



| Mce | Nr | Nazwisko Imię | Miejscowość | Klub | P1 | P2 | Czas netto | Czas brutto | K | M | Kara czasowa |
|-----|------|--------------------------------|----------------------|--|----------|----------|------------|-----------------|----|----------|--------------|
| 1 | 1368 | TYSZKA tomasz | Białystok | 18 PUŁK ROZPOZNAWCZY | 00:11:21 | 00:56:47 | 01:08:12 | 01:08:13 | 1 | | |
| 2 | 1045 | OLSZYŃSKI Marek | Białystok | MKS JUVENIA BIAŁYSTOK | 00:10:52 | 00:56:54 | 01:08:50 | 01:08:50 | 2 | | |
| 3 | 1394 | SIELEZŃIEW Marcin | Straszewo | Uniwersytet w Białymstoku | 00:11:07 | 00:58:20 | 01:10:50 | 01:10:51 | 3 | | |
| 4 | 1342 | ZAJĄC Stefan | Warszawa | | 00:11:10 | 01:00:17 | 01:13:43 | 01:13:44 | 4 | | |
| 5 | 1340 | RYBNIK Karol | Nowe Aleksandrowo | | 00:11:52 | 01:02:13 | 01:15:19 | 01:17:19 | 5 | | |
| 6 | 1292 | SZNEJDER Mateusz | Białystok | | 00:12:27 | 01:02:41 | 01:15:26 | 01:15:28 | 6 | | |
| 7 | 1314 | PÓLTORAK Krzysztof | Białystok | POSG | 00:13:02 | 01:03:11 | 01:16:02 | 01:16:03 | 7 | | |
| 8 | 1164 | ALTEWĘGIER Jarosław | Wrocław | | 00:12:52 | 01:03:21 | 01:16:38 | 01:16:41 | 8 | | |
| 9 | 1077 | BERENT Karol | Białystok | 3T Białystok/Dawaj Kalach Team | 00:13:06 | 01:04:09 | 01:16:55 | 01:16:57 | 9 | | |
| 10 | 1004 | BOGUSZ TOMASZ | Brańsk | | 00:11:30 | 01:04:57 | 01:17:01 | 01:17:02 | 10 | | |
| 11 | 1418 | Aksionor viacheslav | minsk | run4fun.by | 00:13:33 | 01:04:57 | 01:17:48 | 01:27:50 | 11 | | |
| 12 | 1054 | BAZYLUK Lukasz | Białystok | | 00:13:25 | 01:05:00 | 01:17:59 | 01:20:00 | 12 | | |
| 13 | 1322 | WYSOCKI Tomasz | Białystok | Nadaktywni | 00:12:55 | 01:05:08 | 01:18:10 | 01:18:12 | 13 | | |
| 14 | 1195 | NOWICKI Mateusz | Lublin | Triathlon Lublin Team | 00:12:39 | 01:05:35 | 01:18:29 | 01:18:29 | 14 | | |
| 15 | 1011 | SALCZAK-BEREDA Grzegorz | Stare Budy | | 00:13:11 | 01:05:28 | 01:19:12 | 01:21:15 | 15 | | |
| 16 | 1194 | TOKAREK Przemysław | Gubin | BiegamBoLubię Gubin | 00:10:15 | 00:53:21 | 01:19:30 | 01:19:30 | 16 | 00:15:00 | |
| 17 | 1118 | SAJ Marek | Suchy Las | | 00:13:12 | 01:06:47 | 01:20:12 | 01:22:15 | 17 | | |
| 18 | 1211 | KROPIWŃICKI Marcin | Białystok | | 00:12:34 | 01:07:01 | 01:20:16 | 01:22:16 | 18 | | |
| 19 | 1405 | SŁOWIKOWSKI PIOTR | JUROWCE | | 00:13:22 | 01:06:40 | 01:20:32 | 01:24:32 | 19 | | |
| 20 | 1088 | JAKIMIEC Tomasz | Białystok | | 00:13:41 | 01:08:52 | 01:22:39 | 01:22:39 | 20 | | |
| 21 | 1347 | NIEDBAŁ Kamil | Warszawa | Koniu Squad | 00:13:33 | 01:09:00 | 01:22:44 | 01:24:46 | 21 | | |
| 22 | 1067 | WOŁOSIK Dominik | Białystok | Dziki | 00:14:38 | 01:09:08 | 01:22:54 | 01:32:57 | 22 | | |
| 23 | 1376 | KOWALIK Jacek | Juchnowiec Kościelny | | 00:13:53 | 01:08:51 | 01:22:56 | 01:29:02 | 23 | | |
| 24 | 1129 | VOITSIK Mikhail | Grodno | | 00:13:10 | 01:10:39 | 01:24:55 | 01:26:58 | 24 | | |
| 25 | 1267 | PONCYLIUSZ Monika | Józefów | Team ZabieganeDni | 00:13:46 | 01:11:38 | 01:25:02 | 01:29:04 | 1 | | |
| 26 | 1137 | BIBUŁOWICZ Krzysztof | Surz | | 00:14:10 | 01:11:05 | 01:25:53 | 01:31:54 | 25 | | |
| 27 | 1325 | RAZHYSKI Andrei | Grodno | Azot Running | 00:12:46 | 01:12:51 | 01:25:58 | 01:28:00 | 26 | | |
| 28 | 1336 | FESZLER Tomasz | Białystok | | 00:14:40 | 01:10:16 | 01:26:01 | 01:36:03 | 27 | | |
| 29 | 1275 | NIEWIADOMSKA Małgorzata | Żyrardów | Run de Girard, Trinity Triathlon Unity | 00:13:35 | 01:11:12 | 01:26:17 | 01:26:20 | 2 | | |
| 30 | 1178 | ŁUKOWSKA Agnieszka | WARSZAWA | Duklanowski Team | 00:14:00 | 01:12:18 | 01:26:57 | 01:26:58 | 3 | | |
| 31 | 1055 | NOWAKOWSKA Małgorzata | Lublin | | 00:14:16 | 01:12:27 | 01:27:16 | 01:29:17 | 4 | | |
| 32 | 1321 | ŻARNICKI Kamil | Sobianowice | Banda Grudnia | 00:14:40 | 01:13:33 | 01:27:22 | 01:31:26 | 28 | | |
| 33 | 1265 | PONCYLIUSZ Rafał | Józefów | Team ZabieganeDni | 00:13:45 | 01:13:12 | 01:27:23 | 01:31:26 | 29 | | |
| 34 | 1392 | ZAJCZUK Marcin | Białystok | | 00:15:35 | 01:13:23 | 01:27:23 | 01:31:27 | 29 | | |
| 35 | 1385 | BLADOWSKI Wojciech | Gdańsk | | 00:14:36 | 01:12:18 | 01:27:42 | 01:31:43 | 31 | | |
| 36 | 1245 | SIESS Jarosław | Pabianice | | 00:14:25 | 01:12:52 | 01:27:43 | 01:31:47 | 32 | | |
| 37 | 1050 | BAZYLUK Ewa | Czarna Białostocka | | 00:14:29 | 01:13:12 | 01:27:52 | 01:31:53 | 5 | | |
| 38 | 1329 | KOZIOŁ Piotr | Białystok | | 00:14:31 | 01:13:01 | 01:28:19 | 01:32:20 | 33 | | |
| 39 | 1070 | BACKIEL Jakub | Białystok | | 00:11:43 | 01:01:19 | 01:28:20 | 01:28:23 | 34 | 00:15:00 | |
