



Wyniki konkurencji- międzyczasy

10000 m K

Rekord Świata(Open)	28:54.14*	CHEBET Beatrice	KEN	Eugene (USA)	24-05-25
Rekord Świata(Open)	29:01.03	GIDEY Letesenbet	ETH	Hengelo (NED)	21-06-08
Rekord Europy(Open)	29:06.82	HASSAN Sifan	NED	Hengelo (NED)	21-06-06
Rekord Polski(Open)	31:43.51	JARZYŃSKA Karolina	Niestowarzyszona	Ostrava (CZE)	13-06-27
Rekord Polski(U23)	32:37.89	PYZIK Weronika	LKS Znicz Biłgoraj	Sacramento (USA)	18-05-24
Min. ME(Open)	32:00.00			Rzym (ITA)	24-06-06

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: 26-04-19 17:19:42

1	2	18	Elżbieta GLINKA	93-10-30	Passion First Warszawa(MZ)	32:18.90	
1:15.18 (1:15.18)	2:32.46 (1:17.29)	3:48.56 (1:16.11)	5:05.75 (1:17.19)	6:23.10 (1:17.36)	7:38.77 (1:15.67)	8:54.96 (1:16.19)	10:10.90 (1:15.95)
11:27.15 (1:16.25)	12:43.66 (1:16.51)	14:00.93 (1:17.28)	15:17.72 (1:16.79)	16:34.48 (1:16.77)	17:51.92 (1:17.44)	19:09.63 (1:17.72)	20:28.93 (1:19.30)
21:48.76 (1:19.83)	23:08.58 (1:19.83)	24:28.38 (1:19.80)	25:46.55 (1:18.18)	27:04.96 (1:18.41)	28:24.63 (1:19.67)	29:44.84 (1:20.21)	31:03.68 (1:18.85)
2	1	40	Olimpia BREZA	02-02-14	KS AZS AWFIS Gdańsk(PM)	33:05.37	
1:15.29 (1:15.29)	2:32.61 (1:17.33)	3:48.42 (1:15.82)	5:05.51 (1:17.09)	6:23.27 (1:17.77)	7:39.63 (1:16.36)	8:57.75 (1:18.12)	10:16.33 (1:18.58)
11:34.08 (1:17.76)	12:53.73 (1:19.66)	14:12.66 (1:18.93)	15:33.08 (1:20.42)	16:53.29 (1:20.22)	18:13.49 (1:20.20)	19:35.01 (1:21.52)	20:55.89 (1:20.89)
22:17.21 (1:21.32)	23:37.05 (1:19.85)	24:59.02 (1:21.97)	26:20.50 (1:21.49)	27:41.70 (1:21.21)	29:06.67 (1:24.97)	30:30.42 (1:23.76)	31:49.68 (1:19.26)
3	10	55	Katarzyna CIEŚLAR	99-11-22	MUKS SZS Cieszyn(SL)	33:52.45	
1:23.13 (1:23.13)	2:46.04 (1:22.91)	4:07.82 (1:21.78)	5:29.84 (1:22.02)	6:52.04 (1:22.21)	8:14.48 (1:22.45)	9:37.19 (1:22.71)	10:59.73 (1:22.54)
12:21.60 (1:21.88)	13:43.12 (1:21.53)	15:05.15 (1:22.03)	16:27.17 (1:22.03)	17:49.47 (1:22.30)	19:10.35 (1:20.88)	20:31.85 (1:21.51)	21:53.45 (1:21.60)
23:14.62 (1:21.18)	24:36.69 (1:22.07)	25:57.93 (1:21.24)	27:18.64 (1:20.72)	28:40.39 (1:21.76)	30:02.61 (1:22.22)	31:23.55 (1:20.95)	32:43.81 (1:20.26)
4	17	31	Małgorzata KARPIUK	03-01-04	KS Podlasie Białystok(PD)	33:52.97	
1:24.28 (1:24.28)	2:47.11 (1:22.84)	4:08.89 (1:21.78)	5:30.96 (1:22.08)	6:53.11 (1:22.16)	8:15.73 (1:22.63)	9:38.09 (1:22.37)	11:00.94 (1:22.85)
12:22.74 (1:21.81)	13:44.26 (1:21.52)	15:06.34 (1:22.09)	16:27.86 (1:21.52)	17:49.61 (1:21.76)	19:10.66 (1:21.06)	20:32.11 (1:21.46)	21:53.67 (1:21.56)
23:14.97 (1:21.31)	24:36.30 (1:21.33)	25:57.75 (1:21.45)	27:18.35 (1:20.61)	28:40.13 (1:21.79)	30:02.39 (1:22.27)	31:23.76 (1:21.37)	32:43.73 (1:19.98)
5	5	44	Daria DOMŻALSKA	05-01-03	SKLA Sopot(PM)	33:54.15	
1:24.72 (1:24.72)	2:47.66 (1:22.94)	4:08.31 (1:20.65)	5:30.26 (1:21.96)	6:52.49 (1:22.23)	8:15.06 (1:22.58)	9:37.78 (1:22.72)	10:59.88 (1:22.10)
12:22.08 (1:22.20)	13:43.94 (1:21.87)	15:06.15 (1:22.21)	16:28.01 (1:21.86)	17:50.07 (1:22.06)	19:10.88 (1:20.81)	20:32.19 (1:21.32)	21:53.83 (1:21.64)
23:15.33 (1:21.50)	24:36.92 (1:21.60)	25:58.31 (1:21.39)	27:18.95 (1:20.65)	28:40.49 (1:21.54)	30:03.01 (1:22.53)	31:23.09 (1:20.08)	32:43.84 (1:20.76)
6	6	47	Julia PAWEŁCZYK	02-03-26	SKLA Sopot(PM)	34:14.00	
1:24.92 (1:24.92)	2:47.39 (1:22.48)	4:08.11 (1:20.73)	5:30.15 (1:22.04)	6:52.27 (1:22.12)	8:14.85 (1:22.59)	9:37.40 (1:22.56)	11:00.05 (1:22.66)
12:21.89 (1:21.84)	13:43.66 (1:21.77)	15:05.22 (1:21.57)	16:28.39 (1:23.18)	17:50.21 (1:21.82)	19:11.35 (1:21.14)	20:32.73 (1:21.39)	21:54.56 (1:21.83)
23:17.12 (1:22.57)	24:39.76 (1:22.64)	26:01.52 (1:21.77)	27:24.98 (1:23.46)	28:49.62 (1:24.65)	30:12.10 (1:22.48)	31:33.84 (1:21.74)	32:57.64 (1:23.81)
7	13	64	Martyna WYROŚLAK	02-09-05	OŚ AZS Poznań(WP)	35:02.95	
1:26.24 (1:26.24)	2:50.04 (1:23.81)	4:15.27 (1:25.24)	5:41.98 (1:26.72)	7:07.39 (1:25.41)	8:33.57 (1:26.19)	9:57.78 (1:24.21)	11:22.44 (1:24.66)
12:46.64 (1:24.21)	14:10.43 (1:23.80)	15:34.68 (1:24.25)	16:57.92 (1:23.25)	18:21.40 (1:23.48)	19:44.83 (1:23.44)	21:07.80 (1:22.97)	22:32.03 (1:24.24)
23:57.73 (1:25.70)	25:21.30 (1:23.57)	26:44.79 (1:23.50)	28:07.84 (1:23.05)	29:33.18 (1:25.34)	30:56.47 (1:23.30)	32:20.82 (1:24.36)	33:43.59 (1:22.77)
8	4	33	Monika DUBIELLA	00-05-02	KS Prefbet-Sonarol Łomża(PD)	35:43.44	
1:24.00 (1:24.00)	2:47.02 (1:23.03)	4:08.79 (1:21.78)	5:30.64 (1:21.86)	6:52.73 (1:22.09)	8:15.39 (1:22.66)	9:37.81 (1:22.43)	11:00.56 (1:22.75)
12:21.87 (1:21.32)	13:44.78 (1:22.92)	15:09.58 (1:24.80)	16:35.95 (1:26.37)	18:02.93 (1:26.99)	19:30.85 (1:27.92)	20:59.97 (1:29.12)	22:31.82 (1:31.86)
24:03.02 (1:31.21)	25:31.70 (1:28.68)	26:57.77 (1:26.08)	28:24.93 (1:27.16)	29:54.21 (1:29.29)	31:22.15 (1:27.94)	32:49.02 (1:26.87)	34:16.85 (1:27.84)
9	12	25	Bernadeta ŚLONSKA	03-03-31	Kraków Athletics Team(MA)	36:06.17	
1:25.64 (1:25.64)	2:49.37 (1:23.74)	4:15.02 (1:25.65)	5:42.13 (1:27.11)	7:07.91 (1:25.79)	8:34.05 (1:26.14)	9:58.79 (1:24.74)	11:22.74 (1:23.96)
12:47.15 (1:24.42)	14:10.91 (1:23.76)	15:36.02 (1:25.11)	17:03.06 (1:27.04)	18:30.02 (1:26.97)	19:57.22 (1:27.20)	21:25.85 (1:28.64)	22:57.95 (1:32.10)
24:28.99 (1:31.04)	26:00.17 (1:31.19)	27:27.95 (1:27.78)	28:57.62 (1:29.68)	30:27.95 (1:30.34)	31:54.71 (1:26.76)	33:20.77 (1:26.07)	34:47.07 (1:26.30)

