

TRIADA INTRO ŁĄCZNIE

Organizator: Fundacja Kocham Góry
Data: 2020-01-05
Miejsce: Krościenko nad Dunajcem
Dystans: 30 km
Klasyfikacja wg czasów brutto.



TRIADA INTRO ŁĄCZNIE, OPEN

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Gorce | Nocne | Beskid | Netto | Brutto | min/km | km/h | |
|------|---------------------------|-----|--------------------------------------|-------------------------|------|--------|--------|------|-------------|-------------|-------------|-------------|-------------|--------|------|--|
| | | | | | | | | | | | Pieniny | Sądecki | | | | |
| 1 | JAWORSKI ZBIGNIEW | 473 | --- | KLUSZKOWCE | POL | M40-49 | 1 | M 1 | 01:22:49.00 | 00:25:42.00 | 00:52:29.00 | 02:40:57.00 | 02:41:00.00 | 5:11 | 11.6 | |
| 2 | CHLIPAŁA PAWEŁ | 429 | | KAMIENICA | POL | M16-29 | 1 | M 2 | 01:28:53.00 | 00:25:49.00 | 00:55:20.00 | 02:49:56.00 | 02:50:02.00 | 5:28 | 10.9 | |
| 3 | FABIAN BOGUSŁAW | 445 | EVANLITE.COM | PYSKOWICE | POL | M40-49 | 2 | M 3 | 01:30:21.00 | 00:26:46.00 | 00:55:48.00 | 02:52:48.00 | 02:52:55.00 | 5:34 | 10.8 | |
| 4 | PACHUT JERZY | 551 | COLWAY | SŁOPNICE | POL | M16-29 | 2 | M 4 | 01:28:29.00 | 00:26:44.00 | 00:58:24.00 | 02:53:31.00 | 02:53:37.00 | 5:35 | 10.7 | |
| 5 | DUDZIK ŁUKASZ | 439 | GÓRAL BIEGA | KAMIENICA | POL | M30-39 | 1 | M 5 | 01:31:07.00 | 00:27:08.00 | 00:57:34.00 | 02:55:41.00 | 02:55:49.00 | 5:40 | 10.6 | |
| 6 | MADZIAR MATEUSZ | 525 | AO MYKONÓY | STARY SACZ | POL | M16-29 | 3 | M 6 | 01:36:39.00 | 00:25:26.00 | 00:55:20.00 | 02:57:13.00 | 02:57:25.00 | 5:43 | 10.5 | |
| 7 | ZYGMUNT TOMASZ | 656 | | GIEDLAROWA | POL | M16-29 | 4 | M 7 | 01:33:33.00 | 00:28:30.00 | 00:55:23.00 | 02:57:16.00 | 02:57:26.00 | 5:43 | 10.5 | |
| 8 | SZCZEPANIAK DAMIAN | 615 | KAMIENICA | KAMIENICA | POL | M30-39 | 2 | M 8 | 01:36:58.00 | 00:26:29.00 | 00:55:33.00 | 02:58:53.00 | 02:59:00.00 | 5:46 | 10.4 | |
| 9 | CELEJEWSKI MARCIN | 427 | MYDŁOWSKA ATHLETIC TEAM | LIPKI WIELKIE | POL | M16-29 | 5 | M 9 | 01:33:22.00 | 00:26:32.00 | 00:59:21.00 | 02:59:07.00 | 02:59:15.00 | 5:46 | 10.4 | |
| 10 | MADZIAR WIKTOR | 524 | | ZARZECZE | POL | M16-29 | 6 | M 10 | 01:35:03.00 | 00:26:35.00 | 01:00:08.00 | 03:01:37.00 | 03:01:46.00 | 5:51 | 10.2 | |
| 11 | SAROSI KRISTOF | 670 | GLOBO SPORT SE | DOBRA | HUN | M16-29 | 7 | M 11 | 01:36:20.00 | 00:27:37.00 | 00:57:53.00 | 03:01:43.00 | 03:01:50.00 | 5:51 | 10.2 | |
| 12 | KOZIK ADAM | 500 | | KROŚCIENKO NAD DUNAJCEM | POL | M16-29 | 8 | M 12 | 01:36:36.00 | 00:27:17.00 | 00:58:05.00 | 03:01:40.00 | 03:01:58.00 | 5:51 | 10.2 | |
| 13 | BATORYNA ALEKSANDER | 406 | UNIWERSYTET EKONOMICZNY W KATOWICACH | BĘDZIN | POL | M30-39 | 3 | M 13 | 01:37:26.00 | 00:29:18.00 | 01:00:20.00 | 03:06:57.00 | 03:07:04.00 | 6:01 | 9.9 | |
| 14 | BRENDZOWSKI ADAM | 420 | SOLINATEAM / RUNONLINE.PL TEAM | SOLINA | POL | M30-39 | 4 | M 14 | 01:41:12.00 | 00:29:18.00 | 01:02:28.00 | 03:12:30.00 | 03:12:58.00 | 6:12 | 9.7 | |
| 15 | OCHYRA KONRAD | 545 | SOLINA TEAM | LESKO | POL | M30-39 | 5 | M 15 | 01:43:59.00 | 00:29:07.00 | 01:03:44.00 | 03:16:16.00 | 03:16:50.00 | 6:19 | 9.5 | |
| 16 | OLEŚ RAFAŁ | 548 | HUSARIA RACE TEAM | ZEMBRZYCE | POL | M16-29 | 9 | M 16 | 01:43:51.00 | 00:31:07.00 | 01:02:37.00 | 03:17:27.00 | 03:17:35.00 | 6:22 | 9.4 | |
| 17 | BROL PIOTR | 423 | ENDURANCE TEAM | SIEMIANOWICE | POL | M30-39 | 6 | M 17 | 01:43:31.00 | 00:30:53.00 | 01:04:26.00 | 03:18:44.00 | 03:18:50.00 | 6:24 | 9.4 | |
| 18 | ROMANOWSKI ŁUKASZ | 584 | HUSARIA RACE TEAM | KRAKÓW | POL | M30-39 | 7 | M 18 | 01:47:50.00 | 00:32:19.00 | 01:03:48.00 | 03:23:42.00 | 03:23:57.00 | 6:34 | 9.1 | |
| 19 | REICHEL MARCIN | 579 | | KRAKÓW | POL | M30-39 | 8 | M 19 | 01:52:42.00 | 00:31:38.00 | 01:04:06.00 | 03:28:05.00 | 03:28:26.00 | 6:42 | 8.9 | |
| 20 | KOPIEC KAMIL | 492 | JAJA NA BOK | KRAKÓW | POL | M30-39 | 9 | M 20 | 01:52:42.00 | 00:31:38.00 | 01:04:07.00 | 03:28:04.00 | 03:28:27.00 | 6:42 | 8.9 | |
| 21 | PIETROCZUK SYLWIA | 561 | NOA | NYSA | POL | K16-29 | 1 | K 1 | 01:49:58.00 | 00:33:52.00 | 01:07:54.00 | 03:31:35.00 | 03:31:44.00 | 6:49 | 8.8 | |
| 22 | REJMAN MAREK | 581 | | TARNOBRZEG | POL | M40-49 | 3 | M 21 | 01:55:59.00 | 00:33:27.00 | 01:03:38.00 | 03:32:31.00 | 03:33:04.00 | 6:51 | 8.8 | |
| 23 | DOBOSZ DANIEL | 436 | | GLIWICE | POL | M40-49 | 4 | M 22 | 01:56:08.00 | 00:32:13.00 | 01:05:19.00 | 03:32:51.00 | 03:33:40.00 | 6:51 | 8.7 | |
| 24 | KUBIESA-CRO JAKUB | 506 | | KRAKÓW | POL | M30-39 | 10 | M 23 | 01:54:23.00 | 00:34:37.00 | 01:07:25.00 | 03:35:47.00 | 03:36:25.00 | 6:57 | 8.6 | |
| 25 | GULBA KRZYSZTOF | 459 | PENTEL | KRAKÓW | POL | M40-49 | 5 | M 24 | 01:54:14.00 | 00:33:49.00 | 01:10:05.00 | 03:37:56.00 | 03:38:08.00 | 7:01 | 8.5 | |
| 26 | KEMPKA MARCIN | 495 | RAJSPORT ACTIVE | ZDUŃSKA WOLA | POL | M30-39 | 11 | M 25 | 01:56:30.00 | 00:34:37.00 | 01:08:11.00 | 03:38:46.00 | 03:39:18.00 | 7:03 | 8.5 | |
| 27 | SKIBA MACIEJ | 139 | SKIBASPORT.PL / SPORTOWE DZBANY | WAŁBRZYCH | POL | M16-29 | 10 | M 26 | 01:56:36.00 | 00:31:45.00 | 01:11:21.00 | 03:38:29.00 | 03:39:42.00 | 7:02 | 8.5 | |
| 28 | KLOCEK KONRAD | 663 | | ŁĘŻYNY | | M30-39 | 12 | M 27 | 01:57:37.00 | 00:35:06.00 | 01:09:25.00 | 03:41:28.00 | 03:42:08.00 | 7:08 | 8.4 | |
| 29 | KARDASZ MAREK | 265 | SOLINA TEAM | POLAŃCZYK | POL | M40-49 | 6 | M 28 | 02:02:15.00 | 00:33:41.00 | 01:06:31.00 | 03:41:59.00 | 03:42:27.00 | 7:09 | 8.4 | |
| 30 | BORYCKI ARTUR | 419 | TGR | DĄBROWA TARNOWSKA | POL | M40-49 | 7 | M 29 | 01:57:21.00 | 00:34:46.00 | 01:10:46.00 | 03:42:37.00 | 03:42:53.00 | 7:10 | 8.4 | |
| 31 | KOZŁOWSKI BARTOSZ | 501 | THE THRULERS | PUŁAWY | POL | M30-39 | 13 | M 30 | 01:56:37.00 | 00:34:49.00 | 01:11:34.00 | 03:42:35.00 | 03:43:00.00 | 7:10 | 8.4 | |
| 32 | MŁYNARCZYK KRZYSZTOF | 536 | ANDRYCHÓW RUNNING | WIEPRZ | POL | M30-39 | 14 | M 31 | 01:57:11.00 | 00:33:55.00 | 01:12:55.00 | 03:43:14.00 | 03:44:01.00 | 7:12 | 8.3 | |
| 33 | SOSNOWSKI ROMAN | 609 | LACHO TEAM | KRAKÓW | POL | M50-59 | 1 | M 32 | 02:01:04.00 | 00:34:01.00 | 01:10:48.00 | 03:45:11.00 | 03:45:53.00 | 7:15 | 8.3 | |
| 34 | KOCUR GRZEGORZ | 483 | | GLIWICE | POL | M40-49 | 8 | M 33 | 01:58:26.00 | 00:35:50.00 | 01:13:45.00 | 03:47:03.00 | 03:48:01.00 | 7:19 | 8.2 | |
| 35 | CHMIELEWSKA-BORUCH MILENA | 430 | | MRAĞOWO | POL | K30-39 | 1 | K 2 | 02:05:56.00 | 00:34:17.00 | 01:08:25.00 | 03:47:16.00 | 03:48:38.00 | 7:19 | 8.2 | |
| 36 | CHOJNACKI MIKOŁAJ | 431 | WARSAW RUN CLUB | WARSAWA | POL | M40-49 | 9 | M 34 | 02:02:21.00 | 00:35:46.00 | 01:10:52.00 | 03:48:00.00 | 03:48:59.00 | 7:21 | 8.2 | |
| 37 | RZEPKA TOMASZ | 589 | HTF-LUDWIK SIKORSKI | ALEKSANDRÓW ŁÓDZKI | POL | M40-49 | 10 | M 35 | 02:08:54.00 | 00:34:09.00 | 01:07:50.00 | 03:50:07.00 | 03:50:53.00 | 7:25 | 8.1 | |
| 38 | LANGĘ MAGDA | 510 | STG TARNÓW | GROMNIK | POL | K30-39 | 2 | K 3 | 01:59:46.00 | 00:39:29.00 | 01:12:18.00 | 03:51:15.00 | 03:51:33.00 | 7:27 | 8 | |
| 39 | GRZEGORZAK WOJCIECH | 458 | #ADAMCZERWIŃSKITEAM | NIEPOŁOMICE | POL | M40-49 | 11 | M 36 | 02:03:47.00 | 00:34:32.00 | 01:13:24.00 | 03:51:04.00 | 03:51:43.00 | 7:27 | 8 | |
| 40 | WICHA MAŁGORZATA | 637 | WKS WAWEL | KRAKÓW | POL | K16-29 | 2 | K 4 | 02:04:40.00 | 00:35:02.00 | 01:13:21.00 | 03:52:50.00 | 03:53:03.00 | 7:30 | 8 | |
| 41 | KALCZYŃSKI MARCIN | 475 | | KRAKÓW | POL | M16-29 | 11 | M 37 | 02:08:43.00 | 00:31:57.00 | 01:13:27.00 | 03:52:47.00 | 03:54:07.00 | 7:30 | 8 | |

TRIADA INTRO ŁĄCZNIE, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Gorce | Nocne Pieniny | Beskid Sądecki | Netto | Brutto | min/km | km/h |
|------|----------------------|-----|--|---------------|------|--------|--------|------|-------------|------------------|-------------------|-------------|-------------|--------|------|
| 42 | SZUMNY NINA | 622 | | KRAKÓW | POL | K30-39 | 3 | K 5 | 02:04:31.00 | 00:36:19.00 | 01:13:30.00 | 03:54:09.00 | 03:54:20.00 | 7:33 | 7.9 |
| 43 | DEPTUŚ BARTŁOMIEJ | 435 | | KRASNYSTAW | POL | M30-39 | 15 | M 38 | 02:06:19.00 | 00:36:35.00 | 01:12:11.00 | 03:54:02.00 | 03:55:05.00 | 7:32 | 7.9 |
| 44 | HERLICZKA TOMASZ | 466 | AML-FLY TEAM | GLIWICE | POL | M40-49 | 12 | M 39 | 02:04:56.00 | 00:36:29.00 | 01:13:43.00 | 03:53:33.00 | 03:55:08.00 | 7:32 | 8 |
| 45 | NIŻNIK BORYS | 537 | HUSARIA RACE TEAM | KRAKÓW | POL | M40-49 | 13 | M 40 | 02:07:33.00 | 00:34:59.00 | 01:13:47.00 | 03:55:34.00 | 03:56:19.00 | 7:35 | 7.9 |
| 46 | SKIERSKI ADAM | 600 | ENDURANCE TEAM | KATOWICE | POL | M40-49 | 14 | M 41 | 02:07:42.00 | 00:36:44.00 | 01:12:36.00 | 03:56:39.00 | 03:57:02.00 | 7:38 | 7.9 |
| 47 | MIKOŚ MAGDALENA | 535 | | KRAKÓW | POL | K30-39 | 4 | K 6 | 02:02:37.00 | 00:38:04.00 | 01:18:32.00 | 03:58:02.00 | 03:59:13.00 | 7:40 | 7.8 |
| 48 | WOŹNIAK JANUSZ | 643 | PORMAT JEDLICZE BIEGA | SKOŁYSZYN | POL | M50-59 | 2 | M 42 | 02:09:43.00 | 00:36:18.00 | 01:15:23.00 | 04:00:50.00 | 04:01:24.00 | 7:46 | 7.7 |
| 49 | PIASECKI MARIUSZ | 556 | MNK | GLIWICE | POL | M40-49 | 15 | M 43 | 02:11:10.00 | 00:35:24.00 | 01:16:59.00 | 04:01:57.00 | 04:03:33.00 | 7:48 | 7.7 |
| 50 | SZUREK PAULINA | 623 | | MODERÓWKA | POL | K30-39 | 5 | K 7 | 02:11:34.00 | 00:36:05.00 | 01:16:13.00 | 04:03:18.00 | 04:03:52.00 | 7:50 | 7.6 |
| 51 | KOPEĆ KRYSZTIAN | 491 | | RYCZÓWEK | POL | M16-29 | 12 | M 44 | 02:09:23.00 | 00:38:07.00 | 01:17:00.00 | 04:03:52.00 | 04:04:30.00 | 7:52 | 7.6 |
| 52 | KOMAR BARTOSZ | 485 | | GLIWICE | POL | M40-49 | 16 | M 45 | 02:11:34.00 | 00:36:57.00 | 01:17:21.00 | 04:04:57.00 | 04:05:52.00 | 7:54 | 7.6 |
| 53 | PAWELEC ALEKSANDRA | 552 | HUSARIA RACE TEAM | KRAKÓW | POL | K16-29 | 3 | K 8 | 02:15:52.00 | 00:37:01.00 | 01:13:54.00 | 04:05:56.00 | 04:06:47.00 | 7:56 | 7.6 |
| 54 | GNIADY JAROSŁAW | 454 | | ZGLOBICE | POL | M40-49 | 17 | M 46 | 02:11:02.00 | 00:35:56.00 | 01:20:22.00 | 04:05:54.00 | 04:07:20.00 | 7:55 | 7.6 |
| 55 | PINTSCHER PAULINA | 564 | | RABKA-ZDRÓJ | POL | K30-39 | 6 | K 9 | 02:11:11.00 | 00:38:42.00 | 01:17:46.00 | 04:06:59.00 | 04:07:39.00 | 7:58 | 7.5 |
| 56 | SAROSI BOLDI | 592 | | DOBRA | HUN | M16-29 | 13 | M 47 | 02:14:39.00 | 00:34:42.00 | 01:18:37.00 | 04:06:51.00 | 04:07:58.00 | 7:57 | 7.5 |
| 57 | GAWRYS BARTEK | 451 | ENDURANCE TEAM | SIEMIANOWICE | POL | M30-39 | 16 | M 48 | 02:14:31.00 | 00:36:20.00 | 01:17:23.00 | 04:07:50.00 | 04:08:14.00 | 7:59 | 7.5 |
| 58 | BISZCZUK MARIOLA | 417 | THE THRULERS | PULAWY | POL | K30-39 | 7 | K 10 | 02:12:19.00 | 00:36:59.00 | 01:19:30.00 | 04:08:25.00 | 04:08:48.00 | 8:00 | 7.5 |
| 59 | LEWCZUK NORBERT | 515 | BIEGACZE POMAGACZE/ ELITE RUNNERS | ŁOSICE | POL | M30-39 | 17 | M 49 | 02:09:48.00 | 00:37:45.00 | 01:22:16.00 | 04:08:27.00 | 04:09:49.00 | 8:00 | 7.5 |
| 60 | SKRZYŃSKI RAFAŁ | 603 | RUNONLINE.PL | NIEPOŁOMICE | POL | M30-39 | 18 | M 50 | 02:09:53.00 | 00:38:03.00 | 01:22:51.00 | 04:09:38.00 | 04:10:47.00 | 8:03 | 7.5 |
| 61 | PODOLAK ZBIGNIEW | 567 | STOWARZYSZENIE PRZYJACIÓŁ DOBREGO WOJAKA SZWEJKA | PRZEMYŚL | POL | M50-59 | 3 | M 51 | 02:15:05.00 | 00:37:42.00 | 01:19:27.00 | 04:11:27.00 | 04:12:14.00 | 8:06 | 7.4 |
| 62 | TYKSINSKI RAFAŁ | 629 | EXPRESSMAP | WARSZAWA | POL | M40-49 | 18 | M 52 | 02:16:32.00 | 00:39:20.00 | 01:19:29.00 | 04:14:40.00 | 04:15:21.00 | 8:12 | 7.3 |
| 63 | STEFANIUK MARZENA | 610 | | RADZYMIN | POL | K30-39 | 8 | K 11 | 02:16:42.00 | 00:38:02.00 | 01:20:48.00 | 04:14:57.00 | 04:15:32.00 | 8:13 | 7.3 |
| 64 | BLOK IZABELA | 418 | 72D ROWMIX JAVA TEAM | KRAKOW | POL | K30-39 | 9 | K 12 | 02:05:55.00 | 00:35:59.00 | 01:34:40.00 | 04:16:20.00 | 04:16:34.00 | 8:16 | 7.3 |
| 65 | PIECZONKA RAFAŁ | 558 | SPARTAN TRAINING GROUP TARNÓW | TARNÓW | POL | M30-39 | 19 | M 53 | 01:48:45.00 | 00:49:13.00 | 01:38:41.00 | 04:16:13.00 | 04:16:39.00 | 8:15 | 7.3 |
| 66 | OSTROWSKI ŁUKASZ | 549 | | KRASNYSTAW | POL | M30-39 | 20 | M 54 | 02:16:35.00 | 00:38:49.00 | 01:21:50.00 | 04:16:15.00 | 04:17:14.00 | 8:15 | 7.3 |
| 67 | ŚLUSARSKI WŁODEK | 518 | | WARSZAWA | POL | M50-59 | 4 | M 55 | 02:15:10.00 | 00:40:43.00 | 01:23:48.00 | 04:19:16.00 | 04:19:41.00 | 8:21 | 7.2 |
| 68 | NOWAK PIOTR | 540 | | TYCHY | POL | M16-29 | 14 | M 56 | 02:14:53.00 | 00:41:23.00 | 01:24:18.00 | 04:19:48.00 | 04:20:34.00 | 8:22 | 7.2 |
| 69 | ŻUKOWSKI GRZEGORZ | 657 | ENDURANCE TEAM | SIEMIANOWICE | POL | M50-59 | 5 | M 57 | 02:17:38.00 | 00:40:10.00 | 01:25:34.00 | 04:22:46.00 | 04:23:22.00 | 8:28 | 7.1 |
| 70 | HANUSIAK LESZEK | 461 | HUSARIA RACE TEAM | KRAKÓW | POL | M30-39 | 21 | M 58 | 02:20:30.00 | 00:36:01.00 | 01:27:02.00 | 04:22:12.00 | 04:23:33.00 | 8:27 | 7.1 |
| 71 | CIMASZEWSKI MICHAŁ | 434 | | WAŁBRZYCH | POL | M16-29 | 15 | M 59 | 02:18:31.00 | 00:44:08.00 | 01:21:12.00 | 04:22:47.00 | 04:23:51.00 | 8:28 | 7.1 |
| 72 | HRYC MARTYNA | 467 | | GRYWAŁD | POL | K16-29 | 4 | K 13 | 02:20:26.00 | 00:38:16.00 | 01:25:29.00 | 04:23:58.00 | 04:24:11.00 | 8:30 | 7 |
| 73 | PROCHASEK ANNA | 569 | | SKRBEŃSKO | POL | K30-39 | 10 | K 14 | 02:19:45.00 | 00:40:40.00 | 01:23:58.00 | 04:22:58.00 | 04:24:23.00 | 8:28 | 7.1 |
| 74 | UNIEJEWSKI TOMASZ | 630 | | KATOWICE | POL | M40-49 | 19 | M 60 | 02:17:05.00 | 00:42:15.00 | 01:25:22.00 | 04:23:18.00 | 04:24:42.00 | 8:29 | 7.1 |
| 75 | SOKOŁOWSKI WŁADYSŁAW | 607 | HUSARIA RACE TEAM | KRAKÓW | POL | M16-29 | 16 | M 61 | 02:24:34.00 | 00:39:10.00 | 01:21:28.00 | 04:24:00.00 | 04:25:12.00 | 8:30 | 7 |
| 76 | BEDNARZ FRANCISZEK | 409 | | SIEDLIŚKA | POL | M30-39 | 22 | M 62 | 02:28:12.00 | 00:40:38.00 | 01:16:43.00 | 04:23:54.00 | 04:25:33.00 | 8:30 | 7 |
| 77 | BIELECKI ADAM | 416 | | BIELSKO-BIAŁA | POL | M40-49 | 20 | M 63 | 02:20:15.00 | 00:41:27.00 | 01:24:06.00 | 04:24:53.00 | 04:25:48.00 | 8:32 | 7 |
| 78 | BEŚCIAK KAMIL | 407 | SPARTAN TRAINING GROUP TARNÓW | TARNÓW | POL | M16-29 | 17 | M 64 | 02:15:40.00 | 00:49:13.00 | 01:20:59.00 | 04:25:23.00 | 04:25:52.00 | 8:33 | 7 |
| 79 | KRYGER JACEK | 504 | OTE TEAM | RYTEL | POL | M40-49 | 21 | M 65 | 02:23:53.00 | 00:39:14.00 | 01:23:29.00 | 04:25:37.00 | 04:26:36.00 | 8:34 | 7 |
| 80 | ROGÓŻ ELŻBIETA | 583 | PRORUNNING PROMOTION | WARSZAWA | POL | K40-49 | 1 | K 15 | 02:17:40.00 | 00:43:49.00 | 01:25:46.00 | 04:26:39.00 | 04:27:15.00 | 8:36 | 7 |
| 81 | KOPEĆ SEBASTIAN | 490 | | RYCZÓWEK | POL | M30-39 | 23 | M 66 | 02:16:07.00 | 00:43:46.00 | 01:29:02.00 | 04:28:18.00 | 04:28:55.00 | 8:39 | 6.9 |
| 82 | DUDA WALDEMAR | 438 | TARNOWSKI KLUB KARATE SHINKYOKUSHIN | TATNÓW | POL | M40-49 | 22 | M 66 | 02:25:54.00 | 00:39:37.00 | 01:23:24.00 | 04:28:33.00 | 04:28:55.00 | 8:39 | 6.9 |
| 83 | FRANKOWSKI PIOTR | 446 | | WARSZAWA | POL | M40-49 | 23 | M 68 | 02:20:57.00 | 00:43:53.00 | 01:26:24.00 | 04:30:01.00 | 04:31:14.00 | 8:42 | 6.9 |
| 84 | GAWLIKOWSKI ROBERT | 544 | | KATOWICE | POL | M40-49 | 24 | M 69 | 02:22:46.00 | 00:41:17.00 | 01:27:19.00 | 04:30:14.00 | 04:31:22.00 | 8:43 | 6.9 |
| 85 | GARDEŁA JUSTYNA | 449 | WOLBROM TEAM | WOLBROM | POL | K30-39 | 11 | K 16 | 02:25:57.00 | 00:40:03.00 | 01:25:46.00 | 04:30:14.00 | 04:31:46.00 | 8:43 | 6.9 |
| 86 | WÓLKIEWICZ DOROTA | 647 | KS STASZEWSKY | PRUSZKÓW | POL | K50-59 | 1 | K 17 | 02:31:37.00 | 00:39:31.00 | 01:22:18.00 | 04:32:07.00 | 04:33:26.00 | 8:46 | 6.8 |
| 87 | KOBIALKA PAWEŁ | 482 | ROZBIEGANIE DOBCZYCE | DOBCZYCE | POL | M40-49 | 25 | M 70 | 02:22:33.00 | 00:43:35.00 | 01:28:09.00 | 04:33:15.00 | 04:34:17.00 | 8:48 | 6.8 |
| 88 | HENDZLIK MONIKA | 463 | | CZĘSTOCHOWA | POL | K40-49 | 2 | K 18 | 02:25:53.00 | 00:40:54.00 | 01:27:51.00 | 04:33:47.00 | 04:34:38.00 | 8:49 | 6.8 |
| 89 | ADAMSKI JAKUB | 662 | OŚRODEK TWÓRCZEJ INTERWENCJI | KRAKÓW | | M30-39 | 24 | M 71 | 02:33:00.00 | 00:38:55.00 | 01:22:47.00 | 04:33:14.00 | 04:34:42.00 | 8:48 | 6.8 |
| 90 | BEDNARZ JÓZEF | 410 | | SIEDLIŚKA | POL | M16-29 | 18 | M 72 | 02:23:01.00 | 00:42:29.00 | 01:29:52.00 | 04:33:34.00 | 04:35:22.00 | 8:49 | 6.8 |
| 91 | JACHIMOWICZ JAROSŁAW | 468 | SPARTAN TRAINING GROUP TARNÓW | TARNÓW | POL | M16-29 | 19 | M 73 | 02:30:59.00 | 00:40:08.00 | 01:24:18.00 | 04:34:58.00 | 04:35:25.00 | 8:52 | 6.8 |

