



LOTTO POZNAŃSKI CZERWIEC '56 – BIEG PAMIĘCI 8 KM

B4SPORT

Wydarzenie: LOTTO POZNAŃSKI CZERWIEC '56 – BIEG PAMIĘCI
Organizator: APS AGENCY Sp. z o.o. Sp.k.
Data: 2023-06-25
Miejsce: POZNAŃ
Dystans: 8 km

B4SPORT
INTELEGNTE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | Pętla 4km | Czas netto 8km | Czas brutto 8km | Różn | Tempo min/km | Tempo km/h |
|-----|---------------------|-------|---|-------------------|------|-------------|-----------|----------------|-----------------|----------------------|--------------|-----------------|
| 1 | -- | 1081 | | OPEN Mężczyźni | 1 | 00:00:01 | 00:13:35 | 00:27:04.60 | 00:27:06.15 | | 3:23 | 17.7 (100%) |
| 2 | KLIKS Przemysław | 886 | | OPEN Mężczyźni | 2 | 00:00:01 | 00:14:02 | 00:28:09.10 | 00:28:10.60 | +00:01:04 (3.8%) | 3:31 | 17.1 (96.6%) |
| 3 | MESSINA Claudio | 964 | PLUSPORT POZNAŃ | OPEN Mężczyźni | 3 | 00:00:01 | 00:13:50 | 00:28:26.10 | 00:28:27.40 | +00:01:21 (4.8%) | 3:33 | 16.9 (95.5%) |
| 4 | PLUCIŃSKI Radosław | 540 | PARKRUN JEZIORO SWARZĘDZKIE | OPEN Mężczyźni | 4 | 00:00:01 | 00:14:14 | 00:28:42.60 | 00:28:43.80 | +00:01:38 (5.7%) | 3:35 | 16.7 (94.4%) |
| 5 | KACZMAREK Fryderyk | 978 | STEFANOWICZ RUNNING ACADEMY | OPEN Mężczyźni | 5 | 00:00:01 | 00:14:13 | 00:29:16.15 | 00:29:17.25 | +00:02:11 (7.5%) | 3:39 | 16.4 (92.7%) |
| 6 | PERZ Krzysztof | 1028 | | OPEN Mężczyźni | 6 | 00:00:00 | 00:14:03 | 00:29:30.55 | 00:29:31.50 | +00:02:25 (8.2%) | 3:41 | 16.3 (92.1%) |
| 7 | LORENZ Daniel | 735 | KIBOLSKI KS | OPEN Mężczyźni | 7 | 00:00:01 | 00:15:01 | 00:30:23.20 | 00:30:24.70 | +00:03:18 (10.9%) | 3:47 | 15.8 (89.3%) |
| 8 | URBAŃCZYK Grzegorz | 923 | FOR RUN TEAM | OPEN Mężczyźni | 8 | 00:00:02 | 00:15:22 | 00:30:50.40 | 00:30:53.10 | +00:03:45 (12.2%) | 3:51 | 15.6 (88.1%) |
| 9 | PUDLISZEWSKI Ignacy | 1035 | SZYMANOWSKI TEAM | OPEN Mężczyźni | 9 | 00:00:02 | 00:14:52 | 00:31:21.15 | 00:31:23.40 | +00:04:16 (13.6%) | 3:55 | 15.3 (86.4%) |
| 10 | GOLAK Marcin | 1046 | | OPEN Mężczyźni | 10 | 00:00:03 | 00:15:20 | 00:31:24.55 | 00:31:28.30 | +00:04:19 (13.8%) | 3:55 | 15.3 (86.4%) |
| 11 | JEZERSKI Grzegorz | 833 | NSZZ SOLIDARNOŚĆ REGION WIELKOPOLSKA | OPEN Mężczyźni | 11 | 00:00:01 | 00:15:36 | 00:32:02.30 | 00:32:04.20 | +00:04:57 (15.5%) | 4:00 | 15 (84.7%) |
| 12 | JAKÓBCZYK Martyna | 936 | ADIDAS RUNNERS POZNAŃ | OPEN Kobiety | 1 | 00:00:03 | 00:16:08 | 00:32:27.10 | 00:32:30.30 | +00:05:22 (16.6%) | 4:03 | 14.8 (83.6%) |
| 13 | BOBECKI Patryk | 712 | 31. BAZA LOTNICTWA TAKTYCZNEGO/ WITKOWO BIEGA | OPEN Mężczyźni | 12 | 00:00:02 | 00:15:58 | 00:32:31.90 | 00:32:34.00 | +00:05:27 (16.8%) | 4:03 | 14.8 (83.6%) |
| 14 | KALTSAS Maciej | 793 | YUGO TEAM | OPEN Mężczyźni | 13 | 00:00:07 | 00:16:12 | 00:32:46.25 | 00:32:54.05 | +00:05:41 (17.4%) | 4:05 | 14.6 (82.5%) |
| 15 | CZARNOGÓRSKI Hubert | 729 | | OPEN Mężczyźni | 14 | 00:00:04 | 00:16:25 | 00:33:00.05 | 00:33:04.45 | +00:05:55 (18.0%) | 4:07 | 14.5 (81.9%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | Pętla 4km | Czas netto 8km | Czas brutto 8km | Różn | Tempo min/km | Tempo km/h |
|-----|----------------------------------|-------------|---------------------|----------------|------|-------------|-----------|--------------------|--------------------|-------------------|--------------|--------------|
| 16 | ADAMCZAK Adrian | 795 | KĘSY TEAM | OPEN Mężczyźni | 15 | 00:00:03 | 00:16:06 | 00:33:13.30 | 00:33:16.95 | +00:06:08 (18.5%) | 4:09 | 14.5 (81.9%) |
| 17 | FLIEGNER Tomasz | 521 | | OPEN Mężczyźni | 16 | 00:00:09 | 00:15:47 | 00:33:14.10 | 00:33:24.05 | +00:06:09 (18.5%) | 4:09 | 14.4 (81.4%) |
| 18 | LUTOMSKA Dorota | 530 | OFIX.PL BIKE TEAM | OPEN Kobiety | 2 | 00:00:02 | 00:16:42 | 00:33:33.60 | 00:33:36.00 | +00:06:29 (19.3%) | 4:11 | 14.3 (80.8%) |
| 19 | WASECKI Artur | 578 | | OPEN Mężczyźni | 17 | 00:00:05 | 00:16:49 | 00:33:46.05 | 00:33:51.40 | +00:06:41 (19.8%) | 4:13 | 14.2 (80.2%) |
| 20 | HURYSZ Radosław | 908 | | OPEN Mężczyźni | 18 | 00:00:05 | 00:16:50 | 00:33:47.45 | 00:33:52.45 | +00:06:42 (19.9%) | 4:13 | 14.2 (80.2%) |
| 21 | WIŚNIEWSKI Tymon | 739 | | OPEN Mężczyźni | 19 | 00:00:07 | 00:16:45 | 00:34:23.95 | 00:34:31.90 | +00:07:19 (21.3%) | 4:17 | 14 (79.1%) |
| 22 | CHARKOT Piotr | 876 | | OPEN Mężczyźni | 20 | 00:00:12 | 00:16:32 | 00:34:34.15 | 00:34:46.95 | +00:07:29 (21.7%) | 4:19 | 13.9 (78.5%) |
| 23 | JANIAK Kamil | 614 | TURBO COLA TEAM | OPEN Mężczyźni | 21 | 00:00:12 | 00:17:00 | 00:34:47.85 | 00:35:00.45 | +00:07:43 (22.2%) | 4:20 | 13.8 (78.0%) |
| 24 | WOJTAK Jakub | 899 | | OPEN Mężczyźni | 22 | 00:00:08 | 00:17:05 | 00:34:52.10 | 00:35:00.70 | +00:07:47 (22.3%) | 4:21 | 13.8 (78.0%) |
| 25 | FABIAŃSKI Andrzej | 912 | | OPEN Mężczyźni | 23 | 00:00:03 | 00:16:57 | 00:35:03.15 | 00:35:06.55 | +00:07:58 (22.8%) | 4:22 | 13.7 (77.4%) |
| 26 | KENTZER-NOWAKOWSKI Marcin | 855 | HCP | OPEN Mężczyźni | 24 | 00:00:05 | 00:16:51 | 00:35:05.05 | 00:35:10.60 | +00:08:00 (22.8%) | 4:23 | 13.7 (77.4%) |
| 27 | SZAFRANEK Krzysztof | 1096 | MAVERICKS | OPEN Mężczyźni | 25 | 00:00:16 | 00:17:25 | 00:35:13.40 | 00:35:29.80 | +00:08:08 (23.1%) | 4:24 | 13.6 (76.8%) |
| 28 | MACHUCKI Kamil | 1001 | | OPEN Mężczyźni | 26 | 00:00:06 | 00:17:51 | 00:35:33.50 | 00:35:40.10 | +00:08:28 (23.9%) | 4:26 | 13.5 (76.3%) |
| 29 | MELLER Lukasz | 942 | | OPEN Mężczyźni | 27 | 00:00:05 | 00:17:29 | 00:35:41.10 | 00:35:46.25 | +00:08:36 (24.1%) | 4:27 | 13.5 (76.3%) |
| 30 | OSMÓLSKI Robert | 569 | | OPEN Mężczyźni | 28 | 00:00:03 | 00:17:50 | 00:35:46.05 | 00:35:49.15 | +00:08:41 (24.3%) | 4:28 | 13.4 (75.7%) |
| 31 | SZYMAŃSKI Maciek | 771 | PĘDZĄCY GACUŚ | OPEN Mężczyźni | 29 | 00:00:08 | 00:17:12 | 00:36:00.30 | 00:36:09.20 | +00:08:55 (24.8%) | 4:30 | 13.3 (75.1%) |
| 32 | PYTLAK Bartosz | 977 | | OPEN Mężczyźni | 30 | 00:01:16 | 00:17:55 | 00:36:02.65 | 00:37:18.65 | +00:08:58 (24.9%) | 4:30 | 13.3 (75.1%) |
| 33 | PERA Wiesław | 804 | SANPOL SPORT TEAM | OPEN Mężczyźni | 31 | 00:00:17 | 00:18:12 | 00:36:10.15 | 00:36:27.85 | +00:09:05 (25.1%) | 4:31 | 13.3 (75.1%) |
| 34 | SZAFRAN Michał | 587 | RANKOR ATHLETICS | OPEN Mężczyźni | 32 | 00:00:13 | 00:17:43 | 00:36:12.50 | 00:36:25.95 | +00:09:07 (25.2%) | 4:31 | 13.3 (75.1%) |
| 35 | NIEWIEM Patryk | 1009 | | OPEN Mężczyźni | 33 | 00:00:25 | 00:17:57 | 00:36:13.75 | 00:36:38.85 | +00:09:09 (25.3%) | 4:31 | 13.3 (75.1%) |
| 36 | BARAŃSKI Piotr | 802 | NIGHT RUNNERS/231GO | OPEN Mężczyźni | 34 | 00:00:06 | 00:17:20 | 00:36:16.00 | 00:36:22.05 | +00:09:11 (25.3%) | 4:32 | 13.2 (74.6%) |
| 37 | URBAN Maciej | 513 | | OPEN Mężczyźni | 35 | 00:00:11 | 00:17:59 | 00:36:23.80 | 00:36:34.90 | +00:09:19 (25.6%) | 4:32 | 13.2 (74.6%) |
| 38 | WOŹNIAK Bartosz | 604 | | OPEN Mężczyźni | 36 | 00:00:24 | 00:18:28 | 00:36:32.05 | 00:36:56.20 | +00:09:27 (25.9%) | 4:34 | 13.1 (74.0%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | Pętla 4km | Czas netto 8km | Czas brutto 8km | Różn | Tempo min/km | Tempo km/h |
|-----|---------------------------------|-------------|--------------------------------------|-------------------|------|-------------|-----------|--------------------|--------------------|----------------------|--------------|-----------------|
| 39 | ŻARNOWSKI Dawid | 859 | H. CEGIELSKI - POZNAŃ SPÓŁKA AKCYJNA | OPEN Mężczyźni | 37 | 00:00:06 | 00:17:38 | 00:36:33.50 | 00:36:39.60 | +00:09:28 (25.9%) | 4:34 | 13.1 (74.0%) |
| 40 | RYBARCZYK Roman | 791 | #BIEGIEMWLAS | OPEN Mężczyźni | 38 | 00:00:03 | 00:17:56 | 00:36:39.70 | 00:36:43.50 | +00:09:35 (26.1%) | 4:34 | 13.1 (74.0%) |
| 41 | FABISIAK Szymon | 985 | FABIS TEAM | OPEN Mężczyźni | 39 | 00:00:03 | 00:18:04 | 00:36:45.10 | 00:36:48.15 | +00:09:40 (26.3%) | 4:35 | 13.1 (74.0%) |
| 42 | BIELEWICZ Radosław | 577 | | OPEN Mężczyźni | 40 | 00:00:05 | 00:17:51 | 00:36:46.50 | 00:36:51.50 | +00:09:41 (26.4%) | 4:35 | 13.1 (74.0%) |
| 43 | WALKOWIAK Krystian | 584 | | OPEN Mężczyźni | 41 | 00:00:44 | 00:18:47 | 00:37:02.75 | 00:37:47.30 | +00:09:58 (26.9%) | 4:37 | 13 (73.4%) |
| 44 | FÓRMANEK Piotr | 639 | | OPEN Mężczyźni | 42 | 00:00:35 | 00:18:04 | 00:37:05.50 | 00:37:41.15 | +00:10:00 (27.0%) | 4:38 | 12.9 (72.9%) |
| 45 | ALEKSANDROWICZ Krzysztof | 837 | NSZZ SOLIDARNOŚĆ WIELKOPOLSKA | OPEN Mężczyźni | 43 | 00:00:52 | 00:18:47 | 00:37:06.40 | 00:37:58.80 | +00:10:01 (27.0%) | 4:38 | 12.9 (72.9%) |
| 46 | KLÓJ Łukasz | 980 | NIEZRZESZONY - POZNAŃ | OPEN Mężczyźni | 44 | 00:00:03 | 00:18:53 | 00:37:07.00 | 00:37:10.05 | +00:10:02 (27.0%) | 4:38 | 12.9 (72.9%) |
| 47 | PAWLAK Kamila | 952 | BIEGAM BO LUBIĘ | OPEN Mężczyźni | 45 | 00:00:05 | 00:18:19 | 00:37:12.05 | 00:37:17.80 | +00:10:07 (27.2%) | 4:39 | 12.9 (72.9%) |
| 48 | KAŹMIERCZAK Rafał | 945 | JESTEM OD ROMKA | OPEN Mężczyźni | 46 | 00:00:05 | 00:17:52 | 00:37:16.30 | 00:37:22.20 | +00:10:11 (27.4%) | 4:39 | 12.9 (72.9%) |
| 49 | FRANKOWSKI Andrzej | 645 | | OPEN Mężczyźni | 47 | 00:00:11 | 00:18:15 | 00:37:19.45 | 00:37:31.35 | +00:10:14 (27.5%) | 4:39 | 12.9 (72.9%) |
| 50 | RATAJ Robert | 1052 | POLONIA ŚRODA | OPEN Mężczyźni | 48 | 00:00:21 | 00:18:34 | 00:37:21.30 | 00:37:43.00 | +00:10:16 (27.5%) | 4:40 | 12.9 (72.9%) |
| 51 | PAWLIK Piotr | 816 | ENEA TEAM | OPEN Mężczyźni | 49 | 00:00:31 | 00:18:46 | 00:37:23.75 | 00:37:54.75 | +00:10:19 (27.6%) | 4:40 | 12.8 (72.3%) |
| 52 | WEBER Paweł | 885 | REHAU CROSSACTIVE | OPEN Mężczyźni | 50 | 00:01:08 | 00:18:52 | 00:37:24.65 | 00:38:32.95 | +00:10:20 (27.6%) | 4:40 | 12.8 (72.3%) |
| 53 | FRANKOWSKI Łukasz | 644 | | OPEN Mężczyźni | 51 | 00:00:05 | 00:18:21 | 00:37:26.65 | 00:37:31.65 | +00:10:22 (27.7%) | 4:40 | 12.8 (72.3%) |
| 54 | KRYGIER Paweł | 1004 | | OPEN Mężczyźni | 52 | 00:00:06 | 00:18:24 | 00:37:33.45 | 00:37:39.75 | +00:10:28 (27.9%) | 4:41 | 12.8 (72.3%) |
| 55 | MARCINEK Tomasz | 881 | FPS | OPEN Mężczyźni | 53 | 00:00:05 | 00:18:32 | 00:37:36.25 | 00:37:41.25 | +00:10:31 (28.0%) | 4:42 | 12.8 (72.3%) |
| 56 | PLUTA Marcin | 651 | KS HADES POZNAŃ | OPEN Mężczyźni | 54 | 00:00:39 | 00:17:51 | 00:37:37.30 | 00:38:17.25 | +00:10:32 (28.0%) | 4:42 | 12.8 (72.3%) |
| 57 | FELINIAK Daniel | 555 | | OPEN Mężczyźni | 55 | 00:00:10 | 00:18:27 | 00:37:47.60 | 00:37:57.80 | +00:10:43 (28.4%) | 4:43 | 12.7 (71.8%) |
