

VIII Świąteczny Bieg z TERMAMI MSZCZONÓW



Wyniki kategorii wiekowych

15/12/2019, Mszczonów

| M-ce | Nr | Nazwisko i imię | Rok ur. | Miasto | Klub | min/km | Lap1 | Lap2 | Wynik (Brutto) |
|------|----|-----------------|---------|--------|------|--------|------|------|----------------|
|------|----|-----------------|---------|--------|------|--------|------|------|----------------|

Bieg główny 5 km

K20 (Kobiety 18-29 lat)

| | | | | | | | | | | |
|-----|-----|-----------------------|------|-----|-------------------|--------------------------------------|------|-------|-------|-------|
| 1. | 69 | Klimek Beata | 1999 | POL | Rawa Mazowiecka | | 4:04 | 10:27 | 09:52 | 20:19 |
| 2. | 187 | Wróbel Małgorzata | 1992 | POL | Rawa Mazowiecka | | 4:20 | 10:53 | 10:46 | 21:38 |
| 3. | 192 | Zimochocka Ala | 2005 | POL | Sochaczew | OKS Skra Warszawa | 4:29 | 11:23 | 11:02 | 22:25 |
| 4. | 172 | Szymkowitz Julia | 1998 | POL | Bełchów | UKS Pijarski Klub Sportowy w Łowiczu | 4:30 | 11:41 | 10:50 | 22:30 |
| 5. | 202 | Koperska Anna | 1993 | POL | Mińsk Mazowiecki | | 4:31 | 11:27 | 11:05 | 22:32 |
| 6. | 39 | Frank Wiktoria | 2004 | POL | Sochaczew | OKS Skra Warszawa | 4:33 | 11:31 | 11:11 | 22:42 |
| 7. | 32 | Domostowicz Katarzyna | 1990 | POL | Skierniewice | | 5:10 | 12:58 | 12:50 | 25:47 |
| 8. | 27 | Czestochowska Iga | 1994 | POL | Skierniewice | | 5:21 | 13:40 | 13:03 | 26:42 |
| 9. | 99 | Machaj Paulina | 1997 | POL | Mszczonów | | 5:33 | 13:33 | 14:08 | 27:41 |
| 10. | 119 | Nietrzebka Aleksandra | 1991 | POL | Międzybórz | | 6:13 | 15:30 | 15:35 | 31:05 |
| 11. | 205 | Mazur Zuzanna | 2001 | POL | Garbatka-Letnisko | | 6:37 | 16:43 | 16:18 | 33:01 |

K30 (Kobiety 30-39 lat)

| | | | | | | | | | | |
|-----|-----|-----------------------------|------|-----|---------------------|--------------------------------|------|-------|-------|-------|
| 1. | 121 | Nowak Maja | 1988 | POL | Sochaczew | | 4:19 | 10:49 | 10:43 | 21:32 |
| 2. | 198 | Biedrzycka Ewa | 1983 | POL | Mszczonów | | 4:19 | 10:59 | 10:34 | 21:33 |
| 3. | 158 | Rutkowska Izabela | 1985 | POL | Sochaczew | | 4:29 | 11:19 | 11:06 | 22:24 |
| 4. | 129 | Paprocka Mariola | 1981 | POL | Dębe Wielkie | RaceFighter GOSiR Dębe Wielkie | 4:41 | 11:55 | 11:28 | 23:22 |
| 5. | 35 | Dworzyńska-Górska Agnieszka | 1984 | POL | Duchnice | KS Ożarów Mazowiecki Biega | 4:42 | 12:00 | 11:26 | 23:26 |
| 6. | 13 | Bonowska Joanna | 1981 | POL | Mszczonów | Krejzi Fit Team | 5:05 | 12:59 | 12:23 | 25:21 |
| 7. | 23 | Ciecharowska Justyna | 1985 | POL | Żyrardów | Niko Team | 5:14 | 13:24 | 12:44 | 26:08 |
| 8. | 28 | Darczyńska Kinga | 1986 | POL | Smardzewice | | 5:16 | 13:33 | 12:48 | 26:20 |
| 9. | 45 | Gmaj Karolina | 1980 | POL | Grójec | Sąsiedzi Team :) | 5:23 | 13:52 | 13:00 | 26:52 |
| 10. | 178 | Walac Anna | 1983 | POL | Grodzisk Mazowiecki | Dogoń Grodzisk Mazowiecki | 5:25 | 14:14 | 12:49 | 27:03 |
| 11. | 37 | Fizek Anna | 1988 | POL | Sochaczew | | 5:46 | 14:51 | 13:58 | 28:48 |
| 12. | 29 | Deryło Karolina | 1982 | POL | Mszczonów | | 5:52 | 14:49 | 14:29 | 29:18 |
| 13. | 142 | Przybylska Magdalena | 1981 | POL | Grójec | Sąsiedzi Team :) | 6:05 | 15:27 | 14:55 | 30:22 |
| 14. | 169 | Szaflarska Katarzyna | 1982 | POL | Baranów | | 6:34 | 16:47 | 15:59 | 32:46 |

