



KASZUBSKA PONIEWIERKA - 50KM

B4SPORT

Event: Kaszubska Poniewierka 2019
Organiser: Stowarzyszenie „Aktywni w Trójmieście”
Date: 2019-09-14
Place: Wieżycza
Distance: 49 km

B4SPORT
INTELIĞENTNE ZAWODY SPORTOWE

Classification: All

| Place | Participant | Number | Club | Category | MCat | Net time 49km | Czas brutto 49km | Gap | Pace min/km | Pace km/h |
|-------|----------------------|--------|---------------------------|----------|------|---------------|------------------|-------------------|-------------|--------------|
| 1 | WRYCZA Daniel | 397 | | Open M | 1 | 03:53:10.90 | 03:53:12.95 | | 4:45 | 12.6 (100%) |
| 2 | BARANOWSKI Adam | 272 | | Open M | 2 | 04:00:52.80 | 04:00:54.25 | +00:07:41 (3.2%) | 4:54 | 12.2 (96.8%) |
| 3 | MOSEIKA Edvardas | 348 | | Open M | 3 | 04:09:07.70 | 04:09:09.45 | +00:15:56 (6.4%) | 5:05 | 11.8 (93.7%) |
| 4 | FRANKOWSKI Michal | 292 | | Open M | 4 | 04:10:24.75 | 04:10:26.40 | +00:17:13 (6.9%) | 5:06 | 11.7 (92.9%) |
| 5 | ROŻYK Krzysztof | 407 | OKNOBUR-BIEGAMYRAZEM | Open M | 5 | 04:19:35.00 | 04:19:38.95 | +00:26:26 (10.2%) | 5:17 | 11.3 (89.7%) |
| 6 | WYGANOWSKI Konrad | 398 | JA TRENUJE | Open M | 6 | 04:19:39.70 | 04:19:41.55 | +00:26:28 (10.2%) | 5:17 | 11.3 (89.7%) |
| 7 | WALASZCZYK Lucyna | 408 | NATURAL BORN RUNNERS TEAM | Open K | 1 | 04:33:42.15 | 04:33:44.40 | +00:40:31 (14.8%) | 5:35 | 10.7 (84.9%) |
| 8 | CHRABKOWSKI Zbyszek | 282 | NIE MA | Open M | 7 | 04:37:49.45 | 04:37:52.40 | +00:44:39 (16.1%) | 5:40 | 10.6 (84.1%) |
| 9 | CZEKAJ Łukasz | 284 | | Open M | 8 | 04:38:01.60 | 04:38:09.05 | +00:44:56 (16.2%) | 5:40 | 10.6 (84.1%) |
| 10 | BARANOWSKA Agnieszka | 271 | | Open K | 2 | 04:38:57.25 | 04:39:00.10 | +00:45:47 (16.4%) | 5:41 | 10.5 (83.3%) |
| 11 | OKRÓJ Krzysztof | 356 | LUBAŃ KNAPY | Open M | 9 | 04:39:05.30 | 04:39:07.85 | +00:45:54 (16.4%) | 5:41 | 10.5 (83.3%) |
| 12 | ROMPCZYK Andrzej | 366 | | Open M | 10 | 04:40:43.65 | 04:40:46.35 | +00:47:33 (16.9%) | 5:43 | 10.5 (83.3%) |
| 13 | JAREMKO Marcin | 310 | LUBAŃ KNAPY | Open M | 11 | 04:42:52.65 | 04:42:54.90 | +00:49:41 (17.6%) | 5:46 | 10.4 (82.5%) |
| 14 | THORVALDSSON Peter | 384 | | Open M | 12 | 04:43:17.10 | 04:43:18.75 | +00:50:05 (17.7%) | 5:46 | 10.4 (82.5%) |
| 15 | MURAWSKI Maciej | 351 | MIKI TEAM | Open M | 13 | 04:43:35.10 | 04:43:41.05 | +00:50:28 (17.8%) | 5:47 | 10.4 (82.5%) |
| 16 | KRAWCZYK Karol | 329 | | Open M | 14 | 04:44:05.90 | 04:44:08.25 | +00:50:55 (17.9%) | 5:47 | 10.3 (81.7%) |