| 58 | PIPCZYŃSKI Sławomir | 568 | | OPEN Mężczyźni | 56 | 00:00:05 | 00:19:03 | 00:37:48.15 | 00:37:53.15 | +00:10:43 (28.4%) | 4:43 | 12.7 (71.8%) |
| 59 | KAMYSZEK Grześ | 927 | | OPEN Mężczyźni | 57 | 00:01:05 | 00:19:13 | 00:37:49.70 | 00:38:54.85 | +00:10:45 (28.4%) | 4:43 | 12.7 (71.8%) |
| 60 | GOŹDZIEWSKA Karolina | 1016 | | OPEN Kobiety | 3 | 00:00:05 | 00:18:30 | 00:37:56.10 | 00:38:01.40 | +00:10:51 (28.6%) | 4:44 | 12.7 (71.8%) |
| 61 | JUNIK Oskar | 1038 | | OPEN Mężczyźni | 58 | 00:00:21 | 00:18:58 | 00:38:04.10 | 00:38:25.80 | +00:10:59 (28.9%) | 4:45 | 12.6 (71.2%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | Pętla 4km | Czas netto 8km | Czas brutto 8km | Różn | Tempo min/km | Tempo km/h |
|-----|-------------------------------|------------|-------------------|-------------------|------|-------------|-----------|--------------------|--------------------|----------------------|--------------|-----------------|
| 62 | IDZIAK Przemysław | 734 | | OPEN Mężczyźni | 59 | 00:00:04 | 00:18:34 | 00:38:05.75 | 00:38:10.20 | +00:11:01 (28.9%) | 4:45 | 12.6 (71.2%) |
| 63 | WIECZOREK Mirosław | 797 | PARKRUN POLSKA | OPEN Mężczyźni | 60 | 00:00:01 | 00:18:21 | 00:38:14.25 | 00:38:15.55 | +00:11:09 (29.2%) | 4:46 | 12.6 (71.2%) |
| 64 | DUDZIŃSKI Michał | 757 | | OPEN Mężczyźni | 61 | 00:01:04 | 00:18:42 | 00:38:17.80 | 00:39:22.65 | +00:11:13 (29.3%) | 4:47 | 12.5 (70.6%) |
| 65 | NALEPA Krzysztof | 806 | SANPOL SPORT TEAM | OPEN Mężczyźni | 62 | 00:00:18 | 00:19:02 | 00:38:22.50 | 00:38:41.20 | +00:11:17 (29.4%) | 4:47 | 12.5 (70.6%) |
| 66 | BLIJ Bartosz | 840 | | OPEN Mężczyźni | 63 | 00:00:14 | 00:19:05 | 00:38:31.30 | 00:38:46.10 | +00:11:26 (29.7%) | 4:48 | 12.5 (70.6%) |
| 67 | MALICKI Przemysław | 944 | | OPEN Mężczyźni | 64 | 00:00:05 | 00:18:39 | 00:38:36.70 | 00:38:41.70 | +00:11:32 (29.9%) | 4:49 | 12.4 (70.1%) |
| 68 | SILSKI Artur | 531 | | OPEN Mężczyźni | 65 | 00:00:57 | 00:19:08 | 00:38:38.00 | 00:39:35.20 | +00:11:33 (29.9%) | 4:49 | 12.4 (70.1%) |
| 69 | LIS Wojciech | 509 | FOX RUNNERS | OPEN Mężczyźni | 66 | 00:00:13 | 00:19:04 | 00:38:38.55 | 00:38:52.30 | +00:11:33 (29.9%) | 4:49 | 12.4 (70.1%) |
| 70 | STANIEWSKI Michał | 883 | | OPEN Mężczyźni | 67 | 00:00:27 | 00:19:13 | 00:38:49.10 | 00:39:16.70 | +00:11:44 (30.2%) | 4:51 | 12.4 (70.1%) |
| 71 | WIŚNIEWSKI Łukasz | 888 | | OPEN Mężczyźni | 68 | 00:00:29 | 00:18:47 | 00:38:50.05 | 00:39:19.60 | +00:11:45 (30.3%) | 4:51 | 12.4 (70.1%) |
| 72 | BOREK Tymoteusz | 909 | LOTTO | OPEN Mężczyźni | 69 | 00:00:05 | 00:19:49 | 00:38:50.20 | 00:38:55.20 | +00:11:45 (30.3%) | 4:51 | 12.4 (70.1%) |
| 73 | CHMIELEWSKI Waldemar | 674 | | OPEN Mężczyźni | 70 | 00:00:32 | 00:18:46 | 00:38:57.90 | 00:39:30.10 | +00:11:53 (30.5%) | 4:52 | 12.3 (69.5%) |
| 74 | MATYSIAK Maciej | 633 | | OPEN Mężczyźni | 71 | 00:00:22 | 00:18:42 | 00:39:04.75 | 00:39:26.95 | +00:12:00 (30.7%) | 4:53 | 12.3 (69.5%) |
| 75 | SOBOLEWSKA Magdalena | 916 | MINIONKI DACHSERA | OPEN Kobiety | 4 | 00:00:58 | 00:19:09 | 00:39:08.10 | 00:40:06.20 | +00:12:03 (30.8%) | 4:53 | 12.3 (69.5%) |
| 76 | JĘDRZEJCZAK Mieczysław | 966 | | OPEN Mężczyźni | 72 | 00:00:24 | 00:18:06 | 00:39:09.20 | 00:39:34.10 | +00:12:04 (30.8%) | 4:53 | 12.3 (69.5%) |
| 77 | KRÓL Michał | 694 | | OPEN Mężczyźni | 73 | 00:00:23 | 00:19:33 | 00:39:15.65 | 00:39:39.55 | +00:12:11 (31.0%) | 4:54 | 12.2 (68.9%) |
| 78 | KOZAJDA Damian | 652 | CSWL | OPEN Mężczyźni | 74 | 00:00:52 | 00:18:45 | 00:39:23.05 | 00:40:15.95 | +00:12:18 (31.2%) | 4:55 | 12.2 (68.9%) |
| 79 | SZCZEPANIAK Patryk | 719 | | OPEN Mężczyźni | 75 | 00:00:25 | 00:19:33 | 00:39:25.75 | 00:39:50.80 | +00:12:21 (31.3%) | 4:55 | 12.2 (68.9%) |
| 80 | MICHAŁEK Marian | 641 | | OPEN Mężczyźni | 76 | 00:00:11 | 00:19:19 | 00:39:28.60 | 00:39:40.50 | +00:12:24 (31.4%) | 4:56 | 12.2 (68.9%) |
| 81 | KASZUBOWSKI Michał | 541 | RATAJSCY FANATYCY | OPEN Mężczyźni | 77 | 00:01:08 | 00:20:50 | 00:39:33.40 | 00:40:42.35 | +00:12:28 (31.5%) | 4:56 | 12.1 (68.4%) |
| 82 | SIKORA Piotr | 864 | FC CZEMPIŃ | OPEN Mężczyźni | 78 | 00:00:48 | 00:20:16 | 00:39:33.50 | 00:40:21.50 | +00:12:28 (31.6%) | 4:56 | 12.1 (68.4%) |
| 83 | CIESIELSKI Krystian | 500 | | OPEN Mężczyźni | 79 | 00:00:08 | 00:18:54 | 00:39:34.20 | 00:39:42.85 | +00:12:29 (31.6%) | 4:56 | 12.1 (68.4%) |
| 84 | MICHALAK Henryk | 701 | MAVERICKS | OPEN Mężczyźni | 80 | 00:00:16 | 00:19:23 | 00:39:36.15 | 00:39:52.95 | +00:12:31 (31.6%) | 4:57 | 12.1 (68.4%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | Pętla 4km | Czas netto 8km | Czas brutto 8km | Różn | Tempo min/km | Tempo km/h |
|-----|-----------------------------|-------------|----------------------|-------------------|------|-------------|-----------|--------------------|--------------------|----------------------|--------------|-----------------|
| 85 | SZAŁEK Dariusz | 598 | | OPEN Mężczyźni | 81 | 00:00:08 | 00:19:22 | 00:39:37.65 | 00:39:45.90 | +00:12:33 (31.7%) | 4:57 | 12.1 (68.4%) |
| 86 | ADAMCZAK Michał | 702 | | OPEN Mężczyźni | 82 | 00:01:23 | 00:19:27 | 00:39:37.90 | 00:41:01.60 | +00:12:33 (31.7%) | 4:57 | 12.1 (68.4%) |
| 87 | MAŁOLEPSZY Jarosław | 990 | TOPÓR | OPEN Mężczyźni | 83 | 00:01:21 | 00:19:47 | 00:39:41.15 | 00:41:02.35 | +00:12:36 (31.8%) | 4:57 | 12.1 (68.4%) |
| 88 | GRZYL Edmund | 765 | | OPEN Mężczyźni | 84 | 00:00:02 | 00:18:55 | 00:39:45.15 | 00:39:47.95 | +00:12:40 (31.9%) | 4:58 | 12.1 (68.4%) |
| 89 | WLASZCZYK Tomasz | 776 | SWARZĘDZ | OPEN Mężczyźni | 85 | 00:00:05 | 00:18:25 | 00:39:45.80 | 00:39:50.80 | +00:12:41 (31.9%) | 4:58 | 12.1 (68.4%) |
| 90 | WITEK Bogusław | 961 | | OPEN Mężczyźni | 86 | 00:01:18 | 00:19:40 | 00:39:47.50 | 00:41:06.20 | +00:12:42 (32.0%) | 4:58 | 12.1 (68.4%) |
| 91 | KARCZEWSKI Tomasz | 1029 | | OPEN Mężczyźni | 87 | 00:00:48 | 00:20:00 | 00:39:52.35 | 00:40:40.55 | +00:12:47 (32.1%) | 4:59 | 12 (67.8%) |
| 92 | CIESIELSKI Dawid | 787 | | OPEN Mężczyźni | 88 | 00:00:07 | 00:18:53 | 00:39:53.40 | 00:40:00.40 | +00:12:48 (32.1%) | 4:59 | 12 (67.8%) |
| 93 | ECHAUST Łukasz | 600 | | OPEN Mężczyźni | 89 | 00:00:32 | 00:19:55 | 00:39:57.70 | 00:40:29.80 | +00:12:53 (32.2%) | 4:59 | 12 (67.8%) |
| 94 | WOJCIECHOWSKI Konrad | 868 | | OPEN Mężczyźni | 90 | 00:00:45 | 00:20:11 | 00:39:57.90 | 00:40:43.60 | +00:12:53 (32.2%) | 4:59 | 12 (67.8%) |
| 95 | ADAMCZYK Jakub | 988 | | OPEN Mężczyźni | 91 | 00:00:37 | 00:20:39 | 00:40:01.90 | 00:40:38.90 | +00:12:57 (32.4%) | 5:00 | 12 (67.8%) |
| 96 | KOSZNIK Mikołaj | 878 | ZŁOMIARZ TEAM GDAŃSK | OPEN Mężczyźni | 92 | 00:01:10 | 00:20:05 | 00:40:04.25 | 00:41:14.90 | +00:12:59 (32.4%) | 5:00 | 12 (67.8%) |
| 97 | KUBACZYK Adam | 1037 | | OPEN Mężczyźni | 93 | 00:00:44 | 00:19:12 | 00:40:07.65 | 00:40:52.45 | +00:13:03 (32.5%) | 5:00 | 12 (67.8%) |
| 98 | STANI Robert | 529 | | OPEN Mężczyźni | 94 | 00:00:14 | 00:20:05 | 00:40:14.95 | 00:40:29.00 | +00:13:10 (32.7%) | 5:01 | 11.9 (67.2%) |
| 99 | PAWLAK Piotr | 705 | | OPEN Mężczyźni | 95 | 00:00:56 | 00:20:22 | 00:40:16.10 | 00:41:12.20 | +00:13:11 (32.8%) | 5:02 | 11.9 (67.2%) |
| 100 | JUŚKOWIAK Mariusz | 504 | | OPEN Mężczyźni | 96 | 00:00:04 | 00:19:37 | 00:40:20.80 | 00:40:25.50 | +00:13:16 (32.9%) | 5:02 | 11.9 (67.2%) |
| 101 | MAJEWSKA Nicola | 744 | | OPEN Kobiety | 5 | 00:00:47 | 00:19:54 | 00:40:28.30 | 00:41:16.10 | +00:13:23 (33.1%) | 5:03 | 11.9 (67.2%) |
| 102 | BOREK Maciej | 911 | | OPEN Mężczyźni | 97 | 00:00:44 | 00:20:06 | 00:40:29.55 | 00:41:14.25 | +00:13:24 (33.1%) | 5:03 | 11.9 (67.2%) |
| 103 | SZEWCZAK Mariusz | 732 | PCH RUN | OPEN Mężczyźni | 98 | 00:00:36 | 00:20:46 | 00:40:32.65 | 00:41:09.40 | +00:13:28 (33.2%) | 5:04 | 11.8 (66.7%) |
| 104 | WYDRA Mikołaj | 1026 | | OPEN Mężczyźni | 99 | 00:00:06 | 00:19:41 | 00:40:33.00 | 00:40:39.60 | +00:13:28 (33.2%) | 5:04 | 11.8 (66.7%) |
| 105 | MLECZAK Sebastian | 766 | KB DĘBIEC POZNAŃ | OPEN Mężczyźni | 100 | 00:00:18 | 00:20:11 | 00:40:36.90 | 00:40:55.40 | +00:13:32 (33.3%) | 5:04 | 11.8 (66.7%) |
| 106 | SIKORSKI Mariusz | 1025 | | OPEN Mężczyźni | 101 | 00:00:45 | 00:20:38 | 00:40:41.85 | 00:41:27.75 | +00:13:37 (33.5%) | 5:05 | 11.8 (66.7%) |
| 107 | PIASKOWSKI Damian | 518 | FC SZAMOTUŁY | OPEN Mężczyźni | 102 | 00:00:09 | 00:20:04 | 00:40:43.40 | 00:40:52.75 | +00:13:38 (33.5%) | 5:05 | 11.8 (66.7%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | Pętla 4km | Czas netto 8km | Czas brutto 8km | Różn | Tempo min/km | Tempo km/h |
|-----|-----------------------------|-------------|------------|-------------------|------|-------------|-----------|--------------------|--------------------|----------------------|--------------|-----------------|
| 108 | KRAJEWSKI Łukasz | 1049 | | OPEN Mężczyźni | 103 | 00:00:20 | 00:19:03 | 00:40:46.65 | 00:41:07.25 | +00:13:42 (33.6%) | 5:05 | 11.8 (66.7%) |
| 109 | ŚWIĄTKOWIAK Michał | 505 | | OPEN Mężczyźni | 104 | 00:00:08 | 00:19:16 | 00:40:49.50 | 00:40:58.10 | +00:13:44 (33.7%) | 5:06 | 11.8 (66.7%) |
| 110 | GODZINA Paweł | 658 | | OPEN Mężczyźni | 105 | 00:00:30 | 00:20:50 | 00:40:52.65 | 00:41:23.35 | +00:13:48 (33.8%) | 5:06 | 11.7 (66.1%) |
| 111 | KUCHARSKI Marcin | 586 | | OPEN Mężczyźni | 106 | 00:00:12 | 00:19:03 | 00:40:53.70 | 00:41:06.50 | +00:13:49 (33.8%) | 5:06 | 11.7 (66.1%) |
| 112 | PAPIEROWSKA Dagmara | 779 | | OPEN Kobiety | 6 | 00:00:20 | 00:20:40 | 00:40:55.65 | 00:41:16.10 | +00:13:51 (33.8%) | 5:06 | 11.7 (66.1%) |
| 113 | LIS Sebastian | 1021 | | OPEN Mężczyźni | 107 | 00:00:21 | 00:20:39 | 00:40:56.15 | 00:41:18.00 | +00:13:51 (33.9%) | 5:07 | 11.7 (66.1%) |
| 114 | SZCZURASZEK Maciej | 585 | | OPEN Mężczyźni | 108 | 00:00:34 | 00:20:20 | 00:40:56.35 | 00:41:31.10 | +00:13:51 (33.9%) | 5:07 | 11.7 (66.1%) |
| 115 | DURA Daniel | 707 | DEDE | OPEN Mężczyźni | 109 | 00:00:05 | 00:19:11 | 00:40:58.45 | 00:41:03.90 | +00:13:53 (33.9%) | 5:07 | 11.7 (66.1%) |
| 116 | DUBERT Artur | 654 | | OPEN Mężczyźni | 110 | 00:01:07 | 00:21:09 | 00:41:00.00 | 00:42:07.80 | +00:13:55 (34.0%) | 5:07 | 11.7 (66.1%) |
| 117 | NAGÓRSKI Krzysztof | 994 | | OPEN Mężczyźni | 111 | 00:00:18 | 00:19:17 | 00:41:04.25 | 00:41:22.30 | +00:13:59 (34.1%) | 5:08 | 11.7 (66.1%) |
| 118 | PRZYBYSZ Bartosz | 638 | | OPEN Mężczyźni | 112 | 00:00:21 | 00:19:56 | 00:41:04.45 | 00:41:25.65 | +00:13:59 (34.1%) | 5:08 | 11.7 (66.1%) |
