

## Wyniki konkurencji-międzyczasy

### 10000 metrów mężczyzn

Rekord Świata(Open)	<b>26:11.00</b>	CHEPTEGEI Joshua	UGA	Valencia (ESP)	20-10-07
Rekord Europy(Open)	<b>26:46.57</b>	FARAH Mohammed	GBR	Eugene (USA)	11-06-03
Rekord Europy(U23)	<b>27:24.09</b>	KAYA Ali	TUR	Mersin (TUR)	15-05-02
Rekord Polski(Open)	<b>27:53.61</b>	KOWOL Jerzy	Górnik Zabrze	Praga (CZE)	78-08-29
Rekord Polski(U23)	<b>28:30.4r</b>	MALINOWSKI Bronisław	Olimpia Grudziadz	Celje (SLO)	73-08-04

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

Start: 23-04-22 18:34:55

1	2	105	Mateusz GOS			02-06-07	RLTL Optima Radom(MZ)			29:17.80	PB U23(1)	25											
1:08.21 (1:08.21)	2:18.85 (1:10.65)	3:27.47 (1:08.62)	4:38.58 (1:11.12)	5:51.57 (1:12.99)	7:02.40 (1:10.83)	8:13.51 (1:11.11)	9:24.53 (1:11.03)	10:35.98 (1:11.45)	11:47.65 (1:11.68)	12:59.40 (1:11.76)	14:11.08 (1:11.68)	15:21.80 (1:10.73)	16:32.77 (1:10.97)	17:44.21 (1:11.45)	18:55.48 (1:11.27)	20:06.82 (1:11.35)	21:17.50 (1:10.68)	22:28.29 (1:10.79)	23:39.05 (1:10.76)	24:48.87 (1:09.83)	25:59.14 (1:10.27)	27:08.94 (1:09.81)	28:15.53 (1:06.59)
2	4	64	Mateusz KACZOR			97-03-03	RLTL Optima Radom(MZ)			29:38.38													
1:08.09 (1:08.09)	2:18.23 (1:10.14)	3:26.11 (1:07.89)	4:35.15 (1:09.04)	5:43.94 (1:08.80)	6:53.84 (1:09.90)	8:02.91 (1:09.07)	9:13.59 (1:10.68)	10:23.73 (1:10.15)	11:35.47 (1:11.74)	12:46.47 (1:11.01)	13:57.02 (1:10.55)	15:07.82 (1:10.81)	16:19.48 (1:11.66)	17:31.26 (1:11.79)	18:43.87 (1:12.62)	19:56.55 (1:12.68)	21:10.53 (1:13.99)	22:23.46 (1:12.93)	23:36.82 (1:13.36)	24:49.98 (1:13.17)	26:04.11 (1:14.14)	27:17.69 (1:13.58)	28:29.79 (1:12.11)
3	16	85	Sebastian NOWICKI			94-07-04	OKL Oborniki(WP)			30:00.12	PB												
1:08.74 (1:08.74)	2:19.42 (1:10.68)	3:27.84 (1:08.43)	4:38.39 (1:10.56)	5:51.30 (1:12.91)	7:02.19 (1:10.89)	8:13.83 (1:11.65)	9:24.19 (1:10.36)	10:36.39 (1:12.21)	11:47.27 (1:10.89)	12:59.75 (1:12.48)	14:11.94 (1:12.19)	15:24.69 (1:12.75)	16:37.70 (1:13.01)	17:51.48 (1:13.78)	19:04.74 (1:13.27)	20:18.20 (1:13.46)	21:32.33 (1:14.13)	22:45.46 (1:13.14)	23:58.44 (1:12.98)	25:12.63 (1:14.20)	26:26.91 (1:14.28)	27:40.89 (1:13.99)	28:53.47 (1:12.59)
4	20	59	Tomasz GRYCKO			92-09-16	UKS Bliza Władysławowo(PM)			30:05.84													
1:07.89 (1:07.89)	2:18.05 (1:10.16)	3:26.47 (1:08.42)	4:35.06 (1:08.60)	5:44.19 (1:09.13)	6:53.77 (1:09.58)	8:03.22 (1:09.46)	9:13.44 (1:10.23)	10:23.95 (1:10.52)	11:35.30 (1:11.35)	12:47.05 (1:11.76)	14:00.34 (1:13.29)	15:13.62 (1:13.29)	16:27.42 (1:13.81)	17:42.35 (1:14.93)	18:56.90 (1:14.56)	20:12.75 (1:15.85)	21:28.33 (1:15.59)	22:43.67 (1:15.34)	23:59.31 (1:15.64)	25:14.64 (1:15.33)	26:28.36 (1:13.72)	27:42.04 (1:13.69)	28:54.55 (1:12.51)
5	21	109	Adam KOŁODZIEJ			01-04-24	MUKS Wisła Junior Sandomierz(SK)			30:25.53	U23(2)	21											
1:08.68 (1:08.68)	2:19.30 (1:10.62)	3:28.51 (1:09.22)	4:38.90 (1:10.39)	5:51.75 (1:12.86)	7:02.99 (1:11.24)	8:14.79 (1:11.80)	9:25.68 (1:10.90)	10:36.90 (1:11.22)	11:49.01 (1:12.12)	13:01.74 (1:12.73)	14:14.44 (1:12.70)	15:27.30 (1:12.87)	16:40.45 (1:13.16)	17:54.55 (1:14.10)	19:09.78 (1:15.23)	20:25.52 (1:15.74)	21:41.16 (1:15.64)	22:56.64 (1:15.49)	24:11.18 (1:14.54)	25:26.40 (1:15.23)	26:42.10 (1:15.70)	27:57.10 (1:15.01)	29:12.13 (1:15.03)
6	17	73	Daniel KRYZEL			00-07-16	ULKS Talex Borzytuchom(PM)			30:38.42	PB L												
1:11.01 (1:11.01)	2:23.47 (1:12.47)	3:35.22 (1:11.75)	4:47.54 (1:12.33)	6:00.61 (1:13.07)	7:13.79 (1:13.19)	8:27.10 (1:13.32)	9:41.32 (1:14.22)	10:56.77 (1:15.46)	12:09.88 (1:13.11)	13:24.82 (1:14.95)	14:39.03 (1:14.21)	15:52.43 (1:13.41)	17:06.47 (1:14.05)	18:20.74 (1:14.27)	19:35.61 (1:14.87)	20:49.00 (1:13.39)	22:03.19 (1:14.20)	23:16.27 (1:13.09)	24:30.00 (1:13.73)	25:45.18 (1:15.18)	26:59.50 (1:14.32)	28:13.80 (1:14.31)	29:30.71 (1:16.91)
7	1	52	Szymon DOROŻYŃSKI			92-03-06	AZS KU Politechniki Opolskiej Opole(OP)			30:38.44													
1:09.58 (1:09.58)	2:20.32 (1:10.75)	3:29.48 (1:09.16)	4:39.73 (1:10.25)	5:52.73 (1:13.00)	7:03.88 (1:11.15)	8:15.51 (1:11.64)	9:27.11 (1:11.60)	10:40.24 (1:13.13)	11:52.50 (1:12.26)	13:05.36 (1:12.87)	14:19.56 (1:14.21)	15:33.93 (1:14.37)	16:49.85 (1:15.92)	18:06.78 (1:16.93)	19:23.90 (1:17.13)	20:40.11 (1:16.21)	21:56.80 (1:16.69)	23:13.96 (1:17.17)	24:33.25 (1:19.29)	25:49.89 (1:16.65)	27:05.00 (1:15.11)	28:20.22 (1:15.22)	29:34.57 (1:14.35)
8	12	99	Krzysztof ŻYGENDA			97-03-10	GKS Żukowo(PM)			30:41.30													
1:11.96 (1:11.96)	2:24.41 (1:12.45)	3:36.95 (1:12.54)	4:48.36 (1:11.41)	6:01.65 (1:13.30)	7:16.21 (1:14.56)	8:29.40 (1:13.20)	9:42.29 (1:12.90)	10:57.46 (1:15.17)	12:10.76 (1:13.31)	13:24.92 (1:14.16)	14:38.64 (1:13.72)	15:52.44 (1:13.81)	17:06.76 (1:14.32)	18:21.17 (1:14.41)	19:35.37 (1:14.21)	20:49.64 (1:14.28)	22:03.86 (1:14.22)	23:17.72 (1:13.87)	24:33.19 (1:15.48)	25:49.57 (1:16.38)	27:05.13 (1:15.56)	28:20.35 (1:15.23)	29:34.79 (1:14.45)
9	3	96	Michał WÓJCIK			99-10-01	KS AZS AWF Wrocław(DS)			30:47.87													
1:10.32 (1:10.32)	2:23.20 (1:12.89)	3:33.54 (1:10.35)	4:45.72 (1:12.18)	5:57.02 (1:11.31)	7:09.61 (1:12.60)	8:22.52 (1:12.91)	9:35.31 (1:12.79)	10:47.80 (1:12.50)	12:00.58 (1:12.78)	13:13.49 (1:12.92)	14:27.44 (1:13.95)	15:41.86 (1:14.42)	16:57.01 (1:15.15)	18:12.36 (1:15.36)	19:28.06 (1:15.70)	20:44.30 (1:16.25)	22:00.27 (1:15.97)	23:16.50 (1:16.23)	24:33.36 (1:16.87)	25:49.55 (1:16.20)	27:05.35 (1:15.81)	28:20.74 (1:15.39)	29:36.22 (1:15.49)

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Rekord Świata(Open)	<b>26:11.00</b>	CHEPTEGEI Joshua	UGA	Valencia (ESP)	20-10-07
Rekord Europy(Open)	<b>26:46.57</b>	FARAH Mohammed	GBR	Eugene (USA)	11-06-03
Rekord Europy(U23)	<b>27:24.09</b>	KAYA Ali	TUR	Mersin (TUR)	15-05-02
Rekord Polski(Open)	<b>27:53.61</b>	KOWOL Jerzy	Górnik Zabrze	Praga (CZE)	78-08-29
Rekord Polski(U23)	<b>28:30.4r</b>	MALINOWSKI Bronisław	Olimpia Grudziądz	Celje (SLO)	73-08-04

