



ELIMINATOR 2018 - ETAP II

B4SPORT
INTELEGENTNE ZAWODY SPORTOWE

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

B4SPORT
INTELEGENTNE 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 | 00:07:20 | 00:16:06.50 | 00:16:06.50 | | 9:28 | 6.3 (100%) |
| 2 | GORCZYCA Bartosz | 2002 | SALCO GARMIN TEAM | M20 | 2 | 00:07:28 | 00:16:17.50 | 00:16:17.50 | +00:00:11 (1.1%) | 9:34 | 6.3 (100%) |
| 3 | JAWORSKI Zbigniew | 2292 | | M40 | 1 | 00:07:51 | 00:16:23.15 | 00:16:23.15 | +00:00:16 (1.7%) | 9:38 | 6.2 (98.4%) |
| 4 | BIERNAWSKI Piotr | 2010 | ATTIQ TEAM/SALMING | M40 | 2 | 00:07:30 | 00:16:28.80 | 00:16:28.80 | +00:00:22 (2.3%) | 9:41 | 6.2 (98.4%) |
| 5 | SKUPIEŃ Tomasz | 2005 | | M30 | 1 | 00:07:26 | 00:16:36.95 | 00:16:36.95 | +00:00:30 (3.1%) | 9:45 | 6.1 (96.8%) |
| 6 | KUBICA Marcin | 2009 | INOV-8 TEAM | M20 | 3 | 00:07:22 | 00:16:40.75 | 00:16:40.75 | +00:00:34 (3.4%) | 9:48 | 6.1 (96.8%) |
| 7 | KOŃ Piotr | 2003 | ALPIN SPORT TEAM | M40 | 3 | 00:08:00 | 00:16:45.00 | 00:16:45.00 | +00:00:38 (3.8%) | 9:51 | 6.1 (96.8%) |
| 8 | ELANTKOWSKI Jaś | 2248 | TKN TATRA TEAM | M20 | 4 | 00:07:46 | 00:16:47.45 | 00:16:47.45 | +00:00:40 (4.1%) | 9:52 | 6.1 (96.8%) |
| 9 | FARON Robert | 2001 | SALCO GARMIN TEAM | M40 | 4 | 00:07:44 | 00:16:52.05 | 00:16:52.05 | +00:00:45 (4.5%) | 9:55 | 6 (95.2%) |
| 10 | UZNAŃSKI Piotr | 2008 | EUROCLEAR RUNNING TEAM | M30 | 2 | 00:07:56 | 00:17:01.70 | 00:17:01.70 | +00:00:55 (5.4%) | 10:00 | 6 (95.2%) |
| 11 | DYCZEK Mariusz | 2118 | DYCZUŚ TEAM | M30 | 3 | 00:07:58 | 00:17:07.10 | 00:17:07.10 | +00:01:00 (5.9%) | 10:04 | 6 (95.2%) |
| 12 | KASZYCA Paweł | 2305 | | M40 | 5 | 00:08:00 | 00:17:11.30 | 00:17:11.30 | +00:01:04 (6.3%) | 10:06 | 5.9 (93.7%) |
| 13 | MIŚKIEWICZ Mariusz | 2006 | BIEGIEM PRZEZ CHYBIE | M30 | 4 | 00:07:52 | 00:17:15.40 | 00:17:15.40 | +00:01:08 (6.7%) | 10:08 | 5.9 (93.7%) |
| 14 | URBAŃCZYK Karol | 2081 | | M20 | 5 | 00:08:01 | 00:17:17.45 | 00:17:17.45 | +00:01:10 (6.8%) | 10:10 | 5.9 (93.7%) |
| 15 | MISIAK Bartosz | 2007 | ALPIN SPORT TEAM | M30 | 5 | 00:08:04 | 00:17:22.45 | 00:17:22.45 | +00:01:15 (7.3%) | 10:12 | 5.9 (93.7%) |
| 16 | DOMISZEWSKI Ignacy | 2308 | | M20 | 6 | 00:08:04 | 00:17:24.95 | 00:17:24.95 | +00:01:18 (7.5%) | 10:14 | 5.9 (93.7%) |
| 17 | POPIELARSKI Kubuś | 2286 | TKN TATRA TEAM | M20 | 7 | 00:08:06 | 00:17:28.30 | 00:17:28.30 | +00:01:21 (7.8%) | 10:16 | 5.8 (92.1%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Polowka 0.9km | Czas | | Różn | Tempo min/km | Tempo km/h |
|-----|-----------------------------|-------------|---|-----------|------|------------------|--------------------|--------------------|----------------------|-----------------|----------------|
| | | | | | | | netto 1.7km | brutto 1.7km | | | |
| 18 | IZYDOREK Michał | 2294 | KS SPRINT | M20 | 8 | 00:08:03 | 00:17:29.25 | 00:17:29.25 | +00:01:22 (7.9%) | 10:17 | 5.8 (92.1%) |
| 19 | SADOWSKI Paweł | 2045 | JANOWICKI HUSARZ ZNADDOLINY BOBRU W RUDAWACH JANOWICKICH PUŁKOWNIK Z BOLCZOWA | M20 | 9 | 00:08:02 | 00:17:33.50 | 00:17:33.50 | +00:01:27 (8.3%) | 10:19 | 5.8 (92.1%) |
| 20 | BROJ Marcel | 2253 | BROJ TEAM ŻLINICE | M20 | 10 | 00:08:12 | 00:17:53.20 | 00:17:53.20 | +00:01:46 (9.9%) | 10:31 | 5.7 (90.5%) |
| 21 | ATANASOW ANCEW Dawid | 2082 | D&D | M40 | 6 | 00:08:11 | 00:18:16.20 | 00:18:16.20 | +00:02:09 (11.8%) | 10:44 | 5.6 (88.9%) |
| 22 | JANUSZYK Iwona | 1005 | ATTIQ ALE TEAM/KS KANDAHAR | K20 | 1 | 00:08:21 | 00:18:26.10 | 00:18:26.10 | +00:02:19 (12.6%) | 10:50 | 5.5 (87.3%) |
| 23 | GAWLAS Dominik | 2287 | | M30 | 6 | 00:08:40 | 00:18:31.40 | 00:18:31.40 | +00:02:24 (13.0%) | 10:53 | 5.5 (87.3%) |
| 24 | OŚLIZŁO Tomasz | 2244 | XRUNNERS | M30 | 7 | 00:08:21 | 00:18:33.30 | 00:18:33.30 | +00:02:26 (13.2%) | 10:54 | 5.5 (87.3%) |
| 25 | DZIERWA Marcin | 2176 | NOWA HUTA TEAM | M30 | 8 | 00:08:39 | 00:18:40.10 | 00:18:40.10 | +00:02:33 (13.7%) | 10:58 | 5.5 (87.3%) |
| 26 | GUROŚ Dawid Vegan | 2243 | D&D | M30 | 9 | 00:08:22 | 00:18:46.00 | 00:18:46.00 | +00:02:39 (14.2%) | 11:02 | 5.4 (85.7%) |
| 27 | SAWICKI Kacper | 2288 | TKN TATRA TEAM | M20 | 11 | 00:08:39 | 00:18:58.30 | 00:18:58.30 | +00:02:51 (15.1%) | 11:09 | 5.4 (85.7%) |
| 28 | FIJAK Jan | 2210 | | M40 | 7 | 00:08:40 | 00:19:06.30 | 00:19:06.30 | +00:02:59 (15.7%) | 11:14 | 5.3 (84.1%) |
| 29 | BOROŃ Dariusz | 2262 | ASICS FRONTRUNNER POLAND | M20 | 12 | 00:08:35 | 00:19:09.65 | 00:19:09.65 | +00:03:03 (15.9%) | 11:15 | 5.3 (84.1%) |
