



ELIMINATOR 2017 - ETAP II

B4SPORT

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

B4SPORT
INTELIĞENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

| 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 GŁUCHOŁAZY | M20 | 1 | 00:06:47 | 00:15:08.35 | 00:15:08.35 | | 8:54 | 6.7 (100%) |
| 2 | MALINA Dawid | 2001 | INŻYNIERIA BIEGANIA - TWÓJ TRENER BIEGOWY! | M20 | 2 | 00:07:11 | 00:15:31.75 | 00:15:31.75 | +00:00:23 (2.5%) | 9:07 | 6.6 (98.5%) |
| 3 | RZAŚA Franciszek | 2287 | TKN TATRA TEAM | M20 | 3 | 00:07:17 | 00:15:33.75 | 00:15:33.75 | +00:00:25 (2.7%) | 9:08 | 6.6 (98.5%) |
| 4 | BODURKA Krzysztof | 2004 | ALPIN SPORT TEAM | M20 | 4 | 00:07:16 | 00:15:38.85 | 00:15:38.85 | +00:00:30 (3.2%) | 9:11 | 6.5 (97.0%) |
| 5 | GRZĄDZIEL Dominik | 2007 | ATTIQ | M30 | 1 | 00:07:20 | 00:15:52.40 | 00:15:52.40 | +00:00:44 (4.6%) | 9:20 | 6.4 (95.5%) |
| 6 | KOŃ Piotr | 2006 | ALPIN SPORT TEAM | M30 | 2 | 00:07:46 | 00:16:08.75 | 00:16:08.75 | +00:01:00 (6.2%) | 9:29 | 6.3 (94.0%) |
| 7 | JAWORSKI Zbigniew | 2080 | | M40 | 1 | 00:07:31 | 00:16:15.05 | 00:16:15.05 | +00:01:06 (6.8%) | 9:33 | 6.3 (94.0%) |
| 8 | GRACZ Bogusław | 2328 | | M40 | 2 | 00:07:37 | 00:16:24.70 | 00:16:24.70 | +00:01:16 (7.8%) | 9:38 | 6.2 (92.5%) |
| 9 | BIERNAWSKI Piotr | 2005 | ATTIQ | M40 | 3 | 00:07:35 | 00:16:33.15 | 00:16:33.15 | +00:01:24 (8.5%) | 9:44 | 6.2 (92.5%) |
| 10 | GAWROŃSKI Tomasz | 2008 | UMKS NADIR JĘDRZEJÓW | M20 | 5 | 00:07:46 | 00:16:43.30 | 00:16:43.30 | +00:01:34 (9.5%) | 9:50 | 6.1 (91.0%) |
| 11 | KUBICA Marcin | 2237 | INOV-8 TEAM | M20 | 6 | 00:07:32 | 00:16:53.10 | 00:16:53.10 | +00:01:44 (10.3%) | 9:55 | 6 (89.6%) |
| 12 | MIŚKIEWCZ Mariusz | 2334 | | M30 | 3 | 00:07:42 | 00:17:04.70 | 00:17:04.70 | +00:01:56 (11.4%) | 10:02 | 6 (89.6%) |
| 13 | FALKOWSKI Krzysztof | 2041 | WOODWARD RUNNERS | M30 | 4 | 00:07:57 | 00:17:26.20 | 00:17:26.20 | +00:02:17 (13.2%) | 10:15 | 5.9 (88.1%) |
| 14 | URBAŃCZYK Karol | 2290 | NIGHT RUNNERS GLIWICE | M20 | 7 | 00:08:03 | 00:17:28.45 | 00:17:28.45 | +00:02:20 (13.4%) | 10:16 | 5.8 (86.6%) |
| 15 | KASZYCA Paweł | 2320 | IGLOO BOCANIA | M30 | 5 | 00:08:19 | 00:17:44.95 | 00:17:44.95 | +00:02:36 (14.7%) | 10:25 | 5.8 (86.6%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Polowka 0.9km | Czas | | Różn | Tempo min/km | Tempo km/h |
|-----|----------------------------------|-------------|------------------------------|-----------|------|------------------|--------------------|--------------------|----------------------|-----------------|----------------|
| | | | | | | | netto 1.7km | brutto 1.7km | | | |
| 16 | FARON Robert | 2002 | SALCO GARMIN TEAM | M40 | 4 | 00:08:03 | 00:17:49.20 | 00:17:49.20 | +00:02:40 (15.0%) | 10:28 | 5.7 (85.1%) |
| 17 | KUBERA Bartłomiej | 2192 | FORUMRUN | M20 | 8 | 00:08:19 | 00:17:51.05 | 00:17:51.05 | +00:02:42 (15.2%) | 10:30 | 5.7 (85.1%) |
| 18 | HUZIOR Piotr | 2316 | ATTIQ / SALMING | M40 | 5 | 00:08:18 | 00:17:51.10 | 00:17:51.10 | +00:02:42 (15.2%) | 10:30 | 5.7 (85.1%) |
| 19 | WRÓBEL Tomasz | 2303 | MKS-R CENTRUM DZIENGIEL | M40 | 6 | 00:08:11 | 00:17:58.80 | 00:17:58.80 | +00:02:50 (15.8%) | 10:34 | 5.7 (85.1%) |
| 20 | ELANTKOWSKI Jan | 2230 | TKN TATRA TEAM | M20 | 9 | 00:08:39 | 00:18:09.10 | 00:18:09.10 | +00:03:00 (16.6%) | 10:40 | 5.6 (83.6%) |
| 21 | POPIELARSKI Kubuś | 2283 | TKN TATRA TEAM | M20 | 10 | 00:08:39 | 00:18:09.20 | 00:18:09.20 | +00:03:00 (16.6%) | 10:40 | 5.6 (83.6%) |
| 22 | PORĘBSKI Rafał | 2095 | EVIL TEAM | M40 | 7 | 00:08:07 | 00:18:12.15 | 00:18:12.15 | +00:03:03 (16.8%) | 10:42 | 5.6 (83.6%) |
| 23 | SAWICKI Kacper | 2281 | TKN TATRA TEAM | M20 | 11 | 00:08:39 | 00:18:12.35 | 00:18:12.35 | +00:03:04 (16.8%) | 10:42 | 5.6 (83.6%) |
| 24 | MAGIERA Janusz | 2117 | FORMA WODZISŁAW ŚLĄSKI | M50 | 1 | 00:08:27 | 00:18:15.05 | 00:18:15.05 | +00:03:06 (17.0%) | 10:44 | 5.6 (83.6%) |
| 25 | GRUDZIĘŃ Krzysztof | 2278 | | M40 | 8 | 00:08:42 | 00:18:18.95 | 00:18:18.95 | +00:03:10 (17.3%) | 10:45 | 5.6 (83.6%) |
| 26 | BONIEC Radosław | 2174 | | M20 | 12 | 00:08:13 | 00:18:19.20 | 00:18:19.20 | +00:03:10 (17.4%) | 10:46 | 5.6 (83.6%) |
| 27 | ULFIK Rafał | 2225 | ALPIN SOPRT TEAM/SKB KRAŚNIK | M30 | 6 | 00:08:25 | 00:18:26.95 | 00:18:26.95 | +00:03:18 (17.9%) | 10:50 | 5.5 (82.1%) |
| 28 | WIŚNIEWSKA-ULFIK Dominika | 1002 | ALPIN SPORT TEAM/SKB KRAŚNIK | K30 | 1 | 00:08:18 | 00:18:28.60 | 00:18:28.60 | +00:03:20 (18.1%) | 10:51 | 5.5 (82.1%) |
| 29 | KUBACZKA Grzegorz | 2138 | WWW.AG-ARCHITEKCI.PL | M30 | 7 | 00:08:40 | 00:18:46.20 | 00:18:46.20 | +00:03:37 (19.3%) | 11:02 | 5.4 (80.6%) |
| 30 | DZIDOWSKI Aleksander | 2187 | TG SOKÓŁ ZAKOPANE | M30 | 8 | 00:08:31 | 00:18:48.30 | 00:18:48.30 | +00:03:39 (19.5%) | 11:03 | 5.4 (80.6%) |
| 31 | JANUSZYK Iwona | 1012 | | K20 | 1 | 00:08:43 | 00:18:57.55 | 00:18:57.55 | +00:03:49 (20.1%) | 11:08 | 5.4 (80.6%) |
| 32 | GAWLAS Dominik | 2337 | | M30 | 9 | 00:08:58 | 00:19:02.70 | 00:19:02.70 | +00:03:54 (20.5%) | 11:11 | 5.4 (80.6%) |
| 33 | PUZOŃ Robert | 2234 | NUTREND TEAM | M30 | 10 | 00:08:46 | 00:19:05.40 | 00:19:05.40 | +00:03:57 (20.7%) | 11:13 | 5.3 (79.1%) |
| 34 | SEDLAK Michał | 2009 | LUBIĘ TO BIEGANIE | M40 | 9 | 00:09:01 | 00:19:11.55 | 00:19:11.55 | +00:04:03 (21.1%) | 11:17 | 5.3 (79.1%) |
