



CROSS KAMPINOS | MARATON KRÓL PUSZCZY 42KM

B4SPORT

B4SPORT
INTELIĞENTNE ZAWODY SPORTOWE

Wydarzenie: III Cross Kampinos
Organizator: FUNDACJA W PODSKOKACH
Data: 2024-05-25
Miejsce: Laski
Dystans: 42 km

Klasyfikacja: Wszyscy

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Drużyna 1 | Czas netto 42km | Czas brutto 42km | Różn | Tempo min/km | Tempo km/h |
|-----|-----------------------------|------------|-----------------------|-----------|------|-----------------------|--------------------|--------------------|-------------------|--------------|--------------|
| 1 | GORZELAŃCZYK Jakub | 829 | MKS SIECHNICE | M30 | 1 | | 02:48:57.90 | 02:49:00.00 | | 4:01 | 14.9 (100%) |
| 2 | BARANOWSKI Andrzej | 802 | TRIWAWA | M30 | 2 | | 03:28:46.60 | 03:28:56.20 | +00:39:56 (19.1%) | 4:58 | 12.1 (81.2%) |
| 3 | GALA Grzegorz | 825 | PRZEBIEGŁY SOCHACZEW | M40 | 1 | | 03:28:58.20 | 03:29:13.15 | +00:40:13 (19.2%) | 4:58 | 12.1 (81.2%) |
| 4 | PRZYCHODZKI Łukasz | 892 | WIELISZEW HERON TEAM | M40 | 2 | Wieliszew Heron Team | 03:29:39.80 | 03:29:42.80 | +00:40:42 (19.4%) | 4:59 | 12 (80.5%) |
| 5 | MATYSIAK Marcin | 869 | ULTRAWYRYP.A.PL | M40 | 3 | | 03:35:41.05 | 03:35:44.70 | +00:46:44 (21.7%) | 5:08 | 11.7 (78.5%) |
| 6 | SŁOMIŃSKI Przemysław | 910 | | M40 | 4 | | 03:42:22.80 | 03:42:31.60 | +00:53:31 (24.1%) | 5:17 | 11.3 (75.8%) |
| 7 | JANISZEWSKI Szymon | 836 | | M30 | 3 | | 03:42:51.85 | 03:42:58.50 | +00:53:58 (24.2%) | 5:18 | 11.3 (75.8%) |
| 8 | WOŹNIAK Przemysław | 934 | WIELISZEW HERON TEAM | M40 | 5 | Wieliszew Heron Team | 03:43:03.75 | 03:43:06.45 | +00:54:06 (24.3%) | 5:18 | 11.3 (75.8%) |
| 9 | MACHERZYŃSKI Karol | 864 | | M40 | 6 | | 03:45:55.10 | 03:45:57.00 | +00:56:57 (25.2%) | 5:22 | 11.2 (75.2%) |
| 10 | ROŚŁOŃSKI Maciej | 901 | | M30 | 4 | | 03:47:03.80 | 03:47:06.80 | +00:58:06 (25.6%) | 5:24 | 11.1 (74.5%) |
| 11 | LIPIŃSKI Bartosz | 862 | LONG ISLAND ICED TEAM | M30 | 5 | Long Island Iced Team | 03:49:19.40 | 03:49:24.05 | +01:00:24 (26.3%) | 5:27 | 11 (73.8%) |
| 12 | JANISZEWSKI Jakub | 837 | | M40 | 7 | | 03:50:01.40 | 03:50:13.60 | +01:01:13 (26.6%) | 5:28 | 11 (73.8%) |
| 13 | FOLAND Bogumił | 824 | BARUNOWCE | M40 | 8 | | 03:53:36.50 | 03:53:39.10 | +01:04:39 (27.7%) | 5:33 | 10.8 (72.5%) |
| 14 | LIPIŃSKI Hubert | 861 | LONG ISLAND ICED TEAM | M30 | 6 | Long Island Iced Team | 03:54:23.45 | 03:54:28.10 | +01:05:28 (27.9%) | 5:34 | 10.8 (72.5%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Drużyna 1 | Czas netto 42km | Czas brutto 42km | Różn | Tempo min/km | Tempo km/h |
