

RUNAWAY POLSKI UCIEKINIER | ELITA

B4SPORT

Wydarzenie: Runaway Polski Uciekinier Pępowo
Organizator: Runaway - Polski Uciekinier
Data: 2022-06-18
Miejsce: Pępowo
Dystans: 10 km

B4SPORT
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Drużyna 1 | Czas netto 10km | Różn | Tempo min/km | Tempo km/h |
|-----|-----------------------------|------------|------|-----------|------|-----------------------|--------------------|-------------------|--------------|--------------|
| 1 | WOJTYSZYN Wojciech | 125 | | M25-29 | 1 | Ex Team | 00:45:03.20 | | 4:30 | 13.3 (100%) |
| 2 | OŚLIZŁO Tomasz | 122 | | M35-39 | 1 | SOCIOS SILESIA | 00:47:10.15 | +00:02:06 (4.5%) | 4:43 | 12.7 (95.5%) |
| 3 | SERAFIŃSKI Maciej | 25 | | M25-29 | 2 | RUNMAGEDDON TEAM | 00:47:34.35 | +00:02:31 (5.3%) | 4:45 | 12.6 (94.7%) |
| 4 | BRZOSKWINIA Wojciech | 61 | | M30-34 | 1 | Lemon Team | 00:49:40.10 | +00:04:36 (9.3%) | 4:58 | 12.1 (91.0%) |
| 5 | PRYKOWSKI Tomasz | 106 | | M25-29 | 3 | Warriors Łódź | 00:49:41.75 | +00:04:38 (9.3%) | 4:58 | 12.1 (91.0%) |
| 6 | JACIÓW Paweł | 44 | | M30-34 | 2 | WATAHA | 00:51:05.10 | +00:06:01 (11.8%) | 5:06 | 11.7 (88.0%) |
| 7 | MARKOWSKI Fabian | 81 | | M35-39 | 2 | RAJSPOORT ACTIVE | 00:52:01.10 | +00:06:57 (13.4%) | 5:12 | 11.5 (86.5%) |
| 8 | OLICHOWSKI Mateusz | 134 | | M30-34 | 3 | WOLF TEAM | 00:53:50.00 | +00:08:46 (16.3%) | 5:23 | 11.1 (83.5%) |
| 9 | KOZŁOWSKI Artur | 76 | | M25-29 | 4 | RAJSPOORT ACTIVE | 00:54:05.60 | +00:09:02 (16.7%) | 5:24 | 11.1 (83.5%) |
| 10 | KALWAS Mateusz | 71 | | M13-17 | 1 | RAJSPOORT ACTIVE | 00:54:36.45 | +00:09:33 (17.5%) | 5:27 | 11 (82.7%) |
| 11 | RYNKIEWICZ Mateusz | 129 | | M35-39 | 3 | RUNMAGEDDON TEAM | 00:54:56.20 | +00:09:53 (18.0%) | 5:29 | 10.9 (82.0%) |
| 12 | BRZOZOWSKI Filip | 45 | | M30-34 | 4 | SPARTA RUNNERS | 00:55:51.05 | +00:10:47 (19.3%) | 5:35 | 10.7 (80.5%) |
| 13 | SIKORA Adam | 27 | | M30-34 | 5 | | 00:56:49.35 | +00:11:46 (20.7%) | 5:40 | 10.6 (79.7%) |
| 14 | JAGODZIŃSKI Karol | 96 | | M30-34 | 6 | POWER TRAINING | 00:58:16.45 | +00:13:13 (22.7%) | 5:49 | 10.3 (77.4%) |
| 15 | BYRCZEK Michał | 29 | | M35-39 | 4 | WATAHA | 00:58:34.75 | +00:13:31 (23.1%) | 5:51 | 10.2 (76.7%) |
| 16 | KOZUBEK Sebastian | 55 | | M30-34 | 7 | RAJSPOORT ACTIVE | 00:58:37.50 | +00:13:34 (23.1%) | 5:51 | 10.2 (76.7%) |
