

Wyniki OPEN

26.08.2023, Nowy Dwór Mazowiecki

| M-ce | Nr | Nazwisko i imię | Miasto | Klub | Kat./ m-ce | min/ km | Lap1 | Lap2 | Netto | Wynik (Brutto) | Strata | K | M |
|--|-----|------------------------|--------|----------------------|-----------------------|------------|-------|------|-------|-------------------|--------|---|----|
| Bieg dzieci roczniki 2017 i młodsze - 200 m | | | | | | | | | | | | | |
| 1. | 559 | Jakubowska Maria | POL | Zakroczym | | 2:22 | 00:29 | | | 00:29 | -- | 1 | |
| 2. | 577 | Piórkowski Adam | POL | Nowy Dwór Mazowiecki | | 2:24 | 00:29 | | | 00:29 | +0:00 | | 1 |
| 3. | 634 | Maliszewski Franciszek | POL | Nasielsk | | 2:38 | 00:32 | | | 00:32 | +0:03 | | 2 |
| 4. | 592 | Ugniewska Iga | POL | Nowy Dwór Mazowiecki | Sunfit Studio | 2:48 | 00:34 | | | 00:34 | +0:05 | | 2 |
| 5. | 603 | Tobian Magdalena | POL | Nowy Dwór Mazowiecki | | 2:54 | 00:35 | | | 00:35 | +0:06 | | 3 |
| 6. | 558 | Hentka Basia | POL | Warszawa | UKL Olimpijczyk 112 | 2:55 | 00:35 | | | 00:35 | +0:06 | | 4 |
| 7. | 572 | Niegowska Zuzanna | POL | Kazuń | | 2:58 | 00:36 | | | 00:36 | +0:07 | | 5 |
| 8. | 591 | Śliwiński Leonard | POL | Stare Grochale | Biegające Śliwki | 3:00 | 00:36 | | | 00:36 | +0:07 | | 3 |
| 9. | 570 | Manowska Oliwia | POL | Czosnów | SRS Czosnów | 3:07 | 00:38 | | | 00:38 | +0:09 | | 6 |
| 10. | 555 | Gągolewska Zofia | POL | Olszewnica Stara | | 3:09 | 00:38 | | | 00:38 | +0:09 | | 7 |
| 11. | 623 | Ślepko Lilia | POL | Warszawa | | 3:09 | 00:38 | | | 00:38 | +0:09 | | 8 |
| 12. | 585 | Szrednicka Maja | POL | Nowy Dwór Mazowiecki | | 3:11 | 00:39 | | | 00:39 | +0:10 | | 9 |
| 13. | 579 | Pniewski Kosma | POL | Warszawa | Biegam na Tarchominie | 3:13 | 00:39 | | | 00:39 | +0:10 | | 4 |
| 14. | 612 | Kiecka Anastazja | POL | Nowy Dwór Mazowiecki | | 3:16 | 00:40 | | | 00:40 | +0:11 | | 10 |
| 15. | 631 | Traczyk Michał | POL | Nowy Dwór Mazowiecki | | 3:17 | 00:40 | | | 00:40 | +0:11 | | 5 |
| 16. | 588 | Szulińska Hanna | POL | Nowy Dwór Mazowiecki | | 3:18 | 00:40 | | | 00:40 | +0:11 | | 11 |
| 17. | 625 | Struniawski Wiktor | POL | Jabłonna | Bestie OCR Legionowo | 3:22 | 00:41 | | | 00:41 | +0:12 | | 6 |
| 18. | 621 | Gobraski Ignacy | POL | Płońsk | | 3:27 | 00:42 | | | 00:42 | +0:13 | | 7 |
| 19. | 586 | Suska Gabriela | POL | Studzianki | | 3:29 | 00:42 | | | 00:42 | +0:13 | | 12 |
| 20. | 575 | Olszak Wojciech | POL | Warszawa | | 3:32 | 00:43 | | | 00:43 | +0:14 | | 8 |
| 21. | 596 | Zychowski Mikołaj | POL | Pruszków | | 3:43 | 00:45 | | | 00:45 | +0:16 | | 9 |
| 22. | 613 | Stachnik Daria | POL | Poddębnie | | 3:50 | 00:46 | | | 00:46 | +0:17 | | 13 |
| 23. | 615 | Szymański Bartosz | POL | Nowy Dwór Mazowiecki | | 3:58 | 00:48 | | | 00:48 | +0:19 | | 10 |
| 24. | 627 | Stempka Tomasz | POL | Nowy Dwór Mazowiecki | | 4:07 | 00:50 | | | 00:50 | +0:21 | | 11 |
| 25. | 567 | Łuszczewska Weronika | POL | Nowe Pieścirogi | | 4:13 | 00:51 | | | 00:51 | +0:22 | | 14 |
| 26. | 560 | Kordal Grzegorz | POL | Warszawa | | 4:25 | 00:53 | | | 00:53 | +0:24 | | 12 |
| 27. | 628 | Szuliński Ignacy | POL | Nowy Dwór Mazowiecki | | 4:30 | 00:54 | | | 00:54 | +0:25 | | 13 |
| 28. | 574 | Nowak Martyna | POL | Nowy Dwór Mazowiecki | | 4:57 | 01:00 | | | 01:00 | +0:31 | | 15 |
| 29. | 609 | Ziemka Maja | POL | Nowy Dwór Mazowiecki | Ziemka Team | 5:11 | 01:03 | | | 01:03 | +0:34 | | 16 |
| 30. | 606 | Wilde Tymoteusz | POL | Nowy Dwór Mazowiecki | | 5:39 | 01:08 | | | 01:08 | +0:39 | | 14 |



| M-ce | Nr | Nazwisko i imię | Miasto | Klub | Kat./ m-ce | min/ km | Lap1 | Lap2 | Netto | Wynik (Brutto) | Strata | K | M |
|------|-----|-----------------|--------|----------------------|---------------|------------|-------|------|-------|-------------------|--------|----|---|
| 31. | 597 | Milewska Pola | POL | Nowy Dwór Mazowiecki | | 7:17 | 01:28 | | | 01:28 | +0:59 | 17 | |

