

| nazwisko | imie | kat. | druzyna | 800 m | 1500 m | 3000 m | ilość dyst. | razem |
|----------------|------------|------|--|----------|----------|----------|-------------|----------|
| KSIĄŻKIEWICZ | PIOTR | M30 | CITY TRIAL TEAM | 02:11,30 | 04:29,20 | 09:19,91 | 3 | 16:00,41 |
| KŁOS | GRZEGORZ | M30 | | 02:04,44 | 04:27,82 | 09:52,70 | 3 | 16:24,96 |
| SAWICKI | DARIUSZ | M40 | | 02:17,28 | 04:43,87 | 10:36,96 | 3 | 17:38,11 |
| MAZEK | EMILIA | K20 | SBRT WARSZAWA /WILGA GARWOLIN | 02:25,63 | 04:56,22 | 10:33,01 | 3 | 17:54,86 |
| OCHMAN | PIOTR | M40 | ŻÓRAWSKI TEAM | 02:36,59 | 05:15,77 | 11:03,89 | 3 | 18:56,25 |
| JAMBOR | MICHAŁ | M40 | BRACTWO BIEGOWE BGK | 02:44,77 | 05:15,62 | 11:07,18 | 3 | 19:07,57 |
| DUBEK | MATEUSZ | M30 | ŻÓRAWSKI TEAM | 02:45,45 | 05:24,15 | 11:45,18 | 3 | 19:54,78 |
| BACHANEK | ADAM | M40 | RK ATHLETICS | 02:34,27 | 05:26,25 | 11:59,80 | 3 | 20:00,32 |
| CEGLARZ | WOJCIECH | M30 | BRACTWO BIEGOWE BGK | 02:48,15 | 05:26,70 | 11:56,73 | 3 | 20:11,58 |
| SAŁAMACHA | JAROSŁAW | M30 | ŻÓRAWSKI TEAM | 02:19,72 | 04:50,86 | 13:43,31 | 3 | 20:53,89 |
| WIECZOREK | DARIUSZ | M50 | PRZEGLĄD SPORTOWY | 02:43,45 | 05:36,85 | 12:43,10 | 3 | 21:03,40 |
| GŁODOWSKA | MARTA | K20 | ŻÓRAWSKI TEAM | 03:06,05 | 06:17,98 | 13:01,48 | 3 | 22:25,51 |
| SAŁAMACHA | IZABELA | K30 | ŻÓRAWSKI TEAM | 03:11,22 | 06:29,45 | 13:56,43 | 3 | 23:37,10 |
| KRAWCZYKIEWICZ | DOROTA | K30 | ŻÓRAWSKI TEAM | 03:29,27 | 07:02,02 | 15:07,00 | 3 | 25:38,29 |
| KOMOREK | KRZYSZTOF | M40 | BRACTWO BIEGOWE BGK | 03:45,18 | 07:24,15 | 16:11,20 | 3 | 27:20,53 |
| KRAWCZYKIEWICZ | MAGDA | K40 | ŻÓRAWSKI TEAM | 03:52,08 | 07:21,00 | 16:11,67 | 3 | 27:24,75 |
| PODSTAWKA | PIOTR | M30 | MKB DREPTAK | 02:06,55 | 04:21,56 | 00:00,00 | 2 | 06:28,11 |
| SUJAK | DANIEL | M20 | | 02:06,45 | 04:36,07 | 00:00,00 | 2 | 06:42,52 |
| ŁUKASIK | DAMIAN | M30 | | 02:10,05 | 04:34,99 | 00:00,00 | 2 | 06:45,04 |
| GIŻYŃSKI | PRZEMYSŁAW | M40 | TKKF PŁOCK | 02:17,95 | 04:36,54 | 00:00,00 | 2 | 06:54,49 |
| ŁĘCKI | PAWEŁ | M30 | | 02:10,37 | 04:44,37 | 00:00,00 | 2 | 06:54,74 |
| LIPIEC | TOMASZ | M40 | LIPIEC RUNNING TEAM / IZBA ADWOKACKA W WARSZAWIE | 02:22,04 | 04:42,02 | 00:00,00 | 2 | 07:04,06 |
| DĄBROWSKI | MATEUSZ | M30 | ALLIANZ RUNNING TEAM | 02:19,87 | 04:45,44 | 00:00,00 | 2 | 07:05,31 |
| SIEGIEDA | MICHAŁ | M30 | ADIDAS RUNNERS WARSAW | 02:17,70 | 04:50,45 | 00:00,00 | 2 | 07:08,15 |

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| GREWIŃSKI | TOMASZ | M50 | LIPIEC RUNNING TEAM | 02:27,18 | 04:59,76 | 00:00,00 | 2 | 07:26,94 |
| ZAWADA | PAWEŁ | M20 | SKRZYDLACI.PL / BIEGNIJZWIERZU.PL | 02:27,15 | 05:04,01 | 00:00,00 | 2 | 07:31,16 |
| KUPISZ | KONRAD | M30 | | 02:29,17 | 05:04,48 | 00:00,00 | 2 | 07:33,65 |
