

GORCE ULTRA-TRAIL® 48 KM

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE



Wydarzenie: Gorce Ultra-Trail 2020
Organizator: Fundacja Run Vegan - GUT
Data: 2020-08-01
Miejsce: Ochotnica Dolna
Dystans: 48 km

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Open M

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | Luban 12km | Prz_Knur 25km | Gorc 41km | Czas netto 48km | Czas brutto 48km | Różn | Tempo min/km | Tempo km/h |
|-----|----------------------------|------------|---|-----------|------|-------------|------------|---------------|-----------|--------------------|--------------------|-------------------|--------------|--------------|
| 1 | KOPEĆ Wojciech | 400 | TEAM KOPEĆ | M 35 | 1 | 00:00:14 | 01:09:30 | 02:11:47 | 03:51:23 | 04:20:43.95 | 04:20:58.85 | | 5:25 | 11 (100%) |
| 2 | GÓRAK Przemysław | 466 | KB SOBÓTKA | M 36-44 | 1 | 00:00:14 | 01:15:01 | 02:20:29 | 04:09:34 | 04:42:52.60 | 04:43:07.35 | +00:22:08 (7.8%) | 5:53 | 10.2 (92.7%) |
| 3 | GABRYŚ Rafał | 403 | KAWIK RUNNING TEAM | M 35 | 2 | 00:00:15 | 01:13:55 | 02:21:42 | | 05:00:13.75 | 05:00:28.95 | +00:39:29 (13.2%) | 6:15 | 9.6 (87.3%) |
| 4 | WOJTCZAK Jakub | 678 | I-SPORT TEAM | M 35 | 3 | 00:00:16 | 01:13:19 | 02:22:25 | 04:25:10 | 05:03:36.30 | 05:03:52.45 | +00:42:52 (14.1%) | 6:19 | 9.5 (86.4%) |
| 5 | STROINSKI Daniel | 404 | | M 36-44 | 2 | 00:00:15 | 01:20:17 | 02:31:14 | 04:32:24 | 05:04:42.20 | 05:04:57.85 | +00:43:58 (14.4%) | 6:20 | 9.5 (86.4%) |
| 6 | ŁYJAK Błażej | 554 | | M 36-44 | 3 | 00:00:15 | 01:20:07 | 02:33:26 | 04:32:29 | 05:04:48.05 | 05:05:03.70 | +00:44:04 (14.5%) | 6:21 | 9.4 (85.5%) |
| 7 | URBANEK Patryk | 651 | | M 35 | 4 | 00:58:12 | 01:23:54 | 02:37:20 | 04:39:20 | 05:08:21.75 | 06:06:33.90 | +00:47:37 (15.4%) | 6:25 | 9.3 (84.5%) |
| 8 | NEHRING Karol | 708 | | M 35 | 5 | 00:00:15 | 01:19:43 | 02:34:53 | 04:39:46 | 05:15:26.40 | 05:15:41.95 | +00:54:42 (17.3%) | 6:34 | 9.1 (82.7%) |
| 9 | PIETRZYK Mariusz | 578 | | M 36-44 | 4 | 00:58:22 | 01:23:14 | 02:36:53 | 04:39:04 | 05:17:23.65 | 06:15:46.05 | +00:56:39 (17.9%) | 6:36 | 9.1 (82.7%) |
| 10 | ZBOZIEN Jarosław | 694 | | M 35 | 6 | 00:00:18 | 01:19:23 | 02:31:49 | 04:39:29 | 05:17:31.70 | 05:17:49.90 | +00:56:47 (17.9%) | 6:36 | 9.1 (82.7%) |
| 11 | SIERADZKI Krzysztof | 615 | | M 35 | 7 | 00:00:15 | 01:17:22 | 02:31:50 | 04:45:23 | 05:30:24.05 | 05:30:39.30 | +01:09:40 (21.1%) | 6:53 | 8.7 (79.1%) |
| 12 | NOWOCIN Radosław | 401 | | M 35 | 8 | 00:00:15 | 01:17:54 | 02:29:45 | 04:34:34 | 05:36:26.30 | 05:36:41.35 | +01:15:42 (22.5%) | 7:00 | 8.6 (78.2%) |
| 13 | MIKA Tomasz | 545 | LABOSPORT TEAM | M 36-44 | 5 | 00:00:16 | 01:27:52 | 02:43:29 | 04:52:21 | 05:38:26.20 | 05:38:42.45 | +01:17:42 (23.0%) | 7:03 | 8.5 (77.3%) |
| 14 | JANIK Mateusz | 479 | | M 35 | 9 | 00:00:34 | 01:20:34 | 02:35:41 | 04:51:39 | 05:38:57.30 | 05:39:31.65 | +01:18:13 (23.1%) | 7:03 | 8.5 (77.3%) |
| 15 | KUREK Jacek | 520 | FUNDACJA ŚLĄSKIE HOSPICJUM DLA DZIECI ŚWIETLIKOWO | M 45-59 | 1 | 00:00:15 | 01:21:09 | 02:37:16 | 04:51:55 | 05:39:05.70 | 05:39:21.10 | +01:18:21 (23.1%) | 7:03 | 8.5 (77.3%) |
| 16 | TADEUSZ Bartosz | 638 | | M 35 | 10 | 00:58:15 | 01:21:47 | 02:37:22 | 05:03:15 | 05:44:57.30 | 06:43:12.50 | +01:24:13 (24.4%) | 7:11 | 8.3 (75.5%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | Luban 12km | Prz_Knur 25km | Gorc 41km | Czas netto 48km | Czas brutto 48km | Różn | Tempo min/km | Tempo km/h |
|-----|---------------------------------|------------|--------------------------------------|-----------|------|-------------|------------|---------------|-----------|--------------------|--------------------|----------------------|--------------|----------------|
| 17 | WĘGLIŃSKI Mikołaj | 660 | | M 35 | 11 | 00:58:29 | 01:20:15 | 02:43:48 | 05:15:14 | 05:50:59.75 | 06:49:29.00 | +01:30:15 (25.7%) | 7:18 | 8.2 (74.5%) |
| 18 | WOŹNIAK Radosław | 145 | SKAWINA BIEGA | M 35 | 12 | 00:58:10 | 01:21:17 | 02:40:09 | 05:15:38 | 05:54:28.25 | 06:52:38.35 | +01:33:44 (26.4%) | 7:23 | 8.1 (73.6%) |
| 19 | PRZYBYLSKI Krzysztof | 591 | | M 36-44 | 6 | 00:58:10 | 01:20:31 | 02:37:25 | 05:05:59 | 06:00:58.80 | 06:59:09.30 | +01:40:14 (27.8%) | 7:31 | 8 (72.7%) |
| 20 | CZYRNIA Martin | 429 | MAFIA TEAM LUBLINIEC | M 35 | 13 | 00:00:16 | 01:21:45 | 02:43:37 | 05:10:03 | 06:02:08.25 | 06:02:24.65 | +01:41:24 (28.0%) | 7:32 | 8 (72.7%) |
| 21 | RATYŃSKI Marek | 602 | OTWOCKI TUPTACZ | M 36-44 | 7 | 00:00:16 | 01:23:05 | 02:45:25 | 05:13:00 | 06:02:36.85 | 06:02:53.30 | +01:41:52 (28.1%) | 7:33 | 7.9 (71.8%) |
| 22 | ŚLIWIŃSKI Rafał | 635 | CZARNY KOŃ / ZBIEGACZ.PL | M 35 | 14 | 00:58:19 | 01:40:58 | 03:04:35 | 05:25:22 | 06:04:07.95 | 07:02:27.00 | +01:43:24 (28.4%) | 7:35 | 7.9 (71.8%) |
