

| I seria 3000m 19:00 |              |           |                             |          |
|---------------------|--------------|-----------|-----------------------------|----------|
| 1                   | Celiński     | Robert    | ITI ADVENTURE TEAM          | 09:03,77 |
| 2                   | Starzyński   | Wojciech  | ENTRE.PL Team               | 09:49,56 |
| 3                   | Matczak      | Bartosz   | EDC Runner                  | 09:51,89 |
| 4                   | Leszczyński  | Łukasz    |                             | 09:52,34 |
| 5                   | Łasiński     | Michał    | 12tri.pl                    | 10:01,54 |
| 6                   | Ignatowicz   | Andrzej   | Trucht TarchominTEAM        | 10:03,80 |
| 7                   | Król         | Dariusz   | Aktywny Relaks Wołomin      | 10:08,34 |
| 8                   | Czechowski   | Marek     | aleTEMPO                    | 10:09,23 |
| 9                   | Szyborski    | Rafał     | KB Pimar Legionowo          | 10:09,65 |
| 10                  | Wojtkowski   | Jan       | UKS Impuls                  | 10:13,60 |
| 11                  | Górzyński    | Maciej    | T-Mobile Running Team       | 10:17,12 |
| 12                  | Skibiński    | Marek     | Lasek Bielański Team        | 10:30,66 |
| 13                  | Łukaszewicz  | Ryszard   | Warszawa - Wola             | 10:34,48 |
| 14                  | Rustecki     | Mariusz   | Warszawa Śródmieście        | 10:48,20 |
| 15                  | Dąbrowski    | Mariusz   | KB-Rebus.pl                 | 10:59,68 |
| 16                  | Zielińska    | Weronika  | 12tri.pl                    | 11:01,20 |
| 17                  | Zwierzchoń   | Grzegorz  | 12tri.pl                    | 11:01,37 |
| 18                  | Sielski      | Artur     |                             | 11:10,22 |
| 19                  | Andres       | Beata     | ENTRE.PL TEAM               | 11:31,08 |
| 20                  | Zdziechowski | Szymon    | Warszawa                    | 11:34,74 |
| 21                  | Domagała     | Jarosław  | BiegamBoLubie               | 11:44,01 |
| 22                  | Klein        | Adam      | bieganie.pl                 | 11:45,08 |
| 23                  | Górski       | Marcin    | Szalejące Zajęcie           | 11:48,91 |
| 24                  | Skarzyńska   | Magdalena | AZS Politechnika Warszawska | 11:52,82 |
| 25                  | Korzonkowski | Zbigniew  | ENTRE.PL TEAM               | 11:55,23 |
| 26                  | Siedlecki    | Tomasz    | Grójec                      | 13:17,86 |

| II seria 3000m 19:15 |                  |            |                       |          |
|----------------------|------------------|------------|-----------------------|----------|
| 1                    | Sulik            | Maciej     |                       | 10:36.25 |
| 2                    | Makowski         | Aleksander |                       | 10:58.30 |
| 3                    | Zgliński         | Piotr      | KB-Rebus.pl           | 11.56.77 |
| 4                    | Bielec           | Artur      | Rembertów Team        | 11:43.08 |
| 5                    | Kasiński         | Grzegorz   | Niezzreszony          | 11:49.61 |
| 6                    | Źródłak          | Marek      | T-Mobile Running Team | 12:01.08 |
| 7                    | Skalski          | Mikołaj    |                       | 12:02.14 |
| 8                    | Górski           | Dominik    | KNJ & ITI AT          | 12:07.93 |
| 9                    | Kęcik            | Janusz     | Warszawa-Powisłe      | 12.20.68 |
| 10                   | Żurek            | Katarzyna  | WKB Meta Lubliniec    | 12:22.59 |
| 11                   | Bagiński         | Paweł      | Warszawa Ursynów      | 12:23.69 |
| 12                   | Pułkownik        | Marcin     | KB-Rebus.pl           | 12:29.41 |
| 13                   | Pojawa           | Tomasz     | Byledobiec Anin       | 12:31.14 |
| 14                   | Jachimiak        | Andrzej    | Saska Kępa            | 12.32.18 |
| 15                   | Pawłowska-Pojawa | Anna       | BYLEDOBIEC ANIN       | 12:36.22 |

