

Wydarzenie: Kudowski Festiwal Biegowy - Sztafeta Górską 2021
Organizator: Fundacja MARATONY GÓRSKIE
Data: 2021-05-09
Miejsce: Kudowa-Zdrój
Dystans: 21 km

Klasyfikacja: Wszyscy

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Błędne Skały 10km | Jakubowice 16km | Czas netto 21km | Różn | Tempo min/km | Tempo km/h |
|-----|-----------------------------|-------------|-------------------------|-----------|------|-------------------------|--------------------|-----------------------|----------------------|-----------------|-----------------|
| 1 | LAGNER Sebastian | 3085 | KB SOBÓTKA | M-20 | 1 | 00:57:15 | 01:25:04 | 01:43:04.40 | | 4:54 | 12.2 (100%) |
| 2 | PASIK Tomasz | 3264 | RMT TEAM PRO | M-40 | 1 | 00:58:32 | 01:25:13 | 01:44:03.40 | +00:00:59 (0.9%) | 4:57 | 12.1 (99.2%) |
| 3 | ROSKOSZ Bartosz | 3217 | JELCZ TRIATHLON PROJECT | M-30 | 1 | 00:59:38 | 01:30:29 | 01:48:29.70 | +00:05:25 (5.0%) | 5:09 | 11.6 (95.1%) |
| 4 | PIĄTEK Mateusz | 3075 | RMT TEAM | M-30 | 2 | 01:02:10 | 01:32:54 | 01:52:31.05 | +00:09:26 (8.4%) | 5:21 | 11.2 (91.8%) |
| 5 | KIEŁBASIEWICZ Dawid | 3064 | MOYA RACING TEAM | M-20 | 2 | 01:06:45 | 01:36:53 | 01:57:28.90 | +00:14:24 (12.3%) | 5:35 | 10.7 (87.7%) |
| 6 | KOWALIK Marcin | 3262 | | M-30 | 3 | 01:05:37 | 01:37:18 | 01:57:32.00 | +00:14:27 (12.3%) | 5:35 | 10.7 (87.7%) |
| 7 | PIHIL Piotr | 3045 | | M-40 | 2 | 01:05:22 | 01:37:45 | 01:58:46.60 | +00:15:42 (13.2%) | 5:39 | 10.6 (86.9%) |
| 8 | ŁĘŻNIAK Aleksander | 3193 | MONK SANDALS TEAM | M-30 | 4 | 01:06:23 | 01:38:57 | 02:00:43.55 | +00:17:39 (14.6%) | 5:44 | 10.4 (85.2%) |
| 9 | MOCZULSKA Małgorzata | 3208 | | K-40 | 1 | 01:06:02 | 01:39:27 | 02:00:45.30 | +00:17:40 (14.6%) | 5:45 | 10.4 (85.2%) |
| 10 | ROSKOSZ Michał | 3224 | KAC RUNNING TEAM | M-40 | 3 | 01:06:35 | 01:39:54 | 02:02:04.35 | +00:18:59 (15.6%) | 5:48 | 10.3 (84.4%) |
| 11 | LEŚNIAK Jakub | 3265 | | M-30 | 5 | 01:06:59 | 01:40:24 | 02:02:24.00 | +00:19:19 (15.8%) | 5:49 | 10.3 (84.4%) |
| 12 | KARWACKI Maciej | 3172 | | M-20 | 3 | 01:07:08 | 01:42:10 | 02:03:13.25 | +00:20:08 (16.4%) | 5:52 | 10.2 (83.6%) |
| 13 | PAZDAN Piotr | 3086 | 140MINUT.PL | M-30 | 6 | 01:15:21 | 01:45:25 | 02:04:34.05 | +00:21:29 (17.3%) | 5:55 | 10.1 (82.8%) |
| 14 | STREICH Tomasz | 3147 | | M-20 | 4 | 01:09:12 | 01:43:41 | 02:04:37.00 | +00:21:32 (17.3%) | 5:56 | 10.1 (82.8%) |
| 15 | NIEZGÓDKA Tomasz | 3266 | ZAŁOGA GÓRSKA | M-50 | 1 | 01:09:51 | 01:43:31 | 02:05:53.65 | +00:22:49 (18.1%) | 5:59 | 10 (82.0%) |
| 16 | AWRYCEWICZ Roman | 3268 | | M-60 | 1 | 01:10:29 | 01:42:58 | 02:06:41.00 | +00:23:36 (18.6%) | 6:01 | 9.9 (81.1%) |

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|-----|------------------------------------|-------------|---------------------------------|-----------|------|-------------------|-----------------|--------------------|-------------------|--------------|-------------|
| 17 | WALCZAK Maciej | 3240 | QUAY POZNAŃ/HERCOG RUNNING TEAM | M-40 | 4 | 01:09:53 | 01:45:19 | 02:07:08.10 | +00:24:03 (18.9%) | 6:03 | 9.9 (81.1%) |
| 18 | KUBICZEK Andrzej | 3227 | | M-30 | 7 | 01:11:12 | 01:45:39 | 02:08:54.60 | +00:25:50 (20.0%) | 6:08 | 9.8 (80.3%) |
| 19 | MŁYNARSKI Mateusz | 3186 | TRITOGO | M-30 | 8 | 01:10:39 | 01:45:22 | 02:09:26.10 | +00:26:21 (20.4%) | 6:09 | 9.7 (79.5%) |
| 20 | ZACHURA Grzegorz | 3258 | | M-30 | 9 | 01:10:34 | 01:44:34 | 02:09:30.80 | +00:26:26 (20.4%) | 6:10 | 9.7 (79.5%) |
| 21 | BRZOZOWSKI Jakub | 3116 | | M-30 | 10 | 01:12:41 | 01:47:42 | 02:10:20.00 | +00:27:15 (20.9%) | 6:12 | 9.7 (79.5%) |
| 22 | ADAM Piotr | 3226 | | M-40 | 5 | 01:10:59 | 01:48:54 | 02:11:13.00 | +00:28:08 (21.4%) | 6:14 | 9.6 (78.7%) |
| 23 | NIKOLIN Andrzej | 3188 | | M-30 | 11 | 01:10:45 | 01:47:08 | 02:11:16.15 | +00:28:11 (21.5%) | 6:15 | 9.6 (78.7%) |
| 24 | KOSTKA Aleksander | 3141 | AZS-AWF KRAKÓW | M-30 | 12 | 01:14:16 | 01:48:22 | 02:11:36.75 | +00:28:32 (21.7%) | 6:16 | 9.6 (78.7%) |
| 25 | PIETROSZEK-DOMORADZKA Agata | 3181 | EX TEAM | K-20 | 1 | 01:12:32 | 01:48:48 | 02:11:49.15 | +00:28:44 (21.8%) | 6:16 | 9.6 (78.7%) |
| 26 | WOJCIECHOWSKI Maciej | 3179 | | M-20 | 5 | 01:13:55 | 01:49:00 | 02:12:10.85 | +00:29:06 (22.0%) | 6:17 | 9.5 (77.9%) |
| 27 | FILIPEK Wojciech | 3041 | | M-30 | 13 | 01:13:49 | 01:49:45 | 02:13:12.90 | +00:30:08 (22.6%) | 6:20 | 9.5 (77.9%) |
