

Wydarzenie: VI PKO Półmaraton Gliwicki 2019
Organizator: Fundacja Bieg Rzeźnika
Data: 2019-10-26
Miejsce: Gliwice
Dystans: 10 km

Klasyfikacja: Wszyscy

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | 5_15_km 5km | 20 km 10km | Czas netto 10.5km | Czas brutto 10.5km | Różn | Tempo min/km | Tempo km/h |
|-----|---------------------------|-------------|--------------------------------------|-----------|------|-------------|----------------|---------------|----------------------|-----------------------|-----------|-----------------|---------------|
| 1 | LYSKO Jakub | 2290 | WKB META LUBLINIEC | M-30 | 1 | 00:00:01 | 00:16:18 | 00:33:10 | 00:34:27.05 | 00:34:28.05 | | 3:16 | 18.3 |
| 2 | BABULA Przemysław | 2001 | GKS PIAST GLIWICE | M-20 | 1 | 00:00:01 | 00:18:15 | 00:36:25 | 00:37:47.75 | 00:37:49.10 | +00:03:20 | 3:36 | 16.7 |
| 3 | URBAŃCZYK Karol | 2559 | | M-20 | 2 | 00:00:01 | 00:18:09 | 00:36:51 | 00:38:14.95 | 00:38:16.60 | +00:03:47 | 3:38 | 16.5 |
| 4 | SLADEK Dawid | 2472 | | M-30 | 2 | 00:00:02 | 00:18:24 | 00:37:39 | 00:39:04.15 | 00:39:07.10 | +00:04:37 | 3:43 | 16.1 |
| 5 | WYSOCKI Mariusz | 2600 | LECYMY DURŚ | M-40 | 1 | 00:00:02 | 00:19:00 | 00:38:21 | 00:39:48.45 | 00:39:51.40 | +00:05:21 | 3:47 | 15.8 |
| 6 | PISKUŃ Piotr | 2643 | | M-20 | 3 | 00:00:02 | 00:19:06 | 00:38:49 | 00:40:19.90 | 00:40:22.35 | +00:05:52 | 3:50 | 15.6 |
| 7 | FOLTYN Jakub | 2102 | WAY2CHAMP.COM | M-20 | 4 | 00:00:06 | 00:19:53 | 00:39:07 | 00:40:30.40 | 00:40:36.45 | +00:06:03 | 3:51 | 15.6 |
| 8 | OCHMAN Paweł | 2351 | FUTURE PROCESSING RUNNING TEAM | M-30 | 3 | 00:00:02 | 00:19:15 | 00:39:12 | 00:40:35.60 | 00:40:38.15 | +00:06:08 | 3:52 | 15.5 |
| 9 | KACZOR Marcei | 2190 | MAFIA TEAM LUBLINIEC | M-40 | 2 | 00:00:04 | 00:19:21 | 00:39:07 | 00:40:36.15 | 00:40:40.90 | +00:06:09 | 3:52 | 15.5 |
| 10 | RODAK Paweł | 2428 | | M-20 | 5 | 00:00:02 | 00:19:35 | 00:39:46 | 00:41:17.00 | 00:41:19.90 | +00:06:49 | 3:55 | 15.3 |
| 11 | NIESLON Marek | 2341 | NIGHT RUNNERS GLIWICE | M-30 | 4 | 00:00:04 | 00:18:59 | 00:39:46 | 00:41:18.65 | 00:41:23.10 | +00:06:51 | 3:56 | 15.2 |
| 12 | PROKOP Bartosz | 2415 | CHOPY Z ŻELAZA | M-20 | 6 | 00:00:01 | 00:19:08 | 00:39:56 | 00:41:23.55 | 00:41:24.65 | +00:06:56 | 3:56 | 15.2 |
| 13 | ŻERDKA Michał | 2632 | VIKING TRAINING CENTER/TEAM PAPRY | M-30 | 5 | 00:00:00 | 00:19:16 | 00:39:49 | 00:41:32.35 | 00:41:32.95 | +00:07:05 | 3:57 | 15.2 |
| 14 | DZIDA Janusz | 2096 | | M-30 | 6 | 00:00:02 | 00:19:29 | 00:40:09 | 00:41:41.75 | 00:41:44.30 | +00:07:14 | 3:58 | 15.1 |
| 15 | DOLATA Krzysztof | 2077 | SOCIOS SILESIA | M-30 | 7 | 00:00:01 | 00:19:45 | 00:40:12 | 00:41:48.65 | 00:41:50.00 | +00:07:21 | 3:58 | 15.1 |
| 16 | POLACZEK Alexander | 2654 | | M-40 | 3 | 00:00:03 | 00:19:36 | 00:40:23 | 00:41:58.60 | 00:42:01.75 | +00:07:31 | 3:59 | 15 |
| 17 | WIERNIEK Tomek | 2571 | LC'S | M-40 | 4 | 00:00:05 | 00:19:49 | 00:40:23 | 00:42:01.95 | 00:42:07.65 | +00:07:34 | 4:00 | 15 |
| 18 | SADŁO Sebastian | 2684 | #SZYMITEAM | M-20 | 7 | 00:00:02 | 00:19:22 | 00:40:34 | 00:42:12.30 | 00:42:14.45 | +00:07:45 | 4:01 | 14.9 |
| 19 | CHUDY Dominik | 2056 | | M-20 | 8 | 00:00:03 | 00:20:16 | 00:40:34 | 00:42:18.25 | 00:42:21.30 | +00:07:51 | 4:01 | 14.9 |
| 20 | BLUS Marcin | 2026 | | M-40 | 5 | 00:00:03 | 00:19:50 | 00:41:12 | 00:42:49.80 | 00:42:53.00 | +00:08:22 | 4:04 | 14.7 |
| 21 | HALMAN Tomasz | 2150 | KLAVA | M-30 | 8 | 00:00:01 | 00:19:59 | 00:41:41 | 00:43:13.20 | 00:43:14.85 | +00:08:46 | 4:06 | 14.6 |
| 22 | CIECIAK Grzegorz | 2059 | MEGAWAT RUNNING TEAM | M-40 | 6 | 00:00:08 | 00:20:53 | 00:41:45 | 00:43:21.50 | 00:43:29.90 | +00:08:54 | 4:07 | 14.5 |
| 23 | CZAJA Jarosław | 2065 | FUTURE PROCESSING RUNNING TEAM | M-40 | 7 | 00:00:08 | 00:20:53 | 00:42:13 | 00:43:49.65 | 00:43:57.90 | +00:09:22 | 4:10 | 14.4 |
| 24 | LILLA Piotr | 2281 | KLUB WYSOKOGÓRSKI JASTRZĘBIE - ZDRÓJ | M-30 | 10 | 00:00:02 | 00:20:23 | 00:42:18 | 00:43:59.15 | 00:44:01.80 | +00:09:32 | 4:11 | 14.3 |
| 25 | ZABRZEWSKI Patryk | 2602 | | M-30 | 9 | 00:00:03 | 00:20:50 | 00:42:18 | 00:43:58.80 | 00:44:01.85 | +00:09:31 | 4:11 | 14.3 |
| 26 | KUCHARCZYK Jakub | 3144 | UKS KOMETA GLIWICE | M-20 | 9 | 00:00:01 | 00:20:00 | 00:42:44 | 00:44:16.80 | 00:44:18.60 | +00:09:49 | 4:13 | 14.2 |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas | | | Czas netto | Czas brutto | Różn | Tempo min/km | Tempo km/h |
|-----|--------------------------------|-------------|-------------------------|-----------|------|----------|----------------|---------------|--------------------|--------------------|-----------|--------------|------------|
| | | | | | | startu | 5_15_km 5km | 20_km 10km | 10.5km | 10.5km | | | |
| 27 | GIEMZA Piotr | 2122 | BREMBO | M-30 | 12 | 00:00:03 | 00:20:39 | 00:42:33 | 00:44:15.85 | 00:44:19.00 | +00:09:48 | 4:12 | 14.2 |
| 28 | PODYMA Mikołaj | 2406 | | M-20 | 10 | 00:00:04 | 00:20:35 | 00:42:36 | 00:44:18.85 | 00:44:23.00 | +00:09:51 | 4:13 | 14.2 |
| 29 | KUKURBA Mikołaj | 2255 | ROMET FACTORY TEAM | M-30 | 14 | 00:00:03 | 00:20:05 | 00:42:43 | 00:44:24.00 | 00:44:27.25 | +00:09:56 | 4:13 | 14.2 |
| 30 | NAPIÓRKOWSKI Adam | 2334 | | M-30 | 13 | 00:00:08 | 00:20:53 | 00:42:45 | 00:44:19.90 | 00:44:28.05 | +00:09:52 | 4:13 | 14.2 |
| 31 | JEZUSEK Piotr | 2181 | BENQ - CO JA BIEGNE | M-30 | 11 | 00:00:12 | 00:20:51 | 00:42:36 | 00:44:15.65 | 00:44:28.20 | +00:09:48 | 4:12 | 14.2 |
| 32 | MUCHA Mateusz | 2331 | PARKRUN KATOWICE | M-20 | 12 | 00:00:01 | 00:20:26 | 00:42:53 | 00:44:26.65 | 00:44:28.50 | +00:09:59 | 4:14 | 14.2 |
| 33 | BIEDROŃ Dariusz | 2019 | | M-40 | 8 | 00:00:07 | 00:20:53 | 00:42:34 | 00:44:25.95 | 00:44:33.40 | +00:09:58 | 4:13 | 14.2 |
| 34 | LEWICKA Elżbieta | 2279 | NIEZRZESZONA | K-40 | 1 | 00:00:01 | 00:20:58 | 00:42:56 | 00:44:35.75 | 00:44:37.60 | +00:10:08 | 4:14 | 14.1 |
| 35 | SKOWRON Marcin | 2466 | | M-40 | 9 | 00:00:08 | 00:20:58 | 00:42:49 | 00:44:29.35 | 00:44:37.75 | +00:10:02 | 4:14 | 14.2 |
| 36 | SALAMACHA Dawid | 2447 | DRIV | M-20 | 11 | 00:00:38 | 00:20:40 | 00:42:46 | 00:44:26.20 | 00:45:04.45 | +00:09:59 | 4:13 | 14.2 |
| 37 | DONIGIEWICZ Mariusz | 2080 | | M-40 | 10 | 00:00:18 | 00:21:43 | 00:43:20 | 00:44:48.40 | 00:45:07.20 | +00:10:21 | 4:16 | 14.1 |
| 38 | KONDERAK Dawid | 2672 | | M-30 | 15 | 00:00:06 | 00:21:11 | 00:43:17 | 00:45:02.50 | 00:45:09.20 | +00:10:35 | 4:17 | 14 |
| 39 | KAMIŃSKI Jacek | 2196 | ROMET FACTORY TEAM | M-30 | 17 | 00:00:03 | 00:20:39 | 00:43:19 | 00:45:09.00 | 00:45:12.55 | +00:10:41 | 4:18 | 14 |
| 40 | SŁOMKOWSKI Mateusz | 2476 | | M-20 | 13 | 00:00:07 | 00:20:55 | 00:43:42 | 00:45:20.55 | 00:45:28.10 | +00:10:53 | 4:19 | 13.9 |
| 41 | SZCZEPAŃSKI Paweł | 2512 | | M-30 | 16 | 00:00:22 | 00:21:04 | 00:43:27 | 00:45:08.45 | 00:45:30.90 | +00:10:41 | 4:17 | 14 |
| 42 | BĄBSKI Szymon | 2012 | WYMIATACZE UJSOŁY | M-40 | 11 | 00:00:06 | 00:21:12 | 00:43:47 | 00:45:27.45 | 00:45:34.40 | +00:11:00 | 4:19 | 13.9 |
| 43 | CZARNOZYNSKI Aleksander | 2067 | GTT INTERPROJEKT | M-50 | 1 | 00:00:06 | 00:21:55 | 00:43:53 | 00:45:31.60 | 00:45:38.05 | +00:11:04 | 4:20 | 13.8 |
| 44 | BORYCZKO Bartłomiej | 2030 | BARRE STATION FITNESS | M-40 | 12 | 00:00:11 | 00:20:45 | 00:43:59 | 00:45:40.80 | 00:45:52.00 | +00:11:13 | 4:21 | 13.8 |
| 45 | KARCHNIWY Ewa | 2200 | NIGHT RUNNERS GLIMCE | K-20 | 2 | 00:00:09 | 00:21:06 | 00:44:09 | 00:45:55.60 | 00:46:04.65 | +00:11:28 | 4:22 | 13.7 |
| 46 | CZABAŃSKI Rafał | 2064 | RUNHOGS TYCHY | M-40 | 13 | 00:00:25 | 00:22:12 | 00:44:13 | 00:45:44.55 | 00:46:10.05 | +00:11:17 | 4:21 | 13.8 |
| 47 | CIUPEK Adrian | 2062 | | M-20 | 14 | 00:00:05 | 00:21:46 | 00:44:27 | 00:46:05.45 | 00:46:10.80 | +00:11:38 | 4:23 | 13.7 |
| 48 | GRUDZIŃSKI Radosław | 2143 | | M-30 | 18 | 00:00:10 | 00:21:57 | 00:44:27 | 00:46:02.90 | 00:46:13.75 | +00:11:35 | 4:23 | 13.7 |
| 49 | KOTRA Jacek | 2228 | | M-30 | 19 | 00:00:03 | 00:21:44 | 00:44:32 | 00:46:16.75 | 00:46:20.55 | +00:11:49 | 4:24 | 13.6 |
| 50 | ZALESKI Maciej | 2607 | | M-20 | 15 | 00:00:15 | 00:21:48 | 00:44:34 | 00:46:06.70 | 00:46:21.80 | +00:11:39 | 4:23 | 13.7 |
| 51 | LANGE Beata | 2637 | BP RUNNING TEAM | K-40 | 2 | 00:00:12 | 00:22:45 | 00:44:37 | 00:46:11.05 | 00:46:23.05 | +00:11:44 | 4:23 | 13.6 |
| 52 | HAŁKA Oliwia | 2636 | BP RUNNING TEAM | K-20 | 3 | 00:00:11 | 00:22:47 | 00:44:38 | 00:46:11.15 | 00:46:23.10 | +00:11:44 | 4:24 | 13.6 |
| 53 | LEBIECKA Karolina | 2270 | | K-20 | 1 | 00:00:50 | 00:21:51 | 00:44:09 | 00:45:45.25 | 00:46:35.60 | +00:11:18 | 4:21 | 13.8 |
| 54 | ALKER Zbigniew | 2000 | ALKER TEAM | M-50 | 2 | 00:00:16 | 00:22:18 | 00:44:54 | 00:46:38.55 | 00:46:55.00 | +00:12:11 | 4:26 | 13.5 |
| 55 | SKOLUDEK Robert | 2464 | KOLEGIUM SĘDZIÓW ZABRZE | M-20 | 17 | 00:00:00 | | 00:45:35 | 00:47:05.30 | 00:47:05.30 | +00:12:38 | 4:29 | 13.4 |
| 56 | MICHAŁUSZEK Sebastian | 2317 | BIEG - UNKA | M-40 | 15 | 00:00:04 | 00:22:25 | 00:45:19 | 00:47:02.50 | 00:47:07.35 | +00:12:35 | 4:28 | 13.4 |
| 57 | SOBOLEWSKI Maciej | 2664 | | M-40 | 14 | 00:00:09 | 00:22:14 | 00:45:20 | 00:46:58.80 | 00:47:08.65 | +00:12:31 | 4:28 | 13.4 |
| 58 | WOJAKOWSKI Krzysztof | 2585 | K&K RUN | M-40 | 16 | 00:00:03 | 00:21:22 | 00:45:40 | 00:47:24.00 | 00:47:27.95 | +00:12:56 | 4:30 | 13.3 |
| 59 | DYRCZ Anna | 2095 | | K-40 | 3 | 00:00:15 | 00:22:37 | 00:45:26 | 00:47:13.80 | 00:47:29.70 | +00:12:46 | 4:29 | 13.3 |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas | | | Czas netto | Czas brutto | Różn | Tempo min/km | Tempo km/h |
|-----|-----------------------------|-------------|--------------------------|-----------|------|----------|----------------|---------------|--------------------|--------------------|-----------|--------------|------------|
| | | | | | | startu | 5_15_km 5km | 20_km 10km | 10.5km | 10.5km | | | |
| 60 | OCZKO Dominik | 2353 | | M-40 | 17 | 00:00:05 | 00:22:41 | 00:45:47 | 00:47:28.35 | 00:47:33.45 | +00:13:01 | 4:31 | 13.3 |
| 61 | NIEPOŃ Michał | 2339 | FLUOR | M-30 | 20 | 00:00:51 | | 00:45:11 | 00:46:46.95 | 00:47:38.90 | +00:12:19 | 4:27 | 13.5 |
| 62 | TOWAREK Michał | 3139 | UKS KOMETA GLIWICE | M-20 | 18 | 00:00:10 | 00:21:53 | 00:45:38 | 00:47:31.55 | 00:47:41.60 | +00:13:04 | 4:31 | 13.3 |
| 63 | MACIĄŻEK Marek | 2667 | INŻYNIERIA BIEGANIA TEAM | M-50 | 4 | 00:00:06 | 00:22:54 | 00:45:55 | 00:47:40.55 | 00:47:47.40 | +00:13:13 | 4:32 | 13.2 |
| 64 | GÓRALEWSKI Rafał | 2133 | | M-20 | 19 | 00:00:03 | 00:21:52 | 00:46:07 | 00:47:46.10 | 00:47:49.90 | +00:13:19 | 4:32 | 13.2 |
| 65 | GANSZCZYK Rafał | 2116 | OPEL ACTIVE TEAM | M-40 | 18 | 00:00:09 | 00:22:44 | 00:45:54 | 00:47:41.70 | 00:47:51.25 | +00:13:14 | 4:32 | 13.2 |
| 66 | SZCZOTKA Andrzej | 2516 | | M-50 | 3 | 00:00:29 | 00:22:34 | 00:45:39 | 00:47:24.20 | 00:47:53.20 | +00:12:57 | 4:30 | 13.3 |
| 67 | JACHYM Arkadiusz | 2165 | SILESIA SOCIOS | M-40 | 19 | 00:00:05 | 00:21:39 | 00:44:53 | 00:48:01.25 | 00:48:06.70 | +00:13:34 | 4:34 | 13.1 |
| 68 | KURZELA Kuba | 2263 | GIBKIE SZŁAPY | M-30 | 22 | 00:00:10 | 00:22:05 | 00:45:56 | 00:48:05.40 | 00:48:15.50 | +00:13:38 | 4:34 | 13.1 |
| 69 | CITUK Rajmund | 2061 | BIEGAMNACZTERECHŁAPACH | M-20 | 20 | 00:00:20 | 00:23:39 | 00:46:20 | 00:48:02.50 | 00:48:22.55 | +00:13:35 | 4:34 | 13.1 |
| 70 | BARTNIK Nikodem | 2010 | | M-20 | 16 | 00:01:36 | 00:23:04 | 00:45:26 | 00:47:02.00 | 00:48:38.75 | +00:12:34 | 4:28 | 13.4 |
| 71 | WITEK Grzegorz | 2580 | DAR-BUD TEAM | M-30 | 23 | 00:00:29 | 00:23:21 | 00:46:29 | 00:48:11.80 | 00:48:41.40 | +00:13:44 | 4:35 | 13.1 |
| 72 | DREWUSZEWSKI Maciej | 2083 | 4M | M-40 | 21 | 00:00:08 | 00:22:27 | 00:46:39 | 00:48:36.65 | 00:48:45.30 | +00:14:09 | 4:37 | 13 |
| 73 | SZYMAŃSKI Piotr | 2534 | | M-40 | 22 | 00:00:09 | 00:22:41 | 00:46:51 | 00:48:37.35 | 00:48:46.70 | +00:14:10 | 4:37 | 13 |
| 74 | ROJCZYK Krzysztof | 2432 | DRIV | M-30 | 21 | 00:01:08 | | 00:45:57 | 00:47:40.35 | 00:48:48.65 | +00:13:13 | 4:32 | 13.2 |