|    |             |        |                       |          |
|----|-------------|--------|-----------------------|----------|
| 16 | Karpiński   | Robert | Marki                 | 12.45.52 |
| 17 | Sulik       | Michał |                       | 12:54.35 |
| 18 | Sienkiewicz | Paweł  |                       | 13:01.39 |
| 19 | Hinzmann    | Szymon | Park Skaryszewski     | 13.12.06 |
| 20 | Zalewski    | Piotr  | aleTEMPO              | 13.15.83 |
| 21 | Świć        | Rafał  | Trucht Tarchomin Team | 13:20.67 |
| 22 | Nastałek    | Tomasz | niezrzeszony          | 13:52.37 |

### III seria 3000m 19:35

|    |               |               |  |          |
|----|---------------|---------------|--|----------|
| 1  | Świerczewski  | Dariusz       | Warszawa                               | 10:17.19 |
| 2  | Wąsiński      | Jan           | KS Bednarska                           | 11:00.19 |
| 3  | Terczyński    | Paweł         | <a href="http://12tri.pl">12tri.pl</a> | 11:31.39 |
| 4  | Szczepanik    | Mariusz       | Ścieżki-Pole Muktowskie                | 11:44.52 |
| 5  | Supińska      | Justyna       | brak                                   | 12:17.85 |
| 6  | Freites       | Luis          | Wenezuela                              | 12:36.27 |
| 7  | Szelwachowski | Dariusz       | KB Las Hormigas                        | 12:43.48 |
| 8  | Szota         | Jarosław      | ART PROFI TEAM                         | 13:04.68 |
| 9  | Kulesza       | Andrzej       | SASKA KĘPA                             | 13:27.12 |
| 10 | Stupałkowski  | Marek         | biegam bo lubię                        | 13:31.68 |
| 11 | Szewczyk      | Łukasz        | Biegi „Łoje”                           | 13:48.97 |
| 12 | Kruczkowska   | Celina        | Pragmatids                             | 14:03.81 |
| 13 | Szota         | Emilia        | ART PROFI TEAM                         | 14:11.75 |
| 14 | Kulesza       | Filip         | SASKA KĘPA                             | 15:10.90 |
| 15 | Swoboda       | Piotr         | brak                                   | 15:12.68 |
| 16 | Ochab         | Gabriela      | niezrzeszona                           | 15:26.08 |
| 17 | Szparaga      | Dorota        | niezrzeszona                           | 15:31.09 |
| 18 | Pankowski     | Andrzej Paweł | Freerunner                             | 16:03.05 |
| 19 | Żywek         | Teresa        | ABC Kondycja                           | 16:03.05 |
| 20 | Szarska       | Iwona         | aleTEMPO                               | 16:10.98 |
| 21 | Jeleń         | Agnieszka     |  | 18:14.63 |

### IV seria 3000m 20:00

|    |             |           |  |          |
|----|-------------|-----------|--|----------|
| 1  | Lengiewicz  | Jakub     | OTK Rzeźnik                                  | 10:21.14 |
| 2  | Leśniewski  | Andrzej   | Politechnika Warszawska                      | 10:26.39 |
| 3  | Drabczyk    | Szymon    |  | 10:29.47 |
| 4  | Połaski     | Dariusz   | <a href="http://KB-REBUS.PL">KB-REBUS.PL</a> | 10:30.86 |
| 5  | Misztal     | Łukasz    | ABC Kondycja                                 | 11:08.46 |
| 6  | Kociszewski | Paweł     |  | 11:10.80 |
| 7  | Różycki     | Darek     | UKS Szachylice                               | 11:25.76 |
| 8  | Dereń       | Justyna   | WLKS Kmicic Częstochowa                      | 11:31.52 |
| 9  | Piątek      | Bogdan    | LECHICI Zielonka                             | 11:42.82 |
| 10 | Korol       | Krzysztof | klub   | 11:52.70 |
| 11 | Sawicki     | Karol     | KS Raszyn                                    | 12:00.98 |
| 12 | Opowicz     | Marzena   | KB Active Sports                             | 12:01.80 |