U23(1)



10000 m K

Rekord Świata(Open)	28:54.14*	CHEBET Beatrice	KEN	Eugene (USA)	24-05-25
Rekord Świata(Open)	29:01.03	GIDEY Letesenbet	ETH	Hengelo (NED)	21-06-08
Rekord Europy(Open)	29:06.82	HASSAN Sifan	NED	Hengelo (NED)	21-06-06
Rekord Polski(Open)	31:43.51	JARZYŃSKA Karolina	Niestowarzyszona	Ostrava (CZE)	13-06-27
Rekord Polski(U23)	32:37.89	PYZIK Weronika	LKS Znicz Biłgoraj	Sacramento (USA)	18-05-24
Min. ME(Open)	32:00.00			Rzym (ITA)	24-06-06

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

10	8	7	Liliana MŁYNARCZYK	03-08-30	MKST Astra Nowa Sól(LB)	36:20.54
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1:26.13 (1:26.13)	2:50.03 (1:23.91)	4:14.71 (1:24.68)	5:41.19 (1:26.49)	7:07.20 (1:26.01)	8:33.93 (1:26.73)	9:58.48 (1:24.56)	11:24.08 (1:25.60)
12:49.87 (1:25.79)	14:15.76 (1:25.90)	15:42.50 (1:26.75)	17:09.97 (1:27.48)	18:37.51 (1:27.56)	20:04.74 (1:27.22)	21:33.14 (1:28.40)	23:01.97 (1:28.83)
24:30.76 (1:28.80)	26:00.05 (1:29.30)	27:27.87 (1:27.82)	28:57.69 (1:29.83)	30:28.51 (1:30.82)	31:58.44 (1:29.94)	33:29.05 (1:30.61)	34:58.43 (1:29.39)

11	16	32	Izabela PARSCZYŃSKA	88-09-19	KS Podlasie Białystok(PD)	36:43.81
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1:28.62 (1:28.62)	2:54.05 (1:25.43)	4:18.35 (1:24.31)	5:45.29 (1:26.94)	7:11.81 (1:26.52)	8:38.30 (1:26.50)	10:06.18 (1:27.88)	11:33.56 (1:27.39)
13:00.53 (1:26.97)	14:28.09 (1:27.57)	15:58.03 (1:29.94)	17:25.03 (1:27.00)	18:52.16 (1:27.13)	20:21.39 (1:29.24)	21:50.24 (1:28.85)	23:18.95 (1:28.72)
24:48.06 (1:29.11)	26:16.83 (1:28.78)	27:46.75 (1:29.92)	29:17.66 (1:30.92)	30:48.87 (1:31.22)	32:18.77 (1:29.90)	33:49.67 (1:30.91)	35:20.23 (1:30.56)

12	11	20	Patrycja MIAZEK	00-08-26	Passion First Warszawa(MZ)	36:55.34
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1:28.23 (1:28.23)	2:55.13 (1:26.90)	4:22.22 (1:27.09)	5:49.28 (1:27.06)	7:15.89 (1:26.61)	8:43.49 (1:27.61)	10:11.15 (1:27.66)	11:37.98 (1:26.84)
13:06.28 (1:28.30)	14:34.50 (1:28.23)	16:03.23 (1:28.74)	17:31.88 (1:28.65)	19:00.83 (1:28.95)	20:30.57 (1:29.75)	21:59.60 (1:29.03)	23:27.68 (1:28.08)
24:57.20 (1:29.53)	26:26.72 (1:29.53)	27:56.52 (1:29.80)	29:27.13 (1:30.61)	30:57.94 (1:30.82)	32:29.01 (1:31.08)	33:59.96 (1:30.95)	35:30.70 (1:30.75)

13	3	36	Martyna KRAWCZYŃSKA	04-11-21	KS Prefbet-Sonarol Łomża(PD)	37:16.07
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1:24.94 (1:24.94)	2:48.99 (1:24.05)	4:14.67 (1:25.69)	5:41.94 (1:27.27)	7:07.51 (1:25.57)	8:34.26 (1:26.75)	9:59.72 (1:25.46)	11:27.75 (1:28.04)
12:57.48 (1:29.73)	14:27.92 (1:30.44)	15:59.09 (1:31.18)	17:28.26 (1:29.17)	19:01.64 (1:33.38)	20:33.88 (1:32.25)	22:05.71 (1:31.83)	23:38.22 (1:32.52)
25:11.20 (1:32.98)	26:44.71 (1:33.51)	28:17.33 (1:32.62)	29:49.35 (1:32.03)	31:22.90 (1:33.55)	32:56.85 (1:33.96)	34:29.56 (1:32.72)	35:58.58 (1:29.02)

U23(2)

14	14	16	Patrycja BIELECKA	03-10-28	Passion First Warszawa(MZ)	37:16.97
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1:28.43 (1:28.43)	2:55.56 (1:27.14)	4:21.94 (1:26.38)	5:49.01 (1:27.08)	7:14.38 (1:25.37)	8:38.72 (1:24.35)	10:06.46 (1:27.75)	11:33.67 (1:27.21)
13:00.61 (1:26.95)	14:28.81 (1:28.20)	15:58.48 (1:29.67)	17:25.60 (1:27.13)	18:52.85 (1:27.25)	20:21.58 (1:28.74)	21:50.33 (1:28.75)	23:19.66 (1:29.33)
24:52.21 (1:32.56)	26:25.93 (1:33.72)	27:56.93 (1:31.01)	29:34.41 (1:37.48)	31:11.53 (1:37.13)	32:50.16 (1:38.63)	34:24.45 (1:34.29)	35:57.57 (1:33.13)

15	15	65	Zofia TEOFIEWSKA	05-01-04	UKS Achilles Leszno(WP)	37:24.81
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1:25.86 (1:25.86)	2:49.49 (1:23.64)	4:14.59 (1:25.10)	5:42.40 (1:27.82)	7:08.17 (1:25.77)	8:34.74 (1:26.58)	9:59.87 (1:25.13)	11:27.99 (1:28.12)
12:57.73 (1:29.75)	14:27.84 (1:30.11)	15:59.44 (1:31.61)	17:27.88 (1:28.44)	19:01.43 (1:33.55)	20:33.55 (1:32.13)	22:05.34 (1:31.79)	23:37.48 (1:32.15)
25:10.89 (1:33.41)	26:44.29 (1:33.40)	28:17.07 (1:32.79)	29:48.91 (1:31.84)	31:22.49 (1:33.59)	32:56.45 (1:33.96)	34:29.56 (1:33.11)	35:59.40 (1:29.84)