|-----|------------------------|-------|----------------------|-----------|------|----------------------|-----------------|------------------|-------------------|--------------|--------------|
| 15 | SUCHODOLA Piotr | 914 | | M40 | 9 | | 03:54:47.30 | 03:55:05.10 | +01:06:05 (28.1%) | 5:35 | 10.7 (71.8%) |
| 16 | ZABOREK Piotr | 935 | | M40 | 10 | | 03:55:56.10 | 03:56:03.25 | +01:07:03 (28.4%) | 5:37 | 10.7 (71.8%) |
| 17 | JASEK Mikołaj | 838 | | M40 | 11 | | 03:57:40.40 | 03:57:47.40 | +01:08:47 (28.9%) | 5:39 | 10.6 (71.1%) |
| 18 | WINCENCIAK Jan | 931 | | M20 | 1 | | 03:57:42.45 | 03:57:47.50 | +01:08:47 (28.9%) | 5:39 | 10.6 (71.1%) |
| 19 | ŚWIĘTOCHOWSKI Jarosław | 923 | BESTIE OCR LEGIONOWO | M30 | 7 | Bestie OCR Legionowo | 03:59:35.75 | 03:59:50.55 | +01:10:50 (29.5%) | 5:42 | 10.5 (70.5%) |
| 20 | MISZCZUK Wojciech | 874 | OFENSYWA TOMASZÓW | M30 | 8 | | 04:00:30.75 | 04:00:33.95 | +01:11:33 (29.7%) | 5:43 | 10.5 (70.5%) |
| 21 | LEŚNIEWSKI Adam | 860 | | M40 | 12 | | 04:04:10.35 | 04:04:25.00 | +01:15:25 (30.9%) | 5:48 | 10.3 (69.1%) |
| 22 | DZIUBA Paweł | 821 | | M20 | 2 | | 04:12:10.70 | 04:12:18.00 | +01:23:18 (33.0%) | 6:00 | 10 (67.1%) |
| 23 | BUCZKOWSKI Piotr | 810 | | M40 | 13 | | 04:14:41.00 | 04:14:45.00 | +01:25:45 (33.7%) | 6:03 | 9.9 (66.4%) |
| 24 | ŁUCZYNA Grzegorz | 863 | POD KOCIĄ ŁAPĄ | M30 | 9 | | 04:16:25.80 | 04:16:34.00 | +01:27:34 (34.1%) | 6:06 | 9.8 (65.8%) |
| 25 | SASIN Przemysław | 907 | | M30 | 10 | | 04:17:01.65 | 04:17:05.00 | +01:28:05 (34.3%) | 6:07 | 9.8 (65.8%) |
| 26 | NORMAN Winston | 881 | RUN FAT BOY RUN | M50 | 1 | | 04:17:48.70 | 04:17:58.00 | +01:28:58 (34.5%) | 6:08 | 9.8 (65.8%) |
| 27 | GORCZYŃSKI Wojciech | 828 | | M30 | 11 | | 04:18:12.00 | 04:18:21.00 | +01:29:21 (34.6%) | 6:08 | 9.8 (65.8%) |
| 28 | ROMAŃSKI Tomasz | 900 | | M40 | 14 | | 04:18:38.05 | 04:19:00.00 | +01:30:00 (34.7%) | 6:09 | 9.7 (65.1%) |
| 29 | CHUDZIK Wojciech | 815 | | M20 | 3 | | 04:23:15.90 | 04:23:18.00 | +01:34:18 (35.8%) | 6:16 | 9.6 (64.4%) |
| 30 | FERREIRA Franclin | 822 | SMAC MARATON | M50 | 2 | | 04:25:43.10 | 04:25:51.00 | +01:36:51 (36.4%) | 6:19 | 9.5 (63.8%) |
| 31 | MAZUREK Maciej | 871 | SMERFY | M30 | 12 | | 04:25:50.75 | 04:26:00.00 | +01:37:00 (36.5%) | 6:19 | 9.5 (63.8%) |
