



10 KM ATEST PZLA GLIWICKI 2016

B4SPORT

Organizator: Fundacja Bieg Rzeźnika
Data: 2016-10-23
Miejsce: Gliwice
Dystans: 10 km

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | Czas netto 10km | Czas brutto 10km | Różn | Tempo min/km | Tempo km/h |
|-----|-----------------------------|-------------|--|-----------|------|-------------|--------------------|--------------------|----------------------|--------------|-----------------|
| 1 | KASPRZAK Radosław | 1281 | INŻYNIERIA BIEGANIA | M-20 | 1 | 00:00:00 | 00:34:45.15 | 00:34:45.95 | | 3:28 | 17.3 (100%) |
| 2 | SZYMAŃSKI Paweł | 3 | NIEWYMIĘKACZE / TENNECO AUTOMOTIVE | M-20 | 2 | 00:00:02 | 00:36:11.15 | 00:36:13.50 | +00:01:26 (4.0%) | 3:37 | 16.6 (96.0%) |
| 3 | BABULA Przemysław | 2317 | AZS AGH KRAKÓW | M-20 | 3 | 00:00:02 | 00:36:47.40 | 00:36:49.65 | +00:02:02 (5.5%) | 3:40 | 16.3 (94.2%) |
| 4 | SZYMAŃSKI Bartosz | 2296 | NIEWYMIĘKACZE | M-30 | 1 | 00:00:02 | 00:37:00.85 | 00:37:03.60 | +00:02:15 (6.1%) | 3:42 | 16.2 (93.6%) |
| 5 | BEDNARZ Jakub | 2200 | POGORIA BIEGA | M-30 | 2 | 00:00:02 | 00:37:19.80 | 00:37:22.15 | +00:02:34 (6.9%) | 3:44 | 16.1 (93.1%) |
| 6 | BIELIŃSKI Piotr | 2266 | SOKÓŁ KNURÓW/RYDZ TEAM | M-20 | 4 | 00:00:01 | 00:37:32.45 | 00:37:34.20 | +00:02:47 (7.4%) | 3:45 | 16 (92.5%) |
| 7 | STAWINOGA Janusz | 2166 | | M-40 | 1 | 00:00:20 | 00:38:41.40 | 00:39:02.35 | +00:03:56 (10.2%) | 3:52 | 15.5 (89.6%) |
| 8 | BOK Marcin | 2099 | AZS KU POLITECHNIKA OPOLSKA / RAJSPOORT ACTIVE | M-20 | 5 | 00:00:01 | 00:39:02.15 | 00:39:03.25 | +00:04:17 (11.0%) | 3:54 | 15.4 (89.0%) |
| 9 | BUJNOWSKI Artur | 2089 | KB ENDURANCE SOLIDARNI KNURÓW/SOKÓŁ KNURÓW | M-20 | 6 | 00:00:03 | 00:39:15.70 | 00:39:19.30 | +00:04:30 (11.5%) | 3:55 | 15.3 (88.4%) |
| 10 | OCHMAN Paweł | 2100 | FUTURE PROCESSING RUNNING TEAM | M-30 | 3 | 00:00:05 | 00:40:09.30 | 00:40:14.65 | +00:05:24 (13.5%) | 4:00 | 14.9 (86.1%) |
| 11 | SZABELSKI Krzysztof | 2235 | FUTURE PROCESSING RUNNING TEAM | M-20 | 7 | 00:00:05 | 00:40:44.60 | 00:40:50.35 | +00:05:59 (14.7%) | 4:04 | 14.7 (85.0%) |
| 12 | BATORYNA Aleksander | 18 | | M-30 | 4 | 00:00:03 | 00:41:22.60 | 00:41:25.65 | +00:06:37 (16.0%) | 4:08 | 14.5 (83.8%) |
| 13 | KAUF Damian | 2219 | | M-30 | 5 | 00:00:04 | 00:41:26.95 | 00:41:31.20 | +00:06:41 (16.2%) | 4:08 | 14.5 (83.8%) |
| 14 | REMPUSZEWSKI Mateusz | 2137 | | M-20 | 8 | 00:00:02 | 00:41:28.85 | 00:41:31.55 | +00:06:43 (16.2%) | 4:08 | 14.5 (83.8%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | Czas netto 10km | Czas brutto 10km | Różn | Tempo min/km | Tempo km/h |
|-----|----------------------------|-------------|--------------------------|-----------|------|-------------|--------------------|--------------------|-------------------|--------------|--------------|
| 15 | SOPEL Arkadiusz | 2329 | OTK RZEŹNIK | M-40 | 2 | 00:00:02 | 00:41:47.85 | 00:41:50.40 | +00:07:02 (16.9%) | 4:10 | 14.4 (83.2%) |
| 16 | JASIOK Michał | 2191 | ASSECO | M-30 | 6 | 00:00:02 | 00:41:57.75 | 00:41:59.75 | +00:07:12 (17.2%) | 4:11 | 14.3 (82.7%) |
| 17 | BOBEREK Grzegorz | 2270 | POGORIA BIEGA | M-40 | 3 | 00:00:04 | 00:41:56.75 | 00:42:01.00 | +00:07:11 (17.1%) | 4:11 | 14.3 (82.7%) |
| 18 | LEWICKA Elżbieta | 2178 | NIEZRZESZONA | K-40 | 1 | 00:00:03 | 00:42:26.55 | 00:42:30.15 | +00:07:41 (18.1%) | 4:14 | 14.1 (81.5%) |
| 19 | LENART Konrad | 2139 | | M-30 | 7 | 00:00:05 | 00:43:18.85 | 00:43:24.20 | +00:08:33 (19.8%) | 4:19 | 13.9 (80.3%) |
| 20 | TRZOPEK Marcin | 2041 | | M-20 | 9 | 00:00:05 | 00:43:24.30 | 00:43:29.90 | +00:08:39 (19.9%) | 4:20 | 13.8 (79.8%) |
| 21 | BRODEK Andrzej | 2006 | | M-40 | 4 | 00:00:04 | 00:43:28.05 | 00:43:32.15 | +00:08:42 (20.0%) | 4:20 | 13.8 (79.8%) |
| 22 | OLEJNIK Rafał | 2145 | | M-40 | 5 | 00:00:03 | 00:43:49.25 | 00:43:52.75 | +00:09:04 (20.7%) | 4:22 | 13.7 (79.2%) |
| 23 | BRYŁA Grzegorz | 2116 | | M-40 | 6 | 00:00:30 | 00:43:52.70 | 00:44:23.25 | +00:09:07 (20.8%) | 4:23 | 13.7 (79.2%) |
| 24 | SURMAN Julia | 2220 | | K-16 | 1 | 00:00:03 | 00:44:24.65 | 00:44:27.65 | +00:09:39 (21.7%) | 4:26 | 13.5 (78.0%) |
| 25 | DONIGIEWICZ Mariusz | 7 | | M-30 | 8 | 00:01:21 | 00:44:01.05 | 00:45:22.70 | +00:09:15 (21.0%) | 4:24 | 13.6 (78.6%) |
| 26 | KŁOSOK Adam | 2047 | | M-30 | 9 | 00:00:12 | 00:45:27.10 | 00:45:39.30 | +00:10:41 (23.5%) | 4:32 | 13.2 (76.3%) |
| 27 | SŁOMKOWSKI Mateusz | 2211 | | M-20 | 10 | 00:00:12 | 00:46:19.55 | 00:46:31.75 | +00:11:34 (25.0%) | 4:37 | 13 (75.1%) |
| 28 | HERZ Krzysztof | 2122 | FUCHS OIL TEAM | M-20 | 11 | 00:00:10 | 00:46:45.45 | 00:46:55.50 | +00:12:00 (25.7%) | 4:40 | 12.8 (74.0%) |
| 29 | KOZIK Bartłomiej | 2324 | | M-30 | 10 | 00:00:33 | 00:46:32.55 | 00:47:06.35 | +00:11:47 (25.3%) | 4:39 | 12.9 (74.6%) |
| 30 | KRYSTEK Marcin | 2330 | | M-40 | 7 | 00:01:22 | 00:45:48.90 | 00:47:11.40 | +00:11:03 (24.1%) | 4:34 | 13.1 (75.7%) |
| 31 | BUGAJCZYK Piotr | 2254 | | M-20 | 12 | 00:00:10 | 00:47:20.60 | 00:47:31.05 | +00:12:35 (26.6%) | 4:44 | 12.7 (73.4%) |
| 32 | BUBAŁA Dawid | 32 | TL POGOŃ RUDA ŚLĄSKA | M-16 | 1 | 00:00:35 | 00:46:58.95 | 00:47:34.20 | +00:12:13 (26.0%) | 4:41 | 12.8 (74.0%) |
| 33 | PACANA Patryk | 2181 | DRUŻYNA ŚWIĘTEGO MARCINA | M-20 | 13 | 00:00:09 | 00:47:36.70 | 00:47:46.40 | +00:12:51 (27.0%) | 4:45 | 12.6 (72.8%) |
| 34 | ZAPOTOCZNY Przemek | 2083 | | M-40 | 8 | 00:01:32 | 00:46:15.40 | 00:47:48.30 | +00:11:30 (24.9%) | 4:37 | 13 (75.1%) |
| 35 | BESSA Ricardo | 2335 | | M-30 | 12 | 00:00:03 | 00:47:52.40 | 00:47:56.35 | +00:13:07 (27.4%) | 4:47 | 12.5 (72.3%) |
| 36 | ZAJAC Mateusz | 2227 | | M-30 | 11 | 00:01:17 | 00:46:43.90 | 00:48:00.90 | +00:11:58 (25.6%) | 4:40 | 12.8 (74.0%) |
| 37 | KNEBEL Krzysztof | 2307 | | M-30 | 14 | 00:00:05 | 00:48:14.90 | 00:48:20.20 | +00:13:29 (28.0%) | 4:49 | 12.4 (71.7%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | Czas netto 10km | Czas brutto 10km | Różn | Tempo min/km | Tempo km/h |
|-----|---------------------|-------|----------------------|-----------|------|-------------|-----------------|------------------|-------------------|--------------|--------------|
| 38 | NOWALIŃSKI Grzegorz | 2169 | | M-20 | 15 | 00:00:34 | 00:48:01.60 | 00:48:36.15 | +00:13:16 (27.6%) | 4:48 | 12.5 (72.3%) |
