



II ZIMOWY MARATON BIESZCZADZKI 2016 - 44,6KM

B4SPORT

Organizator: Fundacja Bieg Rzeźnika
Data: 2016-01-31
Miejsce: Cisna
Dystans: 44,6 km

B4SPORT
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: M30

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | 2km | 26.5km | 34.2km | 40.7km | Czas maratonu (42,6km) | Czas brutto 44.6km | Różn | Tempo min/km | Tempo km/h |
|-----|-----------------------------|------------|--------------------|-----------|------|----------|----------|----------|----------|------------------------|--------------------|-------------------|--------------|--------------|
| 1 | LACHOWSKI Andrzej | 9 | LACHO TEAM | M30 | 1 | 00:07:51 | 01:47:24 | 02:18:36 | 02:47:06 | 02:56:55 | 03:04:46.30 | | 4:08 | 14.5 (100%) |
| 2 | DZIEWIŃSKI Damian | 660 | TG „SOKÓŁ” SANOK | M30 | 2 | 00:07:59 | 01:50:56 | 02:24:27 | 02:54:10 | 03:04:54 | 03:12:53.65 | +00:08:07 (4.2%) | 4:19 | 13.9 (95.9%) |
| 3 | KRAWCZYK Paweł | 3 | DARE 2B TEAM | M30 | 3 | 00:07:52 | 01:47:26 | 02:18:37 | 02:52:23 | 03:06:08 | 03:14:00.95 | +00:09:14 (4.8%) | 4:20 | 13.8 (95.2%) |
| 4 | KOCZWARA Tomek | 264 | | M30 | 4 | 00:08:42 | 01:56:21 | 02:30:39 | 03:01:46 | 03:10:12 | 03:18:54.70 | +00:14:08 (7.1%) | 4:27 | 13.5 (93.1%) |
| 5 | CISZCZONIK Sebastian | 730 | SPORTIVA.PL | M30 | 5 | 00:08:32 | 01:58:07 | 02:32:22 | 03:02:10 | 03:10:47 | 03:19:19.35 | +00:14:33 (7.3%) | 4:28 | 13.4 (92.4%) |
| 6 | PASIECZNY Robert | 155 | SPRINT GORZYCE | M30 | 6 | 00:08:54 | 02:01:32 | 02:36:40 | 03:08:02 | 03:17:07 | 03:26:01.40 | +00:21:15 (10.3%) | 4:37 | 13 (89.7%) |
| 7 | GAWLIK Sławek | 257 | MAM-W | M30 | 7 | 00:09:55 | 02:05:03 | 02:39:40 | 03:11:13 | 03:18:38 | 03:28:33.35 | +00:23:47 (11.4%) | 4:40 | 12.8 (88.3%) |
| 8 | KRZYSZTOŃ Marcin | 10 | GMP LASY / KRAŚNIK | M30 | 8 | 00:08:53 | 02:02:04 | 02:38:42 | 03:11:06 | 03:20:11 | 03:29:04.60 | +00:24:18 (11.6%) | 4:41 | 12.8 (88.3%) |
| 9 | POŻAK Grzegorz | 455 | LUBARTÓWBIEGA.PL | M30 | 9 | 00:09:06 | 02:03:56 | 02:40:04 | 03:11:45 | 03:21:26 | 03:30:32.05 | +00:25:45 (12.2%) | 4:43 | 12.7 (87.6%) |
| 10 | GURGUL Sebastian | 447 | AROMAT NÓG | M30 | 10 | 00:09:40 | 02:04:39 | 02:42:11 | 03:14:46 | 03:23:34 | 03:33:14.75 | +00:28:28 (13.4%) | 4:46 | 12.5 (86.2%) |
| 11 | WALASZCZYK Sławomir | 741 | | M30 | 11 | 00:08:45 | 02:04:13 | 02:42:17 | 03:15:11 | 03:25:36 | 03:34:21.60 | +00:29:35 (13.8%) | 4:48 | 12.5 (86.2%) |
| 12 | ZIOŁO Jarosław | 665 | SANOK | M30 | 12 | 00:09:50 | 02:06:36 | 02:44:11 | 03:16:31 | 03:25:15 | 03:35:05.15 | +00:30:18 (14.1%) | 4:49 | 12.4 (85.5%) |
| 13 | PAJDOSZ Rafał | 111 | KB BIAŁA BIEGA | M30 | 13 | 00:09:17 | 02:05:23 | 02:44:10 | 03:17:09 | 03:26:22 | 03:35:39.05 | +00:30:52 (14.3%) | 4:50 | 12.4 (85.5%) |
| 14 | NITKIEWICZ Marcin | 564 | TASOWANIE | M30 | 14 | 00:09:17 | 02:07:41 | 02:45:57 | 03:19:22 | 03:29:26 | 03:38:43.80 | +00:33:57 (15.5%) | 4:54 | 12.2 (84.1%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas maratonu (42,6km) | | | | Czas brutto | Różn | Tempo min/km | Tempo km/h | |
|-----|------------------------------|------------|-------------------------------------|-----------|------|------------------------|----------|----------|----------|-----------------|--------------------|-------------------|------------|--------------|
| | | | | | | 2km | 26.5km | 34.2km | 40.7km | 44.6km | | | | |
| 15 | ZWIERZCHOWSKI Andrzej | 460 | BIEGUNKA TEAM | M30 | 15 | 00:09:27 | 02:07:43 | 02:44:53 | 03:19:13 | 03:30:11 | 03:39:38.75 | +00:34:52 (15.9%) | 4:55 | 12.2 (84.1%) |
| 16 | GIŻA Grzegorz | 726 | | M30 | 16 | 00:10:09 | 02:12:43 | 02:49:13 | 03:21:07 | 03:29:53 | 03:40:02.75 | +00:35:16 (16.0%) | 4:56 | 12.2 (84.1%) |
| 17 | SŁUPEK Tomasz | 114 | FORMA WODZISŁAW ŚLĄSKI | M30 | 17 | 00:09:17 | 02:10:16 | 02:49:53 | 03:23:12 | 03:32:09 | 03:41:26.05 | +00:36:39 (16.6%) | 4:57 | 12.1 (83.4%) |
| 18 | PAŁKA Tomasz | 195 | LUZYX | M30 | 18 | 00:11:34 | 02:07:57 | 02:46:11 | 03:22:23 | 03:32:07 | 03:43:41.50 | +00:38:55 (17.4%) | 5:00 | 12 (82.8%) |
| 19 | MIEDZIEJEWSKI Andrzej | 611 | WKURW_TEAM | M30 | 19 | 00:09:31 | 02:13:04 | 02:52:27 | 03:26:09 | 03:34:34 | 03:44:05.85 | +00:39:19 (17.5%) | 5:01 | 11.9 (82.1%) |
| 20 | SADOWSKI Kuba | 681 | | M30 | 20 | 00:10:00 | 02:11:48 | 02:51:21 | 03:26:13 | 03:36:43 | 03:46:43.55 | +00:41:57 (18.5%) | 5:05 | 11.8 (81.4%) |
| 21 | ŚLĘCZKA Damian | 220 | DIT PRO | M30 | 21 | 00:09:15 | 02:11:28 | 02:51:55 | 03:27:33 | 03:38:05 | 03:47:20.55 | +00:42:34 (18.7%) | 5:05 | 11.8 (81.4%) |
| 22 | WASYLÓW Jacek | 734 | KB IC PRZEMYŚL | M30 | 22 | 00:11:00 | 02:13:18 | 02:55:00 | 03:29:24 | 03:38:00 | 03:49:00.00 | +00:44:13 (19.3%) | 5:08 | 11.7 (80.7%) |
| 23 | PRĘTNIK Sławomir | 554 | | M30 | 23 | 00:10:36 | 02:13:11 | 02:53:47 | 03:30:49 | 03:41:05 | 03:51:41.05 | +00:46:54 (20.2%) | 5:11 | 11.6 (80.0%) |
| 24 | SZYMAŃSKI Arkadiusz | 120 | | M30 | 24 | 00:12:30 | 02:18:09 | 02:56:50 | 03:32:40 | 03:39:13 | 03:51:43.90 | +00:46:57 (20.3%) | 5:11 | 11.5 (79.3%) |
| 25 | KRZYCH Piotr | 167 | LO LUBACZÓW-BIEGAMY AKADEMIA SPORTU | M30 | 25 | 00:12:27 | 02:20:23 | 03:00:13 | 03:33:35 | 03:39:44 | 03:52:11.65 | +00:47:25 (20.4%) | 5:12 | 11.5 (79.3%) |
| 26 | JASKÓLSKI Piotr | 349 | NIGHT RUNNERS SŁUPSK | M30 | 26 | 00:09:20 | 02:14:42 | 02:56:08 | 03:32:13 | 03:43:11 | 03:52:31.75 | +00:47:45 (20.5%) | 5:12 | 11.5 (79.3%) |
| 27 | TYBUREK Michał | 93 | BIEGAJĄCY ŚWIDNIK | M30 | 27 | 00:09:39 | 02:14:04 | 02:55:22 | 03:32:42 | 03:43:24 | 03:53:03.25 | +00:48:16 (20.7%) | 5:13 | 11.5 (79.3%) |
