

Wyniki konkurencji

10000 metrów kobiet

Sędzia:

Rekord Świata(Open)	29:17.45	AYANA Almaz	TUR	Rio de Janeiro (BRA)	16-08-12
Rekord Europy(Open)	30:01.09	RADCLIFFE Paula	GBR	M?nchen	02-08-06
Rekord Polski(Open)	31:43.51	JARZYŃSKA Karolina	Piętka Katowice	Ostrava	13-06-27

Miejsce	Tor	Numer	Imię i nazwisko	Data ur.	Klub (woj)	Reakcja	Wynik
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Bieg 1/1

Start: 20-09-19 18:17:03

1	16	107	Katarzyna JANKOWSKA	94-01-14	KS Podlasie Białystok(PD)		33:10.52	
2	7	118	Izabela PASZKIEWICZ	88-01-09	AZS UMCS Lublin(LU)		33:14.34	PB
3	11	112	Aleksandra LISOWSKA	90-12-12	KS AZS UWM Olsztyn(WN)		33:42.21	PB
4	9	105	Sylwia INDEKA	97-06-19	LKS Pszczyna(SL)		33:52.35	PB
5	13	103	Aleksandra BRZEZIŃSKA	91-07-30	MKL Toruń(KP)		34:09.28	
6	12	113	Angelika MACH	91-09-07	AZS UMCS Lublin(LU)		34:35.99	
7	15	109	Paulina KACZYŃSKA	91-07-24	WMLKS Pomorze Stargard(ZP)		35:06.71	
8	10	111	Justyna KORYTKOWSKA	86-03-12	LłKS Prefbet Śniadowo łomża(PD)		35:10.24	
9	21	128	Beata TOPKA	99-01-20	ULKS Talex Borzytuchom(PM)		35:11.40	25
10	14	102	Anna BAŃKOWSKA	90-03-31	KS Podlasie Białystok(PD)		35:29.01	
11	5	108	Sabina JARZĄBEK	93-12-05	KKL Kielce(SK)		35:51.41	PB
12	23	114	Martyna MASŁOWSKA	90-02-03	ULKS Bystrzyca Kłodzka(DS)		36:08.40	
13	3	125	Milena SADOWSKA	99-01-04	WMLKS Pomorze Stargard(ZP)		36:09.56	PB 21
14	8	120	Anna SZYSZKA	90-02-14	LłKS Prefbet Śniadowo łomża(PD)		36:43.59	
15	6	129	Anna WIKTORCZYK	98-07-01	WMLKS Pomorze Stargard(ZP)		36:58.06	18
16	4	127	Anna ŚLESZYCKA	98-12-11	RKS Łódź(LD)		37:32.67	PB 16
17	18	122	Rozalia GAPSKA	98-09-12	PLKS Gwda Piła(WP)		37:44.57	14
18	19	116	Paulina MIKIEWICZ-ŁAPIŃSKA	92-07-13	KS Podlasie Białystok(PD)		38:04.83	
19	1	119	Judyta RĘBISZ	97-04-19	TL Pogoń Ruda Śląska(SL)		38:30.61	PB
20	22	117	Monika NAWRAT	88-01-06	LłKS Prefbet Śniadowo łomża(PD)		39:54.98	
21	25	101	Joanna ADAMSKA	97-09-23	AZS KU Politechniki Opolskiej Opole(OP)		41:07.38	
22	2	123	Weronika HEDZIELSKA	98-06-08	KS Team Baryła Gorzów(LB)		42:03.87	12
	20	121	Beata WINIARCZYK-JADACH	78-05-28	PZLAM(MS)		DNS	
	17	104	Katarzyna CYPRYCH	88-09-05	AZS KU Politechniki Opolskiej Opole(OP)		DNS	
	24	110	Barbara KORALEWSKA	93-12-02	AZS KU Politechniki Opolskiej Opole(OP)		DNS	

Legenda:

PB -rekord życiowy

Klasyfikacja U23

10000 metrów kobiet

Miejsce	B-G/Miejsce	Imię i nazwisko	Data ur.	Klub (woj)	Wynik	
1	Bieg 1 9	Beata TOPKA	99-01-20	ULKS Talex Borzytuchom	35:11.40	25
2	Bieg 1 13	Milena SADOWSKA	99-01-04	WMLKS Pomorze Stargard	36:09.56	PB 21
3	Bieg 1 15	Anna WIKTORCZYK	98-07-01	WMLKS Pomorze Stargard	36:58.06	18
4	Bieg 1 16	Anna ŚLESZYCKA	98-12-11	RKS Łódź	37:32.67	PB 16
5	Bieg 1 17	Rozalia GAPSKA	98-09-12	PLKS Gwda Piła	37:44.57	14
6	Bieg 1 22	Weronika HEDZIELSKA	98-06-08	KS Team Baryła Gorzów	42:03.87	12

Wyniki konkurencji-międzyzycasy

10000 metrów kobiet

Rekord Świata(Open)	29:17.45	AYANA Almaz	TUR	Rio de Janeiro (BRA)	16-08-12
Rekord Europy(Open)	30:01.09	RADCLIFFE Paula	GBR	München	02-08-06
Rekord Polski(Open)	31:43.51	JARZYŃSKA Karolina	Piętka Katowice	Ostrava	13-06-27

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

Bieg 1/1

Start: 20-09-19 18:17:03

1	16	107	Katarzyna JANKOWSKA	94-01-14	KS Podlasie Białystok(PD)		33:10.52
1:21.19 (1:21.19) 2:44.54 (1:23.36) 4:06.15 (1:21.61) 5:28.68 (1:22.53) 6:52.60 (1:23.93) 8:15.34 (1:22.74) 9:38.09 (1:22.76) 11:01.14 (1:23.05) 12:23.29 (1:22.16) 13:42.73 (1:19.44) 15:01.03 (1:18.30) 16:19.01 (1:17.98) 17:35.89 (1:16.88) 18:53.17 (1:17.29) 20:10.71 (1:17.54) 21:28.77 (1:18.06) 22:47.94 (1:19.17) 24:07.06 (1:19.12) 25:25.59 (1:18.54) 26:43.24 (1:17.66) 29:19.58 (1:18.11) 30:37.94 (1:18.37) 30:37.94 (1:18.37) 31:56.75 (1:18.82)							
2	7	118	Izabela PASZKIEWICZ	88-01-09	AZS UMCS Lublin(LU)		33:14.34 PB
1:20.72 (1:20.72) 2:44.16 (1:23.44) 4:05.71 (1:21.56) 5:28.08 (1:22.38) 6:52.16 (1:24.08) 8:15.06 (1:22.90) 9:37.57 (1:22.51) 11:00.92 (1:23.36) 12:23.41 (1:22.50) 13:42.69 (1:19.28) 15:01.09 (1:18.40) 16:19.26 (1:18.17) 17:36.19 (1:16.94) 18:53.34 (1:17.15) 20:10.99 (1:17.66) 21:29.04 (1:18.05) 22:48.03 (1:18.99) 24:06.87 (1:18.85) 25:25.90 (1:19.03) 26:43.48 (1:17.58) 29:19.76 (1:18.13) 30:38.08 (1:18.32) 30:38.08 (1:18.32) 31:57.21 (1:19.13)							
3	11	112	Aleksandra LISOWSKA	90-12-12	KS AZS UWM Olsztyn(WN)		33:42.21 PB
1:21.31 (1:21.31) 2:45.16 (1:23.85) 4:06.85 (1:21.69) 5:29.02 (1:22.17) 6:53.31 (1:24.29) 8:16.04 (1:22.74) 9:38.70 (1:22.66) 11:01.85 (1:23.16) 12:24.36 (1:22.51) 13:43.55 (1:19.19) 15:01.67 (1:18.13) 16:19.71 (1:18.04) 17:36.26 (1:16.56) 18:53.61 (1:17.36) 20:11.15 (1:17.55) 21:29.11 (1:17.96) 22:48.32 (1:19.22) 24:08.15 (1:19.83) 25:30.68 (1:22.53) 26:54.05 (1:23.37) 29:39.97 (1:23.09) 31:02.66 (1:22.69) 31:02.66 (1:22.69) 32:24.58 (1:21.93)							
4	9	105	Sylwia INDEKA	97-06-19	LKS Pszczyna(SL)		33:52.35 PB
1:20.83 (1:20.83) 2:44.55 (1:23.72) 4:05.91 (1:21.37) 5:28.36 (1:22.45) 6:52.41 (1:24.05) 8:15.23 (1:22.83) 9:37.78 (1:22.55) 11:00.97 (1:23.20) 12:23.64 (1:22.67) 13:43.12 (1:19.49) 15:01.62 (1:18.50) 16:19.45 (1:17.83) 17:37.86 (1:18.41) 18:58.84 (1:20.99) 20:20.90 (1:22.06) 21:42.86 (1:21.97) 23:04.65 (1:21.80) 24:27.16 (1:22.52) 25:50.68 (1:23.53) 27:12.88 (1:22.20) 29:58.37 (1:21.79) 31:17.47 (1:19.11) 31:17.47 (1:19.11) 32:38.46 (1:20.99)							
5	13	103	Aleksandra BRZEZIŃSKA	91-07-30	MKL Toruń(KP)		34:09.28
1:21.54 (1:21.54) 2:45.10 (1:23.56) 4:06.59 (1:21.50) 5:29.06 (1:22.47) 6:52.99 (1:23.94) 8:15.97 (1:22.98) 9:38.61 (1:22.65) 11:01.49 (1:22.88) 12:24.21 (1:22.73) 13:44.10 (1:19.89) 15:03.03 (1:18.94) 16:23.34 (1:20.32) 17:45.55 (1:22.21) 19:08.33 (1:22.79) 20:29.71 (1:21.38) 21:51.89 (1:22.18) 23:12.52 (1:20.64) 24:35.10 (1:22.58) 25:56.71 (1:21.62) 27:19.24 (1:22.53) 30:03.76 (1:21.95) 31:26.61 (1:22.85) 31:26.61 (1:22.85) 32:49.68 (1:23.07)							
6	12	113	Angelika MACH	91-09-07	AZS UMCS Lublin(LU)		34:35.99
1:21.48 (1:21.48) 2:44.97 (1:23.50) 4:06.45 (1:21.48) 5:28.86 (1:22.42) 6:52.85 (1:23.99) 8:15.74 (1:22.90) 9:38.35 (1:22.61) 11:01.33 (1:22.99) 12:24.07 (1:22.74) 13:43.38 (1:19.31) 15:02.38 (1:19.01) 16:23.15 (1:20.77) 17:45.38 (1:22.24) 19:08.25 (1:22.88) 20:30.62 (1:22.37) 21:53.66 (1:23.04) 23:17.01 (1:23.36) 24:41.98 (1:24.97) 26:07.71 (1:25.73) 27:33.39 (1:25.69) 30:25.09 (1:25.84) 31:50.91 (1:25.82) 31:50.91 (1:25.82) 33:15.61 (1:24.71)							
7	15	109	Paulina KACZYŃSKA	91-07-24	WMLKS Pomorze Stargard(ZP)		35:06.71
1:21.82 (1:21.82) 2:45.48 (1:23.66) 4:07.06 (1:21.59) 5:29.39 (1:22.34) 6:53.54 (1:24.15) 8:16.45 (1:22.91) 9:39.00 (1:22.56) 11:02.15 (1:23.15) 12:24.62 (1:22.48) 13:46.59 (1:21.98) 15:11.10 (1:24.51) 16:35.80 (1:24.71) 18:00.64 (1:24.84) 19:26.55 (1:25.92) 20:53.27 (1:26.72) 22:20.37 (1:27.10) 23:48.39 (1:28.03) 25:15.52 (1:27.13) 26:41.57 (1:26.06) 28:09.02 (1:27.45) 31:03.34 (1:27.39) 32:28.44 (1:25.10) 32:28.44 (1:25.10) 33:50.72 (1:22.28)							
8	10	111	Justyna KORYTKOWSKA	86-03-12	LłKS Prefeb Śniadowo Łomża(PD)		35:10.24
1:22.15 (1:22.15) 2:45.49 (1:23.34) 4:07.29 (1:21.81) 5:29.83 (1:22.54) 6:53.92 (1:24.09) 8:16.84 (1:22.92) 9:39.15 (1:22.31) 11:02.25 (1:23.11) 12:24.98 (1:22.74) 13:46.80 (1:21.82) 15:11.30 (1:24.51) 16:36.08 (1:24.78) 18:00.36 (1:24.28) 19:26.26 (1:25.91) 20:52.70 (1:26.44) 22:19.95 (1:27.25) 23:48.14 (1:28.19) 25:15.79 (1:27.66) 26:41.84 (1:26.05) 28:09.22 (1:27.38) 31:03.43 (1:27.35) 32:28.54 (1:25.12) 32:28.54 (1:25.12) 33:51.12 (1:22.58)							

10000 metrów kobiet

Rekord Świata(Open)	29:17.45 AYANA Almaz	TUR	Rio de Janeiro (BRA)	16-08-12
Rekord Europy(Open)	30:01.09 RADCLIFFE Paula	GBR	München	02-08-06
Rekord Polski(Open)	31:43.51 JARZYŃSKA Karolina	Piętka Katowice	Ostrava	13-06-27