U23(3)

16	20	34	Karolina GUSKA	06-12-25	KS Prefbet-Sonarol Łomża(PD)	37:49.10
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1:27.07 (1:27.07)	2:54.71 (1:27.64)	4:21.80 (1:27.10)	5:49.58 (1:27.78)	7:16.41 (1:26.83)	8:43.87 (1:27.47)	10:11.84 (1:27.98)	11:39.49 (1:27.65)
13:09.80 (1:30.32)	14:40.93 (1:31.13)	16:12.94 (1:32.02)	17:45.55 (1:32.61)	19:17.95 (1:32.41)	20:50.87 (1:32.92)	22:24.08 (1:33.22)	23:56.74 (1:32.66)
25:29.65 (1:32.91)	27:01.79 (1:32.14)	28:37.25 (1:35.47)	30:12.93 (1:35.69)	31:48.14 (1:35.21)	33:20.89 (1:32.76)	34:54.36 (1:33.47)	36:23.32 (1:28.97)

U23(4)

17	18	42	Monika URBAN	05-04-21	KS AZS AWFis Gdańsk(PM)	37:58.85
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1:29.51 (1:29.51)	2:55.95 (1:26.44)	4:23.80 (1:27.85)	5:53.70 (1:29.90)	7:25.80 (1:32.10)	8:56.59 (1:30.80)	10:24.35 (1:27.77)	11:53.84 (1:29.49)
13:23.56 (1:29.73)	14:54.72 (1:31.17)	16:24.82 (1:30.10)	17:55.22 (1:30.40)	19:26.49 (1:31.27)	20:58.11 (1:31.62)	22:30.15 (1:32.05)	24:01.95 (1:31.81)
25:36.00 (1:34.05)	27:08.06 (1:32.06)	28:41.02 (1:32.96)	30:16.04 (1:35.03)	31:49.47 (1:33.43)	33:22.51 (1:33.05)	34:57.36 (1:34.86)	36:30.45 (1:33.10)

U23(5)

18	21	1	Magda KARPIŃSKA	06-10-20	KS AZS AWF Wrocław(DS)	38:02.65
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1:29.27 (1:29.27)	2:57.25 (1:27.98)	4:27.18 (1:29.94)	5:58.42 (1:31.25)	7:31.13 (1:32.72)	9:02.85 (1:31.72)	10:35.33 (1:32.49)	12:07.20 (1:31.87)
13:39.51 (1:32.32)	15:10.65 (1:31.15)	16:42.50 (1:31.85)	18:13.86 (1:31.37)	19:45.55 (1:31.69)	21:18.11 (1:32.56)	22:50.52 (1:32.41)	24:23.26 (1:32.74)
25:56.42 (1:33.17)	27:28.16 (1:31.74)	29:00.54 (1:32.39)	30:33.30 (1:32.76)	32:05.67 (1:32.38)	33:37.38 (1:31.71)	35:06.69 (1:29.31)	36:36.72 (1:30.03)

U23(6)

19	22	11	Amelia PAWELUS	05-08-13	LKS Omega Kleszczów(LD)	38:43.90
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1:27.34 (1:27.34)	2:55.28 (1:27.95)	4:23.48 (1:28.20)	5:53.29 (1:29.82)	7:25.62 (1:32.33)	8:56.35 (1:30.74)	10:25.02 (1:28.67)	11:57.41 (1:32.40)
13:31.88 (1:34.47)	15:05.91 (1:34.03)	16:41.33 (1:35.42)	18:16.57 (1:35.25)	19:51.89 (1:35.32)	21:27.01 (1:35.12)	23:04.61 (1:37.60)	24:40.47 (1:35.87)
26:16.42 (1:35.95)	27:53.02 (1:36.61)	29:27.83 (1:34.81)	31:05.34 (1:37.52)	32:41.66 (1:36.32)	34:15.91 (1:34.26)	35:48.24 (1:32.33)	37:21.61 (1:33.37)

PB U23(7)

20	23	49	Wiktoria KALINOWSKA	06-05-27	ULKS Talex-Borysław Borzytucho(PM)	38:50.09
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1:31.98 (1:31.98)	3:03.27 (1:31.30)	4:34.79 (1:31.52)	6:08.26 (1:33.48)	7:42.11 (1:33.85)	9:15.14 (1:33.04)	10:46.92 (1:31.79)	12:19.87 (1:32.95)
13:53.38 (1:33.51)	15:26.03 (1:32.65)	16:59.63 (1:33.61)	18:33.78 (1:34.16)	20:07.44 (1:33.67)	21:40.57 (1:33.13)	23:14.54 (1:33.98)	24:49.07 (1:34.53)
26:24.27 (1:35.20)	27:58.54 (1:34.28)	29:33.81 (1:35.27)	31:08.16 (1:34.36)	32:42.77 (1:34.61)	34:17.90 (1:35.13)	35:52.88 (1:34.99)	37:26.20 (1:33.33)

U23(8)

10000 m K

Rekord Świata(Open)	28:54.14*	CHEBET Beatrice	KEN	Eugene (USA)	24-05-25
Rekord Świata(Open)	29:01.03	GIDEY Letesenbet	ETH	Hengelo (NED)	21-06-08
Rekord Europy(Open)	29:06.82	HASSAN Sifan	NED	Hengelo (NED)	21-06-06
Rekord Polski(Open)	31:43.51	JARZYŃSKA Karolina	Niestowarzyszona	Ostrava (CZE)	13-06-27
Rekord Polski(U23)	32:37.89	PYZIK Weronika	LKS Znicz Biłgoraj	Sacramento (USA)	18-05-24
Min. ME(Open)	32:00.00			Rzym (ITA)	24-06-06

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

21	24	43	Weronika ŚLUSALEK	06-05-30	RKS Rumia(PM)	39:49.65	U23(9)
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1:32.35 (1:32.35)	3:03.22 (1:30.87)	4:35.28 (1:32.06)	6:08.84 (1:33.57)	7:43.45 (1:34.61)	9:18.32 (1:34.88)	10:54.06 (1:35.74)	12:30.87 (1:36.82)
14:08.31 (1:37.44)	15:45.24 (1:36.93)	17:23.39 (1:38.15)	19:02.00 (1:38.62)	20:39.85 (1:37.85)	22:15.47 (1:35.63)	23:52.51 (1:37.04)	25:31.04 (1:38.54)
27:09.63 (1:38.60)	28:47.44 (1:37.82)	30:26.53 (1:39.09)	32:05.09 (1:38.56)	33:42.23 (1:37.14)	35:17.97 (1:35.74)	36:51.81 (1:33.84)	38:25.24 (1:33.44)

9	35	Ewa JAGIELSKA	82-10-25	KS Prefbet-Sonarol Łomża(PD)	DNS
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17:19:42.45							
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25	53	Patrycja WŁODARCZYK	80-06-09	JKLA Jawor Jaworzno(SL)	DNS
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17:19:42.45							
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19	51	Roksana PIECHOWSKA	05-07-12	ULKS Talex-Borysław Borzytuchoń(PM)	DNF	U23
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1:27.55 (1:27.55)	2:55.39 (1:27.85)	4:23.65 (1:28.26)	5:53.64 (1:30.00)	7:25.32 (1:31.68)	8:56.17 (1:30.85)	10:23.72 (1:27.56)	11:53.57 (1:29.86)
13:23.05 (1:29.48)	14:55.00 (1:31.95)	16:25.13 (1:30.13)	17:55.65 (1:30.53)"				