| Place | Participant | Number | Club | Category | MCat | Net time 49km | Czas brutto 49km | Gap | Pace min/km | Pace km/h |
|-------|-------------------------|--------|--------------------------|----------|------|---------------|------------------|-------------------|-------------|--------------|
| 17 | LATAK Michał | 402 | JACEKBIEGA RUNNING TEAM | Open M | 15 | 04:46:59.85 | 04:47:08.20 | +00:53:55 (18.8%) | 5:51 | 10.2 (81.0%) |
| 18 | BŁAWAT Piotr | 274 | | Open M | 16 | 04:47:13.30 | 04:47:16.05 | +00:54:03 (18.8%) | 5:51 | 10.2 (81.0%) |
| 19 | AUGUSTYNIAK Grzegorz | 268 | | Open M | 17 | 04:49:07.05 | 04:49:13.30 | +00:56:00 (19.4%) | 5:54 | 10.2 (81.0%) |
| 20 | DORDZIK Katarzyna | 403 | | Open K | 3 | 04:55:32.90 | 04:55:36.35 | +01:02:23 (21.1%) | 6:01 | 9.9 (78.6%) |
| 21 | BANASZEK Adam | 406 | BIEGUSIEM.PL | Open M | 18 | 04:57:29.35 | 04:57:31.35 | +01:04:18 (21.6%) | 6:04 | 9.9 (78.6%) |
| 22 | NOWAK Kamil | 354 | AG | Open M | 19 | 05:00:34.50 | 05:00:36.65 | +01:07:23 (22.4%) | 6:08 | 9.8 (77.8%) |
| 23 | WĘSIERSKA-MUŁYK Marzena | 389 | NIGHT RUNNERS SŁUPSK | Open K | 4 | 05:00:37.25 | 05:00:46.30 | +01:07:33 (22.5%) | 6:08 | 9.8 (77.8%) |
| 24 | TKACZYK Paweł | 326 | | Open M | 20 | 05:04:15.65 | 05:04:22.20 | +01:11:09 (23.4%) | 6:12 | 9.7 (77.0%) |
| 25 | WOJSA Marcin | 395 | | Open M | 21 | 05:07:14.90 | 05:07:26.30 | +01:14:13 (24.1%) | 6:16 | 9.6 (76.2%) |
| 26 | PIOTROWSKI Michał | 360 | FACE NORDIC WALKING TEAM | Open M | 22 | 05:08:03.40 | 05:08:09.05 | +01:14:56 (24.3%) | 6:17 | 9.5 (75.4%) |
| 27 | SZYMAŃSKA Agata | 381 | | Open K | 5 | 05:09:00.65 | 05:09:06.30 | +01:15:53 (24.6%) | 6:18 | 9.5 (75.4%) |
| 28 | SZKOLNIAK Patryk | 379 | TATA MAJSTER | Open M | 23 | 05:12:46.55 | 05:12:50.80 | +01:19:37 (25.5%) | 6:22 | 9.4 (74.6%) |
| 29 | GORZKOWSKI Paweł | 299 | | Open M | 24 | 05:13:03.85 | 05:13:11.05 | +01:19:58 (25.5%) | 6:23 | 9.4 (74.6%) |
| 30 | LEGOWSKI Jakub | 405 | ARKA GDYNIA | Open M | 25 | 05:26:10.70 | 05:26:16.90 | +01:33:03 (28.5%) | 6:39 | 9 (71.4%) |
| 31 | CZERCHAWSKI Janusz | 285 | | Open M | 26 | 05:26:18.75 | 05:26:28.35 | +01:33:15 (28.6%) | 6:39 | 9 (71.4%) |
| 32 | KOWALSKI Paweł | 327 | KOWALE TEAM | Open M | 27 | 05:26:54.55 | 05:26:59.70 | +01:33:46 (28.7%) | 6:40 | 9 (71.4%) |
| 33 | PIÓRKOWSKI Mariusz | 361 | TAKA RYBA | Open M | 28 | 05:27:52.60 | 05:27:56.20 | +01:34:43 (28.9%) | 6:41 | 9 (71.4%) |
