



OLEJARSKA DYCHA

B4SPORT

Organizator: Polskie Stowarzyszenie Producentów Oleju
Data: 2023-05-14
Miejsce: Nielisz
Dystans: 10 km

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | MP Olejarzy | Czas netto 10km | Czas brutto 10km | Różn | Tempo min/km | Tempo km/h |
|-----|---------------------------|------------|------------------------------------|--------------|------|-------------|--------------------|--------------------|-------------------|--------------|--------------|
| 1 | ADAMCZUK Sebastian | 12 | | M2 30-49 lat | 1 | | 00:36:26.15 | 00:36:26.15 | | 3:38 | 16.5 (100%) |
| 2 | WYSOCKI Paweł | 301 | LUBELSKIBIEGACZ.PL TEAM | M2 30-49 lat | 2 | | 00:36:40.65 | 00:36:40.65 | +00:00:14 (0.7%) | 3:40 | 16.4 (99.4%) |
| 3 | PAWLAK Grzegorz | 206 | 3 ZAMOJSKI BATALION ZMECHANIZOWANY | M2 30-49 lat | 3 | | 00:36:51.50 | 00:36:51.50 | +00:00:25 (1.1%) | 3:41 | 16.3 (98.8%) |
| 4 | MAZUREK Paweł | 182 | PARKRUN OGRÓD SASKI LUBLIN | M2 30-49 lat | 4 | | 00:37:17.10 | 00:37:17.10 | +00:00:50 (2.3%) | 3:43 | 16.1 (97.6%) |
| 5 | GRAJ Arkadiusz | 89 | BANDA GRUDNIA | M2 30-49 lat | 5 | | 00:38:03.25 | 00:38:03.25 | +00:01:37 (4.3%) | 3:48 | 15.8 (95.8%) |
| 6 | FLIS Robert | 73 | BIKE CLUB JANÓW LUBELSKI | M2 30-49 lat | 6 | | 00:38:50.40 | 00:38:50.40 | +00:02:24 (6.2%) | 3:53 | 15.5 (93.9%) |
| 7 | RUSZNIAK Paweł | 328 | LIPIEC RUNNING TEAM | M2 30-49 lat | 7 | | 00:39:24.60 | 00:39:24.60 | +00:02:58 (7.5%) | 3:56 | 15.2 (92.1%) |
| 8 | ANTOŃCZAK Damian | 15 | RUCH IZBICA | M1 < 29 lat | 1 | Tak | 00:39:35.15 | 00:39:35.15 | +00:03:09 (8.0%) | 3:57 | 15.2 (92.1%) |
| 9 | JAREMKO Władysław | 108 | | M2 30-49 lat | 8 | | 00:39:59.05 | 00:39:59.05 | +00:03:32 (8.9%) | 3:59 | 15 (90.9%) |
| 10 | MALIK Dominik | 172 | BIEGAJACY ŚWIDNIK | M1 < 29 lat | 2 | | 00:40:05.80 | 00:40:05.80 | +00:03:39 (9.1%) | 4:00 | 15 (90.9%) |
| 11 | ANTOŃCZAK Marek | 14 | RUCH IZBICA | M2 30-49 lat | 9 | Tak | 00:40:12.05 | 00:40:12.05 | +00:03:45 (9.4%) | 4:01 | 14.9 (90.3%) |
| 12 | NOWOGRODZKI Dawid | 202 | | M2 30-49 lat | 10 | | 00:40:18.50 | 00:40:18.50 | +00:03:52 (9.6%) | 4:01 | 14.9 (90.3%) |
| 13 | OLEKSY Przemysław | 203 | RADOSŁAW KŁECZEK TRENER BIEGANIA | M2 30-49 lat | 11 | | 00:40:22.75 | 00:40:22.75 | +00:03:56 (9.8%) | 4:02 | 14.9 (90.3%) |
| 14 | GÓRSKI Bartosz | 86 | NO IDEA TEAM | M2 30-49 lat | 12 | | 00:40:41.55 | 00:40:41.55 | +00:04:15 (10.5%) | 4:04 | 14.7 (89.1%) |
| 15 | BRODACZEWSKI Piotr | 32 | LUBELSKIBIEGACZ.PL TEAM | M1 < 29 lat | 3 | | 00:40:53.75 | 00:40:53.75 | +00:04:27 (10.9%) | 4:05 | 14.7 (89.1%) |
| 16 | BIŻEK Piotr | 26 | SPRINT WIERZCHOWISKA | M2 30-49 lat | 13 | Tak | 00:41:01.00 | 00:41:01.00 | +00:04:34 (11.2%) | 4:06 | 14.6 (88.5%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | MP Olejarzy | Czas netto 10km | Czas brutto 10km | Różn | Tempo min/km | Tempo km/h |
|-----|-----------------------------|------------|------------------------------|--------------|------|----------------|-----------------------|------------------------|----------------------|-----------------|-----------------|
| 17 | WIDZ Grzegorz | 282 | BIKE CLUB JANÓW LUBELSKI | M2 30-49 lat | 14 | | 00:41:12.60 | 00:41:12.60 | +00:04:46 (11.6%) | 4:07 | 14.6 (88.5%) |
| 18 | CICHORZ Jacek | 43 | BIEGAJĄCY ŚWIDNIK | M2 30-49 lat | 15 | | 00:41:28.40 | 00:41:28.40 | +00:05:02 (12.1%) | 4:08 | 14.5 (87.9%) |
| 19 | GODZWON Mateusz | 82 | BIEGIEMZAMARZENIAMI | M2 30-49 lat | 16 | | 00:41:32.75 | 00:41:32.75 | +00:05:06 (12.3%) | 4:09 | 14.4 (87.3%) |
| 20 | LIPIŃSKI Tomasz | 159 | IMPLOZJA CHEŁM | M1 < 29 lat | 4 | | 00:41:40.90 | 00:41:40.90 | +00:05:14 (12.6%) | 4:10 | 14.4 (87.3%) |
| 21 | MAZUREK Krzysztof | 181 | KP PSP W KRASNYMSTAWIE | M2 30-49 lat | 17 | | 00:42:11.30 | 00:42:11.30 | +00:05:45 (13.6%) | 4:13 | 14.2 (86.1%) |
| 22 | JAKUBCZAK Aleksandra | 103 | ZAMOŚĆ BIEGA | K2 30-49 lat | 1 | | 00:42:22.40 | 00:42:22.40 | +00:05:56 (14.0%) | 4:14 | 14.2 (86.1%) |
| 23 | KOŁODZIEJ Mariusz | 129 | LW BOGDANKA | M3 50+ | 1 | | 00:42:30.20 | 00:42:30.20 | +00:06:04 (14.3%) | 4:15 | 14.1 (85.5%) |
| 24 | PIOTROWSKI Emil | 214 | | M2 30-49 lat | 18 | | 00:42:44.35 | 00:42:44.35 | +00:06:18 (14.7%) | 4:16 | 14 (84.8%) |
| 25 | WÓJCIK Łukasz | 293 | SZYBCIEJ NIE DAM RADY | M2 30-49 lat | 19 | | 00:42:58.10 | 00:42:58.10 | +00:06:31 (15.2%) | 4:17 | 14 (84.8%) |
| 26 | BITNER Piotr | 25 | | M2 30-49 lat | 20 | | 00:43:03.75 | 00:43:03.75 | +00:06:37 (15.4%) | 4:18 | 13.9 (84.2%) |
| 27 | STASIAK Piotr | 251 | | M3 50+ | 2 | | 00:43:24.25 | 00:43:24.25 | +00:06:58 (16.1%) | 4:20 | 13.8 (83.6%) |
| 28 | KURZAWSKI Tomasz | 151 | GB ULTRA PSZCZÓŁKI | M2 30-49 lat | 21 | | 00:43:36.60 | 00:43:36.60 | +00:07:10 (16.5%) | 4:21 | 13.8 (83.6%) |
| 29 | TUTKA Dominik | 271 | BIŁGORAJ BIEGA | M2 30-49 lat | 22 | | 00:43:42.95 | 00:43:42.95 | +00:07:16 (16.7%) | 4:22 | 13.7 (83.0%) |
| 30 | SIEGIEDA Michał | 242 | | M2 30-49 lat | 23 | | 00:43:46.55 | 00:43:46.55 | +00:07:20 (16.8%) | 4:22 | 13.7 (83.0%) |
| 31 | KONDRACIUK Michał | 130 | | M2 30-49 lat | 24 | | 00:44:10.45 | 00:44:10.45 | +00:07:44 (17.5%) | 4:25 | 13.6 (82.4%) |
| 32 | SIENIEK Krzysztof | 243 | | M2 30-49 lat | 25 | Tak | 00:44:12.45 | 00:44:12.45 | +00:07:46 (17.6%) | 4:25 | 13.6 (82.4%) |