7	28	Anna BAŃKOWSKA	90-03-31	KS Podlasie Białystok(PD)	DNF
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1:25.09 (1:25.09)	2:48.28 (1:23.20)	4:09.27 (1:20.99)	5:31.28 (1:22.01)	6:53.33 (1:22.05)	8:16.01 (1:22.68)	9:38.34 (1:22.33)	11:01.20 (1:22.87)
12:23.04 (1:21.85)	13:45.13 (1:22.09)	15:06.83 (1:21.70)	16:29.90 (1:23.08)	17:54.53 (1:24.63)	19:20.66 (1:26.14)	20:46.82 (1:26.16)	22:13.18 (1:26.37)
23:41.65 (1:28.47)	25:09.80 (1:28.15)	26:39.75 (1:29.95)"					

Międzyczasy							
1000m	18	Elżbieta GLINKA	3:10.9	5000m	18	Elżbieta GLINKA	15:55.2
2000m	18	Elżbieta GLINKA	6:23.77	6000m	18	Elżbieta GLINKA	19:09.63
3000m	18	Elżbieta GLINKA	9:33.2	7000m	18	Elżbieta GLINKA	22:28.9
4000m	18	Elżbieta GLINKA	12:43.63	8/9km	18	Elżbieta GLINKA	25:46/29:04

Legenda:
PB rekord życiowy





Wyniki konkurencji- międzyczasy

10000 m M

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
Rekord Polski(U23)	28:21.77*	MEGIER Maciej	SKLA Sopot	Warszawa	25-04-26
Rekord Polski(U23)	28:30.4r	MALINOWSKI Bronisław	Olimpia Grudziądz	Celje (SLO)	73-08-04
Min. ME(Open)	27:50.00			Rzym (ITA)	24-06-06

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/2

Start: 26-04-19 18:09:32

1	1	46	Maciej MEGIER	03-04-26	SKLA Sopot(PM)	29:08.82	
1:07.98 (1:07.98)	2:14.30 (1:06.32)	3:20.90 (1:06.61)	4:28.53 (1:07.63)	5:36.89 (1:08.37)	6:46.73 (1:09.84)	7:56.13 (1:09.41)	9:04.86 (1:08.73)
10:15.23 (1:10.37)	11:26.27 (1:11.05)	12:37.05 (1:10.78)	13:48.24 (1:11.20)	14:57.97 (1:09.73)	16:08.84 (1:10.87)	17:19.67 (1:10.84)	18:29.99 (1:10.33)
19:40.85 (1:10.87)	20:52.13 (1:11.28)	22:03.63 (1:11.51)	23:14.40 (1:10.77)	24:25.51 (1:11.12)	25:36.55 (1:11.04)	26:47.76 (1:11.22)	27:58.47 (1:10.71)
2	2	5	Marcin BISKUP	99-12-28	CWZS Zawisza Bydgoszcz SL(KP)	29:20.92	
1:10.75 (1:10.75)	2:20.50 (1:09.75)	3:30.93 (1:10.43)	4:40.74 (1:09.82)	5:50.29 (1:09.56)	7:02.52 (1:12.23)	8:13.58 (1:11.07)	9:24.77 (1:11.20)
10:36.39 (1:11.62)	11:47.82 (1:11.44)	12:58.37 (1:10.56)	14:09.50 (1:11.13)	15:20.53 (1:11.03)	16:32.75 (1:12.23)	17:44.36 (1:11.62)	18:56.32 (1:11.97)
20:07.91 (1:11.59)	21:18.68 (1:10.78)	22:30.21 (1:11.54)	23:41.40 (1:11.20)	24:52.91 (1:11.51)	26:05.00 (1:12.09)	27:13.53 (1:08.54)	28:23.55 (1:10.02)
3	4	41	Szymon SKALSKI	02-02-08	KS AZS AWFIS Gdańsk(PM)	29:21.95	PB
1:10.10 (1:10.10)	2:19.74 (1:09.65)	3:30.79 (1:11.05)	4:40.37 (1:09.59)	5:49.99 (1:09.62)	7:01.91 (1:11.93)	8:12.75 (1:10.84)	9:23.98 (1:11.24)
10:35.54 (1:11.56)	11:47.57 (1:12.03)	12:57.78 (1:10.22)	14:09.10 (1:11.33)	15:20.69 (1:11.59)	16:32.99 (1:12.31)	17:44.76 (1:11.77)	18:56.61 (1:11.86)
20:08.19 (1:11.58)	21:18.88 (1:10.70)	22:30.43 (1:11.55)	23:41.19 (1:10.76)	24:53.34 (1:12.15)	26:04.39 (1:11.06)	27:13.73 (1:09.35)	28:23.24 (1:09.51)
4	5	22	Adam BAJORSKI	04-09-11	RLTL GGG Radom(MZ)	29:27.58	U23(1)
1:10.16 (1:10.16)	2:19.88 (1:09.72)	3:30.20 (1:10.33)	4:39.86 (1:09.66)	5:49.63 (1:09.77)	7:02.13 (1:12.50)	8:12.92 (1:10.80)	9:24.06 (1:11.14)
10:35.87 (1:11.82)	11:47.05 (1:11.18)	12:57.25 (1:10.20)	14:08.48 (1:11.24)	15:20.03 (1:11.55)	16:32.29 (1:12.26)	17:43.78 (1:11.49)	18:55.76 (1:11.99)
20:07.00 (1:11.25)	21:18.43 (1:11.43)	22:30.02 (1:11.59)	23:40.99 (1:10.98)	24:52.63 (1:11.64)	26:04.16 (1:11.53)	27:13.36 (1:09.21)	28:23.64 (1:10.28)
5	3	50	Daniel KRYZEL	00-07-16	ULKS Talex-Borysław Borzytuchoń(PM)	29:29.14	PB
1:12.94 (1:12.94)	2:22.70 (1:09.76)	3:33.46 (1:10.76)	4:45.65 (1:12.20)	5:57.42 (1:11.78)	7:09.27 (1:11.85)	8:21.41 (1:12.14)	9:32.73 (1:11.32)
10:44.96 (1:12.24)	11:55.90 (1:10.95)	13:07.97 (1:12.07)	14:20.47 (1:12.51)	15:31.23 (1:10.76)	16:41.43 (1:10.21)	17:50.91 (1:09.48)	19:00.93 (1:10.03)
20:10.79 (1:09.86)	21:19.51 (1:08.73)	22:30.35 (1:10.84)	23:41.85 (1:11.51)	24:53.08 (1:11.24)	26:05.34 (1:12.26)	27:14.21 (1:08.88)	28:24.22 (1:10.02)
6	10	24	Wiktor ANTOSZ	02-10-19	Kraków Athletics Team(MA)	29:31.61	
1:10.53 (1:10.53)	2:20.16 (1:09.64)	3:30.39 (1:10.23)	4:40.25 (1:09.87)	5:49.85 (1:09.61)	7:01.86 (1:12.01)	8:12.92 (1:11.07)	9:24.49 (1:11.57)
10:36.13 (1:11.64)	11:47.02 (1:10.90)	12:57.50 (1:10.48)	14:08.98 (1:11.48)	15:20.12 (1:11.14)	16:32.25 (1:12.13)	17:44.03 (1:11.78)	18:56.18 (1:12.15)
20:07.68 (1:11.51)	21:18.36 (1:10.69)	22:29.95 (1:11.60)	23:40.93 (1:10.99)	24:52.53 (1:11.60)	26:04.42 (1:11.90)	27:13.23 (1:08.82)	28:23.87 (1:10.64)
7	7	60	Krzysztof HADAS	96-08-23	OŚ AZS Poznań(WP)	29:46.25	
1:11.10 (1:11.10)	2:22.27 (1:11.17)	3:32.84 (1:10.58)	4:45.25 (1:12.42)	5:57.09 (1:11.85)	7:09.20 (1:12.11)	8:21.63 (1:12.44)	9:33.13 (1:11.50)
10:45.54 (1:12.41)	11:56.29 (1:10.76)	13:08.18 (1:11.90)	14:20.86 (1:12.68)	15:31.62 (1:10.76)	16:41.47 (1:09.85)	17:51.20 (1:09.74)	19:01.08 (1:09.88)
20:11.07 (1:09.99)	21:20.27 (1:09.20)	22:31.01 (1:10.74)	23:43.45 (1:12.45)	24:56.81 (1:13.36)	26:09.92 (1:13.12)	27:22.45 (1:12.53)	28:35.10 (1:12.66)
8	12	2	Jakub NAPIERAŁA	04-02-11	KS SMS Szklarska Poręba(DS)	29:56.31	PB U23(2)
1:12.28 (1:12.28)	2:23.17 (1:10.89)	3:34.05 (1:10.88)	4:46.04 (1:11.99)	5:57.96 (1:11.93)	7:09.90 (1:11.94)	8:22.13 (1:12.24)	9:33.86 (1:11.73)
10:46.00 (1:12.14)	11:57.18 (1:11.18)	13:08.99 (1:11.82)	14:21.43 (1:12.44)	15:33.89 (1:12.47)	16:46.59 (1:12.70)	18:00.14 (1:13.56)	19:13.48 (1:13.34)
20:27.98 (1:14.51)	21:42.49 (1:14.52)	22:55.65 (1:13.16)	24:08.07 (1:12.43)	25:20.23 (1:12.16)	26:32.00 (1:11.77)	27:42.97 (1:10.98)	28:51.95 (1:08.99)
9	9	4	Filip JANAS	04-08-13	SMKS Parasol Wrocław(DS)	30:03.05	PB U23(3)
1:13.89 (1:13.89)	2:24.04 (1:10.15)	3:34.94 (1:10.91)	4:46.99 (1:12.05)	5:58.93 (1:11.95)	7:11.27 (1:12.34)	8:23.86 (1:12.60)	9:37.24 (1:13.39)
10:49.99 (1:12.75)	12:01.20 (1:11.21)	13:12.87 (1:11.67)	14:25.75 (1:12.89)	15:38.30 (1:12.55)	16:51.82 (1:13.52)	18:03.24 (1:11.42)	19:16.01 (1:12.78)
20:29.30 (1:13.29)	21:42.62 (1:13.33)	22:55.35 (1:12.73)	24:07.63 (1:12.28)	25:19.59 (1:11.97)	26:31.75 (1:12.16)	27:43.78 (1:12.04)	28:55.60 (1:11.83)



