



FORMOZA CHALLENGE

Wydarzenie: Formoza Challenge Ustka
Organizator: APS AGENCY Sp. z o.o. Sp. K
Data: 2023-07-23
Miejsce: Ustka
Dystans: 10 L km

FORMOZA LONG

B4SPORT

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

| Msc | Zawodnik | Numer | Kategoria | Mkat | Seria startowa | Czas startu | 3km | Czas netto 10km | Czas brutto 10km | Różn | Tempo min/km | Tempo km/h |
|-----|----------------------------|-------|----------------|------|----------------|-------------|----------|-----------------|------------------|-------------------|--------------|-------------|
| 1 | FALEJCZYK Marcin | 332 | OPEN Mężczyźni | 1 | 09:00 | 00:11:27 | 00:50:24 | 01:12:44.65 | 01:24:12.20 | | 7:16 | 8.2 (100%) |
| 2 | JAKUBIK Filip | 482 | OPEN Mężczyźni | 2 | 09:10 | 00:03:28 | 00:56:32 | 01:14:48.75 | 01:18:17.70 | +00:02:04 (2.8%) | 7:28 | 8 (97.6%) |
| 3 | WILMONT Krzysztof | 454 | OPEN Mężczyźni | 3 | 09:05 | 00:00:03 | 00:56:54 | 01:15:45.75 | 01:15:48.75 | +00:03:01 (4.0%) | 7:34 | 7.9 (96.3%) |
| 4 | CEJKO Dawid | 471 | OPEN Mężczyźni | 4 | 09:00 | 00:00:02 | 01:00:34 | 01:22:00.25 | 01:22:02.85 | +00:09:15 (11.3%) | 8:12 | 7.3 (89.0%) |
| 5 | DOMŻAŁSKI Bartosz | 430 | OPEN Mężczyźni | 5 | 09:05 | 00:16:42 | 01:03:43 | 01:23:23.80 | 01:40:06.40 | +00:10:39 (12.8%) | 8:20 | 7.2 (87.8%) |
| 6 | KOSTROWSKI Łukasz | 548 | OPEN Mężczyźni | 6 | 09:05 | 00:00:03 | 01:01:00 | 01:23:32.60 | 01:23:36.10 | +00:10:47 (12.9%) | 8:21 | 7.2 (87.8%) |
| 7 | KRAJNIK Daniel | 357 | OPEN Mężczyźni | 7 | 09:00 | 00:00:04 | 01:03:21 | 01:25:58.90 | 01:26:03.35 | +00:13:14 (15.4%) | 8:35 | 7 (85.4%) |
| 8 | KURLAPSKI Radosław | 502 | OPEN Mężczyźni | 8 | 09:55 | 00:36:27 | 01:06:41 | 01:29:52.20 | 02:06:20.00 | +00:17:07 (19.1%) | 8:59 | 6.7 (81.7%) |
| 9 | ŚLEDŹ Łukasz | 405 | OPEN Mężczyźni | 9 | 09:05 | 00:07:00 | 01:09:24 | 01:31:49.15 | 01:38:49.60 | +00:19:04 (20.8%) | 9:10 | 6.5 (79.3%) |
| 10 | MACIUKAJĆ Bartłomiej | 503 | OPEN Mężczyźni | 10 | 09:10 | 00:06:59 | 01:09:24 | 01:31:49.55 | 01:38:49.35 | +00:19:04 (20.8%) | 9:10 | 6.5 (79.3%) |
| 11 | SZULCEK Patryk | 528 | OPEN Mężczyźni | 11 | 09:55 | 01:02:09 | 01:07:28 | 01:32:44.20 | 02:34:53.65 | +00:19:59 (21.6%) | 9:16 | 6.5 (79.3%) |
| 12 | FRYZE Kacper | 445 | OPEN Mężczyźni | 12 | 09:05 | 00:03:28 | 01:09:18 | 01:33:37.35 | 01:37:05.85 | +00:20:52 (22.3%) | 9:21 | 6.4 (78.0%) |
| 13 | STAWINOGA Michał | 446 | OPEN Mężczyźni | 13 | 09:05 | 00:03:28 | 01:09:17 | 01:33:37.85 | 01:37:06.20 | +00:20:53 (22.3%) | 9:21 | 6.4 (78.0%) |
| 14 | ROMAN Krzysztof | 513 | OPEN Mężczyźni | 14 | 09:55 | 00:29:30 | 01:11:37 | 01:34:15.75 | 02:03:46.20 | +00:21:31 (22.8%) | 9:25 | 6.4 (78.0%) |
| 15 | KURZAWA Mateusz | 437 | OPEN Mężczyźni | 15 | 09:05 | 00:03:29 | 01:09:29 | 01:34:49.65 | 01:38:19.10 | +00:22:05 (23.3%) | 9:28 | 6.3 (76.8%) |
| 16 | FILIPKOWSKI Łukasz | 390 | OPEN Mężczyźni | 16 | 09:05 | 00:03:30 | 01:09:27 | 01:34:58.95 | 01:38:29.80 | +00:22:14 (23.4%) | 9:29 | 6.3 (76.8%) |
| 17 | NOWACKI Krzysztof | 569 | OPEN Mężczyźni | 17 | | 00:11:29 | 01:13:23 | 01:35:31.85 | 01:47:01.55 | +00:22:47 (23.9%) | 9:33 | 6.3 (76.8%) |
| 18 | KAŹMIERCZAK Marcin | 336 | OPEN Mężczyźni | 18 | 09:00 | 00:07:00 | 01:12:07 | 01:36:18.70 | 01:43:19.20 | +00:23:34 (24.5%) | 9:37 | 6.2 (75.6%) |
| 19 | KUKLIŃSKA-NURKOWSKA Lucyna | 371 | OPEN Kobiety | 1 | 09:30 | 00:07:00 | 01:13:48 | 01:36:49.30 | 01:43:49.35 | +00:24:04 (24.9%) | 9:40 | 6.2 (75.6%) |
| 20 | PIETRZAK Jacek | 416 | OPEN Mężczyźni | 19 | 09:30 | 01:02:11 | 01:10:07 | 01:37:26.00 | 02:39:37.00 | +00:24:41 (25.3%) | 9:44 | 6.2 (75.6%) |
| 21 | STANKIEWICZ Witold | 490 | OPEN Mężczyźni | 20 | 09:10 | 00:03:30 | 01:14:08 | 01:37:32.10 | 01:41:02.25 | +00:24:47 (25.4%) | 9:45 | 6.2 (75.6%) |
| 22 | MASZKA Bartłomiej | 443 | OPEN Mężczyźni | 21 | 09:05 | 00:07:03 | 01:14:41 | 01:39:20.05 | 01:46:23.45 | +00:26:35 (26.8%) | 9:56 | 6 (73.2%) |
| 23 | BARANOWSKI Mikołaj | 467 | OPEN Mężczyźni | 22 | 09:35 | 00:24:30 | 01:16:58 | 01:39:33.60 | 02:04:03.65 | +00:26:48 (26.9%) | 9:57 | 6 (73.2%) |

| Msc | Zawodnik | Numer | Kategoria | Mkat | Seria startowa | Czas startu | 3km | Czas netto 10km | Czas brutto 10km | Różn | Tempo min/km | Tempo km/h |
|-----|-----------------------------|------------|----------------|------|----------------|-------------|----------|--------------------|--------------------|-------------------|--------------|-------------|
| 24 | MUCHA Bartek | 421 | OPEN Mężczyźni | 23 | 09:00 | 00:20:30 | 01:15:15 | 01:40:48.55 | 02:01:19.20 | +00:28:03 (27.8%) | 10:04 | 6 (73.2%) |
| 25 | KOŁODZIEJSKI Oskar | 377 | OPEN Mężczyźni | 24 | 09:10 | 00:16:42 | 01:15:14 | 01:42:05.10 | 01:58:47.80 | +00:29:20 (28.7%) | 10:12 | 5.9 (72.0%) |
| 26 | ZWOLIŃSKI Krzysztof | 480 | OPEN Mężczyźni | 25 | 09:35 | 00:16:46 | 01:17:58 | 01:42:48.90 | 01:59:35.00 | +00:30:04 (29.2%) | 10:16 | 5.8 (70.7%) |
