

BIEG PRZEZ MOST 2019

Organizator: Urząd Dzielnicy Warszawa - Białołęka

Data: 2019-09-22

Miejsce: Warszawa

Dystans: 10 km

Klasyfikacja wg czasów netto.

W klasyfikacji open pierwsze 50 miejsc wg czasu brutto

**BIEG PRZEZ MOST 2019, OPEN**

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 6.6km | 9km | Netto | Brutto | min/km | km/h |
|------|-----------------------|------|--|---------------------|------|---------|--------|------|----------|----------|-------------|-------------|--------|------|
| 1 | JASTRZĘBSKI KAMIL | 284 | DUKLANOWSKITEAM/SKB KRAŚNIK | KRAŚNIK | POL | M 1-29 | 1 | M 1 | 00:19:56 | 00:27:17 | 00:30:46.85 | 00:30:48.00 | 3:04 | 19.5 |
| 2 | WASIEWICZ KRZYSZTOF | 835 | | PIASECZNO | POL | M 1-29 | 2 | M 2 | 00:20:15 | 00:27:56 | 00:31:41.90 | 00:31:44.00 | 3:10 | 18.9 |
| 3 | PARSZCZYŃSKI ŁUKASZ | 599 | TEAM PARSZCZYŃSKICH | WARSZAWA | POL | M 30-39 | 1 | M 3 | 00:20:26 | 00:28:15 | 00:32:08.60 | 00:32:11.00 | 3:12 | 18.7 |
| 4 | PYSZEL FLORIAN | 651 | PAN MATEMATYKA | MIŃSK MAZOWIECKI | POL | M 1-29 | 3 | M 4 | 00:20:50 | 00:28:37 | 00:32:34.55 | 00:32:35.40 | 3:15 | 18.4 |
| 5 | ŚWIRGOŃ ADAM | 800 | TRENERBIEGANIA.PL | WARSZAWA | POL | M 1-29 | 4 | M 5 | 00:21:20 | 00:29:18 | 00:33:20.90 | 00:33:22.55 | 3:20 | 18 |
| 6 | PRZESTRZELSKI KAJETAN | 980 | | SIEDLCE | | M 1-29 | 5 | M 6 | 00:21:33 | 00:29:33 | 00:33:43.90 | 00:33:44.60 | 3:22 | 17.8 |
| 7 | GAWRON PAWEŁ | 193 | @ARKENYA_TEAM | WARSZAWA | POL | M 1-29 | 6 | M 7 | 00:21:38 | 00:29:54 | 00:33:55.15 | 00:33:57.20 | 3:23 | 17.7 |
| 8 | SKIBIŃSKI MIKOŁAJ | 714 | DUKLANOWSKI TEAM / ADIDAS WARSAW RUNNERS / @ARKENYA_TEAM | POZNAŃ | POL | M 30-39 | 2 | M 8 | 00:22:07 | 00:30:20 | 00:34:19.55 | 00:34:21.50 | 3:26 | 17.5 |
| 9 | ORZEŁ MICHAŁ | 1014 | | WARSZAWA | POL | M 30-39 | 3 | M 9 | 00:22:17 | 00:30:10 | 00:34:26.75 | 00:34:29.25 | 3:26 | 17.4 |
| 10 | MACHOWSKI PAWEŁ | 478 | WARSZAWSKIE SANKT MORITZ | WARSZAWA | POL | M 1-29 | 7 | M 10 | 00:22:13 | 00:30:30 | 00:34:35.70 | 00:34:37.95 | 3:27 | 17.3 |
| 11 | MICHALSKI PIOTR | 524 | | PIASECZNO | POL | M 30-39 | 4 | M 11 | 00:22:04 | 00:30:30 | 00:34:42.95 | 00:34:46.25 | 3:28 | 17.3 |
| 12 | OMIELAN WOJCIECH | 582 | | WARSZAWA | POL | M 1-29 | 8 | M 12 | 00:22:40 | 00:31:21 | 00:35:33.75 | 00:35:36.10 | 3:33 | 16.9 |
| 13 | JOSYPENKO JĘDRZEJ | 924 | DREAM RUN | WARSZAWA | POL | M 30-39 | 5 | M 13 | 00:22:40 | 00:31:23 | 00:35:44.00 | 00:35:47.40 | 3:34 | 16.8 |
| 14 | WYSOCKI MARCIN | 881 | WARSZAWIAKY | MICHAŁOWICE | POL | M 30-39 | 6 | M 14 | 00:23:21 | 00:31:47 | 00:35:54.50 | 00:35:58.20 | 3:35 | 16.7 |
| 15 | GOZDEK RADEK | 214 | BIEGANIEPO40.PL TRUCHT TARCHOMIN TEAM | WARSZAWA | POL | M 40-49 | 1 | M 15 | 00:23:09 | 00:31:51 | 00:36:04.25 | 00:36:06.15 | 3:36 | 16.6 |
| 16 | KLAŚ ŁUKASZ | 348 | NUDNE PIĄTKI | WARSZAWA | POL | M 40-49 | 2 | M 16 | 00:23:09 | 00:31:51 | 00:36:14.55 | 00:36:16.00 | 3:37 | 16.6 |
| 17 | PRZYBYŁA KRZYSZTOF | 641 | ADIDAS RUNNERS WARSAW | WARSZAWA | POL | M 30-39 | 7 | M 17 | 00:23:36 | 00:32:08 | 00:36:21.60 | 00:36:24.55 | 3:38 | 16.5 |
| 18 | ZARODKIEWICZ DAWID | 891 | #TZD | KRASNE | POL | M 30-39 | 8 | M 18 | 00:23:33 | 00:32:13 | 00:36:35.95 | 00:36:40.30 | 3:39 | 16.4 |
| 19 | BRZAŃKALSKI KRZYSIEK | 73 | @ARKENYA_TEAM | PŁOCK | POL | M 1-29 | 9 | M 19 | 00:23:36 | 00:32:25 | 00:36:40.10 | 00:36:44.40 | 3:40 | 16.4 |
| 20 | ŁAPIŃSKA ANNA | 459 | KS WARSZAWIANKA/ADRUNALINE | WARSZAWA | POL | K 30-39 | 1 | K 1 | 00:23:39 | 00:32:35 | 00:37:08.35 | 00:37:11.00 | 3:42 | 16.2 |
| 21 | MLAĆKI ALAN | 538 | TEAM KOPEĆ | KOŁBIEL | POL | M 1-29 | 10 | M 20 | 00:23:50 | 00:32:50 | 00:37:21.20 | 00:37:24.05 | 3:44 | 16.1 |
| 22 | KLIMKIEWICZ MICHAŁ | 353 | | WARSZAWA | POL | M 1-29 | 11 | M 21 | 00:23:58 | 00:32:52 | 00:37:21.90 | 00:37:28.85 | 3:44 | 16.1 |
| 23 | HILDEBRAND MARCIN | 249 | OUTLETBIEGOWY /BIEGAM NA TARCHOMINIE | WARSZAWA | POL | M 30-39 | 9 | M 22 | 00:23:56 | 00:33:08 | 00:37:37.20 | 00:37:39.25 | 3:45 | 16 |
| 24 | ŁABĘDZKI KONRAD | 457 | ADIDAS RUNNERS WARSAW | WARSZAWA | POL | M 30-39 | 10 | M 23 | 00:24:16 | 00:33:23 | 00:37:49.90 | 00:37:53.50 | 3:47 | 15.9 |
| 25 | ŁOBACZ MICHAŁ | 464 | | WARSZAWA | POL | M 30-39 | 11 | M 24 | 00:24:29 | 00:33:38 | 00:37:54.50 | 00:37:58.50 | 3:47 | 15.8 |
| 26 | SZAŁATKA KRZYSZTOF | 692 | TRIATHLON SERWIS | WARSZAWA | POL | M 40-49 | 3 | M 25 | 00:24:30 | 00:33:31 | 00:37:51.55 | 00:37:58.95 | 3:47 | 15.9 |
| 27 | TRZASKOWSKI DARIUSZ | 815 | TRUCHT TARCHOMIN TEAM | WARSZAWA | POL | M 40-49 | 4 | M 26 | 00:24:26 | 00:33:36 | 00:38:06.25 | 00:38:11.35 | 3:48 | 15.7 |
| 28 | PARSZCZYŃSKA IZABELA | 598 | TEAM PARSZCZYŃSKICH | WARSZAWA | POL | K 30-39 | 2 | K 2 | 00:24:21 | 00:33:36 | 00:38:11.50 | 00:38:13.00 | 3:49 | 15.7 |
| 29 | GRZYBOWSKI MARIUSZ | 237 | | KOBYŁKA | POL | M 50-59 | 1 | M 27 | 00:24:34 | 00:33:34 | 00:38:12.65 | 00:38:16.30 | 3:49 | 15.7 |
| 30 | BOMBA TOMEK | 57 | | WARSZAWA | POL | M 1-29 | 12 | M 28 | 00:24:52 | 00:34:02 | 00:38:21.80 | 00:38:25.40 | 3:50 | 15.6 |
| 31 | ŁĘGOCKI MARCIN | 463 | PIETRZYK RUNNING TEAM / WSEWS WARSZAWA | WARSZAWA | POL | M 30-39 | 12 | M 29 | 00:24:57 | 00:33:55 | 00:38:19.90 | 00:38:27.55 | 3:50 | 15.7 |
| 32 | KUBERA PIOTR | 981 | | JÓZEFÓW | | M 40-49 | 5 | M 30 | 00:24:59 | 00:34:01 | 00:38:21.10 | 00:38:28.05 | 3:50 | 15.6 |
| 33 | SIERADZKI KRZYSZTOF | 700 | | WARSZAWA | POL | M 30-39 | 13 | M 31 | 00:24:28 | 00:33:42 | 00:38:31.35 | 00:38:34.70 | 3:51 | 15.6 |
| 34 | KRUPA PAWEŁ | 408 | STALOWOWOLSKI KLUB BIEGACZA | AGATÓWKA | POL | M 40-49 | 6 | M 32 | 00:24:50 | 00:34:19 | 00:38:53.60 | 00:38:56.90 | 3:53 | 15.4 |
| 35 | GRUZA MAREK | 228 | BIEGANIEPO40.PL | KAZUŃ BIELANY | POL | M 40-49 | 7 | M 33 | 00:24:56 | 00:34:24 | 00:39:04.25 | 00:39:10.05 | 3:54 | 15.4 |
| 36 | FELUCH KRZYSZTOF | 167 | JACEK BIEGA RUNNING TEAM | WARSZAWA | POL | M 40-49 | 8 | M 34 | 00:25:13 | 00:34:33 | 00:39:12.80 | 00:39:17.50 | 3:55 | 15.3 |
| 37 | JACKOWICZ PAWEŁ | 261 | | MIŃSK MAZOWIECKI | POL | M 30-39 | 14 | M 35 | 00:24:47 | 00:34:29 | 00:39:20.90 | 00:39:25.10 | 3:56 | 15.2 |
| 38 | JUSIŃSKI KRYSZTIAN | 306 | BRACTWO BIEGOWE BGK | WARSZAWA | POL | M 30-39 | 15 | M 36 | 00:25:46 | 00:34:53 | 00:39:28.15 | 00:39:34.80 | 3:56 | 15.2 |
| 39 | VASHKEVICH VITAL | 826 | | WARSZAWA | BEL | M 30-39 | 16 | M 37 | 00:25:21 | 00:34:47 | 00:39:30.90 | 00:39:36.00 | 3:57 | 15.2 |
| 40 | ŁOZOWSKI OLAF | 468 | | GRODZISK MAZOWIECKI | POL | M 30-39 | 17 | M 38 | 00:25:46 | 00:34:56 | 00:39:31.45 | 00:39:38.90 | 3:57 | 15.2 |
| 41 | GRZEGORCZYK NATALIA | 995 | WANDA PANFIL TEAM / AZS AWF WARSZAWA | KRAŚNICA | POL | K 1-29 | 1 | K 3 | 00:25:12 | 00:34:54 | 00:39:39.50 | 00:39:42.00 | 3:58 | 15.1 |

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| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 6.6km | 9km | Netto | Brutto | min/km | km/h |
|------|-----------------------------|-----|--|----------------------|------|---------|--------|------|----------|----------|-------------|-------------|--------|------|
| 42 | STYRNIK KRYSZTIAN | 757 | AZS UP LUBLIN | OŻARÓW | POL | M 1-29 | 13 | M 39 | 00:25:02 | 00:34:55 | 00:39:34.55 | 00:39:43.95 | 3:57 | 15.2 |
| 43 | KACZYŃSKI GRZEGORZ | 320 | KB WYSZKÓW | WYSZKÓW | POL | M 40-49 | 9 | M 40 | 00:25:32 | 00:34:56 | 00:39:40.95 | 00:39:46.70 | 3:58 | 15.1 |
| 44 | JERUĆ ŁUKASZ | 292 | BIEGAM NA TARCHOMINIE | WARSZAWA | POL | M 40-49 | 10 | M 41 | 00:25:50 | 00:35:12 | 00:39:42.50 | 00:39:47.95 | 3:58 | 15.1 |
| 45 | GŁOWACKI PAWEŁ | 205 | SEROCK BIEGA Z HOTELEM NARVIL | SEROCK | POL | M 30-39 | 18 | M 42 | 00:25:53 | 00:35:18 | 00:39:41.80 | 00:39:48.90 | 3:58 | 15.1 |
| 46 | LEWANDOWSKI MATEUSZ | 446 | NOWY DWÓR MAZOWIECKI | NOWY DWÓR MAZOWIECKI | POL | M 1-29 | 14 | M 43 | 00:25:26 | 00:35:04 | 00:39:44.35 | 00:39:50.70 | 3:58 | 15.1 |
| 47 | MARSZAŁ MARIUSZ | 503 | PSYCHOPATA BIEGOWY | WARSZAWA | POL | M 30-39 | 19 | M 44 | 00:25:53 | 00:35:00 | 00:39:48.95 | 00:39:53.15 | 3:58 | 15.1 |
| 48 | PIATKA TOMASZ | 615 | ENEL-SPORT RUNNERS TEAM | WARSZAWA | POL | M 30-39 | 20 | M 45 | 00:25:53 | 00:35:24 | 00:39:58.10 | 00:40:05.35 | 3:59 | 15 |
| 49 | ZALEWSKI DOMINIK | 886 | | WARSZAWA | POL | M 1-29 | 15 | M 46 | 00:25:40 | 00:35:29 | 00:40:07.40 | 00:40:11.90 | 4:00 | 15 |
| 50 | SZCZEPKOWSKI BARTŁOMIEJ | 773 | | WARSZAWA | POL | M 30-39 | 22 | M 47 | 00:25:53 | 00:35:19 | 00:40:10.90 | 00:40:16.35 | 4:01 | 14.9 |
| 51 | NIEGOWSKI ROBERT | 559 | STARE BABICE BIEGAJĄ | KOCZARGI STARE | POL | M 30-39 | 23 | M 48 | 00:25:53 | 00:35:27 | 00:40:17.05 | 00:40:23.15 | 4:01 | 14.9 |
| 52 | KOSTRZEWSKA JUSTYNA | 383 | ADIDAS RUNNERS WARSAW | ŁOMIANKI DOLNE | POL | K 30-39 | 3 | K 4 | 00:25:59 | 00:35:29 | 00:40:23.35 | 00:40:29.70 | 4:02 | 14.9 |
| 53 | MICHAŁSKI DAMIAN | 523 | ALIOR RUNNING TEAM | WARSZAWA | POL | M 40-49 | 11 | M 49 | 00:25:34 | 00:35:22 | 00:40:31.00 | 00:40:37.05 | 4:03 | 14.8 |
| 54 | TOMASZEK ROBERT | 810 | | WARSZAWA | POL | M 40-49 | 12 | M 50 | 00:25:53 | 00:35:44 | 00:40:33.70 | 00:40:37.65 | 4:03 | 14.8 |
| 55 | HASS-KALITA JOANNA | 245 | WARSAW MASTERS TEAM | KOBYŁKA | POL | K 40-49 | 1 | K 5 | 00:27:11 | 00:37:13 | 00:42:00.80 | 00:42:05.60 | 4:12 | 14.3 |
| 56 | WESOŁOWSKA KATARZYNA | 844 | NAPRZÓD MŁOCINY | WARSZAWA | POL | K 40-49 | 2 | K 6 | 00:27:37 | 00:37:44 | 00:42:46.40 | 00:42:55.50 | 4:16 | 14 |
| 57 | ŻURANIEWSKA AGNIESZKA | 918 | NUDNE PIĄTKI | WARSZAWA | POL | K 40-49 | 3 | K 7 | 00:27:37 | 00:38:02 | 00:43:08.85 | 00:43:23.75 | 4:18 | 13.9 |
| 58 | ZIMOWICZ MAGDALENA | 936 | DUKLANOWSKI TEAM | WARSZAWA | POL | K 30-39 | 4 | K 8 | 00:28:18 | 00:38:24 | 00:43:18.30 | 00:43:30.15 | 4:19 | 13.9 |
| 59 | PACIOREK EWA | 590 | MARKOWI BIEGACZE | MARKI | POL | K 30-39 | 5 | K 9 | 00:28:16 | 00:38:51 | 00:44:08.00 | 00:44:22.30 | 4:24 | 13.6 |
| 60 | SŁAWIŃSKA EWA | 719 | | WARSZAWA | POL | K 1-29 | 3 | K 10 | 00:28:52 | 00:39:29 | 00:44:45.70 | 00:44:55.30 | 4:28 | 13.4 |
| 61 | RADKOWSKA MAŁGORZATA | 653 | DZIOBAKI I NOSIAKI/SŁODKIE PĄCZKI | WARSZAWA | POL | K 30-39 | 6 | K 11 | 00:28:44 | 00:39:24 | 00:44:38.50 | 00:44:58.20 | 4:27 | 13.4 |
| 62 | SZUBA MARTYNA | 784 | TEAM PARSZCZYŃSKICH | MIŃSK MAZOWIECKI | POL | K 1-29 | 2 | K 12 | 00:28:12 | 00:39:12 | 00:44:38.75 | 00:44:58.55 | 4:27 | 13.4 |
| 63 | WINKOWSKA-STRUZIK MAGDALENA | 853 | DUKLANOWSKI TEAM / ADIDAS RUNNERS WARSAW | WARSZAWA | POL | K 30-39 | 7 | K 13 | 00:29:01 | 00:39:42 | 00:44:55.10 | 00:45:25.70 | 4:29 | 13.4 |
| 64 | KUCZYŃSKA MAGDALENA | 422 | | WARSZAWA | POL | K 30-39 | 8 | K 14 | 00:29:15 | 00:40:03 | 00:45:19.05 | 00:45:39.15 | 4:31 | 13.2 |
| 65 | CZAJKOWSKA DOROTA | 119 | | MYSIADŁO | POL | K 40-49 | 4 | K 15 | 00:29:15 | 00:39:55 | 00:45:10.70 | 00:45:40.40 | 4:31 | 13.3 |
| 66 | NOWAK ANNA | 569 | | WARSZAWA | POL | K 30-39 | 9 | K 16 | 00:29:11 | 00:40:22 | 00:45:56.05 | 00:46:18.35 | 4:35 | 13.1 |
| 67 | ROGÓŻ ELŻBIETA | 947 | PRORUNNING PROMOTION | WARSZAWA | POL | K 40-49 | 6 | K 17 | 00:29:25 | 00:40:23 | 00:45:51.85 | 00:46:22.75 | 4:35 | 13.1 |
| 68 | SZYMBORSKA MONIKA | 788 | TEAM ZABIEGANE DNI | WARSZAWA | POL | K 40-49 | 5 | K 18 | 00:29:27 | 00:40:28 | 00:45:48.75 | 00:46:29.95 | 4:34 | 13.1 |
| 69 | OCHNIK-KALINOWSKA JUSTYNA | 573 | | WARSZAWA | POL | K 40-49 | 7 | K 19 | 00:29:51 | 00:41:20 | 00:46:53.30 | 00:47:22.30 | 4:41 | 12.8 |
| 70 | STOLARCZYK GOSIA | 748 | LS WORLD RUN | WARSZAWA | POL | K 40-49 | 8 | K 20 | 00:29:54 | 00:41:23 | 00:47:08.15 | 00:47:33.25 | 4:42 | 12.7 |
| 71 | MICHALAK MONIKA | 521 | | RAJSZEW | POL | K 30-39 | 10 | K 21 | 00:30:15 | 00:41:30 | 00:47:03.60 | 00:47:34.80 | 4:42 | 12.8 |
| 72 | BOGUMIŁ IZABELA | 54 | | LEGIONOWO | POL | K 40-49 | 9 | K 22 | 00:30:42 | 00:41:50 | 00:47:23.10 | 00:47:38.10 | 4:44 | 12.7 |
| 73 | KĄDZIOŁKA BEATA | 337 | FMW RUNNERS | STAŁOWA WOLA | POL | K 30-39 | 12 | K 23 | 00:30:25 | 00:41:34 | 00:47:13.10 | 00:47:53.00 | 4:43 | 12.7 |
| 74 | GADOMSKA ANNA | 181 | PZU SPORT TEAM | WARSZAWA | POL | K 30-39 | 11 | K 24 | 00:30:31 | 00:41:41 | 00:47:12.35 | 00:47:58.30 | 4:43 | 12.7 |
| 75 | KUBICA EWA | 420 | | WARSZAWA | POL | K 30-39 | 13 | K 25 | 00:30:40 | 00:41:55 | 00:47:35.45 | 00:48:20.75 | 4:45 | 12.6 |
| 76 | BORYSOWSKA MONIKA | 69 | | SZCZECIN | POL | K 40-49 | 10 | K 26 | 00:30:31 | 00:42:05 | 00:47:48.60 | 00:48:32.45 | 4:46 | 12.5 |
| 77 | RZYMOWSKA KRYSZYNA | 687 | | WARSZAWA | POL | K 50-59 | 1 | K 27 | 00:31:09 | 00:42:39 | 00:48:21.40 | 00:49:07.70 | 4:50 | 12.4 |
| 78 | BURZYŃSKA MAGDALENA | 85 | | WARSZAWA | POL | K 30-39 | 15 | K 28 | 00:30:52 | 00:42:47 | 00:48:40.95 | 00:49:09.15 | 4:52 | 12.3 |
| 79 | GAŚSIOROWSKA ALICJA | 194 | ŻÓRAWSKITEAM | WARSZAWA | POL | K 40-49 | 11 | K 29 | 00:31:16 | 00:43:06 | 00:48:33.40 | 00:49:12.00 | 4:51 | 12.4 |
| 80 | JAGNIESZCZAK ZUZANNA | 264 | ADIDAS RUNNERS WARSAW | WARSZAWA | POL | K 30-39 | 14 | K 30 | 00:31:05 | 00:42:46 | 00:48:40.20 | 00:49:13.75 | 4:52 | 12.3 |
| 81 | KOWERDA SYLWIA | 395 | | WARSZAWA | POL | K 1-29 | 4 | K 31 | 00:30:53 | 00:42:59 | 00:48:57.55 | 00:49:19.10 | 4:53 | 12.3 |
| 82 | RUDY IWONA | 676 | | WARSZAWA | POL | K 30-39 | 16 | K 32 | 00:30:45 | 00:42:52 | 00:48:55.80 | 00:49:33.35 | 4:53 | 12.3 |
| 83 | OLÓW KAMILA | 581 | | GOŁDAP | POL | K 1-29 | 5 | K 33 | 00:31:30 | 00:43:31 | 00:49:27.95 | 00:49:45.05 | 4:56 | 12.1 |
| 84 | SEKŚCIŃSKA MAGDA | 696 | GRUPA BIEGOWA UM W-WA | WARSZAWA | POL | K 30-39 | 18 | K 34 | 00:31:46 | 00:43:33 | 00:49:14.65 | 00:49:46.50 | 4:55 | 12.2 |
| 85 | KORONA-SIERADZKA BOGUSŁAWA | 375 | | WARSAW | POL | K 30-39 | 17 | K 35 | 00:32:11 | 00:43:37 | 00:49:12.40 | 00:50:00.20 | 4:55 | 12.2 |
| 86 | BE CZAK NATALIA | 29 | | WARSZAWA | POL | K 30-39 | 19 | K 36 | 00:32:15 | 00:44:01 | 00:49:40.00 | 00:50:20.45 | 4:58 | 12.1 |
| 87 | KRUK EDYTA | 407 | GRUPA BIEGOWA UM W-WA | CHOTOMÓW | POL | K 40-49 | 12 | K 37 | 00:31:41 | 00:43:47 | 00:49:44.90 | 00:50:32.30 | 4:58 | 12.1 |
| 88 | ŻEBROWSKA ANNA | 930 | | WARSZAWA | POL | K 30-39 | 20 | K 38 | 00:32:05 | 00:43:51 | 00:49:50.90 | 00:50:50.95 | 4:59 | 12 |
| 89 | TULA RENATA | 817 | MYKMYK | WARSZAWA | POL | K 60+ | 1 | K 39 | 00:32:32 | 00:44:30 | 00:50:24.05 | 00:51:10.80 | 5:02 | 11.9 |
| 90 | SĘK ZOFIA | 698 | | WARSZAWA | POL | K 40-49 | 13 | K 40 | 00:33:01 | 00:44:40 | 00:50:33.50 | 00:51:16.90 | 5:03 | 11.9 |
| 91 | KICZYŃSKA IZABELA | 340 | BRODNICA BIEGA | BRODNICA | POL | K 30-39 | 23 | K 41 | 00:32:33 | 00:45:04 | 00:51:16.10 | 00:51:26.60 | 5:07 | 11.7 |
| 92 | MALMON OLIVIA | 489 | KONDYCJA | WARSZAWA | POL | K 1-29 | 6 | K 42 | 00:36:01 | 00:44:53 | 00:51:41.30 | 00:51:44.90 | 5:10 | 11.6 |
| 93 | JAROS HONORATA | 280 | | WARSZAWA | POL | K 40-49 | 14 | K 43 | 00:32:18 | 00:44:50 | 00:50:57.70 | 00:51:53.50 | 5:05 | 11.8 |
| 94 | KWIATKOWSKA ILONA | 434 | KB WYSZKÓW | WYSZKÓW | POL | K 30-39 | 22 | K 44 | 00:32:48 | 00:44:59 | 00:51:15.10 | 00:52:03.35 | 5:07 | 11.7 |
| 95 | KWIATKOWSKA KATARZYNA | 432 | | MARKI | POL | K 30-39 | 21 | K 45 | 00:32:38 | 00:44:57 | 00:51:01.65 | 00:52:04.90 | 5:06 | 11.8 |
| 96 | TEJCHMA NATALIA | 805 | BIEGAM NA TARCHOMINIE | WARSZAWA | POL | K 40-49 | 15 | K 46 | 00:33:37 | 00:45:22 | 00:51:18.35 | 00:52:19.95 | 5:07 | 11.7 |
| 97 | BUCHAŁSKA EWA | 78 | EKOBIEGI | WARSZAWA | POL | K 40-49 | 16 | K 47 | 00:32:48 | 00:45:20 | 00:51:40.10 | 00:52:26.35 | 5:10 | 11.6 |

BIEG PRZEZ MOST 2019, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 6.6km | 9km | Netto | Brutto | min/km | km/h |
|------|----------------------|------|-------------------------|---------------|------|---------|--------|-------|----------|----------|-------------|-------------|--------|------|
| 98 | CHOSZCZ DOMINIKA | 97 | | WARSZAWA | POL | K 1-29 | 7 | K 48 | 00:32:31 | 00:45:50 | 00:51:47.15 | 00:52:36.40 | 5:10 | 11.6 |
| 99 | SCHINDLER ZANETA | 695 | | WARSZAWA | POL | K 40-49 | 18 | K 49 | 00:33:39 | 00:46:01 | 00:52:13.35 | 00:52:56.00 | 5:13 | 11.5 |
| 100 | KRUPIŃSKA WIOLA | 409 | TRUCHT TEAM TARCHOMIN | WARSZAWA | POL | K 1-29 | 9 | K 50 | 00:34:08 | 00:46:50 | 00:52:51.55 | 00:53:07.10 | 5:17 | 11.3 |
| 101 | WERNER KAMIL | 842 | BIEGAM NA TARCHOMINIE | WARSZAWA | POL | M 30-39 | 21 | M 50 | 00:25:57 | 00:35:32 | 00:40:07.40 | 00:40:41.90 | 4:00 | 15 |
| 102 | KŁÓDKIEWICZ WALDEMAR | 356 | | KIELPIN | POL | M 40-49 | 13 | M 51 | 00:25:45 | 00:35:42 | 00:40:35.50 | 00:41:00.50 | 4:03 | 14.8 |
| 103 | MARYNOWSKI WOJCIECH | 505 | LUDZIE SZTOSY | WARSZAWA | POL | M 1-29 | 16 | M 52 | 00:25:56 | 00:35:45 | 00:40:37.55 | 00:40:43.70 | 4:03 | 14.8 |
| 104 | ZHENG HAISHAN | 902 | | LESNOWOLA | CHN | M 30-39 | 24 | M 53 | 00:26:04 | 00:36:05 | 00:40:50.65 | 00:40:57.50 | 4:05 | 14.7 |
| 105 | BURZA PAWEŁ | 84 | | WARSZAWA | POL | M 30-39 | 25 | M 54 | 00:26:02 | 00:35:59 | 00:40:54.65 | 00:40:59.45 | 4:05 | 14.7 |
| 106 | JUTKIEWICZ MARCIN | 993 | | WARSZAWA | POL | M 30-39 | 26 | M 55 | 00:26:24 | 00:36:07 | 00:40:59.00 | 00:41:10.85 | 4:05 | 14.6 |
| 107 | KNYCHAS DAREK | 358 | PZU SPORT TEAM | WARSZAWA | POL | M 40-49 | 14 | M 56 | 00:26:45 | 00:36:20 | 00:41:01.25 | 00:41:15.05 | 4:06 | 14.6 |
| 108 | GRYSZPANOWICZ PIOTR | 234 | SĄSIADY LATAJĄ RAZEM | WARSZAWA | POL | M 40-49 | 15 | M 57 | 00:26:17 | 00:36:10 | 00:41:08.25 | 00:41:16.40 | 4:06 | 14.6 |
| 109 | KORSAKAS EMILIS | 925 | NA, PAGAUKI! | VILNIUS | LTU | M 50-59 | 2 | M 58 | 00:26:14 | 00:36:16 | 00:41:13.00 | 00:41:19.10 | 4:07 | 14.6 |
| 110 | KORSAKOV KOSTIANTYN | 376 | - | WARSZAWA | POL | M 40-49 | 16 | M 59 | 00:26:28 | 00:36:26 | 00:41:19.40 | 00:41:29.40 | 4:07 | 14.5 |
| 111 | SIEGIEDA MICHAŁ | 699 | ADIDAS RUNNERS | WARSZAWA | POL | M 30-39 | 27 | M 60 | 00:26:21 | 00:36:33 | 00:41:20.65 | 00:41:26.10 | 4:08 | 14.5 |
| 112 | NOWOCIEŃ JACEK | 570 | UKS RUSIEC | PODKOWA LEŚNA | POL | M 60+ | 1 | M 61 | 00:26:45 | 00:36:36 | 00:41:29.05 | 00:41:32.95 | 4:08 | 14.5 |
| 113 | SPYCHAŁA PIOTR | 735 | | WARSZAWA | POL | M 40-49 | 17 | M 62 | 00:26:34 | 00:36:36 | 00:41:32.25 | 00:41:41.45 | 4:09 | 14.4 |
| 114 | LISZKIEWICZ KONRAD | 453 | | ZABORÓWEK | POL | M 30-39 | 28 | M 63 | 00:26:25 | 00:36:41 | 00:41:41.60 | 00:41:46.85 | 4:10 | 14.4 |
| 115 | GIERAK KRIS | 199 | SANTANDER RUNNERS | WARSZAWA | POL | M 30-39 | 29 | M 64 | 00:26:45 | 00:36:53 | 00:41:42.95 | 00:41:51.45 | 4:10 | 14.4 |
| 116 | ROWIŃSKI ARKADIUSZ | 960 | | WARSZAWA | POL | M 30-39 | 30 | M 65 | 00:27:07 | 00:37:02 | 00:41:45.60 | 00:41:49.80 | 4:10 | 14.4 |
| 117 | KUBIAK SŁAWOMIR | 419 | | WARSZAWA | POL | M 40-49 | 18 | M 66 | 00:26:35 | 00:36:47 | 00:41:47.25 | 00:41:57.35 | 4:10 | 14.4 |
| 118 | LATAK MICHAŁ | 436 | JACEKBIEGA RUNNING TEAM | WARSZAWA | POL | M 40-49 | 19 | M 67 | 00:26:41 | 00:36:51 | 00:41:50.10 | 00:41:55.60 | 4:11 | 14.3 |
| 119 | CIEŚLAK PIOTR | 111 | | WARSZAWA | POL | M 30-39 | 31 | M 68 | 00:27:25 | 00:37:12 | 00:41:51.10 | 00:42:05.00 | 4:11 | 14.3 |
| 120 | KANIA PRZEMYSŁAW | 327 | | HORNÓWEK | POL | M 40-49 | 20 | M 69 | 00:26:32 | 00:36:52 | 00:41:57.25 | 00:42:02.20 | 4:11 | 14.3 |
| 121 | ZAJĄC WACŁAW | 882 | TEAM PARSZCZYŃSKICH | WARSZAWA | POL | M 40-49 | 21 | M 70 | 00:27:07 | 00:37:03 | 00:41:58.35 | 00:42:09.65 | 4:11 | 14.3 |
| 122 | ZGODA MATEUSZ | 941 | NAPRZÓD MŁOCINY | WARSZAWA | POL | M 1-29 | 17 | M 71 | 00:27:04 | 00:37:02 | 00:42:00.05 | 00:42:13.15 | 4:12 | 14.3 |
| 123 | ZYCH ŁUKASZ | 910 | | MARKI | POL | M 30-39 | 32 | M 72 | 00:26:11 | 00:36:46 | 00:42:04.80 | 00:42:10.10 | 4:12 | 14.3 |
| 124 | ANDRZEJEWSKI MARIUSZ | 7 | T-MOBILE RUNNING TEAM | WARSZAWA | POL | M 30-39 | 33 | M 73 | 00:27:37 | 00:37:19 | 00:42:06.35 | 00:42:17.90 | 4:12 | 14.3 |
| 125 | JUREK PRZEMYSŁAW | 304 | KS STASZEWCY | WARSZAWA | POL | M 40-49 | 22 | M 74 | 00:27:05 | 00:37:08 | 00:42:07.00 | 00:42:20.20 | 4:12 | 14.2 |
| 126 | PRUSIK PIOTR | 637 | | WARSZAWA | POL | M 1-29 | 18 | M 75 | 00:27:27 | 00:37:19 | 00:42:08.85 | 00:42:26.85 | 4:12 | 14.2 |
| 127 | SLEPOWRONSKI BOGDAN | 718 | TO NATURALNE | WARSZAWA | POL | M 30-39 | 34 | M 76 | 00:26:57 | 00:37:21 | 00:42:11.25 | 00:42:30.25 | 4:13 | 14.2 |
| 128 | KNAP PIOTR | 987 | | | | M 30-39 | 35 | M 77 | 00:27:11 | 00:37:20 | 00:42:12.90 | 00:42:26.05 | 4:13 | 14.2 |
| 129 | RAK ADAM | 655 | MPWIK | WARSZAWA | POL | M 30-39 | 36 | M 78 | 00:26:38 | 00:37:19 | 00:42:21.40 | 00:42:27.25 | 4:14 | 14.2 |
| 130 | JAWORSKI ARKADIUSZ | 289 | | IZABELIN | POL | M 30-39 | 37 | M 79 | 00:27:01 | 00:37:25 | 00:42:22.05 | 00:42:39.40 | 4:14 | 14.2 |
| 131 | KOWAL KRZYSZTOF | 388 | SĄSIADY LATAJĄ RAZEM | WARSZAWA | POL | M 40-49 | 23 | M 80 | 00:26:38 | 00:37:02 | 00:42:23.20 | 00:42:31.45 | 4:14 | 14.2 |
| 132 | MIKULSKI JACEK | 530 | ADIDAS RUNNERS WARSAW | WARSZAWA | POL | M 40-49 | 24 | M 81 | 00:27:11 | 00:37:23 | 00:42:26.05 | 00:42:38.80 | 4:14 | 14.1 |
| 133 | PUTON MICHAŁ | 649 | | LIPSKO | POL | M 30-39 | 38 | M 82 | 00:26:57 | 00:37:21 | 00:42:26.50 | 00:42:49.25 | 4:14 | 14.1 |
| 134 | GAJOWNICZEK SŁAWOMIR | 185 | | WARSZAWA | POL | M 30-39 | 39 | M 83 | 00:27:20 | 00:37:34 | 00:42:29.10 | 00:42:48.80 | 4:14 | 14.1 |
| 135 | JAWORSKI PIOTR | 1000 | EKOBIEGI | WARSZAWA | POL | M 40-49 | 25 | M 84 | 00:26:59 | 00:37:22 | 00:42:29.50 | 00:42:33.70 | 4:14 | 14.1 |
| 136 | DĄBROWSKI MIROSŁAW | 136 | | WARSZAWA | POL | M 50-59 | 3 | M 85 | 00:27:12 | 00:37:22 | 00:42:30.20 | 00:42:52.75 | 4:15 | 14.1 |
| 137 | MICHNOWSKI SEBASTIAN | 525 | | WARSZAWA | POL | M 40-49 | 26 | M 86 | 00:27:06 | 00:37:19 | 00:42:30.75 | 00:42:38.90 | 4:15 | 14.1 |
| 138 | WŁOSTOWSKI MAREK | 865 | VEGE RUNNERS | KRAKÓW | POL | M 30-39 | 40 | M 87 | 00:27:17 | 00:37:31 | 00:42:36.85 | 00:42:58.05 | 4:15 | 14.1 |
| 139 | KUREK MARCIN | 428 | | DUCZKI | POL | M 40-49 | 27 | M 88 | 00:27:10 | 00:37:34 | 00:42:49.20 | 00:42:55.00 | 4:17 | 14 |
| 140 | KIELCZYKOWSKI JANUSZ | 342 | EUROBUDOWA | WARSZAWA | POL | M 40-49 | 28 | M 89 | 00:27:52 | 00:37:51 | 00:42:50.40 | 00:43:21.60 | 4:17 | 14 |
| 141 | SARZAŁA DARIUSZ | 996 | | | | M 60+ | 2 | M 90 | 00:27:22 | 00:37:50 | 00:42:53.95 | 00:43:09.55 | 4:17 | 14 |
| 142 | KILJAŃCZYK DOMINIK | 347 | TARCZYŃSKI KLUB BIEGOWY | TARCZYN | POL | M 1-29 | 19 | M 91 | 00:27:17 | 00:38:00 | 00:43:09.70 | 00:43:17.45 | 4:19 | 13.9 |
| 143 | MĘYŃSKI MARIUSZ | 539 | | WARSZAWA | POL | M 1-29 | 20 | M 92 | 00:27:18 | 00:38:03 | 00:43:11.70 | 00:43:21.50 | 4:19 | 13.9 |
| 144 | SOBOCIŃSKI MICHAŁ | 726 | PLAY | WARSZAWA | POL | M 40-49 | 29 | M 93 | 00:28:04 | 00:38:12 | 00:43:11.75 | 00:43:31.15 | 4:19 | 13.9 |
| 145 | FALKOWSKI ŁUKASZ | 165 | | WARSZAWA | POL | M 30-39 | 41 | M 94 | 00:27:38 | 00:38:24 | 00:43:15.90 | 00:43:31.55 | 4:19 | 13.9 |
| 146 | SMORAWSKI WODZISŁAW | 722 | | WARSZAWA | POL | M 30-39 | 42 | M 95 | 00:27:41 | 00:38:09 | 00:43:22.20 | 00:43:29.90 | 4:20 | 13.8 |
| 147 | MAŃKA KRZYSZTOF | 496 | PZU SPORT TEAM | WARSZAWA | POL | M 30-39 | 43 | M 96 | 00:27:46 | 00:38:15 | 00:43:25.25 | 00:43:39.00 | 4:20 | 13.8 |
| 148 | ZDANOWSKI TOMEK | 899 | TRIZARZA | SITNE | POL | M 1-29 | 21 | M 97 | 00:27:22 | 00:38:17 | 00:43:27.45 | 00:43:34.25 | 4:20 | 13.8 |
| 149 | TYMICKI KRZYSZTOF | 821 | | LEGIONOWO | POL | M 40-49 | 30 | M 98 | 00:28:16 | 00:38:34 | 00:43:32.25 | 00:43:42.25 | 4:21 | 13.8 |
| 150 | DZIUBA TOMASZ | 160 | MASTERSDOJO | WARSZAWA | POL | M 30-39 | 44 | M 99 | 00:27:32 | 00:38:20 | 00:43:32.35 | 00:43:46.05 | 4:21 | 13.8 |
| 151 | JANKOWSKI JAKUB | 274 | | BRWINÓW | POL | M 1-29 | 22 | M 100 | 00:27:26 | 00:38:19 | 00:43:34.45 | 00:43:54.70 | 4:21 | 13.8 |
| 152 | PRZELASKOWSKI ARTUR | 639 | | WARSZAWA | POL | M 50-59 | 4 | M 101 | 00:27:40 | 00:38:20 | 00:43:37.45 | 00:43:47.75 | 4:21 | 13.8 |
| 153 | BICZAN KAMIL | 39 | | WARSZAWA | POL | M 30-39 | 45 | M 102 | 00:27:41 | 00:38:17 | 00:43:44.30 | 00:44:18.20 | 4:22 | 13.7 |
| 154 | CHMARZYŃSKI PAWEŁ | 90 | ŚLĘZAKTEAM | SULEJÓWEK | POL | M 30-39 | 46 | M 103 | 00:28:15 | 00:38:39 | 00:43:45.45 | 00:44:34.95 | 4:22 | 13.7 |

BIEG PRZEZ MOST 2019, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 6.6km | 9km | Netto | Brutto | min/km | km/h |
|------|----------------------|------|---------------------------|-------------------|------|---------|--------|-------|----------|----------|-------------|-------------|--------|------|
| 155 | KWIATKOWSKI ADAM | 435 | KB WYSZÓW | WYSZKÓW | POL | M 30-39 | 47 | M 104 | 00:28:06 | 00:38:48 | 00:43:52.55 | 00:44:09.05 | 4:23 | 13.7 |
| 156 | GOLEC GRZEGORZ | 209 | TEAM PARSZCZYŃSKICH | WARSZAWA | POL | M 40-49 | 31 | M 105 | 00:28:10 | 00:38:41 | 00:43:52.60 | 00:44:07.00 | 4:23 | 13.7 |
| 157 | MINIAKOWSKI SZYMON | 533 | | WARSZAWA | POL | M 30-39 | 48 | M 106 | 00:28:43 | 00:39:14 | 00:43:55.80 | 00:44:00.30 | 4:23 | 13.7 |
| 158 | CNOTA MACIEJ | 1040 | | WARSZAWA | | M 30-39 | 49 | M 107 | 00:28:03 | 00:38:50 | 00:43:57.50 | 00:44:20.25 | 4:23 | 13.6 |
| 159 | GÓRSKI MARCIN | 217 | MINISTERSTWO ZDROWIA | WARSZAWA | POL | M 30-39 | 50 | M 108 | 00:28:18 | 00:38:39 | 00:43:58.05 | 00:44:15.15 | 4:23 | 13.6 |
| 160 | ŚLIMKO DANIEL | 792 | OLEJ RUNNING TEAM | WARSZAWA | POL | M 30-39 | 51 | M 109 | 00:28:39 | 00:39:05 | 00:43:59.65 | 00:44:10.30 | 4:24 | 13.6 |
| 161 | WILCZYŃSKI TOMASZ | 850 | | WARSZAWA | POL | M 30-39 | 52 | M 110 | 00:28:44 | 00:38:50 | 00:44:04.95 | 00:44:38.00 | 4:24 | 13.6 |
| 162 | RYTKOWSKI PIOTR | 685 | | WARSZAWA | POL | M 30-39 | 53 | M 111 | 00:29:45 | 00:39:11 | 00:44:04.95 | 00:44:32.00 | 4:24 | 13.6 |
| 163 | ZIELIŃSKI KRZYSZTOF | 904 | HIKINGTOURS | WARSZAWA | POL | M 40-49 | 32 | M 112 | 00:28:44 | 00:39:03 | 00:44:05.35 | 00:44:36.80 | 4:24 | 13.6 |
| 164 | SUŁKOWSKI TOMASZ | 764 | | WARSZAWA | POL | M 30-39 | 54 | M 113 | 00:27:44 | 00:38:41 | 00:44:13.50 | 00:44:27.10 | 4:25 | 13.6 |
| 165 | WŁODKOWSKI ROBERT | 864 | TRUCHT TARCHOMIN TEAM | WARSZAWA | POL | M 30-39 | 55 | M 114 | 00:28:38 | 00:39:13 | 00:44:17.25 | 00:44:59.40 | 4:25 | 13.5 |
| 166 | BŁASZCZYK BARTŁOMIEJ | 48 | | OŻARÓW MAZOWIECKI | POL | M 1-29 | 23 | M 115 | 00:28:29 | 00:39:04 | 00:44:26.80 | 00:45:05.30 | 4:26 | 13.5 |
| 167 | STĘPIEŃ ADAM | 745 | ANANASY | WARSZAWA | POL | M 30-39 | 56 | M 116 | 00:28:20 | 00:39:05 | 00:44:27.55 | 00:44:39.40 | 4:26 | 13.5 |
| 168 | LEŚNIAK PIOTR | 443 | | WARSZAWA | POL | M 40-49 | 33 | M 117 | 00:28:35 | 00:39:12 | 00:44:27.90 | 00:44:48.15 | 4:26 | 13.5 |
| 169 | SOŁOWIEJ ŁUKASZ | 730 | OIRP WARSZAWA | WARSZAWA | POL | M 30-39 | 57 | M 118 | 00:28:52 | 00:39:17 | 00:44:28.10 | 00:44:51.45 | 4:26 | 13.5 |
| 170 | PIOTROWSKI MICHAŁ | 625 | | BŁONIE | POL | M 30-39 | 58 | M 119 | 00:29:22 | 00:39:31 | 00:44:28.55 | 00:45:08.35 | 4:26 | 13.5 |
| 171 | CHOJNACKI MIKOŁAJ | 95 | WARSAW RUN CLUB | WARSZAWA | POL | M 40-49 | 34 | M 120 | 00:29:16 | 00:39:20 | 00:44:30.80 | 00:45:52.80 | 4:27 | 13.5 |
| 172 | WICK JULIUSZ | 846 | | WARSZAWA | POL | M 30-39 | 59 | M 121 | 00:28:45 | 00:39:18 | 00:44:32.40 | 00:44:51.60 | 4:27 | 13.5 |
| 173 | CHOJECKI ROBERT | 94 | EXPLOSION | MARKI | POL | M 1-29 | 24 | M 122 | 00:28:26 | 00:39:24 | 00:44:34.55 | 00:44:47.60 | 4:27 | 13.5 |
| 174 | SUCHOLEWSKI DAMIAN | 759 | KONDYCYJA PIASECZNO | WARSZAWA | POL | M 40-49 | 35 | M 123 | 00:28:42 | 00:39:21 | 00:44:35.35 | 00:44:40.45 | 4:27 | 13.5 |
| 175 | TURLEJ DARIUSZ | 818 | KONDYCYJA | WARSZAWA | POL | M 60+ | 3 | M 124 | 00:28:49 | 00:39:14 | 00:44:36.95 | 00:45:00.00 | 4:27 | 13.4 |
| 176 | SARZAŁA BARTŁOMIEJ | 554 | | | | M 1-29 | 25 | M 125 | 00:28:54 | 00:39:29 | 00:44:37.80 | 00:44:56.50 | 4:27 | 13.4 |
| 177 | ADAO MIGUEL | 5 | | WARSZAWA | POR | M 40-49 | 36 | M 126 | 00:28:42 | 00:39:24 | 00:44:39.00 | 00:45:04.00 | 4:27 | 13.4 |
| 178 | GAJOWY ANDRZEJ | 186 | | WARSZAWA | POL | M 50-59 | 5 | M 127 | 00:28:47 | 00:39:23 | 00:44:41.40 | 00:45:14.75 | 4:28 | 13.4 |
| 179 | RAK MICHAŁ | 654 | | WARSZAWA | POL | M 30-39 | 60 | M 128 | 00:28:44 | 00:39:13 | 00:44:43.60 | 00:45:15.80 | 4:28 | 13.4 |
| 180 | MALIK GABRIEL | 488 | | WARSZAWA | POL | M 40-49 | 37 | M 129 | 00:29:09 | 00:39:36 | 00:44:44.95 | 00:45:20.20 | 4:28 | 13.4 |
| 181 | REWERA ROBERT | 658 | PKO BANK POLSKI | WARSZAWA | POL | M 40-49 | 38 | M 130 | 00:28:22 | 00:39:24 | 00:44:45.15 | 00:45:00.35 | 4:28 | 13.4 |
| 182 | ŚWIECA MARCIN | 796 | | WARSZAWA | POL | M 30-39 | 61 | M 131 | 00:28:39 | 00:39:28 | 00:44:49.60 | 00:45:27.05 | 4:29 | 13.4 |
| 183 | ŻUK PAWEŁ | 917 | BIEGAM NA TARCHOMINIE | WARSZAWA | POL | M 40-49 | 39 | M 132 | 00:28:46 | 00:39:16 | 00:44:51.75 | 00:45:21.25 | 4:29 | 13.4 |
| 184 | MACIEJAK ROBERT | 479 | | WARSZAWA | POL | M 40-49 | 40 | M 133 | 00:28:42 | 00:39:29 | 00:44:52.75 | 00:45:13.55 | 4:29 | 13.4 |
| 185 | PAŁKA WOJCIECH | 594 | VASCO RUNNERS | JÓZEFÓW | POL | M 30-39 | 62 | M 134 | 00:28:56 | 00:39:36 | 00:44:53.50 | 00:47:27.85 | 4:29 | 13.4 |
| 186 | GURGOŃ ARKADIUSZ | 997 | ZABIEGANY WOŁOMIN | KOBYŁKA | | M 30-39 | 63 | M 135 | 00:39:38 | | 00:44:59.25 | 00:44:59.25 | 4:29 | 13.3 |
| 187 | DZIUBIŃSKI MACIEK | 161 | | WARSZAWA | POL | M 1-29 | 26 | M 136 | 00:29:09 | 00:39:52 | 00:45:01.15 | 00:45:07.35 | 4:30 | 13.3 |
| 188 | LENKIEWICZ PAWEŁ | 441 | | WARSZAWA | POL | M 40-49 | 41 | M 137 | 00:28:45 | 00:39:39 | 00:45:03.70 | 00:45:30.10 | 4:30 | 13.3 |
| 189 | VASILEV VESELIN | 827 | | WARSZAWA | POL | M 30-39 | 64 | M 138 | 00:28:55 | 00:39:49 | 00:45:11.45 | 00:45:35.55 | 4:31 | 13.3 |
| 190 | GEÇA PIOTR | 196 | ZA MNA | WARSZAWA | POL | M 40-49 | 42 | M 139 | 00:28:53 | 00:39:49 | 00:45:11.95 | 00:45:38.85 | 4:31 | 13.3 |
| 191 | CIERNIAK FRANCISZEK | 107 | GRUPA BIEGOWA CHTMO | LEGIONOWO | POL | M 1-29 | 27 | M 140 | 00:29:33 | 00:40:06 | 00:45:13.70 | 00:45:49.85 | 4:31 | 13.3 |
| 192 | KOBUS IGOR | 359 | | WARSZAWA | POL | M 1-29 | 28 | M 141 | 00:29:06 | 00:40:17 | 00:45:14.10 | 00:45:25.15 | 4:31 | 13.3 |
| 193 | ZNAMIEC MARCIN | 906 | IPA PAŁAC MOSTOWSKICH KSP | WARSZAWA | POL | M 40-49 | 43 | M 142 | 00:29:05 | 00:39:53 | 00:45:17.75 | 00:46:01.15 | 4:31 | 13.2 |
| 194 | GAJEWIAK ADAM | 183 | | WARSZAWA | POL | M 40-49 | 44 | M 143 | 00:29:01 | 00:39:48 | 00:45:19.00 | 00:45:40.05 | 4:31 | 13.2 |
| 195 | ZDUNEK MICHAŁ | 966 | WKURW_TEAM | WARSZAWA | POL | M 40-49 | 45 | M 144 | 00:28:44 | 00:39:57 | 00:45:21.90 | 00:45:36.80 | 4:32 | 13.2 |
| 196 | OSTROWSKI MARCIN | 951 | PZU SPORT TEAM | WARSZAWA | POL | M 30-39 | 65 | M 145 | 00:29:56 | 00:40:17 | 00:45:28.95 | 00:46:14.90 | 4:32 | 13.2 |
| 197 | PAWIŃSKI ARTUR | 606 | | WARSZAWA | POL | M 40-49 | 46 | M 146 | 00:28:36 | 00:39:53 | 00:45:29.80 | 00:45:50.00 | 4:33 | 13.2 |
| 198 | ŚCIBOR MARCIN | 790 | | KRASNYSTAW | POL | M 30-39 | 66 | M 147 | 00:28:58 | 00:40:07 | 00:45:30.95 | 00:45:53.20 | 4:33 | 13.2 |
| 199 | PAWŁOWSKI PIOTR | 926 | BBL WYDMINY | WARSZAWA | POL | M 40-49 | 47 | M 148 | 00:29:20 | 00:40:13 | 00:45:32.70 | 00:45:47.15 | 4:33 | 13.2 |
| 200 | CZUDOWSKI TOMASZ | 127 | DUKLANOWSKI TEAM | WARSAW | POL | M 40-49 | 48 | M 149 | 00:29:08 | 00:40:09 | 00:45:32.80 | 00:45:44.80 | 4:33 | 13.2 |
| 201 | CZAJKOWSKI MAREK | 122 | WARSAW RUN CLUB | WARSZAWA | POL | M 40-49 | 49 | M 150 | 00:29:03 | 00:40:15 | 00:45:36.15 | 00:46:07.75 | 4:33 | 13.2 |
| 202 | TOBOTA MACIEJ | 807 | | WARSZAWA | POL | M 40-49 | 50 | M 151 | 00:29:13 | 00:40:08 | 00:45:36.25 | 00:45:42.95 | 4:33 | 13.2 |
| 203 | STAŃSKI SŁAWOMIR | 743 | TO NATURALNE | WARSZAWA | POL | M 50-59 | 6 | M 152 | 00:29:31 | 00:40:20 | 00:45:42.60 | 00:46:00.75 | 4:34 | 13.1 |
| 204 | BEKKER PIOTR | 983 | | | | M 30-39 | 67 | M 153 | 00:29:46 | 00:40:25 | 00:45:43.80 | 00:46:13.15 | 4:34 | 13.1 |
| 205 | MATYSIAK PAWEŁ | 512 | PAWELBIEGA.PL | ŻYRARDÓW | POL | M 30-39 | 68 | M 154 | 00:29:08 | 00:40:18 | 00:45:44.85 | 00:46:00.55 | 4:34 | 13.1 |
| 206 | SANTAREK WOJCIECH | 694 | | SZCZECIN | POL | M 40-49 | 51 | M 155 | 00:29:06 | 00:40:16 | 00:45:45.95 | 00:46:18.35 | 4:34 | 13.1 |
| 207 | KOWALSKI MICHAŁ | 1004 | LEMIESZ TEAM | WARSZAWA | POL | M 30-39 | 69 | M 156 | | | 00:45:53.00 | 00:45:53.00 | 4:35 | 13.1 |
| 208 | ROGOZIŃSKI ADRIAN | 664 | | WARSZAWA | POL | M 1-29 | 29 | M 157 | 00:29:01 | 00:40:25 | 00:45:54.70 | 00:46:25.90 | 4:35 | 13.1 |
| 209 | PIERZAK OLAF | 617 | | WARSZAWA | POL | M 40-49 | 52 | M 158 | 00:29:42 | 00:40:44 | 00:45:59.35 | 00:46:09.55 | 4:35 | 13 |
| 210 | SZYMAŃSKI ANDRZEJ | 787 | | WARSZAWA | POL | M 30-39 | 70 | M 159 | 00:29:15 | 00:40:30 | 00:46:00.80 | 00:46:11.85 | 4:36 | 13 |
| 211 | PAWLUS BARTŁOMIEJ | 607 | | WARSZAWA | POL | M 30-39 | 71 | M 160 | 00:29:33 | 00:40:38 | 00:46:01.25 | 00:46:23.50 | 4:36 | 13 |

BIEG PRZEZ MOST 2019, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 6.6km | 9km | Netto | Brutto | min/km | km/h |
|------|--------------------------|------|---|---------------|------|---------|--------|-------|-------------|-------------|-------------|-------------|--------|------|
| 212 | RYGALSKI MACIEJ | 682 | FAMA RUNNERS | WARSZAWA | POL | M 40-49 | 53 | M 161 | 00:29:49 | 00:40:42 | 00:46:06.25 | 00:46:45.55 | 4:36 | 13 |
| 213 | BEBELSKI RAFAŁ | 28 | KUŹNIA TRIATHLONU | WARSZAWA | POL | M 40-49 | 54 | M 162 | 00:46:07.00 | 00:46:07.00 | 00:46:07.00 | 00:46:07.00 | 4:36 | 13 |
| 214 | TOMASZEWSKI MAREK | 811 | | WARSZAWA | POL | M 40-49 | 55 | M 163 | 00:29:25 | 00:40:34 | 00:46:11.15 | 00:46:19.70 | 4:37 | 13 |
| 215 | KRUPIŃSKI MAREK | 410 | DĄBROWSKI TEAM /ZABIEGANE DNI | OSTROŁĘKA | POL | M 1-29 | 30 | M 164 | 00:29:15 | 00:40:32 | 00:46:14.25 | 00:46:21.65 | 4:37 | 13 |
| 216 | MAKOWSKI MARCIN | 483 | | WARSZAWA | POL | M 30-39 | 72 | M 165 | 00:29:59 | 00:40:57 | 00:46:15.45 | 00:46:26.85 | 4:37 | 13 |
| 217 | DRABOT WOJCIECH | 151 | ASSECO ACTIVE TEAM | WARSZAWA | POL | M 1-29 | 31 | M 166 | 00:29:51 | 00:40:57 | 00:46:16.45 | 00:46:31.75 | 4:37 | 13 |
| 218 | RABIEJ WOJCIECH | 652 | DUKLANOWSKI TEAM | WARSZAWA | POL | M 40-49 | 56 | M 167 | 00:29:43 | 00:40:50 | 00:46:16.50 | 00:46:47.45 | 4:37 | 13 |
| 219 | DRABOT ANDRZEJ | 152 | ASSECO ACTIVE TEAM | WARSZAWA | POL | M 40-49 | 57 | M 168 | 00:29:51 | 00:40:57 | 00:46:17.55 | 00:46:32.75 | 4:37 | 13 |
| 220 | DESKA LESZEK | 143 | WWW.LESZEKBIEGA.PL | NOWA IWICZNA | POL | M 40-49 | 58 | M 169 | 00:31:04 | 00:41:26 | 00:46:19.80 | 00:48:30.00 | 4:38 | 12.9 |
| 221 | BARTEL ROBERT | 22 | STARE BABICE BIEGAJĄ | LIPKÓW | POL | M 40-49 | 59 | M 170 | 00:29:24 | 00:40:42 | 00:46:20.45 | 00:46:45.05 | 4:38 | 12.9 |
| 222 | BAJDAŁA ROBERT | 13 | | WARSZAWA | POL | M 30-39 | 73 | M 171 | 00:29:36 | 00:41:10 | 00:46:21.85 | 00:47:04.90 | 4:38 | 12.9 |
| 223 | MICHAŁAK JACEK | 522 | | RAJSZEW | POL | M 30-39 | 74 | M 172 | 00:30:10 | 00:40:56 | 00:46:22.85 | 00:46:54.65 | 4:38 | 12.9 |
| 224 | KRUK MARCIN | 978 | | | | M 30-39 | 75 | M 173 | 00:29:30 | 00:40:51 | 00:46:23.40 | 00:46:37.70 | 4:38 | 12.9 |
| 225 | JĘDRUSZCZAK ADAM | 295 | GOGGLE PARK TEAM | WARSZAWA | POL | M 1-29 | 32 | M 174 | 00:29:52 | 00:41:17 | 00:46:23.80 | 00:46:51.10 | 4:38 | 12.9 |
| 226 | GOLINSKI ARTUR | 210 | | WARSZAWA | POL | M 40-49 | 60 | M 175 | 00:29:45 | 00:41:02 | 00:46:30.90 | 00:47:02.65 | 4:39 | 12.9 |
| 227 | SZYMAŃSKI JACEK | 786 | | WARSZAWA | POL | M 40-49 | 61 | M 176 | 00:30:29 | 00:41:18 | 00:46:31.25 | 00:47:12.25 | 4:39 | 12.9 |
| 228 | KONDRAK PIOTR | 362 | VEGE RUNNERS | WARSZAWA | POL | M 40-49 | 62 | M 177 | 00:29:57 | 00:41:08 | 00:46:36.50 | 00:47:29.50 | 4:39 | 12.9 |
| 229 | PALUCH KAMIL | 593 | | WARSZAWA | POL | M 30-39 | 76 | M 178 | 00:29:39 | 00:41:02 | 00:46:37.95 | 00:46:55.30 | 4:39 | 12.9 |
| 230 | ŻYŁAK ADRIAN | 920 | ADIDAS RUNNERS WARSAW | WARSZAWA | POL | M 30-39 | 77 | M 179 | 00:30:03 | 00:41:13 | 00:46:42.65 | 00:47:03.40 | 4:40 | 12.8 |
| 231 | URBANIAK MICHAŁ | 823 | | KIELCE | POL | M 30-39 | 78 | M 180 | 00:30:02 | 00:41:21 | 00:46:44.95 | 00:47:00.95 | 4:40 | 12.8 |
| 232 | CZAJKOWSKI MARCIN | 123 | | NOWE OSINY | POL | M 1-29 | 33 | M 181 | 00:30:23 | 00:41:27 | 00:46:45.10 | 00:47:31.40 | 4:40 | 12.8 |
| 233 | ŁUKASIAK JAN | 474 | | WARSZAWA | POL | M 30-39 | 79 | M 182 | 00:29:34 | 00:41:04 | 00:46:45.25 | 00:47:26.80 | 4:40 | 12.8 |
| 234 | NOZDRYŃ-PŁOTNICKI MARCIN | 572 | | WARSZAWA | POL | M 40-49 | 63 | M 183 | 00:28:09 | 00:40:56 | 00:46:46.00 | 00:46:58.80 | 4:40 | 12.8 |
| 235 | ZIELIŃSKI JACEK | 1002 | | WARSZAWA | POL | M 40-49 | 64 | M 184 | 00:30:17 | 00:41:30 | 00:46:46.05 | 00:47:34.05 | 4:40 | 12.8 |
| 236 | WEREDA PAWEŁ | 841 | | WARSZAWA | POL | M 40-49 | 65 | M 185 | 00:29:50 | 00:41:07 | 00:46:50.60 | 00:47:05.65 | 4:41 | 12.8 |
| 237 | KOWALSKI MAREK | 393 | NUNA | NASIELSK | POL | M 30-39 | 80 | M 186 | 00:30:25 | 00:41:36 | 00:46:51.70 | 00:47:20.45 | 4:41 | 12.8 |
| 238 | PAWEŁOSZEK ROBERT | 605 | ROBERT SPINE TRENER PERSONALNY | WARSZAWA | POL | M 40-49 | 66 | M 187 | 00:29:31 | 00:41:11 | 00:46:52.65 | 00:47:18.90 | 4:41 | 12.8 |
| 239 | PRĘDOTA KRZYSZTOF | 635 | TRUCHT TARCHOMIN TEAM | WARSZAWA | POL | M 40-49 | 67 | M 188 | 00:30:32 | 00:41:22 | 00:46:55.55 | 00:47:36.85 | 4:41 | 12.8 |
| 240 | SURDACKI DOMINIK | 765 | | WARSZAWA | POL | M 30-39 | 81 | M 189 | 00:30:12 | 00:41:39 | 00:46:57.40 | 00:47:23.45 | 4:41 | 12.8 |
| 241 | BADOWSKI PIOTR | 12 | DEUTSCHE BANK MARATHON TEAM | WARSZAWA | POL | M 30-39 | 82 | M 190 | 00:30:17 | 00:41:38 | 00:47:01.30 | 00:47:42.50 | 4:42 | 12.8 |
| 242 | KAMOLA SŁAWOMIR | 326 | ABBA1 RUN | STASI LAS | POL | M 50-59 | 7 | M 191 | 00:29:33 | 00:41:33 | 00:47:04.50 | 00:47:18.25 | 4:42 | 12.7 |
| 243 | BARTYCZAK MICHAŁ | 24 | | WARSZAWA | POL | M 1-29 | 34 | M 192 | 00:28:43 | 00:40:52 | 00:47:07.05 | 00:47:17.05 | 4:42 | 12.7 |
| 244 | KRYSIK ARKADIUSZ | 414 | | TELUSZCZ | POL | M 40-49 | 68 | M 193 | 00:29:56 | 00:41:44 | 00:47:08.85 | 00:48:11.35 | 4:42 | 12.7 |
| 245 | CZYŻYK MARCIN | 129 | ITMBW KRAKÓW | KRAKÓW | POL | M 30-39 | 83 | M 194 | 00:30:08 | 00:41:29 | 00:47:14.85 | 00:47:45.05 | 4:43 | 12.7 |
| 246 | URBAŃSKI PAWEŁ | 825 | KERK-PALM IS TEAM | WARSZAWA | POL | M 50-59 | 8 | M 195 | 00:30:14 | 00:41:35 | 00:47:17.90 | 00:47:57.20 | 4:43 | 12.7 |
| 247 | GÓRKA KRZYSZTOF | 216 | | GRODZISK MAZ. | POL | M 50-59 | 9 | M 196 | 00:30:33 | 00:41:41 | 00:47:20.30 | 00:47:35.30 | 4:44 | 12.7 |
| 248 | BOROWY ŁUKASZ | 66 | BRAJANUSZ | ŻYRARDÓW | POL | M 30-39 | 84 | M 197 | 00:29:52 | 00:41:39 | 00:47:24.05 | 00:47:46.20 | 4:44 | 12.7 |
| 249 | ROŚLONIEC KAMIL | 670 | | RZAŚNIK | POL | M 1-29 | 35 | M 198 | 00:30:37 | 00:41:57 | 00:47:24.60 | 00:48:08.15 | 4:44 | 12.7 |
| 250 | WOJCIECHOWSKI MAREK | 870 | ADIDAS RUNNERS WARSAW | BIĄŁYSTOK | POL | M 30-39 | 85 | M 199 | 00:30:17 | 00:41:54 | 00:47:26.15 | 00:47:46.90 | 4:44 | 12.6 |
| 251 | STROMECKI MARCIN | 751 | BFM | WARSZAWA | POL | M 1-29 | 36 | M 200 | 00:30:31 | 00:41:53 | 00:47:26.80 | 00:49:48.30 | 4:44 | 12.6 |
| 252 | DĄBROWSKI DANIEL | 137 | | WARSZAWA | POL | M 1-29 | 37 | M 201 | 00:30:24 | 00:42:00 | 00:47:26.95 | 00:49:39.90 | 4:44 | 12.6 |
| 253 | WOJCIECHOWSKI ARTUR | 869 | :) | WARSZAWA | POL | M 1-29 | 38 | M 202 | 00:28:37 | 00:41:12 | 00:47:28.55 | 00:47:40.70 | 4:44 | 12.6 |
| 254 | FRAŃKIEWICZ DARIUSZ | 176 | BIEGAM NA TARCHOMINIE | WARSZAWA | POL | M 40-49 | 69 | M 203 | 00:30:18 | 00:41:57 | 00:47:40.05 | 00:48:36.75 | 4:46 | 12.6 |
| 255 | BLASZCZYŃSKI WITOLD | 47 | | WARSZAWA | POL | M 40-49 | 70 | M 204 | 00:30:27 | 00:41:52 | 00:47:40.55 | 00:48:19.75 | 4:46 | 12.6 |
| 256 | RÓŻYCKI JAROSŁAW | 673 | | LEGIONOWO | POL | M 30-39 | 86 | M 205 | 00:31:02 | 00:42:26 | 00:47:40.60 | 00:48:35.80 | 4:46 | 12.6 |
| 257 | PAZIEWSKI ANDRZEJ | 608 | BIEGAM NA TARCHOMINIE | WARSZAWA | POL | M 40-49 | 71 | M 206 | 00:30:36 | 00:42:03 | 00:47:40.85 | 00:48:06.85 | 4:46 | 12.6 |
| 258 | MOSUR KAMIL | 544 | | WARSZAWA | POL | M 40-49 | 72 | M 207 | 00:30:27 | 00:41:54 | 00:47:42.20 | 00:48:03.90 | 4:46 | 12.6 |
| 259 | SMYL JACEK | 724 | | WARSZAWA | POL | M 1-29 | 39 | M 208 | 00:30:22 | 00:42:13 | 00:47:43.50 | 00:48:05.15 | 4:46 | 12.6 |
| 260 | BARAN GRZEGORZ | 19 | | WARSZAWA | POL | M 40-49 | 73 | M 209 | 00:30:44 | 00:42:14 | 00:47:45.85 | 00:48:34.70 | 4:46 | 12.6 |
| 261 | FALBA ZBIGNIEW | 163 | METLIFE RUN | WARSZAWA | POL | M 40-49 | 74 | M 210 | 00:30:35 | 00:42:06 | 00:47:48.00 | 00:48:32.80 | 4:46 | 12.6 |
| 262 | ŁUBIŃSKI KRZYSZTOF | 469 | | WARSZAWA | POL | M 40-49 | 75 | M 211 | 00:30:38 | 00:42:06 | 00:47:48.30 | 00:48:07.00 | 4:46 | 12.5 |
| 263 | PADYSZ AREK | 591 | | WARSZAWA | POL | M 40-49 | 76 | M 212 | 00:30:45 | 00:42:06 | 00:47:49.20 | 00:48:20.10 | 4:47 | 12.5 |
| 264 | JANISZEWSKI RAFAŁ | 269 | | LEGIONOWO | POL | M 30-39 | 87 | M 213 | 00:31:51 | 00:42:40 | 00:47:49.40 | 00:48:44.90 | 4:46 | 12.5 |
| 265 | GOGLEWSKI MICHAŁ | 208 | | WARSZAWA | POL | M 40-49 | 77 | M 214 | 00:30:22 | 00:41:59 | 00:47:49.45 | 00:48:15.05 | 4:47 | 12.5 |
| 266 | PODGÓRSKI KRZYSZTOF | 626 | KOMITET SPORTU I TURYSTYKI KRZYSZTOFA PODGÓRSKIEGO | KATOWICE | POL | M 1-29 | 40 | M 215 | 00:29:38 | 00:41:43 | 00:47:49.50 | 00:48:01.70 | 4:46 | 12.5 |
| 267 | SZPANOWSKI MAREK | 962 | | WARSZAWA | POL | M 50-59 | 10 | M 216 | 00:31:24 | 00:42:34 | 00:47:52.20 | 00:48:34.20 | 4:47 | 12.5 |

BIEG PRZEZ MOST 2019, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 6.6km | 9km | Netto | Brutto | min/km | km/h |
|------|-----------------------|-----|--|----------------------|------|---------|--------|-------|----------|----------|-------------|-------------|--------|------|
| 268 | DOMŻAŁSKI ARTUR | 148 | | WARSZAWA | POL | M 30-39 | 88 | M 217 | 00:30:41 | 00:42:20 | 00:48:03.05 | 00:48:43.65 | 4:48 | 12.5 |
| 269 | MANOWIECKI GRZEGORZ | 495 | BRAVERHEARTS | LEGIONOWO | POL | M 40-49 | 78 | M 218 | 00:30:11 | 00:42:18 | 00:48:08.30 | 00:48:38.30 | 4:48 | 12.5 |
| 270 | SIERZPUTOWSKI PIOTR | 703 | | OŻARÓW MAZOWIECKI | POL | M 1-29 | 41 | M 219 | 00:31:31 | 00:42:51 | 00:48:09.60 | 00:49:03.70 | 4:48 | 12.5 |
| 271 | DALECKI ŁUKASZ | 130 | | NOWE PIĘŚCIROGI | POL | M 30-39 | 89 | M 220 | 00:31:10 | 00:42:30 | 00:48:09.95 | 00:48:53.45 | 4:49 | 12.5 |
| 272 | KIESZEK TADEUSZ | 344 | DYSTANS LESZNO | LESZNO /WARSZAWY | POL | M 60+ | 4 | M 221 | 00:31:16 | 00:42:29 | 00:48:10.30 | 00:48:57.95 | 4:49 | 12.5 |
| 273 | OLCZAK JANUSZ | 576 | BIEGANIE 50+ | WARSZAWA | POL | M 50-59 | 11 | M 222 | 00:31:13 | 00:42:37 | 00:48:11.85 | 00:48:45.40 | 4:49 | 12.4 |
| 274 | JAWORSKI ŁUKASZ | 288 | | WARSZAWA | POL | M 40-49 | 79 | M 223 | 00:31:12 | 00:42:29 | 00:48:15.15 | 00:49:10.50 | 4:49 | 12.4 |
| 275 | KILIAŃSKI RAFAŁ | 345 | TRUCHT TARCHOMIN TEAM | WARSZAWA | POL | M 40-49 | 80 | M 224 | 00:31:17 | 00:42:47 | 00:48:17.00 | 00:48:58.60 | 4:49 | 12.4 |
| 276 | ROSZAK WALDEMAR | 671 | BIEGAM NA ZIELONEJ BIAŁOŁĘCZE | WARSZAWA | POL | M 50-59 | 12 | M 225 | 00:30:36 | 00:42:32 | 00:48:17.30 | 00:48:47.20 | 4:49 | 12.4 |
| 277 | MIODUSZEWSKI ADRIAN | 534 | | WARSZAWA | POL | M 1-29 | 42 | M 226 | 00:31:32 | 00:42:49 | 00:48:17.50 | 00:49:06.05 | 4:49 | 12.4 |
| 278 | KOŁOMAŃSKI MAREK | 360 | EKOBIEGI | WARSZAWA | POL | M 40-49 | 81 | M 227 | 00:30:13 | 00:42:19 | 00:48:17.70 | 00:48:48.35 | 4:49 | 12.4 |
| 279 | DRZYMAŁA KRZYSZTOF | 154 | | WARSZAWA | POL | M 30-39 | 90 | M 228 | 00:31:17 | 00:42:40 | 00:48:19.05 | 00:49:12.50 | 4:49 | 12.4 |
| 280 | ŚCIOCH MICHAŁ | 791 | | WARSZAWA | POL | M 40-49 | 82 | M 229 | 00:31:05 | 00:42:33 | 00:48:19.40 | 00:48:59.80 | 4:49 | 12.4 |
| 281 | BARANOWSKI KRZYSZTOF | 18 | TO NATURALNE | ZIELONKA | POL | M 50-59 | 13 | M 230 | | | 00:48:21.00 | 00:48:21.00 | 4:50 | 12.4 |
| 282 | BIAŁOKOS KAMIL | 989 | PARTNER | WARSZAWA | POL | M 40-49 | 83 | M 231 | 00:30:54 | 00:42:37 | 00:48:22.90 | 00:49:58.85 | 4:50 | 12.4 |
| 283 | HUSZCZA PAWEŁ | 254 | | WARSZAWA | POL | M 30-39 | 91 | M 232 | 00:30:49 | 00:42:36 | 00:48:25.05 | 00:48:42.90 | 4:50 | 12.4 |
| 284 | DUDA JACEK | 953 | | PRUSZKÓW | POL | M 30-39 | 92 | M 233 | 00:31:18 | 00:42:45 | 00:48:29.20 | 00:49:21.75 | 4:50 | 12.4 |
| 285 | KACYMIROW TOMASZ | 314 | | HORNÓWEK | POL | M 50-59 | 14 | M 234 | 00:30:55 | 00:42:40 | 00:48:29.65 | 00:49:04.15 | 4:51 | 12.4 |
| 286 | KARPIŃSKI MARCIN | 982 | | WARSZAWA | POL | M 30-39 | 93 | M 235 | 00:31:14 | 00:42:40 | 00:48:30.25 | 00:48:58.90 | 4:51 | 12.4 |
| 287 | WIERZCHOŁOWSKI MARCIN | 848 | | WARSZAWA | POL | M 40-49 | 84 | M 236 | 00:31:27 | 00:43:15 | 00:48:30.50 | 00:49:15.10 | 4:51 | 12.4 |
| 288 | TOCZEWSKI KAMIL | 809 | JACEKBIEGA RUNNING TEAM | WARSZAWA | POL | M 1-29 | 43 | M 237 | 00:30:36 | 00:42:33 | 00:48:31.90 | 00:49:04.25 | 4:51 | 12.4 |
| 289 | MAKOWSKI KRYSZTIAN | 484 | RUN4FUN | WARSZAWA | POL | M 1-29 | 44 | M 238 | 00:31:04 | 00:42:56 | 00:48:32.30 | 00:49:09.45 | 4:51 | 12.4 |
| 290 | BARSCZEWSKI MACIEJ | 20 | TN BIEGÓWKI WESOŁA | LASKI | POL | M 40-49 | 85 | M 239 | 00:30:32 | 00:42:39 | 00:48:34.85 | 00:48:57.55 | 4:51 | 12.3 |
| 291 | RUTKOWSKI MICHAŁ | 680 | KARAŚ SWIMMING TEAM | WARSZAWA | POL | M 40-49 | 86 | M 240 | 00:31:23 | 00:43:00 | 00:48:38.40 | 00:49:23.80 | 4:51 | 12.3 |
| 292 | KRÓLCZYŃSKI MACIEJ | 994 | | GRODZISK MAZOWIECKI | POL | M 30-39 | 94 | M 241 | 00:31:26 | 00:42:59 | 00:48:39.20 | 00:49:26.85 | 4:51 | 12.3 |
| 293 | GRZYMAŁA ANDRZEJ | 940 | | WARSZAWA | POL | M 40-49 | 87 | M 242 | 00:30:59 | 00:42:51 | 00:48:41.10 | 00:49:38.20 | 4:52 | 12.3 |
| 294 | NIEDZIELA DOMINIK | 558 | | WARSZAWA | POL | M 40-49 | 88 | M 243 | 00:31:19 | 00:43:00 | 00:48:43.80 | 00:49:43.05 | 4:52 | 12.3 |
| 295 | SUCHORAB KRZYSZTOF | 760 | | WARSZAWA | POL | M 30-39 | 95 | M 244 | 00:31:21 | 00:43:00 | 00:48:47.20 | 00:50:23.50 | 4:52 | 12.3 |
| 296 | SZCZĘSNY PAWEŁ | 774 | | WARSZAWA | POL | M 40-49 | 89 | M 245 | 00:30:41 | 00:42:47 | 00:48:51.00 | 00:49:36.10 | 4:53 | 12.3 |
| 297 | SZCZEPAŃSKI PIOTR | 923 | KONDYCJA | KONSTANCIN-JEZIORNA | POL | M 1-29 | 45 | M 246 | 00:35:59 | 00:43:31 | 00:48:52.75 | 00:48:56.05 | 4:53 | 12.3 |
| 298 | PROKOPIUK GRZEGORZ | 945 | | WARSZAWA | POL | M 40-49 | 90 | M 247 | 00:31:21 | 00:43:08 | 00:48:53.90 | 00:49:02.70 | 4:53 | 12.3 |
| 299 | SZAŚCZEWSKI ŁUKASZ | 691 | | WARSZAWA | POL | M 40-49 | 91 | M 248 | 00:32:05 | 00:43:35 | 00:48:54.90 | 00:49:42.85 | 4:53 | 12.3 |
| 300 | CELIŃSKI RAFAŁ | 87 | | WARSZAWA | POL | M 40-49 | 92 | M 249 | 00:31:44 | 00:43:21 | 00:48:59.00 | 00:49:44.40 | 4:53 | 12.2 |
| 301 | LIPIŃSKI OSKAR | 932 | | WARSZAWA | POL | M 30-39 | 96 | M 250 | 00:31:21 | 00:43:29 | 00:49:02.30 | 00:49:35.55 | 4:54 | 12.2 |
| 302 | FRĄCKOWSKI SŁAWOMIR | 177 | | WARSZAWA | POL | M 40-49 | 93 | M 251 | 00:31:13 | 00:43:07 | 00:49:05.30 | 00:49:38.40 | 4:54 | 12.2 |
| 303 | JANKOWSKI DARIUSZ | 275 | PAŁUKI RUNNING TEAM | WARSZAWA | POL | M 30-39 | 97 | M 252 | 00:32:17 | 00:43:37 | 00:49:12.00 | 00:49:59.35 | 4:55 | 12.2 |
| 304 | WINIARCZYK BARTŁOMIEJ | 852 | | WARSZAWA | POL | M 1-29 | 46 | M 253 | 00:30:47 | 00:42:56 | 00:49:13.40 | 00:50:03.05 | 4:55 | 12.2 |
| 305 | SZLENDAK MAREK | 777 | | RYKI | POL | M 30-39 | 98 | M 254 | 00:31:55 | 00:43:33 | 00:49:17.15 | 00:50:07.55 | 4:55 | 12.2 |
| 306 | PERLAN ROBERT | 611 | DYSTANS LESZNO | LESZNO | POL | M 40-49 | 94 | M 255 | 00:31:41 | 00:43:26 | 00:49:19.35 | 00:49:58.65 | 4:55 | 12.2 |
| 307 | MIŁOSZ MAREK | 532 | | WARSZAWA | POL | M 50-59 | 15 | M 256 | 00:31:27 | 00:43:17 | 00:49:19.95 | 00:50:10.05 | 4:56 | 12.2 |
| 308 | WOŁOWSKI KAMIL | 874 | | WARSZAWA | POL | M 30-39 | 99 | M 257 | 00:32:02 | 00:43:35 | 00:49:21.40 | 00:50:18.10 | 4:56 | 12.2 |
| 309 | STAROWICZ KAZIMIERZ | 744 | | WARSZAWA | POL | M 30-39 | 100 | M 258 | 00:32:05 | 00:43:47 | 00:49:22.85 | 00:49:46.45 | 4:56 | 12.1 |
| 310 | KRÓL TOMASZ | 402 | | NOWY DWÓR MAZOWIECKI | POL | M 30-39 | 101 | M 259 | 00:31:29 | 00:43:30 | 00:49:23.15 | 00:49:50.60 | 4:56 | 12.1 |
| 311 | SIĘS JAROSŁAW | 704 | | PABIANICE | POL | M 50-59 | 16 | M 260 | 00:32:04 | 00:43:46 | 00:49:24.00 | 00:49:47.35 | 4:56 | 12.1 |
| 312 | DEREWICZ MARIUSZ | 142 | | WARSZAWA | POL | M 30-39 | 102 | M 261 | 00:31:58 | 00:43:40 | 00:49:24.20 | 00:50:20.10 | 4:56 | 12.1 |
| 313 | ŚCIBISZ TOMEK | 789 | | WARSZAWA | POL | M 40-49 | 95 | M 262 | 00:31:46 | 00:43:26 | 00:49:24.60 | 00:50:05.20 | 4:56 | 12.1 |
| 314 | WACH MICHAŁ | 828 | BIEGAM NA TARCHOMINIE | WARSZAWA | POL | M 40-49 | 96 | M 263 | 00:32:00 | 00:43:40 | 00:49:24.65 | 00:49:59.90 | 4:56 | 12.1 |
| 315 | PERKOWSKI PAWEŁ | 610 | | WARSZAWA | POL | M 30-39 | 103 | M 264 | 00:31:40 | 00:43:34 | 00:49:26.95 | 00:50:09.40 | 4:56 | 12.1 |
| 316 | WITUSIK SZYMON | 857 | | WARSZAWA | POL | M 1-29 | 47 | M 265 | 00:32:20 | 00:44:02 | 00:49:29.45 | 00:50:02.10 | 4:57 | 12.1 |
| 317 | CIOŁEK ROBERT | 114 | MASTERS DOJO | WARSZAWA | POL | M 40-49 | 97 | M 266 | 00:32:09 | 00:43:46 | 00:49:31.30 | 00:50:30.45 | 4:57 | 12.1 |
| 318 | BOGUCKI MICHAŁ | 53 | | WARSZAWA | POL | M 1-29 | 48 | M 267 | 00:30:48 | 00:43:29 | 00:49:32.95 | 00:49:56.30 | 4:57 | 12.1 |
| 319 | SZUSTAK DAREK | 785 | | RASZYN | POL | M 50-59 | 17 | M 268 | 00:32:10 | 00:44:04 | 00:49:40.05 | 00:50:18.85 | 4:58 | 12.1 |
| 320 | MILLER DANIEL MILLER | 531 | WARSAW INTERNATIONAL TRIATHLON CLUB (WITC) | WARSZAWA | POL | M 40-49 | 98 | M 269 | 00:32:15 | 00:44:06 | 00:49:40.95 | 00:50:47.65 | 4:58 | 12.1 |
| 321 | ROJEK RAFAŁ | 665 | | WARSZAWA | POL | M 40-49 | 99 | M 270 | 00:31:45 | 00:43:45 | 00:49:41.20 | 00:50:21.80 | 4:58 | 12.1 |
| 322 | URBAN MARIUSZ | 822 | GRUPA BIEGOWA UM W-WA | WARSZAWA | POL | M 40-49 | 100 | M 271 | 00:31:47 | 00:43:49 | 00:49:43.75 | 00:52:04.65 | 4:58 | 12.1 |
| 323 | KACHNIARZ SŁAWOMIR | 308 | KAWAII SUSHI | LEGIONOWO | POL | M 40-49 | 101 | M 272 | 00:31:03 | 00:43:29 | 00:49:47.15 | 00:50:28.50 | 4:58 | 12.1 |

BIEG PRZEZ MOST 2019, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 6.6km | 9km | Netto | Brutto | min/km | km/h |
|------|----------------------|-----|---|------------------|------|---------|--------|-------|----------|----------|-------------|-------------|--------|------|
| 324 | GAWLIK ARKADIUSZ | 191 | BIEGAM NA TARCHOMINIE | WARSZAWA | POL | M 40-49 | 102 | M 273 | 00:31:45 | 00:43:47 | 00:49:48.00 | 00:50:45.45 | 4:58 | 12 |
| 325 | KACPIURA PIOTR | 313 | | STOCZEK | POL | M 40-49 | 103 | M 274 | 00:32:13 | 00:43:52 | 00:49:48.20 | 00:50:41.65 | 4:58 | 12 |
| 326 | ŻOCHOWSKI PAWEŁ | 912 | | SKRZESZEW | POL | M 30-39 | 104 | M 275 | 00:31:13 | 00:43:45 | 00:49:48.35 | 00:50:31.40 | 4:58 | 12 |
| 327 | DUDEK BARTŁOMIEJ | 155 | BIEGAM NA TARCHOMINIE | WARSZAWA | POL | M 30-39 | 105 | M 276 | 00:31:31 | 00:43:36 | 00:49:52.40 | 00:51:14.50 | 4:59 | 12 |
| 328 | GIL WOJCIECH | 201 | NW CZŁĄPSKI TEAM | WARSZAWA | POL | M 40-49 | 104 | M 277 | 00:32:14 | 00:43:59 | 00:49:54.10 | 00:50:42.40 | 4:59 | 12 |
| 329 | GÓRKA MARCIN | 215 | POLSA | WARSZAWA | POL | M 40-49 | 105 | M 278 | 00:32:11 | 00:44:14 | 00:49:58.45 | 00:50:56.20 | 4:59 | 12 |
| 330 | RUSIN BARTOSZ | 678 | KS STASZEWSCY | JABŁONNA | POL | M 40-49 | 106 | M 279 | 00:31:32 | 00:43:46 | 00:50:00.30 | 00:50:38.60 | 5:00 | 12 |
| 331 | TARASIUK ŁUKASZ | 804 | | MROZY | POL | M 40-49 | 107 | M 280 | 00:32:24 | 00:44:14 | 00:50:01.30 | 00:50:55.80 | 5:00 | 12 |
| 332 | SMUŁEK RAFAŁ | 723 | | WARSZAWA | POL | M 1-29 | 49 | M 281 | 00:32:13 | 00:44:21 | 00:50:02.05 | 00:50:58.70 | 5:00 | 12 |
| 333 | MAREK BARTŁOMIEJ | 500 | | DĘBE WIELKIE | POL | M 30-39 | 106 | M 282 | 00:32:38 | 00:44:29 | 00:50:02.05 | 00:50:55.70 | 5:00 | 12 |
| 334 | ORŁOWSKI KRZYSZTOF | 585 | PARKRUN WARSZAWA BRÓDNO | WARSZAWA | POL | M 40-49 | 108 | M 283 | 00:31:28 | 00:44:00 | 00:50:02.90 | 00:50:11.80 | 5:00 | 12 |
| 335 | JAROSZEK PIOTR | 281 | VEGE RUNNERS | KRECZKI | POL | M 30-39 | 107 | M 284 | 00:31:33 | 00:43:50 | 00:50:03.05 | 00:50:40.00 | 5:00 | 12 |
| 336 | ŻURAWSKI MARCIN | 919 | BIEGAM NA TARCHOMINIE/ADIDAS RUNNERS WARSAW | WARSZAWA | POL | M 40-49 | 109 | M 285 | 00:32:13 | 00:44:12 | 00:50:03.70 | 00:50:38.40 | 5:00 | 12 |
| 337 | JANKOWSKI ANDRZEJ | 276 | CAT-FIT | ZEGRZE | POL | M 40-49 | 110 | M 286 | 00:32:29 | 00:44:23 | 00:50:07.60 | 00:50:58.00 | 5:00 | 12 |
| 338 | PRZYBYSZ TOMASZ | 643 | | WARSZAWA | POL | M 1-29 | 50 | M 287 | 00:32:08 | 00:44:21 | 00:50:09.05 | 00:50:51.25 | 5:00 | 12 |
| 339 | MANCZENKO EUGENIUSZ | 494 | LEŚNE SZYCHY | WARSZAWA | POL | M 30-39 | 108 | M 288 | 00:32:43 | 00:44:27 | 00:50:11.90 | 00:51:16.20 | 5:01 | 12 |
| 340 | PASZKOWSKI CEZARY | 603 | | WARSZAWA | POL | M 40-49 | 111 | M 289 | 00:32:44 | 00:44:27 | 00:50:12.40 | 00:51:16.40 | 5:01 | 12 |
| 341 | NOGAS SEBASTIAN | 560 | PZU SPORTTEAM | WARSZAWA | POL | M 30-39 | 109 | M 290 | | | 00:50:13.00 | 00:50:13.00 | 5:01 | 11.9 |
| 342 | SUCHODOLSKI MARIUSZ | 758 | TRUCHT TARCHOMIN TEAM | WARSZAWA | POL | M 40-49 | 112 | M 291 | 00:32:18 | 00:44:08 | 00:50:16.95 | 00:51:04.15 | 5:01 | 11.9 |
| 343 | WITUSIK PAWEŁ | 856 | | WARSZAWA | POL | M 40-49 | 113 | M 292 | 00:32:21 | 00:44:30 | 00:50:18.90 | 00:50:51.25 | 5:01 | 11.9 |
| 344 | ŻÓŁKOWSKI MAREK | 914 | TEAM ZABIEGANEDNI | WARSZAWA | POL | M 60+ | 5 | M 293 | 00:32:36 | 00:44:33 | 00:50:19.00 | 00:51:01.45 | 5:01 | 11.9 |
| 345 | FRYCZ MICHAŁ | 178 | | WARSZAWA | POL | M 40-49 | 114 | M 294 | 00:32:02 | 00:44:18 | 00:50:20.20 | 00:51:12.75 | 5:02 | 11.9 |
| 346 | SKŁUCKI HUBERT | 715 | RUN TEAM NASIELSK | NASIELSK | POL | M 40-49 | 115 | M 295 | 00:31:21 | 00:44:24 | 00:50:24.30 | 00:50:40.30 | 5:02 | 11.9 |
| 347 | WOJNARSKI JANUSZ | 871 | | WARSZAWA | POL | M 60+ | 6 | M 296 | 00:32:30 | 00:44:30 | 00:50:31.65 | 00:51:35.25 | 5:03 | 11.9 |
| 348 | KLEPACKI PIOTR | 350 | | PIOTRKOW TRYB. | POL | M 30-39 | 110 | M 297 | 00:33:03 | 00:44:46 | 00:50:31.70 | 00:50:43.70 | 5:03 | 11.9 |
| 349 | KOWNACKI MARCIN | 396 | | WARSZAWA | POL | M 40-49 | 116 | M 298 | 00:31:42 | 00:44:15 | 00:50:31.85 | 00:51:03.35 | 5:03 | 11.9 |
| 350 | RZECZKOWSKI ZYGMUNT | 686 | METRO WARSZAWSKIE | WARSZAWA | POL | M 60+ | 7 | M 299 | 00:32:08 | 00:44:21 | 00:50:32.55 | 00:51:34.65 | 5:03 | 11.9 |
| 351 | LIBOLD MACIEK | 447 | | WARSZAWA | POL | M 30-39 | 111 | M 300 | 00:32:39 | 00:44:36 | 00:50:37.95 | 00:50:51.35 | 5:03 | 11.8 |
| 352 | DUDKO MIKALAI | 156 | JACEKBIEGA RUNNING TEAM | WARSAW | POL | M 30-39 | 112 | M 301 | 00:32:25 | 00:45:08 | 00:50:44.35 | 00:51:28.05 | 5:04 | 11.8 |
| 353 | DOMINIAK ZBIGNIEW | 147 | GRUPAZERO | WARSZAWA | POL | M 40-49 | 117 | M 302 | 00:32:09 | 00:44:26 | 00:50:47.75 | 00:51:47.20 | 5:04 | 11.8 |
| 354 | KASKA MATEUSZ | 334 | | WOŁOMIN | POL | M 30-39 | 113 | M 303 | 00:31:31 | 00:44:19 | 00:50:49.00 | 00:51:26.60 | 5:04 | 11.8 |
| 355 | KMIEĆ KAMIL | 357 | | ZĄBKI | POL | M 1-29 | 51 | M 304 | 00:33:14 | 00:45:09 | 00:50:51.10 | 00:51:50.35 | 5:05 | 11.8 |
| 356 | WIŚNIEWSKI PAWEŁ | 854 | ŁOMIANKOWSKA GRUPA BIEGOWA | ŁOMIANKI | POL | M 40-49 | 118 | M 305 | 00:32:19 | 00:44:42 | 00:50:52.20 | 00:51:25.15 | 5:05 | 11.8 |
| 357 | MYSZKE ARTUR | 553 | | WARSZAWA | POL | M 40-49 | 119 | M 306 | 00:32:26 | 00:44:49 | 00:50:54.60 | 00:51:47.60 | 5:05 | 11.8 |
| 358 | CHRÓST MARCIN | 100 | KS-ZIELONO CZARNI | MIŃSK MAZOWIECKI | POL | M 30-39 | 114 | M 307 | 00:31:05 | 00:44:19 | 00:50:57.45 | 00:51:23.05 | 5:05 | 11.8 |
| 359 | POŁĘC ANDRZEJ | 631 | | WARSZAWA | POL | M 40-49 | 120 | M 308 | 00:32:21 | 00:44:51 | 00:50:59.50 | 00:51:53.10 | 5:06 | 11.8 |
| 360 | BOROWSKI MARIUSZ | 65 | | WARSZAWA | POL | M 40-49 | 121 | M 309 | 00:32:56 | 00:45:00 | 00:50:59.85 | 00:51:50.85 | 5:05 | 11.8 |
| 361 | BITKOWSKI BARTEK | 46 | | WARSZAWA | POL | M 40-49 | 122 | M 310 | 00:33:19 | 00:45:05 | 00:51:02.00 | 00:51:54.00 | 5:06 | 11.8 |
| 362 | WOJTAS MICHAŁ | 929 | | WARSZAWA | POL | M 1-29 | 52 | M 311 | 00:33:10 | 00:45:11 | 00:51:03.15 | 00:51:56.65 | 5:06 | 11.8 |
| 363 | NOWAK DAWID | 566 | | WARSZAWA | POL | M 30-39 | 115 | M 312 | 00:33:57 | 00:45:41 | 00:51:03.45 | 00:52:29.20 | 5:06 | 11.7 |
| 364 | JÓŻWIK GRZEGORZ | 300 | | WARSZAWA | POL | M 40-49 | 123 | M 313 | 00:31:52 | 00:44:43 | 00:51:03.75 | 00:51:31.40 | 5:06 | 11.7 |
| 365 | ADAMIAK PIOTR | 1 | | WARSZAWA | POL | M 40-49 | 124 | M 314 | 00:33:00 | 00:45:14 | 00:51:07.95 | 00:51:43.95 | 5:06 | 11.7 |
| 366 | ŚWIĆ RAFAŁ | 793 | TRUCHT TARCHOMIN TEAM | WARSZAWA | POL | M 40-49 | 125 | M 315 | 00:32:41 | 00:45:02 | 00:51:08.00 | 00:51:57.25 | 5:06 | 11.7 |
| 367 | BIENIEK WOJCIECH | 43 | TRENER24 | WARSZAWA | POL | M 30-39 | 116 | M 316 | 00:32:47 | 00:45:13 | 00:51:12.95 | 00:52:15.60 | 5:07 | 11.7 |
| 368 | DERESZEWSKI PIOTR | 141 | ZABIEGANY WOŁOMIN | WARSZAWA | POL | M 40-49 | 126 | M 317 | 00:32:31 | 00:44:58 | 00:51:13.00 | 00:51:45.85 | 5:07 | 11.7 |
| 369 | ROGAŁA MARCIN | 662 | | WARSZAWA | POL | M 30-39 | 117 | M 318 | 00:32:15 | 00:45:01 | 00:51:13.40 | 00:51:48.20 | 5:07 | 11.7 |
| 370 | PASIŃSKI DANIEL | 949 | GRUPA BIEGOWA UM WARSZAWA | WARSZAWA | POL | M 30-39 | 118 | M 319 | 00:32:32 | 00:45:17 | 00:51:18.70 | 00:51:49.10 | 5:07 | 11.7 |
| 371 | BAZYLEWICZ HUBERT | 27 | | WARSZAWA | POL | M 30-39 | 119 | M 320 | 00:32:15 | 00:45:06 | 00:51:21.20 | 00:52:17.15 | 5:08 | 11.7 |
| 372 | KONIECKI TOMASZ | 363 | | WARSZAWA | POL | M 40-49 | 127 | M 321 | 00:33:13 | 00:45:16 | 00:51:24.60 | 00:52:16.20 | 5:08 | 11.7 |
| 373 | GRABOWSKI WOJCIECH | 972 | ANPHARM RUN TEAM | WARSZAWA | POL | M 40-49 | 128 | M 322 | 00:33:10 | 00:45:13 | 00:51:24.75 | 00:53:35.25 | 5:08 | 11.7 |
| 374 | MATEŃKA PIOTR | 508 | DYSPOZYCJA DNIA TEAM | WARSZAWA | POL | M 40-49 | 129 | M 323 | 00:32:56 | 00:45:25 | 00:51:24.85 | 00:52:15.05 | 5:08 | 11.7 |
| 375 | ODZIEMCZYK SEBASTIAN | 574 | | WARSZAWA | POL | M 30-39 | 120 | M 324 | 00:32:46 | 00:45:15 | 00:51:26.35 | 00:52:15.90 | 5:08 | 11.7 |
| 376 | SKARŻYŃSKI ADAM | 711 | GRUPA BIEGOWA UM W-WA | WARSZAWA | POL | M 30-39 | 121 | M 325 | 00:32:52 | 00:45:17 | 00:51:32.05 | 00:52:20.30 | 5:09 | 11.6 |
| 377 | KOPER SEBASTIAN | 369 | CARREFOUR RUNNING TEAM | WARSZAWA | POL | M 40-49 | 130 | M 326 | 00:32:37 | 00:45:17 | 00:51:33.90 | 00:52:11.00 | 5:09 | 11.6 |
| 378 | KLIMCZYŃSKI RAFAŁ | 351 | | WARSZAWA | POL | M 30-39 | 122 | M 327 | 00:33:14 | 00:45:33 | 00:51:34.00 | 00:52:45.25 | 5:09 | 11.6 |
| 379 | CHUDIO MARCIN | 103 | | WARSZAWA | POL | M 30-39 | 123 | M 328 | 00:32:39 | 00:45:22 | 00:51:36.45 | 00:52:28.45 | 5:09 | 11.6 |

BIEG PRZEZ MOST 2019, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 6.6km | 9km | Netto | Brutto | min/km | km/h |
|------|------------------------|-----|-----------------------|----------------------|------|---------|--------|-------|----------|----------|-------------|-------------|--------|------|
| 380 | BIEDRON ARTUR | 40 | TARCHO CHARTY | WARSZAWA | POL | M 40-49 | 131 | M 329 | 00:33:14 | 00:45:39 | 00:51:38.90 | 00:52:24.00 | 5:09 | 11.6 |
| 381 | KĘDZIEŃSKI MIECZYSLAW | 339 | TG SOKÓŁ BRWINÓW | MILANÓWEK | POL | M 60+ | 8 | M 330 | 00:32:58 | 00:45:29 | 00:51:40.30 | 00:52:53.95 | 5:10 | 11.6 |
| 382 | BEDNARSKI TOMASZ | 32 | | WARSZAWA | POL | M 40-49 | 132 | M 331 | 00:34:00 | 00:45:56 | 00:51:41.70 | 00:52:24.30 | 5:10 | 11.6 |
| 383 | FABIANOWICZ PAWEŁ | 162 | BOŚ BANK SA | WARSZAWA | POL | M 30-39 | 124 | M 332 | 00:32:35 | 00:45:21 | 00:51:43.00 | 00:52:35.55 | 5:10 | 11.6 |
| 384 | CZAPSKI MICHAŁ | 124 | BIEGAM NA TARCHOMINIE | WARSZAWA | POL | M 30-39 | 125 | M 333 | 00:32:38 | 00:45:31 | 00:51:43.80 | 00:52:19.30 | 5:10 | 11.6 |
| 385 | STOKOWSKI PAWEŁ | 985 | | WARSZAWA | POL | M 30-39 | 126 | M 334 | 00:32:59 | 00:45:25 | 00:51:44.70 | 00:52:13.80 | 5:10 | 11.6 |
| 386 | WALECKI ROMUALD | 959 | KLUB SAMICY NOSOROŻCA | WARSZAWA | POL | M 40-49 | 133 | M 335 | 00:32:32 | 00:45:41 | 00:51:44.80 | 00:51:51.45 | 5:10 | 11.6 |
| 387 | MARCZEWSKI MARCIN | 499 | RESILIA BEMOWO | WARSZAWA | POL | M 40-49 | 134 | M 336 | 00:32:59 | 00:45:54 | 00:51:47.45 | 00:52:41.25 | 5:10 | 11.6 |
| 388 | GRYCNER PAWEŁ | 230 | SHAKALAKA BOOM BOOM | WARSZAWA | POL | M 30-39 | 127 | M 337 | 00:33:29 | 00:45:55 | 00:51:52.10 | 00:52:48.10 | 5:11 | 11.6 |
| 389 | FILIPCZUK DARIUSZ | 169 | | ZIELONKA | POL | M 50-59 | 18 | M 338 | 00:32:49 | 00:45:33 | 00:51:53.50 | 00:52:33.40 | 5:11 | 11.6 |
| 390 | CHOTOMSKI MARCIN | 99 | | LEGIONOWO | POL | M 30-39 | 128 | M 339 | 00:33:18 | 00:45:48 | 00:51:54.40 | 00:52:01.35 | 5:11 | 11.6 |
| 391 | BELOWSKI LESZEK | 34 | CHEMIK NOXY PUŁAWY | PULAWY | POL | M 60+ | 9 | M 340 | 00:33:09 | 00:45:42 | 00:51:54.45 | 00:52:59.80 | 5:11 | 11.6 |
| 392 | CHĘC TOMASZ | 89 | | WARSZAWA | POL | M 30-39 | 129 | M 341 | 00:33:51 | 00:46:08 | 00:51:56.85 | 00:53:06.20 | 5:11 | 11.5 |
| 393 | KOSTRZEWA ELWIRA | 382 | PZU SPORT TEAM | WARSZAWA | POL | K 40-49 | 17 | K 50 | 00:33:33 | | 00:52:04.05 | 00:53:12.80 | 5:12 | 11.5 |
| 394 | SŁOMKA BOGUMIŁ | 720 | | WARSZAWA | POL | M 40-49 | 135 | M 342 | 00:33:09 | 00:45:51 | 00:52:04.65 | 00:53:18.30 | 5:12 | 11.5 |
| 395 | STRZAŁEK ANDRZEJ | 752 | TRUCHT TARCHOMIN TEAM | WARSZAWA | POL | M 50-59 | 19 | M 343 | 00:33:13 | 00:45:55 | 00:52:09.05 | 00:52:58.00 | 5:13 | 11.5 |
| 396 | PANASZEWSKI PRZEMYSŁAW | 597 | | KOSZALIN | POL | M 1-29 | 53 | M 344 | 00:33:51 | 00:46:13 | 00:52:11.65 | 00:53:17.65 | 5:13 | 11.5 |
| 397 | SZOPA SŁAWOMIR | 780 | | WARSZAWA | POL | M 40-49 | 136 | M 345 | 00:33:12 | 00:45:58 | 00:52:13.05 | 00:53:07.85 | 5:13 | 11.5 |
| 398 | LISZEWSKI KRZYSZTOF | 452 | RUN TEAM NASIELSK | WARSZAWA | POL | M 40-49 | 137 | M 346 | 00:33:05 | 00:45:31 | 00:52:21.25 | 00:53:09.50 | 5:14 | 11.5 |
| 399 | FLORYSIAK ARTUR | 175 | | WARSZAWA | POL | M 40-49 | 138 | M 347 | 00:34:08 | 00:46:31 | 00:52:25.05 | 00:53:28.65 | 5:14 | 11.4 |
| 400 | CIEPLAK ANDRZEJ | 106 | | WARSZAWA | POL | M 40-49 | 139 | M 348 | 00:34:40 | 00:46:48 | 00:52:28.05 | 00:54:02.15 | 5:14 | 11.4 |
| 401 | MISZCZAK PAULINA | 536 | | WARSZAWA | POL | K 1-29 | 8 | K 51 | 00:34:07 | 00:46:28 | 00:52:28.55 | 00:53:28.70 | 5:14 | 11.4 |
| 402 | JASIŃSKI ADAM | 283 | | ZĄBKI | POL | M 30-39 | 130 | M 349 | 00:34:06 | 00:46:28 | 00:52:29.20 | 00:53:29.55 | 5:14 | 11.4 |
| 403 | WANOWSKI ANDRZEJ | 832 | ROZBIEGAMY NOWY DWÓR | NOWY DWÓR MAZOWIECKI | POL | M 60+ | 10 | M 350 | 00:33:27 | 00:46:01 | 00:52:29.40 | 00:53:26.50 | 5:14 | 11.4 |
| 404 | WAGNER JOLANTA | 829 | | WARSZAWA | POL | K 50-59 | 2 | K 52 | 00:33:49 | 00:46:14 | 00:52:30.30 | 00:53:58.10 | 5:15 | 11.4 |
| 405 | FIJALEK KAMIL | 168 | | WARSZAWA | POL | M 30-39 | 131 | M 351 | 00:33:26 | 00:46:12 | 00:52:32.00 | 00:53:44.30 | 5:15 | 11.4 |
| 406 | SZCZEPAŃSKI MARCIN | 771 | WATAHA-WARSZAWA | PIASECZNO | POL | M 30-39 | 132 | M 352 | 00:33:31 | 00:46:21 | 00:52:32.60 | 00:53:21.15 | 5:15 | 11.4 |
| 407 | ANTOSIK PIOTR | 9 | | WARSZAWA | POL | M 40-49 | 140 | M 353 | 00:34:35 | 00:46:55 | 00:52:35.20 | 00:54:03.65 | 5:15 | 11.4 |
| 408 | CHRZANOWSKA AGATA | 101 | CHRZANOWSKITEAM | WARSZAWA | POL | K 30-39 | 24 | K 53 | 00:33:39 | 00:46:22 | 00:52:36.60 | 00:53:53.20 | 5:15 | 11.4 |
| 409 | CHRZANOWSKI WOJCIECH | 102 | CJHRZANOWSKITEAM | WARSZAWA | POL | M 30-39 | 133 | M 354 | 00:33:39 | 00:46:22 | 00:52:36.80 | 00:53:53.20 | 5:15 | 11.4 |
| 410 | SOPELEWSKI SEBASTIAN | 731 | | WARSZAWA | POL | M 30-39 | 134 | M 355 | 00:33:46 | 00:46:41 | 00:52:37.20 | 00:53:28.20 | 5:15 | 11.4 |
| 411 | MARUSZAK ŁUKASZ | 504 | BIEGAM NA TARCHOMINIE | WARSZAWA | POL | M 30-39 | 135 | M 356 | 00:34:08 | 00:46:45 | 00:52:39.70 | 00:53:22.60 | 5:16 | 11.4 |
| 412 | POLAK MICHAŁ | 629 | | WARSZAWA | POL | M 30-39 | 136 | M 357 | 00:33:48 | 00:46:40 | 00:52:44.65 | 00:53:31.40 | 5:16 | 11.4 |
| 413 | BOGŁOWSKA URSZULA | 52 | | WARSZAWA | POL | K 30-39 | 25 | K 54 | 00:33:37 | 00:46:38 | 00:52:47.85 | 00:54:06.25 | 5:16 | 11.4 |
| 414 | KAMIŃSKI WIESŁAW | 324 | NASIELSK BASZTA TEAM | WARSZAWA | POL | M 50-59 | 20 | M 358 | 00:35:38 | 00:47:02 | 00:52:50.80 | 00:54:16.65 | 5:17 | 11.4 |
| 415 | ZAJDA DOMINIK | 883 | | WARSZAWA | POL | M 1-29 | 54 | M 359 | 00:33:09 | 00:46:35 | 00:52:51.90 | 00:53:13.25 | 5:17 | 11.3 |
| 416 | MATUSIAK KAROL | 943 | BDG | WARSZAWA | POL | M 1-29 | 55 | M 360 | 00:33:39 | 00:46:48 | 00:52:52.45 | 00:54:12.40 | 5:17 | 11.3 |
| 417 | ŁABA PIOTR | 455 | | ZIELONKA | POL | M 40-49 | 141 | M 361 | 00:33:35 | 00:46:31 | 00:52:53.35 | 00:53:45.90 | 5:17 | 11.3 |
| 418 | KRUSZEWSKI PIOTR | 412 | | ZIELONKA | POL | M 40-49 | 142 | M 362 | 00:33:35 | 00:46:31 | 00:52:53.80 | 00:53:45.80 | 5:17 | 11.3 |
| 419 | ZIOŁO GRZEGORZ | 946 | | WARSZAWA | POL | M 1-29 | 56 | M 363 | 00:33:39 | 00:46:48 | 00:52:53.95 | 00:54:13.10 | 5:17 | 11.3 |
| 420 | STAŃCZAK IWONA | 740 | TRUCHT TARCHOMIN TEAM | WARSZAWA | POL | K 40-49 | 19 | K 55 | 00:34:07 | 00:46:58 | 00:52:54.95 | 00:53:53.60 | 5:17 | 11.3 |
| 421 | SZCZYGIEL MICHAŁ | 775 | | STRZYŻÓW | POL | M 1-29 | 57 | M 364 | 00:34:18 | 00:46:51 | 00:52:59.50 | 00:55:59.10 | 5:18 | 11.3 |
| 422 | GŁÓWKA RAFAŁ | 206 | | MARKI | POL | M 40-49 | 143 | M 365 | 00:33:08 | 00:46:20 | 00:52:59.65 | 00:53:23.75 | 5:17 | 11.3 |
| 423 | MENDREK IRENEUSZ | 517 | TURBODZIKI | WARSZAWA | POL | M 30-39 | 137 | M 366 | 00:34:44 | 00:46:54 | 00:52:59.85 | 00:54:12.40 | 5:18 | 11.3 |
| 424 | ZIELINSKI KRZYSZTOF | 905 | HIKINGTOURS.PL | WARSZAWA | POL | M 40-49 | 144 | M 367 | 00:34:23 | 00:46:59 | 00:53:05.75 | 00:54:55.00 | 5:18 | 11.3 |
| 425 | WASILEWSKI GRZEGORZ | 837 | RUN TEAM NASIELSK | PŁONSK | POL | M 30-39 | 138 | M 368 | 00:34:25 | 00:47:06 | 00:53:17.15 | 00:53:51.25 | 5:19 | 11.3 |
| 426 | KUCZYŃSKI IGOR | 421 | APTEKARZ WARSZAWSKI | WARSZAWA | POL | M 40-49 | 145 | M 369 | 00:33:58 | 00:46:55 | 00:53:17.75 | 00:54:11.95 | 5:19 | 11.3 |
| 427 | SZTRANOWICZ PIOTR | 783 | | WARSZAWA | POL | M 40-49 | 146 | M 370 | 00:33:53 | 00:46:59 | 00:53:20.75 | 00:54:21.55 | 5:20 | 11.2 |
| 428 | BARTECKI TOMASZ | 967 | | WROCLAW | POL | M 30-39 | 139 | M 371 | 00:34:39 | 00:47:15 | 00:53:20.85 | 00:54:30.50 | 5:20 | 11.2 |
| 429 | CHOTOMSKA DOROTA | 98 | | LEGIONOWO | POL | K 1-29 | 10 | K 56 | 00:33:31 | 00:46:43 | 00:53:22.35 | 00:53:29.90 | 5:20 | 11.2 |
| 430 | KRUSZEWSKA DOMINIKA | 411 | | WARSZAWA | POL | K 30-39 | 26 | K 57 | 00:34:23 | 00:47:12 | 00:53:23.90 | 00:54:56.20 | 5:20 | 11.2 |
| 431 | WASIAK BARTOSZ | 834 | | WARSZAWA | POL | M 30-39 | 140 | M 372 | 00:34:30 | 00:47:20 | 00:53:29.05 | 00:54:47.95 | 5:20 | 11.2 |
| 432 | CHMIELECKI TOMASZ | 91 | LOTAMS TEAM | PIASTÓW | POL | M 40-49 | 147 | M 373 | 00:33:41 | 00:47:07 | 00:53:30.85 | 00:54:19.70 | 5:21 | 11.2 |
| 433 | KARCZEWSKI JACEK | 330 | GRUPA BIEGOWA UM W-WA | WARSZAWA | POL | M 40-49 | 148 | M 374 | 00:34:55 | 00:47:26 | 00:53:31.30 | 00:54:53.70 | 5:21 | 11.2 |
| 434 | KRZYWIEC PRZEMYSŁAW | 417 | | FALENTY | POL | M 30-39 | 141 | M 375 | 00:35:01 | 00:47:31 | 00:53:32.05 | 00:54:31.95 | 5:21 | 11.2 |
| 435 | GRABARCZYK ILONA | 218 | | LESZNO | POL | K 30-39 | 27 | K 58 | 00:34:30 | 00:47:21 | 00:53:32.80 | 00:54:10.25 | 5:21 | 11.2 |
| 436 | JANKOWSKA WIOLA | 270 | | WARSZAWA | POL | K 30-39 | 28 | K 59 | 00:34:37 | 00:47:21 | 00:53:37.00 | 00:54:44.20 | 5:21 | 11.2 |

BIEG PRZEZ MOST 2019, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 6.6km | 9km | Netto | Brutto | min/km | km/h |
|------|-----------------------------|-----|----------------------------------|----------------------|------|---------|--------|-------|----------|----------|-------------|-------------|--------|------|
| 437 | GARBACZEWSKI ZBIGNIEW | 189 | GRUPA BIEGOWA UM W-WA | JABŁONNA | POL | M 40-49 | 149 | M 376 | 00:33:02 | 00:46:38 | 00:53:38.85 | 00:54:38.50 | 5:21 | 11.2 |
| 438 | KLEPACKI PAWEŁ | 349 | | WARSZAWA | POL | M 30-39 | 142 | M 377 | 00:33:42 | 00:47:09 | 00:53:43.45 | 00:53:55.90 | 5:22 | 11.2 |
| 439 | ZAWIŚLAK JOLA | 897 | | WARSZAWA | POL | K 40-49 | 20 | K 60 | 00:34:39 | 00:47:33 | 00:53:47.40 | 00:54:54.70 | 5:22 | 11.2 |
| 440 | ROJEK HUBERT | 666 | | LESZCZYDÓŁ NOWINY | POL | M 1-29 | 58 | M 378 | 00:35:37 | 00:48:05 | 00:53:49.90 | 00:55:00.80 | 5:23 | 11.1 |
| 441 | TRATKIEWICZ MAREK | 813 | | WARSZAWA | POL | M 40-49 | 150 | M 379 | 00:34:37 | 00:47:38 | 00:53:50.35 | 00:54:26.85 | 5:23 | 11.1 |
| 442 | SULICH MATEUSZ | 761 | | LEGIONOWO | POL | M 1-29 | 59 | M 380 | 00:35:04 | 00:47:38 | 00:53:50.75 | 00:54:49.10 | 5:23 | 11.1 |
| 443 | ADAMKIEWICZ MARCIN | 961 | INICJATYWA MIESZKAŃCÓW BIAŁOLEKI | WARSZAWA | POL | M 30-39 | 143 | M 381 | 00:33:08 | 00:47:08 | 00:53:51.75 | 00:54:04.40 | 5:23 | 11.1 |
| 444 | MURK JOANNA | 548 | | GÓRA KALWARIA | POL | K 1-29 | 11 | K 61 | 00:35:31 | 00:48:13 | 00:53:54.50 | 00:54:39.40 | 5:23 | 11.1 |
| 445 | PALUCH ANNA | 592 | | WARSZAWA | POL | K 40-49 | 21 | K 62 | 00:34:58 | 00:47:35 | 00:53:55.00 | 00:54:43.85 | 5:23 | 11.1 |
| 446 | KLUJ BOGUSŁAW | 354 | BIEGNĘ DLA SANDRY I ROBERTA | ZAKRĘT | POL | M 60+ | 11 | M 382 | 00:34:43 | 00:47:37 | 00:53:56.15 | 00:54:56.05 | 5:23 | 11.1 |
| 447 | PIOTROWSKI JAN | 624 | | WARSZAWA | POL | M 30-39 | 144 | M 383 | 00:34:24 | 00:47:17 | 00:53:57.50 | 00:56:03.00 | 5:23 | 11.1 |
| 448 | SYPIEWSKI PIOTR | 770 | TKKF BŁYSKAWICA | WARSZAWA | POL | M 40-49 | 151 | M 384 | 00:34:58 | 00:47:34 | 00:53:58.75 | 00:55:05.75 | 5:23 | 11.1 |
| 449 | ŁAZAREWICZ KATARZYNA | 460 | | WARSZAWA | POL | K 1-29 | 12 | K 63 | 00:33:49 | 00:47:26 | 00:54:00.35 | 00:54:54.75 | 5:24 | 11.1 |
| 450 | WŁÓDEK RAFAŁ | 863 | | WARSZAWA | POL | M 30-39 | 145 | M 385 | 00:34:20 | 00:47:36 | 00:54:00.60 | 00:55:21.75 | 5:24 | 11.1 |
| 451 | ŚWIDERSKA JOANNA | 795 | | WARSZAWA | POL | K 30-39 | 29 | K 64 | 00:34:48 | 00:47:43 | 00:54:03.50 | 00:55:07.70 | 5:24 | 11.1 |
| 452 | MARCAK MARCIN | 498 | | WARSZAWA | POL | M 30-39 | 146 | M 386 | 00:34:54 | 00:47:58 | 00:54:03.70 | 00:55:35.10 | 5:24 | 11.1 |
| 453 | MITURA GRZEGORZ | 537 | | WARSZAWA | POL | M 30-39 | 147 | M 387 | 00:34:30 | 00:47:44 | 00:54:05.10 | 00:54:57.45 | 5:24 | 11.1 |
| 454 | MOCZYDŁOWSKI ŁUKASZ | 540 | MASTERS DOJO | WARSZAWA | POL | M 40-49 | 152 | M 388 | 00:35:08 | 00:47:57 | 00:54:08.55 | 00:55:19.75 | 5:24 | 11.1 |
| 455 | JONIK JUSTYNA | 296 | AZS WAT | WARSZAWA | POL | K 1-29 | 13 | K 65 | 00:34:26 | 00:47:53 | 00:54:09.25 | 00:54:14.80 | 5:24 | 11.1 |
| 456 | KONOPKA JUSTYNA | 366 | RUN 4FUN | WARSZAWA | POL | K 1-29 | 14 | K 66 | 00:34:41 | 00:47:51 | 00:54:11.70 | 00:54:48.50 | 5:25 | 11.1 |
| 457 | CIESIELSKI RAFAŁ | 109 | WOJEWÓDZCY TEAM | WARSZAWA | POL | M 40-49 | 153 | M 389 | 00:34:58 | 00:47:46 | 00:54:14.25 | 00:55:19.75 | 5:25 | 11.1 |
| 458 | KOSTRUBIEC GRZEGORZ | 381 | | WARSZAWA | POL | M 30-39 | 148 | M 390 | 00:34:34 | 00:47:47 | 00:54:16.45 | 00:54:28.00 | 5:25 | 11.1 |
| 459 | KORNESZCZUK WOJCIECH | 374 | | STASI LAS | POL | M 30-39 | 149 | M 391 | 00:35:08 | 00:48:23 | 00:54:17.20 | 00:55:31.65 | 5:25 | 11.1 |
| 460 | CHOJNOWSKI ANDRZEJ | 96 | BIEGAM NA TARCHOMINIE | WARSZAWA | POL | M 40-49 | 154 | M 392 | 00:34:30 | 00:47:50 | 00:54:18.65 | 00:55:21.35 | 5:25 | 11 |
| 461 | ZARĘBA-TREMELET KATARZYNA | 890 | | WARSZAWA | POL | K 30-39 | 30 | K 67 | 00:35:01 | 00:48:00 | 00:54:19.20 | 00:55:21.95 | 5:25 | 11 |
| 462 | STACHACZ MIROŚLAW | 736 | ZPHU DREWMAX | OSTROŁĘKA | POL | M 50-59 | 21 | M 393 | 00:33:54 | 00:47:30 | 00:54:19.30 | 00:55:28.50 | 5:25 | 11 |
| 463 | ŚWIERSZCZ ANDRZEJ | 797 | | WARSZAWA | POL | M 50-59 | 22 | M 394 | 00:34:54 | 00:47:58 | 00:54:20.90 | 00:55:35.20 | 5:26 | 11 |
| 464 | KOMARNITSKAYA NATALIA | 361 | | WARSZAWA | | K 30-39 | 31 | K 68 | 00:34:33 | 00:47:46 | 00:54:21.25 | 00:55:33.35 | 5:26 | 11 |
| 465 | LEBIODA TOMASZ | 437 | | WARSZAWA | POL | M 1-29 | 60 | M 395 | 00:33:42 | 00:47:40 | 00:54:21.55 | 00:54:52.20 | 5:26 | 11 |
| 466 | SKIBIŃSKA MAŁGORZATA | 713 | | WARSZAWA | POL | K 40-49 | 22 | K 69 | 00:35:58 | 00:48:17 | 00:54:22.85 | 00:56:16.00 | 5:26 | 11 |
| 467 | JANKOWSKA BOŻENA | 272 | | WARSZAWA | POL | K 30-39 | 32 | K 70 | 00:34:32 | 00:47:52 | 00:54:25.40 | 00:55:17.00 | 5:26 | 11 |
| 468 | TUCZYŃSKI ROBERT | 816 | ORT ŁOMIANKI | ŁOMIANKI | POL | M 40-49 | 155 | M 396 | 00:34:42 | 00:47:58 | 00:54:27.20 | 00:55:23.60 | 5:26 | 11 |
| 469 | KWAPISZ-CICHOWSKA KATARZYNA | 431 | DĄBROWSKI TEAM | OSTROŁĘKA | POL | K 40-49 | 23 | K 71 | 00:35:10 | 00:47:59 | 00:54:28.00 | 00:55:27.15 | 5:26 | 11 |
| 470 | GROCHOWSKI PAWEŁ | 227 | PZU SPORT TEAM | WARSZAWA | POL | M 30-39 | 150 | M 397 | 00:34:52 | 00:48:16 | 00:54:28.45 | 00:55:37.55 | 5:26 | 11 |
| 471 | NIEDZIÓŁKA MAŁGORZATA | 939 | TO NATURALNE | WARSZAWA | POL | K 50-59 | 3 | K 72 | 00:35:03 | 00:48:14 | 00:54:32.00 | 00:54:51.20 | 5:27 | 11 |
| 472 | JABŁONKA RADOSŁAW | 258 | DZIADY OCR | WYSZKÓW | POL | M 40-49 | 156 | M 398 | 00:34:31 | 00:48:07 | 00:54:35.05 | 00:55:31.35 | 5:27 | 11 |
| 473 | JAWORSKA KATARZYNA | 286 | | WARSZAWA | POL | K 40-49 | 24 | K 73 | 00:35:03 | 00:47:52 | 00:54:35.50 | 00:55:37.35 | 5:27 | 11 |
| 474 | GOLONKA PATRYK | 937 | MASTERS DOJO | WARSZAWA | POL | M 1-29 | 61 | M 399 | 00:36:10 | 00:49:16 | 00:54:36.25 | 00:55:47.75 | 5:27 | 11 |
| 475 | MATUSZEWSKI PAWEŁ | 510 | | NOWY DWÓR MAZOWIECKI | POL | M 30-39 | 151 | M 400 | 00:35:07 | 00:48:21 | 00:54:39.15 | 00:55:37.50 | 5:27 | 11 |
| 476 | GZUŁA AGNIESZKA KAROLINA | 240 | ADIDAS RUNNERS WARSAW | WARSZAWA | POL | K 1-29 | 15 | K 74 | 00:34:30 | 00:47:42 | 00:54:42.00 | 00:55:16.10 | 5:28 | 11 |
| 477 | BORUSZEWSKI MACIEJ | 67 | | WARSZAWA | POL | M 40-49 | 157 | M 401 | 00:35:08 | 00:48:21 | 00:54:42.70 | 00:55:38.00 | 5:28 | 11 |
| 478 | HULANICKA IRINA | 252 | GOGGLE TEAM | WARSZAWA | POL | K 60+ | 2 | K 75 | 00:35:06 | 00:47:38 | 00:54:43.00 | 00:55:45.20 | 5:28 | 11 |
| 479 | ZAKRZEWSKI MAREK | 884 | EKOBIEGI | WARSZAWA | POL | M 40-49 | 158 | M 402 | 00:35:04 | 00:47:57 | 00:54:43.75 | 00:55:45.05 | 5:28 | 11 |
| 480 | JARMUŻEWSKI ADAM | 279 | TIA | WARSZAWA | POL | M 40-49 | 159 | M 403 | 00:35:15 | 00:48:13 | 00:54:44.25 | 00:56:11.65 | 5:28 | 11 |
| 481 | KARWOWSKI MARIUSZ | 332 | GRUPA BIEGOWA UM W-WA | CHOTOMÓW | POL | M 40-49 | 160 | M 404 | 00:36:03 | 00:48:42 | 00:54:44.80 | 00:56:17.75 | 5:28 | 11 |
| 482 | MAMLA ZBIGNIEW | 493 | TRUCHT TARCHOMIN TEAM | WARSZAWA | POL | M 40-49 | 161 | M 405 | 00:35:01 | 00:48:02 | 00:54:46.05 | 00:55:47.15 | 5:28 | 11 |
| 483 | MIANOWSKI MARCIN | 519 | | OTWOCK | POL | M 40-49 | 162 | M 406 | 00:32:40 | 00:47:38 | 00:54:47.60 | 00:54:56.70 | 5:28 | 11 |
| 484 | NOWACKI JULIAN | 938 | TO NATURALNE | WARSZAWA | POL | M 60+ | 12 | M 407 | 00:35:03 | 00:48:14 | 00:54:50.50 | 00:55:09.70 | 5:29 | 10.9 |
| 485 | BAKUŁA WIESŁAW | 14 | WAMPIR | KADZIDŁO | POL | M 50-59 | 23 | M 408 | 00:34:16 | 00:48:02 | 00:54:53.90 | 00:55:20.30 | 5:29 | 10.9 |
| 486 | NOWAK JERZY | 565 | PWPW | WA-WA | POL | M 40-49 | 163 | M 409 | 00:35:33 | 00:48:23 | 00:54:53.95 | 00:56:33.40 | 5:29 | 10.9 |
| 487 | KORLAK ŁUKASZ | 371 | | WARSZAWA | POL | M 30-39 | 152 | M 410 | 00:35:56 | 00:48:58 | 00:54:54.80 | 00:56:06.05 | 5:29 | 10.9 |
| 488 | ŚWIĆ MAŁGORZATA | 794 | TRUCHT TARCHOMIN TEAM | WARSZAWA | POL | K 40-49 | 25 | K 76 | 00:34:37 | 00:48:07 | 00:54:56.25 | 00:55:44.80 | 5:29 | 10.9 |
| 489 | SULIŃSKI SŁAWOMIR | 763 | | WARSZAWA | POL | M 40-49 | 164 | M 411 | 00:35:25 | 00:48:33 | 00:54:57.40 | 00:56:25.40 | 5:29 | 10.9 |
| 490 | ANIÓLKOWSKI KRZYSZTOF | 8 | GRUPA BIEGOWA UM W-WA | WARSZAWA | POL | M 30-39 | 153 | M 412 | 00:35:55 | 00:48:56 | 00:55:00.25 | 00:56:16.30 | 5:30 | 10.9 |
| 491 | KĄŻMIERSKI ADRIAN | 336 | | WOŁOMIN | POL | M 30-39 | 154 | M 413 | 00:35:33 | 00:48:39 | 00:55:01.25 | 00:56:21.50 | 5:30 | 10.9 |
| 492 | JANKOWSKI MICHAŁ | 942 | | WARSZAWA | POL | M 40-49 | 165 | M 414 | 00:34:21 | 00:48:13 | 00:55:02.05 | 00:55:56.90 | 5:30 | 10.9 |
| 493 | BYELKINA KATERYNA | 970 | ANPHARM RUN TEAM | WARSZAWA | POL | K 1-29 | 16 | K 77 | 00:35:24 | 00:48:46 | 00:55:02.75 | 00:57:14.05 | 5:30 | 10.9 |

