



SUPERMARATON
GÓR
STOŁOWYCH

Wydarzenie: Supermaraton Gór Stołowych 2022
Organizator: Fundacja Maratony Górskie
Data: 2022-06-26
Miejsce: Kartów
Dystans: 21 km

SGS LIGHT 21KM

B4SPORT

B4SPORT
INTELEGNTE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Parking 7km | Błędne Skały 14km | Czas netto 21km | Czas brutto 21km | Różn | Tempo min/km | Tempo km/h |
|-----|----------------------------------|------------|-------------------------------------|-----------|------|----------------|-------------------------|-----------------------|------------------------|----------------------|-----------------|-----------------|
| 1 | BRÝDL Pavel | 451 | SPA SCALIANO - KUDOWA ZDROJ | M-40 | 1 | 00:38:27 | 01:08:27 | 01:53:03.05 | 01:53:03.75 | | 5:23 | 11.1 (100%) |
| 2 | GLAPIAK Damian | 450 | FUNDACJA BIEGANIE NA ŚNIEDANIE | M-40 | 2 | 00:38:45 | 01:11:35 | 01:56:24.20 | 01:56:25.20 | +00:03:21 (2.9%) | 5:32 | 10.8 (97.3%) |
| 3 | ORZEŁ Michał | 483 | | M-40 | 3 | 00:42:37 | 01:16:43 | 02:03:43.30 | 02:03:45.20 | +00:10:41 (8.6%) | 5:53 | 10.2 (91.9%) |
| 4 | SZYMAŃCZUK Jacek | 30 | NARAMOWICE BIEGAJA/#BIEGIEMWLAS | M-30 | 1 | 00:41:03 | 01:14:10 | 02:05:35.05 | 02:05:36.05 | +00:12:32 (10.0%) | 5:58 | 10 (90.1%) |
| 5 | RUTKOWSKI Dawid | 475 | GRIZZLYTEAM/140MINUT.PL | M-40 | 4 | 00:42:37 | 01:19:24 | 02:10:27.45 | 02:10:28.45 | +00:17:24 (13.3%) | 6:12 | 9.7 (87.4%) |
| 6 | STOŚ Paweł | 430 | LISIOGON | M-30 | 2 | 00:44:35 | 01:20:31 | 02:14:14.40 | 02:14:15.45 | +00:21:11 (15.8%) | 6:23 | 9.4 (84.7%) |
| 7 | GONCZAR Szymon | 375 | | M-30 | 3 | 00:47:27 | 01:25:04 | 02:18:46.60 | 02:18:50.85 | +00:25:47 (18.6%) | 6:36 | 9.1 (82.0%) |
| 8 | GRZYWACZEWSKA Justyna | 408 | CITY TRAIL TEAM | K-30 | 1 | 00:47:09 | 01:25:20 | 02:18:58.95 | 02:19:00.70 | +00:25:56 (18.7%) | 6:37 | 9.1 (82.0%) |
| 9 | KRAKOWCZAK Rysiek | 264 | ZADYSZKA OŚWIĘCIM/KS KANDAHAR | M-40 | 5 | 00:48:07 | 01:25:58 | 02:19:04.20 | 02:19:13.50 | +00:26:09 (18.8%) | 6:37 | 9.1 (82.0%) |
| 10 | KAMIŃSKI Artur | 412 | KLUB SPORTOWY BODZANÓW-NOWY ŚWIĘTÓW | M-40 | 6 | 00:48:19 | 01:27:50 | 02:23:19.30 | 02:23:20.80 | +00:30:17 (21.1%) | 6:49 | 8.8 (79.3%) |
| 11 | TRZECIAKIEWICZ Mieczysław | 50 | INŻYNIERIA BIEGANIA | M-50 | 1 | 00:48:52 | 01:28:23 | 02:24:30.90 | 02:24:34.05 | +00:31:30 (21.8%) | 6:52 | 8.7 (78.4%) |
| 12 | CEPIELIK Wojciech | 315 | | M-30 | 4 | 00:48:10 | 01:28:26 | 02:24:45.20 | 02:24:55.35 | +00:31:51 (22.0%) | 6:53 | 8.7 (78.4%) |
| 13 | BOSAKIEWICZ Tomasz | 386 | | M-30 | 5 | 00:48:18 | 01:28:08 | 02:25:29.75 | 02:25:31.95 | +00:32:28 (22.3%) | 6:55 | 8.7 (78.4%) |
| 14 | MASTYGA Andrzej | 411 | ANDREA TEAM | M-40 | 7 | 00:45:49 | 01:31:39 | 02:27:05.15 | 02:27:07.85 | +00:34:04 (23.2%) | 7:00 | 8.6 (77.5%) |
| 15 | MOKRYCKI Krystian | 395 | | M-40 | 8 | 00:52:55 | 01:32:36 | 02:27:06.95 | 02:27:15.60 | +00:34:11 (23.2%) | 7:00 | 8.6 (77.5%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Parking 7km | Błędne Skały 14km | Czas netto 21km | Czas brutto 21km | Różn | Tempo min/km | Tempo km/h |
|-----|-----------------------------|------------|--------------------------------|-----------|------|----------------|-------------------------|-----------------------|------------------------|----------------------|-----------------|----------------|
| 16 | GRZĄBA Szymon | 340 | | M-40 | 9 | 00:50:16 | 01:29:42 | 02:28:24.90 | 02:28:28.85 | +00:35:25 (23.9%) | 7:04 | 8.5 (76.6%) |
| 17 | CIEPŁY Kamil | 355 | GARMIN WROCŁAW | M-30 | 6 | 00:51:07 | 01:32:16 | 02:28:49.55 | 02:28:58.65 | +00:35:54 (24.1%) | 7:05 | 8.5 (76.6%) |
| 18 | POSADOWSKI Szymon | 455 | | M-30 | 7 | 00:52:04 | 01:33:13 | 02:28:59.40 | 02:29:02.30 | +00:35:58 (24.1%) | 7:05 | 8.5 (76.6%) |
| 19 | JASTRZĄBEK Konrad | 168 | | M-40 | 10 | 00:52:48 | 01:33:13 | 02:30:15.05 | 02:30:21.05 | +00:37:17 (24.8%) | 7:09 | 8.4 (75.7%) |
| 20 | ŁUKASIEWICZ Ewa | 453 | OLAWS ZŁOTORYJA | K-50 | 1 | 00:50:57 | 01:29:44 | 02:30:31.80 | 02:30:34.45 | +00:37:30 (24.9%) | 7:10 | 8.4 (75.7%) |
| 21 | ZIELIŃSKI Piotr | 80 | | M-30 | 8 | 00:51:09 | 01:33:35 | 02:30:33.80 | 02:30:36.65 | +00:37:32 (24.9%) | 7:10 | 8.4 (75.7%) |
| 22 | WOLSKI Marcin | 140 | | M-30 | 9 | 00:48:09 | 01:29:25 | 02:31:14.00 | 02:31:15.60 | +00:38:11 (25.3%) | 7:12 | 8.3 (74.8%) |
| 23 | CHAMAŁA Krzysztof | 91 | WEEGREE | M-30 | 10 | 00:54:09 | 01:33:29 | 02:31:29.40 | 02:31:50.15 | +00:38:46 (25.5%) | 7:12 | 8.3 (74.8%) |
| 24 | FICNER Anna | 479 | OLAWS ZŁOTORYJA MKS SIECHNICE | K-30 | 2 | 00:44:08 | 01:43:07 | 02:31:54.05 | 02:31:56.25 | +00:38:52 (25.6%) | 7:14 | 8.3 (74.8%) |
| 25 | PRZYBYSZEWSKI Łukasz | 461 | | M-40 | 11 | 00:53:05 | 01:35:15 | 02:32:16.35 | 02:32:22.25 | +00:39:18 (25.8%) | 7:15 | 8.3 (74.8%) |
| 26 | NOWAKOWSKA Anna | 437 | 1BLOG BYDGOSZCZ | K-30 | 3 | 00:50:35 | 01:33:11 | 02:32:52.85 | 02:32:54.55 | +00:39:50 (26.1%) | 7:16 | 8.2 (73.9%) |
| 27 | ZBOROWSKI Krzysztof | 480 | | M-40 | 12 | 00:51:22 | 01:32:34 | 02:33:44.05 | 02:33:46.70 | +00:40:42 (26.5%) | 7:19 | 8.2 (73.9%) |
| 28 | FILIPIUK Tomasz | 321 | POWIAT ŚWIDNICKI | M-30 | 11 | 00:52:09 | 01:33:46 | 02:33:53.70 | 02:33:58.85 | +00:40:55 (26.6%) | 7:19 | 8.2 (73.9%) |
| 29 | TELEJKO Łukasz | 416 | RUN BYDGOSZCZ | M-20 | 1 | 00:55:14 | 01:37:31 | 02:34:15.00 | 02:34:23.05 | +00:41:19 (26.8%) | 7:20 | 8.2 (73.9%) |
| 30 | CZAPIGA Grzegorz | 300 | BURZA BORECZEK | M-30 | 12 | 00:51:32 | 01:34:50 | 02:35:18.05 | 02:35:23.65 | +00:42:19 (27.2%) | 7:23 | 8.1 (73.0%) |
| 31 | STAŃKO Krystian | 242 | OBORNICKI KLUB LEKKOATLETYCZNY | M-30 | 13 | 00:45:33 | 01:33:01 | 02:36:04.65 | 02:36:05.70 | +00:43:01 (27.6%) | 7:25 | 8.1 (73.0%) |
| 32 | SŁYSZ Szymon | 153 | NSK RUNS | M-40 | 13 | 00:49:52 | 01:33:50 | 02:36:43.00 | 02:36:44.30 | +00:43:40 (27.9%) | 7:27 | 8 (72.1%) |
| 33 | WOŁOSZYN Piotr | 423 | A NA CO TO KOMU POTRZEBNE | M-40 | 14 | 00:53:31 | 01:38:36 | 02:37:22.40 | 02:37:27.40 | +00:44:23 (28.2%) | 7:29 | 8 (72.1%) |
| 34 | ŚWIĄTKOWSKI Paweł | 194 | | M-40 | 15 | 00:49:45 | 01:33:08 | 02:38:04.70 | 02:38:06.45 | +00:45:02 (28.5%) | 7:31 | 8 (72.1%) |
| 35 | ŚWIAT Paweł | 347 | RNB TEAM POLANICA ZDRÓJ | M-30 | 14 | 00:50:46 | 01:35:29 | 02:39:06.90 | 02:39:15.55 | +00:46:11 (29.0%) | 7:34 | 7.9 (71.2%) |
| 36 | KUNKEL Mariusz | 361 | | M-40 | 16 | 00:55:48 | 01:39:09 | 02:39:21.05 | 02:39:28.35 | +00:46:24 (29.1%) | 7:35 | 7.9 (71.2%) |
| 37 | PIASKOWSKI Marcin | 434 | ZAKOCHAJ SIĘ W BIEGANIU | M-40 | 17 | 00:55:34 | 01:38:53 | 02:40:36.60 | 02:40:42.80 | +00:47:39 (29.6%) | 7:38 | 7.8 (70.3%) |
| 38 | BIŁAN Paweł | 166 | GUBIN | M-40 | 18 | 00:52:42 | 01:34:29 | 02:40:38.85 | 02:40:44.85 | +00:47:41 (29.7%) | 7:38 | 7.8 (70.3%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Parking 7km | Błędne Skały 14km | Czas netto 21km | Czas brutto 21km | Różn | Tempo min/km | Tempo km/h |
|-----|-----------------------------------|------------|--|-----------|------|----------------|-------------------------|-----------------------|------------------------|----------------------|-----------------|----------------|
| 39 | KORONA-SIERADZKA Bogusława | 275 | | K-30 | 4 | 00:53:43 | 01:37:01 | 02:40:49.25 | 02:40:51.25 | +00:47:47 (29.7%) | 7:39 | 7.8 (70.3%) |
| 40 | MROCZEK Justyna | 482 | | K-30 | 5 | 00:56:26 | 01:40:43 | 02:40:43.05 | 02:40:51.70 | +00:47:47 (29.7%) | 7:39 | 7.8 (70.3%) |
| 41 | PRZEPLATA Jarosław | 400 | STRZEGOMSKA DWUNASTKA | M-30 | 15 | 00:55:19 | 01:38:56 | 02:40:47.40 | 02:40:52.15 | +00:47:48 (29.7%) | 7:39 | 7.8 (70.3%) |
| 42 | KRAWCZYK Michał | 454 | | M-30 | 16 | 00:52:38 | 01:38:37 | 02:41:19.80 | 02:41:21.30 | +00:48:17 (29.9%) | 7:40 | 7.8 (70.3%) |