| M-ce | Nr | Nazwisko i imię | Miasto | Klub | Kat./ m-ce | min/ km | Lap1 | Lap2 | Netto | Wynik (Brutto) | Strata | K | M |
|---|-----|------------------------|--------|----------------------|---------------------|------------|-------|------|-------|-------------------|--------|---|----|
| Bieg dzieci roczniki 2013 - 2016 - 400 m | | | | | | | | | | | | | |
| 1. | 593 | Witt Łukasz | POL | Nowy Dwór Mazowiecki | | 3:14 | 01:18 | | 01:18 | 01:18 | -- | | 1 |
| 2. | 614 | Stachnik Dawid | POL | Poddębnie | | 3:21 | 01:21 | | 01:20 | 01:21 | +0:03 | | 2 |
| 3. | 602 | Podniewski Piotr | POL | Nowy Dwór Mazowiecki | | 3:24 | 01:22 | | 01:22 | 01:22 | +0:04 | | 3 |
| 4. | 552 | Błaszczńska Małgorzata | POL | Marki | | 3:24 | 01:22 | | 01:21 | 01:22 | +0:04 | 1 | |
| 5. | 608 | Lesak Tomasz | POL | Zakroczym | | 3:24 | 01:22 | | 01:22 | 01:22 | +0:04 | | 4 |
| 6. | 565 | Król Lena | POL | Piaseczno | Kondycja Piaseczno | 3:29 | 01:24 | | 01:24 | 01:24 | +0:06 | | 2 |
| 7. | 561 | Kowalska Helena | POL | Psucin | BKS Wataha Warszawa | 3:32 | 01:25 | | 01:25 | 01:25 | +0:07 | | 3 |
| 8. | 619 | Zakrzewski Jan | POL | Zakroczym | | 3:34 | 01:26 | | 01:26 | 01:26 | +0:08 | | 5 |
| 9. | 617 | Sitek Franciszek | POL | Nasielsk | | 3:41 | 01:29 | | 01:29 | 01:29 | +0:11 | | 6 |
| 10. | 618 | Sitek Antonina | POL | Nasielsk | | 3:41 | 01:29 | | 01:29 | 01:29 | +0:11 | | 4 |
| 11. | 595 | Zychowska Natalia | POL | Pruszków | | 3:43 | 01:30 | | 01:30 | 01:30 | +0:12 | | 5 |
| 12. | 594 | Woźniak Hanna | POL | Legionowo | SP3 Legionowo | 3:46 | 01:31 | | 01:31 | 01:31 | +0:13 | | 6 |
| 13. | 632 | Targońska Alicja | POL | Legionowo | | 3:48 | 01:31 | | 01:31 | 01:31 | +0:13 | | 7 |
| 14. | 569 | Manowska Wiktoria | POL | Czosnów | SRS Czosnów | 3:50 | 01:32 | | 01:32 | 01:32 | +0:14 | | 8 |
| 15. | 616 | Krajewski Kornel | POL | Legionowo | | 3:53 | 01:34 | | 01:34 | 01:34 | +0:16 | | 7 |
| 16. | 583 | Sobczyńska Julia | POL | Szczyplorno | | 3:54 | 01:34 | | 01:33 | 01:34 | +0:16 | | 9 |
| 17. | 554 | Budkiewicz Filip | POL | Nowy Dwór Mazowiecki | | 3:57 | 01:35 | | 01:35 | 01:35 | +0:17 | | 8 |
| 18. | 557 | Gollnik Emilia | POL | Nowy Dwór Mazowiecki | BKS Wataha Warszawa | 4:01 | 01:37 | | 01:37 | 01:37 | +0:19 | | 10 |
| 19. | 624 | Ochal Oliwier | POL | Nowy Dwór Mazowiecki | | 4:06 | 01:39 | | 01:39 | 01:39 | +0:21 | | 9 |
| 20. | 562 | Kowalska Marianna | POL | Psucin | BKS Wataha Warszawa | 4:14 | 01:42 | | 01:42 | 01:42 | +0:24 | | 11 |
| 21. | 607 | Skrodzki Filip | POL | Nowy Dwór Mazowiecki | | 4:17 | 01:43 | | 01:42 | 01:43 | +0:25 | | 10 |
| 22. | 576 | Piórkowski Jan | POL | Nowy Dwór Mazowiecki | | 4:20 | 01:44 | | 01:44 | 01:44 | +0:26 | | 11 |
| 23. | 553 | Borkowski Staś | POL | Nowy Dwór Mazowiecki | | 4:22 | 01:45 | | 01:45 | 01:45 | +0:27 | | 12 |
| 24. | 563 | Kowalska Lena | POL | Trzciany | Timbud Team | 4:29 | 01:48 | | 01:47 | 01:48 | +0:30 | | 12 |
| 25. | 564 | Kowalski Szymon | POL | Trzciany | Timbud Team | 4:32 | 01:49 | | 01:49 | 01:49 | +0:31 | | 13 |
| 26. | 622 | Andrzejewski Antonio | POL | Szerominek | | 4:40 | 01:52 | | 01:51 | 01:52 | +0:34 | | 14 |
| 27. | 601 | Sobczyk Kasia | POL | Nowy Dwór Mazowiecki | | 4:40 | 01:52 | | 01:52 | 01:52 | +0:34 | | 13 |
| 28. | 633 | Maliszewski Stanisław | POL | | | 4:40 | 01:52 | | 01:52 | 01:52 | +0:34 | | 15 |
| 29. | 600 | Konwerska Maja | POL | Nowy Dwór Mazowiecki | | 4:52 | 01:57 | | 01:56 | 01:57 | +0:39 | | 14 |
| 30. | 598 | Witkowska Emilia | POL | Nowy Dwór Mazowiecki | | 5:02 | 02:01 | | 02:01 | 02:01 | +0:43 | | 15 |
| 31. | 599 | Witkowska Daria | POL | Nowy Dwór Mazowiecki | | 5:12 | 02:05 | | 02:05 | 02:05 | +0:47 | | 16 |
| 32. | 629 | Bartoszewski Olek | POL | Nowy Dwór Mazowiecki | | 5:18 | 02:08 | | 02:08 | 02:08 | +0:50 | | 16 |
| 33. | 573 | Nordwing Liliana | POL | Nowy Dwór Mazowiecki | | 5:23 | 02:10 | | 02:08 | 02:10 | +0:52 | | 17 |
| 34. | 626 | Stempka Julia | POL | Nowy Dwór Mazowiecki | | 5:46 | 02:19 | | 02:18 | 02:19 | +1:01 | | 18 |
| 35. | 605 | Wilde Stefan | POL | Nowy Dwór Mazowiecki | | 5:51 | 02:21 | | 02:21 | 02:21 | +1:03 | | 17 |
| 36. | 582 | Rutkowski Sebastian | POL | Nowy Dwór Mazowiecki | Sebek Walczy | 6:24 | 02:34 | | 02:31 | 02:34 | +1:16 | | 18 |

| M-ce | Nr | Nazwisko i imię | Miasto | Klub | Kat./ m-ce | min/ km | Lap1 | Lap2 | Netto | Wynik (Brutto) | Strata | K | M |
|------|----|-----------------|--------|------|---------------|------------|------|------|-------|-------------------|--------|---|---|
|------|----|-----------------|--------|------|---------------|------------|------|------|-------|-------------------|--------|---|---|

