

DYCHA NA JELENI SKOK 2019

B4SPORT

Wydarzenie: V FESTIWAL BIEGU RZEŹNIKA
Organizator: Fundacja Bieg Rzeźnika
Data: 2019-06-22
Miejsce: Cisna
Dystans: 10.8 km

B4SPORT
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Kara/ bonifikata | Czas netto 11km | Czas brutto 11km | Różn | Tempo min/km | Tempo km/h |
|-----|-----------------------|-------|--------------------------------|-----------|------|---------------------|-----------------------|------------------------|-----------|-----------------|---------------|
| 1 | GRZĄDZIEL Dominik | 5447 | ATTIQ | M30 | 1 | | 00:46:08.75 | 00:46:10.85 | | 4:11 | 14.3 |
| 2 | DOMISZEWSKI Ignacy | 4965 | | M20 | 1 | 00:01:00 | 00:50:00.25 | 00:50:01.90 | +00:03:51 | 4:27 | 13.5 |
| 3 | SZWAJA Mateusz | 5376 | | M20 | 2 | | 00:51:39.65 | 00:51:42.05 | +00:05:31 | 4:41 | 12.8 |
| 4 | HUZIOR Piotr | 5448 | ATTIQ | M40 | 1 | | 00:52:25.35 | 00:52:28.15 | +00:06:17 | 4:46 | 12.6 |
| 5 | CHOJNACKI Wiktor | 5041 | | M30 | 2 | | 00:55:57.00 | 00:55:59.40 | +00:09:48 | 5:05 | 11.8 |
| 6 | ZYGMUNT Tomasz | 5372 | | M20 | 3 | 00:01:00 | 00:56:17.70 | 00:56:21.85 | +00:10:11 | 5:01 | 11.9 |
| 7 | ZĄBCZYŃSKI Dominik | 6000 | | M40 | 2 | 00:01:00 | 00:56:26.00 | 00:56:28.20 | +00:10:17 | 5:02 | 11.9 |
| 8 | GÓRYŃSKI Rafał | 5454 | | M20 | 4 | | 00:56:43.60 | 00:56:46.45 | +00:10:35 | 5:09 | 11.6 |
| 9 | BRENDZOWSKI Adam | 5030 | SOLINATEAM / RUNONLINE.PL TEAM | M30 | 3 | | 00:57:23.80 | 00:57:25.60 | +00:11:14 | 5:13 | 11.5 |
| 10 | BOGUCKI Piotr | 5026 | SCHR | M30 | 4 | 00:01:00 | 00:57:29.75 | 00:57:32.45 | +00:11:21 | 5:08 | 11.7 |
| 11 | KOWALEWSKA Elżbieta | 5154 | EDI TEAM ZGORZELEC | K30 | 1 | | 00:57:32.75 | 00:57:32.75 | +00:11:21 | 5:13 | 11.5 |
| 12 | JÓŹWIAK Tomasz | 5417 | | M20 | 5 | | 00:58:41.65 | 00:58:49.35 | +00:12:38 | 5:20 | 11.2 |
| 13 | DOMISZEWSKA Maria | 4967 | | K50 | 1 | 00:01:00 | 00:59:14.40 | 00:59:17.40 | +00:13:06 | 5:17 | 11.3 |
| 14 | STOLARCZYK Tomasz | 5308 | BIEGAM BO LUBIĘ OSTROŁĘKA | M40 | 3 | | 00:59:20.85 | 00:59:28.60 | +00:13:17 | 5:23 | 11.1 |
| 15 | FRĄCKOWIAK Przemysław | 5440 | | M20 | 6 | 00:01:00 | 01:00:55.70 | 01:01:07.50 | +00:14:56 | 5:26 | 11 |
| 16 | HACZ Paweł | 5094 | | M30 | 5 | | 01:01:14.15 | 01:01:17.45 | +00:15:06 | 5:34 | 10.8 |
| 17 | SZCZEPANIAK Angelika | 5452 | AKADEMIA BIEGANIA | K30 | 2 | | 01:01:21.65 | 01:01:27.10 | +00:15:16 | 5:34 | 10.8 |
| 18 | KISIELEWSKI Konrad | 5442 | | M40 | 4 | | 01:01:01.95 | 01:01:29.05 | +00:15:18 | 5:32 | 10.8 |
| 19 | BERLIŃSKI Dominik | 5221 | | M40 | 5 | | 01:01:24.25 | 01:01:29.30 | +00:15:18 | 5:34 | 10.7 |
| 20 | ZATORSKA Izabela | 5411 | | K50 | 2 | | 01:01:39.40 | 01:01:42.70 | +00:15:31 | 5:36 | 10.7 |
| 21 | JELSKA Elżbieta | 5115 | | K30 | 3 | 00:00:30 | 01:01:46.85 | 01:01:54.70 | +00:15:43 | 5:34 | 10.8 |
| 22 | CEGIEŁKO Maciej | 5445 | | M14 | 1 | | 01:02:34.80 | 01:02:37.30 | +00:16:26 | 5:41 | 10.5 |
| 23 | KŁOSIŃSKI Rafał | 5138 | RACEFIGHTER GOSIR DĘBE WLK. | M40 | 6 | | 01:02:37.25 | 01:02:40.75 | +00:16:29 | 5:41 | 10.5 |
| 24 | SZCZEPANIAK Michał | 5318 | RAZEM TRENUJEMY SPORT | M40 | 7 | | 01:02:40.45 | 01:02:45.35 | +00:16:34 | 5:41 | 10.5 |
| 25 | BRÓG Wojciech | 5032 | | M40 | 8 | 00:01:00 | 01:02:45.85 | 01:02:47.75 | +00:16:36 | 5:36 | 10.7 |
| 26 | RZĘSA Łukasz | 5271 | | M30 | 6 | | 01:02:46.45 | 01:02:51.15 | +00:16:40 | 5:42 | 10.5 |
| 27 | PITAS Andrzej | 4966 | | M40 | 9 | | 01:02:48.05 | 01:02:53.00 | +00:16:42 | 5:42 | 10.5 |
| 28 | KUNDRACIK Mirosław | 4958 | | M30 | 7 | | 01:02:20.40 | 01:02:55.45 | +00:16:44 | 5:40 | 10.6 |
| 29 | BRZĘCZEK Michał | 4956 | EXTREMALNE OTK | M40 | 10 | 00:01:00 | 01:03:34.20 | 01:03:36.30 | +00:17:25 | 5:41 | 10.5 |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Kara/ bonifikata | Czas netto 11km | Czas brutto 11km | Różn | Tempo min/km | Tempo km/h |
|-----|------------------------------|-------------|------------------------------|-----------|------|---------------------|-----------------------|------------------------|-----------|-----------------|---------------|
| 30 | LANGE Beata | 5171 | BIŁGORAJ BIEGA - OTK RZEŹNIK | K40 | 1 | | 01:03:51.95 | 01:03:56.30 | +00:17:45 | 5:48 | 10.3 |
| 31 | DRZEWIECKI Michał | 4976 | | M30 | 8 | | 01:03:53.60 | 01:04:03.10 | +00:17:52 | 5:48 | 10.3 |
| 32 | GRONIECKI Mikołaj | 5441 | | M30 | 9 | 00:01:00 | 01:04:05.20 | 01:04:12.40 | +00:18:01 | 5:44 | 10.5 |
| 33 | SMOLARKIEWICZ Dawid | 5298 | WIELUŃ BIEGA | M30 | 10 | | 01:04:13.65 | 01:04:28.15 | +00:18:17 | 5:50 | 10.3 |
| 34 | PONIEWOZIK Ireneusz | 1498 | | M40 | 11 | | 01:04:29.00 | 01:04:34.95 | +00:18:24 | 5:51 | 10.2 |
| 35 | PAPROCKA Ula | 4973 | | K20 | 1 | | 01:04:39.10 | 01:04:44.60 | +00:18:33 | 5:52 | 10.2 |
| 36 | KOWALCZUK Paweł | 5151 | | M40 | 12 | | 01:04:30.50 | 01:04:48.05 | +00:18:37 | 5:51 | 10.2 |
| 37 | WILK Jakub | 5381 | HAPPY SCHOOL | M14 | 2 | | 01:04:52.45 | 01:04:55.00 | +00:18:44 | 5:53 | 10.2 |
| 38 | RONDUDA Oskar | 5428 | | M20 | 7 | 00:01:00 | 01:05:16.30 | 01:05:33.30 | +00:19:22 | 5:50 | 10.3 |
| 39 | UBYCH Mariusz | 5434 | | M30 | 11 | | 01:05:36.30 | 01:05:52.95 | +00:19:42 | 5:57 | 10.1 |
| 40 | DERYŁO Mateusz | 5056 | | M20 | 8 | 00:00:30 | 01:06:06.10 | 01:06:08.50 | +00:19:57 | 5:57 | 10.1 |
| 41 | WALEŃSKA Ewa | 5389 | | K40 | 2 | | 01:06:30.15 | 01:06:30.15 | +00:20:19 | 6:02 | 9.9 |
| 42 | KOZIARSKI Piotr | 5156 | PO LINIE - PIOTR KOZIARSKI | M30 | 12 | | 01:06:08.00 | 01:06:30.55 | +00:20:19 | 6:00 | 10 |
| 43 | ZIELONKA Michał | 5385 | | M14 | 3 | | 01:06:30.60 | 01:06:32.85 | +00:20:22 | 6:02 | 9.9 |
| 44 | ŚWIERCZYŃSKI Norbert | 5331 | RACEFIGHTER GOSIR DĘBE WLK. | M20 | 9 | 00:01:00 | 01:06:31.30 | 01:06:33.20 | +00:20:22 | 5:57 | 10.1 |
| 45 | FOREMSKI Sławomir | 5073 | | M50 | 1 | | 01:06:38.60 | 01:06:42.15 | +00:20:31 | 6:03 | 9.9 |
| 46 | HRYSZKO Robert | 5097 | TRAIN FOR SKILLS | M50 | 2 | | 01:06:38.55 | 01:06:53.90 | +00:20:43 | 6:03 | 9.9 |