| 119 | DON Robert | 760 | PRO366 | OPEN Mężczyźni | 113 | 00:00:28 | 00:20:13 | 00:41:05.55 | 00:41:33.70 | +00:14:00 (34.1%) | 5:08 | 11.7 (66.1%) |
| 120 | RYŻYCKI Tomasz | 1011 | | OPEN Mężczyźni | 114 | 00:00:03 | 00:18:44 | 00:41:10.35 | 00:41:13.70 | +00:14:05 (34.2%) | 5:08 | 11.7 (66.1%) |
| 121 | HAŁAS Paweł | 1045 | | OPEN Mężczyźni | 115 | 00:00:32 | 00:20:03 | 00:41:15.35 | 00:41:48.20 | +00:14:10 (34.4%) | 5:09 | 11.6 (65.5%) |
| 122 | DARCZ Błażej | 1150 | ENEA TEAM | OPEN Mężczyźni | 116 | 00:00:05 | 00:20:31 | 00:41:15.40 | 00:41:20.40 | +00:14:10 (34.4%) | 5:09 | 11.6 (65.5%) |
| 123 | KUDLIŃSKI Michał | 656 | | OPEN Mężczyźni | 117 | 00:00:34 | 00:20:44 | 00:41:16.00 | 00:41:50.55 | +00:14:11 (34.4%) | 5:09 | 11.6 (65.5%) |
| 124 | GARWACKI Grzegorz | 611 | RUNSTETICO | OPEN Mężczyźni | 118 | 00:00:44 | 00:19:55 | 00:41:17.75 | 00:42:01.95 | +00:14:13 (34.4%) | 5:09 | 11.6 (65.5%) |
| 125 | DROBNIK Krzysztof | 792 | | OPEN Mężczyźni | 119 | 00:00:41 | 00:20:08 | 00:41:29.35 | 00:42:10.55 | +00:14:24 (34.7%) | 5:11 | 11.6 (65.5%) |
| 126 | KUKUŁA Paweł | 889 | | OPEN Mężczyźni | 120 | 00:00:28 | 00:20:03 | 00:41:30.00 | 00:41:58.00 | +00:14:25 (34.8%) | 5:11 | 11.6 (65.5%) |
| 127 | SZYMAŃSKA Anna | 579 | | OPEN Kobiety | 7 | 00:00:08 | 00:20:52 | 00:41:41.40 | 00:41:49.50 | +00:14:36 (35.1%) | 5:12 | 11.5 (65.0%) |
| 128 | NAPIERAŁA Aleksander | 1015 | JAVANI | OPEN Mężczyźni | 121 | 00:00:13 | 00:19:41 | 00:41:45.60 | 00:41:58.75 | +00:14:41 (35.2%) | 5:13 | 11.5 (65.0%) |
| 129 | BIAŁAS Piotr | 900 | | OPEN Mężczyźni | 122 | 00:00:25 | 00:20:46 | 00:41:46.85 | 00:42:12.20 | +00:14:42 (35.2%) | 5:13 | 11.5 (65.0%) |
| 130 | KLIMAS Adrian | 510 | | OPEN Mężczyźni | 123 | 00:00:30 | 00:20:52 | 00:41:46.90 | 00:42:17.45 | +00:14:42 (35.2%) | 5:13 | 11.5 (65.0%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | Pętla 4km | Czas netto 8km | Czas brutto 8km | Różn | Tempo min/km | Tempo km/h |
|-----|--------------------------|-------|---|----------------|------|-------------|-----------|----------------|-----------------|-------------------|--------------|--------------|
| 131 | KACZMARCZYK Ariel | 861 | | OPEN Mężczyźni | 124 | 00:00:34 | 00:20:53 | 00:41:59.40 | 00:42:33.85 | +00:14:54 (35.5%) | 5:14 | 11.4 (64.4%) |
| 132 | TOMKOWIAK Jakub | 581 | | OPEN Mężczyźni | 125 | 00:00:32 | 00:21:29 | 00:42:01.25 | 00:42:33.65 | +00:14:56 (35.6%) | 5:15 | 11.4 (64.4%) |
| 133 | ŻYDOWICZ Michał | 721 | | OPEN Mężczyźni | 126 | 00:00:08 | 00:20:26 | 00:42:01.90 | 00:42:10.00 | +00:14:57 (35.6%) | 5:15 | 11.4 (64.4%) |
| 134 | KRZYCKA Katarzyna | 772 | KOMORNIKI MTB TEAM | OPEN Kobiety | 8 | 00:00:35 | 00:20:39 | 00:42:04.60 | 00:42:39.60 | +00:15:00 (35.6%) | 5:15 | 11.4 (64.4%) |
| 135 | TASAREK Bartosz | 634 | | OPEN Mężczyźni | 127 | 00:00:51 | 00:20:38 | 00:42:09.35 | 00:43:01.05 | +00:15:04 (35.8%) | 5:16 | 11.4 (64.4%) |
| 136 | KĘDZIORA Konrad | 1032 | | OPEN Mężczyźni | 128 | 00:00:15 | 00:20:28 | 00:42:11.35 | 00:42:26.45 | +00:15:06 (35.8%) | 5:16 | 11.4 (64.4%) |
| 137 | ADAMEK Adrian | 743 | | OPEN Mężczyźni | 129 | 00:01:10 | 00:22:22 | 00:42:13.85 | 00:43:23.90 | +00:15:09 (35.9%) | 5:16 | 11.4 (64.4%) |
| 138 | MACHOŃSKI Bartosz Borys | 813 | MALIS.PL | OPEN Mężczyźni | 130 | 00:01:02 | 00:22:10 | 00:42:14.10 | 00:43:16.90 | +00:15:09 (35.9%) | 5:16 | 11.4 (64.4%) |
| 139 | ROSZYK Paweł | 650 | JP BIEGAĆ Z PASJĄ | OPEN Mężczyźni | 131 | 00:00:03 | 00:20:27 | 00:42:18.45 | 00:42:22.15 | +00:15:13 (36.0%) | 5:17 | 11.3 (63.8%) |
| 140 | KOTERBA Piotr | 986 | 31BLT | OPEN Mężczyźni | 132 | 00:00:36 | 00:20:59 | 00:42:18.80 | 00:42:55.20 | +00:15:14 (36.0%) | 5:17 | 11.3 (63.8%) |
| 141 | SKONIECZNY Patryk | 956 | 33 BAZA LOTNICTWA TRANSPORTOWEGO POWIDZ | OPEN Mężczyźni | 133 | 00:00:42 | 00:20:14 | 00:42:20.90 | 00:43:03.85 | +00:15:16 (36.1%) | 5:17 | 11.3 (63.8%) |
| 142 | LEŚNIEWICZ Bartosz | 745 | | OPEN Mężczyźni | 134 | 00:00:32 | 00:20:42 | 00:42:21.95 | 00:42:54.55 | +00:15:17 (36.1%) | 5:17 | 11.3 (63.8%) |
| 143 | SKIBNIEWSKI Krzysztof | 726 | | OPEN Mężczyźni | 135 | 00:01:12 | 00:20:23 | 00:42:30.85 | 00:43:43.15 | +00:15:26 (36.3%) | 5:18 | 11.3 (63.8%) |
| 144 | PETRENKO Serhii | 583 | | OPEN Mężczyźni | 136 | 00:00:18 | 00:21:01 | 00:42:32.35 | 00:42:50.70 | +00:15:27 (36.3%) | 5:19 | 11.3 (63.8%) |
| 144 | FRASZ Tomasz | 1044 | | OPEN Mężczyźni | 136 | 00:01:06 | 00:22:12 | 00:42:32.35 | 00:43:38.40 | +00:15:27 (36.3%) | 5:19 | 11.3 (63.8%) |
| 146 | SZRON Rafał | 621 | | OPEN Mężczyźni | 138 | 00:00:14 | 00:21:44 | 00:42:35.65 | 00:42:50.05 | +00:15:31 (36.4%) | 5:19 | 11.3 (63.8%) |
| 147 | SMACHA Damian | 574 | NIEZRZESZONY | OPEN Mężczyźni | 139 | 00:00:47 | 00:20:41 | 00:42:37.30 | 00:43:24.85 | +00:15:32 (36.5%) | 5:19 | 11.3 (63.8%) |
| 148 | KULECZKA Michał | 754 | | OPEN Mężczyźni | 140 | 00:00:06 | 00:20:57 | 00:42:37.40 | 00:42:44.30 | +00:15:32 (36.5%) | 5:19 | 11.3 (63.8%) |
| 149 | WÓJCIK Łukasz | 588 | | OPEN Mężczyźni | 141 | 00:00:30 | 00:20:45 | 00:42:37.90 | 00:43:08.70 | +00:15:33 (36.5%) | 5:19 | 11.3 (63.8%) |
| 150 | PACHOLSKI Remigiusz | 549 | OSP OCIESZYN | OPEN Mężczyźni | 142 | 00:00:08 | 00:20:36 | 00:42:38.20 | 00:42:46.90 | +00:15:33 (36.5%) | 5:19 | 11.3 (63.8%) |
| 151 | SOBKOWIAK Sławomir Locco | 516 | WRONIECKI KLUB BIEGACZA | OPEN Mężczyźni | 143 | 00:01:13 | 00:22:11 | 00:42:38.95 | 00:43:52.70 | +00:15:34 (36.5%) | 5:19 | 11.3 (63.8%) |
| 152 | SKAŁECKI Grzegorz | 1010 | TGV CLUB KOŚCIAN | OPEN Mężczyźni | 144 | 00:00:23 | 00:21:40 | 00:42:48.05 | 00:43:11.45 | +00:15:43 (36.7%) | 5:21 | 11.2 (63.3%) |
| 153 | URBAN Leszek | 517 | | OPEN Mężczyźni | 145 | 00:00:12 | 00:20:51 | 00:42:49.00 | 00:43:01.35 | +00:15:44 (36.8%) | 5:21 | 11.2 (63.3%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | Pętla 4km | Czas netto 8km | Czas brutto 8km | Różn | Tempo min/km | Tempo km/h |
|-----|-----------------------------|-------------|-------------------------------|-------------------|------|-------------|-----------|--------------------|--------------------|----------------------|--------------|-----------------|
| 154 | ŁOJEWSKI Piotr | 725 | QUAY TEAM POZNAŃ | OPEN Mężczyźni | 146 | 00:01:18 | 00:21:11 | 00:42:52.00 | 00:44:10.70 | +00:15:47 (36.8%) | 5:21 | 11.2 (63.3%) |
| 155 | GRACZYK Patryk | 769 | | OPEN Mężczyźni | 147 | 00:01:01 | 00:21:46 | 00:42:55.15 | 00:43:57.00 | +00:15:50 (36.9%) | 5:21 | 11.2 (63.3%) |
| 156 | KOSIOREK Darek | 511 | | OPEN Mężczyźni | 148 | 00:00:32 | 00:20:57 | 00:42:55.90 | 00:43:28.60 | +00:15:51 (36.9%) | 5:21 | 11.2 (63.3%) |
| 157 | PAWLACZYK Jakub | 906 | KKSDWLKMD | OPEN Mężczyźni | 149 | 00:01:25 | 00:19:57 | 00:43:00.30 | 00:44:25.50 | +00:15:55 (37.0%) | 5:22 | 11.2 (63.3%) |
| 158 | TOKARZ Mariusz | 606 | | OPEN Mężczyźni | 150 | 00:00:15 | 00:20:53 | 00:43:02.35 | 00:43:17.80 | +00:15:57 (37.1%) | 5:22 | 11.2 (63.3%) |
| 159 | GRACZYK Artur | 536 | AG TRI | OPEN Mężczyźni | 151 | 00:00:02 | 00:20:40 | 00:43:05.30 | 00:43:07.70 | +00:16:00 (37.2%) | 5:23 | 11.1 (62.7%) |
| 160 | ŻMINKOWSKI Tomasz | 704 | | OPEN Mężczyźni | 152 | 00:00:53 | 00:21:31 | 00:43:07.60 | 00:44:01.00 | +00:16:03 (37.2%) | 5:23 | 11.1 (62.7%) |
| 161 | GRAJZER Mirosław | 824 | SANPOL | OPEN Mężczyźni | 153 | 00:00:15 | 00:20:18 | 00:43:10.65 | 00:43:26.10 | +00:16:06 (37.3%) | 5:23 | 11.1 (62.7%) |
| 162 | KOTECKI Michał | 1036 | | OPEN Mężczyźni | 154 | 00:00:49 | 00:21:36 | 00:43:19.30 | 00:44:08.55 | +00:16:14 (37.5%) | 5:24 | 11.1 (62.7%) |
| 163 | CZAPLIŃSKI Łukasz | 761 | ENEA TEAM | OPEN Mężczyźni | 155 | 00:00:30 | 00:19:50 | 00:43:19.45 | 00:43:50.35 | +00:16:14 (37.5%) | 5:24 | 11.1 (62.7%) |
| 164 | ZAWROTNY Łukasz | 940 | | OPEN Mężczyźni | 156 | 00:01:02 | 00:22:41 | 00:43:24.15 | 00:44:27.00 | +00:16:19 (37.6%) | 5:25 | 11.1 (62.7%) |
| 165 | ZAWROTNA Monika | 941 | | OPEN Kobiety | 9 | 00:01:02 | 00:22:42 | 00:43:24.40 | 00:44:27.00 | +00:16:19 (37.6%) | 5:25 | 11.1 (62.7%) |
| 166 | SZYMAŃSKI Jacek | 823 | | OPEN Mężczyźni | 157 | 00:00:36 | 00:21:52 | 00:43:25.30 | 00:44:01.90 | +00:16:20 (37.6%) | 5:25 | 11.1 (62.7%) |
| 167 | ZAKRZEWSKI Adam | 690 | | OPEN Mężczyźni | 158 | 00:00:20 | 00:21:00 | 00:43:28.45 | 00:43:48.70 | +00:16:23 (37.7%) | 5:26 | 11 (62.1%) |
| 168 | MARCISZ Karol | 741 | KROTOSZYŃSKA GRUPA BIEGOWA | OPEN Mężczyźni | 159 | 00:00:06 | 00:21:08 | 00:43:29.35 | 00:43:35.95 | +00:16:24 (37.7%) | 5:26 | 11 (62.1%) |
| 169 | JANKA Krzysztof | 932 | EUROCASH | OPEN Mężczyźni | 160 | 00:00:44 | 00:25:58 | 00:43:31.05 | 00:44:16.00 | +00:16:26 (37.8%) | 5:26 | 11 (62.1%) |
| 170 | KOPLIN Adam | 854 | | OPEN Mężczyźni | 161 | 00:00:09 | 00:20:56 | 00:43:31.25 | 00:43:40.40 | +00:16:26 (37.8%) | 5:26 | 11 (62.1%) |
| 171 | JENA Krzysztof | 740 | TEAM POSTEP PNIEWY | OPEN Mężczyźni | 162 | 00:00:32 | 00:21:08 | 00:43:32.00 | 00:44:04.10 | +00:16:27 (37.8%) | 5:26 | 11 (62.1%) |
| 172 | ŚWIDERSKA Kinga | 897 | SANPOL SPORT TEAM | OPEN Kobiety | 10 | 00:00:17 | 00:21:21 | 00:43:32.85 | 00:43:49.95 | +00:16:28 (37.8%) | 5:26 | 11 (62.1%) |
| 173 | STECZKIEWICZ Mariusz | 842 | 31 BAZA LOTNICTWA TAKTYCZNEGO | OPEN Mężczyźni | 163 | 00:00:29 | 00:20:44 | 00:43:34.00 | 00:44:03.35 | +00:16:29 (37.9%) | 5:26 | 11 (62.1%) |
| 174 | PACHURA Dawid | 799 | | OPEN Mężczyźni | 164 | 00:01:00 | 00:22:21 | 00:43:34.10 | 00:44:34.10 | +00:16:29 (37.9%) | 5:26 | 11 (62.1%) |
| 175 | ZOWCZAK Dorota | 519 | RAWA TEAM | OPEN Kobiety | 11 | 00:00:14 | 00:21:11 | 00:43:34.60 | 00:43:48.80 | +00:16:30 (37.9%) | 5:26 | 11 (62.1%) |
| 176 | GOSTOMSKI Miłosz | 1040 | DZIADY BOROWE | OPEN Mężczyźni | 165 | 00:01:22 | 00:21:54 | 00:43:40.75 | 00:45:02.95 | +00:16:36 (38.0%) | 5:27 | 11 (62.1%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | Pętla 4km | Czas netto 8km | Czas brutto 8km | Różn | Tempo min/km | Tempo km/h |
|-----|-----------------------------|-------------|-------------------|-------------------|------|-------------|-----------|--------------------|--------------------|----------------------|--------------|-----------------|
| 177 | TOPOLSKI Piotr Paweł | 547 | RATAJSCY FANATYCY | OPEN Mężczyźni | 166 | 00:00:48 | 00:21:01 | 00:43:40.95 | 00:44:29.65 | +00:16:36 (38.0%) | 5:27 | 11 (62.1%) |
| 178 | MAŁOLEPSZA Maja | 1034 | | OPEN Kobiety | 12 | 00:01:20 | 00:21:38 | 00:43:49.15 | 00:45:09.75 | +00:16:44 (38.2%) | 5:28 | 11 (62.1%) |