| 75 | PROKOPIUK Krzysztof | 2416 | | M-20 | 22 | 00:00:22 | 00:23:36 | 00:46:49 | 00:48:28.50 | 00:48:51.15 | +00:14:01 | 4:37 | 13 |
| 76 | KURCZYK Kamil | 2260 | | M-20 | 21 | 00:00:46 | 00:23:23 | 00:46:20 | 00:48:05.50 | 00:48:51.80 | +00:13:38 | 4:34 | 13.1 |
| 77 | JASIK Grzegorz | 2175 | SRTG GLIWCE | M-40 | 20 | 00:00:17 | 00:23:20 | 00:46:50 | 00:48:35.60 | 00:48:53.40 | +00:14:08 | 4:37 | 13 |
| 78 | TOMASZEWSKA Joanna | 2548 | | K-30 | 1 | 00:00:06 | 00:21:52 | 00:46:53 | 00:48:51.05 | 00:48:57.70 | +00:14:24 | 4:39 | 12.9 |
| 79 | STALMACH Damian | 2490 | LECYMY DURŚ | M-40 | 23 | 00:00:16 | 00:23:09 | 00:46:52 | 00:48:45.85 | 00:49:02.50 | +00:14:18 | 4:38 | 12.9 |
| 80 | MIELNIK Krzysiek | 2323 | | M-30 | 24 | 00:00:26 | 00:23:26 | 00:46:56 | 00:48:41.15 | 00:49:07.25 | +00:14:14 | 4:38 | 12.9 |
| 81 | FOLTYN Pawel | 2103 | FOLKI | M-30 | 25 | 00:00:14 | 00:23:19 | 00:47:23 | 00:49:09.55 | 00:49:23.75 | +00:14:42 | 4:40 | 12.8 |
| 82 | PACANA Patryk | 2374 | DRUŻYNA ŚWIĘTEGO MARCINA | M-20 | 23 | 00:00:11 | 00:22:46 | 00:47:19 | 00:49:16.25 | 00:49:27.45 | +00:14:49 | 4:41 | 12.8 |
| 83 | MIERA Wiktoria | 2681 | #SZYMITEAM | K-20 | 4 | 00:00:02 | 00:22:47 | 00:47:33 | 00:49:27.25 | 00:49:29.80 | +00:15:00 | 4:42 | 12.7 |
| 84 | KUMOR Dagmara | 2258 | RUNNERS TEAM KALKA | K-30 | 2 | 00:00:09 | 00:23:25 | 00:47:30 | 00:49:22.30 | 00:49:31.35 | +00:14:55 | 4:42 | 12.8 |
| 85 | WOJAKOWSKA Katarzyna | 2584 | K&K RUN | K-40 | 4 | 00:00:03 | 00:23:19 | 00:47:46 | 00:49:34.35 | 00:49:37.80 | +00:15:07 | 4:43 | 12.7 |
| 86 | NOWAKOWSKI Zenon | 2350 | | M-60 | 1 | 00:00:36 | 00:23:40 | 00:47:26 | 00:49:11.35 | 00:49:48.05 | +00:14:44 | 4:41 | 12.8 |
| 87 | SZEREMETA Maciej | 2519 | | M-40 | 24 | 00:00:58 | 00:23:44 | 00:47:11 | 00:48:51.50 | 00:49:50.30 | +00:14:24 | 4:39 | 12.9 |
| 88 | ULFIK Bartłomiej | 2555 | | M-40 | 26 | 00:00:06 | 00:22:49 | 00:47:56 | 00:49:47.35 | 00:49:54.15 | +00:15:20 | 4:44 | 12.7 |
| 89 | KRZYMIŃSKA Patrycja | 2251 | MIRAZ RACE TEAM | K-30 | 3 | 00:00:27 | 00:23:35 | 00:47:40 | 00:49:27.35 | 00:49:54.55 | +00:15:00 | 4:42 | 12.7 |
| 90 | BIAŁAS Andrzej | 2691 | | M-40 | 28 | 00:00:05 | 00:22:45 | 00:48:01 | 00:49:53.25 | 00:49:58.90 | +00:15:26 | 4:45 | 12.6 |
| 91 | LEMPART Tomasz | 2272 | | M-40 | 27 | 00:00:11 | 00:22:24 | 00:47:49 | 00:49:50.75 | 00:50:01.90 | +00:15:23 | 4:44 | 12.6 |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | 5_15_km 5km | 20_km 10km | Czas | | Różn | Tempo min/km | Tempo km/h |
|-----|----------------------------|-------------|-----------------------|-----------|------|-------------|----------------|---------------|--------------------|--------------------|-----------|-----------------|---------------|
| | | | | | | | | | netto 10.5km | brutto 10.5km | | | |
| 92 | JAKUBCZYK Krzysztof | 2168 | | M-30 | 26 | 00:00:32 | 00:23:29 | 00:47:42 | 00:49:37.00 | 00:50:09.95 | +00:15:09 | 4:43 | 12.7 |
| 93 | HEROK Piotr | 2157 | | M-30 | 29 | 00:00:11 | 00:22:49 | 00:48:06 | 00:49:58.95 | 00:50:10.05 | +00:15:31 | 4:45 | 12.6 |
| 94 | OLEJNICZAK Tomasz | 2635 | | M-40 | 25 | 00:00:45 | 00:24:10 | 00:47:35 | 00:49:29.10 | 00:50:14.20 | +00:15:02 | 4:42 | 12.7 |
| 95 | ŚMIERCIAK Paweł | 2539 | DOLINA SPORTOWA | M-30 | 27 | 00:00:36 | 00:23:57 | 00:47:53 | 00:49:38.60 | 00:50:14.85 | +00:15:11 | 4:43 | 12.7 |
| 96 | HODOR Robert | 2159 | | M-40 | 29 | 00:00:27 | 00:23:41 | 00:48:07 | 00:49:53.80 | 00:50:21.70 | +00:15:26 | 4:45 | 12.6 |
| 97 | LUKASZCZYK Marek | 2288 | | M-20 | 24 | 00:00:54 | 00:24:36 | 00:47:24 | 00:49:29.05 | 00:50:23.10 | +00:15:02 | 4:42 | 12.7 |
| 98 | TIAHNYBOK Paweł | 2545 | DECATHLON&PRZYJACIELE | M-40 | 32 | 00:00:14 | 00:23:13 | 00:48:12 | 00:50:10.70 | 00:50:25.45 | +00:15:43 | 4:46 | 12.6 |
| 99 | TURAK Rafał | 2554 | | M-40 | 30 | 00:00:31 | 00:23:29 | 00:48:04 | 00:49:55.35 | 00:50:26.70 | +00:15:28 | 4:45 | 12.6 |
| 100 | WOCHNIK Dawid | 2583 | CF ZABRZE | M-30 | 28 | 00:00:44 | 00:24:27 | 00:47:55 | 00:49:43.95 | 00:50:28.20 | +00:15:16 | 4:44 | 12.7 |
| 101 | SIKORA Karolina | 2458 | | K-40 | 6 | 00:00:02 | 00:23:18 | 00:48:17 | 00:50:30.15 | 00:50:32.20 | +00:16:03 | 4:48 | 12.5 |
| 102 | POGODA Kinga | 3137 | UKS KOMETA GLIWICE | K-20 | 5 | 00:00:12 | 00:22:59 | 00:48:31 | 00:50:26.00 | 00:50:38.00 | +00:15:58 | 4:48 | 12.5 |
| 103 | WILMA Krzysztof | 2575 | | M-40 | 34 | 00:00:23 | 00:23:40 | 00:48:24 | 00:50:15.25 | 00:50:38.80 | +00:15:48 | 4:47 | 12.5 |
| 104 | JÓZEFOWICZ Piotr | 2183 | | M-40 | 33 | 00:00:30 | 00:23:17 | 00:48:21 | 00:50:14.75 | 00:50:45.10 | +00:15:47 | 4:47 | 12.5 |
| 105 | STANISZEWSKI Janusz | 2492 | | M-50 | 5 | 00:00:29 | 00:23:47 | 00:48:32 | 00:50:19.70 | 00:50:48.70 | +00:15:52 | 4:47 | 12.5 |
| 106 | OGONOWSKI Dariusz | 2356 | | M-30 | 31 | 00:00:23 | 00:23:55 | 00:48:33 | 00:50:26.15 | 00:50:49.45 | +00:15:59 | 4:48 | 12.5 |
| 107 | DREWUSZEWSKA Ewa | 2082 | | K-40 | 5 | 00:00:23 | 00:24:01 | 00:48:44 | 00:50:26.90 | 00:50:50.55 | +00:15:59 | 4:48 | 12.5 |
| 108 | BIAŁAS Robert | 2641 | | M-40 | 31 | 00:00:56 | 00:24:01 | 00:48:06 | 00:49:56.60 | 00:50:53.30 | +00:15:29 | 4:45 | 12.6 |
| 109 | GĘBCZYŃSKI Paweł | 2120 | | M-40 | 35 | 00:00:38 | 00:23:47 | 00:48:25 | 00:50:16.20 | 00:50:54.80 | +00:15:49 | 4:47 | 12.5 |
| 110 | SOCZAWA Wojciech | 2484 | | M-40 | 36 | 00:00:35 | 00:24:10 | 00:48:30 | 00:50:19.45 | 00:50:55.25 | +00:15:52 | 4:47 | 12.5 |
| 111 | KOWALSKI Marcin | 2235 | | M-20 | 25 | 00:01:02 | 00:23:51 | 00:48:21 | 00:50:09.90 | 00:51:12.05 | +00:15:42 | 4:46 | 12.6 |
| 112 | GODLEWSKI Łukasz | 2126 | HIRSCHVOGEL | M-20 | 27 | 00:00:31 | 00:24:13 | 00:49:02 | 00:50:43.30 | 00:51:14.90 | +00:16:16 | 4:49 | 12.4 |
| 113 | ŚWIĘTEK Marcin | 2542 | | M-30 | 30 | 00:01:15 | 00:24:24 | 00:48:13 | 00:50:01.45 | 00:51:16.50 | +00:15:34 | 4:45 | 12.6 |
| 114 | WATOŁA Marek | 2566 | M&M | M-40 | 38 | 00:00:07 | 00:23:01 | 00:49:43 | 00:51:17.00 | 00:51:24.35 | +00:16:49 | 4:53 | 12.3 |
| 115 | PAWLINA Piotr | 2387 | | M-40 | 39 | 00:00:00 | 00:25:31 | 00:49:42 | 00:51:24.55 | 00:51:24.55 | +00:16:57 | 4:53 | 12.3 |
| 116 | MARCZYK Darek | 2311 | FLUOR | M-30 | 34 | 00:00:31 | 00:23:38 | 00:49:06 | 00:50:58.45 | 00:51:30.05 | +00:16:31 | 4:51 | 12.4 |
| 117 | KRZANOWSKI Marcin | 2249 | OASIS TEAM SPORT | M-30 | 32 | 00:00:50 | 00:24:16 | 00:48:53 | 00:50:40.35 | 00:51:30.40 | +00:16:13 | 4:49 | 12.4 |
| 118 | STAROSTA Robert | 2495 | | M-30 | 33 | 00:00:36 | 00:24:03 | 00:48:58 | 00:50:54.65 | 00:51:31.10 | +00:16:27 | 4:50 | 12.4 |
| 119 | ZWOLSKI Dymitr | 2628 | | M-30 | 35 | 00:00:26 | 00:24:21 | 00:49:13 | 00:51:05.80 | 00:51:31.80 | +00:16:38 | 4:51 | 12.3 |
| 120 | GRZEBNIEWSKA Judyta | 2147 | | K-30 | 4 | 00:00:43 | 00:24:26 | 00:48:58 | 00:50:49.25 | 00:51:32.75 | +00:16:22 | 4:50 | 12.4 |
| 121 | PAROL Tomasz | 2381 | PROPOINT | M-30 | 36 | 00:00:29 | 00:23:59 | 00:49:20 | 00:51:09.90 | 00:51:39.20 | +00:16:42 | 4:52 | 12.3 |
| 122 | SZWARCZYŃSKI Michał | 2530 | | M-30 | 43 | 00:00:07 | 00:23:04 | 00:49:49 | 00:51:44.15 | 00:51:51.20 | +00:17:17 | 4:55 | 12.2 |
| 123 | KŁODA Dorota | 2212 | | K-20 | 6 | 00:00:03 | 00:22:58 | 00:49:55 | 00:51:48.85 | 00:51:52.30 | +00:17:21 | 4:56 | 12.2 |
| 124 | KWIATKOWSKI Marcin | 2266 | | M-30 | 39 | 00:00:32 | 00:23:30 | 00:49:27 | 00:51:23.05 | 00:51:55.50 | +00:16:56 | 4:53 | 12.3 |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas | | | Czas netto | Czas brutto | Różn | Tempo min/km | Tempo km/h |
|-----|----------------------|-------|--------------------------------------|-----------|------|----------|----------------|---------------|--------------------|--------------------|-----------|--------------|------------|
| | | | | | | startu | 5_15_km 5km | 20_km 10km | 10.5km | 10.5km | | | |
| 125 | OCHOJSKI Łukasz | 2352 | | M-20 | 26 | 00:01:38 | 00:24:17 | 00:48:26 | 00:50:17.60 | 00:51:55.80 | +00:15:50 | 4:47 | 12.5 |
| 126 | RUDZIŃSKI Jacek | 2440 | | M-30 | 38 | 00:00:42 | 00:25:30 | 00:49:30 | 00:51:15.40 | 00:51:58.20 | +00:16:48 | 4:52 | 12.3 |
| 127 | RUDZIŃSKI Kamil | 2439 | | M-30 | 37 | 00:00:44 | 00:25:28 | 00:49:27 | 00:51:14.10 | 00:51:58.40 | +00:16:47 | 4:52 | 12.3 |
| 128 | BORCZ Tomasz | 2028 | | M-40 | 43 | 00:00:05 | 00:23:18 | 00:49:55 | 00:51:55.95 | 00:52:01.60 | +00:17:28 | 4:56 | 12.1 |
| 129 | GOŹDZIŃSKA Magdalena | 2130 | | K-40 | 7 | 00:00:21 | 00:24:56 | 00:49:46 | 00:51:40.65 | 00:52:01.90 | +00:17:13 | 4:55 | 12.2 |
| 130 | PORĘBSKI Grześ | 2410 | | M-20 | 30 | 00:00:09 | 00:24:44 | 00:50:14 | 00:51:56.80 | 00:52:06.65 | +00:17:29 | 4:56 | 12.1 |
| 131 | MACH Marcin | 2297 | | M-40 | 44 | 00:00:12 | 00:24:04 | 00:50:01 | 00:51:58.70 | 00:52:10.95 | +00:17:31 | 4:56 | 12.1 |
| 132 | KRZYK Jarosław | 2250 | | M-40 | 41 | 00:00:23 | 00:24:46 | 00:49:54 | 00:51:49.15 | 00:52:12.80 | +00:17:22 | 4:56 | 12.2 |
| 133 | ŻYWKO Krzysztof | 2634 | | M-20 | 29 | 00:00:27 | 00:24:22 | 00:49:48 | 00:51:48.40 | 00:52:15.95 | +00:17:21 | 4:56 | 12.2 |
| 134 | MACIEJEWSKI Paweł | 2299 | | M-20 | 28 | 00:01:23 | 00:24:25 | 00:48:57 | 00:50:56.20 | 00:52:19.80 | +00:16:29 | 4:51 | 12.4 |
| 135 | PILSZYK Kazimierz | 2398 | SENIORZY | M-60 | 2 | 00:00:59 | 00:24:39 | 00:49:29 | 00:51:21.85 | 00:52:20.90 | +00:16:54 | 4:53 | 12.3 |
| 135 | WIETRZYCKI Mariusz | 2572 | MOMO TEAM | M-30 | 48 | 00:00:04 | 00:24:05 | 00:50:15 | 00:52:16.85 | 00:52:20.90 | +00:17:49 | 4:58 | 12.1 |
| 137 | WIETRZYCKI Zenon | 2573 | MOMO TEAM | M-60 | 3 | 00:00:04 | 00:24:16 | 00:50:15 | 00:52:16.70 | 00:52:21.10 | +00:17:49 | 4:58 | 12 |
| 138 | ZYCHLA Grzegorz | 2655 | SU07 | M-30 | 42 | 00:00:42 | 00:25:41 | 00:49:59 | 00:51:43.10 | 00:52:25.45 | +00:17:16 | 4:55 | 12.2 |
| 139 | PACAN Tomasz | 2373 | | M-40 | 42 | 00:00:34 | 00:24:04 | 00:49:57 | 00:51:51.95 | 00:52:26.30 | +00:17:24 | 4:56 | 12.1 |
| 140 | KARBOWNIK Joanna | 2665 | | K-30 | 5 | 00:00:22 | 00:24:34 | 00:50:09 | 00:52:06.55 | 00:52:29.35 | +00:17:39 | 4:57 | 12.1 |
| 141 | LEDWIG Iwona | 2271 | MAMAX2 | K-30 | 6 | 00:00:08 | 00:24:08 | 00:50:20 | 00:52:23.40 | 00:52:31.75 | +00:17:56 | 4:59 | 12 |
| 142 | ROMIK Artur | 2435 | | M-40 | 37 | 00:01:42 | 00:24:13 | 00:49:04 | 00:50:56.95 | 00:52:39.70 | +00:16:29 | 4:51 | 12.4 |
| 143 | WARDAK Piotr | 2565 | | M-30 | 47 | 00:00:27 | 00:24:15 | 00:50:21 | 00:52:12.25 | 00:52:39.85 | +00:17:45 | 4:58 | 12.1 |
| 144 | ZAJĄC Mateusz | 2604 | | M-30 | 41 | 00:01:09 | 00:25:24 | 00:50:00 | 00:51:39.55 | 00:52:49.35 | +00:17:12 | 4:55 | 12.2 |
| 145 | FOREMSKI Grzegorz | 2106 | KABANOS RUNNING CREW | M-30 | 40 | 00:01:24 | 00:24:47 | 00:49:44 | 00:51:27.35 | 00:52:51.90 | +00:17:00 | 4:54 | 12.2 |
| 146 | NOWAK Łukasz | 2347 | AVANTOR PERFORMANCE MATERIALS POLAND | M-30 | 45 | 00:00:54 | 00:24:52 | 00:50:06 | 00:52:00.25 | 00:52:54.50 | +00:17:33 | 4:57 | 12.1 |
| 147 | LASIUK Paweł | 2268 | HIRSCHVOGEL | M-30 | 50 | 00:00:30 | 00:25:11 | 00:50:42 | 00:52:26.25 | 00:52:56.80 | +00:17:59 | 4:59 | 12 |
| 148 | LEWANDERSKI Dariusz | 2277 | HIRSCHVOGEL | M-30 | 49 | 00:00:31 | 00:25:10 | 00:50:42 | 00:52:25.70 | 00:52:56.90 | +00:17:58 | 4:59 | 12 |
| 149 | TOKAJ Dominik | 2546 | | M-20 | 31 | 00:00:43 | 00:24:58 | 00:50:21 | 00:52:18.90 | 00:53:02.05 | +00:17:51 | 4:58 | 12 |
| 150 | SŁODKIEWICZ Grzegorz | 2475 | | M-40 | 48 | 00:00:13 | 00:24:34 | 00:50:46 | 00:52:49.10 | 00:53:02.35 | +00:18:22 | 5:01 | 11.9 |
| 151 | STRZELECKI Daniel | 2503 | | M-40 | 40 | 00:01:25 | 00:24:39 | 00:49:39 | 00:51:37.45 | 00:53:02.50 | +00:17:10 | 4:54 | 12.2 |
| 152 | JANOSZ Sławomir | 2170 | BIURO INŻYNIERSKIE IEC | M-30 | 53 | 00:00:23 | 00:23:49 | 00:51:00 | 00:52:44.25 | 00:53:08.20 | +00:18:17 | 5:01 | 11.9 |
| 153 | PIECHOWIAK Wojciech | 2392 | | M-30 | 52 | 00:00:26 | 00:24:13 | 00:50:44 | 00:52:43.70 | 00:53:09.80 | +00:18:16 | 5:01 | 12 |
| 154 | PEPEL Katarzyna | 2390 | LUXTORPEDA CZERWONKA | K-30 | 7 | 00:00:47 | 00:25:02 | 00:50:32 | 00:52:24.45 | 00:53:11.60 | +00:17:57 | 4:59 | 12 |
| 155 | SZOŁTYSIK Łukasz | 2649 | | M-30 | 44 | 00:01:18 | 00:25:11 | 00:49:57 | 00:51:54.05 | 00:53:12.60 | +00:17:27 | 4:56 | 12.1 |