10000 m M

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
Rekord Polski(U23)	28:21.77*	MEGIER Maciej	SKLA Sopot	Warszawa	25-04-26
Rekord Polski(U23)	28:30.4r	MALINOWSKI Bronisław	Olimpia Grudziądz	Celje (SLO)	73-08-04
Min. ME(Open)	27:50.00			Rzym (ITA)	24-06-06

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

10 13 27 **Tomasz PAJA** 04-10-06 CWKS Resovia Rzeszów(PK) **30:10.36** U23(4)

1:13.13 (1:13.13)	2:23.78 (1:10.66)	3:34.71 (1:10.94)	4:46.62 (1:11.91)	5:58.81 (1:12.19)	7:10.94 (1:12.14)	8:23.61 (1:12.67)	9:36.81 (1:13.20)
10:49.50 (1:12.70)	12:02.13 (1:12.64)	13:13.52 (1:11.39)	14:26.00 (1:12.48)	15:37.93 (1:11.94)	16:51.52 (1:13.59)	18:03.49 (1:11.98)	19:16.30 (1:12.81)
20:28.47 (1:12.18)	21:42.86 (1:14.40)	22:56.08 (1:13.22)	24:08.80 (1:12.73)	25:23.45 (1:14.66)	26:39.06 (1:15.61)	27:52.77 (1:13.72)	29:04.76 (1:11.99)

11 8 52 **Krzysztof ZIELIŃSKI** 05-07-14 ULKS Talex-Borysław Borzytuchoń(PM) **30:18.51** PB U23(5)

1:11.93 (1:11.93)	2:22.09 (1:10.17)	3:33.14 (1:11.05)	4:45.25 (1:12.12)	5:57.06 (1:11.81)	7:09.09 (1:12.04)	8:20.68 (1:11.59)	9:32.94 (1:12.27)
10:45.19 (1:12.25)	11:56.05 (1:10.86)	13:07.72 (1:11.68)	14:20.55 (1:12.83)	15:31.35 (1:10.80)	16:41.67 (1:10.33)	17:52.97 (1:11.30)	19:05.91 (1:12.95)
20:19.56 (1:13.66)	21:33.66 (1:14.10)	22:48.31 (1:14.66)	24:03.28 (1:14.98)	25:18.07 (1:14.79)	26:33.68 (1:15.61)	27:51.87 (1:18.19)	29:09.48 (1:17.62)

12 6 63 **Jędrzej WOLSKI** 04-01-04 OŚ AZS Poznań(WP) **30:21.50** U23(6)

1:13.32 (1:13.32)	2:24.03 (1:10.71)	3:35.16 (1:11.14)	4:47.20 (1:12.04)	5:59.37 (1:12.17)	7:11.48 (1:12.12)	8:24.21 (1:12.73)	9:36.68 (1:12.48)
10:49.06 (1:12.39)	12:01.44 (1:12.38)	13:13.23 (1:11.80)	14:26.54 (1:13.31)	15:38.81 (1:12.27)	16:52.51 (1:13.71)	18:06.24 (1:13.73)	19:20.53 (1:14.29)
20:34.55 (1:14.03)	21:49.07 (1:14.52)	23:03.21 (1:14.15)	24:17.65 (1:14.45)	25:31.71 (1:14.06)	26:46.60 (1:14.89)	28:00.35 (1:13.75)	29:12.93 (1:12.59)

13 15 39 **Wojciech SERKOWSKI** 97-05-03 GKS Cartusia Kartuzy(PM) **30:29.54**

1:14.02 (1:14.02)	2:24.80 (1:10.78)	3:35.87 (1:11.08)	4:48.02 (1:12.16)	6:00.47 (1:12.46)	7:14.56 (1:14.09)	8:27.93 (1:13.37)	9:40.82 (1:12.89)
10:54.24 (1:13.43)	12:07.45 (1:13.22)	13:21.23 (1:13.78)	14:34.58 (1:13.35)	15:50.16 (1:15.59)	17:04.54 (1:14.38)	18:18.21 (1:13.68)	19:31.84 (1:13.63)
20:46.41 (1:14.57)	21:59.91 (1:13.51)	23:13.94 (1:14.03)	24:29.26 (1:15.33)	25:43.17 (1:13.91)	26:57.23 (1:14.06)	28:11.16 (1:13.94)	29:23.35 (1:12.19)

14 17 3 **Michał MIREK** 05-12-04 MKS Osa Zgorzelec(DS) **30:45.39** PB U23(7)

1:14.28 (1:14.28)	2:25.14 (1:10.87)	3:36.37 (1:11.23)	4:48.34 (1:11.98)	6:00.69 (1:12.35)	7:15.01 (1:14.33)	8:27.72 (1:12.71)	9:39.41 (1:11.69)
10:52.37 (1:12.97)	12:05.02 (1:12.65)	13:18.89 (1:13.87)	14:32.14 (1:13.25)	15:45.78 (1:13.65)	16:59.35 (1:13.57)	18:13.10 (1:13.76)	19:26.85 (1:13.75)
20:41.65 (1:14.80)	21:55.73 (1:14.09)	23:12.28 (1:16.55)	24:28.84 (1:16.56)	25:44.14 (1:15.30)	27:01.43 (1:17.30)	28:18.55 (1:17.12)	29:33.69 (1:15.14)

15 18 57 **Andrzej STARZYŃSKI** 90-06-18 LKB Rudnik(SK) **30:51.85**

1:11.55 (1:11.55)	2:21.84 (1:10.29)	3:32.65 (1:10.81)	4:44.89 (1:12.24)	5:57.57 (1:12.69)	7:09.88 (1:12.32)	8:22.89 (1:13.02)	9:36.30 (1:13.41)
10:50.07 (1:13.78)	12:04.65 (1:14.59)	13:19.96 (1:15.31)	14:35.79 (1:15.84)	15:51.89 (1:16.10)	17:08.22 (1:16.33)	18:24.00 (1:15.79)	19:37.95 (1:13.96)
20:54.32 (1:16.37)	22:10.86 (1:16.54)	23:27.03 (1:16.18)	24:43.17 (1:16.14)	25:59.33 (1:16.17)	27:15.90 (1:16.57)	28:31.34 (1:15.45)	29:45.33 (1:14.00)