| KRÓL | ARKADIUSZ | M40 | WARSAW RUN CLUB / GIŻA TEAM | 02:29,44 | 05:07,85 | 00:00,00 | 2 | 07:37,29 |
| KACPRZAK | KACPER | M16 | ŻÓRAWSKI TEAM | 02:31,94 | 05:07,51 | 00:00,00 | 2 | 07:39,45 |
| ZDEB | PRZEMYSŁAW | M30 | ADIDAS RUNNERS WARSAW | 02:24,59 | 05:15,34 | 00:00,00 | 2 | 07:39,93 |
| PIKUL | PIOTR | M30 | ING TEAM | 02:32,76 | 05:19,73 | 00:00,00 | 2 | 07:52,49 |
| TALACHA | AGNIESZKA | K30 | ADIDAS RUNNERS WARSAW | 02:36,33 | 05:20,77 | 00:00,00 | 2 | 07:57,10 |
| WOJTKOWIAK | MARTA | K30 | | 02:39,75 | 05:29,55 | 00:00,00 | 2 | 08:09,30 |
| ŁUKASZEWICZ | RYSZARD | M50 | WARSZAWA WOLA | 02:40,75 | 05:30,02 | 00:00,00 | 2 | 08:10,77 |
| JAKUBOWSKA | KLAUDIA | K20 | PSZCZÓŁKOWSKI TEAM | 02:50,99 | 05:31,14 | 00:00,00 | 2 | 08:22,13 |
| ŻURANIEWSKA | AGNIESZKA | K40 | | 02:49,24 | 05:44,30 | 00:00,00 | 2 | 08:33,54 |
| GIŻYŃSKA | KAROLINA | K30 | TKKF PŁOCK | 02:53,89 | 05:43,55 | 00:00,00 | 2 | 08:37,44 |
| KUCZMARSKA | MARTA | K30 | TKKF PŁOCK | 02:44,67 | 06:01,30 | 00:00,00 | 2 | 08:45,97 |
| SKIBA | PAWEŁ | M30 | | 02:52,47 | 06:10,36 | 00:00,00 | 2 | 09:02,83 |
| ŚWIĄTEK | PAULINA | K20 | | 02:57,22 | 06:14,56 | 00:00,00 | 2 | 09:11,78 |
| KOPERSKA | ANNA | K20 | MKB DREPTAK | 02:56,35 | 06:19,64 | 00:00,00 | 2 | 09:15,99 |
| ŁOZIŃSKI | PIOTR | M40 | BRACTWO BIEGOWE BGK | 03:00,10 | 06:26,76 | 00:00,00 | 2 | 09:26,86 |
| FURMANEK | AGATA | K20 | | 03:10,77 | 06:28,30 | 00:00,00 | 2 | 09:39,07 |
| GUZOWSKI | KAROL | MU20 | | 03:17,09 | 06:39,69 | 00:00,00 | 2 | 09:56,78 |
| CIECHAROWSKA | JUSTYNA | K30 | | 03:11,60 | 06:46,18 | 00:00,00 | 2 | 09:57,78 |
| ASŁANOWICZ | MATYLDA | | | 03:16,82 | 06:43,64 | 00:00,00 | 2 | 10:00,46 |
| WICHOWSKI | JACEK | M40 | RUNNINGFACTORY.PL | 02:01,33 | 00:00,00 | 08:41,55 | 2 | 10:42,88 |
| RATASZEWSKA | EDYTA | K50 | WARSAW RUN CLUB | 03:46,27 | 07:02,22 | 00:00,00 | 2 | 10:48,49 |
| KARWOWSKI | WOJCIECH | M20 | TEAM KOPEĆ | 02:03,02 | 00:00,00 | 08:52,63 | 2 | 10:55,65 |
| PRUSACZYK | MICHAŁ | MU20 | WARSAW RUN CLUB | 03:39,27 | 07:52,24 | 00:00,00 | 2 | 11:31,51 |
| COŚ | MONIKA | K40 | WARSAW RUN CLUB | 03:41,39 | 07:52,23 | 00:00,00 | 2 | 11:33,62 |

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| CELIŃSKI | ROBERT | M40 | AZS AWF WARSZAWA | 02:08,50 | 00:00,00 | 09:27,00 | 2 | 11:35,50 |
| SKIBIŃSKI | MIKOŁAJ | M30 | | 00:00,00 | 02:08,74 | 09:37,90 | 2 | 11:46,64 |
| SŁUPIK | TOMASZ | M20 | | 02:11,07 | 00:00,00 | 09:42,48 | 2 | 11:53,55 |
| KORZENIOWSKI | DARIUSZ | M40 | ACCELERATING POLAND | 02:18,33 | 00:00,00 | 09:54,90 | 2 | 12:13,23 |
| GOZDEK | RADEK | M40 | TRUCHT TARCHOMIN TEAM | 02:18,23 | 00:00,00 | 09:55,60 | 2 | 12:13,83 |
| IWANICKI | MICHAŁ | M30 | ACCELERATING POLAND | 02:17,43 | 00:00,00 | 10:07,10 | 2 | 12:24,53 |
