

# 29. Halowe Mistrzostwa Polskiej Masters 3. HMPL 1. MPDz TORUŃ, 22 lutego 2020

60 metrów

|                            |          |                     |     |      |    |    |
|----------------------------|----------|---------------------|-----|------|----|----|
| Bieg 1/ 17                 | 10:02    |                     |     |      |    |    |
| 1 JAROSZEWICZ Ernest       | 99-12-04 | Białystok           | PK  | 7.17 | PK |    |
| 2 MALAREK Michał           | 98-09-07 | Rydułty             | PK  | 7.20 | PK |    |
| 3 KWIATKOWSKI Mateusz      | 99-06-03 | Białystok           | PK  | 7.26 | PK |    |
| 4 DUDEK Bartosz            | 92-02-05 | Białystok           | PK  | 7.27 | PK |    |
| 5 KLOS Roger               | 93-10-28 | Żernica             | PK  | 7.31 | PK |    |
| 6 MALANOWSKI Łukasz        | 96-10-08 | Warszawa            | PK  | 7.33 | PK |    |
| 7 KOCZKODAJ Wojciech       | 98-08-29 | Bęczków             | PK  | 7.75 | PK |    |
| 8 MAŚLANKIEWICZ Bartłomiej | 85-08-16 | Warszawa            | PK  | 9.26 | PK |    |
| Bieg 2/ 17                 | 10:06    |                     |     |      |    |    |
| 1 RYSIO Tomasz             | 88-02-11 | Włodawa             | PK  | 7.62 | PK |    |
| 2 MYRTA Szymon             | 88-05-15 | Sosnowiec           | PK  | 7.71 | PK |    |
| 3 CZERNIAK Przemysław      | 84-03-27 | Poznań              | M35 | 7.97 |    |    |
| 4 JANKOWSKI Adam           | 84-04-27 | Brwinów             | M35 | 8.06 |    |    |
| 5 JASZCZUR Michał          | 81-09-26 | Płońsk              | M35 | 8.37 |    |    |
| 6 CUBER Wojciech           | 82-05-12 | Złotów              | M35 | 8.68 |    |    |
| 7 PUCHLIK Michał           | 93-11-05 | Białystok           | PK  | 9.02 | YC | PK |
| SMOSARSKI Dominik          | 99-09-12 | AZS UWM Olsztyn     | PK  | DNS  | PK |    |
| Bieg 3/ 17                 | 10:09    |                     |     |      |    |    |
| 1 KOSSOWSKI Daniel         | 81-12-10 | Radom               | M35 | 7.25 |    |    |
| 2 MARCINKOWSKI Marcin      | 81-02-16 | Czmoń               | M35 | 7.26 |    |    |
| 3 ROKICKI Łukasz           | 83-06-23 | Białogard           | M35 | 7.54 |    |    |
| 4 WIERZBICKI Jacek         | 83-01-11 | Bytom               | M35 | 7.61 |    |    |
| 5 MALINOWSKI Michał        | 83-09-17 | Łódź                | M35 | 8.14 |    |    |
| ZNYK Stanisław             | 84-10-11 | Zduny               | M35 | DNS  |    |    |
| KUCHARSKI Piotr            | 82-06-12 | Rawa Mazowiecka     | M35 | DNS  |    |    |
| SKARBA Andrzej             | 84-01-03 | Bełchatów           | M35 | DNS  |    |    |
| Bieg 4/ 17                 | 10:12    |                     |     |      |    |    |
| 1 KOSZELA Maciej           | 78-01-14 | Nowa Sól            | M40 | 7.51 |    |    |
| 2 GARBICZ Krzysztof        | 78-03-21 | Skierniewice        | M40 | 7.54 |    |    |
| 3 ŚCIUBEŁ Marcin           | 76-03-16 | Sławno              | M40 | 7.71 |    |    |
| 4 GEBSKI Mariusz           | 78-05-05 | Lidzbark Warmiński  | M40 | 7.72 |    |    |
| 5 GRZYBOWSKI Przemysław    | 78-03-05 | Ksawerów            | M40 | 7.81 |    |    |
| 6 DUPLICKI Marcin          | 77-06-17 | Młodzieszyn         | M40 | 7.91 |    |    |
| 7 CHUCHRA Piotr            | 76-07-14 | Toruń               | M40 | 8.64 |    |    |
| Bieg 5/ 17                 | 10:14    |                     |     |      |    |    |
| 1 GUZOWSKI Krzysztof       | 75-01-15 | Złotniki            | M45 | 7.32 |    |    |
| 2 KURCZ Tadeusz            | 74-10-27 | Mielec              | M45 | 7.67 |    |    |
| 3 POKRYWKA Leszek          | 71-06-19 | Gdynia              | M45 | 7.79 |    |    |
| 4 PRUSZYŃSKI Andrzej       | 72-06-23 | Bobrowiec           | M45 | 7.80 |    |    |
| 5 TSIOLIS Konstantinos     | 72-05-17 | Ateny               | M45 | 7.96 |    |    |
| 6 SZCZODRZYŃSKI Piotr      | 74-04-13 | Poznań              | M45 | 8.09 |    |    |
| 7 WOJCIECHOWSKI Przemysław | 72-08-27 | Przeclaw            | M45 | 8.16 |    |    |
| 8 GÓRNY Jacek              | 71-07-03 | Grodzisk Mazowiecki | M45 | 8.17 |    |    |
| Bieg 6/ 17                 | 10:17    |                     |     |      |    |    |
| 1 SKRZYŃSKI Piotr          | 67-10-08 | Olsztyn             | M50 | 7.76 |    |    |
| 2 ŻELECHOWSKI Bogusław     | 67-01-12 | Horsham RH121XB     | M50 | 7.91 |    |    |
| 3 DITRICH Jacek            | 66-10-28 | Szubin              | M50 | 8.00 |    |    |
| 4 MUSIAŁ Michał            | 69-07-29 | Bydgoszcz           | M50 | 8.40 |    |    |
| 5 WIECZOREK Konstanty      | 69-09-17 | Białobrzegi         | M50 | 8.63 |    |    |
| 6 BORATYN Dariusz          | 67-05-17 | Warszawa            | M50 | 8.71 |    |    |
| 7 ŻAK Waldemar             | 69-04-23 | Głogów              | M50 | 8.78 |    |    |
| Bieg 7/ 17                 | 10:20    |                     |     |      |    |    |
| 1 BONTEMPS Francois        | 64-01-10 | Paris               | M55 | 7.78 |    |    |
| 2 KRAKOWIAK Dariusz        | 63-01-31 | Sępólno Krajeńskie  | M55 | 8.01 |    |    |
| 3 KRAUZE Jerzy             | 63-07-14 | Koszalin            | M55 | 8.35 |    |    |
| 4 FORYŚ Włodzimierz        | 62-04-18 | Jasło               | M55 | 8.58 |    |    |
| 5 OPAJDOWSKI Dariusz       | 62-02-04 | Gromadka            | M55 | 8.63 |    |    |
| 6 STECUŁA Leszek           | 61-03-11 | Bytom               | M55 | 8.73 |    |    |
| 7 WIĘCEK Jacek             | 64-07-16 | Warszawa            | M55 | 9.00 |    |    |
| 8 SYSKA Ryszard            | 60-05-26 | Skarżysko-Kamienna  | M55 | 9.12 |    |    |
| Bieg 8/ 17                 | 10:24    |                     |     |      |    |    |
| 1 KUBICZEK Piotr           | 57-01-16 | Kozy                | M60 | 8.24 |    |    |
| 2 ORŁOWSKI Waldemar        | 57-06-19 | Bielsko-Biała       | M60 | 8.27 |    |    |
| 3 ZDUNIAK Krzysztof        | 57-08-12 | Łódź                | M60 | 8.32 |    |    |
| 4 KŁOSOWICZ Stanisław      | 57-03-03 | Koszalin            | M60 | 8.35 |    |    |
| 5 WOJCIECHOWSKI Eugeniusz  | 60-02-17 | Brzoza              | M60 | 8.64 |    |    |
| 6 JAWORSKI Leszek          | 55-08-10 | Koszalin            | M60 | 8.74 |    |    |
| 7 GRZYB Marek              | 55-03-27 | Olsztyn             | M60 | 8.76 |    |    |
| WIĄCEK Stanisław           | 55-05-13 | Ustronie Morskie    | M60 | DNS  |    |    |
| Bieg 9/ 17                 | 10:26    |                     |     |      |    |    |
| 1 APOSTOŁ Marian           | 52-09-28 | Kraków Tyniec       | M65 | 8.68 |    |    |
| 2 LORENZ Sylwester         | 50-12-11 | Luboń               | M65 | 8.72 |    |    |
| 3 DOBRZYŃSKI Marek         | 51-05-12 | Gliwice             | M65 | 8.76 |    |    |
| 4 KUSCHILL Juliusz         | 50-05-22 | Kraków              | M65 | 8.87 |    |    |
| 5 HOFFMANN Zygfryd         | 51-01-26 | Stargard            | M65 | 8.94 |    |    |
| 6 KOSTRA Zbigniew          | 55-01-01 | Wejherowo           | M65 | 9.36 |    |    |

|             |                            |          |                       |      |       |    |
|-------------|----------------------------|----------|-----------------------|------|-------|----|
| 7           | GAMRACY Leszek             | 50-09-19 | Gliwice               | M65  | 11.10 |    |
| 8           | KSIĄŻEK Marek              | 51-02-16 | Olsztyn               | M65  | 12.00 |    |
| Bieg 10/ 17 |                            | 10:29    |                       |      |       |    |
| 1           | SZYMURA Henryk             | 52-01-26 | Kędzierzyn- Koźle     | M65  | 8.70  |    |
| 2           | PRZETACKI Ryszard          | 54-09-08 | Marki                 | M65  | 9.27  |    |
| 3           | OLSZOWY Andrzej            | 52-12-13 | Sopot                 | M65  | 9.65  |    |
| 4           | PODSIADŁO Zdzisław         | 47-10-17 | Rogierówko            | M70  | 9.74  |    |
| 5           | MILEWSKI Andrzej           | 48-12-27 | Toruń                 | M70  | 13.18 |    |
|             | NATH Janusz                | 49-12-08 | Toruń                 | M70  | DNS   |    |
| Bieg 11/ 17 |                            | 10:34    |                       |      |       |    |
| 1           | SEIDEL Wojciech            | 50-01-16 | Zakopane              | M70  | 8.52  |    |
| 2           | ZROBCZYŃSKI Grzegorz       | 50-01-22 | Rudnica               | M70  | 9.21  |    |
| 3           | POPLAWSKI Janusz           | 48-08-30 | Radom                 | M70  | 9.47  |    |
| 4           | NOWAK Eugeniusz            | 44-09-03 | Toruń                 | M75  | 9.96  |    |
| 5           | RISS Mieczysław            | 46-01-25 | Gliwice               | M70  | 10.08 |    |
