



I KRWIOBIEG BYDGOSZCZ - 5KM

B4SPORT

Wydarzenie:
Organizator:

I KRWIOBIEG BYDGOSZCZ
Kujawsko - Pomorski Oddział Okręgowy Polskiego
Czerwonego Krzyża

Data:
Miejsce:
Dystans:

2019-10-05
Bydgoszcz
5 km

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas netto 5km | Czas brutto 5km | Różn | Tempo min/km | Tempo km/h |
|-----|-------------------------|-------|------|-----------|------|----------------|-----------------|-------------------|--------------|--------------|
| 1 | PRUSIK Łukasz | 230 | | Open M | 1 | 00:19:39.95 | 00:19:41.00 | | 3:56 | 15.3 (100%) |
| 2 | ŁAZARSKI Marian | 30 | | Open M | 2 | 00:20:13.20 | 00:20:14.65 | +00:00:33 (2.8%) | 4:02 | 14.8 (96.7%) |
| 3 | KABACIŃSKI Marcin | 164 | | Open M | 3 | 00:20:33.00 | 00:20:34.15 | +00:00:53 (4.3%) | 4:06 | 14.6 (95.4%) |
| 4 | JEŻEWSKI Łukasz | 114 | | Open M | 4 | 00:20:47.65 | 00:20:49.80 | +00:01:08 (5.5%) | 4:09 | 14.4 (94.1%) |
| 5 | STOSIK Krzysztof | 247 | | Open M | 5 | 00:21:11.75 | 00:21:36.80 | +00:01:55 (8.9%) | 4:14 | 14.2 (92.8%) |
| 6 | MACIŃSKI Waldemar | 163 | | Open M | 6 | 00:22:05.15 | 00:22:06.95 | +00:02:25 (11.0%) | 4:25 | 13.6 (88.9%) |
| 7 | RÓŻOWICZ Aleksandra | 242 | | Open K | 1 | 00:22:28.15 | 00:22:32.15 | +00:02:51 (12.7%) | 4:29 | 13.4 (87.6%) |
| 8 | BARANOWSKI Tomasz | 248 | | Open M | 7 | 00:22:30.95 | 00:22:32.30 | +00:02:51 (12.7%) | 4:30 | 13.3 (86.9%) |
| 9 | KITA Natalia | 158 | | Open K | 2 | 00:22:43.50 | 00:22:45.15 | +00:03:04 (13.5%) | 4:32 | 13.2 (86.3%) |
| 10 | JANISZEWSKI Radosław | 286 | | Open M | 8 | 00:22:47.15 | 00:22:49.85 | +00:03:08 (13.8%) | 4:33 | 13.2 (86.3%) |
| 11 | LEWICKI Maciej | 226 | | Open M | 9 | 00:22:53.15 | 00:22:57.55 | +00:03:16 (14.3%) | 4:34 | 13.1 (85.6%) |
| 12 | WAŻYŃSKI Łukasz | 105 | | Open M | 10 | 00:23:24.00 | 00:23:26.90 | +00:03:45 (16.1%) | 4:40 | 12.8 (83.7%) |
| 13 | ŻEGLICZ Marek | 155 | | Open M | 11 | 00:23:19.80 | 00:23:29.90 | +00:03:48 (16.2%) | 4:39 | 12.9 (84.3%) |
| 14 | KRETOWICZ Piotr | 17 | | Open M | 12 | 00:23:14.65 | 00:23:30.25 | +00:03:49 (16.3%) | 4:39 | 12.9 (84.3%) |
| 15 | NOWOTNIK Mariusz | 264 | | Open M | 13 | 00:23:32.50 | 00:23:36.90 | +00:03:55 (16.6%) | 4:42 | 12.7 (83.0%) |
| 16 | WITKOWSKI Błażej | 20 | | Open M | 14 | 00:23:17.60 | 00:23:40.35 | +00:03:59 (16.9%) | 4:39 | 12.9 (84.3%) |
| 17 | GRZYWIŃSKI Łukasz | 33 | | Open M | 15 | 00:23:37.70 | 00:23:41.25 | +00:04:00 (16.9%) | 4:43 | 12.7 (83.0%) |
| 18 | KRYSZTOFIAK Michał | 106 | | Open M | 16 | 00:23:35.20 | 00:23:41.55 | +00:04:00 (16.9%) | 4:43 | 12.7 (83.0%) |
| 19 | KŁYZA Aleksander | 62 | | Open M | 17 | 00:23:37.75 | 00:23:48.90 | +00:04:07 (17.3%) | 4:43 | 12.7 (83.0%) |
| 20 | CICHOŃSKA-BAZAK Marzena | 179 | | Open K | 3 | 00:23:55.55 | 00:23:59.05 | +00:04:18 (17.9%) | 4:47 | 12.5 (81.7%) |
| 21 | STEFAŃSKI Marcin | 96 | | Open M | 18 | 00:23:48.35 | 00:23:59.60 | +00:04:18 (18.0%) | 4:45 | 12.6 (82.4%) |
| 22 | WOJTECKI Łukasz | 143 | | Open M | 19 | 00:23:55.50 | 00:24:05.00 | +00:04:24 (18.3%) | 4:47 | 12.5 (81.7%) |
| 23 | JEŻEWSKA Edyta | 115 | | Open K | 4 | 00:24:08.60 | 00:24:11.25 | +00:04:30 (18.6%) | 4:49 | 12.4 (81.0%) |
| 24 | KRAJNIK Wojciech | 154 | | Open M | 20 | 00:24:09.60 | 00:24:21.35 | +00:04:40 (19.2%) | 4:50 | 12.4 (81.0%) |
| 25 | MAZAN Arkadiusz | 188 | | Open M | 21 | 00:24:26.65 | 00:24:32.35 | +00:04:51 (19.8%) | 4:53 | 12.3 (80.4%) |
| 26 | MACIEJCZAK Marcin | 156 | | Open M | 22 | 00:24:17.50 | 00:24:36.90 | +00:04:55 (20.0%) | 4:51 | 12.4 (81.0%) |
| 27 | WIŚNIEWSKI Leszek | 161 | | Open M | 23 | 00:24:51.00 | 00:25:04.05 | +00:05:23 (21.5%) | 4:58 | 12.1 (79.1%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas netto 5km | Czas brutto 5km | Różn | Tempo min/km | Tempo km/h |
|-----|------------------------------|------------|------|-----------|------|--------------------|--------------------|-------------------|--------------|--------------|