| STANKOWSKI | RAFAŁ | M30 | ACTIVE PROSPERIA RUNNING TEAM/STO- NOGI MILANÓWEK | 02:17,55 | 00:00,00 | 10:17,00 | 2 | 12:34,55 |
| KLAŚ | ŁUKASZ | M40 | TRUCHT TARCHOMIN TEAM | 02:25,07 | 00:00,00 | 10:21,06 | 2 | 12:46,13 |
| NOWAKOWSKI | JACEK | M50 | AKL URSYNÓW | 02:22,15 | 00:00,00 | 10:54,27 | 2 | 13:16,42 |
| WIŚNIEWSKA | MARTYNA | K30 | ADIDAS RUNNERS WARSAW | 02:29,78 | 00:00,00 | 10:50,38 | 2 | 13:20,16 |
| GOSK | DOMINIK | M20 | DD RUNNING TEAM | 00:00,00 | 04:14,36 | 09:18,50 | 2 | 13:32,86 |
| STOCHMALSKI | PIOTR | M30 | ADIDAS RUNNERS WARSAW | 00:00,00 | 04:20,39 | 09:23,40 | 2 | 13:43,79 |
| GAWRON | PAWEŁ | M20 | ADIDAS RUNNERS WARSAW | 00:00,00 | 04:20,45 | 09:25,90 | 2 | 13:46,35 |
| KANIA | MICHAŁ | M20 | ADIDAS RUNNERS WARSAW | 00:00,00 | 04:24,42 | 09:36,20 | 2 | 14:00,62 |
| KUBICKI | ADAM | M30 | INSIGNIS TFI | 00:00,00 | 04:22,85 | 09:38,80 | 2 | 14:01,65 |
| WRÓBLEWSKI | MICHAŁ | M40 | AKL URSYNÓW | 02:23,12 | 00:00,00 | 11:54,82 | 2 | 14:17,94 |
| MAJCHRZAK | MARIUSZ | M20 | | 02:26,65 | 00:00,00 | 12:08,57 | 2 | 14:35,22 |
| CICHOCKI | MARIUSZ | M20 | WARSAW RUN CLUB | 02:33,37 | 00:00,00 | 12:18,74 | 2 | 14:52,11 |
| ŁUCZYŃSKI | TOMASZ | M40 | TRENINGIBIEGOWE.PL/ADIDAS RUNNERS WARSAW | 00:00,00 | 04:45,93 | 10:08,30 | 2 | 14:54,23 |
| RYNKIEWICZ | TOMASZ | M40 | | 00:00,00 | 04:45,50 | 10:10,60 | 2 | 14:56,10 |
| DAWIDZIUK-GOSK | DIANA | K20 | DD RUNNING TEAM | 00:00,00 | 04:46,40 | 10:30,40 | 2 | 15:16,80 |
| KOSIOREK | DARIUSZ | M50 | ADIDAS RUNNERS WARSAW | 00:00,00 | 04:48,76 | 10:33,92 | 2 | 15:22,68 |
| ŁABĘDZKI | KONRAD | M30 | ADIDAS RUNNERS WARSAW | 00:00,00 | 04:56,89 | 10:28,30 | 2 | 15:25,19 |
| KALBARCZYK | MATEUSZ | M20 | | 00:00,00 | 04:49,24 | 10:38,53 | 2 | 15:27,77 |
| CYMBORSKA | JOLANTA | K30 | WARSAW RUN CLUB | 02:47,98 | 00:00,00 | 12:53,44 | 2 | 15:41,42 |

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| MICHALSKI | ROBERT | M30 | NOCNE PIŁOWANIE AGRYKOLI | 00:00,00 | 05:00,91 | 10:49,03 | 2 | 15:49,94 |
| KOŚLA | PAWEŁ | M30 | | 00:00,00 | 04:55,61 | 11:06,34 | 2 | 16:01,95 |
| GIŻYŃSKA | ANNA | K30 | Giża Team | 00:00,00 | 05:06,00 | 11:00,97 | 2 | 16:06,97 |
| ZIEMAK | HUBERT | M20 | NASTĘPNY KROK | 00:00,00 | 05:08,28 | 11:03,05 | 2 | 16:11,33 |
| FLORCZAK | KRZYSZTOF | M40 | BRACTWO BIEGOWE BGK | 00:00,00 | 05:10,28 | 11:04,10 | 2 | 16:14,38 |
| MARON | JACEK | M50 | ADIDAS RUNNERS WARSAW | 00:00,00 | 05:05,95 | 11:08,48 | 2 | 16:14,43 |
| CIESIELSKI | MARCIN | M40 | KLUB SZACHOWY PIĄTKA SKIERNIEWICE | 00:00,00 | 05:09,31 | 11:11,31 | 2 | 16:20,62 |
| KOZAKOWSKI | MARCIN | M30 | MEDICOVER RUNNERS | 00:00,00 | 05:07,73 | 11:13,90 | 2 | 16:21,63 |
| KALINOWSKI | KAMIL | M30 | RK ATHLETICS | 00:00,00 | 05:09,85 | 11:15,73 | 2 | 16:25,58 |
