



Wyniki konkurencji-międzyczas

10000 metrów mężczyzn

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

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

Bieg A/3

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

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

10000 metrów mężczyzn

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Bieg B/3

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

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

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

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

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

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

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

10000 metrów mężczyzn

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

Miejsce	Tor	Numer	Imię i nazwisko	Data ur.	Klub (woj)	Wynik
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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 13 41 **Michał WOJCIECHOWSKI** 88-10-02 KB Witar Tarnobrzeg(PK) **31:26.89** PB

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

10000 metrów mężczyzn

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Bieg C/3

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

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

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

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

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

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

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

10000 metrów mężczyzn

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

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

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

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

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

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

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

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

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

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

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

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

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

10000 metrów mężczyzn

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

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

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

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

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

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

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

Legenda:

PB -rekord życiowy