



Organizator: OTK Rzeźnik
Data: 2015-10-18
Miejsce: Gliwice
Dystans: 21.1 km

II PÓŁMARATON GLIWICKI

B4SPORT
INTELEKTUALNE ZAWODY SPORTOWE

B4SPORT
INTELEKTUALNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | 5km | 10km | 15km | 20km | Czas netto 21.1km | Czas brutto 21.1km | Różn | Tempo min/km | Tempo km/h |
|-----|-----------------------------|-------------|--------------------------------------|-----------|------|-------------|----------|----------|----------|----------|--------------------|--------------------|-------------------|--------------|--------------|
| 1 | OLIINYK Paweł | 1204 | KS ICE MAT TEAM OSTRÓW WLKP. | M-20 | 1 | 00:00:02 | 00:15:48 | 00:31:54 | 00:48:06 | 01:04:21 | 01:07:51.30 | 01:07:54.05 | | 3:12 | 18.7 (100%) |
| 2 | NAGIRNIAK Wiktor | 1131 | | M-20 | 2 | 00:00:03 | 00:16:16 | 00:33:03 | 00:50:22 | 01:07:40 | 01:11:16.60 | 01:11:19.65 | +00:03:25 (4.8%) | 3:22 | 17.8 (95.2%) |
| 3 | KWALIA Launen | 1219 | SKKS DORCUS SPORT | M-20 | 3 | 00:00:03 | 00:16:15 | 00:33:03 | 00:50:22 | 01:07:41 | 01:11:19.35 | 01:11:22.50 | +00:03:28 (4.9%) | 3:22 | 17.8 (95.2%) |
| 4 | FORMICKI Rafał | 165 | VICTORIA ZAWIERCIE | M-20 | 4 | 00:00:03 | 00:17:36 | 00:34:52 | 00:52:29 | 01:10:25 | 01:14:17.70 | 01:14:21.60 | +00:06:26 (8.7%) | 3:31 | 17 (90.9%) |
| 5 | KWIECIŃSKI Michał | 965 | URODZENI BIEGACZE WWW.BORNRUNNERS.PL | M-20 | 5 | 00:00:02 | 00:17:52 | 00:35:35 | 00:53:44 | 01:12:36 | 01:16:51.35 | 01:16:53.90 | +00:09:00 (11.7%) | 3:38 | 16.5 (88.2%) |
| 6 | BIELIŃSKI Piotr | 874 | SOKÓŁ KNURÓW/RYZDZ TEAM | M-20 | 6 | 00:00:02 | 00:18:09 | 00:36:15 | 00:54:48 | 01:13:57 | 01:18:01.25 | 01:18:03.50 | +00:10:09 (13.0%) | 3:41 | 16.2 (86.6%) |
| 7 | JARCZYK Marcin | 1014 | | M-30 | 1 | 00:00:03 | 00:18:25 | 00:36:56 | 00:55:43 | 01:14:44 | 01:18:55.90 | 01:18:59.65 | +00:11:04 (14.0%) | 3:44 | 16 (85.6%) |
| 8 | RYSZKA Dariusz | 843 | UKS OLIMPIA ZABRZE | M-20 | 7 | 00:00:02 | 00:19:11 | 00:38:06 | 00:56:30 | 01:15:16 | 01:19:15.90 | 01:19:18.30 | +00:11:24 (14.4%) | 3:45 | 16 (85.6%) |
| 9 | KOSZAŁKA Dariusz | 743 | PĘDZIWIATR GLIWICE | M-40 | 1 | 00:00:02 | 00:18:19 | 00:37:08 | 00:56:05 | 01:15:18 | 01:19:24.30 | 01:19:27.05 | +00:11:33 (14.5%) | 3:45 | 15.9 (85.0%) |
| 10 | MORDYŃSKI Bartłomiej | 837 | UKS OLIMPIA ZABRZE | M-20 | 8 | 00:00:03 | 00:19:13 | 00:38:05 | 00:56:42 | 01:15:40 | 01:19:45.40 | 01:19:49.15 | +00:11:54 (14.9%) | 3:46 | 15.9 (85.0%) |
| 11 | CHESANG Dorcus | 1217 | SKKS DORCUS SPORT | K-20 | 1 | 00:00:03 | 00:18:14 | 00:37:08 | 00:56:19 | 01:15:46 | 01:20:04.75 | 01:20:08.25 | +00:12:13 (15.3%) | 3:47 | 15.8 (84.5%) |
| 12 | SLADEK Dawid | 726 | | M-20 | 9 | 00:00:03 | 00:18:46 | 00:37:54 | 00:56:41 | 01:15:50 | 01:20:09.70 | 01:20:12.85 | +00:12:18 (15.4%) | 3:47 | 15.8 (84.5%) |
| 13 | SZCZECIŃSKI Maciej | 199 | | M-30 | 2 | 00:00:03 | 00:19:42 | 00:39:04 | 00:58:06 | 01:16:49 | 01:20:52.35 | 01:20:56.25 | +00:13:01 (16.1%) | 3:49 | 15.7 (84.0%) |
| 14 | JAGIEŁA Adam | 584 | | M-40 | 2 | 00:00:03 | 00:18:30 | 00:37:21 | 00:56:58 | 01:16:49 | 01:20:56.65 | 01:20:59.65 | +00:13:05 (16.2%) | 3:50 | 15.6 (83.4%) |
| 15 | GRZEGORZYCA Marcin | 551 | | M-30 | 3 | 00:00:03 | 00:19:13 | 00:38:30 | 00:57:57 | 01:17:12 | 01:21:11.30 | 01:21:15.25 | +00:13:20 (16.4%) | 3:50 | 15.6 (83.4%) |
| 16 | DUŻNIAK Dominik | 504 | STEP-DANCE RUN GLIWICE | M-30 | 4 | 00:00:03 | 00:19:11 | 00:38:32 | 00:57:58 | 01:17:33 | 01:21:53.20 | 01:21:56.55 | +00:14:01 (17.1%) | 3:52 | 15.5 (82.9%) |
| 17 | ŚNIEGÓRSKI Maciej | 1109 | SKLEPBIEGACZA.PL GLIWICE TEAM | M-30 | 5 | 00:00:02 | 00:19:11 | 00:38:07 | 00:57:22 | 01:17:33 | 01:21:58.70 | 01:22:01.45 | +00:14:07 (17.2%) | 3:53 | 15.4 (82.4%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas | | | | | Czas netto 21.1km | Czas brutto 21.1km | Różn | Tempo min/km | Tempo km/h |
|-----|-----------------------------|-------------|--|-----------|------|----------|----------|----------|----------|----------|----------------------|-----------------------|----------------------|-----------------|-----------------|
| | | | | | | startu | 5km | 10km | 15km | 20km | | | | | |
| 18 | OLIJNYK Switlana | 1205 | KS ICE MAT TEAM OSTRÓW WLKP. | K-30 | 1 | 00:00:03 | 00:19:12 | 00:38:29 | 00:57:57 | 01:17:56 | 01:22:25.45 | 01:22:28.75 | +00:14:34 (17.7%) | 3:54 | 15.4 (82.4%) |
| 19 | NAGIRNIAK Natalia | 1132 | | K-20 | 2 | 00:00:03 | 00:19:21 | 00:39:02 | 00:58:57 | 01:18:31 | 01:22:47.85 | 01:22:51.35 | +00:14:56 (18.0%) | 3:55 | 15.3 (81.8%) |
| 20 | WŁODARCZYK Patrycja | 1233 | JKLA JAWOR | K-30 | 2 | 00:00:03 | 00:19:12 | 00:38:53 | 00:58:36 | 01:18:52 | 01:23:25.00 | 01:23:28.00 | +00:15:33 (18.7%) | 3:57 | 15.2 (81.3%) |
| 21 | NOWICKI Michał | 768 | | M-16 | 1 | 00:00:06 | 00:20:09 | 00:39:52 | 00:59:29 | 01:19:35 | 01:23:45.20 | 01:23:52.05 | +00:15:53 (19.0%) | 3:58 | 15.1 (80.7%) |
| 22 | PISKORZ Łukasz | 908 | STRZELIŃSKI KLUB BIEGACZA GRANIT | M-30 | 6 | 00:00:05 | 00:20:13 | 00:40:24 | 00:59:56 | 01:19:37 | 01:23:54.30 | 01:23:59.75 | +00:16:03 (19.1%) | 3:58 | 15.1 (80.7%) |
| 23 | MATLOK Marek | 319 | BIEGAJ Z PILECKIM | M-30 | 7 | 00:00:05 | 00:19:44 | 00:39:48 | 00:59:49 | 01:19:43 | 01:23:57.40 | 01:24:02.75 | +00:16:06 (19.2%) | 3:58 | 15.1 (80.7%) |
| 24 | CHOJNOWSKI Sebastian | 1224 | GLIWICKIE TOWARZYSTWO TRIATHLONOWE | M-20 | 10 | 00:00:00 | 00:18:58 | 00:38:34 | 00:58:56 | 01:20:10 | 01:24:47.85 | 01:24:47.85 | +00:16:56 (20.0%) | 4:01 | 14.9 (79.7%) |
| 25 | PLOCH Jakub | 275 | | M-20 | 12 | 00:00:02 | 00:19:02 | 00:39:03 | 00:59:14 | 01:20:16 | 01:24:48.05 | 01:24:50.80 | +00:16:56 (20.0%) | 4:01 | 14.9 (79.7%) |
| 26 | OCHMAN Paweł | 1052 | FUTURE PROCESSING RUNNING TEAM | M-20 | 11 | 00:00:06 | 00:20:14 | 00:40:06 | 01:00:17 | 01:20:37 | 01:24:47.90 | 01:24:54.75 | +00:16:56 (20.0%) | 4:01 | 14.9 (79.7%) |
| 27 | BOCHEŃSKI Grzegorz | 206 | AMATOR | M-30 | 8 | 00:00:16 | 00:19:49 | 00:39:44 | 01:00:03 | 01:21:10 | 01:25:44.50 | 01:26:00.65 | +00:17:53 (20.9%) | 4:03 | 14.8 (79.1%) |
| 28 | DWORNICZAK Łukasz | 724 | | M-30 | 9 | 00:00:07 | 00:20:28 | 00:40:51 | 01:01:21 | 01:21:49 | 01:26:06.40 | 01:26:14.35 | +00:18:15 (21.2%) | 4:04 | 14.7 (78.6%) |
| 29 | BUJNOWSKI Artur | 79 | KLUB BIEGACZA ENDURANCE SOLIDARNI KNURÓW | M-20 | 13 | 00:00:05 | 00:20:34 | 00:40:40 | 01:01:07 | 01:21:41 | 01:26:19.10 | 01:26:24.10 | +00:18:27 (21.4%) | 4:05 | 14.7 (78.6%) |
| 30 | MIKULSKI Andrzej | 281 | | M-40 | 3 | 00:00:04 | 00:21:35 | 00:42:12 | 01:02:37 | 01:22:47 | 01:27:00.80 | 01:27:05.00 | +00:19:09 (22.0%) | 4:07 | 14.5 (77.5%) |
| 31 | SKALSKI Mateusz | 1278 | | M-30 | 10 | 00:00:15 | 00:20:37 | 00:41:27 | 01:02:11 | 01:22:53 | 01:27:20.40 | 01:27:35.55 | +00:19:29 (22.3%) | 4:08 | 14.5 (77.5%) |
| 32 | URBAŃCZYK Karol | 287 | NIGHT RUNNERS GLIWICE | M-20 | 14 | 00:00:14 | 00:20:35 | 00:41:26 | 01:02:13 | 01:22:58 | 01:27:21.90 | 01:27:36.25 | +00:19:30 (22.3%) | 4:08 | 14.5 (77.5%) |
| 33 | MOMOT Michał | 1115 | | M-30 | 12 | 00:00:14 | 00:20:41 | 00:41:26 | 01:02:12 | 01:23:06 | 01:27:26.25 | 01:27:40.40 | +00:19:34 (22.4%) | 4:08 | 14.5 (77.5%) |
| 34 | MALIK Mateusz | 824 | | M-30 | 11 | 00:00:19 | 00:21:07 | 00:41:37 | 01:02:10 | 01:23:04 | 01:27:24.55 | 01:27:43.80 | +00:19:33 (22.4%) | 4:08 | 14.5 (77.5%) |
| 35 | CHOMIK Rafał | 623 | T2 SALCO TEAM | M-30 | 13 | 00:00:05 | 00:20:02 | 00:40:09 | 01:01:20 | 01:23:02 | 01:27:45.80 | 01:27:51.45 | +00:19:54 (22.7%) | 4:09 | 14.4 (77.0%) |
| 36 | GOŁASZEWSKI Tomasz | 1253 | | M-40 | 4 | 00:00:04 | 00:20:38 | 00:41:10 | 01:02:27 | 01:23:29 | 01:28:05.80 | 01:28:10.70 | +00:20:14 (23.0%) | 4:10 | 14.4 (77.0%) |
| 37 | FALEJCZYK Mateusz | 1106 | | M-20 | 15 | 00:00:11 | 00:19:38 | 00:39:58 | 01:01:14 | 01:23:24 | 01:28:07.75 | 01:28:18.95 | +00:20:16 (23.0%) | 4:10 | 14.4 (77.0%) |
| 38 | STARŻYK Paweł | 135 | RUNSTARS | M-30 | 14 | 00:00:28 | 00:21:21 | 00:42:20 | 01:03:07 | 01:23:51 | 01:28:08.90 | 01:28:37.65 | +00:20:17 (23.0%) | 4:10 | 14.4 (77.0%) |
| 39 | BUJALSKI Michał | 114 | AKS DRAGON | M-20 | 16 | 00:00:16 | 00:21:04 | 00:41:50 | 01:02:56 | 01:24:01 | 01:28:26.80 | 01:28:43.20 | +00:20:35 (23.3%) | 4:11 | 14.3 (76.5%) |
| 40 | ŻOŁĄDŹ Piotr | 667 | | M-20 | 17 | 00:00:08 | 00:21:16 | 00:42:26 | 01:03:30 | 01:24:21 | 01:28:45.05 | 01:28:53.55 | +00:20:53 (23.5%) | 4:12 | 14.3 (76.5%) |
| 41 | BAKALARZ Emil | 397 | | M-20 | 18 | 00:00:07 | 00:21:06 | 00:42:22 | 01:03:31 | 01:24:27 | 01:28:47.40 | 01:28:54.85 | +00:20:56 (23.6%) | 4:12 | 14.3 (76.5%) |
| 42 | GAŁĘZA Sławomir | 427 | MINNEAPOLIS TWINS | M-30 | 15 | 00:00:27 | 00:21:00 | 00:42:11 | 01:03:24 | 01:24:07 | 01:28:27.65 | 01:28:55.35 | +00:20:36 (23.3%) | 4:11 | 14.3 (76.5%) |
| 43 | WOLNY Krzysztof | 169 | | M-30 | 16 | 00:00:09 | 00:21:16 | 00:42:33 | 01:03:48 | 01:24:34 | 01:28:58.90 | 01:29:08.15 | +00:21:07 (23.7%) | 4:13 | 14.2 (75.9%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas | | | | | Czas netto 21.1km | Czas brutto 21.1km | Różn | Tempo min/km | Tempo km/h |
|-----|------------------------------|-------------|----------------------------------|-----------|------|----------|----------|----------|----------|----------|----------------------|-----------------------|----------------------|-----------------|-----------------|
| | | | | | | startu | 5km | 10km | 15km | 20km | | | | | |
| 44 | LASKOWSKI Tomasz | 345 | BIEGAJ Z TRENERAMI FC 24 GLIWICE | M-30 | 17 | 00:00:13 | 00:20:58 | 00:42:15 | 01:03:22 | 01:24:28 | 01:29:14.45 | 01:29:28.35 | +00:21:23 (24.0%) | 4:13 | 14.2 (75.9%) |
| 45 | STEC Jerzy | 638 | | M-50 | 1 | 00:00:06 | 00:20:52 | 00:42:08 | 01:03:42 | 01:24:57 | 01:29:27.85 | 01:29:33.85 | +00:21:36 (24.2%) | 4:14 | 14.2 (75.9%) |
| 46 | POŚNIAK Tomasz | 436 | ISTA BIEGAMY | M-20 | 19 | 00:00:09 | 00:21:18 | 00:42:34 | 01:03:53 | 01:25:09 | 01:29:40.95 | 01:29:50.70 | +00:21:49 (24.3%) | 4:15 | 14.1 (75.4%) |
| 47 | WOLNY Dariusz | 484 | | M Open | 1 | 00:00:06 | 00:20:48 | 00:41:59 | 01:03:12 | 01:25:09 | 01:29:46.05 | 01:29:52.65 | +00:21:54 (24.4%) | 4:15 | 14.1 (75.4%) |
| 48 | KOZIOŁ Jarek | 1144 | NIEWYMIĘKACZE | M-30 | 18 | 00:00:09 | 00:21:15 | 00:42:33 | 01:03:52 | 01:25:05 | 01:29:44.05 | 01:29:53.15 | +00:21:52 (24.4%) | 4:15 | 14.1 (75.4%) |
| 48 | KWAŚNIEWSKI Tadeusz | 832 | | M-20 | 22 | 00:00:09 | 00:21:16 | 00:42:33 | 01:03:51 | 01:25:17 | 01:29:43.75 | 01:29:53.15 | +00:21:52 (24.4%) | 4:15 | 14.1 (75.4%) |
| 50 | GRZYWNA Grzegorz | 1136 | WKB META LUBLINIEC | M-20 | 20 | 00:00:11 | 00:20:39 | 00:41:36 | 01:02:54 | 01:25:02 | 01:29:42.50 | 01:29:53.70 | +00:21:51 (24.4%) | 4:15 | 14.1 (75.4%) |
| 51 | GROCHOWINA Filip | 138 | | M-20 | 21 | 00:00:10 | 00:21:16 | 00:42:33 | 01:03:52 | 01:25:05 | 01:29:43.00 | 01:29:53.75 | +00:21:51 (24.4%) | 4:15 | 14.1 (75.4%) |
| 52 | BRUDNY Grzegorz | 919 | KWK PNIÓWEK | M-40 | 5 | 00:00:05 | 00:20:47 | 00:42:10 | 01:03:40 | 01:25:25 | 01:29:50.20 | 01:29:55.40 | +00:21:58 (24.5%) | 4:15 | 14.1 (75.4%) |
| 53 | DŁUGOSZ Agata | 560 | BIEGAM Z PASJĄ | K-30 | 3 | 00:00:08 | 00:21:16 | 00:42:34 | 01:03:49 | 01:25:22 | 01:29:46.60 | 01:29:55.55 | +00:21:55 (24.4%) | 4:15 | 14.1 (75.4%) |
| 54 | KANIA Karol | 698 | AMATOR | M-30 | 19 | 00:00:11 | 00:21:15 | 00:42:33 | 01:03:51 | 01:25:16 | 01:29:47.90 | 01:29:58.90 | +00:21:56 (24.4%) | 4:15 | 14.1 (75.4%) |
| 55 | GUZY Andrzej | 767 | JW 3940AGAT | M-50 | 2 | 00:00:04 | 00:20:16 | 00:41:44 | 01:03:34 | 01:25:23 | 01:29:55.00 | 01:29:59.70 | +00:22:03 (24.5%) | 4:15 | 14.1 (75.4%) |
| 56 | SZECÓWKA Aneta | 405 | | K-30 | 4 | 00:00:14 | 00:20:51 | 00:42:00 | 01:03:43 | 01:25:17 | 01:29:58.95 | 01:30:13.75 | +00:22:07 (24.6%) | 4:15 | 14.1 (75.4%) |
| 57 | KIECÓŃ Michał | 872 | USTROŃ MOUNTAIN TEAM | M-20 | 23 | 00:00:09 | 00:20:57 | 00:42:00 | 01:03:08 | 01:25:11 | 01:30:06.15 | 01:30:15.25 | +00:22:14 (24.7%) | 4:16 | 14.1 (75.4%) |
| 58 | MIRONOWICZ Bartłomiej | 1092 | | M-20 | 24 | 00:00:13 | 00:21:01 | 00:42:15 | 01:03:47 | 01:25:39 | 01:30:15.70 | 01:30:29.35 | +00:22:24 (24.8%) | 4:16 | 14 (74.9%) |
| 59 | LEWICKI Tomasz | 166 | AKMB PĘDZIWIATR GLIWICE | M-30 | 20 | 00:00:13 | 00:20:56 | 00:42:15 | 01:03:42 | 01:25:41 | 01:30:18.75 | 01:30:31.95 | +00:22:27 (24.9%) | 4:16 | 14 (74.9%) |
| 60 | MIKULSKI Przemysław | 367 | | M-20 | 25 | 00:00:03 | 00:21:41 | 00:42:45 | 01:04:03 | 01:26:02 | 01:30:35.65 | 01:30:39.60 | +00:22:44 (25.1%) | 4:17 | 14 (74.9%) |
| 61 | ŁATA Piotr | 1223 | | M-40 | 6 | 00:00:08 | 00:21:41 | 00:43:03 | 01:04:29 | 01:26:22 | 01:30:54.60 | 01:31:03.10 | +00:23:03 (25.4%) | 4:18 | 13.9 (74.3%) |
| 62 | LEWICKA Elżbieta | 503 | NIEZRZESZONA | K-40 | 1 | 00:00:06 | 00:21:48 | 00:43:38 | 01:05:10 | 01:26:38 | 01:30:59.55 | 01:31:05.60 | +00:23:08 (25.4%) | 4:18 | 13.9 (74.3%) |
| 63 | KORPAK Piotr | 879 | MOTIVATO.PL | M-20 | 26 | 00:00:14 | 00:21:31 | 00:43:18 | 01:04:58 | 01:26:24 | 01:30:55.60 | 01:31:10.10 | +00:23:04 (25.4%) | 4:18 | 13.9 (74.3%) |
| 64 | LIS Paweł | 943 | | M-20 | 31 | 00:00:09 | 00:21:16 | 00:42:33 | 01:03:48 | 01:26:09 | 01:31:22.25 | 01:31:32.20 | +00:23:30 (25.7%) | 4:19 | 13.9 (74.3%) |
| 65 | SZABELSKI Krzysztof | 699 | FUTURE PROCESSING RUNNING TEAM | M-20 | 28 | 00:00:24 | 00:22:26 | 00:44:22 | 01:05:51 | 01:26:54 | 01:31:08.25 | 01:31:32.80 | +00:23:16 (25.5%) | 4:19 | 13.9 (74.3%) |
| 66 | OSKWAREK Piotr | 681 | | M-20 | 30 | 00:00:14 | 00:21:13 | 00:42:44 | 01:04:21 | 01:26:42 | 01:31:21.75 | 01:31:36.60 | +00:23:30 (25.7%) | 4:19 | 13.9 (74.3%) |
| 67 | POLACZEK Alexander | 696 | | M-40 | 8 | 00:00:06 | 00:20:51 | 00:42:08 | 01:03:55 | 01:26:45 | 01:31:33.25 | 01:31:39.90 | +00:23:41 (25.9%) | 4:20 | 13.8 (73.8%) |
| 68 | OZYP Mariusz | 1061 | | M-20 | 32 | 00:00:04 | 00:20:50 | 00:42:25 | 01:04:17 | 01:26:49 | 01:31:35.90 | 01:31:40.50 | +00:23:44 (25.9%) | 4:20 | 13.8 (73.8%) |
| 69 | SANDALUK Łukasz | 512 | | M-16 | 2 | 00:00:25 | 00:21:30 | 00:43:19 | 01:04:51 | 01:26:52 | 01:31:16.70 | 01:31:41.95 | +00:23:25 (25.7%) | 4:19 | 13.9 (74.3%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas | | | | | Czas netto 21.1km | Czas brutto 21.1km | Różn | Tempo min/km | Tempo km/h |
|-----|----------------------------|-------------|-------------------------------|-----------|------|----------|----------|----------|----------|----------|----------------------|-----------------------|----------------------|-----------------|-----------------|
| | | | | | | startu | 5km | 10km | 15km | 20km | | | | | |
| 70 | MAJCHRZAK Marcin | 773 | HOLBOX RUNNERS | M-30 | 22 | 00:00:05 | 00:21:21 | 00:42:39 | 01:04:11 | 01:26:38 | 01:31:36.55 | 01:31:42.35 | +00:23:45 (25.9%) | 4:20 | 13.8 (73.8%) |
| 71 | KRAWCZYK Grzegorz | 96 | BIEGIEM RADOM! | M-40 | 7 | 00:00:27 | 00:21:38 | 00:43:32 | 01:05:06 | 01:26:44 | 01:31:15.40 | 01:31:42.80 | +00:23:24 (25.6%) | 4:19 | 13.9 (74.3%) |
| 72 | BAROS Daniel | 800 | FALSTART RUDNIKI | M-20 | 29 | 00:00:23 | 00:22:24 | 00:43:59 | 01:05:14 | 01:26:48 | 01:31:20.40 | 01:31:43.85 | +00:23:29 (25.7%) | 4:19 | 13.9 (74.3%) |
| 73 | DUPLA Konrad | 442 | | M-30 | 21 | 00:00:18 | 00:22:45 | 00:44:42 | 01:05:37 | 01:26:55 | 01:31:26.85 | 01:31:45.70 | +00:23:35 (25.8%) | 4:20 | 13.8 (73.8%) |
| 74 | DYMARCZYK Artur | 72 | TKS KARATE | M-20 | 27 | 00:00:41 | 00:21:13 | 00:42:29 | 01:03:57 | 01:26:22 | 01:31:07.00 | 01:31:48.75 | +00:23:15 (25.5%) | 4:19 | 13.9 (74.3%) |
| 75 | JACKOWSKI Piotr | 1095 | | M-40 | 9 | 00:00:14 | 00:22:09 | 00:43:47 | 01:05:13 | 01:27:21 | 01:31:51.95 | 01:32:06.45 | +00:24:00 (26.1%) | 4:21 | 13.8 (73.8%) |
| 76 | WILK Marcin | 55 | WILMAR | M-20 | 34 | 00:00:03 | 00:20:41 | 00:43:13 | 01:05:24 | 01:27:09 | 01:32:03.45 | 01:32:07.35 | +00:24:12 (26.3%) | 4:21 | 13.8 (73.8%) |
| 77 | MAŚCIBRZUCH Marcin | 1110 | SKLEPBIEGACZA.PL GLIWICE TEAM | M-20 | 33 | 00:00:24 | 00:21:04 | 00:42:19 | 01:04:04 | 01:26:55 | 01:31:47.50 | 01:32:12.15 | +00:23:56 (26.1%) | 4:21 | 13.8 (73.8%) |
| 78 | TWARDOCH Krzysztof | 1124 | | M-30 | 24 | 00:00:04 | 00:20:41 | 00:42:14 | 01:04:10 | 01:26:58 | 01:32:13.35 | 01:32:18.00 | +00:24:22 (26.4%) | 4:22 | 13.7 (73.3%) |
| 79 | KANIA Michał | 338 | | M-40 | 10 | 00:00:10 | 00:21:29 | 00:43:14 | 01:05:04 | 01:27:21 | 01:32:09.50 | 01:32:20.40 | +00:24:18 (26.4%) | 4:22 | 13.7 (73.3%) |
| 80 | POZOWSKI Jan | 336 | | M-30 | 23 | 00:00:24 | 00:21:28 | 00:43:33 | 01:05:13 | 01:27:11 | 01:31:56.45 | 01:32:21.40 | +00:24:05 (26.2%) | 4:21 | 13.8 (73.8%) |
| 81 | PYSZ Grzegorz | 755 | HRMAX ŻORY | M-40 | 11 | 00:00:16 | 00:21:09 | 00:42:26 | 01:04:21 | 01:27:13 | 01:32:11.15 | 01:32:27.25 | +00:24:19 (26.4%) | 4:22 | 13.7 (73.3%) |
| 82 | BUL Daniel | 915 | RAJSPORT ACTIVE ANTON TEAM | M-30 | 25 | 00:00:05 | 00:21:30 | 00:43:17 | 01:05:14 | 01:27:37 | 01:32:29.50 | 01:32:35.45 | +00:24:38 (26.6%) | 4:23 | 13.7 (73.3%) |
| 83 | GADEK Wojciech | 357 | WWW.BURGMANIA.NET | M-40 | 12 | 00:00:16 | 00:21:10 | 00:42:34 | 01:04:35 | 01:27:32 | 01:32:35.35 | 01:32:52.20 | +00:24:44 (26.7%) | 4:23 | 13.7 (73.3%) |
| 84 | ĆWIK Iwona | 677 | | K-30 | 5 | 00:00:08 | 00:21:01 | 00:42:41 | 01:05:18 | 01:27:56 | 01:32:45.25 | 01:32:53.45 | +00:24:53 (26.8%) | 4:23 | 13.6 (72.7%) |
| 85 | ZAMOJSKI Robert | 678 | | M-30 | 26 | 00:00:08 | 00:21:01 | 00:42:42 | 01:05:18 | 01:27:56 | 01:32:45.35 | 01:32:53.55 | +00:24:54 (26.8%) | 4:23 | 13.6 (72.7%) |
| 86 | ŁYCZKOWSKI Kamil | 271 | | M-20 | 35 | 00:00:53 | 00:21:09 | 00:42:43 | 01:04:47 | 01:27:41 | 01:32:21.05 | 01:33:14.20 | +00:24:29 (26.5%) | 4:22 | 13.7 (73.3%) |
| 87 | PACZKA Michał | 778 | GLIWICE | M-40 | 13 | 00:00:22 | 00:22:01 | 00:43:46 | 01:05:55 | 01:28:30 | 01:33:10.30 | 01:33:32.35 | +00:25:19 (27.2%) | 4:24 | 13.6 (72.7%) |
| 88 | SAP Karolina | 959 | NIGHT RUNNERS | K-20 | 3 | 00:00:15 | 00:21:46 | 00:43:54 | 01:05:59 | 01:28:42 | 01:33:35.10 | 01:33:50.35 | +00:25:43 (27.5%) | 4:26 | 13.5 (72.2%) |
| 89 | WITKIEWICZ Wojciech | 216 | | M-20 | 36 | 00:00:09 | 00:21:25 | 00:42:59 | 01:05:22 | 01:28:50 | 01:33:47.25 | 01:33:57.10 | +00:25:55 (27.7%) | 4:26 | 13.5 (72.2%) |
| 90 | KOWALSKI Wojciech | 1178 | ITACY BIEGACZE | M-40 | 14 | 00:00:36 | 00:20:54 | 00:42:28 | 01:04:36 | 01:28:12 | 01:33:23.60 | 01:33:59.90 | +00:25:32 (27.3%) | 4:25 | 13.6 (72.7%) |
| 91 | STAROSTKA Jacek | 1229 | PKO BP | M-40 | 16 | 00:00:12 | 00:22:27 | 00:44:30 | 01:06:40 | 01:29:05 | 01:33:48.30 | 01:34:01.05 | +00:25:57 (27.7%) | 4:26 | 13.5 (72.2%) |
| 92 | LOS Patryk | 22 | GARAGEGYM KRAPKOWICE | M-30 | 29 | 00:00:06 | 00:20:53 | 00:42:36 | 01:05:08 | 01:29:06 | 01:34:02.25 | 01:34:08.65 | +00:26:10 (27.8%) | 4:27 | 13.5 (72.2%) |
| 93 | BĄBSKI Szymon | 956 | KS HALNY WĘGIERSKA GÓRKA | M-30 | 27 | 00:00:31 | 00:21:47 | 00:43:38 | 01:05:55 | 01:28:50 | 01:33:37.65 | 01:34:09.05 | +00:25:46 (27.5%) | 4:26 | 13.5 (72.2%) |
| 94 | WUWER Mariusz | 162 | HRMAX ŻORY | M-30 | 30 | 00:00:06 | 00:21:55 | 00:43:58 | 01:06:28 | 01:29:26 | 01:34:06.85 | 01:34:12.95 | +00:26:15 (27.9%) | 4:27 | 13.5 (72.2%) |
| 95 | STASIAK Mirosław | 116 | ROCKWELL TEAM | M-30 | 28 | 00:00:35 | 00:21:03 | 00:43:11 | 01:05:51 | 01:28:49 | 01:33:38.85 | 01:34:13.95 | +00:25:47 (27.5%) | 4:26 | 13.5 (72.2%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas | | | | | Czas netto 21.1km | Czas brutto 21.1km | Różn | Tempo min/km | Tempo km/h |
|-----|-------------------------------|-------------|-----------------------------------|-----------|------|----------|----------|----------|----------|----------|----------------------|-----------------------|----------------------|-----------------|-----------------|
| | | | | | | startu | 5km | 10km | 15km | 20km | | | | | |
| 96 | KOWOLIK Łukasz | 1041 | NIEDZIELNI KOPACZE | M-20 | 37 | 00:00:18 | 00:22:18 | 00:44:31 | 01:06:38 | 01:29:11 | 01:33:57.55 | 01:34:16.00 | +00:26:06 (27.8%) | 4:27 | 13.5 (72.2%) |
| 97 | BŁACH'BUŁA' Piotr | 1037 | OPEL ACTIVE TEAM | M-40 | 18 | 00:00:16 | 00:21:31 | 00:43:39 | 01:06:07 | 01:29:11 | 01:34:08.15 | 01:34:24.20 | +00:26:16 (27.9%) | 4:27 | 13.4 (71.7%) |
| 98 | JAWOROWSKI Witold | 847 | | M-50 | 3 | 00:00:23 | 00:22:40 | 00:45:13 | 01:07:24 | 01:29:40 | 01:34:00.80 | 01:34:24.25 | +00:26:09 (27.8%) | 4:27 | 13.5 (72.2%) |
| 99 | PARZONKA Paweł | 410 | KS LENIWIEC | M-40 | 17 | 00:00:37 | 00:22:09 | 00:44:13 | 01:06:24 | 01:29:09 | 01:33:49.20 | 01:34:26.25 | +00:25:57 (27.7%) | 4:26 | 13.5 (72.2%) |
| 100 | ZIMOCH Przemysław | 416 | K.S.LENIWIEC | M-30 | 31 | 00:00:06 | 00:22:07 | 00:44:14 | 01:06:30 | 01:29:39 | 01:34:23.45 | 01:34:30.35 | +00:26:32 (28.1%) | 4:28 | 13.4 (71.7%) |
| 101 | KORNACKI Adrian | 901 | | M-40 | 19 | 00:00:14 | 00:21:01 | 00:42:58 | 01:05:35 | 01:29:13 | 01:34:23.85 | 01:34:38.30 | +00:26:32 (28.1%) | 4:28 | 13.4 (71.7%) |
| 102 | DRZAŁ Konrad | 1060 | SLAYER ADVENTURE 666 TEAM GLIWICE | M-30 | 32 | 00:00:12 | 00:21:24 | 00:43:11 | 01:05:37 | 01:29:19 | 01:34:26.70 | 01:34:39.50 | +00:26:35 (28.2%) | 4:28 | 13.4 (71.7%) |
| 103 | PAKULSKI Przemysław | 634 | | M-20 | 39 | 00:00:44 | 00:22:22 | 00:44:40 | 01:07:01 | 01:29:28 | 01:34:05.75 | 01:34:50.40 | +00:26:14 (27.9%) | 4:27 | 13.5 (72.2%) |
| 104 | BELZYT Edmund | 97 | ZABIEGANI CZĘSTOCHOWA | M-50 | 4 | 00:00:06 | 00:22:07 | 00:44:25 | 01:06:57 | 01:29:52 | 01:34:48.50 | 01:34:55.40 | +00:26:57 (28.4%) | 4:29 | 13.4 (71.7%) |
| 105 | WITAS Jacek | 766 | | M-40 | 15 | 00:01:18 | 00:22:52 | 00:44:45 | 01:06:43 | 01:28:46 | 01:33:39.95 | 01:34:58.05 | +00:25:48 (27.6%) | 4:26 | 13.5 (72.2%) |
| 106 | ARTER-KRZYŻEK Angelika | 1054 | AKN ADWOKACI TEAM | K-20 | 4 | 00:00:06 | 00:21:13 | 00:43:38 | 01:06:30 | 01:30:08 | 01:35:04.25 | 01:35:10.75 | +00:27:12 (28.6%) | 4:30 | 13.3 (71.1%) |
| 107 | WIECHUŁA Marcin | 18 | | M-30 | 34 | 00:00:17 | 00:21:13 | 00:42:27 | 01:04:45 | 01:29:13 | 01:34:53.35 | 01:35:11.15 | +00:27:02 (28.5%) | 4:29 | 13.3 (71.1%) |
| 108 | ZOK Karol | 124 | | M-30 | 35 | 00:00:19 | 00:22:36 | 00:44:30 | 01:06:54 | 01:29:53 | 01:34:53.85 | 01:35:13.20 | +00:27:02 (28.5%) | 4:29 | 13.3 (71.1%) |
| 109 | WEBER Tomasz | 460 | | M-20 | 38 | 00:01:13 | 00:22:55 | 00:45:22 | 01:07:26 | 01:29:20 | 01:34:01.00 | 01:35:14.45 | +00:26:09 (27.8%) | 4:27 | 13.5 (72.2%) |
| 110 | NOWAKOWSKI Zenon | 1010 | | M-50 | 5 | 00:00:21 | 00:23:14 | 00:46:13 | 01:08:16 | 01:30:12 | 01:34:56.05 | 01:35:17.10 | +00:27:04 (28.5%) | 4:29 | 13.3 (71.1%) |
| 111 | GALUSKIN Alexey | 1032 | GRUPA NOMAX | M-30 | 33 | 00:00:26 | 00:22:01 | 00:44:19 | 01:07:16 | 01:30:02 | 01:34:51.00 | 01:35:17.55 | +00:26:59 (28.5%) | 4:29 | 13.3 (71.1%) |
| 112 | WIZOR Jakub | 1045 | | M-20 | 40 | 00:00:50 | 00:22:35 | 00:45:04 | 01:07:16 | 01:29:39 | 01:34:27.15 | 01:35:17.60 | +00:26:35 (28.2%) | 4:28 | 13.4 (71.7%) |
| 113 | PRZEŹDZIĘK Adam | 747 | T2 SALCO TEAM | M-30 | 37 | 00:00:06 | 00:21:30 | 00:43:17 | 01:05:53 | 01:29:59 | 01:35:16.65 | 01:35:22.70 | +00:27:25 (28.8%) | 4:30 | 13.3 (71.1%) |
| 114 | URBAŃCZYK Mariusz | 351 | | M-30 | 36 | 00:00:12 | 00:22:13 | 00:44:32 | 01:06:56 | 01:30:16 | 01:35:11.50 | 01:35:23.95 | +00:27:20 (28.7%) | 4:30 | 13.3 (71.1%) |
| 115 | SALASOWICZ Jerzy | 640 | | M-50 | 6 | 00:00:12 | 00:21:59 | 00:44:26 | 01:06:57 | 01:30:19 | 01:35:14.75 | 01:35:26.90 | +00:27:23 (28.8%) | 4:30 | 13.3 (71.1%) |
| 116 | JAMRÓZ Wojciech | 477 | KW GLIWICE | M-40 | 20 | 00:00:11 | 00:22:10 | 00:44:36 | 01:07:17 | 01:30:27 | 01:35:27.25 | 01:35:39.00 | +00:27:35 (28.9%) | 4:31 | 13.3 (71.1%) |
| 117 | MARCZAK Krzysztof | 1228 | PKO BP | M-40 | 21 | 00:00:12 | 00:22:33 | 00:45:09 | 01:07:53 | 01:30:42 | 01:35:28.15 | 01:35:41.05 | +00:27:36 (28.9%) | 4:31 | 13.3 (71.1%) |
| 118 | BOROWSKI Piotr | 572 | OPEL ACTIVE CLUB | M-40 | 22 | 00:00:16 | 00:22:13 | 00:44:28 | 01:07:20 | 01:30:37 | 01:35:35.55 | 01:35:51.95 | +00:27:44 (29.0%) | 4:31 | 13.2 (70.6%) |
| 119 | WOŹNIAK Grzegorz | 748 | JESTĘ HARDKORĘ | M-20 | 42 | 00:00:11 | 00:21:54 | 00:43:44 | 01:06:58 | 01:30:44 | 01:35:46.90 | 01:35:58.25 | +00:27:55 (29.2%) | 4:32 | 13.2 (70.6%) |
| 120 | CHRAPKOWICZ Damian | 426 | 304 | M-20 | 41 | 00:00:41 | 00:22:55 | 00:45:15 | 01:07:58 | 01:30:46 | 01:35:31.45 | 01:36:13.10 | +00:27:40 (29.0%) | 4:31 | 13.3 (71.1%) |
| 121 | SOBALA Witold | 977 | BRYGADA BIEGOWA BEZDECH | M-30 | 39 | 00:00:14 | 00:23:23 | 00:46:50 | 01:08:54 | 01:31:18 | 01:36:07.10 | 01:36:21.15 | +00:28:15 (29.4%) | 4:33 | 13.2 (70.6%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas | | | | | Czas netto 21.1km | Czas brutto 21.1km | Różn | Tempo min/km | Tempo km/h |
|-----|--------------------------------|-------------|--|-----------|------|----------|----------|----------|----------|----------|----------------------|-----------------------|----------------------|-----------------|-----------------|
| | | | | | | startu | 5km | 10km | 15km | 20km | | | | | |
| 122 | DOMAŃSKI Marcin | 92 | WWW.BFRT.ORG.PL | M-40 | 23 | 00:00:23 | 00:23:13 | 00:45:47 | 01:08:24 | 01:31:10 | 01:36:05.65 | 01:36:29.45 | +00:28:14 (29.4%) | 4:33 | 13.2 (70.6%) |
| 123 | GRAMATYKA Jan | 473 | FUTURE PROCESSING RUNNING TEAM | M-20 | 43 | 00:00:24 | 00:22:28 | 00:45:11 | 01:07:49 | 01:31:08 | 01:36:08.00 | 01:36:32.95 | +00:28:16 (29.4%) | 4:33 | 13.2 (70.6%) |
| 124 | FURMANEK Łukasz | 91 | KBS | M-30 | 40 | 00:00:12 | 00:22:45 | 00:45:27 | 01:07:47 | 01:31:07 | 01:36:24.70 | 01:36:37.60 | +00:28:33 (29.6%) | 4:34 | 13.1 (70.1%) |
| 125 | SZCZYGIEŁ Krzysztof | 883 | KNSK RUNNING TEAM | M-30 | 42 | 00:00:07 | 00:22:37 | 00:45:23 | 01:08:35 | 01:31:46 | 01:36:36.00 | 01:36:43.25 | +00:28:44 (29.8%) | 4:34 | 13.1 (70.1%) |
| 126 | BOJARSKI Marek | 981 | BONAMASSA | M-30 | 38 | 00:01:30 | 00:22:12 | 00:44:23 | 01:07:29 | 01:30:26 | 01:35:20.80 | 01:36:51.35 | +00:27:29 (28.8%) | 4:31 | 13.3 (71.1%) |
| 127 | ABRAHAMOWICZ Jakub | 34 | RYBNICKA GRUPA BIEGOWA 'PĘDZIMY RAZEM' | M-20 | 44 | 00:00:23 | 00:22:21 | 00:45:04 | 01:07:59 | 01:31:25 | 01:36:34.00 | 01:36:57.15 | +00:28:42 (29.7%) | 4:34 | 13.1 (70.1%) |
| 128 | SZAJEWSKI Jarosław | 11 | KM AKTYWNI SOCHACZEW | M-30 | 44 | 00:00:12 | 00:22:10 | 00:44:41 | 01:07:48 | 01:31:43 | 01:36:45.55 | 01:36:57.85 | +00:28:54 (29.9%) | 4:35 | 13.1 (70.1%) |
| 129 | WŁOSTOWSKI Marek | 364 | VEGE RUNNERS | M-30 | 41 | 00:00:35 | 00:22:21 | 00:45:05 | 01:08:01 | 01:31:21 | 01:36:27.45 | 01:37:02.95 | +00:28:36 (29.7%) | 4:34 | 13.1 (70.1%) |
| 130 | BEHRENDT Jakub | 917 | | M-40 | 24 | 00:00:17 | 00:22:34 | 00:45:40 | 01:08:36 | 01:32:01 | 01:36:53.65 | 01:37:11.15 | +00:29:02 (30.0%) | 4:35 | 13.1 (70.1%) |
| 131 | DZIAŁOCHA Jakub | 819 | ODOLANOWSKA DRUŻYNA BIEGOWA | M-20 | 45 | 00:00:26 | 00:23:23 | 00:46:08 | 01:08:57 | 01:31:51 | 01:36:53.65 | 01:37:19.70 | +00:29:02 (30.0%) | 4:35 | 13.1 (70.1%) |
