



ELIMINATOR 2017 - ETAP I

B4SPORT

Wydarzenie: Eliminator 2017
Organizator: Fundacja Bieg Rzeźnika
Data: 2017-11-25
Miejsce: Ustroń
Dystans: 1.7 km

B4SPORT
INTELEGNTE ZAWODY SPORTOWE

Klasyfikacja: M-Open

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Polowka 0.9km | Czas netto 1.7km | Czas brutto 1.7km | Różn | Tempo min/km | Tempo km/h |
|-----|---------------------------------|-------------|--|-----------|------|------------------|------------------------|-------------------------|-------------------|-----------------|---------------|
| 1 | PRZEDWOJEWSKI Bartłomiej | 2003 | MULKS JUVENIA GŁUCHOŁĄZY | M 20 | 1 | 00:06:34 | 00:14:48.50 | 00:14:48.50 | | 8:42 | 6.9 (100%) |
| 2 | MALINA Dawid | 2001 | INŻYNIERIA BIEGANIA - TWÓJ TRENER BIEGOWY! | M 20 | 2 | 00:06:49 | 00:15:04.75 | 00:15:04.75 | +00:00:16 (1.8%) | 8:51 | 6.8 (98.6%) |
| 3 | BODURKA Krzysztof | 2004 | ALPIN SPORT TEAM | M 20 | 3 | 00:06:48 | 00:15:10.40 | 00:15:10.40 | +00:00:21 (2.4%) | 8:55 | 6.7 (97.1%) |
| 4 | GRZĄDZIEL Dominik | 2007 | ATTIQ | M 30 | 1 | 00:06:56 | 00:15:14.80 | 00:15:14.80 | +00:00:26 (2.9%) | 8:57 | 6.7 (97.1%) |
| 5 | JAWORSKI Zbigniew | 2080 | | M 40 | 1 | 00:07:01 | 00:15:23.35 | 00:15:23.35 | +00:00:34 (3.8%) | 9:02 | 6.6 (95.7%) |
| 6 | KOŃ Piotr | 2006 | ALPIN SPORT TEAM | M 30 | 2 | 00:07:04 | 00:15:29.95 | 00:15:29.95 | +00:00:41 (4.5%) | 9:06 | 6.6 (95.7%) |
| 7 | RZAŚA Franciszek | 2287 | TKN TATRA TEAM | M 20 | 4 | 00:07:10 | 00:15:57.50 | 00:15:57.50 | +00:01:09 (7.2%) | 9:22 | 6.4 (92.8%) |
| 8 | GAWROŃSKI Tomasz | 2008 | UMKS NADIR JĘDRZEJÓW | M 20 | 5 | 00:07:16 | 00:16:21.65 | 00:16:21.65 | +00:01:33 (9.5%) | 9:37 | 6.2 (89.9%) |
| 9 | KUBICA Marcin | 2237 | INOV-8 TEAM | M 20 | 6 | 00:07:05 | 00:16:32.35 | 00:16:32.35 | +00:01:43 (10.5%) | 9:43 | 6.2 (89.9%) |
| 10 | GRACZ Bogusław | 2328 | | M 40 | 2 | 00:07:19 | 00:16:37.65 | 00:16:37.65 | +00:01:49 (10.9%) | 9:46 | 6.1 (88.4%) |
| 11 | BIERNAWSKI Piotr | 2005 | ATTIQ | M 40 | 3 | 00:07:34 | 00:16:44.25 | 00:16:44.25 | +00:01:55 (11.5%) | 9:50 | 6.1 (88.4%) |
| 12 | FALKOWSKI Krzysztof | 2041 | WOODWARD RUNNERS | M 30 | 3 | 00:07:21 | 00:16:50.50 | 00:16:50.50 | +00:02:02 (12.1%) | 9:54 | 6.1 (88.4%) |
| 13 | MIŚKIEWCZ Mariusz | 2334 | | M 30 | 4 | 00:07:33 | 00:17:00.65 | 00:17:00.65 | +00:02:12 (12.9%) | 10:00 | 6 (87.0%) |
| 14 | FARON Robert | 2002 | SALCO GARMIN TEAM | M 40 | 4 | 00:07:52 | 00:17:22.90 | 00:17:22.90 | +00:02:34 (14.8%) | 10:12 | 5.9 (85.5%) |
| 15 | HUZIOR Piotr | 2316 | ATTIQ / SALMING | M 40 | 5 | 00:07:58 | 00:17:28.40 | 00:17:28.40 | +00:02:39 (15.3%) | 10:16 | 5.8 (84.1%) |
| 16 | GRUDZIĘŃ Krzysztof | 2278 | | M 40 | 6 | 00:07:50 | 00:17:32.35 | 00:17:32.35 | +00:02:43 (15.6%) | 10:18 | 5.8 (84.1%) |
| 17 | PORĘBSKI Rafał | 2095 | EVIL TEAM | M 40 | 7 | 00:07:53 | 00:17:34.70 | 00:17:34.70 | +00:02:46 (15.8%) | 10:20 | 5.8 (84.1%) |
| 18 | BONIEC Radosław | 2174 | | M 20 | 7 | 00:07:43 | 00:17:47.05 | 00:17:47.05 | +00:02:58 (16.7%) | 10:27 | 5.7 (82.6%) |
| 19 | KASZYCA Paweł | 2320 | IGLOO BOCANIA | M 30 | 5 | 00:08:10 | 00:17:49.30 | 00:17:49.30 | +00:03:00 (16.9%) | 10:28 | 5.7 (82.6%) |
| 20 | KUBERA Bartłomiej | 2192 | FORUMRUN | M 20 | 8 | 00:08:00 | 00:17:50.10 | 00:17:50.10 | +00:03:01 (17.0%) | 10:29 | 5.7 (82.6%) |
| 21 | ULFIK Rafał | 2225 | ALPIN SOPRT TEAM/SKB KRAŚNIK | M 30 | 6 | 00:07:59 | 00:17:56.10 | 00:17:56.10 | +00:03:07 (17.4%) | 10:32 | 5.7 (82.6%) |
| 22 | WRÓBEL Tomasz | 2303 | MKS-R CENTRUM DZIENGIEL | M 40 | 8 | 00:08:08 | 00:17:59.30 | 00:17:59.30 | +00:03:10 (17.7%) | 10:34 | 5.7 (82.6%) |
| 23 | MAGIERA Janusz | 2117 | FORMA WODZISŁAW ŚLĄSKI | M 50 | 1 | 00:08:12 | 00:18:05.90 | 00:18:05.90 | +00:03:17 (18.2%) | 10:38 | 5.6 (81.2%) |
| 24 | SEDLAK Michał | 2009 | LUBIĘ TO BIEGANIE | M 40 | 9 | 00:07:54 | 00:18:12.20 | 00:18:12.20 | +00:03:23 (18.7%) | 10:42 | 5.6 (81.2%) |
| 25 | URBAŃCZYK Karol | 2290 | NIGHT RUNNERS GLIWICE | M 20 | 9 | 00:08:22 | 00:18:14.40 | 00:18:14.40 | +00:03:25 (18.8%) | 10:43 | 5.6 (81.2%) |
| 26 | GALMAN Adam | 2275 | | M 40 | 10 | 00:08:19 | 00:18:22.90 | 00:18:22.90 | +00:03:34 (19.4%) | 10:48 | 5.6 (81.2%) |
| 27 | GAWLAS Dominik | 2337 | | M 30 | 7 | 00:08:15 | 00:18:26.00 | 00:18:26.00 | +00:03:37 (19.7%) | 10:50 | 5.5 (79.7%) |
| 28 | DZIDOWSKI Aleksander | 2187 | TG SOKÓŁ ZAKOPANE | M 30 | 8 | 00:08:06 | 00:18:29.25 | 00:18:29.25 | +00:03:40 (19.9%) | 10:52 | 5.5 (79.7%) |
| 29 | KUBACZKA Grzegorz | 2138 | WWW.AG-ARCHITEKCI.PL | M 30 | 9 | 00:08:17 | 00:18:33.85 | 00:18:33.85 | +00:03:45 (20.2%) | 10:54 | 5.5 (79.7%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas | | Różn | Tempo min/km | Tempo km/h | |
|-----|--------------------------------|-------------|--|-----------|------|---------------|--------------------|--------------------|-------------------|------------|-------------|
| | | | | | | Polowka 0.9km | netto 1.7km | | | | |
| 30 | KNUTELSKI Błażej | 2335 | | M 20 | 10 | 00:08:21 | 00:18:44.55 | 00:18:44.55 | +00:03:56 (21.0%) | 11:01 | 5.4 (78.3%) |
| 31 | SOKOŁOWSKI Marek | 2085 | ALPIN SPORT TEAM | M 40 | 11 | 00:08:36 | 00:18:46.70 | 00:18:46.70 | +00:03:58 (21.1%) | 11:02 | 5.4 (78.3%) |
| 32 | STACHURA Damian | 2037 | ZAGŁĘBIE LUBIN | M 30 | 10 | 00:08:22 | 00:18:54.65 | 00:18:54.65 | +00:04:06 (21.7%) | 11:07 | 5.4 (78.3%) |
| 33 | PLOCH Jakub | 2153 | NIGHT RUNNERS ZABRZE | M 20 | 11 | 00:08:33 | 00:18:56.60 | 00:18:56.60 | +00:04:08 (21.8%) | 11:08 | 5.4 (78.3%) |
| 34 | WOJCIECHOWSKI Krzysztof | 2226 | TKN TATRA TEAM | M 20 | 12 | 00:08:41 | 00:19:01.40 | 00:19:01.40 | +00:04:12 (22.2%) | 11:11 | 5.4 (78.3%) |