| 33 | ŁUKASZCZYK Piotr | 324 | HERBA TRIATHLON TEAM BIEGOWY | M2 30-49 lat | 26 | | 00:44:24.10 | 00:44:24.10 | +00:07:57 (17.9%) | 4:26 | 13.5 (81.8%) |
| 33 | WIDOMSKI Wojciech | 280 | | M3 50+ | 3 | Tak | 00:44:24.10 | 00:44:24.10 | +00:07:57 (17.9%) | 4:26 | 13.5 (81.8%) |
| 35 | KRÓLAK Radosław | 143 | | M2 30-49 lat | 27 | | 00:44:27.70 | 00:44:27.70 | +00:08:01 (18.1%) | 4:26 | 13.5 (81.8%) |
| 36 | RYĆ Dariusz | 235 | | M2 30-49 lat | 28 | | 00:44:35.25 | 00:44:35.25 | +00:08:09 (18.3%) | 4:27 | 13.5 (81.8%) |
| 37 | KSENIAK Tomasz | 147 | | M2 30-49 lat | 29 | | 00:44:50.15 | 00:44:50.15 | +00:08:24 (18.7%) | 4:29 | 13.4 (81.2%) |
| 38 | FILIPIUK Tomasz | 70 | POWIAT ŚWIDNICKI | M2 30-49 lat | 30 | | 00:44:53.15 | 00:44:53.15 | +00:08:27 (18.8%) | 4:29 | 13.4 (81.2%) |
| 39 | OSIŃSKI Daniel | 204 | SĘDZIA | M2 30-49 lat | 31 | | 00:44:54.85 | 00:44:54.85 | +00:08:28 (18.9%) | 4:29 | 13.4 (81.2%) |

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|-----|----------------------------|------------|-----------------------------------|--------------|------|----------------|-----------------------|------------------------|----------------------|-----------------|-----------------|
| 40 | MIAZGA Janusz | 188 | ZAMOŚĆ BIEGA | M3 50+ | 4 | | 00:45:02.05 | 00:45:02.05 | +00:08:35 (19.1%) | 4:30 | 13.3 (80.6%) |
| 41 | MANDZIUK Mateusz | 174 | | M2 30-49 lat | 32 | | 00:45:07.40 | 00:45:07.40 | +00:08:41 (19.3%) | 4:30 | 13.3 (80.6%) |
| 42 | OSTROWSKI Sławomir | 205 | BIEGAJĄCY ŚWIDNIK | M3 50+ | 5 | | 00:45:23.45 | 00:45:23.45 | +00:08:57 (19.7%) | 4:32 | 13.2 (80.0%) |
| 43 | STĘPIEŃ Adam | 252 | | M2 30-49 lat | 33 | Tak | 00:45:25.50 | 00:45:25.50 | +00:08:59 (19.8%) | 4:32 | 13.2 (80.0%) |
| 44 | KIELAR Daniel | 124 | KRESOWIANIE | M2 30-49 lat | 34 | | 00:45:31.50 | 00:45:31.50 | +00:09:05 (20.0%) | 4:33 | 13.2 (80.0%) |
| 45 | MAZUREK Robert | 185 | LUBELAKY RUNNING TEAM | M2 30-49 lat | 35 | | 00:45:43.95 | 00:45:43.95 | +00:09:17 (20.3%) | 4:34 | 13.1 (79.4%) |
| 46 | PŁECHA Grzegorz | 215 | | M3 50+ | 6 | | 00:45:45.70 | 00:45:45.70 | +00:09:19 (20.4%) | 4:34 | 13.1 (79.4%) |
| 47 | PROKOP Tomek | 221 | | M2 30-49 lat | 36 | | 00:45:50.55 | 00:45:50.55 | +00:09:24 (20.5%) | 4:35 | 13.1 (79.4%) |
| 48 | KUŚMIERZ Kazimierz | 154 | | M3 50+ | 7 | | 00:46:03.00 | 00:46:03.00 | +00:09:36 (20.9%) | 4:36 | 13 (78.8%) |
| 49 | REPECKI Marcin | 229 | ZAMOŚĆ BIEGA | M3 50+ | 8 | | 00:46:06.60 | 00:46:06.60 | +00:09:40 (21.0%) | 4:36 | 13 (78.8%) |
| 50 | WÓJCIK Józef | 294 | CHEŁM BIEGA | M3 50+ | 9 | | 00:46:06.65 | 00:46:06.65 | +00:09:40 (21.0%) | 4:36 | 13 (78.8%) |
| 51 | KRÓL Michał | 142 | | M2 30-49 lat | 37 | | 00:46:11.30 | 00:46:11.30 | +00:09:45 (21.1%) | 4:37 | 13 (78.8%) |
| 52 | MIROŚLAW Albert | 318 | WW TEAM | M3 50+ | 10 | | 00:46:50.50 | 00:46:50.50 | +00:10:24 (22.2%) | 4:41 | 12.8 (77.6%) |
| 53 | ANTOSZ Bogdan | 16 | | M3 50+ | 11 | | 00:46:55.75 | 00:46:55.75 | +00:10:29 (22.4%) | 4:41 | 12.8 (77.6%) |
| 54 | DZIEWA Krzysiek | 63 | ALIPLAST RUNNING TEAM | M2 30-49 lat | 38 | | 00:47:08.40 | 00:47:08.40 | +00:10:42 (22.7%) | 4:42 | 12.7 (77.0%) |
| 55 | KURASIEWICZ Mariusz | 150 | | M2 30-49 lat | 39 | | 00:47:17.80 | 00:47:17.80 | +00:10:51 (23.0%) | 4:43 | 12.7 (77.0%) |
| 56 | ŚLIWA Anna | 265 | UKS SABAUDIA | K2 30-49 lat | 2 | | 00:47:22.80 | 00:47:22.80 | +00:10:56 (23.1%) | 4:44 | 12.7 (77.0%) |
| 57 | KOWALCZYK Rafal | 136 | PARKRUN OGRÓD SASKI, LUBLIN. | M2 30-49 lat | 40 | | 00:47:24.60 | 00:47:24.60 | +00:10:58 (23.1%) | 4:44 | 12.7 (77.0%) |
| 58 | KONOPKA Piotr | 131 | LUBELSKA GRUPA TRIATHLONU/ 2 LBOT | M2 30-49 lat | 41 | | 00:47:29.00 | 00:47:29.00 | +00:11:02 (23.3%) | 4:44 | 12.6 (76.4%) |
| 59 | WILGOS Marek | 319 | | M2 30-49 lat | 42 | | 00:47:33.80 | 00:47:33.80 | +00:11:07 (23.4%) | 4:45 | 12.6 (76.4%) |
| 60 | JACNIAK Ewa | 101 | #NOLIMITS | K2 30-49 lat | 3 | | 00:47:35.80 | 00:47:35.80 | +00:11:09 (23.4%) | 4:45 | 12.6 (76.4%) |
| 61 | FERENC Marcin | 64 | PĘDZLOGONY ZWINNE | M2 30-49 lat | 43 | | 00:47:38.60 | 00:47:38.60 | +00:11:12 (23.5%) | 4:45 | 12.6 (76.4%) |
| 62 | WOŹNIAK Marek | 291 | | M3 50+ | 12 | | 00:47:42.15 | 00:47:42.15 | +00:11:16 (23.6%) | 4:46 | 12.6 (76.4%) |

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|-----|-----------------------------|------------|-----------------------------|--------------|------|-------------|--------------------|--------------------|-------------------|--------------|--------------|
| 63 | FRANCZAK Tomasz | 75 | LUBELAKY RUNNING TEAM | M2 30-49 lat | 44 | | 00:47:51.90 | 00:47:51.90 | +00:11:25 (23.9%) | 4:47 | 12.5 (75.8%) |
| 64 | PYŚ Adrian | 225 | | M2 30-49 lat | 45 | | 00:48:04.60 | 00:48:04.60 | +00:11:38 (24.2%) | 4:48 | 12.5 (75.8%) |
| 65 | SOKALSKI Sławomir | 249 | ZAMOŚĆ BIEGA | M3 50+ | 13 | | 00:48:24.95 | 00:48:24.95 | +00:11:58 (24.7%) | 4:50 | 12.4 (75.2%) |
| 66 | STAŻYŃSKI Roman | 326 | | M2 30-49 lat | 46 | | 00:48:41.90 | 00:48:41.90 | +00:12:15 (25.2%) | 4:52 | 12.3 (74.5%) |
| 67 | DZIEDZIC Jacek | 62 | | M2 30-49 lat | 47 | | 00:48:55.50 | 00:48:55.50 | +00:12:29 (25.5%) | 4:53 | 12.3 (74.5%) |
