



## Wyniki konkurencji

### 10000 metrów kobiet

Sędzia:

Rekord Świata(Open)	<b>28:54.14*</b>	CHEBET Beatrice	KEN	Eugene (USA)	24-05-25
Rekord Świata(Open)	<b>29:01.03</b>	GIDEY Letesenbet	ETH	Hengelo (NED)	21-06-08
Rekord Europy(Open)	<b>29:06.82</b>	HASSAN Sifan	NED	Hengelo (NED)	21-06-06
Rekord Polski(Open)	<b>31:43.51</b>	JARZYŃSKA Karolina	Niestowarzyszona	Ostrava (CZE)	13-06-27
Min. MŚ(Open)	<b>30:20.00</b>			Tokyo (JPN)	25-09-13
Min. UNI(Open)	<b>32:40.00</b>			Bochum (GER)	25-07-21

Miejsce	Tor	Numer	Imię i nazwisko	Data ur.	Klub (woj)	Wynik
---------	-----	-------	-----------------	----------	------------	-------

#### Bieg A/1

Start: 25-04-26 17:28:52

1	23	60	Olimpia BREZA	02-02-14	KUKS Remus Kościerzyna(PM)	<b>33:13.22</b>	PB
2	14	25	Katarzyna NAPIÓRKOWSKA	04-09-12	LKS Maków Mazowiecki(MZ)	<b>33:24.62</b>	U23(1)
3	18	26	Elżbieta GLINKA	93-10-30	Passion First Warszawa(MZ)	<b>33:33.22</b>	
4	24	23	Agnieszka CHORZEPA	01-01-14	KS AZS AWF Warszawa(MZ)	<b>34:01.53</b>	PB
5	4	50	Martyna KRAWCZYŃSKA	04-11-21	KS Prefbet-Sonarol Łomża(PD)	<b>34:07.14</b>	PB U23(2)
6	12	61	Beata NIEMYJSKA	01-02-09	LKS Zantyr Sztum(PM)	<b>34:09.78</b>	
7	7	47	Monika DUBIELLA	00-05-02	KS Prefbet-Sonarol Łomża(PD)	<b>35:12.09</b>	
8	20	64	Julia PAWEŁCZYK	02-03-26	SKLA Sopot(PM)	<b>35:18.82</b>	
9	10	43	Anna BĄKOWSKA	90-03-31	KS Podlasie Białystok(PD)	<b>35:25.01</b>	
10	25	71	Paulina GAJ	93-01-29	MCKiS Jaworzno(SL)	<b>35:29.70</b>	PB
11	9	13	Liliana MŁYNARCZYK	03-08-30	MKST Astra Nowa Sól(LB)	<b>35:42.92</b>	U23(3)
12	16	22	Joanna KONOPKO	88-11-28	EasyRunning Team(MZ)	<b>35:57.82</b>	
13	11	39	Paulina KICILIŃSKA	03-09-30	ULKS Lipinki(MA)	<b>36:18.31</b>	U23(4)
14	17	4	Kinga PIETRAS	01-10-15	KS AZS AWF Wrocław(DS)	<b>37:04.35</b>	
15	19	19	Magdalena CIOŁAK	01-05-05	MLUKS Rawa - Rawa Mazowiecka(LD)	<b>37:05.41</b>	
16	15	72	Rozalia MALINA	04-12-27	MKS-MOS Płomień Sosnowiec(SL)	<b>37:30.49</b>	U23(5)
17	5	37	Marcelina KARBOWIAK	91-01-14	Wieliszew Heron Team(MZ)	<b>38:44.98</b>	
18	1	91	Sylvia WALCZAK	91-01-24	KS Prefbet-Sonarol Łomża(PD)	<b>39:25.71</b>	PB
19	8	54	Anastasiia KOLCHINA	05-07-24	AML Słupsk(PM)	<b>39:26.12</b>	U23(6)
20	2	17	Amelia PAWELUS	05-08-13	LKS Omega Kleszczów(LD)	<b>39:58.72</b>	U23(7)
21	22	88	Monika NOWAK	81-11-02	SKSG Korona Szczecin(ZP)	<b>42:19.81</b>	
	13	48	Ewa JAGIELSKA	82-10-25	KS Prefbet-Sonarol Łomża(PD)	<b>DNS</b>	
	3	49	Justyna KORYTKOWSKA	86-03-12	KS Prefbet-Sonarol Łomża(PD)	<b>DNS</b>	
	21	42	Natalia CYGAN	05-05-25	KKL Stal Stalowa Wola(PK)	<b>DNF</b>	U23
	6	44	Małgorzata KARPIUK	03-01-04	KS Podlasie Białystok(PD)	<b>DNF</b>	U23

#### Międzyczasy

1000m	71	Paulina GAJ	<b>3:26.69</b>	5000m	26	Elżbieta GLINKA	<b>16:53.70</b>
2000m	26	Elżbieta GLINKA	<b>6:56.10</b>	6000m	26	Elżbieta GLINKA	<b>20:14.80</b>
3000m	26	Elżbieta GLINKA	<b>10:14.47</b>	7000m	25	Katarzyna NAPIÓRKOWSKA	<b>23:32.23</b>
4000m	26	Elżbieta GLINKA	<b>13:34.46</b>	8/9km	60	Olimpia BREZA	<b>26:45/29:59</b>

#### Legenda:

PB -rekord życiowy



## Wyniki konkurencji

### 10000 metrów mężczyzn

Sędzia:

Rekord Świata(Open)	26:11.00	CHEPTEGEL Joshua	UGA	Valencia (ESP)	20-10-07
Rekord Europy(Open)	26:46.57	FARAH Mohammed	GBR	Eugene (USA)	11-06-03
Rekord Polski(Open)	27:53.61	KOWOL Jerzy	Górnik Zabrze	Praga (CZE)	78-08-29
Min. MŚ(Open)	27:00.00			Tokyo (JPN)	25-09-13
Min. UNI(Open)	28:30.00			Bochum (GER)	25-07-21

Miejsce	Tor	Numer	Imię i nazwisko	Data ur.	Klub (woj)	Wynik
---------	-----	-------	-----------------	----------	------------	-------

#### Bieg A/3

Start: 25-04-26 18:29:59

1	5	63	Maciej MEGIER	03-04-26	SKLA Sopot(PM)	28:21.77	RP U23 PB U23(1)
2	6	31	Patryk KOZŁOWSKI	98-11-10	RLTL GGG Radom(MZ)	29:28.28	
3	9	59	Szymon SKALSKI	02-02-08	KS AZS AWFIS Gdańsk(PM)	29:28.88	
4	4	79	Sebastian NOWICKI	94-07-04	OKL Oborniki(WP)	29:36.73	
5	3	2	Dariusz BORATYŃSKI	97-09-26	KS AZS AWF Wrocław(DS)	29:51.31	
6	2	82	Jędrzej WOLSKI	04-01-04	OŚ AZS Poznań(WP)	30:03.72	PB U23(2)
7	10	20	Kamil JASTRZĘBSKI	92-08-26	Ducla Academy Warszawa(MZ)	30:09.35	
8	12	69	Krzysztof ZIELIŃSKI	05-07-14	ULKS Talex-Borysław Borzytuchoń(PM)	30:24.77	U23(3)
9	8	10	Michał WÓJCIK	99-10-01	Adam Draczyński Running Team Nowa Sól(LB)	30:44.95	
10	7	76	Oliwier MUTWIL	99-10-27	TL ROW Rybnik(SL)	30:49.02	
11	15	6	Jakub NAPIERAŁA	04-02-11	KS SMS Szklarska Poręba(DS)	30:52.25	U23(4)
12	11	58	Krzysztof ŻYGENDA	97-03-10	GKS Cartusia Kartuzy(PM)	31:02.65	
13	16	9	Krzysztof TSCHIRCH	99-12-17	WKS Oleśniczanka Oleśnica(DS)	31:02.93	
14	14	57	Wojciech SERKOWSKI	97-05-03	GKS Cartusia Kartuzy(PM)	31:21.98	
15	17	53	Mateusz NIEMCZYK	92-09-30	KS Prefbet-Sonarol Łomża(PD)	31:41.28	
	13	86	Artur OLEJARZ	88-09-19	MKL Szczecin(ZP)	DNF	
	1	32	Szymon KULKA	93-06-22	RLTL GGG Radom(MZ)	DNF	

#### Międzyczasy

1000m	63	Maciej MEGIER	2:49.54	5000m	63	Maciej MEGIER	14:09.28
2000m	63	Maciej MEGIER	5:38.91	6000m	63	Maciej MEGIER	17:00.36
3000m	63	Maciej MEGIER	8:29.75	7000m	63	Maciej MEGIER	19:51.22
4000m	63	Maciej MEGIER	11:19.43	8/9km	63	Maciej MEGIER	22:42/25:33

#### Bieg B/3

Start: 25-04-26 16:47:45

1	2	80	Wiktor MAĆKOWIAK	99-12-09	OŚ AZS Poznań(WP)	30:34.89	PB
2	3	52	Piotr ŁOBODZIŃSKI	85-07-04	KS Prefbet-Sonarol Łomża(PD)	30:36.53	
3	4	56	Daniel MARSZK	02-02-15	GKS Cartusia Kartuzy(PM)	30:54.52	PB
4	13	41	Michał WOJCIECHOWSKI	88-10-02	KB Witar Tarnobrzeg(PK)	31:26.89	PB
5	20	40	Jakub KIJAK	02-02-23	AZS KU Politechniki Opolskiej Opole(OP)	31:27.59	PB
6	16	1	Kacper ADAMCZAK	03-01-25	KS AZS AWF Wrocław(DS)	31:29.05	PB U23(5)
7	9	33	Filip BABIK	96-11-02	Stowarzyszenie Piekieni Warszawa(MZ)	31:29.98	PB
8	1	7	Michał MIREK	05-12-04	MKS Osa Zgorzelec(DS)	31:32.57	U23(6)
9	19	18	Maciej BUDZIŃSKI	00-06-14	MLUKS Rawa - Rawa Mazowiecka(LD)	31:36.45	PB
10	5	78	Tomasz MALUŚKI	05-05-28	OKL Oborniki(WP)	31:37.31	U23(7)
11	22	51	Andrzej LEOŃCZUK	92-11-04	KS Prefbet-Sonarol Łomża(PD)	31:38.43	
12	17	24	Paweł KROCHMAL	93-03-31	KS Czempion Warszawa(MZ)	31:52.05	
13	12	36	Marcin PATECKI	89-11-22	Stowarzyszenie Piekieni Warszawa(MZ)	31:57.75	
14	8	74	Marcin CIEPLAK	91-01-30	TL ROW Rybnik(SL)	32:30.32	
15	21	28	Paweł MACHOWSKI	92-05-24	Passion First Warszawa(MZ)	32:34.30	PB
16	11	14	Jakub WAWRZYKOWSKI	97-12-21	MKST Astra Nowa Sól(LB)	32:40.49	PB
17	7	66	Maciej JANTA	05-04-25	ULKS Talex-Borysław Borzytuchoń(PM)	32:45.02	U23(10)
18	18	5	Mikołaj WIECZOREK	01-03-15	KS AZS AWF Wrocław(DS)	32:50.36	PB
19	6	65	Dawid JANTA	03-11-22	ULKS Talex-Borysław Borzytuchoń(PM)	32:53.92	U23(11)
20	10	68	Michał RODZIEWICZ	05-05-06	ULKS Talex-Borysław Borzytuchoń(PM)	33:02.62	U23(12)
	14	89	Kristers KUDLIS	06-11-25	LATVIA(ZZZ)	DNF	

PK

Międzyczasy						
1000m	56	Daniel MARSZK	<b>3:01.48</b>	5000m	80	Wiktor MAĆKOWIAK <b>15:20.18</b>
2000m	80	Wiktor MAĆKOWIAK	<b>6:04.53</b>	6000m	56	Daniel MARSZK <b>18:23.98</b>
3000m	80	Wiktor MAĆKOWIAK	<b>9:09.18</b>	7000m	56	Daniel MARSZK <b>21:29.69</b>
4000m	56	Daniel MARSZK	<b>12:15.25</b>	8/9km	8052	<b>24:36/27:37.7</b>

### Bieg C/3

Start: 25-04-26 15:59:16

<b>1</b>	17	73	<b>Paweł BUCZEK</b>	92-03-26	SPLA Tychy(SL)	<b>31:55.52</b>	PB
<b>2</b>	2	55	<b>Eryk MAŃKA</b>	04-07-30	GKS Cartusia Kartuzy(PM)	<b>32:12.28</b>	U23(8)
<b>3</b>	14	35	<b>Łukasz OSKIERKO</b>	89-11-05	Stowarzyszenie Piekieni Warszawa(MZ)	<b>32:17.35</b>	
<b>4</b>	10	29	<b>Kamil ROWIŃSKI</b>	89-07-28	Passion First Warszawa(MZ)	<b>32:37.31</b>	
<b>5</b>	13	62	<b>Dominik KRÓL</b>	05-04-18	SKLA Sopot(PM)	<b>32:41.93</b>	U23(9)
<b>6</b>	3	81	<b>Wiktor MURKOWSKI</b>	02-09-11	OŚ AZS Poznań(WP)	<b>32:47.44</b>	
<b>7</b>	6	12	<b>Adam MARYSIAK</b>	88-01-06	MKST Astra Nowa Sól(LB)	<b>32:59.22</b>	
<b>8</b>	15	84	<b>Leon GAJDUS</b>	02-04-26	MOS Zatoka Braniewo(WN)	<b>33:00.23</b>	PB
<b>9</b>	19	75	<b>Jarosław KOŹDOŃ</b>	84-08-13	TL ROW Rybnik(SL)	<b>33:10.36</b>	PB
<b>10</b>	4	21	<b>Konrad ŁABĘDZKI</b>	86-06-07	Ducla Academy Warszawa(MZ)	<b>33:32.33</b>	
<b>11</b>	1	27	<b>Rafał KLIMEK</b>	99-11-18	Passion First Warszawa(MZ)	<b>33:33.43</b>	
<b>12</b>	5	77	<b>Arkadiusz KARDAS</b>	89-03-20	TS AKS Chorzów(SL)	<b>33:50.35</b>	PB
<b>13</b>	16	85	<b>Grzegorz ZAHORSKI</b>	99-03-09	MOS Zatoka Braniewo(WN)	<b>33:57.15</b>	
<b>14</b>	12	83	<b>Mikołaj WOJTCZAK</b>	05-11-11	UKS 12 Kalisz(WP)	<b>34:07.63</b>	U23(13)
<b>15</b>	7	70	<b>Rafał NOWAK</b>	75-04-26	CKS Budowlani Częstochowa(SL)	<b>34:10.66</b>	
<b>16</b>	11	34	<b>Mateusz KOŁODZIEJ</b>	91-08-26	Stowarzyszenie Piekieni Warszawa(MZ)	<b>35:44.22</b>	
<b>17</b>	8	30	<b>Aleks ZIEMKOWSKI</b>	01-08-23	Passion First Warszawa(MZ)	<b>35:50.75</b>	
<b>18</b>	18	16	<b>Dawid SZULC</b>	04-11-13	Athletics Team Radomsko(LD)	<b>36:27.36</b>	U23(14)
	9	38	<b>Mateusz GRZANKA</b>	86-07-02	LKS Kłos Olkusz(MA)	<b>DNF</b>	