Bieg dzieci roczniki 2010 - 2012 - 800 m

| | | | | | | | | | | | | | |
|----|-----|--------------------------|-----|----------------------|---------------------------|------|-------|-------|-------|--------------|-------|--|---|
| 1. | 620 | Kozłowski Jakub | POL | Nowy Dwór Mazowiecki | | 3:29 | 01:22 | 01:26 | 02:47 | 02:47 | -- | | 1 |
| 2. | 580 | Rekus Zuzanna | POL | Płock | | 3:43 | 01:32 | 01:27 | 02:58 | 02:58 | +0:11 | | 1 |
| 3. | 590 | Śliwińska Oliwia | POL | Stare Grochale | Biegające Śliwki | 3:47 | 01:32 | 01:30 | 03:01 | 03:02 | +0:15 | | 2 |
| 4. | 556 | Głowacki Alan | POL | Nowy Dwór Mazowiecki | Świt Nowy Dwór Mazowiecki | 3:58 | 01:30 | 01:42 | 03:11 | 03:11 | +0:24 | | 2 |
| 5. | 610 | Zakrzewski Marcin | POL | Zakroczym | | 4:00 | 01:32 | 01:41 | 03:12 | 03:12 | +0:25 | | 3 |
| 6. | 584 | Sobczyński Michał | POL | Szczypiorno | | 4:05 | 01:36 | 01:40 | 03:16 | 03:16 | +0:29 | | 4 |
| 7. | 587 | Suski Igor | POL | Studzianki | | 4:07 | 01:30 | 01:48 | 03:17 | 03:17 | +0:30 | | 5 |

| M-ce | Nr | Nazwisko i imię | Miasto | Klub | Kat./ m-ce | min/ km | Lap1 | Lap2 | Netto | Wynik (Brutto) | Strata | K | M |
|---|-----|--------------------------|---------------------|-------------------------------------|---------------|------------|-------|-------|-------|-------------------|--------|---|---|
| Bieg dzieci roczniki 2007 - 2009 - 800 m | | | | | | | | | | | | | |
| 1. | 568 | Makohon Artem | POL Legionowo | Bravehearts Legionowo | | 3:00 | 01:09 | 01:15 | 02:24 | 02:24 | -- | | 1 |
| 2. | 551 | Afek Karol | POL Zakroczym | Klub Bokserski Huragan Trębki Stare | | 3:08 | 01:09 | 01:22 | 02:31 | 02:31 | +0:07 | | 2 |
| 3. | 630 | Buka Jolanta | POL Stare Radzikowo | | | 3:38 | 01:25 | 01:30 | 02:54 | 02:54 | +0:30 | | 1 |
| 4. | 611 | Polanowska Nikola | POL | Klub Bokserski Huragan Trębki Stare | | 3:42 | 01:20 | 01:38 | 02:57 | 02:58 | +0:34 | | 2 |
| 5. | 589 | Śliwińska Julia | POL Stare Grochale | Biegające Śliwki | | 3:53 | 01:26 | 01:41 | 03:06 | 03:06 | +0:42 | | 3 |
| 6. | 604 | Lesak Wiktoria | POL Zakroczym | | | 4:44 | 01:29 | 02:19 | 03:47 | 03:48 | +1:24 | | 4 |
| 7. | 571 | Matusiak Julia | POL Zakroczym | | | 4:52 | 01:33 | 02:21 | 03:54 | 03:54 | +1:30 | | 5 |