| 40 | 1401 | SZPAKOWSKI ZBIGNIEW | BIAŁYSTOK | BIAŁOSTOCKA SEKTA BIEGACZA | 00:15:26 | 01:14:40 | 01:28:27 | 01:30:28 | 35 | | |
| 41 | 1083 | GOŚCIŁO Dawid | Białystok | W/Wi Białystok | 00:13:41 | 01:12:13 | 01:28:29 | 01:28:30 | 36 | | |
| 42 | 1279 | LEBIEDZIŃSKI DAWID | SUPRAŚL | | 00:13:39 | 01:12:09 | 01:28:38 | 01:28:40 | 37 | | |
| 43 | 1278 | LEBIEDZIŃSKI MARCIN | SUPRAŚL | | 00:13:39 | 01:12:11 | 01:28:39 | 01:28:40 | 38 | | |
| 44 | 1366 | DOMAŃSKI Paweł | Słomczyn | | 00:14:29 | 01:14:23 | 01:29:00 | 01:35:03 | 39 | | |
| 45 | 1241 | MARCISZEWSKI Marek | Wasilków | KRYMAR BIAŁYSTOK | 00:14:21 | 01:13:39 | 01:29:04 | 01:29:07 | 40 | | |
| 46 | 1136 | DUKLANOWSKA Edyta | Warszawa | Ducla Academy | 00:14:25 | 01:13:59 | 01:29:07 | 01:29:08 | 6 | | |
| 47 | 1317 | GIERCZAK Marcin | Białystok | | 00:15:03 | 01:14:11 | 01:29:22 | 01:33:23 | 41 | | |
| 48 | 1165 | OSMÓLSKI Robert | Sielachowskie | Nadaktywni | 00:12:39 | 01:13:54 | 01:29:23 | 01:33:23 | 42 | | |
| 49 | 1148 | DITKOWSKI Olaf | Józefów | | 00:15:26 | 01:15:40 | 01:29:24 | 01:41:25 | 43 | | |
| 50 | 1064 | ZAWALICH Michał | Dobrzyniewo Duże | | 00:17:51 | 01:15:52 | 01:29:39 | 01:33:43 | 44 | | |
| 51 | 1032 | FLUKSIK TOMASZ | WARSZAWA | JAZZOWE BIEGANIE | 00:14:07 | 01:14:26 | 01:29:41 | 01:35:44 | 45 | | |
| 52 | 1019 | WIECZOREK Dominik | Warszawa | | 00:12:42 | 01:16:02 | 01:30:00 | 01:30:02 | 46 | | |
| 53 | 1111 | GADZIŃSKI Krzysztof | Białystok | KAN-therm Racing Team | 00:14:38 | 01:14:49 | 01:30:20 | 01:36:24 | 47 | | |
| 54 | 1397 | CHARCZUK Dominik | Łomża | | 00:15:48 | 01:16:32 | 01:30:28 | 01:40:29 | 48 | | |
| 55 | 1273 | Anonimowy Zawodnik | | | 00:15:33 | 01:15:23 | 01:30:34 | 01:34:40 | 49 | | |
| 56 | 1127 | CZOCZAŃSKI Adam | Białystok | | 00:13:48 | 01:14:29 | 01:30:50 | 01:38:50 | 50 | | |
| 57 | 1016 | BIAŁKOWSKI Marek | Białystok | OtoBiałystok | 00:13:54 | 01:14:17 | 01:31:01 | 01:35:01 | 51 | | |



| Mce | Nr | Nazwisko Imię | Miejscowość | Klub | P1 | P2 | Czas netto | Czas brutto | K | M Kara czasowa |
|-----|------|------------------------------|----------------------|---|----------|----------|------------|-----------------|----|----------------|
| 58 | 1160 | NIECIECKI Radosław | Grabówka | | 00:15:25 | 01:15:19 | 01:31:07 | 01:33:08 | | 52 |
| 59 | 1361 | MILEWSKI Hubert | Zaścianki | ZSOMS nr 2 Białystok | 00:14:35 | 01:15:35 | 01:31:21 | 01:37:26 | | 53 |
| 60 | 1102 | SADOWSKI Rafał | Oswicze | CHŁOPCY CHORTENOWCY | 00:15:03 | 01:16:11 | 01:31:41 | 01:37:46 | | 54 |
| 61 | 1062 | JABŁOŃSKI Kacper | Lipsk | | 00:14:40 | 01:16:18 | 01:31:46 | 01:39:47 | | 55 |
| 62 | 1330 | BANTI Neri | Bagno a ripoli | | 00:15:49 | 01:16:36 | 01:31:52 | 01:37:55 | | 56 |
| 63 | 1359 | KRYŃSKI Paweł | Wasilków | | 00:15:11 | 01:16:28 | 01:32:17 | 01:36:21 | | 57 |
| 64 | 1421 | CZAJKOWSKI KRZYSZTOF | BIALYSTOK | | 00:15:42 | 01:17:20 | 01:32:51 | 01:38:56 | | 58 |
| 65 | 1309 | CIEŚLUK Krzysztof | Choroszcz | | 00:16:06 | 01:16:50 | 01:33:00 | 01:45:04 | | 59 |
| 66 | 1367 | GAWLIKOWSKI Maciej | Warszawa | | 00:15:53 | 01:17:55 | 01:33:00 | 01:45:05 | | 59 |
| 67 | 1215 | SAGANEK Michał | Kargoszyn | DSO.pl Ciechanów | 00:15:32 | 01:16:12 | 01:33:00 | 01:35:03 | | 59 |
| 68 | 1370 | RUTKOWSKI Grzegorz | Białystok | Plum Running Team | 00:17:31 | 01:18:38 | 01:33:13 | 01:37:16 | | 62 |
| 69 | 1274 | Anonimowy Zawodnik | | | 00:16:55 | 01:18:59 | 01:33:24 | 01:37:27 | | 63 |
| 70 | 1308 | WOŹNIAK Paweł | Belsk Duży | | 00:16:16 | 01:18:42 | 01:33:26 | 01:35:27 | | 64 |
| 71 | 1056 | WASILEWSKI Grzegorz | Białystok | | 00:13:49 | 01:17:33 | 01:33:47 | 01:41:47 | | 65 |
| 72 | 1313 | MATYSIK Adam | Niewodnica Korycka | Matysik Team | 00:16:13 | 01:18:50 | 01:33:54 | 01:43:59 | | 66 |
| 73 | 1345 | RADZISZEWSKI Bogdan | Radziszewo-Sienczuch | | 00:16:05 | 01:18:38 | 01:33:55 | 01:41:58 | | 67 |
| 74 | 1363 | WRÓBLEWSKI Marek | Białystok | | 00:14:53 | 01:17:26 | 01:34:00 | 01:36:02 | | 68 |
| 75 | 1059 | MILEWSKI Artur | Kielno | | 00:15:25 | 01:18:50 | 01:34:16 | 01:36:17 | | 69 |
| 76 | 1216 | SAGANEK Radosław | Ciechanów | DSO.pl CIECHANÓW | 00:15:30 | 01:17:57 | 01:34:32 | 01:36:35 | | 70 |
| 77 | 1128 | WŁODAWIEC Krzysztof | Hipolitów | Accenture | 00:14:27 | 01:19:05 | 01:34:36 | 01:38:38 | | 71 |
| 78 | 1179 | PNIEWSKA Edyta | Warszawa | Duklanowski Team | 00:14:40 | 01:18:13 | 01:34:39 | 01:34:40 | 7 | |
| 79 | 1229 | KAROLKIEWICZ Joanna | Warszawa | MotoBabiniec | 00:15:32 | 01:19:22 | 01:34:48 | 01:42:49 | 8 | |
| 80 | 1007 | MIODUSZEWSKA Marta | Ząbki | | 00:14:51 | 01:19:17 | 01:34:50 | 01:36:52 | 9 | |