| 179 | ROWIŃSKI Tomasz | 979 | PROTR | OPEN Mężczyźni | 167 | 00:00:47 | 00:22:30 | 00:43:50.60 | 00:44:38.00 | +00:16:46 (38.2%) | 5:28 | 11 (62.1%) |
| 180 | JANKOWSKI Radosław | 528 | | OPEN Mężczyźni | 168 | 00:00:11 | 00:20:46 | 00:43:52.65 | 00:44:03.65 | +00:16:48 (38.3%) | 5:29 | 10.9 (61.6%) |
| 180 | GROŃ Milena | 730 | | OPEN Kobiety | 13 | 00:00:50 | 00:21:22 | 00:43:52.65 | 00:44:43.45 | +00:16:48 (38.3%) | 5:29 | 10.9 (61.6%) |
| 182 | MARCINIAK Piotr | 608 | | OPEN Mężczyźni | 169 | 00:00:30 | 00:22:03 | 00:43:53.75 | 00:44:24.20 | +00:16:49 (38.3%) | 5:29 | 10.9 (61.6%) |
| 183 | MIEDZIAK Paweł | 543 | SPIN PARTNER | OPEN Mężczyźni | 170 | 00:00:41 | 00:21:13 | 00:43:55.95 | 00:44:37.05 | +00:16:51 (38.4%) | 5:29 | 10.9 (61.6%) |
| 184 | HERMAN Jacek | 847 | | OPEN Mężczyźni | 171 | 00:00:04 | 00:21:17 | 00:43:56.40 | 00:44:00.65 | +00:16:51 (38.4%) | 5:29 | 10.9 (61.6%) |
| 185 | | 1086 | | | | 00:00:05 | 00:22:21 | 00:43:57.80 | 00:44:02.80 | +00:16:53 (38.4%) | 5:29 | 10.9 (61.6%) |
| 186 | KRETKOWSKI Kacper | 659 | | OPEN Mężczyźni | 172 | 00:01:07 | 00:22:17 | 00:44:00.25 | 00:45:07.25 | +00:16:55 (38.5%) | 5:30 | 10.9 (61.6%) |
| 187 | KOSZNIK Michał | 877 | | OPEN Mężczyźni | 173 | 00:01:10 | 00:21:45 | 00:44:01.00 | 00:45:11.35 | +00:16:56 (38.5%) | 5:30 | 10.9 (61.6%) |
| 188 | WUJEK Marcin | 508 | BRODNICA BIEGA | OPEN Mężczyźni | 174 | 00:00:22 | 00:21:53 | 00:44:01.85 | 00:44:23.85 | +00:16:57 (38.5%) | 5:30 | 10.9 (61.6%) |
| 189 | BRASZAK Dariusz | 1014 | | OPEN Mężczyźni | 175 | 00:00:10 | 00:20:40 | 00:44:02.85 | 00:44:13.65 | +00:16:58 (38.5%) | 5:30 | 10.9 (61.6%) |
| 190 | KLEDECKI Piotr | 685 | | OPEN Mężczyźni | 176 | 00:01:08 | 00:22:24 | 00:44:04.45 | 00:45:13.05 | +00:16:59 (38.6%) | 5:30 | 10.9 (61.6%) |
| 191 | | 1087 | | | | 00:00:20 | 00:20:42 | 00:44:06.35 | 00:44:27.20 | +00:17:01 (38.6%) | 5:30 | 10.9 (61.6%) |
| 191 | NOWAK Michał | 954 | | OPEN Mężczyźni | 177 | 00:00:52 | 00:21:49 | 00:44:06.35 | 00:44:58.40 | +00:17:01 (38.6%) | 5:30 | 10.9 (61.6%) |
| 193 | BONIA Bartosz | 914 | | OPEN Mężczyźni | 178 | 00:00:57 | 00:21:19 | 00:44:08.30 | 00:45:06.10 | +00:17:03 (38.7%) | 5:31 | 10.9 (61.6%) |
| 194 | AMBROŻY Jakub | 785 | | OPEN Mężczyźni | 179 | 00:00:40 | 00:21:21 | 00:44:10.10 | 00:44:50.60 | +00:17:05 (38.7%) | 5:31 | 10.9 (61.6%) |
| 195 | KAPICA Dariusz | 967 | | OPEN Mężczyźni | 180 | 00:01:13 | 00:23:00 | 00:44:11.30 | 00:45:25.20 | +00:17:06 (38.7%) | 5:31 | 10.9 (61.6%) |
| 196 | KRZESAJ Krzysztof | 647 | | OPEN Mężczyźni | 181 | 00:01:16 | 00:20:49 | 00:44:14.55 | 00:45:31.10 | +00:17:09 (38.8%) | 5:31 | 10.9 (61.6%) |
| 197 | NOWACKA Marzena | 626 | | OPEN Kobiety | 14 | 00:01:12 | 00:22:27 | 00:44:22.65 | 00:45:34.85 | +00:17:18 (39.0%) | 5:32 | 10.8 (61.0%) |
| 198 | KLUGMAN Mateusz | 1054 | TOPÓR | OPEN Mężczyźni | 182 | 00:01:20 | 00:22:10 | 00:44:22.80 | 00:45:43.10 | +00:17:18 (39.0%) | 5:32 | 10.8 (61.0%) |
| 199 | ZYCH Izabela | 1043 | | OPEN Kobiety | 15 | 00:00:05 | 00:21:00 | 00:44:24.50 | 00:44:29.50 | +00:17:19 (39.0%) | 5:33 | 10.8 (61.0%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | Pętla 4km | Czas netto 8km | Czas brutto 8km | Różn | Tempo min/km | Tempo km/h |
|-----|----------------------------|-------------|--|-------------------|------|-------------|-----------|--------------------|--------------------|----------------------|--------------|-----------------|
| 200 | WOLNIEWICZ Ryszard | 620 | | OPEN Mężczyźni | 183 | 00:00:13 | 00:21:46 | 00:44:27.20 | 00:44:40.65 | +00:17:22 (39.1%) | 5:33 | 10.8 (61.0%) |
| 201 | CHLEBEK Maciej | 867 | ARKA GDYNIA | OPEN Mężczyźni | 184 | 00:00:03 | 00:19:55 | 00:44:30.20 | 00:44:34.00 | +00:17:25 (39.2%) | 5:33 | 10.8 (61.0%) |
| 202 | WIECZOREK Łukasz | 946 | | OPEN Mężczyźni | 185 | 00:01:12 | 00:23:00 | 00:44:41.10 | 00:45:53.80 | +00:17:36 (39.4%) | 5:35 | 10.7 (60.5%) |
| 203 | KUŚ Hubert | 774 | | OPEN Mężczyźni | 186 | 00:00:58 | 00:23:03 | 00:44:42.80 | 00:45:41.55 | +00:17:38 (39.4%) | 5:35 | 10.7 (60.5%) |
| 204 | KNAPSKI Radomir | 971 | NADLEŚNICTWO POTRZEBOWICE, LEŚNICTWO OSINA | OPEN Mężczyźni | 187 | 00:01:32 | 00:22:29 | 00:44:45.45 | 00:46:18.35 | +00:17:40 (39.5%) | 5:35 | 10.7 (60.5%) |
| 205 | STACHOWICZ Robert | 853 | EJBRY | OPEN Mężczyźni | 188 | 00:00:00 | 00:22:05 | 00:44:49.85 | 00:44:49.85 | +00:17:45 (39.6%) | 5:36 | 10.7 (60.5%) |
| 206 | NOWAK Mikołaj | 902 | | OPEN Mężczyźni | 189 | 00:01:14 | 00:22:14 | 00:44:52.70 | 00:46:07.65 | +00:17:48 (39.7%) | 5:36 | 10.7 (60.5%) |
| 207 | NOWAK Michał | 976 | | OPEN Mężczyźni | 190 | 00:01:18 | 00:20:33 | 00:44:53.35 | 00:46:11.45 | +00:17:48 (39.7%) | 5:36 | 10.7 (60.5%) |
| 208 | BIELSKI Sebastian | 950 | | OPEN Mężczyźni | 191 | 00:00:32 | 00:22:24 | 00:44:55.65 | 00:45:27.75 | +00:17:51 (39.7%) | 5:36 | 10.7 (60.5%) |
| 209 | FELIKSIAK Sławomir | 1024 | | OPEN Mężczyźni | 192 | 00:00:42 | 00:22:54 | 00:44:56.80 | 00:45:39.50 | +00:17:52 (39.8%) | 5:37 | 10.7 (60.5%) |
| 210 | SOIŃSKI Marcin | 874 | KOMINKIGRUM | OPEN Mężczyźni | 193 | 00:00:40 | 00:22:47 | 00:44:58.85 | 00:45:39.65 | +00:17:54 (39.8%) | 5:37 | 10.7 (60.5%) |
| 211 | TURKOWSKI Bartosz | 887 | | OPEN Mężczyźni | 194 | 00:00:04 | 00:21:47 | 00:45:05.55 | 00:45:10.40 | +00:18:00 (40.0%) | 5:38 | 10.6 (59.9%) |
| 212 | BALCEREK Tomisław | 850 | | OPEN Mężczyźni | 195 | 00:00:26 | 00:23:24 | 00:45:08.55 | 00:45:34.95 | +00:18:03 (40.0%) | 5:38 | 10.6 (59.9%) |
| 213 | MIKOŁAJCZAK Barbara | 616 | | OPEN Kobiety | 16 | 00:00:10 | 00:22:03 | 00:45:10.15 | 00:45:20.20 | +00:18:05 (40.1%) | 5:38 | 10.6 (59.9%) |
| 214 | KIEŁBASIŃSKI Łukasz | 1008 | 12 WBOT | OPEN Mężczyźni | 196 | 00:01:02 | 00:20:54 | 00:45:10.25 | 00:46:12.65 | +00:18:05 (40.1%) | 5:38 | 10.6 (59.9%) |
| 215 | BANACH Mateusz | 727 | | OPEN Mężczyźni | 197 | 00:01:05 | 00:22:30 | 00:45:10.50 | 00:46:16.05 | +00:18:05 (40.1%) | 5:38 | 10.6 (59.9%) |
| 216 | KACZYŃSKI Bartosz | 992 | PARKRUN LAS DĘBIŃSKI | OPEN Mężczyźni | 198 | 00:00:00 | 00:21:18 | 00:45:14.90 | 00:45:14.90 | +00:18:10 (40.2%) | 5:39 | 10.6 (59.9%) |
| 217 | BASIŃSKI Paweł | 698 | | OPEN Mężczyźni | 199 | 00:00:51 | 00:22:46 | 00:45:17.10 | 00:46:08.70 | +00:18:12 (40.2%) | 5:39 | 10.6 (59.9%) |
| 218 | IWANICKI Juliusz | 835 | CAT&BEAR | OPEN Mężczyźni | 200 | 00:00:05 | 00:22:16 | 00:45:17.45 | 00:45:23.00 | +00:18:12 (40.2%) | 5:39 | 10.6 (59.9%) |
| 219 | LORENZ Małgorzata | 829 | KIBOLSKI KS | OPEN Kobiety | 17 | 00:00:19 | 00:22:44 | 00:45:18.40 | 00:45:37.95 | +00:18:13 (40.2%) | 5:39 | 10.6 (59.9%) |
| 220 | POSŁUSZNY Przemek | 692 | | OPEN Mężczyźni | 201 | 00:01:01 | 00:22:57 | 00:45:20.65 | 00:46:22.45 | +00:18:16 (40.3%) | 5:40 | 10.6 (59.9%) |
| 221 | DURA Nikodem | 879 | | OPEN Mężczyźni | 202 | 00:00:06 | 00:21:17 | 00:45:21.40 | 00:45:28.15 | +00:18:16 (40.3%) | 5:40 | 10.6 (59.9%) |
| 222 | SNUSZKA Adam | 781 | ADAM SNUSZKA | OPEN Mężczyźni | 203 | 00:00:28 | 00:23:48 | 00:45:21.90 | 00:45:50.50 | +00:18:17 (40.3%) | 5:40 | 10.6 (59.9%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | Pętla 4km | Czas netto 8km | Czas brutto 8km | Różn | Tempo min/km | Tempo km/h |
|-----|----------------------------|-------------|---|-------------------|------|-------------|-----------|--------------------|--------------------|----------------------|--------------|-----------------|
| 223 | ADAMCZAK Piotr | 805 | SANPOL SPORT TEAM | OPEN Mężczyźni | 204 | 00:00:00 | 00:22:13 | 00:45:28.20 | 00:45:28.20 | +00:18:23 (40.5%) | 5:41 | 10.6 (59.9%) |
| 224 | STĘPA Bartosz | 788 | DRUŻYNA SZPIKU | OPEN Mężczyźni | 205 | 00:01:00 | 00:22:37 | 00:45:28.55 | 00:46:28.65 | +00:18:23 (40.5%) | 5:41 | 10.6 (59.9%) |
| 225 | SKÓRZYŃSKA Maja | 852 | KS FABRYKA BIEGANIA OSTRÓW WIELKOPOLSKI | OPEN Kobiety | 18 | 00:00:10 | 00:22:11 | 00:45:29.90 | 00:45:40.45 | +00:18:25 (40.5%) | 5:41 | 10.6 (59.9%) |
| 226 | JUŁGR Sławomir | 1080 | | OPEN Mężczyźni | 206 | 00:00:27 | 00:22:34 | 00:45:44.10 | 00:46:11.45 | +00:18:39 (40.8%) | 5:43 | 10.5 (59.3%) |
| 227 | SOBCZAK Katarzyna | 591 | | OPEN Kobiety | 19 | 00:00:20 | 00:21:47 | 00:45:47.40 | 00:46:08.20 | +00:18:42 (40.9%) | 5:43 | 10.5 (59.3%) |
| 228 | BEDNIK Piotr | 1006 | | OPEN Mężczyźni | 207 | 00:00:33 | 00:22:46 | 00:45:48.75 | 00:46:22.50 | +00:18:44 (40.9%) | 5:43 | 10.5 (59.3%) |
| 229 | MATUSZAK Lucjan | 646 | | OPEN Mężczyźni | 208 | 00:00:36 | 00:21:30 | 00:45:49.45 | 00:46:25.60 | +00:18:44 (40.9%) | 5:43 | 10.5 (59.3%) |
| 230 | PRZEWOŹNY Krzysztof | 572 | | OPEN Mężczyźni | 209 | 00:00:13 | 00:22:14 | 00:45:50.25 | 00:46:04.00 | +00:18:45 (40.9%) | 5:43 | 10.5 (59.3%) |
| 231 | LIBERSKI Jakub | 943 | WILIGALSKI TEAM | OPEN Mężczyźni | 210 | 00:00:32 | 00:22:48 | 00:45:50.65 | 00:46:22.65 | +00:18:46 (40.9%) | 5:43 | 10.5 (59.3%) |
| 232 | ZIELIŃSKA Milena | 589 | | OPEN Kobiety | 20 | 00:00:22 | 00:22:55 | 00:45:52.70 | 00:46:15.50 | +00:18:48 (41.0%) | 5:44 | 10.5 (59.3%) |
| 233 | PIŃSKI Patryk | 562 | | OPEN Mężczyźni | 211 | 00:00:34 | 00:22:40 | 00:45:52.75 | 00:46:27.05 | +00:18:48 (41.0%) | 5:44 | 10.5 (59.3%) |
| 234 | NATER Magdalena | 742 | WIECZNIE SŁABI | OPEN Kobiety | 21 | 00:00:39 | 00:22:37 | 00:45:54.20 | 00:46:33.50 | +00:18:49 (41.0%) | 5:44 | 10.5 (59.3%) |
| 235 | JOŃSKI Szymon | 565 | DUŻEFRYTKI | OPEN Mężczyźni | 212 | 00:01:08 | 00:22:13 | 00:45:55.30 | 00:47:04.00 | +00:18:50 (41.0%) | 5:44 | 10.5 (59.3%) |
| 236 | JUNIK Artur | 1039 | | OPEN Mężczyźni | 213 | 00:00:48 | 00:23:13 | 00:45:56.70 | 00:46:45.35 | +00:18:52 (41.1%) | 5:44 | 10.4 (58.8%) |
| 237 | KĘDZIORA Kinga | 1031 | | OPEN Kobiety | 22 | 00:00:14 | 00:22:21 | 00:45:57.05 | 00:46:11.45 | +00:18:52 (41.1%) | 5:44 | 10.4 (58.8%) |
| 238 | KRUK Grzegorz | 605 | ŚW. RODZINA | OPEN Mężczyźni | 214 | 00:00:27 | 00:23:24 | 00:45:57.30 | 00:46:24.90 | +00:18:52 (41.1%) | 5:44 | 10.4 (58.8%) |
| 239 | ORLICKI Filip | 869 | | OPEN Mężczyźni | 215 | 00:00:44 | 00:22:46 | 00:45:58.45 | 00:46:42.65 | +00:18:53 (41.1%) | 5:44 | 10.4 (58.8%) |
| 240 | MAJEWSKI Maciej | 602 | | OPEN Mężczyźni | 216 | 00:00:57 | 00:23:00 | 00:45:59.05 | 00:46:57.00 | +00:18:54 (41.1%) | 5:44 | 10.4 (58.8%) |