| 43 | KOŃCZAL Przemysław | 474 | | M-40 | 19 | 00:56:10 | 01:39:58 | 02:41:33.80 | 02:41:45.20 | +00:48:41 (30.1%) | 7:41 | 7.8 (70.3%) |
| 44 | CYBULSKI Mariusz | 247 | ADRUNALINE TEAM, SAINT-GOBAIN SQUAD, BIEGAJ Z MAŃKIEM TEAM | M-40 | 20 | 00:52:53 | 01:37:31 | 02:42:14.80 | 02:42:16.25 | +00:49:12 (30.3%) | 7:43 | 7.8 (70.3%) |
| 45 | MICHALAK Rafał | 122 | | M-20 | 2 | 00:53:51 | 01:37:56 | 02:42:15.20 | 02:42:22.00 | +00:49:18 (30.4%) | 7:43 | 7.8 (70.3%) |
| 46 | WOŹNIAK Paweł | 56 | KLEP | M-40 | 21 | 00:53:06 | 01:37:48 | 02:42:21.80 | 02:42:24.15 | +00:49:20 (30.4%) | 7:43 | 7.8 (70.3%) |
| 47 | PIHIL Piotr | 457 | | M-40 | 22 | 00:44:11 | 01:44:23 | 02:43:03.70 | 02:43:05.00 | +00:50:01 (30.7%) | 7:45 | 7.7 (69.4%) |
| 48 | POSIAKOW Tomasz | 468 | | M-40 | 23 | 00:56:08 | 01:40:08 | 02:43:28.75 | 02:43:36.30 | +00:50:32 (30.9%) | 7:47 | 7.7 (69.4%) |
| 49 | CIRKO Arkadiusz | 127 | KGHM ZG RUN | M-40 | 24 | 00:52:25 | 01:38:02 | 02:44:20.85 | 02:44:23.05 | +00:51:19 (31.2%) | 7:49 | 7.7 (69.4%) |
| 50 | PIKOS Patryk | 88 | | M-30 | 17 | 00:51:59 | 01:36:55 | 02:46:15.75 | 02:46:20.30 | +00:53:16 (32.0%) | 7:55 | 7.6 (68.5%) |
| 51 | WALIGÓRA Mateusz | 33 | | M-30 | 18 | 00:57:01 | 01:41:02 | 02:47:11.60 | 02:47:39.70 | +00:54:35 (32.6%) | 7:57 | 7.5 (67.6%) |
| 52 | GAJDA Sebastian | 358 | | M-40 | 25 | 00:57:09 | 01:44:33 | 02:48:46.00 | 02:48:53.45 | +00:55:49 (33.1%) | 8:02 | 7.5 (67.6%) |
| 53 | BABIŃSKA-POPIŁKA Ewelina | 4 | | K-30 | 6 | 00:53:25 | 01:40:27 | 02:49:27.15 | 02:49:28.95 | +00:56:25 (33.3%) | 8:04 | 7.4 (66.7%) |
| 54 | PAPRZYCKI Romuald | 419 | NORBULLO TEAM BIEGA NATURALNIE | M-50 | 2 | 00:58:18 | 01:45:28 | 02:49:58.05 | 02:50:09.15 | +00:57:05 (33.6%) | 8:05 | 7.4 (66.7%) |
| 55 | JAKŚ Grzegorz | 438 | ALPIMADE TEAM | M-40 | 26 | 00:53:24 | 01:41:44 | 02:51:48.00 | 02:51:50.30 | +00:58:46 (34.2%) | 8:10 | 7.3 (65.8%) |
| 56 | PARANDYK Krystian | 280 | MCBIEGACZE | M-30 | 19 | 00:58:39 | 01:46:07 | 02:51:52.75 | 02:51:52.75 | +00:58:49 (34.2%) | 8:11 | 7.3 (65.8%) |
| 57 | PRZYMUSIŃSKI Damian | 236 | OBORNICKI KLUB LEKKOATLETYCZNY | M-30 | 20 | 00:55:00 | 01:41:46 | 02:51:52.05 | 02:51:55.05 | +00:58:51 (34.2%) | 8:11 | 7.3 (65.8%) |
| 58 | DYJA Magdalena | 436 | RNB TEAM POLANICA-ZDROJ | K-30 | 7 | 00:57:25 | 01:45:00 | 02:51:47.85 | 02:51:56.20 | +00:58:52 (34.2%) | 8:10 | 7.3 (65.8%) |
| 59 | UPTAS Tomasz | 46 | CROSS STRACEŃCÓW TEAM | M-40 | 27 | 00:57:48 | 01:46:28 | 02:51:47.65 | 02:51:56.60 | +00:58:52 (34.2%) | 8:10 | 7.3 (65.8%) |
| 60 | GÓRECKI Krzysztof | 266 | | M-20 | 3 | 01:03:03 | 01:47:49 | 02:51:24.55 | 02:51:58.75 | +00:58:55 (34.3%) | 8:09 | 7.4 (66.7%) |
| 61 | KODZIS Lesław | 126 | | M-40 | 28 | 00:59:59 | 01:47:28 | 02:53:31.05 | 02:53:36.35 | +01:00:32 (34.9%) | 8:15 | 7.3 (65.8%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Parking 7km | Błędne Skały 14km | Czas netto 21km | Czas brutto 21km | Różn | Tempo min/km | Tempo km/h |
|-----|-------------------------|-------|--|-----------|------|----------------|-------------------------|-----------------------|------------------------|----------------------|-----------------|----------------|
| 62 | ZERNER Pavel | 424 | | M-40 | 29 | 00:55:05 | 01:42:21 | 02:54:05.25 | 02:54:05.25 | +01:01:01 (35.1%) | 8:17 | 7.2 (64.9%) |
| 63 | SKARŻYŃSKI Kamil | 219 | PLANYBIEGOWE.PL / WLKP MOUNTAINS ULTRA | M-20 | 4 | 01:01:31 | 01:48:39 | 02:54:01.95 | 02:54:11.05 | +01:01:07 (35.1%) | 8:17 | 7.2 (64.9%) |
| 64 | MIKOŁAJCZYK Miroslaw | 476 | MIRAZ RACE TEAM | M-40 | 30 | 00:57:26 | 01:49:03 | 02:54:21.00 | 02:54:24.65 | +01:01:20 (35.2%) | 8:18 | 7.2 (64.9%) |
| 65 | KOLANKO Sylwia | 161 | NYSA BIEGA | K-30 | 8 | 00:57:22 | 01:45:49 | 02:54:56.10 | 02:54:58.00 | +01:01:54 (35.4%) | 8:19 | 7.2 (64.9%) |
| 66 | PIETRZYK Tomasz | 389 | 140MINUT.PL LANIE NA ŚLĘŻY | M-40 | 31 | 00:56:25 | 01:44:36 | 02:55:00.95 | 02:55:02.25 | +01:01:58 (35.4%) | 8:20 | 7.2 (64.9%) |
| 67 | SALWA Emil | 365 | MOZAIKA ZAWONIA TEAM | M-30 | 21 | 00:59:36 | 01:46:23 | 02:53:40.40 | 02:55:05.30 | +01:02:01 (35.4%) | 8:16 | 7.3 (65.8%) |
| 68 | PARUS Łukasz | 374 | GRUPA BIEGOWA GĘSIORZE ZAGÓRÓW | M-40 | 32 | 01:04:46 | 01:51:40 | 02:55:34.95 | 02:56:07.55 | +01:03:03 (35.8%) | 8:21 | 7.2 (64.9%) |
| 69 | KRZYSZTOFIK Piotr | 154 | MOCNA GRUPA CEZARA | M-40 | 33 | 00:59:30 | 01:48:34 | 02:56:26.20 | 02:56:36.70 | +01:03:32 (36.0%) | 8:24 | 7.1 (64.0%) |
| 70 | SURUS Artur | 397 | KONIU SQUAD | M-30 | 22 | 00:59:25 | 01:46:51 | 02:56:32.25 | 02:56:54.65 | +01:03:50 (36.1%) | 8:24 | 7.1 (64.0%) |
| 71 | RÓŻYCKI Jaroslaw | 235 | OBORNICKI KLUB LEKKOATLETYCZNY | M-40 | 34 | 00:55:42 | 01:44:58 | 02:57:07.80 | 02:57:11.60 | +01:04:07 (36.2%) | 8:26 | 7.1 (64.0%) |
| 72 | RUSZCZEWSKI Andrzej | 244 | VEGE RUNNERS / 140MINUT.PL | M-30 | 23 | 01:00:33 | 01:49:45 | 02:57:17.55 | 02:57:21.20 | +01:04:17 (36.3%) | 8:26 | 7.1 (64.0%) |
| 73 | MAĆKOWSKI Tomasz | 311 | | M-40 | 35 | 00:57:47 | 01:48:34 | 02:57:56.50 | 02:58:01.75 | +01:04:58 (36.5%) | 8:28 | 7.1 (64.0%) |
| 74 | JAŚKIEWICZ Rafał | 157 | COYOTE TEAM | M-40 | 36 | 01:01:50 | 01:52:31 | 02:57:58.95 | 02:58:03.05 | +01:04:59 (36.5%) | 8:28 | 7.1 (64.0%) |
| 75 | LUBISZEWSKA Daria | 431 | | K-30 | 9 | 01:00:34 | 01:47:07 | 02:58:15.75 | 02:58:22.55 | +01:05:18 (36.6%) | 8:29 | 7.1 (64.0%) |
| 76 | SASIN Dominika | 243 | ŻELAZNA ŚWIDNICA | K-20 | 1 | 00:56:02 | 01:43:18 | 02:57:37.35 | 02:58:28.80 | +01:05:25 (36.7%) | 8:27 | 7.1 (64.0%) |
| 77 | RATAJCZAK Mateusz | 299 | MFS | M-40 | 37 | 01:00:49 | 01:49:19 | 02:58:09.85 | 02:58:30.85 | +01:05:27 (36.7%) | 8:29 | 7.1 (64.0%) |
| 78 | PIJANOWSKI Paweł | 128 | | M-40 | 38 | 01:01:01 | 01:48:51 | 02:58:06.50 | 02:58:32.00 | +01:05:28 (36.7%) | 8:28 | 7.1 (64.0%) |
| 79 | ULIKOWSKA Martyna | 68 | ZAŁOGA GÓRSKA | K-30 | 10 | 00:58:31 | 01:47:50 | 02:59:10.25 | 02:59:15.40 | +01:06:11 (36.9%) | 8:31 | 7 (63.1%) |
| 80 | BLICHARZ Jarosław | 274 | MKJ POLICE | M-50 | 3 | 01:00:38 | 01:49:10 | 03:00:26.65 | 03:00:26.65 | +01:07:22 (37.3%) | 8:35 | 7 (63.1%) |
| 81 | SYCHOWSKI Dawid | 132 | | M-30 | 24 | 01:05:10 | 01:52:47 | 02:59:48.50 | 03:00:32.45 | +01:07:28 (37.4%) | 8:33 | 7 (63.1%) |
| 82 | GASIECKI Andrzej | 53 | PIASKOWY DZIADEK | M-50 | 4 | 01:02:34 | 01:52:03 | 03:00:44.70 | 03:00:50.50 | +01:07:46 (37.5%) | 8:36 | 7 (63.1%) |
| 83 | MARUSZAK Darek | 57 | DOGOŃ GRODZISK MAZOWIECKI | M-40 | 39 | 01:04:18 | 01:52:40 | 03:01:17.45 | 03:01:35.90 | +01:08:32 (37.7%) | 8:37 | 7 (63.1%) |
| 84 | BYLINA Bartosz | 165 | | M-50 | 5 | 01:04:08 | 01:53:59 | 03:02:02.45 | 03:02:13.00 | +01:09:09 (38.0%) | 8:40 | 6.9 (62.2%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Parking 7km | Błędne Skały 14km | Czas netto 21km | Czas brutto 21km | Różn | Tempo min/km | Tempo km/h |
|-----|----------------------------------|------------|--------------------------------|-----------|------|----------------|-------------------------|-----------------------|------------------------|----------------------|-----------------|----------------|
| 85 | ZWIERZYŃSKA Agnieszka | 420 | | K-40 | 1 | 01:02:56 | 01:51:22 | 03:02:13.75 | 03:02:13.75 | +01:09:10 (38.0%) | 8:40 | 6.9 (62.2%) |
| 86 | RYT Artur | 398 | | M-30 | 25 | 01:03:49 | 01:52:05 | 03:01:15.55 | 03:02:14.55 | +01:09:10 (38.0%) | 8:37 | 7 (63.1%) |
| 87 | GRABOŚ Nina | 481 | | K-40 | 2 | 01:03:04 | 01:54:55 | 03:02:10.55 | 03:02:15.35 | +01:09:11 (38.0%) | 8:40 | 6.9 (62.2%) |
| 88 | KMIECIK Radosław | 66 | | M-40 | 40 | 01:06:16 | 01:54:09 | 03:02:10.15 | 03:02:29.25 | +01:09:25 (38.0%) | 8:40 | 6.9 (62.2%) |
| 89 | ŁOBOS Mariusz | 214 | | M-50 | 6 | 01:00:40 | 01:48:37 | 03:02:31.65 | 03:02:43.15 | +01:09:39 (38.1%) | 8:41 | 6.9 (62.2%) |
