



KOMUNIKAT KOŃCOWY

10000 metrów kobiet

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|-----------------------|-----------------|--------------------|-----------------|----------------------|------------|
| Rekord Świata(Open) | 29:31.78 | WANG Junxia | CHN | Beijing | :993-09-01 |
| Rekord Europy(Open) | 29:56.34 | ABEYLEGESSE Elvan | TUR | Beijing | :008-09-11 |
| Rekord Polski(Open) | 31:43.51 | JARZYŃSKA Karolina | Piętka Katowice | Ostrava | :013-06-21 |
| Rekord Polski(Junior) | 34:57.81 | KLIMCZAK Iwona | Gwardia Olsztyn | Sopot | :988-07-31 |
| Min. IO(Open) | 32:15.00 | | | Rio de Janeiro (BRA) | :016-08-11 |
| Min. ME(Open) | 32:50.00 | | | Amsterdam (NED) | :016-07-01 |

| Miejsce | T/Lp | Numeral | Imię i nazwisko | Data ur. | Klub (woj) | Wynik |
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Bieg 1/1

Start: 2016-05-21 18:30:

| | | | | | | |
|----------|-----|----------------------------|------------|-------------------------------------|-----------------|----|
| 1 | 781 | Katarzyna RUTKOWSKA | 1994-01-14 | KS Podlasie Białystok(PD) | 34:25.71 | PB |
| 2 | 717 | Marta KRAWCZYŃSKA | 1988-07-12 | STS Pomerania Szczecin(ZP) | 34:27.55 | |
| 3 | 414 | Angelika MACH | 1991-09-07 | AZS UMCS Lublin(LU) | 34:35.95 | PB |
| 4 | 3 | Karolina PILARSKA | 1987-07-19 | WKB Meta Lubliniec(SL) | 34:41.33 | PB |
| 5 | 995 | Anna SZYSZKA | 1990-02-14 | LłKS Prefbet Śniadowo Łomża(PD) | 35:14.93 | PB |
| 6 | 60 | Ewa KUCHARSKA | 1981-06-02 | MKS Iskra Pszczyna(SL) | 35:23.48 | |
| 7 | 51 | Ewelina PAPROCKA | 1987-09-06 | GKS Tęcza Nowa Wieś Lęborska(PM) | 35:31.49 | |
| 8 | 735 | Kamila POBŁOCKA | 1990-06-07 | UKS Ekonomik-Maratończyk Lębork(PM) | 37:17.57 | |
| 9 | 29 | Ewelina KOWALIK | 1991-12-23 | LKS Olimpic Szczecin(ZP) | 38:47.96 | |
| | 17 | Monika CZAPIEWSKA | 1994-05-24 | UKS Olimpijczyk Skorzewo(PM) | DNF | |

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| 1000m | 717 | Marta KRAWCZYŃSKA | 3:27.2 | 5000m | 995 | Anna SZYSZKA | 17:25.2 |
| 2000m | 414 | Angelika MACH | 6:53.4 | 6000m | 414 | Angelika MACH | 20:54.8 |
| 3000m | 717 | Marta KRAWCZYŃSKA | 10:25.2 | 7000m | 414 | Angelika MACH | 24:25.3 |
| 4000m | 995 | Anna SZYSZKA | 13:52.2 | 8000m | 717 | Marta KRAWCZYŃSKA | 27:53.4 |

10000 metrów mężczyzn

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| Rekord Świata(Open) | 26:17.53 | BEKELE Kenenisa | ETH | Bruxelles | :005-08-21 |
| Rekord Europy(Open) | 26:46.57 | FARAH Mohammed | GBR | Eugene | :011-06-01 |
| Rekord Polski(Open) | 27:53.61 | KOWOL Jerzy | GÓRNIK Zabrze | Praga | :978-08-21 |
| Rekord Polski(Junior) | 29:15.2 | STACHA Eugeniusz | ROW Rybnik | Warszawa | :975-09-21 |
| Min. IO(Open) | 28:00.00 | | | Rio de Janeiro (BRA) | :016-08-11 |
| Min. ME(Open) | 28:40.00 | | | Amsterdam (NED) | :016-07-01 |
| Min. MŚ U20(Junior) | 30:15.00 | | | Bydgoszcz | :016-07-11 |

| Miejsce | T/Lp | Numeral | Imię i nazwisko | Data ur. | Klub (woj) | Wynik |
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Bieg 1/1