| 34 | KWIATKOWSKI Kajetan | 332 | | Open M | 29 | 05:27:58.95 | 05:28:06.15 | +01:34:53 (28.9%) | 6:41 | 9 (71.4%) |
| 35 | CEGLEWSKI Marcin | 280 | HARPAGANY RUNNING TEAM | Open M | 30 | 05:28:37.70 | 05:28:42.15 | +01:35:29 (29.0%) | 6:42 | 8.9 (70.6%) |
| 36 | SIKORA Roger | 370 | KUJAWSCY RUNNERS | Open M | 31 | 05:30:11.45 | 05:30:12.75 | +01:36:59 (29.4%) | 6:44 | 8.9 (70.6%) |
| 37 | WYSOCKI Marcin | 400 | DE WYSOCKI TEAM | Open M | 32 | 05:30:18.05 | 05:30:30.00 | +01:37:17 (29.4%) | 6:44 | 8.9 (70.6%) |
| 38 | STOLARSKI Jacek | 376 | | Open M | 33 | 05:30:58.85 | 05:31:05.25 | +01:37:52 (29.6%) | 6:45 | 8.9 (70.6%) |
| 39 | KOSPAŁ PAWŁOWSKI Łukasz | 324 | LOTOS RUNNING TEAM | Open M | 34 | 05:31:05.80 | 05:31:08.50 | +01:37:55 (29.6%) | 6:45 | 8.9 (70.6%) |

| Place | Participant | Number | Club | Category | MCat | Net time 49km | Czas brutto 49km | Gap | Pace min/km | Pace km/h |
|-------|------------------------------|------------|---|----------|------|--------------------|---------------------|----------------------|----------------|--------------|
| 40 | KOKOSZA Aleksander | 320 | | Open M | 35 | 05:31:57.60 | 05:32:05.85 | +01:38:52 (29.8%) | 6:46 | 8.9 (70.6%) |
| 41 | SZADŁOWSKI Dariusz | 378 | DRIM TIM | Open M | 36 | 05:33:50.00 | 05:33:51.00 | +01:40:38 (30.1%) | 6:48 | 8.8 (69.8%) |
| 42 | PASTWA Krzysztof | 358 | | Open M | 37 | 05:34:38.35 | 05:34:44.95 | +01:41:32 (30.3%) | 6:49 | 8.8 (69.8%) |
| 43 | MARCINIAK Mateusz | 340 | REZERWOWE PSY | Open M | 38 | 05:38:54.40 | 05:39:06.75 | +01:45:53 (31.2%) | 6:54 | 8.7 (69.0%) |
| 44 | WOSZTYL Alicja | 396 | | Open K | 6 | 05:39:08.60 | 05:39:11.85 | +01:45:58 (31.2%) | 6:55 | 8.7 (69.0%) |
| 45 | PODAWCA Łukasz | 362 | SZKOŁA PODOFICERSKA WOJSK LĄDOWYCH W POZNANIU | Open M | 39 | 05:39:09.10 | 05:39:11.95 | +01:45:59 (31.2%) | 6:55 | 8.7 (69.0%) |
| 46 | MATWIEJ Mariusz | 343 | DOMOWY KOŚCIÓŁ | Open M | 40 | 05:39:42.05 | 05:39:44.90 | +01:46:31 (31.4%) | 6:55 | 8.7 (69.0%) |
| 47 | DAMPS Katarzyna | 286 | | Open K | 7 | 05:43:08.10 | 05:43:19.50 | +01:50:06 (32.1%) | 7:00 | 8.6 (68.3%) |
| 48 | ROSIK Robert | 367 | | Open M | 41 | 05:45:15.75 | 05:45:23.20 | +01:52:10 (32.5%) | 7:02 | 8.5 (67.5%) |
| 49 | KOŁOMYJSKI Andrzej | 321 | | Open M | 42 | 05:45:41.35 | 05:45:52.85 | +01:52:39 (32.6%) | 7:03 | 8.5 (67.5%) |
| 50 | LEYK Daniel | 336 | LEYK TEAM | Open M | 43 | 05:45:42.55 | 05:45:57.05 | +01:52:44 (32.6%) | 7:03 | 8.5 (67.5%) |