BIEG PRZEZ MOST 2019, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 6.6km | 9km | Netto | Brutto | min/km | km/h |
|------|---------------------------|-----|--|---------------|------|---------|--------|-------|----------|----------|-------------|-------------|--------|------|
| 494 | MODRZEJEWSKI ZBIGNIEW | 541 | | LEGIONOWO | POL | M 50-59 | 24 | M 415 | 00:35:11 | 00:48:36 | 00:55:04.55 | 00:55:32.50 | 5:30 | 10.9 |
| 495 | ZYGADŁO PIOTR | 911 | | WARSZAWA | POL | M 30-39 | 155 | M 416 | 00:35:39 | 00:48:41 | 00:55:04.65 | 00:55:23.60 | 5:30 | 10.9 |
| 496 | JANKOWSKI MARCIN | 975 | ANPHARM RUN TEAM | WARSZAWA | POL | M 30-39 | 156 | M 417 | 00:35:25 | 00:48:47 | 00:55:05.00 | 00:57:15.90 | 5:30 | 10.9 |
| 497 | IDZIAK JAROSŁAW | 921 | | WARSZAWA | POL | M 30-39 | 157 | M 418 | 00:31:20 | 00:45:08 | 00:55:05.45 | 00:55:41.15 | 5:30 | 10.9 |
| 498 | KĄZMIERSKA ANNA | 335 | | WOŁOMIN | POL | K 30-39 | 33 | K 78 | 00:35:33 | 00:48:38 | 00:55:05.90 | 00:56:26.25 | 5:30 | 10.9 |
| 499 | KRÓLAK PAWEŁ | 404 | | WARSZAWA | POL | M 30-39 | 158 | M 419 | 00:35:04 | 00:48:27 | 00:55:06.75 | 00:56:30.85 | 5:30 | 10.9 |
| 500 | KUBASIEWICZ ARTUR | 418 | SAM | WARSZAWA | POL | M 50-59 | 25 | M 420 | 00:35:44 | 00:48:48 | 00:55:09.35 | 00:56:38.45 | 5:30 | 10.9 |
| 501 | WIĘCH ANDRZEJ | 849 | | WARSZAWA | POL | M 40-49 | 166 | M 421 | 00:35:00 | 00:48:26 | 00:55:11.00 | 00:56:17.40 | 5:31 | 10.9 |
| 502 | OSIŃSKA SYLWIA | 587 | | WARSZAWA | POL | K 40-49 | 26 | K 79 | 00:34:59 | 00:48:35 | 00:55:13.25 | 00:55:24.20 | 5:31 | 10.9 |
| 503 | WASILUK KLAUDIA | 838 | DRUŻYNA SZPIKU | WARSZAWA | POL | K 1-29 | 17 | K 80 | 00:36:47 | 00:49:16 | 00:55:13.70 | 00:56:38.80 | 5:31 | 10.9 |
| 504 | ADAMSKI SZYMON | 3 | | WARSZAWA | POL | M 1-29 | 62 | M 422 | 00:36:48 | 00:49:17 | 00:55:20.55 | 00:56:55.00 | 5:32 | 10.8 |
| 505 | DANIELSKI JACEK | 132 | PZU SPORT TEAM | WARSZAWA | POL | M 40-49 | 167 | M 423 | 00:35:35 | 00:48:59 | 00:55:21.25 | 00:56:31.60 | 5:32 | 10.8 |
| 506 | CZAJKOWSKI MARIUSZ | 121 | | MYSIADŁO | POL | M 40-49 | 168 | M 424 | 00:35:03 | 00:48:44 | 00:55:22.55 | 00:57:31.75 | 5:32 | 10.8 |
| 507 | KOWALCZYK ZDZISŁAW | 968 | JW 2189 | WARSZAWA | POL | M 40-49 | 169 | M 425 | 00:35:02 | 00:48:58 | 00:55:23.95 | 00:56:03.95 | 5:32 | 10.8 |
| 508 | RULAK JERZY | 986 | | WARSZAWA | POL | M 30-39 | 159 | M 426 | 00:35:13 | 00:48:41 | 00:55:25.15 | 00:56:30.00 | 5:32 | 10.8 |
| 509 | MAJEWSKA HANNA | 482 | BIEGAM NA TARCHOMINIE | WARSZAWA | POL | K 30-39 | 34 | K 81 | 00:35:06 | 00:48:50 | 00:55:26.35 | 00:56:23.55 | 5:32 | 10.8 |
| 510 | CIMOCHOWSKA MAGDALENA | 113 | BIEGAM NA TARCHOMINIE | WARSZAWA | POL | K 40-49 | 27 | K 82 | 00:35:24 | 00:48:50 | 00:55:27.25 | 00:56:37.60 | 5:32 | 10.8 |
| 511 | BORCZYŃSKI PIOTR | 59 | MŁODZIEŻOWA RADA M.ST. WARSZAWY | WARSZAWA | POL | M 1-29 | 63 | M 427 | 00:34:03 | 00:48:52 | 00:55:27.35 | 00:55:32.90 | 5:32 | 10.8 |
| 512 | ZWOLIŃSKI GRZEGORZ | 909 | REEBOK RUN CREW | WARSZAWA | POL | M 40-49 | 170 | M 428 | 00:36:26 | 00:49:23 | 00:55:31.35 | 00:56:47.10 | 5:33 | 10.8 |
| 513 | BECZAK NATALIA | 30 | | WARSZAWA | POL | K 30-39 | 35 | K 83 | | | 00:55:33.00 | 00:55:33.00 | 5:33 | 10.8 |
| 514 | NIEDBAŁKA MARCIN | 557 | | JÓZEFÓW | POL | M 30-39 | 160 | M 429 | 00:35:05 | 00:48:59 | 00:55:34.35 | 00:57:09.55 | 5:33 | 10.8 |
| 515 | KACPRZAK-KLEJNA AGNIESZKA | 311 | | WARSZAWA | POL | K 40-49 | 28 | K 84 | 00:36:29 | 00:49:29 | 00:55:36.50 | 00:57:01.15 | 5:33 | 10.8 |
| 516 | POGORZELSKA ANNA | 627 | | WARSZAWA | POL | K 30-39 | 36 | K 85 | 00:35:06 | 00:48:42 | 00:55:36.95 | 00:56:34.80 | 5:33 | 10.8 |
| 517 | SULIŃSKI ANDRZEJ | 762 | | WARSZAWA | POL | M 40-49 | 171 | M 430 | 00:35:32 | 00:49:02 | 00:55:37.80 | 00:57:07.10 | 5:33 | 10.8 |
| 518 | SYLWESTRZUK MARIUSZ | 769 | | KOBYŁKA | POL | M 50-59 | 26 | M 431 | 00:35:14 | 00:48:57 | 00:55:39.25 | 00:57:04.35 | 5:33 | 10.8 |
| 519 | BUTKIEWICZ DARIUSZ | 86 | | WARSZAWA | POL | M 40-49 | 172 | M 432 | 00:34:57 | 00:48:55 | 00:55:41.45 | 00:57:06.10 | 5:34 | 10.8 |
| 520 | GROCHOWSKA JOANNA | 225 | BIEGAMY Z OCHOTĄ | WARSZAWA | POL | K 50-59 | 4 | K 86 | 00:35:28 | 00:49:07 | 00:55:42.55 | 00:57:47.45 | 5:34 | 10.8 |
| 521 | SZLACHTA WIESŁAW | 776 | | WARSZAWA | POL | M 40-49 | 173 | M 433 | 00:34:57 | 00:48:47 | 00:55:45.15 | 00:56:18.75 | 5:34 | 10.8 |
| 522 | GYMYREK ROBERT | 207 | | WARSZAWA | POL | M 30-39 | 161 | M 434 | 00:35:04 | 00:48:59 | 00:55:45.60 | 00:56:59.90 | 5:34 | 10.8 |
| 523 | ROGALSKA MAGDA | 663 | WKURWTEAM | WARSZAWA | POL | K 30-39 | 37 | K 87 | 00:34:50 | 00:48:57 | 00:55:45.65 | 00:56:47.65 | 5:34 | 10.8 |
| 524 | STANKIEWICZ MACIEJ | 739 | AMI & AURI RUNNERS CLUB | WARSZAWA | POL | M 30-39 | 162 | M 435 | 00:36:59 | 00:49:35 | 00:55:46.20 | 00:57:10.25 | 5:34 | 10.8 |
| 525 | BARNIK RAFAŁ | 977 | | WARSZAWA | POL | M 40-49 | 174 | M 436 | 00:35:10 | 00:48:55 | 00:55:47.40 | 00:56:13.70 | 5:34 | 10.8 |
| 526 | BARTOSZEWSKI DANIEL | 23 | | GÓRA KALWARIA | POL | M 1-29 | 64 | M 437 | 00:35:33 | 00:49:21 | 00:55:48.60 | 00:56:33.40 | 5:34 | 10.7 |
| 527 | OWCZAREK BEATA | 588 | GO SPORT RUNNERS | WARSZAWA | POL | K 1-29 | 18 | K 88 | 00:35:37 | 00:49:15 | 00:55:49.25 | 00:56:57.15 | 5:35 | 10.7 |
| 528 | PĘDZICH PRZEMYSŁAW | 614 | | WARSZAWA | POL | M 30-39 | 163 | M 438 | 00:33:38 | 00:48:19 | 00:55:51.30 | 00:56:49.80 | 5:35 | 10.7 |
| 529 | KONOPACKI MACIEJ | 365 | JESTEŚ ZWYCIĘZCĄ-CHRZĄSZCZYŻESZOWICE | WARSZAWA | POL | M 30-39 | 164 | M 439 | 00:35:42 | 00:49:28 | 00:55:52.05 | 00:56:58.95 | 5:35 | 10.7 |
| 530 | MAZUR MICHAŁ | 514 | | WARSZAWA | POL | M 30-39 | 165 | M 440 | 00:36:36 | 00:49:35 | 00:55:55.30 | 00:56:46.60 | 5:35 | 10.7 |
| 531 | KARBOWNIK JAKUB | 329 | | WARSZAWA | POL | M 30-39 | 166 | M 441 | 00:35:33 | 00:48:55 | 00:55:55.70 | 00:57:30.50 | 5:35 | 10.7 |
| 532 | DRÓZD SANDRA | 998 | | MARCELÓW | POL | K 1-29 | 19 | K 89 | 00:35:58 | 00:49:30 | 00:55:57.60 | 00:57:35.70 | 5:35 | 10.7 |
| 533 | FEDEROWICZ ŁUKASZ | 166 | | ZGIERZ | POL | M 30-39 | 167 | M 442 | 00:35:56 | 00:49:34 | 00:55:58.25 | 00:57:10.05 | 5:35 | 10.7 |
| 534 | GRABOWSKI ŁUKASZ | 219 | | WARSZAWA | POL | M 30-39 | 168 | M 443 | 00:34:49 | 00:48:51 | 00:56:02.30 | 00:56:57.80 | 5:36 | 10.7 |
| 535 | ŚWIST MICHAŁ | 801 | | WARSZAWA | POL | M 30-39 | 169 | M 444 | 00:36:00 | 00:49:22 | 00:56:04.05 | 00:57:17.20 | 5:36 | 10.7 |
| 536 | MAĆKOWIAK WERONIKA | 480 | | WARSZAWA | POL | K 1-29 | 20 | K 90 | 00:35:56 | 00:49:39 | 00:56:06.00 | 00:58:00.70 | 5:36 | 10.7 |
| 537 | CIBORSKA AGNIESZKA | 934 | NAPRZÓD MŁOCINY | WARSZAWA | POL | K 40-49 | 29 | K 91 | 00:35:40 | 00:49:26 | 00:56:10.70 | 00:56:57.30 | 5:37 | 10.7 |
| 538 | MAZUŚ JAREK | 515 | | WARSZAWA | POL | M 40-49 | 175 | M 445 | 00:35:52 | 00:49:31 | 00:56:13.20 | 00:57:48.05 | 5:37 | 10.7 |
| 539 | MATUSEWICZ KRZYSZTOF | 509 | | WARSZAWA | POL | M 40-49 | 176 | M 446 | 00:35:45 | 00:49:29 | 00:56:13.35 | 00:57:18.10 | 5:37 | 10.7 |
| 540 | PRASAŁ ARTUR | 632 | REEBOKRUNCREW LDZ | ŁÓDŹ | POL | M 40-49 | 177 | M 447 | 00:39:48 | 00:50:43 | 00:56:23.20 | 00:57:31.45 | 5:38 | 10.6 |
| 541 | JAKUBISIAK RENATA | 265 | AEGONRUN | WARSZAWA | POL | K 30-39 | 38 | K 92 | 00:37:34 | 00:50:05 | 00:56:23.40 | 00:57:46.20 | 5:38 | 10.6 |
| 542 | CHMIELEWSKA IZABELA | 92 | REEBOK RUN CREW/MINISTERSTWO ŚRODOWISKA | WARSZAWA | POL | K 30-39 | 39 | K 93 | 00:36:02 | 00:49:42 | 00:56:25.95 | 00:57:13.65 | 5:38 | 10.6 |
| 543 | GAJEWICZ ARKADIUSZ | 184 | | JABŁONNA | POL | M 30-39 | 170 | M 448 | 00:35:57 | 00:49:34 | 00:56:26.35 | 00:57:53.15 | 5:38 | 10.6 |
| 544 | GLAZER MARCIN | 203 | PKO BANK POLSKI | WARSZAWA | POL | M 30-39 | 171 | M 449 | 00:38:20 | 00:50:42 | 00:56:31.15 | 00:58:27.00 | 5:39 | 10.6 |
| 545 | ŁOZOSWKA ANETA | 229 | TRUCHT TARCHOMIN TEAM | WARSZAWA | POL | K 40-49 | 30 | K 94 | 00:36:08 | 00:49:51 | 00:56:31.30 | 00:57:36.45 | 5:39 | 10.6 |
| 546 | KACZMAREK KATARZYNA | 316 | | WARSZAWA | POL | K 30-39 | 40 | K 95 | 00:35:57 | 00:49:49 | 00:56:33.35 | 00:57:36.40 | 5:39 | 10.6 |
| 547 | MUZINSKA MARTA | 552 | | WARSZAWA | POL | K 30-39 | 41 | K 96 | 00:35:44 | 00:49:47 | 00:56:33.45 | 00:58:09.10 | 5:39 | 10.6 |

BIEG PRZEZ MOST 2019, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 6.6km | 9km | Netto | Brutto | min/km | km/h |
|------|--------------------------|------|---|---------------------|------|---------|--------|-------|----------|----------|-------------|-------------|--------|------|
| 548 | BUKOWSKI JANUSZ | 999 | STOWARZYSZENIE DAĆ SIEBIE INNYM | WARSZAWA | POL | M 60+ | 13 | M 450 | 00:35:54 | 00:49:43 | 00:56:33.60 | 00:56:37.25 | 5:39 | 10.6 |
| 549 | KACZOREK ROBERT | 318 | | WARSZAWA | POL | M 60+ | 14 | M 451 | 00:35:58 | 00:49:42 | 00:56:34.45 | 00:56:57.15 | 5:39 | 10.6 |
| 550 | ŁOBODA PIOTR | 465 | | WAŁCZ | POL | M 40-49 | 178 | M 452 | 00:35:46 | 00:49:52 | 00:56:38.65 | 00:57:42.05 | 5:39 | 10.6 |
| 551 | THOMAS SZCZEPAN | 806 | WARSZAWSKA AKADEMIA KARATE TRADYCYJNEGO | WARSZAWA | POL | M 50-59 | 27 | M 453 | 00:35:49 | 00:49:35 | 00:56:40.10 | 00:57:34.25 | 5:40 | 10.6 |
| 552 | FLOREK MAŁGORZATA | 174 | | WARSZAWA | POL | K 30-39 | 42 | K 97 | 00:35:54 | 00:50:07 | 00:56:40.30 | 00:58:15.70 | 5:40 | 10.6 |
| 553 | JAŚTAK NATALIA | 958 | | WARSZAWA | POL | K 1-29 | 21 | K 98 | 00:36:59 | 00:48:20 | 00:56:40.60 | 00:57:48.45 | 5:40 | 10.6 |
| 554 | KRÓL WOJCIECH | 403 | | WARSZAWA | POL | M 1-29 | 65 | M 454 | 00:37:41 | 00:50:52 | 00:56:44.25 | 00:58:16.00 | 5:40 | 10.6 |
| 555 | SOCHACKA KAROLINA | 727 | | WARSZAWA | POL | K 1-29 | 22 | K 99 | 00:36:21 | 00:50:07 | 00:56:45.85 | 00:57:48.60 | 5:40 | 10.6 |
| 556 | LISZEWSKA ANNA | 451 | RUN TEAM NASIELSK | WARSZAWA | POL | K 40-49 | 31 | K 100 | 00:36:08 | 00:49:51 | 00:56:46.55 | 00:57:21.25 | 5:40 | 10.6 |
| 557 | KAMIŃSKI MACIEJ | 325 | | WARSZAWA | POL | M 30-39 | 172 | M 455 | 00:36:24 | 00:50:05 | 00:56:58.40 | 00:59:03.70 | 5:41 | 10.5 |
| 558 | JANISZEWSKI JAN | 268 | | NIDZICA | POL | M 60+ | 15 | M 456 | 00:36:27 | 00:50:06 | 00:57:01.70 | 00:57:26.85 | 5:42 | 10.5 |
| 559 | DĄBROWSKA MAGDALENA | 135 | RUN4FUN | WARSZAWA | POL | K 40-49 | 32 | K 101 | 00:36:23 | 00:50:02 | 00:57:02.85 | 00:57:40.85 | 5:42 | 10.5 |
| 560 | ŁABĘDA STANISŁAW | 456 | NASIELSK BASZTA TEAM | WARSZAWA | POL | M 40-49 | 179 | M 457 | 00:36:37 | 00:50:24 | 00:57:07.80 | 00:58:33.40 | 5:42 | 10.5 |
| 561 | ZDUŃSKI JAROSŁAW | 900 | | WARSZAWA | POL | M 50-59 | 28 | M 458 | 00:35:41 | 00:50:10 | 00:57:08.85 | 00:58:25.45 | 5:42 | 10.5 |
| 562 | NOSARZEWSKI MARIUSZ | 562 | | TRZCIANY | POL | M 40-49 | 180 | M 459 | 00:35:54 | 00:50:05 | 00:57:11.65 | 00:58:20.40 | 5:43 | 10.5 |
| 563 | JÓZWIK ROBERT | 298 | HARX TEAM | WARSZAWA | POL | M 40-49 | 181 | M 460 | 00:37:03 | 00:50:29 | 00:57:11.65 | 00:57:32.50 | 5:43 | 10.5 |
| 564 | TADRAŁA TOMEK | 803 | | WARSZAWA | POL | M 30-39 | 173 | M 461 | 00:36:23 | 00:50:10 | 00:57:12.25 | 00:59:07.55 | 5:43 | 10.5 |
| 565 | KUMALA SEBASTIAN | 425 | | BEDKOWICE | POL | M 30-39 | 174 | M 462 | 00:35:36 | 00:49:55 | 00:57:13.65 | 00:57:26.25 | 5:43 | 10.5 |
| 566 | SIGAL BOGDANA | 706 | | WARSZAWA | POL | K 1-29 | 23 | K 102 | 00:36:28 | 00:50:22 | 00:57:14.00 | 00:58:15.40 | 5:43 | 10.5 |
| 567 | PUCHACZ PRZEMYSŁAW | 647 | | WARSZAWA | POL | M 30-39 | 175 | M 463 | 00:34:42 | 00:49:52 | 00:57:14.80 | 00:57:46.65 | 5:43 | 10.5 |
| 568 | CZACH NATALIA | 118 | WARSZAWSKI KLUB ROGATEGO MORSZA | WARSZAWA | POL | K 30-39 | 43 | K 103 | 00:37:27 | 00:50:42 | 00:57:14.90 | 00:59:10.10 | 5:43 | 10.5 |
| 569 | MARCINKIEWICZ TYMEK | 497 | | WARSZAWA | POL | M 1-29 | 66 | M 464 | 00:36:07 | 00:50:44 | 00:57:18.30 | 00:58:31.00 | 5:43 | 10.5 |
| 570 | GROCHOWSKI PIOTR | 226 | | WARSZAWA | POL | M 40-49 | 182 | M 465 | 00:37:15 | 00:50:38 | 00:57:19.80 | 00:59:02.45 | 5:44 | 10.5 |
| 571 | LEGAT DOROTA | 439 | | MIŃSK MAZOWIECKI | POL | K 1-29 | 24 | K 104 | 00:36:56 | 00:50:54 | 00:57:21.80 | 00:58:23.80 | 5:44 | 10.5 |
| 572 | MATAK MARIUSZ | 506 | | WARSZAWA | POL | M 30-39 | 176 | M 466 | 00:35:49 | 00:50:35 | 00:57:22.50 | 00:58:52.05 | 5:44 | 10.5 |
| 573 | MUCHA GRZEGORZ | 549 | | WARSZAWA | POL | M 60+ | 16 | M 467 | 00:36:20 | 00:50:22 | 00:57:22.65 | 00:57:59.05 | 5:44 | 10.5 |
| 574 | BEDNARZAK TADEUSZ | 33 | YULO RUN TEAM SIEDLCE | SIEDLCE | POL | M 60+ | 17 | M 468 | 00:36:23 | 00:50:31 | 00:57:28.25 | 00:58:33.10 | 5:44 | 10.4 |
| 575 | KOWALSKA PAULINA | 391 | | WARSZAWA | POL | K 1-29 | 25 | K 105 | 00:36:49 | 00:50:41 | 00:57:30.15 | 00:58:55.75 | 5:45 | 10.4 |
| 576 | MROZIŃSKI MARCIN | 546 | | WARSZAWA | POL | M 30-39 | 177 | M 469 | 00:37:16 | 00:50:54 | 00:57:34.95 | 00:59:03.85 | 5:45 | 10.4 |
| 577 | MALER WŁADYSŁAW | 487 | REEBOK RUN CREW | WARSZAWA | POL | M 60+ | 18 | M 470 | 00:36:55 | 00:50:41 | 00:57:36.35 | 00:58:54.10 | 5:45 | 10.4 |
| 578 | PYCKA MARCIN | 927 | BIEGAJĄCY ŚWIDNIK | ŚWIDNIK | POL | M 30-39 | 178 | M 471 | 00:37:01 | 00:50:59 | 00:57:39.55 | 00:59:06.85 | 5:45 | 10.4 |
| 579 | SANDOMIERSKI BARTŁOMIJ | 693 | WKURW_TEAM | MARKI | POL | M 1-29 | 67 | M 472 | 00:37:22 | 00:50:59 | 00:57:44.15 | 00:59:05.95 | 5:46 | 10.4 |
| 580 | BORKOWSKI PAWEŁ | 61 | EKOBIEGI | WARSZAWA | POL | M 40-49 | 183 | M 473 | 00:38:09 | 00:51:22 | 00:57:44.15 | 00:59:27.95 | 5:46 | 10.4 |
| 581 | WODZYŃSKI ROBERT | 866 | EKOBIEGI | WARSZAWA | POL | M 40-49 | 184 | M 474 | 00:37:09 | 00:51:09 | 00:57:48.60 | 00:59:30.70 | 5:46 | 10.4 |
| 582 | BRODAWKA OLGA | 71 | | WARSZAWA | POL | K 30-39 | 44 | K 106 | 00:36:37 | 00:50:43 | 00:57:49.85 | 00:58:49.30 | 5:47 | 10.4 |
| 583 | BIENIAS ARKADIUSZ | 42 | | WARSZAWA | POL | M 30-39 | 179 | M 475 | 00:37:49 | 00:51:14 | 00:57:52.50 | 00:58:09.25 | 5:47 | 10.4 |
| 584 | FILIPIAK OLGA | 171 | | WARSZAWA | POL | K 1-29 | 26 | K 107 | 00:36:58 | 00:51:07 | 00:57:55.50 | 00:59:08.55 | 5:47 | 10.4 |
| 585 | RODZOŚ BARTOSZ | 661 | | WARSZAWA | POL | M 30-39 | 180 | M 476 | 00:37:36 | 00:51:22 | 00:57:56.90 | 00:59:01.35 | 5:47 | 10.4 |
| 586 | ZASŁONKA PAWEŁ | 893 | | WARSZAWA | POL | M 30-39 | 181 | M 477 | 00:37:02 | 00:51:09 | 00:57:59.95 | 00:58:26.05 | 5:48 | 10.3 |
| 587 | ŚWIEŻACZYŃSKI PIOTR | 799 | | KOMORÓW | POL | M 30-39 | 182 | M 478 | 00:38:08 | 00:51:24 | 00:58:01.15 | 00:59:49.35 | 5:48 | 10.3 |
| 588 | GAJ-ŚWIEŻACZYŃSKA JOANNA | 187 | | KOMORÓW | POL | K 30-39 | 45 | K 108 | 00:38:09 | 00:51:24 | 00:58:01.30 | 00:59:49.20 | 5:48 | 10.3 |
| 589 | PTAK KRZYSZTOF | 645 | | WARSZAWA | POL | M 40-49 | 185 | M 479 | 00:36:26 | 00:50:59 | 00:58:02.70 | 00:58:38.60 | 5:48 | 10.3 |
| 590 | ZIELIŃSKI TOMASZ | 1015 | POLSKIE STOW. SPORTU PO TRANSPLANTACJI | KONSTANCIN-JEZIORNA | POL | M 40-49 | 186 | M 480 | 00:36:58 | 00:51:09 | 00:58:03.50 | 00:59:48.20 | 5:48 | 10.3 |
| 591 | MIAZGA KRZYSZTOF | 520 | | MARKI | POL | M 30-39 | 183 | M 481 | 00:38:09 | 00:51:28 | 00:58:05.10 | 00:59:53.90 | 5:48 | 10.3 |
| 592 | KOPCINSKA KATARZYNA | 367 | | WARSZAWA | POL | K 40-49 | 33 | K 109 | 00:37:30 | 00:51:23 | 00:58:05.20 | 00:58:41.05 | 5:48 | 10.3 |
| 593 | SKOWROŃSKA EWA | 716 | | JEDLIŃSK | POL | K 40-49 | 34 | K 110 | 00:37:39 | 00:51:23 | 00:58:05.40 | 00:58:14.55 | 5:48 | 10.3 |
| 594 | WOJCIECHOWSKA EWA | 867 | EKOBIEGI | WARSZAWA | POL | K 40-49 | 35 | K 111 | 00:37:33 | 00:51:22 | 00:58:05.75 | 00:59:47.60 | 5:48 | 10.3 |
| 595 | CZUPA BARTOSZ | 976 | ANPHARM RUN TEAM | WARSZAWA | POL | M 40-49 | 187 | M 482 | 00:36:37 | 00:50:45 | 00:58:08.50 | 01:00:15.65 | 5:48 | 10.3 |
| 596 | PASKA SYLWIA | 602 | | OTWOCK | POL | K 1-29 | 27 | K 112 | 00:36:34 | 00:51:01 | 00:58:09.50 | 00:58:27.30 | 5:49 | 10.3 |
| 597 | ROCKA GOSIA | 660 | | WARSZAWA | POL | K 40-49 | 36 | K 113 | 00:37:27 | 00:51:25 | 00:58:10.70 | 00:59:41.00 | 5:49 | 10.3 |
| 598 | HOŁOPIAK EWA | 251 | REEBOK RUN CREW | WARSZAWA | POL | K 50-59 | 5 | K 114 | 00:37:37 | 00:51:23 | 00:58:11.20 | 00:59:28.50 | 5:49 | 10.3 |
| 599 | DESKA KAROLINA | 144 | WWW.LESZEKBIEGA.PL | NOWA IWICZNA | POL | K 40-49 | 37 | K 115 | 00:36:52 | 00:51:09 | 00:58:11.60 | 00:59:19.45 | 5:49 | 10.3 |
| 600 | KRAWCZYK KATARZYNA | 400 | | WARSZAWA | POL | K 1-29 | 28 | K 116 | 00:37:23 | 00:51:08 | 00:58:14.75 | 00:59:15.65 | 5:49 | 10.3 |
| 601 | LEWANDOWSKA AGNIESZKA | 445 | | LEGIONOWO | POL | K 30-39 | 46 | K 117 | 00:37:25 | 00:51:16 | 00:58:17.45 | 00:59:02.45 | 5:49 | 10.3 |

BIEG PRZEZ MOST 2019, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 6.6km | 9km | Netto | Brutto | min/km | km/h |
|------|----------------------------|------|-----------------------|----------------------|------|---------|--------|-------|----------|----------|-------------|-------------|--------|------|
| 602 | CYRNY RAFAŁ | 117 | | WARSZAWA | POL | M 40-49 | 188 | M 483 | 00:36:34 | 00:51:18 | 00:58:20.40 | 00:59:44.45 | 5:50 | 10.3 |
| 603 | ZANIEWICZ ANDRZEJ | 888 | PARTNER | ŁUKÓW | POL | M 30-39 | 184 | M 484 | 00:38:32 | 00:52:09 | 00:58:21.05 | 00:59:49.20 | 5:50 | 10.3 |
| 604 | NAWROCKI RYSZARD | 556 | | WARSZAWA | POL | M 40-49 | 189 | M 485 | 00:36:34 | 00:51:07 | 00:58:22.50 | 00:59:34.30 | 5:50 | 10.3 |
| 605 | ŁAPICZ FILIP | 458 | | WARSZAWA | POL | M 1-29 | 68 | M 486 | 00:38:46 | 00:52:05 | 00:58:22.60 | 00:58:33.70 | 5:50 | 10.3 |
| 606 | ORŁOWSKI KACPER | 584 | | WARSZAWA | POL | M 1-29 | 69 | M 487 | 00:36:33 | 00:51:17 | 00:58:25.00 | 00:59:46.30 | 5:50 | 10.3 |
| 607 | GORCZYCA JOANNA | 213 | | WARSZAWA | POL | K 1-29 | 29 | K 118 | 00:36:49 | 00:51:09 | 00:58:26.20 | 00:59:58.00 | 5:50 | 10.3 |
| 608 | PRZYBYŁAWSKA-PRASKA ILONA | 642 | | WARSZAWA | POL | K 30-39 | 47 | K 119 | 00:37:16 | 00:51:21 | 00:58:31.30 | 00:59:37.70 | 5:51 | 10.3 |
| 609 | CIEPIENIAK ANIA | 104 | | WARSZAWA | POL | K 40-49 | 38 | K 120 | 00:36:44 | 00:51:19 | 00:58:32.10 | 00:58:42.90 | 5:51 | 10.3 |
| 610 | BOGUSZEWSKI PIOTR | 988 | | | | M 30-39 | 185 | M 488 | 00:38:50 | 00:51:55 | 00:58:33.35 | 01:01:07.15 | 5:51 | 10.2 |
| 611 | WILEŃSKI BARTOSZ | 990 | | | | M 1-29 | 70 | M 489 | 00:37:37 | 00:51:38 | 00:58:38.40 | 01:00:11.35 | 5:51 | 10.2 |
| 612 | DZIEKONSKI JACEK | 159 | | KONSTANCIN JEZIORNA | POL | M 60+ | 19 | M 490 | 00:36:27 | 00:51:11 | 00:58:41.40 | 01:00:07.90 | 5:52 | 10.2 |
| 613 | RURKA ANNA | 965 | | WARSZAWA | POL | K 40-49 | 39 | K 121 | 00:37:47 | 00:51:40 | 00:58:46.80 | 00:59:48.50 | 5:52 | 10.2 |
| 614 | ŁOZOWSKI ROBERT | 467 | | WARSZAWA | POL | M 40-49 | 190 | M 491 | 00:37:37 | 00:51:53 | 00:58:48.30 | 00:59:57.80 | 5:52 | 10.2 |
| 615 | KOZŁOWSKI ŁUKASZ | 398 | #BBKTS | ŻYRARDÓW | POL | M 30-39 | 186 | M 492 | 00:38:25 | 00:52:21 | 00:58:50.55 | 01:00:35.50 | 5:53 | 10.2 |
| 616 | GRABOWSKI JERZY | 220 | NIEZRZESZONY | WARSZAWA | POL | M 60+ | 20 | M 493 | 00:36:49 | 00:51:28 | 00:58:51.60 | 01:00:05.00 | 5:53 | 10.2 |
| 617 | DEMBOWSKA MAŁGORZATA | 140 | | CIECHANÓW | POL | K 1-29 | 30 | K 122 | 00:37:02 | 00:51:43 | 00:58:52.30 | 01:00:28.25 | 5:53 | 10.2 |
| 618 | ZIARKOWSKA AGNIESZKA | 903 | | WARSZAWA | POL | K 1-29 | 31 | K 123 | 00:38:29 | 00:52:28 | 00:59:01.15 | 01:00:44.05 | 5:54 | 10.2 |
| 619 | PEĆKAM KAMIL | 613 | LUBIĘ PIZZĘ | LUBLIN | POL | M 1-29 | 71 | M 494 | 00:37:13 | 00:52:02 | 00:59:01.35 | 01:00:11.05 | 5:54 | 10.2 |
| 620 | JACHOWSKA ALDONA | 259 | | WARSZAWA | POL | K 40-49 | 40 | K 124 | 00:37:07 | 00:51:56 | 00:59:06.70 | 01:00:16.75 | 5:54 | 10.2 |
| 621 | GRYCZKA-CIOŁEK MONIKA | 232 | | WARSZAWA | POL | K 30-39 | 48 | K 125 | 00:37:44 | 00:52:03 | 00:59:07.00 | 00:59:25.70 | 5:54 | 10.1 |
| 622 | PIETRAK WOJCIECH | 618 | WEBLOVERS | WARSZAWA | POL | M 30-39 | 187 | M 495 | 00:38:30 | 00:52:38 | 00:59:07.05 | 01:00:42.60 | 5:54 | 10.1 |
| 623 | ŁODOWSKA ILONA | 454 | | JABŁONNA | POL | K 30-39 | 49 | K 126 | 00:38:18 | 00:52:15 | 00:59:07.40 | 01:00:00.55 | 5:54 | 10.1 |
| 624 | GRYCNER PIOTR | 231 | | STAROGARD GDAŃSKI | POL | M 60+ | 21 | M 496 | 00:38:18 | 00:52:18 | 00:59:07.50 | 01:01:02.60 | 5:54 | 10.1 |
| 625 | JACHOWSKI PAWEŁ | 260 | | WARSZAWA | POL | M 40-49 | 191 | M 497 | 00:37:13 | 00:52:09 | 00:59:09.30 | 01:00:20.20 | 5:55 | 10.1 |
| 626 | GŁÓWKA MAŁGORZATA | 971 | ANPHARM RUN TEAM | MARKI | POL | K 40-49 | 41 | K 127 | 00:37:52 | 00:52:14 | 00:59:09.45 | 00:59:33.65 | 5:54 | 10.1 |
| 627 | SIKORA ZUZANNA | 707 | PZU SPORT TEAM | WARSZAWA | POL | K 40-49 | 42 | K 128 | 00:36:40 | 00:51:42 | 00:59:09.70 | 01:00:18.65 | 5:55 | 10.1 |
| 628 | GRACZ JAKUB | 221 | | WARSZAWA | POL | M 30-39 | 188 | M 498 | 00:38:13 | 00:52:17 | 00:59:11.45 | 01:01:10.40 | 5:55 | 10.1 |
| 629 | POLAŃSKA AGNIESZKA | 630 | | WARSZAWA | POL | K 30-39 | 50 | K 129 | 00:37:44 | 00:52:16 | 00:59:12.40 | 01:00:11.05 | 5:55 | 10.1 |
| 630 | PASEK DOROTA | 601 | | WARSZAWA | POL | K 30-39 | 51 | K 130 | 00:39:12 | 00:52:31 | 00:59:12.40 | 01:00:58.60 | 5:55 | 10.1 |
| 631 | STYCZYŃSKI GRZEGORZ | 755 | | WARSZAWA | POL | M 30-39 | 189 | M 499 | 00:39:11 | 00:52:31 | 00:59:12.50 | 01:00:58.75 | 5:55 | 10.1 |
| 632 | ROKICKI ALEKSANDER | 667 | | WARSZAWA | POL | M 40-49 | 192 | M 500 | 00:39:11 | 00:52:31 | 00:59:12.55 | 01:00:58.60 | 5:55 | 10.1 |
| 633 | NOWAK JANUSZ | 563 | | WARSZAWA | POL | M 30-39 | 190 | M 501 | 00:37:46 | 00:52:19 | 00:59:13.20 | 01:00:27.15 | 5:55 | 10.1 |
| 634 | FILIPOWICZ MACIEJ | 172 | | WARSZAWA | POL | M 40-49 | 193 | M 502 | 00:39:12 | 00:52:31 | 00:59:14.00 | 01:00:19.00 | 5:55 | 10.1 |
| 635 | MIKULSKA AGNIESZKA | 529 | | ŁÓDŹ | POL | K 40-49 | 43 | K 131 | 00:38:34 | 00:52:30 | 00:59:15.70 | 01:00:59.10 | 5:55 | 10.1 |
| 636 | GURMIŃSKA KATARZYNA | 238 | | WARSZAWA | POL | K 1-29 | 32 | K 132 | 00:38:26 | 00:52:30 | 00:59:16.70 | 01:01:00.90 | 5:55 | 10.1 |
| 637 | ROSA MATEUSZ | 669 | | WARSZAWA | POL | M 1-29 | 72 | M 503 | 00:38:17 | 00:52:21 | 00:59:17.75 | 01:01:12.20 | 5:55 | 10.1 |
| 638 | GIERS KLAUDIA | 200 | | WARSZAWA | POL | K 1-29 | 33 | K 133 | 00:38:03 | 00:52:46 | 00:59:20.55 | 00:59:49.55 | 5:56 | 10.1 |
| 639 | WALCZAK ANNA | 830 | TURBODZIKI | WARSZAWA | POL | K 40-49 | 44 | K 134 | 00:38:27 | 00:52:36 | 00:59:20.80 | 01:00:58.00 | 5:56 | 10.1 |
| 640 | RUMIANEK MARCIN | 677 | FB.COM/RUMIANEK | WARSZAWA | POL | M 30-39 | 191 | M 504 | 00:37:09 | 00:52:19 | 00:59:22.10 | 01:00:16.50 | 5:56 | 10.1 |
| 641 | GAWŁOWSKI ADAM | 192 | | WARSZAWA | POL | M 30-39 | 192 | M 505 | 00:37:21 | 00:52:15 | 00:59:22.90 | 01:00:12.90 | 5:56 | 10.1 |
| 642 | KRZANOWSKA MAŁGORZATA | 415 | | WARSZAWA | POL | K 50-59 | 6 | K 135 | 00:38:22 | 00:52:24 | 00:59:24.75 | 01:01:13.25 | 5:56 | 10.1 |
| 643 | PYRAK JOANNA | 650 | AEGONRUN | WARSZAWA | POL | K 30-39 | 52 | K 136 | 00:37:59 | 00:52:10 | 00:59:25.95 | 01:00:48.85 | 5:56 | 10.1 |
| 644 | BERNARDELLI KATARZYNA | 35 | | WARSZAWA | POL | K 1-29 | 34 | K 137 | 00:37:59 | 00:52:31 | 00:59:28.15 | 00:59:54.55 | 5:56 | 10.1 |
| 645 | PIĘTKA MARCIN | 620 | GKS FENIX SIENNICA | WARSZAWA | POL | M 30-39 | 193 | M 506 | 00:38:36 | 00:52:48 | 00:59:29.40 | 01:00:54.65 | 5:56 | 10.1 |
| 646 | SZTYGOWSKA ANNA | 1012 | | | | K 30-39 | 53 | K 138 | 00:37:57 | 00:52:36 | 00:59:31.05 | 01:00:28.65 | 5:57 | 10.1 |
| 647 | DAMPC NATALIA | 131 | | WARSZAWA | POL | K 30-39 | 54 | K 139 | 00:37:34 | 00:52:47 | 00:59:31.20 | 01:00:56.65 | 5:57 | 10.1 |
| 648 | KAMIŃSKI MARIUSZ | 979 | | | | M 30-39 | 194 | M 507 | 00:38:17 | 00:52:20 | 00:59:35.35 | 01:01:29.80 | 5:57 | 10.1 |
| 649 | KORZENIEWSKA- SOBCZUK ANNA | 377 | BIEGAM NA TARCHOMINIE | WARSZAWA | POL | K 40-49 | 45 | K 140 | 00:38:21 | 00:52:26 | 00:59:37.05 | 01:01:19.10 | 5:57 | 10.1 |
| 650 | WOŹNIAK MATEUSZ | 876 | | WARSZAWA | POL | M 30-39 | 195 | M 508 | 00:37:38 | 00:52:13 | 00:59:39.15 | 01:00:47.75 | 5:57 | 10.1 |
| 651 | BIERNACKI ADAM | 44 | | ŁÓDŹ | POL | M 60+ | 22 | M 509 | 00:38:36 | 00:52:42 | 00:59:40.50 | 01:01:11.15 | 5:58 | 10.1 |
| 652 | KOSTKA GRZEGORZ | 380 | BIEGIEM Z GREGIEM | WARSZAWA | POL | M 30-39 | 196 | M 510 | 00:37:46 | 00:52:32 | 00:59:42.35 | 01:01:26.00 | 5:58 | 10 |
| 653 | GONET KATARZYNA | 211 | | WARSZAWA | POL | K 40-49 | 46 | K 141 | 00:38:08 | 00:52:46 | 00:59:44.50 | 01:00:51.10 | 5:58 | 10 |
| 654 | GŁODNY HUBERT | 204 | | WARSZAWA | POL | M 40-49 | 194 | M 511 | 00:38:07 | 00:52:49 | 00:59:45.10 | 01:01:09.50 | 5:58 | 10 |
| 655 | KACZAN JOANNA | 315 | | WARSZAWA (BIAŁOLEKA) | POL | K 30-39 | 55 | K 142 | 00:38:25 | 00:52:37 | 00:59:47.75 | 01:01:23.75 | 5:58 | 10 |
| 656 | BESSARABA JAGODA | 37 | | WARSZAWA | POL | K 1-29 | 35 | K 143 | 00:37:01 | 00:52:10 | 00:59:49.10 | 01:00:52.80 | 5:58 | 10 |
| 657 | TOCHOWICZ PAWEŁ | 808 | | WARSZAWA | POL | M 40-49 | 195 | M 512 | 00:37:39 | 00:52:27 | 00:59:51.55 | 01:01:03.65 | 5:59 | 10 |
| 658 | SWIETLIK MAGDALENA | 767 | | WARSZAWA | POL | K 30-39 | 56 | K 144 | 00:37:52 | 00:52:42 | 00:59:51.85 | 01:00:56.80 | 5:59 | 10 |

BIEG PRZEZ MOST 2019, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 6.6km | 9km | Netto | Brutto | min/km | km/h |
|------|------------------------|------|---|----------------------|------|---------|--------|-------|----------|----------|-------------|-------------|--------|------|
| 659 | BULIK BOŻENA | 82 | PARTNER | WARSZAWA | POL | K 30-39 | 57 | K 145 | 00:38:37 | 00:52:46 | 00:59:53.40 | 01:01:21.85 | 5:59 | 10 |
| 660 | PIOTROWSKI ARKADIUSZ | 933 | #ARUSBIEGA | WARSZAWA | POL | M 30-39 | 197 | M 513 | 00:38:32 | 00:52:52 | 01:00:02.00 | 01:00:44.00 | 6:00 | 10 |
| 661 | HNIDZIUK MAGDALENA | 250 | | WARSZAWA | POL | K 40-49 | 47 | K 146 | 00:38:21 | 00:52:45 | 01:00:03.00 | 01:01:32.55 | 6:00 | 10 |
| 662 | ARAŻNY ZBIGNIEW | 10 | TRUCHT TARCHOMIN TEAM | WARSZAWA | POL | M 40-49 | 196 | M 514 | 00:38:29 | 00:52:31 | 01:00:05.75 | 01:01:46.75 | 6:00 | 10 |
| 663 | MYŚLIŃSKA ANNA | 1111 | BIAŁOLEKA JEST KOBIETĄ | WARSZAWA | POL | K 40-49 | 48 | K 147 | 00:38:29 | 00:52:35 | 01:00:05.80 | 01:01:46.80 | 6:00 | 10 |
| 664 | AKSAMITOWSKI ROBERT | 6 | | WARSZAWA | POL | M 40-49 | 197 | M 515 | 00:38:58 | 00:53:39 | 01:00:07.00 | 01:02:01.90 | 6:00 | 10 |
| 665 | LELENIĘWSKA ANNA | 440 | | WARSZAWA | POL | K 1-29 | 36 | K 148 | 00:38:12 | 00:53:10 | 01:00:07.40 | 01:01:43.25 | 6:00 | 10 |
| 666 | SIESS MAŁGORZATA | 705 | UKS AZYMUT PABIANICE | WARSZAWA | POL | K 1-29 | 37 | K 149 | 00:38:48 | 00:53:12 | 01:00:09.45 | 01:01:27.05 | 6:01 | 10 |
| 667 | POGORZELSKI KUBA | 628 | | MARKI | POL | M 1-29 | 73 | M 516 | 00:37:36 | 00:53:06 | 01:00:10.85 | 01:00:24.25 | 6:01 | 10 |
| 668 | DYMEK DARIUSZ | 158 | | WARSZAWA | POL | M 40-49 | 198 | M 517 | 00:37:44 | 00:52:53 | 01:00:15.90 | 01:01:24.40 | 6:01 | 10 |
| 669 | JOŃCZYK STANISŁAW | 297 | FUNDACJA WARSZAWSKIE HOSPICIUM DLA DZIECI | LEGIONOWO | POL | M 50-59 | 29 | M 518 | 00:38:04 | 00:52:47 | 01:00:18.90 | 01:01:35.90 | 6:01 | 10 |
| 670 | KRAKOWIAK SYLWIA | 399 | | WARSZAWA | POL | K 40-49 | 49 | K 150 | 00:38:38 | 00:53:26 | 01:00:27.00 | 01:01:11.50 | 6:02 | 9.9 |
| 671 | SAFARZYŃSKI ALEKSANDER | 689 | | BŁONIE | POL | M 1-29 | 74 | M 519 | 00:39:28 | 00:53:56 | 01:00:41.75 | 01:02:35.95 | 6:04 | 9.9 |
| 672 | BRONICKA ELA | 72 | VEGE RUNNERS | WARSZAWA | POL | K 30-39 | 58 | K 151 | 00:38:28 | 00:53:17 | 01:00:42.15 | 01:02:24.70 | 6:04 | 9.9 |
| 673 | MUCHA KAMILA | 550 | BIEGAM NA TARCHOMINIE | KONIN | POL | K 40-49 | 50 | K 152 | 00:38:55 | 00:53:37 | 01:00:49.30 | 01:02:29.70 | 6:04 | 9.9 |
| 674 | OLESIAK ARKADIUSZ | 578 | BIEGAM NA TARCHOMINIE | POLSKA, WARSZAWA | POL | M 40-49 | 199 | M 520 | 00:38:55 | 00:53:38 | 01:00:50.40 | 01:02:29.85 | 6:05 | 9.9 |
| 675 | ŁUCZAK PIOTR | 471 | PKO BANK POLSKI SA | WARSZAWA | POL | M 40-49 | 200 | M 521 | 00:38:27 | 00:53:35 | 01:00:52.20 | 01:01:30.55 | 6:05 | 9.9 |
| 676 | HÄNCHEN ELISABETH | 243 | | WARSZAWA | POL | K 30-39 | 59 | K 153 | 00:38:49 | 00:53:55 | 01:00:52.45 | 01:02:49.40 | 6:05 | 9.9 |
| 677 | ŁUCZAK MAŁGORZATA | 472 | RUNNERSI ZE SKARBKA | WARSZAWA | POL | K 40-49 | 51 | K 154 | 00:38:28 | 00:53:36 | 01:00:53.40 | 01:01:30.70 | 6:05 | 9.9 |
| 678 | KASKA KRZYSZTOF | 333 | | WARSZAWA | POL | M 30-39 | 198 | M 522 | 00:40:55 | 00:54:46 | 01:00:54.70 | 01:02:14.75 | 6:05 | 9.9 |
| 679 | JUSZCZAK KAMIL | 307 | | LEGIONOWO | POL | M 1-29 | 75 | M 523 | 00:40:58 | 00:54:48 | 01:00:56.00 | 01:02:14.40 | 6:05 | 9.8 |
| 680 | PATOLETA MIREK | 604 | | WARSZAWA | POL | M 40-49 | 201 | M 524 | 00:38:10 | 00:53:32 | 01:00:57.40 | 01:02:08.30 | 6:05 | 9.8 |
| 681 | SURMACZ JACEK | 766 | | WARSZAWA | POL | M 30-39 | 199 | M 525 | 00:39:08 | 00:53:42 | 01:00:58.85 | 01:03:01.80 | 6:05 | 9.8 |
| 682 | WITZKE ARTUR | 858 | KAWUCHA | LEGIONOWO | POL | M 30-39 | 200 | M 526 | 00:39:54 | 00:54:08 | 01:00:59.65 | 01:03:19.05 | 6:06 | 9.8 |
| 683 | PEPŁŃSKI DAMIAN | 609 | | NOWY DWÓR MAZOWIECKI | POL | M 30-39 | 201 | M 527 | 00:39:15 | 00:53:37 | 01:01:03.10 | 01:02:30.30 | 6:06 | 9.8 |
| 684 | MAZUR PAWEŁ | 513 | WOODRUNNERS | WARSZAWA | POL | M 40-49 | 202 | M 528 | 00:38:48 | 00:53:35 | 01:01:04.05 | 01:02:51.50 | 6:06 | 9.8 |
| 685 | NOWAK MAGDALENA | 564 | AEGONRUN | WARSZAWA | POL | K 30-39 | 60 | K 155 | 00:39:25 | 00:53:54 | 01:01:21.05 | 01:02:43.75 | 6:08 | 9.8 |
| 686 | BRZÓZKA KAMIL | 77 | | WARSZAWA | POL | M 40-49 | 203 | M 529 | 00:39:47 | 00:54:10 | 01:01:21.25 | 01:03:41.35 | 6:08 | 9.8 |
| 687 | SIKORSKI PAWEŁ | 708 | GAMMA | WARSZAWA | POL | M 30-39 | 202 | M 530 | 00:38:59 | 00:53:57 | 01:01:22.35 | 01:03:13.40 | 6:08 | 9.8 |
| 688 | STRACHOCKA ANNA | 749 | GRUPA BIEGOWA UM W-WA | WARSZAWA | POL | K 60+ | 3 | K 156 | 00:39:55 | 00:54:12 | 01:01:25.35 | 01:03:38.60 | 6:08 | 9.8 |
| 689 | SOBIESKA ALEKSANDRA | 725 | | WARSZAWA | POL | K 40-49 | 52 | K 157 | 00:39:37 | 00:54:08 | 01:01:26.40 | 01:03:19.85 | 6:08 | 9.8 |
| 690 | KOŚNIK ALICJA | 386 | | WARSZAWA | POL | K 1-29 | 38 | K 158 | 00:39:21 | 00:54:15 | 01:01:29.80 | 01:03:22.30 | 6:09 | 9.8 |
| 691 | STAŃCZYK ZOFIA | 742 | | ZIELONKA | POL | K 1-29 | 39 | K 159 | 00:38:31 | 00:53:35 | 01:01:31.10 | 01:03:12.90 | 6:09 | 9.8 |
| 692 | ŁAĆKA ILONA | 461 | BIAŁOLEKA JEST KOBIETĄ | WARSZAWA | POL | K 40-49 | 53 | K 160 | 00:39:02 | 00:53:59 | 01:01:32.05 | 01:03:12.40 | 6:09 | 9.8 |
| 693 | BRZÓZKA MAGDA | 76 | | WARSZAWA | POL | K 30-39 | 61 | K 161 | 00:39:38 | 00:54:27 | 01:01:38.50 | 01:03:28.50 | 6:09 | 9.7 |
| 694 | NOWAK KASIA | 567 | | WARSZAWA | POL | K 30-39 | 62 | K 162 | 00:39:39 | 00:54:29 | 01:01:38.80 | 01:03:28.60 | 6:09 | 9.7 |
| 695 | SAL KINGA | 690 | | WARSZAWA | POL | K 30-39 | 63 | K 163 | 00:38:57 | 00:54:23 | 01:01:41.30 | 01:03:42.75 | 6:10 | 9.7 |
| 696 | GLASSER MAREK | 202 | | WARSZAWA | POL | M 60+ | 23 | M 531 | 00:38:46 | 00:53:57 | 01:01:41.55 | 01:03:16.60 | 6:10 | 9.7 |
| 697 | ADAMOWSKA BARBARA | 2 | MINISTERSTWO FINANSÓW | WARSZAWA | POL | K 40-49 | 54 | K 164 | 00:38:58 | 00:54:08 | 01:01:42.30 | 01:02:45.10 | 6:10 | 9.7 |
| 698 | MORAWSKA ANNA | 542 | | WARSZAWA | POL | K 60+ | 4 | K 165 | 00:40:08 | 00:54:40 | 01:01:46.35 | 01:02:47.45 | 6:10 | 9.7 |
| 699 | ZOUABI DOROTA | 907 | | WARSZAWA | POL | K 40-49 | 55 | K 166 | 00:38:57 | 00:54:10 | 01:01:48.50 | 01:02:25.75 | 6:10 | 9.7 |
| 700 | SIKORSKA AGNIESZKA | 928 | | WARSZAWA | POL | K 30-39 | 64 | K 167 | 00:40:03 | 00:54:42 | 01:01:49.35 | 01:03:40.65 | 6:10 | 9.7 |
| 701 | DĄBROWSKA BEATA | 134 | | JABŁONNA | POL | K 30-39 | 65 | K 168 | 00:39:22 | 00:54:42 | 01:01:49.65 | 01:02:42.55 | 6:11 | 9.7 |
| 702 | KARŁOWICZ ANNA | 331 | PARTIA WOLNYCH BIEGACZY | WARSZAWA | POL | K 60+ | 5 | K 169 | 00:39:28 | 00:54:32 | 01:01:57.10 | 01:03:44.20 | 6:11 | 9.7 |
| 703 | MORAWSKI PATRYK | 543 | | WARSZAWA | POL | M 1-29 | 76 | M 532 | 00:39:19 | 00:54:24 | 01:02:00.65 | 01:03:20.90 | 6:12 | 9.7 |
| 704 | MIKITIUK KATARZYNA | 527 | | MARKI | POL | K 40-49 | 56 | K 170 | 00:38:43 | 00:54:16 | 01:02:02.05 | 01:03:07.30 | 6:12 | 9.7 |
| 705 | PRZEDPEŁSKA ANETA | 638 | | WARSZAWA | POL | K 30-39 | 66 | K 171 | 00:39:22 | 00:54:33 | 01:02:02.05 | 01:03:28.40 | 6:12 | 9.7 |
| 706 | KOWALSKI WIESŁAW | 392 | | WARSZAWA | POL | M 50-59 | 30 | M 533 | 00:38:24 | 00:54:13 | 01:02:06.20 | 01:02:09.20 | 6:12 | 9.7 |
| 707 | GŁÓDŹ MAŁGORZATA | 963 | DO NOGI | WARSZAWA | POL | K 1-29 | 40 | K 172 | 00:39:28 | 00:54:38 | 01:02:10.85 | 01:03:16.05 | 6:13 | 9.6 |
| 708 | SZYDŁO PAWEŁ | 384 | | MIĘDZYBORÓW | POL | M 30-39 | 203 | M 534 | 00:38:32 | 00:54:02 | 01:02:11.20 | 01:02:33.20 | 6:13 | 9.6 |
| 709 | GAWIDZIEL SYLWIA | 190 | | WARSZAWA | POL | K 30-39 | 67 | K 173 | | | 01:02:16.25 | 01:02:16.25 | 6:13 | 9.6 |
| 710 | WOJTAL KATARZYNA | 872 | WATAHA - WARSZAWA | PIASECZNO | POL | K 30-39 | 68 | K 174 | 00:39:17 | 00:54:38 | 01:02:16.60 | 01:03:43.10 | 6:13 | 9.6 |
| 711 | ADAMUS KATARZYNA | 4 | DECATHLON PIASECZNO | PIASECZNO | POL | K 40-49 | 57 | K 175 | 00:39:17 | 00:54:38 | 01:02:16.70 | 01:03:43.05 | 6:13 | 9.6 |
| 712 | KULISZEWSKI MACIEJ | 424 | | GRODZISK MAZOWIECKI | POL | M 30-39 | 204 | M 535 | 00:39:28 | 00:54:41 | 01:02:28.75 | 01:03:14.40 | 6:14 | 9.6 |
| 713 | CHOROŚ SYLWIA | 922 | | WARSZAWA | POL | K 30-39 | 69 | K 176 | 00:39:50 | 00:55:01 | 01:02:30.60 | 01:03:59.40 | 6:15 | 9.6 |
| 714 | BORUTS MARCIN | 68 | | WARSZAWA | POL | M 30-39 | 205 | M 536 | 00:39:50 | 00:55:01 | 01:02:30.70 | 01:03:59.45 | 6:15 | 9.6 |

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| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 6.6km | 9km | Netto | Brutto | min/km | km/h |
|------|----------------------------|-----|------------------------|---------------------|------|---------|--------|-------|----------|----------|-------------|-------------|--------|------|
| 715 | KRZECZEWSKI JACEK | 416 | | WARSZAWA | POL | M 50-59 | 31 | M 537 | 00:39:20 | 00:54:45 | 01:02:37.05 | 01:04:25.85 | 6:15 | 9.6 |
| 716 | WAŚOWSKI MICHAŁ | 840 | | WARSZAWA | POL | M 30-39 | 206 | M 538 | 00:39:44 | 00:55:23 | 01:02:37.40 | 01:03:19.25 | 6:15 | 9.6 |
| 717 | ŁUCAK PIOTR | 470 | CST RUN TEAM | ŁOCHÓW | POL | M 30-39 | 207 | M 539 | 00:41:13 | 00:55:41 | 01:02:40.00 | 01:04:12.60 | 6:16 | 9.6 |
| 718 | JARMUŻEWSKA TERESA | 278 | TIA | WARSZAWA | POL | K 40-49 | 58 | K 177 | 00:41:45 | 00:55:58 | 01:02:46.35 | 01:04:58.45 | 6:16 | 9.6 |
| 719 | GRYGALEWICZ ANNA | 233 | G PARTNER RUNNERS | WARSZAWA | POL | K 30-39 | 70 | K 178 | 00:39:51 | 00:55:16 | 01:02:48.00 | 01:04:35.10 | 6:16 | 9.6 |
| 720 | GREGORCZYK BARTOSZ | 224 | | WARSZAWA | POL | M 30-39 | 208 | M 540 | 00:39:50 | 00:55:26 | 01:02:48.00 | 01:04:32.35 | 6:16 | 9.6 |
| 721 | GURMIŃSKI ŁUKASZ | 239 | T-MOBILE | WARSZAWA | POL | M 30-39 | 209 | M 541 | 00:38:52 | 00:54:50 | 01:02:56.55 | 01:04:38.15 | 6:17 | 9.5 |
| 722 | WOŁYNEK AGNIESZKA | 875 | | WARSZAWA | POL | K 40-49 | 59 | K 179 | 00:39:51 | 00:55:28 | 01:03:03.35 | 01:04:26.90 | 6:18 | 9.5 |
| 723 | SZYMCZYŃSKI BŁAŻEJ | 956 | | WARSZAWA | POL | M 30-39 | 210 | M 542 | 00:39:19 | 00:55:43 | 01:03:14.25 | 01:05:04.15 | 6:19 | 9.5 |
| 724 | ŁYGAS LESZEK | 476 | | WARSZAWA | POL | M 30-39 | 211 | M 543 | 00:39:18 | 00:55:23 | 01:03:16.90 | 01:05:05.75 | 6:19 | 9.5 |
| 725 | PRASAL KONRAD | 633 | RYSIOTEAM/INESSPORT.PL | ŁÓDŹ | POL | M 1-29 | 77 | M 544 | 00:39:51 | 00:55:30 | 01:03:16.90 | 01:04:24.85 | 6:19 | 9.5 |
| 726 | JANICKI MATEUSZ | 267 | LS WORLD RUN | WARSZAWA | POL | M 1-29 | 78 | M 545 | | | 01:03:19.30 | 01:03:19.30 | 6:19 | 9.5 |
| 727 | JURCZAK AGNIESZKA | 301 | | JEDLIŃSK | POL | K 40-49 | 60 | K 180 | 00:39:54 | 00:55:22 | 01:03:19.80 | 01:03:29.30 | 6:20 | 9.5 |
| 728 | MIRECKI ZBIGNIEW | 535 | EKOBIEGI | WARSZAWA | POL | M 60+ | 24 | M 546 | 00:41:06 | 00:56:13 | 01:03:27.20 | 01:05:11.30 | 6:20 | 9.5 |
| 729 | KORENKIEWICZ ANNA | 370 | | ZĄBKI | POL | K 30-39 | 71 | K 181 | 00:41:02 | 00:56:09 | 01:03:28.10 | 01:05:22.00 | 6:20 | 9.5 |
| 730 | ZARADKIEWICZ ŁUKASZ | 889 | | WARSZAWA | POL | M 30-39 | 212 | M 547 | 00:40:52 | 00:55:54 | 01:03:36.00 | 01:05:39.25 | 6:21 | 9.4 |
| 731 | STRZELEC AGNIESZKA | 753 | | WARSZAWA | POL | K 30-39 | 72 | K 182 | 00:39:31 | 00:55:41 | 01:03:36.90 | 01:04:40.25 | 6:21 | 9.4 |
| 732 | OBREBOWSKA MAŁGORZATA | 950 | | WARSZAWA | POL | K 30-39 | 73 | K 183 | 00:40:07 | 00:55:45 | 01:03:40.05 | 01:05:03.60 | 6:22 | 9.4 |
| 733 | OBREBOWSKI DARIUSZ | 952 | | WARSZAWA | POL | M 30-39 | 213 | M 548 | 00:40:04 | 00:55:45 | 01:03:40.15 | 01:05:03.55 | 6:22 | 9.4 |
| 734 | BASIAK AGNIESZKA | 25 | | WARSZAWA | POL | K 30-39 | 74 | K 184 | 00:39:18 | 00:55:16 | 01:03:40.90 | 01:05:11.80 | 6:22 | 9.4 |
| 735 | STANIOS NATALIA | 738 | | WARSZAWA | POL | K 1-29 | 41 | K 185 | 00:39:13 | 00:55:32 | 01:03:41.35 | 01:04:47.55 | 6:22 | 9.4 |
| 736 | KOZAKOW BORYS | 957 | | WARSZAWA | POL | M 60+ | 25 | M 549 | 00:40:47 | 00:56:18 | 01:03:42.15 | 01:05:04.40 | 6:22 | 9.4 |
| 737 | MACHNACKI MICHAŁ | 477 | GRUPA BIEGOWA UM W-WA | LEGIONOWO | POL | M 40-49 | 204 | M 550 | 00:39:48 | 00:55:34 | 01:03:43.80 | 01:05:16.15 | 6:22 | 9.4 |
| 738 | MIKLEWICZ MAŁGORZATA | 528 | | WARSZAWA | POL | K 40-49 | 61 | K 186 | 00:41:18 | 00:56:25 | 01:03:45.05 | 01:05:44.75 | 6:22 | 9.4 |
| 739 | OKSIENIUK MARCIN | 575 | TURBODZIKI | WOLICA | POL | M 30-39 | 214 | M 551 | 00:39:30 | 00:55:45 | 01:03:48.50 | 01:05:25.70 | 6:22 | 9.4 |
| 740 | PTASZYŃSKA MAGDALENA | 646 | | KUTNO | POL | K 40-49 | 62 | K 187 | 00:40:01 | 00:55:54 | 01:03:49.40 | 01:04:42.90 | 6:22 | 9.4 |
| 741 | RUZCZKA RAFAŁ | 675 | | WARSZAWA | POL | M 1-29 | 79 | M 552 | 00:38:48 | 00:55:46 | 01:03:51.00 | 01:04:17.00 | 6:23 | 9.4 |
| 742 | JACZYŃSKI RAFAŁ | 263 | | WARSZAWA | POL | M 30-39 | 215 | M 553 | 00:40:45 | 00:56:23 | 01:04:06.50 | 01:05:55.75 | 6:24 | 9.4 |
| 743 | HELDT GRZEGORZ | 248 | | WARSZAWA | POL | M 30-39 | 216 | M 554 | 00:39:32 | 00:55:53 | 01:04:06.70 | 01:05:58.25 | 6:24 | 9.4 |
| 744 | HELDT IWONA | 247 | | WARSZAWA | POL | K 1-29 | 42 | K 188 | 00:39:33 | 00:55:53 | 01:04:07.00 | 01:05:58.25 | 6:24 | 9.4 |
| 745 | OLSZEWSKA DOROTA | 579 | | WARSZAWA | POL | K 30-39 | 75 | K 189 | 00:39:22 | 00:55:33 | 01:04:09.45 | 01:04:33.90 | 6:24 | 9.4 |
| 746 | GAŁAZYN GRZEGORZ | 188 | | WARSZAWA | POL | M 40-49 | 205 | M 555 | 00:40:01 | 00:56:05 | 01:04:10.05 | 01:05:54.85 | 6:25 | 9.4 |
| 747 | DRABIK MICHAŁ | 150 | | WARSZAWA | POL | M 40-49 | 206 | M 556 | 00:39:45 | 00:56:01 | 01:04:13.45 | 01:05:14.85 | 6:25 | 9.3 |
| 748 | LECH BARTŁOMIEJ | 438 | | SIEDLCE | POL | M 1-29 | 80 | M 557 | 00:39:48 | 00:56:20 | 01:04:17.45 | 01:06:11.85 | 6:25 | 9.3 |
| 749 | PARTYKA PAWEŁ | 600 | | WARSZAWA | POL | M 40-49 | 207 | M 558 | 00:40:46 | 00:56:19 | 01:04:21.55 | 01:05:59.85 | 6:26 | 9.3 |
| 750 | JANKOWSKI TOMEK | 273 | | WARSZAWA | POL | M 40-49 | 208 | M 559 | 00:39:45 | 00:56:17 | 01:04:24.75 | 01:05:32.05 | 6:26 | 9.3 |
| 751 | BANY MICHAŁ | 17 | | WARSZAWA | POL | M 30-39 | 217 | M 560 | 00:40:35 | 00:57:04 | 01:04:25.65 | 01:05:46.60 | 6:26 | 9.3 |
| 752 | WITECKA ANNA | 855 | | WARSZAWA | POL | K 30-39 | 76 | K 190 | 00:40:16 | 00:56:19 | 01:04:26.85 | 01:06:20.60 | 6:26 | 9.3 |
| 753 | BIELEC BARTŁOMIEJ | 41 | LEGIA RUN CLUB | WARSZAWA | POL | M 30-39 | 218 | M 561 | 00:41:19 | 00:56:55 | 01:04:37.90 | 01:06:36.80 | 6:27 | 9.3 |
| 754 | KACPRZAK-ŚCISŁA ALEKSANDRA | 948 | | WARSZAWA | POL | K 1-29 | 43 | K 191 | 00:41:56 | 00:57:06 | 01:04:43.85 | 01:06:30.70 | 6:28 | 9.3 |
| 755 | PROROK MAŁGOSIA | 636 | | PIASECZNO | POL | K 30-39 | 77 | K 192 | 00:42:04 | 00:57:17 | 01:04:45.80 | 01:06:55.70 | 6:28 | 9.3 |
| 756 | OLESHKO MAKSYM | 577 | | WARSZAWA | POL | M 1-29 | 81 | M 562 | 00:40:50 | 00:57:11 | 01:04:46.40 | 01:05:05.00 | 6:28 | 9.3 |
| 757 | PIOTROWSKA-KRZAK ELA | 623 | | WARSZAWA | POL | K 40-49 | 63 | K 193 | 00:42:11 | 00:57:33 | 01:04:52.40 | 01:06:30.00 | 6:29 | 9.2 |
| 758 | KACPRZYK MICHAŁ | 312 | | WARSZAWA | POL | M 1-29 | 82 | M 563 | 00:41:11 | 00:56:57 | 01:04:58.30 | 01:06:33.80 | 6:29 | 9.2 |
| 759 | CYGAN KATARZYNA | 116 | | WARSZAWA | POL | K 30-39 | 78 | K 194 | 00:41:11 | 00:57:00 | 01:04:58.35 | 01:06:33.50 | 6:29 | 9.2 |
| 760 | ŚWIERSZCZ ANETA | 798 | | ZALESIE | POL | K 30-39 | 79 | K 195 | 00:41:05 | 00:57:12 | 01:04:59.30 | 01:06:53.60 | 6:29 | 9.2 |
| 761 | WYSOCKA KAROLINA | 880 | | WARSZAWA | POL | K 30-39 | 80 | K 196 | 00:41:14 | 00:56:53 | 01:05:05.25 | 01:06:36.60 | 6:30 | 9.2 |
| 762 | OSIAK ŻANETA | 586 | | ŁASKARZEW | POL | K 30-39 | 81 | K 197 | 00:40:42 | 00:57:10 | 01:05:06.15 | 01:06:31.70 | 6:30 | 9.2 |
| 763 | WASIK PIOTR | 836 | | LEGIONOWO | POL | M 50-59 | 32 | M 564 | 00:40:56 | 00:56:08 | 01:05:06.45 | 01:06:25.90 | 6:30 | 9.2 |
| 764 | ZARZYCKI PIOTR | 892 | | WARSZAWA | POL | M 30-39 | 219 | M 565 | 00:42:34 | 00:58:18 | 01:05:07.60 | 01:06:55.50 | 6:30 | 9.2 |
| 765 | MRÓZ SEBASTIAN | 547 | | KOMORÓW | POL | M 40-49 | 209 | M 566 | 00:42:33 | 00:58:17 | 01:05:07.70 | 01:06:55.10 | 6:30 | 9.2 |
| 766 | ROMANOWSKI PAWEŁ | 668 | MARKOWI BIEGACZE | MARKI | POL | M 40-49 | 210 | M 567 | 00:42:02 | 00:57:36 | 01:05:10.55 | 01:06:30.00 | 6:31 | 9.2 |
| 767 | BORKOWSKA OLGA | 60 | | WARSZAWA | POL | K 30-39 | 82 | K 198 | 00:41:25 | 00:57:35 | 01:05:16.95 | 01:06:07.65 | 6:31 | 9.2 |
| 768 | WŁODARCZYK MACIEJ | 860 | | WARSZAWA | POL | M 40-49 | 211 | M 568 | 00:40:53 | 00:57:17 | 01:05:19.45 | 01:05:57.60 | 6:31 | 9.2 |
| 769 | RYNECKA AGNIESZKA | 684 | | RAJSZEW | POL | K 40-49 | 64 | K 199 | 00:41:08 | 00:57:24 | 01:05:19.55 | 01:07:13.15 | 6:32 | 9.2 |
| 770 | WILEŃSKI ZBIGNIEW | 944 | GRUPA BIEGOWA UM W-WA | DĄBROWA CHOTOMOWSKA | POL | M 50-59 | 33 | M 569 | 00:42:07 | 00:57:19 | 01:05:24.90 | 01:06:58.10 | 6:32 | 9.2 |
| 771 | FALKOWSKA MONIKA | 164 | | WARSZAWA | POL | K 40-49 | 65 | K 200 | 00:41:15 | 00:57:30 | 01:05:35.10 | 01:07:19.60 | 6:33 | 9.1 |

BIEG PRZEZ MOST 2019, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 6.6km | 9km | Netto | Brutto | min/km | km/h |
|------|------------------------------|------|----------------------------|----------------------|------|---------|--------|-------|----------|----------|-------------|-------------|--------|------|
| 772 | KRÓLIKOWSKI ARTUR | 406 | | WARSZAWA | POL | M 40-49 | 212 | M 570 | 00:39:50 | 00:56:46 | 01:05:37.25 | 01:07:39.70 | 6:33 | 9.1 |
| 773 | HALASZ JUSTYNA | 242 | | WARSZAWA | POL | K 1-29 | 44 | K 201 | 00:43:37 | 00:58:29 | 01:05:43.65 | 01:07:42.55 | 6:34 | 9.1 |
| 774 | BARTECKA-MATUSZEWSKA URSZULA | 21 | | NOWY DWÓR MAZOWIECKI | POL | K 30-39 | 83 | K 202 | 00:41:10 | 00:57:23 | 01:05:45.90 | 01:06:41.70 | 6:34 | 9.1 |
| 775 | ŻÓŁCIŃSKI WALDEMAR | 913 | GRUPA BIEGOWA UM W-WA | WARSZAWA | POL | M 60+ | 26 | M 571 | 00:40:29 | 00:57:05 | 01:05:48.35 | 01:07:38.05 | 6:34 | 9.1 |
| 776 | REJCHERT KAMILA | 657 | | WARSZAWA | POL | K 30-39 | 84 | K 203 | 00:41:04 | 00:57:38 | 01:05:49.45 | 01:07:32.35 | 6:35 | 9.1 |
| 777 | CZAJKOWSKA KRYSZYNA | 120 | | WARSZAWA | POL | K 30-39 | 85 | K 204 | 00:40:50 | 00:57:55 | 01:05:50.10 | 01:06:08.35 | 6:35 | 9.1 |
| 778 | PACHOLAK PRZEMYSŁAW | 589 | | WARSZAWA | POL | M 50-59 | 34 | M 572 | 00:41:01 | 00:57:38 | 01:05:50.20 | 01:07:33.00 | 6:35 | 9.1 |
| 779 | RYDZ ADRIAN | 681 | | PIASECZNO | POL | M 30-39 | 220 | M 573 | 00:41:39 | 00:57:55 | 01:06:03.25 | 01:07:46.55 | 6:36 | 9.1 |
| 780 | KORNACKA AGNIESZKA | 372 | | NIEPORĘT | POL | K 1-29 | 45 | K 205 | 00:42:07 | 00:58:06 | 01:06:14.40 | 01:07:39.05 | 6:37 | 9.1 |
| 781 | WARDAK PRZEMYSŁAW | 833 | | WARSZAWA | POL | M 30-39 | 221 | M 574 | 00:42:31 | 00:58:30 | 01:06:22.15 | 01:07:40.50 | 6:38 | 9 |
| 782 | BABIAK-WARDAK KATARZYNA | 11 | | WARSZAWA | POL | K 30-39 | 86 | K 206 | 00:42:32 | 00:58:31 | 01:06:22.80 | 01:07:40.70 | 6:38 | 9 |
| 783 | KLIMEK KATARZYNA | 352 | | WARSZAWA | POL | K 30-39 | 87 | K 207 | 00:41:51 | 00:58:32 | 01:06:25.30 | 01:06:43.95 | 6:38 | 9 |
| 784 | BOJARSKA MARIA | 55 | | WARSZAWA | POL | K 50-59 | 7 | K 208 | 00:42:11 | 00:58:31 | 01:06:28.95 | 01:06:45.30 | 6:38 | 9 |
| 785 | STAŃCZYK GRZEGORZ | 741 | | ZIELONKA | POL | M 50-59 | 35 | M 575 | 00:41:34 | 00:58:18 | 01:06:30.85 | 01:08:12.80 | 6:39 | 9 |
| 786 | KUĆ BEATA | 423 | | WARSZAWA | POL | K 40-49 | 66 | K 209 | 00:41:31 | 00:58:10 | 01:06:33.65 | 01:08:13.60 | 6:39 | 9 |
| 787 | KOVALETS OLENA | 387 | | WARSZAWA | POL | K 1-29 | 46 | K 210 | 00:42:14 | 00:59:05 | 01:06:37.15 | 01:06:55.55 | 6:39 | 9 |
| 788 | SZŁAPA URSZULA | 778 | SPOT PSZCZYNA | CZARKÓW | POL | K 30-39 | 88 | K 211 | 00:41:50 | 00:58:24 | 01:06:38.55 | 01:08:43.25 | 6:39 | 9 |
| 789 | CIEPLAK KASIA | 105 | | WARSZAWA | POL | K 30-39 | 89 | K 212 | 00:41:49 | 00:58:28 | 01:06:38.70 | 01:08:10.40 | 6:39 | 9 |
| 790 | PRZYBOROWSKI RAFAŁ | 640 | | ŻUROMIN | POL | M 30-39 | 222 | M 576 | 00:42:37 | 00:58:34 | 01:06:39.95 | 01:07:19.70 | 6:40 | 9 |
| 791 | BOCHENEK SEBASTIAN | 50 | | LEGIONOWO | POL | M 30-39 | 223 | M 577 | 00:42:09 | 00:58:05 | 01:06:43.80 | 01:08:57.65 | 6:40 | 9 |
| 792 | MATYJASIAK MATEUSZ | 511 | | WARSZAWA | POL | M 1-29 | 83 | M 578 | 00:42:37 | 00:59:39 | 01:06:45.00 | 01:08:43.60 | 6:40 | 9 |
| 793 | TWARDO KAMIL | 820 | | DĄBROWA CHOTOMOWSKA | POL | M 30-39 | 224 | M 579 | 00:42:30 | 00:58:53 | 01:06:51.30 | 01:08:47.60 | 6:41 | 9 |
| 794 | KILIŃSKI PIOTR | 346 | | MICHAŁÓW-GRABINA | POL | M 40-49 | 213 | M 580 | 00:43:08 | 00:59:14 | 01:06:51.60 | 01:08:54.60 | 6:41 | 9 |
| 795 | ŻUCHOWSKI ARTUR | 916 | MY MIESZKAŃCY LEGIONOWO | LEGIONOWO | POL | M 40-49 | 214 | M 581 | 00:43:08 | 00:59:14 | 01:06:51.90 | 01:08:54.95 | 6:41 | 9 |
| 796 | SZOSTAKOWSKI JAROSŁAW | 1005 | BIEGAMY Z OCHOTĄ | WARSZAWA | POL | M 50-59 | 36 | M 582 | 00:43:33 | 00:59:13 | 01:06:59.25 | 01:09:04.55 | 6:41 | 9 |
| 797 | SADŁOWSKA ALEKSANDRA | 688 | | WARSZAWA | POL | K 1-29 | 47 | K 213 | 00:43:13 | 00:59:21 | 01:07:03.80 | 01:09:04.05 | 6:42 | 8.9 |
| 798 | JEDYNAK PAWEŁ | 291 | | WARSZAWA | POL | M 30-39 | 225 | M 583 | 00:42:08 | 00:59:15 | 01:07:23.15 | 01:09:26.15 | 6:44 | 8.9 |
| 799 | STĘPIŃSKA JOANNA | 746 | | WARSZAWA | POL | K 40-49 | 67 | K 214 | 00:42:34 | 00:59:00 | 01:07:25.15 | 01:09:27.30 | 6:44 | 8.9 |
| 800 | WINDER AGNIESZKA | 851 | | WARSZAWA | POL | K 30-39 | 90 | K 215 | 00:41:24 | 00:58:41 | 01:07:28.65 | 01:09:16.95 | 6:44 | 8.9 |
| 801 | ZAYATS DARYA | 898 | | WARSZAWA | POL | K 1-29 | 48 | K 216 | 00:42:17 | 00:59:13 | 01:07:31.55 | 01:08:44.25 | 6:45 | 8.9 |
| 802 | ZAWADZIŃSKA ANNA | 895 | | WARSZAWA | POL | K 30-39 | 91 | K 217 | 00:43:53 | 01:00:09 | 01:07:42.10 | 01:09:51.80 | 6:46 | 8.9 |
| 803 | SOJA KASIA | 728 | VEGE RUNNERS | KRAKÓW | POL | K 40-49 | 68 | K 218 | 00:43:52 | 01:00:03 | 01:07:42.45 | 01:07:42.45 | 6:46 | 8.9 |
| 804 | BOJKO ALEKSANDER | 56 | | WARSZAWA | POL | M 1-29 | 84 | M 584 | 00:42:40 | 00:59:40 | 01:07:52.55 | 01:09:50.95 | 6:47 | 8.8 |
| 805 | JURECKA JUSTYNA | 302 | | WARSZAWA | POL | K 1-29 | 49 | K 219 | 00:43:36 | 01:00:23 | 01:07:54.15 | 01:09:50.00 | 6:47 | 8.8 |
| 806 | ŁUCZAK BARTŁOMIEJ | 473 | KLUB BIEGACZA RTV EURO AGD | JABŁONNA | POL | M 30-39 | 226 | M 585 | 00:41:46 | 00:59:28 | 01:07:59.05 | 01:09:25.85 | 6:47 | 8.8 |
| 807 | JURECKI MAREK | 303 | | WARSZAWA | POL | M 50-59 | 37 | M 586 | 00:43:36 | 01:00:21 | 01:08:00.55 | 01:09:55.90 | 6:48 | 8.8 |
| 808 | PANASIUK AGA | 596 | | ZĄBKI | POL | K 40-49 | 69 | K 220 | 00:42:43 | 00:59:45 | 01:08:17.30 | 01:09:27.60 | 6:49 | 8.8 |
| 809 | JAWORSKA JOANNA | 287 | | WARSZAWA | POL | K 30-39 | 92 | K 221 | 00:44:41 | 01:00:27 | 01:08:17.50 | 01:10:17.00 | 6:49 | 8.8 |
| 810 | ŁUKASIEWICZ ROBERT | 475 | KOKOSZKA36TEAM | WARSZAWA | POL | M 40-49 | 215 | M 587 | 00:43:25 | 00:59:53 | 01:08:19.40 | 01:10:15.05 | 6:50 | 8.8 |
| 811 | BUDAJ-FIDECKA ANNA | 81 | FIDEPOP | WARSZAWA | POL | K 40-49 | 70 | K 222 | 00:44:21 | 01:00:26 | 01:08:40.10 | 01:10:13.80 | 6:52 | 8.7 |
| 812 | STAGŁOW MONIKA | 737 | | WARSZAWA | POL | K 1-29 | 50 | K 223 | 00:43:31 | 01:00:33 | 01:08:46.25 | 01:10:27.70 | 6:52 | 8.7 |
| 813 | WŁODARCZYK MIROSLAW | 861 | I LO UKS KOŚCIUSZKO | WŁODAWA | POL | M 40-49 | 216 | M 588 | 00:43:55 | 01:00:42 | 01:08:55.25 | 01:10:45.75 | 6:53 | 8.7 |
| 814 | IZDEBSKI BARTŁOMIEJ | 256 | | WARSZAWA | GBR | M 30-39 | 227 | M 589 | 00:42:20 | 01:00:11 | 01:08:58.60 | 01:10:56.00 | 6:53 | 8.7 |
| 815 | KIELAK JACEK | 341 | | TRUSKAW | POL | M 50-59 | 38 | M 590 | 00:43:43 | 01:01:07 | 01:09:17.65 | 01:09:34.75 | 6:55 | 8.7 |
| 816 | KŁOPOTOWSKA MAŁGORZATA | 355 | | WARSZAWA | POL | K 30-39 | 93 | K 224 | 00:43:14 | 01:00:46 | 01:09:19.75 | 01:10:04.05 | 6:56 | 8.7 |
| 817 | MALDIS MAREK | 486 | | WARSZAWA | POL | M 60+ | 27 | M 591 | 00:44:30 | 01:01:04 | 01:09:21.40 | 01:11:19.35 | 6:56 | 8.6 |
| 818 | WRONKA MARIANA | 878 | ZABIEGANY WOŁOMIN | WOŁOMIN | POL | K 30-39 | 94 | K 225 | 00:43:47 | 01:00:51 | 01:09:24.75 | 01:09:51.90 | 6:56 | 8.6 |
| 819 | FURMAN DOROTA | 179 | | WARSZAWA | POL | K 30-39 | 95 | K 226 | 00:44:42 | 01:01:27 | 01:09:26.60 | 01:11:30.50 | 6:56 | 8.6 |
| 820 | GRZANECKA AGNIESZKA | 236 | | WARSZAWA | POL | K 30-39 | 96 | K 227 | 00:44:32 | 01:01:06 | 01:09:34.15 | 01:11:43.75 | 6:57 | 8.6 |
| 821 | KACZOROWSKA MONIKA | 319 | | ZĄBKI | POL | K 40-49 | 71 | K 228 | 00:44:33 | 01:01:22 | 01:09:34.80 | 01:11:26.95 | 6:57 | 8.6 |
| 822 | HULANICKI ANDRZEJ | 253 | GOGGLE TEAM | WARSZAWA | POL | M 60+ | 28 | M 592 | 00:44:42 | 01:01:16 | 01:09:34.95 | 01:11:33.05 | 6:57 | 8.6 |
| 823 | MROZIK WIOLETTA | 545 | | WARSZAWA | POL | K 30-39 | 97 | K 229 | 00:44:20 | 01:01:37 | 01:09:35.90 | 01:11:16.75 | 6:57 | 8.6 |
| 824 | ŁOCHINA MARTA | 466 | | WARSZAWA | POL | K 40-49 | 72 | K 230 | 00:44:35 | 01:01:33 | 01:09:36.25 | 01:11:29.30 | 6:57 | 8.6 |
| 825 | KUREK IZABELA | 430 | BIEGAM POWOLI | WARSZAWA | POL | K 30-39 | 98 | K 231 | 00:43:37 | 01:01:09 | 01:09:38.55 | 01:11:29.55 | 6:57 | 8.6 |
| 826 | KUREK JACEK | 429 | BIEGAMPO WOLI | WARSZAWA | POL | M 40-49 | 217 | M 593 | 00:43:38 | 01:01:10 | 01:09:38.60 | 01:11:29.35 | 6:57 | 8.6 |
| 827 | NASKRĘT MARIUSZ | 555 | | RACOT | POL | M 40-49 | 218 | M 594 | 00:45:23 | 01:01:52 | 01:10:05.45 | 01:12:05.45 | 7:00 | 8.6 |
| 828 | SOSNÓWKA MAGDALENA | 732 | | WARSZAWA | POL | K 40-49 | 73 | K 232 | 00:44:42 | 01:01:53 | 01:10:08.00 | 01:12:07.50 | 7:00 | 8.6 |

BIEG PRZEZ MOST 2019, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 6.6km | 9km | Netto | Brutto | min/km | km/h | |
|------|--------------------------------|------|----------------------------------|----------------------|------|---------|--------|-------|----------|----------|-------------|-------------|--------|------|--|
| 829 | JASIŃSKA ALICJA | 282 | | BŁONIE | POL | K 1-29 | 51 | K 233 | 00:45:54 | 01:02:49 | 01:10:26.45 | 01:12:30.90 | 7:02 | 8.5 | |
| 830 | WIZERT JÓZEF | 859 | | WARSZAWA | POL | M 60+ | 29 | M 595 | 00:44:29 | 01:01:34 | 01:10:49.20 | 01:13:01.30 | 7:04 | 8.5 | |
| 831 | KAMIŃSKI MICHAŁ | 322 | | MYSIADŁO | POL | M 40-49 | 219 | M 596 | 00:44:43 | 01:01:34 | 01:10:58.90 | 01:13:00.85 | 7:05 | 8.5 | |
| 832 | KIELISZEK PAWEŁ | 343 | | WARSZAWA | POL | M 30-39 | 228 | M 597 | 00:45:06 | 01:02:43 | 01:11:19.30 | 01:12:55.75 | 7:07 | 8.4 | |
| 833 | TREMELET SEBASTIEN | 814 | | WARSZAWA | FRA | M 40-49 | 220 | M 598 | 00:45:41 | 01:03:09 | 01:11:24.10 | 01:13:29.70 | 7:08 | 8.4 | |
| 834 | KOSIERADZKA JOANNA | 378 | | WARSZAWA | POL | K 50-59 | 8 | K 234 | 00:45:53 | 01:03:21 | 01:12:05.20 | 01:13:52.35 | 7:12 | 8.3 | |
| 835 | KOSIERADZKI PAWEŁ | 379 | MASTERS DOJO | WARSZAWA | POL | M 50-59 | 39 | M 599 | 00:45:54 | 01:03:22 | 01:12:05.95 | 01:13:52.35 | 7:12 | 8.3 | |
| 836 | SYROCKI WOJCIECH | 984 | | WARSZAWA | POL | M 40-49 | 221 | M 600 | 00:47:15 | 01:04:03 | 01:12:06.40 | 01:14:25.00 | 7:12 | 8.3 | |
| 837 | WUJEC BARTŁOMIEJ | 879 | | JÓZEFÓW | POL | M 40-49 | 222 | M 601 | 00:46:42 | 01:03:45 | 01:12:09.95 | 01:14:11.05 | 7:13 | 8.3 | |
| 838 | JANKOWSKA JOLA | 271 | | WARSZAWA | POL | K 30-39 | 99 | K 235 | | | 01:12:11.00 | 01:12:11.00 | 7:13 | 8.3 | |
| 839 | JANUKOWICZ AGNIESZKA | 277 | | WARSZAWA | POL | K 30-39 | 100 | K 236 | | | 01:12:14.00 | 01:12:14.00 | 7:13 | 8.3 | |
| 840 | BANASIK KATARZYNA | 16 | GRUPA BIEGOWA UM W-WA | WARSZAWA | POL | K 30-39 | 101 | K 237 | 00:46:24 | 01:03:57 | 01:12:27.35 | 01:13:42.55 | 7:14 | 8.3 | |
| 841 | JURKOWSKA IRENA | 305 | | WARSZAWA | POL | K 60+ | 6 | K 238 | 00:44:36 | 01:03:40 | 01:12:49.15 | 01:14:45.30 | 7:16 | 8.2 | |
| 842 | ILCZUK TOMASZ | 1001 | TARCHOŚWIRY | WARSZAWA | POL | M 30-39 | 229 | M 602 | 00:47:49 | 01:04:39 | 01:13:25.00 | 01:15:39.30 | 7:20 | 8.2 | |
| 843 | CZARNECKI PIOTR | 125 | TARCHOŚFIRY | WARSZAWA | POL | M 30-39 | 230 | M 603 | 00:47:54 | 01:04:43 | 01:13:28.80 | 01:15:42.10 | 7:20 | 8.2 | |
| 844 | DĄBROWA WOJCIECH | 133 | | WARSZAWA | POL | M 60+ | 30 | M 604 | 00:46:12 | 01:04:53 | 01:13:43.60 | 01:15:51.40 | 7:22 | 8.1 | |
| 845 | SOJKA ŁUKASZ | 729 | | WARSZAWA | POL | M 30-39 | 231 | M 605 | 00:47:20 | 01:04:51 | 01:13:52.75 | 01:16:10.60 | 7:23 | 8.1 | |
| 846 | WÓJTOWICZ AGNIESZKA | 877 | | WARSZAWA | POL | K 40-49 | 74 | K 239 | 00:47:14 | 01:04:50 | 01:13:53.25 | 01:16:11.55 | 7:23 | 8.1 | |
| 847 | WAWRZONEK KAROLINA | 839 | | STANISŁAWÓW PIERWSZY | POL | K 40-49 | 75 | K 240 | 00:47:15 | 01:04:52 | 01:14:10.55 | 01:16:29.15 | 7:25 | 8.1 | |
| 848 | HEINE KRZYSZTOF | 246 | | WARSZAWA | POL | M 40-49 | 223 | M 606 | 00:47:15 | 01:04:54 | 01:14:11.45 | 01:16:29.75 | 7:25 | 8.1 | |
| 849 | BÖGER CAROLIN | 51 | | BERLIN | GER | K 1-29 | 52 | K 241 | 00:47:02 | 01:05:12 | 01:14:12.25 | 01:16:09.00 | 7:25 | 8.1 | |
| 850 | OGOŃCZYK DONATA | 845 | | | | K 1-29 | 53 | K 242 | 00:47:33 | 01:06:07 | 01:14:57.25 | 01:16:57.75 | 7:29 | 8 | |
| 851 | CHEN FENGQIN | 88 | | LESNOWOLA | CHN | K 30-39 | 102 | K 243 | 00:48:05 | 01:06:37 | 01:15:51.60 | 01:15:59.60 | 7:35 | 7.9 | |
| 852 | KUREK GUSTAW | 427 | | WARSZAWA | POL | M 50-59 | 40 | M 607 | 00:47:51 | 01:06:43 | 01:15:59.00 | 01:18:10.20 | 7:35 | 7.9 | |
| 853 | ŁOWCZAK JACEK | 969 | TEAM ZABIEGANEDNI | WARSZAWA | POL | M 30-39 | 232 | M 608 | 00:49:14 | 01:08:08 | 01:17:24.45 | 01:19:06.60 | 7:44 | 7.8 | |
| 854 | LIS KAMIL | 449 | GRUPA BIEGOWA UM W-WA | RADWANKÓW SZLACHECKI | POL | M 30-39 | 233 | M 609 | 00:49:28 | 01:08:55 | 01:17:42.60 | 01:18:22.90 | 7:46 | 7.7 | |
| 855 | METERA ANNA | 518 | | WARSZAWA | POL | K 40-49 | 76 | K 244 | 00:50:01 | 01:09:28 | 01:19:11.40 | 01:19:48.15 | 7:55 | 7.6 | |
| 856 | DRACZYŃSKA EDYTA | 153 | | WARSZAWA | POL | K 40-49 | 77 | K 245 | 00:50:00 | 01:09:28 | 01:19:12.10 | 01:19:48.45 | 7:55 | 7.6 | |
| 857 | ZAWADZKA MAGDALENA | 896 | ZAJĄC | WARSZAWA | POL | K 30-39 | 103 | K 246 | 00:47:15 | 01:04:55 | 01:19:54.30 | 01:22:11.95 | 7:59 | 7.5 | |
| 858 | GIEDYK PRZEMYSŁAW | 198 | DELOITTE ADVENTURE TEAM | WARSZAWA | POL | M 30-39 | 234 | M 610 | 00:50:22 | 01:10:34 | 01:19:54.40 | 01:21:55.30 | 7:59 | 7.5 | |
| 859 | GIEDYK KATARZYNA | 197 | | WARSZAWA | POL | K 30-39 | 104 | K 247 | 00:50:22 | 01:10:34 | 01:19:54.65 | 01:21:55.40 | 7:59 | 7.5 | |
| 860 | MAREK HENRYK | 501 | - | WARSZAWA | POL | M 60+ | 31 | M 611 | 01:20:28 | | 01:22:36.00 | 01:22:36.00 | 8:15 | 7.3 | |
| 861 | LEWANDOWSKA EWELINA | 444 | WATAHA - ŁĄCZY NAS BIEGANIE | PIASECZNO | POL | K 30-39 | 105 | K 248 | | | 01:22:46.30 | 01:25:13.20 | 8:16 | 7.2 | |
| 862 | JÓZWIĄK DOROTA | 299 | SLOW JOGGING BIAŁOŁĘKA | WARSZAWA | POL | K 40-49 | 78 | K 249 | | | 01:22:49.10 | 01:25:15.50 | 8:16 | 7.2 | |
| 863 | KORNACKI SŁAWOMIR | 373 | | NIEPORĘT | POL | M 50-59 | 41 | M 612 | 00:50:43 | 01:13:00 | 01:24:00.80 | 01:25:25.20 | 8:24 | 7.1 | |
| 864 | SIERPOWSKA-BARTOSIK AGNIESZKA | 701 | SLOW JOGGING ŁÓDŹ / VEGE RUNNERS | ŁÓDŹ | POL | K 40-49 | 79 | K 250 | 00:54:31 | 01:15:48 | 01:28:08.15 | 01:30:33.55 | 8:48 | 6.8 | |
| 865 | GRĄCKA KATARZYNA | 222 | | WARSZAWA | POL | K 40-49 | 80 | K 251 | 00:54:32 | 01:15:50 | 01:28:08.80 | 01:30:33.50 | 8:48 | 6.8 | |
| 866 | WILCZYŃSKA MAŁGORZATA | 992 | | WARSZAWA | POL | K 40-49 | 81 | K 252 | 00:57:31 | 01:18:21 | 01:29:39.75 | 01:32:07.55 | 8:58 | 6.7 | |
| 867 | RUSIN MICHAŁ | 679 | KS STASZEWCY | JABŁONNA | POL | M 1-29 | 85 | M 613 | 00:32:11 | 00:44:25 | | | 4:56 | 12.2 | |
| 868 | MŁODZIŃSKA NINA | 1013 | | WARSZAWA | POL | K 1-29 | 54 | K 253 | 00:51:24 | | | | 7:47 | 7.7 | |
| 869 | RODZOCH DANIEL | 964 | | WARSZAWA | POL | M 30-39 | 235 | M 614 | | | | | | | |
| 870 | KRAWCZYK MARLENA | 401 | | WARSZAWA | POL | K 30-39 | 106 | K 254 | | | | | | | |
| LIM | SŁADEK KAROL | 954 | | MICHAŁOWICE | POL | M 30-39 | LIM | LIM | 00:57:34 | 01:18:28 | 01:30:04.45 | 01:32:27.00 | 0:00 | 6.7 | |
| LIM | HAJDUK MONIKA | 955 | | ŻYRARDÓW | POL | K 1-29 | LIM | LIM | 00:55:43 | 01:03:51 | 01:30:04.60 | 01:32:27.20 | 0:00 | 6.7 | |
| LIM | SKRZYDŁOWSKA-KALUKIN KATARZYNA | 717 | SLOW JOGGING BIAŁOŁĘKA | WARSZAWA | POL | K 50-59 | LIM | LIM | 00:56:40 | 01:18:01 | 01:31:27.10 | 01:33:59.00 | 0:00 | 6.6 | |
| LIM | PILSKA MAGDA | 621 | SLOW JOGGING WARSZAWA | BIENIEWICE | POL | K 40-49 | LIM | LIM | 00:56:50 | 01:19:12 | 01:31:29.00 | 01:34:01.10 | 0:00 | 6.6 | |
| LIM | BOROWIAK JOLANTA | 63 | SLOW JOGGING POLSKA | WARSZAWA | POL | K 60+ | LIM | LIM | 00:56:50 | 01:19:04 | 01:31:29.75 | 01:34:01.80 | 0:00 | 6.6 | |
| LIM | ROBASZKIEWICZ ADAM | 659 | | WARSZAWA | POL | M 40-49 | LIM | LIM | 00:57:17 | 01:19:59 | 01:31:30.05 | 01:34:02.90 | 0:00 | 6.6 | |
| LIM | BOROWIAK JACEK | 62 | SLOW JOGGING POLSKA | WARSZAWA | POL | M 60+ | LIM | LIM | 00:56:48 | 01:19:05 | 01:31:30.45 | 01:34:01.55 | 0:00 | 6.6 | |
| LIM | SYC ALICJA | 768 | SLOW JOGGING BIAŁOŁĘKA | WARSZAWA | POL | K 50-59 | LIM | LIM | 00:56:43 | 01:18:04 | 01:31:31.25 | 01:33:59.80 | 0:00 | 6.6 | |
| LIM | BAUER JACEK | 26 | SLOW JOGGING ŁÓDŹ | ŁÓDŹ | POL | M 60+ | LIM | LIM | 00:57:33 | 01:19:59 | 01:31:33.05 | 01:34:05.25 | 0:00 | 6.6 | |
| LIM | BORZUCHOWSKA MONIKA | 70 | SLOW JOGGING ŁÓDŹ | ŁÓDŹ | POL | K 40-49 | LIM | LIM | 00:56:52 | 01:19:11 | 01:31:33.60 | 01:33:59.75 | 0:00 | 6.6 | |
| LIM | ZAWADA KATARZYNA | 894 | | WARSZAWA | POL | K 40-49 | LIM | LIM | 00:56:54 | 01:18:08 | 01:31:33.65 | 01:34:00.55 | 0:00 | 6.6 | |
| LIM | KOWALCZYK-CHRZUSZCZ KASIA | 390 | SLOW JOGGING ŁÓDŹ | ŁÓDŹ | POL | K 50-59 | LIM | LIM | 00:56:51 | 01:19:18 | 01:31:33.80 | 01:33:58.70 | 0:00 | 6.6 | |
| LIM | CIEŚLAK PAWEŁ | 112 | SLOW JOGGING BIAŁOŁĘKA | WARSZAWA | POL | M 50-59 | LIM | LIM | 00:56:55 | 01:18:03 | 01:31:34.15 | 01:34:03.30 | 0:00 | 6.6 | |
| LIM | SZTAJNIC JERZY | 782 | | ŁÓDŹ | POL | M 60+ | LIM | LIM | 00:56:54 | 01:19:17 | 01:31:34.15 | 01:33:59.20 | 0:00 | 6.6 | |

BIEG PRZEZ MOST 2019, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 6.6km | 9km | Netto | Brutto | min/km | km/h |
|------|-------------------|-----|------------------------|-----------|------|---------|--------|-----|----------|----------|-------------|-------------|--------|------|
| LIM | KAMIŃSKI WALDEMAR | 323 | SLOW JOGGING BIAŁOŁĘKA | WARSZAWA | POL | M 50-59 | LIM | LIM | 00:57:38 | 01:20:04 | 01:31:37.60 | 01:34:05.00 | 0:00 | 6.5 |

BIEG PRZEZ MOST 2019, K Open

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 6.6km | 9km | Netto | Brutto | min/km | km/h |
|------|-----------------------------|-----|--|------------------|------|---------|--------|------|----------|----------|-------------|-------------|--------|------|
| 1 | ŁAPIŃSKA ANNA | 459 | KS WARSZAWIANKA/ADRUNALINE | WARSZAWA | POL | K 30-39 | 1 | K 1 | 00:23:39 | 00:32:35 | 00:37:08.35 | 00:37:11.00 | 3:42 | 16.2 |
| 2 | PARSZCZYŃSKA IZABELA | 598 | TEAM PARSZCZYŃSKICH | WARSZAWA | POL | K 30-39 | 2 | K 2 | 00:24:21 | 00:33:36 | 00:38:11.50 | 00:38:13.00 | 3:49 | 15.7 |
| 3 | GRZEGORCZYK NATALIA | 995 | WANDA PANFIL TEAM / AZS AWF WARSZAWA | KRAŚNICA | POL | K 1-29 | 1 | K 3 | 00:25:12 | 00:34:54 | 00:39:39.50 | 00:39:42.00 | 3:58 | 15.1 |
| 4 | KOSTRZEWSKA JUSTYNA | 383 | ADIDAS RUNNERS WARSAW | ŁOMIANKI DOLNE | POL | K 30-39 | 3 | K 4 | 00:25:59 | 00:35:29 | 00:40:23.35 | 00:40:29.70 | 4:02 | 14.9 |
| 5 | HASS-KALITA JOANNA | 245 | WARSAW MASTERS TEAM | KOBYŁKA | POL | K 40-49 | 1 | K 5 | 00:27:11 | 00:37:13 | 00:42:00.80 | 00:42:05.60 | 4:12 | 14.3 |
| 6 | WESOŁOWSKA KATARZYNA | 844 | NAPRZÓD MŁOCINY | WARSZAWA | POL | K 40-49 | 2 | K 6 | 00:27:37 | 00:37:44 | 00:42:46.40 | 00:42:55.50 | 4:16 | 14 |
| 7 | ŻURANIEWSKA AGNIESZKA | 918 | NUDNE PIĄTKI | WARSZAWA | POL | K 40-49 | 3 | K 7 | 00:27:37 | 00:38:02 | 00:43:08.85 | 00:43:23.75 | 4:18 | 13.9 |
| 8 | ZIMOWICZ MAGDALENA | 936 | DUKLANOWSKI TEAM | WARSZAWA | POL | K 30-39 | 4 | K 8 | 00:28:18 | 00:38:24 | 00:43:18.30 | 00:43:30.15 | 4:19 | 13.9 |
| 9 | PACIOREK EWA | 590 | MARKOWI BIEGACZE | MARKI | POL | K 30-39 | 5 | K 9 | 00:28:16 | 00:38:51 | 00:44:08.00 | 00:44:22.30 | 4:24 | 13.6 |
| 10 | SŁAWIŃSKA EWA | 719 | WARSZAWA | WARSZAWA | POL | K 1-29 | 3 | K 10 | 00:28:52 | 00:39:29 | 00:44:45.70 | 00:44:55.30 | 4:28 | 13.4 |
| 11 | RADKOWSKA MAŁGORZATA | 653 | DZIOBAKI I NOSIAKI/SŁODKIE PĄCZKI | WARSZAWA | POL | K 30-39 | 6 | K 11 | 00:28:44 | 00:39:24 | 00:44:38.50 | 00:44:58.20 | 4:27 | 13.4 |
| 12 | SZUBA MARTYNA | 784 | TEAM PARSZCZYŃSKICH | MIŃSK MAZOWIECKI | POL | K 1-29 | 2 | K 12 | 00:28:12 | 00:39:12 | 00:44:38.75 | 00:44:58.55 | 4:27 | 13.4 |
| 13 | WINKOWSKA-STRUZIK MAGDALENA | 853 | DUKLANOWSKI TEAM / ADIDAS RUNNERS WARSAW | WARSZAWA | POL | K 30-39 | 7 | K 13 | 00:29:01 | 00:39:42 | 00:44:55.10 | 00:45:25.70 | 4:29 | 13.4 |
| 14 | KUCZYŃSKA MAGDALENA | 422 | WARSZAWA | WARSZAWA | POL | K 30-39 | 8 | K 14 | 00:29:15 | 00:40:03 | 00:45:19.05 | 00:45:39.15 | 4:31 | 13.2 |
| 15 | CZAJKOWSKA DOROTA | 119 | MYSIADŁO | WARSZAWA | POL | K 40-49 | 4 | K 15 | 00:29:15 | 00:39:55 | 00:45:10.70 | 00:45:40.40 | 4:31 | 13.3 |
| 16 | NOWAK ANNA | 569 | WARSZAWA | WARSZAWA | POL | K 30-39 | 9 | K 16 | 00:29:11 | 00:40:22 | 00:45:56.05 | 00:46:18.35 | 4:35 | 13.1 |
| 17 | ROGÓŻ ELŻBIETA | 947 | PRORUNNING PROMOTION | WARSZAWA | POL | K 40-49 | 6 | K 17 | 00:29:25 | 00:40:23 | 00:45:51.85 | 00:46:22.75 | 4:35 | 13.1 |
| 18 | SZYMBORSKA MONIKA | 788 | TEAM ZABIEGANE DNI | WARSZAWA | POL | K 40-49 | 5 | K 18 | 00:29:27 | 00:40:28 | 00:45:48.75 | 00:46:29.95 | 4:34 | 13.1 |
| 19 | OCHNIK-KALINOWSKA JUSTYNA | 573 | WARSZAWA | WARSZAWA | POL | K 40-49 | 7 | K 19 | 00:29:51 | 00:41:20 | 00:46:53.30 | 00:47:22.30 | 4:41 | 12.8 |
| 20 | STOLARCZYK GOSIA | 748 | LS WORLD RUN | WARSZAWA | POL | K 40-49 | 8 | K 20 | 00:29:54 | 00:41:23 | 00:47:08.15 | 00:47:33.25 | 4:42 | 12.7 |
| 21 | MICHALAK MONIKA | 521 | RAJSZEW | WARSZAWA | POL | K 30-39 | 10 | K 21 | 00:30:15 | 00:41:30 | 00:47:03.60 | 00:47:34.80 | 4:42 | 12.8 |
| 22 | BOGUMIŁ IZABELA | 54 | LEGIONOWO | WARSZAWA | POL | K 40-49 | 9 | K 22 | 00:30:42 | 00:41:50 | 00:47:23.10 | 00:47:38.10 | 4:44 | 12.7 |
| 23 | KĄDZIOŁKA BEATA | 337 | FMW RUNNERS | STAŁOWA WOLA | POL | K 30-39 | 12 | K 23 | 00:30:25 | 00:41:34 | 00:47:13.10 | 00:47:53.00 | 4:43 | 12.7 |
| 24 | GADOMSKA ANNA | 181 | PZU SPORT TEAM | WARSZAWA | POL | K 30-39 | 11 | K 24 | 00:30:31 | 00:41:41 | 00:47:12.35 | 00:47:58.30 | 4:43 | 12.7 |
| 25 | KUBICA EWA | 420 | WARSZAWA | WARSZAWA | POL | K 30-39 | 13 | K 25 | 00:30:40 | 00:41:55 | 00:47:35.45 | 00:48:20.75 | 4:45 | 12.6 |
| 26 | BORYSOWSKA MONIKA | 69 | SZCZECIN | WARSZAWA | POL | K 40-49 | 10 | K 26 | 00:30:31 | 00:42:05 | 00:47:48.60 | 00:48:32.45 | 4:46 | 12.5 |
| 27 | RZYMOWSKA KRYSZYNA | 687 | WARSZAWA | WARSZAWA | POL | K 50-59 | 1 | K 27 | 00:31:09 | 00:42:39 | 00:48:21.40 | 00:49:07.70 | 4:50 | 12.4 |
| 28 | BURZYŃSKA MAGDALENA | 85 | WARSZAWA | WARSZAWA | POL | K 30-39 | 15 | K 28 | 00:30:52 | 00:42:47 | 00:48:40.95 | 00:49:09.15 | 4:52 | 12.3 |
| 29 | GAŚSIOROWSKA ALICJA | 194 | ŻÓRAWSKITEAM | WARSZAWA | POL | K 40-49 | 11 | K 29 | 00:31:16 | 00:43:06 | 00:48:33.40 | 00:49:12.00 | 4:51 | 12.4 |
| 30 | JAGNIESZCZAK ZUZANNA | 264 | ADIDAS RUNNERS WARSAW | WARSZAWA | POL | K 30-39 | 14 | K 30 | 00:31:05 | 00:42:46 | 00:48:40.20 | 00:49:13.75 | 4:52 | 12.3 |
| 31 | KOWERDA SYLWIA | 395 | WARSZAWA | WARSZAWA | POL | K 1-29 | 4 | K 31 | 00:30:53 | 00:42:59 | 00:48:57.55 | 00:49:19.10 | 4:53 | 12.3 |
| 32 | RUDY IWONA | 676 | WARSZAWA | WARSZAWA | POL | K 30-39 | 16 | K 32 | 00:30:45 | 00:42:52 | 00:48:55.80 | 00:49:33.35 | 4:53 | 12.3 |
| 33 | OŁÓW KAMILA | 581 | GOŁDAP | WARSZAWA | POL | K 1-29 | 5 | K 33 | 00:31:30 | 00:43:31 | 00:49:27.95 | 00:49:45.05 | 4:56 | 12.1 |
| 34 | SEKŚCIŃSKA MAGDA | 696 | GRUPA BIEGOWA UM W-WA | WARSZAWA | POL | K 30-39 | 18 | K 34 | 00:31:46 | 00:43:33 | 00:49:14.65 | 00:49:46.50 | 4:55 | 12.2 |
| 35 | KORONA-SIERADZKA BOGUSŁAWA | 375 | WARSAW | WARSZAWA | POL | K 30-39 | 17 | K 35 | 00:32:11 | 00:43:37 | 00:49:12.40 | 00:50:00.20 | 4:55 | 12.2 |
| 36 | BE CZAK NATALIA | 29 | WARSZAWA | WARSZAWA | POL | K 30-39 | 19 | K 36 | 00:32:15 | 00:44:01 | 00:49:40.00 | 00:50:20.45 | 4:58 | 12.1 |
| 37 | KRUK EDYTA | 407 | GRUPA BIEGOWA UM W-WA | CHOTOMÓW | POL | K 40-49 | 12 | K 37 | 00:31:41 | 00:43:47 | 00:49:44.90 | 00:50:32.30 | 4:58 | 12.1 |
| 38 | ŻEBROWSKA ANNA | 930 | WARSZAWA | WARSZAWA | POL | K 30-39 | 20 | K 38 | 00:32:05 | 00:43:51 | 00:49:50.90 | 00:50:50.95 | 4:59 | 12 |
| 39 | TULA RENATA | 817 | MYKMYK | WARSZAWA | POL | K 60+ | 1 | K 39 | 00:32:32 | 00:44:30 | 00:50:24.05 | 00:51:10.80 | 5:02 | 11.9 |
| 40 | SEK ZOFIA | 698 | WARSZAWA | WARSZAWA | POL | K 40-49 | 13 | K 40 | 00:33:01 | 00:44:40 | 00:50:33.50 | 00:51:16.90 | 5:03 | 11.9 |
| 41 | KICZYŃSKA IZABELA | 340 | BRODNICA BIEGA | BRODNICA | POL | K 30-39 | 23 | K 41 | 00:32:33 | 00:45:04 | 00:51:16.10 | 00:51:26.60 | 5:07 | 11.7 |
| 42 | MALMON OLIWIA | 489 | KONDYCJA | WARSZAWA | POL | K 1-29 | 6 | K 42 | 00:36:01 | 00:44:53 | 00:51:41.30 | 00:51:44.90 | 5:10 | 11.6 |
| 43 | JAROS HONORATA | 280 | WARSZAWA | WARSZAWA | POL | K 40-49 | 14 | K 43 | 00:32:18 | 00:44:50 | 00:50:57.70 | 00:51:53.50 | 5:05 | 11.8 |
| 44 | KWIATKOWSKA ILONA | 434 | KB WYSZKÓW | WYSZKÓW | POL | K 30-39 | 22 | K 44 | 00:32:48 | 00:44:59 | 00:51:15.10 | 00:52:03.35 | 5:07 | 11.7 |
| 45 | KWIATKOWSKA KATARZYNA | 432 | MARKI | WARSZAWA | POL | K 30-39 | 21 | K 45 | 00:32:38 | 00:44:57 | 00:51:01.65 | 00:52:04.90 | 5:06 | 11.8 |
| 46 | TEJCHMA NATALIA | 805 | BIEGAM NA TARCHOMINIE | WARSZAWA | POL | K 40-49 | 15 | K 46 | 00:33:37 | 00:45:22 | 00:51:18.35 | 00:52:19.95 | 5:07 | 11.7 |
| 47 | BUCHALSKA EWA | 78 | EKOBIEGI | WARSZAWA | POL | K 40-49 | 16 | K 47 | 00:32:48 | 00:45:20 | 00:51:40.10 | 00:52:26.35 | 5:10 | 11.6 |
| 48 | CHOSZCZ DOMINIKA | 97 | WARSZAWA | WARSZAWA | POL | K 1-29 | 7 | K 48 | 00:32:31 | 00:45:50 | 00:51:47.15 | 00:52:36.40 | 5:10 | 11.6 |
| 49 | SCHINDLER ŻANETA | 695 | WARSZAWA | WARSZAWA | POL | K 40-49 | 18 | K 49 | 00:33:39 | 00:46:01 | 00:52:13.35 | 00:52:56.00 | 5:13 | 11.5 |

BIEG PRZEZ MOST 2019, K Open c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 6.6km | 9km | Netto | Brutto | min/km | km/h |
|------|-----------------------------|-----|---|---------------|------|---------|--------|-------|----------|----------|-------------|-------------|--------|------|
| 50 | KRUPIŃSKA WIOLA | 409 | TRUCHT TEAM TARCHOMIN | WARSZAWA | POL | K 1-29 | 9 | K 50 | 00:34:08 | 00:46:50 | 00:52:51.55 | 00:53:07.10 | 5:17 | 11.3 |
| 51 | KOSTRZEWA ELWIRA | 382 | PZU SPORT TEAM | WARSZAWA | POL | K 40-49 | 17 | K 50 | 00:33:33 | | 00:52:04.05 | 00:53:12.80 | 5:12 | 11.5 |
| 52 | MISZCZAK PAULINA | 536 | | WARSZAWA | POL | K 1-29 | 8 | K 51 | 00:34:07 | 00:46:28 | 00:52:28.55 | 00:53:28.70 | 5:14 | 11.4 |
| 53 | WAGNER JOLANTA | 829 | | WARSZAWA | POL | K 50-59 | 2 | K 52 | 00:33:49 | 00:46:14 | 00:52:30.30 | 00:53:58.10 | 5:15 | 11.4 |
| 54 | CHRZANOWSKA AGATA | 101 | CHRZANOWSKITEAM | WARSZAWA | POL | K 30-39 | 24 | K 53 | 00:33:39 | 00:46:22 | 00:52:36.60 | 00:53:53.20 | 5:15 | 11.4 |
| 55 | BOGŁOWSKA URSZULA | 52 | | WARSZAWA | POL | K 30-39 | 25 | K 54 | 00:33:37 | 00:46:38 | 00:52:47.85 | 00:54:06.25 | 5:16 | 11.4 |
| 56 | STAŃCZAK IWONA | 740 | TRUCHT TARCHOMIN TEAM | WARSZAWA | POL | K 40-49 | 19 | K 55 | 00:34:07 | 00:46:58 | 00:52:54.95 | 00:53:53.60 | 5:17 | 11.3 |
| 57 | CHOTOMSKA DOROTA | 98 | | LEGIONOWO | POL | K 1-29 | 10 | K 56 | 00:33:31 | 00:46:43 | 00:53:22.35 | 00:53:29.90 | 5:20 | 11.2 |
| 58 | KRUSZEWSKA DOMINIKA | 411 | | WARSZAWA | POL | K 30-39 | 26 | K 57 | 00:34:23 | 00:47:12 | 00:53:23.90 | 00:54:56.20 | 5:20 | 11.2 |
| 59 | GRABARCZYK ILONA | 218 | | LESZNO | POL | K 30-39 | 27 | K 58 | 00:34:30 | 00:47:21 | 00:53:32.80 | 00:54:10.25 | 5:21 | 11.2 |
| 60 | JANKOWSKA WIOLA | 270 | | WARSZAWA | POL | K 30-39 | 28 | K 59 | 00:34:37 | 00:47:21 | 00:53:37.00 | 00:54:44.20 | 5:21 | 11.2 |
| 61 | ZAWIŚLAK JOLA | 897 | | WARSZAWA | POL | K 40-49 | 20 | K 60 | 00:34:39 | 00:47:33 | 00:53:47.40 | 00:54:54.70 | 5:22 | 11.2 |
| 62 | MRUK JOANNA | 548 | | GÓRA KALWARIA | POL | K 1-29 | 11 | K 61 | 00:35:31 | 00:48:13 | 00:53:54.50 | 00:54:39.40 | 5:23 | 11.1 |
| 63 | PALUCH ANNA | 592 | | WARSZAWA | POL | K 40-49 | 21 | K 62 | 00:34:58 | 00:47:35 | 00:53:55.00 | 00:54:43.85 | 5:23 | 11.1 |
| 64 | ŁAZAREWICZ KATARZYNA | 460 | | WARSZAWA | POL | K 1-29 | 12 | K 63 | 00:33:49 | 00:47:26 | 00:54:00.35 | 00:54:54.75 | 5:24 | 11.1 |
| 65 | ŚWIDERSKA JOANNA | 795 | | WARSZAWA | POL | K 30-39 | 29 | K 64 | 00:34:48 | 00:47:43 | 00:54:03.50 | 00:55:07.70 | 5:24 | 11.1 |
| 66 | JONIK JUSTYNA | 296 | AZS WAT | WARSZAWA | POL | K 1-29 | 13 | K 65 | 00:34:26 | 00:47:53 | 00:54:09.25 | 00:54:14.80 | 5:24 | 11.1 |
| 67 | KONOPKA JUSTYNA | 366 | RUN 4FUN | WARSZAWA | POL | K 1-29 | 14 | K 66 | 00:34:41 | 00:47:51 | 00:54:11.70 | 00:54:48.50 | 5:25 | 11.1 |
| 68 | ZARĘBA-TREMELET KATARZYNA | 890 | | WARSZAWA | POL | K 30-39 | 30 | K 67 | 00:35:01 | 00:48:00 | 00:54:19.20 | 00:55:21.95 | 5:25 | 11 |
| 69 | KOMARNITSKAYA NATALIA | 361 | | WARSZAWA | | K 30-39 | 31 | K 68 | 00:34:33 | 00:47:46 | 00:54:21.25 | 00:55:33.35 | 5:26 | 11 |
| 70 | SKIBIŃSKA MAŁGORZATA | 713 | | WARSZAWA | POL | K 40-49 | 22 | K 69 | 00:35:58 | 00:48:17 | 00:54:22.85 | 00:56:16.00 | 5:26 | 11 |
| 71 | JANKOWSKA BOŻENA | 272 | | WARSZAWA | POL | K 30-39 | 32 | K 70 | 00:34:32 | 00:47:52 | 00:54:25.40 | 00:55:17.00 | 5:26 | 11 |
| 72 | KWAPISZ-CICHOWSKA KATARZYNA | 431 | DĄBROWSKI TEAM | OSTROŁĘKA | POL | K 40-49 | 23 | K 71 | 00:35:10 | 00:47:59 | 00:54:28.00 | 00:55:27.15 | 5:26 | 11 |
| 73 | NIEDZIÓŁKA MAŁGORZATA | 939 | TO NATURALNE | WARSZAWA | POL | K 50-59 | 3 | K 72 | 00:35:03 | 00:48:14 | 00:54:32.00 | 00:54:51.20 | 5:27 | 11 |
| 74 | JAWORSKA KATARZYNA | 286 | | WARSZAWA | POL | K 40-49 | 24 | K 73 | 00:35:03 | 00:47:52 | 00:54:35.50 | 00:55:37.35 | 5:27 | 11 |
| 75 | GZUŁA AGNIESZKA KAROLINA | 240 | ADIDAS RUNNERS WARSAW | WARSZAWA | POL | K 1-29 | 15 | K 74 | 00:34:30 | 00:47:42 | 00:54:42.00 | 00:55:16.10 | 5:28 | 11 |
| 76 | HULANICKA IRINA | 252 | GOGGLE TEAM | WARSZAWA | POL | K 60+ | 2 | K 75 | 00:35:06 | 00:47:38 | 00:54:43.00 | 00:55:45.20 | 5:28 | 11 |
| 77 | ŚWIĆ MAŁGORZATA | 794 | TRUCHT TARCHOMIN TEAM | WARSZAWA | POL | K 40-49 | 25 | K 76 | 00:34:37 | 00:48:07 | 00:54:56.25 | 00:55:44.80 | 5:29 | 10.9 |
| 78 | BYELKINA KATERYNA | 970 | ANPHARM RUN TEAM | WARSZAWA | POL | K 1-29 | 16 | K 77 | 00:35:24 | 00:48:46 | 00:55:02.75 | 00:57:14.05 | 5:30 | 10.9 |
| 79 | KĄZMIERSKA ANNA | 335 | | WOŁOMIN | POL | K 30-39 | 33 | K 78 | 00:35:33 | 00:48:38 | 00:55:05.90 | 00:56:26.25 | 5:30 | 10.9 |
| 80 | OSIŃSKA SYLWIA | 587 | | WARSZAWA | POL | K 40-49 | 26 | K 79 | 00:34:59 | 00:48:35 | 00:55:13.25 | 00:55:24.20 | 5:31 | 10.9 |
| 81 | WASILUK KLAUDIA | 838 | DRUŻYNA SZPIKU | WARSZAWA | POL | K 1-29 | 17 | K 80 | 00:36:47 | 00:49:16 | 00:55:13.70 | 00:56:38.80 | 5:31 | 10.9 |
| 82 | MAJEWSKA HANNA | 482 | BIEGAM NA TARCHOMINIE | WARSZAWA | POL | K 30-39 | 34 | K 81 | 00:35:06 | 00:48:50 | 00:55:26.35 | 00:56:23.55 | 5:32 | 10.8 |
| 83 | CIMOCHOWSKA MAGDALENA | 113 | BIEGAM NA TARCHOMINIE | WARSZAWA | POL | K 40-49 | 27 | K 82 | 00:35:24 | 00:48:50 | 00:55:27.25 | 00:56:37.60 | 5:32 | 10.8 |
| 84 | BECZAK NATALIA | 30 | | WARSZAWA | POL | K 30-39 | 35 | K 83 | | | 00:55:33.00 | 00:55:33.00 | 5:33 | 10.8 |
| 85 | KACPRZAK-KLEJNA AGNIESZKA | 311 | | WARSZAWA | POL | K 40-49 | 28 | K 84 | 00:36:29 | 00:49:29 | 00:55:36.50 | 00:57:01.15 | 5:33 | 10.8 |
| 86 | POGORZELSKA ANNA | 627 | | WARSZAWA | POL | K 30-39 | 36 | K 85 | 00:35:06 | 00:48:42 | 00:55:36.95 | 00:56:34.80 | 5:33 | 10.8 |
| 87 | GROCHOWSKA JOANNA | 225 | BIEGAMY Z OCHOTĄ | WARSZAWA | POL | K 50-59 | 4 | K 86 | 00:35:28 | 00:49:07 | 00:55:42.55 | 00:57:47.45 | 5:34 | 10.8 |
| 88 | ROGALSKA MAGDA | 663 | WKURWTEAM | WARSZAWA | POL | K 30-39 | 37 | K 87 | 00:34:50 | 00:48:57 | 00:55:45.65 | 00:56:47.65 | 5:34 | 10.8 |
| 89 | OWCZAREK BEATA | 588 | GO SPORT RUNNERS | WARSZAWA | POL | K 1-29 | 18 | K 88 | 00:35:37 | 00:49:15 | 00:55:49.25 | 00:56:57.15 | 5:35 | 10.7 |
| 90 | DRÓZD SANDRA | 998 | | MARCELÓW | POL | K 1-29 | 19 | K 89 | 00:35:58 | 00:49:30 | 00:55:57.60 | 00:57:35.70 | 5:35 | 10.7 |
| 91 | MAĆKOWIAK WERONIKA | 480 | | WARSZAWA | POL | K 1-29 | 20 | K 90 | 00:35:56 | 00:49:39 | 00:56:06.00 | 00:58:00.70 | 5:36 | 10.7 |
| 92 | CIBORSKA AGNIESZKA | 934 | NAPRZÓD MŁOCINY | WARSZAWA | POL | K 40-49 | 29 | K 91 | 00:35:40 | 00:49:26 | 00:56:10.70 | 00:56:57.30 | 5:37 | 10.7 |
| 93 | JAKUBISIAK RENATA | 265 | AEGONRUN | WARSZAWA | POL | K 30-39 | 38 | K 92 | 00:37:34 | 00:50:05 | 00:56:23.40 | 00:57:46.20 | 5:38 | 10.6 |
| 94 | CHMIELEWSKA IZABELA | 92 | REEBOK RUN CREW/MINISTERSTWO ŚRODOWISKA | WARSZAWA | POL | K 30-39 | 39 | K 93 | 00:36:02 | 00:49:42 | 00:56:25.95 | 00:57:13.65 | 5:38 | 10.6 |
| 95 | ŁOZOSWKA ANETA | 229 | TRUCHT TARCHOMIN TEAM | WARSZAWA | POL | K 40-49 | 30 | K 94 | 00:36:08 | 00:49:51 | 00:56:31.30 | 00:57:36.45 | 5:39 | 10.6 |
| 96 | KACZMAREK KATARZYNA | 316 | | WARSZAWA | POL | K 30-39 | 40 | K 95 | 00:35:57 | 00:49:49 | 00:56:33.35 | 00:57:36.40 | 5:39 | 10.6 |
| 97 | MUZINSKA MARTA | 552 | | WARSZAWA | POL | K 30-39 | 41 | K 96 | 00:35:44 | 00:49:47 | 00:56:33.45 | 00:58:09.10 | 5:39 | 10.6 |
| 98 | FLOREK MAŁGORZATA | 174 | | WARSZAWA | POL | K 30-39 | 42 | K 97 | 00:35:54 | 00:50:07 | 00:56:40.30 | 00:58:15.70 | 5:40 | 10.6 |
| 99 | JAŚTAK NATALIA | 958 | | WARSZAWA | POL | K 1-29 | 21 | K 98 | 00:36:59 | 00:48:20 | 00:56:40.60 | 00:57:48.45 | 5:40 | 10.6 |
| 100 | SOCHACKA KAROLINA | 727 | | WARSZAWA | POL | K 1-29 | 22 | K 99 | 00:36:21 | 00:50:07 | 00:56:45.85 | 00:57:48.60 | 5:40 | 10.6 |
| 101 | LISZEWSKA ANNA | 451 | RUN TEAM NASIELSK | WARSZAWA | POL | K 40-49 | 31 | K 100 | 00:36:08 | 00:49:51 | 00:56:46.55 | 00:57:21.25 | 5:40 | 10.6 |
| 102 | DĄBROWSKA MAGDALENA | 135 | RUN4FUN | WARSZAWA | POL | K 40-49 | 32 | K 101 | 00:36:23 | 00:50:02 | 00:57:02.85 | 00:57:40.85 | 5:42 | 10.5 |
| 103 | SIGAL BOGDANA | 706 | | WARSZAWA | POL | K 1-29 | 23 | K 102 | 00:36:28 | 00:50:22 | 00:57:14.00 | 00:58:15.40 | 5:43 | 10.5 |
| 104 | CZACH NATALIA | 118 | WARSZAWSKI KLUB ROGATEGO MORSIA | WARSZAWA | POL | K 30-39 | 43 | K 103 | 00:37:27 | 00:50:42 | 00:57:14.90 | 00:59:10.10 | 5:43 | 10.5 |

