



ELIMINATOR 2018 - ETAP I

B4SPORT
INTELEKTUALNE ZAWODY SPORTOWE

Wydarzenie: Eliminator 2018
Organizator: Fundacja Bieg Rzeźnika
Data: 2018-11-24
Miejsce: Ustroń
Dystans: 1.7 km

B4SPORT
INTELEKTUALNE 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 | BODURKA Krzysztof | 2004 | ALPIN SPORT TEAM | M20 | 1 | 00:06:52 | 00:15:40.55 | 00:15:40.55 | | 9:12 | 6.5 (100%) |
| 2 | JAWORSKI Zbigniew | 2292 | | M40 | 1 | 00:07:24 | 00:15:50.70 | 00:15:50.70 | +00:00:10 (1.1%) | 9:18 | 6.4 (98.5%) |
| 3 | GORCZYCA Bartosz | 2002 | SALCO GARMIN TEAM | M20 | 2 | 00:07:04 | 00:16:02.25 | 00:16:02.25 | +00:00:21 (2.3%) | 9:25 | 6.4 (98.5%) |
| 4 | SKUPIEŃ Tomasz | 2005 | | M30 | 1 | 00:07:06 | 00:16:06.80 | 00:16:06.80 | +00:00:26 (2.7%) | 9:28 | 6.3 (96.9%) |
| 5 | KOŃ Piotr | 2003 | ALPIN SPORT TEAM | M40 | 2 | 00:07:26 | 00:16:12.65 | 00:16:12.65 | +00:00:32 (3.3%) | 9:31 | 6.3 (96.9%) |
| 6 | FARON Robert | 2001 | SALCO GARMIN TEAM | M40 | 3 | 00:07:25 | 00:16:21.60 | 00:16:21.60 | +00:00:41 (4.2%) | 9:37 | 6.2 (95.4%) |
| 7 | KUBICA Marcin | 2009 | INOV-8 TEAM | M20 | 3 | 00:06:58 | 00:16:29.95 | 00:16:29.95 | +00:00:49 (5.0%) | 9:41 | 6.2 (95.4%) |
| 8 | IZYDOREK Michał | 2294 | KS SPRINT | M20 | 4 | 00:07:33 | 00:16:38.10 | 00:16:38.10 | +00:00:57 (5.8%) | 9:47 | 6.1 (93.8%) |
| 9 | UZNAŃSKI Piotr | 2008 | EUROCLEAR RUNNING TEAM | M30 | 2 | 00:07:34 | 00:16:47.35 | 00:16:47.35 | +00:01:06 (6.6%) | 9:52 | 6.1 (93.8%) |
| 10 | MISKIEWICZ Mariusz | 2006 | BIEGIEM PRZEZ CHYBIE | M30 | 3 | 00:07:15 | 00:16:49.80 | 00:16:49.80 | +00:01:09 (6.9%) | 9:53 | 6.1 (93.8%) |
| 11 | ELANTKOWSKI Jaś | 2248 | TKN TATRA TEAM | M20 | 5 | 00:07:39 | 00:16:50.45 | 00:16:50.45 | +00:01:09 (6.9%) | 9:54 | 6.1 (93.8%) |
| 12 | MISIAK Bartosz | 2007 | ALPIN SPORT TEAM | M30 | 4 | 00:07:34 | 00:16:51.25 | 00:16:51.25 | +00:01:10 (7.0%) | 9:54 | 6.1 (93.8%) |
| 13 | BIERNAWSKI Piotr | 2010 | ATTIQ TEAM/SALMING | M40 | 4 | 00:07:41 | 00:16:59.65 | 00:16:59.65 | +00:01:19 (7.8%) | 9:59 | 6 (92.3%) |
| 14 | DOMISZEWSKI Ignacy | 2308 | | M20 | 6 | 00:07:29 | 00:17:04.80 | 00:17:04.80 | +00:01:24 (8.2%) | 10:02 | 6 (92.3%) |
| 15 | KASZYCA Paweł | 2305 | | M40 | 5 | 00:07:54 | 00:17:12.00 | 00:17:12.00 | +00:01:31 (8.9%) | 10:07 | 5.9 (90.8%) |
| 16 | DYCZEK Mariusz | 2118 | DYCZUŚ TEAM | M30 | 5 | 00:07:36 | 00:17:15.70 | 00:17:15.70 | +00:01:35 (9.2%) | 10:08 | 5.9 (90.8%) |
| 17 | URBAŃCZYK Karol | 2081 | | M20 | 7 | 00:07:51 | 00:17:20.20 | 00:17:20.20 | +00:01:39 (9.6%) | 10:11 | 5.9 (90.8%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas | | Czas netto 1.7km | Czas brutto 1.7km | Różn | Tempo min/km | Tempo km/h |
|-----|------------------------------|-------------|---|-----------|------|------------------|--------------------|---------------------|----------------------|-------|-----------------|---------------|
| | | | | | | Polowka 0.9km | 1.7km | | | | | |
| 18 | SADOWSKI Paweł | 2045 | JANOWICKI HUSARZ ZNADDOLINY BOBRU W RUDAWACH JANOWICKICH PUŁKOWNIK Z BOLCZOWA | M20 | 8 | 00:07:50 | 00:17:41.05 | 00:17:41.05 | +00:02:00 (11.4%) | 10:24 | 5.8 (89.2%) | |
| 19 | BROJ Marcel | 2253 | BROJ TEAM ŻLINICE | M20 | 9 | 00:07:56 | 00:17:45.15 | 00:17:45.15 | +00:02:04 (11.7%) | 10:26 | 5.7 (87.7%) | |
| 20 | POPIELARSKI Kubuś | 2286 | TKN TATRA TEAM | M20 | 10 | 00:07:58 | 00:17:49.45 | 00:17:49.45 | +00:02:08 (12.1%) | 10:28 | 5.7 (87.7%) | |
| 21 | JANUSZYK Iwona | 1005 | ATTIQ ALE TEAM/KS KANDAHAR | K20 | 1 | 00:08:03 | 00:17:58.90 | 00:17:58.90 | +00:02:18 (12.8%) | 10:34 | 5.7 (87.7%) | |
| 22 | GAWLAS Dominik | 2287 | | M30 | 6 | 00:08:03 | 00:18:17.95 | 00:18:17.95 | +00:02:37 (14.3%) | 10:45 | 5.6 (86.2%) | |
| 23 | SAWICKI Kacper | 2288 | TKN TATRA TEAM | M20 | 11 | 00:08:06 | 00:18:21.85 | 00:18:21.85 | +00:02:41 (14.6%) | 10:47 | 5.6 (86.2%) | |
| 24 | SZAFRANEK Paweł | 2269 | | M20 | 12 | 00:07:51 | 00:18:31.30 | 00:18:31.30 | +00:02:50 (15.4%) | 10:53 | 5.5 (84.6%) | |
| 25 | ATANASOW ANCEW Dawid | 2082 | D&D | M40 | 6 | 00:08:22 | 00:18:34.10 | 00:18:34.10 | +00:02:53 (15.6%) | 10:55 | 5.5 (84.6%) | |
| 26 | DZIERWA Marcin | 2176 | NOWA HUTA TEAM | M30 | 7 | 00:08:25 | 00:18:41.50 | 00:18:41.50 | +00:03:00 (16.1%) | 10:59 | 5.5 (84.6%) | |
| 27 | GUROŚ Dawid Vegan | 2243 | D&D | M30 | 8 | 00:08:22 | 00:18:42.45 | 00:18:42.45 | +00:03:01 (16.2%) | 11:00 | 5.5 (84.6%) | |
| 28 | FIJAK Jan | 2210 | | M40 | 7 | 00:08:25 | 00:18:46.00 | 00:18:46.00 | +00:03:05 (16.5%) | 11:02 | 5.4 (83.1%) | |
| 29 | BOROŃ Dariusz | 2262 | ASICS FRONTRUNNER POLAND | M20 | 13 | 00:08:04 | 00:18:56.05 | 00:18:56.05 | +00:03:15 (17.2%) | 11:08 | 5.4 (83.1%) | |
| 30 | MAGIERA Janusz | 2015 | FORMA WODZISŁAW ŚŁA | M50 | 1 | 00:08:38 | 00:18:57.60 | 00:18:57.60 | +00:03:17 (17.3%) | 11:08 | 5.4 (83.1%) | |
| 31 | KURKOWSKI Piotr | 2310 | | M20 | 14 | 00:07:50 | 00:19:03.30 | 00:19:03.30 | +00:03:22 (17.7%) | 11:12 | 5.4 (83.1%) | |
| 32 | BYRTEK Kamil | 2013 | WWW.EKOIDEA.SKLEP.PL | M30 | 9 | 00:08:16 | 00:19:04.00 | 00:19:04.00 | +00:03:23 (17.8%) | 11:12 | 5.3 (81.5%) | |
| 33 | ŁUKASIK Andrzej | 2146 | SPORTKONSULTING TEAM | M30 | 10 | 00:08:16 | 00:19:04.65 | 00:19:04.65 | +00:03:24 (17.8%) | 11:12 | 5.3 (81.5%) | |
| 34 | ŻUCHOWSKI Daniel | 2153 | MUAY RUNNING TEAM | M30 | 11 | 00:08:25 | 00:19:10.95 | 00:19:10.95 | +00:03:30 (18.3%) | 11:16 | 5.3 (81.5%) | |
| 35 | SMOLEŃ Jarosław | 2259 | | M40 | 8 | 00:08:35 | 00:19:13.30 | 00:19:13.30 | +00:03:32 (18.4%) | 11:18 | 5.3 (81.5%) | |
| 36 | GALMAN Adam | 2214 | | M40 | 9 | 00:08:26 | 00:19:16.70 | 00:19:16.70 | +00:03:36 (18.7%) | 11:20 | 5.3 (81.5%) | |
| 37 | WITOWSKA Mirosława | 1004 | SALCO GARMIN TEAM | K20 | 2 | 00:08:36 | 00:19:19.20 | 00:19:19.20 | +00:03:38 (18.9%) | 11:21 | 5.3 (81.5%) | |
| 38 | CHODOROWSKI Krzysztof | 2105 | PRZEDWOJEWSKI MOUNTAIN TEAM | M30 | 12 | 00:08:39 | 00:19:27.75 | 00:19:27.75 | +00:03:47 (19.5%) | 11:26 | 5.2 (80.0%) | |
| 39 | SZATANIK Zbigniew | 2219 | | M50 | 2 | 00:08:59 | 00:19:33.35 | 00:19:33.35 | +00:03:52 (19.8%) | 11:30 | 5.2 (80.0%) | |
