



Event:
Organiser:
Date:
Place:
Distance:

Dolnośląski Festiwal Biegów Górskich
Fundacja MARATONY GÓRSKIE
2021-07-15
Łądek-Zdrój
68 km

BIEG ULTRA TRAIL - 68 KM

B4SPORT

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Classification: All

| Place | Participant | Number | Club | Category | MCat | A1 10km | D1 24km | B1 34km | B2 46km | A15 57km | Net time 68km | Gap | Pace min/km | Pace km/h |
|-------|--------------------------------|-------------|-----------------------------------|---------------------|------|------------|------------|------------|------------|-------------|---------------------|----------------------|----------------|----------------|
| 1 | SZUMLIŃSKI Piotr | 4479 | ATTIQ TEAM | Senior II M - 30 | 1 | 00:55:05 | 02:23:45 | 03:19:35 | 04:34:35 | 05:35:23 | 06:32:40.55 | | 5:46 | 10.4 (100%) |
| 2 | GRZĄDZIEL Dominik | 4392 | ATTIQ TEAM | Senior II M - 30 | 2 | 00:55:24 | 02:27:49 | 03:26:47 | 04:44:43 | 05:48:03 | 06:48:48.25 | +00:16:07 (3.9%) | 6:00 | 10 (96.2%) |
| 3 | BIAŁOWAŚ Tomasz | 4362 | STAJNIA BALONA | Senior II M - 30 | 3 | 00:57:11 | 02:29:02 | 03:27:46 | 04:44:47 | 05:50:59 | 06:49:48.20 | +00:17:07 (4.2%) | 6:01 | 10 (96.2%) |
| 4 | WOLEK Szymon | 4389 | | Senior II M - 30 | 4 | 00:59:42 | 02:30:47 | 03:28:46 | 04:51:53 | 05:56:52 | 06:56:37.70 | +00:23:57 (5.7%) | 6:07 | 9.8 (94.2%) |
| 5 | WILK Maciej | 4191 | RAMBO 3 | Masters M - 40 | 1 | 00:53:10 | 02:20:27 | 03:19:20 | 04:42:15 | 05:56:03 | 06:58:44.10 | +00:26:03 (6.2%) | 6:09 | 9.7 (93.3%) |
| 6 | KARWACZYŃSKI Roger | 4198 | | Senior II M - 30 | 5 | 00:55:14 | 02:25:59 | 03:27:10 | 04:47:08 | 05:57:32 | 07:01:25.50 | +00:28:44 (6.8%) | 6:11 | 9.7 (93.3%) |
| 7 | GAWLIK Sławek | 4451 | DYNAFIT TEAM POLAND | Senior II M - 30 | 6 | 00:55:03 | 02:23:52 | 03:26:07 | 05:03:52 | 06:17:10 | 07:23:40.30 | +00:50:59 (11.5%) | 6:31 | 9.2 (88.5%) |
| 8 | SMOLIŃSKI Marcin | 4352 | BIEGIEM PO MARZENIA TEAM | Senior II M - 30 | 7 | 00:58:30 | 02:26:53 | 03:27:29 | 04:57:13 | 06:21:42 | 07:32:01.85 | +00:59:21 (13.1%) | 6:38 | 9 (86.5%) |
| 9 | KITA Michał | 4391 | PĘDZĄCY W MIEJSCU | Masters M - 40 | 2 | 01:00:05 | 02:39:12 | 03:41:35 | 05:06:26 | 06:22:41 | 07:34:07.45 | +01:01:26 (13.5%) | 6:40 | 9 (86.5%) |
| 10 | JASIŃSKI Piotr | 4426 | | Senior II M - 30 | 8 | 01:00:35 | 02:39:53 | 03:42:01 | 05:10:24 | 06:28:58 | 07:39:23.55 | +01:06:43 (14.5%) | 6:45 | 8.9 (85.6%) |
| 11 | PERYKASZA Paweł | 4436 | GRUPALUKTRANS.PL | Masters M - 40 | 3 | 01:01:28 | 02:41:26 | 03:45:36 | 05:16:47 | 06:34:13 | 07:40:43.10 | +01:08:02 (14.8%) | 6:46 | 8.9 (85.6%) |
| 12 | DUDA Konrad | 4004 | MY ENDURANCE TEAM | Senior II M - 30 | 9 | 01:00:40 | 02:40:10 | 03:42:04 | 05:10:26 | 06:30:38 | 07:41:53.95 | +01:09:13 (15.0%) | 6:47 | 8.8 (84.6%) |
| 13 | PASTUSZKA Paweł | 4326 | EX TEAM | Senior II M - 30 | 10 | 00:57:46 | 02:37:07 | 03:46:30 | 05:15:13 | 06:34:19 | 07:44:06.35 | +01:11:25 (15.4%) | 6:49 | 8.8 (84.6%) |
| 14 | PASTOROVA Petra | 4480 | | Masters K - 40 | 1 | 01:04:14 | 02:47:12 | 03:52:20 | 05:22:25 | 06:39:37 | 07:51:04.75 | +01:18:24 (16.6%) | 6:55 | 8.7 (83.7%) |
| 15 | MAŁEK Tomasz | 4394 | | Senior II M - 30 | 11 | 00:58:27 | 02:35:17 | 03:43:49 | 05:17:15 | 06:38:28 | 07:53:50.95 | +01:21:10 (17.1%) | 6:58 | 8.6 (82.7%) |
| 16 | WIECZORKIEWICZ Zbigniew | 4442 | | Senior II M - 30 | 12 | 01:05:29 | 02:50:35 | 04:00:33 | 05:30:41 | 06:46:37 | 07:57:32.40 | +01:24:51 (17.8%) | 7:01 | 8.5 (81.7%) |
| 17 | MARGASIŃSKI Jacek | 4057 | 140MINUT.PL | Senior II M - 30 | 13 | 00:58:12 | 02:39:50 | 03:56:17 | 05:35:11 | 06:50:12 | 07:59:16.00 | +01:26:35 (18.1%) | 7:02 | 8.5 (81.7%) |
| 18 | KOWALCZYK Andrzej | 4256 | SPORTOWA PERSPEKTYWA / 42K.COM.PL | Senior II M - 30 | 14 | 01:00:27 | 02:36:57 | 03:41:47 | 05:13:36 | 06:43:20 | 07:59:46.00 | +01:27:05 (18.2%) | 7:03 | 8.5 (81.7%) |
| 19 | CHRUMKO Adam | 4390 | TJ MAGLA | Senior II M - 30 | 15 | 01:01:03 | 02:42:29 | 03:49:10 | 05:19:56 | 06:48:24 | 08:03:12.60 | +01:30:32 (18.7%) | 7:06 | 8.4 (80.8%) |

| Place | Participant | Number | Club | Category | MCat | A1 | D1 | B1 | B2 | A15 | Net time | Gap | Pace min/km | Pace km/h |
|-------|-------------------------------|-------------|---------------------------------------|------------------|------|----------|----------|----------|----------|----------|--------------------|-------------------|-------------|-------------|
| | | | | | | 10km | 24km | 34km | 46km | 57km | 68km | | | |
| 20 | CZUWAJ Andrzej | 4301 | ZADYSZKA OŚWIĘCIM | Masters M - 40 | 4 | 01:04:53 | 02:46:45 | 03:52:03 | 05:28:53 | 06:51:01 | 08:08:26.35 | +01:35:45 (19.6%) | 7:10 | 8.4 (80.8%) |
| 21 | DAMIAN Bieniek | 4367 | | Senior II M - 30 | 16 | 01:04:17 | 02:50:01 | 03:57:09 | 05:31:52 | 06:56:21 | 08:09:02.25 | +01:36:21 (19.7%) | 7:11 | 8.3 (79.8%) |
| 22 | HOTA Dalimil | 4384 | JAHŮDKY | Senior I M - 20 | 1 | 00:58:30 | 02:44:09 | 04:00:31 | 05:33:05 | 06:56:49 | 08:12:33.45 | +01:39:52 (20.3%) | 7:14 | 8.3 (79.8%) |
| 23 | DROZD Michał | 4274 | GRUSZKA Z JEDNYM SKRZYDŁEM | Masters M - 40 | 5 | 01:04:07 | 02:44:55 | 03:50:13 | 05:23:24 | 06:51:24 | 08:12:59.30 | +01:40:18 (20.3%) | 7:14 | 8.3 (79.8%) |
| 24 | ŚLIWKIEWICZ Bartłomiej | 4283 | TWARDA PATOLOGIA | Senior I M - 20 | 2 | 01:13:45 | 03:03:56 | 04:06:32 | 05:39:37 | 06:59:56 | 08:15:48.40 | +01:43:07 (20.8%) | 7:17 | 8.2 (78.8%) |
| 25 | GRABIŃSKI Wojciech | 4344 | #BIEGIEMWLAS | Senior I M - 20 | 3 | 01:03:50 | 02:48:30 | 03:54:31 | 05:30:50 | 07:01:35 | 08:17:31.85 | +01:44:51 (21.1%) | 7:18 | 8.2 (78.8%) |
| 26 | NIEZGÓDKA Tomasz | 4477 | ZĄŁOGA GÓRSKA | Weteran I M - 50 | 1 | 01:10:04 | 03:02:52 | 04:11:20 | 05:46:43 | 07:12:36 | 08:22:02.05 | +01:49:21 (21.8%) | 7:22 | 8.1 (77.9%) |
| 27 | FUKS Jarosław | 4083 | | Masters M - 40 | 6 | 01:03:40 | 02:49:12 | 03:56:28 | 05:30:49 | 06:49:06 | 08:25:19.15 | +01:52:38 (22.3%) | 7:25 | 8.1 (77.9%) |
| 28 | NIEDŹWIADK Kamil | 4450 | NIEDŹWIADKI RUNNING TEAM | Senior II M - 30 | 17 | 01:06:02 | 02:50:11 | 04:03:40 | 05:41:10 | 07:10:11 | 08:26:22.15 | +01:53:41 (22.5%) | 7:26 | 8.1 (77.9%) |
| 29 | WOJTKOWIAK Stefan | 4021 | PIĄTKOWO NA BIEGOWO | Masters M - 40 | 7 | 01:10:04 | 02:59:27 | 04:11:17 | 05:46:10 | 07:11:06 | 08:27:24.65 | +01:54:44 (22.6%) | 7:27 | 8 (76.9%) |
| 30 | JERMAK Kamil | 4212 | BOHAR PALETY RUN &TRAVEL ZIELONA GÓRA | Masters M - 40 | 8 | 01:06:15 | 02:51:10 | 03:58:38 | 05:43:14 | 07:17:17 | 08:30:46.35 | +01:58:05 (23.1%) | 7:30 | 8 (76.9%) |
| 31 | WILK Jacek | 4458 | | Weteran I M - 50 | 2 | 01:09:50 | 03:02:33 | 04:12:46 | 05:51:20 | 07:15:21 | 08:31:01.70 | +01:58:21 (23.2%) | 7:30 | 8 (76.9%) |
| 32 | MÜLLER Christoph | 4306 | ŁĄDEK-ZDRÓJ RUNNERS | Senior II M - 30 | 18 | 00:57:57 | 02:34:32 | 03:39:48 | 05:21:57 | 07:08:34 | 08:32:45.05 | +02:00:04 (23.4%) | 7:32 | 8 (76.9%) |
| 33 | ŚMIGIELSKA Danuta | 4374 | | Senior I K - 20 | 1 | 01:07:25 | 02:57:22 | 04:05:50 | 05:44:17 | 07:13:26 | 08:33:27.35 | +02:00:46 (23.5%) | 7:33 | 7.9 (76.0%) |
| 34 | BASISTA Wojciech | 4215 | | Senior II M - 30 | 19 | 01:04:33 | 02:51:30 | 04:03:00 | 05:43:21 | 07:17:21 | 08:37:27.70 | +02:04:47 (24.1%) | 7:36 | 7.9 (76.0%) |
| 35 | LIGIENZA Andrzej | 4246 | BIELAWSKA AKADEMIA BIEGOWA | Senior II M - 30 | 20 | 01:04:18 | 02:50:13 | 04:04:40 | 05:44:45 | 07:14:49 | 08:39:28.20 | +02:06:47 (24.4%) | 7:38 | 7.9 (76.0%) |
| 36 | WIECZOREK Marta | 4043 | PIERUNSKIE CANGÓRY | Senior I K - 20 | 2 | 01:06:19 | 02:56:10 | 04:12:59 | 05:55:03 | 07:21:16 | 08:44:35.95 | +02:11:55 (25.1%) | 7:42 | 7.8 (75.0%) |
| 37 | DWORNIK Maciek | 4165 | WARCZĄCE SZPRYCHY | Senior II M - 30 | 21 | 01:04:23 | 02:51:25 | 04:03:30 | 05:48:09 | 07:23:32 | 08:47:37.90 | +02:14:57 (25.6%) | 7:45 | 7.7 (74.0%) |
| 38 | KACZMARCZYK Łukasz | 4346 | | Senior II M - 30 | 22 | 01:04:15 | 02:51:48 | 04:06:30 | 05:49:55 | 07:23:18 | 08:47:44.10 | +02:15:03 (25.6%) | 7:45 | 7.7 (74.0%) |
| 39 | CIESIELSKI Michał | 4347 | ADIDAS RUNNERS WARSAW | Senior II M - 30 | 23 | 01:04:11 | 02:56:03 | 04:07:39 | 05:49:57 | 07:25:07 | 08:51:55.15 | +02:19:14 (26.2%) | 7:49 | 7.7 (74.0%) |
| 40 | RZADKOSZ Wojciech | 4439 | | Senior II M - 30 | 24 | 01:07:10 | 03:05:32 | 04:20:35 | 05:58:52 | 07:32:41 | 08:52:30.95 | +02:19:50 (26.3%) | 7:49 | 7.7 (74.0%) |
| 41 | RĄCZKOWSKI Daniel | 4247 | KB ZDYSZAAANI CHOCIANÓW | Senior II M - 30 | 25 | 01:05:08 | 03:01:23 | 04:15:48 | 05:59:14 | 07:28:10 | 08:54:10.00 | +02:21:29 (26.5%) | 7:51 | 7.6 (73.1%) |
| 42 | PIETRZAK Jan | 4412 | WAWRZYNTTEAM | Senior II M - 30 | 26 | 01:09:33 | 03:04:31 | 04:16:40 | 05:57:53 | 07:27:28 | 08:54:19.05 | +02:21:38 (26.5%) | 7:51 | 7.6 (73.1%) |
| 43 | KRAKOWIAK Rafał | 4400 | KRAKOWIAK ULTRA TEAM | Senior II M - 30 | 27 | 01:11:39 | 03:10:13 | 04:22:08 | 06:05:58 | 07:36:12 | 08:58:06.25 | +02:25:25 (27.0%) | 7:54 | 7.6 (73.1%) |
| 44 | MIODUCHOWSKI Arkadiusz | 4315 | | Senior II M - 30 | 28 | 01:03:39 | 02:50:22 | 04:04:36 | 05:52:42 | 07:29:42 | 08:58:43.50 | +02:26:02 (27.1%) | 7:55 | 7.6 (73.1%) |
| 45 | SKRZYPCZYK Paulina | 4363 | TEAM FRUN | Senior II K - 30 | 1 | 01:06:59 | 03:03:25 | 04:18:40 | 05:59:02 | 07:32:27 | 08:59:05.60 | +02:26:25 (27.2%) | 7:55 | 7.6 (73.1%) |
| 46 | ŻYŁKA Paweł | 4411 | | Masters M - 40 | 9 | 01:19:40 | 03:21:30 | 04:36:50 | 06:17:13 | 07:46:20 | 09:03:27.55 | +02:30:47 (27.7%) | 7:59 | 7.5 (72.1%) |

