

Bieg 10 km

| Msc | Numer | Nazwisko | Imię | Płeć | M pl | Miejscowość | Klub | Dystans | Prędkość | Czas/km | Bieg 10 km Start | 1 okr czas | Czas netto |
|-----|-------|-------------|----------|------|------|---------------------|-----------------------------------|------------|----------|----------|------------------|---------------|-------------|
| 1 | 38 | MIKULSKI | TOMASZ | M | 1 | ŁAZY | UKS FILIPIDES TERESIN | Bieg 10 km | 15.89 | 00:03:46 | 00:00:02.26 | 00:18:51.11 | 00:37:45.65 |
| 2 | 73 | ZEMBRZUSKI | ŁUKASZ | M | 2 | SZCZYTNO | MKS BS PŁOŃSK | Bieg 10 km | 15.24 | 00:03:56 | 00:00:02.47 | 00:19:38.49 | 00:39:22.62 |
| 3 | 65 | ZALEWSKI | ADAM | M | 3 | NASIELSK | NASIELSK BASZTA TEAM | Bieg 10 km | 15.12 | 00:03:58 | 00:00:02.84 | 00:19:37.69 | 00:39:41.55 |
| 4 | 44 | PRZERADZKI | SEWERYN | M | 4 | MŁAWA | | Bieg 10 km | 14.93 | 00:04:01 | 00:00:02.50 | 00:20:02.31 | 00:40:11.88 |
| 5 | 7 | BRONOWSKI | PAWEŁ | M | 5 | NOWY RECZYN | | Bieg 10 km | 14.8 | 00:04:03 | 00:00:03.01 | 00:20:00.07 | 00:40:33.57 |
| 6 | 11 | CIEĆWIERZ | MARIUSZ | M | 6 | PARLIN | NO PAIN TEAM | Bieg 10 km | 14.57 | 00:04:07 | 00:00:03.77 | 00:20:21.89 | 00:41:11.71 |
| 7 | 75 | SKIERSKI | MATEUSZ | M | 7 | STRUBINY | MKS BS PŁOŃSK | Bieg 10 km | 14.35 | 00:04:10 | 00:00:03.13 | 00:20:38.45 | 00:41:48.17 |
| 8 | 5 | BIENIAS | KONRAD | M | 8 | PŁOCK | MAZOWIECKA AKADEMIA BIEGACZA | Bieg 10 km | 14.33 | 00:04:11 | 00:00:03.37 | 00:20:41.94 | 00:41:52.32 |
| 9 | 72 | CZULIŃSKI | BOGDAN | M | 9 | KRÓLEWO | | Bieg 10 km | 14.06 | 00:04:16 | 00:00:02.26 | 00:20:39.71 | 00:42:41.50 |
| 10 | 12 | CYBULSKI | JACEK | M | 10 | JAROCIN | | Bieg 10 km | 13.93 | 00:04:18 | 00:00:02.29 | 00:21:08.50 | 00:43:04.71 |
| 11 | 14 | FABIAŃSKI | PIOTR | M | 11 | CZERWIŃSK NAD WISŁĄ | NO PAIN TEAM | Bieg 10 km | 13.9 | 00:04:19 | 00:00:02.97 | 00:21:20.05 | 00:43:10.76 |
| 12 | 8 | CAK | MICHAŁ | M | 12 | BIELSK | ORLEN RUNNING TEAM | Bieg 10 km | 13.63 | 00:04:24 | 00:00:03.22 | 00:21:44.71 | 00:44:01.41 |
| 13 | 16 | GÓRSKI | ALBIN | M | 13 | KOZŁÓW SZLACHECKI | PSP SOCHACZEW | Bieg 10 km | 13.52 | 00:04:26 | 00:00:02.75 | 00:21:45.60 | 00:44:22.77 |
