

| | | | | | | | |
|----|-----|----------------|------------|--------|-----|------------------------|----|
| 1 | 716 | BIĘCZAK | ZUZANNA | 3000 m | K20 | ASICSFRONTRUNNERPOLAND | 25 |
| 2 | 717 | CABAŃSKA | DOROTA | 3000 m | K40 | | 25 |
| 3 | 718 | CYNKIER | MIESZKO | 3000 m | M40 | ARTURKUREK.PRO | 25 |
| 4 | 719 | GUZIK | JAGODA | 3000 m | K30 | CTS | 25 |
| 5 | 720 | KOGUCIUK | GRZEGORZ | 3000 m | M30 | | 25 |
| 6 | 721 | KRAWCZYKIEWICZ | MAGDA | 3000 m | K40 | ŻÓRAWSKI TEAM | 25 |
| 7 | 722 | KUCHARCZYK | ANDRZEJ | 3000 m | M40 | | 25 |
| 8 | 723 | ŁUKIANOW | ARTUR | 3000 m | M30 | | 25 |
| 9 | 724 | MATYSIAK | TOMASZ | 3000 m | M40 | CTS | 25 |
| 10 | 725 | NAWRAT | MONIKA | 3000 m | K30 | | 25 |
| 11 | 726 | POKORSKI | MAREK | 3000 m | M40 | CTS | 25 |
| 12 | 727 | RUTKOWSKI | SŁAWOMIR | 3000 m | M60 | | 25 |
| 13 | 728 | SOKOŁOWSKI | ŁUKASZ | 3000 m | M30 | | 25 |
| 14 | 729 | STRZELECKI | MICHAŁ | 3000 m | M30 | SMASHING PAŃKINS | 25 |
| 15 | 730 | URBAN | ALEKSANDER | 3000 m | M30 | | 25 |
| 16 | 731 | URBANIAK | ALEKSANDER | 3000 m | M30 | | 25 |
| 17 | 732 | WŁASINOWICZ | SEBASTIAN | 3000 m | M20 | ORT ŁOMIANKI | 25 |
| 18 | 733 | WOJTKOWIAK | MARTA | 3000 m | K30 | | 25 |
| 19 | 734 | ZAWADA | PAWEŁ | 3000 m | M20 | BIEGNIJZWIERZU.PL | 25 |
| 20 | 735 | ŻURANIEWSKA | AGNIESZKA | 3000 m | K40 | NUDNE PIĄTKI | 25 |
| 21 | | | | | | | |
| 22 | | | | | | | |
| 23 | | | | | | | |
| 24 | | | | | | | |
| 25 | | | | | | | |

3000 m seria III 19:20

| lp | numer | nazwisko | imie | dystans | katw | druzyna | wplata |
|----|-------|-------------|--------|---------|------|---------------|--------|
| 1 | 736 | ASŁANOWICZ | MARCIN | 3000 m | M40 | ŻÓRAWSKI TEAM | 25 |
| 2 | 737 | CZERNIAWSKI | PIOTR | 3000 m | M40 | | 25 |