| GALIMSKI | MARCIN | M20 | | 02:53,46 | 00:00,00 | 13:39,11 | 2 | 16:32,57 |
| ASŁANOWICZ | MARCIN | M40 | ŻÓRAWSKI TEAM | 00:00,00 | 05:33,34 | 11:33,04 | 2 | 17:06,38 |
| OLSZEWSKA | ZUZANNA | K20 | ADIDAS RUNNERS WARSAW | 00:00,00 | 05:32,80 | 11:53,84 | 2 | 17:26,64 |
| CZAJKOWSKI | MAREK | M40 | WARSAW RUN CLUB | 00:00,00 | 05:31,28 | 12:00,04 | 2 | 17:31,32 |
| PIEROWSKI | BARTOSZ | M30 | BRACTWO BIEGOWE BGK | 00:00,00 | 05:39,93 | 12:21,52 | 2 | 18:01,45 |
| PANEK | DAMIAN | M20 | | 00:00,00 | 05:41,75 | 12:29,29 | 2 | 18:11,04 |
| OLSZAK | ZENON | M50 | WARSAW RUN CLUB | 00:00,00 | 05:40,47 | 12:37,52 | 2 | 18:17,99 |
| WOJCIECHOWSKI | BARTOSZ | M40 | | 00:00,00 | 05:42,81 | 12:58,58 | 2 | 18:41,39 |
| PIĄTEK | BOGDAN | M60 | LECHICI ZIELONKA | 00:00,00 | 06:46,13 | 13:04,86 | 2 | 19:50,99 |
| SASIN | MARLENA | K20 | BRACTWO BIEGOWE BGK | 00:00,00 | 06:27,28 | 13:32,36 | 2 | 19:59,64 |
| SERWATKA | MICHAŁ | M30 | BRACTWO BIEGOWE BGK | 00:00,00 | 06:17,49 | 14:07,67 | 2 | 20:25,16 |
| BAKALARSKA | MARIOLA | K50 | WARSAW RUN CLUB | 00:00,00 | 06:33,67 | 13:53,58 | 2 | 20:27,25 |
| MICHAŁOWSKA | KATARZYNA | K40 | DD RUNNING TEAM | 00:00,00 | 06:33,41 | 14:11,33 | 2 | 20:44,74 |
| ZYGADŁO | PIOTR | M30 | | 00:00,00 | 06:35,21 | 14:16,58 | 2 | 20:51,79 |
| BAKUŁA | WIESŁAW | M50 | WAMPIR | 00:00,00 | 06:38,29 | 14:26,48 | 2 | 21:04,77 |
| WOJCIECHOWSKA | MAGDALENA | K30 | BRACTWO BIEGOWE BGK | 00:00,00 | 06:45,10 | 14:43,68 | 2 | 21:28,78 |
| WYSZOMIRSKI | MATEUSZ | M20 | WARSAW RUN CLUB | 01:59,19 | 00:00,00 | 00:00,00 | 1 | 01:59,19 |
| PAWSKI | WAWRZYNIEC | M30 | PZLAM | 02:03,78 | 00:00,00 | 00:00,00 | 1 | 02:03,78 |

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| SEREMAK | PAWEŁ | M30 | SIŁY POWIETRZNE | 02:04,69 | 00:00,00 | 00:00,00 | 1 | 02:04,69 |
| AMBROZIK | ŁUKASZ | M30 | | 02:13,21 | 00:00,00 | 00:00,00 | 1 | 02:13,21 |
| HOROSZ | JAKUB | M20 | WARSZAWIACY | 02:17,01 | 00:00,00 | 00:00,00 | 1 | 02:17,01 |
| KWIECIŃSKI | JACEK | M30 | WEJHEROWO 42.195 | 02:19,04 | 00:00,00 | 00:00,00 | 1 | 02:19,04 |
| JASZCZYŃSKI | ANDRZEJ | | | 02:22,48 | 00:00,00 | 00:00,00 | 1 | 02:22,48 |
| KAWECKA | MARCELINA | K20 | WARSAW RUN CLUB | 02:31,18 | 00:00,00 | 00:00,00 | 1 | 02:31,18 |
| WIECZOREK | PATRYK | M20 | ADIDAS RUNNERS WARSAW | 02:32,07 | 00:00,00 | 00:00,00 | 1 | 02:32,07 |
| LULIŃSKI | PAWEŁ | M30 | WARSAW RUN CLUB | 02:34,44 | 00:00,00 | 00:00,00 | 1 | 02:34,44 |
| KUCHARCZYK | ANDRZEJ | M40 | | 02:34,85 | 00:00,00 | 00:00,00 | 1 | 02:34,85 |
| PŁONKA | JAROSŁAW | M40 | WARSAW RUN CLUB | 02:35,37 | 00:00,00 | 00:00,00 | 1 | 02:35,37 |
| LUCIMIŃSKI | MARCIN | M40 | OLEJ RUNNING TEAM | 02:35,51 | 00:00,00 | 00:00,00 | 1 | 02:35,51 |