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

9	21	128	Beata TOPKA	99-01-20	ULKS Talex Borzytuchom(PM)		35:11.40	25
1:23.19 (1:23.19)	2:46.49 (1:23.31)	4:09.57 (1:23.08)	5:33.83 (1:24.26)	6:59.21 (1:25.38)	8:26.30 (1:27.09)	9:52.29 (1:26.00)	11:19.28 (1:26.99)	
12:45.22 (1:25.94)	14:10.43 (1:25.22)	15:35.99 (1:25.56)	17:02.08 (1:26.10)	18:27.14 (1:25.06)	19:52.49 (1:25.36)	21:17.43 (1:24.94)	22:42.09 (1:24.67)	
24:06.57 (1:24.48)	25:30.15 (1:23.59)	26:54.17 (1:24.02)	28:18.91 (1:24.74)	31:08.77 (1:25.20)	32:32.73 (1:23.97)	32:32.73 (1:23.97)	33:53.87 (1:21.14)	
10	14	102	Anna BAŃKOWSKA	90-03-31	KS Podlasie Białystok(PD)		35:29.01	
1:20.47 (1:20.47)	2:44.04 (1:23.57)	4:05.40 (1:21.37)	5:27.83 (1:22.44)	6:52.04 (1:24.21)	8:14.73 (1:22.70)	9:37.26 (1:22.53)	11:00.58 (1:23.33)	
12:23.66 (1:23.08)	13:48.07 (1:24.41)	15:14.20 (1:26.14)	16:40.06 (1:25.86)	18:08.08 (1:28.03)	19:35.02 (1:26.94)	21:00.43 (1:25.41)	22:28.06 (1:27.64)	
23:53.13 (1:25.07)	25:22.62 (1:29.50)	26:51.34 (1:28.73)	28:20.36 (1:29.02)	31:17.63 (1:29.89)	32:46.90 (1:29.27)	32:46.90 (1:29.27)	34:12.65 (1:25.76)	
11	5	108	Sabina JARZĄBEK	93-12-05	KKL Kielce(SK)		35:51.41	PB
1:22.64 (1:22.64)	2:46.25 (1:23.62)	4:08.34 (1:22.09)	5:30.44 (1:22.10)	6:55.11 (1:24.67)	8:19.06 (1:23.96)	9:44.32 (1:25.26)	11:11.34 (1:27.02)	
12:38.71 (1:27.38)	14:05.27 (1:26.56)	15:32.07 (1:26.80)	16:59.82 (1:27.75)	18:26.68 (1:26.86)	19:53.06 (1:26.39)	21:19.58 (1:26.52)	22:47.27 (1:27.69)	
24:14.88 (1:27.62)	25:43.98 (1:29.11)	27:13.05 (1:29.07)	28:40.09 (1:27.05)	31:34.90 (1:27.66)	33:02.61 (1:27.71)	33:02.61 (1:27.71)	34:29.32 (1:26.72)	
12	23	114	Martyna MASŁOWSKA	90-02-03	ULKS Bystrzyca Kłodzka(DS)		36:08.40	
1:26.40 (1:26.40)	2:51.53 (1:25.14)	4:17.08 (1:25.55)	5:43.40 (1:26.33)	7:09.86 (1:26.46)	8:34.64 (1:24.78)	9:59.92 (1:25.28)	11:25.63 (1:25.71)	
12:52.08 (1:26.46)	14:18.73 (1:26.66)	15:45.02 (1:26.29)	17:12.18 (1:27.17)	18:38.24 (1:26.07)	20:05.14 (1:26.91)	21:32.57 (1:27.43)	22:59.66 (1:27.09)	
24:27.60 (1:27.94)	25:55.45 (1:27.86)	27:22.77 (1:27.33)	28:50.92 (1:28.15)	31:47.00 (1:28.51)	33:14.81 (1:27.81)	33:14.81 (1:27.81)	34:36.82 (1:22.02)	
13	3	125	Milena SADOWSKA	99-01-04	WMLKS Pomorze Stargard(ZP)		36:09.56	PB 21
1:23.28 (1:23.28)	2:46.67 (1:23.39)	4:10.56 (1:23.90)	5:37.19 (1:26.64)	7:05.86 (1:28.67)	8:34.35 (1:28.50)	10:00.60 (1:26.26)	11:26.10 (1:25.51)	
12:52.37 (1:26.27)	14:18.92 (1:26.56)	15:45.51 (1:26.59)	17:11.82 (1:26.32)	18:38.40 (1:26.58)	20:05.33 (1:26.94)	21:31.28 (1:25.95)	22:59.89 (1:28.62)	
24:27.89 (1:28.00)	25:55.12 (1:27.23)	27:22.87 (1:27.76)	28:51.51 (1:28.64)	31:52.31 (1:30.11)	33:21.56 (1:29.25)	33:21.56 (1:29.25)	34:50.56 (1:29.00)	
14	8	120	Anna SZYSZKA	90-02-14	LtKS Prefbet Śniadowo Łomża(PD)		36:43.59	
1:22.22 (1:22.22)	2:45.96 (1:23.74)	4:09.22 (1:23.27)	5:33.61 (1:24.39)	6:59.53 (1:25.93)	8:26.82 (1:27.30)	9:54.32 (1:27.50)	11:23.99 (1:29.68)	
12:53.59 (1:29.60)	14:22.00 (1:28.41)	15:51.23 (1:29.24)	17:20.81 (1:29.58)	18:50.28 (1:29.47)	20:19.61 (1:29.34)	21:47.69 (1:28.08)	23:17.78 (1:30.09)	
24:46.55 (1:28.77)	26:15.39 (1:28.85)	27:44.67 (1:29.29)	29:15.29 (1:30.62)	32:17.81 (1:32.00)	33:48.29 (1:30.49)	33:48.29 (1:30.49)	35:17.36 (1:29.07)	
15	6	129	Anna WIKTORCZYK	98-07-01	WMLKS Pomorze Stargard(ZP)		36:58.06	18
1:23.56 (1:23.56)	2:47.12 (1:23.56)	4:10.96 (1:23.84)	5:37.41 (1:26.46)	7:05.54 (1:28.13)	8:34.26 (1:28.73)	10:00.35 (1:26.09)	11:25.89 (1:25.55)	
12:52.77 (1:26.89)	14:19.46 (1:26.69)	15:46.11 (1:26.66)	17:17.35 (1:31.24)	18:47.71 (1:30.37)	20:17.91 (1:30.21)	21:47.90 (1:30.00)	23:18.27 (1:30.37)	
24:48.58 (1:30.31)	26:21.09 (1:32.52)	27:54.46 (1:33.37)	29:27.45 (1:33.00)	32:31.04 (1:32.53)	34:02.46 (1:31.43)	34:02.46 (1:31.43)	35:24.78 (1:22.33)	
16	4	127	Anna ŚLESZYCKA	98-12-11	RKS Łódź(LD)		37:32.67	PB 16
1:27.50 (1:27.50)	2:59.45 (1:31.96)	4:30.98 (1:31.53)	6:01.19 (1:30.21)	7:30.47 (1:29.28)	9:00.29 (1:29.82)	10:30.21 (1:29.92)	12:00.85 (1:30.65)	
13:30.95 (1:30.11)	15:00.69 (1:29.74)	16:30.60 (1:29.92)	18:01.67 (1:31.07)	19:32.49 (1:30.83)	21:04.12 (1:31.63)	22:34.91 (1:30.80)	24:06.12 (1:31.22)	
25:36.76 (1:30.64)	27:08.51 (1:31.75)	28:38.79 (1:30.29)	30:09.73 (1:30.95)	33:10.16 (1:30.21)	34:40.74 (1:30.59)	34:40.74 (1:30.59)	36:09.67 (1:28.94)	
17	18	122	Rozalia GAPSKA	98-09-12	PLKS Gwda Piła(WP)		37:44.57	14
1:28.18 (1:28.18)	2:59.81 (1:31.63)	4:31.42 (1:31.61)	6:01.62 (1:30.21)	7:30.79 (1:29.17)	9:00.75 (1:29.97)	10:30.51 (1:29.77)	12:01.11 (1:30.60)	
13:31.02 (1:29.91)	15:00.79 (1:29.78)	16:30.84 (1:30.05)	18:01.78 (1:30.94)	19:32.59 (1:30.82)	21:04.14 (1:31.55)	22:35.43 (1:31.29)	24:06.72 (1:31.29)	
25:36.49 (1:29.78)	27:08.18 (1:31.69)	28:39.10 (1:30.92)	30:10.28 (1:31.19)	33:11.77 (1:30.59)	34:43.12 (1:31.36)	34:43.12 (1:31.36)	36:11.39 (1:28.27)	
18	19	116	Paulina MIKIEWICZ-ŁAPIŃSKA	92-07-13	KS Podlasie Białystok(PD)		38:04.83	
1:27.79 (1:27.79)	2:59.80 (1:32.02)	4:31.48 (1:31.68)	6:01.34 (1:29.86)	7:30.81 (1:29.47)	9:00.48 (1:29.68)	10:30.44 (1:29.96)	12:01.21 (1:30.77)	
13:30.62 (1:29.41)	15:00.57 (1:29.96)	16:30.21 (1:29.64)	18:01.35 (1:31.14)	19:32.05 (1:30.70)	21:03.90 (1:31.86)	22:35.37 (1:31.48)	24:06.77 (1:31.41)	
25:39.56 (1:32.79)	27:16.83 (1:37.28)	28:51.08 (1:34.26)	30:25.48 (1:34.40)	33:33.32 (1:34.52)	35:07.09 (1:33.78)	35:07.09 (1:33.78)	36:39.58 (1:32.49)	

10000 metrów kobiet

Rekord Świata(Open)	29:17.45	AYANA Almaz	TUR	Rio de Janeiro (BRA)	16-08-12
Rekord Europy(Open)	30:01.09	RADCLIFFE Paula	GBR	M?nchen	02-08-06
Rekord Polski(Open)	31:43.51	JARZYŃSKA Karolina	Piętka Katowice	Ostrava	13-06-27

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

19	1	119	Judyta RĘBISZ	97-04-19	TL Pogoń Ruda Śląska(SL)		38:30.61	PB
1:28.25 (1:28.25)	3:00.49 (1:32.25)	4:32.79 (1:32.30)	6:03.69 (1:30.90)	7:34.94 (1:31.25)	9:07.10 (1:32.17)	10:39.01 (1:31.92)	12:10.04 (1:31.03)	
13:41.65 (1:31.61)	15:13.11 (1:31.47)	16:44.87 (1:31.77)	18:17.48 (1:32.61)	19:49.62 (1:32.14)	21:21.68 (1:32.06)	22:55.02 (1:33.35)	24:28.49 (1:33.47)	
26:02.25 (1:33.76)	27:37.96 (1:35.72)	29:12.38 (1:34.42)	30:47.43 (1:35.06)	33:58.18 (1:35.01)	35:31.44 (1:33.26)	35:31.44 (1:33.26)	37:03.79 (1:32.36)	

20	22	117	Monika NAWRAT	88-01-06	LtKS Prefbet Śniadowo Łomża(PD)		39:54.98	
1:29.86 (1:29.86)	3:03.14 (1:33.28)	4:36.86 (1:33.73)	6:11.55 (1:34.69)	7:45.47 (1:33.92)	9:19.90 (1:34.44)	10:54.01 (1:34.11)	12:28.39 (1:34.39)	
14:04.08 (1:35.69)	15:40.14 (1:36.07)	17:16.90 (1:36.76)	18:52.96 (1:36.06)	20:28.48 (1:35.53)	22:04.12 (1:35.64)	23:39.95 (1:35.84)	25:16.28 (1:36.33)	
26:52.97 (1:36.69)	28:30.40 (1:37.44)	30:07.82 (1:37.42)	31:45.63 (1:37.81)	35:02.73 (1:37.46)	36:40.65 (1:37.92)	36:40.65 (1:37.92)	38:18.00 (1:37.35)	

21	25	101	Joanna ADAMSKA	97-09-23	AZS KU Politechniki Opolskiej Opole(OP)		41:07.38	
1:30.28 (1:30.28)	3:03.32 (1:33.05)	4:37.05 (1:33.73)	6:11.75 (1:34.71)	7:45.97 (1:34.22)	9:21.94 (1:35.98)	10:59.88 (1:37.94)	12:36.09 (1:36.21)	
14:13.42 (1:37.34)	15:52.54 (1:39.12)	17:31.66 (1:39.12)	19:10.82 (1:39.16)	20:51.14 (1:40.33)	22:31.64 (1:40.50)	24:12.68 (1:41.05)	25:54.82 (1:42.14)	
27:36.56 (1:41.75)	29:18.28 (1:41.72)	31:00.62 (1:42.35)	32:42.52 (1:41.90)	36:05.64 (1:41.28)	37:46.42 (1:40.78)	37:46.42 (1:40.78)	39:29.21 (1:42.79)	

22	2	123	Weronika HEDZIELSKA	98-06-08	KS Team Baryła Gorzów(LB)		42:03.87	
1:28.96 (1:28.96)	3:02.75 (1:33.79)	4:37.23 (1:34.48)	6:12.94 (1:35.72)	7:51.62 (1:38.68)	9:34.16 (1:42.55)	11:15.05 (1:40.89)	12:55.92 (1:40.87)	
14:36.68 (1:40.77)	16:17.49 (1:40.81)	18:00.49 (1:43.01)	19:42.38 (1:41.90)	21:26.73 (1:44.35)	23:10.60 (1:43.88)	24:53.75 (1:43.15)	26:35.77 (1:42.03)	
28:19.44 (1:43.67)	30:04.42 (1:44.99)	31:50.89 (1:46.48)	33:35.02 (1:44.14)	36:43.49 (1:23.38)	38:47.41 (2:03.92)	38:47.41 (2:03.92)	40:27.52 (1:40.12)	

12

20	121		Beata WINIARCZYK-JADACH	78-05-28	PZLAM(MS)		DNS	
18:17:03.57								

17	104		Katarzyna CYPRYCH	88-09-05	AZS KU Politechniki Opolskiej Opole(OP)		DNS	
18:17:03.57								

24	110		Barbara KORALEWSKA	93-12-02	AZS KU Politechniki Opolskiej Opole(OP)		DNS	
18:17:03.57								

Legenda:

SB -rekord sezonu

PB -rekord życiowy

=PB -rekord życiowy



Wyniki konkurencji

10000 metrów mężczyzn

Sędzia:

Rekord Świata(Open)	26:17.53	BEKELE Kenenisa	ETH	Bruxelles	05-08-26
Rekord Europy(Open)	26:46.57	FARAH Mohammed	GBR	Eugene	11-06-03
Rekord Polski(Open)	27:53.61	KOWOL Jerzy	GÓRNIK Zabrze	Praga	78-08-29

Miejsce	Tor	Numer	Imię i nazwisko	Data ur.	Klub (woj)	Reakcja	Wynik
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Bieg 1/3

Start: 20-09-19 19:04:44

1	23	251	Krystian ZALEWSKI	89-04-11	UKS Barnim Goleniów(ZP)		28:59.88	
2	20	227	Szymon KULKA	93-06-22	WKS Grunwald Poznań(WP)		29:13.14	
3	19	240	Adam NOWICKI	90-08-24	MKL Szczecin(ZP)		29:23.35	
4	16	219	Kamil JASTRZĘBSKI	92-08-26	SKB Kraśnik(LU)		29:32.09	PB
5	17	222	Kamil KARBOWIAK	95-05-02	LZS KL Kotwica Brzeg(OP)		29:33.11	PB
6	21	217	Tomasz GRYCKO	92-09-16	UKS Bliza Władysławowo(PM)		29:44.47	
7	22	211	Arkadiusz GARDZIELEWSKI	86-06-12	WKS Śląsk Wrocław(DS)		29:51.90	
8	2	213	Adam GŁOGOWSKI	93-09-02	UKS Ekonomik-Maratończyk Lębork(PM)		30:24.48	PB
9	4	202	Dariusz BORATYŃSKI	97-09-26	KS AZS AWF Wrocław(DS)		30:33.09	PB
10	6	230	Piotr ŁOBODZIŃSKI	85-07-04	LŁKS Prefbet Śniadowo Łomża(PD)		30:41.52	
11	18	232	Dawid MALINA	91-11-18	TL ROW Rybnik(SL)		30:47.07	
12	3	208	Przemysław DĄBROWSKI	89-02-25	LŁKS Prefbet Śniadowo Łomża(PD)		30:48.60	
13	1	261	Patryk KOZŁOWSKI	98-11-10	RLTL ZTE Radom(MZ)		30:50.56	25
14	12	255	Nikodem DWORCZAK	98-03-02	WMLKS Nadodrże Powodowo(WP)		30:54.33	21
15	10	268	Oliwier MUTWIL	99-10-27	CKS Budowlani Częstochowa(SL)		31:13.01	PB 18
16	9	238	Mateusz NIEMCZYK	92-09-30	LŁKS Prefbet Śniadowo Łomża(PD)		31:31.46	
17	5	275	Aleksander WIĄCZEK	00-07-02	OKS Start Otwock(MZ)		31:34.60	16
18	11	206	Marcin CIEPŁAK	91-01-30	TL ROW Rybnik(SL)		31:37.73	
19	7	247	Damian ŚWIERDZEWSKI	93-06-27	KS AZS-AWF Biała Podlaska(LU)		31:40.75	
20	15	245	Patryk STYPUŁKOWSKI	95-02-01	MKS Tomaszów Mazowiecki(LD)		31:49.07	
	24	204	Błażej BRZEZIŃSKI	87-07-30	CWZS Zawisza Bydgoszcz SL(KP)		DNS	
	8	264	Jarosław KUCHARSKI	00-01-15	RLTL ZTE Radom(MZ)		DNS	
	14	241	Patryk PAWŁOWSKI	93-11-04	RLTL ZTE Radom(MZ)		DNS	
	25	212	Mariusz GIŻYŃSKI	81-06-26	WKS Grunwald Poznań(WP)		DNF	
	13	267	Wiktor MAĆKOWIAK	99-12-09	OŚ AZS Poznań(WP)		DNF	

Bieg 2/3

Start: 20-09-19 17:38:19

1	20	215	Krzysztof GOSIEWSKI	88-05-30	CWZS Zawisza Bydgoszcz SL(KP)		31:06.78	
2	1	210	Rafał FORMICKI	95-06-26	CKS Budowlani Częstochowa(SL)		31:46.45	PB
3	3	258	Szymon GUMKOWSKI	99-07-28	BKS Bydgoszcz(KP)		31:49.11	PB 14
4	14	262	Daniel KRZYŻEL	00-07-16	ULKS Talex Borzytuchoń(PM)		31:55.41	12
5	9	225	Maciej KUBIAK	88-10-29	UKS Ekonomik-Maratończyk Lębork(PM)		32:03.47	
6	4	214	Jakub GORZELAŃCZYK	91-01-23	MKS Siechnice(DS)		32:05.85	PB
7	12	277	Krzysztof ZDROJEWSKI	98-10-09	MKL Jarocin(WP)		32:12.32	10
8	13	259	Łukasz JATCZAK	00-03-11	LKS Pszczyna(SL)		32:14.05	8
9	2	246	Rafał SZYMBORSKI	92-07-05	BKS Wataha Warszawa(MZ)		32:25.36	
10	15	274	Krzysztof TSCHIRCH	99-12-17	Biegaj z Pasją Szklarska Poręba(DS)		32:36.30	
11	11	257	Roch GOSZCZYŃSKI	99-09-14	OŚ AZS Poznań(WP)		33:03.82	
12	18	276	Michał WÓJCIK	99-10-01	KS AZS AWF Wrocław(DS)		33:07.08	
13	6	236	Piotr MRACHACZ	97-06-09	MKS-MOSM Bytom(SL)		33:44.41	
14	17	273	Paweł SZRENIAWA	99-02-27	UKS Chromik Mysłowice(SL)		34:08.81	
15	8	242	Piotr POBŁOCKI	65-07-24	UKS Ekonomik-Maratończyk Lębork(PM)		34:15.65	
	10	239	Rafał NORDWING	88-07-12	LŁKS Prefbet Śniadowo Łomża(PD)		DNS	
	19	256	Dawid GOLA	99-09-04	UKS 12 Kalisz(WP)		DNS	

5	234	Adam MARYSIAK	88-01-06	MKST Astra Nowa Sól(LB)	DNF
7	243	Damian POŁEĆ	97-01-14	TL Pogoń Ruda Śląska(SL)	DNF
16	271	Mateusz SEMPER	99-01-19	MKS-MOS Płomień Sosnowiec(SL)	DNF

Bieg 3/3

Start: 20-09-19 16:54:56

1	6	131	Michał OLIWA	97-02-25	MKL Szczecin(ZP)	32:27.99	
2	14	229	Piotr ŁAWICKI	95-10-10	MLKS Sokół Lubin(DS)	32:43.19	
3	19	237	Paweł NAJMOWICZ	93-12-18	KS AZS UWM Olsztyn(WN)	32:48.81	
4	17	266	Mateusz LIPIŃSKI	99-09-23	AML Słupsk(PM)	32:50.22	
5	15	249	Michał WENDLAND	89-03-24	MKS Siechnice(DS)	32:56.37	
6	1	260	Łukasz KLATKA	99-03-04	Biegaj z Pasją Szklarska Poręba(DS)	33:18.72	
7	12	224	Radosław KASPRZAK	91-04-27	TL ROW Rybnik(SL)	33:21.38	
8	11	207	Mateusz DAJNOWSKI	94-03-27	MKS Chojniczanka 1930 Chojnice SA(PM)	33:22.19	PB
9	24	272	Rafał SUŁKOWSKI	99-08-26	Kraków Athletics Team(MA)	33:27.77	
10	10	248	Jakub WAWRZYKOWSKI	97-12-21	MKST Astra Nowa Sól(LB)	33:29.85	PB
11	21	209	Damian DROŹDŹ	87-04-21	TL ROW Rybnik(SL)	33:37.63	
12	20	220	Krzysztof JILEK	97-03-18	ULKS Bystrzyca Kłodzka(DS)	33:49.90	
13	3	205	Przemysław CHATYS	90-05-17	MKS Siechnice(DS)	33:55.02	
14	18	250	Piotr WIJATA	84-05-06	RLTL ZTE Radom(MZ)	33:59.65	
15	8	218	Marcin Roman GRZEGOROWSKI	78-04-06	KS Stal LA Ostrów Wlkp.(WP)	34:09.59	
16	2	203	Grzegorz BRAUN	94-09-15	Adam Draczyński Running Team Nowa Sól(L)	34:38.31	
17	22	223	Arkadiusz KARDAS	89-03-20	TS AKS Chorzów(SL)	34:47.15	
18	7	252	Łukasz BACHLEDA	98-03-20	Kraków Athletics Team(MA)	34:50.58	
19	9	263	Kacper KUBIAK	00-06-01	MKST Astra Nowa Sól(LB)	35:33.67	PB
20	4	278	Adam ZIMNICKI	00-11-12	Kraków Athletics Team(MA)	36:22.34	
21	16	216	Karol GRABOWSKI	89-06-22	CKS Budowlani Częstochowa(SL)	36:49.85	
22	23	244	Łukasz ROSZKOWSKI	88-06-20	MKS Juwenia Białystok(PD)	40:00.23	
	5	233	Łukasz MARCJANEK	89-06-02	KL Ziemia Kłodzka(DS)	DNF	



Wyniki konkurencji

Miejsce	B-G/Miejsce	Imię i nazwisko	Data ur.	Klub (woj)	Wynik	
1	Bieg 1 1	Krystian ZALEWSKI	89-04-11	UKS Barnim Goleniów	28:59.88	
2	Bieg 1 2	Szymon KULKA	93-06-22	WKS Grunwald Poznań	29:13.14	
3	Bieg 1 3	Adam NOWICKI	90-08-24	MKL Szczecin	29:23.35	
4	Bieg 1 4	Kamil JASTRZĘBSKI	92-08-26	SKB Kraśnik	29:32.09	PB
5	Bieg 1 5	Kamil KARBOWIAK	95-05-02	LZS KL Kotwica Brzeg	29:33.11	PB
6	Bieg 1 6	Tomasz GRYCKO	92-09-16	UKS Bliza Władysławowo	29:44.47	
7	Bieg 1 7	Arkadiusz GARDZIELEWSKI	86-06-12	WKS Śląsk Wrocław	29:51.90	
8	Bieg 1 8	Adam GŁOGOWSKI	93-09-02	UKS Ekonomik-Maratończyk Łęborg	30:24.48	PB
9	Bieg 1 9	Dariusz BORATYŃSKI	97-09-26	KS AZS AWF Wrocław	30:33.09	PB
10	Bieg 1 10	Piotr ŁOBODZIŃSKI	85-07-04	LŁKS Prefbet Śniadowo Łomża	30:41.52	
11	Bieg 1 11	Dawid MALINA	91-11-18	TL ROW Rybnik	30:47.07	
12	Bieg 1 12	Przemysław DĄBROWSKI	89-02-25	LŁKS Prefbet Śniadowo Łomża	30:48.60	
13	Bieg 1 13	Patryk KOZŁOWSKI	98-11-10	RLTL ZTE Radom	30:50.56	25
14	Bieg 1 14	Nikodem DWORCZAK	98-03-02	WMLKS Nadodrze Powodowo	30:54.33	21
15	Bieg 2 1	Krzysztof GOSIEWSKI	88-05-30	CWZS Zawisza Bydgoszcz SL	31:06.78	
16	Bieg 1 15	Oliwier MUTWIL	99-10-27	CKS Budowlani Częstochowa	31:13.01	PB 18
17	Bieg 1 16	Mateusz NIEMCZYK	92-09-30	LŁKS Prefbet Śniadowo Łomża	31:31.46	
18	Bieg 1 17	Aleksander WIĄCEK	00-07-02	OKS Start Otwock	31:34.60	16
19	Bieg 1 18	Marcin CIEPŁAK	91-01-30	TL ROW Rybnik	31:37.73	
20	Bieg 1 19	Damian ŚWIERDZEWSKI	93-06-27	KS AZS-AWF Biała Podlaska	31:40.75	
21	Bieg 2 2	Rafał FORMICKI	95-06-26	CKS Budowlani Częstochowa	31:46.45	PB
22	Bieg 1 20	Patryk STYPUŁKOWSKI	95-02-01	MKS Tomaszów Mazowiecki	31:49.07	
23	Bieg 2 3	Szymon GUMKOWSKI	99-07-28	BKS Bydgoszcz	31:49.11	PB 14
24	Bieg 2 4	Daniel KRYZEL	00-07-16	ULKS Talex Borzytuchom	31:55.41	12
25	Bieg 2 5	Maciej KUBIAK	88-10-29	UKS Ekonomik-Maratończyk Łęborg	32:03.47	
26	Bieg 2 6	Jakub GORZELAŃCZYK	91-01-23	MKS Siechnice	32:05.85	PB
27	Bieg 2 7	Krystian ZDROJEWSKI	98-10-09	MKL Jarocin	32:12.32	10
28	Bieg 2 8	Łukasz JATCZAK	00-03-11	LKS Pszczyna	32:14.05	8
29	Bieg 2 9	Rafał SZYMBORSKI	92-07-05	BKS Wataha Warszawa	32:25.36	
30	Bieg 3 1	Michał OLIWA	97-02-25	MKL Szczecin	32:27.99	
31	Bieg 2 10	Krzysztof TSCHIRCH	99-12-17	Biegaj z Pasją Szklarska Poręba	32:36.30	
32	Bieg 3 2	Piotr ŁAWICKI	95-10-10	MLKS Sokół Lubin	32:43.19	
33	Bieg 3 3	Paweł NAJMOWICZ	93-12-18	KS AZS UWM Olsztyn	32:48.81	
34	Bieg 3 4	Mateusz LIPIŃSKI	99-09-23	AML Słupsk	32:50.22	
35	Bieg 3 5	Michał WENDLAND	89-03-24	MKS Siechnice	32:56.37	
36	Bieg 2 11	Roch GOSZCZYŃSKI	99-09-14	OŚ AZS Poznań	33:03.82	
37	Bieg 2 12	Michał WÓJCİK	99-10-01	KS AZS AWF Wrocław	33:07.08	
38	Bieg 3 6	Łukasz KLATKA	99-03-04	Biegaj z Pasją Szklarska Poręba	33:18.72	
39	Bieg 3 7	Radosław KASPRZAK	91-04-27	TL ROW Rybnik	33:21.38	
40	Bieg 3 8	Mateusz DAJNOWSKI	94-03-27	MKS Chojniczanka 1930 Chojnice SA	33:22.19	PB
41	Bieg 3 9	Rafał SUŁKOWSKI	99-08-26	Kraków Athletics Team	33:27.77	
42	Bieg 3 10	Jakub WAWRZYKOWSKI	97-12-21	MKST Astra Nowa Sól	33:29.85	PB
43	Bieg 3 11	Damian DROŹDŹ	87-04-21	TL ROW Rybnik	33:37.63	
44	Bieg 2 13	Piotr MRACHACZ	97-06-09	MKS-MOSM Bytom	33:44.41	
45	Bieg 3 12	Krzysztof JILEK	97-03-18	ULKS Bystrzyca Kłodzka	33:49.90	
46	Bieg 3 13	Przemysław CHATYS	90-05-17	MKS Siechnice	33:55.02	
47	Bieg 3 14	Piotr WIJATA	84-05-06	RLTL ZTE Radom	33:59.65	
48	Bieg 2 14	Paweł SZRENIAWA	99-02-27	UKS Chromik Mysłowice	34:08.81	
49	Bieg 3 15	Marcin Roman GRZEGOROWSKI	78-04-06	KS Stal LA Ostrów Wlkp.	34:09.59	
50	Bieg 2 15	Piotr POBŁOCKI	65-07-24	UKS Ekonomik-Maratończyk Łęborg	34:15.65	
51	Bieg 3 16	Grzegorz BRAUN	94-09-15	Adam Draczyński Running Team Nowa S	34:38.31	
52	Bieg 3 17	Arkadiusz KARDAS	89-03-20	TS AKS Chorzów	34:47.15	
53	Bieg 3 18	Łukasz BACHLEDA	98-03-20	Kraków Athletics Team	34:50.58	



