

PÓLMARATON Z GÓRKĄ

Wydarzenie:

[CHOJNIK KARKONOSKI FESTIWAL BIEGOWY 2020](#)

Organizator:

FUNDACJA PROFIT MARATON

Data:

2020-09-05

Miejsce:

Sobieszów

Dystans:

29 km

Klasyfikacja: Wszyscy

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | Droga pod Reglami 6km | Trzy Jawory 10km | Droga pod Reglami 23km | Czas netto 29km | Czas brutto 29km | Różn | Tempo min/km | Tempo km/h |
|-----|-----------------------------|-------------|---------------------------------------|-----------|------|-------------|-----------------------|------------------|------------------------|--------------------|--------------------|-----------|--------------|------------|
| 1 | BEDNAREK Adrian | 1123 | MUAY RUNNING TEAM / ADRIANBEDNAREK.PL | M30 | 1 | 00:00:02 | 00:28:00 | 00:47:23 | 01:55:08 | 02:24:25.35 | 02:24:27.40 | | 4:58 | 12 |
| 2 | MAREK Dariusz | 1130 | MONK SANDALS TEAM | M30 | 2 | 00:00:01 | 00:28:06 | 00:47:52 | 01:56:08 | 02:27:44.55 | 02:27:45.80 | +00:03:19 | 5:05 | 11.8 |
| 3 | SOBAS Jacek | 1119 | ASICSFRONTRUNNERPOLAND | M30 | 3 | 00:00:01 | 00:28:14 | 00:47:53 | 01:59:27 | 02:32:21.40 | 02:32:22.95 | +00:07:56 | 5:15 | 11.4 |
| 4 | JANKOWSKI Grzegorz | 972 | KGHM ZG RUN | M40 | 1 | 00:00:02 | 00:32:30 | 00:54:21 | 02:15:43 | 02:53:08.15 | 02:53:10.75 | +00:28:42 | 5:58 | 10.1 |
| 5 | GREGUŁA Wojciech | 1135 | | M30 | 4 | 00:00:23 | 00:33:15 | 00:55:37 | 02:16:43 | 02:53:35.55 | 02:53:59.10 | +00:29:10 | 5:59 | 10 |
| 6 | ŻUKIEWICZ Maciej | 1457 | OBOZYGÓRSKIE.PL | | | 00:03:40 | 00:33:04 | 00:55:02 | 02:17:01 | 02:53:50.95 | 02:57:31.65 | +00:29:25 | 5:59 | 10 |
| 7 | PISAREK Maciej | 1101 | | M40 | 2 | 00:00:03 | 00:34:05 | 00:58:05 | 02:19:50 | 02:55:42.60 | 02:55:45.75 | +00:31:17 | 6:03 | 9.9 |
| 8 | OBSTÓJ Karolina | 1118 | MUAY RUNNING TEAM | K30 | 1 | 00:00:02 | 00:34:05 | 00:57:58 | 02:20:53 | 03:00:01.10 | 03:00:03.55 | +00:35:35 | 6:12 | 9.7 |
| 9 | HAJDUKIEWICZ Rafał | 1060 | WIERZBICKI RUNNING PROJECT | M30 | 5 | 00:01:50 | 00:31:42 | 00:52:56 | 02:20:20 | 03:01:51.90 | 03:03:42.55 | +00:37:26 | 6:16 | 9.6 |
| 10 | PIENIAŻEK Patryk | 806 | KGHM ZG RUN | M18 | 1 | 00:00:02 | 00:34:04 | 00:57:37 | 02:23:01 | 03:02:49.80 | 03:02:52.65 | +00:38:24 | 6:18 | 9.5 |
| 11 | ŁĘŻNIAK Aleksander | 1143 | MONK SANDALS TEAM | M30 | 6 | 00:00:01 | 00:34:31 | 00:58:26 | 02:21:02 | 03:05:34.95 | 03:05:36.50 | +00:41:09 | 6:23 | 9.4 |
| 12 | PYZIK Krzysztof | 1155 | VEGESLONIK / FIZJOBIEGACZE SZCZECIN | M30 | 7 | 00:00:04 | 00:34:32 | 00:58:22 | 02:26:34 | 03:06:01.40 | 03:06:05.45 | +00:41:36 | 6:24 | 9.4 |
| 13 | WINIARCZYK Krzysztof | 941 | | M30 | 8 | 00:00:02 | 00:34:19 | 00:58:00 | 02:26:38 | 03:06:03.25 | 03:06:05.55 | +00:41:37 | 6:24 | 9.4 |
| 14 | ILKIEWICZ Michał | 893 | | M18 | 2 | 00:01:29 | 00:32:21 | 00:54:18 | 02:21:04 | 03:07:08.70 | 03:08:37.75 | +00:42:43 | 6:27 | 9.3 |
| 15 | STAWIARSKI Tomasz | 1454 | | | | 00:20:56 | 00:36:12 | 01:01:52 | 02:31:15 | 03:10:17.95 | 03:31:14.80 | +00:45:52 | 6:33 | 9.1 |
| 16 | LULIS Anna | 1120 | AKADEMIA BIEGANIA #SOBASTEAM | K40 | 1 | 00:00:03 | 00:36:47 | 01:02:07 | 02:33:48 | 03:13:45.25 | 03:13:48.80 | +00:49:19 | 6:40 | 9 |
| 17 | GAŁOSZ Łukasz | 959 | | M18 | 3 | 00:00:02 | 00:34:11 | 00:57:39 | 02:28:47 | 03:15:04.60 | 03:15:06.60 | +00:50:39 | 6:43 | 8.9 |
| 18 | DAUKSZO Maciej | 1146 | SBRT WARSZAWA | M18 | 4 | 00:00:22 | 00:39:01 | 01:03:36 | 02:36:55 | 03:16:53.65 | 03:17:16.00 | +00:52:28 | 6:47 | 8.8 |
| 19 | MUZYK Przemysław | 862 | | M30 | 9 | 00:07:21 | 00:37:13 | 01:02:31 | 02:33:29 | 03:19:32.75 | 03:26:54.00 | +00:55:07 | 6:52 | 8.7 |
| 20 | SABAT Kamil | 1455 | 140MINUT.PL | | | 00:09:32 | 00:39:02 | 01:04:59 | 02:40:56 | 03:20:06.25 | 03:29:38.55 | +00:55:40 | 6:54 | 8.7 |
| 21 | MIKOŁAJCZYK Robert | 1001 | DRUŻYNA ORZECHA ŻYRARDÓW | M40 | 3 | 00:02:48 | 00:36:33 | 01:01:09 | 02:36:20 | 03:21:02.75 | 03:23:51.20 | +00:56:37 | 6:55 | 8.7 |
| 22 | BARTKOWIAK | 825 | | M30 | 10 | 00:30:46 | 00:40:23 | 01:05:43 | 02:38:56 | 03:21:08.40 | 04:00:54.65 | +00:56:43 | 6:56 | 8.7 |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | Czas pod Reglami | Trzy Jawory 10km | Droga pod Reglami 23km | Czas Netto 29km | Czas Brutto 34km | +00:57:16 | Tempo min/km | Tempo km/h |
|-----|-----------------------------|-------------|----------------------------|-----------|------|-------------|------------------|------------------|------------------------|-----------------|------------------|-----------|--------------|------------|
| 22 | MICHAŁ ZAWODNIK | 1052 | | | | 00:09:03 | 00:38:13 | 01:03:43 | 02:38:38 | 03:21:06.40 | 04:00:34.63 | +00:50:43 | 6:50 | 6.7 |
| 23 | MARKIEWICZ Agnieszka | 1459 | PRORUNNING PROMOTION | M30 | 4 | 00:26:21 | 00:59:07 | 01:04:04 | 02:31:44 | 03:21:59.80 | 03:48:21.35 | +00:57:34 | 6:57 | 8.6 |
| 24 | KOTLAREK Dawid | 1092 | VEGE RUNNERS | M40 | 4 | 00:13:37 | 00:36:25 | 01:02:11 | 02:39:32 | 03:22:44.45 | 03:36:22.25 | +00:58:19 | 6:59 | 8.6 |
| 25 | BOSAKIEWICZ Tomasz | 1077 | OLAWS | M30 | 11 | 00:10:03 | 00:39:04 | 01:04:58 | 02:38:29 | 03:24:19.85 | 03:34:23.65 | +00:59:54 | 7:02 | 8.5 |
| 26 | STASIW Przemysław | 844 | ULTRA TRAIL FANATIC | M30 | 12 | 00:02:53 | 00:36:55 | 01:01:28 | 02:35:57 | 03:25:06.05 | 03:27:59.70 | +01:00:40 | 7:04 | 8.5 |
| 27 | WIERZBICKI Krzysztof | 1062 | WIERZBICKI RUNNING PROJECT | M30 | 13 | 00:01:57 | 00:35:48 | 01:00:06 | 02:43:39 | 03:25:41.40 | 03:27:38.65 | +01:01:16 | 7:05 | 8.5 |
| 28 | MOCCHEGIANI Andrea | 1160 | BAD ORGANIZER TEAM | M50 | 1 | 00:09:56 | 00:34:57 | 00:58:37 | 02:46:51 | 03:27:01.60 | 03:36:58.45 | +01:02:36 | 7:08 | 8.4 |
| 29 | GOŁĘBIEWSKI Tytus | 814 | ULTRA FALUBAZ / NGB | M30 | 14 | 00:21:58 | 00:36:52 | 01:01:25 | 02:48:12 | 03:30:15.95 | 03:52:13.95 | +01:05:50 | 7:15 | 8.3 |
| 30 | RADKOWSKA Małgorzata | 1156 | SŁODKIE PĄCZKI | K30 | 2 | 00:10:42 | 00:41:11 | 01:08:08 | 02:50:59 | 03:32:03.20 | 03:42:45.45 | +01:07:37 | 7:18 | 8.2 |
| 31 | ŁĄTKA Piotr | 815 | | M30 | 15 | 00:13:21 | 00:36:18 | 01:01:22 | 02:44:55 | 03:32:48.10 | 03:46:09.30 | +01:08:22 | 7:20 | 8.2 |
| 32 | LITWIN Michał | 1453 | LITEWMN | | | 00:08:15 | 00:36:16 | 01:02:35 | 02:44:03 | 03:33:01.50 | 03:41:16.50 | +01:08:36 | 7:20 | 8.2 |
| 33 | OLSZEWSKI Tomek | 884 | | M40 | 5 | 00:11:49 | 00:42:57 | 01:10:45 | 02:45:43 | 03:34:14.90 | 03:46:04.50 | +01:09:49 | 7:23 | 8.1 |
| 34 | ŚWIERK Seweryn | 935 | DRÄXLMAIER | M40 | 6 | 00:02:38 | 00:41:57 | 01:09:07 | 02:49:52 | 03:35:53.55 | 03:38:32.40 | +01:11:28 | 7:26 | 8.1 |
| 35 | SZCZEPARA Wojciech | 1111 | | M18 | 5 | 00:09:52 | 00:38:59 | 01:04:24 | 02:49:21 | 03:36:35.90 | 03:46:28.25 | +01:12:10 | 7:28 | 8 |
| 36 | NIŻEWSKI Paweł | 825 | KRAKOWAK TEAM | M40 | 7 | 00:04:14 | 00:40:16 | 01:07:08 | 02:53:04 | 03:37:11.90 | 03:41:26.65 | +01:12:46 | 7:29 | 8 |
| 37 | ŁAMPIKA Kinga | 1022 | NIGHT RUNNERS WROCŁAW | K40 | 2 | 00:12:59 | 00:42:15 | 01:08:49 | 02:54:44 | 03:38:54.70 | 03:51:54.25 | +01:14:29 | 7:32 | 7.9 |
| 38 | WALIGÓRA Mateusz | 948 | | M30 | 16 | 00:49:10 | 00:35:58 | 01:01:08 | 02:42:46 | 03:39:33.50 | 04:28:43.70 | +01:15:08 | 7:34 | 7.9 |
| 39 | SZARAPANOWSKI Damian | 1053 | ULTRA DIABŁY TEAM | M40 | 8 | 00:06:12 | 00:41:17 | 01:09:35 | 02:56:43 | 03:41:12.65 | 03:47:25.55 | +01:16:47 | 7:37 | 7.9 |
| 40 | ŚWIERK Przemysław | 925 | ULTRA DIABŁY TEAM | M40 | 9 | 00:06:08 | 00:36:12 | 01:01:27 | 02:44:55 | 03:41:17.85 | 03:47:26.00 | +01:16:52 | 7:37 | 7.9 |
| 41 | WARCZEWSKI Tomasz | 847 | TOMI | M40 | 10 | 00:08:55 | 00:37:48 | 01:02:55 | 02:47:13 | 03:41:28.55 | 03:50:24.20 | +01:17:03 | 7:38 | 7.9 |
| 42 | ESZNER Agnieszka | 1154 | | K40 | 3 | 00:22:46 | 00:41:53 | 01:08:54 | 02:57:00 | 03:41:30.15 | 04:04:16.55 | +01:17:04 | 7:38 | 7.9 |
| 43 | NOWORYTA Radosław | 804 | ULTRA DIABŁY TEAM LUBRZA | M40 | 11 | 00:04:51 | 00:39:58 | 01:07:23 | 02:51:46 | 03:42:34.00 | 03:47:25.80 | +01:18:08 | 7:40 | 7.8 |
| 44 | KAWECKA Małgorzata | 1045 | DRÄXLMAIER | K40 | 4 | 00:02:28 | 00:40:52 | 01:08:25 | 02:54:45 | 03:43:25.30 | 03:45:53.55 | +01:18:59 | 7:42 | 7.8 |
| 45 | KRZYSZTOFIK Piotr | 1038 | | M40 | 12 | 00:52:27 | 00:44:12 | 01:13:13 | 02:57:26 | 03:45:58.95 | 04:38:26.60 | +01:21:33 | 7:47 | 7.7 |
| 46 | PURCZYŃSKI Grzegorz | 1132 | | M40 | 13 | 00:21:34 | 00:39:34 | 01:06:56 | 02:55:02 | 03:47:40.20 | 04:09:15.10 | +01:23:14 | 7:51 | 7.6 |
| 47 | DENYSIUK Marek | 978 | | M40 | 14 | 00:21:40 | 00:41:07 | 01:07:31 | 03:03:20 | 03:47:43.70 | 04:09:23.75 | +01:23:18 | 7:51 | 7.6 |
| 48 | CAL Piotr | 1063 | 5K EVERY DAY | M50 | 2 | 00:24:41 | 00:43:53 | 01:14:01 | 03:02:20 | 03:48:22.45 | 04:13:03.70 | +01:23:57 | 7:52 | 7.6 |
| 49 | GIL Maciej | 1136 | VEGE RUNNERS | M18 | 6 | 00:18:40 | 00:42:06 | 01:08:12 | 02:58:25 | 03:48:26.25 | 04:07:06.90 | +01:24:00 | 7:52 | 7.6 |
| 50 | KŁÓSEK Tomasz | 1145 | | M40 | 15 | 00:03:36 | 00:45:07 | 01:10:47 | 03:02:14 | 03:48:28.05 | 03:52:04.65 | +01:24:02 | 7:52 | 7.6 |
| 51 | PAZDAN Natalia | 1040 | | K30 | 3 | 00:10:12 | 00:43:44 | 01:13:49 | 03:02:32 | 03:48:54.10 | 03:59:06.75 | +01:24:28 | 7:53 | 7.6 |
| 52 | WOŹNIAK Przemysław | 897 | DNISW MON | M30 | 17 | 00:08:53 | 00:41:52 | 01:08:03 | 02:55:57 | 03:50:17.05 | 03:59:10.10 | +01:25:51 | 7:56 | 7.6 |
| 53 | WĘGRZYK Piotr | 1064 | KS KOSYNIERZY WROCŁAW | M18 | 7 | 00:02:11 | 00:39:06 | 01:06:10 | 02:52:29 | 03:50:55.75 | 03:53:07.50 | +01:26:30 | 7:57 | 7.5 |
| 54 | TURLEJ Dariusz | 908 | KONDYCJA | M60 | 1 | 00:27:08 | 00:47:11 | 01:16:49 | 03:05:07 | 03:52:03.65 | 04:19:11.90 | +01:27:38 | 8:00 | 7.5 |
| 55 | JUSKOWIAK Amadeusz | 1031 | ***** *** | M18 | 8 | 00:01:07 | 00:40:38 | 01:07:11 | 03:04:09 | 03:52:07.20 | 03:53:14.95 | +01:27:41 | 8:00 | 7.5 |

