



Organizator: Fundacja Bieg Rzeźnika
Data: 2016-01-31
Miejsce: Cisna
Dystans: 10 km

II ZIMOWA BIESZCZADZKA DYCHA 2016

B4SPORT

B4SPORT
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | 2km | 5.5km | Czas netto 10km | Czas brutto 10km | Różn | Tempo min/km | Tempo km/h |
|-----|-----------------------------|-------------|------------------------------------|-----------|------|----------|----------|--------------------|--------------------|----------------------|--------------|-----------------|
| 1 | DOMISZEWSKI Ignacy | 1105 | USTRZYKI DOLNE | M20 | 1 | 00:07:11 | 00:19:28 | 00:33:39.65 | 00:33:39.65 | | 3:21 | 17.8 (100%) |
| 2 | KĘPKA Kamil | 1158 | SZKOŁA GŁÓWNA SŁUŻBY POŻARNICZEJ | M20 | 2 | 00:07:14 | 00:20:23 | 00:34:36.85 | 00:34:36.85 | +00:00:57 (2.8%) | 3:27 | 17.3 (97.2%) |
| 3 | ŚLIWIŃSKI Dariusz | 1210 | PAŁUKI RUNNING TEAM/WALECZNE SERCA | M20 | 3 | 00:07:14 | 00:20:08 | 00:34:50.85 | 00:34:50.85 | +00:01:11 (3.4%) | 3:29 | 17.2 (96.6%) |
| 4 | ZDANOWSKI Łukasz | 1259 | KS-CHOCHOŁÓW | M20 | 4 | 00:07:15 | 00:20:30 | 00:35:19.95 | 00:35:19.95 | +00:01:40 (4.7%) | 3:31 | 17 (95.5%) |
| 5 | RODAK Paweł | 1181 | SKLEPBIEGACZA.PL GLIWICE | M20 | 5 | 00:07:46 | 00:20:42 | 00:35:46.45 | 00:35:46.45 | +00:02:06 (5.9%) | 3:34 | 16.8 (94.4%) |
| 6 | CHOJNOWSKI Sebastian | 1195 | GTT | M20 | 6 | 00:07:46 | 00:21:20 | 00:36:42.40 | 00:36:42.40 | +00:03:02 (8.3%) | 3:40 | 16.3 (91.6%) |
| 7 | LIPA Wojciech | 1151 | RZSZOWSKIE GAZELE I GEPARDY | M30 | 1 | 00:08:02 | 00:22:23 | 00:38:06.75 | 00:38:06.75 | +00:04:27 (11.7%) | 3:48 | 15.7 (88.2%) |
| 8 | OLEKSY Przemysław | 1086 | RZSZOWSKIE GAZELE I GEPARDY | M30 | 2 | 00:08:03 | 00:22:21 | 00:38:28.00 | 00:38:28.00 | +00:04:48 (12.5%) | 3:50 | 15.6 (87.6%) |
| 9 | MICHALAK Grzegorz | 1156 | SGSP | M20 | 7 | 00:08:12 | 00:22:56 | 00:39:15.15 | 00:39:15.15 | +00:05:35 (14.2%) | 3:55 | 15.3 (86.0%) |
| 10 | SUROWIEC Grzegorz | 1057 | BESTA PB SP Z O.O. | M30 | 3 | 00:08:02 | 00:22:38 | 00:39:31.90 | 00:39:31.90 | +00:05:52 (14.9%) | 3:57 | 15.2 (85.4%) |
| 11 | DROZDA Mateusz | 1163 | SZKOŁA GŁÓWNA SŁUŻBY POŻARNICZEJ | M20 | 8 | 00:08:14 | 00:23:44 | 00:40:27.00 | 00:40:27.00 | +00:06:47 (16.8%) | 4:02 | 14.8 (83.1%) |
| 12 | KOT Łukasz | 1152 | RZSZOWSKIE GAZELE I GEPARDY | M30 | 4 | 00:08:38 | 00:23:38 | 00:40:31.95 | 00:40:31.95 | +00:06:52 (17.0%) | 4:03 | 14.8 (83.1%) |
| 13 | ROMANOWICZ Emilia | 1258 | | K20 | 1 | 00:08:21 | 00:23:43 | 00:41:28.05 | 00:41:28.05 | +00:07:48 (18.8%) | 4:08 | 14.5 (81.5%) |
| 14 | ŁUCZAK Stanisław | 1024 | | M40 | 1 | 00:08:45 | 00:23:47 | 00:41:28.65 | 00:41:28.65 | +00:07:49 (18.8%) | 4:08 | 14.5 (81.5%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | 2km | 5.5km | Czas netto 10km | Czas brutto 10km | Różn | Tempo min/km | Tempo km/h |
|-----|----------------------------|-------------|-------------------------------------|-----------|------|----------|----------|--------------------|--------------------|-------------------|--------------|--------------|
| 15 | KIBART Krzysztof | 1124 | BUBBA GUMP RUN TEAM | M30 | 5 | 00:08:58 | 00:24:18 | 00:41:35.10 | 00:41:35.10 | +00:07:55 (19.1%) | 4:09 | 14.4 (80.9%) |
| 16 | WOJNOWICZ Marek | 1139 | RUNNING TEAM HORMANN LEGNICA | M20 | 9 | 00:08:12 | 00:23:58 | 00:42:09.85 | 00:42:09.85 | +00:08:30 (20.2%) | 4:12 | 14.2 (79.8%) |
| 17 | PIĄTEK Mateusz | 1153 | BRAK | M20 | 10 | 00:09:01 | 00:24:51 | 00:42:28.90 | 00:42:28.90 | +00:08:49 (20.8%) | 4:14 | 14.1 (79.2%) |
| 18 | ZAJEZIERSKI Mateusz | 1030 | | M20 | 11 | 00:09:13 | 00:25:09 | 00:43:02.75 | 00:43:02.75 | +00:09:23 (21.8%) | 4:18 | 13.9 (78.1%) |
| 19 | MIELOCH Tamara | 1289 | | K30 | 1 | 00:09:44 | 00:25:59 | 00:43:17.15 | 00:43:17.15 | +00:09:37 (22.2%) | 4:19 | 13.9 (78.1%) |
| 20 | PŁACZEK Paweł | 1204 | WETLINA | M30 | 6 | 00:09:20 | 00:25:34 | 00:43:41.70 | 00:43:41.70 | +00:10:02 (23.0%) | 4:22 | 13.7 (77.0%) |
| 21 | WETHACZ Dariusz | 1274 | | M30 | 7 | 00:08:51 | 00:25:26 | 00:43:46.75 | 00:43:46.75 | +00:10:07 (23.1%) | 4:22 | 13.7 (77.0%) |
| 22 | NOWOMIEJSKI Marcin | 1137 | OWM LUBLIN TEAM OFIARY WUJA MARCINA | M30 | 8 | 00:08:36 | 00:25:09 | 00:43:55.90 | 00:43:55.90 | +00:10:16 (23.4%) | 4:23 | 13.7 (77.0%) |
| 23 | FARBANIEC Tomasz | 1146 | SZKOŁA GŁÓWNA SŁUŻBY POŻARNICZEJ | M20 | 12 | 00:09:28 | 00:25:47 | 00:43:56.75 | 00:43:56.75 | +00:10:17 (23.4%) | 4:23 | 13.7 (77.0%) |
| 24 | WIETECHA Piotr | 1223 | | M30 | 9 | 00:08:38 | 00:25:37 | 00:44:13.20 | 00:44:13.20 | +00:10:33 (23.9%) | 4:25 | 13.6 (76.4%) |
| 25 | MARYNICZ Łukasz | 1221 | | M30 | 10 | 00:09:44 | 00:26:14 | 00:44:55.60 | 00:44:55.60 | +00:11:15 (25.1%) | 4:29 | 13.4 (75.3%) |
| 26 | SZCZUR Wiesław | 1072 | | M40 | 2 | 00:09:39 | 00:26:28 | 00:45:00.10 | 00:45:00.10 | +00:11:20 (25.2%) | 4:30 | 13.3 (74.7%) |
| 27 | BRZOZOWSKI Łukasz | 1138 | I-BS.PL SPORT TEAM | M30 | 11 | 00:11:14 | 00:27:31 | 00:45:15.80 | 00:45:15.80 | +00:11:36 (25.6%) | 4:31 | 13.3 (74.7%) |
