



Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

CHOJNIK KARKONOSKI FESTIWAL BIEGOWY
Fundacja Szczyt za szczytem
2024-09-07
Sobieszów
42 km

CHOJNIK MARATON

B4SPORT

B4SPORT
INTELIĞENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Droga pod Reglami 6km | Trzy Jawory 24km | Droga pod Reglami 36km | Czas netto 42km | Czas brutto 42km | Różn | Tempo min/km | Tempo km/h |
|-----|----------------------------|------------|-------------------------------------|-----------|------|-----------------------|------------------|------------------------|--------------------|--------------------|-------------------|--------------|-------------|
| 1 | GORZELAŃCZYK Jakub | 38 | JOMA TEAM | M30 | 1 | 00:27:49 | 02:03:08 | 03:16:41 | 03:49:38.10 | 03:49:38.10 | | 5:28 | 11 (100%) |
| 2 | STAWIŃSKI Michał | 160 | AW SZYBCIEJ TEAM | M30 | 2 | 00:30:03 | 02:19:16 | 03:46:17 | 04:26:49.80 | 04:26:49.80 | +00:37:11 (13.9%) | 6:21 | 9.4 (85.5%) |
| 3 | SNOWACKI Kamil | 146 | AW SZYBCIEJ TEAM | M30 | 3 | 00:30:07 | 02:22:20 | 04:03:03 | 04:52:19.40 | 04:52:19.40 | +01:02:41 (21.4%) | 6:57 | 8.6 (78.2%) |
| 4 | WALCZAK Paweł | 175 | | M30 | 4 | 00:31:57 | 02:31:17 | 04:15:07 | 04:57:58.70 | 04:57:58.70 | +01:08:20 (22.9%) | 7:05 | 8.5 (77.3%) |
| 5 | KASPRZAK Piotr | 64 | ŚNIEŻNA PANTERA | M18 | 1 | 00:35:02 | 02:36:22 | 04:17:14 | 05:07:04.45 | 05:07:04.45 | +01:17:26 (25.2%) | 7:18 | 8.2 (74.5%) |
| 6 | CIBART Piotr | 19 | | M50 | 1 | 00:35:43 | 02:40:58 | 04:22:23 | 05:09:08.05 | 05:09:08.05 | +01:19:29 (25.7%) | 7:21 | 8.2 (74.5%) |
| 7 | MIKOLAJEWSKI Maciej | 109 | | M30 | 5 | 00:36:53 | 02:36:29 | 04:18:02 | 05:09:31.20 | 05:09:31.20 | +01:19:53 (25.8%) | 7:22 | 8.1 (73.6%) |
| 8 | STĘSIK Tomasz | 161 | | M30 | 6 | 00:37:44 | 02:44:01 | 04:23:09 | 05:09:42.70 | 05:09:42.70 | +01:20:04 (25.9%) | 7:22 | 8.1 (73.6%) |
| 9 | MICHAŁOWSKA Agata | 107 | | K18 | 1 | 00:35:05 | 02:42:25 | 04:25:41 | 05:11:23.10 | 05:11:23.10 | +01:21:45 (26.3%) | 7:24 | 8.1 (73.6%) |
| 10 | KOTARSKI Mariusz | 77 | PROJEKT 1000UP | M40 | 1 | 00:39:13 | 02:46:48 | 04:21:09 | 05:12:31.95 | 05:12:31.95 | +01:22:53 (26.5%) | 7:26 | 8.1 (73.6%) |
| 11 | ZAWODNIK Łukasz | 194 | SZPETNE KASZTANY | M30 | 7 | 00:35:29 | 02:35:34 | 04:25:10 | 05:15:35.40 | 05:15:35.40 | +01:25:57 (27.2%) | 7:30 | 8 (72.7%) |
| 12 | RUDNICKI Dariusz | 135 | PROJEKT1000UP/PKO BP BIEGAJMY RAZEM | M30 | 8 | 00:39:10 | 02:48:03 | 04:29:26 | 05:15:47.50 | 05:15:47.50 | +01:26:09 (27.3%) | 7:31 | 8 (72.7%) |
| 13 | KUBIAK Jagoda | 82 | | K30 | 1 | 00:36:01 | 02:46:27 | 04:31:39 | 05:19:17.60 | 05:19:17.60 | +01:29:39 (28.1%) | 7:36 | 7.9 (71.8%) |
| 14 | MAJ Marek | 99 | | M30 | 9 | 00:36:04 | 02:41:08 | 04:30:28 | 05:24:55.10 | 05:24:55.10 | +01:35:17 (29.3%) | 7:44 | 7.8 (70.9%) |
| 15 | KOLENDA Krzysztof | 71 | FIZJOBIEGACZE SZCZECIN | M40 | 2 | 00:35:31 | 02:42:24 | 04:29:29 | 05:25:55.30 | 05:25:55.30 | +01:36:17 (29.5%) | 7:45 | 7.7 (70.0%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Droga pod Reglami 6km | Trzy Jawory 24km | Droga pod Reglami 36km | Czas netto 42km | Czas brutto 42km | Różn | Tempo min/km | Tempo km/h |
|-----|------------------------------|------------|---|-----------|------|-----------------------|------------------|------------------------|--------------------|--------------------|-------------------|--------------|-------------|
| 16 | PETRYKOWSKI Karol | 127 | SGH! SEKCJA GÓRSKA PŁASKOZIEMCY | M30 | 10 | 00:43:35 | 03:00:57 | 04:44:05 | 05:28:57.95 | 05:28:57.95 | +01:39:19 (30.2%) | 7:49 | 7.7 (70.0%) |
| 17 | RÓŻYCKI Rafał | 134 | | M30 | 11 | 00:35:06 | 02:45:28 | 04:39:41 | 05:31:27.35 | 05:31:27.35 | +01:41:49 (30.7%) | 7:53 | 7.6 (69.1%) |
| 18 | NIEMIRO Dominika | 116 | | K40 | 1 | 00:38:15 | 02:52:25 | 04:43:24 | 05:33:23.65 | 05:33:23.65 | +01:43:45 (31.1%) | 7:56 | 7.6 (69.1%) |
| 19 | GÓRECKI Krzysztof | 40 | | M18 | 2 | 00:39:53 | 02:55:50 | 04:41:51 | 05:35:07.70 | 05:35:07.70 | +01:45:29 (31.5%) | 7:58 | 7.5 (68.2%) |
| 20 | ZYWERT Antonina | 199 | | K18 | 2 | 00:38:43 | 02:55:14 | 04:47:41 | 05:37:39.55 | 05:37:39.55 | +01:48:01 (32.0%) | 8:02 | 7.5 (68.2%) |