| 28 | JANISZEWSKI Artur | 215 | WEŻ NIEPIERDOL | M30 | 28 | 00:10:35 | 02:20:02 | 03:00:49 | 03:34:21 | 03:43:25 | 03:54:00.90 | +00:49:14 (21.0%) | 5:14 | 11.4 (78.6%) |
| 29 | GRYGIERZEC Grzegorz | 115 | | M30 | 29 | 00:09:51 | 02:15:23 | 02:56:57 | 03:33:22 | 03:44:36 | 03:54:27.75 | +00:49:41 (21.2%) | 5:15 | 11.4 (78.6%) |
| 30 | PRĘDKI Mirosław | 748 | | M30 | 30 | 00:12:25 | 02:20:22 | 03:02:50 | 03:35:42 | 03:42:07 | 03:54:32.90 | +00:49:46 (21.2%) | 5:15 | 11.4 (78.6%) |
| 31 | KRZEMIŃSKI Marcin | 482 | SPRINT GORZYCE | M30 | 31 | 00:10:23 | 02:17:54 | 02:58:37 | 03:35:12 | 03:45:11 | 03:55:34.40 | +00:50:48 (21.6%) | 5:16 | 11.4 (78.6%) |
| 32 | KOT Rafał | 251 | WAY BEHIND HORIZON | M30 | 32 | 00:10:48 | 02:19:21 | 03:00:10 | 03:35:20 | 03:45:04 | 03:55:52.95 | +00:51:06 (21.7%) | 5:17 | 11.3 (77.9%) |
| 33 | SZWAGIERCZAK Andrzej | 485 | BIEGUSIEM. PL | M30 | 33 | 00:12:40 | 02:24:22 | 03:03:47 | 03:37:52 | 03:43:58 | 03:56:38.65 | +00:51:52 (21.9%) | 5:18 | 11.3 (77.9%) |
| 34 | GRĘBOWIEC Mateusz | 278 | TSA SANDOMIERZ | M30 | 34 | 00:10:44 | 02:16:59 | 02:58:38 | 03:35:31 | 03:46:02 | 03:56:46.45 | +00:52:00 (22.0%) | 5:18 | 11.3 (77.9%) |
| 35 | DZIUBAN Łukasz | 314 | ZAPOROWY MARATOM TEAM | M30 | 35 | 00:09:19 | 02:17:24 | 02:59:57 | 03:36:40 | 03:47:29 | 03:56:48.70 | +00:52:02 (22.0%) | 5:18 | 11.3 (77.9%) |
| 36 | POBORCA Łukasz | 375 | | M30 | 36 | 00:08:58 | 02:11:46 | 02:56:13 | 03:35:12 | 03:48:07 | 03:57:05.70 | +00:52:19 (22.1%) | 5:18 | 11.3 (77.9%) |
| 37 | SZPINDA Sebastian | 95 | BIŁGORAJ ULTRA TRAIL | M30 | 37 | 00:10:42 | 02:16:47 | 02:57:58 | 03:36:11 | 03:47:44 | 03:58:26.60 | +00:53:40 (22.5%) | 5:20 | 11.2 (77.2%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | 2km | 26.5km | 34.2km | 40.7km | Czas | Czas | Różn | Tempo min/km | Tempo km/h |
|-----|-------------------------------------------|------------|----------------------------------|-----------|------|----------|----------|----------|----------|----------------------|--------------------|----------------------|-----------------|-----------------|
| | | | | | | | | | | maratonu (42,6km) | brutto 44.6km | | | |
| 38 | KOBIERSKI Piotr | 359 | UNIWERSYTECKI KLUB ALPINISTYCZNY | M30 | 38 | 00:11:41 | 02:19:15 | 03:00:23 | 03:36:41 | 03:46:51 | 03:58:32.05 | +00:53:45 (22.5%) | 5:20 | 11.2 (77.2%) |
| 39 | JÓZEFczyk Jakub | 218 | FINISZ RYMANÓW | M30 | 39 | 00:11:00 | 02:18:11 | 03:01:29 | 03:38:28 | 03:49:14 | 04:00:14.20 | +00:55:27 (23.1%) | 5:23 | 11.1 (76.6%) |
| 40 | RYBITWA Jarosław | 421 | | M30 | 40 | 00:11:11 | 02:20:26 | 03:02:23 | 03:39:27 | 03:49:15 | 04:00:26.45 | +00:55:40 (23.2%) | 5:23 | 11.1 (76.6%) |
| 41 | KILIAN Mateusz | 576 | JÓZEFIŃSKA TEAM | M30 | 41 | 00:10:13 | 02:18:54 | 03:00:03 | 03:38:40 | 03:50:21 | 04:00:34.35 | +00:55:48 (23.2%) | 5:23 | 11.1 (76.6%) |
| 42 | ŁAGOŻNY Łukasz | 43 | BRUBECK TEAM | M30 | 42 | 00:10:59 | 02:20:40 | 03:02:46 | 03:41:04 | 03:50:20 | 04:01:19.65 | +00:56:33 (23.4%) | 5:24 | 11.1 (76.6%) |
| 43 | KORZONEK Marcin | 503 | SPRINT GORZYCE | M30 | 43 | 00:09:57 | 02:18:03 | 02:58:53 | 03:39:04 | 03:51:29 | 04:01:26.70 | +00:56:40 (23.5%) | 5:24 | 11.1 (76.6%) |
| 44 | WÓJCIK Tomasz | 343 | SPRINT GORZYCE | M30 | 44 | 00:09:57 | 02:18:47 | 03:03:04 | 03:41:10 | 03:53:07 | 04:03:04.25 | +00:58:17 (24.0%) | 5:26 | 11 (75.9%) |
| 45 | DUCKI Piotr | 788 | OTK | M30 | 45 | 00:10:31 | 02:21:13 | 03:04:53 | 03:42:41 | 03:53:45 | 04:04:16.05 | +00:59:29 (24.4%) | 5:28 | 11 (75.9%) |
| 46 | KOWALSKI - BARYSZNIKOW Mikołaj | 671 | KINGRUNNER.COM | M30 | 46 | 00:10:26 | 02:20:46 | 03:06:54 | 03:45:08 | 03:55:07 | 04:05:33.15 | +01:00:46 (24.8%) | 5:30 | 10.9 (75.2%) |
| 47 | PAWŁOWSKI Arkadiusz | 351 | | M30 | 47 | 00:13:26 | 02:22:31 | 03:05:32 | 03:45:00 | 03:53:08 | 04:06:34.40 | +01:01:48 (25.1%) | 5:31 | 10.9 (75.2%) |
| 48 | MICHALAK Artur | 696 | PGB SPORTOWA PACZKA | M30 | 48 | 00:10:14 | 02:16:53 | 03:00:29 | 03:43:19 | 03:56:25 | 04:06:39.30 | +01:01:53 (25.1%) | 5:31 | 10.8 (74.5%) |
| 49 | WAŁCZYK Krzysztof | 724 | | M30 | 49 | 00:11:52 | 02:24:32 | 03:06:52 | 03:45:48 | 03:55:26 | 04:07:18.35 | +01:02:32 (25.3%) | 5:32 | 10.8 (74.5%) |
| 50 | KNOPEK Robert | 693 | KNEDEL BIEGA W GÓRAK | M30 | 50 | 00:10:01 | 02:20:30 | 03:06:29 | 03:46:31 | 03:57:56 | 04:07:57.75 | +01:03:11 (25.5%) | 5:33 | 10.8 (74.5%) |
| 51 | WIECZOREK Piotr | 537 | | M30 | 51 | 00:12:29 | 02:25:49 | 03:09:34 | 03:47:02 | 03:55:40 | 04:08:09.45 | +01:03:23 (25.5%) | 5:33 | 10.8 (74.5%) |
| 52 | TRACZ Łukasz | 198 | AQUAREH WWW.STYLSPA.COM.PL | M30 | 52 | 00:11:52 | 02:28:33 | 03:11:08 | 03:48:24 | 03:56:43 | 04:08:35.60 | +01:03:49 (25.7%) | 5:34 | 10.8 (74.5%) |
| 53 | SKUBIDA Adam | 712 | | M30 | 53 | 00:09:56 | 02:18:06 | 03:08:23 | 03:48:16 | 03:58:46 | 04:08:42.55 | +01:03:56 (25.7%) | 5:34 | 10.8 (74.5%) |
| 54 | POPIEL Andrzej | 545 | | M30 | 54 | 00:09:55 | 02:18:08 | 03:08:48 | 03:47:53 | 03:59:56 | 04:09:51.65 | +01:05:05 (26.1%) | 5:36 | 10.7 (73.8%) |
| 55 | ZYGMUNT Marcin | 589 | ZYGABIEGA.BLOGSPOT.COM | M30 | 55 | 00:10:30 | 02:23:56 | 03:08:31 | 03:47:44 | 03:59:51 | 04:10:21.85 | +01:05:35 (26.2%) | 5:36 | 10.7 (73.8%) |
| 56 | SOBLIK Łukasz | 328 | | M30 | 56 | 00:12:30 | 02:30:05 | 03:11:32 | 03:48:21 | 03:58:12 | 04:10:42.75 | +01:05:56 (26.3%) | 5:37 | 10.7 (73.8%) |