| M-ce | Nr | Nazwisko i imię | Miasto | Klub | Kat./ m-ce | min/ km | Lap1 | Lap2 | Netto | Wynik (Brutto) | Strata | K | M |
|-------------------------|-----|-----------------------------|--------|----------------------|-------------------------------------|-------------|------|-------|-------|-------------------|--------------|-------|----|
| Bieg główny 5 km | | | | | | | | | | | | | |
| 1. | 79 | Mikulski Tomasz | POL | Kampinos | UKS Filipides Teresin | M1 / Kl.gen | 3:12 | 07:52 | 08:07 | 15:57 | 15:58 | -- | 1 |
| 2. | 18 | Ciećwierz Mariusz | POL | Czerwińsk nad Wisłą | No Pain Team | M2 / Kl.gen | 3:25 | 08:28 | 08:37 | 17:03 | 17:05 | +1:07 | 2 |
| 3. | 12 | Bronowski Paweł | POL | Kazuń Polski | La Lorraine Polska | M2 / Kl.gen | 3:27 | 08:29 | 08:45 | 17:12 | 17:13 | +1:15 | 3 |
| 4. | 39 | Hildebrand Marcin | POL | Warszawa | Biegam na Tarchominie | M2 / 1 | 3:28 | 08:30 | 08:47 | 17:14 | 17:16 | +1:18 | 4 |
| 5. | 158 | Zych Łukasz | POL | Warszawa | Pawko Runner Team | M2 / 2 | 3:28 | 08:36 | 08:44 | 17:18 | 17:19 | +1:21 | 5 |
| 6. | 60 | Kujawa Krzysztof | POL | Płock | Więckowski Team | M3 / 1 | 3:29 | 08:33 | 08:48 | 17:20 | 17:21 | +1:23 | 6 |
| 7. | 132 | Woźniak Przemysław | POL | Legionowo | Wieliszew Heron Team | M2 / 3 | 3:31 | 08:36 | 08:57 | 17:30 | 17:33 | +1:35 | 7 |
| 8. | 67 | Łapińska Anna | POL | Warszawa | KS Warszawianka | K2 / Kl.gen | 3:31 | 08:38 | 08:58 | 17:33 | 17:35 | +1:37 | 1 |
| 9. | 62 | Kulik Jarosław | POL | Legionowo | Bestie OCR Legionowo | M3 / 2 | 3:34 | 08:42 | 09:07 | 17:46 | 17:48 | +1:50 | 8 |
| 10. | 123 | Wełpa Łukasz | POL | Warszawa | Biegowy Wariat Running Team | M2 / 4 | 3:36 | 08:48 | 09:10 | 17:56 | 17:58 | +2:00 | 9 |
| 11. | 96 | Pobłocka-Dobrowolska Kamila | POL | Chotomów | UKS Ekonomik-Maratończyk Lębork | K2 / Kl.gen | 3:39 | 08:55 | 09:18 | 18:11 | 18:12 | +2:14 | 2 |
| 12. | 104 | Siemieniaka Marek | POL | Warszawa | Biegam na Tarchominie | M2 / 5 | 3:44 | 09:07 | 09:30 | 18:34 | 18:37 | +2:39 | 10 |
| 13. | 29 | Gałązka Łukasz | POL | Chotomów | | M2 / 6 | 3:48 | 09:12 | 09:46 | 18:55 | 18:58 | +3:00 | 11 |
| 14. | 32 | Głowacki Paweł | POL | Serock | Wenet Runners Team | M2 / 7 | 3:49 | 09:31 | 09:35 | 19:00 | 19:05 | +3:07 | 12 |
| 15. | 25 | Fabiański Piotr | POL | Czerwińsk nad Wisłą | No Pain Team | M3 / 3 | 3:50 | 09:32 | 09:39 | 19:06 | 19:10 | +3:12 | 13 |
| 16. | 16 | Bytner-Kwiatkowska Monika | POL | Pruszków | WPRunning | K2 / Kl.gen | 3:52 | 09:31 | 09:48 | 19:16 | 19:18 | +3:20 | 3 |
| 17. | 13 | Bryśkiewicz Jacek | POL | Winnica | Lider Winnica | M2 / 8 | 3:53 | 09:31 | 09:50 | 19:18 | 19:21 | +3:23 | 14 |
| 18. | 86 | Oldak Tomasz | POL | Nowy Dwór Mazowiecki | | M1 / 1 | 3:53 | 09:21 | 10:05 | 19:23 | 19:25 | +3:27 | 15 |
| 19. | 9 | Bielec Karol | POL | Nowy Dwór Mazowiecki | Rozbiegamy Nowy Dwór | M2 / 9 | 3:56 | 09:33 | 10:04 | 19:35 | 19:37 | +3:39 | 16 |
| 20. | 124 | Wieczorek Maciej | POL | Legionowo | Wieliszew Heron Team | M2 / 10 | 3:56 | 09:37 | 10:03 | 19:37 | 19:39 | +3:41 | 17 |
| 21. | 17 | Chełchowski Michał | POL | Warszawa | Pawko Runner Team | M1 / 2 | 3:59 | 09:49 | 10:02 | 19:49 | 19:51 | +3:53 | 18 |
| 22. | 10 | Bieniek-Ugniewska Joanna | POL | Nowy Dwór Mazowiecki | Sunfit Studio | K2 / 1 | 4:00 | 09:46 | 10:14 | 19:57 | 19:59 | +4:01 | 4 |
| 23. | 120 | Umiastowski Bartosz | POL | Nowy Dwór Mazowiecki | | M1 / 3 | 4:01 | 09:46 | 10:20 | 20:02 | 20:05 | +4:07 | 19 |
| 24. | 112 | Szymańska Agnieszka | POL | Łomianki | Biegowy Wariat Running Team | K3 / 1 | 4:03 | 10:01 | 10:12 | 20:10 | 20:12 | +4:14 | 5 |
| 25. | 103 | Sawczuk Piotr | POL | Warszawa | | M2 / 11 | 4:04 | 10:21 | 09:57 | 20:09 | 20:18 | +4:20 | 20 |
| 26. | 6 | Barczak Mikołaj | POL | Nowy Dwór Mazowiecki | | M1 / 4 | 4:07 | 09:47 | 10:46 | 20:29 | 20:33 | +4:35 | 21 |
| 27. | 151 | Susmarska Ewa | POL | Nowy Dwór Mazowiecki | TM Iron Team | K1 / 1 | 4:08 | 10:17 | 10:22 | 20:36 | 20:39 | +4:41 | 6 |
| 28. | 33 | Gollnik Adam | POL | Nowy Dwór Mazowiecki | Sunfit Studio | M2 / 12 | 4:11 | 10:02 | 10:50 | 20:49 | 20:52 | +4:54 | 22 |
| 29. | 129 | Witt Mateusz | POL | Nowy Dwór Mazowiecki | | M1 / 5 | 4:11 | 10:18 | 10:35 | 20:48 | 20:53 | +4:55 | 23 |
| 30. | 131 | Wojciechowski Mateusz | POL | Kroczewo | Klub Bokserski Huragan Trębki Stare | M2 / 13 | 4:11 | 10:10 | 10:44 | 20:50 | 20:54 | +4:56 | 24 |
| 31. | 133 | Zawada Paweł | POL | Warszawa | Biegam na Tarchominie | M2 / 14 | 4:12 | 10:05 | 10:51 | 20:53 | 20:56 | +4:58 | 25 |
| 32. | 58 | Krzywicki Adam | POL | Warszawa | Biegowy Wariat Running Team | M2 / 15 | 4:12 | 10:22 | 10:35 | 20:54 | 20:57 | +4:59 | 26 |
| 33. | 164 | Gryz Jacek | POL | Nowy Dwór Mazowiecki | Sunfit Studio | M2 / 16 | 4:17 | 10:25 | 10:57 | 21:19 | 21:22 | +5:24 | 27 |
| 34. | 4 | Banaszkiewicz Marcin | POL | Nasielsk | Lider Winnica | M2 / 17 | 4:18 | 10:28 | 10:59 | 21:22 | 21:26 | +5:28 | 28 |
| 35. | 74 | Maliszewski Marek | POL | Nasielsk | Nasielsk Baszta Team | M2 / 18 | 4:20 | 10:26 | 11:15 | 21:35 | 21:40 | +5:42 | 29 |
| 36. | 50 | Kielak Jakub | POL | Nowy Modlin | | M2 / 19 | 4:21 | 10:08 | 11:37 | 21:43 | 21:44 | +5:46 | 30 |
| 37. | 80 | Morawski Mariusz | POL | Nowy Dwór Mazowiecki | Biegaj pod okiem Trenera | M1 / 6 | 4:23 | 10:47 | 11:09 | 21:45 | 21:55 | +5:57 | 31 |
| 38. | 28 | Gajewski Mariusz | POL | Pułtusk | | M3 / 4 | 4:24 | 10:50 | 11:10 | 21:53 | 22:00 | +6:02 | 32 |
| 39. | 88 | Osieński Bartłomiej | POL | Nowy Dwór Mazowiecki | | M2 / 20 | 4:27 | 10:30 | 11:45 | 22:09 | 22:15 | +6:17 | 33 |
| 40. | 100 | Ruchlewicz Natalia | POL | Sztum | | K1 / 2 | 4:28 | 10:45 | 11:32 | 22:10 | 22:16 | +6:18 | 7 |
| 41. | 154 | Chotomski Marcin | POL | Legionowo | | M2 / 21 | 4:28 | 10:56 | 11:23 | 22:16 | 22:18 | +6:20 | 34 |
| 42. | 73 | Makuch Aleksandra | POL | Warszawa | Biegowy Wariat Running Team | K2 / 2 | 4:28 | 11:04 | 11:16 | 22:16 | 22:20 | +6:22 | 8 |
| 43. | 41 | Jabłoński Robert | POL | Nowy Dwór Mazowiecki | | M2 / 22 | 4:28 | 10:30 | 11:51 | 22:14 | 22:20 | +6:22 | 35 |