54	Bieg 3	19	Kacper KUBIAK	00-06-01	MKST Astra Nowa Sól	35:33.67
55	Bieg 3	20	Adam ZIMNICKI	00-11-12	Kraków Athletics Team	36:22.34
56	Bieg 3	21	Karol GRABOWSKI	89-06-22	CKS Budowlani Częstochowa	36:49.85
57	Bieg 3	22	Łukasz ROSZKOWSKI	88-06-20	MKS Juwenia Białystok	40:00.23
	Bieg 2	DNS	Dawid GOLA	99-09-04	UKS 12 Kalisz	DNS
	Bieg 1	DNS	Jarosław KUCHARSKI	00-01-15	RLTL ZTE Radom	DNS
	Bieg 1	DNS	Błażej BRZEZIŃSKI	87-07-30	CWZS Zawisza Bydgoszcz SL	DNS
	Bieg 1	DNS	Patryk PAWŁOWSKI	93-11-04	RLTL ZTE Radom	DNS
	Bieg 2	DNS	Rafał NORDWING	88-07-12	LŁKS Prefbet Śniadowo Łomża	DNS
	Bieg 2	DNF	Adam MARYSIAK	88-01-06	MKST Astra Nowa Sól	DNF
	Bieg 1	DNF	Mariusz GIŻYŃSKI	81-06-26	WKS Grunwald Poznań	DNF
	Bieg 1	DNF	Wiktor MAĆKOWIAK	99-12-09	OŚ AZS Poznań	DNF
	Bieg 3	DNF	Łukasz MARCJANEK	89-06-02	KL Ziemia Kłodzka	DNF
	Bieg 2	DNF	Mateusz SEMPER	99-01-19	MKS-MOS Płomień Sosnowiec	DNF
	Bieg 2	DNF	Damian POŁEĆ	97-01-14	TL Pogoń Ruda Śląska	DNF

PB

Legenda:

PB -rekord życiowy



Klasyfikacja U23

10000 metrów mężczyzn

Miejsce	B-G/Miejsce	Imię i nazwisko	Data ur.	Klub (woj)	Wynik	
1	Bieg 1 13	Patryk KOZŁOWSKI	98-11-10	RLTL ZTE Radom	30:50.56	25
2	Bieg 1 14	Nikodem DWORCZAK	98-03-02	WMLKS Nadodrze Powodowo	30:54.33	21
3	Bieg 1 15	Oliwier MUTWIL	99-10-27	CKS Budowlani Częstochowa	31:13.01	PB 18
4	Bieg 1 17	Aleksander WIĄCEK	00-07-02	OKS Start Otwock	31:34.60	16
5	Bieg 2 3	Szymon GUMKOWSKI	99-07-28	BKS Bydgoszcz	31:49.11	PB 14
6	Bieg 2 4	Daniel KRYZEL	00-07-16	ULKS Talex Borzytuchom	31:55.41	12
7	Bieg 2 7	Krzyszian ZDROJEWSKI	98-10-09	MKL Jarocin	32:12.32	10
8	Bieg 2 8	Łukasz JATCZAK	00-03-11	LKS Pszczyna	32:14.05	8
9	Bieg 2 10	Krzysztof TSCHIRCH	99-12-17	Biegaj z Pasją Szklarska Poręba	32:36.30	
10	Bieg 3 4	Mateusz LIPIŃSKI	99-09-23	AML Słupsk	32:50.22	
11	Bieg 2 11	Roch GOSZCZYŃSKI	99-09-14	OŚ AZS Poznań	33:03.82	
12	Bieg 2 12	Michał WÓJCIK	99-10-01	KS AZS AWF Wrocław	33:07.08	
13	Bieg 3 6	Łukasz KLATKA	99-03-04	Biegaj z Pasją Szklarska Poręba	33:18.72	
14	Bieg 3 9	Rafał SUŁKOWSKI	99-08-26	Kraków Athletics Team	33:27.77	
15	Bieg 2 14	Paweł SZRENIAWA	99-02-27	UKS Chromik Mysłowice	34:08.81	
16	Bieg 3 18	Łukasz BACHLEDA	98-03-20	Kraków Athletics Team	34:50.58	
17	Bieg 3 19	Kacper KUBIAK	00-06-01	MKST Astra Nowa Sól	35:33.67	PB
18	Bieg 3 20	Adam ZIMNICKI	00-11-12	Kraków Athletics Team	36:22.34	
19	Bieg 1 DNS	Jarosław KUCHARSKI	00-01-15	RLTL ZTE Radom	DNS	
20	Bieg 2 DNS	Dawid GOLA	99-09-04	UKS 12 Kalisz	DNS	
21	Bieg 2 DNF	Mateusz SEMPER	99-01-19	MKS-MOS Płomień Sosnowiec	DNF	
22	Bieg 1 DNF	Wiktor MAĆKOWIAK	99-12-09	OŚ AZS Poznań	DNF	

Wyniki konkurencji-międzyzasy

10000 metrów mężczyzn

Rekord Świata(Open)	26:17.53 BEKELE Kenenisa	ETH	Bruxelles	05-08-26
Rekord Europy(Open)	26:46.57 FARAH Mohammed	GBR	Eugene	11-06-03
Rekord Polski(Open)	27:53.61 KOWOL Jerzy	GÓRNIK Zabrze	Praga	78-08-29

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

Bieg 1/3

Start: 20-09-19 19:04:44

1	23	251	Krystian ZALEWSKI	89-04-11	UKS Barnim Goleniów(ZP)		28:59.88
1:11.23 (1:11.23) 2:21.44 (1:10.22) 3:30.64 (1:09.21) 4:39.98 (1:09.34) 5:51.12 (1:11.15) 7:01.80 (1:10.68) 8:12.02 (1:10.22) 9:21.63 (1:09.61) 10:31.69 (1:10.07) 11:41.93 (1:10.24) 12:52.24 (1:10.31) 14:03.35 (1:11.12) 15:13.59 (1:10.24) 16:23.47 (1:09.89) 17:34.47 (1:11.01) 18:42.04 (1:07.58) 19:50.77 (1:08.73) 20:59.36 (1:08.60) 22:08.20 (1:08.85) 23:16.86 (1:08.66) 25:34.77 (1:09.11) 26:44.47 (1:09.71) 26:44.47 (1:09.71) 27:53.57 (1:09.11)							
2	20	227	Szymon KULKA	93-06-22	WKS Grunwald Poznań(WP)		29:13.14
1:10.95 (1:10.95) 2:21.19 (1:10.25) 3:30.54 (1:09.36) 4:39.73 (1:09.19) 5:51.01 (1:11.29) 7:01.69 (1:10.68) 8:11.74 (1:10.05) 9:21.69 (1:09.96) 10:32.02 (1:10.34) 11:42.28 (1:10.26) 12:52.90 (1:10.62) 14:03.52 (1:10.63) 15:13.78 (1:10.26) 16:23.60 (1:09.83) 17:34.95 (1:11.36) 18:42.34 (1:07.39) 19:50.90 (1:08.57) 21:00.39 (1:09.50) 22:11.49 (1:11.10) 23:23.74 (1:12.26) 25:46.99 (1:11.35) 26:58.30 (1:11.31) 26:58.30 (1:11.31) 28:08.52 (1:10.22)							
3	19	240	Adam NOWICKI	90-08-24	MKL Szczecin(ZP)		29:23.35
1:10.75 (1:10.75) 2:20.91 (1:10.17) 3:30.18 (1:09.28) 4:39.48 (1:09.30) 5:50.70 (1:11.23) 7:01.34 (1:10.64) 8:11.43 (1:10.10) 9:21.38 (1:09.96) 10:31.43 (1:10.05) 11:41.67 (1:10.24) 12:52.47 (1:10.80) 14:03.81 (1:11.35) 15:14.24 (1:10.43) 16:23.92 (1:09.69) 17:35.24 (1:11.32) 18:44.13 (1:08.89) 19:55.17 (1:11.05) 21:06.59 (1:11.42) 22:20.62 (1:14.04) 23:34.27 (1:13.65) 26:01.11 (1:13.19) 27:12.46 (1:11.36) 27:12.46 (1:11.36) 28:17.92 (1:05.46)							
4	16	219	Kamil JASTRZĘBSKI	92-08-26	SKB Kraśnik(LU)		29:32.09 PB
1:10.09 (1:10.09) 2:20.17 (1:10.08) 3:29.47 (1:09.31) 4:38.85 (1:09.39) 5:49.95 (1:11.10) 7:00.53 (1:10.59) 8:10.68 (1:10.16) 9:20.91 (1:10.23) 10:30.80 (1:09.90) 11:41.09 (1:10.29) 12:51.43 (1:10.35) 14:02.78 (1:11.35) 15:12.70 (1:09.93) 16:23.04 (1:10.35) 17:34.70 (1:11.66) 18:43.56 (1:08.86) 19:54.81 (1:11.26) 21:06.33 (1:11.53) 22:20.25 (1:13.92) 23:34.07 (1:13.83) 26:00.90 (1:13.25) 27:12.80 (1:11.90) 27:12.80 (1:11.90) 28:23.85 (1:11.05)							
5	17	222	Kamil KARBOWIAK	95-05-02	LZS KL Kotwica Brzeg(OP)		29:33.11 PB
1:10.55 (1:10.55) 2:20.76 (1:10.21) 3:29.96 (1:09.20) 4:39.29 (1:09.33) 5:50.45 (1:11.17) 7:01.06 (1:10.61) 8:11.11 (1:10.06) 9:21.08 (1:09.97) 10:31.12 (1:10.04) 11:41.53 (1:10.41) 12:51.86 (1:10.34) 14:02.94 (1:11.09) 15:13.34 (1:10.40) 16:23.14 (1:09.81) 17:34.12 (1:10.98) 18:43.69 (1:09.57) 19:54.93 (1:11.24) 21:06.88 (1:11.96) 22:20.81 (1:13.94) 23:34.49 (1:13.68) 26:01.42 (1:13.48) 27:12.74 (1:11.33) 27:12.74 (1:11.33) 28:24.39 (1:11.65)							
6	21	217	Tomasz GRYCKO	92-09-16	UKS Bliza Władysławowo(PM)		29:44.47
1:10.28 (1:10.28) 2:20.55 (1:10.28) 3:29.71 (1:09.16) 4:39.17 (1:09.47) 5:50.22 (1:11.05) 7:00.86 (1:10.64) 8:10.76 (1:09.90) 9:20.63 (1:09.88) 10:30.96 (1:10.33) 11:40.97 (1:10.02) 12:51.68 (1:10.72) 14:02.53 (1:10.85) 15:13.18 (1:10.66) 16:24.44 (1:11.26) 17:36.55 (1:12.12) 18:48.60 (1:12.05) 20:00.55 (1:11.95) 21:12.88 (1:12.33) 22:25.77 (1:12.89) 23:39.53 (1:13.77) 26:06.49 (1:13.12) 27:19.95 (1:13.46) 27:19.95 (1:13.46) 28:33.54 (1:13.60)							
7	22	211	Arkadiusz GARDZIELEWSKI	86-06-12	WKS Śląsk Wrocław(DS)		29:51.90
1:11.56 (1:11.56) 2:21.67 (1:10.11) 3:31.04 (1:09.38) 4:40.36 (1:09.32) 5:51.21 (1:10.85) 7:01.82 (1:10.61) 8:12.24 (1:10.42) 9:21.96 (1:09.72) 10:32.42 (1:10.47) 11:42.48 (1:10.06) 12:53.00 (1:10.52) 14:03.94 (1:10.94) 15:14.54 (1:10.61) 16:25.90 (1:11.36) 17:38.84 (1:12.95) 18:51.87 (1:13.03) 20:04.71 (1:12.85) 21:18.04 (1:13.33) 22:30.72 (1:12.69) 23:44.03 (1:13.31) 26:10.64 (1:14.02) 27:25.09 (1:14.45) 27:25.09 (1:14.45) 28:39.28 (1:14.19)							
8	2	213	Adam GŁOGOWSKI	93-09-02	UKS Ekonomik-Maratończyk Lębork(PM)		30:24.48 PB
1:15.07 (1:15.07) 2:26.59 (1:11.52) 3:40.18 (1:13.59) 4:54.05 (1:13.88) 6:07.12 (1:13.07) 7:19.96 (1:12.85) 8:32.46 (1:12.50) 9:44.97 (1:12.51) 10:56.96 (1:11.99) 12:09.01 (1:12.06) 13:21.30 (1:12.29) 14:34.32 (1:13.02) 15:46.83 (1:12.52) 16:58.42 (1:11.59) 18:10.74 (1:12.33) 19:23.01 (1:12.28) 20:36.41 (1:13.40) 21:49.74 (1:13.34) 23:04.76 (1:15.02) 24:20.75 (1:16.00) 26:49.96 (1:14.23) 28:04.67 (1:14.72) 28:04.67 (1:14.72) 29:17.16 (1:12.49)							

