# VIII Noc STO-nogi Milanówek

**Data zawodów - 19.11.2022**

Miejsce - Muzeum Iwaszkiewiczów w Stawisku

| | | | | | | | Odczyty na punkcie kontrolnym - jedna pętla to około 1750m | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| MIEJSCE OPEN | IMIĘ | NAZWISKO | NR. STARTOWY | Płeć | Klub | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | Liczba okrążeń | Dystans w m |
| 1 | Damian | **Falandysz** | 8 | M | WPRunning | 0:07:16 | 0:15:18 | 0:23:19 | 0:31:21 | 0:39:24 | 0:48:12 | 0:56:29 | 1:05:27 | 1:14:00 | 1:23:24 | 1:32:10 | 1:40:59 | 1:49:54 | 1:58:55 | 2:08:25 | 2:17:48 | 2:27:06 | 2:36:31 | 2:46:05 | 2:55:51 | 3:04:44 | **21** | 36750 |
| 2 | Anna | **Siwirska** | 141 | K | Adidas Runners Warsaw | 0:08:10 | 0:16:27 | 0:24:59 | 0:33:31 | 0:42:09 | 0:50:52 | 0:59:33 | 1:08:19 | 1:17:09 | 1:26:01 | 1:34:55 | 1:44:33 | 1:53:19 | 2:02:06 | 2:11:09 | 2:20:25 | 2:31:04 | 2:40:00 | 2:49:18 | 2:58:45 | 3:07:57 | **21** | 36750 |
| 3 | Patrycja | **Bereznowska** | 121 | K | Wieliszew Heron Team Hoka Poland Team | 0:08:41 | 0:17:48 | 0:26:48 | 0:35:46 | 0:44:41 | 0:53:44 | 1:02:38 | 1:11:36 | 1:20:33 | 1:29:39 | 1:38:49 | 1:47:57 | 1:57:06 | 2:06:06 | 2:15:13 | 2:24:23 | 2:33:44 | 2:42:59 | 2:52:02 | 3:00:44 | | **20** | 35000 |
| 4 | Jacek | **Nosowski** | 23 | M | TRI.regress | 0:08:41 | 0:17:35 | 0:26:20 | 0:35:14 | 0:44:19 | 0:53:23 | 1:02:32 | 1:11:58 | 1:21:26 | 1:30:46 | 1:40:43 | 1:50:10 | 1:59:31 | 2:08:48 | 2:18:16 | 2:27:42 | 2:37:07 | 2:46:56 | 2:56:22 | 3:05:32 | | **20** | 35000 |
| 5 | Dominik | **Berliński** | 91 | M | WPRunning | 0:08:04 | 0:16:47 | 0:25:42 | 0:34:38 | 0:43:36 | 0:52:35 | 1:01:34 | 1:10:36 | 1:19:46 | 1:28:59 | 1:38:06 | 1:47:21 | 1:56:46 | 2:06:28 | 2:16:25 | 2:26:28 | 2:36:41 | 2:47:15 | 2:57:49 | 3:08:19 | | **20** | 35000 |
| 6 | Aleksander | **Chwałek** | 177 | M | | 0:08:16 | 0:16:59 | 0:25:53 | 0:34:45 | 0:43:37 | 0:52:36 | 1:03:33 | 1:12:28 | 1:21:27 | 1:30:25 | 1:39:27 | 1:48:31 | 1:57:42 | 2:09:26 | 2:18:55 | 2:28:30 | 2:38:30 | 2:48:37 | 2:58:47 | 3:08:44 | | **20** | 35000 |
| 7 | Jakub | **Aksamit** | 114 | M | Fanatyk Konary | 0:10:07 | 0:19:01 | 0:28:10 | 0:37:17 | 0:46:39 | 0:57:29 | 1:06:32 | 1:15:34 | 1:24:47 | 1:34:16 | 1:43:47 | 1:53:07 | 2:02:39 | 2:12:00 | 2:21:28 | 2:30:48 | 2:40:11 | 2:49:55 | 2:59:16 | 3:08:52 | | **20** | 35000 |
| 8 | Michał | **Kanciała** | 172 | M | | 0:08:04 | 0:16:29 | 0:25:02 | 0:33:33 | 0:42:15 | 0:51:59 | 1:00:48 | 1:09:34 | 1:18:33 | 1:27:42 | 1:37:02 | 1:47:50 | 1:57:15 | 2:06:57 | 2:17:53 | 2:27:43 | 2:39:03 | 2:49:28 | 3:01:11 | | | **19** | 33250 |
| 9 | wojtek | **ostapiński** | 144 | M | OSTreSROki | 0:09:08 | 0:18:08 | 0:27:05 | 0:36:12 | 0:45:36 | 0:54:50 | 1:04:11 | 1:13:34 | 1:23:10 | 1:32:42 | 1:42:10 | 1:51:52 | 2:01:41 | 2:11:21 | 2:21:05 | 2:31:01 | 2:41:00 | 2:51:15 | 3:01:29 | | | **19** | 33250 |
| 10 | Wojciech | **Żarniewski** | 46 | M | Dogoń Grodzisk Mazowiecki | 0:08:15 | 0:17:11 | 0:26:13 | 0:35:09 | 0:44:11 | 0:53:22 | 1:02:31 | 1:11:36 | 1:20:50 | 1:30:15 | 1:39:50 | 1:49:42 | 1:59:31 | 2:09:42 | 2:20:15 | 2:30:37 | 2:41:01 | 2:51:43 | 3:02:09 | | | **19** | 33250 |
| 11 | Paulina | **Grumbianin** | 41 | K | LOGWIN | 0:09:08 | 0:18:40 | 0:28:16 | 0:37:54 | 0:47:31 | 0:57:14 | 1:06:58 | 1:16:46 | 1:26:36 | 1:36:33 | 1:46:34 | 1:56:30 | 2:06:36 | 2:16:44 | 2:27:01 | 2:37:27 | 2:48:00 | 2:58:26 | 3:09:28 | | | **19** | 33250 |
| 12 | Piotr | **Gettlich** | 32 | M | Biegamy w Podkowie | 0:10:03 | 0:20:13 | 0:30:20 | 0:40:26 | 0:50:38 | 1:00:51 | 1:10:43 | 1:20:47 | 1:30:41 | 1:40:36 | 1:50:29 | 2:00:12 | 2:09:57 | 2:19:49 | 2:29:46 | 2:39:50 | 2:50:16 | 3:00:37 | | | | **18** | 31500 |
| 13 | Przemysław | **Krupiński** | 1 | M | | 0:09:47 | 0:19:42 | 0:29:34 | 0:39:38 | 0:49:35 | 0:59:56 | 1:09:57 | 1:21:31 | 1:31:22 | 1:41:26 | 1:51:41 | 2:01:57 | 2:12:15 | 2:22:47 | 2:33:26 | 2:44:05 | 2:55:01 | 3:05:36 | | | | **18** | 31500 |
| 14 | Marcin | **Zatorski** | 49 | M | Krejzi Tim Błonie | 0:10:16 | 0:20:10 | 0:30:01 | 0:39:59 | 0:50:22 | 1:00:12 | 1:10:07 | 1:21:57 | 1:32:01 | 1:42:10 | 1:52:49 | 2:03:12 | 2:17:15 | 2:27:28 | 2:37:49 | 2:48:21 | 2:58:25 | 3:09:28 | | | | **18** | 31500 |