| 47 | DĄBROWSKI Maciej | 5055 | | M30 | 13 | | 01:07:01.95 | 01:07:01.95 | +00:20:51 | 6:05 | 9.8 |
| 48 | KANDEFER Beata | 5128 | AKTYWNAKORCZYNA.PL | K40 | 3 | | 01:07:04.75 | 01:07:07.75 | +00:20:56 | 6:05 | 9.8 |
| 49 | DACYK Sylwester | 4970 | SAINT GOBAIN SQUAD | M40 | 13 | 00:00:30 | 01:07:15.40 | 01:07:24.10 | +00:21:13 | 6:04 | 9.9 |
| 50 | JASNOWSKI Michał | 5436 | | M30 | 14 | | 01:07:25.70 | 01:07:35.20 | +00:21:24 | 6:07 | 9.8 |
| 51 | DOBROWOLSKA Agnieszka | 5061 | HEROBOX | K40 | 4 | | 01:07:48.50 | 01:07:53.25 | +00:21:42 | 6:09 | 9.7 |
| 52 | BARTKOWSKI Tobiasz | 5379 | BOLT TRZEMESZNO | M30 | 15 | | 01:07:49.80 | 01:07:53.40 | +00:21:42 | 6:10 | 9.7 |
| 53 | RONDUDA Jakub | 5421 | | M20 | 10 | 00:00:30 | 01:08:01.60 | 01:08:16.85 | +00:22:06 | 6:08 | 9.8 |
| 54 | ZWOLIŃSKI Łukasz | 5423 | KASZUBSKA PONIEWIERKA | M30 | 16 | 00:01:00 | 01:08:42.40 | 01:08:47.75 | +00:22:36 | 6:09 | 9.7 |
| 55 | ŁOBODOWSKI Marcin | 5182 | RACEFIGHTER GOSIR DĘBE WLK. | M30 | 17 | 00:01:00 | 01:09:00.95 | 01:09:04.25 | +00:22:53 | 6:11 | 9.7 |
| 56 | RUS Marta | 4971 | | K40 | 5 | 00:00:30 | 01:08:58.95 | 01:09:07.95 | +00:22:57 | 6:13 | 9.6 |
| 57 | MILCZAREK Marcin | 5201 | DRUŻYNA ORZECHA ŻYRARDÓW | M30 | 18 | | 01:08:51.15 | 01:09:08.30 | +00:22:57 | 6:15 | 9.6 |
| 58 | SADOWSKI Andrzej | 5388 | 3TBIAŁYSTOK | M40 | 14 | 00:00:30 | 01:09:06.20 | 01:09:15.50 | +00:23:04 | 6:14 | 9.6 |
| 59 | WOJNAROWSKA Weronika | 5351 | | K30 | 4 | | 01:09:06.25 | 01:09:16.05 | +00:23:05 | 6:17 | 9.5 |
| 60 | GAWLIK Marcin | 5155 | | M40 | 15 | 00:01:00 | 01:09:23.15 | 01:09:40.90 | +00:23:30 | 6:13 | 9.7 |
| 61 | SCHWITALLA Adrian | 5007 | | M40 | 16 | 00:01:00 | 01:09:24.90 | 01:09:41.10 | +00:23:30 | 6:13 | 9.6 |
| 62 | BAKA Mateusz | 5412 | | M20 | 11 | | 01:09:15.90 | 01:09:41.25 | +00:23:30 | 6:17 | 9.5 |
| 63 | MOLSA Konrad | 5203 | | M20 | 12 | | 01:09:16.45 | 01:09:42.15 | +00:23:31 | 6:17 | 9.5 |
| 64 | BORGOSZ Eryk | 5446 | | M14 | 4 | 00:00:30 | 01:09:43.80 | 01:09:46.20 | +00:23:35 | 6:17 | 9.5 |
| 65 | GUBERNIAK Renata | 5091 | | K30 | 5 | | 01:09:46.75 | 01:10:05.70 | +00:23:54 | 6:20 | 9.5 |
| 66 | WALNIK Rafał | 5437 | | M40 | 17 | | 01:09:47.95 | 01:10:07.30 | +00:23:56 | 6:20 | 9.5 |
| 67 | SIWIEC Stanisław | 5289 | | M60 | 1 | | 01:10:17.80 | 01:10:20.55 | +00:24:09 | 6:23 | 9.4 |
| 68 | RONDUDA Janusz | 5429 | | M40 | 18 | 00:00:30 | 01:10:11.55 | 01:10:27.95 | +00:24:17 | 6:20 | 9.5 |
| 69 | KUS Krzysztof | 5168 | | M20 | 13 | | 01:10:21.45 | 01:10:33.60 | +00:24:22 | 6:23 | 9.4 |
| 70 | WOŹNIAK Janusz | 5353 | PORMAT JEDLICZE BIEGA | M50 | 3 | | 01:10:27.45 | 01:10:34.70 | +00:24:23 | 6:24 | 9.4 |
| 71 | ZYGMUNT Paweł | 5373 | | M40 | 19 | 00:00:30 | 01:10:34.15 | 01:10:39.35 | +00:24:28 | 6:22 | 9.4 |
| 72 | SZYBIAK Maciej | 5326 | AGONA W&M | M14 | 5 | | 01:10:37.55 | 01:10:43.05 | +00:24:32 | 6:25 | 9.3 |
| 73 | WRÓBLEWSKI Łukasz | 5433 | | M30 | 19 | | 01:10:56.30 | 01:11:12.95 | +00:25:02 | 6:26 | 9.3 |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Kara/ bonifikata | Czas netto 11km | Czas brutto 11km | Różn | Tempo min/km | Tempo km/h |
|-----|-----------------------------------|-------------|---------------------------|-----------|------|---------------------|-----------------------|------------------------|-----------|-----------------|---------------|
| 74 | ŁYKO Marcin | 5438 | | M30 | 20 | | 01:10:53.30 | 01:11:13.05 | +00:25:02 | 6:26 | 9.3 |
| 75 | JAGODA Mateusz | 4975 | | M50 | 4 | | 01:11:13.10 | 01:11:28.45 | +00:25:17 | 6:28 | 9.3 |
| 76 | MELON Emilia | 5397 | | K20 | 2 | | 01:11:29.90 | 01:11:45.55 | +00:25:34 | 6:30 | 9.2 |
| 77 | ZEMŁA Maja | 5418 | | K30 | 6 | 00:00:30 | 01:11:41.35 | 01:11:48.15 | +00:25:37 | 6:28 | 9.3 |
| 78 | BINIECKI Jakub | 5023 | EMBORDIU | M14 | 6 | 00:00:30 | 01:11:52.20 | 01:11:58.50 | +00:25:47 | 6:29 | 9.2 |
| 79 | ŁĘPA Marcin | 5181 | | M30 | 21 | | 01:12:06.30 | 01:12:09.75 | +00:25:58 | 6:33 | 9.2 |
| 80 | KOŁOSOWSKI Piotr | 5410 | | M30 | 22 | | 01:12:15.30 | 01:12:27.45 | +00:26:16 | 6:34 | 9.1 |
| 81 | URBANEK Małgorzata | 5395 | | K40 | 6 | 00:01:00 | 01:12:42.40 | 01:12:55.35 | +00:26:44 | 6:31 | 9.2 |
| 82 | ZAMĘTA Jakub | 5360 | | M20 | 14 | | 01:13:09.20 | 01:13:17.60 | +00:27:06 | 6:39 | 9 |
| 83 | SENDER Andrzej | 5278 | TRIATHLON LUBLIN TEAM | M40 | 20 | 00:00:30 | 01:13:18.55 | 01:13:24.55 | +00:27:13 | 6:37 | 9.1 |
| 84 | MOSÓR Mariusz | 5207 | LISY PUSTYNI | M40 | 21 | | 01:13:23.15 | 01:13:36.75 | +00:27:25 | 6:40 | 9 |
| 85 | SŁOWIK Adam | 5295 | | M30 | 23 | | 01:13:14.90 | 01:13:38.05 | +00:27:27 | 6:39 | 9 |
| 86 | DŁUGOSZ-STĘPNIAK Agnieszka | 5060 | | K30 | 7 | | 01:13:36.90 | 01:13:41.30 | +00:27:30 | 6:41 | 9 |
| 87 | DOMISZEWSKI Wojciech | 4968 | | M50 | 5 | | 01:14:16.80 | 01:14:22.20 | +00:28:11 | 6:45 | 8.9 |
| 88 | HEJNAR Dominik | 5386 | | M20 | 15 | | 01:13:58.75 | 01:14:26.65 | +00:28:15 | 6:43 | 8.9 |
| 89 | SPORNIAK Krzysztof | 5302 | | M30 | 24 | | 01:14:21.60 | 01:14:30.45 | +00:28:19 | 6:45 | 8.9 |
| 90 | ANDRZEJEWSKI Maciej | 4964 | | M30 | 25 | | 01:14:30.95 | 01:14:37.85 | +00:28:27 | 6:46 | 8.9 |
| 91 | SMOLARKIEWICZ Daria | 5297 | WIELUŃ BIEGA | K20 | 3 | | 01:14:37.45 | 01:14:52.40 | +00:28:41 | 6:47 | 8.8 |
| 92 | BARADZIN Aliaksandr | 5009 | | M20 | 16 | | 01:14:53.05 | 01:15:02.15 | +00:28:51 | 6:48 | 8.8 |
| 93 | SANDOMIERSKI Krzysztof | 4972 | | M40 | 22 | | 01:14:54.00 | 01:15:04.90 | +00:28:54 | 6:48 | 8.8 |
| 94 | SERAFIN Bartłomiej | 5279 | | M30 | 26 | | 01:14:48.20 | 01:15:07.35 | +00:28:56 | 6:48 | 8.8 |
| 95 | MAŚLANKA Michał | 5194 | BKS WATAHA | M30 | 27 | | 01:14:59.40 | 01:15:09.15 | +00:28:58 | 6:49 | 8.8 |
| 96 | RZEPKA Aleksandra | 5270 | WKURW_TEAM | K20 | 4 | | 01:15:09.15 | 01:15:12.45 | +00:29:01 | 6:49 | 8.8 |
| 97 | KOWALCZYK Mariusz | 5424 | | M40 | 23 | | 01:15:15.95 | 01:15:19.85 | +00:29:09 | 6:50 | 8.8 |
| 98 | KOPACKA Eliza | 5146 | | K30 | 8 | 00:00:30 | 01:15:37.10 | 01:15:44.85 | +00:29:34 | 6:49 | 8.8 |