| 39 | PYTEL Adam | 2304 | | M-30 | 15 | 00:00:18 | 00:48:23.60 | 00:48:42.20 | +00:13:38 (28.2%) | 4:50 | 12.4 (71.7%) |
| 40 | NOWAK Mateusz | 2287 | | M-20 | 14 | 00:00:56 | 00:47:46.65 | 00:48:42.75 | +00:13:01 (27.3%) | 4:46 | 12.6 (72.8%) |
| 41 | JUROWICZ Łukasz | 2292 | | M-30 | 13 | 00:01:24 | 00:48:00.00 | 00:49:24.35 | +00:13:14 (27.6%) | 4:48 | 12.5 (72.3%) |
| 42 | BOK Piotr | 2098 | | M-40 | 10 | 00:00:11 | 00:49:30.70 | 00:49:41.75 | +00:14:45 (29.8%) | 4:57 | 12.1 (69.9%) |
| 43 | BOMBA Marcin | 2043 | PLASTIC OMNIUM | M-30 | 16 | 00:00:57 | 00:48:47.05 | 00:49:44.55 | +00:14:01 (28.8%) | 4:52 | 12.3 (71.1%) |
| 44 | KOTRA Jacek | 44 | LUK JESTOK | M-30 | 21 | 00:00:06 | 00:49:49.85 | 00:49:56.50 | +00:15:04 (30.3%) | 4:59 | 12 (69.4%) |
| 45 | CISZOWSKI Adam | 2150 | | M-30 | 18 | 00:00:23 | 00:49:34.00 | 00:49:57.40 | +00:14:48 (29.9%) | 4:57 | 12.1 (69.9%) |
| 46 | CUL Aleksandra | 339 | PLASTIC OMNIUM | K-20 | 1 | 00:00:30 | 00:49:28.75 | 00:49:59.50 | +00:14:43 (29.8%) | 4:56 | 12.1 (69.9%) |
| 47 | HODOR Robert | 2193 | | M-40 | 9 | 00:01:33 | 00:48:32.95 | 00:50:06.60 | +00:13:47 (28.4%) | 4:51 | 12.4 (71.7%) |
| 48 | USZYŃSKA Aldona | 8 | | K-40 | 2 | 00:00:31 | 00:49:45.90 | 00:50:17.80 | +00:15:00 (30.2%) | 4:58 | 12.1 (69.9%) |
| 49 | CZAPELKA Michał | 2316 | | M-30 | 17 | 00:01:31 | 00:49:04.75 | 00:50:36.70 | +00:14:19 (29.2%) | 4:54 | 12.2 (70.5%) |
| 50 | SZKLARZ Sebastian | 2059 | | M-30 | 22 | 00:00:54 | 00:49:55.05 | 00:50:49.20 | +00:15:09 (30.4%) | 4:59 | 12 (69.4%) |
| 51 | WÓJTOWICZ Błażej | 2068 | | M-20 | 16 | 00:00:56 | 00:49:58.95 | 00:50:55.90 | +00:15:13 (30.5%) | 4:59 | 12 (69.4%) |
| 52 | ZIELIŃSKI Sebastian | 2265 | | M-30 | 23 | 00:00:52 | 00:50:05.40 | 00:50:57.85 | +00:15:20 (30.6%) | 5:00 | 12 (69.4%) |
| 53 | OGONOWSKI Edward | 2285 | | M-60 | 1 | 00:00:52 | 00:50:06.50 | 00:50:59.20 | +00:15:21 (30.6%) | 5:00 | 12 (69.4%) |
| 54 | ŻÓŁNOWSKI Piotr | 2257 | | M-30 | 19 | 00:01:22 | 00:49:39.15 | 00:51:01.75 | +00:14:54 (30.0%) | 4:57 | 12.1 (69.9%) |
| 55 | WYSZOMIRSKI Robert | 2217 | | M-30 | 24 | 00:01:00 | 00:50:09.90 | 00:51:10.65 | +00:15:24 (30.7%) | 5:01 | 12 (69.4%) |
| 56 | SOKOŁOWSKI Łukasz | 2081 | BIEGAMY NIE ŚPIMY :) | M-30 | 20 | 00:01:25 | 00:49:47.55 | 00:51:13.25 | +00:15:02 (30.2%) | 4:58 | 12 (69.4%) |
| 57 | JANOWSKI Piotr | 2188 | | M-50 | 1 | 00:00:17 | 00:50:57.00 | 00:51:14.55 | +00:16:11 (31.8%) | 5:05 | 11.8 (68.2%) |
| 58 | CUPIAŁ Dawid | 2284 | | M-20 | 17 | 00:00:52 | 00:50:23.50 | 00:51:15.55 | +00:15:38 (31.0%) | 5:02 | 11.9 (68.8%) |
| 59 | CUPIAŁ Joanna | 2281 | | K-20 | 2 | 00:00:51 | 00:50:24.20 | 00:51:15.60 | +00:15:39 (31.1%) | 5:02 | 11.9 (68.8%) |
| 60 | GĘBCZYŃSKI Paweł | 2202 | | M-30 | 25 | 00:00:57 | 00:50:24.15 | 00:51:21.75 | +00:15:39 (31.1%) | 5:02 | 11.9 (68.8%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | Czas netto 10km | Czas brutto 10km | Różn | Tempo min/km | Tempo km/h |
|-----|-----------------------------|-------------|------------------------|-----------|------|-------------|--------------------|--------------------|-------------------|--------------|--------------|
| 61 | PAKULSKI Przemysław | 2042 | JW 3946 BYTOM | M-20 | 20 | 00:00:42 | 00:50:48.40 | 00:51:30.85 | +00:16:03 (31.6%) | 5:04 | 11.8 (68.2%) |
| 62 | ZAWIŚLAK Dawid | 2226 | RUNNERS WOJKOWICE TEAM | M-20 | 18 | 00:01:14 | 00:50:31.10 | 00:51:45.35 | +00:15:45 (31.2%) | 5:03 | 11.9 (68.8%) |
| 63 | MERMON Artur | 2076 | | M-50 | 3 | 00:00:07 | 00:51:40.10 | 00:51:47.10 | +00:16:54 (32.7%) | 5:10 | 11.6 (67.1%) |
| 64 | DOROS Adam | 2288 | | M-40 | 12 | 00:00:54 | 00:50:56.90 | 00:51:51.30 | +00:16:11 (31.8%) | 5:05 | 11.8 (68.2%) |
| 65 | JELEŃ Michał | 2077 | | M-40 | 11 | 00:01:20 | 00:50:37.70 | 00:51:58.05 | +00:15:52 (31.4%) | 5:03 | 11.8 (68.2%) |
| 66 | HERMAN Anna | 2248 | | K-40 | 3 | 00:01:22 | 00:50:35.25 | 00:51:58.20 | +00:15:50 (31.3%) | 5:03 | 11.9 (68.8%) |
| 67 | ŻEROMSKI Stefan | 2205 | | M-50 | 2 | 00:00:24 | 00:51:39.00 | 00:52:03.95 | +00:16:53 (32.7%) | 5:09 | 11.6 (67.1%) |
| 68 | CUPIAŁ Jakub | 2105 | ARTGROUP | M-20 | 21 | 00:00:46 | 00:51:23.40 | 00:52:09.40 | +00:16:38 (32.4%) | 5:08 | 11.7 (67.6%) |
| 69 | JUROWICZ Daniel | 2289 | | M-20 | 19 | 00:01:23 | 00:50:45.60 | 00:52:09.45 | +00:16:00 (31.5%) | 5:04 | 11.8 (68.2%) |
| 70 | NOWAK Sebastian | 2182 | MIECHOWICE | M-30 | 26 | 00:01:38 | 00:50:31.90 | 00:52:10.40 | +00:15:46 (31.2%) | 5:03 | 11.9 (68.8%) |
| 71 | WOJAKOWSKI Krzysztof | 2295 | | M-40 | 14 | 00:00:47 | 00:51:25.50 | 00:52:13.45 | +00:16:40 (32.4%) | 5:08 | 11.7 (67.6%) |
| 72 | BIENIECKI Marek | 20 | OTK RZEŹNIK | M-16 | 2 | 00:00:16 | 00:52:03.70 | 00:52:20.30 | +00:17:18 (33.2%) | 5:12 | 11.5 (66.5%) |
| 73 | ZEGARTOWSKI Grzegorz | 2101 | | M-40 | 13 | 00:01:03 | 00:51:24.10 | 00:52:28.05 | +00:16:38 (32.4%) | 5:08 | 11.7 (67.6%) |
| 74 | BICZYSKI Paweł | 2196 | PSYCHONAUCI | M-30 | 27 | 00:00:56 | 00:51:36.45 | 00:52:32.85 | +00:16:51 (32.7%) | 5:09 | 11.6 (67.1%) |
| 75 | PIETRZYK Agnieszka | 35 | | K-30 | 2 | 00:00:04 | 00:52:29.10 | 00:52:33.85 | +00:17:43 (33.8%) | 5:14 | 11.4 (65.9%) |
| 76 | MUSIAŁ Bożena | 2340 | | K-30 | 1 | 00:01:35 | 00:51:03.75 | 00:52:39.60 | +00:16:18 (31.9%) | 5:06 | 11.7 (67.6%) |
| 77 | PACANA Krzysztof | 2180 | | M-20 | 24 | 00:00:34 | 00:52:07.60 | 00:52:41.85 | +00:17:22 (33.3%) | 5:12 | 11.5 (66.5%) |
| 78 | PIKUL Wiktoria | 3077 | KK TRAMWAJARZ ŁÓDŹ | K-16 | 2 | 00:00:04 | 00:52:38.40 | 00:52:42.50 | +00:17:53 (34.0%) | 5:15 | 11.4 (65.9%) |
| 79 | KŁĘBOWSKI Sebastian | 2251 | | M-40 | 15 | 00:00:58 | 00:51:52.95 | 00:52:51.10 | +00:17:07 (33.0%) | 5:11 | 11.6 (67.1%) |
| 80 | ZEGARTOWSKI Michał | 2282 | | M-30 | 28 | 00:01:05 | 00:51:50.00 | 00:52:55.00 | +00:17:04 (33.0%) | 5:11 | 11.6 (67.1%) |
| 81 | RUTKOWSKI Bartłomiej | 2313 | | M-20 | 23 | 00:01:16 | 00:51:57.60 | 00:53:14.45 | +00:17:12 (33.1%) | 5:11 | 11.5 (66.5%) |
| 82 | SKRZYPCZAK Michał | 2027 | | M-30 | 30 | 00:00:49 | 00:52:24.75 | 00:53:14.55 | +00:17:39 (33.7%) | 5:14 | 11.4 (65.9%) |
| 83 | KLESZCZ Marcin | 2255 | | M-30 | 29 | 00:01:03 | 00:52:13.80 | 00:53:17.40 | +00:17:28 (33.5%) | 5:13 | 11.5 (66.5%) |