| 35 | POPIELARSKI Kubuś | 2283 | TKN TATRA TEAM | M 20 | 13 | 00:08:40 | 00:19:01.65 | 00:19:01.65 | +00:04:13 (22.2%) | 11:11 | 5.4 (78.3%) |
| 35 | ELANTKOWSKI Jan | 2230 | TKN TATRA TEAM | M 20 | 14 | 00:08:40 | 00:19:01.65 | 00:19:01.65 | +00:04:13 (22.2%) | 11:11 | 5.4 (78.3%) |
| 35 | SAWICKI Kacper | 2281 | TKN TATRA TEAM | M 20 | 15 | 00:08:40 | 00:19:01.65 | 00:19:01.65 | +00:04:13 (22.2%) | 11:11 | 5.4 (78.3%) |
| 38 | FLOREK Sebastian | 2019 | NORAFSPORT | M 30 | 11 | 00:08:27 | 00:19:08.55 | 00:19:08.55 | +00:04:20 (22.6%) | 11:15 | 5.3 (76.8%) |
| 39 | MADEJCZYK Marek | 2168 | | M 30 | 12 | 00:08:43 | 00:19:13.30 | 00:19:13.30 | +00:04:24 (23.0%) | 11:18 | 5.3 (76.8%) |
| 40 | WÓJCIK Adam | 2120 | | M 20 | 16 | 00:08:18 | 00:19:14.55 | 00:19:14.55 | +00:04:26 (23.0%) | 11:18 | 5.3 (76.8%) |
| 41 | DZIĘGIEŁOWSKI Paweł | 2236 | HRMAX ŻORY | M 30 | 13 | 00:08:34 | 00:19:15.15 | 00:19:15.15 | +00:04:26 (23.1%) | 11:19 | 5.3 (76.8%) |
| 42 | ŁUPIEŻOWIEC Piotr | 2322 | MKS CENTRUM DZIĘGIELÓW | M 40 | 12 | 00:08:36 | 00:19:20.40 | 00:19:20.40 | +00:04:31 (23.4%) | 11:22 | 5.3 (76.8%) |
| 43 | PUZOŃ Robert | 2234 | NUTREND TEAM | M 30 | 14 | 00:08:38 | 00:19:22.75 | 00:19:22.75 | +00:04:34 (23.6%) | 11:23 | 5.3 (76.8%) |
| 44 | BROJ Marcel | 2146 | BROJ TEAM ŻLINICE | M 20 | 17 | 00:08:29 | 00:19:25.40 | 00:19:25.40 | +00:04:36 (23.8%) | 11:25 | 5.3 (76.8%) |
| 45 | SAWICKI Szymon | 2280 | | M 40 | 13 | 00:08:54 | 00:19:28.55 | 00:19:28.55 | +00:04:40 (24.0%) | 11:27 | 5.2 (75.4%) |
| 46 | GRUSZCZYŃSKI Artur | 2116 | | M 40 | 14 | 00:08:32 | 00:19:33.50 | 00:19:33.50 | +00:04:45 (24.3%) | 11:30 | 5.2 (75.4%) |
| 47 | SNARSKI Dariusz | 2039 | | M 40 | 15 | 00:09:07 | 00:19:35.35 | 00:19:35.35 | +00:04:46 (24.4%) | 11:31 | 5.2 (75.4%) |
| 48 | KRASULAK Daniel | 2229 | WKS ŚLĄSK WROCŁAW | M 30 | 15 | 00:08:41 | 00:19:37.55 | 00:19:37.55 | +00:04:49 (24.5%) | 11:32 | 5.2 (75.4%) |
| 49 | HATAŁA Mariusz | 2218 | BB RUNNERS HATI TEAM | M 30 | 16 | 00:09:21 | 00:19:55.65 | 00:19:55.65 | +00:05:07 (25.7%) | 11:42 | 5.1 (73.9%) |
| 50 | SŁOBODZIAN Jerzy | 2064 | NYSA BIEGA | M 50 | 2 | 00:09:01 | 00:19:58.70 | 00:19:58.70 | +00:05:10 (25.9%) | 11:44 | 5.1 (73.9%) |
| 51 | WANTUŁOK Mateusz | 2267 | UZDROWISKOWY TEAM | M 30 | 17 | 00:09:00 | 00:20:05.40 | 00:20:05.40 | +00:05:16 (26.3%) | 11:48 | 5.1 (73.9%) |
| 52 | PIĘTKA Tomasz | 2330 | | M 30 | 18 | 00:09:13 | 00:20:07.55 | 00:20:07.55 | +00:05:19 (26.4%) | 11:50 | 5.1 (73.9%) |
| 53 | GOŚCINIEWICZ Paweł | 2035 | ZIEMOWIT TEAM | M 40 | 16 | 00:09:19 | 00:20:10.00 | 00:20:10.00 | +00:05:21 (26.6%) | 11:51 | 5.1 (73.9%) |
| 54 | KOKOT Krzysztof | 2011 | HRMAX ŻORY | M 40 | 17 | 00:09:11 | 00:20:10.55 | 00:20:10.55 | +00:05:22 (26.6%) | 11:51 | 5.1 (73.9%) |
| 55 | BADURA Adam | 2017 | FORMA WODZISŁAW ŚLĄSKI | M 30 | 19 | 00:09:20 | 00:20:20.85 | 00:20:20.85 | +00:05:32 (27.2%) | 11:57 | 5 (72.5%) |
| 56 | KUBAŁA Tomasz | 2224 | PRESSING BIKE-SYSTEM ICE-WENT TEAM | M 40 | 18 | 00:09:18 | 00:20:21.60 | 00:20:21.60 | +00:05:33 (27.3%) | 11:58 | 5 (72.5%) |
| 57 | KOT Rafał | 2067 | GÓRAL Z MAZUR // KB JURUND SZCZYTNO | M 30 | 20 | 00:09:20 | 00:20:21.75 | 00:20:21.75 | +00:05:33 (27.3%) | 11:58 | 5 (72.5%) |
| 58 | GRYGIEL Marek | 2134 | JACEKBIEGA RUNNING TEAM | M 40 | 19 | 00:09:14 | 00:20:22.70 | 00:20:22.70 | +00:05:34 (27.3%) | 11:58 | 5 (72.5%) |
| 59 | DĄBROWSKI Piotr | 2042 | SBBP-ŁOSIE | M 40 | 20 | 00:09:17 | 00:20:24.10 | 00:20:24.10 | +00:05:35 (27.4%) | 12:00 | 5 (72.5%) |
| 60 | PYTEL Janusz | 2160 | SOKÓŁZAKOPANE | M 50 | 3 | 00:09:02 | 00:20:25.00 | 00:20:25.00 | +00:05:36 (27.5%) | 12:00 | 5 (72.5%) |
| 61 | KARGÓL Rafał | 2295 | LOGTECH TEAM RADZIONKÓW | M 30 | 21 | 00:09:00 | 00:20:27.95 | 00:20:27.95 | +00:05:39 (27.6%) | 12:01 | 5 (72.5%) |
| 62 | GARDENER Jacek | 2010 | ALPIN SPORT TEAM / JACEKBIEGA RUNNING TEAM | M 50 | 4 | 00:09:21 | 00:20:30.50 | 00:20:30.50 | +00:05:42 (27.8%) | 12:03 | 5 (72.5%) |
| 63 | BARTUŁA Arkadiusz | 2216 | SPEED TEAM BRZESZCZE | M 40 | 21 | 00:09:04 | 00:20:32.95 | 00:20:32.95 | +00:05:44 (27.9%) | 12:04 | 5 (72.5%) |
| 64 | MURAWSKI Rafał | 2317 | | M 30 | 22 | 00:09:25 | 00:20:34.30 | 00:20:34.30 | +00:05:45 (28.0%) | 12:05 | 5 (72.5%) |
| 65 | WRZESZCZ Mariusz | 2015 | TRIATHLON MIETKÓW TEAM | M 20 | 18 | 00:08:58 | 00:20:36.75 | 00:20:36.75 | +00:05:48 (28.2%) | 12:07 | 5 (72.5%) |
| 66 | STAŃCZAK Grzegorz | 2270 | | M 30 | 23 | 00:09:05 | 00:20:37.65 | 00:20:37.65 | +00:05:49 (28.2%) | 12:07 | 4.9 (71.0%) |
| 67 | FERENC Janusz | 2070 | UKS LUDWIKOWICE | M 60 | 1 | 00:09:28 | 00:20:38.75 | 00:20:38.75 | +00:05:50 (28.3%) | 12:08 | 4.9 (71.0%) |
| 68 | CHRAPKIEWICZ Michał | 2068 | SBD ENERGETYK RYBNIK | M 30 | 24 | 00:09:22 | 00:20:41.10 | 00:20:41.10 | +00:05:52 (28.4%) | 12:10 | 4.9 (71.0%) |
| 69 | STOLECKI Grzegorz | 2306 | TRUCHTACZ MYSŁOWICE | M 30 | 25 | 00:09:09 | 00:20:43.95 | 00:20:43.95 | +00:05:55 (28.6%) | 12:11 | 4.9 (71.0%) |
| 70 | MATECKI Tomasz | 2209 | | M 30 | 26 | 00:09:05 | 00:20:45.70 | 00:20:45.70 | +00:05:57 (28.7%) | 12:12 | 4.9 (71.0%) |
| 71 | KOS Tomasz | 2262 | PAŃSTWOWA STRAŻ POŻARNA BYTOM | M 30 | 27 | 00:09:33 | 00:20:46.20 | 00:20:46.20 | +00:05:57 (28.7%) | 12:12 | 4.9 (71.0%) |
| 72 | HORZELA Błażej | 2149 | BETA-TRANS | M 20 | 19 | 00:09:02 | 00:20:46.50 | 00:20:46.50 | +00:05:58 (28.7%) | 12:12 | 4.9 (71.0%) |