| 17 | JAKUSZEK Piotr | 297 | | M35-39 | 5 | Hell`s gym OCR Pępowo | 00:58:58.95 | +00:13:55 (23.6%) | 5:53 | 10.2 (76.7%) |
| 18 | BURAS Radosław | 82 | | M30-34 | 8 | | 00:59:50.25 | +00:14:47 (24.7%) | 5:59 | 10 (75.2%) |
| 19 | OBREBSKI Patryk | 59 | | M30-34 | 9 | RAJSPOORT ACTIVE | 00:59:52.10 | +00:14:48 (24.7%) | 5:59 | 10 (75.2%) |
| 20 | TARKA Andrzej | 77 | | M45-49 | 1 | | 01:00:43.80 | +00:15:40 (25.8%) | 6:04 | 9.9 (74.4%) |
| 21 | BAJON Przemysław | 91 | | M25-29 | 5 | WATAHA | 01:01:20.60 | +00:16:17 (26.6%) | 6:08 | 9.8 (73.7%) |
| 22 | KALININ Jarosław | 100 | | M25-29 | 6 | RAJSPOORT ACTIVE | 01:02:33.00 | +00:17:29 (28.0%) | 6:15 | 9.6 (72.2%) |
| 23 | KOZUBEK Seweryn | 57 | | M25-29 | 7 | RAJSPOORT ACTIVE | 01:02:36.90 | +00:17:33 (28.0%) | 6:15 | 9.6 (72.2%) |
| 24 | KACPERSKI Jacek | 58 | | M40-44 | 1 | RAJSPOORT ACTIVE | 01:02:51.00 | +00:17:47 (28.3%) | 6:17 | 9.5 (71.4%) |
| 25 | TYCZYNO Wojciech | 42 | | M40-44 | 2 | WATAHA | 01:03:22.20 | +00:18:19 (28.9%) | 6:20 | 9.5 (71.4%) |
| 26 | BERNACKI Grzegorz | 14 | | M40-44 | 3 | WOLF TEAM | 01:03:43.75 | +00:18:40 (29.3%) | 6:22 | 9.4 (70.7%) |
| 27 | KĘPA Bartosz | 46 | | M30-34 | 10 | SPARTA RUNNERS | 01:03:57.25 | +00:18:54 (29.6%) | 6:23 | 9.4 (70.7%) |
| 28 | GŁYK Łukasz | 31 | | M30-34 | 11 | | 01:04:11.95 | +00:19:08 (29.8%) | 6:25 | 9.3 (69.9%) |
| 29 | DŁUGOSZ Łukasz | 49 | | M25-29 | 8 | OSPRO OCR | 01:04:41.60 | +00:19:38 (30.4%) | 6:28 | 9.3 (69.9%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Drużyna 1 | Czas | | Tempo min/km | Tempo km/h |
|-----|----------------------|-------|------|-----------|------|----------------------|-------------|-------------------|--------------|-------------|
| | | | | | | | netto 10km | Różn | | |
| 30 | JUSZKIEWICZ Dominik | 137 | | M35-39 | 6 | RAJSPOORT ACTIVE | 01:05:16.40 | +00:20:13 (31.0%) | 6:31 | 9.2 (69.2%) |
| 31 | SOBOŃ Krystian | 110 | | M30-34 | 12 | Mad runners | 01:05:59.65 | +00:20:56 (31.7%) | 6:35 | 9.1 (68.4%) |
| 32 | PSUT Kamil | 135 | | M25-29 | 9 | | 01:06:24.65 | +00:21:21 (32.2%) | 6:38 | 9 (67.7%) |
| 33 | SZYMAŃSKI Bartomiej | 66 | | M30-34 | 13 | Warriors Łódź | 01:06:38.45 | +00:21:35 (32.4%) | 6:39 | 9 (67.7%) |
| 34 | WOŁCZEK Paulina | 235 | | K25-29 | 1 | Ex Team | 01:07:05.05 | +00:22:01 (32.8%) | 6:42 | 8.9 (66.9%) |