| 6           | BROC Jerzy                 | 42-12-27 | Suwałki               | M75  | 11.01 |    |
| 7           | FRAĆKOWIAK Jan             | 39-01-01 | Bydgoszcz             | M80  | 11.06 |    |
| 8           | KOROLKO Edward             | 40-10-13 | Toruń                 | M75  | 11.22 |    |
| Bieg 12/ 17 |                            | 10:39    |                       |      |       |    |
| 1           | MADEJ Stefan               | 49-01-02 | Sosnowiec             | M70  | 10.00 |    |
| 2           | GŁOWACKI Włodzimierz       | 38-05-05 | Koszalin              | M80  | 11.54 |    |
| 3           | GRZELAK Jan                | 38-10-23 | Łódź                  | M80  | 11.59 |    |
| 4           | BUŁCZYŃSKI Kazimierz       | 30-04-24 | Koszalin              | M85  | 12.53 |    |
| 5           | PAWLACZYK Marian           | 34-08-15 | Wrocław               | M85  | 13.28 |    |
| 6           | BIŃKOWSKI Feliks           | 36-12-23 | Gańków Mały           | M80  | 13.59 |    |
| 7           | TESSMER Edmund             | 31-03-19 | Nowe Miasto Lubawskie | M85  | 15.68 |    |
|             | PATER Zbigniew             | 40-01-03 | Wrocław               | M80  | DNF   |    |
| Bieg 13/ 17 |                            | 10:52    |                       |      |       |    |
| 1           | KWIATKOWSKA Angelina       | 98-06-19 | Białystok             | K_PK | 8.00  | PK |
| 2           | GAŚOWSKA Małgorzata        | 78-03-18 | Legnica               | K_PK | 8.04  | PK |
| 3           | KAZEK Ilona                | 86-11-16 | Kraków                | K30  | 8.67  |    |
| 4           | PODOLCHUK Natalija         | 82-07-04 | Berdichev             | K35  | 8.84  |    |
| 5           | WOŁYNIEC Emilia            | 83-01-20 | Gołdap                | K35  | 8.99  |    |
| 6           | PIECHUTA Aleksandra        | 89-09-28 | Warszawa              | K30  | 9.08  |    |
| 7           | WORONIEC Alicja            | 81-06-21 | Lidzbark Warmiński    | K35  | 10.52 |    |
| 8           | TRUSZCZYŃSKA Julia         | 98-05-26 | Toruń                 | K_PK | 11.84 | PK |
| Bieg 14/ 17 |                            | 10:58    |                       |      |       |    |
| 1           | GROT Aneta                 | 79-09-22 | Rzgów                 | K40  | 8.04  |    |
| 2           | KRYSZTOSIAK Katarzyna      | 73-09-08 | Warszawa              | K45  | 8.36  |    |
| 3           | DAFTSOU Anna               | 70-09-25 | Ateny                 | K45  | 8.47  |    |
| 4           | GRABOWSKA Joanna           | 75-04-15 | Toruń                 | K40  | 8.93  |    |
| 5           | ORZEŁ Anna                 | 77-04-25 | Koszalin              | K40  | 9.17  |    |
| 6           | ADRYJAŃCZYK Małgorzata     | 74-02-12 | Toruń                 | K45  | 9.18  |    |
| 7           | MALAK Hanna                | 79-07-18 | Więcbork              | K40  | 9.31  |    |
| 8           | MIELCZAREK Alicja          | 78-01-27 | Nidzica               | K40  | 9.39  |    |
| Bieg 15/ 17 |                            | 11:03    |                       |      |       |    |
| 1           | KOSMENDA Donata            | 74-09-21 | Kielczówek            | K45  | 8.97  |    |
| 2           | SUCHARSKA-CZAPSKA Izabella | 74-03-06 | Warszawa              | K45  | 9.06  |    |
| 3           | JABŁKOWSKA Monika          | 69-12-02 | Warszawa              | K50  | 9.30  |    |
| 4           | OPAK Beata                 | 65-06-28 | Olsztyn               | K50  | 9.79  |    |
| 5           | ZBOIŃSKA Agnieszka         | 72-06-24 | Koszalin              | K45  | 9.87  |    |
| 6           | LEŚNIEWSKA Katarzyna       | 70-11-16 | Olsztyn               | K45  | 12.10 |    |
|             | SKRZYŃSKA Ewa              | 68-10-12 | Olsztyn               | K50  | DNF   |    |
| Bieg 16/ 17 |                            | 11:09    |                       |      |       |    |
| 1           | DŻOŃ Barbara               | 62-09-17 | Warszawa              | K55  | 9.60  |    |
| 2           | KIELING Anna               | 62-04-07 | Barwice               | K55  | 9.72  |    |
| 3           | SAMBOR Elżbieta            | 65-01-13 | Elbląg                | K55  | 10.11 |    |
| 4           | ŁUCZAK Wiesława            | 64-05-14 | Nowe Miasto nad Wartą | K55  | 10.39 |    |
| 5           | ŁABUZ Ewa                  | 55-05-27 | Wrocław               | K60  | 10.69 |    |
| 6           | WOJCIECHOWSKA Małgorzata   | 60-02-11 | Brzoza                | K60  | 10.95 |    |
| 7           | JANICKA Lidia              | 63-03-04 | Nowe Miasto nad Wartą | K55  | 10.99 |    |
| Bieg 17/ 17 |                            | 11:12    |                       |      |       |    |
| 1           | BARTOSIK Ewa               | 51-03-15 | Ostrołęka             | K65  | 9.63  |    |
| 2           | PODSIADŁO Aleksandra       | 53-11-01 | Rogierówko            | K65  | 10.47 |    |
| 3           | WORONIEC Barbara           | 46-10-15 | Lidzbark Warmiński    | K70  | 11.55 |    |
| 4           | GAŚOWSKA Maria             | 45-01-05 | Włocławek             | K75  | 11.74 |    |
| 5           | STĘPNIEWSKA Czesława       | 54-07-20 | Skarżysko-Kamienna    | K65  | 12.17 |    |
| 6           | ROSIŃSKA Janina            | 36-04-30 | Pabianice             | K80  | 13.90 |    |
| 7           | KASIERSKA Ewa              | 48-11-25 | Poznań                | K70  | 15.20 |    |
| 8           | KATSUBA Palina             | 34-10-14 | Minsk                 | K85  | 17.06 |    |
| 200 metrów  |                            |          |                       |      |       |    |
| Bieg 1/ 24  |                            | 12:27    |                       |      |       |    |
| 1           | KAZEK Ilona                | 86-11-16 | Kraków                | K30  | 28.32 |    |
| 2           | PODOLCHUK Natalija         | 82-07-04 | Berdichev             | K35  | 29.56 |    |
| 3           | WOŁYNIEC Emilia            | 83-01-20 | Gołdap                | K35  | 30.47 |    |
| 4           | KOWALEWSKA Iwona           | 85-01-30 | Gołdap                | K35  | 30.59 |    |
| 5           | SĘKOWSKA Katarzyna         | 82-03-27 | Kanie                 | K35  | 31.24 |    |
| 6           | KALISTA-ŁEBEK Beata        | 80-08-09 | Grodzisk Mazowiecki   | K35  | 31.63 |    |
| Bieg 2/ 24  |                            | 12:30    |                       |      |       |    |
| 1           | GROT Aneta                 | 79-09-22 | Rzgów                 | K40  | 25.98 |    |
| 2           | GRABOWSKA Joanna           | 75-04-15 | Toruń                 | K40  | 30.08 |    |

|             |                          |          |                      |     |       |    |
|-------------|--------------------------|----------|----------------------|-----|-------|----|
| 3           | ORZEŁ Anna               | 77-04-25 | Koszalin             | K40 | 30.80 |    |
| 4           | MIELCZAREK Alicja        | 78-01-27 | Nidzica              | K40 | 31.43 |    |
| 5           | MALAK Hanna              | 79-07-18 | Więcbork             | K40 | 31.68 |    |
| 6           | BRULIŃSKA Monika         | 76-08-02 | Płock                | K40 | 31.84 |    |
| Bieg 3/ 24  |                          | 12:33    |                      |     |       |    |
| 1           | KRYSZTOSIAK Katarzyna    | 73-09-08 | Warszawa             | K45 | 27.53 |    |
| 2           | DAFTSOU Anna             | 70-09-25 | Ateny                | K45 | 27.67 |    |
| 3           | ADRYJAŃCZYK Małgorzata   | 74-02-12 | Toruń                | K45 | 30.51 |    |
| 4           | JARLIŃSKA Bożena         | 70-11-24 | Ława                 | K45 | 35.51 |    |
|             | BALCERZAK Joanna         | 73-10-16 | Warszawa             | K45 | DNS   |    |
|             | KOSMENDA Donata          | 74-09-21 | Kielczówek           | K45 | DNS   |    |
| Bieg 4/ 24  |                          | 12:35    |                      |     |       |    |
| 1           | JABŁKOWSKA Monika        | 69-12-02 | Warszawa             | K50 | 31.58 |    |
| 2           | OPAK Beata               | 65-06-28 | Olsztyn              | K50 | 32.95 |    |
| 3           | ZBOIŃSKA Agnieszka       | 72-06-24 | Koszalin             | K45 | 33.93 |    |
|             | SKRZYŃSKA Ewa            | 68-10-12 | Olsztyn              | K50 | DNS   |    |
|             | MILIŃSKA-TYMENDORF Anna  | 70-02-28 | Blizne Jasińskiego   | K45 | DNS   |    |
| Bieg 5/ 24  |                          | 12:45    |                      |     |       |    |
| 1           | KWIATKOWSKA Angelina     | 98-06-19 | Białystok            | PK  | 26.39 | PK |
| 2           | PODSIADŁO Aleksandra     | 53-11-01 | Rogierówko           | K65 | 38.48 |    |