| 27 | KĘSOŃ Michał | 435 | OPEN Mężczyźni | 26 | 09:05 | 00:16:44 | 01:17:58 | 01:43:11.50 | 01:59:56.40 | +00:30:26 (29.5%) | 10:19 | 5.8 (70.7%) |
| 28 | KARPIŃSKI Dariusz | 434 | OPEN Mężczyźni | 27 | 09:05 | 00:16:45 | 01:18:37 | 01:43:48.40 | 02:00:33.90 | +00:31:03 (29.9%) | 10:22 | 5.8 (70.7%) |
| 29 | GRUSZKA Marcin | 376 | OPEN Mężczyźni | 28 | 09:05 | 00:03:29 | 01:11:43 | 01:43:52.45 | 01:47:22.00 | +00:31:07 (30.0%) | 10:23 | 5.8 (70.7%) |
| 30 | PARADZIŃSKI Dawid | 331 | OPEN Mężczyźni | 29 | 09:30 | 00:16:44 | 01:17:28 | 01:44:01.95 | 02:00:46.10 | +00:31:17 (30.1%) | 10:24 | 5.8 (70.7%) |
| 31 | KOWLASKA Natalia | 564 | OPEN Kobiety | 2 | | 00:47:57 | 01:17:07 | 01:44:02.75 | 02:32:00.20 | +00:31:18 (30.1%) | 10:24 | 5.8 (70.7%) |
| 32 | OKPIS Wojciech | 566 | OPEN Mężczyźni | 30 | | 00:47:57 | 01:17:10 | 01:44:03.95 | 02:32:01.70 | +00:31:19 (30.1%) | 10:24 | 5.8 (70.7%) |
| 33 | RATAJCZAK Małgorzata | 452 | OPEN Kobiety | 3 | 09:40 | 00:40:54 | 01:20:11 | 01:44:58.05 | 02:25:52.25 | +00:32:13 (30.7%) | 10:29 | 5.7 (69.5%) |
| 34 | RUEFFRECK Adam | 447 | OPEN Mężczyźni | 31 | 09:05 | 00:03:30 | 01:21:00 | 01:45:00.90 | 01:48:31.40 | +00:32:16 (30.7%) | 10:30 | 5.7 (69.5%) |
| 35 | TÓRZ Mariusz | 373 | OPEN Mężczyźni | 32 | 09:00 | 00:16:44 | 01:19:30 | 01:45:09.30 | 02:01:53.45 | +00:32:24 (30.8%) | 10:30 | 5.7 (69.5%) |
| 36 | KUBAŚ Arkadiusz | 414 | OPEN Mężczyźni | 33 | 09:00 | 00:00:02 | 01:21:19 | 01:45:14.30 | 01:45:17.20 | +00:32:29 (30.9%) | 10:31 | 5.7 (69.5%) |
| 37 | CZERNECKI Ludwik | 341 | OPEN Mężczyźni | 34 | 09:00 | 00:00:04 | 01:14:37 | 01:46:36.65 | 01:46:40.85 | +00:33:52 (31.8%) | 10:39 | 5.6 (68.3%) |
| 38 | DURKA Paweł | 507 | OPEN Mężczyźni | 35 | 09:15 | 00:11:29 | 01:20:27 | 01:46:44.10 | 01:58:13.50 | +00:33:59 (31.8%) | 10:40 | 5.6 (68.3%) |
| 39 | WIĘSEK Artur | 387 | OPEN Mężczyźni | 36 | 09:30 | 00:36:29 | 01:21:17 | 01:46:55.00 | 02:23:24.10 | +00:34:10 (32.0%) | 10:41 | 5.6 (68.3%) |
| 40 | FINSTER Łukasz | 351 | OPEN Mężczyźni | 37 | 09:30 | 01:35:56 | 01:19:03 | 01:48:02.75 | 03:23:59.15 | +00:35:18 (32.7%) | 10:48 | 5.6 (68.3%) |
| 41 | PAWLACZYK Kuba | 408 | OPEN Mężczyźni | 38 | 09:55 | 00:16:45 | 01:23:23 | 01:48:32.35 | 02:05:18.10 | +00:35:47 (33.0%) | 10:51 | 5.5 (67.1%) |
| 42 | DOMERACKI Artur | 488 | OPEN Mężczyźni | 39 | 09:20 | 00:20:29 | 01:19:57 | 01:48:36.85 | 02:09:06.00 | +00:35:52 (33.0%) | 10:51 | 5.5 (67.1%) |
| 43 | KLEIN Adam | 530 | OPEN Mężczyźni | 40 | 09:15 | 00:11:29 | 01:22:17 | 01:48:59.10 | 02:00:28.10 | +00:36:14 (33.3%) | 10:53 | 5.5 (67.1%) |
| 44 | MATUSIAK Mariusz | 344 | OPEN Mężczyźni | 41 | 09:40 | 01:08:34 | 01:19:16 | 01:49:11.05 | 02:57:45.45 | +00:36:26 (33.4%) | 10:55 | 5.5 (67.1%) |
| 45 | KOZŁOWSKI Michał | 487 | OPEN Mężczyźni | 42 | 09:10 | 00:16:43 | 01:23:32 | 01:49:13.75 | 02:05:57.05 | +00:36:29 (33.4%) | 10:55 | 5.5 (67.1%) |
| 46 | KRÓLIKOWSKI Tomasz | 428 | OPEN Mężczyźni | 43 | 09:30 | 00:16:43 | 01:23:22 | 01:49:20.95 | 02:06:04.60 | +00:36:36 (33.5%) | 10:56 | 5.5 (67.1%) |
| 47 | LAMPARSKI Kamil | 429 | OPEN Mężczyźni | 44 | 09:30 | 00:16:43 | 01:23:22 | 01:49:21.20 | 02:06:05.05 | +00:36:36 (33.5%) | 10:56 | 5.5 (67.1%) |
| 48 | NOWAK Paweł | 518 | OPEN Mężczyźni | 45 | 09:10 | 00:03:30 | 01:12:44 | 01:50:14.20 | 01:53:44.55 | +00:37:29 (34.0%) | 11:01 | 5.4 (65.9%) |
| 49 | HORNIATKO Łukasz | 327 | OPEN Mężczyźni | 46 | 09:00 | 00:16:44 | 01:23:10 | 01:50:33.25 | 02:07:17.70 | +00:37:48 (34.2%) | 11:03 | 5.4 (65.9%) |
| 50 | WIATRZYK Robert | 539 | OPEN Mężczyźni | 47 | 09:40 | 01:08:34 | 01:26:17 | 01:51:49.15 | 03:00:23.40 | +00:39:04 (34.9%) | 11:10 | 5.4 (65.9%) |
| 51 | PLUCIŃSKI Sylwester | 549 | OPEN Mężczyźni | 48 | 09:05 | 00:00:05 | 01:25:13 | 01:52:18.90 | 01:52:24.60 | +00:39:34 (35.2%) | 11:13 | 5.3 (64.6%) |
| 52 | ZALEJASZ Grzegorz | 391 | OPEN Mężczyźni | 49 | 09:50 | 01:02:11 | 01:18:42 | 01:52:25.70 | 02:54:36.80 | +00:39:41 (35.3%) | 11:14 | 5.3 (64.6%) |
| 53 | PRZEDLACKI Michał | 425 | OPEN Mężczyźni | 50 | 09:30 | 01:08:35 | 01:21:28 | 01:52:34.05 | 03:01:09.70 | +00:39:49 (35.4%) | 11:15 | 5.3 (64.6%) |
| 54 | SZURGOT Kamil | 401 | OPEN Mężczyźni | 51 | 09:15 | 00:07:01 | 01:26:16 | 01:53:19.90 | 02:00:21.05 | +00:40:35 (35.8%) | 11:19 | 5.3 (64.6%) |
| 55 | | 561 | | | | 01:59:19 | 01:21:58 | 01:54:06.85 | 03:53:26.50 | +00:41:22 (36.3%) | 11:24 | 5.3 (64.6%) |
| 56 | | 560 | | | | 01:59:19 | 01:21:46 | 01:54:07.10 | 03:53:26.75 | +00:41:22 (36.3%) | 11:24 | 5.3 (64.6%) |
| 57 | KASPERSKI Franek | 517 | OPEN Mężczyźni | 52 | 09:20 | 00:16:44 | 01:25:11 | 01:55:16.15 | 02:12:00.75 | +00:42:31 (36.9%) | 11:31 | 5.2 (63.4%) |
| 58 | LISIAK Jakub | 515 | OPEN Mężczyźni | 53 | 09:20 | 00:16:45 | 01:25:14 | 01:55:18.20 | 02:12:04.05 | +00:42:33 (36.9%) | 11:31 | 5.2 (63.4%) |
| 59 | BIŃCZYK Mariusz | 499 | OPEN Mężczyźni | 54 | 09:10 | 00:03:28 | 01:26:15 | 01:55:24.80 | 01:58:53.15 | +00:42:40 (37.0%) | 11:32 | 5.2 (63.4%) |