| 35 | KNUTELSKI Błażej | 2335 | | M20 | 13 | 00:08:38 | 00:19:17.95 | 00:19:17.95 | +00:04:09 (21.6%) | 11:20 | 5.3 (79.1%) |
| 36 | PLOCH Jakub | 2153 | NIGHT RUNNERS ZABRZE | M20 | 14 | 00:08:56 | 00:19:19.45 | 00:19:19.45 | +00:04:11 (21.7%) | 11:21 | 5.3 (79.1%) |
| 37 | SOKOŁOWSKI Marek | 2085 | ALPIN SPORT TEAM | M40 | 10 | 00:09:03 | 00:19:21.30 | 00:19:21.30 | +00:04:12 (21.8%) | 11:22 | 5.3 (79.1%) |
| 38 | BROJ Marcel | 2146 | BROJ TEAM ŻLINICE | M20 | 15 | 00:09:12 | 00:19:23.10 | 00:19:23.10 | +00:04:14 (21.9%) | 11:24 | 5.3 (79.1%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Polowka 0.9km | Czas | | Różn | Tempo min/km | Tempo km/h |
|-----|--------------------------------|-------------|------------------------------------|-----------|------|------------------|--------------------|--------------------|----------------------|-----------------|----------------|
| | | | | | | | netto 1.7km | brutto 1.7km | | | |
| 39 | FLOREK Sebastian | 2019 | NORAFSPORT | M30 | 11 | 00:09:06 | 00:19:26.75 | 00:19:26.75 | +00:04:18 (22.1%) | 11:25 | 5.2 (77.6%) |
| 40 | STACHURA Damian | 2037 | ZAGŁĘBIE LUBIN | M30 | 12 | 00:08:48 | 00:19:27.40 | 00:19:27.40 | +00:04:19 (22.2%) | 11:26 | 5.2 (77.6%) |
| 40 | GALMAN Adam | 2275 | | M40 | 11 | 00:08:56 | 00:19:27.40 | 00:19:27.40 | +00:04:19 (22.2%) | 11:26 | 5.2 (77.6%) |
| 42 | STEC Jakub | 2198 | ULTRA BESKID SPORT | M20 | 16 | 00:08:50 | 00:19:28.30 | 00:19:28.30 | +00:04:19 (22.3%) | 11:27 | 5.2 (77.6%) |
| 43 | PETKIEWICZ Tomasz | 2141 | STS BIEGATON MIKOŁÓW | M30 | 13 | 00:09:21 | 00:19:29.50 | 00:19:29.50 | +00:04:21 (22.3%) | 11:27 | 5.2 (77.6%) |
| 44 | GRUSZCZYŃSKI Artur | 2116 | | M40 | 12 | 00:08:57 | 00:19:31.80 | 00:19:31.80 | +00:04:23 (22.5%) | 11:28 | 5.2 (77.6%) |
| 45 | DZIĘGIELOWSKI Paweł | 2236 | HRMAX ŻORY | M30 | 14 | 00:09:03 | 00:19:35.10 | 00:19:35.10 | +00:04:26 (22.7%) | 11:31 | 5.2 (77.6%) |
| 46 | KUBALA Tomasz | 2224 | PRESSING BIKE-SYSTEM ICE-WENT TEAM | M40 | 13 | 00:09:00 | 00:19:35.35 | 00:19:35.35 | +00:04:27 (22.7%) | 11:31 | 5.2 (77.6%) |
| 47 | WOJCIECHOWSKI Krzysztof | 2226 | TKN TATRA TEAM | M20 | 17 | 00:09:15 | 00:19:35.95 | 00:19:35.95 | +00:04:27 (22.8%) | 11:31 | 5.2 (77.6%) |
| 48 | MENDECKA Michalina | 1005 | MOSIR ŁAZISKA GÓRNE/ 1 SECOND TEAM | K20 | 2 | 00:08:55 | 00:19:39.35 | 00:19:39.35 | +00:04:31 (23.0%) | 11:33 | 5.2 (77.6%) |
| 49 | SAWICKI Szymon | 2280 | | M40 | 14 | 00:09:16 | 00:19:46.15 | 00:19:46.15 | +00:04:37 (23.4%) | 11:37 | 5.2 (77.6%) |
| 50 | HATALA Mariusz | 2218 | BB RUNNERS HATI TEAM | M30 | 15 | 00:09:21 | 00:19:48.35 | 00:19:48.35 | +00:04:40 (23.6%) | 11:38 | 5.2 (77.6%) |
| 51 | MADEJCZYK Marek | 2168 | | M30 | 16 | 00:09:16 | 00:19:48.55 | 00:19:48.55 | +00:04:40 (23.6%) | 11:38 | 5.2 (77.6%) |
| 52 | ŁUPIEŻOWIEC Piotr | 2322 | MKS CENTRUM DZIĘGIELÓW | M40 | 15 | 00:09:18 | 00:19:52.75 | 00:19:52.75 | +00:04:44 (23.8%) | 11:41 | 5.1 (76.1%) |
| 53 | KARGÓL Rafał | 2295 | LOGTECH TEAM RADZIONKÓW | M30 | 17 | 00:09:05 | 00:19:56.90 | 00:19:56.90 | +00:04:48 (24.1%) | 11:43 | 5.1 (76.1%) |
| 54 | WANTULOK Mateusz | 2267 | UZDROWISKOWY TEAM | M30 | 18 | 00:09:19 | 00:19:58.25 | 00:19:58.25 | +00:04:49 (24.2%) | 11:44 | 5.1 (76.1%) |
| 55 | PIĘTKA Tomasz | 2330 | | M30 | 19 | 00:09:17 | 00:19:59.90 | 00:19:59.90 | +00:04:51 (24.3%) | 11:45 | 5.1 (76.1%) |
| 56 | NIEMCZYK Magdalena | 1042 | | K20 | 3 | 00:09:16 | 00:20:02.35 | 00:20:02.35 | +00:04:54 (24.5%) | 11:47 | 5.1 (76.1%) |
| 57 | KOKOT Krzysztof | 2011 | HRMAX ŻORY | M40 | 16 | 00:09:27 | 00:20:03.50 | 00:20:03.50 | +00:04:55 (24.5%) | 11:47 | 5.1 (76.1%) |
| 58 | PYTEL Janusz | 2160 | SOKÓŁZAKOPANE | M50 | 2 | 00:09:16 | 00:20:07.50 | 00:20:07.50 | +00:04:59 (24.8%) | 11:50 | 5.1 (76.1%) |
| 59 | MATECKI Tomasz | 2209 | | M30 | 20 | 00:09:08 | 00:20:08.65 | 00:20:08.65 | +00:05:00 (24.8%) | 11:50 | 5.1 (76.1%) |
| 60 | BADURA Adam | 2017 | FORMA WODZISŁAW ŚLĄSKI | M30 | 21 | 00:09:27 | 00:20:11.45 | 00:20:11.45 | +00:05:03 (25.0%) | 11:52 | 5.1 (76.1%) |
| 61 | SOBOLA Grzegorz | 2272 | 4DRINKI | M20 | 18 | 00:09:24 | 00:20:12.45 | 00:20:12.45 | +00:05:04 (25.1%) | 11:52 | 5 (74.6%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Polowka 0.9km | Czas | | Różn | Tempo min/km | Tempo km/h |
|-----|----------------------------|-------------|--------------------------------------|-----------|------|------------------|--------------------|--------------------|----------------------|-----------------|----------------|
| | | | | | | | netto 1.7km | brutto 1.7km | | | |
| 62 | KIK Iwona | 1001 | DANIEL WOSIK TERVEL TEAM / KW KRAKÓW | K30 | 2 | 00:09:10 | 00:20:15.75 | 00:20:15.75 | +00:05:07 (25.3%) | 11:54 | 5 (74.6%) |
| 63 | BROL Marcin | 2151 | MK TEAM | M30 | 22 | 00:09:13 | 00:20:16.40 | 00:20:16.40 | +00:05:08 (25.3%) | 11:55 | 5 (74.6%) |
| 64 | SNARSKI Dariusz | 2039 | | M40 | 17 | 00:09:25 | 00:20:17.95 | 00:20:17.95 | +00:05:09 (25.4%) | 11:55 | 5 (74.6%) |
| 65 | KROSNY Sebastian | 2020 | BODYDRY TEAM | M30 | 23 | 00:09:22 | 00:20:28.95 | 00:20:28.95 | +00:05:20 (26.1%) | 12:02 | 5 (74.6%) |
| 66 | STOLECKI Grzegorz | 2306 | TRUCHTACZ MYSŁOWICE | M30 | 24 | 00:09:10 | 00:20:30.40 | 00:20:30.40 | +00:05:22 (26.2%) | 12:03 | 5 (74.6%) |
| 67 | DĄBROWSKI Piotr | 2042 | SBBP-ŁOSIE | M40 | 18 | 00:09:24 | 00:20:31.35 | 00:20:31.35 | +00:05:23 (26.2%) | 12:04 | 5 (74.6%) |