| 132 | PRZERWA Michał | 813 | KS ICE MAT TEAMOSTRÓW WIELKOPOLSKI | M-20 | 46 | 00:00:26 | 00:23:23 | 00:46:08 | 01:08:57 | 01:31:52 | 01:36:53.70 | 01:37:19.85 | +00:29:02 (30.0%) | 4:35 | 13.1 (70.1%) |
| 133 | FILIPIAK Hieronim | 1064 | KADRA BOBREK - CENTRUM | M-40 | 25 | 00:00:16 | 00:23:10 | 00:45:42 | 01:08:42 | 01:32:08 | 01:37:07.25 | 01:37:24.20 | +00:29:15 (30.1%) | 4:36 | 13 (69.5%) |
| 134 | GÓROWSKI Mateusz | 186 | BESKIDZKA 160 NA RATY | M-30 | 47 | 00:00:00 | 00:23:36 | 00:47:18 | 01:10:42 | 01:32:56 | 01:37:30.30 | 01:37:30.30 | +00:29:39 (30.4%) | 4:37 | 13 (69.5%) |
| 135 | ŚLIWA Paweł | 834 | 42 DO SZCZĘŚCIA | M-20 | 47 | 00:00:31 | 00:22:54 | 00:45:33 | 01:08:38 | 01:32:07 | 01:37:01.00 | 01:37:32.45 | +00:29:09 (30.1%) | 4:35 | 13 (69.5%) |
| 136 | BŁASZCZYK Dominik | 294 | NIGHT RUNNERS GLIWICE | M-20 | 48 | 00:00:31 | 00:22:29 | 00:45:33 | 01:08:38 | 01:32:07 | 01:37:02.05 | 01:37:33.30 | +00:29:10 (30.1%) | 4:35 | 13 (69.5%) |
| 137 | ZIAJA Stefan | 877 | | M-40 | 28 | 00:00:03 | 00:22:36 | 00:45:49 | 01:09:11 | 01:32:42 | 01:37:31.70 | 01:37:34.70 | +00:29:40 (30.4%) | 4:37 | 13 (69.5%) |
| 138 | PIENIĄŻEK Krzysztof | 526 | | M-30 | 46 | 00:00:13 | 00:22:27 | 00:45:30 | 01:08:49 | 01:32:34 | 01:37:23.45 | 01:37:36.55 | +00:29:32 (30.3%) | 4:36 | 13 (69.5%) |
| 139 | SOPEL Arkadiusz | 1273 | OTK RZEŹNIK | M-40 | 29 | 00:00:04 | 00:21:49 | 00:44:45 | 01:08:10 | 01:32:27 | 01:37:32.75 | 01:37:37.50 | +00:29:41 (30.4%) | 4:37 | 13 (69.5%) |
| 140 | SMUDA Grzegorz | 1022 | REAL MADRYT | M-30 | 45 | 00:00:47 | 00:22:49 | 00:45:44 | 01:08:36 | 01:32:01 | 01:36:59.30 | 01:37:46.80 | +00:29:08 (30.0%) | 4:35 | 13.1 (70.1%) |
| 141 | ZAPART Aleksandra | 615 | STARY HANGAR | K-20 | 5 | 00:00:14 | 00:23:14 | 00:46:09 | 01:09:09 | 01:32:34 | 01:37:33.85 | 01:37:48.50 | +00:29:42 (30.5%) | 4:37 | 13 (69.5%) |
| 142 | HOŁYŃSKI Tomasz | 85 | | M-40 | 27 | 00:00:24 | 00:22:44 | 00:45:03 | 01:08:03 | 01:32:25 | 01:37:29.70 | 01:37:54.55 | +00:29:38 (30.4%) | 4:37 | 13 (69.5%) |
| 143 | WOJCIECHOWSKI Krzysztof | 566 | RADLINIOKIW BIEGU | M-40 | 31 | 00:00:11 | 00:23:13 | 00:46:11 | 01:09:15 | 01:32:45 | 01:37:45.15 | 01:37:56.15 | +00:29:53 (30.6%) | 4:37 | 13 (69.5%) |
| 144 | CZELNY Tomasz | 76 | SMASHING PĄPKINS | M-30 | 50 | 00:00:11 | 00:22:51 | 00:46:08 | 01:09:34 | 01:33:16 | 01:37:46.90 | 01:37:58.55 | +00:29:55 (30.6%) | 4:38 | 12.9 (69.0%) |
| 145 | KRUPA Grzegorz | 1179 | | M-40 | 26 | 00:00:35 | 00:22:56 | 00:45:47 | 01:08:51 | 01:32:25 | 01:37:26.65 | 01:38:02.20 | +00:29:35 (30.4%) | 4:37 | 13 (69.5%) |
| 146 | SARNECKI Adam | 74 | | M-30 | 49 | 00:00:28 | 00:23:50 | 00:47:27 | 01:10:16 | 01:32:52 | 01:37:42.45 | 01:38:10.55 | +00:29:51 (30.6%) | 4:37 | 13 (69.5%) |
| 147 | SIEJA Szymon | 1145 | JW AGAT | M-20 | 50 | 00:00:12 | 00:22:55 | 00:46:23 | 01:09:40 | 01:32:59 | 01:38:03.10 | 01:38:15.35 | +00:30:11 (30.8%) | 4:38 | 12.9 (69.0%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas | | | | | Czas netto 21.1km | Czas brutto 21.1km | Różn | Tempo min/km | Tempo km/h |
|-----|-------------------------------|-------------|-----------------------------|-----------|------|----------|----------|----------|----------|----------|----------------------|-----------------------|----------------------|-----------------|-----------------|
| | | | | | | startu | 5km | 10km | 15km | 20km | | | | | |
| 148 | SZWAJNOCH Piotr | 1277 | | M-30 | 53 | 00:00:07 | 00:22:09 | 00:45:31 | 01:08:51 | 01:33:09 | 01:38:08.30 | 01:38:16.00 | +00:30:17 (30.9%) | 4:39 | 12.9 (69.0%) |
| 149 | ZAWADZKI Karol | 793 | RADLIN | M-20 | 51 | 00:00:12 | 00:23:24 | 00:47:05 | 01:10:31 | 01:33:29 | 01:38:04.05 | 01:38:16.05 | +00:30:12 (30.8%) | 4:38 | 12.9 (69.0%) |
| 150 | MARGOS Dominika | 227 | | K-30 | 6 | 00:00:10 | 00:22:45 | 00:45:40 | 01:09:01 | 01:32:58 | 01:38:06.35 | 01:38:16.60 | +00:30:15 (30.8%) | 4:38 | 12.9 (69.0%) |
| 151 | KAMOLA Sławomir | 907 | | M-40 | 30 | 00:00:37 | 00:23:51 | 00:46:59 | 01:10:05 | 01:32:56 | 01:37:43.60 | 01:38:21.55 | +00:29:52 (30.6%) | 4:37 | 13 (69.5%) |
| 152 | SYCAN Krzysztof | 625 | PKO BANK POLSKI | M-40 | 32 | 00:00:09 | 00:22:34 | 00:45:47 | 01:09:17 | 01:33:06 | 01:38:13.85 | 01:38:23.30 | +00:30:22 (30.9%) | 4:39 | 12.9 (69.0%) |
| 153 | GRZYB Dariusz | 996 | NIEZRZESZONY | M-40 | 34 | 00:00:07 | 00:20:52 | 00:42:37 | 01:06:13 | 01:32:18 | 01:38:25.15 | 01:38:32.15 | +00:30:33 (31.1%) | 4:39 | 12.9 (69.0%) |
| 154 | KAŁAMARZ Mariusz | 218 | RUN KAZIK RUN! | M-40 | 33 | 00:00:19 | 00:21:52 | 00:44:51 | 01:08:43 | 01:33:08 | 01:38:13.90 | 01:38:33.85 | +00:30:22 (30.9%) | 4:39 | 12.9 (69.0%) |
| 154 | WYLEŻAŁEK Alina | 174 | | K-20 | 6 | 00:00:18 | 00:23:19 | 00:47:00 | 01:10:25 | 01:33:28 | 01:38:15.05 | 01:38:33.85 | +00:30:23 (30.9%) | 4:39 | 12.9 (69.0%) |
| 156 | LE CALVEZ Jean-Yves | 583 | | M-30 | 43 | 00:01:53 | 00:23:33 | 00:46:26 | 01:09:14 | 01:31:52 | 01:36:40.45 | 01:38:34.30 | +00:28:49 (29.8%) | 4:34 | 13.1 (70.1%) |
| 157 | LIPKA Sebastian | 276 | ZABIEGANY-TATA | M-30 | 51 | 00:00:42 | 00:24:07 | 00:48:04 | 01:10:52 | 01:33:15 | 01:37:53.55 | 01:38:35.65 | +00:30:02 (30.7%) | 4:38 | 12.9 (69.0%) |
| 158 | GRZESIKIEWICZ Mariusz | 52 | | M-30 | 52 | 00:00:32 | 00:23:15 | 00:46:51 | 01:10:17 | 01:33:17 | 01:38:05.15 | 01:38:37.70 | +00:30:13 (30.8%) | 4:38 | 12.9 (69.0%) |
| 159 | KOCHUIEVSKYI Oleksandr | 900 | | M-20 | 53 | 00:00:00 | 00:24:59 | 00:47:43 | 01:10:33 | 01:33:46 | 01:38:46.55 | 01:38:46.55 | +00:30:55 (31.3%) | 4:40 | 12.8 (68.4%) |
| 160 | FOJCIK Rafał | 16 | OPEL ACTIVE TEAM | M-30 | 55 | 00:00:22 | 00:23:13 | 00:46:56 | 01:10:20 | 01:33:24 | 01:38:27.70 | 01:38:49.95 | +00:30:36 (31.1%) | 4:39 | 12.9 (69.0%) |
| 161 | PASTERNOK Marian | 1295 | NIGHT RUNNERS ZABRZE | M-30 | 56 | 00:00:22 | 00:23:12 | 00:46:55 | 01:10:20 | 01:33:26 | 01:38:27.90 | 01:38:50.10 | +00:30:36 (31.1%) | 4:40 | 12.9 (69.0%) |
| 162 | LESIK Henryk | 589 | | M-50 | 8 | 00:00:26 | 00:23:07 | 00:46:06 | 01:09:24 | 01:33:17 | 01:38:24.00 | 01:38:50.25 | +00:30:32 (31.0%) | 4:39 | 12.9 (69.0%) |
| 163 | STRZELCZAK Mariusz | 664 | KB FLORIAN ZAJĄCZKI DRUGIE | M-30 | 59 | 00:00:10 | 00:23:25 | 00:47:08 | 01:10:32 | 01:33:47 | 01:38:39.90 | 01:38:50.80 | +00:30:48 (31.2%) | 4:40 | 12.8 (68.4%) |
| 164 | MACZUGA Bartłomiej | 1033 | | M-20 | 49 | 00:01:01 | 00:24:10 | 00:46:54 | 01:09:19 | 01:32:56 | 01:37:55.25 | 01:38:56.65 | +00:30:03 (30.7%) | 4:38 | 12.9 (69.0%) |
| 165 | PIĄTEK Mateusz | 489 | | M-20 | 52 | 00:00:25 | 00:23:57 | 00:47:16 | 01:10:30 | 01:33:46 | 01:38:31.40 | 01:38:56.75 | +00:30:40 (31.1%) | 4:40 | 12.9 (69.0%) |
| 166 | PINDOR Przemysław | 761 | | M-30 | 48 | 00:01:24 | 00:22:41 | 00:45:30 | 01:08:29 | 01:32:32 | 01:37:32.95 | 01:38:57.85 | +00:29:41 (30.4%) | 4:37 | 13 (69.5%) |
| 166 | PAŁYGIIEWICZ Jacek | 466 | SKPB KATOWICE | M-30 | 60 | 00:00:16 | 00:23:18 | 00:47:01 | 01:10:26 | 01:33:51 | 01:38:41.45 | 01:38:57.85 | +00:30:50 (31.2%) | 4:40 | 12.8 (68.4%) |
| 168 | OPANOWSKI Dariusz | 146 | | M-40 | 36 | 00:00:13 | 00:22:48 | 00:46:17 | 01:09:36 | 01:33:35 | 01:38:45.00 | 01:38:58.45 | +00:30:53 (31.3%) | 4:40 | 12.8 (68.4%) |
| 169 | KASZUBSKI Andrzej | 740 | | M-30 | 57 | 00:00:28 | 00:21:38 | 00:44:25 | 01:08:18 | 01:33:21 | 01:38:33.05 | 01:39:01.75 | +00:30:41 (31.1%) | 4:40 | 12.8 (68.4%) |
| 170 | JUPP Ashley | 708 | | M-20 | 54 | 00:00:10 | 00:20:38 | 00:42:04 | 01:04:49 | 01:33:03 | 01:38:57.05 | 01:39:07.10 | +00:31:05 (31.4%) | 4:41 | 12.8 (68.4%) |
| 171 | BĄCZYŃSKI Tomasz | 903 | FHUTRANSTOM.PL | M-30 | 54 | 00:00:44 | 00:22:57 | 00:46:07 | 01:09:18 | 01:33:23 | 01:38:23.55 | 01:39:07.85 | +00:30:32 (31.0%) | 4:39 | 12.9 (69.0%) |
| 172 | OGRODOWSKI Paweł | 474 | RAJSPOORT ACTIVE ANTON TEAM | M-30 | 64 | 00:00:14 | 00:23:44 | 00:47:15 | 01:10:20 | 01:33:44 | 01:38:55.10 | 01:39:09.15 | +00:31:03 (31.4%) | 4:41 | 12.8 (68.4%) |
| 173 | SKWARA Mariusz | 1297 | IWAGAT | M-30 | 65 | 00:00:12 | 00:21:47 | 00:44:23 | 01:07:50 | 01:33:31 | 01:38:57.95 | 01:39:10.85 | +00:31:06 (31.4%) | 4:41 | 12.8 (68.4%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas | | | | | Czas netto 21.1km | Czas brutto 21.1km | Różn | Tempo min/km | Tempo km/h |
|-----|----------------------------------|-------------|---|-----------|------|----------|----------|----------|----------|----------|----------------------|-----------------------|----------------------|-----------------|-----------------|
| | | | | | | startu | 5km | 10km | 15km | 20km | | | | | |
| 174 | MAŁKA Bartosz | 886 | | M-30 | 61 | 00:00:27 | 00:23:06 | 00:45:33 | 01:08:43 | 01:33:12 | 01:38:44.35 | 01:39:12.05 | +00:30:53 (31.3%) | 4:40 | 12.8 (68.4%) |
| 175 | CZOP Kamil | 508 | NIGHT RUNNERS | M-30 | 58 | 00:00:34 | 00:23:43 | 00:46:33 | 01:09:43 | 01:33:33 | 01:38:38.25 | 01:39:12.65 | +00:30:46 (31.2%) | 4:40 | 12.8 (68.4%) |
| 175 | ANDRACZEK Bartosz | 1088 | | M-30 | 63 | 00:00:19 | 00:23:13 | 00:46:21 | 01:09:42 | 01:33:44 | 01:38:53.20 | 01:39:12.65 | +00:31:01 (31.4%) | 4:41 | 12.8 (68.4%) |
| 177 | POGOCKI Piotr | 524 | | M-30 | 62 | 00:00:29 | 00:22:43 | 00:45:49 | 01:09:15 | 01:33:45 | 01:38:49.05 | 01:39:18.05 | +00:30:57 (31.3%) | 4:40 | 12.8 (68.4%) |
| 178 | BEHRENDT Bartek | 614 | NIGHT RUNNERS GLIWICE | M-40 | 38 | 00:00:19 | 00:22:36 | 00:46:11 | 01:09:59 | 01:33:56 | 01:39:00.50 | 01:39:19.90 | +00:31:09 (31.5%) | 4:41 | 12.8 (68.4%) |
| 179 | FYSZ Karolina | 1112 | SKLEPBIEGACZA.PL GLIWICE TEAM | K-20 | 7 | 00:00:18 | 00:23:16 | 00:46:59 | 01:10:24 | 01:33:58 | 01:39:02.25 | 01:39:20.50 | +00:31:10 (31.5%) | 4:41 | 12.8 (68.4%) |
| 180 | KONOPACKA BESSA Magdalena | 77 | FILOMATA | K-20 | 8 | 00:00:13 | 00:23:23 | 00:47:05 | 01:10:30 | 01:34:02 | 01:39:09.70 | 01:39:23.15 | +00:31:18 (31.6%) | 4:41 | 12.8 (68.4%) |
| 181 | STĘPIEŃ Wojciech | 47 | JM RUNNING TEAM / NIGHT RUNNERS GLIWICE - ENERGY TEAM | M-40 | 35 | 00:00:47 | 00:23:54 | 00:46:59 | 01:10:23 | 01:33:47 | 01:38:38.55 | 01:39:26.50 | +00:30:47 (31.2%) | 4:40 | 12.8 (68.4%) |
| 182 | MEKIER Bartek | 968 | | M-30 | 66 | 00:00:27 | 00:23:10 | 00:46:54 | 01:10:24 | 01:34:06 | 01:38:59.95 | 01:39:27.70 | +00:31:08 (31.5%) | 4:41 | 12.8 (68.4%) |
| 183 | NIŻNIKIEWICZ Grzegorz | 299 | | M-30 | 70 | 00:00:16 | 00:24:05 | 00:47:24 | 01:10:48 | 01:34:25 | 01:39:12.90 | 01:39:29.15 | +00:31:21 (31.6%) | 4:42 | 12.8 (68.4%) |
| 184 | GALWAS Arkadiusz | 934 | | M-30 | 71 | 00:00:19 | 00:23:13 | 00:46:48 | 01:10:43 | 01:34:19 | 01:39:13.45 | 01:39:33.00 | +00:31:22 (31.6%) | 4:42 | 12.8 (68.4%) |
| 185 | LEWANDOWSKI Tomasz | 200 | RUNNERS HIGH | M-30 | 68 | 00:00:31 | 00:22:40 | 00:45:56 | 01:09:31 | 01:33:50 | 01:39:02.35 | 01:39:33.50 | +00:31:11 (31.5%) | 4:41 | 12.8 (68.4%) |
| 186 | LORENC Agnieszka | 786 | ZBROJOWNIA SULECHÓW | K-30 | 7 | 00:00:15 | 00:23:21 | 00:47:03 | 01:10:27 | 01:34:08 | 01:39:18.40 | 01:39:33.65 | +00:31:27 (31.7%) | 4:42 | 12.7 (67.9%) |
| 187 | BIERNAT Wojciech | 155 | OPEL ACTIVE TEAM | M-30 | 72 | 00:00:19 | 00:22:39 | 00:45:52 | 01:09:25 | 01:34:06 | 01:39:15.40 | 01:39:35.35 | +00:31:24 (31.6%) | 4:42 | 12.8 (68.4%) |
| 188 | PUŁA Adrian | 957 | BRYGADA BIEGOWA BEZDECH | M-30 | 77 | 00:00:13 | 00:23:34 | 00:46:51 | 01:10:29 | 01:34:29 | 01:39:31.05 | 01:39:44.95 | +00:31:39 (31.8%) | 4:42 | 12.7 (67.9%) |
| 189 | SKLORZ Marcin | 937 | | M-20 | 55 | 00:00:17 | 00:24:04 | 00:47:23 | 01:10:47 | 01:34:38 | 01:39:29.05 | 01:39:46.30 | +00:31:37 (31.8%) | 4:42 | 12.7 (67.9%) |
| 190 | STUCHLIK Tadeusz | 697 | | M-40 | 42 | 00:00:22 | 00:23:16 | 00:46:57 | 01:10:23 | 01:34:11 | 01:39:26.20 | 01:39:48.60 | +00:31:34 (31.8%) | 4:42 | 12.7 (67.9%) |
| 191 | FEODORÓW Wojciech | 530 | | M-40 | 40 | 00:00:34 | 00:23:47 | 00:47:33 | 01:10:58 | 01:34:29 | 01:39:18.75 | 01:39:53.25 | +00:31:27 (31.7%) | 4:42 | 12.7 (67.9%) |
| 192 | KURCZEK Tomasz | 600 | | M-30 | 76 | 00:00:29 | 00:24:06 | 00:47:39 | 01:11:04 | 01:34:31 | 01:39:24.45 | 01:39:54.10 | +00:31:33 (31.7%) | 4:42 | 12.7 (67.9%) |
| 193 | CYGAN Katarzyna | 1292 | PACEMAKER | K-20 | 9 | 00:00:18 | 00:23:16 | 00:46:59 | 01:10:25 | 01:33:53 | 01:39:41.00 | 01:39:59.30 | +00:31:49 (31.9%) | 4:43 | 12.7 (67.9%) |
| 194 | STACHURA Mateusz | 1200 | PEACEMAKER | M-20 | 56 | 00:00:18 | 00:23:17 | 00:46:59 | 01:10:24 | 01:33:53 | 01:39:41.45 | 01:39:59.70 | +00:31:50 (31.9%) | 4:43 | 12.7 (67.9%) |
| 195 | JAWORSKI Daniel | 399 | | M-30 | 67 | 00:00:59 | 00:23:03 | 00:46:00 | 01:09:24 | 01:33:41 | 01:39:01.25 | 01:40:00.85 | +00:31:09 (31.5%) | 4:41 | 12.8 (68.4%) |
| 196 | MALCHERCZYK Andrzej | 374 | | M-50 | 7 | 00:02:08 | 00:24:02 | 00:46:58 | 01:10:06 | 01:33:07 | 01:37:56.60 | 01:40:04.95 | +00:30:05 (30.7%) | 4:38 | 12.9 (69.0%) |
| 197 | ŚWIĄTEK Arkadiusz | 895 | | M-40 | 43 | 00:00:13 | 00:22:24 | 00:46:01 | 01:10:13 | 01:34:40 | 01:39:51.65 | 01:40:05.50 | +00:32:00 (32.1%) | 4:43 | 12.7 (67.9%) |
| 198 | ROSKOSZ Rafał | 1004 | OBERSCHLESIEIEN TEAM ROHOL TARNOWSKIE GÓRY | M-30 | 78 | 00:00:10 | 00:22:58 | 00:46:40 | 01:10:42 | 01:34:57 | 01:39:55.30 | 01:40:06.20 | +00:32:04 (32.1%) | 4:44 | 12.7 (67.9%) |
| 199 | ŁUKASZEK Grzegorz | 787 | | M-30 | 74 | 00:00:47 | 00:25:15 | 00:49:16 | 01:12:19 | 01:34:49 | 01:39:19.10 | 01:40:06.55 | +00:31:27 (31.7%) | 4:42 | 12.7 (67.9%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas | | | | | Czas netto 21.1km | Czas brutto 21.1km | Różn | Tempo min/km | Tempo km/h |
|-----|-------------------------------|-------------|--------------------------------|-----------|------|----------|----------|----------|----------|----------|----------------------|-----------------------|----------------------|-----------------|-----------------|
| | | | | | | startu | 5km | 10km | 15km | 20km | | | | | |
| 200 | SZULC Sebastian | 13 | | M-20 | 57 | 00:00:22 | 00:22:40 | 00:46:31 | 01:09:53 | 01:34:24 | 01:39:45.80 | 01:40:07.85 | +00:31:54 (32.0%) | 4:43 | 12.7 (67.9%) |
| 201 | SUCH Arkadiusz | 622 | | M-30 | 75 | 00:00:50 | 00:24:24 | 00:48:26 | 01:11:23 | 01:34:30 | 01:39:23.70 | 01:40:14.00 | +00:31:32 (31.7%) | 4:42 | 12.7 (67.9%) |
| 202 | PUSTELNIK Paweł | 599 | FUTURE PROCESSING RUNNING TEAM | M-30 | 79 | 00:00:23 | 00:23:20 | 00:46:55 | 01:10:21 | 01:34:29 | 01:39:57.50 | 01:40:21.15 | +00:32:06 (32.1%) | 4:44 | 12.7 (67.9%) |
| 203 | PYZIK Tomasz | 253 | DRUŻYNA MOJACUKRZYCA.PL | M-40 | 46 | 00:00:15 | 00:23:09 | 00:46:50 | 01:10:30 | 01:34:52 | 01:40:06.85 | 01:40:22.25 | +00:32:15 (32.2%) | 4:44 | 12.6 (67.4%) |
| 204 | OKSIĘDZKI Tomasz Jan | 362 | DOGOŃ GRODZISK MAZOWIECKI | M-20 | 58 | 00:00:07 | 00:22:44 | 00:46:26 | 01:10:26 | 01:36:06 | 01:40:16.85 | 01:40:24.40 | +00:32:25 (32.3%) | 4:45 | 12.6 (67.4%) |
| 205 | KOSTRUBAŁA Kacper | 717 | ORANGE POLSKA | M-40 | 45 | 00:00:21 | 00:23:47 | 00:47:04 | 01:10:36 | 01:34:45 | 01:40:04.70 | 01:40:26.35 | +00:32:13 (32.2%) | 4:44 | 12.6 (67.4%) |
| 206 | GRONDYS Michał | 151 | AKMB PĘDZIWIATR GLIWICE | M-30 | 85 | 00:00:07 | 00:22:55 | 00:46:42 | 01:10:45 | 01:35:19 | 01:40:24.45 | 01:40:31.80 | +00:32:33 (32.4%) | 4:45 | 12.6 (67.4%) |
| 207 | STASZEWSKI Łukasz | 352 | | M-30 | 82 | 00:00:22 | 00:22:41 | 00:45:52 | 01:09:17 | 01:34:34 | 01:40:13.35 | 01:40:35.55 | +00:32:22 (32.3%) | 4:44 | 12.6 (67.4%) |
| 208 | ZIELONKA Jacek | 703 | | M-30 | 88 | 00:00:08 | 00:22:11 | 00:45:08 | 01:08:57 | 01:34:30 | 01:40:27.70 | 01:40:35.70 | +00:32:36 (32.5%) | 4:45 | 12.6 (67.4%) |
| 209 | GERMUGA Sebastian | 15 | OPEL ACTIVE TEAM | M-40 | 47 | 00:00:18 | 00:22:14 | 00:45:27 | 01:09:40 | 01:34:38 | 01:40:18.35 | 01:40:37.00 | +00:32:27 (32.4%) | 4:45 | 12.6 (67.4%) |
| 210 | PACUŁA Piotr | 93 | OPEL ACTIVE TEAM GLIWICE | M-50 | 10 | 00:00:06 | 00:23:28 | 00:46:57 | 01:10:39 | 01:35:07 | 01:40:36.55 | 01:40:43.25 | +00:32:45 (32.6%) | 4:46 | 12.6 (67.4%) |
| 210 | GAWEŁKO Janusz | 541 | | M-50 | 9 | 00:00:20 | 00:23:19 | 00:47:05 | 01:10:47 | 01:35:13 | 01:40:23.05 | 01:40:43.25 | +00:32:31 (32.4%) | 4:45 | 12.6 (67.4%) |
| 212 | BAGAN Grzegorz | 42 | GOGGLE PAE TEAM | M-40 | 49 | 00:00:20 | 00:23:20 | 00:46:57 | 01:10:34 | 01:35:16 | 01:40:30.30 | 01:40:51.10 | +00:32:39 (32.5%) | 4:45 | 12.6 (67.4%) |
| 212 | POPIEL-KRUK Aleksandra | 279 | | K-30 | 8 | 00:00:20 | 00:23:20 | 00:46:57 | 01:10:34 | 01:35:18 | 01:40:30.55 | 01:40:51.10 | +00:32:39 (32.5%) | 4:45 | 12.6 (67.4%) |
| 214 | HANKUS Łukasz | 1018 | | M-30 | 80 | 00:00:53 | 00:22:31 | 00:45:30 | 01:08:42 | 01:34:14 | 01:39:59.35 | 01:40:52.35 | +00:32:08 (32.1%) | 4:44 | 12.7 (67.9%) |
| 215 | TOMCZYK Tomasz | 66 | | M-30 | 89 | 00:00:20 | 00:23:32 | 00:47:36 | 01:11:13 | 01:35:32 | 01:40:35.90 | 01:40:56.65 | +00:32:44 (32.5%) | 4:46 | 12.6 (67.4%) |
| 216 | DZIĘGIELEWSKI Adam | 995 | BRAK | M-30 | 86 | 00:00:31 | 00:22:29 | 00:44:19 | 01:06:35 | 01:30:24 | 01:40:25.85 | 01:40:57.00 | +00:32:34 (32.4%) | 4:45 | 12.6 (67.4%) |
| 217 | SMALEC Maksymilian | 12 | | M-30 | 73 | 00:01:39 | 00:23:53 | 00:46:53 | 01:10:23 | 01:34:24 | 01:39:19.00 | 01:40:58.15 | +00:31:27 (31.7%) | 4:42 | 12.7 (67.9%) |
| 218 | BARANOWSKI Jacek | 1120 | JACEK BIEGA RUNNING TEAM | M-30 | 87 | 00:00:37 | 00:24:08 | 00:48:35 | 01:12:09 | 01:35:40 | 01:40:27.50 | 01:41:05.15 | +00:32:36 (32.5%) | 4:45 | 12.6 (67.4%) |
| 219 | DĄBROWSKI Piotr | 745 | BIEGOWA ŚWIDNICA | M-30 | 69 | 00:01:54 | 00:23:14 | 00:46:48 | 01:10:27 | 01:34:12 | 01:39:12.55 | 01:41:07.05 | +00:31:21 (31.6%) | 4:42 | 12.8 (68.4%) |
| 220 | OKOŃ Łukasz | 475 | | M-30 | 91 | 00:00:20 | 00:22:55 | 00:46:39 | 01:10:41 | 01:35:21 | 01:40:47.20 | 01:41:07.20 | +00:32:55 (32.7%) | 4:46 | 12.6 (67.4%) |
| 221 | ZIOŁA Mirosław | 144 | | M-40 | 37 | 00:02:18 | 00:23:16 | 00:45:18 | 01:08:12 | 01:32:46 | 01:38:50.05 | 01:41:08.10 | +00:30:58 (31.3%) | 4:41 | 12.8 (68.4%) |
| 222 | REMIOREZ Piotr | 1096 | | M-40 | 44 | 00:01:05 | 00:24:15 | 00:47:04 | 01:10:32 | 01:34:53 | 01:40:03.95 | 01:41:09.30 | +00:32:12 (32.2%) | 4:44 | 12.7 (67.9%) |
| 223 | GÓRECKI Ryszard | 1274 | | M-50 | 11 | 00:00:24 | 00:23:09 | 00:46:56 | 01:10:32 | 01:35:29 | 01:40:46.40 | 01:41:11.15 | +00:32:55 (32.7%) | 4:46 | 12.6 (67.4%) |
| 224 | KRYŃSKI Maciej | 488 | NIGHT RUNNERS | M-30 | 90 | 00:00:34 | 00:22:38 | 00:45:56 | 01:09:45 | 01:35:08 | 01:40:40.20 | 01:41:14.40 | +00:32:48 (32.6%) | 4:46 | 12.6 (67.4%) |
| 225 | TROJAN Piotr | 916 | JEBACWYCIAGI | M-40 | 41 | 00:01:53 | 00:24:43 | 00:48:14 | 01:11:29 | 01:34:27 | 01:39:25.45 | 01:41:18.80 | +00:31:34 (31.8%) | 4:42 | 12.7 (67.9%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas | | | | | Czas netto 21.1km | Czas brutto 21.1km | Różn | Tempo min/km | Tempo km/h |
|-----|--------------------------------|-------------|----------------------------------|-----------|------|----------|----------|----------|----------|----------|----------------------|-----------------------|----------------------|-----------------|-----------------|
| | | | | | | startu | 5km | 10km | 15km | 20km | | | | | |
| 226 | DZIECIĄTKOWSKI Jarosław | 176 | OPEL ACTIVE TEAM | M-30 | 94 | 00:00:17 | 00:22:57 | 00:46:45 | 01:11:10 | 01:35:53 | 01:41:02.60 | 01:41:19.90 | +00:33:11 (32.8%) | 4:47 | 12.5 (66.8%) |
| 227 | WZOREK Marcin | 337 | OPEL ACTIVE TEAM | M-40 | 51 | 00:00:20 | 00:23:45 | 00:47:41 | 01:11:42 | 01:36:01 | 01:41:02.65 | 01:41:22.90 | +00:33:11 (32.8%) | 4:47 | 12.5 (66.8%) |
| 228 | DESZYŃSKI Damian | 431 | ISTA BIEGAMY | M-30 | 84 | 00:01:01 | 00:24:02 | 00:47:48 | 01:11:26 | 01:35:24 | 01:40:23.10 | 01:41:24.75 | +00:32:31 (32.4%) | 4:45 | 12.6 (67.4%) |
| 229 | BEŚKA Sławomir | 99 | OCHAJO RUN | M-40 | 39 | 00:02:19 | 00:24:39 | 00:47:46 | 01:10:43 | 01:33:56 | 01:39:07.80 | 01:41:27.25 | +00:31:16 (31.5%) | 4:41 | 12.8 (68.4%) |
| 230 | LASKOWSKA Katarzyna | 346 | BIEGAJ Z TRENERAMI FC 24 GLIWICE | K-30 | 10 | 00:00:31 | 00:23:13 | 00:46:48 | 01:10:34 | 01:35:40 | 01:40:57.20 | 01:41:28.75 | +00:33:05 (32.8%) | 4:47 | 12.5 (66.8%) |
| 231 | MATUSIAK Radosław | 495 | RAJSPOORT ACTIVE ANTON TEAM | M-30 | 93 | 00:00:29 | 00:24:27 | 00:48:09 | 01:12:02 | 01:35:59 | 01:41:00.80 | 01:41:30.40 | +00:33:09 (32.8%) | 4:47 | 12.5 (66.8%) |
| 232 | WALASZCZYK Anna | 543 | EVENT 360 RUNNING TEAM | K-30 | 9 | 00:00:53 | 00:24:00 | 00:47:51 | 01:11:32 | 01:35:37 | 01:40:41.45 | 01:41:35.05 | +00:32:50 (32.6%) | 4:46 | 12.6 (67.4%) |
| 233 | RACZEK Sławomir | 107 | | M-30 | 95 | 00:00:27 | 00:24:00 | 00:48:01 | 01:11:52 | 01:35:55 | 01:41:08.75 | 01:41:36.30 | +00:33:17 (32.9%) | 4:47 | 12.5 (66.8%) |
| 234 | NAPIERAJ Andrzej | 776 | FALSTART RUDNIKI | M-40 | 53 | 00:00:25 | 00:23:41 | 00:47:21 | 01:11:19 | 01:36:02 | 01:41:20.10 | 01:41:45.70 | +00:33:28 (33.0%) | 4:48 | 12.5 (66.8%) |
| 235 | RAWŁUSZEWICZ Waldemar | 604 | ASTERINA | M-40 | 48 | 00:01:21 | 00:24:35 | 00:48:28 | 01:11:55 | 01:35:27 | 01:40:27.35 | 01:41:48.45 | +00:32:36 (32.5%) | 4:45 | 12.6 (67.4%) |
| 236 | HAGEN Marta | 161 | DOGOŃ GRODZISK MAZOWIECKI | K-20 | 10 | 00:00:07 | 00:22:44 | 00:46:26 | 01:10:27 | 01:36:07 | 01:41:41.90 | 01:41:49.45 | +00:33:50 (33.3%) | 4:49 | 12.4 (66.3%) |
| 237 | PAWLIK Marek | 378 | | M-40 | 52 | 00:00:32 | 00:23:29 | 00:47:14 | 01:11:13 | 01:36:04 | 01:41:18.30 | 01:41:50.90 | +00:33:27 (33.0%) | 4:48 | 12.5 (66.8%) |
| 238 | DZIEDZIC Andrzej | 579 | BHP | M-40 | 50 | 00:00:56 | 00:22:54 | 00:46:13 | 01:10:22 | 01:35:36 | 01:40:58.50 | 01:41:54.55 | +00:33:07 (32.8%) | 4:47 | 12.5 (66.8%) |
| 239 | ZMEŁTY Leszek | 478 | SKPB KATOWICE | M-30 | 98 | 00:00:16 | 00:24:13 | 00:47:54 | 01:11:39 | 01:36:34 | 01:41:42.05 | 01:41:58.55 | +00:33:50 (33.3%) | 4:49 | 12.4 (66.3%) |
| 240 | GARUS Tomasz | 588 | 304 | M-20 | 59 | 00:01:10 | 00:24:55 | 00:48:40 | 01:11:55 | 01:35:52 | 01:40:49.00 | 01:41:59.45 | +00:32:57 (32.7%) | 4:46 | 12.6 (67.4%) |
| 241 | LASKOWSKI Sebastian | 1125 | KATA GURUMA | M-30 | 83 | 00:01:47 | 00:23:44 | 00:46:50 | 01:10:16 | 01:34:44 | 01:40:14.00 | 01:42:01.15 | +00:32:22 (32.3%) | 4:45 | 12.6 (67.4%) |
| 242 | GUZOWSKA Edyta | 955 | NADAKTYWNI | K-30 | 11 | 00:00:24 | 00:23:30 | 00:47:20 | 01:11:34 | 01:36:11 | 01:41:37.65 | 01:42:01.80 | +00:33:46 (33.2%) | 4:48 | 12.5 (66.8%) |
| 243 | HAMZIUK Stanisław | 898 | | M-20 | 62 | 00:00:31 | 00:23:40 | 00:47:30 | 01:11:45 | 01:36:15 | 01:41:32.30 | 01:42:03.75 | +00:33:41 (33.2%) | 4:48 | 12.5 (66.8%) |
| 244 | KAMCZYK Damian Kamczyk | 1065 | JEBACWYCIAGI | M-30 | 81 | 00:01:53 | 00:24:43 | 00:48:13 | 01:11:29 | 01:35:11 | 01:40:12.95 | 01:42:06.30 | +00:32:21 (32.3%) | 4:44 | 12.6 (67.4%) |
| 245 | PTASZYŃSKI Tomasz | 967 | STARY HANGAR | M-30 | 99 | 00:00:18 | 00:23:15 | 00:46:28 | 01:10:26 | 01:36:24 | 01:41:48.40 | 01:42:06.50 | +00:33:57 (33.3%) | 4:49 | 12.4 (66.3%) |
| 246 | STARŻYK Piotr | 133 | RUNSTARS | M-40 | 55 | 00:00:28 | 00:24:25 | 00:48:13 | 01:11:41 | 01:36:31 | 01:41:39.70 | 01:42:08.30 | +00:33:48 (33.3%) | 4:49 | 12.5 (66.8%) |
| 247 | ORLIK Jerzy | 115 | | M-50 | 14 | 00:00:07 | 00:23:28 | 00:47:01 | 01:11:27 | 01:36:36 | 01:42:05.20 | 01:42:12.30 | +00:34:13 (33.5%) | 4:50 | 12.4 (66.3%) |
| 248 | FIGIEL Ewa | 620 | | K-40 | 2 | 00:00:03 | 00:23:37 | 00:47:50 | 01:12:13 | 01:36:57 | 01:42:11.00 | 01:42:14.85 | +00:34:19 (33.6%) | 4:50 | 12.4 (66.3%) |
| 249 | GRYSKA Piotr | 1296 | | M-40 | 57 | 00:00:08 | 00:23:59 | 00:47:33 | 01:11:35 | 01:36:40 | 01:42:07.50 | 01:42:16.05 | +00:34:16 (33.6%) | 4:50 | 12.4 (66.3%) |
| 250 | SADŁO Tomasz | 157 | KOLEGIUM SĘDZIÓW ZABRZE | M-30 | 92 | 00:01:18 | 00:24:15 | 00:48:00 | 01:11:41 | 01:35:47 | 01:40:58.10 | 01:42:16.45 | +00:33:06 (32.8%) | 4:47 | 12.5 (66.8%) |
| 251 | KISIELEWSKI Marek | 511 | LOTOS RUNNING TEAM | M-30 | 97 | 00:00:45 | 00:23:14 | 00:46:46 | 01:11:06 | 01:36:14 | 01:41:32.75 | 01:42:17.95 | +00:33:41 (33.2%) | 4:48 | 12.5 (66.8%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas | | | | | Czas netto 21.1km | Czas brutto 21.1km | Różn | Tempo min/km | Tempo km/h |
|-----|-----------------------------|-------------|-------------------------------|-----------|------|----------|----------|----------|----------|----------|----------------------|-----------------------|----------------------|-----------------|-----------------|
| | | | | | | startu | 5km | 10km | 15km | 20km | | | | | |
| 252 | ZARZYCKI Krzysztof | 578 | PEDZIWIATR GLIWICE | M-30 | 102 | 00:00:11 | 00:22:48 | 00:46:22 | 01:10:20 | 01:36:19 | 01:42:07.35 | 01:42:18.55 | +00:34:16 (33.6%) | 4:50 | 12.4 (66.3%) |
| 253 | PODOLAK Alfred | 709 | NIEZRZESZONY | M-50 | 12 | 00:00:22 | 00:22:03 | 00:45:27 | 01:10:31 | 01:36:45 | 01:41:58.95 | 01:42:21.15 | +00:34:07 (33.5%) | 4:50 | 12.4 (66.3%) |
| 254 | NOWAK Mariusz | 359 | HIRSCHVOGEL | M-30 | 101 | 00:00:36 | 00:24:26 | 00:48:37 | 01:12:32 | 01:36:40 | 01:41:51.50 | 01:42:28.40 | +00:34:00 (33.4%) | 4:49 | 12.4 (66.3%) |
| 255 | RUSZEL Bartosz | 855 | HAVE A NICE DAY | M-30 | 104 | 00:00:10 | 00:22:55 | 00:47:09 | 01:11:39 | 01:36:35 | 01:42:18.05 | 01:42:28.80 | +00:34:26 (33.7%) | 4:50 | 12.4 (66.3%) |
| 256 | KOŃCZAK Maciej | 815 | KROTOSZ KROTOSZYN | M-40 | 58 | 00:00:21 | 00:23:41 | 00:47:19 | 01:11:35 | 01:36:51 | 01:42:10.70 | 01:42:31.85 | +00:34:19 (33.6%) | 4:50 | 12.4 (66.3%) |
| 257 | DWORSKI Marek | 332 | AKMB PĘDZIWIATR GLIWICE | M-60 | 1 | 00:00:39 | 00:23:54 | 00:47:37 | 01:11:38 | 01:36:26 | 01:41:53.70 | 01:42:33.55 | +00:34:02 (33.4%) | 4:49 | 12.4 (66.3%) |
| 258 | REMPUSZEWSKI Mateusz | 993 | | M-20 | 60 | 00:01:12 | 00:26:27 | 00:52:35 | 01:14:20 | 01:36:33 | 01:41:25.25 | 01:42:37.45 | +00:33:33 (33.1%) | 4:48 | 12.5 (66.8%) |
| 259 | SAJDOK Łukasz | 930 | | M-30 | 96 | 00:01:25 | 00:23:46 | 00:47:19 | 01:10:59 | 01:36:04 | 01:41:25.30 | 01:42:50.90 | +00:33:34 (33.1%) | 4:48 | 12.5 (66.8%) |
| 260 | SZCZYRA Jan | 434 | ISTA BIEGAMY | M-30 | 100 | 00:01:01 | 00:24:54 | 00:49:03 | 01:12:38 | 01:36:47 | 01:41:50.75 | 01:42:52.05 | +00:33:59 (33.4%) | 4:49 | 12.4 (66.3%) |
| 261 | JACKOWICZ Rafał | 828 | JACKOWICZ TEAM | M-40 | 59 | 00:00:35 | 00:23:29 | 00:47:05 | 01:11:21 | 01:36:49 | 01:42:19.85 | 01:42:55.10 | +00:34:28 (33.7%) | 4:50 | 12.4 (66.3%) |
| 262 | BEDNORZ Roman | 962 | TECHNOMEX | M-20 | 61 | 00:01:27 | 00:24:45 | 00:49:13 | 01:13:13 | 01:36:35 | 01:41:28.65 | 01:42:55.75 | +00:33:37 (33.1%) | 4:48 | 12.5 (66.8%) |
| 263 | PIOTROWSKI Krzysztof | 38 | CROSS KRAPKOWICE | M-40 | 56 | 00:01:01 | 00:23:22 | 00:47:07 | 01:11:19 | 01:36:32 | 01:41:56.50 | 01:42:58.05 | +00:34:05 (33.4%) | 4:49 | 12.4 (66.3%) |
| 264 | CIUMAN Piotr | 343 | | M-20 | 65 | 00:00:19 | 00:23:16 | 00:46:57 | 01:10:48 | 01:37:01 | 01:42:41.30 | 01:43:00.95 | +00:34:50 (33.9%) | 4:51 | 12.3 (65.8%) |
