



Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

III ZIMOWY MARATON BIESZCZADZKI 2017 - 44,6KM

Zimowy Maraton Bieszczadzki 2017
Fundacja Bieg Rzeźnika
2017-01-29
Cisna
44,6 km

B4SPORT
INTELLIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Mężczyźni

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Start_2k 0.1km | Split_Mateusz 26.5km | Split_Kamyk 34.2km | Split_Mateusz 40.7km | Czas netto 44.6km | Czas brutto 44.6km | Różn | Tempo min/km | Tempo km/h |
|-----|-----------------------------|------------|----------------------------------|-----------|------|-------------------|-------------------------|-----------------------|-------------------------|-------------------------|--------------------------|----------------------|-----------------|-----------------|
| 1 | CZYŻ Grzegorz | 4 | GRUPA AZOTY_AUTOMATYKA TARNÓW | M50 | 1 | 00:00:29 | 01:54:23 | 02:26:19 | 02:57:48 | 03:13:48.15 | 03:13:48.15 | | 4:20 | 13.8 (100%) |
| 2 | FARON Robert | 13 | SALCO SPORT TEAM | M40 | 1 | 00:00:32 | 01:58:25 | 02:29:21 | 02:59:48 | 03:14:32.95 | 03:14:32.95 | +00:00:44 (0.4%) | 4:21 | 13.8 (100%) |
| 3 | JENDRYCH Artur | 695 | BIEGAJĄCY ŚWIDNIK | M20 | 1 | 00:00:38 | 01:59:04 | 02:32:52 | 03:07:47 | 03:24:10.15 | 03:24:10.15 | +00:10:22 (5.1%) | 4:34 | 13.1 (94.9%) |
| 4 | CISZCZONIK Sebastian | 511 | DOBRY ZBEER, RGIG | M30 | 1 | 00:00:35 | 01:59:32 | 02:35:59 | 03:12:32 | 03:30:31.70 | 03:30:31.70 | +00:16:43 (7.9%) | 4:43 | 12.7 (92.0%) |
| 5 | KOZIOŁ Kamil | 218 | HUSARIA RACE TEAM | M20 | 2 | 00:00:46 | 01:59:55 | 02:36:57 | 03:14:59 | 03:33:12.85 | 03:33:12.85 | +00:19:24 (9.1%) | 4:46 | 12.6 (91.3%) |
| 6 | PLOCH Jakub | 451 | NIGHT RUNNERS ZABRZE | M20 | 3 | 00:00:30 | 02:04:05 | 02:40:54 | 03:17:08 | 03:34:20.65 | 03:34:20.65 | +00:20:32 (9.6%) | 4:48 | 12.5 (90.6%) |
| 7 | WIERNUSZ Krzysztof | 341 | FINISZ RYMANÓW | M40 | 2 | 00:00:33 | 02:04:29 | 02:40:39 | 03:18:10 | 03:35:06.25 | 03:35:06.25 | +00:21:18 (9.9%) | 4:49 | 12.4 (89.9%) |
| 8 | PASIECZNY Robert | 206 | FARTLEK GO | M40 | 3 | 00:00:29 | 02:05:14 | 02:41:22 | 03:20:21 | 03:38:09.65 | 03:38:09.65 | +00:24:21 (11.2%) | 4:53 | 12.3 (89.1%) |
| 9 | ŚLĘCZKA Damian | 257 | ARGO SP. Z O.O. ŁAŃCUT / DIT PRO | M30 | 2 | 00:00:41 | 02:09:27 | 02:46:43 | 03:25:54 | 03:43:20.00 | 03:43:20.00 | +00:29:31 (13.2%) | 5:00 | 12 (87.0%) |
| 10 | MEDEJCZYK Łukasz | 506 | | M20 | 4 | 00:00:30 | 02:00:47 | 02:41:02 | 03:24:34 | 03:43:39.70 | 03:43:39.70 | +00:29:51 (13.4%) | 5:00 | 12 (87.0%) |
| 11 | PIETRZYK Wojciech | 220 | LACHO TEAM | M40 | 4 | 00:00:45 | 02:06:23 | 02:44:47 | 03:24:43 | 03:44:08.90 | 03:44:08.90 | +00:30:20 (13.5%) | 5:01 | 11.9 (86.2%) |
| 12 | GAWLIK Sławek | 426 | MARCINSWIERCTEAM | M30 | 3 | 00:00:34 | 02:07:51 | 02:45:30 | 03:26:49 | 03:44:47.50 | 03:44:47.50 | +00:30:59 (13.8%) | 5:02 | 11.9 (86.2%) |
| 13 | BEDNARZ Cezary | 423 | BIEGAJĄCY ŚWIDNIK | M20 | 5 | 00:00:38 | 01:59:09 | 02:41:24 | 03:25:33 | 03:45:24.65 | 03:45:24.65 | +00:31:36 (14.0%) | 5:03 | 11.9 (86.2%) |
| 14 | NOWAKOWSKI Tobiasz | 331 | MKB DREPTAK | M30 | 4 | 00:00:52 | 02:05:16 | 02:44:58 | 03:25:59 | 03:45:55.45 | 03:45:55.45 | +00:32:07 (14.2%) | 5:03 | 11.8 (85.5%) |
| 15 | KOBIERSKI Piotr | 112 | UKA ULTRAS RUNNERS | M40 | 5 | 00:00:50 | 02:14:11 | 02:52:02 | 03:29:28 | 03:46:35.00 | 03:46:35.00 | +00:32:46 (14.5%) | 5:04 | 11.8 (85.5%) |
| 16 | FLOREK Sebastian | 615 | NORAFSPORT | M30 | 5 | 00:01:09 | 02:16:40 | 02:54:06 | 03:32:17 | 03:48:33.15 | 03:48:33.15 | +00:34:45 (15.2%) | 5:07 | 11.7 (84.8%) |
| 17 | WĘGIEL Marcin | 635 | WWW.MALINOWYNOS.PL | M20 | 6 | 00:00:35 | 02:13:41 | 02:53:43 | 03:32:10 | 03:51:04.75 | 03:51:04.75 | +00:37:16 (16.1%) | 5:10 | 11.6 (84.1%) |
| 18 | JAŁOCHA Mieczysław | 721 | PRZEMYSKI KLUB BIEGACZA | M50 | 2 | 00:00:34 | 02:11:04 | | | 03:51:29.10 | 03:51:29.10 | +00:37:40 (16.3%) | 5:11 | 11.6 (84.1%) |
| 19 | HETMAN Radosław | 377 | GRUPA NOMAX | M30 | 6 | 00:00:42 | 02:09:07 | 02:48:19 | 03:32:52 | 03:52:02.05 | 03:52:02.05 | +00:38:13 (16.5%) | 5:12 | 11.5 (83.3%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Start_2k | | | | Czas netto 44.6km | Czas brutto 44.6km | Różn | Tempo min/km | Tempo km/h |
|-----|-----------------------------------|------------|--|-----------|------|----------|-------------------------|------------------------|-------------------------|----------------------|-----------------------|----------------------|-----------------|-----------------|
| | | | | | | 0.1km | Split_Mateusz 26.5km | Split_Kamyrk 34.2km | Split_Mateusz 40.7km | | | | | |
| 20 | SMOLAK Piotr | 754 | MOSIR - DUKLA | M50 | 3 | 00:00:42 | 02:12:08 | 02:51:53 | 03:33:43 | 03:52:47.05 | 03:52:47.05 | +00:38:58 (16.7%) | 5:13 | 11.5 (83.3%) |
| 21 | LESZCZYŃSKI Andrzej | 315 | BODY CLUB MŁAWA | M50 | 4 | 00:00:57 | 02:14:14 | 02:54:47 | 03:35:14 | 03:53:50.35 | 03:53:50.35 | +00:40:02 (17.1%) | 5:14 | 11.4 (82.6%) |
| 22 | PRĘTNIK Sławomir | 416 | ORGAZM ANTYLOPY | M30 | 7 | 00:00:49 | 02:12:50 | 02:53:19 | 03:35:03 | 03:55:06.15 | 03:55:06.15 | +00:41:18 (17.6%) | 5:16 | 11.4 (82.6%) |
| 23 | CZUBA Jarek | 543 | | M20 | 7 | 00:00:29 | 02:12:46 | 02:54:13 | 03:36:19 | 03:56:01.05 | 03:56:01.05 | +00:42:12 (17.9%) | 5:17 | 11.3 (81.9%) |
| 24 | GOTFRYD Adam | 186 | | M40 | 6 | 00:00:34 | 02:13:11 | 02:53:43 | 03:37:55 | 03:56:49.80 | 03:56:49.80 | +00:43:01 (18.2%) | 5:18 | 11.3 (81.9%) |
| 25 | DOMIN Łukasz | 710 | AKTYWNY DYNÓW | M20 | 8 | 00:00:42 | 02:16:56 | 02:58:05 | 03:39:08 | 03:58:46.50 | 03:58:46.50 | +00:44:58 (18.8%) | 5:21 | 11.2 (81.2%) |
| 26 | AUGUSTYŃSKI Sylwester | 64 | LACHO TEAM | M30 | 8 | 00:02:08 | 02:14:53 | 02:57:28 | 03:40:25 | 04:00:39.55 | 04:00:39.55 | +00:46:51 (19.5%) | 5:23 | 11.1 (80.4%) |
| 27 | GOŚCINIEWICZ Paweł | 651 | | M40 | 7 | 00:00:38 | 02:16:25 | 02:56:31 | 03:41:04 | 04:01:08.15 | 04:01:08.15 | +00:47:20 (19.6%) | 5:24 | 11.1 (80.4%) |
| 28 | JASTRZĄB Piotr | 216 | DEKAN LESKO | M40 | 8 | 00:00:39 | 02:14:18 | 02:57:57 | 03:41:47 | 04:01:23.00 | 04:01:23.00 | +00:47:34 (19.7%) | 5:24 | 11.1 (80.4%) |
| 29 | TYBUREK Michał | 518 | BIEGAJĄCY ŚWIDNIK | M30 | 9 | 00:00:40 | 02:15:06 | 03:00:22 | 03:42:48 | 04:01:37.15 | 04:01:37.15 | +00:47:49 (19.8%) | 5:25 | 11.1 (80.4%) |
| 30 | KRZEMIŃSKI Marcin | 348 | SPRINT GORZYCE | M30 | 10 | 00:02:13 | 02:20:15 | 03:01:36 | 03:44:03 | 04:02:16.25 | 04:02:16.25 | +00:48:28 (20.0%) | 5:25 | 11 (79.7%) |
| 31 | ŁAGOŻNY Łukasz | 782 | BRUBECK TEAM | M30 | 11 | 00:00:40 | 02:16:57 | 03:00:49 | 03:44:16 | 04:02:37.85 | 04:02:37.85 | +00:48:49 (20.1%) | 5:26 | 11 (79.7%) |
| 32 | LAKSA Dariusz | 652 | | M30 | 12 | 00:00:38 | 02:16:25 | 02:56:28 | 03:41:05 | 04:02:42.55 | 04:02:42.55 | +00:48:54 (20.2%) | 5:26 | 11 (79.7%) |
| 33 | LUBAŃSKI Robert | 625 | | M50 | 5 | 00:00:40 | 02:09:58 | 02:51:55 | 03:41:04 | 04:03:46.05 | 04:03:46.05 | +00:49:57 (20.5%) | 5:27 | 11 (79.7%) |
| 34 | URBASEK Łukasz | 215 | | M30 | 13 | 00:01:57 | 02:19:05 | 03:01:07 | 03:44:03 | 04:04:22.75 | 04:04:22.75 | +00:50:34 (20.7%) | 5:28 | 11 (79.7%) |
| 35 | SUROWIEC Grzegorz | 816 | BESTA SP. Z O.O. | M30 | 14 | 00:00:38 | 02:18:04 | 03:01:13 | 03:45:30 | 04:04:46.45 | 04:04:46.45 | +00:50:58 (20.8%) | 5:29 | 10.9 (79.0%) |
| 36 | CZAJKA Karol | 70 | INKUBATOR PRZEDSIĘBIORCZOŚCI W LUBLINIE FRL. | M30 | 15 | 00:00:38 | 02:13:44 | 03:00:14 | 03:44:23 | 04:05:27.35 | 04:05:27.35 | +00:51:39 (21.0%) | 5:30 | 10.9 (79.0%) |
| 37 | KOZIEŁ Grzegorz | 188 | SILESIA RUNNERS CLUB | M30 | 16 | 00:01:01 | 02:19:25 | 03:02:58 | 03:47:51 | 04:07:31.20 | 04:07:31.20 | +00:53:43 (21.7%) | 5:32 | 10.8 (78.3%) |
| 38 | WASYLÓW Jacek | 463 | ANTEK TEAM PRZEMYŚL | M30 | 17 | 00:01:07 | 02:21:27 | 03:07:36 | 03:50:36 | 04:09:39.60 | 04:09:39.60 | +00:55:51 (22.4%) | 5:35 | 10.7 (77.5%) |
| 39 | BORDA-SIECZKOWSKI Jarosław | 509 | | M40 | 9 | 00:00:35 | 02:17:09 | 03:01:53 | 03:48:57 | 04:09:53.05 | 04:09:53.05 | +00:56:04 (22.4%) | 5:36 | 10.7 (77.5%) |
| 40 | BIAŁECKI Krzysztof | 507 | EPIDEMIASPORTU | M40 | 10 | 00:01:46 | 02:23:37 | 03:06:50 | 03:52:08 | 04:10:50.05 | 04:10:50.05 | +00:57:01 (22.7%) | 5:37 | 10.7 (77.5%) |
| 41 | JANIK Mariusz | 127 | LACHO TEAM | M40 | 11 | 00:00:44 | 02:16:55 | 03:03:03 | 03:48:47 | 04:10:58.65 | 04:10:58.65 | +00:57:10 (22.8%) | 5:37 | 10.7 (77.5%) |
| 42 | KONIAKARZ Michał | 171 | ONEMANRUNTEAM | M40 | 12 | 00:00:43 | 02:21:35 | 03:07:52 | 03:52:18 | 04:11:05.10 | 04:11:05.10 | +00:57:16 (22.8%) | 5:37 | 10.7 (77.5%) |
| 43 | MICHALAK Mariusz | 677 | DZIKIE ŻYCIE RUN TEAM | M40 | 13 | 00:00:36 | 02:18:50 | 03:04:20 | 03:50:43 | 04:11:27.40 | 04:11:27.40 | +00:57:39 (22.9%) | 5:38 | 10.6 (76.8%) |
| 44 | SZWEBLIK Krzysztof | 391 | KRZYSZTOF SZWEBLIK | M40 | 14 | 00:01:04 | 02:22:28 | 03:07:24 | 03:51:58 | 04:12:01.00 | 04:12:01.00 | +00:58:12 (23.1%) | 5:39 | 10.6 (76.8%) |
| 45 | MACHAŁA Kamil | 42 | PRZEWORSKA GRUPA BIEGOWA | M20 | 9 | 00:01:25 | 02:27:42 | 03:14:09 | 03:54:52 | 04:12:21.30 | 04:12:21.30 | +00:58:33 (23.2%) | 5:39 | 10.6 (76.8%) |
| 46 | GÓRKA Marcin | 47 | UNLIMITED KRAKÓW TEAM / WWW.MARCINGORKA.PL | M20 | 10 | 00:02:09 | 02:19:00 | 03:04:48 | 03:51:55 | 04:13:21.95 | 04:13:21.95 | +00:59:33 (23.5%) | 5:40 | 10.6 (76.8%) |
| 47 | KWIATKOWSKI Michael | 25 | | M30 | 18 | 00:00:43 | 02:15:38 | 03:03:48 | 03:51:55 | 04:13:22.05 | 04:13:22.05 | +00:59:33 (23.5%) | 5:40 | 10.6 (76.8%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Start_2k | | | | Czas netto 44.6km | Czas brutto 44.6km | Różn | Tempo min/km | Tempo km/h |
|-----|-------------------------------|------------|--|-----------|------|----------|-------------------------|-----------------------|-------------------------|----------------------|-----------------------|----------------------|-----------------|-----------------|
| | | | | | | 0.1km | Split_Mateusz 26.5km | Split_Kamyk 34.2km | Split_Mateusz 40.7km | | | | | |
| 48 | DUCKI Piotr | 749 | OTK | M30 | 19 | 00:01:03 | 02:23:16 | 03:07:22 | 03:53:15 | 04:13:39.60 | 04:13:39.60 | +00:59:51 (23.6%) | 5:41 | 10.5 (76.1%) |
| 49 | MISZCZAK Szymon | 824 | REHABILITANCI.ORG.PL | M30 | 20 | 00:00:44 | 02:24:02 | 03:10:30 | 03:54:45 | 04:14:20.70 | 04:14:20.70 | +01:00:32 (23.8%) | 5:42 | 10.5 (76.1%) |
| 50 | WIĘCH Piotr | 389 | | M30 | 21 | 00:01:10 | 02:22:28 | 03:12:04 | 03:56:09 | 04:14:24.45 | 04:14:24.45 | +01:00:36 (23.8%) | 5:42 | 10.5 (76.1%) |
| 51 | BARANOWSKI Jacek | 735 | JACEKBIEGA RUNNING TEAM | M30 | 22 | 00:00:50 | 02:19:55 | 03:08:36 | 03:54:23 | 04:14:52.00 | 04:14:52.00 | +01:01:03 (24.0%) | 5:42 | 10.5 (76.1%) |
| 52 | JĄŁOZA Ireneusz | 493 | KLUB BIEGAJĄCYCH LEŚNIKÓW / ZADYSZKA | M40 | 15 | 00:01:11 | 02:19:18 | 03:05:42 | 03:54:15 | 04:16:15.30 | 04:16:15.30 | +01:02:27 (24.4%) | 5:44 | 10.4 (75.4%) |
| 53 | BACHER Stanisław | 620 | | M30 | 23 | 00:00:55 | 02:11:05 | 03:01:11 | 03:54:04 | 04:17:44.70 | 04:17:44.70 | +01:03:56 (24.8%) | 5:46 | 10.4 (75.4%) |
| 54 | GMITEREK Tomasz | 289 | | M40 | 16 | 00:01:10 | 02:24:22 | 03:09:11 | 03:56:54 | 04:18:06.30 | 04:18:06.30 | +01:04:18 (24.9%) | 5:47 | 10.4 (75.4%) |
| 55 | PABIAN Paweł | 810 | BRUBECK PABIANO KRASNE TEAM | M20 | 11 | 00:00:43 | 02:22:50 | 03:11:16 | 03:57:19 | 04:18:18.65 | 04:18:18.65 | +01:04:30 (25.0%) | 5:47 | 10.4 (75.4%) |
| 56 | DAŁOMIS Lesław | 441 | | M40 | 17 | 00:01:25 | 02:27:42 | 03:14:09 | 03:57:14 | 04:18:23.20 | 04:18:23.20 | +01:04:35 (25.0%) | 5:47 | 10.4 (75.4%) |
| 57 | REJ Mirosław | 106 | M&T WYJADACZE PARÓWKÓW | M30 | 24 | 00:00:55 | 02:22:11 | 03:08:09 | 03:55:16 | 04:18:43.50 | 04:18:43.50 | +01:04:55 (25.1%) | 5:48 | 10.3 (74.6%) |
| 58 | LONC Tomasz | 107 | M&T WYJADACZE PARÓWKÓW | M30 | 25 | 00:00:54 | 02:22:21 | 03:08:09 | 03:55:20 | 04:18:45.35 | 04:18:45.35 | +01:04:57 (25.1%) | 5:48 | 10.3 (74.6%) |
| 59 | MURAK Robert | 29 | | M40 | 18 | 00:01:50 | 02:25:21 | 03:11:29 | 03:57:09 | 04:18:51.80 | 04:18:51.80 | +01:05:03 (25.1%) | 5:48 | 10.3 (74.6%) |
| 60 | DOROTA Zbyszek | 213 | RUN RUN OLESZYCE | M40 | 19 | 00:02:20 | 02:20:43 | 03:08:47 | 03:55:36 | 04:19:14.20 | 04:19:14.20 | +01:05:26 (25.2%) | 5:48 | 10.3 (74.6%) |
| 61 | KORNAGA Janusz | 38 | AKADEMIA SPORTU LUBACZÓW KRUS HORYNIEC | M50 | 6 | 00:00:51 | 02:20:46 | 03:08:37 | 03:55:56 | 04:19:14.80 | 04:19:14.80 | +01:05:26 (25.2%) | 5:48 | 10.3 (74.6%) |
| 62 | ROBERT Mazurek | 267 | SKLEP BIEGACZA LUBLIN TEAM / LSB | M40 | 20 | 00:00:47 | 02:22:48 | 03:11:51 | 03:57:30 | 04:19:17.75 | 04:19:17.75 | +01:05:29 (25.3%) | 5:48 | 10.3 (74.6%) |
| 63 | DUDA Paweł | 422 | HOTEL NAFTA KROSNO | M30 | 26 | 00:00:58 | 02:26:32 | 03:12:52 | 03:59:05 | 04:19:22.90 | 04:19:22.90 | +01:05:34 (25.3%) | 5:48 | 10.3 (74.6%) |