| JAWORSKA | WIOLETA | | | 02:40,00 | 00:00,00 | 00:00,00 | 1 | 02:40,00 |
| KOWALCZUK | CEZARY | M30 | | 02:40,11 | 00:00,00 | 00:00,00 | 1 | 02:40,11 |
| URBAN | MARIA | K20 | #ADAMCZERWIŃSKITEAM | 02:45,68 | 00:00,00 | 00:00,00 | 1 | 02:45,68 |
| KWASEK | ALEKSANDRA | K40 | | 02:50,59 | 00:00,00 | 00:00,00 | 1 | 02:50,59 |
| KORSAKOV | KOSTIANTYN | M40 | | 02:51,51 | 00:00,00 | 00:00,00 | 1 | 02:51,51 |
| POMIANOWSKI | ANDRZEJ | M30 | | 02:51,98 | 00:00,00 | 00:00,00 | 1 | 02:51,98 |
| NIKOŁAJUK | JULIA | K20 | | 02:55,44 | 00:00,00 | 00:00,00 | 1 | 02:55,44 |
| WOJEWODA | MICHAŁ | M40 | KAZIKI / TRIWAWA | 02:57,28 | 00:00,00 | 00:00,00 | 1 | 02:57,28 |
| WILK | RAFAŁ | M30 | BRACTWO BIEGOWE BGK | 02:58,23 | 00:00,00 | 00:00,00 | 1 | 02:58,23 |
| BRYŃSKA | WERONIKA | K20 | WARSAW RUN CLUB | 02:59,40 | 00:00,00 | 00:00,00 | 1 | 02:59,40 |
| KWASEK | NATALIA | K16 | | 03:00,46 | 00:00,00 | 00:00,00 | 1 | 03:00,46 |
| KOCERKA | JACEK | M40 | | 03:00,66 | 00:00,00 | 00:00,00 | 1 | 03:00,66 |
| ŻOACHOWSKA | MAGDALENA | K20 | ŻÓRAWSKI TEAM | 03:08,34 | 00:00,00 | 00:00,00 | 1 | 03:08,34 |
| PISKORSKA | AGNIESZKA | K40 | WARSAW RUN CLUB | 03:10,15 | 00:00,00 | 00:00,00 | 1 | 03:10,15 |
| JAWORSKA | NATASZA | KU20 | PARASPORTOWI | 03:14,25 | 00:00,00 | 00:00,00 | 1 | 03:14,25 |
| DYGAS | SARA | K20 | | 03:17,92 | 00:00,00 | 00:00,00 | 1 | 03:17,92 |

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| RZESZUTKO | ALEKSANDRA | K40 | WARSAW RUN CLUB | 03:19,43 | 00:00,00 | 00:00,00 | 1 | 03:19,43 |
| JAKUBOWSKA | JOANNA | K50 | | 03:25,14 | 00:00,00 | 00:00,00 | 1 | 03:25,14 |
| KWIATKOWSKA | ANNA | K30 | TRENINGDOMISTRZOSTWA | 03:33,08 | 00:00,00 | 00:00,00 | 1 | 03:33,08 |
| WOŹNIAK | MIKOŁAJ | MU20 | PARASPORTOWI | 03:50,87 | 00:00,00 | 00:00,00 | 1 | 03:50,87 |
| GRABOWSKI | KAMIL | MU20 | PARASPORTOWI | 03:54,83 | 00:00,00 | 00:00,00 | 1 | 03:54,83 |
| GŁASEK | ŁUKASZ | M30 | PARASPORTOWI | 03:56,20 | 00:00,00 | 00:00,00 | 1 | 03:56,20 |
| ULATOWSKI | DOMINIK | MU20 | PARASPORTOWI | 03:57,07 | 00:00,00 | 00:00,00 | 1 | 03:57,07 |
| AFANA | ISMAEL | MU20 | PARASPORTOWI | 04:06,08 | 00:00,00 | 00:00,00 | 1 | 04:06,08 |
| ROZMIANIEC | PAWEŁ | M30 | | 00:00,00 | 04:10,46 | 00:00,00 | 1 | 04:10,46 |
| SZYMANIAK | KAMIL | M20 | K(R)OPKA TEAM | 00:00,00 | 04:15,21 | 00:00,00 | 1 | 04:15,21 |
| DZIEWICKI | KACPER | M20 | AZS SGH WARSZAWA | 00:00,00 | 04:25,12 | 00:00,00 | 1 | 04:25,12 |
| BELOWSKI | MATEUSZ | M20 | MATI RUNNING | 00:00,00 | 04:27,19 | 00:00,00 | 1 | 04:27,19 |
| OMIELAN | WOJCIECH | M20 | | 00:00,00 | 04:27,92 | 00:00,00 | 1 | 04:27,92 |
| MOKRZAŃSKI | MICHAŁ | M30 | WARSZAWIAKY | 00:00,00 | 04:41,17 | 00:00,00 | 1 | 04:41,17 |
| ŚLIWA | KRZYSZTOF | M30 | NAPRZÓD MŁOCINY | 00:00,00 | 04:52,68 | 00:00,00 | 1 | 04:52,68 |