BIEG PRZEZ MOST 2019, K Open c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 6.6km | 9km | Netto | Brutto | min/km | km/h |
|------|----------------------------|------|------------------------|----------------------|------|---------|--------|-------|----------|----------|-------------|-------------|--------|------|
| 105 | LEGAT DOROTA | 439 | | MIŃSK MAZOWIECKI | POL | K 1-29 | 24 | K 104 | 00:36:56 | 00:50:54 | 00:57:21.80 | 00:58:23.80 | 5:44 | 10.5 |
| 106 | KOWALSKA PAULINA | 391 | | WARSZAWA | POL | K 1-29 | 25 | K 105 | 00:36:49 | 00:50:41 | 00:57:30.15 | 00:58:55.75 | 5:45 | 10.4 |
| 107 | BRODAWKA OLGA | 71 | | WARSZAWA | POL | K 30-39 | 44 | K 106 | 00:36:37 | 00:50:43 | 00:57:49.85 | 00:58:49.30 | 5:47 | 10.4 |
| 108 | FILIPIAK OLGA | 171 | | WARSZAWA | POL | K 1-29 | 26 | K 107 | 00:36:58 | 00:51:07 | 00:57:55.50 | 00:59:08.55 | 5:47 | 10.4 |
| 109 | GAJ-SWIEZACZYŃSKA JOANNA | 187 | | KOMORÓW | POL | K 30-39 | 45 | K 108 | 00:38:09 | 00:51:24 | 00:58:01.30 | 00:59:49.20 | 5:48 | 10.3 |
| 110 | KOPCINSKA KATARZYNA | 367 | | WARSZAWA | POL | K 40-49 | 33 | K 109 | 00:37:30 | 00:51:23 | 00:58:05.20 | 00:58:41.05 | 5:48 | 10.3 |
| 111 | SKOWROŃSKA EWA | 716 | | JEDLIŃSK | POL | K 40-49 | 34 | K 110 | 00:37:39 | 00:51:23 | 00:58:05.40 | 00:58:14.55 | 5:48 | 10.3 |
| 112 | WOJCIECHOWSKA EWA | 867 | EKOBIEGI | WARSZAWA | POL | K 40-49 | 35 | K 111 | 00:37:33 | 00:51:22 | 00:58:05.75 | 00:59:47.60 | 5:48 | 10.3 |
| 113 | PASKA SYLWIA | 602 | | OTWOCK | POL | K 1-29 | 27 | K 112 | 00:36:34 | 00:51:01 | 00:58:09.50 | 00:58:27.30 | 5:49 | 10.3 |
| 114 | ROCKA GOSIA | 660 | | WARSZAWA | POL | K 40-49 | 36 | K 113 | 00:37:27 | 00:51:25 | 00:58:10.70 | 00:59:41.00 | 5:49 | 10.3 |
| 115 | HOŁOPIAK EWA | 251 | REEBOK RUN CREW | WARSZAWA | POL | K 50-59 | 5 | K 114 | 00:37:37 | 00:51:23 | 00:58:11.20 | 00:59:28.50 | 5:49 | 10.3 |
| 116 | DESKA KAROLINA | 144 | WWW.LESZEKBIEGA.PL | NOWA IWICZNA | POL | K 40-49 | 37 | K 115 | 00:36:52 | 00:51:09 | 00:58:11.60 | 00:59:19.45 | 5:49 | 10.3 |
| 117 | KRAWCZYK KATARZYNA | 400 | | WARSZAWA | POL | K 1-29 | 28 | K 116 | 00:37:23 | 00:51:08 | 00:58:14.75 | 00:59:15.65 | 5:49 | 10.3 |
| 118 | LEWANDOWSKA AGNIESZKA | 445 | | LEGIONOWO | POL | K 30-39 | 46 | K 117 | 00:37:25 | 00:51:16 | 00:58:17.45 | 00:59:02.45 | 5:49 | 10.3 |
| 119 | GORCZYCA JOANNA | 213 | | WARSZAWA | POL | K 1-29 | 29 | K 118 | 00:36:49 | 00:51:09 | 00:58:26.20 | 00:59:58.00 | 5:50 | 10.3 |
| 120 | PRZYBYŚLAWSKA-PRASKA ILONA | 642 | | WARSZAWA | POL | K 30-39 | 47 | K 119 | 00:37:16 | 00:51:21 | 00:58:31.30 | 00:59:37.70 | 5:51 | 10.3 |
| 121 | CIEPIENIAK ANIA | 104 | | WARSZAWA | POL | K 40-49 | 38 | K 120 | 00:36:44 | 00:51:19 | 00:58:32.10 | 00:58:42.90 | 5:51 | 10.3 |
| 122 | RURKA ANNA | 965 | | WARSZAWA | POL | K 40-49 | 39 | K 121 | 00:37:47 | 00:51:40 | 00:58:46.80 | 00:59:48.50 | 5:52 | 10.2 |
| 123 | DEMBOWSKA MAŁGORZATA | 140 | | CIECHANÓW | POL | K 1-29 | 30 | K 122 | 00:37:02 | 00:51:43 | 00:58:52.30 | 01:00:28.25 | 5:53 | 10.2 |
| 124 | ZIARKOWSKA AGNIESZKA | 903 | | WARSZAWA | POL | K 1-29 | 31 | K 123 | 00:38:29 | 00:52:28 | 00:59:01.15 | 01:00:44.05 | 5:54 | 10.2 |
| 125 | JACHOWSKA ALDONA | 259 | | WARSZAWA | POL | K 40-49 | 40 | K 124 | 00:37:07 | 00:51:56 | 00:59:06.70 | 01:00:16.75 | 5:54 | 10.2 |
| 126 | GRYCZKA-CIOŁEK MONIKA | 232 | | WARSZAWA | POL | K 30-39 | 48 | K 125 | 00:37:44 | 00:52:03 | 00:59:07.00 | 00:59:25.70 | 5:54 | 10.1 |
| 127 | LODOWSKA ILONA | 454 | | JABŁONNA | POL | K 30-39 | 49 | K 126 | 00:38:18 | 00:52:15 | 00:59:07.40 | 01:00:00.55 | 5:54 | 10.1 |
| 128 | GŁÓWKA MAŁGORZATA | 971 | ANPHARM RUN TEAM | MARKI | POL | K 40-49 | 41 | K 127 | 00:37:52 | 00:52:14 | 00:59:09.45 | 00:59:33.65 | 5:54 | 10.1 |
| 129 | SIKORA ZUZANNA | 707 | PZU SPORT TEAM | WARSZAWA | POL | K 40-49 | 42 | K 128 | 00:36:40 | 00:51:42 | 00:59:09.70 | 01:00:18.65 | 5:55 | 10.1 |
| 130 | POLAŃSKA AGNIESZKA | 630 | | WARSZAWA | POL | K 30-39 | 50 | K 129 | 00:37:44 | 00:52:16 | 00:59:12.40 | 01:00:11.05 | 5:55 | 10.1 |
| 131 | PASEK DOROTA | 601 | | WARSZAWA | POL | K 30-39 | 51 | K 130 | 00:39:12 | 00:52:31 | 00:59:12.40 | 01:00:58.60 | 5:55 | 10.1 |
| 132 | MIKULSKA AGNIESZKA | 529 | | ŁÓDŹ | POL | K 40-49 | 43 | K 131 | 00:38:34 | 00:52:30 | 00:59:15.70 | 01:00:59.10 | 5:55 | 10.1 |
| 133 | GURMIŃSKA KATARZYNA | 238 | | WARSZAWA | POL | K 1-29 | 32 | K 132 | 00:38:26 | 00:52:30 | 00:59:16.70 | 01:01:00.90 | 5:55 | 10.1 |
| 134 | GIERS KLAUDIA | 200 | | WARSZAWA | POL | K 1-29 | 33 | K 133 | 00:38:03 | 00:52:46 | 00:59:20.55 | 00:59:49.55 | 5:56 | 10.1 |
| 135 | WALCZAK ANNA | 830 | TURBODZIKI | WARSZAWA | POL | K 40-49 | 44 | K 134 | 00:38:27 | 00:52:36 | 00:59:20.80 | 01:00:58.00 | 5:56 | 10.1 |
| 136 | KRZANOWSKA MAŁGORZATA | 415 | | WARSZAWA | POL | K 50-59 | 6 | K 135 | 00:38:22 | 00:52:24 | 00:59:24.75 | 01:01:13.25 | 5:56 | 10.1 |
| 137 | PYRAK JOANNA | 650 | AEGONRUN | WARSZAWA | POL | K 30-39 | 52 | K 136 | 00:37:59 | 00:52:10 | 00:59:25.95 | 01:00:48.85 | 5:56 | 10.1 |
| 138 | BERNARDELLI KATARZYNA | 35 | | WARSZAWA | POL | K 1-29 | 34 | K 137 | 00:37:59 | 00:52:31 | 00:59:28.15 | 00:59:54.55 | 5:56 | 10.1 |
| 139 | SZTYGOWSKA ANNA | 1012 | | | | K 30-39 | 53 | K 138 | 00:37:57 | 00:52:36 | 00:59:31.05 | 01:00:28.65 | 5:57 | 10.1 |
| 140 | DAMPC NATALIA | 131 | | WARSZAWA | POL | K 30-39 | 54 | K 139 | 00:37:34 | 00:52:47 | 00:59:31.20 | 01:00:56.65 | 5:57 | 10.1 |
| 141 | KORZENIOWSKA- SOBCZUK ANNA | 377 | BIEGAM NA TARCHOMINIE | WARSZAWA | POL | K 40-49 | 45 | K 140 | 00:38:21 | 00:52:26 | 00:59:37.05 | 01:01:19.10 | 5:57 | 10.1 |
| 142 | GONET KATARZYNA | 211 | | WARSZAWA | POL | K 40-49 | 46 | K 141 | 00:38:08 | 00:52:46 | 00:59:44.50 | 01:00:51.10 | 5:58 | 10 |
| 143 | KACZAN JOANNA | 315 | | WARSZAWA (BIAŁOŁĘKA) | POL | K 30-39 | 55 | K 142 | 00:38:25 | 00:52:37 | 00:59:47.75 | 01:01:23.75 | 5:58 | 10 |
| 144 | BESSARABA JAGODA | 37 | | WARSZAWA | POL | K 1-29 | 35 | K 143 | 00:37:01 | 00:52:10 | 00:59:49.10 | 01:00:52.80 | 5:58 | 10 |
| 145 | SWIETLIK MAGDALENA | 767 | | WARSZAWA | POL | K 30-39 | 56 | K 144 | 00:37:52 | 00:52:42 | 00:59:51.85 | 01:00:56.80 | 5:59 | 10 |
| 146 | BULIK BOŻENA | 82 | PARTNER | WARSZAWA | POL | K 30-39 | 57 | K 145 | 00:38:37 | 00:52:46 | 00:59:53.40 | 01:01:21.85 | 5:59 | 10 |
| 147 | HNIDZIUK MAGDALENA | 250 | | WARSZAWA | POL | K 40-49 | 47 | K 146 | 00:38:21 | 00:52:45 | 01:00:03.00 | 01:01:32.55 | 6:00 | 10 |
| 148 | MYŚLIŃSKA ANNA | 1111 | BIAŁOŁĘKA JEST KOBIETĄ | WARSZAWA | POL | K 40-49 | 48 | K 147 | 00:38:29 | 00:52:35 | 01:00:05.80 | 01:01:46.80 | 6:00 | 10 |
| 149 | LELENIEWSKA ANNA | 440 | | WARSZAWA | POL | K 1-29 | 36 | K 148 | 00:38:12 | 00:53:10 | 01:00:07.40 | 01:01:43.25 | 6:00 | 10 |
| 150 | SIESS MAŁGORZATA | 705 | UKS AZYMUT PABIANICE | WARSZAWA | POL | K 1-29 | 37 | K 149 | 00:38:48 | 00:53:12 | 01:00:09.45 | 01:01:27.05 | 6:01 | 10 |
| 151 | KRAKOWIAK SYLWIA | 399 | | WARSZAWA | POL | K 40-49 | 49 | K 150 | 00:38:38 | 00:53:26 | 01:00:27.00 | 01:01:11.50 | 6:02 | 9.9 |
| 152 | BRONICKA ELA | 72 | VEGE RUNNERS | WARSZAWA | POL | K 30-39 | 58 | K 151 | 00:38:28 | 00:53:17 | 01:00:42.15 | 01:02:24.70 | 6:04 | 9.9 |
| 153 | MUCHA KAMILA | 550 | BIEGAM NA TARCHOMINIE | KONIN | POL | K 40-49 | 50 | K 152 | 00:38:55 | 00:53:37 | 01:00:49.30 | 01:02:29.70 | 6:04 | 9.9 |
| 154 | HÄNCHEN ELISABETH | 243 | | WARSZAWA | POL | K 30-39 | 59 | K 153 | 00:38:49 | 00:53:55 | 01:00:52.45 | 01:02:49.40 | 6:05 | 9.9 |
| 155 | ŁUCZAK MAŁGORZATA | 472 | RUNNERSI ZE SKARBKA | WARSZAWA | POL | K 40-49 | 51 | K 154 | 00:38:28 | 00:53:36 | 01:00:53.40 | 01:01:30.70 | 6:05 | 9.9 |
| 156 | NOWAK MAGDALENA | 564 | AEGONRUN | WARSZAWA | POL | K 30-39 | 60 | K 155 | 00:39:25 | 00:53:54 | 01:01:21.05 | 01:02:43.75 | 6:08 | 9.8 |
| 157 | STRACHOCKA ANNA | 749 | GRUPA BIEGOWA UM W-WA | WARSZAWA | POL | K 60+ | 3 | K 156 | 00:39:55 | 00:54:12 | 01:01:25.35 | 01:03:38.60 | 6:08 | 9.8 |
| 158 | SOBIESKA ALEKSANDRA | 725 | | WARSZAWA | POL | K 40-49 | 52 | K 157 | 00:39:37 | 00:54:08 | 01:01:26.40 | 01:03:19.85 | 6:08 | 9.8 |
| 159 | KOŚNIK ALICJA | 386 | | WARSZAWA | POL | K 1-29 | 38 | K 158 | 00:39:21 | 00:54:15 | 01:01:29.80 | 01:03:22.30 | 6:09 | 9.8 |
| 160 | STAŃCZYK ZOFIA | 742 | | ZIELONKA | POL | K 1-29 | 39 | K 159 | 00:38:31 | 00:53:35 | 01:01:31.10 | 01:03:12.90 | 6:09 | 9.8 |
| 161 | ŁĄCKA ILONA | 461 | BIAŁOŁĘKA JEST KOBIETĄ | WARSZAWA | POL | K 40-49 | 53 | K 160 | 00:39:02 | 00:53:59 | 01:01:32.05 | 01:03:12.40 | 6:09 | 9.8 |

BIEG PRZEZ MOST 2019, K Open c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 6.6km | 9km | Netto | Brutto | min/km | km/h |
|------|------------------------------|-----|-------------------------|----------------------|------|---------|--------|-------|----------|----------|-------------|-------------|--------|------|
| 162 | BRZÓZKA MAGDA | 76 | | WARSZAWA | POL | K 30-39 | 61 | K 161 | 00:39:38 | 00:54:27 | 01:01:38.50 | 01:03:28.50 | 6:09 | 9.7 |
| 163 | NOWAK KASIA | 567 | | WARSZAWA | POL | K 30-39 | 62 | K 162 | 00:39:39 | 00:54:29 | 01:01:38.80 | 01:03:28.60 | 6:09 | 9.7 |
| 164 | SAL KINGA | 690 | | WARSZAWA | POL | K 30-39 | 63 | K 163 | 00:38:57 | 00:54:23 | 01:01:41.30 | 01:03:42.75 | 6:10 | 9.7 |
| 165 | ADAMOWSKA BARBARA | 2 | MINISTERSTWO FINANSÓW | WARSZAWA | POL | K 40-49 | 54 | K 164 | 00:38:58 | 00:54:08 | 01:01:42.30 | 01:02:45.10 | 6:10 | 9.7 |
| 166 | MORAWSKA ANNA | 542 | | WARSZAWA | POL | K 60+ | 4 | K 165 | 00:40:08 | 00:54:40 | 01:01:46.35 | 01:02:47.45 | 6:10 | 9.7 |
| 167 | ZOUABI DOROTA | 907 | | WARSZAWA | POL | K 40-49 | 55 | K 166 | 00:38:57 | 00:54:10 | 01:01:48.50 | 01:02:25.75 | 6:10 | 9.7 |
| 168 | SIKORSKA AGNIESZKA | 928 | | WARSZAWA | POL | K 30-39 | 64 | K 167 | 00:40:03 | 00:54:42 | 01:01:49.35 | 01:03:40.65 | 6:10 | 9.7 |
| 169 | DĄBROWSKA BEATA | 134 | | JABŁONNA | POL | K 30-39 | 65 | K 168 | 00:39:22 | 00:54:42 | 01:01:49.65 | 01:02:42.55 | 6:11 | 9.7 |
| 170 | KARŁOWICZ ANNA | 331 | PARTIA WOLNYCH BIEGACZY | WARSZAWA | POL | K 60+ | 5 | K 169 | 00:39:28 | 00:54:32 | 01:01:57.10 | 01:03:44.20 | 6:11 | 9.7 |
| 171 | MIKITIUK KATARZYNA | 527 | | MARKI | POL | K 40-49 | 56 | K 170 | 00:38:43 | 00:54:16 | 01:02:02.05 | 01:03:07.30 | 6:12 | 9.7 |
| 172 | PRZEDPEŁSKA ANETA | 638 | | WARSZAWA | POL | K 30-39 | 66 | K 171 | 00:39:22 | 00:54:33 | 01:02:02.05 | 01:03:28.40 | 6:12 | 9.7 |
| 173 | GLÓDŹ MAŁGORZATA | 963 | DO NOGI | WARSZAWA | POL | K 1-29 | 40 | K 172 | 00:39:28 | 00:54:38 | 01:02:10.85 | 01:03:16.05 | 6:13 | 9.6 |
| 174 | GAWIDZIEL SYLWIA | 190 | | WARSZAWA | POL | K 30-39 | 67 | K 173 | | | 01:02:16.25 | 01:02:16.25 | 6:13 | 9.6 |
| 175 | WOJTAŁ KATARZYNA | 872 | WATAHA - WARSZAWA | PIASECZNO | POL | K 30-39 | 68 | K 174 | 00:39:17 | 00:54:38 | 01:02:16.60 | 01:03:43.10 | 6:13 | 9.6 |
| 176 | ADAMUS KATARZYNA | 4 | DECATHLON PIASECZNO | PIASECZNO | POL | K 40-49 | 57 | K 175 | 00:39:17 | 00:54:38 | 01:02:16.70 | 01:03:43.05 | 6:13 | 9.6 |
| 177 | CHOROŚ SYLWIA | 922 | | WARSZAWA | POL | K 30-39 | 69 | K 176 | 00:39:50 | 00:55:01 | 01:02:30.60 | 01:03:59.40 | 6:15 | 9.6 |
| 178 | JARMUŻEWSKA TERESA | 278 | TIA | WARSZAWA | POL | K 40-49 | 58 | K 177 | 00:41:45 | 00:55:58 | 01:02:46.35 | 01:04:58.45 | 6:16 | 9.6 |
| 179 | GRYGALOWICZ ANNA | 233 | G PARTNER RUNNERS | WARSZAWA | POL | K 30-39 | 70 | K 178 | 00:39:51 | 00:55:16 | 01:02:48.00 | 01:04:35.10 | 6:16 | 9.6 |
| 180 | WOŁYNEK AGNIESZKA | 875 | | WARSZAWA | POL | K 40-49 | 59 | K 179 | 00:39:51 | 00:55:28 | 01:03:03.35 | 01:04:26.90 | 6:18 | 9.5 |
| 181 | JURCZAK AGNIESZKA | 301 | | JEDLIŃSK | POL | K 40-49 | 60 | K 180 | 00:39:54 | 00:55:22 | 01:03:19.80 | 01:03:29.30 | 6:20 | 9.5 |
| 182 | KORENKIEWICZ ANNA | 370 | | ZĄBKI | POL | K 30-39 | 71 | K 181 | 00:41:02 | 00:56:09 | 01:03:28.10 | 01:05:22.00 | 6:20 | 9.5 |
| 183 | STRZELEC AGNIESZKA | 753 | | WARSZAWA | POL | K 30-39 | 72 | K 182 | 00:39:31 | 00:55:41 | 01:03:36.90 | 01:04:40.25 | 6:21 | 9.4 |
| 184 | OBREBOWSKA MAŁGORZATA | 950 | | WARSZAWA | POL | K 30-39 | 73 | K 183 | 00:40:07 | 00:55:45 | 01:03:40.05 | 01:05:03.60 | 6:22 | 9.4 |
| 185 | BASIAK AGNIESZKA | 25 | | WARSZAWA | POL | K 30-39 | 74 | K 184 | 00:39:18 | 00:55:16 | 01:03:40.90 | 01:05:11.80 | 6:22 | 9.4 |
| 186 | STANIOS NATALIA | 738 | | WARSZAWA | POL | K 1-29 | 41 | K 185 | 00:39:13 | 00:55:32 | 01:03:41.35 | 01:04:47.55 | 6:22 | 9.4 |
| 187 | MIKLEWICZ MAŁGORZATA | 528 | | WARSZAWA | POL | K 40-49 | 61 | K 186 | 00:41:18 | 00:56:25 | 01:03:45.05 | 01:05:44.75 | 6:22 | 9.4 |
| 188 | PTASZYŃSKA MAGDALENA | 646 | | KUTNO | POL | K 40-49 | 62 | K 187 | 00:40:01 | 00:55:54 | 01:03:49.40 | 01:04:42.90 | 6:22 | 9.4 |
| 189 | HELDT IWONA | 247 | | WARSZAWA | POL | K 1-29 | 42 | K 188 | 00:39:33 | 00:55:53 | 01:04:07.00 | 01:05:58.25 | 6:24 | 9.4 |
| 190 | OLSZEWSKA DOROTA | 579 | | WARSZAWA | POL | K 30-39 | 75 | K 189 | 00:39:22 | 00:55:33 | 01:04:09.45 | 01:04:33.90 | 6:24 | 9.4 |
| 191 | WITECKA ANNA | 855 | | WARSZAWA | POL | K 30-39 | 76 | K 190 | 00:40:16 | 00:56:19 | 01:04:26.85 | 01:06:20.60 | 6:26 | 9.3 |
| 192 | KACPRZAK-ŚCISŁA ALEKSANDRA | 948 | | WARSZAWA | POL | K 1-29 | 43 | K 191 | 00:41:56 | 00:57:06 | 01:04:43.85 | 01:06:30.70 | 6:28 | 9.3 |
| 193 | PROROK MAŁGOSIA | 636 | | PIASECZNO | POL | K 30-39 | 77 | K 192 | 00:42:04 | 00:57:17 | 01:04:45.80 | 01:06:55.70 | 6:28 | 9.3 |
| 194 | PIOTROWSKA-KRZAK ELA | 623 | | WARSZAWA | POL | K 40-49 | 63 | K 193 | 00:42:11 | 00:57:33 | 01:04:52.40 | 01:06:30.00 | 6:29 | 9.2 |
| 195 | CYGAN KATARZYNA | 116 | | WARSZAWA | POL | K 30-39 | 78 | K 194 | 00:41:11 | 00:57:00 | 01:04:58.35 | 01:06:33.50 | 6:29 | 9.2 |
| 196 | ŚWIERSZCZ ANETA | 798 | | ZALESIE | POL | K 30-39 | 79 | K 195 | 00:41:05 | 00:57:12 | 01:04:59.30 | 01:06:53.60 | 6:29 | 9.2 |
| 197 | WYSOCKA KAROLINA | 880 | | WARSZAWA | POL | K 30-39 | 80 | K 196 | 00:41:14 | 00:56:53 | 01:05:05.25 | 01:06:36.60 | 6:30 | 9.2 |
| 198 | OSIAK ŻANETA | 586 | | ŁASKARZEW | POL | K 30-39 | 81 | K 197 | 00:40:42 | 00:57:10 | 01:05:06.15 | 01:06:31.70 | 6:30 | 9.2 |
| 199 | BORKOWSKA OLGA | 60 | | WARSZAWA | POL | K 30-39 | 82 | K 198 | 00:41:25 | 00:57:35 | 01:05:16.95 | 01:06:07.65 | 6:31 | 9.2 |
| 200 | RYNECKA AGNIESZKA | 684 | | RAJSZEW | POL | K 40-49 | 64 | K 199 | 00:41:08 | 00:57:24 | 01:05:19.55 | 01:07:13.15 | 6:32 | 9.2 |
| 201 | FALKOWSKA MONIKA | 164 | | WARSZAWA | POL | K 40-49 | 65 | K 200 | 00:41:15 | 00:57:30 | 01:05:35.10 | 01:07:19.60 | 6:33 | 9.1 |
| 202 | HALASZ JUSTYNA | 242 | | WARSZAWA | POL | K 1-29 | 44 | K 201 | 00:43:37 | 00:58:29 | 01:05:43.65 | 01:07:42.55 | 6:34 | 9.1 |
| 203 | BARTECKA-MATUSZEWSKA URSZULA | 21 | | NOWY DWÓR MAZOWIECKI | POL | K 30-39 | 83 | K 202 | 00:41:10 | 00:57:23 | 01:05:45.90 | 01:06:41.70 | 6:34 | 9.1 |
| 204 | REJCHERT KAMILA | 657 | | WARSZAWA | POL | K 30-39 | 84 | K 203 | 00:41:04 | 00:57:38 | 01:05:49.45 | 01:07:32.35 | 6:35 | 9.1 |
| 205 | CZAJKOWSKA KRYSZYNA | 120 | | WARSZAWA | POL | K 30-39 | 85 | K 204 | 00:40:50 | 00:57:55 | 01:05:50.10 | 01:06:08.35 | 6:35 | 9.1 |
| 206 | KORNACKA AGNIESZKA | 372 | | NIEPORĘT | POL | K 1-29 | 45 | K 205 | 00:42:07 | 00:58:06 | 01:06:14.40 | 01:07:39.05 | 6:37 | 9.1 |
| 207 | BABIAK-WARDAK KATARZYNA | 11 | | WARSZAWA | POL | K 30-39 | 86 | K 206 | 00:42:32 | 00:58:31 | 01:06:22.80 | 01:07:40.70 | 6:38 | 9 |
| 208 | KLIMEK KATARZYNA | 352 | | WARSZAWA | POL | K 30-39 | 87 | K 207 | 00:41:51 | 00:58:32 | 01:06:25.30 | 01:06:43.95 | 6:38 | 9 |
| 209 | BOJARSKA MARIA | 55 | | WARSZAWA | POL | K 50-59 | 7 | K 208 | 00:42:11 | 00:58:31 | 01:06:28.95 | 01:06:45.30 | 6:38 | 9 |
| 210 | KUĆ BEATA | 423 | | WARSZAWA | POL | K 40-49 | 66 | K 209 | 00:41:31 | 00:58:10 | 01:06:33.65 | 01:08:13.60 | 6:39 | 9 |
| 211 | KOVALETS OLENA | 387 | | WARSZAWA | POL | K 1-29 | 46 | K 210 | 00:42:14 | 00:59:05 | 01:06:37.15 | 01:06:55.55 | 6:39 | 9 |
| 212 | SZŁAPA URSZULA | 778 | SPOT PSZCZYNA | CZARKÓW | POL | K 30-39 | 88 | K 211 | 00:41:50 | 00:58:24 | 01:06:38.55 | 01:08:43.25 | 6:39 | 9 |
| 213 | CIEPLAK KASIA | 105 | | WARSZAWA | POL | K 30-39 | 89 | K 212 | 00:41:49 | 00:58:28 | 01:06:38.70 | 01:08:10.40 | 6:39 | 9 |
| 214 | SADŁOWSKA ALEKSANDRA | 688 | | WARSZAWA | POL | K 1-29 | 47 | K 213 | 00:43:13 | 00:59:21 | 01:07:03.80 | 01:09:04.05 | 6:42 | 8.9 |
| 215 | STĘPIŃSKA JOANNA | 746 | | WARSZAWA | POL | K 40-49 | 67 | K 214 | 00:42:34 | 00:59:00 | 01:07:25.15 | 01:09:27.30 | 6:44 | 8.9 |
| 216 | WINDER AGNIESZKA | 851 | | WARSZAWA | POL | K 30-39 | 90 | K 215 | 00:41:24 | 00:58:41 | 01:07:28.65 | 01:09:16.95 | 6:44 | 8.9 |
| 217 | ZAYATS DARYA | 898 | | WARSZAWA | POL | K 1-29 | 48 | K 216 | 00:42:17 | 00:59:13 | 01:07:31.55 | 01:08:44.25 | 6:45 | 8.9 |
| 218 | ZAWADZIŃSKA ANNA | 895 | | WARSZAWA | POL | K 30-39 | 91 | K 217 | 00:43:53 | 01:00:09 | 01:07:42.10 | 01:09:51.80 | 6:46 | 8.9 |

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| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 6.6km | 9km | Netto | Brutto | min/km | km/h | |
|------|--------------------------------|------|----------------------------------|----------------------|------|---------|--------|-------|----------|----------|-------------|-------------|--------|------|--|
| 219 | SOJA KASIA | 728 | VEGE RUNNERS | KRAKÓW | POL | K 40-49 | 68 | K 218 | 00:43:52 | 01:00:03 | 01:07:42.45 | 01:07:42.45 | 6:46 | 8.9 | |
| 220 | JURECKA JUSTYNA | 302 | | WARSZAWA | POL | K 1-29 | 49 | K 219 | 00:43:36 | 01:00:23 | 01:07:54.15 | 01:09:50.00 | 6:47 | 8.8 | |
| 221 | PANASIUK AGA | 596 | | ZĄBKI | POL | K 40-49 | 69 | K 220 | 00:42:43 | 00:59:45 | 01:08:17.30 | 01:09:27.60 | 6:49 | 8.8 | |
| 222 | JAWORSKA JOANNA | 287 | | WARSZAWA | POL | K 30-39 | 92 | K 221 | 00:44:41 | 01:00:27 | 01:08:17.50 | 01:10:17.00 | 6:49 | 8.8 | |
| 223 | BUDAJ-FIDECKA ANNA | 81 | FIDEPOP | WARSZAWA | POL | K 40-49 | 70 | K 222 | 00:44:21 | 01:00:26 | 01:08:40.10 | 01:10:13.80 | 6:52 | 8.7 | |
| 224 | STAGŁOW MONIKA | 737 | | WARSZAWA | POL | K 1-29 | 50 | K 223 | 00:43:31 | 01:00:33 | 01:08:46.25 | 01:10:27.70 | 6:52 | 8.7 | |
| 225 | KŁOPOTOWSKA MAŁGORZATA | 355 | | WARSZAWA | POL | K 30-39 | 93 | K 224 | 00:43:14 | 01:00:46 | 01:09:19.75 | 01:10:04.05 | 6:56 | 8.7 | |
| 226 | WRONKA MARIANA | 878 | ZABIEGANY WOŁOMIN | WOŁOMIN | POL | K 30-39 | 94 | K 225 | 00:43:47 | 01:00:51 | 01:09:24.75 | 01:09:51.90 | 6:56 | 8.6 | |
| 227 | FURMAN DOROTA | 179 | | WARSZAWA | POL | K 30-39 | 95 | K 226 | 00:44:42 | 01:01:27 | 01:09:26.60 | 01:11:30.50 | 6:56 | 8.6 | |
| 228 | GRZANECKA AGNIESZKA | 236 | | WARSZAWA | POL | K 30-39 | 96 | K 227 | 00:44:32 | 01:01:06 | 01:09:34.15 | 01:11:43.75 | 6:57 | 8.6 | |
| 229 | KACZOROWSKA MONIKA | 319 | | ZĄBKI | POL | K 40-49 | 71 | K 228 | 00:44:33 | 01:01:22 | 01:09:34.80 | 01:11:26.95 | 6:57 | 8.6 | |
| 230 | MROZIK WIOLETTA | 545 | | WARSZAWA | POL | K 30-39 | 97 | K 229 | 00:44:20 | 01:01:37 | 01:09:35.90 | 01:11:16.75 | 6:57 | 8.6 | |
| 231 | ŁOCHINA MARTA | 466 | | WARSZAWA | POL | K 40-49 | 72 | K 230 | 00:44:35 | 01:01:33 | 01:09:36.25 | 01:11:29.30 | 6:57 | 8.6 | |
| 232 | KUREK IZABELA | 430 | BIEGAM POWOLI | WARSZAWA | POL | K 30-39 | 98 | K 231 | 00:43:37 | 01:01:09 | 01:09:38.55 | 01:11:29.55 | 6:57 | 8.6 | |
| 233 | SOSNÓWKA MAGDALENA | 732 | | WARSZAWA | POL | K 40-49 | 73 | K 232 | 00:44:42 | 01:01:53 | 01:10:08.00 | 01:12:07.50 | 7:00 | 8.6 | |
| 234 | JASIŃSKA ALICJA | 282 | | BŁONIE | POL | K 1-29 | 51 | K 233 | 00:45:54 | 01:02:49 | 01:10:26.45 | 01:12:30.90 | 7:02 | 8.5 | |
| 235 | KOSIERADZKA JOANNA | 378 | | WARSZAWA | POL | K 50-59 | 8 | K 234 | 00:45:53 | 01:03:21 | 01:12:05.20 | 01:13:52.35 | 7:12 | 8.3 | |
| 236 | JANKOWSKA JOLA | 271 | | WARSZAWA | POL | K 30-39 | 99 | K 235 | | | 01:12:11.00 | 01:12:11.00 | 7:13 | 8.3 | |
| 237 | JANUKOWICZ AGNIESZKA | 277 | | WARSZAWA | POL | K 30-39 | 100 | K 236 | | | 01:12:14.00 | 01:12:14.00 | 7:13 | 8.3 | |
| 238 | BANASIK KATARZYNA | 16 | GRUPA BIEGOWA UM W-WA | WARSZAWA | POL | K 30-39 | 101 | K 237 | 00:46:24 | 01:03:57 | 01:12:27.35 | 01:13:42.55 | 7:14 | 8.3 | |
| 239 | JURKOWSKA IRENA | 305 | | WARSZAWA | POL | K 60+ | 6 | K 238 | 00:44:36 | 01:03:40 | 01:12:49.15 | 01:14:45.30 | 7:16 | 8.2 | |
| 240 | WÓJTOWICZ AGNIESZKA | 877 | | WARSZAWA | POL | K 40-49 | 74 | K 239 | 00:47:14 | 01:04:50 | 01:13:53.25 | 01:16:11.55 | 7:23 | 8.1 | |
| 241 | WAWRZONEK KAROLINA | 839 | | STANISŁAWÓW PIERWSZY | POL | K 40-49 | 75 | K 240 | 00:47:15 | 01:04:52 | 01:14:10.55 | 01:16:29.15 | 7:25 | 8.1 | |
| 242 | BÖGER CAROLIN | 51 | | BERLIN | GER | K 1-29 | 52 | K 241 | 00:47:02 | 01:05:12 | 01:14:12.25 | 01:16:09.00 | 7:25 | 8.1 | |
| 243 | OGOŃCZYK DONATA | 845 | | | | K 1-29 | 53 | K 242 | 00:47:33 | 01:06:07 | 01:14:57.25 | 01:16:57.75 | 7:29 | 8 | |
| 244 | CHEN FENGQIN | 88 | | LESNOWOLA | CHN | K 30-39 | 102 | K 243 | 00:48:05 | 01:06:37 | 01:15:51.60 | 01:15:59.60 | 7:35 | 7.9 | |
| 245 | METERA ANNA | 518 | | WARSZAWA | POL | K 40-49 | 76 | K 244 | 00:50:01 | 01:09:28 | 01:19:11.40 | 01:19:48.15 | 7:55 | 7.6 | |
| 246 | DRACZYŃSKA EDYTA | 153 | | WARSZAWA | POL | K 40-49 | 77 | K 245 | 00:50:00 | 01:09:28 | 01:19:12.10 | 01:19:48.45 | 7:55 | 7.6 | |
| 247 | ZAWADZKA MAGDALENA | 896 | ZAJĄC | WARSZAWA | POL | K 30-39 | 103 | K 246 | 00:47:15 | 01:04:55 | 01:19:54.30 | 01:22:11.95 | 7:59 | 7.5 | |
| 248 | GIEDYK KATARZYNA | 197 | | WARSZAWA | POL | K 30-39 | 104 | K 247 | 00:50:22 | 01:10:34 | 01:19:54.65 | 01:21:55.40 | 7:59 | 7.5 | |
| 249 | LEWANDOWSKA EWELINA | 444 | WATAHA - ŁĄCZY NAS BIEGANIE | PIASECZNO | POL | K 30-39 | 105 | K 248 | | | 01:22:46.30 | 01:25:13.20 | 8:16 | 7.2 | |
| 250 | JÓŹWIAK DOROTA | 299 | SLOW JOGGING BIAŁOŁĘKA | WARSZAWA | POL | K 40-49 | 78 | K 249 | | | 01:22:49.10 | 01:25:15.50 | 8:16 | 7.2 | |
| 251 | SIERPOWSKA-BARTOSIK AGNIESZKA | 701 | SLOW JOGGING ŁÓDŹ / VEGE RUNNERS | ŁÓDŹ | POL | K 40-49 | 79 | K 250 | 00:54:31 | 01:15:48 | 01:28:08.15 | 01:30:33.55 | 8:48 | 6.8 | |
| 252 | GRĄCKA KATARZYNA | 222 | | WARSZAWA | POL | K 40-49 | 80 | K 251 | 00:54:32 | 01:15:50 | 01:28:08.80 | 01:30:33.50 | 8:48 | 6.8 | |
| 253 | WILCZYŃSKA MAŁGORZATA | 992 | | WARSZAWA | POL | K 40-49 | 81 | K 252 | 00:57:31 | 01:18:21 | 01:29:39.75 | 01:32:07.55 | 8:58 | 6.7 | |
| 254 | MŁODZIŃSKA NINA | 1013 | | WARSZAWA | POL | K 1-29 | 54 | K 253 | 00:51:24 | | | | 7:47 | 7.7 | |
| 255 | KRAWCZYK MARLENA | 401 | | WARSZAWA | POL | K 30-39 | 106 | K 254 | | | | | | | |
| LIM | HAJDUK MONIKA | 955 | | ŻYRARDÓW | POL | K 1-29 | LIM | LIM | 00:55:43 | 01:03:51 | 01:30:04.60 | 01:32:27.20 | 0:00 | 6.7 | |
| LIM | SKRZYDŁOWSKA-KALUKIN KATARZYNA | 717 | SLOWJOGGING BIAŁOŁĘKA | WARSZAWA | POL | K 50-59 | LIM | LIM | 00:56:40 | 01:18:01 | 01:31:27.10 | 01:33:59.00 | 0:00 | 6.6 | |
| LIM | PILSKA MAGDA | 621 | SLOW JOGGING WARSZAWA | BIENIEWICE | POL | K 40-49 | LIM | LIM | 00:56:50 | 01:19:12 | 01:31:29.00 | 01:34:01.10 | 0:00 | 6.6 | |
| LIM | BOROWIAK JOLANTA | 63 | SLOWJOGGING POLSKA | WARSZAWA | POL | K 60+ | LIM | LIM | 00:56:50 | 01:19:04 | 01:31:29.75 | 01:34:01.80 | 0:00 | 6.6 | |
| LIM | SYC ALICJA | 768 | SLOW JOGGING BIAŁOŁĘKA | WARSZAWA | POL | K 50-59 | LIM | LIM | 00:56:43 | 01:18:04 | 01:31:31.25 | 01:33:59.80 | 0:00 | 6.6 | |
| LIM | BORZUCHOWSKA MONIKA | 70 | SLOWJOGGING ŁÓDŹ | ŁÓDŹ | POL | K 40-49 | LIM | LIM | 00:56:52 | 01:19:11 | 01:31:33.60 | 01:33:59.75 | 0:00 | 6.6 | |
| LIM | ZAWADA KATARZYNA | 894 | | WARSZAWA | POL | K 40-49 | LIM | LIM | 00:56:54 | 01:18:08 | 01:31:33.65 | 01:34:00.55 | 0:00 | 6.6 | |
| LIM | KOWALCZYK-CHRZUSZCZ KASIA | 390 | SLOW JOGGING ŁÓDŹ | ŁÓDŹ | POL | K 50-59 | LIM | LIM | 00:56:51 | 01:19:18 | 01:31:33.80 | 01:33:58.70 | 0:00 | 6.6 | |

BIEG PRZEZ MOST 2019, M Open

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 6.6km | 9km | Netto | Brutto | min/km | km/h |
|------|-----------------------|-----|-----------------------------|------------------|------|---------|--------|-----|----------|----------|-------------|-------------|--------|------|
| 1 | JASTRZĘBSKI KAMIL | 284 | DUKLANOWSKITEAM/SKB KRAŚNIK | KRAŚNIK | POL | M 1-29 | 1 | M 1 | 00:19:56 | 00:27:17 | 00:30:46.85 | 00:30:48.00 | 3:04 | 19.5 |
| 2 | WASIEWICZ KRZYSZTOF | 835 | | PIASECZNO | POL | M 1-29 | 2 | M 2 | 00:20:15 | 00:27:56 | 00:31:41.90 | 00:31:44.00 | 3:10 | 18.9 |
| 3 | PARSZCZYŃSKI ŁUKASZ | 599 | TEAM PARSZCZYŃSKICH | WARSZAWA | POL | M 30-39 | 1 | M 3 | 00:20:26 | 00:28:15 | 00:32:08.60 | 00:32:11.00 | 3:12 | 18.7 |
| 4 | PYSZEL FLORIAN | 651 | PAN MATEMATYKA | MIŃSK MAZOWIECKI | POL | M 1-29 | 3 | M 4 | 00:20:50 | 00:28:37 | 00:32:34.55 | 00:32:35.40 | 3:15 | 18.4 |
| 5 | ŚWIRGOŃ ADAM | 800 | TRENERBIEGANIA.PL | WARSZAWA | POL | M 1-29 | 4 | M 5 | 00:21:20 | 00:29:18 | 00:33:20.90 | 00:33:22.55 | 3:20 | 18 |
| 6 | PRZESTRZELSKI KAJETAN | 980 | | SIEDLCE | | M 1-29 | 5 | M 6 | 00:21:33 | 00:29:33 | 00:33:43.90 | 00:33:44.60 | 3:22 | 17.8 |

BIEG PRZEZ MOST 2019, M Open c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 6.6km | 9km | Netto | Brutto | min/km | km/h |
|------|-------------------------|------|--|----------------------|------|---------|--------|------|----------|----------|-------------|-------------|--------|------|
| 7 | GAWRON PAWEŁ | 193 | @ARKENYA_TEAM | WARSZAWA | POL | M 1-29 | 6 | M 7 | 00:21:38 | 00:29:54 | 00:33:55.15 | 00:33:57.20 | 3:23 | 17.7 |
| 8 | SKIBIŃSKI MIKOŁAJ | 714 | DUKLANOWSKI TEAM / ADIDAS WARSAW RUNNERS / @ARKENYA_TEAM | POZNAŃ | POL | M 30-39 | 2 | M 8 | 00:22:07 | 00:30:20 | 00:34:19.55 | 00:34:21.50 | 3:26 | 17.5 |
| 9 | ORZEŁ MICHAŁ | 1014 | | WARSZAWA | POL | M 30-39 | 3 | M 9 | 00:22:17 | 00:30:10 | 00:34:26.75 | 00:34:29.25 | 3:26 | 17.4 |
| 10 | MACHOWSKI PAWEŁ | 478 | WARSZAWSKIE SANKT MORITZ | WARSZAWA | POL | M 1-29 | 7 | M 10 | 00:22:13 | 00:30:30 | 00:34:35.70 | 00:34:37.95 | 3:27 | 17.3 |
| 11 | MICHAŁSKI PIOTR | 524 | PIASECZNO | WARSZAWA | POL | M 30-39 | 4 | M 11 | 00:22:04 | 00:30:30 | 00:34:42.95 | 00:34:46.25 | 3:28 | 17.3 |
| 12 | OMIELAN WOJCIECH | 582 | | WARSZAWA | POL | M 1-29 | 8 | M 12 | 00:22:40 | 00:31:21 | 00:35:33.75 | 00:35:36.10 | 3:33 | 16.9 |
| 13 | JOSYPENKO JĘDRZEJ | 924 | DREAM RUN | WARSZAWA | POL | M 30-39 | 5 | M 13 | 00:22:40 | 00:31:23 | 00:35:44.00 | 00:35:47.40 | 3:34 | 16.8 |
| 14 | WYSOCKI MARCIN | 881 | WARSZAWIAKY | MICHAŁOWICE | POL | M 30-39 | 6 | M 14 | 00:23:21 | 00:31:47 | 00:35:54.50 | 00:35:58.20 | 3:35 | 16.7 |
| 15 | GOZDEK RADEK | 214 | BIEGANIEP040.PL TRUCHT TARCHOMIN TEAM | WARSZAWA | POL | M 40-49 | 1 | M 15 | 00:23:09 | 00:31:51 | 00:36:04.25 | 00:36:06.15 | 3:36 | 16.6 |
| 16 | KLAŚ ŁUKASZ | 348 | NUDNE PIĄTKI | WARSZAWA | POL | M 40-49 | 2 | M 16 | 00:23:09 | 00:31:51 | 00:36:14.55 | 00:36:16.00 | 3:37 | 16.6 |
| 17 | PRZYBYŁA KRZYSZTOF | 641 | ADIDAS RUNNERS WARSAW | WARSZAWA | POL | M 30-39 | 7 | M 17 | 00:23:36 | 00:32:08 | 00:36:21.60 | 00:36:24.55 | 3:38 | 16.5 |
| 18 | ZARODKIEWICZ DAWID | 891 | #TZD | KRASNE | POL | M 30-39 | 8 | M 18 | 00:23:33 | 00:32:13 | 00:36:35.95 | 00:36:40.30 | 3:39 | 16.4 |
| 19 | BRZĄKAŁSKI KRZYSIEK | 73 | @ARKENYA_TEAM | PŁOCK | POL | M 1-29 | 9 | M 19 | 00:23:36 | 00:32:25 | 00:36:40.10 | 00:36:44.40 | 3:40 | 16.4 |
| 20 | MLĄCKI ALAN | 538 | TEAM KOPEĆ | KOŁBIEL | POL | M 1-29 | 10 | M 20 | 00:23:50 | 00:32:50 | 00:37:21.20 | 00:37:24.05 | 3:44 | 16.1 |
| 21 | KLIMKIEWICZ MICHAŁ | 353 | | WARSZAWA | POL | M 1-29 | 11 | M 21 | 00:23:58 | 00:32:52 | 00:37:21.90 | 00:37:28.85 | 3:44 | 16.1 |
| 22 | HILDEBRAND MARCIN | 249 | OUTLETBIEGOWY /BIEGAM NA TARCHOMINIE | WARSZAWA | POL | M 30-39 | 9 | M 22 | 00:23:56 | 00:33:08 | 00:37:37.20 | 00:37:39.25 | 3:45 | 16 |
| 23 | ŁABĘDZKI KONRAD | 457 | ADIDAS RUNNERS WARSAW | WARSZAWA | POL | M 30-39 | 10 | M 23 | 00:24:16 | 00:33:23 | 00:37:49.90 | 00:37:53.50 | 3:47 | 15.9 |
| 24 | ŁOBACZ MICHAŁ | 464 | | WARSZAWA | POL | M 30-39 | 11 | M 24 | 00:24:29 | 00:33:38 | 00:37:54.50 | 00:37:58.50 | 3:47 | 15.8 |
| 25 | SAŁATKA KRZYSZTOF | 692 | TRIATHLON SERWIS | WARSZAWA | POL | M 40-49 | 3 | M 25 | 00:24:30 | 00:33:31 | 00:37:51.55 | 00:37:58.95 | 3:47 | 15.9 |
| 26 | TRZASKOWSKI DARIUSZ | 815 | TRUCHT TARCHOMIN TEAM | WARSZAWA | POL | M 40-49 | 4 | M 26 | 00:24:26 | 00:33:36 | 00:38:06.25 | 00:38:11.35 | 3:48 | 15.7 |
| 27 | GRZYBOWSKI MARIUSZ | 237 | | KOBYŁKA | POL | M 50-59 | 1 | M 27 | 00:24:34 | 00:33:34 | 00:38:12.65 | 00:38:16.30 | 3:49 | 15.7 |
| 28 | BOMBA TOMEK | 57 | | WARSZAWA | POL | M 1-29 | 12 | M 28 | 00:24:52 | 00:34:02 | 00:38:21.80 | 00:38:25.40 | 3:50 | 15.6 |
| 29 | ŁĘGOCKI MARCIN | 463 | PIETRZYK RUNNING TEAM / WSEWS WARSZAWA | WARSZAWA | POL | M 30-39 | 12 | M 29 | 00:24:57 | 00:33:55 | 00:38:19.90 | 00:38:27.55 | 3:50 | 15.7 |
| 30 | KUBERA PIOTR | 981 | | JÓZEFÓW | | M 40-49 | 5 | M 30 | 00:24:59 | 00:34:01 | 00:38:21.10 | 00:38:28.05 | 3:50 | 15.6 |
| 31 | SIERADZKI KRZYSZTOF | 700 | | WARSAW | POL | M 30-39 | 13 | M 31 | 00:24:28 | 00:33:42 | 00:38:31.35 | 00:38:34.70 | 3:51 | 15.6 |
| 32 | KRUPA PAWEŁ | 408 | STALOWOWOLSKI KLUB BIEGACZA | AGATÓWKA | POL | M 40-49 | 6 | M 32 | 00:24:50 | 00:34:19 | 00:38:53.60 | 00:38:56.90 | 3:53 | 15.4 |
| 33 | GRUZA MAREK | 228 | BIEGANIEP040.PL | KAZUŃ BIELANY | POL | M 40-49 | 7 | M 33 | 00:24:56 | 00:34:24 | 00:39:04.25 | 00:39:10.05 | 3:54 | 15.4 |
| 34 | FELUCH KRZYSZTOF | 167 | JACEK BIEGA RUNNING TEAM | WARSZAWA | POL | M 40-49 | 8 | M 34 | 00:25:13 | 00:34:33 | 00:39:12.80 | 00:39:17.50 | 3:55 | 15.3 |
| 35 | JACKOWICZ PAWEŁ | 261 | | MIŃSK MAZOWIECKI | POL | M 30-39 | 14 | M 35 | 00:24:47 | 00:34:29 | 00:39:20.90 | 00:39:25.10 | 3:56 | 15.2 |
| 36 | JUŚIŃSKI KRYSZTOF | 306 | BRACTWO BIEGOWE BGK | WARSZAWA | POL | M 30-39 | 15 | M 36 | 00:25:46 | 00:34:53 | 00:39:28.15 | 00:39:34.80 | 3:56 | 15.2 |
| 37 | VASHKEVICH VITAL | 826 | | WARSAW | BEL | M 30-39 | 16 | M 37 | 00:25:21 | 00:34:47 | 00:39:30.90 | 00:39:36.00 | 3:57 | 15.2 |
| 38 | ŁOZOWSKI OLAF | 468 | | GRODZISK MAZOWIECKI | POL | M 30-39 | 17 | M 38 | 00:25:46 | 00:34:56 | 00:39:31.45 | 00:39:38.90 | 3:57 | 15.2 |
| 39 | STYRNIK KRYSZTOF | 757 | AZS UP LUBLIN | OŻARÓW | POL | M 1-29 | 13 | M 39 | 00:25:02 | 00:34:55 | 00:39:34.55 | 00:39:43.95 | 3:57 | 15.2 |
| 40 | KACZYŃSKI GRZEGORZ | 320 | KB WYSZKÓW | WYSZKÓW | POL | M 40-49 | 9 | M 40 | 00:25:32 | 00:34:56 | 00:39:40.95 | 00:39:46.70 | 3:58 | 15.1 |
| 41 | JERUĆ ŁUKASZ | 292 | BIEGAM NA TARCHOMINIE | WARSZAWA | POL | M 40-49 | 10 | M 41 | 00:25:50 | 00:35:12 | 00:39:42.50 | 00:39:47.95 | 3:58 | 15.1 |
| 42 | GŁOWACKI PAWEŁ | 205 | SEROCK BIEGA Z HOTELEM NARVIL | SEROCK | POL | M 30-39 | 18 | M 42 | 00:25:53 | 00:35:18 | 00:39:41.80 | 00:39:48.90 | 3:58 | 15.1 |
| 43 | LEWANDOWSKI MATEUSZ | 446 | | NOWY DWÓR MAZOWIECKI | POL | M 1-29 | 14 | M 43 | 00:25:26 | 00:35:04 | 00:39:44.35 | 00:39:50.70 | 3:58 | 15.1 |
| 44 | MARSZAŁ MARIUSZ | 503 | PSYCHOPATA BIEGOWY | WARSZAWA | POL | M 30-39 | 19 | M 44 | 00:25:53 | 00:35:00 | 00:39:48.95 | 00:39:53.15 | 3:58 | 15.1 |
| 45 | PIATKA TOMASZ | 615 | ENEL-SPORT RUNNERS TEAM | WARSZAWA | POL | M 30-39 | 20 | M 45 | 00:25:53 | 00:35:24 | 00:39:58.10 | 00:40:05.35 | 3:59 | 15 |
| 46 | ZALEWSKI DOMINIK | 886 | | WARSZAWA | POL | M 1-29 | 15 | M 46 | 00:25:40 | 00:35:29 | 00:40:07.40 | 00:40:11.90 | 4:00 | 15 |
| 47 | SZCZEPKOWSKI BARTŁOMIEJ | 773 | | WARSZAWA | POL | M 30-39 | 22 | M 47 | 00:25:53 | 00:35:19 | 00:40:10.90 | 00:40:16.35 | 4:01 | 14.9 |
| 48 | NIEGOWSKI ROBERT | 559 | STARE BABICE BIEGAJĄ | KOCZARGI STARE | POL | M 30-39 | 23 | M 48 | 00:25:53 | 00:35:27 | 00:40:17.05 | 00:40:23.15 | 4:01 | 14.9 |
| 49 | MICHAŁSKI DAMIAN | 523 | ALIOR RUNNING TEAM | WARSZAWA | POL | M 40-49 | 11 | M 49 | 00:25:34 | 00:35:22 | 00:40:31.00 | 00:40:37.05 | 4:03 | 14.8 |
| 50 | TOMASZEK ROBERT | 810 | | WARSZAWA | POL | M 40-49 | 12 | M 50 | 00:25:53 | 00:35:44 | 00:40:33.70 | 00:40:37.65 | 4:03 | 14.8 |
| 51 | WERNER KAMIL | 842 | BIEGAM NA TARCHOMINIE | WARSZAWA | POL | M 30-39 | 21 | M 50 | 00:25:57 | 00:35:32 | 00:40:07.40 | 00:40:41.90 | 4:00 | 15 |
| 52 | KŁÓDKIEWICZ WALDEMAR | 356 | | KIELPIN | POL | M 40-49 | 13 | M 51 | 00:25:45 | 00:35:42 | 00:40:35.50 | 00:41:00.50 | 4:03 | 14.8 |
| 53 | MARYNOWSKI WOJCIECH | 505 | LUDZIE SZTOSY | WARSZAWA | POL | M 1-29 | 16 | M 52 | 00:25:56 | 00:35:45 | 00:40:37.55 | 00:40:43.70 | 4:03 | 14.8 |
| 54 | ZHENG HAISHAN | 902 | | LESNOWOLA | CHN | M 30-39 | 24 | M 53 | 00:26:04 | 00:36:05 | 00:40:50.65 | 00:40:57.50 | 4:05 | 14.7 |
| 55 | BURZA PAWEŁ | 84 | | WARSZAWA | POL | M 30-39 | 25 | M 54 | 00:26:02 | 00:35:59 | 00:40:54.65 | 00:40:59.45 | 4:05 | 14.7 |
| 56 | JUTKIEWICZ MARCIN | 993 | | WARSZAWA | POL | M 30-39 | 26 | M 55 | 00:26:24 | 00:36:07 | 00:40:59.00 | 00:41:10.85 | 4:05 | 14.6 |
| 57 | KNYCHAS DAREK | 358 | PZU SPORT TEAM | WARSZAWA | POL | M 40-49 | 14 | M 56 | 00:26:45 | 00:36:20 | 00:41:01.25 | 00:41:15.05 | 4:06 | 14.6 |
| 58 | GRYSZPANOWICZ PIOTR | 234 | SĄSIADY LATAJĄ RAZEM | WARSZAWA | POL | M 40-49 | 15 | M 57 | 00:26:17 | 00:36:10 | 00:41:08.25 | 00:41:16.40 | 4:06 | 14.6 |

BIEG PRZEZ MOST 2019, M Open c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 6.6km | 9km | Netto | Brutto | min/km | km/h |
|------|----------------------|------|-------------------------|---------------|------|---------|--------|-------|----------|----------|-------------|-------------|--------|------|
| 59 | KORSAKAS EMILIS | 925 | NA, PAGAUKI | VILNIUS | LTU | M 50-59 | 2 | M 58 | 00:26:14 | 00:36:16 | 00:41:13.00 | 00:41:19.10 | 4:07 | 14.6 |
| 60 | KORSAKOV KOSTIANTYN | 376 | - | WARSZAWA | POL | M 40-49 | 16 | M 59 | 00:26:28 | 00:36:26 | 00:41:19.40 | 00:41:29.40 | 4:07 | 14.5 |
| 61 | SIEGIEDA MICHAŁ | 699 | ADIDAS RUNNERS | WARSZAWA | POL | M 30-39 | 27 | M 60 | 00:26:21 | 00:36:33 | 00:41:20.65 | 00:41:26.10 | 4:08 | 14.5 |
| 62 | NOWOCIEŃ JACEK | 570 | UKS RUSIEC | PODKOWA LEŚNA | POL | M 60+ | 1 | M 61 | 00:26:45 | 00:36:36 | 00:41:29.05 | 00:41:32.95 | 4:08 | 14.5 |
| 63 | SPYCHAŁA PIOTR | 735 | | WARSZAWA | POL | M 40-49 | 17 | M 62 | 00:26:34 | 00:36:36 | 00:41:32.25 | 00:41:41.45 | 4:09 | 14.4 |
| 64 | LISZKIEWICZ KONRAD | 453 | | ZABORÓWEK | POL | M 30-39 | 28 | M 63 | 00:26:25 | 00:36:41 | 00:41:41.60 | 00:41:46.85 | 4:10 | 14.4 |
| 65 | GIERAK KRIS | 199 | SANTANDER RUNNERS | WARSZAWA | POL | M 30-39 | 29 | M 64 | 00:26:45 | 00:36:53 | 00:41:42.95 | 00:41:51.45 | 4:10 | 14.4 |
| 66 | ROWIŃSKI ARKADIUSZ | 960 | | WARSZAWA | POL | M 30-39 | 30 | M 65 | 00:27:07 | 00:37:02 | 00:41:45.60 | 00:41:49.80 | 4:10 | 14.4 |
| 67 | KUBIAK SŁAWOMIR | 419 | | WARSZAWA | POL | M 40-49 | 18 | M 66 | 00:26:35 | 00:36:47 | 00:41:47.25 | 00:41:57.35 | 4:10 | 14.4 |
| 68 | LATAK MICHAŁ | 436 | JACEKBIEGA RUNNING TEAM | WARSZAWA | POL | M 40-49 | 19 | M 67 | 00:26:41 | 00:36:51 | 00:41:50.10 | 00:41:55.60 | 4:11 | 14.3 |
| 69 | CIEŚLAK PIOTR | 111 | | WARSZAWA | POL | M 30-39 | 31 | M 68 | 00:27:25 | 00:37:12 | 00:41:51.10 | 00:42:05.00 | 4:11 | 14.3 |
| 70 | KANIA PRZEMYSŁAW | 327 | | HORNÓWEK | POL | M 40-49 | 20 | M 69 | 00:26:32 | 00:36:52 | 00:41:57.25 | 00:42:02.20 | 4:11 | 14.3 |
| 71 | ZAJĄC WACŁAW | 882 | TEAM PARSZCZYŃSKICH | WARSZAWA | POL | M 40-49 | 21 | M 70 | 00:27:07 | 00:37:03 | 00:41:58.35 | 00:42:09.65 | 4:11 | 14.3 |
| 72 | ZGODA MATEUSZ | 941 | NAPRZÓD MŁOCINY | WARSZAWA | POL | M 1-29 | 17 | M 71 | 00:27:04 | 00:37:02 | 00:42:00.05 | 00:42:13.15 | 4:12 | 14.3 |
| 73 | ZYCH ŁUKASZ | 910 | | MARKI | POL | M 30-39 | 32 | M 72 | 00:26:11 | 00:36:46 | 00:42:04.80 | 00:42:10.10 | 4:12 | 14.3 |
| 74 | ANDRZEJEWSKI MARIUSZ | 7 | T-MOBILE RUNNING TEAM | WARSZAWA | POL | M 30-39 | 33 | M 73 | 00:27:37 | 00:37:19 | 00:42:06.35 | 00:42:17.90 | 4:12 | 14.3 |
| 75 | JUREK PRZEMYSŁAW | 304 | KS STASZEWSKY | WARSZAWA | POL | M 40-49 | 22 | M 74 | 00:27:05 | 00:37:08 | 00:42:07.00 | 00:42:20.20 | 4:12 | 14.2 |
| 76 | PRUSIK PIOTR | 637 | | WARSZAWA | POL | M 1-29 | 18 | M 75 | 00:27:27 | 00:37:19 | 00:42:08.85 | 00:42:26.85 | 4:12 | 14.2 |
| 77 | SLEPOWROŃSKI BOGDAN | 718 | TO NATURALNE | WARSZAWA | POL | M 30-39 | 34 | M 76 | 00:26:57 | 00:37:21 | 00:42:11.25 | 00:42:30.25 | 4:13 | 14.2 |
| 78 | KNAP PIOTR | 987 | | WARSZAWA | POL | M 30-39 | 35 | M 77 | 00:27:11 | 00:37:20 | 00:42:12.90 | 00:42:26.05 | 4:13 | 14.2 |
| 79 | RAK ADAM | 655 | MPWIK | WARSZAWA | POL | M 30-39 | 36 | M 78 | 00:26:38 | 00:37:19 | 00:42:21.40 | 00:42:27.25 | 4:14 | 14.2 |
| 80 | JAWORSKI ARKADIUSZ | 289 | | IZABELIN | POL | M 30-39 | 37 | M 79 | 00:27:01 | 00:37:25 | 00:42:22.05 | 00:42:39.40 | 4:14 | 14.2 |
| 81 | KOWAL KRZYSZTOF | 388 | SASIADY LATAJA RAZEM | WARSZAWA | POL | M 40-49 | 23 | M 80 | 00:26:38 | 00:37:02 | 00:42:23.20 | 00:42:31.45 | 4:14 | 14.2 |
| 82 | MIKULSKI JACEK | 530 | ADIDAS RUNNERS WARSAW | WARSZAWA | POL | M 40-49 | 24 | M 81 | 00:27:11 | 00:37:23 | 00:42:26.05 | 00:42:38.80 | 4:14 | 14.1 |
| 83 | PUTON MICHAŁ | 649 | | LIPSKO | POL | M 30-39 | 38 | M 82 | 00:26:57 | 00:37:21 | 00:42:26.50 | 00:42:49.25 | 4:14 | 14.1 |
| 84 | GAJOWNICZEK SŁAWOMIR | 185 | | WARSZAWA | POL | M 30-39 | 39 | M 83 | 00:27:20 | 00:37:34 | 00:42:29.10 | 00:42:48.80 | 4:14 | 14.1 |
| 85 | JAWORSKI PIOTR | 1000 | EKOBIEGI | WARSZAWA | POL | M 40-49 | 25 | M 84 | 00:26:59 | 00:37:22 | 00:42:29.50 | 00:42:33.70 | 4:14 | 14.1 |
| 86 | DĄBROWSKI MIROSŁAW | 136 | | WARSZAWA | POL | M 50-59 | 3 | M 85 | 00:27:12 | 00:37:22 | 00:42:30.20 | 00:42:52.75 | 4:15 | 14.1 |
| 87 | MICHŃOWSKI SEBASTIAN | 525 | | WARSZAWA | POL | M 40-49 | 26 | M 86 | 00:27:06 | 00:37:19 | 00:42:30.75 | 00:42:38.90 | 4:15 | 14.1 |
| 88 | WŁOSTOWSKI MAREK | 865 | VEGE RUNNERS | KRAKÓW | POL | M 30-39 | 40 | M 87 | 00:27:17 | 00:37:31 | 00:42:36.85 | 00:42:58.05 | 4:15 | 14.1 |
| 89 | KUREK MARCIN | 428 | | DUCZKI | POL | M 40-49 | 27 | M 88 | 00:27:10 | 00:37:34 | 00:42:49.20 | 00:42:55.00 | 4:17 | 14 |
| 90 | KIELCZYKOWSKI JANUSZ | 342 | EUROBUDOWA | WARSZAWA | POL | M 40-49 | 28 | M 89 | 00:27:52 | 00:37:51 | 00:42:50.40 | 00:43:21.60 | 4:17 | 14 |
| 91 | SARZAŁA DARIUSZ | 996 | | WARSZAWA | POL | M 60+ | 2 | M 90 | 00:27:22 | 00:37:50 | 00:42:53.95 | 00:43:09.55 | 4:17 | 14 |
| 92 | KILJAŃCZYK DOMINIK | 347 | TARCZYŃSKI KLUB BIEGOWY | TARCZYN | POL | M 1-29 | 19 | M 91 | 00:27:17 | 00:38:00 | 00:43:09.70 | 00:43:17.45 | 4:19 | 13.9 |
| 93 | MŁYŃSKI MARIUSZ | 539 | | WARSZAWA | POL | M 1-29 | 20 | M 92 | 00:27:18 | 00:38:03 | 00:43:11.70 | 00:43:21.50 | 4:19 | 13.9 |
| 94 | SOBOCIŃSKI MICHAŁ | 726 | PLAY | WARSZAWA | POL | M 40-49 | 29 | M 93 | 00:28:04 | 00:38:12 | 00:43:11.75 | 00:43:31.15 | 4:19 | 13.9 |
| 95 | FALKOWSKI ŁUKASZ | 165 | | WARSZAWA | POL | M 30-39 | 41 | M 94 | 00:27:38 | 00:38:24 | 00:43:15.90 | 00:43:31.55 | 4:19 | 13.9 |
| 96 | SMORAWSKI WODZISŁAW | 722 | | WARSZAWA | POL | M 30-39 | 42 | M 95 | 00:27:41 | 00:38:09 | 00:43:22.20 | 00:43:29.90 | 4:20 | 13.8 |
| 97 | MANKA KRZYSZTOF | 496 | PZU SPORT TEAM | WARSZAWA | POL | M 30-39 | 43 | M 96 | 00:27:46 | 00:38:15 | 00:43:25.25 | 00:43:39.00 | 4:20 | 13.8 |
| 98 | ZDANOWSKI TOMEK | 899 | TRIZARZA | SITNE | POL | M 1-29 | 21 | M 97 | 00:27:22 | 00:38:17 | 00:43:27.45 | 00:43:34.25 | 4:20 | 13.8 |
| 99 | TYMICKI KRZYSZTOF | 821 | | LEGIONOWO | POL | M 40-49 | 30 | M 98 | 00:28:16 | 00:38:34 | 00:43:32.25 | 00:43:42.25 | 4:21 | 13.8 |
| 100 | DZIUBA TOMASZ | 160 | MASTERSDOJO | WARSZAWA | POL | M 30-39 | 44 | M 99 | 00:27:32 | 00:38:20 | 00:43:32.35 | 00:43:46.05 | 4:21 | 13.8 |
| 101 | JANKOWSKI JAKUB | 274 | | BRWINÓW | POL | M 1-29 | 22 | M 100 | 00:27:26 | 00:38:19 | 00:43:34.45 | 00:43:54.70 | 4:21 | 13.8 |
| 102 | PRZELASKOWSKI ARTUR | 639 | | WARSZAWA | POL | M 50-59 | 4 | M 101 | 00:27:40 | 00:38:20 | 00:43:37.45 | 00:43:47.75 | 4:21 | 13.8 |
| 103 | BICZAN KAMIL | 39 | | WARSZAWA | POL | M 30-39 | 45 | M 102 | 00:27:41 | 00:38:17 | 00:43:44.30 | 00:44:18.20 | 4:22 | 13.7 |
| 104 | CHMARZYŃSKI PAWEŁ | 90 | ŚLĘZAKTEAM | SULEJÓWEK | POL | M 30-39 | 46 | M 103 | 00:28:15 | 00:38:39 | 00:43:45.45 | 00:44:34.95 | 4:22 | 13.7 |
| 105 | KWIATKOWSKI ADAM | 435 | KB WYSZÓW | WYSZKÓW | POL | M 30-39 | 47 | M 104 | 00:28:06 | 00:38:48 | 00:43:52.55 | 00:44:09.05 | 4:23 | 13.7 |
| 106 | GOLEC GRZEGORZ | 209 | TEAM PARSZCZYŃSKICH | WARSZAWA | POL | M 40-49 | 31 | M 105 | 00:28:10 | 00:38:41 | 00:43:52.60 | 00:44:07.00 | 4:23 | 13.7 |
| 107 | MINIAKOWSKI SZYMON | 533 | | WARSZAWA | POL | M 30-39 | 48 | M 106 | 00:28:43 | 00:39:14 | 00:43:55.80 | 00:44:00.30 | 4:23 | 13.7 |
| 108 | CNOTA MACIEJ | 1040 | | WARSZAWA | POL | M 30-39 | 49 | M 107 | 00:28:03 | 00:38:50 | 00:43:57.50 | 00:44:20.25 | 4:23 | 13.6 |
| 109 | GÓRSKI MARCIN | 217 | MINISTERSTWO ZDROWIA | WARSZAWA | POL | M 30-39 | 50 | M 108 | 00:28:18 | 00:38:39 | 00:43:58.05 | 00:44:15.15 | 4:23 | 13.6 |
| 110 | ŚLIMKO DANIEL | 792 | OLEJ RUNNING TEAM | WARSZAWA | POL | M 30-39 | 51 | M 109 | 00:28:39 | 00:39:05 | 00:43:59.65 | 00:44:10.30 | 4:24 | 13.6 |
| 111 | WILCZYŃSKI TOMASZ | 850 | | WARSZAWA | POL | M 30-39 | 52 | M 110 | 00:28:44 | 00:38:50 | 00:44:04.95 | 00:44:38.00 | 4:24 | 13.6 |
| 112 | RYTKOWSKI PIOTR | 685 | | WARSZAWA | POL | M 30-39 | 53 | M 111 | 00:29:45 | 00:39:11 | 00:44:04.95 | 00:44:32.00 | 4:24 | 13.6 |
| 113 | ZIELIŃSKI KRZYSZTOF | 904 | HIKINGTOURS | WARSZAWA | POL | M 40-49 | 32 | M 112 | 00:28:44 | 00:39:03 | 00:44:05.35 | 00:44:36.80 | 4:24 | 13.6 |
| 114 | SUŁKOWSKI TOMASZ | 764 | | WARSZAWA | POL | M 30-39 | 54 | M 113 | 00:27:44 | 00:38:41 | 00:44:13.50 | 00:44:27.10 | 4:25 | 13.6 |
| 115 | WŁODKOWSKI ROBERT | 864 | TRUCHT TARCHOMIN TEAM | WARSZAWA | POL | M 30-39 | 55 | M 114 | 00:28:38 | 00:39:13 | 00:44:17.25 | 00:44:59.40 | 4:25 | 13.5 |

BIEG PRZEZ MOST 2019, M Open c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 6.6km | 9km | Netto | Brutto | min/km | km/h |
|------|----------------------|------|-------------------------------|-------------------|------|---------|--------|-------|----------|----------|-------------|-------------|--------|------|
| 116 | BŁASZCZYK BARTŁOMIEJ | 48 | | OŻARÓW MAZOWIECKI | POL | M 1-29 | 23 | M 115 | 00:28:29 | 00:39:04 | 00:44:26.80 | 00:45:05.30 | 4:26 | 13.5 |
| 117 | STĘPIEŃ ADAM | 745 | ANANASY | WARSZAWA | POL | M 30-39 | 56 | M 116 | 00:28:20 | 00:39:05 | 00:44:27.55 | 00:44:39.40 | 4:26 | 13.5 |
| 118 | LEŚNIAK PIOTR | 443 | | WARSZAWA | POL | M 40-49 | 33 | M 117 | 00:28:35 | 00:39:12 | 00:44:27.90 | 00:44:48.15 | 4:26 | 13.5 |
| 119 | SOŁOWIEJ ŁUKASZ | 730 | OIRP WARSZAWA | WARSZAWA | POL | M 30-39 | 57 | M 118 | 00:28:52 | 00:39:17 | 00:44:28.10 | 00:44:51.45 | 4:26 | 13.5 |
| 120 | PIOTROWSKI MICHAŁ | 625 | | BŁONIE | POL | M 30-39 | 58 | M 119 | 00:29:22 | 00:39:31 | 00:44:28.55 | 00:45:08.35 | 4:26 | 13.5 |
| 121 | CHOJNACKI MIKOŁAJ | 95 | WARSAW RUN CLUB | WARSZAWA | POL | M 40-49 | 34 | M 120 | 00:29:16 | 00:39:20 | 00:44:30.80 | 00:45:52.80 | 4:27 | 13.5 |
| 122 | WICK JULIUSZ | 846 | | WARSZAWA | POL | M 30-39 | 59 | M 121 | 00:28:45 | 00:39:18 | 00:44:32.40 | 00:44:51.60 | 4:27 | 13.5 |
| 123 | CHOJECKI ROBERT | 94 | EXPLOSION | MARKI | POL | M 1-29 | 24 | M 122 | 00:28:26 | 00:39:24 | 00:44:34.55 | 00:44:47.60 | 4:27 | 13.5 |
| 124 | SUCHOLEWSKI DAMIAN | 759 | KONDYCYJA PIASECZNO | WARSZAWA | POL | M 40-49 | 35 | M 123 | 00:28:42 | 00:39:21 | 00:44:35.35 | 00:44:40.45 | 4:27 | 13.5 |
| 125 | TURLEJ DARIUSZ | 818 | KONDYCYJA | WARSZAWA | POL | M 60+ | 3 | M 124 | 00:28:49 | 00:39:14 | 00:44:36.95 | 00:45:00.00 | 4:27 | 13.4 |
| 126 | SARZAŁA BARTŁOMIEJ | 554 | | | | M 1-29 | 25 | M 125 | 00:28:54 | 00:39:29 | 00:44:37.80 | 00:44:56.50 | 4:27 | 13.4 |
| 127 | ADAO MIGUEL | 5 | | WARSZAWA | POR | M 40-49 | 36 | M 126 | 00:28:42 | 00:39:24 | 00:44:39.00 | 00:45:04.00 | 4:27 | 13.4 |
| 128 | GAJOWY ANDRZEJ | 186 | | WARSZAWA | POL | M 50-59 | 5 | M 127 | 00:28:47 | 00:39:23 | 00:44:41.40 | 00:45:14.75 | 4:28 | 13.4 |
| 129 | RAK MICHAŁ | 654 | | WARSZAWA | POL | M 30-39 | 60 | M 128 | 00:28:44 | 00:39:13 | 00:44:43.60 | 00:45:15.80 | 4:28 | 13.4 |
| 130 | MALIK GABRIEL | 488 | | WARSZAWA | POL | M 40-49 | 37 | M 129 | 00:29:09 | 00:39:36 | 00:44:44.95 | 00:45:20.20 | 4:28 | 13.4 |
| 131 | REWERA ROBERT | 658 | PKO BANK POLSKI | WARSZAWA | POL | M 40-49 | 38 | M 130 | 00:28:22 | 00:39:24 | 00:44:45.15 | 00:45:00.35 | 4:28 | 13.4 |
| 132 | ŚWIECA MARCIN | 796 | | WARSZAWA | POL | M 30-39 | 61 | M 131 | 00:28:39 | 00:39:28 | 00:44:49.60 | 00:45:27.05 | 4:29 | 13.4 |
| 133 | ŻUK PAWEŁ | 917 | BIEGAM NA TARCHOMINIE | WARSZAWA | POL | M 40-49 | 39 | M 132 | 00:28:46 | 00:39:16 | 00:44:51.75 | 00:45:21.25 | 4:29 | 13.4 |
| 134 | MACIEJAK ROBERT | 479 | | WARSZAWA | POL | M 40-49 | 40 | M 133 | 00:28:42 | 00:39:29 | 00:44:52.75 | 00:45:13.55 | 4:29 | 13.4 |
| 135 | PAŁKA WOJCIECH | 594 | VASCO RUNNERS | JÓZEFÓW | POL | M 30-39 | 62 | M 134 | 00:28:56 | 00:39:36 | 00:44:53.50 | 00:47:27.85 | 4:29 | 13.4 |
| 136 | GURGON ARKADIUSZ | 997 | ZABIEGANY WOŁOMIN | KOBYŁKA | | M 30-39 | 63 | M 135 | 00:39:38 | | 00:44:59.25 | 00:44:59.25 | 4:29 | 13.3 |
| 137 | DZIUBIŃSKI MACIEK | 161 | | WARSZAWA | POL | M 1-29 | 26 | M 136 | 00:29:09 | 00:39:52 | 00:45:01.15 | 00:45:07.35 | 4:30 | 13.3 |
| 138 | LENKIEWICZ PAWEŁ | 441 | | WARSZAWA | POL | M 40-49 | 41 | M 137 | 00:28:45 | 00:39:39 | 00:45:03.70 | 00:45:30.10 | 4:30 | 13.3 |
| 139 | VASILEV VESELIN | 827 | | WARSZAWA | POL | M 30-39 | 64 | M 138 | 00:28:55 | 00:39:49 | 00:45:11.45 | 00:45:35.55 | 4:31 | 13.3 |
| 140 | GEÇA PIOTR | 196 | ZA MNA | WARSZAWA | POL | M 40-49 | 42 | M 139 | 00:28:53 | 00:39:49 | 00:45:11.95 | 00:45:38.85 | 4:31 | 13.3 |
| 141 | CIERNIAK FRANCISZEK | 107 | GRUPA BIEGOWA CHTMO | LEGIONOWO | POL | M 1-29 | 27 | M 140 | 00:29:33 | 00:40:06 | 00:45:13.70 | 00:45:49.85 | 4:31 | 13.3 |
| 142 | KOBUS IGOR | 359 | | WARSZAWA | POL | M 1-29 | 28 | M 141 | 00:29:06 | 00:40:17 | 00:45:14.10 | 00:45:25.15 | 4:31 | 13.3 |
| 143 | ZNAMIEC MARCIN | 906 | IPA PAŁAC MOSTOWSKICH KSP | WARSZAWA | POL | M 40-49 | 43 | M 142 | 00:29:05 | 00:39:53 | 00:45:17.75 | 00:46:01.15 | 4:31 | 13.2 |
| 144 | GAJEWIAK ADAM | 183 | | WARSZAWA | POL | M 40-49 | 44 | M 143 | 00:29:01 | 00:39:48 | 00:45:19.00 | 00:45:40.05 | 4:31 | 13.2 |
| 145 | ZDUNEK MICHAŁ | 966 | WKURW_TEAM | WARSZAWA | POL | M 40-49 | 45 | M 144 | 00:28:44 | 00:39:57 | 00:45:21.90 | 00:45:36.80 | 4:32 | 13.2 |
| 146 | OSTROWSKI MARCIN | 951 | PZU SPORT TEAM | WARSZAWA | POL | M 30-39 | 65 | M 145 | 00:29:56 | 00:40:17 | 00:45:28.95 | 00:46:14.90 | 4:32 | 13.2 |
| 147 | PAWIŃSKI ARTUR | 606 | | WARSZAWA | POL | M 40-49 | 46 | M 146 | 00:28:36 | 00:39:53 | 00:45:29.80 | 00:45:50.00 | 4:33 | 13.2 |
| 148 | ŚCIBOR MARCIN | 790 | | KRASNYSTAW | POL | M 30-39 | 66 | M 147 | 00:28:58 | 00:40:07 | 00:45:30.95 | 00:45:53.20 | 4:33 | 13.2 |
| 149 | PAWŁOWSKI PIOTR | 926 | BBL WYDMINY | WARSZAWA | POL | M 40-49 | 47 | M 148 | 00:29:20 | 00:40:13 | 00:45:32.70 | 00:45:47.15 | 4:33 | 13.2 |
| 150 | CZUDOWSKI TOMASZ | 127 | DUKLANOWSKI TEAM | WARSAW | POL | M 40-49 | 48 | M 149 | 00:29:08 | 00:40:09 | 00:45:32.80 | 00:45:44.80 | 4:33 | 13.2 |
| 151 | CZAJKOWSKI MAREK | 122 | WARSAW RUN CLUB | WARSZAWA | POL | M 40-49 | 49 | M 150 | 00:29:03 | 00:40:15 | 00:45:36.15 | 00:46:07.75 | 4:33 | 13.2 |
| 152 | TOBOTA MACIEJ | 807 | | WARSZAWA | POL | M 40-49 | 50 | M 151 | 00:29:13 | 00:40:08 | 00:45:36.25 | 00:45:42.95 | 4:33 | 13.2 |
| 153 | STAŃSKI SŁAWOMIR | 743 | TO NATURALNE | WARSZAWA | POL | M 50-59 | 6 | M 152 | 00:29:31 | 00:40:20 | 00:45:42.60 | 00:46:00.75 | 4:34 | 13.1 |
| 154 | BEKKER PIOTR | 983 | | | | M 30-39 | 67 | M 153 | 00:29:46 | 00:40:25 | 00:45:43.80 | 00:46:13.15 | 4:34 | 13.1 |
| 155 | MATYSIAK PAWEŁ | 512 | PAWELBIEGA.PL | ŻYRARDÓW | POL | M 30-39 | 68 | M 154 | 00:29:08 | 00:40:18 | 00:45:44.85 | 00:46:00.55 | 4:34 | 13.1 |
| 156 | SANTAREK WOJCIECH | 694 | | SZCZECIN | POL | M 40-49 | 51 | M 155 | 00:29:06 | 00:40:16 | 00:45:45.95 | 00:46:18.35 | 4:34 | 13.1 |
| 157 | KOWALSKI MICHAŁ | 1004 | LEMIESZ TEAM | WARSZAWA | POL | M 30-39 | 69 | M 156 | | | 00:45:53.00 | 00:45:53.00 | 4:35 | 13.1 |
| 158 | ROGOZIŃSKI ADRIAN | 664 | | WARSZAWA | POL | M 1-29 | 29 | M 157 | 00:29:01 | 00:40:25 | 00:45:54.70 | 00:46:25.90 | 4:35 | 13.1 |
| 159 | PIERZAK OŁAF | 617 | | WARSZAWA | POL | M 40-49 | 52 | M 158 | 00:29:42 | 00:40:44 | 00:45:59.35 | 00:46:09.55 | 4:35 | 13 |
| 160 | SZYMAŃSKI ANDRZEJ | 787 | | WARSZAWA | POL | M 30-39 | 70 | M 159 | 00:29:15 | 00:40:30 | 00:46:00.80 | 00:46:11.85 | 4:36 | 13 |
| 161 | PAWLUS BARTŁOMIEJ | 607 | | WARSZAWA | POL | M 30-39 | 71 | M 160 | 00:29:33 | 00:40:38 | 00:46:01.25 | 00:46:23.50 | 4:36 | 13 |
| 162 | RYGAŁSKI MACIEJ | 682 | FAMA RUNNERS | WARSZAWA | POL | M 40-49 | 53 | M 161 | 00:29:49 | 00:40:42 | 00:46:06.25 | 00:46:45.55 | 4:36 | 13 |
| 163 | BEBELSKI RAFAŁ | 28 | KUŹNIA TRIATHLONU | WARSZAWA | POL | M 40-49 | 54 | M 162 | | | 00:46:07.00 | 00:46:07.00 | 4:36 | 13 |
| 164 | TOMASZEWSKI MAREK | 811 | | WARSZAWA | POL | M 40-49 | 55 | M 163 | 00:29:25 | 00:40:34 | 00:46:11.15 | 00:46:19.70 | 4:37 | 13 |
| 165 | KRUPIŃSKI MAREK | 410 | DĄBROWSKI TEAM /ZABIEGANE DNI | OSTROŁĘKA | POL | M 1-29 | 30 | M 164 | 00:29:15 | 00:40:32 | 00:46:14.25 | 00:46:21.65 | 4:37 | 13 |
| 166 | MAKOWSKI MARCIN | 483 | | WARSZAWA | POL | M 30-39 | 72 | M 165 | 00:29:59 | 00:40:57 | 00:46:15.45 | 00:46:26.85 | 4:37 | 13 |
| 167 | DRABOT WOJCIECH | 151 | ASSECO ACTIVE TEAM | WARSZAWA | POL | M 1-29 | 31 | M 166 | 00:29:51 | 00:40:57 | 00:46:16.45 | 00:46:31.75 | 4:37 | 13 |
| 168 | RABIEJ WOJCIECH | 652 | DUKLANOWSKI TEAM | WARSZAWA | POL | M 40-49 | 56 | M 167 | 00:29:43 | 00:40:50 | 00:46:16.50 | 00:46:47.45 | 4:37 | 13 |
| 169 | DRABOT ANDRZEJ | 152 | ASSECO ACTIVE TEAM | WARSZAWA | POL | M 40-49 | 57 | M 168 | 00:29:51 | 00:40:57 | 00:46:17.55 | 00:46:32.75 | 4:37 | 13 |
| 170 | DESKA LESZEK | 143 | WWW.LESZEKBIEGA.PL | NOWA IWICZNA | POL | M 40-49 | 58 | M 169 | 00:31:04 | 00:41:26 | 00:46:19.80 | 00:48:30.00 | 4:38 | 12.9 |
| 171 | BARTEL ROBERT | 22 | STARE BABICE BIEGAJĄ | LIPKÓW | POL | M 40-49 | 59 | M 170 | 00:29:24 | 00:40:42 | 00:46:20.45 | 00:46:45.05 | 4:38 | 12.9 |
| 172 | BAJDAŁA ROBERT | 13 | | WARSZAWA | POL | M 30-39 | 73 | M 171 | 00:29:36 | 00:41:10 | 00:46:21.85 | 00:47:04.90 | 4:38 | 12.9 |

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| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 6.6km | 9km | Netto | Brutto | min/km | km/h |
|------|--------------------------|------|--|-------------------|------|---------|--------|-------|----------|----------|-------------|-------------|--------|------|
| 173 | MICHALAK JACEK | 522 | | RAJSZEW | POL | M 30-39 | 74 | M 172 | 00:30:10 | 00:40:56 | 00:46:22.85 | 00:46:54.65 | 4:38 | 12.9 |
| 174 | KRUK MARCIN | 978 | | | POL | M 30-39 | 75 | M 173 | 00:29:30 | 00:40:51 | 00:46:23.40 | 00:46:37.70 | 4:38 | 12.9 |
| 175 | JĘDRUSZCZAK ADAM | 295 | GOGGLE PARK TEAM | WARSZAWA | POL | M 1-29 | 32 | M 174 | 00:29:52 | 00:41:17 | 00:46:23.80 | 00:46:51.10 | 4:38 | 12.9 |
| 176 | GOLINSKI ARTUR | 210 | | WARSZAWA | POL | M 40-49 | 60 | M 175 | 00:29:45 | 00:41:02 | 00:46:30.90 | 00:47:02.65 | 4:39 | 12.9 |
| 177 | SZYMAŃSKI JACEK | 786 | | WARSZAWA | POL | M 40-49 | 61 | M 176 | 00:30:29 | 00:41:18 | 00:46:31.25 | 00:47:12.25 | 4:39 | 12.9 |
| 178 | KONDRAK PIOTR | 362 | VEGE RUNNERS | WARSZAWA | POL | M 40-49 | 62 | M 177 | 00:29:57 | 00:41:08 | 00:46:36.50 | 00:47:29.50 | 4:39 | 12.9 |
| 179 | PALUCH KAMIL | 593 | | WARSZAWA | POL | M 30-39 | 76 | M 178 | 00:29:39 | 00:41:02 | 00:46:37.95 | 00:46:55.30 | 4:39 | 12.9 |
| 180 | ŻYŁAK ADRIAN | 920 | ADIDAS RUNNERS WARSAW | WARSZAWA | POL | M 30-39 | 77 | M 179 | 00:30:03 | 00:41:13 | 00:46:42.65 | 00:47:03.40 | 4:40 | 12.8 |
| 181 | URBANIAK MICHAŁ | 823 | | KIELCE | POL | M 30-39 | 78 | M 180 | 00:30:02 | 00:41:21 | 00:46:44.95 | 00:47:00.95 | 4:40 | 12.8 |
| 182 | CZAJKOWSKI MARCIN | 123 | | NOWE OSINY | POL | M 1-29 | 33 | M 181 | 00:30:23 | 00:41:27 | 00:46:45.10 | 00:47:31.40 | 4:40 | 12.8 |
| 183 | ŁUKASIAK JAN | 474 | | WARSZAWA | POL | M 30-39 | 79 | M 182 | 00:29:34 | 00:41:04 | 00:46:45.25 | 00:47:26.80 | 4:40 | 12.8 |
| 184 | NOZDRYŃ-PLOTNICKI MARCIN | 572 | | WARSZAWA | POL | M 40-49 | 63 | M 183 | 00:28:09 | 00:40:56 | 00:46:46.00 | 00:46:58.80 | 4:40 | 12.8 |
| 185 | ZIELIŃSKI JACEK | 1002 | | WARSZAWA | POL | M 40-49 | 64 | M 184 | 00:30:17 | 00:41:30 | 00:46:46.05 | 00:47:34.05 | 4:40 | 12.8 |
| 186 | WEREDA PAWEŁ | 841 | | WARSZAWA | POL | M 40-49 | 65 | M 185 | 00:29:50 | 00:41:07 | 00:46:50.60 | 00:47:05.65 | 4:41 | 12.8 |
| 187 | KOWALSKI MAREK | 393 | NUNA | NASIELSK | POL | M 30-39 | 80 | M 186 | 00:30:25 | 00:41:36 | 00:46:51.70 | 00:47:20.45 | 4:41 | 12.8 |
| 188 | PAWEŁOSZEK ROBERT | 605 | ROBERT SPINE TRENER PERSONALNY | WARSZAWA | POL | M 40-49 | 66 | M 187 | 00:29:31 | 00:41:11 | 00:46:52.65 | 00:47:18.90 | 4:41 | 12.8 |
| 189 | PRĘDOTA KRZYSZTOF | 635 | TRUCHT TARCHOMIN TEAM | WARSZAWA | POL | M 40-49 | 67 | M 188 | 00:30:32 | 00:41:22 | 00:46:55.55 | 00:47:36.85 | 4:41 | 12.8 |
| 190 | SURDACKI DOMINIK | 765 | | WARSZAWA | POL | M 30-39 | 81 | M 189 | 00:30:12 | 00:41:39 | 00:46:57.40 | 00:47:23.45 | 4:41 | 12.8 |
| 191 | BADOWSKI PIOTR | 12 | DEUTSCHE BANK MARATHON TEAM | WARSZAWA | POL | M 30-39 | 82 | M 190 | 00:30:17 | 00:41:38 | 00:47:01.30 | 00:47:42.50 | 4:42 | 12.8 |
| 192 | KAMOLA SŁAWOMIR | 326 | ABBA1 RUN | STASI ŁAS | POL | M 50-59 | 7 | M 191 | 00:29:33 | 00:41:33 | 00:47:04.50 | 00:47:18.25 | 4:42 | 12.7 |
| 193 | BARTYCZAK MICHAŁ | 24 | | WARSZAWA | POL | M 1-29 | 34 | M 192 | 00:28:43 | 00:40:52 | 00:47:07.05 | 00:47:17.05 | 4:42 | 12.7 |
| 194 | KRYSIK ARKADIUSZ | 414 | | TŁUSZCZ | POL | M 40-49 | 68 | M 193 | 00:29:56 | 00:41:44 | 00:47:08.85 | 00:48:11.35 | 4:42 | 12.7 |
| 195 | CZYŻYK MARCIN | 129 | ITMBW KRAKÓW | KRAKÓW | POL | M 30-39 | 83 | M 194 | 00:30:08 | 00:41:29 | 00:47:14.85 | 00:47:45.05 | 4:43 | 12.7 |
| 196 | URBAŃSKI PAWEŁ | 825 | KERK-PALM IS TEAM | WARSZAWA | POL | M 50-59 | 8 | M 195 | 00:30:14 | 00:41:35 | 00:47:17.90 | 00:47:57.20 | 4:43 | 12.7 |
| 197 | GÓRKA KRZYSZTOF | 216 | | GRODZISK MAZ. | POL | M 50-59 | 9 | M 196 | 00:30:33 | 00:41:41 | 00:47:20.30 | 00:47:35.30 | 4:44 | 12.7 |
| 198 | BOROWY ŁUKASZ | 66 | BRAJANUSZ | ŻYRARDÓW | POL | M 30-39 | 84 | M 197 | 00:29:52 | 00:41:39 | 00:47:24.05 | 00:47:46.20 | 4:44 | 12.7 |
| 199 | ROŚLONIEC KAMIL | 670 | | RZAŚNIK | POL | M 1-29 | 35 | M 198 | 00:30:37 | 00:41:57 | 00:47:24.60 | 00:48:08.15 | 4:44 | 12.7 |
| 200 | WOJCIECHOWSKI MAREK | 870 | ADIDAS RUNNERS WARSAW | BIAŁYSTOK | POL | M 30-39 | 85 | M 199 | 00:30:17 | 00:41:54 | 00:47:26.15 | 00:47:46.90 | 4:44 | 12.6 |
| 201 | STROMECKI MARCIN | 751 | BFM | WARSZAWA | POL | M 1-29 | 36 | M 200 | 00:30:31 | 00:41:53 | 00:47:26.80 | 00:49:48.30 | 4:44 | 12.6 |
| 202 | DĄBROWSKI DANIEL | 137 | | WARSZAWA | POL | M 1-29 | 37 | M 201 | 00:30:24 | 00:42:00 | 00:47:26.95 | 00:49:39.90 | 4:44 | 12.6 |
| 203 | WOJCIECHOWSKI ARTUR | 869 | :) | WARSZAWA | POL | M 1-29 | 38 | M 202 | 00:28:37 | 00:41:12 | 00:47:28.55 | 00:47:40.70 | 4:44 | 12.6 |
| 204 | FRĄCKIEWICZ DARIUSZ | 176 | BIEGAM NA TARCHOMINIE | WARSZAWA | POL | M 40-49 | 69 | M 203 | 00:30:18 | 00:41:57 | 00:47:40.05 | 00:48:36.75 | 4:46 | 12.6 |
| 205 | BLASZCZYŃSKI WITOLD | 47 | | WARSZAWA | POL | M 40-49 | 70 | M 204 | 00:30:27 | 00:41:52 | 00:47:40.55 | 00:48:19.75 | 4:46 | 12.6 |
| 206 | RÓŻYCKI JAROSŁAW | 673 | | LEGIONOWO | POL | M 30-39 | 86 | M 205 | 00:31:02 | 00:42:26 | 00:47:40.60 | 00:48:35.80 | 4:46 | 12.6 |
| 207 | PAZIEWSKI ANDRZEJ | 608 | BIEGAM NA TARCHOMINIE | WARSZAWA | POL | M 40-49 | 71 | M 206 | 00:30:36 | 00:42:03 | 00:47:40.85 | 00:48:06.85 | 4:46 | 12.6 |
| 208 | MOSUR KAMIL | 544 | | WARSZAWA | POL | M 40-49 | 72 | M 207 | 00:30:27 | 00:41:54 | 00:47:42.20 | 00:48:03.90 | 4:46 | 12.6 |
| 209 | SMYL JACEK | 724 | | WARSZAWA | POL | M 1-29 | 39 | M 208 | 00:30:22 | 00:42:13 | 00:47:43.50 | 00:48:05.15 | 4:46 | 12.6 |
| 210 | BARAN GRZEGORZ | 19 | | WARSZAWA | POL | M 40-49 | 73 | M 209 | 00:30:44 | 00:42:14 | 00:47:45.85 | 00:48:34.70 | 4:46 | 12.6 |
| 211 | FALBA ZBIGNIEW | 163 | METLIFE RUN | WARSZAWA | POL | M 40-49 | 74 | M 210 | 00:30:35 | 00:42:06 | 00:47:48.00 | 00:48:32.80 | 4:46 | 12.6 |
| 212 | ŁUBIŃSKI KRZYSZTOF | 469 | | WARSZAWA | POL | M 40-49 | 75 | M 211 | 00:30:38 | 00:42:06 | 00:47:48.30 | 00:48:07.00 | 4:46 | 12.5 |
| 213 | PADYSZ AREK | 591 | | WARSZAWA | POL | M 40-49 | 76 | M 212 | 00:30:45 | 00:42:06 | 00:47:49.20 | 00:48:20.10 | 4:47 | 12.5 |
| 214 | JANISZEWSKI RAFAŁ | 269 | | LEGIONOWO | POL | M 30-39 | 87 | M 213 | 00:31:51 | 00:42:40 | 00:47:49.40 | 00:48:44.90 | 4:46 | 12.5 |
| 215 | GOGOLEWSKI MICHAŁ | 208 | | WARSZAWA | POL | M 40-49 | 77 | M 214 | 00:30:22 | 00:41:59 | 00:47:49.45 | 00:48:15.05 | 4:47 | 12.5 |
| 216 | PODGÓRSKI KRZYSZTOF | 626 | KOMITET SPORTU I TURYSTYKI KRZYSZTOFA PODGÓRSKIEGO | KATOWICE | POL | M 1-29 | 40 | M 215 | 00:29:38 | 00:41:43 | 00:47:49.50 | 00:48:01.70 | 4:46 | 12.5 |
| 217 | SZPANOWSKI MAREK | 962 | | WARSZAWA | POL | M 50-59 | 10 | M 216 | 00:31:24 | 00:42:34 | 00:47:52.20 | 00:48:34.20 | 4:47 | 12.5 |
| 218 | DOMŻAŁSKI ARTUR | 148 | | WARSZAWA | POL | M 30-39 | 88 | M 217 | 00:30:41 | 00:42:20 | 00:48:03.05 | 00:48:43.65 | 4:48 | 12.5 |
| 219 | MANOWIECKI GRZEGORZ | 495 | BRAVERHEARTS | LEGIONOWO | POL | M 40-49 | 78 | M 218 | 00:30:11 | 00:42:18 | 00:48:08.30 | 00:48:38.30 | 4:48 | 12.5 |
| 220 | SIERZPUŃSKI PIOTR | 703 | | OŻARÓW MAZOWIECKI | POL | M 1-29 | 41 | M 219 | 00:31:31 | 00:42:51 | 00:48:09.60 | 00:49:03.70 | 4:48 | 12.5 |
| 221 | DALECKI ŁUKASZ | 130 | | NOWE PIEŚCIROGI | POL | M 30-39 | 89 | M 220 | 00:31:10 | 00:42:30 | 00:48:09.95 | 00:48:53.45 | 4:49 | 12.5 |
| 222 | KIESZEK TADEUSZ | 344 | DYSTANS LESZNO | LESZNO /WARSZAWY | POL | M 60+ | 4 | M 221 | 00:31:16 | 00:42:29 | 00:48:10.30 | 00:48:57.95 | 4:49 | 12.5 |
| 223 | OLCZAK JANUSZ | 576 | BIEGANIE 50+ | WARSZAWA | POL | M 50-59 | 11 | M 222 | 00:31:13 | 00:42:37 | 00:48:11.85 | 00:48:45.40 | 4:49 | 12.4 |
| 224 | JAWORSKI ŁUKASZ | 288 | | WARSZAWA | POL | M 40-49 | 79 | M 223 | 00:31:12 | 00:42:29 | 00:48:15.15 | 00:49:10.50 | 4:49 | 12.4 |
| 225 | KILIAŃSKI RAFAŁ | 345 | TRUCHT TARCHOMIN TEAM | WARSZAWA | POL | M 40-49 | 80 | M 224 | 00:31:17 | 00:42:47 | 00:48:17.00 | 00:48:58.60 | 4:49 | 12.4 |
| 226 | ROSZAK WALDEMAR | 671 | BIEGAM NA ZIELONEJ BIAŁOŁĘCE | WARSZAWA | POL | M 50-59 | 12 | M 225 | 00:30:36 | 00:42:32 | 00:48:17.30 | 00:48:47.20 | 4:49 | 12.4 |
| 227 | MIODUSZEWSKI ADRIAN | 534 | | WARSZAWA | POL | M 1-29 | 42 | M 226 | 00:31:32 | 00:42:49 | 00:48:17.50 | 00:49:06.05 | 4:49 | 12.4 |
| 228 | KOŁOMAŃSKI MAREK | 360 | EKOBIEGI | WARSZAWA | POL | M 40-49 | 81 | M 227 | 00:30:13 | 00:42:19 | 00:48:17.70 | 00:48:48.35 | 4:49 | 12.4 |

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| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 6.6km | 9km | Netto | Brutto | min/km | km/h |
|------|-----------------------|-----|--|----------------------|------|---------|--------|-------|----------|----------|-------------|-------------|--------|------|
| 229 | DRZYMAŁA KRZYSZTOF | 154 | | WARSZAWA | POL | M 30-39 | 90 | M 228 | 00:31:17 | 00:42:40 | 00:48:19.05 | 00:49:12.50 | 4:49 | 12.4 |
| 230 | ŚCIOCH MICHAŁ | 791 | | WARSZAWA | POL | M 40-49 | 82 | M 229 | 00:31:05 | 00:42:33 | 00:48:19.40 | 00:48:59.80 | 4:49 | 12.4 |
| 231 | BARANOWSKI KRZYSZTOF | 18 | TO NATURALNE | ZIELONKA | POL | M 50-59 | 13 | M 230 | | | 00:48:21.00 | 00:48:21.00 | 4:50 | 12.4 |
| 232 | BIAŁOKOS KAMIL | 989 | PARTNER | WARSZAWA | POL | M 40-49 | 83 | M 231 | 00:30:54 | 00:42:37 | 00:48:22.90 | 00:49:58.85 | 4:50 | 12.4 |
| 233 | HUSZCZA PAWEŁ | 254 | | WARSZAWA | POL | M 30-39 | 91 | M 232 | 00:30:49 | 00:42:36 | 00:48:25.05 | 00:48:42.90 | 4:50 | 12.4 |
| 234 | DUDA JACEK | 953 | | PRUSZKÓW | POL | M 30-39 | 92 | M 233 | 00:31:18 | 00:42:45 | 00:48:29.20 | 00:49:21.75 | 4:50 | 12.4 |
| 235 | KACYMIROW TOMASZ | 314 | | HORNÓWEK | POL | M 50-59 | 14 | M 234 | 00:30:55 | 00:42:40 | 00:48:29.65 | 00:49:04.15 | 4:51 | 12.4 |
| 236 | KARPIŃSKI MARCIN | 982 | | WARSZAWA | POL | M 30-39 | 93 | M 235 | 00:31:14 | 00:42:40 | 00:48:30.25 | 00:48:58.90 | 4:51 | 12.4 |
| 237 | WIERZCHOŁOWSKI MARCIN | 848 | | WARSZAWA | POL | M 40-49 | 84 | M 236 | 00:31:27 | 00:43:15 | 00:48:30.50 | 00:49:15.10 | 4:51 | 12.4 |
| 238 | TOCZEWSKI KAMIL | 809 | JACEKBIEGA RUNNING TEAM | WARSZAWA | POL | M 1-29 | 43 | M 237 | 00:30:36 | 00:42:33 | 00:48:31.90 | 00:49:04.25 | 4:51 | 12.4 |
| 239 | MAKOWSKI KRYSZTIAN | 484 | RUN4FUN | WARSZAWA | POL | M 1-29 | 44 | M 238 | 00:31:04 | 00:42:56 | 00:48:32.30 | 00:49:09.45 | 4:51 | 12.4 |
| 240 | BARSZCZEWSKI MACIEJ | 20 | TN BIEGÓWKI WESOŁA | LASKI | POL | M 40-49 | 85 | M 239 | 00:30:32 | 00:42:39 | 00:48:34.85 | 00:48:57.55 | 4:51 | 12.3 |
| 241 | RUTKOWSKI MICHAŁ | 680 | KARAŚ SWIMMING TEAM | WARSZAWA | POL | M 40-49 | 86 | M 240 | 00:31:23 | 00:43:00 | 00:48:38.40 | 00:49:23.80 | 4:51 | 12.3 |
| 242 | KRÓLCZYŃSKI MACIEJ | 994 | | GRODZISK MAZOWIECKI | POL | M 30-39 | 94 | M 241 | 00:31:26 | 00:42:59 | 00:48:39.20 | 00:49:26.85 | 4:51 | 12.3 |
| 243 | GRZYMAŁA ANDRZEJ | 940 | | WARSZAWA | POL | M 40-49 | 87 | M 242 | 00:30:59 | 00:42:51 | 00:48:41.10 | 00:49:38.20 | 4:52 | 12.3 |
| 244 | NIEDZIELA DOMINIK | 558 | | WARSZAWA | POL | M 40-49 | 88 | M 243 | 00:31:19 | 00:43:00 | 00:48:43.80 | 00:49:43.05 | 4:52 | 12.3 |
| 245 | SUCHORAB KRZYSZTOF | 760 | | WARSZAWA | POL | M 30-39 | 95 | M 244 | 00:31:21 | 00:43:00 | 00:48:47.20 | 00:50:23.50 | 4:52 | 12.3 |
| 246 | SZCZĘSNY PAWEŁ | 774 | | WARSZAWA | POL | M 40-49 | 89 | M 245 | 00:30:41 | 00:42:47 | 00:48:51.00 | 00:49:36.10 | 4:53 | 12.3 |
| 247 | SZCZEPAŃSKI PIOTR | 923 | KONDYCJA | KONSTANCIN-JEZIORNA | POL | M 1-29 | 45 | M 246 | 00:35:59 | 00:43:31 | 00:48:52.75 | 00:48:56.05 | 4:53 | 12.3 |
| 248 | PROKOPIUK GRZEGORZ | 945 | | WARSZAWA | POL | M 40-49 | 90 | M 247 | 00:31:21 | 00:43:08 | 00:48:53.90 | 00:49:02.70 | 4:53 | 12.3 |
| 249 | SĄŁASZEWSKI ŁUKASZ | 691 | | WARSZAWA | POL | M 40-49 | 91 | M 248 | 00:32:05 | 00:43:35 | 00:48:54.90 | 00:49:42.85 | 4:53 | 12.3 |
| 250 | CELIŃSKI RAFAŁ | 87 | | WARSZAWA | POL | M 40-49 | 92 | M 249 | 00:31:44 | 00:43:21 | 00:48:59.00 | 00:49:44.40 | 4:53 | 12.2 |
| 251 | LIPIŃSKI OSKAR | 932 | | WARSZAWA | POL | M 30-39 | 96 | M 250 | 00:31:21 | 00:43:29 | 00:49:02.30 | 00:49:35.55 | 4:54 | 12.2 |
| 252 | FRĄCKOWSKI SŁAWOMIR | 177 | | WARSZAWA | POL | M 40-49 | 93 | M 251 | 00:31:13 | 00:43:07 | 00:49:05.30 | 00:49:38.40 | 4:54 | 12.2 |
| 253 | JANKOWSKI DARIUSZ | 275 | PAŁUKI RUNNING TEAM | WARSZAWA | POL | M 30-39 | 97 | M 252 | 00:32:17 | 00:43:37 | 00:49:12.00 | 00:49:59.35 | 4:55 | 12.2 |
| 254 | WINIARCZYK BARTŁOMIEJ | 852 | | WARSZAWA | POL | M 1-29 | 46 | M 253 | 00:30:47 | 00:42:56 | 00:49:13.40 | 00:50:03.05 | 4:55 | 12.2 |
| 255 | SZLENDAK MAREK | 777 | | RYKI | POL | M 30-39 | 98 | M 254 | 00:31:55 | 00:43:33 | 00:49:17.15 | 00:50:07.55 | 4:55 | 12.2 |
| 256 | PERLAN ROBERT | 611 | DYSTANS LESZNO | LESZNO | POL | M 40-49 | 94 | M 255 | 00:31:41 | 00:43:26 | 00:49:19.35 | 00:49:58.65 | 4:55 | 12.2 |
| 257 | MŁOSZ MAREK | 532 | | WARSZAWA | POL | M 50-59 | 15 | M 256 | 00:31:27 | 00:43:17 | 00:49:19.95 | 00:50:10.05 | 4:56 | 12.2 |
| 258 | WOŁOWSKI KAMIL | 874 | | WARSZAWA | POL | M 30-39 | 99 | M 257 | 00:32:02 | 00:43:35 | 00:49:21.40 | 00:50:18.10 | 4:56 | 12.2 |
| 259 | STAROWICZ KAZIMIERZ | 744 | | WARSZAWA | POL | M 30-39 | 100 | M 258 | 00:32:05 | 00:43:47 | 00:49:22.85 | 00:49:46.45 | 4:56 | 12.1 |
| 260 | KRÓL TOMASZ | 402 | | NOWY DWÓR MAZOWIECKI | POL | M 30-39 | 101 | M 259 | 00:31:29 | 00:43:30 | 00:49:23.15 | 00:49:50.60 | 4:56 | 12.1 |
| 261 | SIESS JAROSŁAW | 704 | | PABIANICE | POL | M 50-59 | 16 | M 260 | 00:32:04 | 00:43:46 | 00:49:24.00 | 00:49:47.35 | 4:56 | 12.1 |
| 262 | DEREWICZ MARIUSZ | 142 | | WARSZAWA | POL | M 30-39 | 102 | M 261 | 00:31:58 | 00:43:40 | 00:49:24.20 | 00:50:20.10 | 4:56 | 12.1 |
| 263 | ŚCIBISZ TOMEK | 789 | | WARSZAWA | POL | M 40-49 | 95 | M 262 | 00:31:46 | 00:43:26 | 00:49:24.60 | 00:50:05.20 | 4:56 | 12.1 |
| 264 | WACH MICHAŁ | 828 | BIEGAM NA TARCHOMINIE | WARSZAWA | POL | M 40-49 | 96 | M 263 | 00:32:00 | 00:43:40 | 00:49:24.65 | 00:49:59.90 | 4:56 | 12.1 |
| 265 | PERKOWSKI PAWEŁ | 610 | | WARSZAWA | POL | M 30-39 | 103 | M 264 | 00:31:40 | 00:43:34 | 00:49:26.95 | 00:50:09.40 | 4:56 | 12.1 |
| 266 | WITUSIK SZYMON | 857 | | WARSZAWA | POL | M 1-29 | 47 | M 265 | 00:32:20 | 00:44:02 | 00:49:29.45 | 00:50:02.10 | 4:57 | 12.1 |
| 267 | CIOŁEK ROBERT | 114 | MASTERS DOJO | WARSZAWA | POL | M 40-49 | 97 | M 266 | 00:32:09 | 00:43:46 | 00:49:31.30 | 00:50:30.45 | 4:57 | 12.1 |
| 268 | BOGUCKI MICHAŁ | 53 | | WARSZAWA | POL | M 1-29 | 48 | M 267 | 00:30:48 | 00:43:29 | 00:49:32.95 | 00:49:56.30 | 4:57 | 12.1 |
| 269 | SZUSTAK DAREK | 785 | | RASZYN | POL | M 50-59 | 17 | M 268 | 00:32:10 | 00:44:04 | 00:49:40.05 | 00:50:18.85 | 4:58 | 12.1 |
| 270 | MILLER DANIEL MILLER | 531 | WARSAW INTERNATIONAL TRIATHLON CLUB (WITC) | WARSZAWA | POL | M 40-49 | 98 | M 269 | 00:32:15 | 00:44:06 | 00:49:40.95 | 00:50:47.65 | 4:58 | 12.1 |
| 271 | ROJEK RAFAŁ | 665 | | WARSZAWA | POL | M 40-49 | 99 | M 270 | 00:31:45 | 00:43:45 | 00:49:41.20 | 00:50:21.80 | 4:58 | 12.1 |
| 272 | URBAN MARIUSZ | 822 | GRUPA BIEGOWA UM W-WA | WARSZAWA | POL | M 40-49 | 100 | M 271 | 00:31:47 | 00:43:49 | 00:49:43.75 | 00:52:04.65 | 4:58 | 12.1 |
| 273 | KACHNIARZ SŁAWOMIR | 308 | KAWAII SUSHI | LEGIONOWO | POL | M 40-49 | 101 | M 272 | 00:31:03 | 00:43:29 | 00:49:47.15 | 00:50:28.50 | 4:58 | 12.1 |
| 274 | GAWLIK ARKADIUSZ | 191 | BIEGAM NA TARCHOMINIE | WARSZAWA | POL | M 40-49 | 102 | M 273 | 00:31:45 | 00:43:47 | 00:49:48.00 | 00:50:45.45 | 4:58 | 12 |
| 275 | KACPURA PIOTR | 313 | | STOCZEK | POL | M 40-49 | 103 | M 274 | 00:32:13 | 00:43:52 | 00:49:48.20 | 00:50:41.65 | 4:58 | 12 |
| 276 | ŻOCHOWSKI PAWEŁ | 912 | | SKRZESZEW | POL | M 30-39 | 104 | M 275 | 00:31:13 | 00:43:45 | 00:49:48.35 | 00:50:31.40 | 4:58 | 12 |
| 277 | DUDEK BARTŁOMIEJ | 155 | BIEGAM NA TARCHOMINIE | WARSZAWA | POL | M 30-39 | 105 | M 276 | 00:31:31 | 00:43:36 | 00:49:52.40 | 00:51:14.50 | 4:59 | 12 |
| 278 | GIL WOJCIECH | 201 | NW CZŁAPSKI TEAM | WARSZAWA | POL | M 40-49 | 104 | M 277 | 00:32:14 | 00:43:59 | 00:49:54.10 | 00:50:42.40 | 4:59 | 12 |
| 279 | GÓRKA MARCIN | 215 | POLSA | WARSZAWA | POL | M 40-49 | 105 | M 278 | 00:32:11 | 00:44:14 | 00:49:58.45 | 00:50:56.20 | 4:59 | 12 |
| 280 | RUSIN BARTOSZ | 678 | KS STASZEWSKY | JABŁONNA | POL | M 40-49 | 106 | M 279 | 00:31:32 | 00:43:46 | 00:50:00.30 | 00:50:38.60 | 5:00 | 12 |
| 281 | TARASIUK ŁUKASZ | 804 | | MROZY | POL | M 40-49 | 107 | M 280 | 00:32:24 | 00:44:14 | 00:50:01.30 | 00:50:55.80 | 5:00 | 12 |
| 282 | SMUŁEK RAFAŁ | 723 | | WARSZAWA | POL | M 1-29 | 49 | M 281 | 00:32:13 | 00:44:21 | 00:50:02.05 | 00:50:58.70 | 5:00 | 12 |
| 283 | MAREK BARTŁOMIEJ | 500 | | DĘBE WIELKIE | POL | M 30-39 | 106 | M 282 | 00:32:38 | 00:44:29 | 00:50:02.05 | 00:50:55.70 | 5:00 | 12 |
| 284 | ORŁOWSKI KRZYSZTOF | 585 | PARKRUN WARSZAWA BRÓDNO | WARSZAWA | POL | M 40-49 | 108 | M 283 | 00:31:28 | 00:44:00 | 00:50:02.90 | 00:50:11.80 | 5:00 | 12 |

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| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 6.6km | 9km | Netto | Brutto | min/km | km/h |
|------|-----------------------|-----|---|------------------|------|---------|--------|-------|----------|----------|-------------|-------------|--------|------|
| 285 | JAROSZEK PIOTR | 281 | VEGE RUNNERS | KRECKZI | POL | M 30-39 | 107 | M 284 | 00:31:33 | 00:43:50 | 00:50:03.05 | 00:50:40.00 | 5:00 | 12 |
| 286 | ŻURAWSKI MARCIN | 919 | BIEGAM NA TARCHOMINIE/ADIDAS RUNNERS WARSAW | WARSZAWA | POL | M 40-49 | 109 | M 285 | 00:32:13 | 00:44:12 | 00:50:03.70 | 00:50:38.40 | 5:00 | 12 |
| 287 | JANKOWSKI ANDRZEJ | 276 | CAT-FIT | ZEGRZE | POL | M 40-49 | 110 | M 286 | 00:32:29 | 00:44:23 | 00:50:07.60 | 00:50:58.00 | 5:00 | 12 |
| 288 | PRZYBYSZ TOMASZ | 643 | | WARSZAWA | POL | M 1-29 | 50 | M 287 | 00:32:08 | 00:44:21 | 00:50:09.05 | 00:50:51.25 | 5:00 | 12 |
| 289 | MANCZENKO EUGENIUSZ | 494 | LEŚNE SZYCHY | WARSZAWA | POL | M 30-39 | 108 | M 288 | 00:32:43 | 00:44:27 | 00:50:11.90 | 00:51:16.20 | 5:01 | 12 |
| 290 | PASZKOWSKI CEZARY | 603 | | WARSZAWA | POL | M 40-49 | 111 | M 289 | 00:32:44 | 00:44:27 | 00:50:12.40 | 00:51:16.40 | 5:01 | 12 |
| 291 | NOGAS SEBASTIAN | 560 | PZU SPORTTEAM | WARSZAWA | POL | M 30-39 | 109 | M 290 | | | 00:50:13.00 | 00:50:13.00 | 5:01 | 11.9 |
| 292 | SUCHODOLSKI MARIUSZ | 758 | TRUCHT TARCHOMIN TEAM | WARSZAWA | POL | M 40-49 | 112 | M 291 | 00:32:18 | 00:44:08 | 00:50:16.95 | 00:51:04.15 | 5:01 | 11.9 |
| 293 | WITUSIK PAWEŁ | 856 | | WARSZAWA | POL | M 40-49 | 113 | M 292 | 00:32:21 | 00:44:30 | 00:50:18.90 | 00:50:51.25 | 5:01 | 11.9 |
| 294 | ŻÓŁKOWSKI MAREK | 914 | TEAM ZABIEGANEDNI | WARSZAWA | POL | M 60+ | 5 | M 293 | 00:32:36 | 00:44:33 | 00:50:19.00 | 00:51:01.45 | 5:01 | 11.9 |
| 295 | FRYCZ MICHAŁ | 178 | | WARSZAWA | POL | M 40-49 | 114 | M 294 | 00:32:02 | 00:44:18 | 00:50:20.20 | 00:51:12.75 | 5:02 | 11.9 |
| 296 | SKŁUCKI HUBERT | 715 | RUN TEAM NASIELSK | NASIELSK | POL | M 40-49 | 115 | M 295 | 00:31:21 | 00:44:24 | 00:50:24.30 | 00:50:40.30 | 5:02 | 11.9 |
| 297 | WOJNARSKI JANUSZ | 871 | | WARSZAWA | POL | M 60+ | 6 | M 296 | 00:32:30 | 00:44:30 | 00:50:31.65 | 00:51:35.25 | 5:03 | 11.9 |
| 298 | KLEPACKI PIOTR | 350 | | PIOTRKOW TRYB. | POL | M 30-39 | 110 | M 297 | 00:33:03 | 00:44:46 | 00:50:31.70 | 00:50:43.70 | 5:03 | 11.9 |
| 299 | KOWNACKI MARCIN | 396 | | WARSZAWA | POL | M 40-49 | 116 | M 298 | 00:31:42 | 00:44:15 | 00:50:31.85 | 00:51:03.35 | 5:03 | 11.9 |
| 300 | RZECZKOWSKI ZYGMUNT | 686 | METRO WARSZAWSKIE | WARSZAWA | POL | M 60+ | 7 | M 299 | 00:32:08 | 00:44:21 | 00:50:32.55 | 00:51:34.65 | 5:03 | 11.9 |
| 301 | LIBOLD MACIEJ | 447 | | WARSZAWA | POL | M 30-39 | 111 | M 300 | 00:32:39 | 00:44:36 | 00:50:37.95 | 00:50:51.35 | 5:03 | 11.8 |
| 302 | DUDKO MIKALAI | 156 | JACEKBIEGA RUNNING TEAM | WARSAW | POL | M 30-39 | 112 | M 301 | 00:32:25 | 00:45:08 | 00:50:44.35 | 00:51:28.05 | 5:04 | 11.8 |
| 303 | DOMINIAK ZBIGNIEW | 147 | GRUPAZERO | WARSZAWA | POL | M 40-49 | 117 | M 302 | 00:32:09 | 00:44:26 | 00:50:47.75 | 00:51:47.20 | 5:04 | 11.8 |
| 304 | KASKA MATEUSZ | 334 | | WOŁOMIN | POL | M 30-39 | 113 | M 303 | 00:31:31 | 00:44:19 | 00:50:49.00 | 00:51:26.60 | 5:04 | 11.8 |
| 305 | KMIĘC KAMIL | 357 | | ZĄBKI | POL | M 1-29 | 51 | M 304 | 00:33:14 | 00:45:09 | 00:50:51.10 | 00:51:50.35 | 5:05 | 11.8 |
| 306 | WIŚNIEWSKI PAWEŁ | 854 | ŁOMIANKOWSKA GRUPA BIEGOWA | ŁOMIANKI | POL | M 40-49 | 118 | M 305 | 00:32:19 | 00:44:42 | 00:50:52.20 | 00:51:25.15 | 5:05 | 11.8 |
| 307 | MYSZKE ARTUR | 553 | | WARSZAWA | POL | M 40-49 | 119 | M 306 | 00:32:26 | 00:44:49 | 00:50:54.60 | 00:51:47.60 | 5:05 | 11.8 |
| 308 | CHRÓST MARCIN | 100 | KS-ZIELONO CZARNI | MIŃSK MAZOWIECKI | POL | M 30-39 | 114 | M 307 | 00:31:05 | 00:44:19 | 00:50:57.45 | 00:51:23.05 | 5:05 | 11.8 |
| 309 | POŁĘC ANDRZEJ | 631 | | WARSZAWA | POL | M 40-49 | 120 | M 308 | 00:32:21 | 00:44:51 | 00:50:59.50 | 00:51:53.10 | 5:06 | 11.8 |
| 310 | BOROWSKI MARIUSZ | 65 | | WARSZAWA | POL | M 40-49 | 121 | M 309 | 00:32:56 | 00:45:00 | 00:50:59.85 | 00:51:50.85 | 5:05 | 11.8 |
| 311 | BITKOWSKI BARTEK | 46 | | WARSZAWA | POL | M 40-49 | 122 | M 310 | 00:33:19 | 00:45:05 | 00:51:02.00 | 00:51:54.00 | 5:06 | 11.8 |
| 312 | WOJTAS MICHAŁ | 929 | | WARSZAWA | POL | M 1-29 | 52 | M 311 | 00:33:10 | 00:45:11 | 00:51:03.15 | 00:51:56.65 | 5:06 | 11.8 |
| 313 | NOWAK DAWID | 566 | | WARSZAWA | POL | M 30-39 | 115 | M 312 | 00:33:57 | 00:45:41 | 00:51:03.45 | 00:52:29.20 | 5:06 | 11.7 |
| 314 | JÓŻWIK GRZEGORZ | 300 | | WARSZAWA | POL | M 40-49 | 123 | M 313 | 00:31:52 | 00:44:43 | 00:51:03.75 | 00:51:31.40 | 5:06 | 11.7 |
| 315 | ADAMIAK PIOTR | 1 | | WARSZAWA | POL | M 40-49 | 124 | M 314 | 00:33:00 | 00:45:14 | 00:51:07.95 | 00:51:43.95 | 5:06 | 11.7 |
| 316 | ŚWIĆ RAFAŁ | 793 | TRUCHT TARCHOMIN TEAM | WARSZAWA | POL | M 40-49 | 125 | M 315 | 00:32:41 | 00:45:02 | 00:51:08.00 | 00:51:57.25 | 5:06 | 11.7 |
| 317 | BIENIEK WOJCIECH | 43 | TRENER24 | WARSZAWA | POL | M 30-39 | 116 | M 316 | 00:32:47 | 00:45:13 | 00:51:12.95 | 00:52:15.60 | 5:07 | 11.7 |
| 318 | DERESZEWSKI PIOTR | 141 | ZABIEGANY WOŁOMIN | WARSZAWA | POL | M 40-49 | 126 | M 317 | 00:32:31 | 00:44:58 | 00:51:13.00 | 00:51:45.85 | 5:07 | 11.7 |
| 319 | ROGAŁA MARCIN | 662 | | WARSZAWA | POL | M 30-39 | 117 | M 318 | 00:32:15 | 00:45:01 | 00:51:13.40 | 00:51:48.20 | 5:07 | 11.7 |
| 320 | PASIŃSKI DANIEL | 949 | GRUPA BIEGOWA UM WARSZAWA | WARSZAWA | POL | M 30-39 | 118 | M 319 | 00:32:32 | 00:45:17 | 00:51:18.70 | 00:51:49.10 | 5:07 | 11.7 |
| 321 | BAZYLEWICZ HUBERT | 27 | | WARSZAWA | POL | M 30-39 | 119 | M 320 | 00:32:15 | 00:45:06 | 00:51:21.20 | 00:52:17.15 | 5:08 | 11.7 |
| 322 | KONIECKI TOMASZ | 363 | | WARSZAWA | POL | M 40-49 | 127 | M 321 | 00:33:13 | 00:45:16 | 00:51:24.60 | 00:52:16.20 | 5:08 | 11.7 |
| 323 | GRABOWSKI WOJCIECH | 972 | ANPHARM RUN TEAM | WARSZAWA | POL | M 40-49 | 128 | M 322 | 00:33:10 | 00:45:13 | 00:51:24.75 | 00:53:35.25 | 5:08 | 11.7 |
| 324 | MATENKA PIOTR | 508 | DYSPOZYCJA DNIA TEAM | WARSZAWA | POL | M 40-49 | 129 | M 323 | 00:32:56 | 00:45:25 | 00:51:24.85 | 00:52:15.05 | 5:08 | 11.7 |
| 325 | ODZIEMCZYK SEBASTIAN | 574 | | WARSZAWA | POL | M 30-39 | 120 | M 324 | 00:32:46 | 00:45:15 | 00:51:26.35 | 00:52:15.90 | 5:08 | 11.7 |
| 326 | SKARŻYŃSKI ADAM | 711 | GRUPA BIEGOWA UM W-WA | WARSZAWA | POL | M 30-39 | 121 | M 325 | 00:32:52 | 00:45:17 | 00:51:32.05 | 00:52:20.30 | 5:09 | 11.6 |
| 327 | KOPER SEBASTIAN | 369 | CARREFOUR RUNNING TEAM | WARSZAWA | POL | M 40-49 | 130 | M 326 | 00:32:37 | 00:45:17 | 00:51:33.90 | 00:52:11.00 | 5:09 | 11.6 |
| 328 | KLIMCZYŃSKI RAFAŁ | 351 | | WARSZAWA | POL | M 30-39 | 122 | M 327 | 00:33:14 | 00:45:33 | 00:51:34.00 | 00:52:45.25 | 5:09 | 11.6 |
| 329 | CHUDIO MARCIN | 103 | | WARSZAWA | POL | M 30-39 | 123 | M 328 | 00:32:39 | 00:45:22 | 00:51:36.45 | 00:52:28.45 | 5:09 | 11.6 |
| 330 | BIEDROŃ ARTUR | 40 | TARCHO CHARTY | WARSZAWA | POL | M 40-49 | 131 | M 329 | 00:33:14 | 00:45:39 | 00:51:38.90 | 00:52:24.00 | 5:09 | 11.6 |
| 331 | KĘDZIERSKI MIECZYSLAW | 339 | TG SOKÓŁ BRWINÓW | MILANÓWEK | POL | M 60+ | 8 | M 330 | 00:32:58 | 00:45:29 | 00:51:40.30 | 00:52:53.95 | 5:10 | 11.6 |
| 332 | BEDNARSKI TOMASZ | 32 | | WARSZAWA | POL | M 40-49 | 132 | M 331 | 00:34:00 | 00:45:56 | 00:51:41.70 | 00:52:24.30 | 5:10 | 11.6 |
| 333 | FABIANOWICZ PAWEŁ | 162 | BOŚ BANK SA | WARSZAWA | POL | M 30-39 | 124 | M 332 | 00:32:35 | 00:45:21 | 00:51:43.00 | 00:52:35.55 | 5:10 | 11.6 |
| 334 | CZAPSKI MICHAŁ | 124 | BIEGAM NA TARCHOMINIE | WARSZAWA | POL | M 30-39 | 125 | M 333 | 00:32:38 | 00:45:31 | 00:51:43.80 | 00:52:19.30 | 5:10 | 11.6 |
| 335 | STOKOWSKI PAWEŁ | 985 | | | | M 30-39 | 126 | M 334 | 00:32:59 | 00:45:25 | 00:51:44.70 | 00:52:13.80 | 5:10 | 11.6 |
| 336 | WALECKI ROMUALD | 959 | KLUB SAMICY NOSOROŻCA | WARSZAWA | POL | M 40-49 | 133 | M 335 | 00:32:32 | 00:45:41 | 00:51:44.80 | 00:51:51.45 | 5:10 | 11.6 |
| 337 | MARCZEWSKI MARCIN | 499 | RESILIA BEMOWO | WARSZAWA | POL | M 40-49 | 134 | M 336 | 00:32:59 | 00:45:54 | 00:51:47.45 | 00:52:41.25 | 5:10 | 11.6 |
| 338 | GRYCNER PAWEŁ | 230 | SHAKALAKA BOOM BOOM | WARSZAWA | POL | M 30-39 | 127 | M 337 | 00:33:29 | 00:45:55 | 00:51:52.10 | 00:52:48.10 | 5:11 | 11.6 |
| 339 | FILIPCZUK DARIUSZ | 169 | | ZIELONKA | POL | M 50-59 | 18 | M 338 | 00:32:49 | 00:45:33 | 00:51:53.50 | 00:52:33.40 | 5:11 | 11.6 |
| 340 | CHOTOMSKI MARCIN | 99 | | LEGIONOWO | POL | M 30-39 | 128 | M 339 | 00:33:18 | 00:45:48 | 00:51:54.40 | 00:52:01.35 | 5:11 | 11.6 |