| 28 | TYSZCZAK Rafał | 1239 | BLOCK B CROSSFIT PRZEMYŚL | M40 | 3 | 00:10:33 | 00:27:18 | 00:45:40.70 | 00:45:40.70 | +00:12:01 (26.3%) | 4:34 | 13.1 (73.6%) |
| 29 | POPIOŁEK Michał | 1233 | | M20 | 13 | 00:10:08 | 00:26:35 | 00:45:48.90 | 00:45:48.90 | +00:12:09 (26.5%) | 4:34 | 13.1 (73.6%) |
| 30 | SIPIERA Tomasz | 1166 | LACHO TEAM | M40 | 4 | 00:09:10 | 00:26:16 | 00:45:57.60 | 00:45:57.60 | +00:12:17 (26.8%) | 4:35 | 13.1 (73.6%) |
| 31 | BRENDZOWSKI Adam | 1033 | SOLINA TEAM | M30 | 12 | 00:10:58 | 00:27:46 | 00:46:20.15 | 00:46:20.15 | +00:12:40 (27.4%) | 4:38 | 12.9 (72.5%) |
| 32 | BAŁCHAN Krzysztof | 1011 | CPR RZESZÓW | M20 | 14 | 00:09:57 | 00:26:55 | 00:46:30.60 | 00:46:30.60 | +00:12:50 (27.6%) | 4:39 | 12.9 (72.5%) |
| 33 | DOPART Tomasz | 1130 | | M30 | 13 | 00:09:45 | 00:26:20 | 00:46:59.55 | 00:46:59.55 | +00:13:19 (28.4%) | 4:41 | 12.8 (71.9%) |
| 34 | SANKOWSKI Szymon | 1065 | ZABIEGANI MIELEC | M30 | 14 | 00:10:56 | 00:28:19 | 00:47:34.25 | 00:47:34.25 | +00:13:54 (29.2%) | 4:45 | 12.6 (70.8%) |
| 35 | KOŚCIAŃSKI Paweł | 1238 | | M30 | 15 | 00:11:10 | 00:28:25 | 00:47:34.65 | 00:47:34.65 | +00:13:55 (29.3%) | 4:45 | 12.6 (70.8%) |
| 36 | HRYSZKO Robert | 1113 | KLUB (SPORTING CLUB NAME) | M40 | 5 | 00:11:41 | 00:29:07 | 00:47:35.65 | 00:47:35.65 | +00:13:56 (29.3%) | 4:45 | 12.6 (70.8%) |
| 37 | ZIĘBA Piotr | 1287 | | M30 | 16 | 00:10:11 | 00:27:28 | 00:47:39.40 | 00:47:39.40 | +00:13:59 (29.4%) | 4:45 | 12.6 (70.8%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | 2km | 5.5km | Czas netto 10km | Czas brutto 10km | Różn | Tempo min/km | Tempo km/h |
|-----|------------------------------|-------------|-------------------------|-----------|------|----------|----------|--------------------|--------------------|-------------------|--------------|--------------|
| 38 | CIĄGŁO Jacek | 1012 | | M30 | 17 | 00:12:01 | 00:29:23 | 00:47:47.70 | 00:47:47.70 | +00:14:08 (29.6%) | 4:46 | 12.6 (70.8%) |
| 39 | CELIŃSKI Tomasz | 1263 | | M40 | 6 | 00:10:48 | 00:28:45 | 00:47:52.25 | 00:47:52.25 | +00:14:12 (29.7%) | 4:47 | 12.5 (70.2%) |
| 40 | SZALACHA Katarzyna | 1236 | | K30 | 2 | 00:11:10 | 00:28:27 | 00:48:09.35 | 00:48:09.35 | +00:14:29 (30.1%) | 4:48 | 12.5 (70.2%) |
| 41 | MAZUR Sebastian | 1068 | | M40 | 7 | 00:11:48 | 00:29:21 | 00:48:17.30 | 00:48:17.30 | +00:14:37 (30.3%) | 4:49 | 12.4 (69.7%) |
| 42 | PIEKARZ Marcin Marian | 1282 | ALFREDÓWKA | M30 | 18 | 00:10:28 | 00:27:57 | 00:48:31.05 | 00:48:31.05 | +00:14:51 (30.6%) | 4:51 | 12.4 (69.7%) |
| 43 | KRENZEL Regina | 1060 | | K20 | 2 | 00:09:57 | 00:28:08 | 00:48:36.30 | 00:48:36.30 | +00:14:56 (30.7%) | 4:51 | 12.3 (69.1%) |
| 44 | BOŻĘTKA Józef | 1286 | | M40 | 8 | 00:11:03 | 00:28:31 | 00:48:48.15 | 00:48:48.15 | +00:15:08 (31.0%) | 4:52 | 12.3 (69.1%) |
| 45 | KRUPA Paweł | 1273 | WWW.SERWISDRZEWNY.COM | M30 | 19 | 00:13:39 | 00:30:22 | 00:48:56.35 | 00:48:56.35 | +00:15:16 (31.2%) | 4:53 | 12.3 (69.1%) |
| 46 | MATUSIAK Małgorzata | 1140 | | K20 | 3 | 00:11:11 | 00:28:29 | 00:49:10.80 | 00:49:10.80 | +00:15:31 (31.6%) | 4:55 | 12.2 (68.5%) |
| 47 | KAPRAL Adam | 1129 | | M40 | 9 | 00:09:45 | 00:28:07 | 00:49:20.25 | 00:49:20.25 | +00:15:40 (31.8%) | 4:56 | 12.2 (68.5%) |
| 48 | SZCZUR Iwona | 1073 | | K40 | 1 | 00:10:18 | 00:28:21 | 00:49:20.85 | 00:49:20.85 | +00:15:41 (31.8%) | 4:56 | 12.2 (68.5%) |
| 49 | POŚPIECH Herbert | 1350 | | M30 | 20 | 00:10:30 | 00:29:19 | 00:49:24.45 | 00:49:24.45 | +00:15:44 (31.9%) | 4:56 | 12.1 (68.0%) |
| 50 | PYSZKO Janusz | 1040 | | M30 | 21 | 00:11:42 | 00:29:16 | 00:49:29.25 | 00:49:29.25 | +00:15:49 (32.0%) | 4:56 | 12.1 (68.0%) |
| 51 | WITKOWSKA Beata | 1027 | KLUB BIEGACZA WARTA | K30 | 3 | 00:11:04 | 00:28:35 | 00:49:33.45 | 00:49:33.45 | +00:15:53 (32.1%) | 4:57 | 12.1 (68.0%) |
| 52 | FLĄDRO Daniel | 1080 | | M30 | 22 | 00:13:13 | 00:30:38 | 00:49:36.25 | 00:49:36.25 | +00:15:56 (32.1%) | 4:57 | 12.1 (68.0%) |
| 53 | SKRZYNIARZ Bartłomiej | 1053 | JGB SOKÓŁ | M20 | 15 | 00:13:02 | 00:30:14 | 00:49:40.35 | 00:49:40.35 | +00:16:00 (32.2%) | 4:58 | 12.1 (68.0%) |
| 54 | OSINIAK Marek | 1044 | | M30 | 23 | 00:13:01 | 00:30:15 | 00:49:41.05 | 00:49:41.05 | +00:16:01 (32.3%) | 4:58 | 12.1 (68.0%) |
| 55 | KALANDYK Wojciech | 1155 | | M30 | 24 | 00:11:02 | 00:29:14 | 00:49:41.45 | 00:49:41.45 | +00:16:01 (32.3%) | 4:58 | 12.1 (68.0%) |
| 56 | SOŁTYSIAK Emilia | 1237 | KALIŃSKA TEAM | K20 | 4 | 00:12:39 | 00:30:51 | 00:49:41.85 | 00:49:41.85 | +00:16:02 (32.3%) | 4:58 | 12.1 (68.0%) |
| 57 | KWASEK Kazimierz | 1176 | ESKADRA KRAKÓW | M30 | 25 | 00:09:42 | 00:28:17 | 00:49:45.00 | 00:49:45.00 | +00:16:05 (32.3%) | 4:58 | 12.1 (68.0%) |
| 58 | KIBART Robert | 1125 | BUBBA GUMP RUN TEAM | M40 | 10 | 00:12:31 | 00:30:55 | 00:50:13.65 | 00:50:13.65 | +00:16:34 (33.0%) | 5:01 | 11.9 (66.9%) |