| 64 | ŻUREK Paweł | 324 | RUNTEAM PAWŁOWICE | M30 | 27 | 00:01:52 | 02:25:51 | 03:12:42 | 03:58:46 | 04:19:56.00 | 04:19:56.00 | +01:06:07 (25.4%) | 5:49 | 10.3 (74.6%) |
| 65 | SKRZESZEWSKI Henryk P. | 57 | | M40 | 21 | 00:00:35 | 02:17:21 | 03:08:27 | 03:58:52 | 04:20:51.85 | 04:20:51.85 | +01:07:03 (25.7%) | 5:50 | 10.3 (74.6%) |
| 66 | BARAN Kamil | 308 | | M20 | 12 | 00:01:16 | 02:25:51 | 03:11:47 | 03:58:42 | 04:21:11.95 | 04:21:11.95 | +01:07:23 (25.8%) | 5:51 | 10.2 (73.9%) |
| 67 | BRZOZOWSKI Łukasz | 219 | I-BS.PL SPORT TEAM | M30 | 28 | 00:00:45 | 02:19:26 | 03:08:43 | 03:58:53 | 04:21:13.55 | 04:21:13.55 | +01:07:25 (25.8%) | 5:51 | 10.2 (73.9%) |
| 68 | GURGUL Sebastian | 94 | AROMAT NÓG | M30 | 29 | 00:01:02 | 02:30:21 | 03:14:57 | 04:00:13 | 04:21:13.85 | 04:21:13.85 | +01:07:25 (25.8%) | 5:51 | 10.2 (73.9%) |
| 69 | BORÓWKA Ryszard | 448 | | M40 | 22 | 00:00:48 | 02:20:52 | 03:11:04 | 03:58:58 | 04:21:17.25 | 04:21:17.25 | +01:07:29 (25.8%) | 5:51 | 10.2 (73.9%) |
| 70 | STĘPIEŃ Wojciech | 23 | NIGHT RUNNERS GLIWICE | M40 | 23 | 00:01:03 | 02:23:30 | 03:11:53 | 04:00:19 | 04:21:24.45 | 04:21:24.45 | +01:07:36 (25.9%) | 5:51 | 10.2 (73.9%) |
| 71 | CAGARA Paweł | 766 | | M30 | 30 | 00:00:44 | 02:23:24 | 03:12:41 | 04:00:55 | 04:21:54.80 | 04:21:54.80 | +01:08:06 (26.0%) | 5:52 | 10.2 (73.9%) |
| 72 | PYRKOSZ Damian | 318 | FESTIWALU BIEGÓW KRYNICA | M40 | 24 | 00:01:32 | 02:28:58 | 03:16:58 | 04:03:04 | 04:22:34.15 | 04:22:34.15 | +01:08:46 (26.2%) | 5:53 | 10.2 (73.9%) |
| 73 | KRUPA Grzegorz | 100 | KS SOBÓTKA | M40 | 25 | 00:01:05 | 02:23:22 | 03:12:11 | 04:01:33 | 04:23:06.60 | 04:23:06.60 | +01:09:18 (26.3%) | 5:53 | 10.2 (73.9%) |
| 74 | GORZELAŃCZYK Jakub | 570 | TOUR DE RUN | M20 | 13 | 00:01:59 | 02:29:48 | 03:18:25 | 04:03:10 | 04:23:10.55 | 04:23:10.55 | +01:09:22 (26.4%) | 5:54 | 10.2 (73.9%) |
| 75 | ŁUKASIK Michał | 724 | RUN-BIKE.PL | M30 | 31 | 00:02:09 | 02:24:01 | 03:12:52 | | 04:23:17.25 | 04:23:17.25 | +01:09:29 (26.4%) | 5:54 | 10.2 (73.9%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Start_2k | | | | Czas netto 44.6km | Czas brutto 44.6km | Różn | Tempo min/km | Tempo km/h |
|-----|---------------------------|------------|-------------------------------|-----------|------|----------|-------------------------|-----------------------|-------------------------|----------------------|-----------------------|----------------------|-----------------|-----------------|
| | | | | | | 0.1km | Split_Mateusz 26.5km | Split_Kamyk 34.2km | Split_Mateusz 40.7km | | | | | |
| 76 | CZELEJ Rafał | 184 | BIEGAJĄCY ŚWIDNIK | M30 | 32 | 00:00:50 | 02:20:54 | 03:10:34 | 04:01:39 | 04:23:37.10 | 04:23:37.10 | +01:09:48 (26.5%) | 5:54 | 10.2 (73.9%) |
| 77 | PIEUCH Marcin | 90 | LACHO TEAM | M30 | 33 | 00:02:03 | 02:28:27 | 03:16:16 | 04:03:33 | 04:24:37.60 | 04:24:37.60 | +01:10:49 (26.8%) | 5:55 | 10.1 (73.2%) |
| 78 | BRZEZIŃSKI Andrzej | 45 | RYKOWISKO | M40 | 26 | 00:00:32 | 02:26:24 | 03:14:39 | 04:03:34 | 04:24:39.35 | 04:24:39.35 | +01:10:51 (26.8%) | 5:56 | 10.1 (73.2%) |
| 79 | GLEISNER Tomasz | 273 | TARNÓW | M40 | 27 | 00:01:12 | 02:26:49 | 03:16:28 | 04:04:45 | 04:24:40.35 | 04:24:40.35 | +01:10:52 (26.8%) | 5:56 | 10.1 (73.2%) |
| 80 | GRĘBOWIEC Mateusz | 19 | TSA SANDOMIERZ | M30 | 34 | 00:01:09 | 02:25:51 | 03:15:45 | 04:03:48 | 04:24:48.65 | 04:24:48.65 | +01:11:00 (26.8%) | 5:56 | 10.1 (73.2%) |
| 81 | SOŁOWIEJ Łukasz | 774 | | M30 | 35 | 00:00:44 | 02:28:06 | 03:16:25 | 04:04:45 | 04:24:53.90 | 04:24:53.90 | +01:11:05 (26.8%) | 5:56 | 10.1 (73.2%) |
| 82 | PRUCNAL Zbigniew | 446 | ELKO24.PL JASŁO | M40 | 28 | 00:00:32 | 02:16:26 | 03:08:42 | 04:04:13 | 04:24:54.40 | 04:24:54.40 | +01:11:06 (26.8%) | 5:56 | 10.1 (73.2%) |
| 83 | JURCZYK Łukasz | 412 | HTTP://ALEKSANDRASTEFANSKA.PL | M20 | 14 | 00:01:13 | 02:31:12 | 03:18:36 | 04:05:36 | 04:25:45.45 | 04:25:45.45 | +01:11:57 (27.1%) | 5:57 | 10.1 (73.2%) |
| 84 | IWANICKI Krzysztof | 427 | | M20 | 15 | 00:01:24 | 02:37:42 | 03:22:27 | 04:07:10 | 04:26:06.45 | 04:26:06.45 | +01:12:18 (27.2%) | 5:57 | 10.1 (73.2%) |
| 85 | MATUSIAK Michał | 143 | ROWERY MAŁGOŚKA | M30 | 36 | 00:01:00 | 02:23:08 | 03:16:35 | 04:05:55 | 04:26:14.90 | 04:26:14.90 | +01:12:26 (27.2%) | 5:58 | 10.1 (73.2%) |
| 86 | POTOCZNY Piotr | 477 | K&K | M30 | 37 | 00:01:44 | 02:29:40 | 03:18:09 | 04:05:58 | 04:26:56.10 | 04:26:56.10 | +01:13:07 (27.4%) | 5:59 | 10 (72.5%) |
| 87 | NOWAK Piotr | 373 | | M30 | 38 | 00:01:29 | 02:24:54 | 03:15:10 | 04:05:18 | 04:27:04.85 | 04:27:04.85 | +01:13:16 (27.4%) | 5:59 | 10 (72.5%) |
| 88 | WIKTOROWICZ Tomasz | 574 | | M40 | 29 | 00:00:54 | 02:32:14 | 03:20:51 | 04:08:20 | 04:29:02.25 | 04:29:02.25 | +01:15:14 (28.0%) | 6:01 | 9.9 (71.7%) |
| 89 | PACHO Sylwester | 706 | PAPIKI | M40 | 30 | 00:00:32 | 02:29:38 | 03:20:06 | 04:08:36 | 04:30:10.50 | 04:30:10.50 | +01:16:22 (28.3%) | 6:03 | 9.9 (71.7%) |
| 90 | KMAK Sławek | 199 | PAPIKI | M40 | 31 | 00:00:32 | 02:29:37 | 03:20:06 | 04:08:36 | 04:30:13.75 | 04:30:13.75 | +01:16:25 (28.3%) | 6:03 | 9.9 (71.7%) |
| 91 | PUDELKO Roman | 542 | | M20 | 16 | 00:01:32 | 02:30:30 | 03:20:07 | 04:08:37 | 04:30:14.75 | 04:30:14.75 | +01:16:26 (28.3%) | 6:03 | 9.9 (71.7%) |
| 92 | CIEŚLIK Sebastian | 131 | | M20 | 17 | 00:02:13 | 03:09:42 | | 03:39:33 | 04:30:37.05 | 04:30:37.05 | +01:16:48 (28.4%) | 6:04 | 9.9 (71.7%) |
| 93 | STODOLNY Krzysztof | 387 | | M50 | 7 | 00:00:46 | 02:23:58 | 03:16:15 | 04:07:25 | 04:30:45.35 | 04:30:45.35 | +01:16:57 (28.4%) | 6:04 | 9.9 (71.7%) |
| 94 | KOWALCZYK Rafał | 768 | | M40 | 32 | 00:01:01 | 02:22:37 | 03:14:27 | 04:08:27 | 04:31:07.05 | 04:31:07.05 | +01:17:18 (28.5%) | 6:04 | 9.9 (71.7%) |
| 95 | BŁACH Piotr Buła | 703 | OPEL ACTIVE TEAM | M50 | 8 | 00:01:06 | 02:28:44 | 03:18:52 | 04:09:53 | 04:31:23.60 | 04:31:23.60 | +01:17:35 (28.6%) | 6:05 | 9.9 (71.7%) |
| 96 | DEJAS Tomasz | 105 | | M30 | 39 | 00:01:44 | 02:28:35 | 03:18:07 | 04:09:26 | 04:31:25.00 | 04:31:25.00 | +01:17:36 (28.6%) | 6:05 | 9.9 (71.7%) |
| 97 | FLĄDRO Daniel | 244 | | M30 | 40 | 00:00:56 | 02:26:31 | 03:19:56 | 04:09:28 | 04:31:26.45 | 04:31:26.45 | +01:17:38 (28.6%) | 6:05 | 9.9 (71.7%) |
| 98 | MACHUCKI Adrian | 160 | 21 BSP | M30 | 41 | 00:00:46 | 02:27:04 | 03:17:59 | 04:08:20 | 04:32:08.00 | 04:32:08.00 | +01:18:19 (28.8%) | 6:06 | 9.8 (71.0%) |
| 99 | GIERULA Robert | 545 | UBS KRAKOW RUNNING TEAM | M50 | 9 | 00:03:01 | 02:33:35 | 03:21:50 | 04:10:43 | 04:33:33.15 | 04:33:33.15 | +01:19:45 (29.2%) | 6:08 | 9.8 (71.0%) |
| 100 | TRETER Sebastian | 693 | | M20 | 18 | 00:01:26 | 02:28:39 | 03:22:18 | 04:11:59 | 04:33:52.90 | 04:33:52.90 | +01:20:04 (29.2%) | 6:08 | 9.8 (71.0%) |
| 101 | TOMCZYK Grzegorz | 692 | | M20 | 19 | 00:01:26 | 02:24:21 | 03:22:17 | 04:11:59 | 04:33:53.05 | 04:33:53.05 | +01:20:04 (29.2%) | 6:08 | 9.8 (71.0%) |
| 102 | KUDŁAK Paweł | 656 | PORANNY PATROL | M20 | 20 | 00:02:56 | 02:30:19 | 03:21:59 | 04:12:17 | 04:34:47.85 | 04:34:47.85 | +01:20:59 (29.5%) | 6:09 | 9.7 (70.3%) |
| 103 | MAŁEK Piotr | 725 | KB MARATON TUREK | M40 | 33 | 00:02:33 | 02:32:36 | 03:24:38 | 04:11:56 | 04:34:50.55 | 04:34:50.55 | +01:21:02 (29.5%) | 6:09 | 9.7 (70.3%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Start_2k | | | | Czas netto 44.6km | Czas brutto 44.6km | Różn | Tempo min/km | Tempo km/h |
|-----|---------------------------|------------|--------------------------------|-----------|------|----------|-------------------------|-----------------------|-------------------------|----------------------|-----------------------|----------------------|-----------------|----------------|
| | | | | | | 0.1km | Split_Mateusz 26.5km | Split_Kamyk 34.2km | Split_Mateusz 40.7km | | | | | |
| 104 | MACKIEWICZ Roman | 37 | ŁÓDŹ RUNNING TEAM | M50 | 10 | 00:01:13 | 02:32:12 | 03:22:35 | 04:11:49 | 04:34:51.55 | 04:34:51.55 | +01:21:03 (29.5%) | 6:09 | 9.7 (70.3%) |
| 105 | SOKALSKI Grzegorz | 504 | PARKRUN KOONSTANCIN | M40 | 34 | 00:02:45 | 02:28:12 | 03:18:09 | 04:11:13 | 04:36:04.25 | 04:36:04.25 | +01:22:16 (29.8%) | 6:11 | 9.7 (70.3%) |
| 106 | BEDNARZ Krzysztof | 375 | 4K TEAM TARNÓW | M50 | 11 | 00:01:10 | 02:29:47 | 03:21:38 | 04:11:58 | 04:36:06.10 | 04:36:06.10 | +01:22:17 (29.8%) | 6:11 | 9.7 (70.3%) |
| 107 | FALKOWSKI Piotr | 69 | PIASECZNO | M40 | 35 | 00:01:17 | 02:32:59 | 03:25:11 | 04:14:48 | 04:36:22.90 | 04:36:22.90 | +01:22:34 (29.9%) | 6:11 | 9.7 (70.3%) |
| 108 | TERLECKI Krzysztof | 557 | CHEŁM BIEGA | M50 | 12 | 00:01:21 | 02:32:57 | 03:24:33 | 04:14:29 | 04:37:42.75 | 04:37:42.75 | +01:23:54 (30.2%) | 6:13 | 9.6 (69.6%) |
| 109 | ZYGMUNT Marcin | 639 | ZAKŁAD KARNY NR 2 GRUDZIĄDZ | M40 | 36 | 00:01:24 | 02:26:46 | 03:18:07 | 04:14:33 | 04:38:30.10 | 04:38:30.10 | +01:24:41 (30.4%) | 6:14 | 9.6 (69.6%) |
| 110 | HYDZIK Grzegorz | 251 | | M30 | 42 | 00:01:26 | 02:37:07 | 03:26:55 | 04:17:11 | 04:38:37.90 | 04:38:37.90 | +01:24:49 (30.4%) | 6:14 | 9.6 (69.6%) |
| 111 | PONIEWOZIK Irek | 72 | | M30 | 43 | 00:00:42 | 02:36:19 | 03:29:04 | 04:17:51 | 04:39:41.55 | 04:39:41.55 | +01:25:53 (30.7%) | 6:16 | 9.6 (69.6%) |
| 112 | LAMPARSKI Łukasz | 809 | | M20 | 21 | 00:02:02 | 02:34:45 | 03:25:13 | 04:16:45 | 04:39:43.55 | 04:39:43.55 | +01:25:55 (30.7%) | 6:16 | 9.6 (69.6%) |
| 113 | HAUPT Krzysztof | 778 | | M30 | 44 | 00:01:54 | 02:28:28 | 03:20:33 | 04:16:17 | 04:39:44.75 | 04:39:44.75 | +01:25:56 (30.7%) | 6:16 | 9.6 (69.6%) |
| 114 | NOWINOWSKI Andrzej | 672 | KB MARATON TUREK | M40 | 37 | 00:00:45 | 02:32:21 | 03:24:41 | 04:15:48 | 04:40:01.40 | 04:40:01.40 | +01:26:13 (30.8%) | 6:16 | 9.6 (69.6%) |
| 115 | OBROŚLAK Grzegorz | 89 | TRAPER/ BIEGOMANIA LUBACZÓW | M40 | 38 | 00:01:12 | 02:36:27 | 03:29:07 | 04:18:32 | 04:41:37.50 | 04:41:37.50 | +01:27:49 (31.2%) | 6:18 | 9.5 (68.8%) |
| 116 | NAGIEL Andrzej | 802 | ZABIEGANI CZĘSTOCHOWA | M40 | 39 | 00:01:49 | 02:24:03 | 03:19:16 | 04:15:27 | 04:41:42.80 | 04:41:42.80 | +01:27:54 (31.2%) | 6:18 | 9.5 (68.8%) |
| 117 | ZMYSŁOWSKI Igor | 600 | | M20 | 22 | 00:02:17 | 02:34:11 | 03:26:23 | 04:16:44 | 04:41:46.10 | 04:41:46.10 | +01:27:57 (31.2%) | 6:19 | 9.5 (68.8%) |
| 118 | CHOJECKI Dariusz | 591 | KEREZA LUBLIN | M40 | 40 | 00:02:17 | 02:34:12 | 03:25:52 | 04:16:44 | 04:41:46.90 | 04:41:46.90 | +01:27:58 (31.2%) | 6:19 | 9.5 (68.8%) |
| 119 | SKIBE Tomasz | 28 | OPEL ACTIVE TEAM | M40 | 41 | 00:01:09 | 02:34:42 | 03:26:40 | 04:18:11 | 04:41:47.95 | 04:41:47.95 | +01:27:59 (31.2%) | 6:19 | 9.5 (68.8%) |
| 120 | KUSZ Tomasz | 276 | | M30 | 45 | 00:02:52 | 02:35:59 | 03:27:27 | 04:17:59 | 04:41:49.35 | 04:41:49.35 | +01:28:01 (31.2%) | 6:19 | 9.5 (68.8%) |
| 121 | JADZIEWICZ Jakub | 685 | PRO-RUNNING.PL | M40 | 42 | 00:00:43 | 02:27:51 | 03:26:04 | 04:18:12 | 04:41:54.35 | 04:41:54.35 | +01:28:06 (31.3%) | 6:19 | 9.5 (68.8%) |
| 122 | WOLSKI Michał | 227 | WOLSCY BROTHERS TRIATHLON TEAM | M20 | 23 | 00:00:49 | 02:33:05 | 03:22:04 | 04:15:48 | 04:42:12.95 | 04:42:12.95 | +01:28:24 (31.3%) | 6:19 | 9.5 (68.8%) |
| 123 | WOLSKI Marcin | 17 | WOLSCY BROTHERS TRIATHLON TEAM | M20 | 24 | 00:00:48 | 02:32:34 | 03:21:56 | 04:15:48 | 04:42:13.25 | 04:42:13.25 | +01:28:25 (31.3%) | 6:19 | 9.5 (68.8%) |
| 124 | ZAWADZKI Mariusz | 339 | | M30 | 46 | 00:00:40 | 02:34:50 | 03:25:20 | 04:16:40 | 04:42:14.50 | 04:42:14.50 | +01:28:26 (31.3%) | 6:19 | 9.5 (68.8%) |
| 125 | WĘGRZYN Krzysztof | 561 | RZESZOWSKIE GAZELE I GEPARDY | M50 | 13 | 00:00:59 | 02:33:39 | 03:28:45 | 04:19:52 | 04:42:23.90 | 04:42:23.90 | +01:28:35 (31.4%) | 6:19 | 9.5 (68.8%) |
| 126 | OLEJNICZAK Piotr | 826 | | M40 | 43 | 00:02:49 | 02:40:01 | 03:33:11 | 04:20:41 | 04:42:24.55 | 04:42:24.55 | +01:28:36 (31.4%) | 6:19 | 9.5 (68.8%) |
| 127 | BRYGIER Jacek | 261 | RYKOWISKO | M40 | 44 | 00:02:15 | 02:41:31 | 03:34:45 | 04:21:59 | 04:42:25.60 | 04:42:25.60 | +01:28:37 (31.4%) | 6:19 | 9.5 (68.8%) |
| 128 | ZAWADA Krzysztof | 496 | NESTOR&ZAWADA CLUB | M20 | 25 | 00:02:23 | 02:43:29 | 03:34:53 | 04:21:20 | 04:42:26.60 | 04:42:26.60 | +01:28:38 (31.4%) | 6:19 | 9.5 (68.8%) |
| 129 | BOGACKI Andrzej | 122 | KB MCKIS JAWORZNO | M50 | 14 | 00:00:56 | 02:37:03 | 03:29:45 | 04:20:12 | 04:42:27.35 | 04:42:27.35 | +01:28:39 (31.4%) | 6:19 | 9.5 (68.8%) |
| 130 | DOMAGAŁA Kamil | 95 | NIGHT RUNNERS ZABRZE | M20 | 26 | 00:01:52 | 02:34:52 | 03:27:24 | 04:18:31 | 04:42:28.15 | 04:42:28.15 | +01:28:40 (31.4%) | 6:20 | 9.5 (68.8%) |
| 131 | BASZAK Tomasz | 671 | SIŁA OGRA | M30 | 47 | 00:00:45 | 02:40:38 | 03:30:51 | 04:20:07 | 04:42:30.95 | 04:42:30.95 | +01:28:42 (31.4%) | 6:20 | 9.5 (68.8%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Start_2k | | | | Czas netto 44.6km | Czas brutto 44.6km | Różn | Tempo min/km | Tempo km/h |