| 40 | SOKOŁOWSKI Marek | 2014 | ALPIN SPORT TEAM | M40 | 10 | 00:08:58 | 00:19:35.50 | 00:19:35.50 | +00:03:54 (20.0%) | 11:31 | 5.2 (80.0%) | |
| 41 | PYTEL Janusz | 2311 | | M60 | 1 | 00:08:58 | 00:19:43.05 | 00:19:43.05 | +00:04:02 (20.5%) | 11:35 | 5.2 (80.0%) | |
| 42 | PORĘBSKI Rafał | 2158 | EVIL TEAM | M40 | 11 | 00:08:44 | 00:19:45.10 | 00:19:45.10 | +00:04:04 (20.6%) | 11:37 | 5.2 (80.0%) | |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Polowka 0.9km | Czas | | Różn | Tempo min/km | Tempo km/h |
|-----|------------------------------|-------------|-----------------------------------|-----------|------|------------------|--------------------|--------------------|----------------------|-----------------|----------------|
| | | | | | | | netto 1.7km | brutto 1.7km | | | |
| 43 | SAWICKI Szymon | 2222 | TKN TATRA TEAM | M40 | 12 | 00:08:48 | 00:19:48.55 | 00:19:48.55 | +00:04:08 (20.9%) | 11:38 | 5.2 (80.0%) |
| 44 | OŚLIZŁO Tomasz | 2244 | XRUNNERS | M30 | 13 | 00:08:55 | 00:19:48.65 | 00:19:48.65 | +00:04:08 (20.9%) | 11:38 | 5.2 (80.0%) |
| 45 | NOSALIK Marek | 2170 | MTA | M50 | 3 | 00:09:07 | 00:19:54.15 | 00:19:54.15 | +00:04:13 (21.2%) | 11:42 | 5.1 (78.5%) |
| 46 | WYWŁOKA Paulina | 1003 | SALCO GARMIN TEAM | K20 | 3 | 00:08:59 | 00:19:55.70 | 00:19:55.70 | +00:04:15 (21.3%) | 11:42 | 5.1 (78.5%) |
| 47 | TARGOSZ Michał | 2260 | ITMBW KRAKÓW | M30 | 14 | 00:08:55 | 00:19:56.00 | 00:19:56.00 | +00:04:15 (21.4%) | 11:43 | 5.1 (78.5%) |
| 48 | TOKAREWICZ Damian | 2059 | ZEBRY | M30 | 15 | 00:08:54 | 00:20:01.10 | 00:20:01.10 | +00:04:20 (21.7%) | 11:46 | 5.1 (78.5%) |
| 49 | SZCZYPKA Bartosz | 2038 | | M30 | 16 | 00:08:53 | 00:20:07.90 | 00:20:07.90 | +00:04:27 (22.1%) | 11:50 | 5.1 (78.5%) |
| 50 | WRÓBLEWSKI Jan | 2317 | | M40 | 13 | 00:09:11 | 00:20:22.40 | 00:20:22.40 | +00:04:41 (23.1%) | 11:58 | 5 (76.9%) |
| 51 | KOCHEL Paweł | 2167 | | M30 | 17 | 00:08:57 | 00:20:26.75 | 00:20:26.75 | +00:04:46 (23.3%) | 12:01 | 5 (76.9%) |
| 52 | BADURA Adam | 2173 | FORMA WODZISŁAW ŚLĄSKI | M40 | 14 | 00:09:13 | 00:20:28.55 | 00:20:28.55 | +00:04:48 (23.4%) | 12:02 | 5 (76.9%) |
| 53 | DUDZIK Łukasz | 2242 | GÓRAL BIEGA | M30 | 18 | 00:09:04 | 00:20:30.00 | 00:20:30.00 | +00:04:49 (23.5%) | 12:03 | 5 (76.9%) |
| 54 | SNARSKI Dariusz | 2120 | URTICA TEAM | M40 | 15 | 00:09:25 | 00:20:32.35 | 00:20:32.35 | +00:04:51 (23.7%) | 12:04 | 5 (76.9%) |
| 55 | GRUND Marek | 2022 | MAFIA TEAM LUBLINIEC | M20 | 15 | 00:09:05 | 00:20:33.80 | 00:20:33.80 | +00:04:53 (23.8%) | 12:05 | 5 (76.9%) |
| 56 | MALINOWSKI Przemysław | 2122 | | M30 | 19 | 00:09:09 | 00:20:34.65 | 00:20:34.65 | +00:04:54 (23.8%) | 12:05 | 5 (76.9%) |
| 57 | DOMISZEWSKA Maria | 1070 | | K50 | 1 | 00:09:15 | 00:20:35.85 | 00:20:35.85 | +00:04:55 (23.9%) | 12:06 | 5 (76.9%) |
| 58 | SZTEFKO Józef | 2171 | | M50 | 4 | 00:09:11 | 00:20:36.35 | 00:20:36.35 | +00:04:55 (23.9%) | 12:07 | 5 (76.9%) |
| 59 | TRACZ Łukasz | 2087 | WWW.TRENINGFIZJOTERAPIA.PL | M30 | 20 | 00:09:03 | 00:20:37.40 | 00:20:37.40 | +00:04:56 (24.0%) | 12:07 | 4.9 (75.4%) |
| 60 | GARCORZ Dawid | 2084 | MAFIA TEAM LUBLINIEC | M20 | 16 | 00:08:56 | 00:20:38.50 | 00:20:38.50 | +00:04:57 (24.1%) | 12:08 | 4.9 (75.4%) |
| 61 | WRÓBLEWSKI Kamil | 2254 | | M30 | 21 | 00:09:06 | 00:20:40.40 | 00:20:40.40 | +00:04:59 (24.2%) | 12:09 | 4.9 (75.4%) |
| 62 | KOS Tomasz | 2285 | PAŃSTWOWA STRAŻ POŻARNA BYTOM | M30 | 22 | 00:09:28 | 00:20:42.05 | 00:20:42.05 | +00:05:01 (24.3%) | 12:10 | 4.9 (75.4%) |
| 63 | CHRAPKIEWICZ Michał | 2121 | SBD ENERGETYK RYBNIK | M30 | 23 | 00:09:25 | 00:20:42.55 | 00:20:42.55 | +00:05:02 (24.3%) | 12:10 | 4.9 (75.4%) |
| 64 | PROKSA Robert | 2157 | CHROMIK MYSŁOWICE | M50 | 5 | 00:09:22 | 00:20:46.25 | 00:20:46.25 | +00:05:05 (24.5%) | 12:12 | 4.9 (75.4%) |
| 65 | SOBOLA Grzegorz | 2138 | | M20 | 17 | 00:09:07 | 00:20:47.20 | 00:20:47.20 | +00:05:06 (24.6%) | 12:13 | 4.9 (75.4%) |
| 66 | HAZUKA Ireneusz | 2252 | | M30 | 24 | 00:08:57 | 00:20:52.10 | 00:20:52.10 | +00:05:11 (24.9%) | 12:16 | 4.9 (75.4%) |
| 67 | MENDECKA Michalina | 1065 | MOSIR ŁAZISKA GÓRNE/1 SECOND TEAM | K20 | 4 | 00:09:30 | 00:20:55.50 | 00:20:55.50 | +00:05:14 (25.1%) | 12:18 | 4.9 (75.4%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Polowka 0.9km | Czas | | Różn | Tempo min/km | Tempo km/h |
|-----|-----------------------------|-------------|--------------------------------|-----------|------|------------------|--------------------|--------------------|----------------------|-----------------|----------------|
| | | | | | | | netto 1.7km | brutto 1.7km | | | |
| 68 | STOPA Michał | 2268 | MARCINŚWIERCTEAM | M30 | 25 | 00:09:41 | 00:20:59.35 | 00:20:59.35 | +00:05:18 (25.3%) | 12:20 | 4.9 (75.4%) |
| 69 | KAŁUŻNY Adam | 2186 | SOCIOS SILESIA RACE | M30 | 26 | 00:09:42 | 00:21:00.70 | 00:21:01.60 | +00:05:21 (25.4%) | 12:21 | 4.9 (75.4%) |
| 70 | PALIWODA Grzegorz | 2249 | | M30 | 27 | 00:09:16 | 00:21:07.10 | 00:21:07.10 | +00:05:26 (25.8%) | 12:25 | 4.8 (73.8%) |
| 71 | NIESLON Mare | 2127 | AKMB PEDZIWIATR GLIWICE | M30 | 28 | 00:09:14 | 00:21:09.35 | 00:21:09.35 | +00:05:28 (25.9%) | 12:26 | 4.8 (73.8%) |
| 72 | DŁUŻNIEWSKI Jacek | 2209 | ULTRASFCB | M40 | 16 | 00:09:45 | 00:21:09.15 | 00:21:09.70 | +00:05:29 (25.9%) | 12:26 | 4.8 (73.8%) |
| 73 | FERENC Janusz | 2011 | UKS LUDWIKOWICE | M60 | 2 | 00:09:43 | 00:21:11.25 | 00:21:11.25 | +00:05:30 (26.0%) | 12:27 | 4.8 (73.8%) |
| 74 | CHOJNACKI Grzegorz | 2162 | DZIADY OCR | M40 | 17 | 00:09:42 | 00:21:12.20 | 00:21:12.20 | +00:05:31 (26.1%) | 12:28 | 4.8 (73.8%) |
| 75 | ŚCIESZKA Wojciech | 2168 | 13 ELT KRAKÓW - BALICE | M40 | 18 | 00:09:30 | 00:21:13.55 | 00:21:13.55 | +00:05:33 (26.1%) | 12:28 | 4.8 (73.8%) |
| 76 | WASZTYL Tomasz | 2110 | | M40 | 19 | 00:09:23 | 00:21:14.25 | 00:21:14.25 | +00:05:33 (26.2%) | 12:29 | 4.8 (73.8%) |
| 77 | SKALSKA Anna | 1007 | FESTIWAL BIEGOWY KRYNICA ZDRÓJ | K30 | 1 | 00:09:16 | 00:21:15.20 | 00:21:15.20 | +00:05:34 (26.2%) | 12:30 | 4.8 (73.8%) |