| 51 | BIELEWICZ Anna | 273 | STOPA SŁUPSK | Open K | 8 | 05:47:45.80 | 05:47:53.95 | +01:54:41 (33.0%) | 7:05 | 8.5 (67.5%) |
| 52 | WALKOWSKI Tomasz | 386 | JACEK BIEGA RUNNING TEAM | Open M | 44 | 05:50:02.95 | 05:50:12.25 | +01:56:59 (33.4%) | 7:08 | 8.4 (66.7%) |
| 53 | KOPISZKA Tomasz | 322 | HUBERTUS BIAŁY BÓR | Open M | 45 | 05:50:55.60 | 05:51:02.55 | +01:57:49 (33.6%) | 7:09 | 8.4 (66.7%) |
| 54 | KOSIN Marcin | 323 | PGB SPORTOWA PACZKA | Open M | 46 | 05:56:00.25 | 05:56:05.25 | +02:02:52 (34.5%) | 7:15 | 8.3 (65.9%) |
| 55 | WILCZEK Marcin | 393 | | Open M | 47 | 05:56:51.00 | 05:56:57.85 | +02:03:44 (34.7%) | 7:16 | 8.2 (65.1%) |
| 56 | NUSZKIEWICZ Krzysztof | 355 | | Open M | 48 | 05:56:43.30 | 05:56:57.95 | +02:03:45 (34.7%) | 7:16 | 8.2 (65.1%) |
| 57 | KAŃSKI Tomasz | 313 | | Open M | 49 | 05:58:21.25 | 05:58:25.05 | +02:05:12 (34.9%) | 7:18 | 8.2 (65.1%) |
| 58 | ZERNIA Peter | 401 | | Open M | 50 | 06:01:31.55 | 06:01:35.65 | +02:08:22 (35.5%) | 7:22 | 8.1 (64.3%) |
| 59 | WIĄCEK Krzysztof | 390 | MADAS | Open M | 51 | 06:01:57.80 | 06:02:03.15 | +02:08:50 (35.6%) | 7:23 | 8.1 (64.3%) |
| 60 | CYSEWSKI Adam | 283 | BIEGAMY_OT_DZIELNIE_TEAM | Open M | 52 | 06:02:43.20 | 06:02:47.00 | +02:09:34 (35.7%) | 7:24 | 8.1 (64.3%) |
| 61 | ADRYAN Adam | 267 | | Open M | 53 | 06:04:10.70 | 06:04:18.90 | +02:11:05 (36.0%) | 7:25 | 8.1 (64.3%) |
| 62 | KOWALSKA Agnieszka | 325 | KOWALE TEAM | Open K | 9 | 06:05:20.35 | 06:05:25.35 | +02:12:12 (36.2%) | 7:27 | 8 (63.5%) |

| Place | Participant | Number | Club | Category | MCat | Net time 49km | Czas brutto 49km | Gap | Pace min/km | Pace km/h |
|-------|-----------------------------|------------|-------------------------|----------|------|--------------------|---------------------|----------------------|----------------|--------------|
| 63 | MONGIRD Ania | 345 | MONGIRD SP. Z O.O. | Open K | 10 | 06:06:34.75 | 06:06:39.95 | +02:13:27 (36.4%) | 7:28 | 8 (63.5%) |
| 64 | ŚWIETLIŃSKA Żaneta | 383 | | Open K | 11 | 06:06:41.50 | 06:06:47.60 | +02:13:34 (36.4%) | 7:29 | 8 (63.5%) |
| 65 | WIDAK Mateusz | 392 | | Open M | 54 | 06:10:02.75 | 06:10:11.55 | +02:16:58 (37.0%) | 7:33 | 7.9 (62.7%) |
| 66 | SKWIOT Stanisław | 372 | TAKA RYBA | Open M | 55 | 06:10:12.75 | 06:10:16.55 | +02:17:03 (37.0%) | 7:33 | 7.9 (62.7%) |
| 67 | MANTHEY Krzysztof | 339 | | Open M | 56 | 06:10:44.60 | 06:10:48.15 | +02:17:35 (37.1%) | 7:33 | 7.9 (62.7%) |