10000 metrów mężczyzn

Rekord Świata(Open)	26:17.53	BEKELE Kenenisa	ETH	Bruxelles	05-08-26
Rekord Europy(Open)	26:46.57	FARAH Mohammed	GBR	Eugene	11-06-03
Rekord Polski(Open)	27:53.61	KOWOL Jerzy	GÓRNIK Zabrze	Praga	78-08-29

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

9	4	202	Dariusz BORATYŃSKI	97-09-26	KS AZS AWF Wrocław(DS)		30:33.09	PB
1:13.17 (1:13.17)	2:25.73 (1:12.56)	3:39.33 (1:13.61)	4:53.19 (1:13.86)	6:06.39 (1:13.20)	7:19.06 (1:12.67)	8:32.78 (1:13.73)	9:44.86 (1:12.09)	10:57.39 (1:12.53)
12:08.75 (1:11.36)	13:21.71 (1:12.97)	14:34.10 (1:12.39)	15:47.15 (1:13.06)	16:58.91 (1:11.76)	18:11.54 (1:12.64)	19:24.45 (1:12.91)	20:38.91 (1:14.46)	21:53.42 (1:14.51)
23:07.60 (1:14.18)	24:21.86 (1:14.27)	26:49.62 (1:13.88)	28:04.31 (1:14.70)	28:04.31 (1:14.70)	29:20.35 (1:16.04)			

10	6	230	Piotr ŁOBODZIŃSKI	85-07-04	LŁKS Prefbet Śniadowo Łomża(PD)		30:41.52	
1:13.54 (1:13.54)	2:25.94 (1:12.40)	3:39.45 (1:13.51)	4:53.42 (1:13.98)	6:07.26 (1:13.84)	7:20.28 (1:13.02)	8:33.31 (1:13.03)	9:45.91 (1:12.60)	10:58.32 (1:12.42)
12:09.57 (1:11.25)	13:22.26 (1:12.69)	14:34.52 (1:12.27)	15:47.50 (1:12.98)	16:59.51 (1:12.02)	18:12.62 (1:13.11)	19:26.14 (1:13.53)	20:40.68 (1:14.55)	21:55.48 (1:14.80)
23:10.85 (1:15.37)	24:26.25 (1:15.41)	26:56.28 (1:15.60)	28:12.90 (1:16.62)	28:12.90 (1:16.62)	29:28.74 (1:15.84)			

11	18	232	Dawid MALINA	91-11-18	TL ROW Rybnik(SL)		30:47.07	
1:12.27 (1:12.27)	2:24.15 (1:11.89)	3:37.73 (1:13.58)	4:51.40 (1:13.67)	6:04.45 (1:13.06)	7:19.38 (1:14.93)	8:33.17 (1:13.80)	9:45.60 (1:12.43)	10:58.12 (1:12.52)
12:10.49 (1:12.37)	13:23.34 (1:12.86)	14:37.20 (1:13.86)	15:51.91 (1:14.71)	17:06.67 (1:14.77)	18:23.05 (1:16.38)	19:39.12 (1:16.08)	20:55.36 (1:16.24)	22:11.80 (1:16.44)
23:28.36 (1:16.57)	24:44.69 (1:16.34)	27:13.83 (1:14.87)	28:27.76 (1:13.93)	28:27.76 (1:13.93)	29:41.21 (1:13.45)			

12	3	208	Przemysław DĄBROWSKI	89-02-25	LŁKS Prefbet Śniadowo Łomża(PD)		30:48.60	
1:12.64 (1:12.64)	2:25.24 (1:12.61)	3:38.70 (1:13.47)	4:52.48 (1:13.78)	6:06.86 (1:14.39)	7:20.49 (1:13.63)	8:34.07 (1:13.58)	9:46.90 (1:12.84)	11:00.75 (1:13.86)
12:15.14 (1:14.39)	13:30.20 (1:15.07)	14:45.26 (1:15.06)	16:00.24 (1:14.99)	17:13.71 (1:13.48)	18:29.47 (1:15.76)	19:44.97 (1:15.51)	20:59.12 (1:14.15)	22:14.18 (1:15.07)
23:29.39 (1:15.21)	24:44.30 (1:14.92)	27:14.25 (1:15.89)	28:28.55 (1:14.31)	28:28.55 (1:14.31)	29:41.41 (1:12.86)			

13	1	261	Patryk KOZŁOWSKI	98-11-10	RLTL ZTE Radom(MZ)		30:50.56	25
1:11.92 (1:11.92)	2:22.47 (1:10.56)	3:35.06 (1:12.59)	4:48.51 (1:13.46)	6:01.82 (1:13.31)	7:16.55 (1:14.74)	8:32.94 (1:16.39)	9:45.27 (1:12.34)	10:57.66 (1:12.39)
12:10.15 (1:12.50)	13:25.97 (1:15.83)	14:42.70 (1:16.73)	15:58.65 (1:15.96)	17:13.42 (1:14.78)	18:28.85 (1:15.43)	19:44.58 (1:15.73)	20:58.89 (1:14.32)	22:13.64 (1:14.75)
23:28.72 (1:15.09)	24:44.63 (1:15.91)	27:14.14 (1:15.57)	28:29.45 (1:15.32)	28:29.45 (1:15.32)	29:42.72 (1:13.28)			

14	12	255	Nikodem DWORCZAK	98-03-02	WMLKS Nadodrze Powodowo(WP)		30:54.33	21
1:13.92 (1:13.92)	2:26.36 (1:12.44)	3:39.85 (1:13.50)	4:53.83 (1:13.98)	6:07.43 (1:13.61)	7:20.29 (1:12.86)	8:33.66 (1:13.38)	9:46.49 (1:12.83)	10:58.95 (1:12.46)
12:11.17 (1:12.23)	13:26.60 (1:15.43)	14:43.38 (1:16.79)	15:59.23 (1:15.86)	17:13.02 (1:13.79)	18:28.98 (1:15.96)	19:44.88 (1:15.91)	20:58.62 (1:13.75)	22:13.66 (1:15.04)
23:29.12 (1:15.47)	24:44.81 (1:15.69)	27:13.16 (1:14.31)	28:27.04 (1:13.88)	28:27.04 (1:13.88)	29:41.81 (1:14.77)			

15	10	268	Oliwier MUTWIL	99-10-27	CKS Budowlani Częstochowa(SL)		31:13.01	PB	18
1:13.00 (1:13.00)	2:25.52 (1:12.52)	3:38.96 (1:13.44)	4:52.99 (1:14.03)	6:06.13 (1:13.15)	7:19.73 (1:13.61)	8:33.24 (1:13.52)	9:46.21 (1:12.97)	10:58.60 (1:12.40)	
12:10.85 (1:12.25)	13:26.30 (1:15.45)	14:42.98 (1:16.69)	15:59.02 (1:16.05)	17:14.11 (1:15.09)	18:30.22 (1:16.12)	19:48.29 (1:18.07)	21:08.04 (1:19.76)	22:26.81 (1:18.78)	
23:43.81 (1:17.00)	25:02.60 (1:18.80)	27:32.96 (1:15.97)	28:48.80 (1:15.84)	28:48.80 (1:15.84)	30:03.92 (1:15.12)				

16	9	238	Mateusz NIEMCZYK	92-09-30	LŁKS Prefbet Śniadowo Łomża(PD)		31:31.46	
1:15.98 (1:15.98)	2:28.40 (1:12.43)	3:42.04 (1:13.64)	4:56.16 (1:14.13)	6:10.12 (1:13.96)	7:24.14 (1:14.03)	8:38.69 (1:14.55)	9:53.20 (1:14.52)	11:07.44 (1:14.24)
12:21.66 (1:14.22)	13:36.59 (1:14.94)	14:51.72 (1:15.13)	16:07.01 (1:15.29)	17:25.43 (1:18.43)	18:42.55 (1:17.12)	19:58.28 (1:15.74)	21:16.67 (1:18.39)	22:35.48 (1:18.81)
23:53.96 (1:18.49)	25:11.60 (1:17.65)	27:47.54 (1:17.79)	29:04.97 (1:17.44)	29:04.97 (1:17.44)	30:19.94 (1:14.97)			

17	5	275	Aleksander WIĄCEK	00-07-02	OKS Start Otwock(MZ)		31:34.60	16
1:15.41 (1:15.41)	2:28.14 (1:12.74)	3:41.58 (1:13.45)	4:55.72 (1:14.15)	6:09.49 (1:13.77)	7:23.75 (1:14.27)	8:38.29 (1:14.54)	9:52.75 (1:14.46)	11:06.88 (1:14.14)
12:21.33 (1:14.45)	13:36.10 (1:14.78)	14:51.21 (1:15.12)	16:06.03 (1:14.83)	17:21.28 (1:15.25)	18:36.69 (1:15.41)	19:52.26 (1:15.57)	21:09.20 (1:16.94)	22:26.25 (1:17.06)
23:42.96 (1:16.72)	25:01.15 (1:18.19)	27:40.30 (1:20.71)	28:59.36 (1:19.07)	28:59.36 (1:19.07)	30:18.69 (1:19.33)			

18	11	206	Marcin CIEPŁAK	91-01-30	TL ROW Rybnik(SL)		31:37.73	
1:16.08 (1:16.08)	2:29.22 (1:13.14)	3:42.79 (1:13.58)	4:56.91 (1:14.12)	6:10.58 (1:13.68)	7:24.94 (1:14.36)	8:39.24 (1:14.30)	9:54.38 (1:15.14)	11:09.94 (1:15.56)
12:24.64 (1:14.71)	13:38.64 (1:14.00)	14:53.66 (1:15.02)	16:08.22 (1:14.56)	17:25.70 (1:17.49)	18:42.97 (1:17.27)	19:58.59 (1:15.62)	21:16.98 (1:18.40)	22:35.92 (1:18.95)
23:54.20 (1:18.28)	25:11.94 (1:17.74)	27:47.32 (1:17.99)	29:05.84 (1:18.52)	29:05.84 (1:18.52)	30:24.00 (1:18.16)			



10000 metrów mężczyzn

Rekord Świata(Open)	26:17.53	BEKELE Kenenisa	ETH	Bruxelles	05-08-26
Rekord Europy(Open)	26:46.57	FARAH Mohammed	GBR	Eugene	11-06-03
Rekord Polski(Open)	27:53.61	KOWOL Jerzy	GÓRNIK Zabrze	Praga	78-08-29

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

19	7	247	Damian ŚWIERDZEWSKI	93-06-27	KS AZS-AWF Biała Podlaska(LU)		31:40.75
1:15.65 (1:15.65) 2:27.81 (1:12.16) 3:41.44 (1:13.63) 4:55.38 (1:13.95) 6:09.31 (1:13.94) 7:23.40 (1:14.09) 8:37.96 (1:14.56) 9:52.49 (1:14.53) 11:06.62 (1:14.14) 12:21.08 (1:14.46) 13:35.66 (1:14.59) 14:51.00 (1:15.34) 16:05.78 (1:14.78) 17:21.05 (1:15.27) 18:36.52 (1:15.48) 19:51.96 (1:15.44) 21:08.72 (1:16.77) 22:26.64 (1:17.92) 23:44.84 (1:18.20) 25:03.34 (1:18.51) 27:44.28 (1:20.79) 29:03.97 (1:19.69) 29:03.97 (1:19.69) 30:22.95 (1:18.98)							

20	15	245	Patryk STYPUŁKOWSKI	95-02-01	MKS Tomaszów Mazowiecki(LD)		31:49.07
1:14.67 (1:14.67) 2:28.26 (1:13.60) 3:41.86 (1:13.60) 4:55.72 (1:13.86) 6:09.74 (1:14.03) 7:23.85 (1:14.11) 8:38.17 (1:14.32) 9:52.91 (1:14.75) 11:06.91 (1:14.00) 12:21.49 (1:14.59) 13:36.27 (1:14.78) 14:51.47 (1:15.20) 16:06.45 (1:14.98) 17:24.81 (1:18.37) 18:45.97 (1:21.16) 20:05.55 (1:19.59) 21:25.99 (1:20.44) 22:47.24 (1:21.26) 24:07.49 (1:20.26) 25:27.84 (1:20.35) 28:05.37 (1:18.34) 29:22.17 (1:16.81) 29:22.17 (1:16.81) 30:38.21 (1:16.05)							