| 265 | FORCZEK Grzegorz | 507 | | M-50 | 15 | 00:00:23 | 00:24:09 | 00:48:02 | 01:12:14 | 01:37:10 | 01:42:39.20 | 01:43:02.85 | +00:34:47 (33.9%) | 4:51 | 12.3 (65.8%) |
| 266 | BŁAŻYTKO Monika | 214 | BIEGAJ Z TRENERAMI | K-20 | 11 | 00:00:32 | 00:23:13 | 00:46:47 | 01:10:36 | 01:36:38 | 01:42:39.40 | 01:43:11.60 | +00:34:48 (33.9%) | 4:51 | 12.3 (65.8%) |
| 267 | KARASIŃSKI Łukasz | 125 | | M-20 | 67 | 00:00:19 | 00:23:18 | 00:47:01 | 01:10:49 | 01:37:14 | 01:42:54.10 | 01:43:13.85 | +00:35:02 (34.1%) | 4:52 | 12.3 (65.8%) |
| 268 | ŚWIDEREK Andrzej | 854 | NIEZRZESZONY | M-40 | 63 | 00:00:35 | 00:24:22 | 00:48:27 | 01:12:46 | 01:37:36 | 01:42:44.35 | 01:43:20.00 | +00:34:53 (34.0%) | 4:52 | 12.3 (65.8%) |
| 269 | KUBIS Adrian | 909 | | M-40 | 62 | 00:00:43 | 00:24:50 | 00:48:59 | 01:13:06 | 01:37:37 | 01:42:43.95 | 01:43:27.80 | +00:34:52 (33.9%) | 4:52 | 12.3 (65.8%) |
| 270 | NAZARKO Marek | 910 | | M-30 | 108 | 00:00:29 | 00:24:42 | 00:49:03 | 01:13:16 | 01:37:58 | 01:43:00.55 | 01:43:29.95 | +00:35:09 (34.1%) | 4:52 | 12.3 (65.8%) |
| 271 | MOREK Krzysztof | 415 | K.S. LENIWIEC | M-30 | 107 | 00:00:36 | 00:23:45 | 00:47:05 | 01:11:00 | 01:37:09 | 01:42:57.15 | 01:43:33.50 | +00:35:05 (34.1%) | 4:52 | 12.3 (65.8%) |
| 272 | BORSIAK Sebastian | 104 | | M-30 | 105 | 00:01:10 | 00:24:34 | 00:48:03 | 01:11:48 | 01:36:53 | 01:42:23.55 | 01:43:33.90 | +00:34:32 (33.7%) | 4:51 | 12.4 (66.3%) |
| 273 | SULICH Michał | 912 | | M-30 | 103 | 00:01:16 | 00:24:53 | 00:49:10 | 01:13:11 | 01:37:12 | 01:42:18.00 | 01:43:34.90 | +00:34:26 (33.7%) | 4:50 | 12.4 (66.3%) |
| 274 | ROLNIK Robert | 1107 | SKLEPBIEGACZA.PL GLIWICE TEAM | M-30 | 114 | 00:00:21 | 00:23:12 | 00:46:33 | 01:10:57 | 01:37:15 | 01:43:19.05 | 01:43:40.65 | +00:35:27 (34.3%) | 4:53 | 12.3 (65.8%) |
| 274 | DOMITRZ Mariusz | 781 | NADAKTYWNI | M-30 | 113 | 00:00:27 | 00:23:43 | 00:47:40 | 01:12:05 | 01:37:38 | 01:43:13.50 | 01:43:40.65 | +00:35:22 (34.3%) | 4:53 | 12.3 (65.8%) |
| 276 | RYCHLEWICZ Tomasz | 396 | | M-20 | 70 | 00:00:07 | 00:23:32 | 00:47:14 | 01:11:19 | 01:37:37 | 01:43:36.95 | 01:43:44.10 | +00:35:45 (34.5%) | 4:54 | 12.2 (65.2%) |
| 277 | BRZEZINA Arkadiusz | 59 | TARNOGÓRSKA GRUPA BIEGOWA | M-30 | 111 | 00:00:39 | 00:24:27 | 00:48:39 | 01:12:55 | 01:37:51 | 01:43:05.70 | 01:43:45.05 | +00:35:14 (34.2%) | 4:53 | 12.3 (65.8%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas | | | | | Czas netto 21.1km | Czas brutto 21.1km | Różn | Tempo min/km | Tempo km/h |
|-----|------------------------------|-------------|-----------------------|-----------|------|----------|----------|----------|----------|----------|----------------------|-----------------------|----------------------|-----------------|-----------------|
| | | | | | | startu | 5km | 10km | 15km | 20km | | | | | |
| 278 | DEMEL Piotr | 704 | | M-30 | 117 | 00:00:11 | 00:23:37 | 00:47:38 | 01:12:18 | 01:38:05 | 01:43:38.10 | 01:43:49.85 | +00:35:46 (34.5%) | 4:54 | 12.2 (65.2%) |
| 279 | BUJA Błażej | 321 | BIEGACZE CSR | M-20 | 68 | 00:00:41 | 00:23:53 | 00:47:42 | 01:11:37 | 01:37:37 | 01:43:08.25 | 01:43:50.15 | +00:35:16 (34.2%) | 4:53 | 12.3 (65.8%) |
| 280 | LIGUDZIŃSKI Andrzej | 593 | ZA GARŚC BANANÓW | M-40 | 60 | 00:01:33 | 00:23:33 | 00:47:32 | 01:11:56 | 01:37:13 | 01:42:20.10 | 01:43:53.65 | +00:34:28 (33.7%) | 4:50 | 12.4 (66.3%) |
| 281 | KŁACZEK Grzegorz | 848 | NIEZRZESZONY | M-50 | 13 | 00:01:51 | 00:24:38 | 00:48:20 | 01:12:27 | 01:36:52 | 01:42:03.50 | 01:43:55.05 | +00:34:12 (33.5%) | 4:50 | 12.4 (66.3%) |
| 282 | ZAPOTOCZNY Przemysław | 861 | | M-40 | 54 | 00:02:18 | 00:24:42 | 00:48:13 | 01:11:56 | 01:36:22 | 01:41:36.75 | 01:43:55.60 | +00:33:45 (33.2%) | 4:48 | 12.5 (66.8%) |
| 283 | NAWARA Arkadiusz | 845 | | M-20 | 63 | 00:01:59 | 00:24:39 | 00:48:28 | 01:12:15 | 01:36:42 | 01:41:56.45 | 01:43:55.95 | +00:34:05 (33.4%) | 4:49 | 12.4 (66.3%) |
| 284 | FRANKIEWICZ Artur | 330 | | M-30 | 112 | 00:00:42 | 00:23:42 | 00:47:28 | 01:11:35 | 01:37:37 | 01:43:13.40 | 01:43:56.25 | +00:35:22 (34.3%) | 4:53 | 12.3 (65.8%) |
| 285 | RUTKOWSKI Michał | 309 | | M-20 | 66 | 00:01:10 | 00:24:56 | 00:49:19 | 01:13:06 | 01:37:39 | 01:42:48.35 | 01:43:58.40 | +00:34:57 (34.0%) | 4:52 | 12.3 (65.8%) |
| 286 | FRĄC Dariusz | 140 | NIGHT RUNNERS GLIWICE | M-40 | 66 | 00:00:47 | 00:24:24 | 00:48:30 | 01:12:53 | 01:38:00 | 01:43:13.70 | 01:44:01.65 | +00:35:22 (34.3%) | 4:53 | 12.3 (65.8%) |
| 287 | SKOWRON Marcin | 483 | | M-30 | 110 | 00:01:00 | 00:25:14 | 00:49:31 | 01:13:56 | 01:37:51 | 01:43:02.70 | 01:44:02.95 | +00:35:11 (34.2%) | 4:52 | 12.3 (65.8%) |
| 288 | BOCHENEK Marcin | 751 | | M-40 | 69 | 00:00:19 | 00:23:21 | 00:47:02 | 01:11:16 | 01:37:42 | 01:43:43.65 | 01:44:03.35 | +00:35:52 (34.6%) | 4:54 | 12.2 (65.2%) |
| 289 | GOLDA Piotr | 952 | | M-40 | 65 | 00:00:55 | 00:26:33 | 00:51:22 | 01:15:24 | 01:38:24 | 01:43:08.50 | 01:44:04.30 | +00:35:17 (34.2%) | 4:53 | 12.3 (65.8%) |
| 290 | KOSMACZEWSKI Michał | 1101 | | M-20 | 64 | 00:01:26 | 00:24:35 | 00:49:03 | 01:12:50 | 01:37:23 | 01:42:38.40 | 01:44:04.70 | +00:34:47 (33.9%) | 4:51 | 12.3 (65.8%) |
| 291 | USZKO Sabina | 355 | | K-50 | 1 | 00:00:16 | 00:24:40 | 00:49:38 | 01:13:49 | 01:38:32 | 01:43:50.50 | 01:44:06.55 | +00:35:59 (34.7%) | 4:55 | 12.2 (65.2%) |
| 292 | SZYMKÓW Krzysztof | 1230 | PKO BP | M-30 | 115 | 00:00:51 | 00:24:48 | 00:49:10 | 01:13:22 | 01:38:07 | 01:43:19.15 | 01:44:11.05 | +00:35:27 (34.3%) | 4:53 | 12.3 (65.8%) |
| 293 | NITKA Sebastian | 356 | | M-40 | 61 | 00:01:40 | 00:24:28 | 00:48:28 | 01:12:45 | 01:37:31 | 01:42:38.65 | 01:44:18.95 | +00:34:47 (33.9%) | 4:51 | 12.3 (65.8%) |
| 294 | BYLINOWSKI Oleg | 711 | GTT | M-30 | 109 | 00:01:20 | 00:25:02 | 00:49:43 | 01:13:36 | 01:37:52 | 01:43:01.35 | 01:44:22.05 | +00:35:10 (34.1%) | 4:52 | 12.3 (65.8%) |
| 295 | KOCYBA Andrzej | 795 | NIEZRZESZONY | M-40 | 67 | 00:00:44 | 00:25:00 | 00:49:05 | 01:13:04 | 01:38:07 | 01:43:39.45 | 01:44:24.35 | +00:35:48 (34.5%) | 4:54 | 12.2 (65.2%) |
| 296 | GRZEGORCZYK Wojciech | 1146 | JW AGAT | M-16 | 3 | 00:00:51 | 00:23:40 | 00:47:30 | 01:12:10 | 01:38:02 | 01:43:35.90 | 01:44:26.95 | +00:35:44 (34.5%) | 4:54 | 12.2 (65.2%) |
| 297 | HETMAŃCZYK Ireneusz | 505 | FAST FOOT OPOLE | M-40 | 64 | 00:01:28 | 00:23:37 | 00:47:47 | 01:12:00 | 01:37:34 | 01:42:58.40 | 01:44:27.25 | +00:35:07 (34.1%) | 4:52 | 12.3 (65.8%) |
| 298 | ZĘBALA Bartłomiej | 1122 | | M-20 | 77 | 00:00:07 | 00:22:59 | 00:47:11 | 01:11:54 | 01:38:52 | 01:44:26.10 | 01:44:33.65 | +00:36:34 (35.0%) | 4:56 | 12.1 (64.7%) |
| 299 | CZOK Adrian | 540 | | M-40 | 70 | 00:00:38 | 00:24:31 | 00:49:11 | 01:13:46 | 01:38:47 | 01:43:59.25 | 01:44:38.20 | +00:36:07 (34.7%) | 4:55 | 12.2 (65.2%) |
| 300 | STAŃCZAK Grzegorz | 222 | | M-20 | 75 | 00:00:38 | 00:22:41 | 00:46:16 | 01:10:56 | 01:37:59 | 01:44:00.65 | 01:44:38.75 | +00:36:09 (34.8%) | 4:55 | 12.2 (65.2%) |
| 301 | KACZMAREK Sławomir | 1148 | JW AGAT | M-20 | 71 | 00:00:50 | 00:26:20 | 00:50:12 | 01:14:55 | 01:38:58 | 01:43:49.50 | 01:44:40.35 | +00:35:58 (34.6%) | 4:55 | 12.2 (65.2%) |
| 302 | CZABAŃSKI Rafał | 802 | RUNHOGS TYCHY | M-30 | 116 | 00:01:03 | 00:24:34 | 00:48:46 | 01:13:05 | 01:38:41 | 01:43:37.75 | 01:44:41.50 | +00:35:46 (34.5%) | 4:54 | 12.2 (65.2%) |
| 303 | BATKO Janusz | 328 | | M-40 | 71 | 00:00:39 | 00:23:40 | 00:48:05 | 01:13:04 | 01:38:37 | 01:44:02.90 | 01:44:42.40 | +00:36:11 (34.8%) | 4:55 | 12.2 (65.2%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas | | | | | Czas netto 21.1km | Czas brutto 21.1km | Różn | Tempo min/km | Tempo km/h |
|-----|--------------------------------|-------------|----------------------------------|-----------|------|----------|----------|----------|----------|----------|----------------------|-----------------------|----------------------|-----------------|-----------------|
| | | | | | | startu | 5km | 10km | 15km | 20km | | | | | |
| 304 | BELUCH Witold | 463 | | M-40 | 68 | 00:01:02 | 00:24:37 | 00:48:43 | 01:13:02 | 01:38:21 | 01:43:42.80 | 01:44:45.00 | +00:35:51 (34.6%) | 4:54 | 12.2 (65.2%) |
| 305 | JAMROSZ Bartosz | 1118 | | M-30 | 123 | 00:00:06 | 00:22:36 | 00:46:41 | 01:11:55 | 01:38:51 | 01:44:42.15 | 01:44:48.40 | +00:36:50 (35.2%) | 4:57 | 12.1 (64.7%) |
| 306 | MICHALSKI Dariusz | 585 | BIEGNĘ, ŻEBY BARTEK MÓGŁ BIEGAĆ | M-40 | 72 | 00:00:39 | 00:24:43 | 00:49:29 | 01:14:08 | 01:38:51 | 01:44:11.65 | 01:44:50.85 | +00:36:20 (34.9%) | 4:56 | 12.2 (65.2%) |
| 307 | SŁOMIAN Marcelina | 113 | | K-20 | 12 | 00:00:21 | 00:23:32 | 00:47:35 | 01:12:49 | 01:39:14 | 01:44:31.90 | 01:44:53.25 | +00:36:40 (35.1%) | 4:57 | 12.1 (64.7%) |
| 308 | NOWAK Adam | 365 | TAB2 | M-30 | 120 | 00:00:26 | 00:24:03 | 00:47:45 | 01:12:09 | 01:38:36 | 01:44:29.15 | 01:44:55.70 | +00:36:37 (35.1%) | 4:57 | 12.1 (64.7%) |
| 309 | SZADKOWSKI Paweł | 51 | NIGHT RUNNERS GLIWICE | M-20 | 76 | 00:00:38 | 00:24:31 | 00:48:53 | 01:13:22 | 01:38:56 | 01:44:19.45 | 01:44:58.00 | +00:36:28 (35.0%) | 4:56 | 12.1 (64.7%) |
| 310 | IBROM Mateusz | 67 | BIEGAMY Z SERCEM.PL | M-20 | 72 | 00:01:07 | 00:25:04 | 00:49:50 | 01:14:19 | 01:38:54 | 01:43:53.65 | 01:45:00.75 | +00:36:02 (34.7%) | 4:55 | 12.2 (65.2%) |
| 311 | SPIECHOWICZ Andrzej | 791 | | M-30 | 106 | 00:02:17 | 00:23:15 | 00:46:59 | 01:10:44 | 01:37:33 | 01:42:44.40 | 01:45:01.55 | +00:34:53 (34.0%) | 4:52 | 12.3 (65.8%) |
| 312 | KUKUŁA Adam | 369 | | M-20 | 74 | 00:01:06 | 00:25:40 | 00:50:53 | 01:15:13 | 01:39:27 | 01:43:57.40 | 01:45:03.70 | +00:36:06 (34.7%) | 4:55 | 12.2 (65.2%) |
| 313 | SMAGOROWICZ Artur | 1117 | W POGONI ZA DUCHEM | M-40 | 75 | 00:00:23 | 00:25:35 | 00:50:35 | 01:15:10 | 01:39:30 | 01:44:41.05 | 01:45:04.85 | +00:36:49 (35.2%) | 4:57 | 12.1 (64.7%) |
| 314 | CHMIELOWSKA-ZIĘBA Iwona | 669 | | K-30 | 12 | 00:00:21 | 00:25:11 | 00:50:04 | 01:14:36 | 01:39:18 | 01:44:47.35 | 01:45:08.75 | +00:36:56 (35.2%) | 4:57 | 12.1 (64.7%) |
| 315 | TRONINA Grzegorz | 5 | AUKCJA | M-30 | 126 | 00:00:16 | 00:25:42 | 00:50:54 | 01:15:47 | 01:40:10 | 01:44:52.70 | 01:45:09.00 | +00:37:01 (35.3%) | 4:58 | 12.1 (64.7%) |
| 316 | MATYSIK Marcin | 1150 | JW AGAT | M-30 | 118 | 00:00:51 | 00:24:34 | 00:48:35 | 01:13:15 | 01:38:58 | 01:44:21.70 | 01:45:12.80 | +00:36:30 (35.0%) | 4:56 | 12.1 (64.7%) |
| 317 | IMIOŁEK Krzysztof | 109 | | M-30 | 130 | 00:00:05 | 00:23:14 | 00:47:13 | 01:12:10 | 01:39:19 | 01:45:07.30 | 01:45:13.10 | +00:37:16 (35.5%) | 4:58 | 12 (64.2%) |
| 318 | KAMIŃSKI Maciej | 864 | | M-30 | 127 | 00:00:26 | 00:24:04 | 00:48:41 | 01:13:23 | 01:39:26 | 01:44:53.90 | 01:45:20.45 | +00:37:02 (35.3%) | 4:58 | 12.1 (64.7%) |
| 319 | POLAK Krzysztof | 29 | OPEL ACTIVE TEAM | M-40 | 76 | 00:00:22 | 00:23:57 | 00:48:09 | 01:13:20 | 01:39:31 | 01:44:58.70 | 01:45:21.25 | +00:37:07 (35.4%) | 4:58 | 12.1 (64.7%) |
| 320 | GRABKOWSKI Robert | 1011 | KB SUKCES ŻMIGRÓD | M-40 | 73 | 00:00:50 | 00:23:51 | 00:48:01 | 01:12:31 | 01:38:57 | 01:44:34.05 | 01:45:24.90 | +00:36:42 (35.1%) | 4:57 | 12.1 (64.7%) |
| 321 | WYRÓD Karol | 465 | TUBES INTERNATIONAL GLIWICE | M-30 | 128 | 00:00:26 | 00:23:14 | 00:47:06 | 01:11:57 | 01:39:18 | 01:44:58.85 | 01:45:25.70 | +00:37:07 (35.4%) | 4:58 | 12.1 (64.7%) |
| 322 | SMUDA Andrzej | 70 | AKMB PĘDZIWIATR GLIWICE | M-30 | 124 | 00:00:40 | 00:25:00 | 00:49:25 | 01:14:03 | 01:39:21 | 01:44:47.15 | 01:45:27.25 | +00:36:55 (35.2%) | 4:57 | 12.1 (64.7%) |
| 323 | BUCHAŁA Bartłomiej | 1094 | | M-30 | 119 | 00:01:08 | 00:25:51 | 00:50:32 | 01:14:38 | 01:38:59 | 01:44:22.05 | 01:45:30.75 | +00:36:30 (35.0%) | 4:56 | 12.1 (64.7%) |
| 324 | BUJAK Miłosz | 1027 | | M-20 | 73 | 00:01:37 | 00:24:32 | 00:49:29 | 01:14:12 | 01:38:46 | 01:43:54.95 | 01:45:32.25 | +00:36:03 (34.7%) | 4:55 | 12.2 (65.2%) |
| 325 | DWORNICZAK Paweł | 868 | | M-20 | 69 | 00:02:00 | 00:24:57 | 00:49:39 | 01:14:16 | 01:38:44 | 01:43:31.80 | 01:45:32.55 | +00:35:40 (34.5%) | 4:54 | 12.2 (65.2%) |
| 326 | ZASOŃ Tomasz | 654 | | M-30 | 121 | 00:01:07 | 00:25:27 | 00:50:03 | 01:14:24 | 01:39:23 | 01:44:33.25 | 01:45:40.95 | +00:36:41 (35.1%) | 4:57 | 12.1 (64.7%) |
| 327 | STACHOŃ Jacek | 1083 | | M-40 | 74 | 00:01:10 | 00:24:48 | 00:49:20 | 01:13:41 | 01:39:17 | 01:44:34.75 | 01:45:45.70 | +00:36:43 (35.1%) | 4:57 | 12.1 (64.7%) |
| 328 | MODZELEWSKI Adrian | 920 | EUROPEJSKIE CENTRUM SOLIDARNOŚCI | M-30 | 129 | 00:00:44 | 00:24:29 | 00:49:17 | 01:14:13 | 01:39:42 | 01:45:03.80 | 01:45:48.25 | +00:37:12 (35.4%) | 4:58 | 12 (64.2%) |
| 329 | WILK Dawid | 153 | NIGHT RUNNERS ZABRZE | M-20 | 78 | 00:01:21 | 00:24:57 | 00:49:44 | 01:14:34 | 01:39:20 | 01:44:28.70 | 01:45:50.10 | +00:36:37 (35.1%) | 4:57 | 12.1 (64.7%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas | | | | | Czas netto 21.1km | Czas brutto 21.1km | Różn | Tempo min/km | Tempo km/h |
|-----|-------------------------------|-------------|-----------------------|-----------|------|----------|----------|----------|----------|----------|----------------------|-----------------------|----------------------|-----------------|-----------------|
| | | | | | | startu | 5km | 10km | 15km | 20km | | | | | |
| 330 | CESARZ Szymon | 632 | #RUN4FUN | M-30 | 132 | 00:00:41 | 00:24:57 | 00:49:35 | 01:14:26 | 01:39:48 | 01:45:08.95 | 01:45:50.60 | +00:37:17 (35.5%) | 4:59 | 12 (64.2%) |
| 331 | ZIOŁA Łukasz | 573 | | M-30 | 131 | 00:00:44 | 00:24:29 | 00:49:17 | 01:14:13 | 01:39:42 | 01:45:07.35 | 01:45:51.50 | +00:37:16 (35.5%) | 4:58 | 12 (64.2%) |
| 332 | SZOT Wojciech | 232 | | M-30 | 125 | 00:01:02 | 00:23:59 | 00:48:06 | 01:13:02 | 01:39:15 | 01:44:48.80 | 01:45:51.65 | +00:36:57 (35.3%) | 4:58 | 12.1 (64.7%) |
| 333 | PASTUCHA Anna | 660 | CROSS KRAPKOWICE | K-50 | 2 | 00:00:16 | 00:24:40 | 00:49:38 | 01:14:12 | 01:40:06 | 01:45:35.50 | 01:45:52.15 | +00:37:44 (35.7%) | 5:00 | 12 (64.2%) |
| 334 | OBIDOWICZ Agata | 716 | SUFFOLK TRAIL RUNNERS | K-20 | 13 | 00:00:06 | 00:22:23 | 00:46:06 | 01:11:16 | 01:39:59 | 01:45:47.50 | 01:45:53.70 | +00:37:56 (35.9%) | 5:00 | 12 (64.2%) |
| 335 | SIKORA Radosław | 918 | GB SEUL | M-20 | 79 | 00:01:29 | 00:26:12 | 00:50:37 | 01:15:31 | 01:39:57 | 01:44:33.00 | 01:46:02.35 | +00:36:41 (35.1%) | 4:57 | 12.1 (64.7%) |
| 336 | MASARCZYK Wojciech | 987 | | M-16 | 4 | 00:00:15 | 00:24:25 | 00:49:49 | 01:15:07 | 01:40:36 | 01:45:49.70 | 01:46:05.55 | +00:37:58 (35.9%) | 5:00 | 12 (64.2%) |
| 337 | SZOBLIK Darek | 1036 | SZOBLIK AUTO CZESCI | M-30 | 134 | 00:00:51 | 00:25:02 | 00:49:47 | 01:15:12 | 01:40:13 | 01:45:21.95 | 01:46:13.90 | +00:37:30 (35.6%) | 4:59 | 12 (64.2%) |
| 338 | KOŁOSOWSKI Tomasz | 63 | | M-30 | 122 | 00:01:37 | 00:23:42 | 00:47:14 | 01:11:46 | 01:39:22 | 01:44:38.05 | 01:46:15.95 | +00:36:46 (35.2%) | 4:57 | 12.1 (64.7%) |
| 339 | FELISIAK Paweł | 891 | | M-30 | 135 | 00:00:56 | 00:25:52 | 00:50:44 | 01:15:29 | 01:40:12 | 01:45:22.15 | 01:46:18.60 | +00:37:30 (35.6%) | 4:59 | 12 (64.2%) |
| 340 | RADZIKOWSKI Przemysław | 642 | | M-20 | 81 | 00:01:07 | 00:25:51 | 00:50:53 | 01:15:15 | 01:39:57 | 01:45:13.70 | 01:46:20.95 | +00:37:22 (35.5%) | 4:59 | 12 (64.2%) |
| 341 | MEJKA Krzysztof | 672 | | M-20 | 83 | 00:00:37 | 00:25:46 | 00:51:04 | 01:15:38 | 01:40:40 | 01:45:46.75 | 01:46:24.25 | +00:37:55 (35.9%) | 5:00 | 12 (64.2%) |
| 342 | BONK Sebastian | 164 | BMS | M-40 | 79 | 00:00:28 | 00:23:51 | 00:48:43 | 01:14:03 | 01:40:21 | 01:45:56.45 | 01:46:24.60 | +00:38:05 (36.0%) | 5:01 | 12 (64.2%) |
| 343 | KANIEWSKI Kamil | 26 | | M-20 | 82 | 00:01:00 | 00:25:39 | 00:50:42 | 01:16:12 | 01:40:29 | 01:45:33.10 | 01:46:33.60 | +00:37:41 (35.7%) | 5:00 | 12 (64.2%) |
| 344 | WISZNIOWSKI Krzysztof | 468 | | M-30 | 137 | 00:01:06 | 00:24:23 | 00:48:57 | 01:13:51 | 01:39:57 | 01:45:28.70 | 01:46:35.20 | +00:37:37 (35.7%) | 4:59 | 12 (64.2%) |
| 345 | MALEC Arkadiusz | 929 | | M-20 | 80 | 00:01:35 | 00:24:48 | 00:49:36 | 01:15:25 | 01:39:37 | 01:44:59.75 | 01:46:35.60 | +00:37:08 (35.4%) | 4:58 | 12.1 (64.7%) |
| 346 | UZDOWSKI Jarosław | 528 | KS DEGENERAT | M-30 | 138 | 00:00:37 | 00:25:07 | 00:50:00 | 01:14:54 | 01:40:32 | 01:46:01.25 | 01:46:38.30 | +00:38:09 (36.0%) | 5:01 | 11.9 (63.6%) |
| 347 | SOBASZEK Aureliusz | 84 | PSYCHONAUCI | M-20 | 87 | 00:00:08 | 00:23:59 | 00:48:41 | 01:14:17 | 01:40:50 | 01:46:32.15 | 01:46:40.85 | +00:38:40 (36.3%) | 5:02 | 11.9 (63.6%) |
| 348 | BUBULA Krystek | 619 | DZIK TEAM | M-20 | 88 | 00:00:10 | 00:22:46 | 00:47:25 | 01:13:39 | 01:40:59 | 01:46:34.35 | 01:46:44.45 | +00:38:43 (36.3%) | 5:03 | 11.9 (63.6%) |
| 349 | ZAKRZEWSKI Robert | 1201 | BIEG WEGAŃSKI | M-40 | 80 | 00:00:33 | 00:25:25 | 00:50:24 | 01:15:24 | 01:40:54 | 01:46:11.80 | 01:46:44.90 | +00:38:20 (36.1%) | 5:01 | 11.9 (63.6%) |
| 350 | STALICA Wojciech | 889 | IZO-ERG | M-40 | 81 | 00:00:33 | 00:25:18 | 00:50:29 | 01:15:27 | 01:40:55 | 01:46:16.00 | 01:46:49.65 | +00:38:24 (36.1%) | 5:02 | 11.9 (63.6%) |
| 351 | DEREK Piotr | 922 | ZA LEPSZĄ LINIĄ POGOŃ | M-40 | 77 | 00:01:32 | 00:24:58 | 00:49:10 | 01:14:22 | 01:40:00 | 01:45:19.05 | 01:46:51.25 | +00:37:27 (35.6%) | 4:59 | 12 (64.2%) |
| 352 | PIŁAT Jarosław | 172 | | M-30 | 143 | 00:00:15 | 00:24:06 | 00:48:01 | 01:12:48 | 01:40:53 | 01:46:41.35 | 01:46:56.40 | +00:38:50 (36.4%) | 5:03 | 11.9 (63.6%) |
| 353 | WÓJCIK Krzysztof | 857 | IRON WORKOUT | M-20 | 85 | 00:00:28 | 00:23:15 | 00:47:27 | 01:13:51 | 01:41:00 | 01:46:30.40 | 01:46:58.45 | +00:38:39 (36.3%) | 5:02 | 11.9 (63.6%) |
| 354 | MEDWID Katarzyna | 471 | | K-30 | 13 | 00:01:51 | 00:24:08 | 00:48:13 | 01:12:57 | 01:39:30 | 01:45:08.55 | 01:46:59.80 | +00:37:17 (35.5%) | 4:58 | 12 (64.2%) |
| 355 | CIEŚLIK Dawid | 984 | | M-30 | 136 | 00:01:32 | 00:25:34 | 00:50:35 | 01:15:35 | 01:40:20 | 01:45:27.75 | 01:47:00.05 | +00:37:36 (35.7%) | 4:59 | 12 (64.2%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas | | | | | Czas netto 21.1km | Czas brutto 21.1km | Różn | Tempo min/km | Tempo km/h |
|-----|----------------------------|-------------|--------------------|-----------|------|----------|----------|----------|----------|----------|----------------------|-----------------------|----------------------|-----------------|-----------------|
| | | | | | | startu | 5km | 10km | 15km | 20km | | | | | |
| 356 | PRACKI Dariusz | 523 | | M-30 | 133 | 00:01:49 | 00:24:14 | 00:48:20 | 01:13:06 | 01:39:22 | 01:45:12.20 | 01:47:01.50 | +00:37:20 (35.5%) | 4:59 | 12 (64.2%) |
| 357 | KŁOSEK Jacek | 445 | INSTAL-TECH TEAM | M-20 | 84 | 00:00:53 | 00:25:41 | 00:51:14 | 01:16:17 | 01:40:58 | 01:46:10.75 | 01:47:04.45 | +00:38:19 (36.1%) | 5:01 | 11.9 (63.6%) |
| 358 | CIERPKA Dariusz | 181 | | M-40 | 82 | 00:00:45 | 00:25:09 | 00:49:39 | 01:14:20 | 01:40:42 | 01:46:21.15 | 01:47:07.00 | +00:38:29 (36.2%) | 5:02 | 11.9 (63.6%) |
| 359 | MAJEREK Marek | 156 | | M-40 | 86 | 00:00:07 | 00:23:03 | 00:47:14 | 01:12:38 | 01:40:29 | 01:47:01.05 | 01:47:08.45 | +00:39:09 (36.6%) | 5:04 | 11.8 (63.1%) |
| 360 | MARCELA Marcin | 792 | AMATOR | M-30 | 139 | 00:01:08 | 00:26:25 | 00:51:13 | 01:15:54 | 01:40:56 | 01:46:10.55 | 01:47:19.25 | +00:38:19 (36.1%) | 5:01 | 11.9 (63.6%) |
| 361 | FRYDRYCHOWSKI Paweł | 1123 | | M-16 | 5 | 00:01:26 | 00:22:41 | 00:46:44 | 01:11:16 | 01:39:12 | 01:45:56.30 | 01:47:22.30 | +00:38:05 (35.9%) | 5:01 | 12 (64.2%) |
| 362 | BANASIK Paweł | 173 | ENDUHUB.COM | M-50 | 16 | 00:00:50 | 00:25:07 | 00:50:05 | 01:15:18 | 01:41:10 | 01:46:37.95 | 01:47:28.90 | +00:38:46 (36.4%) | 5:03 | 11.9 (63.6%) |
| 363 | KSIĘŻYK Mirosław | 487 | MACROLOGOC | M-30 | 142 | 00:00:53 | 00:24:41 | 00:50:00 | 01:15:07 | 01:41:12 | 01:46:38.55 | 01:47:31.90 | +00:38:47 (36.4%) | 5:03 | 11.9 (63.6%) |
| 364 | ŁOBKO Adam | 796 | | M-40 | 78 | 00:01:48 | 00:25:32 | 00:50:09 | 01:15:08 | 01:40:15 | 01:45:44.90 | 01:47:33.30 | +00:37:53 (35.8%) | 5:00 | 12 (64.2%) |
| 365 | PIETRZAK Marcin | 756 | | M-40 | 84 | 00:00:45 | 00:24:03 | 00:48:28 | 01:13:38 | 01:40:57 | 01:46:47.75 | 01:47:33.70 | +00:38:56 (36.5%) | 5:03 | 11.9 (63.6%) |
| 365 | PRZESPOLEWSKI Dawid | 549 | FP RUNNERS TEAM | M-30 | 141 | 00:01:08 | 00:24:34 | 00:49:19 | 01:15:02 | 01:41:03 | 01:46:24.95 | 01:47:33.70 | +00:38:33 (36.2%) | 5:02 | 11.9 (63.6%) |
| 367 | BRYLIŃSKI Grzegorz | 450 | DAREMNY TRUD TSH | M-30 | 144 | 00:00:39 | 00:25:36 | 00:51:05 | 01:16:29 | 01:41:56 | 01:46:54.70 | 01:47:34.30 | +00:39:03 (36.5%) | 5:04 | 11.8 (63.1%) |
| 368 | KUCZMA Jarosław | 534 | | M-40 | 83 | 00:01:01 | 00:26:13 | 00:51:46 | 01:16:37 | 01:41:17 | 01:46:35.95 | 01:47:37.10 | +00:38:44 (36.3%) | 5:03 | 11.9 (63.6%) |
| 369 | HAJDA Marek | 810 | | M-40 | 91 | 00:00:10 | 00:24:19 | 00:49:29 | 01:14:59 | 01:41:42 | 01:47:29.80 | 01:47:40.40 | +00:39:38 (36.9%) | 5:05 | 11.8 (63.1%) |
| 370 | DZIGORZEWSKI Paweł | 1098 | | M-20 | 86 | 00:01:14 | 00:25:14 | 00:49:41 | 01:15:02 | 01:41:13 | 01:46:31.05 | 01:47:45.85 | +00:38:39 (36.3%) | 5:02 | 11.9 (63.6%) |
| 371 | GRZEŻUŁKOWSKI Kamil | 1222 | | M-20 | 90 | 00:00:31 | 00:24:57 | 00:49:47 | 01:14:46 | 01:41:17 | 01:47:16.65 | 01:47:48.60 | +00:39:25 (36.7%) | 5:05 | 11.8 (63.1%) |
| 372 | KRZEMIŃSKI Andrzej | 1227 | PKO BP | M-40 | 87 | 00:00:52 | 00:25:09 | 00:50:30 | 01:15:52 | 01:41:49 | 01:47:03.45 | 01:47:55.90 | +00:39:12 (36.6%) | 5:04 | 11.8 (63.1%) |
| 373 | MYCIELSKI Mariusz | 687 | W DRODZE | M-40 | 88 | 00:00:48 | 00:25:06 | 00:50:13 | 01:15:37 | 01:41:35 | 01:47:08.80 | 01:47:57.65 | +00:39:17 (36.7%) | 5:04 | 11.8 (63.1%) |
| 374 | ADAM Mateusz | 569 | BOSO PRZEZ SZAŁSZĘ | M-20 | 91 | 00:00:33 | 00:24:37 | 00:48:58 | 01:14:14 | 01:41:49 | 01:47:24.50 | 01:47:57.75 | +00:39:33 (36.8%) | 5:05 | 11.8 (63.1%) |
| 375 | HAWĘŁKA Łukasz | 693 | | M-30 | 145 | 00:00:58 | 00:25:45 | 00:51:01 | 01:16:25 | 01:41:49 | 01:47:01.95 | 01:48:00.10 | +00:39:10 (36.6%) | 5:04 | 11.8 (63.1%) |
| 376 | DYLONG Piotr | 229 | | M-50 | 19 | 00:00:47 | 00:26:00 | 00:51:25 | 01:16:56 | 01:41:55 | 01:47:12.35 | 01:48:00.20 | +00:39:21 (36.7%) | 5:04 | 11.8 (63.1%) |
| 377 | GRZEGORCZYK Ewelina | 127 | | K-30 | 14 | 00:00:15 | 00:23:01 | 00:47:22 | 01:13:36 | 01:41:46 | 01:47:47.25 | 01:48:02.70 | +00:39:55 (37.0%) | 5:06 | 11.7 (62.6%) |
| 378 | WITRYK Lesław | 401 | 5 BSP | M-20 | 89 | 00:01:14 | 00:25:06 | 00:49:43 | 01:15:08 | 01:41:24 | 01:46:54.40 | 01:48:08.65 | +00:39:03 (36.5%) | 5:03 | 11.8 (63.1%) |
| 379 | KOŁCUN Łukasz | 1202 | OKRZEI RESIDANCE | M-30 | 140 | 00:01:52 | 00:24:49 | 00:49:02 | 01:14:22 | 01:40:27 | 01:46:16.80 | 01:48:08.85 | +00:38:25 (36.2%) | 5:02 | 11.9 (63.6%) |
| 380 | WARDAK Tomasz | 394 | RADZYMIN RUN TEAM | M-40 | 92 | 00:00:22 | 00:25:32 | 00:50:56 | 01:16:18 | 01:42:12 | 01:47:47.20 | 01:48:09.75 | +00:39:55 (37.0%) | 5:06 | 11.7 (62.6%) |
| 381 | KUŁAKOWSKI Grzegorz | 558 | W POGONI ZA DUCHEM | M-30 | 150 | 00:00:22 | 00:23:51 | 00:47:45 | 01:12:31 | 01:41:54 | 01:47:48.85 | 01:48:11.50 | +00:39:57 (37.1%) | 5:06 | 11.7 (62.6%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas | | | | | Czas netto 21.1km | Czas brutto 21.1km | Różn | Tempo min/km | Tempo km/h |
|-----|----------------------------|-------------|--------------------|-----------|------|----------|----------|----------|----------|----------|----------------------|-----------------------|----------------------|-----------------|-----------------|
| | | | | | | startu | 5km | 10km | 15km | 20km | | | | | |
| 382 | BOCHEŃSKA Agnieszka | 207 | AMATOR | K-30 | 15 | 00:00:17 | 00:26:02 | 00:50:58 | 01:16:22 | 01:42:19 | 01:47:54.45 | 01:48:11.65 | +00:40:03 (37.1%) | 5:06 | 11.7 (62.6%) |
| 383 | WOŹNIAK Janusz | 82 | | M-50 | 18 | 00:01:12 | 00:25:04 | 00:50:04 | 01:15:26 | 01:41:17 | 01:47:00.20 | 01:48:13.15 | +00:39:08 (36.6%) | 5:04 | 11.8 (63.1%) |
| 384 | SOLICH Patryk | 1289 | GTT | M-30 | 149 | 00:00:57 | 00:25:46 | 00:51:02 | 01:16:26 | 01:41:50 | 01:47:19.30 | 01:48:16.85 | +00:39:28 (36.8%) | 5:05 | 11.8 (63.1%) |
| 385 | CZAPEK Marek | 101 | BOJKÓW | M-40 | 89 | 00:01:04 | 00:26:30 | 00:52:18 | 01:17:09 | 01:42:00 | 01:47:13.25 | 01:48:18.00 | +00:39:21 (36.7%) | 5:04 | 11.8 (63.1%) |
| 386 | DUDEK Sebastian | 517 | | M-30 | 147 | 00:01:14 | 00:25:24 | 00:50:24 | 01:15:40 | 01:41:42 | 01:47:04.50 | 01:48:18.55 | +00:39:13 (36.6%) | 5:04 | 11.8 (63.1%) |
| 387 | KRAJEWSKI Michał | 516 | | M-30 | 146 | 00:01:18 | 00:26:24 | 00:52:30 | 01:17:17 | 01:41:45 | 01:47:03.35 | 01:48:21.50 | +00:39:12 (36.6%) | 5:04 | 11.8 (63.1%) |
| 388 | GOŁĘBIEWSKI Bartosz | 988 | ZGRYŻLIWI TETRZYCY | M-30 | 148 | 00:01:18 | 00:26:13 | 00:51:36 | 01:17:16 | 01:41:54 | 01:47:05.95 | 01:48:24.55 | +00:39:14 (36.6%) | 5:04 | 11.8 (63.1%) |
| 389 | JURECKI Zygfryd | 184 | PRO-RUN WROCŁAW | M-50 | 17 | 00:01:29 | 00:25:50 | 00:51:25 | 01:16:39 | 01:41:49 | 01:46:57.60 | 01:48:27.40 | +00:39:06 (36.6%) | 5:04 | 11.8 (63.1%) |
| 390 | PENKALA Artur | 301 | GO-LEASING | M-20 | 98 | 00:00:08 | 00:25:43 | 00:51:28 | 01:17:05 | 01:43:04 | 01:48:19.25 | 01:48:27.80 | +00:40:27 (37.4%) | 5:08 | 11.7 (62.6%) |
| 391 | DOBOSZ Mariusz | 298 | GO-LEASING | M-20 | 99 | 00:00:07 | 00:25:44 | 00:51:29 | 01:17:06 | 01:43:05 | 01:48:19.90 | 01:48:27.85 | +00:40:28 (37.4%) | 5:08 | 11.7 (62.6%) |
| 392 | KUCH Paweł | 182 | | M-40 | 97 | 00:00:23 | 00:25:42 | 00:51:06 | 01:16:42 | 01:42:41 | 01:48:05.90 | 01:48:29.25 | +00:40:14 (37.2%) | 5:07 | 11.7 (62.6%) |
| 393 | LESZKO Wioleta | 991 | | K-20 | 15 | 00:00:52 | 00:24:37 | 00:49:03 | 01:14:27 | 01:41:53 | 01:47:38.60 | 01:48:30.80 | +00:39:47 (37.0%) | 5:06 | 11.8 (63.1%) |
| 394 | GRANDA Marcin | 602 | | M-20 | 100 | 00:00:12 | 00:23:49 | 00:49:54 | 01:15:47 | 01:42:39 | 01:48:20.85 | 01:48:33.40 | +00:40:29 (37.4%) | 5:08 | 11.7 (62.6%) |
| 395 | PRYMAS Krystian | 452 | | M-30 | 155 | 00:00:29 | 00:24:22 | 00:49:37 | 01:15:33 | 01:42:22 | 01:48:03.70 | 01:48:33.65 | +00:40:12 (37.2%) | 5:07 | 11.7 (62.6%) |
| 396 | IZBICKI Zbigniew | 960 | FC24 | M-40 | 90 | 00:01:23 | 00:24:40 | 00:49:24 | 01:14:38 | 01:41:30 | 01:47:18.30 | 01:48:41.65 | +00:39:27 (36.8%) | 5:05 | 11.8 (63.1%) |
| 397 | BAJ Tomasz | 375 | | M-20 | 92 | 00:01:07 | 00:26:30 | 00:51:38 | 01:17:04 | 01:42:07 | 01:47:36.15 | 01:48:43.15 | +00:39:44 (36.9%) | 5:05 | 11.8 (63.1%) |
| 397 | JESIONOWSKI Mateusz | 308 | | M-20 | 94 | 00:00:53 | 00:26:23 | 00:51:58 | 01:17:04 | 01:42:29 | 01:47:49.85 | 01:48:43.15 | +00:39:58 (37.1%) | 5:06 | 11.7 (62.6%) |
| 399 | HŁADZYŃSKI Łukasz | 417 | K.S. LENIWIEC | M-30 | 156 | 00:00:35 | 00:24:32 | 00:50:00 | 01:16:00 | 01:42:22 | 01:48:07.85 | 01:48:43.35 | +00:40:16 (37.2%) | 5:07 | 11.7 (62.6%) |