| Amadeusz | | | | | | | | | | | | | | |
|----------|-----------------------|-------|---------------------------|-----------|------|-------------|-------------------|----------|-------------------|-------------|-------------|-----------|--------------|------------|
| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | Proga pod Reglami | Time | Proga pod Reglami | 03:52:05 | 04:32:50 | Różn | Tempo min/km | Tempo km/h |
| 57 | CZAPLIŃSKI Jacek | 868 | TAGER SPORT | M30 | 18 | 00:38:45 | 00:38:05 | 01:05:56 | 02:58:33 | 03:52:05 | 04:32:50 | +01:28:07 | 8:01 | 7.5 |
| 58 | GWOZDZ Damian | 1081 | | M30 | 19 | 00:21:54 | 00:38:09 | 01:04:56 | 02:58:33 | 03:52:10 | 04:32:40 | +01:28:20 | 8:01 | 7.5 |
| 59 | KUJACZYŃSKA Iga | 1098 | TURNEO | K30 | 4 | 00:04:36 | 00:04:08 | 01:10:44 | 02:38:05 | 03:53:12.35 | 03:57:48.50 | +01:28:47 | 8:02 | 7.5 |
| 60 | CYBA Anna | 1148 | LATAJĄCY CYRK | K30 | 5 | 00:09:29 | 00:44:19 | 01:14:06 | 03:05:06 | 03:53:49.75 | 04:03:19.00 | +01:29:24 | 8:03 | 7.4 |
| 61 | ŻYLAK Adrian | 1112 | ADIDAS RUNNERS WARSAW | M30 | 20 | 00:10:33 | 00:42:07 | 01:11:09 | 03:02:52 | 03:54:22.25 | 04:04:55.90 | +01:29:56 | 8:04 | 7.4 |
| 62 | MEYER Marcin | 824 | LEGIA RUN CLUB | M40 | 16 | 00:02:43 | 00:40:33 | 01:08:11 | 03:01:17 | 03:54:27.10 | 03:57:10.85 | +01:30:01 | 8:05 | 7.4 |
| 63 | ŚNIERZYŃSKI Robert | 1140 | | M30 | 21 | 00:23:30 | 00:44:56 | 01:15:17 | 03:03:42 | 03:54:32.35 | 04:18:03.30 | +01:30:07 | 8:05 | 7.4 |
| 64 | HADAM Michał | 1087 | KB MANIAC POZNAŃ | M40 | 17 | 00:03:20 | 00:42:53 | 01:11:16 | 03:05:26 | 03:54:35.00 | 03:57:55.95 | +01:30:09 | 8:05 | 7.4 |
| 65 | SUSKI Bartłomiej | 873 | | M30 | 22 | 00:08:59 | 00:40:45 | 01:08:23 | 02:59:08 | 03:55:56.55 | 04:04:56.20 | +01:31:31 | 8:08 | 7.4 |
| 66 | VISENTIN Eric | 1036 | NOA | M40 | 18 | 00:21:15 | 00:41:10 | 01:09:26 | 03:04:25 | 03:56:34.60 | 04:17:50.10 | +01:32:09 | 8:09 | 7.4 |
| 67 | KARCZYŃSKA Eliza | 865 | | K30 | 6 | 00:24:27 | 00:40:17 | 01:07:40 | 03:05:25 | 03:56:51.30 | 04:21:19.25 | +01:32:25 | 8:10 | 7.3 |
| 68 | WASILEWSKI Michał | 981 | | M40 | 19 | 00:14:46 | 00:42:26 | 01:11:05 | 03:05:24 | 03:57:55.25 | 04:12:42.00 | +01:33:29 | 8:12 | 7.3 |
| 69 | JAKUBCZAK Wojciech | 808 | PASZCZAKI | M30 | 23 | 00:24:26 | 00:44:17 | 01:12:04 | 03:11:03 | 03:58:17.10 | 04:22:43.20 | +01:33:51 | 8:13 | 7.3 |
| 70 | JADWIŃSKI Wojciech | 1090 | KS KANAŁEK | M40 | 20 | 00:05:52 | 00:44:57 | 01:13:47 | 03:08:32 | 03:58:20.35 | 04:04:12.80 | +01:33:55 | 8:13 | 7.3 |
| 71 | SAWICZ Piotrek | 911 | | M30 | 24 | 00:13:06 | 00:43:50 | 01:14:00 | 03:05:48 | 03:58:26.55 | 04:11:33.00 | +01:34:01 | 8:13 | 7.3 |
| 72 | MIKOŁAJEWSKA Zofia | 1134 | OLEJ RUNNING TEAM | K18 | 2 | 00:10:00 | 00:44:21 | 01:13:54 | 03:08:16 | 03:58:27.45 | 04:08:28.20 | +01:34:02 | 8:13 | 7.3 |
| 73 | MROCZEK Marta | 1050 | WERZBICKI RUNNING PROJECT | K40 | 5 | 00:05:13 | 00:42:51 | 01:14:04 | 03:08:06 | 03:58:31.65 | 04:03:44.75 | +01:34:06 | 8:13 | 7.3 |
| 74 | STARCZEWSKA Izabela | 930 | WERZBICKI RUNNING PROJECT | K50 | 1 | 00:05:08 | 00:42:57 | 01:14:10 | 03:10:56 | 04:00:04.15 | 04:05:12.15 | +01:35:38 | 8:16 | 7.2 |
| 75 | FILIPCZUK Dariusz | 1127 | | M50 | 3 | 00:07:49 | 00:44:06 | 01:15:17 | 03:08:24 | 04:02:02.25 | 04:09:51.85 | +01:37:36 | 8:20 | 7.2 |
| 76 | BARCZAK Robert | 843 | R-TEAM RYDZYNA | M40 | 21 | 00:23:53 | 00:43:17 | 01:10:57 | 03:12:24 | 04:03:48.55 | 04:27:42.15 | +01:39:23 | 8:24 | 7.1 |
| 77 | WITKOWSKI Wojciech | 1017 | | M18 | 9 | 00:41:47 | 00:41:36 | 01:09:53 | 03:05:14 | 04:05:04.40 | 04:46:52.30 | +01:40:39 | 8:27 | 7.1 |
| 78 | GABRYEL Anna | 1026 | | K30 | 7 | 00:00:28 | 00:46:21 | 01:19:08 | 03:15:54 | 04:05:26.30 | 04:05:54.75 | +01:41:00 | 8:27 | 7.1 |
| 79 | SKOCZYLAS Mateusz | 1110 | | M30 | 25 | 00:09:49 | 00:42:19 | 01:13:10 | 03:10:40 | 04:06:34.10 | 04:16:23.45 | +01:42:08 | 8:30 | 7.1 |
| 80 | STAŃCZYK Krzysztof | 836 | TEAM PLUTEK | M40 | 22 | 00:00:34 | 00:40:56 | 01:09:52 | 03:10:29 | 04:06:58.95 | 04:07:33.30 | +01:42:33 | 8:31 | 7 |
| 81 | MIECHOWICZ Malgorzata | 969 | OGRODOWA TEAM | K40 | 6 | 00:14:21 | 00:48:59 | 01:23:25 | 03:18:10 | 04:07:22.55 | 04:21:43.75 | +01:42:57 | 8:31 | 7 |
| 82 | STANISŁAWEK Tomasz | 944 | | M40 | 23 | 00:15:49 | 00:42:53 | 01:14:31 | 03:11:59 | 04:08:30.35 | 04:24:20.15 | +01:44:05 | 8:34 | 7 |
| 83 | ZYWERT Mateusz | 953 | | M30 | 26 | 00:24:44 | 00:43:55 | 01:14:01 | 03:05:15 | 04:08:35.55 | 04:33:19.95 | +01:44:10 | 8:34 | 7 |
| 84 | CABAJ Paweł | 834 | | M30 | 27 | 00:22:50 | 00:42:35 | 01:12:42 | 03:09:58 | 04:08:46.30 | 04:31:36.65 | +01:44:20 | 8:34 | 7 |
| 85 | GĄTKIEWICZ Paweł | 1122 | ESKADRA KRAKÓW | M40 | 24 | 00:04:27 | 00:45:06 | 01:14:20 | 03:04:40 | 04:09:04.75 | 04:13:31.95 | +01:44:39 | 8:35 | 7 |
| 86 | ABULEWICZ Wojciech | 880 | TRENING STUDIO 17 | M50 | 4 | 00:17:02 | 00:47:13 | 01:19:55 | 03:16:44 | 04:10:10.05 | 04:27:12.65 | +01:45:44 | 8:37 | 7 |
| 87 | NOWIK Kamil | 890 | ULTRA DIABŁY TEAM LUBRZA | M40 | 25 | 00:04:46 | 00:43:28 | 01:12:52 | 03:12:57 | 04:10:43.45 | 04:15:29.85 | +01:46:18 | 8:38 | 6.9 |
| 88 | GAWIN Rafał | 1151 | | M40 | 26 | 00:11:43 | 00:41:58 | 01:10:45 | 03:15:27 | 04:10:50.20 | 04:22:33.65 | +01:46:24 | 8:38 | 6.9 |
| 89 | KARCZYŃSKA Monika | 1070 | | K30 | 8 | 00:24:28 | 00:45:33 | 01:16:29 | 03:19:15 | 04:10:52.45 | 04:35:20.65 | +01:46:27 | 8:39 | 6.9 |
| 90 | GŁÓWKA Paweł | 1015 | FUNTRI | M18 | 10 | 00:13:51 | 00:45:54 | 01:15:36 | 03:17:35 | 04:11:00.00 | 04:24:51.70 | +01:46:34 | 8:39 | 6.9 |
| 91 | PALCZYŃSKI Krzysztof | 816 | | M30 | 28 | 00:19:03 | 00:43:51 | 01:13:30 | 03:14:47 | 04:11:43.05 | 04:30:47.00 | +01:47:17 | 8:40 | 6.9 |
| 92 | ŚLEDZIK Sebastian | 961 | DT4YOU | M50 | 5 | 00:14:59 | 00:44:14 | 01:15:14 | 03:19:03 | 04:12:00.50 | 04:26:59.55 | +01:47:35 | 8:41 | 6.9 |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | Czas pod Reglami 6km | Czas pod Reglami 10km | Czas pod Reglami 15km | Czas pod Reglami 20km | Czas pod Reglami 25km | Czas pod Reglami 29km | Czas pod Reglami 33km | Tempo min/km | Tempo km/h |
|-----|-------------------------------------|-------------|------------------------------|-----------|------|-------------|----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|--------------|------------|