Miejsce	Tor	Numer	Imię i nazwisko	Data ur.	Klub (woj)	Wynik
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<b>10</b>	15	102	<b>Wiktor ANTOSZ</b>	02-10-19	Kraków Athletics Team(MA)	<b>30:53.62</b>	U23(3)	18																								
<table border="1"> <tr> <td>1:13.44 (1:13.44)</td> <td>2:26.12 (1:12.68)</td> <td>3:38.22 (1:12.10)</td> <td>4:51.55 (1:13.34)</td> <td>6:05.18 (1:13.63)</td> <td>7:18.36 (1:13.19)</td> <td>8:32.19 (1:13.84)</td> <td>9:47.19 (1:15.01)</td> </tr> <tr> <td>11:01.75 (1:14.56)</td> <td>12:16.41 (1:14.66)</td> <td>13:32.14 (1:15.73)</td> <td>14:47.54 (1:15.40)</td> <td>16:02.08 (1:14.55)</td> <td>17:17.16 (1:15.08)</td> <td>18:34.25 (1:17.10)</td> <td>19:49.17 (1:14.93)</td> </tr> <tr> <td>21:04.34 (1:15.17)</td> <td>22:20.14 (1:15.81)</td> <td>23:36.17 (1:16.03)</td> <td>24:50.23 (1:14.06)</td> <td>26:04.34 (1:14.12)</td> <td>27:17.96 (1:13.62)</td> <td>28:30.70 (1:12.75)</td> <td>29:44.97 (1:14.27)</td> </tr> </table>									1:13.44 (1:13.44)	2:26.12 (1:12.68)	3:38.22 (1:12.10)	4:51.55 (1:13.34)	6:05.18 (1:13.63)	7:18.36 (1:13.19)	8:32.19 (1:13.84)	9:47.19 (1:15.01)	11:01.75 (1:14.56)	12:16.41 (1:14.66)	13:32.14 (1:15.73)	14:47.54 (1:15.40)	16:02.08 (1:14.55)	17:17.16 (1:15.08)	18:34.25 (1:17.10)	19:49.17 (1:14.93)	21:04.34 (1:15.17)	22:20.14 (1:15.81)	23:36.17 (1:16.03)	24:50.23 (1:14.06)	26:04.34 (1:14.12)	27:17.96 (1:13.62)	28:30.70 (1:12.75)	29:44.97 (1:14.27)
1:13.44 (1:13.44)	2:26.12 (1:12.68)	3:38.22 (1:12.10)	4:51.55 (1:13.34)	6:05.18 (1:13.63)	7:18.36 (1:13.19)	8:32.19 (1:13.84)	9:47.19 (1:15.01)																									
11:01.75 (1:14.56)	12:16.41 (1:14.66)	13:32.14 (1:15.73)	14:47.54 (1:15.40)	16:02.08 (1:14.55)	17:17.16 (1:15.08)	18:34.25 (1:17.10)	19:49.17 (1:14.93)																									
21:04.34 (1:15.17)	22:20.14 (1:15.81)	23:36.17 (1:16.03)	24:50.23 (1:14.06)	26:04.34 (1:14.12)	27:17.96 (1:13.62)	28:30.70 (1:12.75)	29:44.97 (1:14.27)																									

<b>11</b>	23	77	<b>Wiktor MAĆKOWIAK</b>	99-12-09	OŚ AZS Poznań(WP)	<b>30:58.64</b>																										
<table border="1"> <tr> <td>1:09.90 (1:09.90)</td> <td>2:20.61 (1:10.71)</td> <td>3:30.03 (1:09.43)</td> <td>4:41.03 (1:11.00)</td> <td>5:53.41 (1:12.38)</td> <td>7:06.97 (1:13.56)</td> <td>8:23.07 (1:16.11)</td> <td>9:36.50 (1:13.43)</td> </tr> <tr> <td>10:51.67 (1:15.17)</td> <td>12:07.07 (1:15.40)</td> <td>13:22.49 (1:15.43)</td> <td>14:38.18 (1:15.69)</td> <td>15:52.88 (1:14.70)</td> <td>17:07.33 (1:14.45)</td> <td>18:21.82 (1:14.50)</td> <td>19:35.83 (1:14.01)</td> </tr> <tr> <td>20:49.22 (1:13.39)</td> <td>22:03.72 (1:14.51)</td> <td>23:19.90 (1:16.18)</td> <td>24:39.05 (1:19.16)</td> <td>25:57.72 (1:18.67)</td> <td>27:15.64 (1:17.92)</td> <td>28:32.04 (1:16.41)</td> <td>29:48.47 (1:16.43)</td> </tr> </table>									1:09.90 (1:09.90)	2:20.61 (1:10.71)	3:30.03 (1:09.43)	4:41.03 (1:11.00)	5:53.41 (1:12.38)	7:06.97 (1:13.56)	8:23.07 (1:16.11)	9:36.50 (1:13.43)	10:51.67 (1:15.17)	12:07.07 (1:15.40)	13:22.49 (1:15.43)	14:38.18 (1:15.69)	15:52.88 (1:14.70)	17:07.33 (1:14.45)	18:21.82 (1:14.50)	19:35.83 (1:14.01)	20:49.22 (1:13.39)	22:03.72 (1:14.51)	23:19.90 (1:16.18)	24:39.05 (1:19.16)	25:57.72 (1:18.67)	27:15.64 (1:17.92)	28:32.04 (1:16.41)	29:48.47 (1:16.43)
1:09.90 (1:09.90)	2:20.61 (1:10.71)	3:30.03 (1:09.43)	4:41.03 (1:11.00)	5:53.41 (1:12.38)	7:06.97 (1:13.56)	8:23.07 (1:16.11)	9:36.50 (1:13.43)																									
10:51.67 (1:15.17)	12:07.07 (1:15.40)	13:22.49 (1:15.43)	14:38.18 (1:15.69)	15:52.88 (1:14.70)	17:07.33 (1:14.45)	18:21.82 (1:14.50)	19:35.83 (1:14.01)																									
20:49.22 (1:13.39)	22:03.72 (1:14.51)	23:19.90 (1:16.18)	24:39.05 (1:19.16)	25:57.72 (1:18.67)	27:15.64 (1:17.92)	28:32.04 (1:16.41)	29:48.47 (1:16.43)																									

<b>12</b>	22	83	<b>Oliwier MUTWIL</b>	99-10-27	TL ROW Rybnik(SL)	<b>30:59.43</b>	PB																									
<table border="1"> <tr> <td>1:09.08 (1:09.08)</td> <td>2:19.67 (1:10.59)</td> <td>3:28.69 (1:09.02)</td> <td>4:39.01 (1:10.32)</td> <td>5:52.10 (1:13.10)</td> <td>7:03.21 (1:11.11)</td> <td>8:15.07 (1:11.87)</td> <td>9:27.85 (1:12.78)</td> </tr> <tr> <td>10:42.00 (1:14.15)</td> <td>11:57.51 (1:15.52)</td> <td>13:14.35 (1:16.85)</td> <td>14:28.23 (1:13.88)</td> <td>15:45.35 (1:17.12)</td> <td>17:01.99 (1:16.65)</td> <td>18:20.76 (1:18.77)</td> <td>19:36.03 (1:15.28)</td> </tr> <tr> <td>20:50.48 (1:14.45)</td> <td>22:08.47 (1:17.99)</td> <td>23:27.36 (1:18.89)</td> <td>24:47.53 (1:20.17)</td> <td>26:01.38 (1:13.86)</td> <td>27:20.44 (1:19.06)</td> <td>28:39.48 (1:19.04)</td> <td>29:55.27 (1:15.79)</td> </tr> </table>									1:09.08 (1:09.08)	2:19.67 (1:10.59)	3:28.69 (1:09.02)	4:39.01 (1:10.32)	5:52.10 (1:13.10)	7:03.21 (1:11.11)	8:15.07 (1:11.87)	9:27.85 (1:12.78)	10:42.00 (1:14.15)	11:57.51 (1:15.52)	13:14.35 (1:16.85)	14:28.23 (1:13.88)	15:45.35 (1:17.12)	17:01.99 (1:16.65)	18:20.76 (1:18.77)	19:36.03 (1:15.28)	20:50.48 (1:14.45)	22:08.47 (1:17.99)	23:27.36 (1:18.89)	24:47.53 (1:20.17)	26:01.38 (1:13.86)	27:20.44 (1:19.06)	28:39.48 (1:19.04)	29:55.27 (1:15.79)
1:09.08 (1:09.08)	2:19.67 (1:10.59)	3:28.69 (1:09.02)	4:39.01 (1:10.32)	5:52.10 (1:13.10)	7:03.21 (1:11.11)	8:15.07 (1:11.87)	9:27.85 (1:12.78)																									
10:42.00 (1:14.15)	11:57.51 (1:15.52)	13:14.35 (1:16.85)	14:28.23 (1:13.88)	15:45.35 (1:17.12)	17:01.99 (1:16.65)	18:20.76 (1:18.77)	19:36.03 (1:15.28)																									
20:50.48 (1:14.45)	22:08.47 (1:17.99)	23:27.36 (1:18.89)	24:47.53 (1:20.17)	26:01.38 (1:13.86)	27:20.44 (1:19.06)	28:39.48 (1:19.04)	29:55.27 (1:15.79)																									

<b>13</b>	8	55	<b>Rafał GONTARCZYK</b>	89-09-10	RLTL Optima Radom(MZ)	<b>31:27.73</b>	PB																									
<table border="1"> <tr> <td>1:13.04 (1:13.04)</td> <td>2:24.94 (1:11.91)</td> <td>3:37.01 (1:12.07)</td> <td>4:48.73 (1:11.73)</td> <td>6:01.72 (1:12.99)</td> <td>7:16.48 (1:14.76)</td> <td>8:29.94 (1:13.47)</td> <td>9:43.71 (1:13.77)</td> </tr> <tr> <td>10:58.26 (1:14.56)</td> <td>12:12.62 (1:14.36)</td> <td>13:28.90 (1:16.28)</td> <td>14:45.09 (1:16.19)</td> <td>16:01.30 (1:16.22)</td> <td>17:17.35 (1:16.05)</td> <td>18:34.44 (1:17.09)</td> <td>19:51.11 (1:16.67)</td> </tr> <tr> <td>21:09.06 (1:17.95)</td> <td>22:27.12 (1:18.07)</td> <td>23:46.12 (1:19.01)</td> <td>25:05.09 (1:18.97)</td> <td>26:23.94 (1:18.85)</td> <td>27:43.35 (1:19.41)</td> <td>30:18.96 (2:35.61)</td> <td>31:27.50 (1:08.55)</td> </tr> </table>									1:13.04 (1:13.04)	2:24.94 (1:11.91)	3:37.01 (1:12.07)	4:48.73 (1:11.73)	6:01.72 (1:12.99)	7:16.48 (1:14.76)	8:29.94 (1:13.47)	9:43.71 (1:13.77)	10:58.26 (1:14.56)	12:12.62 (1:14.36)	13:28.90 (1:16.28)	14:45.09 (1:16.19)	16:01.30 (1:16.22)	17:17.35 (1:16.05)	18:34.44 (1:17.09)	19:51.11 (1:16.67)	21:09.06 (1:17.95)	22:27.12 (1:18.07)	23:46.12 (1:19.01)	25:05.09 (1:18.97)	26:23.94 (1:18.85)	27:43.35 (1:19.41)	30:18.96 (2:35.61)	31:27.50 (1:08.55)
1:13.04 (1:13.04)	2:24.94 (1:11.91)	3:37.01 (1:12.07)	4:48.73 (1:11.73)	6:01.72 (1:12.99)	7:16.48 (1:14.76)	8:29.94 (1:13.47)	9:43.71 (1:13.77)																									
10:58.26 (1:14.56)	12:12.62 (1:14.36)	13:28.90 (1:16.28)	14:45.09 (1:16.19)	16:01.30 (1:16.22)	17:17.35 (1:16.05)	18:34.44 (1:17.09)	19:51.11 (1:16.67)																									
21:09.06 (1:17.95)	22:27.12 (1:18.07)	23:46.12 (1:19.01)	25:05.09 (1:18.97)	26:23.94 (1:18.85)	27:43.35 (1:19.41)	30:18.96 (2:35.61)	31:27.50 (1:08.55)																									