| 21 | GILEWSKI Bartłomiej | 37 | #NIEZESRAJSIE | M30 | 12 | 00:37:33 | 02:49:23 | 04:42:58 | 05:39:23.40 | 05:39:23.40 | +01:49:45 (32.3%) | 8:04 | 7.4 (67.3%) |
| 22 | VESELÝ Pavel | 174 | HSK HORNÍ ROKYTNICE | M50 | 2 | 00:37:43 | 02:55:04 | 04:48:13 | 05:43:32.70 | 05:43:32.70 | +01:53:54 (33.2%) | 8:10 | 7.3 (66.4%) |
| 23 | MUSIAŁ Szymon | 114 | | M30 | 13 | 00:36:44 | 02:50:38 | 04:48:10 | 05:44:30.00 | 05:44:30.00 | +01:54:51 (33.3%) | 8:12 | 7.3 (66.4%) |
| 24 | MANSFELD Krzysztof | 103 | | M30 | 14 | 00:37:23 | 02:52:25 | 04:50:40 | 05:45:06.15 | 05:45:06.15 | +01:55:28 (33.5%) | 8:13 | 7.3 (66.4%) |
| 25 | WIECZOREK Maria | 180 | PRZEDWOJEWSKI TEAM | K40 | 2 | 00:41:31 | 02:59:18 | 04:52:53 | 05:46:13.15 | 05:46:13.15 | +01:56:35 (33.7%) | 8:14 | 7.3 (66.4%) |
| 26 | ŁUKASZEWSKI Kamil | 96 | GB WIELKOPOLSCY BIEGACZE | M30 | 15 | 00:38:52 | 02:55:26 | 04:50:08 | 05:47:01.70 | 05:47:01.70 | +01:57:23 (33.8%) | 8:15 | 7.3 (66.4%) |
| 27 | KOWALCZYK Tomasz | 78 | | M40 | 3 | 00:38:41 | 02:49:14 | 04:51:25 | 05:47:37.10 | 05:47:37.10 | +01:57:59 (33.9%) | 8:16 | 7.2 (65.5%) |
| 28 | STASIW Przemysław | 156 | ULTRA TRAIL FANATICS | M30 | 16 | 00:35:30 | 02:57:03 | 04:53:59 | 05:51:30.15 | 05:51:30.15 | +02:01:52 (34.7%) | 8:22 | 7.2 (65.5%) |
| 29 | MIELNIK Michał | 108 | PANICZE | M30 | 17 | 00:39:40 | 03:03:17 | 04:59:00 | 05:51:57.55 | 05:51:57.55 | +02:02:19 (34.8%) | 8:22 | 7.2 (65.5%) |
| 30 | KRAKOWSKA Anna | 79 | | K30 | 2 | 00:37:04 | 03:00:22 | 04:58:44 | 05:54:20.05 | 05:54:20.05 | +02:04:41 (35.2%) | 8:26 | 7.1 (64.5%) |
| 31 | WOJCIECHOWSKI Dariusz | 185 | KRAKOWIAK ULTRA TEAM / GÓRAL Z MAZUR RUNNING TEAM | M40 | 4 | 00:37:47 | 03:02:50 | 05:00:34 | 05:55:21.75 | 05:55:21.75 | +02:05:43 (35.4%) | 8:27 | 7.1 (64.5%) |
| 32 | GRABIAS Aleksandra | 41 | | K30 | 3 | 00:40:07 | 03:08:10 | 05:05:44 | 05:58:31.15 | 05:58:31.15 | +02:08:53 (35.9%) | 8:32 | 7 (63.6%) |
| 33 | BŁASZCZAK Marek | 11 | AW - SZYBCIEJ - TEAM | M30 | 18 | 00:38:23 | 03:02:31 | 05:02:55 | 06:05:30.95 | 06:05:30.95 | +02:15:52 (37.2%) | 8:42 | 6.9 (62.7%) |
| 34 | RESPONDEK Anna | 133 | | K40 | 3 | 00:41:52 | 03:14:27 | 05:14:38 | 06:07:33.20 | 06:07:33.20 | +02:17:55 (37.5%) | 8:45 | 6.9 (62.7%) |
| 35 | KLEINSCHMIDT Łukasz | 68 | KRIS TRANS MAŁYSZKA | M40 | 5 | 00:40:59 | 03:04:56 | 05:06:47 | 06:08:04.45 | 06:08:04.45 | +02:18:26 (37.6%) | 8:45 | 6.8 (61.8%) |
| 36 | TRZEBIATOWSKA Kinga | 173 | | K18 | 3 | 00:39:32 | 03:11:07 | 05:13:06 | 06:08:13.40 | 06:08:13.40 | +02:18:35 (37.6%) | 8:46 | 6.8 (61.8%) |
| 37 | JAROSZ Bartosz | 52 | | M30 | 19 | 00:41:18 | 03:06:28 | 05:09:54 | 06:08:45.60 | 06:08:45.60 | +02:19:07 (37.7%) | 8:46 | 6.8 (61.8%) |
| 38 | CHLIPAŁA Jakub | 18 | | M18 | 3 | 00:44:19 | 03:11:21 | 05:11:25 | 06:11:50.90 | 06:11:50.90 | +02:22:12 (38.2%) | 8:51 | 6.8 (61.8%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Droga pod Reglami | | Droga pod Reglami 36km | Czas netto 42km | Czas brutto 42km | Różn | Tempo min/km | Tempo km/h |
|-----|-------------------------------|------------|----------------------------------|-----------|------|-------------------|------------------|------------------------|--------------------|--------------------|-------------------|--------------|-------------|
| | | | | | | 6km | Trzy Jawory 24km | | | | | | |
| 39 | ORĘZIAK Tomasz | 122 | TRAIL IS OUR WAY | M18 | 4 | 00:35:45 | 02:57:59 | 05:06:52 | 06:13:31.70 | 06:13:31.70 | +02:23:53 (38.5%) | 8:53 | 6.7 (60.9%) |
| 40 | DAJCZAK Mariusz | 23 | | M30 | 20 | 00:44:16 | 03:16:06 | 05:16:28 | 06:17:30.55 | 06:17:30.55 | +02:27:52 (39.2%) | 8:59 | 6.7 (60.9%) |
| 41 | BONIARCZYK Łukasz | 13 | | M30 | 21 | 00:48:34 | 03:25:58 | 05:26:51 | 06:19:19.90 | 06:19:19.90 | +02:29:41 (39.5%) | 9:01 | 6.6 (60.0%) |
| 42 | JĘDRAŚ Rafał | 53 | WAWRZYN TEAM BIEGIEM PO MARZENIA | M30 | 22 | 00:41:54 | 03:12:48 | 05:23:03 | 06:20:10.40 | 06:20:10.40 | +02:30:32 (39.6%) | 9:03 | 6.6 (60.0%) |
| 43 | ANDRÓSZOWSKI Mateusz | 2 | | M30 | 23 | 00:43:02 | 03:16:42 | 05:27:00 | 06:20:25.90 | 06:20:25.90 | +02:30:47 (39.6%) | 9:03 | 6.6 (60.0%) |