| Place | Participant | Number | Club | Category | MCat | A1 | D1 | B1 | B2 | A15 | Net time | Gap | Pace min/km | Pace km/h |
|-------|------------------------------|-------------|--------------------------------|------------------|------|----------|----------|----------|----------|----------|--------------------|-------------------|-------------|-------------|
| | | | | | | 10km | 24km | 34km | 46km | 57km | 68km | | | |
| 47 | HOŁYST Marcin | 4134 | #WAWRZYNTTEAM | Senior II M - 30 | 29 | 01:11:15 | 03:07:08 | 04:17:37 | 06:04:57 | 07:32:35 | 09:04:27.35 | +02:31:46 (27.9%) | 8:00 | 7.5 (72.1%) |
| 48 | ŚCISŁO Przemysław | 4261 | | Weteran I M - 50 | 3 | 01:07:37 | 03:02:53 | 04:14:02 | 05:58:14 | 07:34:48 | 09:06:00.30 | +02:33:19 (28.1%) | 8:01 | 7.5 (72.1%) |
| 49 | LADENBERGER Mateusz | 4180 | WAWRZYNTTEAM | Senior II M - 30 | 30 | 01:13:58 | 03:12:17 | 04:24:44 | 06:02:41 | 07:36:35 | 09:06:07.65 | +02:33:27 (28.1%) | 8:01 | 7.5 (72.1%) |
| 50 | ANUSZ Adam | 4307 | BECOME ONE | Senior II M - 30 | 31 | 01:06:28 | 02:59:30 | 04:14:51 | 06:01:39 | 07:36:28 | 09:06:18.95 | +02:33:38 (28.1%) | 8:02 | 7.5 (72.1%) |
| 51 | LASOCKI Marcin | 4092 | 12TRI.PL / TEAM ZABIEGANEDNI | Masters M - 40 | 10 | 01:06:04 | 02:59:10 | 04:14:43 | 05:59:00 | 07:40:41 | 09:08:14.80 | +02:35:34 (28.4%) | 8:03 | 7.4 (71.2%) |
| 52 | DETLAFF Patrycja | 4380 | MIKOŁAJCZAK ULTRA TEAM | Senior II K - 30 | 2 | 01:13:50 | 03:16:23 | 04:38:48 | 06:22:53 | 07:46:29 | 09:09:26.35 | +02:36:45 (28.5%) | 8:04 | 7.4 (71.2%) |
| 53 | NOWACKA Marlena | 4468 | | Masters K - 40 | 2 | 01:18:29 | 03:20:28 | 04:39:37 | 06:24:47 | 07:54:28 | 09:09:27.25 | +02:36:46 (28.5%) | 8:04 | 7.4 (71.2%) |
| 54 | NOWAK Marcin | 4398 | | Senior II M - 30 | 32 | 01:19:12 | 03:27:24 | 04:36:19 | 06:16:09 | 07:50:16 | 09:10:05.60 | +02:37:25 (28.6%) | 8:05 | 7.4 (71.2%) |
| 55 | BRATEK Aga | 4441 | | Masters K - 40 | 3 | 01:08:13 | 03:00:13 | 04:18:09 | 06:02:44 | 07:41:44 | 09:11:30.80 | +02:38:50 (28.8%) | 8:06 | 7.4 (71.2%) |
| 56 | LUPA Marcin | 4305 | | Senior II M - 30 | 33 | 01:12:50 | 03:08:43 | 04:22:55 | 06:07:48 | 07:40:25 | 09:11:56.60 | +02:39:16 (28.9%) | 8:07 | 7.4 (71.2%) |
| 57 | JASZKIEWICZ Adrian | 4065 | LESZNO NO LIMITS RUNNERS | Masters M - 40 | 11 | 01:08:22 | 03:00:19 | 04:15:41 | 06:04:33 | 07:46:31 | 09:12:17.95 | +02:39:37 (28.9%) | 8:07 | 7.4 (71.2%) |
| 58 | ROGÓRZ Piotr | 4456 | | Masters M - 40 | 12 | 01:02:44 | 02:45:49 | 03:58:11 | 05:50:22 | 07:43:46 | 09:13:05.10 | +02:40:24 (29.0%) | 8:08 | 7.4 (71.2%) |
| 59 | WANDEL Piotr | 4020 | PRO-RUN WROCŁAW | Masters M - 40 | 13 | 01:09:42 | 03:07:38 | 04:25:27 | 06:18:42 | 07:49:34 | 09:13:37.75 | +02:40:57 (29.1%) | 8:08 | 7.4 (71.2%) |
| 60 | PARZONKA Sylwester | 4225 | KS GEPART KĘPNO | Weteran I M - 50 | 4 | 01:18:31 | 03:19:17 | 04:35:38 | 06:20:22 | 07:51:22 | 09:14:30.20 | +02:41:49 (29.2%) | 8:09 | 7.4 (71.2%) |
| 61 | ADAMCZYK Maciej | 4124 | SKRA PATEREK | Senior II M - 30 | 34 | 01:12:38 | 03:13:24 | 04:27:47 | 06:08:36 | 07:42:11 | 09:15:33.45 | +02:42:52 (29.3%) | 8:10 | 7.3 (70.2%) |
| 62 | GRODZKI Tomasz | 4162 | ULTRAS DARŁOWO | Masters M - 40 | 14 | 01:13:27 | 03:10:42 | 04:25:11 | 06:11:50 | 07:46:50 | 09:16:40.45 | +02:43:59 (29.5%) | 8:11 | 7.3 (70.2%) |
| 63 | ROSZCZYK Karol | 4188 | | Masters M - 40 | 15 | 01:12:17 | 03:10:50 | 04:24:40 | 06:09:42 | 07:49:24 | 09:18:12.70 | +02:45:32 (29.7%) | 8:12 | 7.3 (70.2%) |
| 64 | KRÓL Marcin | 4448 | | Masters M - 40 | 16 | 01:19:59 | 03:16:47 | 04:30:59 | 06:14:40 | 07:47:07 | 09:18:20.00 | +02:45:39 (29.7%) | 8:12 | 7.3 (70.2%) |
| 65 | WEINERT Artur | 4028 | RUNNER'S POWER | Senior II M - 30 | 35 | 01:14:53 | 03:13:22 | 04:29:06 | 06:12:07 | 07:46:34 | 09:18:30.55 | +02:45:50 (29.7%) | 8:12 | 7.3 (70.2%) |
| 66 | MIERZWA Sławomir | 4284 | 140MINUT.PL | Masters M - 40 | 17 | 01:17:39 | 03:14:24 | 04:31:04 | 06:19:39 | 07:53:58 | 09:21:26.75 | +02:48:46 (30.1%) | 8:15 | 7.3 (70.2%) |
| 67 | WYROŚLAK Józef | 4105 | JUICY RUNNER | Senior II M - 30 | 36 | 01:17:46 | 03:09:22 | 04:22:03 | 06:06:44 | 07:47:59 | 09:24:12.40 | +02:51:31 (30.4%) | 8:17 | 7.2 (69.2%) |
| 68 | PAWLAK Marcin | 4091 | 1ON1 | Senior I M - 20 | 4 | 01:14:39 | 03:19:04 | 04:31:50 | 06:16:08 | 07:56:53 | 09:24:38.30 | +02:51:57 (30.5%) | 8:18 | 7.2 (69.2%) |
| 69 | BASTRZYK Tomasz | 4190 | | Masters M - 40 | 18 | 01:11:48 | 03:10:03 | 04:22:50 | 06:11:44 | 07:56:18 | 09:27:20.75 | +02:54:40 (30.8%) | 8:20 | 7.2 (69.2%) |
| 70 | MŁYNARSKI Mateusz | 4268 | TRITOGO | Senior II M - 30 | 37 | 01:09:37 | 03:08:26 | 04:21:05 | 06:08:13 | 07:40:24 | 09:27:23.35 | +02:54:42 (30.8%) | 8:20 | 7.2 (69.2%) |
| 71 | RUSOŁ Tomasz | 4080 | TROPEM ULTRA | Senior II M - 30 | 38 | 01:12:24 | 03:14:39 | 04:31:16 | 06:19:01 | 08:00:09 | 09:28:14.05 | +02:55:33 (30.9%) | 8:21 | 7.2 (69.2%) |
| 72 | WOJCIECHOWSKI Dariusz | 4388 | KRAKOWIAK ULTRA TEAM / I-SPORT | Masters M - 40 | 19 | 01:14:46 | 03:20:18 | 04:40:26 | 06:32:08 | 08:10:12 | 09:30:23.80 | +02:57:43 (31.2%) | 8:23 | 7.2 (69.2%) |
| 73 | TYLIŃSKI Arkadiusz | 4172 | LESZ NO LIMITS RUNNERS | Weteran I M - 50 | 5 | 01:16:07 | 03:19:03 | 04:36:57 | 06:27:50 | 08:05:03 | 09:31:46.20 | +02:59:05 (31.3%) | 8:24 | 7.1 (68.3%) |

| Place | Participant | Number | Club | Category | MCat | A1 | D1 | B1 | B2 | A15 | Net time | Gap | Pace min/km | Pace km/h |
|-------|-----------------------------|-------------|------------------------------------|------------------|------|----------|----------|----------|----------|----------|--------------------|-------------------|-------------|-------------|
| | | | | | | 10km | 24km | 34km | 46km | 57km | 68km | | | |
| 74 | PYSZYNSKI Mariusz | 4431 | TRI POWER | Masters M - 40 | 20 | 01:15:30 | 03:21:34 | 04:39:00 | 06:26:51 | 08:05:39 | 09:31:53.55 | +02:59:13 (31.3%) | 8:24 | 7.1 (68.3%) |
| 75 | KLIMA Dariusz | 4327 | | Senior II M - 30 | 39 | 01:02:43 | 02:54:09 | 04:07:17 | 05:57:36 | 07:51:11 | 09:31:54.05 | +02:59:13 (31.3%) | 8:24 | 7.1 (68.3%) |
| 76 | WYSMOLINSKI Rafał | 4369 | | Masters M - 40 | 21 | 01:18:31 | 03:22:27 | 04:42:49 | 06:31:51 | 08:06:59 | 09:32:30.10 | +02:59:49 (31.4%) | 8:25 | 7.1 (68.3%) |
| 77 | MORAWSKI Filip | 4336 | KRAKOWIAKULTRATEAM | Masters M - 40 | 22 | 01:14:41 | 03:16:54 | 04:37:19 | 06:31:31 | 08:09:55 | 09:36:13.65 | +03:03:33 (31.9%) | 8:28 | 7.1 (68.3%) |
| 78 | DRAGANEK Ewelina | 4205 | | Senior II K - 30 | 3 | 01:17:23 | 03:25:37 | 04:43:15 | 06:29:13 | 08:07:35 | 09:37:10.55 | +03:04:30 (32.0%) | 8:29 | 7.1 (68.3%) |
| 79 | URBAŃSKI Krzysztof | 4478 | ENGLISH OVER TEA | Senior II M - 30 | 40 | 01:09:27 | 03:07:36 | 04:28:14 | 06:18:07 | 08:08:01 | 09:37:24.05 | +03:04:43 (32.0%) | 8:29 | 7.1 (68.3%) |
| 80 | KUK Urszula | 4402 | | Masters K - 40 | 4 | 01:16:07 | 03:19:02 | 04:35:31 | 06:25:21 | 08:07:38 | 09:38:46.60 | +03:06:06 (32.2%) | 8:30 | 7 (67.3%) |
| 81 | SOBANIA Tomasz | 4366 | PIAST GLIWICE | Senior I M - 20 | 5 | 01:21:23 | 03:30:11 | 04:48:57 | 06:34:45 | 08:09:06 | 09:40:24.35 | +03:07:43 (32.3%) | 8:32 | 7 (67.3%) |
| 82 | SZELA Łukasz | 4329 | BIEGAJĄCA KASTA MIEDZIOWEGO MIASTA | Senior II M - 30 | 41 | 01:20:05 | 03:22:15 | 04:40:02 | 06:28:11 | 08:11:49 | 09:41:45.20 | +03:09:04 (32.5%) | 8:33 | 7 (67.3%) |
| 83 | RATYMIRSKI Wojtek | 4302 | #SOBASTEAM | Masters M - 40 | 23 | 01:10:39 | 03:09:19 | 04:30:32 | 06:31:04 | 08:15:15 | 09:42:23.60 | +03:09:43 (32.6%) | 8:33 | 7 (67.3%) |
| 84 | MRÓWKA Michał | 4259 | OBOZY GÓRSKIE | Senior II M - 30 | 42 | 01:11:25 | 03:12:56 | 04:29:30 | 06:23:41 | 08:10:44 | 09:43:39.40 | +03:10:58 (32.7%) | 8:34 | 7 (67.3%) |
| 85 | ŻOŁNACZ Maciej | 4189 | | Senior II M - 30 | 43 | 01:19:40 | 03:26:20 | 04:43:28 | 06:31:06 | 08:08:37 | 09:47:26.80 | +03:14:46 (33.2%) | 8:38 | 6.9 (66.3%) |
| 86 | KAKOSZKA Marcin | 4088 | SALTY DOOG | Senior II M - 30 | 44 | 01:07:34 | 03:06:02 | 04:23:38 | 06:29:59 | 08:13:07 | 09:47:27.25 | +03:14:46 (33.2%) | 8:38 | 6.9 (66.3%) |
| 87 | STRAUCHOLD Anna | 4042 | PRO-RUN WROCŁAW | Masters K - 40 | 5 | 01:14:37 | 03:17:31 | 04:36:44 | 06:29:06 | 08:10:47 | 09:47:52.80 | +03:15:12 (33.2%) | 8:38 | 6.9 (66.3%) |
| 88 | GARUS Łukasz | 4311 | | Masters M - 40 | 24 | 01:12:24 | 03:19:00 | 04:39:16 | 06:33:52 | 08:17:22 | 09:48:42.05 | +03:16:01 (33.3%) | 8:39 | 6.9 (66.3%) |
| 89 | CHMIEL Joanna | 4213 | FOREST GANG&TEDDY | Senior II K - 30 | 4 | 01:22:32 | 03:38:09 | 05:02:39 | 06:51:24 | 08:28:31 | 09:51:18.80 | +03:18:38 (33.6%) | 8:41 | 6.9 (66.3%) |
| 90 | WOJTYCZKA Wojciech | 4437 | GÓRAL Z MAZUR RUNNING TEAM | Senior II M - 30 | 45 | 01:15:18 | 03:20:11 | 04:34:58 | 06:24:20 | 08:11:20 | 09:51:29.30 | +03:18:48 (33.6%) | 8:41 | 6.9 (66.3%) |
| 91 | STANISZ Marcin | 4006 | NIGHT RUNNERS PYSKOWICE | Senior II M - 30 | 46 | 01:16:40 | 03:44:51 | 04:55:03 | 06:39:41 | 08:23:22 | 09:52:35.90 | +03:19:55 (33.7%) | 8:42 | 6.9 (66.3%) |
| 92 | DYRAGA Marcin | 4364 | SAINT-GOBAIN SQUAD | Masters M - 40 | 25 | 01:17:14 | 03:22:17 | 04:40:40 | 06:31:34 | 08:17:49 | 09:55:23.70 | +03:22:43 (34.0%) | 8:45 | 6.9 (66.3%) |
| 93 | SKWIERAWSKI Grzegorz | 4036 | | Weteran I M - 50 | 6 | 01:20:15 | 03:29:54 | 04:46:40 | 06:38:12 | 08:23:26 | 09:56:14.15 | +03:23:33 (34.1%) | 8:46 | 6.8 (65.4%) |
| 94 | KWIATEK Agnieszka | 4202 | | Senior II K - 30 | 5 | 01:19:47 | 03:30:06 | 04:53:18 | 06:45:07 | 08:24:43 | 09:56:42.50 | +03:24:01 (34.2%) | 8:46 | 6.8 (65.4%) |
| 95 | CICHOWSKI Wojciech | 4207 | MATNER RUNNING TEAM | Senior I M - 20 | 6 | 01:10:31 | 03:10:11 | 04:24:40 | 06:26:54 | 08:20:57 | 09:56:56.90 | +03:24:16 (34.2%) | 8:46 | 6.8 (65.4%) |
| 96 | KŁODA Dariusz | 4121 | DRUŻYNA SZPIKU | Masters M - 40 | 26 | 01:18:59 | 03:26:08 | 04:38:17 | 06:36:51 | 08:24:27 | 09:57:20.95 | +03:24:40 (34.3%) | 8:47 | 6.8 (65.4%) |
| 97 | PAŻUCHA Wojciech | 4013 | NAPĘDZANY PIEROGAMI | Masters M - 40 | 27 | 01:14:48 | 03:20:20 | 04:40:29 | 06:33:58 | 08:24:03 | 09:57:31.65 | +03:24:51 (34.3%) | 8:47 | 6.8 (65.4%) |
| 98 | PRUTA Rafal | 4184 | FATBOYS SPRINT | Masters M - 40 | 28 | 01:12:14 | 03:09:14 | 04:30:00 | 06:34:09 | 08:17:33 | 09:57:39.15 | +03:24:58 (34.3%) | 8:47 | 6.8 (65.4%) |
| 99 | KOZŁOWSKA Iwona | 4194 | LESZ NO LIMITS RUNNERS | Masters K - 40 | 6 | 01:22:55 | 03:35:25 | 05:02:54 | 06:56:31 | 08:32:43 | 09:58:28.40 | +03:25:47 (34.4%) | 8:48 | 6.8 (65.4%) |
| 100 | NOWICKI Zbigniew | 4401 | TRIAMIGOS | Masters M - 40 | 29 | 01:20:55 | 03:30:44 | 04:51:29 | 06:46:00 | 08:29:47 | 09:58:53.85 | +03:26:13 (34.4%) | 8:48 | 6.8 (65.4%) |

