



Wydarzenie: Biegun - Obstacle Rush
Organizator: OCR Events
Data: 2023-07-01
Miejsce: Gdynia
Dystans: 10PRO km

BIEGUN ELITE PRO

B4SPORT

B4SPORT
INTELEGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Split 7.5km | Czas netto 10km | Różn | Tempo min/km | Tempo km/h |
|-----|-----------------------------|------------|----------------------|---------------------|------|----------------|-----------------------|-------------------|-----------------|---------------|
| 1 | KRÓL Piotr | 308 | SOCIOS SILESIA | Elite Pro Mężczyźni | 1 | 00:41:19 | 00:55:53.35 | | 5:35 | 10.7 (100%) |
| 2 | SERAFIŃSKI Maciej | 304 | RUNMAGEDDON TEAM | Elite Pro Mężczyźni | 2 | | 00:55:56.00 | +00:00:02 (0.1%) | 5:35 | 10.7 (100%) |
| 3 | TRYVASHKEVICH Yauhen | 317 | MADRUN | Elite Pro Mężczyźni | 3 | 00:42:10 | 00:57:00.80 | +00:01:07 (2.0%) | 5:42 | 10.5 (98.1%) |
| 4 | JACIÓW Paweł | 260 | WATAHA | Elite Pro Mężczyźni | 4 | 00:42:13 | 00:57:57.50 | +00:02:04 (3.6%) | 5:47 | 10.4 (97.2%) |
| 5 | MARKOWSKI Fabian | 262 | WATAHA | Elite Pro Mężczyźni | 5 | 00:43:08 | 00:58:47.80 | +00:02:54 (4.9%) | 5:52 | 10.2 (95.3%) |
| 6 | OLICHOWSKI Mateusz | 345 | WOLF TEAM | Elite Pro Mężczyźni | 6 | 00:43:09 | 00:59:15.60 | +00:03:22 (5.7%) | 5:55 | 10.1 (94.4%) |
| 7 | BUDZISZ Krzysztof | 305 | SOCIOS SILESIA | Elite Pro Mężczyźni | 7 | 00:44:10 | 00:59:59.75 | +00:04:06 (6.8%) | 5:59 | 10 (93.5%) |
| 8 | CHMIELORZ Józef | 358 | CARBON SILESIA SPORT | Elite Pro Mężczyźni | 8 | 00:43:52 | 01:00:20.80 | +00:04:27 (7.4%) | 6:02 | 9.9 (92.5%) |
| 9 | FORMELA Piotr | 326 | BIEGUN OCR TEAM | Elite Pro Mężczyźni | 9 | 00:44:50 | 01:00:57.95 | +00:05:04 (8.3%) | 6:05 | 9.8 (91.6%) |
| 10 | MIŁOŚ Tomasz | 366 | BIEGUN OCR TEAM | Elite Pro Mężczyźni | 10 | 00:44:53 | 01:01:05.10 | +00:05:11 (8.5%) | 6:06 | 9.8 (91.6%) |
| 11 | BAK Daniel | 347 | BIEGUN OCR TEAM | Elite Pro Mężczyźni | 11 | 00:44:29 | 01:01:27.10 | +00:05:33 (9.1%) | 6:08 | 9.8 (91.6%) |
| 12 | ILNICKI Dariusz | 321 | NINJA CLUB KRAKÓW | Elite Pro Mężczyźni | 12 | 00:46:09 | 01:03:00.30 | +00:07:06 (11.3%) | 6:18 | 9.5 (88.8%) |
| 13 | SKOWROŃSKI Błażej | 289 | DZIK KOMANDO | Elite Pro Mężczyźni | 13 | 00:46:10 | 01:04:31.50 | +00:08:38 (13.4%) | 6:27 | 9.3 (86.9%) |
| 14 | GRABOWIEC Arkadiusz | 269 | POWER TRAINING | Elite Pro Mężczyźni | 14 | 00:44:08 | 01:04:36.35 | +00:08:43 (13.5%) | 6:27 | 9.3 (86.9%) |