| 44 | PAWŁOWSKI Jakub | 126 | | M30 | 24 | 00:40:36 | 03:08:58 | 05:10:05 | 06:22:08.85 | 06:22:08.85 | +02:32:30 (39.9%) | 9:05 | 6.6 (60.0%) |
| 45 | MALIGRANDA Mariusz | 101 | | M30 | 25 | 00:43:57 | 03:21:20 | 05:27:40 | 06:22:38.10 | 06:22:38.10 | +02:33:00 (40.0%) | 9:06 | 6.6 (60.0%) |
| 46 | ZARĘBA Anna | 192 | | K30 | 4 | 00:43:44 | 03:21:41 | 05:25:22 | 06:23:17.15 | 06:23:17.15 | +02:33:39 (40.1%) | 9:07 | 6.6 (60.0%) |
| 47 | WALKOWIAK Dominika | 176 | | K30 | 5 | 00:45:12 | 03:23:40 | 05:29:47 | 06:26:10.45 | 06:26:10.45 | +02:36:32 (40.5%) | 9:11 | 6.5 (59.1%) |
| 48 | BORDYCH Andrzej | 202 | BOREL MARATHON TEAM | M50 | 3 | 00:42:09 | 03:27:14 | 05:30:11 | 06:26:20.10 | 06:26:20.10 | +02:36:42 (40.6%) | 9:11 | 6.5 (59.1%) |
| 49 | SZCZEPANIAK Adam | 165 | DIRTY SPARROWS | M30 | 26 | 00:38:09 | 03:11:12 | 05:24:22 | 06:26:32.90 | 06:26:32.90 | +02:36:54 (40.6%) | 9:12 | 6.5 (59.1%) |
| 50 | NOWAK Marek | 118 | EXPLORADOR | M40 | 6 | 00:39:55 | 03:13:08 | 05:30:26 | 06:26:38.80 | 06:26:38.80 | +02:37:00 (40.6%) | 9:12 | 6.5 (59.1%) |
| 51 | SIKORA Malwina | 140 | DROGA DO ULTRA | K18 | 4 | 00:46:12 | 03:23:16 | 05:31:19 | 06:27:15.20 | 06:27:15.20 | +02:37:37 (40.7%) | 9:13 | 6.5 (59.1%) |
| 52 | DORNIAK Radek | 26 | | M40 | 7 | 00:45:13 | 03:24:08 | 05:29:20 | 06:27:26.90 | 06:27:26.90 | +02:37:48 (40.7%) | 9:13 | 6.5 (59.1%) |
| 53 | WORONOWICZ Piotr | 186 | NOTORYCZNI DEBIUTANCI | M30 | 27 | 00:39:24 | 03:14:04 | 05:38:11 | 06:29:32.25 | 06:29:32.25 | +02:39:54 (41.0%) | 9:16 | 6.5 (59.1%) |
| 54 | MOKRZYCKA Weronika | 111 | | K30 | 6 | 00:45:02 | 03:26:26 | 05:37:43 | 06:31:38.90 | 06:31:38.90 | +02:42:00 (41.4%) | 9:19 | 6.4 (58.2%) |
| 55 | OŻMINKOWSKA Aleksandra | 124 | DIRTY SPARROWS | K30 | 7 | 00:39:30 | 03:22:24 | 05:38:07 | 06:31:51.20 | 06:31:51.20 | +02:42:13 (41.4%) | 9:19 | 6.4 (58.2%) |
| 56 | ZOK Karol | 198 | | M40 | 8 | 00:44:30 | 03:21:56 | 05:34:02 | 06:33:12.95 | 06:33:12.95 | +02:43:34 (41.6%) | 9:21 | 6.4 (58.2%) |
| 57 | KARMOWSKI Jakub | 62 | | M40 | 9 | 05:40:59 | | | 06:34:34.90 | 06:34:34.90 | +02:44:56 (41.8%) | 9:23 | 6.4 (58.2%) |
| 58 | ORĘZIAK Maciej | 123 | | M40 | 10 | 00:40:39 | 03:20:35 | 05:39:49 | 06:35:27.60 | 06:35:27.60 | +02:45:49 (41.9%) | 9:24 | 6.4 (58.2%) |
| 59 | STAWIŃSKI Piotr | 159 | 12TRI | M40 | 11 | 00:46:35 | 03:23:10 | 05:36:46 | 06:37:59.60 | 06:37:59.60 | +02:48:21 (42.3%) | 9:28 | 6.3 (57.3%) |
| 60 | ZIÓLKOWSKI Konrad | 197 | KUŹNIA TRIATHLONU | M40 | 12 | 00:46:37 | 03:23:16 | 05:36:48 | 06:37:59.75 | 06:37:59.75 | +02:48:21 (42.3%) | 9:28 | 6.3 (57.3%) |
| 61 | WIĘCEK Maria | 181 | NOTORYCZNI DEBIUTANCI | K30 | 8 | 00:45:06 | 03:29:07 | 05:38:16 | 06:38:02.50 | 06:38:02.50 | +02:48:24 (42.3%) | 9:28 | 6.3 (57.3%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Droga pod Reglami 6km | Trzy Jawory 24km | Droga pod Reglami 36km | Czas netto 42km | Czas brutto 42km | Różn | Tempo min/km | Tempo km/h |
|-----|--------------------------------|------------|---------------------|-----------|------|-----------------------|------------------|------------------------|--------------------|--------------------|-------------------|--------------|-------------|
| 62 | BIAŁOBRZEWSKA Daria | 10 | | K30 | 9 | 05:39:10 | | | 06:38:25.30 | 06:38:25.30 | +02:48:47 (42.4%) | 9:29 | 6.3 (57.3%) |
| 63 | BUGAJ Alan | 15 | | M30 | 28 | 00:45:09 | 03:29:27 | 05:41:12 | 06:39:11.10 | 06:39:11.10 | +02:49:33 (42.5%) | 9:30 | 6.3 (57.3%) |
| 64 | ORŁOWSKI Jakub | 204 | OMP LEGAL | M40 | 13 | 00:43:05 | 03:18:18 | 05:37:07 | 06:39:51.80 | 06:39:51.80 | +02:50:13 (42.6%) | 9:31 | 6.3 (57.3%) |
| 65 | GRYS Paweł | 44 | | M30 | 29 | 00:46:15 | 03:26:32 | 05:40:55 | 06:42:11.10 | 06:42:11.10 | +02:52:33 (42.9%) | 9:34 | 6.3 (57.3%) |
| 66 | SPRYSZYŃSKI Michał | 149 | TRIRODZINKA | M30 | 30 | 00:43:40 | 03:31:03 | 05:49:27 | 06:43:30.90 | 06:43:30.90 | +02:53:52 (43.1%) | 9:36 | 6.2 (56.4%) |
| 67 | KRZYWDZIŃSKI Bartłomiej | 81 | | M40 | 14 | 00:40:44 | 03:24:32 | 05:48:00 | 06:46:24.50 | 06:46:24.50 | +02:56:46 (43.5%) | 9:40 | 6.2 (56.4%) |