| 90 | GŁUCHY Marek | 414 | OBORNICKI KLUB LEKKOATLETYCZNY | M-40 | 41 | 00:58:39 | 01:48:44 | 03:02:48.20 | 03:02:51.35 | +01:09:47 (38.2%) | 8:42 | 6.9 (62.2%) |
| 91 | BIŁGORAJSKI Adam | 392 | | M-20 | 5 | 01:08:32 | 01:59:08 | 03:01:56.75 | 03:02:52.20 | +01:09:48 (38.2%) | 8:39 | 6.9 (62.2%) |
| 92 | GÓRKA Piotr | 344 | | M-40 | 42 | 00:59:56 | 01:53:47 | 03:02:48.60 | 03:02:56.70 | +01:09:52 (38.2%) | 8:42 | 6.9 (62.2%) |
| 93 | ŚRODA Maciej | 22 | | M-30 | 26 | 00:57:58 | 01:48:46 | 03:03:01.65 | 03:03:05.60 | +01:10:01 (38.2%) | 8:42 | 6.9 (62.2%) |
| 94 | KARATKÓW Ewa | 134 | LKS ISKRA JASZKOWA | K-40 | 3 | 01:03:30 | 01:53:46 | 03:03:07.35 | 03:03:19.05 | +01:10:15 (38.3%) | 8:43 | 6.9 (62.2%) |
| 95 | KARKOSZ Andrzej | 410 | | M-30 | 27 | 01:09:33 | 01:56:37 | 03:03:39.00 | 03:03:55.00 | +01:10:51 (38.5%) | 8:44 | 6.9 (62.2%) |
| 96 | NOWAK Katarzyna | 317 | TIM JEST TIM | K-30 | 11 | 01:06:14 | 01:57:29 | 03:05:23.55 | 03:05:31.90 | +01:12:28 (39.1%) | 8:49 | 6.8 (61.3%) |
| 97 | BASTA Grzegorz | 367 | ZADYSZKA OŚWIĘCIM | M-50 | 7 | 01:04:22 | 01:54:21 | 03:05:46.20 | 03:05:52.70 | +01:12:48 (39.2%) | 8:50 | 6.8 (61.3%) |
| 98 | KACZMARCZYK Piotr | 335 | SOLPARK KLESZCZÓW | M-40 | 43 | 01:06:49 | 01:57:41 | 03:05:26.80 | 03:05:53.80 | +01:12:50 (39.2%) | 8:49 | 6.8 (61.3%) |
| 99 | NOWAK Konrad | 131 | | M-30 | 28 | 00:57:41 | 01:45:12 | 03:06:00.75 | 03:06:06.25 | +01:13:02 (39.2%) | 8:51 | 6.8 (61.3%) |
| 100 | DZIARKOWSKA Edyta | 337 | RUNCROSS ROZGARTY | K-40 | 4 | 01:05:50 | 01:56:11 | 03:07:29.25 | 03:08:00.00 | +01:14:56 (39.9%) | 8:55 | 6.7 (60.4%) |
| 101 | LEŚNIEWSKA Justyna | 103 | AKTYWNA NOWA RUDA | K-40 | 5 | 00:58:43 | 01:52:13 | 03:08:35.15 | 03:08:38.30 | +01:15:34 (40.1%) | 8:58 | 6.7 (60.4%) |
| 102 | PAWLEWICZ Paweł | 249 | | M-30 | 29 | 01:00:35 | 01:50:52 | 03:08:27.75 | 03:08:41.35 | +01:15:37 (40.1%) | 8:58 | 6.7 (60.4%) |
| 103 | NOWAK Paulina | 110 | | K-30 | 12 | 01:09:49 | 01:58:58 | 03:08:58.35 | 03:09:30.75 | +01:16:27 (40.3%) | 8:59 | 6.7 (60.4%) |
| 104 | JANKOWSKI Krzysztof | 163 | | M-30 | 30 | 01:08:54 | 01:59:35 | 03:09:09.90 | 03:09:34.30 | +01:16:30 (40.4%) | 9:00 | 6.7 (60.4%) |
| 105 | KOŁODZIEJ Tomasz | 404 | STG WARSZAWA | M-50 | 8 | 01:05:56 | 01:57:32 | 03:10:14.10 | 03:10:25.50 | +01:17:21 (40.6%) | 9:03 | 6.6 (59.5%) |
| 106 | CIBORSKI Ireneusz | 169 | ADDICT.PL | M-60 | 1 | 01:05:53 | 01:56:12 | 03:10:01.50 | 03:10:27.15 | +01:17:23 (40.6%) | 9:02 | 6.6 (59.5%) |
| 107 | STASZEWSKI Dariusz | 464 | 7.BKPOW | M-30 | 31 | 01:05:36 | 01:58:04 | 03:10:21.70 | 03:10:28.60 | +01:17:24 (40.6%) | 9:03 | 6.6 (59.5%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Parking 7km | Błędne Skały 14km | Czas netto 21km | Czas brutto 21km | Różn | Tempo min/km | Tempo km/h |
|-----|-----------------------------|------------|---------------------------|-----------|------|----------------|-------------------------|-----------------------|------------------------|----------------------|-----------------|----------------|
| 108 | SOBKOWIAK Marcin | 466 | MIEJSKA KONDYCJA | M-40 | 44 | 01:13:10 | 02:01:52 | 03:10:31.00 | 03:10:31.00 | +01:17:27 (40.7%) | 9:04 | 6.6 (59.5%) |
| 109 | ROZMIAREK Przemysław | 407 | | M-40 | 45 | 01:08:47 | 01:59:54 | 03:10:42.40 | 03:11:04.90 | +01:18:01 (40.8%) | 9:04 | 6.6 (59.5%) |
| 110 | KOZAK Bartosz | 7 | KOZAKI | M-40 | 46 | 01:09:32 | 02:00:37 | 03:10:52.95 | 03:11:13.05 | +01:18:09 (40.9%) | 9:05 | 6.6 (59.5%) |
| 111 | SZTYPKA Justyna | 42 | WKB MARATOŃCZYK WŁOCŁAWEK | K-40 | 6 | 01:12:34 | 02:03:48 | 03:10:43.20 | 03:11:23.05 | +01:18:19 (40.9%) | 9:04 | 6.6 (59.5%) |
| 112 | JARZĄBEK Magdalena | 206 | | K-30 | 13 | 01:02:36 | 01:55:20 | 03:11:50.05 | 03:11:55.65 | +01:18:51 (41.1%) | 9:08 | 6.6 (59.5%) |
| 113 | KUREK Paweł | 207 | #WALKING DAD | M-30 | 32 | 01:08:47 | 01:58:42 | 03:11:43.15 | 03:12:17.25 | +01:19:13 (41.2%) | 9:07 | 6.6 (59.5%) |
| 114 | TRZEPACZ Dorota | 381 | KB LUPUS OLESNICA | K-40 | 7 | 01:05:06 | 01:56:10 | 03:12:14.70 | 03:12:38.95 | +01:19:35 (41.3%) | 9:09 | 6.6 (59.5%) |
| 115 | KRZESIMOWSKI Damian | 250 | | M-40 | 47 | 01:06:57 | 02:00:14 | 03:13:03.95 | 03:13:21.45 | +01:20:17 (41.5%) | 9:11 | 6.5 (58.6%) |
| 116 | DZIADOWICZ Anna | 82 | | K-40 | 8 | 01:06:29 | 01:57:04 | 03:12:54.45 | 03:13:24.40 | +01:20:20 (41.5%) | 9:11 | 6.5 (58.6%) |
| 117 | KLESZCZ Tomasz | 385 | | M-40 | 48 | 01:11:14 | 02:00:36 | 03:12:33.95 | 03:13:25.75 | +01:20:22 (41.5%) | 9:10 | 6.5 (58.6%) |
| 118 | KUBCZAK Jan | 425 | | M-20 | 6 | 01:07:36 | 02:05:05 | 03:13:12.85 | 03:13:31.15 | +01:20:27 (41.6%) | 9:12 | 6.5 (58.6%) |
| 119 | SURÓWKA Wiktoria | 217 | RUNNERS TEAM NYSA | K-20 | 2 | 01:11:43 | 02:06:02 | 03:13:27.40 | 03:13:46.65 | +01:20:42 (41.7%) | 9:12 | 6.5 (58.6%) |
| 120 | LUBELCZYK Grzegorz | 186 | SPELEOCLUB WROCŁAW | M-50 | 9 | 01:09:03 | 02:00:26 | 03:12:39.15 | 03:14:09.25 | +01:21:05 (41.8%) | 9:10 | 6.5 (58.6%) |
| 121 | SZUMIŃSKI Artur | 467 | | M-40 | 49 | 00:55:40 | 01:45:07 | 03:14:15.50 | 03:14:19.45 | +01:21:15 (41.8%) | 9:15 | 6.5 (58.6%) |
| 122 | OLEJNIK Marcin | 486 | | M-40 | 50 | 01:11:30 | 02:05:05 | 03:13:37.85 | 03:14:35.55 | +01:21:31 (41.9%) | 9:13 | 6.5 (58.6%) |
| 123 | CICHOWLAS Sylwester | 319 | CBN JEŻYCE | M-40 | 51 | 01:08:48 | 01:59:33 | 03:14:47.90 | 03:15:03.50 | +01:21:59 (42.0%) | 9:16 | 6.5 (58.6%) |
| 124 | MOKRZYCKA Weronika | 346 | | K-30 | 14 | 01:07:27 | 01:59:17 | 03:15:32.00 | 03:15:53.20 | +01:22:49 (42.3%) | 9:18 | 6.4 (57.7%) |
| 125 | ZIEWIEC Marcin | 456 | | M-30 | 33 | 01:11:40 | 02:04:34 | 03:15:03.50 | 03:16:00.35 | +01:22:56 (42.3%) | 9:17 | 6.5 (58.6%) |
| 126 | FORTAK Rafał | 106 | | M-30 | 34 | 01:12:00 | 02:03:27 | 03:15:50.05 | 03:16:09.70 | +01:23:05 (42.4%) | 9:19 | 6.4 (57.7%) |
| 127 | CIEŚLIŃSKA Elżbieta | 107 | | K-30 | 15 | 01:12:00 | 02:03:27 | 03:15:50.40 | 03:16:10.35 | +01:23:06 (42.4%) | 9:19 | 6.4 (57.7%) |
| 128 | SOBOTA Paweł | 6 | | M-30 | 35 | 01:10:32 | 02:02:04 | 03:15:46.45 | 03:16:11.50 | +01:23:07 (42.4%) | 9:19 | 6.4 (57.7%) |
| 129 | NOWAK Marcin | 334 | TIM JEST TIM | M-30 | 36 | 01:07:35 | 02:03:28 | 03:16:11.00 | 03:16:19.65 | +01:23:15 (42.4%) | 9:20 | 6.4 (57.7%) |
| 130 | WACHNIENKO Błażej | 191 | ŚLĘZAK TEAM | M-30 | 37 | 01:13:03 | 02:05:06 | 03:17:35.45 | 03:17:46.15 | +01:24:42 (42.8%) | 9:24 | 6.4 (57.7%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Parking 7km | Błędne Skały 14km | Czas netto 21km | Czas brutto 21km | Różn | Tempo min/km | Tempo km/h |
|-----|------------------------------|------------|------------------------------------|-----------|------|----------------|-------------------------|-----------------------|------------------------|----------------------|-----------------|----------------|
| 131 | PAPUGA Iwona | 177 | ZADYSZKA OŚWIĘCIM | K-50 | 2 | 01:10:48 | 02:05:21 | 03:17:46.70 | 03:17:57.90 | +01:24:54 (42.9%) | 9:25 | 6.4 (57.7%) |
| 132 | PAGACZ Joanna | 362 | | K-40 | 9 | 01:12:57 | 02:05:31 | 03:17:28.95 | 03:17:58.10 | +01:24:54 (42.9%) | 9:24 | 6.4 (57.7%) |
| 133 | NUREK Łukasz | 183 | PIWNE BRZUSZKI RACE TEAM | M-40 | 52 | 01:10:59 | 02:04:03 | 03:16:44.35 | 03:18:11.25 | +01:25:07 (43.0%) | 9:22 | 6.4 (57.7%) |
| 134 | KOPCIUCH Anna | 223 | LACIE | K-40 | 10 | 01:06:54 | 01:57:19 | 03:18:51.40 | 03:19:17.55 | +01:26:13 (43.3%) | 9:28 | 6.3 (56.8%) |
| 135 | RZESZUTEK Paweł | 229 | LACIE | M-40 | 53 | 01:06:54 | 01:57:19 | 03:18:52.00 | 03:19:18.50 | +01:26:14 (43.3%) | 9:28 | 6.3 (56.8%) |
| 136 | MARKOWSKI Marcin | 104 | SZAKALE BAŁUT ŁÓDŹ | M-40 | 54 | 01:07:54 | 01:59:54 | 03:19:15.60 | 03:19:20.75 | +01:26:17 (43.3%) | 9:29 | 6.3 (56.8%) |