| 400 | BODNAR Agnieszka | 902 | | K-20 | 14 | 00:01:09 | 00:25:35 | 00:51:01 | 01:16:24 | 01:42:07 | 01:47:34.10 | 01:48:43.60 | +00:39:42 (36.9%) | 5:05 | 11.8 (63.1%) |
| 401 | LUBICKI Wojciech | 78 | BRAK | M-40 | 93 | 00:00:56 | 00:25:45 | 00:50:43 | 01:16:18 | 01:42:24 | 01:47:48.70 | 01:48:45.05 | +00:39:57 (37.1%) | 5:06 | 11.7 (62.6%) |
| 402 | KARŁOWSKA Katarzyna | 749 | | K-20 | 17 | 00:00:33 | 00:25:18 | 00:50:29 | 01:16:07 | 01:42:38 | 01:48:18.30 | 01:48:51.45 | +00:40:27 (37.3%) | 5:07 | 11.7 (62.6%) |
| 403 | GRABSKI Michał | 580 | KOMBO KURCZAKI | M-20 | 101 | 00:00:34 | 00:25:18 | 00:50:47 | 01:16:23 | 01:42:37 | 01:48:21.20 | 01:48:55.20 | +00:40:29 (37.4%) | 5:08 | 11.7 (62.6%) |
| 404 | PLOCH Adam | 408 | | M-30 | 154 | 00:00:59 | 00:25:25 | 00:50:08 | 01:15:16 | 01:41:56 | 01:47:57.85 | 01:48:57.05 | +00:40:06 (37.2%) | 5:07 | 11.7 (62.6%) |
| 405 | KOPPEL Bartłomiej | 37 | | M-20 | 93 | 00:01:13 | 00:26:06 | 00:51:55 | 01:17:09 | 01:42:37 | 01:47:45.80 | 01:48:59.00 | +00:39:54 (37.0%) | 5:06 | 11.7 (62.6%) |
| 406 | SERAFICKI Sebastian | 425 | RYSIE | M-40 | 85 | 00:02:05 | 00:25:11 | 00:50:23 | 01:15:28 | 01:41:32 | 01:46:53.80 | 01:48:59.05 | +00:39:02 (36.5%) | 5:03 | 11.8 (63.1%) |
| 407 | ŁĄTKOWSKI Marcin | 992 | | M-20 | 95 | 00:00:51 | 00:25:45 | 00:51:25 | 01:16:49 | 01:42:39 | 01:48:07.60 | 01:48:59.25 | +00:40:16 (37.2%) | 5:07 | 11.7 (62.6%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas | | | | | Czas netto 21.1km | Czas brutto 21.1km | Różn | Tempo min/km | Tempo km/h |
|-----|-----------------------------|-------------|--------------------------------|-----------|------|----------|----------|----------|----------|----------|----------------------|-----------------------|----------------------|-----------------|-----------------|
| | | | | | | startu | 5km | 10km | 15km | 20km | | | | | |
| 408 | DYNAK Mariusz | 999 | ADAMIETZ | M-40 | 94 | 00:01:14 | 00:25:28 | 00:50:29 | 01:16:02 | 01:42:26 | 01:47:50.15 | 01:49:05.00 | +00:39:58 (37.1%) | 5:06 | 11.7 (62.6%) |
| 409 | ROCŁAWSKI Marcin | 342 | | M-40 | 95 | 00:01:06 | 00:26:03 | 00:50:56 | 01:16:33 | 01:42:30 | 01:48:00.85 | 01:49:06.85 | +00:40:09 (37.2%) | 5:07 | 11.7 (62.6%) |
| 410 | FERFECKI Paweł | 1232 | GIERAŁTOWICE | M-30 | 151 | 00:01:22 | 00:25:44 | 00:50:47 | 01:15:43 | 01:42:17 | 01:47:50.90 | 01:49:13.10 | +00:39:59 (37.1%) | 5:06 | 11.7 (62.6%) |
| 411 | BYŚ Adam | 782 | | M-30 | 158 | 00:00:51 | 00:25:36 | 00:50:41 | 01:16:10 | 01:42:36 | 01:48:23.75 | 01:49:15.30 | +00:40:32 (37.4%) | 5:08 | 11.7 (62.6%) |
| 412 | KOZIK Bartłomiej | 683 | | M-30 | 163 | 00:00:32 | 00:26:26 | 00:52:02 | 01:17:29 | 01:43:17 | 01:48:44.65 | 01:49:17.45 | +00:40:53 (37.6%) | 5:09 | 11.6 (62.0%) |
| 413 | MICHALAK Artur | 897 | PGB SPORTOWA PACZKA | M-30 | 157 | 00:00:59 | 00:26:19 | 00:51:34 | 01:17:29 | 01:43:28 | 01:48:18.65 | 01:49:18.55 | +00:40:27 (37.4%) | 5:08 | 11.7 (62.6%) |
| 414 | DZIURA Arkadiusz | 725 | NIUANS | M-40 | 100 | 00:00:52 | 00:25:24 | 00:50:10 | 01:15:23 | 01:42:26 | 01:48:31.30 | 01:49:23.55 | +00:40:40 (37.5%) | 5:08 | 11.7 (62.6%) |
| 415 | MATERZOK Aleksandra | 705 | FUTURE PROCESSING RUNNING TEAM | K-20 | 16 | 00:01:08 | 00:24:34 | 00:49:19 | 01:15:02 | 01:42:26 | 01:48:15.35 | 01:49:24.30 | +00:40:24 (37.3%) | 5:07 | 11.7 (62.6%) |
| 416 | PIETRAS Magdalena | 997 | BIEGAM BO LUBIĘ CZĘSTOCHOWA | K-30 | 16 | 00:00:57 | 00:26:18 | 00:51:51 | 01:17:26 | 01:43:00 | 01:48:28.95 | 01:49:26.10 | +00:40:37 (37.5%) | 5:08 | 11.7 (62.6%) |
| 417 | MIĘKIŃSKI Jacek | 829 | | M-40 | 98 | 00:01:13 | 00:25:38 | 00:50:30 | 01:15:58 | 01:42:26 | 01:48:14.45 | 01:49:27.75 | +00:40:23 (37.3%) | 5:07 | 11.7 (62.6%) |
| 418 | KLECZKA Roman | 1021 | PROFORM TEAM | M-20 | 96 | 00:01:22 | 00:25:49 | 00:51:20 | 01:16:36 | 01:42:32 | 01:48:11.55 | 01:49:34.05 | +00:40:20 (37.3%) | 5:07 | 11.7 (62.6%) |
| 419 | MALINOWSKI Michał | 675 | LILUSIA | M-30 | 168 | 00:00:20 | 00:25:13 | 00:50:50 | 01:16:36 | | 01:49:13.95 | 01:49:34.15 | +00:41:22 (37.9%) | 5:10 | 11.6 (62.0%) |
| 420 | SZKLARZ Sebastian | 217 | | M-30 | 162 | 00:00:58 | 00:25:20 | 00:50:16 | 01:15:53 | 01:42:48 | 01:48:36.55 | 01:49:35.40 | +00:40:45 (37.5%) | 5:08 | 11.7 (62.6%) |
| 421 | MACIASZEK Maciej | 221 | | M-30 | 167 | 00:00:26 | 00:25:32 | 00:50:52 | 01:16:29 | 01:43:21 | 01:49:09.40 | 01:49:36.35 | +00:41:18 (37.8%) | 5:10 | 11.6 (62.0%) |
| 422 | SZANIEWSKI Krzysztof | 1072 | | M-40 | 101 | 00:00:48 | 00:27:00 | 00:52:59 | 01:18:08 | 01:43:32 | 01:48:48.70 | 01:49:36.95 | +00:40:57 (37.6%) | 5:09 | 11.6 (62.0%) |
| 423 | PIETRYSIAK Stefan | 501 | | M-50 | 21 | 00:00:52 | 00:24:53 | 00:49:49 | 01:16:07 | 01:42:56 | 01:48:45.10 | 01:49:37.75 | +00:40:53 (37.6%) | 5:09 | 11.6 (62.0%) |
| 424 | ZIĘBA Piotr | 668 | | M-30 | 153 | 00:01:41 | 00:26:23 | 00:51:42 | 01:16:48 | 01:42:37 | 01:47:57.45 | 01:49:38.70 | +00:40:06 (37.1%) | 5:06 | 11.7 (62.6%) |
| 425 | KATA Damian | 129 | | M-20 | 112 | 00:00:00 | 00:27:30 | 00:52:36 | 01:18:02 | 01:44:03 | 01:49:39.15 | 01:49:39.15 | +00:41:47 (38.1%) | 5:11 | 11.5 (61.5%) |
| 426 | PYZIK Marek | 61 | OPEL ACTIVE TEAM | M-50 | 22 | 00:00:21 | 00:25:14 | 00:50:28 | 01:16:29 | 01:43:35 | 01:49:19.80 | 01:49:40.80 | +00:41:28 (37.9%) | 5:10 | 11.6 (62.0%) |
| 427 | DZIACKO Robert | 1087 | | M-30 | 152 | 00:01:47 | 00:25:00 | 00:49:58 | 01:15:16 | 01:41:58 | 01:47:55.70 | 01:49:42.75 | +00:40:04 (37.1%) | 5:06 | 11.7 (62.6%) |
| 428 | MELLER Tadeusz | 149 | | M-20 | 97 | 00:01:25 | 00:26:34 | 00:52:13 | 01:17:27 | 01:42:36 | 01:48:17.40 | 01:49:42.80 | +00:40:26 (37.3%) | 5:07 | 11.7 (62.6%) |
| 429 | WIEKIERA Adam | 535 | GLIWICE | M-30 | 166 | 00:00:44 | 00:25:21 | 00:50:28 | 01:16:09 | 01:42:55 | 01:49:00.30 | 01:49:44.55 | +00:41:09 (37.8%) | 5:09 | 11.6 (62.0%) |
| 430 | WILK Kuba | 971 | WILK | M-20 | 102 | 00:01:13 | 00:25:44 | 00:51:03 | 01:16:30 | 01:42:51 | 01:48:32.30 | 01:49:45.35 | +00:40:41 (37.5%) | 5:08 | 11.7 (62.6%) |
| 431 | USZKO Grzegorz | 354 | | M-40 | 105 | 00:00:20 | 00:25:23 | 00:51:01 | 01:17:37 | 01:44:12 | 01:49:26.90 | 01:49:47.20 | +00:41:35 (38.0%) | 5:11 | 11.6 (62.0%) |
| 432 | LISOWSKI Jacek | 765 | | M-40 | 99 | 00:01:25 | 00:25:48 | 00:50:53 | 01:16:29 | 01:42:44 | 01:48:25.85 | 01:49:51.80 | +00:40:34 (37.4%) | 5:08 | 11.7 (62.6%) |
| 433 | RUSIN Marcin | 195 | | M-20 | 103 | 00:01:17 | 00:26:27 | 00:51:41 | 01:17:04 | 01:42:53 | 01:48:34.80 | 01:49:52.25 | +00:40:43 (37.5%) | 5:08 | 11.7 (62.6%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas | | | | | Czas netto 21.1km | Czas brutto 21.1km | Różn | Tempo min/km | Tempo km/h |
|-----|---------------------------------|-------------|--------------------------------------|-----------|------|----------|----------|----------|----------|----------|----------------------|-----------------------|----------------------|-----------------|-----------------|
| | | | | | | startu | 5km | 10km | 15km | 20km | | | | | |
| 434 | MICHALAK Grzegorz | 690 | TOTALNY AMATOR | M-40 | 108 | 00:00:12 | 00:24:47 | 00:50:27 | 01:16:55 | 01:44:00 | 01:49:41.70 | 01:49:54.05 | +00:41:50 (38.1%) | 5:11 | 11.5 (61.5%) |
| 435 | MOCEK Roman | 990 | | M-50 | 20 | 00:01:12 | 00:26:27 | 00:52:06 | 01:17:31 | 01:43:22 | 01:48:42.75 | 01:49:54.85 | +00:40:51 (37.6%) | 5:09 | 11.6 (62.0%) |
| 436 | FLORIAN Krzysztof | 976 | | M-30 | 165 | 00:00:56 | 00:26:13 | 00:52:59 | 01:18:56 | 01:44:13 | 01:48:58.10 | 01:49:55.05 | +00:41:06 (37.7%) | 5:09 | 11.6 (62.0%) |
| 437 | PRUSKO Adrian | 302 | | M-40 | 107 | 00:00:17 | 00:25:47 | 00:51:27 | 01:17:01 | 01:43:39 | 01:49:37.80 | 01:49:55.65 | +00:41:46 (38.1%) | 5:11 | 11.5 (61.5%) |
| 438 | GAJDA Marek | 945 | | M-20 | 106 | 00:00:49 | 00:25:17 | 00:51:14 | 01:16:51 | 01:43:18 | 01:49:09.30 | 01:49:58.50 | +00:41:18 (37.8%) | 5:10 | 11.6 (62.0%) |
| 439 | GRUSZCZYŃSKI Bogusław | 647 | | M-60 | 2 | 00:00:43 | 00:25:16 | 00:50:48 | 01:16:51 | 01:43:28 | 01:49:16.00 | 01:49:59.75 | +00:41:24 (37.9%) | 5:10 | 11.6 (62.0%) |
| 440 | NOWAK Bartosz | 1270 | | M-30 | 172 | 00:00:19 | 00:25:11 | 00:53:36 | 01:19:34 | 01:44:20 | 01:49:41.25 | 01:50:00.80 | +00:41:49 (38.1%) | 5:11 | 11.5 (61.5%) |
| 441 | TOMCZAK Karol | 1038 | BRAK | M-30 | 170 | 00:00:32 | 00:26:05 | 00:52:16 | 01:17:43 | 01:43:57 | 01:49:29.90 | 01:50:02.20 | +00:41:38 (38.0%) | 5:11 | 11.6 (62.0%) |
| 442 | KOCIOK Gabriela | 205 | | K-40 | 3 | 00:00:52 | 00:26:11 | 00:51:56 | 01:17:43 | 01:43:41 | 01:49:11.50 | 01:50:04.40 | +00:41:20 (37.9%) | 5:10 | 11.6 (62.0%) |
| 443 | BIGOS Grzegorz | 954 | GRAMMI | M-30 | 179 | 00:00:18 | 00:23:28 | 00:49:45 | 01:16:14 | 01:44:16 | 01:49:50.75 | 01:50:08.75 | +00:41:59 (38.2%) | 5:12 | 11.5 (61.5%) |
| 444 | PILCH Michał | 1218 | | M-30 | 164 | 00:01:22 | 00:25:58 | 00:51:01 | 01:17:13 | 01:43:21 | 01:48:49.20 | 01:50:11.25 | +00:40:57 (37.6%) | 5:09 | 11.6 (62.0%) |
| 445 | WEBER Krzysztof | 1031 | | M-30 | 161 | 00:01:42 | 00:26:52 | 00:52:36 | 01:18:17 | 01:43:26 | 01:48:32.75 | 01:50:15.10 | +00:40:41 (37.5%) | 5:08 | 11.7 (62.6%) |
| 446 | NOWAKOWSKI Sławomir | 448 | GRUPA BIEGOWA PARKRUN WARSZAWA-PRAGA | M-30 | 159 | 00:01:51 | 00:26:16 | 00:52:01 | 01:17:40 | 01:43:16 | 01:48:24.60 | 01:50:15.60 | +00:40:33 (37.4%) | 5:08 | 11.7 (62.6%) |
| 447 | KUMASZKA Anna | 809 | ZABIEGANI TEAM | K-30 | 19 | 00:00:00 | | | | | 01:50:16.00 | 01:50:16.00 | +00:42:24 (38.5%) | 5:13 | 11.5 (61.5%) |
| 448 | WIŚNIEWSKI Paweł | 713 | JW AGAT | M-30 | 182 | 00:00:13 | 00:24:52 | 00:50:41 | 01:17:20 | 01:44:27 | 01:50:02.95 | 01:50:16.05 | +00:42:11 (38.3%) | 5:12 | 11.5 (61.5%) |
| 449 | LANGOSZ Grzegorz | 420 | | M-40 | 104 | 00:00:55 | 00:26:45 | 00:53:06 | 01:18:46 | 01:44:04 | 01:49:25.95 | 01:50:21.25 | +00:41:34 (38.0%) | 5:11 | 11.6 (62.0%) |
| 450 | KROPKA Szymon | 130 | NIGHT RUNNERS GLIWICE | M-30 | 178 | 00:00:33 | 00:26:00 | 00:52:13 | 01:18:25 | 01:44:30 | 01:49:49.20 | 01:50:23.15 | +00:41:57 (38.2%) | 5:12 | 11.5 (61.5%) |
| 451 | BLASZKE Beata | 303 | NIGHT RUNNERS | K-40 | 4 | 00:00:47 | 00:26:49 | 00:52:34 | 01:18:21 | 01:44:10 | 01:49:37.55 | 01:50:24.70 | +00:41:46 (38.1%) | 5:11 | 11.5 (61.5%) |
| 452 | BRYKOWSKI Przemysław | 682 | EVENT 360 RUNNING TEAM | M-30 | 169 | 00:01:10 | 00:26:19 | 00:52:23 | 01:18:28 | 01:43:56 | 01:49:14.60 | 01:50:25.25 | +00:41:23 (37.9%) | 5:10 | 11.6 (62.0%) |
| 453 | WÓJCIK Rafał | 784 | | M-40 | 96 | 00:02:19 | 00:24:58 | 00:49:51 | 01:15:38 | 01:42:24 | 01:48:05.80 | 01:50:25.40 | +00:40:14 (37.2%) | 5:07 | 11.7 (62.6%) |
| 454 | ADAMSKI Kamil | 32 | LEGION WILCZE GARDŁO | M-20 | 105 | 00:01:37 | 00:26:05 | 00:51:55 | 01:17:20 | 01:43:17 | 01:48:52.25 | 01:50:29.25 | +00:41:00 (37.7%) | 5:09 | 11.6 (62.0%) |
| 455 | KONDRUSIEWICZ Michał | 331 | BIEGACZE CSR | M-20 | 113 | 00:00:42 | 00:26:28 | 00:52:52 | 01:19:04 | 01:44:38 | 01:49:48.00 | 01:50:30.45 | +00:41:56 (38.2%) | 5:12 | 11.5 (61.5%) |
| 456 | WANDOCH Tyberiusz | 305 | | M-30 | 176 | 00:00:43 | 00:25:37 | 00:50:51 | 01:16:44 | 01:43:49 | 01:49:47.70 | 01:50:30.75 | +00:41:56 (38.2%) | 5:12 | 11.5 (61.5%) |
| 457 | BUŁA Tomasz | 286 | | M-20 | 108 | 00:01:10 | 00:26:24 | 00:52:27 | 01:18:41 | 01:44:12 | 01:49:22.70 | 01:50:32.95 | +00:41:31 (38.0%) | 5:10 | 11.6 (62.0%) |
| 458 | GŁOGOWSKI Konrad | 313 | | M-20 | 107 | 00:01:17 | 00:26:16 | 00:52:21 | 01:18:37 | 01:44:08 | 01:49:15.60 | 01:50:33.35 | +00:41:24 (37.9%) | 5:10 | 11.6 (62.0%) |
| 459 | KNAFEL-LESZCZYŃSKA Agata | 1299 | STRZELIŃSKI KLUB BIEGACZA | K-30 | 17 | 00:01:05 | 00:26:07 | 00:51:43 | 01:17:42 | 01:43:58 | 01:49:28.35 | 01:50:33.75 | +00:41:37 (38.0%) | 5:11 | 11.6 (62.0%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas | | | | | Czas netto 21.1km | Czas brutto 21.1km | Różn | Tempo min/km | Tempo km/h |
|-----|-----------------------------|-------------|---------------------------|-----------|------|----------|----------|----------|----------|----------|----------------------|-----------------------|----------------------|-----------------|-----------------|
| | | | | | | startu | 5km | 10km | 15km | 20km | | | | | |
| 460 | KULPA Marek | 846 | AKMB PĘDZIWIATR GLIWICE | M-40 | 110 | 00:00:38 | 00:24:44 | 00:50:23 | 01:16:03 | 01:43:58 | 01:49:57.00 | 01:50:35.85 | +00:42:05 (38.3%) | 5:12 | 11.5 (61.5%) |
| 461 | RYBICKI Jerzy | 712 | | M-50 | 23 | 00:00:17 | 00:24:40 | 00:49:46 | 01:15:56 | 01:43:53 | 01:50:20.35 | 01:50:37.35 | +00:42:29 (38.5%) | 5:13 | 11.5 (61.5%) |
| 462 | GRABARCZYK Mateusz | 1015 | ALLIANZ RUNNING TEAM | M-30 | 187 | 00:00:11 | 00:24:37 | 00:50:33 | 01:17:27 | 01:44:44 | 01:50:25.95 | 01:50:37.45 | +00:42:34 (38.6%) | 5:14 | 11.5 (61.5%) |
| 463 | ŁUKASZEK Krzysztof | 974 | | M-40 | 102 | 00:01:48 | 00:27:32 | 00:54:13 | 01:19:28 | 01:43:47 | 01:48:51.30 | 01:50:40.25 | +00:41:00 (37.7%) | 5:09 | 11.6 (62.0%) |
| 464 | BOGULAK Grzegorz | 241 | RUN GB, RUN! | M-30 | 173 | 00:00:57 | 00:26:32 | 00:52:36 | 01:18:29 | 01:44:10 | 01:49:43.15 | 01:50:40.40 | +00:41:51 (38.2%) | 5:11 | 11.5 (61.5%) |
| 465 | KACZKIEWICZ Damian | 1271 | NIGHT RUNNERS GLIWICE | M-40 | 103 | 00:01:16 | 00:27:05 | 00:53:06 | 01:19:29 | 01:43:59 | 01:49:24.60 | 01:50:40.85 | +00:41:33 (38.0%) | 5:11 | 11.6 (62.0%) |
| 466 | BŁASZCZYSZYN Łukasz | 676 | HEAVY METAL ALL-STAR TEAM | M-20 | 109 | 00:01:10 | 00:26:20 | 00:52:27 | 01:18:27 | 01:44:01 | 01:49:31.70 | 01:50:41.80 | +00:41:40 (38.0%) | 5:11 | 11.6 (62.0%) |
| 467 | LEWANDOWSKI Henryk | 527 | | M-30 | 160 | 00:02:13 | 00:25:47 | 00:50:46 | 01:16:25 | 01:42:54 | 01:48:28.80 | 01:50:42.60 | +00:40:37 (37.4%) | 5:08 | 11.7 (62.6%) |
| 468 | WADOWSKI Paweł | 1074 | | M-20 | 104 | 00:02:04 | 00:26:16 | 00:51:27 | 01:16:24 | 01:43:17 | 01:48:38.85 | 01:50:43.00 | +00:40:47 (37.5%) | 5:08 | 11.7 (62.6%) |
| 469 | JAGIEŁA Michał | 252 | | M-20 | 118 | 00:00:41 | 00:24:08 | 00:48:33 | 01:14:11 | 01:43:46 | 01:50:04.00 | 01:50:45.15 | +00:42:12 (38.4%) | 5:12 | 11.5 (61.5%) |
| 470 | JASIŃSKI Dawid | 794 | | M-20 | 110 | 00:01:11 | 00:26:22 | 00:52:28 | 01:18:47 | 01:44:09 | 01:49:35.95 | 01:50:47.50 | +00:41:44 (38.1%) | 5:11 | 11.6 (62.0%) |
| 471 | KRZYWICKI Jan | 650 | | M-60 | 4 | 00:00:29 | 00:25:21 | 00:50:56 | 01:17:02 | 01:44:33 | 01:50:20.30 | 01:50:49.55 | +00:42:29 (38.5%) | 5:13 | 11.5 (61.5%) |
| 472 | MACIEJEWSKI Wiesław | 238 | AKB-KNURÓW | M-70 | 1 | 00:00:24 | 00:25:25 | 00:51:05 | 01:17:44 | 01:44:42 | 01:50:25.70 | 01:50:50.15 | +00:42:34 (38.6%) | 5:14 | 11.5 (61.5%) |
| 473 | KROWIAK Grzegorz | 735 | | M-40 | 106 | 00:01:15 | 00:26:35 | 00:52:32 | 01:18:22 | 01:44:19 | 01:49:34.65 | 01:50:50.30 | +00:41:43 (38.1%) | 5:11 | 11.6 (62.0%) |
| 474 | MICHEWICZ Małgorzata | 732 | | K-20 | 18 | 00:01:51 | 00:26:16 | 00:52:03 | 01:17:40 | 01:43:34 | 01:49:00.80 | 01:50:52.15 | +00:41:09 (37.8%) | 5:10 | 11.6 (62.0%) |
| 475 | JANIK Ireneusz | 1025 | | M-40 | 111 | 00:00:49 | 00:26:32 | 00:52:34 | 01:18:32 | 01:44:49 | 01:50:03.55 | 01:50:53.30 | +00:42:12 (38.3%) | 5:12 | 11.5 (61.5%) |
| 476 | JURKIEWICZ Agnieszka | 1283 | | K-30 | 18 | 00:00:44 | 00:25:34 | 00:51:04 | 01:17:22 | 01:44:27 | 01:50:08.70 | 01:50:53.55 | +00:42:17 (38.4%) | 5:13 | 11.5 (61.5%) |
| 477 | PILCH Zofia | 701 | | K-20 | 19 | 00:01:21 | 00:26:00 | 00:51:02 | 01:17:15 | 01:44:07 | 01:49:33.75 | 01:50:55.65 | +00:41:42 (38.1%) | 5:11 | 11.6 (62.0%) |
| 478 | WOZNIAK Marek | 875 | | M-30 | 171 | 00:01:24 | 00:26:28 | 00:52:35 | 01:18:21 | 01:43:59 | 01:49:32.55 | 01:50:57.00 | +00:41:41 (38.1%) | 5:11 | 11.6 (62.0%) |
| 479 | CZERWIŃSKI Tomasz | 183 | | M-30 | 177 | 00:01:09 | 00:26:51 | 00:52:51 | 01:18:39 | 01:44:17 | 01:49:48.05 | 01:50:57.80 | +00:41:56 (38.2%) | 5:12 | 11.5 (61.5%) |
| 480 | MUSIALIK Jan | 890 | | M-40 | 115 | 00:00:10 | 00:24:59 | 00:50:52 | 01:17:22 | 01:44:55 | 01:50:47.80 | 01:50:58.55 | +00:42:56 (38.8%) | 5:15 | 11.4 (61.0%) |
| 481 | MATUSZCZAK Witold | 718 | | M-20 | 114 | 00:01:09 | 00:25:04 | 00:50:08 | 01:16:33 | 01:44:20 | 01:49:50.10 | 01:50:59.95 | +00:41:58 (38.2%) | 5:12 | 11.5 (61.5%) |
| 482 | POŚPIECH Rafał | 733 | | M-30 | 183 | 00:00:54 | 00:26:46 | 00:53:07 | 01:18:47 | 01:44:39 | 01:50:06.30 | 01:51:00.70 | +00:42:15 (38.4%) | 5:13 | 11.5 (61.5%) |
| 483 | PLOCH Tomasz | 1291 | PACEMAKER | M-20 | 115 | 00:01:05 | 00:26:25 | 00:52:32 | 01:18:46 | 01:44:30 | 01:49:58.00 | 01:51:03.00 | +00:42:06 (38.3%) | 5:12 | 11.5 (61.5%) |
| 484 | MIESZAŁA Tomasz | 750 | KW PSP WROCŁAW | M-30 | 180 | 00:01:05 | 00:26:26 | 00:52:32 | 01:18:50 | 01:44:36 | 01:49:57.65 | 01:51:03.60 | +00:42:06 (38.3%) | 5:12 | 11.5 (61.5%) |
| 485 | SZAFRUGA Piotr | 594 | | M-30 | 181 | 00:01:03 | 00:26:24 | 00:52:27 | 01:18:24 | 01:44:36 | 01:50:02.30 | 01:51:05.55 | +00:42:11 (38.3%) | 5:12 | 11.5 (61.5%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas | | | | | Czas netto 21.1km | Czas brutto 21.1km | Różn | Tempo min/km | Tempo km/h |
|-----|------------------------------|-------------|--------------------------------------|-----------|------|----------|----------|----------|----------|----------|----------------------|-----------------------|----------------------|-----------------|-----------------|
| | | | | | | startu | 5km | 10km | 15km | 20km | | | | | |
| 486 | DZIAMSKI Ryszard | 807 | FUNDACJA ISKIERKA - BIEGAM DLA MIRKI | M-30 | 175 | 00:01:19 | 00:26:16 | 00:52:36 | 01:18:33 | 01:44:12 | 01:49:46.65 | 01:51:06.05 | +00:41:55 (38.2%) | 5:12 | 11.5 (61.5%) |
| 487 | BIELA Marcin | 1086 | | M-30 | 190 | 00:00:25 | 00:25:41 | 00:51:41 | 01:18:05 | 01:45:10 | 01:50:41.15 | 01:51:06.65 | +00:42:49 (38.7%) | 5:14 | 11.4 (61.0%) |
| 488 | GRESZTA Grzegorz | 366 | JAH RASTAFARAJ | M-30 | 198 | 00:00:00 | | | 01:14:37 | | 01:51:08.00 | 01:51:08.00 | +00:43:16 (38.9%) | 5:16 | 11.4 (61.0%) |
| 489 | STABLA Marek | 154 | NIGHT RUNNERS GLIWICE | M-20 | 117 | 00:01:06 | 00:26:27 | 00:52:20 | 01:18:43 | 01:44:34 | 01:50:03.05 | 01:51:09.55 | +00:42:11 (38.3%) | 5:12 | 11.5 (61.5%) |
| 490 | PRZYBYLSKI Mariusz | 215 | PGB SPORTOWA PACZKA | M-30 | 191 | 00:00:26 | 00:25:16 | 00:50:48 | 01:16:52 | 01:44:30 | 01:50:43.10 | 01:51:09.85 | +00:42:51 (38.7%) | 5:14 | 11.4 (61.0%) |
| 491 | FAMUŁA Tomasz | 1103 | FUTURE PROCESSING RUNNING CLUB | M-20 | 116 | 00:01:10 | 00:26:21 | 00:52:27 | 01:18:42 | 01:44:29 | 01:49:59.40 | 01:51:10.10 | +00:42:08 (38.3%) | 5:12 | 11.5 (61.5%) |
| 492 | POPIEL Wojciech | 383 | | M-20 | 111 | 00:01:31 | 00:24:10 | 00:48:41 | 01:14:53 | 01:44:09 | 01:49:38.90 | 01:51:10.40 | +00:41:47 (38.1%) | 5:11 | 11.5 (61.5%) |
| 493 | HANO Jan | 400 | PĘDZIWIATR GLIWICE | M-60 | 5 | 00:00:41 | 00:25:54 | 00:51:50 | 01:17:59 | 01:44:53 | 01:50:29.75 | 01:51:11.25 | +00:42:38 (38.6%) | 5:14 | 11.5 (61.5%) |
| 494 | PARUZEL Ireneusz | 112 | | M-40 | 112 | 00:00:58 | 00:24:54 | 00:50:02 | 01:16:07 | 01:44:23 | 01:50:13.70 | 01:51:12.00 | +00:42:22 (38.4%) | 5:13 | 11.5 (61.5%) |
| 495 | BIAŁOSKÓRSKI Grzegorz | 102 | | M-30 | 195 | 00:00:21 | 00:25:14 | 00:50:28 | 01:16:29 | 01:44:27 | 01:50:50.95 | 01:51:12.55 | +00:42:59 (38.8%) | 5:15 | 11.4 (61.0%) |
| 496 | PRZYBYLSKI Witek | 71 | OTK RZEŹNIK | M-30 | 199 | 00:00:00 | 00:27:29 | 00:53:55 | 01:19:52 | | 01:51:12.65 | 01:51:12.65 | +00:43:21 (39.0%) | 5:16 | 11.4 (61.0%) |
| 497 | KWAPIEŃ Aleksander | 1009 | | M-30 | 188 | 00:00:39 | 00:25:43 | 00:52:08 | 01:18:36 | 01:45:11 | 01:50:39.10 | 01:51:18.90 | +00:42:47 (38.7%) | 5:14 | 11.4 (61.0%) |
| 498 | KWAŚNIOK Rafał | 87 | NIGHT RUNNERS GLIWICE | M-20 | 119 | 00:01:17 | 00:27:41 | 00:55:26 | 01:20:35 | 01:45:09 | 01:50:05.45 | 01:51:22.95 | +00:42:14 (38.4%) | 5:13 | 11.5 (61.5%) |
| 499 | RYZIŃSKA Aneta | 143 | | K-40 | 5 | 00:00:28 | 00:26:31 | 00:52:44 | 01:18:57 | 01:45:26 | 01:50:57.00 | 01:51:25.95 | +00:43:05 (38.8%) | 5:15 | 11.4 (61.0%) |
| 500 | TEICHMANN Norbert | 381 | | M-50 | 24 | 00:00:40 | 00:27:01 | 00:52:59 | 01:18:32 | 01:45:15 | 01:50:46.75 | 01:51:27.15 | +00:42:55 (38.7%) | 5:15 | 11.4 (61.0%) |
| 501 | FLORECKI Andrzej | 88 | AKMB PĘDZIWIATR GLIWICE | M-60 | 6 | 00:00:28 | 00:25:08 | 00:50:42 | 01:17:42 | 01:45:17 | 01:51:00.95 | 01:51:29.75 | +00:43:09 (38.9%) | 5:15 | 11.4 (61.0%) |
| 502 | STARŻYK Andrzej | 139 | RUNSTARS | M-30 | 197 | 00:00:29 | 00:25:15 | 00:51:10 | 01:17:42 | 01:45:19 | 01:51:02.05 | 01:51:31.25 | +00:43:10 (38.9%) | 5:15 | 11.4 (61.0%) |
| 503 | PODSTUFKA Szymon | 774 | | M-20 | 120 | 00:00:57 | 00:26:17 | 00:52:40 | 01:18:32 | 01:45:02 | 01:50:37.30 | 01:51:35.25 | +00:42:46 (38.7%) | 5:14 | 11.4 (61.0%) |
| 504 | BAUMERT Rafał | 430 | ISTA BIEGAMY | M-30 | 186 | 00:01:11 | 00:26:22 | 00:52:30 | 01:19:04 | 01:45:18 | 01:50:24.05 | 01:51:35.55 | +00:42:32 (38.5%) | 5:13 | 11.5 (61.5%) |
| 505 | PAWLUSZUK Bogdan | 261 | | M-40 | 113 | 00:01:06 | 00:25:38 | 00:50:51 | 01:16:50 | 01:44:45 | 01:50:29.95 | 01:51:36.15 | +00:42:38 (38.6%) | 5:14 | 11.5 (61.5%) |
| 506 | KUJAWSKI Tomasz | 210 | NIGHT RUNNERS GLIWICE | M-40 | 114 | 00:01:05 | 00:25:34 | 00:50:38 | 01:16:08 | 01:44:12 | 01:50:31.20 | 01:51:37.15 | +00:42:39 (38.6%) | 5:14 | 11.5 (61.5%) |
| 507 | TURNIAK Miłosz | 613 | | M-20 | 123 | 00:00:50 | 00:25:06 | 00:50:16 | 01:16:53 | 01:44:58 | 01:50:56.50 | 01:51:47.05 | +00:43:05 (38.8%) | 5:15 | 11.4 (61.0%) |
| 508 | POPŁAWSKA-WAL Agata | 1099 | | K-30 | 22 | 00:00:30 | 00:26:16 | 00:52:31 | 01:19:24 | 01:46:05 | 01:51:26.75 | 01:51:57.25 | +00:43:35 (39.1%) | 5:16 | 11.4 (61.0%) |
| 509 | KUPKA Bartosz | 1100 | | M-30 | 201 | 00:00:30 | 00:26:16 | 00:52:31 | 01:19:24 | 01:46:05 | 01:51:26.55 | 01:51:57.45 | +00:43:35 (39.1%) | 5:16 | 11.4 (61.0%) |
| 510 | ROŻEK Jacek | 770 | ETE SPORT TEAM | M-30 | 174 | 00:02:21 | 00:26:22 | 00:51:57 | 01:17:36 | 01:44:15 | 01:49:44.55 | 01:52:05.65 | +00:41:53 (38.2%) | 5:12 | 11.5 (61.5%) |
| 511 | POKRYSZKA Bartosz | 28 | KOMBO KURCZAKI | M-20 | 122 | 00:01:24 | 00:26:35 | 00:52:34 | 01:18:27 | 01:45:08 | 01:50:42.05 | 01:52:06.90 | +00:42:50 (38.7%) | 5:14 | 11.4 (61.0%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas | | | | | Czas netto 21.1km | Czas brutto 21.1km | Różn | Tempo min/km | Tempo km/h |
|-----|-----------------------------|-------------|-----------------------|-----------|------|----------|----------|----------|----------|----------|----------------------|-----------------------|----------------------|-----------------|-----------------|
| | | | | | | startu | 5km | 10km | 15km | 20km | | | | | |
| 512 | POKRYSZKA Wojciech | 240 | KOMBO KURCZAKI | M-20 | 121 | 00:01:25 | 00:26:34 | 00:52:33 | 01:18:26 | 01:45:08 | 01:50:41.55 | 01:52:07.05 | +00:42:50 (38.7%) | 5:14 | 11.4 (61.0%) |
| 513 | PRENZENA Paweł | 45 | | M-20 | 127 | 00:00:22 | 00:25:19 | 00:50:34 | 01:17:13 | 01:46:11 | 01:51:48.30 | 01:52:10.95 | +00:43:57 (39.3%) | 5:17 | 11.3 (60.4%) |
| 514 | WYSOCKI Tomasz | 160 | ETERUN | M-40 | 109 | 00:02:20 | 00:26:23 | 00:51:58 | 01:17:37 | 01:44:16 | 01:49:50.50 | 01:52:11.30 | +00:41:59 (38.2%) | 5:12 | 11.5 (61.5%) |
| 515 | UJMA Michał | 98 | | M-30 | 207 | 00:00:22 | 00:26:34 | 00:52:31 | 01:19:06 | 01:45:51 | 01:51:49.25 | 01:52:12.20 | +00:43:57 (39.3%) | 5:18 | 11.3 (60.4%) |
| 516 | MARCZUK Tomasz | 953 | | M-30 | 184 | 00:02:03 | 00:24:05 | 00:49:02 | 01:15:05 | 01:43:35 | 01:50:10.45 | 01:52:14.30 | +00:42:19 (38.4%) | 5:13 | 11.5 (61.5%) |
| 517 | WAGNER Mariusz | 680 | | M-30 | 185 | 00:02:04 | 00:26:05 | 00:51:23 | 01:17:31 | 01:44:13 | 01:50:11.35 | 01:52:15.80 | +00:42:20 (38.4%) | 5:13 | 11.5 (61.5%) |
| 518 | GORCZEWSKA Renata | 58 | | K-40 | 6 | 00:01:10 | 00:26:22 | 00:52:22 | 01:18:44 | 01:45:23 | 01:51:07.00 | 01:52:17.90 | +00:43:15 (38.9%) | 5:15 | 11.4 (61.0%) |
| 519 | ZDUŃCZYK Mariusz | 1255 | | M-30 | 200 | 00:01:01 | 00:26:01 | 00:51:51 | 01:17:54 | 01:44:40 | 01:51:16.55 | 01:52:18.50 | +00:43:25 (39.0%) | 5:16 | 11.4 (61.0%) |
| 520 | KUBISZ Mariusz | 544 | | M-20 | 124 | 00:01:19 | 00:26:49 | 00:53:15 | 01:18:51 | 01:45:29 | 01:51:00.25 | 01:52:20.00 | +00:43:08 (38.9%) | 5:15 | 11.4 (61.0%) |
| 521 | ZAJDEL Dariusz | 980 | | M-50 | 25 | 00:01:22 | 00:24:56 | 00:50:28 | 01:17:07 | 01:44:48 | 01:50:58.80 | 01:52:21.05 | +00:43:07 (38.9%) | 5:15 | 11.4 (61.0%) |
| 522 | LAMPA Alicja | 95 | NIGHT RUNNERS GLIWICE | K-20 | 20 | 00:01:07 | 00:26:27 | 00:52:19 | 01:18:42 | 01:45:27 | 01:51:14.75 | 01:52:21.75 | +00:43:23 (39.0%) | 5:16 | 11.4 (61.0%) |
| 523 | CZERNIK Andrzej | 134 | | M-60 | 3 | 00:02:23 | 00:25:40 | 00:50:53 | 01:16:42 | 01:44:03 | 01:49:58.60 | 01:52:22.00 | +00:42:07 (38.3%) | 5:12 | 11.5 (61.5%) |
| 524 | NOWAKOWSKA Beata | 444 | | K-30 | 20 | 00:01:52 | 00:26:23 | 00:52:33 | 01:18:48 | 01:45:14 | 01:50:34.50 | 01:52:26.95 | +00:42:43 (38.6%) | 5:14 | 11.5 (61.5%) |
| 525 | JANTAS Dominika | 1003 | | K-16 | 1 | 00:00:12 | 00:25:26 | 00:51:15 | 01:18:09 | 01:46:31 | 01:52:15.10 | 01:52:28.05 | +00:44:23 (39.6%) | 5:19 | 11.3 (60.4%) |
| 526 | SKÓRA Aneta | 1091 | NIGHT RUNNERS GLIWICE | K-30 | 23 | 00:00:46 | 00:26:33 | 00:52:52 | 01:19:06 | 01:45:52 | 01:51:47.20 | 01:52:33.50 | +00:43:55 (39.3%) | 5:17 | 11.3 (60.4%) |
| 527 | KALINOWSKI Krzysztof | 885 | | M-30 | 189 | 00:01:53 | 00:26:40 | 00:52:42 | 01:19:14 | 01:45:24 | 01:50:40.80 | 01:52:33.90 | +00:42:49 (38.7%) | 5:14 | 11.4 (61.0%) |
| 528 | ŚLĄZOK Krzysztof | 884 | | M-30 | 192 | 00:01:52 | 00:26:42 | 00:52:44 | 01:19:16 | 01:45:25 | 01:50:43.95 | 01:52:36.75 | +00:42:52 (38.7%) | 5:14 | 11.4 (61.0%) |
| 529 | OSEŁKA Magdalena | 611 | | K-30 | 21 | 00:01:12 | 00:26:28 | 00:52:44 | 01:18:59 | 01:45:46 | 01:51:25.35 | 01:52:37.45 | +00:43:34 (39.1%) | 5:16 | 11.4 (61.0%) |
| 530 | ZIĘTERSKI Robert | 339 | | M-30 | 196 | 00:01:41 | 00:25:59 | 00:51:23 | 01:17:43 | 01:45:23 | 01:50:59.15 | 01:52:41.00 | +00:43:07 (38.9%) | 5:15 | 11.4 (61.0%) |
| 531 | WILK Andrzej | 818 | | M-40 | 118 | 00:01:08 | 00:26:19 | 00:51:53 | 01:17:57 | 01:45:42 | 01:51:34.10 | 01:52:42.15 | +00:43:42 (39.2%) | 5:17 | 11.3 (60.4%) |
| 532 | LEDWOŃ Jakub | 122 | | M-30 | 203 | 00:01:06 | 00:26:31 | 00:51:39 | 01:17:05 | 01:45:34 | 01:51:37.05 | 01:52:43.90 | +00:43:45 (39.2%) | 5:17 | 11.3 (60.4%) |
| 533 | STROBA Marek | 462 | FC24 | M-30 | 193 | 00:01:59 | 00:25:48 | 00:51:42 | 01:17:38 | 01:45:12 | 01:50:45.75 | 01:52:44.95 | +00:42:54 (38.7%) | 5:14 | 11.4 (61.0%) |
| 534 | KOMALA Wojciech | 853 | | M-30 | 205 | 00:01:03 | 00:25:27 | 00:51:11 | 01:17:34 | 01:45:21 | 01:51:43.70 | 01:52:46.95 | +00:43:52 (39.3%) | 5:17 | 11.3 (60.4%) |
| 535 | BOIŃSKI Marcin | 224 | | M-20 | 125 | 00:01:08 | 00:25:49 | 00:51:22 | 01:17:10 | 01:45:23 | 01:51:38.50 | 01:52:47.30 | +00:43:47 (39.2%) | 5:17 | 11.3 (60.4%) |