|    |             |            |                       |          |
|----|-------------|------------|-----------------------|----------|
| 13 | Kostanowicz | Paweł      |                       | 12:13.06 |
| 14 | Bodziak     | Marcin     | Warszawa-Mokotów      | 12:14.35 |
| 15 | Stankowska  | Natalia    | AZS AON               | 12:15.25 |
| 16 | Odolczyk    | Joanna     | ABC Kondycja          | 12:29.94 |
| 17 | Chylewski   | Jakub      | Brak                  | 12:35.11 |
| 18 | Czwaro      | Tomasz     | Marketplanet          | 12:56.39 |
| 19 | Mróz        | Małgorzata | niezrzeszona w klubie | 13:13.96 |
| 20 | Gortatewicz | Marcin     |                       | 13:37.37 |
| 21 | Jońca       | Paweł      |                       | 13:43.65 |
| 22 | Mojśa       | Tomasz     |                       | 13:45.57 |
| 23 | Lipińska    | Agata      | AON                   | 14:07.25 |
| 24 | Bukowski    | Janusz     | Gazownia              | 14:30.56 |

| I seria 1500m 20:20 |                  |            |  |         |
|---------------------|------------------|------------|--|---------|
| 1                   | Łobodziński      | Piotr      | AZS Uniwersytet Warszawski             | 4:11.15 |
| 2                   | Artyszuk         | Kamil      | Warszawiaky                            | 4:30.30 |
| 3                   | Potrzuski        | Kamil      | AZS Uniwersytet Warszawski             | 4:39.59 |
| 4                   | Rudnik           | Maciej     |  | 4:43.45 |
| 5                   | Magierski        | Jerzy      | Byledobiec                             | 4:58.34 |
| 6                   | Fazan            | Rafał      |  | 5:07.52 |
| 7                   | Łasiński         | Paweł      | 12tri.pl                               | 5:16.11 |
| 8                   | Szymański        | Paweł      | AZS AON                                | 5:20.53 |
| 9                   | Lau              | MARCIN     | LawFamily                              | 5:22.82 |
| 10                  | Michalski        | Bartłomiej | KNJ                                    | 5:24.54 |
| 11                  | Pałgan           | Grzegorz   | KS BEDNARSKA                           | 5:26.82 |
| 12                  | Pawlicki         | Tomasz     | <a href="http://12tri.pl">12tri.pl</a> | 5:35.25 |
| 13                  | Lewandowska      | Martyna    | aleTEMPO                               | 5:36.25 |
| 14                  | Dąbrowski        | Jarosław   | 4F Sport Performance                   | 5:37.68 |
| 15                  | Kieszek          | Tadeusz    | K.S. Ożarówianka                       | 5:45.04 |
| 16                  | Dobrowolski      | Krzysztof  | Warszawa                               | 5:47.93 |
| 17                  | Bernaciak        | Paweł      | Gbaryelin                              | 5:54.85 |
| 18                  | Ferraris         | Danilo     | Art Profi                              | 5:57.24 |
| 19                  | Maldis           | Marek      |  | 6:47.56 |
| 20                  | Senator          | Ryszard    | aleTEMPO                               | 6:02.31 |
| 21                  | Witek-Piotrowska | Ewa        | Ortoreh running team                   | 6:23.36 |
| 22                  | Mizieliński      | Artur      | Warszawa                               | 6:30.00 |
| 23                  | Noworyta         | Jacek      | niezrzeszony                           | 7:59.36 |
| 24                  | Dąbrowski        | Cezary     | MAXI Piaseczno                         | 7:50.08 |
| 25                  | Bulicz-Kasprzak  | Katarzyna  | Aktywni Sochaczew                      | 7:52.30 |

