

ELIMINATOR 2017 - KLASYFIKACJA KOŃCOWA PEŁNA WG MIEJSC

Wydarzenie:

[Eliminator 2017](#)

Organizator:

Fundacja Bieg Rzeźnika

Data:

2017-11-25

Miejsce:

Ustroń

Dystans:

1.7 km

Klasyfikacja: Wszyscy

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Polowka 0.9km | Czas netto 1.7km | Czas brutto 1.7km | Różn | Tempo min/km | Tempo km/h |
|-----|----------------------------------|-------------|--|-----------|------|------------------|------------------------|-------------------------|-----------|-----------------|---------------|
| 1 | PRZEDWOJEWSKI Bartłomiej | 2003 | MULKS JUVENIA GŁUCHOŁĄZY | M20 | 1 | 00:06:59 | 00:15:30.25 | 00:15:30.25 | | 9:07 | 6.6 |
| 2 | MALINA Dawid | 2001 | INŻYNIERIA BIEGANIA - TWÓJ TRENER BIEGOWY! | M20 | 2 | 00:07:23 | 00:16:18.55 | 00:16:18.55 | +00:00:48 | 9:35 | 6.3 |
| 3 | RZĄSA Franciszek | 2287 | TKN TATRA TEAM | M20 | 3 | 00:07:41 | 00:16:20.05 | 00:16:20.05 | +00:00:49 | 9:36 | 6.2 |
| 4 | KOŃ Piotr | 2006 | ALPIN SPORT TEAM | M30 | 1 | 00:07:52 | 00:16:41.25 | 00:16:41.25 | +00:01:11 | 9:48 | 6.1 |
| 5 | BODURKA Krzysztof | 2004 | ALPIN SPORT TEAM | M20 | 4 | 00:07:46 | 00:16:43.20 | 00:16:43.20 | +00:01:12 | 9:50 | 6.1 |
| 6 | GRZĄDZIEL Dominik | 2007 | ATTIQ | M30 | 2 | 00:07:46 | 00:16:45.45 | 00:16:45.45 | +00:01:15 | 9:51 | 6.1 |
| 7 | KUBERA Bartłomiej | 2192 | FORUMRUN | M20 | 5 | 00:07:46 | 00:16:47.20 | 00:16:47.20 | +00:01:16 | 9:52 | 6.1 |
| 8 | GRACZ Bogusław | 2328 | | M40 | 1 | 00:07:35 | 00:16:49.95 | 00:16:49.95 | +00:01:19 | 9:53 | 6.1 |
| 9 | BIERNAWSKI Piotr | 2005 | ATTIQ | M40 | 2 | 00:07:53 | 00:17:06.50 | 00:17:06.50 | +00:01:36 | 10:03 | 6 |
| 10 | ELANTKOWSKI Jan | 2230 | TKN TATRA TEAM | M20 | 6 | 00:08:00 | 00:17:17.80 | 00:17:17.80 | +00:01:47 | 10:10 | 5.9 |
| 11 | JAWORSKI Zbigniew | 2080 | | M40 | 3 | 00:07:58 | 00:17:35.50 | 00:17:35.50 | +00:02:05 | 10:20 | 5.8 |
| 12 | GAWROŃSKI Tomasz | 2008 | UMKS NADIR JĘDRZEJÓW | M20 | 7 | 00:08:14 | 00:17:41.50 | 00:17:41.50 | +00:02:11 | 10:24 | 5.8 |
| 13 | POPIELARSKI Kubuś | 2283 | TKN TATRA TEAM | M20 | 8 | 00:08:22 | 00:17:42.00 | 00:17:42.00 | +00:02:11 | 10:24 | 5.8 |
| 14 | WÓJCIK Adam | 2120 | | M20 | 9 | 00:08:25 | 00:17:44.40 | 00:17:44.40 | +00:02:14 | 10:25 | 5.8 |
| 15 | MIŚKIEWCZ Mariusz | 2334 | | M30 | 3 | 00:07:54 | 00:17:55.65 | 00:17:55.65 | +00:02:25 | 10:32 | 5.7 |
| 16 | KASZYCA Paweł | 2320 | IGLOO BOCANIA | M30 | 4 | 00:08:22 | 00:18:03.05 | 00:18:03.05 | +00:02:32 | 10:37 | 5.7 |
| 17 | HUZIOR Piotr | 2316 | ATTIQ / SALMING | M40 | 4 | 00:08:30 | 00:18:16.10 | 00:18:16.10 | +00:02:45 | 10:44 | 5.6 |
| 18 | MAGIERA Janusz | 2117 | FORMA WODZISŁAW ŚLĄSKI | M50 | 1 | 00:08:32 | 00:18:19.00 | 00:18:19.00 | +00:02:48 | 10:46 | 5.6 |
| 19 | FALKOWSKI Krzysztof | 2041 | WOODWARD RUNNERS | M30 | 5 | 00:08:26 | 00:18:21.85 | 00:18:21.85 | +00:02:51 | 10:47 | 5.6 |
| 20 | KOZIOŁ Kamil | 2183 | HUSARIA RACE TEAM | M20 | 10 | 00:08:21 | 00:18:23.75 | 00:18:23.75 | +00:02:53 | 10:48 | 5.5 |
| 21 | SAWICKI Kacper | 2281 | TKN TATRA TEAM | M20 | 11 | 00:08:38 | 00:18:29.25 | 00:18:29.25 | +00:02:59 | 10:52 | 5.5 |
| 22 | BROL Marcin | 2151 | MK TEAM | M30 | 6 | 00:08:32 | 00:18:42.15 | 00:18:42.15 | +00:03:11 | 11:00 | 5.5 |
| 23 | PORĘBSKI Rafał | 2095 | EVIL TEAM | M40 | 5 | 00:08:28 | 00:18:44.55 | 00:18:44.55 | +00:03:14 | 11:01 | 5.4 |
| 24 | WIŚNIEWSKA-ULFIK Dominika | 1002 | ALPIN SPORT TEAM/SKB KRAŚNIK | K30 | 1 | 00:08:36 | 00:18:48.95 | 00:18:48.95 | +00:03:18 | 11:03 | 5.4 |
| 25 | KNAP Mateusz | 2012 | SCARPA TEAM POLSKA/ KS KANDAHAR | M20 | 12 | 00:08:37 | 00:18:53.80 | 00:18:53.80 | +00:03:23 | 11:06 | 5.4 |
| 26 | JANUSZYK Iwona | 1012 | | K20 | 1 | 00:08:49 | 00:18:56.05 | 00:18:56.05 | +00:03:25 | 11:08 | 5.4 |
| 27 | KUBICA Marcin | 2237 | INOV-8 TEAM | M20 | 13 | 00:08:46 | 00:18:56.90 | 00:18:56.90 | +00:03:26 | 11:08 | 5.4 |
| 28 | MADEJCZYK Marek | 2168 | | M30 | 7 | 00:09:00 | 00:19:02.55 | 00:19:02.55 | +00:03:32 | 11:11 | 5.4 |