| 28 | KOTLAREK Dawid | 3148 | VEGE RUNNERS | M-40 | 6 | 01:14:49 | 01:51:09 | 02:14:16.65 | +00:31:12 (23.2%) | 6:23 | 9.4 (77.0%) |
| 29 | TRZECIAKIEWICZ Mieczysław | 3253 | INŻYNIERIA BIEGANIA | M-50 | 2 | 01:12:17 | 01:48:53 | 02:14:23.85 | +00:31:19 (23.3%) | 6:23 | 9.4 (77.0%) |
| 30 | PISAREWICZ Karol | 3236 | | M-30 | 14 | 01:17:07 | 01:53:18 | 02:14:37.45 | +00:31:33 (23.4%) | 6:24 | 9.4 (77.0%) |
| 31 | KARAMON Marcin | 3261 | | M-40 | 7 | 01:15:19 | 01:51:26 | 02:15:41.85 | +00:32:37 (24.0%) | 6:27 | 9.3 (76.2%) |
| 32 | GRACZYK Mariusz | 3006 | ZIELONA GÓRO ZACZNIJ BIEGAĆ | M-40 | 8 | 01:17:15 | 01:51:12 | 02:16:05.00 | +00:33:00 (24.3%) | 6:28 | 9.3 (76.2%) |
| 33 | CHAMALA Krzysztof | 3135 | WEEGREE | M-30 | 15 | 01:14:46 | 01:53:21 | 02:16:50.45 | +00:33:46 (24.7%) | 6:30 | 9.2 (75.4%) |
| 34 | KURASIK Tomasz | 3049 | | M-40 | 9 | 01:14:23 | 01:52:40 | 02:17:00.10 | +00:33:55 (24.8%) | 6:31 | 9.2 (75.4%) |
| 35 | PACEK Tomasz | 3124 | PIANIŚCI | M-30 | 16 | 01:14:05 | 01:53:37 | 02:17:26.45 | +00:34:22 (25.0%) | 6:32 | 9.2 (75.4%) |
| 36 | MARÍN Alberto | 3241 | | M-30 | 17 | 01:15:58 | 01:53:51 | 02:18:02.15 | +00:34:57 (25.3%) | 6:34 | 9.1 (74.6%) |
| 37 | MOCHEGIANI Andrea | 3246 | BAD ORGANIZER TEAM | M-50 | 3 | 01:14:10 | 01:54:20 | 02:19:38.95 | +00:36:34 (26.2%) | 6:38 | 9 (73.8%) |
| 38 | MARZEC Tomasz | 3152 | | M-40 | 10 | 01:17:30 | 01:55:01 | 02:20:13.90 | +00:37:09 (26.5%) | 6:40 | 9 (73.8%) |
| 39 | FILIPEK Mateusz | 3061 | NIEWYCHOWANI FIZYCZNIE | M-20 | 6 | 01:16:54 | 01:54:28 | 02:20:14.60 | +00:37:10 (26.5%) | 6:40 | 9 (73.8%) |

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|-----|----------------------------|-------------|------------------------------------|-----------|------|-------------------------|--------------------|-----------------------|----------------------|-----------------|---------------|
| 40 | BRUS Marcin | 3001 | | M-40 | 11 | 01:17:36 | 01:56:43 | 02:20:49.95 | +00:37:45 (26.8%) | 6:42 | 8.9 (73.0%) |
| 41 | SADOWSKI Marek | 3113 | | M-40 | 12 | 01:16:31 | 01:56:12 | 02:21:27.10 | +00:38:22 (27.1%) | 6:44 | 8.9 (73.0%) |
| 42 | WOJDANOWSKI Jan | 3221 | KB HARCOWNIK JELCZ-LASKOWICE | M-50 | 4 | 01:20:16 | 01:57:10 | 02:21:35.10 | +00:38:30 (27.2%) | 6:44 | 8.9 (73.0%) |
| 43 | PIETRZYK Tomasz | 3153 | 140MINUT.PL | M-40 | 13 | 01:17:45 | 01:56:31 | 02:22:04.20 | +00:38:59 (27.4%) | 6:45 | 8.9 (73.0%) |
| 44 | MISZTAL Kamil | 3248 | | M-30 | 18 | 01:23:55 | 01:58:35 | 02:22:05.05 | +00:39:00 (27.5%) | 6:45 | 8.9 (73.0%) |
| 45 | JĘDRAS Remigiusz | 3155 | | M-40 | 14 | 01:16:57 | 01:54:21 | 02:22:05.90 | +00:39:01 (27.5%) | 6:45 | 8.9 (73.0%) |
| 46 | GAWRYSIAK Marek | 3182 | BIEGOSTACJA | M-40 | 15 | 01:17:53 | 01:55:43 | 02:23:22.60 | +00:40:18 (28.1%) | 6:49 | 8.8 (72.1%) |
| 47 | KOWZAN Piotr | 3185 | | M-40 | 16 | 01:18:23 | 01:57:22 | 02:23:32.50 | +00:40:28 (28.2%) | 6:50 | 8.8 (72.1%) |
| 48 | OWCZAREK Tomasz | 3184 | BIEGAJĄCĄ KASTA MIEDZIOWEGO MIASTA | M-40 | 17 | 01:18:30 | 01:57:26 | 02:23:37.25 | +00:40:32 (28.2%) | 6:50 | 8.8 (72.1%) |
| 49 | GIERAK Wojciech | 3222 | JELCZ TRIATLON PROJECT | M-40 | 18 | 01:20:20 | 01:59:29 | 02:25:08.20 | +00:42:03 (29.0%) | 6:54 | 8.7 (71.3%) |
| 50 | LUBAŃSKI Mateusz | 3143 | | M-30 | 19 | 01:17:38 | 01:58:32 | 02:25:38.80 | +00:42:34 (29.2%) | 6:56 | 8.7 (71.3%) |
| 51 | ZENDWALEWICZ Ewa | 3117 | JELCZ TRIATHLON PROJECT | K-30 | 1 | 01:21:00 | 02:01:00 | 02:25:42.85 | +00:42:38 (29.3%) | 6:56 | 8.6 (70.5%) |
| 52 | IGNASZEWSKI Michał | 3259 | DRUŻYNA SZPIKU | M-30 | 20 | 01:19:37 | 01:59:03 | 02:26:58.25 | +00:43:53 (29.9%) | 6:59 | 8.6 (70.5%) |
| 53 | GRZYWIŃSKI Grzegorz | 3030 | RUN BYDGOSZCZ | M-40 | 19 | 01:19:50 | 02:00:49 | 02:27:17.85 | +00:44:13 (30.0%) | 7:00 | 8.6 (70.5%) |
| 54 | NIMSZ Kamila | 3002 | KB HARCOWNIK JELCZ-LASKOWICE | K-40 | 2 | 01:13:48 | 02:04:39 | 02:27:39.35 | +00:44:34 (30.2%) | 7:01 | 8.5 (69.7%) |
| 55 | KAPROŃ Martyna | 3256 | KB HARCOWNIK JELCZ-LASKOWICE | K-20 | 2 | 01:22:53 | 02:03:01 | 02:28:20.50 | +00:45:16 (30.5%) | 7:03 | 8.5 (69.7%) |
| 56 | POŁEĆ Leszek | 3163 | WATAHA/SBRT | M-30 | 21 | 01:21:02 | 02:03:09 | 02:28:49.65 | +00:45:45 (30.7%) | 7:05 | 8.5 (69.7%) |
| 57 | MŁOTKOWSKI Michał | 3159 | | M-30 | 22 | 01:19:57 | 02:01:23 | 02:29:18.40 | +00:46:14 (31.0%) | 7:06 | 8.4 (68.9%) |
| 58 | GANDYRA Rafał | 3105 | | M-30 | 23 | 01:22:20 | 02:02:39 | 02:29:34.55 | +00:46:30 (31.1%) | 7:07 | 8.4 (68.9%) |