| 59 | BAHIR Said | 1205 | PRZEMYŚL | M40 | 11 | 00:12:38 | 00:30:19 | 00:50:16.40 | 00:50:16.40 | +00:16:36 (33.0%) | 5:01 | 11.9 (66.9%) |
| 60 | JAKUBÓW Magdalena | 1099 | PRZEMYSKI KLUB BIEGACZA | K30 | 4 | 00:10:48 | 00:28:57 | 00:50:28.95 | 00:50:28.95 | +00:16:49 (33.3%) | 5:02 | 11.9 (66.9%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | 2km | 5.5km | Czas netto 10km | Czas brutto 10km | Różn | Tempo min/km | Tempo km/h |
|-----|---------------------------------|-------------|-----------------------------|-----------|------|----------|----------|--------------------|--------------------|-------------------|--------------|--------------|
| 60 | JAKUBÓW Krzysztof | 1100 | PRZEMYSKI KLUB BIEGACZA | M30 | 26 | 00:10:48 | 00:28:58 | 00:50:28.95 | 00:50:28.95 | +00:16:49 (33.3%) | 5:02 | 11.9 (66.9%) |
| 62 | PRZYBYSZ Mariusz | 1021 | | M40 | 12 | 00:13:02 | 00:30:55 | 00:50:31.40 | 00:50:31.40 | +00:16:51 (33.4%) | 5:03 | 11.9 (66.9%) |
| 63 | SIKORA Irmina | 1190 | | K20 | 5 | 00:12:36 | 00:30:52 | 00:50:33.30 | 00:50:33.30 | +00:16:53 (33.4%) | 5:03 | 11.9 (66.9%) |
| 64 | KIELAR Marcin | 1179 | IDEO.PL | M20 | 16 | 00:12:30 | 00:30:04 | 00:50:34.25 | 00:50:34.25 | +00:16:54 (33.4%) | 5:03 | 11.9 (66.9%) |
| 65 | ZIMAK Sebastian | 1228 | | M30 | 27 | 00:12:19 | 00:30:21 | 00:50:36.10 | 00:50:36.10 | +00:16:56 (33.5%) | 5:03 | 11.9 (66.9%) |
| 66 | PILCH Daniel | 1078 | ZAMEK DUBIECKO RUNNING TEAM | M30 | 28 | 00:11:42 | 00:29:47 | 00:50:37.55 | 00:50:37.55 | +00:16:57 (33.5%) | 5:03 | 11.9 (66.9%) |
| 67 | TALMA Paweł | 1028 | LUBARTOWBIEGA.PL | M40 | 13 | 00:13:01 | 00:30:58 | 00:50:38.80 | 00:50:38.80 | +00:16:59 (33.5%) | 5:03 | 11.8 (66.3%) |
| 68 | MAZUR Marek | 1207 | PRZEMYŚL | M30 | 29 | 00:12:38 | 00:30:18 | 00:50:48.55 | 00:50:48.55 | +00:17:08 (33.8%) | 5:04 | 11.8 (66.3%) |
| 69 | BARAN Krystian | 1180 | IDEO.PL | M30 | 30 | 00:13:32 | 00:31:18 | 00:51:00.25 | 00:51:00.25 | +00:17:20 (34.0%) | 5:06 | 11.8 (66.3%) |
| 70 | KUREK Kamil | 1164 | | M20 | 17 | 00:09:28 | 00:28:25 | 00:51:20.10 | 00:51:20.10 | +00:17:40 (34.4%) | 5:08 | 11.7 (65.7%) |
| 71 | KIERES Michał | 1062 | LEŚNE RUN TEAM | M30 | 31 | 00:11:25 | 00:30:31 | 00:51:38.65 | 00:51:38.65 | +00:17:59 (34.8%) | 5:09 | 11.6 (65.2%) |
| 72 | POŁOŻYŃSKI Andrzej | 1118 | ZACISZE NIGHT RUNNERS | M30 | 32 | 00:12:51 | 00:30:40 | 00:51:39.15 | 00:51:39.15 | +00:17:59 (34.8%) | 5:09 | 11.6 (65.2%) |
| 73 | SKUBIDA Marcin | 1226 | GORZYCE | M30 | 33 | 00:10:30 | 00:29:45 | 00:51:48.35 | 00:51:48.35 | +00:18:08 (35.0%) | 5:10 | 11.6 (65.2%) |
| 74 | KLEPACKI Maciej | 1032 | YOZEN.PL | M30 | 34 | 00:10:44 | 00:29:38 | 00:51:53.35 | 00:51:53.35 | +00:18:13 (35.1%) | 5:11 | 11.6 (65.2%) |
| 75 | PAWŁOWSKI Paweł | 1187 | | M40 | 14 | 00:11:46 | 00:30:27 | 00:51:55.45 | 00:51:55.45 | +00:18:15 (35.2%) | 5:11 | 11.6 (65.2%) |
| 76 | WOŹNIAK Janusz | 1301 | | M50 | 1 | 00:12:04 | 00:30:23 | 00:52:11.50 | 00:52:11.50 | +00:18:31 (35.5%) | 5:13 | 11.5 (64.6%) |
| 77 | WRÓBEL Bartłomiej | 1038 | CISNA | M40 | 15 | 00:11:25 | 00:30:44 | 00:52:19.85 | 00:52:19.85 | +00:18:40 (35.7%) | 5:13 | 11.5 (64.6%) |
| 78 | NOWIŃSKI Wojciech | 1257 | | M30 | 35 | 00:11:46 | 00:30:37 | 00:52:20.35 | 00:52:20.35 | +00:18:40 (35.7%) | 5:14 | 11.5 (64.6%) |
| 79 | ZAJDEL Sławomir | 1215 | | M30 | 36 | 00:10:23 | 00:29:40 | 00:52:25.80 | 00:52:25.80 | +00:18:46 (35.8%) | 5:14 | 11.4 (64.0%) |
| 80 | WOJTOWICZ -SANDER Sylwia | 1183 | | K20 | 6 | 00:12:37 | 00:31:03 | 00:52:27.70 | 00:52:27.70 | +00:18:48 (35.8%) | 5:14 | 11.4 (64.0%) |
| 81 | BOGACZEWICZ Dawid | 1284 | GOOD LIFE FITNESS | M20 | 18 | 00:13:33 | 00:31:44 | 00:52:33.35 | 00:52:33.35 | +00:18:53 (36.0%) | 5:15 | 11.4 (64.0%) |
| 82 | ZAWADZKI Grzegorz | 1132 | | M30 | 37 | 00:12:30 | 00:31:59 | 00:52:36.35 | 00:52:36.35 | +00:18:56 (36.0%) | 5:15 | 11.4 (64.0%) |
| 83 | KATYŃSKA Marta | 1079 | | K30 | 5 | 00:12:10 | 00:31:06 | 00:52:42.40 | 00:52:42.40 | +00:19:02 (36.1%) | 5:16 | 11.4 (64.0%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | 2km | 5.5km | Czas netto 10km | Czas brutto 10km | Różn | Tempo min/km | Tempo km/h |
|-----|----------------------|-------|---------------------------------|-----------|------|----------|----------|-----------------|------------------|-------------------|--------------|--------------|
| 84 | STEMPAK Marcin | 1091 | JAROSŁAWSKA GRUPA BIEGOWA SOKÓŁ | M30 | 38 | 00:13:55 | 00:31:48 | 00:52:47.45 | 00:52:47.45 | +00:19:07 (36.2%) | 5:16 | 11.4 (64.0%) |
| 85 | KARAŚ Wojciech | 1041 | | M20 | 19 | 00:11:12 | 00:30:24 | 00:52:52.15 | 00:52:52.15 | +00:19:12 (36.3%) | 5:17 | 11.3 (63.5%) |
| 86 | GODLEWSKI Krzysztof | 1171 | | M20 | 20 | 00:13:41 | 00:31:58 | 00:53:03.05 | 00:53:03.05 | +00:19:23 (36.5%) | 5:18 | 11.3 (63.5%) |
| 87 | PREJS Beata Marta | 1058 | | K30 | 6 | 00:11:23 | 00:30:32 | 00:53:06.95 | 00:53:06.95 | +00:19:27 (36.6%) | 5:18 | 11.3 (63.5%) |