	24	204	Błażej BRZEZIŃSKI	87-07-30	CWZS Zawisza Bydgoszcz SL(KP)		DNS
19:04:44.42							

	8	264	Jarosław KUCHARSKI	00-01-15	RLTL ZTE Radom(MZ)		DNS
19:04:44.42							

	14	241	Patryk PAWŁOWSKI	93-11-04	RLTL ZTE Radom(MZ)		DNS
19:04:44.42							

	25	212	Mariusz GIŻYŃSKI	81-06-26	WKS Grunwald Poznań(WP)		DNF
1:09.94 (1:09.94) 2:19.90 (1:09.97) 3:29.19 (1:09.29) 4:38.64 (1:09.46) 5:49.74 (1:11.10) 7:00.36 (1:10.63)" 19:04:44.42							

	13	267	Wiktor MAĆKOWIAK	99-12-09	OŚ AZS Poznań(WP)		DNF
1:16.36 (1:16.36) 2:28.71 (1:12.35) 3:42.47 (1:13.77) 4:56.49 (1:14.02) 6:10.41 (1:13.93) 7:24.47 (1:14.06) 8:38.98 (1:14.52) 9:54.15 (1:15.17) 11:12.35 (1:18.21) 12:33.87 (1:21.52) 13:55.13 (1:21.26) 15:15.59 (1:20.46)" 19:04:44.42							

Bieg 2/3

Start: 20-09-19 17:38:19

1	20	215	Krzysztof GOSIEWSKI	88-05-30	CWZS Zawisza Bydgoszcz SL(KP)		31:06.78
1:11.94 (1:11.94) 2:24.22 (1:12.28) 3:37.48 (1:13.27) 4:51.07 (1:13.59) 6:03.71 (1:12.65) 7:17.51 (1:13.80) 8:31.90 (1:14.40) 9:46.78 (1:14.88) 11:01.88 (1:15.11) 12:17.03 (1:15.15) 13:32.41 (1:15.38) 14:48.22 (1:15.81) 16:03.13 (1:14.92) 17:18.14 (1:15.01) 18:33.34 (1:15.20) 19:48.80 (1:15.47) 21:04.68 (1:15.88) 22:21.16 (1:16.48) 23:37.38 (1:16.23) 24:54.29 (1:16.91) 27:26.71 (1:16.22) 28:42.38 (1:15.67) 28:42.38 (1:15.67) 29:56.60 (1:14.23)							

2	1	210	Rafał FORMICKI	95-06-26	CKS Budowlani Częstochowa(SL)		31:46.45 PB
1:16.07 (1:16.07) 2:37.14 (1:21.08) 3:55.44 (1:18.30) 5:13.43 (1:18.00) 6:28.38 (1:14.96) 7:44.54 (1:16.17) 8:58.85 (1:14.31) 10:14.85 (1:16.00) 11:31.66 (1:16.82) 12:47.57 (1:15.91) 14:05.14 (1:17.57) 15:23.34 (1:18.21) 16:39.91 (1:16.57) 17:51.24 (1:11.33) 19:06.08 (1:14.84) 20:23.14 (1:17.07) 21:39.99 (1:16.85) 22:56.33 (1:16.35) 24:12.90 (1:16.58) 25:29.26 (1:16.36) 28:02.21 (1:16.75) 29:18.30 (1:16.09) 29:18.30 (1:16.09) 30:34.13 (1:15.83)							

3	3	258	Szymon GUMKOWSKI	99-07-28	BKS Bydgoszcz(KP)		31:49.11 PB	14
1:16.97 (1:16.97) 2:37.62 (1:20.65) 3:55.25 (1:17.64) 5:13.15 (1:17.91) 6:28.40 (1:15.25) 7:43.92 (1:15.53) 8:57.83 (1:13.91) 10:14.17 (1:16.35) 11:31.03 (1:16.87) 12:47.36 (1:16.33) 14:04.64 (1:17.28) 15:23.12 (1:18.49) 16:41.49 (1:18.37) 17:59.97 (1:18.49) 19:17.88 (1:17.91) 20:33.82 (1:15.95) 21:51.96 (1:18.15) 23:07.23 (1:15.27) 24:24.39 (1:17.17) 25:42.12 (1:17.73) 28:14.86 (1:16.66) 29:28.51 (1:13.66) 29:28.51 (1:13.66) 30:44.73 (1:16.22)								



10000 metrów mężczyzn

Rekord Świata(Open)	26:17.53 BEKELE Kenenisa	ETH	Bruxelles	05-08-26
Rekord Europy(Open)	26:46.57 FARAH Mohammed	GBR	Eugene	11-06-03
Rekord Polski(Open)	27:53.61 KOWOL Jerzy	GÓRNIK Zabrze	Praga	78-08-29

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

4	14	262	Daniel KRYZEL	00-07-16	ULKS Talex Borzytuchom(PM)		31:55.41	12
1:16.49 (1:16.49)	2:37.40 (1:20.92)	3:56.22 (1:18.82)	5:13.53 (1:17.31)	6:28.62 (1:15.09)	7:44.55 (1:15.93)	8:58.67 (1:14.12)	10:14.48 (1:15.82)	
11:31.29 (1:16.81)	12:47.37 (1:16.08)	14:04.99 (1:17.62)	15:23.29 (1:18.31)	16:41.71 (1:18.42)	17:59.99 (1:18.29)	19:17.81 (1:17.82)	20:34.28 (1:16.47)	
21:52.27 (1:18.00)	23:07.79 (1:15.52)	24:24.71 (1:16.93)	25:42.83 (1:18.12)	28:14.55 (1:16.19)	29:29.28 (1:14.73)	29:29.28 (1:14.73)	30:47.01 (1:17.74)	
5	9	225	Maciej KUBIAK	88-10-29	UKS Ekonomik-Maratończyk Lębork(PM)		32:03.47	
1:17.84 (1:17.84)	2:37.29 (1:19.46)	3:55.38 (1:18.09)	5:13.01 (1:17.63)	6:28.11 (1:15.10)	7:43.51 (1:15.41)	8:57.64 (1:14.13)	10:12.49 (1:14.85)	
11:28.07 (1:15.58)	12:45.46 (1:17.40)	14:04.49 (1:19.04)	15:23.11 (1:18.62)	16:41.32 (1:18.22)	17:59.80 (1:18.49)	19:17.36 (1:17.57)	20:34.08 (1:16.72)	
21:51.88 (1:17.80)	23:07.07 (1:15.19)	24:24.25 (1:17.19)	25:42.61 (1:18.37)	28:18.18 (1:18.65)	29:35.96 (1:17.78)	29:35.96 (1:17.78)	30:53.04 (1:17.09)	
6	4	214	Jakub GORZELAŃCZYK	91-01-23	MKS Siechnice(DS)		32:05.85	PB
1:17.36 (1:17.36)	2:37.38 (1:20.02)	3:55.47 (1:18.09)	5:13.95 (1:18.49)	6:28.89 (1:14.94)	7:44.75 (1:15.86)	8:58.93 (1:14.18)	10:15.06 (1:16.14)	
11:31.85 (1:16.80)	12:47.99 (1:16.14)	14:05.45 (1:17.46)	15:23.61 (1:18.17)	16:42.11 (1:18.50)	17:59.84 (1:17.74)	19:18.09 (1:18.25)	20:34.48 (1:16.39)	
21:52.65 (1:18.17)	23:08.13 (1:15.48)	24:25.01 (1:16.89)	25:43.09 (1:18.09)	28:18.59 (1:18.18)	29:36.09 (1:17.51)	29:36.09 (1:17.51)	30:52.32 (1:16.24)	
7	12	277	Krzysztof ZDROJEWSKI	98-10-09	MKL Jarocin(WP)		32:12.32	10
1:15.95 (1:15.95)	2:36.54 (1:20.60)	3:55.43 (1:18.90)	5:12.78 (1:17.35)	6:28.05 (1:15.28)	7:44.16 (1:16.11)	8:58.31 (1:14.16)	10:14.14 (1:15.83)	
11:30.79 (1:16.66)	12:47.09 (1:16.31)	14:04.27 (1:17.18)	15:22.97 (1:18.71)	16:41.18 (1:18.21)	17:59.58 (1:18.40)	19:17.74 (1:18.17)	20:34.58 (1:16.84)	
21:53.07 (1:18.49)	23:08.92 (1:15.86)	24:25.88 (1:16.96)	25:45.07 (1:19.19)	28:25.86 (1:20.26)	29:45.76 (1:19.90)	29:45.76 (1:19.90)	31:04.68 (1:18.93)	
8	13	259	Łukasz JATCZAK	00-03-11	LKS Pszczyna(SL)		32:14.05	8
1:16.77 (1:16.77)	2:37.93 (1:21.16)	3:56.45 (1:18.53)	5:15.24 (1:18.80)	6:30.34 (1:15.10)	7:47.00 (1:16.66)	9:02.39 (1:15.40)	10:18.49 (1:16.10)	
11:36.00 (1:17.52)	12:53.32 (1:17.33)	14:10.70 (1:17.38)	15:28.96 (1:18.27)	16:47.24 (1:18.28)	18:05.40 (1:18.16)	19:22.93 (1:17.54)	20:41.02 (1:18.09)	
21:59.66 (1:18.65)	23:17.74 (1:18.09)	24:35.53 (1:17.79)	25:53.95 (1:18.43)	28:28.73 (1:17.26)	29:45.72 (1:17.00)	29:45.72 (1:17.00)	31:02.44 (1:16.72)	
9	2	246	Rafał SZYMBORSKI	92-07-05	BKS Wataha Warszawa(MZ)		32:25.36	
1:17.37 (1:17.37)	2:37.93 (1:20.56)	3:55.85 (1:17.93)	5:13.39 (1:17.54)	6:28.47 (1:15.09)	7:44.81 (1:16.34)	8:59.73 (1:14.92)	10:16.78 (1:17.06)	
11:34.92 (1:18.14)	12:52.85 (1:17.93)	14:11.24 (1:18.40)	15:29.07 (1:17.83)	16:47.15 (1:18.08)	18:05.70 (1:18.55)	19:23.59 (1:17.89)	20:41.91 (1:18.33)	
22:00.44 (1:18.53)	23:18.88 (1:18.45)	24:37.96 (1:19.08)	25:56.85 (1:18.89)	28:35.38 (1:19.15)	29:53.70 (1:18.32)	29:53.70 (1:18.32)	31:11.88 (1:18.19)	
10	15	274	Krzysztof TSCHIRCH	99-12-17	Biegaj z Pasją Szklarska Poręba(DS)		32:36.30	
1:17.09 (1:17.09)	2:37.96 (1:20.88)	3:56.04 (1:18.08)	5:14.24 (1:18.21)	6:28.84 (1:14.60)	7:45.01 (1:16.18)	8:59.90 (1:14.90)	10:16.97 (1:17.07)	
11:35.24 (1:18.28)	12:52.90 (1:17.67)	14:11.53 (1:18.64)	15:29.38 (1:17.85)	16:47.54 (1:18.17)	18:06.02 (1:18.49)	19:23.53 (1:17.51)	20:41.28 (1:17.75)	
22:00.66 (1:19.38)	23:20.12 (1:19.47)	24:40.90 (1:20.78)	26:00.49 (1:19.59)	28:42.04 (1:20.75)	30:02.58 (1:20.54)	30:02.58 (1:20.54)	31:22.76 (1:20.19)	
11	11	257	Roch GOSZCZYŃSKI	99-09-14	OŚ AZS Poznań(WP)		33:03.82	
1:16.25 (1:16.25)	2:36.92 (1:20.67)	3:56.23 (1:19.32)	5:14.68 (1:18.45)	6:29.58 (1:14.91)	7:46.22 (1:16.65)	9:01.09 (1:14.87)	10:17.95 (1:16.86)	
11:37.15 (1:19.20)	12:57.32 (1:20.18)	14:20.18 (1:22.86)	15:41.51 (1:21.34)	17:00.51 (1:19.00)	18:20.56 (1:20.06)	19:40.29 (1:19.74)	21:00.39 (1:20.10)	
22:21.23 (1:20.85)	23:41.77 (1:20.54)	25:03.14 (1:21.38)	26:25.46 (1:22.32)	29:08.37 (1:21.78)	30:29.72 (1:21.36)	30:29.72 (1:21.36)	31:49.71 (1:19.99)	
12	18	276	Michał WÓJCIK	99-10-01	KS AZS AWF Wrocław(DS)		33:07.08	
1:17.19 (1:17.19)	2:37.77 (1:20.58)	3:57.00 (1:19.23)	5:15.70 (1:18.71)	6:31.89 (1:16.19)	7:48.96 (1:17.08)	9:06.83 (1:17.87)	10:24.93 (1:18.10)	
11:43.76 (1:18.84)	13:02.16 (1:18.40)	14:21.58 (1:19.43)	15:41.13 (1:19.55)	17:00.37 (1:19.24)	18:20.22 (1:19.86)	19:39.79 (1:19.57)	20:59.98 (1:20.20)	
22:20.82 (1:20.85)	23:41.47 (1:20.65)	25:02.97 (1:21.51)	26:25.10 (1:22.13)	29:09.73 (1:23.32)	30:30.54 (1:20.82)	30:30.54 (1:20.82)	31:50.86 (1:20.32)	
13	6	236	Piotr MRACHACZ	97-06-09	MKS-MOSM Bytom(SL)		33:44.41	
1:17.68 (1:17.68)	2:38.50 (1:20.82)	3:57.57 (1:19.07)	5:16.26 (1:18.70)	6:30.60 (1:14.34)	7:47.22 (1:16.63)	9:01.89 (1:14.67)	10:18.26 (1:16.38)	
11:38.14 (1:19.88)	12:59.87 (1:21.73)	14:21.73 (1:21.86)	15:43.51 (1:21.79)	17:07.76 (1:24.25)	18:32.69 (1:24.93)	19:55.54 (1:22.86)	21:21.23 (1:25.69)	
22:46.02 (1:24.80)	24:09.32 (1:23.30)	25:35.08 (1:25.77)	26:59.95 (1:24.87)	29:44.44 (1:21.98)	31:08.11 (1:23.68)	31:08.11 (1:23.68)	32:30.23 (1:22.13)	