| 137 | NAJDEREK Maciej | 378 | NAJDERKI4 | M-40 | 55 | 01:10:33 | 02:03:07 | 03:18:35.95 | 03:19:27.60 | +01:26:23 (43.3%) | 9:27 | 6.3 (56.8%) |
| 138 | PAJĄK Monika | 35 | HERNIK TEAM | K-40 | 11 | 01:10:32 | 02:04:56 | 03:19:20.95 | 03:19:34.20 | +01:26:30 (43.3%) | 9:29 | 6.3 (56.8%) |
| 139 | CZAJKOWSKA Sylwia | 286 | #ŻÓŁTOKRÓLEWSCY | K-40 | 12 | 01:08:50 | 01:59:28 | 03:19:29.45 | 03:19:37.25 | +01:26:33 (43.4%) | 9:29 | 6.3 (56.8%) |
| 140 | RADZIKOWSKI Grzegorz | 303 | | M-40 | 56 | 01:00:52 | 01:55:44 | 03:20:09.50 | 03:20:16.10 | +01:27:12 (43.5%) | 9:31 | 6.3 (56.8%) |
| 141 | POLEK Witold | 145 | | M-40 | 57 | 01:10:26 | 02:05:56 | 03:20:08.05 | 03:20:25.25 | +01:27:21 (43.6%) | 9:31 | 6.3 (56.8%) |
| 142 | SUSZCZYŃSKI Krzysztof | 469 | RUNNERS TEAM NYSA | M-40 | 58 | 01:08:14 | 02:01:21 | 03:19:32.75 | 03:20:34.30 | +01:27:30 (43.6%) | 9:30 | 6.3 (56.8%) |
| 143 | KNAP Anna | 167 | NOA | K-30 | 16 | 01:16:21 | 02:08:07 | 03:20:07.35 | 03:20:34.75 | +01:27:31 (43.6%) | 9:31 | 6.3 (56.8%) |
| 144 | KOSTRZEWSKI Maciej | 401 | | M-30 | 38 | 01:13:07 | 02:05:38 | 03:20:43.90 | 03:21:04.90 | +01:28:01 (43.8%) | 9:33 | 6.3 (56.8%) |
| 145 | KOWALIK Tomasz | 349 | ŚWISZCZĄCE SZPRYCHY | M-30 | 39 | 01:12:01 | 02:06:32 | 03:20:55.90 | 03:21:22.20 | +01:28:18 (43.9%) | 9:34 | 6.3 (56.8%) |
| 146 | ZIELEZINSKI Łukasz | 296 | HURAGAN LIGOTA | M-30 | 40 | 01:11:19 | 02:04:09 | 03:20:48.80 | 03:21:24.95 | +01:28:21 (43.9%) | 9:33 | 6.3 (56.8%) |
| 147 | TENDAJ Daniel | 225 | | M-50 | 10 | 01:15:17 | 02:08:31 | 03:19:49.85 | 03:21:25.50 | +01:28:21 (43.9%) | 9:30 | 6.3 (56.8%) |
| 148 | SZARSKI Jacek | 256 | KAPCIOCHY | M-20 | 7 | 01:13:42 | 02:07:46 | 03:20:07.10 | 03:21:28.90 | +01:28:25 (43.9%) | 9:31 | 6.3 (56.8%) |
| 149 | ZAJĄC Andrzej | 277 | | M-30 | 41 | 01:14:40 | 02:07:51 | 03:21:04.30 | 03:21:54.35 | +01:28:50 (44.0%) | 9:34 | 6.3 (56.8%) |
| 150 | BASEK Damian | 90 | SIEMIANOWICE I PRZYJACIELE BIEGAJĄ | M-30 | 42 | 01:19:30 | 02:15:20 | 03:19:56.60 | 03:22:24.95 | +01:29:21 (44.1%) | 9:31 | 6.3 (56.8%) |
| 151 | TURKOWSKI Maciej | 196 | | M-50 | 11 | 01:11:11 | 02:07:00 | 03:22:32.80 | 03:22:40.20 | +01:29:36 (44.2%) | 9:38 | 6.2 (55.9%) |
| 152 | MARTINEZ Sergio | 324 | | M-30 | 43 | 01:14:49 | 02:10:10 | 03:22:21.10 | 03:22:42.20 | +01:29:38 (44.2%) | 9:38 | 6.2 (55.9%) |
| 153 | MARIN Alberto | 322 | | M-30 | 44 | 01:14:46 | 02:09:58 | 03:22:18.75 | 03:22:42.50 | +01:29:38 (44.2%) | 9:38 | 6.2 (55.9%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Parking 7km | Błędne Skały 14km | Czas netto 21km | Czas brutto 21km | Różn | Tempo min/km | Tempo km/h |
|-----|----------------------------------|------------|------------------------------------|-----------|------|----------------|-------------------------|-----------------------|------------------------|----------------------|-----------------|----------------|
| 154 | WIETRZYŃSKA Agnieszka | 175 | SZTUKA RUCHU | K-40 | 13 | 01:10:07 | 02:06:14 | 03:22:39.50 | 03:22:42.95 | +01:29:39 (44.2%) | 9:39 | 6.2 (55.9%) |
| 155 | SZTYPKA Konrad | 23 | WKB MARATOŃCZYK WŁOCŁAWEK | M-40 | 59 | 01:15:52 | 02:10:20 | 03:22:24.90 | 03:23:08.70 | +01:30:04 (44.3%) | 9:38 | 6.2 (55.9%) |
| 156 | PSZCZOLIŃSKI Adam | 348 | ŚWISZCZĄCE SZPRYCHY | M-40 | 60 | 01:11:48 | 02:06:25 | 03:22:36.95 | 03:23:10.35 | +01:30:06 (44.4%) | 9:38 | 6.2 (55.9%) |
| 157 | ŚLIWIŃSKA Ewelina | 342 | | K-40 | 14 | 01:11:27 | 02:06:51 | 03:23:01.85 | 03:23:11.60 | +01:30:07 (44.4%) | 9:40 | 6.2 (55.9%) |
| 158 | AKUTKO Dawid | 439 | | M-20 | 8 | 01:14:40 | 02:07:49 | 03:22:27.45 | 03:23:19.40 | +01:30:15 (44.4%) | 9:38 | 6.2 (55.9%) |
| 159 | ZAWIDZKI Jarosław | 465 | | M-30 | 45 | 01:03:08 | 01:58:37 | 03:23:49.00 | 03:23:52.65 | +01:30:48 (44.5%) | 9:42 | 6.2 (55.9%) |
| 160 | KRUKOWSKI Jakub | 284 | | M-40 | 61 | 01:07:14 | 01:57:31 | 03:23:57.55 | 03:24:21.95 | +01:31:18 (44.7%) | 9:42 | 6.2 (55.9%) |
| 161 | DROŻYŃSKA Iwona | 470 | LUCEKPAZUR TEAM | K-30 | 17 | 01:13:18 | 02:06:15 | 03:23:21.25 | 03:24:24.35 | +01:31:20 (44.7%) | 9:41 | 6.2 (55.9%) |
| 162 | SURÓWKA Franciszka | 218 | RUNNERS TEAM NYSA | K-60 | 1 | 01:11:44 | 02:06:04 | 03:24:07.35 | 03:24:25.55 | +01:31:21 (44.7%) | 9:43 | 6.2 (55.9%) |
| 163 | CYBULSKI Robert | 13 | | M-40 | 62 | 01:12:42 | 02:06:10 | 03:23:55.70 | 03:24:40.85 | +01:31:37 (44.8%) | 9:42 | 6.2 (55.9%) |
| 164 | POMORSKI Łukasz | 427 | | M-30 | 46 | 01:07:42 | 02:00:22 | 03:24:12.45 | 03:24:59.00 | +01:31:55 (44.8%) | 9:43 | 6.2 (55.9%) |
| 165 | BADOWSKI Sebastian | 328 | | M-40 | 63 | 01:12:48 | 02:06:37 | 03:24:26.70 | 03:25:49.50 | +01:32:45 (45.1%) | 9:44 | 6.2 (55.9%) |
| 166 | PIOTROWSKA Anna | 444 | META NADARZYN | K-50 | 3 | 01:10:48 | 02:07:51 | 03:25:44.10 | 03:25:50.10 | +01:32:46 (45.1%) | 9:47 | 6.1 (55.0%) |
| 167 | GIERŁACHOWSKI Jakub | 426 | | M-30 | 47 | 01:13:50 | 02:11:08 | 03:25:01.25 | 03:25:58.50 | +01:32:54 (45.1%) | 9:45 | 6.1 (55.0%) |
| 168 | NOWAK Dorota | 357 | | K-30 | 18 | 01:14:56 | 02:10:30 | 03:25:56.20 | 03:26:10.85 | +01:33:07 (45.2%) | 9:48 | 6.1 (55.0%) |
| 169 | JARONIEC Malgorzata | 329 | | K-30 | 19 | 01:14:21 | 02:12:20 | 03:26:01.10 | 03:26:12.55 | +01:33:08 (45.2%) | 9:48 | 6.1 (55.0%) |
| 170 | KLIM Kasia | 422 | | K-40 | 15 | 01:11:14 | 02:09:58 | 03:26:33.85 | 03:26:40.75 | +01:33:37 (45.3%) | 9:50 | 6.1 (55.0%) |
| 171 | MALOTTA Konrad | 332 | SIEMIANOWICE I PRZYJACIELE BIEGAJĄ | M-30 | 48 | 01:14:35 | 02:10:09 | 03:26:23.60 | 03:26:49.75 | +01:33:46 (45.3%) | 9:49 | 6.1 (55.0%) |
| 172 | HOLAK Tomasz | 295 | 1/2 PANKRACY ENTERTIMENT | M-40 | 64 | 01:12:00 | 02:07:53 | 03:27:17.45 | 03:27:17.45 | +01:34:13 (45.5%) | 9:52 | 6.1 (55.0%) |
| 173 | TKACZYK Katarzyna | 34 | | K-40 | 16 | 01:14:04 | 02:09:28 | 03:26:58.00 | 03:27:18.30 | +01:34:14 (45.5%) | 9:51 | 6.1 (55.0%) |
| 174 | PARDAŁA Wojciech | 251 | | M-40 | 65 | 01:06:02 | 02:07:21 | 03:28:00.35 | 03:28:08.10 | +01:35:04 (45.7%) | 9:54 | 6.1 (55.0%) |
| 175 | SZCZYRBA Iza | 478 | MIRAZ RACE TEAM | K-40 | 17 | 01:09:46 | 02:05:21 | 03:27:50.35 | 03:28:09.30 | +01:35:05 (45.7%) | 9:53 | 6.1 (55.0%) |
| 176 | LUBAŃSKA Alicja | 9 | | K-50 | 4 | 01:10:08 | 02:07:18 | 03:28:10.75 | 03:28:15.75 | +01:35:12 (45.7%) | 9:54 | 6.1 (55.0%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Parking 7km | Błędne Skały 14km | Czas netto 21km | Czas brutto 21km | Różn | Tempo min/km | Tempo km/h |
|-----|-----------------------------|------------|---------------------|-----------|------|----------------|-------------------------|-----------------------|------------------------|----------------------|-----------------|----------------|
| 177 | WALCZAK Tadeusz | 273 | | M-50 | 12 | 01:09:45 | 02:06:02 | 03:28:24.60 | 03:28:34.85 | +01:35:31 (45.8%) | 9:55 | 6 (54.1%) |
| 178 | MOSKAL Izabella | 160 | TKKF MPK POZNAŃ | K-40 | 18 | 01:08:13 | 02:05:32 | 03:28:35.00 | 03:28:42.20 | +01:35:38 (45.8%) | 9:55 | 6 (54.1%) |
| 179 | KMIECIK Roma | 406 | KUDOWIANKA RUN | K-40 | 19 | 01:09:35 | 02:08:02 | 03:28:56.85 | 03:29:04.35 | +01:36:00 (45.9%) | 9:56 | 6 (54.1%) |
| 180 | ŁASKAWSKA Justyna | 477 | | K-40 | 20 | 01:12:52 | 02:09:46 | 03:28:43.55 | 03:29:05.95 | +01:36:02 (45.9%) | 9:56 | 6 (54.1%) |
| 181 | MATYBA Anna | 257 | | K-20 | 3 | 01:05:23 | 01:57:49 | 03:29:07.30 | 03:29:17.50 | +01:36:13 (46.0%) | 9:57 | 6 (54.1%) |
| 182 | SIKORSKI Cezary | 238 | BBL | M-50 | 13 | 01:11:34 | 02:09:45 | 03:29:25.95 | 03:29:30.40 | +01:36:26 (46.0%) | 9:58 | 6 (54.1%) |
| 183 | MAZUR Katarzyna | 237 | UMLAUT | K-40 | 21 | 01:11:36 | 02:09:47 | 03:29:27.25 | 03:29:30.45 | +01:36:26 (46.0%) | 9:58 | 6 (54.1%) |