|-----|--------------------------------|------------|---------------------------------------|-----------|------|----------|-------------------------|-----------------------|-------------------------|----------------------|-----------------------|----------------------|-----------------|----------------|
| | | | | | | 0.1km | Split_Mateusz 26.5km | Split_Kamyk 34.2km | Split_Mateusz 40.7km | | | | | |
| 132 | KSIAŻKIEWICZ Bartłomiej | 101 | ROCKY BALBOA RUNNING CLUB | M30 | 48 | 00:00:39 | 02:35:39 | 03:30:15 | 04:19:54 | 04:42:34.50 | 04:42:34.50 | +01:28:46 (31.4%) | 6:20 | 9.5 (68.8%) |
| 133 | SŁUJA Adam | 645 | | M40 | 45 | 00:01:02 | 02:30:36 | 03:25:06 | 04:17:30 | 04:43:06.50 | 04:43:06.50 | +01:29:18 (31.5%) | 6:20 | 9.5 (68.8%) |
| 134 | KOSIN Paweł | 212 | KLUB BIEGAJĄCYCH LEŚNIKÓW | M30 | 49 | 00:01:12 | 02:38:00 | 03:30:16 | 04:20:36 | 04:43:24.20 | 04:43:24.20 | +01:29:36 (31.6%) | 6:21 | 9.4 (68.1%) |
| 135 | PAWŁOWSKI Piotr | 729 | GRAVITAN | M40 | 46 | 00:02:24 | 02:43:28 | 03:35:04 | 04:22:26 | 04:43:39.05 | 04:43:39.05 | +01:29:50 (31.7%) | 6:21 | 9.4 (68.1%) |
| 136 | PANDER Marek | 618 | HR MAX ZORY | M40 | 47 | 00:01:40 | 02:41:42 | 03:34:20 | 04:22:01 | 04:43:39.85 | 04:43:39.85 | +01:29:51 (31.7%) | 6:21 | 9.4 (68.1%) |
| 137 | WECLAS Maciek | 466 | | M30 | 50 | 00:02:30 | 02:48:51 | 03:38:43 | 04:24:26 | 04:43:40.15 | 04:43:40.15 | +01:29:52 (31.7%) | 6:21 | 9.4 (68.1%) |
| 138 | PALUCH Andrzej | 409 | ZABIEGANI MIELEC | M40 | 48 | 00:00:52 | 02:30:04 | 03:28:01 | 04:21:02 | 04:44:00.30 | 04:44:00.30 | +01:30:12 (31.8%) | 6:22 | 9.4 (68.1%) |
| 139 | ILKIEWICZ Adam | 637 | ALLIANZ RUNNING TEAM | M30 | 51 | 00:02:06 | 02:48:47 | 03:37:39 | 04:24:27 | 04:44:11.20 | 04:44:11.20 | +01:30:23 (31.8%) | 6:22 | 9.4 (68.1%) |
| 140 | SMOLEŃ Piotr | 535 | | M30 | 52 | 00:02:28 | 02:32:41 | 03:31:47 | 04:21:24 | 04:44:33.90 | 04:44:33.90 | +01:30:45 (31.9%) | 6:22 | 9.4 (68.1%) |
| 141 | HYZ Marek | 241 | OTM-BIŁGORAJ BIEGA | M40 | 49 | 00:01:09 | 02:30:13 | 03:25:41 | 04:21:13 | 04:45:45.35 | 04:45:45.35 | +01:31:57 (32.2%) | 6:24 | 9.4 (68.1%) |
| 142 | KRASOŃ Mariusz | 62 | TSA SANDOMIERZ | M40 | 50 | 00:01:12 | 02:34:26 | 03:29:44 | 04:22:26 | 04:45:46.05 | 04:45:46.05 | +01:31:57 (32.2%) | 6:24 | 9.4 (68.1%) |
| 143 | DONIEC Marek | 200 | PIOTRKOWSKI KLUB BIEGACZA 'ENDORFINA' | M40 | 51 | 00:02:18 | 02:39:30 | 03:32:33 | 04:22:10 | 04:46:38.20 | 04:46:38.20 | +01:32:50 (32.4%) | 6:25 | 9.3 (67.4%) |
| 144 | RIJ Tomasz | 480 | FINISZ RYMANÓW | M30 | 53 | 00:01:45 | 02:43:04 | 03:34:50 | 04:24:06 | 04:47:09.45 | 04:47:09.45 | +01:33:21 (32.5%) | 6:26 | 9.3 (67.4%) |
| 145 | ŚWIĘTEK Tomasz | 634 | | M40 | 52 | 00:02:28 | 02:37:06 | 03:33:27 | 04:22:34 | 04:47:14.70 | 04:47:14.70 | +01:33:26 (32.5%) | 6:26 | 9.3 (67.4%) |
| 146 | ZIĘBA Marcin | 11 | PORANNY PATROL | M30 | 54 | 00:02:52 | 02:32:07 | 03:28:47 | 04:21:25 | 04:47:40.05 | 04:47:40.05 | +01:33:51 (32.6%) | 6:26 | 9.3 (67.4%) |
| 147 | TWORZYDŁO Michał | 271 | AKTYWNY DYNÓW | M20 | 27 | 00:00:42 | 02:30:23 | 03:30:22 | 04:22:24 | 04:47:41.30 | 04:47:41.30 | +01:33:53 (32.6%) | 6:27 | 9.3 (67.4%) |
| 148 | WITEK Bogdan | 650 | WATER TEAM | M50 | 15 | 00:00:57 | 02:36:17 | 03:31:09 | 04:23:24 | 04:47:44.30 | 04:47:44.30 | +01:33:56 (32.6%) | 6:27 | 9.3 (67.4%) |
| 149 | STEFĄSKI Jarosław | 630 | W POGONI ZA DUCHEM | M50 | 16 | 00:00:59 | 02:36:12 | 03:31:47 | 04:23:09 | 04:47:46.60 | 04:47:46.60 | +01:33:58 (32.7%) | 6:27 | 9.3 (67.4%) |
| 150 | KRÓLIKOWSKI Igor | 337 | RABBITS | M30 | 55 | 00:01:17 | 02:35:44 | 03:30:34 | 04:24:01 | 04:47:50.65 | 04:47:50.65 | +01:34:02 (32.7%) | 6:27 | 9.3 (67.4%) |
| 151 | JANKOWSKI Sebastian | 544 | | M30 | 56 | 00:01:36 | 02:40:49 | 03:35:21 | 04:23:56 | 04:47:54.65 | 04:47:54.65 | +01:34:06 (32.7%) | 6:27 | 9.3 (67.4%) |
| 152 | KOWALCZYK Grzesiek | 116 | | M40 | 53 | 00:01:56 | 02:39:58 | 03:34:27 | 04:24:31 | 04:47:55.70 | 04:47:55.70 | +01:34:07 (32.7%) | 6:27 | 9.3 (67.4%) |
| 153 | ZAWADZKI Piotr | 258 | NIGHT RUNNERS PŁOCK | M30 | 57 | 00:00:33 | 02:39:09 | 03:33:51 | 04:24:57 | 04:47:56.70 | 04:47:56.70 | +01:34:08 (32.7%) | 6:27 | 9.3 (67.4%) |
| 154 | DROZD Maciej | 440 | | M40 | 54 | 00:01:29 | 02:43:00 | 03:35:43 | 04:24:46 | 04:47:58.05 | 04:47:58.05 | +01:34:09 (32.7%) | 6:27 | 9.3 (67.4%) |
| 155 | KORDOWICZ Łukasz | 80 | BUT BIŁGORAJ ULTRA TRAIL | M30 | 58 | 00:01:08 | 02:28:16 | 03:25:42 | 04:23:00 | 04:48:13.10 | 04:48:13.10 | +01:34:24 (32.8%) | 6:27 | 9.3 (67.4%) |
| 156 | BAK Adam | 526 | KKL KIELCE | M50 | 17 | 00:02:47 | 02:41:41 | 03:34:00 | 04:24:58 | 04:48:52.80 | 04:48:52.80 | +01:35:04 (32.9%) | 6:28 | 9.3 (67.4%) |
| 157 | SZEREMETA Andrzej | 197 | PZU SPORT TEAM | M40 | 55 | 00:00:35 | 02:36:47 | 03:33:15 | 04:25:02 | 04:49:26.85 | 04:49:26.85 | +01:35:38 (33.0%) | 6:29 | 9.2 (66.7%) |
| 158 | NIŻNIK Marcin | 280 | NOWY STYL GROUP RUNNING TEAM | M40 | 56 | 00:00:58 | 02:35:51 | 03:30:16 | 04:24:35 | 04:49:29.00 | 04:49:29.00 | +01:35:40 (33.1%) | 6:29 | 9.2 (66.7%) |
| 159 | MARĆ Marcin | 716 | NIGHTRUNNERS+ | M20 | 28 | 00:01:16 | 02:33:40 | 03:25:18 | 04:20:10 | 04:49:33.40 | 04:49:33.40 | +01:35:45 (33.1%) | 6:29 | 9.2 (66.7%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Start_2k | | | | Czas netto | Czas brutto | Różn | Tempo min/km | Tempo km/h |
|-----|---------------------|-------|-----------------------------|-----------|------|----------|----------------------|--------------------|----------------------|--------------------|--------------------|-------------------|--------------|-------------|
| | | | | | | 0.1km | Split_Mateusz 26.5km | Split_Kamyk 34.2km | Split_Mateusz 40.7km | | | | | |
| 160 | SZWAJKA Robert | 484 | | M40 | 57 | 00:00:47 | 02:30:43 | 03:28:58 | 04:23:38 | 04:49:36.70 | 04:49:36.70 | +01:35:48 (33.1%) | 6:29 | 9.2 (66.7%) |
| 161 | SUDZIŃSKI Jacek | 436 | | M30 | 59 | 00:02:12 | 02:41:29 | 03:34:59 | 04:24:52 | 04:49:38.55 | 04:49:38.55 | +01:35:50 (33.1%) | 6:29 | 9.2 (66.7%) |
| 162 | SUCHODOLSKI Jerzy | 538 | | M40 | 58 | 00:02:28 | 02:39:48 | 03:33:53 | 04:25:01 | 04:50:56.05 | 04:50:56.05 | +01:37:07 (33.4%) | 6:31 | 9.2 (66.7%) |
| 163 | MICHNO Tomasz | 87 | LACHO TEAM | M40 | 59 | 00:02:13 | 02:40:22 | 03:28:32 | 04:27:35 | 04:50:57.05 | 04:50:57.05 | +01:37:08 (33.4%) | 6:31 | 9.2 (66.7%) |
| 164 | WINIARCZYK Emil | 126 | | M30 | 60 | 00:00:57 | 02:33:12 | 03:29:58 | 04:25:20 | 04:51:12.10 | 04:51:12.10 | +01:37:23 (33.4%) | 6:31 | 9.2 (66.7%) |
| 165 | SIEJA Sebastian | 564 | JW 4115 | M20 | 29 | 00:01:29 | 02:38:26 | 03:36:28 | 04:26:20 | 04:51:39.55 | 04:51:39.55 | +01:37:51 (33.6%) | 6:32 | 9.2 (66.7%) |
| 166 | BIELAMOWICZ Dariusz | 702 | PIASECZNO RUNNING TEAM | M20 | 30 | 00:00:53 | 02:38:18 | 03:35:56 | 04:26:41 | 04:52:03.55 | 04:52:03.55 | +01:38:15 (33.6%) | 6:32 | 9.2 (66.7%) |
| 167 | ZABOROWSKI Robert | 464 | KB MARATOŃCZYK DĘBICA | M50 | 18 | 00:02:16 | 02:36:26 | 03:31:09 | 04:26:02 | 04:52:38.90 | 04:52:38.90 | +01:38:50 (33.8%) | 6:33 | 9.1 (65.9%) |
| 168 | TWARDOWSKI Tomasz | 358 | | M30 | 61 | 00:02:55 | 02:43:17 | 03:36:58 | 04:28:00 | 04:52:40.20 | 04:52:40.20 | +01:38:52 (33.8%) | 6:33 | 9.1 (65.9%) |
| 169 | PIETRYSZYN Mariusz | 41 | | M30 | 62 | 00:00:46 | 02:36:33 | 03:35:38 | 04:29:27 | 04:53:37.10 | 04:53:37.10 | +01:39:48 (34.0%) | 6:35 | 9.1 (65.9%) |
| 170 | RUSZNICA Tomasz | 46 | ZSG RZESZÓW | M30 | 63 | 00:01:35 | 02:54:33 | 03:44:11 | 04:32:41 | 04:53:38.95 | 04:53:38.95 | +01:39:50 (34.0%) | 6:35 | 9.1 (65.9%) |
| 171 | GAŁUSZKA Bogusław | 254 | | M30 | 64 | 00:02:05 | 02:47:35 | 03:44:36 | 04:33:13 | 04:53:39.85 | 04:53:39.85 | +01:39:51 (34.0%) | 6:35 | 9.1 (65.9%) |
| 172 | PAPROCKI Wiesław | 828 | KB MCKIS JAWORZNO | M50 | 19 | 00:01:51 | 02:37:04 | 03:31:51 | 04:27:24 | 04:54:03.80 | 04:54:03.80 | +01:40:15 (34.1%) | 6:35 | 9.1 (65.9%) |
| 173 | KOŚCIAŃSKI Paweł | 664 | | M30 | 65 | 00:02:55 | 02:48:31 | 03:39:52 | 04:32:39 | 04:54:14.10 | 04:54:14.10 | +01:40:25 (34.1%) | 6:35 | 9.1 (65.9%) |
| 174 | GOZDALSKI Jaroslaw | 265 | WITKOWO BIEGA | M40 | 60 | 00:02:47 | 03:07:52 | 03:51:24 | 04:35:52 | 04:54:20.75 | 04:54:20.75 | +01:40:32 (34.2%) | 6:35 | 9.1 (65.9%) |
| 175 | SEGIET Paweł | 313 | SILESIA RUNNERS CLUB | M30 | 66 | 00:01:03 | 02:33:59 | 03:30:44 | 04:28:31 | 04:54:50.85 | 04:54:50.85 | +01:41:02 (34.3%) | 6:36 | 9.1 (65.9%) |
| 176 | MILEWSKI Mateusz | 776 | MINISTERSTWO GŁUPICH KROKÓW | M30 | 67 | 00:02:22 | 02:44:34 | 03:40:21 | 04:31:58 | 04:54:58.35 | 04:54:58.35 | +01:41:10 (34.3%) | 6:36 | 9.1 (65.9%) |
| 177 | CZAPLA Arkadiusz | 109 | | M40 | 61 | 00:02:32 | 02:40:50 | 03:38:18 | 04:30:51 | 04:55:58.05 | 04:55:58.05 | +01:42:09 (34.5%) | 6:38 | 9 (65.2%) |
| 178 | SIPIERA Tomasz | 34 | LACHO TEAM | M40 | 62 | 00:02:12 | 02:40:22 | 03:37:44 | 04:31:34 | 04:56:27.05 | 04:56:27.05 | +01:42:38 (34.6%) | 6:38 | 9 (65.2%) |
| 179 | FRĄC Dariusz | 492 | NIGHT RUNNERS GLIWICE | M40 | 63 | 00:02:01 | 02:41:08 | 03:38:42 | 04:33:10 | 04:56:58.80 | 04:56:58.80 | +01:43:10 (34.7%) | 6:39 | 9 (65.2%) |
| 180 | SOFUŁ Tomasz | 726 | | M40 | 64 | 00:01:46 | 02:47:10 | 03:41:27 | 04:33:36 | 04:57:05.10 | 04:57:05.10 | +01:43:16 (34.8%) | 6:39 | 9 (65.2%) |
| 181 | GWIZDAŁA Łukasz | 605 | THENATURAT | M30 | 68 | 00:02:21 | 02:49:45 | 03:44:09 | 04:33:55 | 04:57:05.95 | 04:57:05.95 | +01:43:17 (34.8%) | 6:39 | 9 (65.2%) |
| 182 | BYRCZEK Michał | 225 | | M30 | 69 | 00:01:28 | 02:47:38 | 03:43:49 | 04:34:40 | 04:57:06.70 | 04:57:06.70 | +01:43:18 (34.8%) | 6:39 | 9 (65.2%) |
| 183 | JEDLIŃSKI Bartosz | 91 | MARATOŃCZYK DĘBICA | M40 | 65 | 00:01:07 | 02:49:05 | 03:45:14 | 04:35:15 | 04:57:08.80 | 04:57:08.80 | +01:43:20 (34.8%) | 6:39 | 9 (65.2%) |
| 184 | KANIEWSKI Ireneusz | 627 | | M30 | 70 | 00:02:25 | 02:40:56 | 03:37:43 | 04:32:20 | 04:57:14.20 | 04:57:14.20 | +01:43:26 (34.8%) | 6:39 | 9 (65.2%) |
| 185 | GOSZTYŁA Patryk | 360 | BRZozowski klub biegacza | M20 | 31 | 00:00:53 | 02:30:23 | 03:33:12 | 04:31:11 | 04:57:20.95 | 04:57:20.95 | +01:43:32 (34.8%) | 6:40 | 9 (65.2%) |
| 186 | KUTNIK Mirosław | 598 | KB BIAŁA BIEGA | M40 | 66 | 00:01:09 | 02:42:00 | 03:41:49 | 04:33:50 | 04:57:25.15 | 04:57:25.15 | +01:43:37 (34.8%) | 6:40 | 9 (65.2%) |
| 187 | DRAUS Borys | 714 | | M20 | 32 | 00:01:34 | 02:52:06 | 03:43:38 | 04:33:13 | 04:57:26.35 | 04:57:26.35 | +01:43:38 (34.8%) | 6:40 | 9 (65.2%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Start_2k | | | | Czas netto 44.6km | Czas brutto 44.6km | Różn | Tempo min/km | Tempo km/h |
|-----|----------------------|-------|--------------------------------------|-----------|------|----------|-------------------------|-----------------------|-------------------------|----------------------|-----------------------|----------------------|-----------------|----------------|
| | | | | | | 0.1km | Split_Mateusz 26.5km | Split_Kamyk 34.2km | Split_Mateusz 40.7km | | | | | |
| 188 | WRÓBEL Adam | 712 | | M30 | 71 | 00:02:16 | 02:46:57 | 03:44:12 | 04:35:00 | 04:57:44.55 | 04:57:44.55 | +01:43:56 (34.9%) | 6:40 | 9 (65.2%) |
| 189 | ŻYWCZAK Artur | 742 | KM PSP KRAKÓW | M30 | 72 | 00:00:41 | 02:40:32 | 03:40:01 | 04:36:01 | 04:57:58.20 | 04:57:58.20 | +01:44:10 (35.0%) | 6:40 | 9 (65.2%) |
| 190 | SZLEGIER Dariusz | 734 | BIEGAMYRAZEM.PL | M40 | 67 | 00:00:47 | 02:38:01 | 03:36:10 | 04:32:00 | 04:58:04.85 | 04:58:04.85 | +01:44:16 (35.0%) | 6:40 | 9 (65.2%) |
| 191 | MORAWA Mateusz | 168 | LACHO TEAM | M30 | 73 | 00:02:17 | 02:40:22 | 03:39:29 | 04:35:25 | 04:58:06.25 | 04:58:06.25 | +01:44:18 (35.0%) | 6:41 | 9 (65.2%) |
| 192 | RODZOCH Daniel | 699 | | M20 | 33 | 00:01:39 | 02:38:12 | 03:38:44 | 04:33:07 | 04:58:10.35 | 04:58:10.35 | +01:44:22 (35.0%) | 6:41 | 9 (65.2%) |
| 193 | SKOTNICKI Dariusz | 234 | EKIPA Z TARNOWA | M30 | 74 | 00:02:16 | 02:45:31 | 03:43:29 | 04:35:03 | 04:58:18.75 | 04:58:18.75 | +01:44:30 (35.0%) | 6:41 | 9 (65.2%) |
| 194 | OSIŃSKI Robert | 170 | | M30 | 75 | 00:02:19 | 02:45:45 | 03:40:59 | 04:35:12 | 04:58:20.70 | 04:58:20.70 | +01:44:32 (35.0%) | 6:41 | 9 (65.2%) |
| 195 | POPŁAWSKI Piotr | 378 | PGB SPORTOWA PACZKA | M30 | 76 | 00:01:12 | 02:44:16 | 03:40:57 | 04:34:38 | 04:59:40.35 | 04:59:40.35 | +01:45:52 (35.3%) | 6:43 | 8.9 (64.5%) |
| 196 | GUZIK Łukasz | 811 | KKKT | M30 | 77 | 00:03:00 | 02:54:59 | 03:49:37 | 04:38:52 | 04:59:41.50 | 04:59:41.50 | +01:45:53 (35.3%) | 6:43 | 8.9 (64.5%) |
| 197 | STARZYŃSKI Stefan | 619 | PERFECT RUNNER LUBLIN | M40 | 68 | 00:02:59 | 02:47:11 | 03:41:24 | 04:34:23 | 04:59:59.70 | 04:59:59.70 | +01:46:11 (35.4%) | 6:43 | 8.9 (64.5%) |
| 198 | RZĄDKOWSKI Krzysztof | 428 | KLUB WYSOKOGÓRSKI LUBLIN | M40 | 69 | 00:02:09 | 02:53:18 | 03:46:42 | 04:37:33 | 05:00:43.40 | 05:00:43.40 | +01:46:55 (35.6%) | 6:44 | 8.9 (64.5%) |