| 3           | GAŚOWSKA Maria           | 45-01-05 | Włocławek            | K75 | 42.85 |    |
| 4           | WŁODARCZYK Alicja        | 52-05-11 | Jaworzno             | K65 | 43.88 |    |
| 5           | ROSIŃSKA Janina          | 36-04-30 | Pabianice            | K80 | 54.75 |    |
| 6           | KATSUBA Palina           | 34-10-14 | Minsk                | K85 | 70.75 |    |
| Bieg 6/ 24  |                          | 12:57    |                      |     |       |    |
| 1           | BRZEZIŃSKI Adrian        | 98-08-24 | Toruń                | PK  | 21.56 | PK |
| 2           | SMOSARSKI Dominik        | 99-09-12 | AZS UWM Olsztyn      | PK  | 21.58 | PK |
| 3           | BALCEREK Adam            | 98-01-11 | OŚ AZS Poznań        | PK  | 21.99 | PK |
| 4           | JAROSZEWICZ Ernest       | 99-12-04 | Białystok            | PK  | 22.93 | PK |
| 5           | CHYŁA Mateusz            | 87-07-08 | Gdańsk               | PK  | 25.18 | PK |
| 6           | BARTOSZEK Marcin         | 92-09-21 | Grodzisko            | PK  | 25.23 | PK |
| Bieg 7/ 24  |                          | 13:01    |                      |     |       |    |
| 1           | MALAREK Michał           | 98-09-07 | Rydułty              | PK  | 22.71 | PK |
| 2           | KWIATKOWSKI Mateusz      | 99-06-03 | Białystok            | PK  | 22.85 | PK |
| 3           | BEDNARZ Patryk           | 94-02-06 | Kraków               | PK  | 23.17 | PK |
| 4           | MALANOWSKI Łukasz        | 96-10-08 | Warszawa             | PK  | 23.27 | PK |
| 5           | LUDWIŃSKI Daniel         | 87-07-15 | Toruń                | PK  | 31.06 | PK |
| Bieg 8/ 24  |                          | 13:05    |                      |     |       |    |
| 1           | KOSSOWSKI Daniel         | 81-12-10 | Radom                | M35 | 23.58 |    |
| 2           | DANHOFFER Krzysztof      | 81-01-25 | Wola Zachariaszowska | M35 | 26.45 |    |
| 3           | JASZCZUR Michał          | 81-09-26 | Płońsk               | M35 | 27.99 |    |
|             | KUPIEC Tomasz            | 82-05-31 | Dobczyce             | M35 | DNS   |    |
| Bieg 9/ 24  |                          | 13:08    |                      |     |       |    |
| 1           | MARCINKOWSKI Marcin      | 81-02-16 | Czmoń                | M35 | 23.22 |    |
| 2           | PIECHNIK Mateusz         | 84-03-28 | Warszawa             | M35 | 24.55 |    |
| 3           | MUSIATOWICZ Wojciech     | 80-09-14 | Sulejówek            | M35 | 26.63 |    |
| 4           | LASKOWSKI Jarosław       | 82-02-14 | Małe Bałówki         | M35 | 30.17 |    |
| Bieg 10/ 24 |                          | 13:11    |                      |     |       |    |
| 1           | ADAMCZYK Jakub           | 79-09-26 | Warszawa             | M40 | 23.61 |    |
| 2           | ROKICKI Łukasz           | 83-06-23 | Białogard            | M35 | 24.10 |    |
| 3           | GARBICZ Krzysztof        | 78-03-21 | Skierniewice         | M40 | 24.31 |    |
| 4           | SYPNIEWSKI Tomasz        | 84-08-10 | Warszawa             | M35 | 24.40 |    |
| 5           | ROMANOWSKI Łukasz        | 81-02-03 | Kraków               | M35 | 24.90 |    |
| 6           | DUPLICKI Marcin          | 77-06-17 | Młodzieszyn          | M40 | 25.95 |    |
| Bieg 11/ 24 |                          | 13:15    |                      |     |       |    |
| 1           | GRZYBOWSKI Przemysław    | 78-03-05 | Ksawerów             | M40 | 24.71 |    |
| 2           | ŚCIUBEŁ Marcin           | 76-03-16 | Ślawno               | M40 | 25.07 |    |
| 3           | KOSZELA Maciej           | 78-01-14 | NOWA SÓL             | M40 | 25.08 |    |
| 4           | GEBSKI Mariusz           | 78-05-05 | Lidzbark Warmiński   | M40 | 25.67 |    |
| 5           | WALENCIAK Michał         | 79-10-06 | Tarnowo Podgórne     | M40 | 26.37 |    |
| 6           | SIEJKA Mariusz           | 77-03-23 | Bobrowiec            | M40 | 26.89 |    |
| Bieg 12/ 24 |                          | 13:17    |                      |     |       |    |
| 1           | GUZOWSKI Krzysztof       | 75-01-15 | Złotniki             | M45 | 23.97 |    |
| 2           | KURCZ Tadeusz            | 74-10-27 | Mielec               | M45 | 25.08 |    |
| 3           | GÓRNY Jacek              | 71-07-03 | Grodzisk Mazowiecki  | M45 | 25.84 |    |
| 4           | PEĆZEK Adam              | 72-01-14 | Pabianice            | M45 | 26.21 |    |
| 5           | LOURAKIS Dimitrios       | 73-07-01 | Ateny                | M45 | 26.48 |    |
| Bieg 13/ 24 |                          | 13:20    |                      |     |       |    |
| 1           | TSIOLIS Konstantinos     | 72-05-17 | Ateny                | M45 | 25.79 |    |
| 2           | PRUSZYŃSKI Andrzej       | 72-06-23 | Bobrowiec            | M45 | 26.08 |    |
| 3           | WOJCIECHOWSKI Przemysław | 72-08-27 | Przeclaw             | M45 | 26.57 |    |
| 4           | SZCZODRZYŃSKI Piotr      | 74-04-13 | Poznań               | M45 | 26.92 |    |
| Bieg 14/ 24 |                          | 13:23    |                      |     |       |    |
| 1           | KARANKEVICH Andrei       | 69-08-21 | Grodno               | M50 | 25.71 |    |
| 2           | CZERWOŃSKI Artur         | 68-05-21 | Łomianki             | M50 | 27.65 |    |
| 3           | GRONKIEWICZ Marek        | 67-07-20 | Milanówek            | M50 | 30.69 |    |
| 4           | JUREK Paweł              | 66-06-05 | Warszawa             | M50 | 31.29 |    |
|             | MUSIAŁ Michał            | 69-07-29 | Bydgoszcz            | M50 | DNS   |    |
| Bieg 15/ 24 |                          | 13:25    |                      |     |       |    |
| 1           | SKRZYŃSKI Piotr          | 67-10-08 | Olsztyn              | M50 | 25.59 |    |
| 2           | ŻELECHOWSKI Bogusław     | 67-01-12 | Horsham RH121XB      | M50 | 25.93 |    |

|             |                            |          |                       |      |         |    |
|-------------|----------------------------|----------|-----------------------|------|---------|----|
| 3           | WIDEŁ Marek                | 68-01-26 | Nowy Sącz             | M50  | 26.79   |    |
| 4           | WIECZOREK Konstanty        | 69-09-17 | Białobrzegi           | M50  | 28.46   |    |
| 5           | ŻAK Waldemar               | 69-04-23 | Głogów                | M50  | 28.56   |    |
| Bieg 16/ 24 |                            | 13:27    |                       |      |         |    |
| 1           | BONTEMPS Francois          | 64-01-10 | Paris                 | M55  | 24.87   |    |
| 2           | MIDUCH Ryszard             | 64-01-19 | Puławy                | M55  | 26.98   |    |
| 3           | OPAJDOWSKI Dariusz         | 62-02-04 | Gromadka              | M55  | 28.94   |    |
| 4           | KORNELUK Mirosław          | 62-05-20 | Piszczac              | M55  | 30.22   |    |
| 5           | WIĘCEK Jacek               | 64-07-16 | Warszawa              | M55  | 31.60   |    |
| Bieg 17/ 24 |                            | 13:30    |                       |      |         |    |
| 1           | KŁOSOWICZ Stanisław        | 57-03-03 | Koszalin              | M60  | 27.57   |    |
| 2           | KUBICZEK Piotr             | 57-01-16 | Kozy                  | M60  | 27.79   |    |
| 3           | ŻEBROWSKI Piotr            | 64-10-08 | Wejherowo             | M55  | 27.89   |    |
|             | GRZYB Marek                | 55-03-27 | Olsztyn               | M60  | DNS     |    |
| Bieg 18/ 24 |                            | 13:34    |                       |      |         |    |
| 1           | ORŁOWSKI Waldemar          | 57-06-19 | Bielsko-Biała         | M60  | 27.35   | YC |
| 2           | ZDUNIAK Krzysztof          | 57-08-12 | Łódź                  | M60  | 28.13   |    |
| 3           | SUT Andrzej                | 57-09-25 | Łódź                  | M60  | 28.27   |    |
| 4           | WERNER Czesław             | 62-12-19 | Malanów               | M55  | 30.83   |    |
| 5           | NOWICKI Przemysław         | 58-03-22 | Poznań                | M60  | 35.03   |    |
|             | ŻURAWSKI Bogumił           | 59-04-14 | Płock                 | M60  | DNF     |    |
| Bieg 19/ 24 |                            | 13:39    |                       |      |         |    |
| 1           | APOSTOŁ Marian             | 52-09-28 | Kraków Tyniec         | M65  | 28.40   |    |
| 2           | KUSCHILL Juliusz           | 50-05-22 | Kraków                | M65  | 30.13   |    |
| 3           | HOFFMANN Zygfryd           | 51-01-26 | Stargard              | M65  | 30.25   |    |