Wyniki kategorii wiekowych



| M-ce | Nr | Nazwisko i imię | Rok ur. | | Miasto | Klub | min/km | Lap1 | Lap2 | Wynik (Brutto) |
|------|----|-----------------|---------|-----|-------------|------|--------|-------|-------|----------------|
| 15. | 53 | Guzek Jolanta | 1987 | POL | Ścieki | | 6:50 | 16:57 | 17:13 | 34:09 |
| 16. | 87 | Kruk Magdalena | 1984 | POL | Studzieniec | | 7:04 | 17:31 | 17:47 | 35:17 |

K40 (Kobiety 40-49 lat)

| | | | | | | | | | | |
|-----|-----|---------------------------------|------|-----|------------|--------------------|------|-------|-------|-------|
| 1. | 141 | Prus Elżbieta | 1978 | POL | Warszawa | Warsaw Run Club | 4:21 | 11:11 | 10:32 | 21:43 |
| 2. | 14 | Brogowicz Stępniewska Agnieszka | 1977 | POL | Grójec | Grójec | 4:28 | 11:23 | 10:54 | 22:17 |
| 3. | 173 | Szyprowska Joanna | 1978 | POL | Sochaczew | | 4:53 | 12:40 | 11:44 | 24:24 |
| 4. | 133 | Pietras Jolanta | 1973 | POL | Piastów | | 5:04 | 12:50 | 12:27 | 25:16 |
| 5. | 106 | Mastalerz Katarzyna | 1971 | POL | Karnice | KS Słoniówka | 5:06 | 12:40 | 12:49 | 25:28 |
| 6. | 82 | Kosiarek Edyta | 1978 | POL | Żyrardów | Dawid Team | 5:10 | 13:37 | 12:11 | 25:47 |
| 7. | 139 | Poteralska Alina | 1970 | POL | Warszawa | Parkrun Bródno | 5:19 | 13:38 | 12:53 | 26:31 |
| 8. | 81 | Korpus Barbara | 1976 | POL | Mszczonów | | 5:19 | 13:20 | 13:12 | 26:31 |
| 9. | 86 | Krawczyńska Tina | 1976 | POL | Słabomierz | Rozbiegany Piastów | 5:21 | 13:10 | 13:35 | 26:44 |
| 10. | 156 | Ruszkowska Anna | 1973 | POL | Pruszków | Pruszków | 5:45 | 14:20 | 14:24 | 28:43 |
| 11. | 70 | Knosowska Sylwia | 1973 | POL | Warszawa | Heki Team | 5:51 | 14:50 | 14:25 | 29:14 |

K50 (Kobiety 50-59 lat)

| | | | | | | | | | | |
|----|-----|--------------------|------|-----|-----------|-------------------------|------|-------|-------|-------|
| 1. | 153 | Rosińska Barbara | 1962 | POL | Milanówek | STO-nogi Milanówek | 4:20 | 10:57 | 10:44 | 21:40 |
| 2. | 127 | Opowicz Marzena | 1963 | POL | Warszawa | KB ActivSports Warszawa | 4:53 | 12:32 | 11:54 | 24:25 |
| 3. | 125 | Odolczyk Joanna | 1965 | POL | Warszawa | | 4:56 | 12:48 | 11:52 | 24:39 |
| 4. | 95 | Kuryłowicz Jadwiga | 1960 | POL | Józefów | To Naturalne | 6:08 | 15:20 | 15:16 | 30:36 |
| 5. | 111 | Mikoś Teresa | 1963 | POL | Otwock | | 6:15 | 15:35 | 15:40 | 31:14 |