| 68 | SZEWCZENKO Agnieszka | 166 | | K40 | 4 | 00:40:43 | 03:24:33 | 05:48:00 | 06:46:24.65 | 06:46:24.65 | +02:56:46 (43.5%) | 9:40 | 6.2 (56.4%) |
| 69 | WATAŁA Krzysztof | 178 | AW - SZYBCIEJ | M50 | 4 | 00:46:06 | 03:31:58 | 05:49:10 | 06:47:12.30 | 06:47:12.30 | +02:57:34 (43.6%) | 9:41 | 6.2 (56.4%) |
| 70 | WYRZUCKI Andrzej | 190 | #DZIKIZPRZYLESIA | M30 | 31 | 00:38:27 | 03:37:54 | 05:50:29 | 06:47:23.80 | 06:47:23.80 | +02:57:45 (43.6%) | 9:41 | 6.2 (56.4%) |
| 71 | KOS Paulina | 74 | | K30 | 10 | 00:49:05 | 03:35:32 | 05:48:42 | 06:47:48.10 | 06:47:48.10 | +02:58:10 (43.7%) | 9:42 | 6.2 (56.4%) |
| 72 | BENTKOWSKA Magdalena | 9 | DIRTY SPARROWS | K30 | 11 | 00:44:51 | 03:35:02 | 05:52:47 | 06:49:36.40 | 06:49:36.40 | +02:59:58 (43.9%) | 9:45 | 6.2 (56.4%) |
| 73 | SZYMCZYK Michał | 169 | DRUŻYNA CHROBREGO | M50 | 5 | 00:45:08 | 03:32:14 | 05:51:19 | 06:50:07.05 | 06:50:07.05 | +03:00:28 (44.0%) | 9:45 | 6.1 (55.5%) |
| 74 | WOJCIECHOWSKI Tadeusz | 184 | LULINEK | M30 | 32 | 00:45:17 | 03:28:32 | 05:53:33 | 06:53:01.65 | 06:53:01.65 | +03:03:23 (44.4%) | 9:50 | 6.1 (55.5%) |
| 75 | ZABOROWSKI Kamil | 191 | #ZALINIAMETY | M30 | 33 | 00:41:11 | 03:21:52 | 05:54:01 | 06:54:08.80 | 06:54:08.80 | +03:04:30 (44.6%) | 9:51 | 6.1 (55.5%) |
| 76 | JĘDRUŚ Jakub | 54 | CHSBD W RUCHU | M30 | 34 | 00:42:02 | 03:33:43 | 05:57:05 | 06:56:00.60 | 06:56:00.60 | +03:06:22 (44.8%) | 9:54 | 6.1 (55.5%) |
| 77 | RZEPECKI Artur | 137 | 4FITER DĄBRÓWKA | M40 | 15 | 00:38:37 | 03:30:59 | 05:56:50 | 06:57:48.35 | 06:57:48.35 | +03:08:10 (45.0%) | 9:56 | 6 (54.5%) |
| 78 | GRZEGORZEWSKI Konrad | 45 | 4FITER | M40 | 16 | 00:38:41 | 03:31:02 | 05:56:49 | 06:57:48.40 | 06:57:48.40 | +03:08:10 (45.0%) | 9:56 | 6 (54.5%) |
| 79 | STASZEWSKI Piotr | 157 | | M40 | 17 | 00:40:15 | 03:18:23 | 05:48:26 | 06:58:23.90 | 06:58:23.90 | +03:08:45 (45.1%) | 9:57 | 6 (54.5%) |
| 80 | SOBOLEWSKI Dariusz | 147 | BOREL MARATHON TEAM | M40 | 18 | 00:42:08 | 03:27:14 | 05:54:10 | 06:58:34.40 | 06:58:34.40 | +03:08:56 (45.1%) | 9:57 | 6 (54.5%) |
| 81 | NIEDOPYTALSKI Patryk | 115 | | M18 | 5 | 00:43:51 | 03:28:18 | 05:53:33 | 06:59:59.40 | 06:59:59.40 | +03:10:21 (45.3%) | 9:59 | 6 (54.5%) |
| 82 | LUBOWIECKA Katarzyna | 92 | | K50 | 1 | 05:57:22 | | | 07:00:11.90 | 07:00:11.90 | +03:10:33 (45.4%) | 10:00 | 6 (54.5%) |
| 83 | ŻACZYK Mateusz | 200 | | M30 | 35 | 00:42:48 | 03:34:41 | 06:02:52 | 07:00:16.95 | 07:00:16.95 | +03:10:38 (45.4%) | 10:00 | 6 (54.5%) |
| 84 | LUBELCZYK Grzegorz | 91 | SPELEOCLUB WROCŁAW | M50 | 6 | 00:45:58 | 03:31:56 | 05:55:06 | 07:00:39.35 | 07:00:39.35 | +03:11:01 (45.4%) | 10:00 | 6 (54.5%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Droga pod Reglami 6km | Trzy Jawory 24km | Droga pod Reglami 36km | Czas netto 42km | Czas brutto 42km | Różn | Tempo min/km | Tempo km/h |
|-----|-----------------------------------|------------|----------------------|-----------|------|-----------------------|------------------|------------------------|--------------------|--------------------|-------------------|--------------|-------------|
| 85 | KAŃDUŁA Grzegorz | 60 | | M40 | 19 | 00:48:29 | 03:46:20 | 06:06:25 | 07:03:48.45 | 07:03:48.45 | +03:14:10 (45.8%) | 10:05 | 5.9 (53.6%) |
| 86 | LESIAK Filip | 88 | TRAIL IS OUR WAY | M40 | 20 | 00:48:17 | 03:43:04 | 05:59:42 | 07:03:56.15 | 07:03:56.15 | +03:14:18 (45.8%) | 10:05 | 5.9 (53.6%) |
| 87 | NIERADKA Anna | 117 | | K30 | 12 | 00:47:44 | 03:43:06 | 06:04:01 | 07:05:16.80 | 07:05:16.80 | +03:15:38 (46.0%) | 10:07 | 5.9 (53.6%) |
| 88 | MAROVA Klara | 205 | | K40 | 5 | 00:47:07 | 03:47:16 | 06:08:14 | 07:06:24.05 | 07:06:24.05 | +03:16:45 (46.1%) | 10:09 | 5.9 (53.6%) |
| 89 | GAJLEWICZ Piotr | 34 | PGP LEGAL | M40 | 21 | 00:43:26 | 03:35:55 | 06:08:18 | 07:06:55.85 | 07:06:55.85 | +03:17:17 (46.2%) | 10:09 | 5.9 (53.6%) |
| 90 | LENART Jakub | 86 | | M30 | 36 | 00:42:45 | 03:26:31 | 06:02:18 | 07:09:40.50 | 07:09:40.50 | +03:20:02 (46.6%) | 10:13 | 5.9 (53.6%) |
| 91 | MĄCZYŃSKI Marcin | 106 | | M30 | 37 | 00:48:15 | 03:41:02 | 06:04:19 | 07:10:17.25 | 07:10:17.25 | +03:20:39 (46.6%) | 10:14 | 5.9 (53.6%) |
