:07.55 | 00:26:19.00 | 5:01 | 11.9 |
| 251 | DĄBROWSKI JAROSŁAW | 227 | | WARSZAWA | POL | M 40 | 251 | M 729 | | 00:11:37 | 00:25:10.30 | 00:26:11.35 | 5:02 | 11.9 |
| 252 | CHRZANOWSKI MICHAŁ | 175 | | WARSZAWA | POL | M 40 | 252 | M 732 | | 00:12:46 | 00:25:12.25 | 00:26:51.75 | 5:02 | 11.9 |
| 253 | GWÓDZ PAWEŁ | 1799 | | WARSZAWA | POL | M 40 | 253 | M 733 | | 00:11:34 | 00:25:13.05 | 00:26:04.05 | 5:02 | 11.9 |
| 254 | DĄBROWSKI PAWEŁ | 1763 | STADO PĘDZĄCYCH IMADEŁ | - | POL | M 40 | 254 | M 735 | STADO PĘDZĄCYCH IMADEŁ | 00:11:43 | 00:25:13.65 | 00:26:19.90 | 5:02 | 11.9 |
| 255 | KOŚLĄCZ IRENEUSZ | 1732 | | WARSZAWA | POL | M 40 | 255 | M 736 | | 00:12:02 | 00:25:14.65 | 00:26:54.90 | 5:02 | 11.9 |
| 256 | LENDZION JAROSŁAW | 773 | GRUPA BIEGOWA UM W-WA | WARSZAWA | POL | M 40 | 256 | M 737 | GRUPA BIEGOWA UM W-WA | 00:12:33 | 00:25:14.65 | 00:26:36.85 | 5:02 | 11.9 |
| 257 | KORNOWICZ ARKADIUSZ | 645 | | WARSZAWA | POL | M 40 | 257 | M 741 | | 00:11:46 | 00:25:17.70 | 00:26:47.30 | 5:03 | 11.9 |
| 258 | BODAK KAJETAN | 95 | | WARSZAWA | POL | M 40 | 258 | M 745 | | 00:12:17 | 00:25:21.45 | 00:27:09.20 | 5:04 | 11.8 |
| 259 | RUSIECKI PRZEMYSŁAW | 1919 | | WARSZAWA | POL | M 40 | 259 | M 746 | | 00:11:49 | 00:25:22.00 | 00:26:48.65 | 5:04 | 11.8 |
| 260 | MŁYNARCZYK DAREK | 916 | ***** *** | ZALESIE GÓRNE | POL | M 40 | 260 | M 748 | | 00:11:50 | 00:25:24.60 | 00:26:54.45 | 5:04 | 11.8 |
| 261 | BOHDZIEWICZ PAWEŁ | 99 | | DZIEKANÓW LEŚNY | POL | M 40 | 261 | M 749 | | 00:11:57 | 00:25:24.85 | 00:26:54.15 | 5:04 | 11.8 |
| 262 | OSYRA TOMASZ | 1016 | | WARSZAWA | POL | M 40 | 262 | M 750 | | 00:11:56 | 00:25:24.90 | 00:27:13.90 | 5:04 | 11.8 |
| 263 | WILK LUKASZ | 1540 | | WARSZAWA | POL | M 40 | 263 | M 760 | | 00:13:07 | 00:25:33.30 | 00:27:41.30 | 5:06 | 11.7 |
| 264 | PISARSKI MICHAŁ | 1085 | | WARSZAWA | POL | M 40 | 264 | M 764 | | 00:12:41 | 00:25:36.45 | 00:27:17.60 | 5:07 | 11.7 |
| 265 | FIGAT KRZYSZTOF | 304 | | WARSZAWA URSYNÓW | POL | M 40 | 265 | M 765 | | 00:12:29 | 00:25:37.35 | 00:27:28.50 | 5:07 | 11.7 |
| 266 | WELSYNG PIOTR | 1521 | | ROKIETNICA | POL | M 40 | 266 | M 767 | | 00:11:56 | 00:25:38.25 | 00:26:55.00 | 5:07 | 11.7 |
| 267 | PYZARA TOMASZ | 1154 | | CHOTOMÓW | POL | M 40 | 267 | M 769 | | 00:11:42 | 00:25:39.30 | 00:26:42.25 | 5:07 | 11.7 |
| 268 | SHKURENKO MAKSYM | 1929 | PEREMOHA | WARSZAWA | UKR | M 40 | 268 | M 770 | | 00:11:13 | 00:25:41.15 | 00:27:13.10 | 5:08 | 11.7 |
| 269 | JAŃCZYK WOJCIECH | 1802 | | WARSZAWA | POL | M 40 | 269 | M 773 | | 00:12:27 | 00:25:43.10 | 00:27:39.85 | 5:08 | 11.7 |
| 270 | SZYMAŃSKI ROBERT | 1960 | KREWKI URSYNÓW HDK | WARSZAWA | POL | M 40 | 270 | M 774 | | 00:12:21 | 00:25:44.05 | 00:27:33.05 | 5:08 | 11.7 |
| 271 | MIKULSKI DAMIAN | 906 | TEAM ZABIEGANEDNI | WARSZAWA | POL | M 40 | 271 | M 784 | TEAM ZABIEGANEDNI #4 | 00:12:32 | 00:25:49.75 | 00:27:38.85 | 5:09 | 11.6 |
| 272 | STRZELCZYK KAMIL | 1357 | TEAM ZABIEGANEDNI | WARSZAWA | POL | M 40 | 272 | M 785 | TEAM ZABIEGANEDNI | 00:12:23 | 00:25:49.80 | 00:27:37.40 | 5:09 | 11.6 |
| 273 | NOWICKI PIOTR | 974 | | WARSZAWA | POL | M 40 | 273 | M 786 | | 00:12:34 | 00:25:50.60 | 00:27:39.40 | 5:10 | 11.6 |
| 274 | KALINOWSKI KAROL | 525 | KS LEMIESZ TEAM | WARSZAWA | POL | M 40 | 274 | M 790 | | 00:11:52 | 00:25:53.15 | 00:27:15.45 | 5:10 | 11.6 |
| 275 | OWCZARCZYK MICHAŁ | 1017 | | WARSZAWA | POL | M 40 | 275 | M 792 | | 00:11:34 | 00:25:53.95 | 00:27:30.70 | 5:10 | 11.6 |
| 276 | KALUŻNY KAROL | 531 | | MICHAŁOWICE | POL | M 40 | 276 | M 795 | | 00:12:42 | 00:25:55.55 | 00:27:31.70 | 5:11 | 11.6 |
| 277 | STĘPIEŃ RADOŚLAW | 1345 | | JÓZEFOSŁAW | POL | M 40 | 277 | M 803 | | 00:11:53 | 00:26:01.00 | 00:27:22.90 | 5:12 | 11.5 |
| 278 | WYBRANIEC MICHAŁ | 1595 | | WARSZAWA | POL | M 40 | 278 | M 804 | | 00:12:12 | 00:26:01.35 | 00:27:42.05 | 5:12 | 11.5 |
| 279 | GNIADZIK RAFAL | 369 | DEAF RUNNING | WARSZAWA | POL | M 40 | 279 | M 806 | DEAF RUNNING | 00:12:23 | 00:26:01.75 | 00:27:01.30 | 5:12 | 11.5 |
| 280 | WOLKOWYCKI ADAM | 1575 | SERWIS POJAZDÓW ADAM WOŁKOWYCKI | WARSZAWA | POL | M 40 | 280 | M 807 | | 00:12:26 | 00:26:02.20 | 00:28:03.50 | 5:12 | 11.5 |
| 281 | BRZozowski ERNEST | 118 | KS STASZEWSKY | BŁONIE | POL | M 40 | 281 | M 816 | KS STASZEWSKY | 00:12:03 | 00:26:09.05 | 00:27:22.70 | 5:13 | 11.5 |
| 282 | LEŚNIAK KRZYSZTOF | 775 | LEŚNIAKTEAM | WARSZAWA | POL | M 40 | 282 | M 818 | | 00:12:04 | 00:26:11.05 | 00:27:15.05 | 5:14 | 11.5 |
| 283 | KOSZUT WOJCIECH | 1824 | | WARSZAWA | POL | M 40 | 283 | M 819 | | 00:12:37 | 00:26:11.20 | 00:28:07.35 | 5:14 | 11.5 |
| 284 | BRAMSON PIOTR | 1750 | | WARSZAWA | POL | M 40 | 284 | M 821 | | 00:11:46 | 00:26:13.05 | 00:26:40.25 | 5:14 | 11.4 |
| 285 | ZAIDLEWICZ MAREK | 1612 | | WARSZAWA | POL | M 40 | 285 | M 823 | | 00:12:39 | 00:26:13.40 | 00:29:33.35 | 5:14 | 11.4 |
| 286 | MARCINKOWSKI KRZYSZTOF | 1856 | | WARSZAWA | POL | M 40 | 286 | M 834 | | 00:12:14 | 00:26:21.25 | 00:27:58.40 | 5:16 | 11.4 |
| 287 | DĄBROWSKI DANIEL | 1724 | | MYSZKÓW | POL | M 40 | 287 | M 837 | | 00:12:26 | 00:26:22.75 | 00:28:12.65 | 5:16 | 11.4 |
| 288 | GRABEK RADOŚLAW | 1796 | | WARSZAWA | POL | M 40 | 288 | M 839 | | 00:12:35 | 00:26:24.05 | 00:27:56.65 | 5:16 | 11.4 |
| 289 | KOZŁOWSKI PATRYK | 685 | GÓRA BIEGA | GÓRA KALWARIA | POL | M 40 | 289 | M 840 | GÓRA BIEGA | 00:12:04 | 00:26:24.40 | 00:27:55.65 | 5:16 | 11.4 |
| 290 | BIEDROŃ DARIUSZ | 73 | ALUNIO TEAM | WARSZAWA | POL | M 40 | 290 | M 841 | | 00:12:44 | 00:26:25.10 | 00:28:01.85 | 5:17 | 11.4 |
| 291 | KARNEY KRZYSZTOF | 548 | | WARSZAWA | POL | M 40 | 291 | M 843 | | 00:12:45 | 00:26:26.40 | 00:29:15.00 | 5:17 | 11.3 |