| 68 | RYCYK Grzegorz | 234 | RUCHN IZBICA | M2 30-49 lat | 48 | | 00:49:10.50 | 00:49:10.50 | +00:12:44 (25.9%) | 4:55 | 12.2 (73.9%) |
| 69 | MARKOWICZ Dariusz | 176 | MGD TEAM | M2 30-49 lat | 49 | | 00:49:14.10 | 00:49:14.10 | +00:12:47 (26.0%) | 4:55 | 12.2 (73.9%) |
| 70 | BRYŁA-CRUZ Agnieszka | 33 | | K2 30-49 lat | 4 | | 00:49:15.60 | 00:49:15.60 | +00:12:49 (26.0%) | 4:55 | 12.2 (73.9%) |
| 71 | RUDZKI Adam | 232 | | M2 30-49 lat | 50 | Tak | 00:49:20.75 | 00:49:20.75 | +00:12:54 (26.2%) | 4:56 | 12.2 (73.9%) |
| 72 | GANCZARUK Wojciech | 78 | CYCÓW BIEGA | M2 30-49 lat | 51 | | 00:49:26.75 | 00:49:26.75 | +00:13:00 (26.3%) | 4:56 | 12.1 (73.3%) |
| 73 | KOSIOR Tomasz | 133 | | M2 30-49 lat | 52 | | 00:49:36.10 | 00:49:36.10 | +00:13:09 (26.5%) | 4:57 | 12.1 (73.3%) |
| 74 | SZCZĘŚNIAK Mariusz | 256 | SAINT GOBAIN SQUAD | M2 30-49 lat | 53 | | 00:49:42.65 | 00:49:42.65 | +00:13:16 (26.7%) | 4:58 | 12.1 (73.3%) |
| 75 | SULOWSKI Janusz | 253 | WŚCIEKLI NA SZYBKICH | M2 30-49 lat | 54 | | 00:49:42.80 | 00:49:42.80 | +00:13:16 (26.7%) | 4:58 | 12.1 (73.3%) |
| 76 | WÓJCICKI Damian | 292 | PARKRUN OGRÓD SASKI, LUBLIN | M2 30-49 lat | 55 | | 00:49:45.80 | 00:49:45.80 | +00:13:19 (26.8%) | 4:58 | 12.1 (73.3%) |
| 77 | MITRUCZUK Marcin | 193 | SP3 PUŁAWY | M2 30-49 lat | 56 | | 00:49:47.70 | 00:49:47.70 | +00:13:21 (26.8%) | 4:58 | 12.1 (73.3%) |
| 78 | WIDOMSKI Mirosław | 281 | | M2 30-49 lat | 57 | | 00:49:52.40 | 00:49:52.40 | +00:13:26 (26.9%) | 4:59 | 12 (72.7%) |
| 79 | KUZIOŁA Iwona | 156 | #NOLIMITS | K2 30-49 lat | 5 | | 00:50:00.35 | 00:50:00.35 | +00:13:34 (27.1%) | 5:00 | 12 (72.7%) |
| 80 | IŻEWSKI Sylwester | 98 | ALIPLAST RUNNING TEAM | M2 30-49 lat | 58 | | 00:50:04.95 | 00:50:04.95 | +00:13:38 (27.2%) | 5:00 | 12 (72.7%) |
| 81 | SAWOSZ Marta | 238 | | K2 30-49 lat | 6 | | 00:50:08.20 | 00:50:08.20 | +00:13:42 (27.3%) | 5:00 | 12 (72.7%) |
| 82 | WAWRZYNIAK Damian | 277 | AKTYWNI KAMIEŃSK | M2 30-49 lat | 59 | | 00:50:08.55 | 00:50:08.55 | +00:13:42 (27.3%) | 5:00 | 12 (72.7%) |
| 83 | ADAMCZYK Mariusz | 13 | | M3 50+ | 14 | | 00:50:08.75 | 00:50:08.75 | +00:13:42 (27.3%) | 5:00 | 12 (72.7%) |
| 84 | KURZYNA Krzysztof | 153 | | M3 50+ | 15 | | 00:50:11.80 | 00:50:11.80 | +00:13:45 (27.4%) | 5:01 | 12 (72.7%) |
| 85 | KARDASZ Jacek | 117 | ATTYLA | M2 30-49 lat | 60 | | 00:50:14.50 | 00:50:14.50 | +00:13:48 (27.5%) | 5:01 | 11.9 (72.1%) |

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|-----|-----------------------------|------------|-----------------|--------------|------|----------------|-----------------------|------------------------|----------------------|-----------------|-----------------|
| 86 | JACEK Paweł | 100 | | M2 30-49 lat | 61 | | 00:50:22.95 | 00:50:22.95 | +00:13:56 (27.7%) | 5:02 | 11.9 (72.1%) |
| 87 | SĘK Krystian | 240 | SĘK-TEAM | M2 30-49 lat | 62 | | 00:50:30.15 | 00:50:30.15 | +00:14:04 (27.9%) | 5:03 | 11.9 (72.1%) |
| 88 | RYCAK Andrzej | 233 | | M3 50+ | 16 | | 00:50:31.85 | 00:50:31.85 | +00:14:05 (27.9%) | 5:03 | 11.9 (72.1%) |
| 89 | ŁUPINA Jan | 167 | JANOWSKIE MORSY | M2 30-49 lat | 63 | | 00:50:38.50 | 00:50:38.50 | +00:14:12 (28.1%) | 5:03 | 11.8 (71.5%) |
| 90 | FIJAŁKOWSKI Marcin | 66 | | M2 30-49 lat | 64 | | 00:50:42.90 | 00:50:42.90 | +00:14:16 (28.2%) | 5:04 | 11.8 (71.5%) |
| 91 | ZBICIAK Kinga | 306 | | K1 < 29 lat | 1 | | 00:50:45.00 | 00:50:45.00 | +00:14:18 (28.2%) | 5:04 | 11.8 (71.5%) |
| 92 | CZUJ Stanisław | 329 | ZAMOŚĆ BIEGA | M2 30-49 lat | 65 | | 00:50:46.35 | 00:50:46.35 | +00:14:20 (28.2%) | 5:04 | 11.8 (71.5%) |
| 93 | POLSKI Marcin | 216 | | M2 30-49 lat | 66 | | 00:50:57.15 | 00:50:57.15 | +00:14:31 (28.5%) | 5:05 | 11.8 (71.5%) |
| 94 | TWOREK Krzysztof | 272 | | M1 < 29 lat | 5 | | 00:51:01.95 | 00:51:01.95 | +00:14:35 (28.6%) | 5:06 | 11.8 (71.5%) |
| 95 | FLIS Jan | 323 | | M3 50+ | 17 | | 00:51:03.95 | 00:51:03.95 | +00:14:37 (28.6%) | 5:06 | 11.8 (71.5%) |
| 96 | KOZIOŁ Tomasz | 140 | CHEŁM BIEGA | M2 30-49 lat | 67 | | 00:51:15.15 | 00:51:15.15 | +00:14:49 (28.9%) | 5:07 | 11.7 (70.9%) |
| 97 | TOMASZEWSKI Igor | 268 | | M2 30-49 lat | 68 | | 00:51:19.55 | 00:51:19.55 | +00:14:53 (29.0%) | 5:07 | 11.7 (70.9%) |
| 98 | MALINOWSKI Marcin | 173 | RUCH IZBICA | M2 30-49 lat | 69 | | 00:51:36.90 | 00:51:36.90 | +00:15:10 (29.4%) | 5:09 | 11.6 (70.3%) |
| 99 | SOBOLEWSKI Tomasz | 247 | | M2 30-49 lat | 70 | | 00:51:40.45 | 00:51:40.45 | +00:15:14 (29.5%) | 5:10 | 11.6 (70.3%) |
| 100 | BUŁAWSKI Krzysztof | 34 | | M3 50+ | 18 | | 00:51:45.20 | 00:51:45.20 | +00:15:19 (29.6%) | 5:10 | 11.6 (70.3%) |
| 101 | LIS Zbigniew | 160 | | M3 50+ | 19 | | 00:51:50.05 | 00:51:50.05 | +00:15:23 (29.7%) | 5:11 | 11.6 (70.3%) |
| 102 | LASKOWSKI Andrzej | 157 | OSP DRAGANY | M3 50+ | 20 | | 00:51:51.65 | 00:51:51.65 | +00:15:25 (29.7%) | 5:11 | 11.6 (70.3%) |
| 103 | ŻUROWSKI Jacek | 313 | HEŃTEAM | M3 50+ | 21 | | 00:51:55.55 | 00:51:55.55 | +00:15:29 (29.8%) | 5:11 | 11.6 (70.3%) |
| 104 | NOWAK Jan | 200 | CHEŁM | M3 50+ | 22 | | 00:51:57.50 | 00:51:57.50 | +00:15:31 (29.9%) | 5:11 | 11.5 (69.7%) |
| 105 | MILANOWSKI Rafał | 320 | | M2 30-49 lat | 71 | | 00:52:06.20 | 00:52:06.20 | +00:15:40 (30.1%) | 5:12 | 11.5 (69.7%) |
| 106 | PIKUS Robert | 212 | | M2 30-49 lat | 72 | | 00:52:12.55 | 00:52:12.55 | +00:15:46 (30.2%) | 5:13 | 11.5 (69.7%) |