| 60 | PAROL Przemysław | 516 | OPEN Mężczyźni | 55 | 09:10 | 00:03:28 | 01:26:29 | 01:55:34.85 | 01:59:03.55 | +00:42:50 (37.1%) | 11:33 | 5.2 (63.4%) |
| 61 | PUKAS Szymon | 407 | OPEN Mężczyźni | 56 | 09:15 | 00:24:31 | 01:23:28 | 01:55:41.50 | 02:20:12.60 | +00:42:56 (37.1%) | 11:34 | 5.2 (63.4%) |
| 62 | WOJCIECHOWSKI Marek | 337 | OPEN Mężczyźni | 57 | 09:00 | 00:00:08 | 01:25:24 | 01:55:47.45 | 01:55:55.80 | +00:43:02 (37.2%) | 11:34 | 5.2 (63.4%) |
| 63 | SOKOŁOWSKI Marcin | 338 | OPEN Mężczyźni | 58 | 09:00 | 00:00:07 | 01:25:23 | 01:55:48.30 | 01:55:55.60 | +00:43:03 (37.2%) | 11:34 | 5.2 (63.4%) |
| 64 | PRZYBYŁA Weronika | 498 | OPEN Kobiety | 4 | 09:35 | 00:40:54 | 01:27:44 | 01:56:07.75 | 02:37:01.80 | +00:43:23 (37.4%) | 11:36 | 5.2 (63.4%) |
| 65 | DYBOWSKI Tomasz | 497 | OPEN Mężczyźni | 59 | 09:35 | 00:40:54 | 01:28:14 | 01:56:10.00 | 02:37:04.90 | +00:43:25 (37.4%) | 11:37 | 5.2 (63.4%) |
| 66 | MATEUSIAK Mateusz | 493 | OPEN Mężczyźni | 60 | 09:35 | 00:40:53 | 01:27:44 | 01:56:10.15 | 02:37:03.35 | +00:43:25 (37.4%) | 11:37 | 5.2 (63.4%) |
| 67 | KRAMARZ Przemysław | 500 | OPEN Mężczyźni | 61 | 09:35 | 00:40:54 | 01:28:17 | 01:56:19.80 | 02:37:14.25 | +00:43:35 (37.5%) | 11:37 | 5.2 (63.4%) |

| Msc | Zawodnik | Numer | Kategoria | Mkat | Seria startowa | Czas startu | 3km | Czas netto 10km | Czas brutto 10km | Różn | Tempo min/km | Tempo km/h |
|-----|---------------------------|------------|----------------|------|----------------|-------------|----------|--------------------|--------------------|-------------------|--------------|-------------|
| 68 | HURMAN Krzysztof | 514 | OPEN Mężczyźni | 62 | 09:15 | 00:07:01 | 01:24:00 | 01:56:55.60 | 02:03:57.50 | +00:44:10 (37.8%) | 11:41 | 5.1 (62.2%) |
| 69 | KRYGER Tomasz | 402 | OPEN Mężczyźni | 63 | 09:15 | 00:07:00 | 01:26:19 | 01:57:02.05 | 02:04:02.70 | +00:44:17 (37.8%) | 11:42 | 5.1 (62.2%) |
| 70 | MILLER Kacper | 481 | OPEN Mężczyźni | 64 | 09:10 | 00:03:29 | 01:24:45 | 01:57:12.05 | 02:00:41.20 | +00:44:27 (37.9%) | 11:43 | 5.1 (62.2%) |
| 71 | PIETER Paweł | 410 | OPEN Mężczyźni | 65 | 09:05 | 00:20:29 | 01:19:33 | 01:57:21.95 | 02:17:51.40 | +00:44:37 (38.0%) | 11:44 | 5.1 (62.2%) |
| 72 | MUSZYŃSKI Maciej | 366 | OPEN Mężczyźni | 66 | 09:05 | 00:03:31 | 01:28:02 | 01:57:38.40 | 02:01:09.85 | +00:44:53 (38.2%) | 11:45 | 5.1 (62.2%) |
| 73 | SIERADZKI Daniel | 529 | OPEN Mężczyźni | 67 | 09:10 | 00:03:28 | 01:28:12 | 01:57:47.15 | 02:01:15.35 | +00:45:02 (38.2%) | 11:46 | 5.1 (62.2%) |
| 74 | | 575 | | | | 01:55:38 | 01:28:10 | 01:59:51.05 | 03:55:29.65 | +00:47:06 (39.3%) | 11:59 | 5 (61.0%) |
| 75 | KUBACKI Mateusz | 489 | OPEN Mężczyźni | 68 | 09:40 | 00:24:32 | 01:30:54 | 02:00:48.25 | 02:25:21.05 | +00:48:03 (39.8%) | 12:04 | 5 (61.0%) |
| 76 | MACKIEWICZ Michał | 508 | OPEN Mężczyźni | 69 | 09:10 | 00:00:03 | 01:27:54 | 02:00:59.20 | 02:01:02.20 | +00:48:14 (39.9%) | 12:05 | 5 (61.0%) |
| 77 | ŚLIWIAK Dawid | 522 | OPEN Mężczyźni | 70 | 09:50 | 01:02:11 | 01:30:23 | 02:02:49.25 | 03:05:00.85 | +00:50:04 (40.8%) | 12:16 | 4.9 (59.8%) |
| 78 | ŚLUSAR Wojciech | 523 | OPEN Mężczyźni | 71 | 09:50 | 01:02:12 | 01:30:28 | 02:02:53.95 | 03:05:06.05 | +00:50:09 (40.8%) | 12:17 | 4.9 (59.8%) |
| 79 | ŚLUSAR Marcin | 521 | OPEN Mężczyźni | 72 | 09:50 | 01:02:11 | 01:30:25 | 02:02:56.80 | 03:05:08.50 | +00:50:12 (40.8%) | 12:17 | 4.9 (59.8%) |
| 80 | POMIANOWSKA Anna | 439 | OPEN Kobiety | 5 | 09:25 | 00:03:29 | 01:31:28 | 02:03:04.05 | 02:06:33.75 | +00:50:19 (40.9%) | 12:18 | 4.9 (59.8%) |
| 81 | | 577 | | | | 00:24:29 | 01:30:12 | 02:03:11.75 | 02:27:41.20 | +00:50:27 (41.0%) | 12:19 | 4.9 (59.8%) |
| 82 | | 579 | | | | 00:24:29 | 01:30:27 | 02:03:12.45 | 02:27:41.50 | +00:50:27 (41.0%) | 12:19 | 4.9 (59.8%) |
| 83 | PRZYBYSZ Przemek | 544 | OPEN Mężczyźni | 73 | 09:55 | 00:16:43 | 01:21:19 | 02:03:43.10 | 02:20:26.35 | +00:50:58 (41.2%) | 12:22 | 4.8 (58.5%) |
| 84 | SUDOŁ Adam | 531 | OPEN Mężczyźni | 74 | 09:10 | 00:07:01 | 01:32:55 | 02:04:33.75 | 02:11:35.45 | +00:51:49 (41.6%) | 12:27 | 4.8 (58.5%) |
| 85 | SUDOŁ Dagmara | 466 | OPEN Kobiety | 6 | 09:10 | 00:07:01 | 01:32:54 | 02:04:33.85 | 02:11:35.60 | +00:51:49 (41.6%) | 12:27 | 4.8 (58.5%) |
| 86 | NATER Sebastian | 444 | OPEN Mężczyźni | 75 | 09:05 | 00:07:03 | 01:24:21 | 02:04:37.20 | 02:11:41.10 | +00:51:52 (41.6%) | 12:27 | 4.8 (58.5%) |
| 87 | KEMPIŃSKI Michał | 417 | OPEN Mężczyźni | 76 | 09:10 | 00:11:30 | 01:32:31 | 02:04:41.55 | 02:16:12.15 | +00:51:56 (41.7%) | 12:28 | 4.8 (58.5%) |
| 88 | CIACIAK Mateusz | 419 | OPEN Mężczyźni | 77 | 09:10 | 00:11:30 | 01:32:33 | 02:04:42.10 | 02:16:12.10 | +00:51:57 (41.7%) | 12:28 | 4.8 (58.5%) |
| 89 | TALARCZYK Jakub | 463 | OPEN Mężczyźni | 78 | 09:10 | 00:00:09 | 01:31:18 | 02:04:45.10 | 02:04:55.00 | +00:52:00 (41.7%) | 12:28 | 4.8 (58.5%) |