| 57 | PALUCH Tobiasz | 561 | RUNFORFUN RYGLICE | M30 | 57 | 00:11:12 | 02:23:05 | 03:07:33 | 03:47:47 | 03:59:50 | 04:11:02.50 | +01:06:16 (26.4%) | 5:37 | 10.7 (73.8%) |
| 58 | CZWERENKO Wojciech | 452 | SANOK | M30 | 58 | 00:11:27 | 02:22:16 | 03:08:34 | 03:49:23 | 04:00:29 | 04:11:56.35 | +01:07:10 (26.7%) | 5:38 | 10.6 (73.1%) |
| 58 | KRAJEWSKI Jakub | 200 | ZAPOROWY MARATON | M30 | 58 | 00:11:27 | 02:22:16 | 03:08:34 | 03:49:24 | 04:00:29 | 04:11:56.35 | +01:07:10 (26.7%) | 5:38 | 10.6 (73.1%) |
| 60 | SMUDA Grzegorz | 684 | POGOŃ ZA CHLEBEM | M30 | 60 | 00:10:32 | 02:19:58 | 03:06:54 | 03:49:49 | 04:01:56 | 04:12:28.85 | +01:07:42 (26.8%) | 5:39 | 10.6 (73.1%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | 2km | 26.5km | 34.2km | 40.7km | Czas | Czas | Różn | Tempo min/km | Tempo km/h |
|-----|-----------------------------|------------|--------------------------|-----------|------|----------|----------|----------|----------|-------------------|--------------------|-------------------|--------------|--------------|
| | | | | | | | | | | maratonu (42,6km) | brutto 44.6km | | | |
| 61 | MYSZKOWSKI Sebastian | 637 | KALIŃSKATEAM | M30 | 61 | 00:12:39 | 02:37:04 | 03:21:35 | 03:56:03 | 04:00:41 | 04:13:20.35 | +01:08:34 (27.1%) | 5:40 | 10.6 (73.1%) |
| 62 | NIŻNIK Marcin | 183 | NOWY STYL RUNNING TEAM | M30 | 62 | 00:09:38 | 02:20:56 | 03:06:26 | 03:51:53 | 04:03:58 | 04:13:36.85 | +01:08:50 (27.1%) | 5:41 | 10.6 (73.1%) |
| 63 | BOROWIK Tomasz | 695 | ATOM | M30 | 63 | 00:12:17 | 02:26:04 | 03:11:11 | 03:53:00 | 04:03:24 | 04:15:41.00 | +01:10:54 (27.7%) | 5:43 | 10.5 (72.4%) |
| 64 | PARZYSZEK Marcin | 355 | JACEKBIEGA RUNNING TEAM | M30 | 64 | 00:10:16 | 02:20:38 | 03:10:54 | 03:53:33 | 04:06:18 | 04:16:34.60 | +01:11:48 (28.0%) | 5:45 | 10.4 (71.7%) |
| 65 | FIJAŁKOWSKI Radosław | 142 | CROSSFIT GCW | M30 | 65 | 00:10:03 | 02:23:29 | 03:13:15 | 03:55:11 | 04:07:29 | 04:17:32.10 | +01:12:45 (28.3%) | 5:46 | 10.4 (71.7%) |
| 66 | PILECKI Maciej | 750 | | M30 | 66 | 00:15:10 | 02:30:12 | 03:16:13 | 03:56:13 | 04:03:01 | 04:18:11.70 | +01:13:25 (28.4%) | 5:47 | 10.4 (71.7%) |
| 67 | CZELEJ Rafał | 61 | BIEGAJĄCY ŚWIDNIK | M30 | 67 | 00:10:57 | 02:23:44 | 03:09:51 | 03:53:34 | 04:07:16 | 04:18:13.80 | +01:13:27 (28.4%) | 5:47 | 10.4 (71.7%) |
| 68 | REJ Mirosław | 140 | | M30 | 68 | 00:13:57 | 02:38:06 | 03:21:55 | 03:58:37 | 04:04:19 | 04:18:16.40 | +01:13:30 (28.5%) | 5:47 | 10.4 (71.7%) |
| 69 | LONC Tomasz | 139 | | M30 | 69 | 00:13:57 | 02:38:08 | 03:21:55 | 03:58:37 | 04:04:37 | 04:18:34.85 | +01:13:48 (28.5%) | 5:47 | 10.3 (71.0%) |
| 70 | MAŚLANKA Piotr | 168 | | M30 | 70 | 00:11:06 | 02:27:42 | 03:16:23 | 03:55:48 | 04:07:58 | 04:19:04.40 | +01:14:18 (28.7%) | 5:48 | 10.3 (71.0%) |
| 71 | TURCZANIK Fabian | 344 | BIEGUSIEM.PL | M30 | 71 | 00:12:35 | 02:35:16 | 03:20:36 | 03:58:58 | 04:07:01 | 04:19:36.05 | +01:14:49 (28.8%) | 5:49 | 10.3 (71.0%) |
| 72 | KUSZ Tomasz | 331 | | M30 | 72 | 00:10:45 | 02:24:33 | 03:12:47 | 03:54:56 | 04:09:38 | 04:20:23.25 | +01:15:36 (29.0%) | 5:50 | 10.3 (71.0%) |
| 73 | WIĄCEK Marcin | 317 | JSC JASŁO | M30 | 73 | 00:12:02 | 02:28:08 | 03:14:12 | 03:56:00 | 04:08:24 | 04:20:26.55 | +01:15:40 (29.1%) | 5:50 | 10.3 (71.0%) |
| 74 | KAMIŃSKI Krzysztof | 37 | PŁOCK BIEGA NO AGE LIMIT | M30 | 74 | 00:13:23 | 02:36:50 | 03:21:00 | 03:58:56 | 04:07:06 | 04:20:29.45 | +01:15:43 (29.1%) | 5:50 | 10.3 (71.0%) |
| 75 | FIGURA Marcin | 132 | KWIDZYN RUN | M30 | 75 | 00:12:34 | 02:37:39 | 03:21:06 | 04:00:05 | 04:07:56 | 04:20:30.10 | +01:15:43 (29.1%) | 5:50 | 10.3 (71.0%) |
| 76 | FILIPOWICZ Jakub | 368 | | M30 | 76 | 00:13:25 | 02:35:04 | 03:20:58 | 03:58:57 | 04:07:14 | 04:20:39.55 | +01:15:53 (29.1%) | 5:50 | 10.3 (71.0%) |
| 77 | SZCZYRBOWSKI Michał | 385 | AKADEMIAROLKARZA.PL | M30 | 77 | 00:12:31 | 02:29:55 | 03:17:32 | 03:57:54 | 04:08:38 | 04:21:09.20 | +01:16:22 (29.2%) | 5:51 | 10.2 (70.3%) |
| 78 | JAWORSKI Łukasz | 535 | | M30 | 78 | 00:13:11 | 02:31:06 | 03:17:20 | 03:57:30 | 04:08:01 | 04:21:12.00 | +01:16:25 (29.3%) | 5:51 | 10.2 (70.3%) |
| 79 | PLUTA Paweł | 394 | AKADEMIAROLKARZA MICHAŁ | M30 | 79 | 00:12:30 | 02:30:14 | 03:17:33 | 03:57:41 | 04:08:49 | 04:21:19.20 | +01:16:32 (29.3%) | 5:51 | 10.2 (70.3%) |
| 80 | MILEWSKI Mateusz | 350 | KRAINA WIECZNYCH MROZÓW | M30 | 80 | 00:12:09 | 02:31:29 | 03:21:29 | 04:00:19 | 04:09:46 | 04:21:55.70 | +01:17:09 (29.5%) | 5:52 | 10.2 (70.3%) |
| 81 | BERGAŃSKI Michał | 614 | | M30 | 81 | 00:13:04 | 02:31:45 | 03:17:57 | 03:58:53 | 04:09:07 | 04:22:11.30 | +01:17:25 (29.5%) | 5:52 | 10.2 (70.3%) |
| 82 | KWAS August | 184 | | M30 | 82 | 00:12:09 | 02:28:56 | 03:19:44 | 04:00:35 | 04:10:16 | 04:22:25.50 | +01:17:39 (29.6%) | 5:53 | 10.2 (70.3%) |
| 83 | ŁOCHAŃSKI Grzegorz | 550 | BRYSIE | M30 | 83 | 00:11:00 | 02:26:05 | 03:16:42 | | 04:12:11 | 04:23:11.35 | +01:18:25 (29.8%) | 5:54 | 10.2 (70.3%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | 2km | 26.5km | 34.2km | 40.7km | Czas | Czas | Różn | Tempo min/km | Tempo km/h |
|-----|----------------------|-------|------------------------------|-----------|------|----------|----------|----------|----------|-------------------|---------------|-------------------|--------------|--------------|
| | | | | | | | | | | maratonu (42,6km) | brutto 44.6km | | | |
| 84 | WENTLAND Tomasz | 63 | NOWA HUTA TEAM | M30 | 84 | 00:13:05 | 02:28:41 | 03:16:42 | 04:00:18 | 04:10:11 | 04:23:16.40 | +01:18:30 (29.8%) | 5:54 | 10.2 (70.3%) |
