



PZLA Mistrzostwa Polski w Biegu na 10 000 m

MIĘDZYRZECZ, 23 kwietnia 2022



Wyniki konkurencji-międzyczasy

10000 metrów mężczyzn

Rekord Świata(Open)	26:11.00	CHEPTEGEI Joshua	UGA	Valencia (ESP)	20-10-07
Rekord Europy(Open)	26:46.57	FARAH Mohammed	GBR	Eugene	11-06-03
Rekord Polski(Open)	27:53.61	KOWOL Jerzy	GÓRNIK Zabrze	Praga	78-08-29
Rekord Polski(U23)	28:30.4	MALINOWSKI Bronisław	OLIMPIA Grudziądz	Celje	73-08-04

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

Start: 22-04-23 19:10:43

1	20	71	Krystian ZALEWSKI	89-04-11	UKS Barnim Goleniów(ZP)	28:45.47	
1:10.27 (1:10.27)	2:18.15 (1:07.88)	3:28.22 (1:10.07)	4:36.29 (1:08.07)	5:46.39 (1:10.11)	6:56.07 (1:09.69)	8:06.08 (1:10.01)	9:15.53 (1:09.45)
10:25.44 (1:09.92)	11:35.21 (1:09.77)	12:46.03 (1:10.83)	13:55.90 (1:09.87)	15:05.05 (1:09.16)	16:12.85 (1:07.81)	17:21.66 (1:08.81)	18:30.32 (1:08.67)
19:39.57 (1:09.26)	20:49.25 (1:09.68)	21:58.23 (1:08.98)	23:07.41 (1:09.19)	24:16.34 (1:08.93)	25:25.65 (1:09.32)	26:34.06 (1:08.41)	27:42.57 (1:08.51)
2	19	62	Patryk KOZŁOWSKI	98-11-10	RLTL Optima Radom(MZ)	29:04.45	PB
1:09.02 (1:09.02)	2:17.90 (1:08.88)	3:27.87 (1:09.98)	4:36.52 (1:08.65)	5:46.14 (1:09.63)	6:56.25 (1:10.12)	8:05.84 (1:09.59)	9:15.72 (1:09.89)
10:25.00 (1:09.29)	11:35.28 (1:10.28)	12:45.83 (1:10.55)	13:56.09 (1:10.27)	15:05.55 (1:09.46)	16:15.73 (1:10.18)	17:25.82 (1:10.10)	18:36.74 (1:10.93)
19:47.42 (1:10.68)	20:58.30 (1:10.88)	22:08.43 (1:10.14)	23:19.37 (1:10.94)	24:30.14 (1:10.78)	25:40.25 (1:10.11)	26:50.55 (1:10.31)	27:59.72 (1:09.17)
3	11	61	Mateusz KACZOR	97-03-03	RLTL Optima Radom(MZ)	29:19.09	PB
1:09.75 (1:09.75)	2:18.32 (1:08.57)	3:28.40 (1:10.09)	4:36.76 (1:08.37)	5:46.62 (1:09.86)	6:56.53 (1:09.92)	8:06.33 (1:09.80)	9:16.07 (1:09.75)
10:25.68 (1:09.62)	11:35.66 (1:09.98)	12:46.41 (1:10.76)	13:56.40 (1:09.99)	15:05.83 (1:09.43)	16:15.61 (1:09.79)	17:25.80 (1:10.19)	18:37.01 (1:11.22)
19:49.06 (1:12.06)	21:01.17 (1:12.11)	22:13.33 (1:12.16)	23:25.06 (1:11.73)	24:38.36 (1:13.30)	25:51.06 (1:12.71)	27:02.90 (1:11.85)	28:13.25 (1:10.35)
4	1	103	Adam KOŁODZIEJ	01-04-24	MUKS Wisła Junior Sandomierz(SK)	29:33.08	U23
1:11.21 (1:11.21)	2:20.88 (1:09.68)	3:34.87 (1:13.99)	4:47.26 (1:12.39)	5:58.57 (1:11.32)	7:08.53 (1:09.96)	8:19.26 (1:10.74)	9:29.05 (1:09.80)
10:38.71 (1:09.66)	11:48.83 (1:10.12)	13:00.74 (1:11.92)	14:12.83 (1:12.09)	15:24.04 (1:11.22)	16:35.79 (1:11.75)	17:48.62 (1:12.83)	19:01.31 (1:12.70)
20:14.41 (1:13.10)	21:26.40 (1:12.00)	22:37.86 (1:11.47)	23:49.84 (1:11.98)	25:02.62 (1:12.79)	26:13.39 (1:10.78)	27:22.42 (1:09.04)	28:29.63 (1:07.21)
5	17	104	Aleksander WIĄCEK	00-07-02	OKS Start Otwock(MZ)	29:41.29	PB U23
1:10.61 (1:10.61)	2:20.88 (1:10.27)	3:34.66 (1:13.79)	4:47.07 (1:12.42)	5:57.66 (1:10.59)	7:07.42 (1:09.77)	8:17.56 (1:10.14)	9:27.05 (1:09.50)
10:38.08 (1:11.03)	11:48.44 (1:10.37)	13:00.26 (1:11.82)	14:12.58 (1:12.32)	15:23.58 (1:11.01)	16:33.58 (1:10.00)	17:44.78 (1:11.20)	18:55.17 (1:10.40)
20:05.34 (1:10.17)	21:15.18 (1:09.84)	22:25.76 (1:10.58)	23:36.31 (1:10.55)	24:48.27 (1:11.97)	26:01.08 (1:12.81)	27:14.05 (1:12.97)	28:28.12 (1:14.07)
6	18	69	Dawid MALINA	91-11-18	TL ROW Rybnik(SL)	29:42.07	
1:09.59 (1:09.59)	2:18.65 (1:09.06)	3:28.83 (1:10.19)	4:37.01 (1:08.18)	5:47.80 (1:10.80)	6:59.66 (1:11.86)	8:11.69 (1:12.03)	9:23.57 (1:11.89)
10:36.99 (1:13.42)	11:48.90 (1:11.91)	13:00.56 (1:11.67)	14:12.19 (1:11.63)	15:22.90 (1:10.72)	16:33.25 (1:10.36)	17:44.67 (1:11.43)	18:55.44 (1:10.77)
20:07.48 (1:12.04)	21:19.89 (1:12.42)	22:32.98 (1:13.09)	23:46.12 (1:13.14)	24:59.51 (1:13.40)	26:13.32 (1:13.81)	27:24.13 (1:10.82)	28:35.82 (1:11.70)
7	14	111	Mikołaj CZERONEK	00-11-15	WKS Śląsk Wrocław(DS)	29:46.78	PB U23
1:10.45 (1:10.45)	2:20.66 (1:10.22)	3:34.09 (1:13.43)	4:46.37 (1:12.29)	5:57.88 (1:11.51)	7:07.75 (1:09.87)	8:17.26 (1:09.52)	9:26.86 (1:09.60)
10:38.41 (1:11.56)	11:48.62 (1:10.21)	13:00.03 (1:11.41)	14:12.29 (1:12.26)	15:23.83 (1:11.54)	16:35.60 (1:11.78)	17:48.25 (1:12.65)	19:01.65 (1:13.40)
20:13.97 (1:12.32)	21:26.81 (1:12.84)	22:38.32 (1:11.52)	23:49.72 (1:11.40)	25:03.19 (1:13.48)	26:17.12 (1:13.94)	27:27.79 (1:10.68)	28:39.17 (1:11.39)
8	3	106	Mateusz GOS	02-06-07	RLTL Optima Radom(MZ)	29:54.51	U23
1:12.80 (1:12.80)	2:22.77 (1:09.98)	3:35.85 (1:13.08)	4:48.51 (1:12.67)	5:59.88 (1:11.38)	7:09.98 (1:10.10)	8:21.08 (1:11.11)	9:33.39 (1:12.31)
10:46.13 (1:12.74)	11:58.85 (1:12.72)	13:11.34 (1:12.50)	14:25.18 (1:13.85)	15:39.51 (1:14.33)	16:52.11 (1:12.61)	18:04.25 (1:12.15)	19:15.14 (1:10.89)
20:26.27 (1:11.13)	21:38.84 (1:12.58)	22:50.29 (1:11.46)	24:02.89 (1:12.60)	25:15.88 (1:12.99)	26:28.89 (1:13.02)	27:40.58 (1:11.69)	28:50.09 (1:09.52)
9	5	99	Wiktor SZYNAKA	01-01-08	MKL Toruń(KP)	29:59.51	U23
1:12.33 (1:12.33)	2:21.83 (1:09.50)	3:35.50 (1:13.68)	4:48.22 (1:12.73)	5:59.57 (1:11.36)	7:09.64 (1:10.08)	8:20.80 (1:11.16)	9:33.01 (1:12.21)
10:45.78 (1:12.77)	11:58.48 (1:12.70)	13:10.90 (1:12.43)	14:25.30 (1:14.40)	15:39.19 (1:13.90)	16:52.15 (1:12.96)	18:03.73 (1:11.58)	19:14.79 (1:11.06)
20:26.50 (1:11.72)	21:38.35 (1:11.86)	22:50.64 (1:12.30)	24:02.69 (1:12.05)	25:16.19 (1:13.50)	26:28.49 (1:12.31)	27:40.90 (1:12.41)	28:53.60 (1:12.70)
10	10	43	Przemysław DĄBROWSKI	89-02-25	KS Prefbet-Sonarol(PD)	30:04.84	PB
1:10.89 (1:10.89)	2:23.01 (1:12.12)	3:36.34 (1:13.33)	4:49.18 (1:12.85)	6:00.37 (1:11.19)	7:11.59 (1:11.22)	8:23.91 (1:12.33)	9:37.44 (1:13.54)
10:49.85 (1:12.41)	12:02.69 (1:12.84)	13:15.41 (1:12.73)	14:28.53 (1:13.12)	15:41.08 (1:12.55)	16:53.20 (1:12.12)	18:05.37 (1:12.18)	19:16.67 (1:11.30)
20:29.64 (1:12.98)	21:41.79 (1:12.15)	22:54.80 (1:13.02)	24:08.37 (1:13.57)	25:21.58 (1:13.21)	26:34.62 (1:13.05)	27:46.72 (1:12.10)	28:57.34 (1:10.63)