| 156 | SŁOWIŃSKI Jacek | 2478 | | M-30 | 46 | 00:01:14 | 00:25:58 | 00:50:19 | 00:52:01.50 | 00:53:16.25 | +00:17:34 | 4:57 | 12.1 |
| 157 | ZIOMEK Katarzyna | 2625 | | K-40 | 10 | 00:00:17 | 00:24:33 | 00:51:07 | 00:53:03.10 | 00:53:20.95 | +00:18:36 | 5:03 | 11.9 |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas | | | Czas netto | Czas brutto | Różn | Tempo min/km | Tempo km/h |
|-----|------------------------------|-------------|---|-----------|------|----------|----------------|---------------|--------------------|--------------------|-----------|--------------|------------|
| | | | | | | startu | 5_15_km 5km | 20_km 10km | 10.5km | 10.5km | | | |
| 158 | WÓJCIK Anna | 2595 | | K-40 | 8 | 00:00:32 | 00:25:03 | 00:50:57 | 00:52:48.95 | 00:53:21.10 | +00:18:21 | 5:01 | 11.9 |
| 159 | DREWNIAK Łukasz | 2674 | | M-30 | 54 | 00:00:43 | 00:25:40 | 00:51:05 | 00:52:44.35 | 00:53:27.55 | +00:18:17 | 5:01 | 11.9 |
| 160 | SEMLA Tomasz | 2454 | | M-30 | 57 | 00:00:35 | 00:24:33 | 00:50:54 | 00:52:52.20 | 00:53:28.10 | +00:18:25 | 5:02 | 11.9 |
| 161 | WOCH Szymon | 2582 | STUDIO ENERGIA TEAM RYBNIK | M-30 | 59 | 00:00:18 | 00:25:21 | 00:51:16 | 00:53:11.25 | 00:53:29.90 | +00:18:44 | 5:03 | 11.8 |
| 162 | EICHHOF Joanna | 2097 | | K-40 | 9 | 00:00:36 | 00:25:17 | 00:50:57 | 00:52:54.00 | 00:53:30.75 | +00:18:26 | 5:02 | 11.9 |
| 163 | CHEGE Danson | 2048 | DECATHLON CAR GLIWICE | M-30 | 60 | 00:00:15 | 00:23:51 | 00:51:35 | 00:53:15.85 | 00:53:31.35 | +00:18:48 | 5:04 | 11.8 |
| 164 | MICHULEC Jakub | 2656 | EKO-OKNA RUNNERS | M-30 | 55 | 00:00:42 | 00:25:41 | 00:51:07 | 00:52:48.55 | 00:53:31.40 | +00:18:21 | 5:01 | 11.9 |
| 165 | KULA Jan | 2256 | DECATHLON I PRZYJACIELE | M-30 | 61 | 00:00:13 | 00:26:04 | 00:51:36 | 00:53:17.80 | 00:53:31.65 | +00:18:50 | 5:04 | 11.8 |
| 166 | PIWOWARCZYK Agnieszka | 2403 | | K-30 | 8 | 00:00:29 | 00:25:24 | 00:51:10 | 00:53:04.30 | 00:53:33.30 | +00:18:37 | 5:03 | 11.9 |
| 167 | PIOTROWSKI Kajetan | 2401 | DECATHLON&PRZYJACIELE | M-20 | 32 | 00:01:13 | 00:25:29 | 00:50:50 | 00:52:22.25 | 00:53:35.75 | +00:17:55 | 4:59 | 12 |
| 168 | SZULC Sebastian | 2527 | EXLABS | M-30 | 58 | 00:00:41 | 00:23:46 | 00:50:48 | 00:52:59.70 | 00:53:40.95 | +00:18:32 | 5:02 | 11.9 |
| 169 | ORACZ Arkadiusz | 2366 | PROPOINT | M-20 | 33 | 00:01:13 | 00:25:20 | 00:50:43 | 00:52:28.85 | 00:53:42.65 | +00:18:01 | 4:59 | 12 |
| 170 | UNIEJEWSKI Tomasz | 2556 | | M-40 | 52 | 00:00:48 | 00:25:09 | 00:51:00 | 00:53:03.90 | 00:53:52.00 | +00:18:36 | 5:03 | 11.9 |
| 171 | WOJTAS Marcin | 2586 | ISTA BIEGAMY | M-30 | 56 | 00:01:04 | 00:26:20 | 00:51:10 | 00:52:51.00 | 00:53:55.20 | +00:18:23 | 5:02 | 11.9 |
| 172 | PIONTEK Piotr | 2399 | MEGAWAT RUNNING TEAM | M-40 | 47 | 00:01:19 | 00:25:31 | 00:50:52 | 00:52:39.85 | 00:53:58.85 | +00:18:12 | 5:00 | 12 |
| 173 | BLADYN Dawid | 2024 | DECATHLON&PRZYJACIELE | M-20 | 34 | 00:01:13 | 00:25:29 | 00:50:57 | 00:52:45.90 | 00:53:59.45 | +00:18:18 | 5:01 | 11.9 |
| 174 | WIŚNIEWSKI Tomasz | 2577 | | M-30 | 62 | 00:00:48 | 00:25:33 | 00:51:18 | 00:53:18.45 | 00:54:07.10 | +00:18:51 | 5:04 | 11.8 |
| 175 | IGNACZAK Robert | 2650 | | M-40 | 49 | 00:01:18 | 00:25:20 | 00:50:56 | 00:52:49.60 | 00:54:07.70 | +00:18:22 | 5:01 | 11.9 |
| 176 | LASKOWSKI Sebastian | 3129 | KATA GUROMA | M-40 | 45 | 00:01:53 | 00:25:27 | 00:50:21 | 00:52:15.25 | 00:54:08.35 | +00:17:48 | 4:58 | 12.1 |
| 177 | FABER Jacek | 2638 | | M-30 | 63 | 00:00:29 | 00:24:53 | 00:51:36 | 00:53:39.65 | 00:54:09.30 | +00:19:12 | 5:06 | 11.7 |
| 178 | DWORNICZAK Szymon | 2093 | CHAHARY ZE STAREGO | M-40 | 46 | 00:01:32 | 00:26:52 | 00:50:56 | 00:52:39.65 | 00:54:11.80 | +00:18:12 | 5:00 | 12 |
| 179 | STROJEK Piotr | 2499 | | M-40 | 51 | 00:01:11 | 00:25:21 | 00:51:06 | 00:53:01.45 | 00:54:12.60 | +00:18:34 | 5:02 | 11.9 |
| 180 | MUSIOŁ Krzysztof | 2333 | POLITECHNIKA ŚLĄSKA SPORT WSPIERA(MY) NAUKOWO | M-40 | 54 | 00:00:17 | 00:24:58 | 00:51:54 | 00:53:58.50 | 00:54:16.20 | +00:19:31 | 5:08 | 11.7 |
| 181 | OGONOWSKI Edward | 2355 | ŻÓŁWK OPOLE | M-60 | 4 | 00:00:55 | 00:25:49 | 00:51:28 | 00:53:23.30 | 00:54:19.15 | +00:18:56 | 5:05 | 11.8 |
| 182 | SZMIGIEL Daniel | 2520 | | M-30 | 66 | 00:00:32 | 00:25:21 | 00:51:55 | 00:53:50.45 | 00:54:22.80 | +00:19:23 | 5:07 | 11.7 |
| 183 | SZCZOTKA Ilona | 2515 | | K-50 | 1 | 00:00:29 | 00:25:21 | 00:51:56 | 00:53:56.25 | 00:54:25.30 | +00:19:29 | 5:08 | 11.7 |
| 184 | GOŹDZIŃSKI Wojciech | 2131 | | M-40 | 57 | 00:00:20 | 00:24:38 | 00:52:10 | 00:54:12.55 | 00:54:33.20 | +00:19:45 | 5:09 | 11.6 |
| 185 | HEINE Andrzej | 2156 | PKO BANK POLSKI | M-30 | 51 | 00:01:58 | 00:24:49 | 00:50:42 | 00:52:36.00 | 00:54:34.45 | +00:18:08 | 5:00 | 12 |
| 186 | LISIECKI Dawid | 2283 | KNURÓW-SIMTECH | M-30 | 64 | 00:00:53 | 00:26:04 | 00:52:01 | 00:53:41.55 | 00:54:34.65 | +00:19:14 | 5:06 | 11.7 |
| 187 | BANIAK Przemysław | 2006 | | M-40 | 55 | 00:00:29 | 00:25:38 | 00:52:07 | 00:54:08.15 | 00:54:38.00 | +00:19:41 | 5:09 | 11.6 |
| 188 | TOMCZAK Rafał | 2550 | ZABIEGANI NAUCZYCIELE | M-40 | 56 | 00:00:28 | 00:25:39 | 00:52:14 | 00:54:09.95 | 00:54:38.60 | +00:19:42 | 5:09 | 11.6 |
| 189 | JAŚKIEWICZ Sławomir | 2179 | | M-30 | 65 | 00:00:53 | 00:24:59 | 00:51:41 | 00:53:47.20 | 00:54:41.05 | +00:19:20 | 5:07 | 11.7 |
| 190 | STAWARCZYK Krystian | 2646 | OPEL ACTIVE TEAM | M-40 | 50 | 00:01:47 | 00:26:27 | 00:51:06 | 00:52:55.60 | 00:54:43.00 | +00:18:28 | 5:02 | 11.9 |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | 5_15_km 5km | 20_km 10km | Czas | | Różn | Tempo min/km | Tempo km/h |
|-----|-------------------------------|-------------|---|-----------|------|-------------|----------------|---------------|--------------------|--------------------|-----------|--------------|------------|
| | | | | | | | | | netto 10.5km | brutto 10.5km | | | |
| 191 | WIŚNIEWSKA Beata | 2576 | | K-20 | 8 | 00:00:49 | 00:25:53 | 00:52:05 | 00:53:54.30 | 00:54:43.50 | +00:19:27 | 5:08 | 11.7 |
| 192 | SOSADA Nicol | 2486 | ISTA BIEGAMY | K-20 | 7 | 00:01:02 | 00:25:53 | 00:51:45 | 00:53:41.85 | 00:54:44.40 | +00:19:14 | 5:06 | 11.7 |
| 193 | DOBOSZ Mariusz | 2075 | GO-LEASING | M-30 | 69 | 00:00:29 | 00:25:57 | 00:52:28 | 00:54:16.15 | 00:54:45.95 | +00:19:49 | 5:10 | 11.6 |
| 194 | ŻAAK Michał | 2629 | | M-30 | 67 | 00:00:54 | 00:25:57 | 00:52:02 | 00:53:52.55 | 00:54:46.85 | +00:19:25 | 5:07 | 11.7 |
| 195 | CZĄSTKIEWICZ Marcin | 2069 | | M-30 | 74 | 00:00:26 | 00:25:17 | 00:52:32 | 00:54:27.20 | 00:54:53.30 | +00:20:00 | 5:11 | 11.6 |
| 196 | OGAZA Mariusz | 2354 | | M-30 | 77 | 00:00:03 | 00:25:35 | 00:52:46 | 00:54:50.25 | 00:54:54.00 | +00:20:23 | 5:13 | 11.5 |
| 197 | LYSKO Agnieszka | 2291 | | K-30 | 9 | 00:00:49 | 00:26:13 | 00:52:16 | 00:54:07.60 | 00:54:57.55 | +00:19:40 | 5:09 | 11.6 |
| 198 | LISOŃ Julia | 2284 | DRUŻYNA POLITECHNIKI ŚLĄSKIEJ SPORT WSPIERA(MY) NAUKOWO | K-20 | 9 | 00:00:31 | 00:25:57 | 00:52:27 | 00:54:27.35 | 00:54:59.10 | +00:20:00 | 5:11 | 11.6 |
| 199 | GOLIASZ Bartłomiej | 2127 | | M-30 | 68 | 00:00:54 | 00:26:43 | 00:52:28 | 00:54:08.75 | 00:55:03.65 | +00:19:41 | 5:09 | 11.6 |
| 200 | DRECHSLER Oskar | 2081 | | M-30 | 70 | 00:00:46 | 00:25:05 | 00:52:09 | 00:54:20.80 | 00:55:07.65 | +00:19:53 | 5:10 | 11.6 |
| 201 | NIEMIEC Sławomir | 2337 | INTERGRAFIK POLSKA | M-30 | 71 | 00:00:46 | 00:25:50 | 00:52:25 | 00:54:22.00 | 00:55:08.85 | +00:19:54 | 5:10 | 11.6 |
| 202 | CYROŃ Marcin | 2686 | | M-30 | 76 | 00:00:33 | 00:26:30 | 00:52:49 | 00:54:43.45 | 00:55:16.55 | +00:20:16 | 5:12 | 11.5 |
| 203 | ZIELIŃSKI Wojciech | 2619 | | M-20 | 36 | 00:01:11 | 00:23:43 | 00:52:02 | 00:54:06.60 | 00:55:18.35 | +00:19:39 | 5:09 | 11.6 |
| 204 | SANOCKI Jacek | 2453 | DRUŻYNA JASNEJ | M-40 | 53 | 00:01:27 | 00:26:00 | 00:52:07 | 00:53:51.65 | 00:55:19.40 | +00:19:24 | 5:07 | 11.7 |
| 205 | PACAN Krzysztof | 2372 | | M-40 | 58 | 00:00:44 | 00:25:22 | 00:52:36 | 00:54:36.30 | 00:55:20.70 | +00:20:09 | 5:12 | 11.5 |
| 206 | MAZUR Marcin | 555 | | M-20 | 35 | 00:01:31 | 00:26:21 | 00:51:44 | 00:53:51.35 | 00:55:22.80 | +00:19:24 | 5:07 | 11.7 |
| 207 | DYMEK Dariusz | 2094 | | M-40 | 61 | 00:00:08 | 00:26:07 | 00:53:09 | 00:55:14.70 | 00:55:23.10 | +00:20:47 | 5:15 | 11.4 |
| 208 | SZUMIATA Piotr | 2529 | | M-20 | 39 | 00:00:19 | 00:25:42 | 00:53:11 | 00:55:07.50 | 00:55:26.60 | +00:20:40 | 5:14 | 11.4 |
| 209 | BALIŃSKA-SANOCKA Aneta | 2003 | DRUŻYNA JASNEJ | K-40 | 11 | 00:01:26 | 00:26:57 | 00:52:08 | 00:54:01.70 | 00:55:27.85 | +00:19:34 | 5:08 | 11.7 |
| 210 | CHAROWSKI Marcin | 2047 | | M-30 | 73 | 00:01:02 | 00:26:40 | 00:52:35 | 00:54:26.80 | 00:55:29.05 | +00:19:59 | 5:11 | 11.6 |
| 210 | ZAWIERUCHA Aleksander | 2611 | MARO-TEAM JASTRZĘBIE-ŻORY | M-50 | 7 | 00:00:34 | 00:26:29 | 00:53:04 | 00:54:54.60 | 00:55:29.05 | +00:20:27 | 5:13 | 11.5 |
| 212 | SZCZERZEK Zbigniew | 2514 | | M-60 | 5 | 00:00:41 | 00:25:24 | 00:52:28 | 00:54:47.45 | 00:55:29.35 | +00:20:20 | 5:13 | 11.5 |
| 213 | WÓJCIAK Katarzyna | 2592 | | K-40 | 12 | 00:00:37 | 00:26:45 | 00:52:52 | 00:54:53.75 | 00:55:31.20 | +00:20:26 | 5:13 | 11.5 |
| 214 | DRZYMALSKI Przemysław | 2088 | PROPOINT | M-30 | 72 | 00:01:12 | 00:27:01 | 00:52:21 | 00:54:22.45 | 00:55:34.45 | +00:19:55 | 5:10 | 11.6 |
| 215 | GRUDZIŃSKA Magdalena | 2142 | | K-30 | 10 | 00:00:54 | 00:26:35 | 00:52:58 | 00:54:48.10 | 00:55:42.20 | +00:20:21 | 5:13 | 11.5 |
| 216 | ISKRZAK Izabela | 2164 | | K-30 | 12 | 00:00:31 | 00:26:08 | 00:53:02 | 00:55:12.00 | 00:55:43.55 | +00:20:44 | 5:15 | 11.4 |
| 217 | DWORACZEK Grzegorz | 2092 | TRIDIVISION TRIATHLON TEAM | M-40 | 60 | 00:00:49 | 00:26:24 | 00:52:56 | 00:54:56.75 | 00:55:46.30 | +00:20:29 | 5:14 | 11.5 |
| 218 | POPŁAWSKA-WAL Agata | 2409 | ZF | K-30 | 11 | 00:00:53 | 00:26:44 | 00:53:03 | 00:54:55.80 | 00:55:49.25 | +00:20:28 | 5:13 | 11.5 |
| 219 | KOWALCZYK Grzegorz | 2230 | | M-40 | 64 | 00:00:16 | 00:25:19 | 00:53:32 | 00:55:37.10 | 00:55:53.20 | +00:21:10 | 5:17 | 11.3 |
| 219 | SERWACH Mateusz | 2455 | FALUSSO BERGAMO | M-20 | 43 | 00:00:18 | 00:25:43 | 00:53:42 | 00:55:34.40 | 00:55:53.20 | +00:21:07 | 5:17 | 11.3 |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | 5_15_km 5km | 20_km 10km | Czas | | Różn | Tempo min/km | Tempo km/h |
|-----|------------------------------|-------------|--------------------------------------|-----------|------|-------------|----------------|---------------|--------------------|--------------------|-----------|--------------|------------|
| | | | | | | | | | netto 10.5km | brutto 10.5km | | | |
| 221 | KOWALCZYK Robert | 2229 | ISTA BIEGAMY | M-50 | 6 | 00:01:02 | 00:25:54 | 00:52:51 | 00:54:51.40 | 00:55:53.85 | +00:20:24 | 5:13 | 11.5 |
| 222 | KOZIOL Ryszard | 2240 | SOSNICA | M-60 | 6 | 00:00:14 | 00:25:54 | 00:53:35 | 00:55:40.25 | 00:55:54.75 | +00:21:13 | 5:18 | 11.3 |
| 223 | GARNCARZ Jakub | 2118 | | M-30 | 78 | 00:00:46 | 00:26:32 | 00:53:11 | 00:55:09.20 | 00:55:55.65 | +00:20:42 | 5:15 | 11.4 |
| 224 | KOKOT Marcel | 2218 | DECATHLON CAR GLIWCE | M-20 | 37 | 00:01:30 | 00:25:59 | 00:52:12 | 00:54:28.15 | 00:55:58.20 | +00:20:01 | 5:11 | 11.6 |
| 225 | PĘCHERCZYK Piotr | 2391 | | M-50 | 8 | 00:00:55 | 00:25:52 | 00:52:59 | 00:55:03.85 | 00:55:59.65 | +00:20:36 | 5:14 | 11.4 |
| 226 | TROSKO Adam | 2552 | | M-40 | 59 | 00:01:09 | 00:24:39 | 00:52:59 | 00:54:51.95 | 00:56:01.15 | +00:20:24 | 5:13 | 11.5 |
| 227 | CHEĆIŃSKI Tomasz | 2050 | | M-40 | 63 | 00:00:33 | 00:25:44 | 00:53:34 | 00:55:31.80 | 00:56:05.20 | +00:21:04 | 5:17 | 11.3 |
| 228 | ZAKRZOWSKI Krzysztof | 2606 | DRIV | M-20 | 44 | 00:00:33 | 00:25:54 | 00:53:39 | 00:55:34.50 | 00:56:08.20 | +00:21:07 | 5:17 | 11.3 |
| 229 | CZEPIGA Bożena | 2070 | | K-40 | 13 | 00:00:10 | 00:25:54 | 00:53:55 | 00:55:59.20 | 00:56:09.60 | +00:21:32 | 5:19 | 11.3 |
| 230 | MICHOŃ Maciej | 2319 | | M-20 | 40 | 00:01:06 | 00:26:52 | 00:53:14 | 00:55:14.75 | 00:56:21.55 | +00:20:47 | 5:15 | 11.4 |