| 32 | KACZMAREK Mateusz | 841 | | M30 | 13 | | 04:25:59.25 | 04:26:09.00 | +01:37:09 (36.5%) | 6:19 | 9.5 (63.8%) |
| 33 | PRZYDALSKI Wojtek | 893 | | M30 | 14 | | 04:27:51.55 | 04:27:55.00 | +01:38:55 (36.9%) | 6:22 | 9.4 (63.1%) |
| 34 | MALINOWSKI Marcin | 866 | | M40 | 15 | | 04:28:57.10 | 04:29:02.00 | +01:40:02 (37.2%) | 6:24 | 9.4 (63.1%) |
| 35 | RZĘDZIAN Michał | 906 | SKPB LUBLIN | M40 | 16 | | 04:28:56.15 | 04:29:17.00 | +01:40:17 (37.2%) | 6:24 | 9.4 (63.1%) |
| 36 | CICHOWSKI Michał | 817 | | M40 | 17 | | 04:29:10.90 | 04:29:24.00 | +01:40:24 (37.3%) | 6:24 | 9.4 (63.1%) |
| 37 | WELKIER Marcin | 930 | | M50 | 3 | | 04:30:04.00 | 04:30:08.00 | +01:41:08 (37.4%) | 6:25 | 9.3 (62.4%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Drużyna 1 | Czas netto 42km | Czas brutto 42km | Różn | Tempo min/km | Tempo km/h |
|-----|------------------------------|------------|-------------------------|-----------|------|-------------------|--------------------|--------------------|-------------------|--------------|-------------|
| 38 | KUŹMICKI Marcin | 857 | | M50 | 4 | | 04:33:00.00 | 04:33:18.00 | +01:44:18 (38.2%) | 6:30 | 9.2 (61.7%) |
| 39 | PRZYGODA Paweł | 894 | | M40 | 18 | | 04:33:49.55 | 04:34:00.80 | +01:45:00 (38.3%) | 6:31 | 9.2 (61.7%) |
| 40 | KOWAL Joanna | 850 | | K30 | 1 | | 04:33:59.75 | 04:34:06.60 | +01:45:06 (38.3%) | 6:31 | 9.2 (61.7%) |
| 41 | GRABOWSKI Błażej | 830 | JACEKBIEGA RUNNING TEAM | M40 | 19 | | 04:34:45.80 | 04:34:54.00 | +01:45:54 (38.5%) | 6:32 | 9.2 (61.7%) |
| 42 | LENKIEWICZ Aleksander | 859 | WKRUWTEAM | M40 | 20 | | 04:35:18.40 | 04:35:23.00 | +01:46:23 (38.6%) | 6:33 | 9.2 (61.7%) |
| 43 | KŁÓDKIEWICZ Marcin | 848 | | M40 | 21 | | 04:35:18.65 | 04:35:23.05 | +01:46:23 (38.6%) | 6:33 | 9.2 (61.7%) |
| 44 | JANASZ Andrzej | 835 | | M50 | 5 | | 04:36:20.15 | 04:36:25.00 | +01:47:25 (38.9%) | 6:34 | 9.1 (61.1%) |
| 45 | CELEJ Bartosz | 813 | | M20 | 4 | | 04:36:32.85 | 04:36:38.00 | +01:47:38 (38.9%) | 6:35 | 9.1 (61.1%) |
| 46 | PALIWODA Małgorzata | 885 | | K30 | 2 | | 04:36:37.40 | 04:36:56.00 | +01:47:56 (39.0%) | 6:35 | 9.1 (61.1%) |
| 47 | KUFTA Piotr | 856 | | M20 | 5 | | 04:38:00.80 | 04:38:07.00 | +01:49:07 (39.2%) | 6:37 | 9.1 (61.1%) |
| 48 | KOZAK Krzysztof | 852 | SUPERSONIC | M40 | 22 | | 04:38:17.05 | 04:38:25.00 | +01:49:25 (39.3%) | 6:37 | 9.1 (61.1%) |
| 49 | ZIELIŃSKI Dariusz | 942 | SYRENKA CX | M50 | 6 | | 04:38:12.50 | 04:38:28.85 | +01:49:28 (39.3%) | 6:37 | 9.1 (61.1%) |