Strona 1 z 6

Druk: 22-04-23 19:46:07

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

MIĘDZYRZECZ 2022

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



10000 metrów mężczyzn

Rekord Świata(Open)	26:11.00	CHEPTEGEI Joshua	UGA	Valencia (ESP)	20-10-07
Rekord Europy(Open)	26:46.57	FARAH Mohammed	GBR	Eugene	11-06-03
Rekord Polski(Open)	27:53.61	KOWOL Jerzy	GÓRNIK Zabrze	Praga	78-08-29
Rekord Polski(U23)	28:30.4	MALINOWSKI Bronisław	OLIMPIA Grudziądz	Celje	73-08-04

Miejsce	Tor	Numer	Imię i nazwisko	Data ur.	Klub (woj)	Wynik
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11	2	32	Wojciech SERKOWSKI	97-05-03	GKS Żukowo(PM)	30:24.29
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1:13.35 (1:13.35)	2:24.11 (1:10.76)	3:37.36 (1:13.26)	4:50.43 (1:13.08)	6:03.77 (1:13.35)	7:16.96 (1:13.19)	8:30.46 (1:13.51)	9:45.54 (1:15.08)
11:00.14 (1:14.61)	12:12.97 (1:12.83)	13:26.16 (1:13.20)	14:39.34 (1:13.18)	15:52.65 (1:13.32)	17:05.78 (1:13.13)	18:19.41 (1:13.63)	19:31.98 (1:12.57)
20:45.43 (1:13.46)	21:58.01 (1:12.59)	23:11.15 (1:13.15)	24:24.80 (1:13.65)	25:37.39 (1:12.59)	26:49.55 (1:12.17)	28:01.36 (1:11.82)	29:13.35 (1:11.99)

12	8	58	Sebastian NOWICKI	94-07-04	OKL Oborniki(WP)	30:32.19
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1:12.08 (1:12.08)	2:23.10 (1:11.02)	3:36.04 (1:12.94)	4:48.09 (1:12.05)	5:59.41 (1:11.33)	7:09.42 (1:10.01)	8:20.51 (1:11.10)	9:32.70 (1:12.20)
10:45.42 (1:12.72)	11:58.21 (1:12.79)	13:11.31 (1:13.11)	14:25.45 (1:14.14)	15:38.65 (1:13.20)	16:51.87 (1:13.23)	18:04.04 (1:12.17)	19:16.36 (1:12.32)
20:30.11 (1:13.76)	21:44.18 (1:14.07)	22:58.43 (1:14.26)	24:14.21 (1:15.79)	25:32.13 (1:17.92)	26:52.10 (1:19.98)	28:09.00 (1:16.91)	29:23.63 (1:14.63)

13	12	63	Patryk PAWŁOWSKI	93-11-04	RLTL Optima Radom(MZ)	30:49.67
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1:11.46 (1:11.46)	2:21.18 (1:09.72)	3:34.90 (1:13.73)	4:47.43 (1:12.54)	5:58.73 (1:11.30)	7:08.79 (1:10.06)	8:19.99 (1:11.21)	9:32.17 (1:12.18)
10:44.90 (1:12.74)	11:57.67 (1:12.77)	13:10.71 (1:13.04)	14:24.52 (1:13.82)	15:39.34 (1:14.82)	16:52.85 (1:13.51)	18:06.04 (1:13.20)	19:21.14 (1:15.10)
20:38.30 (1:17.16)	21:54.38 (1:16.08)	23:10.57 (1:16.19)	24:27.87 (1:17.31)	25:46.50 (1:18.63)	27:04.01 (1:17.52)	28:21.30 (1:17.29)	29:38.53 (1:17.24)

14	13	54	Patryk STYPUŁKOWSKI	95-02-01	MKS Tomaszów Mazowiecki(LD)	30:51.66
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1:12.62 (1:12.62)	2:23.25 (1:10.64)	3:36.43 (1:13.18)	4:49.33 (1:12.90)	6:00.12 (1:10.80)	7:10.19 (1:10.08)	8:21.35 (1:11.16)	9:33.61 (1:12.27)
10:46.18 (1:12.57)	11:59.07 (1:12.89)	13:11.80 (1:12.73)	14:25.69 (1:13.90)	15:40.30 (1:14.61)	16:54.75 (1:14.46)	18:11.30 (1:16.55)	19:30.06 (1:18.77)
20:49.16 (1:19.11)	22:07.57 (1:18.41)	23:27.09 (1:19.52)	24:46.23 (1:19.14)	26:05.13 (1:18.91)	27:22.59 (1:17.46)	28:37.36 (1:14.78)	29:48.37 (1:11.01)

15	7	40	Dariusz BORATYŃSKI	97-09-26	KS AZS AWF Wrocław(DS)	30:58.32
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1:10.23 (1:10.23)	2:20.26 (1:10.03)	3:34.33 (1:14.08)	4:46.65 (1:12.32)	5:58.27 (1:11.62)	7:08.15 (1:09.89)	8:19.44 (1:11.29)	9:31.79 (1:12.35)
10:44.78 (1:13.00)	11:57.41 (1:12.63)	13:10.31 (1:12.91)	14:24.88 (1:14.57)	15:39.33 (1:14.45)	16:52.51 (1:13.19)	18:04.97 (1:12.46)	19:19.59 (1:14.63)
20:36.31 (1:16.72)	21:54.55 (1:18.24)	23:10.98 (1:16.44)	24:25.05 (1:14.07)	25:39.85 (1:14.81)	27:01.10 (1:21.25)	28:21.71 (1:20.62)	29:41.91 (1:20.20)