| 15 | Tomasz | **Wojenka** | 44 | M | Wprunning | 0:09:22 | 0:19:00 | 0:28:29 | 0:37:54 | 0:47:27 | 0:57:57 | 1:07:25 | 1:16:59 | 1:26:39 | 1:36:34 | 1:46:36 | 1:56:32 | 2:06:39 | 2:17:01 | 2:27:45 | 2:38:52 | 2:50:08 | | | | | **17** | 29750 |
| 16 | Jacek | **Kulpik** | 103 | M | WPRunning | 0:09:24 | 0:19:00 | 0:28:28 | 0:37:54 | 0:47:26 | 0:57:56 | 1:07:24 | 1:16:57 | 1:26:38 | 1:38:26 | 1:48:19 | 1:58:28 | 2:08:38 | 2:19:08 | 2:30:06 | 2:41:12 | 2:52:31 | | | | | **17** | 29750 |
| 17 | Tomasz | **Bonikowski** | 235 | M | Wolny numer | 0:09:38 | 0:19:01 | 0:28:31 | 0:37:55 | 0:47:22 | 0:56:51 | 1:06:24 | 1:16:08 | 1:31:56 | 1:42:09 | 1:52:25 | 2:02:52 | 2:13:46 | 2:27:50 | 2:38:55 | 2:49:55 | 3:00:25 | | | | | **17** | 29750 |
| 18 | Marcin | **Welkier** | 74 | M | | 0:09:59 | 0:20:16 | 0:30:49 | 0:41:07 | 0:51:39 | 1:02:06 | 1:12:44 | 1:23:17 | 1:33:57 | 1:46:23 | 1:57:02 | 2:07:42 | 2:18:18 | 2:28:58 | 2:39:43 | 2:50:36 | 3:00:41 | | | | | **17** | 29750 |
| 19 | Artur | **Koźlicki** | 19 | M | Błonie | 0:09:36 | 0:19:53 | 0:30:14 | 0:40:23 | 0:50:36 | 1:00:55 | 1:11:21 | 1:21:30 | 1:31:54 | 1:42:08 | 1:52:34 | 2:02:55 | 2:13:21 | 2:24:57 | 2:37:19 | 2:50:08 | 3:02:00 | | | | | **17** | 29750 |
| 20 | Pawel | **Ganczewski** | 125 | M | | 0:09:11 | 0:19:01 | 0:28:46 | 0:38:44 | 0:48:44 | 0:59:36 | 1:09:43 | 1:20:00 | 1:33:42 | 1:44:24 | 1:56:21 | 2:06:47 | 2:18:25 | 2:29:24 | 2:41:28 | 2:53:04 | 3:03:41 | | | | | **17** | 29750 |
| 21 | Michał | **Lipski** | 36 | M | | 0:09:41 | 0:19:59 | 0:30:17 | 0:40:31 | 0:50:59 | 1:01:31 | 1:12:03 | 1:22:54 | 1:33:49 | 1:44:48 | 1:55:47 | 2:07:17 | 2:18:52 | 2:30:38 | 2:42:38 | 2:54:45 | 3:06:09 | | | | | **17** | 29750 |
| 22 | Krystian | **Iżycki** | 84 | M | Ciapaki i Głuptaki | 0:09:37 | 0:19:43 | 0:29:45 | 0:39:48 | 0:49:36 | 0:59:17 | 1:08:55 | 1:20:46 | 1:30:42 | 1:40:28 | 1:50:29 | 2:03:20 | 2:15:32 | 2:28:46 | 2:40:37 | 2:54:59 | 3:08:16 | | | | | **17** | 29750 |
| 23 | Maciej | **Jadachowski** | 58 | M | | 0:09:44 | 0:19:55 | 0:30:15 | 0:40:25 | 0:50:38 | 1:00:52 | 1:10:46 | 1:20:53 | 1:31:18 | 1:42:13 | 1:54:05 | 2:05:45 | 2:18:10 | 2:31:05 | 2:44:13 | 2:57:59 | 3:10:31 | | | | | **17** | 29750 |
| 24 | Jacek | **Gumiński** | 5 | M | Biegamy w Podkowie | 0:09:38 | 0:19:49 | 0:29:57 | 0:40:09 | 0:50:07 | 1:00:03 | 1:09:52 | 1:19:43 | 1:29:38 | 1:39:31 | 1:49:27 | 1:59:21 | 2:09:24 | 2:20:12 | 2:30:38 | 2:45:05 | | | | | | **16** | 28000 |
| 25 | Stanisław | **Maciejewski** | 29 | M | WPRuuning | 0:08:42 | 0:18:11 | 0:27:58 | 0:37:50 | 0:48:07 | 0:58:05 | 1:08:07 | 1:18:06 | 1:29:10 | 1:39:15 | 1:49:21 | 2:00:06 | 2:19:45 | 2:31:01 | 2:45:28 | 2:59:00 | | | | | | **16** | 28000 |
| 26 | Robert | **Zajkowski** | 45 | M | | 0:09:19 | 0:18:55 | 0:28:31 | 0:38:29 | 0:48:42 | 0:58:54 | 1:12:55 | 1:24:21 | 1:34:38 | 1:45:33 | 1:56:43 | 2:08:21 | 2:28:04 | 2:41:52 | 2:55:39 | 3:07:52 | | | | | | **16** | 28000 |
| 27 | Rafał | **Kłosiewicz** | 62 | M | | 0:08:09 | 0:16:55 | 0:25:51 | 0:34:56 | 0:44:18 | 0:53:51 | 1:04:10 | 1:15:16 | 1:25:40 | 1:37:41 | 1:50:22 | 2:06:57 | 2:22:53 | 2:40:15 | 2:57:55 | 3:08:27 | | | | | | **16** | 28000 |
| 28 | Maciej | **Musiał** | 60 | M | BloodyMorons | 0:09:42 | 0:19:59 | 0:30:18 | 0:40:37 | 0:51:03 | 1:01:39 | 1:12:29 | 1:23:17 | 1:44:56 | 1:56:07 | 2:07:32 | 2:19:00 | 2:34:46 | 2:46:26 | 2:58:10 | 3:10:27 | | | | | | **16** | 28000 |
| 29 | Magda | **Królak** | 22 | K | Tenpo Pryma Sort | 0:12:01 | 0:24:06 | 0:35:45 | 0:47:25 | 0:59:30 | 1:11:18 | 1:23:00 | 1:34:35 | 1:46:48 | 1:58:41 | 2:10:38 | 2:22:46 | 2:34:20 | 2:46:36 | 2:58:18 | 3:11:54 | | | | | | **16** | 28000 |
| 30 | Konrad | **Taber** | 124 | M | Active Prosperia/Sto-nogi Milanówek | 0:06:47 | 0:15:01 | 0:23:31 | 0:32:21 | 0:41:09 | 0:51:39 | 1:00:42 | 1:09:46 | 1:19:00 | 1:41:23 | 1:58:58 | 2:17:18 | 2:28:12 | 2:39:02 | 2:49:51 | | | | | | | **15** | 26250 |
| 31 | Robert | **Bajdała** | 56 | M | | 0:12:14 | 0:23:46 | 0:34:47 | 0:45:36 | 0:56:38 | 1:07:21 | 1:18:01 | 1:28:40 | 1:39:14 | 1:50:10 | 2:04:31 | 2:15:05 | 2:26:19 | 2:38:27 | 2:50:11 | | | | | | | **15** | 26250 |
| 32 | Karolina | **Sarnowska** | 63 | K | ProRunning Promotion | 0:09:09 | 0:19:17 | 0:29:32 | 0:39:53 | 0:50:28 | 1:01:33 | 1:13:11 | 1:25:11 | 1:38:47 | 1:52:50 | 2:06:53 | 2:21:36 | 2:35:50 | 2:49:22 | 2:59:33 | | | | | | | **15** | 26250 |