BIEG URSYNOWA, M 40 c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Drużyna 1 | 2.5km | Netto | Brutto | min/km | km/h |
|------|------------------------|------|-----------------------------|---------------------------|------|------|--------|--------|-----------------------------|----------|-------------|-------------|--------|------|
| 292 | MOŚ TOMASZ | 1867 | | WARSZAWA | POL | M 40 | 292 | M 844 | | 00:12:42 | 00:26:27.35 | 00:28:19.70 | 5:17 | 11.3 |
| 293 | OSTROWSKI MARCIN | 1013 | | WARSZAWA | POL | M 40 | 293 | M 845 | | 00:12:51 | 00:26:27.35 | 00:28:05.10 | 5:17 | 11.3 |
| 294 | BOGUSZEWSKI PIOTR | 98 | | WARSZAWA | POL | M 40 | 294 | M 849 | | 00:12:36 | 00:26:29.05 | 00:30:13.75 | 5:17 | 11.3 |
| 295 | WÓJCİK ARTUR | 1587 | | JÓZEFOSŁAW | POL | M 40 | 295 | M 851 | | 00:12:03 | 00:26:29.35 | 00:27:53.85 | 5:17 | 11.3 |
| 296 | GAJOWNICZEK ARTUR | 333 | | WARSZAWA | POL | M 40 | 296 | M 857 | | 00:12:30 | 00:26:32.05 | 00:27:37.80 | 5:18 | 11.3 |
| 297 | ŁYŚIAK KRZYSZTOF | 811 | KOTLET POWER TEAM | WARSZAWA | POL | M 40 | 297 | M 858 | | 00:12:14 | 00:26:34.40 | 00:28:48.15 | 5:18 | 11.3 |
| 298 | KALINOWSKI PIOTR | 524 | | NOWA IWICZNA | POL | M 40 | 298 | M 859 | | 00:13:00 | 00:26:34.75 | 00:28:15.35 | 5:18 | 11.3 |
| 299 | RUKUSZEWICZ WAWRZYNIEC | 1206 | DZIKIE GRUBASY SZATANA | WARSZAWA | POL | M 40 | 299 | M 864 | | 00:12:36 | 00:26:37.85 | 00:28:10.00 | 5:19 | 11.3 |
| 300 | FRITZ TOMASZ | 1786 | | BIELSKO BIAŁA | POL | M 40 | 300 | M 865 | | 00:12:24 | 00:26:38.10 | 00:28:17.90 | 5:19 | 11.3 |
| 301 | CHMIELEWSKI TOMASZ | 160 | | PIASTÓW | POL | M 40 | 301 | M 867 | | 00:13:10 | 00:26:38.50 | 00:29:17.85 | 5:19 | 11.3 |
| 302 | CYNKIER MIESZKO | 197 | TEAM ENVOL POLAND | SULJEÓWEK | POL | M 40 | 302 | M 868 | | 00:12:49 | 00:26:42.40 | 00:28:35.80 | 5:20 | 11.2 |
| 303 | ANIÓŁKOWSKI KRZYSZTOF | 27 | GRUPA BIEGOWA UM W-WA | WARSZAWA | POL | M 40 | 303 | M 869 | AKTYWNA WARSZAWA | 00:13:15 | 00:26:42.60 | 00:29:23.40 | 5:20 | 11.2 |
| 304 | CIESLIK MARIUSZ | 188 | ŁÓDŹ KOCHA SPORT | ŁÓDŹ | POL | M 40 | 304 | M 871 | ŁÓDŹ KOCHA SPORT | 00:13:17 | 00:26:43.95 | 00:29:34.30 | 5:20 | 11.2 |
| 305 | TEMPLER MAREK | 1443 | TEAM ZABIEGANEDNI | WARSZAWA | POL | M 40 | 305 | M 873 | | 00:12:30 | 00:26:48.05 | 00:28:42.10 | 5:21 | 11.2 |
| 306 | PRASEK ŁUKASZ | 1117 | | WARSZAWA | POL | M 40 | 306 | M 875 | | 00:12:49 | 00:26:48.65 | 00:28:52.10 | 5:21 | 11.2 |
| 307 | STEMPEL TOMASZ | 1343 | MARYSIN WAWERSKI BIEGA | WARSZAWA-MARYSIN WAWERSKI | POL | M 40 | 307 | M 876 | | 00:12:26 | 00:26:49.20 | 00:28:38.50 | 5:21 | 11.2 |
| 308 | SKWIRA PIOTR | 1936 | CHWILAMOMENTTEAM | WARSZAWA | POL | M 40 | 308 | M 885 | CHWILAMOMENTTEAM | 00:12:17 | 00:26:55.75 | 00:28:13.20 | 5:23 | 11.1 |
| 309 | MASTALEREK ARKADIUSZ | 869 | | WARSZAWA | POL | M 40 | 309 | M 887 | | 00:13:26 | 00:26:57.00 | 00:29:30.40 | 5:23 | 11.1 |
| 310 | PRZEPIÓRA JACEK | 1133 | ATOMOWE KRASNALE | WARSZAWA | POL | M 40 | 310 | M 888 | | 00:12:07 | 00:26:58.00 | 00:28:38.15 | 5:23 | 11.1 |
| 311 | POMIERNY DOMINIK | 1907 | #KUCIAPSKI TEAM | WARSZAWA | POL | M 40 | 311 | M 889 | ADIDAS RUNNERS WARSAW | 00:12:38 | 00:26:58.05 | 00:27:49.05 | 5:23 | 11.1 |
| 312 | CHRABAŁOWSKI ŁUKASZ | 172 | | WARSZAWA | POL | M 40 | 312 | M 890 | | 00:12:34 | 00:26:58.20 | 00:28:44.15 | 5:23 | 11.1 |
| 313 | ŻURAWSKI PAWEŁ | 1674 | LENIWCE TEAM | WARSZAWA | POL | M 40 | 313 | M 895 | | 00:12:56 | 00:27:05.20 | 00:28:57.85 | 5:25 | 11.1 |
| 314 | SOKOŁOWSKI JAROSŁAW | 1314 | | BŁĘDÓW | POL | M 40 | 314 | M 903 | | 00:12:24 | 00:27:11.75 | 00:27:37.60 | 5:26 | 11 |
| 315 | REICH TOMASZ | 1914 | | WARSZAWA | POL | M 40 | 315 | M 910 | NOWAWARSZAWA | 00:12:46 | 00:27:19.10 | 00:29:16.65 | 5:27 | 11 |
| 316 | KORNILUK PIOTR | 644 | | WARSZAWA | POL | M 40 | 316 | M 914 | | 00:12:36 | 00:27:20.60 | 00:28:45.50 | 5:28 | 11 |
| 317 | KATNER TOMASZ | 562 | | WARSZAWA | POL | M 40 | 317 | M 916 | | 00:12:27 | 00:27:21.45 | 00:28:51.75 | 5:28 | 11 |
| 318 | KASICA ROBERT | 557 | | GRÓJEC | POL | M 40 | 318 | M 921 | | 00:12:33 | 00:27:24.40 | 00:29:01.90 | 5:28 | 10.9 |
| 319 | KOPEĆ PIOTR | 632 | | PIASECZNO | POL | M 40 | 319 | M 923 | | 00:13:12 | 00:27:25.15 | 00:30:08.60 | 5:29 | 10.9 |
| 320 | KOSTRUBAŁA KACPER | 660 | | WARSZAWA | POL | M 40 | 320 | M 928 | | 00:13:11 | 00:27:28.15 | 00:29:25.20 | 5:29 | 10.9 |
| 321 | WIECZOREK MICHAŁ | 1726 | BIEGOWY WARIAT RUNNING TEAM | WARSZAWA | POL | M 40 | 321 | M 929 | BIEGOWY WARIAT RUNNING TEAM | 00:12:31 | 00:27:29.10 | 00:29:21.65 | 5:29 | 10.9 |
| 322 | ZADROŻNY CYPRIAN | 1610 | | WARSZAWA | POL | M 40 | 322 | M 931 | | 00:12:40 | 00:27:31.80 | 00:29:25.75 | 5:30 | 10.9 |
| 323 | BRÓDECKI KRZYSIEK | 110 | | WARSZAWA | POL | M 40 | 323 | M 932 | | 00:13:20 | 00:27:32.05 | 00:29:37.90 | 5:30 | 10.9 |
| 324 | MALINOWSKI ŁUKASZ | 837 | | WARSZAWA | POL | M 40 | 324 | M 934 | | 00:12:35 | 00:27:34.45 | 00:29:31.35 | 5:30 | 10.9 |
| 325 | SZACKI WOJCIECH | 1375 | | WARSZAWA | POL | M 40 | 325 | M 936 | | 00:12:24 | 00:27:35.05 | 00:28:42.10 | 5:31 | 10.9 |
| 326 | PRZEWODOWSKI SEBASTIAN | 1135 | | WARSZAWA | POL | M 40 | 326 | M 938 | | 00:13:22 | 00:27:36.50 | 00:29:46.10 | 5:31 | 10.9 |
| 327 | RUTKOWSKI TOMASZ | 1212 | | WARSZAWA | POL | M 40 | 327 | M 947 | | 00:12:55 | 00:27:43.75 | 00:30:24.40 | 5:32 | 10.8 |
| 328 | ZACZYK JAKUB | 1608 | | WARSZAWA | POL | M 40 | 328 | M 948 | | 00:13:30 | 00:27:44.65 | 00:30:31.85 | 5:32 | 10.8 |
| 329 | MISTAK JACEK | 1863 | REMBERTÓW TEAM | WARSZAWA | POL | M 40 | 329 | M 956 | | 00:13:12 | 00:27:49.85 | 00:30:00.30 | 5:33 | 10.8 |
| 330 | WINIARCZYK ŁUKASZ | 1542 | | WARSZAWA | POL | M 40 | 330 | M 959 | | 00:13:11 | 00:27:51.25 | 00:30:06.35 | 5:34 | 10.8 |
| 331 | DESKA LESZEK | 233 | | NOWA IWICZNA | POL | M 40 | 331 | M 962 | | 00:13:14 | 00:27:52.00 | 00:29:43.80 | 5:34 | 10.8 |
| 332 | STAROMYŃSKI ŁUKASZ | 1734 | | WARSZAWA | POL | M 40 | 332 | M 963 | | 00:13:37 | 00:27:53.25 | 00:30:11.50 | 5:34 | 10.8 |
| 333 | WÓJCİK ROBERT | 1586 | | WARSZAWA | POL | M 40 | 333 | M 964 | | 00:13:17 | 00:27:55.20 | 00:29:59.35 | 5:35 | 10.7 |
| 334 | PAŁASIEWICZ KRZYSZTOF | 1030 | | WARSZAWA | POL | M 40 | 334 | M 965 | | 00:13:17 | 00:27:55.50 | 00:30:01.65 | 5:35 | 10.7 |
| 335 | RANKOWSKI BARTOSZ | 1163 | | WARSAW | POL | M 40 | 335 | M 966 | | 00:13:07 | 00:27:55.95 | 00:30:04.50 | 5:35 | 10.7 |
| 336 | JANISZEWSKI PIOTR | 465 | | ŁADY | POL | M 40 | 336 | M 969 | | 00:13:06 | 00:27:58.40 | 00:30:04.20 | 5:35 | 10.7 |
| 337 | WĄJDA PAWEŁ | 1976 | | WARSZAWA | POL | M 40 | 337 | M 971 | | 00:13:18 | 00:28:00.25 | 00:29:58.30 | 5:36 | 10.7 |
| 338 | MASALSKI MICHAŁ | 865 | | WARSZAWA | POL | M 40 | 338 | M 972 | | 00:13:21 | 00:28:00.90 | 00:30:06.45 | 5:36 | 10.7 |
| 339 | IWANIUK MARCIN | 444 | | WARSZAWA | POL | M 40 | 339 | M 974 | | 00:13:08 | 00:28:03.55 | 00:29:43.50 | 5:36 | 10.7 |
| 340 | MADEJ GRZEGORZ | 823 | GÓRA BIEGA | GÓRA KALWARIA | POL | M 40 | 340 | M 979 | DRAGONFLIES | 00:12:58 | 00:28:08.25 | 00:31:18.35 | 5:37 | 10.7 |
| 341 | MĘŻYŃSKI GRZEGORZ | 896 | | PIASTÓW | POL | M 40 | 341 | M 985 | | 00:13:35 | 00:28:17.05 | 00:31:15.90 | 5:39 | 10.6 |
| 342 | ZDANOWICZ PAWEŁ | 1641 | | WARSZAWA | POL | M 40 | 342 | M 991 | | 00:13:22 | 00:28:22.25 | 00:30:29.90 | 5:40 | 10.6 |
| 343 | MAZUR PAWEŁ | 885 | | WARSZAWA | POL | M 40 | 343 | M 996 | | 00:13:47 | 00:28:25.15 | 00:31:09.05 | 5:41 | 10.6 |
| 344 | PERLAN ROBERT | 1052 | LESZNO TEAM | LESZNO | POL | M 40 | 344 | M 1000 | LESZNO TEAM | 00:13:53 | 00:28:29.25 | 00:31:07.35 | 5:41 | 10.5 |
| 345 | WIERZEJSKI PIOTR | 145 | | WARSZAWA | POL | M 40 | 345 | M 1002 | | 00:12:16 | 00:28:31.05 | 00:30:09.15 | 5:42 | 10.5 |

BIEG URSYNOWA, M 40 c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Drużyna 1 | 2.5km | Netto | Brutto | min/km | km/h |
|------|--------------------------------------|------|-----------------------|-------------------|------|------|--------|--------|-------------------|----------|-------------|-------------|--------|------|
| 346 | ZURAWSKI DOMINIK | 2136 | | ZĄBKI | POL | M 40 | 346 | M 1003 | | 00:13:32 | 00:28:31.35 | 00:31:09.90 | 5:42 | 10.5 |
| 347 | CZUK PRZEMYSŁAW | 213 | | MAGDALENKA | POL | M 40 | 347 | M 1005 | | 00:13:38 | 00:28:33.45 | 00:31:12.05 | 5:42 | 10.5 |
| 348 | SZANIAWSKI MICHAŁ | 1384 | #TEAMSZANIA | WARSZAWA | POL | M 40 | 348 | M 1008 | | 00:13:37 | 00:28:35.20 | 00:30:44.65 | 5:43 | 10.5 |
| 349 | CZEKAJ TOMASZ | 1766 | | WARSZAWA | POL | M 40 | 349 | M 1012 | | 00:13:17 | 00:28:37.10 | 00:30:50.30 | 5:43 | 10.5 |
| 350 | MARCZEWSKI STANISŁAW | 856 | STEGNY POŁUDNIE | WARSZAWA | POL | M 40 | 350 | M 1014 | | 00:12:37 | 00:28:38.70 | 00:30:16.20 | 5:43 | 10.5 |
| 351 | KNAP RADOŚLAW | 608 | | WARSZAWA | POL | M 40 | 351 | M 1018 | | 00:13:59 | 00:28:41.50 | 00:31:21.60 | 5:44 | 10.5 |
| 352 | CHOJNOWSKI ANDRZEJ | 166 | BIEGAM NA TARCHOMINIE | WARSZAWA | POL | M 40 | 352 | M 1020 | | 00:13:05 | 00:28:41.65 | 00:30:33.20 | 5:44 | 10.5 |
| 353 | ANKIEWICZ WOJTEK | 28 | | WARSZAWA | POL | M 40 | 353 | M 1021 | | 00:12:40 | 00:28:45.00 | 00:32:11.10 | 5:45 | 10.4 |
| 354 | DUBEK MICHAŁ | 264 | | WARSZAWA | POL | M 40 | 354 | M 1024 | | 00:13:50 | 00:28:47.70 | 00:31:42.20 | 5:45 | 10.4 |
| 355 | JESIONOWSKI MARCIN | 489 | | WARSZAWA | POL | M 40 | 355 | M 1026 | | 00:12:04 | 00:28:53.10 | 00:30:07.95 | 5:46 | 10.4 |
| 356 | DOSTOJEWSKI PIOTR | 254 | | WARSZAWA | POL | M 40 | 356 | M 1028 | | 00:12:53 | 00:28:54.85 | 00:30:51.80 | 5:46 | 10.4 |
| 357 | FROM KONRAD | 320 | WARSAW RUN CLUB | WARSZAWA | POL | M 40 | 357 | M 1029 | | 00:13:19 | 00:28:55.05 | 00:31:03.05 | 5:47 | 10.4 |
| 358 | NIKLIŃSKI DOMINIK | 150 | | WARSZAWA | POL | M 40 | 358 | M 1031 | | 00:13:38 | 00:28:55.70 | 00:31:11.75 | 5:47 | 10.4 |
| 359 | TLAK TOMASZ | 1445 | | WARSZAWA | POL | M 40 | 359 | M 1034 | | 00:12:51 | 00:28:57.10 | 00:30:29.65 | 5:47 | 10.4 |
| 360 | SZYMANEK ŁUKASZ | 1409 | | WARSZAWA | POL | M 40 | 360 | M 1036 | | 00:13:13 | 00:29:00.05 | 00:32:02.85 | 5:48 | 10.3 |
| 361 | PODGRODZKI PAWEŁ | 1096 | | WARSZAWA | POL | M 40 | 361 | M 1037 | | 00:13:14 | 00:29:00.05 | 00:30:37.20 | 5:48 | 10.3 |
| 362 | CZARKOWSKI DARIUSZ | 201 | | OŻARÓW MAZOWIECKI | POL | M 40 | 362 | M 1045 | PRACUJĄCA TRÓJKA | 00:13:09 | 00:29:09.15 | 00:30:29.55 | 5:49 | 10.3 |
| 363 | LULA RADOŚLAW | 1844 | RUN VEGAN | WARSZAWA | POL | M 40 | 363 | M 1047 | | 00:15:10 | 00:29:10.95 | 00:32:43.70 | 5:50 | 10.3 |
| 364 | ANTOS SŁAWOMIR | 30 | | LEGIONOWO | POL | M 40 | 364 | M 1050 | | 00:14:02 | 00:29:15.30 | 00:31:43.85 | 5:51 | 10.3 |
| 365 | SZOT PAWEŁ | 1398 | | WARSZAWA | POL | M 40 | 365 | M 1053 | | 00:14:04 | 00:29:19.35 | 00:31:55.10 | 5:51 | 10.2 |
| 366 | DRZYŃNICKI DAMIAN | 261 | SEMP URSYNOW | WARSZAWA | POL | M 40 | 366 | M 1057 | SEMP URSYNOW | 00:13:18 | 00:29:25.15 | 00:31:30.10 | 5:53 | 10.2 |
| 367 | PALENIK MARCIN | 1887 | | WARSZAWA | POL | M 40 | 367 | M 1060 | | 00:14:09 | 00:29:26.25 | 00:32:27.15 | 5:53 | 10.2 |
| 368 | BALCERZAK TOMASZ | 1722 | | LEGIONOWO | POL | M 40 | 368 | M 1063 | | 00:13:28 | 00:29:29.20 | 00:31:20.40 | 5:53 | 10.2 |
| 369 | KUBOWICZ MACIEJ | 717 | | WARSZAWA | POL | M 40 | 369 | M 1067 | | 00:14:08 | 00:29:31.35 | 00:31:30.60 | 5:54 | 10.2 |
| 370 | NIKLEWICZ KONRAD | 961 | | WARSZAWA | POL | M 40 | 370 | M 1069 | | 00:14:20 | 00:29:39.75 | 00:32:39.25 | 5:55 | 10.1 |
| 371 | PIETRZYK PAWEŁ | 1070 | | WARSZAWA | POL | M 40 | 371 | M 1070 | | 00:12:50 | 00:29:39.80 | 00:31:18.20 | 5:55 | 10.1 |
| 372 | STRZABAŁA GRZEGORZ | 1356 | | WARSZAWA | POL | M 40 | 372 | M 1072 | | 00:14:12 | 00:29:44.40 | 00:32:05.20 | 5:56 | 10.1 |
| 373 | KUNKA PIOTR | 741 | TEAM ZABIEGANEDNI | JAKUBÓW | POL | M 40 | 373 | M 1073 | TEAM ZABIEGANEDNI | 00:13:34 | 00:29:45.30 | 00:32:43.50 | 5:57 | 10.1 |
| 374 | WIECZOREK PIOTR | 1527 | | WARSZAWA | POL | M 40 | 374 | M 1074 | | 00:14:32 | 00:29:45.95 | 00:33:09.70 | 5:57 | 10.1 |
| 375 | RACZYŃSKI PATRYK | 1155 | RKS ZERZEŃ | WARSZAWA | POL | M 40 | 375 | M 1076 | | 00:14:06 | 00:29:47.70 | 00:33:01.75 | 5:57 | 10.1 |
| 376 | IWASZKO PAWEŁ | 445 | | WARSZAWA | POL | M 40 | 376 | M 1077 | | 00:13:19 | 00:29:48.15 | 00:31:20.10 | 5:57 | 10.1 |
| 377 | TOLAK MARCIN | 203 | TEAM TOLAK | WARSZAWA | POL | M 40 | 377 | M 1078 | TEAM TOLAK | 00:14:02 | 00:29:48.70 | 00:32:37.30 | 5:57 | 10.1 |
| 378 | NIEDZIELA MICHAŁ | 957 | | WARSZAWA | POL | M 40 | 378 | M 1090 | | 00:13:59 | 00:30:15.45 | 00:31:54.35 | 6:03 | 9.9 |
| 379 | JÓZWIK ARTUR | 497 | BBB | WARSZAWA | POL | M 40 | 379 | M 1094 | | 00:14:12 | 00:30:30.40 | 00:33:08.65 | 6:06 | 9.8 |
| 380 | ZIETEK MARCIN | 1652 | | WARSZAWA | POL | M 40 | 380 | M 1101 | | 00:14:47 | 00:30:46.90 | 00:34:04.15 | 6:09 | 9.8 |
| 381 | ORZECZOWSKI DANIEL | 1006 | | PIASECZNO | POL | M 40 | 381 | M 1103 | | 00:14:16 | 00:30:47.95 | 00:34:09.35 | 6:09 | 9.7 |
| 382 | PETRYCKI MARCIN | 1053 | PUMP!T | MARKÓW-ŚWINICE | POL | M 40 | 382 | M 1104 | | 00:14:22 | 00:30:49.30 | 00:31:53.90 | 6:09 | 9.7 |
| 383 | LIGOWSKI KRZYSZTOF | 784 | | WARSZAWA | POL | M 40 | 383 | M 1106 | | 00:13:11 | 00:30:53.25 | 00:33:15.45 | 6:10 | 9.7 |
| 384 | OKRASA MACIEJ | 986 | WARSZAWIACY | WARSZAWA | POL | M 40 | 384 | M 1110 | | 00:13:52 | 00:30:55.40 | 00:33:17.00 | 6:11 | 9.7 |
| 385 | KASIĄ JACEK | 556 | BIEGAM, BO BIEGAM :) | WARSZAWA | POL | M 40 | 385 | M 1112 | | 00:14:39 | 00:30:57.05 | 00:33:08.80 | 6:11 | 9.7 |
| 386 | BITOWSKI HUBERT | 88 | | JÓZEFOSŁAW | POL | M 40 | 386 | M 1117 | | 00:14:30 | 00:31:06.50 | 00:34:02.55 | 6:13 | 9.6 |
| 387 | LENARCZYK PAWEŁ | 4 | | - | POL | M 40 | 387 | M 1119 | | 00:13:51 | 00:31:12.80 | 00:33:51.05 | 6:14 | 9.6 |
| 388 | ŻÓŁTOWSKI BARTŁOMIEJ | 1670 | | WARSZAWA | POL | M 40 | 388 | M 1120 | | 00:13:48 | 00:31:17.50 | 00:34:01.60 | 6:15 | 9.6 |
| 389 | PYRZAK PIOTR | 1151 | | WARSZAWA | POL | M 40 | 389 | M 1137 | | 00:14:21 | 00:32:01.00 | 00:34:29.95 | 6:24 | 9.4 |
| 390 | PUCHAŁA TOMASZ | 1143 | MYSZORY | WARSZAWA | POL | M 40 | 390 | M 1138 | | 00:14:53 | 00:32:01.35 | 00:33:43.40 | 6:24 | 9.4 |
| 391 | KRIEWS KONRAD | 694 | | WARSZAWA | POL | M 40 | 391 | M 1145 | | 00:15:45 | 00:32:16.40 | 00:35:34.85 | 6:27 | 9.3 |
| 392 | SZANDECKI MARIUSZ | 1954 | | ŁOMIANKI | POL | M 40 | 392 | M 1150 | | 00:16:38 | 00:32:33.60 | 00:32:33.60 | 6:30 | 9.2 |
| 393 | SYTY ADAM | 1374 | | WARSZAWA | POL | M 40 | 393 | M 1151 | | 00:14:00 | 00:32:33.95 | 00:35:19.70 | 6:30 | 9.2 |
| 394 | SZMIGIELSKI MACIEJ | 1394 | | JÓZEFOSŁAW | POL | M 40 | 394 | M 1152 | | 00:15:48 | 00:32:35.10 | 00:35:40.25 | 6:31 | 9.2 |
| 395 | RADKOWSKI MICHAŁ | 1160 | | WARSZAWA | POL | M 40 | 395 | M 1156 | | 00:15:03 | 00:32:57.65 | 00:34:29.70 | 6:35 | 9.1 |
| 396 | WESOŁOWSKI PAWEŁ | 1983 | | WARSZAWA | POL | M 40 | 396 | M 1160 | | 00:16:13 | 00:33:06.85 | 00:36:15.10 | 6:37 | 9.1 |
| 397 | FALACIŃSKI KAROL | 295 | | WARSZAWA | POL | M 40 | 397 | M 1163 | | 00:15:08 | 00:33:09.40 | 00:36:18.85 | 6:37 | 9 |
| 398 | MEKARSKI PIOTR | 1687 | | WARSZAWA | POL | M 40 | 398 | M 1164 | | 00:15:59 | 00:33:13.60 | 00:36:02.65 | 6:38 | 9 |
| 399 | SPIEWAK MACIEJ | 1324 | | WARSZAWA | POL | M 40 | 399 | M 1168 | | 00:15:45 | 00:33:20.10 | 00:36:16.10 | 6:40 | 9 |
| 400 | RYCHLEWICZ RAFAŁ | 1220 | | WARSZAWA | POL | M 40 | 400 | M 1172 | | 00:14:53 | 00:33:45.35 | 00:36:55.35 | 6:45 | 8.9 |
| 401 | JAŻWIŃSKI (TATA PATEREK ;-)) PRZEMEK | 484 | | JÓZEFÓW | POL | M 40 | 401 | M 1179 | | 00:16:19 | 00:33:55.90 | 00:37:01.85 | 6:47 | 8.8 |
| 402 | CZAJA PIOTR | 1764 | | WARSZAWA | POL | M 40 | 402 | M 1181 | | 00:15:35 | 00:34:13.55 | 00:35:58.85 | 6:50 | 8.8 |