| 107 | KOŁAKOWSKI Przemek | 128 | ZAMOŚĆ BIEGA | M2 30-49 lat | 73 | | 00:52:16.55 | 00:52:16.55 | +00:15:50 (30.3%) | 5:13 | 11.5 (69.7%) |
| 108 | PETRYKOWSKI Grzegorz | 207 | | M2 30-49 lat | 74 | Tak | 00:52:16.95 | 00:52:16.95 | +00:15:50 (30.3%) | 5:13 | 11.5 (69.7%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | MP Olejarzy | Czas netto 10km | Czas brutto 10km | Różn | Tempo min/km | Tempo km/h |
|-----|------------------------------|------------|----------------------------------|--------------|------|----------------|-----------------------|------------------------|----------------------|-----------------|-----------------|
| 109 | SZYMULA Tomasz | 264 | | M2 30-49 lat | 75 | | 00:52:22.00 | 00:52:22.00 | +00:15:55 (30.4%) | 5:14 | 11.5 (69.7%) |
| 110 | ZIELIŃSKI Wojciech | 308 | | M2 30-49 lat | 76 | | 00:52:29.60 | 00:52:29.60 | +00:16:03 (30.6%) | 5:14 | 11.4 (69.1%) |
| 111 | PUDŁO Marian | 224 | MGD TEAM | M3 50+ | 23 | | 00:52:31.05 | 00:52:31.05 | +00:16:04 (30.6%) | 5:15 | 11.4 (69.1%) |
| 112 | ZBICIAK Adam | 307 | | M3 50+ | 24 | | 00:52:35.70 | 00:52:35.70 | +00:16:09 (30.7%) | 5:15 | 11.4 (69.1%) |
| 113 | CHATAŁA Marek | 39 | SZEROKIE BIEGA | M3 50+ | 25 | | 00:52:44.25 | 00:52:44.25 | +00:16:18 (30.9%) | 5:16 | 11.4 (69.1%) |
| 114 | POŁETEK Tomasz | 218 | FORTACO TEAM | M2 30-49 lat | 77 | | 00:52:54.95 | 00:52:54.95 | +00:16:28 (31.1%) | 5:17 | 11.3 (68.5%) |
| 115 | SAWICKI Adrian | 237 | JANOWSKIE MORSY | M2 30-49 lat | 78 | | 00:53:11.30 | 00:53:11.30 | +00:16:45 (31.5%) | 5:19 | 11.3 (68.5%) |
| 116 | ŚWIRSZCZ Mariusz | 325 | BIEGAJĄCY KRASNYSTAW | M2 30-49 lat | 79 | | 00:53:17.50 | 00:53:17.50 | +00:16:51 (31.6%) | 5:19 | 11.3 (68.5%) |
| 117 | JAGIELLO Dawid | 102 | | M2 30-49 lat | 80 | | 00:53:21.80 | 00:53:21.80 | +00:16:55 (31.7%) | 5:20 | 11.2 (67.9%) |
| 118 | JAGI Tomasz | 327 | ZAMOŚĆ BIEGA | M2 30-49 lat | 81 | | 00:53:34.95 | 00:53:34.95 | +00:17:08 (32.0%) | 5:21 | 11.2 (67.9%) |
| 119 | BOCIAN Piotr | 28 | NIE | M3 50+ | 26 | | 00:53:35.05 | 00:53:35.05 | +00:17:08 (32.0%) | 5:21 | 11.2 (67.9%) |
| 120 | CHMIST Jakub | 40 | FIGHT CLUB | M2 30-49 lat | 82 | | 00:54:05.00 | 00:54:05.00 | +00:17:38 (32.6%) | 5:24 | 11.1 (67.3%) |
| 121 | ZATOŃSKI Zbigniew | 305 | LUBELSKIE STOWARZYSZENIE BIEGOWE | M2 30-49 lat | 83 | | 00:54:11.90 | 00:54:11.90 | +00:17:45 (32.8%) | 5:25 | 11.1 (67.3%) |
| 122 | KARWAN Zbigniew | 119 | BBL | M3 50+ | 27 | | 00:54:12.85 | 00:54:12.85 | +00:17:46 (32.8%) | 5:25 | 11.1 (67.3%) |
| 123 | KRACZKOWSKI Krzysztof | 141 | CHEŁM BIEGA | M2 30-49 lat | 84 | | 00:54:14.45 | 00:54:14.45 | +00:17:48 (32.8%) | 5:25 | 11.1 (67.3%) |
| 124 | TUSZKIEWICZ Radek | 270 | | M2 30-49 lat | 85 | | 00:54:17.85 | 00:54:17.85 | +00:17:51 (32.9%) | 5:25 | 11.1 (67.3%) |
| 125 | KAWALEC Bartłomiej | 121 | HEŃTEAM | M2 30-49 lat | 86 | | 00:54:19.70 | 00:54:19.70 | +00:17:53 (32.9%) | 5:25 | 11 (66.7%) |
| 126 | GALEK Michał | 76 | | M2 30-49 lat | 87 | | 00:54:33.35 | 00:54:33.35 | +00:18:07 (33.2%) | 5:27 | 11 (66.7%) |
| 127 | SKAKUJ Marcin | 246 | BIŁGORAJ BIEGA | M2 30-49 lat | 88 | | 00:54:38.90 | 00:54:38.90 | +00:18:12 (33.3%) | 5:27 | 11 (66.7%) |
| 128 | WOJTAS Sławek | 288 | TOMASZOWSKA GRUPA BIEGOWA | M2 30-49 lat | 89 | | 00:54:48.00 | 00:54:48.00 | +00:18:21 (33.5%) | 5:28 | 10.9 (66.1%) |
| 129 | JACEK Andrzej | 99 | ZAMOŚĆ BIEGA | M3 50+ | 28 | | 00:54:49.35 | 00:54:49.35 | +00:18:23 (33.5%) | 5:28 | 10.9 (66.1%) |
| 130 | BIELECKI Andrzej | 23 | FOTO KARCZMARSKI CHEŁM | M2 30-49 lat | 90 | | 00:54:55.80 | 00:54:55.80 | +00:18:29 (33.7%) | 5:29 | 10.9 (66.1%) |
| 131 | WACH Magdalena | 274 | ZAMOŚĆ BIEGA | K2 30-49 lat | 7 | | 00:54:57.35 | 00:54:57.35 | +00:18:31 (33.7%) | 5:29 | 10.9 (66.1%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | MP Olejarzy | Czas netto 10km | Czas brutto 10km | Różn | Tempo min/km | Tempo km/h |
|-----|----------------------------|------------|-----------------------|--------------|------|----------------|-----------------------|------------------------|----------------------|-----------------|-----------------|
| 132 | KRUKOWSKI Robert | 146 | PLATINIUM ZAMOŚĆ | M2 30-49 lat | 91 | | 00:55:02.45 | 00:55:02.45 | +00:18:36 (33.8%) | 5:30 | 10.9 (66.1%) |
| 133 | WRÓBEL Barbara | 295 | BIEGAJĄCY ŚWIDNIK | K2 30-49 lat | 8 | | 00:55:06.85 | 00:55:06.85 | +00:18:40 (33.9%) | 5:30 | 10.9 (66.1%) |
| 134 | WRÓBEL Krzysztof | 296 | BIEGAJĄCY ŚWIDNIK | M2 30-49 lat | 92 | | 00:55:06.95 | 00:55:06.95 | +00:18:40 (33.9%) | 5:30 | 10.9 (66.1%) |
| 135 | PRZYCZYNA Marek | 222 | | M3 50+ | 29 | | 00:55:21.25 | 00:55:21.25 | +00:18:55 (34.2%) | 5:32 | 10.8 (65.5%) |
| 136 | MADEJ Edyta | 170 | | K2 30-49 lat | 9 | | 00:55:25.95 | 00:55:25.95 | +00:18:59 (34.3%) | 5:32 | 10.8 (65.5%) |
| 137 | WILKOS Marcin | 283 | | M2 30-49 lat | 93 | | 00:55:29.45 | 00:55:29.45 | +00:19:03 (34.3%) | 5:32 | 10.8 (65.5%) |
| 138 | KAPROŃ Czesław | 114 | FORTACO TEAM | M3 50+ | 30 | | 00:55:37.05 | 00:55:37.05 | +00:19:10 (34.5%) | 5:33 | 10.8 (65.5%) |
| 139 | SOWIŃSKI Marek | 250 | | M3 50+ | 31 | | 00:55:37.35 | 00:55:37.35 | +00:19:11 (34.5%) | 5:33 | 10.8 (65.5%) |