| 199 | WOLWOWICZ Zbigniew | 380 | | M40 | 70 | 00:01:54 | 02:47:38 | 03:44:08 | 04:36:15 | 05:00:49.10 | 05:00:49.10 | +01:47:00 (35.6%) | 6:44 | 8.9 (64.5%) |
| 200 | SWACHA Piotr | 312 | BIŁGORAJ BIEGA | M30 | 78 | 00:01:44 | 02:47:42 | 03:44:47 | 04:36:14 | 05:00:56.80 | 05:00:56.80 | +01:47:08 (35.6%) | 6:44 | 8.9 (64.5%) |
| 201 | SZKODA Robert | 357 | BIŁGORAJ BIEGA | M30 | 79 | 00:01:30 | 02:47:42 | 03:44:49 | 04:36:14 | 05:00:57.70 | 05:00:57.70 | +01:47:09 (35.6%) | 6:44 | 8.9 (64.5%) |
| 202 | SERAFIN Piotr | 632 | | M40 | 71 | 00:01:21 | 02:46:35 | 03:42:11 | 04:36:01 | 05:01:04.50 | 05:01:04.50 | +01:47:16 (35.6%) | 6:45 | 8.9 (64.5%) |
| 203 | CHRUŚCIEL Michał | 817 | SPRINT GORZYCE | M30 | 80 | 00:02:00 | 02:45:23 | 03:45:49 | 04:37:20 | 05:01:17.35 | 05:01:17.35 | +01:47:29 (35.7%) | 6:45 | 8.9 (64.5%) |
| 204 | SADKOWSKI Bartosz | 614 | HURAGAN ŁBISKA | M40 | 72 | 00:02:42 | 02:50:53 | 03:46:57 | 04:38:10 | 05:01:20.75 | 05:01:20.75 | +01:47:32 (35.7%) | 6:45 | 8.9 (64.5%) |
| 205 | DROZD Sławomir | 191 | WWF-UR | M40 | 73 | 00:00:56 | 02:49:42 | 03:43:37 | 04:37:16 | 05:01:30.70 | 05:01:30.70 | +01:47:42 (35.7%) | 6:45 | 8.9 (64.5%) |
| 206 | PELA Dariusz | 297 | SKY-TRANS TMT TORUŃ | M30 | 81 | 00:01:25 | 02:43:49 | 03:40:31 | 04:34:43 | 05:01:53.95 | 05:01:53.95 | +01:48:05 (35.8%) | 6:46 | 8.9 (64.5%) |
| 207 | CHODAKOWSKI Marcei | 789 | K.B.GEOTERMIA UNIEJÓW | M30 | 82 | 00:02:31 | 02:44:04 | 03:43:43 | 04:36:05 | 05:01:54.35 | 05:01:54.35 | +01:48:06 (35.8%) | 6:46 | 8.9 (64.5%) |
| 208 | CISZYŃSKI Marek | 310 | START KATOWICE | M50 | 20 | 00:03:00 | 02:54:57 | 03:48:49 | 04:39:24 | 05:01:55.00 | 05:01:55.00 | +01:48:06 (35.8%) | 6:46 | 8.9 (64.5%) |
| 209 | SERZYSKO Bartosz | 604 | DELPHI RUNNING TEAM | M20 | 34 | 00:02:59 | 02:54:59 | 03:49:38 | 04:38:53 | 05:01:56.30 | 05:01:56.30 | +01:48:08 (35.8%) | 6:46 | 8.9 (64.5%) |
| 210 | JANICKI Tomasz | 536 | 21DAPLOT JAROSŁAW | M20 | 35 | 00:02:38 | 02:48:46 | 03:45:55 | 04:37:15 | 05:02:01.65 | 05:02:01.65 | +01:48:13 (35.8%) | 6:46 | 8.9 (64.5%) |
| 211 | KLAMUT Ryszard | 449 | | M60 | 1 | 00:01:16 | 02:49:33 | 03:44:42 | 04:37:07 | 05:02:13.45 | 05:02:13.45 | +01:48:25 (35.9%) | 6:46 | 8.9 (64.5%) |
| 212 | HOROWSKI Tomasz | 77 | URODZENI BIEGACZE WWW.BORNRUNNERS.PL | M40 | 74 | 00:01:46 | 02:47:39 | 03:43:41 | 04:37:01 | 05:02:14.55 | 05:02:14.55 | +01:48:26 (35.9%) | 6:46 | 8.9 (64.5%) |
| 213 | POGOCKI Piotr | 275 | | M30 | 83 | 00:02:53 | 02:48:45 | 03:45:16 | 04:38:29 | 05:02:15.50 | 05:02:15.50 | +01:48:27 (35.9%) | 6:46 | 8.9 (64.5%) |
| 214 | MIĘKUS Hubert | 111 | | M40 | 75 | 00:00:55 | 02:44:44 | 03:40:11 | 04:33:57 | 05:02:33.30 | 05:02:33.30 | +01:48:45 (35.9%) | 6:47 | 8.8 (63.8%) |
| 215 | MAŚLANKA Piotr | 763 | BYDGOŚCIE | M30 | 84 | 00:01:51 | 02:43:46 | 03:43:30 | 04:39:18 | 05:02:36.35 | 05:02:36.35 | +01:48:48 (36.0%) | 6:47 | 8.8 (63.8%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Start_2k | | | | Czas netto 44.6km | Czas brutto 44.6km | Różn | Tempo min/km | Tempo km/h |
|-----|----------------------|-------|------------------------------|-----------|------|----------|-------------------------|-----------------------|-------------------------|----------------------|-----------------------|----------------------|-----------------|----------------|
| | | | | | | 0.1km | Split_Mateusz 26.5km | Split_Kamyk 34.2km | Split_Mateusz 40.7km | | | | | |
| 216 | ANDRES Kamil | 434 | KS JANUSZE | M30 | 85 | 00:02:37 | 03:08:25 | 03:57:41 | 04:44:00 | 05:02:48.90 | 05:02:48.90 | +01:49:00 (36.0%) | 6:47 | 8.8 (63.8%) |
| 217 | KŁOSOK Adam | 290 | | M40 | 76 | 00:01:56 | 02:46:32 | 03:49:14 | 04:39:25 | 05:02:56.65 | 05:02:56.65 | +01:49:08 (36.0%) | 6:47 | 8.8 (63.8%) |
| 218 | NOWACKI Dawid | 262 | | M30 | 86 | 00:03:08 | 02:55:17 | 03:54:05 | 04:42:08 | 05:03:15.75 | 05:03:15.75 | +01:49:27 (36.1%) | 6:47 | 8.8 (63.8%) |
| 219 | SUCH Arkadiusz | 371 | RZESZOWSKIE GAZELE I GEPARDY | M30 | 87 | 00:03:05 | 02:51:59 | 03:47:06 | 04:38:35 | 05:03:23.00 | 05:03:23.00 | +01:49:34 (36.1%) | 6:48 | 8.8 (63.8%) |
| 220 | KĄDZIELAWA Marcin | 39 | STARGLASSTEAM | M20 | 36 | 00:01:43 | 02:52:17 | 03:48:08 | 04:39:42 | 05:03:32.80 | 05:03:32.80 | +01:49:44 (36.2%) | 6:48 | 8.8 (63.8%) |
| 221 | SZYBIAK Waldemar | 453 | AGONA W&M | M50 | 21 | 00:01:41 | 02:45:53 | 03:42:57 | 04:36:51 | 05:03:35.25 | 05:03:35.25 | +01:49:47 (36.2%) | 6:48 | 8.8 (63.8%) |
| 222 | KUSTRON Adam | 764 | | M50 | 22 | 00:02:26 | 02:49:32 | 03:54:21 | 04:41:22 | 05:03:55.45 | 05:03:55.45 | +01:50:07 (36.2%) | 6:48 | 8.8 (63.8%) |
| 223 | BOGUSZ Piotr | 690 | SS DRUŻYNA WILKA | M20 | 37 | 00:00:58 | 02:36:48 | 03:36:42 | 04:37:42 | 05:04:26.45 | 05:04:26.45 | +01:50:38 (36.3%) | 6:49 | 8.8 (63.8%) |
| 224 | BU CZYŃSKI Radosław | 154 | NIGHT RUNNERS GLIWICE | M30 | 88 | 00:01:13 | 02:43:03 | 03:44:38 | 04:39:26 | 05:04:40.00 | 05:04:40.00 | +01:50:51 (36.4%) | 6:49 | 8.8 (63.8%) |
| 225 | KAPICA Dominik | 759 | | M20 | 38 | 00:01:43 | 02:37:19 | 03:41:29 | 04:42:13 | 05:04:55.05 | 05:04:55.05 | +01:51:06 (36.4%) | 6:50 | 8.8 (63.8%) |
| 226 | KALTENBERG Janusz | 473 | | M40 | 77 | 00:02:12 | 02:49:43 | 03:44:56 | 04:40:31 | 05:05:06.35 | 05:05:06.35 | +01:51:18 (36.5%) | 6:50 | 8.8 (63.8%) |
| 227 | CHMURA Piotr | 801 | | M40 | 78 | 00:02:13 | 02:48:33 | 03:46:14 | 04:39:40 | 05:05:35.45 | 05:05:35.45 | +01:51:47 (36.6%) | 6:51 | 8.8 (63.8%) |
| 228 | POREMBSKI Leszek | 821 | ŻYWCEM ZABIEGANI | M50 | 23 | 00:00:54 | 02:44:37 | 03:46:17 | 04:40:05 | 05:05:49.55 | 05:05:49.55 | +01:52:01 (36.6%) | 6:51 | 8.8 (63.8%) |
| 229 | GNATOWSKI Przemysław | 750 | AXA RUNNING TEAM | M20 | 39 | 00:01:51 | 02:53:32 | 03:55:32 | 04:44:55 | 05:05:50.15 | 05:05:50.15 | +01:52:02 (36.6%) | 6:51 | 8.7 (63.0%) |
| 230 | JAKUBIEC Szymon | 166 | LACHO TEAM | M30 | 89 | 00:02:18 | 02:58:46 | 03:56:43 | 04:44:25 | 05:05:52.65 | 05:05:52.65 | +01:52:04 (36.6%) | 6:51 | 8.7 (63.0%) |
| 231 | TRYBUCHOWICZ Michał | 752 | | M30 | 90 | 00:01:50 | 02:53:32 | 03:55:33 | 04:44:56 | 05:05:53.35 | 05:05:53.35 | +01:52:05 (36.6%) | 6:51 | 8.7 (63.0%) |
| 232 | SAMSON Sebastian | 580 | | M30 | 91 | 00:01:37 | 02:47:28 | 03:46:04 | 04:40:34 | 05:06:25.25 | 05:06:25.25 | +01:52:37 (36.8%) | 6:52 | 8.7 (63.0%) |
| 233 | TOMAS Dariusz | 443 | | M40 | 79 | 00:02:12 | 02:49:45 | 03:44:59 | 04:40:31 | 05:06:47.15 | 05:06:47.15 | +01:52:59 (36.8%) | 6:52 | 8.7 (63.0%) |
| 234 | SZPYT Ryszard | 259 | BUT BIŁGORAJ ULTRA TRAIL | M40 | 80 | 00:01:10 | 02:39:15 | 03:39:27 | 04:41:10 | 05:06:54.05 | 05:06:54.05 | +01:53:05 (36.9%) | 6:52 | 8.7 (63.0%) |
| 235 | ŻURAWSKI Sławomir | 393 | PGB SPORTOWA PACZKA | M30 | 92 | 00:01:12 | 02:47:13 | 03:50:50 | 04:43:10 | 05:06:58.20 | 05:06:58.20 | +01:53:10 (36.9%) | 6:52 | 8.7 (63.0%) |
| 236 | GOLBA Łukasz | 54 | ZABIEGANI MIELEC | M30 | 93 | 00:01:21 | 02:46:13 | 03:47:01 | 04:43:05 | 05:07:35.35 | 05:07:35.35 | +01:53:47 (37.0%) | 6:53 | 8.7 (63.0%) |
| 237 | KALANDYK Wojciech | 117 | TURLAM SIĘ DO METY | M30 | 94 | 00:01:57 | 02:49:07 | 03:50:19 | 04:41:41 | 05:07:37.05 | 05:07:37.05 | +01:53:48 (37.0%) | 6:53 | 8.7 (63.0%) |
| 238 | CZACHOR Andrzej | 118 | TURLAM SIĘ DO METY | M30 | 95 | 00:01:57 | 02:49:07 | 03:50:18 | 04:41:41 | 05:07:37.65 | 05:07:37.65 | +01:53:49 (37.0%) | 6:53 | 8.7 (63.0%) |
| 239 | MAKOS Adam | 270 | SILESIA RUNNING TEAM | M40 | 81 | 00:02:28 | 02:48:46 | 03:47:21 | 04:42:20 | 05:07:40.45 | 05:07:40.45 | +01:53:52 (37.0%) | 6:53 | 8.7 (63.0%) |
| 240 | KULON Marcin | 797 | | M30 | 96 | 00:03:09 | 02:55:04 | 03:49:59 | 04:44:01 | 05:07:42.80 | 05:07:42.80 | +01:53:54 (37.0%) | 6:53 | 8.7 (63.0%) |
| 241 | DOMAGAŁA Michał | 757 | | M30 | 97 | 00:02:58 | 02:58:07 | 03:53:45 | 04:44:21 | 05:08:05.85 | 05:08:05.85 | +01:54:17 (37.1%) | 6:54 | 8.7 (63.0%) |
| 242 | PORĘBA Eugeniusz | 541 | MIECHÓW | M50 | 24 | 00:01:42 | 02:54:58 | 03:54:44 | 04:45:28 | 05:09:28.60 | 05:09:28.60 | +01:55:40 (37.4%) | 6:56 | 8.6 (62.3%) |
| 243 | SUŁKOWSKI Maciej | 283 | | M40 | 82 | 00:01:44 | 02:41:13 | 03:42:27 | 04:42:00 | 05:09:45.05 | 05:09:45.05 | +01:55:56 (37.4%) | 6:56 | 8.6 (62.3%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Start_2k | | | | Czas netto 44.6km | Czas brutto 44.6km | Różn | Tempo min/km | Tempo km/h |
|-----|-----------------------------|------------|---------------------------|-----------|------|----------|-------------------------|-----------------------|-------------------------|----------------------|-----------------------|----------------------|-----------------|----------------|
| | | | | | | 0.1km | Split_Mateusz 26.5km | Split_Kamyk 34.2km | Split_Mateusz 40.7km | | | | | |
| 244 | WLODEK Mateusz | 500 | | M30 | 98 | 00:01:45 | 02:41:14 | 03:42:27 | 04:42:00 | 05:09:45.35 | 05:09:45.35 | +01:55:57 (37.4%) | 6:56 | 8.6 (62.3%) |
| 245 | MROZEK Krzysztof | 429 | BIEGAM BO CHCĘ | M30 | 99 | 00:00:50 | 02:45:29 | 03:50:21 | 04:43:34 | 05:10:13.15 | 05:10:13.15 | +01:56:25 (37.5%) | 6:57 | 8.6 (62.3%) |
| 246 | WICZUK Michał | 419 | MKB DREPTAK | M30 | 100 | 00:00:53 | 02:41:04 | 03:46:49 | 04:41:43 | 05:10:15.35 | 05:10:15.35 | +01:56:27 (37.5%) | 6:57 | 8.6 (62.3%) |
| 247 | PRÜFER Paweł | 300 | | M40 | 83 | 00:00:56 | 02:45:50 | 03:44:45 | 04:42:17 | 05:10:56.80 | 05:10:56.80 | +01:57:08 (37.7%) | 6:58 | 8.6 (62.3%) |
| 248 | BOGUSZ Bartosz | 424 | | M40 | 84 | 00:02:08 | 02:46:40 | 03:49:21 | 04:43:14 | 05:11:02.55 | 05:11:02.55 | +01:57:14 (37.7%) | 6:58 | 8.6 (62.3%) |
| 249 | ZYCH Zbigniew | 266 | LUBELSKA GRUPA TRIATHLONU | M40 | 85 | 00:02:39 | 02:50:32 | 03:52:17 | 04:45:07 | 05:11:04.05 | 05:11:04.05 | +01:57:15 (37.7%) | 6:58 | 8.6 (62.3%) |
| 250 | BORSIAK Sebastian | 132 | | M30 | 101 | 00:03:06 | 02:48:41 | 03:48:51 | 04:42:50 | 05:11:05.35 | 05:11:05.35 | +01:57:17 (37.7%) | 6:58 | 8.6 (62.3%) |
| 251 | KOKOT Roman | 691 | AKTYWNY DYNÓW | M30 | 102 | 00:01:41 | 02:50:49 | 03:48:45 | 04:44:06 | 05:11:10.70 | 05:11:10.70 | +01:57:22 (37.7%) | 6:58 | 8.6 (62.3%) |
| 252 | POSADZKI Paweł | 499 | MPFOTO.COM.PL | M30 | 103 | 00:03:08 | 02:54:28 | 03:53:28 | 04:45:37 | 05:11:15.60 | 05:11:15.60 | +01:57:27 (37.7%) | 6:58 | 8.6 (62.3%) |
| 253 | PYSZKO Janusz | 203 | WWW.GOHARDORGOHOME.PL | M30 | 104 | 00:01:20 | 02:45:34 | 03:47:00 | 04:43:13 | 05:11:19.50 | 05:11:19.50 | +01:57:31 (37.7%) | 6:58 | 8.6 (62.3%) |
| 254 | ANDREJKOW Arkadiusz | 263 | | M30 | 105 | 00:01:23 | 02:50:41 | 03:46:59 | 04:43:13 | 05:11:31.55 | 05:11:31.55 | +01:57:43 (37.8%) | 6:59 | 8.6 (62.3%) |
| 255 | WOJAK Szymon | 388 | | M20 | 40 | 00:01:51 | 02:35:08 | 03:42:11 | 04:40:36 | 05:11:47.60 | 05:11:47.60 | +01:57:59 (37.8%) | 6:59 | 8.6 (62.3%) |
| 256 | ŁUKASZEK Artur | 129 | LUBARTOWBIEGA | M40 | 86 | 00:01:54 | 02:35:17 | 03:37:06 | 04:40:36 | 05:11:47.70 | 05:11:47.70 | +01:57:59 (37.8%) | 6:59 | 8.6 (62.3%) |
| 257 | SUSKI Józef | 125 | BIEGACZ NOWOSOLNA | M30 | 106 | 00:01:08 | 02:49:37 | 03:48:59 | 04:44:09 | 05:11:49.50 | 05:11:49.50 | +01:58:01 (37.8%) | 6:59 | 8.6 (62.3%) |
| 258 | MALINOWSKI Marcin | 647 | | M40 | 87 | 00:00:54 | 02:42:35 | 03:45:28 | 04:42:54 | 05:11:58.35 | 05:11:58.35 | +01:58:10 (37.9%) | 6:59 | 8.6 (62.3%) |
| 259 | JURCZAK Roman | 279 | VITAMINS FOR YUO | M50 | 25 | 00:00:29 | 02:37:35 | 03:34:50 | 04:40:52 | 05:12:05.30 | 05:12:05.30 | +01:58:17 (37.9%) | 6:59 | 8.6 (62.3%) |
| 260 | WILK Damian | 326 | | M20 | 41 | 00:02:19 | 02:42:52 | 03:38:53 | 04:41:36 | 05:12:10.80 | 05:12:10.80 | +01:58:22 (37.9%) | 6:59 | 8.6 (62.3%) |
| 261 | KOŁTUNIEWICZ Andrzej | 683 | WIEŚ TAŃCZY I BIEGA | M40 | 88 | 00:01:54 | 02:47:37 | 03:50:16 | 04:45:14 | 05:12:13.60 | 05:12:13.60 | +01:58:25 (37.9%) | 7:00 | 8.6 (62.3%) |
| 262 | ŚCIBOR Marcin | 670 | KB GALERIA WARSZAWA | M30 | 107 | 00:01:34 | 02:53:39 | 03:51:57 | 04:45:34 | 05:12:14.25 | 05:12:14.25 | +01:58:26 (37.9%) | 7:00 | 8.6 (62.3%) |
| 263 | ABEL Krzysiek | 456 | AKG | M40 | 89 | 00:02:49 | 02:52:57 | 03:50:23 | 04:46:16 | 05:12:15.60 | 05:12:15.60 | +01:58:27 (37.9%) | 7:00 | 8.6 (62.3%) |
| 264 | ŁUKASIAK Sylwester | 104 | | M40 | 90 | 00:01:47 | 02:46:17 | 03:44:44 | 04:43:20 | 05:12:19.55 | 05:12:19.55 | +01:58:31 (37.9%) | 7:00 | 8.6 (62.3%) |
| 265 | GUT Przemysław | 765 | JACEKBIEGA RUNNING TEAM | M30 | 108 | 00:01:49 | 02:49:28 | 03:52:15 | 04:46:28 | 05:12:21.35 | 05:12:21.35 | +01:58:33 (38.0%) | 7:00 | 8.6 (62.3%) |
| 266 | PRZYCHODZEŃ Paweł | 394 | | M30 | 109 | 00:01:50 | 02:49:27 | 03:52:16 | 04:46:28 | 05:12:23.60 | 05:12:23.60 | +01:58:35 (38.0%) | 7:00 | 8.6 (62.3%) |
| 267 | BANASIEWICZ Paweł | 248 | POZYTYWNE ZABIEGANI SANOK | M30 | 110 | 00:01:26 | 02:55:06 | 03:54:18 | 04:46:35 | 05:12:24.70 | 05:12:24.70 | +01:58:36 (38.0%) | 7:00 | 8.6 (62.3%) |