K60 (Kobiety 60-69 lat)

| | | | | | | | | | | |
|----|----|-------------------|------|-----|----------|-------------------|------|-------|-------|-------|
| 1. | 44 | Głowacka Elżbieta | 1955 | POL | Warszawa | Team ZabieganeDni | 6:45 | 16:49 | 16:52 | 33:41 |
|----|----|-------------------|------|-----|----------|-------------------|------|-------|-------|-------|

K70+ (Kobiety 70 lat i starsze)

| | | | | | | | | | | |
|----|-----|--------------|------|-----|----------|----------|------|-------|-------|-------|
| 1. | 196 | Żywek Teresa | 1947 | POL | Warszawa | Tripower | 6:00 | 15:22 | 14:36 | 29:57 |
|----|-----|--------------|------|-----|----------|----------|------|-------|-------|-------|

M20 (Mężczyźni 18-29 lat)

| | | | | | | | | | | |
|----|-----|-------------------|------|-----|------------------|--------------------------------|------|-------|-------|-------|
| 1. | 22 | Centkowski Łukasz | 2003 | POL | Lutkówka | LKS Osuchów | 3:27 | 09:01 | 08:15 | 17:15 |
| 2. | 9 | Bartolowicz Dawid | 1992 | POL | Brochów | Dawid Team | 3:28 | 09:01 | 08:16 | 17:16 |
| 3. | 38 | Foryś Adrian | 1992 | POL | Mińsk Mazowiecki | RaceFighter GOSiR Dębe Wielkie | 3:48 | 09:37 | 09:22 | 18:59 |
| 4. | 215 | Kumosiński Piotr | 1992 | POL | Skierniewice | | 3:55 | 09:57 | 09:34 | 19:31 |
| 5. | 168 | Sułkowski Michał | 1990 | POL | Warszawa | Legia Run Club | 4:12 | 10:52 | 10:05 | 20:56 |

Wyniki kategorii wiekowych



| M-ce | Nr | Nazwisko i imię | Rok ur. | | Miasto | Klub | min/km | Lap1 | Lap2 | Wynik (Brutto) |
|------|-----|-----------------------------|---------|-----|-------------|---------------|--------|-------|-------|----------------|
| 6. | 186 | Wojdas Sławomir | 1990 | POL | Sochaczew | | 4:17 | 10:54 | 10:28 | 21:21 |
| 7. | 72 | Kołecki Karol | 2005 | POL | Nowy Kamion | SP Kamion | 4:17 | 11:00 | 10:23 | 21:22 |
| 8. | 74 | Kołomijski Tomasz Krzysztof | 1992 | POL | Mszczonów | | 4:21 | 10:50 | 10:52 | 21:41 |
| 9. | 8 | Baranowski Paweł | 1995 | POL | Zielonka | To Naturalne | 4:27 | 11:21 | 10:51 | 22:11 |
| 10. | 17 | Cegliński Szymon | 2002 | POL | Baranów | | 4:40 | 11:43 | 11:36 | 23:18 |
| 11. | 130 | Pawlak Przemysław | 1995 | POL | Łowicz | R-Team Łowicz | 5:13 | 12:39 | 13:23 | 26:02 |
| 12. | 184 | Wilk Kacper | 2003 | POL | Międzyborów | | 5:47 | 13:01 | 15:51 | 28:51 |
| 13. | 42 | Gawrzydek Bartosz | 1992 | POL | Łódź | | 5:54 | 15:01 | 14:29 | 29:30 |
| 14. | 18 | Cegliński Dominik | 2001 | POL | Baranów | | 5:56 | 14:32 | 15:06 | 29:38 |
| 15. | 190 | Zbrzezniak Igor | 1995 | POL | Raszyn | | 6:07 | 17:30 | 13:04 | 30:34 |
| 16. | 19 | Cegliński Paweł | 2002 | POL | Baranów | | 6:30 | 16:07 | 16:20 | 32:26 |
| 17. | 63 | Kacpura Mateusz | 2006 | POL | Dęblin | 4. SLSz | 6:37 | 16:43 | 16:19 | 33:01 |

