



LUBAŃ VERTICAL - 6,5

B4SPORT

Wydarzenie: PIENINY ULTRA-TRAIL®
Organizator: Fundacja Strefa Przygód
Data: 2024-04-19
Miejsce: Szczawnica
Dystans: 6.5 km

B4SPORT
INTELIĞENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Mistrzostwa Polski | Drużyna | Czas netto 6.5km | Czas brutto 6.5km | Różn | Tempo min/km | Tempo km/h |
|-----|---------------------------|-------------|--|-----------|------|--------------------|-------------------------------------|--------------------|--------------------|-------------------|--------------|-------------|
| 1 | TABOR Dominik | 4043 | HOKA GARMIN TEAM/SBG SALCO | M20 | 1 | MP | SBG Salco Niepołomice | 00:39:59.40 | 00:40:00.65 | | 6:09 | 9.8 (100%) |
| 2 | OLEJNIK Michał | 12 | WKS GRUNWALD POZNAŃ | M30 | 1 | MP | WKS Grunwald Poznań | 00:40:06.95 | 00:40:07.90 | +00:00:07 (0.3%) | 6:10 | 9.7 (99.0%) |
| 3 | LEPIARZ Sylwester | 91 | LKB RUDNIK / ALPIN SPORT TEAM | M30 | 2 | MP | LKB Rudnik | 00:40:38.55 | 00:40:39.80 | +00:00:39 (1.6%) | 6:15 | 9.6 (98.0%) |
| 4 | PARIS Nicola | 10 | LA RECASTELLO | M30 | 3 | | | 00:43:21.85 | 00:43:23.70 | +00:03:23 (7.8%) | 6:40 | 9 (91.8%) |
| 5 | LACHOWSKI Maciej | 81 | KS SPRINT BIELSKO BIAŁA | M20 | 2 | | | 00:43:39.85 | 00:43:42.75 | +00:03:42 (8.5%) | 6:42 | 8.9 (90.8%) |
| 6 | JAŚTAL Piotr | 4110 | LKB RUDNIK/NON STOP TRAIL | M30 | 4 | MP | LKB Rudnik | 00:44:36.20 | 00:44:36.95 | +00:04:36 (10.3%) | 6:51 | 8.7 (88.8%) |
| 7 | DUDA Karol | 82 | BLACK HAT PRO | M30 | 5 | MP | Black Hat Pro Warszawa | 00:45:01.85 | 00:45:04.75 | +00:05:04 (11.2%) | 6:55 | 8.7 (88.8%) |
| 8 | BIERNAWSKI Piotr | 4114 | RETIRED BASTARDS | M40 | 1 | | | 00:45:43.05 | 00:45:44.75 | +00:05:44 (12.5%) | 7:02 | 8.5 (86.7%) |
| 9 | KUROPATWA Gabriel | 19 | SBG SALCO | M20 | 3 | MP | SBG Salco Niepołomice | 00:45:53.35 | 00:45:54.30 | +00:05:53 (12.8%) | 7:03 | 8.5 (86.7%) |
| 10 | SOBAS Jacek | 75 | | M30 | 6 | MP | AZS KU Politechniki Opolskiej Opole | 00:46:24.65 | 00:46:26.00 | +00:06:25 (13.8%) | 7:08 | 8.4 (85.7%) |
| 11 | KUNZ Marcin | 4106 | | M20 | 4 | MP | KS Vertical Ryto | 00:46:25.70 | 00:46:27.65 | +00:06:27 (13.9%) | 7:08 | 8.4 (85.7%) |
| 12 | CELIŃSKA Anna | 4030 | BYLEDOBIEC ANIN | K40 | 1 | MP | KS Sprint Bielsko-Biała | 00:46:37.75 | 00:46:40.20 | +00:06:39 (14.3%) | 7:10 | 8.4 (85.7%) |
| 13 | JACHYMIAK Robert | 71 | SPECJALISTYCZNY GABINET REHABILITACJI DZIECI | M40 | 2 | | | 00:46:53.50 | 00:46:55.05 | +00:06:54 (14.7%) | 7:12 | 8.3 (84.7%) |