| 88 | HONKISZ Maciej | 1242 | | M50 | 2 | 00:12:35 | 00:31:29 | 00:53:15.75 | 00:53:15.75 | +00:19:36 (36.8%) | 5:19 | 11.3 (63.5%) |
| 89 | PACZOCHA Dariusz | 1020 | | M30 | 39 | 00:12:22 | 00:31:25 | 00:53:20.45 | 00:53:20.45 | +00:19:40 (36.9%) | 5:20 | 11.3 (63.5%) |
| 90 | CIEŚLA Maksymilian | 1047 | | M30 | 40 | 00:13:56 | 00:33:05 | 00:53:22.80 | 00:53:22.80 | +00:19:43 (36.9%) | 5:20 | 11.2 (62.9%) |
| 91 | LEŚKO Paweł | 1262 | GOŃ ZAJĄCZKA SQAD | M30 | 41 | 00:12:57 | 00:32:44 | 00:53:23.15 | 00:53:23.15 | +00:19:43 (36.9%) | 5:20 | 11.2 (62.9%) |
| 92 | LACHOWICZ Przemysław | 1104 | | M30 | 42 | 00:11:19 | 00:31:16 | 00:53:48.70 | 00:53:48.70 | +00:20:09 (37.4%) | 5:22 | 11.2 (62.9%) |
| 93 | SĘKOWSKI Damian | 1150 | WF SPORTRUN TEAM | M30 | 43 | 00:12:03 | 00:30:27 | 00:53:55.45 | 00:53:55.45 | +00:20:15 (37.6%) | 5:23 | 11.1 (62.4%) |
| 94 | WĘGRZYN Małgorzata | 1246 | RZESZOWSKIE GAZELE I GEPARDY | K40 | 2 | 00:12:23 | 00:31:36 | 00:53:56.30 | 00:53:56.30 | +00:20:16 (37.6%) | 5:23 | 11.1 (62.4%) |
| 95 | URYGA Kinga | 1222 | | K30 | 7 | 00:12:09 | 00:31:14 | 00:53:56.75 | 00:53:56.75 | +00:20:17 (37.6%) | 5:23 | 11.1 (62.4%) |
| 96 | SZYMAŃSKA Ewa | 1218 | JGB SOKÓŁ | K50 | 1 | 00:12:38 | 00:31:54 | 00:53:57.20 | 00:53:57.20 | +00:20:17 (37.6%) | 5:23 | 11.1 (62.4%) |
| 97 | MYSZKOWSKA Teresa | 1202 | BIEGOMANIA LUBACZÓW | K30 | 8 | 00:12:27 | 00:31:27 | 00:53:59.30 | 00:53:59.30 | +00:20:19 (37.7%) | 5:23 | 11.1 (62.4%) |
| 98 | KRUPA Jacek | 1271 | UNIWHEELS | M40 | 16 | 00:13:41 | 00:32:01 | 00:54:05.85 | 00:54:05.85 | +00:20:26 (37.8%) | 5:24 | 11.1 (62.4%) |
| 99 | DOŁOWY Łukasz | 1279 | | M30 | 44 | 00:14:25 | 00:34:22 | 00:54:11.40 | 00:54:11.40 | +00:20:31 (37.9%) | 5:25 | 11.1 (62.4%) |
| 100 | SZCZYPEK Jacek | 1119 | KLUB (SPORTING CLUB NAME) | M30 | 45 | 00:13:03 | 00:31:53 | 00:54:12.20 | 00:54:12.20 | +00:20:32 (37.9%) | 5:25 | 11.1 (62.4%) |
| 101 | STAROŃ Jolanta | 1054 | | K20 | 7 | 00:12:18 | 00:32:02 | 00:54:14.25 | 00:54:14.25 | +00:20:34 (37.9%) | 5:25 | 11.1 (62.4%) |
| 102 | ZWOLIŃSKI Mariusz | 1120 | KLUB (SPORTING CLUB NAME) | M30 | 46 | 00:13:03 | 00:31:52 | 00:54:20.55 | 00:54:20.55 | +00:20:40 (38.1%) | 5:26 | 11 (61.8%) |
| 103 | SZAJCZYK Hubert | 1110 | | M30 | 47 | 00:12:56 | 00:32:38 | 00:54:26.20 | 00:54:26.20 | +00:20:46 (38.2%) | 5:26 | 11 (61.8%) |
| 104 | RUTKOWSKA Hanna | 1168 | - | K20 | 8 | 00:12:37 | 00:31:51 | 00:54:27.75 | 00:54:27.75 | +00:20:48 (38.2%) | 5:26 | 11 (61.8%) |
| 105 | WIETECZA Paweł | 1241 | WARZYCE | M30 | 48 | 00:11:24 | 00:31:50 | 00:54:30.45 | 00:54:30.45 | +00:20:50 (38.2%) | 5:27 | 11 (61.8%) |
| 106 | FELSKA Katarzyna | 1154 | NIGHT RUNNERS SŁUPSK | K20 | 9 | 00:11:25 | 00:31:04 | 00:54:33.30 | 00:54:33.30 | +00:20:53 (38.3%) | 5:27 | 11 (61.8%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | 2km | 5.5km | Czas netto 10km | Czas brutto 10km | Różn | Tempo min/km | Tempo km/h |
|-----|-----------------------------|-------------|------------------------------------|-----------|------|----------|----------|--------------------|--------------------|-------------------|--------------|--------------|
| 107 | SZCZEPANIAK Marcin | 1055 | | M20 | 21 | 00:12:19 | 00:32:35 | 00:54:36.40 | 00:54:36.40 | +00:20:56 (38.4%) | 5:27 | 11 (61.8%) |
| 108 | WYZINA Andrzej | 1280 | | M30 | 49 | 00:14:25 | 00:34:37 | 00:54:44.80 | 00:54:44.80 | +00:21:05 (38.5%) | 5:28 | 11 (61.8%) |
| 109 | PASULA Katarzyna | 1281 | KENDA | K40 | 3 | 00:11:27 | 00:31:49 | 00:54:59.35 | 00:54:59.35 | +00:21:19 (38.8%) | 5:29 | 10.9 (61.2%) |
| 110 | ŚWISTAK Piotr | 1014 | | M30 | 50 | 00:12:57 | 00:32:26 | 00:55:01.65 | 00:55:01.65 | +00:21:22 (38.8%) | 5:30 | 10.9 (61.2%) |
| 111 | KIBART Piotr | 1182 | BUBBA GUMP RUN TEAM | M30 | 51 | 00:12:32 | 00:32:14 | 00:55:06.70 | 00:55:06.70 | +00:21:27 (38.9%) | 5:30 | 10.9 (61.2%) |
| 112 | WŁADYKA Marek | 1269 | | M30 | 52 | 00:13:20 | 00:32:48 | 00:55:09.45 | 00:55:09.45 | +00:21:29 (39.0%) | 5:30 | 10.9 (61.2%) |
| 113 | ZAWADZKA Agnieszka | 1123 | | K30 | 9 | 00:12:30 | 00:32:07 | 00:55:10.25 | 00:55:10.25 | +00:21:30 (39.0%) | 5:31 | 10.9 (61.2%) |
| 114 | NIZIOŁEK Marek | 1296 | PEDRAFORZA / NIZIOLKI ZABORZAŃSKIE | M40 | 17 | 00:12:28 | 00:32:43 | 00:55:23.05 | 00:55:23.05 | +00:21:43 (39.2%) | 5:32 | 10.8 (60.7%) |
| 115 | MAGDALIŃSKA Joanna | 1107 | SPELEOKLUB WARSZAWSKI | K30 | 10 | 00:12:56 | 00:32:56 | 00:55:29.70 | 00:55:29.70 | +00:21:50 (39.3%) | 5:32 | 10.8 (60.7%) |
| 116 | WINIARSKA Katarzyna | 1136 | | K20 | 10 | 00:13:34 | 00:33:29 | 00:55:31.85 | 00:55:31.85 | +00:21:52 (39.4%) | 5:33 | 10.8 (60.7%) |
| 117 | MOŚ Rafał | 1116 | B4SPORTONLINE | M30 | 53 | 00:12:55 | 00:32:36 | 00:55:37.75 | 00:55:37.75 | +00:21:58 (39.5%) | 5:33 | 10.8 (60.7%) |
| 118 | TWOREK Bogusław | 1252 | BBL JAROSŁAW | M40 | 18 | 00:13:55 | 00:33:37 | 00:55:39.10 | 00:55:39.10 | +00:21:59 (39.5%) | 5:33 | 10.8 (60.7%) |