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|-----|----------------------------|-------------|-------------------------------|-----------|------|-------------|--------------------|--------------------|-------------------|--------------|--------------|
| 84 | JUROWICZ Mariusz | 2260 | | M-20 | 22 | 00:01:25 | 00:51:54.00 | 00:53:19.55 | +00:17:08 (33.0%) | 5:11 | 11.6 (67.1%) |
| 85 | WYCIŚLIK Marcin | 2156 | HIRSCHVOGEL COMPONENTS POLAND | M-30 | 31 | 00:01:02 | 00:52:31.95 | 00:53:34.10 | +00:17:46 (33.8%) | 5:15 | 11.4 (65.9%) |
| 86 | SZABRA Dawid | 2135 | | M-20 | 25 | 00:01:05 | 00:52:28.55 | 00:53:34.20 | +00:17:43 (33.8%) | 5:14 | 11.4 (65.9%) |
| 87 | OPIOŁA Tomasz | 2331 | | M-30 | 32 | 00:01:11 | 00:52:32.85 | 00:53:44.30 | +00:17:47 (33.9%) | 5:15 | 11.4 (65.9%) |
| 88 | ŁUCZAK Marek | 2207 | | M-20 | 26 | 00:01:04 | 00:52:43.85 | 00:53:48.40 | +00:17:58 (34.1%) | 5:16 | 11.4 (65.9%) |
| 89 | DOBOSZ Daniel | 2311 | | M-40 | 17 | 00:00:25 | 00:53:35.15 | 00:54:01.05 | +00:18:50 (35.1%) | 5:21 | 11.2 (64.7%) |
| 90 | JEGLA Sebastian | | | M-40 | 18 | 00:00:23 | 00:53:40.20 | 00:54:03.30 | +00:18:55 (35.2%) | 5:22 | 11.2 (64.7%) |
| 91 | LASKOWSKA Katarzyna | 2014 | BIEGAJ Z TRENERAMI GLIWICE | K-40 | 4 | 00:01:28 | 00:52:42.40 | 00:54:11.25 | +00:17:57 (34.1%) | 5:16 | 11.4 (65.9%) |
| 92 | BIELECKI Adam | 1 | CHATEAU CHALIN | M-40 | 21 | 00:00:24 | 00:53:51.90 | 00:54:16.60 | +00:19:06 (35.5%) | 5:23 | 11.1 (64.2%) |
| 93 | ROSADA Zdzisław | 2023 | | M-50 | 4 | 00:01:13 | 00:53:12.85 | 00:54:26.80 | +00:18:27 (34.7%) | 5:19 | 11.3 (65.3%) |
| 94 | GOŁĘBIOWSKI Marek | 2186 | | M-30 | 39 | 00:00:22 | 00:54:05.85 | 00:54:27.85 | +00:19:20 (35.8%) | 5:24 | 11.1 (64.2%) |
| 95 | LEGUTKO Piotr | 2003 | -- | M-30 | 41 | 00:00:04 | 00:54:26.55 | 00:54:30.70 | +00:19:41 (36.2%) | 5:26 | 11 (63.6%) |
| 96 | CYBA Marek | 2123 | | M-40 | 16 | 00:01:15 | 00:53:15.75 | 00:54:31.00 | +00:18:30 (34.8%) | 5:19 | 11.3 (65.3%) |
| 97 | USZYŃSKI Grzegorz | 6 | | M-40 | 20 | 00:00:54 | 00:53:43.55 | 00:54:38.25 | +00:18:58 (35.3%) | 5:22 | 11.2 (64.7%) |
| 98 | ŁAZOWSKI Marcin | 2126 | | M-30 | 33 | 00:01:19 | 00:53:19.75 | 00:54:39.55 | +00:18:34 (34.8%) | 5:20 | 11.3 (65.3%) |
| 99 | SIERADZKI Dariusz | 2067 | BIEGAJ Z TRENERAMI | M-30 | 40 | 00:00:27 | 00:54:12.60 | 00:54:40.10 | +00:19:27 (35.9%) | 5:25 | 11.1 (64.2%) |
| 100 | SUBIK Tomasz | 2028 | | M-30 | 38 | 00:00:45 | 00:53:56.90 | 00:54:42.85 | +00:19:11 (35.6%) | 5:23 | 11.1 (64.2%) |
| 101 | RYBAK Andrzej | 2157 | HIRSCHVOGEL COMPONENTS POLAND | M-20 | 27 | 00:00:57 | 00:53:50.15 | 00:54:47.75 | +00:19:05 (35.4%) | 5:23 | 11.1 (64.2%) |
| 102 | ŻYMŁA Maciej | | | M-30 | 34 | 00:01:29 | 00:53:21.75 | 00:54:50.75 | +00:18:36 (34.9%) | 5:20 | 11.2 (64.7%) |
| 103 | MATYSIEWICZ Piotr | 2312 | INTER PROJEKT | M-20 | 31 | 00:00:00 | 00:54:54.00 | 00:54:54.00 | +00:20:08 (36.7%) | 5:29 | 10.9 (63.0%) |
| 104 | ZARUDZKI Łukasz | 2022 | NOTHING TO FEAR | M-40 | 19 | 00:01:14 | 00:53:40.55 | 00:54:54.60 | +00:18:55 (35.3%) | 5:22 | 11.2 (64.7%) |
| 105 | JASIŃSKI Tomasz | 27 | | M-40 | 22 | 00:01:01 | 00:53:53.50 | 00:54:55.45 | +00:19:08 (35.5%) | 5:23 | 11.1 (64.2%) |
| 106 | KUŚ Andrzej | 10 | PURE FORUM GLIWICE | M-30 | 44 | 00:00:12 | 00:54:44.85 | 00:54:57.05 | +00:19:59 (36.5%) | 5:28 | 11 (63.6%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | Czas netto 10km | Czas brutto 10km | Różn | Tempo min/km | Tempo km/h |
|-----|----------------------------------|-------------|-------------------------------|-----------|------|-------------|--------------------|--------------------|----------------------|--------------|-----------------|
| 107 | KOPPEL Bartłomiej | 2107 | ARTGROUP | M-30 | 36 | 00:01:32 | 00:53:30.60 | 00:55:03.45 | +00:18:45 (35.1%) | 5:21 | 11.2 (64.7%) |
| 108 | KOSMACZEWSKA Anna | 2031 | | K-30 | 3 | 00:01:33 | 00:53:33.15 | 00:55:06.90 | +00:18:48 (35.1%) | 5:21 | 11.2 (64.7%) |
| 109 | WOJAKOWSKA Katarzyna | 2280 | | K-30 | 6 | 00:00:47 | 00:54:20.60 | 00:55:08.20 | +00:19:35 (36.1%) | 5:26 | 11 (63.6%) |
| 110 | WATOŁA Marek | 2183 | | M-30 | 35 | 00:01:44 | 00:53:26.35 | 00:55:10.75 | +00:18:41 (35.0%) | 5:20 | 11.2 (64.7%) |
| 111 | MARCZAK Paweł | 2308 | | M-30 | 37 | 00:01:28 | 00:53:43.35 | 00:55:11.90 | +00:18:58 (35.3%) | 5:22 | 11.2 (64.7%) |
| 112 | OPALIŃSKI Tomasz | 2286 | GOOD TIME SPORT | M-30 | 42 | 00:00:41 | 00:54:33.25 | 00:55:14.75 | +00:19:48 (36.3%) | 5:27 | 11 (63.6%) |
| 113 | GRYNKIEWICZ-SUDNIK Maciej | 2115 | | M-30 | 43 | 00:00:42 | 00:54:41.10 | 00:55:23.55 | +00:19:55 (36.4%) | 5:28 | 11 (63.6%) |
| 114 | BIER Agnieszka | 2301 | | K-30 | 4 | 00:01:40 | 00:53:47.90 | 00:55:28.45 | +00:19:02 (35.4%) | 5:22 | 11.2 (64.7%) |
| 115 | ZIOMEK Katarzyna | 2128 | | K-30 | 5 | 00:01:20 | 00:54:16.70 | 00:55:37.60 | +00:19:31 (36.0%) | 5:25 | 11.1 (64.2%) |
| 116 | MAĆZYŃSKA Agnieszka | 2279 | | K-40 | 5 | 00:01:28 | 00:54:15.10 | 00:55:43.15 | +00:19:29 (35.9%) | 5:25 | 11.1 (64.2%) |
| 117 | KAMIŃSKA Aleksandra | 2094 | | K-20 | 3 | 00:00:23 | 00:55:21.20 | 00:55:44.35 | +00:20:36 (37.2%) | 5:32 | 10.8 (62.4%) |
| 118 | KUBIT Janusz | 2204 | | M-50 | 5 | 00:00:54 | 00:54:56.45 | 00:55:50.55 | +00:20:11 (36.7%) | 5:29 | 10.9 (63.0%) |
| 119 | LUDYGA Sebastian | 2229 | | M-20 | 30 | 00:01:00 | 00:54:53.80 | 00:55:54.15 | +00:20:08 (36.7%) | 5:29 | 10.9 (63.0%) |
| 120 | DZIAŁKOWSKI Adam | 2208 | | M-40 | 23 | 00:01:06 | 00:54:48.90 | 00:55:55.20 | +00:20:03 (36.6%) | 5:28 | 10.9 (63.0%) |
| 121 | WANDEL Ewa | 2055 | | K-20 | 4 | 00:00:32 | 00:55:23.30 | 00:55:55.65 | +00:20:38 (37.3%) | 5:32 | 10.8 (62.4%) |
| 122 | NICIŃSKI Denis | 2228 | | M-20 | 28 | 00:01:28 | 00:54:43.50 | 00:56:12.25 | +00:19:58 (36.5%) | 5:28 | 11 (63.6%) |
| 122 | TURCZYN Mateusz | 2162 | HIRSCHVOGEL COMPONENTS POLAND | M-20 | 33 | 00:00:57 | 00:55:14.30 | 00:56:12.25 | +00:20:29 (37.1%) | 5:31 | 10.9 (63.0%) |
| 124 | NIEWIEDZIOŁ Robert | 2342 | | M-20 | 29 | 00:01:32 | 00:54:45.75 | 00:56:17.75 | +00:20:00 (36.5%) | 5:28 | 11 (63.6%) |
| 125 | JANUSZ Radosław | 2225 | | M-30 | 47 | 00:01:00 | 00:55:27.50 | 00:56:28.25 | +00:20:42 (37.3%) | 5:32 | 10.8 (62.4%) |
| 126 | KRZYWIECKI Maciej | | | M-30 | 45 | 00:01:41 | 00:54:47.95 | 00:56:29.60 | +00:20:02 (36.6%) | 5:28 | 10.9 (63.0%) |
