

TRIADA INTRO GORCE

Organizator: Fundacja Kocham Góry
Data: 2020-01-04
Miejsce: Krościenko nad Dunajcem
Dystans: 16 km
Klasyfikacja wg czasów brutto.

TRIADA INTRO GORCE, OPEN

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | Brutto | min/km | km/h |
|------|---------------------------|-----|--------------------------------------|-------------------------|------|--------|--------|------|-------------|-------------|--------|------|
| 1 | JAWORSKI ZBIGNIEW | 473 | --- | KLUSZKOWCE | POL | M40-49 | 1 | M 1 | 01:22:49.60 | 01:22:49.85 | 5:10 | 11.6 |
| 2 | GABRYŚ RAFAŁ | 447 | KAWIK RUNNING TEAM | SZCZAWA | POL | M30-39 | 1 | M 2 | 01:28:01.40 | 01:28:03.25 | 5:30 | 10.9 |
| 3 | PACHUT JERZY | 551 | COLWAY | SŁOPNICE | POL | M16-29 | 1 | M 3 | 01:28:28.70 | 01:28:29.85 | 5:31 | 10.9 |
| 4 | CHLIPAŁA PAWEŁ | 429 | | KAMIENICA | POL | M16-29 | 2 | M 4 | 01:28:52.05 | 01:28:53.20 | 5:33 | 10.8 |
| 5 | FABIAN BOGUSŁAW | 445 | EVANLITE.COM | PYSKOWICE | POL | M40-49 | 2 | M 5 | 01:30:20.05 | 01:30:21.80 | 5:38 | 10.6 |
| 6 | DUDZIK ŁUKASZ | 439 | GÓRAL BIEGA | KAMIENICA | POL | M30-39 | 2 | M 6 | 01:31:05.20 | 01:31:07.20 | 5:41 | 10.5 |
| 7 | CELEJEWSKI MARCIN | 427 | MYDŁOWSKA ATHLETIC TEAM | LIPKI WIELKIE | POL | M16-29 | 3 | M 7 | 01:33:22.75 | 01:33:22.75 | 5:50 | 10.3 |
| 8 | ZYGMUNT TOMASZ | 656 | | GEDLAROWA | POL | M16-29 | 4 | M 8 | 01:33:29.85 | 01:33:33.60 | 5:50 | 10.3 |
| 9 | MADZIAR WIKTOR | 524 | | ZARZECZE | POL | M16-29 | 5 | M 9 | 01:35:00.70 | 01:35:03.80 | 5:56 | 10.1 |
| 10 | SAROSI KRISTOF | 670 | GLOBO SPORT SE | DOBRA | HUN | M16-29 | 6 | M 10 | 01:36:18.25 | 01:36:20.60 | 6:01 | 10 |
| 11 | KOZIK ADAM | 500 | | KROŚCIENKO NAD DUNAJCEM | POL | M16-29 | 7 | M 11 | 01:36:31.65 | 01:36:36.05 | 6:02 | 9.9 |
| 12 | MADZIAR MATEUSZ | 525 | AO MYKONÓY | STARY SACZ | POL | M16-29 | 8 | M 12 | 01:36:36.20 | 01:36:39.10 | 6:02 | 9.9 |
| 13 | SZCZEPANIAK DAMIAN | 615 | KAMIENICA | KAMIENICA | POL | M30-39 | 3 | M 13 | 01:36:56.85 | 01:36:58.25 | 6:03 | 9.9 |
| 14 | BATORYNA ALEKSANDER | 406 | UNIwersytet Ekonomiczny w Katowicach | BĘDZIN | POL | M30-39 | 4 | M 14 | 01:37:24.65 | 01:37:26.10 | 6:05 | 9.9 |
| 15 | BRENDZOWSKI ADAM | 420 | SOLINATEAM / RUNONLINE.PL TEAM | SOLINA | POL | M30-39 | 5 | M 15 | 01:40:53.90 | 01:41:12.00 | 6:18 | 9.5 |
| 16 | BROL PIOTR | 423 | ENDURANCE TEAM | SIEMIANOWICE | POL | M30-39 | 6 | M 16 | 01:43:29.05 | 01:43:31.00 | 6:28 | 9.3 |
| 17 | OLEŚ RAFAŁ | 548 | HUSARIA RACE TEAM | ZEMBRZYCE | POL | M16-29 | 9 | M 17 | 01:43:51.60 | 01:43:51.60 | 6:29 | 9.2 |
| 18 | OCHYRA KONRAD | 545 | SOLINA TEAM | LESKO | POL | M30-39 | 7 | M 18 | 01:43:42.30 | 01:43:59.65 | 6:28 | 9.3 |
| 19 | ROMANOWSKI ŁUKASZ | 584 | HUSARIA RACE TEAM | KRAKÓW | POL | M30-39 | 8 | M 19 | 01:47:46.75 | 01:47:50.50 | 6:44 | 8.9 |
| 20 | PIECZONKA RAFAL | 558 | SPARTAN TREINING GROUP TARNÓW | TARNÓW | POL | M30-39 | 9 | M 20 | 01:48:34.90 | 01:48:45.95 | 6:47 | 8.8 |
| 21 | PIETROCZUK SYLWIA | 561 | NOA | NYSA | POL | K16-29 | 1 | K 1 | 01:49:55.30 | 01:49:58.10 | 6:52 | 8.7 |
| 22 | REICHEL MARCIN | 579 | | KRAKÓW | POL | M30-39 | 10 | M 21 | 01:52:36.00 | 01:52:42.45 | 7:02 | 8.5 |
| 23 | KOPIEC KAMIL | 492 | JAJA NA BOK | KRAKÓW | POL | M30-39 | 11 | M 22 | 01:52:35.10 | 01:52:42.50 | 7:02 | 8.5 |
| 24 | GULBA KRZYSZTOF | 459 | PENTEL | KRAKÓW | POL | M40-49 | 3 | M 23 | 01:54:09.40 | 01:54:14.95 | 7:08 | 8.4 |
| 25 | KUBIESA-CRO JAKUB | 506 | | KRAKÓW | POL | M30-39 | 12 | M 24 | 01:54:09.15 | 01:54:23.45 | 7:08 | 8.4 |
| 26 | REJMAN MAREK | 581 | | TARNOBRZEG | POL | M40-49 | 4 | M 25 | 01:55:51.35 | 01:55:59.65 | 7:14 | 8.3 |
| 27 | DOBOSZ DANIEL | 436 | | GLIWICE | POL | M40-49 | 5 | M 26 | 01:55:38.70 | 01:56:08.80 | 7:13 | 8.3 |
| 28 | KEMPKA MARCIN | 495 | RAJSPOrT ACTIVE | ZDUŃSKA WOLA | POL | M30-39 | 13 | M 27 | 01:56:20.70 | 01:56:30.20 | 7:16 | 8.3 |
| 29 | SKIBA MACIEJ | 139 | SKIBASPORT.PL / SPORTOWE DZBANY | WAŁBRZYCH | POL | M16-29 | 10 | M 28 | 01:55:40.10 | 01:56:36.20 | 7:13 | 8.3 |
| 30 | KOZŁOWSKI BARTOSZ | 501 | THE THRULERS | PULAWY | POL | M30-39 | 14 | M 29 | 01:56:32.35 | 01:56:37.70 | 7:17 | 8.2 |
| 31 | MŁYNARCZYK KRZYSZTOF | 536 | ANDRYCHÓW RUNNING | WIEPRZ | POL | M30-39 | 15 | M 30 | 01:56:43.40 | 01:57:11.00 | 7:17 | 8.2 |
| 32 | BORYCKI ARTUR | 419 | TGR | DĄBROWA TARNOWSKA | POL | M40-49 | 6 | M 31 | 01:57:15.15 | 01:57:21.60 | 7:19 | 8.2 |
| 33 | KLOCEK KONRAD | 663 | | ŁĘŻYNY | POL | M30-39 | 16 | M 32 | 01:57:16.60 | 01:57:37.45 | 7:19 | 8.2 |
| 34 | KOCUR GRZEGORZ | 483 | | GLIWICE | POL | M40-49 | 7 | M 33 | 01:57:53.40 | 01:58:26.20 | 7:22 | 8.1 |
| 35 | LANGE MAGDA | 510 | STG TARNOW | GROMNIK | POL | K30-39 | 1 | K 2 | 01:59:37.50 | 01:59:46.85 | 7:28 | 8 |
| 36 | SURUS ARTUR | 614 | | TARNÓW | POL | M30-39 | 17 | M 34 | 01:59:35.10 | 02:00:08.70 | 7:28 | 8 |
| 37 | SOSNOWSKI ROMAN | 609 | LACHO TEAM | KRAKOW | POL | M50-59 | 1 | M 35 | 02:00:39.65 | 02:01:04.45 | 7:32 | 8 |
| 38 | KARDASZ MAREK | 265 | SOLINA TEAM | POLAŃCZYK | POL | M40-49 | 8 | M 36 | 02:01:59.75 | 02:02:15.40 | 7:37 | 7.9 |
| 39 | CHOJNACKI MIKOŁAJ | 431 | WARSAW RUN CLUB | WARSAWA | POL | M40-49 | 9 | M 37 | 02:01:48.80 | 02:02:21.90 | 7:36 | 7.9 |
| 40 | MIKOŚ MAGDALENA | 535 | | KRAKÓW | POL | K30-39 | 2 | K 3 | 02:01:59.30 | 02:02:37.10 | 7:37 | 7.9 |
| 41 | GRZEGORZAK WOJCIECH | 458 | #ADAMCZERWIŃSKITEAM | NIEPOŁOMICE | POL | M40-49 | 10 | M 38 | 02:03:31.15 | 02:03:47.40 | 7:43 | 7.8 |
| 42 | SZUMNY NINA | 622 | | KRAKÓW | POL | K30-39 | 3 | K 4 | 02:04:26.90 | 02:04:31.10 | 7:46 | 7.7 |
| 43 | WICHA MAŁGORZATA | 637 | WKS WAWEL | KRAKÓW | POL | K16-29 | 2 | K 5 | 02:04:34.75 | 02:04:40.60 | 7:47 | 7.7 |
| 44 | HERLICZKA TOMASZ | 466 | AML-FLY TEAM | GLIWICE | POL | M40-49 | 11 | M 39 | 02:03:54.30 | 02:04:56.55 | 7:44 | 7.7 |
| 45 | BLOK IZABELA | 418 | 72D ROWMIX JAVA TEAM | KRAKOW | POL | K30-39 | 4 | K 6 | 02:05:51.05 | 02:05:55.80 | 7:51 | 7.6 |
| 46 | CHMIELEWSKA-BORUCH MILENA | 430 | | MRAŁOWO | POL | K30-39 | 5 | K 7 | 02:04:49.35 | 02:05:56.50 | 7:48 | 7.7 |

TRIADA INTRO GORCE, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | Brutto | min/km | km/h |
|------|-------------------------|-----|---|--------------------|------|--------|--------|------|-------------|-------------|--------|------|
| 47 | DEPTUŚ BARTŁOMIEJ | 435 | | KRASNYSTAW | POL | M30-39 | 18 | M 40 | 02:05:51.95 | 02:06:19.40 | 7:52 | 7.6 |
| 48 | NIŻNIK BORYS | 537 | HUSARIA RACE TEAM | KRAKÓW | POL | M40-49 | 12 | M 41 | 02:06:54.70 | 02:07:33.20 | 7:55 | 7.6 |
| 49 | SKIERSKI ADAM | 600 | ENDURANCE TEAM | KATOWICE | POL | M40-49 | 13 | M 42 | 02:07:31.55 | 02:07:42.90 | 7:58 | 7.5 |
| 50 | KALCZYŃSKI MARCIN | 475 | | KRAKÓW | POL | M16-29 | 11 | M 43 | 02:07:35.20 | 02:08:43.05 | 7:58 | 7.5 |
| 51 | RZEPKA TOMASZ | 589 | HTF-LUDWIK SIKORSKI | ALEKSANDRÓW ŁÓDZKI | POL | M40-49 | 14 | M 44 | 02:08:17.15 | 02:08:54.65 | 8:01 | 7.5 |
| 52 | KOPEĆ KRYSZTIAN | 491 | | RYCZÓWEK | POL | M16-29 | 12 | M 45 | 02:09:09.60 | 02:09:23.45 | 8:04 | 7.4 |
| 53 | WOŹNIAK JANUSZ | 643 | PORMAT JEDLICZE BIEGA | SKOŁYSZYN | POL | M50-59 | 2 | M 46 | 02:09:33.75 | 02:09:43.45 | 8:05 | 7.4 |
| 54 | LEWCZUK NORBERT | 515 | BIEGACZE POMAGACZE/ ELITE RUNNERS | ŁOSICE | POL | M30-39 | 19 | M 47 | 02:09:09.85 | 02:09:48.05 | 8:04 | 7.4 |
| 55 | SKRZYŃSKI RAFAŁ | 603 | RUNONLINE.PL | NIEPOŁOMICE | POL | M30-39 | 20 | M 48 | 02:09:18.40 | 02:09:53.65 | 8:04 | 7.4 |
| 56 | GNIADY JAROSŁAW | 454 | | ZGLOBICE | POL | M40-49 | 15 | M 49 | 02:10:12.00 | 02:11:02.95 | 8:08 | 7.4 |
| 57 | PIASECKI MARIUSZ | 556 | MNK | GLIWICE | POL | M40-49 | 16 | M 50 | 02:10:09.05 | 02:11:10.30 | 8:08 | 7.4 |
| 58 | PINTSCHER PAULINA | 564 | | RABKA-ZDRÓJ | POL | K30-39 | 6 | K 8 | 02:10:49.35 | 02:11:11.90 | 8:10 | 7.3 |
| 59 | KOMAR BARTOSZ | 485 | | GLIWICE | POL | M40-49 | 17 | M 51 | 02:11:04.00 | 02:11:34.55 | 8:11 | 7.3 |
| 60 | SZUREK PAULINA | 623 | | MODERÓWKA | POL | K30-39 | 7 | K 9 | 02:11:13.25 | 02:11:34.90 | 8:12 | 7.3 |
| 61 | BISZCZUK MARIOLA | 417 | THE THRULERS | PUŁAWY | POL | K30-39 | 8 | K 10 | 02:12:14.25 | 02:12:19.00 | 8:15 | 7.3 |
| 62 | GAWRYS BARTEK | 451 | ENDURANCE TEAM | SIEMIANOWICE | POL | M30-39 | 21 | M 52 | 02:14:18.40 | 02:14:31.00 | 8:23 | 7.1 |
| 63 | SAROSI BOLDI | 592 | | DOBRA | HUN | M16-29 | 13 | M 53 | 02:13:54.55 | 02:14:39.00 | 8:22 | 7.2 |
| 64 | NOWAK PIOTR | 540 | | TYCHY | POL | M16-29 | 14 | M 54 | 02:14:19.50 | 02:14:53.05 | 8:23 | 7.1 |
| 65 | PAWEŁCZYK KACPER | 554 | K.S. CELIRONMAN S.A. | ŁÓDŹ | POL | M30-39 | 22 | M 55 | 02:14:10.95 | 02:14:54.50 | 8:23 | 7.2 |
| 66 | PODOLAK ZBIGNIEW | 567 | STOWARZYSZENIE PRZYJACIÓŁ DOBREGO WOJAKA SZWEJKA | PRZEMYŚL | POL | M50-59 | 3 | M 56 | 02:14:35.40 | 02:15:05.20 | 8:24 | 7.1 |
| 67 | ŚLUSARSKI WŁODEK | 518 | | WARSZAWA | POL | M50-59 | 4 | M 57 | 02:14:59.70 | 02:15:10.50 | 8:26 | 7.1 |
| 68 | BEŚCIAK KAMIL | 407 | SPARTAN TRAINING GROUP TARNÓW | TARNÓW | POL | M16-29 | 15 | M 58 | 02:15:40.35 | 02:15:40.35 | 8:28 | 7.1 |
| 69 | KWASEK KAZEK | 293 | MUJAY RUNNING TEAM | BIBICE | POL | M40-49 | 18 | M 59 | 02:15:30.40 | 02:15:46.95 | 8:28 | 7.1 |
| 70 | PAWELEC ALEKSANDRA | 552 | HUSARIA RACE TEAM | KRAKÓW | POL | K16-29 | 3 | K 11 | 02:15:15.50 | 02:15:52.90 | 8:27 | 7.1 |
| 71 | KOPEĆ SEBASTIAN | 490 | | RYCZÓWEK | POL | M30-39 | 23 | M 60 | 02:15:54.90 | 02:16:07.00 | 8:29 | 7.1 |
| 72 | TYKSINski RAFAŁ | 629 | EXPRESSMAP | WARSZAWA | POL | M40-49 | 19 | M 61 | 02:16:09.40 | 02:16:32.40 | 8:30 | 7.1 |
| 73 | OSTROWSKI ŁUKASZ | 549 | | KRASNYSTAW | POL | M30-39 | 24 | M 62 | 02:16:08.25 | 02:16:35.10 | 8:30 | 7.1 |
| 74 | STEFANIUK MARZENA | 610 | | RADZYMIN | POL | K30-39 | 9 | K 12 | 02:16:25.85 | 02:16:42.50 | 8:31 | 7 |
| 75 | UNIEJEWSKI TOMASZ | 630 | | KATOWICE | POL | M40-49 | 20 | M 63 | 02:16:19.85 | 02:17:05.80 | 8:31 | 7 |
| 76 | ŻUKOWSKI GRZEGORZ | 657 | ENDURANCE TEAM | SIEMIANOWICE | POL | M50-59 | 5 | M 64 | 02:17:27.60 | 02:17:38.05 | 8:35 | 7 |
| 77 | ROGÓŻ ELŻBIETA | 583 | PRORUNNING PROMOTION | WARSZAWA | POL | K40-49 | 1 | K 13 | 02:17:29.55 | 02:17:40.40 | 8:35 | 7 |
| 78 | CIMASZEWSKI MICHAŁ | 434 | | WAŁBRZYCH | POL | M16-29 | 16 | M 65 | 02:17:52.65 | 02:18:31.40 | 8:37 | 7 |
| 79 | PROCHASEK ANNA | 569 | | SKRBEŃSKO | POL | K30-39 | 10 | K 14 | 02:18:50.95 | 02:19:45.75 | 8:40 | 6.9 |
| 80 | BIELECKI ADAM | 416 | | BIELSKO-BIAŁA | POL | M40-49 | 21 | M 66 | 02:19:45.75 | 02:20:15.85 | 8:44 | 6.9 |
| 81 | HRYC MARTYNA | 467 | | GRYWAŁD | POL | K16-29 | 4 | K 15 | 02:20:19.10 | 02:20:26.85 | 8:46 | 6.8 |
| 82 | HANUSIAK LESZEK | 461 | HUSARIA RACE TEAM | KRAKÓW | POL | M30-39 | 25 | M 67 | 02:19:44.30 | 02:20:30.55 | 8:44 | 6.9 |
| 83 | FRANKOWSKI PIOTR | 446 | | WARSZAWA | POL | M40-49 | 22 | M 68 | 02:20:22.35 | 02:20:57.90 | 8:46 | 6.8 |
| 84 | KOBIĄŁKA PAWEŁ | 482 | ROZBIEGANE DOBCZYCE | DOBCZYCE | POL | M40-49 | 23 | M 69 | 02:22:12.60 | 02:22:33.75 | 8:53 | 6.8 |
| 85 | GAWLIKOWSKI ROBERT | 544 | | KATOWICE | POL | M40-49 | 24 | M 70 | 02:22:01.05 | 02:22:46.40 | 8:52 | 6.8 |
| 86 | BEDNARZ JÓZEF | 410 | | SIEDLISKA | POL | M16-29 | 17 | M 71 | 02:22:04.90 | 02:23:01.25 | 8:52 | 6.8 |
| 87 | RAKOWSKI KRZYSZTOF | 577 | RUHLIWI ŚWIŃSKA NOGA | ZDUŃSKA WOLA | POL | M40-49 | 25 | M 72 | 02:22:45.25 | 02:23:35.55 | 8:55 | 6.7 |
| 88 | KRYGER JACEK | 504 | OTE TEAM | RYTEL | POL | M40-49 | 26 | M 73 | 02:23:10.50 | 02:23:53.85 | 8:56 | 6.7 |
| 89 | SOKOŁOWSKI WŁADYSŁAW | 607 | HUSARIA RACE TEAM | KRAKÓW | POL | M16-29 | 18 | M 74 | 02:23:47.30 | 02:24:34.65 | 8:59 | 6.7 |
| 90 | HENDZLIK MONIKA | 463 | | CZĘSTOCHOWA | POL | K40-49 | 2 | K 16 | 02:25:24.85 | 02:25:53.70 | 9:05 | 6.6 |
| 91 | DUDA WALDEMAR | 438 | TARNOWSKI KLUB KARATE SHINKYOKUSHIN | TATNÓW | POL | M40-49 | 27 | M 75 | 02:25:46.85 | 02:25:54.60 | 9:06 | 6.6 |
| 92 | GARDEŁA JUSTYNA | 449 | WOLBROM TEAM | WOLBROM | POL | K30-39 | 11 | K 17 | 02:24:59.50 | 02:25:57.05 | 9:03 | 6.6 |
| 93 | HAŚNIK DARIA | 460 | | BIERUŃ | POL | K30-39 | 12 | K 18 | 02:25:45.70 | 02:26:02.05 | 9:06 | 6.6 |
| 94 | SIEKANIEC DOROTA | 595 | NIDEC ALL FOR DREAMS | KRAKÓW | POL | K30-39 | 13 | K 19 | 02:25:55.50 | 02:26:34.40 | 9:07 | 6.6 |
| 95 | ROGOWSKA ALEKSANDRA | 582 | SIOSTRY OLSEN | KRAKÓW | POL | K16-29 | 5 | K 20 | 02:26:02.50 | 02:26:35.90 | 9:07 | 6.6 |
| 96 | BEDNARZ FRANCISZEK | 409 | | SIEDLISKA | POL | M30-39 | 26 | M 76 | 02:27:14.40 | 02:28:12.70 | 9:12 | 6.5 |
| 97 | ROZMUS MARZENA | 586 | FRELKI LOTAJOM | BOJSZOWY NOWE | POL | K40-49 | 3 | K 21 | 02:28:45.35 | 02:29:02.20 | 9:17 | 6.5 |
| 98 | WÓJCIK ŁUKASZ | 646 | OLEJ RUNNING TEAM / CELIRONMAN | PABIANICE | POL | M30-39 | 27 | M 77 | 02:28:32.95 | 02:29:17.10 | 9:17 | 6.5 |
| 99 | BEDNARZ ANNA | 408 | 42 DO SZCZĘŚCIA | SIEDLISKA | POL | K16-29 | 6 | K 22 | 02:28:24.05 | 02:29:21.10 | 9:16 | 6.5 |
| 100 | POŹNIAK-STYCZYŃSKA MAJA | 565 | DDC | PUŁAWY | POL | K30-39 | 14 | K 23 | 02:29:34.80 | 02:29:40.10 | 9:20 | 6.4 |
| 101 | LUDWA MICHAŁ | 516 | TARNOWSKI KLUB SPORTOWY SHINKYOKUSHIN KARATE | TARNÓW | POL | M30-39 | 28 | M 78 | 02:30:21.85 | 02:30:21.85 | 9:23 | 6.4 |