| 536 | BAK-CESARZ Damian | 282 | | M-40 | 117 | 00:01:38 | 00:26:49 | 00:54:01 | 01:21:03 | 01:46:16 | 01:51:10.00 | 01:52:48.45 | +00:43:18 (39.0%) | 5:16 | 11.4 (61.0%) |
| 537 | JASTRZĘBSKI Rafał | 57 | EASY RUN RACIBÓRZ | M-30 | 202 | 00:01:15 | 00:27:28 | 00:54:41 | 01:20:41 | 01:46:11 | 01:51:35.30 | 01:52:50.65 | +00:43:44 (39.2%) | 5:17 | 11.3 (60.4%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas | | | | | Czas netto 21.1km | Czas brutto 21.1km | Różn | Tempo min/km | Tempo km/h |
|-----|-----------------------------|-------------|-------------------------|-----------|------|----------|----------|----------|----------|----------|----------------------|-----------------------|----------------------|-----------------|-----------------|
| | | | | | | startu | 5km | 10km | 15km | 20km | | | | | |
| 538 | NIESZPOREK Adam | 190 | RUN-3 | M-30 | 204 | 00:01:11 | 00:26:20 | 00:52:10 | 01:18:21 | 01:45:30 | 01:51:42.00 | 01:52:53.95 | +00:43:50 (39.3%) | 5:17 | 11.3 (60.4%) |
| 539 | SPODZIEJA Aleksandra | 316 | UKS MANTA KOCHŁOWICE | K-20 | 23 | 00:00:54 | 00:26:36 | 00:52:23 | 01:18:49 | 01:45:55 | 01:52:00.85 | 01:52:55.25 | +00:44:09 (39.4%) | 5:18 | 11.3 (60.4%) |
| 540 | KUŹNICKI Tomasz | 627 | | M-30 | 194 | 00:02:09 | 00:26:12 | 00:52:16 | 01:17:59 | 01:45:02 | 01:50:46.70 | 01:52:56.25 | +00:42:55 (38.7%) | 5:15 | 11.4 (61.0%) |
| 541 | STRUG Mariusz | 631 | | M-30 | 208 | 00:00:51 | 00:25:14 | 00:51:09 | 01:17:59 | 01:45:57 | 01:52:15.20 | 01:53:07.00 | +00:44:23 (39.6%) | 5:19 | 11.3 (60.4%) |
| 542 | SZELKA Andrzej | 46 | AKMB PĘDZIWIATR GLIWICE | M-50 | 26 | 00:01:31 | 00:25:20 | 00:50:39 | 01:17:15 | 01:45:33 | 01:51:37.35 | 01:53:08.70 | +00:43:46 (39.2%) | 5:17 | 11.3 (60.4%) |
| 543 | GIERAS Mirosław | 506 | DELOITTE ADVENTURE TEAM | M-40 | 116 | 00:02:07 | 00:25:56 | 00:52:08 | 01:18:27 | 01:45:11 | 01:51:04.15 | 01:53:11.25 | +00:43:12 (38.9%) | 5:15 | 11.4 (61.0%) |
| 544 | WYPYCHOWICZ Piotr | 388 | WWW.BURGMANIA.NET | M-40 | 123 | 00:00:20 | 00:23:43 | 00:48:06 | 01:15:41 | 01:46:26 | 01:52:53.95 | 01:53:14.45 | +00:45:02 (39.9%) | 5:21 | 11.2 (59.9%) |
| 545 | KWAPIEŃ Paweł | 1069 | | M-30 | 214 | 00:00:39 | 00:25:43 | 00:52:08 | 01:18:38 | 01:46:18 | 01:52:36.25 | 01:53:15.50 | +00:44:44 (39.7%) | 5:20 | 11.2 (59.9%) |
| 546 | GOC Aleksandra | 1279 | | K-30 | 28 | 00:00:30 | 00:26:20 | 00:53:02 | 01:19:44 | 01:47:07 | 01:52:47.75 | 01:53:18.45 | +00:44:56 (39.8%) | 5:20 | 11.2 (59.9%) |
| 547 | GROŃSKI Janusz | 598 | | M-50 | 27 | 00:00:30 | 00:26:19 | 00:53:01 | 01:19:44 | 01:47:05 | 01:52:48.45 | 01:53:18.55 | +00:44:57 (39.8%) | 5:20 | 11.2 (59.9%) |
| 548 | SUCHECKA Lucyna | 19 | FAST FOOT OPOLE | K-20 | 22 | 00:01:29 | 00:25:30 | 00:51:27 | 01:18:03 | 01:45:49 | 01:51:49.85 | 01:53:19.35 | +00:43:58 (39.3%) | 5:18 | 11.3 (60.4%) |
| 549 | SKOLUDEK Robert | 447 | | M-20 | 130 | 00:00:43 | 00:26:30 | 00:53:17 | 01:20:36 | 01:47:34 | 01:52:38.10 | 01:53:21.15 | +00:44:46 (39.8%) | 5:20 | 11.2 (59.9%) |
| 550 | GRUSZKA Małgorzata | 68 | RYSIE | K-40 | 7 | 00:01:50 | 00:26:26 | 00:52:10 | 01:18:27 | 01:45:54 | 01:51:31.30 | 01:53:21.95 | +00:43:40 (39.2%) | 5:17 | 11.4 (61.0%) |
| 551 | ZDZIEBKO Artur | 105 | | M-40 | 120 | 00:01:07 | 00:26:04 | 00:52:13 | 01:18:27 | 01:46:06 | 01:52:18.45 | 01:53:25.90 | +00:44:27 (39.6%) | 5:19 | 11.3 (60.4%) |
| 552 | RUDNER Jakub | 1105 | | M-20 | 131 | 00:00:45 | 00:27:05 | 00:53:46 | 01:20:06 | 01:47:06 | 01:52:42.60 | 01:53:27.70 | +00:44:51 (39.8%) | 5:20 | 11.2 (59.9%) |
| 553 | KAMECKI Maciej | 873 | GOOD TIME SPORT | M-30 | 210 | 00:01:11 | 00:26:05 | 00:52:45 | 01:18:44 | 01:46:16 | 01:52:19.15 | 01:53:30.25 | +00:44:27 (39.6%) | 5:19 | 11.3 (60.4%) |
| 554 | KACZOR Rafał | 1226 | PKO BP | M-40 | 119 | 00:01:50 | 00:26:29 | 00:53:04 | 01:19:20 | 01:46:15 | 01:51:40.60 | 01:53:31.15 | +00:43:49 (39.2%) | 5:17 | 11.3 (60.4%) |
| 555 | GÓRKA Szymon | 292 | PRZODOWI SIEPACZE | M-30 | 206 | 00:01:43 | 00:24:58 | 00:50:17 | 01:17:05 | 01:45:31 | 01:51:49.00 | 01:53:32.80 | +00:43:57 (39.3%) | 5:17 | 11.3 (60.4%) |
| 556 | WALSKI Łukasz | 546 | RANGER SURVIVAL CLUB | M-20 | 126 | 00:01:53 | 00:27:38 | 00:54:27 | 01:21:24 | 01:46:40 | 01:51:40.00 | 01:53:33.55 | +00:43:48 (39.2%) | 5:17 | 11.3 (60.4%) |
| 557 | GAJEWSKI Michał | 449 | | M-30 | 211 | 00:01:05 | 00:26:26 | 00:52:50 | 01:19:07 | 01:46:30 | 01:52:28.70 | 01:53:34.15 | +00:44:37 (39.7%) | 5:19 | 11.3 (60.4%) |
| 558 | RACZEK Magdalena | 106 | | K-20 | 24 | 00:01:01 | 00:26:22 | 00:52:27 | 01:18:51 | 01:46:34 | 01:52:35.45 | 01:53:36.60 | +00:44:44 (39.7%) | 5:20 | 11.2 (59.9%) |
| 559 | NOWOROLNIK Paweł | 649 | | M-30 | 209 | 00:01:18 | 00:26:31 | 00:53:09 | 01:20:10 | 01:46:49 | 01:52:19.05 | 01:53:37.35 | +00:44:27 (39.6%) | 5:19 | 11.3 (60.4%) |
| 560 | BLACH Damian | 556 | | M-20 | 128 | 00:01:18 | 00:28:14 | 00:55:11 | 01:21:59 | 01:47:14 | 01:52:19.85 | 01:53:37.85 | +00:44:28 (39.6%) | 5:19 | 11.3 (60.4%) |
| 561 | GRACH Aleksandra | 670 | EVENT 360 RUNNING TEAM | K-30 | 25 | 00:01:11 | 00:26:19 | 00:52:26 | 01:18:46 | 01:46:42 | 01:52:29.95 | 01:53:41.15 | +00:44:38 (39.7%) | 5:19 | 11.3 (60.4%) |
| 562 | BIEŃKOWSKI Piotr | 384 | | M-20 | 133 | 00:00:37 | 00:23:36 | 00:49:14 | 01:17:25 | 01:47:01 | 01:53:07.00 | 01:53:44.55 | +00:45:15 (40.0%) | 5:21 | 11.2 (59.9%) |
| 563 | JANUS Monika | 1085 | SZCZAWNÓ RUN | K-30 | 29 | 00:00:46 | 00:26:28 | 00:52:55 | 01:19:17 | 01:47:06 | 01:52:58.50 | 01:53:45.35 | +00:45:07 (39.9%) | 5:21 | 11.2 (59.9%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas | | | | | Czas netto 21.1km | Czas brutto 21.1km | Różn | Tempo min/km | Tempo km/h |
|-----|---------------------------------|-------------|-------------------------|-----------|------|----------|----------|----------|----------|----------|----------------------|-----------------------|----------------------|-----------------|-----------------|
| | | | | | | startu | 5km | 10km | 15km | 20km | | | | | |
| 564 | DANEK Maria | 54 | 10 BLOG | K-20 | 26 | 00:00:13 | 00:26:05 | 00:53:06 | 01:20:48 | 01:48:03 | 01:53:33.45 | 01:53:46.55 | +00:45:42 (40.2%) | 5:22 | 11.1 (59.4%) |
| 565 | RUPNIK Joanna | 43 | | K-30 | 27 | 00:01:06 | 00:26:51 | 00:52:54 | 01:19:03 | 01:46:44 | 01:52:40.45 | 01:53:47.30 | +00:44:49 (39.8%) | 5:20 | 11.2 (59.9%) |
| 566 | KUROWSKI Michał | 742 | NIGHT RUNNERS GLIWICE | M-20 | 129 | 00:01:16 | 00:27:05 | 00:53:06 | 01:19:34 | 01:46:54 | 01:52:34.75 | 01:53:50.85 | +00:44:43 (39.7%) | 5:20 | 11.2 (59.9%) |
| 567 | NIŻNIKIEWICZ Elżbieta | 297 | | K-30 | 31 | 00:00:15 | 00:26:44 | 00:54:03 | 01:21:17 | 01:48:07 | 01:53:40.20 | 01:53:55.75 | +00:45:48 (40.3%) | 5:23 | 11.1 (59.4%) |
| 568 | KUCZMA Joanna | 533 | | K-40 | 8 | 00:01:00 | 00:26:35 | 00:52:55 | 01:19:01 | 01:46:54 | 01:52:59.35 | 01:54:00.05 | +00:45:08 (39.9%) | 5:21 | 11.2 (59.9%) |
| 569 | PISKORZ Robert | 948 | | M-40 | 122 | 00:01:12 | 00:25:44 | 00:52:28 | 01:18:54 | 01:46:46 | 01:52:47.55 | 01:54:00.30 | +00:44:56 (39.8%) | 5:20 | 11.2 (59.9%) |
| 570 | JURASZCZYK Jan | 865 | FEBYS RUN TEAM | M-30 | 212 | 00:01:32 | 00:26:56 | 00:53:14 | 01:19:55 | 01:47:02 | 01:52:31.00 | 01:54:03.45 | +00:44:39 (39.7%) | 5:19 | 11.3 (60.4%) |
| 571 | JURASZCZYK Katarzyna | 86 | FEBYS RUN TEAM | K-30 | 26 | 00:01:32 | 00:26:57 | 00:53:14 | 01:19:55 | 01:47:02 | 01:52:31.20 | 01:54:03.65 | +00:44:39 (39.7%) | 5:19 | 11.3 (60.4%) |
| 572 | IMIOŁEK Arkadiusz | 419 | BIEGAM Z ED-CERT | M-40 | 124 | 00:00:38 | 00:26:33 | 00:53:02 | 01:19:48 | 01:47:40 | 01:53:25.10 | 01:54:03.95 | +00:45:33 (40.2%) | 5:22 | 11.2 (59.9%) |
| 573 | PAWLIK Wojciech | 665 | | M-20 | 132 | 00:01:17 | 00:26:27 | 00:52:41 | 01:19:12 | 01:46:56 | 01:52:48.00 | 01:54:05.50 | +00:44:56 (39.8%) | 5:20 | 11.2 (59.9%) |
| 574 | MASIAREK Mariusz | 1265 | DRUŻYNA MOJACUKRZYCA.PL | M-40 | 121 | 00:01:29 | 00:26:03 | 00:51:33 | 01:17:56 | 01:46:19 | 01:52:38.75 | 01:54:07.95 | +00:44:47 (39.8%) | 5:20 | 11.2 (59.9%) |
| 575 | GALMAN Iwona | 737 | | K-30 | 32 | 00:00:18 | 00:26:11 | 00:53:07 | 01:19:49 | 01:47:36 | 01:53:50.50 | 01:54:09.15 | +00:45:59 (40.4%) | 5:23 | 11.1 (59.4%) |
| 576 | AMBICKA Jadzia | 1049 | | K-20 | 21 | 00:02:24 | 00:25:32 | 00:51:07 | 01:17:59 | 01:45:43 | 01:51:46.40 | 01:54:11.30 | +00:43:55 (39.3%) | 5:17 | 11.3 (60.4%) |
| 577 | PIETRUCZUK Daria | 373 | PRO-RUN WROCŁAW | K-20 | 25 | 00:01:09 | 00:25:36 | 00:51:37 | 01:18:58 | 01:46:58 | 01:53:02.30 | 01:54:11.60 | +00:45:11 (40.0%) | 5:21 | 11.2 (59.9%) |
| 578 | GRĄBCZEWSKI Marcin | 274 | | M-30 | 216 | 00:01:13 | 00:27:05 | 00:53:46 | 01:20:24 | 01:47:20 | 01:52:59.50 | 01:54:13.15 | +00:45:08 (39.9%) | 5:21 | 11.2 (59.9%) |
| 579 | PRUSOWSKA-BRZÓZKA Joanna | 3 | RYBICKA GRUPA BIEGOWA | K-30 | 24 | 00:02:00 | 00:27:06 | 00:53:12 | 01:19:35 | 01:46:34 | 01:52:13.10 | 01:54:13.65 | +00:44:21 (39.5%) | 5:19 | 11.3 (60.4%) |
| 580 | GRAMATYKA Paweł | 499 | | M-30 | 217 | 00:01:10 | 00:25:41 | 00:51:37 | 01:18:36 | 01:46:58 | 01:53:04.00 | 01:54:14.05 | +00:45:12 (40.0%) | 5:21 | 11.2 (59.9%) |
| 581 | MAJEWSKI Grzegorz | 318 | BEZ KLUBU | M-30 | 213 | 00:01:43 | 00:25:43 | 00:52:10 | 01:18:28 | 01:46:42 | 01:52:35.60 | 01:54:19.55 | +00:44:44 (39.7%) | 5:20 | 11.2 (59.9%) |
| 582 | BUJAK Mateusz | 679 | | M-20 | 134 | 00:00:59 | 00:26:13 | 00:52:09 | 01:19:22 | 01:47:40 | 01:53:20.15 | 01:54:19.70 | +00:45:28 (40.1%) | 5:22 | 11.2 (59.9%) |
| 583 | KORPAK Marta | 880 | MOTIVATO.PL | K-20 | 27 | 00:00:37 | 00:27:24 | 00:54:07 | 01:20:54 | 01:47:57 | 01:53:44.10 | 01:54:21.90 | +00:45:52 (40.3%) | 5:23 | 11.1 (59.4%) |
| 584 | KUMOR Tomasz | 894 | | M-20 | 137 | 00:00:37 | 00:27:25 | 00:54:07 | 01:20:53 | 01:47:53 | 01:53:44.65 | 01:54:22.45 | +00:45:53 (40.3%) | 5:23 | 11.1 (59.4%) |
| 585 | KONIK Sylwia | 386 | | K-30 | 30 | 00:00:51 | 00:26:14 | 00:52:03 | 01:19:02 | 01:47:12 | 01:53:31.15 | 01:54:22.80 | +00:45:39 (40.2%) | 5:22 | 11.2 (59.9%) |
| 586 | STANISZEWSKI Krzysztof | 973 | BIEGAMY Z SERCEM.PL | M-16 | 6 | 00:00:23 | 00:24:17 | 00:49:25 | 01:16:29 | 01:47:24 | 01:54:01.50 | 01:54:24.85 | +00:46:10 (40.5%) | 5:24 | 11.1 (59.4%) |
| 587 | ZEMŁA Piotr | 235 | | M-40 | 125 | 00:00:48 | 00:26:51 | 00:53:41 | 01:20:40 | 01:47:48 | 01:53:42.65 | 01:54:31.60 | +00:45:51 (40.3%) | 5:23 | 11.1 (59.4%) |
| 588 | BORECKI Marcin | 249 | | M-30 | 222 | 00:00:19 | 00:25:19 | 00:51:28 | 01:19:11 | 01:48:06 | 01:54:16.00 | 01:54:35.25 | +00:46:24 (40.6%) | 5:24 | 11.1 (59.4%) |
| 589 | WOJTASZEK Grzegorz | 404 | | M-30 | 215 | 00:01:46 | 00:26:26 | 00:52:47 | 01:19:32 | 01:47:12 | 01:52:53.70 | 01:54:40.15 | +00:45:02 (39.9%) | 5:21 | 11.2 (59.9%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas | | | | | Czas netto 21.1km | Czas brutto 21.1km | Różn | Tempo min/km | Tempo km/h |
|-----|-------------------------------|-------------|----------------------------|-----------|------|----------|----------|----------|----------|----------|----------------------|-----------------------|----------------------|-----------------|-----------------|
| | | | | | | startu | 5km | 10km | 15km | 20km | | | | | |
| 590 | ĆWIK Paweł | 1024 | | M-40 | 126 | 00:00:53 | 00:26:39 | 00:52:55 | 01:19:44 | 01:48:17 | 01:53:49.80 | 01:54:43.40 | +00:45:58 (40.4%) | 5:23 | 11.1 (59.4%) |
| 591 | WILK Andrzej | 764 | | M-20 | 135 | 00:01:02 | 00:24:46 | 00:50:52 | 01:18:03 | 01:47:26 | 01:53:43.20 | 01:54:46.15 | +00:45:51 (40.3%) | 5:23 | 11.1 (59.4%) |
| 592 | OCHMAN Ireneusz | 1073 | OPEL ACTIVE TEAM | M-40 | 130 | 00:00:17 | 00:24:41 | 00:51:13 | 01:18:37 | 01:48:15 | 01:54:31.35 | 01:54:48.90 | +00:46:40 (40.7%) | 5:25 | 11.1 (59.4%) |
| 593 | KOKOSZKA Marcin | 609 | EMEDIATOR.PL | M-20 | 139 | 00:00:54 | 00:28:03 | 00:55:52 | 01:23:06 | 01:48:42 | 01:54:00.85 | 01:54:55.35 | +00:46:09 (40.5%) | 5:24 | 11.1 (59.4%) |
| 594 | MIKETA Marek | 1090 | RYBICKA GRUPA BIEGOWA | M-40 | 132 | 00:00:27 | 00:27:47 | 00:54:56 | 01:21:08 | 01:48:31 | 01:54:35.65 | 01:55:02.95 | +00:46:44 (40.8%) | 5:25 | 11 (58.8%) |
| 595 | KOWALCZYK Robert | 433 | ISTA BIEGAMY | M-40 | 128 | 00:00:59 | 00:25:34 | 00:51:46 | 01:18:59 | 01:47:54 | 01:54:06.85 | 01:55:06.55 | +00:46:15 (40.5%) | 5:24 | 11.1 (59.4%) |
| 596 | SIUDA Krzysztof | 858 | | M-20 | 142 | 00:00:39 | 00:28:01 | 00:54:32 | 01:20:58 | 01:48:42 | 01:54:27.75 | 01:55:07.25 | +00:46:36 (40.7%) | 5:25 | 11.1 (59.4%) |
| 597 | GRUSZKA Tomasz | 1276 | | M-40 | 129 | 00:00:49 | 00:26:38 | 00:52:42 | 01:19:10 | 01:48:08 | 01:54:23.80 | 01:55:13.55 | +00:46:32 (40.7%) | 5:25 | 11.1 (59.4%) |
| 598 | SZAMRYK Konrad | 789 | | M-30 | 223 | 00:00:56 | 00:26:53 | 00:53:01 | 01:19:39 | 01:48:06 | 01:54:19.60 | 01:55:16.15 | +00:46:28 (40.6%) | 5:25 | 11.1 (59.4%) |
| 599 | SZARUGA Jan | 266 | | M-20 | 136 | 00:01:34 | 00:27:13 | 00:53:13 | 01:18:58 | 01:47:29 | 01:53:44.20 | 01:55:18.75 | +00:45:52 (40.3%) | 5:23 | 11.1 (59.4%) |
| 600 | FIELHAUER Damian | 685 | | M-20 | 140 | 00:00:57 | 00:25:36 | 00:51:02 | 01:17:50 | 01:47:50 | 01:54:22.45 | 01:55:20.40 | +00:46:31 (40.7%) | 5:25 | 11.1 (59.4%) |
| 601 | KRZYSZTOFOWICZ Monika | 591 | | K-30 | 35 | 00:00:37 | 00:26:01 | 00:52:53 | 01:20:21 | 01:48:50 | 01:54:45.35 | 01:55:22.55 | +00:46:54 (40.9%) | 5:26 | 11 (58.8%) |
| 602 | KURC Iwona | 763 | RAJSPORT ACTIVE ANTON TEAM | K-30 | 34 | 00:00:40 | 00:26:50 | 00:53:19 | 01:19:55 | 01:48:21 | 01:54:42.50 | 01:55:23.15 | +00:46:51 (40.8%) | 5:26 | 11 (58.8%) |
| 603 | KUCZYŃSKA Kinga | 816 | | K-20 | 28 | 00:00:40 | 00:26:50 | 00:53:19 | 01:19:55 | 01:48:22 | 01:54:42.60 | 01:55:23.35 | +00:46:51 (40.8%) | 5:26 | 11 (58.8%) |
| 604 | FUGOWSKI Grzegorz | 341 | | M-30 | 221 | 00:01:19 | 00:26:28 | 00:53:37 | 01:20:32 | 01:48:33 | 01:54:08.30 | 01:55:28.05 | +00:46:17 (40.6%) | 5:24 | 11.1 (59.4%) |
| 605 | MRÓZEK Przemysław | 612 | PŁOMIEŃ OPATÓW | M-30 | 228 | 00:00:29 | 00:24:52 | 00:50:35 | 01:17:49 | 01:48:25 | 01:54:59.40 | 01:55:28.95 | +00:47:08 (41.0%) | 5:26 | 11 (58.8%) |
| 606 | OSIŃSKI Paweł | 322 | NIGHT RUNNERS GLIWICE | M-30 | 218 | 00:02:11 | 00:25:25 | 00:51:46 | 01:19:23 | 01:47:18 | 01:53:18.15 | 01:55:29.70 | +00:45:26 (40.1%) | 5:22 | 11.2 (59.9%) |
| 607 | ADAMOWSKI Jacek | 48 | NIGHT RUNNERS GLIWICE | M-30 | 219 | 00:01:42 | 00:26:36 | 00:52:16 | 01:18:28 | 01:47:35 | 01:53:47.45 | 01:55:30.25 | +00:45:56 (40.4%) | 5:23 | 11.1 (59.4%) |
| 608 | WACLAWSKA Agnieszka | 255 | | K-30 | 33 | 00:01:04 | 00:25:57 | 00:55:06 | 01:22:12 | 01:48:58 | 01:54:26.95 | 01:55:31.70 | +00:46:35 (40.7%) | 5:25 | 11.1 (59.4%) |
| 609 | KRZYSZKOWSKA Agnieszka | 490 | BRAK | K-30 | 37 | 00:00:23 | 00:26:09 | 00:53:06 | 01:20:33 | 01:49:15 | 01:55:10.60 | 01:55:33.65 | +00:47:19 (41.1%) | 5:27 | 11 (58.8%) |
| 610 | SŁUSZNIK Sławomir | 752 | | M-40 | 137 | 00:00:37 | 00:26:30 | 00:53:05 | 01:20:20 | 01:49:00 | 01:54:57.50 | 01:55:34.75 | +00:47:06 (41.0%) | 5:26 | 11 (58.8%) |
| 611 | SOKÓŁ Dorota | 926 | BIEGACZE CSR | K-40 | 9 | 00:00:40 | 00:26:28 | 00:53:05 | 01:20:35 | 01:49:13 | 01:54:54.75 | 01:55:35.45 | +00:47:03 (41.0%) | 5:26 | 11 (58.8%) |
| 612 | UTRATNY Ludomir Jan | 284 | | M-40 | 136 | 00:00:41 | 00:26:30 | 00:53:12 | 01:20:45 | 01:49:12 | 01:54:56.40 | 01:55:37.50 | +00:47:05 (41.0%) | 5:26 | 11 (58.8%) |
| 613 | PAWLAK Katarzyna | 360 | RADIO WROCŁAW | K-30 | 36 | 00:00:31 | 00:26:29 | 00:53:28 | 01:21:23 | 01:49:22 | 01:55:06.30 | 01:55:37.85 | +00:47:15 (41.0%) | 5:27 | 11 (58.8%) |
| 614 | PATRYAS Arkadiusz | 985 | | M-40 | 133 | 00:00:59 | 00:27:46 | 00:55:16 | 01:22:54 | 01:49:21 | 01:54:44.05 | 01:55:43.45 | +00:46:52 (40.9%) | 5:26 | 11 (58.8%) |
| 615 | RÓG Marcin | 892 | NIGHT RUNNERS KATOWICE | M-20 | 145 | 00:00:38 | 00:25:00 | 00:49:22 | 01:17:00 | 01:48:41 | 01:55:06.20 | 01:55:45.15 | +00:47:14 (41.0%) | 5:27 | 11 (58.8%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas | | | | | Czas netto 21.1km | Czas brutto 21.1km | Różn | Tempo min/km | Tempo km/h |
|-----|----------------------------------|-------------|----------------------------|-----------|------|----------|----------|----------|----------|----------|----------------------|-----------------------|----------------------|-----------------|-----------------|
| | | | | | | startu | 5km | 10km | 15km | 20km | | | | | |
| 616 | MAZUR Krzysztof | 1288 | NOWA GLIWICE | M-30 | 220 | 00:01:38 | 00:27:22 | 00:54:21 | 01:21:00 | 01:48:11 | 01:54:07.70 | 01:55:45.75 | +00:46:16 (40.5%) | 5:24 | 11.1 (59.4%) |
| 617 | KONIK Tomasz | 385 | | M-40 | 134 | 00:00:52 | 00:26:17 | 00:52:40 | 01:19:36 | 01:48:40 | 01:54:54.40 | 01:55:47.20 | +00:47:03 (40.9%) | 5:26 | 11 (58.8%) |
| 618 | BEDNARSKI Tomasz | 457 | NR GLIWICE | M-20 | 138 | 00:02:00 | 00:29:26 | 00:55:57 | 01:22:59 | 01:48:44 | 01:53:47.95 | 01:55:47.95 | +00:45:56 (40.4%) | 5:23 | 11.1 (59.4%) |
| 619 | ZABIEROWSKI Witold | 1046 | ADAMIETZ | M-50 | 28 | 00:01:16 | 00:27:17 | 00:54:25 | 01:21:44 | 01:48:58 | 01:54:32.20 | 01:55:48.70 | +00:46:40 (40.8%) | 5:25 | 11.1 (59.4%) |
| 620 | GRABOWSKI Maciej | 788 | | M-30 | 225 | 00:01:05 | 00:27:16 | 00:53:52 | 01:20:37 | 01:48:50 | 01:54:43.40 | 01:55:49.35 | +00:46:52 (40.9%) | 5:26 | 11 (58.8%) |
| 621 | WIERZBICA Adrian | 730 | | M Open | 2 | 00:01:23 | 00:27:49 | 00:54:45 | 01:21:36 | 01:48:37 | 01:54:26.40 | 01:55:50.35 | +00:46:35 (40.7%) | 5:25 | 11.1 (59.4%) |
| 622 | KULIK Adam | 989 | | M-40 | 139 | 00:00:40 | 00:26:04 | 00:52:44 | 01:19:49 | 01:48:57 | 01:55:11.65 | 01:55:51.65 | +00:47:20 (41.1%) | 5:27 | 11 (58.8%) |
| 623 | ZIĘBIK Grzegorz | 1017 | | M-30 | 230 | 00:00:38 | 00:26:48 | 00:53:28 | 01:21:13 | 01:49:28 | 01:55:13.95 | 01:55:52.35 | +00:47:22 (41.1%) | 5:27 | 11 (58.8%) |
| 624 | BOROWSKI Sławomir | 482 | SOLVITUR AMBULANDO | M-30 | 227 | 00:01:01 | 00:26:00 | 00:51:52 | 01:18:53 | 01:48:42 | 01:54:55.60 | 01:55:57.40 | +00:47:04 (41.0%) | 5:26 | 11 (58.8%) |
| 625 | ADAMSKI Maciej | 927 | WROCŁAW MARATHON TEAM | M-20 | 143 | 00:01:14 | 00:26:41 | 00:53:10 | 01:20:12 | 01:48:44 | 01:54:45.65 | 01:55:59.85 | +00:46:54 (40.9%) | 5:26 | 11 (58.8%) |
| 626 | BŁASZCZYSZYN Maciej | 1290 | | M-50 | 29 | 00:01:20 | 00:28:15 | 00:55:47 | 01:22:28 | 01:49:12 | 01:54:44.10 | 01:56:04.25 | +00:46:52 (40.9%) | 5:26 | 11 (58.8%) |
| 627 | PYKA Dariusz | 1127 | | M-40 | 127 | 00:01:58 | 00:27:55 | 00:55:42 | 01:23:21 | 01:48:50 | 01:54:06.25 | 01:56:04.40 | +00:46:14 (40.5%) | 5:24 | 11.1 (59.4%) |
| 628 | ŻĄDŁO Łukasz | 344 | CABALLO BLANCO TEAM | M-30 | 231 | 00:00:30 | 00:28:36 | 00:56:59 | 01:25:02 | 01:50:43 | 01:55:33.85 | 01:56:04.70 | +00:47:42 (41.3%) | 5:28 | 11 (58.8%) |
| 629 | WIORA Łukasz | 1284 | | M-30 | 234 | 00:00:32 | 00:27:59 | 00:56:18 | 01:23:35 | 01:50:09 | 01:55:39.15 | 01:56:11.45 | +00:47:47 (41.3%) | 5:28 | 10.9 (58.3%) |
| 630 | CZARNIK-PECIAK Aleksandra | 801 | | K-40 | 11 | 00:00:30 | 00:26:47 | 00:53:31 | 01:20:49 | 01:49:33 | 01:55:41.75 | 01:56:11.75 | +00:47:50 (41.4%) | 5:28 | 10.9 (58.3%) |
| 631 | RYMASZEWSKI Wojciech | 469 | | M-30 | 229 | 00:01:02 | 00:25:23 | 00:51:11 | 01:17:29 | 01:48:59 | 01:55:10.75 | 01:56:13.15 | +00:47:19 (41.1%) | 5:27 | 11 (58.8%) |
| 632 | SKOTNICKI Paweł | 83 | | M-20 | 146 | 00:01:07 | 00:26:34 | 00:52:55 | 01:19:46 | 01:49:16 | 01:55:07.20 | 01:56:14.80 | +00:47:15 (41.1%) | 5:27 | 11 (58.8%) |
| 633 | GRONDECKI Grzegorz | 310 | BIEGAMY Z SERCEM.PL | M-40 | 135 | 00:01:20 | 00:27:18 | 00:54:09 | 01:21:39 | 01:49:18 | 01:54:55.75 | 01:56:15.75 | +00:47:04 (41.0%) | 5:26 | 11 (58.8%) |
| 634 | CHROBOK Mateusz | 905 | NIGHT RUNNERS ZABRZE | M-20 | 148 | 00:00:14 | 00:25:48 | 00:53:15 | 01:20:31 | 01:49:42 | 01:56:03.30 | 01:56:17.85 | +00:48:12 (41.5%) | 5:30 | 10.9 (58.3%) |
| 635 | GABRYŚ Jola | 1285 | NIGHT RUNNERS GLIWICE | K-40 | 12 | 00:00:18 | 00:26:01 | 00:53:04 | 01:20:50 | 01:50:06 | 01:56:03.35 | 01:56:21.60 | +00:48:12 (41.5%) | 5:30 | 10.9 (58.3%) |
| 636 | MIKUŁA Leszek | 617 | | M-40 | 144 | 00:00:25 | 00:25:28 | 00:51:24 | 01:19:06 | 01:49:36 | 01:56:01.30 | 01:56:26.50 | +00:48:10 (41.5%) | 5:29 | 10.9 (58.3%) |
| 637 | WIĄCEK Krzysztof | 25 | | M-50 | 30 | 00:01:23 | 00:27:49 | 00:55:12 | 01:22:17 | 01:49:25 | 01:55:05.20 | 01:56:28.75 | +00:47:13 (41.0%) | 5:27 | 11 (58.8%) |
| 637 | GRABOWSKI Michał | 568 | | M-40 | 142 | 00:00:35 | 00:27:51 | 00:55:34 | 01:22:58 | 01:50:03 | 01:55:53.75 | 01:56:28.75 | +00:48:02 (41.5%) | 5:29 | 10.9 (58.3%) |
| 639 | CZARNOTA Arkadiusz | 555 | | M-30 | 236 | 00:00:27 | 00:26:43 | 00:54:15 | 01:21:56 | 01:50:05 | 01:56:01.85 | 01:56:29.30 | +00:48:10 (41.5%) | 5:29 | 10.9 (58.3%) |
| 640 | CHAVEZ Christina | 814 | UKS OLIMPIA ZABRZE | K-16 | 2 | 00:01:26 | 00:27:38 | 00:55:03 | 01:21:46 | 01:49:42 | 01:55:05.10 | 01:56:31.45 | +00:47:13 (41.0%) | 5:27 | 11 (58.8%) |
| 641 | ALEKSANDROWICZ Krzysztof | 1104 | FIZJO RUNNERS UMED WROCŁAW | M-40 | 138 | 00:01:32 | 00:26:45 | 00:53:31 | 01:20:47 | 01:49:06 | 01:55:03.75 | 01:56:36.70 | +00:47:12 (41.0%) | 5:27 | 11 (58.8%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas | | | | | Czas netto 21.1km | Czas brutto 21.1km | Różn | Tempo min/km | Tempo km/h |
|-----|---------------------------------|-------------|---------------------------|-----------|------|----------|----------|----------|----------|----------|----------------------|-----------------------|----------------------|-----------------|-----------------|
| | | | | | | startu | 5km | 10km | 15km | 20km | | | | | |
| 642 | BOJDA Dawid | 1152 | | M-20 | 144 | 00:01:36 | 00:27:41 | 00:55:18 | 01:22:18 | 01:49:14 | 01:55:01.20 | 01:56:37.60 | +00:47:09 (41.0%) | 5:27 | 11 (58.8%) |
| 643 | KOZIELEC Tomasz | 372 | | M-40 | 140 | 00:01:18 | 00:27:05 | 00:53:52 | 01:21:07 | 01:49:25 | 01:55:20.35 | 01:56:39.25 | +00:47:29 (41.2%) | 5:28 | 11 (58.8%) |
| 643 | BARAŃSKA Celestyna | 358 | ACCENTURE | K-30 | 38 | 00:01:23 | 00:27:23 | 00:54:48 | 01:22:11 | 01:49:44 | 01:55:16.10 | 01:56:39.25 | +00:47:24 (41.1%) | 5:27 | 11 (58.8%) |
| 645 | SERWACZAK Joanna | 33 | BIEGAMY Z SERCEM.PL | K-20 | 31 | 00:01:07 | 00:27:29 | 00:54:36 | 01:21:52 | 01:49:33 | 01:55:35.50 | 01:56:43.15 | +00:47:44 (41.3%) | 5:28 | 11 (58.8%) |
| 646 | WOŹNIAK Marek | 277 | | M-40 | 131 | 00:02:08 | 00:27:06 | 00:53:32 | 01:20:45 | 01:48:34 | 01:54:35.00 | 01:56:43.25 | +00:46:43 (40.8%) | 5:25 | 11 (58.8%) |
| 647 | DE LA MERCED PUGA Daniel | 1070 | | M-20 | 141 | 00:02:18 | 00:26:55 | 00:53:11 | 01:19:09 | 01:47:36 | 01:54:25.40 | 01:56:44.15 | +00:46:34 (40.7%) | 5:25 | 11.1 (59.4%) |
| 648 | DUDEK Łukasz | 307 | | M-30 | 224 | 00:02:08 | 00:27:07 | 00:53:31 | 01:20:45 | 01:48:34 | 01:54:36.25 | 01:56:44.75 | +00:46:44 (40.8%) | 5:25 | 11 (58.8%) |
| 648 | GOŁĄBEK Agnieszka | 1002 | BBL MIKOŁÓW | K-30 | 39 | 00:01:19 | 00:25:51 | 00:52:34 | 01:20:07 | 01:49:17 | 01:55:25.55 | 01:56:44.75 | +00:47:34 (41.2%) | 5:28 | 11 (58.8%) |
| 650 | BŁASZCZYK Paulina | 36 | | K-20 | 29 | 00:01:27 | 00:27:17 | 00:54:09 | 01:21:27 | 01:49:25 | 01:55:23.20 | 01:56:50.95 | +00:47:31 (41.2%) | 5:28 | 11 (58.8%) |
| 651 | GALERT Adam | 17 | PRO-RUN WROCŁAW | M-30 | 233 | 00:01:14 | 00:25:57 | 00:52:08 | 01:18:46 | 01:49:19 | 01:55:38.00 | 01:56:52.80 | +00:47:46 (41.3%) | 5:28 | 10.9 (58.3%) |
| 652 | KONOPKA Agnieszka | 80 | | K-30 | 43 | 00:00:41 | 00:26:56 | 00:53:39 | 01:20:49 | 01:50:03 | 01:56:12.70 | 01:56:53.70 | +00:48:21 (41.6%) | 5:30 | 10.9 (58.3%) |
| 653 | KSIĘŻYK Anna | 486 | | K-30 | 42 | 00:00:54 | 00:27:22 | 00:54:51 | 01:22:08 | 01:50:00 | 01:56:04.70 | 01:56:58.90 | +00:48:13 (41.5%) | 5:30 | 10.9 (58.3%) |
| 654 | KOZDRA Krzysztof | 736 | NIEZRZESZONY | M-40 | 149 | 00:00:00 | | | | | 01:57:04.00 | 01:57:04.00 | +00:49:12 (42.0%) | 5:32 | 10.8 (57.8%) |
| 655 | BUTOR Arkadiusz | 651 | 12TRI.PL | M-30 | 238 | 00:00:40 | 00:26:43 | 00:53:23 | 01:20:46 | 01:49:07 | 01:56:25.05 | 01:57:05.55 | +00:48:33 (41.7%) | 5:31 | 10.9 (58.3%) |
| 656 | STASIAK Michał | 180 | | M-40 | 143 | 00:01:05 | 00:27:13 | 00:54:14 | 01:21:24 | 01:49:53 | 01:56:00.05 | 01:57:05.75 | +00:48:08 (41.5%) | 5:29 | 10.9 (58.3%) |
| 657 | ANDRZEJ Kuś | 1080 | PURE JATOMI FORUM GLIWICE | M-30 | 237 | 00:01:00 | 00:27:42 | 00:55:15 | 01:22:44 | 01:50:18 | 01:56:09.40 | 01:57:09.40 | +00:48:18 (41.6%) | 5:30 | 10.9 (58.3%) |
| 657 | POPIEL Artur | 414 | NIGHT RUNNERS GLIWICE | M-40 | 146 | 00:01:00 | 00:27:40 | 00:55:14 | 01:22:43 | 01:50:35 | 01:56:08.60 | 01:57:09.40 | +00:48:17 (41.6%) | 5:30 | 10.9 (58.3%) |
| 659 | TYLMAN-MADEJCZYK Marta | 262 | MTM | K-30 | 45 | 00:00:43 | 00:27:41 | 00:54:35 | 01:21:46 | 01:50:22 | 01:56:28.90 | 01:57:11.95 | +00:48:37 (41.7%) | 5:31 | 10.9 (58.3%) |
| 660 | CZAUDERNA Klaudia | 258 | ETERUN | K-40 | 10 | 00:02:07 | 00:26:49 | 00:53:08 | 01:21:02 | 01:49:03 | 01:55:06.70 | 01:57:13.80 | +00:47:15 (41.1%) | 5:27 | 11 (58.8%) |
| 661 | WIEDERMANN Krzysztof | 624 | PEDRAFORCA | M-30 | 226 | 00:02:26 | 00:27:04 | 00:53:34 | 01:20:58 | 01:48:37 | 01:54:48.95 | 01:57:15.75 | +00:46:57 (40.9%) | 5:26 | 11 (58.8%) |
| 662 | KAZULA Grzegorz | 251 | | M-30 | 232 | 00:01:39 | 00:27:33 | 00:54:38 | 01:22:00 | 01:49:48 | 01:55:36.40 | 01:57:16.35 | +00:47:45 (41.3%) | 5:28 | 10.9 (58.3%) |
| 663 | DOMARADZKA Ewa | 441 | | K-40 | 16 | 00:00:44 | 00:26:42 | 00:54:20 | 01:21:42 | 01:50:32 | 01:56:35.30 | 01:57:19.30 | +00:48:44 (41.8%) | 5:31 | 10.9 (58.3%) |
| 664 | GRABOWSKI Lech | 870 | | M-50 | 33 | 00:00:07 | 00:26:21 | 00:54:11 | 01:22:24 | 01:51:12 | 01:57:14.60 | 01:57:21.80 | +00:49:23 (42.1%) | 5:33 | 10.8 (57.8%) |
| 665 | GUTOWSKI Łukasz | 312 | | M-20 | 156 | 00:00:20 | 00:27:27 | 00:55:04 | 01:22:46 | 01:51:06 | 01:57:01.30 | 01:57:21.95 | +00:49:10 (42.0%) | 5:32 | 10.8 (57.8%) |
| 666 | CURYŁO Maria | 941 | | K-20 | 30 | 00:01:55 | 00:27:29 | 00:54:45 | 01:21:46 | 01:49:32 | 01:55:28.30 | 01:57:23.30 | +00:47:37 (41.2%) | 5:28 | 11 (58.8%) |
| 667 | WAWRZYNIAK Magdalena | 480 | 10 BLOG OPOLE | K-20 | 32 | 00:00:44 | 00:27:14 | 00:55:05 | 01:23:09 | 01:50:49 | 01:56:40.15 | 01:57:24.40 | +00:48:48 (41.8%) | 5:31 | 10.9 (58.3%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas | | | | | Czas netto 21.1km | Czas brutto 21.1km | Różn | Tempo min/km | Tempo km/h |
|-----|-------------------------------|-------------|---|-----------|------|----------|----------|----------|----------|----------|----------------------|-----------------------|----------------------|-----------------|-----------------|
| | | | | | | startu | 5km | 10km | 15km | 20km | | | | | |
| 668 | ALBERT Łukasz | 481 | 10 BLOG OPOLE | M-30 | 241 | 00:00:44 | 00:27:14 | 00:55:05 | 01:23:11 | 01:50:51 | 01:56:40.15 | 01:57:24.70 | +00:48:48 (41.8%) | 5:31 | 10.9 (58.3%) |