| 127 | ŻBEL Michał | 2294 | | M-30 | 53 | 00:00:27 | 00:56:06.00 | 00:56:33.75 | +00:21:20 (38.1%) | 5:36 | 10.7 (61.8%) |
| 128 | SZWARCZYŃSKI Michał | 2036 | | M-30 | 52 | 00:00:37 | 00:55:57.25 | 00:56:34.60 | +00:21:12 (37.9%) | 5:35 | 10.7 (61.8%) |
| 129 | CIUMAN Piotr | 2336 | | M-20 | 34 | 00:00:45 | 00:55:49.20 | 00:56:34.70 | +00:21:04 (37.7%) | 5:34 | 10.7 (61.8%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | Czas netto 10km | Czas brutto 10km | Różn | Tempo min/km | Tempo km/h |
|-----|----------------------------|-------------|------------------------|-----------|------|-------------|--------------------|--------------------|----------------------|--------------|-----------------|
| 130 | MICHULEC Kuba | 2106 | ARTGROUP | M-20 | 32 | 00:01:32 | 00:55:08.90 | 00:56:41.75 | +00:20:23 (37.0%) | 5:30 | 10.9 (63.0%) |
| 131 | KOZŁOWSKA Sandra | 2215 | | K-20 | 5 | 00:01:16 | 00:55:27.30 | 00:56:44.05 | +00:20:42 (37.3%) | 5:32 | 10.8 (62.4%) |
| 132 | BURDA Krzysztof | 1286 | | M-40 | 24 | 00:01:30 | 00:55:19.35 | 00:56:50.30 | +00:20:34 (37.2%) | 5:32 | 10.8 (62.4%) |
| 133 | PLOCH Karolina | 2195 | | K-30 | 8 | 00:01:09 | 00:55:42.05 | 00:56:51.70 | +00:20:56 (37.6%) | 5:34 | 10.8 (62.4%) |
| 134 | MILKOWSKI Bartosz | 2271 | | M-30 | 51 | 00:00:56 | 00:55:56.05 | 00:56:52.60 | +00:21:10 (37.9%) | 5:35 | 10.7 (61.8%) |
| 135 | STOLARCZYK Anna | 2232 | | K-30 | 7 | 00:01:42 | 00:55:12.05 | 00:56:54.80 | +00:20:26 (37.0%) | 5:31 | 10.9 (63.0%) |
| 136 | JABŁKIEWICZ Rafał | 1253 | | M-30 | 48 | 00:01:31 | 00:55:29.00 | 00:57:00.15 | +00:20:43 (37.4%) | 5:32 | 10.8 (62.4%) |
| 136 | GŁUŚNIEWSKI Jacek | 2046 | PLASTIC OMNIUM | M-30 | 56 | 00:00:29 | 00:56:30.70 | 00:57:00.15 | +00:21:45 (38.5%) | 5:39 | 10.6 (61.3%) |
| 138 | SMOLARCZYK Michał | 2333 | | M-30 | 46 | 00:01:34 | 00:55:26.65 | 00:57:01.45 | +00:20:41 (37.3%) | 5:32 | 10.8 (62.4%) |
| 139 | JAKUBIK Witold | 2129 | | M-60 | 2 | 00:00:54 | 00:56:07.40 | 00:57:02.30 | +00:21:22 (38.1%) | 5:36 | 10.7 (61.8%) |
| 140 | JAWOR Magdalena | 2192 | | K-20 | 6 | 00:00:31 | 00:56:31.40 | 00:57:03.05 | +00:21:46 (38.5%) | 5:39 | 10.6 (61.3%) |
| 141 | POPCZYK Piotr | 2097 | | M-30 | 54 | 00:00:48 | 00:56:15.20 | 00:57:03.25 | +00:21:30 (38.2%) | 5:37 | 10.7 (61.8%) |
| 142 | GÓRA Marek | 2242 | | M-40 | 28 | 00:00:14 | 00:56:51.60 | 00:57:06.00 | +00:22:06 (38.9%) | 5:41 | 10.6 (61.3%) |
| 143 | WIAZANIA Marek | 2168 | | M-40 | 25 | 00:01:16 | 00:55:50.60 | 00:57:07.35 | +00:21:05 (37.8%) | 5:35 | 10.7 (61.8%) |
| 144 | BROŻEK Anna | 2073 | | K-30 | 10 | 00:00:24 | 00:56:47.70 | 00:57:12.65 | +00:22:02 (38.8%) | 5:40 | 10.6 (61.3%) |
| 145 | SZCZECH Krzysztof | 2117 | | M-40 | 26 | 00:01:09 | 00:56:08.30 | 00:57:18.00 | +00:21:23 (38.1%) | 5:36 | 10.7 (61.8%) |
| 146 | KUBIT Tomasz | 2203 | | M-20 | 35 | 00:00:55 | 00:56:25.20 | 00:57:20.65 | +00:21:40 (38.4%) | 5:38 | 10.6 (61.3%) |
| 147 | KURZAC Wit | 2318 | | M-30 | 49 | 00:01:41 | 00:55:39.35 | 00:57:20.95 | +00:20:54 (37.6%) | 5:33 | 10.8 (62.4%) |
| 148 | SIKORSKA Katarzyna | 2322 | | K-30 | 9 | 00:01:26 | 00:55:55.95 | 00:57:22.80 | +00:21:10 (37.9%) | 5:35 | 10.7 (61.8%) |
| 149 | KŁĘBEK Barbara | 2148 | RUNNERS WOJKOWICE TEAM | K-40 | 6 | 00:01:13 | 00:56:15.05 | 00:57:28.50 | +00:21:29 (38.2%) | 5:37 | 10.7 (61.8%) |
| 150 | LASAK Aleksandra | 2277 | FC KNURÓW/COMBAT 56 | K-20 | 7 | 00:00:53 | 00:56:36.85 | 00:57:30.70 | +00:21:51 (38.6%) | 5:39 | 10.6 (61.3%) |
| 151 | MAŚLANKIEWICZ Paweł | 2267 | | M-30 | 50 | 00:01:52 | 00:55:42.45 | 00:57:34.55 | +00:20:57 (37.6%) | 5:34 | 10.8 (62.4%) |
| 152 | BRZEŹNIAK Krzysztof | 2323 | | M-30 | 58 | 00:00:56 | 00:56:46.00 | 00:57:42.05 | +00:22:00 (38.8%) | 5:40 | 10.6 (61.3%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | Czas netto 10km | Czas brutto 10km | Różn | Tempo min/km | Tempo km/h |
|-----|-------------------------------|-------------|-----------------------|-----------|------|-------------|--------------------|--------------------|----------------------|--------------|-----------------|
| 153 | MAZUR Krzysztof | 2194 | UNISONO | M-20 | 36 | 00:01:07 | 00:56:36.25 | 00:57:43.90 | +00:21:51 (38.6%) | 5:39 | 10.6 (61.3%) |
| 154 | LESISZ Katarzyna | 2339 | | K-40 | 7 | 00:01:34 | 00:56:17.15 | 00:57:51.85 | +00:21:32 (38.3%) | 5:37 | 10.7 (61.8%) |
| 155 | PAWLIK Michał | 2092 | | M-30 | 57 | 00:01:08 | 00:56:44.45 | 00:57:52.75 | +00:21:59 (38.8%) | 5:40 | 10.6 (61.3%) |
| 156 | GUŁA Błażej | 2262 | | M-30 | 62 | 00:00:16 | 00:57:39.45 | 00:57:55.90 | +00:22:54 (39.7%) | 5:45 | 10.4 (60.1%) |
| 157 | WIECHUŁA Krzysztof | 2305 | | M-30 | 55 | 00:01:48 | 00:56:22.85 | 00:58:11.05 | +00:21:37 (38.4%) | 5:38 | 10.6 (61.3%) |
| 158 | FILIPIAK Beata | 2328 | KADRA BOBREK -CENTRUM | K-40 | 9 | 00:00:09 | 00:58:02.45 | 00:58:11.50 | +00:23:17 (40.1%) | 5:48 | 10.3 (59.5%) |
| 159 | SAMOL Grzegorz | 2034 | | M-50 | 7 | 00:00:35 | 00:57:39.40 | 00:58:14.80 | +00:22:54 (39.7%) | 5:45 | 10.4 (60.1%) |
| 160 | WÓJCIK Józefa | 2125 | AMATOR | K-50 | 1 | 00:01:33 | 00:56:44.90 | 00:58:18.25 | +00:21:59 (38.8%) | 5:40 | 10.6 (61.3%) |
| 161 | CAPUTA Michał | 2261 | | M-30 | 60 | 00:01:14 | 00:57:15.80 | 00:58:29.90 | +00:22:30 (39.3%) | 5:43 | 10.5 (60.7%) |
| 162 | ZIMNY Marcin | 2269 | '1/2 FAJNA FERAJNA' | M-30 | 61 | 00:01:11 | 00:57:19.15 | 00:58:30.50 | +00:22:34 (39.4%) | 5:43 | 10.5 (60.7%) |
| 163 | OLEJNICZAK Wojciech | 2114 | | M-40 | 27 | 00:01:55 | 00:56:43.05 | 00:58:38.70 | +00:21:57 (38.7%) | 5:40 | 10.6 (61.3%) |
| 164 | BANASZEWSKA Aleksandra | 2252 | GBC RUNNERS | K-20 | 8 | 00:00:25 | 00:58:20.25 | 00:58:45.35 | +00:23:35 (40.4%) | 5:50 | 10.3 (59.5%) |
| 165 | GRUCEL Damian | 2199 | GBC RUNNERS | M-30 | 65 | 00:00:24 | 00:58:20.75 | 00:58:45.45 | +00:23:35 (40.4%) | 5:50 | 10.3 (59.5%) |
| 166 | SAMUL Mirosław | 2293 | DRAGOMIRO | M-40 | 29 | 00:01:22 | 00:57:25.35 | 00:58:47.60 | +00:22:40 (39.5%) | 5:44 | 10.4 (60.1%) |
| 167 | DURAJ Michał | 2276 | | M-20 | 37 | 00:01:07 | 00:57:44.20 | 00:58:51.90 | +00:22:59 (39.8%) | 5:46 | 10.4 (60.1%) |
| 168 | ZAPOTOCZNA Renata | 2082 | | K-40 | 8 | 00:01:33 | 00:57:20.20 | 00:58:53.30 | +00:22:35 (39.4%) | 5:44 | 10.5 (60.7%) |