M30 (Mężczyźni 30-39 lat)

| | | | | | | | | | | |
|-----|-----|---------------------|------|-----|----------------------|-----------------------------------|------|-------|-------|-------|
| 1. | 155 | Roszkowski Tomasz | 1986 | POL | Warszawa | Ja0306 Biega. Ku Realizacji Celów | 3:29 | 09:00 | 08:22 | 17:22 |
| 2. | 144 | Przybył Mateusz | 1988 | POL | Skierniewice | | 3:41 | 09:17 | 09:05 | 18:22 |
| 3. | 152 | Rokita Paweł | 1985 | POL | Mińsk Mazowiecki | RaceFighter GOSiR Dębe Wielkie | 3:45 | 09:29 | 09:16 | 18:45 |
| 4. | 41 | Gać Tomasz | 1984 | POL | Żyrardów | Schudnijnamieszka.pl | 3:49 | 09:48 | 09:16 | 19:04 |
| 5. | 90 | Kubiak Grzegorz | 1980 | POL | Sochaczew | Dawid Team | 3:50 | 09:53 | 09:13 | 19:06 |
| 6. | 193 | Zydlowski Michał | 1986 | POL | Brochów | | 3:50 | 09:54 | 09:17 | 19:10 |
| 7. | 83 | Kośla Paweł | 1983 | POL | Żyrardów | Niko Team | 3:52 | 09:57 | 09:23 | 19:20 |
| 8. | 76 | Konarski Maciej | 1980 | POL | Podkowa Leśna | Batimex | 3:55 | 09:50 | 09:44 | 19:34 |
| 9. | 109 | Michalski Robert | 1982 | POL | Warszawa | Zabiegany Wołomin | 3:56 | 10:11 | 09:26 | 19:37 |
| 10. | 49 | Górski Albin | 1985 | POL | Kozłów Szlachecki 33 | PSP Sochaczew | 4:04 | 10:23 | 09:54 | 20:17 |
| 11. | 91 | Kumanowski Piotr | 1980 | POL | Rawa Mazowiecka | Rawa Tim Zawsze Slim | 4:07 | 10:33 | 10:01 | 20:34 |
| 12. | 209 | Skierski Adrian | 1987 | POL | Łowicz | | 4:08 | 10:27 | 10:10 | 20:36 |
| 13. | 30 | Deryło Norbert | 1980 | POL | Mszczonów | | 4:08 | 10:30 | 10:08 | 20:38 |
| 14. | 182 | Więckowski Michał | 1983 | POL | Sochaczew | | 4:19 | 11:03 | 10:33 | 21:35 |
| 15. | 98 | Łysoniewski Michał | 1982 | POL | Henryszew | | 4:23 | 11:07 | 10:46 | 21:52 |
| 16. | 163 | Stańczak Przemysław | 1989 | POL | Mszczonów | | 4:23 | 11:23 | 10:31 | 21:53 |
| 17. | 55 | Hubar Tomasz | 1982 | POL | Tomaszow Mazowiecki | 7dlot | 4:27 | 11:40 | 10:32 | 22:11 |
| 18. | 46 | Gmaj Daniel | 1983 | POL | Grójec | | 4:28 | 11:16 | 11:03 | 22:18 |
| 19. | 128 | Pałka Łukasz | 1981 | POL | Żyrardów | | 4:39 | 11:52 | 11:23 | 23:14 |
| 20. | 194 | Żukowski Piotr | 1984 | POL | Warszawa | | 4:39 | 11:54 | 11:22 | 23:15 |
| 21. | 96 | Kuszek Krzysztof | 1983 | POL | Gniezno | | 4:42 | 12:09 | 11:18 | 23:27 |