Międzyczasy						
1000m	81	Wiktor MURKOWSKI	<b>3:09.70</b>	5000m	35	Łukasz OSKIERKO <b>16:03.44</b>
2000m	35	Łukasz OSKIERKO	<b>6:20.69</b>	6000m	73	Paweł BUCZEK <b>19:16.01</b>
3000m	35	Łukasz OSKIERKO	<b>9:33.04</b>	7000m	73	Paweł BUCZEK <b>22:27.77</b>
4000m	81	Wiktor MURKOWSKI	<b>12:50.35</b>	8/9km	73	Paweł BUCZEK <b>25:42.15/28:54.60</b>

## Wyniki konkurencji

Miejsce	B-G/Miejsce	Imię i nazwisko	Data ur.	Klub (woj)	Wynik	
1	Bieg A 1	Maciej MEGIER	03-04-26	SKLA Sopot	28:21.77	I23 PB U23(1)
2	Bieg A 2	Patryk KOZŁOWSKI	98-11-10	RLTL GGG Radom	29:28.28	
3	Bieg A 3	Szymon SKALSKI	02-02-08	KS AZS AWFIS Gdańsk	29:28.88	
4	Bieg A 4	Sebastian NOWICKI	94-07-04	OKL Oborniki	29:36.73	
5	Bieg A 5	Dariusz BORATYŃSKI	97-09-26	KS AZS AWF Wrocław	29:51.31	
6	Bieg A 6	Jędrzej WOLSKI	04-01-04	OŚ AZS Poznań	30:03.72	PB U23(2)
7	Bieg A 7	Kamil JASTRZĘBSKI	92-08-26	Ducla Academy Warszawa	30:09.35	
8	Bieg A 8	Krzysztof ZIELIŃSKI	05-07-14	ULKS Talex-Borysław Borzytucho	30:24.77	U23(3)
9	Bieg B 1	Wiktor MAĆKOWIAK	99-12-09	OŚ AZS Poznań	30:34.89	PB
10	Bieg B 2	Piotr ŁOBODZIŃSKI	85-07-04	KS Prefbet-Sonarol Łomża	30:36.53	
11	Bieg A 9	Michał WÓJCİK	99-10-01	Adam Draczyński Running Team Nowa Sól	30:44.95	
12	Bieg A 10	Oliwier MUTWIL	99-10-27	TL ROW Rybnik	30:49.02	
13	Bieg A 11	Jakub NAPIERAŁA	04-02-11	KS SMS Szklarska Poręba	30:52.25	U23(4)
14	Bieg B 3	Daniel MARSZK	02-02-15	GKS Cartusia Kartuzy	30:54.52	PB
15	Bieg A 12	Krzysztof ŻYGENDA	97-03-10	GKS Cartusia Kartuzy	31:02.65	
16	Bieg A 13	Krzysztof TSCHIRCH	99-12-17	WKS Oleśniczanka Oleśnica	31:02.93	
17	Bieg A 14	Wojciech SERKOWSKI	97-05-03	GKS Cartusia Kartuzy	31:21.98	
18	Bieg B 4	Michał WOJCIECHOWSKI	88-10-02	KB Witar Tarnobrzeg	31:26.89	PB
19	Bieg B 5	Jakub KIJAK	02-02-23	AZS KU Politechniki Opolskiej Opole	31:27.59	PB
20	Bieg B 6	Kacper ADAMCZAK	03-01-25	KS AZS AWF Wrocław	31:29.05	PB U23(5)
21	Bieg B 7	Filip BABIK	96-11-02	Stowarzyszenie Piekieni Warszawa	31:29.98	PB
22	Bieg B 8	Michał MIREK	05-12-04	MKS Osa Zgorzelec	31:32.57	U23(6)
23	Bieg B 9	Maciej BUDZIŃSKI	00-06-14	MLUKS Rawa - Rawa Mazowiecka	31:36.45	PB
24	Bieg B 10	Tomasz MALUŚKI	05-05-28	OKL Oborniki	31:37.31	U23(7)
25	Bieg B 11	Andrzej LEOŃCZUK	92-11-04	KS Prefbet-Sonarol Łomża	31:38.43	
26	Bieg A 15	Mateusz NIEMCZYK	92-09-30	KS Prefbet-Sonarol Łomża	31:41.28	
27	Bieg B 12	Paweł KROCHMAL	93-03-31	KS Czempion Warszawa	31:52.05	
28	Bieg C 1	Paweł BUCZEK	92-03-26	SPLA Tychy	31:55.52	PB
29	Bieg B 13	Marcin PATECKI	89-11-22	Stowarzyszenie Piekieni Warszawa	31:57.75	
30	Bieg C 2	Eryk MAŃKA	04-07-30	GKS Cartusia Kartuzy	32:12.28	U23(8)
31	Bieg C 3	Łukasz OSKIERKO	89-11-05	Stowarzyszenie Piekieni Warszawa	32:17.35	
32	Bieg B 14	Marcin CIEPLAK	91-01-30	TL ROW Rybnik	32:30.32	
33	Bieg B 15	Paweł MACHOWSKI	92-05-24	Passion First Warszawa	32:34.30	PB
34	Bieg C 4	Kamil ROWIŃSKI	89-07-28	Passion First Warszawa	32:37.31	
35	Bieg B 16	Jakub WAWRZYKOWSKI	97-12-21	MKST Astra Nowa Sól	32:40.49	PB
36	Bieg C 5	Dominik KRÓL	05-04-18	SKLA Sopot	32:41.93	U23(9)
37	Bieg B 17	Maciej JANTA	05-04-25	ULKS Talex-Borysław Borzytucho	32:45.02	U23(10)
38	Bieg C 6	Wiktor MURKOWSKI	02-09-11	OŚ AZS Poznań	32:47.44	
39	Bieg B 18	Mikołaj WIECZOREK	01-03-15	KS AZS AWF Wrocław	32:50.36	PB
40	Bieg B 19	Dawid JANTA	03-11-22	ULKS Talex-Borysław Borzytucho	32:53.92	U23(11)
41	Bieg C 7	Adam MARYSIK	88-01-06	MKST Astra Nowa Sól	32:59.22	
42	Bieg C 8	Leon GAJDUS	02-04-26	MOS Zatoka Braniewo	33:00.23	PB
43	Bieg B 20	Michał RODZIEWICZ	05-05-06	ULKS Talex-Borysław Borzytucho	33:02.62	U23(12)
44	Bieg C 9	Jarosław KOŹDOŃ	84-08-13	TL ROW Rybnik	33:10.36	PB
45	Bieg C 10	Konrad ŁABĘDZKI	86-06-07	Ducla Academy Warszawa	33:32.33	
46	Bieg C 11	Rafał KLIMEK	99-11-18	Passion First Warszawa	33:33.43	
47	Bieg C 12	Arkadiusz KARDAS	89-03-20	TS AKS Chorzów	33:50.35	PB
48	Bieg C 13	Grzegorz ZAHORSKI	99-03-09	MOS Zatoka Braniewo	33:57.15	
49	Bieg C 14	Mikołaj WOJTCZAK	05-11-11	UKS 12 Kalisz	34:07.63	U23(13)
50	Bieg C 15	Rafał NOWAK	75-04-26	CKS Budowlani Częstochowa	34:10.66	
51	Bieg C 16	Mateusz KOŁODZIEJ	91-08-26	Stowarzyszenie Piekieni Warszawa	35:44.22	
52	Bieg C 17	Aleks ZIEMKOWSKI	01-08-23	Passion First Warszawa	35:50.75	
53	Bieg C 18	Dawid SZULC	04-11-13	Athletics Team Radomsko	36:27.36	U23(14)
	Bieg C DNF	Mateusz GRZANKA	86-07-02	LKS Kłos Olek	DNF	
	Bieg B DNF	Daniel ADAMSKI	99-07-23	RAZ Szczecin	DNF	
	Bieg A DNF	Artur OLEJARZ	88-09-19	MKL Szczecin	DNF	

Bieg B	DNF	Kristers KUDLIS	06-11-25	LATVIA	DNF
Bieg A	DNF	Szymon KULKA	93-06-22	RLTL GGG Radom	DNF

**Legenda:**

PB -rekord życiowy



## Wyniki konkurencji-międzyczasy 10000 metrów kobiet

Rekord Świata(Open)	<b>28:54.14*</b>	CHEBET Beatrice	KEN	Eugene (USA)	24-05-25
Rekord Świata(Open)	<b>29:01.03</b>	GIDEY Letesenbet	ETH	Hengelo (NED)	21-06-08
Rekord Europy(Open)	<b>29:06.82</b>	HASSAN Sifan	NED	Hengelo (NED)	21-06-06
Rekord Polski(Open)	<b>31:43.51</b>	JARZYŃSKA Karolina	Niestowarzyszona	Ostrava (CZE)	13-06-27
Min. MŚ(Open)	<b>30:20.00</b>			Tokyo (JPN)	25-09-13
Min. UNI(Open)	<b>32:40.00</b>			Bochum (GER)	25-07-21

Miejsce	Tor	Numer	Imię i nazwisko	Data ur.	Klub (woj)	Wynik		
	400m	800m	1200m	1600m	2000m	2400m	2800m	3200m
	3600m	4000m	4400m	4800m	5200m	5600m	6000m	6400m
	6800m	7200m	7600m	8000m	8400m	8800m	9200m	9600m