| 33 | Przemysław | **Kiełek** | 30 | M | Dogoń Grodzisk Mazowiecki | 0:09:38 | 0:19:53 | 0:30:28 | 0:40:37 | 0:51:03 | 1:01:34 | 1:15:25 | 1:25:45 | 1:36:20 | 1:46:57 | 1:58:40 | 2:11:15 | 2:33:32 | 2:47:18 | 2:59:51 | | | | | | | **15** | 26250 |
| 34 | Marysia | **Bialik** | 166 | K | | 0:12:10 | 0:25:16 | 0:36:53 | 0:49:09 | 1:00:54 | 1:12:12 | 1:24:25 | 1:35:38 | 1:46:46 | 1:57:59 | 2:14:28 | 2:25:51 | 2:37:35 | 2:48:57 | 2:59:57 | | | | | | | **15** | 26250 |
| 35 | Tomasz | **Szmyt** | 14 | M | | 0:10:32 | 0:21:06 | 0:31:47 | 0:42:15 | 0:52:45 | 1:03:34 | 1:14:51 | 1:30:04 | 1:41:28 | 1:53:17 | 2:05:27 | 2:18:24 | 2:36:53 | 2:50:15 | 3:03:49 | | | | | | | **15** | 26250 |
| 36 | Klara | **Wigier** | 110 | K | Team 360 | 0:12:09 | 0:24:10 | 0:36:45 | 0:49:09 | 1:00:54 | 1:12:20 | 1:24:06 | 1:36:30 | 1:49:48 | 2:02:49 | 2:15:31 | 2:29:54 | 2:42:40 | 2:57:26 | 3:10:05 | | | | | | | **15** | 26250 |
| 37 | Tomasz | **Wiaderny** | 129 | M | | 0:10:27 | 0:21:04 | 0:31:46 | 0:42:14 | 0:52:19 | 1:10:36 | 1:20:44 | 1:30:50 | 1:41:02 | 1:51:09 | 2:01:22 | 2:11:36 | 2:22:26 | 2:32:26 | | | | | | | | **14** | 24500 |
| 38 | Marcin | **Adamaszek** | 122 | M | Krejzi Tim Błonie | 0:11:15 | 0:22:17 | 0:32:48 | 0:43:21 | 0:53:21 | 1:03:37 | 1:15:10 | 1:25:41 | 1:42:59 | 1:55:19 | 2:10:01 | 2:23:46 | 2:38:35 | 2:53:14 | | | | | | | | **14** | 24500 |
| 39 | ANDRZEJ | **STEĆ** | 178 | M | | 0:09:25 | 0:19:44 | 0:30:00 | 0:40:24 | 0:51:49 | 1:02:30 | 1:13:18 | 1:24:19 | 1:35:32 | 1:47:26 | 2:06:41 | 2:22:06 | 2:35:54 | 2:55:22 | | | | | | | | **14** | 24500 |
| 40 | Tomasz | **Moczadłowski** | 193 | M | | 0:11:38 | 0:22:18 | 0:32:46 | 0:43:14 | 0:53:25 | 1:03:45 | 1:14:18 | 1:26:23 | 1:36:59 | 1:49:19 | 2:00:15 | 2:10:50 | 2:44:34 | 2:56:06 | | | | | | | | **14** | 24500 |
| 41 | Magda | **Ostapińska** | 160 | K | OSTreSROki | 0:11:58 | 0:24:15 | 0:36:06 | 0:48:01 | 1:00:08 | 1:12:04 | 1:24:14 | 1:36:20 | 1:50:56 | 2:03:29 | 2:18:17 | 2:33:40 | 2:47:26 | 2:58:56 | | | | | | | | **14** | 24500 |
| 42 | Michał | **Wodzyński** | 98 | M | | 0:11:03 | 0:22:24 | 0:33:53 | 0:45:24 | 0:56:37 | 1:08:03 | 1:21:00 | 1:32:21 | 1:47:11 | 2:02:19 | 2:18:09 | 2:34:03 | 2:46:58 | 3:00:31 | | | | | | | | **14** | 24500 |
| 43 | tomasz | **kaniewski** | 130 | M | KB Ożaró Mazowiecki Biega | 0:11:54 | 0:24:04 | 0:36:11 | 0:48:32 | 1:01:03 | 1:15:04 | 1:29:25 | 1:41:51 | 1:54:33 | 2:07:13 | 2:22:19 | 2:35:39 | 2:49:04 | 3:01:38 | | | | | | | | **14** | 24500 |
| 44 | Piotr | **Wodzyński** | 101 | M | | 0:11:12 | 0:22:56 | 0:35:05 | 0:47:19 | 0:59:27 | 1:11:20 | 1:23:35 | 1:36:07 | 1:48:36 | 2:06:02 | 2:18:45 | 2:32:49 | 2:52:42 | 3:05:32 | | | | | | | | **14** | 24500 |
| 45 | Daniel | **Pietrzak** | 232 | M | Wolny numer | 0:09:36 | 0:19:53 | 0:30:14 | 0:40:23 | 0:50:36 | 1:00:50 | 1:11:22 | 1:21:31 | 1:31:54 | 1:42:09 | 1:52:35 | 2:02:55 | 2:13:21 | | | | | | | | | **13** | 22750 |
| 46 | DARIUSZ | **CIEĆWIERZ** | 145 | M | KREJZI TIM BŁONIE | 0:10:17 | 0:20:14 | 0:30:21 | 0:40:26 | 0:50:38 | 1:00:55 | 1:10:44 | 1:20:47 | 1:30:42 | 1:40:44 | 1:50:43 | 2:00:30 | 2:15:36 | | | | | | | | | **13** | 22750 |
| 47 | Michał | **Malanowicz** | 57 | M | | 0:13:03 | 0:24:54 | 0:36:46 | 0:50:57 | 1:02:43 | 1:14:54 | 1:26:56 | 1:40:04 | 1:51:57 | 2:04:57 | 2:16:50 | 2:29:35 | 2:44:26 | | | | | | | | | **13** | 22750 |
| 48 | Adam | **Joński** | 133 | M | Wielkie Księtwo Grodziskie | 0:10:29 | 0:21:09 | 0:32:13 | 0:43:28 | 0:55:04 | 1:06:39 | 1:27:04 | 1:39:35 | 1:52:34 | 2:05:46 | 2:21:53 | 2:34:41 | 2:51:16 | | | | | | | | | **13** | 22750 |
| 49 | Marcin | **Krupa** | 138 | M | | 0:13:10 | 0:25:49 | 0:38:13 | 0:50:49 | 1:03:23 | 1:16:12 | 1:29:23 | 1:43:12 | 1:57:13 | 2:12:02 | 2:27:28 | 2:42:56 | 2:59:05 | | | | | | | | | **13** | 22750 |
| 50 | Julita | **Pikiewicz** | 65 | K | | 0:13:06 | 0:25:44 | 0:38:39 | 0:51:38 | 1:04:57 | 1:18:46 | 1:32:39 | 1:46:53 | 2:01:04 | 2:15:17 | 2:29:35 | 2:44:25 | 2:59:29 | | | | | | | | | **13** | 22750 |
| 51 | Krzysztof | **Pietrzak** | 128 | M | | 0:13:50 | 0:27:30 | 0:47:19 | 0:56:19 | 1:12:54 | 1:27:26 | 1:55:48 | 2:08:11 | 2:17:31 | 2:27:58 | 2:40:49 | 2:50:46 | 3:01:15 | | | | | | | | | **13** | 22750 |