| 73 | CIUPEK Remigiusz | 2188 | TAURUS30 CYCLING TEAM | M 30 | 28 | 00:09:30 | 00:20:46.80 | 00:20:46.80 | +00:05:58 (28.7%) | 12:12 | 4.9 (71.0%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Polowka 0.9km | Czas | | Różn | Tempo min/km | Tempo km/h |
|-----|---------------------|-------|---------------------------------------|-----------|------|------------------|----------------|-----------------|-------------------|-----------------|---------------|
| | | | | | | | netto 1.7km | brutto 1.7km | | | |
| 74 | KOSTELA Piotr | 2284 | WATAHA | M 30 | 29 | 00:09:21 | 00:20:47.75 | 00:20:47.75 | +00:05:59 (28.8%) | 12:13 | 4.9 (71.0%) |
| 75 | STEC Jakub | 2198 | ULTRA BESKID SPORT | M 20 | 20 | 00:09:31 | 00:20:48.35 | 00:20:48.35 | +00:05:59 (28.8%) | 12:14 | 4.9 (71.0%) |
| 76 | KOCHEL Paweł | 2084 | KOWARY BIEGAJĄ | M 30 | 30 | 00:09:28 | 00:20:51.10 | 00:20:51.10 | +00:06:02 (29.0%) | 12:15 | 4.9 (71.0%) |
| 77 | SZCZUREK Dominik | 2178 | TKKF UKLEJNA MYŚLENICE | M 30 | 31 | 00:09:21 | 00:20:52.15 | 00:20:52.15 | +00:06:03 (29.0%) | 12:16 | 4.9 (71.0%) |
| 78 | PETKIEWICZ Tomasz | 2141 | STS BIEGATON MIKOŁÓW | M 30 | 32 | 00:09:37 | 00:20:53.55 | 00:20:53.55 | +00:06:05 (29.1%) | 12:17 | 4.9 (71.0%) |
| 79 | KROSNY Sebastian | 2020 | BODYDRY TEAM | M 30 | 33 | 00:09:31 | 00:20:56.75 | 00:20:56.75 | +00:06:08 (29.3%) | 12:18 | 4.9 (71.0%) |
| 80 | WALCZYŃSKI Mariusz | 2329 | HRMAX ŻORY | M 30 | 34 | 00:09:27 | 00:20:59.20 | 00:20:59.20 | +00:06:10 (29.4%) | 12:20 | 4.9 (71.0%) |
| 81 | OLMA Przemysław | 2169 | GONIACKA TEAM/ KS KANDAHAR | M 30 | 35 | | 00:21:00.45 | 00:21:00.45 | +00:06:11 (29.5%) | 12:21 | 4.9 (71.0%) |
| 82 | JANDZIŚ Wiesław | 2181 | AKTYWNY DYNÓW | M 40 | 22 | 00:09:12 | 00:21:00.90 | 00:21:00.90 | +00:06:12 (29.5%) | 12:21 | 4.9 (71.0%) |
| 83 | AGIEJCZYK Wojciech | 2305 | APTIV RUNNING TEAM | M 30 | 36 | 00:09:25 | 00:21:02.40 | 00:21:02.40 | +00:06:13 (29.6%) | 12:22 | 4.8 (69.6%) |
| 84 | SOBOLA Grzegorz | 2272 | 4DRINKI | M 20 | 21 | 00:09:17 | 00:21:08.55 | 00:21:08.55 | +00:06:20 (30.0%) | 12:25 | 4.8 (69.6%) |
| 85 | BROL Marcin | 2151 | MK TEAM | M 30 | 37 | 00:09:25 | 00:21:15.30 | 00:21:15.30 | +00:06:26 (30.3%) | 12:30 | 4.8 (69.6%) |
| 86 | KOZIARSKI Michał | 2309 | LKS SIERAKÓW ŚLĄSKI | M 30 | 38 | 00:09:25 | 00:21:16.35 | 00:21:16.35 | +00:06:27 (30.4%) | 12:30 | 4.8 (69.6%) |
| 87 | MAJCHRZAK Maciej | 2196 | | M 20 | 22 | 00:09:18 | 00:21:18.50 | 00:21:18.50 | +00:06:30 (30.5%) | 12:31 | 4.8 (69.6%) |
| 88 | WOLAŃSKI Tomasz | 2312 | | M 20 | 23 | 00:08:23 | 00:21:20.15 | 00:21:20.15 | +00:06:31 (30.6%) | 12:32 | 4.8 (69.6%) |
| 89 | RECZEK Sebastian | 2102 | KS ZIELONO-CZARNI | M 30 | 39 | 00:09:24 | 00:21:21.10 | 00:21:21.10 | +00:06:32 (30.6%) | 12:33 | 4.8 (69.6%) |
| 90 | SZYMIK Krzysztof | 2130 | BZIEGACZ SAMOTNT WILK | M 40 | 23 | | 00:21:22.00 | 00:21:22.00 | +00:06:33 (30.7%) | 12:34 | 4.8 (69.6%) |
| 91 | MAJCHROWSKI Jacek | 2028 | CKB TARNOBRZEG | M 40 | 24 | 00:09:27 | 00:21:23.30 | 00:21:23.30 | +00:06:34 (30.8%) | 12:34 | 4.8 (69.6%) |
| 92 | JUSZCZAK Artur | 2122 | KW JASTRZĘBIE-ZDRÓJ | M 40 | 25 | 00:09:23 | 00:21:24.80 | 00:21:24.80 | +00:06:36 (30.8%) | 12:35 | 4.8 (69.6%) |
| 93 | GÓRNY Mirosław | 2242 | NUTREND TEAM | M 50 | 5 | 00:09:33 | 00:21:27.90 | 00:21:27.90 | +00:06:39 (31.0%) | 12:37 | 4.8 (69.6%) |
| 94 | PIECHA Artur | 2304 | T-MOBILE RUNNING TEAM | M 40 | 26 | 00:09:36 | 00:21:28.00 | 00:21:28.00 | +00:06:39 (31.0%) | 12:37 | 4.8 (69.6%) |
| 95 | KUŚMIERSKI Michał | 2050 | ULTRA BESKID SPORT | M 30 | 40 | 00:09:58 | 00:21:28.60 | 00:21:28.60 | +00:06:40 (31.0%) | 12:37 | 4.8 (69.6%) |
| 96 | DYLAĞ Wojciech | 2301 | KS LIMANOWA FORREST | M 20 | 24 | 00:09:32 | 00:21:29.30 | 00:21:29.30 | +00:06:40 (31.1%) | 12:38 | 4.7 (68.1%) |
| 97 | MADEJA Piotr | 2156 | | M 30 | 41 | 00:09:35 | 00:21:29.60 | 00:21:29.60 | +00:06:41 (31.1%) | 12:38 | 4.7 (68.1%) |
| 98 | BŁASZCZAK Jarosław | 2298 | APTIV RUNNING TEAM | M 40 | 27 | 00:09:49 | 00:21:30.70 | 00:21:30.70 | +00:06:42 (31.2%) | 12:38 | 4.7 (68.1%) |
| 99 | ŻYŁA Sebastian | 2124 | | M 20 | 25 | 00:09:33 | 00:21:31.15 | 00:21:31.15 | +00:06:42 (31.2%) | 12:39 | 4.7 (68.1%) |
| 100 | CHMIEŁOWSKI Michał | 2065 | GÓRSKIE PĘDZIWIATRY | M 30 | 42 | 00:09:36 | 00:21:32.80 | 00:21:32.80 | +00:06:44 (31.3%) | 12:40 | 4.7 (68.1%) |
| 101 | MAŁACHOWSKI Mariusz | 2103 | BIEGAJĄC Z WILKAMI | M 40 | 28 | 00:09:24 | 00:21:33.60 | 00:21:33.60 | +00:06:45 (31.3%) | 12:40 | 4.7 (68.1%) |
| 102 | LEŚNIEWSKI Rafał | 2310 | BICIUFAPSZTRI | M 40 | 29 | 00:09:44 | 00:21:34.50 | 00:21:34.50 | +00:06:46 (31.4%) | 12:41 | 4.7 (68.1%) |
| 103 | KIEŁTYKA Zbigniew | 2180 | KW GLIWICE | M 40 | 30 | 00:09:32 | 00:21:34.80 | 00:21:34.80 | +00:06:46 (31.4%) | 12:41 | 4.7 (68.1%) |
| 104 | LEITNER Rafał | 2148 | | M 20 | 26 | 00:09:32 | 00:21:35.60 | 00:21:35.60 | +00:06:47 (31.4%) | 12:41 | 4.7 (68.1%) |
| 105 | THIER Dominik | 2212 | JACEKBIEGA RUNNING TEAM / KS KANDAHAR | M 30 | 43 | 00:09:42 | 00:21:36.35 | 00:21:36.35 | +00:06:47 (31.5%) | 12:42 | 4.7 (68.1%) |
| 105 | SZYDŁOWSKI Łukasz | 2282 | | M 30 | 44 | 00:09:44 | 00:21:36.35 | 00:21:36.35 | +00:06:47 (31.5%) | 12:42 | 4.7 (68.1%) |
| 107 | KNAP Mateusz | 2012 | SCARPA TEAM POLSKA/ KS KANDAHAR | M 20 | 27 | 00:09:40 | 00:21:36.65 | 00:21:36.65 | +00:06:48 (31.5%) | 12:42 | 4.7 (68.1%) |
| 108 | KUSZELA Mateusz | 2325 | ATAK LEWEJ ŁYDY | M 30 | 45 | 00:09:19 | 00:21:36.95 | 00:21:36.95 | +00:06:48 (31.5%) | 12:42 | 4.7 (68.1%) |
| 109 | SPORYSZ Mateusz | 2289 | | M 20 | 28 | 00:09:50 | 00:21:38.05 | 00:21:38.05 | +00:06:49 (31.6%) | 12:43 | 4.7 (68.1%) |