Wyniki kategorii wiekowych



| M-ce | Nr | Nazwisko i imię | Rok ur. | Miasto | Klub | min/km | Lap1 | Lap2 | Wynik (Brutto) | |
|------|-----|--------------------|---------|--------|---------------------|-------------------------------------|------|-------|----------------|-------|
| 22. | 161 | Skwira Grzegorz | 1980 | POL | Sochaczew | PSP Sochaczew | 4:48 | 11:48 | 12:08 | 23:56 |
| 23. | 208 | Sielski Tomasz | 1986 | POL | Mszczonów | DSM Nutritional Products Sp. z o.o. | 5:00 | 11:49 | 13:09 | 24:57 |
| 24. | 33 | Domostowicz Michał | 1987 | POL | Skierniewice | | 5:10 | 12:58 | 12:50 | 25:47 |
| 25. | 75 | Komorniczak Łukasz | 1985 | POL | Radziejowice | Fiege | 5:13 | 13:59 | 12:02 | 26:01 |
| 26. | 36 | Dziepak Piotr | 1980 | POL | Wola Mrokowska | 1 BLTr | 5:18 | 13:28 | 13:00 | 26:27 |
| 27. | 203 | Malinowski Konrad | 1985 | POL | Grodzisk Mazowiecki | | 5:24 | 13:41 | 13:15 | 26:56 |
| 28. | 214 | Soszalski Daniel | 1980 | POL | Wynanka | | 5:45 | 14:45 | 14:01 | 28:45 |
| 29. | 56 | Jackowski Jakub | 1981 | POL | Kutno | | 5:51 | 14:33 | 14:41 | 29:14 |
| 30. | 118 | Nietrzebka Paweł | 1988 | POL | Międzyborów | | 6:22 | 16:02 | 15:45 | 31:47 |

M40 (Mężczyźni 40-49 lat)

| | | | | | | | | | | |
|-----|-----|------------------------|------|-----|----------------|------------------------------------|------|-------|-------|-------|
| 1. | 65 | Kazimierzczak Rafał | 1979 | POL | Brzeziny | | 3:36 | 09:13 | 08:43 | 17:56 |
| 2. | 206 | Ochman Piotr | 1976 | POL | Warszawa | Żórawski Team | 3:43 | 09:27 | 09:09 | 18:35 |
| 3. | 66 | Kącki Paweł | 1975 | POL | Warszawa | Rącze Raciczki | 3:58 | 09:57 | 09:53 | 19:49 |
| 4. | 15 | Bugajski Adam | 1976 | POL | Warszawa | MSZ Biega | 4:03 | 10:21 | 09:53 | 20:14 |
| 5. | 197 | Adamiak Tomasz | 1974 | POL | Żyrardów | Żyrardowskie Towarzystwo Cyklistów | 4:04 | 10:08 | 10:11 | 20:18 |
| 6. | 62 | Kacpura Piotr | 1976 | POL | Dęblin | 4. SLSz | 4:11 | 10:36 | 10:16 | 20:51 |
| 7. | 135 | Płatkowski Paweł | 1978 | POL | Żyrardów | | 4:13 | 10:45 | 10:17 | 21:02 |
| 8. | 92 | Kumosinski Grzegorz | 1970 | POL | Skierniewice | | 4:14 | 10:46 | 10:22 | 21:08 |
| 9. | 200 | Górski Tomasz | 1976 | POL | Duchnice | Team Kopec | 4:18 | 11:03 | 10:24 | 21:27 |
| 10. | 61 | Jędruszczak Piotr | 1977 | POL | Mszczonów | Goggle PAE Team | 4:18 | 10:44 | 10:46 | 21:30 |
| 11. | 191 | Zima Sebastian | 1971 | POL | Sochaczew | OKS Skra Warszawa | 4:21 | 11:22 | 10:20 | 21:41 |
| 12. | 105 | Markowicz Robert | 1978 | POL | Boguszyce Małe | | 4:21 | 11:14 | 10:31 | 21:44 |
| 13. | 24 | Cimochowski Mieczysław | 1976 | POL | Kanie | MC Serwis | 4:25 | 11:07 | 10:57 | 22:03 |
| 14. | 185 | Włodarczyk Łukasz | 1975 | POL | Sochaczew | | 4:35 | 11:42 | 11:13 | 22:55 |
| 15. | 170 | Szewczyk Robert | 1976 | POL | Mszczonów | | 4:38 | 11:29 | 11:37 | 23:06 |
| 16. | 160 | Sawicki Marcin | 1978 | POL | Żyrardów | | 4:38 | 11:49 | 11:21 | 23:09 |
| 17. | 174 | Tomaszewski Maciej | 1972 | POL | Radziejowice | | 4:47 | 11:57 | 11:57 | 23:54 |
| 18. | 114 | Mróz Sebastian | 1976 | POL | Komorów | | 4:50 | 12:35 | 11:35 | 24:10 |
| 19. | 131 | Pawlak Marek | 1970 | POL | Łowicz | R-Team Łowicz | 4:51 | 12:39 | 11:35 | 24:13 |
| 20. | 183 | Wilk Konrad | 1973 | POL | Międzyborów | | 4:53 | 12:27 | 11:57 | 24:23 |
| 21. | 60 | Jastrzębski Jacek | 1970 | POL | Sochaczew | KM Aktywni Sochaczew | 4:53 | 12:40 | 11:44 | 24:23 |
| 22. | 47 | Gołyński Sławomir | 1974 | POL | Żyrardów | | 4:55 | 12:11 | 12:22 | 24:33 |
| 23. | 124 | Obłąkowski Hubert | 1978 | POL | Zazdrość | | 4:56 | 12:36 | 12:00 | 24:36 |
| 24. | 162 | Smoluch Tomasz | 1976 | POL | Olkusz | Saint-Gobain Squad | 4:58 | 12:36 | 12:12 | 24:48 |