| 68 | KRASULAK Daniel | 2229 | WKS ŚLĄSK WROCŁAW | M30 | 25 | 00:09:31 | 00:20:32.40 | 00:20:32.40 | +00:05:24 (26.3%) | 12:04 | 5 (74.6%) |
| 69 | KOT Rafał | 2067 | GÓRAL Z MAZUR // KB JURUND SZCZYTNO | M30 | 26 | 00:09:31 | 00:20:33.15 | 00:20:33.15 | +00:05:24 (26.3%) | 12:05 | 5 (74.6%) |
| 70 | BUCZYŃSKI Adam | 2291 | NOKIA KRAKOW TEAM | M40 | 19 | 00:09:41 | 00:20:34.00 | 00:20:34.00 | +00:05:25 (26.4%) | 12:05 | 5 (74.6%) |
| 71 | FERENC Janusz | 2070 | UKS LUDWIKOWICE | M60 | 1 | 00:09:30 | 00:20:35.75 | 00:20:35.75 | +00:05:27 (26.5%) | 12:06 | 5 (74.6%) |
| 72 | CIUPEK Remigiusz | 2188 | TAURUS30 CYCLING TEAM | M30 | 27 | 00:09:29 | 00:20:36.15 | 00:20:36.15 | +00:05:27 (26.5%) | 12:07 | 5 (74.6%) |
| 73 | HORZELA Błażej | 2149 | BETA-TRANS | M20 | 19 | 00:09:25 | 00:20:38.30 | 00:20:38.30 | +00:05:29 (26.6%) | 12:08 | 4.9 (73.1%) |
| 74 | KOCHEL Paweł | 2084 | KOWARY BIEGAJĄ | M30 | 28 | 00:09:36 | 00:20:44.40 | 00:20:44.40 | +00:05:36 (27.0%) | 12:11 | 4.9 (73.1%) |
| 75 | WÓJCIK Adam | 2120 | | M20 | 20 | 00:09:48 | 00:20:45.75 | 00:20:45.75 | +00:05:37 (27.1%) | 12:12 | 4.9 (73.1%) |
| 76 | RECZEK Sebastian | 2102 | KS ZIELONO-CZARNI | M30 | 29 | 00:09:34 | 00:20:48.70 | 00:20:48.70 | +00:05:40 (27.3%) | 12:14 | 4.9 (73.1%) |
| 77 | CHRAPKIEWICZ Michał | 2068 | SBD ENERGETYK RYBNIK | M30 | 30 | 00:09:47 | 00:20:49.30 | 00:20:49.30 | +00:05:40 (27.3%) | 12:14 | 4.9 (73.1%) |
| 78 | DYLAĞ Wojciech | 2301 | KS LIMANOWA FORREST | M20 | 21 | 00:09:27 | 00:20:49.60 | 00:20:49.60 | +00:05:41 (27.3%) | 12:14 | 4.9 (73.1%) |
| 79 | KNAP Mateusz | 2012 | SCARPA TEAM POLSKA/ KS KANDAHAR | M20 | 22 | 00:09:50 | 00:20:50.00 | 00:20:50.00 | +00:05:41 (27.3%) | 12:15 | 4.9 (73.1%) |
| 80 | NOSALIK Marek | 2222 | MTA | M50 | 3 | 00:09:37 | 00:20:50.65 | 00:20:50.65 | +00:05:42 (27.4%) | 12:15 | 4.9 (73.1%) |
| 81 | MURAWSKI Rafał | 2317 | | M30 | 31 | 00:09:40 | 00:20:51.30 | 00:20:51.30 | +00:05:42 (27.4%) | 12:15 | 4.9 (73.1%) |
| 82 | PUDŁO Mateusz | 2286 | HUSARIA RACE TEAM | M20 | 23 | 00:09:33 | 00:20:51.65 | 00:20:51.65 | +00:05:43 (27.4%) | 12:15 | 4.9 (73.1%) |
| 83 | PIECHA Artur | 2304 | T-MOBILE RUNNING TEAM | M40 | 20 | 00:09:35 | 00:20:52.70 | 00:20:52.70 | +00:05:44 (27.5%) | 12:16 | 4.9 (73.1%) |
| 84 | DOMISZEWSKA Maria | 1064 | | K50 | 1 | 00:09:25 | 00:20:52.85 | 00:20:52.85 | +00:05:44 (27.5%) | 12:16 | 4.9 (73.1%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Polowka 0.9km | Czas | | Różn | Tempo min/km | Tempo km/h |
|-----|---------------------------|-------------|--|-----------|------|------------------|--------------------|--------------------|----------------------|-----------------|----------------|
| | | | | | | | netto 1.7km | brutto 1.7km | | | |
| 85 | OLMA Przemysław | 2169 | GONIACKA TEAM/ KS KANDAHAR | M30 | 32 | 00:09:31 | 00:20:53.10 | 00:20:53.10 | +00:05:44 (27.5%) | 12:17 | 4.9 (73.1%) |
| 86 | JANDZIŚ Wiesław | 2181 | AKTYWNY DYNÓW | M40 | 21 | 00:09:48 | 00:20:55.10 | 00:20:55.10 | +00:05:46 (27.6%) | 12:18 | 4.9 (73.1%) |
| 87 | GOŚCINIEWICZ Paweł | 2035 | ZIEMOWIT TEAM | M40 | 22 | 00:09:43 | 00:20:55.70 | 00:20:55.70 | +00:05:47 (27.7%) | 12:18 | 4.9 (73.1%) |
| 88 | AGIEJCZYK Wojciech | 2305 | APTIV RUNNING TEAM | M30 | 33 | 00:09:39 | 00:20:56.65 | 00:20:56.65 | +00:05:48 (27.7%) | 12:18 | 4.9 (73.1%) |
| 89 | KOPIEC Roland | 2296 | ŁAZISKA GÓRNE | M20 | 24 | 00:09:09 | 00:20:57.55 | 00:20:57.55 | +00:05:49 (27.8%) | 12:19 | 4.9 (73.1%) |
| 89 | KOSTELA Piotr | 2284 | WATAHA | M30 | 34 | 00:09:34 | 00:20:57.55 | 00:20:57.55 | +00:05:49 (27.8%) | 12:19 | 4.9 (73.1%) |
| 91 | WALCZYŃSKI Mariusz | 2329 | HRMAX ŻORY | M30 | 35 | 00:10:01 | 00:21:00.00 | 00:21:00.00 | +00:05:51 (27.9%) | 12:21 | 4.9 (73.1%) |
| 92 | KWIATEK Dawid | 2243 | | M20 | 25 | 00:09:35 | 00:21:02.30 | 00:21:02.30 | +00:05:53 (28.0%) | 12:22 | 4.8 (71.6%) |
| 93 | PASUTO Grzegorz | 2332 | | M30 | 36 | 00:09:50 | 00:21:03.45 | 00:21:03.45 | +00:05:55 (28.1%) | 12:22 | 4.8 (71.6%) |
| 94 | MAJEWSKI Arkadiusz | 2182 | | M40 | 23 | 00:09:35 | 00:21:05.30 | 00:21:05.30 | +00:05:56 (28.2%) | 12:24 | 4.8 (71.6%) |
| 95 | TOKAREWICZ Damian | 2052 | ZEBRY | M30 | 37 | 00:09:43 | 00:21:05.50 | 00:21:05.50 | +00:05:57 (28.2%) | 12:24 | 4.8 (71.6%) |
| 96 | WITEK Karolina | 1066 | STOWARZYSZENIE PASJA TRENINGU | K20 | 4 | 00:09:32 | 00:21:06.50 | 00:21:06.50 | +00:05:58 (28.3%) | 12:24 | 4.8 (71.6%) |
| 97 | BARTULA Arkadiusz | 2216 | SPEED TEAM BRZESZCZE | M40 | 24 | 00:09:26 | 00:21:06.55 | 00:21:06.55 | +00:05:58 (28.3%) | 12:24 | 4.8 (71.6%) |
| 98 | GARDENER Jacek | 2010 | ALPIN SPORT TEAM / JACEKBIEGA RUNNING TEAM | M50 | 4 | 00:09:44 | 00:21:07.70 | 00:21:07.70 | +00:05:59 (28.3%) | 12:25 | 4.8 (71.6%) |
| 99 | STAŃCZAK Grzegorz | 2270 | | M30 | 38 | 00:09:49 | 00:21:08.25 | 00:21:08.25 | +00:05:59 (28.4%) | 12:25 | 4.8 (71.6%) |
| 100 | WOLAŃSKI Tomasz | 2312 | | M20 | 26 | 00:09:58 | 00:21:08.30 | 00:21:08.30 | +00:05:59 (28.4%) | 12:25 | 4.8 (71.6%) |
| 101 | KOS Tomasz | 2262 | PAŃSTWOWA STRAŻ POŻARNA BYTOM | M30 | 39 | 00:09:58 | 00:21:08.70 | 00:21:08.70 | +00:06:00 (28.4%) | 12:25 | 4.8 (71.6%) |
| 102 | ŻABA Igor | 2333 | | M30 | 40 | 00:09:49 | 00:21:09.50 | 00:21:09.50 | +00:06:01 (28.4%) | 12:26 | 4.8 (71.6%) |