| Place | Participant | Number | Club | Category | MCat | A1 | D1 | B1 | B2 | A15 | Net time | Gap | Pace min/km | Pace km/h |
|-------|----------------------------|-------------|-------------------------------|------------------|------|----------|----------|----------|----------|----------|--------------------|-------------------|-------------|-------------|
| | | | | | | 10km | 24km | 34km | 46km | 57km | 68km | | | |
| 101 | RZEŹNICZEK Anna | 4438 | STOWARZYSZENIE DZIAŁAMY RAZEM | Senior II K - 30 | 6 | 01:22:21 | 03:35:39 | 04:58:20 | 06:58:09 | 08:34:45 | 09:59:47.00 | +03:27:06 (34.5%) | 8:49 | 6.8 (65.4%) |
| 102 | MIŚ Mateusz | 4052 | SŁAWA | Senior II M - 30 | 47 | 01:16:17 | 03:23:32 | 04:41:56 | 06:38:32 | 08:28:18 | 10:00:07.55 | +03:27:27 (34.6%) | 8:49 | 6.8 (65.4%) |
| 103 | MAJOREK Krzysztof | 4297 | | Senior II M - 30 | 48 | 01:19:23 | 03:29:49 | 04:51:30 | 06:49:06 | 08:29:19 | 10:01:49.15 | +03:29:08 (34.8%) | 8:51 | 6.8 (65.4%) |
| 104 | JAGNIĄTKOWSKI Jacek | 4359 | TEAM KURORT ŁĄDEK ZDRÓJ | Masters M - 40 | 30 | 01:08:34 | 03:05:20 | 04:25:31 | 06:32:54 | 08:16:40 | 10:04:26.70 | +03:31:46 (35.0%) | 8:53 | 6.8 (65.4%) |
| 105 | MIKUŁAN Mikołaj | 4112 | | Senior II M - 30 | 49 | 01:18:26 | 03:27:12 | 04:50:24 | 06:46:02 | 08:30:04 | 10:04:52.15 | +03:32:11 (35.1%) | 8:53 | 6.7 (64.4%) |
| 106 | WOJDA Bartosz | 4300 | | Masters M - 40 | 31 | 01:13:19 | 03:19:25 | 04:40:34 | 06:41:02 | 08:26:12 | 10:04:54.55 | +03:32:14 (35.1%) | 8:53 | 6.7 (64.4%) |
| 107 | ŻARNIEWSKI Wojciech | 4397 | WOJCIECH ŻARNIEWSKI | Senior II M - 30 | 50 | 01:18:34 | 03:28:31 | 04:51:16 | 06:45:17 | 08:30:07 | 10:04:56.35 | +03:32:15 (35.1%) | 8:53 | 6.7 (64.4%) |
| 108 | SKWAREK Tomasz | 4066 | CARBON SILESIA SPORT | Senior II M - 30 | 51 | 01:16:19 | 03:24:08 | 04:47:47 | 06:43:39 | 08:34:12 | 10:04:58.35 | +03:32:17 (35.1%) | 8:53 | 6.7 (64.4%) |
| 109 | ŻAKOWSKI Karol | 4292 | PORT RELAKS CREW | Masters M - 40 | 32 | 01:13:59 | 03:11:31 | 04:29:55 | 06:29:27 | 08:23:36 | 10:05:07.60 | +03:32:27 (35.1%) | 8:53 | 6.7 (64.4%) |
| 110 | GRZYBOWSKA Karolina | 4232 | | Masters K - 40 | 7 | 01:21:58 | 03:43:18 | 05:07:03 | 07:00:01 | 08:36:11 | 10:05:08.60 | +03:32:28 (35.1%) | 8:53 | 6.7 (64.4%) |
| 111 | CAŁKA Krystian | 4046 | ULTRINO AMATEUR | Senior II M - 30 | 52 | 01:22:09 | 03:35:41 | 04:57:11 | 06:46:22 | 08:34:11 | 10:05:13.20 | +03:32:32 (35.1%) | 8:54 | 6.7 (64.4%) |
| 112 | BINIENDA Agnieszka | 4330 | KOBIETY WATAHY | Masters K - 40 | 8 | 01:17:32 | 03:33:05 | 04:56:21 | 06:54:37 | 08:29:51 | 10:07:43.75 | +03:35:03 (35.4%) | 8:56 | 6.7 (64.4%) |
| 113 | ROMANKIEWICZ Maciej | 4103 | BAND4EVENT | Senior II M - 30 | 53 | 01:19:02 | 03:28:45 | 04:50:52 | 06:52:29 | 08:43:25 | 10:08:08.45 | +03:35:27 (35.4%) | 8:56 | 6.7 (64.4%) |
| 114 | SZUBA Teofil | 4433 | MARATOŃCZYK SZCZECIN | Masters M - 40 | 33 | 01:18:02 | 03:28:31 | 04:48:25 | 06:43:43 | 08:35:37 | 10:08:36.85 | +03:35:56 (35.5%) | 8:57 | 6.7 (64.4%) |
| 115 | GRZYBOWSKI Maciek | 4137 | | Senior II M - 30 | 54 | 01:15:26 | 03:14:19 | 04:38:14 | 06:40:06 | 08:30:24 | 10:08:48.55 | +03:36:08 (35.5%) | 8:57 | 6.7 (64.4%) |
| 116 | TRYK Sebastian | 4280 | | Weteran I M - 50 | 7 | 01:15:20 | 03:20:25 | 04:43:57 | 06:42:24 | 08:31:53 | 10:09:29.60 | +03:36:49 (35.6%) | 8:57 | 6.7 (64.4%) |
| 117 | MICHAŁOWSKI Maciej | 4038 | KLUB PRZYJACIÓŁ MYSZKI MIKI | Senior II M - 30 | 55 | 01:16:55 | 03:21:10 | 04:43:27 | 06:44:49 | 08:39:22 | 10:09:53.20 | +03:37:12 (35.6%) | 8:58 | 6.7 (64.4%) |
| 118 | DOROSZ Marek | 4434 | KB MANIAC POZNAŃ | Weteran I M - 50 | 8 | 01:18:04 | 03:33:04 | 04:58:55 | 06:58:30 | 08:39:30 | 10:10:02.60 | +03:37:22 (35.6%) | 8:58 | 6.7 (64.4%) |
| 119 | TOMCZAK Dariusz | 4323 | HELL'S GYM OCR PĘPOWO | Senior II M - 30 | 56 | 01:17:47 | 03:24:12 | 04:47:21 | 06:53:03 | 08:35:50 | 10:10:23.85 | +03:37:43 (35.7%) | 8:58 | 6.7 (64.4%) |
| 120 | KOWALCZYK Adam | 4464 | STS BIEGATON | Masters M - 40 | 34 | 01:17:04 | 03:27:16 | 04:49:13 | 06:43:56 | 08:34:53 | 10:10:29.80 | +03:37:49 (35.7%) | 8:58 | 6.7 (64.4%) |
| 121 | PIEKARSKI Jakub | 4032 | HURAGAN LIGOTA | Senior I M - 20 | 7 | 01:00:10 | 02:54:15 | 04:33:47 | 06:31:40 | 08:19:20 | 10:10:44.35 | +03:38:03 (35.7%) | 8:58 | 6.7 (64.4%) |
| 122 | SYREK Rafał | 4295 | | Masters M - 40 | 35 | 01:04:50 | 03:02:18 | 04:23:38 | 06:35:16 | 08:24:45 | 10:14:29.10 | +03:41:48 (36.1%) | 9:02 | 6.6 (63.5%) |
| 123 | CZAPRAN Magdalena | 4181 | | Senior II K - 30 | 7 | 01:22:52 | 03:35:56 | 05:00:50 | 06:56:44 | 08:40:59 | 10:14:43.25 | +03:42:02 (36.1%) | 9:02 | 6.6 (63.5%) |
| 124 | SKÓRA Wojciech | 4422 | | Masters M - 40 | 36 | 01:21:01 | 03:35:22 | 05:01:56 | 07:03:19 | 08:42:30 | 10:15:48.80 | +03:43:08 (36.2%) | 9:03 | 6.6 (63.5%) |
| 125 | PAPROWICZ Wojciech | 4129 | | Senior II M - 30 | 57 | 01:10:44 | 03:15:38 | 04:36:57 | 06:38:35 | 08:36:22 | 10:16:09.30 | +03:43:28 (36.3%) | 9:03 | 6.6 (63.5%) |
| 126 | BEDNAREK Sebastian | 4349 | | Senior II M - 30 | 58 | 01:21:14 | 03:23:49 | 04:46:29 | 06:44:09 | 08:35:04 | 10:17:32.00 | +03:44:51 (36.4%) | 9:04 | 6.6 (63.5%) |
| 127 | BURZYŃSKI Łukasz | 4285 | BGC RUNNERS | Senior II M - 30 | 59 | 01:24:34 | 03:41:28 | 04:59:33 | 06:55:10 | 08:41:28 | 10:18:27.40 | +03:45:46 (36.5%) | 9:05 | 6.6 (63.5%) |

| Place | Participant | Number | Club | Category | MCat | A1 | D1 | B1 | B2 | A15 | Net time | Gap | Pace min/km | Pace km/h |
|-------|---------------------------|-------------|----------------------------------|------------------|------|----------|----------|----------|----------|----------|--------------------|-------------------|-------------|-------------|
| | | | | | | 10km | 24km | 34km | 46km | 57km | 68km | | | |
| 128 | PŁONKA Paweł | 4104 | | Senior II M - 30 | 60 | 01:09:59 | 03:12:55 | 04:51:25 | 06:52:00 | 08:40:36 | 10:18:43.40 | +03:46:02 (36.5%) | 9:05 | 6.6 (63.5%) |
| 129 | ODIJA Leszek | 4446 | | Masters M - 40 | 37 | 01:19:34 | 03:37:00 | 04:59:43 | 07:00:42 | 08:41:50 | 10:18:57.65 | +03:46:17 (36.6%) | 9:06 | 6.6 (63.5%) |
| 130 | BROK Jacek | 4111 | | Weteran I M - 50 | 9 | 01:18:39 | 03:26:55 | 04:52:11 | 06:53:25 | 08:45:43 | 10:19:27.70 | +03:46:47 (36.6%) | 9:06 | 6.6 (63.5%) |
| 131 | KOZIOŁ Andrzej | 4131 | | Masters M - 40 | 38 | 01:20:37 | 03:24:48 | 04:44:49 | 06:42:02 | 08:42:56 | 10:22:13.40 | +03:49:32 (36.9%) | 9:09 | 6.6 (63.5%) |
| 132 | BOROWCZYK Sonia | 4355 | | Senior I K - 20 | 3 | 01:17:49 | 03:25:07 | 04:48:29 | 06:48:44 | 08:38:23 | 10:22:58.80 | +03:50:18 (37.0%) | 9:09 | 6.5 (62.5%) |
| 133 | SZYMAŃSKA Agata | 4466 | | Senior II K - 30 | 8 | 01:19:28 | 03:34:22 | 05:01:28 | 07:07:59 | 08:51:22 | 10:23:07.45 | +03:50:26 (37.0%) | 9:09 | 6.5 (62.5%) |
| 134 | FIGIEL Bartosz | 4385 | | Senior II M - 30 | 61 | 01:16:50 | 03:34:04 | 04:57:05 | 06:56:34 | 08:51:34 | 10:23:30.20 | +03:50:49 (37.0%) | 9:10 | 6.5 (62.5%) |
| 135 | SŁYSZ Szymon | 4350 | NSK RUNS | Senior II M - 30 | 62 | 01:03:55 | 03:00:45 | 04:14:20 | 06:20:08 | 08:35:01 | 10:24:26.85 | +03:51:46 (37.1%) | 9:10 | 6.5 (62.5%) |
| 136 | PUPELIS Egidijus | 4395 | RUNNING PUNKS | Senior II M - 30 | 63 | 01:19:31 | 03:30:17 | 04:51:16 | 06:52:55 | 08:44:11 | 10:25:52.90 | +03:53:12 (37.3%) | 9:12 | 6.5 (62.5%) |
| 137 | ABRAMOWICZ Agata | 4370 | | Senior I K - 20 | 4 | 01:12:59 | 03:35:30 | 05:12:32 | 07:15:41 | 08:54:41 | 10:26:44.85 | +03:54:04 (37.3%) | 9:13 | 6.5 (62.5%) |
| 138 | NAGLAK Łukasz | 4002 | KOŹMIN BIEGA ULTRA RUNNERS | Senior II M - 30 | 64 | 01:26:56 | 03:45:04 | 05:10:41 | 07:05:50 | 08:55:59 | 10:27:21.30 | +03:54:40 (37.4%) | 9:13 | 6.5 (62.5%) |
| 139 | OSMOLAK Agnieszka | 4316 | AGNIESZKA OSMOLAK | Senior II K - 30 | 9 | 01:22:51 | 03:37:07 | 05:02:17 | 07:00:01 | 08:51:39 | 10:28:11.25 | +03:55:30 (37.5%) | 9:14 | 6.5 (62.5%) |
| 140 | GIBALSKI Tomasz | 4377 | OBORYGENI | Weteran I M - 50 | 10 | 01:18:58 | 03:27:39 | 04:52:49 | 06:55:16 | 08:40:50 | 10:28:16.90 | +03:55:36 (37.5%) | 9:14 | 6.5 (62.5%) |
| 141 | JANCZAK Konrad | 4015 | | Senior I M - 20 | 8 | 01:20:46 | 03:33:33 | 05:01:16 | 07:06:54 | 08:52:01 | 10:28:39.60 | +03:55:59 (37.5%) | 9:14 | 6.5 (62.5%) |
| 142 | PURA Robert | 4453 | | Masters M - 40 | 39 | 01:15:39 | 03:20:16 | 04:45:42 | 06:48:40 | 08:50:36 | 10:29:28.80 | +03:56:48 (37.6%) | 9:15 | 6.5 (62.5%) |
| 143 | DUCH Rafał | 4007 | | Senior II M - 30 | 65 | 01:29:22 | 03:48:44 | 05:15:54 | 07:11:20 | 09:00:04 | 10:29:50.70 | +03:57:10 (37.7%) | 9:15 | 6.5 (62.5%) |
| 144 | PTASZYŃSKA Eliza | 4230 | | Masters K - 40 | 9 | 01:21:13 | 03:34:07 | 04:58:16 | 06:57:18 | 08:50:08 | 10:31:24.10 | +03:58:43 (37.8%) | 9:17 | 6.5 (62.5%) |
| 145 | LASZEWSKI Mateusz | 4044 | | Senior I M - 20 | 9 | 01:24:20 | 03:41:17 | 05:04:05 | 07:05:46 | 08:48:31 | 10:32:53.10 | +04:00:12 (38.0%) | 9:18 | 6.4 (61.5%) |
| 146 | JURZYSTA Grzegorz | 4476 | | Masters M - 40 | 40 | 01:21:31 | 03:44:00 | 05:07:21 | 07:11:02 | 08:53:48 | 10:33:20.10 | +04:00:39 (38.0%) | 9:18 | 6.4 (61.5%) |
| 147 | MARCINIAK Rafał | 4175 | 8A.PL | Senior II M - 30 | 66 | 01:24:33 | 03:40:53 | 05:08:02 | 07:06:03 | 09:00:28 | 10:33:37.70 | +04:00:57 (38.0%) | 9:19 | 6.4 (61.5%) |
| 148 | PIWKO Mateusz | 4003 | | Senior II M - 30 | 67 | 01:23:44 | 03:46:26 | 05:12:58 | 07:10:38 | 08:56:58 | 10:33:59.65 | +04:01:19 (38.1%) | 9:19 | 6.4 (61.5%) |
| 149 | JANUSZEWSKI Karol | 4176 | BIEGAM U KOLESI | Senior II M - 30 | 68 | 01:15:12 | 03:33:43 | 05:00:08 | 07:00:52 | 08:48:51 | 10:34:23.50 | +04:01:42 (38.1%) | 9:19 | 6.4 (61.5%) |
| 150 | OSZCZĘDA Krzysztof | 4335 | | Masters M - 40 | 41 | 01:22:57 | 03:41:17 | 05:07:51 | 07:10:33 | 09:03:13 | 10:36:17.70 | +04:03:37 (38.3%) | 9:21 | 6.4 (61.5%) |
| 151 | SZCZEPAŃSKI Marcin | 4338 | STRZELIŃSKI KLUB BIEGACZA GRANIT | Senior II M - 30 | 69 | 01:13:10 | 03:29:01 | 04:55:47 | 07:01:15 | 08:58:16 | 10:37:50.50 | +04:05:09 (38.4%) | 9:22 | 6.4 (61.5%) |
| 152 | CHUDY Piotr | 4211 | | Masters M - 40 | 42 | 01:22:03 | 03:36:55 | 04:59:47 | 06:58:32 | 09:01:09 | 10:38:00.55 | +04:05:20 (38.5%) | 9:22 | 6.4 (61.5%) |
| 153 | KOCIK Marcin | 4317 | FATBOYS SPRINT | Masters M - 40 | 43 | 01:16:34 | 03:29:58 | 04:55:58 | 07:00:59 | 08:54:32 | 10:38:35.35 | +04:05:54 (38.5%) | 9:23 | 6.4 (61.5%) |
| 154 | KŁOSEK Jacek | 4281 | 100 MARATHON CLUB POLAND | Senior II M - 30 | 70 | 01:21:55 | 03:34:38 | 04:58:56 | 06:59:41 | 08:51:35 | 10:38:42.00 | +04:06:01 (38.5%) | 9:23 | 6.4 (61.5%) |