| 110 | TOKAREWICZ Damian | 2052 | ZEBRY | M 30 | 46 | 00:09:39 | 00:21:38.80 | 00:21:38.80 | +00:06:50 (31.6%) | 12:43 | 4.7 (68.1%) |
| 111 | RZEPKA Piotr | 2125 | PARKRUN KATOWICE | M 20 | 29 | 00:09:35 | 00:21:41.90 | 00:21:41.90 | +00:06:53 (31.8%) | 12:45 | 4.7 (68.1%) |
| 112 | JASEK Piotr | 2311 | - | M 30 | 47 | 00:09:47 | 00:21:43.10 | 00:21:43.10 | +00:06:54 (31.8%) | 12:46 | 4.7 (68.1%) |
| 113 | SERAFIN Dariusz | 2033 | KLUB BIEGACZA FARTLEK | M 40 | 31 | 00:10:14 | 00:21:46.00 | 00:21:46.00 | +00:06:57 (32.0%) | 12:48 | 4.7 (68.1%) |
| 114 | RADOMSKI Zbigniew | 2173 | TKKF BESKIDEK | M 60 | 2 | 00:10:09 | 00:21:47.35 | 00:21:47.35 | +00:06:58 (32.0%) | 12:48 | 4.7 (68.1%) |
| 115 | WILK Dawid | 2194 | SOCIOS GÓRNIK | M 20 | 30 | 00:09:21 | 00:21:48.80 | 00:21:48.80 | +00:07:00 (32.1%) | 12:49 | 4.7 (68.1%) |
| 116 | KUKUŁA Sławomir | 2045 | | M 20 | 31 | | 00:21:51.15 | 00:21:51.15 | +00:07:02 (32.2%) | 12:51 | 4.7 (68.1%) |
| 117 | PUDŁO Mateusz | 2286 | HUSARIA RACE TEAM | M 20 | 32 | 00:09:38 | 00:21:53.35 | 00:21:53.35 | +00:07:04 (32.3%) | 12:52 | 4.7 (68.1%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Polowka 0.9km | Czas | | Różn | Tempo min/km | Tempo km/h |
|-----|-----------------------------|-------------|-------------------------------|-----------|------|------------------|--------------------|--------------------|-------------------|-----------------|---------------|
| | | | | | | | netto 1.7km | brutto 1.7km | | | |
| 118 | BUCZYŃSKI Adam | 2291 | NOKIA KRAKOW TEAM | M 40 | 32 | 00:10:02 | 00:21:54.90 | 00:21:54.90 | +00:07:06 (32.4%) | 12:52 | 4.7 (68.1%) |
| 119 | KANIA Damian | 2105 | MYSŁOWICKI KLUB BIEGACZA NO.I | M 30 | 48 | 00:09:47 | 00:21:55.30 | 00:21:55.30 | +00:07:06 (32.4%) | 12:53 | 4.7 (68.1%) |
| 120 | GRUND Marek | 2221 | MAFIA TEAM LUBLINIEC | M 20 | 33 | 00:09:32 | 00:21:57.15 | 00:21:57.15 | +00:07:08 (32.5%) | 12:54 | 4.6 (66.7%) |
| 121 | GOLF Krystian | 2072 | NEZRZESZONY | M 30 | 49 | 00:09:51 | 00:21:58.85 | 00:21:58.85 | +00:07:10 (32.6%) | 12:55 | 4.6 (66.7%) |
| 122 | KWIATEK Dawid | 2243 | | M 20 | 34 | 00:09:19 | 00:21:59.90 | 00:21:59.90 | +00:07:11 (32.7%) | 12:55 | 4.6 (66.7%) |
| 123 | MOSTOWIK Marcin | 2227 | | M 30 | 50 | 00:09:34 | 00:22:01.10 | 00:22:01.10 | +00:07:12 (32.7%) | 12:57 | 4.6 (66.7%) |
| 124 | BRÓG Wojciech | 2048 | | M 30 | 51 | 00:09:36 | 00:22:01.20 | 00:22:01.20 | +00:07:12 (32.8%) | 12:57 | 4.6 (66.7%) |
| 125 | RADZIK Piotr | 2021 | | M 30 | 52 | 00:09:40 | 00:22:02.45 | 00:22:02.45 | +00:07:13 (32.8%) | 12:57 | 4.6 (66.7%) |
| 126 | GWÓZDŹ Michał | 2163 | #CZELADZBIEGA | M 40 | 33 | 00:09:55 | 00:22:04.90 | 00:22:04.90 | +00:07:16 (32.9%) | 12:58 | 4.6 (66.7%) |
| 127 | LISAK Wojciech | 2201 | | M 30 | 53 | 00:09:46 | 00:22:06.00 | 00:22:06.00 | +00:07:17 (33.0%) | 13:00 | 4.6 (66.7%) |
| 128 | URBAŃSKI Robert | 2055 | | M 40 | 34 | 00:10:17 | 00:22:06.70 | 00:22:06.70 | +00:07:18 (33.0%) | 13:00 | 4.6 (66.7%) |
| 129 | PYTLARZ Wojtek | 2110 | NEVERLAND TEAM | M 30 | 54 | 00:09:51 | 00:22:07.00 | 00:22:07.00 | +00:07:18 (33.0%) | 13:00 | 4.6 (66.7%) |
| 130 | KOZIEŁ Krzysztof | 2314 | NIGHT RUNNERS GLIWICE | M 30 | 55 | 00:09:53 | 00:22:07.70 | 00:22:07.70 | +00:07:19 (33.1%) | 13:00 | 4.6 (66.7%) |
| 131 | ŻABA Igor | 2333 | | M 30 | 56 | 00:10:10 | 00:22:07.95 | 00:22:07.95 | +00:07:19 (33.1%) | 13:00 | 4.6 (66.7%) |
| 132 | URBAN Wiktor | 2162 | NIGHT RUNNERS ZABRZE | M 20 | 35 | 00:09:24 | 00:22:08.65 | 00:22:08.65 | +00:07:20 (33.1%) | 13:01 | 4.6 (66.7%) |
| 133 | RAJA Paweł | 2264 | SKYRUNNING POLAND | M 30 | 57 | 00:09:43 | 00:22:08.90 | 00:22:08.90 | +00:07:20 (33.1%) | 13:01 | 4.6 (66.7%) |
| 134 | JASTRZĘBSKI Piotr | 2190 | SOCIOS SILESIA | M 20 | 36 | 00:10:08 | 00:22:10.05 | 00:22:10.05 | +00:07:21 (33.2%) | 13:02 | 4.6 (66.7%) |
| 135 | SZKODA Dariusz | 2171 | SOCIOS GÓRNIK | M 30 | 58 | 00:10:08 | 00:22:10.60 | 00:22:10.60 | +00:07:22 (33.2%) | 13:02 | 4.6 (66.7%) |
| 136 | BASZAK Tomasz | 2288 | SIŁAOGRA.PL | M 30 | 59 | 00:09:57 | 00:22:11.50 | 00:22:11.50 | +00:07:23 (33.3%) | 13:02 | 4.6 (66.7%) |
| 137 | KROTLA Piotr | 2126 | | M 30 | 60 | 00:09:42 | 00:22:12.20 | 00:22:12.20 | +00:07:23 (33.3%) | 13:03 | 4.6 (66.7%) |
| 138 | TONDYS Piotr | 2114 | TIGERS TEAM | M 40 | 35 | 00:10:11 | 00:22:14.90 | 00:22:14.90 | +00:07:26 (33.4%) | 13:04 | 4.6 (66.7%) |
| 139 | MAJEWSKI Arkadiusz | 2182 | | M 40 | 36 | 00:10:02 | 00:22:15.85 | 00:22:15.85 | +00:07:27 (33.5%) | 13:05 | 4.6 (66.7%) |
| 140 | ŚWIŃCZYK Marcin | 2184 | | M 30 | 61 | 00:10:07 | 00:22:18.55 | 00:22:18.55 | +00:07:30 (33.6%) | 13:07 | 4.6 (66.7%) |
| 141 | SIEWKO Piotr | 2023 | SZWAGRY TEAM | M 40 | 37 | 00:10:09 | 00:22:19.90 | 00:22:19.90 | +00:07:31 (33.7%) | 13:07 | 4.6 (66.7%) |
| 142 | PODSADNIUK Mateusz | 2031 | EASY RUN KRAKÓW | M 30 | 62 | 00:10:04 | 00:22:21.00 | 00:22:21.00 | +00:07:32 (33.7%) | 13:08 | 4.6 (66.7%) |
| 143 | GRYCKO Konrad | 2097 | FURION | M 20 | 37 | 00:10:04 | 00:22:21.30 | 00:22:21.30 | +00:07:32 (33.8%) | 13:08 | 4.6 (66.7%) |
| 144 | MIKULSKI Michał | 2239 | GREMI BOCHNIA | M 30 | 63 | 00:09:56 | 00:22:21.95 | 00:22:21.95 | +00:07:33 (33.8%) | 13:08 | 4.6 (66.7%) |
| 145 | JEAN MICHEL Warnotte | 2336 | | M 40 | 38 | 00:10:14 | 00:22:23.80 | 00:22:23.80 | +00:07:35 (33.9%) | 13:10 | 4.6 (66.7%) |
| 145 | WAŚ Andrzej | 2189 | | M 40 | 39 | 00:10:19 | 00:22:23.80 | 00:22:23.80 | +00:07:35 (33.9%) | 13:10 | 4.6 (66.7%) |
| 147 | STEFAŃSKI Zbigniew | 2207 | HEBEL | M 40 | 40 | 00:10:12 | 00:22:24.85 | 00:22:24.85 | +00:07:36 (33.9%) | 13:10 | 4.6 (66.7%) |