| 14 | GABRYŚ Rafał | 58 | STAŃCZAK TEAM | M30 | 7 | | | 00:47:06.15 | 00:47:08.20 | +00:07:07 (15.1%) | 7:14 | 8.3 (84.7%) |
| 15 | STARŻYŃSKI Andrzej | 4112 | LKB RUDNIK | M30 | 8 | MP | LKB Rudnik | 00:47:41.30 | 00:47:42.60 | +00:07:41 (16.1%) | 7:20 | 8.2 (83.7%) |

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|-----|----------------------------|-------------|----------------------------------|-----------|------|-------------|-------------------------|---------------------|----------------------|----------------------|-----------------|----------------|
| | | | | | | Polski | Drużyna | | | | | |
| 16 | RYNKOWSKI Bartosz | 4102 | ZANTYR SZTUM | M30 | 9 | MP | LKS Zantyr Sztum | 00:47:59.40 | 00:48:01.10 | +00:08:00 (16.7%) | 7:22 | 8.1 (82.7%) |
| 17 | BUCZEK Paweł | 13 | SPLA TYCHY | M30 | 10 | MP | SPLA Tychy | 00:48:38.05 | 00:48:39.90 | +00:08:39 (17.8%) | 7:28 | 8 (81.6%) |
| 18 | SENDOR Piotr | 29 | | M40 | 3 | MP | SKL Sucha Beskidzka | 00:49:05.35 | 00:49:07.50 | +00:09:06 (18.6%) | 7:33 | 7.9 (80.6%) |
| 19 | MIROSZKA Krzysztof | 35 | | M20 | 5 | | | 00:49:38.20 | 00:49:40.65 | +00:09:40 (19.5%) | 7:38 | 7.9 (80.6%) |
| 20 | PACHUT Maksymilian | 90 | MY ENDURANCE COACHING | M20 | 6 | | | 00:49:49.15 | 00:49:51.75 | +00:09:51 (19.8%) | 7:39 | 7.8 (79.6%) |
| 21 | MASŁOWSKA Martyna | 20 | ULKS BYSTRZYCA KŁODZKA | K30 | 1 | MP | ULKS Bystrzyca Kłodzka | 00:49:55.15 | 00:49:57.00 | +00:09:56 (19.9%) | 7:40 | 7.8 (79.6%) |
| 22 | FICNER Anna | 97 | MKS SIECHNICE | K30 | 2 | MP | MKS Siechnice | 00:49:58.75 | 00:50:02.00 | +00:10:01 (20.0%) | 7:41 | 7.8 (79.6%) |
| 23 | XINTARAKOS Manolis | 4052 | SALOMON HELLAS / KROMMIDAS TRAIL | M20 | 7 | | | 00:50:20.45 | 00:50:22.20 | +00:10:21 (20.6%) | 7:44 | 7.7 (78.6%) |
| 24 | MACIEJOWSKI Damian | 63 | TSG MŁÓCKARNIA | M30 | 11 | MP | KS Sprint Bielsko-Biała | 00:51:04.05 | 00:51:06.35 | +00:11:05 (21.7%) | 7:51 | 7.6 (77.6%) |
| 25 | MAZAN Beata | 31 | FINISZ RYMANÓW | K30 | 3 | MP | KKB MOSiR Krosno | 00:51:34.95 | 00:51:38.15 | +00:11:37 (22.5%) | 7:56 | 7.6 (77.6%) |
| 26 | CZARNOTA Dariusz | 43 | | M30 | 12 | | | 00:51:39.30 | 00:51:42.45 | +00:11:41 (22.6%) | 7:56 | 7.6 (77.6%) |
| 27 | STELMACH Dominika | 4042 | STELMACH TEAM | K40 | 2 | MP | RK Athletics Warszawa | 00:51:48.20 | 00:51:49.95 | +00:11:49 (22.8%) | 7:58 | 7.5 (76.5%) |
| 28 | DEL BOSQUE Jorge | 4031 | | M20 | 8 | | | 00:52:01.70 | 00:52:04.15 | +00:12:03 (23.2%) | 8:00 | 7.5 (76.5%) |