| 92 | SKOWROŃSKI Bartosz | 144 | KAMIL LEŚNIAK TEAM | M30 | 38 | 00:45:00 | 03:57:29 | 06:08:21 | 07:10:46.25 | 07:10:46.25 | +03:21:08 (46.7%) | 10:15 | 5.9 (53.6%) |
| 93 | GALASIŃSKI Andrzej | 35 | WLKP MOUNTAINS ULTRA | M60 | 1 | 00:51:33 | 03:40:44 | 06:03:52 | 07:11:58.95 | 07:11:58.95 | +03:22:20 (46.8%) | 10:17 | 5.8 (52.7%) |
| 94 | KASHCHEEV Andrei | 63 | | M30 | 39 | 00:45:58 | 03:37:53 | 06:04:38 | 07:12:40.90 | 07:12:40.90 | +03:23:02 (46.9%) | 10:18 | 5.8 (52.7%) |
| 95 | MAKLES Paweł | 100 | BOXING GUBIN | M18 | 6 | 00:49:04 | 03:58:13 | 06:20:52 | 07:16:01.65 | 07:16:01.65 | +03:26:23 (47.3%) | 10:22 | 5.8 (52.7%) |
| 96 | HYCZKO Kinga | 48 | TRAIL IS OUR WAY | K30 | 13 | 00:51:05 | 03:48:04 | 06:13:50 | 07:16:25.55 | 07:16:25.55 | +03:26:47 (47.4%) | 10:23 | 5.8 (52.7%) |
| 97 | WYRWAS-ZYGARŁOWSKA Izabela | 189 | WLKP MOUNTAINS ULTRA | K40 | 6 | 00:50:41 | 03:49:27 | 06:14:38 | 07:16:49.15 | 07:16:49.15 | +03:27:11 (47.4%) | 10:24 | 5.8 (52.7%) |
| 98 | CHABER Tomasz | 16 | | M30 | 40 | 00:43:28 | 03:48:09 | 06:19:33 | 07:18:35.40 | 07:18:35.40 | +03:28:57 (47.6%) | 10:26 | 5.7 (51.8%) |
| 99 | STANISZEWSKA Joanna | 154 | SPC | K40 | 7 | 00:46:56 | 03:52:32 | 06:15:42 | 07:19:45.65 | 07:19:45.65 | +03:30:07 (47.8%) | 10:28 | 5.7 (51.8%) |
| 100 | LEWANDOWSKI Łukasz | 89 | BUDCHEM | M40 | 22 | 00:42:54 | 03:34:48 | 06:14:50 | 07:21:19.60 | 07:21:19.60 | +03:31:41 (48.0%) | 10:30 | 5.7 (51.8%) |
| 101 | KOISZEWSKI Krzysztof | 70 | KLUB 42,2 LĘBORK | M50 | 7 | 00:46:30 | 03:44:37 | 06:01:35 | 07:25:44.90 | 07:25:44.90 | +03:36:06 (48.5%) | 10:36 | 5.7 (51.8%) |
| 102 | WĄTROBA Marek | 179 | KLUB 42,2 LĘBORK | M40 | 23 | 00:46:28 | 03:44:35 | 06:01:36 | 07:25:45.00 | 07:25:45.00 | +03:36:06 (48.5%) | 10:36 | 5.7 (51.8%) |
| 103 | MARCHWAT Daniel | 104 | | M30 | 41 | 00:47:18 | 03:45:29 | 06:22:42 | 07:27:54.90 | 07:27:54.90 | +03:38:16 (48.7%) | 10:39 | 5.6 (50.9%) |
| 104 | PTAK Patryk | 129 | CHSBD "W RUCHU" | M30 | 42 | 00:50:09 | 03:46:10 | 06:19:19 | 07:28:05.70 | 07:28:05.70 | +03:38:27 (48.8%) | 10:40 | 5.6 (50.9%) |
| 105 | KIEDA Bartek | 67 | | M30 | 43 | 00:43:43 | 03:37:05 | 06:21:42 | 07:28:30.60 | 07:28:30.60 | +03:38:52 (48.8%) | 10:40 | 5.6 (50.9%) |
| 106 | NOŻEWNIK Patryk | 119 | TMLP | M40 | 24 | 00:57:12 | 03:59:46 | 06:30:01 | 07:31:01.60 | 07:31:01.60 | +03:41:23 (49.1%) | 10:44 | 5.6 (50.9%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Droga pod Reglami 6km | Trzy Jawory 24km | Droga pod Reglami 36km | Czas netto 42km | Czas brutto 42km | Różn | Tempo min/km | Tempo km/h |
|-----|--------------------------|-------|---------------------------------|-----------|------|-----------------------|------------------|------------------------|--------------------|--------------------|-------------------|--------------|-------------|
| 107 | BALIŃSKI Wiktor | 5 | | M18 | 7 | 00:42:02 | 03:24:07 | 06:12:34 | 07:31:32.25 | 07:31:32.25 | +03:41:54 (49.1%) | 10:45 | 5.6 (50.9%) |
| 108 | PAŚ Tomasz | 206 | | M40 | 25 | 00:44:49 | 03:55:54 | 06:24:26 | 07:31:59.95 | 07:31:59.95 | +03:42:21 (49.2%) | 10:45 | 5.6 (50.9%) |
| 109 | BARGIEL Paweł | 7 | | M40 | 26 | 00:47:50 | 03:50:43 | 06:24:49 | 07:32:19.75 | 07:32:19.75 | +03:42:41 (49.2%) | 10:46 | 5.6 (50.9%) |
| 110 | BANACH Artur | 6 | NSZZ SOLIDARNOŚĆ VWMP | M40 | 27 | 00:44:56 | 03:40:54 | 06:19:45 | 07:32:26.70 | 07:32:26.70 | +03:42:48 (49.2%) | 10:46 | 5.6 (50.9%) |
| 111 | MŁYNARCZYK Adam | 110 | | M30 | 44 | 00:51:30 | 03:52:44 | 06:19:36 | 07:33:29.30 | 07:33:29.30 | +03:43:51 (49.4%) | 10:47 | 5.6 (50.9%) |
| 112 | KOPYRA Tomasz | 73 | #BIEGAMWOLNOALEDOKŁADNIE | M40 | 28 | 00:50:09 | 03:55:20 | 06:26:24 | 07:33:55.00 | 07:33:55.00 | +03:44:16 (49.4%) | 10:48 | 5.6 (50.9%) |
| 113 | GROBELNY Sebastian | 43 | TEAM BEROTU | M50 | 8 | 00:42:05 | 03:27:05 | 06:10:54 | 07:35:39.30 | 07:35:39.30 | +03:46:01 (49.6%) | 10:50 | 5.5 (50.0%) |
| 114 | WRZESZCZ Jakub | 188 | | M30 | 45 | 00:46:20 | 03:40:06 | 06:23:56 | 07:35:52.35 | 07:35:52.35 | +03:46:14 (49.6%) | 10:51 | 5.5 (50.0%) |
| 115 | KROSCZYŃSKA Jowita | 80 | | K18 | 5 | 00:46:10 | 03:55:31 | 06:32:42 | 07:37:05.70 | 07:37:05.70 | +03:47:27 (49.8%) | 10:52 | 5.5 (50.0%) |