TRIADA INTRO GORCE, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | Brutto | min/km | km/h |
|------|---------------------------|-----|-------------------------------|----------------------|------|--------|--------|------|-------------|-------------|--------|------|
| 102 | JACHIMOWICZ JAROSŁAW | 468 | SPARTAN TRAINING GROUP TARNÓW | TARNÓW | POL | M16-29 | 19 | M 79 | 02:30:47.10 | 02:30:59.40 | 9:25 | 6.4 |
| 103 | KONS KATARZYNA | 487 | POKA HERKI TEAM | ŁĄCZANY | POL | K16-29 | 7 | K 24 | 02:30:18.50 | 02:31:18.25 | 9:23 | 6.4 |
| 104 | KORNAGA KAMIL | 493 | KS RUDNIANKA RUDNA WIELKA | RUDNA WIELKA | POL | M16-29 | 20 | M 80 | 02:30:22.95 | 02:31:22.05 | 9:23 | 6.4 |
| 105 | JAGIELA TOMASZ | 469 | BAKOMAT TEAM | KROSNO | POL | M30-39 | 29 | M 81 | 02:31:10.95 | 02:31:24.45 | 9:26 | 6.3 |
| 106 | WÓLKIEWICZ DOROTA | 647 | KS STASZEWCY | PRUSZKÓW | POL | K50-59 | 1 | K 25 | 02:31:07.60 | 02:31:37.20 | 9:26 | 6.4 |
| 107 | JURCZENKO MARCIN | 474 | ITMBW KRAKÓW | KRAKÓW | POL | M40-49 | 28 | M 82 | 02:31:18.05 | 02:31:55.20 | 9:27 | 6.3 |
| 108 | NOWAK KRZYSZTOF | 542 | STG TARNÓW | GROMNIK | POL | M40-49 | 29 | M 83 | 02:31:42.75 | 02:31:55.50 | 9:28 | 6.3 |
| 109 | TOKARSKA BOŻENA | 624 | #ADAMCZERWIŃSKITEAM | KRAKÓW | POL | K40-49 | 4 | K 26 | 02:31:25.15 | 02:32:03.60 | 9:27 | 6.3 |
| 110 | TOKARSKI RAFAŁ | 625 | | KRAKÓW | POL | M40-49 | 30 | M 84 | 02:31:23.50 | 02:32:03.70 | 9:27 | 6.3 |
| 111 | ADAMSKI JAKUB | 662 | OŚRODEK TWÓRCZEJ INTERWENCJI | KRAKÓW | | M30-39 | 30 | M 85 | 02:32:05.25 | 02:33:00.45 | 9:30 | 6.3 |
| 112 | ZAŁUBSKA ANNA | 652 | DIETETYK-NIEPOLOMICE.PL | KRAKÓW | POL | K30-39 | 15 | K 27 | 02:33:15.75 | 02:33:15.75 | 9:34 | 6.3 |
| 113 | WIŚNIEWSKI TOMASZ | 635 | | ALEKSANDRÓW KUJAWSKI | POL | M40-49 | 31 | M 86 | 02:32:31.05 | 02:33:24.50 | 9:31 | 6.3 |
| 114 | WILCZEWSKA WERONIKA | 642 | | HRUBIESZÓW | POL | K16-29 | 8 | K 28 | 02:33:01.30 | 02:34:00.70 | 9:33 | 6.3 |
| 115 | HERLICZKA RENATA | 465 | AML-FLY TEAM | GLIWICE | POL | K30-39 | 16 | K 29 | 02:33:46.50 | 02:34:50.30 | 9:36 | 6.2 |
| 116 | SAMOJLUK-ŚLUSARSKA BOŻENA | 591 | DRUŻYNA TVN | WARSZAWA | POL | K60+ | 1 | K 30 | 02:35:16.35 | 02:36:04.60 | 9:42 | 6.2 |
| 117 | REJMAN DOROTA | 580 | | TARNOBRZEG | POL | K40-49 | 5 | K 31 | 02:36:02.30 | 02:36:51.95 | 9:45 | 6.2 |
| 118 | SALAMON BARBARA | 590 | | GLIWICE | POL | K40-49 | 6 | K 32 | 02:37:41.20 | 02:38:04.35 | 9:51 | 6.1 |
| 119 | PRZYBYŁKA AGNIESZKA | 571 | | MYSŁOWICE | POL | K30-39 | 17 | K 33 | 02:38:04.80 | 02:38:28.10 | 9:52 | 6.1 |
| 120 | CHRZAN MAGDALENA | 432 | | KRAKÓW | POL | K30-39 | 18 | K 34 | 02:38:37.00 | 02:39:08.75 | 9:54 | 6.1 |
| 121 | SOBULSKI KAROL | 606 | SB SOBOLE | PIASECZNO | POL | M40-49 | 32 | M 87 | 02:38:53.60 | 02:39:13.75 | 9:55 | 6 |
| 122 | SZCZESNIAK AGNIESZKA | 616 | SB SOBOLE | WARSZAWA | POL | K40-49 | 7 | K 35 | 02:38:52.40 | 02:39:13.85 | 9:55 | 6 |
| 123 | TRUSZKOWSKA MARTA | 628 | | WARSZAWA | POL | K30-39 | 19 | K 36 | 02:38:28.00 | 02:39:24.95 | 9:54 | 6.1 |
| 124 | LEFELIC MONIKA | 512 | | WARSZAWA | POL | K40-49 | 8 | K 37 | 02:38:55.95 | 02:39:27.70 | 9:56 | 6 |
| 125 | BOROŃ MARLENA | 639 | | KRAKÓW | POL | K16-29 | 9 | K 38 | 02:39:13.80 | 02:39:39.95 | 9:57 | 6 |
| 126 | NORWECKA SYLWIA | 538 | | KRAKÓW | POL | K30-39 | 20 | K 39 | 02:39:23.05 | 02:39:56.45 | 9:57 | 6 |
| 127 | SŁOWIŃSKI KAROL | 604 | | KRAKÓW | POL | M40-49 | 33 | M 88 | 02:39:24.75 | 02:40:06.20 | 9:57 | 6 |
| 128 | ARMAŃSKA MARIANNA | 400 | | LEGNICA | POL | K30-39 | 21 | K 40 | 02:40:12.45 | 02:40:41.60 | 10:00 | 6 |
| 129 | DZIEWIĄTKOWSKA EWA | 443 | | STARE BABICE | POL | K40-49 | 9 | K 41 | 02:40:16.70 | 02:40:44.10 | 10:01 | 6 |
| 130 | POSS MARCIN | 568 | | WARSZAWA | POL | M40-49 | 34 | M 89 | 02:40:30.25 | 02:41:05.85 | 10:01 | 6 |
| 131 | MAJDA KAROLINA | 527 | | KRAKÓW | POL | K16-29 | 10 | K 42 | 02:40:59.25 | 02:41:39.10 | 10:03 | 6 |
| 132 | RACZEK RADOŚLAW | 574 | GORĄCY POTOK TEAM | KRAKÓW | POL | M16-29 | 21 | M 90 | 02:40:59.05 | 02:41:39.60 | 10:03 | 6 |
| 133 | DĄBROWSKI MAREK | 437 | TRANSPOREON | WIĘCŁAWICE STARE | POL | M30-39 | 31 | M 91 | 02:40:55.95 | 02:41:53.20 | 10:03 | 6 |
| 134 | WARCHOCKA EWELINA | 632 | | LUBLIN | POL | K40-49 | 10 | K 43 | 02:41:45.00 | 02:42:03.55 | 10:06 | 5.9 |
| 135 | RADOSZ-KWASEK AGATA | 575 | MUAY RUNNING TEAM | KRAKÓW | POL | K30-39 | 22 | K 44 | 02:41:55.10 | 02:42:24.55 | 10:07 | 5.9 |
| 136 | SKIBA KATARZYNA | 599 | | ZDUŃSKA WOLA | POL | K40-49 | 11 | K 45 | 02:41:54.25 | 02:42:42.35 | 10:07 | 5.9 |
| 137 | JAROSZEWSKA IWONA | 471 | | KOZIEGŁOWY | POL | K40-49 | 12 | K 46 | 02:42:38.45 | 02:43:21.20 | 10:09 | 5.9 |
| 138 | WÓLKIEWICZ PAWEŁ | 648 | OX5 | PRUSZKÓW | POL | M50-59 | 6 | M 92 | 02:42:39.70 | 02:43:21.25 | 10:10 | 5.9 |
| 139 | STERNIK DANIEL | 611 | NAJWIĘKSZA ARMIA ŚWIATA | LUBLIN | POL | M30-39 | 32 | M 93 | 02:44:27.75 | 02:44:44.00 | 10:16 | 5.8 |
| 140 | ZIÓŁEK KORNELIA | 654 | | WARSZAWA | POL | K30-39 | 23 | K 47 | 02:44:14.60 | 02:44:47.20 | 10:15 | 5.8 |
| 141 | NOWAK PAULINA | 543 | SPARTAN TREINING GROUP TARNÓW | TARNÓW | POL | K30-39 | 24 | K 48 | 02:44:36.85 | 02:44:47.30 | 10:17 | 5.8 |
| 142 | CIECHAROWSKA JUSTYNA | 433 | | ŻYRARDÓW | POL | K30-39 | 25 | K 49 | 02:44:03.45 | 02:44:56.55 | 10:15 | 5.9 |
| 143 | SIKORSKI LUDWIK | 598 | HTF LUDWIK SIKORSKI | ALEKSANDRÓW ŁÓDZKI | POL | M40-49 | 35 | M 94 | 02:44:12.85 | 02:45:03.90 | 10:15 | 5.8 |
| 144 | KONIEC MARIUSZ | 486 | CARBON OCR RACING TEAM | DĄBROWA GÓRNICZA | POL | M30-39 | 33 | M 95 | 02:44:44.85 | 02:45:09.15 | 10:17 | 5.8 |
| 145 | PIETROŃ MONIKA | 562 | LEMON TEAM | KRAKÓW | POL | K30-39 | 26 | K 50 | 02:44:46.50 | 02:45:09.35 | 10:17 | 5.8 |
| 146 | BALCERZAK KRYSZYNA | 402 | | ŁÓDŹ | POL | K40-49 | 13 | K 51 | 02:44:23.50 | 02:45:14.00 | 10:16 | 5.8 |
| 147 | ZIÓŁEK TERESA | 655 | STEY INSANE | JACKÓW | POL | K60+ | 2 | K 52 | 02:44:23.15 | 02:45:14.10 | 10:16 | 5.8 |
| 148 | SKOCZYŁAS PIOTR | 601 | ENDURANCE TEAM | CHORZÓW | POL | M40-49 | 36 | M 96 | 02:46:04.75 | 02:46:20.10 | 10:22 | 5.8 |
| 149 | RUDNIK KATARZYNA | 587 | | WARSZAWA | POL | K30-39 | 27 | K 53 | 02:45:37.65 | 02:46:31.55 | 10:21 | 5.8 |
| 150 | SIATKA AGNIESZKA | 594 | RUNNING PERFORMANCE | KRAKÓW | POL | K40-49 | 14 | K 54 | 02:46:05.75 | 02:46:31.70 | 10:22 | 5.8 |
| 151 | KURCIŃSKA LIDIA | 507 | | PIASECZNO | POL | K30-39 | 28 | K 55 | 02:45:40.55 | 02:46:31.75 | 10:21 | 5.8 |
| 152 | KOSTKA ANETA | 496 | ADIDAS RUNNERS WARSAW | KAZIMIERÓW | POL | K16-29 | 11 | K 56 | 02:46:21.90 | 02:46:38.65 | 10:23 | 5.8 |
| 153 | HEPNER MALWINA | 464 | ADIDAS RUNNERS WARSAW | WARSZAWA | POL | K30-39 | 29 | K 57 | 02:46:24.90 | 02:46:42.15 | 10:24 | 5.8 |
| 154 | ZAKRZEWSKI JAROSŁAW | 651 | | WARSZAWA | POL | M40-49 | 37 | M 97 | 02:46:13.10 | 02:46:53.30 | 10:23 | 5.8 |
| 155 | WOŹNIAK LIDIA | 644 | PORMAT JEDLICZE BIEGA | SKOŁYSZYN | POL | K50-59 | 2 | K 58 | 02:47:24.00 | 02:47:35.05 | 10:27 | 5.7 |
| 156 | BIAŁEK MARIUSZ | 413 | ENDURANCE TEAM | KATOWICE | POL | M30-39 | 34 | M 98 | 02:48:07.15 | 02:48:21.75 | 10:30 | 5.7 |
| 157 | BUNIKOWSKA EMILIA | 425 | | KRAKÓW | POL | K30-39 | 30 | K 59 | 02:47:47.50 | 02:48:23.65 | 10:29 | 5.7 |
| 158 | OTOLA IWONA | 550 | ENDURANCE TEAM | CHORZÓW | POL | K30-39 | 31 | K 60 | 02:48:12.80 | 02:48:58.00 | 10:30 | 5.7 |