BIEG URSYNOWA, M 40 c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Drużyna 1 | 2.5km | Netto | Brutto | min/km | km/h |
|------|---------------------|------|-----------------------|-------------------|------|------|--------|--------|-------------------------|----------|-------------|-------------|--------|------|
| 403 | NEJMAN ANDRZEJ | 955 | | WARSZAWA | POL | M 40 | 403 | M 1182 | | 00:16:08 | 00:34:14.15 | 00:37:26.45 | 6:50 | 8.8 |
| 404 | KEMPA ROBERT | 48 | | WARSZAWA | POL | M 40 | 404 | M 1183 | | 00:15:51 | 00:34:16.95 | 00:37:49.85 | 6:51 | 8.8 |
| 405 | DOMINIAK BARTOSZ | 33 | #BARTEKBIEGA | WARSZAWA | POL | M 40 | 405 | M 1185 | URZĄD DZIELNICY URSYNÓW | 00:15:45 | 00:34:32.75 | 00:37:25.45 | 6:54 | 8.7 |
| 406 | KOSIŃSKI RAFAŁ | 657 | BIEGNIJ Z PROSERVICE | OŻARÓW MAZOWIECKI | POL | M 40 | 406 | M 1189 | BIEGNIJ Z PROSERVICE | 00:15:38 | 00:34:56.45 | 00:36:53.90 | 6:59 | 8.6 |
| 407 | BRONISZEWSKI JAKUB | 113 | | KIJÓW | POL | M 40 | 407 | M 1191 | | 00:16:01 | 00:35:01.25 | 00:37:57.20 | 7:00 | 8.6 |
| 408 | KAMIŃSKI MACIEJ | 538 | | ZIELONKA | POL | M 40 | 408 | M 1192 | | 00:16:27 | 00:35:04.30 | 00:38:17.25 | 7:00 | 8.6 |
| 409 | DĄBROWSKI TOMASZ | 222 | | WARSZAWA | POL | M 40 | 409 | M 1194 | | 00:15:34 | 00:35:07.00 | 00:38:00.80 | 7:01 | 8.5 |
| 410 | KIELBICKI MARCIN | 574 | | WARSZAWA | POL | M 40 | 410 | M 1196 | | 00:16:15 | 00:35:08.35 | 00:38:19.10 | 7:01 | 8.5 |
| 411 | KUC DANIEL | 719 | | ZIELONKA | POL | M 40 | 411 | M 1198 | | 00:16:20 | 00:35:19.60 | 00:38:20.75 | 7:03 | 8.5 |
| 412 | LAMPARSKI ROBERT | 759 | | WARSZAWA | POL | M 40 | 412 | M 1203 | | 00:18:07 | 00:36:11.05 | 00:36:11.05 | 7:14 | 8.3 |
| 413 | GIERANOWSKI MARCIN | 1715 | ZALATANI | WARSZAWA | POL | M 40 | 413 | M 1204 | | 00:16:22 | 00:36:23.85 | 00:39:18.45 | 7:16 | 8.2 |
| 414 | JĘDRAS JAKUB | 492 | | WARSZAWA | POL | M 40 | 414 | M 1206 | | 00:16:14 | 00:36:33.35 | 00:39:30.30 | 7:18 | 8.2 |
| 415 | MISTRZAK MARCIN | 913 | | PIASECZNO | POL | M 40 | 415 | M 1209 | | 00:17:40 | 00:36:46.60 | 00:39:49.10 | 7:21 | 8.2 |
| 416 | RADECKI MICHAŁ | 1159 | | WARSZAWA | POL | M 40 | 416 | M 1213 | | 00:16:58 | 00:37:22.65 | 00:40:33.70 | 7:28 | 8 |
| 417 | NAKWASKI BARTŁOMIEJ | 948 | | JÓZEFOSŁAW | POL | M 40 | 417 | M 1214 | | 00:15:21 | 00:37:35.15 | 00:39:06.60 | 7:31 | 8 |
| 418 | DZIURDŹ JACEK | 289 | GRUPA BIEGOWA UM W-WA | WARSZAWA | POL | M 40 | 418 | M 1215 | | 00:16:42 | 00:37:40.55 | 00:39:41.15 | 7:32 | 8 |
| 419 | SAMEL JANUSZ | 3 | | - | POL | M 40 | 419 | M 1218 | | 00:16:42 | 00:37:52.45 | 00:40:14.20 | 7:34 | 7.9 |
| 420 | TKACZ JACEK | 1444 | TEAM KOPEĆ | OLSZTYN | POL | M 40 | 420 | M 1222 | TEAM KOPEĆ | 00:18:05 | 00:38:44.45 | 00:42:05.80 | 7:44 | 7.7 |
| 421 | ZIMNY STEFFEN | 1654 | | WARSZAWA | POL | M 40 | 421 | M 1236 | | 00:19:04 | | | 7:37 | 7.9 |

BIEG URSYNOWA, K 50

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Drużyna 1 | 2.5km | Netto | Brutto | min/km | km/h |
|------|----------------------------|------|--------------------------------------|------------|------|------|--------|-------|-----------------------|----------|-------------|-------------|--------|------|
| 1 | REMBELSKA DOMINIKA | 1179 | | JÓZEFOSŁAW | POL | K 50 | 1 | K 33 | | 00:09:53 | 00:21:25.35 | 00:21:34.60 | 4:17 | 14 |
| 2 | RELUGA MAŁGORZATA | 1177 | CZARNECKI RUN TEAM | WARSZAWA | POL | K 50 | 2 | K 38 | CZARNECKI RUN TEAM | 00:10:22 | 00:21:55.55 | 00:22:13.05 | 4:23 | 13.7 |
| 3 | RZYMOWSKA KRYSZYNA | 1223 | | WARSZAWA | POL | K 50 | 3 | K 42 | | 00:10:28 | 00:22:15.05 | 00:22:59.60 | 4:27 | 13.5 |
| 4 | JASZCZERSKA GRAŻYNA | 479 | AKADEMIA BIEGANIA GRUDZIĄDZ | GRUDZIĄDZ | POL | K 50 | 4 | K 49 | | 00:10:44 | 00:22:52.50 | 00:23:37.30 | 4:34 | 13.1 |
| 5 | JAGIELSKA MAGDALENA | 450 | POŁAWIACZKI PEREŁ, KS STASZEWSKY | WARSZAWA | POL | K 50 | 5 | K 51 | KS STASZEWSKY | 00:10:35 | 00:22:59.75 | 00:23:52.45 | 4:35 | 13.1 |
| 6 | FRUNZE-PROCHOREC KATARZYNA | 321 | ARKADIUSZ GARDZIELEWSKI RUNNING TEAM | ŁADY | POL | K 50 | 6 | K 53 | | 00:10:57 | 00:23:10.50 | 00:24:10.35 | 4:38 | 12.9 |
| 7 | KRUPNIEWSKA JOANNA | 1828 | RUN OTWOCK | OTWOCK | POL | K 50 | 7 | K 68 | | 00:11:26 | 00:24:08.40 | 00:25:13.05 | 4:49 | 12.4 |
| 8 | KASHIVSKA OKSANA | 553 | | WARSZAWA | POL | K 50 | 8 | K 72 | | 00:11:13 | 00:24:19.25 | 00:25:26.65 | 4:51 | 12.3 |
| 9 | WIRASZKA BARBARA | 1988 | | WARSZAWA | POL | K 50 | 9 | K 84 | | 00:11:34 | 00:24:43.75 | 00:26:02.50 | 4:56 | 12.1 |
| 10 | PARTYKA AGNIESZKA | 1037 | TEAM ZABIEGANEDNI | WARSZAWA | POL | K 50 | 10 | K 87 | TEAM ZABIEGANEDNI | 00:11:38 | 00:24:48.25 | 00:26:09.30 | 4:57 | 12.1 |
| 11 | DUBAN ELŻBIETA | 262 | | JANKI | POL | K 50 | 11 | K 93 | | 00:11:56 | 00:25:05.20 | 00:26:34.50 | 5:01 | 12 |
| 12 | LEWANDOWSKA JOANNA | 777 | | WARSZAWA | POL | K 50 | 12 | K 111 | | 00:12:08 | 00:25:41.30 | 00:27:31.25 | 5:08 | 11.7 |
| 13 | DĄBROWSKA KATARZYNA | 1774 | WARSAW RUN CLUB | WARSZAWA | POL | K 50 | 13 | K 116 | AKTYWNA WARSZAWA | 00:12:20 | 00:25:49.25 | 00:27:39.45 | 5:09 | 11.6 |
| 14 | KROSZKA BEATA | 697 | TEAM ZABIEGANEDNI | WARSZAWA | POL | K 50 | 14 | K 130 | TEAM ZABIEGANEDNI | 00:12:26 | 00:26:04.00 | 00:27:54.00 | 5:12 | 11.5 |
| 15 | SZULC KASIA | 1403 | | ZĄBKI | POL | K 50 | 15 | K 132 | | 00:12:20 | 00:26:09.05 | 00:27:35.40 | 5:13 | 11.5 |
| 16 | MURAWSKA MAŁGORZATA | 938 | TEAM ZABIEGANEDNI | WARSZAWA | POL | K 50 | 16 | K 134 | TEAM ZABIEGANEDNI | 00:12:28 | 00:26:15.55 | 00:27:59.75 | 5:15 | 11.4 |
| 17 | GIECKO ANNA | 353 | | LUBLIN | POL | K 50 | 17 | K 141 | | 00:12:12 | 00:26:27.75 | 00:26:47.10 | 5:17 | 11.3 |
| 18 | GOLISZ EWA | 376 | | WARSZAWA | POL | K 50 | 18 | K 145 | | 00:12:32 | 00:26:33.35 | 00:27:58.55 | 5:18 | 11.3 |
| 19 | KUKLA ELŻBIETA | 732 | RYSIK RUNNERS | WARSZAWA | POL | K 50 | 19 | K 148 | | 00:12:26 | 00:26:38.65 | 00:28:20.00 | 5:19 | 11.3 |
| 20 | CYGAN ANNA | 194 | PATRYCJA DETTLAFF I BLACK HAT ULTRA | WARSZAWA | POL | K 50 | 20 | K 158 | | 00:12:11 | 00:26:46.80 | 00:27:47.20 | 5:21 | 11.2 |
| 21 | KURZACZ KATARZYNA | 747 | ADIDAS RUNNERS WARSAW | WARSZAWA | POL | K 50 | 21 | K 159 | ADIDAS RUNNERS WARSAW | 00:12:34 | 00:26:47.90 | 00:28:42.70 | 5:21 | 11.2 |
| 22 | KWACZYŃSKA MARZENA | 1832 | PZU SPORT TEAM | WARSZAWA | POL | K 50 | 22 | K 160 | PZU SPORT TEAM | 00:12:41 | 00:26:48.45 | 00:28:44.20 | 5:21 | 11.2 |
| 23 | ZBOCH JOANNA | 1639 | | WARSZAWA | POL | K 50 | 23 | K 180 | | 00:13:09 | 00:27:13.35 | 00:29:07.85 | 5:26 | 11 |
| 24 | DOBROUCH HANNA | 245 | | WARSZAWA | POL | K 50 | 24 | K 183 | | 00:12:31 | 00:27:14.35 | 00:28:24.20 | 5:26 | 11 |
| 25 | TYLUS JOLANTA | 1481 | | WARSZAWA | POL | K 50 | 25 | K 184 | | 00:12:43 | 00:27:15.30 | 00:28:24.80 | 5:27 | 11 |
| 26 | THEODOULOU NICCI | 1964 | | WARSAW | POL | K 50 | 26 | K 207 | | 00:12:48 | 00:27:41.35 | 00:29:33.80 | 5:32 | 10.8 |
| 27 | SIERPIŃSKA MARTA | 1251 | | WARSZAWA | POL | K 50 | 27 | K 211 | | 00:12:43 | 00:27:50.25 | 00:28:24.50 | 5:34 | 10.8 |
| 28 | SMOLOKOWSKA IZA | 1298 | | WARSZAWA | POL | K 50 | 28 | K 236 | | 00:13:18 | 00:28:20.45 | 00:31:13.50 | 5:40 | 10.6 |