| 81 | 1396 | BINKOWSKA Teresa | Warszawa | | 00:15:20 | 01:19:09 | 01:34:59 | 01:37:00 | 10 | |
| 82 | 1337 | GRĄDZKA Katarzyna | Konowały | | 00:15:47 | 01:18:59 | 01:35:07 | 01:47:12 | 11 | |
| 83 | 1360 | POPIELARCZYK Bogdan | Dąbrówka | | 00:15:33 | 01:19:24 | 01:35:30 | 01:43:31 | 72 | |
| 84 | 1341 | WIKŁACZ Aneta | Komorów | Rozbiegane Michabwice | 00:15:33 | 01:19:57 | 01:35:46 | 01:45:47 | 12 | |
| 85 | 1377 | MAŁYSKO KAMIL | Białystok | | 00:15:12 | 01:19:02 | 01:35:51 | 01:47:58 | 73 | |
| 86 | 1311 | PERŁO Dariusz | Białystok | | 00:15:22 | 01:21:05 | 01:36:05 | 01:42:10 | 74 | |
| 87 | 1298 | WITEK Gabriela | Kraków | | 00:16:16 | 01:21:09 | 01:36:11 | 01:46:12 | 13 | |
| 88 | 1192 | OGONOWSKA Agnieszka | Bartoszyce | BGB Endorfiny | 00:15:44 | 01:20:40 | 01:36:12 | 01:40:14 | 14 | |
| 89 | 1315 | BYKOWSKI Mariusz | Sokółka | Sokólski Klub Kolarski | 00:15:37 | 01:20:29 | 01:36:21 | 01:46:22 | 75 | |
| 90 | 1399 | MICKIEWICZ Karol | Białystok | KRASKIRUN | 00:16:16 | 01:20:51 | 01:36:25 | 01:44:27 | 76 | |
| 91 | 1069 | SICZEK Siergiej | Warszawa | Melo Runners Club | 00:16:07 | 01:20:21 | 01:36:40 | 01:48:45 | 77 | |
| 92 | 1100 | TUROS Marek | Warszawa | | 00:14:40 | 01:19:37 | 01:36:51 | 01:36:52 | 78 | |
| 93 | 1263 | JAROSZ Dawid | Łódź | Fizjoświrki | 00:16:14 | 01:22:17 | 01:37:07 | 01:47:12 | 79 | |
| 94 | 1393 | SZCZUKA Marcin | Grabówka | | 00:16:58 | 01:23:26 | 01:37:14 | 01:47:18 | 80 | |
| 95 | 1305 | FLORCZYK Paweł | Wasilków | | 00:15:46 | 01:20:15 | 01:37:35 | 01:45:38 | 81 | |
| 96 | 1344 | SARNACKA Olga | Białystok | Rockalizacja | 00:16:37 | 01:21:37 | 01:37:43 | 01:41:46 | 15 | |
| 97 | 1256 | ADAMOWICZ Joanna | Białystok | | 00:16:09 | 01:21:39 | 01:37:51 | 01:41:55 | 16 | |
| 98 | 1319 | ARCISZEWSKA Magdalena | Warszawa | | 00:15:52 | 01:21:41 | 01:37:54 | 01:41:55 | 17 | |
| 99 | 1053 | WALENCIEJ Karolina | Białystok | | 00:16:50 | 01:23:01 | 01:37:57 | 01:45:59 | 18 | |
| 100 | 1301 | WNUK Szymon | Lublin | SKPB Lublin | 00:16:08 | 01:22:09 | 01:38:02 | 01:50:08 | 82 | |
| 101 | 1079 | RZESZUTEK Wiktoria | Mielec | | 00:16:17 | 01:21:43 | 01:38:07 | 01:48:09 | 19 | |
| 102 | 1072 | ROMOTOWSKI Tomasz | Olecko | | 00:16:13 | 01:22:26 | 01:38:24 | 01:48:26 | 83 | |
| 103 | 1250 | WASILUK Aleksandra | Żyrardów | Trinity Triathlon Unity, Run de Girard | 00:16:24 | 01:21:39 | 01:38:28 | 01:40:28 | 20 | |
| 104 | 1252 | TARASIUK Monika | Rzepniki | | 00:15:59 | 01:21:57 | 01:38:44 | 01:40:45 | 21 | |
| 105 | 1126 | TYNECKI Piotr | Białystok | PyStok | 00:17:30 | 01:23:28 | 01:38:56 | 01:44:58 | 84 | |
| 106 | 1093 | ŻBIKOWSKI Marek | Piłki Wielkie | Kpt. Żbik | 00:13:00 | 01:23:33 | 01:39:25 | 01:39:27 | 85 | |
| 107 | 1024 | BUJNICKI Marcin | Pasłęk | Nordic Walking Pasłęk | 00:16:44 | 01:23:01 | 01:40:01 | 01:50:07 | 86 | |
| 108 | 1210 | FAFARA Agnieszka | Łódź | Biegnięte Łaski | 00:17:21 | 01:24:18 | 01:40:12 | 01:50:17 | 22 | |
| 109 | 1339 | BOGDAŃSKA Urszula | Białystok | Zielony Białystok - Urząd Miejski w Białymstoku | 00:15:59 | 01:23:25 | 01:40:14 | 01:46:18 | 23 | |
| 110 | 1219 | RAKOWSKA AGNIESZKA | Warszawa | | 00:17:23 | 01:23:58 | 01:40:24 | 01:52:30 | 24 | |
| 111 | 1208 | PADEREWSKA Olga | Siedlce | | 00:15:29 | 01:23:28 | 01:40:26 | 01:50:27 | 25 | |
| 112 | 1099 | SKUBICH Tomasz | Białystok | | 00:16:01 | 01:23:45 | 01:40:35 | 01:46:38 | 87 | |
| 113 | 1197 | CIENIUCH Krzysztof | Warszawa | Ostry Cięż Mgły | 00:14:47 | 01:22:47 | 01:40:41 | 01:44:45 | 88 | |
| 114 | 1296 | RUTKOWSKI Adrian | Białystok | 3T | 00:16:14 | 01:23:45 | 01:40:42 | 01:42:44 | 89 | |



| Mce | Nr | Nazwisko Imię | Miejscowość | Klub | P1 | P2 | Czas netto | Czas brutto | K | M | Kara czasowa |
|-----|------|---------------------------------|-----------------|-------------------------|----------|----------|------------|-----------------|----|-----|--------------|
| 115 | 1175 | KRASUSKI Piotr | Siedlce | cf siedlce | 00:16:10 | 01:23:34 | 01:40:45 | 01:42:47 | | 90 | |
| 116 | 1206 | SIEROCIŃSKA Monika | Siedlce | Dziki Gołoborzy | 00:16:09 | 01:23:33 | 01:40:45 | 01:42:47 | 26 | | |
| 117 | 1207 | SIEROCIŃSKI Robert | Siedlce | Dziki Gołoborzy | 00:16:10 | 01:23:34 | 01:40:45 | 01:42:47 | | 90 | |
| 118 | 1113 | KONOŃCZUK Łukasz | Michabwo | | 00:16:11 | 01:23:33 | 01:40:51 | 01:52:56 | | 92 | |
| 119 | 1260 | BOGDANOWICZ Anna | Tykocin | | 00:16:09 | 01:25:56 | 01:40:54 | 01:48:54 | 27 | | |
| 120 | 1276 | MAJEWSKI Adrian | Studzianki | | 00:16:09 | 01:23:56 | 01:40:56 | 01:53:00 | | 93 | |