| Posc | Imię i Nazwisko | Numer | Klub | Kategoria | Mkat | Polowka 0,9km | Czas 1,7km | Czas 1,7km | +00:03:32 | Tempo min/km | Tempo km/h |
|------|--------------------------|-------|--|-----------|------|------------------|---------------|---------------|-----------|-----------------|---------------|
| 29 | WRÓBEL Tomasz | 2303 | MKS-R CENTRUM DZIENGIEL | M40 | 6 | 00:08:55 | 00:19:03.00 | 00:19:03.00 | +00:03:32 | 11:12 | 5.4 |
| 30 | STEC Jakub Zawodnik | 2199 | ULTRA BESKID SPORT | M40 | 10 | 00:09:04 | 00:19:04.65 | 00:19:04.65 | +00:03:34 | 11:17 | 5.3 |
| 31 | URBAŃCZYK Karol | 2290 | NIGHT RUNNERS GLIWCE | M20 | 15 | 00:09:10 | 00:19:06.20 | 00:19:06.20 | +00:03:35 | 11:14 | 5.3 |
| 32 | DZIDOWSKI Aleksander | 2187 | TG SOKÓŁ ZAKOPANE | M30 | 8 | 00:08:37 | 00:19:17.50 | 00:19:17.50 | +00:03:47 | 11:20 | 5.3 |
| 33 | GAWLAS Dominik | 2337 | | M30 | 9 | 00:09:02 | 00:19:25.65 | 00:19:25.65 | +00:03:55 | 11:25 | 5.3 |
| 34 | KUBACZKA Grzegorz | 2138 | WWW.AG-ARCHITEKCI.PL | M30 | 10 | 00:08:43 | 00:19:29.65 | 00:19:29.65 | +00:03:59 | 11:27 | 5.2 |
| 35 | BONIEC Radosław | 2174 | | M20 | 16 | 00:08:42 | 00:19:30.05 | 00:19:30.05 | +00:03:59 | 11:28 | 5.2 |
| 36 | GRUDZIĘŃ Krzysztof | 2278 | | M40 | 7 | 00:09:22 | 00:19:30.35 | 00:19:30.35 | +00:04:00 | 11:28 | 5.2 |
| 37 | SAWICKI Szymon | 2280 | | M40 | 8 | 00:09:01 | 00:19:35.75 | 00:19:35.75 | +00:04:05 | 11:31 | 5.2 |
| 38 | SEDLAK Michał | 2009 | LUBIĘ TO BIEGANIE | M40 | 9 | 00:09:07 | 00:19:38.00 | 00:19:38.00 | +00:04:07 | 11:32 | 5.2 |
| 39 | SOKOŁOWSKI Marek | 2085 | ALPIN SPORT TEAM | M40 | 10 | 00:09:12 | 00:19:43.65 | 00:19:43.65 | +00:04:13 | 11:35 | 5.2 |
| 40 | PUZOŃ Robert | 2234 | NUTREND TEAM | M30 | 11 | 00:08:56 | 00:19:52.70 | 00:19:52.70 | +00:04:22 | 11:41 | 5.1 |
| 41 | ULFIK Rafał | 2225 | ALPIN SOPRT TEAM/SKB KRAŚNIK | M30 | 12 | 00:09:19 | 00:19:58.70 | 00:19:58.70 | +00:04:28 | 11:44 | 5.1 |
| 42 | FLOREK Sebastian | 2019 | NORAFSPORT | M30 | 13 | 00:09:26 | 00:20:15.95 | 00:20:15.95 | +00:04:45 | 11:54 | 5 |
| 43 | WOJCIECHOWSKI Krzysztof | 2226 | TKN TATRA TEAM | M20 | 17 | 00:09:39 | 00:20:16.75 | 00:20:16.75 | +00:04:46 | 11:55 | 5 |
| 44 | KUŚMIERSKI Michał | 2050 | ULTRA BESKID SPORT | M30 | 14 | 00:09:29 | 00:20:23.25 | 00:20:23.25 | +00:04:53 | 11:59 | 5 |
| 45 | MENDECKA Michalina | 1005 | MOSIR ŁAZISKA GÓRNE/ 1 SECOND TEAM | K20 | 2 | 00:09:24 | 00:20:29.35 | 00:20:29.35 | +00:04:59 | 12:02 | 5 |
| 46 | DZIĘGIELOWSKI Paweł | 2236 | HRMAX ŻORY | M30 | 15 | 00:09:33 | 00:20:31.40 | 00:20:31.40 | +00:05:01 | 12:04 | 5 |
| 47 | PIĘTKA Tomasz | 2330 | | M30 | 16 | 00:09:38 | 00:20:38.00 | 00:20:38.00 | +00:05:07 | 12:08 | 4.9 |
| 48 | STACHURA Damian | 2037 | ZAGŁĘBIE LUBIN | M30 | 17 | 00:09:23 | 00:20:42.65 | 00:20:42.65 | +00:05:12 | 12:10 | 4.9 |
| 49 | NIEMCZYK Magdalena | 1042 | | K20 | 3 | 00:09:36 | 00:20:48.70 | 00:20:48.70 | +00:05:18 | 12:14 | 4.9 |
| 50 | PLOCH Jakub | 2153 | NIGHT RUNNERS ZABRZE | M20 | 18 | 00:09:44 | 00:20:49.55 | 00:20:49.55 | +00:05:19 | 12:14 | 4.9 |
| 51 | KRASULAK Daniel | 2229 | WKS ŚLĄSK WROCŁAW | M30 | 18 | 00:09:36 | 00:20:59.35 | 00:20:59.35 | +00:05:29 | 12:20 | 4.9 |
| 52 | KOT Rafał | 2067 | GÓRAL Z MAZUR // KB JURUND SZCZYTNO | M30 | 19 | 00:10:01 | 00:21:01.85 | 00:21:01.85 | +00:05:31 | 12:21 | 4.9 |
| 53 | GRUSZCZYŃSKI Artur | 2116 | | M40 | 11 | 00:09:37 | 00:21:06.05 | 00:21:06.05 | +00:05:35 | 12:24 | 4.8 |
| 54 | KOS Tomasz | 2262 | PAŃSTWOWA STRAŻ POŻARNA BYTOM | M30 | 20 | 00:09:54 | 00:21:11.75 | 00:21:11.75 | +00:05:41 | 12:27 | 4.8 |
| 55 | KIEŁTYKA Zbigniew | 2180 | KW GLIWCE | M40 | 12 | 00:09:59 | 00:21:19.40 | 00:21:19.40 | +00:05:49 | 12:32 | 4.8 |
| 56 | KOKOT Krzysztof | 2011 | HRMAX ŻORY | M40 | 13 | 00:10:02 | 00:21:21.10 | 00:21:21.10 | +00:05:50 | 12:33 | 4.8 |
| 57 | BADURA Adam | 2017 | FORMA WODZISŁAW ŚLĄSKI | M30 | 21 | 00:09:38 | 00:21:21.20 | 00:21:21.20 | +00:05:50 | 12:33 | 4.8 |
| 58 | KIK Iwona | 1001 | DANIEL WOSIK TERVEL TEAM / KW KRAKÓW | K30 | 2 | 00:09:43 | 00:21:22.50 | 00:21:22.50 | +00:05:52 | 12:34 | 4.8 |
| 59 | KROSNY Sebastian | 2020 | BODYDRY TEAM | M30 | 22 | 00:09:33 | 00:21:28.50 | 00:21:28.50 | +00:05:58 | 12:37 | 4.8 |
| 60 | BUCZYŃSKI Adam | 2291 | NOKIA KRAKOW TEAM | M40 | 14 | 00:09:45 | 00:21:29.60 | 00:21:29.60 | +00:05:59 | 12:38 | 4.7 |
| 61 | KUBALA Tomasz | 2224 | PRESSING BIKE-SYSTEM ICE-WENT TEAM | M40 | 15 | 00:09:45 | 00:21:33.00 | 00:21:33.00 | +00:06:02 | 12:40 | 4.7 |
| 62 | FERENC Janusz | 2070 | UKS LUDWIKOWCE | M60 | 1 | 00:09:57 | 00:21:42.30 | 00:21:42.30 | +00:06:12 | 12:45 | 4.7 |
| 63 | BROJ Marcel | 2146 | BROJ TEAM ŻLINICE | M20 | 19 | 00:09:40 | 00:21:44.50 | 00:21:44.50 | +00:06:14 | 12:47 | 4.7 |
| 64 | GRYGIEL Marek | 2134 | JACEKBIEGA RUNNING TEAM | M40 | 16 | 00:10:18 | 00:21:48.70 | 00:21:48.70 | +00:06:18 | 12:49 | 4.7 |
| 65 | GARDENER Jacek | 2010 | ALPIN SPORT TEAM / JACEKBIEGA RUNNING TEAM | M50 | 2 | 00:10:03 | 00:22:03.65 | 00:22:03.65 | +00:06:33 | 12:58 | 4.6 |
| 66 | WITEK Karolina | 1066 | STOWARZYSZENIE PASJA TRENINGU | K20 | 4 | 00:10:09 | 00:22:04.85 | 00:22:04.85 | +00:06:34 | 12:58 | 4.6 |
| 67 | CHRAPKIEWICZ Michał | 2068 | SBD ENERGETYK RYBNIK | M30 | 23 | 00:10:27 | 00:22:07.80 | 00:22:07.80 | +00:06:37 | 13:00 | 4.6 |
| 68 | DOMISZEWSKA Maria | 1064 | | K50 | 1 | 00:10:02 | 00:22:15.40 | 00:22:15.40 | +00:06:45 | 13:05 | 4.6 |
| 69 | BONDARA Sylwia | 1003 | ALPIN SPORT TEAM / JACEKBIEGA RUNNING TEAM | K30 | 3 | 00:10:31 | 00:22:18.10 | 00:22:18.10 | +00:06:47 | 13:07 | 4.6 |
| 70 | SZYDŁOWSKI Łukasz | 2282 | | M30 | 24 | 00:09:58 | 00:22:19.75 | 00:22:19.75 | +00:06:49 | 13:07 | 4.6 |
| 71 | ŁUPIEŻOWIEC Piotr | 2322 | MKS CENTRUM DZIĘGIELÓW | M40 | 17 | 00:10:15 | 00:22:37.45 | 00:22:37.45 | +00:07:07 | 13:18 | 4.5 |
| 72 | KNUTELSKI Błażej | 2335 | | M20 | 20 | 00:10:06 | 00:22:44.65 | 00:22:44.65 | +00:07:14 | 13:22 | 4.5 |
| 73 | KARGÓL Rafał | 2295 | LOGTECH TEAM RADZIONKÓW | M30 | 25 | 00:10:07 | 00:22:45.20 | 00:22:45.20 | +00:07:14 | 13:22 | 4.5 |
| 74 | HATALA Mariusz | 2218 | BB RUNNERS HATI TEAM | M30 | 26 | 00:10:26 | 00:22:45.30 | 00:22:45.30 | +00:07:15 | 13:22 | 4.5 |
| 75 | PYTEL Janusz | 2160 | SOKÓŁZAKOPANE | M50 | 3 | 00:10:25 | 00:22:45.75 | 00:22:45.75 | +00:07:15 | 13:22 | 4.5 |
| 76 | DĄBROWSKI Piotr | 2042 | SBBP-ŁOSIE | M40 | 18 | 00:10:47 | 00:22:49.50 | 00:22:49.50 | +00:07:19 | 13:25 | 4.5 |
| 77 | GARCZYŃSKA-WĄS Bogusława | 1048 | | K40 | 1 | 00:10:33 | 00:22:50.70 | 00:22:50.70 | +00:07:20 | 13:25 | 4.5 |