| 103 | SŁOBODZIAN Jerzy | 2064 | NYSA BIEGA | M50 | 5 | 00:09:46 | 00:21:09.55 | 00:21:09.55 | +00:06:01 (28.5%) | 12:26 | 4.8 (71.6%) |
| 104 | JASEK Piotr | 2311 | - | M30 | 41 | 00:09:51 | 00:21:10.45 | 00:21:10.45 | +00:06:02 (28.5%) | 12:27 | 4.8 (71.6%) |
| 105 | SZKODA Dariusz | 2171 | SOCIOS GÓRNIK | M30 | 42 | 00:09:53 | 00:21:11.10 | 00:21:11.10 | +00:06:02 (28.5%) | 12:27 | 4.8 (71.6%) |
| 106 | SZCZUREK Dominik | 2178 | TKKF UKLEJNA MYŚLENICE | M30 | 43 | 00:09:37 | 00:21:12.00 | 00:21:12.00 | +00:06:03 (28.6%) | 12:28 | 4.8 (71.6%) |
| 106 | JASTRZĘBSKI Piotr | 2190 | SOCIOS SILESIA | M20 | 27 | 00:09:54 | 00:21:12.00 | 00:21:12.00 | +00:06:03 (28.6%) | 12:28 | 4.8 (71.6%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Polowka 0.9km | Czas | | Różn | Tempo min/km | Tempo km/h |
|-----|---------------------------------|-------------|--|-----------|------|------------------|--------------------|--------------------|----------------------|-----------------|----------------|
| | | | | | | | netto 1.7km | brutto 1.7km | | | |
| 108 | KLONOWSKI Kamil | 2081 | MOSIR ŁAZISKA GÓRNE | M20 | 28 | 00:09:43 | 00:21:14.65 | 00:21:14.65 | +00:06:06 (28.7%) | 12:29 | 4.8 (71.6%) |
| 109 | KIEŁTYKA Zbigniew | 2180 | KW GLIWICE | M40 | 25 | 00:09:48 | 00:21:14.95 | 00:21:14.95 | +00:06:06 (28.8%) | 12:29 | 4.8 (71.6%) |
| 110 | KUSZELA Mateusz | 2325 | ATAK LEWEJ ŁYDY | M30 | 44 | 00:09:56 | 00:21:16.20 | 00:21:16.20 | +00:06:07 (28.8%) | 12:30 | 4.8 (71.6%) |
| 111 | BRÓG Wojciech | 2048 | | M30 | 45 | 00:09:43 | 00:21:18.05 | 00:21:18.05 | +00:06:09 (28.9%) | 12:31 | 4.8 (71.6%) |
| 112 | BONDARA Sylwia | 1003 | ALPIN SPORT TEAM / JACEKBIEGA RUNNING TEAM | K30 | 3 | 00:10:15 | 00:21:19.95 | 00:21:19.95 | +00:06:11 (29.0%) | 12:32 | 4.8 (71.6%) |
| 113 | GUZDEK Tomasz | 2258 | STRAZ POZARNA BYTOM | M30 | 46 | 00:09:57 | 00:21:20.05 | 00:21:20.05 | +00:06:11 (29.0%) | 12:32 | 4.8 (71.6%) |
| 114 | SZYDŁOWSKI Łukasz | 2282 | | M30 | 47 | 00:09:57 | 00:21:21.50 | 00:21:21.50 | +00:06:13 (29.1%) | 12:33 | 4.8 (71.6%) |
| 115 | JUSZCZAK Artur | 2122 | KW JASTRZĘBIE-ZDRÓJ | M40 | 26 | 00:09:32 | 00:21:22.40 | 00:21:22.40 | +00:06:14 (29.2%) | 12:34 | 4.8 (71.6%) |
| 116 | ŻYŁA Sebastian | 2124 | | M20 | 29 | 00:09:55 | 00:21:23.25 | 00:21:23.25 | +00:06:14 (29.2%) | 12:34 | 4.8 (71.6%) |
| 117 | KUŚMIERSKI Michał | 2050 | ULTRA BESKID SPORT | M30 | 48 | 00:10:02 | 00:21:24.95 | 00:21:24.95 | +00:06:16 (29.3%) | 12:35 | 4.8 (71.6%) |
| 118 | KUSO Małgorzata | 1051 | | K30 | 4 | 00:10:01 | 00:21:30.50 | 00:21:30.50 | +00:06:22 (29.6%) | 12:38 | 4.7 (70.1%) |
| 119 | WOJNO Arkadiusz | 2115 | HUSARIA RACE TEAM | M30 | 49 | 00:10:10 | 00:21:33.65 | 00:21:33.65 | +00:06:25 (29.8%) | 12:40 | 4.7 (70.1%) |
| 120 | GRYGIEL Marek | 2134 | JACEKBIEGA RUNNING TEAM | M40 | 27 | 00:10:16 | 00:21:35.65 | 00:21:35.65 | +00:06:27 (29.9%) | 12:41 | 4.7 (70.1%) |
| 121 | JANIK Paulina | 1004 | KARKONOSZ RUNNING TEAM SZKLARSKA PORĘBA | K30 | 5 | 00:09:54 | 00:21:36.15 | 00:21:36.15 | +00:06:27 (29.9%) | 12:42 | 4.7 (70.1%) |
| 122 | GÓRNY Mirosław | 2242 | NUTREND TEAM | M50 | 6 | 00:10:06 | 00:21:37.05 | 00:21:37.70 | +00:06:29 (30.0%) | 12:42 | 4.7 (70.1%) |
| 123 | BOLECHOWSKA Dominika | 1007 | ATTIQ | K40 | 1 | 00:10:31 | 00:21:39.40 | 00:21:39.40 | +00:06:31 (30.1%) | 12:44 | 4.7 (70.1%) |
| 124 | GARCZYŃSKA-WĄS Bogusława | 1048 | | K40 | 2 | 00:10:24 | 00:21:41.10 | 00:21:41.10 | +00:06:32 (30.2%) | 12:45 | 4.7 (70.1%) |
| 125 | SPORYSZ Mateusz | 2289 | | M20 | 30 | 00:10:00 | 00:21:41.15 | 00:21:41.15 | +00:06:32 (30.2%) | 12:45 | 4.7 (70.1%) |
| 126 | CHMIELOWSKI Michał | 2065 | GÓRSKIE PĘDZIWIATRY | M30 | 50 | 00:09:57 | 00:21:41.55 | 00:21:41.55 | +00:06:33 (30.2%) | 12:45 | 4.7 (70.1%) |
| 127 | ŚWIŃCZYK Marcin | 2184 | | M30 | 51 | 00:10:22 | 00:21:42.20 | 00:21:42.20 | +00:06:33 (30.2%) | 12:45 | 4.7 (70.1%) |
| 128 | MADEJA Piotr | 2156 | | M30 | 52 | 00:10:04 | 00:21:42.60 | 00:21:42.60 | +00:06:34 (30.3%) | 12:45 | 4.7 (70.1%) |
| 129 | KOZIOŁ Kamil | 2183 | HUSARIA RACE TEAM | M20 | 31 | 00:10:07 | 00:21:44.35 | 00:21:44.35 | +00:06:36 (30.4%) | 12:47 | 4.7 (70.1%) |
| 130 | KANIA Damian | 2105 | MYSŁOWICKI KLUB BIEGACZA NO.I | M30 | 53 | 00:10:06 | 00:21:45.25 | 00:21:45.25 | +00:06:36 (30.4%) | 12:47 | 4.7 (70.1%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Polowka 0.9km | Czas | | Różn | Tempo min/km | Tempo km/h |
|-----|---------------------------------------|-------------|---------------------------------------|-----------|------|------------------|--------------------|--------------------|----------------------|-----------------|----------------|
| | | | | | | | netto 1.7km | brutto 1.7km | | | |
| 131 | WILK Dawid | 2194 | SOCIOS GÓRNIK | M20 | 32 | 00:10:00 | 00:21:45.45 | 00:21:45.45 | +00:06:37 (30.4%) | 12:47 | 4.7 (70.1%) |
| 132 | LISAK Wojciech | 2201 | | M30 | 54 | 00:09:39 | 00:21:46.05 | 00:21:46.05 | +00:06:37 (30.5%) | 12:48 | 4.7 (70.1%) |
| 133 | KANCLERZ-JANUSZEWSKA Katarzyna | 1010 | KOBIETY NA 5+ | K50 | 2 | 00:10:15 | 00:21:47.15 | 00:21:47.15 | +00:06:38 (30.5%) | 12:48 | 4.7 (70.1%) |
| 134 | GRUND Marek | 2221 | MAFIA TEAM LUBLINIEC | M20 | 33 | 00:09:58 | 00:21:48.05 | 00:21:48.05 | +00:06:39 (30.6%) | 12:49 | 4.7 (70.1%) |