16	9	42	Michał WÓJCİK	99-10-01	KS AZS AWF Wrocław(DS)	31:34.32
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1:13.69 (1:13.69)	2:25.07 (1:11.38)	3:38.41 (1:13.35)	4:53.37 (1:14.96)	6:08.14 (1:14.78)	7:22.73 (1:14.59)	8:37.23 (1:14.50)	9:51.28 (1:14.06)
11:06.55 (1:15.28)	12:21.73 (1:15.18)	13:36.79 (1:15.06)	14:52.08 (1:15.29)	16:07.41 (1:15.34)	17:22.94 (1:15.53)	18:39.17 (1:16.24)	19:55.99 (1:16.83)
21:13.81 (1:17.82)	22:30.72 (1:16.92)	23:47.66 (1:16.94)	25:05.91 (1:18.25)	26:23.94 (1:18.04)	27:41.09 (1:17.15)	28:58.59 (1:17.51)	30:18.76 (1:20.18)

17	4	105	Jakub CZYŻEWSKI	01-03-31	RKS Łódź(LD)	32:07.35
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1:13.52 (1:13.52)	2:24.49 (1:10.98)	3:37.60 (1:13.12)	4:50.57 (1:12.98)	6:04.20 (1:13.63)	7:17.18 (1:12.99)	8:30.16 (1:12.98)	9:45.47 (1:15.31)
11:01.16 (1:15.70)	12:16.66 (1:15.51)	13:33.71 (1:17.06)	14:50.63 (1:16.92)	16:08.50 (1:17.88)	17:26.76 (1:18.26)	18:45.96 (1:19.20)	20:06.37 (1:20.42)
21:26.69 (1:20.32)	22:47.12 (1:20.43)	24:07.90 (1:20.78)	25:28.79 (1:20.90)	26:49.55 (1:20.76)	28:10.08 (1:20.53)	29:30.45 (1:20.37)	30:50.26 (1:19.82)

6	107	Jarosław KUCHARSKI	00-01-15	RLTL Optima Radom(MZ)	DNF
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1:13.01 (1:13.01)	2:23.70 (1:10.69)	3:37.03 (1:13.34)	4:50.10 (1:13.07)	6:04.62 (1:14.53)	7:18.70 (1:14.08)	8:34.07 (1:15.38)	9:50.29 (1:16.22)
11:06.82 (1:16.53)	12:23.10 (1:16.29)	13:40.65 (1:17.55)	14:59.50 (1:18.85)	16:19.19 (1:19.70)	17:38.83 (1:19.64)	18:57.05 (1:18.23)*	

15	31	Bartosz JARCZOK	99-02-26	AZS-AWF Katowice(SL)	DNF
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1:11.68 (1:11.68)	2:21.57 (1:09.89)	3:35.28 (1:13.72)	4:47.82 (1:12.55)	5:59.10 (1:11.28)	7:09.17 (1:10.08)	8:20.04 (1:10.87)	9:32.60 (1:12.56)
10:45.29 (1:12.70)	11:57.80 (1:12.51)	13:10.86 (1:13.06)	14:24.69 (1:13.83)	15:38.82 (1:14.14)	16:51.91 (1:13.10)	18:03.90 (1:12.00)	19:16.09 (1:12.19)
20:29.99 (1:13.91)	21:45.02 (1:15.04)	23:01.17 (1:16.15)	24:19.66 (1:18.49)	25:40.07 (1:20.42)	26:59.52 (1:19.45)	28:18.80 (1:19.29)*	19:10:43.95

Międzyczasy

1000m	62	Patryk KOZŁOWSKI	2:52.71	5000m	71	Krystian ZALEWSKI	14:30.76
2000m	62	Patryk KOZŁOWSKI	5:46.25	6000m	71	Krystian ZALEWSKI	17:21.63
3000m	71	Krystian ZALEWSKI	8:40.93	7000m	71	Krystian ZALEWSKI	20:14.23
4000m	71	Krystian ZALEWSKI	11:35.16	8000m	71	Krystian ZALEWSKI	23:07.50

Bieg 2/3

Start: 22-04-23 17:40:39

1	13	33	Krzysztof ŻYGENDA	97-03-10	GKS Żukowo(PM)	30:37.37
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1:14.13 (1:14.13)	2:28.41 (1:14.29)	3:41.94 (1:13.53)	4:56.38 (1:14.44)	6:09.82 (1:13.45)	7:24.09 (1:14.27)	8:37.66 (1:13.58)	9:51.73 (1:14.08)
11:05.67 (1:13.94)	12:19.80 (1:14.13)	13:33.67 (1:13.88)	14:48.10 (1:14.43)	16:03.12 (1:15.03)	17:16.63 (1:13.52)	18:30.00 (1:13.37)	19:42.73 (1:12.73)
20:56.48 (1:13.75)	22:08.78 (1:12.31)	23:21.94 (1:13.16)	24:36.46 (1:14.52)	25:50.37 (1:13.91)	27:04.36 (1:14.00)	28:18.65 (1:14.29)	29:30.00 (1:11.35)

10000 metrów mężczyzn

Rekord Świata(Open)	26:11.00	CHEPTEGEI Joshua	UGA	Valencia (ESP)	20-10-07
Rekord Europy(Open)	26:46.57	FARAH Mohammed	GBR	Eugene	11-06-03
Rekord Polski(Open)	27:53.61	KOWOL Jerzy	GÓRNIK Zabrze	Praga	78-08-29
Rekord Polski(U23)	28:30.4	MALINOWSKI Bronisław	OLIMPIA Grudziądz	Celje	73-08-04

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

2 15 59 Wiktor MAĆKOWIAK 99-12-09 OŚ AZS Poznań(WP) 30:41.72 PB

1:14.94 (1:14.94)	2:26.60 (1:11.66)	3:40.98 (1:14.38)	4:55.31 (1:14.34)	6:09.57 (1:14.26)	7:23.54 (1:13.97)	8:36.95 (1:13.41)	9:50.95 (1:14.01)
11:04.50 (1:13.55)	12:18.48 (1:13.99)	13:33.55 (1:15.07)	14:47.68 (1:14.13)	16:03.53 (1:15.86)	17:17.52 (1:14.00)	18:30.33 (1:12.81)	19:43.15 (1:12.83)
20:56.34 (1:13.20)	22:08.38 (1:12.04)	23:22.26 (1:13.88)	24:36.15 (1:13.90)	25:49.92 (1:13.77)	27:04.48 (1:14.56)	28:18.22 (1:13.75)	29:31.74 (1:13.52)

3 17 47 Łukasz NOWAK 88-12-18 KU AZS UAM Poznań(WP) 31:24.93

1:12.49 (1:12.49)	2:25.74 (1:13.26)	3:40.45 (1:14.72)	4:54.71 (1:14.26)	6:08.92 (1:14.22)	7:22.79 (1:13.88)	8:36.23 (1:13.44)	9:50.10 (1:13.88)
11:04.19 (1:14.10)	12:18.33 (1:14.15)	13:33.29 (1:14.97)	14:47.48 (1:14.19)	16:02.73 (1:15.25)	17:17.34 (1:14.61)	18:31.84 (1:14.51)	19:48.17 (1:16.33)
21:05.64 (1:17.48)	22:22.82 (1:17.18)	23:41.52 (1:18.70)	24:59.73 (1:18.21)	26:19.07 (1:19.35)	27:37.70 (1:18.63)	28:54.35 (1:16.66)	30:11.55 (1:17.20)

4 21 46 Damian ŚWIERDZEWSKI 93-06-27 KS Prefbet-Sonarol(PD) 31:26.05

1:14.19 (1:14.19)	2:27.82 (1:13.63)	3:40.06 (1:12.25)	4:53.82 (1:13.77)	6:08.28 (1:14.46)	7:22.17 (1:13.90)	8:35.63 (1:13.47)	9:49.51 (1:13.88)
11:03.52 (1:14.01)	12:18.01 (1:14.50)	13:32.74 (1:14.73)	14:46.39 (1:13.65)	16:00.53 (1:14.15)	17:14.97 (1:14.44)	18:29.63 (1:14.66)	19:44.20 (1:14.58)
21:01.16 (1:16.96)	22:18.76 (1:17.61)	23:36.94 (1:18.18)	24:56.41 (1:19.48)	26:16.06 (1:19.65)	27:35.30 (1:19.24)	28:54.42 (1:19.13)	30:12.50 (1:18.08)