| 119 | CHLEBIŃSKA Paulina | 1268 | RZESZOWSKIE GAZELE I GEPARDY | K20 | 11 | 00:12:45 | 00:32:50 | 00:55:54.95 | 00:55:54.95 | +00:22:15 (39.8%) | 5:35 | 10.7 (60.1%) |
| 120 | WITKOWSKA Anna | 1265 | | K30 | 11 | 00:12:50 | 00:33:33 | 00:56:03.15 | 00:56:03.15 | +00:22:23 (39.9%) | 5:36 | 10.7 (60.1%) |
| 121 | WOJTOWICZ Daniel | 1056 | | M40 | 19 | 00:13:28 | 00:33:39 | 00:56:06.35 | 00:56:06.35 | +00:22:26 (40.0%) | 5:36 | 10.7 (60.1%) |
| 122 | MUSIAŁ Kamil | 1141 | | M20 | 22 | 00:13:29 | 00:33:56 | 00:56:26.35 | 00:56:26.35 | +00:22:46 (40.4%) | 5:38 | 10.6 (59.6%) |
| 123 | SZYBIAK Maciej | 1093 | | M20 | 23 | 00:12:26 | 00:32:56 | 00:56:32.95 | 00:56:32.95 | +00:22:53 (40.5%) | 5:39 | 10.6 (59.6%) |
| 124 | PLISZCZYŃSKA Justyna | 1074 | | K40 | 4 | 00:12:09 | 00:32:48 | 00:56:34.65 | 00:56:34.65 | +00:22:55 (40.5%) | 5:39 | 10.6 (59.6%) |
| 125 | NADOLSKI Stanisław | 1098 | | M40 | 20 | 00:12:52 | 00:33:57 | 00:56:42.70 | 00:56:42.70 | +00:23:03 (40.6%) | 5:40 | 10.6 (59.6%) |
| 126 | NIEWIAROWSKI Cezary | 1250 | GRUPA SZALONYCH ROWERZYSTÓW | M40 | 21 | 00:11:22 | 00:32:37 | 00:56:45.45 | 00:56:45.45 | +00:23:05 (40.7%) | 5:40 | 10.6 (59.6%) |
| 127 | MAĆZKA Krystyna | 1277 | OTK RZEŹNIK | K60 | 1 | 00:12:15 | 00:33:10 | 00:56:52.75 | 00:56:52.75 | +00:23:13 (40.8%) | 5:41 | 10.6 (59.6%) |
| 128 | SOCHA Dorota | 1224 | SPORTRUN | K30 | 12 | 00:13:04 | 00:34:11 | 00:56:57.65 | 00:56:57.65 | +00:23:18 (40.9%) | 5:41 | 10.5 (59.0%) |
| 129 | LIGENZA Zbigniew | 1294 | PÓŁNOC - POŁUDNIE | M30 | 54 | 00:13:59 | 00:33:59 | 00:56:59.80 | 00:56:59.80 | +00:23:20 (40.9%) | 5:41 | 10.5 (59.0%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | 2km | 5.5km | Czas netto 10km | Czas brutto 10km | Różn | Tempo min/km | Tempo km/h |
|-----|-----------------------------------|-------------|--------------------------|-----------|------|----------|----------|--------------------|--------------------|-------------------|--------------|--------------|
| 130 | KARKUT Katarzyna | 1295 | | K30 | 13 | 00:13:59 | 00:33:58 | 00:56:59.95 | 00:56:59.95 | +00:23:20 (40.9%) | 5:41 | 10.5 (59.0%) |
| 131 | MAZIAKOWSKI Krzysztof | 1122 | MAZIAKOWSKI RUNNING TEAM | M40 | 22 | 00:13:49 | 00:34:41 | 00:57:07.15 | 00:57:07.15 | +00:23:27 (41.1%) | 5:42 | 10.5 (59.0%) |
| 132 | KLIKS Andrzej | 1043 | BIEGAM, BO ŻONA MI KAŻE | M40 | 23 | 00:15:27 | 00:34:49 | 00:57:09.90 | 00:57:09.90 | +00:23:30 (41.1%) | 5:42 | 10.5 (59.0%) |
| 133 | DĘBICKA Brygida | 1225 | WOSZK ZAKOPANE | K30 | 14 | 00:12:24 | 00:33:39 | 00:57:19.55 | 00:57:19.55 | +00:23:39 (41.3%) | 5:43 | 10.5 (59.0%) |
| 134 | ŁAPIŃSKA Anna | 1160 | PRZEMYSKI KLUB BIEGACZA | K30 | 15 | 00:12:17 | 00:33:31 | 00:57:22.50 | 00:57:22.50 | +00:23:42 (41.3%) | 5:44 | 10.5 (59.0%) |
| 135 | GRZEBNIEWSKA Judyta | 1147 | WF SPORTRUN TEAM | K20 | 12 | 00:13:04 | 00:34:07 | 00:57:35.70 | 00:57:35.70 | +00:23:56 (41.6%) | 5:45 | 10.4 (58.4%) |
| 136 | PRAŻMOWSKI Piotr | 1275 | AM NAT KRAKÓW | M30 | 55 | 00:11:24 | 00:33:28 | 00:57:39.00 | 00:57:39.00 | +00:23:59 (41.6%) | 5:45 | 10.4 (58.4%) |
| 137 | MIESZCZAK Anna | 1134 | AZS AWF KATOWICE | K20 | 13 | 00:11:39 | 00:32:43 | 00:57:41.40 | 00:57:41.40 | +00:24:01 (41.7%) | 5:46 | 10.4 (58.4%) |
| 138 | BIAŁECKA Magdalena | 1022 | BARLINEK | K30 | 16 | 00:12:18 | 00:34:06 | 00:57:52.95 | 00:57:52.95 | +00:24:13 (41.8%) | 5:47 | 10.4 (58.4%) |
| 139 | MIKUTANIEC Patrycja | 1213 | | K30 | 17 | 00:13:08 | 00:33:31 | 00:57:54.40 | 00:57:54.40 | +00:24:14 (41.9%) | 5:47 | 10.4 (58.4%) |
| 140 | MIKUTANIEC Sebastian | 1214 | | M30 | 56 | 00:13:11 | 00:33:34 | 00:57:54.50 | 00:57:54.50 | +00:24:14 (41.9%) | 5:47 | 10.4 (58.4%) |
| 141 | GANCARSKI Marcin | 1023 | | M20 | 24 | 00:12:08 | 00:33:22 | 00:58:03.60 | 00:58:03.60 | +00:24:23 (42.0%) | 5:48 | 10.3 (57.9%) |
| 142 | PODSKARBI Mariusz | 1083 | | M40 | 24 | 00:11:08 | 00:32:18 | 00:58:08.35 | 00:58:08.35 | +00:24:28 (42.1%) | 5:48 | 10.3 (57.9%) |
| 143 | MACIEJEWSKA Małgorzata | 1184 | | K30 | 18 | 00:13:02 | 00:34:14 | 00:58:19.60 | 00:58:19.60 | +00:24:39 (42.3%) | 5:49 | 10.3 (57.9%) |
| 144 | FANSLAU Magdalena | 1230 | | K20 | 14 | 00:14:23 | 00:35:22 | 00:58:35.40 | 00:58:35.40 | +00:24:55 (42.5%) | 5:51 | 10.2 (57.3%) |
| 145 | HORBACZEWSKI Marek | 1167 | | M50 | 3 | 00:13:57 | 00:35:13 | 00:58:48.70 | 00:58:48.70 | +00:25:09 (42.8%) | 5:52 | 10.2 (57.3%) |
| 146 | DANILUK Andrzej | 1117 | ZACISZE NIGHT RUNNERS | M30 | 57 | 00:12:51 | 00:34:13 | 00:58:59.60 | 00:58:59.60 | +00:25:19 (42.9%) | 5:53 | 10.2 (57.3%) |
| 147 | GAWCZYŃSKA - BACZA Izabela | 1209 | ŻURAWICA | K40 | 5 | 00:13:52 | 00:35:12 | 00:59:00.75 | 00:59:00.75 | +00:25:21 (43.0%) | 5:54 | 10.2 (57.3%) |
| 148 | BARCZEWSKA Agnieszka | 1290 | FC MI SIĘ NIE CHCE | K20 | 15 | 00:13:31 | 00:34:57 | 00:59:09.55 | 00:59:09.55 | +00:25:29 (43.1%) | 5:54 | 10.1 (56.7%) |
| 149 | BŁĄD Grzegorz | 1232 | | M30 | 58 | 00:13:56 | 00:35:06 | 00:59:16.35 | 00:59:16.35 | +00:25:36 (43.2%) | 5:55 | 10.1 (56.7%) |