| 78 | SZEWCZYK Damian | 2215 | | M40 | 20 | 00:09:38 | 00:21:18.55 | 00:21:18.55 | +00:05:38 (26.4%) | 12:31 | 4.8 (73.8%) |
| 79 | GOMOŁYSEK Kinga | 1001 | MATNER RUNNING TEAM | K30 | 2 | 00:09:48 | 00:21:25.85 | 00:21:25.85 | +00:05:45 (26.9%) | 12:35 | 4.8 (73.8%) |
| 80 | ZYCH Katarzyna | 1054 | BONNIE & CLYDE | K30 | 3 | 00:09:54 | 00:21:26.15 | 00:21:26.15 | +00:05:45 (26.9%) | 12:36 | 4.8 (73.8%) |
| 81 | SWOBODA Tomasz | 2265 | KURŁA! KAJ TA META?! | M20 | 18 | 00:09:15 | 00:21:28.15 | 00:21:28.15 | +00:05:47 (27.0%) | 12:37 | 4.8 (73.8%) |
| 82 | MORAWIEC Marek | 2043 | SZAKAL TEAM | M30 | 29 | 00:09:12 | 00:21:29.25 | 00:21:29.25 | +00:05:48 (27.0%) | 12:38 | 4.7 (72.3%) |
| 83 | ŁUSZCZ Piotr | 2206 | BRAVEHEARTS LEGIONOWO | M20 | 19 | 00:09:36 | 00:21:30.80 | 00:21:30.80 | +00:05:50 (27.1%) | 12:38 | 4.7 (72.3%) |
| 84 | STANEK Piotr | 2295 | | M30 | 30 | 00:09:00 | 00:21:32.70 | 00:21:32.70 | +00:05:52 (27.2%) | 12:40 | 4.7 (72.3%) |
| 85 | LIPA Piotr | 2103 | OCR TEAM DĘBICA | M30 | 31 | 00:09:22 | 00:21:33.95 | 00:21:33.95 | +00:05:53 (27.3%) | 12:40 | 4.7 (72.3%) |
| 86 | LUBOSZ Dariusz | 2236 | NGB KŁOBUCK | M40 | 21 | 00:09:11 | 00:21:34.15 | 00:21:34.15 | +00:05:53 (27.3%) | 12:41 | 4.7 (72.3%) |
| 87 | KAŹMIERCZAK Sławomir | 2280 | FASTANDLIGHT.PL, ŁGG | M30 | 32 | 00:09:49 | 00:21:36.25 | 00:21:36.25 | +00:05:55 (27.4%) | 12:42 | 4.7 (72.3%) |
| 88 | SZALA Krzysztof | 2212 | BIEGAMGDZIECHCE.PL | M30 | 33 | 00:09:24 | 00:21:37.30 | 00:21:37.30 | +00:05:56 (27.5%) | 12:42 | 4.7 (72.3%) |
| 89 | KUBERA Dawid | 2276 | ALWAYSINMOTION.PL | M30 | 34 | 00:09:19 | 00:21:39.15 | 00:21:39.15 | +00:05:58 (27.6%) | 12:44 | 4.7 (72.3%) |
| 90 | TESZNER Adrian | 2108 | RUNTEAM PAWŁOWICE | M20 | 20 | 00:09:22 | 00:21:40.00 | 00:21:40.00 | +00:05:59 (27.7%) | 12:44 | 4.7 (72.3%) |
| 91 | GRYGIEL Marek | 2071 | JACEKBIEGA RUNNING TEAM | M40 | 22 | 00:09:22 | 00:21:42.05 | 00:21:42.05 | +00:06:01 (27.8%) | 12:45 | 4.7 (72.3%) |
| 92 | WĘGLARZ Waldemar | 2293 | EXTREME CLUB RABKA | M40 | 23 | 00:09:35 | 00:21:45.15 | 00:21:45.15 | +00:06:04 (27.9%) | 12:47 | 4.7 (72.3%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas | | Różn | Tempo min/km | Tempo km/h | |
|-----|---------------------------------|-------------|-------------------------|-----------|------|---------------|--------------------|--------------------|-------------------|------------|--------------|
| | | | | | | Polowka 0.9km | netto 1.7km | | | | brutto 1.7km |
| 93 | BROL Dominika | 1014 | ENDURANCE TEAM | K30 | 4 | 00:09:51 | 00:21:47.25 | 00:21:47.25 | +00:06:06 (28.1%) | 12:48 | 4.7 (72.3%) |
| 94 | GARCZYŃSKA-WAŚ Bogusława | 1050 | WM TRISELF | K40 | 1 | 00:09:57 | 00:21:47.60 | 00:21:47.60 | +00:06:07 (28.1%) | 12:48 | 4.7 (72.3%) |
| 95 | RADOMSKI Zbigniew | 2205 | TKKF BESKIDEK BB | M60 | 3 | 00:09:55 | 00:21:48.00 | 00:21:48.00 | +00:06:07 (28.1%) | 12:49 | 4.7 (72.3%) |
| 96 | URBAN Wiktor | 2175 | NIGHT RUNNERS ZABRZE | M30 | 35 | 00:09:38 | 00:21:51.30 | 00:21:51.30 | +00:06:10 (28.3%) | 12:51 | 4.7 (72.3%) |
| 97 | GĘBARA Łukasz | 2102 | OCR TEAM DĘBICA | M20 | 21 | 00:09:34 | 00:21:52.00 | 00:21:52.00 | +00:06:11 (28.3%) | 12:51 | 4.7 (72.3%) |
| 97 | GARDENER Jacek | 2109 | JACEKBIEGA RUNNING TEAM | M50 | 6 | 00:09:51 | 00:21:52.00 | 00:21:52.00 | +00:06:11 (28.3%) | 12:51 | 4.7 (72.3%) |
| 99 | KWIATKOWSKA Kinga | 1006 | ALPIN SPORT TEAM | K30 | 5 | 00:10:11 | 00:21:55.65 | 00:21:55.65 | +00:06:15 (28.5%) | 12:53 | 4.7 (72.3%) |
| 100 | MIKULSKI Michał | 2261 | GREMI BOCHNIA | M30 | 36 | 00:09:42 | 00:21:55.70 | 00:21:55.70 | +00:06:15 (28.5%) | 12:53 | 4.7 (72.3%) |
| 101 | KUBACZKA Grzegorz | 2196 | WWW.AG-ARCHITEKCI.PL | M30 | 37 | 00:09:32 | 00:22:00.85 | 00:22:00.85 | +00:06:20 (28.8%) | 12:56 | 4.6 (70.8%) |
| 102 | SZKODA Dariusz | 2042 | SOCIOS SILESIA | M30 | 38 | 00:09:53 | 00:22:02.25 | 00:22:02.25 | +00:06:21 (28.9%) | 12:57 | 4.6 (70.8%) |
| 103 | KUPIJAJ Marcin | 2023 | SOCIOS SILESIA | M20 | 22 | 00:09:48 | 00:22:02.30 | 00:22:02.30 | +00:06:21 (28.9%) | 12:57 | 4.6 (70.8%) |
| 104 | MAZUR Damian | 2053 | SOCIOS SILESIA | M30 | 39 | 00:09:43 | 00:22:02.45 | 00:22:02.45 | +00:06:21 (28.9%) | 12:57 | 4.6 (70.8%) |
| 105 | STEFAŃSKI Zbyszek | 2240 | HEBEL | M40 | 24 | 00:09:49 | 00:22:03.35 | 00:22:03.35 | +00:06:22 (28.9%) | 12:58 | 4.6 (70.8%) |
| 106 | SMUDA Krzysztof | 2207 | | M30 | 40 | 00:09:43 | 00:22:03.55 | 00:22:03.55 | +00:06:23 (28.9%) | 12:58 | 4.6 (70.8%) |
| 107 | BRÓG Wojciech | 2101 | | M30 | 41 | 00:09:39 | 00:22:05.95 | 00:22:05.95 | +00:06:25 (29.1%) | 12:59 | 4.6 (70.8%) |
| 108 | BAZYL Adam | 2156 | BREMBO | M30 | 42 | 00:09:58 | 00:22:06.25 | 00:22:06.25 | +00:06:25 (29.1%) | 13:00 | 4.6 (70.8%) |
| 109 | GWÓZDŹ Michał | 2065 | #CZELADZBIEGA | M40 | 25 | 00:09:40 | 00:22:06.55 | 00:22:06.55 | +00:06:26 (29.1%) | 13:00 | 4.6 (70.8%) |
| 110 | HURAS Michał | 2189 | CF KUŹNIA DAMIANA | M20 | 23 | 00:10:15 | 00:22:07.45 | 00:22:07.45 | +00:06:26 (29.1%) | 13:00 | 4.6 (70.8%) |
| 111 | BOLECHOWSKA Dominika | 1072 | | K40 | 2 | 00:10:20 | 00:22:10.60 | 00:22:10.60 | +00:06:30 (29.3%) | 13:02 | 4.6 (70.8%) |
| 112 | TOMCZYK Tomasz | 2271 | | M30 | 43 | 00:09:33 | 00:22:10.80 | 00:22:10.80 | +00:06:30 (29.3%) | 13:02 | 4.6 (70.8%) |
| 113 | KRAJEWSKI Maciej | 2151 | | M30 | 44 | 00:09:49 | 00:22:12.40 | 00:22:12.40 | +00:06:31 (29.4%) | 13:03 | 4.6 (70.8%) |
| 114 | GIŻYŃSKI Damian | 2032 | KOLEJARZ BEST FOR YOU | M30 | 45 | 00:09:28 | 00:22:14.60 | 00:22:14.60 | +00:06:34 (29.5%) | 13:04 | 4.6 (70.8%) |
| 115 | BUKOWSKI Marek | 2272 | | M40 | 26 | 00:10:11 | 00:22:15.30 | 00:22:15.30 | +00:06:34 (29.6%) | 13:05 | 4.6 (70.8%) |
| 116 | ZATORSKA Izabela | 1002 | ALPIN SPORT TEAM | K50 | 2 | 00:10:14 | 00:22:15.70 | 00:22:15.70 | +00:06:35 (29.6%) | 13:05 | 4.6 (70.8%) |
| 117 | ĆWIKŁA Krzysztof | 2247 | | M50 | 7 | 00:10:02 | 00:22:18.15 | 00:22:18.15 | +00:06:37 (29.7%) | 13:07 | 4.6 (70.8%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas | | Różn | Tempo min/km | Tempo km/h | |