| 116 | SKWAREK Jędrzej | 145 | | M30 | 46 | 00:46:20 | 03:43:10 | 06:26:53 | 07:38:19.00 | 07:38:19.00 | +03:48:40 (49.9%) | 10:54 | 5.5 (50.0%) |
| 117 | DĘBSKA-ZEŃCZAK Agnieszka | 25 | | K40 | 8 | 00:48:20 | 03:57:07 | 06:28:19 | 07:39:52.60 | 07:39:52.60 | +03:50:14 (50.1%) | 10:56 | 5.5 (50.0%) |
| 118 | WNUK Ewelina | 182 | | K30 | 14 | 00:48:21 | 03:57:07 | 06:27:51 | 07:39:52.90 | 07:39:52.90 | +03:50:14 (50.1%) | 10:56 | 5.5 (50.0%) |
| 119 | DANILUK-DUPLA Ewa | 24 | WIECZORNE BIEGANIE W SZCZECINIE | K40 | 9 | 00:47:26 | 03:58:49 | 06:33:35 | 07:42:04.00 | 07:42:04.00 | +03:52:25 (50.3%) | 11:00 | 5.5 (50.0%) |
| 120 | GRAF Joanna | 42 | | K30 | 15 | 00:47:39 | 03:56:22 | 06:31:46 | 07:42:40.20 | 07:42:40.20 | +03:53:02 (50.4%) | 11:00 | 5.4 (49.1%) |
| 121 | ZDROJEWSKA Magdalena | 195 | | K40 | 10 | 00:49:03 | 03:59:12 | 06:33:57 | 07:44:14.30 | 07:44:14.30 | +03:54:36 (50.5%) | 11:03 | 5.4 (49.1%) |
| 122 | LEWANDOWSKI Mateusz | 90 | LEVEL-GEO TEAM | M30 | 47 | 00:48:50 | 03:55:15 | 06:35:20 | 07:45:02.90 | 07:45:02.90 | +03:55:24 (50.6%) | 11:04 | 5.4 (49.1%) |
| 123 | HEJMOWSKI Sylwester | 47 | BIEGAMYRAZEM.PL | M50 | 9 | 00:48:36 | 04:09:08 | 06:32:41 | 07:46:34.50 | 07:46:34.50 | +03:56:56 (50.8%) | 11:06 | 5.4 (49.1%) |
| 124 | FIEGA Mirosław | 31 | | M40 | 29 | 00:41:25 | 03:57:31 | 06:44:03 | 07:50:03.80 | 07:50:03.80 | +04:00:25 (51.1%) | 11:11 | 5.4 (49.1%) |
| 125 | KAŃDUŁA Klaudia | 59 | | K40 | 11 | 00:50:52 | 04:08:33 | 06:45:07 | 07:50:29.50 | 07:50:29.50 | +04:00:51 (51.2%) | 11:12 | 5.4 (49.1%) |
| 126 | HADAM Michał | 46 | #BIEGIEMWLAS/KB MANIAC POZNAŃ | M40 | 30 | 00:44:42 | 03:49:29 | 06:35:05 | 07:51:35.40 | 07:51:35.40 | +04:01:57 (51.3%) | 11:13 | 5.3 (48.2%) |
| 127 | WOJCIECHOWSKI Maciej | 183 | | M40 | 31 | 00:41:25 | 03:57:32 | 06:44:02 | 07:52:17.70 | 07:52:17.70 | +04:02:39 (51.4%) | 11:14 | 5.3 (48.2%) |
| 128 | WÓJCIK Jacek | 187 | | M40 | 32 | 00:44:32 | 03:54:38 | 06:37:14 | 07:52:56.05 | 07:52:56.05 | +04:03:17 (51.4%) | 11:15 | 5.3 (48.2%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Droga | | Czas netto 42km | Czas brutto 42km | Różn | Tempo min/km | Tempo km/h | |
|-----|-------------------------------|------------|---------------------|-----------|------|-----------------------|------------------------|--------------------|---------------------|--------------------|----------------------|---------------|----------------|
| | | | | | | pod Reglami 6km | Trzy Jawory 24km | | | | | | |
| 129 | JANIK Damian | 50 | | M30 | 48 | 00:48:06 | 03:47:25 | 06:43:45 | 07:57:50.10 | 07:57:50.10 | +04:08:12 (51.9%) | 11:22 | 5.3 (48.2%) |
| 130 | STROCZYŃSKI Paweł | 162 | TYSKIE SINICE | M40 | 33 | 00:48:12 | 03:47:25 | 06:31:31 | 07:57:50.40 | 07:57:50.40 | +04:08:12 (51.9%) | 11:22 | 5.3 (48.2%) |
| 131 | SCHULZE Jörg | 139 | DAV ZITTAU | M60 | 2 | 00:50:48 | 04:06:51 | 06:48:34 | 07:58:26.55 | 07:58:26.55 | +04:08:48 (52.0%) | 11:23 | 5.3 (48.2%) |
| 132 | KAŹMIERCZAK-MOLIK Anna | 66 | | K30 | 16 | 00:50:21 | 04:00:18 | 06:35:49 | 07:59:05.75 | 07:59:05.75 | +04:09:27 (52.1%) | 11:24 | 5.3 (48.2%) |
| 133 | KWAPISZEWSKI Marcin | 84 | | M40 | 34 | 00:45:41 | 03:58:16 | 06:39:43 | 07:59:24.30 | 07:59:24.30 | +04:09:46 (52.1%) | 11:24 | 5.3 (48.2%) |
| 134 | KWITOWSKI Maciej | 85 | | M40 | 35 | 00:45:41 | 03:58:14 | 06:39:51 | 08:03:04.10 | 08:03:04.10 | +04:13:26 (52.5%) | 11:30 | 5.2 (47.3%) |
| 135 | CIMOSZKO Katarzyna | 20 | BR - W STRONĘ ULTRA | K40 | 12 | 00:49:09 | 04:10:22 | 06:53:53 | 08:06:04.95 | 08:06:04.95 | +04:16:26 (52.8%) | 11:34 | 5.2 (47.3%) |
| 136 | DZIELENDZIAK Damian | 30 | | M30 | 49 | 00:48:06 | 03:52:30 | 06:50:12 | 08:08:22.70 | 08:08:22.70 | +04:18:44 (53.0%) | 11:37 | 5.2 (47.3%) |
| 137 | CHAJDYS Maciej | 17 | SKOSZEWY RUNNERS | M40 | 36 | 00:46:04 | 03:56:30 | 06:50:15 | 08:08:30.60 | 08:08:30.60 | +04:18:52 (53.0%) | 11:37 | 5.2 (47.3%) |
| 138 | COULON Agata | 22 | | K30 | 17 | 00:52:40 | 04:20:28 | 06:58:00 | 08:09:39.10 | 08:09:39.10 | +04:20:01 (53.1%) | 11:39 | 5.1 (46.4%) |