| 30 | KURKOWSKI Piotr | 2310 | | M20 | 13 | 00:08:39 | 00:19:17.00 | 00:19:17.00 | +00:03:10 (16.5%) | 11:20 | 5.3 (84.1%) |
| 31 | ŻUCHOWSKI Daniel | 2153 | MUAY RUNNING TEAM | M30 | 10 | 00:08:31 | 00:19:20.15 | 00:19:20.15 | +00:03:13 (16.7%) | 11:22 | 5.3 (84.1%) |
| 32 | GALMAN Adam | 2214 | | M40 | 8 | 00:08:46 | 00:19:23.75 | 00:19:23.75 | +00:03:17 (16.9%) | 11:24 | 5.3 (84.1%) |
| 33 | ŁUKASIK Andrzej | 2146 | SPORTKONSULTING TEAM | M30 | 11 | 00:08:43 | 00:19:26.15 | 00:19:26.15 | +00:03:19 (17.1%) | 11:25 | 5.2 (82.5%) |
| 34 | TARGOSZ Michał | 2260 | ITMBW KRAKÓW | M30 | 12 | 00:08:45 | 00:19:32.90 | 00:19:32.90 | +00:03:26 (17.6%) | 11:29 | 5.2 (82.5%) |
| 35 | MAGIERA Janusz | 2015 | FORMA WODZISŁAW ŚLA | M50 | 1 | 00:09:04 | 00:19:37.20 | 00:19:37.20 | +00:03:30 (17.9%) | 11:32 | 5.2 (82.5%) |
| 36 | WITOWSKA Mirosława | 1004 | SALCO GARMIN TEAM | K20 | 2 | 00:08:56 | 00:19:38.15 | 00:19:38.15 | +00:03:31 (18.0%) | 11:32 | 5.2 (82.5%) |
| 37 | SZAFRANEK Paweł | 2269 | | M20 | 14 | 00:08:42 | 00:19:39.70 | 00:19:39.70 | +00:03:33 (18.1%) | 11:33 | 5.2 (82.5%) |
| 38 | SMOLEŃ Jarosław | 2259 | | M40 | 9 | 00:09:14 | 00:19:45.85 | 00:19:45.85 | +00:03:39 (18.5%) | 11:37 | 5.2 (82.5%) |
| 39 | SAWICKI Szymon | 2222 | TKN TATRA TEAM | M40 | 10 | 00:08:59 | 00:19:52.75 | 00:19:52.75 | +00:03:46 (19.0%) | 11:41 | 5.1 (81.0%) |
| 40 | KOCHEL Paweł | 2167 | | M30 | 13 | 00:08:55 | 00:19:57.30 | 00:19:57.30 | +00:03:50 (19.3%) | 11:44 | 5.1 (81.0%) |
| 41 | SOKOŁOWSKI Marek | 2014 | ALPIN SPORT TEAM | M40 | 11 | 00:09:20 | 00:20:00.75 | 00:20:00.75 | +00:03:54 (19.5%) | 11:45 | 5.1 (81.0%) |
| 42 | WRÓBLEWSKI Jan | 2317 | | M40 | 12 | 00:09:24 | 00:20:04.35 | 00:20:04.35 | +00:03:57 (19.7%) | 11:48 | 5.1 (81.0%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Polowka 0.9km | Czas netto 1.7km | Czas brutto 1.7km | Różn | Tempo min/km | Tempo km/h |
|-----|------------------------------|-------------|--------------------------------|-----------|------|------------------|------------------------|-------------------------|----------------------|-----------------|----------------|
| | | | | | | | | | | | |
| 43 | STEC Jakub | 2129 | DECATHLON BBEST | M20 | 15 | 00:09:17 | 00:20:08.95 | 00:20:08.95 | +00:04:02 (20.1%) | 11:50 | 5.1 (81.0%) |
| 44 | WYWŁOKA Paulina | 1003 | SALCO GARMIN TEAM | K20 | 3 | 00:09:12 | 00:20:09.50 | 00:20:09.50 | +00:04:03 (20.1%) | 11:51 | 5.1 (81.0%) |
| 45 | PORĘBSKI Rafał | 2158 | EVIL TEAM | M40 | 13 | 00:09:12 | 00:20:16.25 | 00:20:16.25 | +00:04:09 (20.5%) | 11:55 | 5 (79.4%) |
| 46 | SZCZYPKA Bartosz | 2038 | | M30 | 14 | 00:09:20 | 00:20:19.40 | 00:20:19.40 | +00:04:12 (20.7%) | 11:57 | 5 (79.4%) |
| 47 | SNARSKI Dariusz | 2120 | URTICA TEAM | M40 | 14 | 00:09:23 | 00:20:21.75 | 00:20:21.75 | +00:04:15 (20.9%) | 11:58 | 5 (79.4%) |
| 48 | PYTEL Janusz | 2311 | | M60 | 1 | 00:09:21 | 00:20:22.40 | 00:20:22.40 | +00:04:15 (20.9%) | 11:58 | 5 (79.4%) |
| 49 | SZATANIK Zbigniew | 2219 | | M50 | 2 | 00:09:19 | 00:20:27.60 | 00:20:27.60 | +00:04:21 (21.3%) | 12:01 | 5 (79.4%) |
| 50 | PROKSA Robert | 2157 | CHROMIK MYSŁOWICE | M50 | 3 | 00:09:21 | 00:20:28.80 | 00:20:28.80 | +00:04:22 (21.3%) | 12:02 | 5 (79.4%) |
| 51 | CHODOROWSKI Krzysztof | 2105 | PRZEDWOJEWSKI MOUNTAIN TEAM | M30 | 15 | 00:09:20 | 00:20:31.15 | 00:20:31.15 | +00:04:24 (21.5%) | 12:04 | 5 (79.4%) |
| 52 | GRUND Marek | 2022 | MAFIA TEAM LUBLINIEC | M20 | 16 | 00:09:13 | 00:20:32.20 | 00:20:32.20 | +00:04:25 (21.6%) | 12:04 | 5 (79.4%) |
| 53 | GARCORZ Dawid | 2084 | MAFIA TEAM LUBLINIEC | M20 | 17 | 00:09:24 | 00:20:32.90 | 00:20:32.90 | +00:04:26 (21.6%) | 12:04 | 5 (79.4%) |
| 54 | TOKAREWICZ Damian | 2059 | ZEBRY | M30 | 16 | 00:09:13 | 00:20:37.20 | 00:20:37.20 | +00:04:30 (21.9%) | 12:07 | 4.9 (77.8%) |
| 55 | BADURA Adam | 2173 | FORMA WODZISŁAW ŚLĄSKI | M40 | 15 | 00:09:17 | 00:20:37.70 | 00:20:37.70 | +00:04:31 (21.9%) | 12:07 | 4.9 (77.8%) |
| 56 | SKALSKA Anna | 1007 | FESTIWAL BIEGOWY KRYNICA ZDRÓJ | K30 | 1 | 00:09:24 | 00:20:42.45 | 00:20:42.45 | +00:04:35 (22.2%) | 12:10 | 4.9 (77.8%) |
| 57 | KOS Tomasz | 2285 | PAŃSTWOWA STRAŻ POŻARNA BYTOM | M30 | 17 | 00:09:35 | 00:20:49.05 | 00:20:49.05 | +00:04:42 (22.6%) | 12:14 | 4.9 (77.8%) |
| 58 | KUBACZKA Grzegorz | 2196 | WWW.AG-ARCHITEKCI.PL | M30 | 18 | 00:09:23 | 00:20:49.50 | 00:20:49.50 | +00:04:43 (22.6%) | 12:14 | 4.9 (77.8%) |
| 59 | DOMISZEWSKA Maria | 1070 | | K50 | 1 | 00:09:25 | 00:20:49.85 | 00:20:49.85 | +00:04:43 (22.7%) | 12:14 | 4.9 (77.8%) |