| 59 | ULIKOWSKA Martyna | 3052 | ZAŁOGA GÓRSKA | K-30 | 2 | 01:22:58 | 02:03:57 | 02:29:58.60 | +00:46:54 (31.3%) | 7:08 | 8.4 (68.9%) |
| 60 | HRYCAJ Marcin | 3035 | KB ODRA OPOLE | M-40 | 20 | 01:19:07 | 02:02:28 | 02:30:30.60 | +00:47:26 (31.5%) | 7:10 | 8.4 (68.9%) |
| 61 | DEMKOWSKI Marcin | 3149 | | M-30 | 24 | 01:23:30 | 02:04:06 | 02:31:06.20 | +00:48:01 (31.8%) | 7:11 | 8.3 (68.0%) |
| 62 | ANDRZEJCZAK Anna | 3053 | NKB CHYŻY NOWY TOMYŚL | K-30 | 3 | 01:23:55 | 02:04:53 | 02:31:06.25 | +00:48:01 (31.8%) | 7:11 | 8.3 (68.0%) |

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|-----|-----------------------------|-------------|---------------------------------------|-----------|------|-------------------|-----------------|--------------------|-------------------|--------------|-------------|
| 63 | MAZUREK Artur | 3168 | GMINA LUDZI Z PASJĄ | M-50 | 5 | 01:24:04 | 02:05:51 | 02:32:27.40 | +00:49:23 (32.4%) | 7:15 | 8.3 (68.0%) |
| 64 | SABATOWSKI Krzysztof | 3232 | CARBON SILESIA SPORT | M-40 | 21 | 01:22:41 | 02:03:45 | 02:32:32.75 | +00:49:28 (32.4%) | 7:15 | 8.3 (68.0%) |
| 65 | OSTROWSKI Konrad | 3202 | TRAINING LAB | M-30 | 25 | 01:20:56 | 02:04:03 | 02:32:49.60 | +00:49:45 (32.6%) | 7:16 | 8.2 (67.2%) |
| 66 | KURAŚ Szymon | 3112 | NKB CHYŻY NOWY TOMYŚL | M-40 | 22 | 01:09:35 | 01:43:57 | 02:33:57.40 | +00:50:53 (33.1%) | 7:19 | 8.2 (67.2%) |
| 67 | SKOCZEK Sebastian | 3111 | | M-40 | 23 | 01:24:49 | 02:07:22 | 02:34:06.30 | +00:51:01 (33.1%) | 7:20 | 8.2 (67.2%) |
| 68 | PILONIS Paweł | 3038 | BIEGOSTACJA | M-40 | 24 | 01:23:36 | 02:06:21 | 02:34:37.20 | +00:51:32 (33.3%) | 7:21 | 8.1 (66.4%) |
| 69 | KOWALSKI Krzysztof | 3042 | HRMAXCROSSTEAM | M-50 | 6 | 01:22:20 | 02:06:43 | 02:34:52.30 | +00:51:47 (33.4%) | 7:22 | 8.1 (66.4%) |
| 70 | ZALIŃSKI Leszek | 3154 | | M-30 | 26 | 01:20:52 | 02:06:26 | 02:35:01.90 | +00:51:57 (33.5%) | 7:22 | 8.1 (66.4%) |
| 71 | MAJEWSKA Joanna | 3263 | | K-40 | 3 | 01:22:31 | 02:06:44 | 02:35:05.50 | +00:52:01 (33.5%) | 7:23 | 8.1 (66.4%) |
| 72 | BŁASZCZAK Łukasz | 3103 | | M-30 | 27 | 01:31:29 | 02:11:00 | 02:36:25.50 | +00:53:21 (34.1%) | 7:26 | 8.1 (66.4%) |
| 73 | ANDRZEJCZAK Łukasz | 3055 | NKB CHYŻY NOWY TOMYŚL | M-30 | 28 | 01:26:10 | 02:08:35 | 02:37:07.30 | +00:54:02 (34.4%) | 7:28 | 8 (65.6%) |
| 74 | SZOFER Adam | 3079 | NKB CHYŻY NOWY TOMYŚL | M-30 | 29 | 01:12:18 | 01:47:06 | 02:37:18.60 | +00:54:14 (34.5%) | 7:29 | 8 (65.6%) |
| 75 | WANKIEWICZ Krzysztof | 3092 | | M-40 | 25 | 01:25:33 | 02:09:40 | 02:37:39.95 | +00:54:35 (34.6%) | 7:30 | 8 (65.6%) |
| 76 | KACZOR Marcin | 3171 | ADJ | M-40 | 26 | 01:27:11 | 02:11:28 | 02:37:42.55 | +00:54:38 (34.6%) | 7:30 | 8 (65.6%) |
| 77 | BINIENDA Agnieszka | 3257 | KOBIETY WATAHY | K-40 | 4 | 01:24:28 | 02:10:57 | 02:37:47.35 | +00:54:42 (34.7%) | 7:30 | 8 (65.6%) |
| 78 | KOT Wioleta | 3119 | | K-30 | 4 | 01:25:12 | 02:09:18 | 02:37:48.70 | +00:54:44 (34.7%) | 7:30 | 8 (65.6%) |
| 79 | ŁYKO Marcin | 3173 | | M-30 | 30 | 01:22:47 | 02:08:37 | 02:37:55.50 | +00:54:51 (34.7%) | 7:31 | 8 (65.6%) |
| 80 | TOKARCZUK Tomasz | 3048 | | M-30 | 31 | 01:26:27 | 02:11:16 | 02:38:44.85 | +00:55:40 (35.1%) | 7:33 | 7.9 (64.8%) |
| 81 | PIWOWARSKI Maciej | 3106 | | M-30 | 32 | 01:29:39 | 02:10:53 | 02:39:38.60 | +00:56:34 (35.4%) | 7:36 | 7.9 (64.8%) |
| 82 | ZAWORSKI Tomasz | 3090 | | M-30 | 33 | 01:28:23 | 02:12:16 | 02:39:50.85 | +00:56:46 (35.5%) | 7:36 | 7.9 (64.8%) |
| 83 | JERMAK Kamil | 3104 | BOHAR PALETY RUN&TTRAVEL ZIELONA GÓRA | M-40 | 27 | 01:22:13 | 02:18:01 | 02:39:50.95 | +00:56:46 (35.5%) | 7:36 | 7.9 (64.8%) |
| 84 | PODSADNY Bartosz | 3239 | | M-30 | 34 | 01:26:44 | 02:11:03 | 02:39:59.25 | +00:56:54 (35.6%) | 7:37 | 7.9 (64.8%) |
| 85 | BIELAWSKI Paweł | 3095 | | M-30 | 35 | 01:27:26 | 02:10:40 | 02:40:12.65 | +00:57:08 (35.7%) | 7:37 | 7.9 (64.8%) |

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|-----|----------------------------|-------------|------------------------------|-----------|------|-------------------|-----------------|--------------------|-------------------|--------------|-------------|
| 86 | KUJACZYŃSKA Iga | 3177 | BISTURI | K-30 | 5 | 01:27:18 | 02:11:15 | 02:40:22.15 | +00:57:17 (35.7%) | 7:38 | 7.9 (64.8%) |
| 87 | OLIŃSKI Paweł | 3057 | | M-30 | 36 | 01:26:17 | 02:12:19 | 02:41:07.75 | +00:58:03 (36.0%) | 7:40 | 7.8 (63.9%) |