| 149 | MALINOWSKI Tomasz | 1088 | | M30 | 59 | 00:13:56 | 00:35:07 | 00:59:16.35 | 00:59:16.35 | +00:25:36 (43.2%) | 5:55 | 10.1 (56.7%) |
| 151 | CHRUŚCIEL Monika | 1089 | | K20 | 16 | 00:13:56 | 00:35:06 | 00:59:16.40 | 00:59:16.40 | +00:25:36 (43.2%) | 5:55 | 10.1 (56.7%) |
| 152 | ŁABNO Anna | 1278 | | K40 | 6 | 00:13:22 | 00:35:04 | 00:59:28.70 | 00:59:28.70 | +00:25:49 (43.4%) | 5:56 | 10.1 (56.7%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | 2km | 5.5km | Czas netto 10km | Czas brutto 10km | Różn | Tempo min/km | Tempo km/h |
|-----|-------------------------------|-------------|------------------------------------|-----------|------|----------|----------|--------------------|--------------------|----------------------|--------------|-----------------|
| 153 | RYGLEWICZ Marcin | 1165 | | M20 | 25 | 00:14:24 | 00:35:24 | 00:59:33.15 | 00:59:33.15 | +00:25:53 (43.5%) | 5:57 | 10.1 (56.7%) |
| 154 | IGNASZAK Marek | 1144 | JÓZEFIŃSKA TEAM | M60 | 1 | 00:13:07 | 00:35:10 | 00:59:40.20 | 00:59:40.20 | +00:26:00 (43.6%) | 5:58 | 10.1 (56.7%) |
| 155 | ZAGASKA Linda | 1169 | GLIWICKIE TOWARZYSTWO TRIATHLONOWE | K20 | 17 | 00:13:17 | 00:34:21 | 00:59:41.65 | 00:59:41.65 | +00:26:02 (43.6%) | 5:58 | 10.1 (56.7%) |
| 156 | GARCZYŃSKI Dariusz | 1197 | | M40 | 25 | 00:14:13 | 00:36:17 | 01:00:00.00 | 01:00:00.00 | +00:26:20 (43.9%) | 6:00 | 10 (56.2%) |
| 157 | RYŁKO Mariola | 1189 | SOLINA TEAM | K40 | 7 | 00:13:56 | 00:35:09 | 01:00:10.50 | 01:00:10.50 | +00:26:30 (44.1%) | 6:01 | 10 (56.2%) |
| 158 | JAWOROWICZ Dobrochna | 1046 | KALIŃSKA TEAM | K40 | 8 | 00:13:54 | 00:34:21 | 01:00:31.75 | 01:00:31.75 | +00:26:52 (44.4%) | 6:03 | 9.9 (55.6%) |
| 159 | SZYBIAK Joanna | 1092 | | K40 | 9 | 00:12:26 | 00:34:58 | 01:00:32.75 | 01:00:32.75 | +00:26:53 (44.4%) | 6:03 | 9.9 (55.6%) |
| 160 | STACHERA Piotr | 1234 | | M30 | 60 | 00:14:00 | 00:36:03 | 01:00:33.05 | 01:00:33.05 | +00:26:53 (44.4%) | 6:03 | 9.9 (55.6%) |
| 161 | WRONA Tomek | 1045 | PARKRUN KONSTANCIN | M20 | 26 | 00:13:54 | 00:35:29 | 01:00:46.70 | 01:00:46.70 | +00:27:07 (44.6%) | 6:04 | 9.9 (55.6%) |
| 162 | ZYGUŁA Magdalena | 1216 | NOWA HUTA TEAM | K30 | 19 | 00:14:16 | 00:35:34 | 01:00:52.95 | 01:00:52.95 | +00:27:13 (44.7%) | 6:05 | 9.9 (55.6%) |
| 163 | STYŚ- LITWIN Magdalena | 1256 | | K30 | 20 | 00:14:12 | 00:35:50 | 01:00:57.35 | 01:00:57.35 | +00:27:17 (44.8%) | 6:05 | 9.8 (55.1%) |
| 164 | LUPA Kornela | 1131 | NTT TRIADA NAMYSŁÓW | K40 | 10 | 00:14:06 | 00:36:20 | 01:01:02.60 | 01:01:02.60 | +00:27:22 (44.9%) | 6:06 | 9.8 (55.1%) |
| 165 | GARCZYŃSKA Anna | 1196 | | K40 | 11 | 00:14:14 | 00:36:15 | 01:01:15.65 | 01:01:15.65 | +00:27:36 (45.1%) | 6:07 | 9.8 (55.1%) |
| 166 | RZEPA Andrzej | 1149 | JÓZEFIŃSKA TEAM | M30 | 61 | 00:13:06 | 00:34:55 | 01:01:17.20 | 01:01:17.20 | +00:27:37 (45.1%) | 6:07 | 9.8 (55.1%) |
| 167 | ZARZYCKA Sylwia | 1185 | KLUB WYSOKOGÓRSKI WARSZAWA | K30 | 21 | 00:13:02 | 00:36:01 | 01:01:26.05 | 01:01:26.05 | +00:27:46 (45.2%) | 6:08 | 9.8 (55.1%) |
| 168 | ZAWADZKI Marcin | 1266 | | M30 | 62 | 00:14:06 | 00:35:32 | 01:01:26.95 | 01:01:26.95 | +00:27:47 (45.2%) | 6:08 | 9.8 (55.1%) |
| 169 | NIERADKA Katarzyna | 1035 | | K30 | 22 | 00:15:10 | 00:37:00 | 01:01:39.85 | 01:01:39.85 | +00:28:00 (45.4%) | 6:09 | 9.7 (54.5%) |
| 170 | GOSTYŃSKA Weronika | 1198 | GOSTYŃSCY TEAM | K30 | 23 | 00:14:29 | 00:35:48 | 01:01:40.40 | 01:01:40.40 | +00:28:00 (45.4%) | 6:10 | 9.7 (54.5%) |
| 171 | PIKOR Agata | 1039 | | K40 | 12 | 00:13:55 | 00:36:46 | 01:01:55.90 | 01:01:55.90 | +00:28:16 (45.6%) | 6:11 | 9.7 (54.5%) |
| 172 | TURCZANIK Aneta | 1081 | ROZBIEGANY ZAMOŚĆ | K40 | 13 | 00:13:55 | 00:36:45 | 01:01:56.05 | 01:01:56.05 | +00:28:16 (45.7%) | 6:11 | 9.7 (54.5%) |
| 173 | MAJEWSKA Edyta | 1172 | WIDŁOROGI | K30 | 24 | 00:13:00 | 00:36:25 | 01:02:05.30 | 01:02:05.30 | +00:28:25 (45.8%) | 6:12 | 9.7 (54.5%) |
| 174 | SOŁTYS Teresa | 1267 | | K20 | 18 | 00:14:34 | 00:37:05 | 01:02:16.25 | 01:02:16.25 | +00:28:36 (45.9%) | 6:13 | 9.6 (53.9%) |
| 175 | TOMANEK Renata | 1211 | | K40 | 14 | 00:14:26 | 00:36:42 | 01:02:23.00 | 01:02:23.00 | +00:28:43 (46.0%) | 6:14 | 9.6 (53.9%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | 2km | 5.5km | Czas netto 10km | Czas brutto 10km | Różn | Tempo min/km | Tempo km/h |
|-----|----------------------------------|-------------|------------------------------|-----------|------|----------|----------|--------------------|--------------------|-------------------|--------------|-------------|
| 176 | MAZUR Magdalena | 1206 | PRZEMYSŁ | K30 | 25 | 00:13:53 | 00:36:09 | 01:02:26.95 | 01:02:26.95 | +00:28:47 (46.1%) | 6:14 | 9.6 (53.9%) |
| 177 | CETNARSKI Łukasz | 1127 | KROKODYLE | M30 | 63 | 00:13:35 | 00:37:23 | 01:02:28.55 | 01:02:28.55 | +00:28:48 (46.1%) | 6:14 | 9.6 (53.9%) |