| 90 | DETLAFF Magdalena | 484 | OPEN Kobiety | 7 | 09:10 | 00:03:29 | 01:34:54 | 02:04:45.15 | 02:08:14.40 | +00:52:00 (41.7%) | 12:28 | 4.8 (58.5%) |
| 91 | DETLAFF Sławomir | 486 | OPEN Mężczyźni | 79 | 09:10 | 00:03:29 | 01:34:31 | 02:04:45.70 | 02:08:15.25 | +00:52:01 (41.7%) | 12:28 | 4.8 (58.5%) |
| 92 | ZATORSKI Adam | 512 | OPEN Mężczyźni | 80 | 09:55 | 01:02:09 | 01:29:58 | 02:04:46.20 | 03:06:55.95 | +00:52:01 (41.7%) | 12:28 | 4.8 (58.5%) |
| 93 | ZIEMANN Daniel | 485 | OPEN Mężczyźni | 81 | 09:10 | 00:03:29 | 01:34:24 | 02:04:46.45 | 02:08:16.40 | +00:52:01 (41.7%) | 12:28 | 4.8 (58.5%) |
| 94 | MATUKIEWICZ Kacper | 473 | OPEN Mężczyźni | 82 | 09:10 | 00:00:04 | 01:32:06 | 02:04:57.20 | 02:05:02.10 | +00:52:12 (41.8%) | 12:29 | 4.8 (58.5%) |
| 95 | BOŻKO Katarzyna | 474 | OPEN Kobiety | 8 | 09:10 | 00:00:04 | 01:32:07 | 02:04:58.30 | 02:05:03.10 | +00:52:13 (41.8%) | 12:29 | 4.8 (58.5%) |
| 96 | DUBLA Andrzej | 462 | OPEN Mężczyźni | 83 | 09:10 | 00:00:09 | 01:31:16 | 02:05:09.85 | 02:05:19.75 | +00:52:25 (41.9%) | 12:30 | 4.8 (58.5%) |
| 97 | SZYDŁOWSKI Michał | 468 | OPEN Mężczyźni | 84 | 09:25 | 01:22:46 | 01:30:53 | 02:05:35.55 | 03:28:21.80 | +00:52:50 (42.1%) | 12:33 | 4.8 (58.5%) |
| 97 | MAZUR Dariusz | 496 | OPEN Mężczyźni | 84 | 09:55 | 01:22:46 | 01:30:50 | 02:05:35.55 | 03:28:21.75 | +00:52:50 (42.1%) | 12:33 | 4.8 (58.5%) |
| 99 | PALA Jerzy | 394 | OPEN Mężczyźni | 86 | 09:35 | 00:11:28 | 01:31:44 | 02:06:03.85 | 02:17:32.70 | +00:53:19 (42.3%) | 12:36 | 4.8 (58.5%) |
| 100 | SZAFIRSKI Marek | 356 | OPEN Mężczyźni | 87 | 09:30 | 00:24:33 | 01:32:30 | 02:06:43.95 | 02:31:17.10 | +00:53:59 (42.6%) | 12:40 | 4.7 (57.3%) |
| 101 | CZUPA Arkadiusz | 316 | OPEN Mężczyźni | 88 | 09:20 | 00:03:32 | 01:33:58 | 02:08:25.95 | 02:11:58.55 | +00:55:41 (43.4%) | 12:50 | 4.7 (57.3%) |
| 102 | WYSMOLIŃSKI Konrad | 315 | OPEN Mężczyźni | 89 | 09:20 | 00:03:32 | 01:33:57 | 02:08:26.00 | 02:11:58.20 | +00:55:41 (43.4%) | 12:50 | 4.7 (57.3%) |
| 103 | URBANOWSKI Marcin | 361 | OPEN Mężczyźni | 90 | 09:05 | 00:36:30 | 01:36:37 | 02:08:26.30 | 02:44:56.30 | +00:55:41 (43.4%) | 12:50 | 4.7 (57.3%) |
| 104 | PAŁUBICKI Artur | 363 | OPEN Mężczyźni | 91 | 09:00 | 00:07:02 | 01:30:18 | 02:08:26.40 | 02:15:28.90 | +00:55:41 (43.4%) | 12:50 | 4.7 (57.3%) |
| 105 | GOLIŃSKI Krzysztof | 360 | OPEN Mężczyźni | 92 | 09:05 | 00:36:29 | 01:36:34 | 02:08:27.45 | 02:44:57.10 | +00:55:42 (43.4%) | 12:50 | 4.7 (57.3%) |
| 106 | SZPICH Michał | 359 | OPEN Mężczyźni | 93 | 09:05 | 00:36:29 | 01:36:35 | 02:08:27.55 | 02:44:56.65 | +00:55:42 (43.4%) | 12:50 | 4.7 (57.3%) |
| 107 | BADOWSKI Marek | 364 | OPEN Mężczyźni | 94 | 09:05 | 00:36:28 | 01:36:38 | 02:08:28.05 | 02:44:56.80 | +00:55:43 (43.4%) | 12:50 | 4.7 (57.3%) |
| 107 | SZPICH Kamil | 358 | OPEN Mężczyźni | 94 | 09:05 | 00:36:28 | 01:36:34 | 02:08:28.05 | 02:44:56.25 | +00:55:43 (43.4%) | 12:50 | 4.7 (57.3%) |
| 109 | PLUCIŃSKI Michał | 365 | OPEN Mężczyźni | 96 | 09:00 | 00:24:31 | 01:31:11 | 02:08:31.00 | 02:33:02.90 | +00:55:46 (43.4%) | 12:51 | 4.7 (57.3%) |
| 110 | | 568 | | | | 01:51:12 | 01:32:07 | 02:09:31.60 | 04:00:43.95 | +00:56:46 (43.8%) | 12:57 | 4.6 (56.1%) |
| 111 | MICHALSKA Wioleta | 350 | OPEN Kobiety | 9 | 09:30 | 00:16:43 | 01:35:41 | 02:09:31.90 | 02:26:15.60 | +00:56:47 (43.8%) | 12:57 | 4.6 (56.1%) |

| Msc | Zawodnik | Numer | Kategoria | Mkat | Seria startowa | Czas startu | 3km | Czas | Czas | Różn | Tempo min/km | Tempo km/h |
|-----|------------------------------|------------|----------------|------|----------------|-------------|----------|--------------------|--------------------|-------------------|--------------|-------------|
| | | | | | | | | netto 10km | brutto 10km | | | |
| 112 | PAWŁOWSKI Robert | 510 | OPEN Mężczyźni | 97 | 09:20 | 00:29:30 | 01:31:50 | 02:09:32.05 | 02:39:02.50 | +00:56:47 (43.8%) | 12:57 | 4.6 (56.1%) |
| 113 | KLONOWSKA Oliwia | 509 | OPEN Kobiety | 10 | 09:20 | 00:29:30 | 01:31:51 | 02:09:39.45 | 02:39:10.10 | +00:56:54 (43.9%) | 12:57 | 4.6 (56.1%) |
| 114 | TRZEPIZUR Bartek | 418 | OPEN Mężczyźni | 98 | 09:30 | 01:02:10 | 01:36:19 | 02:10:02.00 | 03:12:12.40 | +00:57:17 (44.1%) | 13:00 | 4.6 (56.1%) |
| 115 | DURMAN Dawid | 412 | OPEN Mężczyźni | 99 | 09:45 | 01:22:47 | 01:37:21 | 02:10:35.40 | 03:33:22.90 | +00:57:50 (44.3%) | 13:03 | 4.6 (56.1%) |
| 116 | KLEPACZ Bartosz | 465 | OPEN Mężczyźni | 100 | 09:45 | 01:22:46 | 01:37:23 | 02:10:35.80 | 03:33:22.50 | +00:57:51 (44.3%) | 13:03 | 4.6 (56.1%) |
| 117 | AMBROZIK Robert | 411 | OPEN Mężczyźni | 101 | 09:45 | 01:22:46 | 01:37:26 | 02:10:36.25 | 03:33:22.95 | +00:57:51 (44.3%) | 13:03 | 4.6 (56.1%) |
| 118 | RAKOWSKI Michał | 520 | OPEN Mężczyźni | 102 | 09:20 | 00:20:29 | 01:45:10 | 02:10:49.90 | 02:31:19.35 | +00:58:05 (44.4%) | 13:04 | 4.6 (56.1%) |
| 119 | STAŚKOWIAK Rafał | 469 | OPEN Mężczyźni | 103 | 09:35 | 00:47:59 | 01:33:18 | 02:10:54.30 | 02:58:53.70 | +00:58:09 (44.4%) | 13:05 | 4.6 (56.1%) |