| 268 | DYMEK Paweł | 286 | FESTINALENTE | M30 | 111 | 00:01:09 | 02:50:21 | 03:50:20 | 04:46:38 | 05:12:27.85 | 05:12:27.85 | +01:58:39 (38.0%) | 7:00 | 8.6 (62.3%) |
| 269 | ROMANÓW Przemek | 736 | TRUCHT TARCHOMIN TEAM | M30 | 112 | 00:01:32 | 02:53:29 | 03:52:48 | 04:48:29 | 05:13:03.20 | 05:13:03.20 | +01:59:15 (38.1%) | 7:01 | 8.5 (61.6%) |
| 270 | RABADA Artur | 299 | | M30 | 113 | 00:01:45 | 02:47:23 | 03:50:10 | 04:46:55 | 05:14:00.35 | 05:14:00.35 | +02:00:12 (38.3%) | 7:02 | 8.5 (61.6%) |
| 271 | BODZON Marcin | 309 | ŻÓŁW ULTRAS TEAM WOŁOMIN | M30 | 114 | 00:02:27 | 03:01:13 | 03:58:46 | 04:50:16 | 05:14:07.45 | 05:14:07.45 | +02:00:19 (38.3%) | 7:02 | 8.5 (61.6%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Start_2k | | | | Czas netto 44.6km | Czas brutto 44.6km | Różn | Tempo min/km | Tempo km/h |
|-----|-----------------------------------|------------|-----------------------------------|-----------|------|----------|-------------------------|-----------------------|-------------------------|----------------------|-----------------------|----------------------|-----------------|----------------|
| | | | | | | 0.1km | Split_Mateusz 26.5km | Split_Kamyk 34.2km | Split_Mateusz 40.7km | | | | | |
| 272 | RUTA Mikolaj | 352 | SPORTMATRIX.COM | M30 | 115 | 00:02:20 | 02:48:59 | 03:49:09 | 04:46:02 | 05:14:25.30 | 05:14:25.30 | +02:00:37 (38.4%) | 7:02 | 8.5 (61.6%) |
| 273 | JANIK Paweł | 180 | CF RZESZÓW 6AM | M30 | 116 | 00:03:06 | 02:52:48 | 03:50:44 | 04:47:36 | 05:14:29.05 | 05:14:29.05 | +02:00:40 (38.4%) | 7:03 | 8.5 (61.6%) |
| 274 | PILICHOWSKI Wojciech | 93 | GRUPA SZALONYCH ROWERZYSTÓW | M40 | 91 | 00:02:48 | 02:48:52 | 03:57:23 | 04:49:28 | 05:14:29.75 | 05:14:29.75 | +02:00:41 (38.4%) | 7:03 | 8.5 (61.6%) |
| 275 | KISIAŁA Filip | 30 | LACHO TEAM | M30 | 117 | 00:02:13 | 02:56:26 | 03:53:38 | 04:48:55 | 05:15:27.30 | 05:15:27.30 | +02:01:39 (38.6%) | 7:04 | 8.5 (61.6%) |
| 276 | SROKA Zbigniew | 796 | | M40 | 92 | 00:02:12 | 02:51:39 | 03:51:08 | 04:47:51 | 05:15:45.45 | 05:15:45.45 | +02:01:57 (38.6%) | 7:04 | 8.5 (61.6%) |
| 277 | MAZUR Grzegorz | 233 | GRUPA SKROMNYCH BIEGACZY TARNÓW | M40 | 93 | 00:01:14 | 02:49:11 | 03:50:46 | 04:47:41 | 05:15:50.80 | 05:15:50.80 | +02:02:02 (38.6%) | 7:04 | 8.5 (61.6%) |
| 278 | ŚWIĘTOCHOWSKI Arkadiusz | 223 | GRUPA SKROMNYCH BIEGACZY | M40 | 94 | 00:01:14 | 02:49:12 | 03:50:47 | 04:47:41 | 05:15:53.65 | 05:15:53.65 | +02:02:05 (38.6%) | 7:04 | 8.5 (61.6%) |
| 279 | GURGUL Marcin | 222 | | M20 | 42 | 00:03:08 | 02:55:17 | 03:54:04 | 04:48:48 | 05:15:58.15 | 05:15:58.15 | +02:02:10 (38.7%) | 7:05 | 8.5 (61.6%) |
| 280 | KUBIAK Adam | 179 | DZIKIE GRUBASY SZATANA | M40 | 95 | 00:02:48 | 03:01:14 | 04:00:38 | 04:52:02 | 05:16:30.90 | 05:16:30.90 | +02:02:42 (38.8%) | 7:05 | 8.5 (61.6%) |
| 281 | KRAWCZAK Kamil | 110 | BIEGUSIEM.PL | M30 | 118 | 00:02:54 | 03:00:21 | 03:59:41 | 04:49:22 | 05:16:37.95 | 05:16:37.95 | +02:02:49 (38.8%) | 7:05 | 8.5 (61.6%) |
| 282 | POTONIEC Grzegorz | 772 | | M30 | 119 | 00:02:50 | 02:54:00 | 03:57:22 | 04:50:45 | 05:16:46.60 | 05:16:46.60 | +02:02:58 (38.8%) | 7:06 | 8.4 (60.9%) |
| 283 | ZAKRZEWSKI Robert | 814 | RUN VEGAN | M40 | 96 | 00:02:45 | 03:01:07 | 03:59:08 | 04:48:16 | 05:17:32.25 | 05:17:32.25 | +02:03:44 (39.0%) | 7:07 | 8.4 (60.9%) |
| 284 | KŁODOWSKI Jacek | 698 | | M40 | 97 | 00:01:21 | 02:50:34 | 03:54:24 | 04:51:15 | 05:17:33.25 | 05:17:33.25 | +02:03:45 (39.0%) | 7:07 | 8.4 (60.9%) |
| 285 | MIROŚLAW Albert | 390 | LUBELSKA GRUPA TRIATHLONU/WW TEAM | M40 | 98 | 00:01:27 | 02:55:59 | 04:01:19 | 04:53:33 | 05:18:03.35 | 05:18:03.35 | +02:04:15 (39.1%) | 7:07 | 8.4 (60.9%) |
| 286 | ĆWIEK Dariusz | 226 | | M40 | 99 | 00:02:01 | 02:54:40 | 03:57:28 | 04:51:08 | 05:18:30.45 | 05:18:30.45 | +02:04:42 (39.2%) | 7:08 | 8.4 (60.9%) |
| 287 | ŻOŁNIEROWICZ Hubert | 86 | BIEGAM BO LUBIĘ ZĄBKI TEAM | M30 | 120 | 00:02:46 | 02:54:43 | 03:58:57 | 04:53:36 | 05:18:56.00 | 05:18:56.00 | +02:05:07 (39.2%) | 7:09 | 8.4 (60.9%) |
| 288 | SOCHA Marcin | 771 | AKTYWNY DYNÓW | M30 | 121 | 00:01:38 | 02:55:13 | 03:55:42 | 04:51:09 | 05:19:26.35 | 05:19:26.35 | +02:05:38 (39.3%) | 7:09 | 8.4 (60.9%) |
| 289 | ŚLIWIŃSKI Andrzej | 478 | | M60 | 2 | 00:01:42 | 02:56:38 | 04:01:29 | 04:54:12 | 05:19:27.55 | 05:19:27.55 | +02:05:39 (39.3%) | 7:09 | 8.4 (60.9%) |
| 290 | ZAJĄC Tomasz | 582 | | M40 | 100 | 00:02:31 | 02:44:56 | 03:49:08 | 04:48:05 | 05:19:55.30 | 05:19:55.30 | +02:06:07 (39.4%) | 7:10 | 8.4 (60.9%) |
| 291 | JASZCZYŃSKI Maciej | 163 | LACHO TEAM | M20 | 43 | 00:02:10 | 02:39:47 | 03:52:55 | 04:49:16 | 05:19:56.00 | 05:19:56.00 | +02:06:07 (39.4%) | 7:10 | 8.4 (60.9%) |
| 292 | JANIK Janusz Johan | 50 | NIGHT RUNNERS GLIWICE | M40 | 101 | 00:01:10 | 02:45:45 | 03:52:20 | 04:52:27 | 05:20:02.75 | 05:20:02.75 | +02:06:14 (39.4%) | 7:10 | 8.4 (60.9%) |
| 293 | KIEWISZ Adam | 709 | SS DRUŻYNA WILKA | M30 | 122 | 00:02:11 | 02:48:20 | 03:55:36 | 04:53:37 | 05:21:17.05 | 05:21:17.05 | +02:07:28 (39.7%) | 7:12 | 8.3 (60.1%) |
| 294 | LOREK Marek | 182 | KB MARATOŃCZYK DĘBICA | M40 | 102 | 00:02:05 | 02:52:32 | 03:55:58 | 04:54:32 | 05:22:22.75 | 05:22:22.75 | +02:08:34 (39.9%) | 7:13 | 8.3 (60.1%) |
| 295 | SZYPUŁA Michał | 659 | LIBURNIA TEAM | M30 | 123 | 00:01:56 | 03:01:56 | 04:00:42 | 04:54:57 | 05:22:43.45 | 05:22:43.45 | +02:08:55 (39.9%) | 7:14 | 8.3 (60.1%) |
| 296 | SZYPUŁA Wojciech | 663 | | M40 | 103 | 00:01:56 | 03:01:57 | 04:01:17 | 04:54:57 | 05:22:44.70 | 05:22:44.70 | +02:08:56 (40.0%) | 7:14 | 8.3 (60.1%) |
| 297 | BŁAJSZCZAK Karol | 719 | TSA SANDOMIERZ | M40 | 104 | 00:01:19 | 02:56:08 | 04:03:09 | 04:56:58 | 05:22:45.45 | 05:22:45.45 | +02:08:57 (40.0%) | 7:14 | 8.3 (60.1%) |
| 298 | CHORZĘPA Mariusz | 528 | TSA -SANDOMIERZ | M40 | 105 | 00:01:18 | 02:56:09 | 04:03:08 | 04:56:58 | 05:22:46.10 | 05:22:46.10 | +02:08:57 (40.0%) | 7:14 | 8.3 (60.1%) |
| 299 | KWIATKOWSKI Wojciech | 142 | TSA SANDOMIERZ | M30 | 124 | 00:01:11 | 02:49:24 | 04:01:24 | 04:56:35 | 05:22:46.85 | 05:22:46.85 | +02:08:58 (40.0%) | 7:14 | 8.3 (60.1%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Start_2k | | | | Czas netto 44.6km | Czas brutto 44.6km | Różn | Tempo min/km | Tempo km/h |
|-----|-------------------------|-------|---------------------------------------|-----------|------|----------|-------------------------|-----------------------|-------------------------|----------------------|-----------------------|----------------------|-----------------|----------------|
| | | | | | | 0.1km | Split_Mateusz 26.5km | Split_Kamyk 34.2km | Split_Mateusz 40.7km | | | | | |
| 300 | LIK Marek | 717 | CHEŁM BIEGA | M50 | 26 | 00:01:55 | 02:43:30 | 03:46:59 | 04:50:54 | 05:23:55.90 | 05:23:55.90 | +02:10:07 (40.2%) | 7:15 | 8.3 (60.1%) |
| 301 | JAZŁOCKI Łukasz | 364 | | M30 | 125 | 00:01:30 | 02:53:42 | 03:54:36 | 04:53:46 | 05:23:56.70 | 05:23:56.70 | +02:10:08 (40.2%) | 7:15 | 8.3 (60.1%) |
| 302 | WILTOWSKI Wojciech | 707 | TEAM EDOKUMENTY | M40 | 106 | 00:02:04 | 02:51:18 | 03:54:26 | 04:54:06 | 05:23:57.60 | 05:23:57.60 | +02:10:09 (40.2%) | 7:15 | 8.3 (60.1%) |
| 303 | WASIELEWSKI Włodzimierz | 396 | KLUB SPORTOWY ZDZIESZOWICE-BIKETEAM | M40 | 107 | 00:01:19 | 03:00:27 | 04:02:18 | 04:57:04 | 05:23:58.55 | 05:23:58.55 | +02:10:10 (40.2%) | 7:15 | 8.3 (60.1%) |
| 304 | ZAJDEL Sławomir | 307 | MRÓWKA JAROSŁAW ACTIVE TEAM | M40 | 108 | 00:01:57 | 03:02:25 | 04:03:59 | 04:58:17 | 05:23:59.45 | 05:23:59.45 | +02:10:11 (40.2%) | 7:15 | 8.3 (60.1%) |
| 305 | KOZUBAŁA Piotr | 460 | ŻÓŁW ULTRAS TEAM | M30 | 126 | 00:02:27 | 03:01:21 | 04:03:47 | 04:59:59 | 05:24:23.05 | 05:24:23.05 | +02:10:34 (40.3%) | 7:16 | 8.2 (59.4%) |
| 306 | KOTLIŃSKI Janusz | 679 | | M50 | 27 | 00:02:54 | 03:01:18 | 04:00:54 | 04:56:26 | 05:24:40.95 | 05:24:40.95 | +02:10:52 (40.3%) | 7:16 | 8.2 (59.4%) |
| 307 | KADŁUBEK Mateusz | 228 | GOGGLE PRO ACTIVE EYEWEAR | M30 | 127 | 00:02:45 | 03:00:27 | 04:02:47 | 04:56:59 | 05:24:44.05 | 05:24:44.05 | +02:10:55 (40.3%) | 7:16 | 8.2 (59.4%) |
| 308 | PILECKI Maciej | 791 | | M40 | 109 | 00:03:10 | 03:04:08 | 04:08:24 | 05:01:33 | 05:24:57.05 | 05:24:57.05 | +02:11:08 (40.4%) | 7:17 | 8.2 (59.4%) |
| 309 | ADAMCZEWSKI Jakub | 207 | NIGHT RUNNERS / NBR | M20 | 44 | 00:01:14 | 03:06:14 | 04:08:03 | 05:00:19 | 05:26:38.35 | 05:26:38.35 | +02:12:50 (40.7%) | 7:19 | 8.2 (59.4%) |
| 310 | CHWALISZEWSKI Jarosław | 49 | NIGHT RUNNERS GLIWICE | M40 | 110 | 00:01:18 | 02:50:20 | 03:58:57 | 04:59:09 | 05:27:10.10 | 05:27:10.10 | +02:13:21 (40.8%) | 7:20 | 8.2 (59.4%) |
| 311 | MAKINIA Wawrzyniec | 747 | | M40 | 111 | 00:03:02 | 02:57:53 | 03:56:00 | 04:57:53 | 05:27:26.60 | 05:27:26.60 | +02:13:38 (40.8%) | 7:20 | 8.2 (59.4%) |
| 312 | ŚLIWIŃSKI Paweł | 295 | SZATAN | M30 | 128 | 00:02:54 | 03:01:24 | 04:05:06 | 04:59:48 | 05:27:52.05 | 05:27:52.05 | +02:14:03 (40.9%) | 7:21 | 8.2 (59.4%) |
| 313 | KULIBERDA Tomasz | 784 | TEATR O.DE.LA | M40 | 112 | | 03:09:20 | 04:10:37 | 05:03:26 | 05:28:14.95 | 05:28:14.95 | +02:14:26 (41.0%) | 7:21 | 8.2 (59.4%) |
| 314 | CZMOK Rafał | 433 | ACTIV-MEDIA | M40 | 113 | 00:02:39 | 03:05:38 | 04:06:30 | 05:01:40 | 05:29:20.15 | 05:29:20.15 | +02:15:32 (41.2%) | 7:23 | 8.1 (58.7%) |
| 315 | PILCH Daniel | 15 | WWW.GOHARDORGOHOME.PL | M30 | 129 | 00:01:19 | 03:00:13 | 04:04:11 | 05:02:24 | 05:29:40.20 | 05:29:40.20 | +02:15:52 (41.2%) | 7:23 | 8.1 (58.7%) |
| 316 | CEGLARZ Jacek | 386 | SZERBUD TEAM | M30 | 130 | 00:02:05 | 03:00:26 | 04:07:06 | 05:02:23 | 05:29:48.05 | 05:29:48.05 | +02:15:59 (41.2%) | 7:23 | 8.1 (58.7%) |
| 317 | TUROSZ Zbigniew | 421 | | M50 | 28 | 00:01:09 | 02:58:14 | 04:02:16 | 05:00:47 | 05:29:49.55 | 05:29:49.55 | +02:16:01 (41.2%) | 7:23 | 8.1 (58.7%) |
| 318 | GELETA Marek | 505 | | M50 | 29 | 00:01:12 | 02:53:41 | 03:59:04 | 05:00:43 | 05:30:17.15 | 05:30:17.15 | +02:16:29 (41.3%) | 7:24 | 8.1 (58.7%) |
| 319 | WOJTOWICZ Daniel | 18 | | M40 | 114 | 00:02:31 | 03:00:14 | 04:06:25 | 05:01:33 | 05:30:26.25 | 05:30:26.25 | +02:16:38 (41.3%) | 7:24 | 8.1 (58.7%) |
| 320 | KORBUT Radosław | 483 | | M30 | 131 | 00:02:40 | 03:04:25 | 04:07:58 | 05:03:22 | 05:30:27.40 | 05:30:27.40 | +02:16:39 (41.4%) | 7:24 | 8.1 (58.7%) |
| 321 | SITKO Grzegorz | 547 | BROTHERS TEAM-JAK DALEKO NOGI PONIOSĄ | M20 | 45 | 00:01:27 | 02:55:34 | 04:07:20 | 05:05:27 | 05:30:29.55 | 05:30:29.55 | +02:16:41 (41.4%) | 7:24 | 8.1 (58.7%) |
| 322 | BARTOSZEK Krzysztof | 533 | MROWKA ACTIVE TEAM JAROSŁAW | M40 | 115 | 00:01:57 | 02:58:01 | 03:59:17 | 05:01:17 | 05:31:01.80 | 05:31:01.80 | +02:17:13 (41.5%) | 7:25 | 8.1 (58.7%) |
| 323 | WOJTAL Patryk | 559 | | M20 | 46 | 00:02:39 | 03:11:28 | 04:16:49 | 05:07:10 | 05:31:04.85 | 05:31:04.85 | +02:17:16 (41.5%) | 7:25 | 8.1 (58.7%) |
| 324 | SKUBIDA Marcin | 306 | SPRINT GORZYCE | M30 | 132 | 00:02:14 | 02:53:20 | 04:03:52 | 05:02:55 | 05:31:24.75 | 05:31:24.75 | +02:17:36 (41.5%) | 7:25 | 8.1 (58.7%) |
| 325 | LIS Marek | 130 | | M40 | 116 | 00:03:22 | 03:12:07 | 04:12:09 | 05:06:22 | 05:31:51.85 | 05:31:51.85 | +02:18:03 (41.6%) | 7:26 | 8.1 (58.7%) |
| 326 | WAŻNY Andrzej | 644 | TYNEXPOL | M30 | 133 | 00:01:29 | 03:00:07 | 04:05:24 | 05:02:06 | 05:32:09.95 | 05:32:09.95 | +02:18:21 (41.7%) | 7:26 | 8.1 (58.7%) |
| 327 | SERAFIN Robert | 727 | | M40 | 117 | 00:01:21 | 02:46:36 | 03:48:31 | 04:57:32 | 05:32:11.65 | 05:32:11.65 | +02:18:23 (41.7%) | 7:26 | 8.1 (58.7%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Start_2k | | | | Czas netto 44.6km | Czas brutto 44.6km | Różn | Tempo min/km | Tempo km/h |
|-----|--------------------------------|------------|---------------------------------|-----------|------|----------|-------------------------|-----------------------|-------------------------|----------------------|-----------------------|----------------------|-----------------|----------------|
| | | | | | | 0.1km | Split_Mateusz 26.5km | Split_Kamyk 34.2km | Split_Mateusz 40.7km | | | | | |
| 328 | KOWALCZYK Jarek | 452 | | M30 | 134 | 00:02:54 | 03:02:15 | 04:08:25 | 05:04:19 | 05:32:13.35 | 05:32:13.35 | +02:18:25 (41.7%) | 7:26 | 8.1 (58.7%) |
| 329 | SIKORA Tomasz | 383 | | M30 | 135 | 00:01:57 | 02:54:27 | 04:04:51 | 05:02:40 | 05:32:24.70 | 05:32:24.70 | +02:18:36 (41.7%) | 7:27 | 8.1 (58.7%) |
| 330 | RADZICKI Wojciech | 711 | JESTEM Z CHEŁMA | M30 | 136 | 00:01:33 | 02:58:39 | 04:08:46 | 05:05:19 | 05:32:32.75 | 05:32:32.75 | +02:18:44 (41.7%) | 7:27 | 8 (58.0%) |
| 331 | WILK Bartosz | 517 | WILCZE PSTRYKI | M30 | 137 | 00:03:04 | 03:11:28 | 04:16:50 | 05:08:03 | 05:32:52.65 | 05:32:52.65 | +02:19:04 (41.8%) | 7:27 | 8 (58.0%) |