5 19 68 Piotr MIELEWCZYK 90-08-08 Stowarzyszenie Piekielni Warszawa(MZ) 31:32.63

1:12.95 (1:12.95)	2:26.11 (1:13.17)	3:39.84 (1:13.73)	4:54.48 (1:14.65)	6:08.73 (1:14.26)	7:22.45 (1:13.73)	8:35.32 (1:12.88)	9:49.70 (1:14.38)
11:03.68 (1:13.98)	12:17.64 (1:13.97)	13:32.54 (1:14.90)	14:47.29 (1:14.75)	16:03.07 (1:15.79)	17:17.63 (1:14.56)	18:34.41 (1:16.78)	19:52.50 (1:18.09)
21:11.19 (1:18.69)	22:30.01 (1:18.83)	23:49.04 (1:19.03)	25:07.77 (1:18.73)	26:26.34 (1:18.58)	27:45.60 (1:19.26)	29:03.83 (1:18.23)	30:20.97 (1:17.14)

6 16 60 Rafał GONTARCZYK 89-09-10 RLTL Optima Radom(MZ) 31:43.14

1:12.11 (1:12.11)	2:23.09 (1:10.98)	3:34.00 (1:10.91)	4:46.98 (1:12.99)	6:00.69 (1:13.71)	7:14.91 (1:14.23)	8:28.84 (1:13.94)	9:43.54 (1:14.70)
10:58.98 (1:15.44)	12:15.18 (1:16.21)	13:31.52 (1:16.34)	14:47.00 (1:15.48)	16:04.31 (1:17.32)	17:22.55 (1:18.24)	18:42.28 (1:19.74)	20:01.59 (1:19.31)
21:19.16 (1:17.58)	22:38.13 (1:18.97)	23:57.64 (1:19.52)	25:16.58 (1:18.94)	26:36.54 (1:19.97)	27:56.48 (1:19.95)	29:15.78 (1:19.30)	30:30.28 (1:14.50)

7 20 45 Mateusz NIEMCZYK 92-09-30 KS Prefbet-Sonarol(PD) 31:51.43

1:12.85 (1:12.85)	2:23.44 (1:10.60)	3:34.37 (1:10.93)	4:47.32 (1:12.95)	6:00.86 (1:13.55)	7:15.01 (1:14.16)	8:29.17 (1:14.16)	9:43.85 (1:14.69)
10:59.39 (1:15.54)	12:15.37 (1:15.98)	13:31.92 (1:16.56)	14:47.24 (1:15.33)	16:03.83 (1:16.59)	17:18.10 (1:14.28)	18:34.52 (1:16.42)	19:52.71 (1:18.20)
21:11.93 (1:19.23)	22:31.49 (1:19.56)	23:52.43 (1:20.95)	25:12.27 (1:19.85)	26:32.54 (1:20.27)	27:53.15 (1:20.61)	29:13.25 (1:20.10)	30:33.09 (1:19.84)

8 18 51 Jakub GORZELAŃCZYK 91-01-23 MKS Siechnice(DS) 31:55.33

1:13.20 (1:13.20)	2:26.25 (1:13.05)	3:40.47 (1:14.23)	4:54.14 (1:13.68)	6:08.57 (1:14.43)	7:21.99 (1:13.43)	8:36.01 (1:14.02)	9:50.46 (1:14.46)
11:04.86 (1:14.40)	12:20.47 (1:15.61)	13:35.96 (1:15.50)	14:53.24 (1:17.28)	16:11.40 (1:18.17)	17:30.37 (1:18.97)	18:48.85 (1:18.49)	20:07.45 (1:18.60)
21:28.47 (1:21.02)	22:48.80 (1:20.33)	24:09.37 (1:20.58)	25:27.95 (1:18.59)	26:46.97 (1:19.02)	28:06.04 (1:19.07)	29:25.08 (1:19.04)	30:42.35 (1:17.28)

9 10 64 Łukasz WIĘCKOWSKI 95-07-30 RLTL Optima Radom(MZ) 31:58.39 PB

1:17.63 (1:17.63)	2:33.70 (1:16.08)	3:50.58 (1:16.88)	5:06.48 (1:15.90)	6:22.30 (1:15.83)	7:39.01 (1:16.71)	8:56.34 (1:17.33)	10:13.16 (1:16.83)
11:29.96 (1:16.81)	12:46.38 (1:16.43)	14:02.79 (1:16.41)	15:19.61 (1:16.82)	16:37.10 (1:17.50)	17:53.86 (1:16.76)	19:10.92 (1:17.07)	20:27.94 (1:17.02)
21:45.07 (1:17.13)	23:02.05 (1:16.98)	24:19.83 (1:17.79)	25:37.23 (1:17.40)	26:54.21 (1:16.99)	28:11.78 (1:17.57)	29:28.47 (1:16.70)	30:45.03 (1:16.56)

10 5 98 Kajetan PRZESTRZELSKI 01-03-08 KS AZS AWF Wrocław(DS) 32:04.37 U23

1:16.78 (1:16.78)	2:33.61 (1:16.83)	3:51.32 (1:17.72)	5:06.74 (1:15.42)	6:23.26 (1:16.53)	7:40.63 (1:17.37)	8:58.97 (1:18.34)	10:16.10 (1:17.13)
11:32.24 (1:16.15)	12:46.72 (1:14.49)	14:01.88 (1:15.16)	15:18.64 (1:16.76)	16:34.58 (1:15.95)	17:50.49 (1:15.91)	19:05.45 (1:14.97)	20:21.54 (1:16.10)
21:39.05 (1:17.51)	22:57.12 (1:18.07)	24:14.46 (1:17.35)	25:31.54 (1:17.08)	26:50.89 (1:19.35)	28:10.93 (1:20.05)	29:31.61 (1:20.68)	30:52.20 (1:20.60)

11 9 53 Michał WENDLAND 89-03-24 MKS Siechnice(DS) 32:19.64 PB

1:15.43 (1:15.43)	2:29.61 (1:14.18)	3:43.52 (1:13.92)	5:00.09 (1:16.57)	6:18.04 (1:17.96)	7:31.65 (1:13.61)	8:46.67 (1:15.03)	10:03.04 (1:16.37)
11:21.00 (1:17.97)	12:36.92 (1:15.92)	13:53.04 (1:16.13)	15:10.31 (1:17.27)	16:28.87 (1:18.56)	17:47.18 (1:18.31)	19:06.31 (1:19.14)	20:26.00 (1:19.69)
21:45.52 (1:19.52)	23:05.39 (1:19.88)	24:27.10 (1:21.71)	25:49.86 (1:22.77)	27:11.00 (1:21.14)	28:31.00 (1:20.01)	29:48.89 (1:17.89)	31:07.28 (1:18.40)

12 12 55 Mateusz SEMPER 99-01-19 MKS-MOS Płomień Sosnowiec(SL) 32:25.06

1:16.93 (1:16.93)	2:33.86 (1:16.93)	3:51.78 (1:17.93)	5:06.98 (1:15.21)	6:23.67 (1:16.69)	7:39.91 (1:16.25)	8:57.89 (1:17.98)	10:16.53 (1:18.65)
11:32.70 (1:16.17)	12:49.66 (1:16.97)	14:05.49 (1:15.83)	15:20.76 (1:15.28)	16:37.52 (1:16.77)	17:54.20 (1:16.68)	19:12.98 (1:18.78)	20:33.22 (1:20.24)
21:52.86 (1:19.65)	23:11.85 (1:18.99)	24:33.01 (1:21.17)	25:51.64 (1:18.63)	27:10.84 (1:19.21)	28:30.67 (1:19.84)	29:51.30 (1:20.63)	31:12.72 (1:21.42)