| 135 | RADOMSKI Zbigniew | 2173 | TKKF BESKIDEK | M60 | 2 | 00:10:12 | 00:21:48.90 | 00:21:48.90 | +00:06:40 (30.6%) | 12:49 | 4.7 (70.1%) |
| 136 | PYTLARZ Wojtek | 2110 | NEVERLAND TEAM | M30 | 55 | 00:10:06 | 00:21:50.50 | 00:21:50.50 | +00:06:42 (30.7%) | 12:50 | 4.7 (70.1%) |
| 137 | MORAWSKI Grzegorz | 2277 | TRENER24H.COM.PL | M30 | 56 | 00:10:00 | 00:21:51.10 | 00:21:51.10 | +00:06:42 (30.7%) | 12:51 | 4.7 (70.1%) |
| 138 | KOZIARSKI Michał | 2309 | LKS SIERAKÓW ŚLĄSKI | M30 | 57 | 00:10:07 | 00:21:52.90 | 00:21:52.90 | +00:06:44 (30.8%) | 12:51 | 4.7 (70.1%) |
| 138 | DOMIN Łukasz | 2177 | LIDER ANIMATOR/AKTYWNY DYNÓW | M20 | 34 | 00:10:18 | 00:21:52.90 | 00:21:52.90 | +00:06:44 (30.8%) | 12:51 | 4.7 (70.1%) |
| 140 | KOZAR Michał | 2185 | | M30 | 58 | 00:10:30 | 00:21:53.50 | 00:21:53.50 | +00:06:45 (30.8%) | 12:52 | 4.7 (70.1%) |
| 141 | KUKUŁA Sławomir | 2045 | | M20 | 35 | 00:09:59 | 00:21:53.90 | 00:21:53.90 | +00:06:45 (30.9%) | 12:52 | 4.7 (70.1%) |
| 142 | THIER Dominik | 2212 | JACEKBIEGA RUNNING TEAM / KS KANDAHAR | M30 | 59 | 00:10:18 | 00:21:53.95 | 00:21:53.95 | +00:06:45 (30.9%) | 12:52 | 4.7 (70.1%) |
| 143 | BASZAK Tomasz | 2288 | SIŁAOGRA.PL | M30 | 60 | 00:10:22 | 00:21:55.50 | 00:21:55.50 | +00:06:47 (31.0%) | 12:53 | 4.7 (70.1%) |
| 144 | KOZIEŁ Krzysztof | 2314 | NIGHT RUNNERS GLIWICE | M30 | 61 | 00:10:16 | 00:21:56.55 | 00:21:56.55 | +00:06:48 (31.0%) | 12:54 | 4.7 (70.1%) |
| 145 | MAŁACHOWSKI Mariusz | 2103 | BIEGAJĄC Z WILKAMI | M40 | 28 | 00:09:40 | 00:21:58.40 | 00:21:58.40 | +00:06:50 (31.1%) | 12:55 | 4.6 (68.7%) |
| 146 | RZEPKA Piotr | 2125 | PARKRUN KATOWICE | M20 | 36 | 00:10:10 | 00:21:58.75 | 00:21:58.75 | +00:06:50 (31.1%) | 12:55 | 4.6 (68.7%) |
| 147 | BŁAUCIAK Ewa | 1061 | ZĄBKOWICKA GRUPA BIEGOWA FRANKENSTEIN | K20 | 5 | 00:10:02 | 00:21:59.90 | 00:21:59.90 | +00:06:51 (31.2%) | 12:55 | 4.6 (68.7%) |
| 148 | SERAFIN Dariusz | 2033 | KLUB BIEGACZA FARTLEK | M40 | 29 | 00:10:29 | 00:22:00.70 | 00:22:00.70 | +00:06:52 (31.2%) | 12:56 | 4.6 (68.7%) |
| 149 | RADZIK Piotr | 2021 | | M30 | 62 | 00:10:24 | 00:22:06.40 | 00:22:06.40 | +00:06:58 (31.5%) | 13:00 | 4.6 (68.7%) |
| 150 | GWÓŹDŹ Michał | 2163 | #CZELADZBIEGA | M40 | 30 | 00:10:42 | 00:22:11.85 | 00:22:11.85 | +00:07:03 (31.8%) | 13:02 | 4.6 (68.7%) |
| 151 | DAWIDOWICZ Krzysztof | 2164 | FREEWAY | M30 | 63 | 00:10:30 | 00:22:12.45 | 00:22:12.45 | +00:07:04 (31.8%) | 13:03 | 4.6 (68.7%) |
| 152 | URBAN Wiktor | 2162 | NIGHT RUNNERS ZABRZE | M20 | 37 | 00:10:15 | 00:22:14.20 | 00:22:14.20 | +00:07:05 (31.9%) | 13:04 | 4.6 (68.7%) |
| 153 | GRYCKO Konrad | 2097 | FURION | M20 | 38 | 00:10:19 | 00:22:14.40 | 00:22:14.40 | +00:07:06 (31.9%) | 13:04 | 4.6 (68.7%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Polowka 0.9km | Czas | | Różn | Tempo min/km | Tempo km/h |
|-----|--------------------------------|-------------|--------------------------------------|-----------|------|------------------|--------------------|--------------------|----------------------|-----------------|----------------|
| | | | | | | | netto 1.7km | brutto 1.7km | | | |
| 154 | MIROŃCZUK Roman | 2167 | DRUŻYNA SZPIKU | M40 | 31 | 00:10:32 | 00:22:15.65 | 00:22:15.65 | +00:07:07 (32.0%) | 13:05 | 4.6 (68.7%) |
| 155 | KOMANIECKI Łukasz | 2157 | | M30 | 64 | 00:10:47 | 00:22:16.75 | 00:22:16.75 | +00:07:08 (32.0%) | 13:05 | 4.6 (68.7%) |
| 156 | MAJCHRZAK Maciej | 2196 | | M20 | 39 | 00:10:21 | 00:22:16.90 | 00:22:16.90 | +00:07:08 (32.1%) | 13:05 | 4.6 (68.7%) |
| 157 | KNURA Aleksander | 2252 | KW JASTRZĘBIE - ZDRÓJ | M30 | 65 | 00:10:25 | 00:22:18.05 | 00:22:18.05 | +00:07:09 (32.1%) | 13:07 | 4.6 (68.7%) |
| 158 | LEŚNIEWSKI Rafał | 2310 | BICIUFAPSZTRI | M40 | 32 | 00:10:24 | 00:22:20.40 | 00:22:20.40 | +00:07:12 (32.2%) | 13:08 | 4.6 (68.7%) |
| 159 | JEAN MICHEL Warnotte | 2336 | | M40 | 33 | 00:10:37 | 00:22:22.40 | 00:22:22.40 | +00:07:14 (32.3%) | 13:09 | 4.6 (68.7%) |
| 160 | URBAŃSKI Robert | 2055 | | M40 | 34 | 00:10:27 | 00:22:24.40 | 00:22:24.40 | +00:07:16 (32.4%) | 13:10 | 4.6 (68.7%) |
| 161 | STEFAŃSKI Zbigniew | 2207 | HEBEL | M40 | 35 | 00:10:20 | 00:22:25.30 | 00:22:25.30 | +00:07:16 (32.5%) | 13:11 | 4.6 (68.7%) |
| 162 | RAJA Paweł | 2264 | SKYRUNNING POLAND | M30 | 66 | 00:10:14 | 00:22:25.60 | 00:22:25.60 | +00:07:17 (32.5%) | 13:11 | 4.6 (68.7%) |
| 163 | BŁASZCZAK Jarosław | 2298 | APTIV RUNNING TEAM | M40 | 36 | 00:10:27 | 00:22:26.40 | 00:22:26.40 | +00:07:18 (32.5%) | 13:11 | 4.5 (67.2%) |
| 164 | MAJCHROWSKI Jacek | 2028 | CKB TARNOBRZEG | M40 | 37 | 00:10:09 | 00:22:26.55 | 00:22:26.55 | +00:07:18 (32.5%) | 13:11 | 4.5 (67.2%) |
| 165 | MOSTOWIK Marcin | 2227 | | M30 | 67 | 00:10:14 | 00:22:26.85 | 00:22:26.85 | +00:07:18 (32.6%) | 13:11 | 4.5 (67.2%) |
| 166 | PRASOŁ Marcin | 2256 | | M30 | 68 | 00:10:31 | 00:22:27.45 | 00:22:27.45 | +00:07:19 (32.6%) | 13:12 | 4.5 (67.2%) |
| 167 | PLUCINSKI Grzegorz | 2014 | INŻYNIERIA BIEGANIA TEAM | M40 | 38 | 00:10:45 | 00:22:27.75 | 00:22:27.75 | +00:07:19 (32.6%) | 13:12 | 4.5 (67.2%) |
| 168 | SZYMIK Krzysztof | 2130 | BZIEGACZ SAMOTNT WILK | M40 | 39 | | 00:22:28.00 | 00:22:28.00 | +00:07:19 (32.6%) | 13:12 | 4.5 (67.2%) |
| 169 | KALITA Arek | 2223 | | M40 | 40 | 00:10:20 | 00:22:28.80 | 00:22:28.80 | +00:07:20 (32.7%) | 13:12 | 4.5 (67.2%) |