| M-ce | Nr | Nazwisko i imię | Miasto | Klub | Kat./ m-ce | min/ km | Lap1 | Lap2 | Netto | Wynik (Brutto) | Strata | K | M |
|------|-----|------------------------|--------------------------|-------------------------------------|---------------|------------|-------|-------|-------|-------------------|--------|----|----|
| 44. | 140 | Owczarek Katarzyna | POL Nowy Dwór Mazowiecki | | K2 / 3 | 4:29 | 10:36 | 11:45 | 22:19 | 22:21 | +6:23 | 9 | |
| 45. | 20 | Czytrzyńska Alicja | POL Zakroczym | | K1 / 3 | 4:29 | 10:36 | 11:46 | 22:20 | 22:22 | +6:24 | 10 | |
| 46. | 54 | Kowalikowska Renata | POL Warszawa | Biegam na Tarchominie | K2 / 4 | 4:32 | 10:55 | 11:46 | 22:37 | 22:40 | +6:42 | 11 | |
| 47. | 118 | Świdorski Tadeusz | POL Nowy Dwór Mazowiecki | Timbud Team | M3 / 5 | 4:34 | 10:55 | 11:56 | 22:47 | 22:50 | +6:52 | | 36 |
| 48. | 106 | Solowiow Marcin | POL Warszawa | Biegowy Wariat Running Team | M2 / 23 | 4:35 | 10:58 | 11:56 | 22:50 | 22:53 | +6:55 | | 37 |
| 49. | 98 | Roszkowski Norbert | POL Nowy Dwór Mazowiecki | | M1 / 7 | 4:35 | 11:06 | 11:47 | 22:49 | 22:53 | +6:55 | | 38 |
| 50. | 117 | Śrutkowski Sylwester | POL Sztum | | M2 / 24 | 4:39 | 11:36 | 11:37 | 23:07 | 23:13 | +7:15 | | 39 |
| 51. | 59 | Krzyżanowski Krzysztof | POL Nowy Dwór Mazowiecki | Reckitt Runners | M3 / 6 | 4:40 | 11:44 | 11:32 | 23:09 | 23:16 | +7:18 | | 40 |
| 52. | 90 | Parzniewski Maciej | POL Nowy Dwór Mazowiecki | TT AKS Polonia Warszawa | M2 / 25 | 4:43 | 10:53 | 12:41 | 23:28 | 23:34 | +7:36 | | 41 |
| 53. | 19 | Kamil Dobrowolski | POL Góra | Bestie OCR Legionowo | M2 / 26 | 4:45 | 11:16 | 12:25 | 23:38 | 23:41 | +7:43 | | 42 |
| 54. | 23 | Dobrowolski Piotr | POL Góra | La Lorraine Polska | M2 / 27 | 4:45 | 11:42 | 12:00 | 23:26 | 23:41 | +7:43 | | 43 |
| 55. | 64 | Kur Piotr | POL Płońsk | Reckitt Runners | M2 / 28 | 4:45 | 11:49 | 11:54 | 23:35 | 23:42 | +7:44 | | 44 |
| 56. | 46 | Jędrzejewski Robert | POL Płońsk | | M3 / 7 | 4:47 | 11:44 | 12:12 | 23:50 | 23:55 | +7:57 | | 45 |
| 57. | 49 | Kamiński Piotr | POL Nowy Dwór Mazowiecki | Rozbiegamy Nowy Dwór | M2 / 29 | 4:48 | 11:57 | 12:00 | 23:50 | 23:57 | +7:59 | | 46 |
| 58. | 71 | Majewska Hanna | POL Warszawa | Biegam na Tarchominie | K2 / 5 | 4:48 | 11:54 | 12:04 | 23:53 | 23:58 | +8:00 | 12 | |
| 59. | 3 | Bagnicki Dariusz | POL Nowy Dwór Mazowiecki | Rozbiegamy Nowy Dwór | M3 / 8 | 4:48 | 11:42 | 12:18 | 23:58 | 24:00 | +8:02 | | 47 |
| 60. | 127 | Wiśniewski Łukasz | POL Nowy Dwór Mazowiecki | Reckitt Runners | M2 / 30 | 4:49 | 11:41 | 12:20 | 23:56 | 24:01 | +8:03 | | 48 |
| 61. | 48 | Kaczorowski Kacper | POL Nowy Dwór Mazowiecki | Reckitt Runners | M1 / 8 | 4:49 | 11:59 | 12:04 | 23:54 | 24:03 | +8:05 | | 49 |
| 62. | 44 | Jaworek Anna | POL Nowy Dwór Mazowiecki | Rozbiegamy Nowy Dwór | K3 / 2 | 4:51 | 11:55 | 12:16 | 24:09 | 24:11 | +8:13 | 13 | |
| 63. | 52 | Konwerski Adam | POL Nowy Dwór Mazowiecki | | M2 / 31 | 4:52 | 11:29 | 12:47 | 24:10 | 24:16 | +8:18 | | 50 |
| 64. | 15 | Bujalski Konrad | POL Warszawa | Tachimetr Warszawa | M1 / 9 | 4:53 | 12:15 | 12:06 | 24:11 | 24:21 | +8:23 | | 51 |
| 65. | 1 | Andrzejewski Grzegorz | POL Płońsk | Reckitt Runners | M2 / 32 | 4:53 | 11:31 | 12:53 | 24:19 | 24:24 | +8:26 | | 52 |
| 66. | 159 | Goumont Piotr | POL Płock | TKKF Płock | M2 / 33 | 4:54 | 11:42 | 12:44 | 24:20 | 24:26 | +8:28 | | 53 |
| 67. | 153 | Chotomska Dorota | POL Legionowo | | K2 / 6 | 4:54 | 11:54 | 12:33 | 24:23 | 24:26 | +8:28 | 14 | |
| 68. | 43 | Jaskulski Karol | POL Nowy Dwór Mazowiecki | | M2 / 34 | 4:55 | 11:44 | 12:47 | 24:24 | 24:31 | +8:33 | | 54 |
| 69. | 30 | Galecka Wiktoria | POL Boża Wola | La Lorraine Polska | K1 / 4 | 4:57 | 12:33 | 12:11 | 24:32 | 24:43 | +8:45 | 15 | |
| 70. | 111 | Szymanowski Paweł | POL Łajski | | M3 / 9 | 4:57 | 12:13 | 12:32 | 24:33 | 24:44 | +8:46 | | 55 |
| 71. | 75 | Manowski Marcin | POL Czosnów | SRS Czosnów | M2 / 35 | 4:57 | 11:32 | 13:13 | 24:40 | 24:45 | +8:47 | | 56 |
| 72. | 108 | Sosiński Mateusz | POL Czerwińsk nad Wisłą | | M2 / 36 | 4:58 | 12:20 | 12:29 | 24:40 | 24:48 | +8:50 | | 57 |
| 73. | 26 | Franiewska Adrianna | POL Nowy Dwór Mazowiecki | | K1 / 5 | 4:58 | 12:11 | 12:38 | 24:40 | 24:49 | +8:51 | 16 | |
| 74. | 5 | Barański Maciej | POL Nowy Dwór Mazowiecki | | M2 / 37 | 4:58 | 12:12 | 12:38 | 24:40 | 24:49 | +8:51 | | 58 |
| 75. | 42 | Jarczewski Mariusz | POL Załuski | Klub Bokserski Huragan Trębki Stare | M2 / 38 | 4:58 | 11:42 | 13:08 | 24:46 | 24:50 | +8:52 | | 59 |
| 76. | 97 | Posiewka Jacek | POL Nowy Dwór Mazowiecki | Reckitt Runners | M2 / 39 | 4:59 | 11:59 | 12:53 | 24:47 | 24:51 | +8:53 | | 60 |
| 77. | 35 | Goszczyńska Wioleta | POL Nowy Dwór Mazowiecki | | K1 / 6 | 5:00 | 12:41 | 12:18 | 24:48 | 24:58 | +9:00 | 17 | |
| 78. | 155 | Stachnik Marta | POL Poddębnie | | K2 / 7 | 5:01 | 12:41 | 12:23 | 24:59 | 25:04 | +9:06 | 18 | |
| 79. | 141 | Sobczyk Basia | POL Nowy Dwór Mazowiecki | Rozbiegamy Nowy Dwór | K3 / 3 | 5:05 | 12:33 | 12:50 | 25:12 | 25:22 | +9:24 | 19 | |
| 80. | 95 | Pniewski Rafał | POL Warszawa | Biegam na Tarchominie | M3 / 10 | 5:05 | 11:49 | 13:34 | 25:17 | 25:22 | +9:24 | | 61 |
| 81. | 128 | Witkowska Agnieszka | POL Pomiechówek | | K2 / 8 | 5:05 | 12:45 | 12:39 | 25:13 | 25:23 | +9:25 | 20 | |
| 82. | 469 | Wanowski Andrzej | POL Nowy Dwór Mazowiecki | Rozbiegamy Nowy Dwór | M4 / 1 | 5:08 | 12:40 | 12:56 | 25:26 | 25:36 | +9:38 | | 62 |
| 83. | 14 | Budkowska Dorota | POL Czerwińsk nad Wisłą | No Pain Team | K2 / 9 | 5:09 | 12:20 | 13:22 | 25:33 | 25:41 | +9:43 | 21 | |
| 84. | 45 | Jędrzejewska Laura | POL Płońsk | | K1 / 7 | 5:11 | 12:41 | 13:11 | 25:47 | 25:52 | +9:54 | 22 | |
| 85. | 138 | Kuriata Grzegorz | POL Lubin | | M2 / 40 | 5:11 | 12:56 | 13:00 | 25:47 | 25:55 | +9:57 | | 63 |
| 86. | 61 | Kulaszewski Jerzy | POL Nasielsk | | M4 / 2 | 5:12 | 12:41 | 13:16 | 25:49 | 25:57 | +9:59 | | 64 |
| 87. | 11 | Bieńko Piotr | POL Leszno | Bazinga | M1 / 10 | 5:12 | 13:26 | 12:32 | 25:46 | 25:57 | +9:59 | | 65 |
| 88. | 102 | Rybicki Marek | POL Nowy Dwór Mazowiecki | | M3 / 11 | 5:13 | 12:44 | 13:21 | 25:55 | 26:04 | +10:06 | | 66 |
| 89. | 40 | Jabłoński Piotr | POL Warszawa | | M3 / 12 | 5:14 | 12:39 | 13:31 | 26:05 | 26:09 | +10:11 | | 67 |