| 169 | EICHHOF Joanna | 2011 | | K-30 | 11 | 00:01:27 | 00:57:26.45 | 00:58:53.75 | +00:22:41 (39.5%) | 5:44 | 10.4 (60.1%) |
| 170 | MICHALSKI Robert | 2044 | PLASTIC OMNIUM | M-30 | 59 | 00:01:52 | 00:57:05.60 | 00:58:58.00 | +00:22:20 (39.1%) | 5:42 | 10.5 (60.7%) |
| 171 | CZAŃKIEWICZ Alicja | 2069 | | K-30 | 12 | 00:01:31 | 00:57:33.10 | 00:59:04.50 | +00:22:47 (39.6%) | 5:45 | 10.4 (60.1%) |
| 171 | SŁABOŃ Roma | 2001 | ROMINATOR | K-30 | 13 | 00:01:30 | 00:57:33.60 | 00:59:04.50 | +00:22:48 (39.6%) | 5:45 | 10.4 (60.1%) |
| 173 | MACIEJCZYK Marcin | 2302 | FAMILIA | M-30 | 63 | 00:01:14 | 00:57:50.40 | 00:59:04.85 | +00:23:05 (39.9%) | 5:47 | 10.4 (60.1%) |
| 174 | GRUCHAŁA Anna | 2250 | MK TEAM | K-30 | 15 | 00:01:17 | 00:57:55.25 | 00:59:12.45 | +00:23:10 (40.0%) | 5:47 | 10.4 (60.1%) |
| 175 | BRYLIŃSKI Ryszard | 2275 | | M-50 | 6 | 00:01:49 | 00:57:31.60 | 00:59:21.55 | +00:22:46 (39.6%) | 5:45 | 10.4 (60.1%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | Czas netto 10km | Czas brutto 10km | Różn | Tempo min/km | Tempo km/h |
|-----|-----------------------------|-------------|-----------------------|-----------|------|-------------|--------------------|--------------------|-------------------|--------------|--------------|
| 176 | DOMAGALSKA Justyna | 2144 | | K-30 | 18 | 00:01:00 | 00:58:25.30 | 00:59:25.45 | +00:23:40 (40.5%) | 5:50 | 10.3 (59.5%) |
| 177 | JANKOWSKA Anna | 2253 | | K-30 | 14 | 00:01:42 | 00:57:47.45 | 00:59:29.70 | +00:23:02 (39.9%) | 5:46 | 10.4 (60.1%) |
| 178 | CZAJA Ewa | 2189 | | K-20 | 11 | 00:00:31 | 00:58:59.40 | 00:59:30.45 | +00:24:14 (41.1%) | 5:53 | 10.2 (59.0%) |
| 179 | FOLTYN Armin | 2343 | | M-40 | 30 | 00:00:26 | 00:59:07.75 | 00:59:33.95 | +00:24:22 (41.2%) | 5:54 | 10.1 (58.4%) |
| 180 | HEHLMANN Beata | 2344 | | K-40 | 10 | 00:00:26 | 00:59:07.40 | 00:59:34.05 | +00:24:22 (41.2%) | 5:54 | 10.1 (58.4%) |
| 181 | BEDNORZ Roman | 29 | | M-30 | 64 | 00:01:45 | 00:58:01.20 | 00:59:47.05 | +00:23:16 (40.1%) | 5:48 | 10.3 (59.5%) |
| 182 | | c30 | | | | 00:01:46 | 00:58:01.25 | 00:59:47.30 | +00:23:16 (40.1%) | 5:48 | 10.3 (59.5%) |
| 183 | MIZERA Mateusz | 2290 | | M-16 | 3 | 00:00:45 | 00:59:05.05 | 00:59:50.10 | +00:24:19 (41.2%) | 5:54 | 10.2 (59.0%) |
| 184 | LEŚNIAK Ewa | 19 | | K-30 | 16 | 00:01:40 | 00:58:10.55 | 00:59:51.40 | +00:23:25 (40.3%) | 5:49 | 10.3 (59.5%) |
| 185 | HENDRYK Leszek | 2140 | 1/2 FAJNA FERAJNA | M-30 | 66 | 00:01:11 | 00:58:43.55 | 00:59:54.80 | +00:23:58 (40.8%) | 5:52 | 10.2 (59.0%) |
| 186 | FILIPCZYK Anna | 2221 | | K-30 | 19 | 00:01:22 | 00:58:35.10 | 00:59:57.50 | +00:23:49 (40.7%) | 5:51 | 10.2 (59.0%) |
| 187 | WÓJCIK Anna | 2231 | STEP-DANCA RUN | K-30 | 17 | 00:01:36 | 00:58:21.25 | 00:59:58.05 | +00:23:36 (40.4%) | 5:50 | 10.3 (59.5%) |
| 188 | KALINKA-BASZUN Daria | 2283 | | K-30 | 20 | 00:01:16 | 00:58:54.40 | 01:00:10.55 | +00:24:09 (41.0%) | 5:53 | 10.2 (59.0%) |
| 189 | DENKOWSKI Wojciech | 2320 | SBRT GLIWICE | M-50 | 9 | 00:00:25 | 00:59:47.40 | 01:00:12.95 | +00:25:02 (41.9%) | 5:58 | 10 (57.8%) |
| 190 | SZWIEC Sandra | 2171 | ORNONTOWICE BIEGA | K-20 | 9 | 00:01:27 | 00:58:54.15 | 01:00:21.40 | +00:24:09 (41.0%) | 5:53 | 10.2 (59.0%) |
| 191 | WESOŁOWSKI Marcin | 2315 | | M-30 | 67 | 00:01:31 | 00:58:51.45 | 01:00:23.20 | +00:24:06 (41.0%) | 5:53 | 10.2 (59.0%) |
| 192 | PAWLAK Adam | 2310 | KTO ICH TU WPUŚCIŁ? | M-30 | 68 | 00:01:24 | 00:59:02.85 | 01:00:27.20 | +00:24:17 (41.1%) | 5:54 | 10.2 (59.0%) |
| 193 | DRAGON Karolina | 2213 | NIGHT RUNNERS GLIWICE | K-30 | 21 | 00:01:17 | 00:59:13.45 | 01:00:30.75 | +00:24:28 (41.3%) | 5:55 | 10.1 (58.4%) |
| 194 | MIZERA Robert | 2291 | | M-40 | 34 | 00:00:45 | 00:59:47.75 | 01:00:33.10 | +00:25:02 (41.9%) | 5:58 | 10 (57.8%) |
| 195 | JAKUBIAK Arkadiusz | 2164 | OPEL ACTIVE TEAM | M-40 | 32 | 00:01:08 | 00:59:25.75 | 01:00:33.75 | +00:24:40 (41.5%) | 5:56 | 10.1 (58.4%) |
| 196 | PIPER Agnieszka | 2012 | | K-20 | 10 | 00:01:39 | 00:58:55.15 | 01:00:35.05 | +00:24:10 (41.0%) | 5:53 | 10.2 (59.0%) |
| 197 | POKLUDA Radosław | 2237 | TABELAOFERT.PL | M-40 | 31 | 00:01:30 | 00:59:12.85 | 01:00:43.10 | +00:24:27 (41.3%) | 5:55 | 10.1 (58.4%) |
| 198 | LIPIŃSKA Anita | 2216 | | K-20 | 12 | 00:01:13 | 00:59:29.60 | 01:00:43.45 | +00:24:44 (41.6%) | 5:57 | 10.1 (58.4%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | Czas netto 10km | Czas brutto 10km | Różn | Tempo min/km | Tempo km/h |
|-----|----------------------------------|-------------|----------------------------------|-----------|------|-------------|--------------------|--------------------|-------------------|--------------|--------------|
| 199 | WARZECHA Krzysztof | 40 | | M-40 | 35 | 00:00:53 | 00:59:55.40 | 01:00:48.45 | +00:25:10 (42.0%) | 5:59 | 10 (57.8%) |
| 200 | PALEJ Leszek | 2314 | WARSZTAT KOSZULKOWY TESTING TEAM | M-50 | 8 | 00:01:32 | 00:59:18.10 | 01:00:50.15 | +00:24:32 (41.4%) | 5:55 | 10.1 (58.4%) |
| 201 | OKOŃ Zdzisław | 2174 | | M-60 | 3 | 00:01:06 | 00:59:47.40 | 01:00:54.00 | +00:25:02 (41.9%) | 5:58 | 10 (57.8%) |
| 202 | BALCER Weronika | 2153 | | K-20 | 13 | 00:00:54 | 01:00:01.60 | 01:00:56.50 | +00:25:16 (42.1%) | 6:00 | 10 (57.8%) |
| 203 | JURECZKO Joanna | 2151 | MIECHOWICKA GRUPA BIEGOWA | K-20 | 15 | 00:00:10 | 01:00:55.65 | 01:01:05.80 | +00:26:10 (43.0%) | 6:05 | 9.8 (56.6%) |
| 204 | STYS Marek | 2185 | | M-40 | 33 | 00:01:47 | 00:59:28.90 | 01:01:16.05 | +00:24:43 (41.6%) | 5:56 | 10.1 (58.4%) |
| 205 | KNEBEL Patrycja | 2152 | | K-30 | 22 | 00:01:35 | 00:59:52.85 | 01:01:28.15 | +00:25:07 (42.0%) | 5:59 | 10 (57.8%) |
| 206 | STANISLAWISZYN Małgorzata | 2127 | | K-40 | 11 | 00:00:33 | 01:01:07.80 | 01:01:41.55 | +00:26:22 (43.1%) | 6:06 | 9.8 (56.6%) |
| 207 | DOWEJKO Katarzyna | 2049 | | K-30 | 23 | 00:01:34 | 01:00:10.50 | 01:01:44.65 | +00:25:25 (42.2%) | 6:01 | 10 (57.8%) |
| 208 | JUROWICZ Damian | 2010 | | M-20 | 38 | 00:01:24 | 01:00:22.80 | 01:01:47.55 | +00:25:37 (42.4%) | 6:02 | 9.9 (57.2%) |
| 209 | USTRZYCKA Kinga | 2206 | | K-20 | 14 | 00:01:37 | 01:00:13.65 | 01:01:51.10 | +00:25:28 (42.3%) | 6:01 | 10 (57.8%) |
| 210 | BAL-BURZAWA Renata | 2159 | HIRSCHVOGEL COMPONENTS POLAND | K-30 | 24 | 00:00:58 | 01:01:20.35 | 01:02:18.80 | +00:26:35 (43.3%) | 6:08 | 9.8 (56.6%) |