| 35 | KALISZYK Grzegorz | 121 | | M45-49 | 2 | Mad Runners | 01:07:12.55 | +00:22:09 (33.0%) | 6:43 | 8.9 (66.9%) |
| 36 | BARAN Konrad | 92 | | M25-29 | 10 | Warriors Łódź | 01:07:52.65 | +00:22:49 (33.6%) | 6:47 | 8.8 (66.2%) |
| 37 | TRACZYŃSKI Daniel | 111 | | M30-34 | 14 | Mad Runners | 01:08:01.80 | +00:22:58 (33.8%) | 6:48 | 8.8 (66.2%) |
| 38 | DARGACZ Dominik | 109 | | M25-29 | 11 | Mad Runners | 01:08:03.40 | +00:23:00 (33.8%) | 6:48 | 8.8 (66.2%) |
| 39 | DRZEWIECKI Marcin | 118 | | M35-39 | 7 | Mad Runners | 01:08:57.00 | +00:23:53 (34.7%) | 6:53 | 8.7 (65.4%) |
| 40 | RYNKIEWICZ Agnieszka | 237 | | K35-39 | 1 | RUNMAGEDDON TEAM | 01:09:04.70 | +00:24:01 (34.8%) | 6:54 | 8.7 (65.4%) |
| 41 | KOŁAKOWSKI Krzysztof | 95 | | M30-34 | 15 | RUNMAGEDDON TEAM | 01:09:41.25 | +00:24:38 (35.3%) | 6:58 | 8.6 (64.7%) |
| 42 | WOJTASZCZYK Mateusz | 3 | | M40-44 | 4 | | 01:10:20.45 | +00:25:17 (35.9%) | 7:02 | 8.5 (63.9%) |
| 43 | MIZGALSKI Jacek | 87 | | M45-49 | 3 | | 01:11:16.25 | +00:26:13 (36.8%) | 7:07 | 8.4 (63.2%) |
| 44 | NOWICKI Marcin | 123 | | M30-34 | 16 | WOLF TEAM | 01:11:18.60 | +00:26:15 (36.8%) | 7:07 | 8.4 (63.2%) |
| 45 | LEWANDOWSKI Patryk | 4 | | M30-34 | 17 | | 01:11:24.80 | +00:26:21 (36.9%) | 7:08 | 8.4 (63.2%) |
| 46 | DUKIEWICZ Dariusz | 104 | | M25-29 | 12 | WOLF TEAM | 01:11:34.75 | +00:26:31 (37.1%) | 7:09 | 8.4 (63.2%) |
| 47 | SZYMAŃSKI Bartek | 117 | | M30-34 | 18 | | 01:11:54.85 | +00:26:51 (37.4%) | 7:11 | 8.3 (62.4%) |
| 48 | LEWICKI Piotr | 17 | | M40-44 | 5 | WOLF TEAM | 01:11:58.30 | +00:26:55 (37.4%) | 7:11 | 8.3 (62.4%) |
| 49 | GOLDA Michał | 105 | | M40-44 | 6 | Mad Runners | 01:12:49.45 | +00:27:46 (38.1%) | 7:16 | 8.2 (61.7%) |
| 50 | BUDZIŃSKI Michał | 47 | | M35-39 | 8 | RAJSPOORT ACTIVE | 01:13:11.90 | +00:28:08 (38.5%) | 7:19 | 8.2 (61.7%) |
| 51 | PIWNIK Bartosz | 84 | | M25-29 | 13 | Lemon Team | 01:13:16.95 | +00:28:13 (38.5%) | 7:19 | 8.2 (61.7%) |
| 52 | MALCZEWSKI Daniel | 11 | | M18-24 | 1 | RAJSPOORT ACTIVE | 01:13:33.95 | +00:28:30 (38.8%) | 7:21 | 8.2 (61.7%) |
| 53 | TROCKI Patryk | 35 | | M30-34 | 19 | Dirty Sparrows | 01:14:24.10 | +00:29:20 (39.4%) | 7:26 | 8.1 (60.9%) |
| 54 | MADALIŃSKI Michał | 98 | | M30-34 | 20 | RAJSPOORT ACTIVE | 01:15:02.85 | +00:29:59 (40.0%) | 7:30 | 8 (60.2%) |
| 55 | WIECZOREK Mateusz | 34 | | M25-29 | 14 | xRunners | 01:15:15.05 | +00:30:11 (40.1%) | 7:31 | 8 (60.2%) |