<b>14</b>	9	51	<b>Przemysław DĄBROWSKI</b>	89-02-25	KS Prefbet-Sonarol(PD)	<b>31:29.65</b>																										
<table border="1"> <tr> <td>1:10.37 (1:10.37)</td> <td>2:23.78 (1:13.41)</td> <td>3:36.15 (1:12.38)</td> <td>4:47.91 (1:11.77)</td> <td>6:01.15 (1:13.24)</td> <td>7:16.36 (1:15.22)</td> <td>8:32.18 (1:15.83)</td> <td>9:47.64 (1:15.46)</td> </tr> <tr> <td>11:02.66 (1:15.03)</td> <td>12:18.50 (1:15.84)</td> <td>13:35.66 (1:17.17)</td> <td>14:53.15 (1:17.49)</td> <td>16:11.26 (1:18.12)</td> <td>17:29.60 (1:18.34)</td> <td>18:47.51 (1:17.92)</td> <td>20:04.38 (1:16.87)</td> </tr> <tr> <td>21:21.00 (1:16.62)</td> <td>22:36.77 (1:15.77)</td> <td>23:54.67 (1:17.91)</td> <td>25:12.28 (1:17.61)</td> <td>26:29.85 (1:17.58)</td> <td>27:47.81 (1:17.96)</td> <td>29:03.49 (1:15.68)</td> <td>30:18.74 (1:15.26)</td> </tr> </table>									1:10.37 (1:10.37)	2:23.78 (1:13.41)	3:36.15 (1:12.38)	4:47.91 (1:11.77)	6:01.15 (1:13.24)	7:16.36 (1:15.22)	8:32.18 (1:15.83)	9:47.64 (1:15.46)	11:02.66 (1:15.03)	12:18.50 (1:15.84)	13:35.66 (1:17.17)	14:53.15 (1:17.49)	16:11.26 (1:18.12)	17:29.60 (1:18.34)	18:47.51 (1:17.92)	20:04.38 (1:16.87)	21:21.00 (1:16.62)	22:36.77 (1:15.77)	23:54.67 (1:17.91)	25:12.28 (1:17.61)	26:29.85 (1:17.58)	27:47.81 (1:17.96)	29:03.49 (1:15.68)	30:18.74 (1:15.26)
1:10.37 (1:10.37)	2:23.78 (1:13.41)	3:36.15 (1:12.38)	4:47.91 (1:11.77)	6:01.15 (1:13.24)	7:16.36 (1:15.22)	8:32.18 (1:15.83)	9:47.64 (1:15.46)																									
11:02.66 (1:15.03)	12:18.50 (1:15.84)	13:35.66 (1:17.17)	14:53.15 (1:17.49)	16:11.26 (1:18.12)	17:29.60 (1:18.34)	18:47.51 (1:17.92)	20:04.38 (1:16.87)																									
21:21.00 (1:16.62)	22:36.77 (1:15.77)	23:54.67 (1:17.91)	25:12.28 (1:17.61)	26:29.85 (1:17.58)	27:47.81 (1:17.96)	29:03.49 (1:15.68)	30:18.74 (1:15.26)																									

<b>15</b>	18	78	<b>Konrad MAJZIŃSKI</b>	97-03-09	WMLKS Pomorze Stargard(ZP)	<b>32:03.89</b>																										
<table border="1"> <tr> <td>1:12.42 (1:12.42)</td> <td>2:26.43 (1:14.01)</td> <td>3:40.58 (1:14.16)</td> <td>4:55.56 (1:14.98)</td> <td>6:12.35 (1:16.80)</td> <td>7:26.97 (1:14.62)</td> <td>8:42.55 (1:15.59)</td> <td>9:59.12 (1:16.57)</td> </tr> <tr> <td>11:16.34 (1:17.23)</td> <td>12:33.35 (1:17.01)</td> <td>13:50.26 (1:16.91)</td> <td>15:08.16 (1:17.90)</td> <td>16:24.08 (1:15.93)</td> <td>17:40.79 (1:16.72)</td> <td>18:59.91 (1:19.12)</td> <td>20:17.23 (1:17.32)</td> </tr> <tr> <td>21:36.25 (1:19.03)</td> <td>22:54.39 (1:18.14)</td> <td>24:13.52 (1:19.14)</td> <td>25:31.17 (1:17.65)</td> <td>26:49.56 (1:18.39)</td> <td>28:09.43 (1:19.88)</td> <td>29:29.56 (1:20.13)</td> <td>30:48.91 (1:19.36)</td> </tr> </table>									1:12.42 (1:12.42)	2:26.43 (1:14.01)	3:40.58 (1:14.16)	4:55.56 (1:14.98)	6:12.35 (1:16.80)	7:26.97 (1:14.62)	8:42.55 (1:15.59)	9:59.12 (1:16.57)	11:16.34 (1:17.23)	12:33.35 (1:17.01)	13:50.26 (1:16.91)	15:08.16 (1:17.90)	16:24.08 (1:15.93)	17:40.79 (1:16.72)	18:59.91 (1:19.12)	20:17.23 (1:17.32)	21:36.25 (1:19.03)	22:54.39 (1:18.14)	24:13.52 (1:19.14)	25:31.17 (1:17.65)	26:49.56 (1:18.39)	28:09.43 (1:19.88)	29:29.56 (1:20.13)	30:48.91 (1:19.36)
1:12.42 (1:12.42)	2:26.43 (1:14.01)	3:40.58 (1:14.16)	4:55.56 (1:14.98)	6:12.35 (1:16.80)	7:26.97 (1:14.62)	8:42.55 (1:15.59)	9:59.12 (1:16.57)																									
11:16.34 (1:17.23)	12:33.35 (1:17.01)	13:50.26 (1:16.91)	15:08.16 (1:17.90)	16:24.08 (1:15.93)	17:40.79 (1:16.72)	18:59.91 (1:19.12)	20:17.23 (1:17.32)																									
21:36.25 (1:19.03)	22:54.39 (1:18.14)	24:13.52 (1:19.14)	25:31.17 (1:17.65)	26:49.56 (1:18.39)	28:09.43 (1:19.88)	29:29.56 (1:20.13)	30:48.91 (1:19.36)																									

<b>16</b>	10	100	<b>Kacper ADAMCZAK</b>	03-01-25	KS AZS AWF Wrocław(DS)	<b>32:14.97</b>	U23(5)	14																								
<table border="1"> <tr> <td>1:11.74 (1:11.74)</td> <td>2:26.29 (1:14.56)</td> <td>3:40.25 (1:13.96)</td> <td>4:55.85 (1:15.60)</td> <td>6:12.02 (1:16.18)</td> <td>7:26.91 (1:14.90)</td> <td>8:41.63 (1:14.72)</td> <td>9:55.41 (1:13.79)</td> </tr> <tr> <td>11:10.79 (1:15.39)</td> <td>12:27.39 (1:16.60)</td> <td>13:43.53 (1:16.15)</td> <td>15:00.69 (1:17.17)</td> <td>16:18.77 (1:18.08)</td> <td>17:36.33 (1:17.57)</td> <td>18:54.07 (1:17.74)</td> <td>20:14.17 (1:20.11)</td> </tr> <tr> <td>21:34.13 (1:19.96)</td> <td>22:55.00 (1:20.87)</td> <td>24:16.56 (1:21.56)</td> <td>25:37.50 (1:20.95)</td> <td>26:58.95 (1:21.45)</td> <td>28:20.71 (1:21.76)</td> <td>29:43.31 (1:22.60)</td> <td>31:00.46 (1:17.16)</td> </tr> </table>									1:11.74 (1:11.74)	2:26.29 (1:14.56)	3:40.25 (1:13.96)	4:55.85 (1:15.60)	6:12.02 (1:16.18)	7:26.91 (1:14.90)	8:41.63 (1:14.72)	9:55.41 (1:13.79)	11:10.79 (1:15.39)	12:27.39 (1:16.60)	13:43.53 (1:16.15)	15:00.69 (1:17.17)	16:18.77 (1:18.08)	17:36.33 (1:17.57)	18:54.07 (1:17.74)	20:14.17 (1:20.11)	21:34.13 (1:19.96)	22:55.00 (1:20.87)	24:16.56 (1:21.56)	25:37.50 (1:20.95)	26:58.95 (1:21.45)	28:20.71 (1:21.76)	29:43.31 (1:22.60)	31:00.46 (1:17.16)
1:11.74 (1:11.74)	2:26.29 (1:14.56)	3:40.25 (1:13.96)	4:55.85 (1:15.60)	6:12.02 (1:16.18)	7:26.91 (1:14.90)	8:41.63 (1:14.72)	9:55.41 (1:13.79)																									
11:10.79 (1:15.39)	12:27.39 (1:16.60)	13:43.53 (1:16.15)	15:00.69 (1:17.17)	16:18.77 (1:18.08)	17:36.33 (1:17.57)	18:54.07 (1:17.74)	20:14.17 (1:20.11)																									
21:34.13 (1:19.96)	22:55.00 (1:20.87)	24:16.56 (1:21.56)	25:37.50 (1:20.95)	26:58.95 (1:21.45)	28:20.71 (1:21.76)	29:43.31 (1:22.60)	31:00.46 (1:17.16)																									