TRIADA INTRO GORCE, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | Brutto | min/km | km/h |
|------|------------------------------|-----|---------------------------------|----------------------|------|--------|--------|-------|-------------|-------------|--------|------|
| 159 | BAR PRZEMEK | 405 | ENDURANCE TEAM | SIEMIANOWICE | POL | M30-39 | 35 | M 99 | 02:48:13.70 | 02:48:58.30 | 10:30 | 5.7 |
| 160 | GAWRYLAK BEATA | 450 | ZUMBIARY | PIASECZNO | POL | K40-49 | 15 | K 61 | 02:48:02.30 | 02:48:58.75 | 10:30 | 5.7 |
| 161 | KOWALCZYK JUSTYNA | 499 | ACCENTURE | WARSZAWA | POL | K50-59 | 3 | K 62 | 02:49:58.65 | 02:50:26.55 | 10:37 | 5.6 |
| 162 | BURMAN BEATA | 426 | | MUROWANA GOŚLINA | POL | K40-49 | 16 | K 63 | 02:51:20.15 | 02:51:51.20 | 10:42 | 5.6 |
| 163 | BALON MARCIN | 403 | BB RUNNERS | KROSNO | POL | M40-49 | 38 | M 100 | 02:52:08.00 | 02:52:20.90 | 10:45 | 5.6 |
| 164 | ŚWIEŻEWSKA KLEMENTYNA | 640 | | WARSZAWA | POL | K30-39 | 32 | K 64 | 02:51:26.60 | 02:52:21.70 | 10:42 | 5.6 |
| 165 | NOWACZEK ALEKSANDRA | 539 | MULTIMEDIA RUNNERS PUŁAWY | PUŁAWY | POL | K30-39 | 33 | K 65 | 02:53:08.15 | 02:53:36.10 | 10:49 | 5.5 |
| 166 | BRODAWKA OLGA | 421 | | WARSZAWA | POL | K30-39 | 34 | K 66 | 02:53:24.30 | 02:53:51.10 | 10:50 | 5.5 |
| 167 | SEBZDA MALGORZATA | 593 | HUSARIA RACE TEAM | BŁĘDOWA TYCZYŃSKA | POL | K40-49 | 17 | K 67 | 02:53:34.05 | 02:53:58.25 | 10:50 | 5.5 |
| 168 | KAPAŁKA KRZYSZTOF | 478 | STG TARNÓW | GROMNIK | POL | M60+ | 1 | M 101 | 02:53:47.50 | 02:54:00.40 | 10:51 | 5.5 |
| 169 | KŁOPOT GRAŻYNA | 481 | MULTIMEDIA RUNNERS PUŁAWY | PUŁAWY | POL | K40-49 | 18 | K 68 | 02:53:31.35 | 02:54:02.50 | 10:50 | 5.5 |
| 170 | RUTKOWSKA MILENA | 588 | MULTIMEDIA RUNNERS PUŁAWY | PUŁAWY | POL | K30-39 | 35 | K 69 | 02:53:31.90 | 02:54:02.65 | 10:50 | 5.5 |
| 171 | WIŚNIEWSKA KATARZYNA | 634 | WIŚNIA TEAM | WARSZAWA | POL | K40-49 | 19 | K 70 | 02:53:28.75 | 02:54:16.35 | 10:50 | 5.5 |
| 172 | MICHAŁIK JUSTYNA | 533 | ZABIERZOW BIEGA | ZABIERZOW | POL | K30-39 | 36 | K 71 | 02:53:30.65 | 02:54:20.25 | 10:50 | 5.5 |
| 173 | WALKOWSKA JUSTYNA | 631 | JACEKBIEGA RUNNING TEAM | NOWA IWICZNA | POL | K40-49 | 20 | K 72 | 02:53:34.30 | 02:54:31.55 | 10:50 | 5.5 |
| 174 | KRAVETS ANASTASIIA | 502 | TRANSPOREON | KRAKÓW | POL | K16-29 | 12 | K 73 | 02:54:10.50 | 02:55:04.45 | 10:53 | 5.5 |
| 175 | PRZYBYLSKI MICHAŁ | 570 | TRANSPOREON | ZABIERZÓW | POL | M30-39 | 36 | M 102 | 02:54:10.60 | 02:55:04.70 | 10:53 | 5.5 |
| 176 | TROJANOWSKA KINGA | 627 | | ZLOTOW | POL | K60+ | 3 | K 74 | 02:55:19.40 | 02:55:49.10 | 10:57 | 5.5 |
| 177 | BEZKOROWAJNY JOANNA | 411 | NOKIA | SIEPRAW | POL | K30-39 | 37 | K 75 | 02:54:54.30 | 02:55:52.60 | 10:55 | 5.5 |
| 178 | BEZKOROWAJNY MATEUSZ | 412 | NOKIA | SIEPRAW | POL | M30-39 | 37 | M 103 | 02:54:54.70 | 02:55:52.70 | 10:55 | 5.5 |
| 179 | ŻURKOWSKA DOROTA | 658 | | JÓZEFÓW | POL | K30-39 | 38 | K 76 | 02:55:12.05 | 02:56:00.50 | 10:57 | 5.5 |
| 180 | GŁUCHOWSKI JACEK | 453 | BB RUNERS | BIELSKO-BIAŁA | POL | M40-49 | 39 | M 104 | 02:55:43.45 | 02:56:03.35 | 10:59 | 5.5 |
| 181 | KORPAŁSKI JACEK | 494 | | WARSZAWA | POL | M50-59 | 7 | M 105 | 02:55:55.85 | 02:56:35.55 | 10:59 | 5.5 |
| 182 | ZBROSZCZYK DAMIAN | 585 | CARBON OCR RACING TEAM | RYBNIK | POL | M30-39 | 38 | M 106 | 02:57:51.60 | 02:58:15.35 | 11:07 | 5.4 |
| 183 | ŁATA KATARZYNA | 519 | | WROCLAW | POL | K40-49 | 21 | K 77 | 02:57:58.95 | 02:58:51.60 | 11:07 | 5.4 |
| 184 | DZIÓBEK SYLWIA | 444 | | WIELICZKA | POL | K40-49 | 22 | K 78 | 02:58:41.55 | 02:59:17.00 | 11:10 | 5.4 |
| 185 | MARKOWSKA JADWIGA | 530 | | WIELICZKA | POL | K30-39 | 39 | K 79 | 02:58:42.70 | 02:59:17.20 | 11:10 | 5.4 |
| 186 | PAWŁOWSKA MARIA | 555 | MARUSIABIEGAPL | JANOWIEC | POL | K40-49 | 23 | K 80 | 02:58:44.40 | 02:59:34.70 | 11:10 | 5.4 |
| 187 | ŁUKASZEWSKA KATARZYNA | 523 | | ŁOZISKA | POL | K50-59 | 4 | K 81 | 02:58:58.40 | 02:59:48.40 | 11:11 | 5.4 |
| 188 | JACKOWSKA EWA | 660 | JAROSŁAWSKA GRUPA BIEGOWA SOKÓŁ | JAROSŁAW | POL | K40-49 | 24 | K 82 | 03:00:27.65 | 03:01:30.30 | 11:16 | 5.3 |
| 189 | LULA RADEK | 517 | | WARSZAWA | POL | M40-49 | 40 | M 107 | 03:00:54.05 | 03:01:30.40 | 11:18 | 5.3 |
| 190 | RADYK JOANNA | 576 | PRZEMYSKI KLUB BIEGACZA | PRZEMYSŁ | POL | K30-39 | 40 | K 83 | 03:01:02.95 | 03:01:33.00 | 11:18 | 5.3 |
| 191 | JACKOWSKI JACEK | 661 | JAROSŁAWSKA GRUPA BIEGOWA SOKÓŁ | JAROSŁAW | POL | M40-49 | 41 | M 108 | 03:00:29.60 | 03:01:33.45 | 11:16 | 5.3 |
| 192 | PUKOCZ KATARZYNA | 573 | | ŚWIĘTOCHŁOWICE | POL | K30-39 | 41 | K 84 | 03:00:32.25 | 03:01:38.25 | 11:17 | 5.3 |
| 193 | KOPCZYK JAKUB | 489 | | LUBLIN | POL | M16-29 | 22 | M 109 | 03:03:24.10 | 03:03:55.95 | 11:27 | 5.2 |
| 194 | ZAINCIKOWSKAIA-WÓJCİK INNA | 649 | NIE MAM POMYSŁU | ŁÓDŹ | POL | K30-39 | 42 | K 85 | 03:03:48.45 | 03:03:58.70 | 11:29 | 5.2 |
| 195 | ŚWIEŻEWSKA KAJA | 641 | | LONDYN | POL | K30-39 | 43 | K 86 | 03:03:42.50 | 03:04:37.95 | 11:28 | 5.2 |
| 196 | KWIATKOWSKA KATARZYNA | 509 | RUNKASJARUN | MARKI | POL | K30-39 | 44 | K 87 | 03:03:48.05 | 03:04:42.00 | 11:29 | 5.2 |
| 197 | ŁĘPICKI MATEUSZ | 521 | LEMON TEAM | KRAKÓW | POL | M30-39 | 39 | M 110 | 03:05:36.25 | 03:06:10.95 | 11:36 | 5.2 |
| 198 | ŁĘPICKA MARTA | 520 | | WARSZAWA | POL | K16-29 | 13 | K 88 | 03:05:38.15 | 03:06:12.05 | 11:36 | 5.2 |
| 199 | PIETRZYKOWSKA KATARZYNA | 563 | | WROCLAW | POL | K30-39 | 45 | K 89 | 03:06:06.95 | 03:06:58.80 | 11:37 | 5.2 |
| 200 | SOSNOWSKA BARBARA | 608 | LACHO TEAM | KRAKÓW | POL | K40-49 | 25 | K 90 | 03:06:08.10 | 03:06:58.85 | 11:38 | 5.2 |
| 201 | OGAZA ANNA | 546 | | SIEMIANOWICE ŚLĄSKIE | POL | K30-39 | 46 | K 91 | 03:08:14.95 | 03:08:35.20 | 11:45 | 5.1 |
| 202 | KUREK MAŁGORZATA | 508 | CARBON OCR RACING TEAM | SIEMIANOWICE ŚLĄSKIE | POL | K30-39 | 47 | K 92 | 03:08:17.50 | 03:08:37.50 | 11:46 | 5.1 |
| 203 | MEINERT JAKUB | 532 | CARBON OCR RACING TEAM | KATOWICE | POL | M16-29 | 23 | M 111 | 03:07:36.90 | 03:08:43.00 | 11:43 | 5.1 |
| 204 | MANKO MONIKA | 529 | | TURKA | POL | K16-29 | 14 | K 93 | 03:09:32.95 | 03:10:04.05 | 11:50 | 5.1 |
| 205 | STYŁA SEBASTIAN | 612 | | TURKA | POL | M40-49 | 42 | M 112 | 03:09:32.35 | 03:10:05.15 | 11:50 | 5.1 |
| 206 | DZIEDZIC-WÓJTOWICZ AGNIESZKA | 442 | SRTG-NIEPOŁOMICE | TARGOWISKO | POL | K40-49 | 26 | K 94 | 03:09:46.25 | 03:10:11.90 | 11:51 | 5.1 |
| 207 | LESZCZYŃSKI ALEKSANDER | 514 | | KRAKÓW | POL | M40-49 | 43 | M 113 | 03:09:25.05 | 03:10:19.95 | 11:50 | 5.1 |
| 208 | KRÓLIKOWSKA ANNA | 503 | HUSARIA RACE TEAM | MODLNICZKA | POL | K16-29 | 15 | K 95 | 03:10:35.75 | 03:10:46.70 | 11:54 | 5 |
| 209 | ŁUCZAK PAWEŁ | 522 | | KRAKÓW | POL | M16-29 | 24 | M 114 | 03:10:36.75 | 03:10:46.85 | 11:54 | 5 |
| 210 | MALOCHLEB MATEUSZ | 659 | ZAWISZA STARA KUŹNIA | KATOWICE | | M16-29 | 25 | M 115 | 03:13:28.65 | 03:14:34.30 | 12:05 | 5 |
| 211 | KOTULA JAKUB | 498 | | KATOWICE | POL | M30-39 | 40 | M 116 | 03:14:27.55 | 03:15:10.75 | 12:09 | 4.9 |
| 212 | GERLE-KOTULA ANNA | 452 | | KATOWICE | POL | K30-39 | 48 | K 96 | 03:14:30.45 | 03:15:10.90 | 12:09 | 4.9 |
| 213 | BRODECKI ADAM | 422 | WATAHA ŁĄCZY NAS BIEGANIE | RADZYŃ PODLASKI | POL | M16-29 | 26 | M 117 | 03:17:00.05 | 03:18:00.75 | 12:18 | 4.9 |
| 214 | GRABOWSKA JOANNA | 457 | SPC/ KM UMK | TORUŃ | POL | K40-49 | 27 | K 97 | 03:17:10.30 | 03:18:15.05 | 12:19 | 4.9 |
| 215 | KANDERSKI SŁAWEK | 476 | WKB MARATOŃCZYK | WŁOCŁAWEK | POL | M50-59 | 8 | M 118 | 03:17:10.35 | 03:18:15.25 | 12:19 | 4.9 |

TRIADA INTRO GORCE, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | Brutto | min/km | km/h |
|------|---------------------|-----|---|----------------------|------|--------|--------|-------|-------------|-------------|--------|------|
| 216 | NOWAK EWELINA | 541 | STG TARNÓW | GROMNIK | | K30-39 | 49 | K 98 | 03:20:27.70 | 03:20:39.65 | 12:31 | 4.8 |
| 217 | KUBIESA PATRYCJA | 505 | HUSARIA RACE TEAM | KRAKÓW | POL | K30-39 | 50 | K 99 | 03:22:02.20 | 03:22:28.25 | 12:37 | 4.8 |
| 218 | SURDEJ PAULINA | 613 | STG TARNÓW | TARNÓW | POL | K16-29 | 16 | K 100 | 03:22:52.25 | 03:23:04.55 | 12:40 | 4.7 |
| 219 | KAPAŁKA BOŻENA | 477 | STG TARNÓW | GROMNIK | POL | K50-59 | 5 | K 101 | 03:22:50.80 | 03:23:04.80 | 12:40 | 4.7 |
| 220 | SKORUPKA ANNA | 602 | | SIEDLCE | POL | K40-49 | 28 | K 102 | 03:22:27.00 | 03:23:27.80 | 12:39 | 4.7 |
| 221 | WIŚNIEWSKA DOROTA | 633 | | ALEKSANDRÓW KUJAWSKI | POL | K40-49 | 29 | K 103 | 03:24:22.40 | 03:25:17.95 | 12:46 | 4.7 |
| 222 | JASIUL MARIOLA | 472 | | LEGIONOWO | POL | K40-49 | 30 | K 104 | 03:25:06.70 | 03:25:58.15 | 12:49 | 4.7 |
| 223 | GROCHAL MARCIN | 557 | PSEUDOMOUNTAINRUNNER | WYGIELZÓW | POL | M40-49 | 44 | M 119 | 03:30:00.00 | 03:30:00.00 | 13:07 | 4.6 |
| 224 | RADYK JAKUB | 440 | PRZEMYSKI KLUB BIEGACZA | PRZEMYSŁ | POL | M30-39 | 41 | M 119 | 03:30:00.00 | 03:30:00.00 | 13:07 | 4.6 |
| 225 | LUDKA DAGMARA | 513 | | ZŁOTÓW | POL | K40-49 | 31 | K 105 | 03:30:00.00 | 03:30:00.00 | 13:07 | 4.6 |
| 226 | DUBIŃSKI PRZEMYSŁAW | 415 | PRZEMEK DUBIŃSKI - BIEGIEMPRZEZŚWIAT | CZĘSTOCHOWA | POL | M40-49 | 44 | M 119 | 03:30:00.00 | 03:30:00.00 | 13:07 | 4.6 |
| 227 | CHLEWICKA MAGDALENA | 414 | ZABIEGANI CZĘSTOCHOWA | CZĘSTOCHOWA | POL | K30-39 | 51 | K 105 | 03:30:00.00 | 03:30:00.00 | 13:07 | 4.6 |
| 228 | SITEK SZYMON | 620 | ZABIEGANI CZĘSTOCHOWA | CZĘSTOCHOWA | POL | M30-39 | 41 | M 119 | 03:30:00.00 | 03:30:00.00 | 13:07 | 4.6 |
| 229 | WIECZOREK ANDRZEJ | 638 | | TARNÓW | POL | M50-59 | 9 | M 123 | 03:31:09.05 | 03:31:24.15 | 13:11 | 4.5 |
| 230 | KARPIŃSKA ANIA | 479 | DZIKIE GRUBASY SZATANA/ADIDAS RUNERS WARSAW | WARSZAWA | POL | K40-49 | 32 | K 107 | 03:31:05.50 | 03:31:45.85 | 13:11 | 4.5 |
| 231 | MATUSZCZAK ANGELIKA | 531 | STG TARNÓW | TARNÓW | POL | K30-39 | 52 | K 108 | 03:32:13.35 | 03:32:24.40 | 13:15 | 4.5 |
| 232 | PIENKOWSKI LESZEK | 559 | WM TRISELF | KRAKÓW | POL | M50-59 | 10 | M 124 | 03:32:48.55 | 03:33:25.00 | 13:18 | 4.5 |
| 233 | ZIENKIEWICZ AGATA | 653 | | WROCLAW | POL | K30-39 | 53 | K 109 | 03:32:48.00 | 03:33:25.55 | 13:18 | 4.5 |
| 234 | MIERZEJEWSKA OLGA | 534 | | SIEMIANOWICE ŚLĄSKIE | POL | K30-39 | 54 | K 110 | 03:33:57.95 | 03:34:42.65 | 13:22 | 4.5 |
| 235 | SIERECKA DOROTA | 596 | TEAM ZABIEGANEDNI // WKURW_TEAM | ŻELECHÓW | POL | K40-49 | 33 | K 111 | 03:36:49.85 | 03:37:56.90 | 13:33 | 4.4 |
| 236 | SMOGORZEWSKA MARTA | 605 | WKURW_TEAM | WARSZAWA | POL | K30-39 | 55 | K 111 | 03:36:50.45 | 03:37:56.90 | 13:33 | 4.4 |
| 237 | MALARA DALIA | 528 | CARBON OCR RACING TEAM | ZABRZE | POL | K30-39 | 56 | K 113 | 03:38:37.00 | 03:38:59.50 | 13:39 | 4.4 |
| 238 | KOSZNIERUK ELZBIETA | 497 | WYBIEGAJ SIEBIE | CHOTOMÓW | POL | K50-59 | 6 | K 114 | 03:38:10.50 | 03:39:18.75 | 13:38 | 4.4 |
| 239 | PRZYBYŁO MARTA | 572 | | KRAKÓW | POL | K30-39 | 57 | K 115 | 03:38:11.80 | 03:39:18.90 | 13:38 | 4.4 |

TRIADA INTRO GORCE, K Open

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | Brutto | min/km | km/h |
|------|---------------------------|-----|-------------------------|---------------|------|--------|--------|------|-------------|-------------|--------|------|
| 1 | PIETROCZUK SYLWIA | 561 | NOA | NYSA | POL | K16-29 | 1 | K 1 | 01:49:55.30 | 01:49:58.10 | 6:52 | 8.7 |
| 2 | LANGE MAGDA | 510 | STG TARNOW | GROMNIK | POL | K30-39 | 1 | K 2 | 01:59:37.50 | 01:59:46.85 | 7:28 | 8 |
| 3 | MIKOŚ MAGDALENA | 535 | | KRAKÓW | POL | K30-39 | 2 | K 3 | 02:01:59.30 | 02:02:37.10 | 7:37 | 7.9 |
| 4 | SZUMNY NINA | 622 | | KRAKÓW | POL | K30-39 | 3 | K 4 | 02:04:26.90 | 02:04:31.10 | 7:46 | 7.7 |
| 5 | WICHA MAŁGORZATA | 637 | WKS WAWEL | KRAKÓW | POL | K16-29 | 2 | K 5 | 02:04:34.75 | 02:04:40.60 | 7:47 | 7.7 |
| 6 | BLOK IZABELA | 418 | 72D ROWMIX JAVA TEAM | KRAKOW | POL | K30-39 | 4 | K 6 | 02:05:51.05 | 02:05:55.80 | 7:51 | 7.6 |
| 7 | CHMIELEWSKA-BORUCH MILENA | 430 | | MRAĞOWO | POL | K30-39 | 5 | K 7 | 02:04:49.35 | 02:05:56.50 | 7:48 | 7.7 |
| 8 | PINTSCHER PAULINA | 564 | | RABKA-ZDRÓJ | POL | K30-39 | 6 | K 8 | 02:10:49.35 | 02:11:11.90 | 8:10 | 7.3 |
| 9 | SZUREK PAULINA | 623 | | MODERÓWKA | POL | K30-39 | 7 | K 9 | 02:11:13.25 | 02:11:34.90 | 8:12 | 7.3 |
| 10 | BISZCZUK MARIOLA | 417 | THE THRULERS | PULAWY | POL | K30-39 | 8 | K 10 | 02:12:14.25 | 02:12:19.00 | 8:15 | 7.3 |
| 11 | PAWELEC ALEKSANDRA | 552 | HUSARIA RACE TEAM | KRAKÓW | POL | K16-29 | 3 | K 11 | 02:15:15.50 | 02:15:52.90 | 8:27 | 7.1 |
| 12 | STEFANIUK MARZENA | 610 | | RADZYMIN | POL | K30-39 | 9 | K 12 | 02:16:25.85 | 02:16:42.50 | 8:31 | 7 |
| 13 | ROGÓŻ ELZBIETA | 583 | PRORUNNING PROMOTION | WARSZAWA | POL | K40-49 | 1 | K 13 | 02:17:29.55 | 02:17:40.40 | 8:35 | 7 |
| 14 | PROCHASEK ANNA | 569 | | SKRBEŃSKO | POL | K30-39 | 10 | K 14 | 02:18:50.95 | 02:19:45.75 | 8:40 | 6.9 |
| 15 | HRYC MARTYNA | 467 | | GRYWAŁD | POL | K16-29 | 4 | K 15 | 02:20:19.10 | 02:20:26.85 | 8:46 | 6.8 |
| 16 | HENDZLIK MONIKA | 463 | | CZĘSTOCHOWA | POL | K40-49 | 2 | K 16 | 02:25:24.85 | 02:25:53.70 | 9:05 | 6.6 |
| 17 | GARDEŁA JUSTYNA | 449 | WOLBROM TEAM | WOLBROM | POL | K30-39 | 11 | K 17 | 02:24:59.50 | 02:25:57.05 | 9:03 | 6.6 |
| 18 | HAŚNIK DARIA | 460 | | BIERUŃ | POL | K30-39 | 12 | K 18 | 02:25:45.70 | 02:26:02.05 | 9:06 | 6.6 |
| 19 | SIEKANIEC DOROTA | 595 | NIDEC ALL FOR DREAMS | KRAKÓW | POL | K30-39 | 13 | K 19 | 02:25:55.50 | 02:26:34.40 | 9:07 | 6.6 |
| 20 | ROGOWSKA ALEKSANDRA | 582 | SIOSTRY OLSEN | KRAKÓW | POL | K16-29 | 5 | K 20 | 02:26:02.50 | 02:26:35.90 | 9:07 | 6.6 |
| 21 | ROZMUS MARZENA | 586 | FRELKI LOTAJOM | BOJSZOWY NOWE | POL | K40-49 | 3 | K 21 | 02:28:45.35 | 02:29:02.20 | 9:17 | 6.5 |
| 22 | BEDNARZ ANNA | 408 | 42 DO SZCZĘŚCIA | SIEDLISKA | POL | K16-29 | 6 | K 22 | 02:28:24.05 | 02:29:21.10 | 9:16 | 6.5 |
| 23 | POŹNIAK-STYCZYŃSKA MAJA | 565 | DDC | PULAWY | POL | K30-39 | 14 | K 23 | 02:29:34.80 | 02:29:40.10 | 9:20 | 6.4 |
| 24 | KONS KATARZYNA | 487 | POKA HERKI TEAM | ŁĄCZANY | POL | K16-29 | 7 | K 24 | 02:30:18.50 | 02:31:18.25 | 9:23 | 6.4 |
| 25 | WÓLKIEWICZ DOROTA | 647 | KS STASZEWCY | PRUSZKÓW | POL | K50-59 | 1 | K 25 | 02:31:07.60 | 02:31:37.20 | 9:26 | 6.4 |
| 26 | TOKARSKA BOŻENA | 624 | #ADAMCZERWIŃSKITEAM | KRAKÓW | POL | K40-49 | 4 | K 26 | 02:31:25.15 | 02:32:03.60 | 9:27 | 6.3 |
| 27 | ZAŁUBSKA ANNA | 652 | DIETETYK-NIEPOLOMICE.PL | KRAKÓW | POL | K30-39 | 15 | K 27 | 02:33:15.75 | 02:33:15.75 | 9:34 | 6.3 |