| 28 | MANIKOWSKI Dominik | 84 | | Open M | 24 | 00:25:01.40 | 00:25:06.55 | +00:05:25 (21.6%) | 5:00 | 12 (78.4%) |
| 29 | UMIŃSKI Robert | 140 | | Open M | 25 | 00:25:00.00 | 00:25:13.00 | +00:05:32 (21.9%) | 5:00 | 12 (78.4%) |
| 30 | MAKUSZEWSKI Mateusz | 280 | | Open M | 26 | 00:25:10.45 | 00:25:17.45 | +00:05:36 (22.2%) | 5:02 | 11.9 (77.8%) |
| 31 | CHMIELARZ Justyna | 22 | | Open K | 5 | 00:25:22.40 | 00:25:25.40 | +00:05:44 (22.6%) | 5:04 | 11.8 (77.1%) |
| 32 | WALEWSKI Andrzej | 165 | | Open M | 27 | 00:25:22.65 | 00:25:26.00 | +00:05:45 (22.6%) | 5:04 | 11.8 (77.1%) |
| 33 | PUCHACZ Marcin | 269 | | Open M | 28 | 00:25:23.55 | 00:25:31.35 | +00:05:50 (22.9%) | 5:04 | 11.8 (77.1%) |
| 34 | GLINKOWSKI Dariusz | 51 | | Open M | 29 | 00:25:29.15 | 00:25:34.00 | +00:05:53 (23.0%) | 5:06 | 11.8 (77.1%) |
| 35 | LUBERDA Łukasz | 240 | | Open M | 30 | 00:25:27.00 | 00:25:37.05 | +00:05:56 (23.2%) | 5:05 | 11.8 (77.1%) |
| 36 | KAMIŃSKA Magdalena | 189 | | Open K | 6 | 00:25:33.85 | 00:25:37.55 | +00:05:56 (23.2%) | 5:06 | 11.7 (76.5%) |
| 37 | GREINERT Michał | 126 | | Open M | 31 | 00:25:37.75 | 00:25:39.80 | +00:05:58 (23.3%) | 5:07 | 11.7 (76.5%) |
| 38 | DURA Julia | 50 | | Open K | 7 | 00:25:42.65 | 00:25:55.70 | +00:06:14 (24.1%) | 5:08 | 11.7 (76.5%) |
| 39 | ŚWIATOWY Ryszard | 277 | | Open M | 32 | 00:25:49.20 | 00:25:58.50 | +00:06:17 (24.2%) | 5:09 | 11.6 (75.8%) |
| 40 | DANIELEK Piotr | 41 | | Open M | 33 | 00:26:05.40 | 00:26:09.50 | +00:06:28 (24.8%) | 5:13 | 11.5 (75.2%) |
| 41 | TURKOWSKA Iwona | 204 | | Open K | 8 | 00:26:07.90 | 00:26:10.15 | +00:06:29 (24.8%) | 5:13 | 11.5 (75.2%) |
| 42 | DOBIECKI Szczepan | 19 | | Open M | 34 | 00:26:07.00 | 00:26:12.95 | +00:06:31 (24.9%) | 5:13 | 11.5 (75.2%) |
| 43 | BAGNIEWSKA Małgorzata | 181 | | Open K | 9 | 00:26:08.60 | 00:26:14.30 | +00:06:33 (25.0%) | 5:13 | 11.5 (75.2%) |
| 44 | MICHALAK Mariusz | 236 | | Open M | 35 | 00:26:08.20 | 00:26:15.05 | +00:06:34 (25.0%) | 5:13 | 11.5 (75.2%) |
| 45 | JASTRZĘBSKI Krzysztof | 149 | | Open M | 36 | 00:26:00.10 | 00:26:17.55 | +00:06:36 (25.1%) | 5:12 | 11.5 (75.2%) |
| 46 | NURKIEWICZ Jarosław | 190 | | Open M | 37 | 00:26:15.70 | 00:26:18.90 | +00:06:37 (25.2%) | 5:15 | 11.4 (74.5%) |
| 47 | STĘPIEŃ Michał | 211 | | Open M | 38 | 00:26:06.20 | 00:26:26.55 | +00:06:45 (25.6%) | 5:13 | 11.5 (75.2%) |
| 48 | JAGIEŁO Radek | 78 | | Open M | 39 | 00:26:11.15 | 00:26:33.40 | +00:06:52 (25.9%) | 5:14 | 11.5 (75.2%) |
| 49 | RZEPECKA Katarzyna | 60 | | Open K | 10 | 00:26:12.85 | 00:26:36.05 | +00:06:55 (26.0%) | 5:14 | 11.4 (74.5%) |
| 50 | BURNICKI Mariusz | 53 | | Open M | 40 | 00:26:26.90 | 00:26:46.00 | +00:07:05 (26.5%) | 5:17 | 11.3 (73.9%) |
| 51 | LEWANDOWSKA Anna | 205 | | Open K | 11 | 00:26:31.50 | 00:26:48.25 | +00:07:07 (26.6%) | 5:18 | 11.3 (73.9%) |
| 52 | DAMBECKI Piotr | 59 | | Open M | 41 | 00:26:31.60 | 00:26:53.15 | +00:07:12 (26.8%) | 5:18 | 11.3 (73.9%) |
| 53 | TADRZAK Michał | 55 | | Open M | 42 | 00:26:47.30 | 00:26:54.85 | +00:07:13 (26.9%) | 5:21 | 11.2 (73.2%) |
| 54 | BOROWSKI Rafał | 123 | | Open M | 43 | 00:26:45.30 | 00:26:58.30 | +00:07:17 (27.0%) | 5:21 | 11.2 (73.2%) |
| 55 | MACIEJEWSKI Mateusz | 77 | | Open M | 44 | 00:26:40.95 | 00:27:07.25 | +00:07:26 (27.4%) | 5:20 | 11.2 (73.2%) |
| 56 | JURCZYK Ewa | 89 | | Open K | 12 | 00:26:57.15 | 00:27:07.35 | +00:07:26 (27.4%) | 5:23 | 11.1 (72.5%) |
| 57 | MAKSAJDOWSKA Beata | 393 | | Open K | 13 | 00:26:57.20 | 00:27:07.40 | +00:07:26 (27.4%) | 5:23 | 11.1 (72.5%) |
| 58 | SADZIKOWSKI Tomasz | 257 | | Open M | 45 | 00:27:06.50 | 00:27:09.55 | +00:07:28 (27.5%) | 5:25 | 11.1 (72.5%) |
| 59 | WASTOWSKI Dawid | 281 | | Open M | 46 | 00:26:57.25 | 00:27:10.85 | +00:07:29 (27.6%) | 5:23 | 11.1 (72.5%) |