| 29 | KOCOŃ Justyna | 16 | TRAIL IS OUR WAY | K20 | 1 | MP | MKS Żywiec | 00:53:04.20 | 00:53:06.85 | +00:13:06 (24.7%) | 8:09 | 7.3 (74.5%) |
| 30 | MIELCZAREK Mateusz | 49 | ULTRA TRAIL ACADEMY | M20 | 9 | | | 00:53:08.85 | 00:53:12.00 | +00:13:11 (24.8%) | 8:10 | 7.3 (74.5%) |
| 31 | MATRAS Sławomir | 4051 | | M50 | 1 | | | 00:53:30.55 | 00:53:34.10 | +00:13:33 (25.3%) | 8:13 | 7.3 (74.5%) |
| 32 | ARENDT Kacper | 4099 | | M20 | 10 | | | 00:53:40.25 | 00:53:41.80 | +00:13:41 (25.5%) | 8:15 | 7.3 (74.5%) |
| 33 | JEŽKOVÁ Jaroslava | 52 | SALOMON | K20 | 2 | | | 00:53:46.40 | 00:53:49.20 | +00:13:48 (25.7%) | 8:16 | 7.3 (74.5%) |
| 34 | WYSOCKI Michał | 2 | ŁÓDŹ KOCHA SPORT | M40 | 4 | | | 00:54:07.30 | 00:54:12.25 | +00:14:11 (26.2%) | 8:19 | 7.2 (73.5%) |
| 35 | KOWALA Michał | 4036 | SMS ZAWOJA | M20 | 11 | | | 00:54:32.00 | 00:54:37.65 | +00:14:37 (26.8%) | 8:23 | 7.2 (73.5%) |
| 36 | ZBOROWSKI Krzysztof | 55 | | M40 | 5 | | | 00:55:13.00 | 00:55:16.75 | +00:15:16 (27.6%) | 8:29 | 7.1 (72.4%) |
| 37 | ZBORUCKI Jan | 62 | PRZEDWOJEWSKI TEAM | M40 | 6 | | | 00:55:27.15 | 00:55:30.35 | +00:15:29 (27.9%) | 8:31 | 7 (71.4%) |
| 38 | MAJEWSKA Agata | 4 | MKS SIECHNICE | K40 | 3 | MP | MKS Siechnice | 00:55:27.35 | 00:55:30.50 | +00:15:29 (27.9%) | 8:31 | 7 (71.4%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Mistrzostwa Polski | Drużyna | Czas netto 6.5km | Czas brutto 6.5km | Różn | Tempo min/km | Tempo km/h |
|-----|-----------------------------------|-------------|-------------------------------------|-----------|------|-----------------------|-------------------------------------|------------------------|-------------------------|----------------------|-----------------|----------------|
| 39 | DŁUGOSZ-STĘPNIAK Agnieszka | 65 | | K30 | 4 | MP | MKS Unia Hrubieszów | 00:55:39.05 | 00:55:41.20 | +00:15:40 (28.2%) | 8:33 | 7 (71.4%) |
| 40 | OBSTÓJ Karolina | 74 | ON RUNNING | K30 | 5 | MP | AZS KU Politechniki Opolskiej Opole | 00:55:55.30 | 00:55:57.90 | +00:15:57 (28.5%) | 8:36 | 7 (71.4%) |
| 41 | GÓROWSKA Iwona | 4038 | MONTIKO.PL / DYNAFIT | K30 | 6 | | | 00:56:10.80 | 00:56:14.00 | +00:16:13 (28.8%) | 8:38 | 6.9 (70.4%) |
| 42 | SZATANIK Zbigniew | 69 | | M50 | 2 | | | 00:56:26.75 | 00:56:30.75 | +00:16:30 (29.2%) | 8:40 | 6.9 (70.4%) |
| 43 | BOLECHOWSKA Dominika | 41 | | K40 | 4 | | | 00:56:30.85 | 00:56:34.25 | +00:16:33 (29.3%) | 8:41 | 6.9 (70.4%) |