| 170 | STELMASZCZYK Bartłomiej | 2235 | SCOUT TAEM | M40 | 41 | 00:10:50 | 00:22:30.80 | 00:22:30.80 | +00:07:22 (32.8%) | 13:14 | 4.5 (67.2%) |
| 171 | SZOSTAK Artur | 2129 | BRAVEHEARTS LEGIONOWO | M20 | 40 | 00:10:25 | 00:22:33.85 | 00:22:33.85 | +00:07:25 (32.9%) | 13:15 | 4.5 (67.2%) |
| 172 | BUŁA Robert | 2133 | RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM | M20 | 41 | 00:10:46 | 00:22:33.95 | 00:22:33.95 | +00:07:25 (32.9%) | 13:15 | 4.5 (67.2%) |
| 173 | BIENIECKA Anna | 1006 | OTK RZEŹNIK | K30 | 6 | 00:10:19 | 00:22:34.85 | 00:22:34.85 | +00:07:26 (33.0%) | 13:16 | 4.5 (67.2%) |
| 174 | KUSZKA Michał | 2016 | BBL MIKOŁÓW | M30 | 69 | 00:10:41 | 00:22:35.15 | 00:22:35.15 | +00:07:26 (33.0%) | 13:17 | 4.5 (67.2%) |
| 175 | KOZIEŁ Grzegorz | 2027 | SILESIA RUNNERS CLUB | M30 | 70 | 00:11:15 | 00:22:36.50 | 00:22:36.50 | +00:07:28 (33.0%) | 13:17 | 4.5 (67.2%) |
| 176 | OLEKSIEWICZ Michał | 2166 | | M30 | 71 | 00:10:14 | 00:22:37.55 | 00:22:37.55 | +00:07:29 (33.1%) | 13:18 | 4.5 (67.2%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Polowka 0.9km | Czas | Czas | Różn | Tempo min/km | Tempo km/h |
|-----|-----------------------------|-------------|-------------------------------|-----------|------|------------------|--------------------|--------------------|----------------------|-----------------|----------------|
| | | | | | | | netto 1.7km | brutto 1.7km | | | |
| 177 | KROTLA Piotr | 2126 | | M30 | 72 | 00:10:36 | 00:22:40.60 | 00:22:40.60 | +00:07:32 (33.2%) | 13:20 | 4.5 (67.2%) |
| 178 | WAŚ Andrzej | 2189 | | M40 | 42 | 00:10:37 | 00:22:41.70 | 00:22:41.70 | +00:07:33 (33.3%) | 13:20 | 4.5 (67.2%) |
| 179 | WRZESZCZ Mariusz | 2015 | TRIATHLON MIETKÓW TEAM | M20 | 42 | 00:10:26 | 00:22:41.80 | 00:22:41.80 | +00:07:33 (33.3%) | 13:20 | 4.5 (67.2%) |
| 180 | DURAŁ Grzegorz | 2228 | TRENING ULTRASA | M30 | 73 | 00:10:33 | 00:22:42.20 | 00:22:42.20 | +00:07:33 (33.3%) | 13:21 | 4.5 (67.2%) |
| 181 | PIÓRKOWSKI Tomek | 2144 | BISKUPICE FAMILY TEAM | M40 | 43 | 00:10:55 | 00:22:48.85 | 00:22:48.85 | +00:07:40 (33.6%) | 13:24 | 4.5 (67.2%) |
| 182 | WRZESIŃSKI Piotr | 2215 | GAPPAG TEAM | M40 | 44 | 00:10:42 | 00:22:49.80 | 00:22:49.80 | +00:07:41 (33.7%) | 13:25 | 4.5 (67.2%) |
| 183 | ISKRZYCKI Andrzej | 2211 | | M40 | 45 | 00:10:12 | 00:22:51.50 | 00:22:51.50 | +00:07:43 (33.8%) | 13:26 | 4.5 (67.2%) |
| 184 | GOLF Krystian | 2072 | NEZRZESZONY | M30 | 74 | 00:10:35 | 00:22:52.35 | 00:22:52.35 | +00:07:44 (33.8%) | 13:27 | 4.5 (67.2%) |
| 185 | MIKULSKI Michał | 2239 | GREMI BOCHNIA | M30 | 75 | 00:10:36 | 00:22:53.55 | 00:22:53.55 | +00:07:45 (33.9%) | 13:27 | 4.5 (67.2%) |
| 186 | TOMCZYK Marcin | 2279 | | M40 | 46 | 00:10:38 | 00:22:58.40 | 00:22:58.40 | +00:07:50 (34.1%) | 13:30 | 4.4 (65.7%) |
| 187 | RENCZ Małgorzata | 1014 | W POGONI ZA DUCHEM | K40 | 3 | 00:10:22 | 00:23:01.75 | 00:23:01.75 | +00:07:53 (34.3%) | 13:32 | 4.4 (65.7%) |
| 188 | DYLAĞ Andrzej | 2302 | KS LIMANOWA FORREST | M40 | 47 | 00:10:47 | 00:23:02.35 | 00:23:02.35 | +00:07:54 (34.3%) | 13:32 | 4.4 (65.7%) |
| 189 | KUBERA Marcin | 2285 | KUBERUN | M30 | 76 | 00:10:47 | 00:23:04.20 | 00:23:04.20 | +00:07:55 (34.4%) | 13:34 | 4.4 (65.7%) |
| 190 | SZUKAŁA Damian | 2123 | ŻARY RUNNERS TEAM | M30 | 77 | 00:10:57 | 00:23:05.55 | 00:23:05.55 | +00:07:57 (34.4%) | 13:34 | 4.4 (65.7%) |
| 191 | KARWACKI Grzegorz | 2119 | JA | M40 | 48 | 00:10:57 | 00:23:06.05 | 00:23:06.05 | +00:07:57 (34.5%) | 13:35 | 4.4 (65.7%) |
| 192 | KRÓL Kamil | 2191 | SOCIOS GÓRNIK | M20 | 43 | 00:10:42 | 00:23:06.45 | 00:23:06.45 | +00:07:58 (34.5%) | 13:35 | 4.4 (65.7%) |
| 193 | LEWANDOWSKI Paweł | 2150 | | M30 | 78 | 00:10:56 | 00:23:08.00 | 00:23:08.00 | +00:07:59 (34.6%) | 13:36 | 4.4 (65.7%) |
| 194 | JONKISZ Dorota | 1070 | RYTM CZECHOWICE DZIEDZICE | K50 | 3 | 00:10:53 | 00:23:12.50 | 00:23:12.50 | +00:08:04 (34.8%) | 13:38 | 4.4 (65.7%) |
| 195 | STASIK Krzysztof | 2179 | LOGTECH SPORT TEAM RADZIONKÓW | M30 | 79 | 00:10:44 | 00:23:13.30 | 00:23:13.30 | +00:08:04 (34.8%) | 13:39 | 4.4 (65.7%) |
| 196 | SIWA Kinga | 1047 | KS SAKO GDAŃSK | K30 | 7 | 00:10:39 | 00:23:17.40 | 00:23:17.40 | +00:08:09 (35.0%) | 13:41 | 4.4 (65.7%) |
| 197 | TONDYS Piotr | 2114 | TIGERS TEAM | M40 | 49 | 00:10:55 | 00:23:20.50 | 00:23:20.50 | +00:08:12 (35.1%) | 13:43 | 4.4 (65.7%) |
| 198 | MARKIEWICZ Agnieszka | 1050 | PRORUNNING PROMOTION | K20 | 6 | 00:10:48 | 00:23:22.40 | 00:23:22.40 | +00:08:14 (35.2%) | 13:44 | 4.4 (65.7%) |
| 199 | BEDNARZ Sebastian | 2139 | | M40 | 50 | 00:10:42 | 00:23:29.65 | 00:23:29.65 | +00:08:21 (35.6%) | 13:48 | 4.3 (64.2%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Polowka 0.9km | Czas | | Różn | Tempo min/km | Tempo km/h |
|-----|------------------------------|-------------|-------------------------------|-----------|------|------------------|--------------------|--------------------|----------------------|-----------------|----------------|
| | | | | | | | netto 1.7km | brutto 1.7km | | | |
| 200 | GRAJEK Marek | 2175 | | M30 | 80 | 00:10:35 | 00:23:34.10 | 00:23:34.10 | +00:08:25 (35.8%) | 13:51 | 4.3 (64.2%) |
| 201 | SIKORA Alicja | 1046 | TEAM SIKORA | K60 | 1 | 00:10:58 | 00:23:34.95 | 00:23:34.95 | +00:08:26 (35.8%) | 13:51 | 4.3 (64.2%) |