| 121 | 1063 | BŁOŃSKI Kamil | Warszawa | | 00:17:20 | 01:24:30 | 01:40:57 | 01:51:03 | | 94 | |
| 122 | 1106 | PÓLTORAK Kasia | Warszawa | Duklanowski Team | 00:15:31 | 01:24:44 | 01:40:57 | 01:41:00 | 28 | | |
| 123 | 1410 | CZACHOROWSKI ADRIAN | BIAŁYSTOK | OUTDOOR TRAINING | 00:17:23 | 01:25:12 | 01:41:01 | 01:51:07 | | 95 | |
| 124 | 1232 | MATEUSZCZYK Lesław | Białystok | Radio Akadera | 00:16:42 | 01:23:00 | 01:41:06 | 01:49:08 | | 96 | |
| 125 | 1002 | Anonimowy Zawodnik | | | 00:18:05 | 01:24:46 | 01:41:08 | 01:49:12 | | 97 | |
| 126 | 1327 | KULEVICH Ruslan | Białystok | RUN4FUN | 00:17:18 | 01:25:21 | 01:41:11 | 01:53:15 | | 98 | |
| 127 | 1326 | KULEVICH Tatsiana | Białystok | RUN4FUN | 00:17:21 | 01:25:23 | 01:41:12 | 01:53:15 | 29 | | |
| 128 | 1416 | ZASIM ŁUKASZ | NAREWSKA | | | | 01:41:28 | 01:41:28 | | 99 | |
| 129 | 1303 | BALON Adam | Krosno | NordTreat | 00:18:49 | 01:26:19 | 01:41:30 | 01:49:35 | | 100 | |
| 130 | 1389 | GARKOWSKI Krzysztof | Białystok | RUNNERS | 00:15:21 | 01:23:53 | 01:41:35 | 01:47:39 | | 101 | |
| 131 | 1143 | SKOLIMOWSKI Adam | Żabokliki | EuRoPol GAZ S.A. | 00:16:49 | 01:24:18 | 01:41:36 | 01:49:40 | | 102 | |
| 132 | 1020 | BECEK Jakub | Warszawa | BBKS "Ławeczka" Wilanów | 00:16:50 | 01:24:38 | 01:42:10 | 01:50:12 | | 103 | |
| 133 | 1204 | KISZCZYC Artur | OTWOCK | | 00:15:16 | 01:23:56 | 01:42:11 | 01:44:14 | | 104 | |
| 134 | 1355 | PĘSKI Rafał | Białystok | Plum Running Team | 00:17:27 | 01:26:45 | 01:42:24 | 01:46:27 | | 105 | |
| 135 | 1238 | MAŁEK Michał | Lublin | | 00:16:31 | 01:24:47 | 01:42:30 | 01:52:32 | | 106 | |
| 136 | 1372 | MORAWSKA Edyta | Białystok | Białystok Biega Team | 00:17:28 | 01:27:04 | 01:42:48 | 01:46:50 | 30 | | |
| 137 | 1346 | KUBIAK Andrzej | Rumia | | 00:16:49 | 01:25:47 | 01:42:59 | 01:49:04 | | 107 | |
| 138 | 1122 | EJZEMBERG Monika | Łódź | Biegnięte Łaski | 00:17:37 | 01:27:00 | 01:43:03 | 01:53:08 | 31 | | |
| 139 | 1154 | DAKOWICZ Marek | Białystok | Białystok Biega Team | 00:17:24 | 01:25:44 | 01:43:10 | 01:55:16 | | 108 | |
| 140 | 1123 | GARNCAREK Anna | Rosanów | | 00:17:36 | 01:27:00 | 01:43:10 | 01:53:16 | 32 | | |
| 141 | 1057 | KUŹNIAK Martyna | Warszawa | OSTRA KRESKA | 00:15:58 | 01:26:14 | 01:43:10 | 01:49:14 | 32 | | |
| 142 | 1022 | SMOLAREK Marcin | Wiskitki | Run de Girard | 00:16:55 | 01:25:26 | 01:43:11 | 01:45:12 | | 109 | |
| 143 | 1153 | MAŁEK Mateusz | Poznań | SII RUNNING TEAM | 00:16:41 | 01:26:21 | 01:43:37 | 01:49:40 | | 110 | |
| 144 | 1130 | WŁODAWIEC Asia | Hipolitów | Accenture | 00:15:43 | 01:28:18 | 01:43:49 | 01:47:51 | 34 | | |
| 145 | 1356 | MATEJCZYK Marcin | Białystok | Plum Running Team | 00:17:13 | 01:27:05 | 01:44:06 | 01:48:08 | | 111 | |
| 146 | 1003 | DOLNY Maciej | Pruszwice | | 00:18:05 | 01:26:42 | 01:44:24 | 01:52:28 | | 112 | |
| 147 | 1364 | PUCHALSKI Mateusz | Ciechanowiec | | 00:16:04 | 01:26:32 | 01:44:59 | 01:53:02 | | 113 | |
| 148 | 1233 | RÓŻAŃSKA Magdalena | Warszawa | | 00:16:43 | 01:28:30 | 01:45:31 | 01:49:33 | 35 | | |
| 149 | 1374 | GOŁĘBIEWSKI Wojciech | Białystok | | 00:16:54 | 01:28:11 | 01:45:38 | 01:51:41 | | 114 | |
| 150 | 1092 | KOSIOREK Michał | Warszawa | | 00:18:38 | 01:28:57 | 01:45:44 | 01:49:49 | | 115 | |
| 151 | 1247 | PROŃCZUK Martyna | Włocławek | | 00:17:05 | 01:28:04 | 01:45:47 | 01:49:49 | 36 | | |
| 152 | 1371 | KOPCZEWSKI Tadeusz | Białystok | | 00:15:35 | 01:26:12 | 01:45:56 | 01:50:00 | | 116 | |
| 153 | 1289 | STODOLAK Aleksandra | Strzyżów | | 00:17:22 | 01:28:21 | 01:46:04 | 01:56:06 | 37 | | |
| 154 | 1124 | DRYL Radosław | Warszawa | | 00:17:11 | 01:28:28 | 01:46:05 | 01:50:07 | | 117 | |
| 155 | 1169 | WEBER Magdalena | Elbląg | | 00:18:09 | 01:28:55 | 01:46:05 | 01:54:09 | 38 | | |
| 156 | 1411 | Solnica Alicja | KApS | Siedlce | 00:16:23 | 01:28:30 | 01:46:28 | 01:56:29 | 39 | | |
| 157 | 1323 | MIODUSZEWSKA AGATA | Wasilków | | 00:16:42 | 01:28:05 | 01:46:32 | 01:46:35 | 40 | | |
| 158 | 1365 | SZUMSKA Adrianna | Białystok | Plum Running Team | 00:17:30 | 01:29:32 | 01:46:34 | 01:50:37 | 41 | | |
| 159 | 1357 | ZAREMBA Radek | Białystok | Plum Running Team | 00:17:31 | 01:29:33 | 01:46:34 | 01:50:37 | | 118 | |
| 160 | 1133 | ŁYŻWA Adam | Białystok | | 00:17:10 | 01:31:03 | 01:46:34 | 01:56:38 | | 118 | |
| 161 | 1018 | ZALEWSKI Wojciech | Bielsk Podlaski | BBT | 00:17:13 | 01:29:16 | 01:46:48 | 01:56:51 | | 120 | |
| 162 | 1145 | GÓRNIAK Błażej | Piaseczno | TS Kopernik | 00:18:06 | 01:30:04 | 01:46:51 | 01:48:54 | | 121 | |