<b>17</b>	13	113	<b>Daniel MARSZK</b>	02-02-15	GKS Cartusia Kartuzy(PM)	<b>32:30.91</b>	U23(6)	12																								
<table border="1"> <tr> <td>1:10.51 (1:10.51)</td> <td>2:23.32 (1:12.81)</td> <td>3:33.82 (1:10.50)</td> <td>4:46.17 (1:12.36)</td> <td>5:58.58 (1:12.41)</td> <td>7:13.75 (1:15.18)</td> <td>8:27.44 (1:13.70)</td> <td>9:41.11 (1:13.68)</td> </tr> <tr> <td>10:57.22 (1:16.11)</td> <td>12:13.24 (1:16.03)</td> <td>13:30.57 (1:17.33)</td> <td>14:47.70 (1:17.14)</td> <td>16:02.80 (1:15.10)</td> <td>17:22.15 (1:19.35)</td> <td>18:40.66 (1:18.52)</td> <td>20:00.14 (1:19.48)</td> </tr> <tr> <td>21:21.81 (1:21.68)</td> <td>22:44.21 (1:22.40)</td> <td>24:07.05 (1:22.85)</td> <td>25:31.62 (1:24.57)</td> <td>26:53.19 (1:21.58)</td> <td>28:16.31 (1:23.12)</td> <td>29:39.84 (1:23.54)</td> <td>31:06.04 (1:26.20)</td> </tr> </table>									1:10.51 (1:10.51)	2:23.32 (1:12.81)	3:33.82 (1:10.50)	4:46.17 (1:12.36)	5:58.58 (1:12.41)	7:13.75 (1:15.18)	8:27.44 (1:13.70)	9:41.11 (1:13.68)	10:57.22 (1:16.11)	12:13.24 (1:16.03)	13:30.57 (1:17.33)	14:47.70 (1:17.14)	16:02.80 (1:15.10)	17:22.15 (1:19.35)	18:40.66 (1:18.52)	20:00.14 (1:19.48)	21:21.81 (1:21.68)	22:44.21 (1:22.40)	24:07.05 (1:22.85)	25:31.62 (1:24.57)	26:53.19 (1:21.58)	28:16.31 (1:23.12)	29:39.84 (1:23.54)	31:06.04 (1:26.20)
1:10.51 (1:10.51)	2:23.32 (1:12.81)	3:33.82 (1:10.50)	4:46.17 (1:12.36)	5:58.58 (1:12.41)	7:13.75 (1:15.18)	8:27.44 (1:13.70)	9:41.11 (1:13.68)																									
10:57.22 (1:16.11)	12:13.24 (1:16.03)	13:30.57 (1:17.33)	14:47.70 (1:17.14)	16:02.80 (1:15.10)	17:22.15 (1:19.35)	18:40.66 (1:18.52)	20:00.14 (1:19.48)																									
21:21.81 (1:21.68)	22:44.21 (1:22.40)	24:07.05 (1:22.85)	25:31.62 (1:24.57)	26:53.19 (1:21.58)	28:16.31 (1:23.12)	29:39.84 (1:23.54)	31:06.04 (1:26.20)																									

<b>6</b>	87		<b>Artur OLEJARZ</b>	88-09-19	MKL Szczecin(ZP)	<b>DNS</b>											
<table border="1"> <tr> <td colspan="9">18:34:55.54</td> </tr> </table>									18:34:55.54								
18:34:55.54																	

<b>14</b>	92		<b>Rafał SUŁKOWSKI</b>	99-08-26	Kraków Athletics Team(MA)	<b>DNF</b>																										
<table border="1"> <tr> <td>1:13.28 (1:13.28)</td> <td>2:25.93 (1:12.66)</td> <td>3:37.87 (1:11.94)</td> <td>4:51.04 (1:13.18)</td> <td>6:04.78 (1:13.75)</td> <td>7:18.01 (1:13.24)</td> <td>8:31.89 (1:13.88)</td> <td>9:46.83 (1:14.95)</td> </tr> <tr> <td>11:01.38 (1:14.56)</td> <td>12:16.09 (1:14.71)</td> <td>13:31.85 (1:15.76)</td> <td>14:47.13 (1:15.29)</td> <td>16:01.73 (1:14.60)</td> <td>17:16.91 (1:15.19)</td> <td>18:33.76 (1:16.85)</td> <td>19:49.38 (1:15.63)</td> </tr> <tr> <td>21:04.59 (1:15.22)</td> <td>22:20.28 (1:15.69)*</td> <td colspan="6"></td> </tr> </table>									1:13.28 (1:13.28)	2:25.93 (1:12.66)	3:37.87 (1:11.94)	4:51.04 (1:13.18)	6:04.78 (1:13.75)	7:18.01 (1:13.24)	8:31.89 (1:13.88)	9:46.83 (1:14.95)	11:01.38 (1:14.56)	12:16.09 (1:14.71)	13:31.85 (1:15.76)	14:47.13 (1:15.29)	16:01.73 (1:14.60)	17:16.91 (1:15.19)	18:33.76 (1:16.85)	19:49.38 (1:15.63)	21:04.59 (1:15.22)	22:20.28 (1:15.69)*						
1:13.28 (1:13.28)	2:25.93 (1:12.66)	3:37.87 (1:11.94)	4:51.04 (1:13.18)	6:04.78 (1:13.75)	7:18.01 (1:13.24)	8:31.89 (1:13.88)	9:46.83 (1:14.95)																									
11:01.38 (1:14.56)	12:16.09 (1:14.71)	13:31.85 (1:15.76)	14:47.13 (1:15.29)	16:01.73 (1:14.60)	17:16.91 (1:15.19)	18:33.76 (1:16.85)	19:49.38 (1:15.63)																									
21:04.59 (1:15.22)	22:20.28 (1:15.69)*																															

<b>25</b>	79		<b>Patryk MARMON</b>	97-02-22	KS AZS AWF Kraków(MA)	<b>DNF</b>																		
<table border="1"> <tr> <td>1:13.84 (1:13.84)</td> <td>2:27.05 (1:13.22)</td> <td>3:41.21 (1:14.16)</td> <td>4:56.46 (1:15.26)</td> <td>6:12.80 (1:16.35)</td> <td>7:27.11 (1:14.31)</td> <td>8:42.86 (1:15.76)</td> <td>9:59.65 (1:16.80)</td> </tr> <tr> <td>11:20.06 (1:20.41)</td> <td>12:45.37 (1:25.32)</td> <td>14:09.55 (1:24.18)</td> <td>15:35.20 (1:25.66)</td> <td>17:02.43 (1:27.23)</td> <td>18:30.92 (1:28.49)*</td> <td colspan="2"></td> </tr> </table>									1:13.84 (1:13.84)	2:27.05 (1:13.22)	3:41.21 (1:14.16)	4:56.46 (1:15.26)	6:12.80 (1:16.35)	7:27.11 (1:14.31)	8:42.86 (1:15.76)	9:59.65 (1:16.80)	11:20.06 (1:20.41)	12:45.37 (1:25.32)	14:09.55 (1:24.18)	15:35.20 (1:25.66)	17:02.43 (1:27.23)	18:30.92 (1:28.49)*		
1:13.84 (1:13.84)	2:27.05 (1:13.22)	3:41.21 (1:14.16)	4:56.46 (1:15.26)	6:12.80 (1:16.35)	7:27.11 (1:14.31)	8:42.86 (1:15.76)	9:59.65 (1:16.80)																	
11:20.06 (1:20.41)	12:45.37 (1:25.32)	14:09.55 (1:24.18)	15:35.20 (1:25.66)	17:02.43 (1:27.23)	18:30.92 (1:28.49)*																			



Ministerstwo  
Sportu i Turystyki



# 10000 metrów mężczyzn

Rekord Świata(Open)	<b>26:11.00</b>	CHEPTEGEI Joshua	UGA	Valencia (ESP)	20-10-07
Rekord Europy(Open)	<b>26:46.57</b>	FARAH Mohammed	GBR	Eugene (USA)	11-06-03
Rekord Europy(U23)	<b>27:24.09</b>	KAYA Ali	TUR	Mersin (TUR)	15-05-02
Rekord Polski(Open)	<b>27:53.61</b>	KOWOL Jerzy	Górnik Zabrze	Praga (CZE)	78-08-29
Rekord Polski(U23)	<b>28:30.4r</b>	MALINOWSKI Bronisław	Olimpia Grudziądz	Celje (SLO)	73-08-04

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

24 117 **Konrad POGORZELSKI** 03-03-06 Adam Draczyński Running Team Nowa Sól(LB) **DNF** U23

1:07.57 (1:07.57)	2:18.47 (1:10.90)	3:27.16 (1:08.69)	4:38.24 (1:11.09)	5:50.84 (1:12.61)	7:02.59 (1:11.75)	8:14.45 (1:11.86)	9:27.45 (1:13.00)
10:41.58 (1:14.14)	11:56.06 (1:14.48)	13:11.08 (1:15.02)*					

11 48 **Dawid BOROWSKI** 99-07-21 KS Stal LA Ostrów Wlkp.(WP) **DNF**

1:12.15 (1:12.15)	2:24.72 (1:12.57)	3:36.60 (1:11.89)	4:48.20 (1:11.61)	6:01.33 (1:13.13)	7:16.29 (1:14.96)	8:30.00 (1:13.72)	9:44.54 (1:14.54)
10:58.77 (1:14.24)	12:13.01 (1:14.24)*						

5 62 **Bartosz JARCZOK** 99-02-26 KS AZS AWF Katowice(SL) **DNF**

1:10.81 (1:10.81)	2:22.93 (1:12.12)	3:33.42 (1:10.50)	4:46.02 (1:12.61)	5:57.28 (1:11.26)	7:09.92 (1:12.64)	8:22.85 (1:12.93)	9:35.30 (1:12.46)
10:48.09 (1:12.79)	12:00.91 (1:12.83)	13:13.90 (1:12.99)	14:27.94 (1:14.05)	15:42.59 (1:14.65)	16:58.21 (1:15.62)	18:14.69 (1:16.48)	19:31.71 (1:17.03)
20:49.47 (1:17.76)	23:16.86 (2:27.39)*						

7 58 **Michał GROBERSKI** 00-06-10 UKS Barnim Goleniów(ZP) **DNF**

1:09.32 (1:09.32)	2:19.83 (1:10.52)	3:28.91 (1:09.08)	4:39.20 (1:10.29)	5:52.38 (1:13.19)	7:03.52 (1:11.14)	8:15.20 (1:11.69)	9:27.64 (1:12.45)
10:39.91 (1:12.27)	11:52.11 (1:12.20)	13:05.47 (1:13.37)	14:19.18 (1:13.72)	15:31.87 (1:12.70)	16:45.67 (1:13.80)	18:00.16 (1:14.49)	19:16.64 (1:16.49)
20:32.78 (1:16.14)	21:51.43 (1:18.65)	23:07.24 (1:15.82)*					

19 61 **Szymon GUMKOWSKI** 99-07-28 GKS Żukowo(PM) **DNF**

1:12.74 (1:12.74)	2:26.71 (1:13.97)	3:40.90 (1:14.20)	4:56.19 (1:15.29)	6:12.49 (1:16.30)	7:27.28 (1:14.80)	8:42.37 (1:15.09)	9:58.93 (1:16.57)
11:16.76 (1:17.83)	12:33.10 (1:16.34)	13:50.50 (1:17.41)	15:07.83 (1:17.33)	16:24.33 (1:16.51)	17:40.67 (1:16.34)	18:59.58 (1:18.92)	20:17.47 (1:17.90)
21:35.94 (1:18.47)	22:54.30 (1:18.36)	24:13.31 (1:19.02)	25:31.38 (1:18.07)	26:49.28 (1:17.90)	28:09.57 (1:20.29)	29:27.41 (1:17.85)*	18:34:55.54

## Międzyczasy

1000m 64 Mateusz KACZOR	<b>2:52.0</b>	5000m 64 Mateusz KACZOR	<b>14:32.1</b>
2000m 64 Mateusz KACZOR	<b>5:43.94</b>	6000m 64 Mateusz KACZOR	<b>17:31.26</b>
3000m 59 Tomasz GRYCKO	<b>8:37.8</b>	7000m 64 Mateusz KACZOR	<b>20:33.4</b>
4000m 59 Tomasz GRYCKO	<b>11:35.30</b>	8000m 64 Mateusz KACZOR	<b>23:36.82</b>