|-----|------------------------------|-------------|-----------------------|-----------|------|---------------|--------------------|--------------------|-------------------|------------|--------------|
| | | | | | | Polowka 0.9km | netto 1.7km | | | | brutto 1.7km |
| 118 | KOWALCZYK Paweł | 2060 | KĘCKIEHARPAGANY | M40 | 27 | 00:09:51 | 00:22:18.90 | 00:22:18.90 | +00:06:38 (29.8%) | 13:07 | 4.6 (70.8%) |
| 119 | BORÓWKA Ryszard | 2017 | | M40 | 28 | 00:10:16 | 00:22:20.60 | 00:22:20.60 | +00:06:40 (29.8%) | 13:08 | 4.6 (70.8%) |
| 120 | KLONOWSKI Kamil | 2289 | HUSARIA RACE TEAM | M20 | 24 | 00:10:00 | 00:22:22.80 | 00:22:22.80 | +00:06:42 (30.0%) | 13:09 | 4.6 (70.8%) |
| 121 | WRZESZCZ Mariusz | 2181 | TMTEAM | M20 | 25 | 00:09:49 | 00:22:24.30 | 00:22:24.30 | +00:06:43 (30.0%) | 13:10 | 4.6 (70.8%) |
| 122 | GLEISNER Tomasz | 2200 | EKIPA Z TARNOWA | M40 | 29 | 00:10:09 | 00:22:25.40 | 00:22:25.40 | +00:06:44 (30.1%) | 13:11 | 4.6 (70.8%) |
| 123 | ŻOCZEK Szymon | 2044 | NIE PRZESTAWAJ MARZYĆ | M20 | 26 | 00:09:59 | 00:22:30.25 | 00:22:30.25 | +00:06:49 (30.3%) | 13:14 | 4.5 (69.2%) |
| 124 | BORZĘCKI Damian | 2096 | SOCIOS SILESIA | M30 | 46 | 00:10:01 | 00:22:30.45 | 00:22:30.45 | +00:06:49 (30.4%) | 13:14 | 4.5 (69.2%) |
| 125 | KAŁUŻA Jerzy | 2211 | | M30 | 47 | 00:09:46 | 00:22:32.10 | 00:22:32.10 | +00:06:51 (30.4%) | 13:15 | 4.5 (69.2%) |
| 126 | GÓRSKI Jakub | 2172 | | M30 | 48 | 00:10:00 | 00:22:33.15 | 00:22:33.15 | +00:06:52 (30.5%) | 13:15 | 4.5 (69.2%) |
| 127 | DUTKIEWICZ Leszek | 2182 | | M30 | 49 | 00:10:10 | 00:22:35.35 | 00:22:35.35 | +00:06:54 (30.6%) | 13:17 | 4.5 (69.2%) |
| 128 | CHACHUŁA Ryszard | 2117 | DY CZUŚ TEAM | M40 | 30 | 00:09:48 | 00:22:37.25 | 00:22:37.25 | +00:06:56 (30.7%) | 13:18 | 4.5 (69.2%) |
| 129 | SAWICKI Marek | 2208 | | M30 | 50 | 00:09:57 | 00:22:37.40 | 00:22:37.40 | +00:06:56 (30.7%) | 13:18 | 4.5 (69.2%) |
| 130 | MAMALA Justyna | 1019 | | K20 | 5 | 00:10:26 | 00:22:39.10 | 00:22:39.10 | +00:06:58 (30.8%) | 13:19 | 4.5 (69.2%) |
| 131 | PIASECKI Adam | 2107 | | M40 | 31 | 00:09:45 | 00:22:39.40 | 00:22:39.40 | +00:06:58 (30.8%) | 13:19 | 4.5 (69.2%) |
| 132 | OSIEJEWSKI Marcin | 2188 | | M30 | 51 | 00:10:20 | 00:22:40.80 | 00:22:40.80 | +00:07:00 (30.9%) | 13:20 | 4.5 (69.2%) |
| 133 | CEBULA Tomasz | 2115 | | M30 | 52 | 00:10:06 | 00:22:42.15 | 00:22:42.15 | +00:07:01 (31.0%) | 13:21 | 4.5 (69.2%) |
| 134 | STEC Jakub | 2129 | DECATHLON BBEST | M20 | 27 | 00:10:17 | 00:22:43.25 | 00:22:43.25 | +00:07:02 (31.0%) | 13:21 | 4.5 (69.2%) |
| 135 | JAKUBAS Grzegorz | 2302 | KL CZANTORIA | M30 | 53 | 00:10:22 | 00:22:44.15 | 00:22:44.15 | +00:07:03 (31.1%) | 13:22 | 4.5 (69.2%) |
| 136 | KUŚMIERSKI Michał | 2033 | BBRUNNERS/UBS | M30 | 54 | 00:10:19 | 00:22:44.95 | 00:22:44.95 | +00:07:04 (31.1%) | 13:22 | 4.5 (69.2%) |
| 137 | BUCZYŃSKI Adam | 2025 | NON STOP TRAIL | M40 | 32 | 00:10:11 | 00:22:47.40 | 00:22:47.40 | +00:07:06 (31.2%) | 13:24 | 4.5 (69.2%) |
| 138 | GÓRNY Mirosław | 2165 | NUTREND TEAM | M50 | 8 | 00:10:08 | 00:22:52.45 | 00:22:52.45 | +00:07:11 (31.5%) | 13:27 | 4.5 (69.2%) |
| 139 | SKRZECZYŃSKI Sławomir | 2290 | HEJ, JAK TA SARNA! | M40 | 33 | 00:10:27 | 00:22:57.30 | 00:22:57.30 | +00:07:16 (31.7%) | 13:30 | 4.4 (67.7%) |
| 140 | GRZYBEK Antoni | 2246 | | M40 | 34 | 00:10:08 | 00:22:58.50 | 00:22:58.50 | +00:07:17 (31.8%) | 13:30 | 4.4 (67.7%) |
| 141 | BARANOWSKI Marcin | 2315 | | M30 | 55 | 00:10:18 | 00:22:58.60 | 00:22:58.60 | +00:07:18 (31.8%) | 13:30 | 4.4 (67.7%) |
| 142 | GRUSZKA Grzegorz | 2057 | ENDURANCE TEAM | M40 | 35 | 00:10:06 | 00:22:58.95 | 00:22:58.95 | +00:07:18 (31.8%) | 13:30 | 4.4 (67.7%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas | | Różn | Tempo min/km | Tempo km/h | |
|-----|--------------------------------|-------------|----------------------------|-----------|------|---------------|--------------------|--------------------|----------------------|------------|----------------|
| | | | | | | Polowka 0.9km | netto 1.7km | | | | brutto 1.7km |
| 143 | LANGE Beata | 1063 | BIŁGORAJ BIEGA | K40 | 3 | 00:10:36 | 00:23:00.35 | 00:23:00.35 | +00:07:19 (31.9%) | 13:31 | 4.4 (67.7%) |
| 144 | MAJCHROWSKI Jacek | 2085 | CKB TARNOBRZEG | M40 | 36 | 00:09:51 | 00:23:01.40 | 00:23:01.40 | +00:07:20 (31.9%) | 13:32 | 4.4 (67.7%) |
| 145 | KACZMARCZYK Przemysław | 2095 | MATNER RUNNING TEAM/WATAHA | M20 | 28 | 00:10:03 | 00:23:02.55 | 00:23:02.55 | +00:07:22 (32.0%) | 13:32 | 4.4 (67.7%) |
| 146 | OWERKO Tomasz | 2309 | | M30 | 56 | 00:10:00 | 00:23:03.40 | 00:23:03.40 | +00:07:22 (32.0%) | 13:33 | 4.4 (67.7%) |
| 147 | GACH Damian | 2123 | CF KUŹNIA DAMIANA | M20 | 29 | 00:10:17 | 00:23:04.40 | 00:23:04.40 | +00:07:23 (32.1%) | 13:34 | 4.4 (67.7%) |
| 148 | DORNICKI Tomasz | 2304 | | M40 | 37 | 00:10:19 | 00:23:04.75 | 00:23:04.75 | +00:07:24 (32.1%) | 13:34 | 4.4 (67.7%) |
| 149 | FLORYS Jakub | 2072 | MORSKI KOŃ | M30 | 57 | 00:10:18 | 00:23:06.00 | 00:23:06.00 | +00:07:25 (32.1%) | 13:35 | 4.4 (67.7%) |
| 149 | KNAP Mateusz | 2021 | DYNAFIT / TUTTU.PL | M20 | 30 | | 00:23:06.00 | 00:23:06.00 | +00:07:25 (32.1%) | 13:35 | 4.4 (67.7%) |
| 151 | RAJA Paweł | 2299 | SKYRUNNING POLSKA | M30 | 58 | 00:09:44 | 00:23:08.05 | 00:23:08.05 | +00:07:27 (32.2%) | 13:36 | 4.4 (67.7%) |
| 152 | KOZIOŁ Kamil | 2131 | G.O.A.T. TEAM MICHAŁOWICE | M20 | 31 | 00:10:28 | 00:23:10.30 | 00:23:10.30 | +00:07:29 (32.3%) | 13:37 | 4.4 (67.7%) |
| 153 | WYPUKOŁ Jakub | 2291 | SOCIOS SILESIA | M20 | 32 | 00:10:16 | 00:23:12.10 | 00:23:12.10 | +00:07:31 (32.4%) | 13:38 | 4.4 (67.7%) |
| 154 | JASTRZĘBSKI Piotr | 2058 | SOCIOS SILESIA | M30 | 59 | 00:10:10 | 00:23:15.40 | 00:23:15.40 | +00:07:34 (32.6%) | 13:40 | 4.4 (67.7%) |
| 155 | KALITA Arek | 2233 | KAMAK | M40 | 38 | 00:10:24 | 00:23:15.45 | 00:23:15.45 | +00:07:34 (32.6%) | 13:40 | 4.4 (67.7%) |
| 156 | OSTROWSKI Maciej | 2275 | SOCIOS SILESIA | M20 | 33 | 00:10:14 | 00:23:16.55 | 00:23:16.55 | +00:07:36 (32.7%) | 13:41 | 4.4 (67.7%) |
| 157 | RAKSZAWA Krzysztof | 2306 | | M40 | 39 | 00:10:30 | 00:23:17.60 | 00:23:17.60 | +00:07:37 (32.7%) | 13:41 | 4.4 (67.7%) |
