

| MSC | NR | Nazwa sztafety | Klub | Zawodnik 1 | Czas 1 | Zawodnik 2 | Czas 2 | Zawodnik 3 | Czas 3 | CZAS BRUTTO |
|-----|----|-------------------------|---------------------------------|----------------------|----------|-----------------------|----------|-----------------------|----------|-------------|
| 1 | 8 | LKS KOLUSZKI | LKS KOLUSZKI | MARCIN PUSZEWKIEWICZ | 00:05:20 | KRZYSZTOF PIETRZYK | 00:05:18 | BŁAŻEJ SKOWROŃSKI | 00:05:09 | 00:15:47 |
| 2 | 7 | ALLIANZ RUNNING TEAM | ALLIANZ RUNNING TEAM | MATEUSZ DĄBROWSKI | 00:05:25 | BŁAŻEJ WIATROWSKI | 00:05:34 | KAMIL ARTYSZUK | 00:05:23 | 00:16:22 |
| 3 | 9 | TRUCHT TEAM | TRUCHT.COM | ADAM CIECHAŃSKI | 00:05:40 | SZYMON SOBCZAK | 00:05:24 | ADAM CIECHAŃSKI | 00:05:36 | 00:16:40 |
| 4 | 19 | EDC O&G SS SERVICE | EDC RUNNERS | TOMASZ WŁODARCZYK | 00:06:07 | MICHAŁ MATUSIAK | 00:06:15 | MAREK KAMINSKI | 00:06:08 | 00:18:30 |
| 5 | 24 | DECATHLON PIASECZNO | | JOANNA CIBICKA | 00:06:07 | PIOTR TURZYŃSKI | 00:06:40 | ŁUKASZ KUREK | 00:05:48 | 00:18:35 |
| 6 | 36 | ECPO | | PIOTR MIKO | 00:06:29 | TOMASZ GAPSKI | 00:06:10 | ŁUKASZ SZCZYPIŃ | 00:06:17 | 00:18:56 |
| 7 | 6 | EDC RUNNERS MADAKA | | DARIUSZ ŁUKSIK | 00:07:06 | KAROL ZIEMINSKI | 00:06:05 | MATEUSZ SZWECH | 00:06:39 | 00:19:50 |
| 8 | 29 | JET FEET CREW | EDC TEAM | KAROL BUJNOWSKI | 00:06:15 | ŁUKASZ WIESZTORT | 00:06:47 | ARTUR MALINOWSKI | 00:07:00 | 00:20:02 |
| 9 | 23 | PATOLOG SKŁAD | | MICHAŁ TOLAK | 00:07:06 | ARKADIUSZ DOMAŃSKI | 00:06:36 | RADOSŁAW SZYMULA | 00:06:22 | 00:20:04 |
| 10 | 30 | LEWANDOWSKITEEM | | WOJCIECH CHRZANOWSKI | 00:06:52 | WOJTEK LEWANDOWSKA | 00:07:06 | MARCIN CHRZANOWSKI | 00:06:06 | 00:20:04 |
| 11 | 1 | POLSKIE ORZEŁKI | | SYLWIA KRAWCZYK | 00:06:49 | SYLWIA ALEKSANDER | 00:07:26 | MAREK KRAWCZYK | 00:06:22 | 00:20:37 |
| 12 | 33 | KOCURRRRRROS | EDC RUNNERS | ARKADIUSZ RAS | 00:06:18 | KAROL OWCZAREK | 00:08:00 | JORDAN ROBINSON | 00:06:19 | 00:20:37 |
| 13 | 34 | GONE WUTH THE WIND | | EWELINA WESTCOTT | 00:06:50 | RAFAŁ TOMANEK | 00:07:21 | SAMUEL WESTCOTT | 00:06:35 | 00:20:46 |
| 14 | 3 | DZIURAWIE SKARPETY | | MONIKA KAROLAK | 00:08:05 | KAROL KAROLAK | 00:06:34 | MARIUSZ SIEJKA | 00:06:24 | 00:21:03 |
| 15 | 5 | GWP TRIATHLON TEAM | WIRTUALNA POLSKA TRIATHLON TEAM | PIOTR KLUSKA | 00:06:39 | EWELINA WOLSZCZAK | 00:07:38 | TOMASZ ZIELIŃSKI | 00:06:55 | 00:21:12 |
| 16 | 11 | GE FLAMES | | MARIUSZ SZLENK | 00:06:18 | PAWEŁ GRABINSKI | 00:07:30 | SZYMON BANKOWSKI | 00:07:47 | 00:21:35 |
| 17 | 15 | PIEKNA I BESTIE | EDC RUNNERS | PIOTR DĄBROWSKI | 00:05:38 | ILONA WÓJCICKA | 00:09:55 | MICHAŁ DĄBROWSKI | 00:06:09 | 00:21:42 |