| 202 | GURGUL Sebastian | 2078 | AROMAT NÓG | M30 | 81 | 00:10:52 | 00:23:36.55 | 00:23:36.55 | +00:08:28 (35.9%) | 13:52 | 4.3 (64.2%) |
| 203 | LEITNER Rafał | 2148 | | M20 | 44 | 00:10:38 | 00:23:37.30 | 00:23:37.30 | +00:08:28 (35.9%) | 13:53 | 4.3 (64.2%) |
| 204 | NIERADA Marcin | 2263 | | M30 | 82 | 00:10:48 | 00:23:42.55 | 00:23:42.55 | +00:08:34 (36.1%) | 13:56 | 4.3 (64.2%) |
| 205 | STACHURSKI Paweł | 2104 | | M30 | 83 | 00:10:48 | 00:23:46.40 | 00:23:46.40 | +00:08:38 (36.3%) | 13:58 | 4.3 (64.2%) |
| 206 | JANUSZEWSKI Tomasz | 2040 | | M50 | 7 | 00:11:20 | 00:23:51.80 | 00:23:51.80 | +00:08:43 (36.6%) | 14:01 | 4.3 (64.2%) |
| 207 | KUBIK Jarosław | 2143 | MYSŁOWICKI KLUB BIEGACZA NO.I | M40 | 51 | 00:10:54 | 00:23:54.00 | 00:23:54.00 | +00:08:45 (36.7%) | 14:03 | 4.3 (64.2%) |
| 208 | HEDA Sebastian | 2231 | | M30 | 84 | 00:11:21 | 00:23:54.30 | 00:23:54.30 | +00:08:45 (36.7%) | 14:03 | 4.3 (64.2%) |
| 209 | PROŃ Adam | 2030 | IPRONMAN | M40 | 52 | 00:11:16 | 00:23:54.35 | 00:23:54.35 | +00:08:46 (36.7%) | 14:03 | 4.3 (64.2%) |
| 210 | WĘGLARZ Czesław | 2240 | NEZRZESZONY | M50 | 8 | 00:11:16 | 00:23:54.65 | 00:23:54.65 | +00:08:46 (36.7%) | 14:03 | 4.3 (64.2%) |
| 211 | GLISZCZYŃSKI Paweł | 2135 | ORZEŁ BIAŁY S.A. | M30 | 85 | 00:11:41 | 00:23:55.60 | 00:23:55.60 | +00:08:47 (36.7%) | 14:04 | 4.3 (64.2%) |
| 212 | SEMMERLING Przemysław | 2274 | GÓRSKIE PEDZIWIATRY | M30 | 86 | 00:10:53 | 00:23:57.50 | 00:23:57.50 | +00:08:49 (36.8%) | 14:05 | 4.3 (64.2%) |
| 213 | KELLER Dariusz | 2047 | NIGHT RUNNERS + | M20 | 45 | 00:11:04 | 00:24:05.10 | 00:24:05.10 | +00:08:56 (37.1%) | 14:10 | 4.2 (62.7%) |
| 214 | PODSADNIUK Mateusz | 2031 | EASY RUN KRAKÓW | M30 | 87 | 00:11:17 | 00:24:07.20 | 00:24:07.20 | +00:08:58 (37.2%) | 14:11 | 4.2 (62.7%) |
| 215 | DOMISZEWSKI Wojciech | 2249 | | M50 | 9 | 00:11:01 | 00:24:07.85 | 00:24:07.85 | +00:08:59 (37.3%) | 14:11 | 4.2 (62.7%) |
| 216 | SUDNIK Krzysztof | 2300 | | M30 | 88 | 00:10:52 | 00:24:16.80 | 00:24:16.80 | +00:09:08 (37.6%) | 14:16 | 4.2 (62.7%) |
| 217 | SZCZEPANIK Grzegorz | 2058 | WILDEER | M30 | 89 | 00:11:34 | 00:24:18.60 | 00:24:18.60 | +00:09:10 (37.7%) | 14:17 | 4.2 (62.7%) |
| 218 | GAUDYN Andrzej | 2152 | | M30 | 90 | 00:11:02 | 00:24:19.65 | 00:24:19.65 | +00:09:11 (37.8%) | 14:18 | 4.2 (62.7%) |
| 219 | LIWOCH Sebastian | 2061 | | M30 | 91 | 00:11:08 | 00:24:20.55 | 00:24:20.55 | +00:09:12 (37.8%) | 14:18 | 4.2 (62.7%) |
| 220 | DZIUBA Emilian | 2013 | STS BIEGATON MIKOŁÓW | M40 | 53 | 00:11:19 | 00:24:21.00 | 00:24:21.00 | +00:09:12 (37.8%) | 14:19 | 4.2 (62.7%) |
| 221 | RACZYŃSKI Bogusz | 2087 | TIGERS TEAM | M30 | 92 | 00:11:30 | 00:24:22.30 | 00:24:22.30 | +00:09:13 (37.9%) | 14:20 | 4.2 (62.7%) |
| 222 | SZYMCZAK Łukasz | 2244 | SSW TEAM KROŚNICE | M30 | 93 | 00:10:59 | 00:24:26.35 | 00:24:26.35 | +00:09:18 (38.1%) | 14:22 | 4.2 (62.7%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Polowka 0.9km | Czas | | Różn | Tempo min/km | Tempo km/h |
|-----|--------------------------|-------------|----------------------------|-----------|------|------------------|--------------------|--------------------|----------------------|-----------------|----------------|
| | | | | | | | netto 1.7km | brutto 1.7km | | | |
| 223 | OKOŃ Łukasz | 2241 | | M30 | 94 | 00:10:56 | 00:24:30.35 | 00:24:30.35 | +00:09:22 (38.2%) | 14:24 | 4.2 (62.7%) |
| 224 | BLUNTZER Gregoire | 2315 | | M50 | 10 | 00:11:32 | 00:24:32.05 | 00:24:32.05 | +00:09:23 (38.3%) | 14:25 | 4.2 (62.7%) |
| 225 | POTOCZNY Mirosław | 2107 | TRAIL RUNNERS JAWORZNO | M40 | 54 | 00:11:34 | 00:24:36.00 | 00:24:36.00 | +00:09:27 (38.5%) | 14:28 | 4.1 (61.2%) |
| 226 | LIS Radosław | 2313 | | M30 | 95 | 00:11:45 | 00:24:48.70 | 00:24:48.70 | +00:09:40 (39.0%) | 14:35 | 4.1 (61.2%) |
| 227 | PACHURA Kinga | 1024 | | K40 | 4 | 00:11:32 | 00:24:51.55 | 00:24:51.55 | +00:09:43 (39.1%) | 14:37 | 4.1 (61.2%) |
| 228 | KANIA Paweł | 2247 | SAINT-GOBAIN SQUAD | M40 | 55 | 00:11:46 | 00:25:01.85 | 00:25:01.85 | +00:09:53 (39.5%) | 14:42 | 4.1 (61.2%) |
| 229 | FIREK Iwona | 1057 | FIRE'K TEAM | K30 | 8 | 00:11:45 | 00:25:04.95 | 00:25:04.95 | +00:09:56 (39.6%) | 14:44 | 4.1 (61.2%) |
| 230 | KOŚMIDER Tomasz | 2293 | SPARTANIE DZIECIOM | M30 | 96 | 00:11:32 | 00:25:05.70 | 00:25:05.70 | +00:09:57 (39.7%) | 14:45 | 4.1 (61.2%) |
| 231 | SIEWKO Piotr | 2023 | SZWAGRY TEAM | M40 | 56 | 00:11:23 | 00:25:07.70 | 00:25:07.70 | +00:09:59 (39.8%) | 14:46 | 4.1 (61.2%) |
| 232 | KLIMOSZ Edyta | 1040 | | K20 | 7 | 00:11:21 | 00:25:07.85 | 00:25:07.85 | +00:09:59 (39.8%) | 14:46 | 4.1 (61.2%) |
| 233 | ŁYZIŃSKI Jan | 2172 | | M50 | 11 | 00:11:33 | 00:25:07.95 | 00:25:07.95 | +00:09:59 (39.8%) | 14:46 | 4.1 (61.2%) |
| 234 | PIŁAT Artur | 2029 | | M40 | 57 | 00:12:00 | 00:25:11.75 | 00:25:11.75 | +00:10:03 (39.9%) | 14:48 | 4.1 (61.2%) |
| 235 | KARAŚ Michał | 2044 | GOOL GORCE NOWY TARG | M30 | 97 | 00:11:42 | 00:25:13.15 | 00:25:13.15 | +00:10:04 (40.0%) | 14:50 | 4 (59.7%) |
| 236 | RESPONDEK Marcin | 2090 | LECYMY DURŚ | M30 | 98 | 00:10:01 | 00:25:19.05 | 00:25:19.05 | +00:10:10 (40.2%) | 14:53 | 4 (59.7%) |
| 237 | STRAUCHOLD Anna | 1073 | PRO-RUN WROCŁAW | K40 | 5 | 00:11:43 | 00:25:21.15 | 00:25:21.15 | +00:10:12 (40.3%) | 14:54 | 4 (59.7%) |
| 238 | WILK Tomasz | 2251 | MOMNATOCALĘŻYCIE | M30 | 99 | 00:11:28 | 00:25:27.55 | 00:25:27.55 | +00:10:19 (40.5%) | 14:58 | 4 (59.7%) |