| 99 | KOWALCZYK Alan | 5152 | | M30 | 28 | | 01:15:44.25 | 01:15:54.55 | +00:29:43 | 6:53 | 8.7 |
| 100 | ROLIŃSKI Radosław | 5260 | | M40 | 24 | | 01:15:50.25 | 01:15:56.75 | +00:29:45 | 6:53 | 8.7 |
| 101 | WAWRZENIUK Emilia | 5344 | | K30 | 9 | | 01:15:52.15 | 01:15:57.15 | +00:29:46 | 6:53 | 8.7 |
| 102 | GÓRA Bartosz | 5083 | | M20 | 17 | | 01:15:31.75 | 01:15:58.10 | +00:29:47 | 6:52 | 8.7 |
| 103 | KUS Andrzej | 5167 | | M40 | 25 | | 01:15:59.40 | 01:16:11.55 | +00:30:00 | 6:54 | 8.7 |
| 104 | FIRAZA Łukasz | 5383 | | M30 | 29 | | 01:15:51.50 | 01:16:12.60 | +00:30:01 | 6:53 | 8.7 |
| 105 | BIELECKI Krystian | 5392 | | M14 | 7 | | 01:16:11.05 | 01:16:25.60 | +00:30:14 | 6:55 | 8.7 |
| 106 | DRABCZYK Maciej | 5063 | | M30 | 30 | | 01:16:21.35 | 01:16:38.50 | +00:30:27 | 6:56 | 8.6 |
| 107 | LEWANDOWSKI Przemysław | 5174 | 42 | M30 | 31 | | 01:16:34.35 | 01:16:45.25 | +00:30:34 | 6:57 | 8.6 |
| 108 | ZAJĄC Monika | 5359 | ELECTROLUX | K30 | 10 | | 01:16:38.35 | 01:16:51.95 | +00:30:41 | 6:58 | 8.6 |
| 109 | BARAN Bartek | 5010 | BOLT TRZEMESZNO | M40 | 26 | | 01:16:27.25 | 01:16:52.50 | +00:30:41 | 6:57 | 8.6 |
| 110 | JANOWSKI Tomasz | 5109 | ŁĘCZNA BIEGA | M30 | 32 | 00:01:00 | 01:16:49.15 | 01:16:53.20 | +00:30:42 | 6:53 | 8.7 |
| 111 | ZGÓRSKI Mateusz | 5366 | | M30 | 33 | | 01:16:43.10 | 01:16:53.50 | +00:30:42 | 6:58 | 8.6 |
| 112 | SOSIŃSKI Tomasz | 5384 | | M30 | 34 | 00:00:30 | 01:16:40.80 | 01:17:01.60 | +00:30:50 | 6:55 | 8.7 |
| 113 | KRAWCZYK Kamil | 5453 | BIEGUSIEM.PL | M20 | 18 | 00:01:00 | 01:16:54.65 | 01:17:03.10 | +00:30:52 | 6:54 | 8.7 |
| 114 | DZIARKOWSKA Edyta | 5067 | #TEAMDKMS | K30 | 11 | | 01:16:47.60 | 01:17:05.15 | +00:30:54 | 6:58 | 8.6 |
| 115 | STOLARCZYK Joanna | 5309 | BIEGAM BO LUBIĘ OSTROŁĘKA | K40 | 7 | | 01:16:56.50 | 01:17:10.65 | +00:30:59 | 6:59 | 8.6 |
| 116 | CZEKAŁSKI Mariusz | 5391 | | M40 | 27 | | 01:17:04.55 | 01:17:11.65 | +00:31:00 | 7:00 | 8.6 |
| 117 | UJMA Stanisław | 5341 | INTERAUTO | M60 | 2 | | 01:17:04.05 | 01:17:14.95 | +00:31:04 | 7:00 | 8.6 |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Kara/ bonifikata | Czas netto 11km | Czas brutto 11km | Różn | Tempo min/km | Tempo km/h |
|-----|--------------------------|-------|--------------------------|-----------|------|---------------------|-----------------------|------------------------|-----------|-----------------|---------------|
| 118 | PODWYSOCKI Wojciech | 5449 | | M40 | 28 | 00:00:30 | 01:16:57.30 | 01:17:21.60 | +00:31:10 | 6:57 | 8.6 |
| 119 | DĘBOWSKA Katarzyna | 5057 | | K30 | 12 | | 01:17:26.75 | 01:17:34.15 | +00:31:23 | 7:02 | 8.5 |
| 120 | SZEWCZYK Jakub | 5322 | | M30 | 35 | 00:00:30 | 01:17:09.70 | 01:17:39.65 | +00:31:28 | 6:58 | 8.6 |
| 121 | WAŁĘGA-ROSTEK Małgorzata | 5342 | | K40 | 8 | | 01:17:32.95 | 01:17:40.65 | +00:31:29 | 7:03 | 8.5 |
| 122 | SIELICKI Krzysztof | 5284 | | M30 | 36 | 00:01:00 | 01:17:31.30 | 01:17:49.90 | +00:31:39 | 6:57 | 8.6 |
| 123 | ŚWIĘCH Adam | 5332 | IDE NA MISTRZA | M40 | 29 | 00:00:30 | 01:17:14.05 | 01:18:02.45 | +00:31:51 | 6:58 | 8.6 |
| 124 | SZOPINSKA Justyna | 5323 | | K30 | 13 | 00:00:30 | 01:17:42.50 | 01:18:03.65 | +00:31:52 | 7:01 | 8.5 |
| 125 | JAGODZIŃSKI Hubert | 5101 | DZIK KOMANDO | M20 | 19 | | 01:18:04.50 | 01:18:09.20 | +00:31:58 | 7:05 | 8.5 |
| 126 | KUBASIEWICZ Artur | 5165 | | M50 | 6 | 00:01:00 | 01:18:13.75 | 01:18:23.65 | +00:32:12 | 7:01 | 8.5 |
| 127 | BOROWSKI Piotr | 5029 | IDE NA MISTRZA | M30 | 37 | | 01:17:57.70 | 01:18:47.75 | +00:32:36 | 7:05 | 8.5 |
| 128 | DROSIO Klaudia | 5065 | KASZANKI | K30 | 14 | | 01:18:40.60 | 01:18:49.90 | +00:32:39 | 7:09 | 8.4 |
| 129 | DUDKO Mikalai | 5066 | JACEKBIEGA RUNNING TEAM | M30 | 38 | 00:01:00 | 01:18:34.25 | 01:18:53.40 | +00:32:42 | 7:03 | 8.5 |
| 130 | PRZYBYLSKI Witek | 5455 | | M30 | 39 | | 01:19:03.95 | 01:19:09.65 | +00:32:58 | 7:11 | 8.3 |
| 131 | WILK Jan | 5382 | HAPPY SCHOOL | M14 | 8 | | 01:19:13.45 | 01:19:16.30 | +00:33:05 | 7:12 | 8.3 |
| 132 | ABULEWICZ Wojciech | 5456 | TRENING STUDIO 17 | M50 | 7 | | 01:19:14.80 | 01:19:20.75 | +00:33:09 | 7:12 | 8.3 |
| 133 | MILCZAREK Magdalena | 5202 | DRUŻYNA ORZECHA ŻYRARDÓW | K30 | 15 | | 01:19:06.25 | 01:19:22.90 | +00:33:12 | 7:11 | 8.3 |
| 134 | JAMROZIK Konrad | 5102 | | M30 | 40 | | 01:19:25.55 | 01:19:29.45 | +00:33:18 | 7:13 | 8.3 |
| 135 | WOLSKI Kamil | 4977 | | M30 | 41 | | 01:19:31.00 | 01:19:34.90 | +00:33:24 | 7:13 | 8.3 |
| 136 | POKRYWKA Stefan | 5387 | | M60 | 3 | | 01:19:12.00 | 01:19:48.30 | +00:33:37 | 7:12 | 8.3 |
| 137 | JAŻOWNIK Sylwia | 5114 | | K40 | 9 | 00:00:30 | 01:19:44.35 | 01:19:50.85 | +00:33:40 | 7:12 | 8.3 |
| 138 | CIEPLA Magda | 5045 | | K20 | 5 | 00:00:30 | 01:19:45.20 | 01:19:54.85 | +00:33:44 | 7:12 | 8.3 |
| 139 | MACIOROWSKI Michał | 5186 | | M30 | 42 | | 01:20:06.25 | 01:20:14.70 | +00:34:03 | 7:16 | 8.2 |
| 140 | CZARTORYJSKI Jakub | 5048 | | M20 | 20 | | 01:20:17.35 | 01:20:35.80 | +00:34:24 | 7:17 | 8.2 |
| 141 | HABRAT Paweł | 5093 | | M30 | 43 | | 01:20:09.90 | 01:20:37.50 | +00:34:26 | 7:17 | 8.2 |
| 142 | JĘDRZEJOWSKA - DEC Anna | 4962 | | K40 | 10 | | 01:20:47.95 | 01:20:47.95 | +00:34:37 | 7:20 | 8.2 |
| 143 | MAĆZKA Bronisław | 4955 | | M60 | 4 | | 01:20:43.60 | 01:20:48.20 | +00:34:37 | 7:20 | 8.2 |
| 144 | KŁODZIŃSKA Barbara | 5137 | ULTRAMĘKI | K40 | 11 | | 01:20:50.85 | 01:20:59.10 | +00:34:48 | 7:21 | 8.2 |
| 145 | BARSZCZ Marek | 5012 | BARANOWRUN | M40 | 30 | | 01:20:37.80 | 01:21:02.15 | +00:34:51 | 7:19 | 8.2 |
| 146 | DŁUGOSZ Kasia | 5059 | STAY INSANE | K30 | 16 | | 01:20:58.50 | 01:21:02.65 | +00:34:51 | 7:21 | 8.2 |
| 147 | GRUSZECKA Anna | 5089 | | K40 | 12 | | 01:21:04.10 | 01:21:09.35 | +00:34:58 | 7:22 | 8.1 |
| 148 | KUBASIEWICZ Wojciech | 5164 | | M20 | 21 | | 01:21:03.80 | 01:21:14.20 | +00:35:03 | 7:22 | 8.1 |
| 149 | SZAFRAŃSKI Tomasz | 5317 | WKURW_TEAM | M20 | 22 | 00:00:30 | 01:20:46.60 | 01:21:23.70 | +00:35:12 | 7:17 | 8.2 |