| 56 | PIĘŁA Szymon | 32 | | M30-34 | 21 | SOCIOS SILESIA | 01:15:22.10 | +00:30:18 (40.2%) | 7:32 | 8 (60.2%) |
| 57 | SZAŁATA Piotr | 16 | | M30-34 | 22 | Biegowe dziki ocr | 01:15:32.95 | +00:30:29 (40.4%) | 7:33 | 7.9 (59.4%) |
| 58 | DROP Łukasz | 2 | | M40-44 | 7 | WATAHA | 01:15:34.85 | +00:30:31 (40.4%) | 7:33 | 7.9 (59.4%) |
| 59 | ZIMOŃ Norbert | 139 | | M35-39 | 9 | | 01:15:42.20 | +00:30:39 (40.5%) | 7:34 | 7.9 (59.4%) |
| 60 | TOMCZAK Dariusz | 131 | | M30-34 | 23 | | 01:15:53.10 | +00:30:49 (40.6%) | 7:35 | 7.9 (59.4%) |
| 61 | PAZOŁA Korneliusz | 132 | | M35-39 | 10 | | 01:16:01.00 | +00:30:57 (40.7%) | 7:36 | 7.9 (59.4%) |
| 62 | STAWSKI Artur | 136 | | M35-39 | 11 | | 01:16:20.20 | +00:31:17 (41.0%) | 7:38 | 7.9 (59.4%) |
| 63 | KAZIMIERCZAK Paweł | 51 | | M25-29 | 15 | Warriors Łódź | 01:16:26.20 | +00:31:23 (41.1%) | 7:38 | 7.8 (58.6%) |
| 64 | KALISZ Adrian | 30 | | M35-39 | 12 | | 01:16:50.15 | +00:31:46 (41.4%) | 7:41 | 7.8 (58.6%) |
| 65 | MAŁECKI Adam | 40 | | M30-34 | 24 | CARBON SILESIA SPORT | 01:17:26.90 | +00:32:23 (41.8%) | 7:44 | 7.7 (57.9%) |
| 66 | KOTALA Arkadiusz | 67 | | M25-29 | 16 | WATAHA | 01:17:47.45 | +00:32:44 (42.1%) | 7:46 | 7.7 (57.9%) |
| 67 | SZCZEPAŃSKI Grzegorz | 113 | | M35-39 | 13 | Mad Runners | 01:17:55.45 | +00:32:52 (42.2%) | 7:47 | 7.7 (57.9%) |
| 68 | DENYSIUK Marek | 119 | | M45-49 | 4 | WATAHA | 01:18:56.25 | +00:33:53 (42.9%) | 7:53 | 7.6 (57.1%) |
| 69 | SERAFIŃSKI Robert | 26 | | M50+ | 1 | RAJSPOORT ACTIVE | 01:19:23.50 | +00:34:20 (43.3%) | 7:56 | 7.6 (57.1%) |
| 70 | KNOP Marcin | 79 | | M30-34 | 25 | Lemon Team | 01:19:37.95 | +00:34:34 (43.4%) | 7:57 | 7.5 (56.4%) |
| 71 | ZABOROWSKI Łukasz | 133 | | M35-39 | 14 | RAJSPOORT ACTIVE | 01:19:39.40 | +00:34:36 (43.4%) | 7:57 | 7.5 (56.4%) |
| 72 | PONTUS Piotr | 5 | | M35-39 | 15 | OSPRO OCR | 01:19:44.10 | +00:34:40 (43.5%) | 7:58 | 7.5 (56.4%) |
| 73 | BAJSAROWICZ Marta | 214 | | K35-39 | 2 | OCR Witches | 01:20:59.95 | +00:35:56 (44.4%) | 8:05 | 7.4 (55.6%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Drużyna 1 | Czas | | Tempo min/km | Tempo km/h |
|-----|----------------------------|------------|------|-----------|------|-----------------------|--------------------|-------------------|--------------|-------------|
| | | | | | | | netto | Różn | | |