13 1 39 Patryk MARMON 97-02-22 KS AZS AWF Kraków(MA) 32:35.25

1:13.91 (1:13.91)	2:27.92 (1:14.02)	3:40.85 (1:12.93)	4:54.93 (1:14.09)	6:09.23 (1:14.30)	7:23.15 (1:13.93)	8:36.76 (1:13.61)	9:50.70 (1:13.94)
11:05.18 (1:14.49)	12:20.12 (1:14.94)	13:35.23 (1:15.12)	14:53.14 (1:17.91)	16:11.65 (1:18.51)	17:30.38 (1:18.73)	18:49.17 (1:18.79)	20:08.01 (1:18.85)
21:29.45 (1:21.45)	22:52.88 (1:23.43)	24:15.61 (1:22.74)	25:38.71 (1:23.10)	27:04.49 (1:25.78)	28:30.13 (1:25.65)	29:55.44 (1:25.32)	31:21.23 (1:25.79)

10000 metrów mężczyzn

Rekord Świata(Open)	26:11.00	CHEPTEGEI Joshua	UGA	Valencia (ESP)	20-10-07
Rekord Europy(Open)	26:46.57	FARAH Mohammed	GBR	Eugene	11-06-03
Rekord Polski(Open)	27:53.61	KOWOL Jerzy	GÓRNIK Zabrze	Praga	78-08-29
Rekord Polski(U23)	28:30.4	MALINOWSKI Bronisław	OLIMPIA Grudziądz	Celje	73-08-04

Miejsce	Tor	Numer	Imię i nazwisko	Data ur.	Klub (woj)	Wynik
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14	6	41	Arkadiusz MARUSZEWSKI	98-08-29	KS AZS AWF Wrocław(DS)	32:36.83
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1:16.34 (1:16.34)	2:33.33 (1:17.00)	3:51.36 (1:18.03)	5:08.59 (1:17.24)	6:25.32 (1:16.73)	7:43.46 (1:18.15)	9:01.64 (1:18.18)	10:19.30 (1:17.67)
11:37.94 (1:18.65)	12:56.76 (1:18.82)	14:15.88 (1:19.12)	15:34.50 (1:18.63)	16:53.96 (1:19.46)	18:13.28 (1:19.32)	19:32.45 (1:19.17)	20:50.34 (1:17.90)
22:09.93 (1:19.59)	23:29.64 (1:19.72)	24:49.47 (1:19.83)	26:08.54 (1:19.07)	27:28.00 (1:19.47)	28:47.39 (1:19.39)	30:06.35 (1:18.97)	31:24.20 (1:17.85)

15	3	52	Tomasz KOZŁOWICZ	92-12-13	MKS Siechnice(DS)	32:42.45
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1:16.57 (1:16.57)	2:33.05 (1:16.48)	3:48.76 (1:15.71)	5:05.83 (1:17.07)	6:23.04 (1:17.21)	7:40.41 (1:17.37)	8:58.82 (1:18.42)	10:16.81 (1:17.99)
11:34.98 (1:18.17)	12:53.24 (1:18.27)	14:12.33 (1:19.09)	15:31.71 (1:19.38)	16:50.61 (1:18.91)	18:10.59 (1:19.98)	19:31.12 (1:20.54)	20:50.61 (1:19.49)
22:09.91 (1:19.31)	23:30.66 (1:20.75)	24:51.49 (1:20.83)	26:12.11 (1:20.63)	27:32.26 (1:20.15)	28:52.45 (1:20.19)	30:11.58 (1:19.14)	31:30.23 (1:18.65)

16	8	67	Paweł MACHOWSKI	92-05-24	Stowarzyszenie Piekłni Warszawa(MZ)	32:43.02	PB
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1:17.77 (1:17.77)	2:34.22 (1:16.45)	3:51.47 (1:17.26)	5:07.44 (1:15.98)	6:24.43 (1:16.99)	7:42.31 (1:17.89)	8:59.50 (1:17.19)	10:17.20 (1:17.71)
11:35.47 (1:18.27)	12:52.61 (1:17.15)	14:10.65 (1:18.04)	15:29.18 (1:18.53)	16:47.46 (1:18.28)	18:06.40 (1:18.95)	19:25.24 (1:18.84)	20:44.03 (1:18.80)
22:03.55 (1:19.52)	23:23.50 (1:19.95)	24:43.98 (1:20.48)	26:04.31 (1:20.34)	27:25.16 (1:20.85)	28:46.32 (1:21.16)	30:06.70 (1:20.38)	31:26.69 (1:20.00)

17	22	56	Adam MARYSIAK	88-01-06	MKST Astra Nowa Sól(LB)	33:14.21
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1:14.58 (1:14.58)	2:28.63 (1:14.06)	3:42.85 (1:14.22)	4:59.68 (1:16.84)	6:17.72 (1:18.04)	7:34.68 (1:16.96)	8:54.13 (1:19.46)	10:13.96 (1:19.84)
11:33.15 (1:19.19)	12:52.16 (1:19.01)	14:13.04 (1:20.88)	15:33.08 (1:20.05)	16:54.25 (1:21.18)	18:13.69 (1:19.44)	19:34.17 (1:20.49)	20:57.01 (1:22.84)
22:19.95 (1:22.95)	23:43.07 (1:23.13)	25:06.39 (1:23.33)	26:29.86 (1:23.47)	27:52.44 (1:22.59)	29:13.93 (1:21.50)	30:36.15 (1:22.22)	31:58.75 (1:22.61)

18	4	112	Jan KACZOR	02-01-02	WLKS Wrocław(DS)	33:15.52	U23
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1:14.81 (1:14.81)	2:30.77 (1:15.97)	3:47.74 (1:16.98)	5:04.61 (1:16.87)	6:21.53 (1:16.93)	7:39.24 (1:17.71)	8:57.08 (1:17.85)	10:17.01 (1:19.94)
11:36.67 (1:19.66)	12:56.77 (1:20.11)	14:17.02 (1:20.25)	15:37.11 (1:20.09)	16:58.74 (1:21.63)	18:21.96 (1:23.23)	19:42.03 (1:20.08)	21:04.43 (1:22.40)
22:25.11 (1:20.68)	23:48.13 (1:23.03)	25:14.22 (1:26.10)	26:40.26 (1:26.05)	28:05.61 (1:25.35)	29:24.47 (1:18.86)	30:43.23 (1:18.77)	32:04.71 (1:21.48)

19	11	35	Mateusz CHYLIŃSKI	95-05-22	Kraków Athletics Team(MA)	33:23.29
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1:16.16 (1:16.16)	2:31.27 (1:15.11)	3:47.70 (1:16.44)	5:05.37 (1:17.68)	6:22.43 (1:17.06)	7:39.40 (1:16.98)	8:57.60 (1:18.20)	10:16.22 (1:18.63)
11:33.18 (1:16.97)	12:51.87 (1:18.69)	14:12.96 (1:21.09)	15:32.93 (1:19.98)	16:53.93 (1:21.01)	18:16.12 (1:22.19)	19:39.47 (1:23.36)	21:02.81 (1:23.34)
22:26.56 (1:23.76)	23:51.92 (1:25.36)	25:17.20 (1:25.29)	26:41.42 (1:24.22)	28:04.87 (1:23.46)	29:27.86 (1:22.99)	30:49.39 (1:21.53)	32:09.63 (1:20.24)

14	97	Jakub TULEJA	01-07-27	CWZS Zawisza Bydgoszcz SL(KP)	DNF	U23
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1:15.05 (1:15.05)	2:28.88 (1:13.83)	3:42.38 (1:13.51)	4:56.63 (1:14.26)	6:10.07 (1:13.44)	7:24.28 (1:14.21)	8:38.06 (1:13.79)	9:52.27 (1:14.21)
11:08.42 (1:16.15)	12:27.96 (1:19.54)	13:49.70 (1:21.75)	15:10.53 (1:20.84)	16:29.11 (1:18.58)	17:46.75 (1:17.64)	19:06.60 (1:19.85)	20:28.69 (1:22.10)
21:54.45 (1:25.77)	23:22.07 (1:27.62)"						