| 140 | JAWORSKI Jacek | 110 | | M2 30-49 lat | 94 | | 00:55:38.95 | 00:55:38.95 | +00:19:12 (34.5%) | 5:33 | 10.8 (65.5%) |
| 141 | HARASIM Aleksandra | 96 | | K2 30-49 lat | 10 | | 00:55:46.45 | 00:55:46.45 | +00:19:20 (34.7%) | 5:34 | 10.8 (65.5%) |
| 142 | GORECKA Aleksandra | 85 | | K1 < 29 lat | 2 | | 00:55:48.35 | 00:55:48.35 | +00:19:22 (34.7%) | 5:34 | 10.8 (65.5%) |
| 143 | DYŚ Mariusz | 61 | | M2 30-49 lat | 95 | | 00:55:49.70 | 00:55:49.70 | +00:19:23 (34.7%) | 5:34 | 10.7 (64.8%) |
| 144 | GROMEK Edyta | 91 | SZYBCIEJ NIE DAM RADY | K2 30-49 lat | 11 | | 00:55:51.60 | 00:55:51.60 | +00:19:25 (34.8%) | 5:35 | 10.7 (64.8%) |
| 145 | BARAN Karolina | 17 | 4NALSKY.RUN | K2 30-49 lat | 12 | | 00:55:54.70 | 00:55:54.70 | +00:19:28 (34.8%) | 5:35 | 10.7 (64.8%) |
| 146 | BARAN-HAŁASA Lucyna | 18 | ZAMOSC BIEGA | K2 30-49 lat | 13 | | 00:56:04.70 | 00:56:04.70 | +00:19:38 (35.0%) | 5:36 | 10.7 (64.8%) |
| 147 | BELOWSKI Leszek | 22 | EXPLORE RUN TEAM | M3 50+ | 32 | | 00:56:08.95 | 00:56:08.95 | +00:19:42 (35.1%) | 5:36 | 10.7 (64.8%) |
| 148 | PIĘTAK Marcin | 209 | DENVER BUKOWA | M1 < 29 lat | 6 | | 00:56:13.80 | 00:56:13.80 | +00:19:47 (35.2%) | 5:37 | 10.7 (64.8%) |
| 149 | POTEREK Katarzyna | 219 | | K2 30-49 lat | 14 | | 00:56:16.65 | 00:56:16.65 | +00:19:50 (35.3%) | 5:37 | 10.7 (64.8%) |
| 150 | WOŁOSZYN Małgorzata | 290 | | K2 30-49 lat | 15 | | 00:56:17.35 | 00:56:17.35 | +00:19:51 (35.3%) | 5:37 | 10.7 (64.8%) |
| 151 | WESOŁOWSKI Piotr | 279 | | M3 50+ | 33 | | 00:56:25.00 | 00:56:25.00 | +00:19:58 (35.4%) | 5:38 | 10.6 (64.2%) |
| 152 | GAWRON Anna | 80 | | K2 30-49 lat | 16 | | 00:56:26.70 | 00:56:26.70 | +00:20:00 (35.4%) | 5:38 | 10.6 (64.2%) |
| 153 | SZCZYGIELSKI Robert | 258 | | M2 30-49 lat | 96 | Tak | 00:56:28.55 | 00:56:28.55 | +00:20:02 (35.5%) | 5:38 | 10.6 (64.2%) |
| 154 | ŁUKASIK Zbigniew | 163 | RAPY MASTERS | M3 50+ | 34 | | 00:56:37.40 | 00:56:37.40 | +00:20:11 (35.7%) | 5:39 | 10.6 (64.2%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | MP Olejarzy | Czas netto 10km | Czas brutto 10km | Różn | Tempo min/km | Tempo km/h |
|-----|-----------------------------|------------|-------------------------------------|--------------|------|----------------|-----------------------|------------------------|----------------------|-----------------|-----------------|
| 155 | BARTNIK Wojciech | 21 | UNIA HRUBIESZÓW | M3 50+ | 35 | | 00:56:40.95 | 00:56:40.95 | +00:20:14 (35.7%) | 5:40 | 10.6 (64.2%) |
| 156 | ŁĄCZNY Marcin | 162 | GALOPUJĄCE DŹDŹOWNICE | M2 30-49 lat | 97 | | 00:56:43.75 | 00:56:43.75 | +00:20:17 (35.8%) | 5:40 | 10.6 (64.2%) |
| 157 | SZCZUREK Piotr | 257 | SSPNL | M2 30-49 lat | 98 | | 00:56:44.30 | 00:56:44.30 | +00:20:18 (35.8%) | 5:40 | 10.6 (64.2%) |
| 158 | SZCZEPUCH Dorota | 255 | ZAMOŚĆ BIEGA | K3 50+ | 1 | | 00:56:48.40 | 00:56:48.40 | +00:20:22 (35.9%) | 5:40 | 10.6 (64.2%) |
| 159 | KOT Leszek | 322 | | M3 50+ | 36 | | 00:57:07.70 | 00:57:07.70 | +00:20:41 (36.2%) | 5:42 | 10.5 (63.6%) |
| 160 | PRZYTUŁA Paweł | 223 | | M2 30-49 lat | 99 | | 00:57:08.35 | 00:57:08.35 | +00:20:42 (36.2%) | 5:42 | 10.5 (63.6%) |
| 161 | KAPUŚNIAK Jarek | 115 | | M2 30-49 lat | 100 | | 00:57:14.20 | 00:57:14.20 | +00:20:48 (36.3%) | 5:43 | 10.5 (63.6%) |
| 162 | WADOWSKI Dariusz | 275 | ŁĘCZNA BIEGA / BIEGAJĄCY CYCÓW | M2 30-49 lat | 101 | | 00:57:16.05 | 00:57:16.05 | +00:20:49 (36.4%) | 5:43 | 10.5 (63.6%) |
| 163 | MAZUREK Gocha | 183 | NKS ZRYW | K2 30-49 lat | 17 | | 00:57:17.80 | 00:57:17.80 | +00:20:51 (36.4%) | 5:43 | 10.5 (63.6%) |
| 164 | KOLASA Andrzej | 126 | KLUB J.SŁOWACKIEGO | M3 50+ | 37 | | 00:57:28.15 | 00:57:28.15 | +00:21:02 (36.6%) | 5:44 | 10.4 (63.0%) |
| 165 | NIEMIERSKI Artur | 198 | | M3 50+ | 38 | | 00:57:43.05 | 00:57:43.05 | +00:21:16 (36.9%) | 5:46 | 10.4 (63.0%) |
| 166 | KAWALEC Andrzej | 122 | KAWALECWĘDKI | M3 50+ | 39 | | 00:57:44.60 | 00:57:44.60 | +00:21:18 (36.9%) | 5:46 | 10.4 (63.0%) |
| 167 | ZAJDEL Dominik | 303 | | M1 < 29 lat | 7 | | 00:58:06.60 | 00:58:06.60 | +00:21:40 (37.3%) | 5:48 | 10.3 (62.4%) |
| 168 | GODULA Ryszard | 81 | BIEGNIJ FORREST BIEGNIJ | M3 50+ | 40 | | 00:58:13.15 | 00:58:13.15 | +00:21:47 (37.4%) | 5:49 | 10.3 (62.4%) |
| 169 | WRZESIŃSKI Krzysztof | 298 | | M2 30-49 lat | 102 | | 00:58:14.20 | 00:58:14.20 | +00:21:48 (37.4%) | 5:49 | 10.3 (62.4%) |
| 170 | MARKOWICZ Grzegorz | 175 | MGD TEAM | M3 50+ | 41 | | 00:58:15.95 | 00:58:15.95 | +00:21:49 (37.5%) | 5:49 | 10.3 (62.4%) |
| 171 | ZYGARLICKI Stanisław | 311 | KRESOWIANIE | M3 50+ | 42 | | 00:58:22.60 | 00:58:22.60 | +00:21:56 (37.6%) | 5:50 | 10.3 (62.4%) |
| 172 | DUDEK Piotr | 58 | | M2 30-49 lat | 103 | | 00:58:27.10 | 00:58:27.10 | +00:22:00 (37.7%) | 5:50 | 10.3 (62.4%) |
| 173 | SZERCER Jagoda | 259 | RUCH IZBICA | K2 30-49 lat | 18 | | 00:58:28.80 | 00:58:28.80 | +00:22:02 (37.7%) | 5:50 | 10.3 (62.4%) |
| 174 | LATAŁA Andrzej | 158 | POLBRUK RUN TEAM, BIEGAJĄCY ŚWIDNIK | M3 50+ | 43 | | 00:58:35.70 | 00:58:35.70 | +00:22:09 (37.8%) | 5:51 | 10.2 (61.8%) |
| 175 | KUŚPIT Jerzy | 155 | | M3 50+ | 44 | | 00:58:40.20 | 00:58:40.20 | +00:22:14 (37.9%) | 5:52 | 10.2 (61.8%) |
| 176 | KARCZEWSKI Zenon | 116 | | M3 50+ | 45 | | 00:58:46.60 | 00:58:46.60 | +00:22:20 (38.0%) | 5:52 | 10.2 (61.8%) |