| 150 | SUCHOWIECKA Sabina | 5312 | | K20 | 6 | | 01:21:20.20 | 01:21:41.55 | +00:35:30 | 7:23 | 8.1 |
| 151 | WOJNAROWSKA Marcelina | 5350 | | K30 | 17 | | 01:21:33.05 | 01:21:43.15 | +00:35:32 | 7:24 | 8.1 |
| 152 | ZUKOWSKI Lukasz | 5370 | SUUNTO RUN TEAM | M20 | 23 | 00:00:30 | 01:21:28.40 | 01:21:44.50 | +00:35:33 | 7:21 | 8.2 |
| 153 | AMBROZIAK Anna | 5003 | | K20 | 7 | | 01:21:24.10 | 01:21:44.85 | +00:35:34 | 7:24 | 8.1 |
| 154 | SZUMIŃSKI Paweł | 5325 | | M40 | 31 | 00:00:30 | 01:21:22.90 | 01:21:53.05 | +00:35:42 | 7:21 | 8.2 |
| 155 | GOLON Leszek | 5080 | | M30 | 44 | | 01:21:33.90 | 01:21:54.05 | +00:35:43 | 7:24 | 8.1 |
| 156 | JANAS Szymon | 5104 | 3PBOT / 35BLP SANOK | M20 | 24 | | 01:21:58.05 | 01:22:06.25 | +00:35:55 | 7:27 | 8.1 |
| 157 | KOCHAŃSKA Joanna | 5141 | RUN PASJA | K40 | 13 | | 01:21:53.65 | 01:22:12.00 | +00:36:01 | 7:26 | 8.1 |
| 158 | WAWRZKO Katarzyna | 5345 | | K20 | 8 | | 01:21:50.45 | 01:22:14.55 | +00:36:03 | 7:26 | 8.1 |
| 159 | HERTEL Michał | 5394 | | M40 | 32 | 00:00:30 | 01:21:52.50 | 01:22:15.05 | +00:36:04 | 7:23 | 8.1 |
| 160 | FONAŁ Lucyna | 5399 | | K30 | 18 | | 01:22:25.55 | 01:22:34.40 | +00:36:23 | 7:29 | 8 |
| 161 | KRZYMOWSKI Piotr | 5431 | | M30 | 45 | | 01:22:30.75 | 01:22:44.45 | +00:36:33 | 7:30 | 8 |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Kara/ bonifikata | Czas netto 11km | Czas brutto 11km | Różn | Tempo min/km | Tempo km/h |
|-----|---------------------------------|-------------|----------------------------------|-----------|------|---------------------|-----------------------|------------------------|-----------|-----------------|---------------|
| 162 | FUDALI Jacek | 5074 | INTERAUTO | M30 | 46 | | 01:22:43.90 | 01:22:54.85 | +00:36:44 | 7:31 | 8 |
| 163 | MACHUCKA Ewelina | 5369 | | K30 | 19 | 00:01:00 | 01:22:25.75 | 01:22:55.30 | +00:36:44 | 7:24 | 8.1 |
| 164 | SŁABOWSKA Monika | 5292 | | K20 | 9 | | 01:22:48.70 | 01:23:04.35 | +00:36:53 | 7:31 | 8 |
| 165 | SAŁAMACHA Izabela | 5273 | ŻÓRAWSKI TEAM | K30 | 20 | | 01:23:01.20 | 01:23:23.40 | +00:37:12 | 7:32 | 8 |
| 166 | KORAB Grzegorz | 5147 | IDE NA MISTRZA | M40 | 33 | | 01:22:42.10 | 01:23:33.90 | +00:37:23 | 7:31 | 8 |
| 167 | ANDRASZ Paweł | 5005 | KMP ŁÓDŹ | M20 | 25 | 00:00:30 | 01:24:08.20 | 01:24:17.55 | +00:38:06 | 7:36 | 7.9 |
| 168 | CICHOCKI Bartłomiej | 5044 | | M20 | 26 | | 01:24:32.40 | 01:24:48.95 | +00:38:38 | 7:41 | 7.8 |
| 169 | ŻBIK Natalia | 5374 | | K20 | 10 | | 01:24:35.85 | 01:25:02.40 | +00:38:51 | 7:41 | 7.8 |
| 170 | KUREK Małgorzata | 4963 | | K30 | 21 | | 01:24:33.40 | 01:25:13.25 | +00:39:02 | 7:41 | 7.8 |
| 171 | DOMAŁACNY Jarek | 4954 | | M30 | 47 | | 01:24:34.15 | 01:25:14.20 | +00:39:03 | 7:41 | 7.8 |
| 172 | JANOWSKI Mateusz | 5108 | | M30 | 48 | | 01:24:58.05 | 01:25:14.35 | +00:39:03 | 7:43 | 7.8 |
| 173 | MARKOWSKA Karolina | 5189 | EUROPA UBEZPIECZENIA/NOA | K30 | 22 | | 01:24:57.85 | 01:25:14.50 | +00:39:03 | 7:43 | 7.8 |
| 174 | HODUR Karolina | 5096 | | K30 | 23 | | 01:25:06.85 | 01:25:27.30 | +00:39:16 | 7:44 | 7.8 |
| 175 | JASTRZĄBEK Agnieszka | 4969 | | K30 | 24 | | 01:25:03.45 | 01:25:27.45 | +00:39:16 | 7:43 | 7.8 |
| 176 | SIEDLEC Wiesław | 5282 | LIONS | M40 | 34 | | 01:25:25.10 | 01:25:39.10 | +00:39:28 | 7:45 | 7.7 |
| 177 | WÓJCICKA Justyna | 5393 | | K30 | 25 | | 01:25:21.25 | 01:25:43.05 | +00:39:32 | 7:45 | 7.7 |
| 178 | PŁUCIENNIK Krzysztof | 5377 | | M30 | 49 | | 01:25:18.95 | 01:25:45.80 | +00:39:34 | 7:45 | 7.7 |
| 179 | FIKAS Krzysztof | 5071 | | M60 | 5 | 00:00:30 | 01:25:43.00 | 01:25:47.35 | +00:39:36 | 7:44 | 7.7 |
| 180 | TOKARZ Krzysztof | 5337 | SSW TEAM KROŚNICE | M30 | 50 | | 01:25:36.85 | 01:25:52.00 | +00:39:41 | 7:47 | 7.7 |
| 181 | JARZABSKA Justyna | 5110 | | K30 | 26 | | 01:25:29.00 | 01:25:52.30 | +00:39:41 | 7:46 | 7.7 |
| 182 | KUŚPIET Sylwia | 5169 | 6 BATALION POWIETRZNO-DESANTOWY | K20 | 11 | 00:01:00 | 01:25:41.45 | 01:25:57.25 | +00:39:46 | 7:42 | 7.8 |
| 183 | DUDEK Marcin | 5398 | | M30 | 51 | 00:01:00 | 01:25:41.70 | 01:25:57.45 | +00:39:46 | 7:42 | 7.8 |
| 184 | UBYCH Marcin | 5430 | | M40 | 35 | | 01:25:36.60 | 01:25:58.10 | +00:39:47 | 7:47 | 7.7 |
| 185 | SZAFRAŃSKA Aleksandra | 5316 | WKURW_TEAM | K20 | 12 | 00:00:30 | 01:25:25.85 | 01:26:02.65 | +00:39:51 | 7:43 | 7.8 |
| 186 | SIEDLEC Karolina | 5283 | LIONS | K20 | 13 | 00:00:30 | 01:25:54.90 | 01:26:09.10 | +00:39:58 | 7:45 | 7.7 |
| 187 | GOŁĄBIEWSKI Jarek | 5081 | BIEGACZE ŚWINOUJŚCIE/ WKURW-TEAM | M50 | 8 | 00:00:30 | 01:25:44.55 | 01:26:17.10 | +00:40:06 | 7:45 | 7.7 |
| 188 | TOKARZ Magdalena | 5336 | SSW TEAM KROŚNICE | K30 | 27 | 00:00:30 | 01:26:06.45 | 01:26:21.25 | +00:40:10 | 7:47 | 7.7 |
| 189 | ROSIŃSKA Magdalena | 5265 | BOLT TRZEMESZNO | K30 | 28 | | 01:26:06.10 | 01:26:27.25 | +00:40:16 | 7:49 | 7.7 |
| 190 | CHABROS Małgorzata | 5040 | THE RUNNERS ŚWECIE | K20 | 14 | | 01:26:27.50 | 01:26:37.80 | +00:40:26 | 7:51 | 7.6 |
| 191 | MASZKOWSKA Anna | 5191 | | K40 | 14 | | 01:26:13.55 | 01:26:46.25 | +00:40:35 | 7:50 | 7.7 |
| 192 | ENGEL-ABULEWICZ Elżbieta | 5069 | TRENING STUDIO17 | K50 | 3 | | 01:26:42.35 | 01:26:48.55 | +00:40:37 | 7:52 | 7.6 |
| 193 | MASZKOWSKI Rafał | 5192 | | M40 | 36 | | 01:26:28.05 | 01:27:00.25 | +00:40:49 | 7:51 | 7.6 |
| 194 | JAGODA Adam | 4974 | | M50 | 9 | | 01:26:26.05 | 01:27:01.00 | +00:40:50 | 7:51 | 7.6 |
| 195 | STYKOWSKA Wioletta | 5311 | | K40 | 15 | | 01:26:49.30 | 01:27:01.55 | +00:40:50 | 7:53 | 7.6 |
| 196 | WOŹNIAK Lidia | 5354 | PORMAT JEDLICZE BIEGA | K50 | 4 | | 01:26:54.65 | 01:27:01.85 | +00:40:51 | 7:54 | 7.6 |
| 197 | BUGAŁA Robert | 5035 | SOLID HOUSE LUBLIN | M50 | 10 | | 01:26:33.00 | 01:27:02.85 | +00:40:52 | 7:52 | 7.6 |
| 198 | MARAS Ladislav | 5457 | MARAS TEAM | M50 | 11 | | 01:26:31.00 | 01:27:05.65 | +00:40:54 | 7:51 | 7.6 |
| 199 | KOTOWSKA Sylwia | 5150 | | K30 | 29 | | 01:26:43.55 | 01:27:08.65 | +00:40:57 | 7:53 | 7.6 |