| 15 | WOJTAS Juliuszryb | 238 | OSPRO NINJA ACADEMY | Elite Pro M 13-17 | 1 | 00:46:14 | 01:04:59.15 | +00:09:05 (14.0%) | 6:29 | 9.2 (86.0%) |
| 16 | GOŁĘBIEWSKI Konrad | 257 | CARBON SILESIA SPORT | Elite Pro Mężczyźni | 15 | 00:47:16 | 01:05:22.90 | +00:09:29 (14.5%) | 6:32 | 9.2 (86.0%) |
| 17 | ŁOSIN Marta | 232 | | Elite Pro Kobiety | 1 | 00:46:50 | 01:05:38.75 | +00:09:45 (14.9%) | 6:33 | 9.1 (85.0%) |
| 18 | KARCZ Oskar | 259 | LEMON TEAM | Elite Pro Mężczyźni | 16 | 00:47:17 | 01:05:39.80 | +00:09:46 (14.9%) | 6:33 | 9.1 (85.0%) |
| 19 | MARUSZEWSKI Marcin | 268 | | Elite Pro Mężczyźni | 17 | 00:48:19 | 01:05:47.30 | +00:09:53 (15.0%) | 6:34 | 9.1 (85.0%) |
| 20 | TESKA Patrycja | 201 | BIEGUN OCR TEAM | Elite Pro K 13-17 | 1 | 00:48:52 | 01:05:52.00 | +00:09:58 (15.1%) | 6:35 | 9.1 (85.0%) |
| 21 | RYBAK Dawid | 306 | SOCIOS SILESIA | Elite Pro Mężczyźni | 18 | 00:48:42 | 01:05:55.05 | +00:10:01 (15.2%) | 6:35 | 9.1 (85.0%) |
| 22 | SAVINAVA Lizaveta | 213 | | Elite Pro Kobiety | 2 | 00:50:14 | 01:05:56.50 | +00:10:03 (15.2%) | 6:35 | 9.1 (85.0%) |
| 23 | GAWIN Krzysiek | 318 | BEFIT24TEAM | Elite Pro Mężczyźni | 19 | 00:48:16 | 01:06:18.55 | +00:10:25 (15.7%) | 6:37 | 9 (84.1%) |
| 24 | BUGAJ Mariusz | 280 | OSPRO OCR | Elite Pro Mężczyźni | 20 | 00:48:03 | 01:06:22.15 | +00:10:28 (15.8%) | 6:38 | 9 (84.1%) |
| 25 | KALININ Jarosław | 365 | EX TEAM | Elite Pro Mężczyźni | 21 | 00:49:29 | 01:07:02.30 | +00:11:08 (16.6%) | 6:42 | 9 (84.1%) |
| 26 | DRZEWIECKI Filip | 315 | MAD RUNNERS | Elite Pro M 13-17 | 2 | 00:46:30 | 01:07:04.05 | +00:11:10 (16.7%) | 6:42 | 8.9 (83.2%) |
| 27 | SZKURŁAT Tomasz | 329 | | Elite Pro Mężczyźni | 22 | 00:49:03 | 01:07:12.15 | +00:11:18 (16.8%) | 6:43 | 8.9 (83.2%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Split 7.5km | Czas netto | | Tempo min/km | Tempo km/h |
|-----|-------------------------------|------------|------------------------------|---------------------|------|----------------|--------------------|-------------------|-----------------|---------------|
| | | | | | | | 10km | Różn | | |
| 28 | PISKAŁA Daniel | 343 | POWER TRAINING | Elite Pro Mężczyźni | 23 | 00:48:42 | 01:07:32.95 | +00:11:39 (17.3%) | 6:45 | 8.9 (83.2%) |
| 29 | KUCHARSKI Łukasz | 274 | BIGYELLOWFOOT ADVENTURE TEAM | Elite Pro Mężczyźni | 24 | 00:49:29 | 01:07:41.20 | +00:11:47 (17.4%) | 6:46 | 8.9 (83.2%) |