BIEG URSYNOWA, K 50 c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Drużyna 1 | 2.5km | Netto | Brutto | min/km | km/h |
|------|------------------------|------|-------------------|--------------------|------|------|--------|-------|-------------------|----------|-------------|-------------|--------|------|
| 29 | KONKOWSKA JOANNA | 627 | TEAM ZABIEGANEDNI | WARSZAWA | POL | K 50 | 29 | K 254 | | 00:13:27 | 00:28:33.90 | 00:30:24.75 | 5:42 | 10.5 |
| 30 | KŁOPOCKA ANNA | 604 | | STRZENIÓWKA | POL | K 50 | 30 | K 268 | | 00:13:26 | 00:28:50.70 | 00:31:35.10 | 5:46 | 10.4 |
| 31 | JODŁOWSKA ANNA | 493 | MYSZORY | 6 | POL | K 50 | 31 | K 275 | | 00:13:45 | 00:28:57.40 | 00:30:39.15 | 5:47 | 10.4 |
| 32 | KACZOR RENATA | 515 | | WARSZAWA | POL | K 50 | 32 | K 320 | | 00:13:21 | 00:29:36.10 | 00:32:21.30 | 5:55 | 10.1 |
| 33 | BRZĘCZEK IZABELA | 115 | | JÓZEFOSŁAW | POL | K 50 | 33 | K 328 | | 00:13:42 | 00:29:44.15 | 00:31:49.05 | 5:56 | 10.1 |
| 34 | KORONA TATIANA | 647 | TEAM KARAS | WARSZAWA | POL | K 50 | 34 | K 340 | TEAM KARAS | 00:14:22 | 00:29:58.85 | 00:32:43.50 | 5:59 | 10 |
| 35 | BARAŃSKA DANUTA | 1739 | | WARSZAWA | POL | K 50 | 35 | K 359 | | 00:14:14 | 00:30:19.60 | 00:32:42.85 | 6:03 | 9.9 |
| 36 | GOSIEWSKA RENATA | 386 | | WARSZAWA | POL | K 50 | 36 | K 360 | | 00:13:39 | 00:30:27.25 | 00:32:35.70 | 6:05 | 9.9 |
| 37 | WIĘCKOWSKA VIOLETTA | 1535 | KS START PUŁASKI | WARKA | POL | K 50 | 37 | K 381 | | 00:14:34 | 00:30:58.80 | 00:33:47.00 | 6:11 | 9.7 |
| 38 | ZAWADKA AGNIESZKA | 1632 | | STARE BABICE | POL | K 50 | 38 | K 382 | | 00:14:43 | 00:30:59.05 | 00:34:07.10 | 6:11 | 9.7 |
| 39 | KUDŁAK MONIKA | 730 | GUTEK TEAM | RUDA | POL | K 50 | 39 | K 391 | | 00:14:08 | 00:31:15.60 | 00:34:03.10 | 6:15 | 9.6 |
| 40 | DZIEDZIC EWA | 282 | TEAM ZABIEGANEDNI | DZIECHCINIEC | POL | K 50 | 40 | K 392 | TEAM ZABIEGANEDNI | 00:14:16 | 00:31:15.70 | 00:33:13.65 | 6:15 | 9.6 |
| 41 | LIPKA-ZALEWSKA GRAŻYNA | 1842 | | JULIANÓW | POL | K 50 | 41 | K 396 | | 00:15:14 | 00:31:23.70 | 00:34:17.10 | 6:16 | 9.6 |
| 42 | ZAMIELA EWA | 1621 | | WARSZAWA | POL | K 50 | 42 | K 409 | | 00:14:56 | 00:31:36.65 | 00:32:46.60 | 6:19 | 9.5 |
| 43 | WOŹNIAK KATARZYNA | 1585 | | PIASECZNO | POL | K 50 | 43 | K 427 | | 00:14:19 | 00:32:12.45 | 00:34:49.65 | 6:26 | 9.3 |
| 44 | GAŚSIOROWSKA DOROTA | 347 | | WARSZAWA | POL | K 50 | 44 | K 433 | | 00:16:08 | 00:32:33.10 | 00:36:00.75 | 6:30 | 9.2 |
| 45 | SHIPOVSKAYA LARISA | 1242 | | WARSZAWA | POL | K 50 | 45 | K 435 | | 00:15:02 | 00:32:35.15 | 00:35:27.20 | 6:31 | 9.2 |
| 46 | SZAJKOWSKA EWA | 1382 | | WARSZAWA (MOKOTÓW) | POL | K 50 | 46 | K 502 | | 00:16:12 | 00:34:27.25 | 00:36:01.70 | 6:53 | 8.7 |
| 47 | GROCHOWSKA JOANNA | 407 | BIEGAMY Z OCHOTĄ | WARSZAWA | POL | K 50 | 47 | K 517 | | 00:16:21 | 00:35:01.60 | 00:38:04.60 | 7:00 | 8.6 |
| 48 | OLCZAK URSZULA | 990 | UMCS BIEGA | WARSZAWA | POL | K 50 | 48 | K 528 | | 00:16:22 | 00:35:30.65 | 00:38:36.50 | 7:06 | 8.5 |
| 49 | KILKOWSKA JOANNA | 584 | | WARSZAWA | POL | K 50 | 49 | K 529 | | 00:16:19 | 00:35:36.15 | 00:38:43.40 | 7:07 | 8.4 |
| 50 | GAJ BOGNA | 329 | | WARSZAWA | POL | K 50 | 50 | K 535 | | 00:16:28 | 00:36:07.55 | 00:38:07.00 | 7:13 | 8.3 |
| 51 | KACZOROWSKA MONIKA | 516 | | ZĄBKI | POL | K 50 | 51 | K 538 | | 00:17:28 | 00:36:11.30 | 00:39:29.35 | 7:14 | 8.3 |
| 52 | WIŚNIEWSKA KATARZYNA | 1547 | INDYWIDUALISTKA | WARSZAWA | POL | K 50 | 52 | K 540 | | 00:16:33 | 00:36:22.55 | 00:37:49.25 | 7:16 | 8.2 |
| 53 | ROSÓŁ RENATA | 1196 | | WARSZAWA | POL | K 50 | 53 | K 557 | | 00:17:31 | 00:37:25.35 | 00:40:37.95 | 7:29 | 8 |
| 54 | PABIŚ EWA | 1024 | | WARSZAWA | POL | K 50 | 54 | K 566 | | 00:17:39 | 00:39:08.40 | 00:42:21.35 | 7:49 | 7.7 |
| 55 | BRZEWOWSKA BEATA | 1752 | | WARSZAWA | POL | K 50 | 55 | K 584 | | 00:21:36 | 00:47:41.25 | 00:51:11.25 | 9:32 | 6.3 |

BIEG URSYNOWA, M 50

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Drużyna 1 | 2.5km | Netto | Brutto | min/km | km/h |
|------|---------------------|------|-----------------------------|---------------------|------|------|--------|-------|--------------------------------|----------|-------------|-------------|--------|------|
| 1 | KONIECZNY MARCIN | 1972 | K.S NIEMANIEMOGE | OLSZTYN | POL | M 50 | 1 | M 9 | | 00:07:20 | 00:15:29.45 | 00:15:31.45 | 3:05 | 19.4 |
| 2 | BOCHENKO DANIEL | 91 | | BRZOZOWA | POL | M 50 | 2 | M 47 | | 00:07:55 | 00:17:26.30 | 00:17:42.30 | 3:29 | 17.2 |
| 3 | TRUSIAK ARTUR | 1468 | BIEGAJĄCE ZĄBKI | ZĄBKI | POL | M 50 | 3 | M 42 | | 00:08:11 | 00:17:30.75 | 00:17:33.05 | 3:30 | 17.1 |
| 4 | PIASTA DARIUSZ | 1059 | | WARSSAWA | POL | M 50 | 4 | M 64 | | 00:08:10 | 00:17:46.00 | 00:18:05.50 | 3:33 | 16.9 |
| 5 | MARCINIAK GRZEGORZ | 850 | BIEGOWY WARIAT RUNNING TEAM | WARSZAWA | POL | M 50 | 5 | M 88 | BIEGOWY WARIAT RUNNING TEAM | 00:08:20 | 00:18:11.20 | 00:18:35.75 | 3:38 | 16.5 |
| 6 | GÓRZYŃSKI MACIEJ | 396 | WOODRUN | PIASECZNO | POL | M 50 | 6 | M 93 | | 00:08:46 | 00:18:33.25 | 00:18:43.75 | 3:42 | 16.2 |
| 7 | GREWIŃSKI TOMASZ | 406 | LIPIEC RUNNING TEAM | WARSZAWA | POL | M 50 | 7 | M 89 | LIPIEC RUNNING TEAM | 00:08:49 | 00:18:33.80 | 00:18:41.95 | 3:42 | 16.2 |
| 8 | GARTKIEWICZ ADAM | 340 | DUKLANOWSKI TEAM | WARSZAWA | POL | M 50 | 8 | M 91 | | 00:08:55 | 00:18:36.95 | 00:18:42.60 | 3:43 | 16.1 |
| 9 | KNAP CZAREK | 607 | HOŻA TEAM SKYRUNNERS | SZCZECIN | POL | M 50 | 9 | M 122 | | 00:08:51 | 00:18:55.30 | 00:19:24.90 | 3:47 | 15.9 |
| 10 | OLCZAK JANUSZ | 989 | BIEGANIE 50+ | WARSZAWA | POL | M 50 | 10 | M 132 | | 00:09:12 | 00:19:03.95 | 00:19:14.55 | 3:48 | 15.7 |
| 11 | STOLARSKI KRZYSZTOF | 1945 | BIEGAJĄCE ZĄBKI | ZĄBKI | POL | M 50 | 11 | M 138 | | 00:08:58 | 00:19:11.15 | 00:19:24.90 | 3:50 | 15.6 |
| 12 | DABROWA KAMIL | 216 | LIPIEC RUNNING TEAM | WARSZAWA | POL | M 50 | 12 | M 141 | LIPIEC RUNNING TEAM | 00:08:58 | 00:19:12.15 | 00:19:20.50 | 3:50 | 15.6 |
| 13 | BANASIUK MACIEJ | 47 | | WARSZAWA | POL | M 50 | 13 | M 151 | | 00:08:55 | 00:19:23.15 | 00:19:35.95 | 3:52 | 15.5 |
| 14 | CHEŁMIŃSKI GRZEGORZ | 156 | LIPIEC RUNNING TEAM | WARSZAWA | POL | M 50 | 14 | M 152 | LIPIEC RUNNING TEAM | 00:09:00 | 00:19:23.65 | 00:19:50.65 | 3:52 | 15.5 |
| 15 | MIKULSKI JACEK | 907 | ADIDAS RUNNERS WARSAW | WARSZAWA | POL | M 50 | 15 | M 154 | ADIDAS RUNNERS WARSAW | 00:09:10 | 00:19:25.15 | 00:19:41.25 | 3:53 | 15.5 |
| 16 | KACPRZYK ALEX | 511 | RP RUNNERS | WARSZAWA | POL | M 50 | 16 | M 161 | | 00:09:24 | 00:19:28.55 | 00:19:45.75 | 3:53 | 15.4 |
| 17 | MARON JACEK | 860 | ADIDAS RUNNERS WARSAW | WARSZAWA | POL | M 50 | 17 | M 168 | ADIDAS RUNNERS WARSAW | 00:08:52 | 00:19:33.40 | 00:19:48.80 | 3:54 | 15.3 |
| 18 | MAZUR MAREK | 888 | | BOBROWIEC | POL | M 50 | 18 | M 179 | | 00:09:14 | 00:19:39.20 | 00:19:52.45 | 3:55 | 15.3 |
| 19 | RELUGA GRZEGORZ | 1178 | CZARNECKI RUN TEAM | WARSZAWA | POL | M 50 | 19 | M 182 | CZARNECKI RUN TEAM | 00:08:53 | 00:19:41.60 | 00:20:11.85 | 3:56 | 15.2 |
| 20 | PRUCHNIAK ROBERT | 1125 | LIPIEC RUNNING TEAM | WARSZAWA | POL | M 50 | 20 | M 183 | LIPIEC RUNNING TEAM | 00:09:20 | 00:19:42.65 | 00:19:52.60 | 3:56 | 15.2 |
| 21 | PIOTROWSKI TOMASZ | 1901 | | KONSTANCIN JEZIORNA | POL | M 50 | 21 | M 205 | | 00:08:57 | 00:19:52.10 | 00:20:23.90 | 3:58 | 15.1 |
| 22 | GÓRSKI MACIEJ | 392 | | WARSZAWA | POL | M 50 | 22 | M 247 | | 00:09:37 | 00:20:27.45 | 00:20:51.15 | 4:05 | 14.7 |