| 60 | BOROWICZ Małgorzata | 237 | | Open K | 14 | 00:27:01.05 | 00:27:11.00 | +00:07:30 (27.6%) | 5:24 | 11.1 (72.5%) |
| 61 | WIOSNA Tomasz | 191 | | Open M | 47 | 00:26:54.25 | 00:27:11.80 | +00:07:30 (27.6%) | 5:22 | 11.2 (73.2%) |
| 62 | LAKS Krzysztof | 192 | | Open M | 48 | 00:26:56.90 | 00:27:14.60 | +00:07:33 (27.7%) | 5:23 | 11.1 (72.5%) |
| 63 | KICK Klaudia | 85 | | Open K | 15 | 00:27:11.65 | 00:27:15.15 | +00:07:34 (27.8%) | 5:26 | 11 (71.9%) |
| 64 | BERNACKI Andrzej | 36 | | Open M | 49 | 00:27:18.65 | 00:27:23.45 | +00:07:42 (28.1%) | 5:27 | 11 (71.9%) |
| 65 | SIMINSKA Monika | 79 | | Open K | 16 | 00:27:18.35 | 00:27:29.80 | +00:07:48 (28.4%) | 5:27 | 11 (71.9%) |
| 66 | OWCZARZ Marek | 227 | | Open M | 50 | 00:27:30.15 | 00:27:30.15 | +00:07:49 (28.4%) | 5:30 | 10.9 (71.2%) |
| 67 | NADRAJKOWSKA Joanna | 225 | | Open K | 17 | 00:27:26.55 | 00:27:31.65 | +00:07:50 (28.5%) | 5:29 | 10.9 (71.2%) |
| 68 | GRUDZKA Agata | 48 | | Open K | 18 | 00:27:18.35 | 00:27:32.25 | +00:07:51 (28.5%) | 5:27 | 11 (71.9%) |
| 69 | TURKOWSKI Stanisław | 206 | | Open M | 51 | 00:27:33.35 | 00:27:35.80 | +00:07:54 (28.7%) | 5:30 | 10.9 (71.2%) |
| 70 | KUŻAJ Sławomir | 254 | | Open M | 52 | 00:27:33.65 | 00:27:36.85 | +00:07:55 (28.7%) | 5:30 | 10.9 (71.2%) |
| 71 | BRZEZIŃSKI Karol | 210 | | Open M | 53 | 00:27:20.40 | 00:27:39.95 | +00:07:58 (28.9%) | 5:28 | 11 (71.9%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas netto 5km | Czas brutto 5km | Różn | Tempo min/km | Tempo km/h |
|-----|---------------------------------|------------|------|-----------|------|--------------------|--------------------|-------------------|--------------|--------------|
| 72 | MAREK Lucjan | 40 | | Open M | 54 | 00:27:44.95 | 00:27:49.20 | +00:08:08 (29.2%) | 5:33 | 10.8 (70.6%) |
| 73 | ZGÓRSKI Maciej | 148 | | Open M | 55 | 00:27:41.75 | 00:27:51.55 | +00:08:10 (29.3%) | 5:32 | 10.8 (70.6%) |
| 74 | KUBSKI Jarosław | 119 | | Open M | 56 | 00:27:55.05 | 00:27:57.30 | +00:08:16 (29.6%) | 5:35 | 10.7 (69.9%) |
| 75 | MIKLASZEWSKA Karolina | 268 | | Open K | 19 | 00:27:36.50 | 00:28:01.45 | +00:08:20 (29.8%) | 5:31 | 10.9 (71.2%) |
| 76 | GOTOWICZ Mariusz | 134 | | Open M | 57 | 00:27:53.30 | 00:28:04.15 | +00:08:23 (29.9%) | 5:34 | 10.8 (70.6%) |
| 77 | STERING Kamila | 152 | | Open K | 20 | 00:27:57.20 | 00:28:09.25 | +00:08:28 (30.1%) | 5:35 | 10.7 (69.9%) |
| 78 | GAIDA Milena | 14 | | Open K | 21 | 00:28:07.70 | 00:28:15.35 | +00:08:34 (30.3%) | 5:37 | 10.7 (69.9%) |
| 79 | SKWAREK Bogumiła | 282 | | Open K | 22 | 00:28:13.00 | 00:28:21.45 | +00:08:40 (30.6%) | 5:38 | 10.6 (69.3%) |
| 80 | JURCZYK Piotr | 90 | | Open M | 58 | 00:28:14.50 | 00:28:24.00 | +00:08:43 (30.7%) | 5:39 | 10.6 (69.3%) |
| 81 | BLASZKIEWICZ Julia | 87 | | Open K | 23 | 00:28:17.35 | 00:28:26.65 | +00:08:45 (30.8%) | 5:39 | 10.6 (69.3%) |
| 82 | WALCZAK Anna | 43 | | Open K | 24 | 00:28:17.80 | 00:28:27.10 | +00:08:46 (30.8%) | 5:39 | 10.6 (69.3%) |
| 83 | KOSTECKI Dawid | 66 | | Open M | 59 | 00:28:27.90 | 00:28:31.70 | +00:08:50 (31.0%) | 5:41 | 10.5 (68.6%) |
| 84 | ZIELIŃSKA Agnieszka | 214 | | Open K | 25 | 00:28:18.95 | 00:28:39.70 | +00:08:58 (31.3%) | 5:39 | 10.6 (69.3%) |
| 85 | JURCZYK Piotr | 311 | | Open M | 60 | 00:28:30.30 | 00:28:41.65 | +00:09:00 (31.4%) | 5:42 | 10.5 (68.6%) |
| 86 | BRZEZIŃSKA Ania | 213 | | Open K | 26 | 00:28:22.95 | 00:28:42.05 | +00:09:01 (31.4%) | 5:40 | 10.6 (69.3%) |
| 87 | GROCHAŁA Michał | 223 | | Open M | 61 | 00:28:27.95 | 00:28:42.85 | +00:09:01 (31.5%) | 5:41 | 10.5 (68.6%) |
| 88 | DAHMS Łukasz | 31 | | Open M | 62 | 00:28:17.65 | 00:28:43.60 | +00:09:02 (31.5%) | 5:39 | 10.6 (69.3%) |
| 89 | RAMBOWICZ Andrzej | 21 | | Open M | 63 | 00:28:32.75 | 00:28:44.10 | +00:09:03 (31.5%) | 5:42 | 10.5 (68.6%) |