| 52 | Wojciech | **Mateja** | 228 | M | ObiegUWka | 0:16:32 | 0:27:05 | 0:46:22 | 0:57:07 | 1:07:21 | 1:28:17 | 1:39:51 | 1:50:27 | 2:00:50 | 2:26:09 | 2:43:23 | 2:54:59 | 3:05:34 | | | | | | | | | **13** | 22750 |
| 53 | Ireneusz | **Marciniak** | 31 | M | | 0:10:54 | 0:22:19 | 0:33:49 | 0:44:57 | 0:56:18 | 1:12:14 | 1:24:19 | 1:41:00 | 2:01:47 | 2:14:41 | 2:31:33 | 2:48:56 | 3:05:51 | | | | | | | | | **13** | 22750 |
| 54 | Daria | **Torz** | 118 | K | Tenpo Pryma Sort | 0:13:08 | 0:26:32 | 0:40:41 | 0:54:41 | 1:08:37 | 1:22:59 | 1:39:45 | 1:54:27 | 2:09:30 | 2:25:04 | 2:41:51 | 2:57:56 | 3:11:54 | | | | | | | | | **13** | 22750 |
| 55 | Marcin | **Pawelczyk** | 202 | M | | 0:09:03 | 0:18:53 | 0:28:28 | 0:37:59 | 0:47:38 | 0:57:44 | 1:07:22 | 1:16:57 | 1:26:14 | 1:35:56 | 1:45:23 | 1:54:46 | | | | | | | | | | **12** | 21000 |

| | | | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 56 | Konrad | **Sokołowski** | 184 | M | | 0:10:09 | 0:19:50 | 0:29:55 | 0:39:58 | 0:50:04 | 1:00:01 | 1:09:48 | 1:19:35 | 1:29:28 | 1:39:25 | 1:49:21 | 2:00:12 | | **12** | 21000 |
| 57 | Gosia | **Gradkowska** | 3 | K | Biegamy w Podkowie | 0:10:03 | 0:20:12 | 0:30:20 | 0:40:25 | 0:50:38 | 1:00:51 | 1:10:42 | 1:20:46 | 1:30:41 | 1:40:37 | 1:50:28 | 2:00:29 | | **12** | 21000 |
| 58 | RAFAŁ | **GRABKOWSKI** | 13 | M | Dogoń Grodzisk Mazowiecki | 0:09:49 | 0:19:58 | 0:30:13 | 0:40:23 | 0:50:35 | 1:00:48 | 1:16:35 | 1:26:33 | 1:36:31 | 1:46:24 | 1:56:06 | 2:05:49 | | **12** | 21000 |
| 59 | Agnieszka | **Kowalska** | 2 | K | Dogoń Grodzisk Mazowiecki | 0:11:04 | 0:22:25 | 0:32:57 | 0:43:48 | 0:54:53 | 1:05:11 | 1:15:25 | 1:25:44 | 1:36:27 | 1:46:52 | 1:58:59 | 2:11:06 | | **12** | 21000 |
| 60 | Tomasz Góral | **Jakubiec** | 113 | M | Dogoń Grodzisk Mazowiecki | 0:09:18 | 0:19:06 | 0:29:04 | 0:39:04 | 0:49:21 | 0:59:56 | 1:11:14 | 1:23:01 | 1:34:32 | 1:46:37 | 1:59:39 | 2:12:41 | | **12** | 21000 |
| 61 | Piotr | **Malaszczuk** | 61 | M | | 0:12:15 | 0:23:46 | 0:34:47 | 0:45:36 | 0:56:38 | 1:07:21 | 1:18:00 | 1:28:40 | 1:39:14 | 1:50:10 | 2:04:30 | 2:15:05 | | **12** | 21000 |
| 62 | Ilona | **Brzezińska** | 72 | K | Krejzi TIM Błonie | 0:11:41 | 0:23:12 | 0:34:32 | 0:45:56 | 0:57:25 | 1:10:31 | 1:24:03 | 1:35:59 | 1:48:21 | 2:04:37 | 2:19:28 | 2:33:18 | | **12** | 21000 |
| 63 | Dorota | **Wółkiewicz** | 233 | K | Wolny numer | 0:12:49 | 0:25:48 | 0:38:40 | 0:51:29 | 1:03:40 | 1:15:17 | 1:26:57 | 1:39:02 | 1:51:00 | 2:03:00 | 2:16:42 | 2:38:31 | | **12** | 21000 |
| 64 | Agata | **Młocka** | 76 | K | | 0:12:20 | 0:25:06 | 0:38:07 | 0:51:08 | 1:04:40 | 1:18:01 | 1:31:23 | 1:44:34 | 1:58:10 | 2:11:24 | 2:24:45 | 2:38:33 | | **12** | 21000 |
| 65 | Jerzy | **Taber** | 123 | M | Active Prosperia/Sto-nogi Milanówek | 0:08:58 | 0:18:58 | 0:29:29 | 0:39:26 | 1:11:52 | 1:25:28 | 1:43:32 | 1:54:38 | 2:17:19 | 2:28:13 | 2:39:04 | 2:53:34 | | **12** | 21000 |
| 66 | Magdalena | **Sowińska** | 132 | K | DOGOŃ Grodzisk Mazowiecki | 0:00:00 | 0:37:31 | 0:51:00 | 1:06:06 | 1:20:34 | 1:35:16 | 1:50:16 | 2:09:08 | 2:25:36 | 2:42:03 | 2:58:29 | 3:12:34 | | **12** | 21000 |
| 67 | Robert | **Szewczyk** | 34 | M | | 0:10:03 | 0:20:43 | 0:30:52 | 0:41:06 | 0:51:16 | 1:05:30 | 1:15:19 | 1:25:32 | 1:36:08 | 1:46:56 | 2:01:18 | | | **11** | 19250 |
| 68 | Sławomir | **Jurczuk** | 6 | M | WATAHA | 0:09:25 | 0:19:53 | 0:30:48 | 0:42:00 | 0:53:26 | 1:05:00 | 1:16:58 | 1:29:10 | 1:42:00 | 1:55:06 | 2:08:14 | | | **11** | 19250 |
| 69 | Marcin | **Chyłkowski** | 204 | M | Cytrynowi biegacze | 0:10:27 | 0:21:05 | 0:31:46 | 0:42:14 | 1:01:20 | 1:12:15 | 1:23:44 | 1:39:04 | 1:50:28 | 2:04:31 | 2:17:06 | | | **11** | 19250 |
| 70 | MARCIN | **PACHOLSKI** | 21 | M | KREJZI TIM BŁONIE | 0:11:39 | 0:22:29 | 0:33:25 | 0:45:00 | 0:56:09 | 1:11:12 | 1:24:43 | 1:42:23 | 1:53:20 | 2:08:33 | 2:19:56 | | | **11** | 19250 |
| 71 | Maciej | **Ptasznik** | 81 | M | DOGOŃ GRODZISK MAZOWIECKI | 0:10:39 | 0:20:55 | 0:36:00 | 0:46:02 | 0:56:03 | 1:06:35 | 1:17:47 | 1:30:32 | 2:08:38 | 2:21:38 | 2:35:48 | | | **11** | 19250 |
| 72 | Marcin | **Budzewski** | 109 | M | | 0:12:43 | 0:25:09 | 0:39:39 | 0:52:02 | 1:06:38 | 1:25:08 | 1:40:29 | 1:56:08 | 2:11:44 | 2:27:46 | 2:44:30 | | | **11** | 19250 |
| 73 | Marcin | **Płuciennik** | 37 | M | Rozbiegany Piastó | 0:13:56 | 0:27:48 | 0:43:57 | 0:58:10 | 1:11:34 | 1:33:11 | 1:50:33 | 2:15:08 | 2:31:18 | 2:45:55 | 2:59:19 | | | **11** | 19250 |