### Bieg A/1

Start: 25-04-26 17:28:52

<b>1</b>	23	60	<b>Olimpia BREZA</b>	02-02-14	KUKS Remus Kościerzyna(PM)	<b>33:13.22</b>	PB
1:20.78 (1:20.78)	2:45.38 (1:24.61)	4:09.13 (1:23.75)	5:33.69 (1:24.56)	6:56.63 (1:22.95)	8:16.46 (1:19.83)	9:35.92 (1:19.46)	10:55.37 (1:19.46)
12:15.53 (1:20.16)	13:35.02 (1:19.49)	14:54.89 (1:19.88)	16:14.43 (1:19.55)	17:34.85 (1:20.42)	18:54.57 (1:19.72)	20:15.23 (1:20.67)	21:33.81 (1:18.58)
22:53.39 (1:19.58)	24:13.44 (1:20.05)	25:31.27 (1:17.84)	26:45.96 (1:14.69)	28:03.71 (1:17.76)	29:21.39 (1:17.68)	30:39.82 (1:18.44)	31:59.39 (1:19.57)
<b>2</b>	14	25	<b>Katarzyna NAPIÓRKOWSKA</b>	04-09-12	LKS Maków Mazowiecki(MZ)	<b>33:24.62</b>	U23(1)
1:21.08 (1:21.08)	2:45.61 (1:24.54)	4:09.45 (1:23.84)	5:33.85 (1:24.41)	6:57.44 (1:23.59)	8:17.19 (1:19.75)	9:37.16 (1:19.98)	10:56.29 (1:19.14)
12:15.78 (1:19.49)	13:35.43 (1:19.65)	14:55.03 (1:19.60)	16:14.72 (1:19.69)	17:35.10 (1:20.39)	18:54.99 (1:19.90)	20:15.53 (1:20.54)	21:33.72 (1:18.19)
22:53.16 (1:19.44)	24:13.34 (1:20.19)	25:32.50 (1:19.17)	26:51.89 (1:19.39)	28:12.56 (1:20.67)	29:33.93 (1:21.37)	30:51.58 (1:17.66)	32:08.44 (1:16.86)
<b>3</b>	18	26	<b>Elżbieta GLINKA</b>	93-10-30	Passion First Warszawa(MZ)	<b>33:33.22</b>	
1:21.21 (1:21.21)	2:45.90 (1:24.70)	4:09.57 (1:23.67)	5:34.25 (1:24.68)	6:56.32 (1:22.08)	8:16.14 (1:19.82)	9:35.59 (1:19.46)	10:55.01 (1:19.43)
12:15.33 (1:20.32)	13:34.81 (1:19.49)	14:54.53 (1:19.73)	16:14.18 (1:19.65)	17:34.48 (1:20.31)	18:54.30 (1:19.82)	20:15.08 (1:20.78)	21:34.03 (1:18.96)
22:53.58 (1:19.56)	24:13.56 (1:19.98)	25:32.73 (1:19.18)	26:51.60 (1:18.87)	28:12.33 (1:20.74)	29:33.55 (1:21.22)	30:53.54 (1:20.00)	32:14.14 (1:20.60)
<b>4</b>	24	23	<b>Agnieszka CHORZĘPA</b>	01-01-14	KS AZS AWF Warszawa(MZ)	<b>34:01.53</b>	PB
1:20.44 (1:20.44)	2:45.09 (1:24.66)	4:08.75 (1:23.66)	5:33.47 (1:24.73)	6:57.12 (1:23.65)	8:16.98 (1:19.86)	9:36.90 (1:19.92)	10:56.55 (1:19.66)
12:15.92 (1:19.38)	13:35.96 (1:20.04)	14:56.83 (1:20.87)	16:18.84 (1:22.02)	17:40.82 (1:21.98)	19:02.81 (1:21.99)	20:25.72 (1:22.92)	21:48.11 (1:22.40)
23:10.93 (1:22.83)	24:33.71 (1:22.78)	25:56.46 (1:22.76)	27:18.80 (1:22.34)	28:40.72 (1:21.92)	30:02.16 (1:21.45)	31:23.56 (1:21.41)	32:44.55 (1:20.99)
<b>5</b>	4	50	<b>Martyna KRAWCZYŃSKA</b>	04-11-21	KS Prefbet-Sonarol Łomża(PD)	<b>34:07.14</b>	PB U23(2)
1:22.30 (1:22.30)	2:46.74 (1:24.44)	4:10.77 (1:24.03)	5:34.72 (1:23.96)	6:58.08 (1:23.37)	8:18.02 (1:19.94)	9:39.43 (1:21.41)	10:56.74 (1:17.31)
12:16.84 (1:20.10)	13:38.60 (1:21.76)	15:00.90 (1:22.31)	16:23.17 (1:22.27)	17:45.56 (1:22.39)	19:08.60 (1:23.04)	20:31.91 (1:23.32)	21:55.07 (1:23.16)
23:17.53 (1:22.47)	24:40.40 (1:22.87)	26:03.10 (1:22.70)	27:26.58 (1:23.49)	28:50.41 (1:23.84)	30:13.87 (1:23.46)	31:34.46 (1:20.60)	32:54.35 (1:19.89)
<b>6</b>	12	61	<b>Beata NIEMYJSKA</b>	01-02-09	LKS Zantyr Sztum(PM)	<b>34:09.78</b>	
1:22.06 (1:22.06)	2:46.44 (1:24.38)	4:10.46 (1:24.03)	5:34.99 (1:24.53)	6:58.53 (1:23.55)	8:18.82 (1:20.29)	9:39.59 (1:20.78)	10:57.43 (1:17.85)
12:17.31 (1:19.88)	13:40.67 (1:23.36)	15:03.61 (1:22.95)	16:26.84 (1:23.23)	17:50.06 (1:23.22)	19:12.58 (1:22.52)	20:35.96 (1:23.38)	21:59.29 (1:23.34)
23:21.25 (1:21.96)	24:44.03 (1:22.79)	26:06.56 (1:22.53)	27:29.61 (1:23.06)	28:51.66 (1:22.05)	30:14.09 (1:22.44)	31:34.18 (1:20.09)	32:54.11 (1:19.93)
<b>7</b>	7	47	<b>Monika DUBIELLA</b>	00-05-02	KS Prefbet-Sonarol Łomża(PD)	<b>35:12.09</b>	
1:22.26 (1:22.26)	2:46.97 (1:24.72)	4:11.00 (1:24.03)	5:35.24 (1:24.24)	6:58.29 (1:23.06)	8:18.51 (1:20.23)	9:39.99 (1:21.48)	11:01.21 (1:21.23)
12:23.32 (1:22.11)	13:46.36 (1:23.05)	15:09.71 (1:23.35)	16:33.91 (1:24.20)	17:59.24 (1:25.33)	19:25.19 (1:25.95)	20:52.78 (1:27.60)	22:22.67 (1:29.89)
23:49.06 (1:26.40)	25:14.70 (1:25.64)	26:40.63 (1:25.94)	28:06.17 (1:25.55)	29:31.92 (1:25.75)	30:58.28 (1:26.37)	32:26.54 (1:28.26)	33:52.79 (1:26.25)
<b>8</b>	20	64	<b>Julia PAWEŁCZYK</b>	02-03-26	SKLA Sopot(PM)	<b>35:18.82</b>	
1:22.76 (1:22.76)	2:47.38 (1:24.62)	4:11.41 (1:24.04)	5:35.84 (1:24.43)	6:59.52 (1:23.68)	8:23.02 (1:23.51)	9:49.30 (1:26.28)	11:14.33 (1:25.04)
12:38.85 (1:24.52)	14:04.43 (1:25.59)	15:29.40 (1:24.97)	16:53.93 (1:24.53)	18:19.77 (1:25.85)	19:44.79 (1:25.03)	21:10.05 (1:25.26)	22:35.88 (1:25.83)
24:01.97 (1:26.10)	25:27.74 (1:25.77)	26:53.55 (1:25.81)	28:19.88 (1:26.34)	29:46.42 (1:26.55)	31:12.64 (1:26.23)	32:36.90 (1:24.26)	34:01.79 (1:24.90)
<b>9</b>	10	43	<b>Anna BĄKOWSKA</b>	90-03-31	KS Podlasie Białystok(PD)	<b>35:25.01</b>	
1:21.74 (1:21.74)	2:46.12 (1:24.38)	4:10.23 (1:24.11)	5:36.75 (1:26.53)	6:57.78 (1:21.04)	8:17.78 (1:20.01)	9:39.08 (1:21.30)	11:02.79 (1:23.71)
12:25.72 (1:22.94)	13:51.70 (1:25.99)	15:17.62 (1:25.92)	16:44.28 (1:26.67)	18:10.38 (1:26.10)	19:37.69 (1:27.32)	21:05.43 (1:27.75)	22:31.72 (1:26.29)
23:58.44 (1:26.72)	25:25.26 (1:26.83)	26:54.66 (1:29.40)	28:22.15 (1:27.49)	29:48.13 (1:25.98)	31:11.74 (1:23.61)	32:37.48 (1:25.75)	34:04.11 (1:26.64)
<b>10</b>	25	71	<b>Paulina GAJ</b>	93-01-29	MCKiS Jaworzno(SL)	<b>35:29.70</b>	PB
1:20.29 (1:20.29)	2:44.86 (1:24.58)	4:08.52 (1:23.66)	5:33.14 (1:24.63)	6:57.90 (1:24.76)	8:20.79 (1:22.90)	9:46.53 (1:25.74)	11:11.84 (1:25.32)
12:36.85 (1:25.01)	14:01.26 (1:24.42)	15:26.57 (1:25.31)	16:52.54 (1:25.98)	18:18.66 (1:26.12)	19:44.15 (1:25.50)	21:09.77 (1:25.62)	22:35.98 (1:26.22)
24:02.31 (1:26.33)	25:27.96 (1:25.65)	26:55.62 (1:27.67)	28:22.65 (1:27.03)	29:48.65 (1:26.00)	31:14.10 (1:25.45)	32:40.95 (1:26.86)	34:09.75 (1:28.80)

# 10000 metrów kobiet

Rekord Świata(Open)	<b>28:54.14*</b>	CHEBET Beatrice	KEN	Eugene (USA)	24-05-25
Rekord Świata(Open)	<b>29:01.03</b>	GIDEY Letesenbet	ETH	Hengelo (NED)	21-06-08
Rekord Europy(Open)	<b>29:06.82</b>	HASSAN Sifan	NED	Hengelo (NED)	21-06-06
Rekord Polski(Open)	<b>31:43.51</b>	JARZYŃSKA Karolina	Niestowarzyszona	Ostrava (CZE)	13-06-27
Min. MŚ(Open)	<b>30:20.00</b>			Tokyo (JPN)	25-09-13
Min. UNI(Open)	<b>32:40.00</b>			Bochum (GER)	25-07-21

Miejsce	Tor	Numer	Imię i nazwisko	Data ur.	Klub (woj)	Wynik		
---------	-----	-------	-----------------	----------	------------	-------	--	--

400m	800m	1200m	1600m	2000m	2400m	2800m	3200m
3600m	4000m	4400m	4800m	5200m	5600m	6000m	6400m
6800m	7200m	7600m	8000m	8400m	8800m	9200m	9600m

11 9 13 **Liliana MŁYNARCZYK** 03-08-30 MKST Astra Nowa Sól(LB) **35:42.92** U23(3)

1:24.27 (1:24.27)	2:49.28 (1:25.02)	4:11.93 (1:22.66)	5:36.08 (1:24.15)	6:59.77 (1:23.70)	8:22.74 (1:22.98)	9:48.94 (1:26.20)	11:13.92 (1:24.98)
12:39.16 (1:25.25)	14:04.01 (1:24.85)	15:29.74 (1:25.73)	16:54.67 (1:24.94)	18:19.98 (1:25.31)	19:45.36 (1:25.39)	21:11.06 (1:25.71)	22:38.13 (1:27.07)
24:05.39 (1:27.26)	25:32.28 (1:26.90)	26:59.72 (1:27.45)	28:27.74 (1:28.02)	29:54.47 (1:26.74)	31:22.48 (1:28.02)	32:51.93 (1:29.45)	34:19.42 (1:27.50)

12 16 22 **Joanna KONOPKO** 88-11-28 EasyRunning Team(MZ) **35:57.82**

1:23.01 (1:23.01)	2:47.71 (1:24.71)	4:11.42 (1:23.72)	5:35.54 (1:24.12)	6:58.80 (1:23.26)	8:21.42 (1:22.62)	9:46.78 (1:25.37)	11:12.12 (1:25.34)
12:37.16 (1:25.05)	14:01.49 (1:24.33)	15:26.75 (1:25.27)	16:52.89 (1:26.14)	18:19.19 (1:26.30)	19:46.76 (1:27.58)	21:15.57 (1:28.81)	22:45.18 (1:29.61)
24:12.99 (1:27.82)	25:41.83 (1:28.84)	27:09.88 (1:28.06)	28:38.25 (1:28.38)	30:07.94 (1:29.70)	31:36.51 (1:28.57)	33:05.37 (1:28.86)	34:33.92 (1:28.55)

13 11 39 **Paulina KICILIŃSKA** 03-09-30 ULKS Lipinki(MA) **36:18.31** U23(4)

1:22.49 (1:22.49)	2:47.24 (1:24.75)	4:11.22 (1:23.99)	5:35.67 (1:24.46)	6:59.07 (1:23.40)	8:21.59 (1:22.52)	9:47.17 (1:25.59)	11:12.28 (1:25.12)
12:37.29 (1:25.01)	14:01.75 (1:24.46)	15:27.11 (1:25.37)	16:52.95 (1:25.84)	18:19.52 (1:26.58)	19:46.25 (1:26.73)	21:15.05 (1:28.81)	22:44.88 (1:29.83)
24:15.09 (1:30.21)	25:45.08 (1:29.99)	27:19.32 (1:34.25)	28:49.19 (1:29.88)	30:17.42 (1:28.23)	31:47.82 (1:30.40)	33:17.16 (1:29.34)	34:49.22 (1:32.07)

14 17 4 **Kinga PIETRAS** 01-10-15 KS AZS AWF Wrocław(DS) **37:04.35**

1:23.98 (1:23.98)	2:49.89 (1:25.91)	4:15.09 (1:25.20)	5:43.92 (1:28.83)	7:13.36 (1:29.45)	8:43.91 (1:30.56)	10:13.94 (1:30.03)	11:43.17 (1:29.24)
13:12.89 (1:29.73)	14:42.50 (1:29.61)	16:12.44 (1:29.95)	17:42.98 (1:30.55)	19:13.23 (1:30.25)	20:44.32 (1:31.10)	22:14.57 (1:30.26)	23:44.64 (1:30.07)
25:14.89 (1:30.26)	26:45.31 (1:30.42)	28:15.70 (1:30.40)	29:46.43 (1:30.73)	31:16.01 (1:29.59)	32:45.78 (1:29.77)	34:16.30 (1:30.53)	35:46.05 (1:29.75)

15 19 19 **Magdalena CIOLAK** 01-05-05 MLUKS Rawa - Rawa Mazowiecka(LD) **37:05.41**

1:24.56 (1:24.56)	2:49.56 (1:25.00)	4:12.76 (1:23.20)	5:38.05 (1:25.29)	7:04.12 (1:26.08)	8:31.83 (1:27.72)	10:01.71 (1:29.88)	11:32.49 (1:30.79)
13:01.54 (1:29.05)	14:32.72 (1:31.19)	16:02.38 (1:29.67)	17:33.36 (1:30.99)	19:03.57 (1:30.21)	20:35.49 (1:31.92)	22:06.83 (1:31.35)	23:38.93 (1:32.11)
25:10.88 (1:31.95)	26:41.53 (1:30.65)	28:12.79 (1:31.27)	29:44.61 (1:31.82)	31:15.03 (1:30.43)	32:45.45 (1:30.42)	34:15.53 (1:30.09)	35:43.72 (1:28.20)

16 15 72 **Rozalia MALINA** 04-12-27 MKS-MOS Płomień Sosnowiec(SL) **37:30.49** U23(5)

1:23.62 (1:23.62)	2:49.63 (1:26.02)	4:14.28 (1:24.65)	5:41.54 (1:27.27)	7:08.57 (1:27.04)	8:35.58 (1:27.01)	10:04.08 (1:28.51)	11:32.17 (1:28.09)
13:01.92 (1:29.76)	14:33.06 (1:31.14)	16:02.09 (1:29.03)	17:33.07 (1:30.98)	19:03.28 (1:30.22)	20:35.15 (1:31.87)	22:07.22 (1:32.08)	23:41.75 (1:34.53)
25:15.22 (1:33.47)	26:48.36 (1:33.14)	28:20.42 (1:32.07)	29:53.05 (1:32.63)	31:25.45 (1:32.41)	32:56.64 (1:31.19)	34:29.89 (1:33.25)	36:01.82 (1:31.93)

17 5 37 **Marcelina KARBOWIAK** 91-01-14 Wieliszew Heron Team(MZ) **38:44.98**

1:24.74 (1:24.74)	2:51.89 (1:27.16)	4:22.12 (1:30.23)	5:54.38 (1:32.27)	7:26.73 (1:32.35)	8:57.14 (1:30.41)	10:28.33 (1:31.20)	12:00.51 (1:32.19)
13:33.74 (1:33.24)	15:05.06 (1:31.32)	16:38.21 (1:33.15)	18:11.31 (1:33.10)	19:45.36 (1:34.06)	21:20.05 (1:34.69)	22:56.32 (1:36.28)	24:32.22 (1:35.90)
26:07.13 (1:34.92)	27:42.28 (1:35.16)	29:17.80 (1:35.52)	30:53.21 (1:35.41)	32:29.50 (1:36.30)	34:06.27 (1:36.77)	35:41.87 (1:35.61)	37:17.53 (1:35.66)

18 1 91 **Sylwia WALCZAK** 91-01-24 KS Prefbet-Sonarol Łomża(PD) **39:25.71** PB

1:25.82 (1:25.82)	2:58.00 (1:32.18)	4:33.34 (1:35.35)	6:11.27 (1:37.93)	7:46.23 (1:34.97)	9:23.31 (1:37.08)	10:58.98 (1:35.67)	12:32.81 (1:33.84)
14:09.05 (1:36.24)	15:47.14 (1:38.10)	17:25.61 (1:38.47)	19:05.10 (1:39.49)	20:45.35 (1:40.26)	22:25.45 (1:40.10)	24:04.78 (1:39.33)	25:36.24 (1:31.46)
27:07.51 (1:31.28)	28:40.35 (1:32.84)	30:13.19 (1:32.85)	31:46.36 (1:33.17)	33:19.72 (1:33.37)	34:55.17 (1:35.45)	36:27.07 (1:31.90)	38:00.12 (1:33.06)