| 44 | POKRYWKA Robert | 18 | | M20 | 12 | | | 00:56:31.20 | 00:56:35.10 | +00:16:34 (29.3%) | 8:41 | 6.9 (70.4%) |
| 45 | WÓJCIK Łukasz | 5 | NIEMCE TEAM / SZYBCIEJ NIE DAM RADY | M40 | 7 | | | 00:56:33.20 | 00:56:37.55 | +00:16:36 (29.3%) | 8:42 | 6.9 (70.4%) |
| 46 | BIDAS Róża | 22 | | K30 | 7 | | | 00:56:53.85 | 00:56:57.70 | +00:16:57 (29.8%) | 8:45 | 6.9 (70.4%) |
| 47 | KOTLARZ Dawid | 40 | KS LIMANOWA FORREST | M20 | 13 | MP | KS Limanowa Forrest | 00:57:05.95 | 00:57:07.90 | +00:17:07 (30.0%) | 8:46 | 6.8 (69.4%) |
| 48 | OGÓREK Monika | 80 | BRYGADA BESKIDÓW/SALOMON TEAM | K20 | 3 | MP | MKL Brygada Beskidów Nowy Sącz | 00:57:20.50 | 00:57:20.50 | +00:17:19 (30.2%) | 8:49 | 6.8 (69.4%) |
| 49 | DACEJ Michał | 4103 | | M30 | 13 | | | 00:57:34.10 | 00:57:39.10 | +00:17:38 (30.6%) | 8:51 | 6.8 (69.4%) |
| 50 | FERET Kamila | 89 | KRT JELENIA GÓRA | K20 | 4 | MP | KRT Jelenia Góra | 00:57:45.55 | 00:57:45.55 | +00:17:44 (30.7%) | 8:53 | 6.8 (69.4%) |
| 51 | KLAMUT Natalia | 88 | | K30 | 8 | | | 00:57:43.75 | 00:57:50.00 | +00:17:49 (30.8%) | 8:52 | 6.8 (69.4%) |
| 52 | HOŁOWATY Renata | 64 | SANOK BIEGA | K30 | 9 | MP | KS Komunalni Sanok | 00:57:53.20 | 00:57:57.95 | +00:17:57 (31.0%) | 8:54 | 6.7 (68.4%) |
| 53 | NOWOROLNIK Marcin | 93 | LKS LUBAŃ TYLMANOWA | M20 | 14 | | | 00:58:37.70 | 00:58:41.70 | +00:18:41 (31.8%) | 9:01 | 6.7 (68.4%) |
| 54 | NOWOROLNIK Piotr | 92 | LKS LUBAŃ TYLMANOWA | M40 | 8 | | | 00:58:38.05 | 00:58:42.35 | +00:18:41 (31.8%) | 9:01 | 6.7 (68.4%) |
| 55 | ITALIANO Mariano | 76 | ÓSEMKA TORUŃ | M20 | 15 | | | 00:58:55.20 | 00:59:02.10 | +00:19:01 (32.2%) | 9:03 | 6.6 (67.3%) |
| 56 | GIBAS Rafał | 95 | | M50 | 3 | | | 00:59:24.25 | 00:59:27.95 | +00:19:27 (32.7%) | 9:08 | 6.6 (67.3%) |
| 57 | ŻÓŁTAK Anna | 4037 | LKS OPOCZNO ŻELAZNY RUNNING TEAM | K20 | 5 | MP | LKS Żelazny Opoczno Running Team | 00:59:57.40 | 01:00:00.55 | +00:19:59 (33.3%) | 9:13 | 6.5 (66.3%) |
| 58 | KUBIN Ireneusz | 70 | TG SOKÓŁ ZAKOPANE | M50 | 4 | | | 01:00:02.40 | 01:00:04.15 | +00:20:03 (33.4%) | 9:14 | 6.5 (66.3%) |
| 59 | SZCZEPANIAK Angelika | 4108 | SZAKALE BAŁUT ŁÓDŹ | K40 | 5 | | | 01:00:03.95 | 01:00:09.70 | +00:20:09 (33.5%) | 9:14 | 6.5 (66.3%) |

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|-----|----------------------------------|-------------|--------------------------------------|-----------|------|-------------|--------------------------------|---------------------|----------------------|----------------------|-----------------|----------------|