| 50 | GUMOWSKI Cezary | 832 | | M20 | 6 | | 04:38:58.00 | 04:39:08.00 | +01:50:08 (39.5%) | 6:38 | 9 (60.4%) |
| 51 | BOSAK Hubert | 809 | | M30 | 15 | Aerospace Runners | 04:40:13.65 | 04:40:20.00 | +01:51:20 (39.7%) | 6:40 | 9 (60.4%) |
| 52 | SZYMANSKI Ariel | 919 | | M30 | 16 | | 04:42:46.30 | 04:43:01.90 | +01:54:01 (40.3%) | 6:43 | 8.9 (59.7%) |
| 53 | KRUPA Agnieszka | 854 | | K40 | 1 | | 04:44:48.60 | 04:44:56.00 | +01:55:56 (40.7%) | 6:46 | 8.8 (59.1%) |
| 54 | CHYSTIKOV Artem | 816 | | M30 | 17 | | 04:45:53.05 | 04:46:04.00 | +01:57:04 (40.9%) | 6:48 | 8.8 (59.1%) |
| 55 | MAZLOUM Amir | 870 | DAWAJ KAŁACH TEAM | M30 | 18 | | 04:46:10.40 | 04:46:24.00 | +01:57:24 (41.0%) | 6:48 | 8.8 (59.1%) |
| 56 | ŚLUZEK Mirosław | 922 | | M60 | 1 | | 04:50:07.15 | 04:50:21.00 | +02:01:21 (41.8%) | 6:54 | 8.7 (58.4%) |
| 57 | MAKAREWICZ Wojciech | 865 | | M40 | 23 | | 04:51:03.85 | 04:51:10.00 | +02:02:10 (42.0%) | 6:55 | 8.7 (58.4%) |
| 58 | PAROL Piotr | 887 | | M30 | 19 | | 04:53:32.55 | 04:53:46.00 | +02:04:46 (42.5%) | 6:59 | 8.6 (57.7%) |
| 59 | SIEPIELSKI Damian | 909 | | M30 | 20 | | 04:57:11.55 | 04:57:18.00 | +02:08:18 (43.2%) | 7:04 | 8.5 (57.0%) |
| 60 | KACZKOWSKI Jarogniew | 840 | PRUSZKOWSKIE OGONKI | M60 | 2 | | 04:57:36.50 | 04:57:49.00 | +02:08:49 (43.3%) | 7:05 | 8.5 (57.0%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Drużyna 1 | Czas netto 42km | Czas brutto 42km | Różn | Tempo min/km | Tempo km/h |
|-----|-------------------------------|------------|----------------------------|-----------|------|----------------------------|--------------------|--------------------|-------------------|--------------|-------------|
| 61 | CUPRZYŃSKI Łukasz | 818 | HERE WE GO AGAIN | M30 | 21 | | 05:00:44.25 | 05:00:52.00 | +02:11:52 (43.8%) | 7:09 | 8.4 (56.4%) |
| 62 | SZELAGOWSKI Michał | 915 | ENDLESS PAIN | M30 | 22 | | 05:00:51.95 | 05:00:58.00 | +02:11:58 (43.8%) | 7:09 | 8.4 (56.4%) |
| 63 | TORZ Daria | 925 | TENPO PRYMA SORT | K20 | 1 | | 05:01:01.05 | 05:01:24.00 | +02:12:24 (43.9%) | 7:10 | 8.4 (56.4%) |
| 64 | FLISZKIEWICZ Michał | 823 | GRAW-NET | M40 | 24 | | 05:02:56.25 | 05:03:02.00 | +02:14:02 (44.2%) | 7:12 | 8.3 (55.7%) |
| 65 | MALINOWSKI Marcin | 867 | | M40 | 25 | | 05:03:41.80 | 05:03:59.00 | +02:14:59 (44.4%) | 7:13 | 8.3 (55.7%) |