| 239 | WOJTYRA Karolina | 1034 | ENTER AIR RUNNERS CLUB | K20 | 8 | 00:11:46 | 00:25:35.30 | 00:25:35.30 | +00:10:26 (40.8%) | 15:02 | 4 (59.7%) |
| 240 | CHOWANIOK Anna | 1049 | | K20 | 9 | 00:11:48 | 00:25:38.90 | 00:25:38.90 | +00:10:30 (41.0%) | 15:04 | 4 (59.7%) |
| 241 | CAŁKA Grzegorz | 2233 | RADZYMIN RUN TEAM | M40 | 58 | 00:11:37 | 00:25:48.00 | 00:25:48.00 | +00:10:39 (41.3%) | 15:10 | 4 (59.7%) |
| 242 | LIGĘZA Joasia | 1017 | SMASHING PĄPKINS/UNLIMITED | K40 | 6 | 00:12:18 | 00:25:51.55 | 00:25:51.55 | +00:10:43 (41.5%) | 15:12 | 3.9 (58.2%) |
| 243 | DYDUŁA Łukasz | 2053 | ITAL CAR TEAM | M40 | 59 | 00:12:25 | 00:25:56.35 | 00:25:56.35 | +00:10:48 (41.6%) | 15:15 | 3.9 (58.2%) |
| 244 | SUJAK Mirosław | 2043 | MKB DREPTAK | M50 | 12 | 00:11:45 | 00:25:59.95 | 00:25:59.95 | +00:10:51 (41.8%) | 15:17 | 3.9 (58.2%) |
| 245 | GURGUL Mateusz | 2113 | AROMAT NÓG | M30 | 100 | 00:12:42 | 00:26:12.90 | 00:26:12.90 | +00:11:04 (42.2%) | 15:24 | 3.9 (58.2%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Polowka 0.9km | Czas | | Różn | Tempo min/km | Tempo km/h |
|-----|---------------------------|-------------|-----------------------|-----------|------|------------------|--------------------|--------------------|----------------------|-----------------|----------------|
| | | | | | | | netto 1.7km | brutto 1.7km | | | |
| 246 | ŚWIĘTEK Sylwia | 1058 | LITWIN TRIATHLON TEAM | K40 | 7 | 00:12:04 | 00:26:15.80 | 00:26:15.80 | +00:11:07 (42.4%) | 15:26 | 3.9 (58.2%) |
| 247 | SERZYSKO Bartosz | 2299 | APTIV RUNNING TEAM | M20 | 46 | 00:10:48 | 00:26:41.30 | 00:26:41.30 | +00:11:32 (43.3%) | 15:41 | 3.8 (56.7%) |
| 248 | CAŁKA Agnieszka | 1059 | RADZYMIN RUN TEAM | K40 | 8 | 00:12:38 | 00:26:47.05 | 00:26:47.05 | +00:11:38 (43.5%) | 15:45 | 3.8 (56.7%) |
| 249 | STEFAŃSKI Jaroslaw | 2200 | W POGONI ZA DUCHEM | M50 | 13 | 00:11:34 | 00:26:58.80 | 00:26:58.80 | +00:11:50 (43.9%) | 15:51 | 3.8 (56.7%) |
| 250 | FIGAS Sebastian | 2232 | LITWIN TRIATHLON TEAM | M40 | 60 | 00:12:47 | 00:27:10.65 | 00:27:10.65 | +00:12:02 (44.3%) | 15:58 | 3.8 (56.7%) |
| 251 | PITAS Andrzej | 2186 | ZAPIERDALACZE | M40 | 61 | 00:13:14 | 00:27:23.70 | 00:27:23.70 | +00:12:15 (44.7%) | 16:06 | 3.7 (55.2%) |
| 252 | TOL Kamil | 2220 | MAFIA TEAM LUBLINIEC | M30 | 101 | 00:12:55 | 00:27:37.80 | 00:27:37.80 | +00:12:29 (45.2%) | 16:14 | 3.7 (55.2%) |
| 253 | TOMCZYK Tomasz | 2161 | RMF 4RACING OCR | M30 | 102 | 00:12:51 | 00:27:44.90 | 00:27:44.90 | +00:12:36 (45.4%) | 16:18 | 3.7 (55.2%) |
| 254 | KANIA Jolanta | 1062 | | K40 | 9 | 00:12:33 | 00:27:47.80 | 00:27:47.80 | +00:12:39 (45.5%) | 16:20 | 3.7 (55.2%) |
| 255 | KLATE Łukasz | 2111 | ŁÓDŹ KOCHA SPORT | M30 | 103 | 00:12:33 | 00:27:54.15 | 00:27:54.15 | +00:12:45 (45.7%) | 16:24 | 3.7 (55.2%) |
| 256 | PIÓRKOWSKA Ola | 1035 | BISKUPICE FAMILY TEAM | K40 | 10 | 00:13:15 | 00:27:54.80 | 00:27:54.80 | +00:12:46 (45.8%) | 16:24 | 3.7 (55.2%) |
| 257 | LEŚNIAK Tomasz | 2063 | KRZYWDA TEAM | M30 | 104 | 00:13:05 | 00:28:05.00 | 00:28:05.00 | +00:12:56 (46.1%) | 16:31 | 3.6 (53.7%) |
| 258 | WAWRZACZ Katarzyna | 1052 | | K40 | 11 | 00:12:49 | 00:28:08.30 | 00:28:08.30 | +00:12:59 (46.2%) | 16:32 | 3.6 (53.7%) |
| 259 | ŚWIERK Krystyna | 1036 | NATURALNIE JANOWICE | K60 | 2 | 00:13:05 | 00:28:17.60 | 00:28:17.60 | +00:13:09 (46.5%) | 16:38 | 3.6 (53.7%) |
| 260 | BEDNAREK Jacek | 2059 | METLIFE RUN | M40 | 62 | 00:13:22 | 00:28:40.60 | 00:28:40.60 | +00:13:32 (47.2%) | 16:51 | 3.6 (53.7%) |
| 261 | DYDUŁA Renata | 1018 | ITAL CAR TEAM | K40 | 12 | 00:12:59 | 00:29:25.15 | 00:29:25.15 | +00:14:16 (48.5%) | 17:18 | 3.5 (52.2%) |
| 262 | PUCHAJDA Monika | 1065 | | K30 | 9 | 00:12:46 | 00:29:28.80 | 00:29:28.80 | +00:14:20 (48.6%) | 17:20 | 3.5 (52.2%) |
| 263 | KULA Krzysztof | 2140 | | M20 | 47 | 00:14:21 | 00:29:54.45 | 00:29:54.45 | +00:14:46 (49.4%) | 17:35 | 3.4 (50.7%) |
| 264 | PARZOCH Magdalena | 1026 | SZTURM | K20 | 10 | 00:13:36 | 00:30:03.05 | 00:30:03.05 | +00:14:54 (49.6%) | 17:40 | 3.4 (50.7%) |
| 265 | SNARSKA Katarzyna | 1029 | ALBATROSY | K30 | 10 | 00:13:53 | 00:30:18.10 | 00:30:18.10 | +00:15:09 (50.0%) | 17:49 | 3.4 (50.7%) |
| 266 | GUZIAK Irena | 1021 | | K40 | 13 | 00:14:20 | 00:30:23.10 | 00:30:23.10 | +00:15:14 (50.2%) | 17:52 | 3.4 (50.7%) |
| 267 | GŁUCHOWSKA Natalia | 1038 | | K20 | 11 | 00:14:10 | 00:30:40.70 | 00:30:40.70 | +00:15:32 (50.7%) | 18:02 | 3.3 (49.3%) |
| 268 | OKAPIEC Dagmara | 1020 | GÓRSKIE PĘDZIWIATRY | K30 | 11 | 00:13:59 | 00:30:46.00 | 00:30:46.00 | +00:15:37 (50.8%) | 18:05 | 3.3 (49.3%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Polowka 0.9km | Czas netto 1.7km | Czas brutto 1.7km | Różn | Tempo min/km | Tempo km/h |
|-----|-----------------------------------|-------------|--------------|-----------|------|------------------|------------------------|-------------------------|----------------------|-----------------|----------------|
| 269 | PASTERNAK Justyna | 1031 | NIEMANIEMOGE | K30 | 12 | 00:14:00 | 00:30:57.75 | 00:30:57.75 | +00:15:49 (51.1%) | 18:12 | 3.3 (49.3%) |
| 270 | PAZDERSKA-KIPIEL Agnieszka | 1056 | EVIL TEAM | K30 | 13 | 00:14:30 | 00:31:10.60 | 00:31:10.60 | +00:16:02 (51.4%) | 18:20 | 3.3 (49.3%) |

Znaleziono 270 wynik(ów)