| 184 | ŚWIERCZEK Marta | 77 | JURA.PL | K-40 | 22 | 01:12:56 | 02:09:15 | 03:29:09.45 | 03:29:31.85 | +01:36:28 (46.0%) | 9:57 | 6 (54.1%) |
| 185 | RONKOWSKA Małgorzata | 370 | POLKA SPORT | K-30 | 20 | 01:14:12 | 02:12:42 | 03:29:49.20 | 03:30:59.90 | +01:37:56 (46.4%) | 9:59 | 6 (54.1%) |
| 186 | ZIOMBKA Kuba | 97 | | M-40 | 66 | 01:09:22 | 02:08:16 | 03:31:08.75 | 03:31:14.25 | +01:38:10 (46.5%) | 10:03 | 6 (54.1%) |
| 187 | WYSOCKA Magdalena | 285 | PGB SPORTOWA PACZKA | K-40 | 23 | 01:14:04 | 02:10:53 | 03:31:28.90 | 03:31:36.95 | +01:38:33 (46.6%) | 10:04 | 6 (54.1%) |
| 188 | ŁAŻEWSKI Marcin | 109 | | M-40 | 67 | 01:07:00 | 02:02:10 | 03:31:33.65 | 03:31:39.05 | +01:38:35 (46.6%) | 10:04 | 6 (54.1%) |
| 189 | ŁAŻEWSKA Sylwia | 37 | | K-40 | 24 | 01:07:03 | 02:02:11 | 03:31:34.65 | 03:31:39.15 | +01:38:35 (46.6%) | 10:04 | 6 (54.1%) |
| 190 | MOTAŁA Kacha | 351 | MIEJSKA KONDYCJA | K-40 | 25 | 01:12:53 | 02:09:20 | 03:31:28.55 | 03:31:45.75 | +01:38:42 (46.6%) | 10:04 | 6 (54.1%) |
| 191 | RYGUŁA Mikołaj | 472 | | M-20 | 9 | 01:13:59 | 02:09:26 | 03:31:25.10 | 03:31:46.50 | +01:38:42 (46.6%) | 10:04 | 6 (54.1%) |
| 192 | SZYMAŃSKI Jacek | 415 | | M-40 | 68 | 01:09:27 | 02:06:16 | 03:32:09.70 | 03:32:19.15 | +01:39:15 (46.7%) | 10:06 | 5.9 (53.2%) |
| 193 | MAJCHRZAK Agnieszka | 182 | NESSI TEAM | K-40 | 26 | 01:16:46 | 02:11:14 | 03:31:34.50 | 03:32:20.45 | +01:39:16 (46.8%) | 10:04 | 6 (54.1%) |
| 194 | BARTMAŃSKA Mirosława | 150 | | K-40 | 27 | 01:13:16 | 02:08:14 | 03:31:57.85 | 03:32:21.50 | +01:39:17 (46.8%) | 10:05 | 5.9 (53.2%) |
| 195 | NARKUN Ewa | 384 | | K-30 | 21 | 01:13:38 | 02:14:06 | 03:32:14.45 | 03:32:26.85 | +01:39:23 (46.8%) | 10:06 | 5.9 (53.2%) |
| 196 | KOTWICA Andrzej | 117 | SMOLECKA ZADYSZKA | M-40 | 69 | 01:11:44 | 02:11:35 | 03:32:04.75 | 03:32:28.10 | +01:39:24 (46.8%) | 10:05 | 5.9 (53.2%) |
| 197 | PIOTROWIAK Angelika | 459 | GARMIN | K-20 | 4 | 01:17:23 | 02:13:14 | 03:31:01.65 | 03:32:33.20 | +01:39:29 (46.8%) | 10:02 | 6 (54.1%) |
| 198 | OCZKOWICZ Beata | 253 | MOCNA GRUPA CEZAEA | K-30 | 22 | 01:13:55 | 02:11:42 | 03:32:13.95 | 03:32:38.70 | +01:39:34 (46.8%) | 10:06 | 5.9 (53.2%) |
| 199 | PUTOWSKA Małgorzata | 338 | | K-60 | 2 | 01:19:32 | 02:16:55 | 03:32:56.10 | 03:33:02.45 | +01:39:58 (46.9%) | 10:08 | 5.9 (53.2%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Parking 7km | Błędne Skały 14km | Czas netto 21km | Czas brutto 21km | Różn | Tempo min/km | Tempo km/h |
|-----|-----------------------------------|------------|---------------------------|-----------|------|----------------|-------------------------|-----------------------|------------------------|----------------------|-----------------|----------------|
| 200 | POLIWOZAK Patryk | 59 | WILKI GÓR | M-30 | 49 | 00:58:34 | 01:51:04 | 03:32:58.90 | 03:33:08.60 | +01:40:04 (47.0%) | 10:08 | 5.9 (53.2%) |
| 201 | ZYGOŃ Artur | 115 | | M-30 | 50 | 01:11:07 | 02:10:46 | 03:30:55.60 | 03:33:23.25 | +01:40:19 (47.0%) | 10:02 | 6 (54.1%) |
| 202 | PSZCZOLIŃSKI Maciej | 343 | ŚWISZCZĄCE SZPRYCHY | M-40 | 70 | 01:15:24 | 02:11:56 | 03:32:59.55 | 03:33:30.10 | +01:40:26 (47.0%) | 10:08 | 5.9 (53.2%) |
| 203 | RABIEJ Kazimierz | 473 | ROZBIEGANI CHOJNÓW | M-60 | 2 | 01:11:08 | 02:09:56 | 03:33:27.80 | 03:33:33.70 | +01:40:29 (47.1%) | 10:09 | 5.9 (53.2%) |
| 204 | BADOWSKA Katarzyna | 323 | | K-40 | 28 | 01:15:32 | 02:11:50 | 03:33:11.65 | 03:33:50.15 | +01:40:46 (47.1%) | 10:09 | 5.9 (53.2%) |
| 205 | LANGIEWICZ Jacek | 271 | MKJ POLICE | M-60 | 3 | 01:13:16 | 02:11:29 | 03:33:46.90 | 03:33:57.80 | +01:40:54 (47.2%) | 10:10 | 5.9 (53.2%) |
| 206 | HYŻY Krzysztof | 190 | PIWNE BRZUSZKI RACE TEAM | M-40 | 71 | 01:16:28 | 02:12:56 | 03:32:34.50 | 03:34:02.70 | +01:40:58 (47.2%) | 10:07 | 5.9 (53.2%) |
| 207 | TARNOWSKI Paweł | 402 | | M-40 | 72 | 01:05:47 | 02:03:41 | 03:34:24.40 | 03:34:27.00 | +01:41:23 (47.3%) | 10:12 | 5.9 (53.2%) |
| 208 | KWIATKOWSKA Zuzanna | 269 | RNB TEAM POLANICA ZDRÓJ | K-40 | 29 | 01:16:08 | 02:13:19 | 03:33:55.80 | 03:34:46.10 | +01:41:42 (47.4%) | 10:11 | 5.9 (53.2%) |
| 209 | ŻEMOJDZIN Marcin | 55 | PIWNE BRZUSZKI RACE TEAM | M-40 | 73 | 01:16:30 | 02:12:58 | 03:33:50.30 | 03:35:17.40 | +01:42:13 (47.5%) | 10:10 | 5.9 (53.2%) |
| 210 | GAŁASZKIEWICZ Grzegorz | 72 | LINDON TEAM | M-40 | 74 | 01:16:28 | 02:17:26 | 03:35:13.70 | 03:35:19.30 | +01:42:15 (47.5%) | 10:14 | 5.9 (53.2%) |
| 211 | KOZAK Ewa | 18 | KOZAKI | K-40 | 30 | 01:13:38 | 02:11:32 | 03:35:05.35 | 03:35:21.45 | +01:42:17 (47.5%) | 10:14 | 5.9 (53.2%) |
| 212 | ZAJĄCZKOWSKI Damian | 102 | | M-40 | 75 | 01:11:59 | 02:07:47 | 03:35:10.85 | 03:35:22.85 | +01:42:19 (47.5%) | 10:14 | 5.9 (53.2%) |
| 213 | MYŚLIĆKA-PIWKO Marta | 148 | MOCNA GRUPA CEZARA | K-40 | 31 | 01:17:28 | 02:15:10 | 03:35:04.75 | 03:35:28.40 | +01:42:24 (47.5%) | 10:14 | 5.9 (53.2%) |
| 214 | CIOCHOŃ Agnieszka | 144 | | K-40 | 32 | 01:18:38 | 02:17:11 | 03:35:44.65 | 03:36:00.45 | +01:42:56 (47.7%) | 10:16 | 5.8 (52.3%) |
| 215 | PODZEREK Maciej | 173 | WAKE TEAM GNIEZNO | M-40 | 76 | 01:23:32 | 02:19:30 | 03:33:30.30 | 03:36:06.05 | +01:43:02 (47.7%) | 10:10 | 5.9 (53.2%) |
| 216 | CHMIEL Waldemar | 352 | PTT DELTA | M-60 | 4 | 01:19:07 | 02:14:55 | 03:33:33.55 | 03:36:09.00 | +01:43:05 (47.7%) | 10:10 | 5.9 (53.2%) |
| 217 | GONTARZ Olga | 204 | | K-30 | 23 | 01:21:42 | 02:18:57 | 03:34:27.05 | 03:36:17.95 | +01:43:14 (47.7%) | 10:12 | 5.9 (53.2%) |
| 218 | CHEŁCHOWSKA Katarzyna | 1 | | K-30 | 24 | 01:16:16 | 02:14:33 | 03:36:24.40 | 03:36:44.45 | +01:43:40 (47.8%) | 10:18 | 5.8 (52.3%) |
| 219 | MAKARENKOV Sergii | 54 | DOGOŃ GRODZISK MAZOWIECKI | M-30 | 51 | 01:12:37 | 02:17:28 | 03:36:39.70 | 03:37:13.85 | +01:44:10 (48.0%) | 10:19 | 5.8 (52.3%) |
| 220 | IWULSKA Joanna | 485 | MIRAZ RACE TEAM | K-40 | 33 | 01:15:04 | 02:17:20 | 03:36:58.70 | 03:37:15.90 | +01:44:12 (48.0%) | 10:19 | 5.8 (52.3%) |
| 221 | BÓBSKA Alicja | 92 | | K-30 | 25 | 01:20:13 | 02:17:28 | 03:36:29.40 | 03:37:24.85 | +01:44:21 (48.0%) | 10:18 | 5.8 (52.3%) |
| 222 | KWIATKOWSKA Marta | 187 | | K-40 | 34 | 01:12:56 | 02:09:24 | 03:37:41.20 | 03:37:57.20 | +01:44:53 (48.1%) | 10:21 | 5.8 (52.3%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Parking 7km | Błędne Skały 14km | Czas netto 21km | Czas brutto 21km | Różn | Tempo min/km | Tempo km/h |
|-----|------------------------------|------------|--------------------------------|-----------|------|----------------|-------------------------|-----------------------|------------------------|----------------------|-----------------|----------------|
| 223 | KRAWIEC Piotr | 26 | KOTWICA BRZEG | M-40 | 77 | | | 03:38:28.00 | 03:38:28.00 | +01:45:24 (48.2%) | 10:24 | 5.8 (52.3%) |
| 224 | BIAŁEK Kamila | 278 | DROGA DO ULTRA | K-40 | 35 | 01:18:57 | 02:19:13 | 03:38:27.80 | 03:38:32.35 | +01:45:28 (48.3%) | 10:24 | 5.8 (52.3%) |
| 225 | SIEDLIK Małgorzata | 205 | SPORTOWA INICJATYWA | K-30 | 26 | 01:22:49 | 02:18:56 | 03:36:44.15 | 03:38:34.00 | +01:45:30 (48.3%) | 10:19 | 5.8 (52.3%) |
| 226 | BOJUR Renata | 176 | | K-40 | 36 | 01:17:01 | 02:14:33 | 03:38:36.00 | 03:38:56.25 | +01:45:52 (48.4%) | 10:24 | 5.8 (52.3%) |
| 227 | PARTYKA Agnieszka | 391 | ZABIEGANEDNI | K-50 | 5 | 01:19:30 | 02:15:46 | 03:36:29.75 | 03:38:57.80 | +01:45:54 (48.4%) | 10:18 | 5.8 (52.3%) |
| 228 | CHORAŻYCZEWSKI Michał | 345 | OBORNICKI KLUB LEKKOATLETYCZNY | M-40 | 78 | 01:08:23 | 02:08:35 | 03:39:16.15 | 03:39:19.65 | +01:46:15 (48.5%) | 10:26 | 5.7 (51.4%) |
| 229 | WOJTYSIAK Wojciech | 268 | | M-50 | 14 | 01:12:12 | 02:07:23 | 03:39:59.35 | 03:40:26.95 | +01:47:23 (48.7%) | 10:28 | 5.7 (51.4%) |