| 74 | Iwona | **Chlebowska** | 158 | K | | 0:15:03 | 0:30:33 | 0:45:54 | 1:01:27 | 1:16:04 | 1:30:29 | 1:45:17 | 2:07:30 | 2:22:06 | 2:38:15 | 2:59:53 | | | **11** | 19250 |
| 75 | Elżbieta | **Gnatowska** | 175 | K | Wolni Biegacze - Slow Jogging Grodzisk Maz. | 0:15:04 | 0:30:33 | 0:45:54 | 1:01:27 | 1:25:43 | 1:41:01 | 1:56:21 | 2:11:59 | 2:27:28 | 2:43:38 | 3:00:20 | | | **11** | 19250 |
| 76 | Marcin | **Kuldanek** | 51 | M | DOGOŃ Grodzisk Mazowiecki | 0:11:03 | 0:23:08 | 0:35:20 | 0:47:41 | 0:59:40 | 1:25:06 | 1:37:18 | 2:11:03 | 2:23:53 | 2:48:43 | 3:02:09 | | | **11** | 19250 |
| 77 | Monika | **Gładkowska** | 108 | K | | 0:12:43 | 0:25:07 | 0:37:48 | 0:47:49 | 0:58:00 | 1:08:05 | 1:18:06 | 1:28:20 | 1:39:12 | 1:49:39 | | | | **10** | 17500 |
| 78 | Artur | **Tomaszek** | 234 | M | Wolny numer | 0:12:21 | 0:23:33 | 0:34:29 | 0:45:06 | 0:55:49 | 1:06:33 | 1:17:31 | 1:33:27 | 1:44:44 | 1:56:04 | | | | **10** | 17500 |
| 79 | RADOSŁAW | **Garbaczewski** | 171 | M | | 0:14:08 | 0:25:33 | 0:37:27 | 0:48:29 | 0:59:43 | 1:11:30 | 1:23:06 | 1:34:20 | 1:46:26 | 1:57:33 | | | | **10** | 17500 |
| 80 | Małgorzata | **Gasik-Powałka** | 26 | K | | 0:10:59 | 0:22:20 | 0:33:59 | 0:45:41 | 0:57:37 | 1:09:25 | 1:22:04 | 1:34:19 | 1:47:52 | 2:00:33 | | | | **10** | 17500 |
| 81 | Marcin | **Popiołek** | 79 | M | Turbo Pruszkó/STO-nogi Milanówek | 0:12:50 | 0:25:06 | 0:36:49 | 0:51:13 | 1:02:29 | 1:18:10 | 1:30:00 | 1:46:46 | 1:59:41 | 2:11:57 | | | | **10** | 17500 |
| 82 | Anita | **Pawelczyk** | 195 | K | Spartanie Dzieciom | 0:13:11 | 0:25:29 | 0:37:45 | 0:52:08 | 1:06:16 | 1:19:44 | 1:33:15 | 1:47:07 | 2:03:30 | 2:18:17 | | | | **10** | 17500 |
| 83 | Jakub | **Radomski** | 185 | M | Przegląd Sportowy | 0:11:49 | 0:23:35 | 0:35:10 | 0:47:00 | 0:58:30 | 1:09:57 | 1:32:30 | 1:44:35 | 1:56:20 | 2:20:27 | | | | **10** | 17500 |
| 84 | Cezary | **Siódmiak** | 192 | M | Spartanie Dzieciom | 0:13:12 | 0:25:23 | 0:37:44 | 0:52:55 | 1:06:18 | 1:19:46 | 1:33:15 | 1:47:08 | 2:06:22 | 2:21:17 | | | | **10** | 17500 |
| 85 | Małgorzata | **Paliwoda** | 64 | K | | 0:12:19 | 0:25:05 | 0:38:06 | 0:51:07 | 1:04:39 | 1:18:00 | 1:31:22 | 1:45:22 | 2:04:58 | 2:26:43 | | | | **10** | 17500 |
| 86 | Adam | **Godlewski** | 190 | M | Gang Anielic | 0:00:00 | 0:53:24 | 1:04:22 | 1:17:45 | 1:29:15 | 1:40:36 | 1:52:16 | 2:04:15 | 2:16:57 | 2:34:16 | | | | **10** | 17500 |
| 87 | Renata | **Kim** | 126 | K | Team Zabiegane Dni | 0:12:49 | 0:25:49 | 0:38:42 | 0:54:06 | 1:07:30 | 1:21:20 | 1:43:24 | 2:02:30 | 2:17:28 | 2:38:31 | | | | **10** | 17500 |
| 88 | Magdalena | **Kownacka** | 174 | K | Gang Anielic | 0:00:00 | 0:54:39 | 1:09:42 | 1:22:21 | 1:37:56 | 1:51:33 | 2:05:18 | 2:19:24 | 2:34:15 | 2:47:51 | | | | **10** | 17500 |
| 89 | Anna | **Sybilska** | 180 | K | Fikołki grupa ?mierci | 0:00:00 | 0:56:18 | 1:09:22 | 1:23:00 | 1:36:31 | 1:50:41 | 2:04:16 | 2:17:27 | 2:39:04 | 2:50:37 | | | | **10** | 17500 |
| 90 | Alicja | **Plachówna** | 59 | K | | 0:00:00 | 0:57:10 | 1:09:29 | 1:22:14 | 1:35:55 | 2:06:48 | 2:20:35 | 2:34:34 | 2:47:53 | 3:00:36 | | | | **10** | 17500 |
| 91 | Jacek | **Gajewski** | 95 | M | Dogoń Grodzisk Mazowiecki | 0:10:57 | 0:29:44 | 0:39:57 | 0:54:32 | 1:05:01 | 1:15:24 | 1:46:00 | 2:25:59 | 2:36:25 | 3:02:01 | | | | **10** | 17500 |
| 92 | Maciej | **Konarski** | 116 | M | Dogoń Grodzisk Mazowiecki | 0:09:04 | 0:18:23 | 0:27:37 | 0:36:54 | 0:46:24 | 0:55:59 | 1:05:34 | 1:15:18 | 1:25:13 | | | | | **9** | 15750 |
| 93 | Przemysław | **Sudomir** | 196 | M | | 0:11:19 | 0:21:33 | 0:31:14 | 0:41:04 | 0:50:49 | 1:01:00 | 1:11:19 | 1:23:04 | 1:34:45 | | | | | **9** | 15750 |
| 94 | MARCIN | **Połeć** | 134 | M | | 0:22:16 | 0:32:48 | 0:43:20 | 0:53:21 | 1:03:36 | 1:15:08 | 1:25:36 | 1:35:45 | 1:45:55 | | | | | **9** | 15750 |
| 95 | Andrzej | **Suwald** | 142 | M | JacekBiega Running Team | 0:11:58 | 0:24:10 | 0:36:46 | 0:49:10 | 1:01:20 | 1:14:24 | 1:27:02 | 1:39:36 | 1:52:14 | | | | | **9** | 15750 |
| 96 | Sergii | **Makarenkov** | 117 | M | DOGOŃ Grodzisk Mazowiecki | 0:10:04 | 0:22:13 | 0:38:42 | 0:50:16 | 1:10:34 | 1:21:38 | 1:43:26 | 1:55:27 | 2:14:39 | | | | | **9** | 15750 |