| 211 | PIOTROWSKI Jarosław | 2118 | FUCHS OIL TEAM | M-40 | 36 | 00:00:51 | 01:01:31.30 | 01:02:23.20 | +00:26:46 (43.5%) | 6:09 | 9.8 (56.6%) |
| 212 | GOCYK Patrycja | 2090 | | K-30 | 26 | 00:01:10 | 01:01:22.20 | 01:02:32.75 | +00:26:37 (43.4%) | 6:08 | 9.8 (56.6%) |
| 213 | ZIĘTEK Anna | 2032 | | K-20 | 16 | 00:01:34 | 01:00:59.80 | 01:02:33.95 | +00:26:14 (43.0%) | 6:05 | 9.8 (56.6%) |
| 214 | MALEC Marek | 2060 | | M-20 | 39 | 00:01:47 | 01:01:04.05 | 01:02:51.50 | +00:26:18 (43.1%) | 6:06 | 9.8 (56.6%) |
| 215 | GARNCARZ Jakub | 2259 | | M-30 | 69 | 00:01:31 | 01:01:22.15 | 01:02:53.70 | +00:26:37 (43.4%) | 6:08 | 9.8 (56.6%) |
| 216 | TETLAK-TRACZ Barbara | 2240 | | K-30 | 25 | 00:01:42 | 01:01:21.10 | 01:03:03.45 | +00:26:35 (43.4%) | 6:08 | 9.8 (56.6%) |
| 217 | PRUCHNIK Andrzej | 2299 | | M-50 | 10 | 00:01:23 | 01:01:41.55 | 01:03:05.30 | +00:26:56 (43.7%) | 6:10 | 9.7 (56.1%) |
| 218 | KASZUB-DEDYK Katarzyna | 2040 | | K-20 | 18 | 00:01:14 | 01:01:52.50 | 01:03:07.05 | +00:27:07 (43.8%) | 6:11 | 9.7 (56.1%) |
| 219 | MAZURCZAK Diana | 2303 | | K-20 | 17 | 00:01:36 | 01:01:34.90 | 01:03:11.05 | +00:26:49 (43.6%) | 6:09 | 9.7 (56.1%) |
| 220 | SITARZ Sabina | 2223 | | K-30 | 27 | 00:01:30 | 01:01:45.05 | 01:03:15.35 | +00:26:59 (43.7%) | 6:10 | 9.7 (56.1%) |
| 221 | FIJAŁKOWSKA Małgorzata | 2102 | | K-30 | 28 | 00:01:10 | 01:02:12.80 | 01:03:23.20 | +00:27:27 (44.1%) | 6:13 | 9.6 (55.5%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | Czas netto 10km | Czas brutto 10km | Różn | Tempo min/km | Tempo km/h |
|-----|-----------------------------|-------------|--------------------------|-----------|------|-------------|--------------------|--------------------|-------------------|--------------|-------------|
| 222 | JAWORSKI Kamil | 2327 | T.A.K. | M-30 | 70 | 00:01:45 | 01:01:39.00 | 01:03:24.15 | +00:26:53 (43.6%) | 6:09 | 9.7 (56.1%) |
| 223 | KOMAR Anna | 2074 | | K-30 | 33 | 00:00:24 | 01:03:11.60 | 01:03:35.60 | +00:28:26 (45.0%) | 6:19 | 9.5 (54.9%) |
| 224 | DEWOR Marek | 2244 | OPEL ACTIVE TEAM | M-40 | 38 | 00:01:07 | 01:02:36.35 | 01:03:43.90 | +00:27:51 (44.5%) | 6:15 | 9.6 (55.5%) |
| 225 | PEREK Justyna | 2268 | GTT INTER PROJEKT | K-30 | 29 | 00:01:26 | 01:02:25.45 | 01:03:52.10 | +00:27:40 (44.3%) | 6:14 | 9.6 (55.5%) |
| 226 | TENEROWICZ Anna | 2005 | BIEGANKA | K-40 | 12 | 00:01:22 | 01:02:32.35 | 01:03:54.45 | +00:27:47 (44.4%) | 6:15 | 9.6 (55.5%) |
| 227 | MIERZEJEWSKI Jacek | 2004 | AMATOR | M-40 | 37 | 00:01:22 | 01:02:32.20 | 01:03:54.55 | +00:27:47 (44.4%) | 6:15 | 9.6 (55.5%) |
| 228 | SITARZ Marek | 2224 | | M-30 | 73 | 00:01:31 | 01:02:25.45 | 01:03:56.60 | +00:27:40 (44.3%) | 6:14 | 9.6 (55.5%) |
| 229 | KOJ Krzysztof | 2091 | | M-30 | 71 | 00:01:47 | 01:02:19.50 | 01:04:06.80 | +00:27:34 (44.2%) | 6:13 | 9.6 (55.5%) |
| 230 | WOJTAS Michał | 2131 | | M-30 | 72 | 00:01:48 | 01:02:19.60 | 01:04:08.35 | +00:27:34 (44.2%) | 6:14 | 9.6 (55.5%) |
| 231 | KUKUCZKA Ewa | 2187 | | K-30 | 30 | 00:01:23 | 01:02:51.85 | 01:04:14.95 | +00:28:06 (44.7%) | 6:17 | 9.5 (54.9%) |
| 232 | WARYCH Beata | 2024 | CHORZOWSKA GRUPA BIEGOWA | K-40 | 13 | 00:01:29 | 01:02:47.30 | 01:04:16.65 | +00:28:02 (44.7%) | 6:16 | 9.6 (55.5%) |
| 233 | RATKA Dawid | 2247 | | M-20 | 40 | 00:01:24 | 01:02:53.60 | 01:04:18.30 | +00:28:08 (44.7%) | 6:17 | 9.5 (54.9%) |
| 234 | SOBOLEWSKA Agnieszka | 2214 | | K-30 | 31 | 00:01:16 | 01:03:04.85 | 01:04:21.30 | +00:28:19 (44.9%) | 6:18 | 9.5 (54.9%) |
| 235 | WYCIŚLIK Wioleta | 2064 | | K-20 | 21 | 00:01:01 | 01:03:24.40 | 01:04:25.65 | +00:28:39 (45.2%) | 6:20 | 9.5 (54.9%) |
| 236 | ADAMEK Marcin | 2346 | | M-30 | 74 | 00:01:26 | 01:03:03.25 | 01:04:29.75 | +00:28:18 (44.9%) | 6:18 | 9.5 (54.9%) |
| 237 | ŚWIERC Ewelina | 2146 | PROGRESJA BYTOM | K-20 | 22 | 00:01:09 | 01:03:29.65 | 01:04:38.80 | +00:28:44 (45.3%) | 6:20 | 9.5 (54.9%) |
| 238 | LUKOSZEK Weronika | 2138 | | K-20 | 19 | 00:01:55 | 01:02:44.75 | 01:04:40.25 | +00:27:59 (44.6%) | 6:16 | 9.6 (55.5%) |
| 239 | BAJEK Dorota | 23 | | K-30 | 32 | 00:01:35 | 01:03:08.05 | 01:04:43.45 | +00:28:22 (45.0%) | 6:18 | 9.5 (54.9%) |
| 240 | CHWAŁ Karolina | 2038 | PLASTIC OMNIUM | K-20 | 20 | 00:01:34 | 01:03:12.25 | 01:04:46.95 | +00:28:27 (45.0%) | 6:19 | 9.5 (54.9%) |
| 241 | PROCEK Łukasz | 33 | NAKATZU GLIWICE | M-30 | 76 | 00:00:41 | 01:04:08.65 | 01:04:50.35 | +00:29:23 (45.8%) | 6:24 | 9.4 (54.3%) |
| 242 | SZEWczyk Krystyna | 2033 | | K-20 | 23 | 00:01:18 | 01:03:45.10 | 01:05:03.80 | +00:28:59 (45.5%) | 6:22 | 9.4 (54.3%) |
| 243 | OKOŃ Elżbieta | 2201 | | K-30 | 35 | 00:01:06 | 01:03:58.30 | 01:05:05.20 | +00:29:13 (45.7%) | 6:23 | 9.4 (54.3%) |
| 244 | GARNOWSKI Dariusz | 2080 | | M-50 | 11 | 00:01:54 | 01:03:19.50 | 01:05:14.00 | +00:28:34 (45.1%) | 6:20 | 9.5 (54.9%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | Czas netto 10km | Czas brutto 10km | Różn | Tempo min/km | Tempo km/h |
|-----|------------------------------------|-------------|-------------------------------|-----------|------|-------------|--------------------|--------------------|----------------------|--------------|----------------|
| 245 | GARNOWSKA Anetta | 2079 | | K-50 | 2 | 00:01:54 | 01:03:20.05 | 01:05:14.40 | +00:28:34 (45.1%) | 6:20 | 9.5 (54.9%) |
| 246 | DUDZICZ Anna | 2264 | | K-40 | 14 | 00:01:27 | 01:03:47.20 | 01:05:14.95 | +00:29:02 (45.5%) | 6:22 | 9.4 (54.3%) |
| 247 | SKWARA Katarzyna | 2161 | HIRSCHVOGEL COMPONENTS POLAND | K-30 | 36 | 00:01:01 | 01:04:19.20 | 01:05:20.85 | +00:29:34 (46.0%) | 6:25 | 9.3 (53.8%) |
| 248 | KIJANKA Damian | 2158 | HIRSCHVOGEL COMPONENTS POLAND | M-20 | 41 | 00:01:03 | 01:04:17.50 | 01:05:21.15 | +00:29:32 (45.9%) | 6:25 | 9.3 (53.8%) |
| 249 | MORDARSKI Artur | 2056 | | M-30 | 75 | 00:01:49 | 01:03:43.00 | 01:05:32.35 | +00:28:57 (45.5%) | 6:22 | 9.4 (54.3%) |
| 250 | SZWARC Barbara | 2035 | | K-30 | 34 | 00:01:49 | 01:03:43.00 | 01:05:32.55 | +00:28:57 (45.5%) | 6:22 | 9.4 (54.3%) |
| 251 | KUBICA Bożena | 2278 | ORNONTOWICE BIEGA | K-40 | 16 | 00:01:27 | 01:04:13.65 | 01:05:40.75 | +00:29:28 (45.9%) | 6:25 | 9.3 (53.8%) |
| 252 | PŁACHTA Marek | 2338 | INTER PROJEKT | M-30 | 77 | 00:00:21 | 01:05:20.15 | 01:05:41.90 | +00:30:35 (46.8%) | 6:32 | 9.2 (53.2%) |