| 18 | 20 | ZABIEGANI | | SYLWESTER WYKA | 00:08:29 | MAŁGORZATA ZALEWSKA | 00:07:14 | RADOSŁAW SUBDYŚIAK | 00:06:25 | 00:22:08 |
| 19 | 18 | SECRET RUNNERS | | PIOTR BORYSIUK | 00:06:34 | MAŁGORZATA SOKOŁOWSKA | 00:09:24 | PAWEŁ MAKAROWSKI | 00:06:26 | 00:22:24 |
| 20 | 35 | POGROMCY KOCURÓW | EDC RUNNERS | MICHAŁ SIRAK | 00:08:39 | EWA SZULGA | 00:07:06 | KRZYSZTOF BROZEK | 00:06:54 | 00:22:39 |
| 21 | 14 | SZYBCY I WŚCIEKŁA | | BARTOSZ MIKULAK | 00:08:57 | MARIUSZ MIKULAK | 00:06:06 | MARTYNA DUDEK | 00:07:54 | 00:22:57 |
| 22 | 25 | OSTATNI PIERWSZYMI | EDC RUNNERS | DANIEL SKIMINA | 00:07:07 | MARIA SŁOWIKOWSKA | 00:08:36 | ADRIAN KOWALSKI | 00:07:25 | 00:23:08 |
| 23 | 21 | ŁÓDZKIE TRIO | | MAŁGORZATA GÓRECKA | 00:08:17 | AGATA GOLNIK | 00:08:02 | MICHAŁ LESZCZAK | 00:07:15 | 00:23:34 |
| 24 | 26 | RES- DREAM TEAM | EDC RUNNERS | ŁUKASZ POCHWAŁA | 00:07:14 | SEBASTIAN JAGIEŁŁO | 00:07:47 | MATEUSZ KANIA | 00:09:09 | 00:24:10 |
| 25 | 31 | BYLE_DO_METY | EDC | MARCIN PIKULA | 00:08:13 | ŁUKASZ BEDNARSKI | 00:08:00 | ADAM WNUCZEK | 00:08:48 | 00:25:01 |
| 26 | 28 | DAMY RADE | ŻÓRAWSKI TEAM | KATARZYNA GŁODOWSKA | 00:09:55 | ANIA WIĘCEK | 00:07:31 | MICHAŁ SZYMERSKI | 00:07:49 | 00:25:15 |
| 27 | 17 | PARKER HANNIFIN RUNNERS | GRUPA BIEGOWA PARKRUN WARSZAWA | ALEKSANDER SZELĄG | 00:07:47 | AGNIESZKA GRUDZIŃSKA | 00:09:50 | KATARZYNA FRĄCZYK | 00:07:38 | 00:25:15 |
| 28 | 32 | FUNDACJA MŁODEJ NAUKI | | ANETA GAWRYSZEWSKA | 00:09:25 | JACEK LEWICKI | 00:08:02 | MICHAŁ SKROŃSKI | 00:08:07 | 00:25:34 |
| 29 | 13 | PINGWINY Z ANTANANARYWY | | SZYMON MIKULAK | 00:09:37 | MARTA ŁECHTAŃSKA | 00:09:12 | AGNIESZKA MIKULAK | 00:07:03 | 00:25:52 |
| 30 | 16 | KLUB BIEGACZA PLL LOT | KLUB BIEGACZA PLL LOT | ANNA SZOSTAKOWSKA | 00:08:13 | MONIKA KRAJEWSKA | 00:08:56 | DOROTA MICHALAK | 00:08:52 | 00:26:01 |
| 31 | 10 | BIEGAM BO CHCE | | EWA STOGNIEW | 00:09:10 | RENATA BAREJKO | 00:09:47 | MARIUSZ STOGNIEW | 00:07:07 | 00:26:04 |
| 32 | 2 | PGR | PGR | KRZYSZTOF GORCZYCA | 00:08:17 | ELŻBIETA CZARNECKA | 00:10:48 | MAREK CZARNECKI | 00:07:11 | 00:26:16 |
| 33 | 22 | PIASTOWSKI TEAM | | ALDONA SAS | 00:08:25 | DARIUSZ MĘDREK | 00:08:48 | AGNIESZKA DŽUGANOWSKA | 00:09:10 | 00:26:23 |
| 34 | 27 | SPITFIRE SISTERS | | AGATA POCHWAŁA | 00:08:04 | KARINA WIELOMSKA | 00:09:18 | JOANNA PIENIAŻEK | 00:09:44 | 00:27:06 |
| 35 | 4 | ZĄLOGA G. | | JOANNA BIENIAS | 00:09:39 | MONIKA BIENIAS | 00:10:17 | PRZEMEK BIENIAS | 00:08:23 | 00:28:19 |
| 36 | 12 | RES GIRLS | | KLARA SZELĄGOWSKA | 00:09:41 | JOANNA KARBOWNIK | 00:09:07 | MAŁGORZATA KOBUS | 00:10:23 | 00:29:11 |

III BIEG INSTYTUTU LOTNICTWA
 Warszawa 09.10.2016 r.