| 60 | CHRAPKIEWICZ Michał | 2121 | SBD ENERGETYK RYBNIK | M30 | 19 | 00:09:35 | 00:20:53.95 | 00:20:53.95 | +00:04:47 (22.9%) | 12:17 | 4.9 (77.8%) |
| 61 | SZTEFKO Józef | 2171 | | M50 | 4 | 00:09:24 | 00:20:54.60 | 00:20:54.60 | +00:04:48 (23.0%) | 12:17 | 4.9 (77.8%) |
| 62 | BYRTEK Kamil | 2013 | WWW.EKOIDEA.SKLEP.PL | M30 | 20 | 00:09:18 | 00:20:57.55 | 00:20:57.55 | +00:04:51 (23.1%) | 12:19 | 4.9 (77.8%) |
| 63 | KAŁUŻA Jerzy | 2211 | | M30 | 21 | 00:09:23 | 00:20:58.30 | 00:20:58.30 | +00:04:51 (23.2%) | 12:20 | 4.9 (77.8%) |
| 64 | SOBOLA Grzegorz | 2138 | | M20 | 18 | 00:09:29 | 00:20:58.95 | 00:20:58.95 | +00:04:52 (23.2%) | 12:20 | 4.9 (77.8%) |
| 65 | KLONOWSKI Kamil | 2289 | HUSARIA RACE TEAM | M20 | 19 | 00:09:28 | 00:21:00.90 | 00:21:00.90 | +00:04:54 (23.3%) | 12:21 | 4.9 (77.8%) |
| 66 | STOPA Michał | 2268 | MARCINŚWIERCTEAM | M30 | 22 | 00:09:46 | 00:21:06.55 | 00:21:06.55 | +00:05:00 (23.7%) | 12:24 | 4.8 (76.2%) |
| 67 | DŁUŻNIEWSKI Jacek | 2209 | ULTRASFCB | M40 | 16 | 00:09:51 | 00:21:08.75 | 00:21:08.75 | +00:05:02 (23.8%) | 12:25 | 4.8 (76.2%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Polowka 0.9km | Czas netto 1.7km | Czas brutto 1.7km | Różn | Tempo min/km | Tempo km/h |
|-----|-----------------------------|-------------|-----------------------------------|-----------|------|------------------|------------------------|-------------------------|----------------------|-----------------|----------------|
| 68 | ŻOCZEK Szymon | 2044 | NIE PRZESTAWAJ MARZYĆ | M20 | 20 | 00:09:37 | 00:21:09.05 | 00:21:09.05 | +00:05:02 (23.8%) | 12:26 | 4.8 (76.2%) |
| 69 | WASZTYL Tomasz | 2110 | | M40 | 17 | 00:09:29 | 00:21:09.90 | 00:21:09.90 | +00:05:03 (23.9%) | 12:26 | 4.8 (76.2%) |
| 70 | KAŻMIERCZAK Sławomir | 2280 | FASTANDLIGHT.PL, ŁGG | M30 | 23 | 00:09:39 | 00:21:10.70 | 00:21:10.70 | +00:05:04 (23.9%) | 12:27 | 4.8 (76.2%) |
| 71 | LIPA Piotr | 2103 | OCR TEAM DĘBICA | M30 | 24 | 00:09:21 | 00:21:12.85 | 00:21:12.85 | +00:05:06 (24.1%) | 12:28 | 4.8 (76.2%) |
| 72 | LUBOSZ Dariusz | 2236 | NGB KŁOBUCK | M40 | 18 | 00:09:47 | 00:21:18.35 | 00:21:18.35 | +00:05:11 (24.4%) | 12:31 | 4.8 (76.2%) |
| 73 | NOSALIK Marek | 2170 | MTA | M50 | 5 | 00:09:41 | 00:21:19.00 | 00:21:19.00 | +00:05:12 (24.4%) | 12:32 | 4.8 (76.2%) |
| 74 | ZYCH Katarzyna | 1054 | BONNIE & CLYDE | K30 | 2 | 00:09:50 | 00:21:19.65 | 00:21:19.65 | +00:05:13 (24.5%) | 12:32 | 4.8 (76.2%) |
| 75 | MENDECKA Michalina | 1065 | MOSIR ŁAZISKA GÓRNE/1 SECOND TEAM | K20 | 4 | 00:09:46 | 00:21:20.10 | 00:21:20.10 | +00:05:13 (24.5%) | 12:32 | 4.8 (76.2%) |
| 76 | STANEK Piotr | 2295 | | M30 | 25 | 00:09:39 | 00:21:22.50 | 00:21:22.50 | +00:05:16 (24.6%) | 12:34 | 4.8 (76.2%) |
| 77 | FERENC Janusz | 2011 | UKS LUDWIKOWICE | M60 | 2 | 00:09:54 | 00:21:24.05 | 00:21:24.05 | +00:05:17 (24.7%) | 12:35 | 4.8 (76.2%) |
| 78 | MAZUR Damian | 2053 | SOCIOS SILESIA | M30 | 26 | 00:09:45 | 00:21:24.30 | 00:21:24.30 | +00:05:17 (24.7%) | 12:35 | 4.8 (76.2%) |
| 79 | MORAWIEC Marek | 2043 | SZAKAL TEAM | M30 | 27 | 00:09:32 | 00:21:24.95 | 00:21:24.95 | +00:05:18 (24.8%) | 12:35 | 4.8 (76.2%) |
| 80 | DUDZIK Łukasz | 2242 | GÓRAL BIEGA | M30 | 28 | 00:09:43 | 00:21:25.15 | 00:21:25.15 | +00:05:18 (24.8%) | 12:35 | 4.8 (76.2%) |
| 81 | WRZESZCZ Mariusz | 2181 | TMTEAM | M20 | 21 | 00:09:36 | 00:21:25.85 | 00:21:25.85 | +00:05:19 (24.8%) | 12:35 | 4.8 (76.2%) |
| 82 | KAŁUŻNY Adam | 2186 | SOCIOS SILESIA RACE | M30 | 29 | 00:09:40 | 00:21:26.90 | 00:21:26.90 | +00:05:20 (24.9%) | 12:36 | 4.8 (76.2%) |
| 83 | NIESLON Mare | 2127 | AKMB PEDZIWIATR GLIWICE | M30 | 30 | 00:09:32 | 00:21:28.00 | 00:21:28.00 | +00:05:21 (25.0%) | 12:37 | 4.8 (76.2%) |
| 84 | WRÓBLEWSKI Kamil | 2254 | | M30 | 31 | 00:09:42 | 00:21:28.25 | 00:21:28.25 | +00:05:21 (25.0%) | 12:37 | 4.8 (76.2%) |
| 85 | PALIWODA Grzegorz | 2249 | | M30 | 32 | 00:09:38 | 00:21:28.90 | 00:21:28.90 | +00:05:22 (25.0%) | 12:37 | 4.8 (76.2%) |
| 86 | URBAN Wiktor | 2175 | NIGHT RUNNERS ZABRZE | M30 | 33 | 00:09:32 | 00:21:29.40 | 00:21:29.40 | +00:05:22 (25.0%) | 12:38 | 4.7 (74.6%) |
| 87 | KOWALCZYK Paweł | 2060 | KĘCKIEHARPAGANY | M40 | 19 | 00:09:43 | 00:21:30.30 | 00:21:30.30 | +00:05:23 (25.1%) | 12:38 | 4.7 (74.6%) |
| 88 | GIŻYŃSKI Damian | 2032 | KOLEJARZ BEST FOR YOU | M30 | 34 | 00:09:37 | 00:21:31.25 | 00:21:31.25 | +00:05:24 (25.2%) | 12:39 | 4.7 (74.6%) |
| 89 | ŚCIESZKA Wojciech | 2168 | 13 ELT KRAKÓW - BALICE | M40 | 20 | 00:09:50 | 00:21:32.80 | 00:21:32.80 | +00:05:26 (25.2%) | 12:40 | 4.7 (74.6%) |