| 163 | 1161 | KIEPIEL Agata | Warszawa | Adidas Runners Warsaw | 00:17:41 | 01:29:31 | 01:47:09 | 01:53:13 | 42 | | |
| 164 | 1251 | KOMAR Małgorzata | Siedlce | | 00:17:51 | 01:29:23 | 01:47:13 | 01:57:16 | 43 | | |
| 165 | 1295 | ZIÓLKOWSKA Aleksandra | Gdynia | | 00:18:03 | 01:30:06 | 01:47:18 | 01:55:20 | 44 | | |
| 166 | 1168 | PAJEK-SIELICKA Agnieszka | Elbląg | #bkkse | 00:18:10 | 01:29:22 | 01:47:28 | 01:55:31 | 45 | | |
| 167 | 1387 | CHLABICZ Paweł | Wasilków | | 00:17:21 | 01:27:14 | 01:47:36 | 01:53:39 | | 122 | |
| 168 | 1352 | SADOWSKA Julia | Wasilków | Białystok Biega Team | 00:17:22 | 01:27:17 | 01:47:36 | 01:53:38 | 46 | | |
| 169 | 1291 | MISARKO Mariusz | Białystok | | 00:16:09 | 01:28:09 | 01:47:41 | 01:47:43 | | 123 | |
| 170 | 1107 | BARTNICKI Marcin | Elbląg | | 00:17:32 | 01:28:46 | 01:47:42 | 01:57:45 | | 124 | |
| 171 | 1037 | KOWALSKI Andrzej | Warszawa | Naprzód Młociny | 00:17:10 | 01:30:05 | 01:47:55 | 01:49:57 | | 125 | |



| Mce | Nr | Nazwisko Imię | Miejscowość | Klub | P1 | P2 | Czas netto | Czas brutto | K | M | Kara czasowa |
|-----|------|-------------------------------|----------------------|----------------------------------|----------|----------|------------|-----------------|----|-----|--------------|
| 172 | 1358 | ŁUKASZEWICZ Daniel | Białystok | | 00:17:54 | 01:30:11 | 01:48:01 | 01:56:03 | | 126 | |
| 173 | 1071 | ROMOTOWSKA Emilia | Olecko | | 00:17:54 | 01:30:56 | 01:48:04 | 01:58:05 | 47 | | |
| 174 | 1139 | GRABIAŃSKI Rafał | Białystok | FC Bukowa | 00:16:55 | 01:29:37 | 01:48:09 | 01:58:10 | | 127 | |
| 175 | 1286 | PLISZKA Bartosz | Ostrołęka | OLA TEAM | 00:15:30 | 01:28:25 | 01:48:12 | 01:52:14 | | 128 | |
| 176 | 1287 | PLISZKA Jagoda | Ostrołęka | OLA TEAM | 00:15:30 | 01:28:23 | 01:48:12 | 01:52:14 | 48 | | |
| 177 | 1134 | WIŚNIEWSKI Marcin | Warszawa | | 00:17:37 | 01:29:42 | 01:48:15 | 01:54:18 | | 129 | |
| 178 | 1390 | IWANIAK Przemysław | Białystok | | 00:16:30 | 01:28:19 | 01:48:52 | 01:54:54 | | 130 | |
| 179 | 1193 | HARATYM Mateusz | Jakubowice Konińskie | | 00:19:18 | 01:31:41 | 01:49:03 | 01:57:07 | | 131 | |
| 180 | 1036 | WÓJCIK Eliza | Łaskarzew | ASICSFrontrunner | 00:18:12 | 01:30:42 | 01:49:03 | 01:57:06 | 49 | | |
| 181 | 1035 | WÓJCIK Jarosław | Łaskarzew | | 00:18:11 | 01:30:41 | 01:49:03 | 01:57:06 | | 131 | |
| 182 | 1422 | DUBROWSKI IVAN | | | 00:17:20 | 01:31:28 | 01:49:09 | 02:01:12 | | 133 | |
| 183 | 1185 | FRYDRYCH Dariusz | Krosno | KKB MOSIR KROSNO | 00:17:31 | 01:31:29 | 01:49:12 | 01:55:14 | | 134 | |
| 184 | 1307 | SZYMANIK Lidia | Brańszczyk | | 00:17:01 | 01:30:19 | 01:49:38 | 01:55:41 | 50 | | |
| 185 | 1132 | STEFANOWICZ Zdzisław | Białystok | | 00:17:57 | 01:32:04 | 01:49:42 | 01:59:45 | | 135 | |
| 186 | 1203 | Zdunek Małgorzata | Lublin | | 00:17:13 | 01:31:16 | 01:49:55 | 01:55:56 | | 51 | |
| 187 | 1293 | DROBYSZEWSKA Anna | Toruń | | 00:17:11 | 01:31:02 | 01:49:57 | 01:54:01 | | 52 | |
| 188 | 1138 | OSTROWSKI Michał | Białystok | | 00:17:25 | 01:30:11 | 01:50:06 | 02:00:09 | | 136 | |
| 189 | 1061 | ZIMIŃSKI Paweł | Rajgród | Wolf Team | 00:19:32 | 01:35:46 | 01:50:38 | 02:02:42 | | 137 | |
| 190 | 1086 | KWIASOWSKA Martyna | Łódź | | 00:17:25 | 01:31:10 | 01:50:45 | 02:00:47 | 53 | | |
| 191 | 1029 | KALISZ Małgorzata | Warszawa | | 00:18:49 | 01:33:52 | 01:51:01 | 02:03:02 | | 54 | |
| 192 | 1188 | KEMPISTY Anna | Warszawa | 12tri.pl | 00:18:12 | 01:32:19 | 01:51:01 | 01:57:02 | | 54 | |
| 193 | 1302 | Anonimowy Zawodnik | | | 00:17:11 | 01:31:03 | 01:51:19 | 02:01:22 | | 56 | |
| 194 | 1268 | SZUMAŃSKA KALISZ Kasia | Warszawa | Moc dzika i samy styl | 00:18:47 | 01:33:49 | 01:51:43 | 02:03:45 | | 57 | |
| 195 | 1284 | STERNIK Daniel | Lublin | Największa Armia Świata | 00:18:17 | 01:34:07 | 01:51:45 | 02:01:49 | | 138 | |
| 196 | 1373 | BESZCZYŃSKI Michał | Gdynia | | 00:18:03 | 01:32:39 | 01:51:58 | 02:00:00 | | 139 | |
| 197 | 1262 | OLDYTOWSKA Elżbieta | Czarna Białostocka | Grupa Biegowa Czarna Białostocka | 00:18:07 | 01:32:19 | 01:52:12 | 01:56:15 | 58 | | |
| 198 | 1280 | KARWOWSKI Mariusz | Kobyłka | | 00:17:31 | 01:33:10 | 01:52:28 | 02:02:32 | | 140 | |
| 199 | 1288 | KARWOWSKI Piotr | Wobomin | | 00:17:31 | 01:33:20 | 01:52:28 | 02:02:32 | | 140 | |
| 200 | 1080 | BACIA Hanna | Wasilków | Duch Puszczy | 00:17:59 | 01:34:43 | 01:52:47 | 02:04:54 | | 59 | |
| 201 | 1066 | ŻURAWSKA Iwona | Augustów | | 00:19:32 | 01:35:48 | 01:53:14 | 02:05:18 | | 60 | |