| 23 | KOKOSZKA Zygmunt | 500 | VEGE RUNNERS | M 36-44 | 8 | 00:00:18 | 01:26:45 | 02:49:24 | 05:22:20 | 06:05:49.65 | 06:06:08.25 | +01:45:05 (28.7%) | 7:37 | 7.9 (71.8%) |
| 24 | FEDORCZAK Jacek | 450 | VETCARE | M 36-44 | 9 | 00:00:17 | 01:34:05 | 02:59:20 | 05:25:05 | 06:06:35.25 | 06:06:53.05 | +01:45:51 (28.9%) | 7:38 | 7.9 (71.8%) |
| 25 | RUMIAN Jakub | 609 | KW KRAKÓW | M 35 | 15 | 00:58:11 | 01:30:03 | 02:53:34 | 05:27:46 | 06:11:09.05 | 07:09:20.60 | +01:50:25 (29.8%) | 7:43 | 7.8 (70.9%) |
| 26 | WNUCZEK Łukasz | 673 | BIEGAJĄCY ŚWIDNIK | M 36-44 | 10 | 00:58:18 | 01:30:03 | 02:58:09 | 05:33:12 | 06:15:50.75 | 07:14:09.20 | +01:55:06 (30.6%) | 7:49 | 7.7 (70.0%) |
| 27 | SMOLEŃ Janusz | 619 | | M 36-44 | 11 | 00:58:12 | 01:32:35 | 02:56:05 | 05:33:41 | 06:16:41.60 | 07:14:53.75 | +01:55:57 (30.8%) | 7:50 | 7.6 (69.1%) |
| 28 | OLSZAK Zenon | 560 | WARSAW RUN CLUB | M 45-59 | 2 | 00:01:00 | 01:36:15 | 03:03:32 | 05:35:27 | 06:16:58.65 | 06:17:59.00 | +01:56:14 (30.8%) | 7:51 | 7.6 (69.1%) |
| 29 | SAMBORSKI Rafał | 613 | CONSONANCE TEAM | M 35 | 16 | 00:58:32 | 01:33:42 | 03:00:36 | 05:36:57 | 06:20:56.55 | 07:19:28.70 | +02:00:12 (31.6%) | 7:56 | 7.6 (69.1%) |
| 30 | ZABRZEWSKI Patryk | 689 | | M 36-44 | 12 | 00:00:16 | 01:31:15 | 03:04:12 | 05:41:45 | 06:21:43.60 | 06:22:00.05 | +02:00:59 (31.7%) | 7:57 | 7.5 (68.2%) |
| 31 | MIKUŚKIEWICZ Piotr | 547 | 10. ŚBOT | M 36-44 | 13 | 00:00:19 | 01:40:21 | 03:10:32 | 05:41:12 | 06:22:41.85 | 06:23:01.80 | +02:01:57 (31.9%) | 7:58 | 7.5 (68.2%) |
| 32 | KWAŚNIEWSKI Krzysztof | 522 | TRENER FOREST | M 45-59 | 3 | 00:00:17 | 01:27:04 | 02:53:30 | 05:37:23 | 06:24:13.70 | 06:24:31.50 | +02:03:29 (32.1%) | 8:00 | 7.5 (68.2%) |
| 33 | WILK Paweł | 664 | | M 36-44 | 14 | 00:00:18 | 01:38:53 | 03:09:56 | 05:42:47 | 06:24:22.65 | 06:24:41.25 | +02:03:38 (32.2%) | 8:00 | 7.5 (68.2%) |
| 34 | KARCZ Grzegorz | 494 | BĘDUSKA BRYGADA BIEGOWA | M 36-44 | 15 | 00:00:21 | 01:31:24 | 02:58:34 | 05:44:11 | 06:27:26.65 | 06:27:47.85 | +02:06:42 (32.7%) | 8:04 | 7.4 (67.3%) |
| 35 | LILLA Piotr | 524 | KLUB WYSOKOGÓRSKI JASTRZĘBIE - ZDRÓJ | M 36-44 | 16 | 00:00:16 | 01:27:44 | 02:56:55 | 05:37:47 | 06:30:36.55 | 06:30:52.80 | +02:09:52 (33.2%) | 8:08 | 7.4 (67.3%) |
| 36 | PAWLIKOWSKI Damian | 570 | | M 35 | 17 | 00:58:25 | 01:34:42 | 03:05:22 | 05:44:52 | 06:30:43.40 | 07:29:09.05 | +02:09:59 (33.3%) | 8:08 | 7.4 (67.3%) |
| 37 | LIPKA Sebastian | 525 | ZABIEGANY-TATA | M 36-44 | 17 | 00:00:38 | 01:30:13 | 02:56:52 | 05:44:28 | 06:33:55.95 | 06:34:34.00 | +02:13:12 (33.8%) | 8:12 | 7.3 (66.4%) |
| 38 | BADOWSKI Rafał | 408 | WSZYSTKO JEST W GŁOWIE! | M 45-59 | 4 | 00:00:31 | 01:32:45 | 03:00:41 | 05:44:43 | 06:36:21.60 | 06:36:53.50 | +02:15:37 (34.2%) | 8:15 | 7.3 (66.4%) |
| 39 | FORTUNA Marcin | 454 | ŚWISZCZĄCY ŁAŃCUCH | M 36-44 | 18 | 00:00:17 | 01:34:18 | 03:02:09 | 05:45:19 | 06:37:11.65 | 06:37:29.25 | +02:16:27 (34.4%) | 8:16 | 7.3 (66.4%) |
| 40 | DROZDOWICZ Michał | 441 | | M 45-59 | 5 | 00:00:42 | 01:45:18 | 03:17:56 | 05:55:00 | 06:40:05.40 | 06:40:47.95 | +02:19:21 (34.8%) | 8:20 | 7.2 (65.5%) |
| 41 | SIWEK Grzegorz | 617 | ZABIEGANI W KIELCACH | M 36-44 | 19 | 00:58:14 | 01:34:55 | 03:01:19 | 05:54:45 | 06:41:51.55 | 07:40:05.95 | +02:21:07 (35.1%) | 8:22 | 7.2 (65.5%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | Luban 12km | Prz_Knur 25km | Gorc 41km | Czas netto 48km | Czas brutto 48km | Różn | Tempo min/km | Tempo km/h |
|-----|-----------------------------|------------|--|-----------|------|-------------|------------|---------------|-----------|--------------------|--------------------|-------------------|--------------|-------------|
| 42 | ROSTOCKI Wojciech | 607 | STAROSAŃDECKI BIEGACZ | M 35 | 18 | 00:58:10 | 01:28:49 | 03:00:42 | 05:57:18 | 06:42:18.15 | 07:40:28.25 | +02:21:34 (35.2%) | 8:22 | 7.2 (65.5%) |
| 43 | KAROLAK Ryszard | 495 | KS GRUCHA | M 36-44 | 20 | 00:00:26 | 01:35:11 | 03:07:07 | 05:53:38 | 06:42:38.55 | 06:43:04.65 | +02:21:54 (35.2%) | 8:23 | 7.2 (65.5%) |
| 44 | ISKRZYCKI Andrzej | 477 | | M 45-59 | 6 | 00:00:24 | 01:42:23 | 03:14:52 | 05:58:24 | 06:43:06.20 | 06:43:31.15 | +02:22:22 (35.3%) | 8:23 | 7.1 (64.5%) |
| 45 | BOHDANOWICZ Krystian | 418 | ATLAS RUNNING TEAM | M 36-44 | 21 | 00:00:27 | 01:38:38 | 03:09:39 | 05:58:36 | 06:44:06.75 | 06:44:34.50 | +02:23:22 (35.5%) | 8:25 | 7.1 (64.5%) |
| 46 | PRZYCHODZKI Łukasz | 594 | THE RECYCKINGS | M 36-44 | 22 | 00:58:18 | 01:40:30 | 03:11:16 | 05:59:21 | 06:44:58.65 | 07:43:16.75 | +02:24:14 (35.6%) | 8:26 | 7.1 (64.5%) |
| 47 | DERWICH Karol | 434 | WKURW TEAM | M 36-44 | 23 | 00:58:21 | 01:38:12 | 03:07:37 | 05:58:45 | 06:47:49.00 | 07:46:10.00 | +02:27:05 (36.1%) | 8:29 | 7.1 (64.5%) |