| 178 | POLIKOWSKA-WYZINA Barbara | 1115 | KLUB (SPORTING CLUB NAME) | K30 | 26 | 00:14:25 | 00:37:09 | 01:03:23.90 | 01:03:23.90 | +00:29:44 (46.9%) | 6:20 | 9.5 (53.4%) |
| 179 | HRYŃ Agata | 1097 | NIGHT RUNNERS | K30 | 27 | 00:13:30 | 00:37:25 | 01:03:31.60 | 01:03:31.60 | +00:29:51 (47.0%) | 6:21 | 9.4 (52.8%) |
| 180 | PLISZYŁO Paweł | 1272 | JUDO-JASLO.PL | M40 | 26 | 00:13:53 | 00:37:10 | 01:03:32.85 | 01:03:32.85 | +00:29:53 (47.0%) | 6:21 | 9.4 (52.8%) |
| 181 | TROJNAR Justyna | 1034 | PRZEMYSKI KLUB BIEGACZA | K40 | 15 | 00:12:17 | 00:33:36 | 01:03:32.90 | 01:03:32.90 | +00:29:53 (47.0%) | 6:21 | 9.4 (52.8%) |
| 182 | MAKOWIECKI Przemysław | 1036 | STOWARZYSZENIE CZUWAJ WIARO! | M30 | 64 | 00:12:17 | 00:33:36 | 01:03:33.25 | 01:03:33.25 | +00:29:53 (47.0%) | 6:21 | 9.4 (52.8%) |
| 183 | RESZYTYŁO Anna | 1261 | ŁAŃCUT | K40 | 16 | 00:14:12 | 00:36:40 | 01:03:47.50 | 01:03:47.50 | +00:30:07 (47.2%) | 6:22 | 9.4 (52.8%) |
| 184 | HYZIAK Joanna | 1026 | JJ.RUNNERS GORLICE | K40 | 17 | 00:13:11 | 00:37:04 | 01:03:48.95 | 01:03:48.95 | +00:30:09 (47.3%) | 6:22 | 9.4 (52.8%) |
| 185 | MAGOCSY Justyna | 1148 | | K20 | 19 | 00:14:00 | 00:37:13 | 01:03:54.85 | 01:03:54.85 | +00:30:15 (47.3%) | 6:23 | 9.4 (52.8%) |
| 186 | WRÓBEL Agnieszka | 1219 | ZAMEK DUBIECKO RUNNING TEAM | K20 | 20 | 00:13:10 | 00:36:58 | 01:04:13.65 | 01:04:13.65 | +00:30:34 (47.6%) | 6:25 | 9.3 (52.2%) |
| 187 | TYBUREK Agnieszka | 1200 | | K30 | 28 | 00:14:23 | 00:37:02 | 01:04:16.90 | 01:04:16.90 | +00:30:37 (47.6%) | 6:25 | 9.3 (52.2%) |
| 188 | SUCHODOLSKA Wioletta | 1121 | KLUB (SPORTING CLUB NAME) | K40 | 18 | 00:12:59 | 00:36:28 | 01:04:17.90 | 01:04:17.90 | +00:30:38 (47.6%) | 6:25 | 9.3 (52.2%) |
| 189 | TYLKA Przemysław | 1090 | | M30 | 65 | 00:13:44 | 00:36:49 | 01:04:19.30 | 01:04:19.30 | +00:30:39 (47.7%) | 6:25 | 9.3 (52.2%) |
| 190 | WÓJCIK Anna | 1145 | | K40 | 19 | 00:14:35 | 00:36:53 | 01:04:20.75 | 01:04:20.75 | +00:30:41 (47.7%) | 6:26 | 9.3 (52.2%) |
| 191 | ROSIEK Anna | 1085 | USTRZYKI DOLNE | K30 | 29 | 00:15:30 | 00:38:50 | 01:04:45.75 | 01:04:45.75 | +00:31:06 (48.0%) | 6:28 | 9.3 (52.2%) |
| 192 | WRÓBEL Nina | 1201 | | K30 | 30 | 00:14:37 | 00:37:42 | 01:05:12.40 | 01:05:12.40 | +00:31:32 (48.4%) | 6:31 | 9.2 (51.7%) |
| 193 | KOCZWARA Agnieszka | 1220 | | K30 | 31 | 00:14:37 | 00:37:43 | 01:05:12.60 | 01:05:12.60 | +00:31:32 (48.4%) | 6:31 | 9.2 (51.7%) |
| 194 | ŚWIGONIAK Anna | 1082 | NOWA HUTA TEAM | K30 | 32 | 00:15:53 | 00:39:29 | 01:05:21.00 | 01:05:21.00 | +00:31:41 (48.5%) | 6:32 | 9.2 (51.7%) |
| 195 | SPYRA Anna | 1050 | ŚLĄSKA OFICYNA DRUKARSKA | K30 | 33 | 00:15:01 | 00:39:17 | 01:05:24.40 | 01:05:24.40 | +00:31:44 (48.5%) | 6:32 | 9.2 (51.7%) |
| 196 | KOZACZKIEWICZ Aneta | 1248 | JÓZEFIŃSKA TEAM | K40 | 20 | 00:13:24 | 00:37:14 | 01:05:28.30 | 01:05:28.30 | +00:31:48 (48.6%) | 6:32 | 9.2 (51.7%) |
| 197 | MAĆKOWIAK-RYDZYŃSKA Anna | 1101 | | K40 | 21 | 00:14:02 | 00:37:44 | 01:05:40.25 | 01:05:40.25 | +00:32:00 (48.7%) | 6:34 | 9.1 (51.1%) |
| 198 | DYKMAN-WALICKA Małgorzata | 1231 | PILATES POWER | K20 | 21 | 00:13:31 | 00:37:09 | 01:05:45.65 | 01:05:45.65 | +00:32:06 (48.8%) | 6:34 | 9.1 (51.1%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | 2km | 5.5km | Czas netto 10km | Czas brutto 10km | Różn | Tempo min/km | Tempo km/h |
|-----|------------------------------------|-------------|--|-----------|------|----------|----------|--------------------|--------------------|-------------------|--------------|-------------|
| 199 | STRYJKOWSKA-GÓRA Aleksandra | 1128 | ALEKSANDRA STRYJKOWSKA-GÓRA | K30 | 34 | 00:13:32 | 00:36:52 | 01:05:45.80 | 01:05:45.80 | +00:32:06 (48.8%) | 6:34 | 9.1 (51.1%) |
| 200 | SYREK-KAPLITA Karolina | 1157 | | K30 | 35 | 00:13:32 | 00:36:59 | 01:05:45.85 | 01:05:45.85 | +00:32:06 (48.8%) | 6:34 | 9.1 (51.1%) |
| 201 | PRZYBYTEK Bartosz | 1175 | | M40 | 27 | 00:13:30 | 00:37:09 | 01:05:50.25 | 01:05:50.25 | +00:32:10 (48.9%) | 6:35 | 9.1 (51.1%) |
| 202 | MICKIEWICZ Jolanta | 1084 | | K40 | 22 | 00:16:06 | 00:42:08 | 01:05:57.50 | 01:05:57.50 | +00:32:17 (49.0%) | 6:35 | 9.1 (51.1%) |
| 203 | CHRUŚCIEL Agata | 1173 | | K30 | 36 | 00:15:17 | 00:38:31 | 01:06:10.10 | 01:06:10.10 | +00:32:30 (49.1%) | 6:37 | 9.1 (51.1%) |
| 204 | ZATORSKI Paweł | 1174 | | M30 | 66 | 00:15:17 | 00:38:32 | 01:06:10.25 | 01:06:10.25 | +00:32:30 (49.1%) | 6:37 | 9.1 (51.1%) |
| 205 | WILK Agnieszka | 1087 | | K30 | 37 | 00:13:32 | 00:38:04 | 01:06:16.10 | 01:06:16.10 | +00:32:36 (49.2%) | 6:37 | 9.1 (51.1%) |
| 206 | BARAN Marta | 1059 | | K30 | 38 | 00:15:55 | 00:40:28 | 01:06:26.90 | 01:06:26.90 | +00:32:47 (49.3%) | 6:38 | 9 (50.6%) |
| 207 | GĘBSKA Gabriela | 1253 | | K20 | 22 | 00:13:42 | 00:37:57 | 01:06:38.05 | 01:06:38.05 | +00:32:58 (49.5%) | 6:39 | 9 (50.6%) |
| 208 | KWAS Edyta | 1037 | | K30 | 39 | 00:14:25 | 00:38:38 | 01:06:54.70 | 01:06:54.70 | +00:33:15 (49.7%) | 6:41 | 9 (50.6%) |