| 90 | OPALA Marcin | 194 | | Open M | 64 | 00:28:28.95 | 00:28:47.45 | +00:09:06 (31.6%) | 5:41 | 10.5 (68.6%) |
| 91 | KAJTEK Patryk | 141 | | Open M | 65 | 00:28:27.75 | 00:28:49.40 | +00:09:08 (31.7%) | 5:41 | 10.5 (68.6%) |
| 92 | SUCHARSKA Magdalena | 169 | | Open K | 27 | 00:28:40.00 | 00:28:49.90 | +00:09:08 (31.7%) | 5:44 | 10.5 (68.6%) |
| 92 | MAKUSZEWSKI Łukasz | 250 | | Open M | 66 | 00:28:43.35 | 00:28:49.90 | +00:09:08 (31.7%) | 5:44 | 10.4 (68.0%) |
| 94 | SZTOLIN Jacek | 222 | | Open M | 67 | 00:28:30.90 | 00:28:52.95 | +00:09:11 (31.9%) | 5:42 | 10.5 (68.6%) |
| 95 | BARTNIK Andrzej | 261 | | Open M | 68 | 00:28:54.80 | 00:28:58.15 | +00:09:17 (32.1%) | 5:47 | 10.4 (68.0%) |
| 96 | ALEKSANDER Alicja | 162 | | Open K | 28 | 00:28:43.70 | 00:29:00.95 | +00:09:19 (32.2%) | 5:44 | 10.4 (68.0%) |
| 97 | SOŃNICKI Bartosz | 172 | | Open M | 69 | 00:28:42.55 | 00:29:01.20 | +00:09:20 (32.2%) | 5:44 | 10.4 (68.0%) |
| 98 | OJRZANOWSKI Waldemar | 159 | | Open M | 70 | 00:28:53.45 | 00:29:01.40 | +00:09:20 (32.2%) | 5:46 | 10.4 (68.0%) |
| 99 | NOWIŃSKI Jarosław | 233 | | Open M | 71 | 00:28:56.20 | 00:29:01.70 | +00:09:20 (32.2%) | 5:47 | 10.4 (68.0%) |
| 100 | OJRZANOWSKA Maria | 160 | | Open K | 29 | 00:28:53.65 | 00:29:01.85 | +00:09:20 (32.2%) | 5:46 | 10.4 (68.0%) |
| 101 | POBOŻAN Agnieszka | 142 | | Open K | 30 | 00:29:04.55 | 00:29:06.60 | +00:09:25 (32.4%) | 5:48 | 10.3 (67.3%) |
| 102 | GACKA Joanna | 125 | | Open K | 31 | 00:29:10.45 | 00:29:13.10 | +00:09:32 (32.6%) | 5:50 | 10.3 (67.3%) |
| 103 | CHMIELEWSKI Ireneusz | 99 | | Open M | 72 | 00:29:07.85 | 00:29:17.00 | +00:09:36 (32.8%) | 5:49 | 10.3 (67.3%) |
| 104 | ANDRUSZKIEWICZ Stanisław | 88 | | Open M | 73 | 00:29:16.50 | 00:29:19.55 | +00:09:38 (32.9%) | 5:51 | 10.3 (67.3%) |
| 105 | KLEIN Kamil | 120 | | Open M | 74 | 00:29:18.70 | 00:29:20.75 | +00:09:39 (32.9%) | 5:51 | 10.2 (66.7%) |
| 106 | GORNOWICZ Daniela | 121 | | Open K | 32 | 00:29:19.30 | 00:29:21.40 | +00:09:40 (33.0%) | 5:51 | 10.2 (66.7%) |
| 107 | BYSTRZYŃSKI Jan | 61 | | Open M | 75 | 00:29:06.25 | 00:29:22.60 | +00:09:41 (33.0%) | 5:49 | 10.3 (67.3%) |
| 108 | MORACZEWSKA Angelika | 186 | | Open K | 33 | 00:29:22.20 | 00:29:23.85 | +00:09:42 (33.0%) | 5:52 | 10.2 (66.7%) |
| 109 | BISKUP Katarzyna | 187 | | Open K | 34 | 00:29:22.40 | 00:29:23.95 | +00:09:42 (33.0%) | 5:52 | 10.2 (66.7%) |
| 110 | WAJDA Bartosz | 217 | | Open M | 76 | 00:29:23.80 | 00:29:25.05 | +00:09:44 (33.1%) | 5:52 | 10.2 (66.7%) |
| 111 | CELANOWICZ Lidia | 228 | | Open K | 35 | 00:29:30.00 | 00:29:35.15 | +00:09:54 (33.5%) | 5:54 | 10.2 (66.7%) |
| 112 | MAKOWSKI Tomasz | 110 | | Open M | 77 | 00:29:34.15 | 00:29:39.25 | +00:09:58 (33.6%) | 5:54 | 10.1 (66.0%) |
| 113 | KRUSZYŃSKA Magdalena | 267 | | Open K | 36 | 00:29:37.40 | 00:29:42.90 | +00:10:01 (33.8%) | 5:55 | 10.1 (66.0%) |
| 114 | JAKUBOWSKA Anna | 97 | | Open K | 37 | 00:29:35.10 | 00:29:44.60 | +00:10:03 (33.8%) | 5:55 | 10.1 (66.0%) |
| 115 | WOLNY Tomasz | 238 | | Open M | 78 | 00:29:40.95 | 00:29:47.65 | +00:10:06 (33.9%) | 5:56 | 10.1 (66.0%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas netto 5km | Czas brutto 5km | Różn | Tempo min/km | Tempo km/h |
|-----|--------------------------------|------------|------|-----------|------|--------------------|--------------------|-------------------|--------------|--------------|
| 116 | PIONTEK Elżbieta | 122 | | Open K | 38 | 00:29:42.55 | 00:29:48.70 | +00:10:07 (34.0%) | 5:56 | 10.1 (66.0%) |
| 117 | MICHNIEWICZ Małgorzata | 103 | | Open K | 39 | 00:29:41.80 | 00:29:51.00 | +00:10:10 (34.1%) | 5:56 | 10.1 (66.0%) |
| 118 | POLAWSKI Marcin | 252 | | Open M | 79 | 00:29:37.85 | 00:29:53.05 | +00:10:12 (34.1%) | 5:55 | 10.1 (66.0%) |
| 119 | STANISZEWSKA Aleksandra | 73 | | Open K | 40 | 00:29:53.30 | 00:29:55.70 | +00:10:14 (34.2%) | 5:58 | 10 (65.4%) |