| 230 | JAŃCZAK Aleksandra | 318 | CBN JEŻYCE | K-20 | 5 | 01:16:42 | 02:14:59 | 03:40:10.70 | 03:40:28.55 | +01:47:24 (48.7%) | 10:29 | 5.7 (51.4%) |
| 231 | PŁATEK Dominik | 184 | | M-40 | 79 | 01:09:22 | 02:08:09 | 03:40:17.65 | 03:40:35.80 | +01:47:32 (48.7%) | 10:29 | 5.7 (51.4%) |
| 232 | PAPROCKA Natalia | 58 | | K-40 | 37 | 01:13:45 | 02:15:00 | 03:40:24.70 | 03:40:37.00 | +01:47:33 (48.8%) | 10:29 | 5.7 (51.4%) |
| 233 | JAROCIŃSKI Michał | 440 | | M-40 | 80 | 01:18:16 | 02:14:57 | 03:40:08.25 | 03:40:38.15 | +01:47:34 (48.8%) | 10:28 | 5.7 (51.4%) |
| 234 | SZYMANOWSKI Tomasz | 136 | NARAMOWICE BIEGAJĄ | M-40 | 81 | 01:20:56 | 02:21:47 | 03:40:01.75 | 03:40:38.85 | +01:47:35 (48.8%) | 10:28 | 5.7 (51.4%) |
| 235 | BABICKA Sylwia | 98 | HARD BOX OTWOCK | K-40 | 38 | 01:20:49 | 02:20:16 | 03:40:08.20 | 03:40:39.30 | +01:47:35 (48.8%) | 10:28 | 5.7 (51.4%) |
| 236 | BIEŃ Katarzyna | 353 | | K-30 | 27 | 01:22:13 | 02:20:03 | 03:40:26.70 | 03:41:09.00 | +01:48:05 (48.9%) | 10:29 | 5.7 (51.4%) |
| 237 | RĄCZKOWIAK Mateusz | 290 | USZŁO POWIETRZE Z DĘTKI | M-30 | 52 | 01:13:07 | 02:13:07 | 03:41:01.20 | 03:41:15.05 | +01:48:11 (48.9%) | 10:31 | 5.7 (51.4%) |
| 238 | BARTKIEWICZ Lech | 212 | | M-40 | 82 | 01:13:28 | 02:17:13 | 03:41:29.80 | 03:41:33.85 | +01:48:30 (49.0%) | 10:32 | 5.7 (51.4%) |
| 239 | BRZEZIŃSKI Andrzej | 199 | LANRUNS | M-60 | 5 | 01:17:27 | 02:16:00 | 03:42:26.50 | 03:42:35.90 | +01:49:32 (49.2%) | 10:35 | 5.7 (51.4%) |
| 240 | PODZEREK Iwona | 19 | BRIDGESTONE | K-40 | 39 | 01:23:37 | 02:19:36 | 03:40:14.60 | 03:42:47.30 | +01:49:43 (49.3%) | 10:29 | 5.7 (51.4%) |
| 241 | KWAPISZEWSKI Marcin | 47 | | M-40 | 83 | 01:23:36 | 02:19:33 | 03:40:16.05 | 03:42:47.85 | +01:49:44 (49.3%) | 10:29 | 5.7 (51.4%) |
| 242 | ORŁOWSKI Daniel | 101 | | M-40 | 84 | 01:17:15 | 02:17:04 | 03:43:06.25 | 03:43:18.45 | +01:50:14 (49.4%) | 10:37 | 5.6 (50.5%) |
| 243 | SZYSZKIEWICZ Piotr | 297 | | M-40 | 85 | 01:14:04 | 02:15:50 | 03:43:06.10 | 03:43:24.10 | +01:50:20 (49.4%) | 10:37 | 5.6 (50.5%) |
| 244 | ZAJDEL Szczepan | 366 | | M-30 | 53 | 01:19:17 | 02:15:54 | 03:42:16.70 | 03:43:29.30 | +01:50:25 (49.4%) | 10:35 | 5.7 (51.4%) |
| 245 | NOWAK Filip | 363 | | M-30 | 54 | 01:19:16 | 02:16:03 | 03:42:17.25 | 03:43:30.75 | +01:50:27 (49.4%) | 10:35 | 5.7 (51.4%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Parking 7km | Błędne Skały 14km | Czas netto 21km | Czas brutto 21km | Różn | Tempo min/km | Tempo km/h |
|-----|------------------------------------|------------|-----------------------------------|-----------|------|-------------|-------------------|--------------------|--------------------|-------------------|--------------|-------------|
| 246 | STANKIEWICZ Ilona | 85 | FUCK THE PESEL | K-30 | 28 | 01:21:23 | 02:20:44 | 03:42:44.00 | 03:43:31.60 | +01:50:27 (49.4%) | 10:36 | 5.7 (51.4%) |
| 247 | BERNAS-KUJAWIŃSKA Magdalena | 38 | MARCHEWKA | K-40 | 40 | 01:17:41 | 02:20:07 | 03:43:27.20 | 03:43:32.15 | +01:50:28 (49.4%) | 10:38 | 5.6 (50.5%) |
| 248 | JAWORSKA Magdalena | 40 | GB WIELKOPOLSCY BIEGACZE/TEAM KGB | K-40 | 41 | 01:24:55 | 02:25:20 | 03:42:44.45 | 03:44:04.85 | +01:51:01 (49.5%) | 10:36 | 5.7 (51.4%) |
| 249 | JARZĘBOWICZ Beata | 272 | ZADYSZKA OŚWIĘCIM | K-40 | 42 | 01:19:57 | 02:20:35 | 03:45:06.95 | 03:45:14.75 | +01:52:11 (49.8%) | 10:43 | 5.6 (50.5%) |
| 250 | MODERACKA Małgorzata | 74 | | K-30 | 29 | 01:22:04 | 02:24:00 | 03:45:08.85 | 03:45:25.15 | +01:52:21 (49.8%) | 10:43 | 5.6 (50.5%) |
| 251 | WACHOWSKA Katarzyna | 446 | SMOK TRÓJGŁOWY | K-30 | 30 | 01:18:12 | 02:25:44 | 03:45:07.40 | 03:45:31.55 | +01:52:27 (49.9%) | 10:43 | 5.6 (50.5%) |
| 252 | MACKOWSKI Mateusz | 445 | NATURAL BORN COFFEE LOVERS | M-40 | 86 | 01:18:13 | 02:25:45 | 03:45:08.65 | 03:45:31.70 | +01:52:27 (49.9%) | 10:43 | 5.6 (50.5%) |
| 253 | BRUCH Katarzyna | 36 | | K-30 | 31 | 01:24:38 | 02:23:06 | 03:44:14.05 | 03:46:02.25 | +01:52:58 (50.0%) | 10:40 | 5.6 (50.5%) |
| 254 | BORMANN Margrit | 185 | ZADYSZKA OŚWIĘCIM / KS KANDAHAR | K-40 | 43 | 01:19:52 | 02:18:31 | 03:47:25.05 | 03:47:38.00 | +01:54:34 (50.3%) | 10:49 | 5.5 (49.5%) |
| 255 | BARON Przem | 195 | CONSTRAVIA | M-40 | 87 | 01:13:08 | 02:07:43 | 03:46:25.55 | 03:47:42.85 | +01:54:39 (50.3%) | 10:46 | 5.6 (50.5%) |
| 256 | MICHAŁOWSKI Marcin | 81 | | M-40 | 88 | 01:18:35 | 02:17:34 | 03:46:38.40 | 03:48:26.25 | +01:55:22 (50.5%) | 10:47 | 5.6 (50.5%) |
| 257 | CHORZĘPA Wojciech | 432 | | M-30 | 55 | 01:18:46 | 02:21:48 | 03:49:26.80 | 03:49:34.30 | +01:56:30 (50.8%) | 10:55 | 5.5 (49.5%) |
| 258 | NOWAK Marta | 31 | NARAMOWICE BIEGAJĄ | K-40 | 44 | 01:21:07 | 02:22:00 | 03:49:00.50 | 03:49:41.55 | +01:56:37 (50.8%) | 10:54 | 5.5 (49.5%) |
| 259 | CZEKALSKI Tomasz | 41 | NARAMOWICE BIEGAJĄ | M-40 | 89 | 01:20:57 | 02:21:46 | 03:49:04.35 | 03:49:41.95 | +01:56:38 (50.8%) | 10:54 | 5.5 (49.5%) |
| 260 | PTAK Monika | 125 | | K-40 | 45 | 01:24:43 | 02:26:17 | 03:49:42.95 | 03:50:31.95 | +01:57:28 (51.0%) | 10:56 | 5.5 (49.5%) |
| 261 | PATYNOWSKI Tomasz | 447 | DOGOŃ GRODZISK MAZOWIECKI | M-50 | 15 | 01:11:41 | 02:15:31 | 03:50:31.00 | 03:50:44.30 | +01:57:40 (51.0%) | 10:58 | 5.5 (49.5%) |
| 262 | WOJCIECHOWSKA Dorota | 394 | DOGOŃ GRODZISK MAZOWIECKI | K-40 | 46 | 01:21:47 | 02:23:23 | 03:50:20.15 | 03:50:45.00 | +01:57:41 (51.0%) | 10:58 | 5.5 (49.5%) |
| 263 | KIEŁPIŃSKI Wojciech | 283 | | M-30 | 56 | 01:07:50 | 02:02:04 | 03:48:22.70 | 03:50:48.70 | +01:57:44 (51.0%) | 10:52 | 5.5 (49.5%) |
| 264 | KOZDRÓJ Marcin | 29 | | M-40 | 90 | 01:21:47 | 02:23:22 | 03:50:24.15 | 03:50:49.35 | +01:57:45 (51.0%) | 10:58 | 5.5 (49.5%) |
| 265 | GRZELAK Izabella | 316 | | K-40 | 47 | 01:19:27 | 02:22:18 | 03:50:53.10 | 03:51:21.30 | +01:58:17 (51.1%) | 10:59 | 5.5 (49.5%) |
| 266 | BALNER Sebastian | 215 | - | M-40 | 91 | 01:18:13 | 02:21:56 | 03:51:01.60 | 03:51:26.90 | +01:58:23 (51.2%) | 11:00 | 5.5 (49.5%) |
| 267 | SIWIASZCZYK Tomasz | 197 | | M-40 | 92 | 01:23:45 | 02:25:25 | 03:50:53.45 | 03:52:09.75 | +01:59:06 (51.3%) | 10:59 | 5.5 (49.5%) |
| 268 | BARTOSZEWSKA Katarzyna | 241 | TEAM RÓŻOWEJ PELERYNKI | K-40 | 48 | 01:20:39 | 02:24:27 | 03:52:10.80 | 03:53:01.65 | +01:59:57 (51.5%) | 11:03 | 5.4 (48.6%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Parking 7km | Błędne Skały 14km | Czas netto 21km | Czas brutto 21km | Różn | Tempo min/km | Tempo km/h |
|-----|--|------------|--|-----------|------|----------------|-------------------------|-----------------------|------------------------|----------------------|-----------------|----------------|
| 269 | MATUSZEWSKA Elżbieta | 262 | MARATOŃCZYK WŁOCŁAWEK | K-40 | 49 | 01:22:40 | 02:27:05 | 03:52:17.80 | 03:53:02.10 | +01:59:58 (51.5%) | 11:03 | 5.4 (48.6%) |
| 270 | BUCZAK- MROZIŃSKA Paulina | 307 | | K-40 | 50 | 01:25:07 | 02:28:18 | 03:51:43.30 | 03:53:07.15 | +02:00:03 (51.5%) | 11:02 | 5.4 (48.6%) |
| 271 | KUCZYŃSKI Szymon | 306 | INSULA ZAWONIA | M-40 | 93 | 01:25:06 | 02:28:18 | 03:51:43.10 | 03:53:07.25 | +02:00:03 (51.5%) | 11:02 | 5.4 (48.6%) |
| 272 | ANTKOWIAK Mirośław | 289 | BBL KROSNO ODRZAŃSKIE | M-50 | 16 | 01:19:10 | 02:22:54 | 03:53:05.60 | 03:53:08.15 | +02:00:04 (51.5%) | 11:05 | 5.4 (48.6%) |
| 273 | CEMPURA Małgorzata | 279 | KS POSNANIA | K-40 | 51 | 01:24:24 | 02:24:50 | 03:52:41.20 | 03:53:20.45 | +02:00:16 (51.5%) | 11:04 | 5.4 (48.6%) |
| 273 | WOJTKOWIAK Renata | 282 | PIĄTKOWO NA BIEGOWO | K-40 | 51 | 01:24:23 | 02:24:49 | 03:52:40.90 | 03:53:20.45 | +02:00:16 (51.5%) | 11:04 | 5.4 (48.6%) |
| 275 | MACIEJEWSKI To Masz | 201 | EJBRY TEAM POZNAŃ PNB | M-40 | 94 | 01:22:06 | 02:25:20 | 03:52:45.55 | 03:53:25.55 | +02:00:21 (51.6%) | 11:05 | 5.4 (48.6%) |