| 65 | KANTOR Darek | 844 | NIEMCE TEAM | M50 | 7 | Niemce Team | 05:03:43.95 | 05:03:59.00 | +02:14:59 (44.4%) | 7:13 | 8.3 (55.7%) |
| 67 | RZEWUSKI Juliusz | 905 | ZABIEGANY WOŁOMIN | M40 | 26 | Zabiegany Wołomin | 05:05:10.85 | 05:05:18.00 | +02:16:18 (44.6%) | 7:15 | 8.3 (55.7%) |
| 68 | BORKOWSKI Karol | 806 | ZABIEGANY WOŁOMIN | M40 | 27 | | 05:06:22.40 | 05:06:30.00 | +02:17:30 (44.9%) | 7:17 | 8.2 (55.0%) |
| 69 | RADEK Tomasz | 895 | | M30 | 23 | | 05:06:39.85 | 05:06:49.00 | +02:17:49 (44.9%) | 7:18 | 8.2 (55.0%) |
| 70 | ZAWADZKA Jagoda | 939 | BIAŁOSTOCKA SEKTA BIEGACZY | K40 | 2 | Białostocka Sekta Biegaczy | 05:08:09.25 | 05:08:19.00 | +02:19:19 (45.2%) | 7:20 | 8.2 (55.0%) |
| 71 | WOŁOS Marta | 933 | BIAŁOSTOCKA SEKTA BIEGACZY | K30 | 3 | | 05:08:11.40 | 05:08:21.00 | +02:19:21 (45.2%) | 7:20 | 8.2 (55.0%) |
| 72 | RUTKOW. Michał | 902 | | M30 | 24 | | 05:10:31.20 | 05:10:40.00 | +02:21:40 (45.6%) | 7:23 | 8.1 (54.4%) |
| 73 | BARTOSIAK Brajan | 803 | | M20 | 7 | | 05:15:09.15 | 05:15:18.10 | +02:26:18 (46.4%) | 7:30 | 8 (53.7%) |
| 74 | KRAJKA Jarosław | 853 | AZS UMCS BIEGA | M40 | 28 | | 05:15:33.40 | 05:15:36.55 | +02:26:36 (46.5%) | 7:30 | 8 (53.7%) |
| 75 | BIALORUCKI Adrian | 804 | | M30 | 25 | | 05:15:52.50 | 05:16:09.15 | +02:27:09 (46.5%) | 7:31 | 8 (53.7%) |
| 76 | GRZEGORCZYK Franciszek | 831 | | M40 | 29 | | 05:17:04.90 | 05:17:15.25 | +02:28:15 (46.7%) | 7:32 | 7.9 (53.0%) |
| 77 | NEY Patrick | 878 | RUN FATBOY RUN | M40 | 30 | | 05:17:24.85 | 05:17:35.10 | +02:28:35 (46.8%) | 7:33 | 7.9 (53.0%) |
| 78 | WNUK Szymon | 932 | SKPB LUBLIN | M30 | 26 | | 05:18:40.60 | 05:18:57.95 | +02:29:57 (47.0%) | 7:35 | 7.9 (53.0%) |
| 79 | RELUGA Dariusz | 897 | | M40 | 31 | | 05:19:52.15 | 05:20:06.50 | +02:31:06 (47.2%) | 7:36 | 7.9 (53.0%) |
| 80 | ZDUNIAK Marcin | 941 | BIEGAM NA TARCHOMINIE | M40 | 32 | Biegam na Tarchominie | 05:23:04.15 | 05:23:24.90 | +02:34:24 (47.7%) | 7:41 | 7.8 (52.3%) |
| 81 | CZARNIECKI Kamil | 819 | 12TRI.PL | M40 | 33 | | 05:23:04.50 | 05:23:25.10 | +02:34:25 (47.7%) | 7:41 | 7.8 (52.3%) |
| 82 | PANKOWSKA Aleksandra | 886 | KKB KOŁBIEL BIEGA | K30 | 4 | | 05:24:40.65 | 05:24:52.20 | +02:35:52 (48.0%) | 7:43 | 7.8 (52.3%) |
| 83 | TWOMEY Mark | 928 | RUN FATBOY RUN | M40 | 34 | Run Fatboy Run | 05:25:28.60 | 05:25:39.00 | +02:36:39 (48.1%) | 7:44 | 7.7 (51.7%) |