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| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 6.6km | 9km | Netto | Brutto | min/km | km/h |
|------|------------------------|-----|----------------------------------|----------------------|------|---------|--------|-------|----------|----------|-------------|-------------|--------|------|
| 341 | BELOWSKI LESZEK | 34 | CHEMIK NOXY PUŁAWY | PULAWY | POL | M 60+ | 9 | M 340 | 00:33:09 | 00:45:42 | 00:51:54.45 | 00:52:59.80 | 5:11 | 11.6 |
| 342 | CHĘC TOMASZ | 89 | | WARSZAWA | POL | M 30-39 | 129 | M 341 | 00:33:51 | 00:46:08 | 00:51:56.85 | 00:53:06.20 | 5:11 | 11.5 |
| 343 | SŁOMKA BOGUMIŁ | 720 | | WARSZAWA | POL | M 40-49 | 135 | M 342 | 00:33:09 | 00:45:51 | 00:52:04.65 | 00:53:18.30 | 5:12 | 11.5 |
| 344 | STRZAŁEK ANDRZEJ | 752 | TRUCHT TARCHOMIN TEAM | WARSZAWA | POL | M 50-59 | 19 | M 343 | 00:33:13 | 00:45:55 | 00:52:09.05 | 00:52:58.00 | 5:13 | 11.5 |
| 345 | PANASZEWSKI PRZEMYSŁAW | 597 | | KOSZALIN | POL | M 1-29 | 53 | M 344 | 00:33:51 | 00:46:13 | 00:52:11.65 | 00:53:17.65 | 5:13 | 11.5 |
| 346 | SZOPA SŁAWOMIR | 780 | | WARSZAWA | POL | M 40-49 | 136 | M 345 | 00:33:12 | 00:45:58 | 00:52:13.05 | 00:53:07.85 | 5:13 | 11.5 |
| 347 | LISZEWSKI KRZYSZTOF | 452 | RUN TEAM NASIELSK | WARSZAWA | POL | M 40-49 | 137 | M 346 | 00:33:05 | 00:45:31 | 00:52:21.25 | 00:53:09.50 | 5:14 | 11.5 |
| 348 | FLORYSIAK ARTUR | 175 | | WARSZAWA | POL | M 40-49 | 138 | M 347 | 00:34:08 | 00:46:31 | 00:52:25.05 | 00:53:28.65 | 5:14 | 11.4 |
| 349 | CIEPLAK ANDRZEJ | 106 | | WARSZAWA | POL | M 40-49 | 139 | M 348 | 00:34:40 | 00:46:48 | 00:52:28.05 | 00:54:02.15 | 5:14 | 11.4 |
| 350 | JASIŃSKI ADAM | 283 | | ZĄBKI | POL | M 30-39 | 130 | M 349 | 00:34:06 | 00:46:28 | 00:52:29.20 | 00:53:29.55 | 5:14 | 11.4 |
| 351 | WANOWSKI ANDRZEJ | 832 | ROZBIEGAMY NOWY DWÓR | NOWY DWÓR MAZOWIECKI | POL | M 60+ | 10 | M 350 | 00:33:27 | 00:46:01 | 00:52:29.40 | 00:53:26.50 | 5:14 | 11.4 |
| 352 | FIJALEK KAMIL | 168 | | WARSZAWA | POL | M 30-39 | 131 | M 351 | 00:33:26 | 00:46:12 | 00:52:32.00 | 00:53:44.30 | 5:15 | 11.4 |
| 353 | SZCZEPAŃSKI MARCIN | 771 | WATAHA-WARSZAWA | PIASECZNO | POL | M 30-39 | 132 | M 352 | 00:33:31 | 00:46:21 | 00:52:32.60 | 00:53:21.15 | 5:15 | 11.4 |
| 354 | ANTOSIK PIOTR | 9 | | WARSZAWA | POL | M 40-49 | 140 | M 353 | 00:34:35 | 00:46:55 | 00:52:35.20 | 00:54:03.65 | 5:15 | 11.4 |
| 355 | CHRZANOWSKI WOJCIECH | 102 | CJHRZANOWSKITEAM | WARSZAWA | POL | M 30-39 | 133 | M 354 | 00:33:39 | 00:46:22 | 00:52:36.80 | 00:53:53.20 | 5:15 | 11.4 |
| 356 | SOPELEWSKI SEBASTIAN | 731 | | WARSZAWA | POL | M 30-39 | 134 | M 355 | 00:33:46 | 00:46:41 | 00:52:37.20 | 00:53:28.20 | 5:15 | 11.4 |
| 357 | MARUSZAK ŁUKASZ | 504 | BIEGAM NA TARCHOMINIE | WARSZAWA | POL | M 30-39 | 135 | M 356 | 00:34:08 | 00:46:45 | 00:52:39.70 | 00:53:22.60 | 5:16 | 11.4 |
| 358 | POLAK MICHAŁ | 629 | | WARSZAWA | POL | M 30-39 | 136 | M 357 | 00:33:48 | 00:46:40 | 00:52:44.65 | 00:53:31.40 | 5:16 | 11.4 |
| 359 | KAMIŃSKI WIESŁAW | 324 | NASIELSK BASZTA TEAM | WARSZAWA | POL | M 50-59 | 20 | M 358 | 00:35:38 | 00:47:02 | 00:52:50.80 | 00:54:16.65 | 5:17 | 11.4 |
| 360 | ZAJDA DOMINIK | 883 | | WARSZAWA | POL | M 1-29 | 54 | M 359 | 00:33:09 | 00:46:35 | 00:52:51.90 | 00:53:13.25 | 5:17 | 11.3 |
| 361 | MATUSIAK KAROL | 943 | BDG | WARSZAWA | POL | M 1-29 | 55 | M 360 | 00:33:39 | 00:46:48 | 00:52:52.45 | 00:54:12.40 | 5:17 | 11.3 |
| 362 | ŁABA PIOTR | 455 | | ZIELONKA | POL | M 40-49 | 141 | M 361 | 00:33:35 | 00:46:31 | 00:52:53.35 | 00:53:45.90 | 5:17 | 11.3 |
| 363 | KRUSZEWSKI PIOTR | 412 | | ZIELONKA | POL | M 40-49 | 142 | M 362 | 00:33:35 | 00:46:31 | 00:52:53.80 | 00:53:45.80 | 5:17 | 11.3 |
| 364 | ZIOŁO GRZEGORZ | 946 | | WARSZAWA | POL | M 1-29 | 56 | M 363 | 00:33:39 | 00:46:48 | 00:52:53.95 | 00:54:13.10 | 5:17 | 11.3 |
| 365 | SZCZYGIEL MICHAŁ | 775 | | STRZYŻÓW | POL | M 1-29 | 57 | M 364 | 00:34:18 | 00:46:51 | 00:52:59.50 | 00:55:59.10 | 5:18 | 11.3 |
| 366 | GŁÓWKA RAFAŁ | 206 | | MARKI | POL | M 40-49 | 143 | M 365 | 00:33:08 | 00:46:20 | 00:52:59.65 | 00:53:23.75 | 5:17 | 11.3 |
| 367 | MENDREK IRENEUSZ | 517 | TURBODZIKI | WARSZAWA | POL | M 30-39 | 137 | M 366 | 00:34:44 | 00:46:54 | 00:52:59.85 | 00:54:12.40 | 5:18 | 11.3 |
| 368 | ZIELINSKI KRZYSZTOF | 905 | HIKINGTOURS.PL | WARSZAWA | POL | M 40-49 | 144 | M 367 | 00:34:23 | 00:46:59 | 00:53:05.75 | 00:54:55.00 | 5:18 | 11.3 |
| 369 | WASILEWSKI GRZEGORZ | 837 | RUN TEAM NASIELSK | PŁONSK | POL | M 30-39 | 138 | M 368 | 00:34:25 | 00:47:06 | 00:53:17.15 | 00:53:51.25 | 5:19 | 11.3 |
| 370 | KUCZYŃSKI IGOR | 421 | APTEKARZ WARSZAWSKI | WARSZAWA | POL | M 40-49 | 145 | M 369 | 00:33:58 | 00:46:55 | 00:53:17.75 | 00:54:11.95 | 5:19 | 11.3 |
| 371 | SZTRANTOWICZ PIOTR | 783 | | WARSZAWA | POL | M 40-49 | 146 | M 370 | 00:33:53 | 00:46:59 | 00:53:20.75 | 00:54:21.55 | 5:20 | 11.2 |
| 372 | BARTECKI TOMASZ | 967 | | WROCLAW | POL | M 30-39 | 139 | M 371 | 00:34:39 | 00:47:15 | 00:53:20.85 | 00:54:30.50 | 5:20 | 11.2 |
| 373 | WASIAK BARTOSZ | 834 | | WARSZAWA | POL | M 30-39 | 140 | M 372 | 00:34:30 | 00:47:20 | 00:53:29.05 | 00:54:47.95 | 5:20 | 11.2 |
| 374 | CHMIELECKI TOMASZ | 91 | LOTAMS TEAM | PIASTÓW | POL | M 40-49 | 147 | M 373 | 00:33:41 | 00:47:07 | 00:53:30.85 | 00:54:19.70 | 5:21 | 11.2 |
| 375 | KARCZEWSKI JACEK | 330 | GRUPA BIEGOWA UM W-WA | WARSZAWA | POL | M 40-49 | 148 | M 374 | 00:34:55 | 00:47:26 | 00:53:31.30 | 00:54:53.70 | 5:21 | 11.2 |
| 376 | KRZYWIEC PRZEMYSŁAW | 417 | | FALENTY | POL | M 30-39 | 141 | M 375 | 00:35:01 | 00:47:31 | 00:53:32.05 | 00:54:31.95 | 5:21 | 11.2 |
| 377 | GARBACZEWSKI ZBIGNIEW | 189 | GRUPA BIEGOWA UM W-WA | JABŁONNA | POL | M 40-49 | 149 | M 376 | 00:33:02 | 00:46:38 | 00:53:38.85 | 00:54:38.50 | 5:21 | 11.2 |
| 378 | KLEPACKI PAWEŁ | 349 | | WARSZAWA | POL | M 30-39 | 142 | M 377 | 00:33:42 | 00:47:09 | 00:53:43.45 | 00:53:55.90 | 5:22 | 11.2 |
| 379 | ROJEK HUBERT | 666 | | LESZCZYDÓŁ NOWINY | POL | M 1-29 | 58 | M 378 | 00:35:37 | 00:48:05 | 00:53:49.90 | 00:55:00.80 | 5:23 | 11.1 |
| 380 | TRATKIEWICZ MAREK | 813 | | WARSZAWA | POL | M 40-49 | 150 | M 379 | 00:34:37 | 00:47:38 | 00:53:50.35 | 00:54:26.85 | 5:23 | 11.1 |
| 381 | SULICH MATEUSZ | 761 | | LEGIONOWO | POL | M 1-29 | 59 | M 380 | 00:35:04 | 00:47:38 | 00:53:50.75 | 00:54:49.10 | 5:23 | 11.1 |
| 382 | ADAMKIEWICZ MARCIN | 961 | INICJATYWA MIESZKAŃCÓW BIAŁOŁĘKI | WARSZAWA | POL | M 30-39 | 143 | M 381 | 00:33:08 | 00:47:08 | 00:53:51.75 | 00:54:04.40 | 5:23 | 11.1 |
| 383 | KLUJ BOGUSŁAW | 354 | BIEGNĚ DLA SANDRY I ROBERTA | ZAKRĘT | POL | M 60+ | 11 | M 382 | 00:34:43 | 00:47:37 | 00:53:56.15 | 00:54:56.05 | 5:23 | 11.1 |
| 384 | PIOTROWSKI JAN | 624 | | WARSZAWA | POL | M 30-39 | 144 | M 383 | 00:34:24 | 00:47:17 | 00:53:57.50 | 00:56:03.00 | 5:23 | 11.1 |
| 385 | SYPNIEWSKI PIOTR | 770 | TKKF BŁYSKAWICA | WARSZAWA | POL | M 40-49 | 151 | M 384 | 00:34:58 | 00:47:34 | 00:53:58.75 | 00:55:05.75 | 5:23 | 11.1 |
| 386 | WŁÓDEK RAFAŁ | 863 | | WARSZAWA | POL | M 30-39 | 145 | M 385 | 00:34:20 | 00:47:36 | 00:54:00.60 | 00:55:21.75 | 5:24 | 11.1 |
| 387 | MARCZAK MARCIN | 498 | | WARSZAWA | POL | M 30-39 | 146 | M 386 | 00:34:54 | 00:47:58 | 00:54:03.70 | 00:55:35.10 | 5:24 | 11.1 |
| 388 | MITURA GRZEGORZ | 537 | | WARSZAWA | POL | M 30-39 | 147 | M 387 | 00:34:30 | 00:47:44 | 00:54:05.10 | 00:54:57.45 | 5:24 | 11.1 |
| 389 | MOCZYDŁOWSKI ŁUKASZ | 540 | MASTERS DOJO | WARSZAWA | POL | M 40-49 | 152 | M 388 | 00:35:08 | 00:47:57 | 00:54:08.55 | 00:55:19.75 | 5:24 | 11.1 |
| 390 | CIESIELSKI RAFAŁ | 109 | WOJEWÓDZCY TEAM | WARSZAWA | POL | M 40-49 | 153 | M 389 | 00:34:58 | 00:47:46 | 00:54:14.25 | 00:55:19.75 | 5:25 | 11.1 |
| 391 | KOSTRUBIEC GRZEGORZ | 381 | | WARSZAWA | POL | M 30-39 | 148 | M 390 | 00:34:34 | 00:47:47 | 00:54:16.45 | 00:54:28.00 | 5:25 | 11.1 |
| 392 | KORNESZCZUK WOJCIECH | 374 | | STASI LAS | POL | M 30-39 | 149 | M 391 | 00:35:08 | 00:48:23 | 00:54:17.20 | 00:55:31.65 | 5:25 | 11.1 |
| 393 | CHOJNOWSKI ANDRZEJ | 96 | BIEGAM NA TARCHOMINIE | WARSZAWA | POL | M 40-49 | 154 | M 392 | 00:34:30 | 00:47:50 | 00:54:18.65 | 00:55:21.35 | 5:25 | 11 |
| 394 | STACHACZ MIROSLAW | 736 | ZPHU DREWMAX | OSTROŁĘKA | POL | M 50-59 | 21 | M 393 | 00:33:54 | 00:47:30 | 00:54:19.30 | 00:55:28.50 | 5:25 | 11 |
| 395 | ŚWIERSZCZ ANDRZEJ | 797 | | WARSZAWA | POL | M 50-59 | 22 | M 394 | 00:34:54 | 00:47:58 | 00:54:20.90 | 00:55:35.20 | 5:26 | 11 |
| 396 | LEBIODA TOMASZ | 437 | | WARSZAWA | POL | M 1-29 | 60 | M 395 | 00:33:42 | 00:47:40 | 00:54:21.55 | 00:54:52.20 | 5:26 | 11 |
| 397 | TUCZYŃSKI ROBERT | 816 | ORT ŁOMIANKI | ŁOMIANKI | POL | M 40-49 | 155 | M 396 | 00:34:42 | 00:47:58 | 00:54:27.20 | 00:55:23.60 | 5:26 | 11 |

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| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 6.6km | 9km | Netto | Brutto | min/km | km/h |
|------|-----------------------|-----|--------------------------------------|----------------------|------|---------|--------|-------|----------|----------|-------------|-------------|--------|------|
| 398 | GROCHOWSKI PAWEŁ | 227 | PZU SPORT TEAM | WARSZAWA | POL | M 30-39 | 150 | M 397 | 00:34:52 | 00:48:16 | 00:54:28.45 | 00:55:37.55 | 5:26 | 11 |
| 399 | JABŁONKA RADOŚLAW | 258 | DZIADY OCR | WYSZKÓW | POL | M 40-49 | 156 | M 398 | 00:34:31 | 00:48:07 | 00:54:35.05 | 00:55:31.35 | 5:27 | 11 |
| 400 | GOLONKA PATRYK | 937 | MASTERS DOJO | WARSZAWA | POL | M 1-29 | 61 | M 399 | 00:36:10 | 00:49:16 | 00:54:36.25 | 00:55:47.75 | 5:27 | 11 |
| 401 | MATUSZEWSKI PAWEŁ | 510 | | NOWY DWÓR MAZOWIECKI | POL | M 30-39 | 151 | M 400 | 00:35:07 | 00:48:21 | 00:54:39.15 | 00:55:37.50 | 5:27 | 11 |
| 402 | BORUSZEWSKI MACIEJ | 67 | | WARSZAWA | POL | M 40-49 | 157 | M 401 | 00:35:08 | 00:48:21 | 00:54:42.70 | 00:55:38.00 | 5:28 | 11 |
| 403 | ZAKRZEWSKI MAREK | 884 | EKOBIEGI | WARSZAWA | POL | M 40-49 | 158 | M 402 | 00:35:04 | 00:47:57 | 00:54:43.75 | 00:55:45.05 | 5:28 | 11 |
| 404 | JARMUŻEWSKI ADAM | 279 | TIA | WARSZAWA | POL | M 40-49 | 159 | M 403 | 00:35:15 | 00:48:13 | 00:54:44.25 | 00:56:11.65 | 5:28 | 11 |
| 405 | KARWOWSKI MARIUSZ | 332 | GRUPA BIEGOWA UM W-WA | CHOTOMÓW | POL | M 40-49 | 160 | M 404 | 00:36:03 | 00:48:42 | 00:54:44.80 | 00:56:17.75 | 5:28 | 11 |
| 406 | MAMLA ZBIGNIEW | 493 | TRUCHT TARCHOMIN TEAM | WARSZAWA | POL | M 40-49 | 161 | M 405 | 00:35:01 | 00:48:02 | 00:54:46.05 | 00:55:47.15 | 5:28 | 11 |
| 407 | MIANOWSKI MARCIN | 519 | | OTWOCK | POL | M 40-49 | 162 | M 406 | 00:32:40 | 00:47:38 | 00:54:47.60 | 00:54:56.70 | 5:28 | 11 |
| 408 | NOWACKI JULIAN | 938 | TO NATURALNE | WARSZAWA | POL | M 60+ | 12 | M 407 | 00:35:03 | 00:48:14 | 00:54:50.50 | 00:55:09.70 | 5:29 | 10.9 |
| 409 | BAKUŁA WIESŁAW | 14 | WAMPIR | KADZIDŁO | POL | M 50-59 | 23 | M 408 | 00:34:16 | 00:48:02 | 00:54:53.90 | 00:55:20.30 | 5:29 | 10.9 |
| 410 | NOWAK JERZY | 565 | PWPW | WA-WA | POL | M 40-49 | 163 | M 409 | 00:35:33 | 00:48:23 | 00:54:53.95 | 00:56:33.40 | 5:29 | 10.9 |
| 411 | KORLAK ŁUKASZ | 371 | | WARSZAWA | POL | M 30-39 | 152 | M 410 | 00:35:56 | 00:48:58 | 00:54:54.80 | 00:56:06.05 | 5:29 | 10.9 |
| 412 | SULIŃSKI SŁAWOMIR | 763 | | WARSZAWA | POL | M 40-49 | 164 | M 411 | 00:35:25 | 00:48:33 | 00:54:57.40 | 00:56:25.40 | 5:29 | 10.9 |
| 413 | ANIŁKOWSKI KRZYSZTOF | 8 | GRUPA BIEGOWA UM W-WA | WARSZAWA | POL | M 30-39 | 153 | M 412 | 00:35:55 | 00:48:56 | 00:55:00.25 | 00:56:16.30 | 5:30 | 10.9 |
| 414 | KĄZMIERSKI ADRIAN | 336 | | WOŁOMIN | POL | M 30-39 | 154 | M 413 | 00:35:33 | 00:48:39 | 00:55:01.25 | 00:56:21.50 | 5:30 | 10.9 |
| 415 | JANKOWSKI MICHAŁ | 942 | | WARSZAWA | POL | M 40-49 | 165 | M 414 | 00:34:21 | 00:48:13 | 00:55:02.05 | 00:55:56.90 | 5:30 | 10.9 |
| 416 | MODRZEJEWSKI ZBIGNIEW | 541 | | LEGIONOWO | POL | M 50-59 | 24 | M 415 | 00:35:11 | 00:48:36 | 00:55:04.55 | 00:55:32.50 | 5:30 | 10.9 |
| 417 | ZYGADŁO PIOTR | 911 | | WARSZAWA | POL | M 30-39 | 155 | M 416 | 00:35:39 | 00:48:41 | 00:55:04.65 | 00:55:23.60 | 5:30 | 10.9 |
| 418 | JANKOWSKI MARCIN | 975 | ANPHARM RUN TEAM | WARSZAWA | POL | M 30-39 | 156 | M 417 | 00:35:25 | 00:48:47 | 00:55:05.00 | 00:57:15.90 | 5:30 | 10.9 |
| 419 | IDZIAK JAROSŁAW | 921 | | WARSZAWA | POL | M 30-39 | 157 | M 418 | 00:31:20 | 00:45:08 | 00:55:05.45 | 00:55:41.15 | 5:30 | 10.9 |
| 420 | KRÓLAK PAWEŁ | 404 | | WARSZAWA | POL | M 30-39 | 158 | M 419 | 00:35:04 | 00:48:27 | 00:55:06.75 | 00:56:30.85 | 5:30 | 10.9 |
| 421 | KUBASIEWICZ ARTUR | 418 | SAM | WARSZAWA | POL | M 50-59 | 25 | M 420 | 00:35:44 | 00:48:48 | 00:55:09.35 | 00:56:38.45 | 5:30 | 10.9 |
| 422 | WIĘCH ANDRZEJ | 849 | | WARSZAWA | POL | M 40-49 | 166 | M 421 | 00:35:00 | 00:48:26 | 00:55:11.00 | 00:56:17.40 | 5:31 | 10.9 |
| 423 | ADAMSKI SZYMON | 3 | | WARSZAWA | POL | M 1-29 | 62 | M 422 | 00:36:48 | 00:49:17 | 00:55:20.55 | 00:56:55.00 | 5:32 | 10.8 |
| 424 | DANIELSKI JACEK | 132 | PZU SPORT TEAM | WARSZAWA | POL | M 40-49 | 167 | M 423 | 00:35:35 | 00:48:59 | 00:55:21.25 | 00:56:31.60 | 5:32 | 10.8 |
| 425 | CZAJKOWSKI MARIUSZ | 121 | | MYSIADŁO | POL | M 40-49 | 168 | M 424 | 00:35:03 | 00:48:44 | 00:55:22.55 | 00:57:31.75 | 5:32 | 10.8 |
| 426 | KOWALCZYK ZDZISŁAW | 968 | JW 2189 | WARSZAWA | POL | M 40-49 | 169 | M 425 | 00:35:02 | 00:48:58 | 00:55:23.95 | 00:56:03.95 | 5:32 | 10.8 |
| 427 | RULAK JERZY | 986 | | WARSZAWA | POL | M 30-39 | 159 | M 426 | 00:35:13 | 00:48:41 | 00:55:25.15 | 00:56:30.00 | 5:32 | 10.8 |
| 428 | BORCZYŃSKI PIOTR | 59 | MŁODZIEŻOWA RADA M.ST. WARSZAWY | WARSZAWA | POL | M 1-29 | 63 | M 427 | 00:34:03 | 00:48:52 | 00:55:27.35 | 00:55:32.90 | 5:32 | 10.8 |
| 429 | ZWOLIŃSKI GRZEGORZ | 909 | REEBOK RUN CREW | WARSZAWA | POL | M 40-49 | 170 | M 428 | 00:36:26 | 00:49:23 | 00:55:31.35 | 00:56:47.10 | 5:33 | 10.8 |
| 430 | NIEDBAŁKA MARCIN | 557 | | JÓZEFÓW | POL | M 30-39 | 160 | M 429 | 00:35:05 | 00:48:59 | 00:55:34.35 | 00:57:09.55 | 5:33 | 10.8 |
| 431 | SULIŃSKI ANDRZEJ | 762 | | WARSZAWA | POL | M 40-49 | 171 | M 430 | 00:35:32 | 00:49:02 | 00:55:37.80 | 00:57:07.10 | 5:33 | 10.8 |
| 432 | SYLWESTRZUK MARIUSZ | 769 | | KOBYŁKA | POL | M 50-59 | 26 | M 431 | 00:35:14 | 00:48:57 | 00:55:39.25 | 00:57:04.35 | 5:33 | 10.8 |
| 433 | BUTKIEWICZ DARIUSZ | 86 | | WARSZAWA | POL | M 40-49 | 172 | M 432 | 00:34:57 | 00:48:55 | 00:55:41.45 | 00:57:06.10 | 5:34 | 10.8 |
| 434 | SZLACHTA WIESŁAW | 776 | | WARSZAWA | POL | M 40-49 | 173 | M 433 | 00:34:57 | 00:48:47 | 00:55:45.15 | 00:56:18.75 | 5:34 | 10.8 |
| 435 | GMYREK ROBERT | 207 | | WARSZAWA | POL | M 30-39 | 161 | M 434 | 00:35:04 | 00:48:59 | 00:55:45.60 | 00:56:59.90 | 5:34 | 10.8 |
| 436 | STANKIEWICZ MACIEJ | 739 | AMI & AURI RUNNERS CLUB | WARSZAWA | POL | M 30-39 | 162 | M 435 | 00:36:59 | 00:49:35 | 00:55:46.20 | 00:57:10.25 | 5:34 | 10.8 |
| 437 | BARNIK RAFAŁ | 977 | | WARSZAWA | POL | M 40-49 | 174 | M 436 | 00:35:10 | 00:48:55 | 00:55:47.40 | 00:56:13.70 | 5:34 | 10.8 |
| 438 | BARTOSZEWSKI DANIEL | 23 | | GÓRA KALWARIA | POL | M 1-29 | 64 | M 437 | 00:35:33 | 00:49:21 | 00:55:48.60 | 00:56:33.40 | 5:34 | 10.7 |
| 439 | PĘDZICH PRZEMYSŁAW | 614 | | WARSZAWA | POL | M 30-39 | 163 | M 438 | 00:33:38 | 00:48:19 | 00:55:51.30 | 00:56:49.80 | 5:35 | 10.7 |
| 440 | KONOPACKI MACIEJ | 365 | JESTEŚ ZWYCIĘZCĄ-CHRZĄSZCZYŻESZOWICE | WARSZAWA | POL | M 30-39 | 164 | M 439 | 00:35:42 | 00:49:28 | 00:55:52.05 | 00:56:58.95 | 5:35 | 10.7 |
| 441 | MAZUR MICHAŁ | 514 | | WARSZAWA | POL | M 30-39 | 165 | M 440 | 00:36:36 | 00:49:35 | 00:55:55.30 | 00:56:46.60 | 5:35 | 10.7 |
| 442 | KARBOWNIK JAKUB | 329 | | WARSZAWA | POL | M 30-39 | 166 | M 441 | 00:35:33 | 00:48:55 | 00:55:55.70 | 00:57:30.50 | 5:35 | 10.7 |
| 443 | FEDEROWICZ ŁUKASZ | 166 | | ZGIERZ | POL | M 30-39 | 167 | M 442 | 00:35:56 | 00:49:34 | 00:55:58.25 | 00:57:10.05 | 5:35 | 10.7 |
| 444 | GRABOWSKI ŁUKASZ | 219 | | WARSZAWA | POL | M 30-39 | 168 | M 443 | 00:34:49 | 00:48:51 | 00:56:02.30 | 00:56:57.80 | 5:36 | 10.7 |
| 445 | ŚWIŚT MICHAŁ | 801 | | WARSZAWA | POL | M 30-39 | 169 | M 444 | 00:36:00 | 00:49:22 | 00:56:04.05 | 00:57:17.20 | 5:36 | 10.7 |
| 446 | MAZUŚ JAREK | 515 | | WARSZAWA | POL | M 40-49 | 175 | M 445 | 00:35:52 | 00:49:31 | 00:56:13.20 | 00:57:48.05 | 5:37 | 10.7 |
| 447 | MATUSEWICZ KRZYSZTOF | 509 | | WARSZAWA | POL | M 40-49 | 176 | M 446 | 00:35:45 | 00:49:29 | 00:56:13.35 | 00:57:18.10 | 5:37 | 10.7 |
| 448 | PRASAŁ ARTUR | 632 | REEBOKRUNCREW LDZ | ŁÓDŹ | POL | M 40-49 | 177 | M 447 | 00:39:48 | 00:50:43 | 00:56:23.20 | 00:57:31.45 | 5:38 | 10.6 |
| 449 | GAJEWICZ ARKADIUSZ | 184 | | JABŁONNA | POL | M 30-39 | 170 | M 448 | 00:35:57 | 00:49:34 | 00:56:26.35 | 00:57:53.15 | 5:38 | 10.6 |
| 450 | GLAZER MARCIN | 203 | PKO BANK POLSKI | WARSZAWA | POL | M 30-39 | 171 | M 449 | 00:38:20 | 00:50:42 | 00:56:31.15 | 00:58:27.00 | 5:39 | 10.6 |
| 451 | BUKOWSKI JANUSZ | 999 | STOWARZYSZENIE DAĆ SIEBIE INNYM | WARSZAWA | POL | M 60+ | 13 | M 450 | 00:35:54 | 00:49:43 | 00:56:33.60 | 00:56:37.25 | 5:39 | 10.6 |
| 452 | KACZOREK ROBERT | 318 | | WARSZAWA | POL | M 60+ | 14 | M 451 | 00:35:58 | 00:49:42 | 00:56:34.45 | 00:56:57.15 | 5:39 | 10.6 |

BIEG PRZEZ MOST 2019, M Open c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 6.6km | 9km | Netto | Brutto | min/km | km/h |
|------|------------------------|------|---|---------------------|------|---------|--------|-------|----------|----------|-------------|-------------|--------|------|
| 453 | ŁOBODA PIOTR | 465 | | WAŁCZ | POL | M 40-49 | 178 | M 452 | 00:35:46 | 00:49:52 | 00:56:38.65 | 00:57:42.05 | 5:39 | 10.6 |
| 454 | THOMAS SZCZEPAN | 806 | WARSZAWSKA AKADEMIA KARATE TRADYCYJNEGO | WARSZAWA | POL | M 50-59 | 27 | M 453 | 00:35:49 | 00:49:35 | 00:56:40.10 | 00:57:34.25 | 5:40 | 10.6 |
| 455 | KRÓL WOJCIECH | 403 | | WARSZAWA | POL | M 1-29 | 65 | M 454 | 00:37:41 | 00:50:52 | 00:56:44.25 | 00:58:16.00 | 5:40 | 10.6 |
| 456 | KAMIŃSKI MACIEJ | 325 | | WARSZAWA | POL | M 30-39 | 172 | M 455 | 00:36:24 | 00:50:05 | 00:56:58.40 | 00:59:03.70 | 5:41 | 10.5 |
| 457 | JANISZEWSKI JAN | 268 | | NIDZICA | POL | M 60+ | 15 | M 456 | 00:36:27 | 00:50:06 | 00:57:01.70 | 00:57:26.85 | 5:42 | 10.5 |
| 458 | ŁABĘDA STANISŁAW | 456 | NASIELSK BASZTA TEAM | WARSZAWA | POL | M 40-49 | 179 | M 457 | 00:36:37 | 00:50:24 | 00:57:07.80 | 00:58:33.40 | 5:42 | 10.5 |
| 459 | ZDUŃSKI JAROSŁAW | 900 | | WARSZAWA | POL | M 50-59 | 28 | M 458 | 00:35:41 | 00:50:10 | 00:57:08.85 | 00:58:25.45 | 5:42 | 10.5 |
| 460 | NOSARZEWSKI MARIUSZ | 562 | | TRZCIANY | POL | M 40-49 | 180 | M 459 | 00:35:54 | 00:50:05 | 00:57:11.65 | 00:58:20.40 | 5:43 | 10.5 |
| 461 | JÓZWIK ROBERT | 298 | HARX TEAM | WARSZAWA | POL | M 40-49 | 181 | M 460 | 00:37:03 | 00:50:29 | 00:57:11.65 | 00:57:32.50 | 5:43 | 10.5 |
| 462 | TADRAŁA TOMEK | 803 | | WARSZAWA | POL | M 30-39 | 173 | M 461 | 00:36:23 | 00:50:10 | 00:57:12.25 | 00:59:07.55 | 5:43 | 10.5 |
| 463 | KUMALA SEBASTIAN | 425 | | BEDKOWICE | POL | M 30-39 | 174 | M 462 | 00:35:36 | 00:49:55 | 00:57:13.65 | 00:57:26.25 | 5:43 | 10.5 |
| 464 | PUCHACZ PRZEMYSŁAW | 647 | | WARSZAWA | POL | M 30-39 | 175 | M 463 | 00:34:42 | 00:49:52 | 00:57:14.80 | 00:57:46.65 | 5:43 | 10.5 |
| 465 | MARCINKIEWICZ TYMEK | 497 | | WARSZAWA | POL | M 1-29 | 66 | M 464 | 00:36:07 | 00:50:44 | 00:57:18.30 | 00:58:31.00 | 5:43 | 10.5 |
| 466 | GROCHOWSKI PIOTR | 226 | | WARSZAWA | POL | M 40-49 | 182 | M 465 | 00:37:15 | 00:50:38 | 00:57:19.80 | 00:59:02.45 | 5:44 | 10.5 |
| 467 | MATAK MARIUSZ | 506 | | WARSZAWA | POL | M 30-39 | 176 | M 466 | 00:35:49 | 00:50:35 | 00:57:22.50 | 00:58:52.05 | 5:44 | 10.5 |
| 468 | MUCHA GRZEGORZ | 549 | | WARSZAWA | POL | M 60+ | 16 | M 467 | 00:36:20 | 00:50:22 | 00:57:22.65 | 00:57:59.05 | 5:44 | 10.5 |
| 469 | BEDNARZAK TADEUSZ | 33 | YULO RUN TEAM SIEDLCE | SIEDLCE | POL | M 60+ | 17 | M 468 | 00:36:23 | 00:50:31 | 00:57:28.25 | 00:58:33.10 | 5:44 | 10.4 |
| 470 | MROZIŃSKI MARCIN | 546 | | WARSZAWA | POL | M 30-39 | 177 | M 469 | 00:37:16 | 00:50:54 | 00:57:34.95 | 00:59:03.85 | 5:45 | 10.4 |
| 471 | MALER WŁADYSŁAW | 487 | REEBOK RUN CREW | WARSZAWA | POL | M 60+ | 18 | M 470 | 00:36:55 | 00:50:41 | 00:57:36.35 | 00:58:54.10 | 5:45 | 10.4 |
| 472 | PYCKA MARCIN | 927 | BIEGAJĄCY ŚWIDNIK | ŚWIDNIK | POL | M 30-39 | 178 | M 471 | 00:37:01 | 00:50:59 | 00:57:39.55 | 00:59:06.85 | 5:45 | 10.4 |
| 473 | SANDOMIERSKI BARTŁOMEJ | 693 | WKURW_TEAM | MARKI | POL | M 1-29 | 67 | M 472 | 00:37:22 | 00:50:59 | 00:57:44.15 | 00:59:05.95 | 5:46 | 10.4 |
| 474 | BORKOWSKI PAWEŁ | 61 | EKOBIEGI | WARSZAWA | POL | M 40-49 | 183 | M 473 | 00:38:09 | 00:51:22 | 00:57:44.15 | 00:59:27.95 | 5:46 | 10.4 |
| 475 | WODZYŃSKI ROBERT | 866 | EKOBIEGI | WARSZAWA | POL | M 40-49 | 184 | M 474 | 00:37:09 | 00:51:09 | 00:57:48.60 | 00:59:30.70 | 5:46 | 10.4 |
| 476 | BIENIAS ARKADIUSZ | 42 | | WARSZAWA | POL | M 30-39 | 179 | M 475 | 00:37:49 | 00:51:14 | 00:57:52.50 | 00:58:09.25 | 5:47 | 10.4 |
| 477 | RODZOŚ BARTOSZ | 661 | | WARSZAWA | POL | M 30-39 | 180 | M 476 | 00:37:36 | 00:51:22 | 00:57:56.90 | 00:59:01.35 | 5:47 | 10.4 |
| 478 | ZASŁONKA PAWEŁ | 893 | | WARSZAWA | POL | M 30-39 | 181 | M 477 | 00:37:02 | 00:51:09 | 00:57:59.95 | 00:58:26.05 | 5:48 | 10.3 |
| 479 | ŚWIEŻACZYŃSKI PIOTR | 799 | | KOMORÓW | POL | M 30-39 | 182 | M 478 | 00:38:08 | 00:51:24 | 00:58:01.15 | 00:59:49.35 | 5:48 | 10.3 |
| 480 | PTAK KRZYSZTOF | 645 | | WARSZAWA | POL | M 40-49 | 185 | M 479 | 00:36:26 | 00:50:59 | 00:58:02.70 | 00:58:38.60 | 5:48 | 10.3 |
| 481 | ZIELIŃSKI TOMASZ | 1015 | POLSKIE STOW. SPORTU PO TRANSPLANTACJI | KONSTANCIN-JEZIORNA | POL | M 40-49 | 186 | M 480 | 00:36:58 | 00:51:09 | 00:58:03.50 | 00:59:48.20 | 5:48 | 10.3 |
| 482 | MIAZGA KRZYSZTOF | 520 | | MARKI | POL | M 30-39 | 183 | M 481 | 00:38:09 | 00:51:28 | 00:58:05.10 | 00:59:53.90 | 5:48 | 10.3 |
| 483 | CZUPA BARTOSZ | 976 | ANPHARM RUN TEAM | WARSZAWA | POL | M 40-49 | 187 | M 482 | 00:36:37 | 00:50:45 | 00:58:08.50 | 01:00:15.65 | 5:48 | 10.3 |
| 484 | CYRNY RAFAŁ | 117 | | WARSZAWA | POL | M 40-49 | 188 | M 483 | 00:36:34 | 00:51:18 | 00:58:20.40 | 00:59:44.45 | 5:50 | 10.3 |
| 485 | ZANIEWICZ ANDRZEJ | 888 | PARTNER | ŁUKÓW | POL | M 30-39 | 184 | M 484 | 00:38:32 | 00:52:09 | 00:58:21.05 | 00:59:49.20 | 5:50 | 10.3 |
| 486 | NAWROCKI RYSZARD | 556 | | WARSZAWA | POL | M 40-49 | 189 | M 485 | 00:36:34 | 00:51:07 | 00:58:22.50 | 00:59:34.30 | 5:50 | 10.3 |
| 487 | ŁAPICZ FILIP | 458 | | WARSZAWA | POL | M 1-29 | 68 | M 486 | 00:38:46 | 00:52:05 | 00:58:22.60 | 00:58:33.70 | 5:50 | 10.3 |
| 488 | ORŁOWSKI KACPER | 584 | | WARSZAWA | POL | M 1-29 | 69 | M 487 | 00:36:33 | 00:51:17 | 00:58:25.00 | 00:59:46.30 | 5:50 | 10.3 |
| 489 | BOGUSZEWSKI PIOTR | 988 | | | | M 30-39 | 185 | M 488 | 00:38:50 | 00:51:55 | 00:58:33.35 | 01:01:07.15 | 5:51 | 10.2 |
| 490 | WILEŃSKI BARTOSZ | 990 | | | | M 1-29 | 70 | M 489 | 00:37:37 | 00:51:38 | 00:58:38.40 | 01:00:11.35 | 5:51 | 10.2 |
| 491 | DZIEKONSKI JACEK | 159 | | KONSTANCIN JEZIORNA | POL | M 60+ | 19 | M 490 | 00:36:27 | 00:51:11 | 00:58:41.40 | 01:00:07.90 | 5:52 | 10.2 |
| 492 | ŁOZOWSKI ROBERT | 467 | | WARSZAWA | POL | M 40-49 | 190 | M 491 | 00:37:37 | 00:51:53 | 00:58:48.30 | 00:59:57.80 | 5:52 | 10.2 |
| 493 | KOZŁOWSKI ŁUKASZ | 398 | #BBKTS | ŻYRARDÓW | POL | M 30-39 | 186 | M 492 | 00:38:25 | 00:52:21 | 00:58:50.55 | 01:00:35.50 | 5:53 | 10.2 |
| 494 | GRABOWSKI JERZY | 220 | NIEZRZESZONY | WARSZAWA | POL | M 60+ | 20 | M 493 | 00:36:49 | 00:51:28 | 00:58:51.60 | 01:00:05.00 | 5:53 | 10.2 |
| 495 | PEĆKAK KAMIL | 613 | LUBIĘ PIZZĘ | LUBLIN | POL | M 1-29 | 71 | M 494 | 00:37:13 | 00:52:02 | 00:59:01.35 | 01:00:11.05 | 5:54 | 10.2 |
| 496 | PIETRAK WOJCIECH | 618 | WEBLOVERS | WARSZAWA | POL | M 30-39 | 187 | M 495 | 00:38:30 | 00:52:38 | 00:59:07.05 | 01:00:42.60 | 5:54 | 10.1 |
| 497 | GRYCNER PIOTR | 231 | | STAROGARD GDAŃSKI | POL | M 60+ | 21 | M 496 | 00:38:18 | 00:52:18 | 00:59:07.50 | 01:01:02.60 | 5:54 | 10.1 |
| 498 | JACHOWSKI PAWEŁ | 260 | | WARSZAWA | POL | M 40-49 | 191 | M 497 | 00:37:13 | 00:52:09 | 00:59:09.30 | 01:00:20.20 | 5:55 | 10.1 |
| 499 | GRACZ JAKUB | 221 | | WARSZAWA | POL | M 30-39 | 188 | M 498 | 00:38:13 | 00:52:17 | 00:59:11.45 | 01:01:10.40 | 5:55 | 10.1 |
| 500 | STYCZYŃSKI GRZEGORZ | 755 | | WARSZAWA | POL | M 30-39 | 189 | M 499 | 00:39:11 | 00:52:31 | 00:59:12.50 | 01:00:58.75 | 5:55 | 10.1 |
| 501 | ROKICKI ALEKSANDER | 667 | | WARSZAWA | POL | M 40-49 | 192 | M 500 | 00:39:11 | 00:52:31 | 00:59:12.55 | 01:00:58.60 | 5:55 | 10.1 |
| 502 | NOWAK JANUSZ | 563 | | WARSZAWA | POL | M 30-39 | 190 | M 501 | 00:37:46 | 00:52:19 | 00:59:13.20 | 01:00:27.15 | 5:55 | 10.1 |
| 503 | FILIPOWICZ MACIEJ | 172 | | WARSZAWA | POL | M 40-49 | 193 | M 502 | | | 00:59:14.00 | 01:00:19.00 | 5:55 | 10.1 |
| 504 | ROSA MATEUSZ | 669 | | WARSZAWA | POL | M 1-29 | 72 | M 503 | 00:38:17 | 00:52:21 | 00:59:17.75 | 01:01:12.20 | 5:55 | 10.1 |
| 505 | RUMIANEK MARCIN | 677 | FB.COM/RUMIANEK | WARSZAWA | POL | M 30-39 | 191 | M 504 | 00:37:09 | 00:52:19 | 00:59:22.10 | 01:00:16.50 | 5:56 | 10.1 |
| 506 | GAWŁOWSKI ADAM | 192 | | WARSZAWA | POL | M 30-39 | 192 | M 505 | 00:37:21 | 00:52:15 | 00:59:22.90 | 01:00:12.90 | 5:56 | 10.1 |
| 507 | PIĘTKA MARCIN | 620 | GKS FENIX SIENNICA | WARSZAWA | POL | M 30-39 | 193 | M 506 | 00:38:36 | 00:52:48 | 00:59:29.40 | 01:00:54.65 | 5:56 | 10.1 |

BIEG PRZEZ MOST 2019, M Open c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 6.6km | 9km | Netto | Brutto | min/km | km/h |
|------|------------------------|-----|---|----------------------|------|---------|--------|-------|----------|----------|-------------|-------------|--------|------|
| 508 | KAMIŃSKI MARIUSZ | 979 | | | | M 30-39 | 194 | M 507 | 00:38:17 | 00:52:20 | 00:59:35.35 | 01:01:29.80 | 5:57 | 10.1 |
| 509 | WOŹNIAK MATEUSZ | 876 | | WARSZAWA | POL | M 30-39 | 195 | M 508 | 00:37:38 | 00:52:13 | 00:59:39.15 | 01:00:47.75 | 5:57 | 10.1 |
| 510 | BIERNACKI ADAM | 44 | | ŁÓDŹ | POL | M 60+ | 22 | M 509 | 00:38:36 | 00:52:42 | 00:59:40.50 | 01:01:11.15 | 5:58 | 10.1 |
| 511 | KOSTKA GRZEGORZ | 380 | BIEGIEM Z GREGIEM | WARSZAWA | POL | M 30-39 | 196 | M 510 | 00:37:46 | 00:52:32 | 00:59:42.35 | 01:01:26.00 | 5:58 | 10 |
| 512 | GŁODNY HUBERT | 204 | | WARSZAWA | POL | M 40-49 | 194 | M 511 | 00:38:07 | 00:52:49 | 00:59:45.10 | 01:01:09.50 | 5:58 | 10 |
| 513 | TOCHOWICZ PAWEŁ | 808 | | WARSZAWA | POL | M 40-49 | 195 | M 512 | 00:37:39 | 00:52:27 | 00:59:51.55 | 01:01:03.65 | 5:59 | 10 |
| 514 | PIOTROWSKI ARKADIUSZ | 933 | #ARUSBIEGA | WARSZAWA | POL | M 30-39 | 197 | M 513 | 00:38:32 | 00:52:52 | 01:00:02.00 | 01:00:44.00 | 6:00 | 10 |
| 515 | ARAŻNY ZBIGNIEW | 10 | TRUCHT TARCHOMIN TEAM | WARSZAWA | POL | M 40-49 | 196 | M 514 | 00:38:29 | 00:52:31 | 01:00:05.75 | 01:01:46.75 | 6:00 | 10 |
| 516 | AKSAMITOWSKI ROBERT | 6 | | WARSZAWA | POL | M 40-49 | 197 | M 515 | 00:38:58 | 00:53:39 | 01:00:07.00 | 01:02:01.90 | 6:00 | 10 |
| 517 | POGORZELSKI KUBA | 628 | | MARKI | POL | M 1-29 | 73 | M 516 | 00:37:36 | 00:53:06 | 01:00:10.85 | 01:00:24.25 | 6:01 | 10 |
| 518 | DYMEK DARIUSZ | 158 | | WARSZAWA | POL | M 40-49 | 198 | M 517 | 00:37:44 | 00:52:53 | 01:00:15.90 | 01:01:24.40 | 6:01 | 10 |
| 519 | JOŃCZYK STANISŁAW | 297 | FUNDACJA WARSZAWSKIE HOSPICIUM DLA DZIECI | LEGIONOWO | POL | M 50-59 | 29 | M 518 | 00:38:04 | 00:52:47 | 01:00:18.90 | 01:01:35.90 | 6:01 | 10 |
| 520 | SAFARZYŃSKI ALEKSANDER | 689 | | BŁONIE | POL | M 1-29 | 74 | M 519 | 00:39:28 | 00:53:56 | 01:00:41.75 | 01:02:35.95 | 6:04 | 9.9 |
| 521 | OLESIAK ARKADIUSZ | 578 | BIEGAM NA TARCHOMINIE | POLSKA, WARSZAWA | POL | M 40-49 | 199 | M 520 | 00:38:55 | 00:53:38 | 01:00:50.40 | 01:02:29.85 | 6:05 | 9.9 |
| 522 | ŁUCZAK PIOTR | 471 | PKO BANK POLSKI SA | WARSZAWA | POL | M 40-49 | 200 | M 521 | 00:38:27 | 00:53:35 | 01:00:52.20 | 01:01:30.55 | 6:05 | 9.9 |
| 523 | KASKA KRZYSZTOF | 333 | | WARSZAWA | POL | M 30-39 | 198 | M 522 | 00:40:55 | 00:54:46 | 01:00:54.70 | 01:02:14.75 | 6:05 | 9.9 |
| 524 | JUSZCZAK KAMIL | 307 | | LEGIONOWO | POL | M 1-29 | 75 | M 523 | 00:40:58 | 00:54:48 | 01:00:56.00 | 01:02:14.40 | 6:05 | 9.8 |
| 525 | PATOLETA MIREK | 604 | | WARSZAWA | POL | M 40-49 | 201 | M 524 | 00:38:10 | 00:53:32 | 01:00:57.40 | 01:02:08.30 | 6:05 | 9.8 |
| 526 | SURMACZ JACEK | 766 | | WARSZAWA | POL | M 30-39 | 199 | M 525 | 00:39:08 | 00:53:42 | 01:00:58.85 | 01:03:01.80 | 6:05 | 9.8 |
| 527 | WITZKE ARTUR | 858 | KAWUCHA | LEGIONOWO | POL | M 30-39 | 200 | M 526 | 00:39:54 | 00:54:08 | 01:00:59.65 | 01:03:19.05 | 6:06 | 9.8 |
| 528 | PEPŁŃSKI DAMIAN | 609 | | NOWY DWÓR MAZOWIECKI | POL | M 30-39 | 201 | M 527 | 00:39:15 | 00:53:37 | 01:01:03.10 | 01:02:30.30 | 6:06 | 9.8 |
| 529 | MAZUR PAWEŁ | 513 | WOODRUNNERS | WARSZAWA | POL | M 40-49 | 202 | M 528 | 00:38:48 | 00:53:35 | 01:01:04.05 | 01:02:51.50 | 6:06 | 9.8 |
| 530 | BRZÓZKA KAMIL | 77 | | WARSZAWA | POL | M 40-49 | 203 | M 529 | 00:39:47 | 00:54:10 | 01:01:21.25 | 01:03:41.35 | 6:08 | 9.8 |
| 531 | SIKORSKI PAWEŁ | 708 | GAMMA | WARSZAWA | POL | M 30-39 | 202 | M 530 | 00:38:59 | 00:53:57 | 01:01:22.35 | 01:03:13.40 | 6:08 | 9.8 |
| 532 | GLASSER MAREK | 202 | | WARSZAWA | POL | M 60+ | 23 | M 531 | 00:38:46 | 00:53:57 | 01:01:41.55 | 01:03:16.60 | 6:10 | 9.7 |
| 533 | MORAWSKI PATRYK | 543 | | WARSZAWA | POL | M 1-29 | 76 | M 532 | 00:39:19 | 00:54:24 | 01:02:00.65 | 01:03:20.90 | 6:12 | 9.7 |
| 534 | KOWALSKI WIESŁAW | 392 | | WARSZAWA | POL | M 50-59 | 30 | M 533 | 00:38:24 | 00:54:13 | 01:02:06.20 | 01:02:09.20 | 6:12 | 9.7 |
| 535 | SZYDŁO PAWEŁ | 384 | | MIĘDZYBORÓW | POL | M 30-39 | 203 | M 534 | 00:38:32 | 00:54:02 | 01:02:11.20 | 01:02:33.20 | 6:13 | 9.6 |
| 536 | KULISZEWSKI MACIEJ | 424 | | GRODZISK MAZOWIECKI | POL | M 30-39 | 204 | M 535 | 00:39:28 | 00:54:41 | 01:02:28.75 | 01:03:14.40 | 6:14 | 9.6 |
| 537 | BORUTS MARCIN | 68 | | WARSZAWA | POL | M 30-39 | 205 | M 536 | 00:39:50 | 00:55:01 | 01:02:30.70 | 01:03:59.45 | 6:15 | 9.6 |
| 538 | KRZECZEWSKI JACEK | 416 | | WARSZAWA | POL | M 50-59 | 31 | M 537 | 00:39:20 | 00:54:45 | 01:02:37.05 | 01:04:25.85 | 6:15 | 9.6 |
| 539 | WAŚOWSKI MICHAŁ | 840 | | WARSZAWA | POL | M 30-39 | 206 | M 538 | 00:39:44 | 00:55:23 | 01:02:37.40 | 01:03:19.25 | 6:15 | 9.6 |
| 540 | ŁUCAK PIOTR | 470 | CST RUN TEAM | ŁOCHÓW | POL | M 30-39 | 207 | M 539 | 00:41:13 | 00:55:41 | 01:02:40.00 | 01:04:12.60 | 6:16 | 9.6 |
| 541 | GREGORCZYK BARTOSZ | 224 | | WARSZAWA | POL | M 30-39 | 208 | M 540 | 00:39:50 | 00:55:26 | 01:02:48.00 | 01:04:32.35 | 6:16 | 9.6 |
| 542 | GURMIŃSKI ŁUKASZ | 239 | T-MOBILE | WARSZAWA | POL | M 30-39 | 209 | M 541 | 00:38:52 | 00:54:50 | 01:02:56.55 | 01:04:38.15 | 6:17 | 9.5 |
| 543 | SZYMCZYŃSKI BŁAŻEJ | 956 | | WARSZAWA | POL | M 30-39 | 210 | M 542 | 00:39:19 | 00:55:43 | 01:03:14.25 | 01:05:04.15 | 6:19 | 9.5 |
| 544 | ŁYGAS LESZEK | 476 | | WARSZAWA | POL | M 30-39 | 211 | M 543 | 00:39:18 | 00:55:23 | 01:03:16.90 | 01:05:05.75 | 6:19 | 9.5 |
| 545 | PRASAL KONRAD | 633 | RYSIOTEAM/INESSPORT.PL | ŁÓDŹ | POL | M 1-29 | 77 | M 544 | 00:39:51 | 00:55:30 | 01:03:16.90 | 01:04:24.85 | 6:19 | 9.5 |
| 546 | JANICKI MATEUSZ | 267 | LS WORLD RUN | WARSZAWA | POL | M 1-29 | 78 | M 545 | | | 01:03:19.30 | 01:03:19.30 | 6:19 | 9.5 |
| 547 | MIRECKI ZBIGNIEW | 535 | EKOBIEGI | WARSZAWA | POL | M 60+ | 24 | M 546 | 00:41:06 | 00:56:13 | 01:03:27.20 | 01:05:11.30 | 6:20 | 9.5 |
| 548 | ZARADKIEWICZ ŁUKASZ | 889 | | WARSZAWA | POL | M 30-39 | 212 | M 547 | 00:40:52 | 00:55:54 | 01:03:36.00 | 01:05:39.25 | 6:21 | 9.4 |
| 549 | OBREBOWSKI DARIUSZ | 952 | | WARSZAWA | POL | M 30-39 | 213 | M 548 | 00:40:04 | 00:55:45 | 01:03:40.15 | 01:05:03.55 | 6:22 | 9.4 |
| 550 | KOZAKOW BORYS | 957 | | WARSZAWA | POL | M 60+ | 25 | M 549 | 00:40:47 | 00:56:18 | 01:03:42.15 | 01:05:04.40 | 6:22 | 9.4 |
| 551 | MACHNACKI MICHAŁ | 477 | GRUPA BIEGOWA UM W-WA | LEGIONOWO | POL | M 40-49 | 204 | M 550 | 00:39:48 | 00:55:34 | 01:03:43.80 | 01:05:16.15 | 6:22 | 9.4 |
| 552 | OKSIENIUK MARCIN | 575 | TURBODZIKI | WOLICA | POL | M 30-39 | 214 | M 551 | 00:39:30 | 00:55:45 | 01:03:48.50 | 01:05:25.70 | 6:22 | 9.4 |
| 553 | RUCZKA RAFAŁ | 675 | | WARSZAWA | POL | M 1-29 | 79 | M 552 | 00:38:48 | 00:55:46 | 01:03:51.00 | 01:04:17.00 | 6:23 | 9.4 |
| 554 | JACZYŃSKI RAFAŁ | 263 | | WARSZAWA | POL | M 30-39 | 215 | M 553 | 00:40:45 | 00:56:23 | 01:04:06.50 | 01:05:55.75 | 6:24 | 9.4 |
| 555 | HELDT GRZEGORZ | 248 | | WARSZAWA | POL | M 30-39 | 216 | M 554 | 00:39:32 | 00:55:53 | 01:04:06.70 | 01:05:58.25 | 6:24 | 9.4 |
| 556 | GAŁAŻYN GRZEGORZ | 188 | | WARSZAWA | POL | M 40-49 | 205 | M 555 | 00:40:01 | 00:56:05 | 01:04:10.05 | 01:05:54.85 | 6:25 | 9.4 |
| 557 | DRABIK MICHAŁ | 150 | | WARSZAWA | POL | M 40-49 | 206 | M 556 | 00:39:45 | 00:56:01 | 01:04:13.45 | 01:05:14.85 | 6:25 | 9.3 |
| 558 | LECH BARTŁOMIEJ | 438 | | SIEDLCE | POL | M 1-29 | 80 | M 557 | 00:39:48 | 00:56:20 | 01:04:17.45 | 01:06:11.85 | 6:25 | 9.3 |
| 559 | PARTYKA PAWEŁ | 600 | | WARSZAWA | POL | M 40-49 | 207 | M 558 | 00:40:46 | 00:56:19 | 01:04:21.55 | 01:05:59.85 | 6:26 | 9.3 |
| 560 | JANKOWSKI TOMEK | 273 | | WARSZAWA | POL | M 40-49 | 208 | M 559 | 00:39:45 | 00:56:17 | 01:04:24.75 | 01:05:32.05 | 6:26 | 9.3 |
| 561 | BANY MICHAŁ | 17 | | WARSZAWA | POL | M 30-39 | 217 | M 560 | 00:40:35 | 00:57:04 | 01:04:25.65 | 01:05:46.60 | 6:26 | 9.3 |
| 562 | BIELEC BARTŁOMIEJ | 41 | LEGIA RUN CLUB | WARSZAWA | POL | M 30-39 | 218 | M 561 | 00:41:19 | 00:56:55 | 01:04:37.90 | 01:06:36.80 | 6:27 | 9.3 |
| 563 | OLESHKO MAKSYM | 577 | | WARSZAWA | POL | M 1-29 | 81 | M 562 | 00:40:50 | 00:57:11 | 01:04:46.40 | 01:05:05.00 | 6:28 | 9.3 |

BIEG PRZEZ MOST 2019, M Open c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 6.6km | 9km | Netto | Brutto | min/km | km/h |
|------|-----------------------|------|----------------------------|----------------------|------|---------|--------|-------|----------|----------|-------------|-------------|--------|------|
| 564 | KACPRZYK MICHAŁ | 312 | | WARSZAWA | POL | M 1-29 | 82 | M 563 | 00:41:11 | 00:56:57 | 01:04:58.30 | 01:06:33.80 | 6:29 | 9.2 |
| 565 | WASIK PIOTR | 836 | | LEGIONOWO | POL | M 50-59 | 32 | M 564 | 00:40:56 | 00:56:08 | 01:05:06.45 | 01:06:25.90 | 6:30 | 9.2 |
| 566 | ZARZYCKI PIOTR | 892 | | WARSZAWA | POL | M 30-39 | 219 | M 565 | 00:42:34 | 00:58:18 | 01:05:07.60 | 01:06:55.50 | 6:30 | 9.2 |
| 567 | MROZ SEBASTIAN | 547 | | KOMORÓW | POL | M 40-49 | 209 | M 566 | 00:42:33 | 00:58:17 | 01:05:07.70 | 01:06:55.10 | 6:30 | 9.2 |
| 568 | ROMANOWSKI PAWEŁ | 668 | MARKOWI BIEGACZE | MARKI | POL | M 40-49 | 210 | M 567 | 00:42:02 | 00:57:36 | 01:05:10.55 | 01:06:30.00 | 6:31 | 9.2 |
| 569 | WŁODARCZYK MACIEJ | 860 | | WARSZAWA | POL | M 40-49 | 211 | M 568 | 00:40:53 | 00:57:17 | 01:05:19.45 | 01:05:57.60 | 6:31 | 9.2 |
| 570 | WILEŃSKI ZBIGNIEW | 944 | GRUPA BIEGOWA UM W-WA | DĄBROWA CHOTOMOWSKA | POL | M 50-59 | 33 | M 569 | 00:42:07 | 00:57:19 | 01:05:24.90 | 01:06:58.10 | 6:32 | 9.2 |
| 571 | KRÓLIKOWSKI ARTUR | 406 | | WARSZAWA | POL | M 40-49 | 212 | M 570 | 00:39:50 | 00:56:46 | 01:05:37.25 | 01:07:39.70 | 6:33 | 9.1 |
| 572 | ŻÓŁCIŃSKI WALDEMAR | 913 | GRUPA BIEGOWA UM W-WA | WARSZAWA | POL | M 60+ | 26 | M 571 | 00:40:29 | 00:57:05 | 01:05:48.35 | 01:07:38.05 | 6:34 | 9.1 |
| 573 | PACHOLAK PRZEMYSŁAW | 589 | | WARSZAWA | POL | M 50-59 | 34 | M 572 | 00:41:01 | 00:57:38 | 01:05:50.20 | 01:07:33.00 | 6:35 | 9.1 |
| 574 | RYDZ ADRIAN | 681 | | PIASECZNO | POL | M 30-39 | 220 | M 573 | 00:41:39 | 00:57:55 | 01:06:03.25 | 01:07:46.55 | 6:36 | 9.1 |
| 575 | WARDAK PRZEMYSŁAW | 833 | | WARSZAWA | POL | M 30-39 | 221 | M 574 | 00:42:31 | 00:58:30 | 01:06:22.15 | 01:07:40.50 | 6:38 | 9 |
| 576 | STAŃCZYK GRZEGORZ | 741 | | ZIELONKA | POL | M 50-59 | 35 | M 575 | 00:41:34 | 00:58:18 | 01:06:30.85 | 01:08:12.80 | 6:39 | 9 |
| 577 | PRZYBOROWSKI RAFAŁ | 640 | | ŻUROMIN | POL | M 30-39 | 222 | M 576 | 00:42:37 | 00:58:34 | 01:06:39.95 | 01:07:19.70 | 6:40 | 9 |
| 578 | BOCHENEK SEBASTIAN | 50 | | LEGIONOWO | POL | M 30-39 | 223 | M 577 | 00:42:09 | 00:58:05 | 01:06:43.80 | 01:08:57.65 | 6:40 | 9 |
| 579 | MATYJASIAK MATEUSZ | 511 | | WARSZAWA | POL | M 1-29 | 83 | M 578 | 00:42:37 | 00:59:39 | 01:06:45.00 | 01:08:43.60 | 6:40 | 9 |
| 580 | TWARDO KAMIL | 820 | | DĄBROWA CHOTOMOWSKA | POL | M 30-39 | 224 | M 579 | 00:42:30 | 00:58:53 | 01:06:51.30 | 01:08:47.60 | 6:41 | 9 |
| 581 | KILIŃSKI PIOTR | 346 | | MICHAŁÓW-GRABINA | POL | M 40-49 | 213 | M 580 | 00:43:08 | 00:59:14 | 01:06:51.60 | 01:08:54.60 | 6:41 | 9 |
| 582 | ŻUCHOWSKI ARTUR | 916 | MY MIESZKAŃCY LEGIONOWO | LEGIONOWO | POL | M 40-49 | 214 | M 581 | 00:43:08 | 00:59:14 | 01:06:51.90 | 01:08:54.95 | 6:41 | 9 |
| 583 | SZOSTAKOWSKI JAROSŁAW | 1005 | BIEGAMY Z OCHOTĄ | WARSZAWA | POL | M 50-59 | 36 | M 582 | 00:43:33 | 00:59:13 | 01:06:59.25 | 01:09:04.55 | 6:41 | 9 |
| 584 | JEDYNIAK PAWEŁ | 291 | | WARSZAWA | POL | M 30-39 | 225 | M 583 | 00:42:08 | 00:59:15 | 01:07:23.15 | 01:09:26.15 | 6:44 | 8.9 |
| 585 | BOJKO ALEKSANDER | 56 | | WARSZAWA | POL | M 1-29 | 84 | M 584 | 00:42:40 | 00:59:40 | 01:07:52.55 | 01:09:50.95 | 6:47 | 8.8 |
| 586 | ŁUCZAK BARTŁOMIEJ | 473 | KLUB BIEGACZA RTV EURO AGD | JABŁONNA | POL | M 30-39 | 226 | M 585 | 00:41:46 | 00:59:28 | 01:07:59.05 | 01:09:25.85 | 6:47 | 8.8 |
| 587 | JURECKI MAREK | 303 | | WARSZAWA | POL | M 50-59 | 37 | M 586 | 00:43:36 | 01:00:21 | 01:08:00.55 | 01:09:55.90 | 6:48 | 8.8 |
| 588 | ŁUKASIEWICZ ROBERT | 475 | KOKOSZKA36TEAM | WARSZAWA | POL | M 40-49 | 215 | M 587 | 00:43:25 | 00:59:53 | 01:08:19.40 | 01:10:15.05 | 6:50 | 8.8 |
| 589 | WŁODARCZYK MIROSLAW | 861 | I LO UKS KOŚCIUSZKO | WŁODAWA | POL | M 40-49 | 216 | M 588 | 00:43:55 | 01:00:42 | 01:08:55.25 | 01:10:45.75 | 6:53 | 8.7 |
| 590 | IZDEBSKI BARTŁOMIEJ | 256 | | WARSZAWA | GBR | M 30-39 | 227 | M 589 | 00:42:20 | 01:00:11 | 01:08:58.60 | 01:10:56.00 | 6:53 | 8.7 |
| 591 | KIELAK JACEK | 341 | | TRUSKAW | POL | M 50-59 | 38 | M 590 | 00:43:43 | 01:01:07 | 01:09:17.65 | 01:09:34.75 | 6:55 | 8.7 |
| 592 | MALDIS MAREK | 486 | | WARSZAWA | POL | M 60+ | 27 | M 591 | 00:44:30 | 01:01:04 | 01:09:21.40 | 01:11:19.35 | 6:56 | 8.6 |
| 593 | HULANICKI ANDRZEJ | 253 | GOGGLE TEAM | WARSZAWA | POL | M 60+ | 28 | M 592 | 00:44:42 | 01:01:16 | 01:09:34.95 | 01:11:33.05 | 6:57 | 8.6 |
| 594 | KUREK JACEK | 429 | BIEGAMPO WOLI | WARSZAWA | POL | M 40-49 | 217 | M 593 | 00:43:38 | 01:01:10 | 01:09:38.60 | 01:11:29.35 | 6:57 | 8.6 |
| 595 | NASKRĘT MARIUSZ | 555 | | RACOT | POL | M 40-49 | 218 | M 594 | 00:45:23 | 01:01:52 | 01:10:05.45 | 01:12:05.45 | 7:00 | 8.6 |
| 596 | WIZERT JÓZEF | 859 | | WARSZAWA | POL | M 60+ | 29 | M 595 | 00:44:29 | 01:01:34 | 01:10:49.20 | 01:13:01.30 | 7:04 | 8.5 |
| 597 | KAMIŃSKI MICHAŁ | 322 | | MYSIADŁO | POL | M 40-49 | 219 | M 596 | 00:44:43 | 01:01:34 | 01:10:58.90 | 01:13:00.85 | 7:05 | 8.5 |
| 598 | KIELISZEK PAWEŁ | 343 | | WARSZAWA | POL | M 30-39 | 228 | M 597 | 00:45:06 | 01:02:43 | 01:11:19.30 | 01:12:55.75 | 7:07 | 8.4 |
| 599 | TREMELET SEBASTIEN | 814 | | WARSZAWA | FRA | M 40-49 | 220 | M 598 | 00:45:41 | 01:03:09 | 01:11:24.10 | 01:13:29.70 | 7:08 | 8.4 |
| 600 | KOSIERADZKI PAWEŁ | 379 | MASTERS DOJO | WARSZAWA | POL | M 50-59 | 39 | M 599 | 00:45:54 | 01:03:22 | 01:12:05.95 | 01:13:52.35 | 7:12 | 8.3 |
| 601 | SYROCKI WOJCIECH | 984 | | WARSZAWA | POL | M 40-49 | 221 | M 600 | 00:47:15 | 01:04:03 | 01:12:06.40 | 01:14:25.00 | 7:12 | 8.3 |
| 602 | WUJEC BARTŁOMIEJ | 879 | | JÓZEFÓW | POL | M 40-49 | 222 | M 601 | 00:46:42 | 01:03:45 | 01:12:09.95 | 01:14:11.05 | 7:13 | 8.3 |
| 603 | ILCZUK TOMASZ | 1001 | TARCHOŚWIRY | WARSZAWA | POL | M 30-39 | 229 | M 602 | 00:47:49 | 01:04:39 | 01:13:25.00 | 01:15:39.30 | 7:20 | 8.2 |
| 604 | CZARNECKI PIOTR | 125 | TARCHOŚFIRY | WARSZAWA | POL | M 30-39 | 230 | M 603 | 00:47:54 | 01:04:43 | 01:13:28.80 | 01:15:42.10 | 7:20 | 8.2 |
| 605 | DĄBROWA WOJCIECH | 133 | | WARSZAWA | POL | M 60+ | 30 | M 604 | 00:46:12 | 01:04:53 | 01:13:43.60 | 01:15:51.40 | 7:22 | 8.1 |
| 606 | SOJKA ŁUKASZ | 729 | | WARSZAWA | POL | M 30-39 | 231 | M 605 | 00:47:20 | 01:04:51 | 01:13:52.75 | 01:16:10.60 | 7:23 | 8.1 |
| 607 | HEINE KRZYSZTOF | 246 | | WARSZAWA | POL | M 40-49 | 223 | M 606 | 00:47:15 | 01:04:54 | 01:14:11.45 | 01:16:29.75 | 7:25 | 8.1 |
| 608 | KUREK GUSTAW | 427 | | WARSZAWA | POL | M 50-59 | 40 | M 607 | 00:47:51 | 01:06:43 | 01:15:59.00 | 01:18:10.20 | 7:35 | 7.9 |
| 609 | ŁOWCZAK JACEK | 969 | TEAM ZABIEGANEDNI | WARSZAWA | POL | M 30-39 | 232 | M 608 | 00:49:14 | 01:08:08 | 01:17:24.45 | 01:19:06.60 | 7:44 | 7.8 |
| 610 | LIS KAMIL | 449 | GRUPA BIEGOWA UM W-WA | RADWANKÓW SZLACHECKI | POL | M 30-39 | 233 | M 609 | 00:49:28 | 01:08:55 | 01:17:42.60 | 01:18:22.90 | 7:46 | 7.7 |
| 611 | GIEDYK PRZEMYSŁAW | 198 | DELOITTE ADVENTURE TEAM | WARSZAWA | POL | M 30-39 | 234 | M 610 | 00:50:22 | 01:10:34 | 01:19:54.40 | 01:21:55.30 | 7:59 | 7.5 |
| 612 | MAREK HENRYK | 501 | - | WARSZAWA | POL | M 60+ | 31 | M 611 | 01:20:28 | | 01:22:36.00 | 01:22:36.00 | 8:15 | 7.3 |
| 613 | KORNACKI SŁAWOMIR | 373 | | NIEPORĘT | POL | M 50-59 | 41 | M 612 | 00:50:43 | 01:13:00 | 01:24:00.80 | 01:25:25.20 | 8:24 | 7.1 |
| 614 | RUSIN MICHAŁ | 679 | KS STASZEWSKY | JABŁONNA | POL | M 1-29 | 85 | M 613 | 00:32:11 | 00:44:25 | | | 4:56 | 12.2 |
| 615 | RODZOCH DANIEL | 964 | | WARSZAWA | POL | M 30-39 | 235 | M 614 | | | | | | |
| LIM | SŁADEK KAROL | 954 | | MICHAŁOWICE | POL | M 30-39 | LIM | LIM | 00:57:34 | 01:18:28 | 01:30:04.45 | 01:32:27.00 | 0:00 | 6.7 |
| LIM | ROBASZKIEWICZ ADAM | 659 | | WARSZAWA | POL | M 40-49 | LIM | LIM | 00:57:17 | 01:19:59 | 01:31:30.05 | 01:34:02.90 | 0:00 | 6.6 |
| LIM | BOROWIAK JACEK | 62 | SLOWJOGGING POLSKA | WARSZAWA | POL | M 60+ | LIM | LIM | 00:56:48 | 01:19:05 | 01:31:30.45 | 01:34:01.55 | 0:00 | 6.6 |
| LIM | BAUER JACEK | 26 | SLOW JOGGING ŁÓDŹ | ŁÓDŹ | POL | M 60+ | LIM | LIM | 00:57:33 | 01:19:59 | 01:31:33.05 | 01:34:05.25 | 0:00 | 6.6 |
| LIM | CIEŚLAK PAWEŁ | 112 | SLOWJOGGINGBIAŁOLEKA | WARSZAWA | POL | M 50-59 | LIM | LIM | 00:56:55 | 01:18:03 | 01:31:34.15 | 01:34:03.30 | 0:00 | 6.6 |

BIEG PRZEZ MOST 2019, M Open c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 6.6km | 9km | Netto | Brutto | min/km | km/h |
|------|-------------------|-----|------------------------|-----------|------|---------|--------|-----|----------|----------|-------------|-------------|--------|------|
| LIM | SZTAJNIC JERZY | 782 | | ŁÓDŹ | POL | M 60+ | LIM | LIM | 00:56:54 | 01:19:17 | 01:31:34.15 | 01:33:59.20 | 0:00 | 6.6 |
| LIM | KAMIŃSKI WALDEMAR | 323 | SLOW JOGGING BIAŁOŁĘKA | WARSZAWA | POL | M 50-59 | LIM | LIM | 00:57:38 | 01:20:04 | 01:31:37.60 | 01:34:05.00 | 0:00 | 6.5 |

BIEG PRZEZ MOST 2019, K Odcinek specjalny

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 6.6km | 9km | Netto | Brutto | min/km | km/h |
|------|-----------------------------|-----|--|------------------|------|---------|--------|------|----------|----------|-------------|-------------|--------|------|
| 1 | ŁAPIŃSKA ANNA | 459 | KS WARSZAWIANKA/ADRUNALINE | WARSZAWA | POL | K 30-39 | 1 | K 1 | 00:23:39 | 00:32:35 | 00:37:08.35 | 00:37:11.00 | 3:42 | 16.2 |
| 2 | PARSZCZYŃSKA IZABELA | 598 | TEAM PARSZCZYŃSKICH | WARSZAWA | POL | K 30-39 | 2 | K 2 | 00:24:21 | 00:33:36 | 00:38:11.50 | 00:38:13.00 | 3:49 | 15.7 |
| 3 | GRZEGORCZYK NATALIA | 995 | WANDA PANFIL TEAM / AZS AWF WARSZAWA | KRAŚNICA | POL | K 1-29 | 1 | K 3 | 00:25:12 | 00:34:54 | 00:39:39.50 | 00:39:42.00 | 3:58 | 15.1 |
| 4 | KOSTRZEWSKA JUSTYNA | 383 | ADIDAS RUNNERS WARSAW | ŁOMIANKI DOLNE | POL | K 30-39 | 3 | K 4 | 00:25:59 | 00:35:29 | 00:40:23.35 | 00:40:29.70 | 4:02 | 14.9 |
| 5 | HASS-KALITA JOANNA | 245 | WARSAW MASTERS TEAM | KOBYŁKA | POL | K 40-49 | 1 | K 5 | 00:27:11 | 00:37:13 | 00:42:00.80 | 00:42:05.60 | 4:12 | 14.3 |
| 6 | WESOŁOWSKA KATARZYNA | 844 | NAPRZÓD MŁOCINY | WARSZAWA | POL | K 40-49 | 2 | K 6 | 00:27:37 | 00:37:44 | 00:42:46.40 | 00:42:55.50 | 4:16 | 14 |
| 7 | ŻURANIEWSKA AGNIESZKA | 918 | NUDNE PIĄTKI | WARSZAWA | POL | K 40-49 | 3 | K 7 | 00:27:37 | 00:38:02 | 00:43:08.85 | 00:43:23.75 | 4:18 | 13.9 |
| 8 | ZIMOWICZ MAGDALENA | 936 | DUKLANOWSKI TEAM | WARSZAWA | POL | K 30-39 | 4 | K 8 | 00:28:18 | 00:38:24 | 00:43:18.30 | 00:43:30.15 | 4:19 | 13.9 |
| 9 | PACIOREK EWA | 590 | MARKOWI BIEGACZE | MARKI | POL | K 30-39 | 5 | K 9 | 00:28:16 | 00:38:51 | 00:44:08.00 | 00:44:22.30 | 4:24 | 13.6 |
| 10 | RADKOWSKA MAŁGORZATA | 653 | DZIOBAKI I NOSIAKI/SŁODKIE PĄCZKI | WARSZAWA | POL | K 30-39 | 6 | K 11 | 00:28:44 | 00:39:24 | 00:44:38.50 | 00:44:58.20 | 4:27 | 13.4 |
| 11 | SZUBA MARTYNA | 784 | TEAM PARSZCZYŃSKICH | MIŃSK MAZOWIECKI | POL | K 1-29 | 2 | K 12 | 00:28:12 | 00:39:12 | 00:44:38.75 | 00:44:58.55 | 4:27 | 13.4 |
| 12 | SŁAWIŃSKA EWA | 719 | | WARSZAWA | POL | K 1-29 | 3 | K 10 | 00:28:52 | 00:39:29 | 00:44:45.70 | 00:44:55.30 | 4:28 | 13.4 |
| 13 | WINKOWSKA-STRUZIK MAGDALENA | 853 | DUKLANOWSKI TEAM / ADIDAS RUNNERS WARSAW | WARSZAWA | POL | K 30-39 | 7 | K 13 | 00:29:01 | 00:39:42 | 00:44:55.10 | 00:45:25.70 | 4:29 | 13.4 |
| 14 | CZAJKOWSKA DOROTA | 119 | | MYSIADŁO | POL | K 40-49 | 4 | K 15 | 00:29:15 | 00:39:55 | 00:45:10.70 | 00:45:40.40 | 4:31 | 13.3 |
| 15 | KUCZYŃSKA MAGDALENA | 422 | | WARSZAWA | POL | K 30-39 | 8 | K 14 | 00:29:15 | 00:40:03 | 00:45:19.05 | 00:45:39.15 | 4:31 | 13.2 |
| 16 | SZYMBORSKA MONIKA | 788 | TEAM ZABIEGANE DNI | WARSZAWA | POL | K 40-49 | 5 | K 18 | 00:29:27 | 00:40:28 | 00:45:48.75 | 00:46:29.95 | 4:34 | 13.1 |
| 17 | ROGÓŻ ELŻBIETA | 947 | PRORUNNING PROMOTION | WARSZAWA | POL | K 40-49 | 6 | K 17 | 00:29:25 | 00:40:23 | 00:45:51.85 | 00:46:22.75 | 4:35 | 13.1 |
| 18 | NOWAK ANNA | 569 | | WARSZAWA | POL | K 30-39 | 9 | K 16 | 00:29:11 | 00:40:22 | 00:45:56.05 | 00:46:18.35 | 4:35 | 13.1 |
| 19 | OCHNIK-KALINOWSKA JUSTYNA | 573 | | WARSZAWA | POL | K 40-49 | 7 | K 19 | 00:29:51 | 00:41:20 | 00:46:53.30 | 00:47:22.30 | 4:41 | 12.8 |
| 20 | MICHALAK MONIKA | 521 | | RAJSZEW | POL | K 30-39 | 10 | K 21 | 00:30:15 | 00:41:30 | 00:47:03.60 | 00:47:34.80 | 4:42 | 12.8 |
| 21 | STOLARCZYK GOSIA | 748 | LS WORLD RUN | WARSZAWA | POL | K 40-49 | 8 | K 20 | 00:29:54 | 00:41:23 | 00:47:08.15 | 00:47:33.25 | 4:42 | 12.7 |
| 22 | GADOMSKA ANNA | 181 | PZU SPORT TEAM | WARSZAWA | POL | K 30-39 | 11 | K 24 | 00:30:31 | 00:41:41 | 00:47:12.35 | 00:47:58.30 | 4:43 | 12.7 |
| 23 | KĄDZIOŁKA BEATA | 337 | FMW RUNNERS | STAŁOWA WOLA | POL | K 30-39 | 12 | K 23 | 00:30:25 | 00:41:34 | 00:47:13.10 | 00:47:53.00 | 4:43 | 12.7 |
| 24 | BOGUMIŁ IZABELA | 54 | | LEGIONOWO | POL | K 40-49 | 9 | K 22 | 00:30:42 | 00:41:50 | 00:47:23.10 | 00:47:38.10 | 4:44 | 12.7 |
| 25 | KUBICA EWA | 420 | | WARSZAWA | POL | K 30-39 | 13 | K 25 | 00:30:40 | 00:41:55 | 00:47:35.45 | 00:48:20.75 | 4:45 | 12.6 |
| 26 | BORYSOWSKA MONIKA | 69 | | SZCZECIN | POL | K 40-49 | 10 | K 26 | 00:30:31 | 00:42:05 | 00:47:48.60 | 00:48:32.45 | 4:46 | 12.5 |
| 27 | RZYMOWSKA KRYSZYNA | 687 | | WARSZAWA | POL | K 50-59 | 1 | K 27 | 00:31:09 | 00:42:39 | 00:48:21.40 | 00:49:07.70 | 4:50 | 12.4 |
| 28 | GAŚSIOROWSKA ALICJA | 194 | ŻÓRAWSKITEAM | WARSZAWA | POL | K 40-49 | 11 | K 29 | 00:31:16 | 00:43:06 | 00:48:33.40 | 00:49:12.00 | 4:51 | 12.4 |
| 29 | JAGNIESZCZAK ZUZANNA | 264 | ADIDAS RUNNERS WARSAW | WARSZAWA | POL | K 30-39 | 14 | K 30 | 00:31:05 | 00:42:46 | 00:48:40.20 | 00:49:13.75 | 4:52 | 12.3 |
| 30 | BURZYŃSKA MAGDALENA | 85 | | WARSZAWA | POL | K 30-39 | 15 | K 28 | 00:30:52 | 00:42:47 | 00:48:40.95 | 00:49:09.15 | 4:52 | 12.3 |
| 31 | RUDY IWONA | 676 | | WARSZAWA | POL | K 30-39 | 16 | K 32 | 00:30:45 | 00:42:52 | 00:48:55.80 | 00:49:33.35 | 4:53 | 12.3 |
| 32 | KOWERDA SYLWIA | 395 | | WARSZAWA | POL | K 1-29 | 4 | K 31 | 00:30:53 | 00:42:59 | 00:48:57.55 | 00:49:19.10 | 4:53 | 12.3 |
| 33 | KORONA-SIERADZKA BOGUSŁAWA | 375 | | WARSAW | POL | K 30-39 | 17 | K 35 | 00:32:11 | 00:43:37 | 00:49:12.40 | 00:50:00.20 | 4:55 | 12.2 |
| 34 | SEKŚCIŃSKA MAGDA | 696 | GRUPA BIEGOWA UM W-WA | WARSZAWA | POL | K 30-39 | 18 | K 34 | 00:31:46 | 00:43:33 | 00:49:14.65 | 00:49:46.50 | 4:55 | 12.2 |
| 35 | OŁÓW KAMILA | 581 | | GOŁDAP | POL | K 1-29 | 5 | K 33 | 00:31:30 | 00:43:31 | 00:49:27.95 | 00:49:45.05 | 4:56 | 12.1 |
| 36 | BE CZAK NATALIA | 29 | | WARSZAWA | POL | K 30-39 | 19 | K 36 | 00:32:15 | 00:44:01 | 00:49:40.00 | 00:50:20.45 | 4:58 | 12.1 |
| 37 | KRUK EDYTA | 407 | GRUPA BIEGOWA UM W-WA | CHOTOMÓW | POL | K 40-49 | 12 | K 37 | 00:31:41 | 00:43:47 | 00:49:44.90 | 00:50:32.30 | 4:58 | 12.1 |
| 38 | ŻEBROWSKA ANNA | 930 | | WARSZAWA | POL | K 30-39 | 20 | K 38 | 00:32:05 | 00:43:51 | 00:49:50.90 | 00:50:50.95 | 4:59 | 12 |
| 39 | TULA RENATA | 817 | MYKMYK | WARSZAWA | POL | K 60+ | 1 | K 39 | 00:32:32 | 00:44:30 | 00:50:24.05 | 00:51:10.80 | 5:02 | 11.9 |
| 40 | SĘK ZOFIA | 698 | | WARSZAWA | POL | K 40-49 | 13 | K 40 | 00:33:01 | 00:44:40 | 00:50:33.50 | 00:51:16.90 | 5:03 | 11.9 |
| 41 | JAROS HONORATA | 280 | | WARSZAWA | POL | K 40-49 | 14 | K 43 | 00:32:18 | 00:44:50 | 00:50:57.70 | 00:51:53.50 | 5:05 | 11.8 |
| 42 | KWIATKOWSKA KATARZYNA | 432 | | MARKI | POL | K 30-39 | 21 | K 45 | 00:32:38 | 00:44:57 | 00:51:01.65 | 00:52:04.90 | 5:06 | 11.8 |
| 43 | KWIATKOWSKA ILONA | 434 | KB WYSZKÓW | WYSZKÓW | POL | K 30-39 | 22 | K 44 | 00:32:48 | 00:44:59 | 00:51:15.10 | 00:52:03.35 | 5:07 | 11.7 |
| 44 | KICZINSKA IZABELA | 340 | BRODNICA BIEGA | BRODNICA | POL | K 30-39 | 23 | K 41 | 00:32:33 | 00:45:04 | 00:51:16.10 | 00:51:26.60 | 5:07 | 11.7 |
| 45 | TEJCHMA NATALIA | 805 | BIEGAM NA TARCHOMINIE | WARSZAWA | POL | K 40-49 | 15 | K 46 | 00:33:37 | 00:45:22 | 00:51:18.35 | 00:52:19.95 | 5:07 | 11.7 |
| 46 | BUCHALSKA EWA | 78 | EKOBIEGI | WARSZAWA | POL | K 40-49 | 16 | K 47 | 00:32:48 | 00:45:20 | 00:51:40.10 | 00:52:26.35 | 5:10 | 11.6 |
| 47 | MALMON OLIWIA | 489 | KONDYCJA | WARSZAWA | POL | K 1-29 | 6 | K 42 | 00:36:01 | 00:44:53 | 00:51:41.30 | 00:51:44.90 | 5:10 | 11.6 |
| 48 | CHOSZCZ DOMINIKA | 97 | | WARSZAWA | POL | K 1-29 | 7 | K 48 | 00:32:31 | 00:45:50 | 00:51:47.15 | 00:52:36.40 | 5:10 | 11.6 |

BIEG PRZEZ MOST 2019, K Odcinek specjalny c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 6.6km | 9km | Netto | Brutto | min/km | km/h |
|------|-----------------------------|-----|---|---------------|------|---------|--------|-------|----------|----------|-------------|-------------|--------|------|
| 49 | KOSTRZEWA ELWIRA | 382 | PZU SPORT TEAM | WARSZAWA | POL | K 40-49 | 17 | K 50 | 00:33:33 | | 00:52:04.05 | 00:53:12.80 | 5:12 | 11.5 |
| 50 | SCHINDLER ZANETA | 695 | | WARSZAWA | POL | K 40-49 | 18 | K 49 | 00:33:39 | 00:46:01 | 00:52:13.35 | 00:52:56.00 | 5:13 | 11.5 |
| 51 | MISZCZAK PAULINA | 536 | | WARSZAWA | POL | K 1-29 | 8 | K 51 | 00:34:07 | 00:46:28 | 00:52:28.55 | 00:53:28.70 | 5:14 | 11.4 |
| 52 | WAGNER JOLANTA | 829 | | WARSZAWA | POL | K 50-59 | 2 | K 52 | 00:33:49 | 00:46:14 | 00:52:30.30 | 00:53:58.10 | 5:15 | 11.4 |
| 53 | CHRZANOWSKA AGATA | 101 | CHRZANOWSKITEAM | WARSZAWA | POL | K 30-39 | 24 | K 53 | 00:33:39 | 00:46:22 | 00:52:36.60 | 00:53:53.20 | 5:15 | 11.4 |
| 54 | BOGŁOWSKA URSZULA | 52 | | WARSZAWA | POL | K 30-39 | 25 | K 54 | 00:33:37 | 00:46:38 | 00:52:47.85 | 00:54:06.25 | 5:16 | 11.4 |
| 55 | KRUPIŃSKA WIOLA | 409 | TRUCHT TEAM TARCHOMIN | WARSZAWA | POL | K 1-29 | 9 | K 50 | 00:34:08 | 00:46:50 | 00:52:51.55 | 00:53:07.10 | 5:17 | 11.3 |
| 56 | STAŃCZAK IWONA | 740 | TRUCHT TARCHOMIN TEAM | WARSZAWA | POL | K 40-49 | 19 | K 55 | 00:34:07 | 00:46:58 | 00:52:54.95 | 00:53:53.60 | 5:17 | 11.3 |
| 57 | CHOTOMSKA DOROTA | 98 | | LEGIONOWO | POL | K 1-29 | 10 | K 56 | 00:33:31 | 00:46:43 | 00:53:22.35 | 00:53:29.90 | 5:20 | 11.2 |
| 58 | KRUSZEWSKA DOMINIKA | 411 | | WARSZAWA | POL | K 30-39 | 26 | K 57 | 00:34:23 | 00:47:12 | 00:53:23.90 | 00:54:56.20 | 5:20 | 11.2 |
| 59 | GRABARCZYK ILONA | 218 | | LESZNO | POL | K 30-39 | 27 | K 58 | 00:34:30 | 00:47:21 | 00:53:32.80 | 00:54:10.25 | 5:21 | 11.2 |
| 60 | JANKOWSKA WIOLA | 270 | | WARSZAWA | POL | K 30-39 | 28 | K 59 | 00:34:37 | 00:47:21 | 00:53:37.00 | 00:54:44.20 | 5:21 | 11.2 |
| 61 | ZAWIŚLAK JOLA | 897 | | WARSZAWA | POL | K 40-49 | 20 | K 60 | 00:34:39 | 00:47:33 | 00:53:47.40 | 00:54:54.70 | 5:22 | 11.2 |
| 62 | MRUK JOANNA | 548 | | GÓRA KALWARIA | POL | K 1-29 | 11 | K 61 | 00:35:31 | 00:48:13 | 00:53:54.50 | 00:54:39.40 | 5:23 | 11.1 |
| 63 | PALUCH ANNA | 592 | | WARSZAWA | POL | K 40-49 | 21 | K 62 | 00:34:58 | 00:47:35 | 00:53:55.00 | 00:54:43.85 | 5:23 | 11.1 |
| 64 | ŁAZAREWICZ KATARZYNA | 460 | | WARSZAWA | POL | K 1-29 | 12 | K 63 | 00:33:49 | 00:47:26 | 00:54:00.35 | 00:54:54.75 | 5:24 | 11.1 |
| 65 | ŚWIDERSKA JOANNA | 795 | | WARSZAWA | POL | K 30-39 | 29 | K 64 | 00:34:48 | 00:47:43 | 00:54:03.50 | 00:55:07.70 | 5:24 | 11.1 |
| 66 | JONIK JUSTYNA | 296 | AZS WAT | WARSZAWA | POL | K 1-29 | 13 | K 65 | 00:34:26 | 00:47:53 | 00:54:09.25 | 00:54:14.80 | 5:24 | 11.1 |
| 67 | KONOPKA JUSTYNA | 366 | RUN 4FUN | WARSZAWA | POL | K 1-29 | 14 | K 66 | 00:34:41 | 00:47:51 | 00:54:11.70 | 00:54:48.50 | 5:25 | 11.1 |
| 68 | ZARĘBA-TREMELET KATARZYNA | 890 | | WARSZAWA | POL | K 30-39 | 30 | K 67 | 00:35:01 | 00:48:00 | 00:54:19.20 | 00:55:21.95 | 5:25 | 11 |
| 69 | KOMARNITSKAYA NATALIA | 361 | | WARSZAWA | | K 30-39 | 31 | K 68 | 00:34:33 | 00:47:46 | 00:54:21.25 | 00:55:33.35 | 5:26 | 11 |
| 70 | SKIBIŃSKA MAŁGORZATA | 713 | | WARSZAWA | POL | K 40-49 | 22 | K 69 | 00:35:58 | 00:48:17 | 00:54:22.85 | 00:56:16.00 | 5:26 | 11 |
| 71 | JANKOWSKA BOŻENA | 272 | | WARSZAWA | POL | K 30-39 | 32 | K 70 | 00:34:32 | 00:47:52 | 00:54:25.40 | 00:55:17.00 | 5:26 | 11 |
| 72 | KWAPISZ-CICHOWSKA KATARZYNA | 431 | DĄBROWSKI TEAM | OSTROŁĘKA | POL | K 40-49 | 23 | K 71 | 00:35:10 | 00:47:59 | 00:54:28.00 | 00:55:27.15 | 5:26 | 11 |
| 73 | NIEDZIÓŁKA MAŁGORZATA | 939 | TO NATURALNE | WARSZAWA | POL | K 50-59 | 3 | K 72 | 00:35:03 | 00:48:14 | 00:54:32.00 | 00:54:51.20 | 5:27 | 11 |
| 74 | JAWORSKA KATARZYNA | 286 | | WARSZAWA | POL | K 40-49 | 24 | K 73 | 00:35:03 | 00:47:52 | 00:54:35.50 | 00:55:37.35 | 5:27 | 11 |
| 75 | GZUŁA AGNIESZKA KAROLINA | 240 | ADIDAS RUNNERS WARSAW | WARSZAWA | POL | K 1-29 | 15 | K 74 | 00:34:30 | 00:47:42 | 00:54:42.00 | 00:55:16.10 | 5:28 | 11 |
| 76 | HULANICKA IRINA | 252 | GOGGLE TEAM | WARSZAWA | POL | K 60+ | 2 | K 75 | 00:35:06 | 00:47:38 | 00:54:43.00 | 00:55:45.20 | 5:28 | 11 |
| 77 | ŚWIĆ MAŁGORZATA | 794 | TRUCHT TARCHOMIN TEAM | WARSZAWA | POL | K 40-49 | 25 | K 76 | 00:34:37 | 00:48:07 | 00:54:56.25 | 00:55:44.80 | 5:29 | 10.9 |
| 78 | BYELKINA KATERYNA | 970 | ANPHARM RUN TEAM | WARSZAWA | POL | K 1-29 | 16 | K 77 | 00:35:24 | 00:48:46 | 00:55:02.75 | 00:57:14.05 | 5:30 | 10.9 |
| 79 | KĄZMIERSKA ANNA | 335 | | WOŁOMIN | POL | K 30-39 | 33 | K 78 | 00:35:33 | 00:48:38 | 00:55:05.90 | 00:56:26.25 | 5:30 | 10.9 |
| 80 | OSIŃSKA SYLWIA | 587 | | WARSZAWA | POL | K 40-49 | 26 | K 79 | 00:34:59 | 00:48:35 | 00:55:13.25 | 00:55:24.20 | 5:31 | 10.9 |
| 81 | WASILUK KLAUDIA | 838 | DRUŻYNA SZPIKU | WARSZAWA | POL | K 1-29 | 17 | K 80 | 00:36:47 | 00:49:16 | 00:55:13.70 | 00:56:38.80 | 5:31 | 10.9 |
| 82 | MAJEWSKA HANNA | 482 | BIEGAM NA TARCHOMINIE | WARSZAWA | POL | K 30-39 | 34 | K 81 | 00:35:06 | 00:48:50 | 00:55:26.35 | 00:56:23.55 | 5:32 | 10.8 |
| 83 | CIMOCHOWSKA MAGDALENA | 113 | BIEGAM NA TARCHOMINIE | WARSZAWA | POL | K 40-49 | 27 | K 82 | 00:35:24 | 00:48:50 | 00:55:27.25 | 00:56:37.60 | 5:32 | 10.8 |
| 84 | BE CZAK NATALIA | 30 | | WARSZAWA | POL | K 30-39 | 35 | K 83 | | | 00:55:33.00 | 00:55:33.00 | 5:33 | 10.8 |
| 85 | KACPRZAK-KLEJNA AGNIESZKA | 311 | | WARSZAWA | POL | K 40-49 | 28 | K 84 | 00:36:29 | 00:49:29 | 00:55:36.50 | 00:57:01.15 | 5:33 | 10.8 |
| 86 | POGORZELSKA ANNA | 627 | | WARSZAWA | POL | K 30-39 | 36 | K 85 | 00:35:06 | 00:48:42 | 00:55:36.95 | 00:56:34.80 | 5:33 | 10.8 |
| 87 | GROCHOWSKA JOANNA | 225 | BIEGAMY Z OCHOTĄ | WARSZAWA | POL | K 50-59 | 4 | K 86 | 00:35:28 | 00:49:07 | 00:55:42.55 | 00:57:47.45 | 5:34 | 10.8 |
| 88 | ROGALSKA MAGDA | 663 | WKURWTEAM | WARSZAWA | POL | K 30-39 | 37 | K 87 | 00:34:50 | 00:48:57 | 00:55:45.65 | 00:56:47.65 | 5:34 | 10.8 |
| 89 | OWCZAREK BEATA | 588 | GO SPORT RUNNERS | WARSZAWA | POL | K 1-29 | 18 | K 88 | 00:35:37 | 00:49:15 | 00:55:49.25 | 00:56:57.15 | 5:35 | 10.7 |
| 90 | DRÓZD SANDRA | 998 | | MARCELÓW | | K 1-29 | 19 | K 89 | 00:35:58 | 00:49:30 | 00:55:57.60 | 00:57:35.70 | 5:35 | 10.7 |
| 91 | MAĆKOWIAK WERONIKA | 480 | | WARSZAWA | POL | K 1-29 | 20 | K 90 | 00:35:56 | 00:49:39 | 00:56:06.00 | 00:58:00.70 | 5:36 | 10.7 |
| 92 | CIBORSKA AGNIESZKA | 934 | NAPRZÓD MŁOCINY | WARSZAWA | POL | K 40-49 | 29 | K 91 | 00:35:40 | 00:49:26 | 00:56:10.70 | 00:56:57.30 | 5:37 | 10.7 |
| 93 | JAKUBISIAK RENATA | 265 | AEGONRUN | WARSZAWA | POL | K 30-39 | 38 | K 92 | 00:37:34 | 00:50:05 | 00:56:23.40 | 00:57:46.20 | 5:38 | 10.6 |
| 94 | CHMIELEWSKA IZABELA | 92 | REEBOK RUN CREW/MINISTERSTWO ŚRODOWISKA | WARSZAWA | POL | K 30-39 | 39 | K 93 | 00:36:02 | 00:49:42 | 00:56:25.95 | 00:57:13.65 | 5:38 | 10.6 |
| 95 | ŁOZOSWKA ANETA | 229 | TRUCHT TARCHOMIN TEAM | WARSZAWA | POL | K 40-49 | 30 | K 94 | 00:36:08 | 00:49:51 | 00:56:31.30 | 00:57:36.45 | 5:39 | 10.6 |
| 96 | KACZMAREK KATARZYNA | 316 | | WARSZAWA | POL | K 30-39 | 40 | K 95 | 00:35:57 | 00:49:49 | 00:56:33.35 | 00:57:36.40 | 5:39 | 10.6 |
| 97 | MUZIŃSKA MARTA | 552 | | WARSZAWA | POL | K 30-39 | 41 | K 96 | 00:35:44 | 00:49:47 | 00:56:33.45 | 00:58:09.10 | 5:39 | 10.6 |
| 98 | FLOREK MAŁGORZATA | 174 | | WARSZAWA | POL | K 30-39 | 42 | K 97 | 00:35:54 | 00:50:07 | 00:56:40.30 | 00:58:15.70 | 5:40 | 10.6 |
| 99 | JAŚTAK NATALIA | 958 | | WARSZAWA | POL | K 1-29 | 21 | K 98 | 00:36:59 | 00:48:20 | 00:56:40.60 | 00:57:48.45 | 5:40 | 10.6 |
| 100 | SOCHACKA KAROLINA | 727 | | WARSZAWA | POL | K 1-29 | 22 | K 99 | 00:36:21 | 00:50:07 | 00:56:45.85 | 00:57:48.60 | 5:40 | 10.6 |
| 101 | LISZEWSKA ANNA | 451 | RUN TEAM NASIELSK | WARSZAWA | POL | K 40-49 | 31 | K 100 | 00:36:08 | 00:49:51 | 00:56:46.55 | 00:57:21.25 | 5:40 | 10.6 |
| 102 | DĄBROWSKA MAGDALENA | 135 | RUN4FUN | WARSZAWA | POL | K 40-49 | 32 | K 101 | 00:36:23 | 00:50:02 | 00:57:02.85 | 00:57:40.85 | 5:42 | 10.5 |
| 103 | SIGAL BOGDANA | 706 | | WARSZAWA | POL | K 1-29 | 23 | K 102 | 00:36:28 | 00:50:22 | 00:57:14.00 | 00:58:15.40 | 5:43 | 10.5 |
| 104 | CZACH NATALIA | 118 | WARSZAWSKI KLUB ROGATEGO MORSIA | WARSZAWA | POL | K 30-39 | 43 | K 103 | 00:37:27 | 00:50:42 | 00:57:14.90 | 00:59:10.10 | 5:43 | 10.5 |

BIEG PRZEZ MOST 2019, K Odcinek specjalny c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 6.6km | 9km | Netto | Brutto | min/km | km/h |
|------|----------------------------|------|------------------------|----------------------|------|---------|--------|-------|----------|----------|-------------|-------------|--------|------|
| 105 | LEGAT DOROTA | 439 | | MIŃSK MAZOWIECKI | POL | K 1-29 | 24 | K 104 | 00:36:56 | 00:50:54 | 00:57:21.80 | 00:58:23.80 | 5:44 | 10.5 |
| 106 | KOWALSKA PAULINA | 391 | | WARSZAWA | POL | K 1-29 | 25 | K 105 | 00:36:49 | 00:50:41 | 00:57:30.15 | 00:58:55.75 | 5:45 | 10.4 |
| 107 | BRODAWKA OLGA | 71 | | WARSZAWA | POL | K 30-39 | 44 | K 106 | 00:36:37 | 00:50:43 | 00:57:49.85 | 00:58:49.30 | 5:47 | 10.4 |
| 108 | FILIPIAK OLGA | 171 | | WARSZAWA | POL | K 1-29 | 26 | K 107 | 00:36:58 | 00:51:07 | 00:57:55.50 | 00:59:08.55 | 5:47 | 10.4 |
| 109 | GAJ-SWIEZACZYŃSKA JOANNA | 187 | | KOMORÓW | POL | K 30-39 | 45 | K 108 | 00:38:09 | 00:51:24 | 00:58:01.30 | 00:59:49.20 | 5:48 | 10.3 |
| 110 | KOPCINSKA KATARZYNA | 367 | | WARSZAWA | POL | K 40-49 | 33 | K 109 | 00:37:30 | 00:51:23 | 00:58:05.20 | 00:58:41.05 | 5:48 | 10.3 |
| 111 | SKOWROŃSKA EWA | 716 | | JEDLIŃSK | POL | K 40-49 | 34 | K 110 | 00:37:39 | 00:51:23 | 00:58:05.40 | 00:58:14.55 | 5:48 | 10.3 |
| 112 | WOJCIECHOWSKA EWA | 867 | EKOBIEGI | WARSZAWA | POL | K 40-49 | 35 | K 111 | 00:37:33 | 00:51:22 | 00:58:05.75 | 00:59:47.60 | 5:48 | 10.3 |
| 113 | PASKA SYLWIA | 602 | | OTWOCK | POL | K 1-29 | 27 | K 112 | 00:36:34 | 00:51:01 | 00:58:09.50 | 00:58:27.30 | 5:49 | 10.3 |
| 114 | ROCKA GOSIA | 660 | | WARSZAWA | POL | K 40-49 | 36 | K 113 | 00:37:27 | 00:51:25 | 00:58:10.70 | 00:59:41.00 | 5:49 | 10.3 |
| 115 | HOŁOPIAK EWA | 251 | REEBOK RUN CREW | WARSZAWA | POL | K 50-59 | 5 | K 114 | 00:37:37 | 00:51:23 | 00:58:11.20 | 00:59:28.50 | 5:49 | 10.3 |
| 116 | DESKA KAROLINA | 144 | WWW.LESZEKBIEGA.PL | NOWA IWICZNA | POL | K 40-49 | 37 | K 115 | 00:36:52 | 00:51:09 | 00:58:11.60 | 00:59:19.45 | 5:49 | 10.3 |
| 117 | KRAWCZYK KATARZYNA | 400 | | WARSZAWA | POL | K 1-29 | 28 | K 116 | 00:37:23 | 00:51:08 | 00:58:14.75 | 00:59:15.65 | 5:49 | 10.3 |
| 118 | LEWANDOWSKA AGNIESZKA | 445 | | LEGIONOWO | POL | K 30-39 | 46 | K 117 | 00:37:25 | 00:51:16 | 00:58:17.45 | 00:59:02.45 | 5:49 | 10.3 |
| 119 | GORCZYCA JOANNA | 213 | | WARSZAWA | POL | K 1-29 | 29 | K 118 | 00:36:49 | 00:51:09 | 00:58:26.20 | 00:59:58.00 | 5:50 | 10.3 |
| 120 | PRZYBYŚLAWSKA-PRASKA ILONA | 642 | | WARSZAWA | POL | K 30-39 | 47 | K 119 | 00:37:16 | 00:51:21 | 00:58:31.30 | 00:59:37.70 | 5:51 | 10.3 |
| 121 | CIEPIENIAK ANIA | 104 | | WARSZAWA | POL | K 40-49 | 38 | K 120 | 00:36:44 | 00:51:19 | 00:58:32.10 | 00:58:42.90 | 5:51 | 10.3 |
| 122 | RURKA ANNA | 965 | | WARSZAWA | POL | K 40-49 | 39 | K 121 | 00:37:47 | 00:51:40 | 00:58:46.80 | 00:59:48.50 | 5:52 | 10.2 |
| 123 | DEMBOWSKA MAŁGORZATA | 140 | | CIECHANÓW | POL | K 1-29 | 30 | K 122 | 00:37:02 | 00:51:43 | 00:58:52.30 | 01:00:28.25 | 5:53 | 10.2 |
| 124 | ZIARKOWSKA AGNIESZKA | 903 | | WARSZAWA | POL | K 1-29 | 31 | K 123 | 00:38:29 | 00:52:28 | 00:59:01.15 | 01:00:44.05 | 5:54 | 10.2 |
| 125 | JACHOWSKA ALDONA | 259 | | WARSZAWA | POL | K 40-49 | 40 | K 124 | 00:37:07 | 00:51:56 | 00:59:06.70 | 01:00:16.75 | 5:54 | 10.2 |
| 126 | GRYCZKA-CIOŁEK MONIKA | 232 | | WARSZAWA | POL | K 30-39 | 48 | K 125 | 00:37:44 | 00:52:03 | 00:59:07.00 | 00:59:25.70 | 5:54 | 10.1 |
| 127 | LODOWSKA ILONA | 454 | | JABŁONNA | POL | K 30-39 | 49 | K 126 | 00:38:18 | 00:52:15 | 00:59:07.40 | 01:00:00.55 | 5:54 | 10.1 |
| 128 | GŁÓWKA MAŁGORZATA | 971 | ANPHARM RUN TEAM | MARKI | POL | K 40-49 | 41 | K 127 | 00:37:52 | 00:52:14 | 00:59:09.45 | 00:59:33.65 | 5:54 | 10.1 |
| 129 | SIKORA ZUZANNA | 707 | PZU SPORT TEAM | WARSZAWA | POL | K 40-49 | 42 | K 128 | 00:36:40 | 00:51:42 | 00:59:09.70 | 01:00:18.65 | 5:55 | 10.1 |
| 130 | POLAŃSKA AGNIESZKA | 630 | | WARSZAWA | POL | K 30-39 | 50 | K 129 | 00:37:44 | 00:52:16 | 00:59:12.40 | 01:00:11.05 | 5:55 | 10.1 |
| 131 | PASEK DOROTA | 601 | | WARSZAWA | POL | K 30-39 | 51 | K 130 | 00:39:12 | 00:52:31 | 00:59:12.40 | 01:00:58.60 | 5:55 | 10.1 |
| 132 | MIKULSKA AGNIESZKA | 529 | | ŁÓDŹ | POL | K 40-49 | 43 | K 131 | 00:38:34 | 00:52:30 | 00:59:15.70 | 01:00:59.10 | 5:55 | 10.1 |
| 133 | GURMIŃSKA KATARZYNA | 238 | | WARSZAWA | POL | K 1-29 | 32 | K 132 | 00:38:26 | 00:52:30 | 00:59:16.70 | 01:01:00.90 | 5:55 | 10.1 |
| 134 | GIERS KLAUDIA | 200 | | WARSZAWA | POL | K 1-29 | 33 | K 133 | 00:38:03 | 00:52:46 | 00:59:20.55 | 00:59:49.55 | 5:56 | 10.1 |
| 135 | WALCZAK ANNA | 830 | TURBODZIKI | WARSZAWA | POL | K 40-49 | 44 | K 134 | 00:38:27 | 00:52:36 | 00:59:20.80 | 01:00:58.00 | 5:56 | 10.1 |
| 136 | KRZANOWSKA MAŁGORZATA | 415 | | WARSZAWA | POL | K 50-59 | 6 | K 135 | 00:38:22 | 00:52:24 | 00:59:24.75 | 01:01:13.25 | 5:56 | 10.1 |
| 137 | PYRAK JOANNA | 650 | AEGONRUN | WARSZAWA | POL | K 30-39 | 52 | K 136 | 00:37:59 | 00:52:10 | 00:59:25.95 | 01:00:48.85 | 5:56 | 10.1 |
| 138 | BERNARDELLI KATARZYNA | 35 | | WARSZAWA | POL | K 1-29 | 34 | K 137 | 00:37:59 | 00:52:31 | 00:59:28.15 | 00:59:54.55 | 5:56 | 10.1 |
| 139 | SZTYGOWSKA ANNA | 1012 | | | | K 30-39 | 53 | K 138 | 00:37:57 | 00:52:36 | 00:59:31.05 | 01:00:28.65 | 5:57 | 10.1 |
| 140 | DAMPC NATALIA | 131 | | WARSZAWA | POL | K 30-39 | 54 | K 139 | 00:37:34 | 00:52:47 | 00:59:31.20 | 01:00:56.65 | 5:57 | 10.1 |
| 141 | KORZENIOWSKA- SOBCZUK ANNA | 377 | BIEGAM NA TARCHOMINIE | WARSZAWA | POL | K 40-49 | 45 | K 140 | 00:38:21 | 00:52:26 | 00:59:37.05 | 01:01:19.10 | 5:57 | 10.1 |
| 142 | GONET KATARZYNA | 211 | | WARSZAWA | POL | K 40-49 | 46 | K 141 | 00:38:08 | 00:52:46 | 00:59:44.50 | 01:00:51.10 | 5:58 | 10 |
| 143 | KACZAN JOANNA | 315 | | WARSZAWA (BIAŁOŁĘKA) | POL | K 30-39 | 55 | K 142 | 00:38:25 | 00:52:37 | 00:59:47.75 | 01:01:23.75 | 5:58 | 10 |
| 144 | BESSARABA JAGODA | 37 | | WARSZAWA | POL | K 1-29 | 35 | K 143 | 00:37:01 | 00:52:10 | 00:59:49.10 | 01:00:52.80 | 5:58 | 10 |
| 145 | SWIETLIK MAGDALENA | 767 | | WARSZAWA | POL | K 30-39 | 56 | K 144 | 00:37:52 | 00:52:42 | 00:59:51.85 | 01:00:56.80 | 5:59 | 10 |
| 146 | BULIK BOŻENA | 82 | PARTNER | WARSZAWA | POL | K 30-39 | 57 | K 145 | 00:38:37 | 00:52:46 | 00:59:53.40 | 01:01:21.85 | 5:59 | 10 |
| 147 | HNIDZIUK MAGDALENA | 250 | | WARSZAWA | POL | K 40-49 | 47 | K 146 | 00:38:21 | 00:52:45 | 01:00:03.00 | 01:01:32.55 | 6:00 | 10 |
| 148 | MYŚLIŃSKA ANNA | 1111 | BIAŁOŁĘKA JEST KOBIETĄ | WARSZAWA | POL | K 40-49 | 48 | K 147 | 00:38:29 | 00:52:35 | 01:00:05.80 | 01:01:46.80 | 6:00 | 10 |
| 149 | LELENIEWSKA ANNA | 440 | | WARSZAWA | POL | K 1-29 | 36 | K 148 | 00:38:12 | 00:53:10 | 01:00:07.40 | 01:01:43.25 | 6:00 | 10 |
| 150 | SIESS MAŁGORZATA | 705 | UKS AZYMUT PABIANICE | WARSZAWA | POL | K 1-29 | 37 | K 149 | 00:38:48 | 00:53:12 | 01:00:09.45 | 01:01:27.05 | 6:01 | 10 |
| 151 | KRAKOWIAK SYLWIA | 399 | | WARSZAWA | POL | K 40-49 | 49 | K 150 | 00:38:38 | 00:53:26 | 01:00:27.00 | 01:01:11.50 | 6:02 | 9.9 |
| 152 | BRONICKA ELA | 72 | VEGE RUNNERS | WARSZAWA | POL | K 30-39 | 58 | K 151 | 00:38:28 | 00:53:17 | 01:00:42.15 | 01:02:24.70 | 6:04 | 9.9 |
| 153 | MUCHA KAMILA | 550 | BIEGAM NA TARCHOMINIE | KONIN | POL | K 40-49 | 50 | K 152 | 00:38:55 | 00:53:37 | 01:00:49.30 | 01:02:29.70 | 6:04 | 9.9 |
| 154 | HÄNCHEN ELISABETH | 243 | | WARSZAWA | POL | K 30-39 | 59 | K 153 | 00:38:49 | 00:53:55 | 01:00:52.45 | 01:02:49.40 | 6:05 | 9.9 |
| 155 | ŁUCZAK MAŁGORZATA | 472 | RUNNERSI ZE SKARBKA | WARSZAWA | POL | K 40-49 | 51 | K 154 | 00:38:28 | 00:53:36 | 01:00:53.40 | 01:01:30.70 | 6:05 | 9.9 |
| 156 | NOWAK MAGDALENA | 564 | AEGONRUN | WARSZAWA | POL | K 30-39 | 60 | K 155 | 00:39:25 | 00:53:54 | 01:01:21.05 | 01:02:43.75 | 6:08 | 9.8 |
| 157 | STRACHOCKA ANNA | 749 | GRUPA BIEGOWA UM W-WA | WARSZAWA | POL | K 60+ | 3 | K 156 | 00:39:55 | 00:54:12 | 01:01:25.35 | 01:03:38.60 | 6:08 | 9.8 |
| 158 | SOBIESKA ALEKSANDRA | 725 | | WARSZAWA | POL | K 40-49 | 52 | K 157 | 00:39:37 | 00:54:08 | 01:01:26.40 | 01:03:19.85 | 6:08 | 9.8 |
| 159 | KOŚNIK ALICJA | 386 | | WARSZAWA | POL | K 1-29 | 38 | K 158 | 00:39:21 | 00:54:15 | 01:01:29.80 | 01:03:22.30 | 6:09 | 9.8 |
| 160 | STAŃCZYK ZOFIA | 742 | | ZIELONKA | POL | K 1-29 | 39 | K 159 | 00:38:31 | 00:53:35 | 01:01:31.10 | 01:03:12.90 | 6:09 | 9.8 |
| 161 | ŁĄCKA ILONA | 461 | BIAŁOŁĘKA JEST KOBIETĄ | WARSZAWA | POL | K 40-49 | 53 | K 160 | 00:39:02 | 00:53:59 | 01:01:32.05 | 01:03:12.40 | 6:09 | 9.8 |