| 276 | OLEKSIEWICZ Beata | 421 | SZAKALE BAŁUT ŁÓDŹ | K-40 | 53 | 01:20:54 | 02:23:50 | 03:54:01.00 | 03:54:07.40 | +02:01:03 (51.7%) | 11:08 | 5.4 (48.6%) |
| 277 | KWIATKOWSKA Anna | 65 | | K-40 | 54 | 01:23:54 | 02:26:34 | 03:53:48.95 | 03:54:32.15 | +02:01:28 (51.8%) | 11:08 | 5.4 (48.6%) |
| 278 | SOROKA Monika | 330 | PASTERKA PANY | K-40 | 55 | 01:23:53 | 02:29:41 | 03:54:00.85 | 03:54:47.80 | +02:01:44 (51.8%) | 11:08 | 5.4 (48.6%) |
| 279 | BAGIŃSKA Joanna | 180 | LINCOLN ELECTRIC BESTER RUN TEAM BIELAWA | K-50 | 6 | 01:21:47 | 02:24:32 | 03:53:50.45 | 03:55:00.05 | +02:01:56 (51.9%) | 11:08 | 5.4 (48.6%) |
| 280 | GOSK Urszula | 64 | | K-30 | 32 | 01:24:23 | 02:27:40 | 03:54:35.55 | 03:55:40.20 | +02:02:36 (52.0%) | 11:10 | 5.4 (48.6%) |
| 281 | KLEPACZ Karolina | 155 | | K-30 | 33 | 01:24:18 | 02:25:54 | 03:55:04.80 | 03:56:04.35 | +02:03:00 (52.1%) | 11:11 | 5.4 (48.6%) |
| 282 | ZAJĄCZKOWSKA Beata | 216 | | K-40 | 56 | 01:24:56 | 02:27:40 | 03:55:53.95 | 03:56:07.55 | +02:03:03 (52.1%) | 11:13 | 5.3 (47.7%) |
| 283 | KUNIGOWSKI Piotr | 178 | LINCOLN ELECTRIC BESTER RUN TEAM BIELAWA | M-50 | 17 | 01:21:55 | 02:24:38 | 03:55:01.20 | 03:56:10.90 | +02:03:07 (52.1%) | 11:11 | 5.4 (48.6%) |
| 284 | NAWROCKA Sylwia | 63 | MAMA W BIEGU | K-40 | 57 | 01:26:41 | 02:27:45 | 03:55:38.80 | 03:56:12.70 | +02:03:08 (52.1%) | 11:13 | 5.3 (47.7%) |
| 285 | NAWROCKI Marek | 61 | TATA W BIEGU | M-50 | 18 | 01:27:11 | 02:27:41 | 03:55:40.60 | 03:56:14.00 | +02:03:10 (52.1%) | 11:13 | 5.3 (47.7%) |
| 286 | GAJEWSKA- BROZYNA Kamila | 484 | KLUB BIEGACZA WARTA | K-30 | 34 | 01:26:28 | 02:31:35 | 03:56:01.95 | 03:56:59.95 | +02:03:56 (52.3%) | 11:14 | 5.3 (47.7%) |
| 287 | KOWALCZYK Aleksandra | 179 | | K-30 | 35 | 01:25:39 | 02:32:21 | 03:57:11.75 | 03:58:57.05 | +02:05:53 (52.7%) | 11:17 | 5.3 (47.7%) |
| 288 | ZDUNEK Małgorzata | 171 | | K-40 | 58 | 01:22:46 | 02:29:23 | 03:59:12.50 | 03:59:15.65 | +02:06:11 (52.7%) | 11:23 | 5.3 (47.7%) |
| 289 | RYPIŃSKA Magdalena | 356 | | K-40 | 59 | 01:23:35 | 02:28:10 | 03:58:19.70 | 03:59:17.45 | +02:06:13 (52.8%) | 11:20 | 5.3 (47.7%) |
| 290 | CHWASTYK Ewa | 73 | | K-30 | 36 | 01:24:23 | 02:27:39 | 03:58:12.05 | 03:59:18.30 | +02:06:14 (52.8%) | 11:20 | 5.3 (47.7%) |
| 291 | MAKIEŁA Katarzyna | 409 | | K-40 | 60 | 01:20:03 | 02:26:53 | 03:59:08.95 | 03:59:20.75 | +02:06:17 (52.8%) | 11:23 | 5.3 (47.7%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Parking 7km | Błędne Skały 14km | Czas netto 21km | Czas brutto 21km | Różn | Tempo min/km | Tempo km/h |
|-----|----------------------------------|------------|----------------------------|-----------|------|----------------|-------------------------|-----------------------|------------------------|----------------------|-----------------|----------------|
| 292 | SKRZYPIŃSKA Agnieszka | 143 | PSI PATROL | K-40 | 61 | 01:23:36 | 02:32:28 | 03:59:03.25 | 03:59:25.65 | +02:06:21 (52.8%) | 11:23 | 5.3 (47.7%) |
| 293 | BĄCIK Artur | 288 | | M-40 | 95 | 01:27:30 | 02:31:56 | 03:58:18.90 | 03:59:37.25 | +02:06:33 (52.8%) | 11:20 | 5.3 (47.7%) |
| 294 | STAMM Tomasz | 146 | | M-50 | 19 | 01:23:57 | 02:31:14 | 03:59:13.30 | 04:00:05.70 | +02:07:01 (52.9%) | 11:23 | 5.3 (47.7%) |
| 295 | BĄCIK Aneta | 287 | | K-40 | 62 | 01:27:33 | 02:32:01 | 03:59:07.20 | 04:00:22.20 | +02:07:18 (53.0%) | 11:23 | 5.3 (47.7%) |
| 296 | KUTRZYŃSKI Marcin | 373 | 2/2 PANKRACY ENTERTIMENT | M-40 | 96 | 01:14:32 | 02:23:01 | 04:00:34.80 | 04:01:05.00 | +02:08:01 (53.1%) | 11:27 | 5.2 (46.8%) |
| 297 | ADAMCZUK Feliks | 220 | | M-50 | 20 | 01:27:40 | 02:34:02 | 04:00:51.70 | 04:01:07.45 | +02:08:03 (53.1%) | 11:28 | 5.2 (46.8%) |
| 298 | MORAWSKA Anna | 84 | | K-60 | 3 | 01:22:57 | 02:28:46 | 04:01:09.85 | 04:01:24.05 | +02:08:20 (53.2%) | 11:29 | 5.2 (46.8%) |
| 299 | KUBUJ Karolina | 371 | | K-20 | 6 | 01:29:33 | 02:33:40 | 04:01:02.60 | 04:01:37.55 | +02:08:33 (53.2%) | 11:28 | 5.2 (46.8%) |
| 300 | GULKA Olga | 203 | | K-20 | 7 | 01:24:51 | 02:28:19 | 04:00:39.75 | 04:01:43.50 | +02:08:39 (53.2%) | 11:27 | 5.2 (46.8%) |
| 301 | KAWECKI Dariusz | 89 | ETISOFT RUNNING TEAM | M-50 | 21 | 01:17:04 | 02:26:31 | 04:01:32.95 | 04:01:44.35 | +02:08:40 (53.2%) | 11:30 | 5.2 (46.8%) |
| 302 | KUSIEWICZ Agnieszka | 379 | PUSZCZYK BUKOWY | K-40 | 63 | 01:25:28 | 02:33:49 | 04:01:26.50 | 04:01:48.50 | +02:08:44 (53.2%) | 11:29 | 5.2 (46.8%) |
| 303 | GRELECKI Grzegorz | 393 | | M-20 | 10 | 01:24:46 | 02:29:48 | 04:01:34.90 | 04:02:28.60 | +02:09:24 (53.4%) | 11:30 | 5.2 (46.8%) |
| 304 | KLIMCZAK Arkadiusz | 418 | KLUB BIEGACZA RTV EURO AGD | M-50 | 22 | 01:26:04 | 02:28:28 | 04:01:35.55 | 04:02:35.55 | +02:09:31 (53.4%) | 11:30 | 5.2 (46.8%) |
| 305 | FASZCZA Agnieszka | 116 | MARATOŃCZYK POZNAŃ | K-30 | 37 | 01:28:08 | 02:33:40 | 04:02:27.45 | 04:02:55.65 | +02:09:51 (53.5%) | 11:32 | 5.2 (46.8%) |
| 306 | MARCINKIEWICZ Marta | 413 | | K-50 | 7 | 01:29:59 | 02:35:42 | 04:04:20.85 | 04:04:36.65 | +02:11:32 (53.8%) | 11:38 | 5.2 (46.8%) |
| 307 | WOJCIECHOWSKA Anna | 192 | PIĄTKOWO NA BIEGOWO | K-50 | 8 | 01:24:31 | 02:31:45 | 04:04:14.65 | 04:04:51.20 | +02:11:47 (53.8%) | 11:37 | 5.2 (46.8%) |
| 308 | MATUSZEWSKI Jarosław | 263 | KLUB BIEGACZA RTV EURO AGD | M-40 | 97 | 01:26:07 | 02:32:33 | 04:05:16.35 | 04:06:04.15 | +02:13:00 (54.1%) | 11:40 | 5.1 (45.9%) |
| 309 | BABICKI Adam | 95 | HARD BOX OTWOCK | M-40 | 98 | 01:26:08 | 02:32:44 | 04:05:23.45 | 04:06:10.80 | +02:13:07 (54.1%) | 11:41 | 5.1 (45.9%) |
| 310 | BIEŃ Piotr | 11 | | M-30 | 57 | 01:26:43 | 02:32:24 | 04:05:39.75 | 04:06:26.65 | +02:13:22 (54.1%) | 11:41 | 5.1 (45.9%) |
| 311 | BIEŃ Małgorzata | 14 | | K-40 | 64 | 01:26:47 | 02:32:27 | 04:05:44.55 | 04:06:26.90 | +02:13:23 (54.1%) | 11:42 | 5.1 (45.9%) |
| 312 | KOCOT Magdalena | 443 | META NADARZYN | K-40 | 65 | 01:24:21 | 02:34:39 | 04:06:42.80 | 04:06:49.00 | +02:13:45 (54.2%) | 11:44 | 5.1 (45.9%) |
| 313 | BASTA Dorota | 368 | ZADYSZKA OŚWIĘCIM | K-50 | 9 | 01:19:53 | 02:20:31 | 04:07:57.35 | 04:08:08.25 | +02:15:04 (54.4%) | 11:48 | 5.1 (45.9%) |
| 314 | RYBARZ Artur | 152 | ZADYSZKA OŚWIĘCIM | M-50 | 23 | 01:25:23 | 02:31:47 | 04:07:58.50 | 04:08:11.45 | +02:15:07 (54.4%) | 11:48 | 5.1 (45.9%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Parking 7km | Błędne Skały 14km | Czas netto 21km | Czas brutto 21km | Różn | Tempo min/km | Tempo km/h |
|-----|---------------------------------|------------|-----------------------------------|-----------|------|----------------|-------------------------|-----------------------|------------------------|----------------------|-----------------|----------------|
| 315 | KACZMAREK Karolina | 267 | PIĄTKOWO NA BIEGOWO | K-40 | 66 | 01:27:24 | 02:33:52 | 04:07:52.15 | 04:08:25.65 | +02:15:21 (54.5%) | 11:48 | 5.1 (45.9%) |
| 316 | PRZYBYLSKI Tomasz | 193 | KLUB WYSOKOGÓRSKI WARSZAWA | M-60 | 6 | 01:26:42 | 02:31:08 | 04:07:59.50 | 04:09:06.35 | +02:16:02 (54.6%) | 11:48 | 5.1 (45.9%) |
| 317 | MICUŁA Zbigniew | 248 | WOLBROM TEAM | M-60 | 7 | 01:27:16 | 02:32:41 | 04:08:37.65 | 04:09:12.35 | +02:16:08 (54.6%) | 11:50 | 5.1 (45.9%) |
| 318 | KEGEL Zbigniew | 255 | PIĄTKOWO NA BIEGOWO | M-60 | 8 | 01:27:16 | 02:31:39 | 04:09:16.70 | 04:09:58.75 | +02:16:55 (54.8%) | 11:52 | 5.1 (45.9%) |
| 319 | SWORNOWSKI Krzysztof | 62 | NARAMOWICE BIEGAJĄ | M-40 | 99 | 01:34:24 | 02:40:05 | 04:09:28.45 | 04:10:12.25 | +02:17:08 (54.8%) | 11:52 | 5.1 (45.9%) |
| 320 | SWORNOWSKA Anna | 52 | NARAMOWICE BIEGAJĄ | K-40 | 67 | 01:34:25 | 02:40:04 | 04:09:28.10 | 04:10:12.95 | +02:17:09 (54.8%) | 11:52 | 5.1 (45.9%) |
| 321 | ADAMCZUK Piotr | 170 | | M-40 | 100 | 01:26:42 | 02:33:26 | 04:08:55.25 | 04:10:42.75 | +02:17:39 (54.9%) | 11:51 | 5.1 (45.9%) |