| Msc | Imię i Nazwisko Zawodnik | Numer | Klub | Kategoria | Mkat | Polowka | 00:22:51.65 netto 1.7km | 00:22:51.65 brutto 1.7km | 00:07:21 Różn | 13:26 Tempo | 4.5 Tempo |
|-----|--------------------------------|-------|---|-----------|------|----------|-------------------------------|--------------------------------|------------------|----------------|--------------|
| 78 | LEŚNIEWSKI Rafał | 2310 | BICIUFAPSZTRI | M40 | 19 | 00:10:18 | 00:22:51.65 | 00:22:51.65 | +00:07:21 | 13:26 | 4.5 |
| 79 | KUSO Małgorzata | 1051 | | K30 | 4 | 00:10:48 | 00:23:06.50 | 00:23:06.50 | +00:07:36 | 13:35 | 4.4 |
| 80 | HORZELA Błażej | 2149 | BETA-TRANS | M20 | 21 | 00:09:05 | 00:23:06.50 | 00:23:06.50 | +00:07:36 | 13:35 | 4.4 |
| 81 | JANIK Paulina | 1004 | KARKONOSZ RUNNING TEAM SZKLARSKA PORĘBA | K30 | 5 | 00:10:44 | 00:23:24.35 | 00:23:24.35 | +00:07:54 | 13:45 | 4.4 |
| 82 | BOLECHOWSKA Dominika | 1007 | ATTIQ | K40 | 2 | 00:10:53 | 00:23:31.05 | 00:23:31.05 | +00:08:00 | 13:50 | 4.3 |
| 83 | KANCLERZ-JANUSZEWSKA Katarzyna | 1010 | KOBIETY NA 5+ | K50 | 2 | 00:10:37 | 00:23:36.35 | 00:23:36.35 | +00:08:06 | 13:52 | 4.3 |
| 84 | KUSZELA Mateusz | 2325 | ATAK LEWEJ ŁYDY | M30 | 27 | 00:10:40 | 00:23:37.90 | 00:23:37.90 | +00:08:07 | 13:53 | 4.3 |
| 85 | GALMAN Adam | 2275 | | M40 | 20 | 00:10:43 | 00:24:13.60 | 00:24:13.60 | +00:08:43 | 14:14 | 4.2 |
| 86 | JONKISZ Dorota | 1070 | RYTM CZECHOWICE DZIEDZICE | K50 | 3 | 00:11:17 | 00:24:15.85 | 00:24:15.85 | +00:08:45 | 14:15 | 4.2 |
| 87 | MURAWSKI Rafał | 2317 | | M30 | 28 | 00:11:41 | 00:25:07.35 | 00:25:07.35 | +00:09:37 | 14:46 | 4.1 |
| 88 | RECZEK Sebastian | 2102 | KS ZIELONO-CZARNI | M30 | 29 | 00:11:41 | 00:25:56.65 | 00:25:56.65 | +00:10:26 | 15:15 | 3.9 |
| 89 | BŁAUCIAK Ewa | 1061 | ZĄBKOWICKA GRUPA BIEGOWA FRANKENSTEIN | K20 | 5 | 00:11:33 | 00:26:03.35 | 00:26:03.35 | +00:10:33 | 15:19 | 3.9 |
| 90 | WANTULOK Mateusz | 2267 | UZDROWSKOWY TEAM | M30 | 30 | 00:09:38 | 00:20:31.50 | 00:20:31.50 | +00:05:01 | 12:04 | 5 |
| 91 | KOSTELA Piotr | 2284 | WATAHA | M30 | 31 | 00:09:32 | 00:20:36.10 | 00:20:36.10 | +00:05:05 | 12:07 | 5 |
| 92 | LISAK Wojciech | 2201 | | M30 | 32 | 00:09:22 | 00:20:37.70 | 00:20:37.70 | +00:05:07 | 12:07 | 4.9 |
| 93 | GOŚCINIEWICZ Paweł | 2035 | ZIEMOWIT TEAM | M40 | 21 | 00:09:41 | 00:20:38.60 | 00:20:38.60 | +00:05:08 | 12:08 | 4.9 |
| 94 | KWIATEK Dawid | 2243 | | M20 | 22 | 00:09:01 | 00:20:39.45 | 00:20:39.45 | +00:05:09 | 12:08 | 4.9 |
| 95 | ŻYŁA Sebastian | 2124 | | M20 | 23 | 00:09:35 | 00:20:40.80 | 00:20:40.80 | +00:05:10 | 12:09 | 4.9 |
| 96 | SNARSKI Dariusz | 2039 | | M40 | 22 | 00:09:34 | 00:20:42.60 | 00:20:42.60 | +00:05:12 | 12:10 | 4.9 |
| 97 | KOCHEL Paweł | 2084 | KOWARY BIEGAJĄ | M30 | 33 | 00:09:36 | 00:20:45.00 | 00:20:45.00 | +00:05:14 | 12:12 | 4.9 |
| 98 | MATECKI Tomasz | 2209 | | M30 | 34 | 00:09:32 | 00:20:45.25 | 00:20:45.25 | +00:05:15 | 12:12 | 4.9 |
| 99 | JANDZIŚ Wiesław | 2181 | AKTYWNY DYNÓW | M40 | 23 | 00:09:47 | 00:20:45.80 | 00:20:45.80 | +00:05:15 | 12:12 | 4.9 |
| 100 | PETKIEWICZ Tomasz | 2141 | STS BIEGATON MIKOŁÓW | M30 | 35 | 00:10:03 | 00:20:47.25 | 00:20:47.25 | +00:05:17 | 12:13 | 4.9 |
| 101 | PIECHA Artur | 2304 | T-MOBILE RUNNING TEAM | M40 | 24 | 00:09:23 | 00:20:49.85 | 00:20:49.85 | +00:05:19 | 12:14 | 4.9 |
| 102 | SŁOBODZIAN Jerzy | 2064 | NYSA BIEGA | M50 | 4 | 00:09:47 | 00:20:52.20 | 00:20:52.20 | +00:05:21 | 12:16 | 4.9 |
| 103 | KUKUŁA Sławomir | 2045 | | M20 | 24 | 00:09:30 | 00:20:52.70 | 00:20:52.70 | +00:05:22 | 12:16 | 4.9 |
| 104 | MAJEWSKI Arkadiusz | 2182 | | M40 | 25 | 00:09:37 | 00:20:54.60 | 00:20:54.60 | +00:05:24 | 12:17 | 4.9 |
| 105 | THIER Dominik | 2212 | JACEKBIEGA RUNNING TEAM / KS KANDAHAR | M30 | 36 | 00:09:47 | 00:20:55.45 | 00:20:55.45 | +00:05:25 | 12:18 | 4.9 |
| 106 | DOMIN Łukasz | 2177 | LIDER ANIMATOR/AKTYWNY DYNÓW | M20 | 25 | 00:10:13 | 00:20:56.60 | 00:20:56.60 | +00:05:26 | 12:18 | 4.9 |
| 107 | KOZIARSKI Michał | 2309 | LKS SIERAKÓW ŚLĄSKI | M30 | 37 | 00:09:41 | 00:21:12.70 | 00:21:12.70 | +00:05:42 | 12:28 | 4.8 |
| 108 | CIUPEK Remigiusz | 2188 | TAURUS30 CYCLING TEAM | M30 | 38 | 00:10:01 | 00:21:16.80 | 00:21:16.80 | +00:05:46 | 12:30 | 4.8 |
| 109 | SZKODA Dariusz | 2171 | SOCIOS GÓRNIK | M30 | 39 | 00:09:51 | 00:21:22.70 | 00:21:22.70 | +00:05:52 | 12:34 | 4.8 |
| 110 | GRUND Marek | 2221 | MAFIA TEAM LUBLINIEC | M20 | 26 | 00:09:54 | 00:21:24.30 | 00:21:24.30 | +00:05:54 | 12:35 | 4.8 |
| 111 | MIRONCZUK Roman | 2167 | DRUŻYNA SZPIKU | M40 | 26 | 00:10:24 | 00:21:26.30 | 00:21:26.30 | +00:05:56 | 12:36 | 4.8 |
| 112 | SPORYSZ Mateusz | 2289 | | M20 | 27 | 00:09:58 | 00:21:37.60 | 00:21:37.60 | +00:06:07 | 12:42 | 4.7 |
| 113 | NOSALIK Marek | 2222 | MTA | M50 | 5 | 00:09:55 | 00:21:40.60 | 00:21:40.60 | +00:06:10 | 12:44 | 4.7 |
| 114 | RADOMSKI Zbigniew | 2173 | TKKF BESKIDEK | M60 | 2 | 00:10:17 | 00:21:43.85 | 00:21:43.85 | +00:06:13 | 12:46 | 4.7 |
| 115 | JASEK Piotr | 2311 | - | M30 | 40 | 00:10:01 | 00:21:45.90 | 00:21:45.90 | +00:06:15 | 12:47 | 4.7 |
| 116 | PASUTO Grzegorz | 2332 | | M30 | 41 | 00:10:19 | 00:21:49.90 | 00:21:49.90 | +00:06:19 | 12:50 | 4.7 |
| 117 | BARTULA Arkadiusz | 2216 | SPEED TEAM BRZESZCZE | M40 | 27 | 00:09:51 | 00:21:51.30 | 00:21:51.30 | +00:06:21 | 12:51 | 4.7 |
| 118 | OLMA Przemysław | 2169 | GONIACKA TEAM/ KS KANDAHAR | M30 | 42 | 00:09:50 | 00:21:54.10 | 00:21:54.10 | +00:06:23 | 12:52 | 4.7 |
| 119 | DYŁĄG Wojciech | 2301 | KS LIMANOWA FORREST | M20 | 28 | 00:09:37 | 00:21:56.90 | 00:21:56.90 | +00:06:26 | 12:54 | 4.7 |
| 120 | SERAFIN Dariusz | 2033 | KLUB BIEGACZA FARTLEK | M40 | 28 | 00:10:34 | 00:22:00.20 | 00:22:00.20 | +00:06:29 | 12:56 | 4.6 |
| 121 | RAJA Paweł | 2264 | SKYRUNNING POLAND | M30 | 43 | 00:10:11 | 00:22:00.30 | 00:22:00.30 | +00:06:30 | 12:56 | 4.6 |
| 122 | WOJNO Arkadiusz | 2115 | HUSARIA RACE TEAM | M30 | 44 | 00:10:13 | 00:22:01.70 | 00:22:01.70 | +00:06:31 | 12:57 | 4.6 |
| 123 | AGIEJCZYK Wojciech | 2305 | APTIV RUNNING TEAM | M30 | 45 | 00:09:57 | 00:22:09.95 | 00:22:09.95 | +00:06:39 | 13:01 | 4.6 |
| 124 | BASZAK Tomasz | 2288 | SIŁAOGRA.PL | M30 | 46 | 00:10:17 | 00:22:10.90 | 00:22:10.90 | +00:06:40 | 13:02 | 4.6 |
| 125 | GUZDEK Tomasz | 2258 | STRAZ POZARNA BYTOM | M30 | 47 | 00:09:58 | 00:22:13.75 | 00:22:13.75 | +00:06:43 | 13:04 | 4.6 |
| 126 | PUDŁO Mateusz | 2286 | HUSARIA RACE TEAM | M20 | 29 | 00:10:11 | 00:22:14.35 | 00:22:14.35 | +00:06:44 | 13:04 | 4.6 |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Polowka | netto | brutto | Różn | Tempo | Tempo |