| 253 | TOPOLSKA Anna | 5 | HIWASHIWAS | K-40 | 15 | 00:01:54 | 01:03:50.50 | 01:05:44.55 | +00:29:05 (45.6%) | 6:23 | 9.4 (54.3%) |
| 254 | KIEREPKA Justyna | 2212 | | K-20 | 24 | 00:01:08 | 01:04:42.65 | 01:05:51.15 | +00:29:57 (46.3%) | 6:28 | 9.3 (53.8%) |
| 255 | ZAREMBA Tadeusz | 2154 | ----- | M-60 | 4 | 00:00:43 | 01:05:10.25 | 01:05:53.55 | +00:30:25 (46.7%) | 6:31 | 9.2 (53.2%) |
| 256 | KRZEMIŃSKI Kamil | 2243 | | M-20 | 42 | 00:01:24 | 01:04:33.15 | 01:05:57.55 | +00:29:48 (46.2%) | 6:27 | 9.3 (53.8%) |
| 257 | KUPISZEWSKI Tomasz | 2045 | PLASTIC OMNIUM | M-20 | 43 | 00:01:24 | 01:04:41.50 | 01:06:06.45 | +00:29:56 (46.3%) | 6:28 | 9.3 (53.8%) |
| 258 | URBAŃCZYK Agnieszka | 2141 | NIGHT RUNNERS GLIWICE | K-40 | 17 | 00:01:15 | 01:04:51.30 | 01:06:06.90 | +00:30:06 (46.4%) | 6:29 | 9.3 (53.8%) |
| 259 | PIETRZAK-DZIKOWSKA Wioletta | 2037 | | K-30 | 38 | 00:01:07 | 01:05:10.95 | 01:06:18.10 | +00:30:25 (46.7%) | 6:31 | 9.2 (53.2%) |
| 260 | PUCEK Aleksandra | 2167 | | K-30 | 37 | 00:01:47 | 01:04:31.50 | 01:06:19.25 | +00:29:46 (46.1%) | 6:27 | 9.3 (53.8%) |
| 261 | WALIGÓRA Julia | 2155 | BBL KĘDZIERZYN-KOŻŁE | K-16 | 3 | 00:01:17 | 01:05:31.40 | 01:06:49.35 | +00:30:46 (47.0%) | 6:33 | 9.2 (53.2%) |
| 262 | TARNOWSKA Edyta | 2025 | | K-20 | 25 | 00:01:18 | 01:05:31.35 | 01:06:50.00 | +00:30:46 (47.0%) | 6:33 | 9.2 (53.2%) |
| 263 | | c28 | | | | 00:01:46 | 01:05:08.05 | 01:06:54.05 | +00:30:22 (46.6%) | 6:30 | 9.2 (53.2%) |
| 264 | WOJTUKIEWICZ Justyna | 2147 | | K-30 | 39 | 00:01:36 | 01:05:18.75 | 01:06:55.40 | +00:30:33 (46.8%) | 6:31 | 9.2 (53.2%) |
| 265 | ŁUKASZEWSKA Justyna | 2070 | | K-30 | 41 | 00:00:59 | 01:06:03.90 | 01:07:03.45 | +00:31:18 (47.4%) | 6:36 | 9.1 (52.6%) |
| 266 | JUSZCZAK Ewa | 2052 | | K-50 | 3 | 00:00:13 | 01:06:51.30 | 01:07:04.35 | +00:32:06 (48.0%) | 6:41 | 9 (52.0%) |
| 267 | PEŁKA Joanna | 2143 | | K-30 | 42 | 00:01:00 | 01:06:07.85 | 01:07:08.00 | +00:31:22 (47.4%) | 6:36 | 9.1 (52.6%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | Czas netto 10km | Czas brutto 10km | Różn | Tempo min/km | Tempo km/h |
|-----|------------------------------|-------------|--------------------------|-----------|------|-------------|--------------------|--------------------|----------------------|--------------|----------------|
| 268 | STRZYŻ Ryszard | 13 | CHORZOWSKA GRUPA BIEGOWA | M-40 | 39 | 00:01:29 | 01:05:49.05 | 01:07:18.55 | +00:31:03 (47.2%) | 6:34 | 9.1 (52.6%) |
| 269 | CZENCZEK Magdalena | 2088 | | K-30 | 40 | 00:01:48 | 01:05:30.60 | 01:07:19.05 | +00:30:45 (47.0%) | 6:33 | 9.2 (53.2%) |
| 270 | KACZKIEWICZ Agnieszka | 1242 | NIGHT RUNNERS GLIWICE | K-40 | 19 | 00:00:25 | 01:06:57.75 | 01:07:23.05 | +00:32:12 (48.1%) | 6:41 | 9 (52.0%) |
| 271 | KONICZEK Marek | 2297 | | M-50 | 12 | 00:01:29 | 01:05:58.25 | 01:07:27.85 | +00:31:13 (47.3%) | 6:35 | 9.1 (52.6%) |
| 272 | DULINIEC Karolina | 2230 | | K-16 | 4 | 00:01:35 | 01:06:09.00 | 01:07:44.35 | +00:31:23 (47.5%) | 6:36 | 9.1 (52.6%) |
| 273 | KLEMCZAK Szymon | 2209 | | M-16 | 4 | 00:01:35 | 01:06:09.00 | 01:07:44.80 | +00:31:23 (47.5%) | 6:36 | 9.1 (52.6%) |
| 274 | RAZMUS Katarzyna | | | K-30 | 44 | 00:01:22 | 01:06:33.25 | 01:07:56.05 | +00:31:48 (47.8%) | 6:39 | 9 (52.0%) |
| 275 | TRELA Marcin | 2350 | | M-30 | 78 | 00:01:21 | 01:06:34.90 | 01:07:56.55 | +00:31:49 (47.8%) | 6:39 | 9 (52.0%) |
| 276 | NOWAKOWSKA Agnieszka | 2334 | HAPPY RUNNERKA :) | K-30 | 45 | 00:01:21 | 01:06:35.45 | 01:07:57.05 | +00:31:50 (47.8%) | 6:39 | 9 (52.0%) |
| 277 | WYLĘŻEK Piotr | 2066 | | M-20 | 44 | 00:01:23 | 01:06:35.60 | 01:07:58.85 | +00:31:50 (47.8%) | 6:39 | 9 (52.0%) |
| 278 | PIECZKA Aleksandra | 36 | | K-30 | 43 | 00:01:49 | 01:06:14.20 | 01:08:03.80 | +00:31:29 (47.5%) | 6:37 | 9.1 (52.6%) |
| 279 | KLEMCZAK Ewa | 2210 | | K-40 | 18 | 00:01:35 | 01:06:36.80 | 01:08:11.90 | +00:31:51 (47.8%) | 6:39 | 9 (52.0%) |
| 280 | MAREK Tomasz | 2071 | | M-30 | 79 | 00:01:32 | 01:06:43.50 | 01:08:15.75 | +00:31:58 (47.9%) | 6:40 | 9 (52.0%) |
| 281 | WAJMAN Katarzyna | 2142 | STEP RUN | K-30 | 46 | 00:01:15 | 01:07:01.15 | 01:08:17.00 | +00:32:16 (48.1%) | 6:42 | 9 (52.0%) |
| 282 | KOLAKOWSKI Fabian | 25 | NIGHT RUNNERS GLIWICE | M-16 | 5 | 00:00:42 | 01:07:39.35 | 01:08:21.35 | +00:32:54 (48.6%) | 6:45 | 8.9 (51.4%) |
| 283 | MAREK Robert | 2075 | | M-40 | 40 | 00:01:32 | 01:06:50.50 | 01:08:22.95 | +00:32:05 (48.0%) | 6:41 | 9 (52.0%) |
| 284 | DOMAGALSKI Mirek | 2058 | | M-30 | 80 | 00:00:51 | 01:07:38.35 | 01:08:29.55 | +00:32:53 (48.6%) | 6:45 | 8.9 (51.4%) |
| 285 | ZAWADA Paweł | 2050 | SOK | M-30 | 81 | 00:01:03 | 01:07:52.40 | 01:08:55.45 | +00:33:07 (48.8%) | 6:47 | 8.8 (50.9%) |
| 286 | ZEMŁA Dorota | 2086 | | K-16 | 5 | 00:01:19 | 01:07:41.00 | 01:09:00.65 | +00:32:55 (48.7%) | 6:46 | 8.9 (51.4%) |
| 287 | STEBEL Damian | 2007 | | M-20 | 45 | 00:01:44 | 01:07:37.70 | 01:09:22.25 | +00:32:52 (48.6%) | 6:45 | 8.9 (51.4%) |
| 288 | OLEJNICZAK Wioletta | 2113 | | K-40 | 20 | 00:01:55 | 01:08:07.95 | 01:10:03.00 | +00:33:22 (49.0%) | 6:48 | 8.8 (50.9%) |
| 289 | EICHHORN Danuta | 2197 | | K-40 | 21 | 00:01:17 | 01:08:47.25 | 01:10:04.80 | +00:34:02 (49.5%) | 6:52 | 8.7 (50.3%) |
| 290 | KACZMARSKI Jacek | 2239 | | M-30 | 82 | 00:01:16 | 01:08:50.00 | 01:10:06.95 | +00:34:04 (49.5%) | 6:53 | 8.7 (50.3%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | Czas netto 10km | Czas brutto 10km | Różn | Tempo min/km | Tempo km/h |
|-----|--------------------------------------|-------------|------------------------------------|-------------------|------|-------------|--------------------|--------------------|----------------------|--------------|----------------|
| 291 | CUDECKA Marzena | 2078 | | K-30 | 47 | 00:01:49 | 01:08:28.40 | 01:10:17.55 | +00:33:43 (49.2%) | 6:50 | 8.8 (50.9%) |
| 292 | WALIGÓRA Marta | 2179 | BBL KĘDZIERZYN-KOŹLE | K-16 | 6 | 00:01:18 | 01:09:20.90 | 01:10:39.60 | +00:34:35 (49.9%) | 6:56 | 8.7 (50.3%) |
| 293 | MIŁKOWSKI Andrzej | 2263 | | M-50 | 13 | 00:01:18 | 01:09:40.40 | 01:10:58.80 | +00:34:55 (50.1%) | 6:58 | 8.6 (49.7%) |
| 294 | DZIEMIAŃCZUK Monika | 2326 | | K-40 | 22 | 00:01:55 | 01:09:25.50 | 01:11:20.55 | +00:34:40 (49.9%) | 6:56 | 8.6 (49.7%) |