| 90 | KALITA Arek | 2233 | KAMAK | M40 | 21 | 00:09:34 | 00:21:34.25 | 00:21:34.25 | +00:05:27 (25.3%) | 12:41 | 4.7 (74.6%) |
| 91 | SZKODA Dariusz | 2042 | SOCIOS SILESIA | M30 | 35 | 00:10:10 | 00:21:35.45 | 00:21:35.45 | +00:05:28 (25.4%) | 12:41 | 4.7 (74.6%) |
| 92 | BAZYL Adam | 2156 | BREMBO | M30 | 36 | 00:09:42 | 00:21:35.85 | 00:21:35.85 | +00:05:29 (25.4%) | 12:41 | 4.7 (74.6%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Polowka 0.9km | Czas netto 1.7km | Czas brutto 1.7km | Różn | Tempo min/km | Tempo km/h |
|-----|------------------------------|-------------|----------------------------|-----------|------|------------------|------------------------|-------------------------|----------------------|-----------------|----------------|
| 93 | KUBERA Dawid | 2276 | ALWAYSINMOTION.PL | M30 | 37 | 00:09:43 | 00:21:36.75 | 00:21:36.75 | +00:05:30 (25.5%) | 12:42 | 4.7 (74.6%) |
| 94 | GĘBARA Łukasz | 2102 | OCR TEAM DĘBICA | M20 | 22 | 00:09:46 | 00:21:37.65 | 00:21:37.65 | +00:05:31 (25.5%) | 12:42 | 4.7 (74.6%) |
| 95 | BUCZYŃSKI Adam | 2025 | NON STOP TRAIL | M40 | 22 | 00:10:03 | 00:21:38.50 | 00:21:38.50 | +00:05:32 (25.6%) | 12:43 | 4.7 (74.6%) |
| 96 | GOMOŁYSEK Kinga | 1001 | MATNER RUNNING TEAM | K30 | 3 | 00:09:58 | 00:21:41.70 | 00:21:41.70 | +00:05:35 (25.8%) | 12:45 | 4.7 (74.6%) |
| 97 | TESZNER Adrian | 2108 | RUNTEAM PAWŁOWICE | M20 | 23 | 00:09:48 | 00:21:42.00 | 00:21:42.00 | +00:05:35 (25.8%) | 12:45 | 4.7 (74.6%) |
| 98 | MALINOWSKI Przemysław | 2122 | | M30 | 38 | 00:09:53 | 00:21:42.80 | 00:21:42.80 | +00:05:36 (25.8%) | 12:45 | 4.7 (74.6%) |
| 99 | OWERKO Tomasz | 2309 | | M30 | 39 | 00:09:41 | 00:21:44.20 | 00:21:44.20 | +00:05:37 (25.9%) | 12:47 | 4.7 (74.6%) |
| 100 | KOZIOŁ Kamil | 2131 | G.O.A.T. TEAM MICHAŁOWICE | M20 | 24 | 00:09:57 | 00:21:44.40 | 00:21:44.40 | +00:05:37 (25.9%) | 12:47 | 4.7 (74.6%) |
| 101 | OSIEJEWSKI Marcin | 2188 | | M30 | 40 | 00:10:03 | 00:21:45.85 | 00:21:45.85 | +00:05:39 (26.0%) | 12:47 | 4.7 (74.6%) |
| 102 | KUŚMIERSKI Michał | 2033 | BBRUNNERS/UBS | M30 | 41 | 00:10:03 | 00:21:46.15 | 00:21:46.15 | +00:05:39 (26.0%) | 12:48 | 4.7 (74.6%) |
| 103 | KUPIJAJ Marcin | 2023 | SOCIOS SILESIA | M20 | 25 | 00:10:11 | 00:21:47.15 | 00:21:47.15 | +00:05:40 (26.1%) | 12:48 | 4.7 (74.6%) |
| 104 | RADOMSKI Zbigniew | 2205 | TKKF BESKIDEK BB | M60 | 3 | 00:10:09 | 00:21:48.20 | 00:21:48.20 | +00:05:41 (26.1%) | 12:49 | 4.7 (74.6%) |
| 105 | KNAP Mateusz | 2021 | DYNAFIT / TUTTU.PL | M20 | 26 | 00:10:07 | 00:21:48.30 | 00:21:48.30 | +00:05:41 (26.1%) | 12:49 | 4.7 (74.6%) |
| 106 | SZALA Krzysztof | 2212 | BIEGAMGDZIECHCE.PL | M30 | 42 | 00:09:54 | 00:21:48.60 | 00:21:48.60 | +00:05:42 (26.1%) | 12:49 | 4.7 (74.6%) |
| 107 | SZEWczyk Damian | 2215 | | M40 | 23 | 00:09:47 | 00:21:49.05 | 00:21:49.05 | +00:05:42 (26.2%) | 12:50 | 4.7 (74.6%) |
| 108 | KRAJEWSKI Maciej | 2151 | | M30 | 43 | 00:09:56 | 00:21:49.50 | 00:21:49.50 | +00:05:43 (26.2%) | 12:50 | 4.7 (74.6%) |
| 109 | DORNICKI Tomasz | 2304 | | M40 | 24 | 00:09:58 | 00:21:49.70 | 00:21:49.70 | +00:05:43 (26.2%) | 12:50 | 4.7 (74.6%) |
| 110 | CHOJNACKI Grzegorz | 2162 | DZIADY OCR | M40 | 25 | 00:10:16 | 00:21:50.75 | 00:21:50.75 | +00:05:44 (26.3%) | 12:50 | 4.7 (74.6%) |
| 111 | BUKOWSKI Marek | 2272 | | M40 | 26 | 00:10:02 | 00:21:50.90 | 00:21:50.90 | +00:05:44 (26.3%) | 12:50 | 4.7 (74.6%) |
| 112 | KIEŁTYKA Zbigniew | 2221 | KW GLIWICE | M40 | 27 | 00:10:17 | 00:21:52.40 | 00:21:52.40 | +00:05:45 (26.4%) | 12:51 | 4.7 (74.6%) |
| 113 | TRACZ Łukasz | 2087 | WWW.TRENINGFIZJOTERAPIA.PL | M30 | 44 | 00:09:45 | 00:21:52.70 | 00:21:52.70 | +00:05:46 (26.4%) | 12:51 | 4.7 (74.6%) |
| 114 | TOMCZYK Tomasz | 2271 | | M30 | 45 | 00:09:54 | 00:21:55.15 | 00:21:55.15 | +00:05:48 (26.5%) | 12:53 | 4.7 (74.6%) |
| 114 | BROL Dominika | 1014 | ENDURANCE TEAM | K30 | 4 | 00:09:59 | 00:21:55.15 | 00:21:55.15 | +00:05:48 (26.5%) | 12:53 | 4.7 (74.6%) |
| 116 | BRÓG Wojciech | 2101 | | M30 | 46 | 00:09:52 | 00:21:57.90 | 00:21:57.90 | +00:05:51 (26.7%) | 12:54 | 4.6 (73.0%) |
| 117 | OSTROWSKI Maciej | 2275 | SOCIOS SILESIA | M20 | 27 | 00:10:14 | 00:21:58.10 | 00:21:58.10 | +00:05:51 (26.7%) | 12:55 | 4.6 (73.0%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Polowka 0.9km | Czas | | Różn | Tempo min/km | Tempo km/h |
|-----|--------------------------------|-------------|-------------------------|-----------|------|------------------|--------------------|--------------------|----------------------|-----------------|----------------|