## Bieg 2/3

Start: 23-04-22 16:39:25

1 9 84 **Mateusz NIEMCZYK** 92-09-30 KS Prefbet-Sonarol(PD) **31:26.18**

1:16.45 (1:16.45)	2:27.90 (1:11.45)	3:38.46 (1:10.57)	4:50.84 (1:12.38)	6:03.60 (1:12.77)	7:19.58 (1:15.98)	8:33.36 (1:13.78)	9:46.55 (1:13.20)
11:00.54 (1:13.99)	12:14.87 (1:14.34)	13:29.53 (1:14.66)	14:44.97 (1:15.44)	15:59.96 (1:14.99)	17:16.03 (1:16.07)	18:33.47 (1:17.44)	19:50.13 (1:16.67)
21:08.38 (1:18.26)	22:26.21 (1:17.83)	23:44.97 (1:18.76)	25:04.31 (1:19.35)	26:21.87 (1:17.56)	27:38.63 (1:16.76)	28:55.70 (1:17.08)	30:12.77 (1:17.08)

2 21 47 **Patryk BŁASZCZYK** 96-10-22 LKS Jantar Ustka(PM) **31:32.38**

1:13.65 (1:13.65)	2:27.89 (1:14.25)	3:38.16 (1:10.27)	4:49.57 (1:11.42)	6:02.09 (1:12.52)	7:14.69 (1:12.60)	8:26.16 (1:11.47)	9:38.79 (1:12.64)
10:52.14 (1:13.35)	12:06.91 (1:14.78)	13:22.68 (1:15.77)	14:37.99 (1:15.32)	15:54.87 (1:16.88)	17:12.91 (1:18.04)	18:32.07 (1:19.17)	19:51.55 (1:19.48)
21:12.23 (1:20.68)	22:31.84 (1:19.62)	23:52.12 (1:20.28)	25:11.53 (1:19.41)	26:29.05 (1:17.53)	27:47.48 (1:18.44)	29:05.75 (1:18.27)	30:22.53 (1:16.78)

3 6 104 **Mikołaj CZECHOWICZ** 03-12-04 PLKS Gwda Piła(WP) **31:51.36** U23(4) 16

1:17.34 (1:17.34)	2:29.60 (1:12.26)	3:41.99 (1:12.40)	4:55.09 (1:13.10)	6:10.08 (1:15.00)	7:25.83 (1:15.76)	8:41.55 (1:15.72)	9:56.78 (1:15.24)
11:12.77 (1:16.00)	12:30.68 (1:17.92)	13:46.86 (1:16.18)	15:04.09 (1:17.24)	16:22.46 (1:18.37)	17:39.72 (1:17.27)	18:58.35 (1:18.64)	20:16.01 (1:17.66)
21:34.68 (1:18.68)	22:53.70 (1:19.02)	24:12.62 (1:18.93)	25:30.44 (1:17.82)	26:47.60 (1:17.17)	28:06.79 (1:19.19)	29:24.77 (1:17.98)	30:41.81 (1:17.04)

4 2 56 **Jakub GORZELAŃCZYK** 91-01-23 MKS Siechnice(DS) **31:54.20**

1:16.15 (1:16.15)	2:28.41 (1:12.27)	3:38.94 (1:10.53)	4:50.59 (1:11.65)	6:03.48 (1:12.90)	7:19.24 (1:15.77)	8:34.25 (1:15.01)	9:50.53 (1:16.29)
11:07.71 (1:17.18)	12:27.04 (1:19.33)	13:45.40 (1:18.37)	15:04.37 (1:18.97)	16:21.85 (1:17.49)	17:39.48 (1:17.64)	18:58.35 (1:18.87)	20:15.72 (1:17.38)
21:34.45 (1:18.73)	22:53.62 (1:19.17)	24:12.35 (1:18.74)	25:30.16 (1:17.81)	26:47.38 (1:17.22)	28:06.46 (1:19.09)	29:24.50 (1:18.04)	30:41.59 (1:17.10)

Strona 3 z 7

Druk: 23-04-22 19:18:02

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

OLKUSZ 2023

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



Ministerstwo Sportu i Turystyki



# 10000 metrów mężczyzn

Rekord Świata(Open)	<b>26:11.00</b>	CHEPTEGEI Joshua	UGA	Valencia (ESP)	20-10-07
Rekord Europy(Open)	<b>26:46.57</b>	FARAH Mohammed	GBR	Eugene (USA)	11-06-03
Rekord Europy(U23)	<b>27:24.09</b>	KAYA Ali	TUR	Mersin (TUR)	15-05-02
Rekord Polski(Open)	<b>27:53.61</b>	KOWOL Jerzy	Górnik Zabrze	Praga (CZE)	78-08-29
Rekord Polski(U23)	<b>28:30.4r</b>	MALINOWSKI Bronisław	Olimpia Grudziądz	Celje (SLO)	73-08-04

Miejsce	Tor	Numer	Imię i nazwisko	Data ur.	Klub (woj)	Wynik
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<b>5</b>	12	53	<b>Rafał FORMICKI</b>	95-06-26	CKS Budowlani Częstochowa(SL)	<b>31:55.29</b>
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1:16.41 (1:16.41)	2:28.92 (1:12.51)	3:41.20 (1:12.29)	4:53.99 (1:12.79)	6:08.00 (1:14.02)	7:23.78 (1:15.78)	8:39.22 (1:15.44)	9:54.71 (1:15.50)
11:12.05 (1:17.35)	12:30.89 (1:18.84)	13:47.11 (1:16.23)	15:03.13 (1:16.02)	16:19.93 (1:16.81)	17:36.31 (1:16.38)	18:54.02 (1:17.72)	20:11.22 (1:17.21)
21:29.80 (1:18.58)	22:49.37 (1:19.58)	24:08.64 (1:19.27)	25:28.26 (1:19.63)	26:47.47 (1:19.22)	28:06.72 (1:19.25)	29:25.09 (1:18.37)	30:41.76 (1:16.68)

<b>6</b>	3	75	<b>Łukasz LUDKIEWICZ</b>	96-06-17	UKS Start Ruszów(DS)	<b>32:14.87</b>
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1:17.15 (1:17.15)	2:29.23 (1:12.09)	3:41.61 (1:12.38)	4:54.85 (1:13.25)	6:09.70 (1:14.85)	7:25.60 (1:15.91)	8:41.06 (1:15.46)	9:56.40 (1:15.35)
11:12.53 (1:16.14)	12:30.33 (1:17.80)	13:46.62 (1:16.29)	15:03.76 (1:17.15)	16:22.24 (1:18.49)	17:41.83 (1:19.59)	19:02.09 (1:20.26)	20:22.63 (1:20.54)
21:43.74 (1:21.12)	23:05.22 (1:21.48)	24:25.37 (1:20.15)	25:44.37 (1:19.01)	27:05.09 (1:20.72)	28:25.14 (1:20.06)	29:43.63 (1:18.50)	31:02.14 (1:18.51)

<b>7</b>	22	91	<b>Mateusz SEMPER</b>	99-01-19	MKS-MOS Płomień Sosnowiec(SL)	<b>32:15.13</b>	PB
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1:13.09 (1:13.09)	2:28.21 (1:15.13)	3:41.55 (1:13.34)	4:56.47 (1:14.92)	6:13.40 (1:16.94)	7:29.99 (1:16.59)	8:46.62 (1:16.64)	10:01.91 (1:15.29)
11:17.89 (1:15.98)	12:32.54 (1:14.66)	13:47.41 (1:14.87)	15:02.85 (1:15.45)	16:19.31 (1:16.47)	17:35.81 (1:16.50)	18:53.83 (1:18.02)	20:12.99 (1:19.17)
21:33.89 (1:20.91)	22:53.97 (1:20.08)	24:12.74 (1:18.78)	25:30.75 (1:18.01)	26:50.06 (1:19.32)	28:13.02 (1:22.96)	29:36.74 (1:23.73)	30:59.95 (1:23.22)

<b>8</b>	11	106	<b>Dawid JANTA</b>	03-11-22	ULKS Talex Borzytuchom(PM)	<b>32:48.22</b>	U23(7)	10
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1:18.01 (1:18.01)	2:33.25 (1:15.25)	3:50.80 (1:17.55)	5:09.26 (1:18.47)	6:27.13 (1:17.87)	7:43.04 (1:15.92)	8:58.91 (1:15.87)	10:16.34 (1:17.43)
11:36.05 (1:19.72)	12:54.09 (1:18.04)	14:13.33 (1:19.24)	15:33.84 (1:20.52)	16:55.84 (1:22.00)	18:17.31 (1:21.48)	19:37.37 (1:20.07)	20:55.77 (1:18.40)
22:15.00 (1:19.23)	23:34.76 (1:19.76)	24:54.63 (1:19.88)	26:15.36 (1:20.74)	27:34.56 (1:19.20)	28:55.03 (1:20.47)	30:15.25 (1:20.23)	31:36.43 (1:21.18)

<b>9</b>	17	120	<b>Mikołaj WIECZOREK</b>	01-03-15	KS AZS AWF Wrocław(DS)	<b>33:25.96</b>	U23(8)	8
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1:17.10 (1:17.10)	2:32.94 (1:15.85)	3:50.63 (1:17.69)	5:09.04 (1:18.41)	6:26.81 (1:17.77)	7:42.83 (1:16.02)	8:58.46 (1:15.64)	10:15.91 (1:17.46)
11:35.71 (1:19.80)	12:53.74 (1:18.04)	14:13.07 (1:19.33)	15:33.53 (1:20.46)	16:55.18 (1:21.65)	18:17.01 (1:21.83)	19:37.71 (1:20.71)	20:56.13 (1:18.42)
22:15.16 (1:19.03)	23:34.99 (1:19.83)	24:57.67 (1:22.69)	26:25.86 (1:28.20)	27:51.28 (1:25.42)	29:14.82 (1:23.54)	30:38.47 (1:23.65)	32:03.36 (1:24.90)

<b>10</b>	13	82	<b>Adam MARYSIAK</b>	88-01-06	MKST Astra Nowa Sól(LB)	<b>33:26.48</b>
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1:17.41 (1:17.41)	2:33.34 (1:15.93)	3:50.93 (1:17.59)	5:09.33 (1:18.41)	6:27.18 (1:17.85)	7:43.35 (1:16.18)	8:59.19 (1:15.85)	10:16.68 (1:17.50)
11:36.65 (1:19.97)	12:56.30 (1:19.66)	14:18.67 (1:22.37)	15:38.02 (1:19.36)	16:57.25 (1:19.23)	18:17.82 (1:20.57)	19:38.72 (1:20.91)	21:02.22 (1:23.51)
22:27.33 (1:25.12)	23:52.84 (1:25.52)	25:18.17 (1:25.33)	26:43.31 (1:25.15)	28:07.06 (1:23.75)	29:27.54 (1:20.48)	30:49.90 (1:22.36)	32:12.70 (1:22.81)