| 158 | ŚWIŃCZYK Marcin | 2227 | GRUPA KRYZYS | M30 | 60 | 00:10:26 | 00:23:18.60 | 00:23:18.60 | +00:07:38 (32.8%) | 13:42 | 4.4 (67.7%) |
| 159 | WOŹNIAK Radosław | 2225 | SKAWINA BIEGA | M30 | 61 | 00:10:07 | 00:23:18.80 | 00:23:18.80 | +00:07:38 (32.8%) | 13:42 | 4.4 (67.7%) |
| 160 | KIEŁTYKA Zbigniew | 2221 | KW GLIWICE | M40 | 40 | 00:10:25 | 00:23:18.90 | 00:23:18.90 | +00:07:38 (32.8%) | 13:42 | 4.4 (67.7%) |
| 161 | DYDUŁA Łukasz | 2125 | ITAL CAR TEAM | M40 | 41 | 00:10:20 | 00:23:19.90 | 00:23:19.90 | +00:07:39 (32.8%) | 13:42 | 4.4 (67.7%) |
| 162 | DOLATA Krzysztof | 2055 | SOCIOS SILESIA | M30 | 62 | 00:09:58 | 00:23:20.90 | 00:23:20.90 | +00:07:40 (32.9%) | 13:43 | 4.4 (67.7%) |
| 163 | HORA Grzegorz | 2086 | | M30 | 63 | 00:10:26 | 00:23:21.00 | 00:23:21.00 | +00:07:40 (32.9%) | 13:44 | 4.4 (67.7%) |
| 164 | RZEPKA Piotr | 2050 | SPORTOWY ŚWIR | M20 | 34 | 00:10:13 | 00:23:22.05 | 00:23:22.05 | +00:07:41 (32.9%) | 13:44 | 4.4 (67.7%) |
| 165 | STOLARSKI Paweł | 2166 | | M30 | 64 | 00:10:29 | 00:23:22.95 | 00:23:22.95 | +00:07:42 (33.0%) | 13:44 | 4.4 (67.7%) |
| 166 | FUTYMA Daniel | 2159 | | M40 | 42 | 00:10:25 | 00:23:24.60 | 00:23:24.60 | +00:07:44 (33.0%) | 13:45 | 4.4 (67.7%) |
| 167 | STELMASZCZYK Bartłomiej | 2070 | SCOUT TAEM | M40 | 43 | 00:10:25 | 00:23:25.75 | 00:23:25.75 | +00:07:45 (33.1%) | 13:46 | 4.4 (67.7%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Polowka 0.9km | Czas | | Różn | Tempo min/km | Tempo km/h |
|-----|-------------------------------|-------------|-------------------------|-----------|------|------------------|--------------------|--------------------|----------------------|-----------------|----------------|
| | | | | | | | netto 1.7km | brutto 1.7km | | | |
| 168 | DARCHUK Oleksandr | 2273 | | M40 | 44 | 00:10:21 | 00:23:27.25 | 00:23:27.25 | +00:07:46 (33.2%) | 13:47 | 4.3 (66.2%) |
| 169 | SUDNIK Krzysztof | 2051 | | M30 | 65 | 00:10:22 | 00:23:27.75 | 00:23:27.75 | +00:07:47 (33.2%) | 13:47 | 4.3 (66.2%) |
| 170 | RATYŃSKI Bartłomiej | 2046 | HAPPY RUNNERS | M30 | 66 | 00:10:35 | 00:23:28.15 | 00:23:28.15 | +00:07:47 (33.2%) | 13:48 | 4.3 (66.2%) |
| 171 | DUDZIAK Marek | 2274 | BB RUNNERS / DUDIKOM.PL | M30 | 67 | 00:10:41 | 00:23:32.30 | 00:23:32.30 | +00:07:51 (33.4%) | 13:50 | 4.3 (66.2%) |
| 172 | MIECH Szymon | 2251 | HUSARIA RACE TEAM | M30 | 68 | 00:10:31 | 00:23:35.00 | 00:23:35.00 | +00:07:54 (33.5%) | 13:52 | 4.3 (66.2%) |
| 173 | CIUPEK Remigiusz | 2027 | #ODKRYWCYTAURUS | M30 | 69 | 00:10:33 | 00:23:36.10 | 00:23:36.10 | +00:07:55 (33.6%) | 13:52 | 4.3 (66.2%) |
| 174 | BEDNARZ Sebastian | 2066 | OTM. B | M40 | 45 | 00:10:27 | 00:23:38.00 | 00:23:38.00 | +00:07:57 (33.7%) | 13:54 | 4.3 (66.2%) |
| 175 | TONDYS Piotr | 2016 | TIGERS TEAM | M40 | 46 | 00:10:48 | 00:23:40.45 | 00:23:40.45 | +00:07:59 (33.8%) | 13:55 | 4.3 (66.2%) |
| 176 | KRUPA Grzegorz | 2318 | | M40 | 47 | 00:10:29 | 00:23:44.05 | 00:23:44.05 | +00:08:03 (34.0%) | 13:57 | 4.3 (66.2%) |
| 177 | ZĄBEK Łukasz | 2218 | MATNER RUNNING TEAM | M40 | 48 | 00:10:17 | 00:23:46.35 | 00:23:46.35 | +00:08:05 (34.1%) | 13:58 | 4.3 (66.2%) |
| 178 | KOCHMAN Krzysztof | 2019 | HARPAGAN SOSNOWIEC | M40 | 49 | 00:10:28 | 00:23:47.00 | 00:23:47.00 | +00:08:06 (34.1%) | 13:59 | 4.3 (66.2%) |
| 179 | WAŚ Andrzej | 2180 | | M40 | 50 | 00:10:32 | 00:23:48.95 | 00:23:48.95 | +00:08:08 (34.2%) | 14:00 | 4.3 (66.2%) |
| 180 | LIWOCH Sebastian | 2114 | | M30 | 70 | 00:10:21 | 00:23:49.65 | 00:23:49.65 | +00:08:09 (34.2%) | 14:00 | 4.3 (66.2%) |
| 181 | ROGOSZ Marcin | 2031 | SOCIOS SILESIA | M30 | 71 | 00:10:26 | 00:23:51.15 | 00:23:51.15 | +00:08:10 (34.3%) | 14:01 | 4.3 (66.2%) |
| 182 | WOŁOSZYN Piotr | 2255 | | M30 | 72 | 00:10:39 | 00:23:54.20 | 00:23:54.20 | +00:08:13 (34.4%) | 14:03 | 4.3 (66.2%) |
| 183 | STALMACH Damian | 2174 | LECYMY DURŚ | M40 | 51 | 00:10:17 | 00:23:55.15 | 00:23:55.15 | +00:08:14 (34.5%) | 14:04 | 4.3 (66.2%) |
| 184 | JAGIELSKI Piotr | 2187 | | M40 | 52 | 00:10:37 | 00:23:56.00 | 00:23:56.00 | +00:08:15 (34.5%) | 14:04 | 4.3 (66.2%) |
| 185 | MORAWSKI Grzegorz | 2049 | TRENER24H.COM.PL | M30 | 73 | 00:10:25 | 00:23:56.70 | 00:23:56.70 | +00:08:16 (34.5%) | 14:04 | 4.3 (66.2%) |
| 186 | KALAMUS Mirek | 2220 | ULTRA BESKID SPORT | M40 | 53 | 00:10:39 | 00:23:58.80 | 00:23:58.80 | +00:08:18 (34.6%) | 14:05 | 4.3 (66.2%) |
| 187 | KOSTRUBIEC Maciej | 2250 | | M20 | 35 | 00:10:13 | 00:24:00.15 | 00:24:00.15 | +00:08:19 (34.7%) | 14:07 | 4.3 (66.2%) |
| 188 | RYGOŁ Janusz | 2190 | CF KUŹNIA DAMIANA | M40 | 54 | 00:10:33 | 00:24:01.70 | 00:24:01.70 | +00:08:21 (34.8%) | 14:07 | 4.2 (64.6%) |
| 189 | BARCZUK Anna | 1069 | | K20 | 6 | 00:10:34 | 00:24:01.80 | 00:24:01.80 | +00:08:21 (34.8%) | 14:07 | 4.2 (64.6%) |
| 190 | BARTULA Arkadiusz | 2135 | SPEED TEAM BRZESZCZE | M40 | 55 | 00:10:44 | 00:24:04.10 | 00:24:04.10 | +00:08:23 (34.9%) | 14:09 | 4.2 (64.6%) |
| 191 | GÓRYŃSKI Rafał | 2282 | | M20 | 36 | 00:10:28 | 00:24:04.85 | 00:24:04.85 | +00:08:24 (34.9%) | 14:09 | 4.2 (64.6%) |
| 192 | THIER Dominik | 2283 | | M40 | 56 | 00:10:42 | 00:24:06.10 | 00:24:06.10 | +00:08:25 (35.0%) | 14:10 | 4.2 (64.6%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Polowka 0.9km | Czas | | Różn | Tempo min/km | Tempo km/h |
|-----|---------------------------|-------------|---|-----------|------|------------------|--------------------|--------------------|----------------------|-----------------|----------------|
| | | | | | | | netto 1.7km | brutto 1.7km | | | |
| 193 | URBAŃCZYK Dawid | 2232 | LECYMY DURŚ | M30 | 74 | 00:10:59 | 00:24:06.25 | 00:24:06.25 | +00:08:25 (35.0%) | 14:10 | 4.2 (64.6%) |
| 194 | JASEK Piotr | 2303 | KL CZANTORIA | M40 | 57 | 00:10:40 | 00:24:08.05 | 00:24:08.05 | +00:08:27 (35.0%) | 14:11 | 4.2 (64.6%) |
| 195 | BROJ Adrian | 2263 | BROJ TEAM ŻLINICE | M50 | 9 | 00:10:46 | 00:24:08.20 | 00:24:08.20 | +00:08:27 (35.1%) | 14:11 | 4.2 (64.6%) |