| 231 | OLEŚ Monika | 2671 | | K-30 | 13 | 00:01:06 | 00:27:13 | 00:53:10 | 00:55:16.10 | 00:56:22.30 | +00:20:49 | 5:15 | 11.4 |
| 232 | URBANIAK Dawid | 2558 | AVANTOR PERFORMANCE MATERIALS POLAND | M-20 | 42 | 00:00:53 | 00:25:39 | 00:53:39 | 00:55:29.90 | 00:56:23.80 | +00:21:02 | 5:17 | 11.4 |
| 233 | DĘBOWSKI Krzysztof | 2074 | | M-30 | 81 | 00:01:06 | 00:26:11 | 00:53:13 | 00:55:18.25 | 00:56:24.60 | +00:20:51 | 5:16 | 11.4 |
| 234 | BEHERNOT Jan | 2680 | | M-20 | 41 | 00:00:56 | 00:26:33 | 00:53:36 | 00:55:29.50 | 00:56:26.45 | +00:21:02 | 5:17 | 11.4 |
| 235 | PIETRZAK Waldemar | 2395 | GOK PILCHOWCE | M-30 | 75 | 00:01:47 | 00:26:16 | 00:52:39 | 00:54:41.00 | 00:56:28.70 | +00:20:13 | 5:12 | 11.5 |
| 236 | SAMOL Grzegorz | 2448 | GLIWCE | M-50 | 9 | 00:00:38 | 00:26:07 | 00:53:50 | 00:55:51.20 | 00:56:29.20 | +00:21:24 | 5:19 | 11.3 |
| 237 | MATULICZ Damian | 2313 | | M-40 | 69 | 00:00:20 | 00:25:25 | 00:53:59 | 00:56:09.85 | 00:56:30.00 | +00:21:42 | 5:20 | 11.2 |
| 238 | OPALIŃSKI Tomasz | 2365 | ZF TEAM | M-30 | 83 | 00:00:54 | 00:26:43 | 00:53:35 | 00:55:36.00 | 00:56:30.40 | +00:21:08 | 5:17 | 11.3 |
| 239 | ROLEK Marcin | 2434 | | M-30 | 82 | 00:00:56 | 00:26:41 | 00:53:34 | 00:55:35.00 | 00:56:31.30 | +00:21:07 | 5:17 | 11.3 |
| 239 | ŻEBROWSKI Łukasz | 2630 | ZF TEAM | M-30 | 84 | 00:00:51 | 00:27:04 | 00:53:46 | 00:55:39.80 | 00:56:31.30 | +00:21:12 | 5:18 | 11.3 |
| 241 | HOMA Dorota | 2161 | NOGAMI DO PRZODU | K-30 | 14 | 00:01:07 | 00:26:27 | 00:53:26 | 00:55:30.40 | 00:56:37.75 | +00:21:03 | 5:17 | 11.4 |
| 242 | SMOK Weronika | 2479 | | K-20 | 10 | 00:00:37 | 00:26:37 | 00:53:43 | 00:56:00.05 | 00:56:37.90 | +00:21:33 | 5:20 | 11.3 |
| 243 | OLEJNICZAK Aleksandra | 2360 | | K-20 | 12 | 00:00:29 | 00:26:14 | 00:54:17 | 00:56:16.60 | 00:56:45.95 | +00:21:49 | 5:21 | 11.2 |
| 244 | DYTO Michał | 2682 | | M-20 | 38 | 00:01:48 | 00:25:21 | 00:53:10 | 00:54:59.95 | 00:56:48.25 | +00:20:32 | 5:14 | 11.5 |
| 245 | BAJURA Grzegorz | 2002 | | M-30 | 79 | 00:01:40 | 00:27:06 | 00:53:21 | 00:55:16.55 | 00:56:56.90 | +00:20:49 | 5:15 | 11.4 |
| 246 | PREJS Karol | 2413 | | M-30 | 80 | 00:01:39 | 00:27:07 | 00:53:21 | 00:55:17.15 | 00:56:57.00 | +00:20:50 | 5:16 | 11.4 |
| 247 | SŁOWIŃSKI Kamil | 2477 | DRUŻYNA POLITECHNIKI ŚLĄSKIEJ | M-30 | 85 | 00:01:13 | 00:26:17 | 00:53:47 | 00:55:45.45 | 00:56:58.50 | +00:21:18 | 5:18 | 11.3 |
| 248 | KOZŁOWSKI Mariusz | 2243 | KB ODRA OPOLE | M-40 | 68 | 00:00:52 | 00:27:22 | 00:54:12 | 00:56:07.65 | 00:57:00.20 | +00:21:40 | 5:20 | 11.2 |
| 249 | GRĄBCZEWSKI Marcin | 2139 | | M-30 | 87 | 00:01:03 | 00:26:42 | 00:54:00 | 00:56:03.50 | 00:57:07.05 | +00:21:36 | 5:20 | 11.2 |
| 250 | JAROŃ Grzegorz | 2174 | | M-40 | 66 | 00:01:11 | 00:26:52 | 00:53:59 | 00:55:56.55 | 00:57:07.85 | +00:21:29 | 5:19 | 11.3 |
| 251 | MARCINIAK Paulina | 2309 | | K-30 | 16 | 00:01:14 | 00:26:34 | 00:53:48 | 00:55:53.30 | 00:57:08.20 | +00:21:26 | 5:19 | 11.3 |
| 251 | SPYRA Jacek | 2488 | PROPOINT | M-20 | 46 | 00:01:09 | 00:27:03 | 00:54:02 | 00:55:59.00 | 00:57:08.20 | +00:21:31 | 5:19 | 11.3 |
| 253 | HEINCE Łukasz | 2155 | PROPOINT | M-20 | 45 | 00:01:14 | 00:26:40 | 00:54:04 | 00:55:53.35 | 00:57:08.25 | +00:21:26 | 5:19 | 11.3 |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | 5_15_km 5km | 20_km 10km | Czas | | Różn | Tempo min/km | Tempo km/h |
|-----|----------------------------------|-------------|----------------------|-----------|------|-------------|----------------|---------------|--------------------|--------------------|-----------|--------------|------------|
| | | | | | | | | | netto 10.5km | brutto 10.5km | | | |
| 254 | RUDZIŃSKI Łukasz | 2438 | | M-30 | 90 | 00:00:44 | 00:26:55 | 00:54:43 | 00:56:27.35 | 00:57:12.00 | +00:22:00 | 5:22 | 11.2 |
| 255 | BEDNAREK Jakub | 2014 | | M-30 | 89 | 00:00:47 | 00:26:20 | 00:54:17 | 00:56:25.75 | 00:57:12.80 | +00:21:58 | 5:22 | 11.2 |
| 256 | FIRSZT Marta | 2101 | | K-20 | 13 | 00:00:15 | 00:26:38 | 00:54:52 | 00:56:58.80 | 00:57:14.30 | +00:22:31 | 5:25 | 11.1 |
| 257 | URBAŃSKI Maciej | 2561 | | M-50 | 10 | 00:00:15 | 00:26:37 | 00:54:52 | 00:56:59.90 | 00:57:15.35 | +00:22:32 | 5:25 | 11.1 |
| 258 | PAUL Violetta | 2382 | BPRT | K-40 | 14 | 00:01:14 | 00:27:00 | 00:54:02 | 00:56:01.10 | 00:57:15.65 | +00:21:34 | 5:20 | 11.2 |
| 259 | PAWLETA Michał | 2383 | BPRT | M-40 | 67 | 00:01:14 | 00:27:00 | 00:54:01 | 00:56:01.55 | 00:57:15.95 | +00:21:34 | 5:20 | 11.2 |
| 260 | ZIEMBA Grzegorz | 2620 | | M-40 | 62 | 00:01:54 | 00:26:59 | 00:53:31 | 00:55:25.75 | 00:57:19.80 | +00:20:58 | 5:16 | 11.4 |
| 261 | SZCZERBAK-RUTA Aleksandra | 2513 | | K-30 | 15 | 00:01:34 | 00:27:00 | 00:53:46 | 00:55:49.70 | 00:57:23.85 | +00:21:22 | 5:18 | 11.3 |
| 262 | SZYMAŃSKI Piotr | 2535 | | M-40 | 65 | 00:01:32 | 00:27:01 | 00:53:48 | 00:55:50.95 | 00:57:23.90 | +00:21:23 | 5:19 | 11.3 |
| 263 | SALA Katarzyna | 2445 | | K-30 | 17 | 00:00:12 | 00:26:54 | 00:55:08 | 00:57:13.30 | 00:57:25.55 | +00:22:46 | 5:26 | 11 |
| 264 | CHOLEWA Grzegorz | 2054 | | M-40 | 73 | 00:00:12 | 00:26:54 | 00:55:09 | 00:57:13.00 | 00:57:25.70 | +00:22:45 | 5:26 | 11 |
| 265 | WYCIŚLIK Marcin | 2598 | HIRSCHVOGEL | M-30 | 93 | 00:00:33 | 00:26:26 | 00:54:44 | 00:56:54.10 | 00:57:27.10 | +00:22:27 | 5:25 | 11.1 |
| 266 | PIETRZAK Łukasz | 2396 | MECHTAL CITY | M-30 | 91 | 00:00:48 | 00:26:34 | 00:54:44 | 00:56:39.05 | 00:57:27.45 | +00:22:12 | 5:23 | 11.1 |
| 267 | PUCHALSKI Rafał | 2421 | FLUOR | M-30 | 86 | 00:01:30 | 00:27:22 | 00:54:09 | 00:55:58.30 | 00:57:28.60 | +00:21:31 | 5:19 | 11.3 |
| 268 | SANOCKA Dorota | 2452 | DRUŻYNA JASNEJ | K-40 | 15 | 00:01:26 | 00:26:59 | 00:54:03 | 00:56:03.00 | 00:57:29.25 | +00:21:35 | 5:20 | 11.2 |
| 269 | MAGURNO Franco | 2677 | | M-40 | 71 | 00:00:44 | 00:26:49 | 00:54:57 | 00:56:49.90 | 00:57:34.50 | +00:22:22 | 5:24 | 11.1 |
| 270 | DOBROWOLSKA Basia | 2076 | | K-20 | 11 | 00:01:33 | 00:27:00 | 00:54:10 | 00:56:06.80 | 00:57:40.35 | +00:21:39 | 5:20 | 11.2 |
| 271 | STĘPAK Patrycja | 2497 | | K-20 | 14 | 00:00:24 | 00:27:34 | 00:55:15 | 00:57:19.65 | 00:57:44.50 | +00:22:52 | 5:27 | 11 |
| 272 | KOZA Paulina | 2236 | KJ TRACHY GLIWCE | K-30 | 18 | 00:00:30 | 00:26:01 | 00:55:03 | 00:57:14.70 | 00:57:44.90 | +00:22:47 | 5:27 | 11 |
| 273 | MOĆKO Artur | 2330 | | M-30 | 88 | 00:01:31 | 00:27:44 | 00:54:19 | 00:56:15.75 | 00:57:47.00 | +00:21:48 | 5:21 | 11.2 |
| 274 | BRYLIŃSKI Ryszard | 2038 | | M-60 | 8 | 00:00:11 | 00:27:00 | 00:55:44 | 00:57:46.65 | 00:57:57.85 | +00:23:19 | 5:30 | 10.9 |
| 275 | WĄTROBA Tomasz | 2567 | | M-30 | 94 | 00:00:56 | 00:26:41 | 00:54:59 | 00:57:03.35 | 00:57:59.65 | +00:22:36 | 5:26 | 11 |
| 276 | MAŃKA Adam | 2307 | | M-40 | 70 | 00:01:20 | 00:28:04 | 00:54:46 | 00:56:43.30 | 00:58:04.20 | +00:22:16 | 5:24 | 11.1 |
| 277 | GAJ Kamila | 2112 | NIGHT RUNNERS GLIWCE | K-50 | 2 | 00:00:18 | 00:27:00 | 00:55:38 | 00:57:48.35 | 00:58:06.70 | +00:23:21 | 5:30 | 10.9 |
| 278 | SZASTOK Katarzyna | 2509 | | K-40 | 16 | 00:00:57 | 00:28:08 | 00:55:14 | 00:57:11.25 | 00:58:09.05 | +00:22:44 | 5:26 | 11 |
| 279 | HAŁAKUC Joanna | 2152 | | K-20 | 17 | 00:00:09 | 00:26:59 | 00:55:54 | 00:57:59.25 | 00:58:09.10 | +00:23:32 | 5:31 | 10.9 |
| 280 | PSIUK Piotr | 2419 | | M-30 | 99 | 00:00:29 | 00:26:16 | 00:55:22 | 00:57:42.70 | 00:58:12.35 | +00:23:15 | 5:29 | 10.9 |
| 281 | GĘBCZYŃSKI Oliwier | 2121 | | M-20 | 49 | 00:00:38 | 00:25:11 | 00:55:09 | 00:57:38.20 | 00:58:16.30 | +00:23:11 | 5:29 | 10.9 |
| 282 | DUCH Weronika | 2089 | DECATHLON CAR ŁÓDŹ | K-20 | 16 | 00:00:21 | 00:28:47 | 00:56:06 | 00:57:57.30 | 00:58:18.75 | +00:23:30 | 5:31 | 10.9 |
| 283 | KARBOWNIK Marcin | 2666 | | M-20 | 51 | 00:00:22 | 00:26:35 | 00:55:55 | 00:58:00.35 | 00:58:23.20 | +00:23:33 | 5:31 | 10.9 |
| 284 | OKOŃ Zdzisław | 2358 | | M-60 | 7 | 00:00:41 | 00:28:37 | 00:55:44 | 00:57:45.95 | 00:58:27.00 | +00:23:18 | 5:30 | 10.9 |
| 284 | BOSAKOWSKA Ela | 2031 | | K-40 | 18 | 00:00:13 | 00:25:47 | 00:56:08 | 00:58:13.75 | 00:58:27.00 | +00:23:46 | 5:32 | 10.8 |
| 286 | ZDANOWICZ Michał | 2614 | | M-40 | 75 | 00:00:13 | 00:26:02 | 00:56:09 | 00:58:14.20 | 00:58:27.30 | +00:23:47 | 5:32 | 10.8 |
| 287 | SOKOŁOWSKI Łukasz | 2485 | | M-30 | 97 | 00:01:04 | 00:27:28 | 00:55:25 | 00:57:22.75 | 00:58:27.35 | +00:22:55 | 5:27 | 11 |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | 5_15_km 5km | 20_km 10km | Czas | | Różn | Tempo min/km | Tempo km/h |
|-----|----------------------------------|-------------|---|-----------|------|-------------|----------------|---------------|--------------------|--------------------|-----------|--------------|------------|
| | | | | | | | | | netto 10.5km | brutto 10.5km | | | |
| 288 | SZOPIŃSKI Grzegorz | 2523 | DECATHLON&PRZYJACIELE | M-20 | 47 | 00:01:16 | 00:28:14 | 00:55:30 | 00:57:11.40 | 00:58:28.05 | +00:22:44 | 5:26 | 11 |
| 289 | HERUD Tomasz | 2663 | | M-30 | 92 | 00:01:44 | 00:27:49 | 00:54:55 | 00:56:44.30 | 00:58:28.85 | +00:22:17 | 5:24 | 11.1 |
| 290 | KRÓLIK Arkadiusz | 2246 | MARO TEAM JASTRZĘBIE-ŻORY | M-40 | 74 | 00:00:30 | 00:27:32 | 00:56:02 | 00:57:58.95 | 00:58:29.45 | +00:23:31 | 5:31 | 10.9 |
| 291 | SAFERNA Przemek | 2443 | | M-30 | 101 | 00:00:25 | 00:28:12 | 00:56:10 | 00:58:04.30 | 00:58:29.90 | +00:23:37 | 5:31 | 10.8 |
| 292 | ROSAK-SZYROCKA Asia | 2436 | MIELEWCZYK RUNNING TEAM | K-40 | 17 | 00:00:27 | 00:27:34 | 00:56:10 | 00:58:04.65 | 00:58:31.70 | +00:23:37 | 5:31 | 10.8 |
| 293 | JASTO Mateusz | 2177 | | M-20 | 48 | 00:01:02 | 00:27:26 | 00:55:48 | 00:57:33.95 | 00:58:36.30 | +00:23:06 | 5:28 | 10.9 |
| 294 | CZAŚTKIEWICZ Alicja | 2068 | POWERGIRLS | K-30 | 19 | 00:01:10 | 00:27:32 | 00:55:33 | 00:57:30.35 | 00:58:40.50 | +00:23:03 | 5:28 | 11 |
| 295 | WIECZOROWSKI Krzysztof | 2570 | MOSTOSTAL ZABRZE UNITED | M-30 | 100 | 00:00:50 | 00:26:41 | 00:55:39 | 00:57:50.75 | 00:58:41.40 | +00:23:23 | 5:30 | 10.9 |
| 296 | SUPERNAK Marcin | 2507 | | M-40 | 72 | 00:01:48 | 00:27:25 | 00:54:54 | 00:56:53.65 | 00:58:41.80 | +00:22:26 | 5:25 | 11.1 |
| 297 | SŁABOŃ Roma | 2657 | | K-30 | 20 | 00:01:10 | 00:27:32 | 00:55:34 | 00:57:34.15 | 00:58:44.75 | +00:23:07 | 5:28 | 10.9 |
| 298 | POWROŹNIK Paulina | 2412 | POLITECHNIKA ŚLĄSKA SPORT WSPIERA(MY) NAUKOWO | K-20 | 18 | 00:00:44 | 00:26:50 | 00:55:53 | 00:58:02.00 | 00:58:46.30 | +00:23:34 | 5:31 | 10.9 |
| 299 | ZŁOTEK Katarzyna | 2626 | OPEL ACTIVE TEAM | K-30 | 24 | 00:00:19 | 00:27:07 | 00:56:27 | 00:58:34.75 | 00:58:54.10 | +00:24:07 | 5:34 | 10.8 |
| 300 | KOZAK Kamila | 2683 | | K-20 | 15 | 00:01:21 | 00:28:02 | 00:55:35 | 00:57:38.85 | 00:59:00.35 | +00:23:11 | 5:29 | 10.9 |
| 301 | BARCHANOWSKA Joanna | 2008 | | K-30 | 25 | 00:00:15 | 00:26:36 | 00:56:42 | 00:58:44.80 | 00:59:00.50 | +00:24:17 | 5:35 | 10.7 |
| 302 | KUKLA Bartosz | 3143 | UKS KOMETA GLIWICE | M-20 | 50 | 00:01:13 | 00:25:26 | 00:55:29 | 00:57:50.10 | 00:59:03.30 | +00:23:23 | 5:30 | 10.9 |
| 303 | SZYMOS Damian | 2536 | RYWAL GLIWICE | M-30 | 95 | 00:02:01 | 00:26:44 | 00:55:08 | 00:57:03.45 | 00:59:04.95 | +00:22:36 | 5:26 | 11 |
| 304 | MARKER-DZIUBOSZ Agnieszka | 2312 | | K-40 | 19 | 00:00:40 | 00:27:16 | 00:56:14 | 00:58:25.25 | 00:59:05.75 | +00:23:58 | 5:33 | 10.8 |
| 305 | SKURA Adam | 2470 | FLUOR | M-30 | 98 | 00:01:40 | 00:27:53 | 00:55:33 | 00:57:25.45 | 00:59:05.90 | +00:22:58 | 5:28 | 11 |
| 306 | MAJEWSKA Agata | 2303 | | K-20 | 19 | 00:00:22 | 00:28:33 | 00:56:38 | 00:58:45.35 | 00:59:08.00 | +00:24:18 | 5:35 | 10.7 |
| 307 | MUSIAŁ Piotr | 2332 | | M-20 | 53 | 00:00:47 | 00:28:33 | 00:56:25 | 00:58:21.85 | 00:59:09.50 | +00:23:54 | 5:33 | 10.8 |
| 308 | KUKUCZKA Ewa | 2254 | | K-30 | 22 | 00:01:05 | 00:27:13 | 00:55:54 | 00:58:04.30 | 00:59:09.60 | +00:23:37 | 5:31 | 10.8 |
| 309 | SKULSKI Tomasz | 2469 | LILA LOGISTIK | M-40 | 77 | 00:00:37 | 00:26:53 | 00:56:23 | 00:58:33.30 | 00:59:11.25 | +00:24:06 | 5:34 | 10.8 |
| 310 | STUZIŃSKI Grzegorz | 2505 | ZABRZE CITY M&A | M-30 | 96 | 00:01:53 | 00:27:45 | 00:55:19 | 00:57:18.65 | 00:59:12.40 | +00:22:51 | 5:27 | 11 |