19 8 54 **Anastasiia KOLCHINA** 05-07-24 AML Słupsk(PM) **39:26.12** U23(6)

1:24.31 (1:24.31)	2:50.54 (1:26.23)	4:21.44 (1:30.90)	5:53.15 (1:31.72)	7:26.40 (1:33.25)	9:02.53 (1:36.14)	10:37.76 (1:35.24)	12:11.13 (1:33.37)
13:46.13 (1:35.00)	15:21.65 (1:35.53)	16:57.43 (1:35.78)	18:33.41 (1:35.98)	20:11.32 (1:37.92)	21:48.03 (1:36.71)	23:23.72 (1:35.70)	24:59.32 (1:35.60)
26:36.94 (1:37.63)	28:13.61 (1:36.67)	29:49.82 (1:36.22)	31:26.22 (1:36.40)	33:03.84 (1:37.63)	34:43.74 (1:39.91)	36:20.65 (1:36.91)	37:56.17 (1:35.53)

20 2 17 **Amelia PAWELUS** 05-08-13 LKS Omega Kleszczów(LD) **39:58.72** U23(7)

1:23.27 (1:23.27)	2:49.88 (1:26.61)	4:18.38 (1:28.50)	5:51.43 (1:33.05)	7:26.24 (1:34.82)	9:02.35 (1:36.12)	10:38.06 (1:35.71)	12:12.95 (1:34.89)
13:49.87 (1:36.92)	15:28.07 (1:38.21)	17:05.28 (1:37.21)	18:42.35 (1:37.07)	20:20.40 (1:38.05)	21:58.62 (1:38.22)	23:37.07 (1:38.46)	25:15.47 (1:38.40)
26:54.42 (1:38.96)	28:33.82 (1:39.40)	30:12.95 (1:39.13)	31:50.86 (1:37.92)	33:28.74 (1:37.88)	35:05.86 (1:37.12)	36:42.79 (1:36.94)	38:20.14 (1:37.35)

21 22 88 **Monika NOWAK** 81-11-02 SKSG Korona Szczecin(ZP) **42:19.81**

1:36.45 (1:36.45)	3:17.85 (1:41.41)	4:57.41 (1:39.56)	6:37.05 (1:39.64)	8:16.62 (1:39.58)	9:54.01 (1:37.40)	11:33.61 (1:39.60)	13:12.94 (1:39.34)
14:52.34 (1:39.40)	16:32.72 (1:40.38)	18:13.21 (1:40.50)	19:53.75 (1:40.54)	21:35.58 (1:41.84)	23:17.47 (1:41.90)	25:00.85 (1:43.38)	26:45.06 (1:44.22)
28:30.31 (1:45.25)	30:14.05 (1:43.74)	31:58.19 (1:44.14)	33:42.03 (1:43.84)	35:25.42 (1:43.40)	37:10.20 (1:44.78)	38:54.99 (1:44.79)	40:38.13 (1:43.15)

13 48 **Ewa JAGIELSKA** 82-10-25 KS Prefbet-Sonarol Łomża(PD) **DNS**

17:28:52.91

# 10000 metrów kobiet

Rekord Świata(Open)	<b>28:54.14*</b>	CHEBET Beatrice	KEN	Eugene (USA)	24-05-25
Rekord Świata(Open)	<b>29:01.03</b>	GIDEY Letesenbet	ETH	Hengelo (NED)	21-06-08
Rekord Europy(Open)	<b>29:06.82</b>	HASSAN Sifan	NED	Hengelo (NED)	21-06-06
Rekord Polski(Open)	<b>31:43.51</b>	JARZYŃSKA Karolina	Niestowarzyszona	Ostrava (CZE)	13-06-27
Min. MŚ(Open)	<b>30:20.00</b>			Tokyo (JPN)	25-09-13
Min. UNI(Open)	<b>32:40.00</b>			Bochum (GER)	25-07-21

Miejsce	Tor	Numer	Imię i nazwisko	Data ur.	Klub (woj)	Wynik
---------	-----	-------	-----------------	----------	------------	-------

400m	800m	1200m	1600m	2000m	2400m	2800m	3200m
3600m	4000m	4400m	4800m	5200m	5600m	6000m	6400m
6800m	7200m	7600m	8000m	8400m	8800m	9200m	9600m

3	49	<b>Justyna KORYTKOWSKA</b>		86-03-12	KS Prefbet-Sonarol Łomża(PD)	<b>DNS</b>
---	----	----------------------------	--	----------	------------------------------	------------

17:28:52.91							
-------------	--	--	--	--	--	--	--

21	42	<b>Natalia CYGAN</b>		05-05-25	KKL Stal Stalowa Wola(PK)	<b>DNF</b>	U23
----	----	----------------------	--	----------	---------------------------	------------	-----

1:25.29 (1:25.29)	2:57.87 (1:32.58)	4:33.80 (1:35.94)	6:10.88 (1:37.08)	7:45.77 (1:34.90)	9:23.10 (1:37.34)	10:58.58 (1:35.48)	12:32.70 (1:34.12)
14:08.79 (1:36.09)	15:46.90 (1:38.12)	17:25.52 (1:38.62)	19:04.85 (1:39.33)	20:45.03 (1:40.19)	22:25.48 (1:40.45)	24:04.46 (1:38.98)	25:36.50 (1:32.05)
27:13.46 (1:36.96)*							14.99

6	44	<b>Małgorzata KARPIUK</b>		03-01-04	KS Podlasie Białystok(PD)	<b>DNF</b>	U23
---	----	---------------------------	--	----------	---------------------------	------------	-----

1:22.70 (1:22.70)	2:45.83 (1:23.13)	4:09.94 (1:24.12)	5:34.41 (1:24.47)	6:56.61 (1:22.20)*			
-------------------	-------------------	-------------------	-------------------	--------------------	--	--	--

Międzyczasy							
1000m	71	Paulina GAJ	<b>3:26.69</b>	5000m	26	Elżbieta GLINKA	<b>16:53.70</b>
2000m	26	Elżbieta GLINKA	<b>6:56.10</b>	6000m	26	Elżbieta GLINKA	<b>20:14.80</b>
3000m	26	Elżbieta GLINKA	<b>10:14.47</b>	7000m	25	Katarzyna NAPIÓRKOWSKA	<b>23:32.23</b>
4000m	26	Elżbieta GLINKA	<b>13:34.46</b>	8/9km	60	Olimpia BREZA	<b>26:45/29:59</b>

<b>Legenda:</b>
PB -rekord życiowy





## Wyniki konkurencji-międzyczas

### 10000 metrów mężczyzn

Rekord Świata(Open)	26:11.00	CHEPTEGEI Joshua	UGA	Valencia (ESP)	20-10-07
Rekord Europy(Open)	26:46.57	FARAH Mohammed	GBR	Eugene (USA)	11-06-03
Rekord Polski(Open)	27:53.61	KOWOL Jerzy	Górnik Zabrze	Praga (CZE)	78-08-29
Min. MŚ(Open)	27:00.00			Tokyo (JPN)	25-09-13
Min. UNI(Open)	28:30.00			Bochum (GER)	25-07-21

Miejsce	Tor	Numer	Imię i nazwisko	Data ur.	Klub (woj)	Wynik		
	400m	800m	1200m	1600m	2000m	2400m	2800m	3200m
	3600m	4000m	4400m	4800m	5200m	5600m	6000m	6400m
	6800m	7200m	7600m	8000m	8400m	8800m	9200m	9600m

### Bieg A/3

Start: 25-04-26 18:29:59

1	5	63	Maciej MEGIER	03-04-26	SKLA Sopot(PM)	28:21.77	RP U23	PB U23(1)
1:08.30 (1:08.30)	2:15.57 (1:07.27)	3:23.97 (1:08.41)	4:31.03 (1:07.06)	5:39.07 (1:08.04)	6:46.90 (1:07.83)	7:55.31 (1:08.42)	9:03.25 (1:07.94)	
10:11.56 (1:08.31)	11:19.50 (1:07.94)	12:27.43 (1:07.93)	13:35.51 (1:08.08)	14:43.35 (1:07.84)	15:52.26 (1:08.91)	17:00.45 (1:08.20)	18:08.78 (1:08.34)	
19:16.76 (1:07.98)	20:25.50 (1:08.74)	21:33.89 (1:08.39)	22:42.79 (1:08.91)	23:51.26 (1:08.47)	24:59.12 (1:07.86)	26:09.05 (1:09.93)	27:17.87 (1:08.83)	
2	6	31	Patryk KOZŁOWSKI	98-11-10	RLTL GGG Radom(MZ)	29:28.28		
1:11.52 (1:11.52)	2:23.34 (1:11.82)	3:33.81 (1:10.48)	4:43.88 (1:10.07)	5:54.22 (1:10.34)	7:04.16 (1:09.95)	8:15.45 (1:11.29)	9:25.99 (1:10.54)	
10:36.25 (1:10.26)	11:47.05 (1:10.81)	12:58.70 (1:11.65)	14:10.52 (1:11.82)	15:22.06 (1:11.55)	16:33.54 (1:11.48)	17:45.66 (1:12.13)	18:57.56 (1:11.90)	
20:08.90 (1:11.35)	21:20.68 (1:11.78)	22:32.45 (1:11.78)	23:45.77 (1:13.32)	24:59.42 (1:13.65)	26:09.50 (1:10.09)	27:19.07 (1:09.57)	28:27.24 (1:08.17)	
3	9	59	Szymon SKALSKI	02-02-08	KS AZS AWFIS Gdańsk(PM)	29:28.88		
1:12.21 (1:12.21)	2:22.69 (1:10.49)	3:33.28 (1:10.59)	4:43.37 (1:10.10)	5:53.63 (1:10.26)	7:04.29 (1:10.67)	8:15.72 (1:11.43)	9:26.13 (1:10.41)	
10:36.64 (1:10.52)	11:47.95 (1:11.31)	12:59.53 (1:11.58)	14:11.30 (1:11.78)	15:23.01 (1:11.72)	16:33.90 (1:10.90)	17:46.35 (1:12.45)	18:58.14 (1:11.79)	
20:09.46 (1:11.32)	21:21.16 (1:11.70)	22:33.03 (1:11.88)	23:46.01 (1:12.98)	24:59.26 (1:13.26)	26:09.36 (1:10.10)	27:18.85 (1:09.49)	28:26.98 (1:08.14)	
4	4	79	Sebastian NOWICKI	94-07-04	OKL Oborniki(WP)	29:36.73		
1:11.33 (1:11.33)	2:22.95 (1:11.63)	3:33.58 (1:10.63)	4:43.72 (1:10.15)	5:53.86 (1:10.14)	7:03.73 (1:09.87)	8:15.23 (1:11.51)	9:25.66 (1:10.43)	
10:36.05 (1:10.39)	11:46.87 (1:10.82)	12:58.90 (1:12.04)	14:10.21 (1:11.31)	15:22.36 (1:12.16)	16:33.30 (1:10.94)	17:45.84 (1:12.55)	18:57.34 (1:11.50)	
20:09.65 (1:12.31)	21:21.31 (1:11.67)	22:33.16 (1:11.85)	23:46.27 (1:13.11)	24:59.77 (1:13.51)	26:10.03 (1:10.27)	27:20.45 (1:10.43)	28:30.84 (1:10.39)	
5	3	2	Dariusz BORATYŃSKI	97-09-26	KS AZS AWF Wrocław(DS)	29:51.31		
1:11.77 (1:11.77)	2:23.53 (1:11.77)	3:34.03 (1:10.51)	4:44.46 (1:10.43)	5:54.77 (1:10.31)	7:04.72 (1:09.96)	8:15.96 (1:11.25)	9:26.48 (1:10.53)	
10:36.43 (1:09.96)	11:47.52 (1:11.10)	12:59.26 (1:11.74)	14:10.99 (1:11.74)	15:22.76 (1:11.77)	16:33.80 (1:11.05)	17:46.03 (1:12.24)	18:57.69 (1:11.66)	
20:09.13 (1:11.45)	21:20.93 (1:11.81)	22:32.72 (1:11.79)	23:45.56 (1:12.84)	24:59.13 (1:13.58)	26:10.33 (1:11.21)	27:22.05 (1:11.72)	28:38.15 (1:16.10)	
6	2	82	Jędrzej WOLSKI	04-01-04	OŚ AZS Poznań(WP)	30:03.72	PB U23(2)	
1:13.81 (1:13.81)	2:24.84 (1:11.04)	3:35.32 (1:10.48)	4:45.64 (1:10.33)	5:55.89 (1:10.25)	7:06.44 (1:10.55)	8:18.72 (1:12.29)	9:29.51 (1:10.79)	
10:40.60 (1:11.09)	11:51.82 (1:11.23)	13:04.06 (1:12.24)	14:16.90 (1:12.85)	15:30.04 (1:13.14)	16:42.78 (1:12.74)	17:55.07 (1:12.29)	19:07.85 (1:12.78)	
20:21.71 (1:13.87)	21:34.34 (1:12.63)	22:48.04 (1:13.70)	24:01.05 (1:13.02)	25:14.28 (1:13.23)	26:29.06 (1:14.78)	27:42.25 (1:13.20)	28:53.53 (1:11.28)	
7	10	20	Kamil JASTRZĘBSKI	92-08-26	Ducla Academy Warszawa(MZ)	30:09.35		
1:11.95 (1:11.95)	2:23.59 (1:11.64)	3:32.99 (1:09.41)	4:43.05 (1:10.07)	5:53.26 (1:10.21)	7:03.84 (1:10.58)	8:14.88 (1:11.05)	9:25.46 (1:10.59)	
10:35.73 (1:10.27)	11:47.32 (1:11.60)	12:59.11 (1:11.79)	14:10.79 (1:11.68)	15:22.59 (1:11.81)	16:34.58 (1:12.00)	17:46.73 (1:12.15)	18:59.02 (1:12.30)	
20:12.30 (1:13.28)	21:27.51 (1:15.21)	22:44.18 (1:16.68)	23:59.56 (1:15.38)	25:14.62 (1:15.07)	26:28.68 (1:14.06)	27:43.27 (1:14.59)	28:57.26 (1:14.00)	
8	12	69	Krzysztof ZIELIŃSKI	05-07-14	ULKS Talex-Borysław Borzytuchom(PM)	30:24.77	U23(3)	
1:13.13 (1:13.13)	2:24.67 (1:11.55)	3:34.95 (1:10.28)	4:45.34 (1:10.39)	5:55.60 (1:10.27)	7:06.20 (1:10.60)	8:18.42 (1:12.23)	9:29.15 (1:10.74)	
10:39.25 (1:10.10)	11:49.90 (1:10.65)	13:03.15 (1:13.26)	14:17.17 (1:14.02)	15:30.31 (1:13.15)	16:42.45 (1:12.15)	17:55.29 (1:12.84)	19:08.13 (1:12.85)	
20:21.54 (1:13.41)	21:35.28 (1:13.74)	22:50.05 (1:14.77)	24:06.86 (1:16.82)	25:23.46 (1:16.60)	26:39.77 (1:16.31)	27:56.60 (1:16.83)	29:11.83 (1:15.24)	
9	8	10	Michał WÓJCIK	99-10-01	Adam Draczyński Running Team Nowa Sól(LB)	30:44.95		
1:13.65 (1:13.65)	2:25.01 (1:11.36)	3:35.40 (1:10.40)	4:45.87 (1:10.48)	5:56.04 (1:10.17)	7:06.83 (1:10.80)	8:18.94 (1:12.11)	9:30.94 (1:12.01)	
10:44.04 (1:13.10)	11:55.23 (1:11.20)	13:07.89 (1:12.66)	14:20.97 (1:13.09)	15:34.62 (1:13.65)	16:49.92 (1:15.30)	18:05.15 (1:15.24)	19:20.96 (1:15.82)	
20:37.34 (1:16.38)	21:53.39 (1:16.05)	23:11.00 (1:17.61)	24:27.89 (1:16.89)	25:44.61 (1:16.73)	27:00.70 (1:16.10)	28:15.91 (1:15.21)	29:31.26 (1:15.36)	
10	7	76	Oliwier MUTWIL	99-10-27	TL ROW Rybnik(SL)	30:49.02		
1:12.82 (1:12.82)	2:25.34 (1:12.53)	3:35.64 (1:10.30)	4:45.97 (1:10.34)	5:56.43 (1:10.47)	7:07.17 (1:10.74)	8:19.40 (1:12.23)	9:31.34 (1:11.94)	
10:44.52 (1:13.19)	11:58.25 (1:13.74)	13:13.67 (1:15.42)	14:28.12 (1:14.45)	15:44.32 (1:16.20)	17:00.52 (1:16.20)	18:16.98 (1:16.47)	19:32.44 (1:15.46)	
20:47.12 (1:14.69)	22:02.60 (1:15.48)	23:17.47 (1:14.88)	24:34.02 (1:16.55)	25:51.55 (1:17.53)	27:09.00 (1:17.45)	28:23.94 (1:14.95)	29:38.55 (1:14.61)	