|-----|-------------------------|-------|-------------------------------|-----------|------|----------|-------------|-------------|-----------|-------|-------|
| | | | | | | 00:10:25 | 00:22:22.20 | 00:22:22.20 | +00:06:51 | 13:09 | 4.6 |
| | | | | | | 00:00:00 | 00:22:22.45 | 00:22:22.45 | +00:00:55 | 13:00 | 4.6 |
| | | | | | | | 1.7km | 1.7km | | | km/h |
| 127 | KLONOWSKI Kamil | 2081 | MOSIR ŁAZISKA GÓRNE | M20 | 30 | 00:10:25 | 00:22:22.20 | 00:22:22.20 | +00:06:51 | 13:09 | 4.6 |
| 128 | KOMANIECKI Łukasz | 2157 | | M30 | 48 | 00:09:54 | 00:22:22.45 | 00:22:22.45 | +00:06:55 | 13:13 | 4.5 |
| 129 | JUSZCZAK Artur | 2122 | KW JASTRZĘBIE-ZDRÓJ | M40 | 29 | 00:09:54 | 00:22:29.30 | 00:22:29.30 | +00:06:59 | 13:13 | 4.5 |
| 130 | KOZAR Michał | 2185 | | M30 | 49 | 00:10:30 | 00:22:31.80 | 00:22:31.80 | +00:07:01 | 13:14 | 4.5 |
| 131 | STOLECKI Grzegorz | 2306 | TRUCHTACZ MYSŁOWICE | M30 | 50 | 00:09:57 | 00:22:36.55 | 00:22:36.55 | +00:07:06 | 13:17 | 4.5 |
| 132 | RADZIK Piotr | 2021 | | M30 | 51 | 00:10:27 | 00:22:38.40 | 00:22:38.40 | +00:07:08 | 13:18 | 4.5 |
| 133 | TOKAREWICZ Damian | 2052 | ZEBRY | M30 | 52 | 00:10:04 | 00:22:45.20 | 00:22:45.20 | +00:07:14 | 13:22 | 4.5 |
| 134 | SOBOLA Grzegorz | 2272 | 4DRINKI | M20 | 31 | 00:10:23 | 00:22:48.55 | 00:22:48.55 | +00:07:18 | 13:24 | 4.5 |
| 135 | URBAN Wiktor | 2162 | NIGHT RUNNERS ZABRZE | M20 | 32 | 00:10:00 | 00:22:56.30 | 00:22:56.30 | +00:07:26 | 13:29 | 4.4 |
| 136 | SZCZUREK Dominik | 2178 | TKKF UKLEJNA MYŚLENICE | M30 | 53 | 00:09:55 | 00:22:58.35 | 00:22:58.35 | +00:07:28 | 13:30 | 4.4 |
| 137 | ŻABA Igor | 2333 | | M30 | 54 | 00:10:41 | 00:22:58.40 | 00:22:58.40 | +00:07:28 | 13:30 | 4.4 |
| 138 | KOPIEC Roland | 2296 | ŁAZISKA GÓRNE | M20 | 33 | 00:10:01 | 00:23:03.35 | 00:23:03.35 | +00:07:33 | 13:33 | 4.4 |
| 139 | GRYCKO Konrad | 2097 | FURION | M20 | 34 | 00:10:51 | 00:23:09.30 | 00:23:09.30 | +00:07:39 | 13:37 | 4.4 |
| 140 | BRÓG Wojciech | 2048 | | M30 | 55 | 00:10:03 | 00:23:12.95 | 00:23:12.95 | +00:07:42 | 13:38 | 4.4 |
| 141 | PRASOŁ Marcin | 2256 | | M30 | 56 | 00:10:28 | 00:23:13.30 | 00:23:13.30 | +00:07:43 | 13:39 | 4.4 |
| 142 | KANIA Damian | 2105 | MYSŁOWICKI KLUB BIEGACZA NO.1 | M30 | 57 | 00:10:25 | 00:23:16.00 | 00:23:16.00 | +00:07:45 | 13:41 | 4.4 |
| 143 | WOLAŃSKI Tomasz | 2312 | | M20 | 35 | 00:10:14 | 00:23:17.55 | 00:23:17.55 | +00:07:47 | 13:41 | 4.4 |
| 144 | WALCZYŃSKI Mariusz | 2329 | HRMAX ŻORY | M30 | 58 | 00:10:23 | 00:23:17.90 | 00:23:17.90 | +00:07:47 | 13:41 | 4.4 |
| 145 | KOZIEŁ Krzysztof | 2314 | NIGHT RUNNERS GLIMCE | M30 | 59 | 00:10:33 | 00:23:22.15 | 00:23:22.15 | +00:07:51 | 13:44 | 4.4 |
| 146 | JASTRZĘBSKI Piotr | 2190 | SOCIOS SILESIA | M20 | 36 | 00:10:16 | 00:23:23.35 | 00:23:23.35 | +00:07:53 | 13:45 | 4.4 |
| 147 | MAJCHRZAK Maciej | 2196 | | M20 | 37 | 00:10:45 | 00:23:24.10 | 00:23:24.10 | +00:07:53 | 13:45 | 4.4 |
| 148 | GWÓZDŹ Michał | 2163 | #CZELADZBIEGA | M40 | 30 | 00:11:14 | 00:23:24.90 | 00:23:24.90 | +00:07:54 | 13:45 | 4.4 |
| 149 | JEAN MICHEL Warnotte | 2336 | | M40 | 31 | 00:11:00 | 00:23:25.25 | 00:23:25.25 | +00:07:55 | 13:46 | 4.4 |
| 150 | BIENIECKA Anna | 1006 | OTK RZEŻNIK | K30 | 6 | 00:11:07 | 00:23:30.40 | 00:23:30.40 | +00:08:00 | 13:49 | 4.3 |
| 151 | CHMIELOWSKI Michał | 2065 | GÓRSKIE PĘDZIWATRY | M30 | 60 | 00:11:09 | 00:23:41.70 | 00:23:41.70 | +00:08:11 | 13:55 | 4.3 |
| 152 | WILK Dawid | 2194 | SOCIOS GÓRNIK | M20 | 38 | 00:10:13 | 00:23:43.05 | 00:23:43.05 | +00:08:12 | 13:57 | 4.3 |
| 153 | SIWA Kinga | 1047 | KS SAKO GDAŃSK | K30 | 7 | 00:10:47 | 00:23:43.70 | 00:23:43.70 | +00:08:13 | 13:57 | 4.3 |
| 154 | RZEPKA Piotr | 2125 | PARKRUN KATOWICE | M20 | 39 | 00:10:35 | 00:23:45.80 | 00:23:45.80 | +00:08:15 | 13:58 | 4.3 |
| 155 | MORAWSKI Grzegorz | 2277 | TRENER24H.COM.PL | M30 | 61 | 00:10:56 | 00:23:46.90 | 00:23:46.90 | +00:08:16 | 13:58 | 4.3 |
| 156 | MAJCHROWSKI Jacek | 2028 | CKB TARNOBRZEG | M40 | 32 | 00:10:52 | 00:23:48.70 | 00:23:48.70 | +00:08:18 | 14:00 | 4.3 |
| 157 | PLUCINSKI Grzegorz | 2014 | INŻYNIERIA BIEGANIA TEAM | M40 | 33 | 00:11:10 | 00:23:49.15 | 00:23:49.15 | +00:08:18 | 14:00 | 4.3 |
| 158 | SZYMIK Krzysztof | 2130 | BZIEGACZ SAMOTNT WILK | M40 | 34 | | 00:23:51.00 | 00:23:51.00 | +00:08:20 | 14:01 | 4.3 |
| 159 | BŁASZCZAK Jarosław | 2298 | APTIV RUNNING TEAM | M40 | 35 | 00:11:05 | 00:23:57.95 | 00:23:57.95 | +00:08:27 | 14:05 | 4.3 |
| 160 | ŚWIŃCZYK Marcin | 2184 | | M30 | 62 | 00:11:30 | 00:24:03.00 | 00:24:03.00 | +00:08:32 | 14:08 | 4.2 |
| 161 | PYTLARZ Wojtek | 2110 | NEVERLAND TEAM | M30 | 63 | 00:11:14 | 00:24:04.10 | 00:24:04.10 | +00:08:33 | 14:09 | 4.2 |
| 162 | RENCZ Małgorzata | 1014 | W POGONI ZA DUCHEM | K40 | 3 | 00:10:48 | 00:24:04.70 | 00:24:04.70 | +00:08:34 | 14:09 | 4.2 |
| 163 | STEFAŃSKI Zbigniew | 2207 | HEBEL | M40 | 36 | 00:11:06 | 00:24:13.30 | 00:24:13.30 | +00:08:43 | 14:14 | 4.2 |
| 164 | SIKORA Alicja | 1046 | TEAM SIKORA | K60 | 1 | 00:11:22 | 00:24:16.35 | 00:24:16.35 | +00:08:46 | 14:16 | 4.2 |
| 165 | GÓRNY Mirosław | 2242 | NUTREND TEAM | M50 | 6 | 00:10:35 | 00:24:24.15 | 00:24:24.15 | +00:08:53 | 14:21 | 4.2 |
| 166 | MOSTOWIK Marcin | 2227 | | M30 | 64 | 00:11:08 | 00:24:34.25 | 00:24:34.25 | +00:09:04 | 14:27 | 4.2 |
| 167 | MAŁACHOWSKI Mariusz | 2103 | BIEGAJĄC Z WILKAMI | M40 | 37 | 00:10:34 | 00:24:41.90 | 00:24:41.90 | +00:09:11 | 14:31 | 4.1 |
| 168 | KNURA Aleksander | 2252 | KW JASTRZĘBIE - ZDRÓJ | M30 | 65 | 00:11:22 | 00:24:50.75 | 00:24:50.75 | +00:09:20 | 14:36 | 4.1 |
| 169 | MARKIEWICZ Agnieszka | 1050 | PRORUNNING PROMOTION | K20 | 6 | 00:11:20 | 00:24:51.05 | 00:24:51.05 | +00:09:20 | 14:37 | 4.1 |
| 170 | STAŃCZAK Grzegorz | 2270 | | M30 | 66 | 00:10:42 | 00:25:05.80 | 00:25:05.80 | +00:09:35 | 14:45 | 4.1 |
| 171 | STELMASZCZYK Bartłomiej | 2235 | SCOUT TAEM | M40 | 38 | 00:11:25 | 00:25:07.80 | 00:25:07.80 | +00:09:37 | 14:46 | 4.1 |
| 172 | DAWIDOWICZ Krzysztof | 2164 | FREEWAY | M30 | 67 | 00:11:25 | 00:25:19.95 | 00:25:19.95 | +00:09:49 | 14:53 | 4 |
| 173 | MADEJA Piotr | 2156 | | M30 | 68 | 00:11:07 | 00:25:24.40 | 00:25:24.40 | +00:09:54 | 14:56 | 4 |
| 174 | URBAŃSKI Robert | 2055 | | M40 | 39 | 00:11:24 | 00:25:24.55 | 00:25:24.55 | +00:09:54 | 14:56 | 4 |
| 175 | PACHURA Kinga | 1024 | | K40 | 4 | 00:12:04 | 00:26:28.40 | 00:26:28.40 | +00:10:58 | 15:34 | 3.9 |

