

Msc.	Nr	Nazwisko i imię	Klub lub miasto	200m 1800m	600m 2200m	1000m 2600m	1400m 3000m	Czas
3000m								
1	7	Gułaj Artur	(Legnica)	00:35,92 01:15,39	01:14,74 01:15,82	01:18,07 01:13,88	01:17,49 01:08,55	09:19,90
2	16	Skowron Michał	KS SMS Szklarska Poręba	00:36,15 01:16,03	01:16,57 01:16,29	01:18,59 01:15,28	01:17,02 01:10,43	09:26,39
3	6	Wielgus Arkadiusz	Athletyk Team Prusice	00:35,32 01:19,70	01:09,74 01:23,11	01:12,16 01:21,41	01:15,81 01:24,04	09:41,32
4	42	Pietrucha Maciej	Karkonosz Running Team	00:40,00 01:23,64	01:21,94 01:24,40	01:23,22 01:24,82	01:23,45 01:21,22	10:22,72
5	15	Łyjak Filip	START Białystok	00:36,40 01:34,74	01:15,44 01:41,86	01:19,80 01:44,86	01:24,57 01:28,77	11:06,48
6	3	Jankowska Karolina	MAKOŚ team	00:43,77 01:31,99	01:06,22 01:30,00	01:53,56 01:29,00	01:29,43 01:31,00	11:15,00
7	13	Durkalec Jagoda	Karkonosz Running Team	00:43,57 01:34,08	01:28,80 01:34,42	01:31,05 01:35,67	01:30,61 01:30,69	11:28,93
8	14	Jaskóła Dominika	Politechnika Śląska	00:44,14 01:46,48	01:28,92 01:47,79	01:36,06 01:48,13	01:46,68 01:45,37	12:43,60
9	4	Drozd Piotr	(Bolesławiec)	00:45,68 01:46,08	01:40,19 01:50,09	01:44,04 01:50,45	01:45,42 01:31,68	12:53,66
10	51	Gruszecki Adrian	Zryw Stary Łom	00:46,79 01:45,90	01:39,68 01:49,23	01:38,20 01:54,24	01:39,64 01:44,32	12:58,03
11	10	Kotwa Marek	(Chojnów)	00:48,15 01:58,80	01:47,65 02:01,64	01:48,86 01:49,75	01:49,34 02:04,87	14:09,10
12	35	Cyrek Dominik	(Chojnów)	00:48,57 02:07,07	01:47,79 01:53,41	01:52,32 01:43,76	01:57,51 02:23,98	14:34,44
13	11	Liczner Sylwia	(Chojnów)	00:55,07 02:23,20	02:03,52 02:28,37	02:14,57 02:30,47	02:21,20 02:26,07	17:22,50
14	9	Fiszer Marta	(Chojnów)	01:05,15 02:50,93	02:28,80 02:40,94	02:31,72 03:01,66	02:32,83 02:42,80	19:54,86