| 30 | MAŁYSIAK Jarosław | 314 | NINJA CLUB KRAKÓW | Elite Pro Mężczyźni | 25 | 00:49:55 | 01:07:51.60 | +00:11:58 (17.6%) | 6:47 | 8.8 (82.2%) |
| 31 | LORYCH Krystian | 324 | BIEGUN OCR TEAM | Elite Pro Mężczyźni | 26 | 00:49:39 | 01:08:27.80 | +00:12:34 (18.4%) | 6:50 | 8.8 (82.2%) |
| 32 | PUZDROWSKI Jarek | 319 | BIEGUN OCR TEAM | Elite Pro Mężczyźni | 27 | 00:51:04 | 01:08:28.10 | +00:12:34 (18.4%) | 6:50 | 8.8 (82.2%) |
| 33 | BIGOS Daniel | 327 | | Elite Pro Mężczyźni | 28 | 00:50:44 | 01:09:33.80 | +00:13:40 (19.7%) | 6:57 | 8.6 (80.4%) |
| 34 | SZATKOWSKI Marcin | 313 | ACTIVE FLOW | Elite Pro M 13-17 | 3 | 00:50:11 | 01:10:33.95 | +00:14:40 (20.8%) | 7:03 | 8.5 (79.4%) |
| 35 | DASZKIEWICZ Małgorzata | 231 | POWER TRAINING | Elite Pro Kobiety | 3 | 00:50:11 | 01:11:22.30 | +00:15:28 (21.7%) | 7:08 | 8.4 (78.5%) |
| 36 | MĘDYGRAŁ Krystian | 293 | WATAHA | Elite Pro Mężczyźni | 29 | 00:51:58 | 01:11:24.40 | +00:15:31 (21.7%) | 7:08 | 8.4 (78.5%) |
| 37 | MOCZKO Sebastian | 279 | FIT MORE RYBNIK | Elite Pro Mężczyźni | 30 | 00:51:30 | 01:11:28.65 | +00:15:35 (21.8%) | 7:08 | 8.4 (78.5%) |
| 38 | BRZEZIŃSKI Bartosz | 336 | RUNMAGEDDON TEAM | Elite Pro Mężczyźni | 31 | 00:52:20 | 01:12:13.70 | +00:16:20 (22.6%) | 7:13 | 8.3 (77.6%) |
| 39 | GARLACZ Anna | 225 | BEFIT24TEAM | Elite Pro K 13-17 | 2 | 00:51:51 | 01:12:29.50 | +00:16:36 (22.9%) | 7:14 | 8.3 (77.6%) |
| 40 | JAKUSZEK Piotr | 291 | WATAHA | Elite Pro Mężczyźni | 32 | 00:52:10 | 01:12:34.65 | +00:16:41 (23.0%) | 7:15 | 8.3 (77.6%) |
| 41 | KROPIDŁOWSKI Grzegorz | 344 | WOLF TEAM | Elite Pro Mężczyźni | 33 | 00:51:36 | 01:12:49.95 | +00:16:56 (23.3%) | 7:16 | 8.2 (76.6%) |
| 42 | GRZEGORZYCA Damian | 296 | DZIADY OCR | Elite Pro Mężczyźni | 34 | 00:52:33 | 01:13:12.70 | +00:17:19 (23.7%) | 7:19 | 8.2 (76.6%) |
| 43 | KOWALSKI Artur | 253 | WARRIORS ŁÓDŹ | Elite Pro Mężczyźni | 35 | 00:54:39 | 01:14:47.45 | +00:18:54 (25.3%) | 7:28 | 8 (74.8%) |
| 44 | KATOLIKALI Raman | 361 | XRUNNERS | Elite Pro Mężczyźni | 36 | 00:50:54 | 01:14:55.10 | +00:19:01 (25.4%) | 7:29 | 8 (74.8%) |
| 45 | ŁOŚ Kamil | 316 | | Elite Pro Mężczyźni | 37 | 00:52:38 | 01:15:03.45 | +00:19:10 (25.5%) | 7:30 | 8 (74.8%) |
| 46 | CIEŚLUKIEWICZ Damian | 258 | OSPRO OCR | Elite Pro Mężczyźni | 38 | 00:53:10 | 01:15:14.60 | +00:19:21 (25.7%) | 7:31 | 8 (74.8%) |
| 47 | SZOJDA Ola | 200 | PAKA BORSUKA | Elite Pro K 13-17 | 3 | 00:52:48 | 01:15:22.05 | +00:19:28 (25.8%) | 7:32 | 8 (74.8%) |