| 202 | 1041 | SAFAREWICZ Adam | Białystok | | 00:18:13 | 01:34:27 | 01:53:22 | 01:59:26 | | 142 | |
| 203 | 1028 | DUDNIKOW Grzegorz | Warszawa | | 00:18:48 | 01:33:50 | 01:53:31 | 02:05:33 | | 143 | |
| 204 | 1090 | ZIARKO Agnieszka | Jaworzno | | 00:17:55 | 01:33:58 | 01:54:15 | 01:54:17 | | 61 | |
| 205 | 1189 | BAK Rafał | Olecko | Olecko | 00:18:55 | 01:34:40 | 01:54:16 | 01:58:19 | | 144 | |
| 206 | 1283 | JADCZUK Marta | Białystok | PyStok | 00:17:30 | 01:34:15 | 01:54:16 | 02:00:18 | | 62 | |
| 207 | 1156 | RUDNIK Joanna | Gutkowo | | 00:19:26 | 01:35:43 | 01:54:43 | 02:06:47 | | 63 | |
| 208 | 1142 | BABIŃSKI Jarosław | Grabówka | Szybcy Tetrycy | 00:19:16 | 01:35:56 | 01:55:00 | 01:57:03 | | 145 | |
| 209 | 1419 | SKOWROŃSKA ANNA | IGNATKI | | 00:16:59 | 01:33:31 | 01:55:01 | 01:59:02 | | 64 | |
| 210 | 1294 | WOŹNY Maciej | Warszawa | Uniq Running Team | 00:20:27 | 01:35:01 | 01:55:06 | 02:07:13 | | 146 | |
| 211 | 1141 | MOZYRSKA Dorota | Białystok | | 00:18:41 | 01:35:29 | 01:55:10 | 01:57:12 | | 65 | |
| 212 | 1149 | DUDZIŃSKI Mateusz | Warszawa | | 00:19:20 | 01:38:12 | 01:55:18 | 02:07:21 | | 147 | |
| 213 | 1046 | LENARCZYK Piotr | Warszawa | - | 00:17:42 | 01:36:58 | 01:55:24 | 02:05:25 | | 148 | |
| 214 | 1202 | STYŻIŃSKI Paweł | Śmigiel | Alvo Racing Team | 00:19:42 | 01:37:41 | 01:55:27 | 02:03:30 | | 149 | |
| 215 | 1013 | DUDEK Agnieszka | Warszawa | | 00:18:04 | 01:36:35 | 01:55:40 | 02:07:45 | | 66 | |
| 216 | 1014 | DUDEK Michał | Warszawa | | 00:18:04 | 01:36:32 | 01:55:41 | 02:07:46 | | 150 | |
| 217 | 1166 | PILEWSKA Anna | warszawa | | 00:18:21 | 01:36:14 | 01:55:50 | 02:01:56 | | 67 | |
| 218 | 1375 | WYSZOMIRSKI Marek | Wasilków | Duch Puszczy | 00:17:38 | 01:34:19 | 01:55:52 | 02:05:55 | | 151 | |
| 219 | 1081 | BACIA Marek | Wasilków | Duch Puszczy | 00:17:57 | 01:36:57 | 01:56:08 | 02:08:16 | | 152 | |
| 220 | 1408 | PIOTROWICZ ANNA | DĘBE WIELKIE | | 00:17:19 | 01:35:05 | 01:56:34 | 02:00:36 | | 68 | |
| 221 | 1420 | STUDNA JOANNA | | | 00:20:22 | 01:38:40 | 01:56:38 | 02:04:42 | | 69 | |
| 222 | 1350 | LEWANDOWSKI Szymon | Białystok | | 00:17:31 | 01:36:16 | 01:56:42 | 02:02:44 | | 153 | |
| 223 | 1155 | OGONOWSKI Jarosław | Białystok | | 00:18:45 | 01:36:05 | 01:56:44 | 02:00:46 | | 154 | |
| 224 | 1174 | ORZOŁ Katarzyna | ELBLĄG | | 00:19:07 | 01:37:47 | 01:57:01 | 02:05:04 | | 70 | |
| 225 | 1320 | TARKOWSKI Paweł | Warszawa | DKB | 00:19:01 | 01:37:34 | 01:57:08 | 02:07:14 | | 155 | |
| 226 | 1415 | SITEK ARKADIUSZ | | PKB | 00:19:01 | 01:37:35 | 01:57:09 | 02:07:15 | | 156 | |
| 227 | 1012 | FIEDORUK Aneta | Białystok | | 00:19:56 | 01:37:59 | 01:57:15 | 02:07:17 | | 71 | |
| 228 | 1038 | GOŁĘBIEWSKI Marek | Stare Babice | | 00:19:40 | 01:37:36 | 01:57:27 | 02:07:28 | | 157 | |



| Mce | Nr | Nazwisko Imię | Miejscowość | Klub | P1 | P2 | Czas netto | Czas brutto | M | K | Kara czasowa |
|-----|------|------------------------------------|---------------------|---|----------|----------|------------|-----------------|-----|-----|--------------|
| 229 | 1349 | PAWLIŃSKA Ewelina | Książak | | 00:19:39 | 01:37:36 | 01:57:27 | 02:07:28 | 72 | | |
| 230 | 1407 | PAWLIŃSKI BARTOSZ | Książak | | 00:19:40 | 01:37:51 | 01:57:27 | 02:07:28 | | 157 | |
| 231 | 1052 | MAKOWSKA Anna | Warszawa | | 00:17:17 | 01:36:55 | 01:57:32 | 02:03:36 | 73 | | |
| 232 | 1318 | WASILEWSKA Agnieszka | Kraków | Aromat Nóg | 00:18:35 | 01:38:08 | 01:57:32 | 02:03:33 | 73 | | |
| 233 | 1200 | BUDYNEK Tadeusz | Dąbrowa | Alvo Racing Team | 00:19:42 | 01:38:11 | 01:57:43 | 02:05:47 | | 159 | |
| 234 | 1402 | HATŁAS ALEKSANDER | POZNAŃ | ALVO RACING TEAM | 00:19:44 | 01:38:11 | 01:57:43 | 02:05:47 | | 159 | |
| 235 | 1223 | SZELEST Małgorzata | Wiśniowa Góra | | 00:18:20 | 01:37:13 | 01:57:45 | 02:07:45 | 75 | | |
| 236 | 1094 | BORKOWSKI adam | Książenice | | 00:18:13 | 01:37:32 | 01:57:57 | 02:04:00 | | 161 | |
| 237 | 1159 | BARDZEL Justyna | Łódź | | 00:19:42 | 01:39:45 | 01:58:06 | 02:04:10 | 76 | | |
| 238 | 1383 | Anonimowy Zawodnik | | | 00:18:44 | 01:40:50 | 01:58:22 | 02:10:25 | | 162 | |
| 239 | 1226 | KUCZERA Łukasz | Rybnik | | 00:19:25 | 01:41:47 | 01:58:29 | 02:10:33 | | 163 | |
| 240 | 1209 | GÓRECKA Ania | Warszawa | Motobabiniec | 00:18:15 | 01:39:05 | 01:58:34 | 02:06:35 | 77 | | |
| 241 | 1084 | THEODOULOU Nicci | Warsaw | | 00:18:32 | 01:39:22 | 01:58:47 | 02:08:50 | 78 | | |
| 242 | 1398 | FIEDORUK Piotr | Białystok | | 00:19:56 | 01:38:21 | 01:58:48 | 02:08:51 | | 164 | |
