



Organizator: Fundacja Bieg Rzeźnika
Data: 2016-09-24
Miejsce: Łądek Zdrój
Dystans: 8.611 km

K2 RUN

B4SPORT
INTELEGENTNE ZAWODY SPORTOWE

B4SPORT
INTELEGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas netto 8.611km | Czas brutto 8.611km | Różn | Tempo min/km | Tempo km/h |
|-----|--------------------------|------------|-------------------------|-----------|------|-----------------------|------------------------|----------------------|-----------------|-----------------|
| 1 | JOCHYMEK Piotr | 154 | WYSZEDŁZDOMU.PL | M18-35 | 1 | 00:35:21.00 | 00:35:21.00 | | 4:06 | 14,6 (100%) |
| 2 | WRÓBEL Łukasz | 196 | KGB GRZMOT KOMORNIKI | M36-49 | 1 | 00:35:39.00 | 00:35:39.00 | +00:00:18 (0.8%) | 4:08 | 14,5 (100%) |
| 3 | SZPINEK Marcin | 109 | TUTU TEAM | M36-49 | 2 | 00:38:07.00 | 00:38:07.00 | +00:02:46 (7.3%) | 4:25 | 13,6 (92.9%) |
| 4 | NOWAK Wojciech | 208 | | M18-35 | 2 | 00:38:28.00 | 00:38:28.00 | +00:03:07 (8.1%) | 4:28 | 13,4 (92.9%) |
| 5 | KOBRYŃ Dominik | 210 | BYLEDOBIEC ANIN | M36-49 | 3 | 00:38:41.00 | 00:38:41.00 | +00:03:20 (8.6%) | 4:29 | 13,4 (92.9%) |
| 6 | PĘKALA Krzysztof | 183 | | M36-49 | 4 | 00:38:53.00 | 00:38:53.00 | +00:03:32 (9.1%) | 4:30 | 13,3 (92.9%) |
| 7 | WĄCHAŁA Łukasz | 175 | | M18-35 | 3 | 00:39:06.00 | 00:39:06.00 | +00:03:45 (9.6%) | 4:32 | 13,2 (92.9%) |
| 8 | KITA Michał | 116 | PĘDZĄCY W MIEJSCU | M36-49 | 5 | 00:39:14.00 | 00:39:14.00 | +00:03:53 (9.9%) | 4:33 | 13,2 (92.9%) |
| 9 | MICHNOL Kamil | 158 | 7 KONTYNENTÓW | M36-49 | 6 | 00:39:22.00 | 00:39:22.00 | +00:04:01 (10.2%) | 4:34 | 13,1 (92.9%) |
| 10 | DOMOWICZ Wojciech | 156 | CYKLOSPORT BOLESŁAWIEC | M18-35 | 4 | 00:39:28.00 | 00:39:28.00 | +00:04:07 (10.4%) | 4:35 | 13,1 (92.9%) |
| 11 | KOWALIK Andrzej | 209 | BIEG OPOLSKI | M36-49 | 7 | 00:40:06.00 | 00:40:06.00 | +00:04:45 (11.8%) | 4:39 | 12,9 (85.7%) |
| 12 | BONDARA Sylwia | 219 | JACEKBIEGA RUNNING TEAM | K18-35 | 1 | 00:40:27.00 | 00:40:27.00 | +00:05:06 (12.6%) | 4:41 | 12,8 (85.7%) |
| 13 | WOWER Bartłomiej | 134 | CSC ADVENTURE ACADEMY | M18-35 | 5 | 00:40:36.00 | 00:40:36.00 | +00:05:15 (12.9%) | 4:42 | 12,7 (85.7%) |
| 14 | SZCZEPANIAK Kamil | 153 | KARPACZ SPORT | M18-35 | 6 | 00:40:57.00 | 00:40:57.00 | +00:05:36 (13.7%) | 4:45 | 12,6 (85.7%) |
| 15 | GOLAK Agnieszka | 120 | RUNNER'S POWER | K36-49 | 1 | 00:40:58.00 | 00:40:58.00 | +00:05:37 (13.7%) | 4:45 | 12,6 (85.7%) |
| 16 | CIECIUCH Maciej | 197 | OLAWS ZŁOTORYJA | M36-49 | 8 | 00:41:06.00 | 00:41:06.00 | +00:05:45 (14.0%) | 4:46 | 12,6 (85.7%) |