| 48 | PORĘBSKI Michał | 267 | DZIK KOMANDO | Elite Pro Mężczyźni | 39 | 00:55:41 | 01:15:29.00 | +00:19:35 (26.0%) | 7:32 | 7.9 (73.8%) |
| 49 | SZTYLKA Karol | 287 | BEST BEASTS | Elite Pro Mężczyźni | 40 | 00:55:12 | 01:15:45.85 | +00:19:52 (26.2%) | 7:34 | 7.9 (73.8%) |
| 50 | SZUFLICKI Tymon | 271 | | Elite Pro M 13-17 | 4 | 00:54:00 | 01:16:12.60 | +00:20:19 (26.7%) | 7:37 | 7.9 (73.8%) |
| 51 | BERNACKI Grzegorz | 263 | NOTEĆ STEICO OCR | Elite Pro Mężczyźni | 41 | 00:53:59 | 01:16:15.65 | +00:20:22 (26.7%) | 7:37 | 7.9 (73.8%) |
| 52 | STROJNY Paweł | 355 | LEMON TEAM | Elite Pro Mężczyźni | 42 | 00:54:38 | 01:16:22.50 | +00:20:29 (26.8%) | 7:38 | 7.9 (73.8%) |
| 53 | MIŁOŚ Izabela | 212 | ACTIVE FLOW | Elite Pro K 13-17 | 4 | 00:53:49 | 01:17:01.40 | +00:21:08 (27.4%) | 7:42 | 7.8 (72.9%) |
| 54 | BERNACKI Krzysztof | 275 | FIT MORE RYBNIK | Elite Pro Mężczyźni | 43 | 00:55:35 | 01:17:03.05 | +00:21:09 (27.5%) | 7:42 | 7.8 (72.9%) |
| 55 | MALCZEWSKI Daniel | 273 | RAJSPORT ACTIVE | Elite Pro Mężczyźni | 44 | 00:55:27 | 01:17:23.25 | +00:21:29 (27.8%) | 7:44 | 7.8 (72.9%) |
| 56 | LEWANDOWSKI Michał | 281 | OBSTACLE CENTER TEAM | Elite Pro Mężczyźni | 45 | 00:53:34 | 01:17:23.90 | +00:21:30 (27.8%) | 7:44 | 7.8 (72.9%) |
| 57 | - - | 368 | | | | 00:56:03 | 01:17:26.90 | +00:21:33 (27.8%) | 7:44 | 7.7 (72.0%) |
| 58 | KNOP Marcin | 256 | LEMON TEAM / AMBASADOR | Elite Pro Mężczyźni | 46 | 00:56:01 | 01:17:37.30 | +00:21:43 (28.0%) | 7:45 | 7.7 (72.0%) |
| 59 | GABELGAARD Claus | 266 | | Elite Pro Mężczyźni | 47 | 00:56:56 | 01:17:50.75 | +00:21:57 (28.2%) | 7:47 | 7.7 (72.0%) |
| 60 | ZIARKOWSKA Pola | 206 | FIT MORE RYBNIK | Elite Pro K 13-17 | 5 | 00:54:21 | 01:17:59.00 | +00:22:05 (28.3%) | 7:47 | 7.7 (72.0%) |
| 61 | DZIALOWSKI Michal | 322 | POWER TRAINING | Elite Pro Mężczyźni | 48 | 00:55:19 | 01:18:13.45 | +00:22:20 (28.6%) | 7:49 | 7.7 (72.0%) |
| 62 | KRZYŻOWSKI Grzegorz | 285 | FIT MORE RYBNIK | Elite Pro Mężczyźni | 49 | 00:56:49 | 01:18:13.90 | +00:22:20 (28.6%) | 7:49 | 7.7 (72.0%) |
| 63 | RAJNICH Tomasz | 342 | SPARTAN TEAM KALETY | Elite Pro M 13-17 | 5 | 00:56:54 | 01:18:16.50 | +00:22:23 (28.6%) | 7:49 | 7.7 (72.0%) |
| 64 | MÓRAWSKI Mieszko | 299 | POWER TRAINING | Elite Pro Mężczyźni | 50 | 00:59:06 | 01:19:02.35 | +00:23:09 (29.3%) | 7:54 | 7.6 (71.0%) |
| 65 | PATYK Tomasz | 282 | BEFIT24TEAM | Elite Pro Mężczyźni | 51 | 00:57:10 | 01:19:33.90 | +00:23:40 (29.8%) | 7:57 | 7.5 (70.1%) |