| 88 | KUBKOWSKI Mateusz | 3142 | | M-30 | 37 | 01:27:06 | 02:13:48 | 02:41:08.75 | +00:58:04 (36.0%) | 7:40 | 7.8 (63.9%) |
| 89 | KRAWCZYK Robert | 3169 | | M-20 | 7 | 01:26:49 | 02:10:58 | 02:41:30.30 | +00:58:25 (36.2%) | 7:41 | 7.8 (63.9%) |
| 90 | SZYMAŃSKI Michał | 3231 | TENIS CENTRUM AS | M-20 | 8 | 01:26:49 | 02:11:46 | 02:41:31.10 | +00:58:26 (36.2%) | 7:41 | 7.8 (63.9%) |
| 91 | SZAL Małgorzata | 3225 | TENIS CENTRUM AS | K-30 | 6 | 01:26:54 | 02:11:50 | 02:41:36.35 | +00:58:31 (36.2%) | 7:41 | 7.8 (63.9%) |
| 92 | MAZUR Marek | 3167 | | M-40 | 28 | 01:26:44 | 02:12:00 | 02:41:42.15 | +00:58:37 (36.3%) | 7:42 | 7.8 (63.9%) |
| 93 | HUBKA Jerzy | 3160 | ZABRZAŃSKIE PARKOWE BIEGANIE | M-60 | 2 | 01:27:02 | 02:13:29 | 02:42:09.15 | +00:59:04 (36.4%) | 7:43 | 7.8 (63.9%) |
| 94 | MARCINIAK Wojciech | 3127 | | M-40 | 29 | 01:29:58 | 02:13:41 | 02:42:14.85 | +00:59:10 (36.5%) | 7:43 | 7.8 (63.9%) |
| 95 | WÓJCIK Karol | 3063 | NIEWYCHOWANI FIZYCZNIE | M-20 | 9 | 01:25:04 | 02:11:20 | 02:42:23.10 | +00:59:18 (36.5%) | 7:43 | 7.8 (63.9%) |
| 96 | GRSZEWSKA Marina | 3062 | NIEWYCHOWANI FIZYCZNIE | K-20 | 3 | 01:25:05 | 02:11:24 | 02:42:27.00 | +00:59:22 (36.6%) | 7:44 | 7.8 (63.9%) |
| 97 | MARCINIAK Magdalena | 3128 | | K-40 | 5 | 01:30:22 | 02:14:02 | 02:42:36.45 | +00:59:32 (36.6%) | 7:44 | 7.7 (63.1%) |
| 98 | RADOMSKI Bartosz | 3110 | | M-30 | 38 | 01:30:37 | 02:14:16 | 02:42:39.30 | +00:59:34 (36.6%) | 7:44 | 7.7 (63.1%) |
| 99 | WERLE Michał | 3213 | WARBUD RUNNING TEAM | M-30 | 39 | 01:25:22 | 02:12:20 | 02:42:41.65 | +00:59:37 (36.6%) | 7:44 | 7.7 (63.1%) |
| 100 | STROJNY Radosław | 3107 | KILOMETRY POMOCY | M-20 | 10 | 01:30:46 | 02:14:25 | 02:42:47.85 | +00:59:43 (36.7%) | 7:45 | 7.7 (63.1%) |
| 101 | KRZESIMOWSKI Damian | 3089 | | M-30 | 40 | 01:30:25 | 02:12:40 | 02:42:49.90 | +00:59:45 (36.7%) | 7:45 | 7.7 (63.1%) |
| 102 | KOZŁOWSKI Szymon | 3125 | | M-40 | 30 | 01:28:34 | 02:14:11 | 02:43:26.35 | +01:00:21 (36.9%) | 7:46 | 7.7 (63.1%) |
| 103 | BYLINA Bartosz | 3229 | | M-40 | 31 | 01:27:52 | 02:14:57 | 02:44:59.30 | +01:01:54 (37.5%) | 7:51 | 7.6 (62.3%) |
| 104 | ALBERT Damian | 3115 | FIZJOBIEGACZE SZCZECIN | M-30 | 41 | 01:29:48 | 02:15:16 | 02:45:16.10 | +01:02:11 (37.6%) | 7:52 | 7.6 (62.3%) |
| 105 | LEWICKA Magdalena | 3088 | CAŁA OLEŚNICA BIEGA | K-40 | 6 | 01:30:19 | 02:16:41 | 02:45:36.35 | +01:02:31 (37.8%) | 7:53 | 7.6 (62.3%) |
| 106 | SURDAKCI Piotr | 3068 | SPODKRZYŻA | M-40 | 32 | 01:34:14 | 02:18:45 | 02:46:16.75 | +01:03:12 (38.0%) | 7:55 | 7.6 (62.3%) |
| 107 | TKACZYK Katarzyna | 3194 | | K-30 | 7 | 01:31:09 | 02:16:16 | 02:46:23.15 | +01:03:18 (38.1%) | 7:55 | 7.6 (62.3%) |
| 108 | KOWALSKI Mariusz | 3166 | | M-40 | 33 | 01:26:41 | 02:12:55 | 02:46:59.40 | +01:03:55 (38.3%) | 7:57 | 7.5 (61.5%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Błędne Skały 10km | Jakubowice 16km | Czas netto 21km | Różn | Tempo min/km | Tempo km/h |
|-----|---------------------------|-------------|--------------------------------------|-----------|------|-------------------------|--------------------|-----------------------|----------------------|-----------------|---------------|
| 109 | PILONIS Eleonora | 3109 | BIEGOSTACJA | K-40 | 7 | 01:31:04 | 02:17:57 | 02:47:15.30 | +01:04:10 (38.4%) | 7:57 | 7.5 (61.5%) |
| 110 | HACUŚ Jacek | 3156 | | M-30 | 42 | 01:30:36 | 02:15:42 | 02:47:37.10 | +01:04:32 (38.5%) | 7:58 | 7.5 (61.5%) |
| 111 | ŚWIATOWIEC Anna | 3211 | | K-50 | 1 | 01:32:36 | 02:18:58 | 02:47:41.00 | +01:04:36 (38.5%) | 7:59 | 7.5 (61.5%) |
| 112 | BACHURSKI Tomasz | 3020 | | M-40 | 34 | 01:30:21 | 02:16:27 | 02:48:13.40 | +01:05:09 (38.7%) | 8:00 | 7.5 (61.5%) |
| 113 | STELMACH Mariusz | 3069 | | M-30 | 43 | 01:30:49 | 02:18:58 | 02:48:21.90 | +01:05:17 (38.8%) | 8:01 | 7.5 (61.5%) |
| 114 | KICIŃSKI Patryk | 3134 | | M-20 | 11 | 01:30:45 | 02:20:15 | 02:48:23.55 | +01:05:19 (38.8%) | 8:01 | 7.5 (61.5%) |
| 115 | STELMACH Arkadiusz | 3099 | | M-20 | 12 | 01:30:56 | 02:19:05 | 02:48:29.00 | +01:05:24 (38.8%) | 8:01 | 7.5 (61.5%) |
| 116 | PLAZA Artur | 3267 | PLAZA TEAM | M-40 | 35 | 01:30:03 | 02:17:58 | 02:48:40.45 | +01:05:36 (38.9%) | 8:01 | 7.5 (61.5%) |
| 117 | ROLIŃSKI Radosław | 3091 | | M-40 | 36 | 01:32:45 | 02:15:32 | 02:49:22.00 | +01:06:17 (39.1%) | 8:03 | 7.4 (60.7%) |
| 118 | WIERCIAK Piotr | 3123 | PIANIŚCI | M-30 | 44 | 01:32:09 | 02:19:08 | 02:49:40.15 | +01:06:35 (39.3%) | 8:04 | 7.4 (60.7%) |