BIEG URSYNOWA, M 50 c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Drużyna 1 | 2.5km | Netto | Brutto | min/km | km/h |
|------|-----------------------|------|--|---------------------|------|------|--------|-------|----------------------------|----------|-------------|-------------|--------|------|
| 23 | KUCHARSKI PIOTR | 720 | 12TRI.PL | LUBARTÓW | POL | M 50 | 23 | M 260 | 12TRI.PL | 00:09:28 | 00:20:36.95 | 00:20:57.85 | 4:07 | 14.6 |
| 24 | DOMAGAŁA JAROSŁAW | 1730 | AKTYWNA WARSZAWA | WARSZAWA (OCHOTA) | POL | M 50 | 24 | M 273 | AKTYWNA WARSZAWA | 00:09:47 | 00:20:43.70 | 00:21:15.15 | 4:08 | 14.5 |
| 25 | URBAŃSKI MIROSŁAW | 1497 | | SIERADZ | POL | M 50 | 25 | M 277 | | 00:09:37 | 00:20:45.20 | 00:21:32.70 | 4:09 | 14.5 |
| 26 | AUGUSTYNIAK MARIUSZ | 39 | | MARKI | POL | M 50 | 26 | M 283 | | 00:09:43 | 00:20:48.70 | 00:21:36.40 | 4:09 | 14.4 |
| 27 | OLSZAK ZENON | 998 | KG OŻARÓW MAZOWIECKI BIEGA | WARSZAWA | POL | M 50 | 27 | M 304 | WARSAW RUN CLUB | 00:09:20 | 00:21:03.15 | 00:21:38.90 | 4:12 | 14.3 |
| 28 | KNYCHAS DAREK | 609 | PZU SPORT TEAM | WARSZAWA | POL | M 50 | 28 | M 307 | PZU SPORT TEAM | 00:09:59 | 00:21:03.80 | 00:21:36.60 | 4:12 | 14.3 |
| 29 | KLIBISZ SŁAWOMIR | 594 | | WARSZAWA | POL | M 50 | 29 | M 310 | | 00:09:54 | 00:21:08.75 | 00:21:38.10 | 4:13 | 14.2 |
| 30 | ROSINSKI KRZYSZTOF | 1194 | | WARSZAWA | POL | M 50 | 30 | M 324 | | 00:09:47 | 00:21:13.05 | 00:21:52.10 | 4:14 | 14.1 |
| 31 | KWAŚNIEWSKI KRZYSZTOF | 753 | | WARSZAWA | POL | M 50 | 31 | M 325 | | 00:10:08 | 00:21:13.35 | 00:22:12.20 | 4:14 | 14.1 |
| 32 | ŚWISTAK RAFAŁ | 1435 | WARSZAWA ANIN | WARSZAWA | POL | M 50 | 32 | M 328 | | 00:09:53 | 00:21:16.55 | 00:21:47.95 | 4:15 | 14.1 |
| 33 | BAZYLUK ANDRZEJ | 1743 | | WARSZAWA | POL | M 50 | 33 | M 363 | | 00:09:38 | 00:21:30.60 | 00:22:21.50 | 4:18 | 14 |
| 34 | TELEŚNICKI GRZEGORZ | 1963 | BBL_GROTY | WARSZAWA | POL | M 50 | 34 | M 365 | | 00:10:14 | 00:21:32.00 | 00:22:17.95 | 4:18 | 13.9 |
| 35 | FALBA ZBIGNIEW | 296 | BIEGNIJ Z PROSERVICE | WARSZAWA | POL | M 50 | 35 | M 366 | BIEGNIJ Z PROSERVICE | 00:10:26 | 00:21:32.00 | 00:22:18.95 | 4:18 | 13.9 |
| 36 | POMASKI PAWEŁ | 1104 | WARSAW RUN CLUB | WARSZAWA | POL | M 50 | 36 | M 381 | WARSAW RUN CLUB | 00:10:12 | 00:21:45.70 | 00:22:40.05 | 4:21 | 13.8 |
| 37 | GAŁECKI MICHAŁ | 337 | ADIDAS RUNNERS WARSAW | WARSZAWA | POL | M 50 | 37 | M 390 | ADIDAS RUNNERS WARSAW | 00:09:51 | 00:21:53.40 | 00:22:25.30 | 4:22 | 13.7 |
| 38 | GOLEC TOMASZ | 373 | | WARSZAWA | POL | M 50 | 38 | M 397 | | 00:10:08 | 00:21:56.80 | 00:22:33.00 | 4:23 | 13.7 |
| 39 | ŁANDWIJT MARCIN | 794 | | KONSTANTYNÓW ŁÓDZKI | POL | M 50 | 39 | M 398 | | 00:10:34 | 00:21:56.80 | 00:22:41.25 | 4:23 | 13.7 |
| 40 | ZALASA WOJCIECH | 1617 | | ŁÓDŹ | POL | M 50 | 40 | M 402 | ŁÓDŹ KOCHA SPORT | 00:10:12 | 00:21:59.35 | 00:22:31.25 | 4:23 | 13.6 |
| 41 | BUDZIK DARIUSZ | 128 | | ZALESIE GÓRNE | POL | M 50 | 41 | M 414 | | 00:10:21 | 00:22:06.15 | 00:23:10.20 | 4:25 | 13.6 |
| 42 | KASHIVSKYY OLEH | 554 | DUCLA ACADEMY | WARSZAWA | POL | M 50 | 42 | M 422 | | 00:10:20 | 00:22:14.00 | 00:22:43.65 | 4:26 | 13.5 |
| 43 | WOJTAS JANUSZ | 1571 | | WARSZAWA | POL | M 50 | 43 | M 424 | | 00:10:32 | 00:22:15.00 | 00:23:35.40 | 4:27 | 13.5 |
| 44 | KOPCZEWSKI MICHAŁ | 629 | ROYAL GOLF CLUB WILANÓW | WARSZAWA | POL | M 50 | 44 | M 437 | ROYAL GOLF CLUB WILANÓW | 00:10:33 | 00:22:24.25 | 00:23:15.10 | 4:28 | 13.4 |
| 45 | GRZĄDZIEL PAWEŁ | 418 | ADIDAS RUNNERS WARSAW | WARSZAWA | POL | M 50 | 45 | M 440 | ADIDAS RUNNERS WARSAW | 00:10:31 | 00:22:26.35 | 00:23:18.80 | 4:29 | 13.4 |
| 46 | WASILEWSKI ROBERT | 1512 | COP - DKP | WARSZAWA | POL | M 50 | 46 | M 444 | | 00:10:35 | 00:22:28.00 | 00:23:36.30 | 4:29 | 13.4 |
| 47 | OWOC TOMASZ | 1022 | ADIDAS RUNNERS WARSAW / PKO BANK POLSKI | WARSZAWA | POL | M 50 | 47 | M 446 | ADIDAS RUNNERS WARSAW | 00:10:30 | 00:22:29.70 | 00:23:15.50 | 4:29 | 13.3 |
| 48 | TASZYCKI WIESŁAW | 1439 | | WOLA UHRUSKA | POL | M 50 | 48 | M 480 | | 00:10:36 | 00:22:44.80 | 00:24:17.85 | 4:32 | 13.2 |
| 49 | SUŁKOWSKI RAFAŁ | 1948 | | WARSZAWA | POL | M 50 | 49 | M 482 | | 00:10:26 | 00:22:45.95 | 00:23:39.65 | 4:33 | 13.2 |
| 50 | MASTALERZ ANDRZEJ | 870 | | WARSZAWA | POL | M 50 | 50 | M 489 | | 00:10:45 | 00:22:50.95 | 00:24:00.35 | 4:34 | 13.1 |
| 51 | KOWALCZYK PIOTR | 668 | | REPKI | POL | M 50 | 51 | M 492 | | 00:10:48 | 00:22:53.70 | 00:23:51.30 | 4:34 | 13.1 |
| 52 | ŻYWIĘŃ MAREK | 1676 | ONLY SPEEDWAY | WARSZAWA | POL | M 50 | 52 | M 520 | | 00:10:42 | 00:23:10.50 | 00:24:01.50 | 4:38 | 12.9 |
| 53 | MAŚLANKA PIOTR | 1727 | | WARSZAWA | POL | M 50 | 53 | M 521 | | | 00:23:11.45 | 00:24:44.85 | 4:38 | 12.9 |
| 54 | MISIORNY MACIEJ | 910 | | WARSZAWA | POL | M 50 | 54 | M 527 | | 00:10:44 | 00:23:14.15 | 00:25:13.85 | 4:38 | 12.9 |
| 55 | JANOWSKI RAFAŁ | 467 | | OTWOCK | POL | M 50 | 55 | M 536 | | 00:11:07 | 00:23:19.60 | 00:24:32.95 | 4:39 | 12.9 |
| 56 | TYLUS PAWEŁ | 1482 | | WARSZAWA | POL | M 50 | 56 | M 545 | | 00:10:52 | 00:23:23.95 | 00:24:17.30 | 4:40 | 12.8 |
| 57 | ARAŻNY ZBIGNIEW | 34 | KRAV MAGA WARSZAWA | WARSZAWA | POL | M 50 | 57 | M 572 | | 00:11:03 | 00:23:38.95 | 00:25:14.80 | 4:43 | 12.7 |
| 58 | KISZCZYC ARTUR | 588 | | OTWOCK | POL | M 50 | 58 | M 577 | | 00:11:19 | 00:23:42.35 | 00:25:01.65 | 4:44 | 12.7 |
| 59 | HRYNKIEWICZ MACIEJ | 438 | | WARSZAWA | POL | M 50 | 59 | M 578 | | 00:11:16 | 00:23:42.65 | 00:24:59.60 | 4:44 | 12.7 |
| 60 | CZEKAŁSKI JACEK | 206 | | ŁÓDŹ | POL | M 50 | 60 | M 596 | | 00:10:55 | 00:23:54.25 | 00:25:25.35 | 4:46 | 12.6 |
| 61 | BASINSKI JERZY | 58 | | DEBLIN | POL | M 50 | 61 | M 598 | | 00:11:01 | 00:23:54.95 | 00:24:57.30 | 4:46 | 12.6 |
| 62 | JÓŻWIK GRZEGORZ | 496 | | JÓZEFOSŁAW | POL | M 50 | 62 | M 603 | | 00:11:11 | 00:23:57.00 | 00:24:33.65 | 4:47 | 12.5 |
| 63 | WĘGLIŃSKI JACEK | 1984 | | WARSZAWA | POL | M 50 | 63 | M 616 | | 00:11:34 | 00:24:05.80 | 00:25:47.20 | 4:49 | 12.5 |
| 64 | BUCZEK ROBERT | 120 | | WARSZAWA | POL | M 50 | 64 | M 625 | | 00:11:43 | 00:24:11.80 | 00:25:46.25 | 4:50 | 12.4 |
| 65 | MACIASZCZYK ADAM | 815 | | WARSZAWA | POL | M 50 | 65 | M 638 | | 00:11:44 | 00:24:19.55 | 00:25:38.30 | 4:51 | 12.3 |
| 66 | PODOBINSKI PIOTR | 1099 | | WARSZAWA | POL | M 50 | 66 | M 652 | | 00:11:53 | 00:24:25.45 | 00:25:47.10 | 4:53 | 12.3 |
| 67 | OLMA WŁADYSŁAW | 997 | FORMA BIEGANIA - JASTRZĘBIE | JASTRZĘBIE - ZDRÓJ | POL | M 50 | 67 | M 654 | | 00:11:36 | 00:24:27.85 | 00:25:01.15 | 4:53 | 12.3 |
| 68 | HORBATY JERZY | 433 | GIM92 | WARSZAWA | POL | M 50 | 68 | M 657 | | 00:11:48 | 00:24:28.55 | 00:25:53.20 | 4:53 | 12.3 |
| 69 | DABROWSKI LUKA | 1773 | | WARSZAWA | POL | M 50 | 69 | M 659 | | 00:11:41 | 00:24:30.10 | 00:25:06.40 | 4:54 | 12.2 |
| 70 | KUKLA MARCIN | 733 | RYSIK RUNNERS | WARSZAWA | POL | M 50 | 70 | M 661 | | 00:11:31 | 00:24:30.85 | 00:25:21.30 | 4:54 | 12.2 |
| 71 | MIASTOWSKI RAFAŁ | 18 | SŁOŃ B | WARSZAWA | POL | M 50 | 71 | M 678 | | 00:11:17 | 00:24:41.90 | 00:25:56.00 | 4:56 | 12.2 |
| 72 | MURANOWICZ MAREK | 1869 | | WARSZAWA | POL | M 50 | 72 | M 683 | | 00:11:57 | 00:24:43.65 | 00:26:24.75 | 4:56 | 12.1 |
| 73 | GAŁCZYŃSKI WOJCIECH | 336 | | KRĘCZKI | POL | M 50 | 73 | M 692 | | 00:12:26 | 00:24:47.85 | 00:26:46.30 | 4:57 | 12.1 |
| 74 | SZELWACHOWSKI DARIUSZ | 1392 | | WARSZAWA | POL | M 50 | 74 | M 700 | | 00:11:15 | 00:24:52.05 | 00:25:54.40 | 4:58 | 12.1 |
| 75 | ZABIELSKI GRZEGORZ | 1602 | | WARSZAWA | POL | M 50 | 75 | M 708 | | 00:11:31 | 00:24:56.85 | 00:26:04.85 | 4:59 | 12 |