2	109	Miłosz BIELAK	01-05-06	UKS Barnim Goleniów(ZP)	DNF	U23
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1:16.57 (1:16.57)	2:33.39 (1:16.83)	3:50.96 (1:17.57)	5:06.61 (1:15.65)	6:22.61 (1:16.01)	7:39.14 (1:16.53)	8:56.58 (1:17.45)	10:13.33 (1:16.75)
11:30.17 (1:16.85)	12:46.57 (1:16.40)	14:03.03 (1:16.47)	15:19.88 (1:16.85)	16:37.83 (1:17.96)	17:57.37 (1:19.54)	19:21.00 (1:23.63)	20:47.00 (1:26.01)
22:12.47 (1:25.47)	23:39.02 (1:26.55)	25:06.06 (1:27.05)	26:33.38 (1:27.32)	28:01.51 (1:28.14)"			

7	100	Paweł GADOMSKI	02-07-12	MKS Hermes Gryfino(ZP)	DNF	U23
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1:14.98 (1:14.98)	2:29.22 (1:14.24)	3:43.14 (1:13.92)	4:59.98 (1:16.85)	6:17.45 (1:17.47)	7:32.04 (1:14.60)	8:47.09 (1:15.06)	10:03.13 (1:16.04)
11:20.55 (1:17.43)	12:37.75 (1:17.20)	13:54.32 (1:16.57)	15:12.82 (1:18.51)	16:31.78 (1:18.97)	17:51.32 (1:19.54)	19:10.22 (1:18.90)	20:29.99 (1:19.78)
21:51.27 (1:21.29)	23:12.03 (1:20.77)	24:32.64 (1:20.61)	25:53.96 (1:21.32)"				

Międzyczasy

1000m	60	Rafał GONTARCZYK	2:58.02	5000m	46	Damian ŚWIERDZEWSKI	15:23.66
2000m	60	Rafał GONTARCZYK	6:00.56	6000m	46	Damian ŚWIERDZEWSKI	18:29.53
3000m	60	Rafał GONTARCZYK	9:06.20	7000m	59	Wiktor MAĆKOWIAK	21:32.94
4000m	60	Rafał GONTARCZYK	12:15.07	8000m	59	Wiktor MAĆKOWIAK	24:36.07

Bieg 3/3 Start: 22-04-23 15:29:47

1	16	38	Krzysztof TSCHIRCH	99-12-17	KRT Jelenia Góra(DS)	31:19.77	PB
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1:12.95 (1:12.95)	2:30.02 (1:17.07)	3:42.58 (1:12.57)	4:54.82 (1:12.24)	6:08.11 (1:13.29)	7:21.76 (1:13.66)	8:36.13 (1:14.37)	9:50.99 (1:14.87)
11:07.08 (1:16.09)	12:23.31 (1:16.24)	13:39.43 (1:16.13)	14:55.89 (1:16.46)	16:13.26 (1:17.38)	17:31.85 (1:18.60)	18:50.06 (1:18.21)	20:06.21 (1:16.16)
21:22.24 (1:16.03)	22:39.09 (1:16.86)	23:56.02 (1:16.94)	25:12.08 (1:16.06)	26:29.49 (1:17.41)	27:45.34 (1:15.86)	28:59.65 (1:14.31)	30:13.85 (1:14.21)

10000 metrów mężczyzn

Rekord Świata(Open)	26:11.00	CHEPTEGEI Joshua	UGA	Valencia (ESP)	20-10-07
Rekord Europy(Open)	26:46.57	FARAH Mohammed	GBR	Eugene	11-06-03
Rekord Polski(Open)	27:53.61	KOWOL Jerzy	GÓRNIK Zabrze	Praga	78-08-29
Rekord Polski(U23)	28:30.4	MALINOWSKI Bronisław	OLIMPIA Grudziądz	Celje	73-08-04

Miejsce	Tor	Numer	Imię i nazwisko	Data ur.	Klub (woj)	Wynik
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2	14	49	Kamil SZYMANIAK	90-07-20	MKL Toruń(KP)	31:22.51 PB
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1:12.71 (1:12.71)	2:29.82 (1:17.12)	3:43.03 (1:13.21)	4:55.35 (1:12.33)	6:09.13 (1:13.79)	7:24.56 (1:15.43)	8:39.08 (1:14.52)	9:54.76 (1:15.69)
11:10.59 (1:15.83)	12:27.50 (1:16.91)	13:44.45 (1:16.96)	15:01.50 (1:17.05)	16:18.07 (1:16.57)	17:34.51 (1:16.45)	18:50.33 (1:15.82)	20:06.04 (1:15.72)
21:21.90 (1:15.86)	22:38.66 (1:16.77)	23:55.92 (1:17.26)	25:12.54 (1:16.63)	26:29.76 (1:17.23)	27:44.97 (1:15.21)	28:59.31 (1:14.34)	30:14.12 (1:14.81)

3	15	66	Paweł BUCZEK	92-03-26	SPLA Tychy(SL)	32:29.02 PB
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1:16.66 (1:16.66)	2:34.75 (1:18.09)	3:48.74 (1:14.00)	5:04.03 (1:15.30)	6:19.69 (1:15.66)	7:37.01 (1:17.33)	8:53.88 (1:16.87)	10:11.14 (1:17.26)
11:28.27 (1:17.14)	12:44.30 (1:16.03)	14:01.86 (1:17.57)	15:19.90 (1:18.05)	16:38.35 (1:18.45)	17:55.97 (1:17.62)	19:16.89 (1:20.93)	20:37.55 (1:20.66)
21:58.71 (1:21.17)	23:20.30 (1:21.59)	24:41.45 (1:21.16)	26:01.38 (1:19.94)	27:20.98 (1:19.60)	28:41.93 (1:20.96)	30:00.49 (1:18.56)	31:16.81 (1:16.33)

4	1	113	Piotr BRUDŁO	02-07-06	WMLKS Pomorze Stargard(ZP)	33:18.44 U23
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1:22.09 (1:22.09)	2:39.23 (1:17.15)	3:58.70 (1:19.47)	5:19.11 (1:20.42)	6:40.16 (1:21.05)	7:57.78 (1:17.63)	9:14.72 (1:16.95)	10:32.21 (1:17.49)
11:52.22 (1:20.02)	13:12.45 (1:20.24)	14:30.29 (1:17.84)	15:50.71 (1:20.42)	17:11.41 (1:20.70)	18:31.17 (1:19.77)	19:51.61 (1:20.44)	21:12.84 (1:21.24)
22:34.48 (1:21.64)	23:57.30 (1:22.83)	25:18.53 (1:21.24)	26:40.63 (1:22.10)	28:02.02 (1:21.39)	29:26.67 (1:24.65)	30:47.35 (1:20.69)	32:08.18 (1:20.83)

5	12	50	Mikołaj ZIĘBA	97-07-09	MKL Toruń(KP)	33:44.23
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1:19.05 (1:19.05)	2:35.08 (1:16.04)	3:50.23 (1:15.16)	5:08.71 (1:18.48)	6:28.28 (1:19.58)	7:48.03 (1:19.75)	9:08.75 (1:20.73)	10:29.37 (1:20.62)
11:49.98 (1:20.62)	13:09.90 (1:19.92)	14:29.65 (1:19.76)	15:50.37 (1:20.72)	17:11.24 (1:20.87)	18:31.59 (1:20.36)	19:51.28 (1:19.69)	21:13.17 (1:21.90)
22:36.01 (1:22.84)	24:00.40 (1:24.39)	25:23.74 (1:23.34)	26:45.95 (1:22.22)	28:13.10 (1:27.16)	29:38.87 (1:25.78)	31:03.22 (1:24.35)	32:24.29 (1:21.08)

6	7	94	Jakub KIRSZ	00-03-06	ABiC Jabłonowo Pomorskie(KP)	33:47.42 PB U23
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1:18.76 (1:18.76)	2:39.88 (1:21.12)	3:59.08 (1:19.21)	5:20.00 (1:20.92)	6:40.87 (1:20.88)	8:00.93 (1:20.06)	9:24.48 (1:23.56)	10:46.93 (1:22.45)
12:05.83 (1:18.90)	13:25.96 (1:20.14)	14:47.27 (1:21.31)	16:09.11 (1:21.85)	17:31.36 (1:22.26)	18:53.25 (1:21.89)	20:16.04 (1:22.79)	21:38.23 (1:22.20)
22:59.88 (1:21.65)	24:21.97 (1:22.10)	25:43.91 (1:21.94)	27:07.78 (1:23.88)	28:29.75 (1:21.98)	29:52.76 (1:23.02)	31:14.67 (1:21.91)	32:35.20 (1:20.54)