| 241 | BIEGAŁA Jakub | 737 | | OPEN Mężczyźni | 217 | 00:00:55 | 00:24:22 | 00:46:08.50 | 00:47:03.85 | +00:19:03 (41.3%) | 5:46 | 10.4 (58.8%) |
| 242 | ROŹKOWSKI Roman | 649 | DENDRORUNNERS | OPEN Mężczyźni | 218 | 00:00:40 | 00:22:18 | 00:46:13.10 | 00:46:53.95 | +00:19:08 (41.4%) | 5:46 | 10.4 (58.8%) |
| 243 | BAKOWSKI Radek | 526 | BNIN | OPEN Mężczyźni | 219 | 00:00:34 | 00:23:26 | 00:46:15.20 | 00:46:49.20 | +00:19:10 (41.5%) | 5:46 | 10.4 (58.8%) |
| 244 | KUŚ Andrzej | 773 | | OPEN Mężczyźni | 220 | 00:00:56 | 00:23:05 | 00:46:15.90 | 00:47:12.80 | +00:19:11 (41.5%) | 5:46 | 10.4 (58.8%) |
| 245 | KUŚ Dawid | 872 | FPS | OPEN Mężczyźni | 221 | 00:00:57 | 00:22:04 | 00:46:16.10 | 00:47:13.20 | +00:19:11 (41.5%) | 5:47 | 10.4 (58.8%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | Pętla 4km | Czas netto 8km | Czas brutto 8km | Różn | Tempo min/km | Tempo km/h |
|-----|------------------------------|-------------|-------------------|-------------------|------|-------------|-----------|--------------------|--------------------|----------------------|--------------|-----------------|
| 246 | GABRYELEWICZ Arek | 661 | FC BNIN | OPEN Mężczyźni | 222 | 00:00:32 | 00:23:27 | 00:46:16.30 | 00:46:48.90 | +00:19:11 (41.5%) | 5:47 | 10.4 (58.8%) |
| 247 | KOWALSKI Michał | 929 | | OPEN Mężczyźni | 223 | 00:00:41 | 00:23:21 | 00:46:16.75 | 00:46:58.55 | +00:19:12 (41.5%) | 5:47 | 10.4 (58.8%) |
| 248 | GOCYLA Dariusz | 570 | | OPEN Mężczyźni | 224 | 00:01:08 | 00:22:42 | 00:46:20.60 | 00:47:28.90 | +00:19:16 (41.6%) | 5:47 | 10.4 (58.8%) |
| 249 | KURKIEWICZ Radosław | 662 | | OPEN Mężczyźni | 225 | 00:00:15 | 00:23:03 | 00:46:28.95 | 00:46:44.85 | +00:19:24 (41.7%) | 5:48 | 10.3 (58.2%) |
| 250 | BUKOWSKA Maria | 921 | | OPEN Kobiety | 23 | 00:01:14 | 00:22:46 | 00:46:33.45 | 00:47:48.25 | +00:19:28 (41.8%) | 5:49 | 10.3 (58.2%) |
| 251 | GOLCZEWSKI Tomasz | 1005 | | OPEN Mężczyźni | 226 | 00:00:16 | 00:22:09 | 00:46:35.75 | 00:46:51.85 | +00:19:31 (41.9%) | 5:49 | 10.3 (58.2%) |
| 252 | RYSZKA Maciej | 775 | | OPEN Mężczyźni | 227 | 00:00:46 | 00:23:40 | 00:46:42.00 | 00:47:28.80 | +00:19:37 (42.0%) | 5:50 | 10.3 (58.2%) |
| 253 | PERTEK Michał | 924 | | OPEN Mężczyźni | 228 | 00:00:18 | 00:23:04 | 00:46:42.85 | 00:47:01.80 | +00:19:38 (42.0%) | 5:50 | 10.3 (58.2%) |
| 254 | SZYMCZAK Michał | 535 | | OPEN Mężczyźni | 229 | 00:00:04 | 00:22:05 | 00:46:43.25 | 00:46:47.70 | +00:19:38 (42.0%) | 5:50 | 10.3 (58.2%) |
| 255 | DAŃCZAK Marta | 710 | | OPEN Kobiety | 24 | 00:00:22 | 00:22:30 | 00:46:45.55 | 00:47:08.05 | +00:19:40 (42.1%) | 5:50 | 10.3 (58.2%) |
| 256 | ZWIERNIK Jarosław | 534 | | OPEN Mężczyźni | 230 | 00:00:53 | 00:23:56 | 00:46:48.40 | 00:47:42.25 | +00:19:43 (42.2%) | 5:51 | 10.3 (58.2%) |
| 257 | KAZUBOWSKI Przemysław | 919 | | OPEN Mężczyźni | 231 | 00:00:38 | 00:23:32 | 00:46:52.15 | 00:47:30.40 | +00:19:47 (42.2%) | 5:51 | 10.2 (57.6%) |
| 258 | WALUK Piotr | 522 | | OPEN Mężczyźni | 232 | 00:00:05 | 00:21:22 | 00:47:03.25 | 00:47:09.20 | +00:19:58 (42.5%) | 5:52 | 10.2 (57.6%) |
| 259 | KEREBKO Yuliia | 590 | | OPEN Kobiety | 25 | 00:00:33 | 00:22:33 | 00:47:04.05 | 00:47:37.80 | +00:19:59 (42.5%) | 5:53 | 10.2 (57.6%) |
| 260 | SKOWROŃSKA Anna | 777 | KB DĘBIEC | OPEN Kobiety | 26 | 00:00:23 | 00:23:03 | 00:47:04.60 | 00:47:28.15 | +00:20:00 (42.5%) | 5:53 | 10.2 (57.6%) |
| 261 | GRABIŃSKA Angelika | 640 | | OPEN Kobiety | 27 | 00:00:33 | 00:22:34 | 00:47:04.65 | 00:47:37.85 | +00:20:00 (42.5%) | 5:53 | 10.2 (57.6%) |
| 262 | GROBELNY Waldemar | 763 | KB DĘBIEC POZNAŃ | OPEN Mężczyźni | 233 | 00:00:23 | 00:23:04 | 00:47:04.80 | 00:47:27.85 | +00:20:00 (42.5%) | 5:53 | 10.2 (57.6%) |
| 263 | LINKIEWICZ Sebastian | 767 | KB DĘBIEC POZNAŃ | OPEN Mężczyźni | 234 | 00:00:21 | 00:23:05 | 00:47:06.75 | 00:47:27.75 | +00:20:02 (42.5%) | 5:53 | 10.2 (57.6%) |
| 264 | STOLPE Norbert | 794 | KB.DĘBIEC | OPEN Mężczyźni | 235 | 00:00:20 | 00:23:06 | 00:47:08.15 | 00:47:28.50 | +00:20:03 (42.6%) | 5:53 | 10.2 (57.6%) |
| 265 | MATCZAK Paweł | 533 | BIEGAM BO BIEGAM | OPEN Mężczyźni | 236 | 00:00:18 | 00:22:42 | 00:47:09.10 | 00:47:27.55 | +00:20:04 (42.6%) | 5:53 | 10.2 (57.6%) |
| 266 | RUDNICKI Tomasz | 817 | | OPEN Mężczyźni | 237 | 00:01:05 | 00:24:57 | 00:47:10.35 | 00:48:15.95 | +00:20:05 (42.6%) | 5:53 | 10.2 (57.6%) |
| 267 | KASZUBOWSKI Łukasz | 957 | RATAJSCY FANATYCY | OPEN Mężczyźni | 238 | 00:01:09 | 00:23:29 | 00:47:13.35 | 00:48:23.10 | +00:20:08 (42.7%) | 5:54 | 10.2 (57.6%) |
| 268 | PACHOCKI Artur | 566 | | OPEN Mężczyźni | 239 | 00:00:00 | 00:23:55 | 00:47:13.50 | 00:47:13.50 | +00:20:08 (42.7%) | 5:54 | 10.2 (57.6%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | Pętla 4km | Czas netto 8km | Czas brutto 8km | Różn | Tempo min/km | Tempo km/h |
|-----|-------------------------------|-------------|-------------------------------|----------------|------|-------------|-----------|--------------------|--------------------|-------------------|--------------|--------------|
| 269 | NOWAK Monika | 845 | | OPEN Kobiety | 28 | 00:00:10 | 00:22:43 | 00:47:13.75 | 00:47:24.50 | +00:20:09 (42.7%) | 5:54 | 10.2 (57.6%) |
| 270 | KAŁUŻNY Joachim | 711 | | OPEN Mężczyźni | 240 | 00:00:58 | 00:24:15 | 00:47:18.70 | 00:48:17.60 | +00:20:14 (42.8%) | 5:54 | 10.1 (57.1%) |
| 271 | PERZ Darek | 628 | | OPEN Mężczyźni | 241 | 00:01:22 | 00:23:54 | 00:47:21.30 | 00:48:43.60 | +00:20:16 (42.8%) | 5:55 | 10.1 (57.1%) |
| 272 | DEUTSCHMANN Łukasz | 551 | | OPEN Mężczyźni | 242 | 00:00:54 | 00:24:12 | 00:47:24.00 | 00:48:18.65 | +00:20:19 (42.9%) | 5:55 | 10.1 (57.1%) |
| 273 | LUDEK Adam | 617 | BERSERKER'S TEAM WIELKOPOLSKA | OPEN Mężczyźni | 243 | 00:00:20 | 00:19:32 | 00:47:24.10 | 00:47:44.30 | +00:20:19 (42.9%) | 5:55 | 10.1 (57.1%) |
| 274 | ŻUREK Mateusz | 636 | LECH POZNAŃ | OPEN Mężczyźni | 244 | 00:00:19 | 00:19:33 | 00:47:24.25 | 00:47:44.20 | +00:20:19 (42.9%) | 5:55 | 10.1 (57.1%) |
| 275 | LUDEK Mirosław | 630 | LECH POZNAŃ | OPEN Mężczyźni | 245 | 00:00:19 | 00:21:41 | 00:47:24.70 | 00:47:44.10 | +00:20:20 (42.9%) | 5:55 | 10.1 (57.1%) |
| 276 | BÓL Rafał | 818 | KB.DĘBIEC POZNAŃ | OPEN Mężczyźni | 246 | 00:00:00 | 00:23:26 | 00:47:27.75 | 00:47:27.75 | +00:20:23 (43.0%) | 5:55 | 10.1 (57.1%) |
| 277 | KOCZOROWSKI Jakub | 796 | KLUB BIEGACZA DĘBIEC POZNAŃ | OPEN Mężczyźni | 247 | 00:00:00 | 00:23:27 | 00:47:27.95 | 00:47:27.95 | +00:20:23 (43.0%) | 5:55 | 10.1 (57.1%) |
| 278 | KOZŁOWSKI Waldemar | 839 | KB DĘBIEC POZNAŃ | OPEN Mężczyźni | 248 | 00:00:00 | 00:23:27 | 00:47:28.50 | 00:47:28.50 | +00:20:23 (43.0%) | 5:56 | 10.1 (57.1%) |
| 279 | EDER Violetta | 697 | | OPEN Kobiety | 29 | 00:00:41 | 00:23:16 | 00:47:29.10 | 00:48:10.20 | +00:20:24 (43.0%) | 5:56 | 10.1 (57.1%) |
| 280 | BRENK Mikołaj | 663 | BRIDGESTONE | OPEN Mężczyźni | 249 | 00:00:40 | 00:23:24 | 00:47:35.30 | 00:48:16.15 | +00:20:30 (43.1%) | 5:56 | 10.1 (57.1%) |
| 281 | PATALLAS Artur | 609 | NIEZNISZCZALNI | OPEN Mężczyźni | 250 | 00:00:13 | 00:22:15 | 00:47:36.05 | 00:47:49.35 | +00:20:31 (43.1%) | 5:57 | 10.1 (57.1%) |
| 282 | WLAZŁY Bartosz | 939 | | OPEN Mężczyźni | 251 | 00:00:33 | 00:23:27 | 00:47:37.40 | 00:48:10.75 | +00:20:32 (43.1%) | 5:57 | 10.1 (57.1%) |
| 283 | GROLIK Mariusz | 933 | | OPEN Mężczyźni | 252 | 00:01:11 | 00:23:06 | 00:47:46.15 | 00:48:57.85 | +00:20:41 (43.3%) | 5:58 | 10 (56.5%) |
| 284 | GIDASZEWSKI Adrian | 860 | 9231626158 | OPEN Mężczyźni | 253 | 00:00:36 | 00:24:08 | 00:47:49.25 | 00:48:25.35 | +00:20:44 (43.4%) | 5:58 | 10 (56.5%) |
| 285 | KOŚCIELNIAK Przemysław | 947 | | OPEN Mężczyźni | 254 | 00:01:04 | 00:23:04 | 00:47:50.00 | 00:48:54.10 | +00:20:45 (43.4%) | 5:58 | 10 (56.5%) |
| 286 | KOZAK Tomasz | 627 | AFTER PARTY TEAM | OPEN Mężczyźni | 255 | 00:00:39 | 00:23:01 | 00:47:52.45 | 00:48:31.90 | +00:20:47 (43.4%) | 5:59 | 10 (56.5%) |
| 287 | BUSZEWSKI Zbyszek | 1023 | | OPEN Mężczyźni | 256 | 00:00:26 | 00:27:10 | 00:47:55.20 | 00:48:21.20 | +00:20:50 (43.5%) | 5:59 | 10 (56.5%) |
| 288 | PRZEWŁOCKI Przemysław | 580 | | OPEN Mężczyźni | 257 | 00:00:10 | 00:23:10 | 00:47:55.50 | 00:48:06.40 | +00:20:50 (43.5%) | 5:59 | 10 (56.5%) |
| 289 | SROKA Marcin | 857 | TATA TYMKA :) | OPEN Mężczyźni | 258 | 00:00:26 | 00:23:43 | 00:47:57.15 | 00:48:23.35 | +00:20:52 (43.5%) | 5:59 | 10 (56.5%) |
| 290 | MARCINIAK Maciej | 1041 | | OPEN Mężczyźni | 259 | 00:00:04 | 00:23:11 | 00:47:59.10 | 00:48:03.70 | +00:20:54 (43.6%) | 5:59 | 10 (56.5%) |
| 291 | GOCYLA Marcin | 851 | | OPEN Mężczyźni | 260 | 00:00:40 | 00:23:41 | 00:48:01.35 | 00:48:41.55 | +00:20:56 (43.6%) | 6:00 | 10 (56.5%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | Pętla 4km | Czas netto 8km | Czas brutto 8km | Różn | Tempo min/km | Tempo km/h |
|-----|------------------------------|-------------|----------------------|----------------|------|-------------|-----------|--------------------|--------------------|-------------------|--------------|-------------|
| 292 | HERMAN Grażyna | 848 | | OPEN Kobiety | 30 | 00:00:07 | 00:23:02 | 00:48:04.50 | 00:48:12.20 | +00:20:59 (43.7%) | 6:00 | 10 (56.5%) |
| 293 | WIERZBIŃSKA Julita | 901 | | OPEN Kobiety | 31 | 00:00:19 | 00:23:28 | 00:48:04.65 | 00:48:24.25 | +00:21:00 (43.7%) | 6:00 | 10 (56.5%) |
| 294 | DAWIDZIAK Paweł | 1101 | KB I LOVE ZIEMEK | OPEN Mężczyźni | 261 | 00:01:24 | 00:24:01 | 00:48:09.00 | 00:49:33.55 | +00:21:04 (43.8%) | 6:01 | 10 (56.5%) |
| 295 | NAROŻNA Paulina | 807 | | OPEN Kobiety | 32 | 00:00:26 | 00:23:32 | 00:48:09.05 | 00:48:35.55 | +00:21:04 (43.8%) | 6:01 | 10 (56.5%) |
| 296 | GUT Sylwia | 808 | | OPEN Kobiety | 33 | 00:00:26 | 00:23:33 | 00:48:09.65 | 00:48:35.65 | +00:21:05 (43.8%) | 6:01 | 10 (56.5%) |
| 297 | IDZIKOWSKI Mariusz | 560 | | OPEN Mężczyźni | 262 | 00:00:16 | 00:24:17 | 00:48:13.10 | 00:48:29.80 | +00:21:08 (43.8%) | 6:01 | 10 (56.5%) |
| 298 | KACPEROWSKA Katarzyna | 561 | | OPEN Kobiety | 34 | 00:00:15 | 00:24:18 | 00:48:14.90 | 00:48:30.25 | +00:21:10 (43.9%) | 6:01 | 10 (56.5%) |
| 299 | GADOMSKI Piotr | 575 | | OPEN Mężczyźni | 263 | 00:00:15 | 00:23:19 | 00:48:15.75 | 00:48:31.65 | +00:21:11 (43.9%) | 6:01 | 9.9 (55.9%) |
| 300 | BRODZISZEWSKI Wiesław | 503 | BRODEX TEAM SWARZĘDZ | OPEN Mężczyźni | 264 | 00:00:42 | 00:23:15 | 00:48:19.25 | 00:49:02.05 | +00:21:14 (44.0%) | 6:02 | 9.9 (55.9%) |