| 93 | KĘDZIA Tomasz | 809 | KOSYNIERZY WROCLAW | M30 | 29 | 00:02:16 | 00:39:17 | 01:08:58 | 03:13:44 | 04:12:37.05 | 04:14:53.45 | +01:48:11 | 8:42 | 6.9 | |
| 94 | CZAJKOWSKA Sylwia | 1099 | # ŻÓŁTOKRÓLEWSKI | K40 | 1 | 00:09:21 | 00:40:48 | 01:14:53 | 03:11:43 | 04:12:51.15 | 04:22:12.70 | +01:48:25 | 8:43 | 6.9 | |
| 95 | STELMACH Piotr | 1147 | STELMACH TEAM | M40 | 27 | 00:58:04 | 00:45:03 | 01:13:06 | 03:25:01 | 04:12:54.20 | 05:10:58.65 | +01:48:28 | 8:43 | 6.9 | |
| 96 | FILIPIAK Sebastian | 1462 | EKIPA LIPA | | | 00:37:11 | 00:46:00 | 01:19:20 | 03:18:40 | 04:13:10.30 | 04:50:21.90 | +01:48:44 | 8:43 | 6.9 | |
| 97 | DANIEL Maria | 910 | ULTRAKAYA TEAM | K30 | 9 | 00:03:07 | 00:45:52 | 01:18:15 | 03:17:54 | 04:14:13.95 | 04:17:21.70 | +01:49:48 | 8:46 | 6.8 | |
| 98 | ŁUKACKI Daniel | 1024 | | M40 | 28 | 00:08:22 | 00:44:21 | 01:15:49 | 03:22:47 | 04:14:50.65 | 04:23:13.00 | +01:50:25 | 8:47 | 6.8 | |
| 99 | OSICA Łukasz | 1032 | | M30 | 30 | 00:27:34 | 00:47:12 | 01:16:43 | 03:18:23 | 04:15:16.10 | 04:42:50.90 | +01:50:50 | 8:48 | 6.8 | |
| 100 | KWASIUK Wojciech | 1000 | | M30 | 31 | 00:49:25 | 00:47:12 | 01:20:22 | 03:18:24 | 04:15:36.80 | 05:05:02.60 | +01:51:11 | 8:48 | 6.8 | |
| 101 | PAWIŃSKI Artur | 954 | ADIDAS RUNNERS WARSAW | M40 | 29 | 00:10:47 | 00:44:49 | 01:16:14 | 03:20:08 | 04:16:23.15 | 04:27:10.85 | +01:51:57 | 8:50 | 6.8 | |
| 102 | KUBIAK Andrzej | 1115 | | M60 | 2 | 00:46:58 | 00:46:08 | 01:17:17 | 03:19:52 | 04:16:24.45 | 05:03:22.90 | +01:51:59 | 8:50 | 6.8 | |
| 103 | ŁUCZAK Maciej | 1071 | | M40 | 30 | 00:22:35 | 00:42:40 | 01:13:22 | 03:03:12 | 04:17:03.15 | 04:39:38.85 | +01:52:37 | 8:51 | 6.8 | |
| 104 | KURCZEK Tomasz | 1094 | | M40 | 31 | 00:42:42 | 00:43:11 | 01:13:41 | 03:15:44 | 04:17:35.95 | 05:00:18.35 | +01:53:10 | 8:52 | 6.8 | |
| 105 | ZYGNER Sławomir | 846 | R-TEAM RYDZYNA | M40 | 32 | 00:23:36 | 00:46:30 | 01:17:47 | 03:19:29 | 04:17:54.65 | 04:41:31.05 | +01:53:29 | 8:53 | 6.7 | |
| 106 | PIOTROWSKI Kamil | 841 | | M40 | 33 | 00:49:54 | 00:38:57 | 01:05:31 | 03:20:24 | 04:18:37.70 | 05:08:31.95 | +01:54:12 | 8:55 | 6.7 | |
| 107 | GÓRSKI Mikołaj | 811 | | M40 | 34 | 00:20:51 | 00:45:52 | 01:18:31 | 03:18:44 | 04:18:41.65 | 04:39:33.10 | +01:54:16 | 8:55 | 6.7 | |
| 108 | STASIAK Piotr | 1128 | | M30 | 32 | 00:08:06 | 00:46:35 | 01:17:37 | 03:20:57 | 04:20:01.50 | 04:28:07.85 | +01:55:36 | 8:57 | 6.7 | |
| 109 | SZCZĘSNY Paweł | 929 | | M18 | 11 | 00:06:03 | 00:45:14 | 01:17:17 | 03:22:07 | 04:21:25.00 | 04:27:28.40 | +01:56:59 | 9:00 | 6.7 | |
| 110 | SOJKA Przemek | 968 | ORANGE POLSKA | M40 | 35 | 00:10:09 | 00:47:33 | 01:18:41 | 03:24:10 | 04:21:40.20 | 04:31:49.45 | +01:57:14 | 9:01 | 6.6 | |
| 111 | WIJAS Kinga | 1113 | ŚLĘZAK TEAM | K18 | 3 | 00:11:34 | 00:48:01 | 01:20:00 | 03:26:03 | 04:22:21.85 | 04:33:56.40 | +01:57:56 | 9:02 | 6.6 | |
| 112 | KARWETA Marek | 963 | FUJITSU RUNNING TEAM | M30 | 33 | 00:23:12 | 00:45:00 | 01:17:05 | 03:22:51 | 04:22:44.05 | 04:45:56.70 | +01:58:18 | 9:03 | 6.6 | |
| 113 | ROLIŃSKI Radosław | 971 | | M40 | 36 | 00:09:08 | 00:48:42 | 01:22:11 | 03:26:37 | 04:23:10.80 | 04:32:19.75 | +01:58:45 | 9:04 | 6.6 | |
| 114 | KRUTULSKI Michał | 1079 | KLUB GÓRSKI ŚWISTAK BIAŁY | M40 | 37 | 00:48:56 | 00:49:07 | 01:21:05 | 03:25:38 | 04:23:36.25 | 05:12:32.70 | +01:59:10 | 9:05 | 6.6 | |
| 115 | GIEL Jarosław | 1049 | NKB CHYŻY | M30 | 34 | 00:58:50 | 00:44:39 | 01:12:22 | 03:20:49 | 04:23:36.70 | 05:22:27.50 | +01:59:11 | 9:05 | 6.6 | |
| 116 | KACZMAREK Dorota | 1461 | RADZIKI | | | 00:10:28 | 00:48:10 | 01:21:47 | 03:24:57 | 04:23:52.85 | 04:34:21.45 | +01:59:27 | 9:05 | 6.6 | |
| 117 | CHROMIŃSKA-LINKIEWICZ Renata | 1006 | BIEGAMDLAZDROWA.PL | K40 | 8 | 00:31:18 | 00:48:41 | 01:20:44 | 03:30:15 | 04:23:57.35 | 04:55:15.50 | +01:59:32 | 9:06 | 6.6 | |
| 118 | ŚWISTEK Aleksandra | 956 | | K30 | 10 | 00:07:12 | 00:48:10 | 01:19:40 | 03:28:30 | 04:25:42.55 | 04:32:54.80 | +02:01:17 | 9:09 | 6.5 | |
| 119 | KAMIŃSKI Arkadiusz | 1061 | ION1 RUNNING TEAM | M40 | 38 | 00:05:40 | 00:41:50 | 01:10:08 | 03:25:09 | 04:26:20.95 | 04:32:01.60 | +02:01:55 | 9:11 | 6.5 | |
| 120 | MIKLER Marcin | 1075 | | M40 | 39 | 00:03:04 | 00:46:28 | 01:21:09 | 03:29:29 | 04:27:19.40 | 04:30:24.10 | +02:02:54 | 9:13 | 6.5 | |
| 121 | MARCINKIEWICZ Marek | 997 | | M40 | 40 | 00:07:04 | 00:45:55 | 01:16:53 | 03:29:42 | 04:27:56.05 | 04:35:00.75 | +02:03:30 | 9:14 | 6.5 | |
| 122 | SZUMSKI Zbigniew | 1051 | | M50 | 6 | 00:06:45 | 00:43:29 | 01:14:09 | 03:27:49 | 04:27:56.65 | 04:34:42.55 | +02:03:31 | 9:14 | 6.5 | |
| 123 | STELMACH Mariusz | 1104 | | M30 | 35 | 00:43:56 | 00:43:24 | 01:11:34 | 03:32:57 | 04:28:39.10 | 05:12:35.75 | +02:04:13 | 9:15 | 6.5 | |
| 124 | KUCZYŃSKA Anetta | 1116 | STAJNIA CROSSFIT | K40 | 9 | 00:07:56 | 00:50:29 | 01:21:41 | 03:33:02 | 04:29:07.20 | 04:37:04.05 | +02:04:41 | 9:16 | 6.5 | |
| 125 | ANTKOWIAK Mirosław | 1044 | | M50 | 7 | 00:21:52 | 00:46:15 | 01:16:41 | 03:29:02 | 04:29:10.45 | 04:51:02.45 | +02:04:45 | 9:16 | 6.5 | |
| 126 | GRZYBEK Tomasz | 1078 | KLUB GÓRSKI ŚWISTAK BIAŁY | M40 | 41 | 00:49:01 | 00:49:03 | 01:21:03 | 03:27:48 | 04:29:44.85 | 05:18:46.80 | +02:05:19 | 9:18 | 6.5 | |
| 127 | MICHALAK Adrian | 1108 | | M30 | 36 | 00:28:27 | 00:49:17 | 01:20:48 | 03:28:16 | 04:29:44.95 | 04:58:12.80 | +02:05:19 | 9:18 | 6.5 | |
| 128 | GIMZICKA Ewa | 853 | | K40 | 10 | 00:39:07 | 00:45:50 | 01:19:06 | 03:30:25 | 04:29:45.05 | 05:08:52.80 | +02:05:19 | 9:18 | 6.5 | |
| 129 | MATCZAK Jacek | 988 | | M40 | 42 | 00:16:43 | 00:47:18 | 01:17:47 | 03:26:21 | 04:30:04.60 | 04:46:48.05 | +02:05:39 | 9:18 | 6.4 | |
| 130 | DECHNIK Łukasz | 1021 | | M40 | 43 | 00:08:19 | 00:44:25 | 01:15:53 | 03:22:51 | 04:30:22.35 | 04:38:41.90 | +02:05:57 | 9:19 | 6.4 | |
| 131 | PAWLUK Anna | 861 | KEKORTEAM | K30 | 11 | 00:15:13 | 00:48:38 | 01:22:03 | 03:35:53 | 04:31:22.75 | 04:46:36.25 | +02:06:57 | 9:21 | 6.4 | |
| 132 | WESOŁOWSKA Kinga | 1076 | #55TEAM/ASICS FRONTRUNNER PL | K18 | 4 | 00:11:37 | 00:47:59 | 01:20:33 | 03:34:48 | 04:31:29.00 | 04:43:06.20 | +02:07:03 | 9:21 | 6.4 | |