| 17 | ZIELIŃSKI Paweł | 122 | | M18-35 | 7 | 00:41:07.00 | 00:41:07.00 | +00:05:46 (14.0%) | 4:46 | 12,6 (85.7%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas | | Różn | Tempo min/km | Tempo km/h |
|-----|-----------------------------------|------------|---------------------------------------|-----------|------|--------------------|--------------------|----------------------|--------------|-----------------|
| | | | | | | netto 8.611km | brutto 8.611km | | | |
| 18 | DZIUK Łukasz | 105 | | M18-35 | 8 | 00:41:10.00 | 00:41:10.00 | +00:05:49 (14.1%) | 4:46 | 12,5 (85.7%) |
| 19 | TOMASZEWICZ Sylwester | 204 | TEAM NABIEGOWKACH.PL | M36-49 | 9 | 00:41:31.00 | 00:41:31.00 | +00:06:10 (14.9%) | 4:49 | 12,4 (85.7%) |
| 20 | NIEZGODKA Tomasz | 135 | FAKTORING EKSPERT | M36-49 | 10 | 00:43:34.00 | 00:43:34.00 | +00:08:13 (18.9%) | 5:03 | 11,9 (78.6%) |
| 21 | ZUGAJ Robert | 159 | WWW.CIAGLEBIEC.PL | M36-49 | 11 | 00:43:43.00 | 00:43:43.00 | +00:08:22 (19.1%) | 5:04 | 11,8 (78.6%) |
| 22 | NIEKRAŚ Lidia | 215 | | K36-49 | 2 | 00:43:50.00 | 00:43:50.00 | +00:08:29 (19.4%) | 5:05 | 11,8 (78.6%) |
| 23 | DERENCZ Michał | 115 | TESAR BIEGA | M36-49 | 12 | 00:44:08.00 | 00:44:08.00 | +00:08:47 (19.9%) | 5:07 | 11,7 (78.6%) |
| 24 | ŁABUZ Małgorzata | 184 | | K18-35 | 2 | 00:44:31.00 | 00:44:31.00 | +00:09:10 (20.6%) | 5:10 | 11,6 (78.6%) |
| 24 | CZARNY Jarosław | 185 | | M18-35 | 9 | 00:44:31.00 | 00:44:31.00 | +00:09:10 (20.6%) | 5:10 | 11,6 (78.6%) |
| 26 | PAWLAK Bartosz | 143 | ZĄŁOGA GÓRALSKA | M18-35 | 10 | 00:44:52.00 | 00:44:52.00 | +00:09:31 (21.2%) | 5:12 | 11,5 (78.6%) |
| 27 | JANKOWSKI Łukasz | 187 | TRICLUB | M18-35 | 11 | 00:44:53.00 | 00:44:53.00 | +00:09:32 (21.2%) | 5:12 | 11,5 (78.6%) |
| 28 | KAWA Konrad | 186 | | M18-35 | 12 | 00:44:57.00 | 00:44:57.00 | +00:09:36 (21.4%) | 5:13 | 11,5 (78.6%) |
| 29 | FOGIEL-PAWŁOWSKA Agnieszka | 117 | LOS BIEGANEROS | K36-49 | 3 | 00:45:01.00 | 00:45:01.00 | +00:09:40 (21.5%) | 5:13 | 11,5 (78.6%) |
| 30 | CZARNIECKI Daniel | 217 | | M18-35 | 13 | 00:45:10.00 | 00:45:10.00 | +00:09:49 (21.7%) | 5:14 | 11,4 (78.6%) |
| 31 | MALIK Agnieszka | 198 | ZĄBKOWICKA GRUPA BIEGOWA FRANKENSTEIN | K36-49 | 4 | 00:45:17.00 | 00:45:17.00 | +00:09:56 (21.9%) | 5:15 | 11,4 (78.6%) |
| 32 | PIŁAT Michał | 148 | SPELEOKLUB BOBRY ŻAGAŃ | M36-49 | 13 | 00:45:38.00 | 00:45:38.00 | +00:10:17 (22.5%) | 5:18 | 11,3 (78.6%) |
| 33 | WALKOWIAK Dominik | 149 | | M18-35 | 14 | 00:45:42.00 | 00:45:42.00 | +00:10:21 (22.6%) | 5:18 | 11,3 (78.6%) |