| 66 | KACPERSKI Jacek | 298 | RAJSPORT ACTIVE | Elite Pro Mężczyźni | 52 | 00:54:17 | 01:19:38.55 | +00:23:45 (29.8%) | 7:57 | 7.5 (70.1%) |
| 67 | STUDNIARZ Michał | 362 | | Elite Pro Mężczyźni | 53 | 00:57:12 | 01:20:06.25 | +00:24:12 (30.2%) | 8:00 | 7.5 (70.1%) |
| 68 | MIŁOŚ Barbara | 211 | ACTIVE FLOW | Elite Pro Kobiety | 4 | 00:58:42 | 01:20:17.85 | +00:24:24 (30.4%) | 8:01 | 7.5 (70.1%) |
| 69 | BŁĘDZKI Adam | 307 | | Elite Pro Mężczyźni | 54 | 00:58:27 | 01:20:27.50 | +00:24:34 (30.5%) | 8:02 | 7.5 (70.1%) |
| 70 | KORNAS Szymon | 288 | FIT MORE RYBNIK | Elite Pro Mężczyźni | 55 | 00:59:26 | 01:20:38.35 | +00:24:45 (30.7%) | 8:03 | 7.4 (69.2%) |
| 71 | KRYSTOFIAK Damian | 294 | UNITED RUNNERS | Elite Pro Mężczyźni | 56 | 00:59:48 | 01:20:44.75 | +00:24:51 (30.8%) | 8:04 | 7.4 (69.2%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Split 7.5km | Czas netto | | Tempo min/km | Tempo km/h |
|-----|------------------------------|------------|----------------------|---------------------|------|----------------|--------------------|-------------------|-----------------|---------------|
| | | | | | | | 10km | Różn | | |
| 72 | ŁUSZCZAK Anna | 210 | LEMON TEAM | Elite Pro Kobiety | 5 | 00:59:34 | 01:21:08.40 | +00:25:15 (31.1%) | 8:06 | 7.4 (69.2%) |
| 73 | MARZEC Julia | 221 | SPARTAN TEAM | Elite Pro K 13-17 | 6 | 00:57:10 | 01:21:13.55 | +00:25:20 (31.2%) | 8:07 | 7.4 (69.2%) |
| 74 | BŁASZCZYK Łukasz | 126 | WARRIORS ŁÓDŹ | Elite Pro Mężczyźni | 57 | 00:57:20 | 01:21:52.65 | +00:25:59 (31.7%) | 8:11 | 7.3 (68.2%) |
| 75 | PAZOŁA Korneliusz | 290 | WATAHA | Elite Pro Mężczyźni | 58 | 00:55:37 | 01:22:02.05 | +00:26:08 (31.9%) | 8:12 | 7.3 (68.2%) |
| 76 | MIZGALSKI Jacek | 303 | DZIADY OCR | Elite Pro Mężczyźni | 59 | 00:59:04 | 01:22:14.00 | +00:26:20 (32.0%) | 8:13 | 7.3 (68.2%) |
| 77 | WOJCIECHOWICZ Andrzej | 323 | BEST BEASTS | Elite Pro Mężczyźni | 60 | 00:59:20 | 01:22:16.45 | +00:26:23 (32.1%) | 8:13 | 7.3 (68.2%) |
| 78 | GIEJŁO Monika | 204 | ACTIVE FLOW | Elite Pro Kobiety | 6 | 00:58:34 | 01:22:39.95 | +00:26:46 (32.4%) | 8:15 | 7.3 (68.2%) |
| 79 | PIOTROWSKI Kamil | 297 | WOLF TEAM | Elite Pro Mężczyźni | 61 | 00:59:44 | 01:22:45.75 | +00:26:52 (32.5%) | 8:16 | 7.3 (68.2%) |
| 80 | ŚWIERSZCZ Paweł | 357 | | Elite Pro Mężczyźni | 62 | 01:00:38 | 01:23:01.80 | +00:27:08 (32.7%) | 8:18 | 7.2 (67.3%) |