| 120 | TRZASKA Józef | 80 | | Open M | 80 | 00:29:50.25 | 00:29:56.95 | +00:10:15 (34.3%) | 5:58 | 10.1 (66.0%) |
| 121 | CZAPLICKI Bartłomiej | 23 | | Open M | 81 | 00:29:37.25 | 00:29:57.85 | +00:10:16 (34.3%) | 5:55 | 10.1 (66.0%) |
| 122 | PODSIEDLIK Zuzanna | 270 | | Open K | 41 | 00:29:48.45 | 00:30:06.75 | +00:10:25 (34.6%) | 5:57 | 10.1 (66.0%) |
| 123 | BARCIKOWSKA Weronika | 109 | | Open K | 42 | 00:29:58.70 | 00:30:07.85 | +00:10:26 (34.7%) | 5:59 | 10 (65.4%) |
| 124 | ZIELIŃSKI Krzysztof | 86 | | Open M | 82 | 00:30:01.25 | 00:30:10.10 | +00:10:29 (34.8%) | 6:00 | 10 (65.4%) |
| 125 | ROGUSZCZAK Maciej | 245 | | Open M | 83 | 00:29:59.80 | 00:30:11.25 | +00:10:30 (34.8%) | 6:00 | 10 (65.4%) |
| 126 | ŁUKASZEWSKA Grażyna | 195 | | Open K | 43 | 00:30:11.10 | 00:30:14.65 | +00:10:33 (34.9%) | 6:02 | 9.9 (64.7%) |
| 127 | WONS Monika | 289 | | Open K | 44 | 00:30:10.65 | 00:30:15.20 | +00:10:34 (34.9%) | 6:02 | 9.9 (64.7%) |
| 128 | MRELA Adrian | 244 | | Open M | 84 | 00:30:13.25 | 00:30:17.95 | +00:10:36 (35.0%) | 6:02 | 9.9 (64.7%) |
| 129 | RZĄDKOWSKI Marcin | 167 | | Open M | 85 | 00:29:59.50 | 00:30:23.80 | +00:10:42 (35.2%) | 5:59 | 10 (65.4%) |
| 130 | GRUSZKA Marek | 82 | | Open M | 86 | 00:30:24.15 | 00:30:30.15 | +00:10:49 (35.5%) | 6:04 | 9.9 (64.7%) |
| 131 | GŁĄB Sławomir | 249 | | Open M | 87 | 00:30:25.05 | 00:30:32.20 | +00:10:51 (35.5%) | 6:05 | 9.9 (64.7%) |
| 132 | KOWALCZYK Magdalena | 224 | | Open K | 45 | 00:30:18.25 | 00:30:32.95 | +00:10:51 (35.6%) | 6:03 | 9.9 (64.7%) |
| 133 | RYDELSKA Kinga | 56 | | Open K | 46 | 00:30:34.55 | 00:30:42.15 | +00:11:01 (35.9%) | 6:07 | 9.8 (64.1%) |
| 134 | WIŚNIEWSKA Izabela | 208 | | Open K | 47 | 00:30:24.85 | 00:30:44.60 | +00:11:03 (36.0%) | 6:05 | 9.9 (64.7%) |
| 135 | ZAJĄC Michał | 255 | | Open M | 88 | 00:30:25.45 | 00:30:46.05 | +00:11:05 (36.0%) | 6:05 | 9.9 (64.7%) |
| 136 | LEWANDOWSKI Daniel | 215 | | Open M | 89 | 00:30:30.00 | 00:30:49.45 | +00:11:08 (36.1%) | 6:06 | 9.8 (64.1%) |
| 137 | MURAWKA Łukasz | 177 | | Open M | 90 | 00:30:25.85 | 00:30:50.95 | +00:11:09 (36.2%) | 6:05 | 9.9 (64.7%) |
| 138 | ZAWADZKI Jacek | 76 | | Open M | 91 | 00:30:34.15 | 00:30:54.00 | +00:11:13 (36.3%) | 6:07 | 9.8 (64.1%) |
| 139 | WÓJCIK Monika | 243 | | Open K | 48 | 00:30:49.15 | 00:30:57.35 | +00:11:16 (36.4%) | 6:09 | 9.7 (63.4%) |
| 140 | BIEDROŃ Aleksandra | 72 | | Open K | 49 | 00:30:43.95 | 00:30:58.60 | +00:11:17 (36.5%) | 6:08 | 9.8 (64.1%) |
| 141 | OSTROWSKA Justyna | 13 | | Open K | 50 | 00:30:51.65 | 00:31:06.90 | +00:11:25 (36.7%) | 6:10 | 9.7 (63.4%) |
| 142 | KUTRA Paweł | 262 | | Open M | 92 | 00:30:43.60 | 00:31:09.60 | +00:11:28 (36.8%) | 6:08 | 9.8 (64.1%) |
| 143 | KOTLĘGA Agata | 283 | | Open K | 51 | 00:31:01.55 | 00:31:10.05 | +00:11:29 (36.8%) | 6:12 | 9.7 (63.4%) |
| 144 | ŚWIETLIK Tomasz | 271 | | Open M | 93 | 00:31:05.25 | 00:31:11.60 | +00:11:30 (36.9%) | 6:13 | 9.7 (63.4%) |
| 145 | WOJANOWSKA Maryla | 67 | | Open K | 52 | 00:31:07.30 | 00:31:14.55 | +00:11:33 (37.0%) | 6:13 | 9.6 (62.7%) |
| 146 | WOJANOWSKI Zbigniew | 68 | | Open M | 94 | 00:31:07.45 | 00:31:14.60 | +00:11:33 (37.0%) | 6:13 | 9.6 (62.7%) |
| 147 | GOLIK Krzysztof | 49 | | Open M | 95 | 00:31:17.60 | 00:31:17.60 | +00:11:36 (37.1%) | 6:15 | 9.6 (62.7%) |
| 148 | BITNER Jan | 235 | | Open M | 96 | 00:31:00.40 | 00:31:21.10 | +00:11:40 (37.2%) | 6:12 | 9.7 (63.4%) |
| 149 | GROBELNY Michał | 178 | | Open M | 97 | 00:31:11.80 | 00:31:22.40 | +00:11:41 (37.3%) | 6:14 | 9.6 (62.7%) |
| 150 | SPLITT Anna | 83 | | Open K | 53 | 00:30:59.75 | 00:31:24.10 | +00:11:43 (37.3%) | 6:12 | 9.7 (63.4%) |
| 151 | FALKOWSKI Mariusz | 170 | | Open M | 98 | 00:31:14.20 | 00:31:26.85 | +00:11:45 (37.4%) | 6:14 | 9.6 (62.7%) |
| 152 | KONARSKI Szymon | 285 | | Open M | 99 | 00:31:14.65 | 00:31:28.55 | +00:11:47 (37.5%) | 6:15 | 9.6 (62.7%) |