| 68 | PROCHNO Piotr | 363 | ANWIL TEAM | Open M | 57 | 06:13:16.75 | 06:13:19.60 | +02:20:06 (37.5%) | 7:37 | 7.9 (62.7%) |
| 69 | ADAMCZYK Marcin | 266 | | Open M | 58 | 06:13:42.95 | 06:13:47.20 | +02:20:34 (37.6%) | 7:37 | 7.9 (62.7%) |
| 70 | SOŁTYSIAK Natalia | 373 | | Open K | 12 | 06:15:44.75 | 06:15:56.05 | +02:22:43 (38.0%) | 7:40 | 7.8 (61.9%) |
| 71 | STOLINSKI Dominik | 377 | | Open M | 59 | 06:18:31.35 | 06:18:36.80 | +02:25:23 (38.4%) | 7:43 | 7.8 (61.9%) |
| 72 | GŁUSZEK Bożena | 297 | BODY IN MOTION | Open K | 13 | 06:19:14.70 | 06:19:24.60 | +02:26:11 (38.5%) | 7:44 | 7.8 (61.9%) |
| 73 | MURAWSKA Joanna | 350 | MIKI TEAM | Open K | 14 | 06:20:58.90 | 06:21:05.65 | +02:27:52 (38.8%) | 7:46 | 7.7 (61.1%) |
| 74 | BOGUMIŁOW Marcin | 275 | DECATHLON POWER SŁUPSK | Open M | 60 | 06:21:43.75 | 06:21:51.50 | +02:28:38 (38.9%) | 7:47 | 7.7 (61.1%) |
| 75 | KOZIBRODA Marcin | 328 | TEAM BIEGOWY SZCZECINEK | Open M | 61 | 06:23:13.20 | 06:23:18.90 | +02:30:05 (39.2%) | 7:49 | 7.7 (61.1%) |
| 76 | TYLUŚ Sylwia | 385 | TEAM BIEGOWY SZCZECINEK | Open K | 15 | 06:23:13.45 | 06:23:18.95 | +02:30:06 (39.2%) | 7:49 | 7.7 (61.1%) |
| 77 | FIGARSKA Anna | 290 | | Open K | 16 | 06:25:07.35 | 06:25:17.85 | +02:32:04 (39.5%) | 7:51 | 7.6 (60.3%) |
| 78 | PETRICZEK Wojciech | 359 | | Open M | 62 | 06:25:15.50 | 06:25:28.05 | +02:32:15 (39.5%) | 7:51 | 7.6 (60.3%) |
| 79 | JAWOROWICZ Dobrochna | 311 | KS PEGAZ | Open K | 17 | 06:25:26.50 | 06:25:34.40 | +02:32:21 (39.5%) | 7:51 | 7.6 (60.3%) |
| 80 | GÓRSKA Ilona | 301 | | Open K | 18 | 06:26:00.55 | 06:26:10.90 | +02:32:57 (39.6%) | 7:52 | 7.6 (60.3%) |
| 81 | KLICZEWSKA Katarzyna | 317 | | Open K | 19 | 06:27:55.95 | 06:28:09.65 | +02:34:56 (39.9%) | 7:55 | 7.6 (60.3%) |
| 82 | MARJAŃSKI Tomasz | 341 | | Open M | 63 | 06:28:27.00 | 06:28:33.35 | +02:35:20 (40.0%) | 7:55 | 7.6 (60.3%) |
| 83 | KANIEWSKI Michał | 312 | DZIKI DZIK TEAM | Open M | 64 | 06:28:26.60 | 06:28:37.55 | +02:35:24 (40.0%) | 7:55 | 7.6 (60.3%) |
| 84 | DASZCZYŃSKI Adam | 287 | ADASKO TEAM | Open M | 65 | 06:28:50.95 | 06:29:01.50 | +02:35:48 (40.1%) | 7:56 | 7.6 (60.3%) |
| 85 | GROTA Mariusz | 304 | AKTYWNA FABRYKA | Open M | 66 | 06:29:00.75 | 06:29:09.30 | +02:35:56 (40.1%) | 7:56 | 7.6 (60.3%) |

| Place | Participant | Number | Club | Category | MCat | Net time 49km | Czas brutto 49km | Gap | Pace min/km | Pace km/h |