| ŻUBIŃSKI | PIOTR | M40 | ACCELERATING POLAND | 00:00,00 | 04:55,57 | 00:00,00 | 1 | 04:55,57 |
| GŁODOWSKI | MICHAŁ | M20 | | 00:00,00 | 04:55,68 | 00:00,00 | 1 | 04:55,68 |
| KOROL | KRZYSZTOF | M40 | | 00:00,00 | 04:56,16 | 00:00,00 | 1 | 04:56,16 |
| BRYL | MARCIN | M40 | ADIDAS RUNNERS WARSAW | 00:00,00 | 04:57,03 | 00:00,00 | 1 | 04:57,03 |
| WALENDA | MATEUSZ | M20 | KS KANAŁEK | 00:00,00 | 04:58,76 | 00:00,00 | 1 | 04:58,76 |
| KRÓL | PIOTR | M30 | DENTALKING.EU | 00:00,00 | 04:58,93 | 00:00,00 | 1 | 04:58,93 |
| KUBERA | PIOTR | M40 | ADIDAS RUNNERS WARSAW | 00:00,00 | 05:00,79 | 00:00,00 | 1 | 05:00,79 |
| ŻYŁA | ARKADIUSZ | M20 | | 00:00,00 | 05:03,91 | 00:00,00 | 1 | 05:03,91 |
| LEWDOROWICZ | WOJCIECH | M40 | SAM SOBIE KLUBEM | 00:00,00 | 05:05,91 | 00:00,00 | 1 | 05:05,91 |
| STRASZAK | PIOTR | M30 | | 00:00,00 | 05:06,53 | 00:00,00 | 1 | 05:06,53 |
| KOZŁOWSKI | ŁUKASZ | M30 | KAJASPORT.PL | 00:00,00 | 05:08,49 | 00:00,00 | 1 | 05:08,49 |
| TRUDNOWSKI | MACIEJ | M40 | PSZCZÓŁKOWSKI TEAM | 00:00,00 | 05:08,65 | 00:00,00 | 1 | 05:08,65 |

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| KOWALCZYK | AGNIESZKA | K30 | ADIDAS RUNNERS WARSAW | 00:00,00 | 05:08,75 | 00:00,00 | 1 | 05:08,75 |
| MARCZUK | ROBERT | M40 | INSTYTUT BADAWCZY DRÓG I MOSTÓW | 00:00,00 | 05:13,53 | 00:00,00 | 1 | 05:13,53 |
| STARACHOWSKI | DOMINIK | M20 | MEDICOVER RUNNERS | 00:00,00 | 05:16,02 | 00:00,00 | 1 | 05:16,02 |
| KOMOREK | TOMASZ | M20 | DD RUNNING TEAM | 00:00,00 | 05:18,21 | 00:00,00 | 1 | 05:18,21 |
| RÓŻAŃSKI | BARTOSZ | M30 | RUNNING JARS | 00:00,00 | 05:18,52 | 00:00,00 | 1 | 05:18,52 |
| KUCHARCZYK | ANDRZEJ | M40 | | 00:00,00 | 05:23,75 | 00:00,00 | 1 | 05:23,75 |
| REWCUK | WOJCIECH | M20 | WARSAW RUN CLUB | 00:00,00 | 05:25,94 | 00:00,00 | 1 | 05:25,94 |
| KRZOSEK | BŁAŻEJ | M30 | WARSAW RUN CLUB | 00:00,00 | 05:35,19 | 00:00,00 | 1 | 05:35,19 |
| KANIUCH | WOJCIECH | M30 | | 00:00,00 | 05:39,11 | 00:00,00 | 1 | 05:39,11 |
| SUCHANEK | ADAM | M40 | | 00:00,00 | 05:50,30 | 00:00,00 | 1 | 05:50,30 |
| BOMBIK | MARIUSZ | M30 | GizaTeam | 00:00,00 | 05:51,81 | 00:00,00 | 1 | 05:51,81 |
| GAWRYŚ | KATARZYNA | K30 | PSZCZÓŁKOWSKI TEAM | 00:00,00 | 05:53,51 | 00:00,00 | 1 | 05:53,51 |
| BŁAZIŃSKI | WITOLD | M30 | | 00:00,00 | 05:56,92 | 00:00,00 | 1 | 05:56,92 |
| MISZEWSKI | MICHAŁ | M40 | NIGHT RUNNERS | 00:00,00 | 05:59,09 | 00:00,00 | 1 | 05:59,09 |
| KOŁUCKI | TOMASZ | M30 | | 00:00,00 | 06:07,42 | 00:00,00 | 1 | 06:07,42 |
| GŁOGOWSKI | MARCIN | M40 | PSZCZÓŁKOWSKI TEAM | 00:00,00 | 06:36,74 | 00:00,00 | 1 | 06:36,74 |
| OLSZEWSKA | KATARZYNA BERNA | K30 | GizaTeam | 00:00,00 | 06:40,51 | 00:00,00 | 1 | 06:40,51 |
| SOBOLEWSKA | AGATA | K20 | BRACTWO BIEGOWE BGK | 00:00,00 | 07:31,75 | 00:00,00 | 1 | 07:31,75 |