| 139 | ŁABĘDZKI Mariusz | 93 | | M40 | 37 | 00:52:13 | 04:18:54 | 06:58:10 | 08:09:39.15 | 08:09:39.15 | +04:20:01 (53.1%) | 11:39 | 5.1 (46.4%) |
| 140 | GAJEWSKI Sebastian | 33 | | M40 | 38 | 00:51:51 | 04:18:56 | 06:58:17 | 08:09:39.40 | 08:09:39.40 | +04:20:01 (53.1%) | 11:39 | 5.1 (46.4%) |
| 141 | MARCINIAK Paulina | 105 | | K30 | 18 | 00:50:45 | 04:17:07 | 07:02:22 | 08:10:10.65 | 08:10:10.65 | +04:20:32 (53.2%) | 11:40 | 5.1 (46.4%) |
| 142 | KOSIOROWSKI Leszek | 75 | | M50 | 10 | 00:56:44 | 04:08:22 | 06:54:52 | 08:10:48.10 | 08:10:48.10 | +04:21:10 (53.2%) | 11:41 | 5.1 (46.4%) |
| 143 | STANKE Łukasz | 155 | 4FITER | M40 | 39 | 00:46:53 | 04:07:37 | 06:59:44 | 08:16:07.70 | 08:16:07.70 | +04:26:29 (53.7%) | 11:48 | 5.1 (46.4%) |
| 144 | LENKIEWICZ Aleksander | 87 | WKURWTEAM | M40 | 40 | 00:50:53 | 04:13:58 | 07:06:17 | 08:17:07.25 | 08:17:07.25 | +04:27:29 (53.8%) | 11:50 | 5.1 (46.4%) |
| 145 | RZEPNIEWSKI Łukasz | 203 | | M40 | 41 | 00:51:44 | 04:14:01 | 07:01:27 | 08:17:08.05 | 08:17:08.05 | +04:27:29 (53.8%) | 11:50 | 5.1 (46.4%) |
| 146 | KUCIA Szymon | 83 | | M30 | 50 | 00:51:14 | 04:25:31 | 07:04:22 | 08:17:29.50 | 08:17:29.50 | +04:27:51 (53.8%) | 11:50 | 5.1 (46.4%) |
| 146 | STAFIJ-KUCIA Stenia | 152 | | K30 | 19 | 00:51:17 | 04:25:29 | 07:04:22 | 08:17:29.50 | 08:17:29.50 | +04:27:51 (53.8%) | 11:50 | 5.1 (46.4%) |
| 148 | TOMASZEWSKI Krzysztof | 172 | SPC | M40 | 42 | 00:48:31 | 04:14:12 | 07:00:00 | 08:21:58.15 | 08:21:58.15 | +04:32:20 (54.3%) | 11:57 | 5 (45.5%) |
| 149 | RAK Bartosz | 132 | | M30 | 51 | 00:55:06 | 04:08:43 | 07:05:47 | 08:23:58.40 | 08:23:58.40 | +04:34:20 (54.4%) | 11:59 | 5 (45.5%) |
| 149 | KNUROWSKI Marcin | 69 | | M50 | 11 | 00:55:08 | 04:08:44 | 07:05:47 | 08:23:58.40 | 08:23:58.40 | +04:34:20 (54.4%) | 11:59 | 5 (45.5%) |
| 151 | BOKSZCZANIN Aneta | 12 | LION NIERUCHOMOŚCI | K40 | 13 | 00:57:35 | 04:20:36 | 07:10:59 | 08:27:21.50 | 08:27:21.50 | +04:37:43 (54.7%) | 12:04 | 5 (45.5%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Droga pod Reglami 6km | Trzy Jawory 24km | Droga pod Reglami 36km | Czas netto 42km | Czas brutto 42km | Różn | Tempo min/km | Tempo km/h |
|---|--|------------|--------------------------------|-----------|------|-----------------------|------------------|------------------------|--------------------|--------------------|-------------------|--------------|-------------|
| 152 | BORECKI Michał | 14 | | M30 | 52 | 00:54:42 | 04:12:52 | 07:13:01 | 08:27:30.10 | 08:27:30.10 | +04:37:52 (54.8%) | 12:05 | 5 (45.5%) |
| 153 | DRYWA Ewelina | 27 | LEVEL-GEO TEAM | K30 | 20 | 00:48:50 | 04:19:20 | 07:17:06 | 08:32:20.10 | 08:32:20.10 | +04:42:42 (55.2%) | 12:11 | 4.9 (44.5%) |
| 154 | BASTA Grzegorz | 8 | BIEGAM BO LUBIĘ LASY BOGDANIEC | M50 | 12 | 00:50:54 | 04:25:01 | 07:17:58 | 08:33:13.95 | 08:33:13.95 | +04:43:35 (55.3%) | 12:13 | 4.9 (44.5%) |
| 155 | ŁASEK Jarosław | 94 | | M50 | 13 | 00:50:11 | 04:23:20 | 07:14:56 | 08:39:47.65 | 08:39:47.65 | +04:50:09 (55.8%) | 12:22 | 4.8 (43.6%) |
| 156 | SADEL Krzysztof | 138 | CAGNOLINO MAXI | M50 | 14 | 00:53:30 | 04:14:02 | 07:13:23 | 08:41:53.35 | 08:41:53.35 | +04:52:15 (56.0%) | 12:25 | 4.8 (43.6%) |
| 157 | MRUCZYŃSKA-PIETRUCZANIS Katarzyna | 112 | DEVI HIMAL TEAM | K40 | 14 | 00:56:37 | 04:42:48 | 07:34:07 | 08:43:12.00 | 08:43:12.00 | +04:53:33 (56.1%) | 12:27 | 4.8 (43.6%) |
| 158 | STRONIKOWSKI Kamil | 163 | DRUŻYNA STASIA | M40 | 43 | 00:51:34 | 04:27:17 | 07:23:10 | 08:46:28.10 | 08:46:28.10 | +04:56:50 (56.4%) | 12:32 | 4.8 (43.6%) |
| 159 | ŻOŁYNIAK Szymon | 201 | | M40 | 44 | 00:56:52 | 04:49:02 | 07:42:26 | 08:53:09.05 | 08:53:09.05 | +05:03:30 (56.9%) | 12:41 | 4.7 (42.7%) |
| 160 | RADECKI Wojciech | 131 | DZIKI Z CYTADELI | M40 | 45 | 00:57:20 | 04:50:18 | 07:37:30 | 08:54:55.85 | 08:54:55.85 | +05:05:17 (57.1%) | 12:44 | 4.7 (42.7%) |
| 161 | PRZETAKIEWICZ Magdalena | 128 | | K40 | 15 | 01:06:01 | 04:56:49 | 07:42:25 | 08:55:28.35 | 08:55:28.35 | +05:05:50 (57.1%) | 12:44 | 4.7 (42.7%) |
| Przekroczony limit czasu: 09:00:00 | | | | | | | | | | | | | |