10000 metrów mężczyzn

Rekord Świata(Open)	26:17.53	BEKELE Kenenisa	ETH	Bruxelles	05-08-26
Rekord Europy(Open)	26:46.57	FARAH Mohammed	GBR	Eugene	11-06-03
Rekord Polski(Open)	27:53.61	KOWOL Jerzy	GÓRNIK Zabrze	Praga	78-08-29

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

14	17	273	Paweł SZRENIAWA	99-02-27	UKS Chromik Mysłowice(SL)		34:08.81
1:18.83 (1:18.83)	2:39.22 (1:20.40)	3:58.58 (1:19.37)	5:17.23 (1:18.65)	6:35.16 (1:17.93)	7:54.82 (1:19.66)	9:15.30 (1:20.48)	10:36.41 (1:21.12)
11:59.54 (1:23.13)	13:22.97 (1:23.44)	14:45.60 (1:22.63)	16:08.53 (1:22.93)	17:31.24 (1:22.71)	18:55.04 (1:23.80)	20:18.66 (1:23.62)	21:42.48 (1:23.82)
23:06.81 (1:24.34)	24:31.02 (1:24.21)	25:55.78 (1:24.76)	27:20.11 (1:24.33)	30:08.28 (1:23.67)	31:31.02 (1:22.75)	31:31.02 (1:22.75)	32:52.59 (1:21.57)

15	8	242	Piotr POBŁOCKI	65-07-24	UKS Ekonomik-Maratończyk Lębork(PM)		34:15.65
1:18.37 (1:18.37)	2:38.94 (1:20.58)	3:58.55 (1:19.61)	5:18.46 (1:19.92)	6:39.58 (1:21.12)	8:01.73 (1:22.15)	9:23.89 (1:22.16)	10:46.03 (1:22.15)
12:08.57 (1:22.54)	13:31.00 (1:22.43)	14:53.89 (1:22.90)	16:17.30 (1:23.42)	17:39.60 (1:22.30)	19:02.68 (1:23.08)	20:25.84 (1:23.16)	21:48.58 (1:22.75)
23:11.36 (1:22.78)	24:34.84 (1:23.48)	25:58.71 (1:23.88)	27:21.83 (1:23.13)	30:08.59 (1:23.68)	31:31.45 (1:22.86)	31:31.45 (1:22.86)	32:54.41 (1:22.96)

10	239		Rafał NORDWING	88-07-12	LtKS Prefbet Śniadowo Łomża(PD)		DNS
17:38:19.67							

19	256		Dawid GOLA	99-09-04	UKS 12 Kalisz(WP)		DNS
17:38:19.67							

5	234		Adam MARYSIAK	88-01-06	MKST Astra Nowa Sól(LB)		DNF
1:16.42 (1:16.42)	2:37.05 (1:20.63)	3:56.37 (1:19.33)	5:14.72 (1:18.35)	6:29.12 (1:14.40)	7:45.29 (1:16.18)	9:00.30 (1:15.01)	10:15.31 (1:15.02)
11:32.10 (1:16.79)	12:48.49 (1:16.39)	14:08.63 (1:20.15)	15:34.82 (1:26.20)"	17:38:19.67			

7	243		Damian POŁEĆ	97-01-14	TL Pogoń Ruda Śląska(SL)		DNF
1:17.53 (1:17.53)	2:38.13 (1:20.60)	3:55.86 (1:17.74)	5:15.08 (1:19.23)	6:29.41 (1:14.33)	7:45.69 (1:16.28)	9:02.81 (1:17.13)	10:21.03 (1:18.23)
11:41.69 (1:20.67)	13:03.18 (1:21.49)"	17:38:19.67					

16	271		Mateusz SEMPER	99-01-19	MKS-MOS Płomień Sosnowiec(SL)		DNF
1:16.92 (1:16.92)	2:38.39 (1:21.47)	3:57.37 (1:18.99)	5:16.15 (1:18.78)	6:30.06 (1:13.91)	7:46.62 (1:16.57)	9:00.54 (1:13.93)	10:17.47 (1:16.93)
11:36.74 (1:19.28)	12:57.75 (1:21.01)	14:21.23 (1:23.49)	15:43.96 (1:22.73)	17:08.08 (1:24.13)	18:32.46 (1:24.38)	19:56.02 (1:23.56)"	17:38:19.67

Bieg 3/3

Start: 20-09-19 16:54:56

1	6	131	Michał OLIWA	97-02-25	MKL Szczecin(ZP)		32:27.99
1:15.00 (1:15.00)	2:31.18 (1:16.18)	3:42.43 (1:11.25)	4:56.63 (1:14.21)	6:10.59 (1:13.96)	7:25.56 (1:14.97)	8:40.16 (1:14.61)	9:55.27 (1:15.11)
11:10.92 (1:15.65)	12:27.91 (1:16.99)	13:45.85 (1:17.95)	15:05.02 (1:19.17)	16:24.33 (1:19.31)	17:44.96 (1:20.64)	19:06.36 (1:21.41)	20:27.95 (1:21.59)
21:49.78 (1:21.84)	23:11.64 (1:21.86)	24:32.79 (1:21.16)	25:54.34 (1:21.55)	28:35.49 (1:19.96)	29:54.41 (1:18.93)	29:54.41 (1:18.93)	31:13.83 (1:19.42)

2	14	229	Piotr ŁAWICKI	95-10-10	MLKS Sokół Lubin(DS)		32:43.19
1:17.39 (1:17.39)	2:32.54 (1:15.15)	3:44.00 (1:11.46)	4:57.27 (1:13.27)	6:11.77 (1:14.50)	7:29.30 (1:17.54)	8:49.33 (1:20.03)	10:09.79 (1:20.47)
11:31.58 (1:21.79)	12:53.96 (1:22.39)	14:17.06 (1:23.10)	15:39.72 (1:22.67)	17:00.92 (1:21.20)	18:21.06 (1:20.15)	19:41.78 (1:20.72)	21:02.85 (1:21.08)
22:22.95 (1:20.10)	23:42.49 (1:19.54)	25:02.03 (1:19.55)	26:22.27 (1:20.24)	29:02.12 (1:20.45)	30:18.74 (1:16.63)	30:18.74 (1:16.63)	31:33.91 (1:15.17)

3	19	237	Paweł NAJMIOWICZ	93-12-18	KS AZS UWM Olsztyn(WN)		32:48.81
1:15.31 (1:15.31)	2:31.51 (1:16.20)	3:42.70 (1:11.19)	4:56.79 (1:14.10)	6:11.31 (1:14.53)	7:26.18 (1:14.87)	8:42.09 (1:15.91)	9:59.55 (1:17.47)
11:17.52 (1:17.98)	12:35.80 (1:18.28)	13:55.28 (1:19.49)	15:14.96 (1:19.68)	16:35.38 (1:20.43)	17:55.68 (1:20.30)	19:16.40 (1:20.73)	20:37.05 (1:20.65)
21:58.42 (1:21.37)	23:21.84 (1:23.43)	24:44.10 (1:22.27)	26:06.22 (1:22.12)	28:49.57 (1:21.80)	30:11.36 (1:21.79)	30:11.36 (1:21.79)	31:32.02 (1:20.67)

10000 metrów mężczyzn

Rekord Świata(Open)	26:17.53	BEKELE Kenenisa	ETH	Bruxelles	05-08-26
Rekord Europy(Open)	26:46.57	FARAH Mohammed	GBR	Eugene	11-06-03
Rekord Polski(Open)	27:53.61	KOWOL Jerzy	GÓRNIK Zabrze	Praga	78-08-29

Miejsce	Tor	Numer	Imię i nazwisko	Data ur.	Klub (woj)	Reakcja	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
4	17	266	Mateusz LIPIŃSKI	99-09-23	AML Słupsk(PM)		32:50.22
1:14.88 (1:14.88)	2:32.15 (1:17.28)	3:46.16 (1:14.01)	5:02.16 (1:16.00)	6:19.21 (1:17.05)	7:37.51 (1:18.31)	8:57.04 (1:19.54)	10:16.27 (1:19.23)
11:34.92 (1:18.66)	12:54.42 (1:19.51)	14:16.77 (1:22.35)	15:39.55 (1:22.79)	17:00.65 (1:21.10)	18:20.70 (1:20.05)	19:41.51 (1:20.81)	21:02.68 (1:21.17)
22:22.82 (1:20.14)	23:42.13 (1:19.31)	25:01.83 (1:19.70)	26:21.85 (1:20.03)	29:02.38 (1:20.91)	30:21.46 (1:19.09)	30:21.46 (1:19.09)	31:41.28 (1:19.83)
5	15	249	Michał WENDLAND	89-03-24	MKS Siechnice(DS)		32:56.37
1:18.92 (1:18.92)	2:36.92 (1:18.00)	3:53.28 (1:16.37)	5:09.97 (1:16.69)	6:28.32 (1:18.35)	7:46.33 (1:18.02)	9:04.98 (1:18.66)	10:24.42 (1:19.44)
11:43.72 (1:19.30)	13:03.95 (1:20.24)	14:23.79 (1:19.84)	15:42.87 (1:19.09)	17:01.10 (1:18.23)	18:21.45 (1:20.36)	19:41.96 (1:20.51)	20:59.22 (1:17.27)
22:18.52 (1:19.30)	23:41.39 (1:22.87)	25:02.52 (1:21.14)	26:22.48 (1:19.97)	29:02.69 (1:19.66)	30:22.02 (1:19.33)	30:22.02 (1:19.33)	31:41.67 (1:19.66)
6	1	260	Łukasz KLATKA	99-03-04	Biegaj z Pasją Szklarska Poręba(DS)		33:18.72
1:16.34 (1:16.34)	2:35.06 (1:18.73)	3:54.58 (1:19.53)	5:13.76 (1:19.18)	6:32.34 (1:18.58)	7:53.22 (1:20.89)	9:14.05 (1:20.84)	10:34.78 (1:20.74)
11:55.78 (1:21.00)	13:16.66 (1:20.88)	14:37.99 (1:21.34)	15:59.16 (1:21.17)	17:20.22 (1:21.06)	18:41.47 (1:21.26)	20:02.28 (1:20.82)	21:22.98 (1:20.71)
22:44.21 (1:21.23)	24:04.31 (1:20.10)	25:25.90 (1:21.60)	26:47.73 (1:21.83)	29:30.81 (1:21.53)	30:52.48 (1:21.67)	30:52.48 (1:21.67)	32:08.78 (1:16.31)
7	12	224	Radosław KASPRZAK	91-04-27	TL ROW Rybnik(SL)		33:21.38
1:16.92 (1:16.92)	2:36.29 (1:19.38)	3:55.30 (1:19.02)	5:13.80 (1:18.50)	6:32.50 (1:18.70)	7:52.20 (1:19.71)	9:12.50 (1:20.31)	10:31.57 (1:19.07)
11:50.31 (1:18.74)	13:10.47 (1:20.17)	14:31.98 (1:21.52)	15:52.99 (1:21.01)	17:13.88 (1:20.90)	18:35.19 (1:21.31)	19:56.94 (1:21.76)	21:17.60 (1:20.67)
22:39.33 (1:21.73)	24:01.20 (1:21.87)	25:22.52 (1:21.32)	26:43.35 (1:20.84)	29:27.23 (1:22.28)	30:49.53 (1:22.31)	30:49.53 (1:22.31)	32:09.06 (1:19.53)
8	11	207	Mateusz DAJNOWSKI	94-03-27	MKS Chojniczanka 1930 Chojnice SA(PM)		33:22.19 PB
1:15.61 (1:15.61)	2:33.15 (1:17.54)	3:51.12 (1:17.98)	5:09.60 (1:18.48)	6:28.93 (1:19.34)	7:48.22 (1:19.29)	9:08.81 (1:20.60)	10:29.53 (1:20.73)
11:50.04 (1:20.51)	13:11.56 (1:21.52)	14:32.97 (1:21.42)	15:53.46 (1:20.49)	17:11.36 (1:17.91)	18:31.86 (1:20.50)	19:53.20 (1:21.34)	21:14.88 (1:21.69)
22:36.82 (1:21.95)	23:58.70 (1:21.88)	25:20.59 (1:21.89)	26:43.16 (1:22.58)	29:25.60 (1:21.30)	30:46.14 (1:20.54)	30:46.14 (1:20.54)	32:07.02 (1:20.88)
9	24	272	Rafał SUŁKOWSKI	99-08-26	Kraków Athletics Team(MA)		33:27.77
1:16.58 (1:16.58)	2:35.09 (1:18.51)	3:51.53 (1:16.44)	5:09.73 (1:18.21)	6:28.93 (1:19.20)	7:46.78 (1:17.85)	9:05.89 (1:19.12)	10:25.67 (1:19.78)
11:46.29 (1:20.63)	13:07.13 (1:20.84)	14:28.99 (1:21.87)	15:50.14 (1:21.15)	17:12.02 (1:21.88)	18:32.92 (1:20.90)	19:54.20 (1:21.29)	21:15.84 (1:21.64)
22:37.05 (1:21.22)	23:59.13 (1:22.08)	25:20.80 (1:21.68)	26:43.64 (1:22.84)	29:27.64 (1:22.18)	30:50.12 (1:22.49)	30:50.12 (1:22.49)	32:11.71 (1:21.59)
10	10	248	Jakub WAWRZYKOWSKI	97-12-21	MKST Astra Nowa Sól(LB)		33:29.85 PB
1:18.66 (1:18.66)	2:36.65 (1:18.00)	3:53.60 (1:16.95)	5:10.40 (1:16.81)	6:29.23 (1:18.83)	7:48.58 (1:19.35)	9:09.15 (1:20.58)	10:29.59 (1:20.44)
11:50.52 (1:20.93)	13:11.92 (1:21.41)	14:33.10 (1:21.18)	15:53.60 (1:20.51)	17:12.32 (1:18.72)	18:32.44 (1:20.13)	19:55.26 (1:22.82)	21:19.06 (1:23.80)
22:41.83 (1:22.77)	24:04.63 (1:22.80)	25:26.14 (1:21.52)	26:48.07 (1:21.93)	29:32.64 (1:22.65)	30:56.46 (1:23.82)	30:56.46 (1:23.82)	32:17.83 (1:21.38)
11	21	209	Damian DROŹDŹ	87-04-21	TL ROW Rybnik(SL)		33:37.63
1:17.30 (1:17.30)	2:35.87 (1:18.57)	3:54.88 (1:19.01)	5:12.95 (1:18.07)	6:31.47 (1:18.53)	7:52.54 (1:21.07)	9:12.73 (1:20.19)	10:31.99 (1:19.27)
11:50.86 (1:18.87)	13:10.97 (1:20.12)	14:32.51 (1:21.54)	15:54.05 (1:21.55)	17:14.11 (1:20.06)	18:35.91 (1:21.80)	19:58.26 (1:22.36)	21:20.57 (1:22.31)
22:42.56 (1:21.99)	24:04.94 (1:22.39)	25:28.63 (1:23.69)	26:51.29 (1:22.66)	29:36.65 (1:22.90)	30:59.61 (1:22.97)	30:59.61 (1:22.97)	32:21.99 (1:22.38)
12	20	220	Krzysztof JILEK	97-03-18	ULKS Bystrzyca Kłodzka(DS)		33:49.90
1:18.18 (1:18.18)	2:36.73 (1:18.55)	3:55.72 (1:19.00)	5:14.32 (1:18.60)	6:32.64 (1:18.33)	7:52.68 (1:20.05)	9:12.17 (1:19.49)	10:32.29 (1:20.13)
11:51.76 (1:19.48)	13:12.15 (1:20.39)	14:33.62 (1:21.48)	15:54.62 (1:21.00)	17:15.90 (1:21.29)	18:38.04 (1:22.15)	20:00.85 (1:22.81)	21:24.32 (1:23.48)
22:47.98 (1:23.66)	24:12.16 (1:24.19)	25:37.02 (1:24.86)	27:01.89 (1:24.88)	29:51.67 (1:23.94)	31:15.62 (1:23.95)	31:15.62 (1:23.95)	32:37.43 (1:21.82)
13	3	205	Przemysław CHATYS	90-05-17	MKS Siechnice(DS)		33:55.02
1:14.69 (1:14.69)	2:31.68 (1:16.99)	3:45.69 (1:14.02)	5:01.30 (1:15.62)	6:18.74 (1:17.44)	7:37.41 (1:18.68)	8:56.70 (1:19.30)	10:16.18 (1:19.49)
11:35.15 (1:18.97)	12:54.68 (1:19.53)	14:16.67 (1:22.00)	15:39.28 (1:22.61)	17:01.56 (1:22.28)	18:28.33 (1:26.78)	19:52.89 (1:24.56)	21:16.89 (1:24.00)
22:41.25 (1:24.36)	24:05.85 (1:24.60)	25:29.28 (1:23.43)	26:55.20 (1:25.93)	29:42.96 (1:23.65)	31:08.68 (1:25.73)	31:08.68 (1:25.73)	32:35.67 (1:26.99)