| II seria 1500m 20:30 |               |           |                    |         |
|----------------------|---------------|-----------|--------------------|---------|
| 1                    | Kalaszczyński | Łukasz    | Nike               | 4:18.13 |
| 2                    | Misiurek      | Krzysztof | ICSiR Start Lublin | 4:45.29 |
| 3                    | Eberle        | John      |                    | 4:55.24 |

|    |              |          |                         |         |
|----|--------------|----------|-------------------------|---------|
| 4  | Paulk        | Kevin    |                         | 4:56.82 |
| 5  | Krupiński    | Maciej   | PZ Kosz                 | 4:58.03 |
| 6  | Gyula        | Jonas    | Nike                    | 5:00.29 |
| 7  | Maliszewski  | Marek    | PZ Kosz                 | 5:01.59 |
| 8  | Piasecki     | Tomasz   |                         | 5:12.44 |
| 9  | Dzioba       | Michał   | TriSopot                | 5:21.37 |
| 10 | Świerczewski | Marcin   | Warszawa                | 5:32.69 |
| 11 | Konarski     | Tomasz   | IM2010                  | 5:37.16 |
| 12 | Milczarczyk  | Tomasz   | PSP Warszawa            | 5:43.72 |
| 13 | Grzeszczyk   | Bartosz  | Kampania Nigdy Już      | 5:43.82 |
| 14 | Jazierski    | Łukasz   | Trucht Tarchomin        | 5:45.06 |
| 15 | Jezierski    | Jan      | Trucccht Tarchomin Team | 5:48.91 |
| 16 | Knijn        | Joep     |                         | 5:50.84 |
| 17 | Korkosz      | Andrzej  |                         | 5:53.03 |
| 18 | Mzyk         | Elzbieta | Byledobiec Anin         | 7:21.43 |

### I seria 1000m 20:40

|    |              |           |                              |         |
|----|--------------|-----------|------------------------------|---------|
| 1  | Kuśmierz     | Sylwester | Byledobiec Anin              | 2:35.64 |
| 2  | Beauvillain  | Jeremy    | issy triathlon               | 2:57.17 |
| 3  | Bnugen       | Nicolas   | Nike                         | 2:57.50 |
| 4  | Piotrowski   | Andrzej   | Entre.pl Team                | 2:58.79 |
| 5  | Drewnowski   | Robert    | niezrzeszony                 | 2:59.99 |
| 6  | Roszkowski   | Tomasz    | Warszawa Natolin Zachodni    | 3:11.41 |
| 7  | Oliva        | Marek     | Nike                         | 3:14.62 |
| 8  | Migdał       | Radosław  | Rembertów Team               | 3:17.85 |
| 9  | Kamiński     | Michał    | Art Profi Team               | 3:23.09 |
| 10 | Kumoch       | Jakub     | Art Profi Team               | 3:25.56 |
| 11 | Zapława      | Grzegorz  | Nike                         | 3:26.38 |
| 12 | Ivanković    | Marko     | Nike                         | 3:26.78 |
| 13 | Grycner      | Paweł     | Bezimienni                   | 3:27.65 |
| 14 | Ziętek       | Olga      | Akademia Triathlonu Warszawa | 3:27.80 |
| 15 | Skrzypkowski | Tomasz    | adventuresquad.pl            | 3:33.37 |
| 16 | Plasota      | Jan       | niezrzeszony                 | 3:33.81 |
| 17 | Ambroz       | Peter     | Nike                         | 3:34.54 |
| 18 | Słowiński    | Marek     | .                            | 3:34.87 |
| 19 | Zakrzewski   | Rafał     | KS Bednarska                 | 3:36.16 |
| 20 | Machnacki    | Michał    | Grupa Biegowa CHTMO          | 3:37.07 |
| 21 | Darka        | Marcin    | Lasek Bielański Team         | 3:43.77 |
| 22 | Brzozowski   | Andrzej   | Warszawa                     | 3:45.07 |
| 23 | Stefański    | Dariusz   |                              | 3:50.40 |
| 24 | Krolak       | Piotr     | goćław                       | 3:57.96 |
| 25 | Roggiu       | Nico      | Nike                         | 3:59.48 |
| 26 | Kordek       | Agnieszka | -                            | 4:47.50 |
| 27 | Budyta       | Katarzyna | brak                         | 4:10.18 |