| Place | Participant | Number | Club | Category | MCat | A1 | D1 | B1 | B2 | A15 | Net time | Gap | Pace min/km | Pace km/h |
|-------|-----------------------|--------|----------------------------|-------------------|------|----------|----------|----------|----------|----------|--------------------|-------------------|-------------|-------------|
| | | | | | | 10km | 24km | 34km | 46km | 57km | 68km | | | |
| 155 | PIĄTAS Paweł | 4011 | | Senior II M - 30 | 71 | 01:16:17 | 03:34:49 | 04:58:19 | 07:01:19 | 08:57:54 | 10:39:20.05 | +04:06:39 (38.6%) | 9:24 | 6.4 (61.5%) |
| 156 | JANAS Wojciech | 4253 | BIELAWSKA AKADEMIA BIEGOWA | Senior II M - 30 | 72 | 01:16:13 | 03:23:05 | 04:46:54 | 07:01:27 | 08:58:23 | 10:39:20.20 | +04:06:39 (38.6%) | 9:24 | 6.4 (61.5%) |
| 157 | HOFFMAN David | 4372 | | Senior II M - 30 | 73 | 01:23:51 | 03:37:07 | 05:01:30 | 07:02:31 | 08:54:57 | 10:39:52.75 | +04:07:12 (38.6%) | 9:24 | 6.4 (61.5%) |
| 158 | GIBALSKA Marzena | 4378 | OBORYGENI | Masters K - 40 | 10 | 01:26:03 | 03:47:12 | 05:14:23 | 07:14:55 | 08:59:40 | 10:40:18.25 | +04:07:37 (38.7%) | 9:24 | 6.4 (61.5%) |
| 159 | KARLIK Łukasz | 4206 | ES TEAM | Senior II M - 30 | 74 | 01:24:21 | 03:40:45 | 05:09:11 | 07:14:12 | 09:02:00 | 10:40:40.70 | +04:08:00 (38.7%) | 9:25 | 6.4 (61.5%) |
| 160 | JACKOWIAK Szymon | 4041 | RUNNER'S POWER | Masters M - 40 | 44 | 01:25:21 | 03:44:43 | 05:12:58 | 07:14:11 | 09:06:39 | 10:42:45.70 | +04:10:05 (38.9%) | 9:27 | 6.3 (60.6%) |
| 161 | JACKOWIAK Agnieszka | 4030 | RUNNERS'S POWER | Senior II K - 30 | 10 | 01:25:20 | 03:44:44 | 05:12:59 | 07:14:21 | 09:06:39 | 10:42:45.85 | +04:10:05 (38.9%) | 9:27 | 6.3 (60.6%) |
| 162 | IGNASZEWSKI Krzysztof | 4196 | RUNNER'S POWER | Masters M - 40 | 45 | 01:24:58 | 03:45:04 | 05:12:51 | 07:14:13 | 09:06:43 | 10:42:46.30 | +04:10:05 (38.9%) | 9:27 | 6.3 (60.6%) |
| 163 | GAŁWA Dawid | 4143 | | Senior II M - 30 | 75 | 01:19:45 | 03:42:07 | 05:11:44 | 07:18:38 | 09:11:18 | 10:44:11.80 | +04:11:31 (39.0%) | 9:28 | 6.3 (60.6%) |
| 164 | POROWSKI Piotr | 4417 | SAMSARA | Senior II M - 30 | 76 | 01:14:25 | 03:27:04 | 04:51:19 | 07:00:10 | 08:50:37 | 10:44:13.75 | +04:11:33 (39.0%) | 9:28 | 6.3 (60.6%) |
| 165 | SAŁAMACHA Jarosław | 4200 | | Masters M - 40 | 46 | 01:24:09 | 03:46:16 | 05:10:47 | 07:12:00 | 09:08:55 | 10:44:55.80 | +04:12:15 (39.1%) | 9:29 | 6.3 (60.6%) |
| 166 | ŚWIATOWIEC Anna | 4005 | | Weteran K - 50 | 1 | 01:25:56 | 03:46:44 | 05:17:10 | 07:27:19 | 09:08:54 | 10:45:37.45 | +04:12:56 (39.2%) | 9:29 | 6.3 (60.6%) |
| 167 | KUPCZAK Ewa | 4314 | SPARTA ULTRA TEAM | Masters K - 40 | 11 | 01:23:32 | 03:38:24 | 05:05:08 | 07:09:34 | 09:02:44 | 10:46:49.70 | +04:14:09 (39.3%) | 9:30 | 6.3 (60.6%) |
| 168 | BIAŁCZYK Marcin | 4193 | MARATOŃCZYK POZNAŃ | Senior II M - 30 | 77 | 01:12:50 | 03:21:50 | 04:49:18 | 06:56:20 | 09:00:47 | 10:47:09.15 | +04:14:28 (39.3%) | 9:31 | 6.3 (60.6%) |
| 169 | SAWICKI Leszek | 4473 | | Weteran II M - 60 | 1 | 01:15:28 | 03:27:11 | 05:01:26 | 07:06:58 | 08:56:36 | 10:47:09.65 | +04:14:29 (39.3%) | 9:31 | 6.3 (60.6%) |
| 170 | DOBROWOLSKI Mateusz | 4421 | | Senior I M - 20 | 10 | 01:22:15 | 03:58:34 | 05:19:46 | 07:33:33 | 09:27:11 | 10:47:28.75 | +04:14:48 (39.4%) | 9:31 | 6.3 (60.6%) |
| 171 | PUCHNIARZ Artur | 4427 | | Masters M - 40 | 47 | 01:22:21 | 03:33:36 | 04:55:02 | 07:03:59 | 09:03:00 | 10:47:48.70 | +04:15:08 (39.4%) | 9:31 | 6.3 (60.6%) |
| 172 | SZYSZKA Konrad | 4019 | SZYSZKI TEAM | Masters M - 40 | 48 | 01:18:12 | 03:25:55 | 04:53:22 | 07:03:30 | 09:01:45 | 10:48:28.00 | +04:15:47 (39.4%) | 9:32 | 6.3 (60.6%) |
| 173 | FEDYNA Marcin | 4328 | | Senior I M - 20 | 11 | 01:22:50 | 03:37:48 | 05:02:06 | 07:03:44 | 09:09:15 | 10:49:40.00 | +04:16:59 (39.6%) | 9:33 | 6.3 (60.6%) |
| 174 | NOWAK Krzysztof | 4282 | | Masters M - 40 | 49 | 01:21:55 | 03:44:38 | 05:21:09 | 07:19:07 | 09:13:01 | 10:49:51.40 | +04:17:10 (39.6%) | 9:33 | 6.3 (60.6%) |
| 175 | DITTMAR Bartosz | 4255 | | Senior II M - 30 | 78 | 01:26:06 | 03:46:07 | 05:17:21 | 07:29:57 | 09:19:13 | 10:50:15.45 | +04:17:34 (39.6%) | 9:33 | 6.3 (60.6%) |
| 176 | TURLEJ Dariusz | 4102 | KONDYCJA | Weteran II M - 60 | 2 | 01:26:38 | 03:46:24 | 05:12:28 | 07:12:41 | 09:08:38 | 10:51:25.15 | +04:18:44 (39.7%) | 9:34 | 6.3 (60.6%) |
| 177 | JADZIEWICZ Jakub | 4469 | PRORUNNING PROMOTIO | Masters M - 40 | 50 | 01:16:58 | 03:28:00 | 04:57:59 | 07:09:04 | 09:02:40 | 10:52:04.25 | +04:19:23 (39.8%) | 9:35 | 6.3 (60.6%) |
| 178 | SCHILLINGS Bart | 4228 | | Senior II M - 30 | 79 | 01:13:41 | 03:16:17 | 04:39:00 | 06:47:57 | 08:58:00 | 10:52:41.40 | +04:20:00 (39.8%) | 9:35 | 6.3 (60.6%) |
| 179 | BUDZYŃSKI Przemysław | 4275 | BUDZYŃSCY TEAM | Masters M - 40 | 51 | 01:23:32 | 03:44:07 | 05:12:40 | 07:15:41 | 09:14:31 | 10:53:26.90 | +04:20:46 (39.9%) | 9:36 | 6.2 (59.6%) |
| 180 | KORBANEK Emilia | 4320 | PSS POZYTYWNIIE ZAKRĘCENI | Masters K - 40 | 12 | 01:25:21 | 03:48:20 | 05:11:54 | 07:15:01 | 09:14:33 | 10:54:53.05 | +04:22:12 (40.0%) | 9:37 | 6.2 (59.6%) |
| 181 | ŁABĘCKA Agata | 4371 | KLUB BIEGACZA RTV EURO AGD | Senior II K - 30 | 11 | 01:20:39 | 03:48:39 | 05:15:35 | 07:24:22 | 09:20:16 | 10:55:28.90 | +04:22:48 (40.1%) | 9:38 | 6.2 (59.6%) |

| Place | Participant | Number | Club | Category | MCat | A1 | D1 | B1 | B2 | A15 | Net time | Gap | Pace min/km | Pace km/h |
|-------|------------------------|--------|--------------------------------------|------------------|------|----------|----------|----------|----------|----------|--------------------|-------------------|-------------|-------------|
| | | | | | | 10km | 24km | 34km | 46km | 57km | 68km | | | |
| 182 | KOŁCZ Sara | 4360 | | Senior I K - 20 | 5 | 01:24:33 | 03:49:37 | 05:20:28 | 07:26:53 | 09:21:14 | 10:56:55.70 | +04:24:15 (40.2%) | 9:39 | 6.2 (59.6%) |
| 183 | KAWECKI Marek | 4299 | DRUŻYNA KONOPIELKI | Masters M - 40 | 52 | 01:11:45 | 03:28:34 | 04:53:57 | 07:03:26 | 09:02:20 | 10:57:30.00 | +04:24:49 (40.3%) | 9:40 | 6.2 (59.6%) |
| 184 | GARCZYŃSKI Darek | 4140 | | Masters M - 40 | 53 | 01:22:38 | 03:42:30 | 05:11:29 | 07:14:53 | 09:19:28 | 10:57:37.75 | +04:24:57 (40.3%) | 9:40 | 6.2 (59.6%) |
| 185 | WÓJCIK Michał | 4345 | GRUPA SUDECKA GOPR | Senior II M - 30 | 80 | 01:16:05 | 03:26:36 | 04:51:48 | 07:01:59 | 09:07:01 | 10:58:08.75 | +04:25:28 (40.3%) | 9:40 | 6.2 (59.6%) |
| 186 | MAJ-DZIUBAŃSKA Izabela | 4053 | | Senior II K - 30 | 12 | 01:27:26 | 03:47:37 | 05:13:20 | 07:16:52 | 09:09:08 | 10:58:12.75 | +04:25:32 (40.3%) | 9:40 | 6.2 (59.6%) |
| 187 | FALBA Karol | 4396 | | Senior II M - 30 | 81 | 01:19:33 | 03:38:38 | 05:07:55 | 07:17:55 | 09:18:29 | 10:58:25.10 | +04:25:44 (40.4%) | 9:40 | 6.2 (59.6%) |
| 188 | SOWIŃSKI Mariusz | 4406 | KB SOBÓTKA | Masters M - 40 | 54 | 01:29:51 | 03:52:20 | 05:21:26 | 07:30:15 | 09:19:30 | 10:58:31.00 | +04:25:50 (40.4%) | 9:41 | 6.2 (59.6%) |
| 189 | KOZIOŁ Ewa | 4457 | KB-SOBÓTKA | Masters K - 40 | 13 | 01:29:54 | 03:52:03 | 05:21:26 | 07:30:20 | 09:19:04 | 10:58:35.10 | +04:25:54 (40.4%) | 9:41 | 6.2 (59.6%) |
| 190 | KAMIŃSKI Marek | 4037 | | Masters M - 40 | 55 | 01:27:49 | 03:44:14 | 05:14:29 | 07:23:17 | 09:18:10 | 10:59:22.50 | +04:26:41 (40.4%) | 9:41 | 6.2 (59.6%) |
| 191 | GUZEK Kamil | 4069 | WARRIORS ŁÓDŹ | Senior I M - 20 | 12 | 01:26:27 | 03:53:05 | 05:23:43 | 07:27:59 | 09:21:27 | 11:00:13.55 | +04:27:33 (40.5%) | 9:42 | 6.2 (59.6%) |
| 192 | OSTROUCH Tymon | 4135 | PARKRUN GORZÓW | Senior II M - 30 | 82 | 01:18:05 | 03:37:47 | 04:59:45 | 07:08:38 | 09:21:35 | 11:00:22.95 | +04:27:42 (40.5%) | 9:42 | 6.2 (59.6%) |
| 193 | NIKOLIN Andrzej | 4267 | | Senior II M - 30 | 83 | 01:16:44 | 03:43:37 | 05:09:42 | 07:12:31 | 09:11:09 | 11:00:54.90 | +04:28:14 (40.6%) | 9:43 | 6.2 (59.6%) |
| 194 | KOŹBIELSKI Szymon | 4324 | | Senior II M - 30 | 84 | 01:20:19 | 03:33:17 | 05:01:43 | 07:11:47 | 09:21:38 | 11:02:26.70 | +04:29:46 (40.7%) | 9:44 | 6.2 (59.6%) |
| 195 | STELMACH Krzysztof | 4375 | | Masters M - 40 | 56 | 01:27:05 | 03:49:48 | 05:24:01 | 07:32:23 | 09:18:59 | 11:03:18.50 | +04:30:37 (40.8%) | 9:45 | 6.2 (59.6%) |
| 196 | KOWACZEK Marek | 4120 | OKIEM WILKA | Masters M - 40 | 57 | 01:25:51 | 03:54:55 | 05:25:05 | 07:36:21 | 09:22:51 | 11:05:39.45 | +04:32:58 (41.0%) | 9:47 | 6.1 (58.7%) |
| 197 | PORAJ Paweł | 4062 | | Senior II M - 30 | 85 | 01:24:03 | 03:52:36 | 05:19:16 | 07:25:15 | 09:32:12 | 11:05:47.80 | +04:33:07 (41.0%) | 9:47 | 6.1 (58.7%) |
| 198 | NIESPODZIANA Anna | 4460 | | Senior II K - 30 | 13 | 01:24:19 | 03:47:43 | 05:27:38 | 07:37:56 | 09:26:28 | 11:06:32.35 | +04:33:51 (41.1%) | 9:48 | 6.1 (58.7%) |
| 199 | BIAŁEK Mirosław | 4130 | WRONIECKI KLUB BIEGACZA / PANDA TEAM | Senior II M - 30 | 86 | 01:22:47 | 03:42:39 | 05:10:00 | 07:20:15 | 09:20:35 | 11:06:45.50 | +04:34:04 (41.1%) | 9:48 | 6.1 (58.7%) |
| 200 | KWAŚNIEWSKI Krzysztof | 4257 | TRENER FOREST | Weteran I M - 50 | 11 | 01:21:25 | 03:48:40 | 05:15:36 | 07:27:18 | 09:29:16 | 11:08:14.75 | +04:35:34 (41.2%) | 9:49 | 6.1 (58.7%) |
| 201 | FRASZCZYŃSKI Norbert | 4048 | KS WINO | Masters M - 40 | 58 | 01:22:39 | 04:04:46 | 05:26:38 | 07:25:40 | 09:27:39 | 11:08:54.50 | +04:36:13 (41.3%) | 9:50 | 6.1 (58.7%) |
| 202 | SZELC Monika | 4128 | | Masters K - 40 | 14 | 01:25:00 | 03:48:37 | 05:21:47 | 07:35:51 | 09:29:11 | 11:09:17.40 | +04:36:36 (41.3%) | 9:50 | 6.1 (58.7%) |
| 203 | KULPA Dawid | 4455 | MAD RUNNERS | Senior II M - 30 | 87 | 01:21:18 | 03:37:04 | 05:06:56 | 07:28:05 | 09:32:55 | 11:10:00.05 | +04:37:19 (41.4%) | 9:51 | 6.1 (58.7%) |
| 204 | PIETRZAK Sławomir | 4403 | | Masters M - 40 | 59 | 01:22:50 | 03:45:10 | 05:18:32 | 07:31:53 | 09:23:35 | 11:11:08.70 | +04:38:28 (41.5%) | 9:52 | 6.1 (58.7%) |
| 205 | OLESIŃSKA Martyna | 4244 | W POGONI ZA DUCHEM | Senior II K - 30 | 14 | 01:32:38 | 03:59:27 | 05:29:28 | 07:37:16 | 09:33:19 | 11:11:28.35 | +04:38:47 (41.5%) | 9:52 | 6.1 (58.7%) |
| 206 | RUSZEL Urszula | 4109 | HARPAGAN ZG | Masters K - 40 | 15 | 01:20:47 | 03:50:04 | 05:23:29 | 07:32:44 | 09:37:23 | 11:13:14.75 | +04:40:34 (41.7%) | 9:54 | 6.1 (58.7%) |
| 207 | DRZAŚCZ Marek | 4287 | CROSSELITE | Masters M - 40 | 60 | 01:19:42 | 03:42:58 | 05:17:40 | 07:33:49 | 09:34:17 | 11:13:54.65 | +04:41:14 (41.7%) | 9:54 | 6.1 (58.7%) |
| 208 | STROCZYŃSKI Paweł | 4354 | TYSKIE SINICE | Masters M - 40 | 61 | 01:21:40 | 03:48:40 | 05:18:14 | 07:29:48 | 09:29:15 | 11:14:25.60 | +04:41:45 (41.8%) | 9:55 | 6 (57.7%) |