| | | | | | | | |
|----|-----|-------------|-------------|--------|-----|--------------------------------------|----|
| 3 | 738 | GRZEGORZ | NOWOSIELSKI | 3000 m | M20 | ŻÓRAWSKI TEAM | 25 |
| 4 | 739 | KISIEL | GRZEGORZ | 3000 m | M30 | ŻÓRAWSKI TEAM | 25 |
| 5 | 740 | KUPISZ | KONRAD | 3000 m | M30 | | 25 |
| 6 | | LACHAWIEC | BOGUSŁAW | 3000 m | M40 | WIELISZEW HERON TEAM | |
| 7 | 741 | LEWDOROWICZ | WOJCIECH | 3000 m | M40 | SAM SOBIE KLUBEM | 25 |
| 8 | 742 | LIPIEC | TOMASZ | 3000 m | M40 | LIPIEC RUNNING TEAM | 25 |
| 9 | 743 | ŁUKASZEWICZ | RYSZARD | 3000 m | M50 | WARSZAWA WOLA | 25 |
| 10 | 744 | MALEWICZ | ADAM | 3000 m | M40 | | 25 |
| 11 | 745 | MALOVATSKYI | ANDRII | 3000 m | M30 | WARSAW RUN CLUB | 25 |
| 12 | 746 | MICHNIAK | ANDRZEJ | 3000 m | M40 | WARSZAWSKI KLUB KOLARSKI | 25 |
| 13 | 747 | OCHMAN | PIOTR | 3000 m | M40 | ŻÓRAWSKI TEAM | 25 |
| 14 | 748 | RUDO | JAKUB | 3000 m | M20 | ŁOCHOWSKA GRUPA BIEGOWA /PGB SPORTOW | 25 |
| 15 | 749 | SAWICKI | DARIUSZ | 3000 m | M40 | | 25 |
| 16 | 750 | SENATORSKI | PIOTR | 3000 m | M50 | | 25 |
| 17 | 751 | SIEGIEDA | MICHAŁ | 3000 m | M30 | ADIDAS RUNNERS WARSAW | 25 |
| 18 | 752 | TRZCIŃSKA | JOANNA | 3000 m | K20 | OKS SKRA | 25 |
| 19 | 753 | WÓJCIK | PIOTR | 3000 m | M30 | ŻÓRAWSKI TEAM | 25 |
| 20 | 754 | ZDEB | PRZEMEK | 3000 m | M30 | ADIDAS RUNNERS WARSAW | 25 |
| 21 | | | | | | | |
| 22 | | | | | | | |
| 23 | | | | | | | |
| 24 | | | | | | | |
| 25 | | | | | | | |

3000 m seria IV 19:35

| lp | numer | nazwisko | imie | dystans | katw | druzyna | wplata |
|----|-------|-----------|------------|---------|------|--------------------------|--------|
| 1 | 681 | BARAN | MATEUSZ | 3000 m | M20 | WARSZAWSKIE SANKT MORITZ | 25 |
| 2 | 682 | DĄBROWSKI | MATEUSZ | 3000 m | M30 | ALLIANZ RUNNING TEAM | 25 |
| 3 | 683 | DUSZYŃSKI | SEBASTIAN | 3000 m | M30 | | 25 |
| 4 | 684 | GIŻYŃSKI | PRZEMYSŁAW | 3000 m | M40 | TKKF PŁOCK | 25 |

| | | | | | | | |
|----|-----|-------------|-------------|--------|-----|--------------------------------|----|
| 5 | 685 | GŁODOWSKI | MICHAŁ | 3000 m | M20 | ŻÓRAWSKI TEAM | 25 |
| 6 | 686 | GRABOWSKI | KAROL | 3000 m | M30 | | 25 |
| 7 | | IGNACY | TRĘBICKI | 3000 m | M16 | OKS SKRA | |
| 8 | 687 | KIERZKOWSKI | MATEUSZ | 3000 m | M20 | VICTUS RĘBKÓW | 25 |
| 9 | 688 | KRYGIER | KRZYSZTOF | 3000 m | M20 | SPIESZSIEPOWOLI.PL | 25 |
| 10 | 689 | ŁUKASIK | DAMIAN | 3000 m | M30 | | 25 |
| 11 | 690 | MACHOWSKI | PAWEŁ | 3000 m | M20 | RACZYŃSKI TEAM | 25 |
| 12 | 691 | MAZEK | EMILIA | 3000 m | K20 | SBRT | 25 |
| 13 | 692 | PAŁKA | PIOTR | 3000 m | M30 | | 25 |
| 14 | 693 | PODSTAWKA | PIOTR | 3000 m | M30 | MKB DREPTAK | 25 |
| 15 | 694 | SUJAK | DANIEL | 3000 m | M20 | | 25 |
| 16 | 695 | SZCZEPŁEK | JASIEK | 3000 m | M30 | LEMIESZ TEAM | 25 |
| 17 | 696 | TRZEBINSKI | BARTLOMIEJ | 3000 m | M40 | BYSTRY KRÓLIK // LUFT TRI TEAM | 25 |
| 18 | 697 | ZAREMBA | ANDRZEJ | 3000 m | M40 | | 25 |
| 19 | 698 | ZAWADA | MAKSYMILIAN | 3000 m | M16 | KLASYK | 25 |
| 20 | 700 | ŻUBIŃSKI | PIOTR | 3000 m | M40 | ACCELERATING POLAND | 25 |
| 21 | | | | | | | |
| 22 | | | | | | | |
| 23 | | | | | | | |
| 24 | | | | | | | |
| 25 | | | | | | | |