| 200 | CZUBEK Ola | 5050 | ALEKSANDRA CZUBEK IP LEGAL | K20 | 15 | 00:00:30 | 01:26:29.85 | 01:27:08.95 | +00:40:58 | 7:49 | 7.7 |
| 201 | JARZĘBOWICZ Magdalena | 5111 | DTR | K30 | 30 | 00:00:30 | 01:26:53.10 | 01:27:16.10 | +00:41:05 | 7:51 | 7.6 |
| 202 | JABŁOŃSKA Justyna | 5098 | SSW TEAM KROŚNICE | K30 | 31 | | 01:27:25.05 | 01:27:39.40 | +00:41:28 | 7:56 | 7.6 |
| 203 | LOMBARSKI Łukasz | 5180 | SSW TEAM KROŚNICE | M30 | 52 | | 01:27:25.55 | 01:27:40.05 | +00:41:29 | 7:56 | 7.5 |
| 204 | NISZCZAK Beata | 5213 | | K30 | 32 | | 01:27:52.25 | 01:27:56.85 | +00:41:46 | 7:59 | 7.5 |
| 205 | KOŁODZIEJ Magda | 5145 | | K20 | 16 | | 01:27:51.55 | 01:27:56.90 | +00:41:46 | 7:59 | 7.5 |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Kara/ bonifikata | Czas netto 11km | Czas brutto 11km | Różn | Tempo min/km | Tempo km/h |
|-----|----------------------------------|-------------|-----------------------------|-----------|------|---------------------|-----------------------|------------------------|-----------|-----------------|---------------|
| 206 | PAWŁOWSKI Krzysztof | 5415 | | M20 | 27 | 00:00:30 | 01:27:33.80 | 01:27:58.60 | +00:41:47 | 7:54 | 7.6 |
| 207 | SZYMCZAK Łukasz | 5329 | SSW TEAM KROŚNICE | M30 | 53 | | 01:27:42.45 | 01:27:59.15 | +00:41:48 | 7:58 | 7.5 |
| 208 | BŁOŃSKA Marzena | 5024 | SPARK TEAM | K50 | 5 | | 01:27:39.60 | 01:28:00.95 | +00:41:50 | 7:58 | 7.5 |
| 209 | WOJDA Dariusz | 5349 | DZIKIE DZIKI | M40 | 37 | | 01:27:40.25 | 01:28:01.10 | +00:41:50 | 7:58 | 7.5 |
| 210 | DARŁAK Marek | 5419 | | M20 | 28 | | 01:27:28.55 | 01:28:02.15 | +00:41:51 | 7:57 | 7.5 |
| 211 | WEISMAN Wiktoria | 5347 | | K20 | 17 | | 01:27:43.70 | 01:28:02.25 | +00:41:51 | 7:58 | 7.5 |
| 212 | DARŁAK Joanna | 5052 | | K30 | 33 | | 01:27:29.70 | 01:28:03.55 | +00:41:52 | 7:57 | 7.5 |
| 213 | DZIEDZINA Tomasz | 5068 | MUAY RUNNING TEAM | M40 | 38 | 00:01:00 | 01:27:35.10 | 01:28:07.80 | +00:41:56 | 7:52 | 7.6 |
| 214 | ZYGMUNT Monika | 5371 | | K40 | 16 | 00:00:30 | 01:27:55.80 | 01:28:16.55 | +00:42:05 | 7:56 | 7.5 |
| 215 | MAJERNIK Milah | 5458 | | M40 | 39 | | 01:27:42.25 | 01:28:16.90 | +00:42:06 | 7:58 | 7.5 |
| 216 | KAMIŃSKA Beata | 5127 | MYSZKÓW BIEGA | K50 | 6 | | 01:28:10.85 | 01:28:17.35 | +00:42:06 | 8:01 | 7.5 |
| 217 | POWIERŻA Adrian | 5252 | KOTEŁ TEAM | M20 | 29 | 00:00:30 | 01:28:00.50 | 01:28:23.55 | +00:42:12 | 7:57 | 7.5 |
| 218 | SANDOMIERSKA Karina | 5276 | | K40 | 17 | | 01:28:27.60 | 01:28:38.25 | +00:42:27 | 8:02 | 7.5 |
| 219 | PAWŁOWSKI Jacek | 5232 | | M20 | 30 | 00:00:30 | 01:28:16.90 | 01:28:41.65 | +00:42:30 | 7:58 | 7.5 |
| 220 | MAZUR Magdalena | 5196 | HEROBOX | K40 | 18 | | 01:28:34.95 | 01:28:46.35 | +00:42:35 | 8:03 | 7.5 |
| 221 | WĄSOWICZ Martyna | 5346 | | K20 | 18 | | 01:28:41.80 | 01:28:47.60 | +00:42:36 | 8:03 | 7.4 |
| 222 | JAGODZIŃSKA Justyna | 5100 | BOLT TRZEMESZNO | K20 | 19 | | 01:28:38.40 | 01:29:04.30 | +00:42:53 | 8:03 | 7.4 |
| 223 | KIELIŃSKA Kamila | 5134 | | K30 | 34 | 00:00:30 | 01:28:59.65 | 01:29:10.85 | +00:43:00 | 8:02 | 7.5 |
| 224 | ZIELIŃSKA IGNASZAK Iwona | 5368 | HEROBOX | K40 | 19 | | 01:29:25.00 | 01:29:35.90 | +00:43:25 | 8:07 | 7.4 |
| 225 | GUŹDZIOŁ Jarosław | 5443 | | M40 | 40 | | 01:29:12.85 | 01:29:43.55 | +00:43:32 | 8:06 | 7.4 |
| 226 | PIETRZAK Sylwia | 5238 | | K30 | 35 | | 01:29:39.65 | 01:29:47.35 | +00:43:36 | 8:09 | 7.4 |
| 227 | ADAMKIEWICZ Dorota | 5001 | | K30 | 36 | | 01:29:30.15 | 01:29:56.05 | +00:43:45 | 8:08 | 7.4 |
| 228 | TUROCZY Wojtech | 5339 | ACTIVE LIFE KOSICE | M40 | 41 | | 01:30:11.50 | 01:30:24.00 | +00:44:13 | 8:12 | 7.3 |
| 229 | LIPTAKOVA Adelka | 5177 | ACTIVE LIFE KOSICE | K40 | 20 | | 01:30:11.40 | 01:30:24.20 | +00:44:13 | 8:12 | 7.3 |
| 230 | SZYIŃSKA Alicja | 5327 | NOA | K30 | 37 | | 01:30:15.30 | 01:30:31.25 | +00:44:20 | 8:12 | 7.3 |
| 231 | ADAMKIEWICZ Andrzej | 5400 | | M30 | 54 | | 01:30:06.05 | 01:30:32.05 | +00:44:21 | 8:11 | 7.3 |
| 232 | CYRAN Monika | 5159 | | K30 | 38 | | 01:30:09.70 | 01:30:32.45 | +00:44:21 | 8:11 | 7.3 |
| 233 | SWOBODA Jarosław | 5315 | NIGHT RUNNERS GLIWICE | M40 | 42 | | 01:30:33.75 | 01:30:38.35 | +00:44:27 | 8:14 | 7.3 |
| 234 | MAĆZKA Krystyna | 5444 | EKSTREMALNE OTK NA RELAKSIE | K60 | 1 | | 01:30:33.45 | 01:30:38.40 | +00:44:27 | 8:14 | 7.3 |
| 235 | GIRASEK Peter | 4959 | | M20 | 31 | | 01:30:03.30 | 01:30:38.65 | +00:44:27 | 8:11 | 7.3 |
| 236 | SEPELAKOVA Lucia | 4961 | | K30 | 39 | | 01:30:04.85 | 01:30:39.80 | +00:44:28 | 8:11 | 7.3 |
| 237 | ZAJĄC Łukasz | 5390 | | M20 | 32 | 00:00:30 | 01:31:08.50 | 01:31:15.05 | +00:45:04 | 8:14 | 7.3 |
| 238 | CHOŁUJ Iwona | 5042 | WARIATKI I HISTRYCZKI | K40 | 21 | | 01:31:03.45 | 01:31:16.65 | +00:45:05 | 8:16 | 7.2 |
| 239 | CHOŁUJ Aleksandra | 5043 | WARIATKI I HISTRYCZKI | K14 | 1 | 00:00:30 | 01:31:33.20 | 01:31:46.65 | +00:45:35 | 8:16 | 7.2 |
| 240 | TOMASZEWSKA Magdalena | 5338 | | K40 | 22 | | 01:31:21.35 | 01:31:49.90 | +00:45:39 | 8:18 | 7.2 |
| 241 | OSIŃSKA Sylwia | 5222 | | K40 | 23 | | 01:31:35.90 | 01:31:54.45 | +00:45:43 | 8:19 | 7.2 |
| 242 | SEBZDA Małgorzata | 5277 | HUSARIA RACE TEAM | K40 | 24 | | 01:31:52.10 | 01:31:55.60 | +00:45:44 | 8:21 | 7.2 |
| 243 | ZARZECZNA Halina | 5432 | | K50 | 7 | | 01:31:43.35 | 01:32:00.00 | +00:45:49 | 8:20 | 7.2 |
| 244 | JABŁOŃSKI Kazimierz | 5099 | | M60 | 6 | 00:00:30 | 01:31:36.90 | 01:32:13.85 | +00:46:03 | 8:17 | 7.2 |
| 245 | SETA Wiktoria | 5281 | PADŁ NA RYJ | K30 | 40 | | 01:31:59.75 | 01:32:21.60 | +00:46:10 | 8:21 | 7.2 |
| 246 | BURA Łukasz | 5422 | | M40 | 43 | | 01:32:06.60 | 01:32:23.85 | +00:46:13 | 8:22 | 7.2 |
| 247 | GADAMSKA-KABATA Paulina | 5439 | | K30 | 41 | | 01:32:09.75 | 01:32:43.60 | +00:46:32 | 8:22 | 7.2 |
| 248 | NIEMCZUK-WARNECKE Justyna | 5212 | | K30 | 42 | | 01:32:33.95 | 01:32:44.85 | +00:46:34 | 8:24 | 7.1 |