TRIADA INTRO ŁĄCZNIE, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Gorce | Nocne Pieniny | Beskid Sądecki | Netto | Brutto | min/km | km/h |
|------|---------------------------|-----|---|----------------------|------|--------|--------|------|-------------|------------------|-------------------|-------------|-------------|--------|------|
| 92 | RAKOWSKI KRZYSZTOF | 577 | RUCHLIWI ŚWIŃSKA NOGA | ZDUŃSKA WOLA | POL | M40-49 | 26 | M 74 | 02:23:35.00 | 00:44:04.00 | 01:30:11.00 | 04:36:18.00 | 04:37:50.00 | 8:54 | 6.7 |
| 93 | ROZMUS MARZENA | 586 | FRELKI LOTAJOM | BOJSZOWY NOWE | POL | K40-49 | 3 | K 19 | 02:29:02.00 | 00:40:55.00 | 01:28:10.00 | 04:37:29.00 | 04:38:07.00 | 8:57 | 6.7 |
| 94 | HAŚNIK DARIA | 460 | | BIERUŃ | POL | K30-39 | 12 | K 20 | 02:26:02.00 | 00:42:05.00 | 01:31:45.00 | 04:39:14.00 | 04:39:52.00 | 9:00 | 6.7 |
| 95 | KONS KATARZYNA | 487 | POKA HERKI TEAM | ŁĄCZANY | POL | K16-29 | 5 | K 21 | 02:31:18.00 | 00:43:33.00 | 01:26:34.00 | 04:40:04.00 | 04:41:25.00 | 9:02 | 6.6 |
| 96 | JURCZENKO MARCIN | 474 | ITMBW KRAKÓW | KRAKÓW | POL | M40-49 | 27 | M 75 | 02:31:55.00 | 00:43:33.00 | 01:26:24.00 | 04:40:39.00 | 04:41:52.00 | 9:03 | 6.6 |
| 97 | POŹNIAK-STYCZYŃSKA MAJA | 565 | DDC | PULAWY | POL | K30-39 | 13 | K 22 | 02:29:40.00 | 00:41:18.00 | 01:31:33.00 | 04:42:14.00 | 04:42:31.00 | 9:06 | 6.6 |
| 98 | SEKANIEC DOROTA | 595 | NIDEC ALL FOR DREAMS | KRAKÓW | POL | K30-39 | 14 | K 23 | 02:26:34.00 | 00:45:34.00 | 01:32:54.00 | 04:43:45.00 | 04:45:02.00 | 9:09 | 6.6 |
| 99 | WÓJCIK ŁUKASZ | 646 | OLEJ RUNNING TEAM / CELIRONMAN | PABIANICE | POL | M30-39 | 25 | M 76 | 02:29:17.00 | 00:44:13.00 | 01:31:33.00 | 04:43:16.00 | 04:45:03.00 | 9:08 | 6.6 |
| 100 | ROGOWSKA ALEKSANDRA | 582 | SIOSTRY OLSEN | KRAKÓW | POL | K16-29 | 6 | K 24 | 02:26:35.00 | 00:45:26.00 | 01:34:21.00 | 04:45:16.00 | 04:46:22.00 | 9:12 | 6.5 |
| 101 | SAMOJLUK-ŚLUSARSKA BOŻENA | 591 | DRUŻYNA TVN | WARSZAWA | POL | K60+ | 1 | K 25 | 02:36:04.00 | 00:43:31.00 | 01:27:38.00 | 04:46:04.00 | 04:47:13.00 | 9:13 | 6.5 |
| 102 | LUDWA MICHAŁ | 516 | TARNOWSKI KLUB SPORTOWY SHINKYOKUSHIN KARATE | TARNÓW | POL | M30-39 | 26 | M 77 | 02:30:21.00 | 00:49:14.00 | 01:28:18.00 | 04:47:24.00 | 04:47:53.00 | 9:16 | 6.5 |
| 103 | TRUSZKOWSKA MARTA | 628 | | WARSZAWA | POL | K30-39 | 15 | K 26 | 02:39:24.00 | 00:40:46.00 | 01:29:16.00 | 04:47:58.00 | 04:49:26.00 | 9:17 | 6.5 |
| 104 | BEDNARZ ANNA | 408 | 42 DO SZCZĘŚCIA | SIEDLIKA | POL | K16-29 | 7 | K 27 | 02:29:21.00 | 00:45:56.00 | 01:34:39.00 | 04:48:17.00 | 04:49:56.00 | 9:17 | 6.5 |
| 105 | TOKARSKA BOŻENA | 624 | #ADAMCZERWIŃSKITEAM | KRAKÓW | POL | K40-49 | 4 | K 28 | 02:32:03.00 | 00:46:11.00 | 01:31:49.00 | 04:49:04.00 | 04:50:03.00 | 9:19 | 6.4 |
| 106 | TOKARSKI RAFAŁ | 625 | | KRAKÓW | POL | M40-49 | 28 | M 78 | 02:32:03.00 | 00:46:12.00 | 01:31:49.00 | 04:49:02.00 | 04:50:04.00 | 9:19 | 6.4 |
| 107 | HERLICZKA RENATA | 465 | AML-FLY TEAM | GLIWICE | POL | K30-39 | 16 | K 29 | 02:34:50.00 | 00:45:39.00 | 01:31:00.00 | 04:49:52.00 | 04:51:29.00 | 9:21 | 6.4 |
| 108 | WIŚNIEWSKI TOMASZ | 635 | | ALEKSANDRÓW KUJAWSKI | POL | M40-49 | 29 | M 79 | 02:33:24.00 | 00:42:17.00 | 01:35:54.00 | 04:50:14.00 | 04:51:35.00 | 9:21 | 6.4 |
| 109 | REJMAN DOROTA | 580 | | TARNOBRZEG | POL | K40-49 | 5 | K 30 | 02:36:51.00 | 00:45:54.00 | 01:29:53.00 | 04:51:24.00 | 04:52:38.00 | 9:24 | 6.4 |
| 110 | CHRZAN MAGDALENA | 432 | | KRAKÓW | POL | K30-39 | 17 | K 31 | 02:39:08.00 | 00:40:03.00 | 01:34:06.00 | 04:52:39.00 | 04:53:17.00 | 9:26 | 6.4 |
| 111 | NOWAK KRZYSZTOF | 542 | STG TARNÓW | GROMNIK | POL | M40-49 | 30 | M 80 | 02:31:55.00 | 00:46:05.00 | 01:35:28.00 | 04:52:41.00 | 04:53:28.00 | 9:26 | 6.4 |
| 112 | ZAŁUBSKA ANNA | 652 | DIETETYK-NIEPOLOMICE.PL | KRAKÓW | POL | K30-39 | 18 | K 32 | 02:33:15.00 | 00:45:52.00 | 01:34:54.00 | 04:53:00.00 | 04:54:01.00 | 9:28 | 6.3 |
| 113 | NORWECKA SYLWIA | 538 | | KRAKÓW | POL | K30-39 | 19 | K 33 | 02:39:56.00 | 00:44:34.00 | 01:32:22.00 | 04:55:39.00 | 04:56:52.00 | 9:32 | 6.3 |
| 114 | SZCZESNIAK AGNIESZKA | 616 | SB SOBOLE | WARSZAWA | POL | K40-49 | 6 | K 34 | 02:39:13.00 | 00:46:06.00 | 01:34:04.00 | 04:58:30.00 | 04:59:23.00 | 9:37 | 6.2 |
| 115 | SOBULSKI KAROL | 606 | SB SOBOLE | PIASECZNO | POL | M40-49 | 31 | M 81 | 02:39:13.00 | 00:46:07.00 | 01:34:04.00 | 04:58:33.00 | 04:59:24.00 | 9:37 | 6.2 |
| 116 | BAR PRZEMEK | 405 | ENDURANCE TEAM | SIEMIANOWICE | POL | M30-39 | 27 | M 82 | 02:48:58.00 | 00:39:31.00 | 01:32:42.00 | 05:00:03.00 | 05:01:11.00 | 9:40 | 6.2 |
| 117 | SŁOWIŃSKI KAROL | 604 | | KRAKÓW | POL | M40-49 | 32 | M 83 | 02:40:06.00 | 00:41:53.00 | 01:39:27.00 | 04:59:42.00 | 05:01:26.00 | 9:40 | 6.2 |
| 118 | DĄBROWSKI MAREK | 437 | TRANSPOREON | WIĘCŁAWICE STARE | POL | M30-39 | 28 | M 84 | 02:41:53.00 | 00:45:31.00 | 01:34:09.00 | 04:59:53.00 | 05:01:33.00 | 9:40 | 6.2 |
| 119 | BOROŃ MARLENA | 639 | | KRAKÓW | POL | K16-29 | 8 | K 35 | 02:39:39.00 | 00:46:49.00 | 01:35:36.00 | 05:01:10.00 | 05:02:04.00 | 9:42 | 6.2 |
| 120 | WARCHOCKA EWELINA | 632 | | LUBLIN | POL | K40-49 | 7 | K 36 | 02:42:03.00 | 00:44:50.00 | 01:36:04.00 | 05:01:51.00 | 05:02:57.00 | 9:44 | 6.2 |
| 121 | SALAMON BARBARA | 590 | | GLIWICE | POL | K40-49 | 8 | K 37 | 02:38:04.00 | 00:48:32.00 | 01:39:32.00 | 05:05:25.00 | 05:06:08.00 | 9:51 | 6.1 |
| 122 | SKIBA KATARZYNA | 599 | | ZDUŃSKA WOLA | POL | K40-49 | 9 | K 38 | 02:42:42.00 | 00:48:22.00 | 01:35:42.00 | 05:05:17.00 | 05:06:46.00 | 9:50 | 6.1 |
| 123 | PRZYBYLSKI MICHAŁ | 570 | TRANSPOREON | ZABIERZÓW | POL | M30-39 | 29 | M 85 | 02:55:04.00 | 00:43:45.00 | 01:28:04.00 | 05:05:19.00 | 05:06:53.00 | 9:50 | 6.1 |
| 124 | JAGIELA TOMASZ | 469 | BAKOMAT TEAM | KROSNO | POL | M30-39 | 30 | M 86 | 02:31:24.00 | 00:50:41.00 | 01:45:15.00 | 05:06:44.00 | 05:07:20.00 | 9:53 | 6.1 |
| 125 | RACZEK RADOSŁAW | 574 | GORĄCY POTOK TEAM | KRAKÓW | POL | M16-29 | 20 | M 87 | 02:41:39.00 | 00:48:23.00 | 01:37:39.00 | 05:06:27.00 | 05:07:41.00 | 9:53 | 6.1 |
| 126 | MAJDA KAROLINA | 527 | | KRAKÓW | POL | K16-29 | 9 | K 39 | 02:41:39.00 | 00:48:23.00 | 01:37:39.00 | 05:06:29.00 | 05:07:41.00 | 9:53 | 6.1 |
| 127 | RADOSZ-KWASEK AGATA | 575 | MUAY RUNNING TEAM | KRAKÓW | POL | K30-39 | 20 | K 40 | 02:42:24.00 | 00:51:42.00 | 01:34:50.00 | 05:07:51.00 | 05:08:56.00 | 9:55 | 6 |
| 128 | PRZYBYŁKA AGNIESZKA | 571 | | MYSŁOWICE | POL | K30-39 | 21 | K 41 | 02:38:28.00 | 00:47:15.00 | 01:43:15.00 | 05:07:53.00 | 05:08:58.00 | 9:55 | 6 |
| 129 | ARMAŃSKA MARIANNA | 400 | | LEGNICA | POL | K30-39 | 22 | K 42 | 02:40:41.00 | 00:48:35.00 | 01:40:23.00 | 05:08:57.00 | 05:09:39.00 | 9:57 | 6 |
| 130 | KONIEC MARIUSZ | 486 | CARBON OCR RACING TEAM | DĄBROWA GÓRNICZA | POL | M30-39 | 31 | M 88 | 02:45:09.00 | 00:50:48.00 | 01:34:02.00 | 05:08:45.00 | 05:09:59.00 | 9:57 | 6 |
| 131 | CIECHAROWSKA JUSTYNA | 433 | | ŻYRARDÓW | POL | K30-39 | 23 | K 43 | 02:44:56.00 | 00:47:26.00 | 01:38:25.00 | 05:09:24.00 | 05:10:47.00 | 9:58 | 6 |
| 132 | STYŁA SEBASTIAN | 612 | | TURKA | POL | M40-49 | 33 | M 89 | 03:10:05.00 | 00:39:28.00 | 01:21:42.00 | 05:10:16.00 | 05:11:15.00 | 10:00 | 6 |
| 133 | PIETROŃ MONIKA | 562 | LEMON TEAM | KRAKÓW | POL | K30-39 | 24 | K 44 | 02:45:09.00 | 00:48:26.00 | 01:39:00.00 | 05:11:24.00 | 05:12:35.00 | 10:02 | 6 |
| 134 | NOWAK PAULINA | 543 | SPARTAN TREINING GROUP TARNÓW | TARNÓW | POL | K30-39 | 25 | K 45 | 02:44:47.00 | 00:49:13.00 | 01:38:41.00 | 05:12:17.00 | 05:12:41.00 | 10:04 | 6 |
| 135 | ZIÓŁEK TERESA | 655 | STEY INSANE | JACKÓW | POL | K60+ | 2 | K 46 | 02:45:14.00 | 00:50:57.00 | 01:37:02.00 | 05:11:46.00 | 05:13:13.00 | 10:03 | 6 |
| 136 | GAWRYŁAK BEATA | 450 | ZUMBIARY | PIASECZNO | POL | K40-49 | 10 | K 47 | 02:48:58.00 | 00:46:53.00 | 01:37:53.00 | 05:12:03.00 | 05:13:44.00 | 10:03 | 6 |
| 137 | WÓLKIEWICZ PAWEŁ | 648 | OX5 | PRUSZKÓW | POL | M50-59 | 6 | M 90 | 02:43:21.00 | 00:48:18.00 | 01:43:08.00 | 05:13:10.00 | 05:14:47.00 | 10:06 | 5.9 |
| 138 | JAROSZEWSKA IWONA | 471 | | KOZIEGŁOWY | POL | K40-49 | 11 | K 48 | 02:43:21.00 | 00:48:18.00 | 01:43:08.00 | 05:13:09.00 | 05:14:47.00 | 10:06 | 5.9 |
| 139 | KOSTKA ANETA | 496 | ADIDAS RUNNERS WARSAW | KAZIMIERÓW | POL | K16-29 | 10 | K 49 | 02:46:38.00 | 00:46:09.00 | 01:42:21.00 | 05:14:24.00 | 05:15:08.00 | 10:08 | 5.9 |
| 140 | NOWACZEK ALEKSANDRA | 539 | MULTIMEDIA RUNNERS PULAWY | PULAWY | POL | K30-39 | 26 | K 50 | 02:53:36.00 | 00:44:56.00 | 01:36:48.00 | 05:14:25.00 | 05:15:20.00 | 10:08 | 5.9 |
| 141 | ZIÓŁEK KORNELIA | 654 | | WARSZAWA | POL | K30-39 | 27 | K 51 | 02:44:47.00 | 00:46:21.00 | 01:44:29.00 | 05:14:45.00 | 05:15:37.00 | 10:09 | 5.9 |
| 142 | POSS MARCIN | 568 | | WARSZAWA | POL | M40-49 | 34 | M 91 | 02:41:05.00 | 00:56:14.00 | 01:39:03.00 | 05:14:58.00 | 05:16:22.00 | 10:09 | 5.9 |
| 143 | HEPNER MALWINA | 464 | ADIDAS RUNNERS WARSAW | WARSZAWA | POL | K30-39 | 28 | K 52 | 02:46:42.00 | 00:47:28.00 | 01:42:21.00 | 05:15:46.00 | 05:16:31.00 | 10:11 | 5.9 |
| 144 | DZIÓBEK SYLWIA | 444 | | WIELICZKA | POL | K40-49 | 12 | K 53 | 02:59:17.00 | 00:47:18.00 | 01:30:33.00 | 05:16:05.00 | 05:17:08.00 | 10:11 | 5.9 |