| 14 | 47 | PYDYNKOWSKI | ŁUKASZ | M | 14 | DZIAŁDOWO | ROZBIEGANE DZIAŁDOWO | Bieg 10 km | 13.46 | 00:04:27 | 00:00:02.71 | 00:00:00.-271 | 00:44:35.26 |
| 15 | 67 | JEZIERSKI | PIOTR | M | 15 | NOWE MIASTO | ART SHOW - TEAM NOWE MIASTO BIEGA | Bieg 10 km | 12.87 | 00:04:39 | 00:00:01.45 | 00:22:55.55 | 00:46:37.75 |
| 16 | 2 | ANOWSKI | ADRIAN | M | 16 | DROCHOWO | | Bieg 10 km | 12.47 | 00:04:48 | 00:00:02.63 | 00:24:20.78 | 00:48:06.97 |
| 17 | 25 | KRÓLAK | ARTUR | M | 17 | NARUSZEWO | | Bieg 10 km | 12.41 | 00:04:50 | 00:00:03.38 | 00:23:40.14 | 00:48:20.00 |
| 18 | 56 | TOMALA | PATRYK | M | 18 | ZALUSKI | KB IM. PIOTRA SĘKOWSKIEGO | Bieg 10 km | 12.41 | 00:04:50 | 00:00:04.32 | 00:23:43.39 | 00:48:22.54 |
| 19 | 51 | STAWICKI | ZBIGNIEW | M | 19 | PŁOCK | BIEGAMPŁOCK TEAM | Bieg 10 km | 12.32 | 00:04:52 | 00:00:03.76 | 00:23:52.26 | 00:48:43.68 |
| 20 | 3 | BANIAK | JACEK | M | 20 | PŁOŃSK | KB IM. PIOTRA SĘKOWSKIEGO | Bieg 10 km | 12.18 | 00:04:55 | 00:00:02.93 | 00:24:19.91 | 00:49:16.79 |
| 21 | 20 | KAMIŃSKI | WIESŁAW | M | 21 | WARSZAWA | NASIELSK BASZTA TEAM | Bieg 10 km | 12.07 | 00:04:58 | 00:00:10.83 | 00:24:30.50 | 00:49:43.41 |
| 22 | 55 | SZPAKIEWICZ | ZBIGNIEW | M | 22 | STRZEMBOWO | KB IM. PIOTRA SĘKOWSKIEGO | Bieg 10 km | 11.92 | 00:05:02 | 00:00:02.21 | 00:25:10.58 | 00:50:20.81 |
| 23 | 30 | MALEK | KAROLINA | K | 1 | LEONCIN | FUNDACJA A KUKU | Bieg 10 km | 11.76 | 00:05:06 | 00:00:04.43 | 00:25:16.01 | 00:51:01.00 |

| Msc | Numer | Nazwisko | Imię | Płeć | M pl | Miejscowość | Klub | Dystans | Prędkość | Czas/km | Bieg 10 km Start | 1 okr czas | Czas netto |
|-----|-------|---------------|------------|------|------|---------------------|---------------------------|------------|----------|----------|------------------|-------------|-------------|
| 24 | 15 | GADOMSKI | ŁUKASZ | M | 23 | PŁOŃSK | | Bieg 10 km | 11.65 | 00:05:09 | 00:00:06.86 | 00:25:47.82 | 00:51:31.32 |
| 25 | 57 | TOMASZEWSKI | ARKADIUSZ | M | 24 | NARUSZEWO | | Bieg 10 km | 11.6 | 00:05:10 | 00:00:07.46 | 00:26:23.55 | 00:51:43.41 |