| 74 | STERNAL Mateusz | 56 | | M35-39 | 16 | | 01:21:02.60 | +00:35:59 (44.4%) | 8:06 | 7.4 (55.6%) |
| 75 | DUL Dariusz | 126 | | M50+ | 2 | Mad Runners | 01:21:24.95 | +00:36:21 (44.7%) | 8:08 | 7.4 (55.6%) |
| 76 | MATYSIAK Przemysław | 74 | | M13-17 | 2 | | 01:22:16.10 | +00:37:12 (45.2%) | 8:13 | 7.3 (54.9%) |
| 77 | KOWALSKI Mateusz | 19 | | M35-39 | 17 | Dirty Sparrows | 01:22:25.35 | +00:37:22 (45.3%) | 8:14 | 7.3 (54.9%) |
| 78 | KURYŁO Kamil | 21 | | M30-34 | 26 | | 01:22:32.20 | +00:37:29 (45.4%) | 8:15 | 7.3 (54.9%) |
| 79 | KAMIŃSKA Justyna | 226 | | K30-34 | 1 | | 01:22:51.85 | +00:37:48 (45.6%) | 8:17 | 7.2 (54.1%) |
| 80 | MACHOWSKI Marek | 114 | | M45-49 | 5 | | 01:22:57.80 | +00:37:54 (45.7%) | 8:17 | 7.2 (54.1%) |
| 81 | BOIŃSKI Grzegorz | 120 | | M13-17 | 3 | WOLF TEAM | 01:23:04.10 | +00:38:00 (45.8%) | 8:18 | 7.2 (54.1%) |
| 82 | ŁUSZCZAK Anna | 222 | | K30-34 | 2 | Lemon Team | 01:24:00.65 | +00:38:57 (46.4%) | 8:24 | 7.1 (53.4%) |
| 83 | WIŚNIEWSKI Norbert | 127 | | M45-49 | 6 | | 01:24:30.55 | +00:39:27 (46.7%) | 8:27 | 7.1 (53.4%) |
| 84 | NAJDEREK Michał | 60 | | M35-39 | 18 | | 01:24:38.80 | +00:39:35 (46.8%) | 8:27 | 7.1 (53.4%) |
| 85 | BERNACKA Katarzyna | 215 | | K35-39 | 3 | WOLF TEAM | 01:25:21.65 | +00:40:18 (47.2%) | 8:32 | 7 (52.6%) |
| 86 | KORZENNY Wojciech | 80 | | M35-39 | 19 | | 01:25:39.05 | +00:40:35 (47.4%) | 8:33 | 7 (52.6%) |
| 87 | KOLASIŃSKI Jakub | 75 | | M35-39 | 20 | Dirty Sparrows | 01:25:47.60 | +00:40:44 (47.5%) | 8:34 | 7 (52.6%) |
| 88 | MALICKI Dawid | 53 | | M30-34 | 27 | Warriors Łódź | 01:25:48.60 | +00:40:45 (47.5%) | 8:34 | 7 (52.6%) |
| 89 | KACZMAR Kornelia | 239 | | K25-29 | 2 | | 01:27:05.80 | +00:42:02 (48.3%) | 8:42 | 6.9 (51.9%) |
| 90 | ELLMANN Leszek | 39 | | M30-34 | 28 | Dirty Sparrows | 01:27:28.05 | +00:42:24 (48.5%) | 8:44 | 6.9 (51.9%) |
| 91 | SOLIWODA Tomasz | 24 | | M40-44 | 8 | | 01:28:07.90 | +00:43:04 (48.9%) | 8:48 | 6.8 (51.1%) |
| 92 | SOBAŃSKI Paweł | 316 | | M18-24 | 2 | Hell`s gym OCR Pępowo | 01:29:54.55 | +00:44:51 (49.9%) | 8:59 | 6.7 (50.4%) |
| 93 | MIROWSKI Jacek | 33 | | M35-39 | 21 | | 01:29:55.90 | +00:44:52 (49.9%) | 8:59 | 6.7 (50.4%) |
| 94 | DARGA Marcin | 112 | | M30-34 | 29 | WOLF TEAM | 01:30:06.10 | +00:45:02 (50.0%) | 9:00 | 6.7 (50.4%) |