BIEG URSYNOWA, M 50 c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Drużyna 1 | 2.5km | Netto | Brutto | min/km | km/h |
|------|-------------------------|------|-----------------------------|----------------------|------|------|--------|--------|-------------------------|----------|-------------|-------------|--------|------|
| 76 | CHAZAN BERNARD | 153 | | WARSZAWA | POL | M 50 | 76 | M 726 | | 00:11:47 | 00:25:09.25 | 00:26:31.45 | 5:01 | 11.9 |
| 77 | GARBIEC BOGDAN | 338 | | WARSZAWA | POL | M 50 | 77 | M 757 | | 00:11:23 | 00:25:29.80 | 00:26:49.15 | 5:05 | 11.8 |
| 78 | DYCHA MARCIN | 275 | NEW BALANCE RUN CLUB | WARSAW | POL | M 50 | 78 | M 758 | | 00:12:16 | 00:25:31.40 | 00:27:08.15 | 5:06 | 11.8 |
| 79 | STALICA WOJCIECH | 1327 | | CZĘSTOCHOWA | POL | M 50 | 79 | M 763 | | 00:12:04 | 00:25:35.75 | 00:27:42.20 | 5:07 | 11.7 |
| 80 | SĘDEK PIOTR | 1240 | | WARSZAWA | POL | M 50 | 80 | M 768 | | 00:12:32 | 00:25:38.45 | 00:27:31.40 | 5:07 | 11.7 |
| 81 | MASKIEWICZ ARKADIUSZ | 867 | ERA RUNNING TEAM | WARSZAWA | POL | M 50 | 81 | M 781 | | 00:12:21 | 00:25:47.55 | 00:27:29.60 | 5:09 | 11.6 |
| 82 | MOLSKI ANDRZEJ | 922 | | WARSZAWA | POL | M 50 | 82 | M 791 | | 00:11:58 | 00:25:53.65 | 00:27:21.85 | 5:10 | 11.6 |
| 83 | WAŚOWSKI PIOTR | 1518 | | PRUSZKÓW | POL | M 50 | 83 | M 798 | | 00:12:07 | 00:25:58.70 | 00:27:28.10 | 5:11 | 11.6 |
| 84 | SIRODZKI ZBIGNIEW | 1260 | | WARSZAWA | POL | M 50 | 84 | M 805 | | 00:11:58 | 00:26:01.65 | 00:29:03.70 | 5:12 | 11.5 |
| 85 | NIEDZIÓŁKA JACEK | 2141 | | - | POL | M 50 | 85 | M 811 | | 00:12:45 | 00:26:05.75 | 00:27:33.95 | 5:13 | 11.5 |
| 86 | JAZNICKI TOMEK | 483 | KS ZNICZ - POWĄZKI | WARSZAWA | POL | M 50 | 86 | M 815 | | 00:12:28 | 00:26:08.95 | 00:28:05.90 | 5:13 | 11.5 |
| 87 | GOLISZ ADAM | 377 | | MYSIADŁO | POL | M 50 | 87 | M 826 | | 00:12:41 | 00:26:17.05 | 00:27:43.10 | 5:15 | 11.4 |
| 88 | PINDAKIEWICZ MICHAŁ | 1079 | | WARSZAWA | POL | M 50 | 88 | M 829 | | 00:12:16 | 00:26:18.30 | 00:28:00.70 | 5:15 | 11.4 |
| 89 | ŚWIDERSKI DARIUSZ | 1431 | POLYPHARM | WARSZAWA | POL | M 50 | 89 | M 832 | | 00:12:12 | 00:26:20.65 | 00:27:40.60 | 5:16 | 11.4 |
| 90 | FRENKEL MAREK | 319 | | BLIZNE JASIŃSKIEGO | POL | M 50 | 90 | M 853 | | 00:12:14 | 00:26:30.20 | 00:29:59.25 | 5:18 | 11.3 |
| 91 | GIL WOJCIECH | 359 | TEAM ZABIEGANEDNI | WARSZAWA | POL | M 50 | 91 | M 863 | TEAM ZABIEGANEDNI | 00:12:50 | 00:26:36.30 | 00:27:24.25 | 5:19 | 11.3 |
| 92 | KIETLIŃSKI MACIEJ | 580 | | WARSZAWA | POL | M 50 | 92 | M 877 | | 00:13:37 | 00:26:49.30 | 00:29:32.10 | 5:21 | 11.2 |
| 93 | TREVOR ARRON | 1461 | | WARSZAWA | POL | M 50 | 93 | M 878 | | 00:12:54 | 00:26:49.40 | 00:28:29.90 | 5:21 | 11.2 |
| 94 | OLSZEWSKI ANDRZEJ | 1001 | KS STASZEWSKY | WARSZAWA | POL | M 50 | 94 | M 883 | KS STASZEWSKY | 00:11:56 | 00:26:54.20 | 00:28:22.45 | 5:22 | 11.2 |
| 95 | RYSZKA BOGUSŁAW | 1924 | | LUBLINIEC | POL | M 50 | 95 | M 894 | | 00:12:37 | 00:27:03.85 | 00:28:41.10 | 5:24 | 11.1 |
| 96 | PRZYBYSZ KRZYSZTOF | 82 | | WARSZAWA | POL | M 50 | 96 | M 898 | | 00:12:54 | 00:27:05.90 | 00:28:41.75 | 5:25 | 11.1 |
| 97 | DWORAK MARCIN | 1680 | | WARSZAWA | POL | M 50 | 97 | M 900 | | 00:13:02 | 00:27:08.65 | 00:29:27.60 | 5:25 | 11.1 |
| 98 | ZABOJSZCZ TOMASZ | 2123 | | WARSZAWA | POL | M 50 | 98 | M 901 | | 00:12:33 | 00:27:09.20 | 00:30:38.35 | 5:25 | 11 |
| 99 | SKALSKI MAREK | 1697 | | DĄBROWA CHOTOMOWSKA | POL | M 50 | 99 | M 907 | | 00:12:34 | 00:27:14.00 | 00:28:56.55 | 5:26 | 11 |
| 100 | PAWLISZ MARCIN | 1047 | | WARSZAWA | POL | M 50 | 100 | M 908 | | 00:12:30 | 00:27:15.90 | 00:29:03.25 | 5:27 | 11 |
| 101 | WNUK PIOTR | 1564 | ROYAL GOLF CLUB WILANÓW | WARSZAWA | POL | M 50 | 101 | M 917 | ROYAL GOLF CLUB WILANÓW | 00:12:45 | 00:27:21.50 | 00:29:06.50 | 5:28 | 11 |
| 102 | PROUTY MATTHEW | 1124 | | BIELAWA | POL | M 50 | 102 | M 937 | | 00:13:32 | 00:27:36.20 | 00:30:02.25 | 5:31 | 10.9 |
| 103 | OLKOWSKI ROBERT | 996 | | IZABELIN-DZIEKANÓWEK | POL | M 50 | 103 | M 942 | | 00:12:20 | 00:27:38.20 | 00:28:57.25 | 5:31 | 10.9 |
| 104 | KŁOPOCKI RAFAŁ | 605 | | STRZENIÓWKA | POL | M 50 | 104 | M 946 | | 00:13:26 | 00:27:42.20 | 00:30:26.30 | 5:32 | 10.8 |
| 105 | WIERZCHOWIECKI MICHAŁ | 1530 | | WARSZAWA | POL | M 50 | 105 | M 949 | | 00:13:00 | 00:27:44.70 | 00:29:40.15 | 5:32 | 10.8 |
| 106 | RYBICKI MAREK | 1218 | | NOWY DWÓR MAZOWIECKI | POL | M 50 | 106 | M 950 | | 00:13:16 | 00:27:45.20 | 00:29:50.70 | 5:33 | 10.8 |
| 107 | ROGAŁA GRZEGORZ | 1916 | | WARSZAWA | POL | M 50 | 107 | M 967 | | 00:13:03 | 00:27:56.05 | 00:29:42.15 | 5:35 | 10.7 |
| 108 | KLIMAS MARCIN | 595 | | WARSZAWA | POL | M 50 | 108 | M 981 | | 00:12:54 | 00:28:12.20 | 00:30:07.45 | 5:38 | 10.6 |
| 109 | SKONIECZNY ANDRZEJ | 1276 | | WARSZAWA | POL | M 50 | 109 | M 986 | | 00:12:48 | 00:28:17.55 | 00:29:15.15 | 5:39 | 10.6 |
| 110 | WUJEC PAWEŁ | 1594 | | WARSZAWA | POL | M 50 | 110 | M 994 | | 00:13:40 | 00:28:22.95 | 00:30:38.85 | 5:40 | 10.6 |
| 111 | DĄBROWSKI JACEK | 224 | BIEGOWY WARIAT RUNNING TEAM | MILANÓWEK | POL | M 50 | 111 | M 1015 | | 00:13:02 | 00:28:39.65 | 00:30:21.00 | 5:43 | 10.5 |
| 112 | SZULAWSKI ROBERT | 1402 | GSD.RUNNERS | WARSZAWA | POL | M 50 | 112 | M 1016 | | 00:12:15 | 00:28:40.80 | 00:29:32.60 | 5:44 | 10.5 |
| 113 | MĘDEL CEZARY | 893 | | MARKI | POL | M 50 | 113 | M 1019 | | 00:13:43 | 00:28:41.60 | 00:31:00.05 | 5:44 | 10.5 |
| 114 | KĘDZIA-STĘPKOWSKI PIOTR | 569 | | WARSZAWA | POL | M 50 | 114 | M 1023 | | 00:14:10 | 00:28:47.15 | 00:31:00.30 | 5:45 | 10.4 |
| 115 | STASZEWSKI JANUSZ | 1339 | | WARSZAWA | POL | M 50 | 115 | M 1027 | | 00:13:35 | 00:28:54.70 | 00:32:08.05 | 5:46 | 10.4 |
| 116 | HOLDENMAJER CEZARY | 1800 | | WARSZAWA | POL | M 50 | 116 | M 1041 | | 00:14:12 | 00:29:03.60 | 00:31:33.70 | 5:48 | 10.3 |
| 117 | GÓRAL TADEUSZ | 384 | KKB | WARSZAWA | POL | M 50 | 117 | M 1046 | | 00:14:10 | 00:29:09.80 | 00:30:12.40 | 5:49 | 10.3 |
| 118 | WIERZBICKI IRENEUSZ | 1528 | | ŁUKÓW | POL | M 50 | 118 | M 1048 | | 00:13:56 | 00:29:11.15 | 00:31:37.75 | 5:50 | 10.3 |
| 119 | REGUCKI ARTUR | 1172 | | WARSZAWA | POL | M 50 | 119 | M 1056 | | 00:13:11 | 00:29:22.90 | 00:31:32.05 | 5:52 | 10.2 |
| 120 | DOBRUCH ROBERT | 244 | | WARSZAWA | POL | M 50 | 120 | M 1071 | | 00:13:24 | 00:29:44.20 | 00:30:54.40 | 5:56 | 10.1 |
| 121 | ADAMIAK PAWEŁ | 14 | | WARSZAWA | POL | M 50 | 121 | M 1082 | | 00:13:46 | 00:30:00.15 | 00:33:06.95 | 6:00 | 10 |
| 122 | KRZECZEWSKI JACEK | 708 | | WARSZAWA | POL | M 50 | 122 | M 1084 | | 00:13:50 | 00:30:06.55 | 00:32:19.70 | 6:01 | 10 |
| 123 | SMAGIEŁ TOMASZ | 1292 | STS SMAGIEŁ | WARSZAWA | POL | M 50 | 123 | M 1087 | | 00:14:12 | 00:30:10.25 | 00:33:15.90 | 6:02 | 9.9 |
| 124 | RYŃSKI ANDRZEJ | 1222 | | GDYNIA | POL | M 50 | 124 | M 1089 | | 00:13:41 | 00:30:15.00 | 00:31:37.35 | 6:03 | 9.9 |
| 125 | LEWANDOWSKI PIOTR | 1838 | | WARSZAWA | POL | M 50 | 125 | M 1091 | | 00:14:12 | 00:30:21.15 | 00:32:10.90 | 6:04 | 9.9 |
| 126 | STASIAK MARCIN | 1338 | | WARSZAWA | POL | M 50 | 126 | M 1111 | | 00:15:38 | 00:30:55.75 | 00:32:27.00 | 6:11 | 9.7 |
| 127 | BODALSKI JACEK | 1689 | AKTYWNA WARSZAWA | WARSZAWA | POL | M 50 | 127 | M 1114 | AKTYWNA WARSZAWA | 00:13:59 | 00:30:57.45 | 00:33:33.65 | 6:11 | 9.7 |
| 128 | HOŁDĄS MARIUSZ | 429 | | WARSZAWA | POL | M 50 | 128 | M 1122 | | 00:12:43 | 00:31:24.45 | 00:32:55.75 | 6:16 | 9.6 |
| 129 | KĄDZIELAWA MAREK | 567 | CWCR | WARSZAWA | POL | M 50 | 129 | M 1123 | | 00:14:12 | 00:31:31.00 | 00:33:22.30 | 6:18 | 9.5 |
| 130 | ZALEWSKI PIOTR | 2124 | | JULIANÓW | POL | M 50 | 130 | M 1124 | | 00:15:14 | 00:31:31.25 | 00:34:24.50 | 6:18 | 9.5 |
| 131 | KENIG PAWEŁ | 1682 | | WARSZAWA | POL | M 50 | 131 | M 1129 | | 00:14:36 | 00:31:41.90 | 00:34:59.05 | 6:20 | 9.5 |

BIEG URSYNOWA, M 50 c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Drużyna 1 | 2.5km | Netto | Brutto | min/km | km/h |
|------|-----------------------|------|------------------|--------------|------|------|--------|--------|----------------------------|----------|-------------|-------------|--------|------|
| 132 | BŁOŃSKI ROBERT | 1693 | | WARSZAWA | POL | M 50 | 132 | M 1132 | | 00:14:37 | 00:31:56.65 | 00:33:48.70 | 6:23 | 9.4 |
| 133 | FERLAS MICHAŁ | 300 | | JÓZEFOSŁAW | POL | M 50 | 133 | M 1134 | | 00:15:21 | 00:31:57.75 | 00:34:53.30 | 6:23 | 9.4 |
| 134 | JANKOWSKI REMIGIUSZ | 466 | | WARSZAWA | POL | M 50 | 134 | M 1139 | | 00:14:49 | 00:32:04.50 | 00:34:52.35 | 6:24 | 9.4 |
| 135 | PREKOWSKI GRZEGORZ | 54 | | WARSZAWA | POL | M 50 | 135 | M 1143 | | 00:14:36 | 00:32:09.90 | 00:34:52.90 | 6:25 | 9.3 |
| 136 | ZABIELSKI JAROSŁAW | 1601 | | WARSZAWA | POL | M 50 | 136 | M 1147 | | 00:15:11 | 00:32:22.15 | 00:34:42.40 | 6:28 | 9.3 |
| 137 | SKRZYPCZAK JAROSŁAW | 1933 | | WARSZAWA | POL | M 50 | 137 | M 1158 | | 00:14:49 | 00:33:05.95 | 00:35:33.80 | 6:37 | 9.1 |
| 138 | PIWOWARCZYK SŁAWOMIR | 1086 | | WARSZAWA | POL | M 50 | 138 | M 1159 | | 00:14:48 | 00:33:06.80 | 00:34:08.85 | 6:37 | 9.1 |
| 139 | WALKIEWICZ MARIUSZ | 1507 | | NOWA IWICZNA | POL | M 50 | 139 | M 1166 | | 00:14:17 | 00:33:19.85 | 00:35:43.30 | 6:39 | 9 |
| 140 | GOŁOS PIOTR | 1704 | | WARSZAWA | POL | M 50 | 140 | M 1167 | | 00:14:18 | 00:33:20.05 | 00:35:43.50 | 6:40 | 9 |
| 141 | KOSIATY JAROSŁAW | 655 | | WARSZAWA | POL | M 50 | 141 | M 1171 | | 00:15:15 | 00:33:42.45 | 00:34:40.50 | 6:44 | 8.9 |
| 142 | TUREK PAWEŁ | 1971 | PRIN-S | NOWA IWICZNA | POL | M 50 | 142 | M 1184 | | 00:13:30 | 00:34:23.90 | 00:36:09.95 | 6:52 | 8.7 |
| 143 | SZOSTAKOWSKI JAROSŁAW | 1397 | BIEGAMY Z OCHOTĄ | WARSZAWA | POL | M 50 | 143 | M 1190 | | 00:16:20 | 00:35:00.45 | 00:38:04.25 | 7:00 | 8.6 |
| 144 | SZUSTKIEWICZ ZBIGNIEW | 1404 | | MSZCZONÓW | POL | M 50 | 144 | M 1201 | | 00:16:20 | 00:35:53.35 | 00:38:43.85 | 7:10 | 8.4 |
| 145 | BORUSZEWSKI MACIEJ | 105 | | WARSZAWA | POL | M 50 | 145 | M 1210 | | 00:15:22 | 00:36:50.25 | 00:39:15.00 | 7:22 | 8.1 |
| 146 | UFA JAROSŁAW | 1974 | | SOCHACZEW | POL | M 50 | 146 | M 1212 | | 00:17:36 | 00:37:08.55 | 00:40:15.90 | 7:25 | 8.1 |
| 147 | PIECZENIUK DARIUSZ | 1063 | | SIEDLCE | POL | M 50 | 147 | M 1221 | | 00:17:38 | 00:38:08.40 | 00:41:18.70 | 7:37 | 7.9 |
| 148 | LECH PAWEŁ LECH | 764 | | WARSZAWA | POL | M 50 | 148 | M 1225 | URZĄD DZIELNICY URSYNÓW | 00:18:17 | 00:40:40.75 | 00:43:45.95 | 8:08 | 7.4 |

BIEG URSYNOWA, K 60

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Drużyna 1 | 2.5km | Netto | Brutto | min/km | km/h |
|------|---------------------------|------|---------------------------|------------------|------|------|--------|-------|-------------------|----------|-------------|-------------|--------|------|
| 1 | HAWRYLUK-STASIAK EWA | 427 | BIEGUNI 2022 | WARSZAWA | POL | K 60 | 1 | K 125 | | 00:12:18 | 00:25:58.60 | 00:27:47.05 | 5:11 | 11.6 |
| 2 | TULEJ BOŻENA | 1476 | MKB DREPTAK | MIŃSK MAZOWIECKI | POL | K 60 | 2 | K 186 | | 00:13:06 | 00:27:19.15 | 00:29:17.05 | 5:27 | 11 |
| 3 | HULANICKA IRINA | 440 | POLCARD FROM FISERV | WARSZAWA | POL | K 60 | 3 | K 244 | | 00:13:16 | 00:28:26.50 | 00:29:31.50 | 5:41 | 10.6 |
| 4 | BIERNAT DOROTA | 81 | DMMM TEAM ŁÓDŹ | ŁÓDŹ | POL | K 60 | 4 | K 294 | | 00:13:57 | 00:29:14.55 | 00:31:23.25 | 5:50 | 10.3 |
| 5 | GŁOWACKA ELŻBIETA | 367 | TEAM ZABIEGANEDNI | WARSZAWA | POL | K 60 | 5 | K 303 | TEAM ZABIEGANEDNI | 00:10:24 | 00:29:22.60 | 00:30:00.00 | 5:52 | 10.2 |
| 6 | LUKOWSKA HANNA | 791 | TEAM ZABIEGANEDNI | WARSZAWA | POL | K 60 | 6 | K 333 | | 00:14:05 | 00:29:51.05 | 00:32:26.05 | 5:58 | 10.1 |
| 7 | MODZELEWSKA-SOKÓŁ BARBARA | 918 | | WARSZAWA | POL | K 60 | 7 | K 399 | | 00:14:12 | 00:31:26.70 | 00:32:27.80 | 6:17 | 9.5 |
| 8 | STOLARSKA DANUTA | 1350 | PARKRUN SŁODOWO WŁOCŁAWEK | WŁOCŁAWEK | POL | K 60 | 8 | K 404 | | 00:14:43 | 00:31:27.95 | 00:34:15.95 | 6:17 | 9.5 |
| 9 | PAWŁAK LUCYNA | 1045 | MARKI | WARSZAWA | POL | K 60 | 9 | K 489 | | 00:15:41 | 00:34:04.80 | 00:37:14.20 | 6:48 | 8.8 |
| 10 | HOŁOPIAK EWA | 430 | NEW BALANCE RUN CLUB | WARSZAWA | POL | K 60 | 10 | K 532 | | 00:15:34 | 00:35:44.90 | 00:38:50.70 | 7:08 | 8.4 |
| 11 | BARTOSIK KRYSZYNA | 55 | | WARSZAWA | POL | K 60 | 11 | K 571 | | 00:18:49 | 00:39:59.25 | 00:43:16.90 | 7:59 | 7.5 |
| 12 | WRÓBLEWSKA JOANNA | 1591 | LAS NA ZAWSZE | WARSZAWA | POL | K 60 | 12 | K 580 | | 00:19:13 | 00:41:43.05 | 00:45:11.30 | 8:20 | 7.2 |
| 13 | REDA ALICJA | 1169 | TEAM ZABIEGANEDNI | WARSZAWA | POL | K 60 | 13 | K 582 | TEAM ZABIEGANEDNI | 00:19:31 | 00:42:03.15 | 00:42:29.85 | 8:24 | 7.1 |