| 153 | KOCINIEWSKA Zuzanna | 180 | | Open K | 54 | 00:31:19.95 | 00:31:30.45 | +00:11:49 (37.5%) | 6:16 | 9.6 (62.7%) |
| 154 | KURAS Marcin | 246 | | Open M | 100 | 00:31:20.35 | 00:31:32.40 | +00:11:51 (37.6%) | 6:16 | 9.6 (62.7%) |
| 155 | DUBIELEWSKA Anna | 4 | | Open K | 55 | 00:31:26.70 | 00:31:39.15 | +00:11:58 (37.8%) | 6:17 | 9.5 (62.1%) |
| 156 | DĘBCZYŃSKA Agnieszka | 111 | | Open K | 56 | 00:31:36.20 | 00:31:41.25 | +00:12:00 (37.9%) | 6:19 | 9.5 (62.1%) |
| 157 | NIEDBALSKI Krzysztof | 183 | | Open M | 101 | 00:31:28.00 | 00:31:44.10 | +00:12:03 (38.0%) | 6:17 | 9.5 (62.1%) |
| 158 | KĘDZIORSKA Agata | 184 | | Open K | 57 | 00:31:28.05 | 00:31:44.40 | +00:12:03 (38.0%) | 6:17 | 9.5 (62.1%) |
| 159 | ZIELIŃSKA Justyna | 135 | | Open K | 58 | 00:31:47.30 | 00:32:01.55 | +00:12:20 (38.5%) | 6:21 | 9.4 (61.4%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas netto 5km | Czas brutto 5km | Różn | Tempo min/km | Tempo km/h |
|-----|---------------------------|-------|------|-----------|------|-------------------|--------------------|-------------------|-----------------|---------------|
| 160 | GRUŻEWSKA Justyna | 196 | | Open K | 59 | 00:31:46.35 | 00:32:02.30 | +00:12:21 (38.6%) | 6:21 | 9.4 (61.4%) |
| 161 | TUCZKOWSKA Joanna | 272 | | Open K | 60 | 00:31:48.05 | 00:32:05.80 | +00:12:24 (38.7%) | 6:21 | 9.4 (61.4%) |
| 162 | SKOWRON Monika | 274 | | Open K | 61 | 00:31:48.00 | 00:32:06.20 | +00:12:25 (38.7%) | 6:21 | 9.4 (61.4%) |
| 163 | CISZEWSKA Emilia | 91 | | Open K | 62 | 00:31:43.30 | 00:32:06.45 | +00:12:25 (38.7%) | 6:20 | 9.5 (62.1%) |
| 164 | ŁAKOMSKA - OPALA Iwona | 193 | | Open K | 63 | 00:31:47.50 | 00:32:06.75 | +00:12:25 (38.7%) | 6:21 | 9.4 (61.4%) |
| 165 | ROŻYŃSKA Monika | 212 | | Open K | 64 | 00:31:49.25 | 00:32:06.80 | +00:12:25 (38.7%) | 6:21 | 9.4 (61.4%) |
| 166 | MIŁOSZ Mariusz | 9 | | Open M | 102 | 00:31:57.65 | 00:32:14.10 | +00:12:33 (38.9%) | 6:23 | 9.4 (61.4%) |
| 167 | ŻURAWSKI Michał | 185 | | Open M | 103 | 00:31:56.20 | 00:32:22.10 | +00:12:41 (39.2%) | 6:23 | 9.4 (61.4%) |
| 168 | WAWRZYNIAK Sandra | 151 | | Open K | 65 | 00:32:19.35 | 00:32:31.70 | +00:12:50 (39.5%) | 6:27 | 9.3 (60.8%) |
| 169 | KASZUBOWSKI Daniel | 144 | | Open M | 104 | 00:32:12.95 | 00:32:31.80 | +00:12:50 (39.5%) | 6:26 | 9.3 (60.8%) |
| 170 | CIEŚLAK Agnieszka | 168 | | Open K | 66 | 00:32:05.75 | 00:32:32.20 | +00:12:51 (39.5%) | 6:25 | 9.3 (60.8%) |
| 171 | HINZ Barbara | 124 | | Open K | 67 | 00:32:31.25 | 00:32:35.35 | +00:12:54 (39.6%) | 6:30 | 9.2 (60.1%) |
| 172 | SOBIECHOWSKI Tomasz | 279 | | Open M | 105 | 00:32:25.85 | 00:32:36.40 | +00:12:55 (39.6%) | 6:29 | 9.2 (60.1%) |
| 173 | BILSKA Katarzyna | 54 | | Open K | 68 | 00:32:25.65 | 00:32:37.30 | +00:12:56 (39.7%) | 6:29 | 9.2 (60.1%) |
| 174 | PIETRZAK Justyna | 57 | | Open K | 69 | 00:32:25.55 | 00:32:37.80 | +00:12:56 (39.7%) | 6:29 | 9.3 (60.8%) |
| 175 | TOMASZEWSKI Dominik | 29 | | Open M | 106 | 00:32:34.60 | 00:32:38.60 | +00:12:57 (39.7%) | 6:30 | 9.2 (60.1%) |
| 176 | KILIŃSKA Magdalena | 256 | | Open K | 70 | 00:32:32.70 | 00:32:51.20 | +00:13:10 (40.1%) | 6:30 | 9.2 (60.1%) |
| 177 | JASIK Jarosław | 199 | | Open M | 107 | 00:32:29.95 | 00:32:53.50 | +00:13:12 (40.2%) | 6:30 | 9.2 (60.1%) |
| 178 | MACIEJCZAK Karolina | 253 | | Open K | 71 | 00:32:41.95 | 00:32:54.60 | +00:13:13 (40.2%) | 6:32 | 9.2 (60.1%) |
| 179 | WRUK Justyna | 202 | | Open K | 72 | 00:32:38.00 | 00:32:55.95 | +00:13:14 (40.2%) | 6:31 | 9.2 (60.1%) |
| 180 | MALEC Justyna | 234 | | Open K | 73 | 00:32:49.70 | 00:32:58.45 | +00:13:17 (40.3%) | 6:34 | 9.1 (59.5%) |
| 181 | PRENTKI Adam | 1 | | Open M | 108 | 00:32:39.60 | 00:33:02.25 | +00:13:21 (40.4%) | 6:32 | 9.2 (60.1%) |
| 182 | WYPYCH-KLUNDER Katarzyna | 28 | | Open K | 74 | 00:32:43.55 | 00:33:03.90 | +00:13:22 (40.5%) | 6:32 | 9.2 (60.1%) |