| 332 | GRABIŃSKI Waldemar | 546 | ROGOZIŃSKI KLUB BIEGACZA | M40 | 118 | 00:01:12 | 03:05:51 | 04:10:53 | 05:06:50 | 05:33:00.15 | 05:33:00.15 | +02:19:12 (41.8%) | 7:27 | 8 (58.0%) |
| 333 | KANTOR Darek | 410 | RUN_HELPERSI | M40 | 119 | 00:01:54 | 03:06:58 | 04:10:45 | 05:05:41 | 05:33:08.55 | 05:33:08.55 | +02:19:20 (41.8%) | 7:28 | 8 (58.0%) |
| 334 | KALIŃSKI Kamil | 202 | | M30 | 138 | 00:02:53 | 03:13:12 | 04:13:00 | 05:08:55 | 05:33:11.10 | 05:33:11.10 | +02:19:22 (41.8%) | 7:28 | 8 (58.0%) |
| 335 | LIPINSKI Daniel | 284 | RUNTEAM PAWŁOWICE | M30 | 139 | 00:01:55 | 03:16:03 | 04:18:20 | 05:09:43 | 05:33:32.30 | 05:33:32.30 | +02:19:44 (41.9%) | 7:28 | 8 (58.0%) |
| 336 | BALICKI Marcin | 230 | | M30 | 140 | 00:01:06 | 03:13:11 | 04:12:26 | 05:07:07 | 05:33:42.35 | 05:33:42.35 | +02:19:54 (41.9%) | 7:28 | 8 (58.0%) |
| 337 | ANIELSKI Przemysław | 718 | | M30 | 141 | 00:02:21 | 02:51:37 | 04:04:57 | 05:05:51 | 05:34:24.25 | 05:34:24.25 | +02:20:36 (42.0%) | 7:29 | 8 (58.0%) |
| 338 | MARUSIAK Piotr | 44 | | M30 | 142 | 00:02:41 | 03:12:06 | 04:10:14 | 05:07:02 | 05:34:27.75 | 05:34:27.75 | +02:20:39 (42.1%) | 7:29 | 8 (58.0%) |
| 339 | MIŚKÓW Marcin | 525 | ZARAZIĆ PASJĄ | M30 | 143 | 00:02:51 | 03:00:42 | 04:05:04 | 05:06:36 | 05:34:31.70 | 05:34:31.70 | +02:20:43 (42.1%) | 7:30 | 8 (58.0%) |
| 340 | KOLANKO Michał | 668 | INFOSOFTWARE POLSKA | M30 | 144 | 00:02:43 | 03:12:09 | 04:10:12 | 05:07:02 | 05:34:33.40 | 05:34:33.40 | +02:20:45 (42.1%) | 7:30 | 8 (58.0%) |
| 341 | DOMAŃSKI Jerzy | 697 | | M50 | 30 | 00:01:22 | 02:57:05 | | 05:03:29 | 05:35:29.05 | 05:35:29.05 | +02:21:40 (42.2%) | 7:31 | 8 (58.0%) |
| 342 | GRANDA Paweł | 498 | 21 DAPLOT | M30 | 145 | 00:02:39 | 03:08:03 | 04:10:30 | 05:07:23 | 05:35:32.00 | 05:35:32.00 | +02:21:43 (42.2%) | 7:31 | 8 (58.0%) |
| 343 | BAHIR Said | 149 | MAROKO -PRZEMYSŁ | M40 | 120 | 00:02:36 | 03:19:58 | 04:18:48 | 05:10:16 | 05:36:33.45 | 05:36:33.45 | +02:22:45 (42.4%) | 7:32 | 8 (58.0%) |
| 344 | GRUCHAŁA Piotr | 461 | | M40 | 121 | 00:01:18 | 03:07:22 | 04:09:21 | 05:06:55 | 05:37:10.60 | 05:37:10.60 | +02:23:22 (42.5%) | 7:33 | 7.9 (57.2%) |
| 345 | GACKI Zdobystaw | 502 | GACCY TEAM | M40 | 122 | 00:01:18 | 03:07:22 | 04:09:21 | 05:06:55 | 05:37:12.05 | 05:37:12.05 | +02:23:23 (42.5%) | 7:33 | 7.9 (57.2%) |
| 346 | KWIECIEN Krzysztof | 527 | 4K TEAM TARNÓW | M40 | 123 | 00:02:50 | 03:17:38 | 04:18:36 | 05:12:22 | 05:37:13.40 | 05:37:13.40 | +02:23:25 (42.5%) | 7:33 | 7.9 (57.2%) |
| 347 | TOSNOWIEC Radosław | 470 | READY4S | M20 | 47 | 00:02:10 | 03:04:06 | 04:07:22 | 05:06:08 | 05:37:15.25 | 05:37:15.25 | +02:23:27 (42.5%) | 7:33 | 7.9 (57.2%) |
| 348 | ADAMSKI Michał | 221 | WOP | M30 | 146 | 00:01:27 | 03:09:06 | 04:11:50 | 05:09:22 | 05:37:16.50 | 05:37:16.50 | +02:23:28 (42.5%) | 7:33 | 7.9 (57.2%) |
| 349 | OLSZEWSKI Jacek | 53 | | M40 | 124 | 00:00:39 | 02:44:06 | 04:07:40 | 05:06:31 | 05:37:18.90 | 05:37:18.90 | +02:23:30 (42.5%) | 7:33 | 7.9 (57.2%) |
| 350 | OPOLSKI Piotr | 338 | LUKS LUBARTÓW - SEKCJA SZACHOWA | M40 | 125 | 00:01:59 | 03:08:00 | 04:09:25 | 05:08:34 | 05:37:37.20 | 05:37:37.20 | +02:23:49 (42.6%) | 7:34 | 7.9 (57.2%) |
| 351 | MANICKI Leszek | 298 | OLEJEKASZUBSKIE.PL | M30 | 147 | 00:02:24 | 03:00:47 | 04:10:25 | 05:06:04 | 05:37:38.50 | 05:37:38.50 | +02:23:50 (42.6%) | 7:34 | 7.9 (57.2%) |
| 352 | BABIJ Jakub | 549 | MINDFULNESS INSIDE | M30 | 148 | 00:02:26 | 03:05:39 | 04:06:15 | 05:05:37 | 05:37:39.35 | 05:37:39.35 | +02:23:51 (42.6%) | 7:34 | 7.9 (57.2%) |
| 353 | JANUS Sławomir | 119 | LIVERKI TEAM | M30 | 149 | 00:01:28 | 03:02:47 | 04:09:29 | 05:07:32 | 05:37:48.90 | 05:37:48.90 | +02:24:00 (42.6%) | 7:34 | 7.9 (57.2%) |
| 354 | NESTOROWICZ Maksymilian | 578 | NESTOR&ZAWADA CLUB | M20 | 48 | 00:02:23 | 03:07:24 | 04:10:20 | 05:08:22 | 05:38:48.35 | 05:38:48.35 | +02:25:00 (42.8%) | 7:35 | 7.9 (57.2%) |
| 355 | TOBIASZ Kamil | 532 | BIEGNĘ, ŻEBY BARTEK MÓGŁ BIEGAĆ | M30 | 150 | 00:02:30 | 03:05:16 | 04:10:27 | 05:09:36 | 05:38:49.35 | 05:38:49.35 | +02:25:01 (42.8%) | 7:35 | 7.9 (57.2%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Start_2k | | | | Czas netto 44.6km | Czas brutto 44.6km | Różn | Tempo min/km | Tempo km/h |
|-----|--------------------------------|------------|--|-----------|------|----------|-------------------------|-----------------------|-------------------------|----------------------|-----------------------|----------------------|-----------------|----------------|
| | | | | | | 0.1km | Split_Mateusz 26.5km | Split_Kamyk 34.2km | Split_Mateusz 40.7km | | | | | |
| 356 | PTAK Patryk | 760 | BIEGŃĘ, ŻEBY BARTEK MÓGŁ BIEGAĆ | M30 | 151 | 00:02:30 | 03:05:17 | 04:10:27 | 05:09:35 | 05:38:50.55 | 05:38:50.55 | +02:25:02 (42.8%) | 7:35 | 7.9 (57.2%) |
| 357 | KOZIEŁ Tomasz | 609 | UNLIMITED TRIATHLON CLUB | M30 | 152 | 00:02:23 | 02:50:49 | 04:03:15 | 05:06:49 | 05:38:52.10 | 05:38:52.10 | +02:25:03 (42.8%) | 7:35 | 7.9 (57.2%) |
| 358 | KAZANOWSKI Marcin | 607 | | M40 | 126 | 00:01:58 | 03:05:33 | 04:08:34 | 05:07:21 | 05:38:55.45 | 05:38:55.45 | +02:25:07 (42.8%) | 7:35 | 7.9 (57.2%) |
| 359 | PUZIO Waldemr | 482 | KB MARATOŃCZYK DĘBICA | M50 | 31 | 00:02:14 | 03:10:18 | 04:12:52 | 05:10:52 | 05:39:00.70 | 05:39:00.70 | +02:25:12 (42.8%) | 7:36 | 7.9 (57.2%) |
| 360 | HAJDO Robert | 189 | VICTORIA BRZESKO | M40 | 127 | 00:01:58 | 03:06:06 | 04:12:33 | 05:10:23 | 05:39:41.95 | 05:39:41.95 | +02:25:53 (42.9%) | 7:36 | 7.9 (57.2%) |
| 361 | GRUNTOWSKI Mateusz | 485 | NIEMO ADVENTURE | M30 | 153 | 00:01:52 | 03:06:57 | 04:10:53 | 05:10:55 | 05:39:45.20 | 05:39:45.20 | +02:25:57 (43.0%) | 7:37 | 7.9 (57.2%) |
| 362 | KAMOLA Dawid | 790 | | M20 | 49 | 00:03:05 | 03:12:04 | 04:18:46 | 05:12:59 | 05:40:27.05 | 05:40:27.05 | +02:26:38 (43.1%) | 7:38 | 7.9 (57.2%) |
| 363 | NAPORA Przemyslaw | 351 | BLIZEJ NIZ DALEJ | M30 | 154 | 00:02:23 | 03:09:53 | 04:18:51 | 05:15:17 | 05:40:32.15 | 05:40:32.15 | +02:26:44 (43.1%) | 7:38 | 7.9 (57.2%) |
| 364 | CHARKOT Sławomir | 252 | BIEGUSIEM.PL | M40 | 128 | 00:02:56 | 03:00:21 | 04:18:05 | 05:14:26 | 05:40:41.40 | 05:40:41.40 | +02:26:53 (43.1%) | 7:38 | 7.9 (57.2%) |
| 365 | WITKOWSKI Dominik | 291 | KARL KNAUER POLAND | M40 | 129 | 00:01:58 | 02:57:56 | 04:04:16 | 05:08:16 | 05:40:50.20 | 05:40:50.20 | +02:27:02 (43.1%) | 7:38 | 7.9 (57.2%) |
| 366 | CHMIEL Michał | 27 | RZESZOWSKIE GAZELE I GEPARDY | M30 | 155 | 00:01:41 | 03:09:54 | 04:17:41 | 05:13:56 | 05:41:13.95 | 05:41:13.95 | +02:27:25 (43.2%) | 7:39 | 7.8 (56.5%) |
| 367 | RAMM Aleksander | 190 | SMILEY ULTRAS :) | M30 | 156 | 00:01:26 | 03:06:57 | 04:16:02 | 05:12:52 | 05:42:37.60 | 05:42:37.60 | +02:28:49 (43.4%) | 7:40 | 7.8 (56.5%) |
| 368 | SUWERDA Jacek | 803 | | M50 | 32 | 00:02:41 | 03:08:33 | 04:15:16 | 05:12:58 | 05:42:44.95 | 05:42:44.95 | +02:28:56 (43.5%) | 7:41 | 7.8 (56.5%) |
| 369 | SOLECKI Krzysztof | 425 | | M40 | 130 | 00:02:09 | 03:01:06 | 04:05:05 | 05:10:14 | 05:43:40.70 | 05:43:40.70 | +02:29:52 (43.6%) | 7:42 | 7.8 (56.5%) |
| 370 | SIWIEC Tomasz | 14 | | M30 | 157 | 00:01:35 | 03:06:13 | 04:16:56 | 05:14:09 | 05:43:45.50 | 05:43:45.50 | +02:29:57 (43.6%) | 7:42 | 7.8 (56.5%) |
| 371 | PRZYGÓRZEWSKI Jarosław | 777 | | M30 | 158 | 00:02:41 | 03:10:03 | 04:14:52 | 05:13:03 | 05:44:05.55 | 05:44:05.55 | +02:30:17 (43.7%) | 7:42 | 7.8 (56.5%) |
| 372 | BOROWSKI Tomasz | 296 | MIASTKO | M50 | 33 | 00:01:24 | 03:09:10 | 04:19:42 | 05:15:18 | 05:44:26.30 | 05:44:26.30 | +02:30:38 (43.7%) | 7:43 | 7.8 (56.5%) |
| 373 | ARENTEWICZ Grzegorz | 530 | TORUŃ MULTISPORT TEAM | M30 | 159 | 00:01:27 | 03:09:10 | 04:19:44 | | 05:44:26.70 | 05:44:26.70 | +02:30:38 (43.7%) | 7:43 | 7.8 (56.5%) |
| 374 | CIOCZEK Konrad | 157 | | M30 | 160 | 00:03:06 | 03:11:30 | 04:18:20 | 05:16:19 | 05:44:27.70 | 05:44:27.70 | +02:30:39 (43.7%) | 7:43 | 7.8 (56.5%) |
| 375 | PAŚKO Rafał | 392 | PRZEMYSKI KLUB BIEGACZA / TEATR S.A.N. | M30 | 161 | 00:02:33 | 03:14:37 | 04:17:40 | 05:13:11 | 05:44:53.10 | 05:44:53.10 | +02:31:04 (43.8%) | 7:43 | 7.8 (56.5%) |
| 376 | WOJCIECHOWSKI Krzysztof | 633 | | M40 | 131 | 00:02:00 | 03:08:53 | 04:20:26 | 05:15:24 | 05:44:57.15 | 05:44:57.15 | +02:31:09 (43.8%) | 7:44 | 7.8 (56.5%) |
| 377 | ŻYRA Grzegorz | 521 | | M40 | 132 | 00:02:03 | 03:17:22 | 04:18:17 | 05:16:47 | 05:44:59.15 | 05:44:59.15 | +02:31:11 (43.8%) | 7:44 | 7.8 (56.5%) |
| 378 | SUDER Michał | 519 | | M30 | 162 | 00:02:03 | 03:17:23 | 04:18:16 | 05:16:47 | 05:45:00.95 | 05:45:00.95 | +02:31:12 (43.8%) | 7:44 | 7.8 (56.5%) |
| 379 | DĄBEK Paweł | 674 | | M40 | 133 | 00:03:10 | 03:09:41 | 04:15:08 | 05:16:15 | 05:45:07.65 | 05:45:07.65 | +02:31:19 (43.8%) | 7:44 | 7.8 (56.5%) |
| 380 | RYŚ Andrzej | 346 | | M40 | 134 | 00:02:23 | 03:09:53 | 04:20:31 | 05:16:54 | 05:45:19.85 | 05:45:19.85 | +02:31:31 (43.9%) | 7:44 | 7.7 (55.8%) |
| 381 | TROJNAR Damian | 642 | KS JANUSZE | M30 | 163 | 00:02:38 | 03:08:59 | 04:18:21 | 05:17:34 | 05:46:02.20 | 05:46:02.20 | +02:32:14 (44.0%) | 7:45 | 7.7 (55.8%) |
| 382 | SZATYŁOWICZ Przemysław | 730 | PORANNY PATROL | M30 | 164 | 00:02:52 | 03:06:36 | 04:17:35 | 05:17:40 | 05:46:25.05 | 05:46:25.05 | +02:32:36 (44.1%) | 7:46 | 7.7 (55.8%) |
| 383 | SMĘTEK Andrzej | 467 | AKTYWNI Z CUKRZYCĄ | M50 | 34 | 00:02:41 | 03:13:46 | 04:20:01 | 05:17:30 | 05:46:46.15 | 05:46:46.15 | +02:32:58 (44.1%) | 7:46 | 7.7 (55.8%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Start_2k | | | | Czas netto 44.6km | Czas brutto 44.6km | Różn | Tempo min/km | Tempo km/h |
|-----|-----------------------------|------------|-----------------------------|-----------|------|----------|-------------------------|-----------------------|-------------------------|----------------------|-----------------------|----------------------|-----------------|----------------|
| | | | | | | 0.1km | Split_Mateusz 26.5km | Split_Kamyk 34.2km | Split_Mateusz 40.7km | | | | | |
| 384 | GARCZYŃSKI Darek | 71 | | M40 | 135 | 00:02:09 | 02:58:52 | 04:28:02 | 05:21:10 | 05:46:48.15 | 05:46:48.15 | +02:33:00 (44.1%) | 7:46 | 7.7 (55.8%) |
| 385 | BULWAN Radosław | 655 | | M30 | 165 | 00:01:29 | 03:02:11 | 04:13:56 | 05:16:26 | 05:47:32.30 | 05:47:32.30 | +02:33:44 (44.2%) | 7:47 | 7.7 (55.8%) |
| 386 | KRZYSZTOF Wiącek | 88 | | M50 | 35 | 00:01:57 | 03:13:12 | 04:21:56 | 05:19:27 | 05:48:31.10 | 05:48:31.10 | +02:34:42 (44.4%) | 7:48 | 7.7 (55.8%) |
| 387 | SZCZEPANIAK Karol | 744 | CROSS STRACENÓW TEAM | M40 | 136 | 00:02:50 | 03:13:45 | 04:19:42 | 05:18:46 | 05:50:19.35 | 05:50:19.35 | +02:36:31 (44.7%) | 7:51 | 7.6 (55.1%) |
| 388 | PAWĘŻKA Mirosław | 553 | BANDA GRUDNIA | M30 | 166 | 00:02:08 | 03:30:29 | 04:29:18 | 05:23:36 | 05:50:24.75 | 05:50:24.75 | +02:36:36 (44.7%) | 7:51 | 7.6 (55.1%) |
| 389 | WAJCOWICZ Witold | 36 | POZYTYWNE ZABIEGANI SANOK | M40 | 137 | 00:01:49 | 03:17:09 | 04:26:27 | 05:22:23 | 05:51:35.15 | 05:51:35.15 | +02:37:47 (44.9%) | 7:52 | 7.6 (55.1%) |
| 390 | STOJANOWSKI Dawid | 58 | RUNHOGS TYCHY | M30 | 167 | 00:02:51 | 03:21:43 | 04:30:48 | 05:26:19 | 05:51:39.25 | 05:51:39.25 | +02:37:51 (44.9%) | 7:53 | 7.6 (55.1%) |
| 391 | BURY Marek | 349 | | M40 | 138 | 00:02:20 | 03:15:58 | 04:28:13 | 05:24:47 | 05:51:40.90 | 05:51:40.90 | +02:37:52 (44.9%) | 7:53 | 7.6 (55.1%) |
| 392 | PARYS Michał | 335 | | M30 | 168 | 00:02:27 | 03:10:30 | 04:27:41 | 05:24:02 | 05:52:35.65 | 05:52:35.65 | +02:38:47 (45.0%) | 7:54 | 7.6 (55.1%) |
| 393 | FIDOR Michał | 12 | RUNHOGS TYCHY | M30 | 169 | 00:02:52 | 03:21:42 | 04:30:45 | 05:26:22 | 05:52:54.95 | 05:52:54.95 | +02:39:06 (45.1%) | 7:54 | 7.6 (55.1%) |
| 394 | KOCHANIEC Waldemar | 568 | CENTRUM ANIMACJI SPOŁECZNEJ | M40 | 139 | 00:02:07 | 03:15:55 | 04:28:22 | 05:26:13 | 05:54:24.80 | 05:54:24.80 | +02:40:36 (45.3%) | 7:56 | 7.6 (55.1%) |
| 395 | JAKUBOWSKI Daniel | 567 | CENTRUM ANIMACJI SPOŁECZNEJ | M40 | 140 | 00:02:06 | 03:15:56 | 04:28:21 | 05:26:13 | 05:54:25.70 | 05:54:25.70 | +02:40:37 (45.3%) | 7:56 | 7.6 (55.1%) |
| 396 | SWOBODA Jarosław | 79 | NIGHT RUNNERS GLIWICE | M40 | 141 | 00:02:53 | 03:13:56 | 04:22:43 | 05:23:09 | 05:55:10.65 | 05:55:10.65 | +02:41:22 (45.4%) | 7:57 | 7.5 (54.3%) |
| 397 | KOŁODZIEJ Jacek | 56 | NIGHT RUNNERS GLIWICE | M40 | 142 | 00:01:22 | 03:12:47 | 04:22:43 | 05:23:09 | 05:55:13.65 | 05:55:13.65 | +02:41:25 (45.4%) | 7:57 | 7.5 (54.3%) |
| 398 | ZINCZUK Kamil | 178 | EURO-KONSULT | M30 | 170 | 00:02:26 | 03:20:40 | 04:35:10 | 05:28:51 | 05:55:18.15 | 05:55:18.15 | +02:41:30 (45.5%) | 7:57 | 7.5 (54.3%) |
| 399 | STĘPIEŃ Maksymilian | 301 | | M40 | 143 | | 03:10:44 | 04:23:54 | 05:25:58 | 05:55:20.05 | 05:55:20.05 | +02:41:31 (45.5%) | 7:58 | 7.5 (54.3%) |
| 400 | KOBIERSKI Szymon | 76 | | M40 | 144 | 00:02:01 | 03:12:21 | 04:25:04 | 05:25:38 | 05:56:36.95 | 05:56:36.95 | +02:42:48 (45.7%) | 7:59 | 7.5 (54.3%) |