| 26 | 33 | MARCINIAK | ILONA | K | 2 | PŁOŃSK | KB IM. PIOTRA SĘKOWSKIEGO | Bieg 10 km | 11.58 | 00:05:10 | 00:00:04.50 | 00:25:17.94 | 00:51:48.67 |
| 27 | 40 | OSIAL | MARIUSZ | M | 25 | PŁOŃSK | KB IM. PIOTRA SĘKOWSKIEGO | Bieg 10 km | 11.58 | 00:05:11 | 00:00:04.03 | 00:25:18.14 | 00:51:50.92 |
| 28 | 32 | MARASZEK | KRZYSZTOF | M | 26 | STAROŻREBY | | Bieg 10 km | 11.49 | 00:05:13 | 00:00:04.02 | 00:25:44.57 | 00:52:13.75 |
| 29 | 53 | SZMULEWICZ | ALEKSANDRA | K | 3 | CZERWIŃSK NAD WISŁĄ | | Bieg 10 km | 11.38 | 00:05:16 | 00:00:02.86 | 00:25:45.50 | 00:52:43.07 |
| 30 | 31 | MARASZEK | EDYTA | K | 4 | STAROŻREBY | | Bieg 10 km | 11.35 | 00:05:17 | 00:00:04.43 | 00:26:11.01 | 00:52:51.50 |
| 31 | 29 | KWIATKOWSKI | SZYMON | M | 27 | NARUSZEWO | | Bieg 10 km | 11.26 | 00:05:19 | 00:00:02.86 | 00:25:35.73 | 00:53:17.38 |
| 32 | 71 | GĘSIARZ | SZYMON | M | 28 | PŁOCK | | Bieg 10 km | 11.18 | 00:05:22 | 00:00:08.33 | 00:26:45.76 | 00:53:40.91 |
| 33 | 62 | WIŚNIEWSKI | JAROSŁAW | M | 29 | PŁOŃSK | | Bieg 10 km | 11.08 | 00:05:24 | 00:00:05.48 | 00:26:04.14 | 00:54:08.35 |
| 34 | 41 | PANKOWSKI | MARIUSZ | M | 30 | SZAPSK | BIEGAM SAM | Bieg 10 km | 11.08 | 00:05:24 | 00:00:04.79 | 00:26:04.83 | 00:54:09.10 |
| 35 | 28 | KSYNA | BOGUSŁAW | M | 31 | KAMION MAŁY | | Bieg 10 km | 10.98 | 00:05:27 | 00:00:02.44 | 00:27:00.81 | 00:54:38.11 |
| 36 | 52 | STAWSKI | TOMASZ | M | 32 | ELŻBIETÓW | | Bieg 10 km | 10.94 | 00:05:29 | 00:00:05.43 | 00:26:03.84 | 00:54:51.17 |
| 37 | 61 | WARCHOŁ | ARTUR | M | 33 | KUCHARY KRÓLEWSKIE | KB IM. PIOTRA SĘKOWSKIEGO | Bieg 10 km | 10.85 | 00:05:31 | 00:00:05.58 | 00:27:35.53 | 00:55:18.13 |
| 38 | 35 | MARIAŃSKA | PATRYCJA | K | 5 | RADZYMIN | | Bieg 10 km | 10.75 | 00:05:34 | 00:00:05.02 | 00:26:58.93 | 00:55:49.12 |
| 39 | 1 | ANDRZEJEWSKI | GRZEGORZ | M | 34 | SZEROMINEK | | Bieg 10 km | 10.73 | 00:05:35 | 00:00:07.37 | 00:27:37.07 | 00:55:55.37 |
| 40 | 18 | JAWORSKA | KLAUDIA | K | 6 | SOCHACZEW | | Bieg 10 km | 10.69 | 00:05:36 | 00:00:04.62 | 00:27:54.51 | 00:56:08.98 |
| 41 | 66 | ORLIŃSKA | EDYTA | K | 7 | PŁOŃSK | PŁOŃSZCZANKI | Bieg 10 km | 10.67 | 00:05:37 | 00:00:04.73 | 00:27:54.88 | 00:56:14.41 |