| 669 | ANDRZEJCZAK Michał | 247 | | M-30 | 235 | 00:01:37 | 00:27:29 | 00:55:05 | 01:22:16 | 01:49:39 | 01:55:48.20 | 01:57:25.90 | +00:47:56 (41.4%) | 5:29 | 10.9 (58.3%) |
| 670 | JANY Kamil | 545 | | M-40 | 145 | 00:01:20 | 00:27:35 | 00:54:40 | 01:22:13 | 01:50:03 | 01:56:07.00 | 01:57:27.70 | +00:48:15 (41.6%) | 5:30 | 10.9 (58.3%) |
| 671 | SAP Alina | 958 | NIGHT RUNNERS | K-40 | 15 | 00:01:01 | 00:27:19 | 00:54:22 | 01:22:03 | 01:50:25 | 01:56:28.35 | 01:57:29.60 | +00:48:37 (41.7%) | 5:31 | 10.9 (58.3%) |
| 671 | JANIK Janusz | 131 | NIGHT RUNNERS GLIWICE | M-30 | 239 | 00:01:02 | 00:27:16 | 00:54:21 | 01:22:02 | 01:50:27 | 01:56:27.50 | 01:57:29.60 | +00:48:36 (41.7%) | 5:31 | 10.9 (58.3%) |
| 673 | BOGUCKA Joanna | 979 | NIGHT RUNNERS GLIWICE | K-40 | 14 | 00:01:02 | 00:27:18 | 00:54:21 | 01:22:02 | 01:50:27 | 01:56:27.75 | 01:57:29.85 | +00:48:36 (41.7%) | 5:31 | 10.9 (58.3%) |
| 673 | TKACZUK Marcin | 191 | NIGHT RUNNERS GLIWICE | M-30 | 240 | 00:00:59 | 00:27:21 | 00:54:24 | 01:22:05 | 01:50:27 | 01:56:30.10 | 01:57:29.85 | +00:48:38 (41.8%) | 5:31 | 10.9 (58.3%) |
| 675 | KOZŁOWSKI Przemysław | 808 | | M-30 | 242 | 00:00:49 | 00:27:56 | 00:55:25 | 01:22:39 | 01:50:38 | 01:56:43.65 | 01:57:32.90 | +00:48:52 (41.9%) | 5:31 | 10.8 (57.8%) |
| 676 | OPALIŃSKI Tomasz | 938 | GOOD TIME SPORT | M-20 | 150 | 00:01:11 | 00:28:02 | 00:56:06 | 01:23:47 | 01:50:47 | 01:56:23.65 | 01:57:35.50 | +00:48:32 (41.7%) | 5:30 | 10.9 (58.3%) |
| 677 | GOSŁAWSKI Piotr | 1262 | | M-40 | 147 | 00:01:13 | 00:27:18 | 00:53:53 | 01:21:09 | 01:50:04 | 01:56:24.25 | 01:57:38.15 | +00:48:32 (41.7%) | 5:31 | 10.9 (58.3%) |
| 678 | BATEJKO Beata | 257 | CHORZOWSKIE CENTRUM SZTUK I SPORTÓW WALKI | K-40 | 13 | 00:01:29 | 00:26:10 | 00:52:38 | 01:20:33 | 01:49:53 | 01:56:10.60 | 01:57:40.10 | +00:48:19 (41.6%) | 5:30 | 10.9 (58.3%) |
| 679 | NIEDZIELA Janusz | 760 | | M-20 | 149 | 00:01:36 | 00:24:35 | 00:49:52 | 01:16:15 | 01:48:43 | 01:56:04.85 | 01:57:41.45 | +00:48:13 (41.5%) | 5:30 | 10.9 (58.3%) |
| 680 | SULIN Marek | 904 | | M-40 | 141 | 00:02:11 | 00:28:10 | 00:55:52 | 01:22:47 | 01:49:43 | 01:55:31.80 | 01:57:42.95 | +00:47:40 (41.3%) | 5:28 | 11 (58.8%) |
| 681 | KŁOBUSZEWSKI Stanisław | 62 | | M-50 | 31 | 00:02:05 | 00:28:05 | 00:55:49 | 01:23:03 | 01:50:07 | 01:55:38.75 | 01:57:44.55 | +00:47:47 (41.3%) | 5:28 | 10.9 (58.3%) |
| 682 | WIŚNIEWSKI Paweł | 265 | | M-20 | 152 | 00:01:04 | 00:27:21 | 00:54:20 | 01:22:02 | 01:50:32 | 01:56:40.45 | 01:57:45.30 | +00:48:49 (41.8%) | 5:31 | 10.8 (57.8%) |
| 682 | POPIEL Adriana | 368 | NIGHT RUNNERS GLIWICE | K-30 | 46 | 00:01:00 | 00:27:40 | 00:55:14 | 01:22:44 | 01:50:36 | 01:56:45.00 | 01:57:45.30 | +00:48:53 (41.9%) | 5:31 | 10.8 (57.8%) |
| 684 | SZALIŃSKI Krzysztof | 975 | PRYWATNY | M-40 | 151 | 00:00:09 | 00:27:29 | 00:55:27 | 01:23:12 | 01:51:47 | 01:57:35.50 | 01:57:45.35 | +00:49:44 (42.3%) | 5:34 | 10.8 (57.8%) |
| 685 | BUCZYŃSKI Radosław | 53 | NIGHT RUNNERS GLIWICE | M-20 | 153 | 00:01:04 | 00:27:21 | 00:54:20 | 01:22:02 | 01:50:31 | 01:56:41.10 | 01:57:45.90 | +00:48:49 (41.8%) | 5:31 | 10.8 (57.8%) |
| 686 | STOCHLA Małgorzata | 1142 | | K-30 | 47 | 00:00:55 | 00:27:33 | 00:54:37 | 01:22:24 | 01:50:53 | 01:56:57.70 | 01:57:52.75 | +00:49:06 (42.0%) | 5:32 | 10.8 (57.8%) |
| 687 | MALINOWSKI Piotr | 913 | NIEZRZESZONY | M-40 | 148 | 00:01:14 | 00:26:56 | 00:54:21 | 01:21:56 | 01:50:22 | 01:56:39.95 | 01:57:54.00 | +00:48:48 (41.8%) | 5:31 | 10.9 (58.3%) |
| 688 | ŻOŁNOWSKA Anna | 553 | | K-30 | 40 | 00:02:02 | 00:26:28 | 00:52:25 | 01:19:45 | 01:49:37 | 01:55:52.50 | 01:57:55.10 | +00:48:01 (41.4%) | 5:29 | 10.9 (58.3%) |
| 689 | CHOJCAN Beata | 128 | RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM | K-30 | 41 | 00:01:59 | 00:27:11 | 00:54:13 | 01:22:05 | 01:50:14 | 01:55:56.85 | 01:57:56.60 | +00:48:05 (41.5%) | 5:29 | 10.9 (58.3%) |
| 690 | GĘBCZYŃSKI Paweł | 201 | | M-30 | 244 | 00:00:58 | 00:25:36 | 00:51:32 | 01:18:37 | 01:49:54 | 01:57:03.65 | 01:58:02.10 | +00:49:12 (42.0%) | 5:32 | 10.8 (57.8%) |
| 691 | NANCKA Brygida | 455 | | K-40 | 18 | 00:01:19 | 00:27:41 | 00:55:07 | 01:22:49 | 01:51:03 | 01:56:44.90 | 01:58:03.95 | +00:48:53 (41.9%) | 5:31 | 10.8 (57.8%) |
| 692 | MACIASZEK Jarosław | 513 | | M-20 | 147 | 00:02:16 | 00:27:28 | 00:54:46 | 01:22:26 | 01:49:51 | 01:55:47.85 | 01:58:04.65 | +00:47:56 (41.4%) | 5:29 | 10.9 (58.3%) |
| 693 | MICHNA Wojciech | 1077 | | M-20 | 157 | 00:01:03 | 00:25:29 | 00:52:49 | 01:20:30 | 01:50:22 | 01:57:06.60 | 01:58:09.75 | +00:49:15 (42.1%) | 5:32 | 10.8 (57.8%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas | | | | | Czas netto 21.1km | Czas brutto 21.1km | Różn | Tempo min/km | Tempo km/h |
|-----|----------------------------|-------------|--------------------------------------|-----------|------|----------|----------|----------|----------|----------|----------------------|-----------------------|----------------------|-----------------|-----------------|
| | | | | | | startu | 5km | 10km | 15km | 20km | | | | | |
| 694 | SZUŁCZYŃSKI Karol | 451 | | M-50 | 32 | 00:01:47 | 00:27:17 | 00:53:58 | 01:20:59 | 01:50:02 | 01:56:24.55 | 01:58:11.65 | +00:48:33 (41.7%) | 5:30 | 10.9 (58.3%) |
| 695 | KULIK Katarzyna | 402 | | K-30 | 48 | 00:00:57 | 00:27:38 | 00:54:39 | 01:22:08 | 01:51:00 | 01:57:17.50 | 01:58:15.25 | +00:49:26 (42.1%) | 5:33 | 10.8 (57.8%) |
| 696 | ZASADA Edwin | 982 | ZABIJGRUBASA.PL | M-20 | 154 | 00:01:21 | 00:28:27 | 00:56:40 | 01:24:05 | 01:51:03 | 01:56:53.70 | 01:58:15.55 | +00:49:02 (42.0%) | 5:32 | 10.8 (57.8%) |
| 697 | CZOIK Tomasz | 978 | NIGHT RUNNERS GLIWICE | M-20 | 155 | 00:01:19 | 00:28:29 | 00:56:42 | 01:23:50 | 01:51:05 | 01:56:55.75 | 01:58:15.65 | +00:49:04 (42.0%) | 5:32 | 10.8 (57.8%) |
| 698 | WIELOCH Gabriela | 423 | LEWIN BIEGA | K-30 | 44 | 00:02:01 | 00:28:10 | 00:55:16 | 01:22:58 | 01:50:34 | 01:56:18.45 | 01:58:20.15 | +00:48:27 (41.7%) | 5:30 | 10.9 (58.3%) |
| 699 | BYCZYK Jarosław | 536 | KB SWIATDOMU.COM | M-40 | 150 | 00:01:03 | 00:27:03 | 00:53:43 | 01:21:04 | 01:50:53 | 01:57:18.45 | 01:58:22.15 | +00:49:27 (42.2%) | 5:33 | 10.8 (57.8%) |
| 700 | SKORUPA Agnieszka | 771 | MALA PANA | K-40 | 17 | 00:01:40 | 00:27:54 | 00:55:28 | 01:22:54 | 01:50:47 | 01:56:44.20 | 01:58:24.80 | +00:48:52 (41.9%) | 5:31 | 10.8 (57.8%) |
| 701 | FEODORÓW Małgorzata | 529 | | K-40 | 19 | 00:00:54 | 00:27:34 | 00:54:39 | 01:22:26 | 01:51:14 | 01:57:31.55 | 01:58:26.25 | +00:49:40 (42.3%) | 5:34 | 10.8 (57.8%) |
| 702 | CZARNECKA Aneta | 706 | | K-20 | 34 | 00:00:46 | 00:27:14 | 00:54:49 | 01:22:58 | 01:51:18 | 01:57:41.20 | 01:58:27.25 | +00:49:49 (42.3%) | 5:34 | 10.8 (57.8%) |
| 703 | DUSZA Michał | 158 | BIEGOWE NIEDZIELNE PORANKI W ŻERNICY | M-30 | 245 | 00:01:23 | 00:25:22 | 00:50:38 | 01:18:26 | 01:50:09 | 01:57:07.20 | 01:58:30.85 | +00:49:15 (42.1%) | 5:33 | 10.8 (57.8%) |
| 704 | KAMIŃSKA Anna | 429 | ISTA BIEGAMY | M-20 | 151 | 00:02:00 | 00:29:26 | 00:55:57 | 01:22:59 | 01:50:53 | 01:56:38.10 | 01:58:38.55 | +00:48:46 (41.8%) | 5:31 | 10.9 (58.3%) |
| 705 | RENKE Piotr | 841 | | M-40 | 152 | 00:01:00 | 00:26:02 | 00:52:42 | 01:20:54 | 01:50:45 | 01:57:43.40 | 01:58:43.80 | +00:49:52 (42.4%) | 5:34 | 10.8 (57.8%) |
| 706 | TWARDOWSKI Jacek | 152 | | M-30 | 243 | 00:01:51 | 00:27:10 | 00:53:56 | 01:21:17 | 01:50:50 | 01:56:54.85 | 01:58:45.90 | +00:49:03 (42.0%) | 5:32 | 10.8 (57.8%) |
| 707 | WOLAŃSKI Michał | 1051 | | M-20 | 158 | 00:01:37 | 00:25:45 | 00:53:26 | 01:22:12 | 01:51:28 | 01:57:17.95 | 01:58:55.00 | +00:49:26 (42.2%) | 5:33 | 10.8 (57.8%) |
| 708 | MACIEJCZYK Marcin | 117 | AKS DRAGON | M-20 | 160 | 00:00:58 | 00:26:54 | 00:53:17 | 01:20:28 | 01:51:43 | 01:57:57.45 | 01:58:56.05 | +00:50:06 (42.5%) | 5:35 | 10.7 (57.2%) |
| 709 | DOMINIK Monika | 799 | | K-30 | 49 | 00:01:17 | 00:27:27 | 00:54:58 | 01:22:49 | 01:51:27 | 01:57:42.25 | 01:58:59.90 | +00:49:50 (42.4%) | 5:34 | 10.8 (57.8%) |
| 710 | CYGAN Agata | 839 | | K-20 | 33 | 00:01:22 | 00:28:43 | 00:56:32 | 01:23:46 | 01:51:54 | 01:57:37.55 | 01:59:00.00 | +00:49:46 (42.3%) | 5:34 | 10.8 (57.8%) |
| 711 | KLAWENDER Ryszard | 1269 | BIEGAMY Z SERCEM.PL | M-50 | 36 | 00:00:42 | 00:27:58 | 00:55:22 | 01:23:24 | 01:52:14 | 01:58:23.40 | 01:59:05.75 | +00:50:32 (42.7%) | 5:36 | 10.7 (57.2%) |
| 712 | SMAKOSZ Wojciech | 888 | | M-50 | 34 | 00:01:34 | 00:28:00 | 00:55:41 | 01:23:15 | 01:51:44 | 01:57:32.90 | 01:59:07.60 | +00:49:41 (42.3%) | 5:34 | 10.8 (57.8%) |
| 713 | KREMPA Sławomir | 727 | | M-30 | 249 | 00:01:20 | 00:28:31 | 00:56:41 | 01:23:49 | 01:51:58 | 01:57:48.10 | 01:59:08.85 | +00:49:56 (42.4%) | 5:34 | 10.7 (57.2%) |
| 714 | BRZÓZKA Sebastian | 412 | SBD ENERGETYK RYBNIK | M-30 | 246 | 00:02:00 | 00:27:07 | 00:53:56 | 01:22:01 | 01:50:46 | 01:57:09.20 | 01:59:09.20 | +00:49:17 (42.1%) | 5:33 | 10.8 (57.8%) |
| 715 | WILK Mariusz | 142 | | M-40 | 157 | 00:00:41 | 00:27:06 | 00:55:02 | 01:23:35 | 01:52:26 | 01:58:28.35 | 01:59:09.35 | +00:50:37 (42.7%) | 5:36 | 10.7 (57.2%) |
| 716 | WNUK Grzegorz | 896 | SBD ENERGETYK RYBNIK | M-40 | 153 | 00:01:21 | 00:28:21 | 00:56:49 | 01:25:19 | 01:52:22 | 01:57:47.60 | 01:59:09.50 | +00:49:56 (42.4%) | 5:34 | 10.7 (57.2%) |
| 717 | KRAWCZYK Jakub | 1119 | | M-30 | 247 | 00:01:54 | 00:27:51 | 00:55:20 | 01:23:03 | 01:51:23 | 01:57:15.65 | 01:59:10.00 | +00:49:24 (42.1%) | 5:33 | 10.8 (57.8%) |
| 718 | MAJEWSKA Guzel | 1028 | BIEGAJ Z TRENERAMI | K-40 | 20 | 00:00:43 | 00:27:11 | 00:53:18 | 01:20:36 | 01:52:01 | 01:58:30.90 | 01:59:13.95 | +00:50:39 (42.7%) | 5:36 | 10.7 (57.2%) |
| 719 | DYCHA Eliza | 163 | | K-30 | 50 | 00:01:12 | 00:27:08 | 00:54:46 | 01:23:05 | 01:52:09 | 01:58:06.85 | 01:59:19.65 | +00:50:15 (42.6%) | 5:35 | 10.7 (57.2%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas | | | | | Czas netto 21.1km | Czas brutto 21.1km | Różn | Tempo min/km | Tempo km/h |
|-----|-----------------------------|-------------|--------------------------------|-----------|------|----------|----------|----------|----------|----------|----------------------|-----------------------|----------------------|-----------------|-----------------|
| | | | | | | startu | 5km | 10km | 15km | 20km | | | | | |
| 720 | URBANIAK Andrzej | 1063 | SKLEP BIEGACZA | M-40 | 159 | 00:00:33 | 00:27:40 | 00:55:22 | 01:23:08 | 01:52:10 | 01:58:46.05 | 01:59:19.75 | +00:50:54 (42.9%) | 5:37 | 10.7 (57.2%) |
| 721 | MUCHA Adam | 925 | | M-30 | 248 | 00:01:52 | 00:27:11 | 00:54:56 | 01:22:16 | 01:51:11 | 01:57:28.00 | 01:59:20.25 | +00:49:36 (42.2%) | 5:34 | 10.8 (57.8%) |
| 722 | CZERNIAK Tobiasz | 23 | RAJSPORT ACTIVE ANTON TEAM | M-20 | 163 | 00:00:13 | 00:25:06 | 00:51:04 | 01:20:15 | 01:52:17 | 01:59:06.85 | 01:59:20.80 | +00:51:15 (43.0%) | 5:38 | 10.6 (56.7%) |
| 723 | MERCIK Marta | 1034 | | K-20 | 39 | 00:00:38 | 00:28:24 | 00:56:30 | 01:24:24 | 01:52:42 | 01:58:42.35 | 01:59:21.00 | +00:50:51 (42.8%) | 5:37 | 10.7 (57.2%) |
| 724 | FRANKE Tomasz | 458 | | M-40 | 154 | 00:01:23 | 00:27:48 | 00:55:44 | 01:23:31 | 01:51:38 | 01:57:58.35 | 01:59:21.35 | +00:50:07 (42.5%) | 5:35 | 10.7 (57.2%) |
| 725 | MATECKI Maciej | 126 | 2XM | M-30 | 263 | 00:00:40 | 00:28:01 | 00:55:45 | 01:23:38 | 01:52:45 | 01:58:55.25 | 01:59:35.35 | +00:51:03 (42.9%) | 5:38 | 10.6 (56.7%) |
| 726 | JĘDRZEJOWSKI Andrzej | 333 | BIEGACZE CSR | M-30 | 261 | 00:00:41 | 00:28:11 | 00:56:09 | 01:23:49 | 01:52:35 | 01:58:54.00 | 01:59:35.65 | +00:51:02 (42.9%) | 5:38 | 10.6 (56.7%) |
| 727 | WANAT Wacław | 315 | PRO-RUN WROCLAW. | M-60 | 7 | 00:01:28 | 00:27:52 | 00:55:21 | 01:23:44 | 01:52:07 | 01:58:08.65 | 01:59:37.50 | +00:50:17 (42.6%) | 5:35 | 10.7 (57.2%) |
| 728 | WALCZAK Bartłomiej | 1057 | | M-30 | 253 | 00:01:04 | 00:26:31 | 00:52:28 | 01:20:13 | 01:51:47 | 01:58:33.60 | 01:59:38.15 | +00:50:42 (42.8%) | 5:37 | 10.7 (57.2%) |
| 729 | KEMONA Dorota | 969 | | K-30 | 53 | 00:01:04 | 00:26:31 | 00:52:28 | 01:20:13 | 01:51:47 | 01:58:34.25 | 01:59:38.40 | +00:50:42 (42.8%) | 5:37 | 10.7 (57.2%) |
| 730 | BAROS Grzegorz | 836 | FALSTART RUDNIKI | M-40 | 158 | 00:01:02 | 00:27:15 | 00:55:12 | 01:23:45 | 01:52:35 | 01:58:36.30 | 01:59:39.05 | +00:50:45 (42.8%) | 5:37 | 10.7 (57.2%) |
| 731 | HILASZEK Agata | 674 | | K-20 | 37 | 00:01:24 | 00:28:00 | 00:56:22 | 01:24:59 | 01:52:35 | 01:58:14.20 | 01:59:39.10 | +00:50:22 (42.6%) | 5:36 | 10.7 (57.2%) |
| 732 | URBANEK Marcin | 439 | ISTA BIEGAMY | M-30 | 255 | 00:00:57 | 00:26:39 | 00:53:52 | 01:22:13 | 01:52:05 | 01:58:44.15 | 01:59:41.85 | +00:50:52 (42.9%) | 5:37 | 10.7 (57.2%) |
| 733 | SZLĘZAK Andrzej | 1048 | | M-20 | 161 | 00:01:35 | 00:28:51 | 00:57:06 | 01:25:03 | 01:52:27 | 01:58:08.45 | 01:59:44.05 | +00:50:17 (42.6%) | 5:35 | 10.7 (57.2%) |
| 734 | | 1133 | | | | 00:01:08 | 00:27:55 | 00:55:34 | 01:23:40 | 01:52:52 | 01:58:38.55 | 01:59:47.30 | +00:50:47 (42.8%) | 5:37 | 10.7 (57.2%) |
| 735 | KIŚLUK Elżbieta | 688 | | K-20 | 40 | 00:00:46 | 00:25:53 | 00:52:43 | 01:22:46 | 01:52:54 | 01:59:02.30 | 01:59:48.50 | +00:51:11 (43.0%) | 5:38 | 10.6 (56.7%) |
| 735 | WARMINSKA Anna | 314 | ANTON TEAM | K-30 | 57 | 00:00:36 | 00:27:53 | 00:56:13 | 01:24:19 | 01:53:30 | 01:59:11.90 | 01:59:48.50 | +00:51:20 (43.1%) | 5:38 | 10.6 (56.7%) |
| 737 | WADOWSKI Adrian | 1075 | | M-20 | 159 | 00:02:03 | 00:29:32 | 00:57:21 | 01:24:24 | 01:52:06 | 01:57:49.10 | 01:59:52.65 | +00:49:57 (42.4%) | 5:35 | 10.7 (57.2%) |
| 738 | JASIŃSKI Tomasz | 805 | | M-40 | 155 | 00:01:36 | 00:27:13 | 00:54:10 | 01:22:49 | 01:51:52 | 01:58:16.25 | 01:59:52.95 | +00:50:24 (42.6%) | 5:36 | 10.7 (57.2%) |
| 739 | MATERLA Julita | 231 | | K-30 | 51 | 00:01:43 | 00:27:33 | 00:55:11 | 01:23:15 | 01:52:28 | 01:58:12.90 | 01:59:56.75 | +00:50:21 (42.6%) | 5:36 | 10.7 (57.2%) |
| 740 | MATERLA Marek | 233 | ZRYW SŁUPSKO | M-30 | 250 | 00:01:45 | 00:27:30 | 00:55:08 | 01:23:12 | 01:52:25 | 01:58:12.65 | 01:59:57.75 | +00:50:21 (42.6%) | 5:36 | 10.7 (57.2%) |
| 740 | PAWLIK Agnieszka | 379 | | K-40 | 21 | 00:01:13 | 00:27:33 | 00:55:24 | 01:23:57 | 01:52:44 | 01:58:44.70 | 01:59:57.75 | +00:50:53 (42.9%) | 5:37 | 10.7 (57.2%) |
| 742 | PIELKA Erwin | 234 | ZRYW SŁUPSKO | M-50 | 35 | 00:01:44 | 00:27:31 | 00:55:09 | 01:23:12 | 01:52:26 | 01:58:12.95 | 01:59:57.85 | +00:50:21 (42.6%) | 5:36 | 10.7 (57.2%) |
| 743 | SALA Nela | 476 | | K-20 | 38 | 00:01:19 | 00:27:22 | 00:55:14 | 01:23:50 | 01:52:30 | 01:58:38.30 | 01:59:58.05 | +00:50:47 (42.8%) | 5:37 | 10.7 (57.2%) |
| 744 | HANKE Klaudia | 1068 | | K-40 | 24 | 00:00:12 | 00:27:48 | 00:55:58 | 01:24:04 | 01:53:27 | 01:59:45.80 | 01:59:58.10 | +00:51:54 (43.3%) | 5:40 | 10.6 (56.7%) |
| 745 | NYGA Robert | 550 | FUTURE PROCESSING RUNNING TEAM | M-20 | 162 | 00:01:10 | 00:25:59 | 00:53:52 | 01:22:46 | 01:52:56 | 01:58:48.15 | 01:59:58.60 | +00:50:56 (42.9%) | 5:37 | 10.7 (57.2%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas | | | | | Czas netto 21.1km | Czas brutto 21.1km | Różn | Tempo min/km | Tempo km/h |
|-----|-----------------------------------|-------------|-----------------------------|-----------|------|----------|----------|----------|----------|----------|----------------------|-----------------------|----------------------|-----------------|-----------------|
| | | | | | | startu | 5km | 10km | 15km | 20km | | | | | |
| 746 | LUKOSZEK Marek | 194 | RUN 3 | M-30 | 257 | 00:01:13 | 00:27:08 | 00:54:26 | 01:21:41 | 01:52:18 | 01:58:46.10 | 01:59:59.55 | +00:50:54 (42.9%) | 5:37 | 10.7 (57.2%) |
| 747 | STEC Marcin | 633 | KW GLIWICE | M-30 | 251 | 00:01:45 | 00:28:06 | 00:56:19 | 01:24:10 | 01:52:20 | 01:58:13.85 | 01:59:59.80 | +00:50:22 (42.6%) | 5:36 | 10.7 (57.2%) |
| 748 | DZIEWIOR Marek | 1000 | | M-40 | 165 | 00:00:36 | 00:26:30 | 00:53:24 | 01:21:36 | 01:52:28 | 01:59:23.50 | 02:00:00.45 | +00:51:32 (43.2%) | 5:39 | 10.6 (56.7%) |
| 749 | WARCZYŃSKA Beata | 575 | | K-30 | 52 | 00:01:33 | 00:28:51 | 00:56:29 | 01:24:23 | 01:52:40 | 01:58:28.55 | 02:00:02.15 | +00:50:37 (42.7%) | 5:36 | 10.7 (57.2%) |
| 750 | WARSZAWIK Antoni | 723 | EXTEAM | M-40 | 160 | 00:01:12 | 00:25:31 | 00:51:49 | 01:19:36 | 01:51:47 | 01:58:50.25 | 02:00:02.55 | +00:50:58 (42.9%) | 5:37 | 10.7 (57.2%) |
| 751 | ZALEWSKI Krzysztof | 790 | ZALEWSKI ARCHITECTURE GROUP | M-40 | 167 | 00:00:38 | 00:28:39 | 00:57:12 | 01:25:51 | 01:53:34 | 01:59:25.70 | 02:00:03.80 | +00:51:34 (43.2%) | 5:39 | 10.6 (56.7%) |
| 752 | JANKOWSKA Karolina | 729 | RAJSPOORT ACTIVE ANTONTEAM | K-20 | 43 | 00:00:36 | 00:26:19 | 00:53:31 | 01:22:20 | 01:53:11 | 01:59:27.65 | 02:00:03.95 | +00:51:36 (43.2%) | 5:39 | 10.6 (56.7%) |
| 753 | MIERZEJEWSKI Jacek | 150 | AMATOR | M-40 | 169 | 00:00:29 | 00:27:00 | 00:54:16 | 01:23:18 | 01:53:31 | 01:59:37.65 | 02:00:06.85 | +00:51:46 (43.3%) | 5:40 | 10.6 (56.7%) |
| 754 | HAHN Piotr | 349 | FABRIKA NORDIKA | M-30 | 254 | 00:01:27 | 00:26:35 | 00:53:04 | 01:21:05 | 01:51:58 | 01:58:40.60 | 02:00:07.60 | +00:50:49 (42.8%) | 5:37 | 10.7 (57.2%) |
| 755 | WIKIERSKI Michał | 671 | DARIUSZ MAX | M-30 | 258 | 00:01:23 | 00:27:51 | 00:55:37 | 01:23:25 | 01:52:36 | 01:58:46.10 | 02:00:09.65 | +00:50:54 (42.9%) | 5:37 | 10.7 (57.2%) |
| 756 | GDULA Teodozja | 269 | | K-60 | 1 | 00:01:29 | 00:28:15 | 00:55:53 | 01:23:42 | 01:52:29 | 01:58:41.05 | 02:00:10.35 | +00:50:49 (42.8%) | 5:37 | 10.7 (57.2%) |
| 757 | OCHÓD Dawid | 618 | DRUŻYNA CSR | M-30 | 268 | 00:00:41 | 00:26:27 | 00:53:16 | 01:21:41 | 01:52:56 | 01:59:30.60 | 02:00:11.60 | +00:51:39 (43.2%) | 5:39 | 10.6 (56.7%) |
| 758 | GAJEWSKI Łukasz | 515 | | M-30 | 260 | 00:01:31 | 00:26:56 | 00:54:13 | 01:21:48 | 01:52:24 | 01:58:51.90 | 02:00:23.05 | +00:51:00 (42.9%) | 5:38 | 10.7 (57.2%) |
| 759 | KOCHANEK - STOLARCZYK Anna | 562 | | K-30 | 55 | 00:01:34 | 00:28:49 | 00:56:29 | 01:24:25 | 01:52:39 | 01:58:48.75 | 02:00:23.50 | +00:50:57 (42.9%) | 5:37 | 10.7 (57.2%) |
| 760 | TETLAK - TRACZ Barbara | 574 | | K-30 | 56 | 00:01:33 | 00:28:50 | 00:56:30 | 01:24:26 | 01:52:40 | 01:58:49.75 | 02:00:23.55 | +00:50:58 (42.9%) | 5:37 | 10.7 (57.2%) |
| 761 | MACIEJASZ Piotr | 1062 | | M-30 | 252 | 00:02:06 | 00:25:49 | 00:51:57 | 01:19:55 | 01:51:05 | 01:58:17.80 | 02:00:23.85 | +00:50:26 (42.6%) | 5:36 | 10.7 (57.2%) |
| 762 | MORDARSKI Artur | 392 | | M-30 | 267 | 00:01:03 | 00:28:11 | 00:56:42 | 01:24:49 | 01:53:47 | 01:59:25.20 | 02:00:28.25 | +00:51:33 (43.2%) | 5:39 | 10.6 (56.7%) |
| 763 | BIAŁOŻYT Agata | 1056 | | K-20 | 36 | 00:02:16 | 00:28:41 | 00:56:30 | 01:24:04 | 01:52:01 | 01:58:13.40 | 02:00:29.65 | +00:50:22 (42.6%) | 5:36 | 10.7 (57.2%) |
| 764 | BIAŁOŻYT Ewa | 1055 | | K-20 | 35 | 00:02:16 | 00:28:46 | 00:56:31 | 01:24:03 | 01:52:01 | 01:58:13.10 | 02:00:29.75 | +00:50:21 (42.6%) | 5:36 | 10.7 (57.2%) |
| 765 | KRAKOWSKI Jacek | 565 | | M-40 | 156 | 00:02:07 | 00:28:10 | 00:56:08 | 01:24:55 | 01:52:54 | 01:58:25.40 | 02:00:32.60 | +00:50:34 (42.7%) | 5:36 | 10.7 (57.2%) |
| 766 | RENKIEL Tomasz | 1282 | | M-40 | 163 | 00:01:16 | 00:27:43 | 00:56:03 | 01:24:26 | 01:53:17 | 01:59:16.90 | 02:00:33.15 | +00:51:25 (43.1%) | 5:39 | 10.6 (56.7%) |
| 767 | WIRA Agnieszka | 454 | | K-20 | 41 | 00:01:31 | 00:28:03 | 00:56:38 | 01:25:06 | 01:52:44 | 01:59:03.85 | 02:00:35.70 | +00:51:12 (43.0%) | 5:38 | 10.6 (56.7%) |
| 768 | ATLASIK Tom | 1268 | SASOZ | M-50 | 37 | 00:01:30 | 00:27:48 | 00:55:38 | 01:24:04 | 01:53:01 | 01:59:07.10 | 02:00:37.55 | +00:51:15 (43.0%) | 5:38 | 10.6 (56.7%) |
| 769 | SZENDZIELORZ Jan | 539 | | M-50 | 38 | 00:00:46 | 00:28:25 | 00:57:04 | 01:26:23 | 01:54:11 | 01:59:57.45 | 02:00:43.60 | +00:52:06 (43.4%) | 5:41 | 10.6 (56.7%) |
| 770 | ŻYDEK Sławomir | 2 | RYBICKA GRUPA BIEGOWA | M-30 | 259 | 00:01:57 | 00:27:10 | 00:54:15 | 01:22:07 | 01:52:14 | 01:58:47.55 | 02:00:44.55 | +00:50:56 (42.9%) | 5:37 | 10.7 (57.2%) |
| 771 | SAMUELSKA Ewelina | 1153 | RGB | K-30 | 54 | 00:01:57 | 00:27:11 | 00:54:15 | 01:22:06 | 01:52:14 | 01:58:47.45 | 02:00:44.75 | +00:50:56 (42.9%) | 5:37 | 10.7 (57.2%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas | | | | | Czas netto 21.1km | Czas brutto 21.1km | Różn | Tempo min/km | Tempo km/h |
|-----|------------------------------|-------------|--------------------|-----------|------|----------|----------|----------|----------|----------|----------------------|-----------------------|----------------------|-----------------|-----------------|
| | | | | | | startu | 5km | 10km | 15km | 20km | | | | | |
| 772 | ZNAMIROWSKI Krzysztof | 361 | RADIO WROCŁAW | M-40 | 172 | 00:00:32 | 00:26:43 | 00:54:29 | 01:23:41 | 01:53:51 | 02:00:13.50 | 02:00:45.55 | +00:52:22 (43.6%) | 5:41 | 10.5 (56.1%) |
| 773 | MACHNOWSKI Wojciech | 203 | | M-30 | 270 | 00:00:55 | 00:28:38 | 00:56:35 | 01:24:23 | 01:53:29 | 01:59:50.45 | 02:00:45.65 | +00:51:59 (43.4%) | 5:40 | 10.6 (56.7%) |
| 774 | TEIXEIRA Alice | 1294 | | K-20 | 42 | 00:01:29 | 00:28:14 | 00:56:35 | 01:25:11 | 01:53:21 | 01:59:17.35 | 02:00:46.40 | +00:51:26 (43.1%) | 5:39 | 10.6 (56.7%) |
| 775 | WIECZORKE Marcin | 741 | | M-40 | 173 | 00:00:24 | 00:26:28 | 00:53:32 | 01:23:29 | 01:53:48 | 02:00:23.75 | 02:00:48.55 | +00:52:32 (43.6%) | 5:42 | 10.5 (56.1%) |
| 776 | PIONTEK Michał | 762 | | M-30 | 256 | 00:02:04 | 00:28:20 | 00:55:57 | 01:23:52 | 01:52:26 | 01:58:45.55 | 02:00:49.95 | +00:50:54 (42.9%) | 5:37 | 10.7 (57.2%) |
| 777 | WOŹNICA Elżbieta | 263 | KIELECKIBIEGACZ.PL | K-20 | 44 | 00:01:16 | 00:26:21 | 00:54:15 | 01:23:32 | 01:53:12 | 01:59:34.95 | 02:00:51.90 | +00:51:43 (43.3%) | 5:40 | 10.6 (56.7%) |
| 778 | PROKOPCZYK Anna | 446 | BBL GRÓJEC | K-40 | 22 | 00:02:06 | 00:28:11 | 00:56:09 | 01:24:56 | 01:52:54 | 01:58:48.45 | 02:00:55.35 | +00:50:57 (42.9%) | 5:37 | 10.7 (57.2%) |
| 779 | GRYNICKI Jacek | 804 | | M-40 | 171 | 00:00:43 | 00:29:17 | 00:57:36 | 01:25:55 | 01:54:27 | 02:00:13.15 | 02:00:56.50 | +00:52:21 (43.6%) | 5:41 | 10.5 (56.1%) |
| 780 | CHICHY Jacek | 1257 | | M-30 | 266 | 00:01:36 | 00:28:14 | 00:55:22 | 01:23:37 | 01:53:07 | 01:59:20.45 | 02:00:57.15 | +00:51:29 (43.1%) | 5:39 | 10.6 (56.7%) |
| 781 | WIADEREK Piotr | 510 | PĘDZĄCE ŻÓŁWIE | M-30 | 269 | 00:01:15 | 00:28:03 | 00:56:45 | 01:25:10 | 01:53:45 | 01:59:45.45 | 02:01:00.95 | +00:51:54 (43.3%) | 5:40 | 10.6 (56.7%) |
| 782 | KOPIEL Grzegorz | 780 | | M-40 | 164 | 00:01:41 | 00:27:01 | 00:55:07 | 01:23:52 | 01:53:09 | 01:59:20.40 | 02:01:01.40 | +00:51:29 (43.1%) | 5:39 | 10.6 (56.7%) |
| 783 | SAŁATA Miłosz | 621 | | M-20 | 164 | 00:00:59 | 00:27:33 | 00:55:14 | 01:23:05 | 01:53:37 | 02:00:03.10 | 02:01:02.50 | +00:52:11 (43.5%) | 5:41 | 10.5 (56.1%) |
| 784 | ROZWADOWSKI Dariusz | 924 | | M-40 | 162 | 00:01:50 | 00:28:03 | 00:55:50 | 01:24:01 | 01:52:58 | 01:59:13.75 | 02:01:04.00 | +00:51:22 (43.1%) | 5:39 | 10.6 (56.7%) |
| 784 | ROZWADOWSKA Grażyna | 923 | | K-40 | 23 | 00:01:50 | 00:28:04 | 00:55:50 | 01:24:02 | 01:52:58 | 01:59:13.75 | 02:01:04.00 | +00:51:22 (43.1%) | 5:39 | 10.6 (56.7%) |
| 786 | ZIMoch Beata | 635 | | K-30 | 61 | 00:00:31 | 00:28:15 | 00:56:33 | 01:25:48 | 01:54:44 | 02:00:32.90 | 02:01:04.75 | +00:52:41 (43.7%) | 5:42 | 10.5 (56.1%) |
| 787 | ZIMoch Grzegorz | 636 | | M-30 | 274 | 00:00:31 | 00:28:16 | 00:56:33 | 01:25:48 | 01:54:44 | 02:00:33.80 | 02:01:05.05 | +00:52:42 (43.7%) | 5:42 | 10.5 (56.1%) |
| 788 | MICHALIK Bartłomiej | 928 | BIEGACZE CSR | M-30 | 275 | 00:00:08 | 00:25:02 | 00:53:03 | 01:22:14 | 01:53:50 | 02:00:58.30 | 02:01:06.65 | +00:53:07 (43.9%) | 5:43 | 10.5 (56.1%) |
| 789 | DACZYŃSKI Michał | 40 | GRUPA CMYKI | M-30 | 262 | 00:02:13 | 00:28:27 | 00:56:20 | 01:24:20 | 01:52:40 | 01:58:54.30 | 02:01:07.40 | +00:51:03 (42.9%) | 5:38 | 10.6 (56.7%) |
| 790 | DORCZAK Jarosław | 906 | TATA W ETE | M-30 | 264 | 00:01:50 | 00:28:11 | 00:56:13 | 01:24:21 | 01:53:06 | 01:59:17.85 | 02:01:08.00 | +00:51:26 (43.1%) | 5:39 | 10.6 (56.7%) |
| 791 | LALA Mariusz | 1177 | | M-40 | 161 | 00:01:57 | 00:27:56 | 00:55:44 | 01:23:40 | 01:52:52 | 01:59:10.65 | 02:01:08.60 | +00:51:19 (43.1%) | 5:38 | 10.6 (56.7%) |
| 792 | GRABOWSKI Maciej | 911 | | M-20 | 165 | 00:00:46 | 00:27:53 | 00:56:05 | 01:24:31 | 01:54:10 | 02:00:24.90 | 02:01:11.35 | +00:52:33 (43.6%) | 5:42 | 10.5 (56.1%) |
| 793 | DĄBROWSKI Marcin | 39 | | M-30 | 265 | 00:01:52 | 00:27:40 | 00:55:14 | 01:23:36 | 01:53:09 | 01:59:20.00 | 02:01:12.25 | +00:51:28 (43.1%) | 5:39 | 10.6 (56.7%) |
| 794 | BOCZAROWSKI Michał | 1058 | EXPERT TRAVEL | M-40 | 170 | 00:01:28 | 00:27:11 | 00:54:26 | 01:22:27 | 01:53:07 | 01:59:50.85 | 02:01:19.30 | +00:51:59 (43.4%) | 5:40 | 10.6 (56.7%) |
| 795 | WRÓBEL Jarosław | 641 | | M-30 | 277 | 00:00:17 | 00:29:05 | 00:58:04 | 01:26:43 | 01:55:06 | 02:01:07.15 | 02:01:24.65 | +00:53:15 (44.0%) | 5:44 | 10.5 (56.1%) |
| 796 | WILSZ Adam | 657 | | M-40 | 166 | 00:02:12 | 00:28:55 | 00:57:14 | 01:25:25 | 01:53:47 | 01:59:24.65 | 02:01:37.05 | +00:51:33 (43.2%) | 5:39 | 10.6 (56.7%) |
| 797 | SCHUMANN Robert | 1097 | UNISONO | M-60 | 8 | 00:02:09 | 00:28:56 | 00:57:14 | 01:25:27 | 01:53:49 | 01:59:27.75 | 02:01:37.15 | +00:51:36 (43.2%) | 5:39 | 10.6 (56.7%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas | | | | | Czas netto 21.1km | Czas brutto 21.1km | Różn | Tempo min/km | Tempo km/h |
|-----|-------------------------------|-------------|--|-----------|------|----------|----------|----------|----------|----------|----------------------|-----------------------|----------------------|-----------------|-----------------|
| | | | | | | startu | 5km | 10km | 15km | 20km | | | | | |
| 798 | HRYSZKIEWICZ Janusz | 933 | UNISONO FLOW / AKMB PĘDZIWIATR GLIWICE | M-40 | 168 | 00:02:09 | 00:28:57 | 00:57:14 | 01:25:27 | 01:53:50 | 01:59:27.90 | 02:01:37.75 | +00:51:36 (43.2%) | 5:39 | 10.6 (56.7%) |
| 799 | PREJS Beata Marta | 1089 | NIGHT RUNNERS ŚLĄSK | K-30 | 58 | 00:01:17 | 00:28:43 | 00:57:30 | 01:25:20 | 01:53:36 | 02:00:21.00 | 02:01:38.85 | +00:52:29 (43.6%) | 5:42 | 10.5 (56.1%) |
| 800 | DOMAGAŁA Grażyna | 1143 | NIGHT RUNNERS WROCŁAW | K-20 | 45 | 00:01:17 | 00:28:44 | 00:57:30 | 01:25:20 | 01:53:36 | 02:00:21.25 | 02:01:39.00 | +00:52:29 (43.6%) | 5:42 | 10.5 (56.1%) |
| 801 | SZEWczyk Marcin | 835 | | M-30 | 271 | 00:01:44 | 00:27:53 | 00:56:51 | 01:24:56 | 01:53:47 | 01:59:58.35 | 02:01:42.60 | +00:52:07 (43.4%) | 5:41 | 10.6 (56.7%) |
| 802 | WÓJCIK Rafał | 719 | | M-40 | 175 | 00:01:14 | 00:28:18 | 00:56:29 | 01:25:14 | 01:54:15 | 02:00:39.50 | 02:01:54.45 | +00:52:48 (43.8%) | 5:43 | 10.5 (56.1%) |