 SZTAFETA PRACOWNIKÓW INSTYTUTU LOTNICTWA/EDC 5 km

| MSC | NR | Nazwa sztafety | Klub | Zawodnik 1 | Czas 1 | Zawodnik 2 | Czas 2 | Zawodnik 3 | Czas 3 | CZAS BRUTTO |
|-----|----|--------------------|-------------|-------------------|----------|---------------------|----------|-------------------|----------|-------------|
| 1 | 19 | EDC O&G SS SERVICE | EDC RUNNERS | TOMASZ WŁODARCZYK | 00:06:07 | MICHAŁ MATUSIAK | 00:06:15 | MAREK KAMINSKI | 00:06:08 | 00:18:30 |
| 2 | 36 | ECPO | | PIOTR MIKO | 00:06:29 | TOMASZ GAPSKI | 00:06:10 | ŁUKASZ SZCZYPIŃ | 00:06:17 | 00:18:56 |
| 3 | 6 | EDC RUNNERS MADAKA | | DARIUSZ ŁUKSIK | 00:07:06 | KAROL ZIEMINSKI | 00:06:05 | MATEUSZ SZWECH | 00:06:39 | 00:19:50 |
| 4 | 29 | JET FEET CREW | EDC TEAM | KAROL BUJNOWSKI | 00:06:15 | ŁUKASZ WIESZTORT | 00:06:47 | ARTUR MALINOWSKI | 00:07:00 | 00:20:02 |
| 5 | 23 | PATOLOG SKŁAD | | MICHAŁ TOLAK | 00:07:06 | ARKADIUSZ DOMAŃSKI | 00:06:36 | RADOSŁAW SZYMULA | 00:06:22 | 00:20:04 |
| 6 | 33 | KOCURRRRRROS | EDC RUNNERS | ARKADIUSZ RAS | 00:06:18 | KAROL OWCZAREK | 00:08:00 | JORDAN ROBINSON | 00:06:19 | 00:20:37 |
| 7 | 11 | GE FLAMES | | MARIUSZ SZLENK | 00:06:18 | PAWEŁ GRABINSKI | 00:07:30 | SZYMON BANKOWSKI | 00:07:47 | 00:21:35 |
| 8 | 20 | ZABIEGANI | | SYLWESTER WYKA | 00:08:29 | MAŁGORZATA ZALEWSKA | 00:07:14 | RADOSŁAW SUBDYSIK | 00:06:25 | 00:22:08 |
| 9 | 35 | POGROMCY KOCURÓW | EDC RUNNERS | MICHAŁ SIRAK | 00:08:39 | EWA SZULGA | 00:07:06 | KRZYSZTOF BROZEK | 00:06:54 | 00:22:39 |
| 10 | 25 | OSTATNI PIERWSZYMI | EDC RUNNERS | DANIEL SKIMINA | 00:07:07 | MARIA SŁOWIKOWSKA | 00:08:36 | ADRIAN KOWALSKI | 00:07:25 | 00:23:08 |
| 11 | 26 | RES- DREAM TEAM | EDC RUNNERS | ŁUKASZ POCHWAŁA | 00:07:14 | SEBASTIAN JAGIEŁŁO | 00:07:47 | MATEUSZ KANIA | 00:09:09 | 00:24:10 |
| 12 | 31 | BYLE_DO_METY | EDC | MARCIN PIKULA | 00:08:13 | ŁUKASZ BEDNARSKI | 00:08:00 | ADAM WNUCZEK | 00:08:48 | 00:25:01 |
| 13 | 12 | RES GIRLS | | KLARA SZELĄGOWSKA | 00:09:41 | JOANNA KARBOWNIK | 00:09:07 | MAŁGORZATA KOBUS | 00:10:23 | 00:29:11 |