| 95 | JUSZCZYK Jarosław | 78 | | M40-44 | 9 | | 01:30:10.55 | +00:45:07 (50.0%) | 9:01 | 6.7 (50.4%) |
| 96 | JUSZKIEWICZ Oliwia | 240 | | K13-17 | 1 | RAJSPOORT ACTIVE | 01:30:15.60 | +00:45:12 (50.1%) | 9:01 | 6.6 (49.6%) |
| 97 | KMIECIAK Grzegorz | 50 | | M35-39 | 22 | | 01:30:15.70 | +00:45:12 (50.1%) | 9:01 | 6.6 (49.6%) |
| 98 | KRUK Michał | 8 | | M25-29 | 17 | OSPRO OCR | 01:31:59.00 | +00:46:55 (51.0%) | 9:11 | 6.5 (48.9%) |
| 99 | DROZD Dariusz | 97 | | M35-39 | 23 | | 01:32:47.00 | +00:47:43 (51.4%) | 9:16 | 6.5 (48.9%) |
| 100 | ZIELIŃSKI Michał | 130 | | DRUŻYNOWA | 1 | | 01:33:50.65 | +00:48:47 (52.0%) | 9:23 | 6.4 (48.1%) |
| 101 | PINDEL Piotr | 20 | | M30-34 | 30 | | 01:34:08.45 | +00:49:05 (52.1%) | 9:24 | 6.4 (48.1%) |
| 102 | WÓJT Kamil | 86 | | M30-34 | 31 | Warriors Łódź | 01:35:23.40 | +00:50:20 (52.8%) | 9:32 | 6.3 (47.4%) |
| 103 | DYKO Bartosz | 116 | | M35-39 | 24 | Mad Runners | 01:35:58.65 | +00:50:55 (53.1%) | 9:35 | 6.3 (47.4%) |
| 104 | PILARCZYK Kaśka | 236 | | K35-39 | 4 | | 01:36:20.20 | +00:51:17 (53.2%) | 9:38 | 6.2 (46.6%) |
| 105 | ŁAPACZ Tomasz | 41 | | M45-49 | 7 | | 01:36:39.30 | +00:51:36 (53.4%) | 9:39 | 6.2 (46.6%) |
| 106 | KACZMAREK Monika | 220 | | K35-39 | 5 | WF TEAM | 01:37:12.95 | +00:52:09 (53.7%) | 9:43 | 6.2 (46.6%) |
| 107 | WOCHNIAK Michał | 52 | | M30-34 | 32 | Warriors Łódź | 01:37:46.05 | +00:52:42 (53.9%) | 9:46 | 6.1 (45.9%) |
| 108 | SKRĘTY Patryk | 69 | | M25-29 | 18 | | 01:38:58.75 | +00:53:55 (54.5%) | 9:53 | 6.1 (45.9%) |
| 109 | KOŁODZIEJEK Robert | 12 | | M45-49 | 8 | RAJSPOORT ACTIVE | 01:38:59.70 | +00:53:56 (54.5%) | 9:53 | 6.1 (45.9%) |
| 110 | DEGOEVA Lyana | 227 | | K30-34 | 3 | Warriors Łódź | 01:39:02.40 | +00:53:59 (54.5%) | 9:54 | 6.1 (45.9%) |
| 111 | KORALEWSKI Paweł | 38 | | M35-39 | 25 | WATAHA | 01:40:16.15 | +00:55:12 (55.1%) | 10:01 | 6 (45.1%) |
| 112 | WITKOWSKI Rafał | 9 | | M30-34 | 33 | WATAHA | 01:42:06.10 | +00:57:02 (55.9%) | 10:12 | 5.9 (44.4%) |
| 113 | KACZMAREK Marcin | 90 | | M35-39 | 26 | WF TEAM | 01:43:04.05 | +00:58:00 (56.3%) | 10:18 | 5.8 (43.6%) |
| 114 | WEIS Michał | 85 | | M35-39 | 27 | Obstacle Center Team | 01:44:01.95 | +00:58:58 (56.7%) | 10:24 | 5.8 (43.6%) |
| 115 | ŁAPACZ Adam | 23 | | M13-17 | 4 | | 01:44:26.60 | +00:59:23 (56.9%) | 10:26 | 5.7 (42.9%) |
| 116 | SZOJDA Ola | 234 | | K13-17 | 2 | | 01:46:38.90 | +01:01:35 (57.8%) | 10:39 | 5.6 (42.1%) |