BIEG PRZEZ MOST 2019, K Odcinek specjalny c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 6.6km | 9km | Netto | Brutto | min/km | km/h |
|------|------------------------------|-----|-------------------------|----------------------|------|---------|--------|-------|----------|----------|-------------|-------------|--------|------|
| 162 | BRZÓZKA MAGDA | 76 | | WARSZAWA | POL | K 30-39 | 61 | K 161 | 00:39:38 | 00:54:27 | 01:01:38.50 | 01:03:28.50 | 6:09 | 9.7 |
| 163 | NOWAK KASIA | 567 | | WARSZAWA | POL | K 30-39 | 62 | K 162 | 00:39:39 | 00:54:29 | 01:01:38.80 | 01:03:28.60 | 6:09 | 9.7 |
| 164 | SAL KINGA | 690 | | WARSZAWA | POL | K 30-39 | 63 | K 163 | 00:38:57 | 00:54:23 | 01:01:41.30 | 01:03:42.75 | 6:10 | 9.7 |
| 165 | ADAMOWSKA BARBARA | 2 | MINISTERSTWO FINANSÓW | WARSZAWA | POL | K 40-49 | 54 | K 164 | 00:38:58 | 00:54:08 | 01:01:42.30 | 01:02:45.10 | 6:10 | 9.7 |
| 166 | MORAWSKA ANNA | 542 | | WARSZAWA | POL | K 60+ | 4 | K 165 | 00:40:08 | 00:54:40 | 01:01:46.35 | 01:02:47.45 | 6:10 | 9.7 |
| 167 | ZOUABI DOROTA | 907 | | WARSZAWA | POL | K 40-49 | 55 | K 166 | 00:38:57 | 00:54:10 | 01:01:48.50 | 01:02:25.75 | 6:10 | 9.7 |
| 168 | SIKORSKA AGNIESZKA | 928 | | WARSZAWA | POL | K 30-39 | 64 | K 167 | 00:40:03 | 00:54:42 | 01:01:49.35 | 01:03:40.65 | 6:10 | 9.7 |
| 169 | DĄBROWSKA BEATA | 134 | | JABŁONNA | POL | K 30-39 | 65 | K 168 | 00:39:22 | 00:54:42 | 01:01:49.65 | 01:02:42.55 | 6:11 | 9.7 |
| 170 | KARŁOWICZ ANNA | 331 | PARTIA WOLNYCH BIEGACZY | WARSZAWA | POL | K 60+ | 5 | K 169 | 00:39:28 | 00:54:32 | 01:01:57.10 | 01:03:44.20 | 6:11 | 9.7 |
| 171 | MIKITIUK KATARZYNA | 527 | | MARKI | POL | K 40-49 | 56 | K 170 | 00:38:43 | 00:54:16 | 01:02:02.05 | 01:03:07.30 | 6:12 | 9.7 |
| 172 | PRZEDPEŁSKA ANETA | 638 | | WARSZAWA | POL | K 30-39 | 66 | K 171 | 00:39:22 | 00:54:33 | 01:02:02.05 | 01:03:28.40 | 6:12 | 9.7 |
| 173 | GLÓDŹ MAŁGORZATA | 963 | DO NOGI | WARSZAWA | POL | K 1-29 | 40 | K 172 | 00:39:28 | 00:54:38 | 01:02:10.85 | 01:03:16.05 | 6:13 | 9.6 |
| 174 | GAWIDZIEL SYLWIA | 190 | | WARSZAWA | POL | K 30-39 | 67 | K 173 | | | 01:02:16.25 | 01:02:16.25 | 6:13 | 9.6 |
| 175 | WOJTAŁ KATARZYNA | 872 | WATAHA - WARSZAWA | PIASECZNO | POL | K 30-39 | 68 | K 174 | 00:39:17 | 00:54:38 | 01:02:16.60 | 01:03:43.10 | 6:13 | 9.6 |
| 176 | ADAMUS KATARZYNA | 4 | DECATHLON PIASECZNO | PIASECZNO | POL | K 40-49 | 57 | K 175 | 00:39:17 | 00:54:38 | 01:02:16.70 | 01:03:43.05 | 6:13 | 9.6 |
| 177 | CHOROŚ SYLWIA | 922 | | WARSZAWA | POL | K 30-39 | 69 | K 176 | 00:39:50 | 00:55:01 | 01:02:30.60 | 01:03:59.40 | 6:15 | 9.6 |
| 178 | JARMUŻEWSKA TERESA | 278 | TIA | WARSZAWA | POL | K 40-49 | 58 | K 177 | 00:41:45 | 00:55:58 | 01:02:46.35 | 01:04:58.45 | 6:16 | 9.6 |
| 179 | GRYGALOWICZ ANNA | 233 | G PARTNER RUNNERS | WARSZAWA | POL | K 30-39 | 70 | K 178 | 00:39:51 | 00:55:16 | 01:02:48.00 | 01:04:35.10 | 6:16 | 9.6 |
| 180 | WOŁYNEK AGNIESZKA | 875 | | WARSZAWA | POL | K 40-49 | 59 | K 179 | 00:39:51 | 00:55:28 | 01:03:03.35 | 01:04:26.90 | 6:18 | 9.5 |
| 181 | JURCZAK AGNIESZKA | 301 | | JEDLIŃSK | POL | K 40-49 | 60 | K 180 | 00:39:54 | 00:55:22 | 01:03:19.80 | 01:03:29.30 | 6:20 | 9.5 |
| 182 | KORENKIEWICZ ANNA | 370 | | ZĄBKI | POL | K 30-39 | 71 | K 181 | 00:41:02 | 00:56:09 | 01:03:28.10 | 01:05:22.00 | 6:20 | 9.5 |
| 183 | STRZELEC AGNIESZKA | 753 | | WARSZAWA | POL | K 30-39 | 72 | K 182 | 00:39:31 | 00:55:41 | 01:03:36.90 | 01:04:40.25 | 6:21 | 9.4 |
| 184 | OBREBOWSKA MAŁGORZATA | 950 | | WARSZAWA | POL | K 30-39 | 73 | K 183 | 00:40:07 | 00:55:45 | 01:03:40.05 | 01:05:03.60 | 6:22 | 9.4 |
| 185 | BASIAK AGNIESZKA | 25 | | WARSZAWA | POL | K 30-39 | 74 | K 184 | 00:39:18 | 00:55:16 | 01:03:40.90 | 01:05:11.80 | 6:22 | 9.4 |
| 186 | STANIOS NATALIA | 738 | | WARSZAWA | POL | K 1-29 | 41 | K 185 | 00:39:13 | 00:55:32 | 01:03:41.35 | 01:04:47.55 | 6:22 | 9.4 |
| 187 | MIKLEWICZ MAŁGORZATA | 528 | | WARSZAWA | POL | K 40-49 | 61 | K 186 | 00:41:18 | 00:56:25 | 01:03:45.05 | 01:05:44.75 | 6:22 | 9.4 |
| 188 | PTASZYŃSKA MAGDALENA | 646 | | KUTNO | POL | K 40-49 | 62 | K 187 | 00:40:01 | 00:55:54 | 01:03:49.40 | 01:04:42.90 | 6:22 | 9.4 |
| 189 | HELDT IWONA | 247 | | WARSZAWA | POL | K 1-29 | 42 | K 188 | 00:39:33 | 00:55:53 | 01:04:07.00 | 01:05:58.25 | 6:24 | 9.4 |
| 190 | OLSZEWSKA DOROTA | 579 | | WARSZAWA | POL | K 30-39 | 75 | K 189 | 00:39:22 | 00:55:33 | 01:04:09.45 | 01:04:33.90 | 6:24 | 9.4 |
| 191 | WITECKA ANNA | 855 | | WARSZAWA | POL | K 30-39 | 76 | K 190 | 00:40:16 | 00:56:19 | 01:04:26.85 | 01:06:20.60 | 6:26 | 9.3 |
| 192 | KACPRZAK-ŚCISŁA ALEKSANDRA | 948 | | WARSZAWA | POL | K 1-29 | 43 | K 191 | 00:41:56 | 00:57:06 | 01:04:43.85 | 01:06:30.70 | 6:28 | 9.3 |
| 193 | PROROK MAŁGOSIA | 636 | | PIASECZNO | POL | K 30-39 | 77 | K 192 | 00:42:04 | 00:57:17 | 01:04:45.80 | 01:06:55.70 | 6:28 | 9.3 |
| 194 | PIOTROWSKA-KRZAK ELA | 623 | | WARSZAWA | POL | K 40-49 | 63 | K 193 | 00:42:11 | 00:57:33 | 01:04:52.40 | 01:06:30.00 | 6:29 | 9.2 |
| 195 | CYGAN KATARZYNA | 116 | | WARSZAWA | POL | K 30-39 | 78 | K 194 | 00:41:11 | 00:57:00 | 01:04:58.35 | 01:06:33.50 | 6:29 | 9.2 |
| 196 | ŚWIERSZCZ ANETA | 798 | | ZALESIE | POL | K 30-39 | 79 | K 195 | 00:41:05 | 00:57:12 | 01:04:59.30 | 01:06:53.60 | 6:29 | 9.2 |
| 197 | WYSOCKA KAROLINA | 880 | | WARSZAWA | POL | K 30-39 | 80 | K 196 | 00:41:14 | 00:56:53 | 01:05:05.25 | 01:06:36.60 | 6:30 | 9.2 |
| 198 | OSIAK ŻANETA | 586 | | ŁASKARZEW | POL | K 30-39 | 81 | K 197 | 00:40:42 | 00:57:10 | 01:05:06.15 | 01:06:31.70 | 6:30 | 9.2 |
| 199 | BORKOWSKA OLGA | 60 | | WARSZAWA | POL | K 30-39 | 82 | K 198 | 00:41:25 | 00:57:35 | 01:05:16.95 | 01:06:07.65 | 6:31 | 9.2 |
| 200 | RYNECKA AGNIESZKA | 684 | | RAJSZEW | POL | K 40-49 | 64 | K 199 | 00:41:08 | 00:57:24 | 01:05:19.55 | 01:07:13.15 | 6:32 | 9.2 |
| 201 | FALKOWSKA MONIKA | 164 | | WARSZAWA | POL | K 40-49 | 65 | K 200 | 00:41:15 | 00:57:30 | 01:05:35.10 | 01:07:19.60 | 6:33 | 9.1 |
| 202 | HALASZ JUSTYNA | 242 | | WARSZAWA | POL | K 1-29 | 44 | K 201 | 00:43:37 | 00:58:29 | 01:05:43.65 | 01:07:42.55 | 6:34 | 9.1 |
| 203 | BARTECKA-MATUSZEWSKA URSZULA | 21 | | NOWY DWÓR MAZOWIECKI | POL | K 30-39 | 83 | K 202 | 00:41:10 | 00:57:23 | 01:05:45.90 | 01:06:41.70 | 6:34 | 9.1 |
| 204 | REJCHERT KAMILA | 657 | | WARSZAWA | POL | K 30-39 | 84 | K 203 | 00:41:04 | 00:57:38 | 01:05:49.45 | 01:07:32.35 | 6:35 | 9.1 |
| 205 | CZAJKOWSKA KRYSZYNA | 120 | | WARSZAWA | POL | K 30-39 | 85 | K 204 | 00:40:50 | 00:57:55 | 01:05:50.10 | 01:06:08.35 | 6:35 | 9.1 |
| 206 | KORNACKA AGNIESZKA | 372 | | NIEPORĘT | POL | K 1-29 | 45 | K 205 | 00:42:07 | 00:58:06 | 01:06:14.40 | 01:07:39.05 | 6:37 | 9.1 |
| 207 | BABIAK-WARDAK KATARZYNA | 11 | | WARSZAWA | POL | K 30-39 | 86 | K 206 | 00:42:32 | 00:58:31 | 01:06:22.80 | 01:07:40.70 | 6:38 | 9 |
| 208 | KLIMEK KATARZYNA | 352 | | WARSZAWA | POL | K 30-39 | 87 | K 207 | 00:41:51 | 00:58:32 | 01:06:25.30 | 01:06:43.95 | 6:38 | 9 |
| 209 | BOJARSKA MARIA | 55 | | WARSZAWA | POL | K 50-59 | 7 | K 208 | 00:42:11 | 00:58:31 | 01:06:28.95 | 01:06:45.30 | 6:38 | 9 |
| 210 | KUĆ BEATA | 423 | | WARSZAWA | POL | K 40-49 | 66 | K 209 | 00:41:31 | 00:58:10 | 01:06:33.65 | 01:08:13.60 | 6:39 | 9 |
| 211 | KOVALETS OLENA | 387 | | WARSZAWA | POL | K 1-29 | 46 | K 210 | 00:42:14 | 00:59:05 | 01:06:37.15 | 01:06:55.55 | 6:39 | 9 |
| 212 | SZŁAPA URSZULA | 778 | SPOT PSZCZYNA | CZARKÓW | POL | K 30-39 | 88 | K 211 | 00:41:50 | 00:58:24 | 01:06:38.55 | 01:08:43.25 | 6:39 | 9 |
| 213 | CIEPLAK KASIA | 105 | | WARSZAWA | POL | K 30-39 | 89 | K 212 | 00:41:49 | 00:58:28 | 01:06:38.70 | 01:08:10.40 | 6:39 | 9 |
| 214 | SADŁOWSKA ALEKSANDRA | 688 | | WARSZAWA | POL | K 1-29 | 47 | K 213 | 00:43:13 | 00:59:21 | 01:07:03.80 | 01:09:04.05 | 6:42 | 8.9 |
| 215 | STĘPIŃSKA JOANNA | 746 | | WARSZAWA | POL | K 40-49 | 67 | K 214 | 00:42:34 | 00:59:00 | 01:07:25.15 | 01:09:27.30 | 6:44 | 8.9 |
| 216 | WINDER AGNIESZKA | 851 | | WARSZAWA | POL | K 30-39 | 90 | K 215 | 00:41:24 | 00:58:41 | 01:07:28.65 | 01:09:16.95 | 6:44 | 8.9 |
| 217 | ZAYATS DARYA | 898 | | WARSZAWA | POL | K 1-29 | 48 | K 216 | 00:42:17 | 00:59:13 | 01:07:31.55 | 01:08:44.25 | 6:45 | 8.9 |
| 218 | ZAWADZIŃSKA ANNA | 895 | | WARSZAWA | POL | K 30-39 | 91 | K 217 | 00:43:53 | 01:00:09 | 01:07:42.10 | 01:09:51.80 | 6:46 | 8.9 |

BIEG PRZEZ MOST 2019, K Odcinek specjalny c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 6.6km | 9km | Netto | Brutto | min/km | km/h | |
|------|--------------------------------|------|----------------------------------|----------------------|------|---------|--------|-------|----------|----------|-------------|-------------|--------|------|--|
| 219 | SOJA KASIA | 728 | VEGE RUNNERS | KRAKÓW | POL | K 40-49 | 68 | K 218 | 00:43:52 | 01:00:03 | 01:07:42.45 | 01:07:42.45 | 6:46 | 8.9 | |
| 220 | JURECKA JUSTYNA | 302 | | WARSZAWA | POL | K 1-29 | 49 | K 219 | 00:43:36 | 01:00:23 | 01:07:54.15 | 01:09:50.00 | 6:47 | 8.8 | |
| 221 | PANASIUK AGA | 596 | | ZĄBKI | POL | K 40-49 | 69 | K 220 | 00:42:43 | 00:59:45 | 01:08:17.30 | 01:09:27.60 | 6:49 | 8.8 | |
| 222 | JAWORSKA JOANNA | 287 | | WARSZAWA | POL | K 30-39 | 92 | K 221 | 00:44:41 | 01:00:27 | 01:08:17.50 | 01:10:17.00 | 6:49 | 8.8 | |
| 223 | BUDAJ-FIDECKA ANNA | 81 | FIDEPOP | WARSZAWA | POL | K 40-49 | 70 | K 222 | 00:44:21 | 01:00:26 | 01:08:40.10 | 01:10:13.80 | 6:52 | 8.7 | |
| 224 | STAGŁOW MONIKA | 737 | | WARSZAWA | POL | K 1-29 | 50 | K 223 | 00:43:31 | 01:00:33 | 01:08:46.25 | 01:10:27.70 | 6:52 | 8.7 | |
| 225 | KŁOPOTOWSKA MAŁGORZATA | 355 | | WARSZAWA | POL | K 30-39 | 93 | K 224 | 00:43:14 | 01:00:46 | 01:09:19.75 | 01:10:04.05 | 6:56 | 8.7 | |
| 226 | WRONKA MARIANA | 878 | ZABIEGANY WOŁOMIN | WOŁOMIN | POL | K 30-39 | 94 | K 225 | 00:43:47 | 01:00:51 | 01:09:24.75 | 01:09:51.90 | 6:56 | 8.6 | |
| 227 | FURMAN DOROTA | 179 | | WARSZAWA | POL | K 30-39 | 95 | K 226 | 00:44:42 | 01:01:27 | 01:09:26.60 | 01:11:30.50 | 6:56 | 8.6 | |
| 228 | GRZANECKA AGNIESZKA | 236 | | WARSZAWA | POL | K 30-39 | 96 | K 227 | 00:44:32 | 01:01:06 | 01:09:34.15 | 01:11:43.75 | 6:57 | 8.6 | |
| 229 | KACZOROWSKA MONIKA | 319 | | ZĄBKI | POL | K 40-49 | 71 | K 228 | 00:44:33 | 01:01:22 | 01:09:34.80 | 01:11:26.95 | 6:57 | 8.6 | |
| 230 | MROZIK WIOLETTA | 545 | | WARSZAWA | POL | K 30-39 | 97 | K 229 | 00:44:20 | 01:01:37 | 01:09:35.90 | 01:11:16.75 | 6:57 | 8.6 | |
| 231 | ŁOCHINA MARTA | 466 | | WARSZAWA | POL | K 40-49 | 72 | K 230 | 00:44:35 | 01:01:33 | 01:09:36.25 | 01:11:29.30 | 6:57 | 8.6 | |
| 232 | KUREK IZABELA | 430 | BIEGAM POWOLI | WARSZAWA | POL | K 30-39 | 98 | K 231 | 00:43:37 | 01:01:09 | 01:09:38.55 | 01:11:29.55 | 6:57 | 8.6 | |
| 233 | SOSNÓWKA MAGDALENA | 732 | | WARSZAWA | POL | K 40-49 | 73 | K 232 | 00:44:42 | 01:01:53 | 01:10:08.00 | 01:12:07.50 | 7:00 | 8.6 | |
| 234 | JASIŃSKA ALICJA | 282 | | BŁONIE | POL | K 1-29 | 51 | K 233 | 00:45:54 | 01:02:49 | 01:10:26.45 | 01:12:30.90 | 7:02 | 8.5 | |
| 235 | KOSIERADZKA JOANNA | 378 | | WARSZAWA | POL | K 50-59 | 8 | K 234 | 00:45:53 | 01:03:21 | 01:12:05.20 | 01:13:52.35 | 7:12 | 8.3 | |
| 236 | JANKOWSKA JOLA | 271 | | WARSZAWA | POL | K 30-39 | 99 | K 235 | | | 01:12:11.00 | 01:12:11.00 | 7:13 | 8.3 | |
| 237 | JANUKOWICZ AGNIESZKA | 277 | | WARSZAWA | POL | K 30-39 | 100 | K 236 | | | 01:12:14.00 | 01:12:14.00 | 7:13 | 8.3 | |
| 238 | BANASIK KATARZYNA | 16 | GRUPA BIEGOWA UM W-WA | WARSZAWA | POL | K 30-39 | 101 | K 237 | 00:46:24 | 01:03:57 | 01:12:27.35 | 01:13:42.55 | 7:14 | 8.3 | |
| 239 | JURKOWSKA IRENA | 305 | | WARSZAWA | POL | K 60+ | 6 | K 238 | 00:44:36 | 01:03:40 | 01:12:49.15 | 01:14:45.30 | 7:16 | 8.2 | |
| 240 | WÓJTOWICZ AGNIESZKA | 877 | | WARSZAWA | POL | K 40-49 | 74 | K 239 | 00:47:14 | 01:04:50 | 01:13:53.25 | 01:16:11.55 | 7:23 | 8.1 | |
| 241 | WAWRZONEK KAROLINA | 839 | | STANISŁAWÓW PIERWSZY | POL | K 40-49 | 75 | K 240 | 00:47:15 | 01:04:52 | 01:14:10.55 | 01:16:29.15 | 7:25 | 8.1 | |
| 242 | BÖGER CAROLIN | 51 | | BERLIN | GER | K 1-29 | 52 | K 241 | 00:47:02 | 01:05:12 | 01:14:12.25 | 01:16:09.00 | 7:25 | 8.1 | |
| 243 | OGOŃCZYK DONATA | 845 | | | | K 1-29 | 53 | K 242 | 00:47:33 | 01:06:07 | 01:14:57.25 | 01:16:57.75 | 7:29 | 8 | |
| 244 | CHEN FENGQIN | 88 | | LESNOWOLA | CHN | K 30-39 | 102 | K 243 | 00:48:05 | 01:06:37 | 01:15:51.60 | 01:15:59.60 | 7:35 | 7.9 | |
| 245 | METERA ANNA | 518 | | WARSZAWA | POL | K 40-49 | 76 | K 244 | 00:50:01 | 01:09:28 | 01:19:11.40 | 01:19:48.15 | 7:55 | 7.6 | |
| 246 | DRACZYŃSKA EDYTA | 153 | | WARSZAWA | POL | K 40-49 | 77 | K 245 | 00:50:00 | 01:09:28 | 01:19:12.10 | 01:19:48.45 | 7:55 | 7.6 | |
| 247 | ZAWADZKA MAGDALENA | 896 | ZAJĄC | WARSZAWA | POL | K 30-39 | 103 | K 246 | 00:47:15 | 01:04:55 | 01:19:54.30 | 01:22:11.95 | 7:59 | 7.5 | |
| 248 | GIEDYK KATARZYNA | 197 | | WARSZAWA | POL | K 30-39 | 104 | K 247 | 00:50:22 | 01:10:34 | 01:19:54.65 | 01:21:55.40 | 7:59 | 7.5 | |
| 249 | LEWANDOWSKA EWELINA | 444 | WATAHA - ŁĄCZY NAS BIEGANIE | PIASECZNO | POL | K 30-39 | 105 | K 248 | | | 01:22:46.30 | 01:25:13.20 | 8:16 | 7.2 | |
| 250 | JÓŹWIAK DOROTA | 299 | SLOW JOGGING BIAŁOŁĘKA | WARSZAWA | POL | K 40-49 | 78 | K 249 | | | 01:22:49.10 | 01:25:15.50 | 8:16 | 7.2 | |
| 251 | SIERPOWSKA-BARTOSIK AGNIESZKA | 701 | SLOW JOGGING ŁÓDŹ / VEGE RUNNERS | ŁÓDŹ | POL | K 40-49 | 79 | K 250 | 00:54:31 | 01:15:48 | 01:28:08.15 | 01:30:33.55 | 8:48 | 6.8 | |
| 252 | GRĄCKA KATARZYNA | 222 | | WARSZAWA | POL | K 40-49 | 80 | K 251 | 00:54:32 | 01:15:50 | 01:28:08.80 | 01:30:33.50 | 8:48 | 6.8 | |
| 253 | WILCZYŃSKA MAŁGORZATA | 992 | | WARSZAWA | POL | K 40-49 | 81 | K 252 | 00:57:31 | 01:18:21 | 01:29:39.75 | 01:32:07.55 | 8:58 | 6.7 | |
| 254 | MŁODZIŃSKA NINA | 1013 | | WARSZAWA | POL | K 1-29 | 54 | K 253 | 00:51:24 | | | | 7:47 | 7.7 | |
| 255 | KRAWCZYK MARLENA | 401 | | WARSZAWA | POL | K 30-39 | 106 | K 254 | | | | | | | |
| LIM | HAJDUK MONIKA | 955 | | ŻYRARDÓW | POL | K 1-29 | LIM | LIM | 00:55:43 | 01:03:51 | 01:30:04.60 | 01:32:27.20 | 0:00 | 6.7 | |
| LIM | SKRZYDŁOWSKA-KALUKIN KATARZYNA | 717 | SLOWJOGGING BIAŁOŁĘKA | WARSZAWA | POL | K 50-59 | LIM | LIM | 00:56:40 | 01:18:01 | 01:31:27.10 | 01:33:59.00 | 0:00 | 6.6 | |
| LIM | PILSKA MAGDA | 621 | SLOW JOGGING WARSZAWA | BIENIEWICE | POL | K 40-49 | LIM | LIM | 00:56:50 | 01:19:12 | 01:31:29.00 | 01:34:01.10 | 0:00 | 6.6 | |
| LIM | BOROWIAK JOLANTA | 63 | SLOWJOGGING POLSKA | WARSZAWA | POL | K 60+ | LIM | LIM | 00:56:50 | 01:19:04 | 01:31:29.75 | 01:34:01.80 | 0:00 | 6.6 | |
| LIM | SYC ALICJA | 768 | SLOW JOGGING BIAŁOŁĘKA | WARSZAWA | POL | K 50-59 | LIM | LIM | 00:56:43 | 01:18:04 | 01:31:31.25 | 01:33:59.80 | 0:00 | 6.6 | |
| LIM | BORZUCHOWSKA MONIKA | 70 | SLOWJOGGING ŁÓDŹ | ŁÓDŹ | POL | K 40-49 | LIM | LIM | 00:56:52 | 01:19:11 | 01:31:33.60 | 01:33:59.75 | 0:00 | 6.6 | |
| LIM | ZAWADA KATARZYNA | 894 | | WARSZAWA | POL | K 40-49 | LIM | LIM | 00:56:54 | 01:18:08 | 01:31:33.65 | 01:34:00.55 | 0:00 | 6.6 | |
| LIM | KOWALCZYK-CHRZUSZCZ KASIA | 390 | SLOW JOGGING ŁÓDŹ | ŁÓDŹ | POL | K 50-59 | LIM | LIM | 00:56:51 | 01:19:18 | 01:31:33.80 | 01:33:58.70 | 0:00 | 6.6 | |

BIEG PRZEZ MOST 2019, K Samorządowcy

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 6.6km | 9km | Netto | Brutto | min/km | km/h |
|------|-------------------|-----|-----------------------|-----------|------|---------|--------|------|----------|----------|-------------|-------------|--------|------|
| 1 | PACIOREK EWA | 590 | MARKOWI BIEGACZE | MARKI | POL | K 30-39 | 5 | K 9 | 00:28:16 | 00:38:51 | 00:44:08.00 | 00:44:22.30 | 4:24 | 13.6 |
| 2 | CZAJKOWSKA DOROTA | 119 | | MYSIADŁO | POL | K 40-49 | 4 | K 15 | 00:29:15 | 00:39:55 | 00:45:10.70 | 00:45:40.40 | 4:31 | 13.3 |
| 3 | KRUK EDYTA | 407 | GRUPA BIEGOWA UM W-WA | CHOTOMÓW | POL | K 40-49 | 12 | K 37 | 00:31:41 | 00:43:47 | 00:49:44.90 | 00:50:32.30 | 4:58 | 12.1 |
| 4 | SCHINDLER ŻANETA | 695 | | WARSZAWA | POL | K 40-49 | 18 | K 49 | 00:33:39 | 00:46:01 | 00:52:13.35 | 00:52:56.00 | 5:13 | 11.5 |
| 5 | STAŃCZAK IWONA | 740 | TRUCHT TARCHOMIN TEAM | WARSZAWA | POL | K 40-49 | 19 | K 55 | 00:34:07 | 00:46:58 | 00:52:54.95 | 00:53:53.60 | 5:17 | 11.3 |
| 6 | MAJEWSKA HANNA | 482 | BIEGAM NA TARCHOMINIE | WARSZAWA | POL | K 30-39 | 34 | K 81 | 00:35:06 | 00:48:50 | 00:55:26.35 | 00:56:23.55 | 5:32 | 10.8 |

BIEG PRZEZ MOST 2019, K Samorządowcy c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 6.6km | 9km | Netto | Brutto | min/km | km/h |
|------|----------------------|------|------------------------|-----------|------|---------|--------|-------|----------|----------|-------------|-------------|--------|------|
| 7 | POGORZELSKA ANNA | 627 | | WARSZAWA | POL | K 30-39 | 36 | K 85 | 00:35:06 | 00:48:42 | 00:55:36.95 | 00:56:34.80 | 5:33 | 10.8 |
| 8 | DAJBROWSKA MAGDALENA | 135 | RUN4FUN | WARSZAWA | POL | K 40-49 | 32 | K 101 | 00:36:23 | 00:50:02 | 00:57:02.85 | 00:57:40.85 | 5:42 | 10.5 |
| 9 | SIGAL BOGDANA | 706 | | WARSZAWA | POL | K 1-29 | 23 | K 102 | 00:36:28 | 00:50:22 | 00:57:14.00 | 00:58:15.40 | 5:43 | 10.5 |
| 10 | RURKA ANNA | 965 | | WARSZAWA | POL | K 40-49 | 39 | K 121 | 00:37:47 | 00:51:40 | 00:58:46.80 | 00:59:48.50 | 5:52 | 10.2 |
| 11 | SZTYGOWSKA ANNA | 1012 | | WARSZAWA | POL | K 30-39 | 53 | K 138 | 00:37:57 | 00:52:36 | 00:59:31.05 | 01:00:28.65 | 5:57 | 10.1 |
| 12 | MYŚLIŃSKA ANNA | 1111 | BIAŁOLEKA JEST KOBIETĄ | WARSZAWA | POL | K 40-49 | 48 | K 147 | 00:38:29 | 00:52:35 | 01:00:05.80 | 01:01:46.80 | 6:00 | 10 |
| 13 | STRACHOCKA ANNA | 749 | GRUPA BIEGOWA UM W-WA | WARSZAWA | POL | K 60+ | 3 | K 156 | 00:39:55 | 00:54:12 | 01:01:25.35 | 01:03:38.60 | 6:08 | 9.8 |
| 14 | ŁĄCKA ILONA | 461 | BIAŁOLEKA JEST KOBIETĄ | WARSZAWA | POL | K 40-49 | 53 | K 160 | 00:39:02 | 00:53:59 | 01:01:32.05 | 01:03:12.40 | 6:09 | 9.8 |
| 15 | STRZELEC AGNIESZKA | 753 | | WARSZAWA | POL | K 30-39 | 72 | K 182 | 00:39:31 | 00:55:41 | 01:03:36.90 | 01:04:40.25 | 6:21 | 9.4 |
| 16 | BASIAK AGNIESZKA | 25 | | WARSZAWA | POL | K 30-39 | 74 | K 184 | 00:39:18 | 00:55:16 | 01:03:40.90 | 01:05:11.80 | 6:22 | 9.4 |
| 17 | WYSOCKA KAROLINA | 880 | | WARSZAWA | POL | K 30-39 | 80 | K 196 | 00:41:14 | 00:56:53 | 01:05:05.25 | 01:06:36.60 | 6:30 | 9.2 |
| 18 | BANASIK KATARZYNA | 16 | GRUPA BIEGOWA UM W-WA | WARSZAWA | POL | K 30-39 | 101 | K 237 | 00:46:24 | 01:03:57 | 01:12:27.35 | 01:13:42.55 | 7:14 | 8.3 |

BIEG PRZEZ MOST 2019, Mieszkanka Białoleki

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 6.6km | 9km | Netto | Brutto | min/km | km/h |
|------|-----------------------------|-----|---|-----------|------|---------|--------|-------|----------|----------|-------------|-------------|--------|------|
| 1 | PARSZCZYŃSKA IZABELA | 598 | TEAM PARSZCZYŃSKICH | WARSZAWA | POL | K 30-39 | 2 | K 2 | 00:24:21 | 00:33:36 | 00:38:11.50 | 00:38:13.00 | 3:49 | 15.7 |
| 2 | ŻURANIEWSKA AGNIESZKA | 918 | NUDNE PIĄTKI | WARSZAWA | POL | K 40-49 | 3 | K 7 | 00:27:37 | 00:38:02 | 00:43:08.85 | 00:43:23.75 | 4:18 | 13.9 |
| 3 | WINKOWSKA-STRUZIK MAGDALENA | 853 | DUKLANOWSKI TEAM / ADIDAS RUNNERS WARSZAW | WARSZAWA | POL | K 30-39 | 7 | K 13 | 00:29:01 | 00:39:42 | 00:44:55.10 | 00:45:25.70 | 4:29 | 13.4 |
| 4 | OCHNIK-KALINOWSKA JUSTYNA | 573 | | WARSZAWA | POL | K 40-49 | 7 | K 19 | 00:29:51 | 00:41:20 | 00:46:53.30 | 00:47:22.30 | 4:41 | 12.8 |
| 5 | RUDY IWONA | 676 | | WARSZAWA | POL | K 30-39 | 16 | K 32 | 00:30:45 | 00:42:52 | 00:48:55.80 | 00:49:33.35 | 4:53 | 12.3 |
| 6 | JAROS HONORATA | 280 | | WARSZAWA | POL | K 40-49 | 14 | K 43 | 00:32:18 | 00:44:50 | 00:50:57.70 | 00:51:53.50 | 5:05 | 11.8 |
| 7 | TEJCHMA NATALIA | 805 | BIEGAM NA TARCHOMINIE | WARSZAWA | POL | K 40-49 | 15 | K 46 | 00:33:37 | 00:45:22 | 00:51:18.35 | 00:52:19.95 | 5:07 | 11.7 |
| 8 | BUCHALSKA EWA | 78 | EKOBIEGI | WARSZAWA | POL | K 40-49 | 16 | K 47 | 00:32:48 | 00:45:20 | 00:51:40.10 | 00:52:26.35 | 5:10 | 11.6 |
| 9 | SCHINDLER ŻANETA | 695 | | WARSZAWA | POL | K 40-49 | 18 | K 49 | 00:33:39 | 00:46:01 | 00:52:13.35 | 00:52:56.00 | 5:13 | 11.5 |
| 10 | BOGŁOWSKA URSZULA | 52 | | WARSZAWA | POL | K 30-39 | 25 | K 54 | 00:33:37 | 00:46:38 | 00:52:47.85 | 00:54:06.25 | 5:16 | 11.4 |
| 11 | KRUPIŃSKA WIOLA | 409 | TRUCHT TEAM TARCHOMIN | WARSZAWA | POL | K 1-29 | 9 | K 50 | 00:34:08 | 00:46:50 | 00:52:51.55 | 00:53:07.10 | 5:17 | 11.3 |
| 12 | STAŃCZAK IWONA | 740 | TRUCHT TARCHOMIN TEAM | WARSZAWA | POL | K 40-49 | 19 | K 55 | 00:34:07 | 00:46:58 | 00:52:54.95 | 00:53:53.60 | 5:17 | 11.3 |
| 13 | JANKOWSKA WIOLA | 270 | | WARSZAWA | POL | K 30-39 | 28 | K 59 | 00:34:37 | 00:47:21 | 00:53:37.00 | 00:54:44.20 | 5:21 | 11.2 |
| 14 | ŚWIDERSKA JOANNA | 795 | | WARSZAWA | POL | K 30-39 | 29 | K 64 | 00:34:48 | 00:47:43 | 00:54:03.50 | 00:55:07.70 | 5:24 | 11.1 |
| 15 | KONOPKA JUSTYNA | 366 | RUN 4FUN | WARSZAWA | POL | K 1-29 | 14 | K 66 | 00:34:41 | 00:47:51 | 00:54:11.70 | 00:54:48.50 | 5:25 | 11.1 |
| 16 | ZARĘBA-TREMELET KATARZYNA | 890 | | WARSZAWA | POL | K 30-39 | 30 | K 67 | 00:35:01 | 00:48:00 | 00:54:19.20 | 00:55:21.95 | 5:25 | 11 |
| 17 | JANKOWSKA BOŻENA | 272 | | WARSZAWA | POL | K 30-39 | 32 | K 70 | 00:34:32 | 00:47:52 | 00:54:25.40 | 00:55:17.00 | 5:26 | 11 |
| 18 | JAWORSKA KATARZYNA | 286 | | WARSZAWA | POL | K 40-49 | 24 | K 73 | 00:35:03 | 00:47:52 | 00:54:35.50 | 00:55:37.35 | 5:27 | 11 |
| 19 | ŚWIĆ MAŁGORZATA | 794 | TRUCHT TARCHOMIN TEAM | WARSZAWA | POL | K 40-49 | 25 | K 76 | 00:34:37 | 00:48:07 | 00:54:56.25 | 00:55:44.80 | 5:29 | 10.9 |
| 20 | OŚIŃSKA SYLWIA | 587 | | WARSZAWA | POL | K 40-49 | 26 | K 79 | 00:34:59 | 00:48:35 | 00:55:13.25 | 00:55:24.20 | 5:31 | 10.9 |
| 21 | WASILUK KLAUDIA | 838 | DRUŻYNA SZPIKU | WARSZAWA | POL | K 1-29 | 17 | K 80 | 00:36:47 | 00:49:16 | 00:55:13.70 | 00:56:38.80 | 5:31 | 10.9 |
| 22 | MAJEWSKA HANNA | 482 | BIEGAM NA TARCHOMINIE | WARSZAWA | POL | K 30-39 | 34 | K 81 | 00:35:06 | 00:48:50 | 00:55:26.35 | 00:56:23.55 | 5:32 | 10.8 |
| 23 | CIMOCZOWSKA MAGDALENA | 113 | BIEGAM NA TARCHOMINIE | WARSZAWA | POL | K 40-49 | 27 | K 82 | 00:35:24 | 00:48:50 | 00:55:27.25 | 00:56:37.60 | 5:32 | 10.8 |
| 24 | KACPRZAK-KLEJNA AGNIESZKA | 311 | | WARSZAWA | POL | K 40-49 | 28 | K 84 | 00:36:29 | 00:49:29 | 00:55:36.50 | 00:57:01.15 | 5:33 | 10.8 |
| 25 | ROGALSKA MAGDA | 663 | WKURWTEAM | WARSZAWA | POL | K 30-39 | 37 | K 87 | 00:34:50 | 00:48:57 | 00:55:45.65 | 00:56:47.65 | 5:34 | 10.8 |
| 26 | JAKUBISIAK RENATA | 265 | AEGONRUN | WARSZAWA | POL | K 30-39 | 38 | K 92 | 00:37:34 | 00:50:05 | 00:56:23.40 | 00:57:46.20 | 5:38 | 10.6 |
| 27 | CHMIELEWSKA IZABELA | 92 | REEBOK RUN CREW/MINISTERSTWO ŚRODOWISKA | WARSZAWA | POL | K 30-39 | 39 | K 93 | 00:36:02 | 00:49:42 | 00:56:25.95 | 00:57:13.65 | 5:38 | 10.6 |
| 28 | ŁOZOSWKA ANETA | 229 | TRUCHT TARCHOMIN TEAM | WARSZAWA | POL | K 40-49 | 30 | K 94 | 00:36:08 | 00:49:51 | 00:56:31.30 | 00:57:36.45 | 5:39 | 10.6 |
| 29 | KACZMAREK KATARZYNA | 316 | | WARSZAWA | POL | K 30-39 | 40 | K 95 | 00:35:57 | 00:49:49 | 00:56:33.35 | 00:57:36.40 | 5:39 | 10.6 |
| 30 | MUZINSKA MARTA | 552 | | WARSZAWA | POL | K 30-39 | 41 | K 96 | 00:35:44 | 00:49:47 | 00:56:33.45 | 00:58:09.10 | 5:39 | 10.6 |
| 31 | FLOREK MAŁGORZATA | 174 | | WARSZAWA | POL | K 30-39 | 42 | K 97 | 00:35:54 | 00:50:07 | 00:56:40.30 | 00:58:15.70 | 5:40 | 10.6 |
| 32 | LISZEWSKA ANNA | 451 | RUN TEAM NASIELSK | WARSZAWA | POL | K 40-49 | 31 | K 100 | 00:36:08 | 00:49:51 | 00:56:46.55 | 00:57:21.25 | 5:40 | 10.6 |
| 33 | SIGAL BOGDANA | 706 | | WARSZAWA | POL | K 1-29 | 23 | K 102 | 00:36:28 | 00:50:22 | 00:57:14.00 | 00:58:15.40 | 5:43 | 10.5 |
| 34 | BRODAWKA OLGA | 71 | | WARSZAWA | POL | K 30-39 | 44 | K 106 | 00:36:37 | 00:50:43 | 00:57:49.85 | 00:58:49.30 | 5:47 | 10.4 |
| 35 | KOPCINSKA KATARZYNA | 367 | | WARSZAWA | POL | K 40-49 | 33 | K 109 | 00:37:30 | 00:51:23 | 00:58:05.20 | 00:58:41.05 | 5:48 | 10.3 |
| 36 | ROCKA GOSIA | 660 | | WARSZAWA | POL | K 40-49 | 36 | K 113 | 00:37:27 | 00:51:25 | 00:58:10.70 | 00:59:41.00 | 5:49 | 10.3 |
| 37 | PRZYBYŚLAWSKA-PRASKA ILONA | 642 | | WARSZAWA | POL | K 30-39 | 47 | K 119 | 00:37:16 | 00:51:21 | 00:58:31.30 | 00:59:37.70 | 5:51 | 10.3 |
| 38 | CIEPIENIAK ANIA | 104 | | WARSZAWA | POL | K 40-49 | 38 | K 120 | 00:36:44 | 00:51:19 | 00:58:32.10 | 00:58:42.90 | 5:51 | 10.3 |

BIEG PRZEZ MOST 2019, Mieszkanka Białoleki c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 6.6km | 9km | Netto | Brutto | min/km | km/h |
|------|--------------------------------|------|------------------------|----------------------|------|---------|--------|-------|----------|----------|-------------|-------------|--------|------|
| 39 | RURKA ANNA | 965 | | WARSZAWA | POL | K 40-49 | 39 | K 121 | 00:37:47 | 00:51:40 | 00:58:46.80 | 00:59:48.50 | 5:52 | 10.2 |
| 40 | JACHOWSKA ALDONA | 259 | | WARSZAWA | POL | K 40-49 | 40 | K 124 | 00:37:07 | 00:51:56 | 00:59:06.70 | 01:00:16.75 | 5:54 | 10.2 |
| 41 | GRYCZKA-CIOŁEK MONIKA | 232 | | WARSZAWA | POL | K 30-39 | 48 | K 125 | 00:37:44 | 00:52:03 | 00:59:07.00 | 00:59:25.70 | 5:54 | 10.1 |
| 42 | PASEK DOROTA | 601 | | WARSZAWA | POL | K 30-39 | 51 | K 130 | 00:39:12 | 00:52:31 | 00:59:12.40 | 01:00:58.60 | 5:55 | 10.1 |
| 43 | GIERS KLAUDIA | 200 | | WARSZAWA | POL | K 1-29 | 33 | K 133 | 00:38:03 | 00:52:46 | 00:59:20.55 | 00:59:49.55 | 5:56 | 10.1 |
| 44 | WALCZAK ANNA | 830 | TURBODZIKI | WARSZAWA | POL | K 40-49 | 44 | K 134 | 00:38:27 | 00:52:36 | 00:59:20.80 | 01:00:58.00 | 5:56 | 10.1 |
| 45 | SZTYGOWSKA ANNA | 1012 | | WARSZAWA | POL | K 30-39 | 53 | K 138 | 00:37:57 | 00:52:36 | 00:59:31.05 | 01:00:28.65 | 5:57 | 10.1 |
| 46 | KORZENIOWSKA- SOBCZUK ANNA | 377 | BIEGAM NA TARCHOMINIE | WARSZAWA | POL | K 40-49 | 45 | K 140 | 00:38:21 | 00:52:26 | 00:59:37.05 | 01:01:19.10 | 5:57 | 10.1 |
| 47 | GONET KATARZYNA | 211 | | WARSZAWA | POL | K 40-49 | 46 | K 141 | 00:38:08 | 00:52:46 | 00:59:44.50 | 01:00:51.10 | 5:58 | 10 |
| 48 | KACZAN JOANNA | 315 | | WARSZAWA (BIAŁOLEKA) | POL | K 30-39 | 55 | K 142 | 00:38:25 | 00:52:37 | 00:59:47.75 | 01:01:23.75 | 5:58 | 10 |
| 49 | BESSARABA JAGODA | 37 | | WARSZAWA | POL | K 1-29 | 35 | K 143 | 00:37:01 | 00:52:10 | 00:59:49.10 | 01:00:52.80 | 5:58 | 10 |
| 50 | SWIETLIK MAGDALENA | 767 | | WARSZAWA | POL | K 30-39 | 56 | K 144 | 00:37:52 | 00:52:42 | 00:59:51.85 | 01:00:56.80 | 5:59 | 10 |
| 51 | BULIK BOŻENA | 82 | PARTNER | WARSZAWA | POL | K 30-39 | 57 | K 145 | 00:38:37 | 00:52:46 | 00:59:53.40 | 01:01:21.85 | 5:59 | 10 |
| 52 | MYŚLIŃSKA ANNA | 1111 | BIAŁOLEKA JEST KOBIETĄ | WARSZAWA | POL | K 40-49 | 48 | K 147 | 00:38:29 | 00:52:35 | 01:00:05.80 | 01:01:46.80 | 6:00 | 10 |
| 53 | KRAKOWIAK SYLWIA | 399 | | WARSZAWA | POL | K 40-49 | 49 | K 150 | 00:38:38 | 00:53:26 | 01:00:27.00 | 01:01:11.50 | 6:02 | 9.9 |
| 54 | BRONICKA ELA | 72 | VEGE RUNNERS | WARSZAWA | POL | K 30-39 | 58 | K 151 | 00:38:28 | 00:53:17 | 01:00:42.15 | 01:02:24.70 | 6:04 | 9.9 |
| 55 | MUCHA KAMILA | 550 | BIEGAM NA TARCHOMINIE | KONIN | POL | K 40-49 | 50 | K 152 | 00:38:55 | 00:53:37 | 01:00:49.30 | 01:02:29.70 | 6:04 | 9.9 |
| 56 | ŁUCZAK MAŁGORZATA | 472 | RUNNERSI ZE SKARBKA | WARSZAWA | POL | K 40-49 | 51 | K 154 | 00:38:28 | 00:53:36 | 01:00:53.40 | 01:01:30.70 | 6:05 | 9.9 |
| 57 | KOŚNIK ALICJA | 386 | | WARSZAWA | POL | K 1-29 | 38 | K 158 | 00:39:21 | 00:54:15 | 01:01:29.80 | 01:03:22.30 | 6:09 | 9.8 |
| 58 | ŁAĆKA ILONA | 461 | BIAŁOLEKA JEST KOBIETĄ | WARSZAWA | POL | K 40-49 | 53 | K 160 | 00:39:02 | 00:53:59 | 01:01:32.05 | 01:03:12.40 | 6:09 | 9.8 |
| 59 | BRZÓZKA MAGDA | 76 | | WARSZAWA | POL | K 30-39 | 61 | K 161 | 00:39:38 | 00:54:27 | 01:01:38.50 | 01:03:28.50 | 6:09 | 9.7 |
| 60 | NOWAK KASIA | 567 | | WARSZAWA | POL | K 30-39 | 62 | K 162 | 00:39:39 | 00:54:29 | 01:01:38.80 | 01:03:28.60 | 6:09 | 9.7 |
| 61 | SAL KINGA | 690 | | WARSZAWA | POL | K 30-39 | 63 | K 163 | 00:38:57 | 00:54:23 | 01:01:41.30 | 01:03:42.75 | 6:10 | 9.7 |
| 62 | ADAMOWSKA BARBARA | 2 | MINISTERSTWO FINANSÓW | WARSZAWA | POL | K 40-49 | 54 | K 164 | 00:38:58 | 00:54:08 | 01:01:42.30 | 01:02:45.10 | 6:10 | 9.7 |
| 63 | ZOUABI DOROTA | 907 | | WARSZAWA | POL | K 40-49 | 55 | K 166 | 00:38:57 | 00:54:10 | 01:01:48.50 | 01:02:25.75 | 6:10 | 9.7 |
| 64 | SIKORSKA AGNIESZKA | 928 | | WARSZAWA | POL | K 30-39 | 64 | K 167 | 00:40:03 | 00:54:42 | 01:01:49.35 | 01:03:40.65 | 6:10 | 9.7 |
| 65 | PRZEDPEŁSKA ANETA | 638 | | WARSZAWA | POL | K 30-39 | 66 | K 171 | 00:39:22 | 00:54:33 | 01:02:02.05 | 01:03:28.40 | 6:12 | 9.7 |
| 66 | GŁÓDŹ MAŁGORZATA | 963 | DO NOGI | WARSZAWA | POL | K 1-29 | 40 | K 172 | 00:39:28 | 00:54:38 | 01:02:10.85 | 01:03:16.05 | 6:13 | 9.6 |
| 67 | GAWIDZIEL SYLWIA | 190 | | WARSZAWA | POL | K 30-39 | 67 | K 173 | | | 01:02:16.25 | 01:02:16.25 | 6:13 | 9.6 |
| 68 | JARMUŻEWSKA TERESA | 278 | TIA | WARSZAWA | POL | K 40-49 | 58 | K 177 | 00:41:45 | 00:55:58 | 01:02:46.35 | 01:04:58.45 | 6:16 | 9.6 |
| 69 | WOŁYNEK AGNIESZKA | 875 | | WARSZAWA | POL | K 40-49 | 59 | K 179 | 00:39:51 | 00:55:28 | 01:03:03.35 | 01:04:26.90 | 6:18 | 9.5 |
| 70 | STRZELEC AGNIESZKA | 753 | | WARSZAWA | POL | K 30-39 | 72 | K 182 | 00:39:31 | 00:55:41 | 01:03:36.90 | 01:04:40.25 | 6:21 | 9.4 |
| 71 | BASIAK AGNIESZKA | 25 | | WARSZAWA | POL | K 30-39 | 74 | K 184 | 00:39:18 | 00:55:16 | 01:03:40.90 | 01:05:11.80 | 6:22 | 9.4 |
| 72 | MIKLEWICZ MAŁGORZATA | 528 | | WARSZAWA | POL | K 40-49 | 61 | K 186 | 00:41:18 | 00:56:25 | 01:03:45.05 | 01:05:44.75 | 6:22 | 9.4 |
| 73 | OLSZEWSKA DOROTA | 579 | | WARSZAWA | POL | K 30-39 | 75 | K 189 | 00:39:22 | 00:55:33 | 01:04:09.45 | 01:04:33.90 | 6:24 | 9.4 |
| 74 | KACPRZAK-ŚCISŁA ALEKSANDRA | 948 | | WARSZAWA | POL | K 1-29 | 43 | K 191 | 00:41:56 | 00:57:06 | 01:04:43.85 | 01:06:30.70 | 6:28 | 9.3 |
| 75 | WYSOCKA KAROLINA | 880 | | WARSZAWA | POL | K 30-39 | 80 | K 196 | 00:41:14 | 00:56:53 | 01:05:05.25 | 01:06:36.60 | 6:30 | 9.2 |
| 76 | REJCHERT KAMILA | 657 | | WARSZAWA | POL | K 30-39 | 84 | K 203 | 00:41:04 | 00:57:38 | 01:05:49.45 | 01:07:32.35 | 6:35 | 9.1 |
| 77 | BABIAK-WARDAK KATARZYNA | 11 | | WARSZAWA | POL | K 30-39 | 86 | K 206 | 00:42:32 | 00:58:31 | 01:06:22.80 | 01:07:40.70 | 6:38 | 9 |
| 78 | KLIMEK KATARZYNA | 352 | | WARSZAWA | POL | K 30-39 | 87 | K 207 | 00:41:51 | 00:58:32 | 01:06:25.30 | 01:06:43.95 | 6:38 | 9 |
| 79 | BOJARSKA MARIA | 55 | | WARSZAWA | POL | K 50-59 | 7 | K 208 | 00:42:11 | 00:58:31 | 01:06:28.95 | 01:06:45.30 | 6:38 | 9 |
| 80 | KUĆ BEATA | 423 | | WARSZAWA | POL | K 40-49 | 66 | K 209 | 00:41:31 | 00:58:10 | 01:06:33.65 | 01:08:13.60 | 6:39 | 9 |
| 81 | CIEPLAK KASIA | 105 | | WARSZAWA | POL | K 30-39 | 89 | K 212 | 00:41:49 | 00:58:28 | 01:06:38.70 | 01:08:10.40 | 6:39 | 9 |
| 82 | WINDER AGNIESZKA | 851 | | WARSZAWA | POL | K 30-39 | 90 | K 215 | 00:41:24 | 00:58:41 | 01:07:28.65 | 01:09:16.95 | 6:44 | 8.9 |
| 83 | ZAYATS DARYA | 898 | | WARSZAWA | POL | K 1-29 | 48 | K 216 | 00:42:17 | 00:59:13 | 01:07:31.55 | 01:08:44.25 | 6:45 | 8.9 |
| 84 | JURECKA JUSTYNA | 302 | | WARSZAWA | POL | K 1-29 | 49 | K 219 | 00:43:36 | 01:00:23 | 01:07:54.15 | 01:09:50.00 | 6:47 | 8.8 |
| 85 | KŁOPOTOWSKA MAŁGORZATA | 355 | | WARSZAWA | POL | K 30-39 | 93 | K 224 | 00:43:14 | 01:00:46 | 01:09:19.75 | 01:10:04.05 | 6:56 | 8.7 |
| 86 | ŁOCHINA MARTA | 466 | | WARSZAWA | POL | K 40-49 | 72 | K 230 | 00:44:35 | 01:01:33 | 01:09:36.25 | 01:11:29.30 | 6:57 | 8.6 |
| 87 | KOSIERADZKA JOANNA | 378 | | WARSZAWA | POL | K 50-59 | 8 | K 234 | 00:45:53 | 01:03:21 | 01:12:05.20 | 01:13:52.35 | 7:12 | 8.3 |
| 88 | METERA ANNA | 518 | | WARSZAWA | POL | K 40-49 | 76 | K 244 | 00:50:01 | 01:09:28 | 01:19:11.40 | 01:19:48.15 | 7:55 | 7.6 |
| 89 | DRACZYŃSKA EDYTA | 153 | | WARSZAWA | POL | K 40-49 | 77 | K 245 | 00:50:00 | 01:09:28 | 01:19:12.10 | 01:19:48.45 | 7:55 | 7.6 |
| 90 | JÓŹWIAK DOROTA | 299 | SLOW JOGGING BIAŁOLEKA | WARSZAWA | POL | K 40-49 | 78 | K 249 | | | 01:22:49.10 | 01:25:15.50 | 8:16 | 7.2 |
| LIM | SKRZYDŁOWSKA-KALUKIN KATARZYNA | 717 | SLOW JOGGING BIAŁOLEKA | WARSZAWA | POL | K 50-59 | LIM | LIM | 00:56:40 | 01:18:01 | 01:31:27.10 | 01:33:59.00 | 0:00 | 6.6 |
| LIM | SYC ALICJA | 768 | SLOW JOGGING BIAŁOLEKA | WARSZAWA | POL | K 50-59 | LIM | LIM | 00:56:43 | 01:18:04 | 01:31:31.25 | 01:33:59.80 | 0:00 | 6.6 |
| LIM | ZAWADA KATARZYNA | 894 | | WARSZAWA | POL | K 40-49 | LIM | LIM | 00:56:54 | 01:18:08 | 01:31:33.65 | 01:34:00.55 | 0:00 | 6.6 |

BIEG PRZEZ MOST 2019, M Odcinek specjalny

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 6.6km | 9km | Netto | Brutto | min/km | km/h |
|------|------------------------|------|--|----------------------|------|---------|--------|------|----------|----------|-------------|-------------|--------|------|
| 1 | JASTRZĘBSKI KAMIL | 284 | DUKLANOWSKITEAM/SKB KRAŚNIK | KRAŚNIK | POL | M 1-29 | 1 | M 1 | 00:19:56 | 00:27:17 | 00:30:46.85 | 00:30:48.00 | 3:04 | 19.5 |
| 2 | WASIEWICZ KRZYSZTOF | 835 | PIASECZNO | PIASECZNO | POL | M 1-29 | 2 | M 2 | 00:20:15 | 00:27:56 | 00:31:41.90 | 00:31:44.00 | 3:10 | 18.9 |
| 3 | PARSZZYŃSKI ŁUKASZ | 599 | TEAM PARSZZYŃSKICH | WARSZAWA | POL | M 30-39 | 1 | M 3 | 00:20:26 | 00:28:15 | 00:32:08.60 | 00:32:11.00 | 3:12 | 18.7 |
| 4 | PYSZEL FLORIAN | 651 | PAN MATEMATYKA | MIŃSK MAZOWIECKI | POL | M 1-29 | 3 | M 4 | 00:20:50 | 00:28:37 | 00:32:34.55 | 00:32:35.40 | 3:15 | 18.4 |
| 5 | ŚWIRGOŃ ADAM | 800 | TRENERBIEGANIA.PL | WARSZAWA | POL | M 1-29 | 4 | M 5 | 00:21:20 | 00:29:18 | 00:33:20.90 | 00:33:22.55 | 3:20 | 18 |
| 6 | PRZESTRZELSKI KAJETAN | 980 | | SIEDLCE | | M 1-29 | 5 | M 6 | 00:21:33 | 00:29:33 | 00:33:43.90 | 00:33:44.60 | 3:22 | 17.8 |
| 7 | GAWRON PAWEŁ | 193 | @ARKENYA_TEAM | WARSZAWA | POL | M 1-29 | 6 | M 7 | 00:21:38 | 00:29:54 | 00:33:55.15 | 00:33:57.20 | 3:23 | 17.7 |
| 8 | SKIBIŃSKI MIKOŁAJ | 714 | DUKLANOWSKI TEAM / ADIDAS WARSAW RUNNERS / @ARKENYA_TEAM | POZNAŃ | POL | M 30-39 | 2 | M 8 | 00:22:07 | 00:30:20 | 00:34:19.55 | 00:34:21.50 | 3:26 | 17.5 |
| 9 | ORZEŁ MICHAŁ | 1014 | | WARSZAWA | POL | M 30-39 | 3 | M 9 | 00:22:17 | 00:30:10 | 00:34:26.75 | 00:34:29.25 | 3:26 | 17.4 |
| 10 | MACHOWSKI PAWEŁ | 478 | WARSZAWSKIE SANKT MORITZ | WARSZAWA | POL | M 1-29 | 7 | M 10 | 00:22:13 | 00:30:30 | 00:34:35.70 | 00:34:37.95 | 3:27 | 17.3 |
| 11 | MICHAŁSKI PIOTR | 524 | PIASECZNO | PIASECZNO | POL | M 30-39 | 4 | M 11 | 00:22:04 | 00:30:30 | 00:34:42.95 | 00:34:46.25 | 3:28 | 17.3 |
| 12 | OMIELAN WOJCIECH | 582 | WARSZAWA | WARSZAWA | POL | M 1-29 | 8 | M 12 | 00:22:40 | 00:31:21 | 00:35:33.75 | 00:35:36.10 | 3:33 | 16.9 |
| 13 | JOSYPENKO JĘDRZEJ | 924 | DREAM RUN | WARSZAWA | POL | M 30-39 | 5 | M 13 | 00:22:40 | 00:31:23 | 00:35:44.00 | 00:35:47.40 | 3:34 | 16.8 |
| 14 | WYSOCKI MARCIN | 881 | WARSZAWIAKI | MICHAŁOWICE | POL | M 30-39 | 6 | M 14 | 00:23:21 | 00:31:47 | 00:35:54.50 | 00:35:58.20 | 3:35 | 16.7 |
| 15 | GOZDEK RADEK | 214 | BIEGANIEPO40.PL TRUCHT TARCHOMIN TEAM | WARSZAWA | POL | M 40-49 | 1 | M 15 | 00:23:09 | 00:31:51 | 00:36:04.25 | 00:36:06.15 | 3:36 | 16.6 |
| 16 | KLAS ŁUKASZ | 348 | NUDNE PIĄTKI | WARSZAWA | POL | M 40-49 | 2 | M 16 | 00:23:09 | 00:31:51 | 00:36:14.55 | 00:36:16.00 | 3:37 | 16.6 |
| 17 | PRZYBYŁA KRZYSZTOF | 641 | ADIDAS RUNNERS WARSAW | WARSZAWA | POL | M 30-39 | 7 | M 17 | 00:23:36 | 00:32:08 | 00:36:21.60 | 00:36:24.55 | 3:38 | 16.5 |
| 18 | ZARODKIEWICZ DAWID | 891 | #TZD | KRASNE | POL | M 30-39 | 8 | M 18 | 00:23:33 | 00:32:13 | 00:36:35.95 | 00:36:40.30 | 3:39 | 16.4 |
| 19 | BRZAŃSKI KRZYSIEK | 73 | @ARKENYA_TEAM | PŁOCK | POL | M 1-29 | 9 | M 19 | 00:23:36 | 00:32:25 | 00:36:40.10 | 00:36:44.40 | 3:40 | 16.4 |
| 20 | MLAŃKI ALAN | 538 | TEAM KOPEĆ | KOŁBIEL | POL | M 1-29 | 10 | M 20 | 00:23:50 | 00:32:50 | 00:37:21.20 | 00:37:24.05 | 3:44 | 16.1 |
| 21 | KLIMKIEWICZ MICHAŁ | 353 | WARSZAWA | WARSZAWA | POL | M 1-29 | 11 | M 21 | 00:23:58 | 00:32:52 | 00:37:21.90 | 00:37:28.85 | 3:44 | 16.1 |
| 22 | HILDEBRAND MARCIN | 249 | OUTLETBIEGOWY /BIEGAM NA TARCHOMINIE | WARSZAWA | POL | M 30-39 | 9 | M 22 | 00:23:56 | 00:33:08 | 00:37:37.20 | 00:37:39.25 | 3:45 | 16 |
| 23 | ŁABĘDZKI KONRAD | 457 | ADIDAS RUNNERS WARSAW | WARSZAWA | POL | M 30-39 | 10 | M 23 | 00:24:16 | 00:33:23 | 00:37:49.90 | 00:37:53.50 | 3:47 | 15.9 |
| 24 | SZAŁATKA KRZYSZTOF | 692 | TRIATHLON SERWIS | WARSZAWA | POL | M 40-49 | 3 | M 25 | 00:24:30 | 00:33:31 | 00:37:51.55 | 00:37:58.95 | 3:47 | 15.9 |
| 25 | ŁOBACZ MICHAŁ | 464 | WARSZAWA | WARSZAWA | POL | M 30-39 | 11 | M 24 | 00:24:29 | 00:33:38 | 00:37:54.50 | 00:37:58.50 | 3:47 | 15.8 |
| 26 | TRZASKOWSKI DARIUSZ | 815 | TRUCHT TARCHOMIN TEAM | WARSZAWA | POL | M 40-49 | 4 | M 26 | 00:24:26 | 00:33:36 | 00:38:06.25 | 00:38:11.35 | 3:48 | 15.7 |
| 27 | GRZYBOWSKI MARIUSZ | 237 | KOBYŁKA | | POL | M 50-59 | 1 | M 27 | 00:24:34 | 00:33:34 | 00:38:12.65 | 00:38:16.30 | 3:49 | 15.7 |
| 28 | ŁĘGOCKI MARCIN | 463 | PIETRZYK RUNNING TEAM / WSEWS WARSZAWA | WARSZAWA | POL | M 30-39 | 12 | M 29 | 00:24:57 | 00:33:55 | 00:38:19.90 | 00:38:27.55 | 3:50 | 15.7 |
| 29 | KUBERA PIOTR | 981 | JÓZEFÓW | | | M 40-49 | 5 | M 30 | 00:24:59 | 00:34:01 | 00:38:21.10 | 00:38:28.05 | 3:50 | 15.6 |
| 30 | BOMBA TOMEK | 57 | WARSZAWA | WARSZAWA | POL | M 1-29 | 12 | M 28 | 00:24:52 | 00:34:02 | 00:38:21.80 | 00:38:25.40 | 3:50 | 15.6 |
| 31 | SIERADZKI KRZYSZTOF | 700 | WARSAW | WARSAW | POL | M 30-39 | 13 | M 31 | 00:24:28 | 00:33:42 | 00:38:31.35 | 00:38:34.70 | 3:51 | 15.6 |
| 32 | KRUPA PAWEŁ | 408 | STALOWOWOLSKI KLUB BIEGACZA | AGATÓWKA | POL | M 40-49 | 6 | M 32 | 00:24:50 | 00:34:19 | 00:38:53.60 | 00:38:56.90 | 3:53 | 15.4 |
| 33 | GRUZA MAREK | 228 | BIEGANIEPO40.PL | KAZUŃ BIELANY | POL | M 40-49 | 7 | M 33 | 00:24:56 | 00:34:24 | 00:39:04.25 | 00:39:10.05 | 3:54 | 15.4 |
| 34 | FELUCH KRZYSZTOF | 167 | JACEK BIEGA RUNNING TEAM | WARSZAWA | POL | M 40-49 | 8 | M 34 | 00:25:13 | 00:34:33 | 00:39:12.80 | 00:39:17.50 | 3:55 | 15.3 |
| 35 | JACKOWICZ PAWEŁ | 261 | MIŃSK MAZOWIECKI | MIŃSK MAZOWIECKI | POL | M 30-39 | 14 | M 35 | 00:24:47 | 00:34:29 | 00:39:20.90 | 00:39:25.10 | 3:56 | 15.2 |
| 36 | JUSIŃSKI KRYSZTIAN | 306 | BRACTWO BIEGOWE BGK | WARSZAWA | POL | M 30-39 | 15 | M 36 | 00:25:46 | 00:34:53 | 00:39:28.15 | 00:39:34.80 | 3:56 | 15.2 |
| 37 | VASHKEVICH VITAL | 826 | WARSAW | WARSAW | BEL | M 30-39 | 16 | M 37 | 00:25:21 | 00:34:47 | 00:39:30.90 | 00:39:36.00 | 3:57 | 15.2 |
| 38 | ŁOZOWSKI OLAF | 468 | GRODZISK MAZOWIECKI | GRODZISK MAZOWIECKI | POL | M 30-39 | 17 | M 38 | 00:25:46 | 00:34:56 | 00:39:31.45 | 00:39:38.90 | 3:57 | 15.2 |
| 39 | STYRNIK KRYSZTIAN | 757 | AZS UP LUBLIN | OŻARÓW | POL | M 1-29 | 13 | M 39 | 00:25:02 | 00:34:55 | 00:39:34.55 | 00:39:43.95 | 3:57 | 15.2 |
| 40 | KACZYŃSKI GRZEGORZ | 320 | KB WYSZKÓW | WYSZKÓW | POL | M 40-49 | 9 | M 40 | 00:25:32 | 00:34:56 | 00:39:40.95 | 00:39:46.70 | 3:58 | 15.1 |
| 41 | GŁOWACKI PAWEŁ | 205 | SEROCK BIEGA Z HOTELEM NARVIL | SEROCK | POL | M 30-39 | 18 | M 42 | 00:25:53 | 00:35:18 | 00:39:41.80 | 00:39:48.90 | 3:58 | 15.1 |
| 42 | JERUĆ ŁUKASZ | 292 | BIEGAM NA TARCHOMINIE | WARSZAWA | POL | M 40-49 | 10 | M 41 | 00:25:50 | 00:35:12 | 00:39:42.50 | 00:39:47.95 | 3:58 | 15.1 |
| 43 | LEWANDOWSKI MATEUSZ | 446 | NOWY DWÓR MAZOWIECKI | NOWY DWÓR MAZOWIECKI | POL | M 1-29 | 14 | M 43 | 00:25:26 | 00:35:04 | 00:39:44.35 | 00:39:50.70 | 3:58 | 15.1 |
| 44 | MARSZAŁ MARIUSZ | 503 | PSYCHOPATA BIEGOWY | WARSZAWA | POL | M 30-39 | 19 | M 44 | 00:25:53 | 00:35:00 | 00:39:48.95 | 00:39:53.15 | 3:58 | 15.1 |
| 45 | PIATKA TOMASZ | 615 | ENEL-SPORT RUNNERS TEAM | WARSZAWA | POL | M 30-39 | 20 | M 45 | 00:25:53 | 00:35:24 | 00:39:58.10 | 00:40:05.35 | 3:59 | 15 |
| 46 | ZALEWSKI DOMINIK | 886 | WARSZAWA | WARSZAWA | POL | M 1-29 | 15 | M 46 | 00:25:40 | 00:35:29 | 00:40:07.40 | 00:40:11.90 | 4:00 | 15 |
| 47 | WERNER KAMIL | 842 | BIEGAM NA TARCHOMINIE | WARSZAWA | POL | M 30-39 | 21 | M 50 | 00:25:57 | 00:35:32 | 00:40:07.40 | 00:40:41.90 | 4:00 | 15 |
| 48 | SZCZEPKOWSKI BARTŁOJEM | 773 | WARSZAWA | WARSZAWA | POL | M 30-39 | 22 | M 47 | 00:25:53 | 00:35:19 | 00:40:10.90 | 00:40:16.35 | 4:01 | 14.9 |
| 49 | NIEGOWSKI ROBERT | 559 | STARE BABICE BIEGAJĄ | KOCZARGI STARE | POL | M 30-39 | 23 | M 48 | 00:25:53 | 00:35:27 | 00:40:17.05 | 00:40:23.15 | 4:01 | 14.9 |
| 50 | MICHAŁSKI DAMIAN | 523 | ALIOR RUNNING TEAM | WARSZAWA | POL | M 40-49 | 11 | M 49 | 00:25:34 | 00:35:22 | 00:40:31.00 | 00:40:37.05 | 4:03 | 14.8 |
| 51 | TOMASZEK ROBERT | 810 | WARSZAWA | WARSZAWA | POL | M 40-49 | 12 | M 50 | 00:25:53 | 00:35:44 | 00:40:33.70 | 00:40:37.65 | 4:03 | 14.8 |
| 52 | KLÓDKIEWICZ WALDEMAR | 356 | KIEŁPIN | KIEŁPIN | POL | M 40-49 | 13 | M 51 | 00:25:45 | 00:35:42 | 00:40:35.50 | 00:41:00.50 | 4:03 | 14.8 |

BIEG PRZEZ MOST 2019, M Odcinek specjalny c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 6.6km | 9km | Netto | Brutto | min/km | km/h |
|------|----------------------|------|-------------------------|---------------|------|---------|--------|-------|----------|----------|-------------|-------------|--------|------|
| 53 | MARYNOWSKI WOJCIECH | 505 | LUZIE SZTOSY | WARSZAWA | POL | M 1-29 | 16 | M 52 | 00:25:56 | 00:35:45 | 00:40:37.55 | 00:40:43.70 | 4:03 | 14.8 |
| 54 | ZHENG HAISHAN | 902 | | LESNOWOLA | CHN | M 30-39 | 24 | M 53 | 00:26:04 | 00:36:05 | 00:40:50.65 | 00:40:57.50 | 4:05 | 14.7 |
| 55 | BURZA PAWEŁ | 84 | | WARSZAWA | POL | M 30-39 | 25 | M 54 | 00:26:02 | 00:35:59 | 00:40:54.65 | 00:40:59.45 | 4:05 | 14.7 |
| 56 | JUTKIEWICZ MARCIN | 993 | | WARSZAWA | POL | M 30-39 | 26 | M 55 | 00:26:24 | 00:36:07 | 00:40:59.00 | 00:41:10.85 | 4:05 | 14.6 |
| 57 | KNYCHAS DAREK | 358 | PZU SPORT TEAM | WARSZAWA | POL | M 40-49 | 14 | M 56 | 00:26:45 | 00:36:20 | 00:41:01.25 | 00:41:15.05 | 4:06 | 14.6 |
| 58 | GRYSZPANOWICZ PIOTR | 234 | SĄSIADY LATAJĄ RAZEM | WARSZAWA | POL | M 40-49 | 15 | M 57 | 00:26:17 | 00:36:10 | 00:41:08.25 | 00:41:16.40 | 4:06 | 14.6 |
| 59 | KORSAKAS EMILIS | 925 | NA, PAGAUKI! | VILNIUS | LTU | M 50-59 | 2 | M 58 | 00:26:14 | 00:36:16 | 00:41:13.00 | 00:41:19.10 | 4:07 | 14.6 |
| 60 | KORSAKOV KOSTIANTYN | 376 | - | WARSZAWA | POL | M 40-49 | 16 | M 59 | 00:26:28 | 00:36:26 | 00:41:19.40 | 00:41:29.40 | 4:07 | 14.5 |
| 61 | SIEGIEDA MICHAŁ | 699 | ADIDAS RUNNERS | WARSZAWA | POL | M 30-39 | 27 | M 60 | 00:26:21 | 00:36:33 | 00:41:20.65 | 00:41:26.10 | 4:08 | 14.5 |
| 62 | NOWOCIEŃ JACEK | 570 | UKS RUSIEC | PODKOWA LEŚNA | POL | M 60+ | 1 | M 61 | 00:26:45 | 00:36:36 | 00:41:29.05 | 00:41:32.95 | 4:08 | 14.5 |
| 63 | SPYCHAŁA PIOTR | 735 | | WARSZAWA | POL | M 40-49 | 17 | M 62 | 00:26:34 | 00:36:36 | 00:41:32.25 | 00:41:41.45 | 4:09 | 14.4 |
| 64 | LISZKIEWICZ KONRAD | 453 | | ZABORÓWEK | POL | M 30-39 | 28 | M 63 | 00:26:25 | 00:36:41 | 00:41:41.60 | 00:41:46.85 | 4:10 | 14.4 |
| 65 | GIERAK KRIS | 199 | SANTANDER RUNNERS | WARSZAWA | POL | M 30-39 | 29 | M 64 | 00:26:45 | 00:36:53 | 00:41:42.95 | 00:41:51.45 | 4:10 | 14.4 |
| 66 | ROWIŃSKI ARKADIUSZ | 960 | | WARSZAWA | POL | M 30-39 | 30 | M 65 | 00:27:07 | 00:37:02 | 00:41:45.60 | 00:41:49.80 | 4:10 | 14.4 |
| 67 | KUBIAK SŁAWOMIR | 419 | | WARSZAWA | POL | M 40-49 | 18 | M 66 | 00:26:35 | 00:36:47 | 00:41:47.25 | 00:41:57.35 | 4:10 | 14.4 |
| 68 | LATAK MICHAŁ | 436 | JACEKBIEGA RUNNING TEAM | WARSZAWA | POL | M 40-49 | 19 | M 67 | 00:26:41 | 00:36:51 | 00:41:50.10 | 00:41:55.60 | 4:11 | 14.3 |
| 69 | CIEŚLAK PIOTR | 111 | | WARSZAWA | POL | M 30-39 | 31 | M 68 | 00:27:25 | 00:37:12 | 00:41:51.10 | 00:42:05.00 | 4:11 | 14.3 |
| 70 | KANIA PRZEMYSŁAW | 327 | | HORNOWEK | POL | M 40-49 | 20 | M 69 | 00:26:32 | 00:36:52 | 00:41:57.25 | 00:42:02.20 | 4:11 | 14.3 |
| 71 | ZAJĄC WACŁAW | 882 | TEAM PARSZCZYŃSKICH | WARSZAWA | POL | M 40-49 | 21 | M 70 | 00:27:07 | 00:37:03 | 00:41:58.35 | 00:42:09.65 | 4:11 | 14.3 |
| 72 | ZGODA MATEUSZ | 941 | NAPRZÓD MŁOCINY | WARSZAWA | POL | M 1-29 | 17 | M 71 | 00:27:04 | 00:37:02 | 00:42:00.05 | 00:42:13.15 | 4:12 | 14.3 |
| 73 | ZYCH ŁUKASZ | 910 | | MARKI | POL | M 30-39 | 32 | M 72 | 00:26:11 | 00:36:46 | 00:42:04.80 | 00:42:10.10 | 4:12 | 14.3 |
| 74 | ANDRZEJEWSKI MARIUSZ | 7 | T-MOBILE RUNNING TEAM | WARSZAWA | POL | M 30-39 | 33 | M 73 | 00:27:37 | 00:37:19 | 00:42:06.35 | 00:42:17.90 | 4:12 | 14.3 |
| 75 | JUREK PRZEMYSŁAW | 304 | KS STASZEWCY | WARSZAWA | POL | M 40-49 | 22 | M 74 | 00:27:05 | 00:37:08 | 00:42:07.00 | 00:42:20.20 | 4:12 | 14.2 |
| 76 | PRUSIK PIOTR | 637 | | WARSZAWA | POL | M 1-29 | 18 | M 75 | 00:27:27 | 00:37:19 | 00:42:08.85 | 00:42:26.85 | 4:12 | 14.2 |
| 77 | SLEPOWRONSKI BOGDAN | 718 | TO NATURALNE | WARSZAWA | POL | M 30-39 | 34 | M 76 | 00:26:57 | 00:37:21 | 00:42:11.25 | 00:42:30.25 | 4:13 | 14.2 |
| 78 | KNAP PIOTR | 987 | | WARSZAWA | POL | M 30-39 | 35 | M 77 | 00:27:11 | 00:37:20 | 00:42:12.90 | 00:42:26.05 | 4:13 | 14.2 |
| 79 | RAK ADAM | 655 | MPWIK | WARSZAWA | POL | M 30-39 | 36 | M 78 | 00:26:38 | 00:37:19 | 00:42:21.40 | 00:42:27.25 | 4:14 | 14.2 |
| 80 | JAWORSKI ARKADIUSZ | 289 | | IZABELIN | POL | M 30-39 | 37 | M 79 | 00:27:01 | 00:37:25 | 00:42:22.05 | 00:42:39.40 | 4:14 | 14.2 |
| 81 | KOWAL KRZYSZTOF | 388 | SASIADY LATAJA RAZEM | WARSZAWA | POL | M 40-49 | 23 | M 80 | 00:26:38 | 00:37:02 | 00:42:23.20 | 00:42:31.45 | 4:14 | 14.2 |
| 82 | MIKULSKI JACEK | 530 | ADIDAS RUNNERS WARSAW | WARSZAWA | POL | M 40-49 | 24 | M 81 | 00:27:11 | 00:37:23 | 00:42:26.05 | 00:42:38.80 | 4:14 | 14.1 |
| 83 | PUTON MICHAŁ | 649 | | LIPSKO | POL | M 30-39 | 38 | M 82 | 00:26:57 | 00:37:21 | 00:42:26.50 | 00:42:49.25 | 4:14 | 14.1 |
| 84 | GAJOWNICZEK SŁAWOMIR | 185 | | WARSZAWA | POL | M 30-39 | 39 | M 83 | 00:27:20 | 00:37:34 | 00:42:29.10 | 00:42:48.80 | 4:14 | 14.1 |
| 85 | JAWORSKI PIOTR | 1000 | EKOBIEGI | WARSZAWA | POL | M 40-49 | 25 | M 84 | 00:26:59 | 00:37:22 | 00:42:29.50 | 00:42:33.70 | 4:14 | 14.1 |
| 86 | DĄBROWSKI MIROSŁAW | 136 | | WARSZAWA | POL | M 50-59 | 3 | M 85 | 00:27:12 | 00:37:22 | 00:42:30.20 | 00:42:52.75 | 4:15 | 14.1 |
| 87 | MICHNOWSKI SEBASTIAN | 525 | | WARSZAWA | POL | M 40-49 | 26 | M 86 | 00:27:06 | 00:37:19 | 00:42:30.75 | 00:42:38.90 | 4:15 | 14.1 |
| 88 | WŁOSTOWSKI MAREK | 865 | VEGE RUNNERS | KRAKÓW | POL | M 30-39 | 40 | M 87 | 00:27:17 | 00:37:31 | 00:42:36.85 | 00:42:58.05 | 4:15 | 14.1 |
| 89 | KUREK MARCIN | 428 | | DUCZKI | POL | M 40-49 | 27 | M 88 | 00:27:10 | 00:37:34 | 00:42:49.20 | 00:42:55.00 | 4:17 | 14 |
| 90 | KIELCZYKOWSKI JANUSZ | 342 | EUROBUDOWA | WARSZAWA | POL | M 40-49 | 28 | M 89 | 00:27:52 | 00:37:51 | 00:42:50.40 | 00:43:21.60 | 4:17 | 14 |
| 91 | SARZAŁA DARIUSZ | 996 | | WARSZAWA | POL | M 60+ | 2 | M 90 | 00:27:22 | 00:37:50 | 00:42:53.95 | 00:43:09.55 | 4:17 | 14 |
| 92 | KILJAŃCZYK DOMINIK | 347 | TARCZYŃSKI KLUB BIEGOWY | TARCZYN | POL | M 1-29 | 19 | M 91 | 00:27:17 | 00:38:00 | 00:43:09.70 | 00:43:17.45 | 4:19 | 13.9 |
| 93 | MŁYŃSKI MARIUSZ | 539 | | WARSZAWA | POL | M 1-29 | 20 | M 92 | 00:27:18 | 00:38:03 | 00:43:11.70 | 00:43:21.50 | 4:19 | 13.9 |
| 94 | SOBOCIŃSKI MICHAŁ | 726 | PLAY | WARSZAWA | POL | M 40-49 | 29 | M 93 | 00:28:04 | 00:38:12 | 00:43:11.75 | 00:43:31.15 | 4:19 | 13.9 |
| 95 | FALKOWSKI ŁUKASZ | 165 | | WARSZAWA | POL | M 30-39 | 41 | M 94 | 00:27:38 | 00:38:24 | 00:43:15.90 | 00:43:31.55 | 4:19 | 13.9 |
| 96 | SMORAWSKI WODZISŁAW | 722 | | WARSZAWA | POL | M 30-39 | 42 | M 95 | 00:27:41 | 00:38:09 | 00:43:22.20 | 00:43:29.90 | 4:20 | 13.8 |
| 97 | MAŃKA KRZYSZTOF | 496 | PZU SPORT TEAM | WARSZAWA | POL | M 30-39 | 43 | M 96 | 00:27:46 | 00:38:15 | 00:43:25.25 | 00:43:39.00 | 4:20 | 13.8 |
| 98 | ZDANOWSKI TOMEK | 899 | TRIZARZA | SITNE | POL | M 1-29 | 21 | M 97 | 00:27:22 | 00:38:17 | 00:43:27.45 | 00:43:34.25 | 4:20 | 13.8 |
| 99 | TYMICKI KRZYSZTOF | 821 | | LEGIONOWO | POL | M 40-49 | 30 | M 98 | 00:28:16 | 00:38:34 | 00:43:32.25 | 00:43:42.25 | 4:21 | 13.8 |
| 100 | DZIUBA TOMASZ | 160 | MASTERSDOJO | WARSZAWA | POL | M 30-39 | 44 | M 99 | 00:27:32 | 00:38:20 | 00:43:32.35 | 00:43:46.05 | 4:21 | 13.8 |
| 101 | JANKOWSKI JAKUB | 274 | | BRWINÓW | POL | M 1-29 | 22 | M 100 | 00:27:26 | 00:38:19 | 00:43:34.45 | 00:43:54.70 | 4:21 | 13.8 |
| 102 | PRZELASKOWSKI ARTUR | 639 | | WARSZAWA | POL | M 50-59 | 4 | M 101 | 00:27:40 | 00:38:20 | 00:43:37.45 | 00:43:47.75 | 4:21 | 13.8 |
| 103 | BICZAN KAMIL | 39 | | WARSZAWA | POL | M 30-39 | 45 | M 102 | 00:27:41 | 00:38:17 | 00:43:44.30 | 00:44:18.20 | 4:22 | 13.7 |
| 104 | CHMARZYŃSKI PAWEŁ | 90 | ŚLĘZAKTEAM | SULEJÓWEK | POL | M 30-39 | 46 | M 103 | 00:28:15 | 00:38:39 | 00:43:45.45 | 00:44:34.95 | 4:22 | 13.7 |
| 105 | KWIATKOWSKI ADAM | 435 | KB WYSZÓW | WYSZKÓW | POL | M 30-39 | 47 | M 104 | 00:28:06 | 00:38:48 | 00:43:52.55 | 00:44:09.05 | 4:23 | 13.7 |
| 106 | GOLEC GRZEGORZ | 209 | TEAM PARSZCZYŃSKICH | WARSZAWA | POL | M 40-49 | 31 | M 105 | 00:28:10 | 00:38:41 | 00:43:52.60 | 00:44:07.00 | 4:23 | 13.7 |
| 107 | MINIAKOWSKI SZYMON | 533 | | WARSZAWA | POL | M 30-39 | 48 | M 106 | 00:28:43 | 00:39:14 | 00:43:55.80 | 00:44:00.30 | 4:23 | 13.7 |
| 108 | CNOTA MACIEJ | 1040 | | WARSZAWA | POL | M 30-39 | 49 | M 107 | 00:28:03 | 00:38:50 | 00:43:57.50 | 00:44:20.25 | 4:23 | 13.6 |
| 109 | GÓRSKI MARCIN | 217 | MINISTERSTWO ZDROWIA | WARSZAWA | POL | M 30-39 | 50 | M 108 | 00:28:18 | 00:38:39 | 00:43:58.05 | 00:44:15.15 | 4:23 | 13.6 |

BIEG PRZEZ MOST 2019, M Odcinek specjalny c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 6.6km | 9km | Netto | Brutto | min/km | km/h |
|------|----------------------|------|-------------------------------|-------------------|------|---------|--------|-------|-------------|----------|-------------|-------------|--------|------|
| 110 | SLIMKO DANIEL | 792 | OLEJ RUNNING TEAM | WARSZAWA | POL | M 30-39 | 51 | M 109 | 00:28:39 | 00:39:05 | 00:43:59.65 | 00:44:10.30 | 4:24 | 13.6 |
| 111 | WILCZYŃSKI TOMASZ | 850 | | WARSZAWA | POL | M 30-39 | 52 | M 110 | 00:28:44 | 00:38:50 | 00:44:04.95 | 00:44:38.00 | 4:24 | 13.6 |
| 112 | RYTKOWSKI PIOTR | 685 | | WARSZAWA | POL | M 30-39 | 53 | M 111 | 00:29:45 | 00:39:11 | 00:44:04.95 | 00:44:32.00 | 4:24 | 13.6 |
| 113 | ZIELIŃSKI KRZYSZTOF | 904 | HIKINGTOURS | WARSZAWA | POL | M 40-49 | 32 | M 112 | 00:28:44 | 00:39:03 | 00:44:05.35 | 00:44:36.80 | 4:24 | 13.6 |
| 114 | SUŁKOWSKI TOMASZ | 764 | | WARSZAWA | POL | M 30-39 | 54 | M 113 | 00:27:44 | 00:38:41 | 00:44:13.50 | 00:44:27.10 | 4:25 | 13.6 |
| 115 | WŁODKOWSKI ROBERT | 864 | TRUCHT TARCHOMIN TEAM | WARSZAWA | POL | M 30-39 | 55 | M 114 | 00:28:38 | 00:39:13 | 00:44:17.25 | 00:44:59.40 | 4:25 | 13.5 |
| 116 | BŁASZCZYK BARTŁOMIEJ | 48 | | OŻARÓW MAZOWIECKI | POL | M 1-29 | 23 | M 115 | 00:28:29 | 00:39:04 | 00:44:26.80 | 00:45:05.30 | 4:26 | 13.5 |
| 117 | STĘPIEŃ ADAM | 745 | ANANASY | WARSZAWA | POL | M 30-39 | 56 | M 116 | 00:28:20 | 00:39:05 | 00:44:27.55 | 00:44:39.40 | 4:26 | 13.5 |
| 118 | LEŚNIAK PIOTR | 443 | | WARSZAWA | POL | M 40-49 | 33 | M 117 | 00:28:35 | 00:39:12 | 00:44:27.90 | 00:44:48.15 | 4:26 | 13.5 |
| 119 | SOŁOWIEJ ŁUKASZ | 730 | OIRP WARSZAWA | WARSZAWA | POL | M 30-39 | 57 | M 118 | 00:28:52 | 00:39:17 | 00:44:28.10 | 00:44:51.45 | 4:26 | 13.5 |
| 120 | PIOTROWSKI MICHAŁ | 625 | | BŁONIE | POL | M 30-39 | 58 | M 119 | 00:29:22 | 00:39:31 | 00:44:28.55 | 00:45:08.35 | 4:26 | 13.5 |
| 121 | CHOJNACKI MIKOŁAJ | 95 | WARSAW RUN CLUB | WARSZAWA | POL | M 40-49 | 34 | M 120 | 00:29:16 | 00:39:20 | 00:44:30.80 | 00:45:52.80 | 4:27 | 13.5 |
| 122 | WICK JULIUSZ | 846 | | WARSZAWA | POL | M 30-39 | 59 | M 121 | 00:28:45 | 00:39:18 | 00:44:32.40 | 00:44:51.60 | 4:27 | 13.5 |
| 123 | CHOJECKI ROBERT | 94 | EXPLOSION | MARKI | POL | M 1-29 | 24 | M 122 | 00:28:26 | 00:39:24 | 00:44:34.55 | 00:44:47.60 | 4:27 | 13.5 |
| 124 | SUCHOLEWSKI DAMIAN | 759 | KONDYCJA PIASECZNO | WARSZAWA | POL | M 40-49 | 35 | M 123 | 00:28:42 | 00:39:21 | 00:44:35.35 | 00:44:40.45 | 4:27 | 13.5 |
| 125 | TURLEJ DARIUSZ | 818 | KONDYCJA | WARSZAWA | POL | M 60+ | 3 | M 124 | 00:28:49 | 00:39:14 | 00:44:36.95 | 00:45:00.00 | 4:27 | 13.4 |
| 126 | SARZAŁA BARTŁOMIEJ | 554 | | | | M 1-29 | 25 | M 125 | 00:28:54 | 00:39:29 | 00:44:37.80 | 00:44:56.50 | 4:27 | 13.4 |
| 127 | ADAO MIGUEL | 5 | | WARSZAWA | POR | M 40-49 | 36 | M 126 | 00:28:42 | 00:39:24 | 00:44:39.00 | 00:45:04.00 | 4:27 | 13.4 |
| 128 | GAJOWY ANDRZEJ | 186 | | WARSZAWA | POL | M 50-59 | 5 | M 127 | 00:28:47 | 00:39:23 | 00:44:41.40 | 00:45:14.75 | 4:28 | 13.4 |
| 129 | RAK MICHAŁ | 654 | | WARSZAWA | POL | M 30-39 | 60 | M 128 | 00:28:44 | 00:39:13 | 00:44:43.60 | 00:45:15.80 | 4:28 | 13.4 |
| 130 | MALIK GABRIEL | 488 | | WARSZAWA | POL | M 40-49 | 37 | M 129 | 00:29:09 | 00:39:36 | 00:44:44.95 | 00:45:20.20 | 4:28 | 13.4 |
| 131 | REWERA ROBERT | 658 | PKO BANK POLSKI | WARSZAWA | POL | M 40-49 | 38 | M 130 | 00:28:22 | 00:39:24 | 00:44:45.15 | 00:45:00.35 | 4:28 | 13.4 |
| 132 | ŚWIECA MARCIN | 796 | | WARSZAWA | POL | M 30-39 | 61 | M 131 | 00:28:39 | 00:39:28 | 00:44:49.60 | 00:45:27.05 | 4:29 | 13.4 |
| 133 | ŻUK PAWEŁ | 917 | BIEGAM NA TARCHOMINIE | WARSZAWA | POL | M 40-49 | 39 | M 132 | 00:28:46 | 00:39:16 | 00:44:51.75 | 00:45:21.25 | 4:29 | 13.4 |
| 134 | MACIEJAK ROBERT | 479 | | WARSZAWA | POL | M 40-49 | 40 | M 133 | 00:28:42 | 00:39:29 | 00:44:52.75 | 00:45:13.55 | 4:29 | 13.4 |
| 135 | PAŁKA WOJCIECH | 594 | VASCO RUNNERS | JÓZEFÓW | POL | M 30-39 | 62 | M 134 | 00:28:56 | 00:39:36 | 00:44:53.50 | 00:47:27.85 | 4:29 | 13.4 |
| 136 | GURGON ARKADIUSZ | 997 | ZABIEGANY WOŁOMIN | KOBYŁKA | | M 30-39 | 63 | M 135 | 00:39:38 | | 00:44:59.25 | 00:44:59.25 | 4:29 | 13.3 |
| 137 | DZIUBIŃSKI MACIEK | 161 | | WARSZAWA | POL | M 1-29 | 26 | M 136 | 00:29:09 | 00:39:52 | 00:45:01.15 | 00:45:07.35 | 4:30 | 13.3 |
| 138 | LENKIEWICZ PAWEŁ | 441 | | WARSZAWA | POL | M 40-49 | 41 | M 137 | 00:28:45 | 00:39:39 | 00:45:03.70 | 00:45:30.10 | 4:30 | 13.3 |
| 139 | VASILEV VESELIN | 827 | | WARSZAWA | POL | M 30-39 | 64 | M 138 | 00:28:55 | 00:39:49 | 00:45:11.45 | 00:45:35.55 | 4:31 | 13.3 |
| 140 | GEÇA PIOTR | 196 | ZA MNA | WARSZAWA | POL | M 40-49 | 42 | M 139 | 00:28:53 | 00:39:49 | 00:45:11.95 | 00:45:38.85 | 4:31 | 13.3 |
| 141 | CIERNIAK FRANCISZEK | 107 | GRUPA BIEGOWA CHTMO | LEGIONOWO | POL | M 1-29 | 27 | M 140 | 00:29:33 | 00:40:06 | 00:45:13.70 | 00:45:49.85 | 4:31 | 13.3 |
| 142 | KOBUS IGOR | 359 | | WARSZAWA | POL | M 1-29 | 28 | M 141 | 00:29:06 | 00:40:17 | 00:45:14.10 | 00:45:25.15 | 4:31 | 13.3 |
| 143 | ZNAMIEC MARCIN | 906 | IPA PAŁAC MOSTOWSKICH KSP | WARSZAWA | POL | M 40-49 | 43 | M 142 | 00:29:05 | 00:39:53 | 00:45:17.75 | 00:46:01.15 | 4:31 | 13.2 |
| 144 | GAJEWIAK ADAM | 183 | | WARSZAWA | POL | M 40-49 | 44 | M 143 | 00:29:01 | 00:39:48 | 00:45:19.00 | 00:45:40.05 | 4:31 | 13.2 |
| 145 | ZDUNEK MICHAŁ | 966 | WKURW_TEAM | WARSZAWA | POL | M 40-49 | 45 | M 144 | 00:28:44 | 00:39:57 | 00:45:21.90 | 00:45:36.80 | 4:32 | 13.2 |
| 146 | OSTROWSKI MARCIN | 951 | PZU SPORT TEAM | WARSZAWA | POL | M 30-39 | 65 | M 145 | 00:29:56 | 00:40:17 | 00:45:28.95 | 00:46:14.90 | 4:32 | 13.2 |
| 147 | PAWIŃSKI ARTUR | 606 | | WARSZAWA | POL | M 40-49 | 46 | M 146 | 00:28:36 | 00:39:53 | 00:45:29.80 | 00:45:50.00 | 4:33 | 13.2 |
| 148 | ŚCIBOR MARCIN | 790 | | KRASNYSTAW | POL | M 30-39 | 66 | M 147 | 00:28:58 | 00:40:07 | 00:45:30.95 | 00:45:53.20 | 4:33 | 13.2 |
| 149 | PAWŁOWSKI PIOTR | 926 | BBL WYDMINY | WARSZAWA | POL | M 40-49 | 47 | M 148 | 00:29:20 | 00:40:13 | 00:45:32.70 | 00:45:47.15 | 4:33 | 13.2 |
| 150 | CZUDOWSKI TOMASZ | 127 | DUKLANOWSKI TEAM | WARSAW | POL | M 40-49 | 48 | M 149 | 00:29:08 | 00:40:09 | 00:45:32.80 | 00:45:44.80 | 4:33 | 13.2 |
| 151 | CZAJKOWSKI MAREK | 122 | WARSAW RUN CLUB | WARSZAWA | POL | M 40-49 | 49 | M 150 | 00:29:03 | 00:40:15 | 00:45:36.15 | 00:46:07.75 | 4:33 | 13.2 |
| 152 | TOBOTA MACIEJ | 807 | | WARSZAWA | POL | M 40-49 | 50 | M 151 | 00:29:13 | 00:40:08 | 00:45:36.25 | 00:45:42.95 | 4:33 | 13.2 |
| 153 | STAŃSKI SŁAWOMIR | 743 | TO NATURALNE | WARSZAWA | POL | M 50-59 | 6 | M 152 | 00:29:31 | 00:40:20 | 00:45:42.60 | 00:46:00.75 | 4:34 | 13.1 |
| 154 | BEKKER PIOTR | 983 | | | | M 30-39 | 67 | M 153 | 00:29:46 | 00:40:25 | 00:45:43.80 | 00:46:13.15 | 4:34 | 13.1 |
| 155 | MATYSIAK PAWEŁ | 512 | PAWELBIEGA.PL | ŻYRARDÓW | POL | M 30-39 | 68 | M 154 | 00:29:08 | 00:40:18 | 00:45:44.85 | 00:46:00.55 | 4:34 | 13.1 |
| 156 | SANTAREK WOJCIECH | 694 | | SZCZECIN | POL | M 40-49 | 51 | M 155 | 00:29:06 | 00:40:16 | 00:45:45.95 | 00:46:18.35 | 4:34 | 13.1 |
| 157 | KOWALSKI MICHAŁ | 1004 | LEMIESZ TEAM | WARSZAWA | POL | M 30-39 | 69 | M 156 | 00:45:53.00 | | 00:45:53.00 | 00:45:53.00 | 4:35 | 13.1 |
| 158 | ROGOZIŃSKI ADRIAN | 664 | | WARSZAWA | POL | M 1-29 | 29 | M 157 | 00:29:01 | 00:40:25 | 00:45:54.70 | 00:46:25.90 | 4:35 | 13.1 |
| 159 | PIERZAK OLAF | 617 | | WARSZAWA | POL | M 40-49 | 52 | M 158 | 00:29:42 | 00:40:44 | 00:45:59.35 | 00:46:09.55 | 4:35 | 13 |
| 160 | SZYMAŃSKI ANDRZEJ | 787 | | WARSZAWA | POL | M 30-39 | 70 | M 159 | 00:29:15 | 00:40:30 | 00:46:00.80 | 00:46:11.85 | 4:36 | 13 |
| 161 | PAWLUS BARTŁOMIEJ | 607 | | WARSZAWA | POL | M 30-39 | 71 | M 160 | 00:29:33 | 00:40:38 | 00:46:01.25 | 00:46:23.50 | 4:36 | 13 |
| 162 | RYGALSKI MACIEJ | 682 | FAMA RUNNERS | WARSZAWA | POL | M 40-49 | 53 | M 161 | 00:29:49 | 00:40:42 | 00:46:06.25 | 00:46:45.55 | 4:36 | 13 |
| 163 | BEBELSKI RAFAŁ | 28 | KUŹNIA TRIATHLONU | WARSZAWA | POL | M 40-49 | 54 | M 162 | 00:46:07.00 | | 00:46:07.00 | 00:46:07.00 | 4:36 | 13 |
| 164 | TOMASZEWSKI MAREK | 811 | | WARSZAWA | POL | M 40-49 | 55 | M 163 | 00:29:25 | 00:40:34 | 00:46:11.15 | 00:46:19.70 | 4:37 | 13 |
| 165 | KRUPIŃSKI MAREK | 410 | DĄBROWSKI TEAM /ZABIEGANE DNI | OSTROŁĘKA | POL | M 1-29 | 30 | M 164 | 00:29:15 | 00:40:32 | 00:46:14.25 | 00:46:21.65 | 4:37 | 13 |
| 166 | MAKOWSKI MARCIN | 483 | | WARSZAWA | POL | M 30-39 | 72 | M 165 | 00:29:59 | 00:40:57 | 00:46:15.45 | 00:46:26.85 | 4:37 | 13 |

BIEG PRZEZ MOST 2019, M Odcinek specjalny c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 6.6km | 9km | Netto | Brutto | min/km | km/h |
|------|--------------------------|------|---|-------------------|------|---------|--------|-------|----------|----------|-------------|-------------|--------|------|
| 167 | DRABOT WOJCIECH | 151 | ASSECO ACTIVE TEAM | WARSZAWA | POL | M 1-29 | 31 | M 166 | 00:29:51 | 00:40:57 | 00:46:16.45 | 00:46:31.75 | 4:37 | 13 |
| 168 | RABIEJ WOJCIECH | 652 | DUKLANOWSKI TEAM | WARSZAWA | POL | M 40-49 | 56 | M 167 | 00:29:43 | 00:40:50 | 00:46:16.50 | 00:46:47.45 | 4:37 | 13 |
| 169 | DRABOT ANDRZEJ | 152 | ASSECO ACTIVE TEAM | WARSZAWA | POL | M 40-49 | 57 | M 168 | 00:29:51 | 00:40:57 | 00:46:17.55 | 00:46:32.75 | 4:37 | 13 |
| 170 | DESKA LESZEK | 143 | WWW.LESZEKBIEGA.PL | NOWA IWICZNA | POL | M 40-49 | 58 | M 169 | 00:31:04 | 00:41:26 | 00:46:19.80 | 00:48:30.00 | 4:38 | 12.9 |
| 171 | BARTEL ROBERT | 22 | STARE BABICE BIEGAJA | LIPKÓW | POL | M 40-49 | 59 | M 170 | 00:29:24 | 00:40:42 | 00:46:20.45 | 00:46:45.05 | 4:38 | 12.9 |
| 172 | BAJDAŁA ROBERT | 13 | | WARSZAWA | POL | M 30-39 | 73 | M 171 | 00:29:36 | 00:41:10 | 00:46:21.85 | 00:47:04.90 | 4:38 | 12.9 |
| 173 | MICHAŁAK JACEK | 522 | | RAJSZEW | POL | M 30-39 | 74 | M 172 | 00:30:10 | 00:40:56 | 00:46:22.85 | 00:46:54.65 | 4:38 | 12.9 |
| 174 | KRUK MARCIN | 978 | | | | M 30-39 | 75 | M 173 | 00:29:30 | 00:40:51 | 00:46:23.40 | 00:46:37.70 | 4:38 | 12.9 |
| 175 | JĘDRUSZCZAK ADAM | 295 | GOGGLE PARK TEAM | WARSZAWA | POL | M 1-29 | 32 | M 174 | 00:29:52 | 00:41:17 | 00:46:23.80 | 00:46:51.10 | 4:38 | 12.9 |
| 176 | GOLINSKI ARTUR | 210 | | WARSZAWA | POL | M 40-49 | 60 | M 175 | 00:29:45 | 00:41:02 | 00:46:30.90 | 00:47:02.65 | 4:39 | 12.9 |
| 177 | SZYMAŃSKI JACEK | 786 | | WARSZAWA | POL | M 40-49 | 61 | M 176 | 00:30:29 | 00:41:18 | 00:46:31.25 | 00:47:12.25 | 4:39 | 12.9 |
| 178 | KONDRAK PIOTR | 362 | VEGE RUNNERS | WARSZAWA | POL | M 40-49 | 62 | M 177 | 00:29:57 | 00:41:08 | 00:46:36.50 | 00:47:29.50 | 4:39 | 12.9 |
| 179 | PALUCH KAMIL | 593 | | WARSZAWA | POL | M 30-39 | 76 | M 178 | 00:29:39 | 00:41:02 | 00:46:37.95 | 00:46:55.30 | 4:39 | 12.9 |
| 180 | ŻYLAK ADRIAN | 920 | ADIDAS RUNNERS WARSAW | WARSZAWA | POL | M 30-39 | 77 | M 179 | 00:30:03 | 00:41:13 | 00:46:42.65 | 00:47:03.40 | 4:40 | 12.8 |
| 181 | URBANIAK MICHAŁ | 823 | | KIELCE | POL | M 30-39 | 78 | M 180 | 00:30:02 | 00:41:21 | 00:46:44.95 | 00:47:00.95 | 4:40 | 12.8 |
| 182 | CZAJKOWSKI MARCIN | 123 | | NOWE OSINY | POL | M 1-29 | 33 | M 181 | 00:30:23 | 00:41:27 | 00:46:45.10 | 00:47:31.40 | 4:40 | 12.8 |
| 183 | ŁUKASIAK JAN | 474 | | WARSZAWA | POL | M 30-39 | 79 | M 182 | 00:29:34 | 00:41:04 | 00:46:45.25 | 00:47:26.80 | 4:40 | 12.8 |
| 184 | NOZDRYŃ-PLOTNICKI MARCIN | 572 | | WARSZAWA | POL | M 40-49 | 63 | M 183 | 00:28:09 | 00:40:56 | 00:46:46.00 | 00:46:58.80 | 4:40 | 12.8 |
| 185 | ZIELIŃSKI JACEK | 1002 | | WARSZAWA | POL | M 40-49 | 64 | M 184 | 00:30:17 | 00:41:30 | 00:46:46.05 | 00:47:34.05 | 4:40 | 12.8 |
| 186 | WEREDA PAWEŁ | 841 | | WARSZAWA | POL | M 40-49 | 65 | M 185 | 00:29:50 | 00:41:07 | 00:46:50.60 | 00:47:05.65 | 4:41 | 12.8 |
| 187 | KOWALSKI MAREK | 393 | NUNA | NASIELSK | POL | M 30-39 | 80 | M 186 | 00:30:25 | 00:41:36 | 00:46:51.70 | 00:47:20.45 | 4:41 | 12.8 |
| 188 | PAWEŁOSZEK ROBERT | 605 | ROBERT SPINE TRENER PERSONALNY | WARSZAWA | POL | M 40-49 | 66 | M 187 | 00:29:31 | 00:41:11 | 00:46:52.65 | 00:47:18.90 | 4:41 | 12.8 |
| 189 | PRĘDOTA KRZYSZTOF | 635 | TRUCHT TARCHOMIN TEAM | WARSZAWA | POL | M 40-49 | 67 | M 188 | 00:30:32 | 00:41:22 | 00:46:55.55 | 00:47:36.85 | 4:41 | 12.8 |
| 190 | SURDACKI DOMINIK | 765 | | WARSZAWA | POL | M 30-39 | 81 | M 189 | 00:30:12 | 00:41:39 | 00:46:57.40 | 00:47:23.45 | 4:41 | 12.8 |
| 191 | BADOWSKI PIOTR | 12 | DEUTSCHE BANK MARATHON TEAM | WARSZAWA | POL | M 30-39 | 82 | M 190 | 00:30:17 | 00:41:38 | 00:47:01.30 | 00:47:42.50 | 4:42 | 12.8 |
| 192 | KAMOLA SŁAWOMIR | 326 | ABBA1 RUN | STASI LAS | POL | M 50-59 | 7 | M 191 | 00:29:33 | 00:41:33 | 00:47:04.50 | 00:47:18.25 | 4:42 | 12.7 |
| 193 | BARTYCZAK MICHAŁ | 24 | | WARSZAWA | POL | M 1-29 | 34 | M 192 | 00:28:43 | 00:40:52 | 00:47:07.05 | 00:47:17.05 | 4:42 | 12.7 |
| 194 | KRYSIK ARKADIUSZ | 414 | | TELUSZCZ | POL | M 40-49 | 68 | M 193 | 00:29:56 | 00:41:44 | 00:47:08.85 | 00:48:11.35 | 4:42 | 12.7 |
| 195 | CZYŻYK MARCIN | 129 | ITMBW KRAKÓW | KRAKÓW | POL | M 30-39 | 83 | M 194 | 00:30:08 | 00:41:29 | 00:47:14.85 | 00:47:45.05 | 4:43 | 12.7 |
| 196 | URBAŃSKI PAWEŁ | 825 | KERK-PALM IS TEAM | WARSZAWA | POL | M 50-59 | 8 | M 195 | 00:30:14 | 00:41:35 | 00:47:17.90 | 00:47:57.20 | 4:43 | 12.7 |
| 197 | GÓRKA KRZYSZTOF | 216 | | GRODZISK MAZ. | POL | M 50-59 | 9 | M 196 | 00:30:33 | 00:41:41 | 00:47:20.30 | 00:47:35.30 | 4:44 | 12.7 |
| 198 | BOROWY ŁUKASZ | 66 | BRAJANUSZ | ŻYRARDÓW | POL | M 30-39 | 84 | M 197 | 00:29:52 | 00:41:39 | 00:47:24.05 | 00:47:46.20 | 4:44 | 12.7 |
| 199 | ROŚLONIEC KAMIL | 670 | | RZAŚNIK | POL | M 1-29 | 35 | M 198 | 00:30:37 | 00:41:57 | 00:47:24.60 | 00:48:08.15 | 4:44 | 12.7 |
| 200 | WOJCIECHOWSKI MAREK | 870 | ADIDAS RUNNERS WARSAW | BIAŁYSTOK | POL | M 30-39 | 85 | M 199 | 00:30:17 | 00:41:54 | 00:47:26.15 | 00:47:46.90 | 4:44 | 12.6 |
| 201 | STROMECKI MARCIN | 751 | BFM | WARSZAWA | POL | M 1-29 | 36 | M 200 | 00:30:31 | 00:41:53 | 00:47:26.80 | 00:49:48.30 | 4:44 | 12.6 |
| 202 | DĄBROWSKI DANIEL | 137 | | WARSZAWA | POL | M 1-29 | 37 | M 201 | 00:30:24 | 00:42:00 | 00:47:26.95 | 00:49:39.90 | 4:44 | 12.6 |
| 203 | WOJCIECHOWSKI ARTUR | 869 | :) | WARSZAWA | POL | M 1-29 | 38 | M 202 | 00:28:37 | 00:41:12 | 00:47:28.55 | 00:47:40.70 | 4:44 | 12.6 |
| 204 | FRĄCKIEWICZ DARIUSZ | 176 | BIEGAM NA TARCHOMINIE | WARSZAWA | POL | M 40-49 | 69 | M 203 | 00:30:18 | 00:41:57 | 00:47:40.05 | 00:48:36.75 | 4:46 | 12.6 |
| 205 | BLASZCZYŃSKI WITOLD | 47 | | WARSZAWA | POL | M 40-49 | 70 | M 204 | 00:30:27 | 00:41:52 | 00:47:40.55 | 00:48:19.75 | 4:46 | 12.6 |
| 206 | RÓŻYCKI JAROSŁAW | 673 | | LEGIONOWO | POL | M 30-39 | 86 | M 205 | 00:31:02 | 00:42:26 | 00:47:40.60 | 00:48:35.80 | 4:46 | 12.6 |
| 207 | PAZIEWSKI ANDRZEJ | 608 | BIEGAM NA TARCHOMINIE | WARSZAWA | POL | M 40-49 | 71 | M 206 | 00:30:36 | 00:42:03 | 00:47:40.85 | 00:48:06.85 | 4:46 | 12.6 |
| 208 | MOSUR KAMIL | 544 | | WARSZAWA | POL | M 40-49 | 72 | M 207 | 00:30:27 | 00:41:54 | 00:47:42.20 | 00:48:03.90 | 4:46 | 12.6 |
| 209 | SMYŁ JACEK | 724 | | WARSZAWA | POL | M 1-29 | 39 | M 208 | 00:30:22 | 00:42:13 | 00:47:43.50 | 00:48:05.15 | 4:46 | 12.6 |
| 210 | BARAN GRZEGORZ | 19 | | WARSZAWA | POL | M 40-49 | 73 | M 209 | 00:30:44 | 00:42:14 | 00:47:45.85 | 00:48:34.70 | 4:46 | 12.6 |
| 211 | FALBA ZBIGNIEW | 163 | METLIFE RUN | WARSZAWA | POL | M 40-49 | 74 | M 210 | 00:30:35 | 00:42:06 | 00:47:48.00 | 00:48:32.80 | 4:46 | 12.6 |
| 212 | ŁUBIŃSKI KRZYSZTOF | 469 | | WARSZAWA | POL | M 40-49 | 75 | M 211 | 00:30:38 | 00:42:06 | 00:47:48.30 | 00:48:07.00 | 4:46 | 12.5 |
| 213 | PADYSZ AREK | 591 | | WARSZAWA | POL | M 40-49 | 76 | M 212 | 00:30:45 | 00:42:06 | 00:47:49.20 | 00:48:20.10 | 4:47 | 12.5 |
| 214 | JANISZEWSKI RAFAŁ | 269 | | LEGIONOWO | POL | M 30-39 | 87 | M 213 | 00:31:51 | 00:42:40 | 00:47:49.40 | 00:48:44.90 | 4:46 | 12.5 |
| 215 | GOGOLEWSKI MICHAŁ | 208 | | WARSZAWA | POL | M 40-49 | 77 | M 214 | 00:30:22 | 00:41:59 | 00:47:49.45 | 00:48:15.05 | 4:47 | 12.5 |
| 216 | PODGÓRSKI KRZYSZTOF | 626 | KOMITET SPORTU I TURYSTYKI KRZYSZTOFA PODGÓRSKIEGO | KATOWICE | POL | M 1-29 | 40 | M 215 | 00:29:38 | 00:41:43 | 00:47:49.50 | 00:48:01.70 | 4:46 | 12.5 |
| 217 | SZPANOWSKI MAREK | 962 | | WARSZAWA | POL | M 50-59 | 10 | M 216 | 00:31:24 | 00:42:34 | 00:47:52.20 | 00:48:34.20 | 4:47 | 12.5 |
| 218 | DOMŻAŁSKI ARTUR | 148 | | WARSZAWA | POL | M 30-39 | 88 | M 217 | 00:30:41 | 00:42:20 | 00:48:03.05 | 00:48:43.65 | 4:48 | 12.5 |
| 219 | MANOWIECKI GRZEGORZ | 495 | BRAVERHEARTS | LEGIONOWO | POL | M 40-49 | 78 | M 218 | 00:30:11 | 00:42:18 | 00:48:08.30 | 00:48:38.30 | 4:48 | 12.5 |
| 220 | SIERZPUKOWSKI PIOTR | 703 | | OŻARÓW MAZOWIECKI | POL | M 1-29 | 41 | M 219 | 00:31:31 | 00:42:51 | 00:48:09.60 | 00:49:03.70 | 4:48 | 12.5 |
| 221 | DALECKI ŁUKASZ | 130 | | NOWE PIĘŚCIROGI | POL | M 30-39 | 89 | M 220 | 00:31:10 | 00:42:30 | 00:48:09.95 | 00:48:53.45 | 4:49 | 12.5 |
| 222 | KIESZEK TADEUSZ | 344 | DYSTANS LESZNO | LESZNO /WARSZAWY | POL | M 60+ | 4 | M 221 | 00:31:16 | 00:42:29 | 00:48:10.30 | 00:48:57.95 | 4:49 | 12.5 |

BIEG PRZEZ MOST 2019, M Odcinek specjalny c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 6.6km | 9km | Netto | Brutto | min/km | km/h |
|------|-----------------------|-----|--|----------------------|------|---------|--------|-------|-------------|-------------|-------------|-------------|--------|------|
| 223 | OLCZAK JANUSZ | 576 | BIEGANIE 50+ | WARSZAWA | POL | M 50-59 | 11 | M 222 | 00:31:13 | 00:42:37 | 00:48:11.85 | 00:48:45.40 | 4:49 | 12.4 |
| 224 | JAWORSKI ŁUKASZ | 288 | | WARSZAWA | POL | M 40-49 | 79 | M 223 | 00:31:12 | 00:42:29 | 00:48:15.15 | 00:49:10.50 | 4:49 | 12.4 |
| 225 | KILIAŃSKI RAFAŁ | 345 | TRUCHT TARCHOMIN TEAM | WARSZAWA | POL | M 40-49 | 80 | M 224 | 00:31:17 | 00:42:47 | 00:48:17.00 | 00:48:58.60 | 4:49 | 12.4 |
| 226 | ROSZAK WALDEMAR | 671 | BIEGAM NA ZIELONEJ BIAŁOŁĘCE | WARSZAWA | POL | M 50-59 | 12 | M 225 | 00:30:36 | 00:42:32 | 00:48:17.30 | 00:48:47.20 | 4:49 | 12.4 |
| 227 | MIODUSZEWSKI ADRIAN | 534 | | WARSZAWA | POL | M 1-29 | 42 | M 226 | 00:31:32 | 00:42:49 | 00:48:17.50 | 00:49:06.05 | 4:49 | 12.4 |
| 228 | KOŁOMAŃSKI MAREK | 360 | EKOBIEGI | WARSZAWA | POL | M 40-49 | 81 | M 227 | 00:30:13 | 00:42:19 | 00:48:17.70 | 00:48:48.35 | 4:49 | 12.4 |
| 229 | DRZYMAŁA KRZYSZTOF | 154 | | WARSZAWA | POL | M 30-39 | 90 | M 228 | 00:31:17 | 00:42:40 | 00:48:19.05 | 00:49:12.50 | 4:49 | 12.4 |
| 230 | ŚCIOCH MICHAŁ | 791 | | WARSZAWA | POL | M 40-49 | 82 | M 229 | 00:31:05 | 00:42:33 | 00:48:19.40 | 00:48:59.80 | 4:49 | 12.4 |
| 231 | BARANOWSKI KRZYSZTOF | 18 | TO NATURALNE | ZIELONKA | POL | M 50-59 | 13 | M 230 | 00:48:21.00 | 00:48:21.00 | 00:48:21.00 | 00:48:21.00 | 4:50 | 12.4 |
| 232 | BIAŁOKOS KAMIL | 989 | PARTNER | WARSZAWA | POL | M 40-49 | 83 | M 231 | 00:30:54 | 00:42:37 | 00:48:22.90 | 00:49:58.85 | 4:50 | 12.4 |
| 233 | HUSZCZA PAWEŁ | 254 | | WARSZAWA | POL | M 30-39 | 91 | M 232 | 00:30:49 | 00:42:36 | 00:48:25.05 | 00:48:42.90 | 4:50 | 12.4 |
| 234 | DUDA JACEK | 953 | PRUSZKÓW | WARSZAWA | POL | M 30-39 | 92 | M 233 | 00:31:18 | 00:42:45 | 00:48:29.20 | 00:49:21.75 | 4:50 | 12.4 |
| 235 | KACYMIROW TOMASZ | 314 | HORNÓWEK | WARSZAWA | POL | M 50-59 | 14 | M 234 | 00:30:55 | 00:42:40 | 00:48:29.65 | 00:49:04.15 | 4:51 | 12.4 |
| 236 | KARPIŃSKI MARCIN | 982 | | WARSZAWA | POL | M 30-39 | 93 | M 235 | 00:31:14 | 00:42:40 | 00:48:30.25 | 00:48:58.90 | 4:51 | 12.4 |
| 237 | WIERZCHOŁOWSKI MARCIN | 848 | | WARSZAWA | POL | M 40-49 | 84 | M 236 | 00:31:27 | 00:43:15 | 00:48:30.50 | 00:49:15.10 | 4:51 | 12.4 |
| 238 | TOCZEWSKI KAMIL | 809 | JACEKBIEGA RUNNING TEAM | WARSZAWA | POL | M 1-29 | 43 | M 237 | 00:30:36 | 00:42:33 | 00:48:31.90 | 00:49:04.25 | 4:51 | 12.4 |
| 239 | MAKOWSKI KRYSZTIAN | 484 | RUN4FUN | WARSZAWA | POL | M 1-29 | 44 | M 238 | 00:31:04 | 00:42:56 | 00:48:32.30 | 00:49:09.45 | 4:51 | 12.4 |
| 240 | BARSZCZEWSKI MACIEJ | 20 | TN BIEGÓWKI WESOŁA | LASKI | POL | M 40-49 | 85 | M 239 | 00:30:32 | 00:42:39 | 00:48:34.85 | 00:48:57.55 | 4:51 | 12.3 |
| 241 | RUTKOWSKI MICHAŁ | 680 | KARAŚ SWIMMING TEAM | WARSZAWA | POL | M 40-49 | 86 | M 240 | 00:31:23 | 00:43:00 | 00:48:38.40 | 00:49:23.80 | 4:51 | 12.3 |
| 242 | KRÓLCZYŃSKI MACIEJ | 994 | | GRODZIŃSK MAZOWIECKI | POL | M 30-39 | 94 | M 241 | 00:31:26 | 00:42:59 | 00:48:39.20 | 00:49:26.85 | 4:51 | 12.3 |
| 243 | GRZYMAŁA ANDRZEJ | 940 | | WARSZAWA | POL | M 40-49 | 87 | M 242 | 00:30:59 | 00:42:51 | 00:48:41.10 | 00:49:38.20 | 4:52 | 12.3 |
| 244 | NIEDZIELA DOMINIK | 558 | | WARSZAWA | POL | M 40-49 | 88 | M 243 | 00:31:19 | 00:43:00 | 00:48:43.80 | 00:49:43.05 | 4:52 | 12.3 |
| 245 | SUCHORAB KRZYSZTOF | 760 | | WARSZAWA | POL | M 30-39 | 95 | M 244 | 00:31:21 | 00:43:00 | 00:48:47.20 | 00:50:23.50 | 4:52 | 12.3 |
| 246 | SZCZĘSNY PAWEŁ | 774 | | WARSZAWA | POL | M 40-49 | 89 | M 245 | 00:30:41 | 00:42:47 | 00:48:51.00 | 00:49:36.10 | 4:53 | 12.3 |
| 247 | SZCZEPAŃSKI PIOTR | 923 | KONDYCJA | KONSTANCIN-JEZIORNA | POL | M 1-29 | 45 | M 246 | 00:35:59 | 00:43:31 | 00:48:52.75 | 00:48:56.05 | 4:53 | 12.3 |
| 248 | PROKOPIUK GRZEGORZ | 945 | | WARSZAWA | POL | M 40-49 | 90 | M 247 | 00:31:21 | 00:43:08 | 00:48:53.90 | 00:49:02.70 | 4:53 | 12.3 |
| 249 | SZAŁASZEWSKI ŁUKASZ | 691 | | WARSZAWA | POL | M 40-49 | 91 | M 248 | 00:32:05 | 00:43:35 | 00:48:54.90 | 00:49:42.85 | 4:53 | 12.3 |
| 250 | CELIŃSKI RAFAŁ | 87 | | WARSZAWA | POL | M 40-49 | 92 | M 249 | 00:31:44 | 00:43:21 | 00:48:59.00 | 00:49:44.40 | 4:53 | 12.2 |
| 251 | LIPIŃSKI OSKAR | 932 | | WARSZAWA | POL | M 30-39 | 96 | M 250 | 00:31:21 | 00:43:29 | 00:49:02.30 | 00:49:35.55 | 4:54 | 12.2 |
| 252 | FRĄCKOWSKI SŁAWOMIR | 177 | | WARSZAWA | POL | M 40-49 | 93 | M 251 | 00:31:13 | 00:43:07 | 00:49:05.30 | 00:49:38.40 | 4:54 | 12.2 |
| 253 | JANKOWSKI DARIUSZ | 275 | PAŁUKI RUNNING TEAM | WARSZAWA | POL | M 30-39 | 97 | M 252 | 00:32:17 | 00:43:37 | 00:49:12.00 | 00:49:59.35 | 4:55 | 12.2 |
| 254 | WINIARCZYK BARTŁOMIEJ | 852 | | WARSZAWA | POL | M 1-29 | 46 | M 253 | 00:30:47 | 00:42:56 | 00:49:13.40 | 00:50:03.05 | 4:55 | 12.2 |
| 255 | SZLENDAK MAREK | 777 | RYKI | WARSZAWA | POL | M 30-39 | 98 | M 254 | 00:31:55 | 00:43:33 | 00:49:17.15 | 00:50:07.55 | 4:55 | 12.2 |
| 256 | PERLAN ROBERT | 611 | DYSTANS LESZNO | LESZNO | POL | M 40-49 | 94 | M 255 | 00:31:41 | 00:43:26 | 00:49:19.35 | 00:50:58.65 | 4:55 | 12.2 |
| 257 | MŁOSZ MAREK | 532 | | WARSZAWA | POL | M 50-59 | 15 | M 256 | 00:31:27 | 00:43:17 | 00:49:19.95 | 00:50:10.05 | 4:56 | 12.2 |
| 258 | WOŁOWSKI KAMIL | 874 | | WARSZAWA | POL | M 30-39 | 99 | M 257 | 00:32:02 | 00:43:35 | 00:49:21.40 | 00:50:18.10 | 4:56 | 12.2 |
| 259 | STAROWICZ KAZIMIERZ | 744 | | WARSZAWA | POL | M 30-39 | 100 | M 258 | 00:32:05 | 00:43:47 | 00:49:22.85 | 00:49:46.45 | 4:56 | 12.1 |
| 260 | KRÓL TOMASZ | 402 | NOWY DWÓR MAZOWIECKI | WARSZAWA | POL | M 30-39 | 101 | M 259 | 00:31:29 | 00:43:30 | 00:49:23.15 | 00:49:50.60 | 4:56 | 12.1 |
| 261 | SIESS JAROSŁAW | 704 | PABIANICE | WARSZAWA | POL | M 50-59 | 16 | M 260 | 00:32:04 | 00:43:46 | 00:49:24.00 | 00:49:47.35 | 4:56 | 12.1 |
| 262 | DEREWICZ MARIUSZ | 142 | | WARSZAWA | POL | M 30-39 | 102 | M 261 | 00:31:58 | 00:43:40 | 00:49:24.20 | 00:50:20.10 | 4:56 | 12.1 |
| 263 | ŚCIBISZ TOMEK | 789 | | WARSZAWA | POL | M 40-49 | 95 | M 262 | 00:31:46 | 00:43:26 | 00:49:24.60 | 00:50:05.20 | 4:56 | 12.1 |
| 264 | WACH MICHAŁ | 828 | BIEGAM NA TARCHOMINIE | WARSZAWA | POL | M 40-49 | 96 | M 263 | 00:32:00 | 00:43:40 | 00:49:24.65 | 00:49:59.90 | 4:56 | 12.1 |
| 265 | PERKOWSKI PAWEŁ | 610 | | WARSZAWA | POL | M 30-39 | 103 | M 264 | 00:31:40 | 00:43:34 | 00:49:26.95 | 00:50:09.40 | 4:56 | 12.1 |
| 266 | WITUSIK SZYMON | 857 | | WARSZAWA | POL | M 1-29 | 47 | M 265 | 00:32:20 | 00:44:02 | 00:49:29.45 | 00:50:02.10 | 4:57 | 12.1 |
| 267 | CIOŁEK ROBERT | 114 | MASTERS DOJO | WARSZAWA | POL | M 40-49 | 97 | M 266 | 00:32:09 | 00:43:46 | 00:49:31.30 | 00:50:30.45 | 4:57 | 12.1 |
| 268 | BOGUCKI MICHAŁ | 53 | | WARSZAWA | POL | M 1-29 | 48 | M 267 | 00:30:48 | 00:43:29 | 00:49:32.95 | 00:49:56.30 | 4:57 | 12.1 |
| 269 | SZUSTAK DAREK | 785 | RASZYN | WARSZAWA | POL | M 50-59 | 17 | M 268 | 00:32:10 | 00:44:04 | 00:49:40.05 | 00:50:18.85 | 4:58 | 12.1 |
| 270 | MILLER DANIEL MILLER | 531 | WARSAW INTERNATIONAL TRIATHLON CLUB (WITC) | WARSZAWA | POL | M 40-49 | 98 | M 269 | 00:32:15 | 00:44:06 | 00:49:40.95 | 00:50:47.65 | 4:58 | 12.1 |
| 271 | ROJEK RAFAŁ | 665 | | WARSZAWA | POL | M 40-49 | 99 | M 270 | 00:31:45 | 00:43:45 | 00:49:41.20 | 00:50:21.80 | 4:58 | 12.1 |
| 272 | URBAN MARIUSZ | 822 | GRUPA BIEGOWA UM W-WA | WARSZAWA | POL | M 40-49 | 100 | M 271 | 00:31:47 | 00:43:49 | 00:49:43.75 | 00:52:04.65 | 4:58 | 12.1 |
| 273 | KACHNIARZ SŁAWOMIR | 308 | KAWAII SUSHI | LEGIONOWO | POL | M 40-49 | 101 | M 272 | 00:31:03 | 00:43:29 | 00:49:47.15 | 00:50:28.50 | 4:58 | 12.1 |
| 274 | GAWLIK ARKADIUSZ | 191 | BIEGAM NA TARCHOMINIE | WARSZAWA | POL | M 40-49 | 102 | M 273 | 00:31:45 | 00:43:47 | 00:49:48.00 | 00:50:45.45 | 4:58 | 12 |
| 275 | KĄCPURA PIOTR | 313 | STOCZEK | WARSZAWA | POL | M 40-49 | 103 | M 274 | 00:32:13 | 00:43:52 | 00:49:48.20 | 00:50:41.65 | 4:58 | 12 |
| 276 | ŻOCHOWSKI PAWEŁ | 912 | SKRZESZEW | WARSZAWA | POL | M 30-39 | 104 | M 275 | 00:31:13 | 00:43:45 | 00:49:48.35 | 00:50:31.40 | 4:58 | 12 |
| 277 | DUDEK BARTŁOMIEJ | 155 | BIEGAM NA TARCHOMINIE | WARSZAWA | POL | M 30-39 | 105 | M 276 | 00:31:31 | 00:43:36 | 00:49:52.40 | 00:51:14.50 | 4:59 | 12 |
| 278 | GIL WOJCIECH | 201 | NW CZŁĄPSKI TEAM | WARSZAWA | POL | M 40-49 | 104 | M 277 | 00:32:14 | 00:43:59 | 00:49:54.10 | 00:50:42.40 | 4:59 | 12 |