| | | | | | | Polski | Drużyna | | | | | |
| 60 | WOŁOSZYN Antoni | 4034 | KS SPRINTERZY.COM KRAKÓW | M20 | 16 | MP | KS Sprinterzy.com Kraków | 01:00:18.65 | 01:00:24.20 | +00:20:23 (33.8%) | 9:16 | 6.5 (66.3%) |
| 61 | GRONAI Sandor | 66 | HEGYIKECSKEK SE | M40 | 9 | | | 01:00:38.35 | 01:00:39.60 | +00:20:38 (34.0%) | 9:19 | 6.4 (65.3%) |
| 61 | DRAGAN Grzegorz | 4029 | PRZEDWOJEWSKI TEAM | M40 | 9 | | | 01:00:36.35 | 01:00:39.60 | +00:20:38 (34.0%) | 9:19 | 6.4 (65.3%) |
| 63 | WILCZYŃSKA Paulina | 4113 | MKL BRYGADA BESKIDÓW | K20 | 6 | MP | MKL Brygada Beskidów Nowy Sącz | 01:00:43.85 | 01:00:49.50 | +00:20:48 (34.2%) | 9:20 | 6.4 (65.3%) |
| 64 | KOLANO Agnieszka | 1 | BPOT | K40 | 6 | | | 01:00:49.55 | 01:00:53.10 | +00:20:52 (34.3%) | 9:21 | 6.4 (65.3%) |
| 65 | LACHOWSKA Magdalena | 4053 | KS SPRINT BIELSKO-BIAŁA | K50 | 1 | | | 01:00:50.05 | 01:00:54.95 | +00:20:54 (34.3%) | 9:21 | 6.4 (65.3%) |
| 66 | ŚLĄSKI Bartosz | 32 | PRZEDWOJEWSKI TEAM | M30 | 14 | | | 01:01:12.20 | 01:01:16.35 | +00:21:15 (34.7%) | 9:24 | 6.4 (65.3%) |
| 67 | SKALSKA Anna | 11 | ALPIN SPORT TEAM | K40 | 7 | MP | MKS-MOSM Bytom | 01:01:27.40 | 01:01:30.05 | +00:21:29 (34.9%) | 9:27 | 6.3 (64.3%) |
| 68 | BIELA Konrad | 17 | ON RUN CREW POLAND / GOPR KARKONOSZE | M30 | 15 | | | 01:02:11.75 | 01:02:14.20 | +00:22:13 (35.7%) | 9:34 | 6.3 (64.3%) |
| 69 | JEZERSKI Michał | 14 | | M40 | 11 | | | 01:03:36.55 | 01:03:38.90 | +00:23:38 (37.1%) | 9:47 | 6.1 (62.2%) |
| 70 | RIEMEN Karolina | 4109 | | K30 | 10 | | | 01:03:43.60 | 01:03:51.60 | +00:23:50 (37.3%) | 9:48 | 6.1 (62.2%) |
| 71 | JACHIMOWSKI Jarosław | 67 | SANOK BIEGA | M40 | 12 | MP | KS Komunalni Sanok | 01:03:49.55 | 01:03:54.80 | +00:23:54 (37.4%) | 9:49 | 6.1 (62.2%) |
| 72 | PIPIRAITE-GRUMBINE Marija | 7 | | K30 | 11 | | | 01:04:32.35 | 01:04:36.25 | +00:24:35 (38.1%) | 9:55 | 6 (61.2%) |
| 73 | JUCHA Michał | 54 | BIEGIEM PO PIWO | M40 | 13 | | | 01:05:11.05 | 01:05:17.80 | +00:25:17 (38.7%) | 10:01 | 6 (61.2%) |
| 74 | DRZAZGA Marta | 38 | ORT ŁOMIANKI | K30 | 12 | | | 01:05:28.85 | 01:05:32.25 | +00:25:31 (38.9%) | 10:04 | 6 (61.2%) |
| 75 | MROWIEC Paweł | 78 | HEINEKEN KRAKÓW RUNNING CLUB | M40 | 14 | | | 01:05:45.10 | 01:05:49.60 | +00:25:48 (39.2%) | 10:06 | 5.9 (60.2%) |
| 76 | ORAWIEC Ewelina | 73 | MOUNTAIN RUNNING GUIDES | K20 | 7 | | | 01:05:56.80 | 01:06:01.00 | +00:26:00 (39.4%) | 10:08 | 5.9 (60.2%) |