BIEG URSYNOWA, M 60

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Drużyna 1 | 2.5km | Netto | Brutto | min/km | km/h |
|------|---------------------|------|--|---------------|------|------|--------|-------|------------------|----------|-------------|-------------|--------|------|
| 1 | MARCHEWKA JAN | 1854 | SZKOŁA FUNDACJA PRIMUS ZOLTANA BALO | WARSZAWA | POL | M 60 | 1 | M 164 | | 00:09:14 | 00:19:30.35 | 00:19:47.65 | 3:54 | 15.4 |
| 2 | ŁOCZEWSKI PAWEŁ | 801 | | WARSZAWA | POL | M 60 | 2 | M 199 | | 00:09:07 | 00:19:51.10 | 00:20:24.70 | 3:58 | 15.1 |
| 3 | ROSZKOWSKI WOJCIECH | 1198 | | WARSZAWA | POL | M 60 | 3 | M 204 | | 00:09:19 | 00:19:51.75 | 00:20:16.90 | 3:58 | 15.1 |
| 4 | ALFUT GRZEGORZ | 20 | VELO SIERPC | SIERPC | POL | M 60 | 4 | M 253 | | 00:09:36 | 00:20:32.20 | 00:21:17.90 | 4:06 | 14.6 |
| 5 | NOWOCIEŃ JACEK | 975 | UKS RUSIEC | PODKOWA LEŚNA | POL | M 60 | 5 | M 287 | | 00:09:35 | 00:20:50.90 | 00:21:11.30 | 4:10 | 14.4 |
| 6 | MALESZKA PAWEŁ | 835 | | JABŁONNA | POL | M 60 | 6 | M 320 | | 00:09:53 | 00:21:11.85 | 00:21:43.00 | 4:14 | 14.2 |
| 7 | STAŃSKI SŁAWOMIR | 2140 | | - | POL | M 60 | 7 | M 334 | | 00:10:11 | 00:21:20.35 | 00:21:54.80 | 4:16 | 14.1 |
| 8 | KOWALSKI ROBERT | 676 | NEW BALANCE RUN CLUB | WARSZAWA | POL | M 60 | 8 | M 361 | | 00:09:58 | 00:21:29.85 | 00:22:21.00 | 4:17 | 14 |
| 9 | NIEDŹWIADK CZEŚŁAW | 958 | NIEDŹWIADKI RUNNING TEAM | WARSZAWA | POL | M 60 | 9 | M 407 | | 00:10:09 | 00:22:02.40 | 00:22:47.30 | 4:24 | 13.6 |
| 10 | KLUJ BOGUSŁAW | 602 | BIEGAM DLA SANDRY I ROBERTA | ZAKRĘT | POL | M 60 | 10 | M 418 | | 00:10:31 | 00:22:10.85 | 00:22:57.75 | 4:26 | 13.5 |
| 11 | RÓŻYCKI GRZEGORZ | 1201 | | ŁÓDŹ | POL | M 60 | 11 | M 442 | | 00:10:12 | 00:22:26.90 | 00:22:56.20 | 4:29 | 13.4 |
| 12 | PIENIAŻEK LESZEK | 1895 | AKTYWNA WARSZAWA | WARSZAWA | POL | M 60 | 12 | M 475 | AKTYWNA WARSZAWA | 00:11:00 | 00:22:43.50 | 00:24:01.90 | 4:32 | 13.2 |
| 13 | MAŚLANKO PRZEMYSŁAW | 871 | M | BRZEZINY | POL | M 60 | 13 | M 533 | | 00:10:40 | 00:23:18.80 | 00:24:08.90 | 4:39 | 12.9 |
| 14 | KRYCZEK PIOTR | 704 | | WARSZAWA | POL | M 60 | 14 | M 535 | | 00:11:11 | 00:23:19.45 | 00:24:38.45 | 4:39 | 12.9 |

BIEG URSYNOWA, M 60 c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Drużyna 1 | 2.5km | Netto | Brutto | min/km | km/h |
|------|----------------------|------|--|--------------|------|------|--------|--------|-----------------------|----------|-------------|-------------|--------|------|
| 15 | PLUTA IRENEUSZ | 1091 | | WARSZAWA | POL | M 60 | 15 | M 543 | | 00:10:54 | 00:23:23.50 | 00:23:59.40 | 4:40 | 12.8 |
| 16 | MALISZEWSKI CEZARY | 840 | | WARSZAWA | POL | M 60 | 16 | M 551 | | 00:10:52 | 00:23:27.55 | 00:23:52.50 | 4:41 | 12.8 |
| 17 | POLAK LECHOSŁAW | 424 | ADIDAS RUNNERS WARSAW | PEĆCICE MAŁE | POL | M 60 | 17 | M 557 | ADIDAS RUNNERS WARSAW | 00:10:59 | 00:23:32.25 | 00:24:27.40 | 4:42 | 12.7 |
| 18 | SNOPEK STANISŁAW | 1299 | TVP SPORT | IZABELIN | POL | M 60 | 18 | M 567 | | 00:10:52 | 00:23:36.25 | 00:24:41.70 | 4:43 | 12.7 |
| 19 | WOLSZCZAK RYSZARD | 1993 | WKZ KOZIENICE BBL | KOZIENICE | POL | M 60 | 19 | M 629 | WKZ KOZIENICE BBL | 00:11:25 | 00:24:13.75 | 00:25:03.90 | 4:50 | 12.4 |
| 20 | KSYNA BOGUSŁAW | 712 | | KAMION MAŁY | POL | M 60 | 20 | M 660 | | 00:11:33 | 00:24:30.30 | 00:25:04.55 | 4:54 | 12.2 |
| 21 | IWKIEWICZ TOMASZ | 446 | | WARSZAWA | POL | M 60 | 21 | M 668 | | 00:11:29 | 00:24:35.15 | 00:25:10.30 | 4:55 | 12.2 |
| 22 | DRABAREK ROMUALD | 255 | | WARSZAWA | POL | M 60 | 22 | M 674 | | 00:11:27 | 00:24:39.80 | 00:25:58.50 | 4:55 | 12.2 |
| 23 | SIERY ARTUR | 1252 | | WARSZAWA | POL | M 60 | 23 | M 730 | | 00:11:46 | 00:25:11.35 | 00:26:42.35 | 5:02 | 11.9 |
| 24 | JUSZCZAK LESZEK | 1806 | GOĆŁAWSKIE KOTY Z NIEZALEŻNYM CYRYLEM NA CZELE | WARSZAWA | POL | M 60 | 24 | M 734 | | 00:11:41 | 00:25:13.20 | 00:26:19.35 | 5:02 | 11.9 |
| 25 | ŻÓŁKOWSKI MAREK | 1668 | TEAM ZABIEGANEDNI | WARSZAWA | POL | M 60 | 25 | M 771 | TEAM ZABIEGANEDNI | 00:12:14 | 00:25:42.00 | 00:27:25.15 | 5:08 | 11.7 |
| 26 | CHWASTEK RYSZARD | 177 | RATUJMYRSIE | WARSZAWA | POL | M 60 | 26 | M 778 | | 00:12:21 | 00:25:46.65 | 00:27:51.95 | 5:09 | 11.6 |
| 27 | UKRAINIEC BOGDAN | 1975 | SC ULTRA | LWOW | UKR | M 60 | 27 | M 793 | | 00:12:14 | 00:25:54.15 | 00:27:29.25 | 5:10 | 11.6 |
| 28 | MARCINKOWSKI DARIUSZ | 853 | | SOCHACZEW | POL | M 60 | 28 | M 817 | | 00:12:32 | 00:26:09.40 | 00:28:07.15 | 5:13 | 11.5 |
| 29 | BUDNICKI GRZEGORZ | 127 | | WARSZAWA | POL | M 60 | 29 | M 866 | | 00:12:28 | 00:26:38.35 | 00:27:49.60 | 5:19 | 11.3 |
| 30 | SZYDŁOWSKI JERZY | 1408 | | WARSZAWA | POL | M 60 | 30 | M 881 | | 00:12:17 | 00:26:51.85 | 00:28:07.70 | 5:22 | 11.2 |
| 31 | STOLARSKI JANUSZ | 1351 | PARKRUN SŁODOWO WŁOCLAWEK | WŁOCLAWEK | POL | M 60 | 31 | M 886 | | 00:13:06 | 00:26:56.10 | 00:29:07.75 | 5:23 | 11.1 |
| 32 | KONDRAT PIOTR | 625 | | ZĄBKI | POL | M 60 | 32 | M 905 | | 00:12:23 | 00:27:12.85 | 00:29:01.10 | 5:26 | 11 |
| 33 | GORAL PIOTR | 383 | | JOZEFOSLAW | POL | M 60 | 33 | M 912 | | 00:12:30 | 00:27:19.60 | 00:29:09.05 | 5:27 | 11 |
| 34 | BRZOZOWSKI ANDRZEJ | 119 | WKZ | ZAMOŚĆ | POL | M 60 | 34 | M 918 | | 00:13:12 | 00:27:22.10 | 00:29:36.75 | 5:28 | 11 |
| 35 | ŻÓŁCIŃSKI WALDEMAR | 1667 | GRUPA BIEGOWA UM W-WA | WARSZAWA | POL | M 60 | 35 | M 924 | GRUPA BIEGOWA UM W-WA | 00:13:12 | 00:27:25.70 | 00:29:09.85 | 5:29 | 10.9 |
| 36 | REDA SŁAWOMIR | 1170 | TEAM ZABIEGANEDNI | WARSZAWA | POL | M 60 | 36 | M 941 | TEAM ZABIEGANEDNI | 00:13:17 | 00:27:37.00 | 00:29:52.90 | 5:31 | 10.9 |
| 37 | BATOR ZBIGNIEW | 59 | | WARSZAWA | POL | M 60 | 37 | M 944 | | 00:12:57 | 00:27:38.55 | 00:29:15.60 | 5:31 | 10.9 |
| 38 | HULANICKI ANDRZEJ | 441 | POLCARD FROM FISERV | WARSZAWA | POL | M 60 | 38 | M 951 | | 00:13:11 | 00:27:46.40 | 00:28:51.15 | 5:33 | 10.8 |
| 39 | PAŁASIEWICZ GRZEGORZ | 1031 | | WARSZAWA | POL | M 60 | 39 | M 961 | | 00:13:07 | 00:27:51.70 | 00:29:43.80 | 5:34 | 10.8 |
| 40 | BUKOWSKI JANUSZ | 137 | | WARSZAWA | POL | M 60 | 40 | M 970 | | 00:12:56 | 00:27:59.80 | 00:28:25.15 | 5:35 | 10.7 |
| 41 | NARTOWSKI JAN | 950 | MORT! | WARSZAWA | POL | M 60 | 41 | M 973 | | 00:13:10 | 00:28:03.20 | 00:30:46.40 | 5:36 | 10.7 |
| 42 | BIERNAT MICHAŁ | 80 | | ŁÓDŹ | POL | M 60 | 42 | M 1049 | | 00:13:57 | 00:29:14.40 | 00:31:23.25 | 5:50 | 10.3 |
| 43 | NOWAK WIKTOR | 966 | SPARTANIE DZIECIOM | WARSZAWA | POL | M 60 | 43 | M 1079 | | 00:13:37 | 00:29:50.65 | 00:33:06.40 | 5:58 | 10.1 |
| 44 | NOGAL JÓZEF | 963 | ALBATROS | PODŁĘCZE | POL | M 60 | 44 | M 1080 | | 00:13:27 | 00:29:54.35 | 00:31:47.40 | 5:58 | 10 |
| 45 | WALOS JAN | 1508 | | WARSZAWA | POL | M 60 | 45 | M 1086 | | 00:13:19 | 00:30:08.00 | 00:31:48.50 | 6:01 | 10 |
| 46 | DĄBROWSKI ANDRZEJ | 226 | | JÓZEFÓW | POL | M 60 | 46 | M 1107 | | 00:13:45 | 00:30:54.75 | 00:34:05.15 | 6:10 | 9.7 |
| 47 | KOWALCZYK BOGDAN | 664 | WARSZAWA-BRÓDNO | WARSZAWA | POL | M 60 | 47 | M 1113 | | 00:14:04 | 00:30:57.30 | 00:33:40.05 | 6:11 | 9.7 |
| 48 | KUCHARSKI KRZYSZTOF | 723 | | WARSZAWA | POL | M 60 | 48 | M 1142 | | 00:14:53 | 00:32:07.20 | 00:34:02.00 | 6:25 | 9.3 |
| 49 | BEDNARZAK TADEUSZ | 1678 | YULO RUN TEAM SIEDLCE | SIEDLCE | POL | M 60 | 49 | M 1146 | | 00:15:46 | 00:32:16.50 | 00:35:26.50 | 6:27 | 9.3 |
| 50 | SZYMAŃCZAK ZBIGNIEW | 1958 | | NADARZYN | POL | M 60 | 50 | M 1149 | | 00:15:01 | 00:32:33.30 | 00:33:34.85 | 6:30 | 9.2 |
| 51 | ŻOCHOWSKI GRZEGORZ | 1666 | | WARSZAWA | POL | M 60 | 51 | M 1155 | | 00:15:13 | 00:32:46.00 | 00:36:11.70 | 6:33 | 9.2 |
| 52 | SŁOWIK JERZY | 1290 | | WARSZAWA | POL | M 60 | 52 | M 1176 | | 00:13:03 | 00:33:52.10 | 00:35:12.70 | 6:46 | 8.9 |
| 53 | MOSKAŁA BOGUSŁAW | 925 | | WARSZAWA | POL | M 60 | 53 | M 1187 | | 00:16:19 | 00:34:39.00 | 00:37:44.85 | 6:55 | 8.7 |
| 54 | OLCZAK WITOLD | 991 | UMCS BIEGA | WARSZAWA | POL | M 60 | 54 | M 1199 | | 00:16:21 | 00:35:29.90 | 00:38:36.35 | 7:05 | 8.5 |
| 55 | TUROWSKI KRZYSZTOF | 1477 | | WARSZAWA | POL | M 60 | 55 | M 1202 | | 00:16:16 | 00:36:09.90 | 00:37:35.85 | 7:13 | 8.3 |
| 56 | SMYDA PIOTR | 1688 | | BUSKO-ZDRÓJ | POL | M 60 | 56 | M 1207 | | 00:17:06 | 00:36:38.70 | 00:39:48.60 | 7:19 | 8.2 |

BIEG URSYNOWA, K 70

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Drużyna 1 | 2.5km | Netto | Brutto | min/km | km/h |
|------|-------------------|------|-------------------------|------------|------|------|--------|-------|-------------------|----------|-------------|-------------|--------|------|
| 1 | TULA RENATA | 1475 | | WARSZAWA | POL | K 70 | 1 | K 99 | | 00:11:54 | 00:25:18.50 | 00:26:47.90 | 5:03 | 11.9 |
| 2 | JASINOWSKA EMILIA | 475 | | MIĘDZYCHÓD | POL | K 70 | 2 | K 302 | | 00:13:29 | 00:29:21.90 | 00:30:59.65 | 5:52 | 10.2 |
| 3 | KARŁOWICZ ANNA | 547 | PARTIA WOLNYCH BIEGACZY | WARSZAWA | POL | K 70 | 3 | K 398 | | 00:14:27 | 00:31:25.45 | 00:34:16.50 | 6:17 | 9.5 |
| 4 | GRZESZAK DANUTA | 9 | | MOGILNO | POL | K 70 | 4 | K 429 | | 00:15:05 | 00:32:20.60 | 00:35:00.15 | 6:28 | 9.3 |
| 5 | JURKOWSKA IRENA | 502 | | WARSZAWA | POL | K 70 | 5 | K 519 | | 00:15:54 | 00:35:09.95 | 00:36:39.95 | 7:01 | 8.5 |
| 6 | DZIKI MARZENNA | 286 | ALETEMPO | WARSZAWA | POL | K 70 | 6 | K 583 | | 00:20:43 | 00:45:19.15 | 00:48:37.30 | 9:03 | 6.6 |
| 7 | TUKENDORF BARBARA | 1474 | TEAM ZABIEGANEDNI | WARSZAWA | POL | K 70 | 7 | K 585 | TEAM ZABIEGANEDNI | 00:24:00 | 00:50:02.50 | 00:51:10.30 | 10:00 | 6 |