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|-----|-------------------------------|------------|--------------------------|-----------|------|-----------|--------------------|--------------------|-------------------|--------------|-------------|
| 84 | RADZIWONOWICZ Adriana | 896 | | K40 | 3 | | 05:25:53.55 | 05:26:07.90 | +02:37:07 (48.2%) | 7:45 | 7.7 (51.7%) |
| 85 | STĘPIEŃ Krzysztof | 911 | | M40 | 35 | | 05:25:53.35 | 05:26:08.15 | +02:37:08 (48.2%) | 7:45 | 7.7 (51.7%) |
| 86 | ZAKROCZYMSKI Michał | 936 | | M50 | 8 | | 05:28:30.25 | 05:28:51.60 | +02:39:51 (48.6%) | 7:49 | 7.7 (51.7%) |
| 87 | SAWICKA Antonina | 908 | | K20 | 2 | | 05:28:30.40 | 05:28:51.80 | +02:39:51 (48.6%) | 7:49 | 7.7 (51.7%) |
| 88 | PODKAŃSKI Jacek | 890 | | M40 | 36 | | 05:30:21.20 | 05:30:21.20 | +02:41:21 (48.8%) | 7:51 | 7.6 (51.0%) |
| 89 | NYŻNYK Monika | 882 | KAMPIRUN TEAM | K40 | 4 | | 05:32:45.50 | 05:33:04.10 | +02:44:04 (49.3%) | 7:55 | 7.6 (51.0%) |
| 90 | MIELCAREK Konrad | 873 | | M50 | 9 | | 05:33:52.50 | 05:34:04.55 | +02:45:04 (49.4%) | 7:56 | 7.5 (50.3%) |
| 91 | KAŻMIERCZAK Bartłomiej | 846 | | M40 | 37 | | 05:39:23.65 | 05:39:36.90 | +02:50:36 (50.2%) | 8:04 | 7.4 (49.7%) |
| 92 | RESZCZYNSKI Pawel | 898 | | M50 | 10 | | 05:39:55.30 | 05:40:03.70 | +02:51:03 (50.3%) | 8:05 | 7.4 (49.7%) |
| 93 | KOLASA Andrzej | 849 | KLUB J,SŁOWACKIEGO | M60 | 3 | | 05:39:48.20 | 05:40:10.75 | +02:51:10 (50.3%) | 8:05 | 7.4 (49.7%) |
| 94 | SZERLE Tomasz | 916 | | M30 | 27 | | 05:43:18.85 | 05:43:30.70 | +02:54:30 (50.8%) | 8:10 | 7.3 (49.0%) |
| 95 | KACZMARSKI Filip | 842 | | M20 | 8 | | 05:44:12.10 | 05:44:26.10 | +02:55:26 (50.9%) | 8:11 | 7.3 (49.0%) |
| 96 | CHILKIEWICZ Marcin | 814 | | M30 | 28 | | 05:47:02.65 | 05:47:18.25 | +02:58:18 (51.3%) | 8:15 | 7.3 (49.0%) |
| 97 | SZMYT Tomasz | 917 | | M60 | 4 | | 05:48:24.15 | 05:48:32.50 | +02:59:32 (51.5%) | 8:17 | 7.2 (48.3%) |
| 98 | GIBUŁA Bartek | 827 | | M20 | 9 | | 05:48:53.55 | 05:48:59.40 | +02:59:59 (51.6%) | 8:18 | 7.2 (48.3%) |
| 99 | ŚLUSARSKI Maciej | 920 | | M20 | 10 | | 05:48:43.35 | 05:49:05.80 | +03:00:05 (51.6%) | 8:18 | 7.2 (48.3%) |
| 100 | BOJAR Paweł | 805 | | M40 | 38 | | 05:49:05.85 | 05:49:21.20 | +03:00:21 (51.6%) | 8:18 | 7.2 (48.3%) |
| 101 | STRZELCZYK Paweł | 913 | | M40 | 39 | | 05:49:16.40 | 05:49:34.55 | +03:00:34 (51.7%) | 8:18 | 7.2 (48.3%) |
| 102 | BOROWSKI Paweł | 807 | | M30 | 29 | | 05:52:39.35 | 05:52:52.60 | +03:03:52 (52.1%) | 8:23 | 7.1 (47.7%) |