TRIADA INTRO ŁĄCZNIE, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Gorce | Nocne | Beskid | Netto | Brutto | min/km | km/h |
|------|----------------------------|-----|---------------------------|----------------------|------|--------|--------|-------|-------------|-------------|-------------|-------------|-------------|--------|------|
| | | | | | | | | | | Pieniny | Śądecki | | | | |
| 145 | BURMAN BEATA | 426 | | MUROWANA GOŚLINA | POL | K40-49 | 13 | K 54 | 02:51:51.00 | 00:46:14.00 | 01:39:08.00 | 05:16:08.00 | 05:17:13.00 | 10:11 | 5.9 |
| 146 | OTOLA IWONA | 550 | ENDURANCE TEAM | CHORZÓW | POL | K30-39 | 29 | K 55 | 02:48:58.00 | 00:47:40.00 | 01:40:52.00 | 05:16:22.00 | 05:17:30.00 | 10:12 | 5.9 |
| 147 | SIKORSKI LUDWIK | 598 | HTF LUDWIK SIKORSKI | ALEKSANDRÓW ŁÓDZKI | POL | M40-49 | 35 | M 92 | 02:45:03.00 | 00:49:22.00 | 01:43:22.00 | 05:16:35.00 | 05:17:47.00 | 10:12 | 5.9 |
| 148 | ŚWIEŻEWSKA KLEMENTYNA | 640 | | WARSZAWA | POL | K30-39 | 30 | K 56 | 02:52:21.00 | 00:50:56.00 | 01:34:45.00 | 05:16:06.00 | 05:18:02.00 | 10:11 | 5.9 |
| 149 | KRAVETS ANASTASIA | 502 | TRANSPOREON | KRAKÓW | POL | K16-29 | 11 | K 57 | 02:55:04.00 | 00:45:30.00 | 01:37:41.00 | 05:16:42.00 | 05:18:15.00 | 10:12 | 5.9 |
| 150 | ZAKRZEWSKI JAROSŁAW | 651 | | WARSZAWA | POL | M40-49 | 36 | M 93 | 02:46:53.00 | 00:50:02.00 | 01:42:17.00 | 05:18:09.00 | 05:19:12.00 | 10:15 | 5.8 |
| 151 | WOŹNIAK LIDIA | 644 | PORMAT JEDLICZE BIEGA | SKOŁYSZYN | POL | K50-59 | 2 | K 58 | 02:47:35.00 | 00:48:28.00 | 01:43:17.00 | 05:18:47.00 | 05:19:20.00 | 10:17 | 5.8 |
| 152 | SKOCZYŁAS PIOTR | 601 | ENDURANCE TEAM | CHORZÓW | POL | M40-49 | 37 | M 94 | 02:46:20.00 | 00:46:16.00 | 01:46:58.00 | 05:18:37.00 | 05:19:34.00 | 10:16 | 5.8 |
| 153 | KURCIŃSKA LIDIA | 507 | | PIASECZNO | POL | K30-39 | 31 | K 59 | 02:46:31.00 | 00:50:56.00 | 01:42:12.00 | 05:18:01.00 | 05:19:39.00 | 10:15 | 5.8 |
| 154 | RUDNIK KATARZYNA | 587 | | WARSZAWA | POL | K30-39 | 32 | K 60 | 02:46:31.00 | 00:51:13.00 | 01:42:12.00 | 05:18:13.00 | 05:19:56.00 | 10:15 | 5.8 |
| 155 | BALCERZAK KRYSZYNA | 402 | | ŁÓDŹ | POL | K40-49 | 14 | K 61 | 02:45:14.00 | 00:51:26.00 | 01:45:58.00 | 05:21:10.00 | 05:22:38.00 | 10:21 | 5.8 |
| 156 | SIATKA AGNIESZKA | 594 | RUNNING PERFORMANCE | KRAKÓW | POL | K40-49 | 15 | K 62 | 02:46:31.00 | 00:52:52.00 | 01:44:38.00 | 05:23:07.00 | 05:24:01.00 | 10:25 | 5.8 |
| 157 | MICHALIK JUSTYNA | 533 | ZABIERZOW BIEGA | ZABIERZOW | POL | K30-39 | 33 | K 63 | 02:54:20.00 | 00:46:26.00 | 01:45:44.00 | 05:25:14.00 | 05:26:30.00 | 10:29 | 5.7 |
| 158 | TROJANOWSKA KINGA | 627 | | ZLOTOW | POL | K60+ | 3 | K 64 | 02:55:49.00 | 00:47:25.00 | 01:43:23.00 | 05:25:37.00 | 05:26:37.00 | 10:30 | 5.7 |
| 159 | BUNIKOWSKA EMILIA | 425 | | KRAKÓW | POL | K30-39 | 34 | K 65 | 02:48:23.00 | 00:53:22.00 | 01:45:09.00 | 05:25:39.00 | 05:26:54.00 | 10:30 | 5.7 |
| 160 | ŁATA KATARZYNA | 519 | | WROCŁAW | POL | K40-49 | 16 | K 66 | 02:58:51.00 | 00:47:19.00 | 01:40:46.00 | 05:25:23.00 | 05:26:56.00 | 10:29 | 5.7 |
| 161 | BEZKOROWAJNY JOANNA | 411 | NOKIA | SIEPRAW | POL | K30-39 | 35 | K 67 | 02:55:52.00 | 00:48:22.00 | 01:42:58.00 | 05:25:26.00 | 05:27:12.00 | 10:29 | 5.7 |
| 162 | BEZKOROWAJNY MATEUSZ | 412 | NOKIA | SIEPRAW | POL | M30-39 | 32 | M 95 | 02:55:52.00 | 00:48:22.00 | 01:42:58.00 | 05:25:27.00 | 05:27:12.00 | 10:29 | 5.7 |
| 163 | KAPAŁKA KRZYSZTOF | 478 | STG TARNÓW | GROMNIK | POL | M60+ | 1 | M 96 | 02:54:00.00 | 00:48:44.00 | 01:45:51.00 | 05:28:14.00 | 05:28:35.00 | 10:35 | 5.7 |
| 164 | RUTKOWSKA MILENA | 588 | MULTIMEDIA RUNNERS PUŁAWY | PUŁAWY | POL | K30-39 | 36 | K 68 | 02:54:02.00 | 00:48:14.00 | 01:48:08.00 | 05:29:27.00 | 05:30:24.00 | 10:37 | 5.6 |
| 165 | KŁOPOT GRAŻYNA | 481 | MULTIMEDIA RUNNERS PUŁAWY | PUŁAWY | POL | K40-49 | 17 | K 69 | 02:54:02.00 | 00:48:15.00 | 01:48:08.00 | 05:29:26.00 | 05:30:25.00 | 10:37 | 5.6 |
| 166 | GŁUCHOWSKI JACEK | 453 | BB RUNNERS | BIELSKO-BIAŁA | POL | M40-49 | 38 | M 97 | 02:56:03.00 | 00:49:18.00 | 01:45:08.00 | 05:29:46.00 | 05:30:29.00 | 10:38 | 5.6 |
| 167 | MARKOWSKA JADWIGA | 530 | | WIELICZKA | POL | K30-39 | 37 | K 70 | 02:59:17.00 | 00:48:20.00 | 01:43:06.00 | 05:29:43.00 | 05:30:43.00 | 10:38 | 5.6 |
| 168 | KORNAGA KAMIL | 493 | KS RUDNIANKA RUDNA WIELKA | RUDNA WIELKA | POL | M16-29 | 21 | M 98 | 02:31:22.00 | 00:46:01.00 | 02:13:48.00 | 05:29:26.00 | 05:31:11.00 | 10:37 | 5.6 |
| 169 | SITEK SZYMON | 620 | ZABIEGANI CZĘSTOCHOWA | CZĘSTOCHOWA | POL | M30-39 | 33 | M 99 | 03:30:00.00 | 00:36:00.00 | 01:27:51.00 | 05:33:13.00 | 05:33:51.00 | 10:44 | 5.6 |
| 170 | SEBZDA MALGORZATA | 593 | HUSARIA RACE TEAM | BŁĘDOWA TYCZYŃSKA | POL | K40-49 | 38 | K 71 | 02:53:58.00 | 00:52:12.00 | 01:48:58.00 | 05:34:22.00 | 05:35:08.00 | 10:47 | 5.6 |
| 171 | BRODAWKA OLGA | 421 | | WARSZAWA | POL | K30-39 | 38 | K 72 | 02:53:51.00 | 00:50:59.00 | 01:50:40.00 | 05:34:38.00 | 05:35:30.00 | 10:47 | 5.6 |
| 172 | WALKOWSKA JUSTYNA | 631 | JACEKBIEGA RUNNING TEAM | NOWA IWICZNA | POL | K40-49 | 19 | K 73 | 02:54:31.00 | 00:50:01.00 | 01:51:01.00 | 05:33:58.00 | 05:35:33.00 | 10:46 | 5.6 |
| 173 | LULA RADEK | 517 | | WARSZAWA | POL | M40-49 | 39 | M 100 | 03:01:30.00 | 00:45:37.00 | 01:48:53.00 | 05:34:49.00 | 05:36:00.00 | 10:48 | 5.6 |
| 174 | ŁUCZAK PAWEŁ | 522 | | KRAKÓW | POL | M16-29 | 22 | M 101 | 03:10:46.00 | 00:52:40.00 | 01:33:12.00 | 05:35:51.00 | 05:36:38.00 | 10:50 | 5.5 |
| 175 | KRÓLIKOWSKA ANNA | 503 | HUSARIA RACE TEAM | MODLNICZKA | POL | K16-29 | 12 | K 74 | 03:10:46.00 | 00:52:39.00 | 01:33:13.00 | 05:35:50.00 | 05:36:38.00 | 10:50 | 5.5 |
| 176 | KORPĄLSKI JACEK | 494 | | WARSZAWA | POL | M50-59 | 7 | M 102 | 02:56:35.00 | 00:53:08.00 | 01:47:33.00 | 05:35:48.00 | 05:37:16.00 | 10:49 | 5.5 |
| 177 | ŁUKASZEWSKA KATARZYNA | 523 | | ŁOZISKA | POL | K50-59 | 3 | K 75 | 02:59:48.00 | 00:51:11.00 | 01:46:19.00 | 05:35:41.00 | 05:37:18.00 | 10:49 | 5.5 |
| 178 | STERNIK DANIEL | 611 | NAJWIĘKSZA ARMIA ŚWIATA | LUBLIN | POL | M30-39 | 34 | M 103 | 02:44:44.00 | 00:52:45.00 | 02:00:11.00 | 05:36:34.00 | 05:37:40.00 | 10:51 | 5.5 |
| 179 | BALON MARCIN | 403 | BB RUNNERS | KROSNO | POL | M40-49 | 40 | M 104 | 02:52:20.00 | 00:51:51.00 | 01:53:48.00 | 05:37:09.00 | 05:37:59.00 | 10:52 | 5.5 |
| 180 | LEFELIC MONIKA | 512 | | WARSZAWA | POL | K40-49 | 20 | K 76 | 02:39:27.00 | 00:58:47.00 | 02:00:46.00 | 05:37:47.00 | 05:39:00.00 | 10:53 | 5.5 |
| 181 | ŻURKOWSKA DOROTA | 658 | | JÓZEFÓW | POL | K30-39 | 39 | K 77 | 02:56:00.00 | 00:55:23.00 | 01:49:01.00 | 05:38:42.00 | 05:40:24.00 | 10:55 | 5.5 |
| 182 | ZBROSZCZYK DAMIAN | 585 | CARBON OCR RACING TEAM | RYBNIK | POL | M30-39 | 35 | M 105 | 02:58:15.00 | 00:51:23.00 | 01:52:19.00 | 05:40:49.00 | 05:41:57.00 | 10:59 | 5.5 |
| 183 | WIŚNIEWSKA KATARZYNA | 634 | WIŚNIA TEAM | WARSZAWA | POL | K40-49 | 21 | K 78 | 02:54:16.00 | 00:53:27.00 | 01:55:34.00 | 05:41:50.00 | 05:43:17.00 | 11:01 | 5.4 |
| 184 | PUKOCZ KATARZYNA | 573 | | ŚWIĘTOCHŁOWICE | POL | K30-39 | 40 | K 79 | 03:01:38.00 | 00:53:28.00 | 01:48:33.00 | 05:41:36.00 | 05:43:39.00 | 11:01 | 5.4 |
| 185 | SURDEJ PAULINA | 613 | STG TARNÓW | TARNÓW | POL | K16-29 | 13 | K 80 | 03:23:04.00 | 00:49:13.00 | 01:31:32.00 | 05:43:24.00 | 05:43:49.00 | 11:04 | 5.4 |
| 186 | ŚWIEŻEWSKA KAJA | 641 | | LONDYN | POL | K30-39 | 41 | K 81 | 03:04:37.00 | 00:53:03.00 | 01:46:10.00 | 05:41:52.00 | 05:43:50.00 | 11:01 | 5.4 |
| 187 | MEINERT JAKUB | 532 | CARBON OCR RACING TEAM | KATOWICE | POL | M16-29 | 23 | M 106 | 03:08:43.00 | 00:51:15.00 | 01:44:23.00 | 05:42:46.00 | 05:44:21.00 | 11:03 | 5.4 |
| 188 | RADYK JOANNA | 576 | PRZEMYSKI KLUB BIEGACZA | PRZEMYSŁ | POL | K30-39 | 42 | K 82 | 03:01:33.00 | 00:52:54.00 | 01:50:02.00 | 05:43:30.00 | 05:44:29.00 | 11:04 | 5.4 |
| 189 | ZAINCIKOWSKAIA-WÓJCİK INNA | 649 | NIE MAM POMYSŁU | ŁÓDŹ | POL | K30-39 | 43 | K 83 | 03:03:58.00 | 00:52:49.00 | 01:49:23.00 | 05:45:24.00 | 05:46:10.00 | 11:08 | 5.4 |
| 190 | PAWŁOWSKA MARIA | 555 | MARUSIABIEGAPL | JANOWIEC | POL | K40-49 | 22 | K 84 | 02:59:34.00 | 00:52:22.00 | 01:55:32.00 | 05:45:58.00 | 05:47:28.00 | 11:09 | 5.4 |
| 191 | ŁĘPICKI MATEUSZ | 521 | LEMON TEAM | KRAKÓW | POL | M30-39 | 36 | M 107 | 03:06:10.00 | 00:52:59.00 | 01:54:57.00 | 05:52:46.00 | 05:54:06.00 | 11:22 | 5.3 |
| 192 | ŁĘPICKA MARTA | 520 | | WARSZAWA | POL | K16-29 | 14 | K 85 | 03:06:12.00 | 00:53:00.00 | 01:54:56.00 | 05:52:48.00 | 05:54:08.00 | 11:22 | 5.3 |
| 193 | GRABOWSKA JOANNA | 457 | SPC/ KM UMK | TORUŃ | POL | K40-49 | 23 | K 86 | 03:18:15.00 | 00:40:00.00 | 01:56:06.00 | 05:52:50.00 | 05:54:21.00 | 11:22 | 5.3 |
| 194 | KUREK MAŁGORZATA | 508 | CARBON OCR RACING TEAM | SIEMIENOWICE ŚLĄSKIE | POL | K30-39 | 44 | K 87 | 03:08:37.00 | 00:58:50.00 | 01:46:58.00 | 05:53:25.00 | 05:54:25.00 | 11:24 | 5.3 |
| 195 | SOSNOWSKA BARBARA | 608 | LACHO TEAM | KRAKÓW | POL | K40-49 | 24 | K 88 | 03:06:58.00 | 00:52:27.00 | 01:57:26.00 | 05:55:10.00 | 05:56:51.00 | 11:27 | 5.2 |
| 196 | PIETRZYKOWSKA KATARZYNA | 563 | | WROCŁAW | POL | K30-39 | 45 | K 89 | 03:06:58.00 | 00:52:28.00 | 01:57:26.00 | 05:55:08.00 | 05:56:52.00 | 11:27 | 5.2 |
| 197 | KOWALCZYK JUSTYNA | 499 | ACCENTURE | WARSZAWA | POL | K50-59 | 4 | K 90 | 02:50:26.00 | 00:58:14.00 | 02:08:35.00 | 05:56:21.00 | 05:57:15.00 | 11:29 | 5.2 |
| 198 | CHLEWICKA MAGDALENA | 414 | ZABIEGANI CZĘSTOCHOWA | CZĘSTOCHOWA | POL | K30-39 | 46 | K 91 | 03:30:00.00 | 00:53:01.00 | 01:34:44.00 | 05:57:07.00 | 05:57:45.00 | 11:31 | 5.2 |
| 199 | KWIATKOWSKA KATARZYNA | 509 | RUNKASIARUN | MARKI | POL | K30-39 | 47 | K 92 | 03:04:42.00 | 00:52:40.00 | 02:02:05.00 | 05:57:54.00 | 05:59:27.00 | 11:32 | 5.2 |
| 200 | RADYK JAKUB | 440 | PRZEMYSKI KLUB BIEGACZA | PRZEMYSŁ | POL | M30-39 | 37 | M 108 | 03:30:00.00 | 00:52:54.00 | 01:40:38.00 | 06:03:04.00 | 06:03:32.00 | 11:42 | 5.1 |

TRIADA INTRO ŁĄCZNIE, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Gorce | Nocne Pieniny | Beskid Sądecki | Netto | Brutto | min/km | km/h |
|------|------------------------------|-----|---|----------------------|------|--------|--------|-------|-------------|------------------|-------------------|-------------|-------------|--------|------|
| 201 | GROCHAL MARCIN | 557 | PSEUDOMOUNTAINRUNNER | WYGIEŁŻÓW | POL | M40-49 | 41 | M 109 | 03:30:00.00 | 01:00:00.00 | 01:35:38.00 | 06:05:06.00 | 06:05:38.00 | 11:46 | 5.1 |
| 202 | OGAZA ANNA | 546 | | SIEMIANOWICE ŚLĄSKIE | POL | K30-39 | 48 | K 93 | 03:08:35.00 | 00:58:50.00 | 01:59:57.00 | 06:06:22.00 | 06:07:22.00 | 11:49 | 5.1 |
| 203 | BRODECKI ADAM | 422 | WATAHA ŁĄCZY NAS BIEGANIE | RADZYŃ PODLASKI | POL | M16-29 | 24 | M 110 | 03:18:00.00 | 00:53:30.00 | 01:55:56.00 | 06:05:27.00 | 06:07:26.00 | 11:47 | 5.1 |
| 204 | KANDERSKI SŁAWEK | 476 | WKB MARATOŃCZYK | WŁOCLAWEK | POL | M50-59 | 8 | M 111 | 03:18:15.00 | 00:53:49.00 | 01:56:06.00 | 06:06:19.00 | 06:08:10.00 | 11:49 | 5.1 |
| 205 | DZIEDZIC-WÓJTOWICZ AGNIESZKA | 442 | SRTG-NIEPOŁOMICE | TARGOWISKO | POL | K40-49 | 25 | K 94 | 03:10:11.00 | 01:01:50.00 | 01:58:43.00 | 06:09:30.00 | 06:10:44.00 | 11:55 | 5 |
| 206 | LESZCZYŃSKI ALEKSANDER | 514 | | KRAKÓW | POL | M40-49 | 42 | M 112 | 03:10:19.00 | 00:55:43.00 | 02:06:36.00 | 06:11:00.00 | 06:12:38.00 | 11:58 | 5 |
| 207 | LUDKA DAGMARA | 513 | | ZŁOTÓW | POL | K40-49 | 26 | K 95 | 03:30:00.00 | 00:52:03.00 | 01:52:03.00 | 06:13:36.00 | 06:14:06.00 | 12:03 | 5 |
| 208 | NOWAK EWELINA | 541 | STG TARNÓW | GROMNIK | | K30-39 | 49 | K 96 | 03:20:39.00 | 00:56:27.00 | 02:03:55.00 | 06:20:15.00 | 06:21:01.00 | 12:15 | 4.9 |
| 209 | WIŚNIEWSKA DOROTA | 633 | | ALEKSANDRÓW KUJAWSKI | POL | K40-49 | 27 | K 97 | 03:25:17.00 | 00:57:11.00 | 02:00:58.00 | 06:21:51.00 | 06:23:26.00 | 12:19 | 4.9 |
| 210 | GERLE-KOTULA ANNA | 452 | | KATOWICE | POL | K30-39 | 50 | K 98 | 03:15:10.00 | 00:55:52.00 | 02:12:53.00 | 06:22:38.00 | 06:23:55.00 | 12:20 | 4.9 |
| 211 | KOTULA JAKUB | 498 | | KATOWICE | POL | M30-39 | 38 | M 113 | 03:15:10.00 | 00:56:34.00 | 02:12:53.00 | 06:23:16.00 | 06:24:37.00 | 12:21 | 4.9 |
| 212 | DUBIŃSKI PRZEMYSŁAW | 415 | PRZEMEK DUBIŃSKI - BIEGIEMPRZEZŚWIAT | CZĘSTOCHOWA | POL | M40-49 | 43 | M 114 | 03:30:00.00 | 00:53:02.00 | 02:02:11.00 | 06:24:34.00 | 06:25:13.00 | 12:24 | 4.8 |
| 213 | SKORUPKA ANNA | 602 | | SIEDLCE | POL | K40-49 | 28 | K 99 | 03:23:27.00 | 00:56:32.00 | 02:08:28.00 | 06:26:30.00 | 06:28:27.00 | 12:28 | 4.8 |
| 214 | JASIUL MARIOLA | 472 | | LEGIONOWO | POL | K40-49 | 29 | K 100 | 03:25:58.00 | 01:05:25.00 | 02:04:20.00 | 06:34:09.00 | 06:35:43.00 | 12:42 | 4.7 |
| 215 | MALARA DALIA | 528 | CARBON OCR RACING TEAM | ZABRZE | POL | K30-39 | 51 | K 101 | 03:38:59.00 | 01:05:59.00 | 01:53:06.00 | 06:37:42.00 | 06:38:04.00 | 12:49 | 4.7 |
| 216 | MALOCHLEB MATEUSZ | 659 | ZAWISZA STARA KUŹNIA | KATOWICE | | M16-29 | 25 | M 115 | 03:14:34.00 | 00:43:33.00 | 02:45:03.00 | 06:41:07.00 | 06:43:10.00 | 12:56 | 4.6 |
| 217 | ZIENKIEWICZ AGATA | 653 | | WROCLAW | POL | K30-39 | 52 | K 102 | 03:33:25.00 | 01:00:44.00 | 02:09:28.00 | 06:42:08.00 | 06:43:37.00 | 12:58 | 4.6 |
| 218 | KAPAŁKA BOŻENA | 477 | STG TARNÓW | GROMNIK | POL | K50-59 | 5 | K 103 | 03:23:04.00 | 01:01:33.00 | 02:22:56.00 | 06:46:32.00 | 06:47:33.00 | 13:06 | 4.6 |
| 219 | WIECZOREK ANDRZEJ | 638 | | TARNÓW | POL | M50-59 | 9 | M 116 | 03:31:24.00 | 00:57:01.00 | 02:22:57.00 | 06:50:19.00 | 06:51:22.00 | 13:14 | 4.5 |
| 220 | MIERZEJEWSKA OLGA | 534 | | SIEMIANOWICE ŚLĄSKIE | POL | K30-39 | 53 | K 104 | 03:34:42.00 | 01:00:46.00 | 02:20:35.00 | 06:54:40.00 | 06:56:03.00 | 13:22 | 4.5 |
| 221 | SIERECKA DOROTA | 596 | TEAM ZABIEGANEDNI // WKURW_TEAM | ŻELECHÓW | POL | K40-49 | 30 | K 105 | 03:37:56.00 | 01:09:51.00 | 02:08:46.00 | 06:54:24.00 | 06:56:33.00 | 13:22 | 4.5 |
| 222 | SMOGORZEWSKA MARTA | 605 | WKURW_TEAM | WARSZAWA | POL | K30-39 | 54 | K 106 | 03:37:56.00 | 01:02:46.00 | 02:25:08.00 | 07:03:42.00 | 07:05:50.00 | 13:40 | 4.4 |
| 223 | MATUSZCZAK ANGELIKA | 531 | STG TARNÓW | TARNÓW | POL | K30-39 | 55 | K 107 | 03:32:24.00 | 01:14:54.00 | 02:36:22.00 | 07:22:44.00 | 07:23:40.00 | 14:16 | 4.2 |
| 224 | PRZYBYŁO MARTA | 572 | | KRAKÓW | POL | K30-39 | 56 | K 108 | 03:39:18.00 | 01:15:42.00 | 02:39:08.00 | 07:32:13.00 | 07:34:08.00 | 14:35 | 4.1 |
| 225 | KOSZNIUK ELZBIETA | 497 | WYBIEGAJ SIEBIE | CHOTOMÓW | POL | K50-59 | 6 | K 109 | 03:39:18.00 | 01:15:42.00 | 02:45:03.00 | 07:37:48.00 | 07:40:03.00 | 14:46 | 4.1 |
| | ZAJĄCZKOWSKA EWELINA | 650 | GRUPA BIEGOWA UM W-WA | WARSZAWA | POL | K30-39 | | | 00:00:00.00 | 00:00:00.00 | 01:22:10.00 | DNF | DNF | - | - |
| | GABRYŚ RAFAŁ | 447 | KAWIK RUNNING TEAM | SZCZAWA | POL | M30-39 | | | DNF | DNF | DNF | DNF | DNF | - | - |
| | SURUS ARTUR | 614 | | TARNÓW | POL | M30-39 | | | 02:00:08.00 | 00:00:00.00 | 00:00:00.00 | DNF | DNF | - | - |
| | KWASEK KAZEK | 293 | MUAY RUNNING TEAM | BIBICE | POL | M40-49 | | | 02:15:46.00 | 00:00:00.00 | 00:00:00.00 | DNF | DNF | - | - |
| | BIAŁEK MARIUSZ | 413 | ENDURANCE TEAM | KATOWICE | POL | M30-39 | | | 02:48:21.00 | 00:00:00.00 | 00:00:00.00 | DNF | DNF | - | - |
| | PAWEŁCZYK KACPER | 554 | K.S. CELIRONMAN S.A. | ŁÓDŹ | POL | M30-39 | | | 02:14:54.00 | 00:44:59.00 | 00:00:00.00 | DNF | DNF | - | - |
| | MAŃKO MONIKA | 529 | | TURKA | POL | K16-29 | | | 03:10:04.00 | 00:00:00.00 | 00:00:00.00 | DNF | DNF | - | - |
| | WILCZEWSKA WERONIKA | 642 | | HRUBIESZÓW | POL | K16-29 | | | 02:34:00.00 | 00:47:50.00 | 00:00:00.00 | DNF | DNF | - | - |
| | KUBIESA PATRYCJA | 505 | HUSARIA RACE TEAM | KRAKÓW | POL | K30-39 | | | 03:22:28.00 | 00:00:00.00 | 00:00:00.00 | DNF | DNF | - | - |
| | KARPIŃSKA ANIA | 479 | DZIKIE GRUBASY SZATANA/ADIDAS RUNERS WARSAW | WARSZAWA | POL | K40-49 | | | 03:31:45.00 | 00:00:00.00 | 00:00:00.00 | DNF | DNF | - | - |
| | DZIEWIĄTKOWSKA EWA | 443 | | STARE BABICE | POL | K40-49 | | | 02:40:44.00 | 00:00:00.00 | 01:43:23.00 | DNF | DNF | - | - |
| | PIENKOWSKI LESZEK | 559 | WM TRISELF | KRAKÓW | POL | M50-59 | | | 03:33:25.00 | 00:58:53.00 | 00:00:00.00 | DNF | DNF | - | - |
| | JACKOWSKA EWA | 660 | JAROSŁAWSKA GRUPA BIEGOWA SOKÓŁ | JAROSŁAW | | K40-49 | | | 03:01:30.00 | 00:00:00.00 | 01:48:51.00 | DNF | DNF | - | - |
| | JACKOWSKI JACEK | 661 | JAROSŁAWSKA GRUPA BIEGOWA SOKÓŁ | JAROSŁAW | | M40-49 | | | 03:01:33.00 | 00:00:00.00 | 01:48:50.00 | DNF | DNF | - | - |