| 77 | KAWECKI Marek | 84 | SŁOŃCA JURY | M40 | 15 | | | 01:06:22.75 | 01:06:28.90 | +00:26:28 (39.8%) | 10:12 | 5.9 (60.2%) |
| 78 | GŁÓWCZYK Piotr | 4039 | | M20 | 17 | MP | KS Sprinterzy.com Kraków | 01:06:30.80 | 01:06:35.25 | +00:26:34 (39.9%) | 10:13 | 5.9 (60.2%) |
| 79 | SOBOTA Jacek | 4033 | CTM BIAŁYSTOK RUNNING TEAM | M40 | 16 | | | 01:06:31.20 | 01:06:41.00 | +00:26:40 (40.0%) | 10:14 | 5.9 (60.2%) |
| 80 | BAK Artur | 60 | ELITARNY KLUB GERIATRYCZNY | M50 | 5 | | | 01:06:41.85 | 01:06:50.80 | +00:26:50 (40.1%) | 10:15 | 5.8 (59.2%) |
| 81 | NIGIEL Krystian | 42 | MIRAZ RACE TEAM | M50 | 6 | | | 01:07:20.30 | 01:07:27.80 | +00:27:27 (40.7%) | 10:21 | 5.8 (59.2%) |

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|-----|-----------------------|-------|--|-----------|------|--------------------|---------------------------|------------------|-------------------|-------------------|--------------|-------------|
| | | | | | | Drużyna | | | | | | |
| 82 | ZYGMUNT Paweł | 34 | | M50 | 7 | | | 01:08:06.10 | 01:08:12.30 | +00:28:11 (41.3%) | 10:28 | 5.7 (58.2%) |
| 83 | PARZNIIEWSKI Maciej | 39 | TOWARZYSTWO TURYSTYCZNE AKS POLONIA WARSZAWA | M40 | 17 | | | 01:09:43.45 | 01:09:47.80 | +00:29:47 (42.7%) | 10:43 | 5.6 (57.1%) |
| 84 | WOŹNIAK Oskar | 4107 | CKS BUDOWLANI CZĘSTOCHOWA | M20 | 18 | MP | CKS Budowlani Częstochowa | 01:09:51.85 | 01:09:56.65 | +00:29:56 (42.8%) | 10:44 | 5.6 (57.1%) |
| 85 | BONDAR Marta | 27 | | K30 | 13 | | | 01:11:34.30 | 01:11:39.55 | +00:31:38 (44.2%) | 11:00 | 5.4 (55.1%) |
| 86 | CINAL Monika | 4101 | | K30 | 14 | | | 01:12:31.40 | 01:12:38.25 | +00:32:37 (44.9%) | 11:09 | 5.4 (55.1%) |
| 87 | TOROŃ Małgorzata | 4105 | | K20 | 8 | MP | KS Sprinterzy.com Kraków | 01:13:03.90 | 01:13:09.55 | +00:33:08 (45.3%) | 11:14 | 5.3 (54.1%) |
| 88 | GOLIŃSKA Natalia | 94 | | K20 | 9 | MP | KS Sprinterzy.com Kraków | 01:13:11.15 | 01:13:17.10 | +00:33:16 (45.4%) | 11:15 | 5.3 (54.1%) |
| 89 | KAJUTH Kaja | 77 | ONRUNNING | K20 | 10 | | | 01:14:50.55 | 01:14:54.75 | +00:34:54 (46.6%) | 11:30 | 5.2 (53.1%) |
| 90 | MIKOŁAJCZYK Zbigniew | 51 | | M60 | 1 | | | 01:21:39.25 | 01:21:43.45 | +00:41:42 (51.0%) | 12:33 | 4.8 (49.0%) |
| 91 | SOJAN Julia | 37 | 16 SQUAD CROSSFIT DEKERTA | K20 | 11 | | | 01:21:40.70 | 01:21:48.05 | +00:41:47 (51.1%) | 12:33 | 4.8 (49.0%) |