Wyniki kategorii wiekowych



| M-ce | Nr | Nazwisko i imię | Rok ur. | | Miasto | Klub | min/km | Lap1 | Lap2 | Wynik (Brutto) |
|------|-----|---------------------|---------|-----|------------|--------------------|--------|-------|-------|----------------|
| 25. | 50 | Grochowski Marcin | 1974 | POL | Warszawa | Smashing pApkins | 4:59 | 13:04 | 11:47 | 24:51 |
| 26. | 78 | Konopacki Krzysztof | 1979 | POL | Toruń | W drodze do celu!! | 5:01 | 12:35 | 12:27 | 25:01 |
| 27. | 4 | Arak Radosław | 1976 | POL | Zimna Woda | Przyjaciele | 5:03 | 12:41 | 12:33 | 25:14 |
| 28. | 97 | Łukawski Marek | 1977 | POL | Sochaczew | | 5:05 | 12:37 | 12:47 | 25:24 |
| 29. | 210 | Wodzyński Maciej | 1977 | POL | Żyrardów | | 5:11 | 12:32 | 13:19 | 25:51 |
| 30. | 165 | Stępniewski Piotr | 1977 | POL | Pniewy | Przyjaciele | 5:13 | 13:03 | 13:00 | 26:03 |
| 31. | 140 | Poterański Dariusz | 1971 | POL | Warszawa | PKO Bank Polski SA | 5:19 | 13:38 | 12:53 | 26:31 |
| 32. | 52 | Gutkowski Janusz | 1973 | POL | Warszawa | | 5:19 | 13:21 | 13:10 | 26:31 |
| 33. | 1 | Adamczak Grzegorz | 1971 | POL | Błonie | | 5:34 | 13:44 | 14:06 | 27:49 |
| 34. | 143 | Przybylski Marcin | 1976 | POL | Grójec | Sąsiedzi Team :) | 5:36 | 14:05 | 13:51 | 27:56 |
| 35. | 71 | Knosowski Sławomir | 1971 | POL | Warszawa | Heki Team | 5:37 | 14:20 | 13:42 | 28:02 |
| 36. | 10 | Becheński Wojciech | 1974 | POL | Warszawa | | 5:39 | 14:39 | 13:32 | 28:11 |
| 37. | 157 | Ruszkowski Jacek | 1970 | POL | Pruszków | Pruszków | 5:42 | 13:54 | 14:35 | 28:29 |
| 38. | 20 | Cegliński Sebastian | 1976 | POL | Baranów | | 5:57 | 15:12 | 14:34 | 29:45 |
| 39. | 132 | Pawlik Mariusz | 1977 | POL | Pionki | 4. SLSz | 6:08 | 15:22 | 15:18 | 30:39 |
| 40. | 116 | Naskręt Mariusz | 1975 | POL | Racot | | 7:04 | 17:32 | 17:46 | 35:17 |

M50 (Mężczyźni 50-59 lat)