| 4           | DOBRZYŃSKI Marek           | 51-05-12 | Gliwice               | M65  | 30.35   |    |
| 5           | KOSTRA Zbigniew            | 55-01-01 | Wejherowo             | M65  | 31.56   |    |
| 6           | KAMIŃSKI Edward            | 53-08-11 | Dys                   | M65  | 31.80   |    |
| Bieg 20/ 24 |                            | 13:47    |                       |      |         |    |
| 1           | SZYMURA Henryk             | 52-01-26 | Kędzierzyn- Koźle     | M65  | 29.65   |    |
| 2           | SIWEK Ryszard              | 52-05-27 | Lublin                | M65  | 31.65   |    |
|             | KMIECIK Stanisław          | 49-01-30 | Suchy Las             | M70  | DNS     |    |
|             | SUSKI Jan                  | 53-08-27 | Koszalin              | M65  | DNS     |    |
|             | LORENZ Sylwester           | 50-12-11 | Luboń                 | M65  | DNS     |    |
|             | OLSZOWY Andrzej            | 52-12-13 | Sopot                 | M65  | DNS     |    |
| Bieg 21/ 24 |                            | 13:49    |                       |      |         |    |
| 1           | SEIDEL Wojciech            | 50-01-16 | Zakopane              | M70  | 28.79   |    |
| 2           | BOBRZYK Leszek             | 48-02-29 | Świdnik               | M70  | 32.62   |    |
| 3           | BURDZY Mieczysław          | 46-02-01 | Stargard              | M70  | 37.19   |    |
| 4           | RISS Mieczysław            | 46-01-25 | Gliwice               | M70  | 37.42   |    |
|             | REPCZYŃSKI Aleksander      | 47-08-24 | Swarzędz              | M70  | DNS     |    |
|             | GRYGOROWICZ Bogdan         | 49-02-08 | Lubin                 | M70  | DNS     |    |
| Bieg 22/ 24 |                            | 13:53    |                       |      |         |    |
| 1           | FEFELAU Uladzimir          | 42-01-19 | Viciebsk              | M75  | 33.45   |    |
| 2           | NOWAK Eugeniusz            | 44-09-03 | Toruń                 | M75  | 34.54   |    |
| 3           | BROC Jerzy                 | 42-12-27 | Suwałki               | M75  | 38.83   |    |
| 4           | GŁOWACKI Włodzimierz       | 38-05-05 | Koszalin              | M80  | 40.81   |    |
| 5           | NOWACKI Czesław            | 43-01-26 | Toruń                 | M75  | 50.24   |    |
| 6           | SŁAWIŃSKI Ryszard          | 43-09-15 | Konin                 | M75  | 52.39   |    |
| Bieg 23/ 24 |                            | 13:56    |                       |      |         |    |
| 1           | GRZELAK Jan                | 38-10-23 | Łódź                  | M80  | 44.60   |    |
| 2           | OSÓBKA Tomasz              | 37-08-21 | Toruń                 | M80  | 46.48   |    |
| 3           | BUŁCZYŃSKI Kazimierz       | 30-04-24 | Koszalin              | M85  | 47.24   |    |
| 4           | PAWLACZYK Marian           | 34-08-15 | Wrocław               | M85  | 48.64   |    |
| Bieg 24/ 24 |                            | 12:40    |                       |      |         |    |
| 1           | KIELING Anna               | 62-04-07 | Barwice               | K55  | 35.41   |    |
| 2           | JANICKA Lidia              | 63-03-04 | Nowe Miasto nad Wartą | K55  | 38.38   |    |
| 3           | ŁABUZ Ewa                  | 55-05-27 | Wrocław               | K60  | 40.00   |    |
| 4           | KASIEŃSKA Ewa              | 48-11-25 | Poznań                | K70  | 52.50   |    |
| 400 metrów  |                            |          |                       |      |         |    |
| Bieg 1/ 17  |                            | 14:33    |                       |      |         |    |
| 1           | LEMIESZ Aneta              | 81-01-17 | Warszawa              | K35  | 54.86   |    |
| 2           | BEKUS Joanna               | 97-06-11 | OŚ AZS Poznań         | K_PK | 56.30   | PK |
| 3           | GALANT Martyna             | 95-01-26 | OŚ AZS Poznań         | K_PK | 57.35   | PK |
| 4           | GAŚOWSKA Małgorzata        | 78-03-18 | Legnica               | K40  | 1:01.87 |    |
| 5           | ŚWITAJ Aneta               | 83-02-25 | Częstochowa           | K35  | 1:10.01 |    |
| 6           | PAWŁOWSKA Dorota           | 80-03-13 | Kurzętnik             | K35  | 1:11.06 |    |
| Bieg 2/ 17  |                            | 14:37    |                       |      |         |    |
| 1           | GRABOWSKA Joanna           | 75-04-15 | Toruń                 | K40  | 1:08.46 |    |
| 2           | SUCHARSKA-CZAPSKA Izabella | 74-03-06 | Warszawa              | K45  | 1:10.14 |    |
| 3           | BRULIŃSKA Monika           | 76-08-02 | Płock                 | K40  | 1:12.76 |    |
| 4           | JARLIŃSKA Bożena           | 70-11-24 | Iława                 | K45  | 1:20.25 |    |
| Bieg 3/ 17  |                            | 14:39    |                       |      |         |    |
| 1           | JABŁKOWSKA Monika          | 69-12-02 | Warszawa              | K50  | 1:13.98 |    |
| 2           | WIĘCIORKOWSKA Zofia        | 63-01-21 | Stratford USA         | K55  | 1:15.15 |    |
| 3           | MUSALNIKOVA Alena          | 68-06-08 | Slonim                | K50  | 1:15.48 |    |
| 4           | STALMACH-CHYLIŃSKA Jolanta | 60-08-03 | Warszawa              | K55  | 1:37.55 |    |
| 5           | SULEJA Joanna              | 60-05-02 | Stargard              | K55  | 1:45.11 |    |
| Bieg 4/ 17  |                            | 14:43    |                       |      |         |    |
| 1           | PODSIADŁO Aleksandra       | 53-11-01 | Rogierówko            | K65  | 1:37.06 |    |
| 2           | ŁABUZ Ewa                  | 55-05-27 | Wrocław               | K60  | 1:37.21 |    |

|             |                       |          |                      |     |         |    |
|-------------|-----------------------|----------|----------------------|-----|---------|----|
| 3           | WŁODARCZYK Alicja     | 52-05-11 | Jaworzno             | K65 | 1:50.91 |    |
| 4           | KASIEWSKA Ewa         | 48-11-25 | Poznań               | K70 | 2:08.17 |    |
| 5           | KATSUBA Palina        | 34-10-14 | Minsk                | K85 | 2:53.11 |    |
| Bieg 5/ 17  |                       | 14:49    |                      |     |         |    |
| 1           | DUDEK Bartosz         | 92-02-05 | Białystok            | PK  | 49.72   | PK |
| 2           | KLOS Roger            | 93-10-28 | Żernica              | PK  | 50.81   | PK |
| 3           | BEDNARZ Patryk        | 94-02-06 | Kraków               | PK  | 52.99   | PK |
| 4           | BARTOSZEK Marcin      | 92-09-21 | Grodzisko            | PK  | 55.43   | PK |
| 5           | BEDNARCZYK Sebastian  | 89-09-21 | Kraków               | PK  | 56.60   | PK |
| 6           | KOCZKODAJ Wojciech    | 98-08-29 | Bęczków              | PK  | 58.08   | PK |
| Bieg 6/ 17  |                       | 14:53    |                      |     |         |    |
| 1           | SZYSZKOWSKI Damian    | 96-10-23 | Szczecin             | PK  | 53.33   | PK |
| 2           | DANHOFER Krzysztof    | 81-01-25 | Wola Zachariaszowska | M35 | 58.10   |    |
| 3           | ROMANOWICZ Janusz     | 95-03-19 | Zduńska Wola         | PK  | 59.41   | PK |
| 4           | SALWA Sebastian       | 98-02-22 | Szczecin             | PK  | 1:01.32 | PK |
| 5           | JASZCZUR Michał       | 81-09-26 | Płońsk               | M35 | 1:03.98 |    |
| Bieg 7/ 17  |                       | 14:56    |                      |     |         |    |
| 1           | KUCHARSKI Piotr       | 82-06-12 | Rawa Mazowiecka      | M35 | 52.43   |    |
| 2           | KUPIEC Tomasz         | 82-05-31 | Dobczyce             | M35 | 54.05   |    |
| 3           | JAŚKIEWICZ Łukasz     | 84-12-29 | Giżycko              | M35 | 54.14   |    |
| 4           | JENDRYCH Marek        | 84-01-06 | Warszawa             | M35 | 55.36   |    |
| 5           | MUSIATOWICZ Wojciech  | 80-09-14 | Sulejów              | M35 | 59.39   |    |
| 6           | LIPIEC Grzegorz       | 83-03-12 | Tarnobrzeg           | M35 | 1:08.59 |    |
| Bieg 8/ 17  |                       | 15:00    |                      |     |         |    |
| 1           | SKRZYPCZAK Kamil      | 91-12-31 | Łódź                 | PK  | 51.78   | PK |
| 2           | ZIMNY Emanuel         | 81-01-28 | Sochaczew            | M35 | 54.25   |    |
| 3           | PIECHNIK Mateusz      | 84-03-28 | Warszawa             | M35 | 55.69   |    |
|             | PORZUCZEK Bartosz     | 81-12-29 | Brzezica             | M35 | DNS     |    |
|             | PAWSKI Wawrzyniec     | 84-01-31 | Warszawa             | M35 | DNS     |    |
| Bieg 9/ 17  |                       | 15:05    |                      |     |         |    |