| 311 | BAŃKA Jakub | 2007 | | M-30 | 104 | 00:00:40 | 00:27:10 | 00:56:23 | 00:58:32.05 | 00:59:12.60 | +00:24:05 | 5:34 | 10.8 |
| 312 | ZACZYŃSKA Dagmara | 2603 | | K-30 | 21 | 00:01:13 | 00:28:23 | 00:56:11 | 00:58:02.05 | 00:59:15.05 | +00:23:35 | 5:31 | 10.9 |
| 313 | OKOŃ Monika | 2357 | | K-40 | 21 | 00:00:40 | 00:28:38 | 00:56:32 | 00:58:40.10 | 00:59:20.85 | +00:24:13 | 5:35 | 10.7 |
| 314 | GORELL Bogumiła | 2128 | | K-30 | 23 | 00:01:09 | 00:27:50 | 00:56:25 | 00:58:24.80 | 00:59:33.95 | +00:23:57 | 5:33 | 10.8 |
| 315 | KUMOR Marcin | 2259 | | M-30 | 107 | 00:00:33 | 00:26:46 | 00:57:00 | 00:59:01.95 | 00:59:35.10 | +00:24:34 | 5:37 | 10.7 |
| 316 | KOZŁOWSKI Przemysław | 2242 | ZACHODNIE GEPARDY | M-30 | 105 | 00:00:45 | 00:26:40 | 00:56:40 | 00:58:51.65 | 00:59:37.15 | +00:24:24 | 5:36 | 10.7 |
| 317 | OSTROWSKI Ziemowit | 2371 | POLITECHNIKA ŚLĄSKA SPORT WSPIERA(MY) NAUKOWO | M-40 | 76 | 00:01:22 | 00:28:08 | 00:56:19 | 00:58:19.25 | 00:59:41.40 | +00:23:52 | 5:33 | 10.8 |
| 318 | JAROŃ Katarzyna | 2173 | | K-40 | 20 | 00:01:11 | 00:27:30 | 00:56:33 | 00:58:31.80 | 00:59:42.95 | +00:24:04 | 5:34 | 10.8 |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | 5_15_km 5km | 20_km 10km | Czas | | Różn | Tempo min/km | Tempo km/h |
|-----|-------------------------------------|-------------|-----------------------|-----------|------|-------------|----------------|---------------|--------------------|--------------------|-----------|--------------|------------|
| | | | | | | | | | netto 10.5km | brutto 10.5km | | | |
| 319 | TREFON-RADZIEJEWSKA Dominika | 2551 | | K-30 | 26 | 00:00:43 | 00:28:45 | 00:57:01 | 00:58:59.25 | 00:59:43.00 | +00:24:32 | 5:37 | 10.7 |
| 320 | SZWIEC Sandra | 2531 | ZABIEGANI NAUCZYCIELE | K-30 | 27 | 00:00:39 | 00:28:10 | 00:56:54 | 00:59:05.75 | 00:59:45.05 | +00:24:38 | 5:37 | 10.7 |
| 321 | CHOJKOWSKI Michał | 2051 | | M-40 | 78 | 00:00:57 | 00:27:33 | 00:56:40 | 00:58:49.75 | 00:59:47.00 | +00:24:22 | 5:36 | 10.7 |
| 322 | SZOZDA Ewa | 2524 | | K-30 | 28 | 00:00:40 | 00:27:10 | 00:56:53 | 00:59:07.15 | 00:59:47.40 | +00:24:40 | 5:37 | 10.7 |
| 323 | WOJTASIK Adrian | 2587 | | M-20 | 54 | 00:01:19 | 00:28:06 | 00:56:31 | 00:58:32.05 | 00:59:52.00 | +00:24:05 | 5:34 | 10.8 |
| 324 | KANIA Krystyna | 2197 | | K-60 | 1 | 00:02:01 | 00:27:50 | 00:55:57 | 00:57:57.85 | 00:59:59.65 | +00:23:30 | 5:31 | 10.9 |
| 325 | POLEWKA Beata | 3138 | UKS KOMETA GLIWICE | K-40 | 23 | 00:00:39 | 00:28:10 | 00:57:18 | 00:59:23.20 | 01:00:02.70 | +00:24:56 | 5:39 | 10.6 |
| 325 | SIODŁAK-BLACHNIO Justyna | 2461 | | K-40 | 24 | 00:00:29 | 00:27:33 | 00:57:26 | 00:59:33.40 | 01:00:02.70 | +00:25:06 | 5:40 | 10.6 |
| 327 | JANOSZKA Piotr | 2172 | BANDA Z POŁUDNIA | M-30 | 103 | 00:01:44 | 00:28:35 | 00:56:16 | 00:58:21.80 | 01:00:05.90 | +00:23:54 | 5:33 | 10.8 |
| 328 | KAZIMIERSKI Martin | 2675 | BANDA Z POŁUDNIA | M-20 | 52 | 00:01:44 | 00:28:36 | 00:56:16 | 00:58:21.40 | 01:00:06.15 | +00:23:54 | 5:33 | 10.8 |
| 329 | OLSZEWSKI Łukasz | 2361 | FLUOR | M-30 | 106 | 00:01:14 | 00:28:05 | 00:56:53 | 00:58:55.45 | 01:00:09.75 | +00:24:28 | 5:36 | 10.7 |
| 330 | KURZYK Elżbieta | 2264 | | K-30 | 37 | 00:00:15 | 00:29:06 | 00:57:51 | 00:59:57.40 | 01:00:12.40 | +00:25:30 | 5:42 | 10.5 |
| 331 | KACZMARSKI Jacek | 2189 | | M-30 | 108 | 00:01:13 | 00:27:58 | 00:57:02 | 00:59:02.30 | 01:00:15.35 | +00:24:35 | 5:37 | 10.7 |
| 332 | MARYNIAK Wojciech | 2676 | | M-30 | 102 | 00:01:56 | 00:28:51 | 00:56:23 | 00:58:20.15 | 01:00:17.10 | +00:23:53 | 5:33 | 10.8 |
| 333 | LEŚNIEWSKI Mateusz | 2276 | | M-30 | 114 | 00:00:40 | 00:28:30 | 00:57:33 | 00:59:36.75 | 01:00:17.70 | +00:25:09 | 5:40 | 10.6 |
| 334 | KOWALCZYK Kamila | 2232 | | K-30 | 33 | 00:00:40 | 00:28:30 | 00:57:35 | 00:59:37.90 | 01:00:18.35 | +00:25:10 | 5:40 | 10.6 |
| 335 | KLONEK-FRYŚ Sylwia | 2211 | | K-30 | 31 | 00:00:49 | 00:27:48 | 00:57:10 | 00:59:29.05 | 01:00:18.90 | +00:25:02 | 5:39 | 10.6 |
| 336 | BUJNAROWSKA Barbara | 2043 | | K-30 | 32 | 00:00:49 | 00:27:48 | 00:57:10 | 00:59:29.90 | 01:00:19.20 | +00:25:02 | 5:40 | 10.6 |
| 337 | CZARNECKI Michał | 2066 | | M-20 | 55 | 00:01:20 | 00:28:05 | 00:56:51 | 00:58:59.35 | 01:00:19.80 | +00:24:32 | 5:37 | 10.7 |
| 338 | KOTLARSKA Anna | 2227 | | K-40 | 22 | 00:01:10 | 00:29:55 | 00:57:15 | 00:59:13.55 | 01:00:24.30 | +00:24:46 | 5:38 | 10.6 |
| 339 | STANISZ Michał | 2491 | | M-30 | 113 | 00:00:50 | 00:26:39 | 00:57:15 | 00:59:36.40 | 01:00:27.00 | +00:25:09 | 5:40 | 10.6 |
| 340 | SZOŁTYSIK Marta | 2522 | | K-30 | 35 | 00:00:37 | 00:27:39 | 00:57:33 | 00:59:53.65 | 01:00:30.65 | +00:25:26 | 5:42 | 10.5 |
| 341 | BOREK Wojciech | 2029 | | M-30 | 115 | 00:00:29 | 00:27:24 | 00:57:38 | 01:00:01.35 | 01:00:31.25 | +00:25:34 | 5:43 | 10.5 |
| 342 | DULĘBA Juliusz | 2090 | | M-30 | 111 | 00:01:12 | 00:30:25 | 00:57:16 | 00:59:19.80 | 01:00:32.05 | +00:24:52 | 5:39 | 10.6 |
| 343 | GAŁEK Andrzej | 2678 | ZF TEAM | M-30 | 110 | 00:01:13 | 00:28:00 | 00:56:57 | 00:59:19.15 | 01:00:32.95 | +00:24:52 | 5:38 | 10.6 |
| 344 | KELLER Aneta | 2202 | | K-30 | 39 | 00:00:15 | 00:27:09 | 00:57:53 | 01:00:19.50 | 01:00:35.25 | +00:25:52 | 5:44 | 10.4 |
| 345 | GŁOWACKA Katarzyna | 2125 | K2 | K-30 | 34 | 00:00:56 | 00:28:36 | 00:57:30 | 00:59:39.65 | 01:00:36.50 | +00:25:12 | 5:40 | 10.6 |
| 346 | PIERZCHAŁA Jacek | 2394 | | M-40 | 84 | 00:00:41 | 00:29:01 | 00:57:57 | 01:00:01.45 | 01:00:43.35 | +00:25:34 | 5:43 | 10.5 |
| 347 | GRYCMAN Michał | 2145 | PROPOINT | M-20 | 57 | 00:01:09 | 00:28:26 | 00:57:43 | 00:59:34.40 | 01:00:44.10 | +00:25:07 | 5:40 | 10.6 |
| 348 | KOWALSKA Karolina | 2233 | | K-30 | 29 | 00:01:40 | 00:28:18 | 00:57:12 | 00:59:07.35 | 01:00:48.00 | +00:24:40 | 5:37 | 10.7 |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | 5_15_km 5km | 20_km 10km | Czas | | Różn | Tempo min/km | Tempo km/h |
|-----|----------------------|-------|-------------------------------|-----------|------|-------------|----------------|---------------|-----------------|------------------|-----------|--------------|------------|
| | | | | | | | | | netto 10.5km | brutto 10.5km | | | |
| 349 | WITKOWSKA Natalia | 2687 | | K-30 | 30 | 00:01:38 | 00:28:26 | 00:57:05 | 00:59:16.55 | 01:00:54.55 | +00:24:49 | 5:38 | 10.6 |
| 350 | MACHOCZEK Patryk | 2296 | | M-30 | 109 | 00:01:44 | 00:28:46 | 00:57:10 | 00:59:11.25 | 01:00:56.20 | +00:24:44 | 5:38 | 10.6 |
| 351 | MAJCAK Wojciech | 2302 | | M-30 | 118 | 00:00:15 | 00:28:18 | 00:58:31 | 01:00:47.70 | 01:01:03.05 | +00:26:20 | 5:47 | 10.4 |
| 352 | MACHOŚ Adrianna | 2685 | | K-20 | 23 | 00:00:14 | 00:27:07 | 00:58:32 | 01:00:50.10 | 01:01:04.50 | +00:26:23 | 5:47 | 10.4 |
| 353 | STARCZAŁA Piotr | 2494 | MEGAWAT RUNNING TEAM | M-40 | 82 | 00:01:19 | 00:28:27 | 00:57:41 | 00:59:48.40 | 01:01:07.65 | +00:25:21 | 5:41 | 10.5 |
| 354 | SOBOLEWSKA Stefania | 2483 | | K-40 | 25 | 00:01:07 | 00:28:26 | 00:57:52 | 01:00:00.25 | 01:01:07.90 | +00:25:33 | 5:42 | 10.5 |
| 355 | GAWŁOWSKI Piotr | 2119 | PKO BANK POLSKI | M-20 | 56 | 00:01:57 | 00:29:04 | 00:57:21 | 00:59:12.60 | 01:01:10.45 | +00:24:45 | 5:38 | 10.6 |
| 356 | OLEARCZUK Grzegorz | 2359 | | M-40 | 79 | 00:01:58 | 00:27:31 | 00:57:07 | 00:59:13.70 | 01:01:12.40 | +00:24:46 | 5:38 | 10.6 |
| 357 | KACZOROWSKI Grzegorz | 2191 | | M-20 | 58 | 00:01:08 | 00:28:26 | 00:57:42 | 01:00:05.10 | 01:01:13.10 | +00:25:38 | 5:43 | 10.5 |
| 358 | ONOPIUK Natalia | 2363 | | K-20 | 21 | 00:01:00 | 00:28:40 | 00:58:00 | 01:00:13.10 | 01:01:14.05 | +00:25:46 | 5:44 | 10.5 |
| 358 | BRZEZIŃSKA Teresa | 2040 | NIGHT RUNNERS GLIWCE | K-40 | 29 | 00:00:30 | 00:28:33 | 00:58:36 | 01:00:43.25 | 01:01:14.05 | +00:26:16 | 5:47 | 10.4 |
| 360 | MAJ Viktoria | 2300 | | K-20 | 20 | 00:01:22 | 00:28:19 | 00:57:02 | 00:59:51.60 | 01:01:14.55 | +00:25:24 | 5:42 | 10.5 |
| 361 | ZALESKI Arkadiusz | 2608 | | M-40 | 81 | 00:01:29 | 00:27:07 | 00:57:38 | 00:59:47.85 | 01:01:16.90 | +00:25:20 | 5:41 | 10.5 |
| 362 | GRYBOŚ Patrycja | 2144 | | K-20 | 22 | 00:00:41 | 00:29:08 | 00:58:28 | 01:00:37.00 | 01:01:18.30 | +00:26:09 | 5:46 | 10.4 |
| 363 | PROKOP Iwona | 2414 | KRS TKKF JASTRZĄB RUDA ŚLĄSKA | K-40 | 30 | 00:00:37 | 00:29:03 | 00:58:31 | 01:00:43.50 | 01:01:21.35 | +00:26:16 | 5:47 | 10.4 |
| 364 | ZAREMBA Tadeusz | 2609 | STARY HANGAR | M-60 | 9 | 00:00:36 | 00:28:24 | 00:58:33 | 01:00:46.55 | 01:01:22.80 | +00:26:19 | 5:47 | 10.4 |
| 365 | SAMOL Iwona | 2449 | | K-40 | 28 | 00:00:54 | 00:28:50 | 00:58:22 | 01:00:29.00 | 01:01:23.90 | +00:26:01 | 5:45 | 10.4 |
| 366 | STRZELCZYK Grażyna | 2502 | | K-30 | 42 | 00:00:13 | 00:29:20 | 00:59:05 | 01:01:15.10 | 01:01:28.90 | +00:26:48 | 5:50 | 10.3 |
| 367 | CIOK Anna | 2060 | | K-30 | 43 | 00:00:13 | 00:29:20 | 00:59:05 | 01:01:15.40 | 01:01:29.10 | +00:26:48 | 5:50 | 10.3 |
| 368 | MŁKOWSKI Andrzej | 2327 | | M-60 | 10 | 00:00:25 | 00:28:33 | 00:58:50 | 01:01:07.65 | 01:01:33.20 | +00:26:40 | 5:49 | 10.3 |
| 369 | RYBAK Andrzej | 2441 | HIRSCHVOGEL | M-30 | 119 | 00:00:30 | 00:27:53 | 00:59:01 | 01:01:07.20 | 01:01:38.15 | +00:26:40 | 5:49 | 10.3 |
| 370 | STROJEK Agnieszka | 2500 | | K-40 | 27 | 00:01:11 | 00:29:03 | 00:58:20 | 01:00:26.95 | 01:01:38.40 | +00:25:59 | 5:45 | 10.4 |
| 371 | ŚWIDER Tomasz | 2540 | LARMO TEAM | M-40 | 80 | 00:02:05 | 00:28:52 | 00:57:35 | 00:59:37.00 | 01:01:42.05 | +00:25:09 | 5:40 | 10.6 |
| 372 | HERUD Sandra | 2662 | | K-30 | 38 | 00:01:43 | 00:27:54 | 00:57:43 | 00:59:59.80 | 01:01:42.80 | +00:25:32 | 5:42 | 10.5 |
| 373 | LINDENBERG Jarosław | 2282 | | M-30 | 117 | 00:01:23 | 00:27:26 | 00:58:17 | 01:00:21.30 | 01:01:45.25 | +00:25:54 | 5:44 | 10.4 |
| 374 | BARTELA Łukasz | 2645 | | M-30 | 112 | 00:02:11 | 00:28:30 | 00:57:14 | 00:59:33.35 | 01:01:45.30 | +00:25:06 | 5:40 | 10.6 |
| 375 | KOŚLACZ Katarzyna | 2226 | | K-40 | 26 | 00:01:36 | 00:29:27 | 00:58:09 | 01:00:12.95 | 01:01:49.30 | +00:25:45 | 5:44 | 10.5 |
| 376 | SOBEL Natalia | 3142 | UKS KOMETA GLIWICE | K-20 | 24 | 00:00:12 | 00:28:41 | 00:59:25 | 01:01:42.25 | 01:01:54.50 | +00:27:15 | 5:52 | 10.2 |
| 377 | WYPCHOŁ Piotr | 2599 | | M-50 | 11 | 00:01:24 | 00:29:52 | 00:58:24 | 01:00:30.70 | 01:01:54.70 | +00:26:03 | 5:45 | 10.4 |
| 378 | PACZKOWSKI Jacek | 2375 | | M-40 | 85 | 00:01:22 | 00:28:41 | 00:58:25 | 01:00:34.50 | 01:01:56.60 | +00:26:07 | 5:46 | 10.4 |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | 5_15_km 5km | 20_km 10km | Czas | | Różn | Tempo min/km | Tempo km/h |
|-----|-------------------------------------|-------------|--------------------------|-----------|------|-------------|----------------|---------------|--------------------|--------------------|-----------|--------------|------------|
| | | | | | | | | | netto 10.5km | brutto 10.5km | | | |
| 379 | SZCZEGÓLSKA Anna | 2510 | | K-30 | 36 | 00:02:03 | 00:28:59 | 00:57:40 | 00:59:54.05 | 01:01:57.35 | +00:25:27 | 5:42 | 10.5 |
| 379 | SZCZEGÓLSKI Jarosław | 2511 | | M-40 | 83 | 00:02:03 | 00:28:59 | 00:57:40 | 00:59:53.45 | 01:01:57.35 | +00:25:26 | 5:42 | 10.5 |
| 381 | KOTOWSKI Piotr | 2658 | | M-40 | 86 | 00:01:15 | 00:28:35 | 00:58:25 | 01:00:44.70 | 01:01:59.80 | +00:26:17 | 5:47 | 10.4 |
| 382 | STRYSIK-KRĘŻEL Iwona | 2501 | PROPOINT | K-30 | 41 | 00:01:00 | 00:28:48 | 00:59:00 | 01:01:12.45 | 01:02:13.00 | +00:26:45 | 5:49 | 10.3 |
| 383 | PIÓRKOWSKI Tomasz | 2402 | | M-40 | 94 | 00:00:45 | 00:28:42 | 00:59:17 | 01:01:29.20 | 01:02:14.80 | +00:27:02 | 5:51 | 10.2 |
| 384 | TABOR Andrzej | 2543 | | M-30 | 116 | 00:01:59 | 00:28:08 | 00:58:08 | 01:00:16.30 | 01:02:15.55 | +00:25:49 | 5:44 | 10.5 |
| 385 | SLUZALEK Małgorzata | 2474 | | K-40 | 33 | 00:00:45 | 00:28:42 | 00:59:17 | 01:01:30.55 | 01:02:15.90 | +00:27:03 | 5:51 | 10.2 |
| 386 | BLAUT-KUBANEK Anna | 2025 | | K-30 | 44 | 00:00:59 | 00:28:12 | 00:59:04 | 01:01:16.55 | 01:02:16.50 | +00:26:49 | 5:50 | 10.3 |
| 387 | PAWLIK Rafał | 2386 | POBORSZÓW | M-20 | 61 | 00:01:13 | 00:28:41 | 00:58:56 | 01:01:12.15 | 01:02:25.35 | +00:26:45 | 5:49 | 10.3 |