TRIADA INTRO GORCE, K Open c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | Brutto | min/km | km/h |
|------|---------------------------|-----|---------------------------------|-------------------|------|--------|--------|------|-------------|-------------|--------|------|
| 28 | WILCZEWSKA WERONIKA | 642 | | HRUBIESZÓW | POL | K16-29 | 8 | K 28 | 02:33:01.30 | 02:34:00.70 | 9:33 | 6.3 |
| 29 | HERLICZKA RENATA | 465 | AML-FLY TEAM | GLIWICE | POL | K30-39 | 16 | K 29 | 02:33:46.50 | 02:34:50.30 | 9:36 | 6.2 |
| 30 | SAMOJLUK-ŚLUSARSKA BOŻENA | 591 | DRUŻYNA TVN | WARSZAWA | POL | K60+ | 1 | K 30 | 02:35:16.35 | 02:36:04.60 | 9:42 | 6.2 |
| 31 | REJMAN DOROTA | 580 | | TARNOBRZEG | POL | K40-49 | 5 | K 31 | 02:36:02.30 | 02:36:51.95 | 9:45 | 6.2 |
| 32 | SALAMON BARBARA | 590 | | GLIWICE | POL | K40-49 | 6 | K 32 | 02:37:41.20 | 02:38:04.35 | 9:51 | 6.1 |
| 33 | PRZYBYŁKA AGNIESZKA | 571 | | MYSŁOWICE | POL | K30-39 | 17 | K 33 | 02:38:04.80 | 02:38:28.10 | 9:52 | 6.1 |
| 34 | CHRZAN MAGDALENA | 432 | | KRAKÓW | POL | K30-39 | 18 | K 34 | 02:38:37.00 | 02:39:08.75 | 9:54 | 6.1 |
| 35 | SZCZESNIAK AGNIESZKA | 616 | SB SOBOLE | WARSZAWA | POL | K40-49 | 7 | K 35 | 02:38:52.40 | 02:39:13.85 | 9:55 | 6 |
| 36 | TRUSZKOWSKA MARTA | 628 | | WARSZAWA | POL | K30-39 | 19 | K 36 | 02:38:28.00 | 02:39:24.95 | 9:54 | 6.1 |
| 37 | LEFELIC MONIKA | 512 | | WARSZAWA | POL | K40-49 | 8 | K 37 | 02:38:55.95 | 02:39:27.70 | 9:56 | 6 |
| 38 | BOROŃ MARLENA | 639 | | KRAKÓW | POL | K16-29 | 9 | K 38 | 02:39:13.80 | 02:39:39.95 | 9:57 | 6 |
| 39 | NORWECKA SYLWIA | 538 | | KRAKÓW | POL | K30-39 | 20 | K 39 | 02:39:23.05 | 02:39:56.45 | 9:57 | 6 |
| 40 | ARMAŃSKA MARIANNA | 400 | | LEGNICA | POL | K30-39 | 21 | K 40 | 02:40:12.45 | 02:40:41.60 | 10:00 | 6 |
| 41 | DZIEWIĄTKOWSKA EWA | 443 | | STARE BABICE | POL | K40-49 | 9 | K 41 | 02:40:16.70 | 02:40:44.10 | 10:01 | 6 |
| 42 | MAJDA KAROLINA | 527 | | KRAKÓW | POL | K16-29 | 10 | K 42 | 02:40:59.25 | 02:41:39.10 | 10:03 | 6 |
| 43 | WARCHOCKA EWELINA | 632 | | LUBLIN | POL | K40-49 | 10 | K 43 | 02:41:45.00 | 02:42:03.55 | 10:06 | 5.9 |
| 44 | RADOSZ-KWASEK AGATA | 575 | MUJAY RUNNING TEAM | KRAKÓW | POL | K30-39 | 22 | K 44 | 02:41:55.10 | 02:42:24.55 | 10:07 | 5.9 |
| 45 | SKIBA KATARZYNA | 599 | | ZDUŃSKA WOLA | POL | K40-49 | 11 | K 45 | 02:41:54.25 | 02:42:42.35 | 10:07 | 5.9 |
| 46 | JAROSZEWSKA IWONA | 471 | | KOZIEGŁOWY | POL | K40-49 | 12 | K 46 | 02:42:38.45 | 02:43:21.20 | 10:09 | 5.9 |
| 47 | ZIÓŁEK KORNELIA | 654 | | WARSZAWA | POL | K30-39 | 23 | K 47 | 02:44:14.60 | 02:44:47.20 | 10:15 | 5.8 |
| 48 | NOWAK PAULINA | 543 | SPARTAN TREINING GROUP TARNÓW | TARNÓW | POL | K30-39 | 24 | K 48 | 02:44:36.85 | 02:44:47.30 | 10:17 | 5.8 |
| 49 | CIECHAROWSKA JUSTYNA | 433 | | ŻYRARDÓW | POL | K30-39 | 25 | K 49 | 02:44:03.45 | 02:44:56.55 | 10:15 | 5.9 |
| 50 | PIETROŃ MONIKA | 562 | LEMON TEAM | KRAKÓW | POL | K30-39 | 26 | K 50 | 02:44:46.50 | 02:45:09.35 | 10:17 | 5.8 |
| 51 | BALCERZAK KRYSZYNA | 402 | | ŁÓDŹ | POL | K40-49 | 13 | K 51 | 02:44:23.50 | 02:45:14.00 | 10:16 | 5.8 |
| 52 | ZIÓŁEK TERESA | 655 | STEY INSANE | JACKÓW | POL | K60+ | 2 | K 52 | 02:44:23.15 | 02:45:14.10 | 10:16 | 5.8 |
| 53 | RUDNIK KATARZYNA | 587 | | WARSZAWA | POL | K30-39 | 27 | K 53 | 02:45:37.65 | 02:46:31.55 | 10:21 | 5.8 |
| 54 | SIATKA AGNIESZKA | 594 | RUNNING PERFORMANCE | KRAKÓW | POL | K40-49 | 14 | K 54 | 02:46:05.75 | 02:46:31.70 | 10:22 | 5.8 |
| 55 | KURCIŃSKA LIDIA | 507 | | PIASECZNO | POL | K30-39 | 28 | K 55 | 02:45:40.55 | 02:46:31.75 | 10:21 | 5.8 |
| 56 | KOSTKA ANETA | 496 | ADIDAS RUNNERS WARSAW | KAZIMIERÓW | POL | K16-29 | 11 | K 56 | 02:46:21.90 | 02:46:38.65 | 10:23 | 5.8 |
| 57 | HEPNER MALWINA | 464 | ADIDAS RUNNERS WARSAW | WARSZAWA | POL | K30-39 | 29 | K 57 | 02:46:24.90 | 02:46:42.15 | 10:24 | 5.8 |
| 58 | WOŹNIAK LIDIA | 644 | PORMAT JEDLICZE BIEGA | SKOŁYSZYN | POL | K50-59 | 2 | K 58 | 02:47:24.00 | 02:47:35.05 | 10:27 | 5.7 |
| 59 | BUNIKOWSKA EMILIA | 425 | | KRAKÓW | POL | K30-39 | 30 | K 59 | 02:47:47.50 | 02:48:23.65 | 10:29 | 5.7 |
| 60 | OTOLA IWONA | 550 | ENDURANCE TEAM | CHORZÓW | POL | K30-39 | 31 | K 60 | 02:48:12.80 | 02:48:58.00 | 10:30 | 5.7 |
| 61 | GAWRYŁAK BEATA | 450 | ZUMBIARY | PIASECZNO | POL | K40-49 | 15 | K 61 | 02:48:02.30 | 02:48:58.75 | 10:30 | 5.7 |
| 62 | KOWALCZYK JUSTYNA | 499 | ACCENTURE | WARSZAWA | POL | K50-59 | 3 | K 62 | 02:49:58.65 | 02:50:26.55 | 10:37 | 5.6 |
| 63 | BURMAN BEATA | 426 | | MUROWANA GOŚLINA | POL | K40-49 | 16 | K 63 | 02:51:20.15 | 02:51:51.20 | 10:42 | 5.6 |
| 64 | ŚWIEŻEWSKA KLEMENTYNA | 640 | | WARSZAWA | POL | K30-39 | 32 | K 64 | 02:51:26.60 | 02:52:21.70 | 10:42 | 5.6 |
| 65 | NOWACZEK ALEKSANDRA | 539 | MULTIMEDIA RUNNERS PUŁAWY | PUŁAWY | POL | K30-39 | 33 | K 65 | 02:53:08.15 | 02:53:36.10 | 10:49 | 5.5 |
| 66 | BRODAWKA OLGA | 421 | | WARSZAWA | POL | K30-39 | 34 | K 66 | 02:53:24.30 | 02:53:51.10 | 10:50 | 5.5 |
| 67 | SEBZDA MALGORZATA | 593 | HUSARIA RACE TEAM | BŁĘDOWA TYCZYŃSKA | POL | K40-49 | 17 | K 67 | 02:53:34.05 | 02:53:58.25 | 10:50 | 5.5 |
| 68 | KŁOPOT GRAŻYNA | 481 | MULTIMEDIA RUNNERS PUŁAWY | PUŁAWY | POL | K40-49 | 18 | K 68 | 02:53:31.35 | 02:54:02.50 | 10:50 | 5.5 |
| 69 | RUTKOWSKA MILENA | 588 | MULTIMEDIA RUNNERS PUŁAWY | PUŁAWY | POL | K30-39 | 35 | K 69 | 02:53:31.90 | 02:54:02.65 | 10:50 | 5.5 |
| 70 | WIŚNIEWSKA KATARZYNA | 634 | WIŚNIA TEAM | WARSZAWA | POL | K40-49 | 19 | K 70 | 02:53:28.75 | 02:54:16.35 | 10:50 | 5.5 |
| 71 | MICHAŁIK JUSTYNA | 533 | ZABIERZOW BIEGA | ZABIERZOW | POL | K30-39 | 36 | K 71 | 02:53:30.65 | 02:54:20.25 | 10:50 | 5.5 |
| 72 | WALKOWSKA JUSTYNA | 631 | JACEKBIEGA RUNNING TEAM | NOWA IWICZNA | POL | K40-49 | 20 | K 72 | 02:53:34.30 | 02:54:31.55 | 10:50 | 5.5 |
| 73 | KRAVETS ANASTASIA | 502 | TRANSPOREON | KRAKÓW | POL | K16-29 | 12 | K 73 | 02:54:10.50 | 02:55:04.45 | 10:53 | 5.5 |
| 74 | TROJANOWSKA KINGA | 627 | | ZLOTOW | POL | K60+ | 3 | K 74 | 02:55:19.40 | 02:55:49.10 | 10:57 | 5.5 |
| 75 | BEZKOROWAJNY JOANNA | 411 | NOKIA | SIEPRAW | POL | K30-39 | 37 | K 75 | 02:54:54.30 | 02:55:52.60 | 10:55 | 5.5 |
| 76 | ŻURKOWSKA DOROTA | 658 | | JÓZEFÓW | POL | K30-39 | 38 | K 76 | 02:55:12.05 | 02:56:00.50 | 10:57 | 5.5 |
| 77 | ŁATA KATARZYNA | 519 | | WROCŁAW | POL | K40-49 | 21 | K 77 | 02:57:58.95 | 02:58:51.60 | 11:07 | 5.4 |
| 78 | DZIÓBEK SYLWIA | 444 | | WIELICZKA | POL | K40-49 | 22 | K 78 | 02:58:41.55 | 02:59:17.00 | 11:10 | 5.4 |
| 79 | MARKOWSKA JADWIGA | 530 | | WIELICZKA | POL | K30-39 | 39 | K 79 | 02:58:42.70 | 02:59:17.20 | 11:10 | 5.4 |
| 80 | PAWŁOWSKA MARIA | 555 | MARUSIABIEGAPL | JANOWIEC | POL | K40-49 | 23 | K 80 | 02:58:44.40 | 02:59:34.70 | 11:10 | 5.4 |
| 81 | ŁUKASZEWSKA KATARZYNA | 523 | | ŁOZISKA | POL | K50-59 | 4 | K 81 | 02:58:58.40 | 02:59:48.40 | 11:11 | 5.4 |
| 82 | JACKOWSKA EWA | 660 | JAROSŁAWSKA GRUPA BIEGOWA SOKÓŁ | JAROSŁAW | POL | K40-49 | 24 | K 82 | 03:00:27.65 | 03:01:30.30 | 11:16 | 5.3 |
| 83 | RADYK JOANNA | 576 | PRZEMYSKI KLUB BIEGACZA | PRZEMYSŁ | POL | K30-39 | 40 | K 83 | 03:01:02.95 | 03:01:33.00 | 11:18 | 5.3 |
| 84 | PUKOCZ KATARZYNA | 573 | | ŚWIĘTOCHŁOWICE | POL | K30-39 | 41 | K 84 | 03:00:32.25 | 03:01:38.25 | 11:17 | 5.3 |

TRIADA INTRO GORCE, K Open c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | Brutto | min/km | km/h |
|------|------------------------------|-----|--|----------------------|------|--------|--------|-------|-------------|-------------|--------|------|
| 85 | ZAINIKOVSKAIA-WÓJCIK INNA | 649 | NIE MAM POMYSŁU | ŁÓDŹ | POL | K30-39 | 42 | K 85 | 03:03:48.45 | 03:03:58.70 | 11:29 | 5.2 |
| 86 | ŚWIEŻEWSKA KAJA | 641 | | LONDYN | POL | K30-39 | 43 | K 86 | 03:03:42.50 | 03:04:37.95 | 11:28 | 5.2 |
| 87 | KWIATKOWSKA KATARZYNA | 509 | RUNKASIARUN | MARKI | POL | K30-39 | 44 | K 87 | 03:03:48.05 | 03:04:42.00 | 11:29 | 5.2 |
| 88 | ŁĘPICKA MARTA | 520 | | WARSZAWA | POL | K16-29 | 13 | K 88 | 03:05:38.15 | 03:06:12.05 | 11:36 | 5.2 |
| 89 | PIETRZYKOWSKA KATARZYNA | 563 | | WROCŁAW | POL | K30-39 | 45 | K 89 | 03:06:06.95 | 03:06:58.80 | 11:37 | 5.2 |
| 90 | SOSNOWSKA BARBARA | 608 | LACHO TEAM | KRAKÓW | POL | K40-49 | 25 | K 90 | 03:06:08.10 | 03:06:58.85 | 11:38 | 5.2 |
| 91 | OGAZA ANNA | 546 | | SIEMIANOWICE ŚLĄSKIE | POL | K30-39 | 46 | K 91 | 03:08:14.95 | 03:08:35.20 | 11:45 | 5.1 |
| 92 | KUREK MAŁGORZATA | 508 | CARBON OCR RACING TEAM | SIEMIANOWICE ŚLĄSKIE | POL | K30-39 | 47 | K 92 | 03:08:17.50 | 03:08:37.50 | 11:46 | 5.1 |
| 93 | MANKO MONIKA | 529 | | TURKA | POL | K16-29 | 14 | K 93 | 03:09:32.95 | 03:10:04.05 | 11:50 | 5.1 |
| 94 | DZIEDZIC-WÓJTOWICZ AGNIESZKA | 442 | SRTG-NIEPOŁOMICE | TARGOWISKO | POL | K40-49 | 26 | K 94 | 03:09:46.25 | 03:10:11.90 | 11:51 | 5.1 |
| 95 | KRÓLIKOWSKA ANNA | 503 | HUSARIA RACE TEAM | MODLNICZKA | POL | K16-29 | 15 | K 95 | 03:10:35.75 | 03:10:46.70 | 11:54 | 5 |
| 96 | GERLE-KOTULA ANNA | 452 | | KATOWICE | POL | K30-39 | 48 | K 96 | 03:14:30.45 | 03:15:10.90 | 12:09 | 4.9 |
| 97 | GRABOWSKA JOANNA | 457 | SPC/ KM UMK | TORUŃ | POL | K40-49 | 27 | K 97 | 03:17:10.30 | 03:18:15.05 | 12:19 | 4.9 |
| 98 | NOWAK EWELINA | 541 | STG TARNÓW | GROMNIK | | K30-39 | 49 | K 98 | 03:20:27.70 | 03:20:39.65 | 12:31 | 4.8 |
| 99 | KUBIESA PATRYCJA | 505 | HUSARIA RACE TEAM | KRAKÓW | POL | K30-39 | 50 | K 99 | 03:22:02.20 | 03:22:28.25 | 12:37 | 4.8 |
| 100 | SURDEJ PAULINA | 613 | STG TARNÓW | TARNÓW | POL | K16-29 | 16 | K 100 | 03:22:52.25 | 03:23:04.55 | 12:40 | 4.7 |
| 101 | KAPAŁKA BOŻENA | 477 | STG TARNÓW | GROMNIK | POL | K50-59 | 5 | K 101 | 03:22:50.80 | 03:23:04.80 | 12:40 | 4.7 |
| 102 | SKORUPKA ANNA | 602 | | SIEDLCE | POL | K40-49 | 28 | K 102 | 03:22:27.00 | 03:23:27.80 | 12:39 | 4.7 |
| 103 | WIŚNIEWSKA DOROTA | 633 | | ALEKSANDRÓW KUJAWSKI | POL | K40-49 | 29 | K 103 | 03:24:22.40 | 03:25:17.95 | 12:46 | 4.7 |
| 104 | JASIUL MARIOLA | 472 | | LEGIONOWO | POL | K40-49 | 30 | K 104 | 03:25:06.70 | 03:25:58.15 | 12:49 | 4.7 |
| 105 | CHLEWICKA MAGDALENA | 414 | ZABIEGANI CZĘSTOCHOWA | CZĘSTOCHOWA | POL | K30-39 | 51 | K 105 | 03:30:00.00 | 03:30:00.00 | 13:07 | 4.6 |
| 106 | LUDKA DAGMARA | 513 | | ZŁOTÓW | POL | K40-49 | 31 | K 105 | 03:30:00.00 | 03:30:00.00 | 13:07 | 4.6 |
| 107 | KARPIŃSKA ANIA | 479 | DZIKIE GRUBASY SZATANA/ADIDAS RUNERS WARSAW | WARSZAWA | POL | K40-49 | 32 | K 107 | 03:31:05.50 | 03:31:45.85 | 13:11 | 4.5 |
| 108 | MATUSZCZAK ANGELIKA | 531 | STG TARNÓW | TARNÓW | POL | K30-39 | 52 | K 108 | 03:32:13.35 | 03:32:24.40 | 13:15 | 4.5 |
| 109 | ZIENKIEWICZ AGATA | 653 | | WROCŁAW | POL | K30-39 | 53 | K 109 | 03:32:48.00 | 03:33:25.55 | 13:18 | 4.5 |
| 110 | MIERZEJEWSKA OLGA | 534 | | SIEMIANOWICE ŚLĄSKIE | POL | K30-39 | 54 | K 110 | 03:33:57.95 | 03:34:42.65 | 13:22 | 4.5 |
| 111 | SIERECKA DOROTA | 596 | TEAM ZABIEGANEDNI // WKURW_TEAM | ŻELECHÓW | POL | K40-49 | 33 | K 111 | 03:36:49.85 | 03:37:56.90 | 13:33 | 4.4 |
| 112 | SMOGORZEWSKA MARTA | 605 | WKURW_TEAM | WARSZAWA | POL | K30-39 | 55 | K 111 | 03:36:50.45 | 03:37:56.90 | 13:33 | 4.4 |
| 113 | MALARA DALIA | 528 | CARBON OCR RACING TEAM | ZABRZE | POL | K30-39 | 56 | K 113 | 03:38:37.00 | 03:38:59.50 | 13:39 | 4.4 |
| 114 | KOSZNIUK ELZBIETA | 497 | WYBIEGAJ SIEBIE | CHOTOMÓW | POL | K50-59 | 6 | K 114 | 03:38:10.50 | 03:39:18.75 | 13:38 | 4.4 |
| 115 | PRZYBYŁO MARTA | 572 | | KRAKÓW | POL | K30-39 | 57 | K 115 | 03:38:11.80 | 03:39:18.90 | 13:38 | 4.4 |