<b>11</b>	14	50	<b>Marcin CIEPŁAK</b>	91-01-30	TL ROW Rybnik(SL)	<b>33:55.00</b>
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1:17.65 (1:17.65)	2:32.29 (1:14.64)	3:50.19 (1:17.91)	5:08.80 (1:18.61)	6:25.92 (1:17.12)	7:41.02 (1:15.11)	8:57.05 (1:16.03)	10:15.29 (1:18.25)
11:34.99 (1:19.70)	12:53.70 (1:18.72)	14:12.84 (1:19.14)	15:33.12 (1:20.29)	16:55.31 (1:22.19)	18:17.43 (1:22.13)	19:39.42 (1:22.00)	21:04.82 (1:25.40)
22:33.57 (1:28.75)	24:00.10 (1:26.53)	25:25.51 (1:25.41)	26:52.80 (1:27.30)	28:17.73 (1:24.93)	29:44.12 (1:26.39)	31:07.51 (1:23.40)	32:34.04 (1:26.53)

<b>12</b>	1	116	<b>Kosma NOWAK</b>	03-07-08	KS Czempion Warszawa(MZ)	<b>34:18.16</b>	U23(11)
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1:18.31 (1:18.31)	2:40.15 (1:21.85)	4:00.23 (1:20.08)	5:22.63 (1:22.40)	6:44.08 (1:21.45)	8:04.92 (1:20.85)	9:25.63 (1:20.71)	10:47.94 (1:22.32)
12:11.42 (1:23.48)	13:33.58 (1:22.17)	14:57.00 (1:23.42)	16:19.89 (1:22.90)	17:41.38 (1:21.50)	19:03.86 (1:22.49)	20:26.06 (1:22.20)	21:51.09 (1:25.04)
23:15.42 (1:24.33)	24:39.78 (1:24.37)	26:04.64 (1:24.87)	27:28.60 (1:23.96)	28:52.13 (1:23.54)	30:14.74 (1:22.61)	31:38.03 (1:23.29)	33:00.16 (1:22.14)

<b>13</b>	20	118	<b>Kajetan PRZESTRZELSKI</b>	01-03-08	KS AZS AWF Wrocław(DS)	<b>34:42.55</b>	U23(12)
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1:20.45 (1:20.45)	2:39.59 (1:19.15)	3:57.55 (1:17.97)	5:16.38 (1:18.83)	6:37.65 (1:21.28)	7:58.38 (1:20.74)	9:18.98 (1:20.60)	10:39.41 (1:20.43)
12:01.79 (1:22.39)	13:24.87 (1:23.08)	14:50.39 (1:25.53)	16:15.70 (1:25.31)	17:40.10 (1:24.40)	19:04.10 (1:24.01)	20:30.28 (1:26.18)	21:57.16 (1:26.89)
23:24.04 (1:26.88)	24:49.71 (1:25.68)	26:14.37 (1:24.66)	27:36.50 (1:22.14)	29:01.72 (1:25.23)	30:29.23 (1:27.51)	31:56.41 (1:27.18)	33:18.47 (1:22.07)

<b>14</b>	18	68	<b>Łukasz KLATKA</b>	99-03-04	KS AZS AWF Wrocław(DS)	<b>34:49.13</b>
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1:20.05 (1:20.05)	2:39.35 (1:19.30)	3:57.05 (1:17.70)	5:15.93 (1:18.88)	6:37.37 (1:21.45)	7:57.98 (1:20.62)	9:18.61 (1:20.63)	10:39.65 (1:21.04)
12:02.23 (1:22.59)	13:24.74 (1:22.52)	14:49.99 (1:25.25)	16:15.53 (1:25.54)	17:40.33 (1:24.80)	19:05.03 (1:24.70)	20:30.03 (1:25.01)	21:56.85 (1:26.82)
23:24.43 (1:27.58)	24:50.39 (1:25.97)	26:17.64 (1:27.26)	27:45.53 (1:27.89)	29:13.92 (1:28.40)	30:39.98 (1:26.06)	32:06.70 (1:26.73)	33:31.31 (1:24.61)

<b>10</b>	103	<b>Piotr BRUDŁO</b>	02-07-06	WMLKS Pomorze Stargard(ZP)	<b>DNF</b>	U23
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1:18.53 (1:18.53)	2:33.63 (1:15.10)	3:51.32 (1:17.70)	5:09.76 (1:18.44)	6:27.60 (1:17.85)	7:43.86 (1:16.26)	8:59.44 (1:15.58)	10:17.10 (1:17.66)
11:37.09 (1:20.00)	12:56.88 (1:19.79)	14:19.11 (1:22.24)	15:42.84 (1:23.73)	17:07.62 (1:24.78)*			



Ministerstwo  
Sportu i Turystyki



# 10000 metrów mężczyzn

Rekord Świata(Open)	<b>26:11.00</b>	CHEPTEGEI Joshua	UGA	Valencia (ESP)	20-10-07
Rekord Europy(Open)	<b>26:46.57</b>	FARAH Mohammed	GBR	Eugene (USA)	11-06-03
Rekord Europy(U23)	<b>27:24.09</b>	KAYA Ali	TUR	Mersin (TUR)	15-05-02
Rekord Polski(Open)	<b>27:53.61</b>	KOWOL Jerzy	Górnik Zabrze	Praga (CZE)	78-08-29
Rekord Polski(U23)	<b>28:30.4r</b>	MALINOWSKI Bronisław	Olimpia Grudziądz	Celje (SLO)	73-08-04

Miejsce	Tor	Numer	Imię i nazwisko	Data ur.	Klub (woj)	Wynik
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8	60	<b>Mateusz GRZANKA</b>	86-07-02	LKS Kłos Olkusz(MA)	<b>DNF</b>	
1:19.36 (1:19.36) 2:33.95 (1:14.59) 3:49.57 (1:15.63) 5:03.93 (1:14.37) 6:20.13 (1:16.20) 7:37.07 (1:16.94) 8:56.39 (1:19.33) 10:15.76 (1:19.37) 11:35.44 (1:19.69) 13:16.25 (1:40.82)*						

4	93	<b>Damian ŚWIERDZEWSKI</b>	93-06-27	KS Prefbet-Sonarol(PD)	<b>DNF</b>	
1:16.80 (1:16.80) 2:28.86 (1:12.07) 3:41.08 (1:12.23) 4:53.82 (1:12.74) 6:07.66 (1:13.84) 7:23.42 (1:15.77) 8:38.97 (1:15.55) 9:54.55 (1:15.59) 11:11.78 (1:17.24) 12:31.00 (1:19.22) 13:50.19 (1:19.20) 15:10.06 (1:19.88) 16:29.96 (1:19.90) 17:50.38 (1:20.42) 19:12.49 (1:22.11) 20:34.68 (1:22.19) 21:56.03 (1:21.35)*						

7	95	<b>Michał WENDLAND</b>	89-03-24	MKS Siechnice(DS)	<b>DNF</b>	
1:16.48 (1:16.48) 2:28.69 (1:12.21) 3:40.82 (1:12.14) 4:53.44 (1:12.62) 6:07.47 (1:14.03) 7:22.31 (1:14.84) 8:38.42 (1:16.11) 9:57.42 (1:19.01) 11:25.05 (1:27.63)*						

15	49	<b>Paweł BUCZEK</b>	92-03-26	SPLA Tychy(SL)	<b>DNF</b>	
1:20.85 (1:20.85) 2:38.01 (1:17.17) 3:53.24 (1:15.23) 5:09.89 (1:16.66) 6:26.14 (1:16.26) 7:42.14 (1:16.00) 8:58.08 (1:15.95) 10:16.37 (1:18.29) 11:36.17 (1:19.80) 12:56.07 (1:19.91) 14:19.13 (1:23.06)*						

19	66	<b>Arkadiusz KARDAS</b>	89-03-20	TS AKS Chorzów(SL)	<b>DNF</b>	
1:19.37 (1:19.37) 2:38.59 (1:19.22) 3:56.76 (1:18.17) 5:16.03 (1:19.28) 6:36.99 (1:20.97) 7:57.69 (1:20.71) 9:18.32 (1:20.63) 10:40.27 (1:21.96) 12:02.82 (1:22.55) 13:26.05 (1:23.23) 14:50.32 (1:24.28) 16:16.20 (1:25.88) 17:41.80 (1:25.61) 19:09.17 (1:27.37) 20:35.70 (1:26.53) 22:06.34 (1:30.65)*						

5	114	<b>Filip MICHALSKI</b>	01-02-28	LKS Vectra Włocławek(KP)	<b>DNF</b>	U23
1:17.46 (1:17.46) 2:33.50 (1:16.04) 3:50.97 (1:17.48) 5:09.66 (1:18.69) 6:27.44 (1:17.78) 7:50.17 (1:22.74) 9:16.27 (1:26.10) 10:45.48 (1:29.21) 12:18.52 (1:33.05) 13:51.83 (1:33.32) 15:25.48 (1:33.65) 17:00.69 (1:35.22)*						

16	81	<b>Arkadiusz MARUSZEWSKI</b>	98-08-29	KS AZS AWF Wrocław(DS)	<b>DNF</b>	
1:17.03 (1:17.03) 2:32.58 (1:15.55) 3:50.03 (1:17.45) 5:08.53 (1:18.50) 6:26.66 (1:18.14) 7:42.64 (1:15.99) 8:58.43 (1:15.79) 10:15.74 (1:17.31) 11:34.83 (1:19.10) 12:53.28 (1:18.45) 14:12.37 (1:19.09) 15:32.98 (1:20.61)*						

Międzyczasy						
1000m	47	Patryk BŁASZCZYK	<b>3:02.7</b>	5000m	47	Patryk BŁASZCZYK <b>15:15.9</b>
2000m	47	Patryk BŁASZCZYK	<b>6:02.09</b>	6000m	47	Patryk BŁASZCZYK <b>18:32.07</b>
3000m	47	Patryk BŁASZCZYK	<b>9:01.3</b>	7000m	84	Mateusz NIEMCZYK <b>21:48.0</b>
4000m	47	Patryk BŁASZCZYK	<b>12:06.91</b>	8000m/9000m	84	Mateusz NIEMCZYK <b>25:04.31/28:16.1</b>

**Bieg 3/3** Start: 23-04-22 14:59:08

1	21	86	<b>Paweł OCHAL</b>	81-07-17	KS Prefbet-Sonarol(PD)	<b>32:36.21</b>
1:18.13 (1:18.13) 2:36.14 (1:18.02) 3:52.19 (1:16.06) 5:06.68 (1:14.49) 6:24.30 (1:17.63) 7:43.14 (1:18.84) 9:01.89 (1:18.76) 10:19.72 (1:17.83) 11:37.03 (1:17.32) 12:56.11 (1:19.08) 14:15.16 (1:19.06) 15:35.09 (1:19.93) 16:55.09 (1:20.01) 18:14.91 (1:19.82) 19:32.30 (1:17.39) 20:52.14 (1:19.84) 22:10.35 (1:18.22) 23:28.90 (1:18.56) 24:48.15 (1:19.25) 26:07.53 (1:19.38) 27:27.27 (1:19.74) 28:45.81 (1:18.55) 30:04.35 (1:18.54) 31:22.83 (1:18.49)						