| 81 | DUDA Grzegorz | 311 | BEST BEASTS | Elite Pro Mężczyźni | 63 | 00:59:11 | 01:23:39.70 | +00:27:46 (33.2%) | 8:21 | 7.2 (67.3%) |
| 82 | KRYGOWSKI Mateusz | 310 | BEST BEASTS | Elite Pro Mężczyźni | 64 | 00:58:58 | 01:24:03.15 | +00:28:09 (33.5%) | 8:24 | 7.1 (66.4%) |
| 83 | CISKI Szymon | 83 | JUNGLE NEXTREME | Elite Pro M 13-17 | 6 | 00:59:26 | 01:24:31.15 | +00:28:37 (33.9%) | 8:27 | 7.1 (66.4%) |
| 84 | ZIARKOWSKI Mirosław | 278 | FIT MORE RYBNIK | Elite Pro Mężczyźni | 65 | 01:01:31 | 01:25:13.60 | +00:29:20 (34.4%) | 8:31 | 7 (65.4%) |
| 85 | BERNACKA Katarzyna | 215 | NOTEĆ OCR CZARNKÓW | Elite Pro Kobiety | 7 | 01:00:30 | 01:25:14.25 | +00:29:20 (34.4%) | 8:31 | 7 (65.4%) |
| 86 | GAŁUSZYŃSKI Łukasz | 261 | ACTIVE FLOW | Elite Pro Mężczyźni | 66 | 01:03:56 | 01:27:02.30 | +00:31:08 (35.8%) | 8:42 | 6.9 (64.5%) |
| 87 | SERAFIŃSKI Robert | 350 | | Elite Pro Mężczyźni | 67 | 01:02:12 | 01:27:16.30 | +00:31:22 (36.0%) | 8:43 | 6.9 (64.5%) |
| 88 | HAJEWSKI Michał | 284 | CARBON SILESIA SPORT | Elite Pro Mężczyźni | 68 | 01:04:04 | 01:27:58.40 | +00:32:05 (36.5%) | 8:47 | 6.8 (63.6%) |
| 89 | KAMIŃSKA Agnieszka | 224 | ACTIVE FLOW | Elite Pro Kobiety | 8 | 00:58:35 | 01:29:15.50 | +00:33:22 (37.4%) | 8:55 | 6.7 (62.6%) |
| 90 | MOKSIK Jan | 363 | FIT MORE RYBNIK | Elite Pro Mężczyźni | 69 | 01:05:04 | 01:29:36.85 | +00:33:43 (37.6%) | 8:57 | 6.7 (62.6%) |
| 91 | PILARCZYK Katarzyna | 236 | DZIKIE DZIKI GORZÓW | Elite Pro Kobiety | 9 | 00:59:16 | 01:29:37.30 | +00:33:43 (37.6%) | 8:57 | 6.7 (62.6%) |
| 92 | PODOLSKA Matylda | 216 | SPARTAN TEAM | Elite Pro K 13-17 | 7 | 01:04:02 | 01:29:46.20 | +00:33:52 (37.7%) | 8:58 | 6.7 (62.6%) |
| 93 | KRĘGIELSKI Bartosz | 127 | BIEGUN OCR | Elite Pro Mężczyźni | 70 | 01:06:16 | 01:29:47.95 | +00:33:54 (37.8%) | 8:58 | 6.7 (62.6%) |
| 94 | WIŚNIEWSKI Michał | 330 | | Elite Pro Mężczyźni | 71 | 01:05:40 | 01:30:12.70 | +00:34:19 (38.0%) | 9:01 | 6.7 (62.6%) |
| 95 | PIETROŃ Łukasz | 283 | OBSTACLE CENTER TEAM | Elite Pro Mężczyźni | 72 | 01:05:52 | 01:31:24.05 | +00:35:30 (38.9%) | 9:08 | 6.6 (61.7%) |
| 96 | KURACH Stanisław | 301 | | Elite Pro Mężczyźni | 73 | 01:05:34 | 01:31:47.70 | +00:35:54 (39.1%) | 9:10 | 6.5 (60.7%) |
| 97 | GOZDEK Agata | 218 | SPARTAN TEAM | Elite Pro K 13-17 | 8 | 01:04:36 | 01:32:28.70 | +00:36:35 (39.6%) | 9:14 | 6.5 (60.7%) |