TRIADA INTRO ŁĄCZNIE, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Gorce | Nocne Pieniny | Beskid Sądecki | Netto | Brutto | min/km | km/h |
|------|-----------------|-----|------|-----------|------|--------|--------|-----|--------------------|--------------------|--------------------|-------|--------|--------|------|
| | KOPCZYK JAKUB | 489 | | LUBLIN | POL | M16-29 | | | 03:03:55.00 DNF | 00:00:00.00 DNF | 01:54:23.00 DNF | DNF | DNF | - | - |

TRIADA INTRO ŁĄCZNIE, K Open

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Gorce | Nocne Pieniny | Beskid Sądecki | Netto | Brutto | min/km | km/h |
|------|---------------------------|-----|----------------------------------|---------------|------|--------|--------|------|-------|------------------|-------------------|-------------|-------------|--------|------|
| 1 | PIETROCZUK SYLWIA | 561 | NOA | NYSA | POL | K16-29 | 1 | K 1 | | | | 03:31:35.00 | 03:31:44.00 | 6:49 | 8.8 |
| 2 | CHMIELEWSKA-BORUCH MILENA | 430 | | MRAĞOWO | POL | K30-39 | 1 | K 2 | | | | 03:47:16.00 | 03:48:38.00 | 7:19 | 8.2 |
| 3 | LANGE MAGDA | 510 | STG TARNOW | GROMNIK | POL | K30-39 | 2 | K 3 | | | | 03:51:15.00 | 03:51:33.00 | 7:27 | 8 |
| 4 | WICHA MAŁGORZATA | 637 | WKS WAWEL | KRAKÓW | POL | K16-29 | 2 | K 4 | | | | 03:52:50.00 | 03:53:03.00 | 7:30 | 8 |
| 5 | SZUMNY NINA | 622 | | KRAKÓW | POL | K30-39 | 3 | K 5 | | | | 03:54:09.00 | 03:54:20.00 | 7:33 | 7.9 |
| 6 | MIKOŚ MAGDALENA | 535 | | KRAKÓW | POL | K30-39 | 4 | K 6 | | | | 03:58:02.00 | 03:59:13.00 | 7:40 | 7.8 |
| 7 | SZUREK PAULINA | 623 | | MODERÓWKA | POL | K30-39 | 5 | K 7 | | | | 04:03:18.00 | 04:03:52.00 | 7:50 | 7.6 |
| 8 | PAWELEC ALEKSANDRA | 552 | HUSARIA RACE TEAM | KRAKÓW | POL | K16-29 | 3 | K 8 | | | | 04:05:56.00 | 04:06:47.00 | 7:56 | 7.6 |
| 9 | PINTSCHER PAULINA | 564 | | RABKA-ZDRÓJ | POL | K30-39 | 6 | K 9 | | | | 04:06:59.00 | 04:07:39.00 | 7:58 | 7.5 |
| 10 | BISZCZUK MARIOLA | 417 | THE THRULERS | PUŁAWY | POL | K30-39 | 7 | K 10 | | | | 04:08:25.00 | 04:08:48.00 | 8:00 | 7.5 |
| 11 | STEFANIUK MARZENA | 610 | | RADZYMIN | POL | K30-39 | 8 | K 11 | | | | 04:14:57.00 | 04:15:32.00 | 8:13 | 7.3 |
| 12 | BLOK IZABELA | 418 | 72D ROWMIX JAVA TEAM | KRAKOW | POL | K30-39 | 9 | K 12 | | | | 04:16:20.00 | 04:16:34.00 | 8:16 | 7.3 |
| 13 | HRYC MARTYNA | 467 | | GRYWAŁD | POL | K16-29 | 4 | K 13 | | | | 04:23:58.00 | 04:24:11.00 | 8:30 | 7 |
| 14 | PROCHASEK ANNA | 569 | | SKRBEŃSKO | POL | K30-39 | 10 | K 14 | | | | 04:22:58.00 | 04:24:23.00 | 8:28 | 7.1 |
| 15 | ROGÓZ ELŻBIETA | 583 | PRORUNNING PROMOTION | WARSZAWA | POL | K40-49 | 1 | K 15 | | | | 04:26:39.00 | 04:27:15.00 | 8:36 | 7 |
| 16 | GARDEŁA JUSTYNA | 449 | WOLBROM TEAM | WOLBROM | POL | K30-39 | 11 | K 16 | | | | 04:30:14.00 | 04:31:46.00 | 8:43 | 6.9 |
| 17 | WÓLKIEWICZ DOROTA | 647 | KS STASZEWSKY | PRUSZKÓW | POL | K50-59 | 1 | K 17 | | | | 04:32:07.00 | 04:33:26.00 | 8:46 | 6.8 |
| 18 | HENDZLIK MONIKA | 463 | | CZĘSTOCHOWA | POL | K40-49 | 2 | K 18 | | | | 04:33:47.00 | 04:34:38.00 | 8:49 | 6.8 |
| 19 | ROZMUS MARZENA | 586 | FRELKI LOTAJOM | BOJSZOWY NOWE | POL | K40-49 | 3 | K 19 | | | | 04:37:29.00 | 04:38:07.00 | 8:57 | 6.7 |
| 20 | HAŚNIK DARIA | 460 | | BIERUŃ | POL | K30-39 | 12 | K 20 | | | | 04:39:14.00 | 04:39:52.00 | 9:00 | 6.7 |
| 21 | KONS KATARZYNA | 487 | POKA HERKI TEAM | ŁĄCZANY | POL | K16-29 | 5 | K 21 | | | | 04:40:04.00 | 04:41:25.00 | 9:02 | 6.6 |
| 22 | POŹNIAK-STYCZYŃSKA MAJA | 565 | DDC | PUŁAWY | POL | K30-39 | 13 | K 22 | | | | 04:42:14.00 | 04:42:31.00 | 9:06 | 6.6 |
| 23 | SIEKANIEC DOROTA | 595 | NIDEC ALL FOR DREAMS | KRAKÓW | POL | K30-39 | 14 | K 23 | | | | 04:43:45.00 | 04:45:02.00 | 9:09 | 6.6 |
| 24 | ROGOWSKA ALEKSANDRA | 582 | SIOSTRY OLSEN | KRAKÓW | POL | K16-29 | 6 | K 24 | | | | 04:45:16.00 | 04:46:22.00 | 9:12 | 6.5 |
| 25 | SAMOJLUK-ŚLUSARSKA BOŻENA | 591 | DRUŻYNA TVN | WARSZAWA | POL | K60+ | 1 | K 25 | | | | 04:46:04.00 | 04:47:13.00 | 9:13 | 6.5 |
| 26 | TRUSZKOWSKA MARTA | 628 | | WARSZAWA | POL | K30-39 | 15 | K 26 | | | | 04:47:58.00 | 04:49:26.00 | 9:17 | 6.5 |
| 27 | BEDNARZ ANNA | 408 | 42 DO SZCZĘŚCIA | SIEDLIKA | POL | K16-29 | 7 | K 27 | | | | 04:48:17.00 | 04:49:56.00 | 9:17 | 6.5 |
| 28 | TOKARSKA BOŻENA | 624 | #ADAMCZERWIŃSKITEAM | KRAKÓW | POL | K40-49 | 4 | K 28 | | | | 04:49:04.00 | 04:50:03.00 | 9:19 | 6.4 |
| 29 | HERLICZKA RENATA | 465 | AML-FLY TEAM | GLIWICE | POL | K30-39 | 16 | K 29 | | | | 04:49:52.00 | 04:51:29.00 | 9:21 | 6.4 |
| 30 | REJMAN DOROTA | 580 | | TARNOBRZEG | POL | K40-49 | 5 | K 30 | | | | 04:51:24.00 | 04:52:38.00 | 9:24 | 6.4 |
| 31 | CHRZAN MAGDALENA | 432 | | KRAKÓW | POL | K30-39 | 17 | K 31 | | | | 04:52:39.00 | 04:53:17.00 | 9:26 | 6.4 |
| 32 | ZAŁUBSKA ANNA | 652 | DIETETYK-NIEPOLOMICE.PL | KRAKÓW | POL | K30-39 | 18 | K 32 | | | | 04:53:30.00 | 04:54:01.00 | 9:28 | 6.3 |
| 33 | NORWECKA SYLWIA | 538 | | KRAKÓW | POL | K30-39 | 19 | K 33 | | | | 04:55:39.00 | 04:56:52.00 | 9:32 | 6.3 |
| 34 | SZCZESNIAK AGNIESZKA | 616 | SB SOBOLE | WARSZAWA | POL | K40-49 | 6 | K 34 | | | | 04:58:30.00 | 04:59:23.00 | 9:37 | 6.2 |
| 35 | BOROŃ MARLENA | 639 | | KRAKÓW | POL | K16-29 | 8 | K 35 | | | | 05:01:10.00 | 05:02:04.00 | 9:42 | 6.2 |
| 36 | WARCHOCKA EWELINA | 632 | | LUBLIN | POL | K40-49 | 7 | K 36 | | | | 05:01:51.00 | 05:02:57.00 | 9:44 | 6.2 |
| 37 | SALAMON BARBARA | 590 | | GLIWICE | POL | K40-49 | 8 | K 37 | | | | 05:05:25.00 | 05:06:08.00 | 9:51 | 6.1 |
| 38 | SKIBA KATARZYNA | 599 | | ZDUŃSKA WOLA | POL | K40-49 | 9 | K 38 | | | | 05:05:17.00 | 05:06:46.00 | 9:50 | 6.1 |
| 39 | MAJDA KAROLINA | 527 | | KRAKÓW | POL | K16-29 | 9 | K 39 | | | | 05:06:29.00 | 05:07:41.00 | 9:53 | 6.1 |
| 40 | RADOSZ-KWASEK AGATA | 575 | MUAY RUNNING TEAM | KRAKÓW | POL | K30-39 | 20 | K 40 | | | | 05:07:51.00 | 05:08:56.00 | 9:55 | 6 |
| 41 | PRZYBYŁKA AGNIESZKA | 571 | | MYSŁOWICE | POL | K30-39 | 21 | K 41 | | | | 05:07:53.00 | 05:08:58.00 | 9:55 | 6 |
| 42 | ARMAŃSKA MARIANNA | 400 | | LEGNICA | POL | K30-39 | 22 | K 42 | | | | 05:08:57.00 | 05:09:39.00 | 9:57 | 6 |
| 43 | CIECHAROWSKA JUSTYNA | 433 | | ŻYRARDÓW | POL | K30-39 | 23 | K 43 | | | | 05:09:24.00 | 05:10:47.00 | 9:58 | 6 |
| 44 | PIETROŃ MONIKA | 562 | LEMON TEAM | KRAKÓW | POL | K30-39 | 24 | K 44 | | | | 05:11:24.00 | 05:12:35.00 | 10:02 | 6 |
| 45 | NOWAK PAULINA | 543 | SPARTAN TREINING GROUP TARNÓW | TARNÓW | POL | K30-39 | 25 | K 45 | | | | 05:12:17.00 | 05:12:41.00 | 10:04 | 6 |
| 46 | ZIÓŁEK TERESA | 655 | STEY INSANE | JACKÓW | POL | K60+ | 2 | K 46 | | | | 05:11:46.00 | 05:13:13.00 | 10:03 | 6 |

TRIADA INTRO ŁĄCZNIE, K Open c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Gorce | Nocne Pieniny | Beskid Sądecki | Netto | Brutto | min/km | km/h |
|------|------------------------------|-----|---------------------------|----------------------|------|--------|--------|-------|-------|------------------|-------------------|-------------|-------------|--------|------|
| 47 | GAWRYLAK BEATA | 450 | ZUMBIARY | PIASECZNO | POL | K40-49 | 10 | K 47 | | | | 05:12:03.00 | 05:13:44.00 | 10:03 | 6 |
| 48 | JAROSZEWSKA IWONA | 471 | | KOZIEGŁOWY | POL | K40-49 | 11 | K 48 | | | | 05:13:09.00 | 05:14:47.00 | 10:06 | 5.9 |
| 49 | KOSTKA ANETA | 496 | ADIDAS RUNNERS WARSAW | KAZIMIERÓW | POL | K16-29 | 10 | K 49 | | | | 05:14:24.00 | 05:15:08.00 | 10:08 | 5.9 |
| 50 | NOWACZEK ALEKSANDRA | 539 | MULTIMEDIA RUNNERS PUŁAWY | PUŁAWY | POL | K30-39 | 26 | K 50 | | | | 05:14:25.00 | 05:15:20.00 | 10:08 | 5.9 |
| 51 | ZIÓŁEK KORNELIA | 654 | | WARSZAWA | POL | K30-39 | 27 | K 51 | | | | 05:14:45.00 | 05:15:37.00 | 10:09 | 5.9 |
| 52 | HEPNER MALWINA | 464 | ADIDAS RUNNERS WARSAW | WARSZAWA | POL | K30-39 | 28 | K 52 | | | | 05:15:46.00 | 05:16:31.00 | 10:11 | 5.9 |
| 53 | DZIÓBEK SYLWIA | 444 | | WIELICZKA | POL | K40-49 | 12 | K 53 | | | | 05:16:05.00 | 05:17:08.00 | 10:11 | 5.9 |
| 54 | BURMAN BEATA | 426 | | MUROWANA GOŚLINA | POL | K40-49 | 13 | K 54 | | | | 05:16:08.00 | 05:17:13.00 | 10:11 | 5.9 |
| 55 | OTOLA IWONA | 550 | ENDURANCE TEAM | CHORZÓW | POL | K30-39 | 29 | K 55 | | | | 05:16:22.00 | 05:17:30.00 | 10:12 | 5.9 |
| 56 | ŚWIEŻEWSKA KLEMENTYNA | 640 | | WARSZAWA | POL | K30-39 | 30 | K 56 | | | | 05:16:06.00 | 05:18:02.00 | 10:11 | 5.9 |
| 57 | KRAVETS ANASTASIIA | 502 | TRANSPOREON | KRAKÓW | POL | K16-29 | 11 | K 57 | | | | 05:16:42.00 | 05:18:15.00 | 10:12 | 5.9 |
| 58 | WOŹNIAK LIDIA | 644 | PORMAT JEDLICZE BIEGA | SKOŁYSZYN | POL | K50-59 | 2 | K 58 | | | | 05:18:47.00 | 05:19:20.00 | 10:17 | 5.8 |
| 59 | KURCIŃSKA LIDIA | 507 | | PIASECZNO | POL | K30-39 | 31 | K 59 | | | | 05:18:01.00 | 05:19:39.00 | 10:15 | 5.8 |
| 60 | RUDNIK KATARZYNA | 587 | | WARSZAWA | POL | K30-39 | 32 | K 60 | | | | 05:18:13.00 | 05:19:56.00 | 10:15 | 5.8 |
| 61 | BALCERZAK KRYSZYNA | 402 | | ŁÓDŹ | POL | K40-49 | 14 | K 61 | | | | 05:21:10.00 | 05:22:38.00 | 10:21 | 5.8 |
| 62 | SIATKA AGNIESZKA | 594 | RUNNING PERFORMANCE | KRAKÓW | POL | K40-49 | 15 | K 62 | | | | 05:23:07.00 | 05:24:01.00 | 10:25 | 5.8 |
| 63 | MICHALIK JUSTYNA | 533 | ZABIERZOW BIEGA | ZABIERZOW | POL | K30-39 | 33 | K 63 | | | | 05:25:14.00 | 05:26:30.00 | 10:29 | 5.7 |
| 64 | TROJANOWSKA KINGA | 627 | | ZLOTOW | POL | K60+ | 3 | K 64 | | | | 05:25:37.00 | 05:26:37.00 | 10:30 | 5.7 |
| 65 | BUNIKOWSKA EMILIA | 425 | | KRAKÓW | POL | K30-39 | 34 | K 65 | | | | 05:25:39.00 | 05:26:54.00 | 10:30 | 5.7 |
| 66 | ŁATA KATARZYNA | 519 | | WROCŁAW | POL | K40-49 | 16 | K 66 | | | | 05:25:23.00 | 05:26:56.00 | 10:29 | 5.7 |
| 67 | BEZKOROWAJNY JOANNA | 411 | NOKIA | SIEPRAW | POL | K30-39 | 35 | K 67 | | | | 05:25:26.00 | 05:27:12.00 | 10:29 | 5.7 |
| 68 | RUTKOWSKA MILENA | 588 | MULTIMEDIA RUNNERS PUŁAWY | PUŁAWY | POL | K30-39 | 36 | K 68 | | | | 05:29:27.00 | 05:30:24.00 | 10:37 | 5.6 |
| 69 | KŁOPOT GRAŻYNA | 481 | MULTIMEDIA RUNNERS PUŁAWY | PUŁAWY | POL | K40-49 | 17 | K 69 | | | | 05:29:26.00 | 05:30:25.00 | 10:37 | 5.6 |
| 70 | MARKOWSKA JADWIGA | 530 | | WIELICZKA | POL | K30-39 | 37 | K 70 | | | | 05:29:43.00 | 05:30:43.00 | 10:38 | 5.6 |
| 71 | SEBZDA MALGORZATA | 593 | HUSARIA RACE TEAM | BIĘDOWA TYCZYŃSKA | POL | K40-49 | 18 | K 71 | | | | 05:34:22.00 | 05:35:08.00 | 10:47 | 5.6 |
| 72 | BRODAWKA OLGA | 421 | | WARSZAWA | POL | K30-39 | 38 | K 72 | | | | 05:34:38.00 | 05:35:30.00 | 10:47 | 5.6 |
| 73 | WALKOWSKA JUSTYNA | 631 | JACEKBIEGA RUNNING TEAM | NOWA IWICZNA | POL | K40-49 | 19 | K 73 | | | | 05:33:58.00 | 05:35:33.00 | 10:46 | 5.6 |
| 74 | KRÓLIKOWSKA ANNA | 503 | HUSARIA RACE TEAM | MODLNICZKA | POL | K16-29 | 12 | K 74 | | | | 05:35:50.00 | 05:36:38.00 | 10:50 | 5.5 |
| 75 | ŁUKASZEWSKA KATARZYNA | 523 | | ŁOZISKA | POL | K50-59 | 3 | K 75 | | | | 05:35:41.00 | 05:37:18.00 | 10:49 | 5.5 |
| 76 | LEFELIC MONIKA | 512 | | WARSZAWA | POL | K40-49 | 20 | K 76 | | | | 05:37:47.00 | 05:39:00.00 | 10:53 | 5.5 |
| 77 | ŻURKOWSKA DOROTA | 658 | | JÓZEFÓW | POL | K30-39 | 39 | K 77 | | | | 05:38:42.00 | 05:40:24.00 | 10:55 | 5.5 |
| 78 | WIŚNIEWSKA KATARZYNA | 634 | WIŚNIA TEAM | WARSZAWA | POL | K40-49 | 21 | K 78 | | | | 05:41:50.00 | 05:43:17.00 | 11:01 | 5.4 |
| 79 | PUKOCZ KATARZYNA | 573 | | ŚWIĘTOCHŁOWICE | POL | K30-39 | 40 | K 79 | | | | 05:41:36.00 | 05:43:39.00 | 11:01 | 5.4 |
| 80 | SURDEJ PAULINA | 613 | STG TARNÓW | TARNÓW | POL | K16-29 | 13 | K 80 | | | | 05:43:24.00 | 05:43:49.00 | 11:04 | 5.4 |
| 81 | ŚWIEŻEWSKA KAJA | 641 | | LONDYN | POL | K30-39 | 41 | K 81 | | | | 05:41:52.00 | 05:43:50.00 | 11:01 | 5.4 |
| 82 | RADYK JOANNA | 576 | PRZEMYSKI KLUB BIEGACZA | PRZEMYSŁ | POL | K30-39 | 42 | K 82 | | | | 05:43:30.00 | 05:44:29.00 | 11:04 | 5.4 |
| 83 | ZAINCIKOWSKAIA-WÓJCIK INNA | 649 | NIE MAM POMYSŁU | ŁÓDŹ | POL | K30-39 | 43 | K 83 | | | | 05:45:24.00 | 05:46:10.00 | 11:08 | 5.4 |
| 84 | PAWŁOWSKA MARIA | 555 | MARUSIABIEGAPL | JANOWIEC | POL | K40-49 | 22 | K 84 | | | | 05:45:58.00 | 05:47:28.00 | 11:09 | 5.4 |
| 85 | ŁĘPICKA MARTA | 520 | | WARSZAWA | POL | K16-29 | 14 | K 85 | | | | 05:52:48.00 | 05:54:08.00 | 11:22 | 5.3 |
| 86 | GRABOWSKA JOANNA | 457 | SPC/ KM UMK | TORUŃ | POL | K40-49 | 23 | K 86 | | | | 05:52:50.00 | 05:54:21.00 | 11:22 | 5.3 |
| 87 | KUREK MAŁGORZATA | 508 | CARBON OCR RACING TEAM | SIEMIANOWICE ŚLĄSKIE | POL | K30-39 | 44 | K 87 | | | | 05:53:25.00 | 05:54:25.00 | 11:24 | 5.3 |
| 88 | SOSNOWSKA BARBARA | 608 | LACHO TEAM | KRAKÓW | POL | K40-49 | 24 | K 88 | | | | 05:55:10.00 | 05:56:51.00 | 11:27 | 5.2 |
| 89 | PIETRZYKOWSKA KATARZYNA | 563 | | WROCŁAW | POL | K30-39 | 45 | K 89 | | | | 05:55:08.00 | 05:56:52.00 | 11:27 | 5.2 |
| 90 | KOWALCZYK JUSTYNA | 499 | ACCENTURE | WARSZAWA | POL | K50-59 | 4 | K 90 | | | | 05:56:21.00 | 05:57:15.00 | 11:29 | 5.2 |
| 91 | CHLEWICKA MAGDALENA | 414 | ZABIEGANI CZĘSTOCHOWA | CZĘSTOCHOWA | POL | K30-39 | 46 | K 91 | | | | 05:57:07.00 | 05:57:45.00 | 11:31 | 5.2 |
| 92 | KWIATKOWSKA KATARZYNA | 509 | RUNKASIARUN | MARKI | POL | K30-39 | 47 | K 92 | | | | 05:57:54.00 | 05:59:27.00 | 11:32 | 5.2 |
| 93 | OGAZA ANNA | 546 | | SIEMIANOWICE ŚLĄSKIE | POL | K30-39 | 48 | K 93 | | | | 06:06:22.00 | 06:07:22.00 | 11:49 | 5.1 |
| 94 | DZIEDZIC-WÓJTOWICZ AGNIESZKA | 442 | SRTG-NIEPOŁOMICE | TARGOWISKO | POL | K40-49 | 25 | K 94 | | | | 06:09:30.00 | 06:10:44.00 | 11:55 | 5 |
| 95 | LUDKA DAGMARA | 513 | | ZŁOTÓW | POL | K40-49 | 26 | K 95 | | | | 06:13:36.00 | 06:14:06.00 | 12:03 | 5 |
| 96 | NOWAK EWELINA | 541 | STG TARNÓW | GROMNIK | POL | K30-39 | 49 | K 96 | | | | 06:20:15.00 | 06:21:01.00 | 12:15 | 4.9 |
| 97 | WIŚNIEWSKA DOROTA | 633 | | ALEKSANDRÓW KUJAWSKI | POL | K40-49 | 27 | K 97 | | | | 06:21:51.00 | 06:23:26.00 | 12:19 | 4.9 |
| 98 | GERLE-KOTULA ANNA | 452 | | KATOWICE | POL | K30-39 | 50 | K 98 | | | | 06:22:38.00 | 06:23:55.00 | 12:20 | 4.9 |
| 99 | SKORUPKA ANNA | 602 | | SIEDLCE | POL | K40-49 | 28 | K 99 | | | | 06:26:30.00 | 06:28:27.00 | 12:28 | 4.8 |
| 100 | JASIUL MARIOLA | 472 | | LEGIONOWO | POL | K40-49 | 29 | K 100 | | | | 06:34:09.00 | 06:35:43.00 | 12:42 | 4.7 |
| 101 | MALARA DALIA | 528 | CARBON OCR RACING TEAM | ZABRZE | POL | K30-39 | 51 | K 101 | | | | 06:37:42.00 | 06:38:04.00 | 12:49 | 4.7 |
| 102 | ZIENKIEWICZ AGATA | 653 | | WROCŁAW | POL | K30-39 | 52 | K 102 | | | | 06:42:08.00 | 06:43:37.00 | 12:58 | 4.6 |