| 48 | BARTOSZ Marek | 412 | | M 36-44 | 24 | 00:00:19 | 01:41:41 | 03:18:10 | 06:03:09 | 06:51:32.75 | 06:51:52.15 | +02:30:48 (36.6%) | 8:34 | 7 (63.6%) |
| 49 | TARANTA Daniel | 641 | | M 35 | 19 | 00:58:23 | 01:37:05 | 03:10:46 | 06:11:51 | 06:52:31.35 | 07:50:54.80 | +02:31:47 (36.8%) | 8:35 | 7 (63.6%) |
| 50 | SZARANIEC Sebastian | 629 | T-MOBILE SPORT TEAM | M 45-59 | 7 | 00:58:28 | 01:32:21 | 03:00:21 | 05:59:25 | 06:53:14.05 | 07:51:42.90 | +02:32:30 (36.9%) | 8:36 | 7 (63.6%) |
| 51 | KRÓL Przemysław | 510 | | M 36-44 | 25 | 00:00:28 | 01:40:28 | 03:17:32 | 06:06:52 | 06:53:26.55 | 06:53:55.40 | +02:32:42 (36.9%) | 8:36 | 7 (63.6%) |
| 52 | OBARA Michał | 557 | | M 36-44 | 26 | 00:58:27 | 01:33:42 | 03:07:10 | 06:11:40 | 06:55:37.75 | 07:54:05.35 | +02:34:53 (37.3%) | 8:39 | 6.9 (62.7%) |
| 53 | PIESIK Jarosław | 576 | WOLSZTYŃSKI KLUB BIEGOWY | M 45-59 | 8 | 00:00:30 | 01:39:58 | 03:16:42 | 06:09:14 | 06:55:39.10 | 06:56:09.30 | +02:34:55 (37.3%) | 8:39 | 6.9 (62.7%) |
| 54 | ROGOZIK Szymon | 606 | JURA TEAM | M 36-44 | 27 | 00:58:18 | 01:40:56 | 03:14:46 | 06:12:18 | 06:57:00.65 | 07:55:19.50 | +02:36:16 (37.5%) | 8:41 | 6.9 (62.7%) |
| 55 | TYMICKI Zbigniew | 649 | ENTRE.PL TEAM | M 45-59 | 9 | 00:58:20 | 01:32:24 | 03:03:06 | 06:11:28 | 06:58:21.00 | 07:56:41.30 | +02:37:37 (37.7%) | 8:42 | 6.9 (62.7%) |
| 56 | NOWOROLNIK Piotr | 556 | LKS LUBAŃ TYLMANOWA | M 36-44 | 28 | 00:00:43 | 01:34:57 | 03:10:37 | 06:07:40 | 06:59:43.20 | 07:00:26.80 | +02:38:59 (37.9%) | 8:44 | 6.9 (62.7%) |
| 57 | DĄBROWSKI Michał | 433 | CINCLUS | M 45-59 | 10 | 00:00:47 | 01:36:49 | 03:06:15 | 06:13:05 | 06:59:54.55 | 07:00:42.05 | +02:39:10 (37.9%) | 8:44 | 6.9 (62.7%) |
| 58 | PASTERNAK Radosław | 566 | TURBOPIASKOWANIE TEAM/KLUB BIEGACZA LIDZBARK WARMINSKI | M 36-44 | 29 | 00:58:24 | 01:38:17 | 03:10:46 | 06:13:31 | 07:00:13.65 | 07:58:37.75 | +02:39:29 (38.0%) | 8:45 | 6.9 (62.7%) |
| 59 | PUCHNIARZ Artur | 596 | | M 36-44 | 30 | 00:58:11 | 01:37:36 | 03:09:27 | 06:19:34 | 07:01:35.60 | 07:59:46.65 | +02:40:51 (38.2%) | 8:46 | 6.8 (61.8%) |
| 60 | KOLANKO Paweł | 501 | | M 36-44 | 31 | 00:00:27 | 01:40:03 | 03:18:03 | 06:09:22 | 07:02:08.35 | 07:02:35.90 | +02:41:24 (38.2%) | 8:47 | 6.8 (61.8%) |
| 61 | MAŚLANKA Jarosław | 538 | PEGA RUNNERS | M 45-59 | 11 | 00:00:17 | 01:31:16 | 03:06:31 | 06:05:40 | 07:02:53.90 | 07:03:11.05 | +02:42:09 (38.3%) | 8:48 | 6.8 (61.8%) |
| 62 | WARDA Paweł | 658 | MED-SPORT | M 36-44 | 32 | 00:58:20 | 01:37:23 | 03:09:56 | 06:15:41 | 07:05:31.50 | 08:03:51.60 | +02:44:47 (38.7%) | 8:51 | 6.8 (61.8%) |
| 63 | IZDEBSKI Paweł | 478 | | M 35 | 20 | 00:00:32 | | 03:13:28 | 06:14:15 | 07:11:12.30 | 07:11:44.30 | +02:50:28 (39.5%) | 8:59 | 6.7 (60.9%) |
| 64 | MASZARO Robert | 537 | | M 36-44 | 33 | 00:00:41 | 01:45:52 | 03:25:18 | 06:22:24 | 07:11:42.10 | 07:12:23.15 | +02:50:58 (39.6%) | 8:59 | 6.7 (60.9%) |
| 65 | GOŁĘBIEWSKI Andrzej | 464 | | M 45-59 | 12 | 00:00:25 | 01:39:58 | 03:18:38 | 06:22:47 | 07:12:57.25 | 07:13:23.20 | +02:52:13 (39.8%) | 9:01 | 6.7 (60.9%) |
| 66 | GESSLER Łukasz | 458 | BIESY | M 35 | 21 | 00:00:31 | 01:43:20 | 03:20:08 | 06:28:42 | 07:13:01.90 | 07:13:32.90 | +02:52:17 (39.8%) | 9:01 | 6.7 (60.9%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | Luban 12km | Prz_Knur 25km | Gorc 41km | Czas netto 48km | Czas brutto 48km | Różn | Tempo min/km | Tempo km/h |
|-----|----------------------|-------|---------------------|-----------|------|-------------|------------|---------------|-----------|--------------------|--------------------|-------------------|--------------|-------------|
| 67 | KOCIK Maciej | 499 | | M 36-44 | 34 | 00:00:25 | 01:35:52 | 03:16:07 | 06:22:51 | 07:13:22.20 | 07:13:47.45 | +02:52:38 (39.8%) | 9:01 | 6.6 (60.0%) |
| 68 | KARKUT Michał | 705 | | M 36-44 | 35 | 00:00:32 | 01:46:06 | 03:24:24 | 06:22:49 | 07:14:52.20 | 07:15:25.15 | +02:54:08 (40.0%) | 9:03 | 6.6 (60.0%) |
| 69 | MORAWSKI Grzegorz | 548 | | M 36-44 | 36 | 00:00:17 | 01:35:26 | 03:16:40 | 06:24:17 | 07:14:53.15 | 07:15:10.40 | +02:54:09 (40.0%) | 9:03 | 6.6 (60.0%) |
| 70 | SALAMON Tomasz | 612 | | M 36-44 | 37 | 00:58:25 | 01:44:16 | 03:20:03 | 06:23:44 | 07:17:30.60 | 08:15:55.65 | +02:56:46 (40.4%) | 9:06 | 6.6 (60.0%) |
| 71 | MATUSEWICZ Ireneusz | 540 | | M 36-44 | 38 | 00:00:43 | 01:42:02 | 03:24:39 | 06:30:27 | 07:17:53.15 | 07:18:37.10 | +02:57:09 (40.5%) | 9:07 | 6.6 (60.0%) |
| 72 | BARNAŚ Karol | 410 | | M 35 | 22 | 00:00:20 | 01:41:49 | 03:26:38 | 06:27:44 | 07:18:29.30 | 07:18:50.15 | +02:57:45 (40.5%) | 9:08 | 6.6 (60.0%) |
| 73 | KOWALEWSKI Kasper | 507 | | M 35 | 23 | 00:00:26 | 01:39:59 | 03:19:01 | 06:24:27 | 07:18:39.00 | 07:19:05.65 | +02:57:55 (40.6%) | 9:08 | 6.6 (60.0%) |