| 1           | ADAMCZYK Jakub        | 79-09-26 | Warszawa             | M40 | 52.12   |    |
| 2           | GRZYBOWSKI Przemysław | 78-03-05 | Ksawerów             | M40 | 55.47   |    |
| 3           | WRÓBLEWSKI Michał     | 79-08-06 | Warszawa             | M40 | 59.18   |    |
| 4           | WITKOWSKI Paweł       | 79-07-16 | Łajski               | M40 | 1:00.52 |    |
| 5           | PAWŁOWSKI Mariusz     | 76-01-25 | Marzęcice            | M40 | 1:06.76 |    |
| 6           | SALWAROWSKI Łukasz    | 79-12-07 | Warszawa             | M40 | 1:15.97 |    |
| Bieg 10/ 17 |                       | 15:11    |                      |     |         |    |
| 1           | GUZOWSKI Krzysztof    | 75-01-15 | Złotniki             | M45 | 54.46   |    |
| 2           | PEĆZEK Adam           | 72-01-14 | Pabianice            | M45 | 1:00.14 |    |
| 3           | STĘPNIAK Radosław     | 71-12-04 | Legnica              | M45 | 1:00.77 |    |
| 4           | TERESZCZUK Karol      | 72-02-22 | Piła                 | M45 | 1:01.78 |    |
| 5           | CHUDZIK Mariusz       | 73-02-25 | Poznań               | M45 | 1:06.46 |    |
| 6           | KUC Wojciech          | 72-04-17 | Białystok            | M45 | 1:10.08 |    |
| Bieg 11/ 17 |                       | 15:25    |                      |     |         |    |
| 1           | KARANKEVICH Andrei    | 69-08-21 | Grodno               | M50 | 57.84   |    |
| 2           | KONTONIS Dionisios    | 69-02-06 | Ateny                | M50 | 58.53   |    |
| 3           | LOURAKIS Dimitrios    | 73-07-01 | Ateny                | M45 | 59.90   |    |
| 4           | TSIOLIS Konstantinos  | 72-05-17 | Ateny                | M45 | 1:00.29 |    |
| 5           | CZERWOŃSKI Artur      | 68-05-21 | Łomianki             | M50 | 1:00.90 |    |
| 6           | HERNIK Krzysztof      | 66-08-28 | Poznań               | M50 | 1:02.42 |    |
| Bieg 12/ 17 |                       | 15:31    |                      |     |         |    |
| 1           | MIDUCH Ryszard        | 64-01-19 | Puławy               | M55 | 1:00.71 |    |
| 2           | FRAŚ Andrzej          | 62-07-05 | Środa Wlkp.          | M55 | 1:01.88 |    |
| 3           | PŁOSKOŃSKI Piotr      | 65-03-20 | Strzałków            | M50 | 1:11.66 |    |
| 4           | SYSKA Ryszard         | 60-05-26 | Skarżysko-Kamienna   | M55 | 1:15.31 |    |
|             | OPAJDOWSKI Dariusz    | 62-02-04 | Gromadka             | M55 | DNS     |    |
|             | ZBOIŃSKI Wojciech     | 67-11-10 | Koszalin             | M50 | DNF     |    |
| Bieg 13/ 17 |                       | 15:37    |                      |     |         |    |
| 1           | FORBES Paul           | 56-11-20 | Edinburgh            | M60 | 1:00.96 |    |
| 2           | ŻEBROWSKI Piotr       | 64-10-08 | Wejherowo            | M55 | 1:03.40 |    |
| 3           | WERNER Czesław        | 62-12-19 | Malanów              | M55 | 1:12.19 |    |
| 4           | KOSZYK Fred           | 59-09-14 | Bytom                | M60 | 1:14.22 |    |
|             | ZAWADZKI Kazimierz    | 64-06-09 | Blotnia              | M55 | DNS     |    |
| Bieg 14/ 17 |                       | 15:40    |                      |     |         |    |
| 1           | ŻURAWSKI Bogumił      | 59-04-14 | Płock                | M60 | 1:05.77 |    |
| 2           | ZDUNIAK Krzysztof     | 57-08-12 | Łódź                 | M60 | 1:07.25 |    |
| 3           | NAGÓREK Krzysztof     | 57-11-01 | Stupsk               | M60 | 1:09.75 |    |
| 4           | SIWEK Ryszard         | 52-05-27 | Lublin               | M65 | 1:14.84 |    |
|             | SYCHOWSKI Tadeusz     | 55-07-03 | Reda                 | M60 | DNS     |    |
| Bieg 15/ 17 |                       | 15:45    |                      |     |         |    |
| 1           | APOSTOŁ Marian        | 52-09-28 | Kraków Tyniec        | M65 | 1:06.81 |    |
| 2           | MACIOŁ Andrzej        | 54-12-22 | Kraków               | M65 | 1:08.75 |    |
| 3           | HOFFMANN Zygfryd      | 51-01-26 | Stargard             | M65 | 1:11.41 |    |
| 4           | PILCH Marek           | 54-09-04 | Kraków               | M65 | 1:22.00 |    |
|             | KOSTRA Zbigniew       | 55-01-01 | Wejherowo            | M65 | DNS     |    |
|             | KAMIŃSKI Edward       | 53-08-11 | Dys                  | M65 | DNF     |    |
| Bieg 16/ 17 |                       | 15:50    |                      |     |         |    |
| 1           | LEŚNIAK Marian        | 47-11-10 | Kraków               | M70 | 1:14.39 |    |
| 2           | POPŁAWSKI Janusz      | 48-08-30 | Radom                | M70 | 1:17.49 |    |
| 3           | SKĄPSKI Ryszard       | 46-03-04 | Stargard             | M70 | 1:47.31 |    |
| 4           | PAWLACZYK Marian      | 34-08-15 | Wrocław              | M85 | 1:57.03 |    |

|             |                            |          |                   |     |          |    |
|-------------|----------------------------|----------|-------------------|-----|----------|----|
| 5           | ANGIEL Władysław           | 37-02-18 | Bydgoszcz         | M80 | 2:01.50  |    |
| Bieg 17/ 17 |                            | 15:53    |                   |     |          |    |
| 1           | FEFELAU Uladzimir          | 42-01-19 | Viciebsk          | M75 | 1:19.17  |    |
| 2           | SZYMAŃSKI Jerzy            | 44-03-08 | Kurzętnik         | M75 | 1:49.13  |    |
| 3           | NOWACKI Czesław            | 43-01-26 | Toruń             | M75 | 2:15.04  |    |
| 4           | CZACHAROWSKI Bogdan        | 41-02-06 | Grójec            | M75 | 2:53.81  |    |
|             | SOWIŃSKI Edmund            | 42-02-25 | Płock             | M75 | DNS      |    |
| 1500 metrów |                            |          |                   |     |          |    |
| Bieg 1/ 5   |                            | 11:21    |                   |     |          |    |
| 1           | JENDRYCH Marek             | 84-01-06 | Warszawa          | M35 | 4:14.59  |    |
| 2           | NAGÓREK Marcin             | 80-10-05 | Ślupsk            | M35 | 4:15.83  |    |
| 3           | NOWAK Marcin               | 82-10-28 | Stalowa Wola      | M35 | 4:22.52  |    |
| 4           | KUJAWSKI Grzegorz          | 78-03-19 | Puck              | M40 | 4:23.37  |    |
| 5           | MRÓWKA Michał              | 84-10-19 | Gdańsk            | M35 | 4:29.03  |    |
| 6           | SOBCZAK Sebastian          | 75-06-11 | Kraków            | M40 | 4:29.94  |    |
| 7           | KASZUBIAK Klaudiusz        | 79-09-04 | Koszalin          | M40 | 4:34.12  |    |
| 8           | PAWŁOWSKI Mariusz          | 76-01-25 | Marzęcice         | M40 | 4:38.55  |    |
| 9           | KOŁAKOWSKI Rafał           | 77-08-12 | Działdowo         | M40 | 4:38.84  |    |
| 10          | TERLECKI Krzysztof         | 80-11-04 | Jarocin           | M35 | 4:38.88  |    |
| 11          | STARSZAK Marcin            | 82-12-17 | Osiek nad Notecią | M35 | 4:39.36  |    |
| 12          | KULCZYCKI Rafał            | 76-11-23 | Lubin             | M40 | 4:45.44  |    |
| 13          | WRÓBLEWSKI Michał          | 79-08-06 | Warszawa          | M40 | 4:51.06  |    |
| 14          | ŻMUDA Tomasz               | 76-09-09 | Drzonowo          | M40 | 4:54.52  |    |
| 15          | LIPIEC Grzegorz            | 83-03-12 | Tarnobrzeg        | M35 | 5:31.66  |    |
|             | PORZUCZEK Bartosz          | 81-12-29 | Brzeznica         | M35 | DNS      |    |
|             | KOŹDOŃ Jarosław            | 84-08-13 | Żory              | M35 | DNS      |    |
|             | KŁOS Grzegorz              | 84-02-16 | Olsztyn           | M35 | DNS      |    |
| Bieg 2/ 5   |                            | 11:30    |                   |     |          |    |
| 1           | DZIUBA Bogdan              | 74-03-30 | Jastkowice        | M45 | 4:34.28  |    |
| 2           | KOZAK Arkadiusz            | 72-01-12 | Bonin             | M45 | 4:37.45  |    |
| 3           | ZAWADZKI Tomasz            | 69-06-30 | Marki             | M50 | 4:51.01  |    |
| 4           | ROMANOWICZ Janusz          | 95-03-19 | Zduńska Wola      | PK  | 4:55.46  | PK |
| 5           | JASTRZĘBSKI Krzysztof      | 72-05-16 | Toruń             | M45 | 4:55.76  |    |
| 6           | WYROBIEC Grzegorz          | 72-06-10 | Jaworzno          | M45 | 4:59.60  |    |
| 7           | PICK Tomasz                | 70-09-09 | Koszalin          | M45 | 4:59.90  |    |
| 8           | PATALON Adam               | 68-09-06 | Marzęcice         | M50 | 5:00.12  |    |
| 9           | DZIAŁOSZYŃSKI Grzegorz     | 74-06-28 | Sadki             | M45 | 5:16.65  |    |