| 34 | KABAT Małgorzata | 171 | KW KRAKÓW | K18-35 | 3 | 00:45:50.00 | 00:45:50.00 | +00:10:29 (22.9%) | 5:19 | 11,3 (78.6%) |
| 35 | TRETIAK Mateusz | 129 | | M18-35 | 15 | 00:46:00.00 | 00:46:00.00 | +00:10:39 (23.2%) | 5:20 | 11,2 (78.6%) |
| 36 | HAMRYSZCZAK Dawid | 130 | | M18-35 | 16 | 00:46:06.00 | 00:46:06.00 | +00:10:45 (23.3%) | 5:21 | 11,2 (78.6%) |
| 37 | GLĄDALSKI Bartosz | 138 | | M18-35 | 17 | 00:46:15.00 | 00:46:15.00 | +00:10:54 (23.6%) | 5:22 | 11,2 (78.6%) |
| 38 | PAWLIŃSKI Adam | 195 | PRO-RUN WROCŁAW | M36-49 | 14 | 00:46:17.00 | 00:46:17.00 | +00:10:56 (23.6%) | 5:22 | 11,2 (78.6%) |
| 39 | JERKA Marek | 168 | | M36-49 | 15 | 00:46:18.00 | 00:46:18.00 | +00:10:57 (23.7%) | 5:22 | 11,2 (78.6%) |
| 40 | PELPLIŃSKI Piotr | 114 | INTEL RUNNERS | M18-35 | 18 | 00:46:21.00 | 00:46:21.00 | +00:11:00 (23.7%) | 5:22 | 11,1 (78.6%) |
| 41 | ZĄŁUSKI Dariusz | 147 | | M50+ | 1 | 00:46:39.00 | 00:46:39.00 | +00:11:18 (24.2%) | 5:25 | 11,1 (78.6%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas | | Różn | Tempo min/km | Tempo km/h |
|-----|------------------------------------|------------|-----------------------------|-----------|------|--------------------|--------------------|----------------------|--------------|-----------------|
| | | | | | | netto 8.611km | brutto 8.611km | | | |
| 41 | PACHURA Kinga | 150 | MAGAZYN GÓRY | K36-49 | 5 | 00:46:39.00 | 00:46:39.00 | +00:11:18 (24.2%) | 5:25 | 11,1 (78.6%) |
| 43 | LIZURA Sławomir | 112 | FABRYKA TRIATHLONU | M18-35 | 19 | 00:46:57.00 | 00:46:57.00 | +00:11:36 (24.7%) | 5:27 | 11 (78.6%) |
| 44 | MIECH Szymon | 118 | | M18-35 | 20 | 00:47:14.00 | 00:47:14.00 | +00:11:53 (25.2%) | 5:29 | 10,9 (71.4%) |
| 45 | TUROSZ Iwona | 176 | | K18-35 | 4 | 00:47:25.00 | 00:47:25.00 | +00:12:04 (25.4%) | 5:30 | 10,9 (71.4%) |
| 46 | PODSADNY Marcin | 170 | GT RAT | M18-35 | 21 | 00:47:35.00 | 00:47:35.00 | +00:12:14 (25.7%) | 5:31 | 10,9 (71.4%) |
| 47 | URBAŃSKI Michał | 214 | FLUNKYBALL TEAM ŁĄDEK-ZDRÓJ | M18-35 | 22 | 00:47:36.00 | 00:47:36.00 | +00:12:15 (25.7%) | 5:31 | 10,9 (77.9%) |
| 48 | JACEWICZ Karol | 144 | WATAHA | M36-49 | 16 | 00:47:37.00 | 00:47:37.00 | +00:12:16 (25.8%) | 5:31 | 10,8 (71.4%) |
| 49 | KOCHMAŃSKI Jakub | 201 | | M36-49 | 17 | 00:47:53.00 | 00:47:53.00 | +00:12:32 (26.2%) | 5:33 | 10,8 (71.4%) |
| 50 | ŁUCZKOWSKA Maja | 174 | RYSIE | K36-49 | 6 | 00:47:59.00 | 00:47:59.00 | +00:12:38 (26.3%) | 5:34 | 10,8 (71.4%) |