| 74 | PETER Marcin | 572 | | M 45-59 | 13 | 00:58:27 | 01:41:59 | 03:24:03 | 06:31:42 | 07:20:44.20 | 08:19:12.00 | +03:00:00 (40.8%) | 9:10 | 6.5 (59.1%) |
| 75 | POPŁAWSKI Piotr | 588 | PGB SPORTOWA PACZKA | M 36-44 | 39 | 00:58:23 | 01:48:22 | 03:31:13 | 06:34:54 | 07:20:55.75 | 08:19:19.20 | +03:00:11 (40.9%) | 9:11 | 6.5 (59.1%) |
| 76 | KALECIŃSKI Piotr | 489 | | M 35 | 24 | 00:00:18 | 01:44:23 | 03:27:12 | 06:25:19 | 07:22:18.75 | 07:22:36.85 | +03:01:34 (41.1%) | 9:12 | 6.5 (59.1%) |
| 77 | BURAS Michał | 421 | SALCLAN-TEAM | M 36-44 | 40 | 00:00:41 | 01:51:44 | 03:32:58 | 06:30:25 | 07:22:40.30 | 07:23:21.65 | +03:01:56 (41.1%) | 9:13 | 6.5 (59.1%) |
| 78 | CZAJKOWSKI Rafał | 428 | EKOBIEGI | M 36-44 | 41 | 00:00:22 | 01:51:02 | 03:33:15 | 06:29:35 | 07:22:59.10 | 07:23:21.50 | +03:02:15 (41.1%) | 9:13 | 6.5 (59.1%) |
| 79 | SAINTEMARIE Arnaud | 610 | | M 36-44 | 42 | 00:58:21 | 01:51:12 | 03:42:20 | 06:35:25 | 07:23:27.80 | 08:21:49.50 | +03:02:43 (41.2%) | 9:14 | 6.5 (59.1%) |
| 80 | TUREK Maciej | 647 | #PIWONAMECIE | M 36-44 | 43 | 00:58:16 | 01:41:47 | 03:18:59 | 06:38:43 | 07:24:56.45 | 08:23:13.25 | +03:04:12 (41.4%) | 9:16 | 6.5 (59.1%) |
| 81 | DUCH Rafał | 443 | | M 35 | 25 | 00:00:47 | 01:53:44 | 03:33:59 | 06:32:51 | 07:25:06.75 | 07:25:53.90 | +03:04:22 (41.4%) | 9:16 | 6.5 (59.1%) |
| 82 | KULAS Łukasz | 516 | | M 36-44 | 44 | 00:00:19 | 01:38:47 | 03:19:15 | 06:32:25 | 07:26:01.15 | 07:26:20.80 | +03:05:17 (41.5%) | 9:17 | 6.5 (59.1%) |
| 83 | HATALA Grzegorz | 475 | | M 35 | 26 | 00:00:55 | 01:50:45 | 03:24:28 | 06:39:10 | 07:30:30.80 | 07:31:26.30 | +03:09:46 (42.1%) | 9:23 | 6.4 (58.2%) |
| 84 | WIERZBA Michał | 662 | | M 35 | 27 | 00:58:25 | 01:35:49 | 03:18:22 | 06:39:24 | 07:31:08.25 | 08:29:34.20 | +03:10:24 (42.2%) | 9:23 | 6.4 (58.2%) |
| 85 | JAWOREK Grzegorz | 482 | MIG TEAM | M 35 | 28 | 00:00:20 | 01:43:04 | 03:24:05 | 06:35:00 | 07:32:29.10 | 07:32:49.80 | +03:11:45 (42.4%) | 9:25 | 6.4 (58.2%) |
| 86 | HEMKA Mateusz | 476 | AGISKO POLSKA | M 35 | 29 | 00:00:31 | 01:44:59 | 03:25:46 | 06:41:58 | 07:33:24.45 | 07:33:56.20 | +03:12:40 (42.5%) | 9:26 | 6.4 (58.2%) |
| 87 | WÓJCIK Krzysztof | 681 | NIGHT RUNNERS | M 36-44 | 45 | 00:58:22 | 01:44:11 | 03:25:57 | 06:44:28 | 07:33:29.80 | 08:31:52.10 | +03:12:45 (42.5%) | 9:26 | 6.4 (58.2%) |
| 88 | WOJCIECHOWSKI Tomasz | 675 | | M 36-44 | 46 | 00:58:30 | 01:47:54 | 03:31:01 | 06:44:53 | 07:33:46.45 | 08:32:16.45 | +03:13:02 (42.5%) | 9:27 | 6.3 (57.3%) |
| 89 | KLINGER Adam | 497 | | M 35 | 30 | 00:00:17 | 01:31:44 | 03:03:04 | 06:45:58 | 07:35:14.05 | 07:35:31.60 | +03:14:30 (42.7%) | 9:29 | 6.3 (57.3%) |
| 90 | POLAK Andrzej | 587 | KW KRAKÓW | M 36-44 | 47 | 00:58:25 | 01:49:08 | 03:31:32 | 06:51:17 | 07:37:42.85 | 08:36:08.45 | +03:16:58 (43.0%) | 9:32 | 6.3 (57.3%) |
| 91 | LIK Marek | 523 | | M 45-59 | 14 | 00:00:20 | 01:39:35 | 03:20:07 | 06:28:59 | 07:38:37.20 | 07:38:57.45 | +03:17:53 (43.1%) | 9:33 | 6.3 (57.3%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | Luban 12km | Prz_Knur 25km | Gorc 41km | Czas netto 48km | Czas brutto 48km | Różn | Tempo min/km | Tempo km/h |
|-----|------------------------------|-------------|----------------------------|-----------|------|-------------|------------|---------------|-----------|--------------------|--------------------|-------------------|--------------|-------------|
| 92 | KSIĄŻEK Kacper | 513 | | M 35 | 31 | 00:00:56 | 01:58:56 | 03:36:41 | 06:51:59 | 07:38:59.45 | 07:39:55.55 | +03:18:15 (43.2%) | 9:33 | 6.3 (57.3%) |
| 93 | DZIECIUCHOWICZ Adam | 448 | EST TEAM | M 35 | 32 | 00:00:44 | 01:47:04 | 03:27:11 | 06:39:55 | 07:39:04.85 | 07:39:49.65 | +03:18:20 (43.2%) | 9:33 | 6.3 (57.3%) |
| 94 | PENKALA Roch | 571 | | M 35 | 33 | 00:58:15 | 01:38:20 | 03:15:47 | 06:43:53 | 07:39:39.80 | 08:37:54.80 | +03:18:55 (43.3%) | 9:34 | 6.3 (57.3%) |
| 95 | OLSZEWSKI Marcin | 561 | | M 36-44 | 48 | 00:58:12 | 01:42:55 | 03:24:23 | 06:55:17 | 07:39:49.70 | 08:38:02.60 | +03:19:05 (43.3%) | 9:34 | 6.3 (57.3%) |
| 96 | SZYMAŃSKI Sławek | 633 | | M 45-59 | 15 | 00:00:28 | 01:49:05 | 03:35:01 | 06:43:24 | 07:40:44.50 | 07:41:12.70 | +03:20:00 (43.4%) | 9:35 | 6.3 (57.3%) |
| 97 | GARSTECKI Michał | 457 | SKAWINABIEGA | M 36-44 | 49 | 00:00:39 | 01:44:42 | 03:31:04 | 06:55:06 | 07:40:48.60 | 07:41:28.00 | +03:20:04 (43.4%) | 9:36 | 6.2 (56.4%) |
| 98 | NAGLAK Lukasz | 552 | KOŹMIN BIEGA ULTRA RUNNERS | M 36-44 | 50 | 00:00:24 | 01:38:45 | 03:16:42 | 06:44:43 | 07:42:36.35 | 07:43:01.30 | +03:21:52 (43.6%) | 9:38 | 6.2 (56.4%) |
| 99 | WIŚNIEWSKI Robert | 666 | PGB SPORTOWA PACZKA | M 45-59 | 16 | 00:58:17 | 01:46:36 | 03:39:46 | 06:56:39 | 07:44:43.25 | 08:43:00.70 | +03:23:59 (43.9%) | 9:40 | 6.2 (56.4%) |
| 100 | WASZAK Rafał | 659 | | M 35 | 34 | 00:58:18 | 01:40:49 | 03:19:00 | 06:48:35 | 07:44:59.30 | 08:43:17.55 | +03:24:15 (43.9%) | 9:41 | 6.2 (56.4%) |