# 10000 metrów mężczyzn

Rekord Świata(Open)	<b>26:11.00</b>	CHEPTEGEI Joshua	UGA	Valencia (ESP)	20-10-07
Rekord Europy(Open)	<b>26:46.57</b>	FARAH Mohammed	GBR	Eugene (USA)	11-06-03
Rekord Polski(Open)	<b>27:53.61</b>	KOWOL Jerzy	Górnik Zabrze	Praga (CZE)	78-08-29
Min. MŚ(Open)	<b>27:00.00</b>			Tokyo (JPN)	25-09-13
Min. UNI(Open)	<b>28:30.00</b>			Bochum (GER)	25-07-21

Miejsce	Tor	Numer	Imię i nazwisko	Data ur.	Klub (woj)	Wynik
---------	-----	-------	-----------------	----------	------------	-------

400m	800m	1200m	1600m	2000m	2400m	2800m	3200m
3600m	4000m	4400m	4800m	5200m	5600m	6000m	6400m
6800m	7200m	7600m	8000m	8400m	8800m	9200m	9600m

11 15 6 **Jakub NAPIERAŁA** 04-02-11 KS SMS Szklarska Poręba(DS) **30:52.25** U23(4)

1:14.07 (1:14.07)	2:25.84 (1:11.77)	3:36.21 (1:10.37)	4:48.69 (1:12.49)	6:01.85 (1:13.16)	7:16.12 (1:14.27)	8:30.61 (1:14.49)	9:46.01 (1:15.41)
11:01.18 (1:15.17)	12:17.69 (1:16.51)	13:33.41 (1:15.73)	14:48.10 (1:14.70)	16:03.65 (1:15.55)	17:18.63 (1:14.98)	18:31.98 (1:13.35)	19:46.58 (1:14.60)
21:00.79 (1:14.22)	22:15.77 (1:14.99)	23:31.18 (1:15.41)	24:46.57 (1:15.39)	26:02.47 (1:15.90)	27:18.22 (1:15.75)	28:34.15 (1:15.93)	29:47.91 (1:13.76)

12 11 58 **Krzysztof ŻYGENDA** 97-03-10 GKS Cartusia Kartuzy(PM) **31:02.65**

1:12.65 (1:12.65)	2:24.32 (1:11.67)	3:34.81 (1:10.50)	4:44.18 (1:09.38)	5:54.41 (1:10.23)	7:05.69 (1:11.29)	8:18.23 (1:12.54)	9:30.52 (1:12.29)
10:44.93 (1:14.42)	11:58.54 (1:13.62)	13:13.82 (1:15.29)	14:29.78 (1:15.96)	15:46.10 (1:16.32)	17:03.99 (1:17.89)	18:20.85 (1:16.87)	19:36.10 (1:15.25)
20:53.51 (1:17.41)	22:10.86 (1:17.36)	23:29.49 (1:18.64)	24:47.03 (1:17.55)	26:03.78 (1:16.76)	27:24.51 (1:20.73)	28:41.02 (1:16.51)	29:56.09 (1:15.08)

13 16 9 **Krzysztof TSCHIRCH** 99-12-17 WKS Oleśniczanka Oleśnica(DS) **31:02.93**

1:13.83 (1:13.83)	2:26.16 (1:12.33)	3:38.54 (1:12.38)	4:52.40 (1:13.87)	6:06.23 (1:13.83)	7:20.22 (1:14.00)	8:33.87 (1:13.66)	9:47.82 (1:13.95)
11:02.77 (1:14.96)	12:17.83 (1:15.06)	13:33.59 (1:15.76)	14:47.85 (1:14.26)	16:03.38 (1:15.54)	17:18.89 (1:15.52)	18:33.70 (1:14.81)	19:49.94 (1:16.25)
21:06.09 (1:16.15)	22:21.95 (1:15.86)	23:37.78 (1:15.83)	24:53.33 (1:15.56)	26:09.61 (1:16.28)	27:25.85 (1:16.24)	28:40.78 (1:14.94)	29:55.90 (1:15.13)

14 14 57 **Wojciech SERKOWSKI** 97-05-03 GKS Cartusia Kartuzy(PM) **31:21.98**

1:13.43 (1:13.43)	2:25.62 (1:12.19)	3:35.87 (1:10.26)	4:46.29 (1:10.42)	5:56.61 (1:10.33)	7:07.55 (1:10.95)	8:19.65 (1:12.10)	9:31.64 (1:12.00)
10:45.09 (1:13.45)	11:58.83 (1:13.75)	13:14.13 (1:15.30)	14:29.51 (1:15.39)	15:44.63 (1:15.12)	17:00.15 (1:15.53)	18:17.25 (1:17.10)	19:33.30 (1:16.06)
20:52.15 (1:18.85)	22:11.09 (1:18.95)	23:29.70 (1:18.61)	24:47.43 (1:17.74)	26:06.79 (1:19.36)	27:26.99 (1:20.21)	28:47.31 (1:20.33)	30:07.41 (1:20.10)

15 17 53 **Mateusz NIEMCZYK** 92-09-30 KS Prefbet-Sonarol Łomża(PD) **31:41.28**

1:14.33 (1:14.33)	2:26.37 (1:12.05)	3:38.86 (1:12.50)	4:52.54 (1:13.69)	6:06.54 (1:14.00)	7:20.04 (1:13.51)	8:33.67 (1:13.64)	9:48.71 (1:15.04)
11:04.62 (1:15.92)	12:21.35 (1:16.74)	13:37.78 (1:16.43)	14:54.80 (1:17.03)	16:12.08 (1:17.28)	17:29.98 (1:17.91)	18:47.47 (1:17.49)	20:04.94 (1:17.48)
21:22.60 (1:17.66)	22:40.11 (1:17.52)	23:57.93 (1:17.83)	25:16.14 (1:18.21)	26:34.62 (1:18.48)	27:52.66 (1:18.05)	29:10.02 (1:17.36)	30:28.55 (1:18.54)

13 86 **Artur OLEJARZ** 88-09-19 MKL Szczecin(ZP) **DNF**

1:12.43 (1:12.43)	2:24.09 (1:11.66)	3:34.53 (1:10.45)	4:45.03 (1:10.51)	5:55.38 (1:10.35)	7:05.97 (1:10.60)	8:18.53 (1:12.57)	9:30.75 (1:12.23)
10:44.35 (1:13.60)	11:55.50 (1:11.16)	13:08.25 (1:12.75)	14:21.12 (1:12.87)	15:34.91 (1:13.80)*			

1 32 **Szymon KULKA** 93-06-22 RLTL GGG Radom(MZ) **DNF**

1:11.84 (1:11.84)	2:23.85 (1:12.02)	3:34.25 (1:10.41)	4:44.63 (1:10.38)	5:55.07 (1:10.44)	7:04.91 (1:09.84)	8:16.32 (1:11.42)	9:26.75 (1:10.43)
10:37.14 (1:10.39)	11:48.27 (1:11.14)	12:59.83 (1:11.57)	14:11.60 (1:11.78)	15:23.27 (1:11.67)*			

Międzyczasy			
1000m	63	Maciej MEGIER	<b>2:49.54</b>
2000m	63	Maciej MEGIER	<b>5:38.91</b>
3000m	63	Maciej MEGIER	<b>8:29.75</b>
4000m	63	Maciej MEGIER	<b>11:19.43</b>
5000m	63	Maciej MEGIER	<b>14:09.28</b>
6000m	63	Maciej MEGIER	<b>17:00.36</b>
7000m	63	Maciej MEGIER	<b>19:51.22</b>
8/9km	63	Maciej MEGIER	<b>22:42/25:33</b>

## Bieg B/3

Start: 25-04-26 16:47:45

1 2 80 **Wiktor MAĆKOWIAK** 99-12-09 OŚ AZS Poznań(WP) **30:34.89** PB

1:12.62 (1:12.62)	2:25.76 (1:13.14)	3:38.39 (1:12.64)	4:51.70 (1:13.31)	6:04.59 (1:12.89)	7:17.73 (1:13.15)	8:32.09 (1:14.36)	9:46.88 (1:14.79)
11:01.72 (1:14.85)	12:15.48 (1:13.76)	13:29.24 (1:13.77)	14:43.33 (1:14.09)	15:57.18 (1:13.85)	17:10.59 (1:13.41)	18:24.25 (1:13.67)	19:38.94 (1:14.69)
20:52.77 (1:13.83)	22:07.58 (1:14.82)	23:22.66 (1:15.08)	24:36.54 (1:13.89)	25:48.76 (1:12.22)	27:02.47 (1:13.72)	28:17.18 (1:14.72)	29:29.67 (1:12.50)

2 3 52 **Piotr ŁOBODZIŃSKI** 85-07-04 KS Prefbet-Sonarol Łomża(PD) **30:36.53**

1:14.68 (1:14.68)	2:26.76 (1:12.09)	3:38.91 (1:12.15)	4:52.52 (1:13.61)	6:05.32 (1:12.81)	7:18.25 (1:12.93)	8:32.71 (1:14.46)	9:47.42 (1:14.72)
11:02.27 (1:14.85)	12:15.87 (1:13.60)	13:29.68 (1:13.81)	14:43.92 (1:14.25)	15:57.74 (1:13.82)	17:10.75 (1:13.02)	18:24.61 (1:13.86)	19:39.45 (1:14.85)
20:53.35 (1:13.91)	22:07.90 (1:14.55)	23:23.03 (1:15.14)	24:37.34 (1:14.32)	25:49.12 (1:11.78)	27:01.69 (1:12.58)	28:13.39 (1:11.70)	29:25.44 (1:12.05)

3 4 56 **Daniel MARSZK** 02-02-15 GKS Cartusia Kartuzy(PM) **30:54.52** PB

1:12.85 (1:12.85)	2:25.38 (1:12.54)	3:38.12 (1:12.74)	4:51.95 (1:13.84)	6:04.76 (1:12.82)	7:17.51 (1:12.75)	8:31.77 (1:14.27)	9:47.08 (1:15.31)
11:02.08 (1:15.01)	12:15.22 (1:13.14)	13:29.12 (1:13.91)	14:43.50 (1:14.38)	15:57.37 (1:13.87)	17:10.32 (1:12.95)	18:23.98 (1:13.67)	19:39.08 (1:15.11)
20:53.06 (1:13.98)	22:07.34 (1:14.28)	23:22.38 (1:15.04)	24:36.99 (1:14.61)	25:51.75 (1:14.76)	27:08.61 (1:16.87)	28:25.29 (1:16.68)	29:41.67 (1:16.39)

# 10000 metrów mężczyzn

Rekord Świata(Open)	<b>26:11.00</b>	CHEPTEGEI Joshua	UGA	Valencia (ESP)	20-10-07
Rekord Europy(Open)	<b>26:46.57</b>	FARAH Mohammed	GBR	Eugene (USA)	11-06-03
Rekord Polski(Open)	<b>27:53.61</b>	KOWOL Jerzy	Górnik Zabrze	Praga (CZE)	78-08-29
Min. MŚ(Open)	<b>27:00.00</b>			Tokyo (JPN)	25-09-13
Min. UNI(Open)	<b>28:30.00</b>			Bochum (GER)	25-07-21

Miejsce	Tor	Numer	Imię i nazwisko	Data ur.	Klub (woj)	Wynik
---------	-----	-------	-----------------	----------	------------	-------

400m	800m	1200m	1600m	2000m	2400m	2800m	3200m
3600m	4000m	4400m	4800m	5200m	5600m	6000m	6400m
6800m	7200m	7600m	8000m	8400m	8800m	9200m	9600m