| 51 | URBANIAK Marcin | 213 | SHINKYOKUSHINKAI CZARNY BÓR | M36-49 | 18 | 00:48:02.00 | 00:48:02.00 | +00:12:41 (26.4%) | 5:34 | 10,8 (71.4%) |
| 52 | SAJKOWSKA Gabriela | 145 | | K36-49 | 7 | 00:48:04.00 | 00:48:04.00 | +00:12:43 (26.5%) | 5:34 | 10,7 (71.4%) |
| 53 | SZELEREWICZ-GŁADYSZ Paulina | 127 | NIEPOŁOMICE BIEGAJĄ | K36-49 | 8 | 00:48:15.00 | 00:48:15.00 | +00:12:54 (26.7%) | 5:36 | 10,7 (71.4%) |
| 54 | GRUSZKOWSKI Piotr | 222 | GÓRY MAGAZYN | M36-49 | 19 | 00:48:19.00 | 00:48:19.00 | +00:12:58 (26.8%) | 5:36 | 10,7 (71.4%) |
| 55 | MADERA Marek | 157 | | M36-49 | 20 | 00:48:20.00 | 00:48:20.00 | +00:12:59 (26.9%) | 5:36 | 10,7 (71.4%) |
| 56 | OBSZARNY Paweł | 131 | | M18-35 | 23 | 00:48:22.00 | 00:48:22.00 | +00:13:01 (26.9%) | 5:37 | 10,7 (71.4%) |
| 57 | ZWOLIŃSKI Łukasz | 110 | OTK RZEŹNIK | M18-35 | 24 | 00:48:33.00 | 00:48:33.00 | +00:13:12 (27.2%) | 5:38 | 10,6 (71.4%) |
| 58 | KOPACKI Grzegorz | 146 | | M18-35 | 25 | 00:48:55.00 | 00:48:55.00 | +00:13:34 (27.7%) | 5:40 | 10,6 (71.4%) |
| 59 | PĘKALA Małgorzata | 182 | | K18-35 | 5 | 00:49:05.00 | 00:49:05.00 | +00:13:44 (28.0%) | 5:42 | 10,5 (71.4%) |
| 59 | PŁASKOCIŃSKI Robert | 164 | PRO-RUN WROCŁAW | M36-49 | 21 | 00:49:05.00 | 00:49:05.00 | +00:13:44 (28.0%) | 5:42 | 10,5 (71.4%) |
| 61 | TOKARZ Karolina | 121 | | K18-35 | 6 | 00:49:24.00 | 00:49:24.00 | +00:14:03 (28.4%) | 5:44 | 10,5 (71.4%) |
| 62 | DEMKOWSKI Marcin | 161 | | M18-35 | 26 | 00:49:38.00 | 00:49:38.00 | +00:14:17 (28.8%) | 5:45 | 10,4 (71.4%) |
| 63 | DURSKI Adam | 206 | | M18-35 | 27 | 00:49:42.00 | 00:49:42.00 | +00:14:21 (28.9%) | 5:46 | 10,4 (71.4%) |
| 64 | KORYCIŃSKA Marta | 202 | | K18-35 | 7 | 00:50:03.00 | 00:50:03.00 | +00:14:42 (29.4%) | 5:48 | 10,3 (71.4%) |
| 65 | SZMYT Łukasz | 181 | | M36-49 | 22 | 00:50:05.00 | 00:50:05.00 | +00:14:44 (29.4%) | 5:49 | 10,3 (71.4%) |
| 66 | ŚLIWKA Wioletta | 137 | NINIWATEAM | K36-49 | 9 | 00:50:11.00 | 00:50:11.00 | +00:14:50 (29.6%) | 5:49 | 10,3 (71.4%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas | | Różn | Tempo min/km | Tempo km/h |
|-----|---------------------------------|------------|--|-----------|------|--------------------|--------------------|----------------------|--------------|-----------------|
| | | | | | | netto 8.611km | brutto 8.611km | | | |
| 67 | PRASZELIK Łukasz | 123 | | M36-49 | 23 | 00:50:23.00 | 00:50:23.00 | +00:15:02 (29.8%) | 5:51 | 10,3 (71.4%) |
| 68 | WOJRACH Marcin | 216 | WILDCAT TEAM | M18-35 | 28 | 00:50:58.00 | 00:50:58.00 | +00:15:37 (30.6%) | 5:55 | 10,1 (71.4%) |