| 119 | BOHAREWICZ Paweł | 3158 | BOHAR PALETY RUN&TRAVEL ZIELONA GÓRA | M-40 | 37 | 01:24:34 | 02:20:42 | 02:50:10.65 | +01:07:06 (39.4%) | 8:06 | 7.4 (60.7%) |
| 120 | BERG Elwira | 3082 | | K-30 | 8 | 01:32:40 | 02:19:53 | 02:50:51.45 | +01:07:47 (39.7%) | 8:08 | 7.4 (60.7%) |
| 121 | MRÓWKA Michał | 3223 | | M-30 | 45 | 01:35:01 | 02:21:03 | 02:51:08.35 | +01:08:03 (39.8%) | 8:08 | 7.4 (60.7%) |
| 122 | MRÓWKA Małgorzata | 3220 | | K-30 | 9 | 01:35:07 | 02:21:06 | 02:51:13.20 | +01:08:08 (39.8%) | 8:09 | 7.4 (60.7%) |
| 123 | ZIÓŁEK Mirosław | 3233 | STAY INSANE/ BANDA GRUDNIA | M-50 | 7 | 01:32:45 | 02:20:26 | 02:51:31.55 | +01:08:27 (39.9%) | 8:10 | 7.3 (59.8%) |
| 124 | SZULC Rafał | 3027 | PREGRES | M-30 | 46 | 01:32:17 | 02:20:59 | 02:51:38.90 | +01:08:34 (40.0%) | 8:10 | 7.3 (59.8%) |
| 125 | MIKŁUSZKA Dorota | 3235 | | K-40 | 8 | 01:35:05 | 02:21:14 | 02:51:47.40 | +01:08:43 (40.0%) | 8:10 | 7.3 (59.8%) |
| 126 | KLABIK Maciej | 3133 | EL RAPIDO | M-40 | 38 | 01:33:54 | 02:22:59 | 02:52:07.25 | +01:09:02 (40.1%) | 8:11 | 7.3 (59.8%) |
| 127 | CZECHOLIŃSKI Piotr | 3131 | LESZNO LIMITS RUNNERS | M-50 | 8 | 01:33:57 | 02:23:04 | 02:52:09.35 | +01:09:04 (40.1%) | 8:11 | 7.3 (59.8%) |
| 128 | JOPEK Wojciech | 3243 | | M-30 | 47 | 01:35:40 | 02:22:43 | 02:53:02.80 | +01:09:58 (40.4%) | 8:14 | 7.3 (59.8%) |
| 129 | MAŚLANY Mariusz | 3174 | ELEKTROMETAL ENERGETYKA SA | M-40 | 39 | 01:35:54 | 02:25:34 | 02:53:56.45 | +01:10:52 (40.7%) | 8:16 | 7.2 (59.0%) |
| 130 | KSIĘZKA Joanna | 3145 | STRZEGOMSKA DWUNASTKA | K-30 | 10 | 01:35:48 | 02:24:18 | 02:53:58.85 | +01:10:54 (40.8%) | 8:17 | 7.2 (59.0%) |
| 131 | PODULKA Grzegorz | 3122 | | M-40 | 40 | 01:32:17 | 02:23:02 | 02:54:01.05 | +01:10:56 (40.8%) | 8:17 | 7.2 (59.0%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Błędne Skały 10km | Jakubowice 16km | Czas netto 21km | Różn | Tempo min/km | Tempo km/h |
|-----|--------------------------------|-------------|------------------------|-----------|------|-------------------------|--------------------|-----------------------|----------------------|-----------------|---------------|
| 132 | PLOK Krzysztof | 3206 | TEAMPLOK | M-50 | 9 | 01:33:46 | 02:23:56 | 02:54:23.65 | +01:11:19 (40.9%) | 8:18 | 7.2 (59.0%) |
| 133 | MAZUR Wiktor | 3144 | | M-30 | 48 | 01:32:44 | 02:22:07 | 02:54:56.95 | +01:11:52 (41.1%) | 8:19 | 7.2 (59.0%) |
| 134 | BRZOZOWSKA Marlena | 3210 | | K-40 | 9 | 01:35:34 | 02:25:12 | 02:55:26.05 | +01:12:21 (41.2%) | 8:21 | 7.2 (59.0%) |
| 135 | BRZOZOWSKI Marcin | 3093 | | M-40 | 41 | 01:35:40 | 02:25:24 | 02:55:37.25 | +01:12:32 (41.3%) | 8:21 | 7.2 (59.0%) |
| 136 | TOPOLEWSKI Filip | 3230 | | M-40 | 42 | 01:35:01 | 02:25:47 | 02:55:42.55 | +01:12:38 (41.3%) | 8:22 | 7.2 (59.0%) |
| 137 | MASZTALSKA Joanna | 3059 | | K-20 | 4 | 01:36:56 | 02:24:11 | 02:56:05.70 | +01:13:01 (41.5%) | 8:23 | 7.2 (59.0%) |
| 138 | DOLECKA Ela | 3071 | NKB CHYŻY NOWY TOMYŚL | K-40 | 10 | 01:34:51 | 02:24:44 | 02:56:30.10 | +01:13:25 (41.6%) | 8:24 | 7.1 (58.2%) |
| 139 | TOMKIEWICZ Przemysław | 3175 | | M-40 | 43 | 01:36:01 | 02:25:41 | 02:56:46.65 | +01:13:42 (41.7%) | 8:25 | 7.1 (58.2%) |
| 140 | OLENDER Tomasz | 3151 | | M-50 | 10 | 01:37:31 | 02:24:17 | 02:56:53.55 | +01:13:49 (41.7%) | 8:25 | 7.1 (58.2%) |
| 141 | DZIERGWA Agnieszka | 3216 | PRZEDWOJEWSKI TEAM | K-30 | 11 | 01:37:54 | 02:28:16 | 02:58:19.40 | +01:15:15 (42.2%) | 8:29 | 7.1 (58.2%) |
| 142 | SPYRA Adam | 3060 | NIEWYCHOWANI FIZYCZNIE | M-20 | 13 | 01:33:24 | 02:26:30 | 02:58:19.60 | +01:15:15 (42.2%) | 8:29 | 7.1 (58.2%) |
| 143 | KOENIG Krzysztof | 3087 | PROFIAUTO | M-30 | 49 | 01:35:27 | 02:25:42 | 02:59:10.50 | +01:16:06 (42.5%) | 8:31 | 7 (57.4%) |
| 144 | RÓŻAŃSKA Magdalena | 3051 | | K-40 | 11 | 01:38:32 | 02:28:12 | 02:59:20.50 | +01:16:16 (42.5%) | 8:32 | 7 (57.4%) |
| 145 | RACZKOWSKI Rafał | 3067 | | M-40 | 44 | 01:38:42 | 02:26:57 | 02:59:21.05 | +01:16:16 (42.5%) | 8:32 | 7 (57.4%) |
| 146 | KOZAK Bartosz | 3072 | KOZAKI | M-40 | 45 | 01:35:38 | 02:29:36 | 03:00:16.95 | +01:17:12 (42.8%) | 8:35 | 7 (57.4%) |
| 147 | WESOŁOWSKI Maciej | 3245 | | M-50 | 11 | 01:36:03 | 02:28:53 | 03:00:40.30 | +01:17:35 (42.9%) | 8:36 | 7 (57.4%) |
| 148 | WESOŁOWSKA Urszula | 3244 | | K-50 | 2 | 01:36:07 | 02:28:59 | 03:00:44.95 | +01:17:40 (43.0%) | 8:36 | 7 (57.4%) |