| 10          | LUDWIŃSKI Daniel           | 87-07-15 | Toruń             | PK  | 5:59.60  | PK |
| 11          | NURKIEWICZ Jarosław        | 71-08-20 | Bydgoszcz         | M45 | 6:18.23  |    |
|             | NOWAKOWSKI Jacek           | 66-12-04 | Warszawa          | M50 | DNS      |    |
|             | ZIENKIEWICZ Piotr          | 74-06-19 | Młynary           | M45 | DNS      |    |
| Bieg 3/ 5   |                            | 11:40    |                   |     |          |    |
| 1           | KASPRZAK Ireneusz          | 62-03-31 | Wrocław           | M55 | 4:42.27  |    |
| 2           | ŁAŃCUCKI Stanisław         | 58-03-01 | Stalowa Wola      | M60 | 4:56.97  |    |
| 3           | CHUDZILOUSKI Siarhei       | 65-06-22 | Ashmyany          | M50 | 5:07.51  |    |
| 4           | MAJ Tadeusz                | 63-01-12 | Kraków            | M55 | 5:14.48  |    |
| 5           | HALAMBOUSKI Uladzimir      | 71-03-18 | Minsk             | M45 | 5:15.14  |    |
| 6           | BRANDENBURG Józef          | 55-04-02 | Dopiewo           | M60 | 5:15.78  |    |
| 7           | NAGÓREK Krzysztof          | 57-11-01 | Ślupsk            | M60 | 5:22.71  |    |
| 8           | ŻEBROWSKI Piotr            | 64-10-08 | Wejherowo         | M55 | 5:25.37  |    |
| 9           | KOSZYK Fred                | 59-09-14 | Bytom             | M60 | 5:57.62  |    |
| 10          | ŁABUZ Marek                | 56-09-26 | Wrocław           | M60 | 6:09.23  |    |
| 11          | GRZYWACZ Stanisław         | 60-12-28 | Małe Swornegacie  | M55 | 6:13.36  |    |
|             | GAJDA Robert               | 63-11-30 | Pułtusk           | M55 | DNS      |    |
|             | KRUPIŃSKI Krzysztof        | 64-01-10 | Koszalin          | M55 | DNS      |    |
|             | SYCHOWSKI Tadeusz          | 55-07-03 | Reda              | M60 | DNS      |    |
|             | FORBES Paul                | 56-11-20 | Edinburgh         | M60 | DNS      |    |
|             | CZAŚTKA Jan                | 58-06-19 | Ujkowice          | M60 | DNS      |    |
|             | KRUPITSA Yury              | 63-07-18 | Grodno            | M55 | DNF      |    |
|             | BIEDRZYCKI Andrzej         | 57-04-17 | Grzybowo          | M60 | DNF      |    |
| Bieg 4/ 5   |                            | 11:50    |                   |     |          |    |
| 1           | MACIOŁ Andrzej             | 54-12-22 | Kraków            | M65 | 5:17.09  |    |
| 2           | BOROWSKI Krzysztof         | 54-04-09 | Blachownia        | M65 | 5:19.86  |    |
| 3           | ROŚŁOWICZ Jerzy            | 52-12-10 | Lublin            | M65 | 5:32.64  |    |
| 4           | LEŚNIAK Marian             | 47-11-10 | Kraków            | M70 | 6:12.30  |    |
| 5           | SZYMAŃSKI Adam             | 49-04-27 | Stalowa Wola      | M70 | 6:14.42  |    |
| 6           | PILCH Marek                | 54-09-04 | Kraków            | M65 | 6:22.48  |    |
| 7           | REPCZYŃSKI Aleksander      | 47-08-24 | Swarzędz          | M70 | 6:32.42  |    |
| 8           | WYGANOWSKI Andrzej         | 45-04-03 | Kołobrzeg         | M70 | 6:52.55  |    |
| 9           | SZYMAŃSKI Jerzy            | 44-03-08 | Kurzętnik         | M75 | 8:34.19  |    |
| 10          | ANGIEL Władysław           | 37-02-18 | Bydgoszcz         | M80 | 9:11.56  |    |
| 11          | CZACHAROWSKI Bogdan        | 41-02-06 | Grójec            | M75 | 11:05.99 |    |
|             | SOWIŃSKI Edmund            | 42-02-25 | Płock             | M75 | DNS      |    |
|             | GŁOWACKI Włodzimierz       | 38-05-05 | Koszalin          | M80 | DNF      |    |
|             | WERECKI Zygmunt            | 50-07-17 | Zduńska Wola      | M65 | DNS      |    |
|             | DZIEKOŃSKI Tadeusz         | 50-08-29 | Białystok         | M65 | DNS      |    |
|             | LIBAN Zygfryd              | 43-12-04 | Biegający Tczew   | M75 | DNS      |    |
|             | MYDLARZ Jerzy              | 54-08-12 | Białystok         | M65 | DNS      |    |
| Bieg 5/ 5   |                            | 12:06    |                   |     |          |    |
| 1           | ŻAKOWIECKA-HENNION Barbara | 82-06-23 | Katowice          | K35 | 5:08.94  |    |
| 2           | HAŁACZKIEWICZ Sylwia       | 82-11-22 | Bełchatów         | K35 | 5:09.63  |    |

|             |                           |          |                   |     |          |    |
|-------------|---------------------------|----------|-------------------|-----|----------|----|
| 3           | SWITAJ Aneta              | 83-02-25 | Częstochowa       | K35 | 5:12.94  |    |
| 4           | PAWŁOWSKA Dorota          | 80-03-13 | Kurzętnik         | K35 | 5:14.35  |    |
| 5           | PETKA Lucyna              | 76-04-15 | Starogard Gdański | K40 | 5:21.55  |    |
| 6           | REZKAYA Volha             | 83-12-11 | Mazyr             | K35 | 5:29.78  |    |
| 7           | NOWAK Monika              | 81-11-02 | Częstochowa       | K35 | 5:30.72  |    |
| 8           | KOWALSKA Magdalena        | 78-06-10 | Toruń             | K40 | 5:42.44  |    |
| 9           | WIĘCIORKOWSKA Zofia       | 63-01-21 | Stratford USA     | K55 | 5:50.32  |    |
| 10          | STĘPIEŃ-WYROBIEC Olga     | 74-02-17 | Jaworzno          | K45 | 5:55.16  |    |
| 11          | ADAMOVICH Iryna           | 73-06-10 | Mińsk             | K45 | 5:57.29  |    |
| 12          | MIELECKA Agnieszka        | 69-04-08 | Gąsowa            | K50 | 6:17.47  |    |
| 13          | DZIALENDZIAK Tatsiana     | 65-02-14 | Minsk             | K55 | 7:13.92  |    |
| 14          | GRZYWACZ Dorota           | 74-08-03 | Chojnice          | K45 | 7:20.33  |    |
| 15          | STALMACH-CHYLŃSKA Jolanta | 60-08-03 | Warszawa          | K55 | 7:30.15  |    |
| 16          | SULEJA Joanna             | 60-05-02 | Stargard          | K55 | 7:30.27  |    |
| 17          | ŚWITAŁA-MAŚLANKIEWICZ     | 79-01-22 | Warszawa          | K40 | 7:58.87  |    |
| 18          | WORONKO-ZACZYŃSKA Janina  | 46-10-19 | Lubin             | K70 | 10:53.65 |    |
|             | KOWALEWSKA Iwona          | 85-01-30 | Goldap            | K35 | DNS      |    |
|             | HAŁA Marta                | 80-05-17 | Tarnowo Podgórne  | K35 | DNS      |    |
| 3000 metrów |                           |          |                   |     |          |    |
| Bieg 1/ 6   |                           | 16:02    |                   |     |          |    |
| 1           | MAKOŚ Kamil               | 81-07-12 | Bolesławiec       | M35 | 8:59.25  |    |
| 2           | KOŹDOŃ Jarosław           | 84-08-13 | Żory              | M35 | 9:04.28  |    |
| 3           | TARASIUK Paweł            | 84-04-30 | Poznań            | M35 | 9:17.98  |    |
| 4           | DEMBOWSKI Mariusz         | 83-07-14 | Lidzbark          | M35 | 9:30.13  |    |
| 5           | DUKAŁA Piotr              | 84-02-24 | Warszawa          | M35 | 9:32.76  |    |
| 6           | GODLEWSKI Łukasz          | 82-05-10 | Malbork           | M35 | 9:43.21  |    |
| 7           | NOWAK Marcin              | 82-10-28 | Stalowa Wola      | M35 | 9:45.44  |    |
| 8           | LICHOTA Wojciech          | 84-06-28 | Skoczów           | M35 | 9:48.61  |    |
| 9           | MRÓWKA Michał             | 84-10-19 | Gdańsk            | M35 | 9:53.16  |    |
| 10          | STARSZAK Marcin           | 82-12-17 | Osiek nad Notecią | M35 | 9:54.23  |    |
| 11          | BRZOZOWSKI Szymon         | 81-11-17 | Włocławek         | M35 | 9:57.06  |    |
| 12          | ZDROWOWICZ Adam           | 81-12-16 | Bolesławiec       | M35 | 9:57.31  |    |
| 13          | DYMEK Sebastian           | 82-06-03 | Płock             | M35 | 10:03.74 |    |
| 14          | LASKOWSKI Jarosław        | 82-02-14 | Małe Bałówki      | M35 | 10:34.52 |    |
| 15          | JACKOWICZ Paweł           | 81-06-16 | Mińsk Mazowiecki  | M35 | 10:36.87 |    |
| 16          | BRALSKI Andrzej           | 80-08-14 | Okonek            | M35 | 11:00.63 |    |
| 17          | CUBER Wojciech            | 82-05-12 | Złotów            | M35 | 11:22.91 |    |
|             | JAGUSIAK Maciej           | 81-12-15 | Łódź              | M35 | DNS      |    |
|             | JĘDRYCH Marek             | 84-01-06 | Warszawa          | M35 | DNF      |    |
| Bieg 2/ 6   |                           | 16:19    |                   |     |          |    |
| 1           | OLSZYŃSKI Marek           | 96-05-28 | Białystok         | PK  | 9:12.47  | PK |
| 2           | KUJAWSKI Grzegorz         | 78-03-19 | Puck              | M40 | 9:17.64  |    |
| 3           | GRYGO Paweł               | 76-08-26 | Łomża             | M40 | 9:43.16  |    |