| 183 | SZOŁDRA Marta | 92 | | Open K | 75 | 00:32:41.85 | 00:33:05.25 | +00:13:24 (40.5%) | 6:32 | 9.2 (60.1%) |
| 184 | BURNICKA Ewa | 231 | | Open K | 76 | 00:32:51.40 | 00:33:12.65 | +00:13:31 (40.7%) | 6:34 | 9.1 (59.5%) |
| 185 | KWASIGROCH Aleksandra | 287 | | Open K | 77 | 00:33:05.35 | 00:33:16.15 | +00:13:35 (40.8%) | 6:37 | 9.1 (59.5%) |
| 186 | MAJORKOWSKA Anna | 46 | | Open K | 78 | 00:33:13.40 | 00:33:18.70 | +00:13:37 (40.9%) | 6:38 | 9 (58.8%) |
| 187 | CYBUL Anna | 138 | | Open K | 79 | 00:33:24.20 | 00:33:31.80 | +00:13:50 (41.3%) | 6:40 | 9 (58.8%) |
| 188 | WALCZAK Jacek | 44 | | Open M | 109 | 00:33:19.95 | 00:33:33.25 | +00:13:52 (41.3%) | 6:40 | 9 (58.8%) |
| 189 | PIETRUSZEWSKI Bogdan` | 45 | | Open M | 110 | 00:33:24.60 | 00:33:33.30 | +00:13:52 (41.3%) | 6:41 | 9 (58.8%) |
| 190 | MELLEM Anna | 27 | | Open K | 80 | 00:33:28.65 | 00:33:44.60 | +00:14:03 (41.7%) | 6:41 | 9 (58.8%) |
| 191 | ŻOŁNIERKIEWICZ Agata | 171 | | Open K | 81 | 00:33:23.00 | 00:33:46.45 | +00:14:05 (41.7%) | 6:40 | 9 (58.8%) |
| 192 | JAKUBOWSKI Mateusz | 101 | | Open M | 111 | 00:33:42.40 | 00:33:57.40 | +00:14:16 (42.0%) | 6:44 | 8.9 (58.2%) |
| 193 | SŁOWIK Przemysław | 69 | | Open M | 112 | 00:33:44.50 | 00:34:00.55 | +00:14:19 (42.1%) | 6:44 | 8.9 (58.2%) |
| 194 | WIŚNIEWSKA Ewa | 107 | | Open K | 82 | 00:34:01.85 | 00:34:11.15 | +00:14:30 (42.4%) | 6:48 | 8.8 (57.5%) |
| 195 | KUCHARSKI Adam | 108 | | Open M | 113 | 00:34:01.00 | 00:34:11.35 | +00:14:30 (42.4%) | 6:48 | 8.8 (57.5%) |
| 196 | KOSZOWSKA Ania | 259 | | Open K | 83 | 00:34:05.25 | 00:34:23.55 | +00:14:42 (42.8%) | 6:49 | 8.8 (57.5%) |
| 197 | DZIŻA-KONICZYŃSKA Zuzanna | 58 | | Open K | 84 | 00:34:04.45 | 00:34:25.70 | +00:14:44 (42.8%) | 6:48 | 8.8 (57.5%) |
| 198 | JAKUBOWSKI Jan | 100 | | Open M | 114 | 00:34:16.50 | 00:34:30.60 | +00:14:49 (43.0%) | 6:51 | 8.8 (57.5%) |
| 199 | KUFEL Maria | 130 | | Open K | 85 | 00:34:23.15 | 00:34:35.00 | +00:14:54 (43.1%) | 6:52 | 8.7 (56.9%) |
| 200 | STAWICKI Bartosz | 284 | | Open M | 115 | 00:34:47.70 | 00:35:01.60 | +00:15:20 (43.8%) | 6:57 | 8.6 (56.2%) |
| 201 | SZYMAŃSKA Mirela | 207 | | Open K | 86 | 00:34:57.70 | 00:35:08.30 | +00:15:27 (44.0%) | 6:59 | 8.6 (56.2%) |
| 202 | WALEWICZ Piotr | 209 | | Open M | 116 | 00:34:57.90 | 00:35:08.60 | +00:15:27 (44.0%) | 6:59 | 8.6 (56.2%) |
| 203 | ASTUKIEWICZ Tomasz | 133 | | Open M | 117 | 00:35:06.75 | 00:35:21.65 | +00:15:40 (44.3%) | 7:01 | 8.5 (55.6%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas netto 5km | Czas brutto 5km | Różn | Tempo min/km | Tempo km/h |
|-----|------------------------------------|------------|------|-----------|------|--------------------|--------------------|-------------------|--------------|-------------|
| 204 | ASTUKIEWICZ Agnieszka | 132 | | Open K | 87 | 00:35:07.05 | 00:35:21.75 | +00:15:40 (44.3%) | 7:01 | 8.5 (55.6%) |
| 205 | BEKER-ZABROCKA Aleksandra | 37 | | Open K | 88 | 00:35:02.25 | 00:35:26.40 | +00:15:45 (44.5%) | 7:00 | 8.6 (56.2%) |
| 206 | MORDAKA Maciej | 118 | | Open M | 118 | 00:35:12.50 | 00:35:27.05 | +00:15:46 (44.5%) | 7:02 | 8.5 (55.6%) |
| 207 | BON Oliwier | 266 | | Open M | 119 | 00:35:25.20 | 00:35:43.15 | +00:16:02 (44.9%) | 7:05 | 8.5 (55.6%) |
| 208 | SZCZEPANEK-KOZINSKA Justyna | 260 | | Open K | 89 | 00:35:30.35 | 00:35:49.25 | +00:16:08 (45.1%) | 7:06 | 8.4 (54.9%) |
| 209 | FRONTCZAK Arkadiusz | 26 | | Open M | 120 | 00:35:39.90 | 00:35:55.20 | +00:16:14 (45.2%) | 7:08 | 8.4 (54.9%) |
| 210 | TOMCZAK Kinga | 229 | | Open K | 90 | 00:35:44.90 | 00:35:56.65 | +00:16:15 (45.2%) | 7:09 | 8.4 (54.9%) |
| 211 | PIECHOWIAK Oliwia | 273 | | Open K | 91 | 00:35:56.05 | 00:36:00.45 | +00:16:19 (45.3%) | 7:11 | 8.3 (54.2%) |
| 212 | ZACHARA Aneta | 75 | | Open K | 92 | 00:35:54.60 | 00:36:03.60 | +00:16:22 (45.4%) | 7:10 | 8.4 (54.9%) |