| Place | Participant | Number | Club | Category | MCat | A1 | D1 | B1 | B2 | A15 | Net time | Gap | Pace min/km | Pace km/h |
|-------|--------------------------------|--------|----------------------------------|-------------------|------|----------|----------|----------|----------|----------|--------------------|-------------------|-------------|-------------|
| | | | | | | 10km | 24km | 34km | 46km | 57km | 68km | | | |
| 209 | IRA Brett | 4373 | DTB | Masters M - 40 | 62 | 01:23:40 | 03:35:38 | 05:01:18 | 07:13:03 | 09:18:05 | 11:14:58.80 | +04:42:18 (41.8%) | 9:55 | 6 (57.7%) |
| 210 | JUSZCZYK Łukasz | 4214 | NIEPOŁOMICE BIEGAJĄ | Senior II M - 30 | 88 | 01:21:54 | 03:40:27 | 05:12:27 | 07:24:12 | 09:25:34 | 11:15:38.55 | +04:42:58 (41.9%) | 9:56 | 6 (57.7%) |
| 211 | JAGUSTYN Maciej | 4148 | 13ŚBOT | Senior I M - 20 | 13 | 01:15:59 | 03:47:11 | 05:24:33 | 07:50:58 | 09:50:00 | 11:17:45.70 | +04:45:05 (42.1%) | 9:58 | 6 (57.7%) |
| 212 | KRUPIANIK Tomasz | 4361 | | Senior II M - 30 | 89 | 01:24:01 | 03:43:13 | 05:17:10 | 07:29:12 | 09:21:15 | 11:20:08.35 | +04:47:27 (42.3%) | 10:00 | 6 (57.7%) |
| 213 | SAMOLAK Maciek | 4054 | | Masters M - 40 | 63 | 01:29:26 | 04:07:44 | 05:35:22 | 07:55:12 | 09:48:08 | 11:20:18.55 | +04:47:38 (42.3%) | 10:00 | 6 (57.7%) |
| 214 | KONIECZNY Justyna | 4060 | NRP PYSKOWICE | Senior II K - 30 | 15 | 01:24:42 | 03:48:37 | 05:22:46 | 07:28:30 | 09:31:48 | 11:20:49.40 | +04:48:08 (42.3%) | 10:00 | 6 (57.7%) |
| 215 | KRUCZEK Mirosław | 4106 | LEWIN BIEGA | Weteran I M - 50 | 12 | 01:23:27 | 03:45:02 | 05:15:43 | 07:32:02 | 09:31:32 | 11:22:08.40 | +04:49:27 (42.4%) | 10:01 | 6 (57.7%) |
| 216 | JACHYMSKI Jacek | 4325 | AKADEMICKI KLUB GÓRSKI W ŁODZI | Weteran II M - 60 | 3 | 01:27:53 | 03:49:47 | 05:25:03 | 07:39:30 | 09:40:15 | 11:22:32.35 | +04:49:51 (42.5%) | 10:02 | 6 (57.7%) |
| 217 | KRÓLAK Krystian | 4156 | #TEAMKRÓLAK | Senior I M - 20 | 14 | 01:26:01 | 03:51:14 | 05:21:56 | 07:33:02 | 09:36:48 | 11:22:41.40 | +04:50:00 (42.5%) | 10:02 | 6 (57.7%) |
| 218 | TUSZNIO Grzegorz | 4376 | | Senior II M - 30 | 90 | 01:24:00 | 03:43:06 | 05:15:15 | 07:41:06 | 09:48:23 | 11:23:43.30 | +04:51:02 (42.6%) | 10:03 | 6 (57.7%) |
| 219 | ŁYŻWA Piotr | 4393 | SUPADUPAFLY | Masters M - 40 | 64 | 01:22:49 | 03:51:22 | 05:20:29 | 07:44:44 | 09:46:57 | 11:23:52.95 | +04:51:12 (42.6%) | 10:03 | 6 (57.7%) |
| 220 | CHROMINSKI Grzegorz | 4408 | BIEGACZE KOSMOSU | Weteran I M - 50 | 13 | 01:25:39 | 03:49:20 | 05:20:07 | 07:35:16 | 09:42:10 | 11:24:05.75 | +04:51:25 (42.6%) | 10:03 | 6 (57.7%) |
| 221 | BUDNY Aleksandra | 4014 | KRAŚNIK BIEGA / NO PAIN NO GAIN | Masters K - 40 | 16 | 01:35:09 | 04:11:02 | 05:43:26 | 07:54:50 | 09:51:02 | 11:24:17.70 | +04:51:37 (42.6%) | 10:03 | 6 (57.7%) |
| 222 | WIŚNIEWSKA Agnieszka | 4462 | | Masters K - 40 | 17 | 01:30:40 | 04:10:49 | 05:43:26 | 07:54:42 | 09:51:01 | 11:24:19.00 | +04:51:38 (42.6%) | 10:03 | 6 (57.7%) |
| 223 | RAK Wojciech | 4093 | SII RUNNING TEAM | Senior II M - 30 | 91 | 01:16:27 | 03:30:28 | 05:03:04 | 07:30:26 | 09:39:52 | 11:24:54.55 | +04:52:14 (42.7%) | 10:04 | 6 (57.7%) |
| 224 | KIERZEK Ewa | 4409 | #BIEGACZEKOSMOSU | Masters K - 40 | 18 | 01:32:28 | 04:01:51 | 05:36:00 | 07:54:43 | 09:48:11 | 11:25:09.85 | +04:52:29 (42.7%) | 10:04 | 6 (57.7%) |
| 225 | CHĘCIŃSKI Łukasz | 4035 | | Masters M - 40 | 65 | 01:22:05 | 03:39:51 | 05:10:31 | 07:23:24 | 09:20:57 | 11:26:36.35 | +04:53:55 (42.8%) | 10:05 | 5.9 (56.7%) |
| 226 | STEFANOWICZ Adam | 4258 | WM TRISELF KRAKÓW | Masters M - 40 | 66 | 01:13:13 | 03:26:25 | 04:55:19 | 07:07:17 | 09:23:19 | 11:26:55.30 | +04:54:14 (42.8%) | 10:06 | 5.9 (56.7%) |
| 227 | BORUTA-KOŁODZIEJ Emilia | 4151 | | Senior II K - 30 | 16 | 01:34:30 | 04:13:40 | 05:53:34 | 08:03:06 | 09:50:17 | 11:28:09.20 | +04:55:28 (42.9%) | 10:07 | 5.9 (56.7%) |
| 228 | ŚWIEŻAWSKA-AMBROZIAK Katarzyna | 4414 | ULTRA KUTNO | Masters K - 40 | 19 | 01:30:40 | 03:56:41 | 05:25:36 | 07:48:28 | 09:45:28 | 11:29:48.05 | +04:57:07 (43.1%) | 10:08 | 5.9 (56.7%) |
| 229 | STRONIEWSKI Jacek | 4467 | NRP | Masters M - 40 | 67 | 01:20:01 | 03:47:10 | 05:22:37 | 07:37:06 | 09:40:28 | 11:32:17.15 | +04:59:36 (43.3%) | 10:10 | 5.9 (56.7%) |
| 230 | KOMISARCYK Krzysztof | 4291 | | Senior I M - 20 | 15 | 01:21:15 | 03:40:05 | 05:11:40 | 07:32:34 | 09:45:16 | 11:33:24.15 | +05:00:43 (43.4%) | 10:11 | 5.9 (56.7%) |
| 231 | AMBROZIAK Rafał | 4415 | ULTRA KUTNO | Masters M - 40 | 68 | 01:30:43 | 03:56:49 | 05:25:05 | 07:42:15 | 09:45:29 | 11:33:28.05 | +05:00:47 (43.4%) | 10:11 | 5.9 (56.7%) |
| 232 | POŹNIAK Marcin | 4039 | NIGHT RUNNERS PYSKOWICE | Senior II M - 30 | 92 | 01:20:22 | 03:44:54 | 05:17:36 | 07:30:06 | 09:45:41 | 11:33:39.15 | +05:00:58 (43.4%) | 10:12 | 5.9 (56.7%) |
| 233 | MONIAKOWSKI Adam | 4309 | BUTTONS TEAM | Masters M - 40 | 69 | 01:26:15 | 03:49:27 | 05:23:57 | 07:36:45 | 09:41:06 | 11:33:45.20 | +05:01:04 (43.4%) | 10:12 | 5.9 (56.7%) |
| 234 | SOLDON Katarzyna | 4249 | | Senior II K - 30 | 17 | 01:26:16 | 03:49:57 | 05:24:59 | 07:45:18 | 09:43:36 | 11:33:45.75 | +05:01:05 (43.4%) | 10:12 | 5.9 (56.7%) |
| 235 | KRYSIAK Tomasz | 4017 | AMATORSKIE BIEGANIE W SZCZECINIE | Senior II M - 30 | 93 | 01:17:26 | 03:43:35 | 05:14:46 | 07:40:20 | 09:52:23 | 11:34:16.95 | +05:01:36 (43.4%) | 10:12 | 5.9 (56.7%) |

| Place | Participant | Number | Club | Category | MCat | A1 | D1 | B1 | B2 | A15 | Net time | Gap | Pace min/km | Pace km/h |
|-------|-------------------------------|-------------|----------------------------|------------------|------|----------|----------|----------|----------|----------|--------------------|-------------------|-------------|-------------|
| | | | | | | 10km | 24km | 34km | 46km | 57km | 68km | | | |
| 236 | MAŁOLEPSZY Damian | 4449 | SPARTA ULTRA TEAM | Senior II M - 30 | 94 | 01:12:05 | 03:25:59 | 05:02:52 | 07:41:19 | 09:48:02 | 11:35:37.25 | +05:02:56 (43.6%) | 10:13 | 5.9 (56.7%) |
| 237 | ZIÓŁEK Mirosław | 4353 | STAY INSANE/BANDA GRUDNIA | Weteran I M - 50 | 14 | 01:22:39 | 03:50:18 | 05:28:03 | 07:44:32 | 09:48:00 | 11:36:21.50 | +05:03:40 (43.6%) | 10:14 | 5.9 (56.7%) |
| 238 | SURDAKCI Jerzy | 4210 | DRUŻYNA SZPIKU | Masters M - 40 | 70 | 01:26:19 | 04:01:06 | 05:34:55 | 07:53:01 | 09:51:37 | 11:36:55.75 | +05:04:15 (43.7%) | 10:14 | 5.9 (56.7%) |
| 239 | SKRZYPIŃSKI Arkadiusz | 4100 | PSI PATROL | Masters M - 40 | 71 | 01:26:20 | 03:56:56 | 05:28:48 | 07:47:49 | 09:48:42 | 11:37:54.70 | +05:05:14 (43.7%) | 10:15 | 5.8 (55.8%) |
| 240 | SIŃCZUK Patrycja | 4262 | MIRAZ RACE TEAM | Masters K - 40 | 20 | 01:31:13 | 04:08:55 | 05:43:57 | 07:59:00 | 10:00:33 | 11:38:27.10 | +05:05:46 (43.8%) | 10:16 | 5.8 (55.8%) |
| 241 | AMBROZIAK Mateusz | 4235 | | Senior II M - 30 | 95 | 01:21:49 | 03:39:56 | 05:07:56 | 07:38:13 | 09:51:32 | 11:39:52.85 | +05:07:12 (43.9%) | 10:17 | 5.8 (55.8%) |
| 242 | MAJOCH Anna | 4204 | | Masters K - 40 | 21 | 01:28:37 | 03:57:03 | 05:31:40 | 07:56:13 | 09:58:29 | 11:39:54.90 | +05:07:14 (43.9%) | 10:17 | 5.8 (55.8%) |
| 243 | GÓRECKI Marcin | 4420 | W I R | Masters M - 40 | 72 | 01:25:18 | 03:59:51 | 05:34:58 | 08:01:22 | 10:04:58 | 11:40:01.70 | +05:07:21 (43.9%) | 10:17 | 5.8 (55.8%) |
| 244 | ŁOAZA Krzysztof | 4031 | NIGHT RUNNERS PYSKOWICE | Masters M - 40 | 73 | 01:21:31 | 03:44:31 | 05:16:52 | 07:38:22 | 09:46:19 | 11:40:47.00 | +05:08:06 (44.0%) | 10:18 | 5.8 (55.8%) |
| 245 | MIECHOWICZ Małgorzata | 4435 | LEŻACZE ŁĄKOWI | Masters K - 40 | 22 | 01:26:38 | 03:55:40 | 05:30:36 | 07:53:11 | 09:58:21 | 11:40:56.20 | +05:08:15 (44.0%) | 10:18 | 5.8 (55.8%) |
| 246 | RYCHEL-MANTUR Dominika | 4115 | | Senior II K - 30 | 18 | 01:25:49 | 03:53:07 | 05:24:28 | 07:38:57 | 09:45:58 | 11:41:14.10 | +05:08:33 (44.0%) | 10:18 | 5.8 (55.8%) |
| 247 | FORNAL Konrad | 4061 | STRZEGOMSKA DWUNASTKA | Senior I M - 20 | 16 | 01:20:19 | 03:46:28 | 05:30:16 | 07:42:51 | 09:45:11 | 11:42:13.75 | +05:09:33 (44.1%) | 10:19 | 5.8 (55.8%) |
| 248 | BAUGARTNER Marcin | 4289 | KLUBSILESIA.PL | Masters M - 40 | 74 | 01:29:27 | 03:56:14 | 05:27:07 | 07:43:27 | 09:51:34 | 11:44:37.50 | +05:11:56 (44.3%) | 10:21 | 5.8 (55.8%) |
| 249 | OLIŃSKI Paweł | 4051 | | Senior II M - 30 | 96 | 01:23:21 | 03:46:39 | 05:18:49 | 07:49:21 | 09:53:53 | 11:45:31.05 | +05:12:50 (44.3%) | 10:22 | 5.8 (55.8%) |
| 250 | DYSZKIEWICZ Tomasz | 4197 | ULTRA KUTNO | Senior II M - 30 | 97 | 01:30:59 | 03:57:43 | 05:26:57 | 07:53:03 | 09:55:05 | 11:45:38.85 | +05:12:58 (44.4%) | 10:22 | 5.8 (55.8%) |
| 251 | GRYZ Jacek | 4152 | | Masters M - 40 | 75 | 01:30:46 | 04:08:08 | 05:42:29 | 08:00:57 | 09:57:42 | 11:46:24.80 | +05:13:44 (44.4%) | 10:23 | 5.8 (55.8%) |
| 252 | SZCZUREK Mariusz | 4337 | PZU SPORT TEAM | Masters M - 40 | 76 | 01:26:44 | 03:59:17 | 05:34:07 | 07:51:57 | 09:52:24 | 11:46:29.25 | +05:13:48 (44.4%) | 10:23 | 5.8 (55.8%) |
| 253 | MICHALSKA Joanna | 4358 | VELUX | Masters K - 40 | 23 | 01:31:24 | 04:15:18 | 05:52:14 | 08:10:00 | 10:02:26 | 11:46:39.65 | +05:13:59 (44.4%) | 10:23 | 5.8 (55.8%) |
| 254 | GAJEWSKI Sebastian | 4410 | STARGARD JA SIĘ NIE ŚCIGAM | Senior II M - 30 | 98 | 01:26:42 | 03:57:10 | 05:33:34 | 08:06:26 | 10:01:57 | 11:48:02.00 | +05:15:21 (44.5%) | 10:24 | 5.8 (55.8%) |
| 255 | KIERZEK Artur | 4407 | BIEGACZE KOSMOSU | Masters M - 40 | 77 | 01:29:00 | 04:01:52 | 05:39:50 | 07:54:50 | 09:49:43 | 11:48:02.75 | +05:15:22 (44.5%) | 10:24 | 5.8 (55.8%) |
| 256 | UHLIR Marek | 4107 | RAL 3015 | Masters M - 40 | 78 | 01:27:17 | 03:56:37 | 05:26:05 | 07:40:33 | 09:44:33 | 11:48:51.30 | +05:16:10 (44.6%) | 10:25 | 5.8 (55.8%) |
| 257 | SEDLATA Michaela | 4108 | RAL 3015 | Senior II K - 30 | 19 | 01:27:18 | 03:56:38 | 05:26:05 | 07:40:33 | 09:44:38 | 11:48:51.55 | +05:16:11 (44.6%) | 10:25 | 5.8 (55.8%) |
| 258 | PIASKOWSKI Artur | 4278 | | Masters M - 40 | 79 | 01:29:08 | 04:06:49 | 05:39:19 | 07:56:21 | 09:59:59 | 11:51:48.95 | +05:19:08 (44.8%) | 10:28 | 5.7 (54.8%) |
| 259 | DZIĘGIELEWSKA Dominika | 4078 | | Senior II K - 30 | 20 | 01:29:09 | 04:06:40 | 05:39:19 | 07:56:23 | 09:59:39 | 11:51:50.65 | +05:19:10 (44.8%) | 10:28 | 5.7 (54.8%) |
| 260 | PTASZYŃSKI Krzysztof | 4236 | | Senior II M - 30 | 99 | 01:28:36 | 03:52:15 | 05:24:52 | 07:45:24 | 09:55:10 | 11:53:06.40 | +05:20:25 (44.9%) | 10:29 | 5.7 (54.8%) |
| 261 | WADER Wojciech | 4474 | WONDER TRAVEL | Senior II M - 30 | 100 | 01:22:58 | 04:02:00 | 05:36:20 | 07:58:26 | 09:59:16 | 11:53:23.70 | +05:20:43 (45.0%) | 10:29 | 5.7 (54.8%) |
| 262 | DWORNIK Małgorzata | 4166 | WARCZĄCE SZPRYCHY | Senior II K - 30 | 21 | 01:27:41 | 03:58:09 | 05:34:42 | 07:56:49 | 10:00:50 | 11:53:41.30 | +05:21:00 (45.0%) | 10:29 | 5.7 (54.8%) |