| 196 | ROSKOSZ Rafał | 2199 | PRO-WINDOW ALU & GLASS DESINGTEAM TARNOWSKIE GÓRY | M40 | 58 | 00:10:43 | 00:24:09.00 | 00:24:09.00 | +00:08:28 (35.1%) | 14:12 | 4.2 (64.6%) |
| 197 | SZAWUL Piotr | 2258 | ITMBW KRAKÓW | M40 | 59 | 00:10:58 | 00:24:09.65 | 00:24:09.65 | +00:08:29 (35.1%) | 14:12 | 4.2 (64.6%) |
| 198 | KURYŁO Zenon | 2150 | SBD ENERGETYK RYBNIK | M50 | 10 | 00:11:15 | 00:24:12.10 | 00:24:12.10 | +00:08:31 (35.2%) | 14:14 | 4.2 (64.6%) |
| 199 | SZWED Renata | 1066 | ZF | K40 | 4 | 00:10:48 | 00:24:19.05 | 00:24:19.05 | +00:08:38 (35.5%) | 14:18 | 4.2 (64.6%) |
| 200 | TEKIELI Tomek | 2124 | KLUB BYŁYCH DŻENTELMENÓW | M30 | 75 | 00:11:05 | 00:24:19.65 | 00:24:19.65 | +00:08:39 (35.6%) | 14:18 | 4.2 (64.6%) |
| 201 | BAC Michał | 2148 | | M30 | 76 | 00:10:56 | 00:24:20.75 | 00:24:20.75 | +00:08:40 (35.6%) | 14:18 | 4.2 (64.6%) |
| 202 | DONIEC Tomasz | 2192 | DECATHLON BIELSKO-BIAŁA | M20 | 37 | 00:10:35 | 00:24:22.95 | 00:24:22.95 | +00:08:42 (35.7%) | 14:20 | 4.2 (64.6%) |
| 203 | STACHOWIAK Wiesław | 2257 | NIGHT RUNNERS WROCŁAW | M40 | 60 | 00:11:06 | 00:24:23.80 | 00:24:23.80 | +00:08:43 (35.7%) | 14:20 | 4.2 (64.6%) |
| 204 | KRZEMIŃSKI Tomasz | 2228 | | M30 | 77 | 00:10:56 | 00:24:29.40 | 00:24:29.40 | +00:08:48 (36.0%) | 14:24 | 4.2 (64.6%) |
| 205 | PRONOBIS Marek | 2134 | BWM TEAM | M30 | 78 | 00:10:49 | 00:24:32.85 | 00:24:32.85 | +00:08:52 (36.1%) | 14:25 | 4.2 (64.6%) |
| 206 | BONDARA Sylwia | 1008 | JACEKBIEGA RUNNING TEAM | K30 | 6 | 00:11:19 | 00:24:34.65 | 00:24:34.65 | +00:08:54 (36.2%) | 14:27 | 4.2 (64.6%) |
| 207 | WARAS Wojciech | 2226 | | M30 | 79 | | 00:24:36.00 | 00:24:36.00 | +00:08:55 (36.3%) | 14:28 | 4.1 (63.1%) |
| 208 | REDZIK Dorota | 1031 | ENDURANCE TEAM | K30 | 7 | 00:11:09 | 00:24:36.75 | 00:24:37.40 | +00:08:56 (36.3%) | 14:28 | 4.1 (63.1%) |
| 209 | PIĄTEK Rafał | 2098 | BEFIT24TEAM | M30 | 80 | 00:10:45 | 00:24:40.50 | 00:24:40.50 | +00:08:59 (36.5%) | 14:30 | 4.1 (63.1%) |
| 210 | GANCARZ Mariusz | 2054 | | M40 | 61 | 00:11:02 | 00:24:42.45 | 00:24:42.45 | +00:09:01 (36.6%) | 14:31 | 4.1 (63.1%) |
| 211 | LORENS Magdalena | 1035 | G.O.A.T. TEAM MICHAŁOWICE | K20 | 7 | 00:11:00 | 00:24:42.85 | 00:24:42.85 | +00:09:02 (36.6%) | 14:31 | 4.1 (63.1%) |
| 212 | KONDRATIUK Ira | 1059 | BIEGAM ŻEBY ŻREĆ WIĘCEJ CIASTKÓW | K20 | 8 | 00:10:53 | 00:24:45.05 | 00:24:45.05 | +00:09:04 (36.7%) | 14:33 | 4.1 (63.1%) |
| 213 | KRAWCZYK Wojciech | 2161 | WOPR PIEKARY ŚLĄSKIE | M30 | 81 | 00:10:33 | 00:24:45.65 | 00:24:45.65 | +00:09:05 (36.7%) | 14:33 | 4.1 (63.1%) |
| 214 | HERMAN Kamil | 2163 | ZABIEGANY WOŁOMIN | M30 | 82 | 00:11:06 | 00:24:46.15 | 00:24:46.15 | +00:09:05 (36.7%) | 14:34 | 4.1 (63.1%) |
| 215 | KAMIŃSKI Zbigniew | 2267 | GRUBIORZE LOTAJOM | M30 | 83 | 00:10:48 | 00:24:46.30 | 00:24:46.30 | +00:09:05 (36.7%) | 14:34 | 4.1 (63.1%) |
| 216 | MUSIALIK Jan | 2217 | PRO-WINDOWS ALU & GLASS DESIGN TEAM TARNOWSKIE GÓRY | M40 | 62 | 00:10:47 | 00:24:46.60 | 00:24:46.60 | +00:09:06 (36.7%) | 14:34 | 4.1 (63.1%) |
| 217 | DANIELCZUK Dominik | 2201 | DOMAN TEAM | M30 | 84 | 00:10:35 | 00:24:49.80 | 00:24:49.80 | +00:09:09 (36.9%) | 14:35 | 4.1 (63.1%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas | | Różn | Tempo min/km | Tempo km/h | |
|-----|----------------------------|-------------|---|-----------|------|---------------|--------------------|--------------------|-------------------|------------|--------------|
| | | | | | | Polowka 0.9km | netto 1.7km | | | | brutto 1.7km |
| 218 | SZNAJDER Rafał | 2234 | G.O.A.T. TEAM MICHAŁOWICE | M40 | 63 | 00:11:00 | 00:24:53.35 | 00:24:53.35 | +00:09:12 (37.0%) | 14:38 | 4.1 (63.1%) |
| 219 | RACZYŃSKI Bogusz | 2018 | TIGERS TEAM | M30 | 85 | 00:11:02 | 00:24:59.60 | 00:24:59.60 | +00:09:19 (37.3%) | 14:41 | 4.1 (63.1%) |
| 220 | IMIELSKI Maciej | 2223 | BRYGADA KRYZYS | M20 | 38 | 00:11:15 | 00:25:01.60 | 00:25:01.60 | +00:09:21 (37.4%) | 14:42 | 4.1 (63.1%) |
| 221 | FALKOWSKI Piotr | 2333 | KS PEGAZ PIASECZNO | M40 | 64 | 00:11:26 | 00:25:03.55 | 00:25:03.55 | +00:09:23 (37.4%) | 14:44 | 4.1 (63.1%) |
| 222 | KUBIK Jarosław | 2314 | | M40 | 65 | 00:11:09 | 00:25:07.85 | 00:25:07.85 | +00:09:27 (37.6%) | 14:46 | 4.1 (63.1%) |
| 223 | PRZEPIÓRKA Michał | 2256 | | M30 | 86 | 00:11:09 | 00:25:14.90 | 00:25:14.90 | +00:09:34 (37.9%) | 14:50 | 4 (61.5%) |
| 224 | BRODEK Andrzej | 2119 | CERTUM | M40 | 66 | 00:11:04 | 00:25:16.70 | 00:25:16.70 | +00:09:36 (38.0%) | 14:51 | 4 (61.5%) |
| 225 | POTOCZNY Mirosław | 2080 | TRAILRUNNERSJAWORZNO/Z BIEGANIEM MI DO TWARZY | M40 | 67 | 00:11:18 | 00:25:18.25 | 00:25:18.25 | +00:09:37 (38.1%) | 14:52 | 4 (61.5%) |
| 226 | PITAS Andrzej | 2270 | ZAPIERDALACZE | M40 | 68 | 00:11:11 | 00:25:19.05 | 00:25:19.05 | +00:09:38 (38.1%) | 14:53 | 4 (61.5%) |
| 227 | SZOSTAK Artur | 2073 | BRAVEHEARTS LEGIONOWO | M20 | 39 | 00:11:22 | 00:25:19.95 | 00:25:19.95 | +00:09:39 (38.1%) | 14:53 | 4 (61.5%) |
| 228 | STRYCZEK Tomasz | 2079 | AKTYWNY WEEKEND | M30 | 87 | 00:11:14 | 00:25:22.30 | 00:25:22.30 | +00:09:41 (38.2%) | 14:55 | 4 (61.5%) |
| 229 | SMUDA Ryszard | 2154 | | M60 | 4 | 00:11:21 | 00:25:32.05 | 00:25:32.05 | +00:09:51 (38.6%) | 15:01 | 4 (61.5%) |
| 230 | SWOBODA Jarosław | 2064 | NIGHT RUNNERS GLIWICE | M40 | 69 | 00:11:32 | 00:25:36.05 | 00:25:36.05 | +00:09:55 (38.8%) | 15:03 | 4 (61.5%) |
| 231 | JACHYM Arkadiusz | 2068 | SOCIOS SILESIA | M30 | 88 | 00:10:51 | 00:25:40.15 | 00:25:40.15 | +00:09:59 (38.9%) | 15:05 | 4 (61.5%) |
| 232 | BŁASZCZYK Sebastian | 2264 | KURŁA KAJ TA META ?! | M20 | 40 | 00:10:57 | 00:25:44.25 | 00:25:44.25 | +00:10:03 (39.1%) | 15:08 | 4 (61.5%) |
| 233 | DELONG Sebastian | 2130 | RYBNICKA GRUPA BIEGOWA - PĘDZIMY RAZEM | M40 | 70 | 00:11:27 | 00:25:45.65 | 00:25:45.65 | +00:10:05 (39.1%) | 15:08 | 4 (61.5%) |
| 234 | SMACZYŃSKI Dariusz | 2313 | | M50 | 11 | 00:11:10 | 00:25:54.70 | 00:25:54.70 | +00:10:14 (39.5%) | 15:14 | 3.9 (60.0%) |
| 235 | ZAWADZKI Damian | 2300 | LECYMY DURŚ | M30 | 89 | 00:10:38 | 00:25:55.25 | 00:25:55.25 | +00:10:14 (39.5%) | 15:14 | 3.9 (60.0%) |