| MICHALAK | JERZY | M60 | KB IM.P.SĘKOWSKIEGO | 00:00,00 | 07:36,63 | 00:00,00 | 1 | 07:36,63 |
| KERN | ARTUR | M30 | UNIA HRUBIESZOW | 00:00,00 | 00:00,00 | 08:48,46 | 1 | 08:48,46 |
| OSKIERKO | ŁUKASZ | M30 | ADIDAS RUNNERS WARSAW | 00:00,00 | 00:00,00 | 08:50,08 | 1 | 08:50,08 |
| ŻOCHOWSKI | DANIEL | M20 | ŻÓRAWSKI TEAM | 00:00,00 | 00:00,00 | 08:51,04 | 1 | 08:51,04 |
| MIELEWCZYK | PIOTR | M20 | WARSZAWSKIE SANKT MORITZ | 00:00,00 | 00:00,00 | 08:52,24 | 1 | 08:52,24 |
| KRUSZYŃSKI | MAREK | M30 | GIŻA TEAM | 00:00,00 | 00:00,00 | 09:19,43 | 1 | 09:19,43 |
| LEŚNIAK | KAMIL | M20 | SALCO GARMIN TEAM | 00:00,00 | 00:00,00 | 09:26,81 | 1 | 09:26,81 |
| WIĘCKOWSKI | ŁUKASZ | M20 | ADIDAS RUNNERS WARSAW | 00:00,00 | 00:00,00 | 09:28,50 | 1 | 09:28,50 |
| WIJATA | PIOTR | M30 | Przysucha Biega | 00:00,00 | 00:00,00 | 09:29,60 | 1 | 09:29,60 |

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| MACHOWSKI | PAWEŁ | M20 | WARSZAWSKIE SANKT MORITZ | 00:00,00 | 00:00,00 | 09:34,20 | 1 | 09:34,20 |
| PIATKA | TOMASZ | M30 | Enel-Sport Runners Team | 00:00,00 | 00:00,00 | 09:59,32 | 1 | 09:59,32 |
| WYSOCKI | MARCIN | M30 | Warszawiaky | 00:00,00 | 00:00,00 | 10:01,83 | 1 | 10:01,83 |
| NESCIORUK | PAWEL | M30 | | 00:00,00 | 00:00,00 | 10:02,08 | 1 | 10:02,08 |
| JENDRYCH | REMIGIUSZ | M20 | | 00:00,00 | 00:00,00 | 10:04,35 | 1 | 10:04,35 |
| KIESZEK | SEBASTIAN | M30 | WPRUNNING | 00:00,00 | 00:00,00 | 10:06,52 | 1 | 10:06,52 |
| MURAWSKI | MICHAL | M30 | | 00:00,00 | 00:00,00 | 10:13,18 | 1 | 10:13,18 |
| MURAWSKI | MICHAL | M30 | | 00:00,00 | 00:00,00 | 10:16,74 | 1 | 10:16,74 |
| TUKENDORF | BARBARA | K60 | RK ATHLETICS | 00:00,00 | 00:00,00 | 10:17,64 | 1 | 10:17,64 |
| BYRNE | GARY | M30 | | 00:00,00 | 00:00,00 | 10:19,00 | 1 | 10:19,00 |
| CHURSKI | SZYMON | M50 | FLEXISOLUTIONS.PL | 00:00,00 | 00:00,00 | 10:24,70 | 1 | 10:24,70 |
| MIZIŃSKI | PAWEŁ | M40 | WARSAW RUN CLUB | 00:00,00 | 00:00,00 | 10:25,30 | 1 | 10:25,30 |
| MOLĘDYS | SZYMON | M30 | KONTROLERSKI TEAM | 00:00,00 | 00:00,00 | 10:46,12 | 1 | 10:46,12 |
| MIRECKI | MICHAŁ | M40 | | 00:00,00 | 00:00,00 | 10:50,10 | 1 | 10:50,10 |
| ŁĘGOCKI | MARCIN | M30 | PIETRZYK RUNNING TEAM | 00:00,00 | 00:00,00 | 10:58,90 | 1 | 10:58,90 |
| MARCZAK | PAWEŁ | M40 | BLOND TEAM / ADIDAS RUNNERS WARSAW | 00:00,00 | 00:00,00 | 11:06,40 | 1 | 11:06,40 |
| PTASZNIK | MACIEJ | M40 | DOGOŃ GRODZISK MAZOWIECKI | 00:00,00 | 00:00,00 | 11:08,33 | 1 | 11:08,33 |
| GRZYWACZEWSKA | JUSTYNA | K30 | | 00:00,00 | 00:00,00 | 11:11,11 | 1 | 11:11,11 |
| MALOVATSKYI | ANDRII | M30 | WARSAW RUN CLUB | 00:00,00 | 00:00,00 | 11:14,79 | 1 | 11:14,79 |
| KARP | ROBERT | M40 | ALLIANZ RUNNING TEAM | 00:00,00 | 00:00,00 | 11:19,30 | 1 | 11:19,30 |