**4** 13 41 **Michał WOJCIECHOWSKI** 88-10-02 KB Witar Tarnobrzeg(PK) **31:26.89** PB

1:15.70 (1:15.70)	2:30.62 (1:14.92)	3:44.58 (1:13.97)	4:58.28 (1:13.70)	6:11.54 (1:13.27)	7:25.27 (1:13.73)	8:40.46 (1:15.20)	9:56.39 (1:15.94)
11:13.04 (1:16.65)	12:28.89 (1:15.85)	13:44.00 (1:15.12)	14:59.63 (1:15.64)	16:16.33 (1:16.71)	17:31.66 (1:15.33)	18:47.24 (1:15.59)	20:02.93 (1:15.70)
21:19.58 (1:16.65)	22:36.65 (1:17.08)	23:53.28 (1:16.64)	25:10.60 (1:17.33)	26:27.06 (1:16.47)	27:43.31 (1:16.25)	28:59.95 (1:16.65)	30:14.81 (1:14.87)

**5** 20 40 **Jakub KIJAK** 02-02-23 AZS KU Politechniki Opolskiej Opole(OP) **31:27.59** PB

1:14.22 (1:14.22)	2:29.69 (1:15.48)	3:45.86 (1:16.18)	5:02.20 (1:16.35)	6:18.08 (1:15.88)	7:34.55 (1:16.48)	8:50.05 (1:15.51)	10:05.93 (1:15.88)
11:22.47 (1:16.55)	12:38.41 (1:15.94)	13:54.58 (1:16.17)	15:10.67 (1:16.10)	16:26.75 (1:16.08)	17:42.60 (1:15.85)	18:57.81 (1:15.22)	20:13.63 (1:15.82)
21:29.63 (1:16.01)	22:45.38 (1:15.76)	24:02.15 (1:16.78)	25:18.88 (1:16.73)	26:35.01 (1:16.13)	27:50.79 (1:15.78)	29:05.62 (1:14.84)	30:19.86 (1:14.24)

**6** 16 1 **Kacper ADAMCZAK** 03-01-25 KS AZS AWF Wrocław(DS) **31:29.05** PB U23(5)

1:13.24 (1:13.24)	2:26.36 (1:13.12)	3:39.74 (1:13.38)	4:53.72 (1:13.98)	6:07.62 (1:13.91)	7:21.05 (1:13.43)	8:35.06 (1:14.02)	9:49.30 (1:14.24)
11:03.67 (1:14.38)	12:17.27 (1:13.60)	13:30.98 (1:13.71)	14:46.53 (1:15.56)	16:01.42 (1:14.90)	17:18.34 (1:16.92)	18:36.35 (1:18.01)	19:52.63 (1:16.29)
21:09.93 (1:17.30)	22:28.05 (1:18.13)	23:47.74 (1:19.69)	25:06.16 (1:18.43)	26:26.18 (1:20.02)	27:43.56 (1:17.38)	29:03.05 (1:19.49)	30:20.83 (1:17.79)

**7** 9 33 **Filip BABIK** 96-11-02 Stowarzyszenie Piekieni Warszawa(MZ) **31:29.98** PB

1:14.41 (1:14.41)	2:28.92 (1:14.52)	3:43.97 (1:15.05)	4:58.49 (1:14.52)	6:12.99 (1:14.51)	7:27.91 (1:14.92)	8:43.67 (1:15.76)	10:00.04 (1:16.38)
11:16.67 (1:16.64)	12:32.93 (1:16.26)	13:49.72 (1:16.80)	15:06.41 (1:16.70)	16:22.57 (1:16.16)	17:39.09 (1:16.53)	18:55.35 (1:16.27)	20:12.23 (1:16.88)
21:28.10 (1:15.88)	22:45.02 (1:16.92)	24:01.96 (1:16.95)	25:18.96 (1:17.01)	26:35.79 (1:16.84)	27:52.21 (1:16.43)	29:08.37 (1:16.16)	30:23.21 (1:14.85)

**8** 1 7 **Michał MIREK** 05-12-04 MKS Osa Zgorzelec(DS) **31:32.57** U23(6)

1:15.07 (1:15.07)	2:30.04 (1:14.97)	3:45.00 (1:14.97)	5:00.00 (1:15.00)	6:15.87 (1:15.88)	7:29.86 (1:13.99)	8:46.09 (1:16.23)	10:02.40 (1:16.32)
11:18.45 (1:16.05)	12:34.56 (1:16.12)	13:51.05 (1:16.49)	15:07.99 (1:16.95)	16:24.05 (1:16.07)	17:40.03 (1:15.99)	18:56.41 (1:16.38)	20:13.58 (1:17.18)
21:28.62 (1:15.04)	22:44.82 (1:16.21)	24:02.15 (1:17.33)	25:19.29 (1:17.14)	26:35.57 (1:16.28)	27:51.94 (1:16.38)	29:07.65 (1:15.71)	30:22.05 (1:14.41)

**9** 19 18 **Maciej BUDZIŃSKI** 00-06-14 MŁUKS Rawa - Rawa Mazowiecka(LD) **31:36.45** PB

1:15.49 (1:15.49)	2:30.85 (1:15.36)	3:45.51 (1:14.66)	5:00.52 (1:15.01)	6:15.10 (1:14.59)	7:28.49 (1:13.39)	8:44.44 (1:15.96)	10:00.85 (1:16.42)
11:17.59 (1:16.74)	12:33.65 (1:16.07)	13:50.21 (1:16.56)	15:07.06 (1:16.85)	16:24.18 (1:17.13)	17:40.39 (1:16.21)	18:56.67 (1:16.29)	20:13.73 (1:17.06)
21:28.87 (1:15.14)	22:45.32 (1:16.45)	24:02.48 (1:17.17)	25:19.62 (1:17.15)	26:35.64 (1:16.02)	27:51.52 (1:15.88)	29:08.38 (1:16.87)	30:23.74 (1:15.37)

**10** 5 78 **Tomasz MALUŚKI** 05-05-28 OKL Oborniki(WP) **31:37.31** U23(7)

1:15.87 (1:15.87)	2:31.07 (1:15.21)	3:45.78 (1:14.71)	5:01.03 (1:15.26)	6:16.53 (1:15.50)	7:30.40 (1:13.88)	8:46.68 (1:16.29)	10:02.12 (1:15.44)
11:18.11 (1:16.00)	12:34.26 (1:16.15)	13:50.79 (1:16.54)	15:07.76 (1:16.97)	16:23.85 (1:16.10)	17:39.70 (1:15.85)	18:56.23 (1:16.54)	20:13.30 (1:17.08)
21:28.43 (1:15.13)	22:44.53 (1:16.10)	24:01.98 (1:17.46)	25:18.65 (1:16.67)	26:35.33 (1:16.69)	27:51.27 (1:15.94)	29:07.91 (1:16.64)	30:23.39 (1:15.49)

**11** 22 51 **Andrzej LEONCZUK** 92-11-04 KS Prefbet-Sonarol Łomża(PD) **31:38.43**

1:14.25 (1:14.25)	2:27.08 (1:12.83)	3:39.96 (1:12.89)	4:53.97 (1:14.01)	6:07.81 (1:13.85)	7:21.39 (1:13.58)	8:36.07 (1:14.68)	9:51.56 (1:15.50)
11:08.21 (1:16.65)	12:25.09 (1:16.89)	13:42.23 (1:17.14)	14:59.23 (1:17.01)	16:16.55 (1:17.33)	17:33.26 (1:16.71)	18:50.51 (1:17.26)	20:08.21 (1:17.70)
21:25.66 (1:17.46)	22:43.66 (1:18.00)	24:02.30 (1:18.64)	25:19.38 (1:17.09)	26:36.14 (1:16.76)	27:52.54 (1:16.40)	29:10.07 (1:17.54)	30:26.05 (1:15.99)

**12** 17 24 **Paweł KROCHMAL** 93-03-31 KS Czempion Warszawa(MZ) **31:52.05**

1:15.40 (1:15.40)	2:30.35 (1:14.95)	3:45.28 (1:14.93)	5:00.26 (1:14.99)	6:16.09 (1:15.84)	7:29.98 (1:13.89)	8:46.22 (1:16.24)	10:01.71 (1:15.49)
11:17.93 (1:16.23)	12:33.99 (1:16.06)	13:50.53 (1:16.54)	15:07.45 (1:16.93)	16:23.53 (1:16.09)	17:39.55 (1:16.02)	18:55.92 (1:16.37)	20:13.02 (1:17.10)
21:29.15 (1:16.14)	22:45.70 (1:16.55)	24:02.84 (1:17.14)	25:20.47 (1:17.64)	26:38.13 (1:17.67)	27:57.14 (1:19.01)	29:16.80 (1:19.67)	30:36.46 (1:19.66)

**13** 12 36 **Marcin PATECKI** 89-11-22 Stowarzyszenie Piekieni Warszawa(MZ) **31:57.75**

1:16.29 (1:16.29)	2:30.59 (1:14.31)	3:44.14 (1:13.55)	4:58.05 (1:13.91)	6:12.55 (1:14.51)	7:27.46 (1:14.91)	8:44.05 (1:16.59)	10:00.21 (1:16.17)
11:17.04 (1:16.83)	12:33.15 (1:16.12)	13:49.23 (1:16.09)	15:06.58 (1:17.35)	16:23.15 (1:16.57)	17:39.99 (1:16.85)	18:57.15 (1:17.17)	20:14.65 (1:17.50)
21:32.04 (1:17.39)	22:49.90 (1:17.87)	24:09.01 (1:19.11)	25:28.17 (1:19.17)	26:48.35 (1:20.19)	28:07.95 (1:19.60)	29:26.93 (1:18.98)	30:46.13 (1:19.21)

**14** 8 74 **Marcin CIEPŁAK** 91-01-30 TL ROW Rybnik(SL) **32:30.32**

1:14.03 (1:14.03)	2:28.71 (1:14.69)	3:44.12 (1:15.42)	4:58.77 (1:14.65)	6:13.32 (1:14.55)	7:28.17 (1:14.86)	8:44.32 (1:16.16)	10:00.59 (1:16.27)
11:17.34 (1:16.75)	12:33.57 (1:16.23)	13:49.98 (1:16.42)	15:06.98 (1:17.00)	16:22.86 (1:15.89)	17:39.23 (1:16.37)	18:55.63 (1:16.40)	20:12.72 (1:17.09)
21:31.12 (1:18.41)	22:53.32 (1:22.20)	24:16.49 (1:23.18)	25:40.79 (1:24.30)	27:04.98 (1:24.20)	28:27.07 (1:22.09)	29:49.26 (1:22.19)	31:12.39 (1:23.14)

**15** 21 28 **Paweł MACHOWSKI** 92-05-24 Passion First Warszawa(MZ) **32:34.30** PB

1:16.45 (1:16.45)	2:31.54 (1:15.09)	3:46.62 (1:15.08)	5:02.27 (1:15.65)	6:17.80 (1:15.54)	7:33.50 (1:15.70)	8:49.67 (1:16.18)	10:06.28 (1:16.61)
11:23.06 (1:16.79)	12:38.82 (1:15.76)	13:55.22 (1:16.40)	15:11.64 (1:16.43)	16:28.68 (1:17.04)	17:47.24 (1:18.57)	19:06.31 (1:19.07)	20:25.47 (1:19.16)
21:43.68 (1:18.21)	23:03.98 (1:20.31)	24:24.81 (1:20.83)	25:47.47 (1:22.66)	27:09.86 (1:22.40)	28:32.28 (1:22.42)	29:53.92 (1:21.64)	31:15.12 (1:21.21)

# 10000 metrów mężczyzn

Rekord Świata(Open)	<b>26:11.00</b>	CHEPTEGEI Joshua	UGA	Valencia (ESP)	20-10-07
Rekord Europy(Open)	<b>26:46.57</b>	FARAH Mohammed	GBR	Eugene (USA)	11-06-03
Rekord Polski(Open)	<b>27:53.61</b>	KOWOL Jerzy	Górnik Zabrze	Praga (CZE)	78-08-29
Min. MŚ(Open)	<b>27:00.00</b>			Tokyo (JPN)	25-09-13
Min. UNI(Open)	<b>28:30.00</b>			Bochum (GER)	25-07-21

Miejsce	Tor	Numer	Imię i nazwisko	Data ur.	Klub (woj)	Wynik
---------	-----	-------	-----------------	----------	------------	-------

400m	800m	1200m	1600m	2000m	2400m	2800m	3200m
3600m	4000m	4400m	4800m	5200m	5600m	6000m	6400m
6800m	7200m	7600m	8000m	8400m	8800m	9200m	9600m

**16** 11 14 **Jakub WAWRZYKOWSKI** 97-12-21 MKST Astra Nowa Sól(LB) **32:40.49** PB

1:16.78 (1:16.78)	2:31.58 (1:14.80)	3:46.45 (1:14.88)	5:01.87 (1:15.42)	6:17.64 (1:15.78)	7:34.06 (1:16.43)	8:50.23 (1:16.17)	10:07.46 (1:17.23)
11:25.99 (1:18.53)	12:44.81 (1:18.82)	14:04.54 (1:19.74)	15:25.82 (1:21.29)	16:47.52 (1:21.70)	18:06.68 (1:19.17)	19:26.98 (1:20.31)	20:47.26 (1:20.28)
22:08.19 (1:20.94)	23:26.44 (1:18.26)	24:49.72 (1:23.28)	26:11.38 (1:21.67)	27:29.29 (1:17.91)	28:52.66 (1:23.37)	30:10.35 (1:17.69)	31:31.43 (1:21.09)

**17** 7 66 **Maciej JANTA** 05-04-25 ULKS Talex-Borysław Borzytuchom(PM) **32:45.02** U23(10)

1:17.65 (1:17.65)	2:33.58 (1:15.93)	3:51.42 (1:17.85)	5:09.92 (1:18.50)	6:28.28 (1:18.36)	7:46.58 (1:18.31)	9:04.67 (1:18.09)	10:23.99 (1:19.33)
11:43.86 (1:19.88)	13:03.63 (1:19.78)	14:26.13 (1:22.50)	15:46.58 (1:20.46)	17:05.67 (1:19.09)	18:24.04 (1:18.38)	19:43.25 (1:19.21)	21:04.27 (1:21.03)
22:24.46 (1:20.20)	23:44.96 (1:20.51)	25:03.69 (1:18.73)	26:21.57 (1:17.88)	27:38.26 (1:16.69)	28:55.94 (1:17.68)	30:14.76 (1:18.83)	31:31.48 (1:16.72)