TRIADA INTRO ŁĄCZNIE, K Open c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Gorce | Nocne Pieniny | Beskid Sądecki | Netto | Brutto | min/km | km/h |
|------|----------------------|-----|--|----------------------|------|--------|--------|-------|-------|------------------|-------------------|-------------|-------------|--------|------|
| 103 | KAPAŁKA BOŻENA | 477 | STG TARNÓW | GROMNIK | POL | K50-59 | 5 | K 103 | | | | 06:46:32.00 | 06:47:33.00 | 13:06 | 4.6 |
| 104 | MIERZEJEWSKA OLGA | 534 | | SIEMIANOWICE ŚLĄSKIE | POL | K30-39 | 53 | K 104 | | | | 06:54:40.00 | 06:56:03.00 | 13:22 | 4.5 |
| 105 | SIERECKA DOROTA | 596 | TEAM ZABIEGANEDNI // WKURW_TEAM | ŻELECHÓW | POL | K40-49 | 30 | K 105 | | | | 06:54:24.00 | 06:56:33.00 | 13:22 | 4.5 |
| 106 | SMOGORZEWSKA MARTA | 605 | WKURW_TEAM | WARSZAWA | POL | K30-39 | 54 | K 106 | | | | 07:03:42.00 | 07:05:50.00 | 13:40 | 4.4 |
| 107 | MATUSZCZAK ANGELIKA | 531 | STG TARNÓW | TARNÓW | POL | K30-39 | 55 | K 107 | | | | 07:22:44.00 | 07:23:40.00 | 14:16 | 4.2 |
| 108 | PRZYBYŁO MARTA | 572 | | KRAKÓW | POL | K30-39 | 56 | K 108 | | | | 07:32:13.00 | 07:34:08.00 | 14:35 | 4.1 |
| 109 | KOSZNIRUK ELZBIETA | 497 | WYBIEGAJ SIEBIE | CHOTOMÓW | POL | K50-59 | 6 | K 109 | | | | 07:37:48.00 | 07:40:03.00 | 14:46 | 4.1 |
| | ZAJĄCZKOWSKA EWELINA | 650 | GRUPA BIEGOWA UM W-WA | WARSZAWA | POL | K30-39 | | | | | | DNF | DNF | - | - |
| | MAŃKO MONIKA | 529 | | TURKA | POL | K16-29 | | | | | | DNF | DNF | - | - |
| | WILCZEWSKA WERONIKA | 642 | | HRUBIESZÓW | POL | K16-29 | | | | | | DNF | DNF | - | - |
| | KUBIESA PATRYCJA | 505 | HUSARIA RACE TEAM | KRAKÓW | POL | K30-39 | | | | | | DNF | DNF | - | - |
| | KARPIŃSKA ANIA | 479 | DZIKIE GRUBASY SZATANA/ADIDAS RUNERS WARSZAW | WARSZAWA | POL | K40-49 | | | | | | DNF | DNF | - | - |
| | DZIEWIĄTKOWSKA EWA | 443 | | STARE BABICE | POL | K40-49 | | | | | | DNF | DNF | - | - |
| | JACKOWSKA EWA | 660 | JAROSŁAWSKA GRUPA BIEGOWA SOKÓŁ | JAROSŁAW | | K40-49 | | | | | | DNF | DNF | - | - |

TRIADA INTRO ŁĄCZNIE, M Open

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Gorce | Nocne Pieniny | Beskid Sądecki | Netto | Brutto | min/km | km/h |
|------|---------------------|-----|---|----------------------------|------|--------|--------|------|-------|------------------|-------------------|-------------|-------------|--------|------|
| 1 | JAWORSKI ZBIGNIEW | 473 | --- | KLUSZKOWCE | POL | M40-49 | 1 | M 1 | | | | 02:40:57.00 | 02:41:00.00 | 5:11 | 11.6 |
| 2 | CHLIPAŁA PAWEŁ | 429 | | KAMIENICA | POL | M16-29 | 1 | M 2 | | | | 02:49:56.00 | 02:50:02.00 | 5:28 | 10.9 |
| 3 | FABIAN BOGUSŁAW | 445 | EVANLITE.COM | PYSKOWICE | POL | M40-49 | 2 | M 3 | | | | 02:52:48.00 | 02:52:55.00 | 5:34 | 10.8 |
| 4 | PACHUT JERZY | 551 | COLWAY | SŁOPNICE | POL | M16-29 | 2 | M 4 | | | | 02:53:31.00 | 02:53:37.00 | 5:35 | 10.7 |
| 5 | DUDZIK ŁUKASZ | 439 | GÓRAL BIEGA | KAMIENICA | POL | M30-39 | 1 | M 5 | | | | 02:55:41.00 | 02:55:49.00 | 5:40 | 10.6 |
| 6 | MADZIAR MATEUSZ | 525 | AO MYKONROY | STARY SACZ | POL | M16-29 | 3 | M 6 | | | | 02:57:13.00 | 02:57:25.00 | 5:43 | 10.5 |
| 7 | ZYGMUNT TOMASZ | 656 | | GIEDLAROWA | POL | M16-29 | 4 | M 7 | | | | 02:57:16.00 | 02:57:26.00 | 5:43 | 10.5 |
| 8 | SZCZEPANIAK DAMIAN | 615 | KAMIENICA | KAMIENICA | POL | M30-39 | 2 | M 8 | | | | 02:58:53.00 | 02:59:00.00 | 5:46 | 10.4 |
| 9 | CELEJEWSKI MARCIN | 427 | MYDŁOWSKA ATHLETIC TEAM | LIPKI WIELKIE | POL | M16-29 | 5 | M 9 | | | | 02:59:07.00 | 02:59:15.00 | 5:46 | 10.4 |
| 10 | MADZIAR WIKTOR | 524 | | ZARZECZE | POL | M16-29 | 6 | M 10 | | | | 03:01:37.00 | 03:01:46.00 | 5:51 | 10.2 |
| 11 | SAROSI KRISTOF | 670 | GLOBO SPORT SE | DOBRA | HUN | M16-29 | 7 | M 11 | | | | 03:01:43.00 | 03:01:50.00 | 5:51 | 10.2 |
| 12 | KOZIK ADAM | 500 | | KROŚCIENKO NAD DUNAJCEM | POL | M16-29 | 8 | M 12 | | | | 03:01:40.00 | 03:01:58.00 | 5:51 | 10.2 |
| 13 | BATORYNA ALEKSANDER | 406 | UNIwersytet Ekonomiczny w Katowicach | BĘDZIN | POL | M30-39 | 3 | M 13 | | | | 03:06:57.00 | 03:07:04.00 | 6:01 | 9.9 |
| 14 | BRENDZOWSKI ADAM | 420 | SOLINATEAM / RUNONLINE.PL TEAM | SOLINA | POL | M30-39 | 4 | M 14 | | | | 03:12:30.00 | 03:12:58.00 | 6:12 | 9.7 |
| 15 | OCHYRA KONRAD | 545 | SOLINA TEAM | LESKO | POL | M30-39 | 5 | M 15 | | | | 03:16:16.00 | 03:16:50.00 | 6:19 | 9.5 |
| 16 | OLEŚ RAFAŁ | 548 | HUSARIA RACE TEAM | ZEMBRZYCE | POL | M16-29 | 9 | M 16 | | | | 03:17:27.00 | 03:17:35.00 | 6:22 | 9.4 |
| 17 | BROL PIOTR | 423 | ENDURANCE TEAM | SIEMIANOWICE | POL | M30-39 | 6 | M 17 | | | | 03:18:44.00 | 03:18:50.00 | 6:24 | 9.4 |
| 18 | ROMANOWSKI ŁUKASZ | 584 | HUSARIA RACE TEAM | KRAKÓW | POL | M30-39 | 7 | M 18 | | | | 03:23:42.00 | 03:23:57.00 | 6:34 | 9.1 |
| 19 | REICHEL MARCIN | 579 | | KRAKÓW | POL | M30-39 | 8 | M 19 | | | | 03:28:05.00 | 03:28:26.00 | 6:42 | 8.9 |
| 20 | KOPIEĆ KAMIL | 492 | JAJA NA BOK | KRAKÓW | POL | M30-39 | 9 | M 20 | | | | 03:28:04.00 | 03:28:27.00 | 6:42 | 8.9 |
| 21 | REJMAN MAREK | 581 | | TARNOBRZEG | POL | M40-49 | 3 | M 21 | | | | 03:32:31.00 | 03:33:04.00 | 6:51 | 8.8 |
| 22 | DOBOSZ DANIEL | 436 | | GLIWICE | POL | M40-49 | 4 | M 22 | | | | 03:32:51.00 | 03:33:40.00 | 6:51 | 8.7 |
| 23 | KUBIESA-CRO JAKUB | 506 | | KRAKÓW | POL | M30-39 | 10 | M 23 | | | | 03:35:47.00 | 03:36:25.00 | 6:57 | 8.6 |
| 24 | GULBA KRZYSZTOF | 459 | PENTEL | KRAKÓW | POL | M40-49 | 5 | M 24 | | | | 03:37:56.00 | 03:38:08.00 | 7:01 | 8.5 |
| 25 | KEMPKA MARCIN | 495 | RAJSPORT ACTIVE | ZDUŃSKA WOLA | POL | M30-39 | 11 | M 25 | | | | 03:38:46.00 | 03:39:18.00 | 7:03 | 8.5 |
| 26 | SKIBA MACIEJ | 139 | SKIBASPORT.PL / SPORTOWE DZBANY | WAŁBRZYCH | POL | M16-29 | 10 | M 26 | | | | 03:38:29.00 | 03:39:42.00 | 7:02 | 8.5 |
| 27 | KLOCEK KONRAD | 663 | | ŁĘŻYNY | | M30-39 | 12 | M 27 | | | | 03:41:28.00 | 03:42:08.00 | 7:08 | 8.4 |

TRIADA INTRO ŁĄCZNIE, M Open c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Gorce | Nocne Pieniny | Beskid Sądecki | Netto | Brutto | min/km | km/h |
|------|----------------------|-----|--|--------------------|------|--------|--------|------|-------|------------------|-------------------|-------------|-------------|--------|------|
| 28 | KARDASZ MAREK | 265 | SOLINA TEAM | POLAŃCZYK | POL | M40-49 | 6 | M 28 | | | | 03:41:59.00 | 03:42:27.00 | 7:09 | 8.4 |
| 29 | BORYCKI ARTUR | 419 | TGR | DĄBROWA TARNOWSKA | POL | M40-49 | 7 | M 29 | | | | 03:42:37.00 | 03:42:53.00 | 7:10 | 8.4 |
| 30 | KOZŁOWSKI BARTOSZ | 501 | THE THRULERS | PULAWY | POL | M30-39 | 13 | M 30 | | | | 03:42:35.00 | 03:43:00.00 | 7:10 | 8.4 |
| 31 | MŁYNARCZYK KRZYSZTOF | 536 | ANDRYCHÓW RUNNING | WIEPRZ | POL | M30-39 | 14 | M 31 | | | | 03:43:14.00 | 03:44:01.00 | 7:12 | 8.3 |
| 32 | SOSNOWSKI ROMAN | 609 | LACHO TEAM | KRAKÓW | POL | M50-59 | 1 | M 32 | | | | 03:45:11.00 | 03:45:53.00 | 7:15 | 8.3 |
| 33 | KOCUR GRZEGORZ | 483 | | GLIWICE | POL | M40-49 | 8 | M 33 | | | | 03:47:03.00 | 03:48:01.00 | 7:19 | 8.2 |
| 34 | CHOJNACKI MIKOŁAJ | 431 | WARSAW RUN CLUB | WARSAWA | POL | M40-49 | 9 | M 34 | | | | 03:48:00.00 | 03:48:59.00 | 7:21 | 8.2 |
| 35 | RZEPKA TOMASZ | 589 | HTF-LUDWIK SIKORSKI | ALEKSANDRÓW ŁÓDZKI | POL | M40-49 | 10 | M 35 | | | | 03:50:07.00 | 03:50:53.00 | 7:25 | 8.1 |
| 36 | GRZEGORZAK WOJCIECH | 458 | #ADAMCZERWIŃSKITEAM | NIEPOŁOMICE | POL | M40-49 | 11 | M 36 | | | | 03:51:04.00 | 03:51:43.00 | 7:27 | 8 |
| 37 | KALCZYŃSKI MARCIN | 475 | | KRAKÓW | POL | M16-29 | 11 | M 37 | | | | 03:52:47.00 | 03:54:07.00 | 7:30 | 8 |
| 38 | DEPTUŚ BARTŁOMIEJ | 435 | | KRASNYSTAW | POL | M30-39 | 15 | M 38 | | | | 03:54:02.00 | 03:55:05.00 | 7:32 | 7.9 |
| 39 | HERLICZKA TOMASZ | 466 | AML-FLY TEAM | GLIWICE | POL | M40-49 | 12 | M 39 | | | | 03:53:33.00 | 03:55:08.00 | 7:32 | 8 |
| 40 | NIŻNIK BORYS | 537 | HUSARIA RACE TEAM | KRAKÓW | POL | M40-49 | 13 | M 40 | | | | 03:55:34.00 | 03:56:19.00 | 7:35 | 7.9 |
| 41 | SKIERSKI ADAM | 600 | ENDURANCE TEAM | KATOWICE | POL | M40-49 | 14 | M 41 | | | | 03:56:39.00 | 03:57:02.00 | 7:38 | 7.9 |
| 42 | WOŹNIAK JANUSZ | 643 | PORMAT JEDLICZE BIEGA | SKOŁYSZYN | POL | M50-59 | 2 | M 42 | | | | 04:00:50.00 | 04:01:24.00 | 7:46 | 7.7 |
| 43 | PIASECKI MARIUSZ | 556 | MNK | GLIWICE | POL | M40-49 | 15 | M 43 | | | | 04:01:57.00 | 04:03:33.00 | 7:48 | 7.7 |
| 44 | KOPEĆ KRYSZTIAN | 491 | | RYCZÓWEK | POL | M16-29 | 12 | M 44 | | | | 04:03:52.00 | 04:04:30.00 | 7:52 | 7.6 |
| 45 | KOMAR BARTOSZ | 485 | | GLIWICE | POL | M40-49 | 16 | M 45 | | | | 04:04:57.00 | 04:05:52.00 | 7:54 | 7.6 |
| 46 | GNIADY JAROSŁAW | 454 | | ZGLOBICE | POL | M40-49 | 17 | M 46 | | | | 04:05:54.00 | 04:07:20.00 | 7:55 | 7.6 |
| 47 | SAROSI BOLDI | 592 | | DOBRA | HUN | M16-29 | 13 | M 47 | | | | 04:06:51.00 | 04:07:58.00 | 7:57 | 7.5 |
| 48 | GAWRYS BARTEK | 451 | ENDURANCE TEAM | SIEMIANOWICE | POL | M30-39 | 16 | M 48 | | | | 04:07:50.00 | 04:08:14.00 | 7:59 | 7.5 |
| 49 | LEWCZUK NORBERT | 515 | BIEGACZE POMAGACZE/ ELITE RUNNERS | ŁOSICE | POL | M30-39 | 17 | M 49 | | | | 04:08:27.00 | 04:09:49.00 | 8:00 | 7.5 |
| 50 | SKRZYŃSKI RAFAŁ | 603 | RUNONLINE.PL | NIEPOŁOMICE | POL | M30-39 | 18 | M 50 | | | | 04:09:38.00 | 04:10:47.00 | 8:03 | 7.5 |
| 51 | PODOLAK ZBIGNIEW | 567 | STOWARZYSZENIE PRZYJACIÓŁ DOBREGO WOJAKA SZWEJKA | PRZEMYŚL | POL | M50-59 | 3 | M 51 | | | | 04:11:27.00 | 04:12:14.00 | 8:06 | 7.4 |
| 52 | TYKSINSKI RAFAŁ | 629 | EXPRESSMAP | WARSAWA | POL | M40-49 | 18 | M 52 | | | | 04:14:40.00 | 04:15:21.00 | 8:12 | 7.3 |
| 53 | PIECZONKA RAFAŁ | 558 | SPARTAN TREINING GROUP TARNÓW | TARNÓW | POL | M30-39 | 19 | M 53 | | | | 04:16:13.00 | 04:16:39.00 | 8:15 | 7.3 |
| 54 | OSTROWSKI ŁUKASZ | 549 | | KRASNYSTAW | POL | M30-39 | 20 | M 54 | | | | 04:16:15.00 | 04:17:14.00 | 8:15 | 7.3 |
| 55 | ŚLUSARSKI WŁODEK | 518 | | WARSAWA | POL | M50-59 | 4 | M 55 | | | | 04:19:16.00 | 04:19:41.00 | 8:21 | 7.2 |
| 56 | NOWAK PIOTR | 540 | | TYCHY | POL | M16-29 | 14 | M 56 | | | | 04:19:48.00 | 04:20:34.00 | 8:22 | 7.2 |
| 57 | ŻUKOWSKI GRZEGORZ | 657 | ENDURANCE TEAM | SIEMIANOWICE | POL | M50-59 | 5 | M 57 | | | | 04:22:46.00 | 04:23:22.00 | 8:28 | 7.1 |
| 58 | HANUSIAK LESZEK | 461 | HUSARIA RACE TEAM | KRAKÓW | POL | M30-39 | 21 | M 58 | | | | 04:22:12.00 | 04:23:33.00 | 8:27 | 7.1 |
| 59 | CIMASZEWSKI MICHAŁ | 434 | | WAŁBRZYCH | POL | M16-29 | 15 | M 59 | | | | 04:22:47.00 | 04:23:51.00 | 8:28 | 7.1 |
| 60 | UNIEJEWSKI TOMASZ | 630 | | KATOWICE | POL | M40-49 | 19 | M 60 | | | | 04:23:18.00 | 04:24:42.00 | 8:29 | 7.1 |
| 61 | SOKOŁOWSKI WŁADYSŁAW | 607 | HUSARIA RACE TEAM | KRAKÓW | POL | M16-29 | 16 | M 61 | | | | 04:24:00.00 | 04:25:12.00 | 8:30 | 7 |
| 62 | BEDNARZ FRANCISZEK | 409 | | SIEDLISKA | POL | M30-39 | 22 | M 62 | | | | 04:23:54.00 | 04:25:33.00 | 8:30 | 7 |
| 63 | BIELECKI ADAM | 416 | | BIELSKO-BIAŁA | POL | M40-49 | 20 | M 63 | | | | 04:24:53.00 | 04:25:48.00 | 8:32 | 7 |
| 64 | BEŚCIAK KAMIL | 407 | SPARTAN TRAINING GROUP TARNÓW | TARNÓW | POL | M16-29 | 17 | M 64 | | | | 04:25:23.00 | 04:25:52.00 | 8:33 | 7 |
| 65 | KRYGER JACEK | 504 | OTE TEAM | RYTEL | POL | M40-49 | 21 | M 65 | | | | 04:25:37.00 | 04:26:36.00 | 8:34 | 7 |
| 66 | DUDA WALDEMAR | 438 | TARNOWSKI KLUB KARATE SHINKYOKUSHIN | TATNÓW | POL | M40-49 | 22 | M 66 | | | | 04:28:33.00 | 04:28:55.00 | 8:39 | 6.9 |
| 67 | KOPEĆ SEBASTIAN | 490 | | RYCZÓWEK | POL | M30-39 | 23 | M 66 | | | | 04:28:18.00 | 04:28:55.00 | 8:39 | 6.9 |
| 68 | FRANKOWSKI PIOTR | 446 | | WARSAWA | POL | M40-49 | 23 | M 68 | | | | 04:30:01.00 | 04:31:14.00 | 8:42 | 6.9 |
| 69 | GAWLIKOWSKI ROBERT | 544 | | KATOWICE | POL | M40-49 | 24 | M 69 | | | | 04:30:14.00 | 04:31:22.00 | 8:43 | 6.9 |
| 70 | KOBIĄŁKA PAWEŁ | 482 | ROZBIEGANE DOBCZYCE | DOBCZYCE | POL | M40-49 | 25 | M 70 | | | | 04:33:15.00 | 04:34:17.00 | 8:48 | 6.8 |
| 71 | ADAMSKI JAKUB | 662 | OŚRODEK TWÓRCZEJ INTERWENCJI | KRAKÓW | POL | M30-39 | 24 | M 71 | | | | 04:33:14.00 | 04:34:42.00 | 8:48 | 6.8 |
| 72 | BEDNARZ JÓZEF | 410 | | SIEDLISKA | POL | M16-29 | 18 | M 72 | | | | 04:33:34.00 | 04:35:22.00 | 8:49 | 6.8 |
| 73 | JACHIMOWICZ JAROSŁAW | 468 | SPARTAN TRAINING GROUP TARNÓW | TARNÓW | POL | M16-29 | 19 | M 73 | | | | 04:34:58.00 | 04:35:25.00 | 8:52 | 6.8 |
| 74 | RAKOWSKI KRZYSZTOF | 577 | RUCHLIWI ŚWIŃSKA NOGA | ZDUŃSKA WOLA | POL | M40-49 | 26 | M 74 | | | | 04:36:18.00 | 04:37:50.00 | 8:54 | 6.7 |
| 75 | JURCZENKO MARCIN | 474 | ITMBW KRAKÓW | KRAKÓW | POL | M40-49 | 27 | M 75 | | | | 04:40:39.00 | 04:41:52.00 | 9:03 | 6.6 |
| 76 | WÓJCIK ŁUKASZ | 646 | OLEJ RUNNING TEAM / CELIRONMAN | PABIANICE | POL | M30-39 | 25 | M 76 | | | | 04:43:16.00 | 04:45:03.00 | 9:08 | 6.6 |