| 120 | TYRNA Marcin | 400 | OPEN Mężczyźni | 104 | 09:15 | 00:24:31 | 01:34:08 | 02:11:33.55 | 02:36:05.05 | +00:58:48 (44.7%) | 13:09 | 4.6 (56.1%) |
| 121 | EWA Szpoton | 580 | OPEN Kobiety | 11 | | 00:36:30 | 01:37:16 | 02:12:14.75 | 02:48:45.50 | +00:59:30 (45.0%) | 13:13 | 4.5 (54.9%) |
| 122 | HOGA Sławek | 533 | OPEN Mężczyźni | 105 | 09:10 | 00:47:59 | 01:35:27 | 02:14:02.70 | 03:02:01.70 | +01:01:18 (45.7%) | 13:24 | 4.5 (54.9%) |
| 123 | MARCIN Jabłoński | 574 | OPEN Mężczyźni | 106 | | 00:47:59 | 01:35:45 | 02:14:03.70 | 03:02:03.30 | +01:01:19 (45.7%) | 13:24 | 4.5 (54.9%) |
| 124 | RZEPSKA Ania | 303 | OPEN Kobiety | 12 | 09:55 | 00:24:30 | 01:41:58 | 02:14:28.70 | 02:38:58.80 | +01:01:44 (45.9%) | 13:26 | 4.5 (54.9%) |
| 125 | CHODOROWSKI Maciej | 389 | OPEN Mężczyźni | 107 | 09:30 | 00:03:31 | 01:42:35 | 02:14:43.30 | 02:18:14.90 | +01:01:58 (46.0%) | 13:28 | 4.5 (54.9%) |
| 126 | CEBULA Krystian | 491 | OPEN Mężczyźni | 108 | 09:15 | 00:11:28 | 01:39:14 | 02:15:22.60 | 02:26:51.05 | +01:02:37 (46.3%) | 13:32 | 4.4 (53.7%) |
| 127 | GAWIN Dawid | 537 | OPEN Mężczyźni | 109 | 09:55 | 00:47:58 | 01:40:48 | 02:16:05.15 | 03:04:03.60 | +01:03:20 (46.5%) | 13:36 | 4.4 (53.7%) |
| 128 | MATYSEK Ireneusz | 541 | OPEN Mężczyźni | 110 | 09:15 | 00:03:31 | 01:33:53 | 02:16:10.45 | 02:19:41.55 | +01:03:25 (46.6%) | 13:37 | 4.4 (53.7%) |
| 129 | KOBUS Piotr | 424 | OPEN Mężczyźni | 111 | 09:15 | 00:11:27 | 01:39:18 | 02:16:41.25 | 02:28:09.10 | +01:03:56 (46.8%) | 13:40 | 4.4 (53.7%) |
| 130 | GREWLING Jonasz | 431 | OPEN Mężczyźni | 112 | 09:15 | 00:11:27 | 01:39:19 | 02:16:41.40 | 02:28:09.35 | +01:03:56 (46.8%) | 13:40 | 4.4 (53.7%) |
| 131 | ZYCH Monika | 432 | OPEN Kobiety | 13 | 09:30 | 00:20:28 | 01:44:52 | 02:16:52.05 | 02:37:20.10 | +01:04:07 (46.9%) | 13:41 | 4.4 (53.7%) |
| 132 | STELMASZYK Przemysław | 422 | OPEN Mężczyźni | 113 | 09:30 | 00:20:28 | 01:44:40 | 02:16:52.15 | 02:37:20.65 | +01:04:07 (46.9%) | 13:41 | 4.4 (53.7%) |
| 133 | BĄCZKOWSKI Jan | 459 | OPEN Mężczyźni | 114 | 09:30 | 00:20:27 | 01:44:40 | 02:16:52.80 | 02:37:20.10 | +01:04:08 (46.9%) | 13:41 | 4.4 (53.7%) |
| 134 | WIECZOREK Kuba | 461 | OPEN Mężczyźni | 115 | 09:25 | 01:08:34 | 01:39:13 | 02:17:42.35 | 03:26:16.85 | +01:04:57 (47.2%) | 13:46 | 4.4 (53.7%) |
| 135 | GUGNACKI Juliusz | 464 | OPEN Mężczyźni | 116 | 09:25 | 01:08:34 | 01:39:11 | 02:17:44.20 | 03:26:18.70 | +01:04:59 (47.2%) | 13:46 | 4.4 (53.7%) |
| 136 | MIELNIK Michał | 370 | OPEN Mężczyźni | 117 | 09:30 | 00:20:28 | 01:37:49 | 02:17:57.40 | 02:38:25.40 | +01:05:12 (47.3%) | 13:47 | 4.3 (52.4%) |
| 137 | DOMAGALSKI Marcin | 310 | OPEN Mężczyźni | 118 | 09:30 | 00:47:59 | 01:45:16 | 02:18:01.80 | 03:06:00.80 | +01:05:17 (47.3%) | 13:48 | 4.3 (52.4%) |
| 138 | TRUSZKOWSKI Jakub | 504 | OPEN Mężczyźni | 119 | 09:15 | 00:16:44 | 01:40:15 | 02:18:10.75 | 02:34:55.65 | +01:05:26 (47.4%) | 13:49 | 4.3 (52.4%) |
| 139 | GŁOWIŃSKI Krystian | 505 | OPEN Mężczyźni | 120 | 09:15 | 00:16:44 | 01:40:16 | 02:18:14.40 | 02:34:59.20 | +01:05:29 (47.4%) | 13:49 | 4.3 (52.4%) |
| 140 | KUCZEK Grzegorz | 79 | OPEN Mężczyźni | 121 | 12:05 | 01:02:12 | 01:46:15 | 02:19:48.75 | 03:22:01.40 | +01:07:04 (48.0%) | 13:58 | 4.3 (52.4%) |
| 141 | PAJER Paweł | 543 | OPEN Mężczyźni | 122 | 09:50 | 01:02:12 | 01:46:07 | 02:19:49.25 | 03:22:01.55 | +01:07:04 (48.0%) | 13:58 | 4.3 (52.4%) |
| 142 | SZYCKO Oliwia | 534 | OPEN Kobiety | 14 | 09:15 | 00:03:30 | 01:44:23 | 02:20:00.60 | 02:23:30.75 | +01:07:15 (48.0%) | 14:00 | 4.3 (52.4%) |
| 143 | PAPKA Kamil | 436 | OPEN Mężczyźni | 123 | 09:10 | 00:20:29 | 01:40:32 | 02:20:01.95 | 02:40:31.70 | +01:07:17 (48.1%) | 14:00 | 4.3 (52.4%) |
| 144 | BOROWSKI Paweł | 540 | OPEN Mężczyźni | 124 | 09:55 | 01:02:10 | 01:46:13 | 02:20:11.80 | 03:22:22.50 | +01:07:27 (48.1%) | 14:01 | 4.3 (52.4%) |
| 145 | ADAMCZYK Konrad | 438 | OPEN Mężczyźni | 125 | 09:05 | 00:07:00 | 01:48:18 | 02:20:24.85 | 02:27:25.00 | +01:07:40 (48.2%) | 14:02 | 4.3 (52.4%) |
| 146 | DOMINIAK Nikola | 345 | OPEN Kobiety | 15 | 09:40 | 00:40:57 | 01:44:00 | 02:21:43.85 | 03:02:40.85 | +01:08:59 (48.7%) | 14:10 | 4.2 (51.2%) |
| 147 | KOSECKI Łukasz | 554 | OPEN Mężczyźni | 126 | 09:25 | 00:24:32 | 01:47:47 | 02:22:18.05 | 02:46:50.55 | +01:09:33 (48.9%) | 14:13 | 4.2 (51.2%) |
| 148 | CZERNIEJEWSKI Paweł | 501 | OPEN Mężczyźni | 127 | 09:15 | 00:11:28 | 01:45:03 | 02:22:19.05 | 02:33:47.90 | +01:09:34 (48.9%) | 14:13 | 4.2 (51.2%) |
| 149 | KOŁODZIEJ Dawid | 542 | OPEN Mężczyźni | 128 | 09:15 | 00:11:29 | 01:45:02 | 02:22:23.70 | 02:33:53.00 | +01:09:39 (48.9%) | 14:14 | 4.2 (51.2%) |
| 150 | MISZEWSKI Grzegorz | 519 | OPEN Mężczyźni | 129 | 09:10 | 00:20:30 | 01:40:28 | 02:22:32.15 | 02:43:02.90 | +01:09:47 (49.0%) | 14:15 | 4.2 (51.2%) |
| 151 | JANTA-LIPIŃSKI Paweł | 524 | OPEN Mężczyźni | 130 | 09:55 | 01:02:11 | 01:41:51 | 02:22:52.80 | 03:25:04.10 | +01:10:08 (49.1%) | 14:17 | 4.2 (51.2%) |