BIEG PRZEZ MOST 2019, M Odcinek specjalny c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 6.6km | 9km | Netto | Brutto | min/km | km/h |
|------|-----------------------|-----|---|------------------|------|---------|--------|-------|----------|----------|-------------|-------------|--------|------|
| 279 | GÓRKA MARCIN | 215 | POLSA | WARSZAWA | POL | M 40-49 | 105 | M 278 | 00:32:11 | 00:44:14 | 00:49:58.45 | 00:50:56.20 | 4:59 | 12 |
| 280 | RUSIN BARTOSZ | 678 | KS STASZEWCY | JABŁONNA | POL | M 40-49 | 106 | M 279 | 00:31:32 | 00:43:46 | 00:50:00.30 | 00:50:38.60 | 5:00 | 12 |
| 281 | TARASIUŁ ŁUKASZ | 804 | | MROZY | POL | M 40-49 | 107 | M 280 | 00:32:24 | 00:44:14 | 00:50:01.30 | 00:50:55.80 | 5:00 | 12 |
| 282 | SMUŁEK RAFAŁ | 723 | | WARSZAWA | POL | M 1-29 | 49 | M 281 | 00:32:13 | 00:44:21 | 00:50:02.05 | 00:50:58.70 | 5:00 | 12 |
| 283 | MAREK BARTŁOMIEJ | 500 | | DEBE WIELKIE | POL | M 30-39 | 106 | M 282 | 00:32:38 | 00:44:29 | 00:50:02.05 | 00:50:55.70 | 5:00 | 12 |
| 284 | ORŁOWSKI KRZYSZTOF | 585 | PARKRUN WARSZAWA BRÓDNO | WARSZAWA | POL | M 40-49 | 108 | M 283 | 00:31:28 | 00:44:00 | 00:50:02.90 | 00:50:11.80 | 5:00 | 12 |
| 285 | JAROSZEK PIOTR | 281 | VEGE RUNNERS | KRECZKI | POL | M 30-39 | 107 | M 284 | 00:31:33 | 00:43:50 | 00:50:03.05 | 00:50:40.00 | 5:00 | 12 |
| 286 | ŻURAWSKI MARCIN | 919 | BIEGAM NA TARCHOMINIE/ADIDAS RUNNERS WARSAW | WARSZAWA | POL | M 40-49 | 109 | M 285 | 00:32:13 | 00:44:12 | 00:50:03.70 | 00:50:38.40 | 5:00 | 12 |
| 287 | JANKOWSKI ANDRZEJ | 276 | CAT-FIT | ZEGRZE | POL | M 40-49 | 110 | M 286 | 00:32:29 | 00:44:23 | 00:50:07.60 | 00:50:58.00 | 5:00 | 12 |
| 288 | PRZYBYSZ TOMASZ | 643 | | WARSZAWA | POL | M 1-29 | 50 | M 287 | 00:32:08 | 00:44:21 | 00:50:09.05 | 00:50:51.25 | 5:00 | 12 |
| 289 | MANCZENKO EUGENIUSZ | 494 | LEŚNE SZYCHY | WARSZAWA | POL | M 30-39 | 108 | M 288 | 00:32:43 | 00:44:27 | 00:50:11.90 | 00:51:16.20 | 5:01 | 12 |
| 290 | PASZKOWSKI CEZARY | 603 | | WARSZAWA | POL | M 40-49 | 111 | M 289 | 00:32:44 | 00:44:27 | 00:50:12.40 | 00:51:16.40 | 5:01 | 12 |
| 291 | NOGAS SEBASTIAN | 560 | PZU SPORTTEAM | WARSZAWA | POL | M 30-39 | 109 | M 290 | | | 00:50:13.00 | 00:50:13.00 | 5:01 | 11.9 |
| 292 | SUCHODOLSKI MARIUSZ | 758 | TRUCHT TARCHOMIN TEAM | WARSZAWA | POL | M 40-49 | 112 | M 291 | 00:32:18 | 00:44:08 | 00:50:16.95 | 00:51:04.15 | 5:01 | 11.9 |
| 293 | WITUSIK PAWEŁ | 856 | | WARSZAWA | POL | M 40-49 | 113 | M 292 | 00:32:21 | 00:44:30 | 00:50:18.90 | 00:50:51.25 | 5:01 | 11.9 |
| 294 | ŻÓŁKOWSKI MAREK | 914 | TEAM ZABIEGANEDNI | WARSZAWA | POL | M 60+ | 5 | M 293 | 00:32:36 | 00:44:33 | 00:50:19.00 | 00:51:01.45 | 5:01 | 11.9 |
| 295 | FRYCZ MICHAŁ | 178 | | WARSZAWA | POL | M 40-49 | 114 | M 294 | 00:32:02 | 00:44:18 | 00:50:20.20 | 00:51:12.75 | 5:02 | 11.9 |
| 296 | SKŁUCKI HUBERT | 715 | RUN TEAM NASIELSK | NASIELSK | POL | M 40-49 | 115 | M 295 | 00:31:21 | 00:44:24 | 00:50:24.30 | 00:50:40.30 | 5:02 | 11.9 |
| 297 | WOJNARSKI JANUSZ | 871 | | WARSZAWA | POL | M 60+ | 6 | M 296 | 00:32:30 | 00:44:30 | 00:50:31.65 | 00:51:35.25 | 5:03 | 11.9 |
| 298 | KLEPACKI PIOTR | 350 | | PIOTRKOW TRYB. | POL | M 30-39 | 110 | M 297 | 00:33:03 | 00:44:46 | 00:50:31.70 | 00:50:43.70 | 5:03 | 11.9 |
| 299 | KOWNACKI MARCIN | 396 | | WARSZAWA | POL | M 40-49 | 116 | M 298 | 00:31:42 | 00:44:15 | 00:50:31.85 | 00:51:03.35 | 5:03 | 11.9 |
| 300 | RZECZKOWSKI ZYGMUNT | 686 | METRO WARSZAWSKIE | WARSZAWA | POL | M 60+ | 7 | M 299 | 00:32:08 | 00:44:21 | 00:50:32.55 | 00:51:34.65 | 5:03 | 11.9 |
| 301 | LIBOLD MACIEK | 447 | | WARSZAWA | POL | M 30-39 | 111 | M 300 | 00:32:39 | 00:44:36 | 00:50:37.95 | 00:50:51.35 | 5:03 | 11.8 |
| 302 | DUDKO MIKAŁAI | 156 | JACEKBIEGA RUNNING TEAM | WARSAW | POL | M 30-39 | 112 | M 301 | 00:32:25 | 00:45:08 | 00:50:44.35 | 00:51:28.05 | 5:04 | 11.8 |
| 303 | DOMINIAK ZBIGNIEW | 147 | GRUPAZERO | WARSZAWA | POL | M 40-49 | 117 | M 302 | 00:32:09 | 00:44:26 | 00:50:47.75 | 00:51:47.20 | 5:04 | 11.8 |
| 304 | KASKA MATEUSZ | 334 | | WOŁOMIN | POL | M 30-39 | 113 | M 303 | 00:31:31 | 00:44:19 | 00:50:49.00 | 00:51:26.60 | 5:04 | 11.8 |
| 305 | KMIEĆ KAMIL | 357 | | ZĄBKI | POL | M 1-29 | 51 | M 304 | 00:33:14 | 00:45:09 | 00:50:51.10 | 00:51:50.35 | 5:05 | 11.8 |
| 306 | WIŚNIEWSKI PAWEŁ | 854 | ŁOMIANKOWSKA GRUPA BIEGOWA | ŁOMIANKI | POL | M 40-49 | 118 | M 305 | 00:32:19 | 00:44:42 | 00:50:52.20 | 00:51:25.15 | 5:05 | 11.8 |
| 307 | MYSZKE ARTUR | 553 | | WARSZAWA | POL | M 40-49 | 119 | M 306 | 00:32:26 | 00:44:49 | 00:50:54.60 | 00:51:47.60 | 5:05 | 11.8 |
| 308 | CHRÓST MARCIN | 100 | KS-ZIELONO CZARNI | MIŃSK MAZOWIECKI | POL | M 30-39 | 114 | M 307 | 00:31:05 | 00:44:19 | 00:50:57.45 | 00:51:23.05 | 5:05 | 11.8 |
| 309 | POŁĘC ANDRZEJ | 631 | | WARSZAWA | POL | M 40-49 | 120 | M 308 | 00:32:21 | 00:44:51 | 00:50:59.50 | 00:51:53.10 | 5:06 | 11.8 |
| 310 | BOROWSKI MARIUSZ | 65 | | WARSZAWA | POL | M 40-49 | 121 | M 309 | 00:32:56 | 00:45:00 | 00:50:59.85 | 00:51:50.85 | 5:05 | 11.8 |
| 311 | BITKOWSKI BARTEK | 46 | | WARSZAWA | POL | M 40-49 | 122 | M 310 | 00:33:19 | 00:45:05 | 00:51:02.00 | 00:51:54.00 | 5:06 | 11.8 |
| 312 | WOJTAS MICHAŁ | 929 | | WARSZAWA | POL | M 1-29 | 52 | M 311 | 00:33:10 | 00:45:11 | 00:51:03.15 | 00:51:56.65 | 5:06 | 11.8 |
| 313 | NOWAK DAWID | 566 | | WARSZAWA | POL | M 30-39 | 115 | M 312 | 00:33:57 | 00:45:41 | 00:51:03.45 | 00:52:29.20 | 5:06 | 11.7 |
| 314 | JÓŻWIK GRZEGORZ | 300 | | WARSZAWA | POL | M 40-49 | 123 | M 313 | 00:31:52 | 00:44:43 | 00:51:03.75 | 00:51:31.40 | 5:06 | 11.7 |
| 315 | ADAMIAK PIOTR | 1 | | WARSZAWA | POL | M 40-49 | 124 | M 314 | 00:33:00 | 00:45:14 | 00:51:07.95 | 00:51:43.95 | 5:06 | 11.7 |
| 316 | ŚWIĆ RAFAŁ | 793 | TRUCHT TARCHOMIN TEAM | WARSZAWA | POL | M 40-49 | 125 | M 315 | 00:32:41 | 00:45:02 | 00:51:08.00 | 00:51:57.25 | 5:06 | 11.7 |
| 317 | BIENIEK WOJCIECH | 43 | TRENER24 | WARSZAWA | POL | M 30-39 | 116 | M 316 | 00:32:47 | 00:45:13 | 00:51:12.95 | 00:52:15.60 | 5:07 | 11.7 |
| 318 | DERESZEWSKI PIOTR | 141 | ZABIEGANY WOŁOMIN | WARSZAWA | POL | M 40-49 | 126 | M 317 | 00:32:31 | 00:44:58 | 00:51:13.00 | 00:51:45.85 | 5:07 | 11.7 |
| 319 | ROGAŁA MARCIN | 662 | | WARSZAWA | POL | M 30-39 | 117 | M 318 | 00:32:15 | 00:45:01 | 00:51:13.40 | 00:51:48.20 | 5:07 | 11.7 |
| 320 | PASIŃSKI DANIEL | 949 | GRUPA BIEGOWA UM WARSZAWA | WARSZAWA | POL | M 30-39 | 118 | M 319 | 00:32:32 | 00:45:17 | 00:51:18.70 | 00:51:49.10 | 5:07 | 11.7 |
| 321 | BAZYLEWICZ HUBERT | 27 | | WARSZAWA | POL | M 30-39 | 119 | M 320 | 00:32:15 | 00:45:06 | 00:51:21.20 | 00:52:17.15 | 5:08 | 11.7 |
| 322 | KONIECKI TOMASZ | 363 | | WARSZAWA | POL | M 40-49 | 127 | M 321 | 00:33:13 | 00:45:16 | 00:51:24.60 | 00:52:16.20 | 5:08 | 11.7 |
| 323 | GRABOWSKI WOJCIECH | 972 | ANPHARM RUN TEAM | WARSZAWA | POL | M 40-49 | 128 | M 322 | 00:33:10 | 00:45:13 | 00:51:24.75 | 00:53:35.25 | 5:08 | 11.7 |
| 324 | MATENKA PIOTR | 508 | DYSPOZYCJA DNIA TEAM | WARSZAWA | POL | M 40-49 | 129 | M 323 | 00:32:56 | 00:45:25 | 00:51:24.85 | 00:52:15.05 | 5:08 | 11.7 |
| 325 | ODZIEMCZYK SEBASTIAN | 574 | | WARSZAWA | POL | M 30-39 | 120 | M 324 | 00:32:46 | 00:45:15 | 00:51:26.35 | 00:52:15.90 | 5:08 | 11.7 |
| 326 | SKARZYŃSKI ADAM | 711 | GRUPA BIEGOWA UM W-WA | WARSZAWA | POL | M 30-39 | 121 | M 325 | 00:32:52 | 00:45:17 | 00:51:32.05 | 00:52:20.30 | 5:09 | 11.6 |
| 327 | KOPER SEBASTIAN | 369 | CARREFOUR RUNNING TEAM | WARSZAWA | POL | M 40-49 | 130 | M 326 | 00:32:37 | 00:45:17 | 00:51:33.90 | 00:52:11.00 | 5:09 | 11.6 |
| 328 | KLIMCZYŃSKI RAFAŁ | 351 | | WARSZAWA | POL | M 30-39 | 122 | M 327 | 00:33:14 | 00:45:33 | 00:51:34.00 | 00:52:45.25 | 5:09 | 11.6 |
| 329 | CHUDIO MARCIN | 103 | | WARSZAWA | POL | M 30-39 | 123 | M 328 | 00:32:39 | 00:45:22 | 00:51:36.45 | 00:52:28.45 | 5:09 | 11.6 |
| 330 | BIEDROŃ ARTUR | 40 | TARCHO CHARTY | WARSZAWA | POL | M 40-49 | 131 | M 329 | 00:33:14 | 00:45:39 | 00:51:38.90 | 00:52:24.00 | 5:09 | 11.6 |
| 331 | KĘDZIERSKI MIECZYSLAW | 339 | TG SOKÓŁ BRWINÓW | MILANÓWEK | POL | M 60+ | 8 | M 330 | 00:32:58 | 00:45:29 | 00:51:40.30 | 00:52:53.95 | 5:10 | 11.6 |
| 332 | BEDNARSKI TOMASZ | 32 | | WARSZAWA | POL | M 40-49 | 132 | M 331 | 00:34:00 | 00:45:56 | 00:51:41.70 | 00:52:24.30 | 5:10 | 11.6 |
| 333 | FABIANOWICZ PAWEŁ | 162 | BOŚ BANK SA | WARSZAWA | POL | M 30-39 | 124 | M 332 | 00:32:35 | 00:45:21 | 00:51:43.00 | 00:52:35.55 | 5:10 | 11.6 |
| 334 | CZAPSKI MICHAŁ | 124 | BIEGAM NA TARCHOMINIE | WARSZAWA | POL | M 30-39 | 125 | M 333 | 00:32:38 | 00:45:31 | 00:51:43.80 | 00:52:19.30 | 5:10 | 11.6 |

BIEG PRZEZ MOST 2019, M Odcinek specjalny c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 6.6km | 9km | Netto | Brutto | min/km | km/h |
|------|------------------------|-----|----------------------------------|----------------------|------|---------|--------|-------|----------|----------|-------------|-------------|--------|------|
| 335 | STOKOWSKI PAWEŁ | 985 | | | | M 30-39 | 126 | M 334 | 00:32:59 | 00:45:25 | 00:51:44.70 | 00:52:13.80 | 5:10 | 11.6 |
| 336 | WALECKI ROMUALD | 959 | KLUB SAMICY NOSOROŻCA | WARSZAWA | POL | M 40-49 | 133 | M 335 | 00:32:32 | 00:45:41 | 00:51:44.80 | 00:51:51.45 | 5:10 | 11.6 |
| 337 | MARCZEWSKI MARCIN | 499 | RESILIA BEMOWO | WARSZAWA | POL | M 40-49 | 134 | M 336 | 00:32:59 | 00:45:54 | 00:51:47.45 | 00:52:41.25 | 5:10 | 11.6 |
| 338 | GRYCNER PAWEŁ | 230 | SHAKALAKA BOOM BOOM | WARSZAWA | POL | M 30-39 | 127 | M 337 | 00:33:29 | 00:45:55 | 00:51:52.10 | 00:52:48.10 | 5:11 | 11.6 |
| 339 | FILIPCZUK DARIUSZ | 169 | | ZIELONKA | POL | M 50-59 | 18 | M 338 | 00:32:49 | 00:45:33 | 00:51:53.50 | 00:52:33.40 | 5:11 | 11.6 |
| 340 | CHOTOMSKI MARCIN | 99 | | LEGIONOWO | POL | M 30-39 | 128 | M 339 | 00:33:18 | 00:45:48 | 00:51:54.40 | 00:52:01.35 | 5:11 | 11.6 |
| 341 | BEŁOWSKI LESZEK | 34 | CHEMIK NOXY PUŁAWY | PULAWY | POL | M 60+ | 9 | M 340 | 00:33:09 | 00:45:42 | 00:51:54.45 | 00:52:59.80 | 5:11 | 11.6 |
| 342 | CHĘC TOMASZ | 89 | | WARSZAWA | POL | M 30-39 | 129 | M 341 | 00:33:51 | 00:46:08 | 00:51:56.85 | 00:53:06.20 | 5:11 | 11.5 |
| 343 | SŁOMKA BOGUMIŁ | 720 | | WARSZAWA | POL | M 40-49 | 135 | M 342 | 00:33:09 | 00:45:51 | 00:52:04.65 | 00:53:18.30 | 5:12 | 11.5 |
| 344 | STRZAŁEK ANDRZEJ | 752 | TRUCHT TARCHOMIN TEAM | WARSZAWA | POL | M 50-59 | 19 | M 343 | 00:33:13 | 00:45:55 | 00:52:09.05 | 00:52:58.00 | 5:13 | 11.5 |
| 345 | PANASZEWSKI PRZEMYSŁAW | 597 | | KOSZALIN | POL | M 1-29 | 53 | M 344 | 00:33:51 | 00:46:13 | 00:52:11.65 | 00:53:17.65 | 5:13 | 11.5 |
| 346 | SZOPA SŁAWOMIR | 780 | | WARSZAWA | POL | M 40-49 | 136 | M 345 | 00:33:12 | 00:45:58 | 00:52:13.05 | 00:53:07.85 | 5:13 | 11.5 |
| 347 | LISZEWSKI KRZYSZTOF | 452 | RUN TEAM NASIELSK | WARSZAWA | POL | M 40-49 | 137 | M 346 | 00:33:05 | 00:45:31 | 00:52:21.25 | 00:53:09.50 | 5:14 | 11.5 |
| 348 | FLORYSIAK ARTUR | 175 | | WARSZAWA | POL | M 40-49 | 138 | M 347 | 00:34:08 | 00:46:31 | 00:52:25.05 | 00:53:28.65 | 5:14 | 11.4 |
| 349 | CIEPLAK ANDRZEJ | 106 | | WARSZAWA | POL | M 40-49 | 139 | M 348 | 00:34:40 | 00:46:48 | 00:52:28.05 | 00:54:02.15 | 5:14 | 11.4 |
| 350 | JASIŃSKI ADAM | 283 | | ZĄBKI | POL | M 30-39 | 130 | M 349 | 00:34:06 | 00:46:28 | 00:52:29.20 | 00:53:29.55 | 5:14 | 11.4 |
| 351 | WANOWSKI ANDRZEJ | 832 | ROZBIEGAMY NOWY DWÓR | NOWY DWÓR MAZOWIECKI | POL | M 60+ | 10 | M 350 | 00:33:27 | 00:46:01 | 00:52:29.40 | 00:53:26.50 | 5:14 | 11.4 |
| 352 | FIJALEK KAMIL | 168 | | WARSZAWA | POL | M 30-39 | 131 | M 351 | 00:33:26 | 00:46:12 | 00:52:32.00 | 00:53:44.30 | 5:15 | 11.4 |
| 353 | SZCZEPAŃSKI MARCIN | 771 | WATAHA-WARSZAWA | PIASECZNO | POL | M 30-39 | 132 | M 352 | 00:33:31 | 00:46:21 | 00:52:32.60 | 00:53:21.15 | 5:15 | 11.4 |
| 354 | ANTOSIK PIOTR | 9 | | WARSZAWA | POL | M 40-49 | 140 | M 353 | 00:34:35 | 00:46:55 | 00:52:35.20 | 00:54:03.65 | 5:15 | 11.4 |
| 355 | CHRZANOWSKI WOJCIECH | 102 | CJHRZANOWSKITEAM | WARSZAWA | POL | M 30-39 | 133 | M 354 | 00:33:39 | 00:46:22 | 00:52:36.80 | 00:53:53.20 | 5:15 | 11.4 |
| 356 | SOPELEWSKI SEBASTIAN | 731 | | WARSZAWA | POL | M 30-39 | 134 | M 355 | 00:33:46 | 00:46:41 | 00:52:37.20 | 00:53:28.20 | 5:15 | 11.4 |
| 357 | MARUSZAK ŁUKASZ | 504 | BIEGAM NA TARCHOMINIE | WARSZAWA | POL | M 30-39 | 135 | M 356 | 00:34:08 | 00:46:45 | 00:52:39.70 | 00:53:22.60 | 5:16 | 11.4 |
| 358 | POLAK MICHAŁ | 629 | | WARSZAWA | POL | M 30-39 | 136 | M 357 | 00:33:48 | 00:46:40 | 00:52:44.65 | 00:53:31.40 | 5:16 | 11.4 |
| 359 | KAMIŃSKI WIESŁAW | 324 | NASIELSK BASZTA TEAM | WARSZAWA | POL | M 50-59 | 20 | M 358 | 00:35:38 | 00:47:02 | 00:52:50.80 | 00:54:16.65 | 5:17 | 11.4 |
| 360 | ZAJDA DOMINIK | 883 | | WARSZAWA | POL | M 1-29 | 54 | M 359 | 00:33:09 | 00:46:35 | 00:52:51.90 | 00:53:13.25 | 5:17 | 11.3 |
| 361 | MATUSIAK KAROL | 943 | BDG | WARSZAWA | POL | M 1-29 | 55 | M 360 | 00:33:39 | 00:46:48 | 00:52:52.45 | 00:54:12.40 | 5:17 | 11.3 |
| 362 | ŁABA PIOTR | 455 | | ZIELONKA | POL | M 40-49 | 141 | M 361 | 00:33:35 | 00:46:31 | 00:52:53.35 | 00:53:45.90 | 5:17 | 11.3 |
| 363 | KRUSZEWSKI PIOTR | 412 | | ZIELONKA | POL | M 40-49 | 142 | M 362 | 00:33:35 | 00:46:31 | 00:52:53.80 | 00:53:45.80 | 5:17 | 11.3 |
| 364 | ZIOŁO GRZEGORZ | 946 | | WARSZAWA | POL | M 1-29 | 56 | M 363 | 00:33:39 | 00:46:48 | 00:52:53.95 | 00:54:13.10 | 5:17 | 11.3 |
| 365 | SZCZYGIEL MICHAŁ | 775 | | STRZYŻÓW | POL | M 1-29 | 57 | M 364 | 00:34:18 | 00:46:51 | 00:52:59.50 | 00:55:59.10 | 5:18 | 11.3 |
| 366 | GŁÓWKA RAFAŁ | 206 | | MARKI | POL | M 40-49 | 143 | M 365 | 00:33:08 | 00:46:20 | 00:52:59.65 | 00:53:23.75 | 5:17 | 11.3 |
| 367 | MENDREK IRENEUSZ | 517 | TURBODZIKI | WARSZAWA | POL | M 30-39 | 137 | M 366 | 00:34:44 | 00:46:54 | 00:52:59.85 | 00:54:12.40 | 5:18 | 11.3 |
| 368 | ZIELIŃSKI KRZYSZTOF | 905 | HIKINGTOURS.PL | WARSZAWA | POL | M 40-49 | 144 | M 367 | 00:34:23 | 00:46:59 | 00:53:05.75 | 00:54:55.00 | 5:18 | 11.3 |
| 369 | WASILEWSKI GRZEGORZ | 837 | RUN TEAM NASIELSK | PŁONSK | POL | M 30-39 | 138 | M 368 | 00:34:25 | 00:47:06 | 00:53:17.15 | 00:53:51.25 | 5:19 | 11.3 |
| 370 | KUCZYŃSKI IGOR | 421 | APTEKARZ WARSZAWSKI | WARSZAWA | POL | M 40-49 | 145 | M 369 | 00:33:58 | 00:46:55 | 00:53:17.75 | 00:54:11.95 | 5:19 | 11.3 |
| 371 | SZTRANOWICZ PIOTR | 783 | | WARSZAWA | POL | M 40-49 | 146 | M 370 | 00:33:53 | 00:46:59 | 00:53:20.75 | 00:54:21.55 | 5:20 | 11.2 |
| 372 | BARTECKI TOMASZ | 967 | | WROCLAW | POL | M 30-39 | 139 | M 371 | 00:34:39 | 00:47:15 | 00:53:20.85 | 00:54:30.50 | 5:20 | 11.2 |
| 373 | WASIAK BARTOSZ | 834 | | WARSZAWA | POL | M 30-39 | 140 | M 372 | 00:34:30 | 00:47:20 | 00:53:29.05 | 00:54:47.95 | 5:20 | 11.2 |
| 374 | CHMIELECKI TOMASZ | 91 | LOTAMS TEAM | PIASTÓW | POL | M 40-49 | 147 | M 373 | 00:33:41 | 00:47:07 | 00:53:30.85 | 00:54:19.70 | 5:21 | 11.2 |
| 375 | KARCZEWSKI JACEK | 330 | GRUPA BIEGOWA UM W-WA | WARSZAWA | POL | M 40-49 | 148 | M 374 | 00:34:55 | 00:47:26 | 00:53:31.30 | 00:54:53.70 | 5:21 | 11.2 |
| 376 | KRZYWIEC PRZEMYSŁAW | 417 | | FALENTY | POL | M 30-39 | 141 | M 375 | 00:35:01 | 00:47:31 | 00:53:32.05 | 00:54:31.95 | 5:21 | 11.2 |
| 377 | GARBACZEWSKI ZBIGNIEW | 189 | GRUPA BIEGOWA UM W-WA | JABŁONNA | POL | M 40-49 | 149 | M 376 | 00:33:02 | 00:46:38 | 00:53:38.85 | 00:54:38.50 | 5:21 | 11.2 |
| 378 | KLEPACKI PAWEŁ | 349 | | WARSZAWA | POL | M 30-39 | 142 | M 377 | 00:33:42 | 00:47:09 | 00:53:43.45 | 00:53:55.90 | 5:22 | 11.2 |
| 379 | ROJEK HUBERT | 666 | | LESZCZYDÓŁ NOWINY | POL | M 1-29 | 58 | M 378 | 00:35:37 | 00:48:05 | 00:53:49.90 | 00:55:00.80 | 5:23 | 11.1 |
| 380 | TRATKIEWICZ MAREK | 813 | | WARSZAWA | POL | M 40-49 | 150 | M 379 | 00:34:37 | 00:47:38 | 00:53:50.35 | 00:54:26.85 | 5:23 | 11.1 |
| 381 | SULICH MATEUSZ | 761 | | LEGIONOWO | POL | M 1-29 | 59 | M 380 | 00:35:04 | 00:47:38 | 00:53:50.75 | 00:54:49.10 | 5:23 | 11.1 |
| 382 | ADAMKIEWICZ MARCIN | 961 | INICJATYWA MIESZKAŃCÓW BIAŁOŁĘKI | WARSZAWA | POL | M 30-39 | 143 | M 381 | 00:33:08 | 00:47:08 | 00:53:51.75 | 00:54:04.40 | 5:23 | 11.1 |
| 383 | KLUJ BOGUSŁAW | 354 | BIEGNĘ DLA SANDRY I ROBERTA | ZAKRĘT | POL | M 60+ | 11 | M 382 | 00:34:43 | 00:47:37 | 00:53:56.15 | 00:54:56.05 | 5:23 | 11.1 |
| 384 | PIOTROWSKI JAN | 624 | | WARSZAWA | POL | M 30-39 | 144 | M 383 | 00:34:24 | 00:47:17 | 00:53:57.50 | 00:56:03.00 | 5:23 | 11.1 |
| 385 | SYPIŃEWSKI PIOTR | 770 | TKKF BŁYSKAWICA | WARSZAWA | POL | M 40-49 | 151 | M 384 | 00:34:58 | 00:47:34 | 00:53:58.75 | 00:55:05.75 | 5:23 | 11.1 |
| 386 | WŁODEK RAFAŁ | 863 | | WARSZAWA | POL | M 30-39 | 145 | M 385 | 00:34:20 | 00:47:36 | 00:54:00.60 | 00:55:21.75 | 5:24 | 11.1 |
| 387 | MARCZAK MARCIN | 498 | | WARSZAWA | POL | M 30-39 | 146 | M 386 | 00:34:54 | 00:47:58 | 00:54:03.70 | 00:55:35.10 | 5:24 | 11.1 |
| 388 | MITURA GRZEGORZ | 537 | | WARSZAWA | POL | M 30-39 | 147 | M 387 | 00:34:30 | 00:47:44 | 00:54:05.10 | 00:54:57.45 | 5:24 | 11.1 |
| 389 | MOCZYDŁOWSKI ŁUKASZ | 540 | MASTERS DOJO | WARSZAWA | POL | M 40-49 | 152 | M 388 | 00:35:08 | 00:47:57 | 00:54:08.55 | 00:55:19.75 | 5:24 | 11.1 |
| 390 | CIESIELSKI RAFAŁ | 109 | WOJEWÓDZCY TEAM | WARSZAWA | POL | M 40-49 | 153 | M 389 | 00:34:58 | 00:47:46 | 00:54:14.25 | 00:55:19.75 | 5:25 | 11.1 |
| 391 | KOSTRUBIEC GRZEGORZ | 381 | | WARSZAWA | POL | M 30-39 | 148 | M 390 | 00:34:34 | 00:47:47 | 00:54:16.45 | 00:54:28.00 | 5:25 | 11.1 |

BIEG PRZEZ MOST 2019, M Odcinek specjalny c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 6.6km | 9km | Netto | Brutto | min/km | km/h |
|------|-----------------------|-----|---|----------------------|------|---------|--------|-------|----------|----------|-------------|-------------|--------|------|
| 392 | KORNESZCZUK WOJCIECH | 374 | | STASI LAS | POL | M 30-39 | 149 | M 391 | 00:35:08 | 00:48:23 | 00:54:17.20 | 00:55:31.65 | 5:25 | 11.1 |
| 393 | CHOJNOWSKI ANDRZEJ | 96 | BIEGAM NA TARCHOMINIE | WARSZAWA | POL | M 40-49 | 154 | M 392 | 00:34:30 | 00:47:50 | 00:54:18.65 | 00:55:21.35 | 5:25 | 11 |
| 394 | STACHACZ MIROSLAW | 736 | ZPHU DREWMAX | OSTROŁĘKA | POL | M 50-59 | 21 | M 393 | 00:33:54 | 00:47:30 | 00:54:19.30 | 00:55:28.50 | 5:25 | 11 |
| 395 | ŚWIERSZCZ ANDRZEJ | 797 | | WARSZAWA | POL | M 50-59 | 22 | M 394 | 00:34:54 | 00:47:58 | 00:54:20.90 | 00:55:35.20 | 5:26 | 11 |
| 396 | LEBIODA TOMASZ | 437 | | WARSZAWA | POL | M 1-29 | 60 | M 395 | 00:33:42 | 00:47:40 | 00:54:21.55 | 00:54:52.20 | 5:26 | 11 |
| 397 | TUCZYŃSKI ROBERT | 816 | ORT ŁOMIANKI | ŁOMIANKI | POL | M 40-49 | 155 | M 396 | 00:34:42 | 00:47:58 | 00:54:27.20 | 00:55:23.60 | 5:26 | 11 |
| 398 | GROCHOWSKI PAWEŁ | 227 | PZU SPORT TEAM | WARSZAWA | POL | M 30-39 | 150 | M 397 | 00:34:52 | 00:48:16 | 00:54:28.45 | 00:55:37.55 | 5:26 | 11 |
| 399 | JABLONKA RADOSŁAW | 258 | DZIADY OCR | WYSZKÓW | POL | M 40-49 | 156 | M 398 | 00:34:31 | 00:48:07 | 00:54:35.05 | 00:55:31.35 | 5:27 | 11 |
| 400 | GOLONKA PATRYK | 937 | MASTERS DOJO | WARSZAWA | POL | M 1-29 | 61 | M 399 | 00:36:10 | 00:49:16 | 00:54:36.25 | 00:55:47.75 | 5:27 | 11 |
| 401 | MATUSZEWSKI PAWEŁ | 510 | | NOWY DWÓR MAZOWIECKI | POL | M 30-39 | 151 | M 400 | 00:35:07 | 00:48:21 | 00:54:39.15 | 00:55:37.50 | 5:27 | 11 |
| 402 | BORUSZEWSKI MACIEJ | 67 | | WARSZAWA | POL | M 40-49 | 157 | M 401 | 00:35:08 | 00:48:21 | 00:54:42.70 | 00:55:38.00 | 5:28 | 11 |
| 403 | ZAKRZEWSKI MAREK | 884 | EKOBIEGI | WARSZAWA | POL | M 40-49 | 158 | M 402 | 00:35:04 | 00:47:57 | 00:54:43.75 | 00:55:45.05 | 5:28 | 11 |
| 404 | JARMUŻEWSKI ADAM | 279 | TIA | WARSZAWA | POL | M 40-49 | 159 | M 403 | 00:35:15 | 00:48:13 | 00:54:44.25 | 00:56:11.65 | 5:28 | 11 |
| 405 | KARWOWSKI MARIUSZ | 332 | GRUPA BIEGOWA UM W-WA | CHOTOMÓW | POL | M 40-49 | 160 | M 404 | 00:36:03 | 00:48:42 | 00:54:44.80 | 00:56:17.75 | 5:28 | 11 |
| 406 | MAMLA ZBIGNIEW | 493 | TRUCHT TARCHOMIN TEAM | WARSZAWA | POL | M 40-49 | 161 | M 405 | 00:35:01 | 00:48:02 | 00:54:46.05 | 00:55:47.15 | 5:28 | 11 |
| 407 | MIANOWSKI MARCIN | 519 | | OTWOCK | POL | M 40-49 | 162 | M 406 | 00:32:40 | 00:47:38 | 00:54:47.60 | 00:54:56.70 | 5:28 | 11 |
| 408 | NOWACKI JULIAN | 938 | TO NATURALNE | WARSZAWA | POL | M 60+ | 12 | M 407 | 00:35:03 | 00:48:14 | 00:54:50.50 | 00:55:09.70 | 5:29 | 10.9 |
| 409 | BAKUŁA WIESŁAW | 14 | WAMPIR | KADZIDŁO | POL | M 50-59 | 23 | M 408 | 00:34:16 | 00:48:02 | 00:54:53.90 | 00:55:20.30 | 5:29 | 10.9 |
| 410 | NOWAK JERZY | 565 | PWPW | WA-WA | POL | M 40-49 | 163 | M 409 | 00:35:33 | 00:48:23 | 00:54:53.95 | 00:56:33.40 | 5:29 | 10.9 |
| 411 | KORLAK ŁUKASZ | 371 | | WARSZAWA | POL | M 30-39 | 152 | M 410 | 00:35:56 | 00:48:58 | 00:54:54.80 | 00:56:06.05 | 5:29 | 10.9 |
| 412 | SULIŃSKI SŁAWOMIR | 763 | | WARSZAWA | POL | M 40-49 | 164 | M 411 | 00:35:25 | 00:48:33 | 00:54:57.40 | 00:56:25.40 | 5:29 | 10.9 |
| 413 | ANIOŁKOWSKI KRZYSZTOF | 8 | GRUPA BIEGOWA UM W-WA | WARSZAWA | POL | M 30-39 | 153 | M 412 | 00:35:55 | 00:48:56 | 00:55:00.25 | 00:56:16.30 | 5:30 | 10.9 |
| 414 | KAZMIERSKI ADRIAN | 336 | | WOŁOMIN | POL | M 30-39 | 154 | M 413 | 00:35:33 | 00:48:39 | 00:55:01.25 | 00:56:21.50 | 5:30 | 10.9 |
| 415 | JANKOWSKI MICHAŁ | 942 | | WARSZAWA | POL | M 40-49 | 165 | M 414 | 00:34:21 | 00:48:13 | 00:55:02.05 | 00:55:56.90 | 5:30 | 10.9 |
| 416 | MODRZEJEWSKI ZBIGNIEW | 541 | | LEGIONOWO | POL | M 50-59 | 24 | M 415 | 00:35:11 | 00:48:36 | 00:55:04.55 | 00:55:32.50 | 5:30 | 10.9 |
| 417 | ZYGADŁO PIOTR | 911 | | WARSZAWA | POL | M 30-39 | 155 | M 416 | 00:35:39 | 00:48:41 | 00:55:04.65 | 00:55:23.60 | 5:30 | 10.9 |
| 418 | JANKOWSKI MARCIN | 975 | ANPHARM RUN TEAM | WARSZAWA | POL | M 30-39 | 156 | M 417 | 00:35:25 | 00:48:47 | 00:55:05.00 | 00:57:15.90 | 5:30 | 10.9 |
| 419 | IDZIAK JAROSŁAW | 921 | | WARSZAWA | POL | M 30-39 | 157 | M 418 | 00:31:20 | 00:45:08 | 00:55:05.45 | 00:55:41.15 | 5:30 | 10.9 |
| 420 | KRÓLAK PAWEŁ | 404 | | WARSZAWA | POL | M 30-39 | 158 | M 419 | 00:35:04 | 00:48:27 | 00:55:06.75 | 00:56:30.85 | 5:30 | 10.9 |
| 421 | KUBASIEWICZ ARTUR | 418 | SAM | WARSZAWA | POL | M 50-59 | 25 | M 420 | 00:35:44 | 00:48:48 | 00:55:09.35 | 00:56:38.45 | 5:30 | 10.9 |
| 422 | WIĘCH ANDRZEJ | 849 | | WARSZAWA | POL | M 40-49 | 166 | M 421 | 00:35:00 | 00:48:26 | 00:55:11.00 | 00:56:17.40 | 5:31 | 10.9 |
| 423 | ADAMSKI SZYMON | 3 | | WARSZAWA | POL | M 1-29 | 62 | M 422 | 00:36:48 | 00:49:17 | 00:55:20.55 | 00:56:55.00 | 5:32 | 10.8 |
| 424 | DANIELSKI JACEK | 132 | PZU SPORT TEAM | WARSZAWA | POL | M 40-49 | 167 | M 423 | 00:35:35 | 00:48:59 | 00:55:21.25 | 00:56:31.60 | 5:32 | 10.8 |
| 425 | CZAJKOWSKI MARIUSZ | 121 | | MYSIADŁO | POL | M 40-49 | 168 | M 424 | 00:35:03 | 00:48:44 | 00:55:22.55 | 00:57:31.75 | 5:32 | 10.8 |
| 426 | KOWALCZYK ZDZISŁAW | 968 | JW 2189 | WARSZAWA | POL | M 40-49 | 169 | M 425 | 00:35:02 | 00:48:58 | 00:55:23.95 | 00:56:03.95 | 5:32 | 10.8 |
| 427 | RULAK JERZY | 986 | | WARSZAWA | POL | M 30-39 | 159 | M 426 | 00:35:13 | 00:48:41 | 00:55:25.15 | 00:56:30.00 | 5:32 | 10.8 |
| 428 | BORCZYŃSKI PIOTR | 59 | MŁODZIEŻOWA RADA M.ST. WARSZAWY | WARSZAWA | POL | M 1-29 | 63 | M 427 | 00:34:03 | 00:48:52 | 00:55:27.35 | 00:55:32.90 | 5:32 | 10.8 |
| 429 | ZWOLIŃSKI GRZEGORZ | 909 | REEBOK RUN CREW | WARSZAWA | POL | M 40-49 | 170 | M 428 | 00:36:26 | 00:49:23 | 00:55:31.35 | 00:56:47.10 | 5:33 | 10.8 |
| 430 | NIEDBAŁKA MARCIN | 557 | | JÓZEFÓW | POL | M 30-39 | 160 | M 429 | 00:35:05 | 00:48:59 | 00:55:34.35 | 00:57:09.55 | 5:33 | 10.8 |
| 431 | SULIŃSKI ANDRZEJ | 762 | | WARSZAWA | POL | M 40-49 | 171 | M 430 | 00:35:32 | 00:49:02 | 00:55:37.80 | 00:57:07.10 | 5:33 | 10.8 |
| 432 | SYLWESTRZUK MARIUSZ | 769 | | KOBYŁKA | POL | M 50-59 | 26 | M 431 | 00:35:14 | 00:48:57 | 00:55:39.25 | 00:57:04.35 | 5:33 | 10.8 |
| 433 | BUTKIEWICZ DARIUSZ | 86 | | WARSZAWA | POL | M 40-49 | 172 | M 432 | 00:34:57 | 00:48:55 | 00:55:41.45 | 00:57:06.10 | 5:34 | 10.8 |
| 434 | SZLACHTA WIESŁAW | 776 | | WARSZAWA | POL | M 40-49 | 173 | M 433 | 00:34:57 | 00:48:47 | 00:55:45.15 | 00:56:18.75 | 5:34 | 10.8 |
| 435 | GMYREK ROBERT | 207 | | WARSZAWA | POL | M 30-39 | 161 | M 434 | 00:35:04 | 00:48:59 | 00:55:45.60 | 00:56:59.90 | 5:34 | 10.8 |
| 436 | STANKIEWICZ MACIEJ | 739 | AMI & AURI RUNNERS CLUB | WARSZAWA | POL | M 30-39 | 162 | M 435 | 00:36:59 | 00:49:35 | 00:55:46.20 | 00:57:10.25 | 5:34 | 10.8 |
| 437 | BARNIK RAFAŁ | 977 | | WARSZAWA | POL | M 40-49 | 174 | M 436 | 00:35:10 | 00:48:55 | 00:55:47.40 | 00:56:13.70 | 5:34 | 10.8 |
| 438 | BARTOSZEWSKI DANIEL | 23 | | GÓRA KALWARIA | POL | M 1-29 | 64 | M 437 | 00:35:33 | 00:49:21 | 00:55:48.60 | 00:56:33.40 | 5:34 | 10.7 |
| 439 | PĘDZICH PRZEMYSŁAW | 614 | | WARSZAWA | POL | M 30-39 | 163 | M 438 | 00:33:38 | 00:48:19 | 00:55:51.30 | 00:56:49.80 | 5:35 | 10.7 |
| 440 | KONOPACKI MACIEJ | 365 | JESTEŚ ZWYCIĘZCĄ-CHRZASZCZYŻESZOWICE | WARSZAWA | POL | M 30-39 | 164 | M 439 | 00:35:42 | 00:49:28 | 00:55:52.05 | 00:56:58.95 | 5:35 | 10.7 |
| 441 | MAZUR MICHAŁ | 514 | | WARSZAWA | POL | M 30-39 | 165 | M 440 | 00:36:36 | 00:49:35 | 00:55:55.30 | 00:56:46.60 | 5:35 | 10.7 |
| 442 | KARBOWNIK JAKUB | 329 | | WARSZAWA | POL | M 30-39 | 166 | M 441 | 00:35:33 | 00:48:55 | 00:55:55.70 | 00:57:30.50 | 5:35 | 10.7 |
| 443 | FEDEROWICZ ŁUKASZ | 166 | | ZGIERZ | POL | M 30-39 | 167 | M 442 | 00:35:56 | 00:49:34 | 00:55:58.25 | 00:57:10.05 | 5:35 | 10.7 |
| 444 | GRABOWSKI ŁUKASZ | 219 | | WARSZAWA | POL | M 30-39 | 168 | M 443 | 00:34:49 | 00:48:51 | 00:56:02.30 | 00:56:57.80 | 5:36 | 10.7 |
| 445 | ŚWIST MICHAŁ | 801 | | WARSZAWA | POL | M 30-39 | 169 | M 444 | 00:36:00 | 00:49:22 | 00:56:04.05 | 00:57:17.20 | 5:36 | 10.7 |
| 446 | MAZUŚ JAREK | 515 | | WARSZAWA | POL | M 40-49 | 175 | M 445 | 00:35:52 | 00:49:31 | 00:56:13.20 | 00:57:48.05 | 5:37 | 10.7 |

BIEG PRZEZ MOST 2019, M Odcinek specjalny c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 6.6km | 9km | Netto | Brutto | min/km | km/h |
|------|-------------------------|------|---|---------------------|------|---------|--------|-------|----------|----------|-------------|-------------|--------|------|
| 447 | MATUSEWICZ KRZYSZTOF | 509 | | WARSZAWA | POL | M 40-49 | 176 | M 446 | 00:35:45 | 00:49:29 | 00:56:13.35 | 00:57:18.10 | 5:37 | 10.7 |
| 448 | PRASAL ARTUR | 632 | REEBOKRUNCREW LDZ | ŁÓDŹ | POL | M 40-49 | 177 | M 447 | 00:39:48 | 00:50:43 | 00:56:23.20 | 00:57:31.45 | 5:38 | 10.6 |
| 449 | GAJEWICZ ARKADIUSZ | 184 | | JABŁONNA | POL | M 30-39 | 170 | M 448 | 00:35:57 | 00:49:34 | 00:56:26.35 | 00:57:53.15 | 5:38 | 10.6 |
| 450 | GLAZER MARCIN | 203 | PKO BANK POLSKI | WARSZAWA | POL | M 30-39 | 171 | M 449 | 00:38:20 | 00:50:42 | 00:56:31.15 | 00:58:27.00 | 5:39 | 10.6 |
| 451 | BUKOWSKI JANUSZ | 999 | STOWARZYSZENIE DAĆ SIEBIE INNYM | WARSZAWA | POL | M 60+ | 13 | M 450 | 00:35:54 | 00:49:43 | 00:56:33.60 | 00:56:37.25 | 5:39 | 10.6 |
| 452 | KACZOREK ROBERT | 318 | | WARSZAWA | POL | M 60+ | 14 | M 451 | 00:35:58 | 00:49:42 | 00:56:34.45 | 00:56:57.15 | 5:39 | 10.6 |
| 453 | ŁOBODA PIOTR | 465 | | WAŁCZ | POL | M 40-49 | 178 | M 452 | 00:35:46 | 00:49:52 | 00:56:38.65 | 00:57:42.05 | 5:39 | 10.6 |
| 454 | THOMAS SZCZEPAN | 806 | WARSZAWSKA AKADEMIA KARATE TRADYCYJNEGO | WARSZAWA | POL | M 50-59 | 27 | M 453 | 00:35:49 | 00:49:35 | 00:56:40.10 | 00:57:34.25 | 5:40 | 10.6 |
| 455 | KRÓL WOJCIECH | 403 | | WARSZAWA | POL | M 1-29 | 65 | M 454 | 00:37:41 | 00:50:52 | 00:56:44.25 | 00:58:16.00 | 5:40 | 10.6 |
| 456 | KAMIŃSKI MACIEJ | 325 | | WARSZAWA | POL | M 30-39 | 172 | M 455 | 00:36:24 | 00:50:05 | 00:56:58.40 | 00:59:03.70 | 5:41 | 10.5 |
| 457 | JANISZEWSKI JAN | 268 | | NIDZICA | POL | M 60+ | 15 | M 456 | 00:36:27 | 00:50:06 | 00:57:01.70 | 00:57:26.85 | 5:42 | 10.5 |
| 458 | ŁABĘDA STANISŁAW | 456 | NASIELSK BASZTA TEAM | WARSZAWA | POL | M 40-49 | 179 | M 457 | 00:36:37 | 00:50:24 | 00:57:07.80 | 00:58:33.40 | 5:42 | 10.5 |
| 459 | ZDUŃSKI JAROSŁAW | 900 | | WARSZAWA | POL | M 50-59 | 28 | M 458 | 00:35:41 | 00:50:10 | 00:57:08.85 | 00:58:25.45 | 5:42 | 10.5 |
| 460 | NOSARZEWSKI MARIUSZ | 562 | | TRZCIANY | POL | M 40-49 | 180 | M 459 | 00:35:54 | 00:50:05 | 00:57:11.65 | 00:58:20.40 | 5:43 | 10.5 |
| 461 | JÓZWIK ROBERT | 298 | HARX TEAM | WARSZAWA | POL | M 40-49 | 181 | M 460 | 00:37:03 | 00:50:29 | 00:57:11.65 | 00:57:32.50 | 5:43 | 10.5 |
| 462 | TADRAŁA TOMEK | 803 | | WARSZAWA | POL | M 30-39 | 173 | M 461 | 00:36:23 | 00:50:10 | 00:57:12.25 | 00:59:07.55 | 5:43 | 10.5 |
| 463 | KUMALA SEBASTIAN | 425 | | BEDKOWICE | POL | M 30-39 | 174 | M 462 | 00:35:36 | 00:49:55 | 00:57:13.65 | 00:57:26.25 | 5:43 | 10.5 |
| 464 | PUCHACZ PRZEMYSŁAW | 647 | | WARSZAWA | POL | M 30-39 | 175 | M 463 | 00:34:42 | 00:49:52 | 00:57:14.80 | 00:57:46.65 | 5:43 | 10.5 |
| 465 | MARCINKIEWICZ TYMEK | 497 | | WARSZAWA | POL | M 1-29 | 66 | M 464 | 00:36:07 | 00:50:44 | 00:57:18.30 | 00:58:31.00 | 5:43 | 10.5 |
| 466 | GROCHOWSKI PIOTR | 226 | | WARSZAWA | POL | M 40-49 | 182 | M 465 | 00:37:15 | 00:50:38 | 00:57:19.80 | 00:59:02.45 | 5:44 | 10.5 |
| 467 | MATAK MARIUSZ | 506 | | WARSZAWA | POL | M 30-39 | 176 | M 466 | 00:35:49 | 00:50:35 | 00:57:22.50 | 00:58:52.05 | 5:44 | 10.5 |
| 468 | MUCHA GRZEGORZ | 549 | | WARSZAWA | POL | M 60+ | 16 | M 467 | 00:36:20 | 00:50:22 | 00:57:22.65 | 00:57:59.05 | 5:44 | 10.5 |
| 469 | BEDNARZAK TADEUSZ | 33 | YULO RUN TEAM SIEDLCE | SIEDLCE | POL | M 60+ | 17 | M 468 | 00:36:23 | 00:50:31 | 00:57:28.25 | 00:58:33.10 | 5:44 | 10.4 |
| 470 | MROZIŃSKI MARCIN | 546 | | WARSZAWA | POL | M 30-39 | 177 | M 469 | 00:37:16 | 00:50:54 | 00:57:34.95 | 00:59:03.85 | 5:45 | 10.4 |
| 471 | MALER WŁADYSŁAW | 487 | REEBOK RUN CREW | WARSZAWA | POL | M 60+ | 18 | M 470 | 00:36:55 | 00:50:41 | 00:57:36.35 | 00:58:54.10 | 5:45 | 10.4 |
| 472 | PYCKA MARCIN | 927 | BIEGAJĄCY ŚWIDNIK | ŚWIDNIK | POL | M 30-39 | 178 | M 471 | 00:37:01 | 00:50:59 | 00:57:39.55 | 00:59:06.85 | 5:45 | 10.4 |
| 473 | SANDOMIERSKI BARTŁOMIEJ | 693 | WKURW_TEAM | MARKI | POL | M 1-29 | 67 | M 472 | 00:37:22 | 00:50:59 | 00:57:44.15 | 00:59:05.95 | 5:46 | 10.4 |
| 474 | BORKOWSKI PAWEŁ | 61 | EKOBIEGI | WARSZAWA | POL | M 40-49 | 183 | M 473 | 00:38:09 | 00:51:22 | 00:57:44.15 | 00:59:27.95 | 5:46 | 10.4 |
| 475 | WODZYŃSKI ROBERT | 866 | EKOBIEGI | WARSZAWA | POL | M 40-49 | 184 | M 474 | 00:37:09 | 00:51:09 | 00:57:48.60 | 00:59:30.70 | 5:46 | 10.4 |
| 476 | BIENIAS ARKADIUSZ | 42 | | WARSZAWA | POL | M 30-39 | 179 | M 475 | 00:37:49 | 00:51:14 | 00:57:52.50 | 00:58:09.25 | 5:47 | 10.4 |
| 477 | RODZOŚ BARTOSZ | 661 | | WARSZAWA | POL | M 30-39 | 180 | M 476 | 00:37:36 | 00:51:22 | 00:57:56.90 | 00:59:01.35 | 5:47 | 10.4 |
| 478 | ZASŁONKA PAWEŁ | 893 | | WARSZAWA | POL | M 30-39 | 181 | M 477 | 00:37:02 | 00:51:09 | 00:57:59.95 | 00:58:26.05 | 5:48 | 10.3 |
| 479 | ŚWIEŻACZYŃSKI PIOTR | 799 | | KOMORÓW | POL | M 30-39 | 182 | M 478 | 00:38:08 | 00:51:24 | 00:58:01.15 | 00:59:49.35 | 5:48 | 10.3 |
| 480 | PTAK KRZYSZTOF | 645 | | WARSZAWA | POL | M 40-49 | 185 | M 479 | 00:36:26 | 00:50:59 | 00:58:02.70 | 00:58:38.60 | 5:48 | 10.3 |
| 481 | ZIELIŃSKI TOMASZ | 1015 | POLSKIE STOW. SPORTU PO TRANSPLANTACJI | KONSTANCIN-JEZIORNA | POL | M 40-49 | 186 | M 480 | 00:36:58 | 00:51:09 | 00:58:03.50 | 00:59:48.20 | 5:48 | 10.3 |
| 482 | MIAZGA KRZYSZTOF | 520 | | MARKI | POL | M 30-39 | 183 | M 481 | 00:38:09 | 00:51:28 | 00:58:05.10 | 00:59:53.90 | 5:48 | 10.3 |
| 483 | CZUPA BARTOSZ | 976 | ANPHARM RUN TEAM | WARSZAWA | POL | M 40-49 | 187 | M 482 | 00:36:37 | 00:50:45 | 00:58:08.50 | 01:00:15.65 | 5:48 | 10.3 |
| 484 | CYRNY RAFAŁ | 117 | | WARSZAWA | POL | M 40-49 | 188 | M 483 | 00:36:34 | 00:51:18 | 00:58:20.40 | 00:59:44.45 | 5:50 | 10.3 |
| 485 | ZANIEWICZ ANDRZEJ | 888 | PARTNER | ŁUKÓW | POL | M 30-39 | 184 | M 484 | 00:38:32 | 00:52:09 | 00:58:21.05 | 00:59:49.20 | 5:50 | 10.3 |
| 486 | NAWROCKI RYSZARD | 556 | | WARSZAWA | POL | M 40-49 | 189 | M 485 | 00:36:34 | 00:51:07 | 00:58:22.50 | 00:59:34.30 | 5:50 | 10.3 |
| 487 | ŁAPICZ FILIP | 458 | | WARSZAWA | POL | M 1-29 | 68 | M 486 | 00:38:46 | 00:52:05 | 00:58:22.60 | 00:58:33.70 | 5:50 | 10.3 |
| 488 | ORŁOWSKI KACPER | 584 | | WARSZAWA | POL | M 1-29 | 69 | M 487 | 00:36:33 | 00:51:17 | 00:58:25.00 | 00:59:46.30 | 5:50 | 10.3 |
| 489 | BOGUSZEWSKI PIOTR | 988 | | | | M 30-39 | 185 | M 488 | 00:38:50 | 00:51:55 | 00:58:33.35 | 01:01:07.15 | 5:51 | 10.2 |
| 490 | WILEŃSKI BARTOSZ | 990 | | | | M 1-29 | 70 | M 489 | 00:37:37 | 00:51:38 | 00:58:38.40 | 01:00:11.35 | 5:51 | 10.2 |
| 491 | DZIEKONSKI JACEK | 159 | | KONSTANCIN JEZIORNA | POL | M 60+ | 19 | M 490 | 00:36:27 | 00:51:11 | 00:58:41.40 | 01:00:07.90 | 5:52 | 10.2 |
| 492 | ŁOZOWSKI ROBERT | 467 | | WARSZAWA | POL | M 40-49 | 190 | M 491 | 00:37:37 | 00:51:53 | 00:58:48.30 | 00:59:57.80 | 5:52 | 10.2 |
| 493 | KOZŁOWSKI ŁUKASZ | 398 | #BBKTS | ŻYRARDÓW | POL | M 30-39 | 186 | M 492 | 00:38:25 | 00:52:21 | 00:58:50.55 | 01:00:35.50 | 5:53 | 10.2 |
| 494 | GRABOWSKI JERZY | 220 | NIEZRZESZONY | WARSZAWA | POL | M 60+ | 20 | M 493 | 00:36:49 | 00:51:28 | 00:58:51.60 | 01:00:05.00 | 5:53 | 10.2 |
| 495 | PĘCAK KAMIL | 613 | LUBIĘ PIZZĘ | LUBLIN | POL | M 1-29 | 71 | M 494 | 00:37:13 | 00:52:02 | 00:59:01.35 | 01:00:11.05 | 5:54 | 10.2 |
| 496 | PIETRAK WOJCIECH | 618 | WEBLOVERS | WARSZAWA | POL | M 30-39 | 187 | M 495 | 00:38:30 | 00:52:38 | 00:59:07.05 | 01:00:42.60 | 5:54 | 10.1 |
| 497 | GRYCNER PIOTR | 231 | | STAROGARD GDAŃSKI | POL | M 60+ | 21 | M 496 | 00:38:18 | 00:52:18 | 00:59:07.50 | 01:01:02.60 | 5:54 | 10.1 |
| 498 | JACHOWSKI PAWEŁ | 260 | | WARSZAWA | POL | M 40-49 | 191 | M 497 | 00:37:13 | 00:52:09 | 00:59:09.30 | 01:00:20.20 | 5:55 | 10.1 |
| 499 | GRACZ JAKUB | 221 | | WARSZAWA | POL | M 30-39 | 188 | M 498 | 00:38:13 | 00:52:17 | 00:59:11.45 | 01:01:10.40 | 5:55 | 10.1 |
| 500 | STYCZYŃSKI GRZEGORZ | 755 | | WARSZAWA | POL | M 30-39 | 189 | M 499 | 00:39:11 | 00:52:31 | 00:59:12.50 | 01:00:58.75 | 5:55 | 10.1 |
| 501 | ROKICKI ALEKSANDER | 667 | | WARSZAWA | POL | M 40-49 | 192 | M 500 | 00:39:11 | 00:52:31 | 00:59:12.55 | 01:00:58.60 | 5:55 | 10.1 |

BIEG PRZEZ MOST 2019, M Odcinek specjalny c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 6.6km | 9km | Netto | Brutto | min/km | km/h |
|------|------------------------|-----|---|----------------------|------|---------|--------|-------|----------|----------|-------------|-------------|--------|------|
| 502 | NOWAK JANUSZ | 563 | | WARSZAWA | POL | M 30-39 | 190 | M 501 | 00:37:46 | 00:52:19 | 00:59:13.20 | 01:00:27.15 | 5:55 | 10.1 |
| 503 | FILIPOWICZ MACIEJ | 172 | | WARSZAWA | POL | M 40-49 | 193 | M 502 | | | 00:59:14.00 | 01:00:19.00 | 5:55 | 10.1 |
| 504 | ROSA MATEUSZ | 669 | | WARSZAWA | POL | M 1-29 | 72 | M 503 | 00:38:17 | 00:52:21 | 00:59:17.75 | 01:01:12.20 | 5:55 | 10.1 |
| 505 | RUMIANEK MARCIN | 677 | FB.COM/RUMIANEK | WARSZAWA | POL | M 30-39 | 191 | M 504 | 00:37:09 | 00:52:19 | 00:59:22.10 | 01:00:16.50 | 5:56 | 10.1 |
| 506 | GAWŁOWSKI ADAM | 192 | | WARSZAWA | POL | M 30-39 | 192 | M 505 | 00:37:21 | 00:52:15 | 00:59:22.90 | 01:00:12.90 | 5:56 | 10.1 |
| 507 | PIĘTKA MARCIN | 620 | GKS FENIX SIENNICA | WARSZAWA | POL | M 30-39 | 193 | M 506 | 00:38:36 | 00:52:48 | 00:59:29.40 | 01:00:54.65 | 5:56 | 10.1 |
| 508 | KAMIŃSKI MARIUSZ | 979 | | | | M 30-39 | 194 | M 507 | 00:38:17 | 00:52:20 | 00:59:35.35 | 01:01:29.80 | 5:57 | 10.1 |
| 509 | WOŹNIAK MATEUSZ | 876 | | WARSZAWA | POL | M 30-39 | 195 | M 508 | 00:37:38 | 00:52:13 | 00:59:39.15 | 01:00:47.75 | 5:57 | 10.1 |
| 510 | BIERNACKI ADAM | 44 | | ŁÓDŹ | POL | M 60+ | 22 | M 509 | 00:38:36 | 00:52:42 | 00:59:40.50 | 01:01:11.15 | 5:58 | 10.1 |
| 511 | KOSTKA GRZEGORZ | 380 | BIEGIEM Z GREGIEM | WARSZAWA | POL | M 30-39 | 196 | M 510 | 00:37:46 | 00:52:32 | 00:59:42.35 | 01:01:26.00 | 5:58 | 10 |
| 512 | GŁODNY HUBERT | 204 | | WARSZAWA | POL | M 40-49 | 194 | M 511 | 00:38:07 | 00:52:49 | 00:59:45.10 | 01:01:09.50 | 5:58 | 10 |
| 513 | TOCHOWICZ PAWEŁ | 808 | | WARSZAWA | POL | M 40-49 | 195 | M 512 | 00:37:39 | 00:52:27 | 00:59:51.55 | 01:01:03.65 | 5:59 | 10 |
| 514 | PIOTROWSKI ARKADIUSZ | 933 | #ARUSBIEGA | WARSZAWA | POL | M 30-39 | 197 | M 513 | 00:38:32 | 00:52:52 | 01:00:02.00 | 01:01:44.00 | 6:00 | 10 |
| 515 | ARAŻNY ZBIGNIEW | 10 | TRUCHT TARCHOMIN TEAM | WARSZAWA | POL | M 40-49 | 196 | M 514 | 00:38:29 | 00:52:31 | 01:00:05.75 | 01:01:46.75 | 6:00 | 10 |
| 516 | AKSAMITOWSKI ROBERT | 6 | | WARSZAWA | POL | M 40-49 | 197 | M 515 | 00:38:58 | 00:53:39 | 01:00:07.00 | 01:02:01.90 | 6:00 | 10 |
| 517 | POGORZELSKI KUBA | 628 | | MARKI | POL | M 1-29 | 73 | M 516 | 00:37:36 | 00:53:06 | 01:00:10.85 | 01:00:24.25 | 6:01 | 10 |
| 518 | DYMEK DARIUSZ | 158 | | WARSZAWA | POL | M 40-49 | 198 | M 517 | 00:37:44 | 00:52:53 | 01:00:15.90 | 01:01:24.40 | 6:01 | 10 |
| 519 | JOŃCZYK STANISŁAW | 297 | FUNDACJA WARSZAWSKIE HOSPICJUM DLA DZIECI | LEGIONOWO | POL | M 50-59 | 29 | M 518 | 00:38:04 | 00:52:47 | 01:00:18.90 | 01:01:35.90 | 6:01 | 10 |
| 520 | SAFARZYŃSKI ALEKSANDER | 689 | | BŁONIE | POL | M 1-29 | 74 | M 519 | 00:39:28 | 00:53:56 | 01:00:41.75 | 01:02:35.95 | 6:04 | 9.9 |
| 521 | OLEŚIAK ARKADIUSZ | 578 | BIEGAM NA TARCHOMINIE | POLSKA, WARSZAWA | POL | M 40-49 | 199 | M 520 | 00:38:55 | 00:53:38 | 01:00:50.40 | 01:02:29.85 | 6:05 | 9.9 |
| 522 | ŁUCZAK PIOTR | 471 | PKO BANK POLSKI SA | WARSZAWA | POL | M 40-49 | 200 | M 521 | 00:38:27 | 00:53:35 | 01:00:52.20 | 01:01:30.55 | 6:05 | 9.9 |
| 523 | KASKA KRZYSZTOF | 333 | | WARSZAWA | POL | M 30-39 | 198 | M 522 | 00:40:55 | 00:54:46 | 01:00:54.70 | 01:02:14.75 | 6:05 | 9.9 |
| 524 | JUSZCZAK KAMIL | 307 | | LEGIONOWO | POL | M 1-29 | 75 | M 523 | 00:40:58 | 00:54:48 | 01:00:56.00 | 01:02:14.40 | 6:05 | 9.8 |
| 525 | PATOLETA MIREK | 604 | | WARSZAWA | POL | M 40-49 | 201 | M 524 | 00:38:10 | 00:53:32 | 01:00:57.40 | 01:02:08.30 | 6:05 | 9.8 |
| 526 | SURMACZ JACEK | 766 | | WARSZAWA | POL | M 30-39 | 199 | M 525 | 00:39:08 | 00:53:42 | 01:00:58.85 | 01:03:01.80 | 6:05 | 9.8 |
| 527 | WITZKE ARTUR | 858 | KAWUCHA | LEGIONOWO | POL | M 30-39 | 200 | M 526 | 00:39:54 | 00:54:08 | 01:00:59.65 | 01:03:19.05 | 6:06 | 9.8 |
| 528 | PEPŁOŃSKI DAMIAN | 609 | | NOWY DWÓR MAZOWIECKI | POL | M 30-39 | 201 | M 527 | 00:39:15 | 00:53:37 | 01:01:03.10 | 01:02:30.30 | 6:06 | 9.8 |
| 529 | MAZUR PAWEŁ | 513 | WOODRUNNERS | WARSZAWA | POL | M 40-49 | 202 | M 528 | 00:38:48 | 00:53:35 | 01:01:04.05 | 01:02:51.50 | 6:06 | 9.8 |
| 530 | BRZÓZKA KAMIL | 77 | | WARSZAWA | POL | M 40-49 | 203 | M 529 | 00:39:47 | 00:54:10 | 01:01:21.25 | 01:03:41.35 | 6:08 | 9.8 |
| 531 | SIKORSKI PAWEŁ | 708 | GAMMA | WARSZAWA | POL | M 30-39 | 202 | M 530 | 00:38:59 | 00:53:57 | 01:01:22.35 | 01:03:13.40 | 6:08 | 9.8 |
| 532 | GLASSER MAREK | 202 | | WARSZAWA | POL | M 60+ | 23 | M 531 | 00:38:46 | 00:53:57 | 01:01:41.55 | 01:03:16.60 | 6:10 | 9.7 |
| 533 | MORAWSKI PATRYK | 543 | | WARSZAWA | POL | M 1-29 | 76 | M 532 | 00:39:19 | 00:54:24 | 01:02:00.65 | 01:03:20.90 | 6:12 | 9.7 |
| 534 | KOWALSKI WIEŚLAW | 392 | | WARSZAWA | POL | M 50-59 | 30 | M 533 | 00:38:24 | 00:54:13 | 01:02:06.20 | 01:02:09.20 | 6:12 | 9.7 |
| 535 | SZYDŁO PAWEŁ | 384 | | MIĘDZYBORÓW | POL | M 30-39 | 203 | M 534 | 00:38:32 | 00:54:02 | 01:02:11.20 | 01:02:33.20 | 6:13 | 9.6 |
| 536 | KULISZEWSKI MACIEJ | 424 | | GRODZISK MAZOWIECKI | POL | M 30-39 | 204 | M 535 | 00:39:28 | 00:54:41 | 01:02:28.75 | 01:03:14.40 | 6:14 | 9.6 |
| 537 | BORUTS MARCIN | 68 | | WARSZAWA | POL | M 30-39 | 205 | M 536 | 00:39:50 | 00:55:01 | 01:02:30.70 | 01:03:59.45 | 6:15 | 9.6 |
| 538 | KRZECZEWSKI JACEK | 416 | | WARSZAWA | POL | M 50-59 | 31 | M 537 | 00:39:20 | 00:54:45 | 01:02:37.05 | 01:04:25.85 | 6:15 | 9.6 |
| 539 | WAŚOWSKI MICHAŁ | 840 | | WARSZAWA | POL | M 30-39 | 206 | M 538 | 00:39:44 | 00:55:23 | 01:02:37.40 | 01:03:19.25 | 6:15 | 9.6 |
| 540 | ŁUCAK PIOTR | 470 | CST RUN TEAM | ŁOCHÓW | POL | M 30-39 | 207 | M 539 | 00:41:13 | 00:55:41 | 01:02:40.00 | 01:04:12.60 | 6:16 | 9.6 |
| 541 | GREGORCZYK BARTOSZ | 224 | | WARSZAWA | POL | M 30-39 | 208 | M 540 | 00:39:50 | 00:55:26 | 01:02:48.00 | 01:04:32.35 | 6:16 | 9.6 |
| 542 | GURMIŃSKI ŁUKASZ | 239 | T-MOBILE | WARSZAWA | POL | M 30-39 | 209 | M 541 | 00:38:52 | 00:54:50 | 01:02:56.55 | 01:04:38.15 | 6:17 | 9.5 |
| 543 | SZYM CZYŃSKI BŁAŻEJ | 956 | | WARSZAWA | POL | M 30-39 | 210 | M 542 | 00:39:19 | 00:55:43 | 01:03:14.25 | 01:05:04.15 | 6:19 | 9.5 |
| 544 | ŁYGAS LESZEK | 476 | | WARSZAWA | POL | M 30-39 | 211 | M 543 | 00:39:18 | 00:55:23 | 01:03:16.90 | 01:05:05.75 | 6:19 | 9.5 |
| 545 | PRASAL KONRAD | 633 | RYSIOTEAM/INESSPORT.PL | ŁÓDŹ | POL | M 1-29 | 77 | M 544 | 00:39:51 | 00:55:30 | 01:03:16.90 | 01:04:24.85 | 6:19 | 9.5 |
| 546 | JANICKI MATEUSZ | 267 | LS WORLD RUN | WARSZAWA | POL | M 1-29 | 78 | M 545 | | | 01:03:19.30 | 01:03:19.30 | 6:19 | 9.5 |
| 547 | MIRECKI ZBIGNIEW | 535 | EKOBIEGI | WARSZAWA | POL | M 60+ | 24 | M 546 | 00:41:06 | 00:56:13 | 01:03:27.20 | 01:05:11.30 | 6:20 | 9.5 |
| 548 | ZARADKIEWICZ ŁUKASZ | 889 | | WARSZAWA | POL | M 30-39 | 212 | M 547 | 00:40:52 | 00:55:54 | 01:03:36.00 | 01:05:39.25 | 6:21 | 9.4 |
| 549 | OBREBOWSKI DARIUSZ | 952 | | WARSZAWA | POL | M 30-39 | 213 | M 548 | 00:40:04 | 00:55:45 | 01:03:40.15 | 01:05:03.55 | 6:22 | 9.4 |
| 550 | KOZAKOW BORYS | 957 | | WARSZAWA | POL | M 60+ | 25 | M 549 | 00:40:47 | 00:56:18 | 01:03:42.15 | 01:05:04.40 | 6:22 | 9.4 |
| 551 | MACHNACKI MICHAŁ | 477 | GRUPA BIEGOWA UM W-WA | LEGIONOWO | POL | M 40-49 | 204 | M 550 | 00:39:48 | 00:55:34 | 01:03:43.80 | 01:05:16.15 | 6:22 | 9.4 |
| 552 | OKSIENIUK MARCIN | 575 | TURBODZIKI | WOLICA | POL | M 30-39 | 214 | M 551 | 00:39:30 | 00:55:45 | 01:03:48.50 | 01:05:25.70 | 6:22 | 9.4 |
| 553 | RUCZKA RAFAŁ | 675 | | WARSZAWA | POL | M 1-29 | 79 | M 552 | 00:38:48 | 00:55:46 | 01:03:51.00 | 01:04:17.00 | 6:23 | 9.4 |
| 554 | JACZYŃSKI RAFAŁ | 263 | | WARSZAWA | POL | M 30-39 | 215 | M 553 | 00:40:45 | 00:56:23 | 01:04:06.50 | 01:05:55.75 | 6:24 | 9.4 |
| 555 | HELDT GRZEGORZ | 248 | | WARSZAWA | POL | M 30-39 | 216 | M 554 | 00:39:32 | 00:55:53 | 01:04:06.70 | 01:05:58.25 | 6:24 | 9.4 |
| 556 | GAŁAŻYŃ GRZEGORZ | 188 | | WARSZAWA | POL | M 40-49 | 205 | M 555 | 00:40:01 | 00:56:05 | 01:04:10.05 | 01:05:54.85 | 6:25 | 9.4 |
| 557 | DRABIK MICHAŁ | 150 | | WARSZAWA | POL | M 40-49 | 206 | M 556 | 00:39:45 | 00:56:01 | 01:04:13.45 | 01:05:14.85 | 6:25 | 9.3 |

BIEG PRZEZ MOST 2019, M Odcinek specjalny c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 6.6km | 9km | Netto | Brutto | min/km | km/h |
|------|-----------------------|------|----------------------------|----------------------|------|---------|--------|-------|----------|----------|-------------|-------------|--------|------|
| 558 | LECH BARTŁOMIEJ | 438 | | SIEDLCE | POL | M 1-29 | 80 | M 557 | 00:39:48 | 00:56:20 | 01:04:17.45 | 01:06:11.85 | 6:25 | 9.3 |
| 559 | PARTYKA PAWEŁ | 600 | | WARSZAWA | POL | M 40-49 | 207 | M 558 | 00:40:46 | 00:56:19 | 01:04:21.55 | 01:05:59.85 | 6:26 | 9.3 |
| 560 | JANKOWSKI TOMEK | 273 | | WARSZAWA | POL | M 40-49 | 208 | M 559 | 00:39:45 | 00:56:17 | 01:04:24.75 | 01:05:32.05 | 6:26 | 9.3 |
| 561 | BANY MICHAŁ | 17 | | WARSZAWA | POL | M 30-39 | 217 | M 560 | 00:40:35 | 00:57:04 | 01:04:25.65 | 01:05:46.60 | 6:26 | 9.3 |
| 562 | BIELEC BARTŁOMIEJ | 41 | LEGIA RUN CLUB | WARSZAWA | POL | M 30-39 | 218 | M 561 | 00:41:19 | 00:56:55 | 01:04:37.90 | 01:06:36.80 | 6:27 | 9.3 |
| 563 | OLESHKO MAKSYM | 577 | | WARSZAWA | POL | M 1-29 | 81 | M 562 | 00:40:50 | 00:57:11 | 01:04:46.40 | 01:05:05.00 | 6:28 | 9.3 |
| 564 | KACPRZYK MICHAŁ | 312 | | WARSZAWA | POL | M 1-29 | 82 | M 563 | 00:41:11 | 00:56:57 | 01:04:58.30 | 01:06:33.80 | 6:29 | 9.2 |
| 565 | WASIK PIOTR | 836 | | LEGIONOWO | POL | M 50-59 | 32 | M 564 | 00:40:56 | 00:56:08 | 01:05:06.45 | 01:06:25.90 | 6:30 | 9.2 |
| 566 | ZARZYCKI PIOTR | 892 | | WARSZAWA | POL | M 30-39 | 219 | M 565 | 00:42:34 | 00:58:18 | 01:05:07.60 | 01:06:55.50 | 6:30 | 9.2 |
| 567 | MRÓZ SEBASTIAN | 547 | | KOMORÓW | POL | M 40-49 | 209 | M 566 | 00:42:33 | 00:58:17 | 01:05:07.70 | 01:06:55.10 | 6:30 | 9.2 |
| 568 | ROMANOWSKI PAWEŁ | 668 | MARKOWI BIEGACZE | MARKI | POL | M 40-49 | 210 | M 567 | 00:42:02 | 00:57:36 | 01:05:10.55 | 01:06:30.00 | 6:31 | 9.2 |
| 569 | WŁODARCZYK MACIEJ | 860 | | WARSZAWA | POL | M 40-49 | 211 | M 568 | 00:40:53 | 00:57:17 | 01:05:19.45 | 01:05:57.60 | 6:31 | 9.2 |
| 570 | WILEŃSKI ZBIGNIEW | 944 | GRUPA BIEGOWA UM W-WA | DĄBROWA CHOTOMOWSKA | POL | M 50-59 | 33 | M 569 | 00:42:07 | 00:57:19 | 01:05:24.90 | 01:06:58.10 | 6:32 | 9.2 |
| 571 | KRÓLIKOWSKI ARTUR | 406 | | WARSZAWA | POL | M 40-49 | 212 | M 570 | 00:39:50 | 00:56:46 | 01:05:37.25 | 01:07:39.70 | 6:33 | 9.1 |
| 572 | ŻÓŁCIŃSKI WALDEMAR | 913 | GRUPA BIEGOWA UM W-WA | WARSZAWA | POL | M 60+ | 26 | M 571 | 00:40:29 | 00:57:05 | 01:05:48.35 | 01:07:38.05 | 6:34 | 9.1 |
| 573 | PACHOLAK PRZEMYSŁAW | 589 | | WARSZAWA | POL | M 50-59 | 34 | M 572 | 00:41:01 | 00:57:38 | 01:05:50.20 | 01:07:33.00 | 6:35 | 9.1 |
| 574 | RYDZ ADRIAN | 681 | | PIASECZNO | POL | M 30-39 | 220 | M 573 | 00:41:39 | 00:57:55 | 01:06:03.25 | 01:07:46.55 | 6:36 | 9.1 |
| 575 | WARDAK PRZEMYSŁAW | 833 | | WARSZAWA | POL | M 30-39 | 221 | M 574 | 00:42:31 | 00:58:30 | 01:06:22.15 | 01:07:40.50 | 6:38 | 9 |
| 576 | STAŃCZYK GRZEGORZ | 741 | | ZIELONKA | POL | M 50-59 | 35 | M 575 | 00:41:34 | 00:58:18 | 01:06:30.85 | 01:08:12.80 | 6:39 | 9 |
| 577 | PRZYBOROWSKI RAFAŁ | 640 | | ŻUROMIN | POL | M 30-39 | 222 | M 576 | 00:42:37 | 00:58:34 | 01:06:39.95 | 01:07:19.70 | 6:40 | 9 |
| 578 | BOCHENEK SEBASTIAN | 50 | | LEGIONOWO | POL | M 30-39 | 223 | M 577 | 00:42:09 | 00:58:05 | 01:06:43.80 | 01:08:57.65 | 6:40 | 9 |
| 579 | MATYJASIAK MATEUSZ | 511 | | WARSZAWA | POL | M 1-29 | 83 | M 578 | 00:42:37 | 00:59:39 | 01:06:45.00 | 01:08:43.60 | 6:40 | 9 |
| 580 | TWARDO KAMIL | 820 | | DĄBROWA CHOTOMOWSKA | POL | M 30-39 | 224 | M 579 | 00:42:30 | 00:58:53 | 01:06:51.30 | 01:08:47.60 | 6:41 | 9 |
| 581 | KILIŃSKI PIOTR | 346 | | MICHAŁÓW-GRABINA | POL | M 40-49 | 213 | M 580 | 00:43:08 | 00:59:14 | 01:06:51.60 | 01:08:54.60 | 6:41 | 9 |
| 582 | ZUCHOWSKI ARTUR | 916 | MY MIESZKAŃCY LEGIONOWO | LEGIONOWO | POL | M 40-49 | 214 | M 581 | 00:43:08 | 00:59:14 | 01:06:51.90 | 01:08:54.95 | 6:41 | 9 |
| 583 | SZOSTAKOWSKI JAROSŁAW | 1005 | BIEGAMY Z OCHOTĄ | WARSZAWA | POL | M 50-59 | 36 | M 582 | 00:43:33 | 00:59:13 | 01:06:59.25 | 01:09:04.55 | 6:41 | 9 |
| 584 | JEDYNAK PAWEŁ | 291 | | WARSZAWA | POL | M 30-39 | 225 | M 583 | 00:42:08 | 00:59:15 | 01:07:23.15 | 01:09:26.15 | 6:44 | 8.9 |
| 585 | BOJKO ALEKSANDER | 56 | | WARSZAWA | POL | M 1-29 | 84 | M 584 | 00:42:40 | 00:59:40 | 01:07:52.55 | 01:09:50.95 | 6:47 | 8.8 |
| 586 | ŁUCZAK BARTŁOMIEJ | 473 | KLUB BIEGACZA RTV EURO AGD | JABŁONNA | POL | M 30-39 | 226 | M 585 | 00:41:46 | 00:59:28 | 01:07:59.05 | 01:09:25.85 | 6:47 | 8.8 |
| 587 | JURECKI MAREK | 303 | | WARSZAWA | POL | M 50-59 | 37 | M 586 | 00:43:36 | 01:00:21 | 01:08:00.55 | 01:09:55.90 | 6:48 | 8.8 |
| 588 | ŁUKASIEWICZ ROBERT | 475 | KOKOSZKA36TEAM | WARSZAWA | POL | M 40-49 | 215 | M 587 | 00:43:25 | 00:59:53 | 01:08:19.40 | 01:10:15.05 | 6:50 | 8.8 |
| 589 | WŁODARCZYK MIROSŁAW | 861 | I LO UKS KOŚCIUSZKO | WŁODAWA | POL | M 40-49 | 216 | M 588 | 00:43:55 | 01:00:42 | 01:08:55.25 | 01:10:45.75 | 6:53 | 8.7 |
| 590 | IZDEBSKI BARTŁOMIEJ | 256 | | WARSZAWA | GBR | M 30-39 | 227 | M 589 | 00:42:20 | 01:00:11 | 01:08:58.60 | 01:10:56.00 | 6:53 | 8.7 |
| 591 | KIELAK JACEK | 341 | | TRUSKAW | POL | M 50-59 | 38 | M 590 | 00:43:43 | 01:01:07 | 01:09:17.65 | 01:09:34.75 | 6:55 | 8.7 |
| 592 | MALDIS MAREK | 486 | | WARSZAWA | POL | M 60+ | 27 | M 591 | 00:44:30 | 01:01:04 | 01:09:21.40 | 01:11:19.35 | 6:56 | 8.6 |
| 593 | HULANICKI ANDRZEJ | 253 | GOGGLE TEAM | WARSZAWA | POL | M 60+ | 28 | M 592 | 00:44:42 | 01:01:16 | 01:09:34.95 | 01:11:33.05 | 6:57 | 8.6 |
| 594 | KUREK JACEK | 429 | BIEGAMPO WOLI | WARSZAWA | POL | M 40-49 | 217 | M 593 | 00:43:38 | 01:01:10 | 01:09:38.60 | 01:11:29.35 | 6:57 | 8.6 |
| 595 | NASKRĘT MARIUSZ | 555 | | RACOT | POL | M 40-49 | 218 | M 594 | 00:45:23 | 01:01:52 | 01:10:05.45 | 01:12:05.45 | 7:00 | 8.6 |
| 596 | WIZERT JÓZEF | 859 | | WARSZAWA | POL | M 60+ | 29 | M 595 | 00:44:29 | 01:01:34 | 01:10:49.20 | 01:13:01.30 | 7:04 | 8.5 |
| 597 | KAMIŃSKI MICHAŁ | 322 | | MYSIADŁO | POL | M 40-49 | 219 | M 596 | 00:44:43 | 01:01:34 | 01:10:58.90 | 01:13:00.85 | 7:05 | 8.5 |
| 598 | KIELISZEK PAWEŁ | 343 | | WARSZAWA | POL | M 30-39 | 228 | M 597 | 00:45:06 | 01:02:43 | 01:11:19.30 | 01:12:55.75 | 7:07 | 8.4 |
| 599 | TREMELET SEBASTIEN | 814 | | WARSZAWA | FRA | M 40-49 | 220 | M 598 | 00:45:41 | 01:03:09 | 01:11:24.10 | 01:13:29.70 | 7:08 | 8.4 |
| 600 | KOSIERADZKI PAWEŁ | 379 | MASTERS DOJO | WARSZAWA | POL | M 50-59 | 39 | M 599 | 00:45:54 | 01:03:22 | 01:12:05.95 | 01:13:52.35 | 7:12 | 8.3 |
| 601 | SYROCKI WOJCIECH | 984 | | WARSZAWA | POL | M 40-49 | 221 | M 600 | 00:47:15 | 01:04:03 | 01:12:06.40 | 01:14:25.00 | 7:12 | 8.3 |
| 602 | WUJEC BARTŁOMIEJ | 879 | | JÓZEFÓW | POL | M 40-49 | 222 | M 601 | 00:46:42 | 01:03:45 | 01:12:09.95 | 01:14:11.05 | 7:13 | 8.3 |
| 603 | ILCZUK TOMASZ | 1001 | TARCHOŚWIRY | WARSZAWA | POL | M 30-39 | 229 | M 602 | 00:47:49 | 01:04:39 | 01:13:25.00 | 01:15:39.30 | 7:20 | 8.2 |
| 604 | CZARNECKI PIOTR | 125 | TARCHOŚFIRY | WARSZAWA | POL | M 30-39 | 230 | M 603 | 00:47:54 | 01:04:43 | 01:13:28.80 | 01:15:42.10 | 7:20 | 8.2 |
| 605 | DĄBROWA WOJCIECH | 133 | | WARSZAWA | POL | M 60+ | 30 | M 604 | 00:46:12 | 01:04:53 | 01:13:43.60 | 01:15:51.40 | 7:22 | 8.1 |
| 606 | SOJKA ŁUKASZ | 729 | | WARSZAWA | POL | M 30-39 | 231 | M 605 | 00:47:20 | 01:04:51 | 01:13:52.75 | 01:16:10.60 | 7:23 | 8.1 |
| 607 | HEINE KRZYSZTOF | 246 | | WARSZAWA | POL | M 40-49 | 223 | M 606 | 00:47:15 | 01:04:54 | 01:14:11.45 | 01:16:29.75 | 7:25 | 8.1 |
| 608 | KUREK GUSTAW | 427 | | WARSZAWA | POL | M 50-59 | 40 | M 607 | 00:47:51 | 01:06:43 | 01:15:59.00 | 01:18:10.20 | 7:35 | 7.9 |
| 609 | ŁOWCZAK JACEK | 969 | TEAM ZABIEGANEDNI | WARSZAWA | POL | M 30-39 | 232 | M 608 | 00:49:14 | 01:08:08 | 01:17:24.45 | 01:19:06.60 | 7:44 | 7.8 |
| 610 | LIS KAMIL | 449 | GRUPA BIEGOWA UM W-WA | RADWANKÓW SZLACHECKI | POL | M 30-39 | 233 | M 609 | 00:49:28 | 01:08:55 | 01:17:42.60 | 01:18:22.90 | 7:46 | 7.7 |
| 611 | GIEDYK PRZEMYSŁAW | 198 | DELOITTE ADVENTURE TEAM | WARSZAWA | POL | M 30-39 | 234 | M 610 | 00:50:22 | 01:10:34 | 01:19:54.40 | 01:21:55.30 | 7:59 | 7.5 |
| 612 | MAREK HENRYK | 501 | - | WARSZAWA | POL | M 60+ | 31 | M 611 | 01:22:28 | 01:22:28 | 01:22:36.00 | 01:22:36.00 | 8:15 | 7.3 |
| 613 | KORNACKI SŁAWOMIR | 373 | | NIEPORĘT | POL | M 50-59 | 41 | M 612 | 00:50:43 | 01:13:00 | 01:24:00.80 | 01:25:25.20 | 8:24 | 7.1 |
| 614 | RUSIN MICHAŁ | 679 | KS STASZEWSKY | JABŁONNA | POL | M 1-29 | 85 | M 613 | 00:32:11 | 00:44:25 | | | 4:56 | 12.2 |

BIEG PRZEZ MOST 2019, M Odcinek specjalny c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 6.6km | 9km | Netto | Brutto | min/km | km/h |
|------|--------------------|-----|------------------------|-------------|------|---------|--------|-------|----------|----------|-------------|-------------|--------|------|
| 615 | RODZOCH DANIEL | 964 | | WARSZAWA | POL | M 30-39 | 235 | M 614 | | | | | | |
| LIM | SŁADEK KAROL | 954 | | MICHAŁOWICE | POL | M 30-39 | LIM | LIM | 00:57:34 | 01:18:28 | 01:30:04.45 | 01:32:27.00 | 0:00 | 6.7 |
| LIM | ROBASZKIEWICZ ADAM | 659 | | WARSZAWA | POL | M 40-49 | LIM | LIM | 00:57:17 | 01:19:59 | 01:31:30.05 | 01:34:02.90 | 0:00 | 6.6 |
| LIM | BOROWIAK JACEK | 62 | SLOWJOGGING POLSKA | WARSZAWA | POL | M 60+ | LIM | LIM | 00:56:48 | 01:19:05 | 01:31:30.45 | 01:34:01.55 | 0:00 | 6.6 |
| LIM | BAUER JACEK | 26 | SLOW JOGGING ŁÓDŹ | ŁÓDŹ | POL | M 60+ | LIM | LIM | 00:57:33 | 01:19:59 | 01:31:33.05 | 01:34:05.25 | 0:00 | 6.6 |
| LIM | CIEŚLAK PAWEŁ | 112 | SLOWJOGGING BIAŁOŁĘKA | WARSZAWA | POL | M 50-59 | LIM | LIM | 00:56:55 | 01:18:03 | 01:31:34.15 | 01:34:03.30 | 0:00 | 6.6 |
| LIM | SZTAJNIC JERZY | 782 | | ŁÓDŹ | POL | M 60+ | LIM | LIM | 00:56:54 | 01:19:17 | 01:31:34.15 | 01:33:59.20 | 0:00 | 6.6 |
| LIM | KAMIŃSKI WALDEMAR | 323 | SLOW JOGGING BIAŁOŁĘKA | WARSZAWA | POL | M 50-59 | LIM | LIM | 00:57:38 | 01:20:04 | 01:31:37.60 | 01:34:05.00 | 0:00 | 6.5 |

BIEG PRZEZ MOST 2019, M Samorządowcy

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 6.6km | 9km | Netto | Brutto | min/km | km/h |
|------|-----------------------|------|----------------------------------|----------------------|------|---------|--------|-------|----------|----------|-------------|-------------|--------|------|
| 1 | TOMASZEK ROBERT | 810 | | WARSZAWA | POL | M 40-49 | 12 | M 50 | 00:25:53 | 00:35:44 | 00:40:33.70 | 00:40:37.65 | 4:03 | 14.8 |
| 2 | LISZKIEWICZ KONRAD | 453 | | ZABORÓWEK | POL | M 30-39 | 28 | M 63 | 00:26:25 | 00:36:41 | 00:41:41.60 | 00:41:46.85 | 4:10 | 14.4 |
| 3 | KNAP PIOTR | 987 | | | | M 30-39 | 35 | M 77 | 00:27:11 | 00:37:20 | 00:42:12.90 | 00:42:26.05 | 4:13 | 14.2 |
| 4 | JAWORSKI ARKADIUSZ | 289 | | IZABELIN | POL | M 30-39 | 37 | M 79 | 00:27:01 | 00:37:25 | 00:42:22.05 | 00:42:39.40 | 4:14 | 14.2 |
| 5 | MIKULSKI JACEK | 530 | ADIDAS RUNNERS WARSAW | WARSZAWA | POL | M 40-49 | 24 | M 81 | 00:27:11 | 00:37:23 | 00:42:26.05 | 00:42:38.80 | 4:14 | 14.1 |
| 6 | JAWORSKI PIOTR | 1000 | EKOBIEGI | WARSZAWA | POL | M 40-49 | 25 | M 84 | 00:26:59 | 00:37:22 | 00:42:29.50 | 00:42:33.70 | 4:14 | 14.1 |
| 7 | JANKOWSKI JAKUB | 274 | | BRWINÓW | POL | M 1-29 | 22 | M 100 | 00:27:26 | 00:38:19 | 00:43:34.45 | 00:43:54.70 | 4:21 | 13.8 |
| 8 | BICZAN KAMIL | 39 | | WARSZAWA | POL | M 30-39 | 45 | M 102 | 00:27:41 | 00:38:17 | 00:43:44.30 | 00:44:18.20 | 4:22 | 13.7 |
| 9 | RYTKOWSKI PIOTR | 685 | | WARSZAWA | POL | M 30-39 | 53 | M 111 | 00:29:45 | 00:39:11 | 00:44:04.95 | 00:44:32.00 | 4:24 | 13.6 |
| 10 | WICIK JULIUSZ | 846 | | WARSZAWA | POL | M 30-39 | 59 | M 121 | 00:28:45 | 00:39:18 | 00:44:32.40 | 00:44:51.60 | 4:27 | 13.5 |
| 11 | ADAÓ MIGUEL | 5 | | WARSZAWA | POR | M 40-49 | 36 | M 126 | 00:28:42 | 00:39:24 | 00:44:39.00 | 00:45:04.00 | 4:27 | 13.4 |
| 12 | MALIK GABRIEL | 488 | | WARSZAWA | POL | M 40-49 | 37 | M 129 | 00:29:09 | 00:39:36 | 00:44:44.95 | 00:45:20.20 | 4:28 | 13.4 |
| 13 | DZIUBIŃSKI MACIEK | 161 | | WARSZAWA | POL | M 1-29 | 26 | M 136 | 00:29:09 | 00:39:52 | 00:45:01.15 | 00:45:07.35 | 4:30 | 13.3 |
| 14 | BEKKER PIOTR | 983 | | | | M 30-39 | 67 | M 153 | 00:29:46 | 00:40:25 | 00:45:43.80 | 00:46:13.15 | 4:34 | 13.1 |
| 15 | ŁUKASIAK JAN | 474 | | WARSZAWA | POL | M 30-39 | 79 | M 182 | 00:29:34 | 00:41:04 | 00:46:45.25 | 00:47:26.80 | 4:40 | 12.8 |
| 16 | ROSZAK WALDEMAR | 671 | BIEGAM NA ZIELONEJ BIAŁOŁĘCE | WARSZAWA | POL | M 50-59 | 12 | M 225 | 00:30:36 | 00:42:32 | 00:48:17.30 | 00:48:47.20 | 4:49 | 12.4 |
| 17 | KARPIŃSKI MARCIN | 982 | | WARSZAWA | POL | M 30-39 | 93 | M 235 | 00:31:14 | 00:42:40 | 00:48:30.25 | 00:48:58.90 | 4:51 | 12.4 |
| 18 | URBAN MARIUSZ | 822 | GRUPA BIEGOWA UM W-WA | WARSZAWA | POL | M 40-49 | 100 | M 271 | 00:31:47 | 00:43:49 | 00:49:43.75 | 00:52:04.65 | 4:58 | 12.1 |
| 19 | GÓRKA MARCIN | 215 | POLSA | WARSZAWA | POL | M 40-49 | 105 | M 278 | 00:32:11 | 00:44:14 | 00:49:58.45 | 00:50:56.20 | 4:59 | 12 |
| 20 | KMIEĆ KAMIL | 357 | | ZĄBKI | POL | M 1-29 | 51 | M 304 | 00:33:14 | 00:45:09 | 00:50:51.10 | 00:51:50.35 | 5:05 | 11.8 |
| 21 | PASIŃSKI DANIEL | 949 | GRUPA BIEGOWA UM WARSZAWA | WARSZAWA | POL | M 30-39 | 118 | M 319 | 00:32:32 | 00:45:17 | 00:51:18.70 | 00:51:49.10 | 5:07 | 11.7 |
| 22 | SKARŻYŃSKI ADAM | 711 | GRUPA BIEGOWA UM W-WA | WARSZAWA | POL | M 30-39 | 121 | M 325 | 00:32:52 | 00:45:17 | 00:51:32.05 | 00:52:20.30 | 5:09 | 11.6 |
| 23 | ZAJDA DOMINIK | 883 | | WARSZAWA | POL | M 1-29 | 54 | M 359 | 00:33:09 | 00:46:35 | 00:52:51.90 | 00:53:13.25 | 5:17 | 11.3 |
| 24 | KARCZEWSKI JACEK | 330 | GRUPA BIEGOWA UM W-WA | WARSZAWA | POL | M 40-49 | 148 | M 374 | 00:34:55 | 00:47:26 | 00:53:31.30 | 00:54:53.70 | 5:21 | 11.2 |
| 25 | ADAMKIEWICZ MARCIN | 961 | INICJATYWA MIESZKAŃCÓW BIAŁOŁĘKI | WARSZAWA | POL | M 30-39 | 143 | M 381 | 00:33:08 | 00:47:08 | 00:53:51.75 | 00:54:04.40 | 5:23 | 11.1 |
| 26 | PIOTROWSKI JAN | 624 | | WARSZAWA | POL | M 30-39 | 144 | M 383 | 00:34:24 | 00:47:17 | 00:53:57.50 | 00:56:03.00 | 5:23 | 11.1 |
| 27 | ZYGADŁO PIOTR | 911 | | WARSZAWA | POL | M 30-39 | 155 | M 416 | 00:35:39 | 00:48:41 | 00:55:04.65 | 00:55:23.60 | 5:30 | 10.9 |
| 28 | IDZIAK JAROSŁAW | 921 | | WARSZAWA | POL | M 30-39 | 157 | M 418 | 00:31:20 | 00:45:08 | 00:55:05.45 | 00:55:41.15 | 5:30 | 10.9 |
| 29 | BORCZYŃSKI PIOTR | 59 | MŁODZIEŻOWA RADA M.ST. WARSZAWY | WARSZAWA | POL | M 1-29 | 63 | M 427 | 00:34:03 | 00:48:52 | 00:55:27.35 | 00:55:32.90 | 5:32 | 10.8 |
| 30 | BEDNARZAK TADEUSZ | 33 | YULO RUN TEAM SIEDLCE | SIEDLCE | POL | M 60+ | 17 | M 468 | 00:36:23 | 00:50:31 | 00:57:28.25 | 00:58:33.10 | 5:44 | 10.4 |
| 31 | BOGUSZEWSKI PIOTR | 988 | | | | M 30-39 | 185 | M 488 | 00:38:50 | 00:51:55 | 00:58:33.35 | 01:01:07.15 | 5:51 | 10.2 |
| 32 | WILEŃSKI BARTOSZ | 990 | | | | M 1-29 | 70 | M 489 | 00:37:37 | 00:51:38 | 00:58:38.40 | 01:00:11.35 | 5:51 | 10.2 |
| 33 | STYCZYŃSKI GRZEGORZ | 755 | | WARSZAWA | POL | M 30-39 | 189 | M 499 | 00:39:11 | 00:52:31 | 00:59:12.50 | 01:00:58.75 | 5:55 | 10.1 |
| 34 | SZYDŁO PAWEŁ | 384 | | MIĘDZYBORÓW | POL | M 30-39 | 203 | M 534 | 00:38:32 | 00:54:02 | 01:02:11.20 | 01:02:33.20 | 6:13 | 9.6 |
| 35 | MACHNACKI MICHAŁ | 477 | GRUPA BIEGOWA UM W-WA | LEGIONOWO | POL | M 40-49 | 204 | M 550 | 00:39:48 | 00:55:34 | 01:03:43.80 | 01:05:16.15 | 6:22 | 9.4 |
| 36 | ZARZYCKI PIOTR | 892 | | WARSZAWA | POL | M 30-39 | 219 | M 565 | 00:42:34 | 00:58:18 | 01:05:07.60 | 01:06:55.50 | 6:30 | 9.2 |
| 37 | MRÓZ SEBASTIAN | 547 | | KOMORÓW | POL | M 40-49 | 209 | M 566 | 00:42:33 | 00:58:17 | 01:05:07.70 | 01:06:55.10 | 6:30 | 9.2 |
| 38 | WILEŃSKI ZBIGNIEW | 944 | GRUPA BIEGOWA UM W-WA | DĄBROWA CHOTOMOWSKA | POL | M 50-59 | 33 | M 569 | 00:42:07 | 00:57:19 | 01:05:24.90 | 01:06:58.10 | 6:32 | 9.2 |
| 39 | ŻÓŁCIŃSKI WALDEMAR | 913 | GRUPA BIEGOWA UM W-WA | WARSZAWA | POL | M 60+ | 26 | M 571 | 00:40:29 | 00:57:05 | 01:05:48.35 | 01:07:38.05 | 6:34 | 9.1 |
| 40 | ŻUCHOWSKI ARTUR | 916 | MY MIESZKAŃCY LEGIONOWO | LEGIONOWO | POL | M 40-49 | 214 | M 581 | 00:43:08 | 00:59:14 | 01:06:51.90 | 01:08:54.95 | 6:41 | 9 |
| 41 | SZOSTAKOWSKI JAROSŁAW | 1005 | BIEGAMY Z OCHOTĄ | WARSZAWA | POL | M 50-59 | 36 | M 582 | 00:43:33 | 00:59:13 | 01:06:59.25 | 01:09:04.55 | 6:41 | 9 |
| 42 | LIS KAMIL | 449 | GRUPA BIEGOWA UM W-WA | RADWANKÓW SZLACHECKI | POL | M 30-39 | 233 | M 609 | 00:49:28 | 01:08:55 | 01:17:42.60 | 01:18:22.90 | 7:46 | 7.7 |
| LIM | KAMIŃSKI WALDEMAR | 323 | SLOW JOGGING BIAŁOŁĘKA | WARSZAWA | POL | M 50-59 | LIM | LIM | 00:57:38 | 01:20:04 | 01:31:37.60 | 01:34:05.00 | 0:00 | 6.5 |

BIEG PRZEZ MOST 2019, Mieszkaniec Białoleki

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 6.6km | 9km | Netto | Brutto | min/km | km/h |
|------|-------------------------|------|--|-----------|------|---------|--------|-------|----------|----------|-------------|-------------|--------|------|
| 1 | PARSZCZYŃSKI ŁUKASZ | 599 | TEAM PARSZCZYŃSKICH | WARSZAWA | POL | M 30-39 | 1 | M 3 | 00:20:26 | 00:28:15 | 00:32:08.60 | 00:32:11.00 | 3:12 | 18.7 |
| 2 | GOZDEK RADEK | 214 | BIEGANIEPO40.PL TRUCHT TARCHOMIN TEAM | WARSZAWA | POL | M 40-49 | 1 | M 15 | 00:23:09 | 00:31:51 | 00:36:04.25 | 00:36:06.15 | 3:36 | 16.6 |
| 3 | KLAŚ ŁUKASZ | 348 | NUDNE PIĄTKI | WARSZAWA | POL | M 40-49 | 2 | M 16 | 00:23:09 | 00:31:51 | 00:36:14.55 | 00:36:16.00 | 3:37 | 16.6 |
| 4 | KLIMKIEWICZ MICHAŁ | 353 | | WARSZAWA | POL | M 1-29 | 11 | M 21 | 00:23:58 | 00:32:52 | 00:37:21.90 | 00:37:28.85 | 3:44 | 16.1 |
| 5 | HILDEBRAND MARCIN | 249 | OUTLETBIEGOWY /BIEGAM NA TARCHOMINIE | WARSZAWA | POL | M 30-39 | 9 | M 22 | 00:23:56 | 00:33:08 | 00:37:37.20 | 00:37:39.25 | 3:45 | 16 |
| 6 | TRZASKOWSKI DARIUSZ | 815 | TRUCHT TARCHOMIN TEAM | WARSZAWA | POL | M 40-49 | 4 | M 26 | 00:24:26 | 00:33:36 | 00:38:06.25 | 00:38:11.35 | 3:48 | 15.7 |
| 7 | STYRNIK KRYSZTIAN | 757 | AZS UP LUBLIN | OŻARÓW | POL | M 1-29 | 13 | M 39 | 00:25:02 | 00:34:55 | 00:39:34.55 | 00:39:43.95 | 3:57 | 15.2 |
| 8 | WERNER KAMIL | 842 | BIEGAM NA TARCHOMINIE | WARSZAWA | POL | M 30-39 | 21 | M 50 | 00:25:57 | 00:35:32 | 00:40:07.40 | 00:40:41.90 | 4:00 | 15 |
| 9 | SZCZEPKOWSKI BARTŁOMIEJ | 773 | | WARSZAWA | POL | M 30-39 | 22 | M 47 | 00:25:53 | 00:35:19 | 00:40:10.90 | 00:40:16.35 | 4:01 | 14.9 |
| 10 | MICHAŁSKI DAMIAN | 523 | ALIOR RUNNING TEAM | WARSZAWA | POL | M 40-49 | 11 | M 49 | 00:25:34 | 00:35:22 | 00:40:31.00 | 00:40:37.05 | 4:03 | 14.8 |
| 11 | TOMASZEK ROBERT | 810 | | WARSZAWA | POL | M 40-49 | 12 | M 50 | 00:25:53 | 00:35:44 | 00:40:33.70 | 00:40:37.65 | 4:03 | 14.8 |
| 12 | JUTKIEWICZ MARCIN | 993 | | WARSZAWA | POL | M 30-39 | 26 | M 55 | 00:26:24 | 00:36:07 | 00:40:59.00 | 00:41:10.85 | 4:05 | 14.6 |
| 13 | GRYSZPANOWICZ PIOTR | 234 | SĄSIADY LATAJĄ RAZEM | WARSZAWA | POL | M 40-49 | 15 | M 57 | 00:26:17 | 00:36:10 | 00:41:08.25 | 00:41:16.40 | 4:06 | 14.6 |
| 14 | SIEGIEDA MICHAŁ | 699 | ADIDAS RUNNERS | WARSZAWA | POL | M 30-39 | 27 | M 60 | 00:26:21 | 00:36:33 | 00:41:20.65 | 00:41:26.10 | 4:08 | 14.5 |
| 15 | SPYCHAŁA PIOTR | 735 | | WARSZAWA | POL | M 40-49 | 17 | M 62 | 00:26:34 | 00:36:36 | 00:41:32.25 | 00:41:41.45 | 4:09 | 14.4 |
| 16 | GIERAK KRIS | 199 | SANTANDER RUNNERS | WARSZAWA | POL | M 30-39 | 29 | M 64 | 00:26:45 | 00:36:53 | 00:41:42.95 | 00:41:51.45 | 4:10 | 14.4 |
| 17 | ROWIŃSKI ARKADIUSZ | 960 | | WARSZAWA | POL | M 30-39 | 30 | M 65 | 00:27:07 | 00:37:02 | 00:41:45.60 | 00:41:49.80 | 4:10 | 14.4 |
| 18 | CIEŚLAK PIOTR | 111 | | WARSZAWA | POL | M 30-39 | 31 | M 68 | 00:27:25 | 00:37:12 | 00:41:51.10 | 00:42:05.00 | 4:11 | 14.3 |
| 19 | ZAJĄC WAĆLAW | 882 | TEAM PARSZCZYŃSKICH | WARSZAWA | POL | M 40-49 | 21 | M 70 | 00:27:07 | 00:37:03 | 00:41:58.35 | 00:42:09.65 | 4:11 | 14.3 |
| 20 | ANDRZEJEWSKI MARIUSZ | 7 | T-MOBILE RUNNING TEAM | WARSZAWA | POL | M 30-39 | 33 | M 73 | 00:27:37 | 00:37:19 | 00:42:06.35 | 00:42:17.90 | 4:12 | 14.3 |
| 21 | JUREK PRZEMYSŁAW | 304 | KS STASZEWCY | WARSZAWA | POL | M 40-49 | 22 | M 74 | 00:27:05 | 00:37:08 | 00:42:07.00 | 00:42:20.20 | 4:12 | 14.2 |
| 22 | PRUSIK PIOTR | 637 | | WARSZAWA | POL | M 1-29 | 18 | M 75 | 00:27:27 | 00:37:19 | 00:42:08.85 | 00:42:26.85 | 4:12 | 14.2 |
| 23 | KNAP PIOTR | 987 | | | | M 30-39 | 35 | M 77 | 00:27:11 | 00:37:20 | 00:42:12.90 | 00:42:26.05 | 4:13 | 14.2 |
| 24 | RAK ADAM | 655 | MPWIK | WARSZAWA | POL | M 30-39 | 36 | M 78 | 00:26:38 | 00:37:19 | 00:42:21.40 | 00:42:27.25 | 4:14 | 14.2 |
| 25 | KOWAL KRZYSZTOF | 388 | SĄSIADY LATAJĄ RAZEM | WARSZAWA | POL | M 40-49 | 23 | M 80 | 00:26:38 | 00:37:02 | 00:42:23.20 | 00:42:31.45 | 4:14 | 14.2 |
| 26 | JAWORSKI PIOTR | 1000 | EKOBIEGI | WARSZAWA | POL | M 40-49 | 25 | M 84 | 00:26:59 | 00:37:22 | 00:42:29.50 | 00:42:33.70 | 4:14 | 14.1 |
| 27 | DĄBROWSKI MIROSŁAW | 136 | | WARSZAWA | POL | M 50-59 | 3 | M 85 | 00:27:12 | 00:37:22 | 00:42:30.20 | 00:42:52.75 | 4:15 | 14.1 |
| 28 | MICHNOWSKI SEBASTIAN | 525 | | WARSZAWA | POL | M 40-49 | 26 | M 86 | 00:27:06 | 00:37:19 | 00:42:30.75 | 00:42:38.90 | 4:15 | 14.1 |
| 29 | SARZAŁA DARIUSZ | 996 | | | | M 60+ | 2 | M 90 | 00:27:22 | 00:37:50 | 00:42:53.95 | 00:43:09.55 | 4:17 | 14 |
| 30 | MŁYŃSKI MARIUSZ | 539 | | WARSZAWA | POL | M 1-29 | 20 | M 92 | 00:27:18 | 00:38:03 | 00:43:11.70 | 00:43:21.50 | 4:19 | 13.9 |
| 31 | SOBOCIŃSKI MICHAŁ | 726 | PLAY | WARSZAWA | POL | M 40-49 | 29 | M 93 | 00:28:04 | 00:38:12 | 00:43:11.75 | 00:43:31.15 | 4:19 | 13.9 |
| 32 | SMORAWSKI WODZISŁAW | 722 | | WARSZAWA | POL | M 30-39 | 42 | M 95 | 00:27:41 | 00:38:09 | 00:43:22.20 | 00:43:29.90 | 4:20 | 13.8 |
| 33 | DZIUBA TOMASZ | 160 | MASTERSDOJO | WARSZAWA | POL | M 30-39 | 44 | M 99 | 00:27:32 | 00:38:20 | 00:43:32.35 | 00:43:46.05 | 4:21 | 13.8 |
| 34 | BICZAN KAMIL | 39 | | WARSZAWA | POL | M 30-39 | 45 | M 102 | 00:27:41 | 00:38:17 | 00:43:44.30 | 00:44:18.20 | 4:22 | 13.7 |
| 35 | GÓRSKI MARCIN | 217 | MINISTERSTWO ZDROWIA | WARSZAWA | POL | M 30-39 | 50 | M 108 | 00:28:18 | 00:38:39 | 00:43:58.05 | 00:44:15.15 | 4:23 | 13.6 |
| 36 | ŚLIMKO DANIEL | 792 | OLEJ RUNNING TEAM | WARSZAWA | POL | M 30-39 | 51 | M 109 | 00:28:39 | 00:39:05 | 00:43:59.65 | 00:44:10.30 | 4:24 | 13.6 |
| 37 | WILCZYŃSKI TOMASZ | 850 | | WARSZAWA | POL | M 30-39 | 52 | M 110 | 00:28:44 | 00:38:50 | 00:44:04.95 | 00:44:38.00 | 4:24 | 13.6 |
| 38 | WŁODKOWSKI ROBERT | 864 | TRUCHT TARCHOMIN TEAM | WARSZAWA | POL | M 30-39 | 55 | M 114 | 00:28:38 | 00:39:13 | 00:44:17.25 | 00:44:59.40 | 4:25 | 13.5 |
| 39 | STĘPIEŃ ADAM | 745 | ANANASY | WARSZAWA | POL | M 30-39 | 56 | M 116 | 00:28:20 | 00:39:05 | 00:44:27.55 | 00:44:39.40 | 4:26 | 13.5 |
| 40 | CHOJŃACKI MIKOŁAJ | 95 | WARSAW RUN CLUB | WARSZAWA | POL | M 40-49 | 34 | M 120 | 00:29:16 | 00:39:20 | 00:44:30.80 | 00:45:52.80 | 4:27 | 13.5 |
| 41 | SARZAŁA BARTŁOMIEJ | 554 | | | | M 1-29 | 25 | M 125 | 00:28:54 | 00:39:29 | 00:44:37.80 | 00:44:56.50 | 4:27 | 13.4 |
| 42 | ADAO MIGUEL | 5 | | WARSZAWA | POR | M 40-49 | 36 | M 126 | 00:28:42 | 00:39:24 | 00:44:39.00 | 00:45:04.00 | 4:27 | 13.4 |
| 43 | GAJOWY ANDRZEJ | 186 | | WARSZAWA | POL | M 50-59 | 5 | M 127 | 00:28:47 | 00:39:23 | 00:44:41.40 | 00:45:14.75 | 4:28 | 13.4 |
| 44 | RAK MICHAŁ | 654 | | WARSZAWA | POL | M 30-39 | 60 | M 128 | 00:28:44 | 00:39:13 | 00:44:43.60 | 00:45:15.80 | 4:28 | 13.4 |
| 45 | ŚWIECA MARCIN | 796 | | WARSZAWA | POL | M 30-39 | 61 | M 131 | 00:28:39 | 00:39:28 | 00:44:49.60 | 00:45:27.05 | 4:29 | 13.4 |
| 46 | ŻUK PAWEŁ | 917 | BIEGAM NA TARCHOMINIE | WARSZAWA | POL | M 40-49 | 39 | M 132 | 00:28:46 | 00:39:16 | 00:44:51.75 | 00:45:21.25 | 4:29 | 13.4 |
| 47 | MACIEJAK ROBERT | 479 | | WARSZAWA | POL | M 40-49 | 40 | M 133 | 00:28:42 | 00:39:29 | 00:44:52.75 | 00:45:13.55 | 4:29 | 13.4 |
| 48 | LENKIEWICZ PAWEŁ | 441 | | WARSZAWA | POL | M 40-49 | 41 | M 137 | 00:28:45 | 00:39:39 | 00:45:03.70 | 00:45:30.10 | 4:30 | 13.3 |
| 49 | GEĆA PIOTR | 196 | ZA MNĄ | WARSZAWA | POL | M 40-49 | 42 | M 139 | 00:28:53 | 00:39:49 | 00:45:11.95 | 00:45:38.85 | 4:31 | 13.3 |
| 50 | KOBUS IGOR | 359 | | WARSZAWA | POL | M 1-29 | 28 | M 141 | 00:29:06 | 00:40:17 | 00:45:14.10 | 00:45:25.15 | 4:31 | 13.3 |
| 51 | ZNAMIEC MARCIN | 906 | IPA PAŁAC MOSTOWSKICH KSP | WARSZAWA | POL | M 40-49 | 43 | M 142 | 00:29:05 | 00:39:53 | 00:45:17.75 | 00:46:01.15 | 4:31 | 13.2 |
| 52 | GAJEWIAK ADAM | 183 | | WARSZAWA | POL | M 40-49 | 44 | M 143 | 00:29:01 | 00:39:48 | 00:45:19.00 | 00:45:40.05 | 4:31 | 13.2 |
| 53 | CZAJKOWSKI MAREK | 122 | WARSAW RUN CLUB | WARSZAWA | POL | M 40-49 | 49 | M 150 | 00:29:03 | 00:40:15 | 00:45:36.15 | 00:46:07.75 | 4:33 | 13.2 |
| 54 | ROGOZIŃSKI ADRIAN | 664 | | WARSZAWA | POL | M 1-29 | 29 | M 157 | 00:29:01 | 00:40:25 | 00:45:54.70 | 00:46:25.90 | 4:35 | 13.1 |
| 55 | SZYMAŃSKI ANDRZEJ | 787 | | WARSZAWA | POL | M 30-39 | 70 | M 159 | 00:29:15 | 00:40:30 | 00:46:00.80 | 00:46:11.85 | 4:36 | 13 |

BIEG PRZEZ MOST 2019, Mieszkaniec Białoleki c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 6.6km | 9km | Netto | Brutto | min/km | km/h |
|------|-----------------------|-----|--------------------------------|-----------|------|---------|--------|-------|----------|----------|-------------|-------------|--------|------|
| 56 | RYGALSKI MACIEJ | 682 | FAMA RUNNERS | WARSZAWA | POL | M 40-49 | 53 | M 161 | 00:29:49 | 00:40:42 | 00:46:06.25 | 00:46:45.55 | 4:36 | 13 |
| 57 | BEBELSKI RAFAŁ | 28 | KUŹNIA TRIATHLONU | WARSZAWA | POL | M 40-49 | 54 | M 162 | | | 00:46:07.00 | 00:46:07.00 | 4:36 | 13 |
| 58 | TOMASZEWSKI MAREK | 811 | | WARSZAWA | POL | M 40-49 | 55 | M 163 | 00:29:25 | 00:40:34 | 00:46:11.15 | 00:46:19.70 | 4:37 | 13 |
| 59 | KRUPIŃSKI MAREK | 410 | DĄBROWSKI TEAM /ZABIEGANE DNI | OSTROŁĘKA | POL | M 1-29 | 30 | M 164 | 00:29:15 | 00:40:32 | 00:46:14.25 | 00:46:21.65 | 4:37 | 13 |
| 60 | MAKOWSKI MARCIN | 483 | | WARSZAWA | POL | M 30-39 | 72 | M 165 | 00:29:59 | 00:40:57 | 00:46:15.45 | 00:46:26.85 | 4:37 | 13 |
| 61 | DRABOT WOJCIECH | 151 | ASSECO ACTIVE TEAM | WARSZAWA | POL | M 1-29 | 31 | M 166 | 00:29:51 | 00:40:57 | 00:46:16.45 | 00:46:31.75 | 4:37 | 13 |
| 62 | DRABOT ANDRZEJ | 152 | ASSECO ACTIVE TEAM | WARSZAWA | POL | M 40-49 | 57 | M 168 | 00:29:51 | 00:40:57 | 00:46:17.55 | 00:46:32.75 | 4:37 | 13 |
| 63 | BAJDAŁA ROBERT | 13 | | WARSZAWA | POL | M 30-39 | 73 | M 171 | 00:29:36 | 00:41:10 | 00:46:21.85 | 00:47:04.90 | 4:38 | 12.9 |
| 64 | KRUK MARCIN | 978 | | | | M 30-39 | 75 | M 173 | 00:29:30 | 00:40:51 | 00:46:23.40 | 00:46:37.70 | 4:38 | 12.9 |
| 65 | GOLINSKI ARTUR | 210 | | WARSZAWA | POL | M 40-49 | 60 | M 175 | 00:29:45 | 00:41:02 | 00:46:30.90 | 00:47:02.65 | 4:39 | 12.9 |
| 66 | SZYMAŃSKI JACEK | 786 | | WARSZAWA | POL | M 40-49 | 61 | M 176 | 00:30:29 | 00:41:18 | 00:46:31.25 | 00:47:12.25 | 4:39 | 12.9 |
| 67 | URBANIAK MICHAŁ | 823 | | KIELCE | POL | M 30-39 | 78 | M 180 | 00:30:02 | 00:41:21 | 00:46:44.95 | 00:47:00.95 | 4:40 | 12.8 |
| 68 | ŁUKASIAK JAN | 474 | | WARSZAWA | POL | M 30-39 | 79 | M 182 | 00:29:34 | 00:41:04 | 00:46:45.25 | 00:47:26.80 | 4:40 | 12.8 |
| 69 | PAWEŁOSZEK ROBERT | 605 | ROBERT SPINE TRENER PERSONALNY | WARSZAWA | POL | M 40-49 | 66 | M 187 | 00:29:31 | 00:41:11 | 00:46:52.65 | 00:47:18.90 | 4:41 | 12.8 |
| 70 | PRĘDOTA KRZYSZTOF | 635 | TRUCHT TARCHOMIN TEAM | WARSZAWA | POL | M 40-49 | 67 | M 188 | 00:30:32 | 00:41:22 | 00:46:55.55 | 00:47:36.85 | 4:41 | 12.8 |
| 71 | URBAŃSKI PAWEŁ | 825 | KERK-PALM IS TEAM | WARSZAWA | POL | M 50-59 | 8 | M 195 | 00:30:14 | 00:41:35 | 00:47:17.90 | 00:47:57.20 | 4:43 | 12.7 |
| 72 | STROMECKI MARCIN | 751 | BFM | WARSZAWA | POL | M 1-29 | 36 | M 200 | 00:30:31 | 00:41:53 | 00:47:26.80 | 00:49:48.30 | 4:44 | 12.6 |
| 73 | DĄBROWSKI DANIEL | 137 | | WARSZAWA | POL | M 1-29 | 37 | M 201 | 00:30:24 | 00:42:00 | 00:47:26.95 | 00:49:39.90 | 4:44 | 12.6 |
| 74 | WOJCIECHOWSKI ARTUR | 869 | :) | WARSZAWA | POL | M 1-29 | 38 | M 202 | 00:28:37 | 00:41:12 | 00:47:28.55 | 00:47:40.70 | 4:44 | 12.6 |
| 75 | FRĄCKIEWICZ DARIUSZ | 176 | BIEGAM NA TARCHOMINIE | WARSZAWA | POL | M 40-49 | 69 | M 203 | 00:30:18 | 00:41:57 | 00:47:40.05 | 00:48:36.75 | 4:46 | 12.6 |
| 76 | BLASZCZYŃSKI WITOLD | 47 | | WARSZAWA | POL | M 40-49 | 70 | M 204 | 00:30:27 | 00:41:52 | 00:47:40.55 | 00:48:19.75 | 4:46 | 12.6 |
| 77 | PAZIEWSKI ANDRZEJ | 608 | BIEGAM NA TARCHOMINIE | WARSZAWA | POL | M 40-49 | 71 | M 206 | 00:30:36 | 00:42:03 | 00:47:40.85 | 00:48:06.85 | 4:46 | 12.6 |
| 78 | DOMŻAŁSKI ARTUR | 148 | | WARSZAWA | POL | M 30-39 | 88 | M 217 | 00:30:41 | 00:42:20 | 00:48:03.05 | 00:48:43.65 | 4:48 | 12.5 |
| 79 | JAWORSKI ŁUKASZ | 288 | | WARSZAWA | POL | M 40-49 | 79 | M 223 | 00:31:12 | 00:42:29 | 00:48:15.15 | 00:49:10.50 | 4:49 | 12.4 |
| 80 | KILIAŃSKI RAFAŁ | 345 | TRUCHT TARCHOMIN TEAM | WARSZAWA | POL | M 40-49 | 80 | M 224 | 00:31:17 | 00:42:47 | 00:48:17.00 | 00:48:58.60 | 4:49 | 12.4 |
| 81 | ROSZAK WALDEMAR | 671 | BIEGAM NA ZIELONEJ BIAŁOLECIE | WARSZAWA | POL | M 50-59 | 12 | M 225 | 00:30:36 | 00:42:32 | 00:48:17.30 | 00:48:47.20 | 4:49 | 12.4 |
| 82 | ŚCIOCH MICHAŁ | 791 | | WARSZAWA | POL | M 40-49 | 82 | M 229 | 00:31:05 | 00:42:33 | 00:48:19.40 | 00:48:59.80 | 4:49 | 12.4 |
| 83 | BIAŁOKOS KAMIL | 989 | PARTNER | WARSZAWA | POL | M 40-49 | 83 | M 231 | 00:30:54 | 00:42:37 | 00:48:22.90 | 00:49:58.85 | 4:50 | 12.4 |
| 84 | HUSZCZA PAWEŁ | 254 | | WARSZAWA | POL | M 30-39 | 91 | M 232 | 00:30:49 | 00:42:36 | 00:48:25.05 | 00:48:42.90 | 4:50 | 12.4 |
| 85 | WIERZCHOŁOWSKI MARCIN | 848 | | WARSZAWA | POL | M 40-49 | 84 | M 236 | 00:31:27 | 00:43:15 | 00:48:30.50 | 00:49:15.10 | 4:51 | 12.4 |
| 86 | GRZYMAŁA ANDRZEJ | 940 | | WARSZAWA | POL | M 40-49 | 87 | M 242 | 00:30:59 | 00:42:51 | 00:48:41.10 | 00:49:38.20 | 4:52 | 12.3 |
| 87 | NIEDZIELA DOMINIK | 558 | | WARSZAWA | POL | M 40-49 | 88 | M 243 | 00:31:19 | 00:43:00 | 00:48:43.80 | 00:49:43.05 | 4:52 | 12.3 |
| 88 | PROKOPIUK GRZEGORZ | 945 | | WARSZAWA | POL | M 40-49 | 90 | M 247 | 00:31:21 | 00:43:08 | 00:48:53.90 | 00:49:02.70 | 4:53 | 12.3 |
| 89 | SAŁASZEWSKI ŁUKASZ | 691 | | WARSZAWA | POL | M 40-49 | 91 | M 248 | 00:32:05 | 00:43:35 | 00:48:54.90 | 00:49:42.85 | 4:53 | 12.3 |
| 90 | CELIŃSKI RAFAŁ | 87 | | WARSZAWA | POL | M 40-49 | 92 | M 249 | 00:31:44 | 00:43:21 | 00:48:59.00 | 00:49:44.40 | 4:53 | 12.2 |
| 91 | FRĄCKOWSKI SŁAWOMIR | 177 | | WARSZAWA | POL | M 40-49 | 93 | M 251 | 00:31:13 | 00:43:07 | 00:49:05.30 | 00:49:38.40 | 4:54 | 12.2 |
| 92 | WINIARCZYK BARTŁOMIEJ | 852 | | WARSZAWA | POL | M 1-29 | 46 | M 253 | 00:30:47 | 00:42:56 | 00:49:13.40 | 00:50:03.05 | 4:55 | 12.2 |
| 93 | MŁOSZ MAREK | 532 | | WARSZAWA | POL | M 50-59 | 15 | M 256 | 00:31:27 | 00:43:17 | 00:49:19.95 | 00:50:10.05 | 4:56 | 12.2 |
| 94 | DEREWICZ MARIUSZ | 142 | | WARSZAWA | POL | M 30-39 | 102 | M 261 | 00:31:58 | 00:43:40 | 00:49:24.20 | 00:50:20.10 | 4:56 | 12.1 |
| 95 | ŚCIBISZ TOMEK | 789 | | WARSZAWA | POL | M 40-49 | 95 | M 262 | 00:31:46 | 00:43:26 | 00:49:24.60 | 00:50:05.20 | 4:56 | 12.1 |
| 96 | WACH MICHAŁ | 828 | BIEGAM NA TARCHOMINIE | WARSZAWA | POL | M 40-49 | 96 | M 263 | 00:32:00 | 00:43:40 | 00:49:24.65 | 00:49:59.90 | 4:56 | 12.1 |
| 97 | PERKOWSKI PAWEŁ | 610 | | WARSZAWA | POL | M 30-39 | 103 | M 264 | 00:31:40 | 00:43:34 | 00:49:26.95 | 00:50:09.40 | 4:56 | 12.1 |
| 98 | WITUSIK SZYMON | 857 | | WARSZAWA | POL | M 1-29 | 47 | M 265 | 00:32:20 | 00:44:02 | 00:49:29.45 | 00:50:02.10 | 4:57 | 12.1 |
| 99 | CIOŁEK ROBERT | 114 | MASTERS DOJO | WARSZAWA | POL | M 40-49 | 97 | M 266 | 00:32:09 | 00:43:46 | 00:49:31.30 | 00:50:30.45 | 4:57 | 12.1 |
| 100 | BOGUCKI MICHAŁ | 53 | | WARSZAWA | POL | M 1-29 | 48 | M 267 | 00:30:48 | 00:43:29 | 00:49:32.95 | 00:49:56.30 | 4:57 | 12.1 |
| 101 | GAWLIK ARKADIUSZ | 191 | BIEGAM NA TARCHOMINIE | WARSZAWA | POL | M 40-49 | 102 | M 273 | 00:31:45 | 00:43:47 | 00:49:48.00 | 00:50:45.45 | 4:58 | 12 |
| 102 | DUDEK BARTŁOMIEJ | 155 | BIEGAM NA TARCHOMINIE | WARSZAWA | POL | M 30-39 | 105 | M 276 | 00:31:31 | 00:43:36 | 00:49:52.40 | 00:51:14.50 | 4:59 | 12 |
| 103 | PRZYBYSZ TOMASZ | 643 | | WARSZAWA | POL | M 1-29 | 50 | M 287 | 00:32:08 | 00:44:21 | 00:50:09.05 | 00:50:51.25 | 5:00 | 12 |
| 104 | NOGAS SEBASTIAN | 560 | PZU SPORTTEAM | WARSZAWA | POL | M 30-39 | 109 | M 290 | | | 00:50:13.00 | 00:50:13.00 | 5:01 | 11.9 |
| 105 | SUCHODOLSKI MARIUSZ | 758 | TRUCHT TARCHOMIN TEAM | WARSZAWA | POL | M 40-49 | 112 | M 291 | 00:32:18 | 00:44:08 | 00:50:16.95 | 00:51:04.15 | 5:01 | 11.9 |
| 106 | WITUSIK PAWEŁ | 856 | | WARSZAWA | POL | M 40-49 | 113 | M 292 | 00:32:21 | 00:44:30 | 00:50:18.90 | 00:50:51.25 | 5:01 | 11.9 |
| 107 | WOJNARSKI JANUSZ | 871 | | WARSZAWA | POL | M 60+ | 6 | M 296 | 00:32:30 | 00:44:30 | 00:50:31.65 | 00:51:35.25 | 5:03 | 11.9 |
| 108 | KOWNACKI MARCIN | 396 | | WARSZAWA | POL | M 40-49 | 116 | M 298 | 00:31:42 | 00:44:15 | 00:50:31.85 | 00:51:03.35 | 5:03 | 11.9 |
| 109 | RZECZKOWSKI ZYGMUNT | 686 | METRO WARSZAWSKIE | WARSZAWA | POL | M 60+ | 7 | M 299 | 00:32:08 | 00:44:21 | 00:50:32.55 | 00:51:34.65 | 5:03 | 11.9 |
| 110 | LIBOLD MACIEK | 447 | | WARSZAWA | POL | M 30-39 | 111 | M 300 | 00:32:39 | 00:44:36 | 00:50:37.95 | 00:50:51.35 | 5:03 | 11.8 |
| 111 | DOMINIAK ZBIGNIEW | 147 | GRUPAZERO | WARSZAWA | POL | M 40-49 | 117 | M 302 | 00:32:09 | 00:44:26 | 00:50:47.75 | 00:51:47.20 | 5:04 | 11.8 |
| 112 | ŚWIĆ RAFAŁ | 793 | TRUCHT TARCHOMIN TEAM | WARSZAWA | POL | M 40-49 | 125 | M 315 | 00:32:41 | 00:45:02 | 00:51:08.00 | 00:51:57.25 | 5:06 | 11.7 |