| | | | | | | | netto 1.7km | brutto 1.7km | | | |
| 118 | ŁUSZCZ Piotr | 2206 | BRAVEHEARTS LEGIONOWO | M20 | 28 | 00:10:31 | 00:21:59.00 | 00:21:59.00 | +00:05:52 (26.7%) | 12:55 | 4.6 (73.0%) |
| 119 | KRZEMIŃSKI Tomasz | 2228 | | M30 | 47 | 00:10:30 | 00:21:59.20 | 00:21:59.20 | +00:05:52 (26.7%) | 12:55 | 4.6 (73.0%) |
| 120 | GRZYBEK Antoni | 2246 | | M40 | 28 | 00:09:58 | 00:21:59.40 | 00:21:59.40 | +00:05:52 (26.7%) | 12:55 | 4.6 (73.0%) |
| 121 | MIKULSKI Michał | 2261 | GREMI BOCHNIA | M30 | 48 | 00:10:00 | 00:22:01.15 | 00:22:01.15 | +00:05:54 (26.8%) | 12:57 | 4.6 (73.0%) |
| 122 | JAKUBAS Grzegorz | 2302 | KL CZANTORIA | M30 | 49 | 00:10:04 | 00:22:02.25 | 00:22:02.25 | +00:05:55 (26.9%) | 12:57 | 4.6 (73.0%) |
| 123 | KWIATKOWSKA Kinga | 1006 | ALPIN SPORT TEAM | K30 | 5 | 00:10:39 | 00:22:03.50 | 00:22:03.50 | +00:05:57 (27.0%) | 12:58 | 4.6 (73.0%) |
| 124 | DUTKIEWICZ Leszek | 2182 | | M30 | 50 | 00:10:04 | 00:22:03.60 | 00:22:03.60 | +00:05:57 (27.0%) | 12:58 | 4.6 (73.0%) |
| 125 | ŚWIŃCZYK Marcin | 2227 | GRUPA KRYZYS | M30 | 51 | 00:10:16 | 00:22:07.85 | 00:22:07.85 | +00:06:01 (27.2%) | 13:00 | 4.6 (73.0%) |
| 126 | SWOBODA Tomasz | 2265 | KURŁA! KAJ TA META?! | M20 | 29 | 00:09:44 | 00:22:08.15 | 00:22:08.15 | +00:06:01 (27.2%) | 13:01 | 4.6 (73.0%) |
| 127 | BEDNARZ Sebastian | 2066 | OTM. B | M40 | 29 | 00:10:13 | 00:22:10.95 | 00:22:10.95 | +00:06:04 (27.4%) | 13:02 | 4.6 (73.0%) |
| 128 | STELMASZCZYK Bartłomiej | 2070 | SCOUT TAEM | M40 | 30 | 00:10:31 | 00:22:12.15 | 00:22:12.15 | +00:06:05 (27.4%) | 13:03 | 4.6 (73.0%) |
| 129 | ZATORSKA Izabela | 1002 | ALPIN SPORT TEAM | K50 | 2 | 00:10:31 | 00:22:17.05 | 00:22:17.05 | +00:06:10 (27.7%) | 13:06 | 4.6 (73.0%) |
| 130 | THIER Dominik | 2283 | | M40 | 31 | 00:10:14 | 00:22:19.00 | 00:22:19.00 | +00:06:12 (27.8%) | 13:07 | 4.6 (73.0%) |
| 131 | SKRZECZYŃSKI Sławomir | 2290 | HEJ, JAK TA SARNA! | M40 | 32 | 00:10:26 | 00:22:20.90 | 00:22:20.90 | +00:06:14 (27.9%) | 13:08 | 4.6 (73.0%) |
| 132 | GLEISNER Tomasz | 2200 | EKIPA Z TARNOWA | M40 | 33 | 00:10:44 | 00:22:21.45 | 00:22:21.45 | +00:06:14 (28.0%) | 13:08 | 4.6 (73.0%) |
| 133 | GÓRSKI Jakub | 2172 | | M30 | 52 | 00:10:24 | 00:22:21.80 | 00:22:21.80 | +00:06:15 (28.0%) | 13:08 | 4.6 (73.0%) |
| 134 | SMUDA Krzysztof | 2207 | | M30 | 53 | 00:10:08 | 00:22:23.75 | 00:22:23.75 | +00:06:17 (28.1%) | 13:10 | 4.6 (73.0%) |
| 135 | GWÓDŹ Michał | 2065 | #CZELADZBIEGA | M40 | 34 | 00:10:24 | 00:22:25.80 | 00:22:25.80 | +00:06:19 (28.2%) | 13:11 | 4.6 (73.0%) |
| 136 | GARDENER Jacek | 2109 | JACEKBIEGA RUNNING TEAM | M50 | 6 | 00:10:15 | 00:22:26.65 | 00:22:26.65 | +00:06:20 (28.2%) | 13:11 | 4.5 (71.4%) |
| 137 | WĘGLARZ Waldemar | 2293 | EXTREME CLUB RABKA | M40 | 35 | 00:10:25 | 00:22:27.30 | 00:22:27.30 | +00:06:20 (28.3%) | 13:12 | 4.5 (71.4%) |
| 137 | MORAWSKI Grzegorz | 2049 | TRENER24H.COM.PL | M30 | 54 | 00:10:33 | 00:22:27.30 | 00:22:27.30 | +00:06:20 (28.3%) | 13:12 | 4.5 (71.4%) |
| 139 | RZEPKA Piotr | 2050 | SPORTOWY ŚWIR | M20 | 30 | 00:10:43 | 00:22:30.30 | 00:22:30.30 | +00:06:23 (28.4%) | 13:14 | 4.5 (71.4%) |
| 140 | JASTRZĘBSKI Piotr | 2058 | SOCIOS SILESIA | M30 | 55 | 00:10:19 | 00:22:31.00 | 00:22:31.00 | +00:06:24 (28.5%) | 13:14 | 4.5 (71.4%) |
| 141 | BARANOWSKI Marcin | 2315 | | M30 | 56 | 00:10:36 | 00:22:32.15 | 00:22:32.15 | +00:06:25 (28.5%) | 13:15 | 4.5 (71.4%) |
| 142 | MAMALA Justyna | 1019 | | K20 | 5 | 00:10:35 | 00:22:34.75 | 00:22:34.75 | +00:06:28 (28.7%) | 13:16 | 4.5 (71.4%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Polowka 0.9km | Czas netto 1.7km | Czas brutto 1.7km | Różn | Tempo min/km | Tempo km/h |
|-----|---------------------------------|-------------|----------------------------|-----------|------|------------------|------------------------|-------------------------|----------------------|-----------------|----------------|
| 143 | BOLECHOWSKA Dominika | 1072 | | K40 | 1 | 00:10:39 | 00:22:37.10 | 00:22:37.10 | +00:06:30 (28.8%) | 13:18 | 4.5 (71.4%) |
| 144 | WOŹNIAK Radosław | 2225 | SKAWINA BIEGA | M30 | 57 | 00:10:24 | 00:22:38.45 | 00:22:38.45 | +00:06:31 (28.9%) | 13:18 | 4.5 (71.4%) |
| 145 | GRYGIEL Marek | 2071 | JACEKBIEGA RUNNING TEAM | M40 | 36 | 00:10:20 | 00:22:40.35 | 00:22:40.35 | +00:06:33 (29.0%) | 13:20 | 4.5 (71.4%) |
| 146 | HAZUKA Ireneusz | 2252 | | M30 | 58 | 00:09:53 | 00:22:42.10 | 00:22:42.10 | +00:06:35 (29.0%) | 13:21 | 4.5 (71.4%) |