| 101 | WOŹNY Paweł | 680 | LPP TEAM | M 36-44 | 51 | 00:58:16 | 01:35:20 | 03:07:19 | 06:43:14 | 07:45:16.90 | 08:43:33.30 | +03:24:32 (44.0%) | 9:41 | 6.2 (56.4%) |
| 102 | GAFFKE Krzysztof | 455 | E.L.ITE RUNNERS | M 35 | 35 | 00:00:30 | 01:48:21 | 03:34:47 | 06:54:36 | 07:45:31.65 | 07:46:01.75 | +03:24:47 (44.0%) | 9:41 | 6.2 (56.4%) |
| 103 | SWOROWSKI Maciej | 628 | WOLSZTYŃSKI KLUB BIEGOWY | M 45-59 | 17 | 00:00:30 | 01:55:18 | 03:46:03 | 06:53:12 | 07:45:59.85 | 07:46:30.80 | +03:25:15 (44.0%) | 9:42 | 6.2 (56.4%) |
| 104 | BERDYCHOWSKI Zygmunt | 706 | NISKOWA | M 60+ | 1 | 00:02:30 | 01:43:21 | 03:24:26 | 06:48:12 | 07:46:46.30 | 07:49:16.60 | +03:26:02 (44.1%) | 9:43 | 6.2 (56.4%) |
| 105 | PTAK Tomasz | 595 | | M 36-44 | 52 | 00:58:15 | 01:47:04 | 03:32:04 | 07:00:57 | 07:49:20.10 | 08:47:35.35 | +03:28:36 (44.4%) | 9:46 | 6.1 (55.5%) |
| 106 | WALCZAK Robert | 654 | WILD SKUNKS | M 45-59 | 18 | 00:58:18 | 01:52:01 | 03:38:48 | 06:51:14 | 07:49:47.85 | 08:48:06.70 | +03:29:03 (44.5%) | 9:47 | 6.1 (55.5%) |
| 107 | CISZYŃSKI Marek | 426 | START KATOWICE | M 45-59 | 19 | 00:00:19 | 01:38:58 | 03:22:44 | 06:39:39 | 07:49:52.95 | 07:50:12.25 | +03:29:09 (44.5%) | 9:47 | 6.1 (55.5%) |
| 108 | MOROŃ Artur | 1162 | DZIABNIĘCI | M 45-59 | 20 | 00:00:22 | | 03:25:47 | 06:42:20 | 07:51:01.80 | 07:51:24.70 | +03:30:17 (44.6%) | 9:48 | 6.1 (55.5%) |
| 109 | MOŻEJKO Dawid | 549 | DZIK KOMANDO | M 35 | 36 | 00:00:51 | 01:39:57 | 03:31:48 | 06:58:29 | 07:53:49.25 | 07:54:41.10 | +03:33:05 (45.0%) | 9:52 | 6.1 (55.5%) |
| 110 | BLICHARZ Artur | 416 | KS SPORTIVA | M 35 | 37 | 00:00:52 | 01:55:20 | 03:45:44 | 07:04:50 | 07:54:24.45 | 07:55:16.85 | +03:33:40 (45.0%) | 9:53 | 6.1 (55.5%) |
| 111 | KUCIA Szymon | 514 | | M 35 | 38 | 00:00:24 | 01:42:18 | 03:30:51 | 07:05:26 | 07:55:12.40 | 07:55:36.70 | +03:34:28 (45.1%) | 9:54 | 6.1 (55.5%) |
| 112 | ZAWADZKI Grzegorz | 693 | | M 36-44 | 53 | 00:58:14 | 01:44:14 | 03:27:22 | 07:11:06 | 07:56:25.15 | 08:54:39.20 | +03:35:41 (45.3%) | 9:55 | 6 (54.5%) |
| 113 | ĆMIELIŃSKI Tomasz | 430 | KW KRAKÓW | M 36-44 | 54 | 00:00:38 | 01:48:46 | 03:41:17 | 07:03:28 | 07:56:44.05 | 07:57:22.45 | +03:36:00 (45.3%) | 9:55 | 6 (54.5%) |
| 114 | KACZOREK Marcin | 488 | | M 45-59 | 21 | 00:01:06 | 01:48:13 | 03:36:38 | 06:57:08 | 07:57:49.90 | 07:58:56.80 | +03:37:05 (45.4%) | 9:57 | 6 (54.5%) |
| 115 | WIŚNIEWSKI Patrycjusz | 667 | KS PEGAZ | M 36-44 | 55 | 00:58:24 | 01:44:35 | 03:32:15 | 07:06:10 | 07:58:11.85 | 08:56:36.10 | +03:37:27 (45.5%) | 9:57 | 6 (54.5%) |
| 116 | KOSIELSKI Robert | 503 | | M 36-44 | 56 | 00:00:49 | 01:42:06 | 03:27:22 | 07:09:03 | 07:59:57.35 | 08:00:47.25 | +03:39:13 (45.7%) | 9:59 | 6 (54.5%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | Luban 12km | Prz_Knur 25km | Gorc 41km | Czas netto 48km | Czas brutto 48km | Różn | Tempo min/km | Tempo km/h |
|-----|----------------------------|------------|-----------------------------|-----------|------|-------------|------------|---------------|-----------|--------------------|--------------------|-------------------|--------------|-------------|
| 117 | OSZYWA Damian | 563 | | M 36-44 | 57 | 00:58:15 | 01:46:35 | 03:35:22 | 07:06:08 | 08:02:10.50 | 09:00:26.30 | +03:41:26 (45.9%) | 10:02 | 6 (54.5%) |
| 118 | MARCINKIEWICZ Jerzy | 536 | ŁEMKO TEAM | M 45-59 | 22 | 00:00:34 | 01:53:55 | 03:53:00 | 07:11:02 | 08:03:48.70 | 08:04:22.90 | +03:43:04 (46.1%) | 10:04 | 6 (54.5%) |
| 119 | GRZESIK Michał | 473 | | M 35 | 39 | 00:00:37 | 01:53:00 | 03:47:23 | 07:07:15 | 08:03:50.40 | 08:04:27.80 | +03:43:06 (46.1%) | 10:04 | 6 (54.5%) |
| 120 | SZCZEPANIAK Artur | 630 | KB CZESIO BIEGA | M 45-59 | 23 | 00:00:23 | 01:54:03 | 03:46:04 | 07:07:21 | 08:09:45.35 | 08:10:08.95 | +03:49:01 (46.8%) | 10:12 | 5.9 (53.6%) |
| 121 | DZIEDZIAK Marek | 449 | | M 45-59 | 24 | 00:00:35 | 01:48:53 | 03:37:40 | 07:06:52 | 08:10:36.00 | 08:11:11.00 | +03:49:52 (46.9%) | 10:13 | 5.9 (53.6%) |
| 122 | DRĄG Paweł | 439 | DECARUN RZESZÓW | M 36-44 | 58 | 00:00:46 | 01:48:40 | 03:35:23 | 07:11:15 | 08:12:11.00 | 08:12:57.10 | +03:51:27 (47.0%) | 10:15 | 5.9 (53.6%) |
| 123 | GIL Łukasz | 459 | | M 45-59 | 25 | 00:00:53 | 01:52:37 | 03:32:56 | 07:21:24 | 08:12:18.15 | 08:13:11.70 | +03:51:34 (47.0%) | 10:15 | 5.9 (53.6%) |
| 124 | MAMICA Andrzej | 533 | NAUKA BIEGA | M 36-44 | 59 | 00:00:35 | 01:51:52 | 03:44:29 | 07:13:57 | 08:12:19.50 | 08:12:54.50 | +03:51:35 (47.0%) | 10:15 | 5.8 (52.7%) |
| 125 | DZIDECZEK Marcin | 447 | TEAM ZABIEGANEDNI | M 36-44 | 60 | 00:00:42 | 01:47:01 | 03:35:14 | 07:11:43 | 08:12:40.95 | 08:13:23.65 | +03:51:57 (47.1%) | 10:15 | 5.8 (52.7%) |