| Msc | Msc | Numer | MLKS KRAJNA SĘPÓLNO Klub | Kategoria | Mkat | Czas startu | Droga pod Reglami 6km | Trzy Jawory 10km | Droga pod Reglami 23km | Czas netto | Czas brutto | Różn | Tempo min/km | Tempo km/h |
|-----|--------------------------|-------|----------------------------------|-----------|------|----------------|--------------------------------|------------------------|---------------------------------|---------------|----------------|-----------|-----------------|---------------|
| 133 | BOROWSKI Radzław | 1121 | | M30 | 37 | 00:24:01 | 00:48:57 | 01:22:58 | 03:35:80 | 04:33:07.25 | 04:57:08.50 | +02:08:41 | 9:25 | 6.4 |
| 134 | NAPOLSKI Bartosz | 1100 | | M30 | 38 | 00:28:01 | 00:49:43 | 01:23:03 | 03:39:06 | 04:39:44.65 | 05:02:48.65 | +02:09:17 | 9:26 | 6.4 |
| 135 | MARCINKOWSKA Anita | 1085 | | K30 | 12 | 00:07:16 | 00:48:34 | 01:21:13 | 03:34:11 | 04:34:25.75 | 04:41:42.70 | +02:10:00 | 9:27 | 6.3 |
| 136 | MATUSIAK Mateusz | 812 | | M18 | 12 | 00:54:23 | 00:45:43 | 01:18:20 | 03:27:58 | 04:35:24.00 | 05:29:47.50 | +02:10:58 | 9:29 | 6.3 |
| 137 | BRUKWICKI Michał | 951 | DZIKIE DZIKI Z KOSTARYKI | M30 | 39 | 00:05:28 | 00:44:03 | 01:14:06 | 03:21:31 | 04:36:14.95 | 04:41:43.55 | +02:11:49 | 9:31 | 6.3 |
| 138 | MAZUR Katarzyna | 1068 | UMLAUT | K40 | 11 | 00:19:23 | 00:51:10 | 01:25:37 | 03:39:44 | 04:37:03.70 | 04:56:27.60 | +02:12:38 | 9:33 | 6.3 |
| 139 | SZARSKI Jacek | 1082 | | M18 | 13 | 00:34:46 | 00:46:33 | 01:15:44 | 03:31:07 | 04:37:06.10 | 05:11:52.95 | +02:12:40 | 9:33 | 6.3 |
| 140 | PIEKARSKI Andrzej | 904 | | M40 | 44 | 00:12:27 | 00:48:38 | 01:23:56 | 03:39:09 | 04:38:26.70 | 04:50:54.60 | +02:14:01 | 9:36 | 6.2 |
| 141 | GAJDA-LIPINSKA Milena | 1106 | | K30 | 13 | 00:09:25 | 00:46:01 | 01:17:02 | 03:34:58 | 04:38:32.90 | 04:47:58.35 | +02:14:07 | 9:36 | 6.2 |
| 142 | SEKUT Magdalena | 1037 | | K30 | 14 | 00:02:22 | 00:48:16 | 01:21:29 | 03:40:40 | 04:40:05.00 | 04:42:27.45 | +02:15:39 | 9:39 | 6.2 |
| 143 | JAKUBOWSKI Rafał | 871 | R-TEAM RYDZYNA | M40 | 45 | 00:23:27 | 00:48:34 | 01:21:10 | 03:39:35 | 04:40:09.90 | 05:03:37.25 | +02:15:44 | 9:39 | 6.2 |
| 144 | BOJEK Beata | 870 | R-TEAM RYDZYNA | K40 | 12 | 00:23:21 | 00:48:41 | 01:21:16 | 03:39:42 | 04:40:15.20 | 05:03:36.95 | +02:15:49 | 9:39 | 6.2 |
| 145 | HARASIM Krystian | 1065 | | M18 | 14 | 00:04:40 | 00:44:53 | 01:15:42 | 03:38:58 | 04:41:11.50 | 04:45:51.60 | +02:16:46 | 9:41 | 6.2 |
| 146 | MORAWSKI Wojciech | 1124 | | M30 | 40 | 00:09:17 | 00:50:09 | 01:24:13 | 03:35:00 | 04:41:17.80 | 04:50:35.20 | +02:16:52 | 9:42 | 6.2 |
| 147 | STRZAŁKA Grzegorz | 1074 | | M30 | 41 | 00:05:18 | 00:45:43 | 01:19:49 | 03:31:24 | 04:41:58.55 | 04:47:17.35 | +02:17:33 | 9:43 | 6.2 |
| 148 | PLUTA Tomasz | 863 | | M50 | 8 | 00:05:44 | 00:44:01 | 01:15:48 | 03:35:05 | 04:42:54.10 | 04:48:38.90 | +02:18:28 | 9:45 | 6.2 |
| 149 | BEM Cyprian | 1083 | | M30 | 42 | 00:06:49 | 00:47:28 | 01:17:34 | 03:38:21 | 04:44:16.20 | 04:51:06.10 | +02:19:50 | 9:48 | 6.1 |
| 150 | MACKIEWICZ Dorota | 1109 | | K40 | 13 | 00:01:13 | 00:50:28 | 01:25:38 | 03:43:39 | 04:45:32.15 | 04:46:45.85 | +02:21:06 | 9:50 | 6.1 |
| 151 | SITEK Piotr | 899 | | M40 | 46 | 00:07:38 | 00:46:44 | 01:18:07 | 03:38:53 | 04:45:40.10 | 04:53:18.60 | +02:21:14 | 9:51 | 6.1 |
| 152 | PIASECKA Agata | 938 | IRON TEAM | K18 | 5 | 00:08:27 | 00:49:53 | 01:25:04 | 03:47:54 | 04:47:03.40 | 04:55:30.60 | +02:22:38 | 9:53 | 6.1 |
| 153 | PIOTROWIAK Anna | 967 | PARKRUN SKIERNIEWICE | K30 | 15 | 00:00:45 | 00:49:58 | 01:24:20 | 03:41:45 | 04:47:07.80 | 04:47:53.35 | +02:22:42 | 9:54 | 6.1 |
| 154 | PIOTROWIAK Tomasz | 966 | PARKRUN SKIERNIEWICE | M30 | 43 | 00:00:40 | 00:50:04 | 01:24:26 | 03:41:39 | 04:47:12.85 | 04:47:53.50 | +02:22:47 | 9:54 | 6.1 |
| 155 | NIEDŹWIECKI Robert | 1043 | | M50 | 9 | 00:07:34 | 00:47:08 | 01:21:03 | 03:42:07 | 04:47:27.70 | 04:55:01.90 | +02:23:02 | 9:54 | 6.1 |
| 156 | JEDYNAK-WYPYCH Anna | 1016 | | K30 | 16 | 00:10:55 | 00:51:16 | 01:27:23 | 03:46:37 | 04:48:16.85 | 04:59:12.05 | +02:23:51 | 9:56 | 6 |
| 157 | PERUN Włodzimierz | 940 | RUSYNLEMKO | M30 | 44 | 00:25:28 | 00:51:01 | 01:26:32 | 03:46:15 | 04:49:02.20 | 05:14:30.80 | +02:24:36 | 9:58 | 6 |
| 158 | KULAK Dominika | 1452 | | | | 00:04:19 | 00:47:43 | 01:21:01 | 03:49:33 | 04:50:04.20 | 04:54:23.70 | +02:25:38 | 10:00 | 6 |
| 159 | SERENDA Aleksandra | 842 | | K40 | 14 | 00:22:19 | 00:53:49 | 01:33:33 | 03:55:48 | 04:50:33.00 | 05:12:52.25 | +02:26:07 | 10:01 | 6 |
| 160 | ŁEBEK Tomasz | 818 | | M40 | 47 | 00:49:35 | 00:48:47 | 01:20:14 | 03:41:21 | 04:51:19.30 | 05:40:54.85 | +02:26:53 | 10:02 | 6 |
| 161 | DERBICH Mariusz | 1097 | KOWALEW | M40 | 48 | 00:26:24 | 00:48:07 | 01:21:26 | 03:38:25 | 04:51:39.00 | 05:18:03.10 | +02:27:13 | 10:03 | 6 |
| 162 | RYBIEC Marek | 1056 | PODWÓJNE WYZWANIE | M40 | 49 | 00:33:23 | 00:50:24 | 01:22:57 | 03:46:27 | 04:52:58.50 | 05:26:21.75 | +02:28:33 | 10:06 | 5.9 |
| 163 | JAWORSKA Magdalena | 1137 | GB MELKOPOLSCY BIEGACZE/TEAM KGB | K40 | 15 | 00:11:05 | 00:47:16 | 01:20:27 | 03:49:01 | 04:53:16.65 | 05:04:22.55 | +02:28:51 | 10:06 | 5.9 |
| 164 | SIWIASZCZYK Tomasz | 1103 | 1975 | M40 | 50 | 00:11:04 | 00:47:18 | 01:20:29 | 03:49:10 | 04:53:18.20 | 05:04:23.15 | +02:28:52 | 10:06 | 5.9 |
| 165 | SZCZEPANIAK Wiesław | 1066 | | M60 | 3 | 00:36:00 | 00:45:01 | 01:16:33 | 03:45:56 | 04:53:51.70 | 05:29:52.05 | +02:29:26 | 10:08 | 5.9 |
| 166 | KASZEWSKA Agnieszka | 934 | DRÄXLMAIER | K40 | 16 | 00:02:32 | 00:48:22 | 01:22:51 | 03:54:25 | 04:54:30.75 | 04:57:03.60 | +02:30:05 | 10:09 | 5.9 |
| 167 | SZELAĞIEWICZ Patrycja | 1039 | | K18 | 6 | 00:05:03 | 00:50:21 | 01:27:42 | 03:52:41 | 04:54:37.75 | 04:59:40.95 | +02:30:12 | 10:09 | 5.9 |