2	14	97	<b>Tomasz WÓJCIK</b>	84-01-26	Stowarzyszenie Sportowe Aktywna Pszczyna(	<b>32:53.60</b>	PB
1:16.90 (1:16.90) 2:35.52 (1:18.62) 3:51.83 (1:16.32) 5:06.59 (1:14.76) 6:23.93 (1:17.34) 7:42.77 (1:18.85) 9:01.57 (1:18.80) 10:18.45 (1:16.89) 11:36.74 (1:18.30) 12:55.68 (1:18.94) 14:15.00 (1:19.32) 15:34.84 (1:19.84) 16:55.05 (1:20.22) 18:14.75 (1:19.70) 19:32.58 (1:17.84) 20:51.81 (1:19.23) 22:11.12 (1:19.32) 23:33.33 (1:22.21) 24:55.36 (1:22.04) 26:17.73 (1:22.37) 27:40.22 (1:22.50) 29:02.93 (1:22.71) 30:23.56 (1:20.64) 31:42.53 (1:18.97)							

Strona 5 z 7

Druk: 23-04-22 19:18:03

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

OLKUSZ 2023

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



Ministerstwo  
Sportu i Turystyki





# 10000 metrów mężczyzn

Rekord Świata(Open)	<b>26:11.00</b>	CHEPTEGEI Joshua	UGA	Valencia (ESP)	20-10-07
Rekord Europy(Open)	<b>26:46.57</b>	FARAH Mohammed	GBR	Eugene (USA)	11-06-03
Rekord Europy(U23)	<b>27:24.09</b>	KAYA Ali	TUR	Mersin (TUR)	15-05-02
Rekord Polski(Open)	<b>27:53.61</b>	KOWOL Jerzy	Górnik Zabrze	Praga (CZE)	78-08-29
Rekord Polski(U23)	<b>28:30.4r</b>	MALINOWSKI Bronisław	Olimpia Grudziądz	Celje (SLO)	73-08-04

Miejsce	Tor	Numer	Imię i nazwisko	Data ur.	Klub (woj)	Wynik
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<b>3</b>	18	71	<b>Marcin KONIECZNY</b>	72-10-15	GUKS Asy Dywity(WN)	<b>33:12.04</b>	
1:16.60 (1:16.60)	2:34.20 (1:17.60)	3:49.43 (1:15.24)	5:05.98 (1:16.55)	6:23.58 (1:17.60)	7:42.59 (1:19.01)	9:01.27 (1:18.69)	10:19.22 (1:17.95)
11:36.39 (1:17.18)	12:55.58 (1:19.19)	14:14.76 (1:19.19)	15:34.75 (1:19.99)	16:54.64 (1:19.90)	18:14.60 (1:19.96)	19:34.20 (1:19.60)	20:55.39 (1:21.20)
22:17.92 (1:22.53)	23:41.10 (1:23.18)	25:03.33 (1:22.23)	26:25.53 (1:22.21)	27:47.41 (1:21.88)	29:09.11 (1:21.70)	30:30.48 (1:21.37)	31:51.44 (1:20.97)

<b>4</b>	2	94	<b>Jakub WAWRZYKOWSKI</b>	97-12-21	MKST Astra Nowa Sól(LB)	<b>33:17.34</b>	PB
1:18.70 (1:18.70)	2:37.62 (1:18.93)	3:55.16 (1:17.55)	5:13.76 (1:18.60)	6:31.05 (1:17.29)	7:49.76 (1:18.71)	9:07.95 (1:18.19)	10:27.37 (1:19.43)
11:47.45 (1:20.09)	13:07.01 (1:19.56)	14:27.20 (1:20.20)	15:48.06 (1:20.86)	17:09.37 (1:21.32)	18:30.11 (1:20.74)	19:51.46 (1:21.36)	21:12.42 (1:20.97)
22:32.70 (1:20.28)	23:54.44 (1:21.75)	25:15.88 (1:21.44)	26:38.48 (1:22.61)	28:00.02 (1:21.54)	29:22.26 (1:22.25)	30:42.66 (1:20.40)	32:04.40 (1:21.75)

<b>5</b>	17	70	<b>Daniel KOKOT</b>	92-05-28	KS Rajsport Sieradz Active Team(LD)	<b>33:22.14</b>	
1:17.28 (1:17.28)	2:33.81 (1:16.54)	3:49.20 (1:15.39)	5:05.69 (1:16.49)	6:23.21 (1:17.53)	7:42.37 (1:19.16)	9:01.14 (1:18.78)	10:19.65 (1:18.51)
11:40.18 (1:20.54)	13:01.26 (1:21.08)	14:22.52 (1:21.27)	15:43.64 (1:21.12)	17:04.06 (1:20.43)	18:23.65 (1:19.60)	19:46.13 (1:22.48)	21:09.39 (1:23.26)
22:32.33 (1:22.95)	23:54.19 (1:21.87)	25:15.68 (1:21.49)	26:38.11 (1:22.44)	27:59.75 (1:21.64)	29:22.05 (1:22.31)	30:42.76 (1:20.71)	32:07.01 (1:24.25)

<b>6</b>	19	115	<b>Jakub MOLCZYK</b>	02-03-27	MLUKS Tarnów(MA)	<b>33:42.39</b>	PB U23(9)
1:18.44 (1:18.44)	2:37.84 (1:19.41)	3:55.42 (1:17.58)	5:13.69 (1:18.27)	6:30.70 (1:17.02)	7:49.50 (1:18.80)	9:07.53 (1:18.03)	10:27.04 (1:19.52)
11:47.84 (1:20.81)	13:07.39 (1:19.56)	14:27.54 (1:20.15)	15:48.36 (1:20.83)	17:09.52 (1:21.17)	18:30.39 (1:20.87)	19:51.94 (1:21.56)	21:12.79 (1:20.85)
22:33.39 (1:20.61)	23:55.91 (1:22.52)	25:19.17 (1:23.27)	26:41.86 (1:22.69)	28:05.69 (1:23.84)	29:30.27 (1:24.59)	30:54.93 (1:24.66)	32:20.71 (1:25.79)

<b>7</b>	15	88	<b>Piotr PAŁKA</b>	84-01-20	CKS Budowlani Częstochowa(SL)	<b>33:45.36</b>	
1:18.20 (1:18.20)	2:37.43 (1:19.23)	3:54.89 (1:17.46)	5:13.50 (1:18.61)	6:30.38 (1:16.89)	7:49.34 (1:18.96)	9:07.44 (1:18.11)	10:26.90 (1:19.47)
11:46.72 (1:19.82)	13:06.40 (1:19.68)	14:26.45 (1:20.06)	15:47.28 (1:20.83)	17:08.69 (1:21.42)	18:32.18 (1:23.50)	19:56.62 (1:24.44)	21:21.65 (1:25.03)
22:46.60 (1:24.96)	24:12.14 (1:25.54)	25:37.69 (1:25.56)	27:01.91 (1:24.22)	28:27.28 (1:25.37)	29:52.06 (1:24.78)	31:15.79 (1:23.74)	32:32.69 (1:16.90)

<b>8</b>	7	112	<b>Krzysztof LIS</b>	02-08-02	AZS KU Politechniki Opolskiej Opole(OP)	<b>34:08.73</b>	U23(10)
1:16.30 (1:16.30)	2:35.12 (1:18.83)	3:54.03 (1:18.91)	5:14.15 (1:20.13)	6:34.15 (1:20.00)	7:56.51 (1:22.36)	9:19.09 (1:22.58)	10:41.89 (1:22.81)
12:06.28 (1:24.39)	13:30.05 (1:23.77)	14:55.10 (1:25.06)	16:19.69 (1:24.59)	17:43.55 (1:23.86)	19:07.76 (1:24.22)	20:31.69 (1:23.94)	21:55.03 (1:23.34)
23:19.72 (1:24.69)	24:44.08 (1:24.37)	26:08.87 (1:24.79)	27:32.97 (1:24.10)	28:56.83 (1:23.87)	30:19.93 (1:23.10)	31:40.95 (1:21.03)	32:59.46 (1:18.52)

<b>9</b>	12	72	<b>Jarosław KOŹDOŃ</b>	84-08-13	TL ROW Rybnik(SL)	<b>34:46.23</b>	
1:20.58 (1:20.58)	2:39.53 (1:18.96)	3:59.34 (1:19.81)	5:20.26 (1:20.93)	6:41.13 (1:20.87)	8:03.75 (1:22.62)	9:26.31 (1:22.57)	10:48.66 (1:22.35)
12:12.20 (1:23.55)	13:35.21 (1:23.02)	14:59.91 (1:24.70)	16:25.19 (1:25.29)	17:49.16 (1:23.97)	19:13.98 (1:24.83)	20:38.81 (1:24.83)	22:04.78 (1:25.98)
23:29.72 (1:24.94)	24:55.40 (1:25.68)	26:22.55 (1:27.16)	27:49.13 (1:26.59)	29:14.95 (1:25.82)	30:41.14 (1:26.19)	32:05.45 (1:24.31)	33:28.52 (1:23.08)

<b>10</b>	1	46	<b>Kamil BARON</b>	97-05-15	LKS Victoria Olesno(OP)	<b>34:56.60</b>	L
1:17.84 (1:17.84)	2:36.86 (1:19.03)	3:54.64 (1:17.78)	5:13.86 (1:19.23)	6:31.83 (1:17.97)	7:50.80 (1:18.98)	9:09.53 (1:18.73)	10:29.82 (1:20.30)
11:51.25 (1:21.43)	13:14.63 (1:23.39)	14:39.23 (1:24.61)	16:03.23 (1:24.00)	17:28.59 (1:25.36)	18:53.01 (1:24.43)	20:19.14 (1:26.14)	21:47.45 (1:28.31)
23:14.90 (1:27.45)	24:42.00 (1:27.11)	26:09.60 (1:27.60)	27:40.74 (1:31.15)	29:12.56 (1:31.82)	30:45.98 (1:33.42)	32:12.68 (1:26.71)	33:40.28 (1:27.60)

<b>11</b>	9	67	<b>Radosław KASPRZAK</b>	91-04-27	TL ROW Rybnik(SL)	<b>34:57.06</b>	
1:21.97 (1:21.97)	2:45.15 (1:23.19)	4:08.41 (1:23.26)	5:32.16 (1:23.76)	6:56.11 (1:23.96)	8:19.70 (1:23.59)	9:43.15 (1:23.46)	11:06.49 (1:23.34)
12:30.91 (1:24.43)	13:54.92 (1:24.02)	15:19.88 (1:24.96)	16:44.56 (1:24.69)	18:07.90 (1:23.34)	19:32.65 (1:24.76)	20:57.34 (1:24.70)	22:21.76 (1:24.42)
23:47.43 (1:25.68)	25:12.75 (1:25.33)	26:37.70 (1:24.95)	28:02.71 (1:25.01)	29:28.13 (1:25.42)	30:53.27 (1:25.15)	32:18.04 (1:24.77)	33:42.12 (1:24.08)