| PLUSZKA | ADAM | M40 | VEGE RUNNERS | 00:00,00 | 00:00,00 | 11:20,00 | 1 | 11:20,00 |
| MALEWICZ | ADAM | M40 | | 00:00,00 | 00:00,00 | 11:26,53 | 1 | 11:26,53 |
| STARZYNSKI | WOJCIECH | M40 | ENTRE.PL TEAM | 00:00,00 | 00:00,00 | 11:26,57 | 1 | 11:26,57 |
| ŁUKIANOW | ARTUR | M30 | BIEGANIE TO HÓI | 00:00,00 | 00:00,00 | 11:28,54 | 1 | 11:28,54 |
| WELKIER | MARCIN | M40 | DRUŻYNA BLONDYNA | 00:00,00 | 00:00,00 | 11:34,43 | 1 | 11:34,43 |
| WIESE | ANNA | K30 | OŚKA WARSZAWA | 00:00,00 | 00:00,00 | 11:45,16 | 1 | 11:45,16 |

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| ŁUCZKÓW | SZYMON | M30 | WARSAW RUN CLUB | 00:00,00 | 00:00,00 | 11:48,30 | 1 | 11:48,30 |
| RÓŻYCKI | DARIUSZ | M50 | SZACHYLICE | 00:00,00 | 00:00,00 | 11:54,40 | 1 | 11:54,40 |
| MIZERA | KATARZYNA | K30 | | 00:00,00 | 00:00,00 | 11:59,50 | 1 | 11:59,50 |
| WASTRYT | KRZYSZTOF | M40 | WARSAW RUN CLUB | 00:00,00 | 00:00,00 | 12:03,37 | 1 | 12:03,37 |
| WAJTRYT | KRZYSZTOF | M40 | WARSAW RUN CLUB | 00:00,00 | 00:00,00 | 12:08,53 | 1 | 12:08,53 |
| BALANOWSKI | STANISŁAW | M50 | WARSAW RUN CLUB | 00:00,00 | 00:00,00 | 12:29,84 | 1 | 12:29,84 |
| KOGUCIUK | GRZEGORZ | M30 | | 00:00,00 | 00:00,00 | 12:32,37 | 1 | 12:32,37 |
| BEDNARCZYK | PAULINA | K40 | | 00:00,00 | 00:00,00 | 12:43,25 | 1 | 12:43,25 |
| ZAWADZKA | ALEKSANDRA | K20 | | 00:00,00 | 00:00,00 | 12:51,90 | 1 | 12:51,90 |
| MADEJAK | SYLWIA | K40 | ŻÓRAWSKI TEAM | 00:00,00 | 00:00,00 | 13:43,19 | 1 | 13:43,19 |
| SZCZEPANIAK | ARTUR | M40 | | 00:00,00 | 00:00,00 | 13:51,83 | 1 | 13:51,83 |
| MICHALAK | MARTA | K40 | KB IM. PIOTRA SĘKOWSKIEGO | 00:00,00 | 00:00,00 | 13:57,47 | 1 | 13:57,47 |
| ZINKIEWICZ | ANNA | K30 | | 00:00,00 | 00:00,00 | 13:58,95 | 1 | 13:58,95 |
| RUSAKIEWICZ | MONIKA | K30 | DHL GF | 00:00,00 | 00:00,00 | 14:02,68 | 1 | 14:02,68 |
| MIZIŃSKA | SYLWIA | K40 | WARSAW RUN CLUB | 00:00,00 | 00:00,00 | 14:16,62 | 1 | 14:16,62 |
| WIŚNIEWSKA | MAGDALENA | K30 | WARSAW RUN CLUB | 00:00,00 | 00:00,00 | 14:21,32 | 1 | 14:21,32 |
| ANDRZEJEWICZ | ŁUKASZ | M20 | NOMENOMEN | 00:00,00 | 00:00,00 | 14:56,47 | 1 | 14:56,47 |
| MIASOJEDOW | BOZENA | K60 | AKS POLONIA WARSZAWA | 00:00,00 | 00:00,00 | 15:08,90 | 1 | 15:08,90 |
| WALKIER | MONIKA | K40 | | 00:00,00 | 00:00,00 | 15:12,48 | 1 | 15:12,48 |
| BUKOWSKI | JANUSZ | M60 | STOWARZYSZENIE DAĆ SIEBIE INNYM | 00:00,00 | 00:00,00 | 16:20,58 | 1 | 16:20,58 |
| KOWALEWSKI | ADAM | M40 | | 00:00,00 | 00:00,00 | 16:24,24 | 1 | 16:24,24 |
| SZCZEPANIAK | JOANNA | K30 | | 00:00,00 | 00:00,00 | 16:25,63 | 1 | 16:25,63 |
| KIELAK | NATALIA | K30 | WARSAW RUN CLUB | 00:00,00 | 00:00,00 | 16:39,40 | 1 | 16:39,40 |
| SŁONECKA | AGNIESZKA | K30 | | 00:00,00 | 00:00,00 | 17:50,28 | 1 | 17:50,28 |