TRIADA INTRO ŁĄCZNIE, M Open c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Gorce | Nocne Pieniny | Beskid Sądecki | Netto | Brutto | min/km | km/h |
|------|------------------------|-----|---|----------------------|------|--------|--------|-------|-------|------------------|-------------------|-------------|-------------|--------|------|
| 77 | LUDWA MICHAŁ | 516 | TARNOWSKI KLUB SPORTOWY SHINKYOKUSHIN KARATE | TARNÓW | POL | M30-39 | 26 | M 77 | | | | 04:47:24.00 | 04:47:53.00 | 9:16 | 6.5 |
| 78 | TOKARSKI RAFAŁ | 625 | | KRAKÓW | POL | M40-49 | 28 | M 78 | | | | 04:49:02.00 | 04:50:04.00 | 9:19 | 6.4 |
| 79 | WIŚNIEWSKI TOMASZ | 635 | | ALEKSANDRÓW KUJAWSKI | POL | M40-49 | 29 | M 79 | | | | 04:50:14.00 | 04:51:35.00 | 9:21 | 6.4 |
| 80 | NOWAK KRZYSZTOF | 542 | STG TARNÓW | GROMNIK | POL | M40-49 | 30 | M 80 | | | | 04:52:41.00 | 04:53:28.00 | 9:26 | 6.4 |
| 81 | SOBULSKI KAROL | 606 | SB SOBOLE | PIASECZNO | POL | M40-49 | 31 | M 81 | | | | 04:58:33.00 | 04:59:24.00 | 9:37 | 6.2 |
| 82 | BAR PRZEMEK | 405 | ENDURANCE TEAM | SIEMIANOWICE | POL | M30-39 | 27 | M 82 | | | | 05:00:03.00 | 05:01:11.00 | 9:40 | 6.2 |
| 83 | SŁOWIŃSKI KAROL | 604 | | KRAKÓW | POL | M40-49 | 32 | M 83 | | | | 04:59:42.00 | 05:01:26.00 | 9:40 | 6.2 |
| 84 | DĄBROWSKI MAREK | 437 | TRANSPOREON | WIĘCŁAWICE STARE | POL | M30-39 | 28 | M 84 | | | | 04:59:53.00 | 05:01:33.00 | 9:40 | 6.2 |
| 85 | PRZYBYLSKI MICHAŁ | 570 | TRANSPOREON | ZABIERZÓW | POL | M30-39 | 29 | M 85 | | | | 05:05:19.00 | 05:06:53.00 | 9:50 | 6.1 |
| 86 | JAGIEŁA TOMASZ | 469 | BAKOMAT TEAM | KROSNO | POL | M30-39 | 30 | M 86 | | | | 05:06:44.00 | 05:07:20.00 | 9:53 | 6.1 |
| 87 | RACZEK RADOŚLAW | 574 | GORĄCY POTOK TEAM | KRAKÓW | POL | M16-29 | 20 | M 87 | | | | 05:06:27.00 | 05:07:41.00 | 9:53 | 6.1 |
| 88 | KONIEC MARIUSZ | 486 | CARBON OCR RACING TEAM | DĄBROWA GÓRNICZA | POL | M30-39 | 31 | M 88 | | | | 05:08:45.00 | 05:09:59.00 | 9:57 | 6 |
| 89 | STYŁA SEBASTIAN | 612 | | TURKA | POL | M40-49 | 33 | M 89 | | | | 05:10:16.00 | 05:11:15.00 | 10:00 | 6 |
| 90 | WÓLKIEWICZ PAWEŁ | 648 | OX5 | PRUSZKÓW | POL | M50-59 | 6 | M 90 | | | | 05:13:10.00 | 05:14:47.00 | 10:06 | 5.9 |
| 91 | POSS MARCIN | 568 | | WARSZAWA | POL | M40-49 | 34 | M 91 | | | | 05:14:58.00 | 05:16:22.00 | 10:09 | 5.9 |
| 92 | SIKORSKI LUDWIK | 598 | HTF LUDWIK SIKORSKI | ALEKSANDRÓW ŁÓDZKI | POL | M40-49 | 35 | M 92 | | | | 05:16:35.00 | 05:17:47.00 | 10:12 | 5.9 |
| 93 | ZAKRZEWSKI JAROSŁAW | 651 | | WARSZAWA | POL | M40-49 | 36 | M 93 | | | | 05:18:09.00 | 05:19:12.00 | 10:15 | 5.8 |
| 94 | SKOCZYŁAS PIOTR | 601 | ENDURANCE TEAM | CHORZÓW | POL | M40-49 | 37 | M 94 | | | | 05:18:37.00 | 05:19:34.00 | 10:16 | 5.8 |
| 95 | BEZKOROWAJNY MATEUSZ | 412 | NOKIA | SIEPRAW | POL | M30-39 | 32 | M 95 | | | | 05:25:27.00 | 05:27:12.00 | 10:29 | 5.7 |
| 96 | KAPAŁKA KRZYSZTOF | 478 | STG TARNÓW | GROMNIK | POL | M60+ | 1 | M 96 | | | | 05:28:14.00 | 05:28:35.00 | 10:35 | 5.7 |
| 97 | GŁUCHOWSKI JACEK | 453 | BB RUNNERS | BIELSKO-BIAŁA | POL | M40-49 | 38 | M 97 | | | | 05:29:46.00 | 05:30:29.00 | 10:38 | 5.6 |
| 98 | KORNAGA KAMIL | 493 | KS RUDNIANKA RUDNA WIELKA | RUDNA WIELKA | POL | M16-29 | 21 | M 98 | | | | 05:29:26.00 | 05:31:11.00 | 10:37 | 5.6 |
| 99 | SITEK SZYMON | 620 | ZABIEGANI CZĘSTOCHOWA | CZĘSTOCHOWA | POL | M30-39 | 33 | M 99 | | | | 05:33:13.00 | 05:33:51.00 | 10:44 | 5.6 |
| 100 | LULA RADEK | 517 | | WARSZAWA | POL | M40-49 | 39 | M 100 | | | | 05:34:49.00 | 05:36:00.00 | 10:48 | 5.6 |
| 101 | ŁUCZAK PAWEŁ | 522 | | KRAKÓW | POL | M16-29 | 22 | M 101 | | | | 05:35:51.00 | 05:36:38.00 | 10:50 | 5.5 |
| 102 | KORPALSKI JACEK | 494 | | WARSZAWA | POL | M50-59 | 7 | M 102 | | | | 05:35:48.00 | 05:37:16.00 | 10:49 | 5.5 |
| 103 | STERNIK DANIEL | 611 | NAJWIĘKSZA ARMIA ŚWIATA | LUBLIN | POL | M30-39 | 34 | M 103 | | | | 05:36:34.00 | 05:37:40.00 | 10:51 | 5.5 |
| 104 | BALON MARCIN | 403 | BB RUNNERS | KROSNO | POL | M40-49 | 40 | M 104 | | | | 05:37:09.00 | 05:37:59.00 | 10:52 | 5.5 |
| 105 | ZBROSZCZYK DAMIAN | 585 | CARBON OCR RACING TEAM | RYBNIK | POL | M30-39 | 35 | M 105 | | | | 05:40:49.00 | 05:41:57.00 | 10:59 | 5.5 |
| 106 | MEINERT JAKUB | 532 | CARBON OCR RACING TEAM | KATOWICE | POL | M16-29 | 23 | M 106 | | | | 05:42:46.00 | 05:44:21.00 | 11:03 | 5.4 |
| 107 | ŁĘPICKI MATEUSZ | 521 | LEMON TEAM | KRAKÓW | POL | M30-39 | 36 | M 107 | | | | 05:52:46.00 | 05:54:06.00 | 11:22 | 5.3 |
| 108 | RADYK JAKUB | 440 | PRZEMYSKI KLUB BIEGACZA | PRZEMYŚL | POL | M30-39 | 37 | M 108 | | | | 06:03:04.00 | 06:03:32.00 | 11:42 | 5.1 |
| 109 | GROCHAŁ MARCIN | 557 | PSEUDOMOUNTAINRUNNER | WYGIELZÓW | POL | M40-49 | 41 | M 109 | | | | 06:05:06.00 | 06:05:38.00 | 11:46 | 5.1 |
| 110 | BRODECKI ADAM | 422 | WATAHA ŁĄCZY NAS BIEGANIE | RADZYŃ PODLASKI | POL | M16-29 | 24 | M 110 | | | | 06:05:27.00 | 06:07:26.00 | 11:47 | 5.1 |
| 111 | KANDERSKI SŁAWEK | 476 | WKB MARATOŃCZYK | WŁOCLAWEK | POL | M50-59 | 8 | M 111 | | | | 06:06:19.00 | 06:08:10.00 | 11:49 | 5.1 |
| 112 | LESZCZYŃSKI ALEKSANDER | 514 | | KRAKÓW | POL | M40-49 | 42 | M 112 | | | | 06:11:00.00 | 06:12:38.00 | 11:58 | 5 |
| 113 | KOTULA JAKUB | 498 | | KATOWICE | POL | M30-39 | 38 | M 113 | | | | 06:23:16.00 | 06:24:37.00 | 12:21 | 4.9 |
| 114 | DUBIŃSKI PRZEMYSŁAW | 415 | PRZEMEK DUBIŃSKI - BIEGIEMPRZEZŚWIAT | CZĘSTOCHOWA | POL | M40-49 | 43 | M 114 | | | | 06:24:34.00 | 06:25:13.00 | 12:24 | 4.8 |
| 115 | MALOCHLEB MATEUSZ | 659 | ZAWISZA STARA KUŹNIA | KATOWICE | | M16-29 | 25 | M 115 | | | | 06:41:07.00 | 06:43:10.00 | 12:56 | 4.6 |
| 116 | WIECZOREK ANDRZEJ | 638 | | TARNÓW | POL | M50-59 | 9 | M 116 | | | | 06:50:19.00 | 06:51:22.00 | 13:14 | 4.5 |
| | GABRYŚ RAFAŁ | 447 | KAWIK RUNNING TEAM | SZCZAWA | POL | M30-39 | | | | | | DNF | DNF | - | - |
| | SURUS ARTUR | 614 | | TARNÓW | POL | M30-39 | | | | | | DNF | DNF | - | - |
| | KWASEK KAZEK | 293 | MUAY RUNNING TEAM | BIBICE | POL | M40-49 | | | | | | DNF | DNF | - | - |
| | BIAŁEK MARIUSZ | 413 | ENDURANCE TEAM | KATOWICE | POL | M30-39 | | | | | | DNF | DNF | - | - |
| | PAWEŁCZYK KACPER | 554 | K.S. CELIRONMAN S.A. | ŁÓDŹ | POL | M30-39 | | | | | | DNF | DNF | - | - |
| | PIENKOWSKI LESZEK | 559 | WM TRISELF | KRAKÓW | POL | M50-59 | | | | | | DNF | DNF | - | - |
| | JACKOWSKI JACEK | 661 | JAROSŁAWSKA GRUPA BIEGOWA SOKÓŁ | JAROSŁAW | | M40-49 | | | | | | DNF | DNF | - | - |
| | KOPCZYK JAKUB | 489 | | LUBLIN | POL | M16-29 | | | | | | DNF | DNF | - | - |

TRIADA INTRO ŁĄCZNIE, K16-29

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Gorce | Nocne Pieniny | Beskid Sądecki | Netto | Brutto | min/km | km/h |
|------|---------------------|-----|-----------------------|------------|------|--------|--------|------|-------|------------------|-------------------|-------------|-------------|--------|------|
| 1 | PIETROCZUK SYLWIA | 561 | NOA | NYSA | POL | K16-29 | 1 | K 1 | | | | 03:31:35.00 | 03:31:44.00 | 6:49 | 8.8 |
| 2 | WICHA MAŁGORZATA | 637 | WKS WAWEL | KRAKÓW | POL | K16-29 | 2 | K 4 | | | | 03:52:50.00 | 03:53:03.00 | 7:30 | 8 |
| 3 | PAWELEC ALEKSANDRA | 552 | HUSARIA RACE TEAM | KRAKÓW | POL | K16-29 | 3 | K 8 | | | | 04:05:56.00 | 04:06:47.00 | 7:56 | 7.6 |
| 4 | HRYC MARTYNA | 467 | | GRYWAŁD | POL | K16-29 | 4 | K 13 | | | | 04:23:58.00 | 04:24:11.00 | 8:30 | 7 |
| 5 | KONS KATARZYNA | 487 | POKA HERKI TEAM | ŁĄCZANY | POL | K16-29 | 5 | K 21 | | | | 04:40:04.00 | 04:41:25.00 | 9:02 | 6.6 |
| 6 | ROGOWSKA ALEKSANDRA | 582 | SIOSTRY OLSEN | KRAKÓW | POL | K16-29 | 6 | K 24 | | | | 04:45:16.00 | 04:46:22.00 | 9:12 | 6.5 |
| 7 | BEDNARZ ANNA | 408 | 42 DO SZCZĘŚCIA | SIEDLISKA | POL | K16-29 | 7 | K 27 | | | | 04:48:17.00 | 04:49:56.00 | 9:17 | 6.5 |
| 8 | BOROŃ MARLENA | 639 | | KRAKÓW | POL | K16-29 | 8 | K 35 | | | | 05:01:10.00 | 05:02:04.00 | 9:42 | 6.2 |
| 9 | MAJDA KAROLINA | 527 | | KRAKÓW | POL | K16-29 | 9 | K 39 | | | | 05:06:29.00 | 05:07:41.00 | 9:53 | 6.1 |
| 10 | KOSTKA ANETA | 496 | ADIDAS RUNNERS WARSAW | KAZIMIERÓW | POL | K16-29 | 10 | K 49 | | | | 05:14:24.00 | 05:15:08.00 | 10:08 | 5.9 |
| 11 | KRAVETS ANASTASIIA | 502 | TRANSPOREON | KRAKÓW | POL | K16-29 | 11 | K 57 | | | | 05:16:42.00 | 05:18:15.00 | 10:12 | 5.9 |
| 12 | KRÓLIKOWSKA ANNA | 503 | HUSARIA RACE TEAM | MODLNICZKA | POL | K16-29 | 12 | K 74 | | | | 05:35:50.00 | 05:36:38.00 | 10:50 | 5.5 |
| 13 | SURDEJ PAULINA | 613 | STG TARNÓW | TARNÓW | POL | K16-29 | 13 | K 80 | | | | 05:43:24.00 | 05:43:49.00 | 11:04 | 5.4 |
| 14 | ŁĘPICKA MARTA | 520 | | WARSZAWA | POL | K16-29 | 14 | K 85 | | | | 05:52:48.00 | 05:54:08.00 | 11:22 | 5.3 |
| | MAŃKO MONIKA | 529 | | TURKA | POL | K16-29 | | | | | | DNF | DNF | - | - |
| | WILCZEWSKA WERONIKA | 642 | | HRUBIESZÓW | POL | K16-29 | | | | | | DNF | DNF | - | - |

TRIADA INTRO ŁĄCZNIE, M16-29

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Gorce | Nocne Pieniny | Beskid Sądecki | Netto | Brutto | min/km | km/h |
|------|----------------------|-----|------------------------------------|----------------------------|------|--------|--------|-------|-------|------------------|-------------------|-------------|-------------|--------|------|
| 1 | CHLIPAŁA PAWEŁ | 429 | | KAMIENICA | POL | M16-29 | 1 | M 2 | | | | 02:49:56.00 | 02:50:02.00 | 5:28 | 10.9 |
| 2 | PACHUT JERZY | 551 | COLWAY | SŁOPNICE | POL | M16-29 | 2 | M 4 | | | | 02:53:31.00 | 02:53:37.00 | 5:35 | 10.7 |
| 3 | MADZIAR MATEUSZ | 525 | AO MYKONÓY | STARY SACZ | POL | M16-29 | 3 | M 6 | | | | 02:57:13.00 | 02:57:25.00 | 5:43 | 10.5 |
| 4 | ZYGMUNT TOMASZ | 656 | | GIEDLAROWA | POL | M16-29 | 4 | M 7 | | | | 02:57:16.00 | 02:57:26.00 | 5:43 | 10.5 |
| 5 | CELEJEWSKI MARCIN | 427 | MYDŁOWSKA ATHLETIC TEAM | LIPKI WIELKIE | POL | M16-29 | 5 | M 9 | | | | 02:59:07.00 | 02:59:15.00 | 5:46 | 10.4 |
| 6 | MADZIAR WIKTOR | 524 | | ZARZECZE | POL | M16-29 | 6 | M 10 | | | | 03:01:37.00 | 03:01:46.00 | 5:51 | 10.2 |
| 7 | SAROSI KRISTOF | 670 | GLOBO SPORT SE | DOBRA | HUN | M16-29 | 7 | M 11 | | | | 03:01:43.00 | 03:01:50.00 | 5:51 | 10.2 |
| 8 | KOZIK ADAM | 500 | | KROŚCIENKO NAD DUNAJCEM | POL | M16-29 | 8 | M 12 | | | | 03:01:40.00 | 03:01:58.00 | 5:51 | 10.2 |
| 9 | OLEŚ RAFAŁ | 548 | HUSARIA RACE TEAM | ZEMBRZYCE | POL | M16-29 | 9 | M 16 | | | | 03:17:27.00 | 03:17:35.00 | 6:22 | 9.4 |
| 10 | SKIBA MACIEJ | 139 | SKIBASPORT.PL / SPORTOWE DZBANY | WAŁBRZYCH | POL | M16-29 | 10 | M 26 | | | | 03:38:29.00 | 03:39:42.00 | 7:02 | 8.5 |
| 11 | KALCZYŃSKI MARCIN | 475 | | KRAKÓW | POL | M16-29 | 11 | M 37 | | | | 03:52:47.00 | 03:54:07.00 | 7:30 | 8 |
| 12 | KOPEĆ KRYSZTIAN | 491 | | RYCZÓWEK | POL | M16-29 | 12 | M 44 | | | | 04:03:52.00 | 04:04:30.00 | 7:52 | 7.6 |
| 13 | SAROSI BOLDI | 592 | | DOBRA | HUN | M16-29 | 13 | M 47 | | | | 04:06:51.00 | 04:07:58.00 | 7:57 | 7.5 |
| 14 | NOWAK PIOTR | 540 | | TYCHY | POL | M16-29 | 14 | M 56 | | | | 04:19:48.00 | 04:20:34.00 | 8:22 | 7.2 |
| 15 | CIMASZEWSKI MICHAŁ | 434 | | WAŁBRZYCH | POL | M16-29 | 15 | M 59 | | | | 04:22:47.00 | 04:23:51.00 | 8:28 | 7.1 |
| 16 | SOKOŁOWSKI WŁADYSŁAW | 607 | HUSARIA RACE TEAM | KRAKÓW | POL | M16-29 | 16 | M 61 | | | | 04:24:00.00 | 04:25:12.00 | 8:30 | 7 |
| 17 | BEŚCIAK KAMIL | 407 | SPARTAN TRAINING GROUP TARNÓW | TARNÓW | POL | M16-29 | 17 | M 64 | | | | 04:25:23.00 | 04:25:52.00 | 8:33 | 7 |
| 18 | BEDNARZ JÓZEF | 410 | | SIEDLISKA | POL | M16-29 | 18 | M 72 | | | | 04:33:34.00 | 04:35:22.00 | 8:49 | 6.8 |
| 19 | JACHIMOWICZ JAROSŁAW | 468 | SPARTAN TRAINING GROUP TARNÓW | TARNÓW | POL | M16-29 | 19 | M 73 | | | | 04:34:58.00 | 04:35:25.00 | 8:52 | 6.8 |
| 20 | RACZEK RADOŚLAW | 574 | GORĄCY POTOK TEAM | KRAKÓW | POL | M16-29 | 20 | M 87 | | | | 05:06:27.00 | 05:07:41.00 | 9:53 | 6.1 |
| 21 | KORNAGA KAMIL | 493 | KS RUDNIANKA RUDNA WIELKA | RUDNA WIELKA | POL | M16-29 | 21 | M 98 | | | | 05:29:26.00 | 05:31:11.00 | 10:37 | 5.6 |
| 22 | ŁUCZAK PAWEŁ | 522 | | KRAKÓW | POL | M16-29 | 22 | M 101 | | | | 05:35:51.00 | 05:36:38.00 | 10:50 | 5.5 |
| 23 | MEINERT JAKUB | 532 | CARBON OCR RACING TEAM | KATOWICE | POL | M16-29 | 23 | M 106 | | | | 05:42:46.00 | 05:44:21.00 | 11:03 | 5.4 |
| 24 | BRODECKI ADAM | 422 | WATAHA ŁĄCZY NAS BIEGANIE | RADZYŃ PODLASKI | POL | M16-29 | 24 | M 110 | | | | 06:05:27.00 | 06:07:26.00 | 11:47 | 5.1 |
| 25 | MALOCHLEB MATEUSZ | 659 | ZAWISZA STARA KUŹNIA | KATOWICE | POL | M16-29 | 25 | M 115 | | | | 06:41:07.00 | 06:43:10.00 | 12:56 | 4.6 |
| | KOPCZYK JAKUB | 489 | | LUBLIN | POL | M16-29 | | | | | | DNF | DNF | - | - |

