



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)
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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)
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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)
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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	
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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)
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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 STARŻYŃSKI	90-06-18	LKB Rudnik(SK)	30:51.85	
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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)
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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	
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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)
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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
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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 ZWIREFKI	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