| 148 | ISKRZYCKI Andrzej | 2211 | | M 40 | 41 | 00:09:52 | 00:22:26.20 | 00:22:26.20 | +00:07:37 (34.0%) | 13:11 | 4.5 (65.2%) |
| 149 | HEDA Sebastian | 2231 | | M 30 | 64 | 00:10:17 | 00:22:33.40 | 00:22:33.40 | +00:07:44 (34.4%) | 13:15 | 4.5 (65.2%) |
| 150 | DOMIN Łukasz | 2177 | LIDER ANIMATOR/AKTYWNY DYNÓW | M 20 | 38 | 00:10:07 | 00:22:34.55 | 00:22:34.55 | +00:07:46 (34.4%) | 13:16 | 4.5 (65.2%) |
| 151 | WOJNO Arkadiusz | 2115 | HUSARIA RACE TEAM | M 30 | 65 | 00:10:22 | 00:22:35.05 | 00:22:35.05 | +00:07:46 (34.4%) | 13:17 | 4.5 (65.2%) |
| 152 | NIERADA Marcin | 2263 | | M 30 | 66 | 00:09:38 | 00:22:41.05 | 00:22:41.05 | +00:07:52 (34.7%) | 13:20 | 4.5 (65.2%) |
| 153 | OLEKSIEWICZ Michał | 2166 | | M 30 | 67 | 00:10:07 | 00:22:41.15 | 00:22:41.15 | +00:07:52 (34.7%) | 13:20 | 4.5 (65.2%) |
| 154 | DYLAĞ Andrzej | 2302 | KS LIMANOWA FORREST | M 40 | 42 | 00:10:20 | 00:22:43.00 | 00:22:43.00 | +00:07:54 (34.8%) | 13:21 | 4.5 (65.2%) |
| 155 | SZOSTAK Artur | 2129 | BRAVEHEARTS LEGIONOWO | M 20 | 39 | 00:10:13 | 00:22:44.55 | 00:22:44.55 | +00:07:56 (34.9%) | 13:22 | 4.5 (65.2%) |
| 156 | GUZDEK Tomasz | 2258 | STRAZ POZARNA BYTOM | M 30 | 68 | 00:10:05 | 00:22:45.95 | 00:22:45.95 | +00:07:57 (35.0%) | 13:22 | 4.5 (65.2%) |
| 157 | KOZIOŁ Kamil | 2183 | HUSARIA RACE TEAM | M 20 | 40 | 00:10:28 | 00:22:46.20 | 00:22:46.20 | +00:07:57 (35.0%) | 13:23 | 4.5 (65.2%) |
| 158 | KLONOWSKI Kamil | 2081 | MOSIR ŁAZISKA GÓRNE | M 20 | 41 | 00:10:15 | 00:22:46.55 | 00:22:46.55 | +00:07:58 (35.0%) | 13:23 | 4.5 (65.2%) |
| 159 | PASUTO Grzegorz | 2332 | | M 30 | 69 | 00:10:27 | 00:22:46.95 | 00:22:46.95 | +00:07:58 (35.0%) | 13:23 | 4.5 (65.2%) |
| 160 | KOPIEC Roland | 2296 | ŁAZISKA GÓRNE | M 20 | 42 | 00:10:10 | 00:22:47.25 | 00:22:47.25 | +00:07:58 (35.0%) | 13:24 | 4.5 (65.2%) |
| 161 | MORAWSKI Grzegorz | 2277 | TRENER24H.COM.PL | M 30 | 70 | 00:09:58 | 00:22:47.90 | 00:22:47.90 | +00:07:59 (35.0%) | 13:24 | 4.5 (65.2%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Polowka 0.9km | Czas netto 1.7km | Czas brutto 1.7km | Różn | Tempo min/km | Tempo km/h |
|-----|--------------------------------|-------------|--------------------------------------|-----------|------|------------------|------------------------|-------------------------|-------------------|-----------------|---------------|
| 162 | PIÓRKOWSKI Tomek | 2144 | BISKUPICE FAMILY TEAM | M 40 | 43 | 00:10:23 | 00:22:48.10 | 00:22:48.10 | +00:07:59 (35.1%) | 13:24 | 4.5 (65.2%) |
| 163 | STELMASZCZYK Bartłomiej | 2235 | SCOUT TAEM | M 40 | 44 | 00:10:27 | 00:22:48.55 | 00:22:48.55 | +00:08:00 (35.1%) | 13:24 | 4.5 (65.2%) |
| 164 | WRZESIŃSKI Piotr | 2215 | GAPPAG TEAM | M 40 | 45 | 00:10:28 | 00:22:48.80 | 00:22:48.80 | +00:08:00 (35.1%) | 13:24 | 4.5 (65.2%) |
| 165 | BEDNARZ Sebastian | 2139 | | M 40 | 46 | 00:10:18 | 00:22:49.55 | 00:22:49.55 | +00:08:01 (35.1%) | 13:25 | 4.5 (65.2%) |
| 166 | KOMANIECKI Łukasz | 2157 | | M 30 | 71 | 00:10:15 | 00:22:50.45 | 00:22:50.45 | +00:08:01 (35.2%) | 13:25 | 4.5 (65.2%) |
| 167 | STACHURSKI Paweł | 2104 | | M 30 | 72 | 00:10:16 | 00:22:50.80 | 00:22:50.80 | +00:08:02 (35.2%) | 13:25 | 4.5 (65.2%) |
| 168 | GURGUL Sebastian | 2078 | AROMAT NÓG | M 30 | 73 | 00:10:10 | 00:22:51.55 | 00:22:51.55 | +00:08:03 (35.2%) | 13:26 | 4.5 (65.2%) |
| 169 | KOZAR Michał | 2185 | | M 30 | 74 | 00:10:23 | 00:22:54.00 | 00:22:54.00 | +00:08:05 (35.3%) | 13:28 | 4.5 (65.2%) |
| 170 | KNURA Aleksander | 2252 | KW JASTRZĘBIE - ZDRÓJ | M 30 | 75 | 00:10:23 | 00:22:54.90 | 00:22:54.90 | +00:08:06 (35.4%) | 13:28 | 4.5 (65.2%) |
| 171 | SZCZEPANIK Grzegorz | 2058 | WILDEER | M 30 | 76 | 00:10:38 | 00:22:56.35 | 00:22:56.35 | +00:08:07 (35.4%) | 13:29 | 4.4 (63.8%) |
| 172 | KUBERA Marcin | 2285 | KUBERUN | M 30 | 77 | 00:10:13 | 00:22:59.80 | 00:22:59.80 | +00:08:11 (35.6%) | 13:31 | 4.4 (63.8%) |
| 173 | PRASOŁ Marcin | 2256 | | M 30 | 78 | 00:10:27 | 00:23:01.05 | 00:23:01.05 | +00:08:12 (35.7%) | 13:32 | 4.4 (63.8%) |
| 174 | SUDNIK Krzysztof | 2300 | | M 30 | 79 | 00:09:55 | 00:23:01.15 | 00:23:01.15 | +00:08:12 (35.7%) | 13:32 | 4.4 (63.8%) |
| 175 | KOZIEŁ Grzegorz | 2027 | SILESIA RUNNERS CLUB | M 30 | 80 | 00:10:53 | 00:23:02.40 | 00:23:02.40 | +00:08:13 (35.7%) | 13:32 | 4.4 (63.8%) |
| 176 | LIS Radosław | 2313 | | M 30 | 81 | | 00:23:02.75 | 00:23:02.75 | +00:08:14 (35.7%) | 13:32 | 4.4 (63.8%) |
| 177 | KUSZKA Michał | 2016 | BBL MIKOŁÓW | M 30 | 82 | 00:10:51 | 00:23:03.70 | 00:23:03.70 | +00:08:15 (35.8%) | 13:33 | 4.4 (63.8%) |
| 178 | KRÓL Kamil | 2191 | SOCIOS GÓRNIK | M 20 | 43 | 00:09:59 | 00:23:04.15 | 00:23:04.15 | +00:08:15 (35.8%) | 13:34 | 4.4 (63.8%) |
| 179 | DZIUBA Emilian | 2013 | STS BIEGATON MIKOŁÓW | M 40 | 47 | 00:10:26 | 00:23:05.80 | 00:23:05.80 | +00:08:17 (35.9%) | 13:34 | 4.4 (63.8%) |
| 180 | DOMISZEWSKI Wojciech | 2249 | | M 50 | 6 | 00:10:14 | 00:23:06.85 | 00:23:06.85 | +00:08:18 (35.9%) | 13:35 | 4.4 (63.8%) |
| 181 | LIWOCH Sebastian | 2061 | | M 30 | 83 | 00:10:09 | 00:23:07.15 | 00:23:07.15 | +00:08:18 (35.9%) | 13:35 | 4.4 (63.8%) |
| 182 | KARWACKI Grzegorz | 2119 | JA | M 40 | 48 | 00:10:16 | 00:23:07.80 | 00:23:07.80 | +00:08:19 (36.0%) | 13:35 | 4.4 (63.8%) |
| 183 | PLUCINSKI Grzegorz | 2014 | INŻYNIERIA BIEGANIA TEAM | M 40 | 49 | 00:10:39 | 00:23:08.90 | 00:23:08.90 | +00:08:20 (36.0%) | 13:36 | 4.4 (63.8%) |
| 184 | JANUSZEWSKI Tomasz | 2040 | | M 50 | 7 | 00:10:52 | 00:23:09.90 | 00:23:09.90 | +00:08:21 (36.1%) | 13:37 | 4.4 (63.8%) |
| 185 | TOMCZYK Marcin | 2279 | | M 40 | 50 | 00:10:36 | 00:23:12.05 | 00:23:12.05 | +00:08:23 (36.2%) | 13:38 | 4.4 (63.8%) |