BIEG URSYNOWA, M 70

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Drużyna 1 | 2.5km | Netto | Brutto | min/km | km/h |
|------|------------------------|------|----------------------------|---------------------|------|------|--------|--------|-----------|----------|-------------|-------------|--------|------|
| 1 | SAJKOWSKI ANDRZEJ | 1232 | METRO WARSZAWSKIE | WARSZAWA | POL | M 70 | 1 | M 380 | | 00:09:55 | 00:21:45.50 | 00:22:08.50 | 4:21 | 13.8 |
| 2 | GRÓŃSKI JAN | 410 | BIEGACZ ŚWIĘTOKRZYSKI | KIELCE | POL | M 70 | 2 | M 601 | | 00:11:07 | 00:23:56.50 | 00:25:31.55 | 4:47 | 12.5 |
| 3 | BELOWSKI LESZEK | 65 | AD BLUE NOXY PUŁAWY | PUŁAWY | POL | M 70 | 3 | M 612 | | 00:11:14 | 00:24:04.55 | 00:25:23.30 | 4:48 | 12.5 |
| 4 | CIERECH BOGUSŁAW | 182 | | TERESIN | POL | M 70 | 4 | M 667 | | 00:11:10 | 00:24:35.15 | 00:25:54.30 | 4:55 | 12.2 |
| 5 | KACPROWSKI TADEUSZ | 1808 | | WARSZAWA | POL | M 70 | 5 | M 752 | | 00:11:56 | 00:25:27.35 | 00:26:57.80 | 5:05 | 11.8 |
| 6 | SOWIŃSKI EDMUND | 1942 | TKKF PŁOCK | PŁOCK | POL | M 70 | 6 | M 976 | | 00:13:20 | 00:28:04.05 | 00:30:16.00 | 5:36 | 10.7 |
| 7 | MALER WŁADYSŁAW | 834 | NEW BALANCE RUN CLUB | WARSZAWA | POL | M 70 | 7 | M 977 | | 00:13:26 | 00:28:06.15 | 00:29:57.10 | 5:37 | 10.7 |
| 8 | DYMEL ANDRZEJ | 278 | MARKOWI BIEGACZE | WARSZAWA | POL | M 70 | 8 | M 988 | | 00:12:32 | 00:28:20.25 | 00:28:35.50 | 5:40 | 10.6 |
| 9 | SZAFRAN CZESŁAW | 1379 | | OTWOCK | POL | M 70 | 9 | M 999 | | 00:13:13 | 00:28:27.25 | 00:30:13.00 | 5:41 | 10.5 |
| 10 | NIEWIADOMSKI ZDZISŁAW | 960 | | WARSZAWA | POL | M 70 | 10 | M 1052 | | 00:13:24 | 00:29:18.20 | 00:31:58.70 | 5:51 | 10.2 |
| 11 | DYMEL PIOTR | 279 | | WARSZAWA | POL | M 70 | 11 | M 1075 | | 00:13:52 | 00:29:47.70 | 00:31:59.50 | 5:57 | 10.1 |
| 12 | SZYMCZAK MIROŚLAW | 1420 | TRIWAWA | WARSZAWA | POL | M 70 | 12 | M 1085 | | 00:14:05 | 00:30:07.25 | 00:33:04.00 | 6:01 | 10 |
| 13 | GLASSER MAREK | 360 | | WARSZAWA | POL | M 70 | 13 | M 1125 | | 00:14:53 | 00:31:33.30 | 00:33:58.70 | 6:18 | 9.5 |
| 14 | MICHAŁAK JERZY | 898 | KB IM. P.SĘKOWSKIEGO | PŁOŃSK | POL | M 70 | 14 | M 1135 | | 00:14:45 | 00:32:00.05 | 00:34:39.20 | 6:24 | 9.4 |
| 15 | GRABOWSKI JERZY | 399 | NIEZRZESZONY | WARSZAWA | POL | M 70 | 15 | M 1140 | | 00:15:07 | 00:32:04.70 | 00:34:47.20 | 6:24 | 9.4 |
| 16 | SOKOŁOWSKI MARIAN | 1313 | SAMOTNY WILK | WARSZAWA | POL | M 70 | 16 | M 1141 | | 00:14:33 | 00:32:05.15 | 00:33:48.30 | 6:25 | 9.4 |
| 17 | CHMIELEWSKI ANTONI | 161 | MIĘDZYRZECKA GRUPA BIEGOWA | MJEDZYRZEC PODLASKI | POL | M 70 | 17 | M 1162 | | 00:15:34 | 00:33:08.80 | 00:36:18.20 | 6:37 | 9.1 |
| 18 | HOŁOWACZ TOMASZ | 431 | KONDYCJA | WARSZAWA | POL | M 70 | 18 | M 1205 | | 00:17:30 | 00:36:26.00 | 00:39:28.50 | 7:17 | 8.2 |
| 19 | GARWACKI JOZEF | 341 | | PŁOCK | POL | M 70 | 19 | M 1211 | | 00:17:05 | 00:36:59.55 | 00:40:08.70 | 7:23 | 8.1 |
| 20 | JANISZEWSKI STANISŁAW | 1681 | - | WARSZAWA | POL | M 70 | 20 | M 1219 | | 00:17:11 | 00:37:59.70 | 00:38:06.90 | 7:35 | 7.9 |
| 21 | MOSZKOWICZ EUGENIUSZ | 928 | KONDYCJA | WARSZAWA | POL | M 70 | 21 | M 1226 | | 00:18:07 | 00:41:02.40 | 00:44:04.05 | 8:12 | 7.3 |
| 22 | CZECHOWSKI JERZY | 204 | MZA - WARSZAWA | WARSZAWA | POL | M 70 | 22 | M 1228 | | 00:19:38 | 00:42:39.05 | 00:44:51.40 | 8:31 | 7 |
| 23 | BAK MIROŚLAW | 62 | | WARSZAWA | POL | M 70 | 23 | M 1229 | | 00:21:08 | 00:46:42.05 | 00:48:17.60 | 9:20 | 6.4 |
| 24 | DOMANSKI JACEK EXPEDYT | 249 | WKB META LUBLINIEC | WARSZAWA | POL | M 70 | 24 | M 1231 | | 00:23:24 | 00:49:28.25 | 00:51:10.85 | 9:53 | 6.1 |

BIEG URSYNOWA,

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Drużyna 1 | 2.5km | Netto | Brutto | min/km | km/h |
|------|------------------|------|----------------------|-----------|------|------|--------|--------|-------------------------------|----------|-------------|-------------|--------|------|
| 1 | OCHNIK KAMILA | 982 | | WARSZAWA | POL | | | K 123 | | 00:12:22 | 00:25:57.05 | 00:27:49.60 | 5:11 | 11.6 |
| 2 | FARRALES RONALDO | 1698 | PINOYSINPOLAND | WARSZAWA | POL | | | M 933 | | 00:12:02 | 00:27:33.40 | 00:28:39.60 | 5:30 | 10.9 |
| 3 | MILLER GABRIELA | 908 | YUMMY BANANA | WARSZAWA | POL | | | K 241 | YUMMY BANANA | 00:13:41 | 00:28:23.05 | 00:30:46.30 | 5:40 | 10.6 |
| 4 | OLIWIŃ KAMIL | 994 | ARENA | WARSZAWA | POL | | | M 998 | | 00:12:53 | 00:28:26.55 | 00:30:28.15 | 5:41 | 10.6 |
| 5 | WEKA KRZYSZTOF | 1520 | BIAŁYSTOK BIEGA TEAM | BIAŁYSTOK | POL | | | M 1088 | VEGE RUNNERS RESZTA ŚWIATA | 00:13:29 | 00:30:15.00 | 00:31:14.75 | 6:03 | 9.9 |

BIEG URSYNOWA, Klasyfikacja Drużynowa

| Miejsc | Drużyna | Zawodnicy klasyfikowani | Czas | Czas drużyny |
|--------|-----------------------------|---|--|--------------|
| 1 | DUKLANOWSKI TEAM | KAMIL JASTRZĘBSKIMIKOŁAJ SKIBIŃSKIKONRAD ŁABĘDZKIADRIANA KALBARCZYK | 00:14:43.8000:15:31.7000:16:26.6500:17:28.35 | 01:04:00 |
| 2 | ADIDAS RUNNERS WARSAW | DOMINIK STELMACHDOMINIK ROBAKMICHAŁ ORZEŁPAWEŁ KAMIŃSKI | 00:16:48.2500:17:07.2500:17:56.1000:18:15.30 | 01:10:00 |
| 3 | ŻÓRAWKI TEAM | MACIEJ KWARTAALBERT WAŚNIEWSKIALEXANDER PARMEEALICJA GASIOROWSKA | 00:16:03.7500:17:13.6500:17:27.3000:20:51.35 | 01:11:30 |
| 4 | VEGE RUNNERS URSYNÓW | PIOTR WITUSOWSKIMAREK PRIMIKSEBASTIAN WOJCIECHOWSKIMAGDA JASKÓLSKA | 00:17:30.5500:17:51.4500:17:55.4000:20:31.95 | 01:13:40 |
| 5 | LIPIEC RUNNING TEAM | TOMASZ GREWIŃSKIMAGDA BUBELATOMASZ WOJTASIAKPIOTR RUSZNIK | 00:18:33.8000:18:35.0500:18:37.5500:18:56.60 | 01:14:40 |
| 6 | BIEGOWY WARIAT RUNNING TEAM | MARCIN ŁOJEWSKIGRZEGORZ MARCINIAKJAKUB ŚLIWIAKAGNIESZKA SZYMAŃSKA | 00:18:09.7500:18:11.2000:18:18.7500:20:57.10 | 01:15:30 |
| 7 | TEAM ZABIEGANEDNI #1 | JULIAN MAJCHRZAKSEBASTIAN ZASEPAMARCIN LEJADOMINIK SŁOMKA | 00:17:19.4500:18:25.0500:18:41.6000:22:37.00 | 01:17:00 |
| 8 | WKZ KOZIENICE BBL | MARCIN PODCZASIGRZEGORZ SOBCZYKANNA CHOŁUJDARIUSZ MILCZARZYK | 00:17:39.0500:17:56.8500:21:07.9500:21:26.00 | 01:18:00 |

BIEG URSYNOWA, Klasyfikacja Drużynowa, cd.

| Miejsce | Drużyna | Zawodnicy klasyfikowani | Czas | Czas drużyny |
|---------|----------------------------|--|--|--------------|
| e | | | | |
| 9 | GÓRA BIEGA - DZIKI | MACIEJ SOLKAPAWEŁ REGULSKIŁUKASZ ZIELIŃSKIAGNIESZKA WIEWIURA | 00:17:47.5000:18:33.1500:18:57.2500:23:09.40 | 01:18:22.00 |
| 10 | PAWKO RUNNER TEAM | PAWEŁ KROCHMALMARTA WOJTKOWIAKMATEUSZ KWIATKOWSKIMICHAŁ CHEŁCHOWSKI | 00:15:57.2500:19:16.9000:21:09.9000:22:15.15 | 01:18:33.00 |
| 11 | TEAM ZABIEGANEDNI | KAMIL WOŁOSEWICZPAULINA RĘKAWEBARTŁOMIEJ LEWIŃSKISEBASTIAN TROJDAN | 00:19:34.9500:20:24.6500:20:43.0000:21:49.20 | 01:22:30.00 |
| 12 | TEAM ZABIEGANEDNI #2 | KRZYSZTOF STARKOKRZYSZTOF STAEVENMARCIN NURZYŃSKIMARTA PRUSAK | 00:18:30.9500:19:27.0000:20:23.4000:25:35.00 | 01:23:55.00 |
| 13 | KS STASZEWSKY | TOMASZ KOSIERADZKIMACIEJ KUCHARSKIMICHAŁ GÓRCZYŃSKIMAGDALENA JAGIELSKA | 00:19:36.1000:20:25.2000:20:56.8000:22:59.75 | 01:23:56.00 |
| 14 | WARSAW RUN CLUB | MARCIN CIESIELSKIZENON OLSZAKPAWEŁ POMASKIAGNIESZKA DOLIŃSKA | 00:19:30.1500:21:03.1500:21:45.7000:24:34.45 | 01:26:53.00 |
| 15 | AKTYWNA WARSZAWA | JAROSŁAW DOMAGAŁAMARIUSZ PILNIAKLESZEK PIENIAŻEKADA JERECZEK | 00:20:43.7000:21:56.0000:22:43.5000:22:44.90 | 01:28:06.00 |
| 16 | KB PACE WARSZAWA | PIOTR STRZELECKIPAWEŁ OLSZAŃSKIARTUR KLAMBOROWSKIKINGA KOWALSKA | 00:18:05.2000:18:44.4500:21:53.6500:29:25.85 | 01:28:07.00 |
| 17 | GRUPA BIEGOWA UM W-WA | MARCIN LENDZIONPAWEŁ MACHOŃDANIEL PASIŃSKIROMA NAWROCKA | 00:20:27.8500:21:35.9500:22:19.6000:24:29.85 | 01:28:56.00 |
| 18 | PZU SPORT TEAM | DAREK KNYCHASANNA GADOMSKAJAKUB ŚLEPOWROŃSKIŁUKASZ KRÓL | 00:21:03.8000:22:06.8500:22:34.0500:23:21.60 | 01:29:04.00 |
| 19 | TEAM ZABIEGANEDNI #3 | MICHAŁ MULAŁKRZYSZTOF PONIATOWSKIJOANNA JAWORSKAANNA FABISIAK | 00:20:20.5000:23:14.6000:23:48.6500:24:37.35 | 01:31:59.00 |
| 20 | VEGE RUNNERS RESZTA ŚWIATA | OKTAWIA BUKAŁATOMASZ PAWLICKIKATARZYNA KROPIAKMACIEJ JÓZEFOWICZ | 00:21:44.1000:23:12.0500:23:55.7500:24:43.50 | 01:33:34.00 |
| 21 | GÓRA BIEGA | PIOTR MOTYKAARKADIUSZ GÓRSKIELŻBIETA CHARKOPATRYK KOZŁOWSKI | 00:21:21.8500:24:44.1500:25:35.1000:26:24.40 | 01:38:04.00 |
| 22 | TEAM ZABIEGANEDNI #4 | MARCIN FABISIAKKASIA KOWALSKADAMIAN MIKULSKIMONIKA KRÓL | 00:19:53.4000:24:55.7000:25:49.7500:27:28.70 | 01:38:05.00 |
| 23 | BRACTWO BIEGOWE BGK | ADAM DĄBROWSKIPIOTR ŁOZIŃSKIEDYTA PIOTROWSKADOROTA OLSZEWSKA | 00:24:01.5500:24:02.8000:24:47.3500:26:50.70 | 01:39:44.00 |
| 24 | KB PACE WARSZAWA 2 | DARIUSZ PROSTKOTOMASZ KOWALSKIMAGDALENA KLAMBOROWSKAAGNIESZKA ZATORSKA | 00:20:32.4500:24:48.8500:27:54.3000:27:54.60 | 01:41:00.00 |
| 25 | MARUDY Z KOBYŁKI | MARIUSZ BISOWSKIAMELIA BISOWSKASZYMON BISOWSKIHANNA BISOWSKA | 00:19:55.9500:23:47.4000:24:22.0500:36:39.35 | 01:44:43.00 |
| 26 | ITMRUN | VOŁODYMYR MARTSENIUKMATEUSZ MANARTOLENA SOKHANTATSIANA VIARBITSKAYA | 00:22:55.0000:25:28.7500:29:04.5500:29:13.20 | 01:46:40.00 |
| 27 | CBRE | HUBERT WAWERIAROSLAV RYBCHUKMIKOŁAJ DUDEKKATARZYNA WOLAK | 00:24:46.9500:26:58.6500:27:38.4500:30:38.85 | 01:50:00.00 |
| 28 | DRAGONFLIES | ALEKSANDRA MOTYKAGRZEGORZ MADEJAKUB MADEJWIKTORIA MADEJ | 00:26:23.2500:28:08.2500:29:30.3000:29:52.65 | 01:53:53.00 |