| 147 | STEFAŃSKI Zbyszek | 2240 | HEBEL | M40 | 37 | 00:10:26 | 00:22:43.65 | 00:22:43.65 | +00:06:37 (29.1%) | 13:21 | 4.5 (71.4%) |
| 148 | SAWICKI Marek | 2208 | | M30 | 59 | 00:10:34 | 00:22:49.75 | 00:22:49.75 | +00:06:43 (29.4%) | 13:25 | 4.5 (71.4%) |
| 149 | KACZMARCZYK Przemysław | 2095 | MATNER RUNNING TEAM/WATAHA | M20 | 31 | 00:10:30 | 00:22:53.25 | 00:22:53.25 | +00:06:46 (29.6%) | 13:27 | 4.5 (71.4%) |
| 150 | KRUPA Grzegorz | 2318 | | M40 | 38 | 00:10:42 | 00:22:54.65 | 00:22:54.65 | +00:06:48 (29.7%) | 13:28 | 4.5 (71.4%) |
| 151 | FLORYS Jakub | 2072 | MORSKI KOŃ | M30 | 60 | 00:10:21 | 00:22:58.90 | 00:22:58.90 | +00:06:52 (29.9%) | 13:30 | 4.4 (69.8%) |
| 152 | MIECH Szymon | 2251 | HUSARIA RACE TEAM | M30 | 61 | 00:10:27 | 00:23:00.15 | 00:23:00.15 | +00:06:53 (30.0%) | 13:31 | 4.4 (69.8%) |
| 153 | JASEK Piotr | 2303 | KL CZANTORIA | M40 | 39 | 00:10:29 | 00:23:00.60 | 00:23:00.60 | +00:06:54 (30.0%) | 13:31 | 4.4 (69.8%) |
| 154 | BORÓWKA Ryszard | 2017 | | M40 | 40 | 00:10:30 | 00:23:03.10 | 00:23:03.10 | +00:06:56 (30.1%) | 13:33 | 4.4 (69.8%) |
| 155 | GARCZYŃSKA-WĄS Bogusława | 1050 | WM TRISELF | K40 | 2 | 00:10:42 | 00:23:05.75 | 00:23:05.75 | +00:06:59 (30.3%) | 13:34 | 4.4 (69.8%) |
| 156 | HURAS Michał | 2189 | CF KUŹNIA DAMIANA | M20 | 32 | 00:11:17 | 00:23:05.80 | 00:23:05.80 | +00:06:59 (30.3%) | 13:34 | 4.4 (69.8%) |
| 157 | GÓRNY Mirosław | 2165 | NUTREND TEAM | M50 | 7 | 00:10:28 | 00:23:07.80 | 00:23:07.80 | +00:07:01 (30.4%) | 13:35 | 4.4 (69.8%) |
| 158 | WYPUKOŁ Jakub | 2291 | SOCIOS SILESIA | M20 | 33 | 00:10:47 | 00:23:14.10 | 00:23:14.10 | +00:07:07 (30.7%) | 13:40 | 4.4 (69.8%) |
| 159 | RAJA Paweł | 2299 | SKYRUNNING POLSKA | M30 | 62 | 00:10:14 | 00:23:18.90 | 00:23:18.90 | +00:07:12 (30.9%) | 13:42 | 4.4 (69.8%) |
| 160 | ĆWIKŁA Krzysztof | 2247 | | M50 | 8 | 00:10:29 | 00:23:20.65 | 00:23:20.65 | +00:07:14 (31.0%) | 13:43 | 4.4 (69.8%) |
| 161 | BARTUŁA Arkadiusz | 2135 | SPEED TEAM BRZESZCZE | M40 | 41 | 00:10:42 | 00:23:24.30 | 00:23:24.30 | +00:07:17 (31.2%) | 13:45 | 4.4 (69.8%) |
| 162 | SUDNIK Krzysztof | 2051 | | M30 | 63 | 00:10:15 | 00:23:29.20 | 00:23:29.20 | +00:07:22 (31.4%) | 13:48 | 4.3 (68.3%) |
| 163 | DUDZIAK Marek | 2274 | BB RUNNERS / DUDIKOM.PL | M30 | 64 | 00:10:44 | 00:23:30.80 | 00:23:30.80 | +00:07:24 (31.5%) | 13:49 | 4.3 (68.3%) |
| 164 | KOCHMAN Krzysztof | 2019 | HARPAGAN SOSNOWIEC | M40 | 42 | 00:10:28 | 00:23:32.90 | 00:23:32.90 | +00:07:26 (31.6%) | 13:50 | 4.3 (68.3%) |
| 165 | DARCHUK Oleksandr | 2273 | | M40 | 43 | 00:11:05 | 00:23:41.85 | 00:23:41.85 | +00:07:35 (32.0%) | 13:55 | 4.3 (68.3%) |
| 166 | TONDYS Piotr | 2016 | TIGERS TEAM | M40 | 44 | 00:11:13 | 00:23:46.70 | 00:23:46.70 | +00:07:40 (32.3%) | 13:58 | 4.3 (68.3%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Polowka 0.9km | Czas netto 1.7km | Czas brutto 1.7km | Różn | Tempo min/km | Tempo km/h |
|-----|----------------------------|-------------|----------------------------------|-----------|------|------------------|------------------------|-------------------------|----------------------|-----------------|----------------|
| | | | | | | | | | | | |
| 167 | GANCARZ Mariusz | 2054 | | M40 | 45 | 00:10:40 | 00:23:48.50 | 00:23:48.50 | +00:07:42 (32.3%) | 14:00 | 4.3 (68.3%) |
| 168 | CIUPEK Remigiusz | 2027 | #ODKRYWCYTAURUS | M30 | 65 | 00:10:53 | 00:23:49.20 | 00:23:49.20 | +00:07:42 (32.4%) | 14:00 | 4.3 (68.3%) |
| 169 | WOŁOSZYŃ Piotr | 2255 | | M30 | 66 | 00:11:07 | 00:23:50.65 | 00:23:50.65 | +00:07:44 (32.4%) | 14:01 | 4.3 (68.3%) |
| 170 | DOLATA Krzysztof | 2055 | SOCIOS SILESIA | M30 | 67 | 00:10:47 | 00:23:52.20 | 00:23:52.20 | +00:07:45 (32.5%) | 14:02 | 4.3 (68.3%) |
| 171 | LORENS Magdalena | 1035 | G.O.A.T. TEAM MICHAŁOWICE | K20 | 6 | 00:11:08 | 00:23:58.05 | 00:23:58.05 | +00:07:51 (32.8%) | 14:05 | 4.3 (68.3%) |
| 172 | CEBULA Tomasz | 2115 | | M30 | 68 | 00:10:41 | 00:24:06.40 | 00:24:06.40 | +00:07:59 (33.2%) | 14:10 | 4.2 (66.7%) |
| 173 | PIASECKI Adam | 2107 | | M40 | 46 | 00:10:29 | 00:24:07.90 | 00:24:07.90 | +00:08:01 (33.2%) | 14:11 | 4.2 (66.7%) |
| 174 | DYDUŁA Łukasz | 2125 | ITAL CAR TEAM | M40 | 47 | 00:11:30 | 00:24:22.45 | 00:24:22.45 | +00:08:15 (33.9%) | 14:20 | 4.2 (66.7%) |
| 175 | STOLARSKI Paweł | 2166 | | M30 | 69 | 00:10:50 | 00:24:29.80 | 00:24:29.80 | +00:08:23 (34.2%) | 14:24 | 4.2 (66.7%) |
| 176 | RAKSZAWA Krzysztof | 2306 | | M40 | 48 | 00:10:45 | 00:24:30.10 | 00:24:30.10 | +00:08:23 (34.3%) | 14:24 | 4.2 (66.7%) |