| | | | | | | | | | | |
|-----|-----|----------------------|------|-----|---------------------|----------------------|------|-------|-------|-------|
| 1. | 93 | Kumosiński Roman | 1966 | POL | Skierniewice | Orange Polska | 3:42 | 09:28 | 09:01 | 18:29 |
| 2. | 136 | Pociech Marek | 1962 | POL | Korytów | | 3:56 | 09:58 | 09:42 | 19:39 |
| 3. | 164 | Stański Sławomir | 1961 | POL | Warszawa | To Naturalne | 4:08 | 10:40 | 10:01 | 20:40 |
| 4. | 94 | Kuran Piotr | 1969 | POL | Mszczonów | | 4:12 | 10:39 | 10:19 | 20:58 |
| 5. | 171 | Szydlik Wiesław | 1966 | POL | Mszczonów | | 4:21 | 11:15 | 10:28 | 21:43 |
| 6. | 77 | Konieczny Sylwester | 1964 | POL | Szydłowiec | | 4:24 | 11:09 | 10:48 | 21:56 |
| 7. | 7 | Baranowski Krzysztof | 1964 | POL | Zielonka | To Naturalne | 4:27 | 11:21 | 10:51 | 22:12 |
| 8. | 21 | Celiński Tomasz | 1968 | POL | Otwock | Tuptuś Otwock | 4:38 | 11:59 | 11:08 | 23:07 |
| 9. | 204 | Mazur Dariusz | 1969 | POL | Garbatka-Letnisko | | 4:39 | 12:03 | 11:08 | 23:11 |
| 10. | 31 | Domaradzki Wiesław | 1962 | POL | Dwórzno | Przyjaciele | 4:45 | 12:03 | 11:43 | 23:45 |
| 11. | 148 | Radzewicz Mariusz | 1963 | POL | Błędów | | 4:48 | 11:52 | 12:07 | 23:58 |
| 12. | 107 | Mastalerz Marcin | 1969 | POL | Karnice | KS Słoniówka | 4:58 | 12:44 | 12:03 | 24:46 |
| 13. | 195 | Żukowski Aleksander | 1960 | POL | Grodzisk Mazowiecki | PRV | 5:10 | 13:12 | 12:39 | 25:50 |
| 14. | 154 | Rosiński Eugeniusz | 1962 | POL | Milanówek | STO-nogi Milanówek | 5:11 | 13:18 | 12:34 | 25:51 |
| 15. | 3 | Antosik Zbigniew | 1962 | POL | Rawa Mazowiecka | Rawa Tim Zawsze Slim | 5:11 | 13:39 | 12:14 | 25:52 |
| 16. | 126 | Odolczyk Jerzy | 1961 | POL | Warszawa | | 5:28 | 14:30 | 12:50 | 27:20 |
| 17. | 112 | Mikoś Roman | 1966 | POL | Otwock | | 6:13 | 15:36 | 15:29 | 31:05 |

Wyniki kategorii wiekowych



| M-ce | Nr | Nazwisko i imię | Rok ur. | Miasto | Klub | min/km | Lap1 | Lap2 | Wynik (Brutto) |
|------|----|-----------------|---------|--------|------|--------|------|------|----------------|
|------|----|-----------------|---------|--------|------|--------|------|------|----------------|

M60 (Mężczyźni 60-69 lat)

| | | | | | | | | | | |
|----|-----|-------------------|------|-----|----------------------|---------------------------------|------|-------|-------|--------------|
| 1. | 123 | Nowocię Jacek | 1959 | POL | Podkowa Leśna | Uczniowski Klub Sportowy Rusiec | 4:02 | 10:19 | 09:50 | 20:09 |
| 2. | 89 | Ksyna Bogusław | 1956 | POL | Kamion Mały | OSP Kamion | 4:24 | 11:09 | 10:48 | 21:57 |
| 3. | 149 | Reda Sławomir | 1958 | POL | Warszawa | KBP Pasja Warszawa | 4:34 | 11:47 | 10:59 | 22:46 |
| 4. | 67 | Kieszek Tadeusz | 1956 | POL | Leszno | Dystans Leszno | 4:37 | 11:54 | 11:07 | 23:01 |
| 5. | 110 | Mikina Artur | 1959 | POL | Warszawa | pwppw sa | 4:40 | 11:54 | 11:26 | 23:19 |
| 6. | 103 | Marczuk Kazimierz | 1954 | POL | Magdalenka | | 4:41 | 11:47 | 11:35 | 23:21 |
| 7. | 58 | Janusz Tadeusz | 1957 | POL | Piotrków Trybunalski | PKB Endorfina | 5:21 | 13:17 | 13:28 | 26:44 |
| 8. | 120 | Nowacki Julian | 1951 | POL | Warszawa | To Naturalne | 6:08 | 15:20 | 15:16 | 30:36 |