| 249 | OLESZEK Tomasz | 5220 | | M30 | 55 | | 01:32:41.10 | 01:32:48.50 | +00:46:37 | 8:25 | 7.1 |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Kara/ bonifikata | Czas netto 11km | Czas brutto 11km | Różn | Tempo min/km | Tempo km/h |
|-----|--------------------------------------|-------------|------------------------------|-----------|------|---------------------|-----------------------|------------------------|-----------|-----------------|---------------|
| 250 | ANCUKIEWICZ Magdalena | 5004 | | K30 | 43 | | 01:33:28.55 | 01:33:35.35 | +00:47:24 | 8:29 | 7.1 |
| 251 | SITAREK Iwona | 5288 | | K50 | 8 | | 01:33:23.20 | 01:33:41.05 | +00:47:30 | 8:29 | 7.1 |
| 252 | JANASZ Andrzej | 5105 | | M40 | 44 | | 01:33:23.05 | 01:33:41.15 | +00:47:30 | 8:29 | 7.1 |
| 253 | SĘPKOWSKI Grzegorz | 5161 | KASZANKI | M40 | 45 | | 01:33:35.70 | 01:33:52.75 | +00:47:41 | 8:30 | 7.1 |
| 254 | NIEGŁOS Karolina | 5211 | | K30 | 44 | | 01:33:44.45 | 01:33:54.90 | +00:47:44 | 8:31 | 7 |
| 255 | MASZOTA Bartek | 5193 | | M30 | 56 | 00:00:30 | 01:33:45.85 | 01:33:56.85 | +00:47:46 | 8:28 | 7.1 |
| 256 | KOSZYKA Weronika | 5149 | CONSTRAVIA | K20 | 20 | | 01:33:46.45 | 01:34:07.95 | +00:47:57 | 8:31 | 7 |
| 257 | BERNAT Agnieszka | 5015 | | K20 | 21 | | 01:33:46.45 | 01:34:13.15 | +00:48:02 | 8:31 | 7 |
| 258 | STĘPIEŃ Justyna | 5305 | | K30 | 45 | 00:00:30 | 01:33:46.45 | 01:34:14.10 | +00:48:03 | 8:28 | 7.1 |
| 259 | STEFANIUK Tomasz | 5304 | | M40 | 46 | | 01:34:06.20 | 01:34:14.75 | +00:48:03 | 8:33 | 7 |
| 260 | DOBRZYŃECKA Magdalena | 5062 | | K40 | 25 | 00:00:30 | 01:34:10.65 | 01:34:17.30 | +00:48:06 | 8:31 | 7 |
| 261 | ŁUCJANEK Justyna | 5183 | | K30 | 46 | | 01:34:14.20 | 01:34:26.20 | +00:48:15 | 8:34 | 7 |
| 262 | BOGUSZ Emilia | 5027 | | K30 | 47 | 00:00:30 | 01:34:12.85 | 01:34:26.25 | +00:48:15 | 8:31 | 7 |
| 263 | WÓJTOWICZ Paweł | 5011 | | M40 | 47 | | 01:34:29.40 | 01:34:59.90 | +00:48:49 | 8:35 | 7 |
| 264 | GAJEWSKA Magdalena | 5401 | | K40 | 26 | | 01:34:57.80 | 01:35:27.75 | +00:49:16 | 8:38 | 6.9 |
| 265 | PALUSZKIEWICZ Karolina | 5226 | ŚREMSKI KLUB MORSÓW 'MROZIK' | K40 | 27 | | 01:35:27.90 | 01:35:30.35 | +00:49:19 | 8:40 | 6.9 |
| 266 | SADOCH Marcin | 5272 | | M40 | 48 | | 01:34:43.35 | 01:35:31.95 | +00:49:21 | 8:36 | 7 |
| 267 | FAFARA Agnieszka | 5070 | | K40 | 28 | | 01:35:12.85 | 01:35:51.20 | +00:49:40 | 8:39 | 6.9 |
| 268 | JASIŃSKA Justyna | 5113 | KOTEŁ TEAM | K20 | 22 | 00:00:30 | 01:35:54.00 | 01:36:17.45 | +00:50:06 | 8:40 | 6.9 |
| 269 | ULICNY Pavol | 4957 | | M40 | 49 | | 01:35:43.75 | 01:36:20.20 | +00:50:09 | 8:42 | 6.9 |
| 270 | BRZEWIŃSKA Marzena | 5033 | BOLT TRZEMESZNO | K40 | 29 | | 01:36:22.95 | 01:36:47.75 | +00:50:36 | 8:45 | 6.8 |
| 271 | BOJANOWSKI Alex | 5064 | TEAMDKMS | M20 | 33 | | 01:36:42.95 | 01:37:00.40 | +00:50:49 | 8:47 | 6.8 |
| 272 | JEZIERSKA Karina | 5116 | PĘDZĄCE LASSO | K40 | 30 | | 01:37:15.35 | 01:37:44.10 | +00:51:33 | 8:50 | 6.8 |
| 273 | BIENIECKI Marek | 5407 | | M60 | 7 | | 01:37:54.15 | 01:38:08.35 | +00:51:57 | 8:54 | 6.7 |
| 274 | JAMRÓZ Joanna | 5103 | JAMERKI | K40 | 31 | | 01:38:01.20 | 01:38:20.05 | +00:52:09 | 8:54 | 6.7 |
| 275 | JAROSZ Grzegorz | 4370 | | M50 | 12 | 00:00:30 | 01:38:23.05 | 01:38:46.50 | +00:52:35 | 8:53 | 6.7 |
| 276 | DUSRACALK Milan | 5459 | MARAS TEAM | M50 | 13 | | 01:38:40.30 | 01:39:15.20 | +00:53:04 | 8:58 | 6.7 |
| 277 | MOSÓR Lilla | 5206 | LISY PUSTYNI | K40 | 32 | | 01:39:03.90 | 01:39:18.95 | +00:53:08 | 9:00 | 6.7 |
| 278 | KOCHAN Grzegorz | 5140 | | M30 | 57 | 00:00:30 | 01:39:21.50 | 01:39:51.50 | +00:53:40 | 8:59 | 6.7 |
| 279 | LEPIARZ Beata | 5173 | | K40 | 33 | 00:00:30 | 01:39:22.15 | 01:39:51.60 | +00:53:40 | 8:59 | 6.7 |
| 280 | ZGORZELSKA Ania | 5365 | | K30 | 48 | | 01:39:42.55 | 01:39:55.65 | +00:53:44 | 9:03 | 6.6 |
| 281 | SIERPOWSKA-BARTOSIK Agnieszka | 5287 | VEGE RUNNERS | K40 | 34 | | 01:39:38.00 | 01:40:00.75 | +00:53:49 | 9:03 | 6.6 |
| 282 | RONDUDA Małgorzata | 5263 | | K40 | 35 | | 01:39:28.50 | 01:40:07.25 | +00:53:56 | 9:02 | 6.6 |
| 283 | KACZYŃSKA Julia | 5120 | | K14 | 2 | | 01:40:01.75 | 01:40:25.80 | +00:54:14 | 9:05 | 6.6 |
| 284 | BAŁAGA Marcin | 5405 | | M40 | 50 | 00:01:00 | 01:39:58.80 | 01:40:27.55 | +00:54:16 | 8:59 | 6.7 |
| 285 | KASZUBA Ryszard | 5132 | KLUB SPORTOWY PRESTIGE | M60 | 8 | | 01:40:32.45 | 01:40:35.45 | +00:54:24 | 9:08 | 6.6 |
| 286 | KOCHAŃSKI Bartosz | 5142 | | M30 | 58 | | 01:40:22.85 | 01:40:42.60 | +00:54:31 | 9:07 | 6.6 |
| 287 | PRZYCHODZIEN Gabriela | 5255 | MORDECZKI | K20 | 23 | | 01:40:24.55 | 01:40:52.40 | +00:54:41 | 9:07 | 6.6 |
| 288 | KOLAJ Hanna | 5143 | | K30 | 49 | | 01:40:23.70 | 01:40:52.55 | +00:54:41 | 9:07 | 6.6 |
| 289 | KOLAJ Krzysztof | 5144 | | M30 | 59 | | 01:40:23.95 | 01:40:52.70 | +00:54:41 | 9:07 | 6.6 |
| 290 | ŻOŁNA Jakub | 5375 | FULFILL DREAMS TEAM PSZCZYNA | M20 | 34 | | 01:40:24.40 | 01:40:53.35 | +00:54:42 | 9:07 | 6.6 |
| 291 | MROZIŃSKI Andrzej | 5427 | | M50 | 14 | 00:00:30 | 01:40:43.30 | 01:40:55.60 | +00:54:44 | 9:06 | 6.6 |
| 292 | BUŚ Grzegorz | 5038 | | M60 | 9 | 00:00:30 | 01:40:56.60 | 01:41:06.20 | +00:54:55 | 9:07 | 6.6 |
| 293 | SYGUŁA Dominika | 5406 | | K30 | 50 | 00:00:30 | 01:40:51.95 | 01:41:08.00 | +00:54:57 | 9:07 | 6.6 |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Kara/ bonifikata | Czas netto 11km | Czas brutto 11km | Różn | Tempo min/km | Tempo km/h |
|-----|--------------------------------------|-------------|---------------------------|-----------|------|---------------------|-----------------------|------------------------|-----------|-----------------|---------------|
| 294 | KOWALCZYK-CHRZUSZCZ Katarzyna | 5153 | SLOW JOGGING ŁÓDŹ | K50 | 9 | | 01:41:05.05 | 01:41:27.60 | +00:55:16 | 9:11 | 6.5 |
| 295 | GASIK Wioletta | 5380 | HUMAN&HUNTER RUNNERS TEAM | K40 | 36 | | 01:41:17.45 | 01:41:31.90 | +00:55:21 | 9:12 | 6.5 |
| 296 | BAKALARZ Aleksandra | 5008 | EPOKA NOEDICA ŁÓDŹ | K50 | 10 | | 01:41:21.30 | 01:41:43.35 | +00:55:32 | 9:12 | 6.5 |