| 176 | KLIMOSZ Edyta | 1040 | | K20 | 7 | 00:12:08 | 00:26:40.10 | 00:26:40.10 | +00:11:09 | 15:41 | 3.8 |
|-----|-----------------------|-------|--------------------------------------|-----------|------|----------|-------------|-------------|-----------|--------|-------|
| 177 | LIGĘZA Joasia | 1017 | SMASHING PĄPKINS/UNLIMITED | K40 | 5 | 00:12:08 | 00:26:40.10 | 00:26:40.10 | +00:11:21 | 15:41 | 3.8 |
| | Zawodnik | Numer | Klub | Kategoria | Mkat | Podwoka | Netto | Brutto | Rozn | Tempo | Tempo |
| | | | | | | 0.9km | 1.7km | 1.7km | | min/km | km/h |
| 178 | WOJTYRA Karolina | 1034 | ENTER AIR RUNNERS CLUB | K20 | 8 | 00:12:15 | 00:27:05.20 | 00:27:05.20 | +00:11:34 | 15:55 | 3.8 |
| 179 | FIREK Iwona | 1057 | FIRE'K TEAM | K30 | 8 | 00:12:29 | 00:27:06.85 | 00:27:06.85 | +00:11:36 | 15:56 | 3.8 |
| 180 | CHOWANIOK Anna | 1049 | | K20 | 9 | 00:12:31 | 00:27:08.55 | 00:27:08.55 | +00:11:38 | 15:57 | 3.8 |
| 181 | STRAUCHOLD Anna | 1073 | PRO-RUN WROCŁAW | K40 | 6 | 00:12:30 | 00:27:13.95 | 00:27:13.95 | +00:11:43 | 16:00 | 3.7 |
| 182 | ŚWIĘTEK Sylwia | 1058 | LITWIN TRIATHLON TEAM | K40 | 7 | 00:12:38 | 00:27:40.55 | 00:27:40.55 | +00:12:10 | 16:16 | 3.7 |
| 183 | CAŁKA Agnieszka | 1059 | RADZYMIN RUN TEAM | K40 | 8 | 00:12:46 | 00:28:04.60 | 00:28:04.60 | +00:12:34 | 16:30 | 3.6 |
| 184 | FARON Robert | 2002 | SALCO GARMIN TEAM | M40 | 40 | 00:08:03 | 00:17:49.20 | 00:17:49.20 | +00:02:18 | 10:28 | 5.7 |
| 185 | KALITA Arek | 2223 | | M40 | 41 | 00:10:20 | 00:22:28.80 | 00:22:28.80 | +00:06:58 | 13:12 | 4.5 |
| 186 | SZOSTAK Artur | 2129 | BRAVEHEARTS LEGIONOWO | M20 | 40 | 00:10:25 | 00:22:33.85 | 00:22:33.85 | +00:07:03 | 13:15 | 4.5 |
| 187 | BUŁA Robert | 2133 | RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM | M20 | 41 | 00:10:46 | 00:22:33.95 | 00:22:33.95 | +00:07:03 | 13:15 | 4.5 |
| 188 | KUSZKA Michał | 2016 | BBL MIKOŁÓW | M30 | 69 | 00:10:41 | 00:22:35.15 | 00:22:35.15 | +00:07:04 | 13:17 | 4.5 |
| 189 | KOZIEŁ Grzegorz | 2027 | SILESIA RUNNERS CLUB | M30 | 70 | 00:11:15 | 00:22:36.50 | 00:22:36.50 | +00:07:06 | 13:17 | 4.5 |
| 190 | OLEKSIEWICZ Michał | 2166 | | M30 | 71 | 00:10:14 | 00:22:37.55 | 00:22:37.55 | +00:07:07 | 13:18 | 4.5 |
| 191 | KROTLA Piotr | 2126 | | M30 | 72 | 00:10:36 | 00:22:40.60 | 00:22:40.60 | +00:07:10 | 13:20 | 4.5 |
| 192 | WAŚ Andrzej | 2189 | | M40 | 42 | 00:10:37 | 00:22:41.70 | 00:22:41.70 | +00:07:11 | 13:20 | 4.5 |
| 193 | WRZESZCZ Mariusz | 2015 | TRIATHLON MIETKÓWTEAM | M20 | 42 | 00:10:26 | 00:22:41.80 | 00:22:41.80 | +00:07:11 | 13:20 | 4.5 |
| 194 | DURAŁ Grzegorz | 2228 | TRENING ULTRASA | M30 | 73 | 00:10:33 | 00:22:42.20 | 00:22:42.20 | +00:07:11 | 13:21 | 4.5 |
| 195 | PIÓRKOWSKI Tomek | 2144 | BISKUPICE FAMILY TEAM | M40 | 43 | 00:10:55 | 00:22:48.85 | 00:22:48.85 | +00:07:18 | 13:24 | 4.5 |
| 196 | WRZESIŃSKI Piotr | 2215 | GAPPAG TEAM | M40 | 44 | 00:10:42 | 00:22:49.80 | 00:22:49.80 | +00:07:19 | 13:25 | 4.5 |
| 197 | ISKRZYCKI Andrzej | 2211 | | M40 | 45 | 00:10:12 | 00:22:51.50 | 00:22:51.50 | +00:07:21 | 13:26 | 4.5 |
| 198 | GOLF Krystian | 2072 | NEZRZESZONY | M30 | 74 | 00:10:35 | 00:22:52.35 | 00:22:52.35 | +00:07:22 | 13:27 | 4.5 |
| 199 | MIKULSKI Michał | 2239 | GREMI BOCHNIA | M30 | 75 | 00:10:36 | 00:22:53.55 | 00:22:53.55 | +00:07:23 | 13:27 | 4.5 |
| 200 | TOMCZYK Marcin | 2279 | | M40 | 46 | 00:10:38 | 00:22:58.40 | 00:22:58.40 | +00:07:28 | 13:30 | 4.4 |
| 201 | DYŁĄG Andrzej | 2302 | KS LIMANOWA FORREST | M40 | 47 | 00:10:47 | 00:23:02.35 | 00:23:02.35 | +00:07:32 | 13:32 | 4.4 |
| 202 | KUBERA Marcin | 2285 | KUBERUN | M30 | 76 | 00:10:47 | 00:23:04.20 | 00:23:04.20 | +00:07:33 | 13:34 | 4.4 |
| 203 | SZUKAŁA Damian | 2123 | ŻARY RUNNERS TEAM | M30 | 77 | 00:10:57 | 00:23:05.55 | 00:23:05.55 | +00:07:35 | 13:34 | 4.4 |
| 204 | KARWACKI Grzegorz | 2119 | JA | M40 | 48 | 00:10:57 | 00:23:06.05 | 00:23:06.05 | +00:07:35 | 13:35 | 4.4 |
| 205 | KRÓL Kamil | 2191 | SOCIOS GÓRNIK | M20 | 43 | 00:10:42 | 00:23:06.45 | 00:23:06.45 | +00:07:36 | 13:35 | 4.4 |
| 206 | LEWANDOWSKI Paweł | 2150 | | M30 | 78 | 00:10:56 | 00:23:08.00 | 00:23:08.00 | +00:07:37 | 13:36 | 4.4 |
| 207 | STASIK Krzysztof | 2179 | LOGTECH SPORT TEAM RADZIONKÓW | M30 | 79 | 00:10:44 | 00:23:13.30 | 00:23:13.30 | +00:07:43 | 13:39 | 4.4 |
| 208 | TONDYS Piotr | 2114 | TIGERS TEAM | M40 | 49 | 00:10:55 | 00:23:20.50 | 00:23:20.50 | +00:07:50 | 13:43 | 4.4 |
| 209 | BEDNARZ Sebastian | 2139 | | M40 | 50 | 00:10:42 | 00:23:29.65 | 00:23:29.65 | +00:07:59 | 13:48 | 4.3 |
| 210 | GRAJEK Marek | 2175 | | M30 | 80 | 00:10:35 | 00:23:34.10 | 00:23:34.10 | +00:08:03 | 13:51 | 4.3 |
| 211 | GURGUL Sebastian | 2078 | AROMAT NÓG | M30 | 81 | 00:10:52 | 00:23:36.55 | 00:23:36.55 | +00:08:06 | 13:52 | 4.3 |
| 212 | LEITNER Rafał | 2148 | | M20 | 44 | 00:10:38 | 00:23:37.30 | 00:23:37.30 | +00:08:07 | 13:53 | 4.3 |
| 213 | NIERADA Marcin | 2263 | | M30 | 82 | 00:10:48 | 00:23:42.55 | 00:23:42.55 | +00:08:12 | 13:56 | 4.3 |
| 214 | STACHURSKI Paweł | 2104 | | M30 | 83 | 00:10:48 | 00:23:46.40 | 00:23:46.40 | +00:08:16 | 13:58 | 4.3 |
| 215 | JANUSZEWSKI Tomasz | 2040 | | M50 | 7 | 00:11:20 | 00:23:51.80 | 00:23:51.80 | +00:08:21 | 14:01 | 4.3 |
| 216 | KUBIK Jarosław | 2143 | MYSŁOWICKI KLUB BIEGACZA NO.1 | M40 | 51 | 00:10:54 | 00:23:54.00 | 00:23:54.00 | +00:08:23 | 14:03 | 4.3 |
| 217 | HEDA Sebastian | 2231 | | M30 | 84 | 00:11:21 | 00:23:54.30 | 00:23:54.30 | +00:08:24 | 14:03 | 4.3 |
| 218 | PROŃ Adam | 2030 | IPRONMAN | M40 | 52 | 00:11:16 | 00:23:54.35 | 00:23:54.35 | +00:08:24 | 14:03 | 4.3 |
| 219 | WĘGLARZ Czesław | 2240 | NEZRZESZONY | M50 | 8 | 00:11:16 | 00:23:54.65 | 00:23:54.65 | +00:08:24 | 14:03 | 4.3 |
| 220 | GLISZCZYŃSKI Paweł | 2135 | ORZEŁ BIAŁY S.A. | M30 | 85 | 00:11:41 | 00:23:55.60 | 00:23:55.60 | +00:08:25 | 14:04 | 4.3 |
| 221 | SEMMERLING Przemysław | 2274 | GÓRSKIE PEDZIMATRY | M30 | 86 | 00:10:53 | 00:23:57.50 | 00:23:57.50 | +00:08:27 | 14:05 | 4.3 |
| 222 | KELLER Dariusz | 2047 | NIGHT RUNNERS + | M20 | 45 | 00:11:04 | 00:24:05.10 | 00:24:05.10 | +00:08:34 | 14:10 | 4.2 |
| 223 | PODSADNIUK Mateusz | 2031 | EASY RUN KRAKÓW | M30 | 87 | 00:11:17 | 00:24:07.20 | 00:24:07.20 | +00:08:36 | 14:11 | 4.2 |
| 224 | DOMISZEWSKI Wojciech | 2249 | | M50 | 9 | 00:11:01 | 00:24:07.85 | 00:24:07.85 | +00:08:37 | 14:11 | 4.2 |