| 177 | PILIPCZUK Paweł | 213 | | M2 30-49 lat | 104 | | 00:58:49.70 | 00:58:49.70 | +00:22:23 (38.1%) | 5:52 | 10.2 (61.8%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | MP Olejarzy | Czas netto 10km | Czas brutto 10km | Różn | Tempo min/km | Tempo km/h |
|-----|------------------------------|------------|-----------------------|--------------|------|----------------|-----------------------|------------------------|----------------------|-----------------|-----------------|
| 178 | BRAKOWIECKI Wojciech | 31 | | M3 50+ | 46 | | 00:59:02.25 | 00:59:02.25 | +00:22:36 (38.3%) | 5:54 | 10.2 (61.8%) |
| 179 | WNUK Przemysław | 286 | BOSCOTEAM | M3 50+ | 47 | | 00:59:07.25 | 00:59:07.25 | +00:22:41 (38.4%) | 5:54 | 10.1 (61.2%) |
| 180 | MYŚLIWIECKI Michał | 197 | SKIPOL.PL TEAM | M2 30-49 lat | 105 | | 00:59:17.05 | 00:59:17.05 | +00:22:50 (38.5%) | 5:55 | 10.1 (61.2%) |
| 181 | MIANOWANA Anna | 187 | ISKRY | K2 30-49 lat | 19 | | 00:59:19.75 | 00:59:19.75 | +00:22:53 (38.6%) | 5:55 | 10.1 (61.2%) |
| 182 | ROKITA Jacek | 231 | ISKRY | M2 30-49 lat | 106 | | 00:59:20.05 | 00:59:20.05 | +00:22:53 (38.6%) | 5:56 | 10.1 (61.2%) |
| 183 | MICHALIK Dorota | 189 | | K2 30-49 lat | 20 | | 00:59:32.40 | 00:59:32.40 | +00:23:06 (38.8%) | 5:57 | 10.1 (61.2%) |
| 184 | KURZEJEWSKA Magdalena | 152 | | K2 30-49 lat | 21 | | 00:59:32.60 | 00:59:32.60 | +00:23:06 (38.8%) | 5:57 | 10.1 (61.2%) |
| 185 | SZPONAR Krzysztof | 263 | | M2 30-49 lat | 107 | | 00:59:32.70 | 00:59:32.70 | +00:23:06 (38.8%) | 5:57 | 10.1 (61.2%) |
| 186 | ŚWIDERSKI Darek | 266 | POLYPHARM | M3 50+ | 48 | | 00:59:43.80 | 00:59:43.80 | +00:23:17 (39.0%) | 5:58 | 10 (60.6%) |
| 187 | KANTOR Sebastian | 113 | | M1 < 29 lat | 8 | | 01:00:00.80 | 01:00:00.80 | +00:23:34 (39.3%) | 6:00 | 10 (60.6%) |
| 188 | MOKRZANOWSKI Piotr | 194 | | M2 30-49 lat | 108 | | 01:00:01.25 | 01:00:01.25 | +00:23:35 (39.3%) | 6:00 | 10 (60.6%) |
| 189 | WOIŃSKI Mateusz | 287 | BIEGAM BO LUBIĘ | M2 30-49 lat | 109 | | 01:00:10.50 | 01:00:10.50 | +00:23:44 (39.5%) | 6:01 | 10 (60.6%) |
| 190 | TRATKOWSKI Bartosz | 269 | #NOLIMITS | M2 30-49 lat | 110 | | 01:00:12.30 | 01:00:12.30 | +00:23:46 (39.5%) | 6:01 | 10 (60.6%) |
| 191 | MALEC Wojciech | 171 | GALOPUJĄCE DZDZOWNICE | M2 30-49 lat | 111 | | 01:00:13.90 | 01:00:13.90 | +00:23:47 (39.5%) | 6:01 | 10 (60.6%) |
| 192 | WNUK Aneta | 284 | | K2 30-49 lat | 22 | | 01:00:26.75 | 01:00:26.75 | +00:24:00 (39.7%) | 6:02 | 9.9 (60.0%) |
| 193 | ŻOŁNIERCZUK Marcin | 312 | | M2 30-49 lat | 112 | | 01:00:32.60 | 01:00:32.60 | +00:24:06 (39.8%) | 6:03 | 9.9 (60.0%) |
| 194 | KARPOWICZ Łukasz | 118 | | M2 30-49 lat | 113 | | 01:00:42.55 | 01:00:42.55 | +00:24:16 (40.0%) | 6:04 | 9.9 (60.0%) |
| 195 | CHABROS Agnieszka | 38 | | K2 30-49 lat | 23 | | 01:00:46.85 | 01:00:46.85 | +00:24:20 (40.1%) | 6:04 | 9.9 (60.0%) |
| 196 | BOJARCZUK Irena | 29 | RUCH IZBICA | K1 < 29 lat | 3 | | 01:00:57.15 | 01:00:57.15 | +00:24:31 (40.2%) | 6:05 | 9.8 (59.4%) |
| 197 | RAWSKA-ŚMIECIUCH Anna | 228 | | K3 50+ | 2 | | 01:01:06.40 | 01:01:06.40 | +00:24:40 (40.4%) | 6:06 | 9.8 (59.4%) |
| 198 | GRODEK Jacek | 90 | | M2 30-49 lat | 114 | | 01:01:11.30 | 01:01:11.30 | +00:24:45 (40.5%) | 6:07 | 9.8 (59.4%) |
| 199 | CEBULA Marcin | 36 | | M2 30-49 lat | 115 | | 01:01:14.10 | 01:01:14.10 | +00:24:47 (40.5%) | 6:07 | 9.8 (59.4%) |
| 200 | WYŁUPEK Marcelina | 300 | | K3 50+ | 3 | | 01:01:15.80 | 01:01:15.80 | +00:24:49 (40.5%) | 6:07 | 9.8 (59.4%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | MP Olejarzy | Czas netto 10km | Czas brutto 10km | Różn | Tempo min/km | Tempo km/h |
|-----|--------------------------------|------------|------------------------------------|--------------|------|----------------|-----------------------|------------------------|----------------------|-----------------|---------------|
| 201 | SOKALSKA Roksana | 248 | 3 ZAMOJSKI BATALION ZMECHANIZOWANY | K2 30-49 lat | 24 | | 01:01:20.75 | 01:01:20.75 | +00:24:54 (40.6%) | 6:08 | 9.8 (59.4%) |
| 202 | ŁACHOWSKA Małgorzata | 161 | KRESOWIANIE | K2 30-49 lat | 25 | | 01:01:28.30 | 01:01:28.30 | +00:25:02 (40.7%) | 6:08 | 9.8 (59.4%) |
| 203 | RODAK Sylwia | 230 | | K1 < 29 lat | 4 | | 01:01:42.85 | 01:01:42.85 | +00:25:16 (41.0%) | 6:10 | 9.7 (58.8%) |
| 204 | KAWALEC Kamil | 120 | 7 PIWEK GÓRNIK LUBLIN | M2 30-49 lat | 116 | | 01:02:13.40 | 01:02:13.40 | +00:25:47 (41.4%) | 6:13 | 9.6 (58.2%) |
| 205 | DAWIDEK Alina | 51 | ŁĘCZNA BIEGA | K3 50+ | 4 | | 01:02:14.40 | 01:02:14.40 | +00:25:48 (41.5%) | 6:13 | 9.6 (58.2%) |
| 206 | ZYGARLICKI Bożena | 310 | KRESOWIANIE | K2 30-49 lat | 26 | | 01:02:15.80 | 01:02:15.80 | +00:25:49 (41.5%) | 6:13 | 9.6 (58.2%) |
| 207 | SZNAJDROWICZ Aneta | 262 | ZAMOŚĆ BIEGA | K2 30-49 lat | 27 | | 01:02:32.20 | 01:02:32.20 | +00:26:06 (41.7%) | 6:15 | 9.6 (58.2%) |
| 208 | HAPONIUK Bogumił | 95 | CHEŁM BIEGA | M2 30-49 lat | 117 | | 01:02:44.65 | 01:02:44.65 | +00:26:18 (41.9%) | 6:16 | 9.6 (58.2%) |
| 209 | WARTACZ Karolina | 276 | | K1 < 29 lat | 5 | | 01:02:56.10 | 01:02:56.10 | +00:26:29 (42.1%) | 6:17 | 9.5 (57.6%) |
| 209 | FILIPIAK Mateusz | 68 | MARYSIN SPACERUJE | M1 < 29 lat | 9 | | 01:02:56.10 | 01:02:56.10 | +00:26:29 (42.1%) | 6:17 | 9.5 (57.6%) |