| 388 | TATUŚ Sebastian | 2544 | | M-40 | 92 | 00:01:12 | 00:29:02 | 00:58:53 | 01:01:14.05 | 01:02:26.10 | +00:26:47 | 5:49 | 10.3 |
| 389 | MALSKA-WYROZUMSKA Małgorzata | 2306 | | K-30 | 40 | 00:01:40 | 00:28:18 | 00:58:34 | 01:00:49.80 | 01:02:30.55 | +00:26:22 | 5:47 | 10.4 |
| 390 | DRGAS Małgorzata | 2084 | | K-30 | 46 | 00:00:51 | 00:29:28 | 00:59:35 | 01:01:45.40 | 01:02:36.85 | +00:27:18 | 5:52 | 10.2 |
| 391 | ZDZIEBKO Jakub | 2616 | | M-20 | 59 | 00:01:41 | 00:29:21 | 00:59:15 | 01:00:57.15 | 01:02:38.90 | +00:26:30 | 5:48 | 10.3 |
| 392 | KORDECKI Bartosz | 2225 | | M-40 | 87 | 00:01:50 | 00:28:44 | 00:58:30 | 01:00:49.85 | 01:02:39.90 | +00:26:22 | 5:47 | 10.4 |
| 393 | FABIAN Katarzyna | 2098 | | K-40 | 31 | 00:01:35 | 00:29:04 | 00:58:35 | 01:01:04.80 | 01:02:40.75 | +00:26:37 | 5:49 | 10.3 |
| 394 | MALINOWSKI Przemysław | 2305 | | M-40 | 98 | 00:00:27 | 00:29:28 | 00:59:58 | 01:02:14.65 | 01:02:42.30 | +00:27:47 | 5:55 | 10.1 |
| 395 | ZDZIEBKO Artur | 2615 | | M-40 | 89 | 00:01:41 | 00:29:21 | 00:59:15 | 01:01:02.45 | 01:02:43.90 | +00:26:35 | 5:48 | 10.3 |
| 396 | FORYCIARZ Robert | 2107 | | M-40 | 88 | 00:01:42 | 00:29:40 | 00:58:50 | 01:01:01.50 | 01:02:44.10 | +00:26:34 | 5:48 | 10.3 |
| 397 | BORYCZKA Dawid | 2700 | NIGHT RUNNERS GLIWCE | M-20 | 60 | 00:01:44 | 00:30:11 | 00:59:16 | 01:01:00.70 | 01:02:44.75 | +00:26:33 | 5:48 | 10.3 |
| 398 | WRÓBLEWSKA Magdalena | 2689 | | K-40 | 34 | 00:00:37 | 00:28:54 | 00:59:53 | 01:02:07.65 | 01:02:45.40 | +00:27:40 | 5:55 | 10.1 |
| 399 | SKWARA Katarzyna | 2471 | HIRSCHVOGEL | K-30 | 48 | 00:00:51 | 00:29:27 | 00:59:35 | 01:01:57.00 | 01:02:48.10 | +00:27:29 | 5:54 | 10.2 |
| 400 | SKOTNICKI Michał | 2642 | | M-30 | 126 | 00:00:26 | 00:29:09 | 01:00:05 | 01:02:22.70 | 01:02:49.40 | +00:27:55 | 5:56 | 10.1 |
| 401 | WLACH Anna | 2581 | | K-40 | 32 | 00:01:44 | 00:30:11 | 00:59:16 | 01:01:05.50 | 01:02:49.65 | +00:26:38 | 5:49 | 10.3 |
| 402 | ROJEK Michał | 2433 | WKURW_TEAM | M-40 | 96 | 00:01:00 | 00:29:29 | 00:59:44 | 01:01:50.35 | 01:02:50.55 | +00:27:23 | 5:53 | 10.2 |
| 403 | GÓRA Marek | 2132 | DRIV | M-50 | 12 | 00:00:08 | 00:30:01 | 01:00:24 | 01:02:42.45 | 01:02:50.85 | +00:28:15 | 5:58 | 10 |
| 404 | MAZUR Magda | 2315 | | K-40 | 37 | 00:00:13 | 00:28:56 | 01:00:11 | 01:02:38.65 | 01:02:52.50 | +00:28:11 | 5:58 | 10.1 |
| 405 | FRANIA Andrzej | 2109 | JUDO TEAM MASTERS GLIWCE | M-40 | 90 | 00:01:52 | 00:29:56 | 00:59:16 | 01:01:03.80 | 01:02:55.85 | +00:26:36 | 5:48 | 10.3 |
| 406 | MIECZNIKOWSKA Ida | 2322 | | K-20 | 25 | 00:01:05 | 00:28:29 | 00:59:26 | 01:01:51.25 | 01:02:56.55 | +00:27:24 | 5:53 | 10.2 |
| 407 | DACZYŃSKI Kajetan | 2073 | | M-20 | 62 | 00:00:58 | 00:29:31 | 01:00:37 | 01:01:58.95 | 01:02:56.95 | +00:27:31 | 5:54 | 10.2 |
| 408 | LESZKOVEN Piotr | 2274 | FLUOR | M-40 | 95 | 00:01:23 | 00:30:15 | 00:59:39 | 01:01:42.25 | 01:03:06.20 | +00:27:15 | 5:52 | 10.2 |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | 5_15_km 5km | 20_km 10km | Czas netto 10.5km | Czas brutto 10.5km | Różn | Tempo min/km | Tempo km/h |
|-----|--|-------|---|-----------|------|-------------|----------------|---------------|----------------------|-----------------------|-----------|-----------------|---------------|
| 409 | KOWALSKI Włodzimierz | 2234 | JUDO TEAM MASTERS GLIWCE | M-30 | 121 | 00:01:51 | 00:29:57 | 00:59:17 | 01:01:19.50 | 01:03:10.60 | +00:26:52 | 5:50 | 10.3 |
| 410 | BRUDEK Grzegorz | 2035 | | M-30 | 122 | 00:01:41 | 00:30:02 | 00:59:22 | 01:01:30.45 | 01:03:12.10 | +00:27:03 | 5:51 | 10.2 |
| 411 | ŁADA Mirek | 2293 | | M-40 | 91 | 00:01:59 | 00:29:02 | 00:59:07 | 01:01:12.90 | 01:03:12.75 | +00:26:45 | 5:49 | 10.3 |
| 412 | SMUDA Grzegorz | 2481 | AKMB PĘDZIMATR GLIWCE | M-30 | 120 | 00:01:58 | 00:29:24 | 00:58:57 | 01:01:14.90 | 01:03:13.20 | +00:26:47 | 5:50 | 10.3 |
| 413 | WEJNER Marcin | 2568 | | M-40 | 93 | 00:01:54 | 00:28:49 | 00:59:01 | 01:01:19.45 | 01:03:14.40 | +00:26:52 | 5:50 | 10.3 |
| 414 | BANDURA Aleksandra | 2005 | EUVIC | K-20 | 26 | 00:01:29 | 00:29:48 | 00:59:32 | 01:01:51.45 | 01:03:20.95 | +00:27:24 | 5:53 | 10.2 |
| 415 | MACIEJEWSKA SIWY Ela | 2298 | | K-30 | 51 | 00:00:41 | 00:29:40 | 01:00:30 | 01:02:41.35 | 01:03:22.95 | +00:28:14 | 5:58 | 10.1 |
| 416 | ORLICKI Ireneusz | 2368 | POLITECHNIKA ŚLĄSKA SPORT WSPIERA(MY) NAUKOWO | M-30 | 128 | 00:00:45 | 00:30:07 | 01:00:28 | 01:02:37.75 | 01:03:23.70 | +00:28:10 | 5:57 | 10.1 |
| 417 | HILDEBRAND Justyna | 2158 | | K-30 | 47 | 00:01:29 | 00:28:58 | 00:59:38 | 01:01:54.75 | 01:03:23.95 | +00:27:27 | 5:53 | 10.2 |
| 418 | KOZŁOWSKI Andrzej Jerzy | 2241 | | M-60 | 11 | 00:00:55 | 00:29:05 | 01:00:07 | 01:02:32.55 | 01:03:28.15 | +00:28:05 | 5:57 | 10.1 |
| 419 | KOŁAK Alicja | 2219 | | K-30 | 49 | 00:01:18 | 00:28:48 | 00:59:45 | 01:02:10.05 | 01:03:28.75 | +00:27:43 | 5:55 | 10.1 |
| 420 | WACŁAWEK Tomek | 2562 | | M-20 | 64 | 00:00:42 | 00:28:38 | 01:00:32 | 01:02:50.90 | 01:03:33.10 | +00:28:23 | 5:59 | 10 |
| 421 | SKOCZYKŁODA Paweł | 2463 | | M-30 | 123 | 00:01:30 | 00:29:04 | 00:59:50 | 01:02:04.70 | 01:03:35.50 | +00:27:37 | 5:54 | 10.1 |
| 422 | MISZCZAK Kasia | 2328 | EKIPA NA KIJACH | K-40 | 35 | 00:01:19 | 00:28:54 | 01:00:09 | 01:02:17.45 | 01:03:36.70 | +00:27:50 | 5:55 | 10.1 |
| 423 | MICZKA Łukasz | 2320 | | M-30 | 127 | 00:01:11 | 00:28:38 | 00:59:54 | 01:02:28.45 | 01:03:40.20 | +00:28:01 | 5:57 | 10.1 |
| 424 | MICZKA Justyna | 2321 | | K-40 | 36 | 00:01:11 | 00:28:38 | 00:59:54 | 01:02:29.20 | 01:03:40.75 | +00:28:02 | 5:57 | 10.1 |
| 425 | NIESLER Magdalena | 2340 | NIGHT RUNNERS GLIWCE | K-30 | 45 | 00:02:04 | 00:29:44 | 00:59:33 | 01:01:41.40 | 01:03:45.95 | +00:27:14 | 5:52 | 10.2 |
| 426 | GOWIK Agata | 2129 | | K-20 | 28 | 00:00:53 | 00:29:06 | 01:00:39 | 01:02:54.25 | 01:03:47.25 | +00:28:27 | 5:59 | 10 |
| 427 | WÓJCIK Jakub | 2593 | | M-30 | 136 | 00:00:00 | 00:30:00 | 01:01:05 | 01:03:53.05 | 01:03:53.05 | +00:29:26 | 6:05 | 9.9 |
| 428 | PANKIEWICZ Katarzyna | 2379 | | K-40 | 39 | 00:00:58 | 00:29:31 | 01:00:38 | 01:02:56.25 | 01:03:54.25 | +00:28:29 | 5:59 | 10 |
| 429 | ŁĄCKA Karolina | 2696 | | K-30 | 53 | 00:00:47 | 00:30:41 | 01:01:08 | 01:03:07.70 | 01:03:54.75 | +00:28:40 | 6:00 | 10 |
| 430 | GRADZIŃSKI Artur | 2138 | FLUOR | M-40 | 97 | 00:01:44 | 00:29:57 | 00:59:55 | 01:02:12.05 | 01:03:56.60 | +00:27:45 | 5:55 | 10.1 |
| 431 | DOLATA Magdalena | 2078 | AVANTOR | K-30 | 50 | 00:01:29 | 00:30:10 | 01:00:26 | 01:02:27.30 | 01:03:57.20 | +00:28:00 | 5:56 | 10.1 |
| 432 | SKÓRA Joanna | 2467 | | K-40 | 38 | 00:01:11 | 00:28:59 | 01:00:14 | 01:02:46.50 | 01:03:58.25 | +00:28:19 | 5:58 | 10 |
| 433 | ZNÓJ-MULARCZYK Teresa | 2627 | BIEGNIJ LOLA BIEGNIJ | K-60 | 2 | 00:00:15 | 00:29:39 | 01:01:22 | 01:03:43.90 | 01:03:59.35 | +00:29:16 | 6:04 | 9.9 |
| 434 | PSIUK- MAKSYMOWICZ Krzysztof | 2420 | POLITECHNIKA ŚLĄSKA SPORT WSPIERA(MY) NAUKOWO | M-30 | 124 | 00:02:00 | 00:30:16 | 00:59:58 | 01:02:04.70 | 01:04:05.45 | +00:27:37 | 5:54 | 10.1 |
| 435 | KARBOWNICZEK Dawid | 2199 | | M-30 | 125 | 00:01:55 | 00:31:20 | 01:00:31 | 01:02:22.55 | 01:04:18.05 | +00:27:55 | 5:56 | 10.1 |
| 436 | WOŹNIACKI Tomasz | 2590 | | M-20 | 63 | 00:01:47 | 00:29:28 | 01:00:19 | 01:02:33.90 | 01:04:21.40 | +00:28:06 | 5:57 | 10.1 |
| 437 | OSTROWSKA Anna | 2647 | | K-40 | 40 | 00:01:22 | 00:29:40 | 01:00:49 | 01:02:59.00 | 01:04:21.95 | +00:28:31 | 5:59 | 10 |
| 438 | OLSZOK Dawid | 2362 | HIRSCHVOGEL | M-30 | 137 | 00:00:33 | 00:28:57 | 01:01:25 | 01:03:53.75 | 01:04:27.45 | +00:29:26 | 6:05 | 9.9 |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | 5_15_km 5km | 20_km 10km | Czas | | Różn | Tempo min/km | Tempo km/h |
|-----|-----------------------|-------|-------------------------------|-----------|------|-------------|----------------|---------------|--------------------|--------------------|-----------|--------------|------------|
| | | | | | | | | | netto 10.5km | brutto 10.5km | | | |
| 439 | BARTŁOMIEJCZYK Sylwia | 2009 | | K-30 | 52 | 00:01:30 | 00:30:09 | 01:00:32 | 01:02:58.35 | 01:04:28.35 | +00:28:31 | 5:59 | 10 |
| 440 | STANKIEWICZ Kamila | 2493 | | K-20 | 27 | 00:01:47 | 00:29:30 | 01:00:19 | 01:02:41.40 | 01:04:28.90 | +00:28:14 | 5:58 | 10.1 |
| 441 | KAŁUSKA Magdalena | 2194 | | K-30 | 54 | 00:00:15 | 00:30:53 | 01:02:03 | 01:04:15.60 | 01:04:30.80 | +00:29:48 | 6:07 | 9.8 |
| 442 | GAJEWSKA Izabela | 2113 | FRELKA | K-40 | 41 | 00:00:32 | 00:29:59 | 01:01:41 | 01:04:03.65 | 01:04:36.40 | +00:29:36 | 6:06 | 9.8 |
| 443 | STANGEL Michał | 2648 | | M-40 | 100 | 00:00:32 | 00:30:18 | 01:01:59 | 01:04:04.40 | 01:04:36.80 | +00:29:37 | 6:06 | 9.8 |
| 444 | NARUSZEWICZ Krzysztof | 2335 | | M-30 | 130 | 00:01:14 | 00:29:46 | 01:01:02 | 01:03:24.20 | 01:04:38.50 | +00:28:57 | 6:02 | 9.9 |
| 445 | KLAKLA Henryk | 2208 | ZF TEAM | M-30 | 133 | 00:00:56 | 00:28:22 | 01:01:29 | 01:03:42.85 | 01:04:39.80 | +00:29:15 | 6:04 | 9.9 |
| 446 | PALENGA Adrian | 2378 | ZF TEAM | M-30 | 134 | 00:00:51 | 00:28:27 | 01:01:34 | 01:03:48.75 | 01:04:40.00 | +00:29:21 | 6:04 | 9.9 |
| 447 | MALEŃKA Jolanta | 2304 | OAT | K-40 | 42 | 00:00:19 | 00:29:53 | 01:01:58 | 01:04:20.75 | 01:04:40.50 | +00:29:53 | 6:07 | 9.8 |
| 448 | WITAŁA Rafał | 2578 | | M-30 | 132 | 00:01:09 | 00:30:05 | 01:01:28 | 01:03:40.70 | 01:04:50.15 | +00:29:13 | 6:03 | 9.9 |
| 449 | NIWIŃSKI Michał | 2344 | PKO BANK POLSKI | M-30 | 129 | 00:01:58 | 00:31:18 | 01:00:35 | 01:02:51.55 | 01:04:50.40 | +00:28:24 | 5:59 | 10 |
| 450 | KOZIEŁ Łukasz | 2239 | ING | M-30 | 131 | 00:01:35 | 00:30:45 | 01:01:22 | 01:03:29.80 | 01:05:04.95 | +00:29:02 | 6:02 | 9.9 |
| 451 | BAJKACZ Tomasz | 2690 | | M-20 | 65 | 00:01:09 | 00:31:06 | 01:01:51 | 01:03:57.20 | 01:05:06.95 | +00:29:30 | 6:05 | 9.9 |
| 452 | NIEMIEC Rafał | 2338 | INTERGRAFIK POLSKA | M-40 | 99 | 00:01:21 | 00:30:05 | 01:01:31 | 01:03:46.30 | 01:05:07.95 | +00:29:19 | 6:04 | 9.9 |
| 453 | HAŁAKUC Aleksandra | 2151 | | K-20 | 29 | 00:01:39 | 00:30:01 | 01:01:17 | 01:03:38.80 | 01:05:18.50 | +00:29:11 | 6:03 | 9.9 |
| 454 | LUKOSZEK Weronika | 2289 | | K-20 | 30 | 00:01:45 | 00:31:22 | 01:01:35 | 01:03:40.40 | 01:05:25.40 | +00:29:13 | 6:03 | 9.9 |
| 455 | PAWLUS Marzena | 2388 | | K-20 | 31 | 00:00:24 | 00:28:43 | 01:02:31 | 01:05:02.15 | 01:05:26.90 | +00:30:35 | 6:11 | 9.7 |
| 456 | WERKOWSKI Marek | 2569 | | M-40 | 101 | 00:00:41 | 00:29:05 | 01:02:31 | 01:04:51.50 | 01:05:32.90 | +00:30:24 | 6:10 | 9.7 |
| 457 | PAPROCKI Roman | 2380 | | M-50 | 13 | 00:01:38 | 00:31:49 | 01:01:43 | 01:03:57.20 | 01:05:35.65 | +00:29:30 | 6:05 | 9.9 |
| 458 | STACHOWSKA Aleksandra | 2489 | | K-40 | 45 | 00:00:41 | 00:29:47 | 01:02:42 | 01:05:00.60 | 01:05:42.05 | +00:30:33 | 6:11 | 9.7 |
| 459 | NOWAK Ewa | 2346 | | K-50 | 3 | 00:01:10 | 00:29:56 | 01:01:59 | 01:04:34.05 | 01:05:44.10 | +00:30:07 | 6:08 | 9.8 |
| 460 | LUDWIKOWSKA Paulina | 2287 | JURASSIC RUNNERS | K-30 | 55 | 00:01:24 | 00:29:59 | 01:02:06 | 01:04:23.30 | 01:05:48.25 | +00:29:56 | 6:08 | 9.8 |
| 461 | LENARTH Aleksandra | 2273 | | K-30 | 62 | 00:00:22 | 00:30:44 | 01:03:21 | 01:05:29.20 | 01:05:51.35 | +00:31:02 | 6:14 | 9.6 |
| 462 | CHEĆIŃSKA Agnieszka | 2049 | | K-40 | 43 | 00:01:30 | 00:30:15 | 01:02:08 | 01:04:23.80 | 01:05:54.30 | +00:29:56 | 6:08 | 9.8 |
| 463 | RUDKIEWICZ Aneta | 2437 | LILA LOGISTIK | K-30 | 57 | 00:01:12 | 00:30:26 | 01:02:20 | 01:04:42.00 | 01:05:54.70 | +00:30:14 | 6:09 | 9.7 |
| 464 | KACZYŃSKI Marek | 2192 | MOSTOSTAL ZABRZE UNITED | M-30 | 145 | 00:00:26 | 00:31:07 | 01:03:04 | 01:05:29.30 | 01:05:56.20 | +00:31:02 | 6:14 | 9.6 |
| 465 | GRABYSZ Witold | 2137 | | M-50 | 15 | 00:00:27 | 00:31:08 | 01:03:03 | 01:05:29.40 | 01:05:56.60 | +00:31:02 | 6:14 | 9.6 |
| 466 | KIJANKA Damian | 2205 | HIRSCHVOGEL COMPONENTS POLAND | M-30 | 142 | 00:00:37 | 00:32:16 | 01:03:11 | 01:05:23.85 | 01:06:01.40 | +00:30:56 | 6:13 | 9.6 |