| 85 | ROWIŃSKI Michał | 181 | LUBAWA KOCHA BIEGAĆ | M30 | 85 | 00:12:48 | 02:44:38 | 03:29:22 | 04:04:18 | 04:10:42 | 04:23:30.30 | +01:18:44 (29.9%) | 5:54 | 10.2 (70.3%) |
| 86 | SKRZYPCZAK Piotr | 721 | OTK RZEŹNIK | M30 | 86 | 00:10:36 | 02:32:39 | 03:20:23 | 04:02:27 | 04:16:42 | 04:27:18.65 | +01:22:32 (30.9%) | 5:59 | 10 (69.0%) |
| 87 | URBASEK Łukasz | 678 | | M30 | 87 | 00:12:50 | 02:41:59 | 03:29:00 | 04:06:25 | 04:14:42 | 04:27:32.90 | +01:22:46 (30.9%) | 5:59 | 10 (69.0%) |
| 88 | KIEPIELA Dawid | 403 | KLUB BIEGACZA FARTLEK | M30 | 88 | 00:10:43 | 02:28:52 | 03:25:45 | 04:08:09 | 04:19:21 | 04:30:04.25 | +01:25:17 (31.6%) | 6:03 | 9.9 (68.3%) |
| 89 | KAZUBSKI Piotr | 714 | | M30 | 89 | 00:13:04 | 02:28:20 | 03:17:07 | 04:03:39 | 04:17:01 | 04:30:05.35 | +01:25:19 (31.6%) | 6:03 | 9.9 (68.3%) |
| 90 | KWIATKOWSKI Wojciech | 92 | TSA SANDOMIERZ | M30 | 90 | 00:11:10 | 02:29:11 | 03:20:04 | 04:06:38 | 04:20:05 | 04:31:15.30 | +01:26:29 (31.9%) | 6:04 | 9.9 (68.3%) |
| 91 | FOLAND Bogumił | 342 | SPARTA | M30 | 91 | 00:09:05 | 02:25:59 | 03:21:26 | 04:06:13 | 04:23:03 | 04:32:08.70 | +01:27:22 (32.1%) | 6:06 | 9.8 (67.6%) |
| 92 | PŁOMIŃSKI Marcin | 546 | ŁÓDŹ RUNNING TEAM/WKURW_TEAM | M30 | 92 | 00:13:18 | 02:36:58 | 03:27:23 | 04:08:47 | 04:18:55 | 04:32:13.35 | +01:27:27 (32.1%) | 6:06 | 9.8 (67.6%) |
| 93 | DZIAŁABIJ Krzysztof | 650 | | M30 | 93 | 00:11:45 | 02:39:55 | 03:28:04 | 04:10:07 | 04:20:35 | 04:32:20.65 | +01:27:34 (32.2%) | 6:06 | 9.8 (67.6%) |
| 94 | TYLEK Konrad | 267 | CRAZY DRAGONS | M30 | 94 | 00:13:50 | 02:38:54 | 03:29:21 | 04:10:15 | 04:18:43 | 04:32:33.10 | +01:27:46 (32.2%) | 6:06 | 9.8 (67.6%) |
| 95 | RIJ Tomasz | 256 | FINISZ RYMANÓW | M30 | 95 | 00:12:03 | 02:36:58 | 03:27:36 | | 04:20:47 | 04:32:50.80 | +01:28:04 (32.3%) | 6:07 | 9.8 (67.6%) |
| 96 | GWIZDAŁA Łukasz | 472 | THENATURAT | M30 | 96 | 00:11:45 | 02:35:13 | 03:27:00 | 04:10:25 | 04:21:50 | 04:33:35.10 | +01:28:48 (32.5%) | 6:08 | 9.8 (67.6%) |
| 97 | FLOREK Sebastian | 334 | NORAFSPORT | M30 | 97 | 00:13:13 | 02:37:29 | 03:27:08 | 04:09:23 | 04:20:48 | 04:34:01.80 | +01:29:15 (32.6%) | 6:08 | 9.8 (67.6%) |
| 98 | SZCZYPIORKOWSKI Emil | 468 | GOOD LIFE FITNESS | M30 | 98 | 00:13:31 | 02:34:38 | 03:25:05 | 04:10:29 | 04:21:04 | 04:34:35.75 | +01:29:49 (32.7%) | 6:09 | 9.7 (66.9%) |
| 99 | WOJCIESZAK Marcin | 346 | | M30 | 99 | 00:12:06 | 02:37:25 | 03:27:28 | 04:11:07 | 04:23:15 | 04:35:21.75 | +01:30:35 (32.9%) | 6:10 | 9.7 (66.9%) |
| 100 | PASELA Bartosz | 699 | SMASHING PAPKINS | M30 | 100 | 00:12:42 | 02:36:18 | 03:27:26 | 04:11:11 | 04:22:59 | 04:35:41.35 | +01:30:55 (33.0%) | 6:10 | 9.7 (66.9%) |
| 101 | HERBA Krystian | 704 | DAR-BUD TEAM | M30 | 101 | 00:11:58 | 02:44:38 | 03:34:08 | 04:15:08 | 04:23:55 | 04:35:53.95 | +01:31:07 (33.0%) | 6:11 | 9.7 (66.9%) |
| 102 | MATUSIAK Michał | 672 | ROWERY MAŁGOŚKA | M30 | 102 | 00:13:40 | 02:44:40 | 03:33:31 | 04:14:13 | 04:22:15 | 04:35:55.85 | +01:31:09 (33.0%) | 6:11 | 9.7 (66.9%) |
| 103 | GURAZDA Kamil | 495 | KLUB (SPORTING CLUB NAME) | M30 | 103 | 00:14:08 | 02:42:27 | 03:32:49 | 04:13:46 | 04:23:18 | 04:37:26.35 | +01:32:40 (33.4%) | 6:13 | 9.6 (66.2%) |
| 104 | KOZERA Waldemar | 96 | | M30 | 104 | 00:11:24 | 02:32:38 | 03:24:57 | 04:10:42 | 04:26:10 | 04:37:34.90 | +01:32:48 (33.4%) | 6:13 | 9.6 (66.2%) |
| 105 | BEDNARCZYK Paweł | 406 | | M30 | 105 | 00:12:01 | 02:33:37 | 03:23:13 | 04:10:43 | 04:26:09 | 04:38:10.20 | +01:33:23 (33.6%) | 6:14 | 9.6 (66.2%) |
| 106 | BOGACZYK Krzysztof | 196 | RÓWNE | M30 | 106 | 00:12:32 | 02:34:19 | 03:30:31 | 04:14:37 | 04:25:47 | 04:38:19.15 | +01:33:32 (33.6%) | 6:14 | 9.6 (66.2%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | 2km | 26.5km | 34.2km | 40.7km | Czas | Czas | Różn | Tempo min/km | Tempo km/h |
|-----|-----------------------------|------------|------------------------------|-----------|------|----------|----------|----------|----------|----------------------|--------------------|----------------------|-----------------|----------------|
| | | | | | | | | | | maratonu (42,6km) | brutto 44.6km | | | |
| 107 | STOBRAWA Rafał | 292 | DART BLACHOWNIA | M30 | 107 | 00:14:01 | 02:44:52 | 03:33:13 | 04:15:05 | 04:26:29 | 04:40:30.75 | +01:35:44 (34.1%) | 6:17 | 9.5 (65.5%) |
| 108 | STASZEWSKI Maciej | 245 | JANOWIANKA | M30 | 108 | 00:12:18 | 02:26:47 | 03:35:37 | 04:17:37 | 04:28:43 | 04:41:01.75 | +01:36:15 (34.3%) | 6:18 | 9.5 (65.5%) |
| 109 | WÓJTOWICZ Pafcio | 402 | BIEGAJZNAMI.PL | M30 | 109 | 00:12:18 | 02:26:30 | 03:35:36 | 04:17:36 | 04:28:44 | 04:41:02.00 | +01:36:15 (34.3%) | 6:18 | 9.5 (65.5%) |
| 110 | PSZENICZKA Grzegorz | 594 | | M30 | 110 | 00:11:23 | 02:36:03 | 03:30:40 | 04:14:39 | 04:29:59 | 04:41:22.70 | +01:36:36 (34.3%) | 6:18 | 9.5 (65.5%) |
| 111 | KRZYSZTOŃ Piotr | 365 | GMP LASY / KRAŚNIK | M30 | 111 | 00:11:35 | 02:38:12 | 03:30:02 | 04:15:27 | 04:29:50 | 04:41:25.70 | +01:36:39 (34.3%) | 6:18 | 9.5 (65.5%) |
| 112 | GAJEWSKI Michał | 552 | WET ZA WET | M30 | 112 | 00:13:28 | 02:41:31 | 03:30:23 | 04:14:50 | 04:28:02 | 04:41:30.05 | +01:36:43 (34.4%) | 6:18 | 9.5 (65.5%) |
| 113 | ŚLIWIŃSKI Paweł | 252 | | M30 | 113 | 00:14:30 | 02:45:59 | 03:41:47 | 04:22:19 | 04:28:14 | 04:42:44.15 | +01:37:57 (34.6%) | 6:20 | 9.5 (65.5%) |
| 114 | KRAWCZAK Kamil | 515 | BIEGUSIEM.PL | M30 | 114 | 00:12:35 | 02:40:48 | 03:36:48 | 04:19:37 | 04:30:45 | 04:43:20.50 | +01:38:34 (34.8%) | 6:21 | 9.4 (64.8%) |