| 803 | RUTKOWSKI Tadeusz | 731 | | M-30 | 273 | 00:01:25 | 00:28:18 | 00:57:09 | 01:25:12 | 01:54:28 | 02:00:32.90 | 02:01:58.20 | +00:52:41 (43.7%) | 5:42 | 10.5 (56.1%) |
| 804 | ROGOZIK Szymon | 1126 | | M-30 | 272 | 00:01:55 | 00:27:57 | 00:55:43 | 01:23:43 | 01:53:55 | 02:00:04.10 | 02:01:59.45 | +00:52:12 (43.5%) | 5:41 | 10.5 (56.1%) |
| 805 | BOROWICZ Roksana | 75 | NIGHT RUNNERS GLIWICE | K-20 | 46 | 00:01:01 | 00:28:47 | 00:57:09 | 01:25:43 | 01:54:50 | 02:01:01.45 | 02:02:02.45 | +00:53:10 (43.9%) | 5:44 | 10.5 (56.1%) |
| 806 | FARON Agnieszka | 1221 | NORAFSPORT | K-30 | 65 | 00:00:21 | 00:23:59 | 00:48:29 | 01:13:32 | 01:55:41 | 02:01:46.00 | 02:02:07.45 | +00:53:54 (44.3%) | 5:46 | 10.4 (55.6%) |
| 807 | WALKE Piotr | 350 | NIGHT RUNNERS GLIWICE | M-40 | 177 | 00:00:44 | 00:24:26 | 00:48:37 | 01:13:03 | 01:55:18 | 02:01:23.45 | 02:02:07.80 | +00:53:32 (44.1%) | 5:45 | 10.4 (55.6%) |
| 808 | SKORUPSKI Grzegorz | 823 | | M-40 | 176 | 00:01:36 | 00:28:03 | 00:56:16 | 01:24:45 | 01:53:42 | 02:00:43.85 | 02:02:19.95 | +00:52:52 (43.8%) | 5:43 | 10.5 (56.1%) |
| 809 | BĄBKA Tomasz | 939 | | M-30 | 276 | 00:01:24 | 00:29:01 | 00:57:52 | 01:26:46 | 01:55:10 | 02:01:04.80 | 02:02:29.60 | +00:53:13 (44.0%) | 5:44 | 10.5 (56.1%) |
| 810 | CAPEK Katarzyna | 1206 | | K-30 | 64 | 00:00:45 | 00:28:40 | 00:56:58 | 01:25:43 | 01:55:11 | 02:01:44.80 | 02:02:30.20 | +00:53:53 (44.3%) | 5:46 | 10.4 (55.6%) |
| 811 | SMOLEŃ Magdalena | 502 | | K-30 | 62 | 00:01:33 | 00:29:14 | 00:58:30 | 01:27:09 | 01:55:04 | 02:01:00.20 | 02:02:33.55 | +00:53:08 (43.9%) | 5:44 | 10.5 (56.1%) |
| 812 | KASIŃSKA Ewa | 296 | BBL GRÓJEC | K-30 | 59 | 00:02:05 | 00:28:10 | 00:56:13 | 01:25:02 | 01:54:18 | 02:00:28.70 | 02:02:33.70 | +00:52:37 (43.7%) | 5:42 | 10.5 (56.1%) |
| 813 | WOJCIECHOWSKI Ireneusz | 311 | BBL GRÓJEC | M-40 | 174 | 00:02:06 | | 00:56:12 | | 01:54:16 | 02:00:27.85 | 02:02:34.00 | +00:52:36 (43.7%) | 5:42 | 10.5 (56.1%) |
| 814 | MAJEWSKA Kinga | 291 | BBL GRÓJEC | K-30 | 60 | 00:02:04 | 00:28:10 | 00:56:10 | 01:24:57 | 01:54:17 | 02:00:29.40 | 02:02:34.05 | +00:52:38 (43.7%) | 5:42 | 10.5 (56.1%) |
| 815 | WALASZCZYK Grzegorz | 798 | | M-50 | 40 | 00:00:28 | 00:28:35 | 00:57:17 | 01:26:05 | 01:55:46 | 02:02:06.05 | 02:02:34.20 | +00:54:14 (44.4%) | 5:47 | 10.4 (55.6%) |
| 816 | MUSIOŁ Helena | 90 | | K-30 | 63 | 00:01:02 | 00:27:32 | 00:56:02 | 01:25:16 | 01:54:52 | 02:01:36.45 | 02:02:39.05 | +00:53:45 (44.2%) | 5:45 | 10.4 (55.6%) |
| 817 | SZCZURASZEK Anna | 606 | | K-40 | 25 | 00:01:44 | 00:27:56 | 00:55:53 | 01:24:22 | 01:54:31 | 02:01:01.60 | 02:02:46.00 | +00:53:10 (43.9%) | 5:44 | 10.5 (56.1%) |
| 818 | INGLANT Zbigniew | 1030 | | M-40 | 178 | 00:01:21 | 00:30:17 | 01:00:00 | 01:28:06 | 01:55:41 | 02:01:25.75 | 02:02:47.15 | +00:53:34 (44.1%) | 5:45 | 10.4 (55.6%) |
| 819 | BŁACH Lech | 722 | | M-50 | 39 | 00:01:58 | 00:27:16 | 00:54:58 | 01:23:42 | 01:54:01 | 02:00:49.70 | 02:02:47.85 | +00:52:58 (43.8%) | 5:43 | 10.5 (56.1%) |
| 820 | SOŚNIAK Tomasz | 56 | KUDŁATY ART ACTIVE TEAM | M-30 | 278 | 00:01:09 | 00:27:10 | 00:55:31 | 01:23:57 | 01:54:37 | 02:01:53.95 | 02:03:03.25 | +00:54:02 (44.3%) | 5:46 | 10.4 (55.6%) |
| 821 | GOCYK Leszek | 932 | | M-30 | 282 | 00:00:51 | 00:26:12 | 00:53:04 | 01:21:31 | 01:54:27 | 02:02:12.70 | 02:03:04.45 | +00:54:21 (44.5%) | 5:47 | 10.4 (55.6%) |
| 822 | ROGACKA-RZEPKA Maria | 860 | SBD ENERGETYK RYBNIK | K-40 | 27 | 00:01:20 | 00:28:22 | 00:56:50 | 01:25:20 | 01:55:31 | 02:01:49.70 | 02:03:10.55 | +00:53:58 (44.3%) | 5:46 | 10.4 (55.6%) |
| 823 | KAŁUŻA Aleksander | 1256 | | M-40 | 179 | 00:01:19 | 00:28:20 | 00:57:27 | 01:25:39 | 01:55:33 | 02:02:01.65 | 02:03:20.75 | +00:54:10 (44.4%) | 5:46 | 10.4 (55.6%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas | | | | | Czas netto 21.1km | Czas brutto 21.1km | Różn | Tempo min/km | Tempo km/h |
|-----|-------------------------------|-------------|------------------------------------|-----------|------|----------|----------|----------|----------|----------|----------------------|-----------------------|----------------------|-----------------|-----------------|
| | | | | | | startu | 5km | 10km | 15km | 20km | | | | | |
| 824 | SYGUŁA Katarzyna | 785 | KB MCKIS JAWORZNO | K-40 | 26 | 00:01:43 | 00:28:02 | 00:56:03 | 01:25:23 | 01:55:33 | 02:01:37.35 | 02:03:20.95 | +00:53:46 (44.2%) | 5:45 | 10.4 (55.6%) |
| 825 | WARDZIŃSKI Paweł | 821 | RUN AND GUN | M-30 | 283 | 00:01:25 | 00:28:58 | 00:58:11 | 01:26:49 | 01:55:47 | 02:02:13.70 | 02:03:38.70 | +00:54:22 (44.5%) | 5:47 | 10.4 (55.6%) |
| 826 | NESTER Łukasz | 50 | | M-30 | 281 | 00:01:37 | 00:28:48 | 00:57:02 | 01:25:17 | 01:56:15 | 02:02:09.40 | 02:03:47.15 | +00:54:18 (44.5%) | 5:47 | 10.4 (55.6%) |
| 827 | POZOWSKI Włodzimierz | 335 | EKOINSTAL | M-60 | 9 | 00:00:28 | 00:27:18 | 00:55:39 | 01:25:34 | 01:56:47 | 02:03:18.35 | 02:03:47.25 | +00:55:27 (45.0%) | 5:50 | 10.3 (55.1%) |
| 828 | WESTER Halina | 1113 | | K-40 | 28 | 00:00:47 | 00:28:01 | 00:56:35 | 01:25:52 | 01:56:22 | 02:03:00.65 | 02:03:48.30 | +00:55:09 (44.8%) | 5:49 | 10.3 (55.1%) |
| 829 | BUDZIŃSKA Ania | 571 | | K-30 | 70 | 00:00:51 | 00:26:48 | 00:54:20 | 01:24:18 | 01:56:08 | 02:02:58.30 | 02:03:49.70 | +00:55:07 (44.8%) | 5:49 | 10.3 (55.1%) |
| 830 | PRACKA Danuta | 525 | BRAK | K-30 | 66 | 00:01:49 | 00:27:36 | 00:55:56 | 01:24:52 | 01:55:42 | 02:02:02.10 | 02:03:51.50 | +00:54:10 (44.4%) | 5:47 | 10.4 (55.6%) |
| 831 | REPLIŃSKA Edyta | 20 | BIEGAM, BO LUBIĘ JEŚĆ | K-30 | 67 | 00:01:22 | 00:28:44 | 00:57:27 | 01:26:40 | 01:56:09 | 02:02:30.70 | 02:03:53.35 | +00:54:39 (44.6%) | 5:48 | 10.3 (55.1%) |
| 832 | BOGACZ Paweł | 777 | | M-30 | 279 | 00:01:55 | 00:28:06 | 00:56:54 | 01:24:44 | 01:55:08 | 02:01:58.35 | 02:03:54.30 | +00:54:07 (44.4%) | 5:46 | 10.4 (55.6%) |
| 833 | HUREC Justyna | 684 | TRIVITAL | K-20 | 47 | 00:01:06 | 00:27:36 | 00:55:17 | 01:24:19 | 01:56:05 | 02:02:50.65 | 02:03:56.85 | +00:54:59 (44.8%) | 5:49 | 10.3 (55.1%) |
| 834 | KOPCIK Tomasz | 1020 | FC KUNRÓW/COMBAT 56 | M-30 | 284 | 00:01:32 | 00:27:04 | 00:54:06 | 01:23:33 | 01:55:36 | 02:02:29.85 | 02:04:02.55 | +00:54:38 (44.6%) | 5:48 | 10.3 (55.1%) |
| 835 | KRZYWIECKI Maciej | 812 | | M-30 | 280 | 00:02:06 | 00:28:32 | 00:56:12 | 01:24:28 | 01:55:51 | 02:02:07.50 | 02:04:13.55 | +00:54:16 (44.4%) | 5:47 | 10.4 (55.6%) |
| 836 | TOMKOWICZ Rafał | 881 | SFERA BIEGANIA | M-30 | 286 | 00:01:30 | 00:27:46 | 00:55:59 | 01:24:50 | 01:56:08 | 02:02:45.40 | 02:04:15.50 | +00:54:54 (44.7%) | 5:49 | 10.3 (55.1%) |
| 837 | BADAWCZESKA Anna | 1102 | | K-20 | 48 | 00:00:15 | 00:27:56 | 00:58:09 | 01:27:59 | 01:57:42 | 02:04:03.10 | 02:04:18.85 | +00:56:11 (45.3%) | 5:52 | 10.2 (54.5%) |
| 838 | KOŻUCH Agnieszka | 289 | | K-40 | 29 | 00:00:54 | 00:28:43 | 00:57:33 | 01:26:52 | 01:57:14 | 02:03:27.10 | 02:04:21.85 | +00:55:35 (45.0%) | 5:51 | 10.3 (55.1%) |
| 839 | HUZIOR Roman | 1225 | | M-40 | 181 | 00:01:11 | 00:28:16 | 00:56:35 | 01:25:29 | 01:56:32 | 02:03:23.55 | 02:04:35.25 | +00:55:32 (45.0%) | 5:50 | 10.3 (55.1%) |
| 840 | FORBOT Dominika | 714 | | K-20 | 49 | 00:00:38 | 00:26:29 | 00:53:56 | 01:24:01 | 01:56:51 | 02:04:04.90 | 02:04:43.25 | +00:56:13 (45.3%) | 5:52 | 10.2 (54.5%) |
| 841 | RYDZYŃSKI Jacek | 270 | RYSIE | M-30 | 285 | 00:02:12 | 00:26:05 | 00:54:20 | 01:24:32 | 01:56:10 | 02:02:37.70 | 02:04:50.20 | +00:54:46 (44.7%) | 5:48 | 10.3 (55.1%) |
| 842 | DĄBROWSKA Halina | 746 | | K-30 | 68 | 00:01:54 | 00:28:03 | 00:56:39 | 01:26:05 | 01:56:21 | 02:02:55.60 | 02:04:50.55 | +00:55:04 (44.8%) | 5:49 | 10.3 (55.1%) |
| 843 | KLIKS Andrzej | 655 | UNISONO | M-40 | 180 | 00:02:04 | 00:29:01 | 00:57:21 | 01:25:32 | 01:55:39 | 02:02:50.50 | 02:04:55.45 | +00:54:59 (44.8%) | 5:49 | 10.3 (55.1%) |
| 844 | WILCZEK Małgorzata | 323 | | K-30 | 69 | 00:01:59 | 00:28:51 | 00:58:10 | 01:27:52 | 01:57:07 | 02:02:57.55 | 02:04:57.25 | +00:55:06 (44.8%) | 5:49 | 10.3 (55.1%) |
| 845 | OBCOWSKI Maciej | 797 | | M-30 | 290 | 00:00:41 | 00:26:44 | 00:56:38 | 01:26:28 | 01:57:43 | 02:04:19.30 | 02:05:00.95 | +00:56:28 (45.4%) | 5:53 | 10.2 (54.5%) |
| 846 | CIMAŁA Rafał | 440 | ISTA BIEGAMY | M-30 | 288 | 00:00:58 | 00:28:21 | 00:57:01 | 01:26:22 | 01:57:22 | 02:04:03.05 | 02:05:01.25 | +00:56:11 (45.3%) | 5:52 | 10.2 (54.5%) |
| 847 | KOŁODZIEJ Jacek | 223 | NIGHT RUNNERS GLIWICE, ENERGY TEAM | M-40 | 182 | 00:01:16 | 00:27:42 | 00:56:33 | 01:25:32 | 01:56:56 | 02:03:45.55 | 02:05:02.25 | +00:55:54 (45.2%) | 5:51 | 10.2 (54.5%) |
| 848 | CHWALISZEWSKI Jarosław | 35 | NIGHT RUNNERS GLIWICE | M-40 | 183 | 00:01:17 | 00:27:40 | 00:56:32 | 01:25:19 | 01:56:55 | 02:03:45.65 | 02:05:02.65 | +00:55:54 (45.2%) | 5:51 | 10.2 (54.5%) |
| 849 | KOTWICKI Marek | 1260 | | M-30 | 287 | 00:01:53 | 00:27:38 | 00:56:14 | 01:25:16 | 01:56:32 | 02:03:16.05 | 02:05:09.20 | +00:55:24 (45.0%) | 5:50 | 10.3 (55.1%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas | | | | | Czas netto 21.1km | Czas brutto 21.1km | Różn | Tempo min/km | Tempo km/h |
|-----|-----------------------------|-------------|-----------------------------|-----------|------|----------|----------|----------|----------|----------|----------------------|-----------------------|----------------------|-----------------|-----------------|
| | | | | | | startu | 5km | 10km | 15km | 20km | | | | | |
| 850 | HANZEL Anna | 193 | | K-50 | 3 | 00:01:20 | 00:28:13 | 00:56:40 | 01:26:06 | 01:57:26 | 02:03:51.55 | 02:05:12.25 | +00:56:00 (45.2%) | 5:52 | 10.2 (54.5%) |
| 851 | MITRĘGA Paweł | 994 | | M-40 | 184 | 00:01:18 | 00:29:02 | 00:58:19 | 01:27:10 | 01:57:28 | 02:03:59.25 | 02:05:18.05 | +00:56:07 (45.3%) | 5:52 | 10.2 (54.5%) |
| 852 | MARTYNOWICZ Radosław | 702 | | M-20 | 166 | 00:01:25 | 00:28:16 | 00:57:10 | 01:25:45 | 01:57:15 | 02:04:08.45 | 02:05:33.55 | +00:56:17 (45.3%) | 5:52 | 10.2 (54.5%) |
| 853 | KIONKA Katarzyna | 327 | | K-20 | 50 | 00:01:28 | 00:28:01 | 00:56:57 | 01:26:29 | 01:57:50 | 02:04:14.85 | 02:05:43.25 | +00:56:23 (45.4%) | 5:53 | 10.2 (54.5%) |
| 854 | GRUCA Aleksandra | 970 | | K-30 | 71 | 00:01:24 | 00:30:20 | 01:00:24 | 01:29:16 | 01:58:27 | 02:04:21.25 | 02:05:45.70 | +00:56:29 (45.4%) | 5:53 | 10.2 (54.5%) |
| 855 | WOJTASIŃSKI Robert | 628 | MIECHOWICKA GRUPA BIEGOWA | M-30 | 289 | 00:01:44 | 00:29:45 | 00:58:00 | 01:26:56 | 01:57:23 | 02:04:05.30 | 02:05:49.85 | +00:56:14 (45.3%) | 5:52 | 10.2 (54.5%) |
| 856 | MEDWID Iwona | 472 | | K-40 | 30 | 00:01:51 | 00:28:09 | 00:56:51 | 01:25:51 | 01:57:12 | 02:04:07.65 | 02:05:59.05 | +00:56:16 (45.3%) | 5:52 | 10.2 (54.5%) |
| 857 | PRZESTALSKI Leszek | 225 | | M-20 | 168 | 00:01:46 | 00:29:54 | 00:59:06 | 01:28:24 | 01:58:29 | 02:04:15.50 | 02:06:01.90 | +00:56:24 (45.4%) | 5:53 | 10.2 (54.5%) |
| 858 | STAŚ Adam | 940 | | M-20 | 167 | 00:01:52 | 00:28:32 | 00:56:56 | 01:26:09 | 01:57:25 | 02:04:12.15 | 02:06:04.60 | +00:56:20 (45.4%) | 5:53 | 10.2 (54.5%) |
| 859 | POLISZUK Małgorzata | 852 | | K-40 | 31 | 00:00:58 | 00:28:59 | 00:58:06 | 01:28:09 | 01:58:32 | 02:05:09.00 | 02:06:07.65 | +00:57:17 (45.8%) | 5:55 | 10.1 (54.0%) |
| 860 | SYPEK Grzegorz | 443 | GET RUN | M-30 | 292 | 00:00:56 | 00:28:25 | 00:57:12 | 01:26:06 | 01:58:03 | 02:05:15.85 | 02:06:12.50 | +00:57:24 (45.8%) | 5:56 | 10.1 (54.0%) |
| 861 | MATUSIAK Anna | 494 | RAJSPOORT ACTIVE ANTON TEAM | K-30 | 72 | 00:01:05 | 00:28:31 | 00:56:57 | 01:26:33 | 01:58:44 | 02:05:22.40 | 02:06:28.05 | +00:57:31 (45.9%) | 5:56 | 10.1 (54.0%) |
| 862 | SZAŁACIŃSKA Marta | 60 | TRIBITION TEAM | K-30 | 73 | 00:01:11 | 00:27:59 | 00:56:34 | 01:25:57 | 01:58:36 | 02:05:32.30 | 02:06:43.35 | +00:57:41 (45.9%) | 5:56 | 10.1 (54.0%) |
| 863 | KŁĘKA Bartłomiej | 167 | | M-30 | 291 | 00:01:47 | 00:28:57 | 00:58:16 | 01:26:55 | 01:57:46 | 02:05:00.05 | 02:06:48.00 | +00:57:08 (45.7%) | 5:55 | 10.1 (54.0%) |
| 864 | DAWIDKO Paweł | 89 | | M-20 | 169 | 00:01:48 | 00:31:06 | 01:02:23 | 01:33:49 | | 02:05:02.60 | 02:06:50.60 | +00:57:11 (45.7%) | 5:55 | 10.1 (54.0%) |
| 865 | FRĄCKOWIAK Marzena | 1141 | | K-30 | 75 | 00:00:33 | 00:29:14 | 00:58:31 | 01:28:38 | 01:59:45 | 02:06:20.40 | 02:06:53.50 | +00:58:29 (46.3%) | 5:59 | 10 (53.5%) |
| 866 | WESTER Mieczysław | 1114 | NIGHT RUNNERS GLIWICE | M-30 | 296 | 00:00:38 | 00:27:41 | 00:55:50 | 01:25:07 | 01:58:29 | 02:06:17.30 | 02:06:56.05 | +00:58:26 (46.3%) | 5:59 | 10 (53.5%) |
| 867 | ŚNIEGOWSKA Marta | 518 | | K-20 | 51 | 00:01:21 | 00:27:05 | 00:55:21 | 01:25:58 | 01:58:56 | 02:05:40.40 | 02:07:02.30 | +00:57:49 (46.0%) | 5:57 | 10.1 (54.0%) |
| 868 | SOBIESKA Aleksandra | 759 | | K-30 | 76 | 00:00:34 | 00:28:37 | 00:57:56 | 01:28:03 | 01:59:38 | 02:06:30.35 | 02:07:05.15 | +00:58:39 (46.4%) | 5:59 | 10 (53.5%) |
| 869 | BUCHAL Grzegorz | 581 | | M-40 | 185 | 00:01:38 | 00:28:38 | 00:56:53 | 01:26:25 | 01:58:30 | 02:05:31.80 | 02:07:10.60 | +00:57:40 (45.9%) | 5:56 | 10.1 (54.0%) |
| 870 | BUCHAL Katarzyna | 582 | | K-40 | 32 | 00:01:38 | 00:28:38 | 00:56:53 | 01:26:25 | 01:58:30 | 02:05:32.65 | 02:07:10.70 | +00:57:41 (46.0%) | 5:56 | 10.1 (54.0%) |
| 871 | ŻYŁKA Grzegorz | 844 | | M-30 | 293 | 00:01:56 | 00:30:56 | 01:01:29 | 01:30:28 | 01:59:16 | 02:05:18.90 | 02:07:15.45 | +00:57:27 (45.9%) | 5:56 | 10.1 (54.0%) |
| 872 | SOSNA Adrian | 485 | | M-30 | 294 | 00:01:48 | 00:30:58 | 01:01:55 | 01:31:11 | 01:59:52 | 02:05:36.15 | 02:07:24.65 | +00:57:44 (46.0%) | 5:57 | 10.1 (54.0%) |
| 873 | ŚLEMP Bernadetta | 659 | | K-40 | 33 | 00:01:21 | 00:29:19 | 00:58:30 | 01:28:29 | 01:59:37 | 02:06:08.10 | 02:07:29.40 | +00:58:16 (46.2%) | 5:58 | 10 (53.5%) |
| 874 | JANTAS Andrzej | 986 | | M-40 | 187 | 00:00:14 | 00:26:59 | 00:57:07 | 01:28:32 | 02:00:45 | 02:07:17.15 | 02:07:31.15 | +00:59:25 (46.7%) | 6:01 | 9.9 (52.9%) |
| 875 | GILEWSKI Franciszek | 363 | BIEGAMY Z SERCEM .PL | M-70 | 2 | 00:00:42 | 00:28:28 | 00:58:10 | 01:28:58 | 02:00:13 | 02:06:51.15 | 02:07:33.80 | +00:58:59 (46.5%) | 6:00 | 10 (53.5%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas | | | | | Czas netto 21.1km | Czas brutto 21.1km | Różn | Tempo min/km | Tempo km/h |
|-----|---------------------------------|-------------|---|-----------|------|----------|----------|----------|----------|----------|----------------------|-----------------------|----------------------|-----------------|-----------------|
| | | | | | | startu | 5km | 10km | 15km | 20km | | | | | |
| 876 | BAŃCZYK Piotr | 961 | NIGHT RUNNERS KATOWICE / SKPB KATOWICE | M-30 | 298 | 00:00:17 | 00:28:42 | 00:57:41 | 01:27:44 | 02:00:11 | 02:07:17.20 | 02:07:34.40 | +00:59:25 (46.7%) | 6:01 | 9.9 (52.9%) |
| 877 | GOLEC Przemysław | 893 | | M-30 | 295 | 00:01:48 | 00:30:52 | 01:00:01 | 01:28:46 | 01:59:00 | 02:05:49.35 | 02:07:37.75 | +00:57:58 (46.1%) | 5:57 | 10.1 (54.0%) |
| 878 | SIKORSKA Katarzyna | 73 | BIEGAJ Z TRENERAMI | K-30 | 77 | 00:01:02 | 00:27:18 | 00:56:30 | 01:26:48 | 01:59:35 | 02:06:41.95 | 02:07:44.55 | +00:58:50 (46.4%) | 6:00 | 10 (53.5%) |
| 879 | LEŚNIAK Ewa | 931 | | K-30 | 74 | 00:01:42 | 00:28:37 | 00:56:45 | 01:26:14 | 01:59:07 | 02:06:03.15 | 02:07:45.15 | +00:58:11 (46.2%) | 5:58 | 10 (53.5%) |
| 880 | FRANCZYK Michał | 159 | GLIWICE | M-30 | 299 | 00:00:05 | 00:29:00 | 00:58:15 | 01:29:03 | 02:01:09 | 02:07:44.00 | 02:07:49.90 | +00:59:52 (46.9%) | 6:03 | 9.9 (52.9%) |
| 881 | CIEŚLA Adam | 209 | KLUB: RYBNICKI KLUB JU JITSU SPORTOWEGO | M-40 | 188 | 00:00:12 | 00:25:34 | 00:54:03 | 01:25:18 | 01:59:55 | 02:07:41.65 | 02:07:53.95 | +00:59:50 (46.9%) | 6:03 | 9.9 (52.9%) |
| 882 | CAPUTA Piotr | 998 | | M-40 | 186 | 00:01:14 | 00:26:18 | 00:54:04 | 01:24:37 | 01:59:41 | 02:06:42.50 | 02:07:56.70 | +00:58:51 (46.4%) | 6:00 | 10 (53.5%) |
| 883 | JAREK Dominika | 972 | WILK | K-20 | 52 | 00:01:04 | 00:28:59 | 00:58:04 | 01:28:56 | 02:00:21 | 02:06:53.95 | 02:07:58.35 | +00:59:02 (46.5%) | 6:00 | 10 (53.5%) |
| 884 | WARDZIŃSKI Mateusz | 887 | | M-20 | 172 | 00:00:49 | 00:26:01 | 00:52:51 | 01:22:17 | 01:58:27 | 02:07:19.75 | 02:08:08.95 | +00:59:28 (46.7%) | 6:02 | 9.9 (52.9%) |
| 885 | KALETA Łukasz | 769 | | M-30 | 297 | 00:01:47 | 00:28:46 | 00:57:55 | 01:27:25 | 01:59:12 | 02:06:25.55 | 02:08:12.90 | +00:58:34 (46.3%) | 5:59 | 10 (53.5%) |
| 886 | KALINOWSKI Dawid | 783 | | M-20 | 170 | 00:01:51 | 00:29:19 | 00:58:38 | 01:28:43 | 02:00:09 | 02:06:26.80 | 02:08:18.30 | +00:58:35 (46.3%) | 5:59 | 10 (53.5%) |
| 887 | BOROWIEC Wojciech | 521 | | M-20 | 173 | 00:00:46 | 00:27:07 | 00:55:24 | 01:25:47 | 02:00:19 | 02:07:32.05 | 02:08:18.60 | +00:59:40 (46.8%) | 6:02 | 9.9 (52.9%) |
| 888 | KONIKOWSKI Paweł | 942 | NIEZRZESZONY | M-60 | 10 | 00:01:34 | 00:28:39 | 00:57:52 | 01:28:04 | 01:59:48 | 02:06:43.95 | 02:08:18.70 | +00:58:52 (46.5%) | 6:00 | 10 (53.5%) |
| 889 | GOŁĘBIEWSKA Aleksandra | 1263 | BIEGAJ Z TRENERAMI | K-40 | 34 | 00:00:43 | 00:28:27 | 00:57:29 | 01:28:09 | 02:00:44 | 02:07:35.75 | 02:08:18.95 | +00:59:44 (46.8%) | 6:02 | 9.9 (52.9%) |
| 890 | LEWANDOWICZ Monika | 1266 | NR GLIWICE | K-30 | 81 | 00:00:33 | 00:28:07 | 00:56:48 | 01:26:42 | 02:00:54 | 02:07:45.40 | 02:08:19.05 | +00:59:54 (46.9%) | 6:03 | 9.9 (52.9%) |
| 891 | TARTANUS-ORYSZCZAK Marta | 661 | | K-30 | 78 | 00:01:35 | 00:30:06 | 01:00:31 | 01:30:11 | 02:00:26 | 02:06:44.70 | 02:08:20.05 | +00:58:53 (46.5%) | 6:00 | 10 (53.5%) |
| 892 | PRZYBYSZ Magdalena | 840 | | K-30 | 79 | 00:01:35 | 00:29:29 | 00:59:08 | 01:28:58 | 02:00:20 | 02:06:57.90 | 02:08:33.00 | +00:59:06 (46.6%) | 6:01 | 10 (53.5%) |
| 893 | ŚWIATŁOŃ Małgorzata | 692 | | K-20 | 54 | 00:00:00 | | | | | 02:08:46.00 | 02:08:46.00 | +01:00:54 (47.3%) | 6:06 | 9.8 (52.4%) |
| 894 | GAJM Jacek | 946 | SOSNOWIEC | M-40 | 190 | 00:00:53 | 00:29:20 | 00:58:47 | 01:29:30 | 02:01:50 | 02:08:27.95 | 02:09:20.95 | +01:00:36 (47.2%) | 6:05 | 9.9 (52.9%) |
| 895 | BAJOROWICZ Paulina | 1013 | | K-20 | 53 | 00:01:38 | 00:27:36 | 00:56:32 | 01:27:22 | 02:00:56 | 02:07:48.95 | 02:09:27.25 | +00:59:57 (46.9%) | 6:03 | 9.9 (52.9%) |
| 896 | MARCINEK Ewa | 1067 | | K-50 | 4 | 00:02:00 | 00:29:29 | 00:59:20 | 01:29:56 | 02:00:31 | 02:07:27.10 | 02:09:27.95 | +00:59:35 (46.8%) | 6:02 | 9.9 (52.9%) |
| 897 | SOWA Maciej | 500 | ELECTROCHEMISTRY GROUP | M-20 | 171 | 00:02:16 | 00:28:56 | 00:58:10 | 01:28:49 | 02:01:56 | 02:07:13.00 | 02:09:29.10 | +00:59:21 (46.7%) | 6:01 | 10 (53.5%) |
| 898 | PEREK Justyna | 118 | GTT - INTER PROJEKT | K-30 | 80 | 00:01:46 | 00:30:22 | 01:00:25 | 01:31:10 | 02:01:57 | 02:07:45.25 | 02:09:31.25 | +00:59:53 (46.9%) | 6:03 | 9.9 (52.9%) |
| 898 | CZERNIEWICZ Anna | 268 | | K-40 | 36 | 00:01:45 | 00:30:23 | 01:00:26 | 01:31:11 | 02:01:58 | 02:07:45.30 | 02:09:31.25 | +00:59:54 (46.9%) | 6:03 | 9.9 (52.9%) |
| 900 | CHOJOWSKA Edyta | 260 | | K-40 | 35 | 00:01:55 | 00:30:14 | 01:00:08 | 01:30:27 | 02:01:10 | 02:07:39.40 | 02:09:34.60 | +00:59:48 (46.8%) | 6:02 | 9.9 (52.9%) |
| 901 | GRABOWSKI Zbigniew | 871 | | M-60 | 11 | 00:00:58 | 00:28:52 | 00:58:16 | 01:29:25 | 02:02:02 | 02:08:54.05 | 02:09:52.25 | +01:01:02 (47.4%) | 6:06 | 9.8 (52.4%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas | | | | | Czas netto 21.1km | Czas brutto 21.1km | Różn | Tempo min/km | Tempo km/h |
|-----|------------------------------|-------------|-----------------------|-----------|------|----------|----------|----------|----------|----------|----------------------|-----------------------|----------------------|-----------------|----------------|
| | | | | | | startu | 5km | 10km | 15km | 20km | | | | | |
| 902 | FIEDOR Anna | 603 | | K-30 | 82 | 00:01:45 | 00:30:23 | 01:00:26 | 01:30:16 | 02:01:57 | 02:08:14.65 | 02:10:00.50 | +01:00:23 (47.1%) | 6:04 | 9.9 (52.9%) |
| 903 | PORĘBSKA Monika | 721 | | K-30 | 83 | 00:01:32 | 00:29:09 | 00:59:21 | 01:30:21 | 02:01:42 | 02:08:30.80 | 02:10:03.35 | +01:00:39 (47.2%) | 6:05 | 9.9 (52.9%) |
| 904 | POREBSKI Paweł | 720 | | M-30 | 300 | 00:01:32 | 00:29:08 | 00:59:22 | 01:30:21 | 02:01:41 | 02:08:30.85 | 02:10:03.40 | +01:00:39 (47.2%) | 6:05 | 9.9 (52.9%) |
| 905 | MICHALSKI Bartosz | 1281 | | M-40 | 189 | 00:01:39 | 00:29:08 | 00:58:23 | 01:28:28 | 02:02:04 | 02:08:26.25 | 02:10:05.90 | +01:00:34 (47.2%) | 6:05 | 9.9 (52.9%) |
| 906 | WOLIŃSKI Józef | 406 | | M-50 | 41 | 00:01:30 | 00:28:29 | 00:57:31 | 01:28:24 | 02:01:28 | 02:08:38.70 | 02:10:09.40 | +01:00:47 (47.3%) | 6:05 | 9.8 (52.4%) |
| 907 | WIADEREK Sławomir | 509 | PĘDZĄCE ŻÓŁWIE | M-50 | 42 | 00:01:15 | 00:29:03 | 00:58:53 | 01:29:49 | 02:02:18 | 02:09:03.65 | 02:10:19.20 | +01:01:12 (47.4%) | 6:07 | 9.8 (52.4%) |
| 908 | HAMANN Sławomir | 239 | | M-30 | 301 | 00:01:45 | 00:31:08 | 01:01:59 | 01:32:24 | 02:02:13 | 02:08:38.45 | 02:10:24.15 | +01:00:47 (47.3%) | 6:05 | 9.8 (52.4%) |
| 909 | JASIŃSKI Mateusz | 838 | | M-30 | 302 | 00:01:39 | 00:31:53 | 01:02:06 | 01:32:30 | 02:02:19 | 02:08:45.05 | 02:10:24.20 | +01:00:53 (47.3%) | 6:06 | 9.8 (52.4%) |
| 910 | KUBACKI Adam | 966 | BIEGAM Z SERCEM | M-30 | 303 | 00:01:59 | 00:29:09 | 00:58:51 | 01:28:34 | 02:01:46 | 02:08:47.50 | 02:10:46.75 | +01:00:56 (47.3%) | 6:06 | 9.8 (52.4%) |
| 911 | PISKORZ Daria | 947 | DRUŻYNA SZPIKU SITECH | K-40 | 37 | 00:01:12 | 00:28:40 | 00:59:17 | 01:30:06 | 02:02:58 | 02:09:52.75 | 02:11:05.40 | +01:02:01 (47.8%) | 6:09 | 9.7 (51.9%) |
| 912 | KANIA Dominik | 326 | | M-20 | 174 | 00:01:30 | 00:28:32 | 00:58:59 | 01:29:48 | 02:02:41 | 02:09:36.45 | 02:11:06.55 | +01:01:45 (47.6%) | 6:08 | 9.8 (52.4%) |
| 913 | JAWOREK Jacek | 491 | OPEL ACTIVE TEAM | M-30 | 306 | 00:01:26 | 00:29:03 | 00:58:35 | 01:28:40 | 02:02:18 | 02:09:43.95 | 02:11:09.95 | +01:01:52 (47.7%) | 6:08 | 9.8 (52.4%) |
| 914 | PALENGA Adrian | 1053 | OPEL ACTIVE TEAM | M-30 | 307 | 00:01:26 | 00:29:03 | 00:58:36 | 01:28:41 | 02:02:18 | 02:09:44.40 | 02:11:10.40 | +01:01:53 (47.7%) | 6:08 | 9.8 (52.4%) |
| 915 | ROGOWSKI Tadeusz | 728 | | M-40 | 192 | 00:01:25 | 00:29:04 | 00:58:36 | 01:28:41 | 02:02:20 | 02:09:44.60 | 02:11:10.55 | +01:01:53 (47.7%) | 6:08 | 9.8 (52.4%) |
| 916 | CHOJOWSKI Oskar | 259 | | M-40 | 191 | 00:01:55 | 00:30:14 | 01:00:09 | 01:30:27 | 02:02:31 | 02:09:23.25 | 02:11:18.60 | +01:01:31 (47.6%) | 6:07 | 9.8 (52.4%) |
| 917 | NAPORA Łukasz | 293 | | M-30 | 304 | 00:02:03 | 00:28:12 | 00:56:28 | 01:26:01 | 02:01:24 | 02:09:16.55 | 02:11:20.00 | +01:01:25 (47.5%) | 6:07 | 9.8 (52.4%) |
| 917 | BAL-BURZAWA Renata | 1349 | HIRSCHVOGEL | K-30 | 85 | 00:00:10 | 00:26:58 | 00:57:43 | 01:28:46 | 02:03:17 | 02:11:09.65 | 02:11:20.00 | +01:03:18 (48.3%) | 6:12 | 9.7 (51.9%) |
| 919 | MICEK Marek | 608 | | M-30 | 305 | 00:01:57 | 00:29:14 | 00:58:14 | 01:28:34 | 02:02:19 | 02:09:30.05 | 02:11:27.85 | +01:01:38 (47.6%) | 6:08 | 9.8 (52.4%) |
| 920 | GERLE Anna | 147 | | K-30 | 84 | 00:00:46 | 00:28:38 | 00:58:02 | 01:27:50 | 02:03:16 | 02:10:55.25 | 02:11:41.70 | +01:03:03 (48.2%) | 6:12 | 9.7 (51.9%) |
| 921 | LEWANDOWSKA Magdalena | 531 | RUNNERS HIGH | K-30 | 87 | 00:00:30 | 00:29:12 | 00:59:27 | 01:30:47 | 02:04:05 | 02:11:25.20 | 02:11:55.60 | +01:03:33 (48.4%) | 6:13 | 9.6 (51.3%) |
| 922 | MASTERNAK Albert | 1084 | SZCZAWNÓ RUN | M-50 | 43 | 00:00:47 | 00:30:53 | 01:01:44 | 01:33:07 | 02:04:45 | 02:11:18.05 | 02:12:05.05 | +01:03:26 (48.3%) | 6:13 | 9.6 (51.3%) |
| 923 | MALISZEWSKI Jakub | 950 | TECHNOMEX | M-30 | 309 | 00:01:30 | 00:29:33 | 01:00:50 | 01:31:34 | 02:03:35 | 02:10:49.70 | 02:12:20.35 | +01:02:58 (48.1%) | 6:12 | 9.7 (51.9%) |
| 924 | GŁOWACKI Michał | 398 | TEAM GŁOWACKI | M-20 | 177 | 00:01:20 | 00:26:55 | 00:55:35 | 01:26:42 | 02:03:37 | 02:11:16.55 | 02:12:37.15 | +01:03:25 (48.3%) | 6:13 | 9.6 (51.3%) |
| 925 | BUK Marcin | 597 | | M-20 | 175 | 00:01:24 | 00:29:40 | 00:59:25 | 01:29:08 | 02:03:35 | 02:11:14.70 | 02:12:38.75 | +01:03:23 (48.3%) | 6:13 | 9.6 (51.3%) |
| 926 | KOŁTKO Łukasz | 610 | | M-20 | 176 | 00:01:23 | 00:29:41 | 00:59:26 | 01:29:09 | 02:03:35 | 02:11:15.45 | 02:12:39.20 | +01:03:24 (48.3%) | 6:13 | 9.6 (51.3%) |
| 927 | TURKO Katarzyna | 1231 | PKO BP | K-40 | 38 | 00:01:45 | 00:29:11 | 00:59:20 | 01:30:33 | 02:04:18 | 02:10:55.15 | 02:12:40.30 | +01:03:03 (48.2%) | 6:12 | 9.7 (51.9%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas | | | | | Czas netto 21.1km | Czas brutto 21.1km | Różn | Tempo min/km | Tempo km/h |
|-----|----------------------------|-------------|----------------------------|-----------|------|----------|----------|----------|----------|----------|----------------------|-----------------------|----------------------|-----------------|----------------|
| | | | | | | startu | 5km | 10km | 15km | 20km | | | | | |
| 928 | MACIEJ Artur | 320 | ELECTROCHEMISTRY GROUP | M-30 | 308 | 00:02:16 | 00:28:56 | 00:58:10 | 01:28:49 | 02:03:19 | 02:10:29.05 | 02:12:45.15 | +01:02:37 (48.0%) | 6:11 | 9.7 (51.9%) |
| 929 | SZKUDLAREK Michał | 744 | | M-30 | 310 | 00:01:39 | 00:28:11 | 00:58:51 | 01:31:24 | 02:04:44 | 02:11:12.80 | 02:12:52.65 | +01:03:21 (48.3%) | 6:13 | 9.6 (51.3%) |
| 930 | ZAGASKA Linda | 244 | | K-20 | 56 | 00:01:22 | 00:30:05 | 01:01:00 | 01:32:10 | 02:04:54 | 02:11:41.95 | 02:13:04.15 | +01:03:50 (48.5%) | 6:14 | 9.6 (51.3%) |
| 931 | KONTNY Paweł | 1007 | - | M-70 | 3 | 00:02:03 | 00:30:46 | 01:00:49 | 01:31:50 | 02:04:22 | 02:11:02.60 | 02:13:05.95 | +01:03:11 (48.2%) | 6:12 | 9.7 (51.9%) |
| 932 | BUFNAL Krzysztof | 710 | | M-40 | 193 | 00:02:17 | 00:30:38 | 01:01:58 | 01:32:47 | 02:04:09 | 02:10:53.30 | 02:13:10.65 | +01:03:02 (48.2%) | 6:12 | 9.7 (51.9%) |
| 933 | JUSZCZAK Kalina | 856 | | K-20 | 58 | 00:00:57 | 00:31:41 | 01:02:25 | 01:33:16 | 02:05:26 | 02:12:13.50 | 02:13:11.45 | +01:04:22 (48.7%) | 6:16 | 9.6 (51.3%) |
| 934 | ORLIK Zdzisława | 256 | AKMB 'PĘDZIWIATR' GLIWICE | K-50 | 5 | 00:01:58 | 00:30:27 | 01:01:02 | 01:32:39 | 02:04:34 | 02:11:12.70 | 02:13:11.65 | +01:03:21 (48.3%) | 6:13 | 9.6 (51.3%) |
| 935 | ZAWADA Piotr | 739 | NIGHT RUNNERS ZABRZE | M-20 | 178 | 00:01:38 | 00:31:00 | 01:01:44 | 01:32:34 | 02:04:44 | 02:11:33.25 | 02:13:12.20 | +01:03:41 (48.4%) | 6:14 | 9.6 (51.3%) |
| 936 | ZAWADA Ewa | 738 | NIGHT RUNNERS ZABRZE | K-20 | 55 | 00:01:39 | 00:30:57 | 01:01:43 | 01:32:33 | 02:04:44 | 02:11:33.00 | 02:13:12.40 | +01:03:41 (48.4%) | 6:14 | 9.6 (51.3%) |
| 937 | WYPCHOŁ Piotr | 936 | | M-50 | 44 | 00:01:34 | 00:29:20 | 01:00:04 | 01:32:07 | 02:04:39 | 02:11:39.05 | 02:13:13.25 | +01:03:47 (48.5%) | 6:14 | 9.6 (51.3%) |
| 938 | LAMPART Marta | 658 | NIGHT RUNNERS | K-30 | 90 | 00:00:45 | 00:29:10 | 00:59:47 | 01:31:35 | 02:05:50 | 02:12:29.65 | 02:13:15.25 | +01:04:38 (48.8%) | 6:16 | 9.6 (51.3%) |
| 939 | PASEK Anna | 192 | PIELUCHORUNTEAM | K-40 | 40 | 00:00:58 | 00:28:41 | 00:58:07 | 01:31:31 | 02:05:14 | 02:12:17.35 | 02:13:15.95 | +01:04:26 (48.7%) | 6:16 | 9.6 (51.3%) |