| 297 | SZCZEPAŃSKI Marcin | 5396 | | M40 | 51 | | 01:41:21.90 | 01:41:43.65 | +00:55:32 | 9:12 | 6.5 |
| 298 | MACIEJAK LECHOWSKA Kamila | 5184 | WKURW_TEAM | K30 | 51 | | 01:41:42.20 | 01:42:09.20 | +00:55:58 | 9:14 | 6.5 |
| 299 | TOCZEK Katarzyna | 5335 | | K30 | 52 | | 01:41:43.20 | 01:42:10.35 | +00:55:59 | 9:14 | 6.5 |
| 300 | TATARSKI Rafał | 5334 | | M20 | 35 | | 01:41:52.20 | 01:42:10.85 | +00:56:00 | 9:15 | 6.5 |
| 301 | SZYMAŁA Karolina | 5328 | #NIUŃKOWABIEGA | K14 | 3 | | 01:42:07.10 | 01:42:26.95 | +00:56:16 | 9:17 | 6.5 |
| 302 | MONKIEWICZ-OBRZUT Agata | 5204 | | K30 | 53 | | 01:42:35.15 | 01:42:56.30 | +00:56:45 | 9:19 | 6.4 |
| 303 | OBRZUT Bartek | 5217 | | M30 | 60 | | 01:42:34.55 | 01:42:56.40 | +00:56:45 | 9:19 | 6.4 |
| 304 | PARADOWSKI Paweł | 5227 | | M50 | 15 | | 01:42:43.65 | 01:43:01.85 | +00:56:51 | 9:20 | 6.4 |
| 305 | JEZIOREK Jozi | 5117 | | M40 | 52 | | 01:42:34.70 | 01:43:05.25 | +00:56:54 | 9:19 | 6.4 |
| 306 | ŚCISŁY Malwina | 5413 | | K20 | 24 | | 01:42:44.25 | 01:43:12.40 | +00:57:01 | 9:20 | 6.4 |
| 307 | GÓRKA Bogusław | 5084 | | M40 | 53 | | 01:43:07.25 | 01:43:13.20 | +00:57:02 | 9:22 | 6.4 |
| 308 | GÓRKA Jolanta | 5085 | | K40 | 37 | | 01:43:07.45 | 01:43:13.40 | +00:57:02 | 9:22 | 6.4 |
| 309 | SZELA Kamil | 5320 | | M20 | 36 | 00:00:30 | 01:42:46.45 | 01:43:16.25 | +00:57:05 | 9:17 | 6.5 |
| 310 | BIESZCZ Jakub | 5021 | | M14 | 9 | | 01:42:57.15 | 01:43:20.95 | +00:57:10 | 9:21 | 6.4 |
| 311 | BIESZCZ Robert | 5020 | | M40 | 54 | | 01:42:57.55 | 01:43:21.60 | +00:57:10 | 9:21 | 6.4 |
| 312 | BIEL Agnieszka | 5018 | | K40 | 38 | | 01:43:30.75 | 01:43:38.75 | +00:57:27 | 9:24 | 6.4 |
| 313 | ZACHAREK Ewelina | 5358 | | K40 | 39 | | 01:43:36.30 | 01:43:48.90 | +00:57:38 | 9:25 | 6.4 |
| 314 | FILEWSKA Izabela | 5072 | HEROBOX | K40 | 40 | | 01:43:37.55 | 01:43:49.10 | +00:57:38 | 9:25 | 6.4 |
| 315 | PĘKALSKA Anna | 5234 | | K40 | 41 | 00:00:30 | 01:43:29.85 | 01:43:58.45 | +00:57:47 | 9:21 | 6.4 |
| 316 | BURZ Jowita | 5037 | | K40 | 42 | | 01:43:58.40 | 01:44:16.70 | +00:58:05 | 9:27 | 6.3 |
| 317 | ZATORSKI Jerzy | 5362 | | M60 | 10 | 00:00:30 | 01:44:24.00 | 01:44:33.00 | +00:58:22 | 9:26 | 6.4 |
| 318 | CZYŻEWSKA-MAŁŹ Ewelina | 5051 | | K30 | 54 | | 01:44:55.75 | 01:45:20.35 | +00:59:09 | 9:32 | 6.3 |
| 319 | MAŁŹ Daniel | 5187 | | M30 | 61 | | 01:44:55.35 | 01:45:20.40 | +00:59:09 | 9:32 | 6.3 |
| 320 | BILSKI Marek | 5022 | VEGEDOG | M40 | 55 | | 01:44:50.95 | 01:45:30.05 | +00:59:19 | 9:31 | 6.3 |
| 321 | NIZIK Magdalena | 5214 | VEGEDOG | K40 | 43 | | 01:45:06.00 | 01:45:30.10 | +00:59:19 | 9:33 | 6.3 |
| 322 | LEŚNIEWSKI Tomasz | 5402 | | M40 | 56 | | 01:45:05.25 | 01:45:34.45 | +00:59:23 | 9:33 | 6.3 |
| 323 | BODULSKA Izabela | 5025 | | K40 | 44 | | 01:45:51.30 | 01:45:54.35 | +00:59:43 | 9:37 | 6.2 |
| 324 | STANKIEWICZ Ewa | 5303 | | K30 | 55 | | 01:45:24.50 | 01:45:58.20 | +00:59:47 | 9:35 | 6.3 |
| 325 | KRAJEWSKI Rafał | 5158 | KOTEŁ TEAM | M20 | 37 | 00:00:30 | 01:45:35.80 | 01:45:59.50 | +00:59:48 | 9:33 | 6.3 |
| 326 | RADKOWSKI Dariusz | 5450 | | M40 | 57 | | 01:45:47.15 | 01:46:00.00 | +00:59:49 | 9:37 | 6.2 |
| 327 | WYLĘGAŁA Anna | 5357 | LAMA&SPÓŁKA | K20 | 25 | | 01:45:41.25 | 01:46:03.80 | +00:59:52 | 9:36 | 6.2 |
| 328 | ROMANOWSKA Magdalena | 5261 | | K20 | 26 | | 01:45:59.25 | 01:46:11.75 | +01:00:00 | 9:38 | 6.2 |
| 329 | ROMANOWSKA Marta | 5262 | | K30 | 56 | | 01:45:59.20 | 01:46:12.00 | +01:00:01 | 9:38 | 6.2 |
| 330 | LEWIŃSKA Aleksandra | 5451 | | K30 | 57 | 00:00:30 | 01:46:17.85 | 01:46:30.00 | +01:00:19 | 9:37 | 6.2 |
| 331 | BĘDŹKOWSKI Marek | 5017 | MORSY OSTROŁĘKA | M50 | 16 | | 01:46:05.25 | 01:46:32.05 | +01:00:21 | 9:38 | 6.2 |
| 331 | SULEWSKI Maciej | 5314 | BIEGAM BO LUBIĘ OSTROŁĘKA | M40 | 58 | | 01:46:07.15 | 01:46:32.05 | +01:00:21 | 9:38 | 6.2 |
| 333 | SULEWSKA Kasia | 5313 | BIEGAM BO LUBIĘ OSTROŁĘKA | K40 | 45 | | 01:46:06.45 | 01:46:32.35 | +01:00:21 | 9:38 | 6.2 |
| 334 | MARCINIAK Magdalena | 5188 | | K30 | 58 | | 01:46:27.65 | 01:46:33.90 | +01:00:23 | 9:40 | 6.2 |
| 335 | PAWLIK Agnieszka | 5231 | CAŁA OLEŚNICA BIEGA | K40 | 46 | | 01:46:03.65 | 01:46:35.00 | +01:00:24 | 9:38 | 6.2 |
| 336 | PODBIELSKA Anna | 5246 | KAJA TEAM | K40 | 47 | | 01:46:33.75 | 01:46:44.95 | +01:00:34 | 9:41 | 6.2 |
| 337 | KALINOWSKI Krzysztof | 5125 | | M30 | 62 | | 01:47:00.65 | 01:47:38.70 | +01:01:27 | 9:43 | 6.2 |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Kara/ bonifikata | Czas netto 11km | Czas brutto 11km | Różn | Tempo min/km | Tempo km/h |
|-----|------------------------------------|-------------|----------------------------------|-----------|------|---------------------|-----------------------|------------------------|-----------|-----------------|---------------|
| 338 | RYŻYŃSKA Agnieszka | 5268 | CHEŁM BIEGA | K40 | 48 | | 01:47:26.40 | 01:47:47.85 | +01:01:37 | 9:46 | 6.1 |
| 339 | SIERECKI Zbigniew | 5408 | DZIADY OCR // PIĘKNI I BESTIE | M40 | 59 | | 01:48:05.75 | 01:48:21.30 | +01:02:10 | 9:49 | 6.1 |
| 340 | BRATEK Maja | 5435 | BIŁGORAJ BIEGA - OTK RZEŹNIK | K14 | 4 | | 01:48:20.65 | 01:48:58.05 | +01:02:47 | 9:51 | 6.1 |
| 341 | KALINOWSKI Janusz | 5124 | | M60 | 11 | | 01:48:31.90 | 01:49:10.55 | +01:02:59 | 9:52 | 6.1 |
| 342 | GAŁKA Aleksandra | 5076 | KB SUKCES ŻMIGRÓD | K40 | 49 | | 01:48:58.70 | 01:49:29.80 | +01:03:18 | 9:54 | 6.1 |
| 343 | GAŁKA Jacek | 5077 | VEGE RUNNERS / KB SUKCES ŻMIGRÓD | M40 | 60 | | 01:48:59.20 | 01:49:30.95 | +01:03:20 | 9:54 | 6.1 |
| 344 | MIERZWA Laura | 5197 | | K20 | 27 | | 01:49:03.65 | 01:49:32.40 | +01:03:21 | 9:54 | 6.1 |
| 345 | POROWSKI Waldek | 5251 | TTT | M40 | 61 | 00:00:30 | 01:49:11.00 | 01:49:48.25 | +01:03:37 | 9:52 | 6.1 |
| 346 | PIETRZAK-POROWSKA Agnieszka | 5239 | | K30 | 59 | 00:01:00 | 01:49:41.10 | 01:50:18.35 | +01:04:07 | 9:52 | 6.1 |
| 347 | MIKSZA Aneta | 5199 | | K40 | 50 | | 01:50:08.65 | 01:50:20.15 | +01:04:09 | 10:00 | 6 |