| 115 | KAWĘCKI Łukasz | 771 | | M30 | 115 | 00:11:12 | 02:35:58 | 03:36:02 | 04:19:16 | 04:32:21 | 04:43:33.30 | +01:38:47 (34.8%) | 6:21 | 9.4 (64.8%) |
| 116 | MIELCZAREK Wojtek | 39 | | M30 | 116 | 00:13:12 | 02:46:52 | 03:38:01 | 04:20:38 | 04:31:11 | 04:44:23.00 | +01:39:36 (35.0%) | 6:22 | 9.4 (64.8%) |
| 117 | HUSZCZO Aleksander | 113 | KLUB BIEGACZA WARTA | M30 | 117 | 00:13:29 | 02:42:48 | 03:37:11 | 04:20:31 | 04:31:44 | 04:45:13.20 | +01:40:26 (35.2%) | 6:23 | 9.4 (64.8%) |
| 118 | DAWID Mariusz | 109 | | M30 | 118 | 00:12:42 | 02:42:31 | 03:34:22 | 04:19:14 | 04:35:25 | 04:48:07.10 | +01:43:20 (35.9%) | 6:27 | 9.3 (64.1%) |
| 119 | WAWRZYŃIAK Michał | 492 | KLUB BIEGACZA WARTA | M30 | 119 | 00:12:48 | 02:42:56 | 03:37:52 | 04:23:16 | 04:35:25 | 04:48:13.95 | +01:43:27 (35.9%) | 6:27 | 9.3 (64.1%) |
| 120 | KACZMARCZYK Piotr | 358 | UKS SZKOŁA RAJSKA W KRAKOWIE | M30 | 120 | 00:13:19 | 02:41:26 | 03:38:00 | 04:23:41 | 04:35:29 | 04:48:48.65 | +01:44:02 (36.0%) | 6:28 | 9.3 (64.1%) |
| 121 | GALUSKIN Alexey | 652 | GRUPA NOMAX | M30 | 121 | 00:12:39 | 02:42:52 | 03:39:41 | 04:27:47 | 04:36:10 | 04:48:49.85 | +01:44:03 (36.0%) | 6:28 | 9.3 (64.1%) |
| 122 | MŁODOŻENIEC Mirosław | 51 | REMBERTÓW TEAM | M30 | 122 | 00:12:36 | 02:35:43 | 03:29:01 | 04:20:08 | 04:36:24 | 04:49:00.15 | +01:44:13 (36.1%) | 6:28 | 9.3 (64.1%) |
| 123 | GOLBA Łukasz | 11 | | M30 | 123 | 00:13:29 | 02:47:41 | 03:39:11 | 04:25:17 | 04:36:21 | 04:49:50.70 | +01:45:04 (36.3%) | 6:29 | 9.2 (63.4%) |
| 124 | ANTONIAK Michał | 483 | PWC | M30 | 124 | 00:13:43 | 03:00:06 | 03:47:54 | 04:29:25 | 04:38:09 | 04:51:52.25 | +01:47:05 (36.7%) | 6:32 | 9.2 (63.4%) |
| 125 | GONTARZ Jarosław | 669 | TRI ENGINES | M30 | 125 | 00:11:09 | 02:28:19 | 03:23:43 | 04:24:47 | 04:40:55 | 04:52:04.90 | +01:47:18 (36.7%) | 6:32 | 9.2 (63.4%) |
| 126 | GUT Paweł | 464 | KB LOK BOCHNIA | M30 | 126 | 00:13:21 | 02:56:32 | 03:50:33 | 04:30:02 | 04:38:50 | 04:52:11.95 | +01:47:25 (36.8%) | 6:33 | 9.2 (63.4%) |
| 127 | OBROŚLAK Grzegorz | 715 | TRAPER LUBACZÓW | M30 | 127 | 00:12:27 | 02:38:23 | 03:36:28 | 04:25:22 | 04:41:02 | 04:53:29.50 | +01:48:43 (37.0%) | 6:34 | 9.1 (62.8%) |
| 128 | STOJANOWSKI Dawid | 309 | RUNHOGS | M30 | 128 | 00:13:51 | 02:53:38 | 03:45:59 | 04:29:06 | 04:39:40 | 04:53:31.80 | +01:48:45 (37.1%) | 6:34 | 9.1 (62.8%) |
| 129 | LEPIARZ Marcin | 781 | | M30 | 129 | | 02:43:38 | 03:40:01 | 04:27:10 | | 04:53:37.35 | +01:48:51 (37.1%) | 6:35 | 9.1 (62.8%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | 2km | 26.5km | 34.2km | 40.7km | Czas | Czas | Różn | Tempo min/km | Tempo km/h |
|-----|---------------------------|------------|------------------------------|-----------|------|----------|----------|----------|----------|----------------------|--------------------|----------------------|-----------------|----------------|
| | | | | | | | | | | maratonu (42,6km) | brutto 44.6km | | | |
| 130 | KULCZYŃSKI Rafał | 502 | ROZBIEGANI BUDOWLANI | M30 | 130 | 00:12:51 | 02:46:38 | 03:43:42 | 04:27:59 | 04:40:55 | 04:53:46.00 | +01:48:59 (37.1%) | 6:35 | 9.1 (62.8%) |
| 131 | ŚLĄCZKA Arkadiusz | 242 | FINISZ RYMANÓW | M30 | 131 | 00:13:16 | 02:47:22 | 03:45:20 | 04:30:11 | 04:41:52 | 04:55:08.40 | +01:50:22 (37.4%) | 6:37 | 9.1 (62.8%) |
| 132 | GOSTKOWSKI Bartek | 551 | | M30 | 132 | 00:12:16 | 02:45:21 | 03:45:01 | 04:30:27 | 04:42:53 | 04:55:09.50 | +01:50:23 (37.4%) | 6:37 | 9.1 (62.8%) |
| 133 | CHMIEL Michał | 170 | RZESZOWSKIE GAZELE I GEPARDY | M30 | 133 | 00:12:45 | 02:47:34 | 03:44:33 | 04:31:04 | 04:42:27 | 04:55:12.20 | +01:50:25 (37.4%) | 6:37 | 9.1 (62.8%) |
| 134 | ZAWIŚLAK Kazimierz | 337 | | M30 | 134 | 00:12:08 | 02:52:46 | 03:48:50 | 04:32:33 | 04:43:44 | 04:55:52.65 | +01:51:06 (37.6%) | 6:38 | 9 (62.1%) |
| 135 | NALEPKA Zdzisław | 272 | BIEGIEM PRZEZ GÓRY | M30 | 135 | 00:10:43 | 02:44:39 | 03:41:22 | 04:28:45 | 04:45:14 | 04:55:57.80 | +01:51:11 (37.6%) | 6:38 | 9 (62.1%) |
| 136 | BIEDROŃ Wojciech | 300 | NOWA HUTA TEAM | M30 | 136 | 00:13:22 | 02:48:23 | 03:43:22 | 04:30:49 | 04:43:46 | 04:57:08.75 | +01:52:22 (37.8%) | 6:39 | 9 (62.1%) |
| 137 | STRZECHA Tomasz | 450 | GOŃ ZAJĄCZKA SQAD | M30 | 137 | 00:13:58 | 02:49:41 | 03:44:27 | 04:31:54 | 04:43:27 | 04:57:25.35 | +01:52:39 (37.9%) | 6:40 | 9 (62.1%) |
| 138 | GROMADA Piotr | 685 | TSA SANDOMIERZ | M30 | 138 | 00:12:59 | 02:42:00 | 03:51:09 | 04:33:08 | 04:44:32 | 04:57:31.35 | +01:52:45 (37.9%) | 6:40 | 9 (62.1%) |
| 139 | OLCZYK Cezary | 45 | | M30 | 139 | 00:13:12 | 02:50:20 | 03:49:01 | 04:33:28 | 04:44:22 | 04:57:34.65 | +01:52:48 (37.9%) | 6:40 | 9 (62.1%) |
| 140 | SIKORSKI Piotr | 755 | WF SPORTRUN TEAM | M30 | 140 | 00:13:12 | 02:49:47 | 03:48:38 | 04:33:10 | 04:44:31 | 04:57:43.15 | +01:52:56 (37.9%) | 6:40 | 9 (62.1%) |
| 141 | MAKOWSKI Marek | 318 | SUPER WTP/PPP | M30 | 141 | 00:12:57 | 02:57:26 | 03:52:26 | 04:36:27 | 04:46:54 | 04:59:51.50 | +01:55:05 (38.4%) | 6:43 | 8.9 (61.4%) |
| 142 | MAZUR Sławomir | 389 | GRUPETTO GORLICE | M30 | 142 | 00:12:43 | 02:54:02 | 03:48:25 | 04:34:15 | 04:47:28 | 05:00:11.15 | +01:55:24 (38.4%) | 6:43 | 8.9 (61.4%) |
| 143 | CHARCHUT Roman | 103 | | M30 | 143 | 00:13:37 | 02:57:12 | 03:50:51 | 04:36:26 | 04:46:34 | 05:00:11.55 | +01:55:25 (38.4%) | 6:43 | 8.9 (61.4%) |
| 144 | KOKOT Roman | 217 | AKTYWNY DYNÓW | M30 | 144 | 00:13:58 | 02:55:44 | 03:47:57 | 04:35:04 | 04:46:16 | 05:00:14.20 | +01:55:27 (38.5%) | 6:43 | 8.9 (61.4%) |