| 92 | ZARĘBA Jolanta | 48 | CWKS RESOVIA | K50 | 2 | MP | CWKS Resovia Rzeszów | 01:23:16.60 | 01:23:24.15 | +00:43:23 (52.0%) | 12:48 | 4.7 (48.0%) |
| 93 | STEBEL Piotr | 28 | PRZEWODNIK | M50 | 8 | | | 01:23:22.30 | 01:23:29.35 | +00:43:28 (52.1%) | 12:49 | 4.7 (48.0%) |
| 94 | OSZMAŁEK Agata | 4111 | RK ATHLETICS | K30 | 15 | MP | RK Athletics Warszawa | 01:25:01.50 | 01:25:06.75 | +00:45:06 (53.0%) | 13:04 | 4.6 (46.9%) |
| 95 | SYLWESTROWICZ Izabela | 87 | ŁÓDŹ KOCHA SPORT | K40 | 8 | | | 01:26:56.90 | 01:27:05.05 | +00:47:04 (54.1%) | 13:22 | 4.5 (45.9%) |
| 96 | GROMALA Gabriela | 86 | | K20 | 12 | | | 01:27:56.75 | 01:28:02.25 | +00:48:01 (54.6%) | 13:31 | 4.4 (44.9%) |
| 97 | KRZEMIŃSKI Damian | 56 | | M30 | 16 | | | 01:27:56.20 | 01:28:05.10 | +00:48:04 (54.6%) | 13:31 | 4.4 (44.9%) |
| 98 | GROMALA Karolina | 83 | | K20 | 13 | | | 01:28:56.10 | 01:29:01.30 | +00:49:00 (55.1%) | 13:40 | 4.4 (44.9%) |
| 99 | SZABŁOWSKI Paweł | 47 | | M30 | 17 | | | 01:30:13.10 | 01:30:22.45 | +00:50:21 (55.7%) | 13:52 | 4.3 (43.9%) |
| 100 | ZAPIÓR Marek | 4035 | ZET RUNNERS | M60 | 2 | | | 01:30:25.60 | 01:30:34.25 | +00:50:33 (55.8%) | 13:54 | 4.3 (43.9%) |
| 101 | KAŹMIERSKI Janusz | 59 | DAŚIĘ | M60 | 3 | | | 01:30:51.70 | 01:31:00.00 | +00:50:59 (56.0%) | 13:58 | 4.3 (43.9%) |
| 102 | POGORZELSKI Adam | 36 | | M30 | 18 | | | 01:35:38.85 | 01:35:46.30 | +00:55:45 (58.2%) | 14:42 | 4.1 (41.8%) |
| 103 | GADEK Monika | 96 | | K30 | 16 | | | 01:39:14.85 | 01:39:22.85 | +00:59:22 (59.7%) | 15:16 | 3.9 (39.8%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Mistrzostwa Polski | Drużyna | Czas netto 6.5km | Czas brutto 6.5km | Różn | Tempo min/km | Tempo km/h |
|-----|-----------------------------------|-------------|-------------------------|-----------|------|-----------------------|--------------------------|------------------------|-------------------------|----------------------|-----------------|----------------|
| 104 | DELFOSE-- OTMANI Manel | 6 | INSA ROUEN | K20 | 14 | | | 01:48:40.85 | 01:48:44.40 | +01:08:43 (63.2%) | 16:43 | 3.6 (36.7%) |
| 105 | JACQUOT Léo | 33 | LOUPIAN TRI NATURE | M20 | 19 | | | 01:48:41.10 | 01:48:45.10 | +01:08:44 (63.2%) | 16:43 | 3.6 (36.7%) |
| 106 | NAWROCKA Magdalena | 25 | FERAL CATS HUCISKO TEAM | K30 | 17 | | | 01:55:48.45 | 01:55:56.00 | +01:15:55 (65.5%) | 17:48 | 3.4 (34.7%) |
| | BALIGA Cezary | 4115 | HOKA GARMIN TEAM | M20 | | MP | SBG Salco Niepołomice | DNF | DNF | - | - | - (0.0%) |

Znaleziono 107 wynik(ów)