| 162 | GOSPODAREK Łukasz | 39 | | M40 | 46 | 00:55:31 | 04:38:46 | 07:43:48 | 09:00:28.15 | 09:00:28.15 | +05:10:50 (57.5%) | 12:52 | 4.7 (42.7%) |
| 163 | JANAS Marcin | 49 | | M40 | 47 | 00:54:41 | 04:40:33 | 07:51:32 | 09:05:04.10 | 09:05:04.10 | +05:15:26 (57.9%) | 12:58 | 4.6 (41.8%) |
| 164 | SZREJBROWSKI Błażej | 168 | | M40 | 48 | 00:58:46 | 04:50:45 | 07:55:20 | 09:07:49.85 | 09:07:49.85 | +05:18:11 (58.1%) | 13:02 | 4.6 (41.8%) |
| 165 | ŁASKAWSKA Justyna | 95 | | K40 | 16 | 00:56:52 | 04:49:01 | 07:46:14 | 09:08:09.20 | 09:08:09.20 | +05:18:31 (58.1%) | 13:03 | 4.6 (41.8%) |
| 166 | GAŁĄZKA Jarosław | 36 | BBL BOGDANIEC | M40 | 49 | 00:54:41 | 04:25:06 | 07:30:21 | 09:08:53.10 | 09:08:53.10 | +05:19:15 (58.2%) | 13:04 | 4.6 (41.8%) |
| 167 | MACIEJEWSKA Beata | 97 | | K30 | 21 | 01:07:47 | 05:12:07 | 08:04:31 | 09:12:41.25 | 09:12:41.25 | +05:23:03 (58.5%) | 13:09 | 4.6 (41.8%) |
| 168 | SIKORA Malgorzata | 141 | | K50 | 2 | 01:06:11 | 04:57:09 | 08:00:01 | 09:14:04.70 | 09:14:04.70 | +05:24:26 (58.6%) | 13:11 | 4.5 (40.9%) |
| 169 | SZEWczyk Radosław | 167 | | M50 | 15 | 00:56:04 | 04:57:49 | 08:02:37 | 09:16:22.10 | 09:16:22.10 | +05:26:44 (58.7%) | 13:14 | 4.5 (40.9%) |
| 170 | WARLIKOWSKA Karolina | 177 | SPC | K18 | 6 | 00:52:56 | 05:03:11 | 08:04:37 | 09:16:48.10 | 09:16:48.10 | +05:27:10 (58.8%) | 13:15 | 4.5 (40.9%) |
| 171 | RUTKOWSKA Ewelina | 136 | | K40 | 17 | 00:52:37 | 05:10:38 | 08:07:17 | 09:21:50.15 | 09:21:50.15 | +05:32:12 (59.1%) | 13:22 | 4.5 (40.9%) |
| 172 | KAŁŁAUR Krzysztof | 57 | | M40 | 50 | 00:57:37 | 04:51:08 | 08:03:44 | 09:27:19.45 | 09:27:19.45 | +05:37:41 (59.5%) | 13:30 | 4.4 (40.0%) |
| 173 | OKONIEWSKA Agnieszka | 121 | | K40 | 18 | 00:58:30 | 05:02:31 | 08:04:59 | 09:30:33.95 | 09:30:33.95 | +05:40:55 (59.8%) | 13:35 | 4.4 (40.0%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Droga pod Reglami 6km | Trzy Jawory 24km | Droga pod Reglami 36km | Czas netto 42km | Czas brutto 42km | Różn | Tempo min/km | Tempo km/h |
|-----|----------------------------|------------|--------------------|-----------|------|-----------------------|------------------|------------------------|--------------------|--------------------|-------------------|--------------|-------------|
| 174 | KACZMAREK Michał | 56 | TEACH! | M40 | 51 | 00:55:04 | 04:35:16 | 07:37:23 | 09:31:59.90 | 09:31:59.90 | +05:42:21 (59.9%) | 13:37 | 4.4 (40.0%) |
| 175 | MACIEJEWSKI Tomasz | 98 | | M40 | 52 | 00:53:50 | 04:51:21 | 08:06:43 | 09:32:36.85 | 09:32:36.85 | +05:42:58 (59.9%) | 13:38 | 4.4 (40.0%) |
| 176 | JĘDRZEJCZAK Dawid | 55 | | M30 | 53 | 00:57:05 | 04:49:10 | 08:07:20 | 09:49:16.80 | 09:49:16.80 | +05:59:38 (61.0%) | 14:01 | 4.3 (39.1%) |
| 177 | SIWA Michał | 143 | | M30 | 54 | 01:01:38 | 05:03:59 | 08:25:25 | 09:54:28.35 | 09:54:28.35 | +06:04:50 (61.4%) | 14:09 | 4.2 (38.2%) |
| 178 | DUNOWSKA Ilona | 28 | BBL LASY BOGDANIEC | K50 | 3 | 00:58:07 | 05:05:48 | 08:12:08 | 09:54:28.40 | 09:54:28.40 | +06:04:50 (61.4%) | 14:09 | 4.2 (38.2%) |
| 179 | DUNOWSKI Przemysław | 29 | | M50 | 16 | 00:58:06 | 05:06:10 | 08:12:51 | 09:54:28.45 | 09:54:28.45 | +06:04:50 (61.4%) | 14:09 | 4.2 (38.2%) |
| 180 | SREBRO Kacper | 151 | DZIKI Z CYTADELI | M18 | 8 | 00:59:38 | 05:06:18 | 08:57:31 | 10:45:35.65 | 10:45:35.65 | +06:55:57 (64.4%) | 15:22 | 3.9 (35.5%) |
| | PACHOLEWICZ Alicja | 125 | | K30 | | 00:51:00 DNF | 04:22:40 DNF | 06:56:42 DNF | DNF | DNF | - | - | - (0.0%) |
| | ZIMNY Tomasz | 196 | FARTY PUSZCZY | M60 | | 00:41:50 DNF | 03:18:09 DNF | DNF | DNF | DNF | - | - | - (0.0%) |
| | ŚLUSAREK Rafał | 171 | | M30 | | 00:57:04 DNF | 05:06:50 DNF | DNF | DNF | DNF | - | - | - (0.0%) |
| | KAWAŁKO Ryszard | 65 | WOLNY RYŚ | M50 | | 00:59:25 DNF | DNF | DNF | DNF | DNF | - | - | - (0.0%) |
| | SREBRO Michał | 150 | DZIKI Z CYTADELI | M50 | | 01:01:24 DNF | DNF | DNF | DNF | DNF | - | - | - (0.0%) |
| | PUSZ Jakub | 130 | | M18 | | DNF | DNF | DNF | DNF | DNF | - | - | - (0.0%) |
| | MANSFELD Anita | 102 | | K30 | | DNF | DNF | DNF | DNF | DNF | - | - | - (0.0%) |
| | CIŻYŃSKA Katarzyna | 21 | | K18 | | DNF | DNF | DNF | DNF | DNF | - | - | - (0.0%) |

Znaleziono 188 wynik(ów)