| 145 | KOZIOŁKO Tomasz | 531 | | M30 | 145 | 00:13:12 | 02:48:23 | 03:44:21 | 04:31:47 | 04:47:02 | 05:00:14.50 | +01:55:28 (38.5%) | 6:43 | 8.9 (61.4%) |
| 146 | MUNIAK Kamil | 76 | KUKUCZSPORT.PL | M30 | 146 | 00:12:16 | 02:49:07 | 03:50:34 | 04:35:08 | 04:48:04 | 05:00:20.80 | +01:55:34 (38.5%) | 6:44 | 8.9 (61.4%) |
| 147 | BUTNY Rafał | 411 | COMPLEXSPORTS TRIATHLON TEAM | M30 | 147 | 00:14:46 | 02:53:58 | 03:52:12 | 04:36:20 | 04:45:40 | 05:00:26.95 | +01:55:40 (38.5%) | 6:44 | 8.9 (61.4%) |
| 148 | GRUCHALA Piotr | 414 | POINT | M30 | 148 | 00:14:47 | 02:53:59 | 03:52:13 | 04:36:27 | 04:45:40 | 05:00:27.05 | +01:55:40 (38.5%) | 6:44 | 8.9 (61.4%) |
| 149 | MIROCHA Łukasz | 467 | UKASZ TEAM | M30 | 149 | 00:13:14 | 02:53:33 | 03:48:43 | 04:35:44 | 04:47:53 | 05:01:07.45 | +01:56:21 (38.6%) | 6:45 | 8.9 (61.4%) |
| 150 | PIETRYSZYN Mariusz | 202 | | M30 | 150 | 00:13:46 | 02:53:58 | 03:49:27 | 04:36:33 | 04:47:36 | 05:01:22.85 | +01:56:36 (38.7%) | 6:45 | 8.9 (61.4%) |
| 151 | SWACHA Piotr | 567 | BIŁGORAJ BIEGA | M30 | 151 | 00:13:26 | 02:57:04 | 03:52:53 | 04:36:44 | 04:48:02 | 05:01:28.15 | +01:56:41 (38.7%) | 6:45 | 8.9 (61.4%) |
| 152 | POPŁAWSKI Piotr | 670 | PGB SPORTOWA PACZKA | M30 | 152 | 00:13:04 | 03:03:18 | 04:00:08 | 04:42:08 | 04:50:27 | 05:03:31.75 | +01:58:45 (39.1%) | 6:48 | 8.8 (60.7%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | 2km | 26.5km | 34.2km | 40.7km | Czas | Czas | Różn | Tempo min/km | Tempo km/h |
|-----|-------------------------------|------------|-----------------------|-----------|------|----------|----------|----------|----------|----------------------|--------------------|----------------------|-----------------|----------------|
| | | | | | | | | | | maratonu (42,6km) | brutto 44.6km | | | |
| 153 | ORZECHOWSKI Bartosz | 321 | KW WARSZAWA | M30 | 153 | 00:12:30 | 02:47:41 | 03:48:01 | 04:38:14 | 04:51:07 | 05:03:37.60 | +01:58:51 (39.1%) | 6:48 | 8.8 (60.7%) |
| 154 | WIŚNIEWSKI Krzysztof | 210 | KEREZA TEAM | M30 | 154 | 00:12:56 | 02:55:38 | 03:55:03 | 04:40:05 | 04:52:35 | 05:05:31.05 | +02:00:44 (39.5%) | 6:51 | 8.8 (60.7%) |
| 155 | ZYGADLEWICZ Grzegorz | 418 | BIEGAJĄCY ŚWIDNIK | M30 | 155 | 00:13:54 | 02:49:40 | 03:51:38 | 04:40:51 | 04:51:57 | 05:05:51.40 | +02:01:05 (39.6%) | 6:51 | 8.7 (60.0%) |
| 156 | KOSACKI Jacek | 785 | GOOD LIFE FITNESS | M30 | 156 | 00:13:33 | 02:53:08 | 03:50:48 | 04:38:21 | 04:52:22 | 05:05:55.00 | +02:01:08 (39.6%) | 6:51 | 8.7 (60.0%) |
| 157 | PŁONKA Paweł | 761 | ŻYWCEM ZABIEGANI | M30 | 157 | 00:11:31 | 02:47:24 | 03:45:03 | 04:36:04 | 04:54:53 | 05:06:24.85 | +02:01:38 (39.7%) | 6:52 | 8.7 (60.0%) |
| 158 | DYMEK Paweł | 779 | MIELECKIE BIEGACZE | M30 | 158 | 00:12:51 | 02:50:29 | 03:49:15 | 04:37:17 | 04:53:44 | 05:06:35.00 | +02:01:48 (39.7%) | 6:52 | 8.7 (60.0%) |
| 159 | TROJNAR Damian | 131 | JUTRZENKA DĘBNO | M30 | 159 | 00:12:27 | 02:48:47 | 03:54:41 | 04:41:24 | 04:54:35 | 05:07:02.35 | +02:02:16 (39.8%) | 6:53 | 8.7 (60.0%) |
| 160 | MĘŻYŃSKI Michał | 619 | | M30 | 160 | 00:14:38 | 02:53:02 | 03:55:14 | 04:40:54 | 04:52:59 | 05:07:37.60 | +02:02:51 (39.9%) | 6:53 | 8.7 (60.0%) |
| 161 | BAK Marcin Michał | 787 | ŚWIĘTY SPOKÓJ SANOK | M30 | 161 | 00:13:54 | 02:56:09 | 03:54:06 | 04:41:53 | 04:54:31 | 05:08:25.50 | +02:03:39 (40.1%) | 6:54 | 8.7 (60.0%) |
| 162 | WOŹNIAK Michał | 688 | BANDA GRUDNIA | M30 | 162 | 00:13:12 | 02:51:31 | 03:58:29 | | 04:55:45 | 05:08:57.95 | +02:04:11 (40.2%) | 6:55 | 8.7 (60.0%) |
| 163 | WISZNIEWSKI Karol | 505 | AKS POLONIA WARSZAWA | M30 | 163 | 00:13:22 | 02:52:17 | 04:04:59 | 04:49:28 | 04:57:54 | 05:11:16.00 | +02:06:29 (40.6%) | 6:58 | 8.6 (59.3%) |
| 164 | RAMM Aleksander | 382 | SMILEY ULTRAS :) | M30 | 164 | 00:12:22 | 03:00:09 | 03:59:28 | 04:47:16 | 04:59:28 | 05:11:50.85 | +02:07:04 (40.7%) | 6:59 | 8.6 (59.3%) |
| 165 | KĘSA Andrzej | 399 | | M30 | 165 | 00:12:03 | 02:56:50 | 03:55:22 | 04:44:59 | 05:00:34 | 05:12:37.35 | +02:07:51 (40.9%) | 7:00 | 8.6 (59.3%) |
| 166 | ARENTEWICZ Grzegorz | 136 | TORUN MULTISPORT TEAM | M30 | 166 | 00:14:26 | 02:55:34 | 03:54:18 | 04:42:17 | 04:58:22 | 05:12:48.00 | +02:08:01 (40.9%) | 7:00 | 8.6 (59.3%) |
| 167 | PELA Dariusz | 134 | TMT SKY-TRANS | M30 | 167 | 00:14:26 | 02:55:35 | 03:54:18 | 04:42:16 | 04:58:22 | 05:12:48.15 | +02:08:01 (40.9%) | 7:00 | 8.6 (59.3%) |
| 168 | JURCZAK Daniel | 214 | MIŃSKA GRUPA ROWEROWA | M30 | 168 | 00:12:09 | 02:53:25 | 03:53:59 | 04:45:38 | 05:01:37 | 05:13:46.40 | +02:09:00 (41.1%) | 7:02 | 8.5 (58.6%) |
| 169 | KWARTA Tomasz | 565 | | M30 | 169 | 00:12:47 | 02:50:13 | 03:52:50 | 04:43:35 | 05:01:29 | 05:14:16.30 | +02:09:30 (41.2%) | 7:02 | 8.5 (58.6%) |
| 170 | ADAMSKI Michał | 36 | WOP | M30 | 170 | 00:12:47 | 02:49:16 | 03:52:49 | 04:44:09 | 05:01:29 | 05:14:16.50 | +02:09:30 (41.2%) | 7:02 | 8.5 (58.6%) |
| 171 | SALACIAK Marcin | 332 | GLKS RZEPEDŹ | M30 | 171 | 00:14:49 | 02:52:38 | 03:55:04 | 04:42:20 | 04:59:51 | 05:14:40.40 | +02:09:54 (41.3%) | 7:03 | 8.5 (58.6%) |
| 172 | MAZIARZ Jakub | 798 | ZABIEGANI MIELEC | M30 | 172 | 00:13:10 | 03:02:51 | 04:06:41 | 04:50:07 | 05:01:36 | 05:14:46.95 | +02:10:00 (41.3%) | 7:03 | 8.5 (58.6%) |
| 173 | ZIOŁO Paweł | 87 | WATRA TEAM | M30 | 173 | 00:14:34 | 02:54:43 | 03:57:33 | 04:48:07 | 05:00:46 | 05:15:20.00 | +02:10:33 (41.4%) | 7:04 | 8.5 (58.6%) |
| 174 | PRZYGÓRZEWSKI Jarosław | 792 | LESKO | M30 | 174 | 00:13:57 | 02:53:44 | 03:54:05 | 04:46:16 | 05:01:31 | 05:15:28.95 | +02:10:42 (41.4%) | 7:04 | 8.5 (58.6%) |