| Place | Participant | Number | Club | Category | MCat | A1 | D1 | B1 | B2 | A15 | Net time | Gap | Pace min/km | Pace km/h |
|-------|------------------------------|-------------|------------------------------------|------------------|------|----------|----------|----------|----------|----------|--------------------|-------------------|-------------|-------------|
| | | | | | | 10km | 24km | 34km | 46km | 57km | 68km | | | |
| 263 | MROCZEK Andrzej | 4332 | | Masters M - 40 | 80 | 01:24:45 | 03:49:49 | 05:21:21 | 07:45:34 | 09:56:26 | 11:53:55.40 | +05:21:14 (45.0%) | 10:29 | 5.7 (54.8%) |
| 264 | ŚWIĘTONIOWSKA Justyna | 4126 | STGRZ | Senior II K - 30 | 22 | 01:29:20 | 04:07:08 | 05:41:16 | 08:01:33 | 10:07:11 | 11:54:15.40 | +05:21:34 (45.0%) | 10:30 | 5.7 (54.8%) |
| 265 | MACKIEWICZ Dorota | 4444 | | Masters K - 40 | 24 | 01:35:13 | 04:17:24 | 06:00:05 | 08:15:38 | 10:10:15 | 11:55:17.30 | +05:22:36 (45.1%) | 10:31 | 5.7 (54.8%) |
| 266 | KOSZAREK Andrzej | 4348 | | Masters M - 40 | 81 | 01:31:28 | 03:59:18 | 05:34:02 | 07:54:36 | 10:05:03 | 11:55:34.40 | +05:22:53 (45.1%) | 10:31 | 5.7 (54.8%) |
| 267 | WIERZCHOŃ Michał | 4163 | MR. DOC | Masters M - 40 | 82 | 01:27:51 | 04:03:12 | 05:40:04 | 08:00:56 | 10:11:56 | 11:55:42.50 | +05:23:01 (45.1%) | 10:31 | 5.7 (54.8%) |
| 268 | KURZACZ Orfeusz | 4310 | 4RUN TEAM PILA | Masters M - 40 | 83 | 01:22:45 | 03:43:56 | 05:18:37 | 07:43:18 | 09:57:33 | 11:56:13.30 | +05:23:32 (45.2%) | 10:31 | 5.7 (54.8%) |
| 269 | JANKOWSKI Rafał | 4428 | KOŁO BIEGA | Senior II M - 30 | 101 | 01:26:37 | 03:59:52 | 05:30:43 | 08:04:06 | 10:13:49 | 11:56:24.15 | +05:23:43 (45.2%) | 10:32 | 5.7 (54.8%) |
| 270 | PARFIENIUK Michał | 4264 | BIAŁYSTOK BIEGA TEAM | Senior I M - 20 | 17 | 01:28:43 | 04:04:19 | 05:32:06 | 08:01:38 | 10:09:57 | 11:57:51.75 | +05:25:11 (45.3%) | 10:33 | 5.7 (54.8%) |
| 271 | KUCZYŃSKI Grzegorz | 4243 | BIAŁYSTOK BIEGA TEAM | Masters M - 40 | 84 | 01:28:46 | 04:04:19 | 05:32:10 | 08:01:40 | 10:15:39 | 11:57:53.70 | +05:25:13 (45.3%) | 10:33 | 5.7 (54.8%) |
| 272 | MŁODZIKOWSKI Rafał | 4238 | ŚLYNNI KENIJCZYCY | Masters M - 40 | 85 | 01:31:16 | 04:15:37 | 05:54:55 | 08:13:56 | 10:14:44 | 11:59:19.40 | +05:26:38 (45.4%) | 10:34 | 5.7 (54.8%) |
| 273 | KIEŁBOWICZ Aneta | 4050 | ŚLYNNI KENIJCZYCY | Senior II K - 30 | 23 | 01:31:25 | 04:15:35 | 05:55:10 | 08:13:59 | 10:14:43 | 11:59:21.50 | +05:26:40 (45.4%) | 10:34 | 5.7 (54.8%) |
| 274 | ROSZYK Magdalena | 4096 | TKKF MPK POZNAŃ | Masters K - 40 | 25 | 01:40:42 | 04:32:31 | 06:15:09 | 08:36:15 | 10:28:11 | 11:59:21.70 | +05:26:41 (45.4%) | 10:34 | 5.7 (54.8%) |
| 275 | RADWANSKI Tomasz | 4443 | ORION | Masters M - 40 | 86 | 01:25:19 | 03:59:51 | 05:35:10 | 08:00:32 | 10:04:53 | 12:00:18.60 | +05:27:38 (45.5%) | 10:35 | 5.7 (54.8%) |
| 276 | WOJDYLAK Katarzyna | 4231 | ULTRA WAY TEAM | Masters K - 40 | 26 | 01:20:53 | 03:43:18 | 05:17:33 | 07:35:56 | 10:09:06 | 12:04:52.85 | +05:32:12 (45.8%) | 10:39 | 5.6 (53.8%) |
| 277 | REWERS Dariusz | 4150 | ULTRA WAY TEAM | Masters M - 40 | 87 | 01:20:53 | 03:43:17 | 05:17:33 | 07:35:53 | 10:09:07 | 12:04:53.10 | +05:32:12 (45.8%) | 10:39 | 5.6 (53.8%) |
| 278 | RUSZCZEWSKI Andrzej | 4010 | VEGE RUNNERS | Senior II M - 30 | 102 | 01:24:41 | 03:40:18 | 05:10:43 | 07:42:45 | 10:06:28 | 12:05:19.05 | +05:32:38 (45.9%) | 10:39 | 5.6 (53.8%) |
| 279 | NOWAK Iwona | 4056 | SIEMIANOWICE I PRZYJACIELE BIEGAJĄ | Masters K - 40 | 27 | 01:32:30 | 04:06:24 | 05:41:11 | 08:12:43 | 10:27:24 | 12:08:19.35 | +05:35:38 (46.1%) | 10:42 | 5.6 (53.8%) |
| 280 | RADOMSKI Grzegorz | 4286 | MOKRE RUN | Masters M - 40 | 88 | 01:16:20 | 03:38:19 | 05:11:00 | 07:46:20 | 10:04:01 | 12:09:28.75 | +05:36:48 (46.2%) | 10:43 | 5.6 (53.8%) |
| 281 | PETRUS Karolina | 4240 | | Senior II K - 30 | 24 | 01:31:58 | 04:08:00 | 05:49:13 | 08:09:29 | 10:16:09 | 12:09:33.10 | +05:36:52 (46.2%) | 10:43 | 5.6 (53.8%) |
| 282 | FILIPIAK Sebastian | 4067 | EKIPA LIPA | Masters M - 40 | 89 | 01:25:41 | 03:49:30 | 05:24:16 | 07:50:38 | 09:53:49 | 12:09:44.80 | +05:37:04 (46.2%) | 10:43 | 5.6 (53.8%) |
| 283 | SMOLAK Agata | 4331 | | Senior II K - 30 | 25 | 01:30:41 | 04:08:26 | 05:51:41 | 08:20:26 | 10:24:05 | 12:10:31.75 | +05:37:51 (46.2%) | 10:44 | 5.6 (53.8%) |
| 284 | GRABCZAK Jarosław | 4082 | | Senior II M - 30 | 103 | 01:25:28 | 03:56:18 | 05:32:06 | 08:02:05 | 10:30:58 | 12:11:20.00 | +05:38:39 (46.3%) | 10:45 | 5.6 (53.8%) |
| 285 | TOMASZEWSKA Ewa | 4097 | | Masters K - 40 | 28 | 01:25:38 | 03:56:53 | 05:34:10 | 08:06:10 | 10:31:03 | 12:12:01.85 | +05:39:21 (46.4%) | 10:45 | 5.6 (53.8%) |
| 286 | KOKOSZKA Marcin | 4059 | 1ON1 TEAM | Masters M - 40 | 90 | 01:29:23 | 04:14:20 | 05:54:37 | 08:13:30 | 10:22:27 | 12:12:05.30 | +05:39:24 (46.4%) | 10:45 | 5.6 (53.8%) |
| 287 | RUTKOWSKI Maciej | 4226 | ULTRA DIABŁY TEAM LUBRZA | Senior I M - 20 | 18 | 01:24:52 | 04:03:20 | 05:33:20 | 08:03:13 | 10:28:12 | 12:13:38.20 | +05:40:57 (46.5%) | 10:47 | 5.6 (53.8%) |
| 288 | JAKÓBCZYK Ewelina | 4218 | | Senior I K - 20 | 6 | 01:24:53 | 04:03:20 | 05:33:20 | 08:03:14 | 10:28:14 | 12:13:38.75 | +05:40:58 (46.5%) | 10:47 | 5.6 (53.8%) |
| 289 | LUTYŃSKI Zbigniew | 4203 | | Masters M - 40 | 91 | 01:28:05 | 03:59:17 | 05:44:04 | 08:13:57 | 10:25:39 | 12:14:03.15 | +05:41:22 (46.5%) | 10:47 | 5.6 (53.8%) |

| Place | Participant | Number | Club | Category | MCat | A1 | D1 | B1 | B2 | A15 | Net time | Gap | Pace min/km | Pace km/h |
|-------|-----------------------|--------|------------------------------------------------------------------------|------------------|------|----------|----------|----------|----------|----------|--------------------|-------------------|-------------|-------------|
| | | | | | | 10km | 24km | 34km | 46km | 57km | 68km | | | |
| 290 | JASAK Michał | 4404 | ROYAL RUNNERS TEAM | Senior II M - 30 | 104 | 01:27:18 | 04:25:24 | 06:03:12 | 08:27:51 | 10:31:49 | 12:15:27.70 | +05:42:47 (46.6%) | 10:48 | 5.5 (52.9%) |
| 291 | SZYPULSKI Dariusz | 4187 | SKS CHMIELOWICE | Masters M - 40 | 92 | 01:22:25 | 03:57:38 | 05:37:38 | 08:01:20 | 10:34:57 | 12:15:29.40 | +05:42:48 (46.6%) | 10:48 | 5.5 (52.9%) |
| 292 | ROLIŃSKI Radosław | 4216 | | Masters M - 40 | 93 | 01:27:48 | 04:02:08 | 05:44:26 | 08:16:39 | 10:22:20 | 12:17:46.00 | +05:45:05 (46.8%) | 10:50 | 5.5 (52.9%) |
| 293 | HAAS Przemysław | 4022 | BACKPACKING OKAPI TEAM | Senior II M - 30 | 105 | 01:27:14 | 04:00:48 | 05:35:28 | 07:57:33 | 10:04:04 | 12:19:18.10 | +05:46:37 (46.9%) | 10:52 | 5.5 (52.9%) |
| 294 | KWAŚNIOK Rafał | 4040 | NIGHT RUNNERS PYSKOWICE | Senior II M - 30 | 106 | 01:32:53 | 04:18:54 | 05:41:52 | 08:08:31 | 10:39:24 | 12:19:28.85 | +05:46:48 (46.9%) | 10:52 | 5.5 (52.9%) |
| 295 | NOWOSŁAWSKI Krzysztof | 4293 | IRRACJONALNIE MASZERUJĄCY | Masters M - 40 | 94 | 01:26:42 | 04:04:04 | 05:46:50 | 08:16:43 | 10:22:25 | 12:20:10.60 | +05:47:30 (46.9%) | 10:53 | 5.5 (52.9%) |
| 296 | KOTOMSKA Renata | 4418 | | Masters K - 40 | 29 | 01:31:09 | 04:10:50 | 05:52:35 | 08:17:04 | 10:24:59 | 12:20:37.60 | +05:47:57 (47.0%) | 10:53 | 5.5 (52.9%) |
| 297 | WÓJCIAK Ewelina | 4055 | WARRIORS ŁÓDŹ | Senior II K - 30 | 26 | 01:32:23 | 04:10:41 | 05:51:05 | 08:24:12 | 10:31:11 | 12:20:50.50 | +05:48:09 (47.0%) | 10:53 | 5.5 (52.9%) |
| 298 | KONIECZNY Jacek | 4075 | NIGHT RUNNERS PYSKOWICE | Senior II M - 30 | 107 | 01:31:24 | 04:07:34 | 05:48:04 | 08:15:25 | 10:39:12 | 12:21:13.95 | +05:48:33 (47.0%) | 10:54 | 5.5 (52.9%) |
| 299 | MILEWSKI Andrzej | 4381 | GRUPA CZWORGO (4GO)/#BIEGANIENIEOPIERDALANIE/#TEAMKALDUN/SRO-BIKE-TEAM | Senior II M - 30 | 108 | 01:26:29 | 04:00:33 | 05:40:12 | 08:17:57 | 10:32:23 | 12:21:29.50 | +05:48:48 (47.0%) | 10:54 | 5.5 (52.9%) |
| 300 | BOGUCKA Anna | 4382 | BIEGANIE NIE OPIERDALANIE | Masters K - 40 | 30 | 01:26:39 | 04:00:36 | 05:40:16 | 08:18:00 | 10:32:25 | 12:21:32.05 | +05:48:51 (47.0%) | 10:54 | 5.5 (52.9%) |
| 301 | ZAWADZKA Marzena | 4160 | RUNNING 5 | Weteran K - 50 | 2 | 01:36:01 | 04:24:04 | 06:08:57 | 08:36:15 | 10:39:39 | 12:21:37.85 | +05:48:57 (47.1%) | 10:54 | 5.5 (52.9%) |
| 302 | POPŁAWSKI Krzysiek | 4127 | PWPW S.A. | Masters M - 40 | 95 | 01:24:40 | 03:55:34 | 05:35:47 | 08:06:53 | 10:12:30 | 12:22:38.95 | +05:49:58 (47.1%) | 10:55 | 5.5 (52.9%) |
| 303 | WYSZOMIRSKI Adam | 4387 | | Senior II M - 30 | 109 | 01:35:10 | 04:21:02 | 05:59:48 | 08:26:36 | 10:35:23 | 12:23:55.35 | +05:51:14 (47.2%) | 10:56 | 5.5 (52.9%) |
| 304 | GRUNDKOWSKI Oskar | 4277 | | Senior I M - 20 | 19 | 01:16:20 | 04:00:41 | 05:41:05 | 08:07:31 | 10:15:25 | 12:27:31.35 | +05:54:50 (47.5%) | 10:59 | 5.5 (52.9%) |
| 305 | ŻEHALUK Paweł | 4094 | | Senior I M - 20 | 20 | 01:29:41 | 04:24:22 | 06:01:01 | 08:23:40 | 10:34:54 | 12:28:05.45 | +05:55:24 (47.5%) | 11:00 | 5.5 (52.9%) |
| 306 | SUŁEK Aldona | 4432 | ZOELLER TECH | Masters K - 40 | 31 | 01:29:01 | 04:16:57 | 06:00:14 | 08:31:10 | 10:40:05 | 12:28:39.65 | +05:55:59 (47.5%) | 11:00 | 5.4 (51.9%) |
| 307 | CICHOCKI Dawid | 4475 | NIGHT RUNNERS PYSKOWICE | Senior II M - 30 | 110 | 01:16:45 | 03:48:40 | 05:28:53 | 07:59:16 | 10:39:21 | 12:28:49.90 | +05:56:09 (47.6%) | 11:00 | 5.4 (51.9%) |
| 308 | GRYGORUK Cezary | 4158 | | Weteran I M - 50 | 15 | 01:24:09 | 04:05:41 | 05:45:31 | 08:17:26 | 10:32:30 | 12:31:02.00 | +05:58:21 (47.7%) | 11:02 | 5.4 (51.9%) |
| 309 | PYTEL Roman | 4185 | IZBICKO W BIEGU | Masters M - 40 | 96 | 01:22:25 | 03:57:43 | 05:37:22 | 08:02:04 | 10:35:19 | 12:33:01.75 | +06:00:21 (47.9%) | 11:04 | 5.4 (51.9%) |
| 310 | SWĘDZIOŁ Monika | 4245 | W POGONI ZA DACHEM | Senior II K - 30 | 27 | 01:33:03 | 04:13:35 | 05:53:33 | 08:19:25 | 10:33:24 | 12:35:15.05 | +06:02:34 (48.0%) | 11:06 | 5.4 (51.9%) |
| 311 | SZMANIA Jakub | 4149 | HKT AZYMUT | Masters M - 40 | 97 | 01:33:21 | 04:19:40 | 06:01:15 | 08:37:45 | 10:46:59 | 12:37:36.95 | +06:04:56 (48.2%) | 11:08 | 5.4 (51.9%) |
| 312 | URBANIK Zuza | 4183 | APETYT NA ŻYCIE | Masters K - 40 | 32 | 01:34:10 | 04:18:10 | 06:01:30 | 08:35:14 | 10:44:02 | 12:37:44.35 | +06:05:03 (48.2%) | 11:08 | 5.4 (51.9%) |
| 313 | URBANIK Radosław | 4463 | | Masters M - 40 | 98 | 01:34:07 | 04:18:07 | 06:01:14 | 08:35:10 | 10:43:51 | 12:37:45.50 | +06:05:04 (48.2%) | 11:08 | 5.4 (51.9%) |
| 314 | ZAKRZEWSKI Marek | 4459 | EKOBIEGI | Weteran I M - 50 | 16 | 01:23:15 | 03:51:48 | 05:44:23 | 08:17:11 | 10:41:32 | 12:37:59.10 | +06:05:18 (48.2%) | 11:08 | 5.4 (51.9%) |
| 315 | SUT Iwona | 4136 | | Masters K - 40 | 33 | 01:31:53 | 04:16:04 | 05:55:04 | 08:24:29 | 10:45:11 | 12:38:16.55 | +06:05:36 (48.2%) | 11:09 | 5.4 (51.9%) |
| 316 | PODLECKI Wojciech | 4012 | ROKIETNICA BIEGA | Senior II M - 30 | 111 | 01:19:33 | 04:00:10 | 05:34:27 | 08:04:10 | 10:41:07 | 12:41:27.75 | +06:08:47 (48.4%) | 11:11 | 5.4 (51.9%) |