7	3	108	Jakub MATUSZCZAK	02-07-12	RLTL Optima Radom(MZ)	34:07.42 U23
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1:18.37 (1:18.37)	2:38.83 (1:20.47)	3:58.42 (1:19.59)	5:18.73 (1:20.31)	6:40.48 (1:21.75)	7:58.37 (1:17.90)	9:15.93 (1:17.56)	10:35.76 (1:19.83)
11:56.62 (1:20.87)	13:16.83 (1:20.21)	14:36.86 (1:20.03)	15:57.94 (1:21.09)	17:20.39 (1:22.45)	18:44.69 (1:24.31)	20:09.13 (1:24.45)	21:33.87 (1:24.74)
23:00.14 (1:26.28)	24:28.11 (1:27.98)	25:54.93 (1:26.83)	27:21.55 (1:26.62)	28:47.90 (1:26.35)	30:14.14 (1:26.25)	31:38.12 (1:23.98)	32:56.85 (1:18.74)

8	2	102	Jakub MOLCZYK	02-03-27	MLUKS Tarnów(MA)	34:09.25 U23
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1:18.68 (1:18.68)	2:39.06 (1:20.38)	3:58.54 (1:19.48)	5:18.81 (1:20.28)	6:40.38 (1:21.58)	7:57.82 (1:17.44)	9:15.44 (1:17.63)	10:35.42 (1:19.98)
11:57.11 (1:21.70)	13:17.32 (1:20.22)	14:39.78 (1:22.47)	16:02.41 (1:22.63)	17:25.74 (1:23.33)	18:50.73 (1:25.00)	20:18.37 (1:27.64)	21:44.67 (1:26.31)
23:08.23 (1:23.56)	24:30.67 (1:22.45)	25:53.01 (1:22.35)	27:15.08 (1:22.08)	28:39.60 (1:24.52)	30:04.21 (1:24.61)	31:28.26 (1:24.05)	32:52.01 (1:23.75)

9	11	57	Jakub WAWRZYKOWSKI	97-12-21	MKST Astra Nowa Sól(LB)	34:09.99
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1:18.03 (1:18.03)	2:38.59 (1:20.56)	3:58.23 (1:19.64)	5:18.43 (1:20.21)	6:40.23 (1:21.81)	8:00.51 (1:20.28)	9:24.17 (1:23.67)	10:48.26 (1:24.10)
12:11.55 (1:23.29)	13:34.95 (1:23.41)	14:52.70 (1:17.75)	16:16.89 (1:24.19)	17:43.00 (1:26.12)	19:07.65 (1:24.65)	20:29.44 (1:21.80)	21:52.14 (1:22.70)
23:14.65 (1:22.51)	24:37.68 (1:23.03)	26:02.58 (1:24.91)	27:26.00 (1:23.43)	28:50.06 (1:24.06)	30:12.17 (1:22.12)	31:36.38 (1:24.21)	32:57.04 (1:20.67)

10	5	110	Mateusz JASICA	01-10-20	UKS Kusy Bukowno(MA)	34:31.36 U23
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1:23.08 (1:23.08)	2:43.66 (1:20.59)	4:03.97 (1:20.32)	5:26.98 (1:23.02)	6:50.68 (1:23.70)	8:16.78 (1:26.10)	9:42.26 (1:25.48)	11:06.14 (1:23.89)
12:31.03 (1:24.90)	13:56.74 (1:25.71)	15:22.22 (1:25.49)	16:46.62 (1:24.41)	18:10.20 (1:23.58)	19:33.95 (1:23.75)	20:59.16 (1:25.22)	22:24.58 (1:25.42)
23:49.39 (1:24.82)	25:12.52 (1:23.14)	26:34.88 (1:22.36)	27:59.83 (1:24.95)	29:20.47 (1:20.64)	30:41.68 (1:21.22)	32:00.76 (1:19.08)	33:19.53 (1:18.77)

11	9	34	Łukasz BACHLEDA	98-03-20	Kraków Athletics Team(MA)	34:35.48 PB
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1:22.17 (1:22.17)	2:41.29 (1:19.12)	3:59.62 (1:18.34)	5:20.32 (1:20.71)	6:41.07 (1:20.76)	8:01.52 (1:20.45)	9:24.90 (1:23.39)	10:48.68 (1:23.78)
12:11.27 (1:22.60)	13:34.97 (1:23.70)	14:56.95 (1:21.98)	16:20.47 (1:23.53)	17:46.69 (1:26.22)	19:13.42 (1:26.74)	20:41.22 (1:27.81)	22:06.74 (1:25.52)
23:33.19 (1:26.45)	24:59.27 (1:26.09)	26:24.60 (1:25.33)	27:52.15 (1:27.55)	29:16.61 (1:24.47)	30:38.60 (1:21.99)	31:59.89 (1:21.29)	33:20.28 (1:20.40)

12	6	75	Karol GRABOWSKI	89-06-22	CKS Budowlani Częstochowa(SL)	34:37.15 PB
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1:22.57 (1:22.57)	2:43.03 (1:20.47)	4:03.45 (1:20.42)	5:24.43 (1:20.98)	6:45.96 (1:21.54)	8:07.40 (1:21.45)	9:29.82 (1:22.42)	10:52.83 (1:23.01)
12:16.29 (1:23.47)	13:39.62 (1:23.33)	15:02.18 (1:22.56)	16:24.63 (1:22.46)	17:49.69 (1:25.06)	19:14.25 (1:24.57)	20:41.31 (1:27.06)	22:07.11 (1:25.80)
23:33.50 (1:26.40)	24:58.75 (1:25.25)	26:24.37 (1:25.63)	27:51.78 (1:27.42)	29:17.23 (1:25.45)	30:39.63 (1:22.40)	32:01.07 (1:21.44)	33:22.62 (1:21.56)

13	13	37	Łukasz KLATKA	99-03-04	KRT Jelenia Góra(DS)	34:49.40
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1:18.04 (1:18.04)	2:38.25 (1:20.21)	3:57.80 (1:19.55)	5:18.56 (1:20.76)	6:40.07 (1:21.52)	8:00.28 (1:20.21)	9:23.99 (1:23.71)	10:47.95 (1:23.97)
12:11.72 (1:23.77)	13:35.31 (1:23.60)	14:59.85 (1:24.54)	16:24.73 (1:24.89)	17:49.39 (1:24.66)	19:14.28 (1:24.90)	20:40.93 (1:26.65)	22:06.46 (1:25.53)
23:32.93 (1:26.48)	24:59.24 (1:26.31)	26:24.30 (1:25.06)	27:51.48 (1:27.19)	29:17.01 (1:25.53)	30:39.52 (1:22.52)	32:05.92 (1:26.40)	33:30.64 (1:24.72)

10000 metrów mężczyzn

Rekord Świata(Open)	26:11.00	CHEPTEGEI Joshua	UGA	Valencia (ESP)	20-10-07
Rekord Europy(Open)	26:46.57	FARAH Mohammed	GBR	Eugene	11-06-03
Rekord Polski(Open)	27:53.61	KOWOL Jerzy	GÓRNIK Zabrze	Praga	78-08-29
Rekord Polski(U23)	28:30.4	MALINOWSKI Bronisław	OLIMPIA Grudziądz	Celje	73-08-04