| Msc | SUDNIK Krzysztof SZCZEPANIK Grzegorz Zawodnik | Numer | WILDEER | Klub | M30 | 88 | 00:10:52 | 00:24:16.80 | 00:24:16.80 | +00:08:46 | 14:16 | 4.2 |
|-----|---|-------|---|------|------|-----|----------|-------------|-------------|-----------|-------|-----|
| | GAUDYN Andrzej | 2152 | | | M30 | 90 | 00:11:02 | 00:24:19.65 | 00:24:19.65 | +00:08:49 | 14:18 | 4.2 |
| | LIWOCH Sebastian | 2061 | | | M30 | 91 | 00:11:08 | 00:24:20.55 | 00:24:20.55 | +00:08:50 | 14:18 | 4.2 |
| | DZIUBA Emilian | 2013 | STS BIEGATON MIKOŁÓW | | M40 | 53 | 00:11:19 | 00:24:21.00 | 00:24:21.00 | +00:08:50 | 14:19 | 4.2 |
| | RACZYŃSKI Bogusz | 2087 | TIGERS TEAM | | M30 | 92 | 00:11:30 | 00:24:22.30 | 00:24:22.30 | +00:08:52 | 14:20 | 4.2 |
| | SZYMCZAK Łukasz | 2244 | SSW TEAM KROŚNICE | | M30 | 93 | 00:10:59 | 00:24:26.35 | 00:24:26.35 | +00:08:56 | 14:22 | 4.2 |
| | OKOŃ Łukasz | 2241 | | | M30 | 94 | 00:10:56 | 00:24:30.35 | 00:24:30.35 | +00:09:00 | 14:24 | 4.2 |
| | BLUNTZER Gregoire | 2315 | | | M50 | 10 | 00:11:32 | 00:24:32.05 | 00:24:32.05 | +00:09:01 | 14:25 | 4.2 |
| | POTOCZNY Mirosław | 2107 | TRAIL RUNNERS JAWORZNO | | M40 | 54 | 00:11:34 | 00:24:36.00 | 00:24:36.00 | +00:09:05 | 14:28 | 4.1 |
| | LIS Radosław | 2313 | | | M30 | 95 | 00:11:45 | 00:24:48.70 | 00:24:48.70 | +00:09:18 | 14:35 | 4.1 |
| | KANIA Paweł | 2247 | SAINT-GOBAIN SQUAD | | M40 | 55 | 00:11:46 | 00:25:01.85 | 00:25:01.85 | +00:09:31 | 14:42 | 4.1 |
| | KOŚMIDER Tomasz | 2293 | SPARTANIE DZIECIOM | | M30 | 96 | 00:11:32 | 00:25:05.70 | 00:25:05.70 | +00:09:35 | 14:45 | 4.1 |
| | SIEWKO Piotr | 2023 | SZWAGRY TEAM | | M40 | 56 | 00:11:23 | 00:25:07.70 | 00:25:07.70 | +00:09:37 | 14:46 | 4.1 |
| | ŁYZIŃSKI Jan | 2172 | | | M50 | 11 | 00:11:33 | 00:25:07.95 | 00:25:07.95 | +00:09:37 | 14:46 | 4.1 |
| | PIŁAT Artur | 2029 | | | M40 | 57 | 00:12:00 | 00:25:11.75 | 00:25:11.75 | +00:09:41 | 14:48 | 4.1 |
| | KARAŚ Michał | 2044 | GOOL GORCE NOWY TARG | | M30 | 97 | 00:11:42 | 00:25:13.15 | 00:25:13.15 | +00:09:42 | 14:50 | 4 |
| | RESPONDEK Marcin | 2090 | LECYMY DURŚ | | M30 | 98 | 00:10:01 | 00:25:19.05 | 00:25:19.05 | +00:09:48 | 14:53 | 4 |
| | WILK Tomasz | 2251 | MOMNATOCALEŻYCIE | | M30 | 99 | 00:11:28 | 00:25:27.55 | 00:25:27.55 | +00:09:57 | 14:58 | 4 |
| | CAŁKA Grzegorz | 2233 | RADZYMIN RUN TEAM | | M40 | 58 | 00:11:37 | 00:25:48.00 | 00:25:48.00 | +00:10:17 | 15:10 | 4 |
| | DYDUŁA Łukasz | 2053 | ITAL CAR TEAM | | M40 | 59 | 00:12:25 | 00:25:56.35 | 00:25:56.35 | +00:10:26 | 15:15 | 3.9 |
| | SUJAK Mirosław | 2043 | MKB DREPTAK | | M50 | 12 | 00:11:45 | 00:25:59.95 | 00:25:59.95 | +00:10:29 | 15:17 | 3.9 |
| | GURGUL Mateusz | 2113 | AROMAT NÓG | | M30 | 100 | 00:12:42 | 00:26:12.90 | 00:26:12.90 | +00:10:42 | 15:24 | 3.9 |
| | SERZYSKO Bartosz | 2299 | APTIV RUNNING TEAM | | M20 | 46 | 00:10:48 | 00:26:41.30 | 00:26:41.30 | +00:11:11 | 15:41 | 3.8 |
| | STEFAŃSKI Jarosław | 2200 | W POGONI ZA DUCHEM | | M50 | 13 | 00:11:34 | 00:26:58.80 | 00:26:58.80 | +00:11:28 | 15:51 | 3.8 |
| | FIGAS Sebastian | 2232 | LITWIN TRIATHLON TEAM | | M40 | 60 | 00:12:47 | 00:27:10.65 | 00:27:10.65 | +00:11:40 | 15:58 | 3.8 |
| | PITAS Andrzej | 2186 | ZAPIERDALACZE | | M40 | 61 | 00:13:14 | 00:27:23.70 | 00:27:23.70 | +00:11:53 | 16:06 | 3.7 |
| | TOL Kamil | 2220 | MAFIA TEAM LUBLINIEC | | M30 | 101 | 00:12:55 | 00:27:37.80 | 00:27:37.80 | +00:12:07 | 16:14 | 3.7 |
| | TOMCZYK Tomasz | 2161 | RMF 4RACING OCR | | M30 | 102 | 00:12:51 | 00:27:44.90 | 00:27:44.90 | +00:12:14 | 16:18 | 3.7 |
| | KANIA Jolanta | 1062 | | | K40 | 9 | 00:12:33 | 00:27:47.80 | 00:27:47.80 | +00:12:17 | 16:20 | 3.7 |
| | KLATE Łukasz | 2111 | ŁÓDŹ KOCHA SPORT | | M30 | 103 | 00:12:33 | 00:27:54.15 | 00:27:54.15 | +00:12:23 | 16:24 | 3.7 |
| | PIÓRKOWSKA Ola | 1035 | BISKUPICE FAMILY TEAM | | K40 | 10 | 00:13:15 | 00:27:54.80 | 00:27:54.80 | +00:12:24 | 16:24 | 3.7 |
| | LEŚNIAK Tomasz | 2063 | KRZYWDA TEAM | | M30 | 104 | 00:13:05 | 00:28:05.00 | 00:28:05.00 | +00:12:34 | 16:31 | 3.6 |
| | WAWRZACZ Katarzyna | 1052 | | | K40 | 11 | 00:12:49 | 00:28:08.30 | 00:28:08.30 | +00:12:38 | 16:32 | 3.6 |
| | ŚWIERK Krystyna | 1036 | NATURALNIE JANOWICE | | K60 | 2 | 00:13:05 | 00:28:17.60 | 00:28:17.60 | +00:12:47 | 16:38 | 3.6 |
| | BEDNAREK Jacek | 2059 | METLIFE RUN | | M40 | 62 | 00:13:22 | 00:28:40.60 | 00:28:40.60 | +00:13:10 | 16:51 | 3.6 |
| | DYDUŁA Renata | 1018 | ITAL CAR TEAM | | K40 | 12 | 00:12:59 | 00:29:25.15 | 00:29:25.15 | +00:13:54 | 17:18 | 3.5 |
| | PUCHAJDA Monika | 1065 | | | K30 | 9 | 00:12:46 | 00:29:28.80 | 00:29:28.80 | +00:13:58 | 17:20 | 3.5 |
| | KULA Krzysztof | 2140 | | | M20 | 47 | 00:14:21 | 00:29:54.45 | 00:29:54.45 | +00:14:24 | 17:35 | 3.4 |
| | PARZOCH Magdalena | 1026 | SZTURM | | K20 | 10 | 00:13:36 | 00:30:03.05 | 00:30:03.05 | +00:14:32 | 17:40 | 3.4 |
| | SNARSKA Katarzyna | 1029 | ALBATROSY | | K30 | 10 | 00:13:53 | 00:30:18.10 | 00:30:18.10 | +00:14:47 | 17:49 | 3.4 |
| | GUZIAK Irena | 1021 | | | K40 | 13 | 00:14:20 | 00:30:23.10 | 00:30:23.10 | +00:14:52 | 17:52 | 3.4 |
| | GŁUCHOWSKA Natalia | 1038 | | | K20 | 11 | 00:14:10 | 00:30:40.70 | 00:30:40.70 | +00:15:10 | 18:02 | 3.3 |
| | OKAPIEC Dagmara | 1020 | GÓRSKIE PĘDZIMATRY | | K30 | 11 | 00:13:59 | 00:30:46.00 | 00:30:46.00 | +00:15:15 | 18:05 | 3.3 |
| | PASTERNAK Justyna | 1031 | NIEMANIEMOGE | | K30 | 12 | 00:14:00 | 00:30:57.75 | 00:30:57.75 | +00:15:27 | 18:12 | 3.3 |
| | PAZDERSKA-KIPIEL Agnieszka | 1056 | EVIL TEAM | | K30 | 13 | 00:14:30 | 00:31:10.60 | 00:31:10.60 | +00:15:40 | 18:20 | 3.3 |
| | STOLARSKI Paweł | 2094 | ROZBIEGAMY TO MIASTO - CZECHOWICE-DZIEDZICE | | M 30 | 1 | 00:10:52 | 00:24:01.00 | 00:24:01.00 | +00:08:30 | 14:07 | 4.2 |
| | BIEDROŃ Marcin | 2024 | | | M 20 | 1 | 00:10:32 | 00:24:05.30 | 00:24:05.30 | +00:08:35 | 14:10 | 4.2 |
| | SWOBODA Jarosław | 2036 | NIGHT RUNNERS GLIWCE | | M 40 | 1 | 00:10:55 | 00:24:17.20 | 00:24:17.20 | +00:08:46 | 14:17 | 4.2 |
| | KAWULOK Adrian | 2176 | | | M 30 | 2 | 00:10:58 | 00:24:19.60 | 00:24:19.60 | +00:08:49 | 14:18 | 4.2 |