| 236 | KADŁUBEK Aleksander | 2091 | OSP REPTY ŚLĄSKIE/TKTJ | M30 | 90 | 00:11:53 | 00:25:57.80 | 00:25:57.80 | +00:10:17 (39.6%) | 15:15 | 3.9 (60.0%) |
| 237 | WOJTYRA Karolina | 1060 | ENTER AIR RUNNERS CLUB | K20 | 9 | 00:11:52 | 00:25:59.95 | 00:25:59.95 | +00:10:19 (39.7%) | 15:17 | 3.9 (60.0%) |
| 238 | PUCHAJDA Monika | 1032 | | K30 | 8 | 00:11:50 | 00:26:00.15 | 00:26:00.15 | +00:10:19 (39.7%) | 15:17 | 3.9 (60.0%) |
| 239 | CIOĆ Robert | 2301 | | M30 | 91 | 00:11:56 | 00:26:01.05 | 00:26:01.05 | +00:10:20 (39.7%) | 15:18 | 3.9 (60.0%) |
| 240 | ZIĘBA Anna | 1017 | PORANNY PATROL | K30 | 9 | 00:11:58 | 00:26:01.55 | 00:26:01.55 | +00:10:21 (39.8%) | 15:18 | 3.9 (60.0%) |
| 241 | SEREMET Piotr | 2193 | WWW.S-PROJEKTY.PL | M40 | 71 | 00:10:59 | 00:26:02.65 | 00:26:02.65 | +00:10:22 (39.8%) | 15:18 | 3.9 (60.0%) |
| 242 | KOŚCIELNY Łukasz | 2204 | FORMA WODZISŁAW ŚLĄSKI | M40 | 72 | 00:11:10 | 00:26:04.10 | 00:26:04.10 | +00:10:23 (39.9%) | 15:20 | 3.9 (60.0%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas | | Czas netto 1.7km | Czas brutto 1.7km | Różn | Tempo min/km | Tempo km/h |
|-----|---------------------------|-------------|--|-----------|------|------------------|--------------------|---------------------|----------------------|-------|-----------------|---------------|
| | | | | | | Polowka 0.9km | 1.7km | | | | | |
| 243 | SIKORA Mariusz | 2089 | GOGGLE PAE TEAM/SREBRNI BIEGACZE TARNOWSKIE GÓRY | M40 | 73 | 00:11:15 | 00:26:05.50 | 00:26:05.50 | +00:10:24 (39.9%) | 15:20 | 3.9 (60.0%) | |
| 244 | ŚWIERK Krystyna | 1068 | | K60 | 1 | 00:12:16 | 00:26:06.45 | 00:26:06.45 | +00:10:25 (40.0%) | 15:21 | 3.9 (60.0%) | |
| 245 | MA CZKA Krystyna | 1009 | OTK RZEŻNIK | K60 | 2 | 00:12:08 | 00:26:08.05 | 00:26:08.05 | +00:10:27 (40.0%) | 15:22 | 3.9 (60.0%) | |
| 246 | RZEPKA Magdalena | 1061 | NIGHT RUNNERS | K30 | 10 | 00:11:34 | 00:26:11.45 | 00:26:11.45 | +00:10:30 (40.1%) | 15:24 | 3.9 (60.0%) | |
| 247 | GUZIAK Irena | 1041 | 4 | K40 | 5 | 00:12:01 | 00:26:17.75 | 00:26:17.75 | +00:10:37 (40.4%) | 15:27 | 3.9 (60.0%) | |
| 248 | TERLECKI Marcin | 2307 | | M40 | 74 | 00:11:14 | 00:26:33.20 | 00:26:33.20 | +00:10:52 (41.0%) | 15:37 | 3.8 (58.5%) | |
| 249 | WRZESIŃSKI Piotr | 2179 | GAPPAG TEAM | M40 | 75 | 00:12:09 | 00:26:38.65 | 00:26:38.65 | +00:10:58 (41.2%) | 15:40 | 3.8 (58.5%) | |
| 250 | MENŻYK Joanna | 1038 | | K40 | 6 | 00:11:55 | 00:26:40.70 | 00:26:40.70 | +00:11:00 (41.2%) | 15:41 | 3.8 (58.5%) | |
| 251 | LEMAŃSKI Arkadiusz | 2075 | | M30 | 92 | 00:11:36 | 00:26:42.15 | 00:26:42.15 | +00:11:01 (41.3%) | 15:42 | 3.8 (58.5%) | |
| 252 | PINKOWICZ Maciej | 2191 | CF KUŹNIA DAMIANA | M30 | 93 | 00:11:33 | 00:26:50.15 | 00:26:50.15 | +00:11:09 (41.6%) | 15:47 | 3.8 (58.5%) | |
| 253 | BAŃCZYK Marcin | 2237 | 1 LIGA TRI TEAM | M40 | 76 | 00:11:28 | 00:26:51.55 | 00:26:51.55 | +00:11:11 (41.6%) | 15:47 | 3.8 (58.5%) | |
| 254 | PIDANTY Łukasz | 2106 | | M30 | 94 | 00:11:41 | 00:26:55.75 | 00:26:55.75 | +00:11:15 (41.8%) | 15:50 | 3.8 (58.5%) | |
| 255 | PRYSZCZ Mirosław | 2047 | | M40 | 77 | 00:12:08 | 00:26:57.45 | 00:26:57.45 | +00:11:16 (41.8%) | 15:51 | 3.8 (58.5%) | |
| 256 | PASULA Katarzyna | 1062 | | K40 | 7 | 00:11:58 | 00:27:00.85 | 00:27:00.85 | +00:11:20 (42.0%) | 15:52 | 3.8 (58.5%) | |
| 257 | ŚMIATEK Marcin | 2235 | AGRESOR | M40 | 78 | 00:11:34 | 00:27:07.90 | 00:27:07.90 | +00:11:27 (42.2%) | 15:57 | 3.8 (58.5%) | |
| 258 | FIAŁKOWSKA Bożena | 1012 | HARPAGAN SOSNOWIEC | K40 | 8 | 00:12:23 | 00:27:11.10 | 00:27:11.10 | +00:11:30 (42.3%) | 15:59 | 3.8 (58.5%) | |
| 259 | HOLECZEK Damian | 2024 | | M40 | 79 | 00:11:57 | 00:27:16.90 | 00:27:16.90 | +00:11:36 (42.5%) | 16:02 | 3.7 (56.9%) | |
| 260 | RĘKAWIECKI Łukasz | 2216 | | M20 | 41 | 00:12:10 | 00:27:26.10 | 00:27:26.10 | +00:11:45 (42.9%) | 16:08 | 3.7 (56.9%) | |
| 261 | DETLAFF Patrycja | 1058 | DREAM RUN | K30 | 11 | 00:12:40 | 00:27:29.10 | 00:27:29.10 | +00:11:48 (43.0%) | 16:10 | 3.7 (56.9%) | |
| 262 | CZARNOTA Leszek | 2128 | | M40 | 80 | | 00:27:36.00 | 00:27:36.00 | +00:11:55 (43.2%) | 16:14 | 3.7 (56.9%) | |
| 263 | KLIMOSZ Edyta | 1045 | LECYMY DURŚ | K20 | 10 | 00:12:15 | 00:27:52.10 | 00:27:52.10 | +00:12:11 (43.8%) | 16:23 | 3.7 (56.9%) | |
| 264 | OLESEK Magdalena | 1020 | #CZELADŹBIEGA | K30 | 12 | 00:12:21 | 00:27:53.65 | 00:27:53.65 | +00:12:13 (43.8%) | 16:24 | 3.7 (56.9%) | |
| 265 | HALEK Przemysław | 2316 | | M30 | 95 | 00:12:13 | 00:27:55.30 | 00:27:55.30 | +00:12:14 (43.9%) | 16:25 | 3.7 (56.9%) | |
| 266 | RĄCZKA Marcin | 2278 | SZYBCY I WŚCIEKLI | M30 | 96 | 00:11:55 | 00:28:22.00 | 00:28:22.00 | +00:12:41 (44.7%) | 16:41 | 3.6 (55.4%) | |
| 267 | STASIEWICZ Jacek | 2224 | | M40 | 81 | 00:11:27 | 00:28:29.05 | 00:28:29.05 | +00:12:48 (45.0%) | 16:45 | 3.6 (55.4%) | |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas | | Różn | Tempo min/km | Tempo km/h | |
|-----|-----------------------------------|-------------|--|-----------|------|---------------|--------------------|--------------------|-------------------|------------|--------------|
| | | | | | | Polowka 0.9km | netto 1.7km | | | | brutto 1.7km |
| 268 | SZPERLICH Grzegorz | 2195 | PRZEŁAJKA | M40 | 82 | 00:12:53 | 00:28:31.35 | 00:28:31.35 | +00:12:50 (45.0%) | 16:46 | 3.6 (55.4%) |
| 269 | KRUK Krzysiek | 2239 | NIGHT RUNNERS ZABRZE | M40 | 83 | 00:12:36 | 00:28:35.60 | 00:28:35.60 | +00:12:55 (45.2%) | 16:48 | 3.6 (55.4%) |
| 270 | WITA Krzysztof | 2203 | FORMA WODZISŁAW ŚLĄSKI | M30 | 97 | 00:12:03 | 00:28:41.05 | 00:28:41.05 | +00:13:00 (45.4%) | 16:52 | 3.6 (55.4%) |
| 271 | KACZKIEWICZ Damian | 2281 | NIGHT RUNNERS GLIWICE | M40 | 84 | 00:12:06 | 00:28:46.90 | 00:28:46.90 | +00:13:06 (45.5%) | 16:55 | 3.5 (53.8%) |
| 272 | PINTSCHER Paulina | 1064 | | K30 | 13 | 00:12:35 | 00:28:49.05 | 00:28:49.05 | +00:13:08 (45.6%) | 16:57 | 3.5 (53.8%) |
| 273 | BACIA Ewa | 1016 | LECYMY DURŚ | K30 | 14 | 00:13:18 | 00:28:51.55 | 00:28:51.55 | +00:13:11 (45.7%) | 16:58 | 3.5 (53.8%) |