| 243 | 1076 | FALKOWSKI Marek | Białystok | st4.pl | 00:17:30 | 01:38:31 | 01:59:34 | 02:07:35 | | 165 | |
| 244 | 1266 | SZCZEPAŃSKA Patrycja | Chroboty | Run De Girard, Biegający Sąsiedzi | 00:18:07 | 01:38:08 | 01:59:42 | 02:01:43 | 79 | | |
| 245 | 1243 | BORKO Krzysztof | Dąbrowa Białostocka | | 00:19:18 | 01:38:02 | 01:59:44 | 02:05:48 | | 166 | |
| 246 | 1282 | OKUROWSKI Jerzy | Supraśl | | 00:17:36 | 01:39:58 | 01:59:53 | 02:05:54 | | 167 | |
| 247 | 1001 | GOTKIEWICZ Cezary | MIŃSK MAZOWIECKI | | 00:19:21 | 01:40:28 | 02:00:09 | 02:12:11 | | 168 | |
| 248 | 1300 | MANOWIECKA Renata | Warszawa | SportGas | 00:19:22 | 01:41:16 | 02:00:45 | 02:10:49 | 80 | | |
| 249 | 1409 | FABIAŃSKI MICHAŁ | BIALYSTOK | CRONN | 00:18:57 | 01:38:29 | 02:00:59 | 02:13:00 | | 169 | |
| 250 | 1227 | KUCZERA Beata | Rybnik | Rybnicka Grupa Biegowa "Pędzimy Razem" | 00:19:25 | 01:41:49 | 02:01:03 | 02:13:07 | 81 | | |
| 251 | 1060 | ZAGDAŃSKA-KRYGIEL Adrianna | Warszawa | | 00:18:00 | 01:40:16 | 02:01:09 | 02:07:11 | 82 | | |
| 252 | 1091 | SZUMOWSKI Andrzej | Wasilków | Białystok Biega Team | 00:16:59 | 01:40:41 | 02:01:30 | 02:03:34 | | 170 | |
| 253 | 1281 | SZUMOWSKI Jędrzej | Wasilków | Białystok Biega Team | 00:17:07 | 01:40:41 | 02:01:33 | 02:03:36 | | 171 | |
| 254 | 1290 | GRABOWIECKA Agnieszka | Lublin | Heriteam | 00:19:16 | 01:41:36 | 02:01:45 | 02:11:49 | 83 | | |
| 255 | 1328 | KLIMIUK Kamil | Wasilków | Duch Puszczy | 00:18:24 | 01:41:20 | 02:02:09 | 02:12:12 | | 172 | |
| 256 | 1348 | KUBIAK Maria | Rumia | | 00:19:16 | 01:40:49 | 02:02:26 | 02:12:32 | 84 | | |
| 257 | 1395 | Anonimowy Zawodnik | | | 00:18:44 | 01:40:55 | 02:02:28 | 02:14:31 | | 173 | |
| 258 | 1065 | BOHOJŁO Kamil | Dobrzyniewo Duże | | 00:17:53 | 01:39:42 | 02:02:35 | 02:06:38 | | 174 | |
| 259 | 1087 | GURGUL Dorota | Krakow | Aromat Nóg | 00:19:00 | 01:41:30 | 02:02:47 | 02:08:47 | 85 | | |
| 260 | 1144 | MAŁOLEPSZY Zdzisław | Łódź | - | 00:21:15 | 01:44:29 | 02:03:00 | 02:13:06 | | 175 | |
| 261 | 1051 | TRZYNA Paula | Warszawa | Polskie Towarzystwo Stwardnienia Rozsianego | 00:20:29 | 01:42:18 | 02:03:06 | 02:15:12 | 86 | | |
| 262 | 1114 | ŚWIERBUTOWICZ- KAWALEC Anna | Lublin | HEŃTEAM | 00:19:16 | 01:41:45 | 02:03:22 | 02:13:26 | 87 | | |
| 263 | 1182 | KOWALSKA Kinga | Warszawa | 12tri.pl | 00:19:19 | 01:43:31 | 02:03:33 | 02:09:34 | 88 | | |
| 264 | 1183 | KOWALSKI Tomasz | Warszawa | 12tri.pl | 00:19:19 | 01:42:57 | 02:03:33 | 02:09:34 | | 176 | |
| 265 | 1343 | ZAPOLSKA Katarzyna | Białystok | | 00:17:34 | 01:42:08 | 02:03:41 | 02:09:43 | 89 | | |
| 266 | 1246 | CHODKIEWICZ Anna | Mińsk Mazowiecki | | 00:17:50 | 01:40:19 | 02:04:04 | 02:10:07 | 90 | | |
| 267 | 1391 | TUROWSKI Łukasz | Białystok | | 00:17:26 | 01:42:38 | 02:04:09 | 02:14:14 | | 177 | |
| 268 | 1404 | OSIAŁ MARIUSZ | PŁOŃSK | KB im. PIOTRA SĘKOWSKIEGO | 00:19:06 | 01:43:46 | 02:04:34 | 02:10:40 | | 178 | |
| 269 | 1085 | OSIAŁ Anita | Płońsk | PŁOŃSZCZANKI | 00:19:07 | 01:43:46 | 02:04:35 | 02:10:40 | 91 | | |
| 270 | 1075 | ELIASZ Magdalena | Warszawa | | 00:18:40 | 01:45:06 | 02:04:58 | 02:15:02 | 92 | | |
| 271 | 1073 | ELIASZ Michał | Warszawa | | 00:18:41 | 01:45:06 | 02:04:59 | 02:15:02 | | 179 | |
| 272 | 1237 | FIEDOSIUK Damian Michał | Warszawa | | 00:20:44 | 01:43:01 | 02:05:09 | 02:13:11 | | 180 | |
| 273 | 1338 | MARUSA Kamila | Białystok | | 00:18:21 | 01:43:58 | 02:05:09 | 02:09:09 | 93 | | |
| 274 | 1332 | MATUK Marcin | Białystok | | 00:17:26 | 01:39:36 | 02:05:22 | 02:11:23 | | 181 | |
| 275 | 1030 | TRYBULSKI Paweł | Warszawa | | 00:19:29 | 01:44:39 | 02:05:28 | 02:17:30 | | 182 | |
| 276 | 1047 | MATZ Aneta | Niepołmice | | 00:20:30 | 01:43:17 | 02:05:40 | 02:17:46 | 94 | | |
| 277 | 1000 | WALIGORSKA Agnieszka | Luboń | Flaming w biegu | 00:19:03 | 01:44:24 | 02:05:50 | 02:11:54 | 95 | | |
| 278 | 1097 | CZYGIER Martyna | Warszawa | | 00:20:42 | 01:46:00 | 02:06:06 | 02:18:09 | 96 | | |
| 279 | 1096 | KOŁOSA Sylwia | Warszawa | | 00:20:42 | 01:45:58 | 02:06:06 | 02:18:09 | 96 | | |
| 280 | 1362 | OWŁASIUK Michał | Białystok | | 00:15:32 | 01:35:48 | 02:06:51 | 02:12:54 | | 183 | |
| 281 | 1158 | SZCZABEL Aleksandra | Głiwice | I LoVe Głiwice | 00:20:02 | 01:44:50 | 02:07:21 | 02:15:23 | 98 | | |
| 282 | 1039 | WASILEC TOMEK | ZAŚCIANKI | | 00:19:04 | 01:44:36 | 02:07:35 | 02:17:39 | | 184 | |
| 283 | 1009 | ŚWIĄTKOWSKA Katarzyna | Podkowa Leśna | | 00:19:33 | 01:45:31 | 02:07:44 | 02:17:45 | 99 | | |