| 126 | SULIGA Piotr | 626 | GO APTIV! | M 35 | 40 | 00:58:17 | 01:37:33 | 03:11:43 | 06:54:15 | 08:13:03.80 | 09:11:21.00 | +03:52:19 (47.1%) | 10:16 | 5.8 (52.7%) |
| 127 | NAWROCKI Tobiasz | 553 | WOPR TYCHY | M 35 | 41 | 00:00:49 | 01:52:37 | 03:46:02 | 07:19:27 | 08:14:41.60 | 08:15:30.90 | +03:53:57 (47.3%) | 10:18 | 5.8 (52.7%) |
| 128 | DZIANO Łukasz | 445 | | M 36-44 | 61 | 00:00:41 | | 03:41:54 | 07:12:01 | 08:14:50.65 | 08:15:32.60 | +03:54:06 (47.3%) | 10:18 | 5.8 (52.7%) |
| 129 | FLIS Dariusz | 452 | OLIMP ZABRZE | M 45-59 | 26 | 00:00:30 | 01:53:43 | 03:51:57 | 07:17:10 | 08:15:56.25 | 08:16:26.95 | +03:55:12 (47.4%) | 10:19 | 5.8 (52.7%) |
| 130 | GRANEK Michał | 469 | | M 36-44 | 62 | 00:00:47 | 01:53:33 | 03:46:25 | 07:19:46 | 08:16:13.65 | 08:17:01.45 | +03:55:29 (47.5%) | 10:20 | 5.8 (52.7%) |
| 131 | WANGLER Tomasz | 655 | MAMY TO | M 36-44 | 63 | 00:58:19 | 01:47:56 | 03:44:58 | 07:24:18 | 08:16:42.95 | 09:15:02.80 | +03:55:59 (47.5%) | 10:20 | 5.8 (52.7%) |
| 132 | RĄB Łukasz | 603 | DZIKIE ŻYCIE RUNTEAM | M 45-59 | 27 | 00:58:30 | 01:56:00 | 03:44:50 | 07:20:38 | 08:17:39.70 | 09:16:10.00 | +03:56:55 (47.6%) | 10:22 | 5.8 (52.7%) |
| 133 | PLESZ Wojciech | 581 | POLISH RUNNERS CLUB IRELAND | M 35 | 42 | 00:01:10 | 01:58:49 | 03:36:26 | 07:42:42 | 08:18:29.70 | 08:19:40.55 | +03:57:45 (47.7%) | 10:23 | 5.8 (52.7%) |
| 134 | CHODZIŃSKI Piotr | 422 | | M 36-44 | 64 | 00:00:47 | 01:49:02 | 03:35:41 | 07:13:40 | 08:20:14.00 | 08:21:01.15 | +03:59:30 (47.9%) | 10:25 | 5.8 (52.7%) |
| 135 | PUZOŃ Jan | 598 | GONIACKA.PL/IGOSPORT | M 35 | 43 | 00:58:23 | 01:41:37 | 03:58:33 | 07:27:41 | 08:22:57.55 | 09:21:20.75 | +04:02:13 (48.2%) | 10:28 | 5.7 (51.8%) |
| 136 | WIŚNIEWSKI Tomasz | 668 | | M 36-44 | 65 | 00:58:21 | 01:59:14 | 03:59:13 | 07:34:18 | 08:23:20.50 | 09:21:42.00 | +04:02:36 (48.2%) | 10:29 | 5.7 (51.8%) |
| 137 | KUS Krzysztof | 521 | | M 35 | 44 | 00:00:20 | 01:43:20 | 03:36:15 | 07:18:35 | 08:24:02.55 | 08:24:23.15 | +04:03:18 (48.3%) | 10:30 | 5.7 (51.8%) |
| 138 | MIELCZAREK Wojtek | 543 | | M 36-44 | 66 | 00:00:50 | 01:58:54 | 03:50:30 | 07:34:20 | 08:25:11.35 | 08:26:01.75 | +04:04:27 (48.4%) | 10:31 | 5.7 (51.8%) |
| 139 | GŁOWACKI Mariusz | 460 | ACTIVE JURA | M 45-59 | 28 | 00:00:49 | 01:58:58 | 03:50:38 | 07:34:16 | 08:25:14.25 | 08:26:04.05 | +04:04:30 (48.4%) | 10:31 | 5.7 (51.8%) |
| 140 | ZABROCKI Andrzej | 688 | | M 45-59 | 29 | 00:58:12 | 01:53:29 | 03:59:05 | 07:30:47 | 08:25:38.05 | 09:23:50.35 | +04:04:54 (48.4%) | 10:32 | 5.7 (51.8%) |
| 141 | ZWAAN Johan | 695 | LOS AFRICANOS | M 36-44 | 67 | 00:00:34 | 01:57:07 | 03:54:22 | 07:29:30 | 08:26:01.80 | 08:26:35.85 | +04:05:17 (48.5%) | 10:32 | 5.7 (51.8%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | Luban 12km | Prz_Knur 25km | Gorc 41km | Czas netto 48km | Czas brutto 48km | Różn | Tempo min/km | Tempo km/h |
|-----|-----------------------------|------------|--|-----------|------|-------------|------------|---------------|-----------|--------------------|--------------------|-------------------|--------------|-------------|
| 142 | JASIKOWSKI Łukasz | 481 | KONIUCHY OCR | M 35 | 45 | 00:00:40 | 01:47:59 | 03:43:38 | 07:28:52 | 08:26:04.85 | 08:26:45.10 | +04:05:20 (48.5%) | 10:32 | 5.7 (51.8%) |
| 143 | GOŁĄB Paweł | 462 | | M 35 | 46 | 00:01:11 | 01:58:45 | 03:36:30 | 07:42:44 | 08:26:27.85 | 08:27:39.50 | +04:05:43 (48.5%) | 10:33 | 5.7 (51.8%) |
| 144 | STAWOWY Maciej | 622 | PIWO NA MECIE | M 35 | 47 | 00:58:13 | 01:48:18 | 03:40:57 | 07:27:40 | 08:27:01.70 | 09:25:15.25 | +04:06:17 (48.6%) | 10:33 | 5.7 (51.8%) |
| 145 | DOMAGAŁA Mariusz | 437 | | M 35 | 48 | 00:00:35 | 02:05:20 | 03:56:47 | 07:32:39 | 08:29:42.25 | 08:30:17.45 | +04:08:58 (48.8%) | 10:37 | 5.7 (51.8%) |
| 146 | KAWA Michał | 496 | | M 35 | 49 | 00:00:42 | 01:49:30 | 03:49:03 | 07:26:13 | 08:29:55.05 | 08:30:37.95 | +04:09:11 (48.9%) | 10:37 | 5.6 (50.9%) |
| 147 | POCIĘGIEL Michał | 583 | SKAWINA BIEGA | M 36-44 | 68 | 00:58:26 | 01:52:50 | 03:54:49 | 07:27:34 | 08:32:26.95 | 09:30:53.55 | +04:11:43 (49.1%) | 10:40 | 5.6 (50.9%) |
| 148 | KSIĄŻEK Leszek | 512 | | M 45-59 | 30 | 00:00:24 | 02:01:46 | 04:01:31 | 07:39:49 | 08:38:53.70 | 08:39:18.20 | +04:18:09 (49.8%) | 10:48 | 5.6 (50.9%) |
| 149 | OPALA Krzysztof | 562 | YERBOMANIACY | M 36-44 | 69 | 00:58:13 | 01:46:56 | 03:46:16 | 07:33:26 | 08:40:12.50 | 09:38:25.60 | +04:19:28 (49.9%) | 10:50 | 5.5 (50.0%) |
| 150 | KOWALCZYK Bartłomiej | 505 | | M 35 | 50 | 00:00:19 | 01:51:54 | 03:44:38 | 07:39:35 | 08:40:20.10 | 08:40:39.40 | +04:19:36 (49.9%) | 10:50 | 5.5 (50.0%) |
| 151 | PYTEL Jarosław | 599 | PARKRUN CHRZANÓW | M 36-44 | 70 | 00:58:16 | 02:02:33 | 03:56:58 | 07:42:06 | 08:42:02.30 | 09:40:18.30 | +04:21:18 (50.1%) | 10:52 | 5.5 (50.0%) |