<b>12</b>	5	110	<b>Krystian KUNA</b>	02-04-30	AZS UMCS Lublin(LU)	<b>35:27.70</b>	U23(13)
1:17.53 (1:17.53)	2:36.54 (1:19.02)	3:54.35 (1:17.81)	5:13.52 (1:19.18)	6:31.56 (1:18.04)	7:50.58 (1:19.03)	9:09.31 (1:18.74)	10:29.56 (1:20.25)
11:51.10 (1:21.55)	13:14.44 (1:23.34)	14:39.63 (1:25.20)	16:04.96 (1:25.33)	17:35.13 (1:30.18)	19:03.67 (1:28.55)	20:32.61 (1:28.94)	22:02.56 (1:29.96)
23:34.74 (1:32.19)	25:07.75 (1:33.01)	26:40.37 (1:32.63)	28:12.59 (1:32.22)	29:41.60 (1:29.02)	31:10.40 (1:28.80)	32:37.43 (1:27.04)	34:03.70 (1:26.27)

<b>13</b>	11	69	<b>Dominik KLIMEK</b>	95-10-19	CKS Budowlani Częstochowa(SL)	<b>35:37.79</b>	
1:20.02 (1:20.02)	2:39.28 (1:19.26)	3:59.01 (1:19.73)	5:19.85 (1:20.84)	6:40.79 (1:20.95)	8:03.35 (1:22.57)	9:27.06 (1:23.72)	10:50.85 (1:23.79)
12:15.33 (1:24.49)	13:39.88 (1:24.55)	15:06.34 (1:26.47)	16:32.33 (1:26.00)	17:58.09 (1:25.77)	19:24.48 (1:26.39)	20:50.01 (1:25.53)	22:16.39 (1:26.39)
23:44.62 (1:28.23)	25:15.75 (1:31.14)	26:50.65 (1:34.90)	28:18.99 (1:28.35)	29:47.28 (1:28.29)	31:18.23 (1:30.95)	32:52.22 (1:33.99)	34:18.93 (1:26.72)



Ministerstwo  
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# 10000 metrów mężczyzn

Rekord Świata(Open)	<b>26:11.00</b>	CHEPTEGEI Joshua	UGA	Valencia (ESP)	20-10-07
Rekord Europy(Open)	<b>26:46.57</b>	FARAH Mohammed	GBR	Eugene (USA)	11-06-03
Rekord Europy(U23)	<b>27:24.09</b>	KAYA Ali	TUR	Mersin (TUR)	15-05-02
Rekord Polski(Open)	<b>27:53.61</b>	KOWOL Jerzy	Górnik Zabrze	Praga (CZE)	78-08-29
Rekord Polski(U23)	<b>28:30.4r</b>	MALINOWSKI Bronisław	Olimpia Grudziądz	Celje (SLO)	73-08-04

Miejsce	Tor	Numer	Imię i nazwisko	Data ur.	Klub (woj)	Wynik
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<b>14</b>	10	98	<b>Adam ZIMNICKI</b>	00-11-12	Kraków Athletics Team(MA)	<b>35:41.86</b>	
1:22.41 (1:22.41)	2:45.50 (1:23.10)	4:08.84 (1:23.34)	5:31.53 (1:22.69)	6:54.53 (1:23.01)	8:19.34 (1:24.81)	9:43.50 (1:24.16)	11:06.98 (1:23.49)
12:31.09 (1:24.11)	13:55.21 (1:24.12)	15:19.23 (1:24.02)	16:43.89 (1:24.67)	18:08.17 (1:24.29)	19:33.27 (1:25.10)	20:57.49 (1:24.23)	22:22.92 (1:25.43)
23:50.09 (1:27.17)	25:17.88 (1:27.79)	26:45.17 (1:27.30)	28:14.03 (1:28.87)	29:44.65 (1:30.62)	31:15.12 (1:30.47)	32:46.07 (1:30.96)	34:16.35 (1:30.28)

<b>15</b>	20	111	<b>Konrad LEWINSKI</b>	01-09-17	MKL Toruń(KP)	<b>35:47.42</b>	U23(14)
1:18.98 (1:18.98)	2:38.48 (1:19.50)	3:55.68 (1:17.21)	5:14.41 (1:18.74)	6:32.12 (1:17.71)	7:51.17 (1:19.05)	9:09.83 (1:18.67)	10:30.94 (1:21.11)
11:54.94 (1:24.01)	13:21.15 (1:26.21)	14:49.24 (1:28.10)	16:19.01 (1:29.77)	17:49.24 (1:30.24)	19:20.94 (1:31.70)	20:51.22 (1:30.29)	22:21.57 (1:30.35)
23:51.86 (1:30.30)	25:22.16 (1:30.30)	26:51.86 (1:29.71)	28:21.98 (1:30.12)	29:53.49 (1:31.52)	31:23.91 (1:30.43)	32:54.19 (1:30.28)	34:23.75 (1:29.56)

<b>16</b>	3	107	<b>Mateusz JASICA</b>	01-10-20	UKS Kusy Bukowno(MA)	<b>37:40.38</b>	U23(15)
1:20.87 (1:20.87)	2:42.46 (1:21.59)	4:05.58 (1:23.13)	5:28.66 (1:23.08)	6:51.89 (1:23.24)	8:14.90 (1:23.02)	9:39.74 (1:24.84)	11:04.66 (1:24.92)
12:29.95 (1:25.29)	13:55.40 (1:25.46)	15:20.28 (1:24.88)	16:44.96 (1:24.69)	18:12.78 (1:27.82)	19:49.06 (1:36.28)	21:30.25 (1:41.20)	23:16.37 (1:46.12)
25:00.88 (1:44.52)	26:43.32 (1:42.44)	28:25.26 (1:41.95)	30:07.62 (1:42.36)	31:43.09 (1:35.47)	33:15.08 (1:32.00)	34:43.45 (1:28.37)	36:14.05 (1:30.60)

<b>17</b>	13	74	<b>Kacper KUBIAK</b>	00-06-01	MKST Astra Nowa Sól(LB)	<b>37:51.71</b>	
1:21.92 (1:21.92)	2:44.05 (1:22.13)	4:06.95 (1:22.90)	5:30.17 (1:23.23)	6:54.19 (1:24.03)	8:19.68 (1:25.49)	9:44.29 (1:24.61)	11:15.12 (1:30.83)
12:47.96 (1:32.85)	14:21.26 (1:33.31)	15:53.50 (1:32.24)	17:26.58 (1:33.09)	18:59.80 (1:33.22)	20:34.40 (1:34.61)	22:08.80 (1:34.40)	23:45.74 (1:36.94)
25:21.08 (1:35.35)	26:57.31 (1:36.23)	28:32.99 (1:35.68)	30:06.53 (1:33.55)	31:43.40 (1:36.88)	33:16.63 (1:33.23)	34:53.73 (1:37.11)	36:26.69 (1:32.96)

<b>18</b>	4	65	<b>Kamil KALEMBKA</b>	00-08-21	KS Olkusz(MA)	<b>38:20.14</b>	
1:21.13 (1:21.13)	2:43.24 (1:22.11)	4:05.80 (1:22.57)	5:28.22 (1:22.43)	6:52.14 (1:23.92)	8:16.23 (1:24.09)	9:42.47 (1:26.24)	11:10.06 (1:27.60)
12:41.67 (1:31.61)	14:13.00 (1:31.34)	15:48.32 (1:35.32)	17:21.82 (1:33.50)	18:57.89 (1:36.07)	20:36.42 (1:38.54)	22:15.08 (1:38.66)	23:57.06 (1:41.99)
25:32.03 (1:34.97)	27:11.11 (1:39.08)	28:49.26 (1:38.16)	30:25.79 (1:36.53)	32:03.52 (1:37.74)	33:40.92 (1:37.40)	35:17.76 (1:36.84)	36:50.18 (1:32.42)

<b>16</b>	57		<b>Karol GRABOWSKI</b>	89-06-22	CKS Budowlani Częstochowa(SL)	<b>DNS</b>	
1:18.58 (1:18.58)	2:37.13 (1:18.55)	3:55.21 (1:18.08)	5:12.94 (1:17.74)	6:30.04 (1:17.11)	7:49.15 (1:19.11)	9:07.08 (1:17.93)	10:26.57 (1:19.50)
11:47.34 (1:20.77)	13:06.61 (1:19.28)	14:26.88 (1:20.27)	15:47.59 (1:20.72)	17:09.14 (1:21.55)	18:29.73 (1:20.60)	19:51.21 (1:21.49)	21:13.89 (1:22.68)
22:37.59 (1:23.70)	24:04.34 (1:26.75)"						

<b>8</b>	108		<b>Jakub KIJAK</b>	02-02-23	AZS KU Politechniki Opolskiej Opole(OP)	<b>DNF</b>	U23
1:15.90 (1:15.90)	2:34.77 (1:18.88)	3:52.35 (1:17.59)	5:10.15 (1:17.80)	6:28.02 (1:17.87)	7:48.01 (1:19.99)	9:07.74 (1:19.74)	10:26.52 (1:18.78)
11:46.55 (1:20.04)	13:06.14 (1:19.59)	14:27.13 (1:20.99)	15:48.04 (1:20.91)	17:08.43 (1:20.40)	18:29.77 (1:21.34)	19:51.34 (1:21.58)	23:35.38 (3:44.04)
25:03.26 (1:27.88)	26:32.21 (1:28.96)	27:59.95 (1:27.74)	29:24.67 (1:24.72)	30:48.27 (1:23.61)	32:10.85 (1:22.59)	33:33.39 (1:22.55)	34:53.16 (1:19.77)

<b>6</b>	101		<b>Adrian ANDRUSZKIEWICZ</b>	02-04-03	WMLKS Pomorze Stargard(ZP)	<b>DNF</b>	U23
1:17.23 (1:17.23)	2:35.85 (1:18.63)	3:52.43 (1:16.58)	5:08.66 (1:16.23)	6:24.49 (1:15.83)	7:43.47 (1:18.99)	9:02.09 (1:18.62)	10:20.01 (1:17.92)
11:38.00 (1:18.00)	12:59.78 (1:21.78)	14:22.91 (1:23.14)	15:46.18 (1:23.27)	17:11.01 (1:24.84)	18:35.81 (1:24.81)	20:00.35 (1:24.54)	21:23.53 (1:23.19)
22:48.36 (1:24.84)	24:14.80 (1:26.44)	25:41.73 (1:26.94)"					

Międzyczasy							
1000m	70	Daniel KOKOT	<b>3:11.1</b>	5000m	71	Marcin KONIECZNY	<b>16:12.9</b>
2000m	70	Daniel KOKOT	<b>6:22.4</b>	6000m	86	Paweł OCHAL	<b>19:32.7</b>
3000m	97	Tomasz WÓJCIK	<b>9:42.3</b>	7000m	86	Paweł OCHAL	<b>22:49.4</b>
4000m	71	Marcin KONIECZNY	<b>12:55.2</b>	8000m/9000m	86	Paweł OCHAL	<b>26:07.6/29.24.8</b>

Legenda:  
PB -rekord życiowy



Ministerstwo  
Sportu i Turystyki