| 284 | 1269 | KIEŁCZ Michał | Jerzykowo | Biegam Bo Nie Lubię | 00:19:36 | 01:45:16 | 02:07:48 | 02:19:53 | | 185 | |
| 285 | 1257 | MAKOWSKA Ewa | Jerzykowo | | 00:19:35 | 01:45:08 | 02:07:48 | 02:19:53 | 100 | | |



| Mce | Nr | Nazwisko Imię | Miejscowość | Klub | P1 | P2 | Czas netto | Czas brutto | M | K | Kara czasowa |
|-----|------|-----------------------------------|---------------------|-------------------------|----------|----------|------------|-----------------|-----|-----|--------------|
| 286 | 1212 | KOZYRA-PODKAŃSKA Agnieszka | Sulejówek | | 00:20:10 | 01:47:10 | 02:08:58 | 02:21:00 | 101 | | |
| 287 | 1381 | PODKAŃSKI Jacek | Sulejówek | | 00:20:10 | 01:47:08 | 02:08:58 | 02:21:00 | | 186 | |
| 288 | 1180 | KOTOWSKA Michalina | Warszawa | | 00:20:40 | 01:48:22 | 02:09:59 | 02:18:01 | 102 | | |
| 289 | 1095 | KRYSTKIEWICZ Łukasz | Tulce | Tulce | 00:19:56 | 01:48:49 | 02:10:07 | 02:18:07 | | 187 | |
| 290 | 1171 | DAKOWICZ Maciej | Warszawa | Deloitte Adventure Team | 00:19:05 | 01:47:26 | 02:10:15 | 02:16:16 | | 188 | |
| 291 | 1255 | GOYKE Małgorzata | Gdańsk | - | 00:20:42 | 01:49:11 | 02:11:02 | 02:23:06 | 103 | | |
| 292 | 1299 | PROTASIEWICZ Jarosław | Warszawa | | 00:21:06 | 01:47:07 | 02:11:23 | 02:13:25 | | 189 | |
| 293 | 1406 | MICOR JOLANTA | ŁÓDŹ | #HAPPY RUNNERS | 00:19:38 | 01:49:54 | 02:12:06 | 02:22:12 | 104 | | |
| 294 | 1150 | STĘPIEŃ Małgorzata | Łódź | Dzik Komando | 00:19:53 | 01:50:04 | 02:12:18 | 02:24:22 | 105 | | |
| 295 | 1078 | EWIAK-BEDERSKA Monika | Łódź | BEDITEAM | 00:19:53 | 01:50:05 | 02:12:19 | 02:24:23 | 106 | | |
| 296 | 1058 | SAKOWICZ Martyna | Białystok | | 00:19:25 | 01:48:52 | 02:12:23 | 02:18:28 | 107 | | |
| 297 | 1400 | ŁUSZCZ JOANNA | BIĄŁYSTOK | BBL BIĄŁYSTOK | 00:18:59 | 01:51:28 | 02:12:36 | 02:22:41 | 108 | | |
| 298 | 1025 | BUJNICKA Magdalena | Pasłęk | Nordic Walking Pasłęk | 00:19:34 | 01:51:25 | 02:13:23 | 02:25:26 | 109 | | |
| 299 | 1101 | OCHOCKA Ewa | Łódź | Biegnięte Laski | 00:19:55 | 01:51:03 | 02:13:31 | 02:23:35 | 110 | | |
| 300 | 1033 | FLUKSIK MONIKA | WARSZAWA | DOBRA CHWILA | 00:21:04 | 01:48:52 | 02:13:33 | 02:19:35 | 111 | | |
| 301 | 1353 | CIJNCZYK Dorota | Białystok | 3T Białystok | 00:19:37 | 01:50:47 | 02:14:18 | 02:18:19 | 112 | | |
| 302 | 1354 | MONACH KATARZYNA | Białystok | 3T Białystok | 00:19:37 | 01:50:48 | 02:14:18 | 02:18:19 | 112 | | |
| 303 | 1191 | OGONOWSKA Karoli | Zwoleń | | 00:19:54 | 01:49:13 | 02:14:23 | 02:20:26 | 114 | | |
| 304 | 1027 | CHOJNICKA Joanna | Pasłęk | Nordic Walking Pasłęk | 00:19:36 | 01:51:27 | 02:14:54 | 02:26:56 | 115 | | |
| 305 | 1026 | OBSZAŃSKA Małgorzata | Pasłęk | Nordic Walking Pasłęk | 00:19:37 | 01:51:31 | 02:14:55 | 02:26:56 | 116 | | |
| 306 | 1177 | SZEPIETOWSKA Edyta | WARSZAWA | Duklanowski Team | 00:19:19 | 01:52:45 | 02:15:38 | 02:15:39 | 117 | | |
| 307 | 1010 | BEREDA -SALCZAK Stella | Stare Budy | | 00:19:34 | 01:50:43 | 02:16:15 | 02:26:16 | 118 | | |
| 308 | 1417 | KUNKA PIOTR | | TEAM ZABIEGANE DNI | 00:19:16 | 01:51:56 | 02:17:01 | 02:29:08 | | 190 | |
| 309 | 1157 | ŻYŁOWICZ Marcin | Krakow | | 00:18:59 | 01:51:56 | 02:17:14 | 02:29:15 | | 191 | |
| 310 | 1388 | GAWRZYŁO Joanna | Warszawa | | 00:21:21 | 01:54:47 | 02:17:23 | 02:25:26 | 119 | | |
| 311 | 1074 | MACIUSZKO Wiesia | Białystok | | 00:20:38 | 01:53:31 | 02:18:39 | 02:18:42 | 120 | | |
| 312 | 1331 | WIELICZKO Paweł | Mońki | | 00:20:38 | 01:53:33 | 02:18:40 | 02:18:43 | | 192 | |
| 313 | 1218 | HUBBELL Małgorzata | CHOROSZCZ | PS w Choroszczu | 00:20:07 | 01:53:01 | 02:20:23 | 02:28:24 | 121 | | |
| 314 | 1205 | WYSOCKA Aneta | Choroszcz | | 00:20:09 | 01:53:27 | 02:20:24 | 02:28:25 | 122 | | |
| 315 | 1351 | ŻARNICKA Anna | Sobianowice | | 00:21:59 | 01:56:14 | 02:20:44 | 02:28:48 | 123 | | |
| 316 | 1105 | MRÓZ Ireneusz | Grabowo | | 00:21:19 | 01:56:05 | 02:22:51 | 02:28:57 | | 193 | |
| 317 | 1163 | ŻELISKO Kamil | Mińsk Mazowiecki | | 00:22:19 | 01:58:27 | 02:23:01 | 02:35:04 | | 194 | |
| 318 | 1228 | GROTNIK Ewelina | PRUSZKÓW | Motobabiniec | 00:20:50 | 01:59:37 | 02:25:28 | 02:33:29 | 124 | | |
| 319 | 1413 | ARTYSIEWICZ JAN | BIĄŁYSTOK | CRONN TEAM | 00:21:05 | 02:02:34 | 02:27:55 | 02:29:57 | | 195 | |
| 320 | 1412 | ARTYSIEWICZ MAGDALENA | BIĄŁYSTOK | CRONN TEAM | 00:21:04 | 02:02:34 | 02:27:56 | 02:29:57 | 125 | | |
| 321 | 1369 | ŚLIWOWSKA Kinga | Wysokie Mazowieckie | | 00:22:36 | 02:04:48 | 02:29:35 | 02:35:40 | 126 | | |
| 322 | 1112 | TRYMUCHA Julia | Warszawa | | 00:21:54 | 02:03:59 | 02:29:52 | 02:41:57 | 127 | | |