| 168 | WREMBEL Przemysław | 866 | | M40 | 51 | 00:16:04 | 00:47:23 | 01:21:54 | 03:40:54 | 04:55:45.35 | 05:11:49.90 | +02:31:20 | 10:11 | 5.9 |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | Proga pod Reglami 6km | Trzy Jawory 10km | Proga pod Reglami 33km | Czas netto | Czas brutto | Różn | Tempo min/km | Tempo km/h |
|-----|---------------------------|-------|------------------------------|-----------|------|-------------|-----------------------|------------------|------------------------|-------------|-------------|-----------|--------------|------------|
| 169 | MICHALAK Violetta | 845 | | K40 | 17 | 00:15:58 | 00:47:30 | 01:23:01 | 03:41:01 | 04:55:00 | 05:12:40 | +02:31:20 | 10:11 | 5.9 |
| 170 | BIS Marcin | 1107 | | M30 | 45 | 00:11:21 | 00:47:27 | 01:20:08 | 03:47:50 | 04:50:32 | 05:09:58 | +02:32:07 | 10:15 | 5.9 |
| 171 | KRYSIAK Joachim | 1086 | | M50 | 10 | 00:26:13 | 00:47:55 | 01:21:52 | 03:52:12 | 04:57:16.80 | 05:23:30.20 | +02:32:51 | 10:15 | 5.9 |
| 172 | WOJCIECHOWSKI Piotr | 928 | | M30 | 46 | 00:17:22 | 00:50:46 | 01:25:29 | 03:53:51 | 04:57:19.55 | 05:14:42.30 | +02:32:54 | 10:15 | 5.9 |
| 173 | SZCZEPANIAK Patryk | 990 | | M18 | 15 | 00:08:44 | 00:48:50 | 01:22:49 | 03:56:17 | 04:57:27.35 | 05:06:12.15 | +02:33:02 | 10:15 | 5.8 |
| 174 | BARTECKI Przemysław | 989 | | M18 | 16 | 00:08:41 | 00:48:51 | 01:22:51 | 03:56:17 | 04:57:32.25 | 05:06:13.40 | +02:33:06 | 10:15 | 5.8 |
| 175 | ADAMSKA Anna | 889 | | K40 | 18 | 00:30:05 | 00:53:35 | 01:29:17 | 03:50:25 | 04:57:43.05 | 05:27:48.40 | +02:33:17 | 10:15 | 5.8 |
| 175 | GÓRSKI Mariusz | 892 | | M40 | 52 | 00:30:05 | 00:53:33 | 01:29:14 | 03:50:25 | 04:57:43.05 | 05:27:48.70 | +02:33:17 | 10:15 | 5.8 |
| 177 | BRONŹKIEWICZ Barbara | 987 | | K18 | 7 | 00:08:37 | 00:48:57 | 01:22:55 | 03:56:23 | 04:57:48.75 | 05:06:26.65 | +02:33:23 | 10:16 | 5.8 |
| 178 | FUŁAWKA Tomasz | 932 | NOCNE WILKI JAWOR | M40 | 53 | 00:03:16 | 00:47:50 | 01:21:44 | 03:54:30 | 04:58:54.10 | 05:02:10.55 | +02:34:28 | 10:18 | 5.8 |
| 179 | GWIZDAŁA Daniel | 1030 | | M40 | 54 | 01:01:52 | 00:50:55 | 01:25:30 | 03:56:01 | 04:59:28.10 | 06:01:20.35 | +02:35:02 | 10:19 | 5.8 |
| 180 | TRZCIŃSKA Jolanta | 1029 | | K40 | 19 | 01:01:50 | 00:50:56 | 01:25:31 | 03:56:06 | 04:59:28.90 | 06:01:19.55 | +02:35:03 | 10:19 | 5.8 |
| 181 | RYŚNIK Błażej | 999 | | M30 | 47 | 00:49:29 | 00:47:09 | 01:20:18 | 03:46:14 | 04:59:42.05 | 05:49:11.20 | +02:35:16 | 10:20 | 5.8 |
| 182 | GŁOS Lucyna | 875 | | K30 | 17 | 00:12:09 | 00:50:03 | 01:25:26 | 03:50:07 | 05:00:02.30 | 05:12:11.90 | +02:35:36 | 10:20 | 5.8 |
| 183 | JAKUBCZAK Magdalena | 813 | PASZCZAKI | K30 | 18 | 00:16:27 | 00:53:54 | 01:32:02 | 03:58:47 | 05:00:13.20 | 05:16:40.95 | +02:35:47 | 10:21 | 5.8 |
| 184 | MIKUTANIEC Sebastian | 1035 | | M40 | 55 | 00:31:30 | 00:56:27 | 01:36:28 | 03:57:10 | 05:00:35.90 | 05:32:06.20 | +02:36:10 | 10:21 | 5.8 |
| 185 | GORSKA Małgorzata | 964 | | K18 | 8 | 00:08:49 | 00:50:10 | 01:26:08 | 03:59:28 | 05:01:08.35 | 05:09:58.20 | +02:36:43 | 10:23 | 5.8 |
| 186 | LUTOMSKI Przemysław | 1114 | | M30 | 48 | 00:12:54 | 00:43:21 | 01:13:34 | 03:35:27 | 05:01:45.75 | 05:14:40.25 | +02:37:20 | 10:24 | 5.8 |
| 187 | WÓDKIEWICZ Maciej | 1069 | WLKP MOUNTAINS ULTRA RUNNERS | M40 | 56 | 00:13:14 | 00:48:34 | 01:23:05 | 03:53:33 | 05:02:11.05 | 05:15:25.75 | +02:37:45 | 10:25 | 5.8 |
| 188 | KUBICKI Mariusz | 996 | | M40 | 57 | 00:07:29 | 00:50:01 | 01:24:48 | 03:52:49 | 05:02:20.80 | 05:09:50.55 | +02:37:55 | 10:25 | 5.8 |
| 189 | SYPKO-KUBICKA Katarzyna | 993 | | K40 | 20 | 00:07:26 | 00:50:05 | 01:24:50 | 03:52:52 | 05:02:24.45 | 05:09:50.50 | +02:37:59 | 10:25 | 5.8 |
| 190 | BARTMAŃSKA Mirka | 1019 | KRÓLOWE RUNNINGU | K40 | 21 | 00:52:11 | 00:49:01 | 01:24:09 | 04:00:31 | 05:02:56.20 | 05:55:07.25 | +02:38:30 | 10:26 | 5.7 |
| 191 | KOŁODZIEJSKA Małgorzata | 950 | | K40 | 22 | 00:04:57 | 00:48:35 | 01:24:13 | 03:55:26 | 05:04:00.60 | 05:08:58.30 | +02:39:35 | 10:29 | 5.7 |
| 192 | ZAWORSKA Agnieszka | 822 | | K40 | 23 | 00:08:30 | 00:52:29 | 01:28:47 | 03:58:25 | 05:04:28.15 | 05:12:58.65 | +02:40:02 | 10:29 | 5.7 |
| 193 | STARCZEWSKI Krzysztof | 931 | ULTRA DIABŁY TEAM LUBRZA | M40 | 58 | 00:05:24 | 00:48:10 | 01:21:52 | 04:00:37 | 05:04:47.80 | 05:10:12.10 | +02:40:22 | 10:30 | 5.7 |
| 194 | LIBEREK Renata | 1027 | | K40 | 24 | 00:07:45 | 00:48:59 | 01:24:36 | 03:53:50 | 05:05:27.55 | 05:13:12.90 | +02:41:02 | 10:31 | 5.7 |
| 195 | MYŚLIĆKA-PIWKO Marta | 1020 | KRÓLOWE RUNNINGU | K40 | 25 | 00:52:09 | 00:47:45 | 01:19:54 | 04:00:33 | 05:05:30.75 | 05:57:40.10 | +02:41:05 | 10:32 | 5.7 |
| 196 | CHYSKI Grzegorz | 1105 | | M30 | 49 | 00:15:19 | 00:48:50 | 01:21:21 | 03:59:59 | 05:10:24.95 | 05:25:44.10 | +02:45:59 | 10:42 | 5.6 |
| 197 | PIETRZAK Sylwia | 1139 | 12TRI | K30 | 19 | 00:03:30 | 00:50:48 | 01:27:14 | 04:05:17 | 05:11:38.30 | 05:15:09.25 | +02:47:12 | 10:44 | 5.6 |
| 198 | RAJTAR Robert | 869 | GUARDIAN | M40 | 59 | 00:00:00 | 01:02:03 | 01:38:56 | 04:04:50 | 05:13:04.60 | 05:13:04.60 | +02:48:39 | 10:47 | 5.6 |
| 199 | PRZYBYŁKA Mateusz Leonard | 837 | MLKS KRAINA | M30 | 50 | 00:24:05 | 00:48:58 | 01:22:59 | 04:00:16 | 05:13:13.30 | 05:37:18.45 | +02:48:47 | 10:48 | 5.6 |
| 200 | KALEŃSKI-JAŚKIEWICZ | 1028 | | M30 | 51 | 00:17:26 | 00:50:20 | 01:23:39 | 03:58:30 | 05:13:17.20 | 05:30:44.05 | +02:48:51 | 10:48 | 5.6 |
| 201 | PRZYBOROWSKI Bartosz | 1008 | | M18 | 17 | 00:23:58 | 00:49:04 | 01:23:07 | 04:00:23 | 05:13:23.75 | 05:37:21.85 | +02:48:58 | 10:48 | 5.6 |
| 202 | PUSZCZYKOWSKA Małgorzata | 803 | | K40 | 26 | 00:01:35 | 00:53:38 | 01:29:49 | 04:03:18 | 05:13:50.00 | 05:15:25.20 | +02:49:24 | 10:49 | 5.5 |