|-------|------------------------------------|------------|----------------------------------|----------|------|--------------------|------------------------|----------------------|----------------|--------------|
| 86 | SIDOR Mariusz | 369 | DECATHLON POWER SŁUPSK | Open M | 67 | 06:29:05.80 | 06:29:14.15 | +02:36:01 (40.1%) | 7:56 | 7.6 (60.3%) |
| 87 | BANCEWICZ Radek | 269 | SALON KOSMETYCZNY DIAMENT SŁUPSK | Open M | 68 | 06:29:05.50 | 06:29:14.50 | +02:36:01 (40.1%) | 7:56 | 7.6 (60.3%) |
| 88 | WILCZYŃSKI Piotr | 394 | | Open M | 69 | 06:30:29.60 | 06:30:39.00 | +02:37:26 (40.3%) | 7:58 | 7.5 (59.5%) |
| 89 | MORZUCH Sylwia | 347 | JESZCZE NIE WIECZÓR | Open K | 20 | 06:31:52.05 | 06:31:54.70 | +02:38:41 (40.5%) | 7:59 | 7.5 (59.5%) |
| 90 | MYTYCH Kasia | 352 | | Open K | 21 | 06:33:26.60 | 06:33:39.15 | +02:40:26 (40.8%) | 8:01 | 7.5 (59.5%) |
| 91 | WEGNER Aneta | 387 | USB USTKA | Open K | 22 | 06:37:26.10 | 06:37:34.65 | +02:44:21 (41.3%) | 8:06 | 7.4 (58.7%) |
| 92 | GOLA Marek | 298 | | Open M | 70 | 06:38:39.35 | 06:38:48.65 | +02:45:35 (41.5%) | 8:08 | 7.4 (58.7%) |
| 93 | MOTOWIDŁO-ZAWADZKA Izabella | 349 | | Open K | 23 | 06:39:51.15 | 06:39:59.85 | +02:46:46 (41.7%) | 8:09 | 7.4 (58.7%) |
| 94 | MARKOWSKA Aleksandra | 342 | BIEGA ZIE | Open K | 24 | 06:40:09.35 | 06:40:20.15 | +02:47:07 (41.7%) | 8:10 | 7.3 (57.9%) |
| 95 | STANKIEWICZ Katarzyna | 375 | BIEGA ZIE | Open K | 25 | 06:40:09.25 | 06:40:20.25 | +02:47:07 (41.7%) | 8:09 | 7.3 (57.9%) |
| 96 | HETMAŃSKI Bartosz | 306 | | Open M | 71 | 06:42:33.25 | 06:42:37.65 | +02:49:24 (42.1%) | 8:12 | 7.3 (57.9%) |
| 97 | BORIS Aneta | 276 | | Open K | 26 | 06:44:45.60 | 06:44:59.15 | +02:51:46 (42.4%) | 8:15 | 7.3 (57.9%) |
| 98 | BORKOWSKI Adam | 277 | | Open M | 72 | 06:45:44.95 | 06:45:49.15 | +02:52:36 (42.5%) | 8:16 | 7.2 (57.1%) |
| 99 | MERING Leszek | 344 | | Open M | 73 | 06:46:15.15 | 06:46:18.70 | +02:53:05 (42.6%) | 8:17 | 7.2 (57.1%) |
| 100 | WICZUK Michał | 391 | RACEFIGHTER GOSIR DĘBE WIELKIE | Open M | 74 | 06:46:15.20 | 06:46:18.80 | +02:53:05 (42.6%) | 8:17 | 7.2 (57.1%) |
| 101 | GÓRECKA-MITORAJ Justyna | 300 | | Open K | 27 | 06:48:41.55 | 06:48:51.35 | +02:55:38 (43.0%) | 8:20 | 7.2 (57.1%) |
| 102 | REDZIMSKI Wojciech | 365 | | Open M | 75 | 06:48:41.60 | 06:48:52.55 | +02:55:39 (43.0%) | 8:20 | 7.2 (57.1%) |
| 103 | NOSTITZ-JACKOWSKI Mateusz | 353 | | Open M | 76 | 06:52:31.45 | 06:52:36.35 | +02:59:23 (43.5%) | 8:25 | 7.1 (56.3%) |