| Place | Participant | Number | Club | Category | MCat | A1 | D1 | B1 | B2 | A15 | Net time | Gap | Pace min/km | Pace km/h |
|-------|----------------------|--------|----------------------------|------------------|------|----------|----------|----------|----------|----------|--------------------|-------------------|-------------|-------------|
| | | | | | | 10km | 24km | 34km | 46km | 57km | 68km | | | |
| 317 | ZATAJ Igor | 4116 | KB MANIAC /CHARTY CHARTOWO | Masters M - 40 | 99 | 01:30:59 | 04:13:10 | 05:54:16 | 08:36:33 | 10:45:07 | 12:42:51.95 | +06:10:11 (48.5%) | 11:13 | 5.3 (51.0%) |
| 318 | LEWANDOWSKI Wojciech | 4296 | FUNTRI | Senior II M - 30 | 112 | 01:31:03 | 04:06:21 | 05:42:40 | 08:21:25 | 10:47:24 | 12:43:40.10 | +06:10:59 (48.6%) | 11:13 | 5.3 (51.0%) |
| 319 | ODOLCZYK Joanna | 4481 | | Weteran K - 50 | 3 | 01:32:43 | 04:10:56 | 06:01:22 | 08:34:54 | 10:50:59 | 12:44:15.20 | +06:11:34 (48.6%) | 11:14 | 5.3 (51.0%) |
| 320 | KUŚ Tomasz | 4123 | MIRAZ RACE TEAM | Senior II M - 30 | 113 | 01:31:16 | 04:09:28 | 05:47:06 | 08:30:05 | 10:54:44 | 12:44:29.70 | +06:11:49 (48.6%) | 11:14 | 5.3 (51.0%) |
| 321 | GROMADZKA Justyna | 4357 | KOBIETY WATAHA | Senior II K - 30 | 28 | 01:35:18 | 04:18:10 | 06:03:13 | 08:25:59 | 10:43:10 | 12:45:52.70 | +06:13:12 (48.7%) | 11:15 | 5.3 (51.0%) |
| 322 | CZYRNIA Andrzej | 4087 | RAJSPOORT ACTIVE | Senior II M - 30 | 114 | 01:18:19 | 03:56:11 | 05:21:51 | 08:04:07 | 10:31:47 | 12:46:07.20 | +06:13:26 (48.7%) | 11:15 | 5.3 (51.0%) |
| 323 | BOROWIK Łukasz | 4084 | CAŁA OLEŚNICA BIEGA | Senior II M - 30 | 115 | 01:37:21 | 04:31:07 | 06:09:47 | 08:41:44 | 10:56:22 | 12:49:24.95 | +06:16:44 (49.0%) | 11:18 | 5.3 (51.0%) |
| 324 | KOLEJ Monika | 4223 | DZIKIE DZIKI GORZOW | Masters K - 40 | 34 | 01:34:14 | 04:18:39 | 06:04:02 | 08:40:27 | 10:53:09 | 12:49:46.55 | +06:17:06 (49.0%) | 11:19 | 5.3 (51.0%) |
| 325 | ŁUCZKÓW Andrzej | 4167 | FIRMA ŁUCZKÓW | Weteran I M - 50 | 17 | 01:28:11 | 04:14:58 | 06:01:41 | 08:37:53 | 10:51:43 | 12:50:33.05 | +06:17:52 (49.0%) | 11:19 | 5.3 (51.0%) |
| 326 | BĘDZIŃSKA Jolanta | 4095 | | Masters K - 40 | 35 | 01:30:02 | 04:24:27 | 06:12:08 | 08:43:06 | 10:48:19 | 12:50:40.60 | +06:18:00 (49.0%) | 11:20 | 5.3 (51.0%) |
| 327 | KANDORA Piotr | 4234 | MIECHOWICKA GRUPA BIEGOWA | Masters M - 40 | 100 | 01:31:38 | 04:12:00 | 05:58:37 | 08:41:49 | 11:04:23 | 12:50:50.70 | +06:18:10 (49.1%) | 11:20 | 5.3 (51.0%) |
| 328 | KANDORA Joanna | 4233 | MIECHOWICKA GRUPA BIEGOWA | Masters K - 40 | 36 | 01:31:40 | 04:12:00 | 05:58:38 | 08:41:50 | 11:04:25 | 12:50:51.55 | +06:18:11 (49.1%) | 11:20 | 5.3 (51.0%) |
| 329 | SZULC Edyta | 4239 | ADIDAS RUNNERS WARSAW | Masters K - 40 | 37 | 01:39:34 | 04:23:56 | 05:58:46 | 08:42:00 | 11:02:53 | 12:53:18.60 | +06:20:38 (49.2%) | 11:22 | 5.3 (51.0%) |
| 330 | DĘBEK Piotr | 4290 | ŚWIDNICKA GRUPA BIEGOWA | Masters M - 40 | 101 | 01:36:01 | 04:24:55 | 06:07:22 | 08:39:01 | 10:58:20 | 12:54:13.35 | +06:21:32 (49.3%) | 11:23 | 5.3 (51.0%) |
| 331 | KOPCZYŃSKA Marta | 4159 | KWIATY U BEATY SWARZĘDZ | Senior II K - 30 | 29 | 01:28:47 | 04:10:39 | 05:54:18 | 08:29:30 | 10:43:24 | 12:55:23.35 | +06:22:42 (49.4%) | 11:24 | 5.3 (51.0%) |
| 332 | KUCHMECKI Maciej | 4419 | | Senior II M - 30 | 116 | 01:28:48 | 04:10:39 | 05:54:20 | 08:29:30 | 10:43:28 | 12:55:25.40 | +06:22:44 (49.4%) | 11:24 | 5.3 (51.0%) |
| 333 | PIGŁA Michał | 4273 | SPORTOWY KAŻMIERZ | Masters M - 40 | 102 | 01:29:05 | 04:25:41 | 06:08:57 | 08:52:30 | 10:58:29 | 12:55:52.80 | +06:23:12 (49.4%) | 11:24 | 5.3 (51.0%) |
| 334 | OWCZARCZAK Monika | 4272 | | Senior II K - 30 | 30 | 01:29:23 | 04:24:43 | 06:08:59 | 08:52:33 | 10:58:28 | 12:55:53.25 | +06:23:12 (49.4%) | 11:24 | 5.3 (51.0%) |
| 335 | KROPIAK Katarzyna | 4049 | VEGE RUNNERS | Senior II K - 30 | 31 | 01:38:30 | 04:20:57 | 06:03:48 | 08:35:47 | 10:59:57 | 12:58:21.30 | +06:25:40 (49.6%) | 11:26 | 5.2 (50.0%) |
| 336 | JANKOWIAK Karol | 4071 | KOŹMIN BIEGA ULTRA RUNNERS | Senior II M - 30 | 117 | 01:26:55 | 03:56:20 | 05:31:59 | 08:09:22 | 10:29:23 | 12:59:40.20 | +06:26:59 (49.6%) | 11:27 | 5.2 (50.0%) |
| 337 | KOTWICA Andrzej | 4070 | SMOLECKA ZADYSZKA | Masters M - 40 | 103 | 01:22:19 | 03:59:07 | 05:32:28 | 08:22:16 | 10:57:18 | 13:00:41.10 | +06:28:00 (49.7%) | 11:28 | 5.2 (50.0%) |
| 338 | KOŚCIELNIAK Marek | 4472 | MUAY RUNNING TEAM | Masters M - 40 | 104 | 01:40:45 | 04:39:55 | 06:24:01 | 09:05:30 | 11:14:12 | 13:01:20.85 | +06:28:40 (49.7%) | 11:29 | 5.2 (50.0%) |
| 339 | LOBA Damian | 4470 | ŚWIERCZEWO RUN | Weteran I M - 50 | 18 | 01:40:42 | 04:40:26 | 06:24:06 | 09:05:31 | 11:14:17 | 13:01:21.35 | +06:28:40 (49.7%) | 11:29 | 5.2 (50.0%) |
| 340 | DRAJERCZAK Marlena | 4471 | MUAY RUNNING TEAM | Masters K - 40 | 38 | 01:40:44 | 04:40:28 | 06:26:06 | 09:05:31 | 11:13:10 | 13:01:22.25 | +06:28:41 (49.7%) | 11:29 | 5.2 (50.0%) |
| 341 | CZOSZYK-KAWALA Olga | 4220 | ŚWIERCZEWO RUN | Masters K - 40 | 39 | 01:40:45 | 04:40:29 | 06:26:10 | 09:05:29 | 11:12:11 | 13:01:24.00 | +06:28:43 (49.7%) | 11:29 | 5.2 (50.0%) |
| 342 | GÓRNA Jagoda | 4029 | WKURW_TEAM | Senior II K - 30 | 32 | 01:25:26 | 04:06:13 | 05:47:38 | 08:25:03 | 10:51:08 | 13:02:41.50 | +06:30:00 (49.8%) | 11:30 | 5.2 (50.0%) |
| 343 | TOMASZEWSKI Mariusz | 4224 | | Senior II M - 30 | 118 | 01:46:52 | 04:52:17 | 06:41:17 | 09:42:18 | 11:30:47 | 13:03:54.75 | +06:31:14 (49.9%) | 11:31 | 5.2 (50.0%) |

| Place | Participant | Number | | Club | Category | MCat | A1 | D1 | B1 | B2 | A15 | Net time | Gap | Pace min/km | Pace km/h |
|-------|----------------------------------|-------------|------------------------------|------|-------------------|------|----------|----------|----------|----------|----------|--------------------|-------------------|-------------|-------------|
| | | | | | | | 10km | 24km | 34km | 46km | 57km | 68km | | | |
| 344 | BLIŹNIEWSKA Katarzyna | 4221 | 6 | | Masters K - 40 | 40 | 01:32:05 | 04:19:17 | 06:05:11 | 08:42:49 | 11:02:57 | 13:04:16.55 | +06:31:36 (49.9%) | 11:32 | 5.2 (50.0%) |
| 345 | KRAJEWSKA-KŁODA Katarzyna | 4119 | DRUŻYNA SZPIKU | | Masters K - 40 | 41 | 01:41:47 | 04:43:38 | 06:31:14 | 09:11:21 | 11:20:11 | 13:05:49.00 | +06:33:08 (50.0%) | 11:33 | 5.2 (50.0%) |
| 346 | BARANIAK Beata | 4217 | DRUŻYNA SZPIKU | | Masters K - 40 | 42 | 01:41:51 | 04:43:47 | 06:31:24 | 09:11:22 | 11:23:15 | 13:05:49.80 | +06:33:09 (50.0%) | 11:33 | 5.2 (50.0%) |
| 347 | SAMOLAK Łukasz | 4086 | 10 BLOG | | Senior II M - 30 | 119 | 01:29:27 | 04:25:01 | 06:10:08 | 09:03:58 | 11:07:57 | 13:06:25.45 | +06:33:44 (50.1%) | 11:33 | 5.2 (50.0%) |
| 348 | PLEWA Piotr | 4321 | 4 RUN TEAM PIŁA | | Masters M - 40 | 105 | 01:31:02 | 04:13:39 | 05:57:12 | 08:45:03 | 11:12:27 | 13:08:21.90 | +06:35:41 (50.2%) | 11:35 | 5.2 (50.0%) |
| 349 | BIELOV Yurly | 4483 | | | Senior I M - 20 | 21 | 01:17:28 | 04:01:42 | 05:49:22 | 08:33:46 | 11:00:54 | 13:08:59.70 | +06:36:19 (50.2%) | 11:36 | 5.2 (50.0%) |
| 350 | JURKIEWICZ Dominik | 4319 | | | Senior II M - 30 | 120 | 01:27:15 | 04:04:38 | 05:46:46 | 08:24:12 | 10:58:45 | 13:09:25.20 | +06:36:44 (50.3%) | 11:36 | 5.2 (50.0%) |
| 351 | JASIŃSKA Magdalena | 4482 | | | Masters K - 40 | 43 | 01:43:54 | 04:37:05 | 06:23:00 | 08:56:02 | 11:09:18 | 13:10:30.30 | +06:37:49 (50.3%) | 11:37 | 5.2 (50.0%) |
| 352 | ŁOPOKA Przemek | 4485 | | | Senior I M - 20 | 22 | 01:35:54 | 04:22:23 | 06:07:23 | 08:39:33 | 11:16:20 | 13:13:27.95 | +06:40:47 (50.5%) | 11:40 | 5.1 (49.0%) |
| 353 | DARSKI Rafał | 4227 | RECAMIERE | | Weteran I M - 50 | 19 | 01:27:02 | 04:18:06 | 06:11:33 | 09:02:23 | 11:06:04 | 13:16:47.65 | +06:44:07 (50.7%) | 11:43 | 5.1 (49.0%) |
| 354 | AMANOWICZ Łukasz | 4379 | | | Senior II M - 30 | 121 | 01:25:44 | 04:12:10 | 05:59:54 | 08:40:20 | 11:13:04 | 13:18:34.00 | +06:45:53 (50.8%) | 11:44 | 5.1 (49.0%) |
| 355 | BURY Marek | 4201 | | | Weteran I M - 50 | 20 | 01:37:19 | 04:29:23 | 06:13:43 | 09:05:09 | 11:25:33 | 13:22:20.05 | +06:49:39 (51.1%) | 11:47 | 5.1 (49.0%) |
| 356 | LEONARSKA Małgorzata | 4072 | SZEREGOWY BIEGACZ/DZIKI BIEG | | Senior II K - 30 | 33 | 01:36:46 | 04:30:23 | 06:17:27 | 08:51:30 | 11:15:47 | 13:25:54.35 | +06:53:13 (51.3%) | 11:51 | 5.1 (49.0%) |
| 357 | FRAĆKOWIAK Dominik | 4154 | | | Senior II M - 30 | 122 | 01:28:56 | 04:14:33 | 06:06:48 | 08:53:29 | 11:14:34 | 13:25:56.55 | +06:53:16 (51.3%) | 11:51 | 5.1 (49.0%) |
| 358 | SMUGA Łukasz | 4077 | SZEREGOWY BIEGACZ | | Senior II M - 30 | 123 | 01:36:35 | 04:30:21 | 06:17:25 | 08:51:29 | 11:15:51 | 13:25:59.80 | +06:53:19 (51.3%) | 11:51 | 5.1 (49.0%) |
| 359 | COP Anna | 4405 | SILESIA ULTRA MOUNTAIN TEAM | | Senior II K - 30 | 34 | 01:55:27 | 04:33:25 | 06:28:11 | 09:18:19 | 11:27:38 | 13:27:05.35 | +06:54:24 (51.3%) | 11:52 | 5.1 (49.0%) |
| 360 | SAMBORSKI Piotr | 4058 | WKURW_TEAM | | Senior II M - 30 | 124 | 01:38:44 | 04:32:01 | 06:24:13 | 09:10:50 | 11:19:36 | 13:29:34.55 | +06:56:54 (51.5%) | 11:54 | 5 (48.1%) |
| 361 | MULARCZYK Marta | 4034 | WKURW_TEAM | | Senior II K - 30 | 35 | 01:38:44 | 04:32:01 | 06:24:12 | 09:10:50 | 11:19:36 | 13:29:35.00 | +06:56:54 (51.5%) | 11:54 | 5 (48.1%) |
| 362 | PURA Paweł | 4484 | | | Masters M - 40 | 106 | 01:30:08 | 04:12:55 | 05:58:40 | 08:47:34 | 11:24:55 | 13:34:09.15 | +07:01:28 (51.8%) | 11:58 | 5 (48.1%) |
| 363 | CYGAN Anna | 4209 | NIE ZRZESZONA | | Weteran K - 50 | 4 | 01:35:26 | 04:35:29 | 06:29:35 | 09:14:48 | 11:28:18 | 13:35:28.00 | +07:02:47 (51.8%) | 11:59 | 5 (48.1%) |
| 364 | PIECUCH Małgorzata | 4114 | | | Weteran II K - 60 | 1 | 01:39:10 | 04:35:32 | 06:28:34 | 09:11:29 | 11:32:24 | 13:35:46.55 | +07:03:06 (51.9%) | 11:59 | 5 (48.1%) |
| 365 | SIKORSKI Grzegorz | 4110 | | | Masters M - 40 | 107 | 01:34:50 | 04:18:36 | 06:16:11 | 09:00:59 | 11:17:50 | 13:35:49.85 | +07:03:09 (51.9%) | 11:59 | 5 (48.1%) |
| 366 | FERDYNUS Marcin | 4429 | SZYBKIE ŻÓŁWIE OPATÓW | | Senior II M - 30 | 125 | 01:33:53 | 04:26:18 | 06:12:44 | 08:57:40 | 11:24:35 | 13:36:58.30 | +07:04:17 (51.9%) | 12:00 | 5 (48.1%) |
| 367 | SOBCZAK Tomasz | 4386 | REBORN TEAM GNIEZNO | | Masters M - 40 | 108 | 01:35:57 | 04:27:48 | 06:15:17 | 09:01:00 | 11:22:17 | 13:37:50.00 | +07:05:09 (52.0%) | 12:01 | 5 (48.1%) |
| 368 | NIZIOŁ Marian | 4303 | | | Weteran II M - 60 | 4 | 01:39:51 | 04:39:24 | 06:36:41 | 09:24:01 | 11:37:05 | 13:40:30.80 | +07:07:50 (52.1%) | 12:03 | 5 (48.1%) |
| 369 | LUPA Mirosław | 4009 | LUPUSTEAM | | Weteran I M - 50 | 21 | 01:38:35 | 04:38:42 | 06:35:07 | 09:20:47 | 11:39:52 | 13:41:39.65 | +07:08:59 (52.2%) | 12:04 | 5 (48.1%) |
| 370 | ZAMOJSKA Iwona | 4101 | MIECHOWICKA GRUPA BIEGOWA | | Masters K - 40 | 44 | 01:37:36 | 04:45:55 | 06:39:20 | 09:30:01 | 11:34:17 | 13:44:29.05 | +07:11:48 (52.4%) | 12:07 | 4.9 (47.1%) |