| 117 | PIĘTKA Grzegorz | 1 | | M45-49 | 9 | | 01:47:15.15 | +01:02:11 (58.0%) | 10:43 | 5.6 (42.1%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Drużyna 1 | Czas netto 10km | Różn | Tempo min/km | Tempo km/h |
|---|-------------------------------|------------|------|-----------|------|------------------------|--------------------|-------------------|--------------|--------------|
| 118 | MOSTOWSKI Radek | 89 | | M35-39 | 28 | Warriors Łódź | 01:47:40.85 | +01:02:37 (58.2%) | 10:46 | 5.6 (42.1%) |
| 119 | WIŚNIEWSKI Arkadiusz | 62 | | M30-34 | 34 | Warriors Łódź | 01:47:41.75 | +01:02:38 (58.2%) | 10:46 | 5.6 (42.1%) |
| 120 | ŚLIZ Arkadiusz | 28 | | M40-44 | 10 | WOLF TEAM | 01:47:53.25 | +01:02:50 (58.2%) | 10:47 | 5.6 (42.1%) |
| 121 | SZUFLICKI Tymon | 108 | | M13-17 | 5 | | 01:48:37.80 | +01:03:34 (58.5%) | 10:51 | 5.5 (41.4%) |
| 122 | SZWAŁEK Dawid | 64 | | M30-34 | 35 | | 01:50:43.90 | +01:05:40 (59.3%) | 11:04 | 5.4 (40.6%) |
| 123 | ROBAKOWSKI Sławomir | 63 | | M35-39 | 29 | | 01:50:44.25 | +01:05:41 (59.3%) | 11:04 | 5.4 (40.6%) |
| 124 | NAWROT Michał | 107 | | M35-39 | 30 | | 01:51:08.60 | +01:06:05 (59.5%) | 11:06 | 5.4 (40.6%) |
| 125 | MARKOWSKA Nikola | 221 | | K13-17 | 3 | RAJSPOORT ACTIVE | 01:51:17.45 | +01:06:14 (59.5%) | 11:07 | 5.4 (40.6%) |
| 126 | GAŃKO Karolina | 238 | | K25-29 | 3 | Obstacle Center Team | 01:51:45.90 | +01:06:42 (59.7%) | 11:10 | 5.4 (40.6%) |
| 127 | TOMCZAK Marcin | 43 | | M35-39 | 31 | WATAHA | 01:52:02.40 | +01:06:59 (59.8%) | 11:12 | 5.4 (40.6%) |
| 128 | BOIŃSKA Agnieszka | 216 | | K40-44 | 1 | | 01:52:10.30 | +01:07:07 (59.8%) | 11:13 | 5.3 (39.8%) |
| 129 | MOJAK Joanna | 230 | | K30-34 | 4 | | 01:53:13.40 | +01:08:10 (60.2%) | 11:19 | 5.3 (39.8%) |
| 130 | OŻMINKOWSKA Aleksandra | 224 | | K30-34 | 5 | | 01:55:02.20 | +01:09:59 (60.8%) | 11:30 | 5.2 (39.1%) |
| 131 | DROZD Anna | 228 | | K30-34 | 6 | | 01:57:32.15 | +01:12:28 (61.7%) | 11:45 | 5.1 (38.3%) |
| 132 | WYSOCZAŃSKI Mikołaj | 37 | | M35-39 | 32 | | 01:59:42.30 | +01:14:39 (62.4%) | 11:58 | 5 (37.6%) |
| Przekroczony limit czasu: 02:00:00 | | | | | | | | | | |
| 133 | ŁACINIK Damian | 22 | | M40-44 | 11 | | 02:00:26.35 | +01:15:23 (62.6%) | 12:02 | 5 (37.6%) |
| 134 | RYDLEWICZ Daria | 233 | | K25-29 | 4 | DYNAMIC STRONG GNIEZNO | 02:01:20.50 | +01:16:17 (62.9%) | 12:08 | 4.9 (36.8%) |