| M-ce | Nr | Nazwisko i imię | Miasto | Klub | Kat./ m-ce | min/ km | Lap1 | Lap2 | Netto | Wynik (Brutto) | Strata | K | M |
|------|-----|------------------------|--------------------------|-----------------------------|---------------|------------|-------|-------|-------|-------------------|--------|----|----|
| 90. | 110 | Stanicki Łukasz | POL Nowy Dwór Mazowiecki | | M3 / 13 | 5:15 | 12:50 | 13:25 | 26:01 | 26:14 | +10:16 | | 68 |
| 91. | 82 | Nawrozidis Edyta | POL Nowy Dwór Mazowiecki | | K3 / 4 | 5:16 | 12:47 | 13:29 | 26:07 | 26:16 | +10:18 | 23 | |
| 92. | 157 | Gackowski Łukasz | POL Płońsk | Aktywność Rodzi Pozytywność | M2 / 41 | 5:21 | 13:41 | 13:00 | 26:24 | 26:41 | +10:43 | | 69 |
| 93. | 81 | Mosakowski Przemek | POL Leoncin | Madafakas Fight Team | M2 / 42 | 5:21 | 12:21 | 14:23 | 26:37 | 26:43 | +10:45 | | 70 |
| 94. | 156 | Brysiacz Marta | POL Stasi Las | | K2 / 10 | 5:21 | 13:25 | 13:21 | 26:37 | 26:45 | +10:47 | 24 | |
| 95. | 163 | Romanowska Agnieszka | POL Płońsk | Aktywność Rodzi Pozytywność | K2 / 11 | 5:22 | 13:10 | 13:38 | 26:39 | 26:47 | +10:49 | 25 | |
| 96. | 160 | Kwiatkowska-Rehan Anna | POL Warszawa | | K2 / 12 | 5:23 | 13:09 | 13:45 | 26:47 | 26:54 | +10:56 | 26 | |
| 97. | 53 | Kossakowski Mariusz | POL Nowy Dwór Mazowiecki | | M2 / 43 | 5:25 | 12:37 | 14:27 | 26:59 | 27:03 | +11:05 | | 71 |
| 98. | 130 | Władyko Julia | POL Nowy Dwór Mazowiecki | PRL | K1 / 8 | 5:27 | 13:22 | 13:50 | 27:05 | 27:12 | +11:14 | 27 | |
| 99. | 161 | Zakrzewski Tomasz | POL Zakroczym | | M2 / 44 | 5:32 | 13:00 | 14:40 | 27:32 | 27:40 | +11:42 | | 72 |
| 100. | 93 | Piasecki Łukasz | POL Nowy Dwór Mazowiecki | PRL | M2 / 45 | 5:33 | 13:22 | 14:22 | 27:37 | 27:43 | +11:45 | | 73 |
| 101. | 113 | Szymański Michał | POL Płońsk | La Lorraine Polska | M2 / 46 | 5:34 | 13:49 | 14:02 | 27:38 | 27:50 | +11:52 | | 74 |
| 102. | 31 | Głowacki Radosław | POL Łajski | | M3 / 14 | 5:37 | 13:05 | 14:59 | 27:53 | 28:04 | +12:06 | | 75 |
| 103. | 150 | Kowalewski Filip | POL Warszawa | | M2 / 47 | 5:41 | 12:56 | 15:27 | 28:18 | 28:23 | +12:25 | | 76 |
| 104. | 105 | Smolińska Agata | POL Nowy Dwór Mazowiecki | Reckitt Runners | K2 / 13 | 5:41 | 14:00 | 14:25 | 28:17 | 28:25 | +12:27 | 28 | |
| 105. | 152 | Żołądek Waldemar | POL Nowy Dwór Mazowiecki | Rozbiegamy Nowy Dwór | M4 / 3 | 5:44 | 14:04 | 14:34 | 28:30 | 28:37 | +12:39 | | 77 |
| 106. | 115 | Śliwińska Dorota | POL Stare Grochale | Biegające Śliwki | K2 / 14 | 5:47 | 14:24 | 14:31 | 28:38 | 28:55 | +12:57 | 29 | |
| 107. | 116 | Śliwiński Krystian | POL Stare Grochale | Biegające Śliwki | M2 / 48 | 5:48 | 14:20 | 14:36 | 28:37 | 28:56 | +12:58 | | 78 |
| 108. | 94 | Pietrzak Paulina | POL Czerwińsk nad Wisłą | | K1 / 9 | 5:49 | 13:59 | 15:03 | 28:49 | 29:01 | +13:03 | 30 | |
| 109. | 87 | Orkwiszewska Dagmara | POL Nowy Dwór Mazowiecki | | K2 / 15 | 5:50 | 14:09 | 15:01 | 29:01 | 29:10 | +13:12 | 31 | |
| 110. | 101 | Rusek Robert | POL Grodzisk Mazowiecki | | M2 / 49 | 5:53 | 14:03 | 15:20 | 29:12 | 29:23 | +13:25 | | 79 |
| 111. | 169 | Szarankiewicz Marcin | POL Nowy Dwór Mazowiecki | Rozbiegamy Nowy Dwór | M2 / 50 | 5:56 | 13:50 | 15:49 | 29:28 | 29:39 | +13:41 | | 80 |