| 152 | KOŁACZ Aleksandra | 427 | OPEN Kobiety | 16 | 09:55 | 01:02:10 | 01:47:31 | 02:23:05.45 | 03:25:15.90 | +01:10:20 (49.2%) | 14:18 | 4.2 (51.2%) |
| 153 | GUMOWSKA Martyna | 506 | OPEN Kobiety | 17 | 09:15 | 00:11:28 | 01:45:06 | 02:23:13.45 | 02:34:41.70 | +01:10:28 (49.2%) | 14:19 | 4.2 (51.2%) |
| 154 | WILCZEK Anna | 307 | OPEN Kobiety | 18 | 09:05 | 00:20:29 | 01:46:18 | 02:23:37.45 | 02:44:06.45 | +01:10:52 (49.4%) | 14:21 | 4.2 (51.2%) |
| 155 | BULTROWICZ Łukasz | 527 | OPEN Mężczyźni | 131 | 09:55 | 00:24:34 | 01:43:50 | 02:23:40.95 | 02:48:15.65 | +01:10:56 (49.4%) | 14:22 | 4.2 (51.2%) |

| Msc | Zawodnik | Numer | Kategoria | Mkat | Seria startowa | Czas startu | 3km | Czas | Czas | Różn | Tempo | Tempo |
|-----|-------------------------------------|------------|----------------|------|----------------|-------------|----------|--------------------|--------------------|-------------------|--------|-------------|
| | | | | | | | | netto | brutto | | min/km | km/h |
| | | | | | | | 10km | 10km | | | | |
| 156 | WOŹNIAK Sebastian | 479 | OPEN Mężczyźni | 132 | 09:10 | 00:03:31 | 01:56:48 | 02:24:00.70 | 02:27:32.00 | +01:11:16 (49.5%) | 14:24 | 4.2 (51.2%) |
| 157 | DORAWA-ZIOMEK Anna | 397 | OPEN Kobiety | 19 | 09:30 | 00:24:31 | 01:47:51 | 02:24:04.60 | 02:48:36.20 | +01:11:19 (49.5%) | 14:24 | 4.2 (51.2%) |
| 158 | ROMANOWICZ Monika | 552 | OPEN Kobiety | 20 | 09:25 | 00:24:31 | 01:47:54 | 02:24:04.80 | 02:48:36.10 | +01:11:20 (49.5%) | 14:24 | 4.2 (51.2%) |
| 159 | KATA Marcin | 556 | OPEN Mężczyźni | 133 | 09:25 | 00:24:31 | 01:47:54 | 02:24:04.90 | 02:48:36.00 | +01:11:20 (49.5%) | 14:24 | 4.2 (51.2%) |
| 160 | ZAKOŚCIELNA Katarzyna | 392 | OPEN Kobiety | 21 | 09:30 | 00:24:31 | 01:47:53 | 02:24:05.30 | 02:48:36.35 | +01:11:20 (49.5%) | 14:24 | 4.2 (51.2%) |
| 161 | NOWAK Karolina | 382 | OPEN Kobiety | 22 | 09:20 | 00:20:28 | 01:46:23 | 02:24:05.95 | 02:44:34.65 | +01:11:21 (49.5%) | 14:24 | 4.2 (51.2%) |
| 162 | RUMAK Józef | 546 | OPEN Mężczyźni | 134 | 09:15 | 00:29:30 | 01:42:45 | 02:24:09.85 | 02:53:40.00 | +01:11:25 (49.5%) | 14:24 | 4.2 (51.2%) |
| 163 | PANASIŃSKA Weronika | 426 | OPEN Kobiety | 23 | 09:55 | 01:02:10 | 01:47:33 | 02:24:17.80 | 03:26:28.45 | +01:11:33 (49.6%) | 14:25 | 4.2 (51.2%) |
| 164 | KOŁOSOWSKI Paweł | 551 | OPEN Mężczyźni | 135 | 09:55 | 01:02:12 | 01:50:02 | 02:24:37.65 | 03:26:49.70 | +01:11:53 (49.7%) | 14:27 | 4.1 (50.0%) |
| 165 | PLEWA Elwira | 550 | OPEN Kobiety | 24 | 09:55 | 01:02:11 | 01:50:07 | 02:24:38.30 | 03:26:50.20 | +01:11:53 (49.7%) | 14:27 | 4.1 (50.0%) |
| 166 | KOWALSKI Mariusz | 483 | OPEN Mężczyźni | 136 | 09:50 | 00:40:54 | 01:51:02 | 02:25:23.50 | 03:06:17.70 | +01:12:38 (50.0%) | 14:32 | 4.1 (50.0%) |
| 167 | | 570 | | | | 00:40:54 | 01:51:19 | 02:25:23.80 | 03:06:17.90 | +01:12:39 (50.0%) | 14:32 | 4.1 (50.0%) |
| 168 | KRASUSKA Milena | 460 | OPEN Kobiety | 25 | 09:05 | 00:07:01 | 01:53:55 | 02:25:59.35 | 02:33:00.50 | +01:13:14 (50.2%) | 14:35 | 4.1 (50.0%) |
| 169 | OLSZAK Wojciech | 525 | OPEN Mężczyźni | 137 | 09:35 | 00:20:30 | 01:49:42 | 02:26:11.10 | 02:46:41.20 | +01:13:26 (50.2%) | 14:37 | 4.1 (50.0%) |
| 170 | OLSZAK Jan | 526 | OPEN Mężczyźni | 138 | 09:35 | 00:20:30 | 01:49:41 | 02:26:15.75 | 02:46:45.80 | +01:13:31 (50.3%) | 14:37 | 4.1 (50.0%) |
| 171 | KLUZIK Artur | 545 | OPEN Mężczyźni | 139 | 09:40 | 00:36:30 | 01:46:48 | 02:26:35.20 | 03:03:05.35 | +01:13:50 (50.4%) | 14:39 | 4.1 (50.0%) |
| 172 | PLUCIŃSKI Szymon | 362 | OPEN Mężczyźni | 140 | 09:00 | 00:24:32 | 01:47:04 | 02:26:40.60 | 02:51:12.65 | +01:13:55 (50.4%) | 14:40 | 4.1 (50.0%) |
| 173 | SOLCZAK Adrian | 535 | OPEN Mężczyźni | 141 | 09:40 | 00:36:29 | 01:46:51 | 02:27:15.90 | 03:03:45.15 | +01:14:31 (50.6%) | 14:43 | 4.1 (50.0%) |
| 174 | SPRENGEL Kamil | 536 | OPEN Mężczyźni | 142 | 09:40 | 00:36:29 | 01:47:05 | 02:27:28.50 | 03:03:57.90 | +01:14:43 (50.7%) | 14:44 | 4.1 (50.0%) |
| 175 | JAGODZIŃSKI Radosław | 342 | OPEN Mężczyźni | 143 | 09:30 | 00:36:30 | 01:52:29 | 02:30:19.40 | 03:06:49.70 | +01:17:34 (51.6%) | 15:01 | 4 (48.8%) |
| 176 | ŚRODA Tymon | 457 | OPEN Mężczyźni | 144 | 09:40 | 01:22:45 | 01:51:35 | 02:31:17.85 | 03:54:03.45 | +01:18:33 (51.9%) | 15:07 | 4 (48.8%) |
| 177 | WILK Łukasz | 456 | OPEN Mężczyźni | 145 | 09:40 | 01:22:45 | 01:51:35 | 02:31:31.20 | 03:54:17.00 | +01:18:46 (52.0%) | 15:09 | 4 (48.8%) |
| 178 | SKUPIŃSKI Wiktor | 455 | OPEN Mężczyźni | 146 | 09:40 | 01:22:46 | 01:51:48 | 02:31:32.20 | 03:54:18.30 | +01:18:47 (52.0%) | 15:09 | 4 (48.8%) |
| 179 | DZIUBKOWSKI Marcin | 458 | OPEN Mężczyźni | 147 | 09:40 | 01:22:46 | 01:51:59 | 02:31:33.10 | 03:54:19.20 | +01:18:48 (52.0%) | 15:09 | 4 (48.8%) |
| 180 | LIPIŃSKI Paweł | 532 | OPEN Mężczyźni | 148 | 09:15 | 00:11:29 | 01:50:07 | 02:32:47.75 | 02:44:17.65 | +01:20:03 (52.4%) | 15:16 | 3.9 (47.6%) |