| 4           | SOBCZAK Sebastian         | 75-06-11 | Kraków            | M40 | 9:46.57  |    |
| 5           | WITKOWSKI Paweł           | 79-07-16 | Łajski            | M40 | 9:53.91  |    |
| 6           | SOBCZYK Tomasz            | 77-07-05 | Wrocław           | M40 | 9:55.93  |    |
| 7           | GLUGLA Mariusz            | 78-09-30 | Świecie           | M40 | 10:09.13 |    |
| 8           | KOWALCZYK Marcin          | 79-04-07 | Łódź              | M40 | 10:17.24 |    |
| 9           | TREBSKI Krzysztof         | 75-09-13 | Okonek            | M40 | 10:51.00 |    |
| 10          | ŻMUDA Tomasz              | 76-09-09 | Drzonowo          | M40 | 10:53.11 |    |
| 11          | WOCHNA Waldemar           | 76-05-26 | Łódź              | M40 | 11:15.62 |    |
| 12          | WRÓBLEWSKI Michał         | 79-08-06 | Warszawa          | M40 | 11:35.60 |    |
| 13          | LUDWIŃSKI Daniel          | 87-07-15 | Toruń             | PK  | 13:39.60 | PK |
|             | LACHOWSKI Przemysław      | 77-06-18 | Bolesławiec       | M40 | DNS      |    |
|             | KASZUBIAK Klaudiusz       | 79-09-04 | Koszalin          | M40 | DNS      |    |
|             | SKIBIŃSKI Dawid           | 77-07-02 | Starogard Gdański | M40 | DNS      |    |
| Bieg 3/ 6   |                           | 16:36    |                   |     |          |    |
| 1           | DZIUBA Bogdan             | 74-03-30 | Jastkowice        | M45 | 8:59.79  |    |
| 2           | KARALIOU Kiryl            | 70-09-25 | Minsk             | M45 | 9:31.05  |    |
| 3           | KOZAK Arkadiusz           | 72-01-12 | Bonin             | M45 | 9:49.67  |    |
| 4           | ZALEWSKI Robert           | 69-05-07 | Zgorzelec         | M50 | 9:57.50  |    |
| 5           | ZIENKIEWICZ Piotr         | 74-06-19 | Młynary           | M45 | 9:57.80  |    |
| 6           | KRUPIŃSKI Bogumił         | 73-02-16 | Olsztyn           | M45 | 9:59.36  |    |
| 7           | RETECKI Krzysztof         | 74-05-17 | Ostromecko        | M45 | 10:09.98 |    |
| 8           | RYBARCZYK Jan             | 67-06-11 | Darłowo           | M50 | 10:32.44 |    |
| 9           | ZDONEK Jarosław           | 74-01-09 | Bałtów            | M45 | 10:32.82 |    |
| 10          | PICK Tomasz               | 70-09-09 | Koszalin          | M45 | 10:45.15 |    |
| 11          | PATALON Adam              | 68-09-06 | Marzęcice         | M50 | 10:46.28 |    |
| 12          | WYROBIEC Grzegorz         | 72-06-10 | Jaworzno          | M45 | 11:18.19 |    |
| 13          | PROJS Tomasz              | 65-04-19 | Łubianka          | M50 | 11:51.82 |    |
| 14          | KOZICZ Leszek             | 68-04-13 | Tarnowo Podgórne  | M50 | 12:17.49 |    |
| 15          | PŁOSKOŃSKI Piotr          | 65-03-20 | Strzałków         | M50 | 12:20.59 |    |
| 16          | KLISHEUSKI Anatoli        | 68-05-19 | Saligorsk         | M50 | 12:56.33 |    |
| 17          | NURKIEWICZ Jarosław       | 71-08-20 | Bydgoszcz         | M45 | 13:49.54 |    |
|             | NOWAKOWSKI Jacek          | 66-12-04 | Warszawa          | M50 | DNS      |    |
|             | STEC Stanisław            | 65-05-24 | Lublin            | M50 | DNS      |    |
| Bieg 4/ 6   |                           | 16:55    |                   |     |          |    |
| 1           | KASPRZAK Ireneusz         | 62-03-31 | Wrocław           | M55 | 10:00.54 |    |
| 2           | BARTKOWSKI Zbigniew       | 64-04-20 | Działdowo         | M55 | 10:05.04 |    |
| 3           | ŁAŃCUCKI Stanisław        | 58-03-01 | Stalowa Wola      | M60 | 10:33.88 |    |
| 4           | MAJ Tadeusz               | 63-01-12 | Kraków            | M55 | 11:08.72 |    |

|              |                             |          |                     |     |          |
|--------------|-----------------------------|----------|---------------------|-----|----------|
| 5            | DRYPS Ryszard               | 57-02-26 | Nowa Sarzyna        | M60 | 11:25.30 |
| 6            | NAGÓREK Krzysztof           | 57-11-01 | Słupsk              | M60 | 11:33.01 |
| 7            | RÓŻYCKI Ryszard             | 59-01-24 | Tczew               | M60 | 11:45.76 |
| 8            | ZAWADZKI Kazimierz          | 64-06-09 | Blotnia             | M55 | 12:02.70 |
| 9            | GÓRALSKI Krzysztof          | 64-08-14 | Toruń               | M55 | 12:05.22 |
| 10           | GRZYWACZ Stanisław          | 60-12-28 | Małe Swornegacie    | M55 | 13:18.19 |
| 11           | KURPIEWSKI Janusz           | 55-10-19 | Kutno               | M60 | 14:30.05 |
| 12           | ŁABUZ Marek                 | 56-09-26 | Wrocław             | M60 | 15:02.26 |
|              | BIEDRZYCKI Andrzej          | 57-04-17 | Grzybowo            | M60 | DNS      |
|              | SYCHOWSKI Tadeusz           | 55-07-03 | Reda                | M60 | DNS      |
|              | KRUPIŃSKI Krzysztof         | 64-01-10 | Koszalin            | M55 | DNS      |
| Bieg 5/ 6    |                             | 17:15    |                     |     |          |
| 1            | MACIOŁ Andrzej              | 54-12-22 | Kraków              | M65 | 11:09.89 |
| 2            | BOROWSKI Krzysztof          | 54-04-09 | Blachownia          | M65 | 11:10.12 |
| 3            | ROŚŁOWICZ Jerzy             | 52-12-10 | Lublin              | M65 | 11:54.65 |
| 4            | DZIEKOŃSKI Tadeusz          | 50-08-29 | Białystok           | M65 | 12:17.87 |
| 5            | SZYMAŃSKI Adam              | 49-04-27 | Stalowa Wola        | M70 | 12:38.13 |
| 6            | PILCH Marek                 | 54-09-04 | Kraków              | M65 | 13:36.15 |
| 7            | LEŚNIAK Marian              | 47-11-10 | Kraków              | M70 | 13:48.48 |
| 8            | DREN Anatoli                | 51-01-12 | Soligorsk           | M65 | 14:06.55 |
| 9            | WYGANOWSKI Andrzej          | 45-04-03 | Kołobrzeg           | M70 | 14:09.99 |
| 10           | SZYMAŃSKI Jerzy             | 44-03-08 | Kurzętnik           | M75 | 18:18.50 |
|              | ATTERBURY Lyn               | 47-01-26 | Piła                | M70 | DNS      |
|              | LIBAN Zygfryd               | 43-12-04 | Biegający Tczew     | M75 | DNS      |
|              | SOWIŃSKI Edmund             | 42-02-25 | Płock               | M75 | DNS      |
| Bieg 6/ 6    |                             | 17:36    |                     |     |          |
| 1            | FICNER Anna                 | 85-02-09 | Złotoryja           | K35 | 10:40.75 |
| 2            | ARSENIUK Anna               | 81-07-05 | Górk                | K35 | 10:55.30 |
| 3            | HAŁACZKIEWICZ Sylwia        | 82-11-22 | Bełchatów           | K35 | 10:56.10 |
| 4            | ŻAKOWIECKA-HENNION Barbara  | 82-06-23 | Katowice            | K35 | 10:56.39 |
| 5            | PETKA Lucyna                | 76-04-15 | Starogard Gdański   | K40 | 11:34.89 |
| 6            | ŁAWNICZAK Justyna           | 82-12-01 | Zakrzewo            | K35 | 11:55.16 |
| 7            | KOWALSKA Agnieszka          | 80-07-20 | Działdowo           | K35 | 11:55.60 |
| 8            | NOWAK Monika                | 81-11-02 | Częstochowa         | K35 | 12:06.97 |
| 9            | REZKAYA Volha               | 83-12-11 | Mazyr               | K35 | 12:15.62 |
| 10           | STĘPIEŃ-WYROBIEC Olga       | 74-02-17 | Jaworzno            | K45 | 12:33.39 |
| 11           | GÓRA Agnieszka              | 77-06-16 | Okonek              | K40 | 12:34.35 |
| 12           | ADAMOVICH Iryna             | 73-06-10 | Mińsk               | K45 | 12:38.02 |
| 13           | PIECZULIS Krystyna          | 62-11-12 | Olsztyn             | K55 | 12:57.72 |
| 14           | GRZYWACZ Dorota             | 74-08-03 | Chojnice            | K45 | 13:44.71 |
| 15           | SPRĘGA Aurelia              | 76-05-25 | Starogard Gdański   | K40 | 14:03.54 |
| 16           | JARLIŃSKA Bożena            | 70-11-24 | Ilawa               | K45 | 14:04.74 |
| 17           | SADKOWSKA Krystyna          | 58-07-29 | Starogard Gdański   | K60 | 15:29.60 |
| 18           | SULEJA Joanna               | 60-05-02 | Stargard            | K55 | 16:21.93 |
|              | ŚWITAJ Aneta                | 83-02-25 | Częstochowa         | K35 | DNS      |
|              | WORONKO-ZACZYŃSKA Janina    | 46-10-19 | Lubin               | K70 | DNS      |
|              | MIELECKA Agnieszka          | 69-04-08 | Gąsawa              | K50 | DNF      |
| 60 metrów pł |                             |          |                     |     |          |
| Bieg 1/ 5    |                             | 09:36    |                     |     |          |