| 186 | RACZYŃSKI Bogusz | 2087 | TIGERS TEAM | M 30 | 84 | 00:10:21 | 00:23:16.15 | 00:23:16.15 | +00:08:27 (36.4%) | 13:41 | 4.4 (63.8%) |
| 187 | STASIK Krzysztof | 2179 | LOGTECH SPORT TEAM RADZIONKÓW | M 30 | 85 | 00:10:28 | 00:23:17.70 | 00:23:17.70 | +00:08:29 (36.4%) | 13:41 | 4.4 (63.8%) |
| 188 | STEFAŃSKI Jarosław | 2200 | W POGONI ZA DUCHEM | M 50 | 8 | 00:10:22 | 00:23:20.70 | 00:23:20.70 | +00:08:32 (36.6%) | 13:43 | 4.4 (63.8%) |
| 189 | DURAŁ Grzegorz | 2228 | TRENING ULTRASA | M 30 | 86 | 00:10:48 | 00:23:21.20 | 00:23:21.20 | +00:08:32 (36.6%) | 13:44 | 4.4 (63.8%) |
| 190 | ŁYZIŃSKI Jan | 2172 | | M 50 | 9 | 00:10:42 | 00:23:22.55 | 00:23:22.55 | +00:08:34 (36.7%) | 13:44 | 4.4 (63.8%) |
| 191 | PROŃ Adam | 2030 | IPRONMAN | M 40 | 51 | 00:10:25 | 00:23:23.70 | 00:23:23.70 | +00:08:35 (36.7%) | 13:45 | 4.4 (63.8%) |
| 192 | SZUKAŁA Damian | 2123 | ŻARY RUNNERS TEAM | M 30 | 87 | 00:10:42 | 00:23:23.85 | 00:23:23.85 | +00:08:35 (36.7%) | 13:45 | 4.4 (63.8%) |
| 193 | PITAS Andrzej | 2186 | ZAPIERDALACZE | M 40 | 52 | 00:10:43 | 00:23:24.40 | 00:23:24.40 | +00:08:35 (36.7%) | 13:45 | 4.4 (63.8%) |
| 194 | LEWANDOWSKI Paweł | 2150 | | M 30 | 88 | 00:10:36 | 00:23:27.65 | 00:23:27.65 | +00:08:39 (36.9%) | 13:47 | 4.3 (62.3%) |
| 195 | BUŁA Robert | 2133 | RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM | M 20 | 44 | 00:10:45 | 00:23:27.95 | 00:23:27.95 | +00:08:39 (36.9%) | 13:47 | 4.3 (62.3%) |
| 196 | OKOŃ Łukasz | 2241 | | M 30 | 89 | 00:09:58 | 00:23:28.75 | 00:23:28.75 | +00:08:40 (36.9%) | 13:48 | 4.3 (62.3%) |
| 197 | MIRONCZUK Roman | 2167 | DRUŻYNA SZPIKU | M 40 | 53 | 00:10:30 | 00:23:29.35 | 00:23:29.35 | +00:08:40 (37.0%) | 13:48 | 4.3 (62.3%) |
| 198 | GLISZCZYŃSKI Paweł | 2135 | ORZEŁ BIAŁY S.A. | M 30 | 90 | 00:10:25 | 00:23:30.60 | 00:23:30.60 | +00:08:42 (37.0%) | 13:49 | 4.3 (62.3%) |
| 199 | KELLER Dariusz | 2047 | NIGHT RUNNERS + | M 20 | 45 | 00:10:15 | 00:23:31.00 | 00:23:31.00 | +00:08:42 (37.0%) | 13:50 | 4.3 (62.3%) |
| 199 | POTOCZNY Mirosław | 2107 | TRAIL RUNNERS JAWORZNO | M 40 | 54 | 00:10:51 | 00:23:31.00 | 00:23:31.00 | +00:08:42 (37.0%) | 13:50 | 4.3 (62.3%) |
| 201 | BEDNAREK Jacek | 2059 | METLIFE RUN | M 40 | 55 | 00:10:34 | 00:23:31.10 | 00:23:31.10 | +00:08:42 (37.0%) | 13:50 | 4.3 (62.3%) |
| 202 | PIŁAT Artur | 2029 | | M 40 | 56 | 00:10:57 | 00:23:31.60 | 00:23:31.60 | +00:08:43 (37.1%) | 13:50 | 4.3 (62.3%) |
| 203 | KUBIK Jarosław | 2143 | MYSŁOWICKI KLUB BIEGACZA NO.I | M 40 | 57 | 00:10:25 | 00:23:31.90 | 00:23:31.90 | +00:08:43 (37.1%) | 13:50 | 4.3 (62.3%) |
| 204 | GAUDYN Andrzej | 2152 | | M 30 | 91 | 00:10:33 | 00:23:32.30 | 00:23:32.30 | +00:08:43 (37.1%) | 13:50 | 4.3 (62.3%) |
| 205 | SZYMCZAK Łukasz | 2244 | SSW TEAM KROŚNICE | M 30 | 92 | 00:10:53 | 00:23:33.20 | 00:23:33.20 | +00:08:44 (37.1%) | 13:51 | 4.3 (62.3%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Polowka 0.9km | Czas | | Różn | Tempo min/km | Tempo km/h |
|-----|------------------------------|-------------|---|-----------|------|------------------|--------------------|--------------------|-------------------|-----------------|---------------|
| | | | | | | | netto 1.7km | brutto 1.7km | | | |
| 206 | TOMCZYK Tomasz | 2161 | RMF 4RACING OCR | M 30 | 93 | 00:10:52 | 00:23:33.75 | 00:23:33.75 | +00:08:45 (37.2%) | 13:51 | 4.3 (62.3%) |
| 207 | GURGUL Mateusz | 2113 | AROMAT NÓG | M 30 | 94 | 00:10:40 | 00:23:41.45 | 00:23:41.45 | +00:08:52 (37.5%) | 13:55 | 4.3 (62.3%) |
| 208 | SEMMERLING Przemysław | 2274 | GÓRSKIE PEDZIWIATRY | M 30 | 95 | 00:10:35 | 00:23:43.40 | 00:23:43.40 | +00:08:54 (37.6%) | 13:57 | 4.3 (62.3%) |
| 209 | SUJAK Mirosław | 2043 | MKB DREPTAK | M 50 | 10 | 00:10:44 | 00:23:45.10 | 00:23:45.10 | +00:08:56 (37.7%) | 13:58 | 4.3 (62.3%) |
| 210 | WĘGLARZ Czesław | 2240 | NEZRZESZONY | M 50 | 11 | 00:10:45 | 00:23:45.75 | 00:23:45.75 | +00:08:57 (37.7%) | 13:58 | 4.3 (62.3%) |
| 211 | TOL Kamil | 2220 | MAFIA TEAM LUBLINIEC | M 30 | 96 | 00:10:18 | 00:23:47.50 | 00:23:47.50 | +00:08:59 (37.8%) | 13:59 | 4.3 (62.3%) |
| 212 | KARAŚ Michał | 2044 | GOOL GORCE NOWY TARG | M 30 | 97 | 00:10:40 | 00:23:49.35 | 00:23:49.35 | +00:09:00 (37.8%) | 14:00 | 4.3 (62.3%) |
| 213 | KALITA Arek | 2223 | | M 40 | 58 | 00:10:41 | 00:23:53.30 | 00:23:53.30 | +00:09:04 (38.0%) | 14:02 | 4.3 (62.3%) |
| 214 | LEŚNIAK Tomasz | 2063 | KRZYWDA TEAM | M 30 | 98 | 00:10:52 | 00:23:54.35 | 00:23:54.35 | +00:09:05 (38.1%) | 14:03 | 4.3 (62.3%) |
| 215 | DAWIDOWICZ Krzysztof | 2164 | FREEWAY | M 30 | 99 | 00:10:27 | 00:23:55.30 | 00:23:55.30 | +00:09:06 (38.1%) | 14:04 | 4.3 (62.3%) |
| 216 | KOŚMIDER Tomasz | 2293 | SPARTANIE DZIECIOM | M 30 | 100 | 00:10:24 | 00:23:57.65 | 00:23:57.65 | +00:09:09 (38.2%) | 14:05 | 4.3 (62.3%) |
| 217 | KANIA Paweł | 2247 | SAINT-GOBAIN SQUAD | M 40 | 59 | 00:10:43 | 00:23:58.80 | 00:23:58.80 | +00:09:10 (38.2%) | 14:05 | 4.3 (62.3%) |
| 218 | STOLARSKI Paweł | 2094 | ROZBIEGAMY TO MIASTO - CZECHOWICE-DZIEDZICE | M 30 | 101 | 00:10:52 | 00:24:01.00 | 00:24:01.00 | +00:09:12 (38.3%) | 14:07 | 4.2 (60.9%) |
| 219 | KULA Krzysztof | 2140 | | M 20 | 46 | 00:10:50 | 00:24:01.25 | 00:24:01.25 | +00:09:12 (38.4%) | 14:07 | 4.2 (60.9%) |
| 220 | GRAJEK Marek | 2175 | | M 30 | 102 | 00:10:06 | 00:24:02.60 | 00:24:02.60 | +00:09:14 (38.4%) | 14:08 | 4.2 (60.9%) |
| 221 | BLUNTZER Gregoire | 2315 | | M 50 | 12 | 00:11:03 | 00:24:03.85 | 00:24:03.85 | +00:09:15 (38.5%) | 14:08 | 4.2 (60.9%) |