| 98 | DYKO Bartosz | 346 | MAD RUNNERS | Elite Pro Mężczyźni | 74 | 01:06:02 | 01:33:31.50 | +00:37:38 (40.2%) | 9:21 | 6.4 (59.8%) |
| 99 | MALCZEWSKI Tomasz | 272 | RAJSPORT ACTIVE | Elite Pro Mężczyźni | 75 | 01:06:43 | 01:35:38.25 | +00:39:44 (41.6%) | 9:33 | 6.3 (58.9%) |
| 100 | WITKOWSKI Rafał | 270 | WATAHA | Elite Pro Mężczyźni | 76 | 01:09:44 | 01:35:41.55 | +00:39:48 (41.6%) | 9:34 | 6.3 (58.9%) |
| 101 | MIERZICKI Marcel | 348 | POWER TRAINING | Elite Pro Mężczyźni | 77 | 01:05:39 | 01:35:56.65 | +00:40:03 (41.7%) | 9:35 | 6.3 (58.9%) |
| 102 | BREJNAK Agnieszka | 226 | FIT MORE RYBNIK | Elite Pro Kobiety | 10 | 01:08:53 | 01:36:56.80 | +00:41:03 (42.4%) | 9:41 | 6.2 (57.9%) |
| 103 | JANISZEWSKI Grzegorz | 255 | DZIADY OCR | Elite Pro Mężczyźni | 78 | 01:08:22 | 01:37:10.60 | +00:41:17 (42.5%) | 9:43 | 6.2 (57.9%) |
| 104 | GRESZTA Waldemar | 264 | DZIADY OCR | Elite Pro Mężczyźni | 79 | 01:07:30 | 01:37:17.25 | +00:41:23 (42.6%) | 9:43 | 6.2 (57.9%) |
| 105 | DUSZAK Agnieszka | 220 | ACTIVE FLOW | Elite Pro K 13-17 | 9 | 01:09:53 | 01:37:31.55 | +00:41:38 (42.7%) | 9:45 | 6.2 (57.9%) |
| 106 | NAPIERALSKI Krzysztof | 312 | DZIKIE DZIKI GORZÓW | Elite Pro Mężczyźni | 80 | 01:09:07 | 01:38:05.10 | +00:42:11 (43.0%) | 9:48 | 6.1 (57.0%) |
| 107 | CIUPEK Paweł | 286 | BEFIT24TEAM | Elite Pro Mężczyźni | 81 | 01:11:48 | 01:38:07.65 | +00:42:14 (43.0%) | 9:48 | 6.1 (57.0%) |
| 108 | SAWICZ-ŁUŃSKA Emilia | 214 | WOLF TEAM | Elite Pro Kobiety | 11 | 01:09:53 | 01:38:39.50 | +00:42:46 (43.4%) | 9:51 | 6.1 (57.0%) |
| 109 | KRÓLEWSKI Karol | 251 | BEFIT24TEAM | Elite Pro Mężczyźni | 82 | 01:11:04 | 01:38:45.05 | +00:42:51 (43.4%) | 9:52 | 6.1 (57.0%) |
| 110 | BARAN Konrad | 367 | WARRIORS ŁÓDŹ | Elite Pro Mężczyźni | 83 | 01:12:10 | 01:39:19.90 | +00:43:26 (43.7%) | 9:55 | 6 (56.1%) |
| 111 | WIŚNIEWSKI Arkadiusz | 252 | WARRIORS ŁÓDŹ | Elite Pro Mężczyźni | 84 | 01:12:09 | 01:39:20.60 | +00:43:27 (43.7%) | 9:56 | 6 (56.1%) |
| 112 | SCHMIDT Paweł | 250 | BEFIT24TEAM | Elite Pro Mężczyźni | 85 | 01:11:29 | 01:41:58.65 | +00:46:05 (45.2%) | 10:11 | 5.9 (55.1%) |
| 113 | MARKOWSKA Nikola | 222 | WATAHA | Elite Pro K 13-17 | 10 | 01:11:16 | 01:42:17.90 | +00:46:24 (45.4%) | 10:13 | 5.9 (55.1%) |
| 114 | GORNOWICZ Marcin | 325 | TREC TEAM | Elite Pro Mężczyźni | 86 | 01:08:17 | 01:42:43.20 | +00:46:49 (45.6%) | 10:16 | 5.8 (54.2%) |