| 149 | ZAJĄCZKOWSKI Damian | 3252 | | M-40 | 46 | 01:37:04 | 02:28:03 | 03:02:05.35 | +01:19:00 (43.4%) | 8:40 | 6.9 (56.6%) |
| 150 | JURASZ Aleksandra | 3029 | | K-30 | 12 | 01:33:01 | 02:27:29 | 03:03:33.00 | +01:20:28 (43.8%) | 8:44 | 6.9 (56.6%) |
| 151 | WOJCIECHOWSKI Paweł | 3114 | FIZJOBIEGACZE SZCZECIN | M-30 | 50 | 01:31:40 | 02:28:03 | 03:04:43.55 | +01:21:39 (44.2%) | 8:47 | 6.8 (55.7%) |
| 152 | KRÓLIKOWSKA Agnieszka | 3183 | | K-30 | 13 | 01:41:43 | 02:30:48 | 03:04:45.00 | +01:21:40 (44.2%) | 8:47 | 6.8 (55.7%) |
| 153 | GRZESIAK Rafał | 3026 | EMERYT | M-40 | 47 | 01:39:19 | 02:31:16 | 03:04:55.00 | +01:21:50 (44.3%) | 8:48 | 6.8 (55.7%) |
| 154 | TARASZKIEWICZ Krzysztof | 3023 | DZIK DGL | M-40 | 48 | 01:39:25 | 02:31:19 | 03:04:58.45 | +01:21:54 (44.3%) | 8:48 | 6.8 (55.7%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Błędne Skały 10km | Jakubowice 16km | Czas netto 21km | Różn | Tempo min/km | Tempo km/h |
|-----|-----------------------------|-------------|------------------------------|-----------|------|-------------------|-----------------|--------------------|-------------------|--------------|-------------|
| 155 | FRĄTCZAK Ireneusz | 3025 | KWIELICE | M-40 | 49 | 01:39:32 | 02:31:59 | 03:05:04.65 | +01:22:00 (44.3%) | 8:48 | 6.8 (55.7%) |
| 156 | DOBRZYŃSKI Marek | 3247 | BAD ORGANIZER TEAM | M-40 | 50 | 01:42:43 | 02:33:11 | 03:06:16.70 | +01:23:12 (44.7%) | 8:52 | 6.8 (55.7%) |
| 157 | ŚLADCZYK Dominik | 3164 | MKST | M-30 | 51 | 01:31:32 | 02:27:55 | 03:07:06.15 | +01:24:01 (44.9%) | 8:54 | 6.7 (54.9%) |
| 158 | BŁASZKIEWICZ Klaudia | 3215 | | K-20 | 5 | 01:41:08 | 02:34:23 | 03:07:23.95 | +01:24:19 (45.0%) | 8:55 | 6.7 (54.9%) |
| 159 | CZECH Dorota | 3118 | | K-40 | 12 | 01:43:11 | 02:35:05 | 03:09:02.30 | +01:25:57 (45.5%) | 9:00 | 6.7 (54.9%) |
| 160 | KOŁACZEK Sylwia | 3050 | | K-40 | 13 | 01:40:36 | 02:35:24 | 03:09:05.30 | +01:26:00 (45.5%) | 9:00 | 6.7 (54.9%) |
| 161 | WĘGIER Agnieszka | 3005 | ZIELONA GÓRO ZACZNIJ BIEGAĆ | K-40 | 14 | 01:41:18 | 02:36:28 | 03:09:08.75 | +01:26:04 (45.5%) | 9:00 | 6.7 (54.9%) |
| 162 | MAZURKIEWICZ Anna | 3195 | ZGÓRMYSYNY | K-30 | 14 | 01:41:48 | 02:35:10 | 03:09:18.25 | +01:26:13 (45.6%) | 9:00 | 6.7 (54.9%) |
| 163 | HAIDA Marcin | 3165 | | M-40 | 51 | 01:38:09 | 02:33:09 | 03:09:52.70 | +01:26:48 (45.7%) | 9:02 | 6.6 (54.1%) |
| 164 | PRZYBYLAK Dariusz | 3096 | PRZYBYLAK TEAM | M-40 | 52 | 01:40:06 | 02:34:41 | 03:10:21.15 | +01:27:16 (45.9%) | 9:03 | 6.6 (54.1%) |
| 165 | GLAZER Marcin | 3238 | PKO BANK POLSKI | M-30 | 52 | 01:42:12 | 02:35:47 | 03:11:51.60 | +01:28:47 (46.3%) | 9:08 | 6.6 (54.1%) |
| 166 | FRYSIAK Barbara | 3047 | WIELUŃ TRAIL | K-50 | 3 | 01:42:03 | 02:37:57 | 03:12:04.65 | +01:29:00 (46.3%) | 9:08 | 6.6 (54.1%) |
| 167 | NIEDZIELA Krzysztof | 3196 | GOSTYŃ | M-40 | 53 | 01:42:00 | 02:37:24 | 03:12:06.90 | +01:29:02 (46.3%) | 9:08 | 6.6 (54.1%) |
| 168 | NIEDZIELA Danuta | 3197 | GOSTYŃ | K-40 | 15 | 01:42:06 | 02:37:30 | 03:12:12.55 | +01:29:08 (46.4%) | 9:09 | 6.6 (54.1%) |
| 169 | LE FELIC Monika | 3098 | | K-40 | 16 | 01:42:08 | 02:37:29 | 03:13:02.20 | +01:29:57 (46.6%) | 9:11 | 6.5 (53.3%) |
| 170 | KOZŁOWSKA Agnieszka | 3126 | | K-30 | 15 | 01:42:09 | 02:38:45 | 03:13:03.60 | +01:29:59 (46.6%) | 9:11 | 6.5 (53.3%) |
| 171 | SIEMIERNIK Dariusz | 3018 | WFOCR_TEAM KOSTRZYŃ NAD ODRA | M-40 | 54 | 01:40:58 | 02:36:53 | 03:13:04.05 | +01:29:59 (46.6%) | 9:11 | 6.5 (53.3%) |
| 172 | STAMM Tomasz | 3031 | | M-40 | 55 | 01:38:13 | 02:36:45 | 03:13:26.95 | +01:30:22 (46.7%) | 9:12 | 6.5 (53.3%) |
| 173 | STASZEWSKI Dariusz | 3150 | | M-30 | 53 | 01:44:18 | 02:38:11 | 03:14:04.35 | +01:30:59 (46.9%) | 9:14 | 6.5 (53.3%) |
| 174 | MIELNIK Natalia | 3044 | | K-30 | 16 | 01:43:45 | 02:37:19 | 03:14:48.80 | +01:31:44 (47.1%) | 9:16 | 6.5 (53.3%) |
| 175 | CZERWIŃSKI Jarosław | 3037 | | M-60 | 3 | 01:46:21 | 02:42:18 | 03:14:52.65 | +01:31:48 (47.1%) | 9:16 | 6.5 (53.3%) |
| 176 | CZERWIŃSKA Arleta | 3040 | | K-60 | 1 | 01:46:23 | 02:42:21 | 03:14:54.55 | +01:31:50 (47.1%) | 9:16 | 6.5 (53.3%) |
| 177 | HYLIŃSKA Hanna | 3234 | KOMU CZEMU | K-30 | 17 | 01:42:41 | 02:38:04 | 03:15:04.90 | +01:32:00 (47.2%) | 9:17 | 6.5 (53.3%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Błędne Skały 10km | Jakubowice 16km | Czas netto 21km | Różn | Tempo min/km | Tempo km/h |