| 112. | 125 | Wilczek Marta | POL Góra | Reckitt Runners | K2 / 16 | 6:03 | 14:36 | 15:38 | 30:05 | 30:13 | +14:15 | 32 | |
| 113. | 91 | Paż-Woźniak Agnieszka | POL Legionowo | | K2 / 17 | 6:07 | 13:57 | 16:38 | 30:29 | 30:35 | +14:37 | 33 | |
| 114. | 126 | Wiśniewska Justyna | POL Nowy Dwór Mazowiecki | Rozbiegamy Nowy Dwór | K2 / 18 | 6:17 | 14:41 | 16:42 | 31:12 | 31:22 | +15:24 | 34 | |
| 115. | 84 | Olkowski Robert | POL Izabelin-Dziekanówek | | M3 / 15 | 6:17 | 14:12 | 17:12 | 31:16 | 31:23 | +15:25 | | 81 |
| 116. | 142 | Nadrzycki Jakub | POL Nowy Dwór Mazowiecki | | M1 / 11 | 6:18 | 12:44 | 18:46 | 31:20 | 31:30 | +15:32 | | 82 |
| 117. | 56 | Koziara Katarzyna | POL Nowy Dwór Mazowiecki | Reckitt Runners | K2 / 19 | 6:19 | 14:36 | 16:58 | 31:26 | 31:34 | +15:36 | 35 | |
| 118. | 37 | Grzeszak Danuta | POL Nowy Dwór Mazowiecki | | K4 / 1 | 6:21 | 15:17 | 16:26 | 31:34 | 31:43 | +15:45 | 36 | |
| 119. | 107 | Sołowiow Marzena | POL Warszawa | | K3 / 5 | 6:22 | 14:12 | 17:36 | 31:38 | 31:48 | +15:50 | 37 | |
| 120. | 143 | Stradza Katarzyna | POL | Rozbiegamy Nowy Dwór | K3 / 6 | 6:25 | 15:14 | 16:52 | 31:56 | 32:05 | +16:07 | 38 | |
| 121. | 77 | Mikoś Teresa | POL Otwock | | K3 / 7 | 6:28 | 15:43 | 16:37 | 32:10 | 32:19 | +16:21 | 39 | |
| 122. | 55 | Kowalska Małgorzata | POL Psucin | | K2 / 20 | 6:30 | 15:14 | 17:13 | 32:17 | 32:27 | +16:29 | 40 | |
| 123. | 47 | Radkiewicz Jakub | POL Nowy Dwór Mazowiecki | Reckitt Runners | M1 / 12 | 6:37 | 14:00 | 19:05 | 32:56 | 33:05 | +17:07 | | 83 |
| 124. | 63 | Kunicki Krzysztof | POL Nowy Dwór Mazowiecki | | M2 / 51 | 6:45 | 15:36 | 18:07 | 33:40 | 33:42 | +17:44 | | 84 |
| 125. | 92 | Pelszyk Rafał | POL Legionowo | Rozbiegamy Nowy Dwór | M3 / 16 | 7:02 | 16:37 | 18:31 | 34:57 | 35:08 | +19:10 | | 85 |
| 126. | 137 | Kowalczyk Bogdan | POL Warszawa | Warszawa-Bródno | M4 / 4 | 7:04 | 17:21 | 17:58 | 35:07 | 35:19 | +19:21 | | 86 |
| 127. | 68 | Łoginow Anna | POL Nowy Dwór Mazowiecki | PRL | K2 / 21 | 7:06 | 16:50 | 18:40 | 35:23 | 35:30 | +19:32 | 41 | |
| 128. | 121 | Urbańczyk Marcin | POL Nowy Dwór Mazowiecki | | M2 / 52 | 7:06 | 15:56 | 19:35 | 35:16 | 35:30 | +19:32 | | 87 |
| 129. | 144 | Wilde Beata | POL Nowy Dwór Mazowiecki | | K2 / 22 | 7:10 | 16:51 | 19:00 | 35:45 | 35:50 | +19:52 | 42 | |
| 130. | 145 | Wilde Paweł | POL Nowy Dwór Mazowiecki | | M2 / 53 | 7:11 | 16:37 | 19:14 | 35:45 | 35:51 | +19:53 | | 88 |
| 131. | 72 | Makarowska Magdalena | POL Nowy Dwór Mazowiecki | | K2 / 23 | 7:16 | 17:13 | 19:05 | 36:08 | 36:18 | +20:20 | 43 | |
| 132. | 146 | Jaczyńska Małgorzata | POL Wincentówek | Rozbiegamy Nowy Dwór | K1 / 10 | 7:41 | 18:29 | 19:56 | 38:11 | 38:24 | +22:26 | 44 | |
| 133. | 147 | Jaczyński Piotrek | POL Wincentówek | Rozbiegamy Nowy Dwór | M2 / 54 | 7:41 | 18:28 | 19:56 | 38:11 | 38:24 | +22:26 | | 89 |
| 134. | 8 | Bielec Sylwia | POL Nowy Dwór Mazowiecki | Rozbiegamy Nowy Dwór | K1 / 11 | 7:47 | 20:30 | 18:26 | 38:55 | 38:55 | +22:57 | 45 | |
| 135. | 149 | Nowak Joanna | POL Nowy Dwór Mazowiecki | | K2 / 24 | 8:31 | 20:34 | 22:02 | 42:23 | 42:35 | +26:37 | 46 | |