| 42 | 68 | ŚWIERCZ | ANDRZEJ | M | 35 | PŁOŃSK | KB IM. PIOTRA SĘKOWSKIEGO | Bieg 10 km | 10.63 | 00:05:38 | 00:00:06.68 | 00:27:45.72 | 00:56:26.98 |
| 43 | 43 | POŁEĆ | ANDRZEJ | M | 36 | SOCHACZEW | | Bieg 10 km | 10.53 | 00:05:42 | 00:00:05.55 | 00:27:54.78 | 00:57:00.00 |
| 44 | 69 | GĘSIARZ | MONIKA | K | 8 | PŁOCK | | Bieg 10 km | 10.4 | 00:05:46 | 00:00:08.61 | 00:29:30.45 | 00:57:40.18 |
| 45 | 37 | MAZAN | PRZEMYSŁAW | M | 37 | WARSZAWA | | Bieg 10 km | 10.4 | 00:05:46 | 00:00:06.32 | 00:27:55.51 | 00:57:42.73 |
| 46 | 9 | CIARKOWSKI | KLAUDIUSZ | M | 38 | PŁOŃSK | MKS PANTERA | Bieg 10 km | 10.34 | 00:05:48 | 00:00:08.09 | 00:29:25.48 | 00:58:02.79 |
| 47 | 64 | WYPYSIŃSKI | RAFAŁ | M | 39 | WARSZAWA | GĄBIN BIEGA | Bieg 10 km | 10.31 | 00:05:49 | 00:00:07.83 | 00:30:30.13 | 00:58:13.25 |
| 48 | 45 | PRZYBYSZEWSKI | JAKUB | M | 40 | PŁOŃSK | | Bieg 10 km | 10.3 | 00:05:49 | 00:00:01.58 | 00:25:47.59 | 00:58:16.19 |
| 49 | 74 | WOŹWIAK | JANUSZ | M | 41 | PŁOŃSK | | Bieg 10 km | 10.19 | 00:05:53 | 00:00:07.35 | 00:29:31.44 | 00:58:53.56 |

| Msc | Numer | Nazwisko | Imię | Płeć | M pl | Miejscowość | Klub | Dystans | Prędkość | Czas/km | Bieg 10 km Start | 1 okr czas | Czas netto |
|-----|-------|-------------------|-----------|------|------|---------------------|---------------------------|------------|----------|----------|------------------|-------------|-------------|
| 50 | 59 | TRUSZKOWSKI | PIOTR | M | 42 | BOŁĘCIN | | Bieg 10 km | 9.94 | 00:06:02 | 00:00:08.28 | 00:30:10.79 | 01:00:20.46 |
| 51 | 50 | SAWICKA | JUSTYNA | K | 9 | PŁOŃSK | | Bieg 10 km | 9.81 | 00:06:06 | 00:00:06.13 | 00:29:40.32 | 01:01:09.37 |
| 52 | 46 | PRZYBYSZEWSKI | MICHAŁ | M | 43 | PŁOŃSK | | Bieg 10 km | 9.79 | 00:06:07 | 00:00:06.10 | 00:29:28.63 | 01:01:18.26 |
| 53 | 77 | CHĄDZYŃSKI | ADAM | M | 44 | PŁOŃSK | | Bieg 10 km | 9.7 | 00:06:11 | 00:00:04.96 | 00:30:09.31 | 01:01:51.14 |
| 54 | 21 | KŁOSIŃSKI | PAWEŁ | M | 45 | PŁONSK | KB IM. PIOTRA SĘKOWSKIEGO | Bieg 10 km | 9.63 | 00:06:13 | 00:00:05.88 | 00:31:27.27 | 01:02:19.92 |
| 55 | 48 | ROMANOWSKA | AGNIESZKA | K | 10 | PŁOŃSK | PŁOŃSZCZANKI | Bieg 10 km | 9.63 | 00:06:14 | 00:00:04.38 | 00:31:28.79 | 01:02:20.90 |