| Msc | Margherita Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | Proga pod Reglami 6km | Trzy Jawy 10km | Proga pod Reglami 23km | 05:14:55 | 05:30:15 | +02:49:45 | 10:50 | 5.5 |
|-----|------------------------------|-------|----------------------|-----------|------|-------------|-----------------------|----------------|------------------------|-------------|-------------|-----------|--------------|------------|
| | | | | | | | | | | 05:18:59 | 05:34:05 | +02:50:31 | Tempo min/km | Tempo km/h |
| 203 | KUMOSZ Mirosław | 992 | | M40 | 60 | 00:16:17 | 00:50:56 | 01:27:56 | 04:04:11 | 05:14:55 | 05:30:15 | +02:49:45 | 10:50 | 5.5 |
| 204 | TUTKO Paweł | 894 | | M40 | 61 | 00:22:26 | 00:51:03 | 01:26:56 | 04:04:16 | 05:18:59 | 05:34:05 | +02:50:31 | 10:51 | 5.5 |
| 205 | KWIECIŃSKI Łukasz | 985 | | M30 | 52 | 00:06:59 | 00:50:05 | 01:26:09 | 04:04:16 | 05:15:56.75 | 05:22:56.10 | +02:51:31 | 10:53 | 5.5 |
| 206 | SYNOWIEC Grzegorz | 827 | | M40 | 62 | 00:06:41 | 00:55:05 | 01:35:56 | 04:07:51 | 05:16:56.10 | 05:23:37.15 | +02:52:30 | 10:55 | 5.5 |
| 207 | MŁODZIANOWSKA-SYNOWIEC Maria | 828 | | K30 | 20 | 00:06:36 | 00:56:44 | 01:36:02 | 04:07:55 | 05:17:00.30 | 05:23:37.15 | +02:52:34 | 10:55 | 5.5 |
| 208 | PERKA Barbara | 1141 | | K40 | 27 | 00:15:06 | 00:55:27 | 01:34:51 | 04:08:50 | 05:17:14.15 | 05:32:20.30 | +02:52:48 | 10:56 | 5.5 |
| 209 | KRAKOWIAK Wiesław | 914 | KRAKOWIAK TEAM | M50 | 11 | 00:04:10 | 00:50:29 | 01:25:56 | 04:01:23 | 05:17:23.05 | 05:21:33.40 | +02:52:57 | 10:56 | 5.5 |
| 210 | ROMANOWSKI Tomasz | 805 | | M18 | 18 | 00:08:11 | 00:48:20 | 01:21:28 | 04:07:04 | 05:18:12.00 | 05:26:23.65 | +02:53:46 | 10:58 | 5.5 |
| 211 | GEMBICKA Olga | 1117 | | K40 | 28 | 00:03:26 | 00:48:47 | 01:23:34 | 04:07:07 | 05:19:37.30 | 05:23:03.95 | +02:55:11 | 11:01 | 5.4 |
| 212 | PISTL Anna | 801 | | K30 | 21 | 00:13:44 | 00:52:08 | 01:27:39 | 04:08:29 | 05:20:23.25 | 05:34:07.70 | +02:55:57 | 11:02 | 5.4 |
| 213 | RĄCZKOWIAK Mateusz | 821 | MATNER RUNNING TEAM | M30 | 53 | 00:15:46 | 00:48:10 | 01:22:54 | 04:05:31 | 05:20:39.15 | 05:36:25.15 | +02:56:13 | 11:03 | 5.4 |
| 214 | PŁÓCIENNIK Renata | 984 | NIGHT RUNNERS | K50 | 2 | 00:14:36 | 00:52:14 | 01:31:12 | 04:13:12 | 05:21:15.00 | 05:35:51.35 | +02:56:49 | 11:04 | 5.4 |
| 215 | MORAWSKA Anna | 912 | | K60 | 1 | 00:26:49 | 00:58:57 | 01:40:16 | 04:13:31 | 05:23:27.75 | 05:50:17.65 | +02:59:02 | 11:09 | 5.4 |
| 216 | WYPYCH Tomasz | 1047 | ZAKOCHANI -ZABIEGANI | M50 | 12 | 00:10:59 | 00:51:11 | 01:27:18 | 04:12:34 | 05:24:42.55 | 05:35:42.45 | +03:00:17 | 11:11 | 5.4 |
| 217 | WIECZOREK Marta | 1013 | | K30 | 22 | 00:22:17 | 00:54:43 | 01:34:01 | 04:17:44 | 05:25:03.00 | 05:47:20.55 | +03:00:37 | 11:12 | 5.4 |
| 218 | PNIEWSKI Rafał | 1057 | ION1 TEAM | M50 | 13 | 00:05:35 | 00:53:51 | 01:31:51 | 04:14:18 | 05:26:48.40 | 05:32:24.00 | +03:02:23 | 11:16 | 5.3 |
| 219 | NIEWIADOMSKA Ewa | 952 | BBL ZDUŃSKA WOLA | K50 | 3 | 00:04:06 | 00:50:52 | 01:26:20 | 04:14:30 | 05:27:06.20 | 05:31:12.35 | +03:02:40 | 11:16 | 5.3 |
| 220 | CUKROWSKI Andrzej | 882 | | M40 | 63 | 00:36:59 | 00:47:35 | 01:25:56 | 04:09:21 | 05:27:23.35 | 06:04:22.90 | +03:02:58 | 11:17 | 5.3 |
| 221 | KROLIK Roman | 916 | | M40 | 64 | 00:03:59 | 00:53:16 | 01:30:20 | 04:06:38 | 05:29:53.60 | 05:33:53.25 | +03:05:28 | 11:22 | 5.3 |
| 222 | ANTKOWIAK Michał | 1167 | | M30 | 54 | 00:09:40 | 00:54:00 | 01:33:24 | 04:11:58 | 05:30:23.00 | 05:40:03.25 | +03:05:57 | 11:23 | 5.3 |
| 223 | JAŻWIECKI Marcin | 1159 | MUAY RUNNING TEAM | M40 | 65 | 00:09:36 | 00:54:06 | 01:33:29 | 04:12:04 | 05:30:25.95 | 05:40:02.55 | +03:06:00 | 11:23 | 5.3 |
| 224 | JANKOWSKI Gracjan | 986 | | M30 | 55 | 00:15:37 | 00:47:36 | 01:23:06 | 04:06:07 | 05:30:32.35 | 05:46:10.30 | +03:06:07 | 11:23 | 5.3 |
| 225 | MILEWSKA Beata | 976 | HOP DOG | K30 | 23 | 00:15:34 | 00:47:28 | 01:23:10 | 04:10:44 | 05:30:35.75 | 05:46:10.45 | +03:06:10 | 11:24 | 5.3 |
| 226 | ŻOŁĄDEK Marek | 975 | PRO RUN WROCŁAW | M40 | 66 | 00:09:13 | 00:51:57 | 01:29:13 | 04:18:23 | 05:30:45.80 | 05:39:58.90 | +03:06:20 | 11:24 | 5.3 |
| 227 | TASZAREK Ewa | 922 | | K40 | 29 | 00:24:21 | 00:51:42 | 01:28:28 | 04:20:36 | 05:30:47.70 | 05:55:09.15 | +03:06:22 | 11:24 | 5.3 |
| 228 | STACHURSKA Monika | 1152 | | K50 | 4 | 00:20:28 | 00:57:25 | 01:36:56 | 04:20:41 | 05:31:07.85 | 05:51:35.85 | +03:06:42 | 11:25 | 5.3 |
| 229 | RABENDA Paweł | 820 | | M30 | 56 | 00:17:22 | 00:50:46 | 01:26:18 | 04:17:27 | 05:31:29.60 | 05:48:52.55 | +03:07:04 | 11:25 | 5.2 |
| 230 | SOBIERAJSKA Paulina | 891 | | K40 | 30 | 00:01:40 | 00:56:14 | 01:33:39 | 04:24:27 | 05:32:07.35 | 05:33:47.60 | +03:07:42 | 11:27 | 5.2 |
| 231 | ZŁOCH Izabela | 1125 | YULO RUN TEAM | K40 | 31 | 01:03:02 | 00:54:11 | 01:29:55 | 04:15:06 | 05:32:14.30 | 06:35:16.75 | +03:07:48 | 11:27 | 5.2 |
| 232 | MUSZYŃSKI Andrzej | 1126 | | M40 | 67 | 01:02:55 | 00:54:17 | 01:30:01 | 04:15:10 | 05:32:21.30 | 06:35:16.90 | +03:07:55 | 11:27 | 5.2 |
| 233 | TYRKA-KACZMAREK Karolina | 1460 | KACZMAREK TEAM | | | 00:01:19 | 00:51:17 | 01:26:38 | 04:16:36 | 05:33:40.55 | 05:35:00.05 | +03:09:15 | 11:30 | 5.2 |
| 234 | KUBÓW Agnieszka | 1014 | ZLB ZŁOTORYJA | K40 | 32 | 00:27:03 | 00:57:04 | 01:36:00 | 04:18:50 | 05:34:06.15 | 06:01:09.15 | +03:09:40 | 11:31 | 5.2 |
| 235 | NOWICKA Iwona | 1073 | BOOTCAMP | K30 | 24 | 00:43:13 | 00:53:35 | 01:30:11 | 04:13:38 | 05:36:12.30 | 06:19:26.15 | +03:11:46 | 11:35 | 5.2 |
| 236 | NOWICKI Bartłomiej | 1093 | BOOTCAMP | M30 | 57 | 00:43:11 | 00:53:38 | 01:30:10 | 04:13:39 | 05:36:14.55 | 06:19:26.40 | +03:11:49 | 11:35 | 5.2 |
| 237 | MARKIEWICZ Joanna Zuza | 1018 | TJ! | K40 | 33 | 00:12:40 | 00:55:07 | 01:35:24 | 04:20:28 | 05:37:16.45 | 05:49:57.00 | +03:12:51 | 11:37 | 5.2 |
| 238 | NOWAK Iwona | 887 | ZLB ZŁOTORYJA | K40 | 34 | 00:26:46 | 00:57:22 | 01:36:22 | 04:19:07 | 05:37:34.45 | 06:04:26.05 | +03:13:00 | 11:38 | 5.2 |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | Droga pod Reglami 6km | Trasy Jawory 10km | Droga pod Reglami 23km | 05:57:34.45 netto | 06:04:20.85 brutto | +03:13:09 Różn | 11:38 Tempo min/km | 5.2 Tempo km/h |