Start: 2016-05-21 19:10:

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| 1 | 240 | Tomasz GRYCKO | 1992-09-16 | UKS Bliza Władysławowo(PM) | 29:19.56 | PB |
| 2 | 482 | Adam NOWICKI | 1990-08-24 | MKL Szczecin(ZP) | 29:29.54 | PB |
| 3 | 57 | Dawid MALINA | 1991-11-18 | TL ROW Rybnik(SL) | 29:40.41 | PB |
| 4 | 320 | Łukasz OŚLIZŁO | 1989-05-14 | AZS-AWF Katowice(SL) | 29:42.60 | |
| 5 | 777 | Damian ROSZKO | 1991-11-11 | KS Podlasie Białystok(PD) | 29:58.63 | |
| 6 | 31 | Patryk PAWŁOWSKI | 1993-11-04 | MKL Sparta Stalowa Wola(PK) | 30:09.67 | PB |
| 7 | 333 | Kamil JASTRZĘBSKI | 1992-08-26 | SKB Kraśnik(LU) | 30:12.76 | PB |
| 8 | 912 | Mateusz KACZOR | 1997-03-03 | RLTL ZTE Radom(MZ) | 30:17.64 | PB |

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| 9 | 23 | Szymon DOROŻYŃSKI | 1992-03-06 | AZS KU Politechniki Opolskiej Opole(OP) | 30:18.33 | |
| 10 | 417 | Robert GŁOWALA | 1992-10-29 | GKS Wilga Garwolin(MZ) | 30:18.71 | PB |
| 11 | 988 | Maciej BADUREK | 1988-10-31 | LŁKS Prefbet Śniadowo Łomża(PD) | 30:31.30 | PB |
| 12 | 241 | Grzegorz EBEL | 1997-11-28 | MLKS Baszta Bytów(PM) | 30:35.95 | |
| 13 | 4 | Patryk SOWIŃSKI | 1996-05-04 | MKS Sambor Tczew(PM) | 30:47.69 | |
| 14 | 9 | Patryk STYPUŁKOWSKI | 1995-02-01 | RKS Łódź(LD) | 31:26.77 | |
| 15 | 812 | Paweł KROCHMAL | 1993-03-31 | AKL Ursynów Warszawa(MZ) | 31:39.47 | PB |
| 16 | 425 | Jarosław BIMKIEWICZ | 1993-04-09 | AZS UMCS Lublin(LU) | 32:00.54 | |
| 17 | 100 | Rafał SZYMBORSKI | 1992-07-05 | PUKS Młode Orły Nowy Dwór Mazowiecki(| 32:09.89 | PB |
| | 69 | Zbigniew JOST | 1996-03-14 | KKL Rodło Kwidzyn(PM) | DNF | |
| | 7 | Krzysztof GOSIEWSKI | 1988-05-30 | LKS Ostromecko(KP) | DNF | |
| | 905 | Tomasz MYDLAK | 1994-05-20 | MKS Agros Chełm(LU) | DNF | |
| | 1 | Kamil CZAPLA | 1989-06-20 | TL ROW Rybnik(SL) | DNF | |
| | 32 | Paweł RACZYŃSKI | 1990-11-03 | SKB Kraśnik(LU) | DNF | |
| | 33 | Łukasz OSKIERKO | 1989-11-05 | KS AZS UWM Olsztyn(WN) | DNF | |
| | 263 | Oskar WOJTALIK | 1993-01-10 | AZS-AWF Warszawa(MZ) | DNF | |
| | 60 | Marcin CIEPŁAK | 1991-01-30 | TL ROW Rybnik(SL) | DNF | |

Międzyczasy

| | | | | | | | |
|-------|-----|---------------|----------------|-------|-----|---------------|----------------|
| 1000m | 240 | Tomasz GRYCKO | 2:57.2 | 5000m | 240 | Tomasz GRYCKO | 14:45.4 |
| 2000m | 482 | Adam NOWICKI | 5:55.4 | 6000m | 240 | Tomasz GRYCKO | 17:39.2 |
| 3000m | 240 | Tomasz GRYCKO | 8:52.3 | 7000m | 240 | Tomasz GRYCKO | 20:35.5 |
| 4000m | 777 | Damian ROSZKO | 11:48.4 | 8000m | 240 | Tomasz GRYCKO | 23:28.8 |