| M-ce | Nr | Nazwisko i imię | Miasto | Klub | Kat./ m-ce | min/ km | Lap1 | Lap2 | Netto | Wynik (Brutto) | Strata | K | M |
|------|----|-----------------|------------------|----------------------|---------------|------------|-------|-------|-------|-------------------|--------|----|---|
| 136. | 66 | Lipińska Joanna | POL Kuzuń Polski | Rozbiegamy Nowy Dwór | K2 / 25 | 9:41 | 23:37 | 24:48 | 48:07 | 48:24 | +32:26 | 47 | |

| M-ce | Nr | Nazwisko i imię | Miasto | Klub | Kat./ m-ce | min/ km | Lap1 | Lap2 | Netto | Wynik (Brutto) | Strata | K | M |
|------|----|-----------------|--------|------|---------------|------------|------|------|-------|-------------------|--------|---|---|
|------|----|-----------------|--------|------|---------------|------------|------|------|-------|-------------------|--------|---|---|

Marsz Nordic Walking 5 km

| | | | | | | | | | | | | | |
|----|-----|--------------------------|-----|----------------------|---------------|-------|-------|-------|-------|--------------|--------|---|--|
| 1. | 38 | Grzeszak Weronika | POL | Nowy Dwór Mazowiecki | | 6:49 | 16:40 | 17:22 | 34:02 | 34:02 | -- | 1 | |
| 2. | 85 | Olszak Ewelina | POL | Warszawa | | 7:46 | 19:08 | 19:43 | 38:49 | 38:50 | +4:48 | 2 | |
| 3. | 78 | Mikoś Roman | POL | Otwock | | 7:47 | 17:52 | 20:59 | 38:51 | 38:51 | +4:49 | 1 | |
| 4. | 36 | Gryz Ewa | POL | Nowy Dwór Mazowiecki | Sunfit Studio | 8:15 | 20:13 | 21:01 | 41:12 | 41:14 | +7:12 | 3 | |
| 5. | 148 | Nowak Przemysław | POL | Nowy Dwór Mazowiecki | | 8:28 | 21:24 | 20:54 | 42:15 | 42:17 | +8:15 | 2 | |
| 6. | 76 | Matczuk Mariola | POL | Nowy Dwór Mazowiecki | Sunfit Studio | 11:41 | 29:18 | 29:05 | 58:22 | 58:22 | +24:20 | 4 | |

Liczba uczestników: 223