|-----|-------------------------------|-------------|------------------------------|-----------|------|-------------------------|--------------------|-----------------------|----------------------|-----------------|---------------|
| 178 | PALUSZKIEWICZ Karolina | 3016 | MAĆKOWIAK TEAM | K-40 | 17 | 01:47:29 | 02:40:43 | 03:16:01.15 | +01:32:56 (47.4%) | 9:20 | 6.4 (52.5%) |
| 179 | GONERA Kazimierz | 3014 | KB HARCOWNIK JELCZ-LASKOWICE | M-60 | 4 | 01:43:06 | 02:39:00 | 03:16:03.75 | +01:32:59 (47.4%) | 9:20 | 6.4 (52.5%) |
| 180 | MAĆKOWIAK Michał | 3200 | MAĆKOWIAK TEAM | M-40 | 56 | 01:47:39 | 02:40:53 | 03:16:10.35 | +01:33:05 (47.5%) | 9:20 | 6.4 (52.5%) |
| 181 | WIŚNIEWSKA Ewa | 3255 | | K-50 | 4 | 01:41:58 | 02:42:33 | 03:17:09.05 | +01:34:04 (47.7%) | 9:23 | 6.4 (52.5%) |
| 182 | SZYMAŃSKI Paweł | 3136 | | M-40 | 57 | 01:45:17 | 02:41:09 | 03:17:36.30 | +01:34:31 (47.8%) | 9:24 | 6.4 (52.5%) |
| 183 | BUDZIAK Michał | 3254 | | M-30 | 54 | 01:42:00 | 02:40:34 | 03:17:48.35 | +01:34:43 (47.9%) | 9:25 | 6.4 (52.5%) |
| 184 | MODZELEWSKA Anna | 3251 | | K-20 | 6 | 01:42:06 | 02:40:40 | 03:17:54.10 | +01:34:49 (47.9%) | 9:25 | 6.4 (52.5%) |
| 185 | ŁOBODZIEC Monika | 3214 | | K-40 | 18 | 01:45:39 | 02:45:06 | 03:18:54.50 | +01:35:50 (48.2%) | 9:28 | 6.3 (51.6%) |
| 186 | PAWLUK Anna | 3212 | | K-30 | 18 | 01:45:44 | 02:44:58 | 03:19:00.45 | +01:35:56 (48.2%) | 9:28 | 6.3 (51.6%) |
| 187 | UCHEREK Kazimierz | 3058 | | M-50 | 12 | 01:38:32 | 02:33:11 | 03:19:17.85 | +01:36:13 (48.3%) | 9:29 | 6.3 (51.6%) |
| 188 | KWIATKOWSKA Marta | 3083 | | K-40 | 19 | 01:45:17 | 02:43:52 | 03:21:11.85 | +01:38:07 (48.8%) | 9:34 | 6.3 (51.6%) |
| 189 | BRZEZIŃSKI Andrzej | 3032 | | M-60 | 5 | 01:46:10 | 02:44:08 | 03:21:58.90 | +01:38:54 (49.0%) | 9:37 | 6.2 (50.8%) |
| 190 | HUBKA Kazimiera | 3161 | | K-60 | 2 | 01:48:21 | 02:47:18 | 03:23:23.55 | +01:40:19 (49.3%) | 9:41 | 6.2 (50.8%) |
| 191 | MUSIELAK Marek | 3242 | | M-30 | 55 | 01:55:22 | 02:49:56 | 03:23:44.95 | +01:40:40 (49.4%) | 9:42 | 6.2 (50.8%) |
| 192 | KLIMIUK Małgosia | 3120 | | K-40 | 20 | 01:55:28 | 02:50:01 | 03:23:48.60 | +01:40:44 (49.4%) | 9:42 | 6.2 (50.8%) |
| 193 | SKORNIAK Katarzyna | 3218 | WOLNE ŚLIMAKI | K-30 | 19 | 01:48:52 | 02:46:49 | 03:24:19.50 | +01:41:15 (49.6%) | 9:43 | 6.2 (50.8%) |
| 194 | OKRASA Tomasz | 3162 | | M-30 | 56 | 01:51:00 | 02:50:05 | 03:24:43.80 | +01:41:39 (49.7%) | 9:44 | 6.2 (50.8%) |
| 195 | KOWALEWSKI Dariusz | 3170 | | M-50 | 13 | 01:50:56 | 02:50:00 | 03:25:06.85 | +01:42:02 (49.7%) | 9:46 | 6.1 (50.0%) |
| 196 | SKÓRA Marcin | 3209 | EMES I PARTNERZY | M-50 | 14 | 01:54:28 | 02:52:24 | 03:25:47.95 | +01:42:43 (49.9%) | 9:47 | 6.1 (50.0%) |
| 197 | LUBAŃSKA Alicja | 3004 | | K-50 | 5 | 01:51:28 | 02:50:40 | 03:27:02.15 | +01:43:57 (50.2%) | 9:51 | 6.1 (50.0%) |
| 198 | KOZAK Ewa | 3073 | KOZAKI | K-40 | 21 | 01:55:41 | 02:54:18 | 03:27:06.40 | +01:44:02 (50.2%) | 9:51 | 6.1 (50.0%) |
| 199 | LACH Agnieszka | 3219 | | K-40 | 22 | 01:51:30 | 02:51:13 | 03:27:50.85 | +01:44:46 (50.4%) | 9:53 | 6.1 (50.0%) |
| 200 | MELWIŃSKA Paulina | 3017 | RUN BYDGOSZCZ | K-40 | 23 | 01:55:49 | 02:55:56 | 03:30:06.15 | +01:47:01 (50.9%) | 10:00 | 6 (49.2%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Błędne Skały 10km | Jakubowice 16km | Czas netto 21km | Różn | Tempo min/km | Tempo km/h |
|-----|------------------------------|-------------|------------------------------|-----------|------|-------------------|-----------------|--------------------|-------------------|--------------|-------------|
| 201 | KAWAŁKO Ryszard | 3250 | WOLNY RYŚ 8* | M-50 | 15 | 01:46:51 | 02:50:36 | 03:30:09.40 | +01:47:05 (51.0%) | 10:00 | 6 (49.2%) |
| 202 | DZIEŻA Roma | 3013 | RUN BYDGOSZCZ | K-50 | 6 | 01:55:55 | 02:56:04 | 03:30:14.50 | +01:47:10 (51.0%) | 10:00 | 6 (49.2%) |
| 203 | PIĘTKA Piotr | 3176 | | M-40 | 58 | 01:52:28 | 02:51:48 | 03:30:31.10 | +01:47:26 (51.0%) | 10:01 | 6 (49.2%) |
| 204 | GÓRSKI Krzysztof | 3178 | MK-NET | M-40 | 59 | 01:52:33 | 02:51:55 | 03:30:34.95 | +01:47:30 (51.1%) | 10:01 | 6 (49.2%) |
| 205 | MROZIŃSKI Albert | 3204 | | M-40 | 60 | 01:57:01 | 02:59:48 | 03:31:46.70 | +01:48:42 (51.3%) | 10:05 | 5.9 (48.4%) |
| 206 | KAMIŃSKA Andżelika | 3081 | | K-40 | 24 | 01:48:35 | 02:50:21 | 03:32:04.00 | +01:48:59 (51.4%) | 10:05 | 5.9 (48.4%) |
| 207 | PELCZER Agnieszka | 3036 | KB HARCOWNIK JELCZ-LASKOWICE | K-40 | 25 | 01:51:04 | 02:54:43 | 03:32:20.60 | +01:49:16 (51.5%) | 10:06 | 5.9 (48.4%) |