| 69 | ŻELICHOWSKI Krzysztof | 190 | | M36-49 | 24 | 00:50:59.00 | 00:50:59.00 | +00:15:38 (30.7%) | 5:55 | 10,1 (71.4%) |
| 70 | BIELECKI Adam | 218 | ABTEAM | M18-35 | 29 | 00:51:01.00 | 00:51:01.00 | +00:15:40 (30.7%) | 5:55 | 10,1 (71.4%) |
| 71 | MARCINKOWSKI Piotr | 173 | OSW TRI TEAM | M36-49 | 25 | 00:51:02.00 | 00:51:02.00 | +00:15:41 (30.7%) | 5:55 | 10,1 (71.4%) |
| 72 | DURSKI Maciej | 211 | | M18-35 | 30 | 00:51:18.00 | 00:51:18.00 | +00:15:57 (31.1%) | 5:57 | 10,1 (71.4%) |
| 73 | RUSZKOWSKI Daniel | 119 | INFORMACJA KULTURALNO-SPORTOWA STUDENTÓW UNIWERSYTETU EKONOMICZNEGO WE WROCŁAWIU | M18-35 | 31 | 00:51:32.00 | 00:51:32.00 | +00:16:11 (31.4%) | 5:59 | 10 (71.4%) |
| 74 | BALA Dariusz | 169 | ZAWISZA LEGNICA/WOLNY TYBET | M36-49 | 26 | 00:51:36.00 | 00:51:36.00 | +00:16:15 (31.5%) | 5:59 | 10 (71.4%) |
| 75 | PISTL Jacek | 139 | | M18-35 | 32 | 00:51:46.00 | 00:51:46.00 | +00:16:25 (31.7%) | 6:00 | 10 (71.4%) |
| 76 | KLEPACZ Piotr | 107 | BEZ | M36-49 | 27 | 00:51:52.00 | 00:51:52.00 | +00:16:31 (31.8%) | 6:01 | 10 (71.4%) |
| 77 | KUPCZAK Karol | 160 | | M18-35 | 33 | 00:52:06.00 | 00:52:06.00 | +00:16:45 (32.1%) | 6:03 | 9,9 (64.3%) |
| 78 | KRZYSZTOFIAK Aleksandra | 179 | KARPACZ SPORT | K18-35 | 8 | 00:52:13.00 | 00:52:13.00 | +00:16:52 (32.3%) | 6:03 | 9,9 (64.3%) |
| 79 | NATKAŃSKI Jerzy | 221 | SUMMER 2016 K2 EXPEDITION TEAM | M50+ | 2 | 00:52:19.00 | 00:52:19.00 | +00:16:58 (32.4%) | 6:04 | 9,9 (64.3%) |
| 80 | STAŃCZAK Maciej | 223 | KW OPACZ | M18-35 | 34 | 00:52:34.00 | 00:52:34.00 | +00:17:13 (32.8%) | 6:06 | 9,8 (64.3%) |
| 81 | JEZIERSKI Daniel | 203 | | M18-35 | 35 | 00:52:37.00 | 00:52:37.00 | +00:17:16 (32.8%) | 6:06 | 9,8 (64.3%) |
| 82 | SŁOŃSKI Piotr | 193 | | M36-49 | 28 | 00:52:45.00 | 00:52:45.00 | +00:17:24 (33.0%) | 6:07 | 9,8 (64.3%) |
| 83 | WITKOWSKA Ania | 128 | ORKA [TO TAKA PANDA] | K36-49 | 10 | 00:53:12.00 | 00:53:12.00 | +00:17:51 (33.6%) | 6:10 | 9,7 (64.3%) |
| 84 | KOZŁOWSKI Artur | 125 | | M36-49 | 29 | 00:53:13.00 | 00:53:13.00 | +00:17:52 (33.6%) | 6:10 | 9,7 (64.3%) |
| 85 | BALA Agnieszka | 167 | ZAWISZA LEGNICA/WOLNY TYBET | K36-49 | 11 | 00:53:42.00 | 00:53:42.00 | +00:18:21 (34.2%) | 6:14 | 9,6 (64.3%) |
| 86 | WESOŁOWSKA-KRUPA Paulina | 199 | | K18-35 | 9 | 00:53:45.00 | 00:53:45.00 | +00:18:24 (34.2%) | 6:14 | 9,6 (64.3%) |
| 87 | KRUZEL Rafał | 155 | BIEGOWE MISIE | M36-49 | 30 | 00:53:55.00 | 00:53:55.00 | +00:18:34 (34.4%) | 6:15 | 9,6 (64.3%) |