| 175 | ZMYSŁOWSKI Łukasz | 597 | | M30 | 175 | 00:12:46 | 02:42:26 | 03:58:36 | 04:47:39 | 05:02:46 | 05:15:32.45 | +02:10:46 (41.4%) | 7:04 | 8.5 (58.6%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | 2km | 26.5km | 34.2km | 40.7km | Czas | Czas | Różn | Tempo min/km | Tempo km/h |
|-----|---------------------------|------------|-------------------------------------|-----------|------|----------|----------|----------|----------|----------------------|--------------------|----------------------|-----------------|----------------|
| | | | | | | | | | | maratonu (42,6km) | brutto 44.6km | | | |
| 176 | SMOLIŃSKI Paweł | 197 | RUGBY KLUB SANOK / SMASHING PAPKINS | M30 | 176 | 00:12:07 | 02:59:22 | 03:59:19 | 04:49:05 | 05:03:39 | 05:15:46.00 | +02:10:59 (41.5%) | 7:04 | 8.5 (58.6%) |
| 177 | SALAŁA Kamil | 494 | KLUB (SPORTING CLUB NAME) | M30 | 177 | 00:13:17 | 03:04:03 | 04:03:25 | 04:50:06 | 05:03:10 | 05:16:27.15 | +02:11:40 (41.6%) | 7:05 | 8.5 (58.6%) |
| 178 | NOWAK Łukasz | 605 | | M30 | 178 | 00:14:35 | 03:01:42 | 04:01:22 | 04:49:23 | 05:02:17 | 05:16:52.15 | +02:12:05 (41.7%) | 7:06 | 8.4 (57.9%) |
| 179 | GÓRNIWICZ Marcin | 461 | MBANK | M30 | 179 | 00:13:58 | 03:07:42 | 04:08:55 | 04:53:36 | 05:03:08 | 05:17:06.75 | +02:12:20 (41.7%) | 7:06 | 8.4 (57.9%) |
| 180 | MIŚKÓW Marcin | 79 | BIEGAMY Z SERCEM.PL | M30 | 180 | 00:11:45 | 02:57:26 | 04:00:15 | 04:50:06 | 05:06:49 | 05:18:34.95 | +02:13:48 (42.0%) | 7:08 | 8.4 (57.9%) |
| 181 | KORBUT Radosław | 280 | | M30 | 181 | 00:14:50 | 03:03:42 | 04:06:34 | 04:53:30 | 05:04:19 | 05:19:09.65 | +02:14:23 (42.1%) | 7:09 | 8.4 (57.9%) |
| 182 | SALWA Szymon | 613 | SEAAT | M30 | 182 | 00:14:02 | 02:56:58 | 04:04:50 | 04:53:13 | 05:06:25 | 05:20:27.80 | +02:15:41 (42.3%) | 7:11 | 8.4 (57.9%) |
| 183 | DONIEC Sebastian | 22 | WWW.ADWOKATDONIEC.PL | M30 | 183 | 00:13:18 | 03:06:09 | 04:06:30 | 04:54:11 | 05:08:04 | 05:21:22.75 | +02:16:36 (42.5%) | 7:12 | 8.3 (57.2%) |
| 184 | BUCZYŃSKI Radosław | 240 | NIGHT RUNNERS GLIWICE | M30 | 184 | 00:12:33 | 03:00:00 | 04:04:16 | 04:55:11 | 05:09:56 | 05:22:29.65 | +02:17:43 (42.7%) | 7:13 | 8.3 (57.2%) |
| 185 | FIDOR Michał | 276 | RUNHOGS TYCHY | M30 | 185 | 00:13:50 | 02:56:11 | 04:02:04 | 04:54:31 | 05:10:51 | 05:24:41.95 | +02:19:55 (43.1%) | 7:16 | 8.2 (56.6%) |
| 186 | KOPCZYŃSKI Maciej | 558 | | M30 | 186 | 00:14:01 | 03:02:43 | 04:04:53 | 04:58:33 | 05:11:57 | 05:25:58.05 | +02:21:11 (43.3%) | 7:18 | 8.2 (56.6%) |
| 187 | BARAN Jakub | 299 | | M30 | 187 | 00:15:55 | 03:07:42 | 04:07:57 | 05:01:04 | 05:11:50 | 05:27:45.70 | +02:22:59 (43.6%) | 7:20 | 8.2 (56.6%) |
| 188 | ZAKRZEWSKI Szymon | 504 | | M30 | 188 | 00:11:40 | 02:58:09 | 04:02:36 | 04:52:30 | 05:17:08 | 05:28:48.15 | +02:24:01 (43.8%) | 7:22 | 8.1 (55.9%) |
| 189 | KRASOWSKI Łukasz | 130 | | M30 | 189 | 00:12:38 | 03:08:17 | 04:15:02 | 05:02:48 | 05:16:16 | 05:28:54.80 | +02:24:08 (43.8%) | 7:22 | 8.1 (55.9%) |
| 190 | TUTKA Maksymilian | 443 | LEŻAJSK | M30 | 190 | 00:12:37 | 03:08:18 | 04:15:04 | 05:02:49 | 05:16:18 | 05:28:55.75 | +02:24:09 (43.8%) | 7:22 | 8.1 (55.9%) |
| 191 | KRASOŃ Janusz | 177 | RKM ' SOPELEK' | M30 | 191 | 00:14:04 | 03:05:09 | 04:10:47 | 05:02:40 | 05:17:16 | 05:31:20.35 | +02:26:34 (44.2%) | 7:25 | 8.1 (55.9%) |
| 191 | SOWA Jacek | 720 | RZESZOWSKI KLUB MORSÓW SOPELEK | M30 | 191 | 00:14:04 | 03:05:08 | 04:10:48 | 05:02:37 | 05:17:16 | 05:31:20.35 | +02:26:34 (44.2%) | 7:25 | 8.1 (55.9%) |
| 193 | SZEFER Wiktor | 760 | CRAZY DRAGONS | M30 | 193 | 00:14:00 | 03:06:52 | 04:18:43 | 05:07:11 | 05:18:27 | 05:32:27.10 | +02:27:40 (44.4%) | 7:27 | 8 (55.2%) |
| 194 | THIER Dominik J. | 287 | PZSF | M30 | 194 | 00:15:09 | 03:10:30 | 04:18:36 | 05:07:33 | 05:17:47 | 05:32:56.45 | +02:28:10 (44.5%) | 7:27 | 8 (55.2%) |
| 195 | HIPNER Marcin | 398 | SPOT PSZCZYNA | M30 | 195 | 00:14:28 | 03:09:44 | 04:15:13 | 05:04:11 | 05:19:47 | 05:34:15.45 | +02:29:29 (44.7%) | 7:29 | 8 (55.2%) |
| 196 | NIEDZIELA Michał | 282 | | M30 | 196 | 00:14:43 | 03:13:06 | 04:17:46 | 05:06:54 | 05:19:37 | 05:34:20.35 | +02:29:34 (44.7%) | 7:29 | 8 (55.2%) |
| 197 | GRYSZKO Piotr | 540 | 1,2 TRI DRUŻYNA WILKA | M30 | 197 | 00:14:17 | 03:10:08 | 04:16:44 | 05:08:22 | 05:22:03 | 05:36:20.95 | +02:31:34 (45.1%) | 7:32 | 8 (55.2%) |
| 198 | WAKULSKI Andrzej | 705 | KEREZA LUBLIN | M30 | 198 | 00:13:31 | 03:02:59 | 04:18:48 | 05:10:05 | 05:23:15 | 05:36:46.30 | +02:32:00 (45.1%) | 7:33 | 7.9 (54.5%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | 2km | 26.5km | 34.2km | 40.7km | Czas | Czas | Różn | Tempo min/km | Tempo km/h |
|-----|------------------------------|------------|-----------------------|-----------|------|----------|----------|----------|----------|----------------------|--------------------|----------------------|-----------------|----------------|
| | | | | | | | | | | maratonu (42,6km) | brutto 44.6km | | | |
| 199 | PRZYBYŁ Zbigniew | 152 | SZURKOWO | M30 | 199 | 00:15:43 | 03:09:43 | 04:17:23 | 05:08:52 | 05:21:58 | 05:37:41.95 | +02:32:55 (45.3%) | 7:34 | 7.9 (54.5%) |
| 200 | STASZEWSKI Kamil | 40 | | M30 | 200 | 00:14:51 | 03:12:52 | 04:16:46 | 05:08:40 | 05:22:54 | 05:37:45.35 | +02:32:59 (45.3%) | 7:34 | 7.9 (54.5%) |
| 201 | PIOTROWSKI Michał | 647 | | M30 | 201 | 00:13:07 | 02:59:15 | 04:10:39 | 05:06:54 | 05:25:55 | 05:39:02.45 | +02:34:16 (45.5%) | 7:36 | 7.9 (54.5%) |
| 202 | CHODOROWSKI Arkadiusz | 533 | | M30 | 202 | 00:13:14 | 03:11:50 | 04:14:37 | 05:11:53 | 05:30:08 | 05:43:22.30 | +02:38:36 (46.2%) | 7:41 | 7.8 (53.8%) |