| 213 | KUZIAK Ola | 131 | | Open K | 93 | 00:35:56.70 | 00:36:23.80 | +00:16:42 (45.9%) | 7:11 | 8.3 (54.2%) |
| 214 | RASSALSKA-KAUSA Jola | 278 | | Open K | 94 | 00:36:05.70 | 00:36:25.60 | +00:16:44 (46.0%) | 7:13 | 8.3 (54.2%) |
| 215 | ZIELIŃSKI Waldemar | 5 | | Open M | 121 | 00:36:05.70 | 00:36:25.70 | +00:16:44 (46.0%) | 7:13 | 8.3 (54.2%) |
| 216 | ROGALSKA Marta | 39 | | Open K | 95 | 00:36:27.45 | 00:36:31.45 | +00:16:50 (46.1%) | 7:17 | 8.2 (53.6%) |
| 217 | WYSOCKA Paulina | 146 | | Open K | 96 | 00:36:41.50 | 00:37:01.70 | +00:17:20 (46.8%) | 7:20 | 8.2 (53.6%) |
| 218 | ZACHARA Piotr | 74 | | Open M | 122 | 00:37:09.20 | 00:37:18.10 | +00:17:37 (47.2%) | 7:26 | 8.1 (52.9%) |
| 219 | SZTOLIN Sylwia | 221 | | Open K | 97 | 00:37:06.80 | 00:37:29.70 | +00:17:48 (47.5%) | 7:25 | 8.1 (52.9%) |
| 220 | MUZOLF Natalia | 16 | | Open K | 98 | 00:37:24.00 | 00:37:39.60 | +00:17:58 (47.7%) | 7:28 | 8 (52.3%) |
| 221 | SIECZKOŚ Agnieszka | 275 | | Open K | 99 | 00:37:23.05 | 00:37:40.10 | +00:17:59 (47.7%) | 7:28 | 8 (52.3%) |
| 222 | GORZYCKI Dariusz | 12 | | Open M | 123 | 00:37:24.80 | 00:37:42.15 | +00:18:01 (47.8%) | 7:29 | 8 (52.3%) |
| 223 | JELIŃSKA Natalia | 276 | | Open K | 100 | 00:37:26.60 | 00:37:43.25 | +00:18:02 (47.8%) | 7:29 | 8 (52.3%) |
| 224 | WIECZOREK Justyna | 173 | | Open K | 101 | 00:39:17.85 | 00:39:41.55 | +00:20:00 (50.4%) | 7:51 | 7.6 (49.7%) |
| 225 | JUSZCZAK Małgorzata | 153 | | Open K | 102 | 00:39:18.05 | 00:39:41.75 | +00:20:00 (50.4%) | 7:51 | 7.6 (49.7%) |
| 226 | REDLAK Tomasz | 174 | | Open M | 124 | 00:39:17.25 | 00:39:41.85 | +00:20:00 (50.4%) | 7:51 | 7.6 (49.7%) |
| 226 | GRABIŃSKI Henryk | 117 | | Open M | 124 | 00:39:16.90 | 00:39:41.85 | +00:20:00 (50.4%) | 7:51 | 7.6 (49.7%) |
| 228 | ROSZAK Tomasz | 157 | | Open M | 126 | 00:39:16.75 | 00:39:41.95 | +00:20:00 (50.4%) | 7:51 | 7.6 (49.7%) |
| 229 | WOŹNIAK Monika | 150 | | Open K | 103 | 00:40:21.55 | 00:40:34.95 | +00:20:53 (51.5%) | 8:04 | 7.4 (48.4%) |
| 230 | ZIELIŃSKA Małgorzata | 2 | | Open K | 104 | 00:40:31.05 | 00:40:53.40 | +00:21:12 (51.9%) | 8:06 | 7.4 (48.4%) |
| 231 | GÓRNY Łukasz | 94 | | Open M | 127 | 00:40:41.00 | 00:40:54.65 | +00:21:13 (51.9%) | 8:08 | 7.4 (48.4%) |
| 232 | JAGIELNICKA Magdalena | 241 | | Open K | 105 | 00:40:50.55 | 00:41:07.10 | +00:21:26 (52.1%) | 8:10 | 7.3 (47.7%) |
| 233 | SULKOWSKA Jadwiga | 197 | | Open K | 106 | 00:40:44.85 | 00:41:07.15 | +00:21:26 (52.1%) | 8:09 | 7.4 (48.4%) |
| 234 | SŁOWIK Sylwia | 70 | | Open K | 107 | 00:41:09.00 | 00:41:24.55 | +00:21:43 (52.5%) | 8:13 | 7.3 (47.7%) |
| 235 | TROJAŃCZYK Krzysztof | 116 | | Open M | 128 | 00:42:23.05 | 00:42:45.60 | +00:23:04 (54.0%) | 8:28 | 7.1 (46.4%) |
| 236 | MŁYNAREK Aneta | 112 | | Open K | 108 | 00:42:28.05 | 00:42:49.65 | +00:23:08 (54.0%) | 8:29 | 7.1 (46.4%) |
| 237 | MŁYNAREK Piotr | 113 | | Open M | 129 | 00:42:28.40 | 00:42:50.25 | +00:23:09 (54.1%) | 8:29 | 7.1 (46.4%) |
| 238 | BAJOREK Angelika | 200 | | Open K | 109 | 00:42:51.60 | 00:43:04.70 | +00:23:23 (54.3%) | 8:34 | 7 (45.8%) |
| 239 | BAJOREK Kacper | 251 | | Open M | 130 | 00:43:05.15 | 00:43:05.15 | +00:23:24 (54.3%) | 8:37 | 7 (45.8%) |
| 240 | CABAŃSKI Jacek | 175 | | Open M | 131 | 00:43:20.20 | 00:43:28.65 | +00:23:47 (54.7%) | 8:40 | 6.9 (45.1%) |
| 241 | PAŁECKI Adam | 258 | | Open M | 132 | 00:43:21.30 | 00:43:28.85 | +00:23:47 (54.7%) | 8:40 | 6.9 (45.1%) |
| 242 | KOPAŃSKA Agnieszka | 176 | | Open K | 110 | 00:43:21.00 | 00:43:29.15 | +00:23:48 (54.7%) | 8:40 | 6.9 (45.1%) |
| 243 | KICIŃSKA Joanna | 166 | | Open K | 111 | 00:43:44.10 | 00:43:50.55 | +00:24:09 (55.1%) | 8:44 | 6.9 (45.1%) |
| 244 | SAPA Dariusz | 38 | | Open M | 133 | 00:43:45.15 | 00:43:51.40 | +00:24:10 (55.1%) | 8:45 | 6.9 (45.1%) |

Znaleziono 244 wynik(ów)