| 222 | WILK Tomasz | 2251 | MOMNATOCALĘŻYCIE | M 30 | 103 | 00:10:46 | 00:24:04.45 | 00:24:04.45 | +00:09:15 (38.5%) | 14:09 | 4.2 (60.9%) |
| 223 | BIEDROŃ Marcin | 2024 | | M 20 | 47 | 00:10:32 | 00:24:05.30 | 00:24:05.30 | +00:09:16 (38.5%) | 14:10 | 4.2 (60.9%) |
| 224 | RESPONDEK Marcin | 2090 | LECYMY DURŚ | M 30 | 104 | 00:10:40 | 00:24:06.15 | 00:24:06.15 | +00:09:17 (38.6%) | 14:10 | 4.2 (60.9%) |
| 225 | SERZYSKO Bartosz | 2299 | APTIV RUNNING TEAM | M 20 | 48 | 00:10:25 | 00:24:06.20 | 00:24:06.20 | +00:09:17 (38.6%) | 14:10 | 4.2 (60.9%) |
| 226 | FIGAS Sebastian | 2232 | LITWIN TRIATHLON TEAM | M 40 | 60 | 00:11:05 | 00:24:06.95 | 00:24:06.95 | +00:09:18 (38.6%) | 14:10 | 4.2 (60.9%) |
| 227 | DYDUŁA Łukasz | 2053 | ITAL CAR TEAM | M 40 | 61 | 00:10:45 | 00:24:14.10 | 00:24:14.10 | +00:09:25 (38.9%) | 14:15 | 4.2 (60.9%) |
| 228 | SWOBODA Jarosław | 2036 | NIGHT RUNNERS GLIWICE | M 40 | 62 | 00:10:55 | 00:24:17.20 | 00:24:17.20 | +00:09:28 (39.0%) | 14:17 | 4.2 (60.9%) |
| 229 | KAWULOK Adrian | 2176 | | M 30 | 105 | 00:10:58 | 00:24:19.60 | 00:24:19.60 | +00:09:31 (39.1%) | 14:18 | 4.2 (60.9%) |
| 230 | HORA Grzegorz | 2193 | | M 30 | 106 | 00:11:11 | 00:24:25.85 | 00:24:25.85 | +00:09:37 (39.4%) | 14:21 | 4.2 (60.9%) |
| 231 | WOROBIEC Józef | 2158 | TERVEL DANIEL WOSIK TEAM | M 60 | 3 | 00:11:13 | 00:24:37.65 | 00:24:37.65 | +00:09:49 (39.9%) | 14:28 | 4.1 (59.4%) |
| 232 | KLATE Łukasz | 2111 | ŁÓDŹ KOCHA SPORT | M 30 | 107 | 00:10:57 | 00:24:38.10 | 00:24:38.10 | +00:09:49 (39.9%) | 14:29 | 4.1 (59.4%) |
| 233 | REBISZ Paweł | 2308 | TRAIL RUNNERS JAWORZNO | M 40 | 63 | 00:10:13 | 00:24:39.50 | 00:24:39.50 | +00:09:51 (39.9%) | 14:30 | 4.1 (59.4%) |
| 234 | KADŁUBEK Aleksander | 2254 | TKTJ | M 30 | 108 | 00:10:51 | 00:24:40.75 | 00:24:40.75 | +00:09:52 (40.0%) | 14:30 | 4.1 (59.4%) |
| 235 | ZAJDEL Michał | 2246 | INO JO | M 30 | 109 | 00:10:55 | 00:24:42.25 | 00:24:42.25 | +00:09:53 (40.1%) | 14:31 | 4.1 (59.4%) |
| 236 | URBAŃCZYK Dawid | 2093 | LECYMY DURŚ | M 20 | 49 | 00:11:25 | 00:24:44.85 | 00:24:44.85 | +00:09:56 (40.2%) | 14:32 | 4.1 (59.4%) |
| 237 | BARTOSIEWICZ Adam | 2062 | OCR POLSKA | M 40 | 64 | 00:10:53 | 00:24:46.10 | 00:24:46.10 | +00:09:57 (40.2%) | 14:34 | 4.1 (59.4%) |
| 238 | JABŁOŃSKI Sebastian | 2208 | POSITIV VIBRATION | M 30 | 110 | 00:10:56 | 00:24:47.90 | 00:24:47.90 | +00:09:59 (40.3%) | 14:34 | 4.1 (59.4%) |
| 239 | OŻGA Sebastian | 2074 | | M 20 | 50 | 00:11:12 | 00:24:48.70 | 00:24:48.70 | +00:10:00 (40.3%) | 14:35 | 4.1 (59.4%) |
| 240 | KRZCZUK Benedykt | 2066 | | M 50 | 13 | 00:11:10 | 00:24:49.00 | 00:24:49.00 | +00:10:00 (40.3%) | 14:35 | 4.1 (59.4%) |
| 241 | HOMBEK Maciej | 2260 | UZDROWISKOWY TEAM | M 40 | 65 | 00:11:40 | 00:24:49.75 | 00:24:49.75 | +00:10:01 (40.4%) | 14:35 | 4.1 (59.4%) |
| 242 | KWIATKOWSKI Kajetan | 2109 | BIGYELLOWFOOT ADVENTURE TEAM | M 30 | 111 | 00:11:25 | 00:24:50.05 | 00:24:50.05 | +00:10:01 (40.4%) | 14:36 | 4.1 (59.4%) |
| 243 | ŻUREK Rafał | 2271 | | M 20 | 51 | 00:10:36 | 00:24:50.30 | 00:24:50.30 | +00:10:01 (40.4%) | 14:36 | 4.1 (59.4%) |
| 244 | KRASOŃ Rafał | 2092 | LECYMY DURŚ | M 30 | 112 | 00:11:27 | 00:24:52.45 | 00:24:52.45 | +00:10:03 (40.5%) | 14:37 | 4.1 (59.4%) |
| 245 | KURYŁO Zenon | 2057 | SBD ENERGETYK RYBNIK | M 50 | 14 | 00:11:34 | 00:24:53.55 | 00:24:53.55 | +00:10:05 (40.5%) | 14:38 | 4.1 (59.4%) |
| 246 | KORNAŚ Marcin | 2219 | ZĄBKOWICKA GRUPA BIEGOWA FRANKENSTEIN | M 30 | 113 | 00:11:26 | 00:24:53.90 | 00:24:53.90 | +00:10:05 (40.5%) | 14:38 | 4.1 (59.4%) |
| 247 | MUSZYŃSKI Marcin | 2266 | | M 20 | 52 | 00:11:08 | 00:24:58.60 | 00:24:58.60 | +00:10:10 (40.7%) | 14:41 | 4.1 (59.4%) |
| 248 | JAWORSKI Jarosław | 2273 | | M 30 | 114 | 00:10:50 | 00:24:59.05 | 00:24:59.05 | +00:10:10 (40.7%) | 14:41 | 4.1 (59.4%) |
| 249 | BIZOŃ Tomasz | 2054 | | M 40 | 66 | 00:11:02 | 00:25:00.75 | 00:25:00.75 | +00:10:12 (40.8%) | 14:42 | 4.1 (59.4%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Polowka 0.9km | Czas netto 1.7km | Czas brutto 1.7km | Różn | Tempo min/km | Tempo km/h |
|-----|----------------------|-------|-------------------------------|-----------|------|------------------|------------------------|-------------------------|-------------------|-----------------|---------------|
| 250 | JANOWICZ Adam | 2132 | | M 20 | 53 | 00:10:46 | 00:25:03.95 | 00:25:03.95 | +00:10:15 (40.9%) | 14:44 | 4.1 (59.4%) |
| 251 | DWORNICKI Tomasz | 2319 | | M 40 | 67 | 00:11:14 | 00:25:04.90 | 00:25:04.90 | +00:10:16 (41.0%) | 14:44 | 4.1 (59.4%) |
| 252 | ŚMIATEK Marcino | 2203 | AGRESOR | M 40 | 68 | 00:11:15 | 00:25:05.35 | 00:25:05.35 | +00:10:16 (41.0%) | 14:45 | 4.1 (59.4%) |
| 253 | SMACZYNSKI Dariusz | 2159 | SRS AKTYWNA DABROWA | M 50 | 15 | 00:11:03 | 00:25:08.10 | 00:25:08.10 | +00:10:19 (41.1%) | 14:47 | 4.1 (59.4%) |
| 254 | SIKORA Mariusz | 2091 | GOGGLEPRO ACTIVE EYEWEAR TEAM | M 40 | 69 | 00:11:32 | 00:25:09.45 | 00:25:09.45 | +00:10:20 (41.1%) | 14:47 | 4.1 (59.4%) |
| 255 | SMUDA Ryszard | 2210 | | M 50 | 16 | 00:11:30 | 00:25:19.20 | 00:25:19.20 | +00:10:30 (41.5%) | 14:53 | 4 (58.0%) |
| 256 | PIOSEK Grzegorz | 2195 | LOGTECH RUN TEAM RADZIONKÓW | M 30 | 115 | 00:10:48 | 00:25:21.05 | 00:25:21.05 | +00:10:32 (41.6%) | 14:54 | 4 (58.0%) |
| 257 | ROGOSZ Marcin | 2076 | SOCIOS GÓRNIK | M 30 | 116 | 00:11:33 | 00:25:25.65 | 00:25:25.65 | +00:10:37 (41.8%) | 14:57 | 4 (58.0%) |
| 258 | FALKOWSKI Piotr | 2268 | FKS PEGAZ PIASECZNO | M 40 | 70 | 00:11:44 | 00:25:26.10 | 00:25:26.10 | +00:10:37 (41.8%) | 14:57 | 4 (58.0%) |