**18** 18 5 **Mikołaj WIECZOREK** 01-03-15 KS AZS AWF Wrocław(DS) **32:50.36** PB

1:16.09 (1:16.09)	2:31.94 (1:15.85)	3:48.46 (1:16.53)	5:06.17 (1:17.71)	6:23.94 (1:17.78)	7:42.26 (1:18.32)	9:01.33 (1:19.08)	10:20.50 (1:19.17)
11:40.00 (1:19.51)	12:58.86 (1:18.86)	14:18.02 (1:19.16)	15:37.49 (1:19.48)	16:56.72 (1:19.23)	18:15.59 (1:18.87)	19:34.58 (1:19.00)	20:52.40 (1:17.83)
22:12.94 (1:20.54)	23:33.86 (1:20.92)	24:55.21 (1:21.36)	26:16.27 (1:21.06)	27:36.21 (1:19.94)	28:56.31 (1:20.11)	30:18.54 (1:22.23)	31:37.90 (1:19.36)

**19** 6 65 **Dawid JANTA** 03-11-22 ULKS Talex-Borysław Borzytuchom(PM) **32:53.92** U23(11)

1:17.03 (1:17.03)	2:32.50 (1:15.47)	3:48.91 (1:16.42)	5:06.36 (1:17.45)	6:24.21 (1:17.86)	7:42.62 (1:18.41)	9:01.51 (1:18.89)	10:20.87 (1:19.37)
11:40.32 (1:19.45)	12:59.20 (1:18.89)	14:18.25 (1:19.05)	15:37.84 (1:19.60)	16:57.36 (1:19.52)	18:15.90 (1:18.54)	19:34.97 (1:19.07)	20:53.39 (1:18.43)
22:14.02 (1:20.63)	23:36.43 (1:22.41)	24:57.81 (1:21.38)	26:20.29 (1:22.49)	27:38.57 (1:18.28)	28:59.29 (1:20.73)	30:21.73 (1:22.44)	31:40.89 (1:19.17)

**20** 10 68 **Michał RODZIEWICZ** 05-05-06 ULKS Talex-Borysław Borzytuchom(PM) **33:02.62** U23(12)

1:17.20 (1:17.20)	2:33.04 (1:15.84)	3:51.11 (1:18.07)	5:09.62 (1:18.52)	6:27.99 (1:18.38)	7:46.91 (1:18.92)	9:05.00 (1:18.09)	10:24.28 (1:19.28)
11:44.21 (1:19.93)	13:03.92 (1:19.71)	14:25.69 (1:21.78)	15:46.27 (1:20.59)	17:05.52 (1:19.25)	18:23.33 (1:17.81)	19:41.91 (1:18.59)	20:59.77 (1:17.86)
22:19.37 (1:19.61)	23:40.14 (1:20.77)	25:00.78 (1:20.64)	26:22.03 (1:21.25)	27:44.04 (1:22.02)	29:07.39 (1:23.35)	30:27.74 (1:20.35)	31:46.23 (1:18.50)

14 89 **Kristers KUDLIS** 06-11-25 LATVIA(ZZZ) **DNF** PK

1:13.52 (1:13.52)	2:25.99 (1:12.47)	3:38.55 (1:12.57)	4:52.28 (1:13.74)	6:04.95 (1:12.67)	7:18.02 (1:13.07)	8:32.24 (1:14.23)	9:47.74 (1:15.50)
11:02.64 (1:14.90)	12:16.69 (1:14.05)	13:31.18 (1:14.50)	14:47.54 (1:16.37)	16:04.19 (1:16.65)	17:20.21 (1:16.02)	18:39.16 (1:18.95)	19:58.59 (1:19.44)*
							31:12.79

15 87 **Daniel ADAMSKI** 99-07-23 RAZ Szczecin(ZP) **DNF**

1:16.34 (1:16.34)	2:31.37 (1:15.03)	3:46.07 (1:14.71)	5:01.60 (1:15.53)	6:17.32 (1:15.73)	7:33.68 (1:16.36)	8:49.90 (1:16.22)	10:06.12 (1:16.23)
11:22.85 (1:16.73)	12:38.27 (1:15.43)	13:54.93 (1:16.67)	15:11.42 (1:16.50)	16:29.58 (1:18.16)	17:49.09 (1:19.51)	19:08.92 (1:19.83)	20:29.88 (1:20.97)
21:51.39 (1:21.51)	23:13.38 (1:21.99)	24:35.01 (1:21.64)	25:57.31 (1:22.30)*				

Międzyczasy			
1000m	56 Daniel MARSZK	<b>3:01.48</b>	5000m 80 Wiktor MAĆKOWIAK <b>15:20.18</b>
2000m	80 Wiktor MAĆKOWIAK	<b>6:04.53</b>	6000m 56 Daniel MARSZK <b>18:23.98</b>
3000m	80 Wiktor MAĆKOWIAK	<b>9:09.18</b>	7000m 56 Daniel MARSZK <b>21:29.69</b>
4000m	56 Daniel MARSZK	<b>12:15.25</b>	8/9km 8052 <b>24:36/27:37.7</b>

## Bieg C/3

Start: 25-04-26 15:59:16

**1** 17 73 **Paweł BUCZEK** 92-03-26 SPLA Tychy(SL) **31:55.52** PB

1:21.70 (1:21.70)	2:37.84 (1:16.15)	3:53.98 (1:16.14)	5:09.86 (1:15.89)	6:26.63 (1:16.77)	7:43.53 (1:16.91)	9:00.48 (1:16.95)	10:17.50 (1:17.02)
11:35.23 (1:17.73)	12:53.36 (1:18.14)	14:09.74 (1:16.39)	15:26.57 (1:16.83)	16:42.90 (1:16.33)	17:59.48 (1:16.59)	19:16.16 (1:16.68)	20:31.44 (1:15.28)
21:48.69 (1:17.26)	23:06.83 (1:18.14)	24:24.77 (1:17.95)	25:42.32 (1:17.55)	26:59.37 (1:17.06)	28:16.68 (1:17.31)	29:32.39 (1:15.71)	30:47.34 (1:14.96)

**2** 2 55 **Eryk MAŃKA** 04-07-30 GKS Cartusia Kartuzy(PM) **32:12.28** U23(8)

1:17.46 (1:17.46)	2:32.64 (1:15.18)	3:48.49 (1:15.86)	5:04.66 (1:16.18)	6:21.62 (1:16.96)	7:38.30 (1:16.68)	8:55.36 (1:17.07)	10:12.92 (1:17.57)
11:31.25 (1:18.34)	12:51.27 (1:20.02)	14:08.18 (1:16.92)	15:26.23 (1:18.05)	16:44.32 (1:18.10)	18:01.95 (1:17.63)	19:20.74 (1:18.80)	20:39.88 (1:19.15)
21:58.77 (1:18.89)	23:17.90 (1:19.13)	24:36.68 (1:18.78)	25:56.11 (1:19.44)	27:13.97 (1:17.86)	28:31.63 (1:17.67)	29:49.26 (1:17.63)	31:06.71 (1:17.46)

**3** 14 35 **Łukasz OSKIERKO** 89-11-05 Stowarzyszenie Piekieni Warszawa(MZ) **32:17.35**

1:16.89 (1:16.89)	2:31.69 (1:14.81)	3:47.82 (1:16.13)	5:04.15 (1:16.34)	6:20.73 (1:16.58)	7:37.44 (1:16.71)	8:54.64 (1:17.21)	10:12.24 (1:17.61)
11:30.83 (1:18.59)	12:50.65 (1:19.82)	14:07.24 (1:16.59)	15:25.10 (1:17.87)	16:43.32 (1:18.22)	18:00.65 (1:17.34)	19:19.93 (1:19.28)	20:38.48 (1:18.55)
21:58.48 (1:20.01)	23:17.73 (1:19.25)	24:36.53 (1:18.80)	25:55.85 (1:19.33)	27:13.76 (1:17.91)	28:31.53 (1:17.78)	29:49.24 (1:17.71)	31:07.04 (1:17.81)

# 10000 metrów mężczyzn

Rekord Świata(Open)	<b>26:11.00</b>	CHEPTEGEI Joshua	UGA	Valencia (ESP)	20-10-07
Rekord Europy(Open)	<b>26:46.57</b>	FARAH Mohammed	GBR	Eugene (USA)	11-06-03
Rekord Polski(Open)	<b>27:53.61</b>	KOWOL Jerzy	Górnik Zabrze	Praga (CZE)	78-08-29
Min. MŚ(Open)	<b>27:00.00</b>			Tokyo (JPN)	25-09-13
Min. UNI(Open)	<b>28:30.00</b>			Bochum (GER)	25-07-21

Miejsce	Tor	Numer	Imię i nazwisko	Data ur.	Klub (woj)	Wynik
---------	-----	-------	-----------------	----------	------------	-------

400m	800m	1200m	1600m	2000m	2400m	2800m	3200m
3600m	4000m	4400m	4800m	5200m	5600m	6000m	6400m
6800m	7200m	7600m	8000m	8400m	8800m	9200m	9600m

<b>4</b>	10	29	<b>Kamil ROWIŃSKI</b>	89-07-28	Passion First Warszawa(MZ)	<b>32:37.31</b>	
1:19.25 (1:19.25)	2:38.06 (1:18.81)	3:57.06 (1:19.01)	5:14.72 (1:17.66)	6:34.62 (1:19.91)	7:54.51 (1:19.89)	9:10.69 (1:16.18)	10:29.89 (1:19.21)
11:48.60 (1:18.72)	13:07.92 (1:19.33)	14:26.63 (1:18.71)	15:46.42 (1:19.79)	17:04.46 (1:18.05)	18:22.87 (1:18.41)	19:41.85 (1:18.99)	21:01.13 (1:19.29)
22:19.75 (1:18.62)	23:38.31 (1:18.57)	24:56.12 (1:17.81)	26:15.72 (1:19.61)	27:34.51 (1:18.79)	28:53.37 (1:18.86)	30:11.54 (1:18.18)	31:28.50 (1:16.96)

<b>5</b>	13	62	<b>Dominik KRÓL</b>	05-04-18	SKLA Sopot(PM)	<b>32:41.93</b>	U23(9)
1:17.66 (1:17.66)	2:32.35 (1:14.69)	3:48.14 (1:15.79)	5:04.42 (1:16.29)	6:21.21 (1:16.79)	7:38.04 (1:16.84)	8:55.16 (1:17.12)	10:12.52 (1:17.37)
11:31.10 (1:18.58)	12:51.07 (1:19.98)	14:07.80 (1:16.74)	15:25.96 (1:18.16)	16:43.96 (1:18.01)	18:01.68 (1:17.72)	19:20.52 (1:18.84)	20:39.67 (1:19.16)
22:00.76 (1:21.09)	23:22.08 (1:21.33)	24:43.72 (1:21.64)	26:07.06 (1:23.35)	27:28.91 (1:21.85)	28:50.70 (1:21.79)	30:11.74 (1:21.04)	31:28.76 (1:17.02)

<b>6</b>	3	81	<b>Wiktor MURKOWSKI</b>	02-09-11	OŚ AZS Poznań(WP)	<b>32:47.44</b>	
1:17.06 (1:17.06)	2:32.10 (1:15.04)	3:47.54 (1:15.45)	5:03.90 (1:16.36)	6:20.79 (1:16.90)	7:37.76 (1:16.97)	8:54.90 (1:17.15)	10:12.08 (1:17.18)
11:30.48 (1:18.41)	12:50.41 (1:19.94)	14:07.62 (1:17.21)	15:25.78 (1:18.17)	16:43.79 (1:18.01)	18:01.52 (1:17.73)	19:20.15 (1:18.64)	20:39.57 (1:19.42)
22:00.60 (1:21.04)	23:22.03 (1:21.43)	24:43.90 (1:21.87)	26:06.81 (1:22.91)	27:28.52 (1:21.72)	28:50.48 (1:21.97)	30:12.16 (1:21.68)	31:31.44 (1:19.29)

<b>7</b>	6	12	<b>Adam MARYSIAK</b>	88-01-06	MKST Astra Nowa Sól(LB)	<b>32:59.22</b>	
1:17.97 (1:17.97)	2:37.05 (1:19.09)	3:55.52 (1:18.47)	5:13.86 (1:18.35)	6:33.84 (1:19.98)	7:53.62 (1:19.79)	9:11.36 (1:17.74)	10:30.31 (1:18.95)
11:49.31 (1:19.01)	13:08.65 (1:19.34)	14:27.12 (1:18.48)	15:46.81 (1:19.69)	17:04.93 (1:18.13)	18:23.27 (1:18.34)	19:42.69 (1:19.42)	21:01.93 (1:19.25)
22:21.37 (1:19.44)	23:42.81 (1:21.45)	25:02.91 (1:20.11)	26:23.49 (1:20.58)	27:44.91 (1:21.43)	29:05.95 (1:21.04)	30:26.23 (1:20.29)	31:47.08 (1:20.85)

<b>8</b>	15	84	<b>Leon GAJDUS</b>	02-04-26	MOS Zatoka Braniewo(WN)	<b>33:00.23</b>	PB
1:18.93 (1:18.93)	2:37.68 (1:18.76)	3:56.18 (1:18.51)	5:14.37 (1:18.20)	6:34.43 (1:20.06)	7:54.22 (1:19.80)	9:11.88 (1:17.66)	10:30.69 (1:18.82)
11:49.53 (1:18.84)	13:09.01 (1:19.48)	14:27.34 (1:18.34)	15:46.58 (1:19.24)	17:04.85 (1:18.28)	18:23.09 (1:18.25)	19:42.36 (1:19.27)	21:01.75 (1:19.40)
22:20.24 (1:18.50)	23:42.45 (1:22.21)	25:03.09 (1:20.64)	26:23.78 (1:20.70)	27:45.13 (1:21.35)	29:06.36 (1:21.23)	30:26.66 (1:20.30)	31:47.40 (1:20.75)

<b>9</b>	19	75	<b>Jarosław KOŻDOŃ</b>	84-08-13	TL ROW Rybnik(SL)	<b>33:10.36</b>	PB
1:20.69 (1:20.69)	2:39.72 (1:19.03)	3:59.14 (1:19.42)	5:19.19 (1:20.06)	6:38.02 (1:18.84)	7:56.03 (1:18.01)	9:15.15 (1:19.13)	10:36.49 (1:21.35)
11:56.97 (1:20.48)	13:15.04 (1:18.08)	14:35.05 (1:20.01)	15:55.81 (1:20.77)	17:15.46 (1:19.65)	18:38.20 (1:22.74)	19:57.93 (1:19.74)	21:17.99 (1:20.07)
22:39.21 (1:21.22)	23:59.68 (1:20.48)	25:20.88 (1:21.20)	26:41.09 (1:20.22)	28:00.24 (1:19.15)	29:20.07 (1:19.84)	30:39.45 (1:19.38)	31:57.43 (1:17.99)