| 56 | 24 | KOWALSKI | TOMASZ | M | 46 | WARSZAWA | 12TRI.PL | Bieg 10 km | 9.6 | 00:06:14 | 00:00:05.76 | 00:30:39.19 | 01:02:29.26 |
| 57 | 26 | KRYGIER-SZULIŃSKA | WIOLETA | K | 11 | PŁOŃSK | PŁOŃSZCZANKI | Bieg 10 km | 9.54 | 00:06:17 | 00:00:04.76 | 00:31:49.30 | 01:02:52.29 |
| 58 | 39 | ORACKA | AGNIESZKA | K | 12 | GRODZISK MAZOWIECKI | BATALION DOWODZENIA WOT | Bieg 10 km | 9.21 | 00:06:31 | 00:00:03.50 | 00:32:10.71 | 01:05:10.51 |
| 59 | 36 | MASTALERSKI | DARIUSZ | M | 47 | GRODZISK MAZOWIECKI | BATALION DOWODZENIA WOT | Bieg 10 km | 9.21 | 00:06:31 | 00:00:03.40 | 00:32:10.51 | 01:05:10.75 |
| 60 | 34 | MARCZAK | GRAŻYNA | K | 13 | WARSZAWA | LECZO TEAM | Bieg 10 km | 9.15 | 00:06:33 | 00:00:09.00 | 00:32:25.02 | 01:05:34.39 |
| 61 | 63 | WYPYSIŃSKA | ANNA | K | 14 | WARSZAWA | | Bieg 10 km | 9.04 | 00:06:38 | 00:00:07.87 | 00:33:01.58 | 01:06:23.49 |
| 62 | 42 | POKROPIŃSKA | WERONIKA | K | 15 | GOSTYNIN | RYKOWISKO TEAM | Bieg 10 km | 9.03 | 00:06:38 | 00:00:07.34 | 00:32:57.47 | 01:06:27.26 |
| 63 | 76 | TOKARSKA | MARLENA | K | 16 | PŁOŃSK | PŁOŃSZCZANKI | Bieg 10 km | 8.86 | 00:06:46 | 00:00:04.87 | 00:33:41.35 | 01:07:44.73 |
| 64 | 22 | KOCHMAN | IWONA | K | 17 | WARSZAWA | VEGE RUNNERS | Bieg 10 km | 8.67 | 00:06:55 | 00:00:09.91 | 00:34:06.31 | 01:09:12.12 |
| 65 | 19 | KAMASA | ANDRZEJ | M | 48 | CEMPKOWO | | Bieg 10 km | 8.31 | 00:07:13 | 00:00:09.45 | 00:35:18.61 | 01:12:10.62 |
| 66 | 4 | BIELSKA | ANNA | K | 18 | PŁOŃSK | PŁOŃSZCZANKI | Bieg 10 km | 7.86 | 00:07:37 | 00:00:05.23 | 00:37:51.20 | 01:16:18.61 |
| 67 | 70 | KOWALEWSKA | KATARZYNA | K | 19 | WARSZAWA | 12TRI.PL | Bieg 10 km | 7.41 | 00:08:06 | 00:00:06.97 | 00:39:23.31 | 01:21:00.10 |
| 68 | 23 | KOWALSKA | KINGA | K | 20 | WARSZAWA | | Bieg 10 km | 7.36 | 00:08:08 | 00:00:06.88 | 00:39:27.54 | 01:21:29.42 |
| 69 | 27 | KRZYŻANOWSKA | ZOJA | K | 21 | WRARSZAWA | VEGE RUNNERS | Bieg 10 km | 7.22 | 00:08:18 | 00:00:09.79 | 00:40:54.84 | 01:23:07.53 |
| DNF | 13 | DZIARNOWSKI | WŁODEK | M | DNF | PŁOCK | BIEGAMPŁOCK TEAM | Bieg 10 km | | | 00:00:05.78 | 00:27:53.80 | |