10000 metrów mężczyzn

Rekord Świata(Open)	26:17.53	BEKELE Kenenisa	ETH	Bruxelles	05-08-26
Rekord Europy(Open)	26:46.57	FARAH Mohammed	GBR	Eugene	11-06-03
Rekord Polski(Open)	27:53.61	KOWOL Jerzy	GÓRNIK Zabrze	Praga	78-08-29

Miejsce	Tor	Numer	Imię i nazwisko	Data ur.	Klub (woj)	Reakcja	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
14	18	250	Piotr WIJATA	84-05-06	RLTL ZTE Radom(MZ)		33:59.65
1:18.58 (1:18.58)	2:39.67 (1:21.09)	4:00.89 (1:21.23)	5:23.60 (1:22.71)	6:44.96 (1:21.36)	8:05.29 (1:20.34)	9:25.56 (1:20.28)	10:46.68 (1:21.13)
12:06.99 (1:20.31)	13:28.99 (1:22.01)	14:50.01 (1:21.02)	16:11.61 (1:21.61)	17:34.64 (1:23.03)	18:57.83 (1:23.20)	20:18.14 (1:20.31)	21:39.59 (1:21.46)
23:01.96 (1:22.38)	24:24.77 (1:22.81)	25:46.63 (1:21.86)	27:09.85 (1:23.23)	29:56.58 (1:23.17)	31:19.69 (1:23.12)	31:19.69 (1:23.12)	32:41.16 (1:21.48)
15	8	218	Marcin Roman GRZEGOROWSKI	78-04-06	KS Stal LA Ostrów Wlkp.(WP)		34:09.59
1:19.37 (1:19.37)	2:39.12 (1:19.75)	4:00.45 (1:21.33)	5:23.01 (1:22.57)	6:46.31 (1:23.30)	8:09.29 (1:22.99)	9:31.79 (1:22.50)	10:55.15 (1:23.37)
12:18.14 (1:23.00)	13:41.13 (1:22.99)	15:03.93 (1:22.81)	16:26.56 (1:22.63)	17:49.91 (1:23.36)	19:12.35 (1:22.44)	20:35.76 (1:23.41)	21:59.57 (1:23.82)
23:23.10 (1:23.53)	24:45.74 (1:22.65)	26:07.27 (1:21.53)	27:29.62 (1:22.36)	30:13.84 (1:21.27)	31:35.39 (1:21.56)	31:35.39 (1:21.56)	32:55.56 (1:20.17)
16	2	203	Grzegorz BRAUN	94-09-15	Adam Draczyński Running Team Nowa Sól(L)		34:38.31
1:18.30 (1:18.30)	2:33.95 (1:15.65)	3:52.15 (1:18.20)	5:11.25 (1:19.10)	6:30.93 (1:19.69)	7:53.52 (1:22.59)	9:15.94 (1:22.43)	10:39.58 (1:23.64)
12:02.15 (1:22.58)	13:25.84 (1:23.70)	14:49.06 (1:23.22)	16:11.33 (1:22.28)	17:35.48 (1:24.16)	19:01.03 (1:25.55)	20:27.76 (1:26.73)	21:53.80 (1:26.04)
23:19.43 (1:25.64)	24:44.69 (1:25.26)	26:11.15 (1:26.46)	27:36.31 (1:25.17)	30:26.73 (1:26.41)	31:54.60 (1:27.88)	31:54.60 (1:27.88)	33:21.22 (1:26.62)
17	22	223	Arkadiusz KARDAS	89-03-20	TS AKS Chorzów(SL)		34:47.15
1:19.01 (1:19.01)	2:38.99 (1:19.98)	3:59.17 (1:20.18)	5:19.53 (1:20.36)	6:40.25 (1:20.73)	8:01.31 (1:21.07)	9:23.18 (1:21.87)	10:44.67 (1:21.49)
12:05.29 (1:20.63)	13:26.82 (1:21.53)	14:48.78 (1:21.97)	16:10.88 (1:22.11)	17:34.31 (1:23.43)	18:58.23 (1:23.93)	20:22.33 (1:24.11)	21:48.04 (1:25.71)
23:14.00 (1:25.96)	24:41.28 (1:27.29)	26:10.15 (1:28.88)	27:37.74 (1:27.59)	30:34.75 (1:28.87)	32:03.10 (1:28.35)	32:03.10 (1:28.35)	33:27.50 (1:24.40)
18	7	252	Łukasz BACHLEDA	98-03-20	Kraków Athletics Team(MA)		34:50.58
1:20.70 (1:20.70)	2:43.36 (1:22.67)	4:07.66 (1:24.30)	5:31.84 (1:24.19)	6:56.12 (1:24.29)	8:19.54 (1:23.43)	9:44.31 (1:24.77)	11:07.87 (1:23.56)
12:33.04 (1:25.17)	13:57.19 (1:24.16)	15:21.64 (1:24.45)	16:45.90 (1:24.27)	18:10.26 (1:24.37)	19:35.54 (1:25.28)	20:58.95 (1:23.42)	22:23.01 (1:24.06)
23:46.39 (1:23.38)	25:10.83 (1:24.45)	26:35.57 (1:24.74)	28:00.33 (1:24.76)	30:50.31 (1:22.97)	32:12.16 (1:21.85)	32:12.16 (1:21.85)	33:32.95 (1:20.80)
19	9	263	Kacper KUBIAK	00-06-01	MKST Astra Nowa Sól(LB)		35:33.67
1:21.07 (1:21.07)	2:43.77 (1:22.71)	4:08.08 (1:24.32)	5:31.78 (1:23.71)	6:55.80 (1:24.02)	8:19.43 (1:23.63)	9:44.60 (1:25.18)	11:07.62 (1:23.02)
12:32.46 (1:24.84)	13:57.61 (1:25.15)	15:21.97 (1:24.36)	16:45.86 (1:23.90)	18:09.89 (1:24.03)	19:35.81 (1:25.93)	21:00.05 (1:24.24)	22:25.95 (1:25.90)
23:54.56 (1:28.62)	25:21.86 (1:27.30)	26:49.76 (1:27.91)	28:25.89 (1:36.13)	31:21.62 (1:27.83)	32:48.51 (1:26.90)	32:48.51 (1:26.90)	34:15.03 (1:26.52)
20	4	278	Adam ZIMNICKI	00-11-12	Kraków Athletics Team(MA)		36:22.34
1:19.67 (1:19.67)	2:39.77 (1:20.11)	4:00.50 (1:20.73)	5:23.40 (1:22.91)	6:46.82 (1:23.43)	8:10.46 (1:23.64)	9:35.73 (1:25.28)	11:01.93 (1:26.20)
12:29.21 (1:27.29)	13:58.36 (1:29.15)	15:29.94 (1:31.59)	17:03.46 (1:33.52)	18:36.93 (1:33.48)	20:10.02 (1:33.09)	21:42.39 (1:32.37)	23:13.99 (1:31.60)
24:45.46 (1:31.48)	26:14.72 (1:29.27)	27:44.46 (1:29.74)	29:13.22 (1:28.77)	32:08.04 (1:27.52)	33:34.53 (1:26.49)	33:34.53 (1:26.49)	35:00.14 (1:25.61)
21	16	216	Karol GRABOWSKI	89-06-22	CKS Budowlani Częstochowa(SL)		36:49.85
1:17.75 (1:17.75)	2:36.57 (1:18.83)	3:55.62 (1:19.06)	5:14.65 (1:19.04)	6:31.83 (1:17.18)	7:52.93 (1:21.11)	9:14.57 (1:21.64)	10:38.47 (1:23.91)
12:03.43 (1:24.96)	13:30.24 (1:26.81)	15:02.15 (1:31.92)	16:35.90 (1:33.75)	19:26.97 (2:51.08)	20:59.30 (1:32.33)	22:28.39 (1:29.09)	23:54.46 (1:26.08)
25:21.24 (1:26.78)	26:48.99 (1:27.76)	28:18.32 (1:29.33)	29:45.88 (1:27.56)	32:40.74 (1:25.98)	34:06.56 (1:25.82)	34:06.56 (1:25.82)	35:29.44 (1:22.88)
22	23	244	Łukasz ROSZKOWSKI	88-06-20	MKS Juvenia Białystok(PD)		40:00.23
1:19.65 (1:19.65)	2:41.13 (1:21.48)	4:08.37 (1:27.25)	5:38.57 (1:30.20)	7:12.64 (1:34.07)	8:48.05 (1:35.42)	10:26.01 (1:37.96)	12:02.21 (1:36.21)
13:38.88 (1:36.67)	15:17.71 (1:38.84)	16:56.23 (1:38.53)	18:34.96 (1:38.73)	20:16.00 (1:41.05)	21:55.94 (1:39.94)	23:35.16 (1:39.22)	25:13.89 (1:38.74)
26:55.37 (1:41.48)	28:36.80 (1:41.44)	30:15.42 (1:38.63)	31:54.11 (1:38.69)	35:13.64 (1:40.23)	36:54.02 (1:40.38)	36:54.02 (1:40.38)	38:33.32 (1:39.31)
5	233		Łukasz MARCJANEK	89-06-02	KL Ziemia Kłodzka(DS)		DNF
1:19.03 (1:19.03)	2:38.46 (1:19.43)	3:57.17 (1:18.72)	5:16.22 (1:19.05)	6:37.14 (1:20.92)	7:57.77 (1:20.63)	9:19.62 (1:21.86)	10:41.40 (1:21.78)
12:02.30 (1:20.91)	13:25.27 (1:22.97)	14:49.64 (1:24.37)"	16:54:56.71				

10000 metrów mężczyzn

Rekord Świata(Open)	26:17.53	BEKELE Kenenisa	ETH	Bruxelles	05-08-26
Rekord Europy(Open)	26:46.57	FARAH Mohammed	GBR	Eugene	11-06-03
Rekord Polski(Open)	27:53.61	KOWOL Jerzy	GÓRNIK Zabrze	Praga	78-08-29

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

Legenda:

PB -rekord życiowy