M70+ (Mężczyźni 70 lat i starsi)

| | | | | | | | | | | |
|----|-----|----------------------|------|-----|----------------------|------------------------------------|------|-------|-------|--------------|
| 1. | 145 | Przygodzki Tadeusz | 1949 | POL | Piotrków Trybunalski | Piotrkowski Klub Biegacz Endorfina | 4:46 | 12:00 | 11:47 | 23:47 |
| 2. | 212 | Kocimski Jan | 1948 | POL | Sochaczew | KM Aktywni Sochaczew | 5:06 | 13:00 | 12:30 | 25:30 |
| 3. | 211 | Ropiak Ryszard | 1944 | POL | Myszyniec | Kurpie Myszyniec | 5:12 | 13:22 | 12:37 | 25:58 |
| 4. | 54 | Hołowacz Tomasz | 1940 | POL | Warszawa | Kondycja | 6:10 | 15:58 | 14:52 | 30:49 |
| 5. | 113 | Moszkowicz Eugeniusz | 1942 | POL | Warszawa | Kondycja | 6:57 | 17:01 | 17:41 | 34:42 |

Bieg Młodzieżowy 2,5 km

Dziewczęta 13-15 lat (roczniki 2004-2006)

| | | | | | | | | | | |
|----|-----|--------------------|------|-----|-----------|-------------------|------|-------|---|--------------|
| 1. | 357 | Barsicka Martyna | 2005 | POL | Sochaczew | OKS Skra Warszawa | 4:23 | 10:56 | - | 10:56 |
| 2. | 329 | Łukawska Weronika | 2005 | POL | Sochaczew | OKS Skra Warszawa | 4:38 | 11:35 | - | 11:35 |
| 3. | 320 | Gurbska Edyta | 2006 | POL | | LKS Osuchów | 5:05 | 12:42 | - | 12:42 |
| 4. | 327 | Krawczyk Wiktoria | 2005 | POL | | LKS Osuchów | 5:14 | 13:05 | - | 13:05 |
| 5. | 317 | Grabińska Dominika | 2006 | POL | Mszczonów | LKS Osuchów | 5:47 | 14:26 | - | 14:26 |

Liceum dziewcząt 16-18 lat (roczniki 2001-2003)

| | | | | | | | | | | |
|----|-----|----------------------|------|-----|----------|-----------------------|------|-------|---|--------------|
| 1. | 354 | Zatorska Natalia | 2002 | POL | Smardzew | UKS Lisy Zgierz | 3:58 | 09:53 | - | 09:53 |
| 2. | 341 | Rozwenc Basia | 2003 | POL | Żyrardów | LKS Osuchów | 4:22 | 10:53 | - | 10:53 |
| 3. | 349 | Tomaszewska Wiktoria | 2003 | POL | Łódź | MLUKS Rawa Mazowiecka | 5:36 | 13:59 | - | 13:59 |

Chłopcy 13-15 lat (roczniki 2004-2006)

| | | | | | | | | | | |
|----|-----|-----------------|------|-----|----------|-------------|------|-------|---|--------------|
| 1. | 335 | Nowakowski Igor | 2005 | POL | Lutkówka | LKS Osuchów | 3:35 | 08:57 | - | 08:57 |
|----|-----|-----------------|------|-----|----------|-------------|------|-------|---|--------------|

Wyniki kategorii wiekowych



| M-ce | Nr | Nazwisko i imię | Rok ur. | Miasto | Klub | min/km | Lap1 | Lap2 | Wynik (Brutto) |
|------|-----|------------------|---------|--------------|--------------|--------|-------|------|----------------|
| 2. | 333 | Niedziółka Marek | 2004 | POL Warszawa | To Naturalne | 4:44 | 11:48 | - | 11:48 |

Liceum chłopców 16-18 lat (roczniki 2001-2003)

| | | | | | | | | | |
|----|-----|------------------|------|------------------------|-----------------|------|-------|---|-------|
| 1. | 350 | Tworski Kacper | 2002 | POL Dąbrówka Strumainy | UKS Lisy Zgierz | 3:30 | 08:44 | - | 08:44 |
| 2. | 301 | Adamczak Jan | 2001 | POL Błonie | | 4:04 | 10:09 | - | 10:09 |
| 3. | 311 | Chyła Dawid | 2001 | POL Wygnanka | LKS Osuchów | 4:04 | 10:10 | - | 10:10 |
| 4. | 366 | Rodriguez Adrian | 2003 | POL Nosy Poniatki | | 4:30 | 11:13 | - | 11:13 |

Liczba uczestników: 176