| Msc | Imię i Nazwisko | Numer | KLUB | Kategoria | Mkat | 0.9km | 1.7km | 2.5km | Netto | Brutto | Rożn | Tempo min/km | Tempo km/h |
|-----|-------------------------|-------|---------------------------------------|-----------|------|----------|-------------|-------------|-------------|-------------|-----------|--------------|------------|
| 275 | HORA Grzegorz | 2193 | TERVEL DANIEL WOSIK TEAM | M 30 | 3 | 00:11:11 | 00:24:25.85 | 00:24:25.85 | 00:24:25.85 | 00:24:25.85 | +00:08:55 | 14:21 | 4.2 |
| 276 | WOROBIEC Józef Zawodnik | 2158 | TERVEL DANIEL WOSIK TEAM | M 30 | 4 | 00:10:51 | 00:24:37.65 | 00:24:37.65 | 00:24:37.65 | 00:24:37.65 | +00:09:07 | 14:30 | 4.1 |
| 277 | RĘBISZ Paweł | 2308 | TRAIL RUNNERS JAWORZNO | M 40 | 2 | 00:10:13 | 00:24:39.50 | 00:24:39.50 | 00:24:39.50 | 00:24:39.50 | +00:09:09 | 14:30 | 4.1 |
| 278 | KADŁUBEK Aleksander | 2254 | TKTJ | M 30 | 4 | 00:10:51 | 00:24:40.75 | 00:24:40.75 | 00:24:40.75 | 00:24:40.75 | +00:09:10 | 14:30 | 4.1 |
| 279 | ZAJDEL Michał | 2246 | INO JO | M 30 | 5 | 00:10:55 | 00:24:42.25 | 00:24:42.25 | 00:24:42.25 | 00:24:42.25 | +00:09:12 | 14:31 | 4.1 |
| 280 | URBAŃCZYK Dawid | 2093 | LECYMY DURŚ | M 20 | 2 | 00:11:25 | 00:24:44.85 | 00:24:44.85 | 00:24:44.85 | 00:24:44.85 | +00:09:14 | 14:32 | 4.1 |
| 281 | BARTOSIEWICZ Adam | 2062 | OCR POLSKA | M 40 | 3 | 00:10:53 | 00:24:46.10 | 00:24:46.10 | 00:24:46.10 | 00:24:46.10 | +00:09:15 | 14:34 | 4.1 |
| 282 | JABŁOŃSKI Sebastian | 2208 | POSITIV VIBRATION | M 30 | 6 | 00:10:56 | 00:24:47.90 | 00:24:47.90 | 00:24:47.90 | 00:24:47.90 | +00:09:17 | 14:34 | 4.1 |
| 283 | OŻGA Sebastian | 2074 | | M 20 | 3 | 00:11:12 | 00:24:48.70 | 00:24:48.70 | 00:24:48.70 | 00:24:48.70 | +00:09:18 | 14:35 | 4.1 |
| 284 | KRZCZUK Benedykt | 2066 | | M 50 | 1 | 00:11:10 | 00:24:49.00 | 00:24:49.00 | 00:24:49.00 | 00:24:49.00 | +00:09:18 | 14:35 | 4.1 |
| 285 | HOMBEC Maciej | 2260 | UZDROWSKOWY TEAM | M 40 | 4 | 00:11:40 | 00:24:49.75 | 00:24:49.75 | 00:24:49.75 | 00:24:49.75 | +00:09:19 | 14:35 | 4.1 |
| 286 | KWIATKOWSKI Kajetan | 2109 | BIGYELLOWFOOT ADVENTURE TEAM | M 30 | 7 | 00:11:25 | 00:24:50.05 | 00:24:50.05 | 00:24:50.05 | 00:24:50.05 | +00:09:19 | 14:36 | 4.1 |
| 287 | ŻUREK Rafał | 2271 | | M 20 | 4 | 00:10:36 | 00:24:50.30 | 00:24:50.30 | 00:24:50.30 | 00:24:50.30 | +00:09:20 | 14:36 | 4.1 |
| 288 | KRASOŃ Rafał | 2092 | LECYMY DURŚ | M 30 | 8 | 00:11:27 | 00:24:52.45 | 00:24:52.45 | 00:24:52.45 | 00:24:52.45 | +00:09:22 | 14:37 | 4.1 |
| 289 | KURYŁO Zenon | 2057 | SBD ENERGETYK RYBNIK | M 50 | 2 | 00:11:34 | 00:24:53.55 | 00:24:53.55 | 00:24:53.55 | 00:24:53.55 | +00:09:23 | 14:38 | 4.1 |
| 290 | KORNAŚ Marcin | 2219 | ZĄBKOWICKA GRUPA BIEGOWA FRANKENSTEIN | M 30 | 9 | 00:11:26 | 00:24:53.90 | 00:24:53.90 | 00:24:53.90 | 00:24:53.90 | +00:09:23 | 14:38 | 4.1 |
| 291 | MUSZYŃSKI Marcin | 2266 | | M 20 | 5 | 00:11:08 | 00:24:58.60 | 00:24:58.60 | 00:24:58.60 | 00:24:58.60 | +00:09:28 | 14:41 | 4.1 |
| 292 | JAWORSKI Jarosław | 2273 | | M 30 | 10 | 00:10:50 | 00:24:59.05 | 00:24:59.05 | 00:24:59.05 | 00:24:59.05 | +00:09:28 | 14:41 | 4.1 |
| 293 | BIZOŃ Tomasz | 2054 | | M 40 | 5 | 00:11:02 | 00:25:00.75 | 00:25:00.75 | 00:25:00.75 | 00:25:00.75 | +00:09:30 | 14:42 | 4.1 |
| 294 | JANOWICZ Adam | 2132 | | M 20 | 6 | 00:10:46 | 00:25:03.95 | 00:25:03.95 | 00:25:03.95 | 00:25:03.95 | +00:09:33 | 14:44 | 4.1 |
| 295 | DWORNICKI Tomasz | 2319 | | M 40 | 6 | 00:11:14 | 00:25:04.90 | 00:25:04.90 | 00:25:04.90 | 00:25:04.90 | +00:09:34 | 14:44 | 4.1 |
| 296 | ŚMIATEK Marcino | 2203 | AGRESOR | M 40 | 7 | 00:11:15 | 00:25:05.35 | 00:25:05.35 | 00:25:05.35 | 00:25:05.35 | +00:09:35 | 14:45 | 4.1 |
| 297 | SMACZYŃSKI Dariusz | 2159 | SRS AKTYWNA DABROWA | M 50 | 3 | 00:11:03 | 00:25:08.10 | 00:25:08.10 | 00:25:08.10 | 00:25:08.10 | +00:09:37 | 14:47 | 4.1 |
| 298 | SIKORA Mariusz | 2091 | GOGGLEPRO ACTIVE EYEWEAR TEAM | M 40 | 8 | 00:11:32 | 00:25:09.45 | 00:25:09.45 | 00:25:09.45 | 00:25:09.45 | +00:09:39 | 14:47 | 4.1 |
| 299 | SMUDA Ryszard | 2210 | | M 50 | 4 | 00:11:30 | 00:25:19.20 | 00:25:19.20 | 00:25:19.20 | 00:25:19.20 | +00:09:48 | 14:53 | 4 |
| 300 | PIOSEK Grzegorz | 2195 | LOGTECH RUN TEAM RADZIONKÓW | M 30 | 11 | 00:10:48 | 00:25:21.05 | 00:25:21.05 | 00:25:21.05 | 00:25:21.05 | +00:09:50 | 14:54 | 4 |
| 301 | ROGOSZ Marcin | 2076 | SOCIOS GÓRNIK | M 30 | 12 | 00:11:33 | 00:25:25.65 | 00:25:25.65 | 00:25:25.65 | 00:25:25.65 | +00:09:55 | 14:57 | 4 |
| 302 | FALKOWSKI Piotr | 2268 | FKS PEGAZ PIASECZNO | M 40 | 9 | 00:11:44 | 00:25:26.10 | 00:25:26.10 | 00:25:26.10 | 00:25:26.10 | +00:09:55 | 14:57 | 4 |
| 303 | MROZEK Grzegorz | 2327 | | M 40 | 10 | 00:11:39 | 00:25:26.90 | 00:25:26.90 | 00:25:26.90 | 00:25:26.90 | +00:09:56 | 14:57 | 4 |
| 304 | WOJTYRA Daniel | 2269 | | M 20 | 7 | 00:11:25 | 00:25:29.30 | 00:25:29.30 | 00:25:29.30 | 00:25:29.30 | +00:09:59 | 14:59 | 4 |
| 305 | KUČERKA Jakub | 2025 | KASIA I KUBA | M 20 | 8 | 00:11:49 | 00:25:34.40 | 00:25:34.40 | 00:25:34.40 | 00:25:34.40 | +00:10:04 | 15:02 | 4 |
| 306 | SEWINA Dominik | 2106 | KARATE TSUNAMI BYDGOSZCZ | M 30 | 13 | 00:11:44 | 00:25:42.45 | 00:25:42.45 | 00:25:42.45 | 00:25:42.45 | +00:10:12 | 15:07 | 4 |
| 307 | WAWROWSKI Jarosław | 2326 | | M 40 | 11 | 00:11:22 | 00:25:54.85 | 00:25:54.85 | 00:25:54.85 | 00:25:54.85 | +00:10:24 | 15:14 | 3.9 |
| 308 | ZIELIŃSKI Łukasz | 2128 | | M 30 | 14 | 00:11:29 | 00:26:00.45 | 00:26:00.45 | 00:26:00.45 | 00:26:00.45 | +00:10:30 | 15:17 | 3.9 |
| 309 | LIGEZA Witold | 2324 | SMASHING PĄPKINS/UNLIMITED | M 40 | 12 | 00:11:52 | 00:26:08.75 | 00:26:08.75 | 00:26:08.75 | 00:26:08.75 | +00:10:38 | 15:22 | 3.9 |