Miejsce	Tor	Numer	Imię i nazwisko	Data ur.	Klub (woj)	Wynik																								
14	8	101	Kacper KUBIAK	00-06-01	MKST Astra Nowa Sól(LB)	34:53.57 PB U23																								
<table border="1"> <tr> <td>1:22.84 (1:22.84)</td> <td>2:43.23 (1:20.39)</td> <td>4:04.23 (1:21.01)</td> <td>5:27.05 (1:22.82)</td> <td>6:50.79 (1:23.75)</td> <td>8:16.42 (1:25.63)</td> <td>9:41.99 (1:25.57)</td> <td>11:06.41 (1:24.43)</td> </tr> <tr> <td>12:31.23 (1:24.83)</td> <td>13:56.66 (1:25.43)</td> <td>15:21.65 (1:24.99)</td> <td>16:46.28 (1:24.63)</td> <td>18:10.32 (1:24.05)</td> <td>19:34.19 (1:23.88)</td> <td>20:58.55 (1:24.37)</td> <td>22:24.13 (1:25.58)</td> </tr> <tr> <td>23:49.77 (1:25.65)</td> <td>25:13.78 (1:24.01)</td> <td>26:38.27 (1:24.49)</td> <td>28:02.99 (1:24.72)</td> <td>29:26.43 (1:23.45)</td> <td>30:49.82 (1:23.40)</td> <td>32:13.57 (1:23.75)</td> <td>33:37.93 (1:24.36)</td> </tr> </table>							1:22.84 (1:22.84)	2:43.23 (1:20.39)	4:04.23 (1:21.01)	5:27.05 (1:22.82)	6:50.79 (1:23.75)	8:16.42 (1:25.63)	9:41.99 (1:25.57)	11:06.41 (1:24.43)	12:31.23 (1:24.83)	13:56.66 (1:25.43)	15:21.65 (1:24.99)	16:46.28 (1:24.63)	18:10.32 (1:24.05)	19:34.19 (1:23.88)	20:58.55 (1:24.37)	22:24.13 (1:25.58)	23:49.77 (1:25.65)	25:13.78 (1:24.01)	26:38.27 (1:24.49)	28:02.99 (1:24.72)	29:26.43 (1:23.45)	30:49.82 (1:23.40)	32:13.57 (1:23.75)	33:37.93 (1:24.36)
1:22.84 (1:22.84)	2:43.23 (1:20.39)	4:04.23 (1:21.01)	5:27.05 (1:22.82)	6:50.79 (1:23.75)	8:16.42 (1:25.63)	9:41.99 (1:25.57)	11:06.41 (1:24.43)																							
12:31.23 (1:24.83)	13:56.66 (1:25.43)	15:21.65 (1:24.99)	16:46.28 (1:24.63)	18:10.32 (1:24.05)	19:34.19 (1:23.88)	20:58.55 (1:24.37)	22:24.13 (1:25.58)																							
23:49.77 (1:25.65)	25:13.78 (1:24.01)	26:38.27 (1:24.49)	28:02.99 (1:24.72)	29:26.43 (1:23.45)	30:49.82 (1:23.40)	32:13.57 (1:23.75)	33:37.93 (1:24.36)																							
15	4	44	Radosław MATEUSIAK	98-10-05	KS Prefbet-Sonarol(PD)	35:23.53																								
<table border="1"> <tr> <td>1:18.45 (1:18.45)</td> <td>2:39.45 (1:21.00)</td> <td>3:58.86 (1:19.41)</td> <td>5:19.59 (1:20.74)</td> <td>6:40.61 (1:21.02)</td> <td>8:01.19 (1:20.58)</td> <td>9:24.12 (1:22.93)</td> <td>10:48.27 (1:24.16)</td> </tr> <tr> <td>12:12.14 (1:23.87)</td> <td>13:50.80 (1:38.67)</td> <td>15:16.75 (1:25.95)</td> <td>16:43.79 (1:27.04)</td> <td>18:12.04 (1:28.26)</td> <td>19:40.31 (1:28.27)</td> <td>21:07.13 (1:26.82)</td> <td>22:32.94 (1:25.81)</td> </tr> <tr> <td>23:59.40 (1:26.46)</td> <td>25:27.33 (1:27.94)</td> <td>26:55.86 (1:28.54)</td> <td>28:23.29 (1:27.44)</td> <td>29:49.44 (1:26.15)</td> <td>31:16.89 (1:27.45)</td> <td>32:43.86 (1:26.97)</td> <td>34:05.78 (1:21.93)</td> </tr> </table>							1:18.45 (1:18.45)	2:39.45 (1:21.00)	3:58.86 (1:19.41)	5:19.59 (1:20.74)	6:40.61 (1:21.02)	8:01.19 (1:20.58)	9:24.12 (1:22.93)	10:48.27 (1:24.16)	12:12.14 (1:23.87)	13:50.80 (1:38.67)	15:16.75 (1:25.95)	16:43.79 (1:27.04)	18:12.04 (1:28.26)	19:40.31 (1:28.27)	21:07.13 (1:26.82)	22:32.94 (1:25.81)	23:59.40 (1:26.46)	25:27.33 (1:27.94)	26:55.86 (1:28.54)	28:23.29 (1:27.44)	29:49.44 (1:26.15)	31:16.89 (1:27.45)	32:43.86 (1:26.97)	34:05.78 (1:21.93)
1:18.45 (1:18.45)	2:39.45 (1:21.00)	3:58.86 (1:19.41)	5:19.59 (1:20.74)	6:40.61 (1:21.02)	8:01.19 (1:20.58)	9:24.12 (1:22.93)	10:48.27 (1:24.16)																							
12:12.14 (1:23.87)	13:50.80 (1:38.67)	15:16.75 (1:25.95)	16:43.79 (1:27.04)	18:12.04 (1:28.26)	19:40.31 (1:28.27)	21:07.13 (1:26.82)	22:32.94 (1:25.81)																							
23:59.40 (1:26.46)	25:27.33 (1:27.94)	26:55.86 (1:28.54)	28:23.29 (1:27.44)	29:49.44 (1:26.15)	31:16.89 (1:27.45)	32:43.86 (1:26.97)	34:05.78 (1:21.93)																							
	10	70	Arkadiusz KARDAS	89-03-20	TS AKS Chorzów(SL)	DNF																								
<table border="1"> <tr> <td>1:21.76 (1:21.76)</td> <td>2:42.59 (1:20.84)</td> <td>4:03.02 (1:20.44)</td> <td>5:24.39 (1:21.37)</td> <td>6:45.65 (1:21.27)</td> <td>8:07.10 (1:21.45)</td> <td>9:29.60 (1:22.50)</td> <td>10:55.42 (1:25.82)</td> </tr> <tr> <td>12:16.62 (1:21.20)</td> <td>13:40.25 (1:23.64)</td> <td>15:04.38 (1:24.13)</td> <td>16:30.29 (1:25.91)</td> <td>17:56.38 (1:26.10)</td> <td>19:25.08 (1:28.71)</td> <td>20:54.78 (1:29.70)*</td> <td></td> </tr> </table>							1:21.76 (1:21.76)	2:42.59 (1:20.84)	4:03.02 (1:20.44)	5:24.39 (1:21.37)	6:45.65 (1:21.27)	8:07.10 (1:21.45)	9:29.60 (1:22.50)	10:55.42 (1:25.82)	12:16.62 (1:21.20)	13:40.25 (1:23.64)	15:04.38 (1:24.13)	16:30.29 (1:25.91)	17:56.38 (1:26.10)	19:25.08 (1:28.71)	20:54.78 (1:29.70)*									
1:21.76 (1:21.76)	2:42.59 (1:20.84)	4:03.02 (1:20.44)	5:24.39 (1:21.37)	6:45.65 (1:21.27)	8:07.10 (1:21.45)	9:29.60 (1:22.50)	10:55.42 (1:25.82)																							
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Międzyczasy

1000m	38	Krzysztof TSCHIRCH	3:06.88	5000m	38	Krzysztof TSCHIRCH	15:34.24
2000m	38	Krzysztof TSCHIRCH	6:07.97	6000m	38	Krzysztof TSCHIRCH	18:50.03
3000m	38	Krzysztof TSCHIRCH	9:10.94	7000m	49	Kamil SZYMANIAK	22:00.12
4000m	38	Krzysztof TSCHIRCH	12:23.32	8000m	38	Krzysztof TSCHIRCH	25:12.05

Legenda:

PB -rekord życiowy

DNS -nie wystartował/-a w konkurencji