| 401 | MACHURA Michał | 385 | HARPAGAN SOSNOWIEC | M30 | 171 | 00:01:00 | 03:11:24 | 04:22:34 | 05:24:35 | 05:56:52.85 | 05:56:52.85 | +02:43:04 (45.7%) | 8:00 | 7.5 (54.3%) |
| 402 | TOMASZEWSKI Wojtek | 471 | BRACIAT | M40 | 145 | 00:02:17 | 03:17:51 | 04:28:18 | 05:26:27 | 05:56:58.45 | 05:56:58.45 | +02:43:10 (45.7%) | 8:00 | 7.5 (54.3%) |
| 402 | TOMASZEWSKI Piotr | 459 | BRACIAT | M30 | 172 | 00:02:17 | 03:17:49 | 04:28:15 | 05:26:28 | 05:56:58.45 | 05:56:58.45 | +02:43:10 (45.7%) | 8:00 | 7.5 (54.3%) |
| 404 | ŚLUSARSKI Włodzimerz | 404 | OBOZYBIEGOWE.PL | M50 | 36 | 00:00:46 | 03:18:55 | 04:26:26 | 05:26:29 | 05:57:34.85 | 05:57:34.85 | +02:43:46 (45.8%) | 8:01 | 7.5 (54.3%) |
| 405 | ŚLĄCZKA Arkadiusz | 654 | FINISZ RYMANÓW | M30 | 173 | 00:01:44 | 03:15:43 | 04:26:02 | 05:28:07 | 05:58:04.45 | 05:58:04.45 | +02:44:16 (45.9%) | 8:01 | 7.5 (54.3%) |
| 406 | MELSON Maciej | 161 | PAN | M20 | 50 | 00:01:49 | 03:20:22 | 04:26:52 | 05:26:29 | 05:58:05.45 | 05:58:05.45 | +02:44:17 (45.9%) | 8:01 | 7.5 (54.3%) |
| 407 | PRYCIŃSKI Krzysztof | 576 | CAFE SZKOLNA 16 | M40 | 146 | 00:02:38 | 03:23:20 | 04:30:33 | 05:30:10 | 05:58:11.40 | 05:58:11.40 | +02:44:23 (45.9%) | 8:01 | 7.5 (54.3%) |
| 408 | URBANIAK Hubert | 804 | ROZBIEGANY RAWICZ | M30 | 174 | 00:02:16 | 03:18:23 | 04:33:03 | 05:29:21 | 05:58:13.20 | 05:58:13.20 | +02:44:25 (45.9%) | 8:01 | 7.5 (54.3%) |
| 409 | MANIAK Łukasz | 78 | | M40 | 147 | 00:02:47 | 03:19:21 | 04:29:25 | 05:28:51 | 05:58:24.15 | 05:58:24.15 | +02:44:36 (45.9%) | 8:02 | 7.5 (54.3%) |
| 410 | SIÓDZIAK Cezary | 231 | SPARTANIE DZIECIOM | M40 | 148 | 00:02:40 | 03:19:50 | 04:29:45 | 05:29:50 | 05:58:40.30 | 05:58:40.30 | +02:44:52 (46.0%) | 8:02 | 7.5 (54.3%) |
| 411 | POTOCZNY Bartosz | 606 | SIŁA I Ogień | M30 | 175 | 00:02:10 | 03:09:07 | 04:24:24 | 05:28:50 | 05:58:44.35 | 05:58:44.35 | +02:44:56 (46.0%) | 8:02 | 7.5 (54.3%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Start_2k | | | | Czas netto 44.6km | Czas brutto 44.6km | Różn | Tempo min/km | Tempo km/h |
|-----|------------------------------|------------|------------------------------|-----------|------|----------|-------------------------|-----------------------|-------------------------|----------------------|-----------------------|----------------------|-----------------|----------------|
| | | | | | | 0.1km | Split_Mateusz 26.5km | Split_Kamyk 34.2km | Split_Mateusz 40.7km | | | | | |
| 412 | KAŃDUŁA Grzegorz | 640 | NEST.POZNAN.PL | M30 | 176 | 00:02:53 | 03:23:41 | 04:27:21 | 05:29:04 | 05:59:27.05 | 05:59:27.05 | +02:45:38 (46.1%) | 8:03 | 7.4 (53.6%) |
| 413 | ZIELIŃSKI Łukasz | 16 | | M30 | 177 | 00:03:00 | 03:15:19 | 04:22:22 | 05:26:32 | 05:59:36.40 | 05:59:36.40 | +02:45:48 (46.1%) | 8:03 | 7.4 (53.6%) |
| 414 | SĘKOWSKI Damian | 450 | | M40 | 149 | 00:02:46 | 03:17:13 | 04:22:58 | 05:30:44 | 05:59:40.95 | 05:59:40.95 | +02:45:52 (46.1%) | 8:03 | 7.4 (53.6%) |
| 415 | BOROWIEC Arkadiusz | 217 | CHEŁM BIEGA/BRACIA.B | M40 | 150 | 00:01:59 | 03:18:31 | 04:30:37 | 05:32:04 | 05:59:50.10 | 05:59:50.10 | +02:46:01 (46.1%) | 8:04 | 7.4 (53.6%) |
| 416 | GODLEWSKI Krzysztof | 22 | NOWY STYL GROUP RUNNING TEAM | M30 | 178 | 00:01:05 | 03:14:02 | 04:27:32 | 05:30:36 | 06:00:10.65 | 06:00:10.65 | +02:46:22 (46.2%) | 8:04 | 7.4 (53.6%) |
| 417 | WOJNAR Paweł | 253 | OIRP WARSZAWA | M30 | 179 | 00:01:51 | 03:13:18 | 04:28:25 | 05:31:32 | 06:00:34.15 | 06:00:34.15 | +02:46:46 (46.3%) | 8:05 | 7.4 (53.6%) |
| 418 | NIZIOŁ Marian | 198 | | M60 | 3 | 00:01:50 | 03:13:19 | 04:28:25 | 05:31:31 | 06:00:34.45 | 06:00:34.45 | +02:46:46 (46.3%) | 8:05 | 7.4 (53.6%) |
| 419 | KAMIŃSKI Marek | 403 | | M30 | 180 | 00:02:25 | 03:30:57 | 04:37:12 | 05:34:29 | 06:00:37.65 | 06:00:37.65 | +02:46:49 (46.3%) | 8:05 | 7.4 (53.6%) |
| 420 | JURCZAK Daniel | 82 | TRIPAKA | M40 | 151 | 00:01:04 | 03:23:45 | 04:32:00 | 05:34:04 | 06:00:45.90 | 06:00:45.90 | +02:46:57 (46.3%) | 8:05 | 7.4 (53.6%) |
| 421 | PIEKARSKI Andrzej | 737 | GRZMOT GRZMIĄCA | M30 | 181 | 00:01:19 | 03:06:26 | 04:22:51 | 05:28:44 | 06:02:25.40 | 06:02:25.40 | +02:48:37 (46.5%) | 8:07 | 7.4 (53.6%) |
| 422 | DONIEC Sebastian | 185 | WWW.ADWOKATDONIEC.PL | M30 | 182 | 00:02:06 | 03:06:27 | 04:22:51 | 05:28:44 | 06:02:25.80 | 06:02:25.80 | +02:48:37 (46.5%) | 8:07 | 7.4 (53.6%) |
| 423 | DYLAĞ Zbigniew | 340 | | M50 | 37 | 00:00:41 | 03:04:31 | 04:20:05 | 05:33:28 | 06:02:26.95 | 06:02:26.95 | +02:48:38 (46.5%) | 8:07 | 7.4 (53.6%) |
| 424 | KŁOS Arkadiusz | 329 | | M20 | 51 | 00:02:20 | 03:10:27 | 04:29:07 | 05:33:49 | 06:02:31.05 | 06:02:31.05 | +02:48:42 (46.5%) | 8:07 | 7.4 (53.6%) |
| 425 | GOŹDZICKI Łukasz | 334 | ENDORŚWINKI | M30 | 183 | 00:02:18 | 03:24:29 | 04:32:09 | 05:35:43 | 06:02:31.90 | 06:02:31.90 | +02:48:43 (46.5%) | 8:07 | 7.4 (53.6%) |
| 426 | BOGACZEWICZ Dawid | 204 | ENDORŚWINKI | M20 | 52 | 00:02:19 | 03:24:28 | 04:32:06 | 05:35:43 | 06:02:34.50 | 06:02:34.50 | +02:48:46 (46.5%) | 8:07 | 7.4 (53.6%) |
| 427 | NOWAK Mariusz | 229 | | M30 | 184 | 00:01:27 | 03:18:11 | 04:27:54 | 05:30:06 | 06:02:37.10 | 06:02:37.10 | +02:48:48 (46.6%) | 8:07 | 7.4 (53.6%) |
| 428 | MICHALCZEWSKI Andrzej | 177 | | M40 | 152 | 00:02:55 | 03:16:38 | 04:30:09 | 05:31:05 | 06:03:37.15 | 06:03:37.15 | +02:49:49 (46.7%) | 8:09 | 7.4 (53.6%) |
| 429 | ZAWADZKI Krystian | 827 | | M30 | 185 | 00:02:02 | 03:13:09 | 04:34:52 | 05:31:51 | 06:03:39.50 | 06:03:39.50 | +02:49:51 (46.7%) | 8:09 | 7.4 (53.6%) |
| 430 | SMAGA Krzysztof | 400 | BANDA GRUDNIA | M40 | 153 | 00:01:40 | 03:24:03 | 04:39:11 | 05:36:07 | 06:03:40.85 | 06:03:40.85 | +02:49:52 (46.7%) | 8:09 | 7.4 (53.6%) |
| 431 | ZAWADZKI Kordian | 597 | 50 TWARZY GRZYBIARZY | M20 | 53 | 00:02:00 | 03:13:09 | 04:26:11 | 05:32:01 | 06:03:58.95 | 06:03:58.95 | +02:50:10 (46.8%) | 8:09 | 7.4 (53.6%) |
| 432 | KWARTA Tomasz | 277 | WOP | M30 | 186 | 00:01:29 | 03:19:59 | 04:34:24 | 05:33:05 | 06:04:00.55 | 06:04:00.55 | +02:50:12 (46.8%) | 8:09 | 7.4 (53.6%) |
| 433 | URBAŃSKI Józef | 314 | KKB MOSIR KROSNO | M50 | 38 | 00:02:32 | 03:23:35 | 04:32:17 | 05:33:55 | 06:04:01.65 | 06:04:01.65 | +02:50:13 (46.8%) | 8:09 | 7.4 (53.6%) |
| 434 | MYGA Michał | 397 | HEARTLESS | M30 | 187 | 00:02:23 | 03:13:57 | 04:26:25 | 05:31:25 | 06:04:02.90 | 06:04:02.90 | +02:50:14 (46.8%) | 8:09 | 7.4 (53.6%) |
| 435 | KUŁAKOWSKI Piotr | 322 | CZŁAPACZE | M60 | 4 | 00:03:07 | 03:25:00 | 04:41:34 | 05:37:17 | 06:04:13.75 | 06:04:13.75 | +02:50:25 (46.8%) | 8:09 | 7.3 (52.9%) |
| 436 | JAKUBOWSKI Wojciech | 829 | KB GEOTERMIA UNIEJÓW | M40 | 154 | 00:02:33 | 03:14:57 | 04:36:05 | 05:36:31 | 06:04:56.15 | 06:04:56.15 | +02:51:08 (46.9%) | 8:10 | 7.3 (52.9%) |
| 437 | CHODOROWSKI Arkadiusz | 311 | | M30 | 188 | 00:03:01 | 03:30:20 | 04:34:58 | 05:35:30 | 06:05:18.00 | 06:05:18.00 | +02:51:29 (46.9%) | 8:11 | 7.3 (52.9%) |
| 438 | RYCZKO Andrzej | 355 | | M30 | 189 | 00:03:09 | 03:29:47 | 04:47:20 | 05:39:31 | 06:05:49.90 | 06:05:49.90 | +02:52:01 (47.0%) | 8:12 | 7.3 (52.9%) |
| 439 | PAWŁOWSKI Paweł | 359 | | M40 | 155 | 00:01:55 | 03:23:37 | 04:31:07 | 05:35:23 | 06:06:32.25 | 06:06:32.25 | +02:52:44 (47.1%) | 8:13 | 7.3 (52.9%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Start_2k | | | | Czas netto 44.6km | Czas brutto 44.6km | Różn | Tempo min/km | Tempo km/h |
|-----|-----------------------------|------------|---------------------------------------|-----------|------|----------|-------------------------|-----------------------|-------------------------|----------------------|-----------------------|----------------------|-----------------|----------------|
| | | | | | | 0.1km | Split_Mateusz 26.5km | Split_Kamyk 34.2km | Split_Mateusz 40.7km | | | | | |
| 440 | CZERNIK Andrzej | 250 | | M60 | 5 | 00:02:48 | 03:01:57 | 04:28:09 | 05:30:43 | 06:06:57.80 | 06:06:57.80 | +02:53:09 (47.2%) | 8:13 | 7.3 (52.9%) |
| 441 | WASAŻNIK Marcin | 239 | DZIKIE GRUBASY SZATANA | M40 | 156 | 00:01:48 | 03:23:14 | 04:36:27 | 05:37:19 | 06:07:15.80 | 06:07:15.80 | +02:53:27 (47.2%) | 8:14 | 7.3 (52.9%) |
| 442 | AURZECKI Michał | 255 | DZIKIE GRUBASY SZATANA | M30 | 190 | 00:01:48 | 03:23:17 | 04:36:27 | 05:37:19 | 06:07:16.10 | 06:07:16.10 | +02:53:27 (47.2%) | 8:14 | 7.3 (52.9%) |
| 443 | GĄTARCZYK Mariusz | 245 | DZIKIE GRUBASY SZATANA | M30 | 191 | 00:01:44 | 03:23:18 | 04:36:27 | 05:37:20 | 06:07:16.25 | 06:07:16.25 | +02:53:28 (47.2%) | 8:14 | 7.3 (52.9%) |
| 444 | JANULEK Robert | 288 | RUNTEAM PAWŁOWICE | M20 | 54 | 00:01:55 | 03:03:21 | 04:17:58 | 05:33:28 | 06:07:47.00 | 06:07:47.00 | +02:53:58 (47.3%) | 8:14 | 7.3 (52.9%) |
| 445 | ŁĄCKI Maciej | 370 | | M30 | 192 | 00:02:21 | 03:25:02 | 04:37:05 | 05:39:21 | 06:07:47.95 | 06:07:47.95 | +02:53:59 (47.3%) | 8:14 | 7.3 (52.9%) |
| 446 | ZGIET Michał | 417 | TEATR W REMIZIE | M50 | 39 | 00:01:42 | 03:24:16 | 04:37:45 | 05:36:07 | 06:09:29.70 | 06:09:29.70 | +02:55:41 (47.5%) | 8:17 | 7.2 (52.2%) |
| 447 | ZYGO Grzegorz | 444 | UWOLNIĆ ŚLIMAKA | M40 | 157 | 00:01:42 | 03:24:16 | 04:39:12 | 05:36:07 | 06:09:31.00 | 06:09:31.00 | +02:55:42 (47.6%) | 8:17 | 7.2 (52.2%) |
| 448 | ZIELONKA Bogumił | 779 | PIOTRKOWSKI KLUB BIEGACZA 'ENDORFINA' | M40 | 158 | 00:02:24 | 03:21:56 | 04:29:17 | 05:31:47 | 06:10:00.55 | 06:10:00.55 | +02:56:12 (47.6%) | 8:17 | 7.2 (52.2%) |
| 449 | BRACH Jakub | 608 | | M30 | 193 | 00:02:24 | 03:23:39 | 04:37:48 | 05:38:53 | 06:10:00.95 | 06:10:00.95 | +02:56:12 (47.6%) | 8:17 | 7.2 (52.2%) |
| 450 | BEDRYJ Mateusz | 624 | 42 DO SZCZĘŚCIA | M20 | 55 | 00:01:32 | 03:22:53 | 04:35:53 | 05:40:27 | 06:10:15.85 | 06:10:15.85 | +02:56:27 (47.7%) | 8:18 | 7.2 (52.2%) |
| 451 | BATOR Marek | 636 | | M40 | 159 | 00:01:26 | 03:24:30 | 04:35:13 | 05:40:20 | 06:11:11.15 | 06:11:11.15 | +02:57:23 (47.8%) | 8:19 | 7.2 (52.2%) |
| 452 | WAŚKOWICZ Waldemar | 210 | | M40 | 160 | 00:02:01 | 03:18:39 | 04:37:24 | 05:40:24 | 06:11:22.40 | 06:11:22.40 | +02:57:34 (47.8%) | 8:19 | 7.2 (52.2%) |
| 453 | GOŁĘBIEWSKI Roman | 181 | GBUREK | M30 | 194 | 00:02:01 | 03:18:39 | 04:37:23 | 05:40:24 | 06:11:22.55 | 06:11:22.55 | +02:57:34 (47.8%) | 8:19 | 7.2 (52.2%) |
| 454 | RAPAŁA Wojciech | 762 | | M40 | 161 | 00:02:53 | 03:22:35 | 04:41:53 | 05:41:06 | 06:11:37.50 | 06:11:37.50 | +02:57:49 (47.8%) | 8:19 | 7.2 (52.2%) |
| 455 | BIEŃKOWSKI Stanisław | 537 | TOMASZEWSKA HUSARIA | M30 | 195 | 00:02:57 | 03:16:02 | 04:34:28 | 05:41:06 | 06:12:33.10 | 06:12:33.10 | +02:58:44 (48.0%) | 8:21 | 7.2 (52.2%) |
| 456 | STEFANIAK Marcin | 551 | TKD SZAKAL JEŻYCE RUNNERS | M30 | 196 | 00:02:52 | 03:36:32 | 04:45:34 | 05:44:54 | 06:12:36.00 | 06:12:36.00 | +02:58:47 (48.0%) | 8:21 | 7.2 (52.2%) |
| 457 | MYSŁEK Radosław | 805 | | M40 | 162 | 00:03:07 | 03:26:27 | 04:35:59 | 05:41:49 | 06:13:59.05 | 06:13:59.05 | +03:00:10 (48.2%) | 8:23 | 7.2 (52.2%) |
| 458 | STASZEWSKI Kamil | 281 | | M30 | 197 | 00:02:56 | 03:18:28 | 04:34:56 | 05:40:26 | 06:14:00.10 | 06:14:00.10 | +03:00:11 (48.2%) | 8:23 | 7.2 (52.2%) |
| 459 | SIDOROWICZ Grzegorz | 751 | AXA RUNNING TEAM | M40 | 163 | 00:01:47 | 03:30:23 | 04:40:33 | 05:42:36 | 06:15:46.05 | 06:15:46.05 | +03:01:57 (48.4%) | 8:25 | 7.1 (51.4%) |
| 460 | ŚLANDA Maciej | 758 | | M30 | 198 | 00:02:38 | 03:24:08 | 04:35:51 | 05:42:18 | 06:15:48.30 | 06:15:48.30 | +03:02:00 (48.4%) | 8:25 | 7.1 (51.4%) |
| 461 | GRZEGORZ Gąszczyk | 431 | NOWA HUTA TEAM | M40 | 164 | 00:02:58 | 03:33:00 | 04:58:58 | 05:51:24 | 06:16:11.10 | 06:16:11.10 | +03:02:22 (48.5%) | 8:26 | 7.1 (51.4%) |
| 462 | KUROWSKI Michał | 274 | NIGHT RUNNER`S GLIWICE | M30 | 199 | 00:02:48 | 03:22:29 | 04:35:35 | 05:41:32 | 06:16:39.75 | 06:16:39.75 | +03:02:51 (48.5%) | 8:26 | 7.1 (51.4%) |
| 463 | TALMA Paweł | 156 | LUBARTOWBIEGA.PL | M40 | 165 | 00:02:46 | 03:23:55 | 04:50:02 | 05:48:09 | 06:16:41.30 | 06:16:41.30 | +03:02:53 (48.6%) | 8:26 | 7.1 (51.4%) |
| 464 | KWIATKOWSKI Marek | 666 | DZIKI BAGIENNE | M40 | 166 | 00:01:50 | 03:27:45 | 04:40:30 | 05:44:59 | 06:17:21.35 | 06:17:21.35 | +03:03:33 (48.6%) | 8:27 | 7.1 (51.4%) |
| 465 | SZCZEPAŃSKI Marcin | 503 | OSR GDYNIA | M30 | 200 | 00:01:16 | 03:23:33 | 04:38:40 | 05:45:21 | 06:19:43.10 | 06:19:43.10 | +03:05:54 (49.0%) | 8:30 | 7 (50.7%) |
| 466 | SIEMASZKO Wojciech | 75 | | M30 | 201 | 00:02:14 | 03:32:11 | 04:43:45 | 05:46:21 | 06:19:56.25 | 06:19:56.25 | +03:06:08 (49.0%) | 8:31 | 7 (50.7%) |
| 467 | CAŁA Maciej | 658 | CHCIAŁEM SE POBIEGAĆ | M40 | 167 | 00:01:06 | 03:28:55 | 04:39:02 | 05:45:54 | 06:20:49.45 | 06:20:49.45 | +03:07:01 (49.1%) | 8:32 | 7 (50.7%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Start_2k | | | | Czas netto 44.6km | Czas brutto 44.6km | Różn | Tempo min/km | Tempo km/h |