|    |             |            |                     |         |
|----|-------------|------------|---------------------|---------|
| 28 | Płachciński | Patryk     |                     | 4:10.69 |
| 29 | Hiemba      | Gabriela   | Nike                | 4:15.88 |
| 30 | Vega        | Pabiola    | Nike                | 4:18.64 |
| 31 | Grabowska   | Renata     | aleTEMPO            | 4:19.79 |
| 32 | Butkiewicz  | Małgorzata | KB Galeria warszawa | 4:21.18 |
| 33 | Góral       | Tadeusz    | Warszawa            | 5:12.64 |
| 34 | Totk        | Imre       | Nike                | 5:34.20 |

| II seria 1000m 20:50 |              |            |                    |         |
|----------------------|--------------|------------|--------------------|---------|
| 1                    | Dudek        | Wojciech   | UKS Młode Orły MDM | 2:45.40 |
| 2                    | Czyż         | Michał     |                    | 2:51.62 |
| 3                    | Wyrożemski   | Łukasz     | niezrzeszony       | 3:09.86 |
| 4                    | Kotecki      | Arkadiusz  | Park Skaryszewski  | 3:11.59 |
| 5                    | Biela        | Wojciech   | Pragmatits         | 3:19.64 |
| 6                    | Kalbarczyk   | Ireneusz   | Truchtacz.pl       | 3:20.42 |
| 7                    | Różycki      | Bartłomiej | UKS Szachylice     | 3:21.60 |
| 8                    | Batory       | Stefan     |                    | 3:22.42 |
| 9                    | Sobczak      | Marcin     |                    | 3:24.39 |
| 10                   | Lech         | Paweł      | Warszawa           | 4:00.99 |
| 11                   | Konarski     | Kazimierz  | Łomianki           | 4:02.18 |
| 12                   | Kucab        | Maciej     | Brak               | 4:02.80 |
| 13                   | Osowiecka    | Małgorzata | KS Bednarska       | 4:14.39 |
| 14                   | Maldis       | Marek      |                    | 4:19.17 |
| 15                   | Szmytko      | Sabina     | Szakale Bałut Łódź | 4:26.67 |
| 16                   | Mzyk         | Elzbieta   | Byledobiec Anin    | 4:34.64 |
| 17                   | Sobczak Zych | Marta      | unleashed          | 4:49.74 |

| III seria 1000m 21:00 |              |          |                    |         |
|-----------------------|--------------|----------|--------------------|---------|
| 1                     | Bieńkowski   | Piotr    | AZS AWF Warszawa   | 2:40.63 |
| 2                     | Świątkowski  | Bartosz  |                    | 2:40.63 |
| 3                     | Jasiński     | Mateusz  | TreningBiegacza.pl | 2:42.65 |
| 4                     | Żurawski     | Damian   | niezrzeszony       | 2:43.56 |
| 5                     | Jajszczak    | Maciej   |                    | 2:48.98 |
| 6                     | Krysiak      | Marcin   | AZS WAT            | 2:59.98 |
| 7                     | Galicz       | Karol    |                    | 3:02.35 |
| 8                     | WAŚOWSKI     | MICHAŁ   | AZS AON            | 3:07.10 |
| 9                     | Bielerzewski | Jakub    |                    | 3:24.72 |
| 10                    | Grunwald     | Wojciech | Byledobiec Anin    | 3:29.52 |
| 11                    | Kacprowski   | Tadeusz  |                    | 3:38.65 |
| 12                    | Biełuszka    | Marta    |                    | 4:16.80 |