|-----|------------------------------------|-------------|--------------------------|-----------|------|-------------|-----------------------|-------------------|------------------------|--------------------|--------------------|----------------|--------------------|----------------|
| 238 | NOWAK Iwona | 907 | ZŁB ZŁOTORYJA | K40 | 34 | 00:26:46 | 00:57:22 | 01:36:23 | 04:19:07 | 05:57:34.45 | 06:04:20.85 | +03:13:09 | 11:38 | 5.2 |
| 239 | SOWIŃSKA Anetta | 1463 | | K40 | 34 | 00:11:18 | 00:53:15 | 01:33:33 | 04:25:50 | 05:58:25.95 | 06:04:41.50 | +03:14:00 | 11:40 | 5.1 |
| 240 | MIKUTANIEC Patrycja | 1034 | | K40 | 35 | 00:31:30 | 00:56:30 | 01:36:42 | 04:31:05 | 05:59:56.00 | 06:29:26.50 | +03:15:30 | 11:43 | 5.1 |
| 241 | JANICKA-TOMIAK Eliza | 1046 | | K40 | 36 | 00:21:45 | 00:58:17 | 01:37:21 | 04:25:47 | 05:40:16.35 | 06:02:01.85 | +03:15:51 | 11:44 | 5.1 |
| 242 | RATAJCZAK Paweł | 855 | RATAJCZAKTEAM | M40 | 68 | 00:21:33 | 00:51:27 | 01:27:00 | 04:26:51 | 05:42:53.25 | 06:04:26.75 | +03:18:27 | 11:49 | 5.1 |
| 243 | SUWAJ Roman | 859 | RENOWACJA ANTYKÓW | M60 | 4 | 00:21:22 | 00:51:39 | 01:26:50 | 04:27:01 | 05:43:04.75 | 06:04:26.95 | +03:18:39 | 11:49 | 5.1 |
| 244 | MARKOWSKA Lidia | 874 | | K40 | 37 | 00:04:23 | 00:56:16 | 01:36:41 | 04:31:45 | 05:44:24.30 | 05:48:47.95 | +03:19:58 | 11:52 | 5.1 |
| 245 | JAROSZEWICZ Grzegorz | 1144 | KB PIONIER SZCZECIN | M40 | 69 | 00:18:17 | 00:52:03 | 01:28:03 | 04:25:37 | 05:44:40.35 | 06:02:57.65 | +03:20:15 | 11:53 | 5 |
| 246 | CIMOSZKO Katarzyna | 830 | WATAHA | K40 | 38 | 00:03:13 | 00:57:16 | 01:36:03 | 04:32:20 | 05:44:56.45 | 05:48:09.65 | +03:20:31 | 11:53 | 5 |
| 247 | BAKOWSKA Anna | 1129 | KLUB ŚLIMAKA TORPEDY | K40 | 39 | 00:09:45 | 00:58:12 | 01:38:18 | 04:27:51 | 05:46:56.70 | 05:56:42.00 | +03:22:31 | 11:57 | 5 |
| 248 | KOZŁOWSKI Piotr | 1088 | | M30 | 58 | 00:18:21 | 00:56:43 | 01:37:04 | 04:24:23 | 05:48:24.95 | 06:06:46.70 | +03:23:59 | 12:00 | 5 |
| 249 | KOŁODZIEJSKI Piotr | 949 | | M40 | 70 | 00:24:24 | 00:51:50 | 01:29:19 | 04:36:43 | 05:50:27.30 | 06:14:51.75 | +03:26:01 | 12:05 | 5 |
| 250 | SIERANT Marian | 1055 | ŻÓŁTOKRÓLEWSCY | M60 | 5 | 00:06:56 | 00:54:58 | 01:30:39 | 04:28:18 | 05:51:21.50 | 05:58:17.55 | +03:26:56 | 12:06 | 5 |
| 251 | ŚMIESZNIK Bartłomiej | 1012 | | M18 | 19 | 00:14:14 | 00:57:30 | 01:38:41 | 04:34:27 | 05:54:06.40 | 06:08:21.30 | +03:29:41 | 12:12 | 4.9 |
| 252 | SZYCA Marta | 1011 | | K18 | 9 | 00:14:10 | 00:57:33 | 01:38:44 | 04:34:30 | 05:54:10.20 | 06:08:21.15 | +03:29:44 | 12:12 | 4.9 |
| 253 | ZEMŁA Krzysztof | 838 | | M50 | 14 | 00:38:42 | 00:55:22 | 01:34:21 | 04:38:44 | 05:55:24.20 | 06:34:07.00 | +03:30:58 | 12:15 | 4.9 |
| 254 | MERUNOWICZ Iwona | 1072 | LMKS SFORA CHOJNÓW | K40 | 40 | 00:01:23 | 00:55:33 | 01:32:22 | 04:36:15 | 05:56:14.80 | 05:57:38.75 | +03:31:49 | 12:17 | 4.9 |
| 255 | IWAN Krzysztof | 936 | | M40 | 71 | 00:09:05 | 00:54:38 | 01:34:04 | 04:27:22 | 05:56:28.20 | 06:05:33.25 | +03:32:02 | 12:17 | 4.9 |
| 256 | KNĄBER Piotr | 960 | | M30 | 59 | 00:16:54 | 00:58:34 | 01:36:49 | 04:43:35 | 05:58:32.70 | 06:15:27.05 | +03:34:07 | 12:21 | 4.9 |
| 257 | MAKOWSKI Dariusz | 1002 | KM TEAM | M50 | 15 | 00:01:06 | 00:57:28 | 01:37:40 | 04:36:59 | 05:59:36.20 | 06:00:42.30 | +03:35:10 | 12:24 | 4.8 |
| 258 | GREGUŁA Joanna | 1133 | | K18 | 10 | 00:00:56 | 00:57:32 | 01:37:50 | 04:37:07 | 05:59:46.45 | 06:00:43.30 | +03:35:21 | 12:24 | 4.8 |
| 259 | JAZ Małgorzata | 1131 | KM TEAM | K50 | 5 | 00:00:52 | 00:57:41 | 01:37:55 | 04:37:10 | 05:59:49.65 | 06:00:41.95 | +03:35:24 | 12:24 | 4.8 |
| 260 | STAROŃ Norbert | 900 | EDITEAM | M40 | 72 | 00:12:32 | 01:05:24 | 01:46:38 | 04:44:39 | 06:00:45.70 | 06:13:18.40 | +03:36:20 | 12:26 | 4.8 |
| 261 | SOBCZYŃSKA Anita | 1080 | | K40 | 41 | 00:14:19 | 00:53:43 | 01:32:36 | 04:23:26 | 06:03:16.25 | 06:17:36.05 | +03:38:50 | 12:31 | 4.8 |
| 262 | POWAŁKO Wojciech | 832 | LEGNICKIE MORSY | M40 | 73 | 00:22:22 | 00:54:36 | 01:33:46 | 04:28:57 | 06:05:33.45 | 06:27:56.20 | +03:41:08 | 12:36 | 4.8 |
| 263 | WACHOWSKI Piotr | 915 | | M50 | 16 | 00:03:46 | 00:59:49 | 01:44:11 | 04:39:10 | 06:05:49.10 | 06:09:35.65 | +03:41:23 | 12:36 | 4.8 |
| 264 | JAREMEK Wojtek | 991 | | M30 | 60 | 00:18:28 | 01:00:49 | 01:44:25 | 04:39:22 | 06:07:36.85 | 06:26:05.45 | +03:43:11 | 12:40 | 4.7 |
| 265 | KUCZYŃSKI Robert | 1023 | | M40 | 74 | 00:07:54 | 00:56:23 | 01:37:02 | 04:51:12 | 06:13:43.50 | 06:21:37.70 | +03:49:18 | 12:53 | 4.7 |
| 266 | BUDNY Joanna Budny | 857 | LEGENDS-TO-BE | K30 | 25 | 00:16:12 | 00:59:18 | 01:43:01 | 04:52:16 | 06:14:52.85 | 06:31:05.80 | +03:50:27 | 12:55 | 4.6 |
| 267 | JAWORSKA Agnieszka | 1138 | | K40 | 42 | 00:08:35 | 01:03:39 | 01:47:48 | 05:00:07 | 06:19:46.20 | 06:28:21.55 | +03:55:20 | 13:05 | 4.6 |
| 268 | SIARA Marcin | 924 | WTKOWO BIEGA | M30 | 61 | 00:03:55 | 00:59:46 | 01:44:03 | 05:00:40 | 06:22:07.05 | 06:26:02.85 | +03:57:41 | 13:10 | 4.6 |
| 269 | MALKE Patryk | 909 | | M30 | 62 | 00:04:31 | 00:57:02 | 01:37:46 | 04:50:17 | 06:26:40.20 | 06:31:11.20 | +04:02:14 | 13:20 | 4.5 |
| 270 | WIATR - KMIECIAK Małgorzata | 979 | NIGHT RUNNERS | K40 | 43 | 00:23:15 | 00:59:54 | 01:38:42 | 04:58:25 | 06:27:33.80 | 06:50:49.40 | +04:03:08 | 13:21 | 4.5 |
| 271 | URBANIAK Agnieszka | 1089 | | K40 | 44 | 00:02:03 | 01:08:29 | 01:55:11 | 05:06:24 | 06:27:54.95 | 06:29:58.75 | +04:03:29 | 13:22 | 4.5 |
| 272 | RENCZMIŃ Izabela | 947 | | K30 | 26 | 00:24:56 | 01:05:47 | 01:48:46 | 05:05:02 | 06:28:05.70 | 06:53:02.55 | +04:03:40 | 13:22 | 4.5 |
| 273 | RENCZMIŃ Piotr | 946 | | M30 | 63 | 00:24:56 | 01:05:57 | 01:52:30 | 05:05:02 | 06:28:05.85 | 06:53:02.70 | +04:03:40 | 13:22 | 4.5 |
| 274 | MENZEL Zofia | 919 | ULTRA DIABŁY TEAM LUBRZA | K60 | 2 | 00:04:45 | 00:54:08 | 01:35:14 | 05:13:51 | 06:28:13.65 | 06:32:59.15 | +04:03:48 | 13:23 | 4.5 |
| 275 | HARASZCZUK Jerzy | 858 | | M50 | 17 | 00:06:27 | 01:04:53 | 01:45:22 | 05:03:26 | 06:34:12.55 | 06:40:40.50 | +04:09:47 | 13:35 | 4.4 |