BIEG PRZEZ MOST 2019, Mieszkaniec Białołęki c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 6.6km | 9km | Netto | Brutto | min/km | km/h |
|------|----------------------|-----|----------------------------------|-----------|------|---------|--------|-------|-------------|----------|-------------|-------------|--------|------|
| 113 | KONIECKI TOMASZ | 363 | | WARSZAWA | POL | M 40-49 | 127 | M 321 | 00:33:13 | 00:45:16 | 00:51:24.60 | 00:52:16.20 | 5:08 | 11.7 |
| 114 | BIEDROŃ ARTUR | 40 | TARCHO CHARTY | WARSZAWA | POL | M 40-49 | 131 | M 329 | 00:33:14 | 00:45:39 | 00:51:38.90 | 00:52:24.00 | 5:09 | 11.6 |
| 115 | CZAPSKI MICHAŁ | 124 | BIEGAM NA TARCHOMINIE | WARSZAWA | POL | M 30-39 | 125 | M 333 | 00:32:38 | 00:45:31 | 00:51:43.80 | 00:52:19.30 | 5:10 | 11.6 |
| 116 | WALECKI ROMUALD | 959 | KLUB SAMICY NOSOROŻCA | WARSZAWA | POL | M 40-49 | 133 | M 335 | 00:32:32 | 00:45:41 | 00:51:44.80 | 00:51:51.45 | 5:10 | 11.6 |
| 117 | SZOPA SŁAWOMIR | 780 | | WARSZAWA | POL | M 40-49 | 136 | M 345 | 00:33:12 | 00:45:58 | 00:52:13.05 | 00:53:07.85 | 5:13 | 11.5 |
| 118 | LISZEWSKI KRZYSZTOF | 452 | RUN TEAM NASIELSK | WARSZAWA | POL | M 40-49 | 137 | M 346 | 00:33:05 | 00:45:31 | 00:52:21.25 | 00:53:09.50 | 5:14 | 11.5 |
| 119 | FLORYSIĄK ARTUR | 175 | | WARSZAWA | POL | M 40-49 | 138 | M 347 | 00:34:08 | 00:46:31 | 00:52:25.05 | 00:53:28.65 | 5:14 | 11.4 |
| 120 | CIEPLAK ANDRZEJ | 106 | | WARSZAWA | POL | M 40-49 | 139 | M 348 | 00:34:40 | 00:46:48 | 00:52:28.05 | 00:54:02.15 | 5:14 | 11.4 |
| 121 | ANTOSIK PIOTR | 9 | | WARSZAWA | POL | M 40-49 | 140 | M 353 | 00:34:35 | 00:46:55 | 00:52:35.20 | 00:54:03.65 | 5:15 | 11.4 |
| 122 | MARUSZAK ŁUKASZ | 504 | BIEGAM NA TARCHOMINIE | WARSZAWA | POL | M 30-39 | 135 | M 356 | 00:34:08 | 00:46:45 | 00:52:39.70 | 00:53:22.60 | 5:16 | 11.4 |
| 123 | WASIAK BARTOSZ | 834 | | WARSZAWA | POL | M 30-39 | 140 | M 372 | 00:34:30 | 00:47:20 | 00:53:29.05 | 00:54:47.95 | 5:20 | 11.2 |
| 124 | TRATKIEWICZ MAREK | 813 | | WARSZAWA | POL | M 40-49 | 150 | M 379 | 00:34:37 | 00:47:38 | 00:53:50.35 | 00:54:26.85 | 5:23 | 11.1 |
| 125 | ADAMKIEWICZ MARCIN | 961 | INICJATYWA MIESZKAŃCÓW BIAŁOŁĘKI | WARSZAWA | POL | M 30-39 | 143 | M 381 | 00:33:08 | 00:47:08 | 00:53:51.75 | 00:54:04.40 | 5:23 | 11.1 |
| 126 | WŁÓDEK RAFAŁ | 863 | | WARSZAWA | POL | M 30-39 | 145 | M 385 | 00:34:20 | 00:47:36 | 00:54:00.60 | 00:55:21.75 | 5:24 | 11.1 |
| 127 | MITURA GRZEGORZ | 537 | | WARSZAWA | POL | M 30-39 | 147 | M 387 | 00:34:30 | 00:47:44 | 00:54:05.10 | 00:54:57.45 | 5:24 | 11.1 |
| 128 | MOCZYDŁOWSKI ŁUKASZ | 540 | MASTERS DOJO | WARSZAWA | POL | M 40-49 | 152 | M 388 | 00:35:08 | 00:47:57 | 00:54:08.55 | 00:55:19.75 | 5:24 | 11.1 |
| 129 | CHOJNOWSKI ANDRZEJ | 96 | BIEGAM NA TARCHOMINIE | WARSZAWA | POL | M 40-49 | 154 | M 392 | 00:34:30 | 00:47:50 | 00:54:18.65 | 00:55:21.35 | 5:25 | 11 |
| 130 | GOLONKA PATRYK | 937 | MASTERS DOJO | WARSZAWA | POL | M 1-29 | 61 | M 399 | 00:36:10 | 00:49:16 | 00:54:36.25 | 00:55:47.75 | 5:27 | 11 |
| 131 | JARMUŻEWSKI ADAM | 279 | TIA | WARSZAWA | POL | M 40-49 | 159 | M 403 | 00:35:15 | 00:48:13 | 00:54:44.25 | 00:56:11.65 | 5:28 | 11 |
| 132 | MAMLA ZBIGNIEW | 493 | TRUCHT TARCHOMIN TEAM | WARSZAWA | POL | M 40-49 | 161 | M 405 | 00:35:01 | 00:48:02 | 00:54:46.05 | 00:55:47.15 | 5:28 | 11 |
| 133 | NOWAK JERZY | 565 | PWPW | WA-WA | POL | M 40-49 | 163 | M 409 | 00:35:33 | 00:48:23 | 00:54:53.95 | 00:56:33.40 | 5:29 | 10.9 |
| 134 | SULIŃSKI SŁAWOMIR | 763 | | WARSZAWA | POL | M 40-49 | 164 | M 411 | 00:35:25 | 00:48:33 | 00:54:57.40 | 00:56:25.40 | 5:29 | 10.9 |
| 135 | KRÓLAK PAWEŁ | 404 | | WARSZAWA | POL | M 30-39 | 158 | M 419 | 00:35:04 | 00:48:27 | 00:55:06.75 | 00:56:30.85 | 5:30 | 10.9 |
| 136 | KUBASIEWICZ ARTUR | 418 | SAM | WARSZAWA | POL | M 50-59 | 25 | M 420 | 00:35:44 | 00:48:48 | 00:55:09.35 | 00:56:38.45 | 5:30 | 10.9 |
| 137 | ADAMSKI SZYMON | 3 | | WARSZAWA | POL | M 1-29 | 62 | M 422 | 00:36:48 | 00:49:17 | 00:55:20.55 | 00:56:55.00 | 5:32 | 10.8 |
| 138 | DANIELSKI JACEK | 132 | PZU SPORT TEAM | WARSZAWA | POL | M 40-49 | 167 | M 423 | 00:35:35 | 00:48:59 | 00:55:21.25 | 00:56:31.60 | 5:32 | 10.8 |
| 139 | KOWALCZYK ZDZISŁAW | 968 | JW 2189 | WARSZAWA | POL | M 40-49 | 169 | M 425 | 00:35:02 | 00:48:58 | 00:55:23.95 | 00:56:03.95 | 5:32 | 10.8 |
| 140 | RULAK JERZY | 986 | | | | M 30-39 | 159 | M 426 | 00:35:13 | 00:48:41 | 00:55:25.15 | 00:56:30.00 | 5:32 | 10.8 |
| 141 | BORCZYŃSKI PIOTR | 59 | MŁODZIEŻOWA RADA M.ST. WARSZAWY | WARSZAWA | POL | M 1-29 | 63 | M 427 | 00:34:03 | 00:48:52 | 00:55:27.35 | 00:55:32.90 | 5:32 | 10.8 |
| 142 | STANKIEWICZ MACIEJ | 739 | AMI & AURI RUNNERS CLUB | WARSZAWA | POL | M 30-39 | 162 | M 435 | 00:36:59 | 00:49:35 | 00:55:46.20 | 00:57:10.25 | 5:34 | 10.8 |
| 143 | KARBOWNIK JAKUB | 329 | | WARSZAWA | POL | M 30-39 | 166 | M 441 | 00:35:33 | 00:48:55 | 00:55:55.70 | 00:57:30.50 | 5:35 | 10.7 |
| 144 | MATUSEWICZ KRZYSZTOF | 509 | | WARSZAWA | POL | M 40-49 | 176 | M 446 | 00:35:45 | 00:49:29 | 00:56:13.35 | 00:57:18.10 | 5:37 | 10.7 |
| 145 | ZDUŃSKI JAROSŁAW | 900 | | WARSZAWA | POL | M 50-59 | 28 | M 458 | 00:35:41 | 00:50:10 | 00:57:08.85 | 00:58:25.45 | 5:42 | 10.5 |
| 146 | PUCHACZ PRZEMYSŁAW | 647 | | WARSZAWA | POL | M 30-39 | 175 | M 463 | 00:34:42 | 00:49:52 | 00:57:14.80 | 00:57:46.65 | 5:43 | 10.5 |
| 147 | MARCINKIEWICZ TYMEK | 497 | | WARSZAWA | POL | M 1-29 | 66 | M 464 | 00:36:07 | 00:50:44 | 00:57:18.30 | 00:58:31.00 | 5:43 | 10.5 |
| 148 | GROCHOWSKI PIOTR | 226 | | WARSZAWA | POL | M 40-49 | 182 | M 465 | 00:37:15 | 00:50:38 | 00:57:19.80 | 00:59:02.45 | 5:44 | 10.5 |
| 149 | MATAK MARIUSZ | 506 | | WARSZAWA | POL | M 30-39 | 176 | M 466 | 00:35:49 | 00:50:35 | 00:57:22.50 | 00:58:52.05 | 5:44 | 10.5 |
| 150 | MUCHA GRZEGORZ | 549 | | WARSZAWA | POL | M 60+ | 16 | M 467 | 00:36:20 | 00:50:22 | 00:57:22.65 | 00:57:59.05 | 5:44 | 10.5 |
| 151 | MROZIŃSKI MARCIN | 546 | | WARSZAWA | POL | M 30-39 | 177 | M 469 | 00:37:16 | 00:50:54 | 00:57:34.95 | 00:59:03.85 | 5:45 | 10.4 |
| 152 | BORKOWSKI PAWEŁ | 61 | EKOBIEGI | WARSZAWA | POL | M 40-49 | 183 | M 473 | 00:38:09 | 00:51:22 | 00:57:44.15 | 00:59:27.95 | 5:46 | 10.4 |
| 153 | BIENIAS ARKADIUSZ | 42 | | WARSZAWA | POL | M 30-39 | 179 | M 475 | 00:37:49 | 00:51:14 | 00:57:52.50 | 00:58:09.25 | 5:47 | 10.4 |
| 154 | RODZOŚ BARTOSZ | 661 | | WARSZAWA | POL | M 30-39 | 180 | M 476 | 00:37:36 | 00:51:22 | 00:57:56.90 | 00:59:01.35 | 5:47 | 10.4 |
| 155 | ZASŁONKA PAWEŁ | 893 | | WARSZAWA | POL | M 30-39 | 181 | M 477 | 00:37:02 | 00:51:09 | 00:57:59.95 | 00:58:26.05 | 5:48 | 10.3 |
| 156 | CYRNY RAFAŁ | 117 | | WARSZAWA | POL | M 40-49 | 188 | M 483 | 00:36:34 | 00:51:18 | 00:58:20.40 | 00:59:44.45 | 5:50 | 10.3 |
| 157 | ZANIEWICZ ANDRZEJ | 888 | PARTNER | ŁUKÓW | POL | M 30-39 | 184 | M 484 | 00:38:32 | 00:52:09 | 00:58:21.05 | 00:59:49.20 | 5:50 | 10.3 |
| 158 | NAWROCKI RYSZARD | 556 | | WARSZAWA | POL | M 40-49 | 189 | M 485 | 00:36:34 | 00:51:07 | 00:58:22.50 | 00:59:34.30 | 5:50 | 10.3 |
| 159 | ŁAPICZ FILIP | 458 | | WARSZAWA | POL | M 1-29 | 68 | M 486 | 00:38:46 | 00:52:05 | 00:58:22.60 | 00:58:33.70 | 5:50 | 10.3 |
| 160 | ŁOZOWSKI ROBERT | 467 | | WARSZAWA | POL | M 40-49 | 190 | M 491 | 00:37:37 | 00:51:53 | 00:58:48.30 | 00:59:57.80 | 5:52 | 10.2 |
| 161 | JACHOWSKI PAWEŁ | 260 | | WARSZAWA | POL | M 40-49 | 191 | M 497 | 00:37:13 | 00:52:09 | 00:59:09.30 | 01:00:20.20 | 5:55 | 10.1 |
| 162 | GRACZ JAKUB | 221 | | WARSZAWA | POL | M 30-39 | 188 | M 498 | 00:38:13 | 00:52:17 | 00:59:11.45 | 01:01:10.40 | 5:55 | 10.1 |
| 163 | STYCZYŃSKI GRZEGORZ | 755 | | WARSZAWA | POL | M 30-39 | 189 | M 499 | 00:39:11 | 00:52:31 | 00:59:12.50 | 01:00:58.75 | 5:55 | 10.1 |
| 164 | ROKICKI ALEKSANDER | 667 | | WARSZAWA | POL | M 40-49 | 192 | M 500 | 00:39:11 | 00:52:31 | 00:59:12.55 | 01:00:58.60 | 5:55 | 10.1 |
| 165 | NOWAK JANUSZ | 563 | | WARSZAWA | POL | M 30-39 | 190 | M 501 | 00:37:46 | 00:52:19 | 00:59:13.20 | 01:00:27.15 | 5:55 | 10.1 |
| 166 | FILIPOWICZ MACIEJ | 172 | | WARSZAWA | POL | M 40-49 | 193 | M 502 | 00:59:14.00 | | 01:00:19.00 | | 5:55 | 10.1 |
| 167 | KOSTKA GRZEGORZ | 380 | BIEGIEM Z GREGIEM | WARSZAWA | POL | M 30-39 | 196 | M 510 | 00:37:46 | 00:52:32 | 00:59:42.35 | 01:01:26.00 | 5:58 | 10 |
| 168 | GŁODNY HUBERT | 204 | | WARSZAWA | POL | M 40-49 | 194 | M 511 | 00:38:07 | 00:52:49 | 00:59:45.10 | 01:01:09.50 | 5:58 | 10 |

BIEG PRZEZ MOST 2019, Mieszkaniec Białoleki c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 6.6km | 9km | Netto | Brutto | min/km | km/h |
|------|---------------------|-----|------------------------|------------------|------|---------|--------|-------|----------|----------|-------------|-------------|--------|------|
| 169 | ARAŻNY ZBIGNIEW | 10 | TRUCHT TARCHOMIN TEAM | WARSZAWA | POL | M 40-49 | 196 | M 514 | 00:38:29 | 00:52:31 | 01:00:05.75 | 01:01:46.75 | 6:00 | 10 |
| 170 | OLESIAK ARKADIUSZ | 578 | BIEGAM NA TARCHOMINIE | POLSKA, WARSZAWA | POL | M 40-49 | 199 | M 520 | 00:38:55 | 00:53:38 | 01:00:50.40 | 01:02:29.85 | 6:05 | 9.9 |
| 171 | ŁUCZAK PIOTR | 471 | PKO BANK POLSKI SA | WARSZAWA | POL | M 40-49 | 200 | M 521 | 00:38:27 | 00:53:35 | 01:00:52.20 | 01:01:30.55 | 6:05 | 9.9 |
| 172 | PATOLETA MIREK | 604 | | WARSZAWA | POL | M 40-49 | 201 | M 524 | 00:38:10 | 00:53:32 | 01:00:57.40 | 01:02:08.30 | 6:05 | 9.8 |
| 173 | SURMACZ JACEK | 766 | | WARSZAWA | POL | M 30-39 | 199 | M 525 | 00:39:08 | 00:53:42 | 01:00:58.85 | 01:03:01.80 | 6:05 | 9.8 |
| 174 | MAZUR PAWEŁ | 513 | WOODRUNNERS | WARSZAWA | POL | M 40-49 | 202 | M 528 | 00:38:48 | 00:53:35 | 01:01:04.05 | 01:02:51.50 | 6:06 | 9.8 |
| 175 | BRZÓZKA KAMIL | 77 | | WARSZAWA | POL | M 40-49 | 203 | M 529 | 00:39:47 | 00:54:10 | 01:01:21.25 | 01:03:41.35 | 6:08 | 9.8 |
| 176 | SIKORSKI PAWEŁ | 708 | GAMMA | WARSZAWA | POL | M 30-39 | 202 | M 530 | 00:38:59 | 00:53:57 | 01:01:22.35 | 01:03:13.40 | 6:08 | 9.8 |
| 177 | MORAWSKI PATRYK | 543 | | WARSZAWA | POL | M 1-29 | 76 | M 532 | 00:39:19 | 00:54:24 | 01:02:00.65 | 01:03:20.90 | 6:12 | 9.7 |
| 178 | SZYDŁO PAWEŁ | 384 | | MIĘDZYBORÓW | POL | M 30-39 | 203 | M 534 | 00:38:32 | 00:54:02 | 01:02:11.20 | 01:02:33.20 | 6:13 | 9.6 |
| 179 | BORUTS MARCIN | 68 | | WARSZAWA | POL | M 30-39 | 205 | M 536 | 00:39:50 | 00:55:01 | 01:02:30.70 | 01:03:59.45 | 6:15 | 9.6 |
| 180 | WAŚOWSKI MICHAŁ | 840 | | WARSZAWA | POL | M 30-39 | 206 | M 538 | 00:39:44 | 00:55:23 | 01:02:37.40 | 01:03:19.25 | 6:15 | 9.6 |
| 181 | ŁYGAS LESZEK | 476 | | WARSZAWA | POL | M 30-39 | 211 | M 543 | 00:39:18 | 00:55:23 | 01:03:16.90 | 01:05:05.75 | 6:19 | 9.5 |
| 182 | ZARADKIEWICZ ŁUKASZ | 889 | | WARSZAWA | POL | M 30-39 | 212 | M 547 | 00:40:52 | 00:55:54 | 01:03:36.00 | 01:05:39.25 | 6:21 | 9.4 |
| 183 | JACZYŃSKI RAFAŁ | 263 | | WARSZAWA | POL | M 30-39 | 215 | M 553 | 00:40:45 | 00:56:23 | 01:04:06.50 | 01:05:55.75 | 6:24 | 9.4 |
| 184 | GAŁAŻYN GRZEGORZ | 188 | | WARSZAWA | POL | M 40-49 | 205 | M 555 | 00:40:01 | 00:56:05 | 01:04:10.05 | 01:05:54.85 | 6:25 | 9.4 |
| 185 | DRABIK MICHAŁ | 150 | | WARSZAWA | POL | M 40-49 | 206 | M 556 | 00:39:45 | 00:56:01 | 01:04:13.45 | 01:05:14.85 | 6:25 | 9.3 |
| 186 | JANKOWSKI TOMEK | 273 | | WARSZAWA | POL | M 40-49 | 208 | M 559 | 00:39:45 | 00:56:17 | 01:04:24.75 | 01:05:32.05 | 6:26 | 9.3 |
| 187 | BIELEC BARTŁOMIEJ | 41 | LEGIA RUN CLUB | WARSZAWA | POL | M 30-39 | 218 | M 561 | 00:41:19 | 00:56:55 | 01:04:37.90 | 01:06:36.80 | 6:27 | 9.3 |
| 188 | WŁODARCZYK MACIEJ | 860 | | WARSZAWA | POL | M 40-49 | 211 | M 568 | 00:40:53 | 00:57:17 | 01:05:19.45 | 01:05:57.60 | 6:31 | 9.2 |
| 189 | KRÓLIKOWSKI ARTUR | 406 | | WARSZAWA | POL | M 40-49 | 212 | M 570 | 00:39:50 | 00:56:46 | 01:05:37.25 | 01:07:39.70 | 6:33 | 9.1 |
| 190 | PACHOLAK PRZEMYSŁAW | 589 | | WARSZAWA | POL | M 50-59 | 34 | M 572 | 00:41:01 | 00:57:38 | 01:05:50.20 | 01:07:33.00 | 6:35 | 9.1 |
| 191 | PRZYBOROWSKI RAFAŁ | 640 | | ŻUROMIN | POL | M 30-39 | 222 | M 576 | 00:42:37 | 00:58:34 | 01:06:39.95 | 01:07:19.70 | 6:40 | 9 |
| 192 | JEDYNAK PAWEŁ | 291 | | WARSZAWA | POL | M 30-39 | 225 | M 583 | 00:42:08 | 00:59:15 | 01:07:23.15 | 01:09:26.15 | 6:44 | 8.9 |
| 193 | JURECKI MAREK | 303 | | WARSZAWA | POL | M 50-59 | 37 | M 586 | 00:43:36 | 01:00:21 | 01:08:00.55 | 01:09:55.90 | 6:48 | 8.8 |
| 194 | ŁUKASIEWICZ ROBERT | 475 | KOKOSZKA36TEAM | WARSZAWA | POL | M 40-49 | 215 | M 587 | 00:43:25 | 00:59:53 | 01:08:19.40 | 01:10:15.05 | 6:50 | 8.8 |
| 195 | IZDEBSKI BARTŁOMIEJ | 256 | | WARSZAWA | GBR | M 30-39 | 227 | M 589 | 00:42:20 | 01:00:11 | 01:08:58.60 | 01:10:56.00 | 6:53 | 8.7 |
| 196 | TREMELET SEBASTIEN | 814 | | WARSZAWA | FRA | M 40-49 | 220 | M 598 | 00:45:41 | 01:03:09 | 01:11:24.10 | 01:13:29.70 | 7:08 | 8.4 |
| 197 | KOSIERADZKI PAWEŁ | 379 | MASTERS DOJO | WARSZAWA | POL | M 50-59 | 39 | M 599 | 00:45:54 | 01:03:22 | 01:12:05.95 | 01:13:52.35 | 7:12 | 8.3 |
| 198 | CZARNECKI PIOTR | 125 | TARCHOŚFIRY | WARSZAWA | POL | M 30-39 | 230 | M 603 | 00:47:54 | 01:04:43 | 01:13:28.80 | 01:15:42.10 | 7:20 | 8.2 |
| 199 | SOJKA ŁUKASZ | 729 | | WARSZAWA | POL | M 30-39 | 231 | M 605 | 00:47:20 | 01:04:51 | 01:13:52.75 | 01:16:10.60 | 7:23 | 8.1 |
| 200 | HEINE KRZYSZTOF | 246 | | WARSZAWA | POL | M 40-49 | 223 | M 606 | 00:47:15 | 01:04:54 | 01:14:11.45 | 01:16:29.75 | 7:25 | 8.1 |
| 201 | KUREK GUSTAW | 427 | | WARSZAWA | POL | M 50-59 | 40 | M 607 | 00:47:51 | 01:06:43 | 01:15:59.00 | 01:18:10.20 | 7:35 | 7.9 |
| LIM | CIEŚLAK PAWEŁ | 112 | SLOWJOGGINGBIAŁOLEKA | WARSZAWA | POL | M 50-59 | LIM | LIM | 00:56:55 | 01:18:03 | 01:31:34.15 | 01:34:03.30 | 0:00 | 6.6 |
| LIM | KAMIŃSKI WALDEMAR | 323 | SLOW JOGGING BIAŁOLEKA | WARSZAWA | POL | M 50-59 | LIM | LIM | 00:57:38 | 01:20:04 | 01:31:37.60 | 01:34:05.00 | 0:00 | 6.5 |

BIEG PRZEZ MOST 2019, K 1-29

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 6.6km | 9km | Netto | Brutto | min/km | km/h |
|------|--------------------------|-----|--------------------------------------|------------------|------|--------|--------|------|----------|----------|-------------|-------------|--------|------|
| 1 | GRZEGORCZYK NATALIA | 995 | WANDA PANFIL TEAM / AZS AWF WARSZAWA | KRAŚNICA | POL | K 1-29 | 1 | K 3 | 00:25:12 | 00:34:54 | 00:39:39.50 | 00:39:42.00 | 3:58 | 15.1 |
| 2 | SZUBA MARTYNA | 784 | TEAM PARSZCZYŃSKICH | MIŃSK MAZOWIECKI | POL | K 1-29 | 2 | K 12 | 00:28:12 | 00:39:12 | 00:44:38.75 | 00:44:58.55 | 4:27 | 13.4 |
| 3 | SŁAWIŃSKA EWA | 719 | | WARSZAWA | POL | K 1-29 | 3 | K 10 | 00:28:52 | 00:39:29 | 00:44:45.70 | 00:44:55.30 | 4:28 | 13.4 |
| 4 | KOWERDA SYLWIA | 395 | | WARSZAWA | POL | K 1-29 | 4 | K 31 | 00:30:53 | 00:42:59 | 00:48:57.55 | 00:49:19.10 | 4:53 | 12.3 |
| 5 | OŁÓW KAMILA | 581 | | GOŁDAP | POL | K 1-29 | 5 | K 33 | 00:31:30 | 00:43:31 | 00:49:27.95 | 00:49:45.05 | 4:56 | 12.1 |
| 6 | MALMON OLIWIA | 489 | KONDYCJA | WARSZAWA | POL | K 1-29 | 6 | K 42 | 00:36:01 | 00:44:53 | 00:51:41.30 | 00:51:44.90 | 5:10 | 11.6 |
| 7 | CHOSZCZ DOMINIKA | 97 | | WARSZAWA | POL | K 1-29 | 7 | K 48 | 00:32:31 | 00:45:50 | 00:51:47.15 | 00:52:36.40 | 5:10 | 11.6 |
| 8 | MISZCZAK PAULINA | 536 | | WARSZAWA | POL | K 1-29 | 8 | K 51 | 00:34:07 | 00:46:28 | 00:52:28.55 | 00:53:28.70 | 5:14 | 11.4 |
| 9 | KRUPIŃSKA WIOLA | 409 | TRUCHT TEAM TARCHOMIN | WARSZAWA | POL | K 1-29 | 9 | K 50 | 00:34:08 | 00:46:50 | 00:52:51.55 | 00:53:07.10 | 5:17 | 11.3 |
| 10 | CHOTOMSKA DOROTA | 98 | | LEGIONOWO | POL | K 1-29 | 10 | K 56 | 00:33:31 | 00:46:43 | 00:53:22.35 | 00:53:29.90 | 5:20 | 11.2 |
| 11 | MURK JOANNA | 548 | | GÓRA KALWARIA | POL | K 1-29 | 11 | K 61 | 00:35:31 | 00:48:13 | 00:53:54.50 | 00:54:39.40 | 5:23 | 11.1 |
| 12 | ŁAZAREWICZ KATARZYNA | 460 | | WARSZAWA | POL | K 1-29 | 12 | K 63 | 00:33:49 | 00:47:26 | 00:54:00.35 | 00:54:54.75 | 5:24 | 11.1 |
| 13 | JONIK JUSTYNA | 296 | AZS WAT | WARSZAWA | POL | K 1-29 | 13 | K 65 | 00:34:26 | 00:47:53 | 00:54:09.25 | 00:54:14.80 | 5:24 | 11.1 |
| 14 | KONOPKA JUSTYNA | 366 | RUN 4FUN | WARSZAWA | POL | K 1-29 | 14 | K 66 | 00:34:41 | 00:47:51 | 00:54:11.70 | 00:54:48.50 | 5:25 | 11.1 |
| 15 | GZUŁA AGNIESZKA KAROLINA | 240 | ADIDAS RUNNERS WARSAW | WARSZAWA | POL | K 1-29 | 15 | K 74 | 00:34:30 | 00:47:42 | 00:54:42.00 | 00:55:16.10 | 5:28 | 11 |
| 16 | BYELKINA KATERYNA | 970 | ANPHARM RUN TEAM | WARSZAWA | POL | K 1-29 | 16 | K 77 | 00:35:24 | 00:48:46 | 00:55:02.75 | 00:57:14.05 | 5:30 | 10.9 |

BIEG PRZEZ MOST 2019, K 1-29 c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 6.6km | 9km | Netto | Brutto | min/km | km/h |
|------|----------------------------|------|----------------------|------------------|------|--------|--------|-------|----------|----------|-------------|-------------|--------|------|
| 17 | WASILUK KLAUDIA | 838 | DRUŻYNA SZPIKU | WARSZAWA | POL | K 1-29 | 17 | K 80 | 00:36:47 | 00:49:16 | 00:55:13.70 | 00:56:38.80 | 5:31 | 10.9 |
| 18 | OWCZAREK BEATA | 588 | GO SPORT RUNNERS | WARSZAWA | POL | K 1-29 | 18 | K 88 | 00:35:37 | 00:49:15 | 00:55:49.25 | 00:56:57.15 | 5:35 | 10.7 |
| 19 | DRÓZD SANDRA | 998 | | MARCELÓW | | K 1-29 | 19 | K 89 | 00:35:58 | 00:49:30 | 00:55:57.60 | 00:57:35.70 | 5:35 | 10.7 |
| 20 | MACKOWIAK WERONIKA | 480 | | WARSZAWA | POL | K 1-29 | 20 | K 90 | 00:35:56 | 00:49:39 | 00:56:06.00 | 00:58:00.70 | 5:36 | 10.7 |
| 21 | JAŚTAK NATALIA | 958 | | WARSZAWA | POL | K 1-29 | 21 | K 98 | 00:36:59 | 00:48:20 | 00:56:40.60 | 00:57:48.45 | 5:40 | 10.6 |
| 22 | SOCHACKA KAROLINA | 727 | | WARSZAWA | POL | K 1-29 | 22 | K 99 | 00:36:21 | 00:50:07 | 00:56:45.85 | 00:57:48.60 | 5:40 | 10.6 |
| 23 | SIGAL BOGDANA | 706 | | WARSZAWA | POL | K 1-29 | 23 | K 102 | 00:36:28 | 00:50:22 | 00:57:14.00 | 00:58:15.40 | 5:43 | 10.5 |
| 24 | LEGAT DOROTA | 439 | | MIŃSK MAZOWIECKI | POL | K 1-29 | 24 | K 104 | 00:36:56 | 00:50:54 | 00:57:21.80 | 00:58:23.80 | 5:44 | 10.5 |
| 25 | KOWALSKA PAULINA | 391 | | WARSZAWA | POL | K 1-29 | 25 | K 105 | 00:36:49 | 00:50:41 | 00:57:30.15 | 00:58:55.75 | 5:45 | 10.4 |
| 26 | FILIPIAK OLGA | 171 | | WARSZAWA | POL | K 1-29 | 26 | K 107 | 00:36:58 | 00:51:07 | 00:57:55.50 | 00:59:08.55 | 5:47 | 10.4 |
| 27 | PASKA SYLWIA | 602 | | OTWOCK | POL | K 1-29 | 27 | K 112 | 00:36:34 | 00:51:01 | 00:58:09.50 | 00:58:27.30 | 5:49 | 10.3 |
| 28 | KRAWCZYK KATARZYNA | 400 | | WARSZAWA | POL | K 1-29 | 28 | K 116 | 00:37:23 | 00:51:08 | 00:58:14.75 | 00:59:15.65 | 5:49 | 10.3 |
| 29 | GORCZYCA JOANNA | 213 | | WARSZAWA | POL | K 1-29 | 29 | K 118 | 00:36:49 | 00:51:09 | 00:58:26.20 | 00:59:58.00 | 5:50 | 10.3 |
| 30 | DEMBOWSKA MAŁGORZATA | 140 | | CIECHANÓW | POL | K 1-29 | 30 | K 122 | 00:37:02 | 00:51:43 | 00:58:52.30 | 01:00:28.25 | 5:53 | 10.2 |
| 31 | ZIARKOWSKA AGNIESZKA | 903 | | WARSZAWA | POL | K 1-29 | 31 | K 123 | 00:38:29 | 00:52:28 | 00:59:01.15 | 01:00:44.05 | 5:54 | 10.2 |
| 32 | GURMIŃSKA KATARZYNA | 238 | | WARSZAWA | POL | K 1-29 | 32 | K 132 | 00:38:26 | 00:52:30 | 00:59:16.70 | 01:01:00.90 | 5:55 | 10.1 |
| 33 | GIERS KLAUDIA | 200 | | WARSZAWA | POL | K 1-29 | 33 | K 133 | 00:38:03 | 00:52:46 | 00:59:20.55 | 00:59:49.55 | 5:56 | 10.1 |
| 34 | BERNARDELLI KATARZYNA | 35 | | WARSZAWA | POL | K 1-29 | 34 | K 137 | 00:37:59 | 00:52:31 | 00:59:28.15 | 00:59:54.55 | 5:56 | 10.1 |
| 35 | BESSARABA JAGODA | 37 | | WARSZAWA | POL | K 1-29 | 35 | K 143 | 00:37:01 | 00:52:10 | 00:59:49.10 | 01:00:52.80 | 5:58 | 10 |
| 36 | LELEŃSKA ANNA | 440 | | WARSZAWA | POL | K 1-29 | 36 | K 148 | 00:38:12 | 00:53:10 | 01:00:07.40 | 01:01:43.25 | 6:00 | 10 |
| 37 | SIESS MAŁGORZATA | 705 | UKS AZYMUT PABIANICE | WARSZAWA | POL | K 1-29 | 37 | K 149 | 00:38:48 | 00:53:12 | 01:00:09.45 | 01:01:27.05 | 6:01 | 10 |
| 38 | KOŚNIK ALICJA | 386 | | WARSZAWA | POL | K 1-29 | 38 | K 158 | 00:39:21 | 00:54:15 | 01:01:29.80 | 01:03:22.30 | 6:09 | 9.8 |
| 39 | STAŃCZYK ZOFIA | 742 | | ZIELONKA | POL | K 1-29 | 39 | K 159 | 00:38:31 | 00:53:35 | 01:01:31.10 | 01:03:12.90 | 6:09 | 9.8 |
| 40 | GŁÓDŹ MAŁGORZATA | 963 | DO NOGI | WARSZAWA | POL | K 1-29 | 40 | K 172 | 00:39:28 | 00:54:38 | 01:02:10.85 | 01:03:16.05 | 6:13 | 9.6 |
| 41 | STANIOS NATALIA | 738 | | WARSZAWA | POL | K 1-29 | 41 | K 185 | 00:39:13 | 00:55:32 | 01:03:41.35 | 01:04:47.55 | 6:22 | 9.4 |
| 42 | HELDT IWONA | 247 | | WARSZAWA | POL | K 1-29 | 42 | K 188 | 00:39:33 | 00:55:53 | 01:04:07.00 | 01:05:58.25 | 6:24 | 9.4 |
| 43 | KACPRZAK-ŚCISŁA ALEKSANDRA | 948 | | WARSZAWA | POL | K 1-29 | 43 | K 191 | 00:41:56 | 00:57:06 | 01:04:43.85 | 01:06:30.70 | 6:28 | 9.3 |
| 44 | HALASZ JUSTYNA | 242 | | WARSZAWA | POL | K 1-29 | 44 | K 201 | 00:43:37 | 00:58:29 | 01:05:43.65 | 01:07:42.55 | 6:34 | 9.1 |
| 45 | KORNACKA AGNIESZKA | 372 | | NIEPOREŃ | POL | K 1-29 | 45 | K 205 | 00:42:07 | 00:58:06 | 01:06:14.40 | 01:07:39.05 | 6:37 | 9.1 |
| 46 | KOWALETS OLENA | 387 | | WARSZAWA | POL | K 1-29 | 46 | K 210 | 00:42:14 | 00:59:05 | 01:06:37.15 | 01:06:55.55 | 6:39 | 9 |
| 47 | SADŁOWSKA ALEKSANDRA | 688 | | WARSZAWA | POL | K 1-29 | 47 | K 213 | 00:43:13 | 00:59:21 | 01:07:03.80 | 01:09:04.05 | 6:42 | 8.9 |
| 48 | ZAYATS DARYA | 898 | | WARSZAWA | POL | K 1-29 | 48 | K 216 | 00:42:17 | 00:59:13 | 01:07:31.55 | 01:08:44.25 | 6:45 | 8.9 |
| 49 | JURECKA JUSTYNA | 302 | | WARSZAWA | POL | K 1-29 | 49 | K 219 | 00:43:36 | 01:00:23 | 01:07:54.15 | 01:09:50.00 | 6:47 | 8.8 |
| 50 | STAGŁOW MONIKA | 737 | | WARSZAWA | POL | K 1-29 | 50 | K 223 | 00:43:31 | 01:00:33 | 01:08:46.25 | 01:10:27.70 | 6:52 | 8.7 |
| 51 | JASIŃSKA ALICJA | 282 | | BŁONIE | POL | K 1-29 | 51 | K 233 | 00:45:54 | 01:02:49 | 01:10:26.45 | 01:12:30.90 | 7:02 | 8.5 |
| 52 | BÖGER CAROLIN | 51 | | BERLIN | GER | K 1-29 | 52 | K 241 | 00:47:02 | 01:05:12 | 01:14:12.25 | 01:16:09.00 | 7:25 | 8.1 |
| 53 | OGOŃCZYK DONATA | 845 | | | | K 1-29 | 53 | K 242 | 00:47:33 | 01:06:07 | 01:14:57.25 | 01:16:57.75 | 7:29 | 8 |
| 54 | MŁODZIŃSKA NINA | 1013 | | WARSZAWA | POL | K 1-29 | 54 | K 253 | 00:51:24 | | | | 7:47 | 7.7 |
| LIM | HAJDUK MONIKA | 955 | | ŻYRARDÓW | POL | K 1-29 | LIM | LIM | 00:55:43 | 01:03:51 | 01:30:04.60 | 01:32:27.20 | 0:00 | 6.7 |

BIEG PRZEZ MOST 2019, M 1-29

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 6.6km | 9km | Netto | Brutto | min/km | km/h |
|------|-----------------------|-----|-----------------------------|------------------|------|--------|--------|------|----------|----------|-------------|-------------|--------|------|
| 1 | JASTRZĘBSKI KAMIL | 284 | DUKLANOWSKITEAM/SKB KRAŚNIK | KRAŚNIK | POL | M 1-29 | 1 | M 1 | 00:19:56 | 00:27:17 | 00:30:46.85 | 00:30:48.00 | 3:04 | 19.5 |
| 2 | WASIEWICZ KRZYSZTOF | 835 | | PIASECZNO | POL | M 1-29 | 2 | M 2 | 00:20:15 | 00:27:56 | 00:31:41.90 | 00:31:44.00 | 3:10 | 18.9 |
| 3 | PYSZEL FLORIAN | 651 | PAN MATEMATYKA | MIŃSK MAZOWIECKI | POL | M 1-29 | 3 | M 4 | 00:20:50 | 00:28:37 | 00:32:34.55 | 00:32:35.40 | 3:15 | 18.4 |
| 4 | ŚWIRGOŃ ADAM | 800 | TRENERBIEGANIA.PL | WARSZAWA | POL | M 1-29 | 4 | M 5 | 00:21:20 | 00:29:18 | 00:33:20.90 | 00:33:22.55 | 3:20 | 18 |
| 5 | PRZESTRZELSKI KAJETAN | 980 | | SIEDLCE | POL | M 1-29 | 5 | M 6 | 00:21:33 | 00:29:33 | 00:33:43.90 | 00:33:44.60 | 3:22 | 17.8 |
| 6 | GAWRON PAWEŁ | 193 | @ARKENYA_TEAM | WARSZAWA | POL | M 1-29 | 6 | M 7 | 00:21:38 | 00:29:54 | 00:33:55.15 | 00:33:57.20 | 3:23 | 17.7 |
| 7 | MACHOWSKI PAWEŁ | 478 | WARSZAWSKIE SANKT MORITZ | WARSZAWA | POL | M 1-29 | 7 | M 10 | 00:22:13 | 00:30:30 | 00:34:35.70 | 00:34:37.95 | 3:27 | 17.3 |
| 8 | OMIELAN WOJCIECH | 582 | | WARSZAWA | POL | M 1-29 | 8 | M 12 | 00:22:40 | 00:31:21 | 00:35:33.75 | 00:35:36.10 | 3:33 | 16.9 |
| 9 | BRZĄKAŁSKI KRZYSIEK | 73 | @ARKENYA_TEAM | PŁOCK | POL | M 1-29 | 9 | M 19 | 00:23:36 | 00:32:25 | 00:36:40.10 | 00:36:44.40 | 3:40 | 16.4 |
| 10 | MŁAČKI ALAN | 538 | TEAM KOPEĆ | KOŁBIEL | POL | M 1-29 | 10 | M 20 | 00:23:50 | 00:32:50 | 00:37:21.20 | 00:37:24.05 | 3:44 | 16.1 |
| 11 | KLIMKIEWICZ MICHAŁ | 353 | | WARSZAWA | POL | M 1-29 | 11 | M 21 | 00:23:58 | 00:32:52 | 00:37:21.90 | 00:37:28.85 | 3:44 | 16.1 |
| 12 | BOMBA TOMEK | 57 | | WARSZAWA | POL | M 1-29 | 12 | M 28 | 00:24:52 | 00:34:02 | 00:38:21.80 | 00:38:25.40 | 3:50 | 15.6 |
| 13 | STYRNIK KRYSZTOF | 757 | AZS UP LUBLIN | OŻARÓW | POL | M 1-29 | 13 | M 39 | 00:25:02 | 00:34:55 | 00:39:34.55 | 00:39:43.95 | 3:57 | 15.2 |

BIEG PRZEZ MOST 2019, M 1-29 c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 6.6km | 9km | Netto | Brutto | min/km | km/h |
|------|-------------------------|-----|---|----------------------|------|--------|--------|-------|----------|----------|-------------|-------------|--------|------|
| 14 | LEWANDOWSKI MATEUSZ | 446 | | NOWY DWÓR MAZOWIECKI | POL | M 1-29 | 14 | M 43 | 00:25:26 | 00:35:04 | 00:39:44.35 | 00:39:50.70 | 3:58 | 15.1 |
| 15 | ZALEWSKI DOMINIK | 886 | | WARSZAWA | POL | M 1-29 | 15 | M 46 | 00:25:40 | 00:35:29 | 00:40:07.40 | 00:40:11.90 | 4:00 | 15 |
| 16 | MARYNOWSKI WOJCIECH | 505 | LUDZIE SZTOSY | WARSZAWA | POL | M 1-29 | 16 | M 52 | 00:25:56 | 00:35:45 | 00:40:37.55 | 00:40:43.70 | 4:03 | 14.8 |
| 17 | ZGODA MATEUSZ | 941 | NAPRZÓD MŁOCINY | WARSZAWA | POL | M 1-29 | 17 | M 71 | 00:27:04 | 00:37:02 | 00:42:00.05 | 00:42:13.15 | 4:12 | 14.3 |
| 18 | PRUSIK PIOTR | 637 | | WARSZAWA | POL | M 1-29 | 18 | M 75 | 00:27:27 | 00:37:19 | 00:42:08.85 | 00:42:26.85 | 4:12 | 14.2 |
| 19 | KILJAŃCZYK DOMINIK | 347 | TARCZYŃSKI KLUB BIEGOWY | TARCZYN | POL | M 1-29 | 19 | M 91 | 00:27:17 | 00:38:00 | 00:43:09.70 | 00:43:17.45 | 4:19 | 13.9 |
| 20 | MŁYŃSKI MARIUSZ | 539 | | WARSZAWA | POL | M 1-29 | 20 | M 92 | 00:27:18 | 00:38:03 | 00:43:11.70 | 00:43:21.50 | 4:19 | 13.9 |
| 21 | ZDANOWSKI TOMEK | 899 | TRIZARZA | SITNE | POL | M 1-29 | 21 | M 97 | 00:27:22 | 00:38:17 | 00:43:27.45 | 00:43:34.25 | 4:20 | 13.8 |
| 22 | JANKOWSKI JAKUB | 274 | | BRWINÓW | POL | M 1-29 | 22 | M 100 | 00:27:26 | 00:38:19 | 00:43:34.45 | 00:43:54.70 | 4:21 | 13.8 |
| 23 | BŁASZCZYK BARTŁOMIEJ | 48 | | OŻARÓW MAZOWIECKI | POL | M 1-29 | 23 | M 115 | 00:28:29 | 00:39:04 | 00:44:26.80 | 00:45:05.30 | 4:26 | 13.5 |
| 24 | CHOJECKI ROBERT | 94 | EXPLOSION | MARKI | POL | M 1-29 | 24 | M 122 | 00:28:26 | 00:39:24 | 00:44:34.55 | 00:44:47.60 | 4:27 | 13.5 |
| 25 | SARZAŁA BARTŁOMIEJ | 554 | | | | M 1-29 | 25 | M 125 | 00:28:54 | 00:39:29 | 00:44:37.80 | 00:44:56.50 | 4:27 | 13.4 |
| 26 | DZIUBIŃSKI MACIEK | 161 | | WARSZAWA | POL | M 1-29 | 26 | M 136 | 00:29:09 | 00:39:52 | 00:45:01.15 | 00:45:07.35 | 4:30 | 13.3 |
| 27 | CIERNIAK FRANCISZEK | 107 | GRUPA BIEGOWA CHTMO | LEGIONOWO | POL | M 1-29 | 27 | M 140 | 00:29:33 | 00:40:06 | 00:45:13.70 | 00:45:49.85 | 4:31 | 13.3 |
| 28 | KOBUS IGOR | 359 | | WARSZAWA | POL | M 1-29 | 28 | M 141 | 00:29:06 | 00:40:17 | 00:45:14.10 | 00:45:25.15 | 4:31 | 13.3 |
| 29 | ROGOZIŃSKI ADRIAN | 664 | | WARSZAWA | POL | M 1-29 | 29 | M 157 | 00:29:01 | 00:40:25 | 00:45:54.70 | 00:46:25.90 | 4:35 | 13.1 |
| 30 | KRUPIŃSKI MAREK | 410 | DĄBROWSKI TEAM /ZABIEGANE DNI | OSTROŁĘKA | POL | M 1-29 | 30 | M 164 | 00:29:15 | 00:40:32 | 00:46:14.25 | 00:46:21.65 | 4:37 | 13 |
| 31 | DRABOT WOJCIECH | 151 | ASSECO ACTIVE TEAM | WARSZAWA | POL | M 1-29 | 31 | M 166 | 00:29:51 | 00:40:57 | 00:46:16.45 | 00:46:31.75 | 4:37 | 13 |
| 32 | JĘDRUSZCZAK ADAM | 295 | GOGGLE PARK TEAM | WARSZAWA | POL | M 1-29 | 32 | M 174 | 00:29:52 | 00:41:17 | 00:46:23.80 | 00:46:51.10 | 4:38 | 12.9 |
| 33 | CZAJKOWSKI MARCIN | 123 | | NOWE OSINY | POL | M 1-29 | 33 | M 181 | 00:30:23 | 00:41:27 | 00:46:45.10 | 00:47:31.40 | 4:40 | 12.8 |
| 34 | BARTYCZAK MICHAŁ | 24 | | WARSZAWA | POL | M 1-29 | 34 | M 192 | 00:28:43 | 00:40:52 | 00:47:07.05 | 00:47:17.05 | 4:42 | 12.7 |
| 35 | ROŚLONIEC KAMIL | 670 | | RZAŚNIK | POL | M 1-29 | 35 | M 198 | 00:30:37 | 00:41:57 | 00:47:24.60 | 00:48:08.15 | 4:44 | 12.7 |
| 36 | STROMECKI MARCIN | 751 | BFM | WARSZAWA | POL | M 1-29 | 36 | M 200 | 00:30:31 | 00:41:53 | 00:47:26.80 | 00:48:48.30 | 4:44 | 12.6 |
| 37 | DĄBROWSKI DANIEL | 137 | | WARSZAWA | POL | M 1-29 | 37 | M 201 | 00:30:24 | 00:42:00 | 00:47:26.95 | 00:49:39.90 | 4:44 | 12.6 |
| 38 | WOJCIECHOWSKI ARTUR | 869 |) | WARSZAWA | POL | M 1-29 | 38 | M 202 | 00:28:37 | 00:41:12 | 00:47:28.55 | 00:47:40.70 | 4:44 | 12.6 |
| 39 | SMYL JACEK | 724 | | WARSZAWA | POL | M 1-29 | 39 | M 208 | 00:30:22 | 00:42:13 | 00:47:43.50 | 00:48:05.15 | 4:46 | 12.6 |
| 40 | PODGÓRSKI KRZYSZTOF | 626 | KOMITET SPORTU I TURYSTYKI KRZYSZTOFA PODGÓRSKIEGO | KATOWICE | POL | M 1-29 | 40 | M 215 | 00:29:38 | 00:41:43 | 00:47:49.50 | 00:48:01.70 | 4:46 | 12.5 |
| 41 | SIERZPUTOWSKI PIOTR | 703 | | OŻARÓW MAZOWIECKI | POL | M 1-29 | 41 | M 219 | 00:31:31 | 00:42:51 | 00:48:09.60 | 00:49:03.70 | 4:48 | 12.5 |
| 42 | MIODUSZEWSKI ADRIAN | 534 | | WARSZAWA | POL | M 1-29 | 42 | M 226 | 00:31:32 | 00:42:49 | 00:48:17.50 | 00:49:06.05 | 4:49 | 12.4 |
| 43 | TOCZEWSKI KAMIL | 809 | JACEKBIEGA RUNING TEAM | WARSZAWA | POL | M 1-29 | 43 | M 237 | 00:30:36 | 00:42:33 | 00:48:31.90 | 00:49:04.25 | 4:51 | 12.4 |
| 44 | MAKOWSKI KRYSZTOF | 484 | RUN4FUN | WARSZAWA | POL | M 1-29 | 44 | M 238 | 00:31:04 | 00:42:56 | 00:48:32.30 | 00:49:09.45 | 4:51 | 12.4 |
| 45 | SZCZEPAŃSKI PIOTR | 923 | KONDYCJA | KONSTANCIN-JEZIORNA | POL | M 1-29 | 45 | M 246 | 00:35:59 | 00:43:31 | 00:48:52.75 | 00:48:56.05 | 4:53 | 12.3 |
| 46 | WINIARCZYK BARTŁOMIEJ | 852 | | WARSZAWA | POL | M 1-29 | 46 | M 253 | 00:30:47 | 00:42:56 | 00:49:13.40 | 00:50:03.05 | 4:55 | 12.2 |
| 47 | WITUSIK SZYMON | 857 | | WARSZAWA | POL | M 1-29 | 47 | M 265 | 00:32:20 | 00:44:02 | 00:49:29.45 | 00:50:02.10 | 4:57 | 12.1 |
| 48 | BOGUĆKI MICHAŁ | 53 | | WARSZAWA | POL | M 1-29 | 48 | M 267 | 00:30:48 | 00:43:29 | 00:49:32.95 | 00:49:56.30 | 4:57 | 12.1 |
| 49 | SMUŁEK RAFAŁ | 723 | | WARSZAWA | POL | M 1-29 | 49 | M 281 | 00:32:13 | 00:44:21 | 00:50:02.05 | 00:50:58.70 | 5:00 | 12 |
| 50 | PRZYBYSZ TOMASZ | 643 | | WARSZAWA | POL | M 1-29 | 50 | M 287 | 00:32:08 | 00:44:21 | 00:50:09.05 | 00:50:51.25 | 5:00 | 12 |
| 51 | KMIEĆ KAMIL | 357 | | ZĄBKI | POL | M 1-29 | 51 | M 304 | 00:33:14 | 00:45:09 | 00:50:51.10 | 00:51:50.35 | 5:05 | 11.8 |
| 52 | WOJTAS MICHAŁ | 929 | | WARSZAWA | POL | M 1-29 | 52 | M 311 | 00:33:10 | 00:45:11 | 00:51:03.15 | 00:51:56.65 | 5:06 | 11.8 |
| 53 | PANASZEWSKI PRZEMYSŁAW | 597 | | KOSZALIN | POL | M 1-29 | 53 | M 344 | 00:33:51 | 00:46:13 | 00:52:11.65 | 00:53:17.65 | 5:13 | 11.5 |
| 54 | ZAJDA DOMINIK | 883 | | WARSZAWA | POL | M 1-29 | 54 | M 359 | 00:33:09 | 00:46:35 | 00:52:51.90 | 00:53:13.25 | 5:17 | 11.3 |
| 55 | MATUSIAK KAROL | 943 | BDG | WARSZAWA | POL | M 1-29 | 55 | M 360 | 00:33:39 | 00:46:48 | 00:52:52.45 | 00:54:12.40 | 5:17 | 11.3 |
| 56 | ZIOŁO GRZEGORZ | 946 | | WARSZAWA | POL | M 1-29 | 56 | M 363 | 00:33:39 | 00:46:48 | 00:52:53.95 | 00:54:13.10 | 5:17 | 11.3 |
| 57 | SZCZYGIEL MICHAŁ | 775 | | STRZYŻÓW | POL | M 1-29 | 57 | M 364 | 00:34:18 | 00:46:51 | 00:52:59.50 | 00:55:59.10 | 5:18 | 11.3 |
| 58 | ROJEK HUBERT | 666 | | LESZCZYDÓŁ NOWINY | POL | M 1-29 | 58 | M 378 | 00:35:37 | 00:48:05 | 00:53:49.90 | 00:55:00.80 | 5:23 | 11.1 |
| 59 | SULICH MATEUSZ | 761 | | LEGIONOWO | POL | M 1-29 | 59 | M 380 | 00:35:04 | 00:47:38 | 00:53:50.75 | 00:54:49.10 | 5:23 | 11.1 |
| 60 | LEBIODA TOMASZ | 437 | | WARSZAWA | POL | M 1-29 | 60 | M 395 | 00:33:42 | 00:47:40 | 00:54:21.55 | 00:54:52.20 | 5:26 | 11 |
| 61 | GOLONKA PATRYK | 937 | MASTERS DOJO | WARSZAWA | POL | M 1-29 | 61 | M 399 | 00:36:10 | 00:49:16 | 00:54:36.25 | 00:55:47.75 | 5:27 | 11 |
| 62 | ADAMSKI SZYMON | 3 | | WARSZAWA | POL | M 1-29 | 62 | M 422 | 00:36:48 | 00:49:17 | 00:55:20.55 | 00:56:55.00 | 5:32 | 10.8 |
| 63 | BORCZYŃSKI PIOTR | 59 | MŁODZIEŻOWA RADA M.ST. WARSZAWY | WARSZAWA | POL | M 1-29 | 63 | M 427 | 00:34:03 | 00:48:52 | 00:55:27.35 | 00:55:32.90 | 5:32 | 10.8 |
| 64 | BARTOSZEWSKI DANIEL | 23 | | GÓRA KALWARIA | POL | M 1-29 | 64 | M 437 | 00:35:33 | 00:49:21 | 00:55:48.60 | 00:56:33.40 | 5:34 | 10.7 |
| 65 | KRÓL WOJCIECH | 403 | | WARSZAWA | POL | M 1-29 | 65 | M 454 | 00:37:41 | 00:50:52 | 00:56:44.25 | 00:58:16.00 | 5:40 | 10.6 |
| 66 | MARCINKIEWICZ TYMEK | 497 | | WARSZAWA | POL | M 1-29 | 66 | M 464 | 00:36:07 | 00:50:44 | 00:57:18.30 | 00:58:31.00 | 5:43 | 10.5 |
| 67 | SANDOMIERSKI BARTŁOMIEJ | 693 | WKURW_TEAM | MARKI | POL | M 1-29 | 67 | M 472 | 00:37:22 | 00:50:59 | 00:57:44.15 | 00:59:05.95 | 5:46 | 10.4 |
| 68 | ŁAPICZ FILIP | 458 | | WARSZAWA | POL | M 1-29 | 68 | M 486 | 00:38:46 | 00:52:05 | 00:58:22.60 | 00:58:33.70 | 5:50 | 10.3 |

BIEG PRZEZ MOST 2019, M 1-29 c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 6.6km | 9km | Netto | Brutto | min/km | km/h |
|------|------------------------|-----|------------------------|-----------|------|--------|--------|-------|----------|----------|-------------|-------------|--------|------|
| 69 | ORŁOWSKI KACPER | 584 | | WARSZAWA | POL | M 1-29 | 69 | M 487 | 00:36:33 | 00:51:17 | 00:58:25.00 | 00:59:46.30 | 5:50 | 10.3 |
| 70 | WILEŃSKI BARTOSZ | 990 | | | | M 1-29 | 70 | M 489 | 00:37:37 | 00:51:38 | 00:58:38.40 | 01:00:11.35 | 5:51 | 10.2 |
| 71 | PEĆCAK KAMIL | 613 | LUBIEŹ PIZZEŹ | LUBLIN | POL | M 1-29 | 71 | M 494 | 00:37:13 | 00:52:02 | 00:59:01.35 | 01:00:11.05 | 5:54 | 10.2 |
| 72 | ROSA MATEUSZ | 669 | | WARSZAWA | POL | M 1-29 | 72 | M 503 | 00:38:17 | 00:52:21 | 00:59:17.75 | 01:01:12.20 | 5:55 | 10.1 |
| 73 | POGORZELSKI KUBA | 628 | | MARKI | POL | M 1-29 | 73 | M 516 | 00:37:36 | 00:53:06 | 01:00:10.85 | 01:00:24.25 | 6:01 | 10 |
| 74 | SAFARZYŃSKI ALEKSANDER | 689 | | BŁONIE | POL | M 1-29 | 74 | M 519 | 00:39:28 | 00:53:56 | 01:00:41.75 | 01:02:35.95 | 6:04 | 9.9 |
| 75 | JUSZCZAK KAMIL | 307 | | LEGIONOWO | POL | M 1-29 | 75 | M 523 | 00:40:58 | 00:54:48 | 01:00:56.00 | 01:02:14.40 | 6:05 | 9.8 |
| 76 | MORAWSKI PATRYK | 543 | | WARSZAWA | POL | M 1-29 | 76 | M 532 | 00:39:19 | 00:54:24 | 01:02:00.65 | 01:03:20.90 | 6:12 | 9.7 |
| 77 | PRASAL KONRAD | 633 | RYSIOTEAM/INESSPORT.PL | ŁÓDŹ | POL | M 1-29 | 77 | M 544 | 00:39:51 | 00:55:30 | 01:03:16.90 | 01:04:24.85 | 6:19 | 9.5 |
| 78 | JANICKI MATEUSZ | 267 | LS WORLD RUN | WARSZAWA | POL | M 1-29 | 78 | M 545 | | | 01:03:19.30 | 01:03:19.30 | 6:19 | 9.5 |
| 79 | RUCZKA RAFAŁ | 675 | | WARSZAWA | POL | M 1-29 | 79 | M 552 | 00:38:48 | 00:55:46 | 01:03:51.00 | 01:04:17.00 | 6:23 | 9.4 |
| 80 | LECH BARTŁOMIEJ | 438 | | SIEDLCE | POL | M 1-29 | 80 | M 557 | 00:39:48 | 00:56:20 | 01:04:17.45 | 01:06:11.85 | 6:25 | 9.3 |
| 81 | OLESHKO MAKSYM | 577 | | WARSZAWA | POL | M 1-29 | 81 | M 562 | 00:40:50 | 00:57:11 | 01:04:46.40 | 01:05:05.00 | 6:28 | 9.3 |
| 82 | KACPRZYK MICHAŁ | 312 | | WARSZAWA | POL | M 1-29 | 82 | M 563 | 00:41:11 | 00:56:57 | 01:04:58.30 | 01:06:33.80 | 6:29 | 9.2 |
| 83 | MATYJASIAK MATEUSZ | 511 | | WARSZAWA | POL | M 1-29 | 83 | M 578 | 00:42:37 | 00:59:39 | 01:06:45.00 | 01:08:43.60 | 6:40 | 9 |
| 84 | BOJKO ALEKSANDER | 56 | | WARSZAWA | POL | M 1-29 | 84 | M 584 | 00:42:40 | 00:59:40 | 01:07:52.55 | 01:09:50.95 | 6:47 | 8.8 |
| 85 | RUSIN MICHAŁ | 679 | KS STASZEWCY | JABŁONNA | POL | M 1-29 | 85 | M 613 | 00:32:11 | 00:44:25 | | | 4:56 | 12.2 |

BIEG PRZEZ MOST 2019, K 30-39

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 6.6km | 9km | Netto | Brutto | min/km | km/h |
|------|-----------------------------|-----|--|----------------|------|---------|--------|------|----------|----------|-------------|-------------|--------|------|
| 1 | ŁAPIŃSKA ANNA | 459 | KS WARSZAWIANKA/ADRUNALINE | WARSZAWA | POL | K 30-39 | 1 | K 1 | 00:23:39 | 00:32:35 | 00:37:08.35 | 00:37:11.00 | 3:42 | 16.2 |
| 2 | PARSZCZYŃSKA IZABELA | 598 | TEAM PARSZCZYŃSKICH | WARSZAWA | POL | K 30-39 | 2 | K 2 | 00:24:21 | 00:33:36 | 00:38:11.50 | 00:38:13.00 | 3:49 | 15.7 |
| 3 | KOSTRZEWSKA JUSTYNA | 383 | ADIDAS RUNNERS WARSAW | ŁOMIAŃKI DOLNE | POL | K 30-39 | 3 | K 4 | 00:25:59 | 00:35:29 | 00:40:23.35 | 00:40:29.70 | 4:02 | 14.9 |
| 4 | ZIMOWICZ MAGDALENA | 936 | DUKLANOWSKI TEAM | WARSZAWA | POL | K 30-39 | 4 | K 8 | 00:28:18 | 00:38:24 | 00:43:18.30 | 00:43:30.15 | 4:19 | 13.9 |
| 5 | PACIOREK EWA | 590 | MARKOWI BIEGACZE | MARKI | POL | K 30-39 | 5 | K 9 | 00:28:16 | 00:38:51 | 00:44:08.00 | 00:44:22.30 | 4:24 | 13.6 |
| 6 | RADKOWSKA MAŁGORZATA | 653 | DZIOBAKI I NOSIAKI/SŁODKIE PĄCZKI | WARSZAWA | POL | K 30-39 | 6 | K 11 | 00:28:44 | 00:39:24 | 00:44:38.50 | 00:44:58.20 | 4:27 | 13.4 |
| 7 | WINKOWSKA-STRUZIK MAGDALENA | 853 | DUKLANOWSKI TEAM / ADIDAS RUNNERS WARSAW | WARSZAWA | POL | K 30-39 | 7 | K 13 | 00:29:01 | 00:39:42 | 00:44:55.10 | 00:45:25.70 | 4:29 | 13.4 |
| 8 | KUCZYŃSKA MAGDALENA | 422 | | WARSZAWA | POL | K 30-39 | 8 | K 14 | 00:29:15 | 00:40:03 | 00:45:19.05 | 00:45:39.15 | 4:31 | 13.2 |
| 9 | NOWAK ANNA | 569 | | WARSZAWA | POL | K 30-39 | 9 | K 16 | 00:29:11 | 00:40:22 | 00:45:56.05 | 00:46:18.35 | 4:35 | 13.1 |
| 10 | MICHALAK MONIKA | 521 | | RAJSZEW | POL | K 30-39 | 10 | K 21 | 00:30:15 | 00:41:30 | 00:47:03.60 | 00:47:34.80 | 4:42 | 12.8 |
| 11 | GADOMSKA ANNA | 181 | PZU SPORT TEAM | WARSZAWA | POL | K 30-39 | 11 | K 24 | 00:30:31 | 00:41:41 | 00:47:12.35 | 00:47:58.30 | 4:43 | 12.7 |
| 12 | KĄDZIOLKA BEATA | 337 | FMW RUNNERS | STAŁOWA WOLA | POL | K 30-39 | 12 | K 23 | 00:30:25 | 00:41:34 | 00:47:13.10 | 00:47:53.00 | 4:43 | 12.7 |
| 13 | KUBICA EWA | 420 | | WARSZAWA | POL | K 30-39 | 13 | K 25 | 00:30:40 | 00:41:55 | 00:47:35.45 | 00:48:20.75 | 4:45 | 12.6 |
| 14 | JAGNIESZCZAK ZUZANNA | 264 | ADIDAS RUNNERS WARSAW | WARSZAWA | POL | K 30-39 | 14 | K 30 | 00:31:05 | 00:42:46 | 00:48:40.20 | 00:49:13.75 | 4:52 | 12.3 |
| 15 | BURZYŃSKA MAGDALENA | 85 | | WARSZAWA | POL | K 30-39 | 15 | K 28 | 00:30:52 | 00:42:47 | 00:48:40.95 | 00:49:09.15 | 4:52 | 12.3 |
| 16 | RUDY IWONA | 676 | | WARSZAWA | POL | K 30-39 | 16 | K 32 | 00:30:45 | 00:42:52 | 00:48:55.80 | 00:49:33.35 | 4:53 | 12.3 |
| 17 | KORONA-SIERADZKA BOGUSŁAWA | 375 | | WARSZAWA | POL | K 30-39 | 17 | K 35 | 00:32:11 | 00:43:37 | 00:49:12.40 | 00:50:00.20 | 4:55 | 12.2 |
| 18 | SEKŚCIŃSKA MAGDA | 696 | GRUPA BIEGOWA UM W-WA | WARSZAWA | POL | K 30-39 | 18 | K 34 | 00:31:46 | 00:43:33 | 00:49:14.65 | 00:49:46.50 | 4:55 | 12.2 |
| 19 | BE CZAK NATALIA | 29 | | WARSZAWA | POL | K 30-39 | 19 | K 36 | 00:32:15 | 00:44:01 | 00:49:40.00 | 00:50:20.45 | 4:58 | 12.1 |
| 20 | ŻEBROWSKA ANNA | 930 | | WARSZAWA | POL | K 30-39 | 20 | K 38 | 00:32:05 | 00:43:51 | 00:49:50.90 | 00:50:50.95 | 4:59 | 12 |
| 21 | KWIATKOWSKA KATARZYNA | 432 | | MARKI | POL | K 30-39 | 21 | K 45 | 00:32:38 | 00:44:57 | 00:51:01.65 | 00:52:04.90 | 5:06 | 11.8 |
| 22 | KWIATKOWSKA ILONA | 434 | KB WYSZKÓW | WYSZKÓW | POL | K 30-39 | 22 | K 44 | 00:32:48 | 00:44:59 | 00:51:15.10 | 00:52:03.35 | 5:07 | 11.7 |
| 23 | KICZINSKA IZABELA | 340 | BRODNICA BIEGA | BRODNICA | POL | K 30-39 | 23 | K 41 | 00:32:33 | 00:45:04 | 00:51:16.10 | 00:51:26.60 | 5:07 | 11.7 |
| 24 | CHRZANOWSKA AGATA | 101 | CHRZANOWSKITEAM | WARSZAWA | POL | K 30-39 | 24 | K 53 | 00:33:39 | 00:46:22 | 00:52:36.60 | 00:53:53.20 | 5:15 | 11.4 |
| 25 | BOGŁOWSKA URSZULA | 52 | | WARSZAWA | POL | K 30-39 | 25 | K 54 | 00:33:37 | 00:46:38 | 00:52:47.85 | 00:54:06.25 | 5:16 | 11.4 |
| 26 | KRUSZEWSKA DOMINIKA | 411 | | WARSZAWA | POL | K 30-39 | 26 | K 57 | 00:34:23 | 00:47:12 | 00:53:23.90 | 00:54:56.20 | 5:20 | 11.2 |
| 27 | GRABARCZYK ILONA | 218 | | LESZNO | POL | K 30-39 | 27 | K 58 | 00:34:30 | 00:47:21 | 00:53:32.80 | 00:54:10.25 | 5:21 | 11.2 |
| 28 | JANKOWSKA WIOLA | 270 | | WARSZAWA | POL | K 30-39 | 28 | K 59 | 00:34:37 | 00:47:21 | 00:53:37.00 | 00:54:44.20 | 5:21 | 11.2 |
| 29 | ŚWIDERSKA JOANNA | 795 | | WARSZAWA | POL | K 30-39 | 29 | K 64 | 00:34:48 | 00:47:43 | 00:54:03.50 | 00:55:07.70 | 5:24 | 11.1 |
| 30 | ZARĘBA-TREMELET KATARZYNA | 890 | | WARSZAWA | POL | K 30-39 | 30 | K 67 | 00:35:01 | 00:48:00 | 00:54:19.20 | 00:55:21.95 | 5:25 | 11 |
| 31 | KOMARNITSKAYA NATALIA | 361 | | WARSZAWA | | K 30-39 | 31 | K 68 | 00:34:33 | 00:47:46 | 00:54:21.25 | 00:55:33.35 | 5:26 | 11 |
| 32 | JANKOWSKA BOŻENA | 272 | | WARSZAWA | POL | K 30-39 | 32 | K 70 | 00:34:32 | 00:47:52 | 00:54:25.40 | 00:55:17.00 | 5:26 | 11 |
| 33 | KĄZMIERSKA ANNA | 335 | | WOŁOMIN | POL | K 30-39 | 33 | K 78 | 00:35:33 | 00:48:38 | 00:55:05.90 | 00:56:26.25 | 5:30 | 10.9 |
| 34 | MAJEWSKA HANNA | 482 | BIEGAM NA TARCHOMINIE | WARSZAWA | POL | K 30-39 | 34 | K 81 | 00:35:06 | 00:48:50 | 00:55:26.35 | 00:56:23.55 | 5:32 | 10.8 |

BIEG PRZEZ MOST 2019, K 30-39 c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 6.6km | 9km | Netto | Brutto | min/km | km/h |
|------|------------------------------|------|---|----------------------|------|---------|--------|-------|----------|----------|-------------|-------------|--------|------|
| 35 | BE CZAK NATALIA | 30 | | WARSZAWA | POL | K 30-39 | 35 | K 83 | | | 00:55:33.00 | 00:55:33.00 | 5:33 | 10.8 |
| 36 | POGORZELSKA ANNA | 627 | | WARSZAWA | POL | K 30-39 | 36 | K 85 | 00:35:06 | 00:48:42 | 00:55:36.95 | 00:56:34.80 | 5:33 | 10.8 |
| 37 | ROGALSKA MAGDA | 663 | WKURWTEAM | WARSZAWA | POL | K 30-39 | 37 | K 87 | 00:34:50 | 00:48:57 | 00:55:45.65 | 00:56:47.65 | 5:34 | 10.8 |
| 38 | JAKUBISIAK RENATA | 265 | AEGONRUN | WARSZAWA | POL | K 30-39 | 38 | K 92 | 00:37:34 | 00:50:05 | 00:56:23.40 | 00:57:46.20 | 5:38 | 10.6 |
| 39 | CHMIELEWSKA IZABELA | 92 | REEBOK RUN CREW/MINISTERSTWO ŚRODOWISKA | WARSZAWA | POL | K 30-39 | 39 | K 93 | 00:36:02 | 00:49:42 | 00:56:25.95 | 00:57:13.65 | 5:38 | 10.6 |
| 40 | KACZMAREK KATARZYNA | 316 | | WARSZAWA | POL | K 30-39 | 40 | K 95 | 00:35:57 | 00:49:49 | 00:56:33.35 | 00:57:36.40 | 5:39 | 10.6 |
| 41 | MUZINSKA MARTA | 552 | | WARSZAWA | POL | K 30-39 | 41 | K 96 | 00:35:44 | 00:49:47 | 00:56:33.45 | 00:58:09.10 | 5:39 | 10.6 |
| 42 | FLOREK MAŁGORZATA | 174 | | WARSZAWA | POL | K 30-39 | 42 | K 97 | 00:35:54 | 00:50:07 | 00:56:40.30 | 00:58:15.70 | 5:40 | 10.6 |
| 43 | CZACH NATALIA | 118 | WARSZAWSKI KLUB ROGATEGO MORSZA | WARSZAWA | POL | K 30-39 | 43 | K 103 | 00:37:27 | 00:50:42 | 00:57:14.90 | 00:59:10.10 | 5:43 | 10.5 |
| 44 | BRODAWKA OLGA | 71 | | WARSZAWA | POL | K 30-39 | 44 | K 106 | 00:36:37 | 00:50:43 | 00:57:49.85 | 00:58:49.30 | 5:47 | 10.4 |
| 45 | GAJ-ŚWIEŻACZYŃSKA JOANNA | 187 | | KOMORÓW | POL | K 30-39 | 45 | K 108 | 00:38:09 | 00:51:24 | 00:58:01.30 | 00:59:49.20 | 5:48 | 10.3 |
| 46 | LEWANDOWSKA AGNIESZKA | 445 | | LEGIONOWO | POL | K 30-39 | 46 | K 117 | 00:37:25 | 00:51:16 | 00:58:17.45 | 00:59:02.45 | 5:49 | 10.3 |
| 47 | PRZYBYŁAWSKA-PRASKA ILONA | 642 | | WARSZAWA | POL | K 30-39 | 47 | K 119 | 00:37:16 | 00:51:21 | 00:58:31.30 | 00:59:37.70 | 5:51 | 10.3 |
| 48 | GRYCZKA-CIOŁEK MONIKA | 232 | | WARSZAWA | POL | K 30-39 | 48 | K 125 | 00:37:44 | 00:52:03 | 00:59:07.00 | 00:59:25.70 | 5:54 | 10.1 |
| 49 | LODOWSKA ILONA | 454 | | JABŁONNA | POL | K 30-39 | 49 | K 126 | 00:38:18 | 00:52:15 | 00:59:07.40 | 01:00:00.55 | 5:54 | 10.1 |
| 50 | POLAŃSKA AGNIESZKA | 630 | | WARSZAWA | POL | K 30-39 | 50 | K 129 | 00:37:44 | 00:52:16 | 00:59:12.40 | 01:00:11.05 | 5:55 | 10.1 |
| 51 | PASEK DOROTA | 601 | | WARSZAWA | POL | K 30-39 | 51 | K 130 | 00:39:12 | 00:52:31 | 00:59:12.40 | 01:00:58.60 | 5:55 | 10.1 |
| 52 | PYRAK JOANNA | 650 | AEGONRUN | WARSZAWA | POL | K 30-39 | 52 | K 136 | 00:37:59 | 00:52:10 | 00:59:25.95 | 01:00:48.85 | 5:56 | 10.1 |
| 53 | SZTYGOWSKA ANNA | 1012 | | | | K 30-39 | 53 | K 138 | 00:37:57 | 00:52:36 | 00:59:31.05 | 01:00:28.65 | 5:57 | 10.1 |
| 54 | DAMPC NATALIA | 131 | | WARSZAWA | POL | K 30-39 | 54 | K 139 | 00:37:34 | 00:52:47 | 00:59:31.20 | 01:00:56.65 | 5:57 | 10.1 |
| 55 | KACZAN JOANNA | 315 | | WARSZAWA (BIAŁOŁĘKA) | POL | K 30-39 | 55 | K 142 | 00:38:25 | 00:52:37 | 00:59:47.75 | 01:01:23.75 | 5:58 | 10 |
| 56 | SWIETLIK MAGDALENA | 767 | | WARSZAWA | POL | K 30-39 | 56 | K 144 | 00:37:52 | 00:52:42 | 00:59:51.85 | 01:00:56.80 | 5:59 | 10 |
| 57 | BULIK BOŻENA | 82 | PARTNER | WARSZAWA | POL | K 30-39 | 57 | K 145 | 00:38:37 | 00:52:46 | 00:59:53.40 | 01:01:21.85 | 5:59 | 10 |
| 58 | BRONICKA ELA | 72 | VEGE RUNNERS | WARSZAWA | POL | K 30-39 | 58 | K 151 | 00:38:28 | 00:53:17 | 01:00:42.15 | 01:02:24.70 | 6:04 | 9.9 |
| 59 | HÄNCHEN ELISABETH | 243 | | WARSZAWA | POL | K 30-39 | 59 | K 153 | 00:38:49 | 00:53:55 | 01:00:52.45 | 01:02:49.40 | 6:05 | 9.9 |
| 60 | NOWAK MAGDALENA | 564 | AEGONRUN | WARSZAWA | POL | K 30-39 | 60 | K 155 | 00:39:25 | 00:53:54 | 01:01:21.05 | 01:02:43.75 | 6:08 | 9.8 |
| 61 | BRZÓZKA MAGDA | 76 | | WARSZAWA | POL | K 30-39 | 61 | K 161 | 00:39:38 | 00:54:27 | 01:01:38.50 | 01:03:28.50 | 6:09 | 9.7 |
| 62 | NOWAK KASIA | 567 | | WARSZAWA | POL | K 30-39 | 62 | K 162 | 00:39:39 | 00:54:29 | 01:01:38.80 | 01:03:28.60 | 6:09 | 9.7 |
| 63 | SAL KINGA | 690 | | WARSZAWA | POL | K 30-39 | 63 | K 163 | 00:38:57 | 00:54:23 | 01:01:41.30 | 01:03:42.75 | 6:10 | 9.7 |
| 64 | SIKORSKA AGNIESZKA | 928 | | WARSZAWA | POL | K 30-39 | 64 | K 167 | 00:40:03 | 00:54:42 | 01:01:49.35 | 01:03:40.65 | 6:10 | 9.7 |
| 65 | DĄBROWSKA BEATA | 134 | | JABŁONNA | POL | K 30-39 | 65 | K 168 | 00:39:22 | 00:54:42 | 01:01:49.65 | 01:02:42.55 | 6:11 | 9.7 |
| 66 | PRZEDPEŁSKA ANETA | 638 | | WARSZAWA | POL | K 30-39 | 66 | K 171 | 00:39:22 | 00:54:33 | 01:02:02.05 | 01:03:28.40 | 6:12 | 9.7 |
| 67 | GAWIDZIEL SYLWIA | 190 | | WARSZAWA | POL | K 30-39 | 67 | K 173 | | | 01:02:16.25 | 01:02:16.25 | 6:13 | 9.6 |
| 68 | WOJTAL KATARZYNA | 872 | WATAHA - WARSZAWA | PIASECZNO | POL | K 30-39 | 68 | K 174 | 00:39:17 | 00:54:38 | 01:02:16.60 | 01:03:43.10 | 6:13 | 9.6 |
| 69 | CHOROŚ SYLWIA | 922 | | WARSZAWA | POL | K 30-39 | 69 | K 176 | 00:39:50 | 00:55:01 | 01:02:30.60 | 01:03:59.40 | 6:15 | 9.6 |
| 70 | GRYGALEWICZ ANNA | 233 | G PARTNER RUNNERS | WARSZAWA | POL | K 30-39 | 70 | K 178 | 00:39:51 | 00:55:16 | 01:02:48.00 | 01:04:35.10 | 6:16 | 9.6 |
| 71 | KORENKIEWICZ ANNA | 370 | | ZĄBKI | POL | K 30-39 | 71 | K 181 | 00:41:02 | 00:56:09 | 01:03:28.10 | 01:05:22.00 | 6:20 | 9.5 |
| 72 | STRZELEC AGNIESZKA | 753 | | WARSZAWA | POL | K 30-39 | 72 | K 182 | 00:39:31 | 00:55:41 | 01:03:36.90 | 01:04:40.25 | 6:21 | 9.4 |
| 73 | OBREBOWSKA MAŁGORZATA | 950 | | WARSZAWA | POL | K 30-39 | 73 | K 183 | 00:40:07 | 00:55:45 | 01:03:40.05 | 01:05:03.60 | 6:22 | 9.4 |
| 74 | BASIAK AGNIESZKA | 25 | | WARSZAWA | POL | K 30-39 | 74 | K 184 | 00:39:18 | 00:55:16 | 01:03:40.90 | 01:05:11.80 | 6:22 | 9.4 |
| 75 | OLSZEWSKA DOROTA | 579 | | WARSZAWA | POL | K 30-39 | 75 | K 189 | 00:39:22 | 00:55:33 | 01:04:09.45 | 01:04:33.90 | 6:24 | 9.4 |
| 76 | WITECKA ANNA | 855 | | WARSZAWA | POL | K 30-39 | 76 | K 190 | 00:40:16 | 00:56:19 | 01:04:26.85 | 01:06:20.60 | 6:26 | 9.3 |
| 77 | PROROK MAŁGOSIA | 636 | | PIASECZNO | POL | K 30-39 | 77 | K 192 | 00:42:04 | 00:57:17 | 01:04:45.80 | 01:06:55.70 | 6:28 | 9.3 |
| 78 | CYGAN KATARZYNA | 116 | | WARSZAWA | POL | K 30-39 | 78 | K 194 | 00:41:11 | 00:57:00 | 01:04:58.35 | 01:06:33.50 | 6:29 | 9.2 |
| 79 | ŚWIERSZCZ ANETA | 798 | | ZALESIE | POL | K 30-39 | 79 | K 195 | 00:41:05 | 00:57:12 | 01:04:59.30 | 01:06:53.60 | 6:29 | 9.2 |
| 80 | WYSOCKA KAROLINA | 880 | | WARSZAWA | POL | K 30-39 | 80 | K 196 | 00:41:14 | 00:56:53 | 01:05:05.25 | 01:06:36.60 | 6:30 | 9.2 |
| 81 | OSIAK ŻANETA | 586 | | ŁASKARZEW | POL | K 30-39 | 81 | K 197 | 00:40:42 | 00:57:10 | 01:05:06.15 | 01:06:31.70 | 6:30 | 9.2 |
| 82 | BORKOWSKA OLGA | 60 | | WARSZAWA | POL | K 30-39 | 82 | K 198 | 00:41:25 | 00:57:35 | 01:05:16.95 | 01:06:07.65 | 6:31 | 9.2 |
| 83 | BARTECKA-MATUSZEWSKA URSZULA | 21 | | NOWY DWÓR MAZOWIECKI | POL | K 30-39 | 83 | K 202 | 00:41:10 | 00:57:23 | 01:05:45.90 | 01:06:41.70 | 6:34 | 9.1 |
| 84 | REJCHERT KAMILA | 657 | | WARSZAWA | POL | K 30-39 | 84 | K 203 | 00:41:04 | 00:57:38 | 01:05:49.45 | 01:07:32.35 | 6:35 | 9.1 |
| 85 | CZAJKOWSKA KRYSZYNA | 120 | | WARSZAWA | POL | K 30-39 | 85 | K 204 | 00:40:50 | 00:57:55 | 01:05:50.10 | 01:06:08.35 | 6:35 | 9.1 |
| 86 | BABIĄK-WARDAK KATARZYNA | 11 | | WARSZAWA | POL | K 30-39 | 86 | K 206 | 00:42:32 | 00:58:31 | 01:06:22.80 | 01:07:40.70 | 6:38 | 9 |
| 87 | KLIMEK KATARZYNA | 352 | | WARSZAWA | POL | K 30-39 | 87 | K 207 | 00:41:51 | 00:58:32 | 01:06:25.30 | 01:06:43.95 | 6:38 | 9 |
| 88 | SZŁAPA URSZULA | 778 | SPOT PSZCZYNA | CZARKÓW | POL | K 30-39 | 88 | K 211 | 00:41:50 | 00:58:24 | 01:06:38.55 | 01:08:43.25 | 6:39 | 9 |
| 89 | CIEPLAK KASIA | 105 | | WARSZAWA | POL | K 30-39 | 89 | K 212 | 00:41:49 | 00:58:28 | 01:06:38.70 | 01:08:10.40 | 6:39 | 9 |

BIEG PRZEZ MOST 2019, K 30-39 c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 6.6km | 9km | Netto | Brutto | min/km | km/h |
|------|------------------------|-----|-----------------------------|-----------|------|---------|--------|-------|----------|----------|-------------|-------------|--------|------|
| 90 | WINDER AGNIESZKA | 851 | | WARSZAWA | POL | K 30-39 | 90 | K 215 | 00:41:24 | 00:58:41 | 01:07:28.65 | 01:09:16.95 | 6:44 | 8.9 |
| 91 | ZAWADZIŃSKA ANNA | 895 | | WARSZAWA | POL | K 30-39 | 91 | K 217 | 00:43:53 | 01:00:09 | 01:07:42.10 | 01:09:51.80 | 6:46 | 8.9 |
| 92 | JAWORSKA JOANNA | 287 | | WARSZAWA | POL | K 30-39 | 92 | K 221 | 00:44:41 | 01:00:27 | 01:08:17.50 | 01:10:17.00 | 6:49 | 8.8 |
| 93 | KŁOPOTOWSKA MAŁGORZATA | 355 | | WARSZAWA | POL | K 30-39 | 93 | K 224 | 00:43:14 | 01:00:46 | 01:09:19.75 | 01:10:04.05 | 6:56 | 8.7 |
| 94 | WRONKA MARIANA | 878 | ZABIEGANY WOŁOMIN | WOŁOMIN | POL | K 30-39 | 94 | K 225 | 00:43:47 | 01:00:51 | 01:09:24.75 | 01:09:51.90 | 6:56 | 8.6 |
| 95 | FURMAN DOROTA | 179 | | WARSZAWA | POL | K 30-39 | 95 | K 226 | 00:44:42 | 01:01:27 | 01:09:26.60 | 01:11:30.50 | 6:56 | 8.6 |
| 96 | GRZANECKA AGNIESZKA | 236 | | WARSZAWA | POL | K 30-39 | 96 | K 227 | 00:44:32 | 01:01:06 | 01:09:34.15 | 01:11:43.75 | 6:57 | 8.6 |
| 97 | MROZIK WIOLETTA | 545 | | WARSZAWA | POL | K 30-39 | 97 | K 229 | 00:44:20 | 01:01:37 | 01:09:35.90 | 01:11:16.75 | 6:57 | 8.6 |
| 98 | KUREK IZABELA | 430 | BIEGAM POWOLI | WARSZAWA | POL | K 30-39 | 98 | K 231 | 00:43:37 | 01:01:09 | 01:09:38.55 | 01:11:29.55 | 6:57 | 8.6 |
| 99 | JANKOWSKA JOLA | 271 | | WARSZAWA | POL | K 30-39 | 99 | K 235 | | | 01:12:11.00 | 01:12:11.00 | 7:13 | 8.3 |
| 100 | JANUKOWICZ AGNIESZKA | 277 | | WARSZAWA | POL | K 30-39 | 100 | K 236 | | | 01:12:14.00 | 01:12:14.00 | 7:13 | 8.3 |
| 101 | BANASIK KATARZYNA | 16 | GRUPA BIEGOWA UM W-WA | WARSZAWA | POL | K 30-39 | 101 | K 237 | 00:46:24 | 01:03:57 | 01:12:27.35 | 01:13:42.55 | 7:14 | 8.3 |
| 102 | CHEN FENGOIN | 88 | | LESNOWOLA | CHN | K 30-39 | 102 | K 243 | 00:48:05 | 01:06:37 | 01:15:51.60 | 01:15:59.60 | 7:35 | 7.9 |
| 103 | ZAWADZKA MAGDALENA | 896 | ZAJĄC | WARSZAWA | POL | K 30-39 | 103 | K 246 | 00:47:15 | 01:04:55 | 01:19:54.30 | 01:22:11.95 | 7:59 | 7.5 |
| 104 | GIEDYK KATARZYNA | 197 | | WARSZAWA | POL | K 30-39 | 104 | K 247 | 00:50:22 | 01:10:34 | 01:19:54.65 | 01:21:55.40 | 7:59 | 7.5 |
| 105 | LEWANDOWSKA EWELINA | 444 | WATAHA - ŁĄCZY NAS BIEGANIE | PIASECZNO | POL | K 30-39 | 105 | K 248 | | | 01:22:46.30 | 01:25:13.20 | 8:16 | 7.2 |
| 106 | KRAWCZYK MARLENA | 401 | | WARSZAWA | POL | K 30-39 | 106 | K 254 | | | | | | |

BIEG PRZEZ MOST 2019, M 30-39

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 6.6km | 9km | Netto | Brutto | min/km | km/h |
|------|------------------------|------|--|---------------------|------|---------|--------|------|----------|----------|-------------|-------------|--------|------|
| 1 | PARSZCZYŃSKI ŁUKASZ | 599 | TEAM PARSZCZYŃSKICH | WARSZAWA | POL | M 30-39 | 1 | M 3 | 00:20:26 | 00:28:15 | 00:32:08.60 | 00:32:11.00 | 3:12 | 18.7 |
| 2 | SKIBIŃSKI MIKOŁAJ | 714 | DUKLANOWSKI TEAM / ADIDAS WARSAW RUNNERS / @ARKENYA_TEAM | POZNAŃ | POL | M 30-39 | 2 | M 8 | 00:22:07 | 00:30:20 | 00:34:19.55 | 00:34:21.50 | 3:26 | 17.5 |
| 3 | ORZEŁ MICHAŁ | 1014 | | WARSZAWA | POL | M 30-39 | 3 | M 9 | 00:22:17 | 00:30:10 | 00:34:26.75 | 00:34:29.25 | 3:26 | 17.4 |
| 4 | MICHAŁSKI PIOTR | 524 | | PIASECZNO | POL | M 30-39 | 4 | M 11 | 00:22:04 | 00:30:30 | 00:34:42.95 | 00:34:46.25 | 3:28 | 17.3 |
| 5 | JOSYPENKO JĘDRZEJ | 924 | DREAM RUN | WARSZAWA | POL | M 30-39 | 5 | M 13 | 00:22:40 | 00:31:23 | 00:35:44.00 | 00:35:47.40 | 3:34 | 16.8 |
| 6 | WYSOCKI MARCIN | 881 | WARSZAWIAKY | MICHAŁOWICE | POL | M 30-39 | 6 | M 14 | 00:23:21 | 00:31:47 | 00:35:54.50 | 00:35:58.20 | 3:35 | 16.7 |
| 7 | PRZYBYŁA KRZYSZTOF | 641 | ADIDAS RUNNERS WARSAW | WARSZAWA | POL | M 30-39 | 7 | M 17 | 00:23:36 | 00:32:08 | 00:36:21.60 | 00:36:24.55 | 3:38 | 16.5 |
| 8 | ZARODKIEWICZ DAWID | 891 | #TZD | KRASNE | POL | M 30-39 | 8 | M 18 | 00:23:33 | 00:32:13 | 00:36:35.95 | 00:36:40.30 | 3:39 | 16.4 |
| 9 | HILDEBRAND MARCIN | 249 | OUTLETBIEGOWY /BIEGAM NA TARCHOMINIE | WARSZAWA | POL | M 30-39 | 9 | M 22 | 00:23:56 | 00:33:08 | 00:37:37.20 | 00:37:39.25 | 3:45 | 16 |
| 10 | ŁABĘDZKI KONRAD | 457 | ADIDAS RUNNERS WARSAW | WARSZAWA | POL | M 30-39 | 10 | M 23 | 00:24:16 | 00:33:23 | 00:37:49.90 | 00:37:53.50 | 3:47 | 15.9 |
| 11 | ŁOBACZ MICHAŁ | 464 | | WARSZAWA | POL | M 30-39 | 11 | M 24 | 00:24:29 | 00:33:38 | 00:37:54.50 | 00:37:58.50 | 3:47 | 15.8 |
| 12 | ŁĘGOCKI MARCIN | 463 | PIETRZYK RUNNING TEAM / WSEWS WARSZAWA | WARSZAWA | POL | M 30-39 | 12 | M 29 | 00:24:57 | 00:33:55 | 00:38:19.90 | 00:38:27.55 | 3:50 | 15.7 |
| 13 | SIERADZKI KRZYSZTOF | 700 | | WARSAW | POL | M 30-39 | 13 | M 31 | 00:24:28 | 00:33:42 | 00:38:31.35 | 00:38:34.70 | 3:51 | 15.6 |
| 14 | JACKOWICZ PAWEŁ | 261 | | MIŃSK MAZOWIECKI | POL | M 30-39 | 14 | M 35 | 00:24:47 | 00:34:29 | 00:39:20.90 | 00:39:25.10 | 3:56 | 15.2 |
| 15 | JUSIŃSKI KRYSZTIAN | 306 | BRACTWO BIEGOWE BGK | WARSZAWA | POL | M 30-39 | 15 | M 36 | 00:25:46 | 00:34:53 | 00:39:28.15 | 00:39:34.80 | 3:56 | 15.2 |
| 16 | VASHKEVICH VITAL | 826 | | WARSAW | BEL | M 30-39 | 16 | M 37 | 00:25:21 | 00:34:47 | 00:39:30.90 | 00:39:36.00 | 3:57 | 15.2 |
| 17 | ŁOZOWSKI OLAF | 468 | | GRODZISK MAZOWIECKI | POL | M 30-39 | 17 | M 38 | 00:25:46 | 00:34:56 | 00:39:31.45 | 00:39:38.90 | 3:57 | 15.2 |
| 18 | GŁOWACKI PAWEŁ | 205 | SEROCK BIEGA Z HOTELEM NARVIL | SEROCK | POL | M 30-39 | 18 | M 42 | 00:25:53 | 00:35:18 | 00:39:41.80 | 00:39:48.90 | 3:58 | 15.1 |
| 19 | MARSZAŁ MARIUSZ | 503 | PSYCHOPATA BIEGOWY | WARSZAWA | POL | M 30-39 | 19 | M 44 | 00:25:53 | 00:35:00 | 00:39:48.95 | 00:39:53.15 | 3:58 | 15.1 |
| 20 | PIATKA TOMASZ | 615 | ENEL-SPORT RUNNERS TEAM | WARSZAWA | POL | M 30-39 | 20 | M 45 | 00:25:53 | 00:35:24 | 00:39:58.10 | 00:40:05.35 | 3:59 | 15 |
| 21 | WERNER KAMIL | 842 | BIEGAM NA TARCHOMINIE | WARSZAWA | POL | M 30-39 | 21 | M 50 | 00:25:57 | 00:35:32 | 00:40:07.40 | 00:40:41.90 | 4:00 | 15 |
| 22 | SZCZEPKOWSKI BARTŁOMIJ | 773 | | WARSZAWA | POL | M 30-39 | 22 | M 47 | 00:25:53 | 00:35:19 | 00:40:10.90 | 00:40:16.35 | 4:01 | 14.9 |
| 23 | NIEGOWSKI ROBERT | 559 | STARE BABICE BIEGAJĄ | KOCZARGI STARE | POL | M 30-39 | 23 | M 48 | 00:25:53 | 00:34:27 | 00:40:17.05 | 00:40:23.15 | 4:01 | 14.9 |
| 24 | ZHENG HAISHAN | 902 | | LESNOWOLA | CHN | M 30-39 | 24 | M 53 | 00:26:04 | 00:36:05 | 00:40:50.65 | 00:40:57.50 | 4:05 | 14.7 |
| 25 | BURZA PAWEŁ | 84 | | WARSZAWA | POL | M 30-39 | 25 | M 54 | 00:26:02 | 00:35:59 | 00:40:54.65 | 00:40:59.45 | 4:05 | 14.7 |
| 26 | JUTKIEWICZ MARCIN | 993 | | WARSZAWA | POL | M 30-39 | 26 | M 55 | 00:26:24 | 00:36:07 | 00:40:59.00 | 00:41:10.85 | 4:05 | 14.6 |
| 27 | SIEGIEDA MICHAŁ | 699 | ADIDAS RUNNERS | WARSZAWA | POL | M 30-39 | 27 | M 60 | 00:26:21 | 00:36:33 | 00:41:20.65 | 00:41:26.10 | 4:08 | 14.5 |
| 28 | LISZKIEWICZ KONRAD | 453 | | ZABORÓWEK | POL | M 30-39 | 28 | M 63 | 00:26:25 | 00:36:41 | 00:41:41.60 | 00:41:46.85 | 4:10 | 14.4 |
| 29 | GIERAK KRIS | 199 | SANTANDER RUNNERS | WARSZAWA | POL | M 30-39 | 29 | M 64 | 00:26:45 | 00:36:53 | 00:41:42.95 | 00:41:51.45 | 4:10 | 14.4 |
| 30 | ROWIŃSKI ARKADIUSZ | 960 | | WARSZAWA | POL | M 30-39 | 30 | M 65 | 00:27:07 | 00:37:02 | 00:41:45.60 | 00:41:49.80 | 4:10 | 14.4 |
| 31 | CIEŚLAK PIOTR | 111 | | WARSZAWA | POL | M 30-39 | 31 | M 68 | 00:27:25 | 00:37:12 | 00:41:51.10 | 00:42:05.00 | 4:11 | 14.3 |

BIEG PRZEZ MOST 2019, M 30-39 c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 6.6km | 9km | Netto | Brutto | min/km | km/h |
|------|----------------------|------|-----------------------------|------------|------|---------|--------|-------|----------|----------|-------------|-------------|--------|------|
| 32 | ZYCH ŁUKASZ | 910 | | MARKI | POL | M 30-39 | 32 | M 72 | 00:26:11 | 00:36:46 | 00:42:04.80 | 00:42:10.10 | 4:12 | 14.3 |
| 33 | ANDRZEJEWSKI MARIUSZ | 7 | T-MOBILE RUNNING TEAM | WARSZAWA | POL | M 30-39 | 33 | M 73 | 00:27:37 | 00:37:19 | 00:42:06.35 | 00:42:17.90 | 4:12 | 14.3 |
| 34 | SLEPOWRONSKI BOGDAN | 718 | TO NATURALNE | WARSZAWA | POL | M 30-39 | 34 | M 76 | 00:26:57 | 00:37:21 | 00:42:11.25 | 00:42:30.25 | 4:13 | 14.2 |
| 35 | KNAP PIOTR | 987 | | | | M 30-39 | 35 | M 77 | 00:27:11 | 00:37:20 | 00:42:12.90 | 00:42:26.05 | 4:13 | 14.2 |
| 36 | RAK ADAM | 655 | MPWIK | WARSZAWA | POL | M 30-39 | 36 | M 78 | 00:26:38 | 00:37:19 | 00:42:21.40 | 00:42:27.25 | 4:14 | 14.2 |
| 37 | JAWORSKI ARKADIUSZ | 289 | | IZABELIN | POL | M 30-39 | 37 | M 79 | 00:27:01 | 00:37:25 | 00:42:22.05 | 00:42:39.40 | 4:14 | 14.2 |
| 38 | PUTON MICHAŁ | 649 | | LIPSKO | POL | M 30-39 | 38 | M 82 | 00:26:57 | 00:37:21 | 00:42:26.50 | 00:42:49.25 | 4:14 | 14.1 |
| 39 | GAJOWNICZEK SŁAWOMIR | 185 | | WARSZAWA | POL | M 30-39 | 39 | M 83 | 00:27:20 | 00:37:34 | 00:42:29.10 | 00:42:48.80 | 4:14 | 14.1 |
| 40 | WŁOSTOWSKI MAREK | 865 | VEGE RUNNERS | KRAKÓW | POL | M 30-39 | 40 | M 87 | 00:27:17 | 00:37:31 | 00:42:36.85 | 00:42:58.05 | 4:15 | 14.1 |
| 41 | FALKOWSKI ŁUKASZ | 165 | | WARSZAWA | POL | M 30-39 | 41 | M 94 | 00:27:38 | 00:38:24 | 00:43:15.90 | 00:43:31.55 | 4:19 | 13.9 |
| 42 | SMORAWSKI WODZISŁAW | 722 | | WARSZAWA | POL | M 30-39 | 42 | M 95 | 00:27:41 | 00:38:09 | 00:43:22.20 | 00:43:29.90 | 4:20 | 13.8 |
| 43 | MAŃKA KRZYSZTOF | 496 | PZU SPORT TEAM | WARSZAWA | POL | M 30-39 | 43 | M 96 | 00:27:46 | 00:38:15 | 00:43:25.25 | 00:43:39.00 | 4:20 | 13.8 |
| 44 | DZIUBA TOMASZ | 160 | MASTERSDOJO | WARSZAWA | POL | M 30-39 | 44 | M 99 | 00:27:32 | 00:38:20 | 00:43:32.35 | 00:43:46.05 | 4:21 | 13.8 |
| 45 | BICZAN KAMIL | 39 | | WARSZAWA | POL | M 30-39 | 45 | M 102 | 00:27:41 | 00:38:17 | 00:43:44.30 | 00:44:18.20 | 4:22 | 13.7 |
| 46 | CHMARZYŃSKI PAWEŁ | 90 | ŚLĘZAKTEAM | SULEJÓWEK | POL | M 30-39 | 46 | M 103 | 00:28:15 | 00:38:39 | 00:43:45.45 | 00:44:34.95 | 4:22 | 13.7 |
| 47 | KWIATKOWSKI ADAM | 435 | KB WYSZÓW | WYSZKÓW | POL | M 30-39 | 47 | M 104 | 00:28:06 | 00:38:48 | 00:43:52.55 | 00:44:09.05 | 4:23 | 13.7 |
| 48 | MINIAKOWSKI SZYMON | 533 | | WARSZAWA | POL | M 30-39 | 48 | M 106 | 00:28:43 | 00:39:14 | 00:43:55.80 | 00:44:00.30 | 4:23 | 13.7 |
| 49 | CNOTA MACIEJ | 1040 | | WARSZAWA | | M 30-39 | 49 | M 107 | 00:28:03 | 00:38:50 | 00:43:57.50 | 00:44:20.25 | 4:23 | 13.6 |
| 50 | GÓRSKI MARCIN | 217 | MINISTERSTWO ZDROWIA | WARSZAWA | POL | M 30-39 | 50 | M 108 | 00:28:18 | 00:38:39 | 00:43:58.05 | 00:44:15.15 | 4:23 | 13.6 |
| 51 | ŚLIMKO DANIEL | 792 | OLEJ RUNNING TEAM | WARSZAWA | POL | M 30-39 | 51 | M 109 | 00:28:39 | 00:39:05 | 00:43:59.65 | 00:44:10.30 | 4:24 | 13.6 |
| 52 | WILCZYŃSKI TOMASZ | 850 | | WARSZAWA | POL | M 30-39 | 52 | M 110 | 00:28:44 | 00:38:50 | 00:44:04.95 | 00:44:38.00 | 4:24 | 13.6 |
| 53 | RYTKOWSKI PIOTR | 685 | | WARSZAWA | POL | M 30-39 | 53 | M 111 | 00:29:45 | 00:39:11 | 00:44:04.95 | 00:44:32.00 | 4:24 | 13.6 |
| 54 | SUŁKOWSKI TOMASZ | 764 | | WARSZAWA | POL | M 30-39 | 54 | M 113 | 00:27:44 | 00:38:41 | 00:44:13.50 | 00:44:27.10 | 4:25 | 13.6 |
| 55 | WŁODKOWSKI ROBERT | 864 | TRUCHT TARCHOMIN TEAM | WARSZAWA | POL | M 30-39 | 55 | M 114 | 00:28:38 | 00:39:13 | 00:44:17.25 | 00:44:59.40 | 4:25 | 13.5 |
| 56 | STĘPIEŃ ADAM | 745 | ANANASY | WARSZAWA | POL | M 30-39 | 56 | M 116 | 00:28:20 | 00:39:05 | 00:44:27.55 | 00:44:39.40 | 4:26 | 13.5 |
| 57 | SOŁOWIEJ ŁUKASZ | 730 | OIRP WARSZAWA | WARSZAWA | POL | M 30-39 | 57 | M 118 | 00:28:52 | 00:39:17 | 00:44:28.10 | 00:44:51.45 | 4:26 | 13.5 |
| 58 | PIOTROWSKI MICHAŁ | 625 | | BŁONIE | POL | M 30-39 | 58 | M 119 | 00:29:22 | 00:39:31 | 00:44:28.55 | 00:45:08.35 | 4:26 | 13.5 |
| 59 | WICIK JULIUSZ | 846 | | WARSZAWA | POL | M 30-39 | 59 | M 121 | 00:28:45 | 00:39:18 | 00:44:32.40 | 00:44:51.60 | 4:27 | 13.5 |
| 60 | RAK MICHAŁ | 654 | | WARSZAWA | POL | M 30-39 | 60 | M 128 | 00:28:44 | 00:39:13 | 00:44:43.60 | 00:45:15.80 | 4:28 | 13.4 |
| 61 | ŚWIECA MARCIN | 796 | | WARSZAWA | POL | M 30-39 | 61 | M 131 | 00:28:39 | 00:39:28 | 00:44:49.60 | 00:45:27.05 | 4:29 | 13.4 |
| 62 | PAŁKA WOJCIECH | 594 | VASCO RUNNERS | JÓZEFÓW | POL | M 30-39 | 62 | M 134 | 00:28:56 | 00:39:36 | 00:44:53.50 | 00:47:27.85 | 4:29 | 13.4 |
| 63 | GURGON ARKADIUSZ | 997 | ZABIEGANY WOŁOMIN | KOBYŁKA | | M 30-39 | 63 | M 135 | 00:39:38 | | 00:44:59.25 | 00:44:59.25 | 4:29 | 13.3 |
| 64 | VASILEV VESELIN | 827 | | WARSZAWA | POL | M 30-39 | 64 | M 138 | 00:28:55 | 00:39:49 | 00:45:11.45 | 00:45:35.55 | 4:31 | 13.3 |
| 65 | OSTROWSKI MARCIN | 951 | PZU SPORT TEAM | WARSZAWA | POL | M 30-39 | 65 | M 145 | 00:29:56 | 00:40:17 | 00:45:28.95 | 00:46:14.90 | 4:32 | 13.2 |
| 66 | ŚCIBOR MARCIN | 790 | | KRASNYSTAW | POL | M 30-39 | 66 | M 147 | 00:28:58 | 00:40:07 | 00:45:30.95 | 00:45:53.20 | 4:33 | 13.2 |
| 67 | BEKKER PIOTR | 983 | | | | M 30-39 | 67 | M 153 | 00:29:46 | 00:40:25 | 00:45:43.80 | 00:46:13.15 | 4:34 | 13.1 |
| 68 | MATYSIAK PAWEŁ | 512 | PAWELBIEGA.PL | ŻYRARDÓW | POL | M 30-39 | 68 | M 154 | 00:29:08 | 00:40:18 | 00:45:44.85 | 00:46:00.55 | 4:34 | 13.1 |
| 69 | KOWALSKI MICHAŁ | 1004 | LEMIESZ TEAM | WARSZAWA | POL | M 30-39 | 69 | M 156 | | | 00:45:53.00 | 00:45:53.00 | 4:35 | 13.1 |
| 70 | SZYMAŃSKI ANDRZEJ | 787 | | WARSZAWA | POL | M 30-39 | 70 | M 159 | 00:29:15 | 00:40:30 | 00:46:00.80 | 00:46:11.85 | 4:36 | 13 |
| 71 | PAWLUS BARTŁOMIEJ | 607 | | WARSZAWA | POL | M 30-39 | 71 | M 160 | 00:29:33 | 00:40:38 | 00:46:01.25 | 00:46:23.50 | 4:36 | 13 |
| 72 | MAKOWSKI MARCIN | 483 | | WARSZAWA | POL | M 30-39 | 72 | M 165 | 00:29:59 | 00:40:57 | 00:46:15.45 | 00:46:26.85 | 4:37 | 13 |
| 73 | BAJDAŁA ROBERT | 13 | | WARSZAWA | POL | M 30-39 | 73 | M 171 | 00:29:36 | 00:41:10 | 00:46:21.85 | 00:47:04.90 | 4:38 | 12.9 |
| 74 | MICHAŁAK JACEK | 522 | | RAJSZEW | POL | M 30-39 | 74 | M 172 | 00:30:10 | 00:40:56 | 00:46:22.85 | 00:46:54.65 | 4:38 | 12.9 |
| 75 | KRUK MARCIN | 978 | | | | M 30-39 | 75 | M 173 | 00:29:30 | 00:40:51 | 00:46:23.40 | 00:46:37.70 | 4:38 | 12.9 |
| 76 | PALUCH KAMIL | 593 | | WARSZAWA | POL | M 30-39 | 76 | M 178 | 00:29:39 | 00:41:02 | 00:46:37.95 | 00:46:55.30 | 4:39 | 12.9 |
| 77 | ŻYŁAK ADRIAN | 920 | ADIDAS RUNNERS WARSAW | WARSZAWA | POL | M 30-39 | 77 | M 179 | 00:30:03 | 00:41:13 | 00:46:42.65 | 00:47:03.40 | 4:40 | 12.8 |
| 78 | URBANIAK MICHAŁ | 823 | | KIELCE | POL | M 30-39 | 78 | M 180 | 00:30:02 | 00:41:21 | 00:46:44.95 | 00:47:00.95 | 4:40 | 12.8 |
| 79 | ŁUKASIAK JAN | 474 | | WARSZAWA | POL | M 30-39 | 79 | M 182 | 00:29:34 | 00:41:04 | 00:46:45.25 | 00:47:26.80 | 4:40 | 12.8 |
| 80 | KOWALSKI MAREK | 393 | NUNA | NASIELSK | POL | M 30-39 | 80 | M 186 | 00:30:25 | 00:41:36 | 00:46:51.70 | 00:47:20.45 | 4:41 | 12.8 |
| 81 | SURDACKI DOMINIK | 765 | | WARSZAWA | POL | M 30-39 | 81 | M 189 | 00:30:12 | 00:41:39 | 00:46:57.40 | 00:47:23.45 | 4:41 | 12.8 |
| 82 | BADOWSKI PIOTR | 12 | DEUTSCHE BANK MARATHON TEAM | WARSZAWA | POL | M 30-39 | 82 | M 190 | 00:30:17 | 00:41:38 | 00:47:01.30 | 00:47:42.50 | 4:42 | 12.8 |
| 83 | CZYŻYK MARCIN | 129 | ITMBW KRAKÓW | KRAKÓW | POL | M 30-39 | 83 | M 194 | 00:30:08 | 00:41:29 | 00:47:14.85 | 00:47:45.05 | 4:43 | 12.7 |
| 84 | BOROWY ŁUKASZ | 66 | BRAJANUSZ | ŻYRARDÓW | POL | M 30-39 | 84 | M 197 | 00:29:52 | 00:41:39 | 00:47:24.05 | 00:47:46.20 | 4:44 | 12.7 |
| 85 | WOJCIECHOWSKI MAREK | 870 | ADIDAS RUNNERS WARSAW | BIAŁYSTOK | POL | M 30-39 | 85 | M 199 | 00:30:17 | 00:41:54 | 00:47:26.15 | 00:47:46.90 | 4:44 | 12.6 |
| 86 | RÓŻYCKI JAROSŁAW | 673 | | LEGIONOWO | POL | M 30-39 | 86 | M 205 | 00:31:02 | 00:42:26 | 00:47:40.60 | 00:48:35.80 | 4:46 | 12.6 |
| 87 | JANISZEWSKI RAFAŁ | 269 | | LEGIONOWO | POL | M 30-39 | 87 | M 213 | 00:31:51 | 00:42:40 | 00:47:49.40 | 00:48:44.90 | 4:46 | 12.5 |
| 88 | DOMŻAŁSKI ARTUR | 148 | | WARSZAWA | POL | M 30-39 | 88 | M 217 | 00:30:41 | 00:42:20 | 00:48:03.05 | 00:48:43.65 | 4:48 | 12.5 |

BIEG PRZEZ MOST 2019, M 30-39 c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 6.6km | 9km | Netto | Brutto | min/km | km/h |
|------|----------------------|-----|----------------------------------|----------------------|------|---------|--------|-------|----------|----------|-------------|-------------|--------|------|
| 89 | DALECKI ŁUKASZ | 130 | | NOWE PIEŚCIROGI | POL | M 30-39 | 89 | M 220 | 00:31:10 | 00:42:30 | 00:48:09.95 | 00:48:53.45 | 4:49 | 12.5 |
| 90 | DRZYMAŁA KRZYSZTOF | 154 | | WARSZAWA | POL | M 30-39 | 90 | M 228 | 00:31:17 | 00:42:40 | 00:48:19.05 | 00:49:12.50 | 4:49 | 12.4 |
| 91 | HUSZCZA PAWEŁ | 254 | | WARSZAWA | POL | M 30-39 | 91 | M 232 | 00:30:49 | 00:42:36 | 00:48:25.05 | 00:48:42.90 | 4:50 | 12.4 |
| 92 | DUDA JACEK | 953 | | PRUSZKÓW | POL | M 30-39 | 92 | M 233 | 00:31:18 | 00:42:45 | 00:48:29.20 | 00:49:21.75 | 4:50 | 12.4 |
| 93 | KARPIŃSKI MARCIN | 982 | | WARSZAWA | POL | M 30-39 | 93 | M 235 | 00:31:14 | 00:42:40 | 00:48:30.25 | 00:48:58.90 | 4:51 | 12.4 |
| 94 | KRÓLCZYŃSKI MACIEJ | 994 | | GRODZISK MAZOWIECKI | POL | M 30-39 | 94 | M 241 | 00:31:26 | 00:42:59 | 00:48:39.20 | 00:49:26.85 | 4:51 | 12.3 |
| 95 | SUCHORAB KRZYSZTOF | 760 | | WARSZAWA | POL | M 30-39 | 95 | M 244 | 00:31:21 | 00:43:00 | 00:48:47.20 | 00:50:23.50 | 4:52 | 12.3 |
| 96 | LIPŃSKI OSKAR | 932 | | WARSZAWA | POL | M 30-39 | 96 | M 250 | 00:31:21 | 00:43:29 | 00:49:02.30 | 00:49:35.55 | 4:54 | 12.2 |
| 97 | JANKOWSKI DARIUSZ | 275 | PAŁUKI RUNNING TEAM | WARSZAWA | POL | M 30-39 | 97 | M 252 | 00:32:17 | 00:43:37 | 00:49:12.00 | 00:49:59.35 | 4:55 | 12.2 |
| 98 | SZLENDAK MAREK | 777 | | RYKI | POL | M 30-39 | 98 | M 254 | 00:31:55 | 00:43:33 | 00:49:17.15 | 00:50:07.55 | 4:55 | 12.2 |
| 99 | WOŁOWSKI KAMIL | 874 | | WARSZAWA | POL | M 30-39 | 99 | M 257 | 00:32:02 | 00:43:35 | 00:49:21.40 | 00:50:18.10 | 4:56 | 12.2 |
| 100 | STAROWICZ KAZIMIERZ | 744 | | WARSZAWA | POL | M 30-39 | 100 | M 258 | 00:32:05 | 00:43:47 | 00:49:22.85 | 00:49:46.45 | 4:56 | 12.1 |
| 101 | KRÓL TOMASZ | 402 | | NOWY DWÓR MAZOWIECKI | POL | M 30-39 | 101 | M 259 | 00:31:29 | 00:43:30 | 00:49:23.15 | 00:49:50.60 | 4:56 | 12.1 |
| 102 | DEREWICZ MARIUSZ | 142 | | WARSZAWA | POL | M 30-39 | 102 | M 261 | 00:31:58 | 00:43:40 | 00:49:24.20 | 00:50:20.10 | 4:56 | 12.1 |
| 103 | PERKOWSKI PAWEŁ | 610 | | WARSZAWA | POL | M 30-39 | 103 | M 264 | 00:31:40 | 00:43:34 | 00:49:26.95 | 00:50:09.40 | 4:56 | 12.1 |
| 104 | ŻOCHOWSKI PAWEŁ | 912 | | SKRZESZEW | POL | M 30-39 | 104 | M 275 | 00:31:13 | 00:43:45 | 00:49:48.35 | 00:50:31.40 | 4:58 | 12 |
| 105 | DUDEK BARTŁOMIEJ | 155 | BIEGAM NA TARCHOMINIE | WARSZAWA | POL | M 30-39 | 105 | M 276 | 00:31:31 | 00:43:36 | 00:49:52.40 | 00:51:14.50 | 4:59 | 12 |
| 106 | MAREK BARTŁOMIEJ | 500 | | DĘBE WIELKIE | POL | M 30-39 | 106 | M 282 | 00:32:38 | 00:44:29 | 00:50:02.05 | 00:50:55.70 | 5:00 | 12 |
| 107 | JAROSZEK PIOTR | 281 | VEGE RUNNERS | KRECZKI | POL | M 30-39 | 107 | M 284 | 00:31:33 | 00:43:50 | 00:50:03.05 | 00:50:40.00 | 5:00 | 12 |
| 108 | MANCZENKO EUGENIUSZ | 494 | LEŚNE SZYCHY | WARSZAWA | POL | M 30-39 | 108 | M 288 | 00:32:43 | 00:44:27 | 00:50:11.90 | 00:51:16.20 | 5:01 | 12 |
| 109 | NOGAS SEBASTIAN | 560 | PZU SPORTTEAM | WARSZAWA | POL | M 30-39 | 109 | M 290 | | | 00:50:13.00 | 00:50:13.00 | 5:01 | 11.9 |
| 110 | KLEPACKI PIOTR | 350 | | PIOTRKÓW TRYB. | POL | M 30-39 | 110 | M 297 | 00:33:03 | 00:44:46 | 00:50:31.70 | 00:50:43.70 | 5:03 | 11.9 |
| 111 | LIBOLD MACIEK | 447 | | WARSZAWA | POL | M 30-39 | 111 | M 300 | 00:32:39 | 00:44:36 | 00:50:37.95 | 00:50:51.35 | 5:03 | 11.8 |
| 112 | DUDKO MIKAŁAJ | 156 | JACEKBIEGA RUNNING TEAM | WARSAW | POL | M 30-39 | 112 | M 301 | 00:32:25 | 00:45:08 | 00:50:44.35 | 00:51:28.05 | 5:04 | 11.8 |
| 113 | KASKA MATEUSZ | 334 | | WOŁOMIN | POL | M 30-39 | 113 | M 303 | 00:31:31 | 00:44:19 | 00:50:49.00 | 00:51:26.60 | 5:04 | 11.8 |
| 114 | CHRÓST MARCIN | 100 | KS-ZIELONO CZARNI | MIŃSK MAZOWIECKI | POL | M 30-39 | 114 | M 307 | 00:31:05 | 00:44:19 | 00:50:57.45 | 00:51:23.05 | 5:05 | 11.8 |
| 115 | NOWAK DAWID | 566 | | WARSZAWA | POL | M 30-39 | 115 | M 312 | 00:33:57 | 00:45:41 | 00:51:03.45 | 00:52:29.20 | 5:06 | 11.7 |
| 116 | BIENIEK WOJCIECH | 43 | TRENER24 | WARSZAWA | POL | M 30-39 | 116 | M 316 | 00:32:47 | 00:45:13 | 00:51:12.95 | 00:52:15.60 | 5:07 | 11.7 |
| 117 | ROGAŁA MARCIN | 662 | | WARSZAWA | POL | M 30-39 | 117 | M 318 | 00:32:15 | 00:45:01 | 00:51:13.40 | 00:51:48.20 | 5:07 | 11.7 |
| 118 | PASIŃSKI DANIEL | 949 | GRUPA BIEGOWA UM WARSZAWA | WARSZAWA | POL | M 30-39 | 118 | M 319 | 00:32:32 | 00:45:17 | 00:51:18.70 | 00:51:49.10 | 5:07 | 11.7 |
| 119 | BAZYLEWICZ HUBERT | 27 | | WARSZAWA | POL | M 30-39 | 119 | M 320 | 00:32:15 | 00:45:06 | 00:51:21.20 | 00:52:17.15 | 5:08 | 11.7 |
| 120 | ODZIEMCZYK SEBASTIAN | 574 | | WARSZAWA | POL | M 30-39 | 120 | M 324 | 00:32:46 | 00:45:15 | 00:51:26.35 | 00:52:15.90 | 5:08 | 11.7 |
| 121 | SKARŻYŃSKI ADAM | 711 | GRUPA BIEGOWA UM W-WA | WARSZAWA | POL | M 30-39 | 121 | M 325 | 00:32:52 | 00:45:17 | 00:51:32.05 | 00:52:20.30 | 5:09 | 11.6 |
| 122 | KLIMCZYŃSKI RAFAŁ | 351 | | WARSZAWA | POL | M 30-39 | 122 | M 327 | 00:33:14 | 00:45:33 | 00:51:34.00 | 00:52:45.25 | 5:09 | 11.6 |
| 123 | CHUDIO MARCIN | 103 | | WARSZAWA | POL | M 30-39 | 123 | M 328 | 00:32:39 | 00:45:22 | 00:51:36.45 | 00:52:28.45 | 5:09 | 11.6 |
| 124 | FABIANOWICZ PAWEŁ | 162 | BOŚ BANK SA | WARSZAWA | POL | M 30-39 | 124 | M 332 | 00:32:35 | 00:45:21 | 00:51:43.00 | 00:52:35.55 | 5:10 | 11.6 |
| 125 | CZAPSKI MICHAŁ | 124 | BIEGAM NA TARCHOMINIE | WARSZAWA | POL | M 30-39 | 125 | M 333 | 00:32:38 | 00:45:31 | 00:51:43.80 | 00:52:19.30 | 5:10 | 11.6 |
| 126 | STOKOWSKI PAWEŁ | 985 | | WARSZAWA | POL | M 30-39 | 126 | M 334 | 00:32:59 | 00:45:25 | 00:51:44.70 | 00:52:13.80 | 5:10 | 11.6 |
| 127 | GRYCNER PAWEŁ | 230 | SHAKALAKA BOOM BOOM | WARSZAWA | POL | M 30-39 | 127 | M 337 | 00:33:29 | 00:45:55 | 00:51:52.10 | 00:52:48.10 | 5:11 | 11.6 |
| 128 | CHOTOMSKI MARCIN | 99 | | LEGIONOWO | POL | M 30-39 | 128 | M 339 | 00:33:18 | 00:45:48 | 00:51:54.40 | 00:52:01.35 | 5:11 | 11.6 |
| 129 | CHEĆ TOMASZ | 89 | | WARSZAWA | POL | M 30-39 | 129 | M 341 | 00:33:51 | 00:46:08 | 00:51:56.85 | 00:53:06.20 | 5:11 | 11.5 |
| 130 | JASIŃSKI ADAM | 283 | | ZĄBKI | POL | M 30-39 | 130 | M 349 | 00:34:06 | 00:46:28 | 00:52:29.20 | 00:53:29.55 | 5:14 | 11.4 |
| 131 | FIJALEK KAMIL | 168 | | WARSZAWA | POL | M 30-39 | 131 | M 351 | 00:33:26 | 00:46:12 | 00:52:32.00 | 00:53:44.30 | 5:15 | 11.4 |
| 132 | SZCZEPAŃSKI MARCIN | 771 | WATAHA-WARSZAWA | PIASECZNO | POL | M 30-39 | 132 | M 352 | 00:33:31 | 00:46:21 | 00:52:32.60 | 00:53:21.15 | 5:15 | 11.4 |
| 133 | CHRZANOWSKI WOJCIECH | 102 | CJHRZANOWSKITEAM | WARSZAWA | POL | M 30-39 | 133 | M 354 | 00:33:39 | 00:46:22 | 00:52:36.80 | 00:53:53.20 | 5:15 | 11.4 |
| 134 | SOPELEWSKI SEBASTIAN | 731 | | WARSZAWA | POL | M 30-39 | 134 | M 355 | 00:33:46 | 00:46:41 | 00:52:37.20 | 00:53:28.20 | 5:15 | 11.4 |
| 135 | MARUSZAK ŁUKASZ | 504 | BIEGAM NA TARCHOMINIE | WARSZAWA | POL | M 30-39 | 135 | M 356 | 00:34:08 | 00:46:45 | 00:52:39.70 | 00:53:22.60 | 5:16 | 11.4 |
| 136 | POLAK MICHAŁ | 629 | | WARSZAWA | POL | M 30-39 | 136 | M 357 | 00:33:48 | 00:46:40 | 00:52:44.65 | 00:53:31.40 | 5:16 | 11.4 |
| 137 | MENDREK IRENEUSZ | 517 | TURBODZIKI | WARSZAWA | POL | M 30-39 | 137 | M 366 | 00:34:44 | 00:46:54 | 00:52:59.85 | 00:54:12.40 | 5:18 | 11.3 |
| 138 | WASILEWSKI GRZEGORZ | 837 | RUN TEAM NASIELSK | PŁONSK | POL | M 30-39 | 138 | M 368 | 00:34:25 | 00:47:06 | 00:53:17.15 | 00:53:51.25 | 5:19 | 11.3 |
| 139 | BARTECKI TOMASZ | 967 | | WROCŁAW | POL | M 30-39 | 139 | M 371 | 00:34:39 | 00:47:15 | 00:53:20.85 | 00:54:30.50 | 5:20 | 11.2 |
| 140 | WASIAK BARTOSZ | 834 | | WARSZAWA | POL | M 30-39 | 140 | M 372 | 00:34:30 | 00:47:20 | 00:53:29.05 | 00:54:47.95 | 5:20 | 11.2 |
| 141 | KRZYWIEC PRZEMYSŁAW | 417 | | FALENTY | POL | M 30-39 | 141 | M 375 | 00:35:01 | 00:47:31 | 00:53:32.05 | 00:54:31.95 | 5:21 | 11.2 |
| 142 | KLEPACKI PAWEŁ | 349 | | WARSZAWA | POL | M 30-39 | 142 | M 377 | 00:33:42 | 00:47:09 | 00:53:43.45 | 00:53:55.90 | 5:22 | 11.2 |
| 143 | ADAMKIEWICZ MARCIN | 961 | INICJATYWA MIESZKAŃCÓW BIAŁOLEKI | WARSZAWA | POL | M 30-39 | 143 | M 381 | 00:33:08 | 00:47:08 | 00:53:51.75 | 00:54:04.40 | 5:23 | 11.1 |
| 144 | PIOTROWSKI JAN | 624 | | WARSZAWA | POL | M 30-39 | 144 | M 383 | 00:34:24 | 00:47:17 | 00:53:57.50 | 00:56:03.00 | 5:23 | 11.1 |
| 145 | WŁODEK RAFAŁ | 863 | | WARSZAWA | POL | M 30-39 | 145 | M 385 | 00:34:20 | 00:47:36 | 00:54:00.60 | 00:55:21.75 | 5:24 | 11.1 |