<b>10</b>	4	21	<b>Konrad ŁABĘDZKI</b>	86-06-07	Ducla Academy Warszawa(MZ)	<b>33:32.33</b>	
1:21.22 (1:21.22)	2:40.21 (1:18.99)	3:59.81 (1:19.61)	5:19.81 (1:20.00)	6:39.32 (1:19.52)	8:00.26 (1:20.94)	9:22.23 (1:21.98)	10:43.52 (1:21.29)
12:02.86 (1:19.35)	13:22.38 (1:19.53)	14:42.76 (1:20.38)	16:02.76 (1:20.01)	17:22.45 (1:19.69)	18:42.77 (1:20.33)	20:03.13 (1:20.37)	21:25.05 (1:21.92)
22:47.85 (1:22.81)	24:07.48 (1:19.63)	25:28.60 (1:21.12)	26:50.06 (1:21.46)	28:10.98 (1:20.93)	29:32.93 (1:21.95)	30:54.79 (1:21.86)	32:16.48 (1:21.70)

<b>11</b>	1	27	<b>Rafał KLIMEK</b>	99-11-18	Passion First Warszawa(MZ)	<b>33:33.43</b>	
1:19.40 (1:19.40)	2:38.30 (1:18.90)	3:57.42 (1:19.13)	5:15.05 (1:17.64)	6:35.04 (1:19.99)	7:54.77 (1:19.74)	9:10.40 (1:15.63)	10:29.66 (1:19.26)
11:48.86 (1:19.20)	13:08.25 (1:19.40)	14:26.82 (1:18.57)	15:46.16 (1:19.34)	17:04.36 (1:18.21)	18:22.62 (1:18.26)	19:42.04 (1:19.43)	21:01.48 (1:19.45)
22:21.65 (1:20.17)	23:43.75 (1:22.11)	25:07.18 (1:23.43)	26:32.65 (1:25.47)	27:57.60 (1:24.96)	29:23.74 (1:26.14)	30:49.21 (1:25.48)	32:13.54 (1:24.34)

<b>12</b>	5	77	<b>Arkadiusz KARDAS</b>	89-03-20	TS AKS Chorzów(SL)	<b>33:50.35</b>	PB
1:20.56 (1:20.56)	2:39.62 (1:19.06)	3:58.85 (1:19.24)	5:19.01 (1:20.17)	6:38.83 (1:19.82)	7:59.77 (1:20.95)	9:21.86 (1:22.10)	10:44.83 (1:22.98)
12:06.83 (1:22.00)	13:28.56 (1:21.74)	14:51.90 (1:23.35)	16:14.75 (1:22.85)	17:38.55 (1:23.81)	19:02.53 (1:23.98)	20:25.50 (1:22.98)	21:45.96 (1:20.47)
23:07.19 (1:21.23)	24:26.74 (1:19.56)	25:48.69 (1:21.95)	27:11.47 (1:22.79)	28:34.80 (1:23.34)	29:57.54 (1:22.75)	31:19.03 (1:21.49)	32:39.26 (1:20.23)

<b>13</b>	16	85	<b>Grzegorz ZAHORSKI</b>	99-03-09	MOS Zatoka Braniewo(WN)	<b>33:57.15</b>	
1:18.33 (1:18.33)	2:37.24 (1:18.92)	3:55.85 (1:18.61)	5:14.16 (1:18.32)	6:34.09 (1:19.93)	7:53.77 (1:19.69)	9:11.61 (1:17.84)	10:30.33 (1:18.72)
11:49.75 (1:19.42)	13:09.27 (1:19.53)	14:29.13 (1:19.86)	15:53.46 (1:24.33)	17:15.02 (1:21.57)	18:37.92 (1:22.91)	20:01.37 (1:23.45)	21:24.83 (1:23.46)
22:47.77 (1:22.95)	24:11.14 (1:23.38)	25:35.83 (1:24.69)	27:00.83 (1:25.00)	28:24.86 (1:24.04)	29:50.02 (1:25.17)	31:14.84 (1:24.82)	32:38.44 (1:23.61)

<b>14</b>	12	83	<b>Mikołaj WOJTCZAK</b>	05-11-11	UKS 12 Kalisz(WP)	<b>34:07.63</b>	U23(13)
1:18.69 (1:18.69)	2:37.43 (1:18.75)	3:55.08 (1:17.65)	5:13.54 (1:18.47)	6:33.44 (1:19.90)	7:53.35 (1:19.92)	9:11.13 (1:17.79)	10:30.44 (1:19.31)
11:50.05 (1:19.62)	13:09.44 (1:19.39)	14:28.64 (1:19.21)	15:53.81 (1:25.18)	17:14.72 (1:20.91)	18:37.82 (1:23.10)	20:01.03 (1:23.22)	21:25.32 (1:24.29)
22:50.44 (1:25.13)	24:16.90 (1:26.47)	25:43.57 (1:26.68)	27:09.41 (1:25.84)	28:36.28 (1:26.87)	30:03.27 (1:26.99)	31:30.02 (1:26.75)	32:51.77 (1:21.76)

<b>15</b>	7	70	<b>Rafał NOWAK</b>	75-04-26	CKS Budowlani Częstochowa(SL)	<b>34:10.66</b>	
1:21.11 (1:21.11)	2:40.09 (1:18.98)	3:59.49 (1:19.41)	5:19.64 (1:20.15)	6:39.14 (1:19.51)	8:00.05 (1:20.91)	9:22.15 (1:22.11)	10:44.55 (1:22.40)
12:06.00 (1:21.46)	13:28.34 (1:22.35)	14:51.77 (1:23.43)	16:14.63 (1:22.86)	17:38.30 (1:23.68)	19:02.16 (1:23.86)	20:25.55 (1:23.39)	21:49.63 (1:24.09)
23:13.90 (1:24.27)	24:37.97 (1:24.07)	26:02.15 (1:24.19)	27:26.67 (1:24.52)	28:51.24 (1:24.57)	30:13.92 (1:22.69)	31:35.27 (1:21.35)	32:57.27 (1:22.01)

# 10000 metrów mężczyzn

Rekord Świata(Open)	<b>26:11.00</b>	CHEPTEGEL Joshua	UGA	Valencia (ESP)	20-10-07
Rekord Europy(Open)	<b>26:46.57</b>	FARAH Mohammed	GBR	Eugene (USA)	11-06-03
Rekord Polski(Open)	<b>27:53.61</b>	KOWOL Jerzy	Górnik Zabrze	Praga (CZE)	78-08-29
Min. MŚ(Open)	<b>27:00.00</b>			Tokyo (JPN)	25-09-13
Min. UNI(Open)	<b>28:30.00</b>			Bochum (GER)	25-07-21

Miejsce	Tor	Numer	Imię i nazwisko	Data ur.	Klub (woj)	Wynik
---------	-----	-------	-----------------	----------	------------	-------

400m	800m	1200m	1600m	2000m	2400m	2800m	3200m
3600m	4000m	4400m	4800m	5200m	5600m	6000m	6400m
6800m	7200m	7600m	8000m	8400m	8800m	9200m	9600m

<b>16</b>	11	34	<b>Mateusz KOŁODZIEJ</b>	91-08-26	Stowarzyszenie Piekielni Warszawa(MZ)	<b>35:44.22</b>	
1:20.47 (1:20.47)	2:38.46 (1:17.99)	3:57.64 (1:19.18)	5:15.43 (1:17.80)	6:35.76 (1:20.34)	7:55.65 (1:19.89)	9:14.76 (1:19.11)	10:36.33 (1:21.57)
11:59.80 (1:23.48)	13:26.00 (1:26.21)	14:52.61 (1:26.62)	16:19.84 (1:27.23)	17:48.27 (1:28.43)	19:15.69 (1:27.43)	20:44.02 (1:28.34)	22:13.12 (1:29.10)
23:44.15 (1:31.04)	25:13.65 (1:29.50)	26:43.13 (1:29.49)	28:11.64 (1:28.51)	29:38.74 (1:27.11)	31:02.35 (1:23.61)	32:28.69 (1:26.35)	33:58.43 (1:29.74)

<b>17</b>	8	30	<b>Aleks ZIEMKOWSKI</b>	01-08-23	Passion First Warszawa(MZ)	<b>35:50.75</b>	
1:21.47 (1:21.47)	2:40.40 (1:18.93)	4:00.09 (1:19.70)	5:20.15 (1:20.07)	6:39.73 (1:19.58)	8:00.54 (1:20.82)	9:22.58 (1:22.04)	10:44.04 (1:21.46)
12:05.60 (1:21.57)	13:28.85 (1:23.25)	14:54.04 (1:25.19)	16:21.03 (1:27.00)	17:47.59 (1:26.57)	19:19.06 (1:31.47)	20:50.21 (1:31.16)	22:20.20 (1:29.99)
23:51.21 (1:31.02)	25:21.84 (1:30.63)	26:53.31 (1:31.48)	28:23.83 (1:30.52)	29:55.36 (1:31.54)	31:26.11 (1:30.75)	32:54.39 (1:28.29)	34:23.44 (1:29.05)

<b>18</b>	18	16	<b>Dawid SZULC</b>	04-11-13	Athletics Team Radomsko(LD)	<b>36:27.36</b>	U23(14)
1:21.86 (1:21.86)	2:42.16 (1:20.30)	4:05.32 (1:23.17)	5:30.96 (1:25.64)	6:57.80 (1:26.85)	8:23.97 (1:26.18)	9:52.13 (1:28.16)	11:20.76 (1:28.64)
12:50.88 (1:30.13)	14:21.04 (1:30.16)	15:50.17 (1:29.13)	17:18.97 (1:28.81)	18:48.35 (1:29.38)	20:17.08 (1:28.73)	21:47.59 (1:30.52)	23:17.81 (1:30.22)
24:48.36 (1:30.56)	26:19.73 (1:31.37)	27:49.26 (1:29.53)	29:17.65 (1:28.39)	30:47.55 (1:29.91)	32:18.91 (1:31.36)	33:47.78 (1:28.87)	35:13.70 (1:25.93)

<b>9</b>	38		<b>Mateusz GRZANKA</b>	86-07-02	LKS Kłos Oleksów(MA)	<b>DNF</b>	
1:19.58 (1:19.58)	2:37.32 (1:17.74)	3:54.83 (1:17.51)	5:12.16 (1:17.34)	6:30.40 (1:18.24)	7:51.13 (1:20.73)	9:10.89 (1:19.77)	10:30.10 (1:19.22)
11:49.18 (1:19.08)	13:08.41 (1:19.24)	14:26.89 (1:18.48)*					

Międzyczasy							
1000m	81	Wiktor MURKOWSKI	<b>3:09.70</b>	5000m	35	Łukasz OSKIERKO	<b>16:03.44</b>
2000m	35	Łukasz OSKIERKO	<b>6:20.69</b>	6000m	73	Paweł BUCZEK	<b>19:16.01</b>
3000m	35	Łukasz OSKIERKO	<b>9:33.04</b>	7000m	73	Paweł BUCZEK	<b>22:27.77</b>
4000m	81	Wiktor MURKOWSKI	<b>12:50.35</b>	8/9km	73	Paweł BUCZEK	<b>25:42.15/28:54.60</b>

## Legenda:

PB -rekord życiowy



## Punktacja drużynowa

### Kobiety

1		KS Prefbet-Sonarol Łomża	1:48:44.94
1	50	Martyna KRAWCZYŃSKA	04-11-21 34:07.14
2	47	Monika DUBIELLA	00-05-02 35:12.09
3	91	Sylwia WALCZAK	91-01-24 39:25.71
	49	Justyna KORYTKOWSKA	86-03-12 DNS
	48	Ewa JAGIELSKA	82-10-25 DNS

Druk: 25-04-26 19:42:08



## Punktacja drużynowa

### Mężczyźni

1		GKS Cartusia Kartuzy	1:33:19.14	
1	56	Daniel MARSZK	02-02-15	30:54.52
2	58	Krzysztof ŻYGENDA	97-03-10	31:02.65
3	57	Wojciech SERKOWSKI	97-05-03	31:21.98
	55	Eryk MAŃKA	04-07-30	32:12.28

  

2		OŚ AZS Poznań	1:33:26.05	
1	82	Jędrzej WOLSKI	04-01-04	30:03.72
2	80	Wiktor MAĆKOWIAK	99-12-09	30:34.89
3	81	Wiktor MURKOWSKI	02-09-11	32:47.44

  

3		KS Prefbet-Sonarol Łomża	1:33:56.23	
1	52	Piotr ŁOBODZIŃSKI	85-07-04	30:36.53
2	51	Andrzej LEOŃCZUK	92-11-04	31:38.43
3	53	Mateusz NIEMCZYK	92-09-30	31:41.28

  

4		KS AZS AWF Wrocław	1:34:10.71	
1	2	Dariusz BORATYŃSKI	97-09-26	29:51.31
2	7	Kacper ADAMCZAK	03-01-25	31:29.05
3	5	Mikołaj WIECZOREK	01-03-15	32:50.36

  

5		Stowarzyszenie Piekielni Warszawa	1:35:45.07	
1	33	Filip BABIK	96-11-02	31:29.98
2	36	Marcin PATECKI	89-11-22	31:57.75
3	35	Łukasz OSKIERKO	89-11-05	32:17.35
	34	Mateusz KOŁODZIEJ	91-08-26	35:44.22

  

6		ULKS Talex-Borysław Borzytuchom	1:36:03.71	
1	69	Krzysztof ZIELIŃSKI	05-07-14	30:24.77
2	66	Maciej JANTA	05-04-25	32:45.02
3	65	Dawid JANTA	03-11-22	32:53.92
	68	Michał RODZIEWICZ	05-05-06	33:02.62

  

7		TL ROW Rybnik	1:36:29.69	
1	76	Oliwier MUTWIL	99-10-27	30:49.02
2	74	Marcin CIEPŁAK	91-01-30	32:30.32
3	75	Jarosław KOŹDOŃ	84-08-13	33:10.36

  

8		Passion First Warszawa	1:38:45.03	
1	28	Paweł MACHOWSKI	92-05-24	32:34.30
2	29	Kamil ROWIŃSKI	89-07-28	32:37.31
3	27	Rafał KLIMEK	99-11-18	33:33.43
	30	Aleks ZIEMKOWSKI	01-08-23	35:50.75

Druk: 25-04-26 19:42:08