| 97 | Rafał | **Umiastowski** | 99 | M | Dogoń Grodzisk | 0:10:37 | 0:22:14 | 0:38:35 | 0:50:18 | 1:10:35 | 1:21:39 | 1:43:26 | 1:55:27 | 2:14:39 | | | | | **9** | 15750 |
| 98 | Paweł | **Kulak** | 224 | M | STO-nogi Milanówek | 0:12:50 | 0:25:33 | 0:40:02 | 0:54:01 | 1:12:32 | 1:25:17 | 1:46:45 | 2:04:04 | 2:21:47 | | | | | **9** | 15750 |
| 99 | Magdalena | **Klamborowska** | 40 | K | | 0:25:32 | 0:38:45 | 0:51:39 | 1:09:00 | 1:23:42 | 1:38:54 | 1:52:18 | 2:12:07 | 2:25:55 | | | | | **9** | 15750 |
| 100 | Artur | **Klamborowski** | 9 | M | | 0:25:33 | 0:38:45 | 0:51:39 | 1:09:03 | 1:23:42 | 1:38:54 | 1:52:19 | 2:12:07 | 2:25:55 | | | | | **9** | 15750 |
| 101 | Jakub | **Rzewuski** | 151 | M | Sto-nogi Milanówek | 1:12:54 | 1:23:06 | 1:41:23 | 1:58:57 | 2:17:18 | 2:28:13 | 2:39:02 | 2:49:52 | | | | | | **8** | 14000 |
| 102 | Mariusz | **Pilis** | 170 | M | | 0:42:40 | 1:01:09 | 1:18:28 | 1:36:05 | 2:03:43 | 2:27:48 | 2:47:34 | 3:05:43 | | | | | | **8** | 14000 |
| 103 | Katarzyna | **Siewruk** | 161 | K | Warsaw Run Club | 0:09:35 | 0:19:41 | 0:29:53 | 0:40:10 | 0:50:34 | 1:00:49 | 1:11:28 | 1:22:23 | | | | | | **8** | 14000 |
| 104 | Marcin | **Ciesielski** | 152 | M | Warsaw Run Club | 0:09:35 | 0:19:41 | 0:29:53 | 0:40:10 | 0:50:35 | 1:00:39 | 1:08:57 | 1:22:23 | | | | | | **8** | 14000 |
| 105 | Paweł | **RAKOCZY** | 73 | M | | 0:09:44 | 0:19:17 | 0:29:05 | 0:39:05 | 0:49:26 | 0:59:43 | 1:10:41 | 1:23:23 | | | | | | **8** | 14000 |
| 106 | Marcin | **Wigier** | 111 | M | | 0:10:28 | 0:21:02 | 0:31:45 | 0:42:31 | 0:53:26 | 1:04:28 | 1:15:59 | 1:27:48 | | | | | | **8** | 14000 |
| 107 | Stanisław | **Król** | 89 | M | | 0:09:25 | 0:19:01 | 0:28:49 | 0:40:28 | 0:50:41 | 1:01:04 | 1:16:33 | 1:30:19 | | | | | | **8** | 14000 |
| 108 | Rafal | **Parol** | 35 | M | Dogoń Grodzisk Mazowiecki | 0:09:57 | 0:19:59 | 0:30:18 | 0:41:29 | 0:53:33 | 1:04:24 | 1:19:27 | 1:32:34 | | | | | | **8** | 14000 |
| 109 | Paweł | **Włoczewski** | 50 | M | Podkowiańkie LO nr 60 | 0:11:43 | 0:22:57 | 0:34:24 | 0:45:37 | 0:56:47 | 1:08:10 | 1:23:01 | 1:36:32 | | | | | | **8** | 14000 |
| 110 | Dominika | **Chyłkowska** | 27 | K | Cytrynowi Biegacze/Dwóka Biega | 0:12:21 | 0:23:55 | 0:35:45 | 0:48:48 | 1:02:04 | 1:15:08 | 1:35:36 | 1:53:12 | | | | | | **8** | 14000 |
| 111 | Bartosz | **Łukijaniuk** | 77 | M | | 0:17:08 | 0:27:54 | 0:48:50 | 0:59:49 | 1:10:15 | 1:42:20 | 1:52:38 | 2:09:50 | | | | | | **8** | 14000 |
| 112 | Agata | **Weber** | 183 | K | JacekBiega Running Team | 0:00:00 | 0:49:25 | 1:02:16 | 1:15:15 | 1:28:23 | 1:41:16 | 2:00:59 | 2:14:59 | | | | | | **8** | 14000 |
| 113 | Janusz | **Wiśniewski** | 96 | M | WPRunning/parkrun Pruszkó 70+ | 0:00:00 | 0:47:54 | 1:01:33 | 1:15:37 | 1:30:16 | 1:45:31 | 2:00:49 | 2:16:26 | | | | | | **8** | 14000 |
| 114 | Rafał | **Wojtasiński** | 67 | M | | 0:11:53 | 0:25:04 | 0:38:24 | 0:52:05 | 1:22:58 | 1:36:28 | 2:03:20 | 2:17:16 | | | | | | **8** | 14000 |
| 115 | Monika | **Szustek-Choroś** | 186 | K | Slow Jogging Grodzisk Mazowiecki | 0:11:53 | 0:25:03 | 0:38:23 | 0:52:00 | 1:22:58 | 1:36:27 | 2:03:19 | 2:17:16 | | | | | | **8** | 14000 |
| 116 | Sebastian | **Litewnicki** | 203 | M | | 0:00:00 | 1:12:19 | 1:24:24 | 1:36:30 | 1:48:40 | 2:01:20 | 2:14:19 | 2:27:56 | | | | | | **8** | 14000 |
| 117 | Gabriela | **Zaleśkiewicz-Pietrzak** | 119 | K | | 0:13:50 | 0:27:30 | 0:47:18 | 1:12:53 | 1:27:26 | 1:55:46 | 2:11:04 | 2:47:22 | | | | | | **8** | 14000 |
| 118 | Piotr | **Ostrowski** | 140 | M | Krejzi Tim Błonie | 0:13:43 | 0:30:10 | 0:46:15 | 1:30:44 | 1:49:07 | 2:23:18 | 2:46:16 | 3:04:14 | | | | | | **8** | 14000 |
| 119 | Magdalena | **Karczewska** | 53 | K | Dogoń Grodzisk Mazowiecki | 0:20:29 | 0:42:38 | 1:01:08 | 1:18:26 | 1:36:05 | 2:03:42 | 2:47:29 | 3:05:43 | | | | | | **8** | 14000 |

| | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 120 | Michał | **Kumela** | 24 | M | Biegamy w Podkowie | 0:10:18 | 0:20:42 | 0:31:24 | 0:41:57 | 0:53:03 | 1:03:55 | 1:15:05 | | **7** | 12250 |
| 121 | Zuzanna | **Górska** | 162 | K | STO-nogi Milanówek | 0:14:25 | 0:27:43 | 0:41:17 | 0:54:47 | 1:08:46 | 1:22:11 | 1:35:17 | | **7** | 12250 |
| 122 | Katarzyna Zofia | **Puchalska** | 143 | K | | 0:14:24 | 0:27:42 | 0:41:17 | 0:54:46 | 1:08:46 | 1:22:12 | 1:35:19 | | **7** | 12250 |