| 88 | MAJCHRZAK Jarosław | 192 | ALTAX TEAM | M36-49 | 31 | 00:54:01.00 | 00:54:01.00 | +00:18:40 (34.6%) | 6:16 | 9,6 (64.3%) |
| 89 | SIEKIERZYŃSKI Radosław | 194 | | M36-49 | 32 | 00:54:18.00 | 00:54:18.00 | +00:18:57 (34.9%) | 6:18 | 9,5 (64.3%) |
| 90 | RAKOCZY Ireneusz | 152 | | M50+ | 3 | 00:54:46.00 | 00:54:46.00 | +00:19:25 (35.5%) | 6:21 | 9,4 (64.3%) |
| 91 | REJTERADA Aleksandra | 191 | VEGE RUNNERS | K18-35 | 10 | 00:54:53.00 | 00:54:53.00 | +00:19:32 (35.6%) | 6:22 | 9,4 (64.3%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas | | Różn | Tempo min/km | Tempo km/h |
|-----|---------------------------------|------------|--------------------------------|-----------|------|--------------------|--------------------|----------------------|--------------|----------------|
| | | | | | | netto 8.611km | brutto 8.611km | | | |
| 92 | SADOWY Andrzej | 126 | SUDECKI KLUB WYSOKOGORSKI | M50+ | 4 | 00:55:52.00 | 00:55:52.00 | +00:20:31 (36.7%) | 6:29 | 9,2 (64.3%) |
| 93 | SZPOJANKOWSKA-ESSEL Anna | 188 | | K36-49 | 12 | 00:56:05.00 | 00:56:05.00 | +00:20:44 (37.0%) | 6:30 | 9,2 (64.3%) |
| 94 | WALCZAK Barbara | 101 | | K18-35 | 11 | 00:56:24.00 | 00:56:24.00 | +00:21:03 (37.3%) | 6:33 | 9,2 (64.3%) |
| 95 | CZUKIEWSKI Łukasz | 136 | | M36-49 | 33 | 00:57:07.00 | 00:57:07.00 | +00:21:46 (38.1%) | 6:38 | 9 (64.3%) |
| 96 | KRZOS Dariusz | 151 | | M50+ | 5 | 00:57:26.00 | 00:57:26.00 | +00:22:05 (38.5%) | 6:40 | 9 (64.3%) |
| 97 | STELMACH Tomasz | 207 | | M36-49 | 34 | 00:58:11.00 | 00:58:11.00 | +00:22:50 (39.2%) | 6:45 | 8,9 (57.1%) |
| 98 | KRÓL-SZREMSKA Halina | 200 | | K18-35 | 12 | 00:58:16.00 | 00:58:16.00 | +00:22:55 (39.3%) | 6:46 | 8,9 (57.1%) |
| 99 | KONOPKA Anna | 111 | KASZUBSKA PONIEWIERKA | K18-35 | 13 | 00:59:14.00 | 00:59:14.00 | +00:23:53 (40.3%) | 6:52 | 8,7 (57.1%) |
| 100 | BALICZ Agnieszka | 162 | | K18-35 | 14 | 00:59:19.00 | 00:59:19.00 | +00:23:58 (40.4%) | 6:53 | 8,7 (57.1%) |
| 101 | BRZUCHNAŁSKA Beata | 142 | TEAM TOYA DESIGN | K50+ | 1 | 00:59:31.00 | 00:59:31.00 | +00:24:10 (40.6%) | 6:54 | 8,7 (57.1%) |
| 102 | SAYED Akbar | 220 | SUMMER 2016 K2 EXPEDITION TEAM | M18-35 | 36 | 00:59:54.00 | 00:59:54.00 | +00:24:33 (41.0%) | 6:57 | 8,6 (57.1%) |
| 103 | SIERAKOWSKI Maciej | 140 | | M18-35 | 37 | 01:00:58.00 | 01:00:58.00 | +00:25:37 (42.0%) | 7:04 | 8,5 (57.1%) |
| 104 | SZYMANIAK Emil | 108 | KW LUBLIN | M18-35 | 38 | 01:01:02.00 | 01:01:02.00 | +00:25:41 (42.1%) | 7:05 | 8,5 (57.1%) |