| 301 | SOBCZAK Piotr | 865 | KB WARTKO | OPEN Mężczyźni | 265 | 00:00:48 | 00:22:28 | 00:48:19.65 | 00:49:08.35 | +00:21:15 (44.0%) | 6:02 | 9.9 (55.9%) |
| 302 | JASTRZĘBSKI Radek | 814 | | OPEN Mężczyźni | 266 | 00:00:55 | 00:24:50 | 00:48:21.80 | 00:49:17.65 | +00:21:17 (44.0%) | 6:02 | 9.9 (55.9%) |
| 303 | WIŚNIEWSKI Jacek | 949 | | OPEN Mężczyźni | 267 | 00:00:39 | 00:23:20 | 00:48:22.55 | 00:49:01.55 | +00:21:17 (44.0%) | 6:02 | 9.9 (55.9%) |
| 304 | DOMŻAŁ Rafał | 812 | | OPEN Mężczyźni | 268 | 00:00:42 | 00:24:00 | 00:48:28.75 | 00:49:11.55 | +00:21:24 (44.1%) | 6:03 | 9.9 (55.9%) |
| 305 | SPLISTESER Rafal | 532 | | OPEN Mężczyźni | 269 | 00:00:09 | 00:22:02 | 00:48:33.00 | 00:48:42.90 | +00:21:28 (44.2%) | 6:04 | 9.9 (55.9%) |
| 306 | SOBIENIAK Przemysław | 507 | DORSZ | OPEN Mężczyźni | 270 | 00:00:24 | 00:23:09 | 00:48:36.70 | 00:49:01.45 | +00:21:32 (44.3%) | 6:04 | 9.9 (55.9%) |
| 307 | STESSEL Bartosz | 556 | | OPEN Mężczyźni | 271 | 00:00:33 | 00:22:25 | 00:48:38.25 | 00:49:11.30 | +00:21:33 (44.3%) | 6:04 | 9.9 (55.9%) |
| 308 | DOMINIAK Konrad | 926 | | OPEN Mężczyźni | 272 | 00:00:13 | 00:24:12 | 00:48:41.90 | 00:48:55.65 | +00:21:37 (44.4%) | 6:05 | 9.9 (55.9%) |
| 309 | WĘCLIK Klaudia | 1017 | QGESTO | OPEN Kobiety | 35 | 00:00:13 | 00:24:13 | 00:48:42.65 | 00:48:55.65 | +00:21:38 (44.4%) | 6:05 | 9.9 (55.9%) |
| 310 | GOSIEWSKA Kamila | 1002 | | OPEN Kobiety | 36 | 00:00:48 | 00:24:39 | 00:48:50.55 | 00:49:39.50 | +00:21:45 (44.6%) | 6:06 | 9.8 (55.4%) |
| 311 | WOŹNIAK Beata | 603 | | OPEN Kobiety | 37 | 00:00:16 | 00:24:29 | 00:48:54.10 | 00:49:10.30 | +00:21:49 (44.6%) | 6:06 | 9.8 (55.4%) |
| 312 | DWÓŹNIK Robert | 667 | DAM RADĘ | OPEN Mężczyźni | 273 | 00:01:10 | 00:23:48 | 00:48:56.60 | 00:50:06.70 | +00:21:52 (44.7%) | 6:07 | 9.8 (55.4%) |
| 313 | CZABAŃSKA Weronika | 783 | | OPEN Kobiety | 38 | 00:00:28 | 00:23:48 | 00:49:04.65 | 00:49:33.55 | +00:22:00 (44.8%) | 6:08 | 9.8 (55.4%) |
| 314 | KACZMAREK Beata | 563 | MTB RUSAŁKA POZNAŃ | OPEN Kobiety | 39 | 00:01:09 | 00:24:09 | 00:49:06.25 | 00:50:15.45 | +00:22:01 (44.9%) | 6:08 | 9.8 (55.4%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | Pętla 4km | Czas netto 8km | Czas brutto 8km | Różn | Tempo min/km | Tempo km/h |
|-----|--------------------------------|-------------|------------------------------|-------------------|------|-------------|-----------|--------------------|--------------------|----------------------|--------------|----------------|
| 315 | BERLIŃSKI Wojciech | 898 | | OPEN Mężczyźni | 274 | 00:01:18 | 00:23:09 | 00:49:08.00 | 00:50:26.20 | +00:22:03 (44.9%) | 6:08 | 9.8 (55.4%) |
| 316 | NADOLNY Piotr | 962 | | OPEN Mężczyźni | 275 | 00:01:18 | 00:25:15 | 00:49:08.50 | 00:50:26.90 | +00:22:03 (44.9%) | 6:08 | 9.8 (55.4%) |
| 317 | WOGA Andrzej | 838 | KB DĘBIEC POZNAŃ | OPEN Mężczyźni | 276 | 00:00:22 | 00:23:15 | 00:49:08.90 | 00:49:31.50 | +00:22:04 (44.9%) | 6:08 | 9.8 (55.4%) |
| 318 | SOŁTYSIAK Marcin | 523 | | OPEN Mężczyźni | 277 | 00:00:52 | 00:24:36 | 00:49:10.00 | 00:50:02.60 | +00:22:05 (44.9%) | 6:08 | 9.8 (55.4%) |
| 319 | KAWALA Damian | 951 | | OPEN Mężczyźni | 278 | 00:01:01 | 00:24:49 | 00:49:12.45 | 00:50:13.80 | +00:22:07 (45.0%) | 6:09 | 9.8 (55.4%) |
| 320 | MAĆKOWSKI Paweł | 502 | | OPEN Mężczyźni | 279 | 00:00:45 | 00:24:31 | 00:49:12.85 | 00:49:58.10 | +00:22:08 (45.0%) | 6:09 | 9.8 (55.4%) |
| 321 | ZALEWSKI Krzysztof | 935 | H.CEGIELSKI - POZNAŃ | OPEN Mężczyźni | 280 | 00:00:17 | 00:25:11 | 00:49:19.95 | 00:49:37.50 | +00:22:15 (45.1%) | 6:09 | 9.7 (54.8%) |
| 322 | KUBSKA-MATYSIAK Dagmara | 928 | | OPEN Kobiety | 40 | 00:00:44 | 00:24:56 | 00:49:20.50 | 00:50:04.60 | +00:22:15 (45.1%) | 6:10 | 9.7 (54.8%) |
| 323 | MARCINIAK Monika | 965 | | OPEN Kobiety | 41 | 00:00:43 | 00:23:56 | 00:49:23.05 | 00:50:06.95 | +00:22:18 (45.2%) | 6:10 | 9.7 (54.8%) |
| 324 | CHYBIN Natalia | 762 | | OPEN Kobiety | 42 | 00:00:57 | 00:24:55 | 00:49:24.35 | 00:50:21.85 | +00:22:19 (45.2%) | 6:10 | 9.7 (54.8%) |
| 325 | STAWUJAK Jacek | 657 | | OPEN Mężczyźni | 281 | 00:00:43 | 00:23:56 | 00:49:24.75 | 00:50:08.20 | +00:22:20 (45.2%) | 6:10 | 9.7 (54.8%) |
| 326 | LEHMANN Szymon | 782 | | OPEN Mężczyźni | 282 | 00:00:29 | 00:24:16 | 00:49:26.45 | 00:49:55.95 | +00:22:21 (45.2%) | 6:10 | 9.7 (54.8%) |
| 327 | TOPOLEWSKI Maciej | 784 | BIEGACZE YOUFIT | OPEN Mężczyźni | 283 | 00:01:13 | 00:24:52 | 00:49:29.10 | 00:50:42.40 | +00:22:24 (45.3%) | 6:11 | 9.7 (54.8%) |
| 328 | GROSMAN Sylwia | 904 | | OPEN Kobiety | 43 | 00:00:55 | 00:25:11 | 00:49:31.70 | 00:50:26.90 | +00:22:27 (45.3%) | 6:11 | 9.7 (54.8%) |
| 329 | LEPCZAK Rafał | 559 | | OPEN Mężczyźni | 284 | 00:00:20 | 00:23:49 | 00:49:33.65 | 00:49:54.15 | +00:22:29 (45.4%) | 6:11 | 9.7 (54.8%) |
| 330 | PAWLAK Bartosz | 615 | | OPEN Mężczyźni | 285 | 00:00:11 | 00:22:33 | 00:49:37.65 | 00:49:49.00 | +00:22:33 (45.4%) | 6:12 | 9.7 (54.8%) |
| 331 | NOWINSKA Ewa | 798 | DRUŻYNA BIEGU JOŃCA | OPEN Kobiety | 44 | 00:00:07 | 00:23:43 | 00:49:37.80 | 00:49:45.30 | +00:22:33 (45.4%) | 6:12 | 9.7 (54.8%) |
| 332 | KOZAJDA Andrzej | 653 | | OPEN Mężczyźni | 286 | 00:00:53 | 00:24:30 | 00:49:44.35 | 00:50:37.60 | +00:22:39 (45.6%) | 6:13 | 9.7 (54.8%) |
| 333 | JASTRZĘBSKA Renata | 619 | | OPEN Kobiety | 45 | 00:00:31 | 00:24:14 | 00:49:47.05 | 00:50:18.25 | +00:22:42 (45.6%) | 6:13 | 9.6 (54.2%) |
| 334 | ROŻEK Michał | 801 | DRUŻYNA BIEGOWA LECHA POZNAŃ | OPEN Mężczyźni | 287 | 00:00:59 | 00:23:40 | 00:49:55.65 | 00:50:55.30 | +00:22:51 (45.8%) | 6:14 | 9.6 (54.2%) |
| 335 | CELER Wiktoria | 573 | NIEZRZESZONA | OPEN Kobiety | 46 | 00:00:47 | 00:24:27 | 00:50:05.40 | 00:50:53.10 | +00:23:00 (45.9%) | 6:15 | 9.6 (54.2%) |
| 336 | ŻMIDZIŃSKI Artur | 696 | | OPEN Mężczyźni | 288 | 00:01:20 | 00:23:46 | 00:50:05.85 | 00:51:26.80 | +00:23:01 (46.0%) | 6:15 | 9.6 (54.2%) |
| 337 | WINKEL Alina | 1047 | | OPEN Kobiety | 47 | 00:00:52 | 00:23:37 | 00:50:06.85 | 00:50:58.85 | +00:23:02 (46.0%) | 6:15 | 9.6 (54.2%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | Pętla 4km | Czas netto 8km | Czas brutto 8km | Różn | Tempo min/km | Tempo km/h |
|-----|-------------------------------|-------------|---|----------------|------|-------------|-----------|--------------------|--------------------|-------------------|--------------|-------------|
| 338 | WAWRZYNIAK Przemysław | 755 | 3:33 TEAM | OPEN Mężczyźni | 289 | 00:01:17 | 00:25:19 | 00:50:07.05 | 00:51:24.85 | +00:23:02 (46.0%) | 6:15 | 9.6 (54.2%) |
| 339 | CHOLEWIŃSKA Longina | 991 | HERNIK TEAM | OPEN Kobiety | 48 | 00:00:49 | 00:24:39 | 00:50:16.95 | 00:51:06.20 | +00:23:12 (46.2%) | 6:17 | 9.5 (53.7%) |
| 340 | SZULC Piotr | 828 | | OPEN Mężczyźni | 290 | 00:01:18 | 00:26:23 | 00:50:21.45 | 00:51:40.25 | +00:23:16 (46.2%) | 6:17 | 9.5 (53.7%) |
| 341 | PAWLAK Marta | 849 | TERAZ TULCE - MY BIEGAMY, BIEGAJ Z NAMI | OPEN Kobiety | 49 | 00:00:30 | 00:23:29 | 00:50:22.85 | 00:50:53.40 | +00:23:18 (46.3%) | 6:17 | 9.5 (53.7%) |
| 342 | SZRAMKA Emilia | 811 | | OPEN Kobiety | 50 | 00:00:37 | 00:23:47 | 00:50:22.90 | 00:51:00.35 | +00:23:18 (46.3%) | 6:17 | 9.5 (53.7%) |
| 343 | NOWACKA Dorota | 810 | DZIEWCZYNI | OPEN Kobiety | 51 | 00:00:36 | 00:23:48 | 00:50:23.30 | 00:51:00.05 | +00:23:18 (46.3%) | 6:17 | 9.5 (53.7%) |
| 344 | GOLIŃSKI Przemysław | 1007 | EUROCASH | OPEN Mężczyźni | 291 | 00:00:34 | 00:24:37 | 00:50:27.35 | 00:51:02.20 | +00:23:22 (46.3%) | 6:18 | 9.5 (53.7%) |
| 345 | ANDRZEJEWSKI Krzysztof | 973 | | OPEN Mężczyźni | 292 | 00:01:15 | 00:25:37 | 00:50:27.75 | 00:51:43.00 | +00:23:23 (46.3%) | 6:18 | 9.5 (53.7%) |
| 346 | SNELA Michał | 884 | FPS | OPEN Mężczyźni | 293 | 00:00:59 | 00:24:54 | 00:50:29.60 | 00:51:29.25 | +00:23:25 (46.4%) | 6:18 | 9.5 (53.7%) |
| 347 | STACHOWIAK Marcin | 893 | FPS | OPEN Mężczyźni | 294 | 00:00:58 | 00:24:54 | 00:50:30.60 | 00:51:29.45 | +00:23:26 (46.4%) | 6:18 | 9.5 (53.7%) |
| 348 | SZCZEPANIAK Paweł | 969 | | OPEN Mężczyźni | 295 | 00:01:14 | 00:25:21 | 00:50:30.80 | 00:51:45.65 | +00:23:26 (46.4%) | 6:18 | 9.5 (53.7%) |
| 349 | SZCZEPANIAK Jarosław | 968 | | OPEN Mężczyźni | 296 | 00:01:14 | 00:25:22 | 00:50:31.55 | 00:51:45.95 | +00:23:26 (46.4%) | 6:18 | 9.5 (53.7%) |
| 350 | DROBNIK Ewa | 596 | | OPEN Kobiety | 52 | 00:00:25 | 00:30:35 | 00:50:33.45 | 00:50:59.20 | +00:23:28 (46.4%) | 6:19 | 9.5 (53.7%) |
| 351 | GOLIŃSKA Barbara | 931 | EUROCASH | OPEN Kobiety | 53 | 00:00:35 | 00:24:37 | 00:50:33.60 | 00:51:08.65 | +00:23:29 (46.4%) | 6:19 | 9.5 (53.7%) |
| 352 | LISEWSKI Piotr | 648 | | OPEN Mężczyźni | 297 | 00:01:21 | 00:23:45 | 00:50:36.40 | 00:51:57.75 | +00:23:31 (46.5%) | 6:19 | 9.5 (53.7%) |
| 353 | ŚMIAŁEK Filip | 996 | | OPEN Mężczyźni | 298 | 00:01:05 | 00:26:33 | 00:50:42.15 | 00:51:47.65 | +00:23:37 (46.6%) | 6:20 | 9.5 (53.7%) |
| 354 | NOWACKA Anna | 982 | | OPEN Kobiety | 54 | 00:00:12 | 00:24:16 | 00:50:47.00 | 00:50:59.80 | +00:23:42 (46.7%) | 6:20 | 9.5 (53.7%) |
| 355 | PETRENKO Inka | 582 | | OPEN Kobiety | 55 | 00:00:21 | 00:24:46 | 00:50:50.55 | 00:51:12.45 | +00:23:45 (46.7%) | 6:21 | 9.4 (53.1%) |
| 356 | KRASZKIEWICZ Rafał | 722 | QUAY POZNAŃ | OPEN Mężczyźni | 299 | 00:01:04 | 00:25:07 | 00:50:50.95 | 00:51:55.70 | +00:23:46 (46.8%) | 6:21 | 9.4 (53.1%) |
| 357 | GRYPCZYŃSKI Robert | 778 | | OPEN Mężczyźni | 300 | 00:01:02 | 00:24:26 | 00:50:51.35 | 00:51:53.35 | +00:23:46 (46.8%) | 6:21 | 9.4 (53.1%) |
| 358 | ZIOMBEK Anna | 875 | PARKRUN POZNAŃ | OPEN Kobiety | 56 | 00:00:45 | 00:24:58 | 00:50:52.55 | 00:51:38.50 | +00:23:47 (46.8%) | 6:21 | 9.4 (53.1%) |
| 359 | OLBRYŚ Piotr | 501 | VW SOLIDARNOŚĆ | OPEN Mężczyźni | 301 | 00:00:40 | 00:24:31 | 00:50:52.90 | 00:51:33.10 | +00:23:48 (46.8%) | 6:21 | 9.4 (53.1%) |
| 360 | KARPIŃSKI Konrad | 691 | | OPEN Mężczyźni | 302 | 00:01:26 | 00:24:36 | 00:50:57.95 | 00:52:24.65 | +00:23:53 (46.9%) | 6:22 | 9.4 (53.1%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | Pętla 4km | Czas netto 8km | Czas brutto 8km | Różn | Tempo min/km | Tempo km/h |
|-----|-------------------------------------|-------------|-------------------|-------------------|------|-------------|-----------|--------------------|--------------------|----------------------|--------------|----------------|