| 211 | KOWALCZUK Dariusz | 135 | | M2 30-49 lat | 118 | | 01:03:10.45 | 01:03:10.45 | +00:26:44 (42.3%) | 6:19 | 9.5 (57.6%) |
| 212 | GASIDŁO Arkadiusz | 79 | | M2 30-49 lat | 119 | Tak | 01:03:13.20 | 01:03:13.20 | +00:26:47 (42.4%) | 6:19 | 9.5 (57.6%) |
| 213 | BIL Viktoria | 24 | CENTRO-CHEM | K1 < 29 lat | 6 | | 01:03:19.80 | 01:03:19.80 | +00:26:53 (42.5%) | 6:19 | 9.5 (57.6%) |
| 214 | SIKORA Monika | 245 | | K2 30-49 lat | 28 | | 01:03:24.50 | 01:03:24.50 | +00:26:58 (42.5%) | 6:20 | 9.5 (57.6%) |
| 215 | MASZKOWSKI Rafał | 178 | | M3 50+ | 49 | | 01:03:29.60 | 01:03:29.60 | +00:27:03 (42.6%) | 6:20 | 9.5 (57.6%) |
| 216 | MASZKOWSKA Anna | 177 | | K3 50+ | 5 | | 01:03:29.85 | 01:03:29.85 | +00:27:03 (42.6%) | 6:20 | 9.5 (57.6%) |
| 216 | PYTKA Andrzej | 226 | ZAMOŚĆ BIEGA | M3 50+ | 50 | | 01:03:29.85 | 01:03:29.85 | +00:27:03 (42.6%) | 6:20 | 9.5 (57.6%) |
| 218 | WRÓBLEWSKI Grzegorz | 297 | OGÓREK I WIKTOREK | M2 30-49 lat | 120 | | 01:04:13.95 | 01:04:13.95 | +00:27:47 (43.3%) | 6:25 | 9.3 (56.4%) |
| 219 | MIROSŁAW Marek | 191 | SSPNL | M2 30-49 lat | 121 | | 01:04:14.30 | 01:04:14.30 | +00:27:48 (43.3%) | 6:25 | 9.3 (56.4%) |
| 220 | KRUKOWSKA Ewa | 145 | PLATINIUM ZAMOŚĆ | K2 30-49 lat | 29 | | 01:04:17.00 | 01:04:17.00 | +00:27:50 (43.3%) | 6:25 | 9.3 (56.4%) |
| 221 | GORCZYCA-KUŹNICKA Ilona | 84 | | K2 30-49 lat | 30 | | 01:04:21.40 | 01:04:21.40 | +00:27:55 (43.4%) | 6:26 | 9.3 (56.4%) |
| 222 | ZABŁOCKA Anna | 302 | LUBELSKA GRUPA TRIATHLONU | K3 50+ | 6 | | 01:04:21.65 | 01:04:21.65 | +00:27:55 (43.4%) | 6:26 | 9.3 (56.4%) |
| 223 | CZUBA Marta | 50 | KLUB SPORTOWY DOLINY SANU I TANWI | K2 30-49 lat | 31 | | 01:05:06.05 | 01:05:06.05 | +00:28:39 (44.0%) | 6:30 | 9.2 (55.8%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | MP Olejarzy | Czas netto 10km | Czas brutto 10km | Różn | Tempo min/km | Tempo km/h |
|-----|--------------------------------|------------|-------------------------|--------------|------|----------------|-----------------------|------------------------|----------------------|-----------------|---------------|
| 224 | MAZIARZ Anna | 179 | | K2 30-49 lat | 32 | | 01:05:17.75 | 01:05:17.75 | +00:28:51 (44.2%) | 6:31 | 9.2 (55.8%) |
| 225 | DYJAK Paweł | 60 | | M1 < 29 lat | 10 | | 01:05:22.20 | 01:05:22.20 | +00:28:56 (44.3%) | 6:32 | 9.2 (55.8%) |
| 226 | MACIUŁA - KIELAR Monika | 168 | KRESOWIANIE | K2 30-49 lat | 33 | | 01:05:36.30 | 01:05:36.30 | +00:29:10 (44.5%) | 6:33 | 9.1 (55.2%) |
| 227 | HIBNER Dominik | 97 | WOLNO ALE DO PRZODU !! | M2 30-49 lat | 122 | | 01:05:36.90 | 01:05:36.90 | +00:29:10 (44.5%) | 6:33 | 9.1 (55.2%) |
| 228 | SIERPIŃSKI Radosław | 244 | WOLNO ALE DO PRZODU !!! | M3 50+ | 51 | | 01:05:37.05 | 01:05:37.05 | +00:29:10 (44.5%) | 6:33 | 9.1 (55.2%) |
| 229 | NIZIOŁ Agata | 199 | | K1 < 29 lat | 7 | | 01:05:57.20 | 01:05:57.20 | +00:29:31 (44.8%) | 6:35 | 9.1 (55.2%) |
| 230 | CICHAWA Mirosław | 42 | POLYPHARM | M3 50+ | 52 | | 01:06:18.20 | 01:06:18.20 | +00:29:52 (45.0%) | 6:37 | 9 (54.5%) |
| 231 | MORAWSKA Lidia | 195 | NIE MA LETKO | K2 30-49 lat | 34 | | 01:06:27.55 | 01:06:27.55 | +00:30:01 (45.2%) | 6:38 | 9 (54.5%) |
| 232 | FLIS Agata | 74 | | K1 < 29 lat | 8 | | 01:06:37.15 | 01:06:37.15 | +00:30:11 (45.3%) | 6:39 | 9 (54.5%) |
| 233 | BOJARCZUK Jolanta | 30 | RUCH IZBICA | K2 30-49 lat | 35 | | 01:06:38.90 | 01:06:38.90 | +00:30:12 (45.3%) | 6:39 | 9 (54.5%) |
| 234 | CIURYSEK Wojciech | 46 | | M2 30-49 lat | 123 | Tak | 01:06:40.70 | 01:06:40.70 | +00:30:14 (45.4%) | 6:40 | 9 (54.5%) |
| 235 | FIJAŁKOWSKA Karolina | 65 | | K2 30-49 lat | 36 | | 01:06:45.10 | 01:06:45.10 | +00:30:18 (45.4%) | 6:40 | 9 (54.5%) |
| 236 | CIUPAK Waldemar | 45 | KŁOS | M2 30-49 lat | 124 | Tak | 01:06:51.20 | 01:06:51.20 | +00:30:25 (45.5%) | 6:41 | 9 (54.5%) |
| 237 | HALADYJ Anna | 94 | | K2 30-49 lat | 37 | | 01:07:06.00 | 01:07:06.00 | +00:30:39 (45.7%) | 6:42 | 8.9 (53.9%) |
| 238 | PIETRYKOWSKI Robert | 208 | | M2 30-49 lat | 125 | | 01:07:29.90 | 01:07:29.90 | +00:31:03 (46.0%) | 6:44 | 8.9 (53.9%) |
| 239 | KOWALIK Edyta | 137 | KLAUSTYNA4FIFTY | K3 50+ | 7 | | 01:07:34.80 | 01:07:34.80 | +00:31:08 (46.1%) | 6:45 | 8.9 (53.9%) |
| 240 | MADEJ Julia | 169 | HEŃTEAM | K2 30-49 lat | 38 | | 01:07:35.55 | 01:07:35.55 | +00:31:09 (46.1%) | 6:45 | 8.9 (53.9%) |
| 241 | CHABIOR Michal | 37 | DRUZYNNA ME | M2 30-49 lat | 126 | | 01:07:37.75 | 01:07:37.75 | +00:31:11 (46.1%) | 6:45 | 8.9 (53.9%) |
| 242 | SYSA Kazimierz | 254 | RUCH IZBICA | M3 50+ | 53 | | 01:07:48.40 | 01:07:48.40 | +00:31:22 (46.3%) | 6:46 | 8.8 (53.3%) |
| 243 | CIEŚLA Agnieszka | 44 | | K2 30-49 lat | 39 | | 01:09:54.30 | 01:09:54.30 | +00:33:28 (47.9%) | 6:59 | 8.6 (52.1%) |
| 244 | KRÓL Anja | 144 | | K2 30-49 lat | 40 | | 01:10:13.45 | 01:10:13.45 | +00:33:47 (48.1%) | 7:01 | 8.5 (51.5%) |
| 245 | ŁUKASZEK Kacper | 166 | | M1 < 29 lat | 11 | | 01:10:17.65 | 01:10:17.65 | +00:33:51 (48.2%) | 7:01 | 8.5 (51.5%) |
| 246 | ŁUKASZEK Artur | 165 | ULTRASY | M3 50+ | 54 | | 01:10:17.85 | 01:10:17.85 | +00:33:51 (48.2%) | 7:01 | 8.5 (51.5%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | MP Olejarzy | Czas netto 10km | Czas brutto 10km | Różn | Tempo min/km | Tempo km/h |