TRIADA INTRO GORCE, M Open

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | Brutto | min/km | km/h |
|------|----------------------|-----|--------------------------------------|-------------------------|------|--------|--------|------|-------------|-------------|--------|------|
| 1 | JAWORSKI ZBIGNIEW | 473 | --- | KLUSZKOWCE | POL | M40-49 | 1 | M 1 | 01:22:49.60 | 01:22:49.85 | 5:10 | 11.6 |
| 2 | GABRYŚ RAFAŁ | 447 | KAWIK RUNNING TEAM | SZCZAWA | POL | M30-39 | 1 | M 2 | 01:28:01.40 | 01:28:03.25 | 5:30 | 10.9 |
| 3 | PACHUT JERZY | 551 | COLWAY | SŁOPNICE | POL | M16-29 | 1 | M 3 | 01:28:28.70 | 01:28:29.85 | 5:31 | 10.9 |
| 4 | CHLIPIAŁA PAWEŁ | 429 | | KAMIENICA | POL | M16-29 | 2 | M 4 | 01:28:52.05 | 01:28:53.20 | 5:33 | 10.8 |
| 5 | FABIAN BOGUSŁAW | 445 | EVANLITE.COM | PYSKOWICE | POL | M40-49 | 2 | M 5 | 01:30:20.05 | 01:30:21.80 | 5:38 | 10.6 |
| 6 | DUDZIK ŁUKASZ | 439 | GÓRAL BIEGA | KAMIENICA | POL | M30-39 | 2 | M 6 | 01:31:05.20 | 01:31:07.20 | 5:41 | 10.5 |
| 7 | CELEJEWSKI MARCIN | 427 | MYDŁOWSKA ATHLETIC TEAM | LIPKI WIELKIE | POL | M16-29 | 3 | M 7 | 01:33:22.75 | 01:33:22.75 | 5:50 | 10.3 |
| 8 | ZYGMUNT TOMASZ | 656 | | GIEDLAROWA | POL | M16-29 | 4 | M 8 | 01:33:29.85 | 01:33:33.60 | 5:50 | 10.3 |
| 9 | MADZIAR WIKTOR | 524 | | ZARZECZE | POL | M16-29 | 5 | M 9 | 01:35:00.70 | 01:35:03.80 | 5:56 | 10.1 |
| 10 | SAROSI KRISTOF | 670 | GLOBO SPORT SE | DOBRA | HUN | M16-29 | 6 | M 10 | 01:36:18.25 | 01:36:20.60 | 6:01 | 10 |
| 11 | KOZIK ADAM | 500 | | KROŚCIENKO NAD DUNAJCEM | POL | M16-29 | 7 | M 11 | 01:36:31.65 | 01:36:36.05 | 6:02 | 9.9 |
| 12 | MADZIAR MATEUSZ | 525 | AO MYKONÓY | STARY SACZ | POL | M16-29 | 8 | M 12 | 01:36:36.20 | 01:36:39.10 | 6:02 | 9.9 |
| 13 | SZCZEPANIAK DAMIAN | 615 | KAMIENICA | KAMIENICA | POL | M30-39 | 3 | M 13 | 01:36:56.85 | 01:36:58.25 | 6:03 | 9.9 |
| 14 | BATORYŃNA ALEKSANDER | 406 | UNIwersytet Ekonomiczny w Katowicach | BĘDZIN | POL | M30-39 | 4 | M 14 | 01:37:24.65 | 01:37:26.10 | 6:05 | 9.9 |
| 15 | BRENDZOWSKI ADAM | 420 | SOLINATEAM / RUNONLINE.PL TEAM | SOLINA | POL | M30-39 | 5 | M 15 | 01:40:53.90 | 01:41:12.00 | 6:18 | 9.5 |
| 16 | BROL PIOTR | 423 | ENDURANCE TEAM | SIEMIANOWICE | POL | M30-39 | 6 | M 16 | 01:43:29.05 | 01:43:31.00 | 6:28 | 9.3 |
| 17 | OLEŚ RAFAŁ | 548 | HUSARIA RACE TEAM | ZEMBRZYCE | POL | M16-29 | 9 | M 17 | 01:43:51.60 | 01:43:51.60 | 6:29 | 9.2 |
| 18 | OCHYRA KONRAD | 545 | SOLINA TEAM | LESKO | POL | M30-39 | 7 | M 18 | 01:43:42.30 | 01:43:59.65 | 6:28 | 9.3 |
| 19 | ROMANOWSKI ŁUKASZ | 584 | HUSARIA RACE TEAM | KRAKÓW | POL | M30-39 | 8 | M 19 | 01:47:46.75 | 01:47:50.50 | 6:44 | 8.9 |
| 20 | PIECZONKA RAFAŁ | 558 | SPARTAN TREINING GROUP TARNÓW | TARNÓW | POL | M30-39 | 9 | M 20 | 01:48:34.90 | 01:48:45.95 | 6:47 | 8.8 |

TRIADA INTRO GORCE, M Open c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | Brutto | min/km | km/h |
|------|----------------------|-----|---|--------------------|------|--------|--------|------|-------------|-------------|--------|------|
| 21 | REICHEL MARCIN | 579 | | KRAKÓW | POL | M30-39 | 10 | M 21 | 01:52:36.00 | 01:52:42.45 | 7:02 | 8.5 |
| 22 | KOPIEC KAMIL | 492 | JAJA NA BOK | KRAKÓW | POL | M30-39 | 11 | M 22 | 01:52:35.10 | 01:52:42.50 | 7:02 | 8.5 |
| 23 | GULBA KRZYSZTOF | 459 | PENTEL | KRAKÓW | POL | M40-49 | 3 | M 23 | 01:54:09.40 | 01:54:14.95 | 7:08 | 8.4 |
| 24 | KUBIESA-CRO JAKUB | 506 | | KRAKÓW | POL | M30-39 | 12 | M 24 | 01:54:09.15 | 01:54:23.45 | 7:08 | 8.4 |
| 25 | REJMAN MAREK | 581 | | TARNOBRZEG | POL | M40-49 | 4 | M 25 | 01:55:51.35 | 01:55:59.65 | 7:14 | 8.3 |
| 26 | DOBOSZ DANIEL | 436 | | GLIWICE | POL | M40-49 | 5 | M 26 | 01:55:38.70 | 01:56:08.80 | 7:13 | 8.3 |
| 27 | KEMPKA MARCIN | 495 | RAJSPOORT ACTIVE | ZDUŃSKA WOLA | POL | M30-39 | 13 | M 27 | 01:56:20.70 | 01:56:30.20 | 7:16 | 8.3 |
| 28 | SKIBA MACIEJ | 139 | SKIBASPORT.PL / SPORTOWE DZBANY | WAŁBRZYCH | POL | M16-29 | 10 | M 28 | 01:55:40.10 | 01:56:36.20 | 7:13 | 8.3 |
| 29 | KOZŁOWSKI BARTOSZ | 501 | THE THRULERS | PULAWY | POL | M30-39 | 14 | M 29 | 01:56:32.35 | 01:56:37.70 | 7:17 | 8.2 |
| 30 | MŁYNARCZYK KRZYSZTOF | 536 | ANDRYCHÓW RUNNING | WIEPRZ | POL | M30-39 | 15 | M 30 | 01:56:43.40 | 01:57:11.00 | 7:17 | 8.2 |
| 31 | BORYCKI ARTUR | 419 | TGR | DĄBROWA TARNOWSKA | POL | M40-49 | 6 | M 31 | 01:57:15.15 | 01:57:21.60 | 7:19 | 8.2 |
| 32 | KLOCEK KONRAD | 663 | | ŁĘŻYNY | | M30-39 | 16 | M 32 | 01:57:16.60 | 01:57:37.45 | 7:19 | 8.2 |
| 33 | KOCUR GRZEGORZ | 483 | | GLIWICE | POL | M40-49 | 7 | M 33 | 01:57:53.40 | 01:58:26.20 | 7:22 | 8.1 |
| 34 | SURUS ARTUR | 614 | | TARNÓW | POL | M30-39 | 17 | M 34 | 01:59:35.10 | 02:00:08.70 | 7:28 | 8 |
| 35 | SOSNOWSKI ROMAN | 609 | LACHO TEAM | KRAKOW | POL | M50-59 | 1 | M 35 | 02:00:39.65 | 02:01:04.45 | 7:32 | 8 |
| 36 | KARDASZ MAREK | 265 | SOLINA TEAM | POLAŃCZYK | POL | M40-49 | 8 | M 36 | 02:01:59.75 | 02:02:15.40 | 7:37 | 7.9 |
| 37 | CHOJNACKI MIKOŁAJ | 431 | WARSAW RUN CLUB | WARSAWA | POL | M40-49 | 9 | M 37 | 02:01:48.80 | 02:02:21.90 | 7:36 | 7.9 |
| 38 | GRZEGORZAK WOJCIECH | 458 | #ADAMCZERWIŃSKITEAM | NIEPOŁOMICE | POL | M40-49 | 10 | M 38 | 02:03:31.15 | 02:03:47.40 | 7:43 | 7.8 |
| 39 | HERLICZKA TOMASZ | 466 | AML-FLY TEAM | GLIWICE | POL | M40-49 | 11 | M 39 | 02:03:54.30 | 02:04:56.55 | 7:44 | 7.7 |
| 40 | DEPTUŚ BARTŁOMIEJ | 435 | | KRASNYSTAW | POL | M30-39 | 18 | M 40 | 02:05:51.95 | 02:06:19.40 | 7:52 | 7.6 |
| 41 | NIŻNIK BORYS | 537 | HUSARIA RACE TEAM | KRAKÓW | POL | M40-49 | 12 | M 41 | 02:06:54.70 | 02:07:33.20 | 7:55 | 7.6 |
| 42 | SKIERSKI ADAM | 600 | ENDURANCE TEAM | KATOWICE | POL | M40-49 | 13 | M 42 | 02:07:31.55 | 02:07:42.90 | 7:58 | 7.5 |
| 43 | KALCZYŃSKI MARCIN | 475 | | KRAKÓW | POL | M16-29 | 11 | M 43 | 02:07:35.20 | 02:08:43.05 | 7:58 | 7.5 |
| 44 | RZEPKA TOMASZ | 589 | HTF-LUDWIK SIKORSKI | ALEKSANDRÓW ŁÓDZKI | POL | M40-49 | 14 | M 44 | 02:08:17.15 | 02:08:54.65 | 8:01 | 7.5 |
| 45 | KOPEC KRYSZTIAN | 491 | | RYCZÓWEK | POL | M16-29 | 12 | M 45 | 02:09:09.60 | 02:09:23.45 | 8:04 | 7.4 |
| 46 | WOŹNIAK JANUSZ | 643 | PORMAT JEDLICZE BIEGA | SKOŁYSZYN | POL | M50-59 | 2 | M 46 | 02:09:33.75 | 02:09:43.45 | 8:05 | 7.4 |
| 47 | LEWCZUK NORBERT | 515 | BIEGACZE POMAGACZE/ ELITE RUNNERS | ŁOSICE | POL | M30-39 | 19 | M 47 | 02:09:09.85 | 02:09:48.05 | 8:04 | 7.4 |
| 48 | SKRZYŃSKI RAFAŁ | 603 | RUNONLINE.PL | NIEPOŁOMICE | POL | M30-39 | 20 | M 48 | 02:09:18.40 | 02:09:53.65 | 8:04 | 7.4 |
| 49 | GNIADY JAROSŁAW | 454 | | ZGŁOBICE | POL | M40-49 | 15 | M 49 | 02:10:12.00 | 02:11:02.95 | 8:08 | 7.4 |
| 50 | PIASECKI MARIUSZ | 556 | MNK | GLIWICE | POL | M40-49 | 16 | M 50 | 02:10:09.05 | 02:11:10.30 | 8:08 | 7.4 |
| 51 | KOMAR BARTOSZ | 485 | | GLIWICE | POL | M40-49 | 17 | M 51 | 02:11:04.00 | 02:11:34.55 | 8:11 | 7.3 |
| 52 | GAWRYS BARTEK | 451 | ENDURANCE TEAM | SIEMIANOWICE | POL | M30-39 | 21 | M 52 | 02:14:18.40 | 02:14:31.00 | 8:23 | 7.1 |
| 53 | SAROSI BOLDI | 592 | | DOBRA | HUN | M16-29 | 13 | M 53 | 02:13:54.55 | 02:14:39.00 | 8:22 | 7.2 |
| 54 | NOWAK PIOTR | 540 | | TYCHY | POL | M16-29 | 14 | M 54 | 02:14:19.50 | 02:14:53.05 | 8:23 | 7.1 |
| 55 | PAWEŁCZYK KACPER | 554 | K.S. CELIRONMAN S.A. | ŁÓDŹ | POL | M30-39 | 22 | M 55 | 02:14:10.95 | 02:14:54.50 | 8:23 | 7.2 |
| 56 | PODOLAK ZBIGNIEW | 567 | STOWARZYSZENIE PRZYJACIÓŁ DOBREGO WOJAKA SZWEJKA | PRZEMYŚL | POL | M50-59 | 3 | M 56 | 02:14:35.40 | 02:15:05.20 | 8:24 | 7.1 |
| 57 | ŚLUSARSKI WŁODEK | 518 | | WARSAWA | POL | M50-59 | 4 | M 57 | 02:14:59.70 | 02:15:10.50 | 8:26 | 7.1 |
| 58 | BEŚCIAK KAMIL | 407 | SPARTAN TRAINING GROUP TARNÓW | TARNÓW | POL | M16-29 | 15 | M 58 | 02:15:40.35 | 02:15:40.35 | 8:28 | 7.1 |
| 59 | KWASEK KAZEK | 293 | MUAY RUNNING TEAM | BIBICE | POL | M40-49 | 18 | M 59 | 02:15:30.40 | 02:15:46.95 | 8:28 | 7.1 |
| 60 | KOPEC SEBASTIAN | 490 | | RYCZÓWEK | POL | M30-39 | 23 | M 60 | 02:15:54.90 | 02:16:07.00 | 8:29 | 7.1 |
| 61 | TYKSINSKI RAFAL | 629 | EXPRESSMAP | WARSAWA | POL | M40-49 | 19 | M 61 | 02:16:09.40 | 02:16:32.40 | 8:30 | 7.1 |
| 62 | OSTROWSKI ŁUKASZ | 549 | | KRASNYSTAW | POL | M30-39 | 24 | M 62 | 02:16:08.25 | 02:16:35.10 | 8:30 | 7.1 |
| 63 | UNIEJEWSKI TOMASZ | 630 | | KATOWICE | POL | M40-49 | 20 | M 63 | 02:16:19.85 | 02:17:05.80 | 8:31 | 7 |
| 64 | ŻUKOWSKI GRZEGORZ | 657 | ENDURANCE TEAM | SIEMIANOWICE | POL | M50-59 | 5 | M 64 | 02:17:27.60 | 02:17:38.05 | 8:35 | 7 |
| 65 | CIMASZEWSKI MICHAŁ | 434 | | WAŁBRZYCH | POL | M16-29 | 16 | M 65 | 02:17:52.65 | 02:18:31.40 | 8:37 | 7 |
| 66 | BIELECKI ADAM | 416 | | BIELSKO-BIAŁA | POL | M40-49 | 21 | M 66 | 02:19:45.75 | 02:20:15.85 | 8:44 | 6.9 |
| 67 | HANUSIAK LESZEK | 461 | HUSARIA RACE TEAM | KRAKÓW | POL | M30-39 | 25 | M 67 | 02:19:44.30 | 02:20:30.55 | 8:44 | 6.9 |
| 68 | FRANKOWSKI PIOTR | 446 | | WARSAWA | POL | M40-49 | 22 | M 68 | 02:20:22.35 | 02:20:57.90 | 8:46 | 6.8 |
| 69 | KOBIĄŁKA PAWEŁ | 482 | ROZBIEGANE DOBCZYCE | DOBCZYCE | POL | M40-49 | 23 | M 69 | 02:22:12.60 | 02:22:33.75 | 8:53 | 6.8 |
| 70 | GAWLIKOWSKI ROBERT | 544 | | KATOWICE | POL | M40-49 | 24 | M 70 | 02:22:01.05 | 02:22:46.40 | 8:52 | 6.8 |
| 71 | BEDNARZ JÓZEF | 410 | | SIEDLISKA | POL | M16-29 | 17 | M 71 | 02:22:04.90 | 02:23:01.25 | 8:52 | 6.8 |
| 72 | RAKOWSKI KRZYSZTOF | 577 | RUCHLIWI ŚWIŃSKA NOGA | ZDUŃSKA WOLA | POL | M40-49 | 25 | M 72 | 02:22:45.25 | 02:23:35.55 | 8:55 | 6.7 |
| 73 | KRYGER JACEK | 504 | OTE TEAM | RYTEL | POL | M40-49 | 26 | M 73 | 02:23:10.50 | 02:23:53.85 | 8:56 | 6.7 |
| 74 | SOKOŁOWSKI WŁADYSŁAW | 607 | HUSARIA RACE TEAM | KRAKÓW | POL | M16-29 | 18 | M 74 | 02:23:47.30 | 02:24:34.65 | 8:59 | 6.7 |
| 75 | DUDA WALDEMAR | 438 | TARNOWSKI KLUB KARATE SHINKYOKUSHIN | TATNÓW | POL | M40-49 | 27 | M 75 | 02:25:46.85 | 02:25:54.60 | 9:06 | 6.6 |
| 76 | BEDNARZ FRANCISZEK | 409 | | SIEDLISKA | POL | M30-39 | 26 | M 76 | 02:27:14.40 | 02:28:12.70 | 9:12 | 6.5 |