16 16 26 **Szymon PAJA** 04-10-06 CWKS Resovia Rzeszów(PK) **31:25.26** U23(9)

1:13.47 (1:13.47)	2:24.62 (1:11.15)	3:35.53 (1:10.92)	4:47.62 (1:12.10)	5:59.78 (1:12.16)	7:12.69 (1:12.92)	8:26.96 (1:14.27)	9:40.41 (1:13.45)
10:54.68 (1:14.27)	12:09.31 (1:14.63)	13:25.93 (1:16.63)	14:43.39 (1:17.46)	16:00.56 (1:17.17)	17:18.32 (1:17.77)	18:35.02 (1:16.70)	19:52.77 (1:17.76)
21:10.08 (1:17.31)	22:26.65 (1:16.57)	23:42.08 (1:15.44)	24:59.94 (1:17.86)	26:19.82 (1:19.89)	27:40.21 (1:20.39)	28:58.58 (1:18.37)	30:13.28 (1:14.71)

17 19 37 **Mateusz NIEMCZYK** 92-09-30 KS Prefbet-Sonarol Łomża(PD) **31:31.21**

1:14.10 (1:14.10)	2:24.89 (1:10.79)	3:35.73 (1:10.85)	4:48.12 (1:12.39)	6:00.68 (1:12.56)	7:14.79 (1:14.12)	8:28.23 (1:13.45)	9:40.89 (1:12.66)
10:54.81 (1:13.92)	12:09.52 (1:14.71)	13:24.75 (1:15.24)	14:41.10 (1:16.35)	15:58.89 (1:17.80)	17:15.55 (1:16.66)	18:32.97 (1:17.43)	19:50.21 (1:17.25)
21:06.90 (1:16.69)	22:24.86 (1:17.97)	23:42.40 (1:17.54)	25:01.89 (1:19.50)	26:21.97 (1:20.08)	27:41.47 (1:19.51)	28:58.60 (1:17.13)	30:16.60 (1:18.00)

18 14 19 **Antoni KACZANOWSKI** 06-11-07 Passion First Warszawa(MZ) **32:19.92** U23(13)

1:12.84 (1:12.84)	2:23.50 (1:10.66)	3:34.36 (1:10.86)	4:46.50 (1:12.15)	5:58.41 (1:11.91)	7:10.66 (1:12.26)	8:23.26 (1:12.60)	9:35.93 (1:12.68)
10:49.30 (1:13.37)	12:01.74 (1:12.44)	13:13.97 (1:12.24)	14:27.25 (1:13.28)	15:43.68 (1:16.44)	17:01.32 (1:17.65)	18:19.95 (1:18.63)	19:40.66 (1:20.72)
21:03.19 (1:22.53)	22:25.93 (1:22.75)	23:48.84 (1:22.92)	25:15.19 (1:26.35)	26:40.76 (1:25.58)	28:07.20 (1:26.44)	29:33.29 (1:26.10)	30:58.77 (1:25.48)

11 56 **Oliwier MUTWIL** 99-10-27 TL ROW Rybnik(SL) **DNF**

1:12.07 (1:12.07)	2:22.96 (1:10.90)	3:33.85 (1:10.89)	4:45.83 (1:11.99)	5:57.65 (1:11.82)	7:09.60 (1:11.96)	8:21.93 (1:12.33)	9:33.42 (1:11.50)
10:45.71 (1:12.29)	11:56.82 (1:11.11)	13:10.57 (1:13.75)	14:26.23 (1:15.67)	15:42.07 (1:15.84)	16:58.28 (1:16.22)	18:13.36 (1:15.08)	37:43.73 (19:30.38)
38:52.85 (1:09.12)*							

Międzyczasy							
1000m	46	Maciej MEGIER	2:47.2	5000m	46	Maciej MEGIER	14:22.5
2000m	46	Maciej MEGIER	5:36.89	6000m	46	Maciej MEGIER	17:19.67
3000m	46	Maciej MEGIER	8:30.3	7000m	46	Maciej MEGIER	20:56.8
4000m	46	Maciej MEGIER	11:26.27	8/9km	46	Maciej MEGIER	23:14/26:11

10000 m M

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
Rekord Polski(U23)	28:21.77*	MEGIER Maciej	SKLA Sopot	Warszawa	25-04-26
Rekord Polski(U23)	28:30.4r	MALINOWSKI Bronisław	Olimpia Grudziądz	Celje (SLO)	73-08-04
Min. ME(Open)	27:50.00			Rzym (ITA)	24-06-06