| 466 | BAL-BURZAWA Renata | 2639 | HIRSCHVOGEL | K-40 | 47 | 00:00:17 | 00:33:03 | 01:03:26 | 01:05:43.75 | 01:06:01.40 | +00:31:16 | 6:15 | 9.6 |
| 468 | STANCHLY Jakub | 2668 | | M-30 | 138 | 00:01:47 | 00:31:54 | 01:02:18 | 01:04:15.45 | 01:06:03.15 | +00:29:48 | 6:07 | 9.8 |
| 469 | KNOPKA Michał | 2644 | | M-30 | 135 | 00:02:12 | 00:30:55 | 01:01:40 | 01:03:51.55 | 01:06:04.35 | +00:29:24 | 6:04 | 9.9 |
| 470 | BISZ Magdalena | 2023 | | K-30 | 63 | 00:00:22 | 00:30:45 | 01:03:30 | 01:05:43.45 | 01:06:05.65 | +00:31:16 | 6:15 | 9.6 |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | 5_15_km 5km | 20_km 10km | Czas | | Różn | Tempo min/km | Tempo km/h |
|-----|-------------------------------|-------------|---|-----------|------|-------------|----------------|---------------|--------------------|--------------------|-----------|--------------|------------|
| | | | | | | | | | netto 10.5km | brutto 10.5km | | | |
| 471 | PORWOŁ Adam | 2411 | | M-20 | 66 | 00:01:09 | 00:31:06 | 01:02:40 | 01:04:58.50 | 01:06:08.35 | +00:30:31 | 6:11 | 9.7 |
| 472 | KONIECZNY Agnieszka | 2221 | | K-30 | 59 | 00:01:02 | 00:30:57 | 01:02:56 | 01:05:15.20 | 01:06:18.15 | +00:30:48 | 6:12 | 9.7 |
| 473 | BOMASTYK Beata | 2653 | | K-40 | 44 | 00:01:33 | 00:31:13 | 01:02:25 | 01:04:45.60 | 01:06:19.20 | +00:30:18 | 6:10 | 9.7 |
| 474 | STRASSBERGER Katarzyna | 2652 | | K-50 | 4 | 00:01:33 | 00:31:13 | 01:02:24 | 01:04:45.90 | 01:06:19.35 | +00:30:18 | 6:10 | 9.7 |
| 475 | GÓRECKA Weronika | 2134 | | K-20 | 32 | 00:01:06 | 00:30:40 | 01:02:48 | 01:05:15.60 | 01:06:21.80 | +00:30:48 | 6:12 | 9.7 |
| 476 | GÓRECKI Janusz | 2135 | | M-50 | 14 | 00:01:06 | 00:30:40 | 01:02:48 | 01:05:15.35 | 01:06:22.30 | +00:30:48 | 6:12 | 9.7 |
| 477 | PRZYGOCKI Robert | 2418 | | M-40 | 102 | 00:00:34 | 00:29:50 | 01:03:26 | 01:05:55.30 | 01:06:29.75 | +00:31:28 | 6:16 | 9.6 |
| 478 | HRYCYSZYN Julia | 2162 | AVANTOR | K-30 | 61 | 00:01:02 | 00:30:37 | 01:02:56 | 01:05:28.50 | 01:06:30.50 | +00:31:01 | 6:14 | 9.6 |
| 479 | STASZEWSKA Marzena | 845 | PKO BANK POLSKI/ INŻYNIERIA BIEGANIA | K-30 | 58 | 00:01:17 | 00:28:12 | 01:03:13 | 01:05:14.40 | 01:06:31.80 | +00:30:47 | 6:12 | 9.7 |
| 480 | CICHY Agnieszka | 2058 | | K-30 | 60 | 00:01:07 | 00:30:57 | 01:03:00 | 01:05:24.65 | 01:06:32.60 | +00:30:57 | 6:13 | 9.6 |
| 481 | SIKORSKA Katarzyna | 2460 | POPKULTURA RELOKACYJNA W KATOWICACH | K-30 | 56 | 00:02:01 | 00:29:51 | 01:02:08 | 01:04:31.40 | 01:06:32.95 | +00:30:04 | 6:08 | 9.8 |
| 482 | KRYCZAŁO Paulina | 2247 | | K-40 | 46 | 00:01:23 | 00:30:56 | 01:02:34 | 01:05:11.50 | 01:06:34.95 | +00:30:44 | 6:12 | 9.7 |
| 483 | PIENIAK Karolina | 2393 | | K-20 | 35 | 00:00:25 | 00:30:47 | 01:04:05 | 01:06:10.50 | 01:06:35.65 | +00:31:43 | 6:18 | 9.5 |
| 484 | WOŹNY Remigiusz | 2591 | FLUOR | M-30 | 140 | 00:01:41 | 00:31:37 | 01:02:30 | 01:04:56.00 | 01:06:37.40 | +00:30:28 | 6:11 | 9.7 |
| 485 | CHOLEWA Magdalena | 2052 | | K-40 | 49 | 00:00:22 | 00:30:38 | 01:03:53 | 01:06:22.30 | 01:06:44.80 | +00:31:55 | 6:19 | 9.5 |
| 486 | DROZD Krzysztof | 2085 | | M-30 | 139 | 00:01:57 | 00:29:29 | 01:01:59 | 01:04:47.95 | 01:06:45.05 | +00:30:20 | 6:10 | 9.7 |
| 487 | KACZMAREK Katarzyna | 2187 | SRTG GLIWCE | K-40 | 50 | 00:00:19 | 00:35:33 | 01:04:30 | 01:06:27.95 | 01:06:47.55 | +00:32:00 | 6:19 | 9.5 |
| 488 | KOZIBAŁ Tomasz | 2238 | FLUOR | M-30 | 143 | 00:01:24 | 00:30:20 | 01:03:06 | 01:05:25.10 | 01:06:49.10 | +00:30:58 | 6:13 | 9.6 |
| 489 | KAPTACZ Magdalena | 2198 | | K-40 | 48 | 00:01:02 | 00:30:30 | 01:03:25 | 01:05:47.20 | 01:06:49.20 | +00:31:20 | 6:15 | 9.6 |
| 490 | BEM Andrzej | 2015 | OAT | M-50 | 16 | 00:00:20 | 00:30:30 | 01:04:05 | 01:06:35.80 | 01:06:56.25 | +00:32:08 | 6:20 | 9.5 |
| 491 | ŻYDAK Kamil | 2633 | DRIV | M-30 | 141 | 00:01:50 | 00:29:24 | 01:02:50 | 01:05:17.20 | 01:07:07.40 | +00:30:50 | 6:13 | 9.7 |
| 492 | JOOSTBERENS Aleksandra | 2182 | FLUOR | K-20 | 33 | 00:01:41 | 00:31:37 | 01:03:06 | 01:05:28.40 | 01:07:09.50 | +00:31:01 | 6:14 | 9.6 |
| 493 | KUBICA Bożena | 2252 | ZABIEGANI NAUCZYCIELE | K-50 | 5 | 00:00:40 | 00:31:10 | 01:04:04 | 01:06:30.75 | 01:07:11.05 | +00:32:03 | 6:20 | 9.5 |
| 494 | KOJ Krzysztof | 2217 | PPP GLIWCE | M-30 | 144 | 00:01:54 | 00:31:38 | 01:03:15 | 01:05:25.65 | 01:07:20.05 | +00:30:58 | 6:13 | 9.6 |
| 495 | ORLICKA Marlena | 2367 | POLITECHNIKA ŚLĄSKA SPORT WSPIERA(MY) NAUKOWO | K-30 | 65 | 00:00:45 | 00:33:05 | 01:04:36 | 01:06:43.50 | 01:07:28.60 | +00:32:16 | 6:21 | 9.4 |
| 496 | JUROWICZ Damian | 2184 | | M-20 | 67 | 00:00:46 | 00:31:22 | 01:04:26 | 01:06:46.95 | 01:07:33.50 | +00:32:19 | 6:21 | 9.4 |
| 497 | KOPEĆ Marek | 2673 | | M-40 | 103 | 00:01:23 | 00:30:08 | 01:04:03 | 01:06:15.70 | 01:07:39.15 | +00:31:48 | 6:18 | 9.5 |
| 498 | GIERCZYCKI Michał | 2123 | | M-30 | 146 | 00:01:21 | 00:32:35 | 01:04:06 | 01:06:27.85 | 01:07:48.85 | +00:32:00 | 6:19 | 9.5 |
| 499 | CIESZYŃSKI Marek | 2692 | | M-60 | 12 | 00:01:25 | 00:31:30 | 01:04:05 | 01:06:33.20 | 01:07:58.55 | +00:32:06 | 6:20 | 9.5 |
| 500 | BILNICKA Paulina | 2022 | FLUOR | K-20 | 34 | 00:01:58 | 00:31:44 | 01:03:34 | 01:06:01.75 | 01:07:59.95 | +00:31:34 | 6:17 | 9.5 |
| 501 | MICHAŁUSZEK Dorota | 2318 | BIEG - UNKA | K-30 | 64 | 00:01:51 | 00:32:24 | 01:04:08 | 01:06:21.05 | 01:08:12.50 | +00:31:54 | 6:19 | 9.5 |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | 5_15_km 5km | 20_km 10km | Czas | | Różn | Tempo min/km | Tempo km/h |
|-----|--|-------------|-----------------------------|-----------|------|-------------|----------------|---------------|--------------------|--------------------|-----------|--------------|------------|
| | | | | | | | | | netto 10.5km | brutto 10.5km | | | |
| 502 | KRYSKA Aleksandra | 2248 | | K-40 | 51 | 00:01:24 | 00:31:44 | 01:04:26 | 01:06:49.55 | 01:08:14.30 | +00:32:22 | 6:21 | 9.4 |
| 503 | FOREMSKI Paweł | 2105 | RZ 3,21 | M-30 | 147 | 00:01:25 | 00:29:28 | 01:04:44 | 01:06:54.50 | 01:08:20.15 | +00:32:27 | 6:22 | 9.4 |
| 504 | ŚWIETLIK Joanna | 2541 | | K-30 | 67 | 00:01:10 | 00:30:57 | 01:04:36 | 01:07:12.20 | 01:08:22.95 | +00:32:45 | 6:24 | 9.4 |
| 505 | RATKA Dawid | 2423 | | M-30 | 149 | 00:00:46 | 00:30:33 | 01:04:54 | 01:07:38.80 | 01:08:25.10 | +00:33:11 | 6:26 | 9.3 |
| 506 | ZIEMBIŃSKA-BUCZYŃSKA Aleksandra | 2621 | COMPANEROS ASFALT TEAM | K-30 | 66 | 00:01:31 | 00:31:35 | 01:04:30 | 01:06:54.50 | 01:08:26.30 | +00:32:27 | 6:22 | 9.4 |
| 507 | POPIÓŁ Izabela | 3074 | | K-30 | 69 | 00:00:22 | 00:31:47 | 01:05:11 | 01:08:05.40 | 01:08:27.55 | +00:33:38 | 6:29 | 9.3 |
| 508 | SKRZYPEK Wiola | 2468 | #BIEGACZE | K-20 | 37 | 00:01:05 | 00:30:44 | 01:04:58 | 01:07:23.80 | 01:08:29.50 | +00:32:56 | 6:25 | 9.3 |
| 509 | HOLIK Marek | 2160 | | M-40 | 104 | 00:01:53 | 00:29:43 | 01:03:50 | 01:06:37.50 | 01:08:31.00 | +00:32:10 | 6:20 | 9.5 |
| 510 | REJNAT Agata | 2426 | | K-20 | 38 | 00:00:22 | 00:32:01 | 01:05:54 | 01:08:10.90 | 01:08:33.65 | +00:33:43 | 6:29 | 9.2 |
| 511 | TIMOFIEJCZUK Anna | 2660 | | K-40 | 52 | 00:01:20 | 00:32:30 | 01:04:59 | 01:07:22.15 | 01:08:42.90 | +00:32:55 | 6:24 | 9.4 |
| 512 | GRZONKA Małgorzata | 2148 | | K-20 | 36 | 00:01:38 | 00:32:05 | 01:04:42 | 01:07:17.20 | 01:08:55.65 | +00:32:50 | 6:24 | 9.4 |
| 513 | TOKARZ Dominik | 2547 | ENERGY OŚWIĘCIM | M-40 | 107 | 00:00:19 | 00:32:36 | 01:06:20 | 01:08:38.35 | 01:08:57.85 | +00:34:11 | 6:32 | 9.2 |
| 514 | MICHALEK Lukasz | 2316 | | M-30 | 148 | 00:01:55 | 00:31:20 | 01:04:29 | 01:07:03.50 | 01:08:59.00 | +00:32:36 | 6:23 | 9.4 |
| 515 | KRUCZYŃSKI Paweł | 2670 | OTK RZEŹNIK | M-20 | 68 | 00:01:27 | 00:31:45 | 01:05:30 | 01:07:32.15 | 01:08:59.25 | +00:33:05 | 6:25 | 9.3 |
| 516 | MAJ Małgorzata | 2301 | MOSTOSTAL ZABRZE UNITED | K-40 | 53 | 00:00:57 | 00:32:31 | 01:05:48 | 01:08:09.95 | 01:09:07.60 | +00:33:42 | 6:29 | 9.2 |
| 517 | ŻEROMSKI Stefan | 2651 | | M-50 | 17 | 00:02:09 | 00:32:27 | 01:04:38 | 01:06:58.70 | 01:09:08.30 | +00:32:31 | 6:22 | 9.4 |
| 518 | SZRAJBER Elżbieta | 2525 | | K-30 | 68 | 00:01:36 | 00:29:56 | 01:05:17 | 01:07:36.70 | 01:09:12.85 | +00:33:09 | 6:26 | 9.3 |
| 519 | PŁOSKONKA Tomasz | 2404 | | M-30 | 151 | 00:00:37 | 00:32:06 | 01:06:27 | 01:09:02.95 | 01:09:40.60 | +00:34:35 | 6:34 | 9.1 |
| 520 | REWERS Marzena | 2427 | | K-40 | 57 | 00:00:35 | 00:32:09 | 01:06:29 | 01:09:05.10 | 01:09:40.85 | +00:34:38 | 6:34 | 9.1 |
| 521 | KOPEĆ-BRUDEK Magdalena | 2224 | | K-30 | 70 | 00:01:40 | 00:33:04 | 01:05:46 | 01:08:08.40 | 01:09:49.30 | +00:33:41 | 6:29 | 9.2 |
| 522 | GILLNER Rafał | 2124 | | M-40 | 105 | 00:02:01 | 00:32:04 | 01:05:18 | 01:07:50.45 | 01:09:51.55 | +00:33:23 | 6:27 | 9.3 |
| 523 | SOWA Ireneusz | 2487 | SOWA TEAM | M-40 | 106 | 00:01:42 | 00:32:19 | 01:05:30 | 01:08:20.90 | 01:10:03.45 | +00:33:53 | 6:30 | 9.2 |
| 524 | KAŻMIERCZAK-BAŁATA Anna | 2201 | | K-40 | 58 | 00:00:43 | 00:33:07 | 01:06:52 | 01:09:23.10 | 01:10:06.70 | +00:34:56 | 6:36 | 9.1 |
| 525 | JANOSZKA Izabela | 2171 | HIRSCHVOGEL | K-20 | 41 | 00:00:49 | 00:31:47 | 01:06:45 | 01:09:17.70 | 01:10:06.90 | +00:34:50 | 6:35 | 9.1 |
| 526 | ZAJĄC Ewa | 2605 | RCU UBEZPIECZENIA CIESZANÓW | K-40 | 54 | 00:01:50 | 00:31:59 | 01:05:55 | 01:08:21.90 | 01:10:12.65 | +00:33:54 | 6:30 | 9.2 |
| 527 | WÓJCIK Agnieszka | 2594 | | K-20 | 39 | 00:01:21 | 00:33:29 | 01:06:16 | 01:08:51.60 | 01:10:13.30 | +00:34:24 | 6:33 | 9.1 |
| 528 | WALCZYK Joanna | 2563 | PWC SERVICE DELIVERY CENTER | K-20 | 40 | 00:01:21 | 00:33:29 | 01:06:16 | 01:08:51.75 | 01:10:13.55 | +00:34:24 | 6:33 | 9.1 |
| 529 | BENTKOWSKI Lesław | 2016 | DIRTY SPARROWS | M-60 | 13 | 00:00:16 | 00:33:26 | 01:07:29 | 01:09:59.45 | 01:10:16.00 | +00:35:32 | 6:40 | 9 |
| 530 | ZIMNY Marcin | 2623 | | M-30 | 150 | 00:01:26 | 00:31:16 | 01:05:54 | 01:08:50.00 | 01:10:16.80 | +00:34:22 | 6:33 | 9.2 |
| 531 | JUSZCZAK Ewa | 2185 | | K-50 | 6 | 00:01:07 | 00:32:39 | 01:07:01 | 01:09:29.35 | 01:10:36.80 | +00:35:02 | 6:37 | 9.1 |
| 532 | OSIŃSKI Krzysztof | 2369 | DTIQ POLAND | M-40 | 109 | 00:01:43 | 00:32:43 | 01:06:28 | 01:08:56.60 | 01:10:40.05 | +00:34:29 | 6:34 | 9.1 |
| 533 | LITWIN-BUCKA Dorota | 2285 | | K-40 | 55 | 00:02:08 | 00:32:38 | 01:06:02 | 01:08:34.35 | 01:10:42.80 | +00:34:07 | 6:31 | 9.2 |
| 534 | MIGDAŁ Grzegorz | 2325 | | M-40 | 108 | 00:01:58 | 00:32:09 | 01:06:14 | 01:08:50.10 | 01:10:48.20 | +00:34:23 | 6:33 | 9.2 |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas | | | Czas netto | Czas brutto | Różn | Tempo min/km | Tempo km/h |
|-----|-------------------------------------|-------------|----------------------|-----------|------|----------|----------------|---------------|--------------------|--------------------|-----------|--------------|------------|
| | | | | | | startu | 5_15_km 5km | 20_km 10km | 10.5km | 10.5km | | | |
| 535 | MIGDAŁ Iwona | 2324 | | K-40 | 56 | 00:01:57 | 00:32:10 | 01:06:15 | 01:08:50.50 | 01:10:48.25 | +00:34:23 | 6:33 | 9.2 |
| 536 | KOBIERSKA-SLADEK Anna | 2214 | | K-30 | 73 | 00:01:03 | 00:33:00 | 01:07:14 | 01:09:56.50 | 01:11:00.05 | +00:35:29 | 6:39 | 9 |
| 537 | JACHYMOWSKA Dominika | 2166 | | K-30 | 71 | 00:02:09 | 00:32:08 | 01:06:42 | 01:08:58.95 | 01:11:08.65 | +00:34:31 | 6:34 | 9.1 |
| 538 | PAWLIK Michał | 2385 | | M-30 | 152 | 00:01:11 | 00:31:25 | 01:07:33 | 01:10:16.15 | 01:11:27.45 | +00:35:49 | 6:41 | 9 |
| 539 | KUCZERA-KULAGA Magdalena | 2253 | | K-40 | 60 | 00:01:51 | 00:32:35 | 01:06:58 | 01:09:43.90 | 01:11:35.60 | +00:35:16 | 6:38 | 9 |
| 539 | BRIANSKA-KORDECKA Aleksandra | 2032 | | K-30 | 72 | 00:01:52 | 00:32:34 | 01:07:00 | 01:09:43.25 | 01:11:35.60 | +00:35:16 | 6:38 | 9 |
| 541 | STRANCZYK Anna | 2498 | FLUOR | K-30 | 74 | 00:01:20 | 00:33:07 | 01:07:46 | 01:10:17.80 | 01:11:38.55 | +00:35:50 | 6:41 | 9 |
| 542 | OSOWSKA Katarzyna | 2693 | | K-40 | 59 | 00:02:05 | 00:32:18 | 01:06:51 | 01:09:37.20 | 01:11:42.70 | +00:35:10 | 6:37 | 9 |
| 543 | BRODIUK Norbert | 70 | NIGHT RUNNERS GLIMCE | M-40 | 110 | 00:00:58 | 00:31:58 | 01:08:28 | 01:10:52.25 | 01:11:50.90 | +00:36:25 | 6:44 | 8.9 |