TRIADA INTRO GORCE, M Open c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | Brutto | min/km | km/h |
|------|------------------------|-----|--|----------------------|------|--------|--------|-------|-------------|-------------|--------|------|
| 77 | WÓJCİK ŁUKASZ | 646 | OLEJ RUNNING TEAM / CELIRONMAN | PABIANICE | POL | M30-39 | 27 | M 77 | 02:28:32.95 | 02:29:17.10 | 9:17 | 6.5 |
| 78 | LUDWA MICHAŁ | 516 | TARNOWSKI KLUB SPORTOWY SHINKYOKUSHIN KARATE | TARNÓW | POL | M30-39 | 28 | M 78 | 02:30:21.85 | 02:30:21.85 | 9:23 | 6.4 |
| 79 | JACHIMOWICZ JAROSŁAW | 468 | SPARTAN TRAINING GROUP TARNÓW | TARNÓW | POL | M16-29 | 19 | M 79 | 02:30:47.10 | 02:30:59.40 | 9:25 | 6.4 |
| 80 | KORNAGA KAMIL | 493 | KS RUDNIANKA RUDNA WIELKA | RUDNA WIELKA | POL | M16-29 | 20 | M 80 | 02:30:22.95 | 02:31:22.05 | 9:23 | 6.4 |
| 81 | JAGIEŁA TOMASZ | 469 | BAKOMAT TEAM | KROSNO | POL | M30-39 | 29 | M 81 | 02:31:10.95 | 02:31:24.45 | 9:26 | 6.3 |
| 82 | JURCZENKO MARCIN | 474 | ITMBW KRAKÓW | KRAKÓW | POL | M40-49 | 28 | M 82 | 02:31:18.05 | 02:31:55.20 | 9:27 | 6.3 |
| 83 | NOWAK KRZYSZTOF | 542 | STG TARNÓW | GROMNIK | POL | M40-49 | 29 | M 83 | 02:31:42.75 | 02:31:55.50 | 9:28 | 6.3 |
| 84 | TOKARSKI RAFAŁ | 625 | | KRAKÓW | POL | M40-49 | 30 | M 84 | 02:31:23.50 | 02:32:03.70 | 9:27 | 6.3 |
| 85 | ADAMSKI JAKUB | 662 | ÓŚRODEK TWÓRCZEJ INTERWENCJI | KRAKÓW | | M30-39 | 30 | M 85 | 02:32:05.25 | 02:33:00.45 | 9:30 | 6.3 |
| 86 | WIŚNIEWSKI TOMASZ | 635 | | ALEKSANDRÓW KUJAWSKI | POL | M40-49 | 31 | M 86 | 02:32:31.05 | 02:33:24.50 | 9:31 | 6.3 |
| 87 | SOBULSKI KAROL | 606 | SB SOBOLE | PIASECZNO | POL | M40-49 | 32 | M 87 | 02:38:53.60 | 02:39:13.75 | 9:55 | 6 |
| 88 | SŁOWIŃSKI KAROL | 604 | | KRAKÓW | POL | M40-49 | 33 | M 88 | 02:39:24.75 | 02:40:06.20 | 9:57 | 6 |
| 89 | POSS MARCIN | 568 | | WARSZAWA | POL | M40-49 | 34 | M 89 | 02:40:30.25 | 02:41:05.85 | 10:01 | 6 |
| 90 | RACZEK RADOSŁAW | 574 | GORĄCY POTOK TEAM | KRAKÓW | POL | M16-29 | 21 | M 90 | 02:40:59.05 | 02:41:39.60 | 10:03 | 6 |
| 91 | DĄBROWSKI MAREK | 437 | TRANSPOREON | WIĘCŁAWICE STARE | POL | M30-39 | 31 | M 91 | 02:40:55.95 | 02:41:53.20 | 10:03 | 6 |
| 92 | WÓLKIEWICZ PAWEŁ | 648 | OX5 | PRUSZKÓW | POL | M50-59 | 6 | M 92 | 02:42:39.70 | 02:43:21.25 | 10:10 | 5.9 |
| 93 | STERNIK DANIEL | 611 | NAJWIĘKSZA ARMIA ŚWIATA | LUBLIN | POL | M30-39 | 32 | M 93 | 02:44:27.75 | 02:44:44.00 | 10:16 | 5.8 |
| 94 | SIKORSKI LUDWIK | 598 | HTF LUDWIK SIKORSKI | ALEKSANDRÓW ŁÓDZKI | POL | M40-49 | 35 | M 94 | 02:44:12.85 | 02:45:03.90 | 10:15 | 5.8 |
| 95 | KONIEC MARIUSZ | 486 | CARBON OCR RACING TEAM | DĄBROWA GÓRNICZA | POL | M30-39 | 33 | M 95 | 02:44:44.85 | 02:45:09.15 | 10:17 | 5.8 |
| 96 | SKOCZYŁAS PIOTR | 601 | ENDURANCE TEAM | CHORZÓW | POL | M40-49 | 36 | M 96 | 02:46:04.75 | 02:46:20.10 | 10:22 | 5.8 |
| 97 | ZAKRZEWSKI JAROSŁAW | 651 | | WARSZAWA | POL | M40-49 | 37 | M 97 | 02:46:13.10 | 02:46:53.30 | 10:23 | 5.8 |
| 98 | BIAŁEK MARIUSZ | 413 | ENDURANCE TEAM | KATOWICE | POL | M30-39 | 34 | M 98 | 02:48:07.15 | 02:48:21.75 | 10:30 | 5.7 |
| 99 | BAR PRZEMEK | 405 | ENDURANCE TEAM | SIEMIANOWICE | POL | M30-39 | 35 | M 99 | 02:48:13.70 | 02:48:58.30 | 10:30 | 5.7 |
| 100 | BALON MARCIN | 403 | BB RUNNERS | KROSNO | POL | M40-49 | 38 | M 100 | 02:52:08.00 | 02:52:20.90 | 10:45 | 5.6 |
| 101 | KAPAŁKA KRZYSZTOF | 478 | STG TARNÓW | GROMNIK | POL | M60+ | 1 | M 101 | 02:53:47.50 | 02:54:00.40 | 10:51 | 5.5 |
| 102 | PRZYBYLSKI MICHAŁ | 570 | TRANSPOREON | ZABIERZÓW | POL | M30-39 | 36 | M 102 | 02:54:10.60 | 02:55:04.70 | 10:53 | 5.5 |
| 103 | BEZKOROWAJNY MATEUSZ | 412 | NOKIA | SIEPRAW | POL | M30-39 | 37 | M 103 | 02:54:54.70 | 02:55:52.70 | 10:55 | 5.5 |
| 104 | GLEUCHOWSKI JACEK | 453 | BB RUNNERS | BIELSKO-BIAŁA | POL | M40-49 | 39 | M 104 | 02:55:43.45 | 02:56:03.35 | 10:59 | 5.5 |
| 105 | KORPAŁSKI JACEK | 494 | | WARSZAWA | POL | M50-59 | 7 | M 105 | 02:55:55.85 | 02:56:35.55 | 10:59 | 5.5 |
| 106 | ZBROSZCZYK DAMIAN | 585 | CARBON OCR RACING TEAM | RYBNIK | POL | M30-39 | 38 | M 106 | 02:57:51.60 | 02:58:15.35 | 11:07 | 5.4 |
| 107 | LULA RADEK | 517 | | WARSZAWA | POL | M40-49 | 40 | M 107 | 03:00:54.05 | 03:01:30.40 | 11:18 | 5.3 |
| 108 | JACKOWSKI JACEK | 661 | JAROSŁAWSKA GRUPA BIEGOWA SOKÓŁ | JAROSŁAW | | M40-49 | 41 | M 108 | 03:00:29.60 | 03:01:33.45 | 11:16 | 5.3 |
| 109 | KOPCZYK JAKUB | 489 | | LUBLIN | POL | M16-29 | 22 | M 109 | 03:03:24.10 | 03:03:55.95 | 11:27 | 5.2 |
| 110 | ŁĘPICKI MATEUSZ | 521 | LEMON TEAM | KRAKÓW | POL | M30-39 | 39 | M 110 | 03:05:36.25 | 03:06:10.95 | 11:36 | 5.2 |
| 111 | MEINERT JAKUB | 532 | CARBON OCR RACING TEAM | KATOWICE | POL | M16-29 | 23 | M 111 | 03:07:36.90 | 03:08:43.00 | 11:43 | 5.1 |
| 112 | STYŁA SEBASTIAN | 612 | | TURKA | POL | M40-49 | 42 | M 112 | 03:09:32.35 | 03:10:05.15 | 11:50 | 5.1 |
| 113 | LESZCZYŃSKI ALEKSANDER | 514 | | KRAKÓW | POL | M40-49 | 43 | M 113 | 03:09:25.05 | 03:10:19.95 | 11:50 | 5.1 |
| 114 | ŁUCZAK PAWEŁ | 522 | | KRAKÓW | POL | M16-29 | 24 | M 114 | 03:10:36.75 | 03:10:46.85 | 11:54 | 5 |
| 115 | MALOCHLEB MATEUSZ | 659 | ZAWISZA STARA KUŹNIA | KATOWICE | | M16-29 | 25 | M 115 | 03:13:28.65 | 03:14:34.30 | 12:05 | 5 |
| 116 | KOTULA JAKUB | 498 | | KATOWICE | POL | M30-39 | 40 | M 116 | 03:14:27.55 | 03:15:10.75 | 12:09 | 4.9 |
| 117 | BRODECKI ADAM | 422 | WATAHA ŁĄCZY NAS BIEGANIE | RADZYŃ PODLASKI | POL | M16-29 | 26 | M 117 | 03:17:00.05 | 03:18:00.75 | 12:18 | 4.9 |
| 118 | KANDERSKI SŁAWEK | 476 | WKB MARATOŃCZYK | WŁOCŁAWEK | POL | M50-59 | 8 | M 118 | 03:17:10.35 | 03:18:15.25 | 12:19 | 4.9 |
| 119 | SITEK SZYMON | 620 | ZABIEGANI CZĘSTOCHOWA | CZĘSTOCHOWA | POL | M30-39 | 41 | M 119 | 03:30:00.00 | 03:30:00.00 | 13:07 | 4.6 |
| 120 | DUBIŃSKI PRZEMYSŁAW | 415 | PRZEMEK DUBIŃSKI - BIEGIEMPRZEZŚWIAT | CZĘSTOCHOWA | POL | M40-49 | 44 | M 119 | 03:30:00.00 | 03:30:00.00 | 13:07 | 4.6 |
| 121 | RADYK JAKUB | 440 | PRZEMYSKI KLUB BIEGACZA | PRZEMYSŁ | POL | M30-39 | 41 | M 119 | 03:30:00.00 | 03:30:00.00 | 13:07 | 4.6 |
| 122 | GROCHAŁ MARCIN | 557 | PSEUDOMOUNTAINRUNNER | WYGIEŁZÓW | POL | M40-49 | 44 | M 119 | 03:30:00.00 | 03:30:00.00 | 13:07 | 4.6 |
| 123 | WIECZOREK ANDRZEJ | 638 | | TARNÓW | POL | M50-59 | 9 | M 123 | 03:31:09.05 | 03:31:24.15 | 13:11 | 4.5 |
| 124 | PIENKOWSKI LESZEK | 559 | WM TRISELF | KRAKÓW | POL | M50-59 | 10 | M 124 | 03:32:48.55 | 03:33:25.00 | 13:18 | 4.5 |

TRIADA INTRO GORCE, K16-29

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | Brutto | min/km | km/h |
|------|--------------------|-----|-------------------|-----------|------|--------|--------|------|-------------|-------------|--------|------|
| 1 | PIETROCZUK SYLWIA | 561 | NOA | NYSA | POL | K16-29 | 1 | K 1 | 01:49:55.30 | 01:49:58.10 | 6:52 | 8.7 |
| 2 | WICHA MAŁGORZATA | 637 | WKS WAWEL | KRAKÓW | POL | K16-29 | 2 | K 5 | 02:04:34.75 | 02:04:40.60 | 7:47 | 7.7 |
| 3 | PAWELEC ALEKSANDRA | 552 | HUSARIA RACE TEAM | KRAKÓW | POL | K16-29 | 3 | K 11 | 02:15:15.50 | 02:15:52.90 | 8:27 | 7.1 |

TRIADA INTRO GORCE, K16-29 c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | Brutto | min/km | km/h |
|------|---------------------|-----|-----------------------|------------|------|--------|--------|-------|-------------|-------------|--------|------|
| 4 | HRYC MARTYNA | 467 | | GRYWAŁD | POL | K16-29 | 4 | K 15 | 02:20:19.10 | 02:20:26.85 | 8:46 | 6.8 |
| 5 | ROGOWSKA ALEKSANDRA | 582 | SIOSTRY OLSEN | KRAKÓW | POL | K16-29 | 5 | K 20 | 02:26:02.50 | 02:26:35.90 | 9:07 | 6.6 |
| 6 | BEDNARZ ANNA | 408 | 42 DO SZCZĘŚCIA | SIEDLIKA | POL | K16-29 | 6 | K 22 | 02:28:24.05 | 02:29:21.10 | 9:16 | 6.5 |
| 7 | KONS KATARZYNA | 487 | POKA HERKI TEAM | ŁĄCZANY | POL | K16-29 | 7 | K 24 | 02:30:18.50 | 02:31:18.25 | 9:23 | 6.4 |
| 8 | WILCZEWSKA WERONIKA | 642 | | HRUBIESZÓW | POL | K16-29 | 8 | K 28 | 02:33:01.30 | 02:34:00.70 | 9:33 | 6.3 |
| 9 | BOROŃ MARLENA | 639 | | KRAKÓW | POL | K16-29 | 9 | K 38 | 02:39:13.80 | 02:39:39.95 | 9:57 | 6 |
| 10 | MAJDA KAROLINA | 527 | | KRAKÓW | POL | K16-29 | 10 | K 42 | 02:40:59.25 | 02:41:39.10 | 10:03 | 6 |
| 11 | KOSTKA ANETA | 496 | ADIDAS RUNNERS WARSAW | KAZIMIERÓW | POL | K16-29 | 11 | K 56 | 02:46:21.90 | 02:46:38.65 | 10:23 | 5.8 |
| 12 | KRAVETS ANASTASIIA | 502 | TRANSPOREON | KRAKÓW | POL | K16-29 | 12 | K 73 | 02:54:10.50 | 02:55:04.45 | 10:53 | 5.5 |
| 13 | ŁĘPICKA MARTA | 520 | | WARSZAWA | POL | K16-29 | 13 | K 88 | 03:05:38.15 | 03:06:12.05 | 11:36 | 5.2 |
| 14 | MANKO MONIKA | 529 | | TURKA | POL | K16-29 | 14 | K 93 | 03:09:32.95 | 03:10:04.05 | 11:50 | 5.1 |
| 15 | KRÓLIKOWSKA ANNA | 503 | HUSARIA RACE TEAM | MODLNICZKA | POL | K16-29 | 15 | K 95 | 03:10:35.75 | 03:10:46.70 | 11:54 | 5 |
| 16 | SURDEJ PAULINA | 613 | STG TARNÓW | TARNÓW | POL | K16-29 | 16 | K 100 | 03:22:52.25 | 03:23:04.55 | 12:40 | 4.7 |

TRIADA INTRO GORCE, M16-29

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | Brutto | min/km | km/h |
|------|----------------------|-----|---------------------------------|-------------------------|------|--------|--------|-------|-------------|-------------|--------|------|
| 1 | PACHUT JERZY | 551 | COLWAY | SŁOPNICE | POL | M16-29 | 1 | M 3 | 01:28:28.70 | 01:28:29.85 | 5:31 | 10.9 |
| 2 | CHLIPAŁA PAWEŁ | 429 | | KAMIENICA | POL | M16-29 | 2 | M 4 | 01:28:52.05 | 01:28:53.20 | 5:33 | 10.8 |
| 3 | CELEJEWSKI MARCIN | 427 | MYDŁOWSKA ATHLETIC TEAM | LIPKI WIELKIE | POL | M16-29 | 3 | M 7 | 01:33:22.75 | 01:33:22.75 | 5:50 | 10.3 |
| 4 | ZYGMUNT TOMASZ | 656 | | GIEDLAROWA | POL | M16-29 | 4 | M 8 | 01:33:29.85 | 01:33:33.60 | 5:50 | 10.3 |
| 5 | MADZIAR WIKTOR | 524 | | ZARZECZE | POL | M16-29 | 5 | M 9 | 01:35:00.70 | 01:35:03.80 | 5:56 | 10.1 |
| 6 | SAROSI KRISTOF | 670 | GLOBO SPORT SE | DOBRA | HUN | M16-29 | 6 | M 10 | 01:36:18.25 | 01:36:20.60 | 6:01 | 10 |
| 7 | KOZIK ADAM | 500 | | KROŚCIENKO NAD DUNAJCEM | POL | M16-29 | 7 | M 11 | 01:36:31.65 | 01:36:36.05 | 6:02 | 9.9 |
| 8 | MADZIAR MATEUSZ | 525 | AO MYKONROY | STARY SACZ | POL | M16-29 | 8 | M 12 | 01:36:36.20 | 01:36:39.10 | 6:02 | 9.9 |
| 9 | OLEŚ RAFAŁ | 548 | HUSARIA RACE TEAM | ZEMBRZYCE | POL | M16-29 | 9 | M 17 | 01:43:51.60 | 01:43:51.60 | 6:29 | 9.2 |
| 10 | SKIBA MACIEJ | 139 | SKIBASPORT.PL / SPORTOWE DZBANY | WAŁBRZYCH | POL | M16-29 | 10 | M 28 | 01:55:40.10 | 01:56:36.20 | 7:13 | 8.3 |
| 11 | KALCZYŃSKI MARCIN | 475 | | KRAKÓW | POL | M16-29 | 11 | M 43 | 02:07:35.20 | 02:08:43.05 | 7:58 | 7.5 |
| 12 | KOPEĆ KRYSZTIAN | 491 | | RYCZÓWEK | POL | M16-29 | 12 | M 45 | 02:09:09.60 | 02:09:23.45 | 8:04 | 7.4 |
| 13 | SAROSI BOLDI | 592 | | DOBRA | HUN | M16-29 | 13 | M 53 | 02:13:54.55 | 02:14:39.00 | 8:22 | 7.2 |
| 14 | NOWAK PIOTR | 540 | | TYCHY | POL | M16-29 | 14 | M 54 | 02:14:19.50 | 02:14:53.05 | 8:23 | 7.1 |
| 15 | BEŚCIAK KAMIL | 407 | SPARTAN TRAINING GROUP TARNÓW | TARNÓW | POL | M16-29 | 15 | M 58 | 02:15:40.35 | 02:15:40.35 | 8:28 | 7.1 |
| 16 | CIMASZEWSKI MICHAŁ | 434 | | WAŁBRZYCH | POL | M16-29 | 16 | M 65 | 02:17:52.65 | 02:18:31.40 | 8:37 | 7 |
| 17 | BEDNARZ JÓZEF | 410 | | SIEDLIKA | POL | M16-29 | 17 | M 71 | 02:22:04.90 | 02:23:01.25 | 8:52 | 6.8 |
| 18 | SOKOŁOWSKI WŁADYSŁAW | 607 | HUSARIA RACE TEAM | KRAKÓW | POL | M16-29 | 18 | M 74 | 02:23:47.30 | 02:24:34.65 | 8:59 | 6.7 |
| 19 | JACHIMOWICZ JAROSŁAW | 468 | SPARTAN TRAINING GROUP TARNÓW | TARNÓW | POL | M16-29 | 19 | M 79 | 02:30:47.10 | 02:30:59.40 | 9:25 | 6.4 |
| 20 | KORNAGA KAMIL | 493 | KS RUDNIANKA RUDNA WIELKA | RUDNA WIELKA | POL | M16-29 | 20 | M 80 | 02:30:22.95 | 02:31:22.05 | 9:23 | 6.4 |
| 21 | RACZEK RADOSŁAW | 574 | GORAŃCY POTOK TEAM | KRAKÓW | POL | M16-29 | 21 | M 90 | 02:40:59.05 | 02:41:39.60 | 10:03 | 6 |
| 22 | KOPCZYK JAKUB | 489 | | LUBLIN | POL | M16-29 | 22 | M 109 | 03:03:24.10 | 03:03:55.95 | 11:27 | 5.2 |
| 23 | MEINERT JAKUB | 532 | CARBON OCR RACING TEAM | KATOWICE | POL | M16-29 | 23 | M 111 | 03:07:36.90 | 03:08:43.00 | 11:43 | 5.1 |
| 24 | ŁUCZAK PAWEŁ | 522 | | KRAKÓW | POL | M16-29 | 24 | M 114 | 03:10:36.75 | 03:10:46.85 | 11:54 | 5 |
| 25 | MALOCHLEB MATEUSZ | 659 | ZAWISZA STARA KUŹNIA | KATOWICE | | M16-29 | 25 | M 115 | 03:13:28.65 | 03:14:34.30 | 12:05 | 5 |
| 26 | BRODECKI ADAM | 422 | WATAHA ŁĄCZY NAS BIEGANIE | RADZYŃ PODLASKI | POL | M16-29 | 26 | M 117 | 03:17:00.05 | 03:18:00.75 | 12:18 | 4.9 |

TRIADA INTRO GORCE, K30-39

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | Brutto | min/km | km/h |
|------|---------------------------|-----|----------------------|-------------|------|--------|--------|-----|-------------|-------------|--------|------|
| 1 | LANGE MAGDA | 510 | STG TARNOW | GROMNIK | POL | K30-39 | 1 | K 2 | 01:59:37.50 | 01:59:46.85 | 7:28 | 8 |
| 2 | MIKOŚ MAGDALENA | 535 | | KRAKÓW | POL | K30-39 | 2 | K 3 | 02:01:59.30 | 02:02:37.10 | 7:37 | 7.9 |
| 3 | SZUMNY NINA | 622 | | KRAKÓW | POL | K30-39 | 3 | K 4 | 02:04:26.90 | 02:04:31.10 | 7:46 | 7.7 |
| 4 | BLOK IZABELA | 418 | 72D ROWMIX JAVA TEAM | KRAKOW | POL | K30-39 | 4 | K 6 | 02:05:51.05 | 02:05:55.80 | 7:51 | 7.6 |
| 5 | CHMIELEWSKA-BORUCH MILENA | 430 | | MRAĞOWO | POL | K30-39 | 5 | K 7 | 02:04:49.35 | 02:05:56.50 | 7:48 | 7.7 |
| 6 | PINTSCHER PAULINA | 564 | | RABKA-ZDRÓJ | POL | K30-39 | 6 | K 8 | 02:10:49.35 | 02:11:11.90 | 8:10 | 7.3 |
| 7 | SZUREK PAULINA | 623 | | MODERÓWKA | POL | K30-39 | 7 | K 9 | 02:11:13.25 | 02:11:34.90 | 8:12 | 7.3 |