| 361 | MROCZKOWSKI Emil | 693 | | OPEN Mężczyźni | 303 | 00:01:26 | 00:22:39 | 00:50:58.40 | 00:52:24.65 | +00:23:53 (46.9%) | 6:22 | 9.4 (53.1%) |
| 362 | GRABA Eugeniusz | 836 | KB MANIAC | OPEN Mężczyźni | 304 | 00:00:45 | 00:23:56 | 00:50:59.65 | 00:51:44.70 | +00:23:55 (46.9%) | 6:22 | 9.4 (53.1%) |
| 363 | DYBIKOWSKI Bartosz | 938 | | OPEN Mężczyźni | 305 | 00:00:59 | 00:25:36 | 00:51:00.05 | 00:51:59.40 | +00:23:55 (46.9%) | 6:22 | 9.4 (53.1%) |
| 364 | GRACZYK Karolina | 1053 | | OPEN Kobiety | 57 | 00:00:29 | 00:24:23 | 00:51:01.75 | 00:51:30.85 | +00:23:57 (46.9%) | 6:22 | 9.4 (53.1%) |
| 365 | SKOTAREK Daria | 1149 | | OPEN Kobiety | 58 | 00:00:11 | 00:24:35 | 00:51:02.80 | 00:51:14.15 | +00:23:58 (47.0%) | 6:22 | 9.4 (53.1%) |
| 366 | NOGALSKI Maciej | 688 | | OPEN Mężczyźni | 306 | 00:01:17 | 00:24:21 | 00:51:13.40 | 00:52:31.10 | +00:24:08 (47.1%) | 6:24 | 9.4 (53.1%) |
| 367 | ŁUKASZEWSKI Piotr | 683 | PIOTR ŁUKASZEWSKI | OPEN Mężczyźni | 307 | 00:00:32 | 00:26:08 | 00:51:13.75 | 00:51:45.95 | +00:24:09 (47.1%) | 6:24 | 9.4 (53.1%) |
| 368 | BUSZKIEWICZ Piotr | 1095 | EUROCASH | OPEN Mężczyźni | 308 | 00:00:31 | 00:26:09 | 00:51:14.30 | 00:51:46.25 | +00:24:09 (47.2%) | 6:24 | 9.4 (53.1%) |
| 369 | MAJEWSKA-WAWRZYŃIAK Karolina | 856 | | OPEN Kobiety | 59 | 00:00:05 | 00:24:59 | 00:51:15.00 | 00:51:20.95 | +00:24:10 (47.2%) | 6:24 | 9.4 (53.1%) |
| 370 | SAWALA Aneta | 844 | | OPEN Kobiety | 60 | 00:00:24 | 00:24:24 | 00:51:16.60 | 00:51:41.50 | +00:24:12 (47.2%) | 6:24 | 9.4 (53.1%) |
| 371 | ŁUKASZEWSKA Agnieszka | 684 | | OPEN Kobiety | 61 | 00:00:29 | 00:26:12 | 00:51:16.90 | 00:51:45.95 | +00:24:12 (47.2%) | 6:24 | 9.4 (53.1%) |
| 372 | JAWORSKA Magdalena | 880 | SEKCJA GRUNWALD | OPEN Kobiety | 62 | 00:00:21 | 00:24:26 | 00:51:31.45 | 00:51:52.55 | +00:24:26 (47.4%) | 6:26 | 9.3 (52.5%) |
| 373 | RATAJCZAK Mirosław | 537 | | OPEN Mężczyźni | 309 | 00:01:06 | 00:25:42 | 00:51:42.95 | 00:52:49.05 | +00:24:38 (47.6%) | 6:27 | 9.3 (52.5%) |
| 374 | ZAWITAJ Tomasz | 597 | | OPEN Mężczyźni | 310 | 00:00:46 | 00:25:01 | 00:51:50.45 | 00:52:37.00 | +00:24:45 (47.8%) | 6:28 | 9.3 (52.5%) |
| 375 | KONIECZNY Robert | 815 | | OPEN Mężczyźni | 311 | 00:00:37 | 00:25:16 | 00:51:57.25 | 00:52:34.55 | +00:24:52 (47.9%) | 6:29 | 9.2 (52.0%) |
| 376 | GRZYBOWSKA Beata | 790 | | OPEN Kobiety | 63 | 00:00:33 | 00:24:21 | 00:52:00.00 | 00:52:33.75 | +00:24:55 (47.9%) | 6:30 | 9.2 (52.0%) |
| 377 | SERWAŃSKA Katarzyna | 826 | | OPEN Kobiety | 64 | 00:00:35 | 00:25:45 | 00:52:11.20 | 00:52:46.80 | +00:25:06 (48.1%) | 6:31 | 9.2 (52.0%) |
| 378 | WOJCIESZAK Szczepan | 825 | | OPEN Mężczyźni | 312 | 00:00:35 | 00:25:45 | 00:52:12.10 | 00:52:47.85 | +00:25:07 (48.1%) | 6:31 | 9.2 (52.0%) |
| 379 | KASPRZYK Justyna | 997 | | OPEN Kobiety | 65 | 00:01:20 | 00:25:14 | 00:52:12.90 | 00:53:33.55 | +00:25:08 (48.1%) | 6:31 | 9.2 (52.0%) |
| 380 | PAWLACZYK Mariusz | 907 | MARUDERZY | OPEN Mężczyźni | 313 | 00:01:09 | 00:25:00 | 00:52:15.40 | 00:53:24.85 | +00:25:10 (48.2%) | 6:31 | 9.2 (52.0%) |
| 381 | ADAMCZYK Maciej | 974 | | OPEN Mężczyźni | 314 | 00:01:21 | 00:24:42 | 00:52:38.00 | 00:53:59.45 | +00:25:33 (48.6%) | 6:34 | 9.1 (51.4%) |
| 382 | KUNA Robert | 623 | | OPEN Mężczyźni | 315 | 00:00:39 | 00:25:52 | 00:52:42.10 | 00:53:21.45 | +00:25:37 (48.6%) | 6:35 | 9.1 (51.4%) |
| 383 | SURMA Michał | 958 | | OPEN Mężczyźni | 316 | 00:00:29 | 00:25:49 | 00:52:45.25 | 00:53:14.75 | +00:25:40 (48.7%) | 6:35 | 9.1 (51.4%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | Pętla 4km | Czas netto 8km | Czas brutto 8km | Różn | Tempo min/km | Tempo km/h |
|-----|-------------------------------------|-------------|--|----------------|------|-------------|-----------|--------------------|--------------------|-------------------|--------------|-------------|
| 384 | KRUSZONA Aleksander | 892 | F.Y.F | OPEN Mężczyźni | 317 | 00:00:23 | 00:25:03 | 00:52:47.10 | 00:53:11.00 | +00:25:42 (48.7%) | 6:35 | 9.1 (51.4%) |
| 385 | GARWACKA Asia | 612 | | OPEN Kobiety | 66 | 00:00:44 | 00:26:12 | 00:52:47.60 | 00:53:32.55 | +00:25:43 (48.7%) | 6:35 | 9.1 (51.4%) |
| 386 | KRUSZONA Bartosz | 891 | F.Y.F | OPEN Mężczyźni | 318 | 00:00:23 | 00:25:03 | 00:52:47.70 | 00:53:10.95 | +00:25:43 (48.7%) | 6:35 | 9.1 (51.4%) |
| 387 | DURA Małgorzata | 896 | DEDE.TEAM | OPEN Kobiety | 67 | 00:00:05 | 00:25:43 | 00:52:53.35 | 00:52:59.30 | +00:25:48 (48.8%) | 6:36 | 9.1 (51.4%) |
| 388 | DUDA -KRZEMIENIEWSKA Jadwiga | 831 | KB SZAMOTUŁY | OPEN Kobiety | 68 | 00:01:03 | 00:25:37 | 00:52:59.60 | 00:54:02.60 | +00:25:55 (48.9%) | 6:37 | 9.1 (51.4%) |
| 389 | GÓRSKI Marcin | 882 | FPS | OPEN Mężczyźni | 319 | 00:00:58 | 00:25:11 | 00:53:02.10 | 00:54:00.90 | +00:25:57 (48.9%) | 6:37 | 9.1 (51.4%) |
| 390 | PRZYBYLSKA Malwina | 862 | | OPEN Kobiety | 69 | 00:00:30 | 00:26:20 | 00:53:06.70 | 00:53:37.05 | +00:26:02 (49.0%) | 6:38 | 9 (50.8%) |
| 391 | CHWIAŁKOWSKI Henryk | 677 | CHWIAŁKOWSKI TEAM | OPEN Mężczyźni | 320 | 00:00:30 | 00:26:24 | 00:53:08.95 | 00:53:39.50 | +00:26:04 (49.1%) | 6:38 | 9 (50.8%) |
| 392 | KRUSZONA - WIŚNIEWSKA Marta | 613 | RUNSTETICO | OPEN Kobiety | 70 | 00:00:45 | 00:26:11 | 00:53:09.55 | 00:53:55.10 | +00:26:04 (49.1%) | 6:38 | 9 (50.8%) |
| 393 | KUNA Danka | 622 | | OPEN Kobiety | 71 | 00:00:00 | 00:26:31 | 00:53:21.15 | 00:53:21.15 | +00:26:16 (49.2%) | 6:40 | 9 (50.8%) |
| 394 | MIKOŁAJCZAK Kuba | 618 | | OPEN Mężczyźni | 321 | 00:00:11 | 00:25:50 | 00:53:29.00 | 00:53:40.60 | +00:26:24 (49.4%) | 6:41 | 9 (50.8%) |
| 395 | MENCFELD Jakub | 527 | E-LECH'02 | OPEN Mężczyźni | 322 | 00:00:56 | 00:28:10 | 00:53:41.20 | 00:54:38.10 | +00:26:36 (49.6%) | 6:42 | 8.9 (50.3%) |
| 396 | TOMCZAK Krzysztof | 959 | | OPEN Mężczyźni | 323 | 00:00:55 | 00:28:12 | 00:53:47.00 | 00:54:42.65 | +00:26:42 (49.7%) | 6:43 | 8.9 (50.3%) |
| 397 | KLUGIEWICZ Michał | 999 | | OPEN Mężczyźni | 324 | 00:01:06 | 00:27:33 | 00:53:47.10 | 00:54:53.70 | +00:26:42 (49.7%) | 6:43 | 8.9 (50.3%) |
| 398 | KACZMAREK Daria | 751 | | OPEN Kobiety | 72 | 00:01:17 | 00:26:47 | 00:53:49.30 | 00:55:06.90 | +00:26:44 (49.7%) | 6:43 | 8.9 (50.3%) |
| 399 | WYSOCKI Tomasz | 989 | | OPEN Mężczyźni | 325 | 00:00:12 | 00:25:24 | 00:53:50.00 | 00:54:02.40 | +00:26:45 (49.7%) | 6:43 | 8.9 (50.3%) |
| 400 | KOZŁOWICZ Magdalena | 981 | | OPEN Kobiety | 73 | 00:00:11 | 00:25:25 | 00:53:50.80 | 00:54:02.15 | +00:26:46 (49.7%) | 6:43 | 8.9 (50.3%) |
| 401 | TALAGA Donata | 1094 | | OPEN Kobiety | 74 | 00:00:11 | 00:25:12 | 00:53:51.00 | 00:54:02.90 | +00:26:46 (49.7%) | 6:43 | 8.9 (50.3%) |
| 402 | WLAZŁY Magdalena | 809 | | OPEN Kobiety | 75 | 00:00:22 | 00:25:49 | 00:53:56.80 | 00:54:19.30 | +00:26:52 (49.8%) | 6:44 | 8.9 (50.3%) |
| 403 | NYCZAK Zbigniew | 724 | | OPEN Mężczyźni | 326 | 00:00:09 | 00:25:25 | 00:54:01.55 | 00:54:11.05 | +00:26:56 (49.9%) | 6:45 | 8.9 (50.3%) |
| 404 | NYCZAK Maria | 723 | | OPEN Kobiety | 76 | 00:00:08 | 00:25:25 | 00:54:02.80 | 00:54:11.35 | +00:26:58 (49.9%) | 6:45 | 8.9 (50.3%) |
| 405 | SKONIECZNY Patryk | 594 | 33BAZA LOTNICTWA TRANSPORTOWEGO POWIDZ | OPEN Mężczyźni | 327 | 00:01:01 | 00:26:19 | 00:54:06.75 | 00:55:07.75 | +00:27:02 (50.0%) | 6:45 | 8.9 (50.3%) |
| 406 | GRENCIEL Przemysław | 934 | ŚWIERCZEWORUN | OPEN Mężczyźni | 328 | 00:00:15 | 00:25:28 | 00:54:07.15 | 00:54:22.45 | +00:27:02 (50.0%) | 6:45 | 8.9 (50.3%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | Pętla 4km | Czas netto 8km | Czas brutto 8km | Różn | Tempo min/km | Tempo km/h |
|-----|---------------------------------|-------|--------------------------|----------------|------|-------------|-----------|----------------|-----------------|-------------------|--------------|-------------|
| 407 | LEWANDOWSKI Tycjan | 525 | | OPEN Mężczyźni | 329 | 00:00:51 | 00:25:22 | 00:54:07.50 | 00:54:58.95 | +00:27:02 (50.0%) | 6:45 | 8.9 (50.3%) |
| 408 | SNADNY Krzysztof | 700 | | OPEN Mężczyźni | 330 | 00:01:08 | 00:27:28 | 00:54:10.20 | 00:55:18.90 | +00:27:05 (50.0%) | 6:46 | 8.9 (50.3%) |
| 409 | GRYGIER Piotr | 866 | OWN GOAL | OPEN Mężczyźni | 331 | 00:00:48 | 00:26:30 | 00:54:21.20 | 00:55:09.90 | +00:27:16 (50.2%) | 6:47 | 8.8 (49.7%) |
| 410 | CICHOWLAZ Małgorzata | 506 | | OPEN Kobiety | 77 | 00:00:08 | 00:25:03 | 00:54:26.30 | 00:54:34.30 | +00:27:21 (50.3%) | 6:48 | 8.8 (49.7%) |
| 411 | JANOWICZ Romualda | 819 | OPALENICKI KLUB BIEGACZA | OPEN Kobiety | 78 | 00:01:11 | 00:25:51 | 00:54:28.60 | 00:55:39.75 | +00:27:24 (50.3%) | 6:48 | 8.8 (49.7%) |
| 412 | BRZOSKOWSKI Krzysztof | 903 | | OPEN Mężczyźni | 332 | 00:00:47 | 00:25:47 | 00:54:28.70 | 00:55:16.00 | +00:27:24 (50.3%) | 6:48 | 8.8 (49.7%) |
| 413 | JANOWICZ Zbigniew | 820 | OPALENICKI KLUB BIEGACZA | OPEN Mężczyźni | 333 | 00:01:10 | 00:25:52 | 00:54:28.95 | 00:55:39.70 | +00:27:24 (50.3%) | 6:48 | 8.8 (49.7%) |
| 414 | VON OPPELN-BRONIKOWSKA Honorata | 681 | | OPEN Kobiety | 79 | 00:00:58 | 00:26:19 | 00:54:36.85 | 00:55:35.30 | +00:27:32 (50.4%) | 6:49 | 8.8 (49.7%) |
| 415 | BIERNACKI Marcin | 682 | CALI CAFE ŻAGAŃ | OPEN Mężczyźni | 334 | 00:00:08 | 00:25:55 | 00:54:46.20 | 00:54:54.30 | +00:27:41 (50.6%) | 6:50 | 8.8 (49.7%) |
| 416 | ŁUKOMSKA - GILL Joanna | 1003 | | OPEN Kobiety | 80 | 00:00:43 | 00:26:38 | 00:55:00.20 | 00:55:43.40 | +00:27:55 (50.8%) | 6:52 | 8.7 (49.2%) |
| 417 | SZAJEK Łukasz | 1012 | | OPEN Mężczyźni | 335 | 00:00:59 | 00:26:07 | 00:55:04.80 | 00:56:04.60 | +00:28:00 (50.8%) | 6:53 | 8.7 (49.2%) |
| 418 | GAWORSKI Filip | 953 | EUROCASH | OPEN Mężczyźni | 336 | 00:00:35 | 00:25:32 | 00:55:06.30 | 00:55:41.80 | +00:28:01 (50.9%) | 6:53 | 8.7 (49.2%) |
| 419 | RÓŻAŃSKA Agnieszka | 846 | | OPEN Kobiety | 81 | 00:00:45 | 00:26:07 | 00:55:11.55 | 00:55:56.65 | +00:28:06 (50.9%) | 6:53 | 8.7 (49.2%) |
| 420 | TOMCZAK Joanna | 770 | | OPEN Kobiety | 82 | 00:00:38 | 00:26:38 | 00:55:11.90 | 00:55:50.55 | +00:28:07 (50.9%) | 6:53 | 8.7 (49.2%) |
| 421 | DEWO Ewa | 716 | | OPEN Kobiety | 83 | 00:00:38 | 00:26:38 | 00:55:12.60 | 00:55:50.70 | +00:28:08 (51.0%) | 6:54 | 8.7 (49.2%) |
| 422 | NOWAK Mariola | 520 | | OPEN Kobiety | 84 | 00:00:09 | 00:25:51 | 00:55:24.85 | 00:55:34.35 | +00:28:20 (51.1%) | 6:55 | 8.7 (49.2%) |
| 423 | CZAJKA Anna | 830 | | OPEN Kobiety | 85 | 00:00:08 | 00:26:06 | 00:55:29.15 | 00:55:37.85 | +00:28:24 (51.2%) | 6:56 | 8.7 (49.2%) |