| 152 | KRUPA Daniel | 699 | STARGARD. JA SIĘ NIE ŚCIGAM. | M 36-44 | 71 | 00:00:45 | 02:00:03 | 03:56:32 | 07:41:14 | 08:42:13.90 | 08:42:59.50 | +04:21:29 (50.1%) | 10:52 | 5.5 (50.0%) |
| 153 | ALBINIAK Marcin | 405 | | M 45-59 | 31 | 00:00:32 | 01:45:33 | 03:37:50 | 07:40:10 | 08:44:58.15 | 08:45:30.50 | +04:24:14 (50.3%) | 10:56 | 5.5 (50.0%) |
| 154 | GRYGORUK Marek | 470 | VEGE RUNNERS | M 45-59 | 32 | 00:00:51 | 01:53:19 | 03:54:55 | 07:36:02 | 08:46:36.00 | 08:47:27.40 | +04:25:52 (50.5%) | 10:58 | 5.5 (50.0%) |
| 155 | GŁOWACKI Marcin | 461 | | M 35 | 51 | 00:01:11 | 01:58:46 | 03:37:18 | 07:48:06 | 08:47:54.70 | 08:49:06.50 | +04:27:10 (50.6%) | 10:59 | 5.5 (50.0%) |
| 156 | WIŚNIEWSKI Arkadiusz | 669 | | M 36-44 | 72 | 00:58:31 | 02:03:56 | 04:07:12 | 07:43:16 | 08:48:23.65 | 09:46:54.75 | +04:27:39 (50.7%) | 11:00 | 5.5 (50.0%) |
| 157 | JEŻEWSKI Adam | 484 | ETISOFT RUNNING TEAM | M 36-44 | 73 | 00:00:43 | 02:02:29 | 04:00:02 | 07:49:45 | 08:50:06.90 | 08:50:50.70 | +04:29:22 (50.8%) | 11:02 | 5.4 (49.1%) |
| 158 | ZARĘBA Andrzej | 691 | | M 45-59 | 33 | 00:58:26 | 01:58:06 | 04:04:49 | 07:52:05 | 08:51:44.45 | 09:50:10.45 | +04:31:00 (51.0%) | 11:04 | 5.4 (49.1%) |
| 159 | MAŁEK Paweł | 532 | SPORTOWA PACZKA POCZTOWA GRUPA BIEGOWA | M 45-59 | 34 | 00:00:46 | 01:51:36 | 03:50:03 | 07:51:16 | 08:51:53.55 | 08:52:39.55 | +04:31:09 (51.0%) | 11:04 | 5.4 (49.1%) |
| 160 | KOZAK Łukasz | 508 | | M 35 | 52 | 00:00:48 | 02:00:07 | 03:54:32 | 07:47:46 | 08:53:27.45 | 08:54:16.15 | +04:32:43 (51.1%) | 11:06 | 5.4 (49.1%) |
| 161 | BIAŁCZAK Tomasz | 414 | | M 36-44 | 74 | 00:00:48 | 02:00:14 | 03:54:42 | 07:47:51 | 08:53:32.10 | 08:54:20.85 | +04:32:48 (51.1%) | 11:06 | 5.4 (49.1%) |
| 162 | KOWALEWSKI Dariusz | 506 | | M 45-59 | 35 | 00:58:23 | 01:50:56 | 04:00:43 | 07:41:23 | 08:55:18.75 | 09:53:42.50 | +04:34:34 (51.3%) | 11:09 | 5.4 (49.1%) |
| 163 | OKRASA Tomasz | 558 | | M 36-44 | 75 | 00:58:23 | 01:51:27 | 04:00:46 | 07:47:04 | 08:55:19.25 | 09:53:42.40 | +04:34:35 (51.3%) | 11:09 | 5.4 (49.1%) |
| 164 | WURMAŃSKI Wiktor | 686 | | M 36-44 | 76 | 00:58:27 | 01:55:02 | 03:54:41 | 07:54:16 | 08:56:33.45 | 09:55:00.75 | +04:35:49 (51.4%) | 11:10 | 5.4 (49.1%) |
| 165 | PODLEWSKI Wojciech | 585 | KS SPORTIVA | M 45-59 | 36 | 00:58:09 | 01:53:44 | 04:03:54 | 07:54:15 | 08:59:25.50 | 09:57:34.50 | +04:38:41 (51.7%) | 11:14 | 5.3 (48.2%) |
| 166 | KORZHUN Aliaksandr | 502 | | M 36-44 | 77 | 00:00:36 | 02:02:24 | 04:05:15 | 08:02:17 | 09:05:16.35 | 09:05:53.30 | +04:44:32 (52.2%) | 11:21 | 5.3 (48.2%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | Luban 12km | Prz_Knur 25km | Gorc 41km | Czas netto 48km | Czas brutto 48km | Różn | Tempo min/km | Tempo km/h |
|-----|---------------------------|-------|----------------------|-----------|------|-------------|------------|---------------|-----------|--------------------|--------------------|-------------------|--------------|-------------|
| 167 | JELINSKI Jaroslaw | 483 | | M 45-59 | 37 | 00:00:40 | 01:56:27 | 03:56:26 | 08:02:32 | 09:08:13.45 | 09:08:54.30 | +04:47:29 (52.4%) | 11:25 | 5.3 (48.2%) |
| 168 | FELIGA Mariusz | 451 | | M 36-44 | 78 | 00:00:40 | 01:56:17 | 03:56:28 | 08:02:36 | 09:08:13.85 | 09:08:54.65 | +04:47:29 (52.4%) | 11:25 | 5.3 (48.2%) |
| 169 | TOKARSKI Rafał | 644 | | M 45-59 | 38 | 00:58:33 | 02:12:19 | 04:20:33 | 08:06:42 | 09:09:29.90 | 10:08:03.15 | +04:48:45 (52.6%) | 11:26 | 5.2 (47.3%) |
| 170 | PRZYBYŁA Adam | 592 | | M 36-44 | 79 | 00:00:48 | 01:59:02 | 04:11:48 | 08:03:41 | 09:10:42.10 | 09:11:30.95 | +04:49:58 (52.7%) | 11:28 | 5.2 (47.3%) |
| 171 | CIESIELSKI Jerzy | 424 | #1512WINGEDHEARTS | M 35 | 53 | 00:00:51 | 01:58:48 | 04:01:22 | 08:07:50 | 09:10:50.85 | 09:11:41.85 | +04:50:06 (52.7%) | 11:28 | 5.2 (47.3%) |
| 172 | CIESIELSKI Jan | 425 | PGB SPORTOWA PACZKA | M 45-59 | 39 | 00:00:50 | 01:58:07 | 04:01:22 | 08:07:48 | 09:10:51.35 | 09:11:42.30 | +04:50:07 (52.7%) | 11:28 | 5.2 (47.3%) |
| 173 | HADRYSIAK Adam | 474 | NAPIERACZE | M 36-44 | 80 | 00:00:25 | 02:11:42 | 04:25:53 | 08:24:27 | 09:19:59.35 | 09:20:24.55 | +04:59:15 (53.4%) | 11:39 | 5.1 (46.4%) |
| 174 | MALUHA Jacek | 531 | OSTROBIEC | M 36-44 | 81 | 00:00:24 | 01:57:56 | 04:02:26 | 08:11:37 | 09:21:09.60 | 09:21:33.80 | +05:00:25 (53.5%) | 11:41 | 5.1 (46.4%) |
| 175 | ŚWIETLIK Paweł | 637 | | M 36-44 | 82 | 00:58:15 | 02:02:25 | 04:06:17 | 08:12:35 | 09:23:50.20 | 10:22:05.90 | +05:03:06 (53.8%) | 11:44 | 5.1 (46.4%) |
| 176 | SUDER Michał | 625 | BEZNAPINY | M 36-44 | 83 | 00:00:28 | 02:12:43 | 04:17:55 | 08:15:08 | 09:27:50.55 | 09:28:18.75 | +05:07:06 (54.1%) | 11:49 | 5.1 (46.4%) |
| 177 | BŁOŃSKI Piotr | 417 | BRUBECK POLISH WINGS | M 45-59 | 40 | 00:01:10 | 02:19:00 | 04:24:48 | 08:31:12 | 09:28:21.50 | 09:29:31.65 | +05:07:37 (54.1%) | 11:50 | 5.1 (46.4%) |