| 208 | KLAJA Agnieszka | 3066 | | K-30 | 20 | 01:58:58 | 03:00:07 | 03:39:29.95 | +01:56:25 (53.0%) | 10:27 | 5.7 (46.7%) |
| 209 | MROZIŃSKA Renata | 3203 | | K-40 | 26 | 01:57:00 | 02:59:48 | 03:40:12.35 | +01:57:07 (53.2%) | 10:29 | 5.7 (46.7%) |
| 210 | KONIECZNY Piotr | 3046 | NKB CHYŻY NOWY TOMYŚL | M-40 | 61 | 02:00:00 | 03:05:57 | 03:41:57.75 | +01:58:53 (53.6%) | 10:34 | 5.7 (46.7%) |
| 211 | KOŃ Aleksandra | 3012 | LZS LIPA | K-40 | 27 | 02:01:27 | 02:59:08 | 03:42:09.80 | +01:59:05 (53.6%) | 10:34 | 5.7 (46.7%) |
| 212 | KACZMAREK Monika | 3024 | NKB CHYŻY NOWY TOMYŚL | K-40 | 28 | 02:00:43 | 03:06:11 | 03:42:21.85 | +01:59:17 (53.6%) | 10:35 | 5.7 (46.7%) |
| 213 | PODULKA Małgorzata | 3121 | | K-30 | 21 | 01:57:44 | 03:06:58 | 03:42:47.20 | +01:59:42 (53.7%) | 10:36 | 5.7 (46.7%) |
| 214 | MODRZYŃSKI Przemysław | 3097 | NGT PROBAR | M-50 | 16 | 02:03:14 | 03:06:20 | 03:43:52.85 | +02:00:48 (54.0%) | 10:39 | 5.6 (45.9%) |
| 215 | GÓRNA Aldona | 3077 | ŻÓŁWICE W BIEGU | K-40 | 29 | 02:01:26 | 03:08:01 | 03:44:11.55 | +02:01:07 (54.0%) | 10:40 | 5.6 (45.9%) |
| 216 | LANGE Hanna | 3076 | ŻÓŁWICE W BIEGU | K-40 | 30 | 02:01:34 | 03:08:10 | 03:44:19.45 | +02:01:15 (54.1%) | 10:40 | 5.6 (45.9%) |
| 217 | POTOCKI Adam | 3137 | | M-40 | 62 | 01:49:53 | 02:59:01 | 03:44:34.05 | +02:01:29 (54.1%) | 10:41 | 5.6 (45.9%) |
| 218 | POTOCKA Wioletta | 3138 | | K-40 | 31 | 01:49:38 | 02:58:53 | 03:44:39.55 | +02:01:35 (54.1%) | 10:41 | 5.6 (45.9%) |
| 219 | PERKA Barbara | 3022 | | K-40 | 32 | 02:01:37 | 03:05:27 | 03:45:25.10 | +02:02:20 (54.3%) | 10:44 | 5.6 (45.9%) |
| 220 | ZGÓRSKI Maciej | 3015 | WKURW_TEAM / PIEKŁO | M-40 | 63 | 02:01:34 | 03:08:33 | 03:45:48.25 | +02:02:43 (54.4%) | 10:45 | 5.6 (45.9%) |
| 221 | KARDAS Marzena | 3140 | | K-40 | 33 | 01:59:00 | 03:06:21 | 03:47:39.65 | +02:04:35 (54.7%) | 10:50 | 5.5 (45.1%) |
| 222 | KINDELA Michał | 3139 | | M-30 | 57 | 01:59:01 | 03:06:25 | 03:47:43.50 | +02:04:39 (54.7%) | 10:50 | 5.5 (45.1%) |
| 223 | SZCZEPKOWSKI Paweł | 3205 | ARTEQUIPMENT | M-60 | 6 | 01:56:46 | 03:04:42 | 03:48:37.50 | +02:05:33 (54.9%) | 10:53 | 5.5 (45.1%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Błędne Skały 10km | Jakubowice 16km | Czas netto 21km | Różn | Tempo min/km | Tempo km/h |
|-----|-------------------------------|-------------|------------------------------------|-----------|------|-------------------------|--------------------|-----------------------|----------------------|-----------------|---------------|
| 224 | KINDRA Marek | 3198 | FC KACZOR LUBIN | M-40 | 64 | 02:07:33 | 03:15:38 | 03:52:17.40 | +02:09:13 (55.6%) | 11:03 | 5.4 (44.3%) |
| 225 | DOBROWOLSKA Małgorzata | 3192 | BIEGAJĄCA KASTA MIEDZIOWEGO MIASTA | K-40 | 34 | 02:07:41 | 03:15:44 | 03:52:22.40 | +02:09:18 (55.6%) | 11:03 | 5.4 (44.3%) |
| 226 | DĄBEK Emilia | 3070 | ZIELONA GÓRO ZACZNIJ BIEGAĆ | K-30 | 22 | 02:01:47 | 03:09:48 | 03:52:51.15 | +02:09:46 (55.7%) | 11:05 | 5.4 (44.3%) |
| 227 | MIŚKIEWICZ Wojciech | 3237 | PUSSY DESTROYERS 69 | M-30 | 58 | 02:08:19 | 03:12:09 | 03:53:07.65 | +02:10:03 (55.8%) | 11:06 | 5.4 (44.3%) |
| 228 | FORMELA Justyna | 3249 | | K-40 | 35 | 02:08:19 | 03:12:12 | 03:53:10.70 | +02:10:06 (55.8%) | 11:06 | 5.4 (44.3%) |
| 229 | NATKANIEC Grazyna | 3102 | EKIPA LIPA | K-50 | 7 | 02:12:07 | 03:17:37 | 03:58:41.45 | +02:15:37 (56.8%) | 11:21 | 5.3 (43.4%) |
| 230 | FIJAŁKOWSKA Karolina | 3201 | | K-30 | 23 | 02:09:42 | 03:16:46 | 04:00:06.10 | +02:17:01 (57.1%) | 11:26 | 5.2 (42.6%) |
| 231 | ADAMSKI Bartłomiej | 3207 | | M-40 | 65 | 02:07:48 | 03:20:21 | 04:01:13.85 | +02:18:09 (57.3%) | 11:29 | 5.2 (42.6%) |
| 232 | DOBROWOLSKA Karolina | 3146 | BIEGAM PO PROSTU BIEGAM | K-30 | 24 | 02:08:04 | 03:24:48 | 04:20:34.25 | +02:37:29 (60.4%) | 12:24 | 4.8 (39.3%) |
| 233 | SYGUŁA Monika | 3199 | | K-40 | 36 | 02:08:12 | 03:24:57 | 04:20:44.40 | +02:37:40 (60.5%) | 12:24 | 4.8 (39.3%) |
| 234 | DOBROWOLSKI Robert | 3100 | SPORTOWI EMERYCI JELENIA GÓRA | M-60 | 7 | 02:15:41 | 03:36:53 | 04:27:16.65 | +02:44:12 (61.4%) | 12:43 | 4.7 (38.5%) |
| 235 | DOBROWOLSKA Bożena | 3101 | SPORTOWI EMERYCI JELENIA GÓRA | K-60 | 3 | 02:15:48 | 03:36:56 | 04:27:21.05 | +02:44:16 (61.4%) | 12:43 | 4.7 (38.5%) |
| 236 | TWARDOWSKI Wojciech | 3021 | RUN BYDGOSZCZ | M-50 | 17 | 02:20:49 | 03:50:08 | 04:46:10.00 | +03:03:05 (64.0%) | 13:37 | 4.4 (36.1%) |

Znaleziono 236 wynik(ów)