| 181 | FELCZAK Jakub | 440 | OPEN Mężczyźni | 149 | 09:05 | 00:20:27 | 01:51:09 | 02:32:50.40 | 02:53:17.80 | +01:20:05 (52.4%) | 15:17 | 3.9 (47.6%) |
| 182 | URBAN Ewelina | 441 | OPEN Kobiety | 26 | 09:05 | 00:20:27 | 01:51:08 | 02:32:50.70 | 02:53:17.80 | +01:20:06 (52.4%) | 15:17 | 3.9 (47.6%) |
| 183 | MALGORZATA Milena | 472 | OPEN Kobiety | 27 | 09:20 | 00:20:29 | 01:53:15 | 02:33:04.15 | 02:53:33.60 | +01:20:19 (52.5%) | 15:18 | 3.9 (47.6%) |
| 184 | DUDZIK Marek | 450 | OPEN Mężczyźni | 150 | 09:20 | 00:20:28 | 01:53:20 | 02:33:05.10 | 02:53:33.70 | +01:20:20 (52.5%) | 15:18 | 3.9 (47.6%) |
| 185 | STASZCZUK Marcin | 476 | OPEN Mężczyźni | 151 | 09:55 | 01:22:45 | 01:50:47 | 02:33:09.90 | 03:55:55.15 | +01:20:25 (52.5%) | 15:18 | 3.9 (47.6%) |
| 186 | PAŁUCKA - STASZCZUK Patrycja | 475 | OPEN Kobiety | 28 | 09:55 | 01:22:44 | 01:50:54 | 02:33:13.20 | 03:55:57.80 | +01:20:28 (52.5%) | 15:19 | 3.9 (47.6%) |
| 187 | CISEK Paweł | 478 | OPEN Mężczyźni | 152 | 09:55 | 01:22:44 | 01:50:46 | 02:33:14.75 | 03:55:59.70 | +01:20:30 (52.5%) | 15:19 | 3.9 (47.6%) |
| 188 | STĘPIEŃ Stanisław | 477 | OPEN Mężczyźni | 153 | 09:55 | 01:22:45 | 01:50:44 | 02:33:16.65 | 03:56:02.25 | +01:20:32 (52.5%) | 15:19 | 3.9 (47.6%) |
| 189 | WRONKA Mateusz | 449 | OPEN Mężczyźni | 154 | 09:05 | 00:03:28 | 01:52:33 | 02:33:31.10 | 02:36:59.50 | +01:20:46 (52.6%) | 15:21 | 3.9 (47.6%) |
| 190 | PRZYBYLSKI Krzysztof | 451 | OPEN Mężczyźni | 155 | 09:20 | 00:20:28 | 01:53:22 | 02:33:55.20 | 02:54:23.70 | +01:21:10 (52.7%) | 15:23 | 3.9 (47.6%) |
| 191 | JODŁOWSKI Paweł | 453 | OPEN Mężczyźni | 156 | 09:20 | 00:20:30 | 01:53:08 | 02:34:23.30 | 02:54:53.40 | +01:21:38 (52.9%) | 15:26 | 3.9 (47.6%) |
| 192 | MALEC Piotr | 372 | OPEN Mężczyźni | 157 | 09:05 | 00:36:27 | 01:52:26 | 02:35:30.10 | 03:11:57.90 | +01:22:45 (53.2%) | 15:33 | 3.9 (47.6%) |
| 193 | MIRON Rafał | 374 | OPEN Mężczyźni | 158 | 09:00 | 00:36:28 | 01:52:34 | 02:35:30.80 | 03:11:58.95 | +01:22:46 (53.2%) | 15:33 | 3.9 (47.6%) |
| 194 | KOZIEŁ Krzysztof | 375 | OPEN Mężczyźni | 159 | 09:05 | 00:36:28 | 01:52:48 | 02:35:31.00 | 03:11:59.80 | +01:22:46 (53.2%) | 15:33 | 3.9 (47.6%) |
| 195 | PAWLISZYN Mateusz | 326 | OPEN Mężczyźni | 160 | 09:55 | 00:24:29 | 01:46:56 | 02:35:31.05 | 03:00:00.50 | +01:22:46 (53.2%) | 15:33 | 3.9 (47.6%) |
| 196 | ZNAMIROWSKI Sebastian | 314 | OPEN Mężczyźni | 161 | 09:05 | 00:00:03 | 01:54:02 | 02:37:49.70 | 02:37:53.45 | +01:25:05 (53.9%) | 15:46 | 3.8 (46.3%) |
| 197 | DERRA Michał | 312 | OPEN Mężczyźni | 162 | 09:00 | 00:00:03 | 01:54:02 | 02:37:50.05 | 02:37:53.60 | +01:25:05 (53.9%) | 15:47 | 3.8 (46.3%) |
| 198 | BORYSEWICZ Adrian | 313 | OPEN Mężczyźni | 163 | 09:00 | 00:00:03 | 01:54:00 | 02:37:50.10 | 02:37:53.60 | +01:25:05 (53.9%) | 15:47 | 3.8 (46.3%) |
| 199 | TELLER Aisza | 386 | OPEN Kobiety | 29 | 09:05 | 00:07:01 | 01:55:00 | 02:39:05.80 | 02:46:07.25 | +01:26:21 (54.3%) | 15:54 | 3.8 (46.3%) |

| Msc | Zawodnik | Numer | Kategoria | Mkat | Seria startowa | Czas startu | 3km | Czas netto 10km | Czas brutto 10km | Różn | Tempo min/km | Tempo km/h |
|-----|---------------------------------|------------|----------------|------|----------------|-------------|----------|--------------------|--------------------|-------------------|--------------|-------------|
| 200 | RZEPSKI Grzegorz | 302 | OPEN Mężczyźni | 164 | 09:55 | 00:24:29 | 01:41:52 | 02:39:06.60 | 03:03:35.90 | +01:26:21 (54.3%) | 15:54 | 3.8 (46.3%) |
| 201 | KUPIS Hubert | 385 | OPEN Mężczyźni | 165 | 09:05 | 00:07:01 | 01:54:58 | 02:41:47.65 | 02:48:49.60 | +01:29:03 (55.0%) | 16:10 | 3.7 (45.1%) |
| 202 | ALBIŃSKA Anna | 368 | OPEN Kobiety | 30 | 09:00 | 00:00:05 | 02:01:17 | 02:42:16.60 | 02:42:22.05 | +01:29:31 (55.2%) | 16:13 | 3.7 (45.1%) |
| 203 | ZARZECKI Jacek | 369 | OPEN Mężczyźni | 166 | 09:00 | 00:00:06 | 02:01:17 | 02:42:18.40 | 02:42:24.50 | +01:29:33 (55.2%) | 16:13 | 3.7 (45.1%) |
| 204 | POLANOWSKA Angelika | 555 | OPEN Kobiety | 31 | 09:25 | 00:24:32 | 02:03:50 | 02:43:36.30 | 03:08:08.70 | +01:30:51 (55.5%) | 16:21 | 3.7 (45.1%) |
| 205 | JASIEK Paweł | 553 | OPEN Mężczyźni | 167 | 09:25 | 00:24:32 | 02:04:11 | 02:44:29.45 | 03:09:01.50 | +01:31:44 (55.8%) | 16:26 | 3.6 (43.9%) |
| 206 | MICHNOWSKI Jakub | 404 | OPEN Mężczyźni | 168 | 09:15 | 00:24:32 | 01:56:39 | 02:44:37.25 | 03:09:09.75 | +01:31:52 (55.8%) | 16:27 | 3.6 (43.9%) |
| 207 | KRZYWDA Bartosz | 409 | OPEN Mężczyźni | 169 | 09:55 | 00:16:46 | 02:06:12 | 02:47:23.80 | 03:04:10.10 | +01:34:39 (56.5%) | 16:44 | 3.6 (43.9%) |
| 208 | SZCZYGIEŁ Sylwia | 494 | OPEN Kobiety | 32 | 09:10 | 00:07:01 | 02:06:50 | 02:51:01.80 | 02:58:03.40 | +01:38:17 (57.5%) | 17:06 | 3.5 (42.7%) |
| 209 | KOZIEŁ Ewelina | 495 | OPEN Kobiety | 33 | 09:10 | 00:07:00 | 02:06:53 | 02:51:02.45 | 02:58:03.40 | +01:38:17 (57.5%) | 17:06 | 3.5 (42.7%) |