| 177 | MAJCHROWSKI Jacek | 2085 | CKB TARNOBRZEG | M40 | 49 | 00:10:42 | 00:24:31.00 | 00:24:31.00 | +00:08:24 (34.3%) | 14:25 | 4.2 (66.7%) |
| 178 | RATYŃSKI Bartłomiej | 2046 | HAPPY RUNNERS | M30 | 70 | 00:11:18 | 00:24:32.25 | 00:24:32.25 | +00:08:25 (34.4%) | 14:25 | 4.2 (66.7%) |
| 179 | GACH Damian | 2123 | CF KUŹNIA DAMIANA | M20 | 34 | 00:11:14 | 00:24:33.80 | 00:24:33.80 | +00:08:27 (34.4%) | 14:26 | 4.2 (66.7%) |
| 180 | KALAMUS Mirek | 2220 | ULTRA BESKID SPORT | M40 | 50 | 00:10:51 | 00:24:37.70 | 00:24:37.70 | +00:08:31 (34.6%) | 14:28 | 4.1 (65.1%) |
| 181 | BARCZUK Anna | 1069 | | K20 | 7 | 00:11:04 | 00:24:39.15 | 00:24:39.15 | +00:08:32 (34.7%) | 14:30 | 4.1 (65.1%) |
| 182 | TEKIELI Tomek | 2124 | KLUB BYŁYCH DŻENTELMENÓW | M30 | 71 | 00:11:16 | 00:24:46.05 | 00:24:46.05 | +00:08:39 (35.0%) | 14:34 | 4.1 (65.1%) |
| 183 | JAGIELSKI Piotr | 2187 | | M40 | 51 | 00:11:25 | 00:24:48.35 | 00:24:48.35 | +00:08:41 (35.1%) | 14:35 | 4.1 (65.1%) |
| 184 | LANGE Beata | 1063 | BIŁGORAJ BIEGA | K40 | 3 | 00:11:32 | 00:24:52.15 | 00:24:52.15 | +00:08:45 (35.2%) | 14:37 | 4.1 (65.1%) |
| 185 | GRUSZKA Grzegorz | 2057 | ENDURANCE TEAM | M40 | 52 | 00:10:38 | 00:24:58.15 | 00:24:58.15 | +00:08:51 (35.5%) | 14:41 | 4.1 (65.1%) |
| 186 | KONDRATIUK Ira | 1059 | BIEGAM ŻEBY ŻREĆ WIĘCEJ CIASTKÓW | K20 | 8 | 00:11:14 | 00:24:58.70 | 00:24:58.70 | +00:08:52 (35.5%) | 14:41 | 4.1 (65.1%) |
| 187 | CHACHUŁA Ryszard | 2117 | DYCUŚ TEAM | M40 | 53 | 00:11:35 | 00:25:00.00 | 00:25:00.00 | +00:08:53 (35.6%) | 14:42 | 4.1 (65.1%) |
| 188 | KURYŁO Zenon | 2150 | SBD ENERGETYK RYBNIK | M50 | 9 | 00:11:42 | 00:25:02.60 | 00:25:02.60 | +00:08:56 (35.7%) | 14:43 | 4.1 (65.1%) |
| 189 | SZAWUL Piotr | 2258 | ITMBW KRAKÓW | M40 | 54 | 00:11:27 | 00:25:03.40 | 00:25:03.40 | +00:08:56 (35.7%) | 14:44 | 4.1 (65.1%) |
| 190 | GÓRYŃSKI Rafał | 2282 | | M20 | 35 | 00:11:16 | 00:25:09.65 | 00:25:09.65 | +00:09:03 (36.0%) | 14:47 | 4.1 (65.1%) |
| 191 | BROJ Adrian | 2263 | BROJ TEAM ŻLINICE | M50 | 10 | 00:11:03 | 00:25:12.10 | 00:25:12.10 | +00:09:05 (36.1%) | 14:49 | 4 (63.5%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Polowka 0.9km | Czas | | Różn | Tempo min/km | Tempo km/h |
|-----|---------------------------|-------------|--|-----------|------|------------------|--------------------|--------------------|----------------------|-----------------|----------------|
| | | | | | | | netto 1.7km | brutto 1.7km | | | |
| 192 | STACHOWIAK Wiesław | 2257 | NIGHT RUNNERS WROCŁAW | M40 | 55 | 00:11:34 | 00:25:21.70 | 00:25:21.70 | +00:09:15 (36.5%) | 14:54 | 4 (63.5%) |
| 193 | SZWED Renata | 1066 | ZF | K40 | 4 | 00:11:32 | 00:25:27.00 | 00:25:27.00 | +00:09:20 (36.7%) | 14:58 | 4 (63.5%) |
| 194 | HORA Grzegorz | 2086 | | M30 | 72 | 00:11:29 | 00:25:32.80 | 00:25:32.80 | +00:09:26 (36.9%) | 15:01 | 4 (63.5%) |
| 195 | DONIEC Tomasz | 2192 | DECATHLON BIELSKO-BIAŁA | M20 | 36 | 00:11:04 | 00:25:33.60 | 00:25:33.60 | +00:09:27 (37.0%) | 15:01 | 4 (63.5%) |
| 196 | FUTYMA Daniel | 2159 | | M40 | 56 | 00:11:48 | 00:25:36.40 | 00:25:36.40 | +00:09:29 (37.1%) | 15:03 | 4 (63.5%) |
| 197 | ROSKOSZ Rafał | 2199 | PRO-WINDOW ALU &GLASS DESINGTEAM TARNOWSKIE GÓRY | M40 | 57 | 00:11:32 | 00:25:39.60 | 00:25:39.60 | +00:09:33 (37.2%) | 15:05 | 4 (63.5%) |
| 198 | BORZĘCKI Damian | 2096 | SOCIOS SILESIA | M30 | 73 | 00:11:07 | 00:25:47.70 | 00:25:47.70 | +00:09:41 (37.6%) | 15:10 | 4 (63.5%) |
| 199 | KRAWCZYK Wojciech | 2161 | WOPR PIEKARY ŚLĄSKIE | M30 | 74 | 00:11:30 | 00:25:48.20 | 00:25:48.20 | +00:09:41 (37.6%) | 15:10 | 4 (63.5%) |
| 200 | LIWOCH Sebastian | 2114 | | M30 | 75 | 00:11:24 | 00:25:51.95 | 00:25:51.95 | +00:09:45 (37.7%) | 15:12 | 3.9 (61.9%) |
| 201 | BONDARA Sylwia | 1008 | JACEKBIEGA RUNNING TEAM | K30 | 6 | 00:12:01 | 00:25:54.55 | 00:25:54.55 | +00:09:48 (37.8%) | 15:14 | 3.9 (61.9%) |
| 202 | PRONOBIS Marek | 2134 | BWM TEAM | M30 | 76 | 00:11:54 | 00:26:02.70 | 00:26:02.70 | +00:09:56 (38.2%) | 15:18 | 3.9 (61.9%) |
| 203 | ROGOSZ Marcin | 2031 | SOCIOS SILESIA | M30 | 77 | 00:11:45 | 00:26:04.60 | 00:26:04.60 | +00:09:58 (38.2%) | 15:20 | 3.9 (61.9%) |
| 204 | WARAS Wojciech | 2226 | | M30 | 78 | 00:11:11 | 00:26:06.45 | 00:26:06.45 | +00:09:59 (38.3%) | 15:21 | 3.9 (61.9%) |
| 205 | ZĄBEK Łukasz | 2218 | MATNER RUNNING TEAM | M40 | 58 | 00:11:37 | 00:26:08.95 | 00:26:08.95 | +00:10:02 (38.4%) | 15:22 | 3.9 (61.9%) |
| 206 | RYGOŁ Janusz | 2190 | CF KUŹNIA DAMIANA | M40 | 59 | 00:11:34 | 00:26:10.30 | 00:26:10.30 | +00:10:03 (38.5%) | 15:23 | 3.9 (61.9%) |