| 209 | WILISOWSKA Ewelina | 1049 | | K20 | 23 | 00:14:26 | 00:38:40 | 01:06:54.85 | 01:06:54.85 | +00:33:15 (49.7%) | 6:41 | 9 (50.6%) |
| 210 | STRZĘPKA Krzysiek | 1094 | KROKODYLE | M40 | 28 | 00:14:38 | 00:38:33 | 01:07:06.10 | 01:07:06.10 | +00:33:26 (49.8%) | 6:42 | 8.9 (50.0%) |
| 211 | ZARYCKA Julia | 1143 | TERRA AVENTURA | K30 | 40 | 00:13:27 | 00:35:52 | 01:07:09.05 | 01:07:09.05 | +00:33:29 (49.9%) | 6:42 | 8.9 (50.0%) |
| 212 | SMERKOWSKI Mariusz | 1067 | UZALEŻNIENI BIEGACZE | M50 | 4 | 00:15:58 | 00:40:12 | 01:07:26.80 | 01:07:26.80 | +00:33:47 (50.1%) | 6:44 | 8.9 (50.0%) |
| 213 | FILAK Natalia | 1208 | | K20 | 24 | 00:13:41 | 00:38:52 | 01:07:30.80 | 01:07:30.80 | +00:33:51 (50.1%) | 6:45 | 8.9 (50.0%) |
| 214 | HULKO Jarosław | 1285 | | K30 | 41 | 00:13:41 | 00:38:49 | 01:07:31.25 | 01:07:31.25 | +00:33:51 (50.1%) | 6:45 | 8.9 (50.0%) |
| 215 | TARKOWSKA-FANSLAU Jolanta | 1229 | | K50 | 2 | 00:14:23 | 00:39:03 | 01:07:43.65 | 01:07:43.65 | +00:34:04 (50.3%) | 6:46 | 8.9 (50.0%) |
| 216 | NIEMIEC Edyta | 1293 | NOWOSARZYŃSKA GB TATARY | K20 | 25 | 00:15:11 | 00:40:50 | 01:07:55.90 | 01:07:55.90 | +00:34:16 (50.4%) | 6:47 | 8.8 (49.4%) |
| 217 | NIZIOŁEK Gabriela Wiktoria | 1052 | PEDRAFORZA / NIZIOŁKI ZABORZAŃSKIE | K30 | 42 | 00:14:33 | 00:39:46 | 01:08:09.35 | 01:08:09.35 | +00:34:29 (50.6%) | 6:48 | 8.8 (49.4%) |
| 218 | SZOSTAK Dorota | 1051 | | K40 | 23 | 00:15:53 | 00:41:19 | 01:08:45.45 | 01:08:45.45 | +00:35:05 (51.0%) | 6:52 | 8.7 (48.9%) |
| 219 | SIKORA Marta | 1247 | JÓZEFIŃSKA TEAM | K40 | 24 | 00:13:32 | 00:38:54 | 01:09:00.75 | 01:09:00.75 | +00:35:21 (51.2%) | 6:54 | 8.7 (48.9%) |
| 220 | WYSZYŃSKA Małgorzata | 1264 | | K50 | 3 | 00:14:12 | 00:40:29 | 01:09:45.45 | 01:09:45.45 | +00:36:05 (51.7%) | 6:58 | 8.6 (48.3%) |
| 221 | HRYSZKIEWICZ Barbara | 1103 | UNISONO FLOW / AKMB PĘDZIWIATR GLIWICE | K40 | 25 | 00:15:41 | 00:40:56 | 01:10:19.00 | 01:10:19.00 | +00:36:39 (52.1%) | 7:01 | 8.5 (47.8%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | 2km | 5.5km | Czas netto 10km | Czas brutto 10km | Różn | Tempo min/km | Tempo km/h |
|-----|--------------------------------|-------------|----------------------|-----------|------|----------|----------|--------------------|--------------------|----------------------|--------------|----------------|
| 222 | POGORZELSKA-KLIKS Agata | 1042 | BIEGAM, BO TAK I JUŻ | K40 | 26 | 00:15:41 | 00:40:55 | 01:10:25.75 | 01:10:25.75 | +00:36:46 (52.2%) | 7:02 | 8.5 (47.8%) |
| 223 | DĘBSKA Małgorzata | 1095 | | K30 | 43 | 00:15:53 | 00:41:01 | 01:10:56.40 | 01:10:56.40 | +00:37:16 (52.6%) | 7:05 | 8.5 (47.8%) |
| 224 | SOWA Magdalena | 1255 | | K20 | 26 | 00:14:09 | 00:40:45 | 01:13:17.15 | 01:13:17.15 | +00:39:37 (54.1%) | 7:19 | 8.2 (46.1%) |
| 225 | GĘBSKA Karolina | 1260 | | K20 | 27 | 00:14:09 | 00:40:46 | 01:13:20.10 | 01:13:20.10 | +00:39:40 (54.1%) | 7:20 | 8.2 (46.1%) |
| 226 | PASIK Wojciech | 1194 | | M40 | 29 | 00:16:08 | 00:42:50 | 01:13:31.05 | 01:13:31.05 | +00:39:51 (54.2%) | 7:21 | 8.2 (46.1%) |
| 227 | ZAGDAŃSKI Robert | 1292 | FINISZ RYMANÓW | M30 | 67 | 00:15:51 | 00:44:12 | 01:13:42.90 | 01:13:42.90 | +00:40:03 (54.3%) | 7:22 | 8.1 (45.5%) |
| 227 | SURDEJ Agnieszka | 1291 | FINISZ RYMANÓW | K30 | 44 | 00:15:51 | 00:44:14 | 01:13:42.90 | 01:13:42.90 | +00:40:03 (54.3%) | 7:22 | 8.1 (45.5%) |
| 229 | SOT Lucjan | 1102 | | M50 | 5 | 00:15:51 | 00:44:21 | 01:14:47.10 | 01:14:47.10 | +00:41:07 (55.0%) | 7:28 | 8 (44.9%) |
| 230 | SŁOBODA Elżbieta | 1114 | USTRZYKI DOLNE | K30 | 45 | 00:16:46 | 00:44:21 | 01:16:32.00 | 01:16:32.00 | +00:42:52 (56.0%) | 7:39 | 7.8 (43.8%) |
| 231 | WRÓBEL Elżbieta | 1276 | | K50 | 4 | 00:16:49 | 00:45:11 | 01:16:32.15 | 01:16:32.15 | +00:42:52 (56.0%) | 7:39 | 7.8 (43.8%) |
| 232 | SŁOBODA Krzysztof | 1212 | | M50 | 6 | 00:16:49 | 00:44:58 | 01:16:32.30 | 01:16:32.30 | +00:42:52 (56.0%) | 7:39 | 7.8 (43.8%) |
| 233 | TWOREK Anita | 1251 | BBL JAROSŁAW | K40 | 27 | 00:16:06 | 00:43:42 | 01:17:37.50 | 01:17:37.50 | +00:43:57 (56.6%) | 7:45 | 7.7 (43.3%) |
| 234 | WĘGLARZ Monika | 1135 | FINISZ RYMANÓW | K20 | 28 | 00:15:35 | 00:44:53 | 01:17:57.70 | 01:17:57.70 | +00:44:18 (56.8%) | 7:47 | 7.7 (43.3%) |
| 235 | KARDACH Kamil | 1245 | FINISZ RYMANÓW | M20 | 27 | 00:15:34 | 00:44:52 | 01:17:57.85 | 01:17:57.85 | +00:44:18 (56.8%) | 7:47 | 7.7 (43.3%) |
| 236 | BOŻĘCKI Sebastian | 1108 | NOWA HUTA TEAM | M40 | 30 | 00:16:48 | 00:49:09 | 01:31:40.20 | 01:31:40.20 | +00:58:00 (63.3%) | 9:10 | 6.5 (36.5%) |
| 237 | LAMPART Marta | 1235 | NIGHT RUNNERS | K30 | 46 | 00:14:34 | 00:42:33 | 01:33:16.20 | 01:33:16.20 | +00:59:36 (63.9%) | 9:19 | 6.4 (36.0%) |
| 238 | SURUS Karolina | 1270 | | K30 | 47 | 00:14:47 | 00:45:46 | 01:34:45.75 | 01:34:45.75 | +01:01:06 (64.5%) | 9:28 | 6.3 (35.4%) |
| 239 | MIRECKI Jan | 1217 | | M40 | 31 | 00:18:39 | 00:53:14 | 01:36:55.00 | 01:36:55.00 | +01:03:15 (65.3%) | 9:41 | 6.2 (34.8%) |

Znaleziono 239 wynik(ów)