| 123 | Daniel | **Kucewicz** | 163 | M | STO-nogi Milanówek | 0:14:26 | 0:27:44 | 0:42:15 | 0:55:50 | 1:08:54 | 1:22:09 | 1:37:57 | | **7** | 12250 |
| 124 | Katarzyna | **Szatkowska** | 173 | K | DOGOŃ Grodzisk Mazowiecki | 0:22:16 | 0:34:28 | 0:47:17 | 1:00:09 | 1:22:01 | 1:35:54 | 1:59:39 | | **7** | 12250 |
| 125 | Piotr | **Kozieł** | 33 | M | DOGOŃ Grodzisk Mazowiecki | 0:32:04 | 0:43:23 | 0:55:01 | 1:06:44 | 1:18:14 | 1:28:34 | | | **6** | 10500 |
| 126 | Aleksander | **Grzywacz** | 137 | M | | 0:33:59 | 0:47:30 | 1:01:41 | 1:16:10 | 1:31:32 | 1:46:26 | | | **6** | 10500 |
| 127 | Radosław | **Grzywacz** | 47 | M | | 0:33:57 | 0:47:30 | 1:01:40 | 1:16:09 | 1:31:32 | 1:46:27 | | | **6** | 10500 |
| 128 | Piotr | **Kwella** | 131 | M | | 0:47:16 | 0:58:45 | 1:10:16 | 1:27:36 | 1:39:03 | 1:50:19 | | | **6** | 10500 |
| 129 | Jarek | **Filonik** | 154 | M | Fikołki - Grupa Śmierci | 0:56:17 | 1:09:34 | 1:23:05 | 1:36:36 | 1:51:25 | 2:04:24 | | | **6** | 10500 |
| 130 | Iwona | **Meleszak** | 236 | K | Wolny numer | 0:56:25 | 1:10:19 | 1:23:13 | 1:36:34 | 1:51:28 | 2:04:53 | | | **6** | 10500 |
| 131 | Karolina | **Szcześniak** | 169 | K | Fikołki - Grupa Śmierci | 0:56:22 | 1:09:47 | 1:23:04 | 1:36:32 | 1:51:13 | 2:05:02 | | | **6** | 10500 |
| 132 | Ula | **Prus** | 157 | K | | 0:56:24 | 1:09:48 | 1:23:00 | 1:38:35 | 1:51:03 | 2:05:24 | | | **6** | 10500 |
| 133 | Renata | **Filonik** | 153 | K | Fikołki - Grupa Śmierci | 0:56:26 | 1:09:50 | 1:23:10 | 1:38:35 | 1:51:24 | 2:05:25 | | | **6** | 10500 |
| 134 | Iwona | **Kochman** | 179 | K | Vege Runners | 0:50:40 | 1:05:46 | 1:21:47 | 1:36:34 | 1:51:20 | 2:06:50 | | | **6** | 10500 |
| 135 | Marcin | **Szajda** | 11 | M | | 0:11:16 | 0:22:31 | 0:32:58 | 0:43:29 | 0:53:38 | 1:03:53 | | | **6** | 10500 |
| 136 | Arkadiusz | **Szydlik** | 28 | M | DOGOŃ Grodzisk Mazowiecki | 0:09:39 | 0:19:50 | 0:29:09 | 0:38:39 | 0:48:02 | 1:04:00 | | | **6** | 10500 |
| 137 | Mateusz | **Piaścik** | 88 | M | | 0:10:26 | 0:21:18 | 0:32:39 | 0:44:35 | 0:56:46 | 1:09:29 | | | **6** | 10500 |
| 138 | Zofia | **Szajda** | 12 | K | | 0:11:18 | 0:22:47 | 0:34:31 | 0:46:41 | 0:58:45 | 1:11:05 | | | **6** | 10500 |
| 139 | Hubert | **Gradus** | 187 | M | Dwóka Biega | 0:12:21 | 0:23:32 | 0:34:28 | 0:45:06 | 0:55:49 | 1:12:15 | | | **6** | 10500 |
| 140 | Dorota | **Rakoczy** | 75 | K | | 0:11:50 | 0:23:28 | 0:35:10 | 0:47:14 | 0:59:31 | 1:12:18 | | | **6** | 10500 |
| 141 | Monika | **Kurmanowska** | 68 | K | | 0:11:51 | 0:24:57 | 0:38:33 | 0:52:39 | 1:04:26 | 1:16:59 | | | **6** | 10500 |
| 142 | ANNA | **STANKIEWICZ** | 38 | K | DOGOŃ Grodzisk Mazowiecki | 0:21:30 | 0:32:04 | 0:43:25 | 0:55:01 | 1:06:44 | 1:18:15 | | | **6** | 10500 |
| 143 | Hubert | **Obłškowski** | 198 | M | | 0:13:56 | 0:26:32 | 0:38:46 | 0:51:24 | 1:04:40 | 1:18:35 | | | **6** | 10500 |
| 144 | Marcin | **Trzciński** | 15 | M | Dwóka Biega | 0:12:40 | 0:24:23 | 0:36:06 | 0:48:47 | 1:05:38 | 1:19:48 | | | **6** | 10500 |
| 145 | Magdalena | **Mielniczek** | 150 | K | | 0:13:09 | 0:26:32 | 0:39:59 | 0:53:36 | 1:07:31 | 1:21:48 | | | **6** | 10500 |
| 146 | Olga | **Petryńska** | 7 | K | Biegamy w Podkowie | 0:26:18 | 0:37:18 | 0:48:14 | 0:59:15 | 1:10:26 | 1:21:48 | | | **6** | 10500 |
| 147 | Katarzyna | **Romanowicz** | 4 | K | | 0:26:18 | 0:37:18 | 0:48:15 | 0:59:14 | 1:10:26 | 1:21:59 | | | **6** | 10500 |
| 148 | Rafał | **Wawrowski** | 194 | M | | 0:10:26 | 0:22:15 | 0:38:25 | 0:53:17 | 1:08:00 | 1:22:22 | | | **6** | 10500 |
| 149 | Monika | **Burska** | 16 | K | DOGOŃ Grodzisk Mazowiecki | 0:17:55 | 0:29:41 | 0:41:20 | 0:58:35 | 1:10:34 | 1:22:24 | | | **6** | 10500 |
| 150 | Maja | **Kwapińska** | 120 | K | Dogoń Grodzisk Maz | 0:22:15 | 0:34:29 | 0:47:17 | 1:00:06 | 1:12:05 | 1:24:13 | | | **6** | 10500 |
| 151 | Tomasz | **Patynowski** | 191 | M | DOGOŃ Grodzisk Mazowiecki | 0:22:17 | 0:35:47 | 0:47:49 | 1:02:17 | 1:17:43 | 1:32:06 | | | **6** | 10500 |
| 152 | Bartosz | **Cybichowski** | 82 | M | Klub Biegacza PLL LOT | 0:16:47 | 0:28:46 | 0:40:34 | 0:52:18 | 1:31:41 | 1:43:43 | | | **6** | 10500 |
| 153 | Damian | **Grochowski** | 230 | M | Sportdemia | 0:16:46 | 0:28:48 | 0:40:34 | 0:52:19 | 1:31:41 | 1:43:44 | | | **6** | 10500 |