| 115 | SKOWRON Bartosz | 340 | | Elite Pro Mężczyźni | 87 | 01:11:45 | 01:43:11.40 | +00:47:18 (45.8%) | 10:19 | 5.8 (54.2%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Split 7.5km | Czas netto 10km | Różn | Tempo min/km | Tempo km/h |
|-----|------------------------------------|------------|------------------------|---------------------|------|----------------|-----------------------|-------------------|-----------------|---------------|
| 116 | KOWALSKI Tomek | 328 | | Elite Pro Mężczyźni | 88 | 01:11:45 | 01:43:12.20 | +00:47:18 (45.8%) | 10:19 | 5.8 (54.2%) |
| 117 | KOMOROWSKA Monika | 217 | SOCIOS SILESIA | Elite Pro Kobiety | 12 | 01:12:38 | 01:43:37.00 | +00:47:43 (46.1%) | 10:21 | 5.8 (54.2%) |
| 118 | KONDEJ Michał | 245 | ACTIVE FLOW | Elite Pro Mężczyźni | 89 | 01:17:12 | 01:46:01.15 | +00:50:07 (47.3%) | 10:36 | 5.7 (53.3%) |
| 119 | GABELGAARD Tanja | 207 | | Elite Pro Kobiety | 13 | 01:17:43 | 01:46:27.60 | +00:50:34 (47.5%) | 10:38 | 5.6 (52.3%) |
| 120 | POIKINE Inga | 187 | BALTIC WARRIORS | Elite Pro Kobiety | 14 | 01:17:44 | 01:46:29.95 | +00:50:36 (47.5%) | 10:38 | 5.6 (52.3%) |
| 121 | KNOP Sylwia | 230 | LEMON TEAM / AMBASADOR | Elite Pro Kobiety | 15 | 01:18:44 | 01:53:32.50 | +00:57:39 (50.8%) | 11:21 | 5.3 (49.5%) |
| 122 | DOBROWOLSKA Dorota | 208 | ACTIVE FLOW | Elite Pro Kobiety | 16 | 01:20:56 | 01:55:08.75 | +00:59:15 (51.5%) | 11:30 | 5.2 (48.6%) |
| 123 | DOBROWOLSKA Dalia | 209 | ACTIVE FLOW | Elite Pro K 13-17 | 11 | 01:20:07 | 01:56:44.80 | +01:00:51 (52.1%) | 11:40 | 5.1 (47.7%) |
| 124 | MARZEC Martyna | 202 | SPARTAN TEAM | Elite Pro K 13-17 | 12 | 01:17:59 | 01:58:24.95 | +01:02:31 (52.8%) | 11:50 | 5.1 (47.7%) |
| 125 | DĄBROWSKA Angelika | 234 | WOLF TEAM | Elite Pro Kobiety | 17 | 01:22:46 | 02:03:46.65 | +01:07:53 (54.8%) | 12:22 | 4.8 (44.9%) |
| 126 | WOŹNIAK-KARCZEWSKA Patrycja | 235 | BEST BEASTS | Elite Pro Kobiety | 18 | 01:23:03 | 02:04:36.40 | +01:08:43 (55.1%) | 12:27 | 4.8 (44.9%) |
| 127 | KURLAPSKA Anna | 233 | BEST BEASTS | Elite Pro Kobiety | 19 | 01:23:04 | 02:22:59.75 | +01:27:06 (60.9%) | 14:17 | 4.2 (39.3%) |
| 128 | GONIA Katarzyna | 243 | | Elite Pro Kobiety | 20 | 01:36:25 | 02:25:32.65 | +01:29:39 (61.6%) | 14:33 | 4.1 (38.3%) |
| DNC | - - | 369 | | | | 01:12:57 | 01:47:17.85 | | 0:00 | 5.6 (52.3%) |
| | WITKOWSKI Paweł | 246 | XRUNNERS | Elite Pro Mężczyźni | | DNF | DNF | | - | - (0.0%) |
| | - - | 359 | | | | DNF | DNF | | - | - (0.0%) |

Znaleziono 131 wynik(ów)