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 B/2

Start: 26-04-19 16:29:34

1	14	12	Maksymilian ZAWIŚLAK	05-04-17	LKS Omega Kleszczów(LD)	31:22.91	U23(8)
1:14.77 (1:14.77)	2:29.68 (1:14.91)	3:43.95 (1:14.28)	4:57.88 (1:13.94)	6:12.00 (1:14.12)	7:27.54 (1:15.55)	8:44.04 (1:16.50)	9:59.70 (1:15.67)
11:15.66 (1:15.96)	12:31.24 (1:15.58)	13:46.93 (1:15.69)	15:01.87 (1:14.95)	16:16.11 (1:14.25)	17:31.50 (1:15.39)	18:48.37 (1:16.88)	20:05.11 (1:16.75)
21:22.51 (1:17.41)	22:39.88 (1:17.37)	23:56.58 (1:16.71)	25:11.85 (1:15.28)	26:27.03 (1:15.18)	27:42.76 (1:15.73)	28:57.84 (1:15.09)	30:11.89 (1:14.05)
2	17	21	Ernest ZWIRECKI	92-07-27	Passion First Warszawa(MZ)	31:33.79	
1:14.46 (1:14.46)	2:29.80 (1:15.35)	3:44.64 (1:14.84)	4:58.97 (1:14.34)	6:14.61 (1:15.64)	7:31.77 (1:17.17)	8:47.69 (1:15.92)	10:03.32 (1:15.63)
11:18.92 (1:15.61)	12:34.43 (1:15.52)	13:51.08 (1:16.65)	15:07.97 (1:16.90)	16:23.35 (1:15.39)	17:39.58 (1:16.24)	18:56.27 (1:16.69)	20:13.14 (1:16.87)
21:29.13 (1:16.00)	22:45.53 (1:16.40)	24:02.88 (1:17.36)	25:20.87 (1:17.99)	26:38.12 (1:17.26)	27:54.38 (1:16.26)	29:10.25 (1:15.88)	30:24.37 (1:14.13)
3	7	48	Dawid JANTA	03-11-22	ULKS Talex-Borysław Borzytuchoń(PM)	31:35.93	PB
1:15.73 (1:15.73)	2:30.37 (1:14.65)	3:45.51 (1:15.14)	4:59.16 (1:13.65)	6:14.99 (1:15.84)	7:31.45 (1:16.47)	8:47.92 (1:16.47)	10:03.17 (1:15.26)
11:19.32 (1:16.15)	12:34.19 (1:14.88)	13:50.79 (1:16.61)	15:07.66 (1:16.87)	16:23.81 (1:16.16)	17:39.82 (1:16.01)	18:56.62 (1:16.81)	20:12.91 (1:16.29)
21:29.16 (1:16.26)	22:45.97 (1:16.82)	24:03.70 (1:17.73)	25:19.76 (1:16.06)	26:37.83 (1:18.08)	27:54.62 (1:16.79)	29:11.43 (1:16.81)	30:28.86 (1:17.44)
4	13	54	Tomasz FIJAK	04-01-20	MKS Żywiec(SL)	31:36.74	U23(10)
1:15.10 (1:15.10)	2:29.88 (1:14.78)	3:44.22 (1:14.35)	4:58.09 (1:13.88)	6:11.84 (1:13.75)	7:27.18 (1:15.35)	8:44.14 (1:16.97)	9:59.95 (1:15.81)
11:15.53 (1:15.59)	12:30.94 (1:15.41)	13:46.67 (1:15.73)	15:03.02 (1:16.36)	16:20.37 (1:17.35)	17:37.46 (1:17.09)	18:54.53 (1:17.07)	20:12.60 (1:18.08)
21:29.42 (1:16.83)	22:46.12 (1:16.71)	24:04.02 (1:17.90)	25:20.25 (1:16.23)	26:38.37 (1:18.13)	27:54.74 (1:16.37)	29:10.98 (1:16.25)	30:25.62 (1:14.64)
5	5	45	Dominik KRÓL	05-04-18	SKLA Sopot(PM)	31:55.72	PB U23(11)
1:15.89 (1:15.89)	2:31.20 (1:15.31)	3:45.95 (1:14.76)	5:00.23 (1:14.28)	6:15.86 (1:15.63)	7:32.93 (1:17.08)	8:49.33 (1:16.40)	10:04.18 (1:14.86)
11:19.87 (1:15.69)	12:35.04 (1:15.18)	13:51.96 (1:16.92)	15:08.13 (1:16.17)	16:24.09 (1:15.96)	17:40.74 (1:16.66)	18:56.86 (1:16.13)	20:14.74 (1:17.88)
21:33.80 (1:19.06)	22:53.86 (1:20.06)	24:14.13 (1:20.28)	25:34.77 (1:20.64)	26:55.31 (1:20.55)	28:14.02 (1:18.72)	29:33.04 (1:19.02)	30:49.71 (1:16.67)
6	1	13	Paweł KROCHMAL	93-03-31	KS Czempion Warszawa(MZ)	32:13.50	
1:16.85 (1:16.85)	2:31.27 (1:14.42)	3:46.75 (1:15.48)	5:01.67 (1:14.93)	6:16.04 (1:14.37)	7:33.43 (1:17.40)	8:49.63 (1:16.21)	10:04.55 (1:14.92)
11:20.17 (1:15.62)	12:35.40 (1:15.23)	13:51.42 (1:16.03)	15:08.24 (1:16.82)	16:24.08 (1:15.85)	17:40.18 (1:16.10)	18:57.09 (1:16.92)	20:15.47 (1:18.38)
21:34.67 (1:19.20)	22:54.22 (1:19.55)	24:15.16 (1:20.95)	25:34.52 (1:19.36)	26:55.15 (1:20.64)	28:15.72 (1:20.57)	29:35.68 (1:19.97)	30:56.00 (1:20.32)
7	3	29	Paweł BONDARUK	06-03-27	KS Podlasie Białystok(PD)	32:18.40	U23(12)
1:17.39 (1:17.39)	2:31.65 (1:14.26)	3:46.61 (1:14.97)	5:02.03 (1:15.42)	6:16.17 (1:14.15)	7:33.15 (1:16.98)	8:49.04 (1:15.90)	10:04.00 (1:14.96)
11:19.64 (1:15.64)	12:34.74 (1:15.11)	13:51.83 (1:17.10)	15:08.55 (1:16.72)	16:24.23 (1:15.68)	17:40.59 (1:16.37)	18:57.64 (1:17.06)	20:16.01 (1:18.37)
21:35.06 (1:19.05)	22:54.98 (1:19.92)	24:16.67 (1:21.70)	25:39.26 (1:22.60)	27:01.05 (1:21.79)	28:23.96 (1:22.91)	29:43.66 (1:19.71)	31:03.08 (1:19.42)
8	2	66	Dawid WOROBIEC	90-09-23	LUKS Kłobuk Lidzbark Warmiński(WN)	32:26.48	
1:17.09 (1:17.09)	2:31.57 (1:14.48)	3:46.90 (1:15.34)	5:01.76 (1:14.86)	6:16.94 (1:15.19)	7:34.07 (1:17.13)	8:50.64 (1:16.58)	10:05.08 (1:14.44)
11:20.58 (1:15.50)	12:35.69 (1:15.12)	13:52.29 (1:16.60)	15:09.09 (1:16.81)	16:25.05 (1:15.96)	17:42.12 (1:17.07)	19:00.60 (1:18.49)	20:20.31 (1:19.72)
21:41.55 (1:21.24)	23:02.76 (1:21.22)	24:24.51 (1:21.76)	25:45.93 (1:21.43)	27:07.36 (1:21.43)	28:28.99 (1:21.63)	29:50.02 (1:21.03)	31:11.72 (1:21.71)
9	4	8	Jakub WAWRZYKOWSKI	97-12-21	MKST Astra Nowa Sól(LB)	32:26.81	PB
1:17.37 (1:17.37)	2:31.89 (1:14.53)	3:47.13 (1:15.25)	5:02.30 (1:15.17)	6:16.89 (1:14.59)	7:34.32 (1:17.43)	8:50.93 (1:16.62)	10:06.87 (1:15.94)
11:22.64 (1:15.77)	12:42.82 (1:20.18)	14:04.21 (1:21.40)	15:23.76 (1:19.55)	16:43.91 (1:20.16)	18:01.60 (1:17.70)	19:19.82 (1:18.22)	20:38.82 (1:19.00)
21:57.46 (1:18.65)	23:18.41 (1:20.95)	24:39.08 (1:20.68)	26:00.37 (1:21.29)	27:20.62 (1:20.25)	28:40.55 (1:19.94)	29:59.25 (1:18.70)	31:17.94 (1:18.70)
10	11	67	Radosław ZAJĄC	06-01-03	MKL Szczecin(ZP)	32:40.44	U23(14)
1:18.11 (1:18.11)	2:35.23 (1:17.12)	3:54.13 (1:18.91)	5:12.56 (1:18.43)	6:28.63 (1:16.08)	7:47.03 (1:18.40)	9:04.43 (1:17.40)	10:22.66 (1:18.24)
11:41.03 (1:18.37)	12:59.48 (1:18.45)	14:17.93 (1:18.46)	15:36.44 (1:18.51)	16:54.69 (1:18.25)	18:12.97 (1:18.28)	19:31.76 (1:18.79)	20:51.50 (1:19.74)
22:10.41 (1:18.91)	23:29.84 (1:19.44)	24:47.79 (1:17.95)	26:07.43 (1:19.65)	27:26.78 (1:19.35)	28:48.82 (1:22.05)	30:10.13 (1:21.31)	31:29.51 (1:19.39)
11	15	15	Ignacy TRĘBICKI	00-10-04	OKS Skra Warszawa(MZ)	32:55.80	PB
1:16.09 (1:16.09)	2:30.66 (1:14.58)	3:45.75 (1:15.09)	4:59.89 (1:14.14)	6:15.27 (1:15.39)	7:32.27 (1:17.00)	8:49.78 (1:17.51)	10:06.53 (1:16.76)
11:25.48 (1:18.95)	12:44.49 (1:19.02)	14:03.97 (1:19.49)	15:23.47 (1:19.51)	16:43.72 (1:20.25)	18:03.39 (1:19.67)	19:24.14 (1:20.76)	20:44.45 (1:20.32)
22:05.40 (1:20.95)	23:28.24 (1:22.85)	24:50.36 (1:22.12)	26:13.42 (1:23.07)	27:36.26 (1:22.85)	29:00.00 (1:23.74)	30:22.04 (1:22.05)	31:43.08 (1:21.04)

Strona 3 z 4

Druk: 26-04-19 19:04:41

DNS-nie wyst., DNF-nie ukoń., DQ-dyskw., NM-bez wyn., PB-r.życ., SB-r.sez., Q,q-awans, YC-żółta kartka