| 203 | GÓRCZYŃSKI Przemysław | 433 | DREAMTEAM | M30 | 203 | 00:15:42 | 03:12:19 | 04:26:04 | 05:15:25 | 05:28:24 | 05:44:06.65 | +02:39:20 (46.3%) | 7:42 | 7.8 (53.8%) |
| 204 | JANIK Paweł | 725 | | M30 | 204 | 00:12:46 | 02:49:14 | 04:05:04 | 05:12:47 | 05:33:45 | 05:46:31.90 | +02:41:45 (46.7%) | 7:46 | 7.7 (53.1%) |
| 205 | BODNIAK Tomasz | 15 | | M30 | 205 | 00:13:38 | 03:22:20 | 04:32:07 | 05:22:04 | 05:38:50 | 05:52:28.65 | +02:47:42 (47.6%) | 7:54 | 7.6 (52.4%) |
| 206 | WALASZEK Paweł | 609 | AGB TORFY | M30 | 206 | 00:13:38 | 03:24:37 | 04:35:40 | 05:26:21 | 05:39:48 | 05:53:26.85 | +02:48:40 (47.7%) | 7:55 | 7.6 (52.4%) |
| 207 | SIWIEC Tomasz | 590 | BIEGNĘ DLA MARCINA | M30 | 207 | 00:12:40 | 03:24:18 | 04:34:15 | 05:27:05 | 05:44:06 | 05:56:46.35 | +02:52:00 (48.2%) | 7:59 | 7.5 (51.7%) |
| 208 | BANASIEWICZ Paweł | 325 | | M30 | 208 | 00:12:28 | 02:54:09 | 04:19:43 | 05:22:36 | 05:45:19 | 05:57:47.85 | +02:53:01 (48.4%) | 8:01 | 7.5 (51.7%) |
| 209 | SZWARCZYŃSKI Łukasz | 165 | | M30 | 209 | 00:09:35 | 03:41:20 | 04:39:37 | 05:29:35 | 05:48:39 | 05:58:14.55 | +02:53:28 (48.4%) | 8:01 | 7.5 (51.7%) |
| 210 | CWOJDZIŃSKI Piotr | 592 | NIGHT RUNNERS | M30 | 210 | 00:13:18 | 03:12:42 | 04:37:30 | 05:28:52 | 05:45:18 | 05:58:36.60 | +02:53:50 (48.5%) | 8:02 | 7.5 (51.7%) |
| 211 | BURACZYŃSKI Michał | 486 | | M30 | 211 | 00:14:38 | 03:24:34 | 04:40:34 | 05:30:24 | 05:44:15 | 05:58:53.40 | +02:54:07 (48.5%) | 8:02 | 7.5 (51.7%) |
| 212 | ADAMOWSKI Jacek | 260 | NIGHT RUNNERS GLIWICE | M30 | 212 | 00:14:28 | 03:14:52 | 04:35:43 | 05:33:06 | 05:44:58 | 05:59:26.80 | +02:54:40 (48.6%) | 8:03 | 7.4 (51.0%) |
| 213 | JAŁKIEWICZ Juliusz | 128 | | M30 | 213 | 00:16:18 | 03:20:30 | 04:30:50 | 05:28:51 | 05:43:34 | 05:59:52.60 | +02:55:06 (48.7%) | 8:04 | 7.4 (51.0%) |
| 214 | MACIECHOWSKI Łukasz | 501 | SPOREST | M30 | 214 | 00:14:12 | 03:15:43 | 04:40:20 | 05:33:16 | 05:47:54 | 06:02:06.90 | +02:57:20 (49.0%) | 8:07 | 7.4 (51.0%) |
| 215 | OKARMA Wojciech | 454 | SPOREST | M30 | 215 | 00:14:11 | 03:15:47 | 04:40:16 | 05:33:11 | 05:47:59 | 06:02:10.15 | +02:57:23 (49.0%) | 8:07 | 7.4 (51.0%) |
| 216 | CICH Kamil | 82 | | M30 | 216 | 00:13:59 | 02:58:32 | 04:16:41 | 05:21:45 | 05:50:05 | 06:04:04.55 | +02:59:18 (49.2%) | 8:09 | 7.4 (51.0%) |
| 217 | ZIELIŃSKI Mateusz | 259 | RUN SPACE BYDGOSZCZ | M30 | 217 | 00:14:41 | 03:28:55 | 04:32:42 | 05:32:21 | 05:50:00 | 06:04:41.15 | +02:59:54 (49.3%) | 8:10 | 7.3 (50.3%) |
| 217 | APANASIEWICZ Bartosz | 397 | RUNSPACE.PL | M30 | 217 | 00:14:41 | 03:28:53 | 04:32:39 | 05:32:20 | 05:50:00 | 06:04:41.15 | +02:59:54 (49.3%) | 8:10 | 7.3 (50.3%) |
| 219 | PUTAJ Rafał | 702 | PGB SPORTOWA PACZKA | M30 | 219 | 00:14:31 | 03:28:27 | 04:48:15 | 05:38:46 | 05:50:58 | 06:05:29.55 | +03:00:43 (49.4%) | 8:11 | 7.3 (50.3%) |
| 220 | KILIAN Marcin | 579 | | M30 | 220 | 00:12:16 | 03:12:33 | 04:25:23 | 05:31:35 | 05:56:45 | 06:09:01.95 | +03:04:15 (49.9%) | 8:16 | 7.3 (50.3%) |
| 221 | GROCHOWSKI Wojciech | 512 | KW WARSZAWA | M30 | 221 | 00:13:33 | 03:24:00 | 04:46:47 | 05:41:56 | 05:57:52 | 06:11:25.45 | +03:06:39 (50.3%) | 8:19 | 7.2 (49.7%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | 2km | 26.5km | 34.2km | 40.7km | Czas maratonu (42,6km) | Czas brutto 44.6km | Różn | Tempo min/km | Tempo km/h |
|-----|-----------------------------|------------|--------------------------------------|-----------|------|--------------|--------------|--------------|----------|------------------------|--------------------|-------------------|--------------|-------------|
| 222 | ZALEWSKI Karol | 488 | KOLEBA LUBARTÓW | M30 | 222 | 00:14:15 | 03:23:59 | 04:45:23 | 05:40:19 | 05:58:12 | 06:12:27.45 | +03:07:41 (50.4%) | 8:21 | 7.2 (49.7%) |
| 223 | OSIŃSKI Robert | 55 | NIGHT RUNNERS GLIWICE | M30 | 223 | 00:14:07 | 03:14:50 | 04:48:16 | 05:41:49 | 05:58:33 | 06:12:40.80 | +03:07:54 (50.4%) | 8:21 | 7.2 (49.7%) |
| 224 | OBZRUT Bartosz | 208 | ŚREMSKA GRUPA NIEUSTANYCH OPTYMISTÓW | M30 | 224 | 00:15:44 | 03:22:37 | 04:41:46 | 05:38:08 | 05:59:32 | 06:15:16.40 | +03:10:30 (50.8%) | 8:24 | 7.1 (49.0%) |
| 225 | KORNET Jakub | 228 | | M30 | 225 | 00:13:31 | 03:13:05 | 04:35:52 | 05:36:31 | 06:04:44 | 06:18:15.05 | +03:13:28 (51.2%) | 8:28 | 7.1 (49.0%) |
| 226 | MAZIEC Dariusz | 105 | NKB CHYŻY NOWY TOMYŚL | M30 | 226 | 00:14:03 | 03:33:58 | 04:47:40 | 05:48:54 | 06:11:28 | 06:25:31.40 | +03:20:45 (52.1%) | 8:38 | 6.9 (47.6%) |
| 227 | BUSZKIEWICZ Mirosław | 442 | KGB OSTROWIEC ŚWIETOKRZYSKI | M30 | 227 | 00:15:23 | 03:37:51 | 05:00:21 | 05:54:58 | 06:10:19 | 06:25:42.40 | +03:20:56 (52.1%) | 8:38 | 6.9 (47.6%) |
| 228 | GEMZIK Jacek | 175 | NIGHT RUNNERS | M30 | 228 | 00:13:50 | 03:30:35 | 04:52:24 | 05:56:38 | 06:19:25 | 06:33:15.05 | +03:28:28 (53.0%) | 8:49 | 6.8 (46.9%) |
| 229 | CAGARA Paweł | 171 | | M30 | 229 | 00:14:36 | 03:35:19 | 04:54:24 | 05:55:45 | 06:20:46 | 06:35:22.20 | +03:30:35 (53.3%) | 8:51 | 6.8 (46.9%) |
| 230 | ŚNIEŻKO Eugeniusz | 738 | TEAM AKTYWNI Z CUKRZYCĄ | M30 | 230 | 00:16:38 | 03:48:44 | 05:07:28 | 06:06:43 | 06:28:48 | 06:45:26.90 | +03:40:40 (54.4%) | 9:05 | 6.6 (45.5%) |
| | ROBEL Wojciech | 630 | TG SOKÓŁ SANOK | M30 | | 00:09:39 DNF | 02:11:45 DNF | 02:54:18 DNF | DNF | DNF | DNF | | - | - (0.0%) |
| | ZIĘBA Marcin | 621 | | M30 | | 00:12:13 DNF | 02:51:33 DNF | 04:13:28 DNF | DNF | DNF | DNF | | - | - (0.0%) |

Znaleziono 232 wynik(ów)