| 207 | BAC Michał | 2148 | | M30 | 79 | 00:11:42 | 00:26:17.45 | 00:26:17.45 | +00:10:10 (38.7%) | 15:27 | 3.9 (61.9%) |
| 208 | REDZIK Dorota | 1031 | ENDURANCE TEAM | K30 | 7 | 00:12:19 | 00:26:19.50 | 00:26:19.50 | +00:10:13 (38.8%) | 15:28 | 3.9 (61.9%) |
| 209 | URBAŃCZYK Dawid | 2232 | LECYMY DURŚ | M30 | 80 | 00:12:07 | 00:26:30.60 | 00:26:30.60 | +00:10:24 (39.2%) | 15:35 | 3.8 (60.3%) |
| 210 | WOJTYRA Karolina | 1060 | ENTER AIR RUNNERS CLUB | K20 | 9 | 00:12:10 | 00:26:48.95 | 00:26:48.95 | +00:10:42 (39.9%) | 15:45 | 3.8 (60.3%) |
| 211 | RZEPKA Magdalena | 1061 | NIGHT RUNNERS | K30 | 8 | 00:12:26 | 00:26:51.00 | 00:26:51.00 | +00:10:44 (40.0%) | 15:47 | 3.8 (60.3%) |
| 212 | PUCHAJDA Monika | 1032 | | K30 | 9 | 00:12:24 | 00:26:53.70 | 00:26:53.70 | +00:10:47 (40.1%) | 15:48 | 3.8 (60.3%) |
| 213 | PASULA Katarzyna | 1062 | | K40 | 5 | 00:12:25 | 00:27:07.30 | 00:27:07.30 | +00:11:00 (40.6%) | 15:57 | 3.8 (60.3%) |
| 214 | WAŚ Andrzej | 2180 | | M40 | 60 | 00:12:06 | 00:27:08.75 | 00:27:08.75 | +00:11:02 (40.7%) | 15:57 | 3.8 (60.3%) |
| 215 | KAMIŃSKI Zbigniew | 2267 | GRUBIORZE LOTAJOM | M30 | 81 | 00:12:19 | 00:27:12.20 | 00:27:12.20 | +00:11:05 (40.8%) | 16:00 | 3.8 (60.3%) |
| 216 | PIĄTEK Rafał | 2098 | BEFIT24TEAM | M30 | 82 | 00:12:17 | 00:27:12.55 | 00:27:12.55 | +00:11:06 (40.8%) | 16:00 | 3.8 (60.3%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Polowka 0.9km | Czas netto 1.7km | Czas brutto 1.7km | Różn | Tempo min/km | Tempo km/h |
|-----|--------------------------------|-------------|---|-----------|------|------------------|------------------------|-------------------------|----------------------|-----------------|----------------|
| 217 | KOSTRUBIEC Maciej | 2250 | | M20 | 37 | 00:12:09 | 00:27:12.85 | 00:27:12.85 | +00:11:06 (40.8%) | 16:00 | 3.8 (60.3%) |
| 218 | ZIĘBA Anna | 1017 | PORANNY PATROL | K30 | 10 | 00:12:39 | 00:27:32.40 | 00:27:32.40 | +00:11:25 (41.5%) | 16:11 | 3.7 (58.7%) |
| 219 | DETLAFF Patrycja | 1058 | DREAM RUN | K30 | 11 | 00:12:55 | 00:27:39.40 | 00:27:39.40 | +00:11:32 (41.8%) | 16:15 | 3.7 (58.7%) |
| 220 | FIAŁKOWSKA Bożena | 1012 | HARPAGAN SOSNOWIEC | K40 | 6 | 00:12:57 | 00:27:42.90 | 00:27:42.90 | +00:11:36 (41.9%) | 16:17 | 3.7 (58.7%) |
| 221 | ŚWIERK Krystyna | 1068 | | K60 | 1 | 00:12:52 | 00:27:44.60 | 00:27:44.60 | +00:11:38 (41.9%) | 16:18 | 3.7 (58.7%) |
| 222 | MENŻYK Joanna | 1038 | | K40 | 7 | 00:13:01 | 00:27:47.35 | 00:27:47.35 | +00:11:40 (42.0%) | 16:20 | 3.7 (58.7%) |
| 223 | STALMACH Damian | 2174 | LECZYMY DURŚ | M40 | 61 | 00:12:00 | 00:27:55.90 | 00:27:55.90 | +00:11:49 (42.3%) | 16:25 | 3.7 (58.7%) |
| 224 | KLIMOSZ Edyta | 1045 | LECZYMY DURŚ | K20 | 10 | 00:12:52 | 00:28:27.60 | 00:28:27.60 | +00:12:21 (43.4%) | 16:44 | 3.6 (57.1%) |
| 225 | ŻEBROWSKA Jolanta | 1033 | POTRENUJEMY, CHEMIK NOXY PUŁAWY, UMCS BIEGA | K40 | 8 | 00:13:06 | 00:28:42.55 | 00:28:42.55 | +00:12:36 (43.9%) | 16:52 | 3.6 (57.1%) |
| 226 | OLESEK Magdalena | 1020 | #CZELADŹBIEGA | K30 | 12 | 00:13:46 | 00:29:18.95 | 00:29:18.95 | +00:13:12 (45.1%) | 17:14 | 3.5 (55.6%) |
| 227 | MĄCZKA Krystyna | 1009 | OTK RZEŹNIK | K60 | 2 | 00:13:34 | 00:29:53.35 | 00:29:53.35 | +00:13:46 (46.1%) | 17:34 | 3.4 (54.0%) |
| 228 | GUZIAK Irena | 1041 | 4 | K40 | 9 | 00:13:47 | 00:29:54.70 | 00:29:54.70 | +00:13:48 (46.1%) | 17:35 | 3.4 (54.0%) |
| 229 | BACIA Ewa | 1016 | LECZYMY DURŚ | K30 | 13 | 00:13:14 | 00:29:56.05 | 00:29:56.05 | +00:13:49 (46.2%) | 17:36 | 3.4 (54.0%) |
| 230 | ADAMUS Klaudia | 1036 | | K30 | 14 | 00:14:13 | 00:31:12.60 | 00:31:12.60 | +00:15:06 (48.4%) | 18:21 | 3.3 (52.4%) |
| 231 | GAJEWSKA Agnieszka | 1023 | RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM | K40 | 10 | 00:14:23 | 00:31:27.05 | 00:31:27.05 | +00:15:20 (48.8%) | 18:30 | 3.2 (50.8%) |
| 232 | PINTSCHER Paulina | 1064 | | K30 | 15 | 00:14:08 | 00:32:05.45 | 00:32:05.45 | +00:15:58 (49.8%) | 18:52 | 3.2 (50.8%) |
| 233 | LISOWSKA Kamila | 1039 | LEŚNE RUN/NIGHT RUNNERS | K30 | 16 | 00:14:38 | 00:32:27.20 | 00:32:27.20 | +00:16:20 (50.4%) | 19:05 | 3.1 (49.2%) |
| 234 | JURECZKO Joanna | 1047 | LECZYMY DURŚ | K20 | 11 | 00:14:40 | 00:32:29.85 | 00:32:29.85 | +00:16:23 (50.4%) | 19:06 | 3.1 (49.2%) |
| 235 | SKOŁUBOWICZ Marzena | 1028 | LECEBOCHCE | K30 | 17 | 00:14:47 | 00:32:59.25 | 00:32:59.25 | +00:16:52 (51.2%) | 19:24 | 3.1 (49.2%) |
| 236 | MATUSZCZYK Maciej | 2197 | CZPTYCHY.PL | M40 | 62 | 00:15:19 | 00:33:23.20 | 00:35:47.95 | +00:19:41 (55.0%) | 19:38 | 3.1 (49.2%) |

Znaleziono 236 wynik(ów)