| Place | Participant | Number | Club | Category | MCat | A1 | D1 | B1 | B2 | A15 | Net time | Gap | Pace min/km | Pace km/h |
|-------------------------------------------|------------------------------|-------------|---------------------------------------|-------------------|------|--------------|--------------|--------------|--------------|----------|--------------------|-------------------|-------------|-------------|
| | | | | | | 10km | 24km | 34km | 46km | 57km | 68km | | | |
| 371 | PYTLARZ Waldemar | 4153 | RUNNING 5 | Weteran I M - 50 | 22 | 01:53:58 | 05:07:43 | 07:08:14 | 09:38:23 | 11:40:12 | 13:49:27.65 | +07:16:47 (52.7%) | 12:11 | 4.9 (47.1%) |
| 372 | GARBACZ Marek | 4308 | LEŚNE DZIADY | Masters M - 40 | 109 | 01:30:37 | 04:24:53 | 06:10:11 | 09:11:27 | 11:27:38 | 14:02:16.25 | +07:29:35 (53.4%) | 12:23 | 4.8 (46.2%) |
| 373 | STRZELECKI Krzysztof | 4312 | | Masters M - 40 | 110 | 01:30:34 | 04:24:54 | 06:07:57 | 09:11:59 | 11:32:19 | 14:02:17.90 | +07:29:37 (53.4%) | 12:23 | 4.8 (46.2%) |
| 374 | WÓJCIK Łukasz | 4113 | CYTRYNOWE CURRY??? | Masters M - 40 | 111 | 01:38:14 | 04:47:56 | 06:42:56 | 09:49:30 | 12:07:40 | 14:18:27.95 | +07:45:47 (54.3%) | 12:37 | 4.8 (46.2%) |
| 375 | MAKOWSKA Agnieszka | 4266 | W POGONI ZA DUCHEM | Masters K - 40 | 45 | 01:48:00 | 04:41:30 | 06:49:29 | 09:55:38 | 12:17:44 | 14:25:04.55 | +07:52:24 (54.6%) | 12:43 | 4.7 (45.2%) |
| Przekroczony limit czasu: 14:30:00 | | | | | | | | | | | | | | |
| 376 | SZCZUKA Leszek | 4288 | CROSSELITE | Masters M - 40 | 112 | 01:23:07 | 04:01:45 | 05:49:52 | 09:22:38 | 12:01:18 | 14:38:12.65 | +08:05:32 (55.3%) | 12:54 | 4.6 (44.2%) |
| 377 | SCHLAPPA Sebastian | 4090 | IZBICKO W BIEGU | Masters M - 40 | 113 | 01:40:26 | 04:49:48 | 06:39:30 | 09:49:11 | 12:42:02 | 14:40:46.45 | +08:08:05 (55.4%) | 12:57 | 4.6 (44.2%) |
| 378 | POKOJSKA Ewa | 4341 | WYBIEGAJ SIEBIE | Masters K - 40 | 46 | 01:57:30 | 05:02:53 | 07:02:37 | 10:03:53 | 12:36:54 | 15:12:11.60 | +08:39:31 (57.0%) | 13:24 | 4.5 (43.3%) |
| 379 | RURKA Grzegorz | 4445 | SAMBIEGAM | Weteran I M - 50 | 23 | 01:38:29 | 04:38:29 | 06:45:04 | | 13:09:22 | 15:15:17.75 | +08:42:37 (57.1%) | 13:27 | 4.5 (43.3%) |
| 380 | WARA-WĄSOWSKI Maciej | 4340 | | Weteran I M - 50 | 24 | 01:39:15 | 04:47:01 | 07:00:05 | 10:06:01 | 13:33:09 | 15:45:37.30 | +09:12:56 (58.5%) | 13:54 | 4.3 (41.3%) |
| 381 | MARYNIAK Katarzyna | 4342 | WYBIEGAJ SIEBIE | Masters K - 40 | 47 | 01:59:06 | 05:22:59 | 07:33:07 | | 13:53:25 | 15:57:20.10 | +09:24:39 (59.0%) | 14:04 | 4.3 (41.3%) |
| 382 | PARTYKA Maja | 4161 | | Senior II K - 30 | 36 | 01:53:57 | 05:07:44 | 07:08:14 | 10:26:36 | 13:57:27 | 16:21:00.50 | +09:48:19 (60.0%) | 14:25 | 4.2 (40.4%) |
| | STASIK Aleksander | 4063 | | Masters M - 40 | | 01:23:44 DNF | 03:48:45 DNF | 05:21:09 DNF | 07:45:12 DNF | DNF | DNF | | - | - (0.0%) |
| | BRONOWICKI Jarosław | 4424 | DRUŻYNA SZPIKU ŻÓŁW I ZAJĄC | Masters M - 40 | | 01:16:16 DNF | 03:28:09 DNF | 05:01:27 DNF | 07:52:28 DNF | DNF | DNF | | - | - (0.0%) |
| | WYSZOMIRSKA Agnieszka | 4461 | | Senior II K - 30 | | 01:35:12 DNF | DNF | DNF | 07:58:25 DNF | DNF | DNF | | - | - (0.0%) |
| | MIŚ Piotr | 4024 | DIEHL CONTROL RUNING TEAM | Senior II M - 30 | | 01:29:40 DNF | 04:03:12 DNF | 05:44:21 DNF | 08:26:23 DNF | DNF | DNF | | - | - (0.0%) |
| | SZUBA Tadeusz | 4465 | TKKF TRUCHT ŁOBEZ | Weteran II M - 60 | | 01:18:05 DNF | 03:46:01 DNF | 05:37:00 DNF | 08:30:22 DNF | DNF | DNF | | - | - (0.0%) |
| | ZDYB Grzegorz | 4018 | | Masters M - 40 | | 01:31:49 DNF | 04:19:41 DNF | 06:08:39 DNF | 08:48:06 DNF | DNF | DNF | | - | - (0.0%) |
| | LATANOWICZ Bernard | 4452 | | Senior II M - 30 | | 01:24:53 DNF | 03:59:39 DNF | 05:44:48 DNF | 08:53:23 DNF | DNF | DNF | | - | - (0.0%) |
| | SKROBEK Marcin | 4132 | | Senior II M - 30 | | 01:37:31 DNF | 04:19:44 DNF | 06:17:30 DNF | 08:58:18 DNF | DNF | DNF | | - | - (0.0%) |
| | ŁABĘDZKA-BUGAJ Alicja | 4318 | KB DĘBIEC | Weteran K - 50 | | 01:40:53 DNF | 04:32:33 DNF | 06:32:40 DNF | 09:29:19 DNF | DNF | DNF | | - | - (0.0%) |
| | BAKALARZ Emil | 4237 | ULTRA ALPACAS | Senior II M - 30 | | 01:03:46 DNF | 02:47:40 DNF | 03:53:46 DNF | DNF | DNF | DNF | | - | - (0.0%) |
| | ADAMOCHA Mariusz | 4334 | | Masters M - 40 | | 01:17:30 DNF | 03:26:34 DNF | 05:07:14 DNF | DNF | DNF | DNF | | - | - (0.0%) |
| | ROŚLICKI Jarosław | 4168 | UBEZPIECZENIA DLA AKTYWNYCH/OBORYGENI | Masters M - 40 | | 01:18:56 DNF | 03:42:35 DNF | 05:21:20 DNF | DNF | DNF | DNF | | - | - (0.0%) |
| | WOLAŃSKI Witosław | 4416 | KASZUBSKA PONIEWIERKA | Weteran I M - 50 | | 01:22:30 DNF | 03:48:39 DNF | 05:34:55 DNF | DNF | DNF | DNF | | - | - (0.0%) |
| | KUŹNIAK Szymon | 4242 | | Senior II M - 30 | | 01:25:20 DNF | 03:59:36 DNF | 05:44:19 DNF | DNF | DNF | DNF | | - | - (0.0%) |

| Place | Participant | Number | Club | Category | MCat | A1 10km | D1 24km | B1 34km | B2 46km | A15 57km | Net time 68km | Gap | Pace min/km | Pace km/h |
|-------|--------------------------|--------|-------------------------------------|---------------------|------|-----------------|-----------------|-----------------|------------|-------------|---------------------|-----|----------------|--------------|
| | WITLICKI Kacper | 4157 | | Senior I M - 20 | | 01:24:56 DNF | 04:04:29 DNF | 05:59:31 DNF | DNF | DNF | DNF | - | - | (0.0%) |
| | BLAJCHERT Adam | 4171 | RUNNING 5 | Masters M - 40 | | 01:36:01 DNF | 04:24:04 DNF | 06:09:01 DNF | DNF | DNF | DNF | - | - | (0.0%) |
| | KORNACKI Piotr | 4294 | | Masters M - 40 | | 01:27:48 DNF | 04:23:00 DNF | 06:22:04 DNF | DNF | DNF | DNF | - | - | (0.0%) |
| | BOULANGE Piotr | 4313 | 12TRI | Masters M - 40 | | 01:31:41 DNF | 04:25:41 DNF | 06:33:34 DNF | DNF | DNF | DNF | - | - | (0.0%) |
| | PIETRAKOWSKI Grzegorz | 4440 | | Masters M - 40 | | 01:39:24 DNF | 04:37:08 DNF | 06:37:47 DNF | DNF | DNF | DNF | - | - | (0.0%) |
| | JANKOWSKI Tom | 4118 | WIECZORNE BIEGANIE W SZCZECINIE/QCE | Masters M - 40 | | 01:39:55 DNF | 04:38:17 DNF | 06:38:34 DNF | DNF | DNF | DNF | - | - | (0.0%) |
| | KĘPSKI Grzegorz | 4139 | | Senior II M - 30 | | 01:38:37 DNF | 04:41:40 DNF | 06:44:29 DNF | DNF | DNF | DNF | - | - | (0.0%) |
| | KLINOWSKI Mirosław | 4186 | | Masters M - 40 | | 01:47:11 DNF | 04:52:18 DNF | 06:49:29 DNF | DNF | DNF | DNF | - | - | (0.0%) |
| | CHORAŻY Izabela | 4195 | CAŁA OLEŚNICA BIEGA | Senior I K - 20 | | 01:42:18 DNF | 04:50:51 DNF | 06:50:54 DNF | DNF | DNF | DNF | - | - | (0.0%) |
| | SZAŁAJSKA Monika | 4000 | | Senior I K - 20 | | 01:53:00 DNF | 05:15:31 DNF | 07:36:07 DNF | DNF | DNF | DNF | - | - | (0.0%) |
| | SZCZYGIELSKA Patrycja | 4222 | | Senior II K - 30 | | 02:01:18 DNF | 05:34:39 DNF | 08:00:40 DNF | DNF | DNF | DNF | - | - | (0.0%) |
| | ŁACHAN Patryk | 4144 | WKURW_TEAM | Masters M - 40 | | 01:41:15 DNF | 05:14:21 DNF | 08:12:33 DNF | DNF | DNF | DNF | - | - | (0.0%) |
| | PIOTROWSKI Dominik | 4023 | CHLEB DOMINIKA | Masters M - 40 | | 01:06:31 DNF | 03:32:35 DNF | DNF | DNF | DNF | DNF | - | - | (0.0%) |
| | ANTOSZCZUK Arkadiusz | 4164 | ULTRACK | Masters M - 40 | | 01:23:31 DNF | 03:39:32 DNF | DNF | DNF | DNF | DNF | - | - | (0.0%) |
| | GORZKOWSKI Tomasz | 4117 | | Masters M - 40 | | 01:19:05 DNF | 03:46:34 DNF | DNF | DNF | DNF | DNF | - | - | (0.0%) |
| | KOTARSKI Jarosław | 4199 | | Senior I M - 20 | | 00:59:05 DNF | DNF | DNF | DNF | DNF | DNF | - | - | (0.0%) |
| | FORTUNA Norbert | 4074 | BARTOSZ GORCZYCA TEAM/ KGHM ZG RUN | Senior II M - 30 | | 01:01:26 DNF | DNF | DNF | DNF | DNF | DNF | - | - | (0.0%) |
| | SZULTK Magdalena | 4147 | | Senior II K - 30 | | 01:07:14 DNF | DNF | DNF | DNF | DNF | DNF | - | - | (0.0%) |
| | PIECUCH Marcin | 4229 | | Senior II M - 30 | | 01:10:23 DNF | DNF | DNF | DNF | DNF | DNF | - | - | (0.0%) |
| | BANKIEWICZ Damian | 4271 | ASSECO ACTIVE TEAM | Weteran I M - 50 | | 01:21:25 DNF | DNF | DNF | DNF | DNF | DNF | - | - | (0.0%) |
| | CZERNICKA Magdalena | 4368 | YNO ULTRA | Senior II K - 30 | | 01:32:53 DNF | DNF | DNF | DNF | DNF | DNF | - | - | (0.0%) |
| | WIELICZKO Dagmara | 4033 | ZONE RUNNERS | Senior II K - 30 | | 01:36:16 DNF | DNF | DNF | DNF | DNF | DNF | - | - | (0.0%) |
| | WIELICZKO Rafał | 4025 | ZONE RUNNERS | Senior II M - 30 | | 01:36:17 DNF | DNF | DNF | DNF | DNF | DNF | - | - | (0.0%) |
| | SKROŃSKA Monika | 4343 | WYBIEGAJ SIEBIE | Masters K - 40 | | DNF | DNF | DNF | DNF | DNF | DNF | - | - | (0.0%) |

Total 420 results.