| 259 | MROZEK Grzegorz | 2327 | | M 40 | 71 | 00:11:39 | 00:25:26.90 | 00:25:26.90 | +00:10:38 (41.8%) | 14:57 | 4 (58.0%) |
| 260 | WOJTYRA Daniel | 2269 | | M 20 | 54 | 00:11:25 | 00:25:29.30 | 00:25:29.30 | +00:10:40 (41.9%) | 14:59 | 4 (58.0%) |
| 261 | KUČERKA Jakub | 2025 | KASIA I KUBA | M 20 | 55 | 00:11:49 | 00:25:34.40 | 00:25:34.40 | +00:10:45 (42.1%) | 15:02 | 4 (58.0%) |
| 262 | SEWINA Dominik | 2106 | KARATE TSUNAMI BYDGOSZCZ | M 30 | 117 | 00:11:44 | 00:25:42.45 | 00:25:42.45 | +00:10:53 (42.4%) | 15:07 | 4 (58.0%) |
| 263 | WAWROWSKI Jarosław | 2326 | | M 40 | 72 | 00:11:22 | 00:25:54.85 | 00:25:54.85 | +00:11:06 (42.9%) | 15:14 | 3.9 (56.5%) |
| 264 | ZIELIŃSKI Łukasz | 2128 | | M 30 | 118 | 00:11:29 | 00:26:00.45 | 00:26:00.45 | +00:11:11 (43.1%) | 15:17 | 3.9 (56.5%) |
| 265 | LIGEZA Witold | 2324 | SMASHING PĄPKINS/UNLIMITED | M 40 | 73 | 00:11:52 | 00:26:08.75 | 00:26:08.75 | +00:11:20 (43.4%) | 15:22 | 3.9 (56.5%) |
| 266 | HOLECZEK Damian | 2259 | ŻODNY | M 40 | 74 | 00:11:11 | 00:26:13.30 | 00:26:13.30 | +00:11:24 (43.5%) | 15:25 | 3.9 (56.5%) |
| 267 | GRABALSKI Dariusz | 2265 | | M 30 | 119 | 00:11:08 | 00:26:30.30 | 00:26:30.30 | +00:11:41 (44.1%) | 15:35 | 3.8 (55.1%) |
| 268 | SMOROŃ Krzysztof | 2204 | | M 30 | 120 | 00:11:58 | 00:26:35.10 | 00:26:35.10 | +00:11:46 (44.3%) | 15:38 | 3.8 (55.1%) |
| 269 | SCHILLER Fryderyk | 2205 | TRINITEC RUNNING TEAM | M 40 | 75 | 00:11:49 | 00:26:42.35 | 00:26:42.35 | +00:11:53 (44.6%) | 15:42 | 3.8 (55.1%) |
| 270 | BORATYŃSKI Adam | 2294 | | M 40 | 76 | 00:12:20 | 00:27:14.25 | 00:27:14.25 | +00:12:25 (45.6%) | 16:01 | 3.7 (53.6%) |
| 271 | CAŁKA Grzegorz | 2233 | RADZYMIN RUN TEAM | M 40 | 77 | 00:12:27 | 00:27:27.50 | 00:27:27.50 | +00:12:39 (46.1%) | 16:08 | 3.7 (53.6%) |
| 272 | DAWID Mirosław | 2089 | | M 50 | 17 | 00:12:07 | 00:27:36.55 | 00:27:36.55 | +00:12:48 (46.4%) | 16:14 | 3.7 (53.6%) |
| 273 | BIENIECKI Marek | 2323 | OTK RZEŹNIK | M 20 | 56 | 00:12:52 | 00:27:41.70 | 00:27:41.70 | +00:12:53 (46.5%) | 16:17 | 3.7 (53.6%) |
| 274 | ZAREMBA Marek | 2142 | KAMIKADZE | M 50 | 18 | 00:12:19 | 00:27:44.00 | 00:27:44.00 | +00:12:55 (46.6%) | 16:18 | 3.7 (53.6%) |
| 275 | LOMBARSKI Łukasz | 2245 | SSW TEAM KROŚNICE | M 30 | 121 | 00:12:36 | 00:27:47.50 | 00:27:47.50 | +00:12:59 (46.7%) | 16:20 | 3.7 (53.6%) |
| 276 | SZŁĘZAK Piotr | 2253 | | M 30 | 122 | 00:12:06 | 00:27:52.45 | 00:27:52.45 | +00:13:03 (46.9%) | 16:23 | 3.7 (53.6%) |
| 277 | TIAHNYBOK Paweł | 2073 | SOCIOS SILESIA | M 40 | 78 | 00:11:54 | 00:28:11.25 | 00:28:11.25 | +00:13:22 (47.5%) | 16:34 | 3.6 (52.2%) |
| 278 | WITA Krzysztof | 2250 | FORMA WODZISŁAW ŚLĄSKI | M 30 | 123 | 00:12:01 | 00:28:14.10 | 00:28:14.10 | +00:13:25 (47.6%) | 16:36 | 3.6 (52.2%) |
| 279 | NÓŻKA Andrzej | 2214 | | M 30 | 124 | 00:12:26 | 00:28:17.50 | 00:28:17.50 | +00:13:29 (47.7%) | 16:38 | 3.6 (52.2%) |
| 280 | ŻMUDKA Bartek | 2321 | | M 30 | 125 | 00:12:34 | 00:28:20.95 | 00:28:20.95 | +00:13:32 (47.8%) | 16:40 | 3.6 (52.2%) |
| 281 | SEKUŁA Dawid | 2112 | | M 20 | 57 | 00:12:44 | 00:28:35.40 | 00:28:35.40 | +00:13:46 (48.2%) | 16:48 | 3.6 (52.2%) |
| 282 | DŁUGOSZ Marek | 2071 | | M 30 | 126 | 00:12:49 | 00:28:49.10 | 00:28:49.10 | +00:14:00 (48.6%) | 16:57 | 3.5 (50.7%) |
| 283 | SZPERLICH Grzegorz | 2202 | PRZEŁAJKA | M 40 | 79 | 00:13:22 | 00:29:05.20 | 00:29:05.20 | +00:14:16 (49.1%) | 17:06 | 3.5 (50.7%) |
| 284 | KOZICKI Jacek | 2331 | | M 30 | 127 | 00:12:41 | 00:29:23.30 | 00:29:23.30 | +00:14:34 (49.6%) | 17:17 | 3.5 (50.7%) |
| 285 | KAŹMIERSKI Janusz | 2170 | DA SIĘ | M 60 | 4 | 00:13:10 | 00:29:38.65 | 00:29:38.65 | +00:14:50 (50.0%) | 17:25 | 3.4 (49.3%) |
| 286 | WIĘCZKOWSKI Wojciech | 2118 | HUSARIA RACE TEAM | M 40 | 80 | 00:12:57 | 00:29:51.60 | 00:29:51.60 | +00:15:03 (50.4%) | 17:33 | 3.4 (49.3%) |
| 287 | MĄDRZYK Daniel | 2108 | | M 30 | 128 | 00:12:50 | 00:30:19.30 | 00:30:19.30 | +00:15:30 (51.2%) | 17:50 | 3.4 (49.3%) |
| 288 | WRÓBEL Marcin | 2121 | FC KAROLINA | M 40 | 81 | 00:13:08 | 00:30:25.95 | 00:30:25.95 | +00:15:37 (51.3%) | 17:53 | 3.4 (49.3%) |
| 289 | RÓG Marek | 2127 | | M 40 | 82 | 00:13:04 | 00:30:58.30 | 00:30:58.30 | +00:16:09 (52.2%) | 18:12 | 3.3 (47.8%) |
| 290 | FARMAS Dariusz | 2137 | NOWA HUTA TEAM | M 40 | 83 | 00:14:03 | 00:31:08.05 | 00:31:08.05 | +00:16:19 (52.4%) | 18:18 | 3.3 (47.8%) |
| 291 | ŚWIERK Stanisław | 2145 | NATURALNIE JANOWICE | M 60 | 5 | 00:13:33 | 00:32:32.80 | 00:32:32.80 | +00:17:44 (54.5%) | 19:08 | 3.1 (44.9%) |
| 292 | BIEDNY Szymon | 2199 | RZADKO SMUTNI | M 30 | 129 | 00:13:52 | 00:32:36.00 | 00:32:36.00 | +00:17:47 (54.6%) | 19:10 | 3.1 (44.9%) |
| 293 | HONKISZ Sebastian | 2136 | | M 30 | 130 | 00:15:04 | 00:34:18.70 | 00:34:18.70 | +00:19:30 (56.8%) | 20:10 | 3 (43.5%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Polowka 0.9km | Czas netto 1.7km | Czas brutto 1.7km | Różn | Tempo min/km | Tempo km/h |
|-----|-------------------------------|-------------|---------------------------------|-----------|------|------------------|------------------------|-------------------------|-------------------|-----------------|---------------|
| 294 | WALENTYŃSKI Bartłomiej | 2257 | | M 20 | 58 | 00:16:00 | 00:34:52.65 | 00:34:52.65 | +00:20:04 (57.5%) | 20:30 | 2.9 (42.0%) |
| 295 | DUDEK Dominik | 2082 | | M 40 | 84 | 00:14:55 | 00:36:02.00 | 00:36:02.00 | +00:21:13 (58.9%) | 21:11 | 2.8 (40.6%) |
| 296 | WOJCIECH Piotr | 2086 | BIEGAM ŻEBY BARTEK MÓGŁ CHODZIĆ | M 30 | 131 | 00:17:49 | 00:39:20.35 | 00:39:20.35 | +00:24:31 (62.4%) | 23:08 | 2.6 (37.7%) |

Znaleziono 296 wynik(ów)