|-----|----------------------------|------------|---|-----------|------|----------|-------------------------|-----------------------|-------------------------|----------------------|-----------------------|----------------------|-----------------|----------------|
| | | | | | | 0.1km | Split_Mateusz 26.5km | Split_Kamyk 34.2km | Split_Mateusz 40.7km | | | | | |
| 468 | NAWROCKI Konrad | 669 | UNLIMITED TRIATHLON CLUB | M30 | 202 | 00:02:24 | 03:34:17 | 04:43:49 | 05:49:09 | 06:20:53.40 | 06:20:53.40 | +03:07:05 (49.1%) | 8:32 | 7 (50.7%) |
| 469 | MAŁKIEWICZ Dariusz | 211 | PGB SPORTOWA PACZKA | M40 | 168 | 00:03:03 | 03:30:59 | 04:52:24 | 05:50:42 | 06:21:21.15 | 06:21:21.15 | +03:07:33 (49.2%) | 8:33 | 7 (50.7%) |
| 470 | KORNIŁOW Piotr | 6 | | M40 | 169 | 00:02:25 | 03:39:24 | 04:52:02 | 05:52:36 | 06:22:37.65 | 06:22:37.65 | +03:08:49 (49.3%) | 8:34 | 7 (50.7%) |
| 471 | PODOLAK Zbigniew | 773 | PRZEMYSKIE STOWARZYSZENIE PRZYJACIÓŁ DOBREGO WOJAKA SZWEJKA | M50 | 40 | 00:00:46 | 03:35:38 | 04:47:06 | 05:49:28 | 06:22:43.15 | 06:22:43.15 | +03:08:55 (49.4%) | 8:34 | 7 (50.7%) |
| 472 | LEWOC Leszek | 741 | | M50 | 41 | 00:01:11 | 03:25:44 | 04:44:04 | 05:49:01 | 06:22:59.80 | 06:22:59.80 | +03:09:11 (49.4%) | 8:35 | 7 (50.7%) |
| 473 | BEHRENDT Bartek | 413 | NIGHT RUNNERS GLIWICE | M40 | 170 | 00:02:07 | 03:34:19 | 04:47:21 | 05:53:34 | 06:24:04.65 | 06:24:04.65 | +03:10:16 (49.5%) | 8:36 | 7 (50.7%) |
| 474 | PRZYBYSZ Mariusz | 165 | | M40 | 171 | 00:02:46 | 03:23:55 | 04:50:02 | 05:53:09 | 06:25:04.45 | 06:25:04.45 | +03:11:16 (49.7%) | 8:38 | 6.9 (50.0%) |
| 475 | FANSLAU Marek | 705 | | M50 | 42 | 00:01:37 | 03:28:19 | 04:49:28 | 05:53:40 | 06:27:07.70 | 06:27:07.70 | +03:13:19 (49.9%) | 8:40 | 6.9 (50.0%) |
| 476 | KĘTRZYŃSKI Ryszard | 201 | ZABIEGANI MIELEC | M40 | 172 | 00:02:14 | 03:35:26 | 04:52:46 | 05:54:56 | 06:27:42.75 | 06:27:42.75 | +03:13:54 (50.0%) | 8:41 | 6.9 (50.0%) |
| 477 | OBARSKI Norbert | 66 | | M50 | 43 | 00:01:16 | 03:33:35 | 04:55:17 | 05:59:30 | 06:28:46.35 | 06:28:46.35 | +03:14:58 (50.2%) | 8:43 | 6.9 (50.0%) |
| 478 | ADAMOWSKI Jacek | 643 | NIGHT RUNNERS GLIWICE | M40 | 173 | 00:01:15 | 03:34:31 | 04:52:02 | 05:58:02 | 06:29:10.50 | 06:29:10.50 | +03:15:22 (50.2%) | 8:43 | 6.9 (50.0%) |
| 479 | GRZYBEK Piotr | 733 | KEREZA | M40 | 174 | 00:02:21 | 03:20:53 | 04:43:26 | 05:53:22 | 06:31:02.75 | 06:31:02.75 | +03:17:14 (50.4%) | 8:46 | 6.8 (49.3%) |
| 480 | CWOJDZIŃSKI Piotr | 214 | NIGHT RUNNERS POZNAŃ | M30 | 203 | 00:01:14 | 03:33:59 | 04:59:03 | 06:01:31 | 06:31:14.25 | 06:31:14.25 | +03:17:26 (50.5%) | 8:46 | 6.8 (49.3%) |
| 481 | RZEPA Andrzej | 676 | JÓZEFIŃSKA TEAM | M30 | 204 | 00:02:00 | 03:28:52 | 04:53:47 | 05:57:26 | 06:31:26.00 | 06:31:26.00 | +03:17:37 (50.5%) | 8:46 | 6.8 (49.3%) |
| 482 | TWOREK Bogusław | 328 | BBL JAROSŁAW | M50 | 44 | 00:02:57 | 03:34:10 | 05:01:27 | 06:01:23 | 06:31:49.90 | 06:31:49.90 | +03:18:01 (50.5%) | 8:47 | 6.8 (49.3%) |
| 483 | FARMAS Dariusz | 522 | NOWA HUTA TEAM | M40 | 175 | 00:01:55 | 03:33:04 | 05:01:14 | 06:01:57 | 06:32:10.55 | 06:32:10.55 | +03:18:22 (50.6%) | 8:47 | 6.8 (49.3%) |
| 484 | DZIUBEK Marcin | 601 | SEKCJA PIASKI | M30 | 205 | 00:02:18 | 03:25:09 | 04:53:12 | 06:00:43 | 06:36:30.95 | 06:36:30.95 | +03:22:42 (51.1%) | 8:53 | 6.7 (48.6%) |
| 485 | SATKO Jacek | 194 | | M50 | 45 | 00:02:52 | 03:38:11 | 04:54:49 | 06:00:00 | 06:37:11.45 | 06:37:11.45 | +03:23:23 (51.2%) | 8:54 | 6.7 (48.6%) |
| 486 | SOKOŁOWSKI Artur | 399 | | M50 | 46 | 00:02:26 | 03:24:49 | 04:47:31 | 06:00:09 | 06:37:13.50 | 06:37:13.50 | +03:23:25 (51.2%) | 8:54 | 6.7 (48.6%) |
| 487 | MICHALSKI Henryk | 302 | GRUPA AZOTY TARNÓW | M40 | 176 | 00:01:43 | 03:41:23 | 04:55:14 | 05:57:26 | 06:37:16.00 | 06:37:16.00 | +03:23:27 (51.2%) | 8:54 | 6.7 (48.6%) |
| 488 | GIEŁWANOWSKI Marek | 150 | | M20 | 56 | 00:02:37 | 03:32:13 | 04:59:15 | 06:03:22 | 06:37:19.50 | 06:37:19.50 | +03:23:31 (51.2%) | 8:54 | 6.7 (48.6%) |
| 489 | PYSIEWICZ Krzysztof | 135 | NIEZRZESZONY | M60 | 6 | 00:02:56 | 03:45:39 | 04:57:28 | 06:01:57 | 06:37:21.25 | 06:37:21.25 | +03:23:33 (51.2%) | 8:54 | 6.7 (48.6%) |
| 490 | WÓJTOWICZ Paweł | 501 | | M40 | 177 | 00:03:11 | 03:10:13 | 04:42:03 | 05:56:29 | 06:37:41.30 | 06:37:41.30 | +03:23:53 (51.3%) | 8:55 | 6.7 (48.6%) |
| 491 | SZEWC Marian | 138 | | M60 | 7 | 00:03:09 | 03:29:53 | 04:47:20 | 05:59:23 | 06:38:41.90 | 06:38:41.90 | +03:24:53 (51.4%) | 8:56 | 6.7 (48.6%) |
| 492 | KOTUŁA Jarosław | 208 | SKLEP BIEGACZA TEAM/ ORA LUBLIN | M30 | 206 | 00:02:44 | 03:43:19 | 05:05:48 | 06:06:36 | 06:38:44.00 | 06:38:44.00 | +03:24:55 (51.4%) | 8:56 | 6.7 (48.6%) |
| 493 | MIŁOŃ Mariusz | 812 | | M30 | 207 | 00:02:22 | 03:31:44 | 05:05:33 | 06:07:28 | 06:38:55.30 | 06:38:55.30 | +03:25:07 (51.4%) | 8:56 | 6.7 (48.6%) |
| 494 | GŁUSZCZAK Jerzy | 158 | | M50 | 47 | 00:02:35 | 03:36:48 | 04:54:07 | 06:02:47 | 06:38:56.45 | 06:38:56.45 | +03:25:08 (51.4%) | 8:56 | 6.7 (48.6%) |
| 495 | STRZEPKA Krzysztof | 361 | KROKODYLE KOLBUSZOWA | M50 | 48 | 00:03:08 | 03:30:35 | 04:49:37 | 05:54:11 | 06:38:58.35 | 06:38:58.35 | +03:25:10 (51.4%) | 8:56 | 6.7 (48.6%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Start_2k | | | | Czas netto 44.6km | Czas brutto 44.6km | Różn | Tempo min/km | Tempo km/h |
|-----|------------------------------|------------|-----------------------------------|-----------|------|----------|-------------------------|-----------------------|-------------------------|----------------------|-----------------------|----------------------|-----------------|----------------|
| | | | | | | 0.1km | Split_Mateusz 26.5km | Split_Kamyk 34.2km | Split_Mateusz 40.7km | | | | | |
| 496 | ORZECH Artur | 321 | KROKODYLE KOLBUSZOWA | M40 | 178 | 00:03:08 | 03:30:35 | 04:49:43 | 05:54:10 | 06:38:59.65 | 06:38:59.65 | +03:25:11 (51.4%) | 8:56 | 6.7 (48.6%) |
| 497 | DRAPAŁA Jan | 320 | KROKODYLE KOLBUSZOWA | M40 | 179 | 00:03:08 | 03:30:35 | 04:49:35 | 05:54:12 | 06:39:00.60 | 06:39:00.60 | +03:25:12 (51.4%) | 8:56 | 6.7 (48.6%) |
| 498 | BACZA Piotr | 137 | PRZEMYSŁ - MAROKO | M40 | 180 | 00:02:36 | 03:31:07 | 04:59:01 | 06:06:14 | 06:39:05.85 | 06:39:05.85 | +03:25:17 (51.4%) | 8:56 | 6.7 (48.6%) |
| 499 | RYMARZ Grzegorz | 476 | | M40 | 181 | 00:03:01 | 03:29:05 | 04:52:33 | 06:02:47 | 06:39:07.15 | 06:39:07.15 | +03:25:19 (51.4%) | 8:56 | 6.7 (48.6%) |
| 500 | SOWA Jacek | 85 | RKM SOPELEK | M30 | 208 | 00:01:35 | 03:41:32 | 05:05:13 | 06:07:51 | 06:39:12.30 | 06:39:12.30 | +03:25:24 (51.5%) | 8:57 | 6.7 (48.6%) |
| 501 | KRASOŃ Janusz | 81 | RKM 'SOPELEK' | M30 | 209 | 00:01:35 | 03:41:32 | 05:05:14 | 06:07:52 | 06:39:16.15 | 06:39:16.15 | +03:25:28 (51.5%) | 8:57 | 6.7 (48.6%) |
| 502 | GOMÓŁKA Wiesław | 316 | RZESZOWSKI KLUB MORSÓW,,SOPELEK'' | M50 | 49 | 00:01:35 | 03:41:32 | 05:05:14 | 06:07:51 | 06:39:17.05 | 06:39:17.05 | +03:25:28 (51.5%) | 8:57 | 6.7 (48.6%) |
| 503 | TERLIKOWSKI Paweł | 350 | BIEGUSIEM.PL | M30 | 210 | 00:03:04 | 03:55:00 | 05:04:29 | 06:06:10 | 06:39:20.10 | 06:39:20.10 | +03:25:31 (51.5%) | 8:57 | 6.7 (48.6%) |
| 504 | MARKIEWICZ Rafał | 775 | | M40 | 182 | 00:02:54 | 03:30:09 | 05:00:25 | 06:06:33 | 06:39:39.65 | 06:39:39.65 | +03:25:51 (51.5%) | 8:57 | 6.7 (48.6%) |
| 505 | BAĆMAGA Jan | 192 | TURLAM SIĘ DO METY - JP2 | M40 | 183 | 00:01:57 | 03:32:31 | 05:00:26 | 06:06:33 | 06:39:40.70 | 06:39:40.70 | +03:25:52 (51.5%) | 8:57 | 6.7 (48.6%) |
| 506 | KACPERSKI Błażej | 602 | KADA BŁAŻEJ KACPERSKI | M30 | 211 | 00:03:05 | 03:44:47 | 05:00:03 | 06:05:38 | 06:40:03.75 | 06:40:03.75 | +03:26:15 (51.6%) | 8:58 | 6.7 (48.6%) |
| 507 | ŚNIEŻKO Eugeniusz | 20 | TEAM AKTYWNI Z CUKRZYCĄ | M30 | 212 | 00:02:29 | 03:52:45 | 05:04:52 | 06:09:46 | 06:41:37.00 | 06:41:37.00 | +03:27:48 (51.7%) | 9:00 | 6.7 (48.6%) |
| 508 | WÓJTOWICZ Paweł | 573 | LUBLIN BIEGA | M30 | 213 | 00:02:49 | 03:34:56 | 04:59:58 | 06:07:31 | 06:41:57.45 | 06:41:57.45 | +03:28:09 (51.8%) | 9:00 | 6.7 (48.6%) |
| 509 | HYZIAK Jakub | 264 | JJ.RUNNERS | M40 | 184 | 00:02:06 | 03:37:34 | 04:53:22 | 06:05:03 | 06:42:13.30 | 06:42:13.30 | +03:28:25 (51.8%) | 9:01 | 6.7 (48.6%) |
| 510 | KOZŁOWSKI Robert | 40 | DOCE PARES POLSKA | M40 | 185 | 00:01:09 | 03:28:54 | 04:47:01 | 06:04:58 | 06:43:23.20 | 06:43:23.20 | +03:29:35 (52.0%) | 9:02 | 6.6 (47.8%) |
| 511 | MATWIEJCZYK Sebastian | 767 | TEAM AKTYWNI Z CUKRZYCĄ | M30 | 214 | 00:02:31 | 03:52:45 | 05:04:54 | 06:09:45 | 06:43:45.35 | 06:43:45.35 | +03:29:57 (52.0%) | 9:03 | 6.6 (47.8%) |
| 512 | HORBACZEWSKI Marek | 353 | | M50 | 50 | 00:01:20 | 03:36:18 | 05:05:19 | 06:12:27 | 06:48:18.70 | 06:48:18.70 | +03:34:30 (52.5%) | 9:09 | 6.6 (47.8%) |
| 513 | KIEŁB Jakub | 376 | | M20 | 57 | 00:02:20 | 03:37:43 | 05:06:35 | 06:15:32 | 06:49:21.05 | 06:49:21.05 | +03:35:32 (52.7%) | 9:10 | 6.5 (47.1%) |
| 514 | KSIĄŻEK Dawid | 572 | LUBLIN BIEGA | M30 | 215 | 00:02:46 | 03:30:11 | 04:59:48 | 06:14:23 | 06:49:26.15 | 06:49:26.15 | +03:35:38 (52.7%) | 9:10 | 6.5 (47.1%) |
| 515 | KARPIŃSKI Paweł | 235 | DZIKIE GRUBASY SZATANA | M30 | 216 | 00:01:43 | 03:40:51 | 05:07:11 | 06:16:15 | 06:49:34.80 | 06:49:34.80 | +03:35:46 (52.7%) | 9:10 | 6.5 (47.1%) |
| 516 | CHACIŃSKI Marcin | 560 | DZIKIE GRUBASY SZATANA | M30 | 217 | 00:01:48 | 03:41:12 | 05:07:11 | 06:16:16 | 06:49:44.80 | 06:49:44.80 | +03:35:56 (52.7%) | 9:11 | 6.5 (47.1%) |
| 517 | POTERA Marcin | 65 | FUKS GARKI | M30 | 218 | 00:02:30 | 03:29:52 | 05:16:53 | 06:17:39 | 06:50:28.80 | 06:50:28.80 | +03:36:40 (52.8%) | 9:12 | 6.5 (47.1%) |
| 518 | KĘDZIOR Michał | 420 | DRUŻYNA SZPIKU | M30 | 219 | 00:02:20 | 03:48:25 | 05:06:36 | 06:17:00 | 06:52:13.95 | 06:52:13.95 | +03:38:25 (53.0%) | 9:14 | 6.5 (47.1%) |
| 519 | MAZUR Jerzy | 490 | | M40 | 186 | 00:02:32 | 03:32:13 | 04:59:16 | 06:13:52 | 06:54:21.25 | 06:54:21.25 | +03:40:33 (53.2%) | 9:17 | 6.5 (47.1%) |
| 520 | KĘPKA Robert | 495 | BIEGUSIEM.PL | M30 | 220 | 00:03:04 | 03:54:57 | 05:16:50 | 06:29:55 | 07:04:06.50 | 07:04:06.50 | +03:50:18 (54.3%) | 9:30 | 6.3 (45.7%) |
| 521 | DANIELCZYK Damian | 686 | | M30 | 221 | 00:01:24 | 03:54:22 | 05:18:22 | 06:26:26 | 07:04:36.20 | 07:04:36.20 | +03:50:48 (54.4%) | 9:31 | 6.3 (45.7%) |
| 522 | DURA Piotr | 554 | PKB ENDORFINA | M40 | 187 | 00:02:29 | 03:52:51 | 05:13:54 | 06:26:06 | 07:04:46.55 | 07:04:46.55 | +03:50:58 (54.4%) | 9:31 | 6.3 (45.7%) |
| 523 | HENKIEL Bartłomiej | 708 | | M20 | 58 | 00:01:56 | 03:35:26 | 05:08:57 | 06:24:59 | 07:04:47.60 | 07:04:47.60 | +03:50:59 (54.4%) | 9:31 | 6.3 (45.7%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Start_2k | Split_Mateusz | Split_Kamyk | Split_Mateusz | Czas netto | Czas brutto | Różn | Tempo min/km | Tempo km/h |
|-----|---------------------------|------------|--------------------------|-----------|------|-----------------|-----------------|-----------------|-----------------|--------------------|--------------------|----------------------|--------------|----------------|
| | | | | | | 0.1km | 26.5km | 34.2km | 40.7km | 44.6km | 44.6km | | | |
| 524 | MYŚLIŃSKI Tomasz | 344 | BIEGUSIEM.PL | M30 | 222 | 00:03:04 | 03:54:58 | 05:16:45 | 06:29:55 | 07:06:48.85 | 07:06:48.85 | +03:53:00 (54.6%) | 9:34 | 6.3 (45.7%) |
| 525 | MUTER Łukasz | 487 | NOWA HUTA TEAM | M30 | 223 | 00:02:51 | 03:34:24 | 05:11:04 | 06:37:14 | 07:22:55.30 | 07:22:55.30 | +04:09:07 (56.2%) | 9:55 | 6 (43.5%) |
| 526 | WRÓBEL Dominik | 552 | AZS PWSZ KROSNO | M40 | 188 | 00:02:34 | 04:02:42 | 05:37:14 | 06:50:14 | 07:26:55.45 | 07:26:55.45 | +04:13:07 (56.6%) | 10:01 | 6 (43.5%) |
| 527 | TUTAK Daniel | 694 | FURIOSI POLANKA | M30 | 224 | 00:02:55 | 04:04:01 | 05:35:16 | 06:52:15 | 07:30:33.20 | 07:30:33.20 | +04:16:45 (57.0%) | 10:06 | 5.9 (42.8%) |
| 527 | OKARMA Wojciech | 681 | SPOREST | M30 | 225 | 00:02:55 | 04:04:05 | 05:33:46 | 06:52:17 | 07:30:33.20 | 07:30:33.20 | +04:16:45 (57.0%) | 10:06 | 5.9 (42.8%) |
| 529 | KUCHARSKI Krystian | 738 | NR+ | M20 | 59 | 00:02:10 | 03:47:07 | 05:25:23 | 06:50:39 | 07:36:46.65 | 07:36:46.65 | +04:22:58 (57.6%) | 10:14 | 5.9 (42.8%) |
| 530 | RUDZKI Tomasz | 128 | BIEGACZ NOWOSOLNA | M40 | 189 | 00:01:52 | 03:56:17 | 05:49:11 | 07:04:34 | 07:48:44.20 | 07:48:44.20 | +04:34:56 (58.7%) | 10:30 | 5.7 (41.3%) |
| 531 | BALICKI Jacek | 807 | BIEGACZ NOWOSOLNA | M50 | 51 | 00:01:51 | 03:56:18 | 05:49:19 | 07:10:05 | 07:48:44.55 | 07:48:44.55 | +04:34:56 (58.7%) | 10:30 | 5.7 (41.3%) |
| | SZPINDA Sebastian | 246 | BUT BIŁGORAJ ULTRA TRAIL | M30 | | 00:01:08 DNF | 02:20:20 DNF | 03:06:48 DNF | 04:23:01 DNF | DNF | DNF | | - | - (0.0%) |
| | LADNER Paul | 822 | | M40 | | 00:02:21 DNF | 03:10:47 DNF | 04:23:53 DNF | DNF | DNF | DNF | | - | - (0.0%) |

Znaleziono 533 wynik(ów)