| 424 | MICHALSKA Natalia | 550 | | OPEN Kobiety | 86 | 00:00:47 | 00:27:02 | 00:55:41.45 | 00:56:28.95 | +00:28:36 (51.4%) | 6:57 | 8.6 (48.6%) |
| 425 | MICHALSKA Marta | 571 | | OPEN Kobiety | 87 | 00:00:48 | 00:27:01 | 00:55:45.05 | 00:56:33.40 | +00:28:40 (51.4%) | 6:58 | 8.6 (48.6%) |
| 426 | FRUTCZAK Natalia | 747 | | OPEN Kobiety | 88 | 00:00:52 | 00:26:31 | 00:55:49.20 | 00:56:41.70 | +00:28:44 (51.5%) | 6:58 | 8.6 (48.6%) |
| 427 | SZWED Magdalena | 748 | | OPEN Kobiety | 89 | 00:00:52 | 00:26:31 | 00:55:49.45 | 00:56:41.50 | +00:28:44 (51.5%) | 6:58 | 8.6 (48.6%) |
| 428 | DZIUBA Szymon | 972 | TOMICA COACHING | OPEN Mężczyźni | 337 | 00:00:54 | 00:27:27 | 00:55:49.75 | 00:56:44.65 | +00:28:45 (51.5%) | 6:58 | 8.6 (48.6%) |
| 429 | MOSTOWSKA-NOWAK Elżbieta | 715 | BABCIE BIEGAJĄ | OPEN Kobiety | 90 | 00:01:00 | 00:27:26 | 00:55:51.55 | 00:56:51.80 | +00:28:46 (51.5%) | 6:58 | 8.6 (48.6%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | Pętla 4km | Czas netto 8km | Czas brutto 8km | Różn | Tempo min/km | Tempo km/h |
|-----|-------------------------------|-------------|--------------------------------|----------------|------|-------------|-----------|--------------------|--------------------|-------------------|--------------|-------------|
| 430 | KOZAK Krystyna | 708 | RUN TEAM RYDZYNA | OPEN Kobiety | 91 | 00:01:00 | 00:27:26 | 00:55:51.75 | 00:56:52.00 | +00:28:47 (51.5%) | 6:58 | 8.6 (48.6%) |
| 431 | WOŹNIAK Małgorzata | 699 | | OPEN Kobiety | 92 | 00:00:51 | 00:27:29 | 00:56:01.00 | 00:56:52.10 | +00:28:56 (51.7%) | 7:00 | 8.6 (48.6%) |
| 432 | MATECKA Katarzyna | 922 | TULCE MY BIEGAMY BIEGAJ Z NAMI | OPEN Kobiety | 93 | 00:00:34 | 00:27:15 | 00:56:02.80 | 00:56:37.75 | +00:28:58 (51.7%) | 7:00 | 8.6 (48.6%) |
| 433 | WALAS-GWIZDAŁA Barbara | 786 | NIE DOTYCZY | OPEN Kobiety | 94 | 00:00:15 | 00:26:52 | 00:56:15.65 | 00:56:30.80 | +00:29:11 (51.9%) | 7:01 | 8.5 (48.0%) |
| 434 | GWIZDAŁA Natalia | 660 | | OPEN Kobiety | 95 | 00:00:17 | 00:28:04 | 00:56:29.90 | 00:56:47.75 | +00:29:25 (52.1%) | 7:03 | 8.5 (48.0%) |
| 435 | WIŚNIEWSKA Monika | 632 | LOCO SPORT | OPEN Kobiety | 96 | 00:00:17 | 00:28:03 | 00:56:30.40 | 00:56:47.90 | +00:29:25 (52.1%) | 7:03 | 8.5 (48.0%) |
| 436 | BIEGAŁA Angelika | 736 | | OPEN Kobiety | 97 | 00:00:55 | 00:26:58 | 00:56:37.80 | 00:57:33.30 | +00:29:33 (52.2%) | 7:04 | 8.5 (48.0%) |
| 437 | ROZWADOWSKI Piotr | 841 | | OPEN Mężczyźni | 338 | 00:01:04 | 00:26:10 | 00:56:47.10 | 00:57:51.35 | +00:29:42 (52.3%) | 7:05 | 8.5 (48.0%) |
| 438 | DUDA Mateusz | 1048 | | OPEN Mężczyźni | 339 | 00:01:27 | 00:28:07 | 00:56:56.80 | 00:58:24.65 | +00:29:52 (52.5%) | 7:07 | 8.4 (47.5%) |
| 439 | BANASZAK Patryk | 915 | | OPEN Mężczyźni | 340 | 00:01:27 | 00:28:07 | 00:56:57.15 | 00:58:24.65 | +00:29:52 (52.5%) | 7:07 | 8.4 (47.5%) |
| 440 | PRZYBYŁA Damian | 905 | | OPEN Mężczyźni | 341 | 00:01:27 | 00:28:08 | 00:56:57.75 | 00:58:24.80 | +00:29:53 (52.5%) | 7:07 | 8.4 (47.5%) |
| 441 | KUBIAK Adam | 706 | ADAMUS | OPEN Mężczyźni | 342 | 00:01:04 | 00:27:42 | 00:57:03.00 | 00:58:07.60 | +00:29:58 (52.5%) | 7:07 | 8.4 (47.5%) |
| 442 | GENDERA Ewa | 718 | | OPEN Kobiety | 98 | 00:00:00 | 00:28:17 | 00:57:21.65 | 00:57:21.65 | +00:30:17 (52.8%) | 7:10 | 8.4 (47.5%) |
| 443 | ZAJĄC Zuzanna | 512 | | OPEN Kobiety | 99 | 00:00:21 | 00:27:18 | 00:57:30.30 | 00:57:51.40 | +00:30:25 (52.9%) | 7:11 | 8.3 (46.9%) |
| 444 | KACZMARSKI Piotr | 625 | | OPEN Mężczyźni | 343 | 00:00:53 | 00:27:05 | 00:57:34.80 | 00:58:27.90 | +00:30:30 (53.0%) | 7:11 | 8.3 (46.9%) |
| 445 | ROŻEK Małgorzata | 624 | | OPEN Kobiety | 100 | 00:00:52 | 00:27:15 | 00:57:35.35 | 00:58:28.10 | +00:30:30 (53.0%) | 7:11 | 8.3 (46.9%) |
| 446 | PROSZOWSKI Jarosław | 666 | | OPEN Mężczyźni | 344 | 00:00:18 | 00:27:07 | 00:57:55.65 | 00:58:13.80 | +00:30:51 (53.3%) | 7:14 | 8.3 (46.9%) |
| 447 | LISSOŃ Marysia | 548 | PARKRUN LASEK MARCELIŃSKI | OPEN Kobiety | 101 | 00:00:03 | 00:27:39 | 00:58:01.10 | 00:58:04.75 | +00:30:56 (53.3%) | 7:15 | 8.3 (46.9%) |
| 448 | CZAPIK Marta | 1018 | LEGALNA MARTA | OPEN Kobiety | 102 | 00:00:44 | 00:32:50 | 00:58:09.70 | 00:58:53.90 | +00:31:05 (53.4%) | 7:16 | 8.3 (46.9%) |
| 449 | KRZEWIAK Krystian | 1019 | CIACHO TEAM | OPEN Mężczyźni | 345 | 00:00:43 | 00:32:51 | 00:58:10.55 | 00:58:54.00 | +00:31:05 (53.5%) | 7:16 | 8.3 (46.9%) |
| 450 | SZYMANIAK Sebastian | 1022 | | OPEN Mężczyźni | 346 | 00:00:40 | 00:30:06 | 00:58:13.30 | 00:58:53.85 | +00:31:08 (53.5%) | 7:16 | 8.2 (46.3%) |
| 451 | MIELCZAREK Paulina | 564 | | OPEN Kobiety | 103 | 00:00:50 | 00:27:46 | 00:58:16.40 | 00:59:06.55 | +00:31:11 (53.5%) | 7:17 | 8.2 (46.3%) |
| 452 | CZECHOWSKI Mateusz | 948 | | OPEN Mężczyźni | 347 | 00:00:50 | 00:27:45 | 00:58:16.70 | 00:59:06.85 | +00:31:12 (53.5%) | 7:17 | 8.2 (46.3%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | Pętla 4km | Czas netto 8km | Czas brutto 8km | Różn | Tempo min/km | Tempo km/h |
|-----|--------------------------------|-------------|------------------------|----------------|------|-------------|-----------|--------------------|--------------------|-------------------|--------------|--------------|
| 453 | FELCZAK Bogumiła | 738 | | OPEN Kobiety | 104 | 00:00:10 | 00:28:06 | 00:58:32.05 | 00:58:42.80 | +00:31:27 (53.7%) | 7:19 | 8.2 (46.3%) |
| 454 | WALISZEWSKA Daria | 1020 | KIBOLSKI KLUB SPORTOWY | OPEN Kobiety | 105 | 00:01:19 | 00:28:43 | 00:58:34.95 | 00:59:54.05 | +00:31:30 (53.8%) | 7:19 | 8.2 (46.3%) |
| 455 | ROSZYK Przemysław | 870 | FPS | OPEN Mężczyźni | 348 | 00:00:50 | 00:28:18 | 00:58:39.10 | 00:59:29.45 | +00:31:34 (53.8%) | 7:19 | 8.2 (46.3%) |
| 456 | GROŃ Klaudia | 746 | | OPEN Kobiety | 106 | 00:00:49 | 00:28:23 | 00:58:40.20 | 00:59:29.20 | +00:31:35 (53.8%) | 7:20 | 8.2 (46.3%) |
| 457 | WŁADYSIAK Michał | 593 | | OPEN Mężczyźni | 349 | 00:01:03 | 00:27:53 | 00:59:00.70 | 01:00:04.35 | +00:31:56 (54.1%) | 7:22 | 8.1 (45.8%) |
| 458 | MRÓWKA Marcin | 553 | 12WBOT | OPEN Mężczyźni | 350 | 00:01:03 | 00:27:54 | 00:59:00.75 | 01:00:04.20 | +00:31:56 (54.1%) | 7:22 | 8.1 (45.8%) |
| 459 | KLUCZYŃSKA Marta | 930 | | OPEN Kobiety | 107 | 00:01:00 | 00:27:24 | 00:59:12.35 | 01:00:13.20 | +00:32:07 (54.3%) | 7:24 | 8.1 (45.8%) |
| 460 | CICHOŃ Ewelina | 920 | | OPEN Kobiety | 108 | 00:00:35 | 00:29:31 | 00:59:39.75 | 01:00:14.75 | +00:32:35 (54.6%) | 7:27 | 8 (45.2%) |
| 461 | SPIGIEL Patrycja | 822 | BLUM TEAM | OPEN Kobiety | 109 | 00:00:19 | 00:26:47 | 00:59:43.65 | 01:00:02.95 | +00:32:39 (54.7%) | 7:27 | 8 (45.2%) |
| 462 | WASIELEWSKA Marta | 955 | | OPEN Kobiety | 110 | 00:01:19 | 00:28:03 | 00:59:54.15 | 01:01:13.85 | +00:32:49 (54.8%) | 7:29 | 8 (45.2%) |
| 463 | ZARĘBSKA Katarzyna | 554 | 12WBOT | OPEN Kobiety | 111 | 00:01:03 | 00:27:53 | 01:00:13.05 | 01:01:16.70 | +00:33:08 (55.0%) | 7:31 | 8 (45.2%) |
| 464 | ORZECHOWSKI Maciej | 680 | | OPEN Mężczyźni | 351 | 00:00:41 | 00:29:14 | 01:00:52.85 | 01:01:34.35 | +00:33:48 (55.5%) | 7:36 | 7.9 (44.6%) |
| 465 | BARTKOWIAK Mariusz | 629 | LECH POZNAŃ | OPEN Mężczyźni | 352 | 00:00:00 | 00:30:26 | 01:01:07.90 | 01:01:07.90 | +00:34:03 (55.7%) | 7:38 | 7.9 (44.6%) |
| 466 | STAN Adrian | 524 | THE KILT RUNNERS | OPEN Mężczyźni | 353 | 00:00:42 | 00:29:45 | 01:02:07.75 | 01:02:49.80 | +00:35:03 (56.4%) | 7:45 | 7.7 (43.5%) |
| 467 | JĘCHOREK Natalia | 768 | | OPEN Kobiety | 112 | 00:00:06 | 00:29:27 | 01:02:09.70 | 01:02:16.40 | +00:35:05 (56.4%) | 7:46 | 7.7 (43.5%) |
| 468 | MOKRAS Bartosz | 894 | FPS | OPEN Mężczyźni | 354 | 00:00:56 | 00:30:53 | 01:02:25.60 | 01:03:21.90 | +00:35:21 (56.6%) | 7:48 | 7.7 (43.5%) |
| 469 | WAWRZY尼亚K Anna | 756 | 3:33 TEAM | OPEN Kobiety | 113 | 00:01:15 | 00:31:42 | 01:05:38.90 | 01:06:54.20 | +00:38:34 (58.8%) | 8:12 | 7.3 (41.2%) |
| 470 | KASIERSKA Ewa Katarzyna | 983 | WKB META LUBLINIEC | OPEN Kobiety | 114 | 00:00:50 | 00:31:26 | 01:06:03.55 | 01:06:54.20 | +00:38:58 (59.0%) | 8:15 | 7.3 (41.2%) |
| 471 | URBAN Maciej | 513 | | OPEN Mężczyźni | 355 | 00:00:11 | 00:17:59 | | | +00:04:24 | 4:29 | 13.3 (75.1%) |
| 472 | ŚMIŁOWICZ Miłosz | 703 | | OPEN Mężczyźni | 356 | 00:01:19 | 00:18:18 | | | +00:04:43 | 4:34 | 13.1 (74.0%) |
| 473 | BOREK Jan | 910 | LOTTO | OPEN Mężczyźni | 357 | 00:00:44 | 00:19:11 | | | +00:05:36 | 4:47 | 12.5 (70.6%) |
| 474 | KACZMAREK Leszek | 515 | | OPEN Mężczyźni | 358 | 00:00:11 | 00:20:52 | | | +00:07:17 | 5:13 | 11.5 (65.0%) |
| 475 | DOBRZYCKI Artur | 1000 | | OPEN Mężczyźni | 359 | 00:00:28 | 00:21:32 | | | +00:07:57 | 5:23 | 11.1 (62.7%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | Pętla 4km | Czas netto 8km | Czas brutto 8km | Różn | Tempo min/km | Tempo km/h |
|-----|--------------------------|-------------|----------------------|-------------------|------|-------------|-----------|----------------|-----------------|-----------|--------------|-----------------|
| 476 | JANOWSKI Marcin | 1030 | | OPEN Mężczyźni | 360 | 00:01:15 | 00:22:13 | | | +00:08:38 | 5:33 | 10.8 (61.0%) |
| 477 | PILARCZYK Robert | 803 | | OPEN Mężczyźni | 361 | 00:00:07 | 00:24:09 | | | +00:10:34 | 6:02 | 9.9 (55.9%) |
| 478 | | 1126 | | | | 00:00:18 | 00:25:10 | | | +00:11:35 | 6:17 | 9.5 (53.7%) |
| 479 | ZALEWSKA Marzena | 1126 | | OPEN Kobiety | 115 | 00:00:18 | 00:25:10 | | | +00:11:35 | 6:17 | 9.5 (53.7%) |
| 480 | ZYGMUNT Agnieszka | 539 | DRUŻYNA SZPIKU | OPEN Kobiety | 116 | 00:00:22 | 00:26:55 | | | +00:13:20 | 6:43 | 8.9 (50.3%) |
| 481 | AUTCZOK Wojciech | 1092 | | OPEN Mężczyźni | 362 | 00:00:45 | 00:28:02 | | | +00:14:27 | 7:00 | 8.6 (48.6%) |
| 482 | GRACZYK Adrian | 1148 | #BIEGIEMWLAS | OPEN Mężczyźni | 363 | 00:00:02 | 00:28:03 | | | +00:14:28 | 7:00 | 8.6 (48.6%) |
| 483 | NYGA Dominika | 749 | | OPEN Kobiety | 117 | 00:01:18 | 00:28:20 | | | +00:14:45 | 7:05 | 8.5 (48.0%) |
| 484 | KOSZNIK Maciej | 895 | ZŁOMIARZ TEAM GDAŃSK | OPEN Mężczyźni | 364 | 00:01:17 | 00:31:39 | | | +00:18:04 | 7:54 | 7.6 (42.9%) |
| 485 | ROSZYK Monika | 871 | FPS | OPEN Kobiety | 118 | 00:00:50 | 00:34:51 | | | +00:21:16 | 8:42 | 6.9 (39.0%) |
| 486 | BORSKI Adrian | 665 | | OPEN Mężczyźni | 365 | 00:00:00 | 01:09:47 | | | + | 17:26 | 3.4 (19.2%) |
| 487 | KUCHNOWSKI Marcin | 975 | | OPEN Mężczyźni | 366 | 00:00:00 | 01:17:49 | | | + | 19:27 | 3.1 (17.5%) |

Znaleziono 487 wynik(ów)