TRIADA INTRO GORCE, K30-39 c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | Brutto | min/km | km/h |
|------|-------------------------|-----|-------------------------------|----------------------|------|--------|--------|-------|-------------|-------------|--------|------|
| 8 | BISZCZUK MARIOLA | 417 | THE THRULERS | PUŁAWY | POL | K30-39 | 8 | K 10 | 02:12:14.25 | 02:12:19.00 | 8:15 | 7.3 |
| 9 | STEFANIUK MARZENA | 610 | | RADZYMIN | POL | K30-39 | 9 | K 12 | 02:16:25.85 | 02:16:42.50 | 8:31 | 7 |
| 10 | PROCHASEK ANNA | 569 | | SKRBEŃSKO | POL | K30-39 | 10 | K 14 | 02:18:50.95 | 02:19:45.75 | 8:40 | 6.9 |
| 11 | GARDEŁA JUSTYNA | 449 | WOLBROM TEAM | WOLBROM | POL | K30-39 | 11 | K 17 | 02:24:59.50 | 02:25:57.05 | 9:03 | 6.6 |
| 12 | HAŚNIK DARIA | 460 | | BIERUŃ | POL | K30-39 | 12 | K 18 | 02:25:45.70 | 02:26:02.05 | 9:06 | 6.6 |
| 13 | SIEKANIEC DOROTA | 595 | NIDEC ALL FOR DREAMS | KRAKÓW | POL | K30-39 | 13 | K 19 | 02:25:55.50 | 02:26:34.40 | 9:07 | 6.6 |
| 14 | POŹNIAK-STYCZYŃSKA MAJA | 565 | DDC | PUŁAWY | POL | K30-39 | 14 | K 23 | 02:29:34.80 | 02:29:40.10 | 9:20 | 6.4 |
| 15 | ZAŁUBSKA ANNA | 652 | DIETETYK-NIEPOLOMICE.PL | KRAKÓW | POL | K30-39 | 15 | K 27 | 02:33:15.75 | 02:33:15.75 | 9:34 | 6.3 |
| 16 | HERLICZKA RENATA | 465 | AML-FLY TEAM | GLIWICE | POL | K30-39 | 16 | K 29 | 02:33:46.50 | 02:34:50.30 | 9:36 | 6.2 |
| 17 | PRZYBYŁKA AGNIESZKA | 571 | | MYSŁOWICE | POL | K30-39 | 17 | K 33 | 02:38:04.80 | 02:38:28.10 | 9:52 | 6.1 |
| 18 | CHRZAN MAGDALENA | 432 | | KRAKÓW | POL | K30-39 | 18 | K 34 | 02:38:37.00 | 02:39:08.75 | 9:54 | 6.1 |
| 19 | TRUSZKOWSKA MARTA | 628 | | WARSZAWA | POL | K30-39 | 19 | K 36 | 02:38:28.00 | 02:39:24.95 | 9:54 | 6.1 |
| 20 | NORWECKA SYLWIA | 538 | | KRAKÓW | POL | K30-39 | 20 | K 39 | 02:39:23.05 | 02:39:56.45 | 9:57 | 6 |
| 21 | ARMAŃSKA MARIANNA | 400 | | LEGNICA | POL | K30-39 | 21 | K 40 | 02:40:12.45 | 02:40:41.60 | 10:00 | 6 |
| 22 | RADOSZ-KWASEK AGATA | 575 | MUAY RUNNING TEAM | KRAKÓW | POL | K30-39 | 22 | K 44 | 02:41:55.10 | 02:42:24.55 | 10:07 | 5.9 |
| 23 | ZIÓŁEK KORNELIA | 654 | | WARSZAWA | POL | K30-39 | 23 | K 47 | 02:44:14.60 | 02:44:47.20 | 10:15 | 5.8 |
| 24 | NOWAK PAULINA | 543 | SPARTAN TREINING GROUP TARNÓW | TARNÓW | POL | K30-39 | 24 | K 48 | 02:44:36.85 | 02:44:47.30 | 10:17 | 5.8 |
| 25 | CIECHAROWSKA JUSTYNA | 433 | | ZYRARDÓW | POL | K30-39 | 25 | K 49 | 02:44:03.45 | 02:44:56.55 | 10:15 | 5.9 |
| 26 | PIETROŃ MONIKA | 562 | LEMON TEAM | KRAKÓW | POL | K30-39 | 26 | K 50 | 02:44:46.50 | 02:45:09.35 | 10:17 | 5.8 |
| 27 | RUDNIK KATARZYNA | 587 | | WARSZAWA | POL | K30-39 | 27 | K 53 | 02:45:37.65 | 02:46:31.55 | 10:21 | 5.8 |
| 28 | KURCIŃSKA LIDIA | 507 | | PIASECZNO | POL | K30-39 | 28 | K 55 | 02:45:40.55 | 02:46:31.75 | 10:21 | 5.8 |
| 29 | HEPNER MALWINA | 464 | ADIDAS RUNNERS WARSAW | WARSZAWA | POL | K30-39 | 29 | K 57 | 02:46:24.90 | 02:46:42.15 | 10:24 | 5.8 |
| 30 | BUNIKOWSKA EMILIA | 425 | | KRAKÓW | POL | K30-39 | 30 | K 59 | 02:47:47.50 | 02:48:23.65 | 10:29 | 5.7 |
| 31 | OTOLA IWONA | 550 | ENDURANCE TEAM | CHORZÓW | POL | K30-39 | 31 | K 60 | 02:48:12.80 | 02:48:58.00 | 10:30 | 5.7 |
| 32 | ŚWIEŻEWSKA KLEMENTYNA | 640 | | WARSZAWA | POL | K30-39 | 32 | K 64 | 02:51:26.60 | 02:52:21.70 | 10:42 | 5.6 |
| 33 | NOWACZEK ALEKSANDRA | 539 | MULTIMEDIA RUNNERS PUŁAWY | PUŁAWY | POL | K30-39 | 33 | K 65 | 02:53:08.15 | 02:53:36.10 | 10:49 | 5.5 |
| 34 | BRODAWKA OLGA | 421 | | WARSZAWA | POL | K30-39 | 34 | K 66 | 02:53:24.30 | 02:53:51.10 | 10:50 | 5.5 |
| 35 | RUTKOWSKA MILENA | 588 | MULTIMEDIA RUNNERS PUŁAWY | PUŁAWY | POL | K30-39 | 35 | K 69 | 02:53:31.90 | 02:54:02.65 | 10:50 | 5.5 |
| 36 | MICHAŁIK JUSTYNA | 533 | ZABIERZOW BIEGA | ZABIERZOW | POL | K30-39 | 36 | K 71 | 02:53:30.65 | 02:54:20.25 | 10:50 | 5.5 |
| 37 | BEZKOROWAJNY JOANNA | 411 | NOKIA | SIEPRAW | POL | K30-39 | 37 | K 75 | 02:54:54.30 | 02:55:52.60 | 10:55 | 5.5 |
| 38 | ŻURKOWSKA DOROTA | 658 | | JÓZEFÓW | POL | K30-39 | 38 | K 76 | 02:55:12.05 | 02:56:00.50 | 10:57 | 5.5 |
| 39 | MARKOWSKA JADWIGA | 530 | | WIELICZKA | POL | K30-39 | 39 | K 79 | 02:58:42.70 | 02:59:17.20 | 11:10 | 5.4 |
| 40 | RADYK JOANNA | 576 | PRZEMYSKI KLUB BIEGACZA | PRZEMYSŁ | POL | K30-39 | 40 | K 83 | 03:01:02.95 | 03:01:33.00 | 11:18 | 5.3 |
| 41 | PUKOCZ KATARZYNA | 573 | | ŚWIĘTOCHŁOWICE | POL | K30-39 | 41 | K 84 | 03:00:32.25 | 03:01:38.25 | 11:17 | 5.3 |
| 42 | ZAINIKOWSKA WÓJCİK INNA | 649 | NIE MAM POMYSŁU | ŁÓDŹ | POL | K30-39 | 42 | K 85 | 03:03:48.45 | 03:03:58.70 | 11:29 | 5.2 |
| 43 | ŚWIEŻEWSKA KAJA | 641 | | LONDYN | POL | K30-39 | 43 | K 86 | 03:03:42.50 | 03:04:37.95 | 11:28 | 5.2 |
| 44 | KWIATKOWSKA KATARZYNA | 509 | RUNKASJARUN | MARKI | POL | K30-39 | 44 | K 87 | 03:03:48.05 | 03:04:42.00 | 11:29 | 5.2 |
| 45 | PIETRZYKOWSKA KATARZYNA | 563 | | WROCLAW | POL | K30-39 | 45 | K 89 | 03:06:06.95 | 03:06:58.80 | 11:37 | 5.2 |
| 46 | OGAZA ANNA | 546 | | SIEMIANOWICE ŚLĄSKIE | POL | K30-39 | 46 | K 91 | 03:08:14.95 | 03:08:35.20 | 11:45 | 5.1 |
| 47 | KUREK MAŁGORZATA | 508 | CARBON OCR RACING TEAM | SIEMIANOWICE ŚLĄSKIE | POL | K30-39 | 47 | K 92 | 03:08:17.50 | 03:08:37.50 | 11:46 | 5.1 |
| 48 | GERLE-KOTULA ANNA | 452 | | KATOWICE | POL | K30-39 | 48 | K 96 | 03:14:30.45 | 03:15:10.90 | 12:09 | 4.9 |
| 49 | NOWAK EWELINA | 541 | STG TARNÓW | GROMNIK | POL | K30-39 | 49 | K 98 | 03:20:27.70 | 03:20:39.65 | 12:31 | 4.8 |
| 50 | KUBIESA PATRYCJA | 505 | HUSARIA RACE TEAM | KRAKÓW | POL | K30-39 | 50 | K 99 | 03:22:02.20 | 03:22:28.25 | 12:37 | 4.8 |
| 51 | CHELEWICKA MAGDALENA | 414 | ZABIEGANI CZĘSTOCHOWA | CZĘSTOCHOWA | POL | K30-39 | 51 | K 105 | 03:30:00.00 | 03:30:00.00 | 13:07 | 4.6 |
| 52 | MATUSZCZAK ANGELIKA | 531 | STG TARNÓW | TARNÓW | POL | K30-39 | 52 | K 108 | 03:32:13.35 | 03:32:24.40 | 13:15 | 4.5 |
| 53 | ZIENKIEWICZ AGATA | 653 | | WROCLAW | POL | K30-39 | 53 | K 109 | 03:32:48.00 | 03:33:25.55 | 13:18 | 4.5 |
| 54 | MIERZEJEWSKA OLGA | 534 | | SIEMIANOWICE ŚLĄSKIE | POL | K30-39 | 54 | K 110 | 03:33:57.95 | 03:34:42.65 | 13:22 | 4.5 |
| 55 | SMOGORZEWSKA MARTA | 605 | WKURW_TEAM | WARSZAWA | POL | K30-39 | 55 | K 111 | 03:36:50.45 | 03:37:56.90 | 13:33 | 4.4 |
| 56 | MALARA DALIA | 528 | CARBON OCR RACING TEAM | ZABRZE | POL | K30-39 | 56 | K 113 | 03:38:37.00 | 03:38:59.50 | 13:39 | 4.4 |
| 57 | PRZYBYŁO MARTA | 572 | | KRAKÓW | POL | K30-39 | 57 | K 115 | 03:38:11.80 | 03:39:18.90 | 13:38 | 4.4 |

TRIADA INTRO GORCE, M30-39

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | Brutto | min/km | km/h |
|------|-----------------|-----|--------------------|-----------|------|--------|--------|-----|-------------|-------------|--------|------|
| 1 | GABRYŚ RAFAŁ | 447 | KAWIK RUNNING TEAM | SZCZAWA | POL | M30-39 | 1 | M 2 | 01:28:01.40 | 01:28:03.25 | 5:30 | 10.9 |
| 2 | DUDZIK ŁUKASZ | 439 | GÓRAL BIEGA | KAMIENICA | POL | M30-39 | 2 | M 6 | 01:31:05.20 | 01:31:07.20 | 5:41 | 10.5 |

TRIADA INTRO GORCE, M30-39 c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | Brutto | min/km | km/h |
|------|----------------------|-----|--|------------------|------|--------|--------|-------|-------------|-------------|--------|------|
| 3 | SZCZEPANIAK DAMIAN | 615 | KAMIENICA | KAMIENICA | POL | M30-39 | 3 | M 13 | 01:36:56.85 | 01:36:58.25 | 6:03 | 9.9 |
| 4 | BATORYNA ALEKSANDER | 406 | UNIwersytet Ekonomiczny w Katowicach | BĘDZIN | POL | M30-39 | 4 | M 14 | 01:37:24.65 | 01:37:26.10 | 6:05 | 9.9 |
| 5 | BRENDZOWSKI ADAM | 420 | SOLINATEAM / RUNONLINE.PL TEAM | SOLINA | POL | M30-39 | 5 | M 15 | 01:40:53.90 | 01:41:12.00 | 6:18 | 9.5 |
| 6 | BROL PIOTR | 423 | ENDURANCE TEAM | SIEMIANOWICE | POL | M30-39 | 6 | M 16 | 01:43:29.05 | 01:43:31.00 | 6:28 | 9.3 |
| 7 | OCHYRA KONRAD | 545 | SOLINA TEAM | LESKO | POL | M30-39 | 7 | M 18 | 01:43:42.30 | 01:43:59.65 | 6:28 | 9.3 |
| 8 | ROMANOWSKI ŁUKASZ | 584 | HUSARIA RACE TEAM | KRAKÓW | POL | M30-39 | 8 | M 19 | 01:47:46.75 | 01:47:50.50 | 6:44 | 8.9 |
| 9 | PIECZONKA RAFAL | 558 | SPARTAN TREINING GROUP TARNÓW | TARNÓW | POL | M30-39 | 9 | M 20 | 01:48:34.90 | 01:48:45.95 | 6:47 | 8.8 |
| 10 | REICHEL MARCIN | 579 | | KRAKÓW | POL | M30-39 | 10 | M 21 | 01:52:36.00 | 01:52:42.45 | 7:02 | 8.5 |
| 11 | KOPIEC KAMIL | 492 | JAJA NA BOK | KRAKÓW | POL | M30-39 | 11 | M 22 | 01:52:35.10 | 01:52:42.50 | 7:02 | 8.5 |
| 12 | KUBIESA-CRO JAKUB | 506 | | KRAKÓW | POL | M30-39 | 12 | M 24 | 01:54:09.15 | 01:54:23.45 | 7:08 | 8.4 |
| 13 | KEMPKA MARCIN | 495 | RAJSPOrT ACTIVE | ZDUŃSKA WOLA | POL | M30-39 | 13 | M 27 | 01:56:20.70 | 01:56:30.20 | 7:16 | 8.3 |
| 14 | KOZŁOWSKI BARTOSZ | 501 | THE THRULERS | PULAWY | POL | M30-39 | 14 | M 29 | 01:56:32.35 | 01:56:37.70 | 7:17 | 8.2 |
| 15 | MŁYNARCZYK KRZYSZTOF | 536 | ANDRYCHÓW RUNNING | WIEPRZ | POL | M30-39 | 15 | M 30 | 01:56:43.40 | 01:57:11.00 | 7:17 | 8.2 |
| 16 | KŁOCEK KONRAD | 663 | | ŁĘŻYNY | | M30-39 | 16 | M 32 | 01:57:16.60 | 01:57:37.45 | 7:19 | 8.2 |
| 17 | SURUS ARTUR | 614 | | TARNÓW | POL | M30-39 | 17 | M 34 | 01:59:35.10 | 02:00:08.70 | 7:28 | 8 |
| 18 | DEPTUŚ BARTŁOMIEJ | 435 | | KRASNYSTAW | POL | M30-39 | 18 | M 40 | 02:05:51.95 | 02:06:19.40 | 7:52 | 7.6 |
| 19 | LEWCZUK NORBERT | 515 | BIEGACZE POMAGACZE/ ELITE RUNNERS | ŁOSICE | POL | M30-39 | 19 | M 47 | 02:09:09.85 | 02:09:48.05 | 8:04 | 7.4 |
| 20 | SKRZYŃSKI RAFAŁ | 603 | RUNONLINE.PL | NIEPOŁOMICE | POL | M30-39 | 20 | M 48 | 02:09:18.40 | 02:09:53.65 | 8:04 | 7.4 |
| 21 | GAWRYS BARTEK | 451 | ENDURANCE TEAM | SIEMIANOWICE | POL | M30-39 | 21 | M 52 | 02:14:18.40 | 02:14:31.00 | 8:23 | 7.1 |
| 22 | PAWEŁCZYK KACPER | 554 | K.S. CELIRONMAN S.A. | ŁÓDŹ | POL | M30-39 | 22 | M 55 | 02:14:10.95 | 02:14:54.50 | 8:23 | 7.2 |
| 23 | KOPEĆ SEBASTIAN | 490 | | RYCZÓWEK | POL | M30-39 | 23 | M 60 | 02:15:54.90 | 02:16:07.00 | 8:29 | 7.1 |
| 24 | OSTROWSKI ŁUKASZ | 549 | | KRASNYSTAW | POL | M30-39 | 24 | M 62 | 02:16:08.25 | 02:16:35.10 | 8:30 | 7.1 |
| 25 | HANUSIAK LESZEK | 461 | HUSARIA RACE TEAM | KRAKÓW | POL | M30-39 | 25 | M 67 | 02:19:44.30 | 02:20:30.55 | 8:44 | 6.9 |
| 26 | BEDNARZ FRANCISZEK | 409 | | SIEDLIKA | POL | M30-39 | 26 | M 76 | 02:27:14.40 | 02:28:12.70 | 9:12 | 6.5 |
| 27 | WÓJCIK ŁUKASZ | 646 | OLEJ RUNNING TEAM / CELIRONMAN | PABIANICE | POL | M30-39 | 27 | M 77 | 02:28:32.95 | 02:29:17.10 | 9:17 | 6.5 |
| 28 | LUDWA MICHAŁ | 516 | TARNOWSKI KLUB SPORTOWY SHINKYOKUSHIN KARATE | TARNÓW | POL | M30-39 | 28 | M 78 | 02:30:21.85 | 02:30:21.85 | 9:23 | 6.4 |
| 29 | JAGIEŁA TOMASZ | 469 | BAKOMAT TEAM | KROSNO | POL | M30-39 | 29 | M 81 | 02:31:10.95 | 02:31:24.45 | 9:26 | 6.3 |
| 30 | ADAMSKI JAKUB | 662 | OŚRODEK TWÓRCZEJ INTERWENCJI | KRAKÓW | | M30-39 | 30 | M 85 | 02:32:05.25 | 02:33:00.45 | 9:30 | 6.3 |
| 31 | DĄBROWSKI MAREK | 437 | TRANSPOREON | WIĘCŁAWICE STARE | POL | M30-39 | 31 | M 91 | 02:40:55.95 | 02:41:53.20 | 10:03 | 6 |
| 32 | STERNIK DANIEL | 611 | NAJWIĘKSZA ARMIA ŚWIATA | LUBLIN | POL | M30-39 | 32 | M 93 | 02:44:27.75 | 02:44:44.00 | 10:16 | 5.8 |
| 33 | KONIEC MARIUSZ | 486 | CARBON OCR RACING TEAM | DĄBROWA GÓRNICZA | POL | M30-39 | 33 | M 95 | 02:44:44.85 | 02:45:09.15 | 10:17 | 5.8 |
| 34 | BIAŁEK MARIUSZ | 413 | ENDURANCE TEAM | KATOWICE | POL | M30-39 | 34 | M 98 | 02:48:07.15 | 02:48:21.75 | 10:30 | 5.7 |
| 35 | BAR PRZEMEK | 405 | ENDURANCE TEAM | SIEMIANOWICE | POL | M30-39 | 35 | M 99 | 02:48:13.70 | 02:48:58.30 | 10:30 | 5.7 |
| 36 | PRZYBYLSKI MICHAŁ | 570 | TRANSPOREON | ZABIERZÓW | POL | M30-39 | 36 | M 102 | 02:54:10.60 | 02:55:04.70 | 10:53 | 5.5 |
| 37 | BEZKOROWAJNY MATEUSZ | 412 | NOKIA | SIEPRAW | POL | M30-39 | 37 | M 103 | 02:54:54.70 | 02:55:52.70 | 10:55 | 5.5 |
| 38 | ZBROSZCZYK DAMIAN | 585 | CARBON OCR RACING TEAM | RYBNIK | POL | M30-39 | 38 | M 106 | 02:57:51.60 | 02:58:15.35 | 11:07 | 5.4 |
| 39 | ŁĘPICKI MATEUSZ | 521 | LEMON TEAM | KRAKÓW | POL | M30-39 | 39 | M 110 | 03:05:36.25 | 03:06:10.95 | 11:36 | 5.2 |
| 40 | KOTULA JAKUB | 498 | | KATOWICE | POL | M30-39 | 40 | M 116 | 03:14:27.55 | 03:15:10.75 | 12:09 | 4.9 |
| 41 | SITEK SZYMON | 620 | ZABIEGANI CZĘSTOCHOWA | CZĘSTOCHOWA | POL | M30-39 | 41 | M 119 | 03:30:00.00 | 03:30:00.00 | 13:07 | 4.6 |
| 42 | RADYK JAKUB | 440 | PRZEMYSKI KLUB BIEGACZA | PRZEMYŚL | POL | M30-39 | 41 | M 119 | 03:30:00.00 | 03:30:00.00 | 13:07 | 4.6 |

TRIADA INTRO GORCE, K40-49

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | Brutto | min/km | km/h |
|------|----------------------|-----|----------------------|---------------|------|--------|--------|------|-------------|-------------|--------|------|
| 1 | ROGÓZ ELŻBIETA | 583 | PRORUNNING PROMOTION | WARSZAWA | POL | K40-49 | 1 | K 13 | 02:17:29.55 | 02:17:40.40 | 8:35 | 7 |
| 2 | HENDZLIK MONIKA | 463 | | CZĘSTOCHOWA | POL | K40-49 | 2 | K 16 | 02:25:24.85 | 02:25:53.70 | 9:05 | 6.6 |
| 3 | ROZMUS MARZENA | 586 | FRELKI LOTAJOM | BOJSZOWY NOWE | POL | K40-49 | 3 | K 21 | 02:28:45.35 | 02:29:02.20 | 9:17 | 6.5 |
| 4 | TOKARSKA BOŻENA | 624 | #ADAMCZERWIŃSKITEAM | KRAKÓW | POL | K40-49 | 4 | K 26 | 02:31:25.15 | 02:32:03.60 | 9:27 | 6.3 |
| 5 | REJMAN DOROTA | 580 | | TARNOBRZEG | POL | K40-49 | 5 | K 31 | 02:36:02.30 | 02:36:51.95 | 9:45 | 6.2 |
| 6 | SALAMON BARBARA | 590 | | GLIWICE | POL | K40-49 | 6 | K 32 | 02:37:41.20 | 02:38:04.35 | 9:51 | 6.1 |
| 7 | SZCZESNIAK AGNIESZKA | 616 | SB SOBOLE | WARSZAWA | POL | K40-49 | 7 | K 35 | 02:38:52.40 | 02:39:13.85 | 9:55 | 6 |
| 8 | LEFELIC MONIKA | 512 | | WARSZAWA | POL | K40-49 | 8 | K 37 | 02:38:55.95 | 02:39:27.70 | 9:56 | 6 |
| 9 | DZIEWIĄTKOWSKA EWA | 443 | | STARE BABICE | POL | K40-49 | 9 | K 41 | 02:40:16.70 | 02:40:44.10 | 10:01 | 6 |
| 10 | WARCHOCKA EWELINA | 632 | | LUBLIN | POL | K40-49 | 10 | K 43 | 02:41:45.00 | 02:42:03.55 | 10:06 | 5.9 |
| 11 | SKIBA KATARZYNA | 599 | | ZDUŃSKA WOLA | POL | K40-49 | 11 | K 45 | 02:41:54.25 | 02:42:42.35 | 10:07 | 5.9 |