| 348 | SIMKO Radoslav | 4960 | | M30 | 63 | | 01:49:50.55 | 01:50:26.10 | +01:04:15 | 9:59 | 6 |
| 349 | SMUG Ewelina | 5299 | | K30 | 60 | | 01:50:33.85 | 01:50:40.15 | +01:04:29 | 10:03 | 6 |
| 350 | MIKSZA Karol | 5198 | CROSSFITER BOX CHEŁM | M50 | 17 | 00:00:30 | 01:50:38.10 | 01:50:49.95 | +01:04:39 | 10:00 | 6 |
| 351 | KANIEWSKI Michał | 5130 | DZIKI DZIK TEAM | M20 | 38 | | 01:50:55.90 | 01:51:23.50 | +01:05:12 | 10:05 | 5.9 |
| 352 | KANIEWSKA Justyna | 5129 | DZIKI DZIK TEAM | K20 | 28 | | 01:50:56.30 | 01:51:23.55 | +01:05:12 | 10:05 | 5.9 |
| 353 | RYŻYŃSKI Tomasz | 5269 | CHEŁM BIEGA | M40 | 62 | 00:00:30 | 01:51:50.50 | 01:52:12.65 | +01:06:01 | 10:07 | 5.9 |
| 354 | MIKUŚKIEWICZ Piotr | 5200 | WKURW_TEAM | M30 | 64 | | 01:51:45.25 | 01:52:16.70 | +01:06:05 | 10:09 | 5.9 |
| 355 | KĘTRZYŃSKI Ryszard | 5133 | ZABIEGANI MIELEC / WKURW_TEAM | M40 | 63 | | 01:51:46.80 | 01:52:18.85 | +01:06:08 | 10:09 | 5.9 |
| 356 | BRODIUK Norbert | 5031 | NIGHT RUNNERS GLIWICE | M40 | 64 | | 01:52:14.00 | 01:52:20.85 | +01:06:10 | 10:12 | 5.9 |
| 357 | SOKOŁOWSKI Artur | 5300 | WKURW_TEAM | M40 | 65 | | 01:51:48.85 | 01:52:21.00 | +01:06:10 | 10:09 | 5.9 |
| 358 | GOŁĘBIEWSKA Marta | 5082 | | K30 | 61 | | 01:52:08.25 | 01:52:22.10 | +01:06:11 | 10:11 | 5.9 |
| 359 | WILK Magdalena | 5348 | WKURW_TEAM | K40 | 51 | | 01:51:49.90 | 01:52:22.15 | +01:06:11 | 10:10 | 5.9 |
| 360 | BUBICZ Krzysztof | 5034 | WKURW_TAM | M30 | 65 | | 01:51:49.15 | 01:52:22.55 | +01:06:11 | 10:09 | 5.9 |
| 361 | SOŁKIEWICZ Marta | 5301 | WKURW_TEAM | K40 | 52 | | 01:51:49.55 | 01:52:22.80 | +01:06:11 | 10:09 | 5.9 |
| 362 | SAMBORSKI Bartosz | 5274 | WKURW_TEAM | M40 | 66 | | 01:51:52.20 | 01:52:23.45 | +01:06:12 | 10:10 | 5.9 |
| 363 | SMOGORZEWSKI Michał | 5296 | WKURW_TEAM | M30 | 66 | | 01:51:51.95 | 01:52:24.65 | +01:06:13 | 10:10 | 5.9 |
| 364 | LAZAROWICZ Piotr | 5172 | WKURW_TEAM | M30 | 67 | | 01:51:53.25 | 01:52:24.85 | +01:06:14 | 10:10 | 5.9 |
| 365 | BŁĄŻEJSKA-RUPIŃSKA Anna | 5416 | | K50 | 11 | | 01:52:23.40 | 01:52:42.55 | +01:06:31 | 10:13 | 5.9 |
| 366 | LEDWOŃ Jakub | 5409 | | M40 | 67 | 00:00:30 | 01:52:15.85 | 01:52:47.70 | +01:06:36 | 10:09 | 5.9 |
| 367 | MACIEJSKA Angelika | 5185 | WKURW_TEAM | K30 | 62 | 00:00:30 | 01:52:19.95 | 01:52:54.50 | +01:06:43 | 10:10 | 5.9 |
| 368 | STRADZA Katarzyna | 5310 | ROZBIEGAMY NOWY DWÓR | K50 | 12 | | 01:53:03.00 | 01:53:21.20 | +01:07:10 | 10:16 | 5.8 |
| 369 | GRZESKOWIAK Anna | 5090 | | K40 | 53 | | 01:53:10.40 | 01:53:41.10 | +01:07:30 | 10:17 | 5.8 |
| 370 | PILECKA Joanna | 5241 | | K40 | 54 | | 01:53:11.30 | 01:53:41.85 | +01:07:31 | 10:17 | 5.8 |
| 371 | OKRASA Sylwia | 5219 | | K20 | 29 | | 01:53:29.80 | 01:53:50.15 | +01:07:39 | 10:19 | 5.8 |
| 372 | WANOWSKI Andrzej | 5343 | | M60 | 12 | 00:00:30 | 01:53:32.60 | 01:53:51.15 | +01:07:40 | 10:16 | 5.8 |
| 373 | ZEMŁA Dorota | 5363 | | K20 | 30 | 00:00:30 | 01:53:45.10 | 01:54:21.10 | +01:08:10 | 10:17 | 5.8 |
| 374 | DASZCZYŃSKA Iwona | 5053 | | K40 | 55 | | 01:54:19.75 | 01:54:47.30 | +01:08:36 | 10:23 | 5.8 |
| 375 | DASZCZYŃSKI Adam | 5054 | | M40 | 68 | | 01:54:20.80 | 01:54:47.45 | +01:08:36 | 10:23 | 5.8 |
| 376 | KAJEWSKI Tadeusz | 5122 | | M60 | 13 | | 01:54:55.00 | 01:55:17.00 | +01:09:06 | 10:26 | 5.7 |
| 377 | GUT Leopold | 5092 | WKURW_TEAM | M20 | 39 | 00:01:00 | 01:55:30.25 | 01:56:06.05 | +01:09:55 | 10:24 | 5.8 |
| 378 | LIMAN Dorota | 5175 | | K40 | 56 | | 01:56:05.45 | 01:56:19.05 | +01:10:08 | 10:33 | 5.7 |
| 379 | CYMMER Marta | 5046 | | K30 | 63 | | 01:56:28.35 | 01:56:45.00 | +01:10:34 | 10:35 | 5.7 |
| 380 | GRINIG Mirela | 5087 | | K40 | 57 | | 01:56:42.60 | 01:57:10.85 | +01:11:00 | 10:36 | 5.7 |
| 381 | ROSINSKA Barbara | 5264 | BOLT TRZEMESZNO | K30 | 64 | | 01:57:58.15 | 01:58:23.70 | +01:12:12 | 10:43 | 5.6 |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Kara/ bonifikata | Czas netto 11km | Czas brutto 11km | Różn | Tempo min/km | Tempo km/h |
|-----|-----------------------------|-------------|-----------------------------|-----------|------|---------------------|-----------------------|------------------------|-----------|-----------------|---------------|
| 382 | BEDNAREK Irena | 5014 | BOLT TRZEMESZNO | K50 | 13 | | 01:57:57.85 | 01:58:24.10 | +01:12:13 | 10:43 | 5.6 |
| 383 | ANDRZEJEWSKA Zuzanna | 5006 | | K20 | 31 | | 01:59:09.60 | 01:59:15.60 | +01:13:04 | 10:49 | 5.5 |
| 384 | NAWROCKA Karolina | 5425 | | K30 | 65 | 00:00:30 | 01:59:16.00 | 01:59:50.10 | +01:13:39 | 10:47 | 5.6 |
| 385 | NAWROCKA Małgorzata | 5210 | CF Z16 | K40 | 58 | 00:00:30 | 01:59:17.40 | 01:59:51.70 | +01:13:40 | 10:47 | 5.6 |
| 386 | ŚCISŁY Aleksandra | 5414 | | K40 | 59 | | 01:59:45.15 | 02:00:13.50 | +01:14:02 | 10:53 | 5.5 |
| 386 | NOWORYTA Jacek | 5215 | ASA TEAM BIEGIEM PO ZDROWIE | M60 | 14 | | 02:00:00.10 | 02:00:13.50 | +01:14:02 | 10:54 | 5.5 |
| 388 | PUKOCZ Katarzyna | 5256 | | K30 | 66 | | 01:59:44.25 | 02:00:13.65 | +01:14:02 | 10:53 | 5.5 |
| 389 | WOROSZYŁO Agnieszka | 5352 | | K20 | 32 | 00:00:30 | 02:00:15.85 | 02:00:25.75 | +01:14:14 | 10:53 | 5.5 |
| 390 | BOROWIAK Patrycja | 5028 | WKURW_TEAM | K30 | 67 | 00:00:30 | 02:02:21.70 | 02:02:56.75 | +01:16:45 | 11:04 | 5.4 |
| 391 | ZWYDAK Anna | 5403 | WKURW_TEAM | K30 | 68 | | 02:04:54.25 | 02:05:27.75 | +01:19:16 | 11:21 | 5.3 |
| 392 | MIRSKI Jerzy | 5404 | | M20 | 40 | | 02:04:55.05 | 02:05:28.05 | +01:19:17 | 11:21 | 5.3 |
| 393 | BOROWIK Agata | 5378 | CAŁA OLEŚNICA BIEGA | K30 | 69 | | 02:10:22.35 | 02:10:30.55 | +01:24:19 | 11:51 | 5.1 |
| 394 | KAJEWSKA Katarzyna | 5121 | | K40 | 60 | | 02:14:24.25 | 02:14:44.90 | +01:28:34 | 12:13 | 4.9 |
| 395 | KAJEWSKI Rafał | 5123 | MIGRENA TEAM | M40 | 69 | | 02:14:24.55 | 02:14:45.00 | +01:28:34 | 12:13 | 4.9 |
| 396 | SKOMOROWSKA Monika | 5290 | TEAMZABIEGANEDNI/WKURW-TEAM | K40 | 61 | | 02:14:38.80 | 02:14:56.05 | +01:28:45 | 12:14 | 4.9 |

Znaleziono 396 wynik(ów)