| 103 | INOROWICZ Joanna | 834 | | K40 | 5 | | 05:53:30.15 | 05:53:38.80 | +03:04:38 (52.2%) | 8:25 | 7.1 (47.7%) |
| 104 | OLKOWSKI Robert | 884 | | M50 | 11 | | 05:53:31.65 | 05:53:47.55 | +03:04:47 (52.2%) | 8:25 | 7.1 (47.7%) |
| 105 | PILARSKA Monika | 889 | | K40 | 6 | | 05:54:06.90 | 05:54:26.45 | +03:05:26 (52.3%) | 8:25 | 7.1 (47.7%) |
| 106 | TOBOR Michał | 924 | BAZALT - TOBOR THE GREAT | M40 | 40 | | 05:59:15.15 | 05:59:25.70 | +03:10:25 (53.0%) | 8:33 | 7 (47.0%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Drużyna 1 | Czas netto 42km | Czas brutto 42km | Różn | Tempo min/km | Tempo km/h |
|-----|----------------------------------|------------|------------------------------|-----------|------|-----------|--------------------|--------------------|----------------------|--------------|-------------|
| 107 | JASIŃSKI Mikołaj | 839 | TBD - TRAILOWE BIEGI DUCHOWE | M50 | 12 | | 05:59:26.90 | 05:59:37.45 | +03:10:37 (53.0%) | 8:33 | 7 (47.0%) |
| 108 | MĘŻYKOWSKI Krzysztof | 872 | | M50 | 13 | | 06:08:54.10 | 06:08:59.60 | +03:19:59 (54.2%) | 8:47 | 6.8 (45.6%) |
| 109 | ŻURAWSKA Agnieszka | 945 | CMKP TEAM | K50 | 1 | | 06:08:50.15 | 06:09:04.50 | +03:20:04 (54.2%) | 8:46 | 6.8 (45.6%) |
| 110 | RYDEL Michał | 903 | | M30 | 30 | | 06:27:37.45 | 06:27:40.60 | +03:38:40 (56.4%) | 9:13 | 6.5 (43.6%) |
| 111 | KRUPIŃSKI Michał | 855 | | M30 | 31 | | 06:28:32.40 | 06:28:52.85 | +03:39:52 (56.5%) | 9:15 | 6.5 (43.6%) |
| 112 | BAKA Marcin | 800 | | M50 | 14 | | 06:34:17.20 | 06:34:33.75 | +03:45:33 (57.2%) | 9:23 | 6.4 (43.0%) |
| 113 | MŁODECKA Sylwia | 876 | VIRTUAL RUNNERS CLUB | K50 | 2 | | 06:35:46.45 | 06:36:03.20 | +03:47:03 (57.3%) | 9:25 | 6.4 (43.0%) |
| 114 | BAKA Magdalena | 801 | | K40 | 7 | | 06:38:04.60 | 06:38:22.45 | +03:49:22 (57.6%) | 9:28 | 6.3 (42.3%) |
| 115 | ŚLUSARSKI Łukasz | 921 | | M50 | 15 | | 06:46:01.00 | 06:46:23.10 | +03:57:23 (58.4%) | 9:40 | 6.2 (41.6%) |
| 116 | NAPIÓRKOWSKI Mariusz | 877 | | M40 | 41 | | 06:50:02.00 | 06:50:16.50 | +04:01:16 (58.8%) | 9:45 | 6.1 (40.9%) |
| 117 | HOŁDAKOWSKA Anna | 833 | | K50 | 3 | | 06:57:58.35 | 06:58:20.45 | +04:09:20 (59.6%) | 9:57 | 6 (40.3%) |
| 118 | NIELIWODZKI Hubert | 880 | | M20 | 11 | | 07:55:24.45 | 07:55:47.00 | +05:06:47 (64.5%) | 11:19 | 5.3 (35.6%) |
| | OLECH Marcin | 883 | | M50 | | | DNF | DNF | - | - | - (0.0%) |
| | MŁOCKA-GORCZYŃSKA Matylda | 875 | | K30 | | | DNF | DNF | - | - | - (0.0%) |

Znaleziono 120 wynik(ów)