| 104 | GAWRYLIK Joanna | 296 | BIEGAM BO LUBIĘ BIAŁYSTOK | Open K | 28 | 06:55:11.10 | 06:55:18.85 | +03:02:05 (43.8%) | 8:28 | 7.1 (56.3%) |
| 105 | WENTA Michał | 388 | JESZCZE NIE ZAŁOŻYŁEM | Open M | 77 | 06:56:47.55 | 06:56:53.90 | +03:03:40 (44.1%) | 8:30 | 7.1 (56.3%) |
| 106 | OSTOJSKA Ewa | 357 | BIEGAMY RAZEM WŁADYSŁAWOWO | Open K | 29 | 06:56:53.95 | 06:56:59.70 | +03:03:46 (44.1%) | 8:30 | 7.1 (56.3%) |
| 107 | KEMPCZYŃSKI Piotr | 315 | RUNEDA/SKLEP BIEGACZA GDAŃSK | Open M | 78 | 06:57:56.30 | 06:58:03.15 | +03:04:50 (44.2%) | 8:31 | 7 (55.6%) |
| 108 | BOROWCZYK Andrzej | 278 | | Open M | 79 | 06:58:38.75 | 06:58:44.05 | +03:05:31 (44.3%) | 8:32 | 7 (55.6%) |

| Place | Participant | Number | Club | Category | MCat | Net time 49km | Czas brutto 49km | Gap | Pace min/km | Pace km/h |
|-------|---------------------------|------------|------------------|----------|------|--------------------|------------------------|----------------------|----------------|--------------|
| 109 | BRUSKI Jakub | 279 | | Open M | 80 | 06:59:24.30 | 06:59:31.55 | +03:06:18 (44.4%) | 8:33 | 7 (55.6%) |
| 110 | KISIEL Michał | 316 | | Open M | 81 | 07:01:23.10 | 07:01:30.65 | +03:08:17 (44.7%) | 8:35 | 7 (55.6%) |
| 111 | SAWUŁA Andrzej | 368 | BUŁA I SUCHAR | Open M | 82 | 07:03:26.40 | 07:03:31.10 | +03:10:18 (44.9%) | 8:38 | 6.9 (54.8%) |
| 112 | KRUK Jacek | 330 | | Open M | 83 | 07:05:46.05 | 07:05:50.95 | +03:12:38 (45.2%) | 8:41 | 6.9 (54.8%) |
| 113 | WYSOCKI Wojciech | 399 | | Open M | 84 | 07:12:37.00 | 07:12:49.45 | +03:19:36 (46.1%) | 8:49 | 6.8 (54.0%) |
| 114 | MAJEWSKA Anna | 337 | AKG ŁÓDŹ | Open K | 30 | 07:15:50.70 | 07:16:00.15 | +03:22:47 (46.5%) | 8:53 | 6.7 (53.2%) |
| 115 | JACHYMSKI Ignacy | 308 | AKG ŁÓDŹ | Open M | 85 | 07:15:49.95 | 07:16:00.20 | +03:22:47 (46.5%) | 8:53 | 6.7 (53.2%) |
| 116 | SPISAK Tomasz | 374 | FTW | Open M | 86 | 07:41:40.85 | 07:41:55.10 | +03:48:42 (49.5%) | 9:25 | 6.4 (50.8%) |
| 117 | CHALASTRA Michał | 281 | MIKI TEAM | Open M | 87 | 07:43:03.20 | 07:43:10.65 | +03:49:57 (49.6%) | 9:27 | 6.3 (50.0%) |
| 118 | LAMCHA Anna | 334 | GRUPA BIEGOWA 65 | Open K | 31 | 07:46:26.80 | 07:46:30.25 | +03:53:17 (50.0%) | 9:31 | 6.3 (50.0%) |
| 119 | OLECHNOWICZ Maciej | 404 | | Open M | 88 | 07:54:30.05 | 07:54:40.45 | +04:01:27 (50.9%) | 9:41 | 6.2 (49.2%) |
| | KWIATKOWSKA Alicja | 331 | MAŁE LWY | Open K | | DNF | DNF | - | - | - (0.0%) |

Total 120 results.