TRIADA INTRO ŁĄCZNIE, K30-39

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Gorce | Nocne Pieniny | Beskid Sądecki | Netto | Brutto | min/km | km/h |
|------|----------------------------|-----|----------------------------------|----------------------|------|--------|--------|-------|-------|------------------|-------------------|-------------|-------------|--------|------|
| 1 | CHMIELEWSKA-BORUCH MILENA | 430 | | MRAĞOWO | POL | K30-39 | 1 | K 2 | | | | 03:47:16.00 | 03:48:38.00 | 7:19 | 8.2 |
| 2 | LANGE MAGDA | 510 | STG TARNOW | GROMNIK | POL | K30-39 | 2 | K 3 | | | | 03:51:15.00 | 03:51:33.00 | 7:27 | 8 |
| 3 | SZUMNY NINA | 622 | | KRAKÓW | POL | K30-39 | 3 | K 5 | | | | 03:54:09.00 | 03:54:20.00 | 7:33 | 7.9 |
| 4 | MIKOŚ MAGDALENA | 535 | | KRAKÓW | POL | K30-39 | 4 | K 6 | | | | 03:58:02.00 | 03:59:13.00 | 7:40 | 7.8 |
| 5 | SZUREK PAULINA | 623 | | MODERÓWKA | POL | K30-39 | 5 | K 7 | | | | 04:03:18.00 | 04:03:52.00 | 7:50 | 7.6 |
| 6 | PINTSCHER PAULINA | 564 | | RABKA-ZDRÓJ | POL | K30-39 | 6 | K 9 | | | | 04:06:59.00 | 04:07:39.00 | 7:58 | 7.5 |
| 7 | BISZCZUK MARIOLA | 417 | THE THRULERS | PUŁAWY | POL | K30-39 | 7 | K 10 | | | | 04:08:25.00 | 04:08:48.00 | 8:00 | 7.5 |
| 8 | STEFANIUK MARZENA | 610 | | RADZYMIN | POL | K30-39 | 8 | K 11 | | | | 04:14:57.00 | 04:15:32.00 | 8:13 | 7.3 |
| 9 | BLOK IZABELA | 418 | 72D ROWMIX JAVA TEAM | KRAKOW | POL | K30-39 | 9 | K 12 | | | | 04:16:20.00 | 04:16:34.00 | 8:16 | 7.3 |
| 10 | PROCHASEK ANNA | 569 | | SKRBEŃSKO | POL | K30-39 | 10 | K 14 | | | | 04:22:58.00 | 04:24:23.00 | 8:28 | 7.1 |
| 11 | GARDEŁA JUSTYNA | 449 | WOLBROM TEAM | WOLBROM | POL | K30-39 | 11 | K 16 | | | | 04:30:14.00 | 04:31:46.00 | 8:43 | 6.9 |
| 12 | HAŚNIK DARIA | 460 | | BIERUŃ | POL | K30-39 | 12 | K 20 | | | | 04:39:14.00 | 04:39:52.00 | 9:00 | 6.7 |
| 13 | POŹNIAK-STYCZYŃSKA MAJA | 565 | DDC | PUŁAWY | POL | K30-39 | 13 | K 22 | | | | 04:42:14.00 | 04:42:31.00 | 9:06 | 6.6 |
| 14 | SIEKANIEC DOROTA | 595 | NIDEC ALL FOR DREAMS | KRAKÓW | POL | K30-39 | 14 | K 23 | | | | 04:43:45.00 | 04:45:02.00 | 9:09 | 6.6 |
| 15 | TRUSZKOWSKA MARTA | 628 | | WARSZAWA | POL | K30-39 | 15 | K 26 | | | | 04:47:58.00 | 04:49:26.00 | 9:17 | 6.5 |
| 16 | HERLICZKA RENATA | 465 | AML-FLY TEAM | GLIWICE | POL | K30-39 | 16 | K 29 | | | | 04:49:52.00 | 04:51:29.00 | 9:21 | 6.4 |
| 17 | CHRZAN MAGDALENA | 432 | | KRAKÓW | POL | K30-39 | 17 | K 31 | | | | 04:52:39.00 | 04:53:17.00 | 9:26 | 6.4 |
| 18 | ZAŁUBSKA ANNA | 652 | DIETETYK-NIEPOLOMICE.PL | KRAKÓW | POL | K30-39 | 18 | K 32 | | | | 04:53:30.00 | 04:54:01.00 | 9:28 | 6.3 |
| 19 | NORWECKA SYLWIA | 538 | | KRAKÓW | POL | K30-39 | 19 | K 33 | | | | 04:55:39.00 | 04:56:52.00 | 9:32 | 6.3 |
| 20 | RADOSZ-KWASEK AGATA | 575 | MUJAY RUNNING TEAM | KRAKÓW | POL | K30-39 | 20 | K 40 | | | | 05:07:51.00 | 05:08:56.00 | 9:55 | 6 |
| 21 | PRZYBYŁKA AGNIESZKA | 571 | | MYSŁOWICE | POL | K30-39 | 21 | K 41 | | | | 05:07:53.00 | 05:08:58.00 | 9:55 | 6 |
| 22 | ARMAŃSKA MARIANNA | 400 | | LEGNICA | POL | K30-39 | 22 | K 42 | | | | 05:08:57.00 | 05:09:39.00 | 9:57 | 6 |
| 23 | CIECHAROWSKA JUSTYNA | 433 | | ŻYRARDÓW | POL | K30-39 | 23 | K 43 | | | | 05:09:24.00 | 05:10:47.00 | 9:58 | 6 |
| 24 | PIETROŃ MONIKA | 562 | LEMON TEAM | KRAKÓW | POL | K30-39 | 24 | K 44 | | | | 05:11:24.00 | 05:12:35.00 | 10:02 | 6 |
| 25 | NOWAK PAULINA | 543 | SPARTAN TREINING GROUP TARNÓW | TARNÓW | POL | K30-39 | 25 | K 45 | | | | 05:12:17.00 | 05:12:41.00 | 10:04 | 6 |
| 26 | NOWACZEK ALEKSANDRA | 539 | MULTIMEDIA RUNNERS PUŁAWY | PUŁAWY | POL | K30-39 | 26 | K 50 | | | | 05:14:25.00 | 05:15:20.00 | 10:08 | 5.9 |
| 27 | ZIÓŁEK KORNELIA | 654 | | WARSZAWA | POL | K30-39 | 27 | K 51 | | | | 05:14:45.00 | 05:15:37.00 | 10:09 | 5.9 |
| 28 | HEPNER MALWINA | 464 | ADIDAS RUNNERS WARSAW | WARSZAWA | POL | K30-39 | 28 | K 52 | | | | 05:15:46.00 | 05:16:31.00 | 10:11 | 5.9 |
| 29 | OTOLA IWONA | 550 | ENDURANCE TEAM | CHORZÓW | POL | K30-39 | 29 | K 55 | | | | 05:16:22.00 | 05:17:30.00 | 10:12 | 5.9 |
| 30 | ŚWIEŻEWSKA KLEMENTYNA | 640 | | WARSZAWA | POL | K30-39 | 30 | K 56 | | | | 05:16:06.00 | 05:18:02.00 | 10:11 | 5.9 |
| 31 | KURCIŃSKA LIDIA | 507 | | PIASECZNO | POL | K30-39 | 31 | K 59 | | | | 05:18:01.00 | 05:19:39.00 | 10:15 | 5.8 |
| 32 | RUDNIK KATARZYNA | 587 | | WARSZAWA | POL | K30-39 | 32 | K 60 | | | | 05:18:13.00 | 05:19:56.00 | 10:15 | 5.8 |
| 33 | MICHALIK JUSTYNA | 533 | ZABIERZOW BIEGA | ZABIERZOW | POL | K30-39 | 33 | K 63 | | | | 05:25:14.00 | 05:26:30.00 | 10:29 | 5.7 |
| 34 | BUNIKOWSKA EMILIA | 425 | | KRAKÓW | POL | K30-39 | 34 | K 65 | | | | 05:25:39.00 | 05:26:54.00 | 10:30 | 5.7 |
| 35 | BEZKOROWAJNY JOANNA | 411 | NOKIA | SIEPRAW | POL | K30-39 | 35 | K 67 | | | | 05:25:26.00 | 05:27:12.00 | 10:29 | 5.7 |
| 36 | RUTKOWSKA MILENA | 588 | MULTIMEDIA RUNNERS PUŁAWY | PUŁAWY | POL | K30-39 | 36 | K 68 | | | | 05:29:27.00 | 05:30:24.00 | 10:37 | 5.6 |
| 37 | MARKOWSKA JADWIGA | 530 | | WIELICZKA | POL | K30-39 | 37 | K 70 | | | | 05:29:43.00 | 05:30:43.00 | 10:38 | 5.6 |
| 38 | BRODAWKA OLGA | 421 | | WARSZAWA | POL | K30-39 | 38 | K 72 | | | | 05:34:38.00 | 05:35:30.00 | 10:47 | 5.6 |
| 39 | ŻURKOWSKA DOROTA | 658 | | JÓZEFÓW | POL | K30-39 | 39 | K 77 | | | | 05:38:42.00 | 05:40:24.00 | 10:55 | 5.5 |
| 40 | PUKOCZ KATARZYNA | 573 | | ŚWIĘTOCHŁOWICE | POL | K30-39 | 40 | K 79 | | | | 05:41:36.00 | 05:43:39.00 | 11:01 | 5.4 |
| 41 | ŚWIEŻEWSKA KAJA | 641 | | LONDYN | POL | K30-39 | 41 | K 81 | | | | 05:41:52.00 | 05:43:50.00 | 11:01 | 5.4 |
| 42 | RADYK JOANNA | 576 | PRZEMYSKI KLUB BIEGACZA | PRZEMYSŁ | POL | K30-39 | 42 | K 82 | | | | 05:43:30.00 | 05:44:29.00 | 11:04 | 5.4 |
| 43 | ZAINCIKOWSKAIA-WÓJCIK INNA | 649 | NIE MAM POMYSŁU | ŁÓDŹ | POL | K30-39 | 43 | K 83 | | | | 05:45:24.00 | 05:46:10.00 | 11:08 | 5.4 |
| 44 | KUREK MAŁGORZATA | 508 | CARBON OCR RACING TEAM | SIEMIANOWICE ŚLĄSKIE | POL | K30-39 | 44 | K 87 | | | | 05:53:25.00 | 05:54:25.00 | 11:24 | 5.3 |
| 45 | PIETRZYKOWSKA KATARZYNA | 563 | | WROCŁAW | POL | K30-39 | 45 | K 89 | | | | 05:55:08.00 | 05:56:52.00 | 11:27 | 5.2 |
| 46 | CHLEWICKA MAGDALENA | 414 | ZABIĘGANI CZĘSTOCHOWA | CZĘSTOCHOWA | POL | K30-39 | 46 | K 91 | | | | 05:57:07.00 | 05:57:45.00 | 11:31 | 5.2 |
| 47 | KWIATKOWSKA KATARZYNA | 509 | RUNKASIARUN | MARKI | POL | K30-39 | 47 | K 92 | | | | 05:57:54.00 | 05:59:27.00 | 11:32 | 5.2 |
| 48 | OGAZA ANNA | 546 | | SIEMIANOWICE ŚLĄSKIE | POL | K30-39 | 48 | K 93 | | | | 06:06:22.00 | 06:07:22.00 | 11:49 | 5.1 |
| 49 | NOWAK EWELINA | 541 | STG TARNÓW | GROMNIK | POL | K30-39 | 49 | K 96 | | | | 06:20:15.00 | 06:21:01.00 | 12:15 | 4.9 |
| 50 | GERLE-KOTULA ANNA | 452 | | KATOWICE | POL | K30-39 | 50 | K 98 | | | | 06:22:38.00 | 06:23:55.00 | 12:20 | 4.9 |
| 51 | MALARA DALIA | 528 | CARBON OCR RACING TEAM | ZABRZE | POL | K30-39 | 51 | K 101 | | | | 06:37:42.00 | 06:38:04.00 | 12:49 | 4.7 |
| 52 | ZIENKIEWICZ AGATA | 653 | | WROCŁAW | POL | K30-39 | 52 | K 102 | | | | 06:42:08.00 | 06:43:37.00 | 12:58 | 4.6 |
| 53 | MIERZEJEWSKA OLGA | 534 | | SIEMIANOWICE ŚLĄSKIE | POL | K30-39 | 53 | K 104 | | | | 06:54:40.00 | 06:56:03.00 | 13:22 | 4.5 |
| 54 | SMOGORZEWSKA MARTA | 605 | WKURW_TEAM | WARSZAWA | POL | K30-39 | 54 | K 106 | | | | 07:03:42.00 | 07:05:50.00 | 13:40 | 4.4 |
| 55 | MATUSZCZAK ANGELIKA | 531 | STG TARNÓW | TARNÓW | POL | K30-39 | 55 | K 107 | | | | 07:22:44.00 | 07:23:40.00 | 14:16 | 4.2 |

TRIADA INTRO ŁĄCZNIE, K30-39 c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Gorce | Nocne Pieniny | Beskid Sądecki | Netto | Brutto | min/km | km/h |
|------|----------------------|-----|-----------------------|-----------|------|--------|--------|-------|-------|------------------|-------------------|-------------|-------------|--------|------|
| 56 | PRZYBYŁO MARTA | 572 | | KRAKÓW | POL | K30-39 | 56 | K 108 | | | | 07:32:13.00 | 07:34:08.00 | 14:35 | 4.1 |
| | ZAJĄCZKOWSKA EWELINA | 650 | GRUPA BIEGOWA UM W-WA | WARSZAWA | POL | K30-39 | | | | | | DNF | DNF | - | - |
| | KUBIESA PATRYCJA | 505 | HUSARIA RACE TEAM | KRAKÓW | POL | K30-39 | | | | | | DNF | DNF | - | - |

TRIADA INTRO ŁĄCZNIE, M30-39

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Gorce | Nocne Pieniny | Beskid Sądecki | Netto | Brutto | min/km | km/h |
|------|----------------------|-----|--|------------------|------|--------|--------|-------|-------|------------------|-------------------|-------------|-------------|--------|------|
| 1 | DUDZIK ŁUKASZ | 439 | GÓRAL BIEGA | KAMIENICA | POL | M30-39 | 1 | M 5 | | | | 02:55:41.00 | 02:55:49.00 | 5:40 | 10.6 |
| 2 | SZCZEPANIAK DAMIAN | 615 | KAMIENICA | KAMIENICA | POL | M30-39 | 2 | M 8 | | | | 02:58:53.00 | 02:59:00.00 | 5:46 | 10.4 |
| 3 | BATORYNA ALEKSANDER | 406 | UNIwersytet Ekonomiczny w Katowicach | BĘDZIN | POL | M30-39 | 3 | M 13 | | | | 03:06:57.00 | 03:07:04.00 | 6:01 | 9.9 |
| 4 | BRENDZOWSKI ADAM | 420 | SOLINATEAM / RUNONLINE.PL TEAM | SOLINA | POL | M30-39 | 4 | M 14 | | | | 03:12:30.00 | 03:12:58.00 | 6:12 | 9.7 |
| 5 | OCHYRA KONRAD | 545 | SOLINA TEAM | LESKO | POL | M30-39 | 5 | M 15 | | | | 03:16:16.00 | 03:16:50.00 | 6:19 | 9.5 |
| 6 | BROL PIOTR | 423 | ENDURANCE TEAM | SIEMIENOWICE | POL | M30-39 | 6 | M 17 | | | | 03:18:44.00 | 03:18:50.00 | 6:24 | 9.4 |
| 7 | ROMANOWSKI ŁUKASZ | 584 | HUSARIA RACE TEAM | KRAKÓW | POL | M30-39 | 7 | M 18 | | | | 03:23:42.00 | 03:23:57.00 | 6:34 | 9.1 |
| 8 | REICHEL MARCIN | 579 | | KRAKÓW | POL | M30-39 | 8 | M 19 | | | | 03:28:05.00 | 03:28:26.00 | 6:42 | 8.9 |
| 9 | KOPIEĆ KAMIL | 492 | JAJA NA BOK | KRAKÓW | POL | M30-39 | 9 | M 20 | | | | 03:28:04.00 | 03:28:27.00 | 6:42 | 8.9 |
| 10 | KUBIESA-CRO JAKUB | 506 | | KRAKÓW | POL | M30-39 | 10 | M 23 | | | | 03:35:47.00 | 03:36:25.00 | 6:57 | 8.6 |
| 11 | KEMPKA MARCIN | 495 | RAJSPOrT ACTIVE | ZDUŃSKA WOLA | POL | M30-39 | 11 | M 25 | | | | 03:38:46.00 | 03:39:18.00 | 7:03 | 8.5 |
| 12 | KLOCEK KONRAD | 663 | | ŁĘŻYNY | | M30-39 | 12 | M 27 | | | | 03:41:28.00 | 03:42:08.00 | 7:08 | 8.4 |
| 13 | KOZŁOWSKI BARTOSZ | 501 | THE THRULERS | PULAWY | POL | M30-39 | 13 | M 30 | | | | 03:42:35.00 | 03:43:00.00 | 7:10 | 8.4 |
| 14 | MŁYNARCZYK KRZYSZTOF | 536 | ANDRYCHÓW RUNNING | WIEPRZ | POL | M30-39 | 14 | M 31 | | | | 03:43:14.00 | 03:44:01.00 | 7:12 | 8.3 |
| 15 | DEPTUŚ BARTŁOMIEJ | 435 | | KRASNYSTAW | POL | M30-39 | 15 | M 38 | | | | 03:54:02.00 | 03:55:05.00 | 7:32 | 7.9 |
| 16 | GAWRYS BARTEK | 451 | ENDURANCE TEAM | SIEMIENOWICE | POL | M30-39 | 16 | M 48 | | | | 04:07:50.00 | 04:08:14.00 | 7:59 | 7.5 |
| 17 | LEWCZUK NORBERT | 515 | BIEGACZE POMAGACZE/ ELITE RUNNERS | ŁOSICE | POL | M30-39 | 17 | M 49 | | | | 04:08:27.00 | 04:09:49.00 | 8:00 | 7.5 |
| 18 | SKRZYŃSKI RAFAŁ | 603 | RUNONLINE.PL | NIEPOŁOMICE | POL | M30-39 | 18 | M 50 | | | | 04:09:38.00 | 04:10:47.00 | 8:03 | 7.5 |
| 19 | PIECZONKA RAFAŁ | 558 | SPARTAN TREINING GROUP TARNÓW | TARNÓW | POL | M30-39 | 19 | M 53 | | | | 04:16:13.00 | 04:16:39.00 | 8:15 | 7.3 |
| 20 | OSTROWSKI ŁUKASZ | 549 | | KRASNYSTAW | POL | M30-39 | 20 | M 54 | | | | 04:16:15.00 | 04:17:14.00 | 8:15 | 7.3 |
| 21 | HANUSIAK LESZEK | 461 | HUSARIA RACE TEAM | KRAKÓW | POL | M30-39 | 21 | M 58 | | | | 04:22:12.00 | 04:23:33.00 | 8:27 | 7.1 |
| 22 | BEDNARZ FRANCISZEK | 409 | | SIEDLIKA | POL | M30-39 | 22 | M 62 | | | | 04:23:54.00 | 04:25:33.00 | 8:30 | 7 |
| 23 | KOPEĆ SEBASTIAN | 490 | | RYCZÓWEK | POL | M30-39 | 23 | M 66 | | | | 04:28:18.00 | 04:28:55.00 | 8:39 | 6.9 |
| 24 | ADAMSKI JAKUB | 662 | OŚRODEK TWÓRCZEJ INTERWENCJI | KRAKÓW | | M30-39 | 24 | M 71 | | | | 04:33:14.00 | 04:34:42.00 | 8:48 | 6.8 |
| 25 | WÓJCIK ŁUKASZ | 646 | OLEJ RUNNING TEAM / CELIRONMAN | PABIANICE | POL | M30-39 | 25 | M 76 | | | | 04:43:16.00 | 04:45:03.00 | 9:08 | 6.6 |
| 26 | LUDWA MICHAŁ | 516 | TARNOWSKI KLUB SPORTOWY SHINKYOKUSHIN KARATE | TARNÓW | POL | M30-39 | 26 | M 77 | | | | 04:47:24.00 | 04:47:53.00 | 9:16 | 6.5 |
| 27 | BAR PRZEMEK | 405 | ENDURANCE TEAM | SIEMIENOWICE | POL | M30-39 | 27 | M 82 | | | | 05:00:03.00 | 05:01:11.00 | 9:40 | 6.2 |
| 28 | DĄBROWSKI MAREK | 437 | TRANSPOREON | WIĘCŁAWICE STARE | POL | M30-39 | 28 | M 84 | | | | 04:59:53.00 | 05:01:33.00 | 9:40 | 6.2 |
| 29 | PRZYBYLSKI MICHAŁ | 570 | TRANSPOREON | ZABIERZÓW | POL | M30-39 | 29 | M 85 | | | | 05:05:19.00 | 05:06:53.00 | 9:50 | 6.1 |
| 30 | JAGIEŁA TOMASZ | 469 | BAKOMAT TEAM | KRÓSO | POL | M30-39 | 30 | M 86 | | | | 05:06:44.00 | 05:07:20.00 | 9:53 | 6.1 |
| 31 | KONIEC MARIUSZ | 486 | CARBON OCR RACING TEAM | DĄBROWA GÓRNICZA | POL | M30-39 | 31 | M 88 | | | | 05:08:45.00 | 05:09:59.00 | 9:57 | 6 |
| 32 | BEZKOROWAJNY MATEUSZ | 412 | NOKIA | SIEPRAW | POL | M30-39 | 32 | M 95 | | | | 05:25:27.00 | 05:27:12.00 | 10:29 | 5.7 |
| 33 | SITEK SZYMON | 620 | ZABIEGANI CZĘSTOCHOWA | CZĘSTOCHOWA | POL | M30-39 | 33 | M 99 | | | | 05:33:13.00 | 05:33:51.00 | 10:44 | 5.6 |
| 34 | STERNIK DANIEL | 611 | NAJWIĘKSZA ARMIA ŚWIATA | LUBLIN | POL | M30-39 | 34 | M 103 | | | | 05:36:34.00 | 05:37:40.00 | 10:51 | 5.5 |
| 35 | ZBROSZCZYK DAMIAN | 585 | CARBON OCR RACING TEAM | RYBNIK | POL | M30-39 | 35 | M 105 | | | | 05:40:49.00 | 05:41:57.00 | 10:59 | 5.5 |
| 36 | ŁĘPICKI MATEUSZ | 521 | LEMON TEAM | KRAKÓW | POL | M30-39 | 36 | M 107 | | | | 05:52:46.00 | 05:54:06.00 | 11:22 | 5.3 |
| 37 | RADYK JAKUB | 440 | PRZEMYSKI KLUB BIEGACZA | PRZEMYSŁ | POL | M30-39 | 37 | M 108 | | | | 06:03:04.00 | 06:03:32.00 | 11:42 | 5.1 |
| 38 | KOTULA JAKUB | 498 | | KATOWICE | POL | M30-39 | 38 | M 113 | | | | 06:23:16.00 | 06:24:37.00 | 12:21 | 4.9 |
| | GABRYŚ RAFAŁ | 447 | KAWIK RUNNING TEAM | SZCZAWA | POL | M30-39 | | | | | | DNF | DNF | - | - |

TRIADA INTRO ŁĄCZNIE, M30-39 c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Gorce | Nocne Pieniny | Beskid Sądecki | Netto | Brutto | min/km | km/h |
|------|------------------|-----|----------------------|-----------|------|--------|--------|-----|-------|------------------|-------------------|-------|--------|--------|------|
| | SURUS ARTUR | 614 | | TARNÓW | POL | M30-39 | | | | | | DNF | DNF | - | - |
| | BIALEK MARIUSZ | 413 | ENDURANCE TEAM | KATOWICE | POL | M30-39 | | | | | | DNF | DNF | - | - |
| | PAWEŁCZYK KACPER | 554 | K.S. CELIRONMAN S.A. | ŁÓDŹ | POL | M30-39 | | | | | | DNF | DNF | - | - |