| 940 | KLYTA Wojciech | 1071 | NIEZRZESZONY | M-40 | 194 | 00:01:53 | 00:27:16 | 00:55:46 | 01:27:32 | 02:03:46 | 02:11:25.05 | 02:13:18.50 | +01:03:33 (48.4%) | 6:13 | 9.6 (51.3%) |
| 941 | BIER Agnieszka | 811 | | K-30 | 86 | 00:02:06 | 00:30:02 | 01:00:41 | 01:31:39 | 02:04:24 | 02:11:16.15 | 02:13:22.30 | +01:03:24 (48.3%) | 6:13 | 9.6 (51.3%) |
| 942 | WOLIŃSKA Anna | 1275 | | K-20 | 57 | 00:01:30 | 00:30:04 | 01:01:18 | 01:32:25 | 02:04:50 | 02:11:52.15 | 02:13:23.05 | +01:04:00 (48.5%) | 6:15 | 9.6 (51.3%) |
| 943 | CICHY Agnieszka | 559 | | K-30 | 89 | 00:01:26 | 00:29:38 | 01:00:57 | 01:32:37 | 02:05:00 | 02:11:58.05 | 02:13:24.85 | +01:04:06 (48.6%) | 6:15 | 9.6 (51.3%) |
| 944 | ROJEK Grzegorz | 1076 | | M-40 | 195 | 00:01:43 | 00:31:21 | 01:02:28 | 01:33:54 | 02:05:21 | 02:11:47.60 | 02:13:31.15 | +01:03:56 (48.5%) | 6:14 | 9.6 (51.3%) |
| 945 | WALCZYŃSKA Karolina | 1261 | | K-30 | 91 | 00:00:53 | 00:29:07 | 00:58:37 | 01:31:40 | 02:05:35 | 02:12:38.70 | 02:13:31.75 | +01:04:47 (48.8%) | 6:17 | 9.5 (50.8%) |
| 946 | MIŚKIEWICZ Lucyna | 187 | | K-40 | 39 | 00:01:46 | 00:30:49 | 01:01:33 | 01:32:58 | 02:05:20 | 02:11:47.15 | 02:13:33.60 | +01:03:55 (48.5%) | 6:14 | 9.6 (51.3%) |
| 947 | MIŚKIEWICZ Andrzej | 188 | | M-40 | 196 | 00:01:46 | 00:30:50 | 01:01:42 | 01:33:12 | 02:05:22 | 02:11:59.95 | 02:13:46.65 | +01:04:08 (48.6%) | 6:15 | 9.6 (51.3%) |
| 948 | ZDEB Barbara | 370 | NIGHT RUNNERS ZABRZE | K-30 | 88 | 00:02:00 | 00:30:50 | 01:02:08 | 01:33:36 | 02:05:06 | 02:11:51.50 | 02:13:51.65 | +01:04:00 (48.5%) | 6:14 | 9.6 (51.3%) |
| 949 | GAJDA Małgorzata | 653 | | K-30 | 92 | 00:00:55 | 00:28:57 | 00:58:53 | 01:30:15 | 02:04:57 | 02:12:57.90 | 02:13:53.80 | +01:05:06 (49.0%) | 6:18 | 9.5 (50.8%) |
| 950 | WITCZAK Dagmara | 1035 | ZADYSZKA | K-30 | 97 | 00:00:16 | 00:29:56 | 01:00:45 | 01:32:49 | 02:06:58 | 02:14:10.20 | 02:14:26.65 | +01:06:18 (49.4%) | 6:21 | 9.4 (50.3%) |
| 951 | JAWOREK Dariusz | 31 | SPORT-RELAKS.PL | M-40 | 197 | 00:01:52 | 00:29:50 | 01:00:20 | 01:31:34 | 02:05:00 | 02:12:43.90 | 02:14:36.25 | +01:04:52 (48.9%) | 6:17 | 9.5 (50.8%) |
| 951 | BOŚ Iwona | 390 | WIŚLAŃSKA AKADEMIA BIEGOWA | K-40 | 44 | 00:00:27 | 00:29:55 | 01:01:34 | 01:33:51 | 02:07:17 | 02:14:09.10 | 02:14:36.25 | +01:06:17 (49.4%) | 6:21 | 9.4 (50.3%) |
| 953 | GORZELANY Ewa | 547 | WISLAŃSKA AKADEMIA BIEGOWA | K-30 | 96 | 00:00:27 | 00:29:55 | 01:01:34 | 01:33:52 | 02:07:17 | 02:14:08.60 | 02:14:36.35 | +01:06:17 (49.4%) | 6:21 | 9.4 (50.3%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas | | | | | Czas netto 21.1km | Czas brutto 21.1km | Różn | Tempo min/km | Tempo km/h |
|-----|-------------------------------------|-------------|-----------------------|-----------|------|----------|----------|----------|----------|----------|----------------------|-----------------------|----------------------|-----------------|----------------|
| | | | | | | startu | 5km | 10km | 15km | 20km | | | | | |
| 954 | FERFECKI Dawid | 1137 | | M-30 | 311 | 00:01:22 | 00:28:55 | 01:00:17 | 01:32:19 | 02:05:46 | 02:13:21.35 | 02:14:43.95 | +01:05:30 (49.1%) | 6:19 | 9.5 (50.8%) |
| 955 | CIOMEK Marta | 552 | | K-20 | 61 | 00:00:26 | 00:29:04 | 00:59:40 | 01:31:32 | 02:06:52 | 02:14:17.65 | 02:14:44.25 | +01:06:26 (49.5%) | 6:21 | 9.4 (50.3%) |
| 956 | PIĘTERA Agnieszka | 754 | | K-40 | 42 | 00:01:40 | 00:30:46 | 01:01:38 | 01:33:21 | 02:06:05 | 02:13:04.70 | 02:14:44.95 | +01:05:13 (49.0%) | 6:18 | 9.5 (50.8%) |
| 957 | OPANOWSKA Anna | 145 | | K-40 | 43 | 00:01:18 | 00:28:43 | 01:00:00 | 01:32:16 | 02:06:35 | 02:13:27.35 | 02:14:45.95 | +01:05:36 (49.2%) | 6:19 | 9.5 (50.8%) |
| 958 | JANKOWSKA Anna | 963 | | K-30 | 94 | 00:01:34 | 00:28:50 | 00:57:17 | 01:28:47 | 02:05:23 | 02:13:12.30 | 02:14:46.75 | +01:05:21 (49.1%) | 6:18 | 9.5 (50.8%) |
| 959 | KOSIOR Bożena | 826 | BRAK | K-40 | 45 | 00:00:17 | 00:27:48 | 00:56:53 | 01:29:46 | 02:06:40 | 02:14:31.50 | 02:14:48.50 | +01:06:40 (49.6%) | 6:22 | 9.4 (50.3%) |
| 960 | WILSZ Ewa | 656 | | K-40 | 41 | 00:02:02 | 00:30:34 | 01:02:05 | 01:33:36 | 02:06:04 | 02:12:49.20 | 02:14:51.95 | +01:04:57 (48.9%) | 6:17 | 9.5 (50.8%) |
| 961 | KRUSZYŃSKI Marcin | 570 | | M-40 | 200 | 00:00:34 | 00:26:36 | 00:55:03 | 01:28:40 | 02:06:34 | 02:14:36.95 | 02:15:11.75 | +01:06:45 (49.6%) | 6:22 | 9.4 (50.3%) |
| 962 | PADOŁ Zbigniew | 586 | | M-50 | 45 | 00:00:15 | 00:30:05 | 01:00:58 | 01:32:55 | 02:07:19 | 02:14:57.70 | 02:15:13.25 | +01:07:06 (49.7%) | 6:23 | 9.4 (50.3%) |
| 963 | DUDEK Marzena | 869 | | K-30 | 93 | 00:02:13 | 00:31:05 | 01:03:27 | 01:35:14 | 02:06:51 | 02:12:59.80 | 02:15:13.35 | +01:05:08 (49.0%) | 6:18 | 9.5 (50.8%) |
| 964 | ŁAGOSZ Katarzyna | 1140 | | K-30 | 95 | 00:01:43 | 00:31:09 | 01:02:26 | 01:34:13 | 02:05:24 | 02:13:30.45 | 02:15:13.65 | +01:05:39 (49.2%) | 6:19 | 9.5 (50.8%) |
| 965 | GÓRNY Magdalena | 1139 | CAAQTYWNI | K-20 | 60 | 00:01:43 | 00:31:10 | 01:02:26 | 01:33:53 | 02:05:24 | 02:13:45.20 | 02:15:28.45 | +01:05:53 (49.3%) | 6:20 | 9.5 (50.8%) |
| 966 | ADAMSKI Tomasz | 280 | | M-40 | 199 | 00:01:10 | 00:30:28 | 01:02:59 | 01:34:41 | 02:07:44 | 02:14:21.75 | 02:15:31.80 | +01:06:30 (49.5%) | 6:22 | 9.4 (50.3%) |
| 967 | NADOLNY Wiesław | 833 | SOLIDARNOŚĆ MZA I TW | M-40 | 198 | 00:02:01 | 00:30:36 | 01:02:04 | 01:33:55 | 02:06:33 | 02:13:36.95 | 02:15:38.10 | +01:05:45 (49.2%) | 6:19 | 9.5 (50.8%) |
| 968 | KOWALSKA Natalia | 237 | | K-20 | 59 | 00:02:02 | 00:30:05 | 01:01:35 | 01:33:45 | 02:06:40 | 02:13:37.20 | 02:15:39.95 | +01:05:45 (49.2%) | 6:19 | 9.5 (50.8%) |
| 969 | KAMIŃSKA-KORZENIOWSKA Joanna | 663 | | K-30 | 99 | 00:01:30 | 00:29:53 | 01:01:29 | 01:33:12 | 02:07:31 | 02:14:34.75 | 02:16:04.90 | +01:06:43 (49.6%) | 6:22 | 9.4 (50.3%) |
| 970 | NIEGOWSKA Anna | 108 | | K-40 | 46 | 00:00:48 | 00:30:22 | 01:01:35 | 01:34:01 | 02:08:15 | 02:15:21.50 | 02:16:09.85 | +01:07:30 (49.9%) | 6:24 | 9.4 (50.3%) |
| 971 | MACKIEWICZ Katarzyna | 411 | | K-50 | 6 | 00:01:54 | 00:30:51 | 01:02:19 | 01:33:49 | 02:07:15 | 02:14:19.20 | 02:16:14.00 | +01:06:27 (49.5%) | 6:21 | 9.4 (50.3%) |
| 972 | CZOSNOWSKA Anna | 715 | CZOSTEAM | K-30 | 98 | 00:01:44 | 00:30:53 | 01:02:27 | 01:33:54 | 02:07:23 | 02:14:31.00 | 02:16:15.95 | +01:06:39 (49.6%) | 6:22 | 9.4 (50.3%) |
| 973 | CZOSNOWSKI Tomasz | 1272 | OTK RZEŹNIK | M-30 | 313 | 00:01:44 | 00:31:07 | 01:02:28 | 01:33:54 | 02:07:23 | 02:14:31.45 | 02:16:16.30 | +01:06:40 (49.6%) | 6:22 | 9.4 (50.3%) |
| 974 | URBANEK Arkadiusz | 878 | | M-20 | 179 | 00:01:55 | 00:30:17 | 01:01:02 | 01:32:04 | 02:06:54 | 02:14:34.45 | 02:16:29.55 | +01:06:43 (49.6%) | 6:22 | 9.4 (50.3%) |
| 975 | MAKSYMIUK-KONOPKA Ewa | 334 | | K-30 | 101 | 00:01:24 | 00:31:30 | 01:03:27 | 01:34:54 | 02:08:28 | 02:15:06.05 | 02:16:30.80 | +01:07:14 (49.8%) | 6:24 | 9.4 (50.3%) |
| 976 | PAUL Violetta | 185 | NIGHT RUNNERS GLIWICE | K-40 | 48 | 00:00:48 | 00:31:46 | 01:03:30 | 01:36:00 | 02:09:07 | 02:15:42.80 | 02:16:31.55 | +01:07:51 (50.0%) | 6:25 | 9.3 (49.7%) |
| 977 | LEWICKA Beata | 189 | NIGHT RUNNERS GLIWICE | K-30 | 100 | 00:01:41 | 00:30:53 | 01:02:37 | 01:35:07 | 02:08:16 | 02:14:54.05 | 02:16:35.35 | +01:07:02 (49.7%) | 6:23 | 9.4 (50.3%) |
| 978 | KOSIERKIEWICZ Kamil | 1066 | | M-40 | 201 | 00:01:58 | 00:33:47 | 01:07:04 | 01:40:05 | 02:09:28 | 02:14:42.00 | 02:16:40.85 | +01:06:50 (49.6%) | 6:23 | 9.4 (50.3%) |
| 979 | STOLARCZYK Maciej | 1134 | | M-30 | 312 | 00:02:25 | 00:24:20 | 00:47:14 | 01:11:22 | 02:07:31 | 02:14:20.25 | 02:16:45.30 | +01:06:28 (49.5%) | 6:21 | 9.4 (50.3%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas | | | | | Czas netto 21.1km | Czas brutto 21.1km | Różn | Tempo min/km | Tempo km/h |
|------|-----------------------------------|-------------|--------------------------|-----------|------|----------|----------|----------|----------|----------|----------------------|-----------------------|----------------------|-----------------|----------------|
| | | | | | | startu | 5km | 10km | 15km | 20km | | | | | |
| 980 | BRZEZIŃSKA Teresa | 136 | NIGHT RUNNERS GLIWICE | K-30 | 107 | 00:00:49 | 00:30:13 | 01:01:17 | 01:34:04 | 02:09:06 | 02:15:56.30 | 02:16:45.35 | +01:08:05 (50.1%) | 6:26 | 9.3 (49.7%) |
| 981 | DROZD Ola | 944 | DREAM RUN | K-30 | 104 | 00:01:10 | 00:31:51 | 01:02:54 | 01:34:46 | 02:08:35 | 02:15:39.90 | 02:16:50.55 | +01:07:48 (50.0%) | 6:25 | 9.3 (49.7%) |
| 982 | URBAN Dariusz | 1012 | | M-40 | 202 | 00:00:40 | 00:29:11 | 00:59:31 | 01:31:57 | 02:08:19 | 02:16:21.20 | 02:17:01.50 | +01:08:29 (50.2%) | 6:27 | 9.3 (49.7%) |
| 983 | GRZYŚKA Katarzyna | 554 | | K-30 | 106 | 00:01:27 | 00:29:36 | 01:00:56 | 01:32:51 | 02:08:35 | 02:15:46.00 | 02:17:13.00 | +01:07:54 (50.0%) | 6:26 | 9.3 (49.7%) |
| 984 | PECYNA Katarzyna | 1138 | | K-30 | 103 | 00:01:43 | 00:31:10 | 01:02:28 | 01:34:27 | 02:08:26 | 02:15:31.50 | 02:17:14.85 | +01:07:40 (49.9%) | 6:25 | 9.3 (49.7%) |
| 985 | RECHMAN-NOWAKOWSKA Dorota | 273 | | K-40 | 49 | 00:01:09 | 00:30:30 | 01:03:00 | 01:35:20 | 02:09:01 | 02:16:06.50 | 02:17:16.05 | +01:08:15 (50.1%) | 6:27 | 9.3 (49.7%) |
| 986 | JENDRZYCA-CZAPLA Magdalena | 64 | | K-30 | 109 | 00:00:58 | 00:30:05 | 01:01:58 | 01:34:39 | 02:08:56 | 02:16:18.90 | 02:17:17.85 | +01:08:27 (50.2%) | 6:27 | 9.3 (49.7%) |
| 987 | GROSS Teresa | 646 | UNISONO | K-40 | 47 | 00:02:02 | 00:30:34 | 01:02:06 | 01:33:36 | 02:07:16 | 02:15:21.90 | 02:17:24.75 | +01:07:30 (49.9%) | 6:24 | 9.4 (50.3%) |
| 988 | DANIELEWSKA Anna | 605 | | K-30 | 105 | 00:01:45 | 00:30:45 | 01:02:00 | 01:34:19 | 02:08:25 | 02:15:44.65 | 02:17:30.20 | +01:07:53 (50.0%) | 6:26 | 9.3 (49.7%) |
| 989 | SZYPUŁA Michał | 629 | | M-20 | 180 | 00:02:02 | 00:31:26 | 01:03:34 | 01:36:05 | 02:08:51 | 02:15:30.35 | 02:17:32.55 | +01:07:39 (49.9%) | 6:25 | 9.3 (49.7%) |
| 990 | JAROSZ Katarzyna | 616 | | K-30 | 102 | 00:02:02 | 00:31:26 | 01:03:34 | 01:36:06 | 02:08:51 | 02:15:30.90 | 02:17:33.00 | +01:07:39 (49.9%) | 6:25 | 9.3 (49.7%) |
| 991 | WINICKA Daria | 935 | AMATOR | K-30 | 108 | 00:01:41 | 00:29:39 | 01:01:04 | 01:34:05 | 02:08:40 | 02:16:12.55 | 02:17:54.40 | +01:08:21 (50.2%) | 6:27 | 9.3 (49.7%) |
| 992 | WINKLER Aleksandra | 94 | BIEGAM, BO LUBIĘ JEŚC... | K-30 | 110 | 00:01:23 | 00:30:40 | 01:02:21 | 01:34:41 | 02:09:07 | 02:16:34.05 | 02:17:57.20 | +01:08:42 (50.3%) | 6:28 | 9.3 (49.7%) |
| 993 | BRODIUK Norbert | 148 | TRAINPAUL | M-40 | 205 | 00:00:24 | 00:28:45 | 01:00:44 | 01:35:27 | 02:10:40 | 02:17:47.45 | 02:18:11.80 | +01:09:56 (50.8%) | 6:31 | 9.2 (49.2%) |
| 994 | WEKWERT Witold | 283 | BIEGAMYZSERCEM.PL | M-50 | 46 | 00:00:25 | 00:29:03 | 01:00:24 | 01:34:19 | 02:10:31 | 02:17:48.75 | 02:18:13.85 | +01:09:57 (50.8%) | 6:31 | 9.2 (49.2%) |
| 995 | WEKWERT Dariusz | 285 | BIEGAMYZSERCEM.PL | M-30 | 316 | 00:00:25 | 00:29:03 | 01:00:23 | 01:34:19 | 02:10:31 | 02:17:48.65 | 02:18:14.15 | +01:09:57 (50.8%) | 6:31 | 9.2 (49.2%) |
| 996 | KOSTRZEWA Krzysztof | 41 | BIEGAM, BO LUBIĘ | M-30 | 314 | 00:01:24 | 00:30:37 | 01:02:19 | 01:35:15 | 02:09:54 | 02:16:56.05 | 02:18:20.35 | +01:09:04 (50.4%) | 6:29 | 9.2 (49.2%) |
| 997 | PŁOTEK Tomasz | 921 | | M-30 | 317 | 00:00:30 | 00:28:24 | 00:58:12 | 01:32:25 | 02:10:03 | 02:17:54.30 | 02:18:24.40 | +01:10:03 (50.8%) | 6:32 | 9.2 (49.2%) |
| 998 | TISZBIEREK Henryk | 324 | | M-40 | 204 | 00:01:35 | 00:31:30 | 01:03:10 | 01:34:57 | 02:09:35 | 02:17:04.55 | 02:18:39.60 | +01:09:13 (50.5%) | 6:29 | 9.2 (49.2%) |
| 999 | MIGDAŁ Grzegorz | 325 | | M-40 | 203 | 00:01:35 | 00:31:31 | 01:03:10 | 01:34:57 | 02:09:35 | 02:17:04.10 | 02:18:39.65 | +01:09:12 (50.5%) | 6:29 | 9.2 (49.2%) |
| 1000 | CHYB Natasza | 24 | | K-40 | 50 | 00:02:06 | 00:32:35 | 01:04:47 | 01:37:15 | 02:10:01 | 02:16:39.90 | 02:18:46.85 | +01:08:48 (50.3%) | 6:28 | 9.3 (49.7%) |
| 1001 | ORYSZCZAK Łukasz | 662 | | M-30 | 315 | 00:01:35 | 00:30:06 | 01:01:19 | 01:34:06 | 02:09:52 | 02:17:14.80 | 02:18:50.30 | +01:09:23 (50.6%) | 6:30 | 9.2 (49.2%) |
| 1002 | RÓŻYC Barbara | 306 | NIGHT RUNNERS ZABRZE | K-40 | 51 | 00:01:29 | 00:30:40 | 01:02:37 | 01:34:44 | 02:10:31 | 02:17:41.05 | 02:19:10.80 | +01:09:49 (50.7%) | 6:31 | 9.2 (49.2%) |
| 1002 | MULARCZYK Agnieszka | 1050 | VICTORIA ZAWIERCIE | K-30 | 112 | 00:00:36 | 00:28:01 | 00:59:25 | 01:33:42 | 02:11:02 | 02:18:34.20 | 02:19:10.80 | +01:10:42 (51.0%) | 6:34 | 9.1 (48.7%) |
| 1002 | LESZCZYŃSKA Małgorzata | 577 | | K-40 | 52 | 00:00:36 | 00:28:02 | 00:59:25 | 01:33:42 | 02:11:02 | 02:18:34.15 | 02:19:10.80 | +01:10:42 (51.0%) | 6:34 | 9.1 (48.7%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas | | | | | Czas netto 21.1km | Czas brutto 21.1km | Różn | Tempo min/km | Tempo km/h |
|------|---|-------------|---------------------------|-----------|------|----------|----------|----------|----------|----------|----------------------|-----------------------|----------------------|-----------------|----------------|
| | | | | | | startu | 5km | 10km | 15km | 20km | | | | | |
| 1005 | OSUBNIAK Tomasz | 467 | | M-30 | 318 | 00:01:09 | 00:26:42 | 00:56:11 | 01:31:06 | 02:09:58 | 02:18:10.75 | 02:19:20.25 | +01:10:19 (50.9%) | 6:32 | 9.2 (49.2%) |
| 1006 | BATKO Dawid | 1016 | | M-30 | 319 | 00:00:29 | 00:26:40 | 00:58:02 | 01:33:16 | 02:11:37 | 02:18:55.90 | 02:19:25.75 | +01:11:04 (51.2%) | 6:35 | 9.1 (48.7%) |
| 1007 | RUDNER Ula | 461 | A WOMAN'S PLACE IS ON TOP | K-20 | 62 | 00:00:31 | 00:27:43 | 00:58:00 | 01:31:13 | 02:10:37 | 02:19:20.75 | 02:19:52.50 | +01:11:29 (51.3%) | 6:36 | 9.1 (48.7%) |
| 1008 | FRYDRYK Ryszard | 1264 | EKO-ATOM.PL | M-50 | 47 | 00:01:39 | 00:31:03 | 01:03:41 | 01:37:45 | 02:11:45 | 02:18:17.35 | 02:19:57.05 | +01:10:26 (50.9%) | 6:33 | 9.2 (49.2%) |
| 1009 | SALONI Kasia | 753 | | K-30 | 111 | 00:01:40 | 00:30:46 | 01:02:09 | 01:34:47 | 02:11:19 | 02:18:18.10 | 02:19:58.95 | +01:10:26 (50.9%) | 6:33 | 9.2 (49.2%) |
| 1010 | OLCZYK Adrian | 983 | SMSAPI | M-20 | 181 | 00:02:13 | 00:31:05 | 01:03:10 | 01:35:14 | 02:10:36 | 02:17:54.10 | 02:20:07.15 | +01:10:02 (50.8%) | 6:32 | 9.2 (49.2%) |
| 1011 | ZIEMBIŃSKA- BUCZYŃSKA Aleksandra | 1523 | | K-30 | 113 | 00:01:39 | 00:30:59 | 01:02:41 | 01:35:14 | 02:11:09 | 02:18:34.35 | 02:20:13.45 | +01:10:43 (51.0%) | 6:34 | 9.1 (48.7%) |
| 1012 | LIPOWSKA Barbara | 592 | | K-50 | 7 | 00:01:55 | 00:31:15 | 01:03:09 | 01:36:30 | 02:11:19 | 02:18:21.35 | 02:20:16.80 | +01:10:30 (51.0%) | 6:33 | 9.2 (49.2%) |
| 1013 | SMOŁA Mieczysław | 228 | AKMB PĘDZIWIATR GLIWICE | M-60 | 13 | 00:00:16 | 00:28:57 | 00:59:22 | 01:33:27 | 02:11:43 | 02:20:16.05 | 02:20:32.45 | +01:12:24 (51.6%) | 6:38 | 9 (48.1%) |
| 1014 | GRUBICH Irena | 226 | | K-60 | 2 | 00:00:15 | 00:28:58 | 00:59:23 | 01:33:29 | 02:11:45 | 02:20:17.30 | 02:20:32.70 | +01:12:26 (51.6%) | 6:38 | 9 (48.1%) |
| 1015 | LUKOSZEK Weronika | 1116 | | K-16 | 3 | 00:01:31 | 00:30:42 | 01:02:18 | 01:34:52 | 02:11:50 | 02:19:44.45 | 02:21:15.65 | +01:11:53 (51.4%) | 6:37 | 9.1 (48.7%) |
| 1016 | DOBREK Wojciech | 851 | WIECZORNEBIEGANIE | M-40 | 206 | 00:02:11 | 00:30:05 | 01:03:17 | 01:38:44 | 02:12:15 | 02:19:14.10 | 02:21:25.70 | +01:11:22 (51.3%) | 6:35 | 9.1 (48.7%) |
| 1017 | WODARSKA Santia | 587 | | K-20 | 63 | 00:01:43 | 00:31:11 | 01:02:34 | 01:35:10 | 02:11:53 | 02:19:51.35 | 02:21:34.85 | +01:12:00 (51.5%) | 6:37 | 9.1 (48.7%) |
| 1018 | JĘDRYCHA Zbigniew | 694 | | M-60 | 12 | 00:02:01 | 00:33:44 | 01:07:01 | 01:40:04 | 02:12:42 | 02:19:34.65 | 02:21:36.30 | +01:11:43 (51.4%) | 6:36 | 9.1 (48.7%) |
| 1018 | JĘDRYCHA Bożena | 831 | | K-30 | 114 | 00:01:58 | 00:33:47 | 01:07:04 | 01:40:06 | 02:12:44 | 02:19:37.85 | 02:21:36.30 | +01:11:46 (51.4%) | 6:37 | 9.1 (48.7%) |
| 1020 | JĘDRYCHA Artur | 830 | | M-40 | 207 | 00:02:02 | 00:33:44 | 01:07:00 | 01:40:03 | 02:12:41 | 02:19:33.80 | 02:21:36.35 | +01:11:42 (51.4%) | 6:36 | 9.1 (48.7%) |
| 1021 | JĘDRYCHA Michał | 695 | CFO RUNNING TEAM | M-30 | 320 | 00:02:02 | 00:33:44 | 01:07:00 | 01:40:03 | 02:12:41 | 02:19:33.85 | 02:21:36.50 | +01:11:42 (51.4%) | 6:36 | 9.1 (48.7%) |
| 1022 | TUL Małgorzata | 132 | DRUŻYNA SZPIKU | K-40 | 53 | 00:01:48 | 00:30:13 | 01:01:32 | 01:35:38 | 02:12:45 | 02:20:31.10 | 02:22:19.60 | +01:12:39 (51.7%) | 6:39 | 9 (48.1%) |
| 1023 | DUDEK Katarzyna | 492 | | K-30 | 115 | 00:01:54 | 00:31:37 | 01:04:59 | 01:38:24 | 02:13:25 | 02:20:40.10 | 02:22:34.55 | +01:12:48 (51.8%) | 6:40 | 9 (48.1%) |
| 1024 | OSTAFIŃSKI Bartosz | 850 | | M-30 | 321 | 00:01:54 | 00:31:37 | 01:04:59 | 01:38:25 | 02:13:26 | 02:20:40.60 | 02:22:34.85 | +01:12:49 (51.8%) | 6:40 | 9 (48.1%) |
| 1025 | MIELCZAREK Ilona | 178 | RYSIE | K-30 | 116 | 00:01:50 | 00:31:57 | 01:05:03 | 01:38:29 | 02:13:30 | 02:20:55.80 | 02:22:46.40 | +01:13:04 (51.9%) | 6:40 | 9 (48.1%) |
| 1026 | KALISZ Krzysztof | 689 | | M-30 | 322 | 00:01:40 | 00:29:50 | 01:02:02 | 01:34:53 | 02:12:39 | 02:21:09.85 | 02:22:50.30 | +01:13:18 (51.9%) | 6:41 | 9 (48.1%) |
| 1027 | SABATOWSKA Magda | 595 | | K-30 | 117 | 00:01:27 | 00:31:35 | 01:05:00 | 01:39:01 | 02:13:29 | 02:21:25.00 | 02:22:52.45 | +01:13:33 (52.0%) | 6:42 | 9 (48.1%) |
| 1028 | ZAWADA Michał | 601 | | M-30 | 323 | 00:00:45 | 00:29:24 | 00:59:58 | 01:32:58 | 02:12:12 | 02:22:07.55 | 02:22:53.45 | +01:14:16 (52.3%) | 6:44 | 8.9 (47.6%) |
| 1029 | BORYGA Joanna K | 639 | | K-30 | 118 | 00:02:01 | 00:29:54 | 01:01:25 | 01:35:31 | 02:13:29 | 02:21:40.45 | 02:23:42.10 | +01:13:49 (52.1%) | 6:42 | 8.9 (47.6%) |
| 1030 | ODZIOMEK Alicja | 213 | | K-30 | 120 | 00:00:33 | 00:31:50 | 01:04:11 | 01:37:58 | 02:15:39 | 02:23:28.40 | 02:24:01.85 | +01:15:37 (52.7%) | 6:47 | 8.8 (47.1%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas | | | | | Czas netto 21.1km | Czas brutto 21.1km | Różn | Tempo min/km | Tempo km/h |
|------|---------------------------------|-------------|-------------------------|-----------|------|----------|----------|----------|----------|----------|----------------------|-----------------------|----------------------|-----------------|----------------|
| | | | | | | startu | 5km | 10km | 15km | 20km | | | | | |
| 1031 | ŻELEZNY Tomasz | 295 | NIGHT RUNNERS GLIWICE | M-20 | 182 | 00:01:56 | 00:30:55 | 01:02:15 | 01:35:09 | 02:14:37 | 02:22:08.65 | 02:24:05.20 | +01:14:17 (52.3%) | 6:44 | 8.9 (47.6%) |
| 1032 | KAPUSTA Grzegorz | 1108 | | M-40 | 208 | 00:00:18 | 00:32:10 | 01:05:13 | 01:40:02 | 02:16:38 | 02:24:31.50 | 02:24:49.65 | +01:16:40 (53.0%) | 6:50 | 8.8 (47.1%) |
| 1033 | GRANAT Jarosław | 243 | | M-20 | 183 | 00:01:38 | 00:31:41 | 01:04:28 | 01:38:15 | 02:15:44 | 02:23:28.45 | 02:25:07.35 | +01:15:37 (52.7%) | 6:48 | 8.8 (47.1%) |
| 1034 | FLOREK Anna | 470 | | K-30 | 119 | 00:02:12 | 00:33:34 | 01:06:51 | 01:39:54 | 02:15:24 | 02:23:00.45 | 02:25:13.15 | +01:15:09 (52.6%) | 6:46 | 8.9 (47.6%) |
| 1035 | DYLONG Mariola | 230 | | K-16 | 4 | 00:00:56 | 00:31:01 | 01:03:23 | 01:37:01 | 02:15:39 | 02:24:17.95 | 02:25:14.10 | +01:16:26 (53.0%) | 6:50 | 8.8 (47.1%) |
| 1036 | MAJCHRZAK Paweł | 1081 | | M-30 | 324 | 00:02:22 | 00:32:03 | 01:05:08 | 01:39:28 | 02:15:11 | 02:23:00.75 | 02:25:23.00 | +01:15:09 (52.6%) | 6:46 | 8.9 (47.6%) |
| 1037 | WASILEWSKA Aleksandra | 1006 | | K-30 | 122 | 00:01:38 | 00:31:26 | 01:04:12 | 01:37:54 | 02:15:12 | 02:23:50.10 | 02:25:28.35 | +01:15:58 (52.8%) | 6:49 | 8.8 (47.1%) |
| 1038 | BIENIEK Beata | 1258 | | K-40 | 54 | 00:02:00 | 00:32:26 | 01:06:21 | 01:42:28 | 02:17:00 | 02:23:41.65 | 02:25:42.25 | +01:15:50 (52.8%) | 6:48 | 8.8 (47.1%) |
| 1039 | MIERZWIŃSKA Katarzyna | 1259 | | K-30 | 121 | 00:02:00 | 00:32:26 | 01:06:22 | 01:42:28 | 02:17:00 | 02:23:41.45 | 02:25:42.30 | +01:15:50 (52.8%) | 6:48 | 8.8 (47.1%) |
| 1040 | DROZDOWSKI Wojciech | 1059 | BIEGAJZ TRENERAMI | M-30 | 325 | 00:00:43 | 00:30:13 | 01:02:58 | 01:36:56 | 02:17:41 | 02:25:21.30 | 02:26:04.95 | +01:17:30 (53.3%) | 6:53 | 8.7 (46.5%) |
| 1041 | ŚWITAŁA Józef | 1008 | FALSTART RUDNIKI | M-60 | 14 | 00:01:02 | 00:27:16 | 00:55:12 | 01:29:49 | 02:15:00 | 02:25:24.80 | 02:26:27.05 | +01:17:33 (53.3%) | 6:53 | 8.7 (46.5%) |
| 1042 | ZAPOTOCZNA Renata | 859 | | K-40 | 55 | 00:02:18 | 00:29:25 | 01:01:59 | 01:36:32 | 02:15:43 | 02:24:22.25 | 02:26:40.95 | +01:16:30 (53.0%) | 6:50 | 8.8 (47.1%) |
| 1043 | ULIASZ Anna | 817 | | K-30 | 123 | 00:00:33 | 00:29:59 | 01:04:17 | 01:39:01 | 02:18:04 | 02:26:47.65 | 02:27:20.70 | +01:18:56 (53.8%) | 6:57 | 8.6 (46.0%) |
| 1044 | SPÓLNIK Stanisław | 567 | KRAKOWSKI KLUB LAJKONIK | M-60 | 15 | 00:01:53 | 00:32:13 | 01:07:41 | 01:42:53 | 02:18:30 | 02:26:06.55 | 02:28:00.30 | +01:18:15 (53.6%) | 6:55 | 8.7 (46.5%) |
| 1045 | MACKOWIAK-RYDZYŃSKA Anna | 607 | | K-40 | 56 | 00:01:28 | 00:31:36 | 01:05:01 | 01:40:07 | 02:18:55 | 02:27:15.95 | 02:28:44.00 | +01:19:24 (53.9%) | 6:58 | 8.6 (46.0%) |
| 1046 | SIKORA Michał | 825 | MSH | M-30 | 326 | 00:01:27 | 00:31:35 | 01:05:00 | 01:40:07 | 02:18:53 | 02:27:16.80 | 02:28:44.20 | +01:19:25 (53.9%) | 6:58 | 8.6 (46.0%) |
| 1047 | PRUS Dariusz | 123 | BRAK | M-50 | 48 | 00:02:03 | 00:32:50 | 01:07:37 | 01:42:42 | 02:18:55 | 02:26:44.90 | 02:28:48.75 | +01:18:53 (53.8%) | 6:57 | 8.6 (46.0%) |
| 1048 | FORYST Wojciech | 626 | | M-60 | 16 | 00:01:31 | 00:30:36 | 01:02:43 | 01:37:36 | 02:18:17 | 02:27:18.95 | 02:28:50.75 | +01:19:27 (53.9%) | 6:58 | 8.6 (46.0%) |
| 1049 | BOBKOWSKI Maciej | 393 | | M-40 | 209 | 00:00:45 | 00:31:05 | 01:05:59 | 01:43:38 | 02:22:10 | 02:29:59.70 | 02:30:45.10 | +01:22:08 (54.8%) | 7:06 | 8.4 (44.9%) |
| 1050 | STERNAL Marta | 522 | | K-20 | 64 | 00:00:46 | 00:29:52 | 01:04:00 | 01:40:54 | 02:20:50 | 02:30:15.65 | 02:31:01.80 | +01:22:24 (54.8%) | 7:07 | 8.4 (44.9%) |
| 1051 | MARQUARDT Adam | 691 | | M-30 | 327 | 00:01:40 | 00:30:07 | 01:02:32 | 01:37:49 | 02:19:48 | 02:29:21.00 | 02:31:01.95 | +01:21:29 (54.6%) | 7:04 | 8.5 (45.5%) |
| 1052 | SKUBIS Barbara | 81 | NIGHT RUNNERS GLIWICE | K-30 | 124 | 00:01:55 | 00:33:41 | 01:08:32 | 01:44:33 | 02:21:50 | 02:29:10.55 | 02:31:06.30 | +01:21:19 (54.5%) | 7:04 | 8.5 (45.5%) |
| 1053 | STOKŁOSA Magdalena | 219 | | K-30 | 125 | 00:01:42 | 00:33:50 | 01:08:17 | 01:44:27 | 02:22:05 | 02:30:01.40 | 02:31:43.80 | +01:22:10 (54.8%) | 7:06 | 8.4 (44.9%) |
| 1054 | STOKŁOSA Marcin | 220 | | M-30 | 328 | 00:01:42 | 00:33:50 | 01:08:17 | 01:44:28 | 02:22:04 | 02:30:02.15 | 02:31:44.50 | +01:22:10 (54.8%) | 7:06 | 8.4 (44.9%) |
| 1055 | WIERZBICKA Aleksandra | 1044 | HR MAX ŻORY | K-40 | 57 | 00:01:42 | 00:32:26 | 01:07:22 | 01:43:49 | 02:22:17 | 02:30:23.20 | 02:32:06.10 | +01:22:31 (54.9%) | 7:07 | 8.4 (44.9%) |
| 1056 | DOŁĘGA Andrzej | 827 | | M-40 | 210 | 00:02:21 | 00:32:24 | 01:07:47 | 01:42:24 | 02:21:11 | 02:30:18.05 | 02:32:40.00 | +01:22:26 (54.9%) | 7:07 | 8.4 (44.9%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas | | | | | Czas netto 21.1km | Czas brutto 21.1km | Różn | Tempo min/km | Tempo km/h |
|------|--------------------------------|-------------|-----------------------------|-----------|------|----------|----------|----------|----------|----------|----------------------|-----------------------|----------------------|-----------------|------------------|
| | | | | | | startu | 5km | 10km | 15km | 20km | | | | | |
| 1057 | MACHAŁA Tomasz | 453 | | M-40 | 211 | 00:02:12 | 00:31:56 | 01:06:18 | 01:43:29 | 02:22:46 | 02:30:58.60 | 02:33:11.40 | +01:23:07 (55.1%) | 7:09 | 8.4 (44.9%) |
| 1058 | WRZESIŃSKI Zbyszek | 867 | | M-40 | 212 | 00:02:13 | 00:33:25 | 01:07:29 | 01:42:33 | 02:23:03 | 02:31:52.05 | 02:34:05.80 | +01:24:00 (55.3%) | 7:11 | 8.3 (44.4%) |
| 1059 | KRYWALSKI Wilhelm | 202 | | M-40 | 213 | 00:02:08 | 00:35:03 | 01:10:41 | 01:48:16 | 02:24:33 | 02:32:24.20 | 02:34:32.55 | +01:24:32 (55.5%) | 7:13 | 8.3 (44.4%) |
| 1060 | KAMROWSKI Łukasz | 1135 | | M-30 | 329 | 00:01:47 | 00:31:08 | 01:04:06 | 01:41:00 | 02:24:32 | 02:33:27.75 | 02:35:15.10 | +01:25:36 (55.8%) | 7:16 | 8.2 (43.9%) |
| 1061 | BIEL Michał | 758 | | M-40 | 214 | 00:01:51 | 00:32:06 | 01:06:28 | 01:43:25 | 02:26:09 | 02:35:10.10 | 02:37:01.15 | +01:27:18 (56.3%) | 7:21 | 8.2 (43.9%) |
| 1062 | PYTEL Klaudia | 317 | NIGHT RUNNERS ZABRZE | K-40 | 58 | 00:02:00 | 00:34:25 | 01:10:51 | 01:48:33 | 02:27:54 | 02:35:49.40 | 02:37:49.70 | +01:27:58 (56.5%) | 7:23 | 8.1 (43.3%) |
| 1063 | GLIŃSKI Michał | 1286 | NIGHT RUNNERS GLIWICE | M-40 | 215 | 00:01:42 | 00:34:07 | 01:09:58 | 01:48:51 | 02:30:23 | 02:38:41.95 | 02:40:24.65 | +01:30:50 (57.2%) | 7:31 | 8 (42.8%) |
| 1064 | GLIŃSKA Agnieszka | 1280 | NIGHT RUNNERS | K-40 | 59 | 00:01:42 | 00:34:06 | 01:09:57 | 01:48:42 | 02:30:23 | 02:38:42.15 | 02:40:24.75 | +01:30:50 (57.2%) | 7:31 | 8 (42.8%) |
| 1065 | GRUSZKA Michał | 1039 | | M-40 | 216 | 00:01:31 | 00:32:34 | 01:08:02 | 01:46:57 | 02:30:33 | 02:40:24.50 | 02:41:56.45 | +01:32:33 (57.7%) | 7:36 | 7.9 (42.2%) |
| 1066 | MEJ Paweł | 734 | NIEZRZESZONY - BOSY BIEGACZ | M-40 | 218 | 00:00:04 | 00:36:15 | 01:20:45 | 02:03:27 | 02:46:14 | 02:56:19.55 | 02:56:23.65 | +01:48:28 (61.5%) | 8:21 | 7.2 (38.5%) |
| 1067 | MIRECKI Jan | 757 | | M-40 | 217 | 00:00:35 | 00:39:11 | 01:20:14 | 02:02:57 | 02:45:43 | 02:55:47.95 | 02:56:23.75 | +01:47:56 (61.4%) | 8:19 | 7.2 (38.5%) |
| 1068 | CHMIELOWIEC Patryk | 1093 | | M-20 | 184 | 00:00:01 | 00:11:13 | 00:22:21 | 00:34:30 | 00:50:17 | | | + | 2:30 | 23.9 (127.8%) |
| 1069 | ZDUNIAK Robert | 49 | | M-30 | 330 | 00:01:09 | 00:27:52 | 00:55:32 | 01:24:09 | 01:53:18 | | | +00:48:58 | 5:39 | 10.6 (56.7%) |
| 1070 | RACZKOWSKI Denis | 673 | | M-20 | 185 | 00:02:00 | 00:31:02 | 01:02:15 | 01:33:41 | 02:06:04 | | | +01:01:43 | 6:18 | 9.5 (50.8%) |
| 1071 | USZYŃSKA Aldona | 254 | OTK / NR GLIWICE | K-40 | 60 | 00:00:21 | 00:23:13 | 00:46:53 | 01:11:55 | | | | +00:23:49 | 4:47 | 12.5 (66.8%) |
| 1072 | PUCHAŁA Ewelina | 1293 | PACEMAKER | K-20 | 65 | 00:00:00 | 00:27:29 | | 01:19:52 | | | | + | 5:19 | 11.3 (60.4%) |
| 1073 | ŻURAWIECKA Anna | 1082 | | K-20 | 66 | 00:01:28 | 00:28:55 | 00:58:23 | 01:28:26 | | | | +00:40:20 | 5:53 | 10.2 (54.5%) |
| 1074 | TRZEJA ZDANOWSKA Dorota | 557 | URODZENI BIEGACZE | K-40 | 61 | 00:00:21 | 00:23:52 | 00:47:46 | | | | | +00:15:52 | 4:46 | 12.6 (67.4%) |
| 1075 | MADEJCZYK Tomasz | 264 | MTM | M-30 | 331 | 00:00:42 | 00:23:28 | | | | | | +00:07:39 | 4:41 | 12.8 (68.4%) |
| 1076 | IGNASIAK Jakub | 862 | | M-20 | 186 | 00:00:12 | 00:27:29 | | | | | | +00:11:40 | 5:29 | 10.9 (58.3%) |
| 1077 | PRÓBAN Robert | 44 | | M-30 | 332 | 00:00:19 | | | | | | | | | (0.0%) |
| 1078 | MAĆZKA Krystyna | 137 | OTK RZEŹNIK / RYKI | K-60 | 3 | 00:01:15 | | | | | | | | | (0.0%) |

Znaleziono 1078 wynik(ów)