| 210 | ANDRZEJEWSKI Maksymilian | 558 | OPEN Mężczyźni | 170 | 09:15 | 00:00:04 | 02:06:36 | 02:53:58.25 | 02:54:02.65 | +01:41:13 (58.2%) | 17:23 | 3.4 (41.5%) |
| 211 | ANDRZEJEWSKI Miłosz | 557 | OPEN Mężczyźni | 171 | 09:15 | 00:00:04 | 02:06:34 | 02:53:58.90 | 02:54:03.00 | +01:41:14 (58.2%) | 17:23 | 3.4 (41.5%) |
| 212 | MOLICKA Alicja | 399 | OPEN Kobiety | 34 | 09:05 | 00:24:30 | 02:09:31 | 02:58:56.85 | 03:23:27.35 | +01:46:12 (59.3%) | 17:53 | 3.4 (41.5%) |
| 213 | BIGUS Kalina | 398 | OPEN Kobiety | 35 | 09:00 | 00:24:30 | 02:09:31 | 02:58:57.00 | 03:23:27.45 | +01:46:12 (59.3%) | 17:53 | 3.4 (41.5%) |
| 214 | WAWRZYŃIAK Anna | 420 | OPEN Kobiety | 36 | 09:05 | 00:24:30 | 02:09:18 | 02:58:57.25 | 03:23:27.65 | +01:46:12 (59.4%) | 17:53 | 3.4 (41.5%) |
| 215 | | 565 | | | | 02:18:10 | 02:10:15 | 02:59:21.90 | 05:17:32.10 | +01:46:37 (59.4%) | 17:56 | 3.3 (40.2%) |
| 216 | | 563 | | | | 02:18:10 | 02:10:18 | 02:59:23.20 | 05:17:33.20 | +01:46:38 (59.4%) | 17:56 | 3.3 (40.2%) |
| 217 | KALINOWSKI Rafał | 423 | OPEN Mężczyźni | 172 | 09:30 | 00:40:55 | 02:23:33 | 03:01:12.40 | 03:42:08.10 | +01:48:27 (59.9%) | 18:07 | 3.3 (40.2%) |
| 218 | BERNARD Ewelina | 325 | OPEN Kobiety | 37 | 09:30 | 00:40:54 | 02:23:43 | 03:01:26.40 | 03:42:20.90 | +01:48:41 (59.9%) | 18:08 | 3.3 (40.2%) |
| 219 | SINICA Ireneusz | 396 | OPEN Mężczyźni | 173 | 09:55 | 01:22:47 | 02:14:43 | 03:02:26.75 | 04:25:13.75 | +01:49:42 (60.1%) | 18:14 | 3.3 (40.2%) |
| 220 | SINICA Matylda | 395 | OPEN Kobiety | 38 | 09:55 | 01:22:46 | 02:14:45 | 03:02:29.50 | 04:25:16.30 | +01:49:44 (60.1%) | 18:14 | 3.3 (40.2%) |
| 221 | BAŁUT Nikodem | 511 | OPEN Mężczyźni | 174 | 09:55 | 01:16:25 | 02:15:43 | 03:03:26.70 | 04:19:52.10 | +01:50:42 (60.3%) | 18:20 | 3.3 (40.2%) |
| 222 | TORCHALSKI Damian | 340 | OPEN Mężczyźni | 175 | 09:30 | 00:36:30 | 02:13:12 | 03:08:00.20 | 03:44:31.10 | +01:55:15 (61.3%) | 18:48 | 3.2 (39.0%) |
| 223 | PIOTROWSKA Marita | 335 | OPEN Kobiety | 39 | 09:30 | 00:36:30 | 02:13:09 | 03:08:00.45 | 03:44:30.80 | +01:55:15 (61.3%) | 18:48 | 3.2 (39.0%) |
| 224 | ŁYKOWSKI Eryk | 383 | OPEN Mężczyźni | 176 | 09:10 | 00:11:30 | 02:16:34 | 03:09:03.05 | 03:20:33.65 | +01:56:18 (61.5%) | 18:54 | 3.2 (39.0%) |
| 225 | BAŁA Maciej | 384 | OPEN Mężczyźni | 177 | 09:10 | 00:11:30 | 02:16:40 | 03:09:03.10 | 03:20:33.85 | +01:56:18 (61.5%) | 18:54 | 3.2 (39.0%) |
| 226 | WYROSTKIEWICZ Błażej | 470 | OPEN Mężczyźni | 178 | 09:15 | 00:24:33 | 02:12:05 | 03:09:08.40 | 03:33:41.40 | +01:56:23 (61.5%) | 18:54 | 3.2 (39.0%) |
| 227 | NEJC Wojtek | 320 | OPEN Mężczyźni | 179 | 09:00 | 00:00:07 | 02:24:14 | 03:10:01.80 | 03:10:09.40 | +01:57:17 (61.7%) | 19:00 | 3.2 (39.0%) |
| 228 | NEJC Dariusz | 321 | OPEN Mężczyźni | 180 | 09:00 | 00:00:06 | 02:24:22 | 03:10:02.95 | 03:10:09.80 | +01:57:18 (61.7%) | 19:00 | 3.2 (39.0%) |
| 229 | JÓZEFIAK Wiesław | 572 | OPEN Mężczyźni | 181 | | 00:00:06 | 02:28:02 | 03:11:02.20 | 03:11:08.20 | +01:58:17 (61.9%) | 19:06 | 3.1 (37.8%) |
| 230 | NEJC Michał | 319 | OPEN Mężczyźni | 182 | 09:00 | 00:00:07 | 02:24:25 | 03:14:50.75 | 03:14:58.20 | +02:02:06 (62.7%) | 19:29 | 3.1 (37.8%) |
| 231 | PIEKARSKI Janusz | 301 | OPEN Mężczyźni | 183 | 09:00 | 00:00:06 | 02:24:15 | 03:15:01.00 | 03:15:07.85 | +02:02:16 (62.7%) | 19:30 | 3.1 (37.8%) |
| 232 | ROŻNIECKI Jacek | 353 | OPEN Mężczyźni | 184 | 09:00 | 00:00:07 | 02:24:19 | 03:15:45.95 | 03:15:53.85 | +02:03:01 (62.8%) | 19:34 | 3.1 (37.8%) |
| 233 | HADYNA Nurwadi | 349 | OPEN Kobiety | 40 | 09:00 | 00:00:06 | 02:24:25 | 03:15:48.60 | 03:15:54.85 | +02:03:03 (62.8%) | 19:34 | 3.1 (37.8%) |
| 234 | KRYŚKIEWICZ Michał | 333 | OPEN Mężczyźni | 185 | 09:30 | 00:40:56 | 02:29:08 | 03:19:17.50 | 04:00:13.80 | +02:06:32 (63.5%) | 19:55 | 3 (36.6%) |
| 235 | NOWOSIELSKA Monika | 323 | OPEN Kobiety | 41 | 09:05 | 00:40:56 | 02:29:07 | 03:19:17.60 | 04:00:14.00 | +02:06:32 (63.5%) | 19:55 | 3 (36.6%) |
| 236 | KALINOWSKA Agnieszka | 324 | OPEN Kobiety | 42 | 09:30 | 00:40:55 | 02:44:45 | 03:50:57.20 | 04:31:53.10 | +02:38:12 (68.5%) | 23:05 | 2.6 (31.7%) |
| 237 | KRYSIAK Koleta | 334 | OPEN Kobiety | 43 | 09:30 | 00:40:56 | 02:44:44 | 03:50:57.25 | 04:31:53.55 | +02:38:12 (68.5%) | 23:05 | 2.6 (31.7%) |
| 238 | MOSAKOWSKA Monika | 329 | OPEN Kobiety | 44 | 09:30 | 00:40:55 | 02:57:02 | 03:50:58.85 | 04:31:54.15 | +02:38:14 (68.5%) | 23:05 | 2.6 (31.7%) |
| 239 | JEKEL Arleta | 448 | OPEN Kobiety | 45 | 09:30 | 00:40:55 | 02:57:14 | 03:50:59.40 | 04:31:54.70 | +02:38:14 (68.5%) | 23:05 | 2.6 (31.7%) |
| 240 | BARTOSIAK Łukasz | 442 | OPEN Mężczyźni | 186 | 09:30 | 00:40:56 | 02:56:37 | 03:50:59.60 | 04:31:56.20 | +02:38:14 (68.5%) | 23:05 | 2.6 (31.7%) |
| 241 | KORPOWSKI Artur | 330 | OPEN Mężczyźni | 187 | 09:30 | 00:40:55 | 02:56:38 | 03:51:00.00 | 04:31:55.75 | +02:38:15 (68.5%) | 23:06 | 2.6 (31.7%) |
| 242 | KOŁACZEK Hubert | 547 | OPEN Mężczyźni | 188 | 09:00 | 00:00:04 | | | | | | (0.0%) |