| 105 | MIKOŁAJCZYK Agata | 113 | | K36-49 | 13 | 01:01:25.00 | 01:01:25.00 | +00:26:04 (42.4%) | 7:07 | 8,4 (57.1%) |
| 106 | MACIEJEWSKA Małgorzata | 177 | | K18-35 | 15 | 01:01:43.00 | 01:01:43.00 | +00:26:22 (42.7%) | 7:10 | 8,4 (57.1%) |
| 107 | KAWA-JERKA Agata | 166 | GNAJĄCA TEMIDA | K36-49 | 14 | 01:02:09.00 | 01:02:09.00 | +00:26:48 (43.1%) | 7:13 | 8,3 (57.1%) |
| 108 | CHALCIŃSKA Izabela | 172 | | K36-49 | 15 | 01:02:10.00 | 01:02:10.00 | +00:26:49 (43.1%) | 7:13 | 8,3 (57.1%) |
| 109 | PUSTELNIK Piotr | 180 | AKG ŁÓDŹ | M50+ | 6 | 01:02:43.00 | 01:02:43.00 | +00:27:22 (43.6%) | 7:17 | 8,2 (57.1%) |
| 110 | PRASZELIK Sylwia | 124 | | K36-49 | 16 | 01:02:59.00 | 01:02:59.00 | +00:27:38 (43.9%) | 7:18 | 8,2 (57.1%) |
| 111 | SZCZYPEK Łukasz | 212 | | M18-35 | 39 | 01:03:35.00 | 01:03:35.00 | +00:28:14 (44.4%) | 7:23 | 8,1 (57.1%) |
| 112 | CIESIELSKI Tomasz | 132 | | M18-35 | 40 | 01:03:37.00 | 01:03:37.00 | +00:28:16 (44.4%) | 7:23 | 8,1 (57.1%) |
| 113 | BUCHROITHNER Anna | 104 | | K50+ | 2 | 01:03:53.00 | 01:03:53.00 | +00:28:32 (44.7%) | 7:25 | 8,1 (57.1%) |
| 114 | RÓŻECKA Agnieszka | 103 | | K18-35 | 16 | 01:04:27.00 | 01:04:27.00 | +00:29:06 (45.2%) | 7:29 | 8 (57.1%) |
| 115 | AUGUSTYNIAK Daria | 102 | | K18-35 | 17 | 01:05:03.00 | 01:05:03.00 | +00:29:42 (45.7%) | 7:33 | 7,9 (50.0%) |
| 116 | SZAŁAPSKI Marcin | 178 | | M36-49 | 35 | 01:05:13.00 | 01:05:13.00 | +00:29:52 (45.8%) | 7:34 | 7,9 (50.0%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas | | Różn | Tempo min/km | Tempo km/h |
|-----|-------------------------------|------------|---------------------|-----------|------|--------------------|--------------------|----------------------|-----------------|----------------|
| | | | | | | netto 8.611km | brutto 8.611km | | | |
| 117 | ADAMCZYK Krzysztof | 141 | | M18-35 | 41 | 01:06:19.00 | 01:06:19.00 | +00:30:58 (46.7%) | 7:42 | 7,8 (50.0%) |
| 118 | ZIELIŃSKA Jadwiga | 165 | | K18-35 | 18 | 01:07:45.00 | 01:07:45.00 | +00:32:24 (47.8%) | 7:52 | 7,6 (50.0%) |
| 119 | BALICZ Aleksandra | 163 | | K18-35 | 19 | 01:10:09.00 | 01:10:09.00 | +00:34:48 (49.6%) | 8:08 | 7,4 (50.0%) |
| 120 | STEFANIAK Jacek | 106 | KB LUPUS OLEŚNICA | M36-49 | 36 | 01:10:57.00 | 01:10:57.00 | +00:35:36 (50.2%) | 8:14 | 7,3 (50.0%) |
| 121 | AUGUSTYNIAK Maciej | 133 | KLAMOTY CHORZEMPOWO | M50+ | 7 | 01:11:23.00 | 01:11:23.00 | +00:36:02 (50.5%) | 8:17 | 7,2 (50.0%) |
| 122 | MADERA Bogdan | 189 | RUNWALKRUN | M50+ | 8 | 01:20:26.00 | 01:20:26.00 | +00:45:05 (56.1%) | 9:20 | 6,4 (42.9%) |

Znaleziono 122 wynik(ów)