| 154 | Maja | **Zatorska** | 167 | K | Krejzi Tim Błonie | 0:13:59 | 0:33:34 | 0:53:04 | 1:30:55 | 1:48:43 | 2:06:49 | | | **6** | 10500 |
| 155 | Agata | **Bykowska** | 181 | K | Fikołki grupa śmierci | 0:56:17 | 1:09:19 | 1:22:59 | 1:50:34 | 2:04:09 | | | | **5** | 8750 |
| 156 | Leon | **Filonik** | 155 | M | Fikołki - Grupa śmierci | 0:56:19 | 1:09:35 | 1:23:06 | 1:51:26 | 2:04:24 | | | | **5** | 8750 |
| 157 | Andrzej | **Kmieć** | 165 | M | TURBO PRUSZKÓW | 0:22:26 | 0:32:56 | 0:43:46 | 0:54:17 | 1:05:07 | | | | **5** | 8750 |
| 158 | Marcin | **Macek** | 146 | M | DOGOŃ Grodzisk Mazowiecki | 0:09:47 | 0:20:07 | 0:32:05 | 0:43:24 | 0:55:01 | | | | **5** | 8750 |
| 159 | Lila | **Drężek-Siwińska** | 147 | K | DOGOŃ Grodzisk Mazowiecki | 0:14:07 | 0:28:06 | 0:42:38 | 0:58:40 | 1:17:52 | | | | **5** | 8750 |
| 160 | Anna | **Chwałek** | 176 | K | | 2:04:58 | 2:16:52 | 2:28:31 | 2:40:13 | | | | | **4** | 7000 |
| 161 | Michał | **Kurmanowski** | 69 | M | | 0:11:52 | 0:25:03 | 0:38:38 | 0:52:39 | | | | | **4** | 7000 |
| 162 | Grzegorz | **Adamczak** | 164 | M | | 0:15:40 | 0:30:07 | 0:44:52 | 1:00:16 | | | | | **4** | 7000 |
| 163 | Joanna | **Ciałkowska** | 149 | K | | 0:14:38 | 0:29:34 | 0:43:17 | 1:05:48 | | | | | **4** | 7000 |
| 164 | DAMIAN | **STELMACH** | 43 | M | DGM/GŦRAL Z MAZUR RUNNING TEAM | 0:14:17 | 0:34:21 | 1:08:05 | 1:27:31 | | | | | **4** | 7000 |
| 165 | Jowita | **Zych** | 107 | K | | 0:31:05 | 0:54:33 | 1:17:37 | | | | | | **3** | 5250 |
| 166 | Robert | **Zych** | 106 | M | | 0:31:44 | 0:55:00 | 1:17:39 | | | | | | **3** | 5250 |
| 167 | Joanna | **Szydlik** | 25 | K | Dogoń Grodzisk Mazowiecki | 0:42:27 | 1:16:12 | 1:31:07 | | | | | | **3** | 5250 |
| 168 | Dawid | **Stephens** | 207 | M | | 1:42:20 | 1:52:37 | 2:09:49 | | | | | | **3** | 5250 |
| 169 | Ania | **Kuldanek** | 10 | K | DOGOŃ Grodzisk Mazowiecki | 0:34:58 | 2:13:10 | 2:47:35 | | | | | | **3** | 5250 |
| 170 | Marek | **Majewski** | 85 | M | Wilan-Zawady | 0:10:46 | 0:22:40 | 0:34:51 | | | | | | **3** | 5250 |
| 171 | Agata | **Jęda** | 189 | K | | 0:12:16 | 0:25:32 | 0:39:15 | | | | | | **3** | 5250 |
| 172 | Marek | **Bladowski** | 93 | M | | 0:13:54 | 0:26:47 | 0:40:07 | | | | | | **3** | 5250 |
| 173 | Kasia | **Włodarczyk** | 197 | K | | 0:13:08 | 0:26:33 | 0:40:11 | | | | | | **3** | 5250 |
| 174 | Wojciech | **Jarzyński** | 182 | M | Glks Nadarzyn | 0:13:09 | 0:26:33 | 0:40:11 | | | | | | **3** | 5250 |
| 175 | Weronika | **Cybulska** | 188 | K | | 0:14:28 | 0:33:57 | 0:46:43 | | | | | | **3** | 5250 |
| 176 | Anna | **Zbyszyńska-Pietrzak** | 139 | K | | 0:14:55 | 0:38:42 | 0:51:40 | | | | | | **3** | 5250 |
| 177 | Robert | **Waliś** | 112 | M | | 0:13:40 | 0:27:25 | 0:57:53 | | | | | | **3** | 5250 |
| 178 | Kamil | **Zagrajek** | 20 | M | | 0:56:30 | 1:18:00 | | | | | | | **2** | 3500 |
| 179 | Helena | **Podarewska-Kachlicka** | 148 | K | Biegowe Nygusy | 1:33:51 | 1:57:10 | | | | | | | **2** | 3500 |
| 180 | Monika | **Stephens** | 199 | K | | 2:06:08 | 2:58:23 | | | | | | | **2** | 3500 |
| 181 | Edyta | **Wasilewska** | 212 | K | | 2:06:12 | 2:58:25 | | | | | | | **2** | 3500 |
| 182 | Tomasz | **Łyszkowski** | 94 | M | | 0:13:51 | 0:26:34 | | | | | | | **2** | 3500 |
| 183 | Tomasz | **Olejnik** | 92 | M | | 0:13:59 | 0:27:45 | | | | | | | **2** | 3500 |

| | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|
| 184 | Michał | **Chyłkowski** | 42 | M | Cytrynowi Biegacze/Dwóka Biega | 0:12:40 | 0:30:36 | | **2** | 3500 |
| 185 | Krzysztof | **Stencel** | 18 | M | | 0:27:46 | 0:56:25 | | **2** | 3500 |
| 186 | Ignacy | **Stencel** | 54 | M | | 0:27:43 | 0:56:27 | | **2** | 3500 |
| 187 | SEBASTIAN | **MRÓZ** | 156 | M | | 0:38:37 | | | **1** | 1750 |
| 188 | Justyna | **Kobylińska** | 237 | M | Wolny numer | 1:18:16 | | | **1** | 1750 |
| 189 | Damian | **Stelmach** | 238 | M | Wolny numer | 2:13:09 | | | **1** | 1750 |
| 190 | Paulina | **Stelmach** | 87 | K | | 2:13:12 | | | **1** | 1750 |
| 191 | Sylwia | **Kondratowska** | 239 | M | Wolny numer | 2:27:05 | | | **1** | 1750 |
| 192 | Katarzyna | **Kołodziej** | 102 | K | | 0:14:53 | | | **1** | 1750 |
| 193 | Julka | **Burska** | 17 | K | - | 0:17:53 | | | **1** | 1750 |

Sędzia główny zawodów - Leszek Janasik

Biuro zawodów - Hanna Janasik i Mariola Borowska