TRIADA INTRO ŁĄCZNIE, K40-49

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Gorce | Nocne Pieniny | Beskid Sądecki | Netto | Brutto | min/km | km/h |
|------|------------------------------|-----|---|----------------------|------|--------|--------|-------|-------|------------------|-------------------|-------------|-------------|--------|------|
| 1 | ROGÓŹ ELŻBIETA | 583 | PRORUNNING PROMOTION | WARSZAWA | POL | K40-49 | 1 | K 15 | | | | 04:26:39.00 | 04:27:15.00 | 8:36 | 7 |
| 2 | HENDZLIK MONIKA | 463 | | CZĘSTOCHOWA | POL | K40-49 | 2 | K 18 | | | | 04:33:47.00 | 04:34:38.00 | 8:49 | 6.8 |
| 3 | ROZMUS MARZENA | 586 | FRELKI LOTAJOM | BOJSZOWY NOWE | POL | K40-49 | 3 | K 19 | | | | 04:37:29.00 | 04:38:07.00 | 8:57 | 6.7 |
| 4 | TOKARSKA BOŻENA | 624 | #ADAMCZERWIŃSKITEAM | KRAKÓW | POL | K40-49 | 4 | K 28 | | | | 04:49:04.00 | 04:50:03.00 | 9:19 | 6.4 |
| 5 | REJMAN DOROTA | 580 | | TARNOBRZEG | POL | K40-49 | 5 | K 30 | | | | 04:51:24.00 | 04:52:38.00 | 9:24 | 6.4 |
| 6 | SZCZESNIAK AGNIESZKA | 616 | SB SOBOLE | WARSZAWA | POL | K40-49 | 6 | K 34 | | | | 04:58:30.00 | 04:59:23.00 | 9:37 | 6.2 |
| 7 | WARCHOCKA EWELINA | 632 | | LUBLIN | POL | K40-49 | 7 | K 36 | | | | 05:01:51.00 | 05:02:57.00 | 9:44 | 6.2 |
| 8 | SALAMON BARBARA | 590 | | GLIWICE | POL | K40-49 | 8 | K 37 | | | | 05:05:25.00 | 05:06:08.00 | 9:51 | 6.1 |
| 9 | SKIBA KATARZYNA | 599 | | ZDUŃSKA WOLA | POL | K40-49 | 9 | K 38 | | | | 05:05:17.00 | 05:06:46.00 | 9:50 | 6.1 |
| 10 | GAWRYLAK BEATA | 450 | ZUMBIARY | PIASECZNO | POL | K40-49 | 10 | K 47 | | | | 05:12:03.00 | 05:13:44.00 | 10:03 | 6 |
| 11 | JAROSZEWSKA IWONA | 471 | | KOZIEGŁOWY | POL | K40-49 | 11 | K 48 | | | | 05:13:09.00 | 05:14:47.00 | 10:06 | 5.9 |
| 12 | DZIÓBEK SYLWIA | 444 | | WIELICZKA | POL | K40-49 | 12 | K 53 | | | | 05:16:05.00 | 05:17:08.00 | 10:11 | 5.9 |
| 13 | BURMAN BEATA | 426 | | MUROWANA GOŚLINA | POL | K40-49 | 13 | K 54 | | | | 05:16:08.00 | 05:17:13.00 | 10:11 | 5.9 |
| 14 | BALCERZAK KRYSZYNA | 402 | | ŁÓDŹ | POL | K40-49 | 14 | K 61 | | | | 05:21:10.00 | 05:22:38.00 | 10:21 | 5.8 |
| 15 | SIATKA AGNIESZKA | 594 | RUNNING PERFORMANCE | KRAKÓW | POL | K40-49 | 15 | K 62 | | | | 05:23:07.00 | 05:24:01.00 | 10:25 | 5.8 |
| 16 | ŁATA KATARZYNA | 519 | | WROCŁAW | POL | K40-49 | 16 | K 66 | | | | 05:25:23.00 | 05:26:56.00 | 10:29 | 5.7 |
| 17 | KŁOPOT GRAŻYNA | 481 | MULTIMEDIA RUNNERS PUŁAWY | PUŁAWY | POL | K40-49 | 17 | K 69 | | | | 05:29:26.00 | 05:30:25.00 | 10:37 | 5.6 |
| 18 | SEBZDA MALGORZATA | 593 | HUSARIA RACE TEAM | BŁĘDOWA TYCZYŃSKA | POL | K40-49 | 18 | K 71 | | | | 05:34:22.00 | 05:35:08.00 | 10:47 | 5.6 |
| 19 | WALKOWSKA JUSTYNA | 631 | JACEKBIEGA RUNNING TEAM | NOWA IWICZNA | POL | K40-49 | 19 | K 73 | | | | 05:33:58.00 | 05:35:33.00 | 10:46 | 5.6 |
| 20 | LEFELIC MONIKA | 512 | | WARSZAWA | POL | K40-49 | 20 | K 76 | | | | 05:37:47.00 | 05:39:00.00 | 10:53 | 5.5 |
| 21 | WIŚNIEWSKA KATARZYNA | 634 | WIŚNIA TEAM | WARSZAWA | POL | K40-49 | 21 | K 78 | | | | 05:41:50.00 | 05:43:17.00 | 11:01 | 5.4 |
| 22 | PAWŁOWSKA MARIA | 555 | MARUSIABIĘGAPL | JANOWIEC | POL | K40-49 | 22 | K 84 | | | | 05:45:58.00 | 05:47:28.00 | 11:09 | 5.4 |
| 23 | GRABOWSKA JOANNA | 457 | SPC/ KM UMK | TORUŃ | POL | K40-49 | 23 | K 86 | | | | 05:52:50.00 | 05:54:21.00 | 11:22 | 5.3 |
| 24 | SOSNOWSKA BARBARA | 608 | LACHO TEAM | KRAKÓW | POL | K40-49 | 24 | K 88 | | | | 05:55:10.00 | 05:56:51.00 | 11:27 | 5.2 |
| 25 | DZIEDZIC-WÓJTOWICZ AGNIESZKA | 442 | SRTG-NIEPOŁOMICE | TARGOWISKO | POL | K40-49 | 25 | K 94 | | | | 06:09:30.00 | 06:10:44.00 | 11:55 | 5 |
| 26 | LUDKA DAGMARA | 513 | | ZŁOTÓW | POL | K40-49 | 26 | K 95 | | | | 06:13:36.00 | 06:14:06.00 | 12:03 | 5 |
| 27 | WIŚNIEWSKA DOROTA | 633 | | ALEKSANDRÓW KUJAWSKI | POL | K40-49 | 27 | K 97 | | | | 06:21:51.00 | 06:23:26.00 | 12:19 | 4.9 |
| 28 | SKORUPKA ANNA | 602 | | SIEDLCE | POL | K40-49 | 28 | K 99 | | | | 06:26:30.00 | 06:28:27.00 | 12:28 | 4.8 |
| 29 | JASIUL MARIOLA | 472 | | LEGIONOWO | POL | K40-49 | 29 | K 100 | | | | 06:34:09.00 | 06:35:43.00 | 12:42 | 4.7 |
| 30 | SIERECKA DOROTA | 596 | TEAM ZABIEGANEDNI // WKURW_TEAM | ŻELECHÓW | POL | K40-49 | 30 | K 105 | | | | 06:54:24.00 | 06:56:33.00 | 13:22 | 4.5 |
| | KARPIŃSKA ANIA | 479 | DZIKIE GRUBASY SZATANA/ADIDAS RUNERS WARSAW | WARSZAWA | POL | K40-49 | | | | | | DNF | DNF | - | - |
| | DZIEWIĄTKOWSKA EWA | 443 | | STARE BABICE | POL | K40-49 | | | | | | DNF | DNF | - | - |
| | JACKOWSKA EWA | 660 | JAROSŁAWSKA GRUPA BIEGOWA SOKÓŁ | JAROSŁAW | POL | K40-49 | | | | | | DNF | DNF | - | - |

TRIADA INTRO ŁĄCZNIE, M40-49

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Gorce | Nocne Pieniny | Beskid Sądecki | Netto | Brutto | min/km | km/h |
|------|-------------------|-----|--------------|------------|------|--------|--------|-----|-------|------------------|-------------------|-------------|-------------|--------|------|
| 1 | JAWORSKI ZBIGNIEW | 473 | --- | KLUSZKOWCE | POL | M40-49 | 1 | M 1 | | | | 02:40:57.00 | 02:41:00.00 | 5:11 | 11.6 |
| 2 | FABIAN BOGUSŁAW | 445 | EVANLITE.COM | PYSKOWICE | POL | M40-49 | 2 | M 3 | | | | 02:52:48.00 | 02:52:55.00 | 5:34 | 10.8 |

TRIADA INTRO ŁĄCZNIE, M40-49 c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Gorce | Nocne Pieniny | Beskid Sądecki | Netto | Brutto | min/km | km/h |
|------|------------------------|-----|---|----------------------|------|--------|--------|-------|-------|------------------|-------------------|-------------|-------------|--------|------|
| 3 | REJMAN MAREK | 581 | | TARNOBRZEG | POL | M40-49 | 3 | M 21 | | | | 03:32:31.00 | 03:33:04.00 | 6:51 | 8.8 |
| 4 | DOBOSZ DANIEL | 436 | | GLIWICE | POL | M40-49 | 4 | M 22 | | | | 03:32:51.00 | 03:33:40.00 | 6:51 | 8.7 |
| 5 | GULBA KRZYSZTOF | 459 | PENTEL | KRAKÓW | POL | M40-49 | 5 | M 24 | | | | 03:37:56.00 | 03:38:08.00 | 7:01 | 8.5 |
| 6 | KARDASZ MAREK | 265 | SOLINA TEAM | POLAŃCZYK | POL | M40-49 | 6 | M 28 | | | | 03:41:59.00 | 03:42:27.00 | 7:09 | 8.4 |
| 7 | BORYCKI ARTUR | 419 | TGR | DĄBROWA TARNOWSKA | POL | M40-49 | 7 | M 29 | | | | 03:42:37.00 | 03:42:53.00 | 7:10 | 8.4 |
| 8 | KOCUR GRZEGORZ | 483 | | GLIWICE | POL | M40-49 | 8 | M 33 | | | | 03:47:03.00 | 03:48:01.00 | 7:19 | 8.2 |
| 9 | CHOJNACKI MIKOŁAJ | 431 | WARSAW RUN CLUB | WARSAWA | POL | M40-49 | 9 | M 34 | | | | 03:48:00.00 | 03:48:59.00 | 7:21 | 8.2 |
| 10 | RZEPKA TOMASZ | 589 | HTF-LUDWIK SIKORSKI | ALEKSANDRÓW ŁÓDZKI | POL | M40-49 | 10 | M 35 | | | | 03:50:07.00 | 03:50:53.00 | 7:25 | 8.1 |
| 11 | GRZEGORZAK WOJCIECH | 458 | #ADAMCZERWIŃSKITEAM | NIEPOLOMICE | POL | M40-49 | 11 | M 36 | | | | 03:51:04.00 | 03:51:43.00 | 7:27 | 8 |
| 12 | HERLICZKA TOMASZ | 466 | AML-FLY TEAM | GLIWICE | POL | M40-49 | 12 | M 39 | | | | 03:53:33.00 | 03:55:08.00 | 7:32 | 8 |
| 13 | NIŻNIK BORYS | 537 | HUSARIA RACE TEAM | KRAKÓW | POL | M40-49 | 13 | M 40 | | | | 03:55:34.00 | 03:56:19.00 | 7:35 | 7.9 |
| 14 | SKIERSKI ADAM | 600 | ENDURANCE TEAM | KATOWICE | POL | M40-49 | 14 | M 41 | | | | 03:56:39.00 | 03:57:02.00 | 7:38 | 7.9 |
| 15 | PIASECKI MARIUSZ | 556 | MNK | GLIWICE | POL | M40-49 | 15 | M 43 | | | | 04:01:57.00 | 04:03:33.00 | 7:48 | 7.7 |
| 16 | KOMAR BARTOSZ | 485 | | GLIWICE | POL | M40-49 | 16 | M 45 | | | | 04:04:57.00 | 04:05:52.00 | 7:54 | 7.6 |
| 17 | GNIADY JAROSŁAW | 454 | | ZGLOBICE | POL | M40-49 | 17 | M 46 | | | | 04:05:54.00 | 04:07:20.00 | 7:55 | 7.6 |
| 18 | TYKSINSKI RAFAŁ | 629 | EXPRESSMAP | WARSAWA | POL | M40-49 | 18 | M 52 | | | | 04:14:40.00 | 04:15:21.00 | 8:12 | 7.3 |
| 19 | UNIEJEWSKI TOMASZ | 630 | | KATOWICE | POL | M40-49 | 19 | M 60 | | | | 04:23:18.00 | 04:24:42.00 | 8:29 | 7.1 |
| 20 | BIELECKI ADAM | 416 | | BIELSKO-BIAŁA | POL | M40-49 | 20 | M 63 | | | | 04:24:53.00 | 04:25:48.00 | 8:32 | 7 |
| 21 | KRYGER JACEK | 504 | OTE TEAM | RYTEL | POL | M40-49 | 21 | M 65 | | | | 04:25:37.00 | 04:26:36.00 | 8:34 | 7 |
| 22 | DUDA WALDEMAR | 438 | TARNOWSKI KLUB KARATE SHINKYOKUSHIN | TATNÓW | POL | M40-49 | 22 | M 66 | | | | 04:28:33.00 | 04:28:55.00 | 8:39 | 6.9 |
| 23 | FRANKOWSKI PIOTR | 446 | | WARSAWA | POL | M40-49 | 23 | M 68 | | | | 04:30:01.00 | 04:31:14.00 | 8:42 | 6.9 |
| 24 | GAWLIKOWSKI ROBERT | 544 | | KATOWICE | POL | M40-49 | 24 | M 69 | | | | 04:30:14.00 | 04:31:22.00 | 8:43 | 6.9 |
| 25 | KOBIĄŁKA PAWEŁ | 482 | ROZBIEGANE DOBCZYCE | DOBCZYCE | POL | M40-49 | 25 | M 70 | | | | 04:33:15.00 | 04:34:17.00 | 8:48 | 6.8 |
| 26 | RAKOWSKI KRZYSZTOF | 577 | RUCHLIWI ŚWIŃSKA NOGA | ZDUŃSKA WOLA | POL | M40-49 | 26 | M 74 | | | | 04:36:18.00 | 04:37:50.00 | 8:54 | 6.7 |
| 27 | JURCZENKO MARCIN | 474 | ITMBW KRAKÓW | KRAKÓW | POL | M40-49 | 27 | M 75 | | | | 04:40:39.00 | 04:41:52.00 | 9:03 | 6.6 |
| 28 | TOKARSKI RAFAŁ | 625 | | KRAKÓW | POL | M40-49 | 28 | M 78 | | | | 04:49:02.00 | 04:50:04.00 | 9:19 | 6.4 |
| 29 | WIŚNIEWSKI TOMASZ | 635 | | ALEKSANDRÓW KUJAWSKI | POL | M40-49 | 29 | M 79 | | | | 04:50:14.00 | 04:51:35.00 | 9:21 | 6.4 |
| 30 | NOWAK KRZYSZTOF | 542 | STG TARNÓW | GROMNIK | POL | M40-49 | 30 | M 80 | | | | 04:52:41.00 | 04:53:28.00 | 9:26 | 6.4 |
| 31 | SOBULSKI KAROL | 606 | SB SOBOLE | PIASECZNO | POL | M40-49 | 31 | M 81 | | | | 04:58:33.00 | 04:59:24.00 | 9:37 | 6.2 |
| 32 | SŁOWIŃSKI KAROL | 604 | | KRAKÓW | POL | M40-49 | 32 | M 83 | | | | 04:59:42.00 | 05:01:26.00 | 9:40 | 6.2 |
| 33 | STYŁA SEBASTIAN | 612 | | TURKA | POL | M40-49 | 33 | M 89 | | | | 05:10:16.00 | 05:11:15.00 | 10:00 | 6 |
| 34 | POSS MARCIN | 568 | | WARSAWA | POL | M40-49 | 34 | M 91 | | | | 05:14:58.00 | 05:16:22.00 | 10:09 | 5.9 |
| 35 | SIKORSKI LUDWIK | 598 | HTF LUDWIK SIKORSKI | ALEKSANDRÓW ŁÓDZKI | POL | M40-49 | 35 | M 92 | | | | 05:16:35.00 | 05:17:47.00 | 10:12 | 5.9 |
| 36 | ZAKRZEWSKI JAROSŁAW | 651 | | WARSAWA | POL | M40-49 | 36 | M 93 | | | | 05:18:09.00 | 05:19:12.00 | 10:15 | 5.8 |
| 37 | SKOCZYŁAS PIOTR | 601 | ENDURANCE TEAM | CHORZÓW | POL | M40-49 | 37 | M 94 | | | | 05:18:37.00 | 05:19:34.00 | 10:16 | 5.8 |
| 38 | GŁUCHOWSKI JACEK | 453 | BB RUNERS | BIELSKO-BIAŁA | POL | M40-49 | 38 | M 97 | | | | 05:29:46.00 | 05:30:29.00 | 10:38 | 5.6 |
| 39 | LULA RADEK | 517 | | WARSAWA | POL | M40-49 | 39 | M 100 | | | | 05:34:49.00 | 05:36:00.00 | 10:48 | 5.6 |
| 40 | BALON MARCIN | 403 | BB RUNNERS | KROSNO | POL | M40-49 | 40 | M 104 | | | | 05:37:09.00 | 05:37:59.00 | 10:52 | 5.5 |
| 41 | GROCHAŁ MARCIN | 557 | PSEUDOMOUNTAINRUNNER | WYGIĘLZÓW | POL | M40-49 | 41 | M 109 | | | | 06:05:06.00 | 06:05:38.00 | 11:46 | 5.1 |
| 42 | LESZCZYŃSKI ALEKSANDER | 514 | | KRAKÓW | POL | M40-49 | 42 | M 112 | | | | 06:11:00.00 | 06:12:38.00 | 11:58 | 5 |
| 43 | DUBIŃSKI PRZEMYSŁAW | 415 | PRZEMEK DUBIŃSKI - BIEGIEMPRZEZŚWIAT | CZĘSTOCHOWA | POL | M40-49 | 43 | M 114 | | | | 06:24:34.00 | 06:25:13.00 | 12:24 | 4.8 |
| | KWASEK KAZEK | 293 | MUAY RUNNING TEAM | BIBICE | POL | M40-49 | | | | | | DNF | DNF | - | - |
| | JACKOWSKI JACEK | 661 | JAROSŁAWSKA GRUPA BIEGOWA SOKÓŁ | JAROSŁAW | | M40-49 | | | | | | DNF | DNF | - | - |

TRIADA INTRO ŁĄCZNIE, K50-59

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Gorce | Nocne Pieniny | Beskid Sądecki | Netto | Brutto | min/km | km/h |
|------|-----------------------|-----|-----------------------|-----------|------|--------|--------|------|-------|------------------|-------------------|-------------|-------------|--------|------|
| 1 | WÓLKIEWICZ DOROTA | 647 | KS STASZEWCY | PRUSZKÓW | POL | K50-59 | 1 | K 17 | | | | 04:32:07.00 | 04:33:26.00 | 8:46 | 6.8 |
| 2 | WOŹNIAK LIDIA | 644 | PORMAT JEDLICZE BIEGA | SKOŁYSZYN | POL | K50-59 | 2 | K 58 | | | | 05:18:47.00 | 05:19:20.00 | 10:17 | 5.8 |
| 3 | ŁUKASZEWSKA KATARZYNA | 523 | | ŁOZISKA | POL | K50-59 | 3 | K 75 | | | | 05:35:41.00 | 05:37:18.00 | 10:49 | 5.5 |

TRIADA INTRO ŁĄCZNIE, K50-59 c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Gorce | Nocne Pieniny | Beskid Sądecki | Netto | Brutto | min/km | km/h |
|------|---------------------|-----|-----------------|-----------|------|--------|--------|-------|-------|------------------|-------------------|-------------|-------------|--------|------|
| 4 | KOWALCZYK JUSTYNA | 499 | ACCENTURE | WARSZAWA | POL | K50-59 | 4 | K 90 | | | | 05:56:21.00 | 05:57:15.00 | 11:29 | 5.2 |
| 5 | KAPAŁKA BOŻENA | 477 | STG TARNÓW | GROMNIK | POL | K50-59 | 5 | K 103 | | | | 06:46:32.00 | 06:47:33.00 | 13:06 | 4.6 |
| 6 | KOSZNIERUK ELZBIETA | 497 | WYBIEGAJ SIEBIE | CHOTOMÓW | POL | K50-59 | 6 | K 109 | | | | 07:37:48.00 | 07:40:03.00 | 14:46 | 4.1 |

TRIADA INTRO ŁĄCZNIE, M50-59

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Gorce | Nocne Pieniny | Beskid Sądecki | Netto | Brutto | min/km | km/h |
|------|-------------------|-----|---|--------------|------|--------|--------|-------|-------|------------------|-------------------|-------------|-------------|--------|------|
| 1 | SOSNOWSKI ROMAN | 609 | LACHO TEAM | KRAKÓW | POL | M50-59 | 1 | M 32 | | | | 03:45:11.00 | 03:45:53.00 | 7:15 | 8.3 |
| 2 | WOŹNIAK JANUSZ | 643 | PORMAT JEDLICZE BIEGA | SKOŁYSZYN | POL | M50-59 | 2 | M 42 | | | | 04:00:50.00 | 04:01:24.00 | 7:46 | 7.7 |
| 3 | PODOLAK ZBIGNIEW | 567 | STOWARZYSZENIE PRZYJACIÓŁ DOBREGO WOJAKA SZWEJKA | PRZEMYŚL | POL | M50-59 | 3 | M 51 | | | | 04:11:27.00 | 04:12:14.00 | 8:06 | 7.4 |
| 4 | ŚLUSARSKI WŁODEK | 518 | | WARSZAWA | POL | M50-59 | 4 | M 55 | | | | 04:19:16.00 | 04:19:41.00 | 8:21 | 7.2 |
| 5 | ŻUKOWSKI GRZEGORZ | 657 | ENDURANCE TEAM | SIEMIANOWICE | POL | M50-59 | 5 | M 57 | | | | 04:22:46.00 | 04:23:22.00 | 8:28 | 7.1 |
| 6 | WÓLKIEWICZ PAWEŁ | 648 | OX5 | PRUSZKÓW | POL | M50-59 | 6 | M 90 | | | | 05:13:10.00 | 05:14:47.00 | 10:06 | 5.9 |
| 7 | KORPAŁSKI JACEK | 494 | | WARSZAWA | POL | M50-59 | 7 | M 102 | | | | 05:35:48.00 | 05:37:16.00 | 10:49 | 5.5 |
| 8 | KANDERSKI SŁAWEK | 476 | WKB MARATOŃCZYK | WŁOCLAWEK | POL | M50-59 | 8 | M 111 | | | | 06:06:19.00 | 06:08:10.00 | 11:49 | 5.1 |
| 9 | WIECZOREK ANDRZEJ | 638 | | TARNÓW | POL | M50-59 | 9 | M 116 | | | | 06:50:19.00 | 06:51:22.00 | 13:14 | 4.5 |
| | PIENKOWSKI LESZEK | 559 | WM TRISELF | KRAKÓW | POL | M50-59 | | | | | | DNF | DNF | - | - |

TRIADA INTRO ŁĄCZNIE, K60+

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Gorce | Nocne Pieniny | Beskid Sądecki | Netto | Brutto | min/km | km/h |
|------|---------------------------|-----|-------------|-----------|------|------|--------|------|-------|------------------|-------------------|-------------|-------------|--------|------|
| 1 | SAMOJLUK-ŚLUSARSKA BOŻENA | 591 | DRUŻYNA TVN | WARSZAWA | POL | K60+ | 1 | K 25 | | | | 04:46:04.00 | 04:47:13.00 | 9:13 | 6.5 |
| 2 | ZIÓŁEK TERESA | 655 | STEY INSANE | JACKÓW | POL | K60+ | 2 | K 46 | | | | 05:11:46.00 | 05:13:13.00 | 10:03 | 6 |
| 3 | TROJANOWSKA KINGA | 627 | | ZLOTOW | POL | K60+ | 3 | K 64 | | | | 05:25:37.00 | 05:26:37.00 | 10:30 | 5.7 |

TRIADA INTRO ŁĄCZNIE, M60+

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Gorce | Nocne Pieniny | Beskid Sądecki | Netto | Brutto | min/km | km/h |
|------|-------------------|-----|------------|-----------|------|------|--------|------|-------|------------------|-------------------|-------------|-------------|--------|------|
| 1 | KAPAŁKA KRZYSZTOF | 478 | STG TARNÓW | GROMNIK | POL | M60+ | 1 | M 96 | | | | 05:28:14.00 | 05:28:35.00 | 10:35 | 5.7 |