| 544 | WILCZEK Magdalena | 2574 | FLUOR | K-40 | 61 | 00:01:41 | 00:32:11 | 01:07:47 | 01:10:13.55 | 01:11:55.10 | +00:35:46 | 6:41 | 9 |
| 545 | KALUŻYŃSKA Mariola | 2195 | | K-20 | 43 | 00:00:21 | 00:32:40 | 01:07:41 | 01:11:34.70 | 01:11:55.70 | +00:37:07 | 6:48 | 8.8 |
| 546 | SUPIŃSKA Beata | 2508 | ELZAB ACTIVE TEAM | K-40 | 67 | 00:00:05 | 00:32:42 | 01:07:38 | 01:11:50.00 | 01:11:55.75 | +00:37:22 | 6:50 | 8.8 |
| 547 | PAJĄK Dorota | 2377 | | K-30 | 76 | 00:01:02 | 00:31:36 | 01:08:25 | 01:10:54.85 | 01:11:57.00 | +00:36:27 | 6:45 | 8.9 |
| 548 | JASTO Sławomir | 2176 | | M-40 | 111 | 00:01:02 | 00:33:59 | 01:08:48 | 01:11:15.55 | 01:12:18.30 | +00:36:48 | 6:47 | 8.8 |
| 549 | STUHLIK Izabela | 2504 | | K-40 | 66 | 00:00:38 | 00:33:45 | 01:08:53 | 01:11:42.00 | 01:12:20.90 | +00:37:14 | 6:49 | 8.8 |
| 550 | CHWALISZEWSKA Agnieszka | 107 | | K-40 | 64 | 00:00:51 | 00:32:57 | 01:08:57 | 01:11:38.60 | 01:12:29.90 | +00:37:11 | 6:49 | 8.8 |
| 551 | OLSZEWSKA Izabela | 2688 | OLSZAKTEAM | K-30 | 75 | 00:01:46 | 00:32:23 | 01:08:09 | 01:10:48.45 | 01:12:34.90 | +00:36:21 | 6:44 | 8.9 |
| 552 | GROS Michał | 2140 | | M-20 | 69 | 00:00:18 | 00:32:16 | 01:09:58 | 01:12:20.50 | 01:12:38.50 | +00:37:53 | 6:53 | 8.7 |
| 553 | MACHERA Katarzyna | 2295 | | K-20 | 42 | 00:01:17 | 00:33:26 | 01:08:37 | 01:11:21.70 | 01:12:39.10 | +00:36:54 | 6:47 | 8.8 |
| 554 | GALICZEK Lidia | 2115 | OPEL ACTIVE TEAM | K-50 | 7 | 00:01:25 | 00:33:59 | 01:08:50 | 01:11:18.70 | 01:12:44.50 | +00:36:51 | 6:47 | 8.8 |
| 555 | GALICZEK Bronisław | 2114 | OPEL ACTIVE TEAM | M-50 | 18 | 00:01:25 | 00:33:59 | 01:08:50 | 01:11:18.85 | 01:12:44.65 | +00:36:51 | 6:47 | 8.8 |
| 556 | SALAMON Dawid | 2446 | | M-30 | 154 | 00:00:37 | 00:32:16 | 01:09:05 | 01:12:18.15 | 01:12:55.60 | +00:37:51 | 6:53 | 8.7 |
| 557 | RAŁ Zdzisława | 2422 | | K-40 | 68 | 00:01:10 | 00:32:38 | 01:08:57 | 01:11:57.45 | 01:13:08.20 | +00:37:30 | 6:51 | 8.8 |
| 558 | GROSS Teresa | 2141 | | K-40 | 62 | 00:01:52 | 00:33:21 | 01:08:57 | 01:11:21.30 | 01:13:14.05 | +00:36:54 | 6:47 | 8.8 |
| 559 | HRYSZKIEWICZ Barbara | 2163 | FIS-SST TEAM | K-40 | 63 | 00:01:52 | 00:33:21 | 01:08:57 | 01:11:22.90 | 01:13:15.55 | +00:36:55 | 6:47 | 8.8 |
| 560 | KOZACZKIEWICZ Helena | 2237 | | K-60 | 3 | 00:00:26 | 00:33:50 | 01:10:16 | 01:13:05.70 | 01:13:32.30 | +00:38:38 | 6:57 | 8.6 |
| 561 | WOJTUKIEWICZ Justyna | 2589 | | K-30 | 78 | 00:00:26 | 00:33:52 | 01:10:33 | 01:13:08.90 | 01:13:35.35 | +00:38:41 | 6:58 | 8.6 |
| 562 | KLAJMON Joanna | 2207 | | K-40 | 65 | 00:01:56 | 00:33:33 | 01:09:00 | 01:11:40.75 | 01:13:36.90 | +00:37:13 | 6:49 | 8.8 |
| 563 | KOŃCZAK ŁABAS Magdalena | 2223 | HURAGAN LIGOTA | K-40 | 70 | 00:01:05 | 00:35:51 | 01:10:02 | 01:12:41.35 | 01:13:46.35 | +00:38:14 | 6:55 | 8.7 |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | 5_15_km 5km | 20_km 10km | Czas | | Różn | Tempo min/km | Tempo km/h |
|-----|---------------------------------|-------------|-----------------------|-----------|------|-------------|----------------|---------------|--------------------|--------------------|-----------|--------------|------------|
| | | | | | | | | | netto 10.5km | brutto 10.5km | | | |
| 564 | MIKOŁAJCZYK Michał | 2326 | | M-30 | 153 | 00:01:53 | 00:32:43 | 01:09:38 | 01:12:12.80 | 01:14:06.00 | +00:37:45 | 6:52 | 8.7 |
| 565 | PROKOPOWICZ Anna | 2417 | | K-30 | 77 | 00:01:38 | 00:33:20 | 01:10:12 | 01:12:43.50 | 01:14:22.00 | +00:38:16 | 6:55 | 8.7 |
| 566 | POPKO Iwona | 2408 | | K-30 | 79 | 00:00:59 | 00:34:12 | 01:10:45 | 01:13:27.70 | 01:14:27.00 | +00:39:00 | 6:59 | 8.6 |
| 567 | NOGIEĆ Jakub | 2345 | PROPOINT | M-20 | 70 | 00:00:22 | 00:32:02 | 01:11:45 | 01:14:10.65 | 01:14:33.55 | +00:39:43 | 7:03 | 8.5 |
| 568 | KOCHANEK Aleksandra | 388 | | K-40 | 69 | 00:02:03 | 00:36:12 | 01:10:04 | 01:12:32.10 | 01:14:35.85 | +00:38:05 | 6:54 | 8.7 |
| 569 | NIEUŻYŁA Marta | 2342 | | K-30 | 82 | 00:00:59 | 00:34:57 | 01:11:06 | 01:13:42.00 | 01:14:41.40 | +00:39:14 | 7:01 | 8.5 |
| 570 | KOŁODZIEJCZAK Dominika | 2220 | | K-20 | 45 | 00:00:41 | 00:34:00 | 01:11:19 | 01:14:08.25 | 01:14:50.10 | +00:39:41 | 7:03 | 8.5 |
| 571 | LYSZCZYK Patrycja | 2292 | | K-20 | 44 | 00:01:30 | 00:32:36 | 01:09:57 | 01:13:25.55 | 01:14:56.10 | +00:38:58 | 6:59 | 8.6 |
| 572 | RODEK-NOWAK Magdalena | 2429 | | K-30 | 83 | 00:00:38 | 00:34:04 | 01:11:37 | 01:14:25.85 | 01:15:04.30 | +00:39:58 | 7:05 | 8.5 |
| 573 | BRYCHLEC Renata | 2037 | SZARE MORSY | K-50 | 8 | 00:01:43 | 00:34:07 | 01:11:13 | 01:13:37.60 | 01:15:20.85 | +00:39:10 | 7:00 | 8.6 |
| 574 | BRYCHLEC-WOŹNIAK Justyna | 2036 | | K-30 | 80 | 00:01:43 | 00:34:08 | 01:11:13 | 01:13:37.75 | 01:15:20.90 | +00:39:10 | 7:00 | 8.6 |
| 575 | BURKACKA Eliza | 2045 | | K-30 | 81 | 00:02:04 | 00:35:10 | 01:11:19 | 01:13:39.20 | 01:15:44.05 | +00:39:12 | 7:00 | 8.6 |
| 576 | WYSOCZAŃSKI Andrzej | 989 | | M-30 | 155 | 00:01:56 | 00:28:51 | 01:10:04 | 01:13:57.70 | 01:15:53.85 | +00:39:30 | 7:02 | 8.5 |
| 577 | CEBULA Wojciech | 2046 | | M-60 | 14 | 00:02:07 | 00:32:22 | 01:10:50 | 01:14:02.65 | 01:16:10.05 | +00:39:35 | 7:03 | 8.5 |
| 578 | BIENIEK Bożena | 2020 | | K-30 | 86 | 00:00:59 | 00:34:15 | 01:12:31 | 01:15:18.15 | 01:16:17.80 | +00:40:51 | 7:10 | 8.4 |
| 579 | SZYSZKA Bożena | 2538 | | K-30 | 84 | 00:01:24 | 00:33:47 | 01:12:12 | 01:14:53.15 | 01:16:18.00 | +00:40:26 | 7:08 | 8.4 |
| 580 | HANULA Bartłomiej | 2153 | | M-20 | 71 | 00:02:05 | 00:34:50 | 01:11:41 | 01:14:12.75 | 01:16:18.40 | +00:39:45 | 7:04 | 8.5 |
| 581 | BRATEK Maja | 2669 | OTK RZEŹNIK | K-20 | 46 | 00:01:27 | 00:33:55 | 01:12:17 | 01:14:52.60 | 01:16:19.60 | +00:40:25 | 7:07 | 8.4 |
| 582 | SZENDZIELORZ Marek | 2518 | | M-40 | 113 | 00:00:35 | 00:34:53 | 01:13:08 | 01:15:48.25 | 01:16:23.60 | +00:41:21 | 7:13 | 8.3 |
| 583 | FRYDRYCH Przemysław | 2110 | | M-30 | 158 | 00:00:35 | 00:34:53 | 01:13:08 | 01:15:48.20 | 01:16:24.00 | +00:41:21 | 7:13 | 8.3 |
| 584 | JAŚNIEWICZ Sandra | 2180 | DECATHLON&PRZYJACIELE | K-20 | 47 | 00:00:21 | 00:34:54 | 01:13:16 | 01:16:06.20 | 01:16:27.35 | +00:41:39 | 7:14 | 8.3 |
| 585 | ZIĘTEK Anna | 2622 | DRIV | K-30 | 87 | 00:01:35 | 00:34:35 | 01:12:32 | 01:15:18.20 | 01:16:54.10 | +00:40:51 | 7:10 | 8.4 |
| 586 | PAWLICZEK Łukasz | 2384 | | M-30 | 157 | 00:01:36 | 00:34:34 | 01:12:31 | 01:15:17.95 | 01:16:54.15 | +00:40:50 | 7:10 | 8.4 |
| 587 | MOCZULSKI Wojciech | 2659 | | M-60 | 15 | 00:01:20 | 00:35:12 | 01:12:31 | 01:15:33.80 | 01:16:54.40 | +00:41:06 | 7:11 | 8.3 |
| 588 | DROŹDŹ Michał | 2087 | RYWAL GLIWICE | M-30 | 156 | 00:02:00 | 00:34:07 | 01:12:21 | 01:15:02.95 | 01:17:03.10 | +00:40:35 | 7:08 | 8.4 |
| 588 | DROŹDŹ Alicja | 2086 | | K-30 | 85 | 00:01:59 | 00:34:09 | 01:12:22 | 01:15:03.80 | 01:17:03.10 | +00:40:36 | 7:08 | 8.4 |
| 590 | BIŃKOWSKA Maria | 2021 | | K-30 | 88 | 00:02:05 | 00:36:07 | 01:12:48 | 01:15:21.80 | 01:17:27.15 | +00:40:54 | 7:10 | 8.4 |
| 591 | KOCHANEK Jarosław | 2215 | MOMO TEAM | M-40 | 112 | 00:02:03 | 00:37:29 | 01:12:41 | 01:15:27.00 | 01:17:30.95 | +00:40:59 | 7:11 | 8.3 |
| 592 | ŻELEZNY Tomasz | 2631 | | M-30 | 159 | 00:02:01 | 00:33:28 | 01:13:07 | 01:15:48.55 | 01:17:50.00 | +00:41:21 | 7:13 | 8.3 |
| 593 | FRANCZYK Kinga | 2108 | | K-40 | 71 | 00:02:00 | 00:33:49 | 01:12:51 | 01:15:54.65 | 01:17:55.60 | +00:41:27 | 7:13 | 8.3 |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas | | | Czas netto | Czas brutto | Różn | Tempo min/km | Tempo km/h |
|-----|------------------------------------|-------------|-----------------------------|-----------|------|----------|----------------|---------------|--------------------|--------------------|-----------|--------------|------------|
| | | | | | | startu | 5_15_km 5km | 20_km 10km | 10.5km | 10.5km | | | |
| 594 | JAKSIK Monika | 2167 | | K-40 | 72 | 00:02:00 | 00:33:48 | 01:12:51 | 01:15:54.95 | 01:17:55.65 | +00:41:27 | 7:13 | 8.3 |
| 595 | ROGÓŻ Sonia | 2430 | | K-40 | 73 | 00:01:57 | 00:34:44 | 01:12:57 | 01:16:05.15 | 01:18:03.00 | +00:41:38 | 7:14 | 8.3 |
| 596 | ROGÓŻ Marcin | 2431 | | M-50 | 19 | 00:01:57 | 00:34:42 | 01:12:57 | 01:16:05.60 | 01:18:03.20 | +00:41:38 | 7:14 | 8.3 |
| 597 | ZIOŁKOWSKA Basia | 2624 | LARMO TEAM | K-40 | 74 | 00:02:04 | 00:34:08 | 01:13:21 | 01:16:10.45 | 01:18:15.40 | +00:41:43 | 7:15 | 8.3 |
| 598 | GABOR Aleksandra | 2111 | | K-30 | 89 | 00:01:48 | 00:36:39 | 01:14:18 | 01:16:58.80 | 01:18:47.10 | +00:42:31 | 7:19 | 8.2 |
| 599 | JANAS-SUCHON Agata | 2169 | | K-20 | 48 | 00:02:04 | 00:35:10 | 01:14:01 | 01:16:48.20 | 01:18:52.70 | +00:42:21 | 7:18 | 8.2 |
| 600 | PAWŁOWSKA Katarzyna | 2389 | | K-30 | 91 | 00:01:27 | 00:39:25 | 01:15:14 | 01:17:28.70 | 01:18:56.25 | +00:43:01 | 7:22 | 8.1 |
| 601 | LASAK Monika | 2267 | | K-30 | 90 | 00:01:27 | 00:39:25 | 01:15:14 | 01:17:28.55 | 01:18:56.45 | +00:43:01 | 7:22 | 8.1 |
| 602 | KOWALCZYK Angelika | 2231 | | K-30 | 92 | 00:01:27 | 00:39:25 | 01:15:14 | 01:17:29.20 | 01:18:57.00 | +00:43:02 | 7:22 | 8.1 |
| 603 | KONOPACKA Krystyna | 2222 | | K-60 | 4 | 00:00:59 | 00:34:50 | 01:14:56 | 01:18:02.15 | 01:19:01.25 | +00:43:35 | 7:25 | 8.1 |
| 604 | SITARZ Joanna | 2462 | | K-20 | 49 | 00:01:25 | 00:34:56 | 01:14:52 | 01:17:43.55 | 01:19:08.70 | +00:43:16 | 7:24 | 8.1 |
| 605 | KLOC Sabina | 2210 | STG GLIWCE | K-20 | 50 | 00:00:18 | 00:35:36 | 01:16:05 | 01:18:50.00 | 01:19:08.80 | +00:44:22 | 7:30 | 8 |
| 606 | WRONA Barbara | 2596 | | K-30 | 93 | 00:02:08 | 00:36:33 | 01:14:49 | 01:17:31.90 | 01:19:40.20 | +00:43:04 | 7:23 | 8.1 |
| 607 | SMOLARSKA Paulina | 2480 | | K-30 | 94 | 00:01:40 | 00:36:24 | 01:15:47 | 01:18:32.45 | 01:20:13.20 | +00:44:05 | 7:28 | 8 |
| 608 | GORAJ-ZAJĄC Aleksandra | 2699 | NIGHT RUNNERS GLIWCE | K-40 | 75 | 00:00:06 | 00:38:09 | 01:17:45 | 01:20:32.75 | 01:20:38.80 | +00:46:05 | 7:40 | 7.8 |
| 609 | CZULUK Gosia | 2071 | | K-30 | 95 | 00:02:05 | 00:36:13 | 01:17:05 | 01:20:04.60 | 01:22:10.20 | +00:45:37 | 7:37 | 7.9 |
| 610 | DUNAJ Łukasz | 2091 | HIRSCHVOGEL | M-30 | 160 | 00:00:34 | 00:38:03 | 01:20:08 | 01:22:30.40 | 01:23:04.90 | +00:48:03 | 7:51 | 7.6 |
| 611 | NĘDZA Ryszard | 2336 | HIRSCHVOGEL | M-50 | 20 | 00:00:34 | 00:38:02 | 01:20:08 | 01:22:30.40 | 01:23:05.20 | +00:48:03 | 7:51 | 7.6 |
| 612 | URBANIAK Anna | 2557 | | K-40 | 76 | 00:01:10 | 00:38:36 | 01:19:36 | 01:22:38.80 | 01:23:49.45 | +00:48:11 | 7:52 | 7.6 |
| 613 | STELMASZCZUK Damian | 2496 | | M-40 | 114 | 00:00:11 | 00:40:07 | 01:25:28 | 01:28:23.20 | 01:28:34.90 | +00:53:56 | 8:25 | 7.1 |
| 614 | KULIG Maciej | 2257 | | M-30 | 161 | 00:01:54 | 00:42:10 | 01:28:04 | 01:31:28.60 | 01:33:22.65 | +00:57:01 | 8:42 | 6.9 |
| 615 | JUSZCZAK - WIŚNIEWSKA Agata | 2186 | | K-30 | 96 | 00:01:59 | 00:44:00 | 01:30:26 | 01:33:13.65 | 01:35:13.50 | +00:58:46 | 8:52 | 6.8 |
| 616 | ŻOCHOWSKI Mirosław | 3127 | | M-50 | 21 | 00:00:00 | 00:41:50 | 01:33:26 | 01:36:17.70 | 01:36:17.70 | +01:01:50 | 9:10 | 6.5 |
| 617 | ŻOCHOWSKA Liliana | 3128 | | K-40 | 77 | 00:00:00 | 00:41:58 | | 01:36:18.00 | 01:36:18.00 | +01:01:50 | 9:10 | 6.5 |
| 618 | REITER Dominika | 2425 | SLOW JOGGING GLIWCE | K-20 | 51 | 00:01:55 | 00:46:22 | 01:34:20 | 01:37:56.25 | 01:39:51.50 | +01:03:29 | 9:19 | 6.4 |
| 619 | REITER Hanna | 2424 | SLOW JOGGING GLIWCE | K-40 | 78 | 00:01:55 | 00:46:22 | 01:34:20 | 01:37:56.95 | 01:39:52.20 | +01:03:29 | 9:19 | 6.4 |
| 620 | ĆWIK Paweł | 2072 | | M-50 | 22 | 00:01:08 | 00:28:04 | 01:53:31 | 02:00:06.85 | 02:01:15.55 | +01:25:39 | 11:26 | 5.2 |
| 621 | MACHEJ Remigiusz | 2294 | MARO TEAM JASTRZĘBIE - ŻORY | M-30 | 162 | 00:00:00 | | 00:43:50 | | | + | 4:23 | 13.7 |
| 622 | GARBALA Kamil | 2117 | | M-30 | 163 | 00:00:00 | | 00:48:31 | | | + | 4:51 | 12.4 |
| 623 | ONYSZKIEWICZ Iwona | 2364 | | K-30 | 97 | 00:00:00 | | 01:02:29 | | | + | 6:14 | 9.6 |
| 624 | ZAWISZA Julia | 2613 | | K-20 | 52 | 00:00:39 | 00:31:57 | 01:06:06 | | | +00:32:55 | 6:36 | 9.1 |
| 625 | DOMAN Łukasz | 2079 | SOCIOS SILESIA | M-40 | 115 | 00:00:43 | | | | | | | |

Znaleziono 625 wynik(ów)