| 178 | WOJDA Dariusz | 676 | BRUBECK POLISH WINGS | M 45-59 | 41 | 00:01:08 | 02:18:47 | 04:24:46 | 08:31:21 | 09:28:22.90 | 09:29:31.80 | +05:07:38 (54.1%) | 11:50 | 5.1 (46.4%) |
| 179 | OLCZAK Janusz | 559 | BIEGANIE 50+ | M 45-59 | 42 | 00:00:41 | 02:16:22 | 04:31:02 | 08:19:05 | 09:28:52.15 | 09:29:33.95 | +05:08:08 (54.2%) | 11:51 | 5.1 (46.4%) |
| 180 | WŁODARSKI Piotr | 670 | | M 35 | 54 | 00:00:39 | 02:05:03 | 04:07:19 | 08:19:57 | 09:35:42.15 | 09:36:21.55 | +05:14:58 (54.7%) | 11:59 | 5 (45.5%) |
| 181 | KALITA Tomasz | 491 | PGB SPORTOWA PACZKA | M 45-59 | 43 | 00:00:54 | 02:06:37 | 04:15:15 | 08:24:38 | 09:37:14.85 | 09:38:09.30 | +05:16:30 (54.8%) | 12:01 | 5 (45.5%) |
| 182 | DRUCH Piotr | 442 | | M 35 | 55 | 00:01:11 | 01:59:02 | 04:07:02 | 08:21:04 | 09:38:18.10 | 09:39:30.00 | +05:17:34 (54.9%) | 12:02 | 5 (45.5%) |
| 183 | KAMIONOWSKI Mariusz-Jacek | 492 | MORSY OSTROŁĘKA | M 45-59 | 44 | 00:00:15 | 02:15:34 | 04:38:28 | 08:48:32 | 09:46:57.00 | 09:47:12.65 | +05:26:13 (55.6%) | 12:13 | 4.9 (44.5%) |
| 184 | MARCHEWKA Andrzej | 535 | | M 36-44 | 84 | 00:00:33 | 02:11:55 | 04:29:17 | 08:44:29 | 09:55:52.55 | 09:56:25.80 | +05:35:08 (56.2%) | 12:24 | 4.8 (43.6%) |
| 185 | PIĄTEK Rafał | 701 | BEFIT24TEAM | M 36-44 | 85 | 00:01:00 | 02:18:21 | 04:29:31 | 08:44:07 | 09:57:49.40 | 09:58:49.50 | +05:37:05 (56.4%) | 12:27 | 4.8 (43.6%) |
| 186 | GORAJ Jarosław | 465 | | M 36-44 | 86 | 00:00:31 | 02:13:20 | 04:29:38 | 08:43:32 | 09:59:24.10 | 09:59:55.50 | +05:38:40 (56.5%) | 12:29 | 4.8 (43.6%) |
| 187 | STACHOWIAK Damian | 621 | CR | M 36-44 | 87 | 00:00:30 | 02:13:24 | 04:29:59 | 08:43:45 | 09:59:25.65 | 09:59:56.40 | +05:38:41 (56.5%) | 12:29 | 4.8 (43.6%) |
| 188 | BERNAT Paweł | 413 | | M 36-44 | 88 | 00:00:56 | 02:21:01 | 04:28:15 | 08:53:09 | 10:03:50.00 | 10:04:46.75 | +05:43:06 (56.8%) | 12:34 | 4.8 (43.6%) |
| 189 | ŚLĄSKI Bartosz | 634 | DZIK KOMANDO | M 35 | 56 | 00:00:56 | 01:58:36 | 04:00:54 | 08:35:14 | 10:06:50.10 | 10:07:46.50 | +05:46:06 (57.0%) | 12:38 | 4.7 (42.7%) |
| 190 | SĘPKOWSKI Michał | 614 | DZIK KOMANDO | M 35 | 57 | 00:00:54 | 01:58:15 | 04:00:54 | 08:35:35 | 10:06:51.75 | 10:07:46.25 | +05:46:07 (57.0%) | 12:38 | 4.7 (42.7%) |
| 191 | KACZMAREK Lukasz | 487 | DZIK KOMANDO | M 35 | 58 | 00:00:54 | 01:58:26 | 04:08:10 | 08:35:20 | 10:06:52.30 | 10:07:46.50 | +05:46:08 (57.0%) | 12:38 | 4.7 (42.7%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | Luban 12km | Prz_Knur 25km | Gorc 41km | Czas netto 48km | Czas brutto 48km | Różn | Tempo min/km | Tempo km/h |
|-----|-------------------------------|------------|-----------------------|-----------|------|-------------|-----------------|-----------------|-----------|--------------------|--------------------|-------------------|--------------|-------------|
| 192 | WÓJKOWSKI Kamil | 683 | RAZEM TRENUJEMY SPORT | M 36-44 | 89 | 00:00:27 | 02:01:07 | 04:11:31 | 08:51:29 | 10:10:14.80 | 10:10:42.70 | +05:49:30 (57.3%) | 12:42 | 4.7 (42.7%) |
| 193 | WOJCIECHOWSKI Krzysiek | 674 | GOLDEN TEAM | M 36-44 | 90 | 00:58:13 | 01:58:56 | 04:30:55 | 09:05:24 | 10:11:06.25 | 11:09:20.10 | +05:50:22 (57.3%) | 12:43 | 4.7 (42.7%) |
| 194 | KOTULA Jakub | 504 | | M 36-44 | 91 | 00:00:33 | 02:21:39 | 04:46:07 | 08:59:25 | 10:12:04.90 | 10:12:38.30 | +05:51:20 (57.4%) | 12:45 | 4.7 (42.7%) |
| 195 | DREWNIK Robert | 440 | | M 36-44 | 92 | 00:03:14 | 02:07:11 | 04:14:28 | 08:48:50 | 10:21:09.80 | 10:24:24.00 | +06:00:25 (58.0%) | 12:56 | 4.6 (41.8%) |
| 196 | WARA-WĄSOWSKI Maciej | 656 | | M 45-59 | 45 | 00:00:26 | 02:14:52 | 04:53:07 | 09:27:01 | 10:43:11.10 | 10:43:37.50 | +06:22:27 (59.5%) | 13:23 | 4.5 (40.9%) |
| 197 | DOBROWOLSKI Robert | 436 | SPORTOWI EMERYCI | M 60+ | 2 | 00:00:30 | 02:23:59 | 04:53:54 | 09:26:40 | 10:49:07.60 | 10:49:37.60 | +06:28:23 (59.8%) | 13:31 | 4.4 (40.0%) |
| | BIEDROŃ Artur | 415 | STRANGERS | M 36-44 | | DNF | 02:00:51 DNF | 03:52:41 DNF | DNF | DNF | DNF | - | - | - (0.0%) |
| | MATYJASIAK Konrad | 541 | | M 45-59 | | DNF | 01:39:55 DNF | 03:30:45 DNF | DNF | DNF | DNF | - | - | - (0.0%) |
| | SAINTEMARIE Bernar | 611 | ALTER-ACTIV | M 60+ | | DNF | 01:51:13 DNF | 03:48:13 DNF | DNF | DNF | DNF | - | - | - (0.0%) |
| | KUPCZYK Przemysław | 517 | DZIK KOMANDO | M 35 | | DNF | 01:58:32 DNF | 04:08:11 DNF | DNF | DNF | DNF | - | - | - (0.0%) |
| | PASTWA Janusz | 567 | | M 45-59 | | DNF | 01:54:57 DNF | 04:16:28 DNF | DNF | DNF | DNF | - | - | - (0.0%) |
| | MANN Michał | 534 | | M 35 | | DNF | 01:58:50 DNF | 04:24:31 DNF | DNF | DNF | DNF | - | - | - (0.0%) |
| | PRZYBYŁO Przemek | 593 | | M 35 | | DNF | DNF | 04:24:42 DNF | DNF | DNF | DNF | - | - | - (0.0%) |

Znaleziono 204 wynik(ów)