| 310 | HOLECZEK Damian | 2259 | ŻODNY | M 40 | 13 | 00:11:11 | 00:26:13.30 | 00:26:13.30 | 00:26:13.30 | 00:26:13.30 | +00:10:43 | 15:25 | 3.9 |
| 311 | GRABALSKI Dariusz | 2265 | | M 30 | 15 | 00:11:08 | 00:26:30.30 | 00:26:30.30 | 00:26:30.30 | 00:26:30.30 | +00:11:00 | 15:35 | 3.8 |
| 312 | SMOROŃ Krzysztof | 2204 | | M 30 | 16 | 00:11:58 | 00:26:35.10 | 00:26:35.10 | 00:26:35.10 | 00:26:35.10 | +00:11:04 | 15:38 | 3.8 |
| 313 | SCHILLER Fryderyk | 2205 | TRINITEC RUNNING TEAM | M 40 | 14 | 00:11:49 | 00:26:42.35 | 00:26:42.35 | 00:26:42.35 | 00:26:42.35 | +00:11:12 | 15:42 | 3.8 |
| 314 | BORATYŃSKI Adam | 2294 | | M 40 | 15 | 00:12:20 | 00:27:14.25 | 00:27:14.25 | 00:27:14.25 | 00:27:14.25 | +00:11:44 | 16:01 | 3.7 |
| 315 | DAWID Mirosław | 2089 | | M 50 | 5 | 00:12:07 | 00:27:36.55 | 00:27:36.55 | 00:27:36.55 | 00:27:36.55 | +00:12:06 | 16:14 | 3.7 |
| 316 | BIENIECKI Marek | 2323 | OTK RZEŻNIK | M 20 | 9 | 00:12:52 | 00:27:41.70 | 00:27:41.70 | 00:27:41.70 | 00:27:41.70 | +00:12:11 | 16:17 | 3.7 |
| 317 | ZAREMBA Marek | 2142 | KAMIKADZE | M 50 | 6 | 00:12:19 | 00:27:44.00 | 00:27:44.00 | 00:27:44.00 | 00:27:44.00 | +00:12:13 | 16:18 | 3.7 |
| 318 | LOMBARSKI Łukasz | 2245 | SSW TEAM KROŚNICE | M 30 | 17 | 00:12:36 | 00:27:47.50 | 00:27:47.50 | 00:27:47.50 | 00:27:47.50 | +00:12:17 | 16:20 | 3.7 |
| 319 | SZŁĘZAK Piotr | 2253 | | M 30 | 18 | 00:12:06 | 00:27:52.45 | 00:27:52.45 | 00:27:52.45 | 00:27:52.45 | +00:12:22 | 16:23 | 3.7 |
| 320 | TAHNYBOK Paweł | 2073 | SOCIOS SILESIA | M 40 | 16 | 00:11:54 | 00:28:11.25 | 00:28:11.25 | 00:28:11.25 | 00:28:11.25 | +00:12:41 | 16:34 | 3.6 |
| 321 | WITA Krzysztof | 2250 | FORMA WODZISŁAW ŚLĄSKI | M 30 | 19 | 00:12:01 | 00:28:14.10 | 00:28:14.10 | 00:28:14.10 | 00:28:14.10 | +00:12:43 | 16:36 | 3.6 |
| 322 | NÓŻKA Andrzej | 2214 | | M 30 | 20 | 00:12:26 | 00:28:17.50 | 00:28:17.50 | 00:28:17.50 | 00:28:17.50 | +00:12:47 | 16:38 | 3.6 |
| 323 | ŻMUDKA Bartek | 2321 | | M 30 | 21 | 00:12:34 | 00:28:20.95 | 00:28:20.95 | 00:28:20.95 | 00:28:20.95 | +00:12:50 | 16:40 | 3.6 |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | 0.9km | 0.9km netto | 0.9km brutto | Rożn | Tempo min/km | Tempo km/h |
|-----|-------------------------------|-------------|---------------------------------|-----------|------|----------|--------------------|--------------------|-----------|--------------|------------|
| 324 | WOJNO Małgorzata | 1043 | HUSARIA RACE TEAM | K 30 | 1 | 00:12:35 | 00:28:23.10 | 00:28:23.10 | +00:12:52 | 16:41 | 3.6 |
| 325 | SEKUŁA Dawid | 2112 | | M 30 | 10 | 00:12:49 | 00:28:35.40 | 00:28:35.40 | +00:13:05 | 16:40 | 3.6 |
| 326 | DŁUGOSZ Marek | 2071 | | M 30 | 22 | 00:12:49 | 00:27:49.10 | 00:27:49.10 | +00:13:18 | 16:57 | 3.5 |
| 327 | SZPERLICH Grzegorz | 2202 | PRZEŁAJKA | M 40 | 17 | 00:13:22 | 00:29:05.20 | 00:29:05.20 | +00:13:34 | 17:06 | 3.5 |
| 328 | KOZICKI Jacek | 2331 | | M 30 | 23 | 00:12:41 | 00:29:23.30 | 00:29:23.30 | +00:13:53 | 17:17 | 3.5 |
| 329 | KAŹMIERSKI Janusz | 2170 | DA SIĘ | M 60 | 2 | 00:13:10 | 00:29:38.65 | 00:29:38.65 | +00:14:08 | 17:25 | 3.4 |
| 330 | WIĘCZKOWSKI Wojciech | 2118 | HUSARIA RACE TEAM | M 40 | 18 | 00:12:57 | 00:29:51.60 | 00:29:51.60 | +00:14:21 | 17:33 | 3.4 |
| 331 | LISOWSKA Kamila | 1023 | | K 30 | 2 | 00:13:27 | 00:30:03.85 | 00:30:03.85 | +00:14:33 | 17:40 | 3.4 |
| 332 | MĄDRZYK Daniel | 2108 | | M 30 | 24 | 00:12:50 | 00:30:19.30 | 00:30:19.30 | +00:14:49 | 17:50 | 3.4 |
| 333 | OLESIŃSKA Martyna | 1063 | | K 20 | 1 | 00:13:50 | 00:30:25.65 | 00:30:25.65 | +00:14:55 | 17:53 | 3.4 |
| 334 | WRÓBEL Marcin | 2121 | FC KAROLINA | M 40 | 19 | 00:13:08 | 00:30:25.95 | 00:30:25.95 | +00:14:55 | 17:53 | 3.4 |
| 335 | RÓG Marek | 2127 | | M 40 | 20 | 00:13:04 | 00:30:58.30 | 00:30:58.30 | +00:15:28 | 18:12 | 3.3 |
| 336 | FARMAS Dariusz | 2137 | NOWA HUTA TEAM | M 40 | 21 | 00:14:03 | 00:31:08.05 | 00:31:08.05 | +00:15:37 | 18:18 | 3.3 |
| 337 | TALARCZYK Marzena | 1074 | ŁĄCKORUN | K 30 | 3 | 00:14:12 | 00:31:09.10 | 00:31:09.10 | +00:15:38 | 18:19 | 3.3 |
| 338 | BARAN Paulina | 1060 | | K 30 | 4 | 00:14:12 | 00:31:15.15 | 00:31:15.15 | +00:15:44 | 18:22 | 3.3 |
| 339 | KAROLCZAK Joanna | 1025 | GOGGLE PRO ACTIVE EYEWEAR TEAM | K 40 | 1 | 00:14:03 | 00:31:23.00 | 00:31:23.00 | +00:15:52 | 18:27 | 3.3 |
| 340 | MAŁEK Hanna | 1032 | HUSARIA RACE TEAM | K 20 | 2 | 00:13:31 | 00:31:27.40 | 00:31:27.40 | +00:15:57 | 18:30 | 3.2 |
| 341 | KANIA Agnieszka | 1037 | | K 30 | 5 | 00:14:12 | 00:31:54.65 | 00:31:54.65 | +00:16:24 | 18:45 | 3.2 |
| 342 | ŚWIERK Stanisław | 2145 | NATURALNIE JANOWICE | M 60 | 3 | 00:13:33 | 00:32:32.80 | 00:32:32.80 | +00:17:02 | 19:08 | 3.1 |
| 343 | BIEDNY Szymon | 2199 | RZADKO SMUTNI | M 30 | 25 | 00:13:52 | 00:32:36.00 | 00:32:36.00 | +00:17:05 | 19:10 | 3.1 |
| 344 | HONKISZ Sebastian | 2136 | | M 30 | 26 | 00:15:04 | 00:34:18.70 | 00:34:18.70 | +00:18:48 | 20:10 | 3 |
| 345 | WALENTYŃSKI Bartłomiej | 2257 | | M 20 | 11 | 00:16:00 | 00:34:52.65 | 00:34:52.65 | +00:19:22 | 20:30 | 2.9 |
| 346 | HYRA Katarzyna | 1041 | | K 20 | 3 | 00:13:44 | 00:35:13.00 | 00:35:13.00 | +00:19:42 | 20:42 | 2.9 |
| 347 | DUDEK Dominik | 2082 | | M 40 | 22 | 00:14:55 | 00:36:02.00 | 00:36:02.00 | +00:20:31 | 21:11 | 2.8 |
| 348 | BZOWSKA Aleksandra | 1072 | | K 30 | 6 | 00:16:48 | 00:36:19.05 | 00:36:19.05 | +00:20:48 | 21:21 | 2.8 |
| 349 | KWIATKOWSKA Alicja | 1027 | BIGYELLOWFOOT ADVENTURE TEAM | K 30 | 7 | 00:16:24 | 00:36:33.65 | 00:36:33.65 | +00:21:03 | 21:30 | 2.8 |
| 350 | WOJCIECH Piotr | 2086 | BIEGAM ŻEBY BARTEK MÓGL CHODZIĆ | M 30 | 27 | 00:17:49 | 00:39:20.35 | 00:39:20.35 | +00:23:50 | 23:08 | 2.6 |
| 351 | KOWALCZYK Klaudia | 1016 | | K 30 | 8 | 00:17:24 | 00:40:28.95 | 00:40:28.95 | +00:24:58 | 23:48 | 2.5 |

Znaleziono 351 wynik(ów)