|-----|-------------------------------------|------------|---------------------------|--------------|------|----------------|-----------------------|------------------------|----------------------|-----------------|---------------|
| 247 | ŁUKASZEK Iwona | 164 | ULTRASZY | K2 30-49 lat | 41 | | 01:10:18.30 | 01:10:18.30 | +00:33:52 (48.2%) | 7:01 | 8.5 (51.5%) |
| 248 | JAROSZ Krzysztof | 109 | | M2 30-49 lat | 127 | Tak | 01:10:23.00 | 01:10:23.00 | +00:33:56 (48.2%) | 7:02 | 8.5 (51.5%) |
| 249 | KORNIAC Magdalena | 132 | LUBELSKA GRUPA TRIATHLONU | K2 30-49 lat | 42 | | 01:10:42.10 | 01:10:42.10 | +00:34:15 (48.5%) | 7:04 | 8.5 (51.5%) |
| 250 | PIKUS Renata | 210 | | K2 30-49 lat | 43 | | 01:11:04.45 | 01:11:04.45 | +00:34:38 (48.7%) | 7:06 | 8.4 (50.9%) |
| 251 | MICHOŃ Artur | 190 | JESTEM W RUCHU | M3 50+ | 55 | | 01:11:47.05 | 01:11:47.05 | +00:35:20 (49.2%) | 7:10 | 8.4 (50.9%) |
| 252 | DUDA Rafał | 57 | LUBELSKA GRUPA TRIATHLONU | M2 30-49 lat | 128 | | 01:13:36.05 | 01:13:36.05 | +00:37:09 (50.5%) | 7:21 | 8.2 (49.7%) |
| 253 | KUŁAKOWSKA Katarzyna | 149 | LUBELSKA GRUPA TRIATHLONU | K3 50+ | 8 | | 01:13:36.80 | 01:13:36.80 | +00:37:10 (50.5%) | 7:21 | 8.2 (49.7%) |
| 254 | JANISZEWSKI Andrzej | 106 | | M3 50+ | 56 | | 01:13:57.25 | 01:13:57.25 | +00:37:31 (50.7%) | 7:23 | 8.1 (49.1%) |
| 255 | JAWORSKA Ewelina | 330 | | K2 30-49 lat | 44 | | 01:14:19.60 | 01:14:19.60 | +00:37:53 (51.0%) | 7:25 | 8.1 (49.1%) |
| 256 | JANECZEK Monika | 105 | | K2 30-49 lat | 45 | | 01:14:40.30 | 01:14:40.30 | +00:38:14 (51.2%) | 7:28 | 8 (48.5%) |
| 257 | KULIK Katarzyna | 148 | | K2 30-49 lat | 46 | | 01:14:43.70 | 01:14:43.70 | +00:38:17 (51.2%) | 7:28 | 8 (48.5%) |
| 258 | FILIPCZAK Ewa | 67 | BIEGAJĄCY ŚWIDNIK | K2 30-49 lat | 47 | | 01:15:09.10 | 01:15:09.10 | +00:38:42 (51.5%) | 7:30 | 8 (48.5%) |
| 259 | BARCZEWSKI Grzegorz | 19 | | M2 30-49 lat | 129 | | 01:15:10.10 | 01:15:10.10 | +00:38:43 (51.5%) | 7:31 | 8 (48.5%) |
| 260 | BARCZEWSKI Walenty | 20 | | M1 < 29 lat | 12 | | 01:15:11.25 | 01:15:11.25 | +00:38:45 (51.5%) | 7:31 | 8 (48.5%) |
| 261 | RAK Paweł | 227 | BIEGAJĄCY ŚWIDNIK | M2 30-49 lat | 130 | | 01:15:12.15 | 01:15:12.15 | +00:38:46 (51.5%) | 7:31 | 8 (48.5%) |
| 262 | SZEWczyk Paweł | 260 | BIEGAJĄCY ŚWIDNIK SLOW | M2 30-49 lat | 131 | | 01:15:13.40 | 01:15:13.40 | +00:38:47 (51.6%) | 7:31 | 8 (48.5%) |
| 263 | JAKUBCZYK - LATAŁA Agnieszka | 104 | BIEGAJĄCY ŚWIDNIK SLOW | K3 50+ | 9 | | 01:15:15.00 | 01:15:15.00 | +00:38:48 (51.6%) | 7:31 | 8 (48.5%) |
| 263 | MISIOPECKA Agnieszka | 192 | BIEGAJĄCY ŚWIDNIK SLOW | K2 30-49 lat | 48 | | 01:15:15.00 | 01:15:15.00 | +00:38:48 (51.6%) | 7:31 | 8 (48.5%) |
| 265 | DUDA Emilia | 55 | | K2 30-49 lat | 49 | | 01:15:17.05 | 01:15:17.05 | +00:38:50 (51.6%) | 7:31 | 8 (48.5%) |
| 266 | GRUDZIŃSKA Angelika | 92 | | K1 < 29 lat | 9 | | 01:15:59.75 | 01:15:59.75 | +00:39:33 (52.1%) | 7:35 | 7.9 (47.9%) |
| 267 | KIEŁTYKA Aneta | 125 | | K3 50+ | 10 | | 01:16:13.45 | 01:16:13.45 | +00:39:47 (52.2%) | 7:37 | 7.9 (47.9%) |
| 268 | ZARĘBA Małgorzata | 304 | | K2 30-49 lat | 50 | | 01:17:22.55 | 01:17:22.55 | +00:40:56 (52.9%) | 7:44 | 7.8 (47.3%) |
| 269 | KOZAK-CHODANOWSKA Małgorzata | 139 | BIEGAJĄCY ŚWIDNIK | K3 50+ | 11 | | 01:17:54.00 | 01:17:54.00 | +00:41:27 (53.2%) | 7:47 | 7.7 (46.7%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | MP Olejarzy | Czas netto 10km | Czas brutto 10km | Różn | Tempo min/km | Tempo km/h |
|-----|---------------------------------|------------|---------------------------|-----------------|------|----------------|-----------------------|------------------------|----------------------|-----------------|---------------|
| 270 | LIPIŃSKA Aneta | 321 | | K2 30-49 lat | 51 | | 01:17:57.05 | 01:17:57.05 | +00:41:30 (53.3%) | 7:47 | 7.7 (46.7%) |
| 271 | JUCHNIEWICZ -DUDEK Iwona | 112 | BIEGAJĄCY ŚWIDNIK | K2 30-49 lat | 52 | | 01:17:57.20 | 01:17:57.20 | +00:41:31 (53.3%) | 7:47 | 7.7 (46.7%) |
| 272 | DUBIL Michał | 53 | | M2 30-49 lat | 132 | | 01:18:30.55 | 01:18:30.55 | +00:42:04 (53.6%) | 7:51 | 7.6 (46.1%) |
| 273 | DUBIL Urszula | 54 | BEŁŻYCE I OKOLICE BIEGAJĄ | K2 30-49 lat | 53 | Tak | 01:18:30.75 | 01:18:30.75 | +00:42:04 (53.6%) | 7:51 | 7.6 (46.1%) |
| 274 | FITURSKA Elżbieta | 71 | CHEŁM BIEGA | K2 30-49 lat | 54 | | 01:19:39.25 | 01:19:39.25 | +00:43:13 (54.3%) | 7:57 | 7.5 (45.5%) |
| 275 | JEZIERSKI Józef | 111 | NIE ZRZESZONY | M3 50+ | 57 | | 01:20:24.05 | 01:20:24.05 | +00:43:57 (54.7%) | 8:02 | 7.5 (45.5%) |
| 276 | GAŁECKA Marzena | 77 | | K3 50+ | 12 | | 01:23:32.55 | 01:23:32.55 | +00:47:06 (56.4%) | 8:21 | 7.2 (43.6%) |
| 277 | BUTRYŃSKI Paweł | 35 | #KORWIN | M3 50+ | 58 | | 01:23:32.75 | 01:23:32.75 | +00:47:06 (56.4%) | 8:21 | 7.2 (43.6%) |
| 278 | FITURSKI Marek | 72 | CHEŁM BIEGA | M2 30-49 lat | 133 | | 01:23:55.25 | 01:23:55.25 | +00:47:29 (56.6%) | 8:23 | 7.1 (43.0%) |
| 279 | KOLASA Barbara | 127 | KLUB J.SŁOWACKIEGO | K3 50+ | 13 | | 01:25:00.30 | 01:25:00.30 | +00:48:34 (57.1%) | 8:30 | 7.1 (43.0%) |
| 280 | LATARNIA Czerwona | 7 | | OPEN Kobiety | 1 | | 01:25:06.30 | 01:25:06.30 | +00:48:40 (57.2%) | 8:30 | 7.1 (43.0%) |

Znaleziono 280 wynik(ów)