| 295 | KOBIERSKA Anna | 2015 | BÓL TO SŁABOŚĆ OPUSZCZAJĄCA CIAŁO | K-20 | 26 | 00:01:19 | 01:10:07.85 | 01:11:26.90 | +00:35:22 (50.4%) | 7:00 | 8.6 (49.7%) |
| 296 | GORAJ-ZAJĄC Aleksandra | c18 | NIGHT RUNNERS GLIWICE | K-40 | 23 | 00:01:33 | 01:10:18.05 | 01:11:51.45 | +00:35:32 (50.6%) | 7:01 | 8.5 (49.1%) |
| 297 | MISIEK Jolanta | 2110 | GB GWAREK TARNOWSKIE GÓRY | K-40 | 24 | 00:00:47 | 01:11:17.00 | 01:12:04.15 | +00:36:31 (51.2%) | 7:07 | 8.4 (48.6%) |
| 298 | MATYSIOK Monika | 2104 | | K-16 | 7 | 00:01:37 | 01:10:54.60 | 01:12:32.05 | +00:36:09 (51.0%) | 7:05 | 8.5 (49.1%) |
| 299 | PANKIEWICZ Katarzyna | 2345 | GRUPACMYKI | K-40 | 25 | 00:00:55 | 01:11:43.45 | 01:12:38.75 | +00:36:58 (51.5%) | 7:10 | 8.4 (48.6%) |
| 300 | CYBULSKA Marta | 12 | | K-30 | 49 | 00:01:20 | 01:11:41.35 | 01:13:01.65 | +00:36:56 (51.5%) | 7:10 | 8.4 (48.6%) |
| 301 | ŁADA Mirosław | 2258 | | M-40 | 41 | 00:01:37 | 01:11:30.40 | 01:13:07.85 | +00:36:45 (51.4%) | 7:09 | 8.4 (48.6%) |
| 302 | MAZURKIEWICZ Agnieszka | 2347 | PIŃCET PLUS | K-30 | 48 | 00:01:57 | 01:11:17.55 | 01:13:14.80 | +00:36:32 (51.3%) | 7:07 | 8.4 (48.6%) |
| 303 | JONASZ Julia | 2222 | | K-30 | 50 | 00:01:17 | 01:11:57.15 | 01:13:15.10 | +00:37:12 (51.7%) | 7:11 | 8.3 (48.0%) |
| 304 | BRATEK Maja | 2349 | OTK RZEŹNIK | Mieszkanki Gliwic | 1 | 00:00:24 | 01:12:51.95 | 01:13:16.15 | +00:38:06 (52.3%) | 7:17 | 8.2 (47.4%) |
| 305 | BRATEK Łukasz | 2348 | OTK RZEŹNIK | M-40 | 42 | 00:00:25 | 01:12:51.35 | 01:13:16.75 | +00:38:06 (52.3%) | 7:17 | 8.2 (47.4%) |
| 306 | BOMASTYK Beata | 2300 | | K-40 | 27 | 00:01:38 | 01:11:44.70 | 01:13:23.35 | +00:36:59 (51.6%) | 7:10 | 8.4 (48.6%) |
| 307 | STRASSBERGER Katarzyna | 2341 | SPORT-RELAKS NASZA SZKÓŁKA PŁYWANI | K-40 | 26 | 00:01:38 | 01:11:44.60 | 01:13:23.50 | +00:36:59 (51.6%) | 7:10 | 8.4 (48.6%) |
| 308 | RADZIKOWSKA-BUCHAŁA Magdalena | 2238 | | K-30 | 51 | 00:01:30 | 01:12:00.35 | 01:13:31.25 | +00:37:15 (51.7%) | 7:12 | 8.3 (48.0%) |
| 309 | BIEŃKOWSKA Maria | 2172 | | K-20 | 27 | 00:01:18 | 01:12:18.00 | 01:13:36.90 | +00:37:32 (51.9%) | 7:13 | 8.3 (48.0%) |
| 310 | KOCYAN Małgorzata | 2021 | BIEGAJ Z TRENERAMI | K-50 | 4 | 00:01:53 | 01:11:49.90 | 01:13:43.25 | +00:37:04 (51.6%) | 7:11 | 8.4 (48.6%) |
| 311 | KRZEMIŃSKA Jadwiga | 2132 | | K-40 | 28 | 00:01:55 | 01:11:57.35 | 01:13:52.60 | +00:37:12 (51.7%) | 7:11 | 8.3 (48.0%) |
| 312 | BOREK Jadwiga | 2093 | KS KOZIOŁEK KĘDZIERZYN-KOŹLE | K-30 | 52 | 00:01:13 | 01:12:48.55 | 01:14:02.35 | +00:38:03 (52.3%) | 7:16 | 8.2 (47.4%) |
| 313 | NIEDŹWIEDZKA Aleksandra | 2072 | NORRUN TEAM | K-20 | 28 | 00:01:39 | 01:12:41.75 | 01:14:20.95 | +00:37:56 (52.2%) | 7:16 | 8.3 (48.0%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | Czas netto 10km | Czas brutto 10km | Różn | Tempo min/km | Tempo km/h |
|-----|------------------------------|-------------|-------------------------------|-----------|------|-------------|--------------------|--------------------|----------------------|--------------|----------------|
| 314 | PYTEL Klaudia | 2053 | NIGHT RUNNERS ZABRZE | K-40 | 29 | 00:01:11 | 01:13:54.95 | 01:15:06.10 | +00:39:09 (53.0%) | 7:23 | 8.1 (46.8%) |
| 315 | FURMAN Michał | 2298 | OCHAJO RUN & FRIENDS | M-30 | 83 | 00:01:16 | 01:14:00.30 | 01:15:16.80 | +00:39:15 (53.0%) | 7:24 | 8.1 (46.8%) |
| 316 | FRAĆ Elżbieta | 4 | NIGHT RUNNERS GLIWICE | K-30 | 53 | 00:01:38 | 01:14:05.35 | 01:15:44.25 | +00:39:20 (53.1%) | 7:24 | 8.1 (46.8%) |
| 317 | OCHAB Józefina | 2065 | | K-20 | 30 | 00:00:46 | 01:15:14.95 | 01:16:01.00 | +00:40:29 (53.8%) | 7:31 | 8 (46.2%) |
| 317 | VEGA ZUMETA Brygida | 2321 | NIGHT RUNNERS GLIWICE | K-30 | 54 | 00:00:46 | 01:15:14.45 | 01:16:01.00 | +00:40:29 (53.8%) | 7:31 | 8 (46.2%) |
| 319 | SZCZECHLA Ewa | 2241 | | K-20 | 29 | 00:01:17 | 01:14:53.80 | 01:16:11.30 | +00:40:08 (53.6%) | 7:29 | 8 (46.2%) |
| 320 | PIASECKI Bartłomiej | 1094 | PINCET PLUS | M-30 | 84 | 00:01:56 | 01:14:16.75 | 01:16:13.65 | +00:39:31 (53.2%) | 7:25 | 8.1 (46.8%) |
| 321 | KACZMARSKA Małgorzata | 2249 | | K-40 | 30 | 00:01:45 | 01:14:42.35 | 01:16:27.50 | +00:39:57 (53.5%) | 7:28 | 8 (46.2%) |
| 322 | MATUSZEWSKA Monika | 2124 | NIGHT RUNNERS GLIWICE | K-40 | 31 | 00:01:39 | 01:15:07.30 | 01:16:46.50 | +00:40:22 (53.7%) | 7:30 | 8 (46.2%) |
| 323 | GALOCH Bartosz | 2218 | | M-20 | 46 | 00:01:50 | 01:15:17.45 | 01:17:07.75 | +00:40:32 (53.8%) | 7:31 | 8 (46.2%) |
| 324 | WICHRZYCKA Katarzyna | 2273 | | K-20 | 31 | 00:01:02 | 01:16:12.80 | 01:17:15.30 | +00:41:27 (54.4%) | 7:37 | 7.9 (45.7%) |
| 325 | PIERNIKARCZYK Mirela | 2020 | | K-30 | 55 | 00:01:25 | 01:16:56.65 | 01:18:21.70 | +00:42:11 (54.8%) | 7:41 | 7.8 (45.1%) |
| 326 | WALASZCZYK Tomasz | 2063 | RUN & FUN | M-30 | 85 | 00:01:19 | 01:17:28.65 | 01:18:48.50 | +00:42:43 (55.1%) | 7:44 | 7.7 (44.5%) |
| 327 | WYSOCKA Magdalena | 2325 | OCHAJO RUN & FRIENDS | K-40 | 32 | 00:01:14 | 01:18:09.55 | 01:19:24.40 | +00:43:24 (55.5%) | 7:49 | 7.7 (44.5%) |
| 328 | OPILSKI Mateusz | 2234 | | M-20 | 47 | 00:01:16 | 01:20:05.90 | 01:21:22.45 | +00:45:20 (56.6%) | 8:00 | 7.5 (43.4%) |
| 329 | KISTELLA Paulina | 2309 | | K-20 | 32 | 00:01:50 | 01:20:26.85 | 01:22:16.95 | +00:45:41 (56.8%) | 8:02 | 7.5 (43.4%) |
| 330 | ZAKLIŃSKA Katarzyna | 2246 | | K-40 | 33 | 00:01:39 | 01:20:46.90 | 01:22:26.80 | +00:46:01 (57.0%) | 8:04 | 7.4 (42.8%) |
| 331 | WÓJCIK Justyna | 2163 | HIRSCHVOGEL COMPONENTS POLAND | K-20 | 33 | 00:01:02 | 01:22:08.40 | 01:23:11.25 | +00:47:23 (57.7%) | 8:12 | 7.3 (42.2%) |
| 332 | BOCZAROWSKA Barbara | 16 | | K-30 | 56 | 00:00:44 | 01:22:29.80 | 01:23:13.85 | +00:47:44 (57.9%) | 8:14 | 7.3 (42.2%) |
| 333 | CIEŚLAK Agnieszka | 22 | NIGHT RUNNERS GLIWICE | K-40 | 34 | 00:01:39 | 01:23:32.00 | 01:25:11.95 | +00:48:46 (58.4%) | 8:21 | 7.2 (41.6%) |
| 334 | KOLAKOWSKA Ania | 24 | NIGHT RUNNERS GLIWICE | K-40 | 35 | 00:01:39 | 01:23:35.85 | 01:25:15.10 | +00:48:50 (58.4%) | 8:21 | 7.2 (41.6%) |
| 335 | GOGOLIN Jerzy | 2087 | | M-60 | 5 | 00:00:14 | | | | | (0.0%) |
| 336 | SIERADZKA Agnieszka | 2057 | BIEGAJ Z TRENERAMI GLIWICE | K-30 | 57 | 00:00:26 | | | | | (0.0%) |
| 337 | MUCHA Edward | c31 | | M-70 | 1 | 00:01:44 | | | | | (0.0%) |