| 1            | SZYKULSKA Renata            | 74-08-17 | Polkowice           | K45 | 9.71     |
| 2            | KRYSZTOSIAK Katarzyna       | 73-09-08 | Warszawa            | PK  | 10.34    |
| 3            | KIELING Anna                | 62-04-07 | Barwice             | K55 | 13.33    |
| 4            | WIDALSKA-KIEŁBASIŃSKA Marta | 76-03-18 | Grodzisk Mazowiecki | K40 | 15.86    |
| 5            | WŁODARCZYK Zdzisław         | 41-04-16 | Suchedniów          | M75 | 15.98    |
|              | MILIŃSKA-TYMENDORF Anna     | 70-02-28 | Blizne Jasińskiego  | K45 | DNS      |
|              | KURTCAN Aycan               | 68-05-22 | Izmir               | K50 | DNS      |
|              | OKOŃSKI Czesław             | 41-07-08 | Gliwice             | M75 | DNS      |
| Bieg 2/ 5    |                             | 09:41    |                     |     |          |
| 1            | SZEWEPA Paweł               | 73-01-25 | Mirków              | M45 | 8.89     |
| 2            | MAŃKA Robert                | 71-06-17 | Wrocław             | M45 | 9.51     |
| 3            | POKRYWKA Leszek             | 71-06-19 | Gdynia              | M45 | 9.60     |
| 4            | KINAL Grzegorz              | 81-01-06 | Wrocław             | M35 | 9.90     |
| 5            | KREIHS Witold               | 70-05-03 | Tychy               | M45 | 11.32    |
| 6            | MALINOWSKI Michał           | 83-09-17 | Łódź                | M35 | 11.41    |
|              | FRĄCKOWIAK Jan              | 39-06-21 | Bydgoszcz           | M80 | DNS      |
| Bieg 3/ 5    |                             | 09:44    |                     |     |          |
| 1            | ZAWADA Sławomir             | 68-02-18 | Dobre Miasto        | M50 | 9.49     |
| 2            | JUREK Paweł                 | 66-06-05 | Warszawa            | M50 | 11.51    |
| 3            | MCKENZIE Eddie              | 66-09-11 | Turriř              | M50 | 11.66    |
| 4            | MAROTTA Giancarlo           | 66-11-27 | Guildford           | M50 | 12.49    |
| 5            | OLSZEWSKI Marek             | 69-03-22 | Lidzbark Warmiński  | M50 | 12.51    |
| 6            | GRONKIEWICZ Marek           | 67-07-20 | Milanówek           | M50 | 12.81    |
|              | HERNIK Krzysztof            | 66-08-28 | Poznań              | M50 | DNF      |
| Bieg 4/ 5    |                             | 09:47    |                     |     |          |
| 1            | BONTEMPS Francois           | 64-01-10 | Paris               | M55 | 9.88     |
| 2            | KRAUZE Jerzy                | 63-07-14 | Koszalin            | M55 | 10.30    |
| 3            | MIELCAREK Marek             | 48-12-27 | Bydgoszcz           | M70 | 10.34    |
| 4            | KRAKOWIAK Dariusz           | 63-01-31 | Sępólno Krajeńskie  | M55 | 10.91    |
| 5            | ZAJCHOWSKI Marek            | 63-03-02 | Moderówka           | M55 | 11.49    |
| 6            | ŻUKOWSKI Zygmunt            | 49-07-12 | Warszawa            | M70 | 13.72    |
| 7            | BURDZY Mieczysław           | 46-02-01 | Stargard            | M70 | 15.92    |

|                  |                          |          |                         |     |          |
|------------------|--------------------------|----------|-------------------------|-----|----------|
|                  | MOLSKI Stefan            | 62-08-05 | Rybnik                  | M55 | DNS      |
| Bieg 5/ 5        |                          | 09:51    |                         |     |          |
| 1                | MUSIAŁ Wiesław           | 57-10-20 | Śrem                    | M60 | 9.69     |
| 2                | SUT Andrzej              | 57-09-25 | Łódź                    | M60 | 9.77     |
| 3                | SZYMURA Henryk           | 52-01-26 | Kędzierzyn- Koźle       | M65 | 10.20    |
| 4                | KŁOSOWICZ Stanisław      | 57-03-03 | Koszalin                | M60 | 10.31    |
| 5                | KUSCHILL Juliusz         | 50-05-22 | Kraków                  | M65 | 10.50    |
| 6                | LORENZ Sylwester         | 50-12-11 | Luboń                   | M65 | 10.53    |
| 7                | SUSKI Jan                | 53-08-27 | Koszalin                | M65 | 12.09    |
| 3000 metrów chód |                          |          |                         |     |          |
| Bieg 1/ 2        |                          | 08:54    |                         |     |          |
| 1                | SEIDEL Bogusław          | 49-02-01 | Bytom                   | M70 | 15:45.56 |
| 2                | LISOWSKA Alicja          | 69-02-27 | Grudziądz               | K50 | 15:45.68 |
| 3                | KWITA Zbigniew           | 59-09-16 | Przeźmierowo            | M60 | 16:00.84 |
| 4                | MAŁECKI Waldemar         | 58-01-10 | Bieruń                  | M60 | 16:11.14 |
| 5                | MORAWCZYŃSKA Jolanta     | 68-03-22 | Dębica                  | K50 | 16:39.84 |
| 6                | ŁUNIEWSKI Mirosław       | 57-01-25 | Reda                    | M60 | 16:42.73 |
| 7                | ŚLEZIONA Katarzyna       | 70-05-01 | Bieruń                  | K45 | 17:02.29 |
| 8                | MIELECKA Agnieszka       | 69-04-08 | Gąsawa                  | K50 | 17:08.13 |
| 9                | HARASIŃSKI Ryszard       | 56-07-19 | Łódź                    | M60 | 18:07.60 |
| 10               | ŁUNIEWSKA Janina         | 59-12-05 | Reda                    | K60 | 18:08.44 |
| 11               | GOŁĘBIEWSKI Edward       | 50-03-14 | Pobiedziska             | M65 | 18:51.22 |
| 12               | DEMBKOWSKI Ryszard       | 53-07-09 | Toruń                   | M65 | 19:04.18 |
| 13               | WOLNIEWICZ Katarzyna     | 70-02-03 | Ruda Śląska             | K50 | 19:09.12 |
| 14               | FORBES Kim               | 57-06-04 | Edynburg                | K60 | 21:37.49 |
| 15               | PASIŃSKA-SKOWRON Sylwia  | 77-10-13 | Szczodrkowice           | K40 | 21:50.20 |
| 16               | GAMRACY Leszek           | 50-09-19 | Gliwice                 | M65 | 22:40.88 |
| 17               | AKSINUSHKINA Valiantsina | 70-01-04 | Rahaczou                | K50 | 23:00.60 |
| 18               | SKĄPSKI Ryszard          | 46-03-04 | Stargard                | M70 | 23:27.01 |
| 19               | WORONKO-ZACZYŃSKA Janina | 46-10-19 | Lubin                   | K70 | 23:38.42 |
|                  | CZACHAROWSKI Marek       | 51-09-21 | Tarczyn                 | M65 | DNS      |
|                  | CZACHAROWSKI Bogdan      | 41-02-06 | Grójec                  | M75 | DNS      |
|                  | KOŁODZIEJ Stanisław      | 46-04-24 | Ostrowiec Świętokrzyski | M70 | DNS      |
|                  | GRYGOROWICZ Bogdan       | 49-02-08 | Lubin                   | M70 | DQ       |
| Bieg 2/ 2        |                          | 14:06    |                         |     |          |
| 1                | GRINHOLC Grzegorz        | 77-03-05 | Rumia                   | M40 | 14:02.1  |
| 2                | SEMIANOVICH Leanid       | 62-07-18 | Minsk                   | M55 | 14:32.3  |
| 3                | MASHKEVICH Anton         | 63-06-01 | Minsk                   | M55 | 14:36.2  |
| 4                | HALAMBOUSKI Uładzimir    | 71-03-18 | Minsk                   | M45 | 16:00.9  |
| 5                | WILLMA Jarosław          | 67-04-04 | Bydgoszcz               | M50 | 16:31.7  |
| 6                | MOLSKI Stefan            | 62-08-05 | Rybnik                  | M55 | 16:32.4  |
| 7                | ŚLEZIONA Adam            | 73-02-06 | Bieruń                  | M45 | 16:36.5  |
| 8                | ALIASHKEVICH Siarhei     | 62-01-17 | Karnadz                 | M55 | 17:47.8  |
| 9                | NURKIEWICZ Jarosław      | 71-08-20 | Bydgoszcz               | M45 | 17:58.8  |
| 10               | AKSINUSHKIN Aliaksandr   | 68-06-05 | Rogaczou                | M50 | 18:00.8  |
| 11               | CYRUS Bogdan             | 70-11-19 | Strzebiń                | M45 | 18:30.5  |
| 12               | KIELING Mariusz          | 61-01-28 | Barwice                 | M55 | 19:48.3  |
| 13               | PŁOSKOŃSKI Piotr         | 65-03-20 | Strzałków               | M50 | 20:14.5  |
| 14               | GÓRALSKI Krzysztof       | 64-08-14 | Toruń                   | M55 | 20:20.2  |
| 15               | MRÓWKA Michał            | 84-10-19 | Gdańsk                  | M35 | 20:40.7  |
| 16               | RADOMSKI Marcin          | 76-09-16 | Płock                   | M40 | 20:55.3  |
| 17               | HAŁAS Marcin             | 84-07-06 | Czechowice-Dziedzice    | M35 | 23:12.7  |
| 18               | NIEJADLIK Tomasz         | 80-03-28 | Toruń                   | M35 | 23:15.1  |