AUGUSTÓW 2026

Przygotowanie: DomTel Sport Timing Słupsk, tel. 602 314171 www.domtel-sport.pl



10000 m M

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
Rekord Polski(U23)	28:21.77*	MEGIER Maciej	SKLA Sopot	Warszawa	25-04-26
Rekord Polski(U23)	28:30.4r	MALINOWSKI Bronisław	Olimpia Grudziądz	Celje (SLO)	73-08-04
Min. ME(Open)	27:50.00			Rzym (ITA)	24-06-06

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

12 10 62 **Łukasz SZYMCZAK** 05-03-17 OŚ AZS Poznań(WP) **33:14.53** U23(15)

1:15.44 (1:15.44)	2:29.74 (1:14.30)	3:45.09 (1:15.36)	4:58.64 (1:13.55)	6:12.52 (1:13.88)	7:27.90 (1:15.39)	8:44.60 (1:16.70)	10:00.47 (1:15.88)
11:16.14 (1:15.67)	12:31.68 (1:15.54)	13:47.42 (1:15.74)	15:07.68 (1:20.27)	16:27.75 (1:20.07)	17:53.33 (1:25.59)	19:19.61 (1:26.28)	20:43.33 (1:23.73)
22:06.64 (1:23.31)	23:33.93 (1:27.30)	25:02.43 (1:28.50)	26:25.33 (1:22.90)	27:47.52 (1:22.20)	29:13.22 (1:25.71)	30:38.71 (1:25.50)	32:00.32 (1:21.61)

13 9 14 **Kosma NOWAK** 03-07-08 KS Czempion Warszawa(MZ) **33:19.16** PB

1:16.51 (1:16.51)	2:31.04 (1:14.54)	3:45.96 (1:14.92)	5:00.03 (1:14.07)	6:15.70 (1:15.68)	7:32.67 (1:16.97)	8:50.36 (1:17.69)	10:07.90 (1:17.55)
11:27.96 (1:20.06)	12:48.71 (1:20.75)	14:10.21 (1:21.51)	15:30.61 (1:20.40)	16:52.67 (1:22.07)	18:13.88 (1:21.21)	19:36.39 (1:22.51)	20:59.72 (1:23.34)
22:23.01 (1:23.29)	23:46.37 (1:23.36)	25:09.52 (1:23.16)	26:32.34 (1:22.83)	27:56.49 (1:24.15)	29:21.36 (1:24.87)	30:44.60 (1:23.25)	32:04.47 (1:19.87)

14 16 17 **Szymon DZICZEK** 95-05-07 Passion First Warszawa(MZ) **35:21.89**

1:16.65 (1:16.65)	2:30.49 (1:13.84)	3:46.49 (1:16.00)	5:01.38 (1:14.90)	6:16.88 (1:15.51)	7:33.95 (1:17.07)	8:51.50 (1:17.55)	10:12.73 (1:21.24)
11:37.49 (1:24.76)	13:12.63 (1:35.15)	14:56.46 (1:43.84)	16:29.36 (1:32.90)	17:55.55 (1:26.19)	19:21.23 (1:25.68)	20:47.40 (1:26.17)	22:16.95 (1:29.56)
23:49.09 (1:32.15)	25:18.99 (1:29.90)	26:49.58 (1:30.60)	28:16.76 (1:27.18)	29:44.61 (1:27.85)	31:12.15 (1:27.55)	32:39.58 (1:27.43)	34:04.26 (1:24.69)

15 12 58 **Tymoteusz GROBELNY** 05-05-02 OKL Oborniki(WP) **35:54.30** U23(16)

1:24.62 (1:24.62)	2:50.40 (1:25.79)	4:14.45 (1:24.06)	5:39.22 (1:24.77)	7:04.63 (1:25.42)	8:29.94 (1:25.31)	9:54.71 (1:24.78)	11:18.87 (1:24.16)
12:44.72 (1:25.85)	14:11.18 (1:26.46)	15:39.04 (1:27.87)	17:07.53 (1:28.49)	18:34.41 (1:26.88)	20:01.03 (1:26.63)	21:26.86 (1:25.83)	22:54.82 (1:27.96)
24:21.39 (1:26.57)	25:49.07 (1:27.69)	27:16.91 (1:27.85)	28:45.30 (1:28.39)	30:14.00 (1:28.70)	31:42.52 (1:28.53)	33:09.95 (1:27.44)	34:35.15 (1:25.21)

8 6 **Adam MARYSIAK** 88-01-06 MKST Astra Nowa Sól(LB) **DNS**

16:29:34.45

6 9 **Miłosz BIELAK** 01-05-06 MLKS Agros Żary(LB) **DNF**

1:15.64 (1:15.64)	2:30.29 (1:14.66)	3:44.86 (1:14.58)	4:58.35 (1:13.49)	6:12.21 (1:13.86)	7:27.55 (1:15.35)	8:44.38 (1:16.83)	10:00.20 (1:15.82)
11:15.92 (1:15.72)	12:31.46 (1:15.55)	13:46.27 (1:14.82)	15:01.64 (1:15.37)	16:16.25 (1:14.61)	17:32.26 (1:16.02)	18:47.84 (1:15.58)	20:04.85 (1:17.02)
21:22.71 (1:17.86)	22:39.71 (1:17.01)"						

Międzyczasy

1000m	12	Maksymilian ZAWIŚLAK	3:06.9	5000m	9	Miłosz BIELAK	15:38.4
2000m	54	Tomasz FIJAK	6:11.77	6000m	9	Miłosz BIELAK	18:47.88
3000m	12	Maksymilian ZAWIŚLAK	9:21.4	7000m	12	Maksymilian ZAWIŚLAK	22:05.5
4000m	54	Tomasz FIJAK	12:30.80	8/9km	12	Maksymilian ZAWIŚLAK	25:11/28:20

Legenda:

PB rekord życiowy



Punktacja drużynowa

Kobiety

1		Passion First Warszawa	1:46:31.20	
1	18	Elżbieta GLINKA	93-10-30	32:18.90
2	20	Patrycja MIAZEK	00-08-26	36:55.34
3	16	Patrycja BIELECKA	03-10-28	37:16.97
2		KS Prefbet-Sonarol Łomża	1:50:48.61	
1	33	Monika DUBIELLA	00-05-02	35:43.44
2	36	Martyna KRAWCZYŃSKA	04-11-21	37:16.07
3	34	Karolina GUSKA	06-12-25	37:49.10
	35	Ewa JAGIELSKA	82-10-25	DNS

Druk: 26-04-19 18:47:28

DNS-nie wyst., DNF-nie ukoń., DQ-dyskw., NM-bez wyn., PB-r.życ., SB-r.sez., Q,q-awans, YC-żółta kartka

AUGUSTÓW 2026

Przygotowanie: DomTel Sport Timing Słupsk, tel. 602 314171 www.domtel-sport.pl





Punktacja drużynowa

Mężczyźni

1 ULKS Talex-Borysław Borzytuchom 1:31:23.57			
1	50	Daniel KRYZEL	00-07-16 29:29.14
2	52	Krzysztof ZIELIŃSKI	05-07-14 30:18.51
3	48	Dawid JANTA	03-11-22 31:35.93
2 OŚ AZS Poznań 1:33:22.27			
1	60	Krzysztof HADAS	96-08-23 29:46.25
2	63	Jędrzej WOLSKI	04-01-04 30:21.50
3	62	Łukasz SZYMCZAK	05-03-17 33:14.53
3 Passion First Warszawa 1:39:15.60			
1	21	Ernest ZWIRECKI	92-07-27 31:33.79
2	19	Antoni KACZANOWSKI	06-11-07 32:19.92
3	17	Szymon DZICZEK	95-05-07 35:21.89

Druk: 26-04-19 18:47:28

DNS-nie wyst., DNF-nie ukoń., DQ-dyskw., NM-bez wyn., PB-r.życ., SB-r.sez., Q,q-awans, YC-żółta kartka

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