BIEG PRZEZ MOST 2019, M 30-39 c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 6.6km | 9km | Netto | Brutto | min/km | km/h |
|------|-----------------------|-----|-------------------------|----------------------|------|---------|--------|-------|----------|----------|-------------|-------------|--------|------|
| 146 | MARCZAK MARCIN | 498 | | WARSZAWA | POL | M 30-39 | 146 | M 386 | 00:34:54 | 00:47:58 | 00:54:03.70 | 00:55:35.10 | 5:24 | 11.1 |
| 147 | MITURA GRZEGORZ | 537 | | WARSZAWA | POL | M 30-39 | 147 | M 387 | 00:34:30 | 00:47:44 | 00:54:05.10 | 00:54:57.45 | 5:24 | 11.1 |
| 148 | KOSTRUBIEC GRZEGORZ | 381 | | WARSZAWA | POL | M 30-39 | 148 | M 390 | 00:34:34 | 00:47:47 | 00:54:16.45 | 00:54:28.00 | 5:25 | 11.1 |
| 149 | KORNESZCZUK WOJCIECH | 374 | | STASI LAS | POL | M 30-39 | 149 | M 391 | 00:35:08 | 00:48:23 | 00:54:17.20 | 00:55:31.65 | 5:25 | 11.1 |
| 150 | GROCHOWSKI PAWEŁ | 227 | PZU SPORT TEAM | WARSZAWA | POL | M 30-39 | 150 | M 397 | 00:34:52 | 00:48:16 | 00:54:28.45 | 00:55:37.55 | 5:26 | 11 |
| 151 | MATUSZEWSKI PAWEŁ | 510 | | NOWY DWÓR MAZOWIECKI | POL | M 30-39 | 151 | M 400 | 00:35:07 | 00:48:21 | 00:54:39.15 | 00:55:37.50 | 5:27 | 11 |
| 152 | KORLAK ŁUKASZ | 371 | | WARSZAWA | POL | M 30-39 | 152 | M 410 | 00:35:56 | 00:48:58 | 00:54:54.80 | 00:56:06.05 | 5:29 | 10.9 |
| 153 | ANIÓŁKOWSKI KRZYSZTOF | 8 | GRUPA BIEGOWA UM W-WA | WARSZAWA | POL | M 30-39 | 153 | M 412 | 00:35:55 | 00:48:56 | 00:55:00.25 | 00:56:16.30 | 5:30 | 10.9 |
| 154 | KĄZMIERSKI ADRIAN | 336 | | WOŁOMIN | POL | M 30-39 | 154 | M 413 | 00:35:33 | 00:48:39 | 00:55:01.25 | 00:56:21.50 | 5:30 | 10.9 |
| 155 | ZYGADŁO PIOTR | 911 | | WARSZAWA | POL | M 30-39 | 155 | M 416 | 00:35:39 | 00:48:41 | 00:55:04.65 | 00:55:23.60 | 5:30 | 10.9 |
| 156 | JANKOWSKI MARCIN | 975 | ANPHARM RUN TEAM | WARSZAWA | POL | M 30-39 | 156 | M 417 | 00:35:25 | 00:48:47 | 00:55:05.00 | 00:57:15.90 | 5:30 | 10.9 |
| 157 | IDZIAK JAROSŁAW | 921 | | WARSZAWA | POL | M 30-39 | 157 | M 418 | 00:31:20 | 00:45:08 | 00:55:05.45 | 00:55:41.15 | 5:30 | 10.9 |
| 158 | KRÓLAK PAWEŁ | 404 | | WARSZAWA | POL | M 30-39 | 158 | M 419 | 00:35:04 | 00:48:27 | 00:55:06.75 | 00:56:30.85 | 5:30 | 10.9 |
| 159 | RULAK JERZY | 986 | | | | M 30-39 | 159 | M 426 | 00:35:13 | 00:48:41 | 00:55:25.15 | 00:56:30.00 | 5:32 | 10.8 |
| 160 | NIEDBAŁKA MARCIN | 557 | | JÓZEFÓW | POL | M 30-39 | 160 | M 429 | 00:35:05 | 00:48:59 | 00:55:34.35 | 00:57:09.55 | 5:33 | 10.8 |
| 161 | GMYREK ROBERT | 207 | | WARSZAWA | POL | M 30-39 | 161 | M 434 | 00:35:04 | 00:48:59 | 00:55:45.60 | 00:56:59.90 | 5:34 | 10.8 |
| 162 | STANKIEWICZ MACIEJ | 739 | AMI & AURI RUNNERS CLUB | WARSZAWA | POL | M 30-39 | 162 | M 435 | 00:36:59 | 00:49:35 | 00:55:46.20 | 00:57:10.25 | 5:34 | 10.8 |
| 163 | PĘDZICH PRZEMYSŁAW | 614 | | WARSZAWA | POL | M 30-39 | 163 | M 438 | 00:33:38 | 00:48:19 | 00:55:51.30 | 00:56:49.80 | 5:35 | 10.7 |
| 164 | KONOPACKI MACIEJ | 365 | | WARSZAWA | POL | M 30-39 | 164 | M 439 | 00:35:42 | 00:49:28 | 00:55:52.05 | 00:56:58.95 | 5:35 | 10.7 |
| 165 | MAZUR MICHAŁ | 514 | | WARSZAWA | POL | M 30-39 | 165 | M 440 | 00:36:36 | 00:49:35 | 00:55:55.30 | 00:56:46.60 | 5:35 | 10.7 |
| 166 | KARBOWNIK JAKUB | 329 | | WARSZAWA | POL | M 30-39 | 166 | M 441 | 00:35:33 | 00:48:55 | 00:55:55.70 | 00:57:30.50 | 5:35 | 10.7 |
| 167 | FEDEROWICZ ŁUKASZ | 166 | | ZGIERZ | POL | M 30-39 | 167 | M 442 | 00:35:56 | 00:49:34 | 00:55:58.25 | 00:57:10.05 | 5:35 | 10.7 |
| 168 | GRABOWSKI ŁUKASZ | 219 | | WARSZAWA | POL | M 30-39 | 168 | M 443 | 00:34:49 | 00:48:51 | 00:56:02.30 | 00:56:57.80 | 5:36 | 10.7 |
| 169 | ŚWIST MICHAŁ | 801 | | WARSZAWA | POL | M 30-39 | 169 | M 444 | 00:36:00 | 00:49:22 | 00:56:04.05 | 00:57:17.20 | 5:36 | 10.7 |
| 170 | GAJEWICZ ARKADIUSZ | 184 | | JABŁONNA | POL | M 30-39 | 170 | M 448 | 00:35:57 | 00:49:34 | 00:56:26.35 | 00:57:53.15 | 5:38 | 10.6 |
| 171 | GLAZER MARCIN | 203 | PKO BANK POLSKI | WARSZAWA | POL | M 30-39 | 171 | M 449 | 00:38:20 | 00:50:42 | 00:56:31.15 | 00:58:27.00 | 5:39 | 10.6 |
| 172 | KAMIŃSKI MACIEJ | 325 | | WARSZAWA | POL | M 30-39 | 172 | M 455 | 00:36:24 | 00:50:05 | 00:56:58.40 | 00:59:03.70 | 5:41 | 10.5 |
| 173 | TADRAŁA TOMEK | 803 | | WARSZAWA | POL | M 30-39 | 173 | M 461 | 00:36:23 | 00:50:10 | 00:57:12.25 | 00:59:07.55 | 5:43 | 10.5 |
| 174 | KUMALA SEBASTIAN | 425 | | BEDKOWICE | POL | M 30-39 | 174 | M 462 | 00:35:36 | 00:49:55 | 00:57:13.65 | 00:57:26.25 | 5:43 | 10.5 |
| 175 | PUCHACZ PRZEMYSŁAW | 647 | | WARSZAWA | POL | M 30-39 | 175 | M 463 | 00:34:42 | 00:49:52 | 00:57:14.80 | 00:57:46.65 | 5:43 | 10.5 |
| 176 | MATAK MARIUSZ | 506 | | WARSZAWA | POL | M 30-39 | 176 | M 466 | 00:35:49 | 00:50:35 | 00:57:22.50 | 00:58:52.05 | 5:44 | 10.5 |
| 177 | MROZIŃSKI MARCIN | 546 | | WARSZAWA | POL | M 30-39 | 177 | M 469 | 00:37:16 | 00:50:54 | 00:57:34.95 | 00:59:03.85 | 5:45 | 10.4 |
| 178 | PYCKA MARCIN | 927 | BIEGAJĄCY ŚWIDNIK | ŚWIDNIK | POL | M 30-39 | 178 | M 471 | 00:37:01 | 00:50:59 | 00:57:39.55 | 00:59:06.85 | 5:45 | 10.4 |
| 179 | BIENIAS ARKADIUSZ | 42 | | WARSZAWA | POL | M 30-39 | 179 | M 475 | 00:37:49 | 00:51:14 | 00:57:52.50 | 00:58:09.25 | 5:47 | 10.4 |
| 180 | RODZOŚ BARTOSZ | 661 | | WARSZAWA | POL | M 30-39 | 180 | M 476 | 00:37:36 | 00:51:22 | 00:57:56.90 | 00:59:01.35 | 5:47 | 10.4 |
| 181 | ZASŁONKA PAWEŁ | 893 | | WARSZAWA | POL | M 30-39 | 181 | M 477 | 00:37:02 | 00:51:09 | 00:57:59.95 | 00:58:26.05 | 5:48 | 10.3 |
| 182 | ŚWIEŻACZYŃSKI PIOTR | 799 | | KOMORÓW | POL | M 30-39 | 182 | M 478 | 00:38:08 | 00:51:24 | 00:58:01.15 | 00:59:49.35 | 5:48 | 10.3 |
| 183 | MIAZGA KRZYSZTOF | 520 | | MARKI | POL | M 30-39 | 183 | M 481 | 00:38:09 | 00:51:28 | 00:58:05.10 | 00:59:53.90 | 5:48 | 10.3 |
| 184 | ZANIEWICZ ANDRZEJ | 888 | PARTNER | ŁUKÓW | POL | M 30-39 | 184 | M 484 | 00:38:32 | 00:52:09 | 00:58:21.05 | 00:59:49.20 | 5:50 | 10.3 |
| 185 | BOGUSZEWSKI PIOTR | 988 | | | | M 30-39 | 185 | M 488 | 00:38:50 | 00:51:55 | 00:58:33.35 | 01:01:07.15 | 5:51 | 10.2 |
| 186 | KOZŁOWSKI ŁUKASZ | 398 | #BBKTS | ŻYRARDÓW | POL | M 30-39 | 186 | M 492 | 00:38:25 | 00:52:21 | 00:58:50.55 | 01:00:35.50 | 5:53 | 10.2 |
| 187 | PIETRAK WOJCIECH | 618 | WEBLOVERS | WARSZAWA | POL | M 30-39 | 187 | M 495 | 00:38:30 | 00:52:38 | 00:59:07.05 | 01:00:42.60 | 5:54 | 10.1 |
| 188 | GRACZ JAKUB | 221 | | WARSZAWA | POL | M 30-39 | 188 | M 498 | 00:38:13 | 00:52:17 | 00:59:11.45 | 01:01:10.40 | 5:55 | 10.1 |
| 189 | STYCZYŃSKI GRZEGORZ | 755 | | WARSZAWA | POL | M 30-39 | 189 | M 499 | 00:39:11 | 00:52:31 | 00:59:12.50 | 01:00:58.75 | 5:55 | 10.1 |
| 190 | NOWAK JANUSZ | 563 | | WARSZAWA | POL | M 30-39 | 190 | M 501 | 00:37:46 | 00:52:19 | 00:59:13.20 | 01:00:27.15 | 5:55 | 10.1 |
| 191 | RUMIANEK MARCIN | 677 | FB.COM/RUMIANEK | WARSZAWA | POL | M 30-39 | 191 | M 504 | 00:37:09 | 00:52:19 | 00:59:22.10 | 01:00:16.50 | 5:56 | 10.1 |
| 192 | GAWŁOWSKI ADAM | 192 | | WARSZAWA | POL | M 30-39 | 192 | M 505 | 00:37:21 | 00:52:15 | 00:59:22.90 | 01:00:12.90 | 5:56 | 10.1 |
| 193 | PIĘTKA MARCIN | 620 | GKS FENIX SIENNICA | WARSZAWA | POL | M 30-39 | 193 | M 506 | 00:38:36 | 00:52:48 | 00:59:29.40 | 01:00:54.65 | 5:56 | 10.1 |
| 194 | KAMIŃSKI MARIUSZ | 979 | | | | M 30-39 | 194 | M 507 | 00:38:17 | 00:52:20 | 00:59:35.35 | 01:01:29.80 | 5:57 | 10.1 |
| 195 | WOŹNIAK MATEUSZ | 876 | | WARSZAWA | POL | M 30-39 | 195 | M 508 | 00:37:38 | 00:52:13 | 00:59:39.15 | 01:00:47.75 | 5:57 | 10.1 |
| 196 | KOSTKA GRZEGORZ | 380 | BIEGIEM Z GREGIEM | WARSZAWA | POL | M 30-39 | 196 | M 510 | 00:37:46 | 00:52:32 | 00:59:42.35 | 01:01:26.00 | 5:58 | 10 |
| 197 | PIOTROWSKI ARKADIUSZ | 933 | #ARUSBIEGA | WARSZAWA | POL | M 30-39 | 197 | M 513 | 00:38:32 | 00:52:52 | 01:00:02.00 | 01:00:44.00 | 6:00 | 10 |
| 198 | KASKA KRZYSZTOF | 333 | | WARSZAWA | POL | M 30-39 | 198 | M 522 | 00:40:55 | 00:54:46 | 01:00:54.70 | 01:02:14.75 | 6:05 | 9.9 |
| 199 | SURMACZ JACEK | 766 | | WARSZAWA | POL | M 30-39 | 199 | M 525 | 00:39:08 | 00:53:42 | 01:00:58.85 | 01:03:01.80 | 6:05 | 9.8 |
| 200 | WITZKE ARTUR | 858 | KAWUCHA | LEGIONOWO | POL | M 30-39 | 200 | M 526 | 00:39:54 | 00:54:08 | 01:00:59.65 | 01:03:19.05 | 6:06 | 9.8 |
| 201 | PEPŁŃSKI DAMIAN | 609 | | NOWY DWÓR MAZOWIECKI | POL | M 30-39 | 201 | M 527 | 00:39:15 | 00:53:37 | 01:01:03.10 | 01:02:30.30 | 6:06 | 9.8 |

BIEG PRZEZ MOST 2019, M 30-39 c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 6.6km | 9km | Netto | Brutto | min/km | km/h |
|------|---------------------|------|----------------------------|----------------------|------|---------|--------|-------|----------|----------|-------------|-------------|--------|------|
| 202 | SIKORSKI PAWEŁ | 708 | GAMMA | WARSZAWA | POL | M 30-39 | 202 | M 530 | 00:38:59 | 00:53:57 | 01:01:22.35 | 01:03:13.40 | 6:08 | 9.8 |
| 203 | SZYDŁO PAWEŁ | 384 | | MIĘDZYBORÓW | POL | M 30-39 | 203 | M 534 | 00:38:32 | 00:54:02 | 01:02:11.20 | 01:02:33.20 | 6:13 | 9.6 |
| 204 | KULISZEWSKI MACIEJ | 424 | | GRODZISK MAZOWIECKI | POL | M 30-39 | 204 | M 535 | 00:39:28 | 00:54:41 | 01:02:28.75 | 01:03:14.40 | 6:14 | 9.6 |
| 205 | BORUTS MARCIN | 68 | | WARSZAWA | POL | M 30-39 | 205 | M 536 | 00:39:50 | 00:55:01 | 01:02:30.70 | 01:03:59.45 | 6:15 | 9.6 |
| 206 | WAŚOWSKI MICHAŁ | 840 | | WARSZAWA | POL | M 30-39 | 206 | M 538 | 00:39:44 | 00:55:23 | 01:02:37.40 | 01:03:19.25 | 6:15 | 9.6 |
| 207 | ŁUCAK PIOTR | 470 | CST RUN TEAM | ŁOCHÓW | POL | M 30-39 | 207 | M 539 | 00:41:13 | 00:55:41 | 01:02:40.00 | 01:04:12.60 | 6:16 | 9.6 |
| 208 | GREGORCZYK BARTOSZ | 224 | | WARSZAWA | POL | M 30-39 | 208 | M 540 | 00:39:50 | 00:55:26 | 01:02:48.00 | 01:04:32.35 | 6:16 | 9.6 |
| 209 | GURMIŃSKI ŁUKASZ | 239 | T-MOBILE | WARSZAWA | POL | M 30-39 | 209 | M 541 | 00:38:52 | 00:54:50 | 01:02:56.55 | 01:04:38.15 | 6:17 | 9.5 |
| 210 | SZYMCZYŃSKI BŁAŻEJ | 956 | | WARSZAWA | POL | M 30-39 | 210 | M 542 | 00:39:19 | 00:55:43 | 01:03:14.25 | 01:05:04.15 | 6:19 | 9.5 |
| 211 | ŁYGAS LESZEK | 476 | | WARSZAWA | POL | M 30-39 | 211 | M 543 | 00:39:18 | 00:55:23 | 01:03:16.90 | 01:05:05.75 | 6:19 | 9.5 |
| 212 | ZARADKIEWICZ ŁUKASZ | 889 | | WARSZAWA | POL | M 30-39 | 212 | M 547 | 00:40:52 | 00:55:54 | 01:03:36.00 | 01:05:39.25 | 6:21 | 9.4 |
| 213 | OBREBOWSKI DARIUSZ | 952 | | WARSZAWA | POL | M 30-39 | 213 | M 548 | 00:40:04 | 00:55:45 | 01:03:40.15 | 01:05:03.55 | 6:22 | 9.4 |
| 214 | OKSIENIUK MARCIN | 575 | TURBODZIKI | WOLICA | POL | M 30-39 | 214 | M 551 | 00:39:30 | 00:55:45 | 01:03:48.50 | 01:05:25.70 | 6:22 | 9.4 |
| 215 | JACZYŃSKI RAFAŁ | 263 | | WARSZAWA | POL | M 30-39 | 215 | M 553 | 00:40:45 | 00:56:23 | 01:04:06.50 | 01:05:55.75 | 6:24 | 9.4 |
| 216 | HELDT GRZEGORZ | 248 | | WARSZAWA | POL | M 30-39 | 216 | M 554 | 00:39:32 | 00:55:53 | 01:04:06.70 | 01:05:58.25 | 6:24 | 9.4 |
| 217 | BANY MICHAŁ | 17 | | WARSZAWA | POL | M 30-39 | 217 | M 560 | 00:40:35 | 00:57:04 | 01:04:25.65 | 01:05:46.60 | 6:26 | 9.3 |
| 218 | BIELEC BARTŁOMIEJ | 41 | LEGIA RUN CLUB | WARSZAWA | POL | M 30-39 | 218 | M 561 | 00:41:19 | 00:56:55 | 01:04:37.90 | 01:06:36.80 | 6:27 | 9.3 |
| 219 | ZARZYCKI PIOTR | 892 | | WARSZAWA | POL | M 30-39 | 219 | M 565 | 00:42:34 | 00:58:18 | 01:05:07.60 | 01:06:55.50 | 6:30 | 9.2 |
| 220 | RYDZ ADRIAN | 681 | | PIASECZNO | POL | M 30-39 | 220 | M 573 | 00:41:39 | 00:57:55 | 01:06:03.25 | 01:07:46.55 | 6:36 | 9.1 |
| 221 | WARDAK PRZEMYSŁAW | 833 | | WARSZAWA | POL | M 30-39 | 221 | M 574 | 00:42:31 | 00:58:30 | 01:06:22.15 | 01:07:40.50 | 6:38 | 9 |
| 222 | PRZYBOROWSKI RAFAŁ | 640 | | ŻUROMIN | POL | M 30-39 | 222 | M 576 | 00:42:37 | 00:58:34 | 01:06:39.95 | 01:07:19.70 | 6:40 | 9 |
| 223 | BOCHENEK SEBASTIAN | 50 | | LEGIONOWO | POL | M 30-39 | 223 | M 577 | 00:42:09 | 00:58:05 | 01:06:43.80 | 01:08:57.65 | 6:40 | 9 |
| 224 | TWARDO KAMIL | 820 | | DĄBROWA CHOTOMOWSKA | POL | M 30-39 | 224 | M 579 | 00:42:30 | 00:58:53 | 01:06:51.30 | 01:08:47.60 | 6:41 | 9 |
| 225 | JEDYNAK PAWEŁ | 291 | | WARSZAWA | POL | M 30-39 | 225 | M 583 | 00:42:08 | 00:59:15 | 01:07:23.15 | 01:09:26.15 | 6:44 | 8.9 |
| 226 | ŁUCZAK BARTŁOMIEJ | 473 | KLUB BIEGACZA RTV EURO AGD | JABŁONNA | POL | M 30-39 | 226 | M 585 | 00:41:46 | 00:59:28 | 01:07:59.05 | 01:09:25.85 | 6:47 | 8.8 |
| 227 | IZDEBSKI BARTŁOMIEJ | 256 | | WARSZAWA | GBR | M 30-39 | 227 | M 589 | 00:42:20 | 01:00:11 | 01:08:58.60 | 01:10:56.00 | 6:53 | 8.7 |
| 228 | KIELISZEK PAWEŁ | 343 | | WARSZAWA | POL | M 30-39 | 228 | M 597 | 00:45:06 | 01:02:43 | 01:11:19.30 | 01:12:55.75 | 7:07 | 8.4 |
| 229 | ILCZUK TOMASZ | 1001 | TARCHOŚWIRY | WARSZAWA | POL | M 30-39 | 229 | M 602 | 00:47:49 | 01:04:39 | 01:13:25.00 | 01:15:39.30 | 7:20 | 8.2 |
| 230 | CZARNECKI PIOTR | 125 | TARCHOŚFIRY | WARSZAWA | POL | M 30-39 | 230 | M 603 | 00:47:54 | 01:04:43 | 01:13:28.80 | 01:15:42.10 | 7:20 | 8.2 |
| 231 | SOJKA ŁUKASZ | 729 | | WARSZAWA | POL | M 30-39 | 231 | M 605 | 00:47:20 | 01:04:51 | 01:13:52.75 | 01:16:10.60 | 7:23 | 8.1 |
| 232 | ŁOWCZAK JACEK | 969 | TEAM ZABIEGANEDNI | WARSZAWA | POL | M 30-39 | 232 | M 608 | 00:49:14 | 01:08:08 | 01:17:24.45 | 01:19:06.60 | 7:44 | 7.8 |
| 233 | LIS KAMIL | 449 | GRUPA BIEGOWA UM W-WA | RADWANKÓW SZLACHECKI | POL | M 30-39 | 233 | M 609 | 00:49:28 | 01:08:55 | 01:17:42.60 | 01:18:22.90 | 7:46 | 7.7 |
| 234 | GIEDYK PRZEMYSŁAW | 198 | DELOITTE ADVENTURE TEAM | WARSZAWA | POL | M 30-39 | 234 | M 610 | 00:50:22 | 01:10:34 | 01:19:54.40 | 01:21:55.30 | 7:59 | 7.5 |
| 235 | RODZOCH DANIEL | 964 | | WARSZAWA | POL | M 30-39 | 235 | M 614 | | | | | | |
| LIM | ŚLADEK KAROL | 954 | | MICHAŁOWICE | POL | M 30-39 | LIM | LIM | 00:57:34 | 01:18:28 | 01:30:04.45 | 01:32:27.00 | 0:00 | 6.7 |

BIEG PRZEZ MOST 2019, K 40-49

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 6.6km | 9km | Netto | Brutto | min/km | km/h |
|------|---------------------------|-----|-----------------------|-----------|------|---------|--------|------|----------|----------|-------------|-------------|--------|------|
| 1 | HASS-KALITA JOANNA | 245 | WARSAW MASTERS TEAM | KOBYŁKA | POL | K 40-49 | 1 | K 5 | 00:27:11 | 00:37:13 | 00:42:00.80 | 00:42:05.60 | 4:12 | 14.3 |
| 2 | WESOŁOWSKA KATARZYNA | 844 | NAPRZÓD MŁOCINY | WARSZAWA | POL | K 40-49 | 2 | K 6 | 00:27:37 | 00:37:44 | 00:42:46.40 | 00:42:55.50 | 4:16 | 14 |
| 3 | ŻURANIEWSKA AGNIESZKA | 918 | NUDNE PIĄTKI | WARSZAWA | POL | K 40-49 | 3 | K 7 | 00:27:37 | 00:38:02 | 00:43:08.85 | 00:43:23.75 | 4:18 | 13.9 |
| 4 | CZAJKOWSKA DOROTA | 119 | | MYSIADŁO | POL | K 40-49 | 4 | K 15 | 00:29:15 | 00:39:55 | 00:45:10.70 | 00:45:40.40 | 4:31 | 13.3 |
| 5 | SZYMBORSKA MONIKA | 788 | TEAM ZABIEGANE DNI | WARSZAWA | POL | K 40-49 | 5 | K 18 | 00:29:27 | 00:40:28 | 00:45:48.75 | 00:46:29.95 | 4:34 | 13.1 |
| 6 | ROGÓŻ ELŻBIETA | 947 | PRORUNNING PROMOTION | WARSZAWA | POL | K 40-49 | 6 | K 17 | 00:29:25 | 00:40:23 | 00:45:51.85 | 00:46:22.75 | 4:35 | 13.1 |
| 7 | OCHNIK-KALINOWSKA JUSTYNA | 573 | | WARSZAWA | POL | K 40-49 | 7 | K 19 | 00:29:51 | 00:41:20 | 00:46:53.30 | 00:47:22.30 | 4:41 | 12.8 |
| 8 | STOLARCZYK GOSIA | 748 | LS WORLD RUN | WARSZAWA | POL | K 40-49 | 8 | K 20 | 00:29:54 | 00:41:23 | 00:47:08.15 | 00:47:33.25 | 4:42 | 12.7 |
| 9 | BOGUMIŁ IZABELA | 54 | | LEGIONOWO | POL | K 40-49 | 9 | K 22 | 00:30:42 | 00:41:50 | 00:47:23.10 | 00:47:38.10 | 4:44 | 12.7 |
| 10 | BORYSOWSKA MONIKA | 69 | | SZCZECIN | POL | K 40-49 | 10 | K 26 | 00:30:31 | 00:42:05 | 00:47:48.60 | 00:48:32.45 | 4:46 | 12.5 |
| 11 | GAŚSIOROWSKA ALICJA | 194 | ŻÓRAWSKITEAM | WARSZAWA | POL | K 40-49 | 11 | K 29 | 00:31:16 | 00:43:06 | 00:48:33.40 | 00:49:12.00 | 4:51 | 12.4 |
| 12 | KRUK EDYTA | 407 | GRUPA BIEGOWA UM W-WA | CHOTOMÓW | POL | K 40-49 | 12 | K 37 | 00:31:41 | 00:43:47 | 00:49:44.90 | 00:50:32.30 | 4:58 | 12.1 |
| 13 | SĘK ZOFIA | 698 | | WARSZAWA | POL | K 40-49 | 13 | K 40 | 00:33:01 | 00:44:40 | 00:50:33.50 | 00:51:16.90 | 5:03 | 11.9 |
| 14 | JAROS HONORATA | 280 | | WARSZAWA | POL | K 40-49 | 14 | K 43 | 00:32:18 | 00:44:50 | 00:50:57.70 | 00:51:53.50 | 5:05 | 11.8 |
| 15 | TEJCHMA NATALIA | 805 | BIEGAM NA TARCHOMINIE | WARSZAWA | POL | K 40-49 | 15 | K 46 | 00:33:37 | 00:45:22 | 00:51:18.35 | 00:52:19.95 | 5:07 | 11.7 |
| 16 | BUCHAŁSKA EWA | 78 | EKOBIEGI | WARSZAWA | POL | K 40-49 | 16 | K 47 | 00:32:48 | 00:45:20 | 00:51:40.10 | 00:52:26.35 | 5:10 | 11.6 |
| 17 | KOSTRZEWA ELWIRA | 382 | PZU SPORT TEAM | WARSZAWA | POL | K 40-49 | 17 | K 50 | 00:33:33 | | 00:52:04.05 | 00:53:12.80 | 5:12 | 11.5 |

BIEG PRZEZ MOST 2019, K 40-49 c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 6.6km | 9km | Netto | Brutto | min/km | km/h |
|------|-----------------------------|------|------------------------|--------------|------|---------|--------|-------|----------|----------|-------------|-------------|--------|------|
| 18 | SCHINDLER ŻANETA | 695 | | WARSZAWA | POL | K 40-49 | 18 | K 49 | 00:33:39 | 00:46:01 | 00:52:13.35 | 00:52:56.00 | 5:13 | 11.5 |
| 19 | STAŃCZAK IWONA | 740 | TRUCHT TARCHOMIN TEAM | WARSZAWA | POL | K 40-49 | 19 | K 55 | 00:34:07 | 00:46:58 | 00:52:54.95 | 00:53:53.60 | 5:17 | 11.3 |
| 20 | ZAWIŚLAK JOLA | 897 | | WARSZAWA | POL | K 40-49 | 20 | K 60 | 00:34:39 | 00:47:33 | 00:53:47.40 | 00:54:54.70 | 5:22 | 11.2 |
| 21 | PALUCH ANNA | 592 | | WARSZAWA | POL | K 40-49 | 21 | K 62 | 00:34:58 | 00:47:35 | 00:53:55.00 | 00:54:43.85 | 5:23 | 11.1 |
| 22 | SKIBIŃSKA MAŁGORZATA | 713 | | WARSZAWA | POL | K 40-49 | 22 | K 69 | 00:35:58 | 00:48:17 | 00:54:22.85 | 00:56:16.00 | 5:26 | 11 |
| 23 | KWAPISZ-CICHOWSKA KATARZYNA | 431 | DĄBROWSKI TEAM | OSTROŁĘKA | POL | K 40-49 | 23 | K 71 | 00:35:10 | 00:47:59 | 00:54:28.00 | 00:55:27.15 | 5:26 | 11 |
| 24 | JAWORSKA KATARZYNA | 286 | | WARSZAWA | POL | K 40-49 | 24 | K 73 | 00:35:03 | 00:47:52 | 00:54:35.50 | 00:55:37.35 | 5:27 | 11 |
| 25 | ŚWIĆ MAŁGORZATA | 794 | TRUCHT TARCHOMIN TEAM | WARSZAWA | POL | K 40-49 | 25 | K 76 | 00:34:37 | 00:48:07 | 00:54:56.25 | 00:55:44.80 | 5:29 | 10.9 |
| 26 | OSIŃSKA SYLWIA | 587 | | WARSZAWA | POL | K 40-49 | 26 | K 79 | 00:34:59 | 00:48:35 | 00:55:13.25 | 00:55:24.20 | 5:31 | 10.9 |
| 27 | CIMOCHOWSKA MAGDALENA | 113 | BIEGAM NA TARCHOMINIE | WARSZAWA | POL | K 40-49 | 27 | K 82 | 00:35:24 | 00:48:50 | 00:55:27.25 | 00:56:37.60 | 5:32 | 10.8 |
| 28 | KACPRZAK-KLEJNA AGNIESZKA | 311 | | WARSZAWA | POL | K 40-49 | 28 | K 84 | 00:36:29 | 00:49:29 | 00:55:36.50 | 00:57:01.15 | 5:33 | 10.8 |
| 29 | CIBORSKA AGNIESZKA | 934 | NAPRZÓD MŁOCINY | WARSZAWA | POL | K 40-49 | 29 | K 91 | 00:35:40 | 00:49:26 | 00:56:10.70 | 00:56:57.30 | 5:37 | 10.7 |
| 30 | ŁOZOSWKA ANETA | 229 | TRUCHT TARCHOMIN TEAM | WARSZAWA | POL | K 40-49 | 30 | K 94 | 00:36:08 | 00:49:51 | 00:56:31.30 | 00:57:36.45 | 5:39 | 10.6 |
| 31 | LISZEWSKA ANNA | 451 | RUN TEAM NASIELSK | WARSZAWA | POL | K 40-49 | 31 | K 100 | 00:36:08 | 00:49:51 | 00:56:46.55 | 00:57:21.25 | 5:40 | 10.6 |
| 32 | DĄBROWSKA MAGDALENA | 135 | RUN4FUN | WARSZAWA | POL | K 40-49 | 32 | K 101 | 00:36:23 | 00:50:02 | 00:57:02.85 | 00:57:40.85 | 5:42 | 10.5 |
| 33 | KOPCIŃSKA KATARZYNA | 367 | | WARSZAWA | POL | K 40-49 | 33 | K 109 | 00:37:30 | 00:51:23 | 00:58:05.20 | 00:58:41.05 | 5:48 | 10.3 |
| 34 | SKOWROŃSKA EWA | 716 | JEDLIŃSK | WARSZAWA | POL | K 40-49 | 34 | K 110 | 00:37:39 | 00:51:23 | 00:58:05.40 | 00:58:14.55 | 5:48 | 10.3 |
| 35 | WOJCIECHOWSKA EWA | 867 | EKOBIEGI | WARSZAWA | POL | K 40-49 | 35 | K 111 | 00:37:33 | 00:51:22 | 00:58:05.75 | 00:59:47.60 | 5:48 | 10.3 |
| 36 | ROCKA GOSIA | 660 | | WARSZAWA | POL | K 40-49 | 36 | K 113 | 00:37:27 | 00:51:25 | 00:58:10.70 | 00:59:41.00 | 5:49 | 10.3 |
| 37 | DESKA KAROLINA | 144 | WWW.LESZEKBIEGA.PL | NOWA IWICZNA | POL | K 40-49 | 37 | K 115 | 00:36:52 | 00:51:09 | 00:58:11.60 | 00:59:19.45 | 5:49 | 10.3 |
| 38 | CIEPIENIAK ANIA | 104 | | WARSZAWA | POL | K 40-49 | 38 | K 120 | 00:36:44 | 00:51:19 | 00:58:32.10 | 00:58:42.90 | 5:51 | 10.3 |
| 39 | RURKA ANNA | 965 | | WARSZAWA | POL | K 40-49 | 39 | K 121 | 00:37:47 | 00:51:40 | 00:58:46.80 | 00:59:48.50 | 5:52 | 10.2 |
| 40 | JACHOWSKA ALDONA | 259 | | WARSZAWA | POL | K 40-49 | 40 | K 124 | 00:37:07 | 00:51:56 | 00:59:06.70 | 01:00:16.75 | 5:54 | 10.2 |
| 41 | GŁÓWKA MAŁGORZATA | 971 | ANPHARM RUN TEAM | MARKI | POL | K 40-49 | 41 | K 127 | 00:37:52 | 00:52:14 | 00:59:09.45 | 00:59:33.65 | 5:54 | 10.1 |
| 42 | SIKORA ZUZANNA | 707 | PZU SPORT TEAM | WARSZAWA | POL | K 40-49 | 42 | K 128 | 00:36:40 | 00:51:42 | 00:59:09.70 | 01:00:18.65 | 5:55 | 10.1 |
| 43 | MIKULSKA AGNIESZKA | 529 | | ŁÓDŹ | POL | K 40-49 | 43 | K 131 | 00:38:34 | 00:52:30 | 00:59:15.70 | 01:00:59.10 | 5:55 | 10.1 |
| 44 | WALCZAK ANNA | 830 | TURBODZIKI | WARSZAWA | POL | K 40-49 | 44 | K 134 | 00:38:27 | 00:52:36 | 00:59:20.80 | 01:00:58.00 | 5:56 | 10.1 |
| 45 | KORZENIOWSKA- SOBCZUK ANNA | 377 | BIEGAM NA TARCHOMINIE | WARSZAWA | POL | K 40-49 | 45 | K 140 | 00:38:21 | 00:52:26 | 00:59:37.05 | 01:01:19.10 | 5:57 | 10.1 |
| 46 | GONET KATARZYNA | 211 | | WARSZAWA | POL | K 40-49 | 46 | K 141 | 00:38:08 | 00:52:46 | 00:59:44.50 | 01:00:51.10 | 5:58 | 10 |
| 47 | HNIDZIUK MAGDALENA | 250 | | WARSZAWA | POL | K 40-49 | 47 | K 146 | 00:38:21 | 00:52:45 | 01:00:03.00 | 01:01:32.55 | 6:00 | 10 |
| 48 | MYŚLIŃSKA ANNA | 1111 | BIAŁOLEKA JEST KOBIETĄ | WARSZAWA | POL | K 40-49 | 48 | K 147 | 00:38:29 | 00:52:35 | 01:00:05.80 | 01:01:46.80 | 6:00 | 10 |
| 49 | KRAKOWIAK SYLWIA | 399 | | WARSZAWA | POL | K 40-49 | 49 | K 150 | 00:38:38 | 00:53:26 | 01:00:27.00 | 01:01:11.50 | 6:02 | 9.9 |
| 50 | MUCHA KAMILA | 550 | BIEGAM NA TARCHOMINIE | KONIN | POL | K 40-49 | 50 | K 152 | 00:38:55 | 00:53:37 | 01:00:49.30 | 01:02:29.70 | 6:04 | 9.9 |
| 51 | ŁUCZAK MAŁGORZATA | 472 | RUNNERSI ZE SKARBKA | WARSZAWA | POL | K 40-49 | 51 | K 154 | 00:38:28 | 00:53:36 | 01:00:53.40 | 01:01:30.70 | 6:05 | 9.9 |
| 52 | SOBIESKA ALEKSANDRA | 725 | | WARSZAWA | POL | K 40-49 | 52 | K 157 | 00:39:37 | 00:54:08 | 01:01:26.40 | 01:03:19.85 | 6:08 | 9.8 |
| 53 | ŁĄCKA ILONA | 461 | BIAŁOLEKA JEST KOBIETĄ | WARSZAWA | POL | K 40-49 | 53 | K 160 | 00:39:02 | 00:53:59 | 01:01:32.05 | 01:03:12.40 | 6:09 | 9.8 |
| 54 | ADAMOWSKA BARBARA | 2 | MINISTERSTWO FINANSÓW | WARSZAWA | POL | K 40-49 | 54 | K 164 | 00:38:58 | 00:54:08 | 01:01:42.30 | 01:02:45.10 | 6:10 | 9.7 |
| 55 | ZOUABI DOROTA | 907 | | WARSZAWA | POL | K 40-49 | 55 | K 166 | 00:38:57 | 00:54:10 | 01:01:48.50 | 01:02:25.75 | 6:10 | 9.7 |
| 56 | MIKITUK KATARZYNA | 527 | | MARKI | POL | K 40-49 | 56 | K 170 | 00:38:43 | 00:54:16 | 01:02:02.05 | 01:03:07.30 | 6:12 | 9.7 |
| 57 | ADAMUS KATARZYNA | 4 | DECATHLON PIASECZNO | PIASECZNO | POL | K 40-49 | 57 | K 175 | 00:39:17 | 00:54:38 | 01:02:16.70 | 01:03:43.05 | 6:13 | 9.6 |
| 58 | JARMUŻEWSKA TERESA | 278 | TIA | WARSZAWA | POL | K 40-49 | 58 | K 177 | 00:41:45 | 00:55:58 | 01:02:46.35 | 01:04:58.45 | 6:16 | 9.6 |
| 59 | WOŁYNEK AGNIESZKA | 875 | | WARSZAWA | POL | K 40-49 | 59 | K 179 | 00:39:51 | 00:55:28 | 01:03:03.35 | 01:04:26.90 | 6:18 | 9.5 |
| 60 | JURCZAK AGNIESZKA | 301 | JEDLIŃSK | WARSZAWA | POL | K 40-49 | 60 | K 180 | 00:39:54 | 00:55:22 | 01:03:19.80 | 01:03:29.30 | 6:20 | 9.5 |
| 61 | MIKLEWICZ MAŁGORZATA | 528 | | WARSZAWA | POL | K 40-49 | 61 | K 186 | 00:41:18 | 00:56:25 | 01:03:45.05 | 01:05:44.75 | 6:22 | 9.4 |
| 62 | PTASZYŃSKA MAGDALENA | 646 | KUTNO | WARSZAWA | POL | K 40-49 | 62 | K 187 | 00:40:01 | 00:55:54 | 01:03:49.40 | 01:04:42.90 | 6:22 | 9.4 |
| 63 | PIOTROWSKA-KRZAK ELA | 623 | | WARSZAWA | POL | K 40-49 | 63 | K 193 | 00:42:11 | 00:57:33 | 01:04:52.40 | 01:06:30.00 | 6:29 | 9.2 |
| 64 | RYNECKA AGNIESZKA | 684 | RAJSZEW | WARSZAWA | POL | K 40-49 | 64 | K 199 | 00:41:08 | 00:57:24 | 01:05:19.55 | 01:07:13.15 | 6:32 | 9.2 |
| 65 | FALKOWSKA MONIKA | 164 | | WARSZAWA | POL | K 40-49 | 65 | K 200 | 00:41:15 | 00:57:30 | 01:05:35.10 | 01:07:19.60 | 6:33 | 9.1 |
| 66 | KUĆ BEATA | 423 | | WARSZAWA | POL | K 40-49 | 66 | K 209 | 00:41:31 | 00:58:10 | 01:06:33.65 | 01:08:13.60 | 6:39 | 9 |
| 67 | STĘPIŃSKA JOANNA | 746 | | WARSZAWA | POL | K 40-49 | 67 | K 214 | 00:42:34 | 00:59:00 | 01:07:25.15 | 01:09:27.30 | 6:44 | 8.9 |
| 68 | SOJA KASIA | 728 | VEGE RUNNERS | KRAKÓW | POL | K 40-49 | 68 | K 218 | 00:43:52 | 01:00:03 | 01:07:42.45 | 01:07:42.45 | 6:46 | 8.9 |
| 69 | PANASIUK AGA | 596 | | ZĄBKI | POL | K 40-49 | 69 | K 220 | 00:42:43 | 00:59:45 | 01:08:17.30 | 01:09:27.60 | 6:49 | 8.8 |
| 70 | BUDAJ-FIDECKA ANNA | 81 | FIDEPOP | WARSZAWA | POL | K 40-49 | 70 | K 222 | 00:44:21 | 01:00:26 | 01:08:40.10 | 01:10:13.80 | 6:52 | 8.7 |
| 71 | KACZOROWSKA MONIKA | 319 | | ZĄBKI | POL | K 40-49 | 71 | K 228 | 00:44:33 | 01:01:22 | 01:09:34.80 | 01:11:26.95 | 6:57 | 8.6 |
| 72 | ŁOCHINA MARTA | 466 | | WARSZAWA | POL | K 40-49 | 72 | K 230 | 00:44:35 | 01:01:33 | 01:09:36.25 | 01:11:29.30 | 6:57 | 8.6 |
| 73 | SOSNÓWKA MAGDALENA | 732 | | WARSZAWA | POL | K 40-49 | 73 | K 232 | 00:44:42 | 01:01:53 | 01:10:08.00 | 01:12:07.50 | 7:00 | 8.6 |
| 74 | WÓJTOWICZ AGNIESZKA | 877 | | WARSZAWA | POL | K 40-49 | 74 | K 239 | 00:47:14 | 01:04:50 | 01:13:53.25 | 01:16:11.55 | 7:23 | 8.1 |

BIEG PRZEZ MOST 2019, K 40-49 c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 6.6km | 9km | Netto | Brutto | min/km | km/h |
|------|-------------------------------|-----|----------------------------------|----------------------|------|---------|--------|-------|----------|----------|-------------|-------------|--------|------|
| 75 | WAWRZONEK KAROLINA | 839 | | STANISŁAWÓW PIERWSZY | POL | K 40-49 | 75 | K 240 | 00:47:15 | 01:04:52 | 01:14:10.55 | 01:16:29.15 | 7:25 | 8.1 |
| 76 | METERA ANNA | 518 | | WARSZAWA | POL | K 40-49 | 76 | K 244 | 00:50:01 | 01:09:28 | 01:19:11.40 | 01:19:48.15 | 7:55 | 7.6 |
| 77 | DRACZYŃSKA EDYTA | 153 | | WARSZAWA | POL | K 40-49 | 77 | K 245 | 00:50:00 | 01:09:28 | 01:19:12.10 | 01:19:48.45 | 7:55 | 7.6 |
| 78 | JÓZWIAK DOROTA | 299 | SLOW JOGGING BIAŁOŁĘKA | WARSZAWA | POL | K 40-49 | 78 | K 249 | | | 01:22:49.10 | 01:25:15.50 | 8:16 | 7.2 |
| 79 | SIERPOWSKA-BARTOSIK AGNIESZKA | 701 | SLOW JOGGING ŁÓDŹ / VEGE RUNNERS | ŁÓDŹ | POL | K 40-49 | 79 | K 250 | 00:54:31 | 01:15:48 | 01:28:08.15 | 01:30:33.55 | 8:48 | 6.8 |
| 80 | GRĄCKA KATARZYNA | 222 | | WARSZAWA | POL | K 40-49 | 80 | K 251 | 00:54:32 | 01:15:50 | 01:28:08.80 | 01:30:33.50 | 8:48 | 6.8 |
| 81 | WILCZYŃSKA MAŁGORZATA | 992 | | WARSZAWA | | K 40-49 | 81 | K 252 | 00:57:31 | 01:18:21 | 01:29:39.75 | 01:32:07.55 | 8:58 | 6.7 |
| LIM | PILSKA MAGDA | 621 | SLOW JOGGING WARSZAWA | BIENIEWICE | POL | K 40-49 | LIM | LIM | 00:56:50 | 01:19:12 | 01:31:29.00 | 01:34:01.10 | 0:00 | 6.6 |
| LIM | BORZUCHOWSKA MONIKA | 70 | SLOWJOGGING ŁÓDŹ | ŁÓDŹ | POL | K 40-49 | LIM | LIM | 00:56:52 | 01:19:11 | 01:31:33.60 | 01:33:59.75 | 0:00 | 6.6 |
| LIM | ZAWADA KATARZYNA | 894 | | WARSZAWA | POL | K 40-49 | LIM | LIM | 00:56:54 | 01:18:08 | 01:31:33.65 | 01:34:00.55 | 0:00 | 6.6 |

BIEG PRZEZ MOST 2019, M 40-49

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 6.6km | 9km | Netto | Brutto | min/km | km/h |
|------|----------------------|------|---------------------------------------|---------------|------|---------|--------|-------|----------|----------|-------------|-------------|--------|------|
| 1 | GOZDEK RADEK | 214 | BIEGANIEPO40.PL TRUCHT TARCHOMIN TEAM | WARSZAWA | POL | M 40-49 | 1 | M 15 | 00:23:09 | 00:31:51 | 00:36:04.25 | 00:36:06.15 | 3:36 | 16.6 |
| 2 | KLAŚ ŁUKASZ | 348 | NUDNE PIĄTKI | WARSZAWA | POL | M 40-49 | 2 | M 16 | 00:23:09 | 00:31:51 | 00:36:14.55 | 00:36:16.00 | 3:37 | 16.6 |
| 3 | SZAŁTKA KRZYSZTOF | 692 | TRIATHLON SERWIS | WARSZAWA | POL | M 40-49 | 3 | M 25 | 00:24:30 | 00:33:31 | 00:37:51.55 | 00:37:58.95 | 3:47 | 15.9 |
| 4 | TRZASKOWSKI DARIUSZ | 815 | TRUCHT TARCHOMIN TEAM | WARSZAWA | POL | M 40-49 | 4 | M 26 | 00:24:26 | 00:33:36 | 00:38:06.25 | 00:38:11.35 | 3:48 | 15.7 |
| 5 | KUBERA PIOTR | 981 | | JÓZEFÓW | | M 40-49 | 5 | M 30 | 00:24:59 | 00:34:01 | 00:38:21.10 | 00:38:28.05 | 3:50 | 15.6 |
| 6 | KRUPA PAWEŁ | 408 | STALOWOWOLSKI KLUB BIEGACZA | AGATÓWKA | POL | M 40-49 | 6 | M 32 | 00:24:50 | 00:34:19 | 00:38:53.60 | 00:38:56.90 | 3:53 | 15.4 |
| 7 | GRUZA MAREK | 228 | BIEGANIEPO40.PL | KAZUŃ BIELANY | POL | M 40-49 | 7 | M 33 | 00:24:56 | 00:34:24 | 00:39:04.25 | 00:39:10.05 | 3:54 | 15.4 |
| 8 | FELUCH KRZYSZTOF | 167 | JACEK BIEGA RUNNING TEAM | WARSZAWA | POL | M 40-49 | 8 | M 34 | 00:25:13 | 00:34:33 | 00:39:12.80 | 00:39:17.50 | 3:55 | 15.3 |
| 9 | KACZYŃSKI GRZEGORZ | 320 | KB WYSZKÓW | WYSZKÓW | POL | M 40-49 | 9 | M 40 | 00:25:32 | 00:34:56 | 00:39:40.95 | 00:39:46.70 | 3:58 | 15.1 |
| 10 | JERUĆ ŁUKASZ | 292 | BIEGAM NA TARCHOMINIE | WARSZAWA | POL | M 40-49 | 10 | M 41 | 00:25:50 | 00:35:12 | 00:39:42.50 | 00:39:47.95 | 3:58 | 15.1 |
| 11 | MICHAŁSKI DAMIAN | 523 | ALIOR RUNNING TEAM | WARSZAWA | POL | M 40-49 | 11 | M 49 | 00:25:34 | 00:35:22 | 00:40:31.00 | 00:40:37.05 | 4:03 | 14.8 |
| 12 | TOMASZEK ROBERT | 810 | | WARSZAWA | POL | M 40-49 | 12 | M 50 | 00:25:53 | 00:35:44 | 00:40:33.70 | 00:40:37.65 | 4:03 | 14.8 |
| 13 | KŁÓDKIEWICZ WALDEMAR | 356 | | KIELPIN | POL | M 40-49 | 13 | M 51 | 00:25:45 | 00:35:42 | 00:40:35.50 | 00:41:00.50 | 4:03 | 14.8 |
| 14 | KNYCHAS DAREK | 358 | PZU SPORT TEAM | WARSZAWA | POL | M 40-49 | 14 | M 56 | 00:26:45 | 00:36:20 | 00:41:01.25 | 00:41:15.05 | 4:06 | 14.6 |
| 15 | GRYSZPANOWICZ PIOTR | 234 | SĄSIADY LATAJĄ RAZEM | WARSZAWA | POL | M 40-49 | 15 | M 57 | 00:26:17 | 00:36:10 | 00:41:08.25 | 00:41:16.40 | 4:06 | 14.6 |
| 16 | KORSAKOV KOSTIANTYN | 376 | - | WARSZAWA | POL | M 40-49 | 16 | M 59 | 00:26:28 | 00:36:26 | 00:41:19.40 | 00:41:29.40 | 4:07 | 14.5 |
| 17 | SPYCHAŁA PIOTR | 735 | | WARSZAWA | POL | M 40-49 | 17 | M 62 | 00:26:34 | 00:36:36 | 00:41:32.25 | 00:41:41.45 | 4:09 | 14.4 |
| 18 | KUBIAK SŁAWOMIR | 419 | | WARSZAWA | POL | M 40-49 | 18 | M 66 | 00:26:35 | 00:36:47 | 00:41:47.25 | 00:41:57.35 | 4:10 | 14.4 |
| 19 | LATAK MICHAŁ | 436 | JACEKBIEGA RUNNING TEAM | WARSZAWA | POL | M 40-49 | 19 | M 67 | 00:26:41 | 00:36:51 | 00:41:50.10 | 00:41:55.60 | 4:11 | 14.3 |
| 20 | KANIA PRZEMYSŁAW | 327 | | HORNOWEK | POL | M 40-49 | 20 | M 69 | 00:26:32 | 00:36:52 | 00:41:57.25 | 00:42:02.20 | 4:11 | 14.3 |
| 21 | ZAJĄC WAĆLAW | 882 | TEAM PARSZCZYŃSKICH | WARSZAWA | POL | M 40-49 | 21 | M 70 | 00:27:07 | 00:37:03 | 00:41:58.35 | 00:42:09.65 | 4:11 | 14.3 |
| 22 | JUREK PRZEMYSŁAW | 304 | KS STASZEWCY | WARSZAWA | POL | M 40-49 | 22 | M 74 | 00:27:05 | 00:37:08 | 00:42:07.00 | 00:42:20.20 | 4:12 | 14.2 |
| 23 | KOWAL KRZYSZTOF | 388 | SĄSIADY LATAJĄ RAZEM | WARSZAWA | POL | M 40-49 | 23 | M 80 | 00:26:38 | 00:37:02 | 00:42:23.20 | 00:42:31.45 | 4:14 | 14.2 |
| 24 | MIKULSKI JACEK | 530 | ADIDAS RUNNERS WARSAW | WARSZAWA | POL | M 40-49 | 24 | M 81 | 00:27:11 | 00:37:23 | 00:42:26.05 | 00:42:38.80 | 4:14 | 14.1 |
| 25 | JAWORSKI PIOTR | 1000 | EKOBIEGI | WARSZAWA | POL | M 40-49 | 25 | M 84 | 00:26:59 | 00:37:22 | 00:42:29.50 | 00:42:33.70 | 4:14 | 14.1 |
| 26 | MICHNOWSKI SEBASTIAN | 525 | | WARSZAWA | POL | M 40-49 | 26 | M 86 | 00:27:06 | 00:37:19 | 00:42:30.75 | 00:42:38.90 | 4:15 | 14.1 |
| 27 | KUREK MARCIN | 428 | | DUCZKI | POL | M 40-49 | 27 | M 88 | 00:27:10 | 00:37:34 | 00:42:49.20 | 00:42:55.00 | 4:17 | 14 |
| 28 | KIELCZYKOWSKI JANUSZ | 342 | EUROBUDOWA | WARSZAWA | POL | M 40-49 | 28 | M 89 | 00:27:52 | 00:37:51 | 00:42:50.40 | 00:43:21.60 | 4:17 | 14 |
| 29 | SOBOCIŃSKI MICHAŁ | 726 | PLAY | WARSZAWA | POL | M 40-49 | 29 | M 93 | 00:28:04 | 00:38:12 | 00:43:11.75 | 00:43:31.15 | 4:19 | 13.9 |
| 30 | TYMICKI KRZYSZTOF | 821 | | LEGIONOWO | POL | M 40-49 | 30 | M 98 | 00:28:16 | 00:38:34 | 00:43:32.25 | 00:43:42.25 | 4:21 | 13.8 |
| 31 | GOLEC GRZEGORZ | 209 | TEAM PARSZCZYŃSKICH | WARSZAWA | POL | M 40-49 | 31 | M 105 | 00:28:10 | 00:38:41 | 00:43:52.60 | 00:44:07.00 | 4:23 | 13.7 |
| 32 | ZIELIŃSKI KRZYSZTOF | 904 | HIKINGTOURS | WARSZAWA | POL | M 40-49 | 32 | M 112 | 00:28:44 | 00:39:03 | 00:44:05.35 | 00:44:36.80 | 4:24 | 13.6 |
| 33 | LEŚNIAK PIOTR | 443 | | WARSZAWA | POL | M 40-49 | 33 | M 117 | 00:28:35 | 00:39:12 | 00:44:27.90 | 00:44:48.15 | 4:26 | 13.5 |
| 34 | CHOJNACKI MIKOŁAJ | 95 | WARSAW RUN CLUB | WARSZAWA | POL | M 40-49 | 34 | M 120 | 00:29:16 | 00:39:20 | 00:44:30.80 | 00:45:52.80 | 4:27 | 13.5 |
| 35 | SUCHOLEWSKI DAMIAN | 759 | KONDYCJA PIASECZNO | WARSZAWA | POL | M 40-49 | 35 | M 123 | 00:28:42 | 00:39:21 | 00:44:35.35 | 00:44:40.45 | 4:27 | 13.5 |
| 36 | ADAÓ MIGUEL | 5 | | WARSZAWA | POR | M 40-49 | 36 | M 126 | 00:28:42 | 00:39:24 | 00:44:39.00 | 00:45:04.00 | 4:27 | 13.4 |
| 37 | MALIK GABRIEL | 488 | | WARSZAWA | POL | M 40-49 | 37 | M 129 | 00:29:09 | 00:39:36 | 00:44:44.95 | 00:45:20.20 | 4:28 | 13.4 |
| 38 | REWERA ROBERT | 658 | PKO BANK POLSKI | WARSZAWA | POL | M 40-49 | 38 | M 130 | 00:28:22 | 00:39:24 | 00:44:45.15 | 00:45:00.35 | 4:28 | 13.4 |
| 39 | ŻUK PAWEŁ | 917 | BIEGAM NA TARCHOMINIE | WARSZAWA | POL | M 40-49 | 39 | M 132 | 00:28:46 | 00:39:16 | 00:44:51.75 | 00:45:21.25 | 4:29 | 13.4 |
| 40 | MACIEJAK ROBERT | 479 | | WARSZAWA | POL | M 40-49 | 40 | M 133 | 00:28:42 | 00:39:29 | 00:44:52.75 | 00:45:13.55 | 4:29 | 13.4 |

BIEG PRZEZ MOST 2019, M 40-49 c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 6.6km | 9km | Netto | Brutto | min/km | km/h |
|------|--------------------------|------|--------------------------------|--------------|------|---------|--------|-------|----------|----------|-------------|-------------|--------|------|
| 41 | LENKIEWICZ PAWEŁ | 441 | | WARSZAWA | POL | M 40-49 | 41 | M 137 | 00:28:45 | 00:39:39 | 00:45:03.70 | 00:45:30.10 | 4:30 | 13.3 |
| 42 | GEÇA PIOTR | 196 | ZA MNĄ | WARSZAWA | POL | M 40-49 | 42 | M 139 | 00:28:53 | 00:39:49 | 00:45:11.95 | 00:45:38.85 | 4:31 | 13.3 |
| 43 | ZNAMIEC MARCIN | 906 | IPA PAŁAC MOSTOWSKICH KSP | WARSZAWA | POL | M 40-49 | 43 | M 142 | 00:29:05 | 00:39:53 | 00:45:17.75 | 00:46:01.15 | 4:31 | 13.2 |
| 44 | GAJEWIAK ADAM | 183 | | WARSZAWA | POL | M 40-49 | 44 | M 143 | 00:29:01 | 00:39:48 | 00:45:19.00 | 00:45:40.05 | 4:31 | 13.2 |
| 45 | ZDUNEK MICHAŁ | 966 | WKURW_TEAM | WARSZAWA | POL | M 40-49 | 45 | M 144 | 00:28:44 | 00:39:57 | 00:45:21.90 | 00:45:36.80 | 4:32 | 13.2 |
| 46 | PAWIŃSKI ARTUR | 606 | | WARSZAWA | POL | M 40-49 | 46 | M 146 | 00:28:36 | 00:39:53 | 00:45:29.80 | 00:45:50.00 | 4:33 | 13.2 |
| 47 | PAWŁOWSKI PIOTR | 926 | BBL WYDMINY | WARSZAWA | POL | M 40-49 | 47 | M 148 | 00:29:20 | 00:40:13 | 00:45:32.70 | 00:45:47.15 | 4:33 | 13.2 |
| 48 | CZUDOWSKI TOMASZ | 127 | DUKLANOWSKI TEAM | WARSAW | POL | M 40-49 | 48 | M 149 | 00:29:08 | 00:40:09 | 00:45:32.80 | 00:45:44.80 | 4:33 | 13.2 |
| 49 | CZAJKOWSKI MAREK | 122 | WARSAW RUN CLUB | WARSZAWA | POL | M 40-49 | 49 | M 150 | 00:29:03 | 00:40:15 | 00:45:36.15 | 00:46:07.75 | 4:33 | 13.2 |
| 50 | TOBOTA MACIEJ | 807 | | WARSZAWA | POL | M 40-49 | 50 | M 151 | 00:29:13 | 00:40:08 | 00:45:36.25 | 00:45:42.95 | 4:33 | 13.2 |
| 51 | SANTAREK WOJCIECH | 694 | | SZCZECIN | POL | M 40-49 | 51 | M 155 | 00:29:06 | 00:40:16 | 00:45:45.95 | 00:46:18.35 | 4:34 | 13.1 |
| 52 | PIERZAK OLAF | 617 | | WARSZAWA | POL | M 40-49 | 52 | M 158 | 00:29:42 | 00:40:44 | 00:45:59.35 | 00:46:09.55 | 4:35 | 13 |
| 53 | RYGALSKI MACIEJ | 682 | FAMA RUNNERS | WARSZAWA | POL | M 40-49 | 53 | M 161 | 00:29:49 | 00:40:42 | 00:46:06.25 | 00:46:45.55 | 4:36 | 13 |
| 54 | BEBELSKI RAFAŁ | 28 | KUŹNIA TRIATHLONU | WARSZAWA | POL | M 40-49 | 54 | M 162 | | | 00:46:07.00 | 00:46:07.00 | 4:36 | 13 |
| 55 | TOMASZEWSKI MAREK | 811 | | WARSZAWA | POL | M 40-49 | 55 | M 163 | 00:29:25 | 00:40:34 | 00:46:11.15 | 00:46:19.70 | 4:37 | 13 |
| 56 | RABIEJ WOJCIECH | 652 | DUKLANOWSKI TEAM | WARSZAWA | POL | M 40-49 | 56 | M 167 | 00:29:43 | 00:40:50 | 00:46:16.50 | 00:46:47.45 | 4:37 | 13 |
| 57 | DRABOT ANDRZEJ | 152 | ASSECO ACTIVE TEAM | WARSZAWA | POL | M 40-49 | 57 | M 168 | 00:29:51 | 00:40:57 | 00:46:17.55 | 00:46:32.75 | 4:37 | 13 |
| 58 | DESKA LESZEK | 143 | WWW.LESZEKBIEGA.PL | NOWA IWICZNA | POL | M 40-49 | 58 | M 169 | 00:31:04 | 00:41:26 | 00:46:19.80 | 00:48:30.00 | 4:38 | 12.9 |
| 59 | BARTEL ROBERT | 22 | STARE BABICE BIEGAJĄ | LIPKÓW | POL | M 40-49 | 59 | M 170 | 00:29:24 | 00:40:42 | 00:46:20.45 | 00:46:45.05 | 4:38 | 12.9 |
| 60 | GOLINSKI ARTUR | 210 | | WARSZAWA | POL | M 40-49 | 60 | M 175 | 00:29:45 | 00:41:02 | 00:46:30.90 | 00:47:02.65 | 4:39 | 12.9 |
| 61 | SZYMAŃSKI JACEK | 786 | | WARSZAWA | POL | M 40-49 | 61 | M 176 | 00:30:29 | 00:41:18 | 00:46:31.25 | 00:47:12.25 | 4:39 | 12.9 |
| 62 | KONDRAK PIOTR | 362 | VEGE RUNNERS | WARSZAWA | POL | M 40-49 | 62 | M 177 | 00:29:57 | 00:41:08 | 00:46:36.50 | 00:47:29.50 | 4:39 | 12.9 |
| 63 | NOZDRYŃ-PŁOTNICKI MARCIN | 572 | | WARSZAWA | POL | M 40-49 | 63 | M 183 | 00:28:09 | 00:40:56 | 00:46:46.00 | 00:46:58.80 | 4:40 | 12.8 |
| 64 | ZIELIŃSKI JACEK | 1002 | | WARSZAWA | POL | M 40-49 | 64 | M 184 | 00:30:17 | 00:41:30 | 00:46:46.05 | 00:47:34.05 | 4:40 | 12.8 |
| 65 | WEREDA PAWEŁ | 841 | | WARSZAWA | POL | M 40-49 | 65 | M 185 | 00:29:50 | 00:41:07 | 00:46:50.60 | 00:47:05.65 | 4:41 | 12.8 |
| 66 | PAWEŁOSZEK ROBERT | 605 | ROBERT SPINE TRENER PERSONALNY | WARSZAWA | POL | M 40-49 | 66 | M 187 | 00:29:31 | 00:41:11 | 00:46:52.65 | 00:47:18.90 | 4:41 | 12.8 |
| 67 | PRĘDOTA KRZYSZTOF | 635 | TRUCHT TARCHOMIN TEAM | WARSZAWA | POL | M 40-49 | 67 | M 188 | 00:30:32 | 00:41:22 | 00:46:55.55 | 00:47:36.85 | 4:41 | 12.8 |
| 68 | KRYSIK ARKADIUSZ | 414 | | TŁUSZCZ | POL | M 40-49 | 68 | M 193 | 00:29:56 | 00:41:44 | 00:47:08.85 | 00:48:11.35 | 4:42 | 12.7 |
| 69 | FRĄCKIEWICZ DARIUSZ | 176 | BIEGAM NA TARCHOMINIE | WARSZAWA | POL | M 40-49 | 69 | M 203 | 00:30:18 | 00:41:57 | 00:47:40.05 | 00:48:36.75 | 4:46 | 12.6 |
| 70 | BLASZCZYŃSKI WITOLD | 47 | | WARSZAWA | POL | M 40-49 | 70 | M 204 | 00:30:27 | 00:41:52 | 00:47:40.55 | 00:48:19.75 | 4:46 | 12.6 |
| 71 | PAZIEWSKI ANDRZEJ | 608 | BIEGAM NA TARCHOMINIE | WARSZAWA | POL | M 40-49 | 71 | M 206 | 00:30:36 | 00:42:03 | 00:47:40.85 | 00:48:06.85 | 4:46 | 12.6 |
| 72 | MOSUR KAMIL | 544 | | WARSZAWA | POL | M 40-49 | 72 | M 207 | 00:30:27 | 00:41:54 | 00:47:42.20 | 00:48:03.90 | 4:46 | 12.6 |
| 73 | BARAN GRZEGORZ | 19 | | WARSZAWA | POL | M 40-49 | 73 | M 209 | 00:30:44 | 00:42:14 | 00:47:45.85 | 00:48:34.70 | 4:46 | 12.6 |
| 74 | FALBA ZBIGNIEW | 163 | METLIFE RUN | WARSZAWA | POL | M 40-49 | 74 | M 210 | 00:30:35 | 00:42:06 | 00:47:48.00 | 00:48:32.80 | 4:46 | 12.6 |
| 75 | ŁUBIŃSKI KRZYSZTOF | 469 | | WARSZAWA | POL | M 40-49 | 75 | M 211 | 00:30:38 | 00:42:06 | 00:47:48.30 | 00:48:07.00 | 4:46 | 12.5 |
| 76 | PADYSZ AREK | 591 | | WARSZAWA | POL | M 40-49 | 76 | M 212 | 00:30:45 | 00:42:06 | 00:47:49.20 | 00:48:20.10 | 4:47 | 12.5 |
| 77 | GOGOLEWSKI MICHAŁ | 208 | | WARSZAWA | POL | M 40-49 | 77 | M 214 | 00:30:22 | 00:41:59 | 00:47:49.45 | 00:48:15.05 | 4:47 | 12.5 |
| 78 | MANOWIECKI GRZEGORZ | 495 | BRAVERHEARTS | LEGIONOWO | POL | M 40-49 | 78 | M 218 | 00:30:11 | 00:42:18 | 00:48:08.30 | 00:48:38.30 | 4:48 | 12.5 |
| 79 | JAWORSKI ŁUKASZ | 288 | | WARSZAWA | POL | M 40-49 | 79 | M 223 | 00:31:12 | 00:42:29 | 00:48:15.15 | 00:49:10.50 | 4:49 | 12.4 |
| 80 | KILIAŃSKI RAFAŁ | 345 | TRUCHT TARCHOMIN TEAM | WARSZAWA | POL | M 40-49 | 80 | M 224 | 00:31:17 | 00:42:47 | 00:48:17.00 | 00:48:58.60 | 4:49 | 12.4 |
| 81 | KOŁOMAŃSKI MAREK | 360 | EKOBIEGI | WARSZAWA | POL | M 40-49 | 81 | M 227 | 00:30:13 | 00:42:19 | 00:48:17.70 | 00:48:48.35 | 4:49 | 12.4 |
| 82 | ŚCIOCH MICHAŁ | 791 | | WARSZAWA | POL | M 40-49 | 82 | M 229 | 00:31:05 | 00:42:33 | 00:48:19.40 | 00:48:59.80 | 4:49 | 12.4 |
| 83 | BIAŁOKOS KAMIL | 989 | PARTNER | WARSZAWA | POL | M 40-49 | 83 | M 231 | 00:30:54 | 00:42:37 | 00:48:22.90 | 00:49:58.85 | 4:50 | 12.4 |
| 84 | WIERZCHOŁOWSKI MARCIN | 848 | | WARSZAWA | POL | M 40-49 | 84 | M 236 | 00:31:27 | 00:43:15 | 00:48:30.50 | 00:49:15.10 | 4:51 | 12.4 |
| 85 | BARSZCZEWSKI MACIEJ | 20 | TN BIEGÓWKI WESOŁA | LASKI | POL | M 40-49 | 85 | M 239 | 00:30:32 | 00:42:39 | 00:48:34.85 | 00:48:57.55 | 4:51 | 12.3 |
| 86 | RUTKOWSKI MICHAŁ | 680 | KARAŚ SWIMMING TEAM | WARSZAWA | POL | M 40-49 | 86 | M 240 | 00:31:23 | 00:43:00 | 00:48:38.40 | 00:49:23.80 | 4:51 | 12.3 |
| 87 | GRZYMAŁA ANDRZEJ | 940 | | WARSZAWA | POL | M 40-49 | 87 | M 242 | 00:30:59 | 00:42:51 | 00:48:41.10 | 00:49:38.20 | 4:52 | 12.3 |
| 88 | NIEDZIELA DOMINIK | 558 | | WARSZAWA | POL | M 40-49 | 88 | M 243 | 00:31:19 | 00:43:00 | 00:48:43.80 | 00:49:43.05 | 4:52 | 12.3 |
| 89 | SZCZĘSŃY PAWEŁ | 774 | | WARSZAWA | POL | M 40-49 | 89 | M 245 | 00:30:41 | 00:42:47 | 00:48:51.00 | 00:49:36.10 | 4:53 | 12.3 |
| 90 | PROKOPIUK GRZEGORZ | 945 | | WARSZAWA | POL | M 40-49 | 90 | M 247 | 00:31:21 | 00:43:08 | 00:48:53.90 | 00:49:02.70 | 4:53 | 12.3 |
| 91 | SZAŁASZEWSKI ŁUKASZ | 691 | | WARSZAWA | POL | M 40-49 | 91 | M 248 | 00:32:05 | 00:43:35 | 00:48:54.90 | 00:49:42.85 | 4:53 | 12.3 |
| 92 | CELIŃSKI RAFAŁ | 87 | | WARSZAWA | POL | M 40-49 | 92 | M 249 | 00:31:44 | 00:43:21 | 00:48:59.00 | 00:49:44.40 | 4:53 | 12.2 |
| 93 | FRĄCKOWSKI SŁAWOMIR | 177 | | WARSZAWA | POL | M 40-49 | 93 | M 251 | 00:31:13 | 00:43:07 | 00:49:05.30 | 00:49:38.40 | 4:54 | 12.2 |
| 94 | PERLAN ROBERT | 611 | DYSTANS LESZNO | LESZNO | POL | M 40-49 | 94 | M 255 | 00:31:41 | 00:43:26 | 00:49:19.35 | 00:49:58.65 | 4:55 | 12.2 |
| 95 | ŚCIBISZ TOMEK | 789 | | WARSZAWA | POL | M 40-49 | 95 | M 262 | 00:31:46 | 00:43:26 | 00:49:24.60 | 00:50:05.20 | 4:56 | 12.1 |
| 96 | WACH MICHAŁ | 828 | BIEGAM NA TARCHOMINIE | WARSZAWA | POL | M 40-49 | 96 | M 263 | 00:32:00 | 00:43:40 | 00:49:24.65 | 00:49:59.90 | 4:56 | 12.1 |
| 97 | CIOŁEK ROBERT | 114 | MASTERS DOJO | WARSZAWA | POL | M 40-49 | 97 | M 266 | 00:32:09 | 00:43:46 | 00:49:31.30 | 00:50:30.45 | 4:57 | 12.1 |

BIEG PRZEZ MOST 2019, M 40-49 c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 6.6km | 9km | Netto | Brutto | min/km | km/h |
|------|-----------------------|-----|---|-----------|------|---------|--------|-------|----------|----------|-------------|-------------|--------|------|
| 98 | MILLER DANIEL MILLER | 531 | WARSAW INTERNATIONAL TRIATHLON CLUB (WITC) | WARSAWA | POL | M 40-49 | 98 | M 269 | 00:32:15 | 00:44:06 | 00:49:40.95 | 00:50:47.65 | 4:58 | 12.1 |
| 99 | ROJEK RAFAŁ | 665 | | WARSAWA | POL | M 40-49 | 99 | M 270 | 00:31:45 | 00:43:45 | 00:49:41.20 | 00:50:21.80 | 4:58 | 12.1 |
| 100 | URBAN MARIUSZ | 822 | GRUPA BIEGOWA UM W-WA | WARSAWA | POL | M 40-49 | 100 | M 271 | 00:31:47 | 00:43:49 | 00:49:43.75 | 00:52:04.65 | 4:58 | 12.1 |
| 101 | KACHNIARZ SŁAWOMIR | 308 | KAWAII SUSHI | LEGIONOWO | POL | M 40-49 | 101 | M 272 | 00:31:03 | 00:43:29 | 00:49:47.15 | 00:50:28.50 | 4:58 | 12.1 |
| 102 | GAWLIK ARKADIUSZ | 191 | BIEGAM NA TARCHOMINIE | WARSAWA | POL | M 40-49 | 102 | M 273 | 00:31:45 | 00:43:47 | 00:49:48.00 | 00:50:45.45 | 4:58 | 12 |
| 103 | KACPIURA PIOTR | 313 | | STOCZEK | POL | M 40-49 | 103 | M 274 | 00:32:13 | 00:43:52 | 00:49:48.20 | 00:50:41.65 | 4:58 | 12 |
| 104 | GIL WOJCIECH | 201 | NW CZŁAPSKI TEAM | WARSAWA | POL | M 40-49 | 104 | M 277 | 00:32:14 | 00:43:59 | 00:49:54.10 | 00:50:42.40 | 4:59 | 12 |
| 105 | GÓRKA MARCIN | 215 | POLSA | WARSAWA | POL | M 40-49 | 105 | M 278 | 00:32:11 | 00:44:14 | 00:49:58.45 | 00:50:56.20 | 4:59 | 12 |
| 106 | RUSIN BARTOSZ | 678 | KS STASZEWSKY | JABŁONNA | POL | M 40-49 | 106 | M 279 | 00:31:32 | 00:43:46 | 00:50:00.30 | 00:50:38.60 | 5:00 | 12 |
| 107 | TARASIUŁ ŁUKASZ | 804 | | MROZY | POL | M 40-49 | 107 | M 280 | 00:32:24 | 00:44:14 | 00:50:01.30 | 00:50:55.80 | 5:00 | 12 |
| 108 | ORŁOWSKI KRZYSZTOF | 585 | PARKRUN WARSAWA BRÓDNO | WARSAWA | POL | M 40-49 | 108 | M 283 | 00:31:28 | 00:44:00 | 00:50:02.90 | 00:50:11.80 | 5:00 | 12 |
| 109 | ŻURAWSKI MARCIN | 919 | BIEGAM NA TARCHOMINIE/ADIDAS RUNNERS WARSAW | WARSAWA | POL | M 40-49 | 109 | M 285 | 00:32:13 | 00:44:12 | 00:50:03.70 | 00:50:38.40 | 5:00 | 12 |
| 110 | JANKOWSKI ANDRZEJ | 276 | CAT-FIT | ZEGRZE | POL | M 40-49 | 110 | M 286 | 00:32:29 | 00:44:23 | 00:50:07.60 | 00:50:58.00 | 5:00 | 12 |
| 111 | PASZKOWSKI CEZARY | 603 | | WARSAWA | POL | M 40-49 | 111 | M 289 | 00:32:44 | 00:44:27 | 00:50:12.40 | 00:51:16.40 | 5:01 | 12 |
| 112 | SUCHODOLSKI MARIUSZ | 758 | TRUCHT TARCHOMIN TEAM | WARSAWA | POL | M 40-49 | 112 | M 291 | 00:32:18 | 00:44:08 | 00:50:16.95 | 00:51:04.15 | 5:01 | 11.9 |
| 113 | WITUSIK PAWEŁ | 856 | | WARSAWA | POL | M 40-49 | 113 | M 292 | 00:32:21 | 00:44:30 | 00:50:18.90 | 00:50:51.25 | 5:01 | 11.9 |
| 114 | FRYCZ MICHAŁ | 178 | | WARSAWA | POL | M 40-49 | 114 | M 294 | 00:32:02 | 00:44:18 | 00:50:20.20 | 00:51:12.75 | 5:02 | 11.9 |
| 115 | SKŁUCKI HUBERT | 715 | RUN TEAM NASIELSK | NASIELSK | POL | M 40-49 | 115 | M 295 | 00:31:21 | 00:44:24 | 00:50:24.30 | 00:50:40.30 | 5:02 | 11.9 |
| 116 | KOWNACKI MARCIN | 396 | | WARSAWA | POL | M 40-49 | 116 | M 298 | 00:31:42 | 00:44:15 | 00:50:31.85 | 00:51:03.35 | 5:03 | 11.9 |
| 117 | DOMINIĄK ZBIGNIEW | 147 | GRUPAZERO | WARSAWA | POL | M 40-49 | 117 | M 302 | 00:32:09 | 00:44:26 | 00:50:47.75 | 00:51:47.20 | 5:04 | 11.8 |
| 118 | WIŚNIEWSKI PAWEŁ | 854 | ŁOMIANKOWSKA GRUPA BIEGOWA | ŁOMIANKI | POL | M 40-49 | 118 | M 305 | 00:32:19 | 00:44:42 | 00:50:52.20 | 00:51:25.15 | 5:05 | 11.8 |
| 119 | MYSZKE ARTUR | 553 | | WARSAWA | POL | M 40-49 | 119 | M 306 | 00:32:26 | 00:44:49 | 00:50:54.60 | 00:51:47.60 | 5:05 | 11.8 |
| 120 | POŁĘC ANDRZEJ | 631 | | WARSAWA | POL | M 40-49 | 120 | M 308 | 00:32:21 | 00:44:51 | 00:50:59.50 | 00:51:53.10 | 5:06 | 11.8 |
| 121 | BOROWSKI MARIUSZ | 65 | | WARSAWA | POL | M 40-49 | 121 | M 309 | 00:32:56 | 00:45:00 | 00:50:59.85 | 00:51:50.85 | 5:05 | 11.8 |
| 122 | BITKOWSKI BARTEK | 46 | | WARSAWA | POL | M 40-49 | 122 | M 310 | 00:33:19 | 00:45:05 | 00:51:02.00 | 00:51:54.00 | 5:06 | 11.8 |
| 123 | JÓŻWIK GRZEGORZ | 300 | | WARSAWA | POL | M 40-49 | 123 | M 313 | 00:31:52 | 00:44:43 | 00:51:03.75 | 00:51:31.40 | 5:06 | 11.7 |
| 124 | ADAMIAK PIOTR | 1 | | WARSAWA | POL | M 40-49 | 124 | M 314 | 00:33:00 | 00:45:14 | 00:51:07.95 | 00:51:43.95 | 5:06 | 11.7 |
| 125 | ŚWIĆ RAFAŁ | 793 | TRUCHT TARCHOMIN TEAM | WARSAWA | POL | M 40-49 | 125 | M 315 | 00:32:41 | 00:45:02 | 00:51:08.00 | 00:51:57.25 | 5:06 | 11.7 |
| 126 | DERESZEWSKI PIOTR | 141 | ZABIEGANY WOŁOMIN | WARSAWA | POL | M 40-49 | 126 | M 317 | 00:32:31 | 00:44:58 | 00:51:13.00 | 00:51:45.85 | 5:07 | 11.7 |
| 127 | KONIECKI TOMASZ | 363 | | WARSAWA | POL | M 40-49 | 127 | M 321 | 00:33:13 | 00:45:16 | 00:51:24.60 | 00:52:16.20 | 5:08 | 11.7 |
| 128 | GRABOWSKI WOJCIECH | 972 | ANPHARM RUN TEAM | WARSAWA | POL | M 40-49 | 128 | M 322 | 00:33:10 | 00:45:13 | 00:51:24.75 | 00:53:35.25 | 5:08 | 11.7 |
| 129 | MATENKA PIOTR | 508 | DYSPOZYCJA DNIA TEAM | WARSAWA | POL | M 40-49 | 129 | M 323 | 00:32:56 | 00:45:25 | 00:51:24.85 | 00:52:15.05 | 5:08 | 11.7 |
| 130 | KOPER SEBASTIAN | 369 | CARREFOUR RUNNING TEAM | WARSAWA | POL | M 40-49 | 130 | M 326 | 00:32:37 | 00:45:17 | 00:51:33.90 | 00:52:11.00 | 5:09 | 11.6 |
| 131 | BIEDROŃ ARTUR | 40 | TARCHO CHARTY | WARSAWA | POL | M 40-49 | 131 | M 329 | 00:33:14 | 00:45:39 | 00:51:38.90 | 00:52:24.00 | 5:09 | 11.6 |
| 132 | BEDNARSKI TOMASZ | 32 | | WARSAWA | POL | M 40-49 | 132 | M 331 | 00:34:00 | 00:45:56 | 00:51:41.70 | 00:52:24.30 | 5:10 | 11.6 |
| 133 | WALECKI ROMUALD | 959 | KLUB SAMICY NOSOROŻCA | WARSAWA | POL | M 40-49 | 133 | M 335 | 00:32:32 | 00:45:41 | 00:51:44.80 | 00:51:51.45 | 5:10 | 11.6 |
| 134 | MARCZEWSKI MARCIN | 499 | RESILIA BEMOWO | WARSAWA | POL | M 40-49 | 134 | M 336 | 00:32:59 | 00:45:54 | 00:51:47.45 | 00:52:41.25 | 5:10 | 11.6 |
| 135 | SŁOMKA BOGUMIŁ | 720 | | WARSAWA | POL | M 40-49 | 135 | M 342 | 00:33:09 | 00:45:51 | 00:52:04.65 | 00:53:18.30 | 5:12 | 11.5 |
| 136 | SZOPA SŁAWOMIR | 780 | | WARSAWA | POL | M 40-49 | 136 | M 345 | 00:33:12 | 00:45:58 | 00:52:13.05 | 00:53:07.85 | 5:13 | 11.5 |
| 137 | LISZEWSKI KRZYSZTOF | 452 | RUN TEAM NASIELSK | WARSAWA | POL | M 40-49 | 137 | M 346 | 00:33:05 | 00:45:31 | 00:52:21.25 | 00:53:09.50 | 5:14 | 11.5 |
| 138 | FLORYSIĄK ARTUR | 175 | | WARSAWA | POL | M 40-49 | 138 | M 347 | 00:34:08 | 00:46:31 | 00:52:25.05 | 00:53:28.65 | 5:14 | 11.4 |
| 139 | CIEPLAK ANDRZEJ | 106 | | WARSAWA | POL | M 40-49 | 139 | M 348 | 00:34:40 | 00:46:48 | 00:52:28.05 | 00:54:02.15 | 5:14 | 11.4 |
| 140 | ANTOSIK PIOTR | 9 | | WARSAWA | POL | M 40-49 | 140 | M 353 | 00:34:35 | 00:46:55 | 00:52:35.20 | 00:54:03.65 | 5:15 | 11.4 |
| 141 | ŁABA PIOTR | 455 | | ZIELONKA | POL | M 40-49 | 141 | M 361 | 00:33:35 | 00:46:31 | 00:52:53.35 | 00:53:45.90 | 5:17 | 11.3 |
| 142 | KRUSZEWSKI PIOTR | 412 | | ZIELONKA | POL | M 40-49 | 142 | M 362 | 00:33:35 | 00:46:31 | 00:52:53.80 | 00:53:45.80 | 5:17 | 11.3 |
| 143 | GŁÓWKA RAFAŁ | 206 | | MARKI | POL | M 40-49 | 143 | M 365 | 00:33:08 | 00:46:20 | 00:52:59.65 | 00:53:23.75 | 5:17 | 11.3 |
| 144 | ZIELIŃSKI KRZYSZTOF | 905 | HIKINGTOURS.PL | WARSAWA | POL | M 40-49 | 144 | M 367 | 00:34:23 | 00:46:59 | 00:53:05.75 | 00:54:55.00 | 5:18 | 11.3 |
| 145 | KUCZYŃSKI IGOR | 421 | APTEKARZ WARSZAWSKI | WARSAWA | POL | M 40-49 | 145 | M 369 | 00:33:58 | 00:46:55 | 00:53:17.75 | 00:54:11.95 | 5:19 | 11.3 |
| 146 | SZTRANIOWICZ PIOTR | 783 | | WARSAWA | POL | M 40-49 | 146 | M 370 | 00:33:53 | 00:46:59 | 00:53:20.75 | 00:54:21.55 | 5:20 | 11.2 |
| 147 | CHMIELECKI TOMASZ | 91 | LOTAMS TEAM | PIASTÓW | POL | M 40-49 | 147 | M 373 | 00:33:41 | 00:47:07 | 00:53:30.85 | 00:54:19.70 | 5:21 | 11.2 |
| 148 | KARCZEWSKI JACEK | 330 | GRUPA BIEGOWA UM W-WA | WARSAWA | POL | M 40-49 | 148 | M 374 | 00:34:55 | 00:47:26 | 00:53:31.30 | 00:54:53.70 | 5:21 | 11.2 |
| 149 | GARBACZEWSKI ZBIGNIEW | 189 | GRUPA BIEGOWA UM W-WA | JABŁONNA | POL | M 40-49 | 149 | M 376 | 00:33:02 | 00:46:38 | 00:53:38.85 | 00:54:38.50 | 5:21 | 11.2 |
| 150 | TRATKIEWICZ MAREK | 813 | | WARSAWA | POL | M 40-49 | 150 | M 379 | 00:34:37 | 00:47:38 | 00:53:50.35 | 00:54:26.85 | 5:23 | 11.1 |
| 151 | SYPIŃSKI PIOTR | 770 | TKKF BŁYSKAWICA | WARSAWA | POL | M 40-49 | 151 | M 384 | 00:34:58 | 00:47:34 | 00:53:58.75 | 00:55:05.75 | 5:23 | 11.1 |
| 152 | MOCZYDŁOWSKI ŁUKASZ | 540 | MASTERS DOJO | WARSAWA | POL | M 40-49 | 152 | M 388 | 00:35:08 | 00:47:57 | 00:54:08.55 | 00:55:19.75 | 5:24 | 11.1 |

BIEG PRZEZ MOST 2019, M 40-49 c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 6.6km | 9km | Netto | Brutto | min/km | km/h |
|------|----------------------|------|---|---------------------|------|---------|--------|-------|----------|----------|-------------|-------------|--------|------|
| 153 | CIESIELSKI RAFAŁ | 109 | WOJEWÓDZCY TEAM | WARSZAWA | POL | M 40-49 | 153 | M 389 | 00:34:58 | 00:47:46 | 00:54:14.25 | 00:55:19.75 | 5:25 | 11.1 |
| 154 | CHOJNOWSKI ANDRZEJ | 96 | BIEGAM NA TARCHOMINIE | WARSZAWA | POL | M 40-49 | 154 | M 392 | 00:34:30 | 00:47:50 | 00:54:18.65 | 00:55:21.35 | 5:25 | 11 |
| 155 | TUCZYŃSKI ROBERT | 816 | ORT ŁOMIANKI | ŁOMIANKI | POL | M 40-49 | 155 | M 396 | 00:34:42 | 00:47:58 | 00:54:27.20 | 00:55:23.60 | 5:26 | 11 |
| 156 | JABŁONKA RADOSŁAW | 258 | DZIADY OCR | WYSZKÓW | POL | M 40-49 | 156 | M 398 | 00:34:31 | 00:48:07 | 00:54:35.05 | 00:55:31.35 | 5:27 | 11 |
| 157 | BORUSZEWSKI MACIEJ | 67 | | WARSZAWA | POL | M 40-49 | 157 | M 401 | 00:35:08 | 00:48:21 | 00:54:42.70 | 00:55:38.00 | 5:28 | 11 |
| 158 | ZAKRZEWSKI MAREK | 884 | EKOBIEGI | WARSZAWA | POL | M 40-49 | 158 | M 402 | 00:35:04 | 00:47:57 | 00:54:43.75 | 00:55:45.05 | 5:28 | 11 |
| 159 | JARMUŻEWSKI ADAM | 279 | TIA | WARSZAWA | POL | M 40-49 | 159 | M 403 | 00:35:15 | 00:48:13 | 00:54:44.25 | 00:56:11.65 | 5:28 | 11 |
| 160 | KARWOWSKI MARIUSZ | 332 | GRUPA BIEGOWA UM W-WA | CHOTOMÓW | POL | M 40-49 | 160 | M 404 | 00:36:03 | 00:48:42 | 00:54:44.80 | 00:56:17.75 | 5:28 | 11 |
| 161 | MAMLA ZBIGNIEW | 493 | TRUCHT TARCHOMIN TEAM | WARSZAWA | POL | M 40-49 | 161 | M 405 | 00:35:01 | 00:48:02 | 00:54:46.05 | 00:55:47.15 | 5:28 | 11 |
| 162 | MIANOWSKI MARCIN | 519 | | OTWOCK | POL | M 40-49 | 162 | M 406 | 00:32:40 | 00:47:38 | 00:54:47.60 | 00:54:56.70 | 5:28 | 11 |
| 163 | NOWAK JERZY | 565 | PWPPW | WA-WA | POL | M 40-49 | 163 | M 409 | 00:35:33 | 00:48:23 | 00:54:53.95 | 00:56:33.40 | 5:29 | 10.9 |
| 164 | SULIŃSKI SŁAWOMIR | 763 | | WARSZAWA | POL | M 40-49 | 164 | M 411 | 00:35:25 | 00:48:33 | 00:54:57.40 | 00:56:25.40 | 5:29 | 10.9 |
| 165 | JANKOWSKI MICHAŁ | 942 | | WARSZAWA | POL | M 40-49 | 165 | M 414 | 00:34:21 | 00:48:13 | 00:55:02.05 | 00:55:56.90 | 5:30 | 10.9 |
| 166 | WIĘCH ANDRZEJ | 849 | | WARSZAWA | POL | M 40-49 | 166 | M 421 | 00:35:00 | 00:48:26 | 00:55:11.00 | 00:56:17.40 | 5:31 | 10.9 |
| 167 | DANIELSKI JACEK | 132 | PZU SPORT TEAM | WARSZAWA | POL | M 40-49 | 167 | M 423 | 00:35:35 | 00:48:59 | 00:55:21.25 | 00:56:31.60 | 5:32 | 10.8 |
| 168 | CZAJKOWSKI MARIUSZ | 121 | | MYSIADŁO | POL | M 40-49 | 168 | M 424 | 00:35:03 | 00:48:44 | 00:55:22.55 | 00:57:31.75 | 5:32 | 10.8 |
| 169 | KOWALCZYK ZDZISŁAW | 968 | JW 2189 | WARSZAWA | POL | M 40-49 | 169 | M 425 | 00:35:02 | 00:48:58 | 00:55:23.95 | 00:56:03.95 | 5:32 | 10.8 |
| 170 | ZWOLIŃSKI GRZEGORZ | 909 | REEBOK RUN CREW | WARSZAWA | POL | M 40-49 | 170 | M 428 | 00:36:26 | 00:49:23 | 00:55:31.35 | 00:56:47.10 | 5:33 | 10.8 |
| 171 | SULIŃSKI ANDRZEJ | 762 | | WARSZAWA | POL | M 40-49 | 171 | M 430 | 00:35:32 | 00:49:02 | 00:55:37.80 | 00:57:07.10 | 5:33 | 10.8 |
| 172 | BUTKIEWICZ DARIUSZ | 86 | | WARSZAWA | POL | M 40-49 | 172 | M 432 | 00:34:57 | 00:48:55 | 00:55:41.45 | 00:57:06.10 | 5:34 | 10.8 |
| 173 | SZLACHTA WIESŁAW | 776 | | WARSZAWA | POL | M 40-49 | 173 | M 433 | 00:34:57 | 00:48:47 | 00:55:45.15 | 00:56:18.75 | 5:34 | 10.8 |
| 174 | BARNIK RAFAŁ | 977 | | | | M 40-49 | 174 | M 436 | 00:35:10 | 00:48:55 | 00:55:47.40 | 00:56:13.70 | 5:34 | 10.8 |
| 175 | MAZUŚ JAREK | 515 | | WARSZAWA | POL | M 40-49 | 175 | M 445 | 00:35:52 | 00:49:31 | 00:56:13.20 | 00:57:48.05 | 5:37 | 10.7 |
| 176 | MATUSEWICZ KRZYSZTOF | 509 | | WARSZAWA | POL | M 40-49 | 176 | M 446 | 00:35:45 | 00:49:29 | 00:56:13.35 | 00:57:18.10 | 5:37 | 10.7 |
| 177 | PRASAŁ ARTUR | 632 | REEBOKRUNCREW LDZ | ŁÓDŹ | POL | M 40-49 | 177 | M 447 | 00:39:48 | 00:50:43 | 00:56:23.20 | 00:57:31.45 | 5:38 | 10.6 |
| 178 | ŁOBODA PIOTR | 465 | | WAŁCZ | POL | M 40-49 | 178 | M 452 | 00:35:46 | 00:49:52 | 00:56:38.65 | 00:57:42.05 | 5:39 | 10.6 |
| 179 | ŁABĘDA STANISŁAW | 456 | NASIELSK BASZTA TEAM | WARSZAWA | POL | M 40-49 | 179 | M 457 | 00:36:37 | 00:50:24 | 00:57:07.80 | 00:58:33.40 | 5:42 | 10.5 |
| 180 | NOSARZEWSKI MARIUSZ | 562 | | TRZCIANY | POL | M 40-49 | 180 | M 459 | 00:35:54 | 00:50:05 | 00:57:11.65 | 00:58:20.40 | 5:43 | 10.5 |
| 181 | JÓZWIK ROBERT | 298 | HARX TEAM | WARSZAWA | POL | M 40-49 | 181 | M 460 | 00:37:03 | 00:50:29 | 00:57:11.65 | 00:57:32.50 | 5:43 | 10.5 |
| 182 | GROCHOWSKI PIOTR | 226 | | WARSZAWA | POL | M 40-49 | 182 | M 465 | 00:37:15 | 00:50:38 | 00:57:19.80 | 00:59:02.45 | 5:44 | 10.5 |
| 183 | BORKOWSKI PAWEŁ | 61 | EKOBIEGI | WARSZAWA | POL | M 40-49 | 183 | M 473 | 00:38:09 | 00:51:22 | 00:57:44.15 | 00:59:27.95 | 5:46 | 10.4 |
| 184 | WODZYŃSKI ROBERT | 866 | EKOBIEGI | WARSZAWA | POL | M 40-49 | 184 | M 474 | 00:37:09 | 00:51:09 | 00:57:48.60 | 00:59:30.70 | 5:46 | 10.4 |
| 185 | PTAK KRZYSZTOF | 645 | | WARSZAWA | POL | M 40-49 | 185 | M 479 | 00:36:26 | 00:50:59 | 00:58:02.70 | 00:58:38.60 | 5:48 | 10.3 |
| 186 | ZIELIŃSKI TOMASZ | 1015 | POLSKIE STOW. SPORTU PO TRANSPLANTACJI | KONSTANCIN-JEZIORNA | POL | M 40-49 | 186 | M 480 | 00:36:58 | 00:51:09 | 00:58:03.50 | 00:59:48.20 | 5:48 | 10.3 |
| 187 | CZUPA BARTOSZ | 976 | ANPHARM RUN TEAM | WARSZAWA | POL | M 40-49 | 187 | M 482 | 00:36:37 | 00:50:45 | 00:58:08.50 | 01:00:15.65 | 5:48 | 10.3 |
| 188 | CYRNY RAFAŁ | 117 | | WARSZAWA | POL | M 40-49 | 188 | M 483 | 00:36:34 | 00:51:18 | 00:58:20.40 | 00:59:44.45 | 5:50 | 10.3 |
| 189 | NAWROCKI RYSZARD | 556 | | WARSZAWA | POL | M 40-49 | 189 | M 485 | 00:36:34 | 00:51:07 | 00:58:22.50 | 00:59:34.30 | 5:50 | 10.3 |
| 190 | ŁOZOWSKI ROBERT | 467 | | WARSZAWA | POL | M 40-49 | 190 | M 491 | 00:37:37 | 00:51:53 | 00:58:48.30 | 00:59:57.80 | 5:52 | 10.2 |
| 191 | JACHOWSKI PAWEŁ | 260 | | WARSZAWA | POL | M 40-49 | 191 | M 497 | 00:37:13 | 00:52:09 | 00:59:09.30 | 01:00:20.20 | 5:55 | 10.1 |
| 192 | ROKICKI ALEKSANDER | 667 | | WARSZAWA | POL | M 40-49 | 192 | M 500 | 00:39:11 | 00:52:31 | 00:59:12.55 | 01:00:58.60 | 5:55 | 10.1 |
| 193 | FILIPOWICZ MACIEJ | 172 | | WARSZAWA | POL | M 40-49 | 193 | M 502 | | | 00:59:14.00 | 01:00:19.00 | 5:55 | 10.1 |
| 194 | GŁODNY HUBERT | 204 | | WARSZAWA | POL | M 40-49 | 194 | M 511 | 00:38:07 | 00:52:49 | 00:59:45.10 | 01:01:09.50 | 5:58 | 10 |
| 195 | TOCHOWICZ PAWEŁ | 808 | | WARSZAWA | POL | M 40-49 | 195 | M 512 | 00:37:39 | 00:52:27 | 00:59:51.55 | 01:01:03.65 | 5:59 | 10 |
| 196 | ARAŻNY ZBIGNIEW | 10 | TRUCHT TARCHOMIN TEAM | WARSZAWA | POL | M 40-49 | 196 | M 514 | 00:38:29 | 00:52:31 | 01:00:05.75 | 01:01:46.75 | 6:00 | 10 |
| 197 | AKSAMITOWSKI ROBERT | 6 | | WARSZAWA | POL | M 40-49 | 197 | M 515 | 00:38:58 | 00:53:39 | 01:00:07.00 | 01:02:01.90 | 6:00 | 10 |
| 198 | DYMEK DARIUSZ | 158 | | WARSZAWA | POL | M 40-49 | 198 | M 517 | 00:37:44 | 00:52:53 | 01:00:15.90 | 01:01:24.40 | 6:01 | 10 |
| 199 | OLESIAK ARKADIUSZ | 578 | BIEGAM NA TARCHOMINIE | POLSKA, WARSZAWA | POL | M 40-49 | 199 | M 520 | 00:38:55 | 00:53:38 | 01:00:50.40 | 01:02:29.85 | 6:05 | 9.9 |
| 200 | ŁUCZAK PIOTR | 471 | PKO BANK POLSKI SA | WARSZAWA | POL | M 40-49 | 200 | M 521 | 00:38:27 | 00:53:35 | 01:00:52.20 | 01:01:30.55 | 6:05 | 9.9 |
| 201 | PATOLETA MIREK | 604 | | WARSZAWA | POL | M 40-49 | 201 | M 524 | 00:38:10 | 00:53:32 | 01:00:57.40 | 01:02:08.30 | 6:05 | 9.8 |
| 202 | MAZUR PAWEŁ | 513 | WOODRUNNERS | WARSZAWA | POL | M 40-49 | 202 | M 528 | 00:38:48 | 00:53:35 | 01:01:04.05 | 01:02:51.50 | 6:06 | 9.8 |
| 203 | BRZÓZKA KAMIL | 77 | | WARSZAWA | POL | M 40-49 | 203 | M 529 | 00:39:47 | 00:54:10 | 01:01:21.25 | 01:03:41.35 | 6:08 | 9.8 |
| 204 | MACHNACKI MICHAŁ | 477 | GRUPA BIEGOWA UM W-WA | LEGIONOWO | POL | M 40-49 | 204 | M 550 | 00:39:48 | 00:55:34 | 01:03:43.80 | 01:05:16.15 | 6:22 | 9.4 |
| 205 | GAŁAŻYŃ GRZEGORZ | 188 | | WARSZAWA | POL | M 40-49 | 205 | M 555 | 00:40:01 | 00:56:05 | 01:04:10.05 | 01:05:54.85 | 6:25 | 9.4 |
| 206 | DRABIK MICHAŁ | 150 | | WARSZAWA | POL | M 40-49 | 206 | M 556 | 00:39:45 | 00:56:01 | 01:04:13.45 | 01:05:14.85 | 6:25 | 9.3 |
| 207 | PARTYKA PAWEŁ | 600 | | WARSZAWA | POL | M 40-49 | 207 | M 558 | 00:40:46 | 00:56:19 | 01:04:21.55 | 01:05:59.85 | 6:26 | 9.3 |
| 208 | JANKOWSKI TOMEK | 273 | | WARSZAWA | POL | M 40-49 | 208 | M 559 | 00:39:45 | 00:56:17 | 01:04:24.75 | 01:05:32.05 | 6:26 | 9.3 |

BIEG PRZEZ MOST 2019, M 40-49 c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 6.6km | 9km | Netto | Brutto | min/km | km/h |
|------|---------------------|-----|-------------------------|------------------|------|---------|--------|-------|----------|----------|-------------|-------------|--------|------|
| 209 | MRÓZ SEBASTIAN | 547 | | KOMORÓW | POL | M 40-49 | 209 | M 566 | 00:42:33 | 00:58:17 | 01:05:07.70 | 01:06:55.10 | 6:30 | 9.2 |
| 210 | ROMANOWSKI PAWEŁ | 668 | MARKOWI BIEGACZE | MARKI | POL | M 40-49 | 210 | M 567 | 00:42:02 | 00:57:36 | 01:05:10.55 | 01:06:30.00 | 6:31 | 9.2 |
| 211 | WŁODARCZYK MACIEJ | 860 | | WARSZAWA | POL | M 40-49 | 211 | M 568 | 00:40:53 | 00:57:17 | 01:05:19.45 | 01:05:57.60 | 6:31 | 9.2 |
| 212 | KRÓLIKOWSKI ARTUR | 406 | | WARSZAWA | POL | M 40-49 | 212 | M 570 | 00:39:50 | 00:56:46 | 01:05:37.25 | 01:07:39.70 | 6:33 | 9.1 |
| 213 | KILIŃSKI PIOTR | 346 | | MICHAŁÓW-GRABINA | POL | M 40-49 | 213 | M 580 | 00:43:08 | 00:59:14 | 01:06:51.60 | 01:08:54.60 | 6:41 | 9 |
| 214 | ŻUCHOWSKI ARTUR | 916 | MY MIESZKAŃCY LEGIONOWO | LEGIONOWO | POL | M 40-49 | 214 | M 581 | 00:43:08 | 00:59:14 | 01:06:51.90 | 01:08:54.95 | 6:41 | 9 |
| 215 | ŁUKASIEWICZ ROBERT | 475 | KOKOSZKA36TEAM | WARSZAWA | POL | M 40-49 | 215 | M 587 | 00:43:25 | 00:59:53 | 01:08:19.40 | 01:10:15.05 | 6:50 | 8.8 |
| 216 | WŁODARCZYK MIROŚLAW | 861 | I LO UKS KOŚCIUSZKO | WŁODAWA | POL | M 40-49 | 216 | M 588 | 00:43:55 | 01:00:42 | 01:08:55.25 | 01:10:45.75 | 6:53 | 8.7 |
| 217 | KUREK JACEK | 429 | BIEGAMPO WOLI | WARSZAWA | POL | M 40-49 | 217 | M 593 | 00:43:38 | 01:01:10 | 01:09:38.60 | 01:11:29.35 | 6:57 | 8.6 |
| 218 | NASKRĘT MARIUSZ | 555 | | RACOT | POL | M 40-49 | 218 | M 594 | 00:45:23 | 01:01:52 | 01:10:05.45 | 01:12:05.45 | 7:00 | 8.6 |
| 219 | KAMIŃSKI MICHAŁ | 322 | | MYSIADŁO | POL | M 40-49 | 219 | M 596 | 00:44:43 | 01:01:34 | 01:10:58.90 | 01:13:00.85 | 7:05 | 8.5 |
| 220 | TREMELET SEBASTIEN | 814 | | WARSZAWA | FRA | M 40-49 | 220 | M 598 | 00:45:41 | 01:03:09 | 01:11:24.10 | 01:13:29.70 | 7:08 | 8.4 |
| 221 | SYROCKI WOJCIECH | 984 | | WARSZAWA | POL | M 40-49 | 221 | M 600 | 00:47:15 | 01:04:03 | 01:12:06.40 | 01:14:25.00 | 7:12 | 8.3 |
| 222 | WUJEC BARTŁOMIEJ | 879 | | JÓZEFÓW | POL | M 40-49 | 222 | M 601 | 00:46:42 | 01:03:45 | 01:12:09.95 | 01:14:11.05 | 7:13 | 8.3 |
| 223 | HEINE KRZYSZTOF | 246 | | WARSZAWA | POL | M 40-49 | 223 | M 606 | 00:47:15 | 01:04:54 | 01:14:11.45 | 01:16:29.75 | 7:25 | 8.1 |
| LIM | ROBASZKIEWICZ ADAM | 659 | | WARSZAWA | POL | M 40-49 | LIM | LIM | 00:57:17 | 01:19:59 | 01:31:30.05 | 01:34:02.90 | 0:00 | 6.6 |

BIEG PRZEZ MOST 2019, K 50-59

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 6.6km | 9km | Netto | Brutto | min/km | km/h |
|------|--------------------------------|-----|------------------------|-----------|------|---------|--------|-------|----------|----------|-------------|-------------|--------|------|
| 1 | RZYMOWSKA KRYSZYNA | 687 | | WARSZAWA | POL | K 50-59 | 1 | K 27 | 00:31:09 | 00:42:39 | 00:48:21.40 | 00:49:07.70 | 4:50 | 12.4 |
| 2 | WAGNER JOLANTA | 829 | | WARSZAWA | POL | K 50-59 | 2 | K 52 | 00:33:49 | 00:46:14 | 00:52:30.30 | 00:53:58.10 | 5:15 | 11.4 |
| 3 | NIEDZIÓŁKA MAŁGORZATA | 939 | TO NATURALNE | WARSZAWA | POL | K 50-59 | 3 | K 72 | 00:35:03 | 00:48:14 | 00:54:32.00 | 00:54:51.20 | 5:27 | 11 |
| 4 | GROCHOWSKA JOANNA | 225 | BIEGAMY Z OCHOTĄ | WARSZAWA | POL | K 50-59 | 4 | K 86 | 00:35:28 | 00:49:07 | 00:55:42.55 | 00:57:47.45 | 5:34 | 10.8 |
| 5 | HOŁOPIAK EWA | 251 | REEBOK RUN CREW | WARSZAWA | POL | K 50-59 | 5 | K 114 | 00:37:37 | 00:51:23 | 00:58:11.20 | 00:59:28.50 | 5:49 | 10.3 |
| 6 | KRZANOWSKA MAŁGORZATA | 415 | | WARSZAWA | POL | K 50-59 | 6 | K 135 | 00:38:22 | 00:52:24 | 00:59:24.75 | 01:01:13.25 | 5:56 | 10.1 |
| 7 | BOJARSKA MARIA | 55 | | WARSZAWA | POL | K 50-59 | 7 | K 208 | 00:42:11 | 00:58:31 | 01:06:28.95 | 01:06:45.30 | 6:38 | 9 |
| 8 | KOSIERADZKA JOANNA | 378 | | WARSZAWA | POL | K 50-59 | 8 | K 234 | 00:45:53 | 01:03:21 | 01:12:05.20 | 01:13:52.35 | 7:12 | 8.3 |
| LIM | SKRZYDŁOWSKA-KALUKIN KATARZYNA | 717 | SLOWJOGGING BIAŁOŁĘKA | WARSZAWA | POL | K 50-59 | LIM | LIM | 00:56:40 | 01:18:01 | 01:31:27.10 | 01:33:59.00 | 0:00 | 6.6 |
| LIM | SYC ALICJA | 768 | SLOW JOGGING BIAŁOŁĘKA | WARSZAWA | POL | K 50-59 | LIM | LIM | 00:56:43 | 01:18:04 | 01:31:31.25 | 01:33:59.80 | 0:00 | 6.6 |
| LIM | KOWALCZYK-CHRZUSZCZ KASIA | 390 | SLOW JOGGING ŁÓDŹ | ŁÓDŹ | POL | K 50-59 | LIM | LIM | 00:56:51 | 01:19:18 | 01:31:33.80 | 01:33:58.70 | 0:00 | 6.6 |

BIEG PRZEZ MOST 2019, M 50-59

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 6.6km | 9km | Netto | Brutto | min/km | km/h |
|------|----------------------|-----|------------------------------|---------------|------|---------|--------|-------|----------|----------|-------------|-------------|--------|------|
| 1 | GRZYBOWSKI MARIUSZ | 237 | | KOBYŁKA | POL | M 50-59 | 1 | M 27 | 00:24:34 | 00:33:34 | 00:38:12.65 | 00:38:16.30 | 3:49 | 15.7 |
| 2 | KORSAKAS EMILIS | 925 | NA, PAGAU! | VILNIUS | LTU | M 50-59 | 2 | M 58 | 00:26:14 | 00:36:16 | 00:41:13.00 | 00:41:19.10 | 4:07 | 14.6 |
| 3 | DAJBROWSKI MIROŚLAW | 136 | | WARSZAWA | POL | M 50-59 | 3 | M 85 | 00:27:12 | 00:37:22 | 00:42:30.20 | 00:42:52.75 | 4:15 | 14.1 |
| 4 | PRZELASKOWSKI ARTUR | 639 | | WARSZAWA | POL | M 50-59 | 4 | M 101 | 00:27:40 | 00:38:20 | 00:43:37.45 | 00:43:47.75 | 4:21 | 13.8 |
| 5 | GAJOWY ANDRZEJ | 186 | | WARSZAWA | POL | M 50-59 | 5 | M 127 | 00:28:47 | 00:39:23 | 00:44:41.40 | 00:45:14.75 | 4:28 | 13.4 |
| 6 | STAŃSKI SŁAWOMIR | 743 | TO NATURALNE | WARSZAWA | POL | M 50-59 | 6 | M 152 | 00:29:31 | 00:40:20 | 00:45:42.60 | 00:46:00.75 | 4:34 | 13.1 |
| 7 | KAMOLA SŁAWOMIR | 326 | ABBA1 RUN | STASI LAS | POL | M 50-59 | 7 | M 191 | 00:29:33 | 00:41:33 | 00:47:04.50 | 00:47:18.25 | 4:42 | 12.7 |
| 8 | URBAŃSKI PAWEŁ | 825 | KERK-PALM IS TEAM | WARSZAWA | POL | M 50-59 | 8 | M 195 | 00:30:14 | 00:41:35 | 00:47:17.90 | 00:47:57.20 | 4:43 | 12.7 |
| 9 | GÓRKA KRZYSZTOF | 216 | | GRODZISK MAZ. | POL | M 50-59 | 9 | M 196 | 00:30:33 | 00:41:41 | 00:47:20.30 | 00:47:35.30 | 4:44 | 12.7 |
| 10 | SZPANOWSKI MAREK | 962 | | WARSZAWA | POL | M 50-59 | 10 | M 216 | 00:31:24 | 00:42:34 | 00:47:52.20 | 00:48:34.20 | 4:47 | 12.5 |
| 11 | OLCZAK JANUSZ | 576 | BIEGANIE 50+ | WARSZAWA | POL | M 50-59 | 11 | M 222 | 00:31:13 | 00:42:37 | 00:48:11.85 | 00:48:45.40 | 4:49 | 12.4 |
| 12 | ROSZAK WALDEMAR | 671 | BIEGAM NA ZIELONEJ BIAŁOŁĘCE | WARSZAWA | POL | M 50-59 | 12 | M 225 | 00:30:36 | 00:42:32 | 00:48:17.30 | 00:48:47.20 | 4:49 | 12.4 |
| 13 | BARANOWSKI KRZYSZTOF | 18 | TO NATURALNE | ZIELONKA | POL | M 50-59 | 13 | M 230 | | | 00:48:21.00 | 00:48:21.00 | 4:50 | 12.4 |
| 14 | KACYMIROW TOMASZ | 314 | | HORNÓWEK | POL | M 50-59 | 14 | M 234 | 00:30:55 | 00:42:40 | 00:48:29.65 | 00:49:04.15 | 4:51 | 12.4 |
| 15 | MŁOSZ MAREK | 532 | | WARSZAWA | POL | M 50-59 | 15 | M 256 | 00:31:27 | 00:43:17 | 00:49:19.95 | 00:50:10.05 | 4:56 | 12.2 |
| 16 | SIESS JAROSŁAW | 704 | | PABIANICE | POL | M 50-59 | 16 | M 260 | 00:32:04 | 00:43:46 | 00:49:24.00 | 00:49:47.35 | 4:56 | 12.1 |
| 17 | SZUSTAK DAREK | 785 | | RASZYN | POL | M 50-59 | 17 | M 268 | 00:32:10 | 00:44:04 | 00:49:40.05 | 00:50:18.85 | 4:58 | 12.1 |
| 18 | FILIPCZUK DARIUSZ | 169 | | ZIELONKA | POL | M 50-59 | 18 | M 338 | 00:32:49 | 00:45:33 | 00:51:53.50 | 00:52:33.40 | 5:11 | 11.6 |
| 19 | STRZAŁEK ANDRZEJ | 752 | TRUCHT TARCHOMIN TEAM | WARSZAWA | POL | M 50-59 | 19 | M 343 | 00:33:13 | 00:45:55 | 00:52:09.05 | 00:52:58.00 | 5:13 | 11.5 |

BIEG PRZEZ MOST 2019, M 50-59 c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 6.6km | 9km | Netto | Brutto | min/km | km/h |
|------|-----------------------|------|---|---------------------|------|---------|--------|-------|----------|----------|-------------|-------------|--------|------|
| 20 | KAMIŃSKI WIESŁAW | 324 | NASIELSK BASZTA TEAM | WARSZAWA | POL | M 50-59 | 20 | M 358 | 00:35:38 | 00:47:02 | 00:52:50.80 | 00:54:16.65 | 5:17 | 11.4 |
| 21 | STACHACZ MIROŚLAW | 736 | ZPHU DREWMAX | OSTROŁĘKA | POL | M 50-59 | 21 | M 393 | 00:33:54 | 00:47:30 | 00:54:19.30 | 00:55:28.50 | 5:25 | 11 |
| 22 | ŚWIERSZCZ ANDRZEJ | 797 | | WARSZAWA | POL | M 50-59 | 22 | M 394 | 00:34:54 | 00:47:58 | 00:54:20.90 | 00:55:35.20 | 5:26 | 11 |
| 23 | BAKUŁA WIESŁAW | 14 | WAMPIR | KADZIDŁO | POL | M 50-59 | 23 | M 408 | 00:34:16 | 00:48:02 | 00:54:53.90 | 00:55:20.30 | 5:29 | 10.9 |
| 24 | MODRZEJEWSKI ZBIGNIEW | 541 | | LEGIONOWO | POL | M 50-59 | 24 | M 415 | 00:35:11 | 00:48:36 | 00:55:04.55 | 00:55:32.50 | 5:30 | 10.9 |
| 25 | KUBASIEWICZ ARTUR | 418 | SAM | WARSZAWA | POL | M 50-59 | 25 | M 420 | 00:35:44 | 00:48:48 | 00:55:09.35 | 00:56:38.45 | 5:30 | 10.9 |
| 26 | SYLWESTRZUK MARIUSZ | 769 | | KOBYŁKA | POL | M 50-59 | 26 | M 431 | 00:35:14 | 00:48:57 | 00:55:39.25 | 00:57:04.35 | 5:33 | 10.8 |
| 27 | THOMAS SZCZEPAN | 806 | WARSZAWSKA AKADEMIA KARATE TRADYCYJNEGO | WARSZAWA | POL | M 50-59 | 27 | M 453 | 00:35:49 | 00:49:35 | 00:56:40.10 | 00:57:34.25 | 5:40 | 10.6 |
| 28 | ZDUŃSKI JAROSŁAW | 900 | | WARSZAWA | POL | M 50-59 | 28 | M 458 | 00:35:41 | 00:50:10 | 00:57:08.85 | 00:58:25.45 | 5:42 | 10.5 |
| 29 | JOŃCZYK STANISŁAW | 297 | FUNDACJA WARSZAWSKIE HOSPIJCUM DLA DZIECI | LEGIONOWO | POL | M 50-59 | 29 | M 518 | 00:38:04 | 00:52:47 | 01:00:18.90 | 01:01:35.90 | 6:01 | 10 |
| 30 | KOWALSKI WIESŁAW | 392 | | WARSZAWA | POL | M 50-59 | 30 | M 533 | 00:38:24 | 00:54:13 | 01:02:06.20 | 01:02:09.20 | 6:12 | 9.7 |
| 31 | KRZECZEWSKI JACEK | 416 | | WARSZAWA | POL | M 50-59 | 31 | M 537 | 00:39:20 | 00:54:45 | 01:02:37.05 | 01:04:25.85 | 6:15 | 9.6 |
| 32 | WASIK PIOTR | 836 | | LEGIONOWO | POL | M 50-59 | 32 | M 564 | 00:40:56 | 00:56:08 | 01:05:06.45 | 01:06:25.90 | 6:30 | 9.2 |
| 33 | WILEŃSKI ZBIGNIEW | 944 | GRUPA BIEGOWA UM W-WA | DĄBROWA CHOTOMOWSKA | POL | M 50-59 | 33 | M 569 | 00:42:07 | 00:57:19 | 01:05:24.90 | 01:06:58.10 | 6:32 | 9.2 |
| 34 | PACHOLAK PRZEMYSŁAW | 589 | | WARSZAWA | POL | M 50-59 | 34 | M 572 | 00:41:01 | 00:57:38 | 01:05:50.20 | 01:07:33.00 | 6:35 | 9.1 |
| 35 | STAŃCZYK GRZEGORZ | 741 | | ZIELONKA | POL | M 50-59 | 35 | M 575 | 00:41:34 | 00:58:18 | 01:06:30.85 | 01:08:12.80 | 6:39 | 9 |
| 36 | SZOSTAKOWSKI JAROSŁAW | 1005 | BIEGAMY Z OCHOTĄ | WARSZAWA | POL | M 50-59 | 36 | M 582 | 00:43:33 | 00:59:13 | 01:06:59.25 | 01:09:04.55 | 6:41 | 9 |
| 37 | JURECKI MAREK | 303 | | WARSZAWA | POL | M 50-59 | 37 | M 586 | 00:43:36 | 01:00:21 | 01:08:00.55 | 01:09:55.90 | 6:48 | 8.8 |
| 38 | KIELAK JACEK | 341 | | TRUSKAW | POL | M 50-59 | 38 | M 590 | 00:43:43 | 01:01:07 | 01:09:17.65 | 01:09:34.75 | 6:55 | 8.7 |
| 39 | KOSIERADZKI PAWEŁ | 379 | MASTERS DOJO | WARSZAWA | POL | M 50-59 | 39 | M 599 | 00:45:54 | 01:03:22 | 01:12:05.95 | 01:13:52.35 | 7:12 | 8.3 |
| 40 | KUREK GUSTAW | 427 | | WARSZAWA | POL | M 50-59 | 40 | M 607 | 00:47:51 | 01:06:43 | 01:15:59.00 | 01:18:10.20 | 7:35 | 7.9 |
| 41 | KORNACKI SŁAWOMIR | 373 | | NIEPORĘT | POL | M 50-59 | 41 | M 612 | 00:50:43 | 01:13:00 | 01:24:00.80 | 01:25:25.20 | 8:24 | 7.1 |
| LIM | CIEŚLAK PAWEŁ | 112 | SLOWJOGGINGBIAŁOŁĘKA | WARSZAWA | POL | M 50-59 | LIM | LIM | 00:56:55 | 01:18:03 | 01:31:34.15 | 01:34:03.30 | 0:00 | 6.6 |
| LIM | KAMIŃSKI WALDEMAR | 323 | SLOW JOGGING BIAŁOŁĘKA | WARSZAWA | POL | M 50-59 | LIM | LIM | 00:57:38 | 01:20:04 | 01:31:37.60 | 01:34:05.00 | 0:00 | 6.5 |

BIEG PRZEZ MOST 2019, K 60+

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 6.6km | 9km | Netto | Brutto | min/km | km/h |
|------|------------------|-----|-------------------------|-----------|------|-------|--------|-------|----------|----------|-------------|-------------|--------|------|
| 1 | TULA RENATA | 817 | MYKMYK | WARSZAWA | POL | K 60+ | 1 | K 39 | 00:32:32 | 00:44:30 | 00:50:24.05 | 00:51:10.80 | 5:02 | 11.9 |
| 2 | HULANICKA IRINA | 252 | GOGGLE TEAM | WARSZAWA | POL | K 60+ | 2 | K 75 | 00:35:06 | 00:47:38 | 00:54:43.00 | 00:55:45.20 | 5:28 | 11 |
| 3 | STRACHOCKA ANNA | 749 | GRUPA BIEGOWA UM W-WA | WARSZAWA | POL | K 60+ | 3 | K 156 | 00:39:55 | 00:54:12 | 01:01:25.35 | 01:03:38.60 | 6:08 | 9.8 |
| 4 | MORAWSKA ANNA | 542 | | WARSZAWA | POL | K 60+ | 4 | K 165 | 00:40:08 | 00:54:40 | 01:01:46.35 | 01:02:47.45 | 6:10 | 9.7 |
| 5 | KARŁOWICZ ANNA | 331 | PARTIA WOLNYCH BIEGACZY | WARSZAWA | POL | K 60+ | 5 | K 169 | 00:39:28 | 00:54:32 | 01:01:57.10 | 01:03:44.20 | 6:11 | 9.7 |
| 6 | JURKOWSKA IRENA | 305 | | WARSZAWA | POL | K 60+ | 6 | K 238 | 00:44:36 | 01:03:40 | 01:12:49.15 | 01:14:45.30 | 7:16 | 8.2 |
| LIM | BOROWIAK JOLANTA | 63 | SLOWJOGGING POLSKA | WARSZAWA | POL | K 60+ | LIM | LIM | 00:56:50 | 01:19:04 | 01:31:29.75 | 01:34:01.80 | 0:00 | 6.6 |

BIEG PRZEZ MOST 2019, M 60+

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 6.6km | 9km | Netto | Brutto | min/km | km/h |
|------|-----------------------|-----|---------------------------------|----------------------|------|-------|--------|-------|----------|----------|-------------|-------------|--------|------|
| 1 | NOWOCIEŃ JACEK | 570 | UKS RUSIEC | PODKOWA LEŚNA | POL | M 60+ | 1 | M 61 | 00:26:45 | 00:36:36 | 00:41:29.05 | 00:41:32.95 | 4:08 | 14.5 |
| 2 | SARZAŁA DARIUSZ | 996 | | | | M 60+ | 2 | M 90 | 00:27:22 | 00:37:50 | 00:42:53.95 | 00:43:09.55 | 4:17 | 14 |
| 3 | TURLEJ DARIUSZ | 818 | KONDYCJA | WARSZAWA | POL | M 60+ | 3 | M 124 | 00:28:49 | 00:39:14 | 00:44:36.95 | 00:45:00.00 | 4:27 | 13.4 |
| 4 | KIĘSZEK TADEUSZ | 344 | DYSTANS LESZNO | LESZNO /WARSZAWY | POL | M 60+ | 4 | M 221 | 00:31:16 | 00:42:29 | 00:48:10.30 | 00:48:57.95 | 4:49 | 12.5 |
| 5 | ŻÓŁKOWSKI MAREK | 914 | TEAM ZABIEGANEDNI | WARSZAWA | POL | M 60+ | 5 | M 293 | 00:32:36 | 00:44:33 | 00:50:19.00 | 00:51:01.45 | 5:01 | 11.9 |
| 6 | WOJNARSKI JANUSZ | 871 | | WARSZAWA | POL | M 60+ | 6 | M 296 | 00:32:30 | 00:44:30 | 00:50:31.65 | 00:51:35.25 | 5:03 | 11.9 |
| 7 | RZECZKOWSKI ZYGMUNT | 686 | METRO WARSZAWSKIE | WARSZAWA | POL | M 60+ | 7 | M 299 | 00:32:08 | 00:44:21 | 00:50:32.55 | 00:51:34.65 | 5:03 | 11.9 |
| 8 | KĘDZIERSKI MIECZYŚLAW | 339 | TG SOKÓŁ BRWINÓW | MILANÓWEK | POL | M 60+ | 8 | M 330 | 00:32:58 | 00:45:29 | 00:51:40.30 | 00:52:53.95 | 5:10 | 11.6 |
| 9 | BEŁOWSKI LESZEK | 34 | CHEMIK NOXY PUŁAWY | PULAWY | POL | M 60+ | 9 | M 340 | 00:33:09 | 00:45:42 | 00:51:54.45 | 00:52:59.80 | 5:11 | 11.6 |
| 10 | WANOWSKI ANDRZEJ | 832 | ROZBIEGAMY NOWY DWÓR | NOWY DWÓR MAZOWIECKI | POL | M 60+ | 10 | M 350 | 00:33:27 | 00:46:01 | 00:52:29.40 | 00:53:26.50 | 5:14 | 11.4 |
| 11 | KLUJ BOGUSŁAW | 354 | BIEGNĘ DLA SANDRY I ROBERTA | ZAKRĘT | POL | M 60+ | 11 | M 382 | 00:34:43 | 00:47:37 | 00:53:56.15 | 00:54:56.05 | 5:23 | 11.1 |
| 12 | NOWACKI JULIAN | 938 | TO NATURALNE | WARSZAWA | POL | M 60+ | 12 | M 407 | 00:35:03 | 00:48:14 | 00:54:50.50 | 00:55:09.70 | 5:29 | 10.9 |
| 13 | BUKOWSKI JANUSZ | 999 | STOWARZYSZENIE DAĆ SIEBIE INNYM | WARSZAWA | POL | M 60+ | 13 | M 450 | 00:35:54 | 00:49:43 | 00:56:33.60 | 00:56:37.25 | 5:39 | 10.6 |

BIEG PRZEZ MOST 2019, M 60+ c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 6.6km | 9km | Netto | Brutto | min/km | km/h |
|------|--------------------|-----|-----------------------|---------------------|------|-------|--------|-------|----------|----------|-------------|-------------|--------|------|
| 14 | KACZOREK ROBERT | 318 | | WARSZAWA | POL | M 60+ | 14 | M 451 | 00:35:58 | 00:49:42 | 00:56:34.45 | 00:56:57.15 | 5:39 | 10.6 |
| 15 | JANISZEWSKI JAN | 268 | | NIDZICA | POL | M 60+ | 15 | M 456 | 00:36:27 | 00:50:06 | 00:57:01.70 | 00:57:26.85 | 5:42 | 10.5 |
| 16 | MUCHA GRZEGORZ | 549 | | WARSZAWA | POL | M 60+ | 16 | M 467 | 00:36:20 | 00:50:22 | 00:57:22.65 | 00:57:59.05 | 5:44 | 10.5 |
| 17 | BEDNARZAK TADEUSZ | 33 | YULO RUN TEAM SIEDLCE | SIEDLCE | POL | M 60+ | 17 | M 468 | 00:36:23 | 00:50:31 | 00:57:28.25 | 00:58:33.10 | 5:44 | 10.4 |
| 18 | MALER WŁADYSŁAW | 487 | REEBOK RUN CREW | WARSZAWA | POL | M 60+ | 18 | M 470 | 00:36:55 | 00:50:41 | 00:57:36.35 | 00:58:54.10 | 5:45 | 10.4 |
| 19 | DZIEKONSKI JACEK | 159 | | KONSTANCIN JEZIORNA | POL | M 60+ | 19 | M 490 | 00:36:27 | 00:51:11 | 00:58:41.40 | 01:00:07.90 | 5:52 | 10.2 |
| 20 | GRABOWSKI JERZY | 220 | NIEZRZESZONY | WARSZAWA | POL | M 60+ | 20 | M 493 | 00:36:49 | 00:51:28 | 00:58:51.60 | 01:00:05.00 | 5:53 | 10.2 |
| 21 | GRYCNER PIOTR | 231 | | STAROGARD GDAŃSKI | POL | M 60+ | 21 | M 496 | 00:38:18 | 00:52:18 | 00:59:07.50 | 01:01:02.60 | 5:54 | 10.1 |
| 22 | BIERNACKI ADAM | 44 | | ŁÓDŹ | POL | M 60+ | 22 | M 509 | 00:38:36 | 00:52:42 | 00:59:40.50 | 01:01:11.15 | 5:58 | 10.1 |
| 23 | GLASSER MAREK | 202 | | WARSZAWA | POL | M 60+ | 23 | M 531 | 00:38:46 | 00:53:57 | 01:01:41.55 | 01:03:16.60 | 6:10 | 9.7 |
| 24 | MIRECKI ZBIGNIEW | 535 | EKOBIEGI | WARSZAWA | POL | M 60+ | 24 | M 546 | 00:41:06 | 00:56:13 | 01:03:27.20 | 01:05:11.30 | 6:20 | 9.5 |
| 25 | KOZAKOW BORYS | 957 | | WARSZAWA | POL | M 60+ | 25 | M 549 | 00:40:47 | 00:56:18 | 01:03:42.15 | 01:05:04.40 | 6:22 | 9.4 |
| 26 | ŻÓŁCIŃSKI WALDEMAR | 913 | GRUPA BIEGOWA UM W-WA | WARSZAWA | POL | M 60+ | 26 | M 571 | 00:40:29 | 00:57:05 | 01:05:48.35 | 01:07:38.05 | 6:34 | 9.1 |
| 27 | MALDIS MAREK | 486 | | WARSZAWA | POL | M 60+ | 27 | M 591 | 00:44:30 | 01:01:04 | 01:09:21.40 | 01:11:19.35 | 6:56 | 8.6 |
| 28 | HULANICKI ANDRZEJ | 253 | GOGGLE TEAM | WARSZAWA | POL | M 60+ | 28 | M 592 | 00:44:42 | 01:01:16 | 01:09:34.95 | 01:11:33.05 | 6:57 | 8.6 |
| 29 | WIZERT JÓZEF | 859 | | WARSZAWA | POL | M 60+ | 29 | M 595 | 00:44:29 | 01:01:34 | 01:10:49.20 | 01:13:01.30 | 7:04 | 8.5 |
| 30 | DĄBROWA WOJCIECH | 133 | | WARSZAWA | POL | M 60+ | 30 | M 604 | 00:46:12 | 01:04:53 | 01:13:43.60 | 01:15:51.40 | 7:22 | 8.1 |
| 31 | MAREK HENRYK | 501 | - | WARSZAWA | POL | M 60+ | 31 | M 611 | 01:20:28 | | 01:22:36.00 | 01:22:36.00 | 8:15 | 7.3 |
| LIM | BOROWIAK JACEK | 62 | SLOWJOGGING POLSKA | WARSZAWA | POL | M 60+ | LIM | LIM | 00:56:48 | 01:19:05 | 01:31:30.45 | 01:34:01.55 | 0:00 | 6.6 |
| LIM | BAUER JACEK | 26 | SLOW JOGGING ŁÓDŹ | ŁÓDŹ | POL | M 60+ | LIM | LIM | 00:57:33 | 01:19:59 | 01:31:33.05 | 01:34:05.25 | 0:00 | 6.6 |
| LIM | SZTAJNIC JERZY | 782 | | ŁÓDŹ | POL | M 60+ | LIM | LIM | 00:56:54 | 01:19:17 | 01:31:34.15 | 01:33:59.20 | 0:00 | 6.6 |