| 135 | KURAN Halina | 219 | | K18-24 | 1 | WATAHA | 02:03:04.70 | +01:18:01 (63.4%) | 12:18 | 4.9 (36.8%) |
| 136 | JÓŻWIAK Dominika | 213 | | K18-24 | 2 | | 02:03:14.80 | +01:18:11 (63.4%) | 12:19 | 4.9 (36.8%) |
| 137 | ZACHARA Katarzyna | 223 | | K35-39 | 6 | Lemon Team | 02:06:03.15 | +01:20:59 (64.3%) | 12:36 | 4.8 (36.1%) |
| 138 | ROPELA Monika | 212 | | K30-34 | 7 | WOLF TEAM | 02:09:53.30 | +01:24:50 (65.3%) | 12:59 | 4.6 (34.6%) |
| 139 | SZAŁKOWSKA Agnieszka | 211 | | K35-39 | 7 | | 02:11:22.50 | +01:26:19 (65.7%) | 13:08 | 4.6 (34.6%) |
| 140 | DRZEWIECKA Sylwia | 232 | | K40-44 | 2 | Mad Runners | 02:13:43.70 | +01:28:40 (66.3%) | 13:22 | 4.5 (33.8%) |
| 141 | SIERPIŃSKA Monika | 225 | | K25-29 | 5 | Obstacle Center Team | 02:14:31.70 | +01:29:28 (66.5%) | 13:27 | 4.5 (33.8%) |
| 142 | GANDURSKA Magdalena | 231 | | K30-34 | 8 | DYNAMIC STRONG GNIEZNO | 02:16:05.75 | +01:31:02 (66.9%) | 13:36 | 4.4 (33.1%) |
| DNC | GRABOWIEC Arkadiusz | 7 | | M18-24 | | POWER TRAINING | 00:59:35.85 | | 0:00 | 10.1 (75.9%) |
| DNC | ROPELA Radosław | 18 | | M40-44 | | WOLF TEAM | 01:02:51.85 | | 0:00 | 9.5 (71.4%) |
| DNC | SIEKIERSKI Paweł | 15 | | M30-34 | | Dirty Sparrows | 01:13:52.45 | | 0:00 | 8.1 (60.9%) |
| DNC | KWAŚNIAK Emil | 99 | | M35-39 | | | 01:14:57.35 | | 0:00 | 8 (60.2%) |
| DNC | TROJANOWSKI Artur | 6 | | M35-39 | | CARBON SILESIA SPORT | 01:19:05.80 | | 0:00 | 7.6 (57.1%) |
| DNC | ŻYTO Grzegorz | 48 | | M35-39 | | | 01:26:26.65 | | 0:00 | 6.9 (51.9%) |
| DNC | SKONIECZKO Adam | 93 | | M35-39 | | | 01:27:30.40 | | 0:00 | 6.9 (51.9%) |
| DNC | PILAWSKI Ryszard | 36 | | M45-49 | | | 01:27:59.65 | | 0:00 | 6.8 (51.1%) |
| DNC | OGIŃSKI Szymon | 72 | | M35-39 | | Warriors Łódź | 01:29:12.20 | | 0:00 | 6.7 (50.4%) |
| DNC | SZUKAŁA Krzysztof | 94 | | M18-24 | | | 01:33:28.55 | | 0:00 | 6.4 (48.1%) |
| DNC | ANDRZEJCZAK Filip | 54 | | M35-39 | | | 01:34:29.25 | | 0:00 | 6.4 (48.1%) |
| DNC | PIECZONKA Jakub | 128 | | M25-29 | | WF TEAM | 01:40:19.50 | | 0:00 | 6 (45.1%) |
| DNC | KARCZEWSKI Patryk | 65 | | M30-34 | | Warriors Łódź | 01:42:39.15 | | 0:00 | 5.8 (43.6%) |
| DNC | PIETRZAK Wojciech | 88 | | M18-24 | | | 01:53:55.05 | | 0:00 | 5.3 (39.8%) |
| DNC | PAWLIKOWSKA Zuzanna | 218 | | K25-29 | | Warriors Łódź | 02:17:52.40 | | 0:00 | 4.4 (33.1%) |