| 274 | DZIUBLA Bartłomiej | 2099 | | M20 | 42 | 00:11:59 | 00:28:52.30 | 00:28:52.30 | +00:13:11 (45.7%) | 16:58 | 3.5 (53.8%) |
| 275 | JURECZKO Joanna | 1047 | LECYMY DURŚ | K20 | 11 | 00:13:18 | 00:28:58.70 | 00:28:58.70 | +00:13:18 (45.9%) | 17:02 | 3.5 (53.8%) |
| 276 | MATUSZCZYK Maciej | 2197 | CZPTYCHY.PL | M40 | 85 | 00:11:36 | 00:29:19.30 | 00:29:19.30 | +00:13:38 (46.5%) | 17:14 | 3.5 (53.8%) |
| 277 | LISOWSKA Kamila | 1039 | LEŚNE RUN/NIGHT RUNNERS | K30 | 15 | 00:13:30 | 00:29:26.35 | 00:29:26.35 | +00:13:45 (46.8%) | 17:18 | 3.5 (53.8%) |
| 278 | ŻEBROWSKA Jolanta | 1033 | POTRENUJEMY, CHEMIK NOXY PUŁAWY, UMCS BIEGA | K40 | 9 | 00:12:27 | 00:29:35.40 | 00:29:35.40 | +00:13:54 (47.0%) | 17:24 | 3.4 (52.3%) |
| 279 | KOŁODZIEJCZYK Dariusz | 2185 | SOCIOS SILESIA | M40 | 86 | 00:12:36 | 00:29:40.50 | 00:29:40.50 | +00:13:59 (47.2%) | 17:27 | 3.4 (52.3%) |
| 280 | BARCHANOWSKI Wojciech | 2139 | HARPAGAN SOSNOWIEC | M40 | 87 | 00:12:48 | 00:29:45.70 | 00:29:45.70 | +00:14:05 (47.3%) | 17:30 | 3.4 (52.3%) |
| 281 | ADAMUS Klaudia | 1036 | | K30 | 16 | 00:13:01 | 00:29:45.90 | 00:29:45.90 | +00:14:05 (47.3%) | 17:30 | 3.4 (52.3%) |
| 282 | GAJEWSKA Agnieszka | 1023 | RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM | K40 | 10 | 00:13:36 | 00:29:47.30 | 00:29:47.30 | +00:14:06 (47.4%) | 17:31 | 3.4 (52.3%) |
| 283 | SKOŁUBOWICZ Marzena | 1028 | LECEBOCHCE | K30 | 17 | 00:13:06 | 00:29:52.30 | 00:29:52.30 | +00:14:11 (47.5%) | 17:34 | 3.4 (52.3%) |
| 284 | KAROLCZAK Joanna | 1030 | GOGGLE PAE TEAM/SREBRNI BIEGACZE TARNOWSKIE GÓRY | K40 | 11 | 00:13:19 | 00:30:04.80 | 00:30:04.80 | +00:14:24 (47.9%) | 17:41 | 3.4 (52.3%) |
| 285 | MORAWSKI Tomasz | 2143 | | M30 | 98 | 00:13:01 | 00:30:22.35 | 00:30:22.35 | +00:14:41 (48.4%) | 17:51 | 3.4 (52.3%) |
| 286 | KANIOWSKI Wojciech | 2277 | | M40 | 88 | 00:13:09 | 00:30:24.25 | 00:30:25.70 | +00:14:45 (48.5%) | 17:52 | 3.4 (52.3%) |
| 287 | KUMIĘGA Joanna | 1029 | WKURW_TEAM | K30 | 18 | 00:13:05 | 00:30:45.40 | 00:30:45.40 | +00:15:04 (49.0%) | 18:05 | 3.3 (50.8%) |
| 288 | BENISZ Wojciech | 2056 | SREBRNE MIASTO TARNOWSKIE GÓRY | M30 | 99 | 00:12:44 | 00:30:48.90 | 00:30:48.90 | +00:15:08 (49.1%) | 18:07 | 3.3 (50.8%) |
| 289 | WAŁĘGA-ROSTEK Małgorzata | 1052 | ULTRAMEKI | K40 | 12 | 00:13:37 | 00:30:52.90 | 00:30:52.90 | +00:15:12 (49.2%) | 18:09 | 3.3 (50.8%) |
| 290 | FRANKI Marcin | 2160 | LECYMY DURŚ | M30 | 100 | 00:12:41 | 00:30:59.05 | 00:30:59.05 | +00:15:18 (49.4%) | 18:13 | 3.3 (50.8%) |
| 291 | PAZDERSKA-KIPIEL Agnieszka | 1015 | EVIL TEAM | K30 | 19 | 00:14:00 | 00:31:05.05 | 00:31:05.05 | +00:15:24 (49.6%) | 18:17 | 3.3 (50.8%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Polowka 0.9km | Czas netto 1.7km | Czas brutto 1.7km | Różn | Tempo min/km | Tempo km/h |
|-----|-----------------------------|-------------|---------------------------------------|-----------|------|------------------|------------------------|-------------------------|----------------------|-----------------|----------------|
| 292 | KORNAŚ Marcin | 2090 | ZĄBKOWICKA GRUPA BIEGOWA FRANKENSTEIN | M40 | 89 | 00:12:07 | 00:31:18.20 | 00:31:18.20 | +00:15:37 (49.9%) | 18:24 | 3.3 (50.8%) |
| 293 | KARAWACKI Grzegorz | 2140 | | M20 | 43 | 00:13:28 | 00:31:25.45 | 00:31:25.45 | +00:15:44 (50.1%) | 18:28 | 3.2 (49.2%) |
| 294 | RUDZKI Michał | 2028 | CROSSFIT Z16 | M20 | 44 | 00:13:20 | 00:31:49.60 | 00:31:49.60 | +00:16:09 (50.7%) | 18:42 | 3.2 (49.2%) |
| 295 | PIWKO Anna | 1057 | HUSARIA RACE TEAM | K30 | 20 | 00:13:55 | 00:31:51.45 | 00:31:51.45 | +00:16:10 (50.8%) | 18:44 | 3.2 (49.2%) |
| 296 | POPEŁDA Paulina | 1010 | HARPAGAN SOSNOWIEC | K30 | 21 | 00:13:55 | 00:32:02.15 | 00:32:02.15 | +00:16:21 (51.1%) | 18:50 | 3.2 (49.2%) |
| 297 | WASILEWSKI Marcin | 2142 | WW TEAM | M40 | 90 | 00:13:59 | 00:32:08.10 | 00:32:08.10 | +00:16:27 (51.2%) | 18:54 | 3.2 (49.2%) |
| 298 | ROJ Łukasz | 2061 | SAGOT | M30 | 101 | 00:12:44 | 00:32:16.80 | 00:32:16.80 | +00:16:36 (51.4%) | 18:58 | 3.2 (49.2%) |
| 299 | STAROWICZ Małgorzata | 1071 | | K40 | 13 | 00:14:27 | 00:32:24.35 | 00:32:24.35 | +00:16:43 (51.6%) | 19:03 | 3.1 (47.7%) |
| 300 | KASZTELAN-HUNIA Ewa | 1025 | | K40 | 14 | 00:14:41 | 00:32:44.20 | 00:32:44.20 | +00:17:03 (52.1%) | 19:15 | 3.1 (47.7%) |
| 301 | SZAFARZ Sabina | 1053 | LECYMY DURŚ | K30 | 22 | 00:14:09 | 00:32:53.10 | 00:32:53.10 | +00:17:12 (52.3%) | 19:20 | 3.1 (47.7%) |
| 302 | SZOŁTYSIK Barbara | 1040 | LECYMY DURŚ | K30 | 23 | 00:14:11 | 00:32:55.45 | 00:32:55.45 | +00:17:14 (52.4%) | 19:21 | 3.1 (47.7%) |
| 303 | KWAŚNIEWSKI Zbigniew | 2312 | | M40 | 91 | 00:12:56 | 00:33:23.05 | 00:33:23.05 | +00:17:42 (53.0%) | 19:38 | 3.1 (47.7%) |
| 304 | BIAŁAS Michał | 2092 | | M30 | 102 | 00:14:55 | 00:35:03.15 | 00:35:03.15 | +00:19:22 (55.3%) | 20:37 | 2.9 (44.6%) |
| 305 | GIURG Grzegorz | 2111 | LECEBOCHCE | M40 | 92 | 00:14:47 | 00:35:28.65 | 00:35:28.65 | +00:19:48 (55.8%) | 20:51 | 2.9 (44.6%) |
| 306 | PISOWŁODZKA Dagmara | 1048 | | K40 | 15 | 00:15:20 | 00:35:32.55 | 00:35:32.55 | +00:19:52 (55.9%) | 20:54 | 2.9 (44.6%) |
| 307 | DULEBA Bartosz | 2298 | UZDROWISKOWY TEAM USTRON | M30 | 103 | 00:15:16 | 00:36:06.90 | 00:36:06.90 | +00:20:26 (56.6%) | 21:14 | 2.8 (43.1%) |
| 308 | HERCKA Krzysztof | 2198 | | M30 | 104 | 00:15:32 | 00:36:35.25 | 00:36:35.25 | +00:20:54 (57.2%) | 21:31 | 2.8 (43.1%) |
| 309 | BRANC Diana | 1021 | | K20 | 12 | 00:16:34 | 00:36:50.45 | 00:36:50.45 | +00:21:09 (57.4%) | 21:40 | 2.8 (43.1%) |
| 310 | GRUDNIEWSKI Rafał | 2112 | SREBRNI BIEGACZE TARNOWSKIE GORY | M30 | 105 | 00:13:22 | 00:37:00.60 | 00:37:00.60 | +00:21:20 (57.6%) | 21:45 | 2.8 (43.1%) |
| 311 | PRZYBYSZ Paweł | 2241 | CARBON OCR RACING TEAM | M20 | 45 | 00:16:36 | 00:37:02.80 | 00:37:02.80 | +00:21:22 (57.7%) | 21:47 | 2.8 (43.1%) |
| 312 | OGAZA Anna | 1049 | | K30 | 24 | 00:16:35 | 00:37:35.00 | 00:37:35.00 | +00:21:54 (58.3%) | 22:06 | 2.7 (41.5%) |
| 313 | DEJA Andrzej | 2177 | | M50 | 12 | 00:16:34 | 00:37:37.00 | 00:37:37.00 | +00:21:56 (58.3%) | 22:07 | 2.7 (41.5%) |

Znaleziono 313 wynik(ów)