| Msc | Jedzy Zawodnik | 927 Numer | Klub | M30 Kategoria | 64 Mkat | 00:06:51 Czas startu | 00:05:46 Droga pod Reglami 6km | 01:53:18 Trzy Jawory 10km | 05:03:44 Droga pod Reglami 23km | 06:34:18.00 Czas netto 29km | 06:40:49.55 Czas brutto 29km | +04:09:52 Rozn | Tempo min/km | Tempo km/h |
|-----|----------------------------|--------------|---------------------|------------------|------------|----------------------------|--------------------------------------------|------------------------------------|---------------------------------------------|--------------------------------------|---------------------------------------|-------------------|-----------------|---------------|
| 276 | RUDZIEWICZ Michał | 849 | | M30 | 64 | 00:06:23 | 01:00:56 | 01:45:27 | 05:03:44 | 06:34:27.00 | 06:40:50.15 | +04:10:01 | 13:36 | 4.4 |
| 277 | HARASZCZUK Krystian | 852 | | M30 | 66 | 00:06:17 | 01:04:59 | 01:43:58 | 05:03:44 | 06:34:32.65 | 06:40:50.50 | +04:10:07 | 13:36 | 4.4 |
| 278 | HARASZCZUK Joanna | 1054 | | M30 | 67 | 00:05:57 | 00:55:20 | 01:33:50 | 05:04:04 | 06:34:56.10 | 06:40:53.75 | +04:10:30 | 13:37 | 4.4 |
| 279 | GIERAŁTOWSKI Bartłomiej | 860 | KS LENIWIEC | M50 | 18 | 00:10:53 | 01:06:38 | 01:57:05 | 05:10:45 | 06:35:27.30 | 06:46:20.80 | +04:11:01 | 13:38 | 4.4 |
| 280 | SZCZEPANIAK Sławomir | 839 | | K30 | 27 | 00:01:46 | 01:01:16 | 01:46:04 | 05:14:52 | 06:37:07.55 | 06:38:54.25 | +04:12:42 | 13:41 | 4.4 |
| 281 | JARMUŁO Agnieszka | 923 | WITKOWO BIEGA | M40 | 75 | 00:03:50 | 01:09:34 | 01:57:23 | 05:12:36 | 06:37:47.95 | 06:41:38.85 | +04:13:22 | 13:43 | 4.4 |
| 282 | CZASAK Grzegorz | 833 | | M40 | 76 | 00:02:59 | 01:04:00 | 01:49:18 | 05:12:36 | 06:46:24.50 | 06:49:24.45 | +04:21:59 | 14:00 | 4.3 |
| 283 | SREBRO Michał | 1059 | TEAM ZABIEGANEDNI | K40 | 45 | 00:08:02 | 01:13:38 | 02:03:45 | 06:35:03 | 08:23:08.30 | 08:31:10.75 | +05:58:42 | 17:20 | 3.5 |
| 284 | KOWALCZYK Klaudia | 878 | JUSTSWIM | M50 | 19 | 00:09:54 | | 01:49:10 | | | | +01:01:47 | 10:55 | 5.5 |
| 285 | STUDNIAREK Paweł | 1007 | BIEGAMDLAZDROWIA.PL | M40 | 77 | 00:34:24 | | | | | | | | |
| 286 | LINKIEWICZ Krzysztof | | | | | | | | | | | | | |

Znaleziono 286 wynik(ów)