TRIADA INTRO GORCE, K40-49 c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | Brutto | min/km | km/h |
|------|------------------------------|-----|--|----------------------|------|--------|--------|-------|-------------|-------------|--------|------|
| 12 | JAROSZEWSKA IWONA | 471 | | KOZIEGŁOWY | POL | K40-49 | 12 | K 46 | 02:42:38.45 | 02:43:21.20 | 10:09 | 5.9 |
| 13 | BALCERZAK KRYSZYNA | 402 | | ŁÓDŹ | POL | K40-49 | 13 | K 51 | 02:44:23.50 | 02:45:14.00 | 10:16 | 5.8 |
| 14 | SIATKA AGNIESZKA | 594 | RUNNING PERFORMANCE | KRAKÓW | POL | K40-49 | 14 | K 54 | 02:46:05.75 | 02:46:31.70 | 10:22 | 5.8 |
| 15 | GAWRYŁAK BEATA | 450 | ZUMBIARY | PIASECZNO | POL | K40-49 | 15 | K 61 | 02:48:02.30 | 02:48:58.75 | 10:30 | 5.7 |
| 16 | BURMAN BEATA | 426 | | MUROWANA GOŚLINA | POL | K40-49 | 16 | K 63 | 02:51:20.15 | 02:51:51.20 | 10:42 | 5.6 |
| 17 | SEBZDA MALGORZATA | 593 | HUSARIA RACE TEAM | BŁĘDOWA TYCZYŃSKA | POL | K40-49 | 17 | K 67 | 02:53:34.05 | 02:53:58.25 | 10:50 | 5.5 |
| 18 | KŁOPOT GRAŻYNA | 481 | MULTIMEDIA RUNNERS PUŁAWY | PUŁAWY | POL | K40-49 | 18 | K 68 | 02:53:31.35 | 02:54:02.50 | 10:50 | 5.5 |
| 19 | WIŚNIEWSKA KATARZYNA | 634 | WIŚNIA TEAM | WARSZAWA | POL | K40-49 | 19 | K 70 | 02:53:28.75 | 02:54:16.35 | 10:50 | 5.5 |
| 20 | WALKOWSKA JUSTYNA | 631 | JACEKBIEGA RUNNING TEAM | NOWA IWICZNA | POL | K40-49 | 20 | K 72 | 02:53:34.30 | 02:54:31.55 | 10:50 | 5.5 |
| 21 | ŁATA KATARZYNA | 519 | | WROCŁAW | POL | K40-49 | 21 | K 77 | 02:57:58.95 | 02:58:51.60 | 11:07 | 5.4 |
| 22 | DZIÓBEK SYLWIA | 444 | | WIELICZKA | POL | K40-49 | 22 | K 78 | 02:58:41.55 | 02:59:17.00 | 11:10 | 5.4 |
| 23 | PAWŁOWSKA MARIA | 555 | MARUSIABIEGAPL | JANOWIEC | POL | K40-49 | 23 | K 80 | 02:58:44.40 | 02:59:34.70 | 11:10 | 5.4 |
| 24 | JACKOWSKA EWA | 660 | JAROSŁAWSKA GRUPA BIEGOWA SOKÓŁ | JAROSŁAW | | K40-49 | 24 | K 82 | 03:00:27.65 | 03:01:30.30 | 11:16 | 5.3 |
| 25 | SOSNOWSKA BARBARA | 608 | LACHO TEAM | KRAKÓW | POL | K40-49 | 25 | K 90 | 03:06:08.10 | 03:06:58.85 | 11:38 | 5.2 |
| 26 | DZIEDZIC-WÓJTOWICZ AGNIESZKA | 442 | SRTG-NIEPOŁOMICE | TARGOWISKO | POL | K40-49 | 26 | K 94 | 03:09:46.25 | 03:10:11.90 | 11:51 | 5.1 |
| 27 | GRABOWSKA JOANNA | 457 | SPC/ KM UMK | TORUŃ | POL | K40-49 | 27 | K 97 | 03:17:10.30 | 03:18:15.05 | 12:19 | 4.9 |
| 28 | SKORUPKA ANNA | 602 | | SIEDLCE | POL | K40-49 | 28 | K 102 | 03:22:27.00 | 03:23:27.80 | 12:39 | 4.7 |
| 29 | WIŚNIEWSKA DOROTA | 633 | | ALEKSANDRÓW KUJAWSKI | POL | K40-49 | 29 | K 103 | 03:24:22.40 | 03:25:17.95 | 12:46 | 4.7 |
| 30 | JASIUL MARIOLA | 472 | | LEGIONOWO | POL | K40-49 | 30 | K 104 | 03:25:06.70 | 03:25:58.15 | 12:49 | 4.7 |
| 31 | LUDKA DAGMARA | 513 | | ZŁOTÓW | POL | K40-49 | 31 | K 105 | 03:30:00.00 | 03:30:00.00 | 13:07 | 4.6 |
| 32 | KARPIŃSKA ANIA | 479 | DZIKIE GRUBASY SZATANA/ADIDAS RUNERS WARSAW | WARSZAWA | POL | K40-49 | 32 | K 107 | 03:31:05.50 | 03:31:45.85 | 13:11 | 4.5 |
| 33 | SIERECKA DOROTA | 596 | TEAM ZABIEGANEDNI // WKURW_TEAM | ŻELECHÓW | POL | K40-49 | 33 | K 111 | 03:36:49.85 | 03:37:56.90 | 13:33 | 4.4 |

TRIADA INTRO GORCE, M40-49

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | Brutto | min/km | km/h |
|------|---------------------|-----|-------------------------------------|--------------------|------|--------|--------|------|-------------|-------------|--------|------|
| 1 | JAWORSKI ZBIGNIEW | 473 | --- | KLUSZKOWCE | POL | M40-49 | 1 | M 1 | 01:22:49.60 | 01:22:49.85 | 5:10 | 11.6 |
| 2 | FABIAN BOGUSŁAW | 445 | EVANLITE.COM | PYSKOWICE | POL | M40-49 | 2 | M 5 | 01:30:20.05 | 01:30:21.80 | 5:38 | 10.6 |
| 3 | GULBA KRZYSZTOF | 459 | PENTEL | KRAKÓW | POL | M40-49 | 3 | M 23 | 01:54:09.40 | 01:54:14.95 | 7:08 | 8.4 |
| 4 | REJMAN MAREK | 581 | | TARNOBRZEG | POL | M40-49 | 4 | M 25 | 01:55:51.35 | 01:55:59.65 | 7:14 | 8.3 |
| 5 | DOBOSZ DANIEL | 436 | | GLIWICE | POL | M40-49 | 5 | M 26 | 01:55:38.70 | 01:56:08.80 | 7:13 | 8.3 |
| 6 | BORYCKI ARTUR | 419 | TGR | DĄBROWA TARNOWSKA | POL | M40-49 | 6 | M 31 | 01:57:15.15 | 01:57:21.60 | 7:19 | 8.2 |
| 7 | KOCUR GRZEGORZ | 483 | | GLIWICE | POL | M40-49 | 7 | M 33 | 01:57:53.40 | 01:58:26.20 | 7:22 | 8.1 |
| 8 | KARDASZ MAREK | 265 | SOLINA TEAM | POLAŃCZYK | POL | M40-49 | 8 | M 36 | 02:01:59.75 | 02:02:15.40 | 7:37 | 7.9 |
| 9 | CHOJNACKI MIKOŁAJ | 431 | WARSAW RUN CLUB | WARSZAWA | POL | M40-49 | 9 | M 37 | 02:01:48.80 | 02:02:21.90 | 7:36 | 7.9 |
| 10 | GRZEGORZAK WOJCIECH | 458 | #ADAMCZERWIŃSKITEAM | NIEPOŁOMICE | POL | M40-49 | 10 | M 38 | 02:03:31.15 | 02:03:47.40 | 7:43 | 7.8 |
| 11 | HERLICZKA TOMASZ | 466 | AML-FLY TEAM | GLIWICE | POL | M40-49 | 11 | M 39 | 02:03:54.30 | 02:04:56.55 | 7:44 | 7.7 |
| 12 | NIŻNIK BORYS | 537 | HUSARIA RACE TEAM | KRAKÓW | POL | M40-49 | 12 | M 41 | 02:06:54.70 | 02:07:33.20 | 7:55 | 7.6 |
| 13 | SKIERSKI ADAM | 600 | ENDURANCE TEAM | KATOWICE | POL | M40-49 | 13 | M 42 | 02:07:31.55 | 02:07:42.90 | 7:58 | 7.5 |
| 14 | RZEPKA TOMASZ | 589 | HTF-LUDWIK SIKORSKI | ALEKSANDRÓW ŁÓDZKI | POL | M40-49 | 14 | M 44 | 02:08:17.15 | 02:08:54.65 | 8:01 | 7.5 |
| 15 | GNIADY JAROSŁAW | 454 | | ZGLOBICE | POL | M40-49 | 15 | M 49 | 02:10:12.00 | 02:11:02.95 | 8:08 | 7.4 |
| 16 | PIASECKI MARIUSZ | 556 | MNK | GLIWICE | POL | M40-49 | 16 | M 50 | 02:10:09.05 | 02:11:10.30 | 8:08 | 7.4 |
| 17 | KOMAR BARTOSZ | 485 | | GLIWICE | POL | M40-49 | 17 | M 51 | 02:11:04.00 | 02:11:34.55 | 8:11 | 7.3 |
| 18 | KWASEK KAZEK | 293 | MUAY RUNNING TEAM | BIBICE | POL | M40-49 | 18 | M 59 | 02:15:30.40 | 02:15:46.95 | 8:28 | 7.1 |
| 19 | TYKSIŃSKI RAFAL | 629 | EXPRESSMAP | WARSZAWA | POL | M40-49 | 19 | M 61 | 02:16:09.40 | 02:16:32.40 | 8:30 | 7.1 |
| 20 | UNIEJEWSKI TOMASZ | 630 | | KATOWICE | POL | M40-49 | 20 | M 63 | 02:16:19.85 | 02:17:05.80 | 8:31 | 7 |
| 21 | BIELECKI ADAM | 416 | | BIELSKO-BIAŁA | POL | M40-49 | 21 | M 66 | 02:19:45.75 | 02:20:15.85 | 8:44 | 6.9 |
| 22 | FRANKOWSKI PIOTR | 446 | | WARSZAWA | POL | M40-49 | 22 | M 68 | 02:20:22.35 | 02:20:57.90 | 8:46 | 6.8 |
| 23 | KOBIĄŁKA PAWEŁ | 482 | ROZBIEGANE DOBCZYCE | DOBCZYCE | POL | M40-49 | 23 | M 69 | 02:22:12.60 | 02:22:33.75 | 8:53 | 6.8 |
| 24 | GAWLIKOWSKI ROBERT | 544 | | KATOWICE | POL | M40-49 | 24 | M 70 | 02:22:01.05 | 02:22:46.40 | 8:52 | 6.8 |
| 25 | RAKOWSKI KRZYSZTOF | 577 | RUCHLIWI ŚWIŃSKA NOGA | ZDUŃSKA WOLA | POL | M40-49 | 25 | M 72 | 02:22:45.25 | 02:23:35.55 | 8:55 | 6.7 |
| 26 | KRYGER JACEK | 504 | OTE TEAM | RYTEL | POL | M40-49 | 26 | M 73 | 02:23:10.50 | 02:23:53.85 | 8:56 | 6.7 |
| 27 | DUDA WALDEMAR | 438 | TARNOWSKI KLUB KARATE SHINKYOKUSHIN | TATNÓW | POL | M40-49 | 27 | M 75 | 02:25:46.85 | 02:25:54.60 | 9:06 | 6.6 |
| 28 | JURCZENKO MARCIN | 474 | ITMBW KRAKÓW | KRAKÓW | POL | M40-49 | 28 | M 82 | 02:31:18.05 | 02:31:55.20 | 9:27 | 6.3 |
| 29 | NOWAK KRZYSZTOF | 542 | STG TARNÓW | GROMNIK | POL | M40-49 | 29 | M 83 | 02:31:42.75 | 02:31:55.50 | 9:28 | 6.3 |

TRIADA INTRO GORCE, M40-49 c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | Brutto | min/km | km/h |
|------|------------------------|-----|--------------------------------------|----------------------|------|--------|--------|-------|-------------|-------------|--------|------|
| 30 | TOKARSKI RAFAŁ | 625 | | KRAKÓW | POL | M40-49 | 30 | M 84 | 02:31:23.50 | 02:32:03.70 | 9:27 | 6.3 |
| 31 | WIŚNIEWSKI TOMASZ | 635 | | ALEKSANDRÓW KUJAWSKI | POL | M40-49 | 31 | M 86 | 02:32:31.05 | 02:33:24.50 | 9:31 | 6.3 |
| 32 | SOBULSKI KAROL | 606 | SB SOBOLE | PIASECZNO | POL | M40-49 | 32 | M 87 | 02:38:53.60 | 02:39:13.75 | 9:55 | 6 |
| 33 | SŁOWIŃSKI KAROL | 604 | | KRAKÓW | POL | M40-49 | 33 | M 88 | 02:39:24.75 | 02:40:06.20 | 9:57 | 6 |
| 34 | POSS MARCIN | 568 | | WARSZAWA | POL | M40-49 | 34 | M 89 | 02:40:30.25 | 02:41:05.85 | 10:01 | 6 |
| 35 | SIKORSKI LUDWIK | 598 | HTF LUDWIK SIKORSKI | ALEKSANDRÓW ŁÓDZKI | POL | M40-49 | 35 | M 94 | 02:44:12.85 | 02:45:03.90 | 10:15 | 5.8 |
| 36 | SKOCZYŁAS PIOTR | 601 | ENDURANCE TEAM | CHORZÓW | POL | M40-49 | 36 | M 96 | 02:46:04.75 | 02:46:20.10 | 10:22 | 5.8 |
| 37 | ZAKRZEWSKI JAROSŁAW | 651 | | WARSZAWA | POL | M40-49 | 37 | M 97 | 02:46:13.10 | 02:46:53.30 | 10:23 | 5.8 |
| 38 | BALON MARCIN | 403 | BB RUNNERS | KROSNO | POL | M40-49 | 38 | M 100 | 02:52:08.00 | 02:52:20.90 | 10:45 | 5.6 |
| 39 | GŁUCHOWSKI JACEK | 453 | BB RUNNERS | BIELSKO-BIAŁA | POL | M40-49 | 39 | M 104 | 02:55:43.45 | 02:56:03.35 | 10:59 | 5.5 |
| 40 | LULA RADEK | 517 | | WARSZAWA | POL | M40-49 | 40 | M 107 | 03:00:54.05 | 03:01:30.40 | 11:18 | 5.3 |
| 41 | JACKOWSKI JACEK | 661 | JAROSŁAWSKA GRUPA BIEGOWA SOKÓŁ | JAROSŁAW | POL | M40-49 | 41 | M 108 | 03:00:29.60 | 03:01:33.45 | 11:16 | 5.3 |
| 42 | STYŁA SEBASTIAN | 612 | | TURKA | POL | M40-49 | 42 | M 112 | 03:09:32.35 | 03:10:05.15 | 11:50 | 5.1 |
| 43 | LESZCZYŃSKI ALEKSANDER | 514 | | KRAKÓW | POL | M40-49 | 43 | M 113 | 03:09:25.05 | 03:10:19.95 | 11:50 | 5.1 |
| 44 | DUBIŃSKI PRZEMYSŁAW | 415 | PRZEMEK DUBIŃSKI - BIEGIEMPRZEZŚWIAT | CZĘSTOCHOWA | POL | M40-49 | 44 | M 119 | 03:30:00.00 | 03:30:00.00 | 13:07 | 4.6 |
| 45 | GROCHAŁ MARCIN | 557 | PSEUDOMOUNTAINRUNNER | WYGIEŁZÓW | POL | M40-49 | 44 | M 119 | 03:30:00.00 | 03:30:00.00 | 13:07 | 4.6 |

TRIADA INTRO GORCE, K50-59

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | Brutto | min/km | km/h |
|------|-----------------------|-----|-----------------------|-----------|------|--------|--------|-------|-------------|-------------|--------|------|
| 1 | WÓLKIEWICZ DOROTA | 647 | KS STASZEWSKY | PRUSZKÓW | POL | K50-59 | 1 | K 25 | 02:31:07.60 | 02:31:37.20 | 9:26 | 6.4 |
| 2 | WOŹNIAK LIDIA | 644 | PORMAT JEDLICZE BIEGA | SKOŁYSZYN | POL | K50-59 | 2 | K 58 | 02:47:24.00 | 02:47:35.05 | 10:27 | 5.7 |
| 3 | KOWALCZYK JUSTYNA | 499 | ACCENTURE | WARSZAWA | POL | K50-59 | 3 | K 62 | 02:49:58.65 | 02:50:26.55 | 10:37 | 5.6 |
| 4 | ŁUKASZEWSKA KATARZYNA | 523 | | ŁOZISKA | POL | K50-59 | 4 | K 81 | 02:58:58.40 | 02:59:48.40 | 11:11 | 5.4 |
| 5 | KAPAŁKA BOŻENA | 477 | STG TARNÓW | GROMNIK | POL | K50-59 | 5 | K 101 | 03:22:50.80 | 03:23:04.80 | 12:40 | 4.7 |
| 6 | KOSZNIUK ELBIETA | 497 | WYBIEGAJ SIEBIE | CHOTOMÓW | POL | K50-59 | 6 | K 114 | 03:38:10.50 | 03:39:18.75 | 13:38 | 4.4 |

TRIADA INTRO GORCE, M50-59

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | Brutto | min/km | km/h |
|------|-------------------|-----|---|--------------|------|--------|--------|-------|-------------|-------------|--------|------|
| 1 | SOSNOWSKI ROMAN | 609 | LACHO TEAM | KRAKÓW | POL | M50-59 | 1 | M 35 | 02:00:39.65 | 02:01:04.45 | 7:32 | 8 |
| 2 | WOŹNIAK JANUSZ | 643 | PORMAT JEDLICZE BIEGA | SKOŁYSZYN | POL | M50-59 | 2 | M 46 | 02:09:33.75 | 02:09:43.45 | 8:05 | 7.4 |
| 3 | PODOLAK ZBIGNIEW | 567 | STOWARZYSZENIE PRZYJACIÓŁ DOBREGO WOJAKA SZWEJKA | PRZEMYŚL | POL | M50-59 | 3 | M 56 | 02:14:35.40 | 02:15:05.20 | 8:24 | 7.1 |
| 4 | ŚLUSARSKI WŁODEK | 518 | | WARSZAWA | POL | M50-59 | 4 | M 57 | 02:14:59.70 | 02:15:10.50 | 8:26 | 7.1 |
| 5 | ŻUKOWSKI GRZEGORZ | 657 | ENDURANCE TEAM | SIEMIANOWICE | POL | M50-59 | 5 | M 64 | 02:17:27.60 | 02:17:38.05 | 8:35 | 7 |
| 6 | WÓLKIEWICZ PAWEŁ | 648 | OX5 | PRUSZKÓW | POL | M50-59 | 6 | M 92 | 02:42:39.70 | 02:43:21.25 | 10:10 | 5.9 |
| 7 | KORPAŁSKI JACEK | 494 | | WARSZAWA | POL | M50-59 | 7 | M 105 | 02:55:55.85 | 02:56:35.55 | 10:59 | 5.5 |
| 8 | KANDERSKI SŁAWEK | 476 | WKB MARATOŃCZYK | WŁOCLAWEK | POL | M50-59 | 8 | M 118 | 03:17:10.35 | 03:18:15.25 | 12:19 | 4.9 |
| 9 | WIECZOREK ANDRZEJ | 638 | | TARNÓW | POL | M50-59 | 9 | M 123 | 03:31:09.05 | 03:31:24.15 | 13:11 | 4.5 |
| 10 | PIENKOWSKI LESZEK | 559 | WM TRISELF | KRAKÓW | POL | M50-59 | 10 | M 124 | 03:32:48.55 | 03:33:25.00 | 13:18 | 4.5 |

TRIADA INTRO GORCE, K60+

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | Brutto | min/km | km/h |
|------|---------------------------|-----|-------------|-----------|------|------|--------|------|-------------|-------------|--------|------|
| 1 | SAMOJLUK-ŚLUSARSKA BOŻENA | 591 | DRUŻYNA TVN | WARSZAWA | POL | K60+ | 1 | K 30 | 02:35:16.35 | 02:36:04.60 | 9:42 | 6.2 |
| 2 | ZIÓŁEK TERESA | 655 | STEY INSANE | JACKÓW | POL | K60+ | 2 | K 52 | 02:44:23.15 | 02:45:14.10 | 10:16 | 5.8 |
| 3 | TROJANOWSKA KINGA | 627 | | ZLOTOW | POL | K60+ | 3 | K 74 | 02:55:19.40 | 02:55:49.10 | 10:57 | 5.5 |

TRIADA INTRO GORCE, M60+

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | Brutto | min/km | km/h |
|------|-------------------|-----|------------|-----------|------|------|--------|-------|-------------|-------------|--------|------|
| 1 | KAPAŁKA KRZYSZTOF | 478 | STG TARNÓW | GROMNIK | POL | M60+ | 1 | M 101 | 02:53:47.50 | 02:54:00.40 | 10:51 | 5.5 |