| 322 | MAJ Magdalena | 5 | GRAŻYŃKI OCR | K-30 | 38 | 01:27:17 | 02:38:17 | 04:10:26.10 | 04:10:46.45 | +02:17:42 (54.9%) | 11:55 | 5 (45.0%) |
| 323 | CZERNECKI Jacek | 452 | CARBON SILESIA SPORT | M-30 | 58 | 01:27:18 | 02:38:17 | 04:10:27.70 | 04:10:47.05 | +02:17:43 (54.9%) | 11:55 | 5 (45.0%) |
| 324 | KURAŚ Szymon | 396 | NKB CHYŻY NOWY TOMYŚL | M-40 | 101 | 00:57:45 | 02:38:23 | 04:10:34.25 | 04:10:47.65 | +02:17:43 (54.9%) | 11:55 | 5 (45.0%) |
| 325 | BISKUPSKI Tomasz | 202 | OSTROBIEC | M-40 | 102 | 01:20:51 | 02:32:09 | 04:10:38.20 | 04:10:48.70 | +02:17:44 (54.9%) | 11:56 | 5 (45.0%) |
| 326 | HULBOJ Marlena | 463 | AKTYWNA NOWA RUDA | K-30 | 39 | 01:28:37 | 02:37:23 | 04:11:28.30 | 04:11:28.30 | +02:18:24 (55.0%) | 11:58 | 5 (45.0%) |
| 327 | MORAWIEC Ilona | 310 | GDZIE TA META | K-20 | 8 | 01:22:38 | 02:29:26 | 04:11:26.35 | 04:11:48.55 | +02:18:44 (55.1%) | 11:58 | 5 (45.0%) |
| 328 | RESZKA Łukasz | 325 | POWIAT ŚWIDNICKI | M-40 | 103 | 01:30:26 | 02:37:46 | 04:10:52.65 | 04:11:58.00 | +02:18:54 (55.1%) | 11:56 | 5 (45.0%) |
| 329 | MAĆKIEWICZ Piotr | 210 | | M-60 | 9 | 01:28:26 | 02:32:22 | 04:10:48.30 | 04:13:14.85 | +02:20:11 (55.4%) | 11:56 | 5 (45.0%) |
| 330 | WOJCIESZAK Klaudia | 24 | BRAVEHEARTS LEGIONOWO | K-40 | 68 | 01:33:22 | 02:43:16 | 04:13:30.35 | 04:13:58.75 | +02:20:55 (55.5%) | 12:04 | 5 (45.0%) |
| 331 | WOŻNA-KACZMAREK Serafina | 17 | EPIC TEAM | K-30 | 40 | 01:32:04 | 02:39:44 | 04:14:05.25 | 04:14:31.75 | +02:21:28 (55.6%) | 12:05 | 5 (45.0%) |
| 332 | NOWAK Paulina | 3 | EPIC TEAM / ADIDAS RUNNERS POZNAŃ | K-30 | 41 | 01:31:57 | 02:39:37 | 04:13:58.85 | 04:14:32.05 | +02:21:28 (55.6%) | 12:05 | 5 (45.0%) |
| 333 | DYR Jerzy | 360 | | M-50 | 24 | 01:25:26 | 02:36:01 | 04:16:14.00 | 04:16:23.95 | +02:23:20 (55.9%) | 12:12 | 4.9 (44.1%) |
| 334 | PUGOWSKA Izabela | 341 | | K-50 | 10 | 01:25:25 | 02:36:01 | 04:16:14.50 | 04:16:24.25 | +02:23:20 (55.9%) | 12:12 | 4.9 (44.1%) |
| 335 | KLINIKOWSKI Jacek | 147 | KOCHAM ŻYCIE I... | M-50 | 25 | 01:23:05 | 02:37:11 | 04:17:13.50 | 04:17:26.75 | +02:24:23 (56.1%) | 12:14 | 4.9 (44.1%) |
| 336 | OCHNIO Ewa | 2 | DALEKA DROGA | K-40 | 69 | 01:31:36 | 02:42:11 | 04:16:48.15 | 04:18:05.40 | +02:25:01 (56.2%) | 12:13 | 4.9 (44.1%) |
| 337 | SOBCZAK Aleksander | 471 | BIELAWSKA AKADEMIA BIEGANIA | M-40 | 104 | 01:30:38 | 02:38:59 | 04:17:12.35 | 04:18:06.85 | +02:25:03 (56.2%) | 12:14 | 4.9 (44.1%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Parking 7km | Błędne Skały 14km | Czas netto 21km | Czas brutto 21km | Różn | Tempo min/km | Tempo km/h |
|-----|-----------------------------------|------------|-----------------------------|-----------|------|----------------|-------------------------|-----------------------|------------------------|----------------------|-----------------|----------------|
| 338 | ZIÓŁKOWSKA Sylwia | 302 | STALOWOWOLSKI KLUB BIEGACZA | K-50 | 11 | 01:30:11 | 02:45:31 | 04:18:18.25 | 04:18:22.90 | +02:25:19 (56.2%) | 12:18 | 4.9 (44.1%) |
| 339 | WAŁEK Piotr | 75 | VELO ŁOSIE NA SZOSIE | M-50 | 26 | 01:25:32 | 02:36:40 | 04:18:24.45 | 04:19:01.95 | +02:25:58 (56.4%) | 12:18 | 4.9 (44.1%) |
| 340 | ORWAT Mariusz | 208 | WOLSZTYŃSKI KLUB BIEGOWY | M-40 | 105 | 01:25:48 | 02:31:33 | 04:19:19.05 | 04:19:53.75 | +02:26:50 (56.5%) | 12:20 | 4.9 (44.1%) |
| 341 | MACHAŁA Robert | 16 | | M-40 | 106 | 01:25:47 | 02:32:21 | 04:19:46.95 | 04:20:02.95 | +02:26:59 (56.5%) | 12:22 | 4.9 (44.1%) |
| 342 | SIERANT Marian | 139 | | M-60 | 10 | 01:30:51 | 02:42:24 | 04:23:02.80 | 04:23:18.60 | +02:30:14 (57.1%) | 12:31 | 4.8 (43.2%) |
| 343 | WILMAŃSKI Dariusz | 141 | PARKRUN SŁODOWO WŁOCŁAWEK | M-40 | 107 | 01:29:59 | 02:44:43 | 04:23:05.40 | 04:23:20.60 | +02:30:16 (57.1%) | 12:31 | 4.8 (43.2%) |
| 344 | KÜCHLER Małgorzata | 8 | JARBUD | K-40 | 70 | 01:35:12 | 02:44:55 | 04:23:20.75 | 04:23:40.60 | +02:30:36 (57.1%) | 12:32 | 4.8 (43.2%) |
| 345 | JAROSŁAWSKI Mariusz | 417 | BIEGNIJ OŁAWO | M-50 | 27 | 01:28:34 | 02:44:49 | 04:23:55.60 | 04:24:37.55 | +02:31:33 (57.3%) | 12:34 | 4.8 (43.2%) |
| 346 | DANYLOVA Alina | 429 | | K-30 | 42 | 01:30:16 | 02:45:30 | 04:26:19.25 | 04:27:45.75 | +02:34:42 (57.8%) | 12:40 | 4.7 (42.3%) |
| 347 | SZYCA-ŚMIESZNIK Marta | 233 | | K-20 | 9 | 01:32:44 | 02:46:37 | 04:26:44.90 | 04:27:46.45 | +02:34:42 (57.8%) | 12:42 | 4.7 (42.3%) |
| 348 | STOLARSKI Janusz | 232 | PARKRUN SŁODOWO WŁOCŁAWEK | M-60 | 11 | 01:24:44 | 02:32:16 | 04:26:52.20 | 04:27:49.15 | +02:34:45 (57.8%) | 12:42 | 4.7 (42.3%) |
| 349 | KEMPISTY Anna | 189 | 12TRI.PL | K-50 | 12 | 01:31:24 | 02:48:15 | 04:27:40.50 | 04:28:11.75 | +02:35:08 (57.8%) | 12:44 | 4.7 (42.3%) |
| 350 | CYKULSKA Milena | 124 | | K-30 | 43 | 01:38:56 | 02:50:22 | 04:27:21.70 | 04:29:45.45 | +02:36:41 (58.1%) | 12:43 | 4.7 (42.3%) |
| 351 | MALISZAK Agnieszka | 94 | BBL LEGNICA | K-30 | 44 | 01:33:11 | 02:46:19 | 04:29:25.15 | 04:29:57.35 | +02:36:53 (58.1%) | 12:49 | 4.7 (42.3%) |
| 352 | PIETROWSKA Hallik | 48 | | K-50 | 13 | 01:31:27 | 02:43:26 | 04:30:21.00 | 04:30:44.05 | +02:37:40 (58.2%) | 12:52 | 4.7 (42.3%) |
| 353 | MALIK Karol | 294 | | M-40 | 108 | 01:27:08 | 02:41:07 | 04:30:33.75 | 04:31:17.45 | +02:38:13 (58.3%) | 12:53 | 4.7 (42.3%) |
| 354 | FIORENZA Roberto | 27 | MUD FOXES | K-20 | 10 | 01:38:55 | 02:50:24 | 04:30:09.60 | 04:32:31.25 | +02:39:27 (58.5%) | 12:51 | 4.7 (42.3%) |
| 355 | ŚWIĄTEK Jarek | 448 | | M-30 | 59 | 01:30:18 | 02:44:19 | 04:32:04.30 | 04:33:02.60 | +02:39:58 (58.6%) | 12:57 | 4.6 (41.4%) |
| 356 | JĘDZURA Agnieszka | 460 | | K-40 | 71 | 01:33:03 | 02:50:03 | 04:33:24.35 | 04:33:26.55 | +02:40:22 (58.7%) | 13:01 | 4.6 (41.4%) |
| 357 | JEZUSEK Piotrek | 462 | | M-40 | 109 | 01:33:01 | 02:51:01 | 04:33:24.00 | 04:33:26.60 | +02:40:22 (58.7%) | 13:01 | 4.6 (41.4%) |
| 358 | BOROWIEC-RÓŻYCKA Magdalena | 314 | BIEGAJĄCY ŚWIDNIK | K-40 | 72 | 01:39:34 | 02:54:28 | 04:33:27.60 | 04:34:34.65 | +02:41:30 (58.8%) | 13:01 | 4.6 (41.4%) |
| 359 | PARUS Daniel | 372 | GB GĘSIORZE ZAGÓRÓW | M-40 | 110 | 01:39:30 | 02:51:45 | 04:35:45.80 | 04:36:40.90 | +02:43:37 (59.1%) | 13:07 | 4.6 (41.4%) |
| 360 | GAŁKA Joanna | 387 | OSTROBIEC | K-50 | 14 | 01:29:32 | 02:52:46 | 04:36:50.40 | 04:36:55.25 | +02:43:51 (59.2%) | 13:10 | 4.6 (41.4%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Parking 7km | Błędne Skały 14km | Czas netto 21km | Czas brutto 21km | Różn | Tempo min/km | Tempo km/h |
|---|----------------------------------|------------|----------------------------|-----------|------|----------------|-------------------------|-----------------------|------------------------|----------------------|-----------------|----------------|
| 361 | FIORENZA-GOLISZ Katarzyna | 10 | MUD FOXES | K-30 | 45 | 01:38:53 | 02:54:43 | 04:36:17.10 | 04:38:38.90 | +02:45:35 (59.4%) | 13:09 | 4.6 (41.4%) |
| 362 | SARNOWSKI Maciej | 111 | TKKF MPK POZNAŃ | M-40 | 111 | 01:31:55 | 02:52:28 | 04:38:23.90 | 04:38:38.95 | +02:45:35 (59.4%) | 13:15 | 4.5 (40.5%) |
| 363 | STUDZIŃSKA Karina | 21 | OFIARY SPORTU | K-30 | 46 | 01:36:24 | 02:53:48 | 04:39:46.65 | 04:40:48.00 | +02:47:44 (59.7%) | 13:19 | 4.5 (40.5%) |
| 364 | STRZECHOWSKI Dariusz | 67 | RAJSPOORT ACTIVE | M-40 | 112 | 01:36:25 | 02:53:49 | 04:39:49.70 | 04:40:50.15 | +02:47:46 (59.7%) | 13:19 | 4.5 (40.5%) |
| 365 | MACIAS Waldemar | 331 | | M-60 | 12 | 01:41:38 | 03:02:12 | 04:42:35.40 | 04:43:49.60 | +02:50:45 (60.2%) | 13:27 | 4.5 (40.5%) |
| 366 | BARAŃSKA Marta | 442 | | K-30 | 47 | 01:39:06 | 02:56:48 | 04:43:19.50 | 04:44:21.05 | +02:51:17 (60.2%) | 13:29 | 4.4 (39.6%) |
| 367 | BANICKA Agata | 312 | | K-30 | 48 | 01:39:08 | 02:56:49 | 04:43:20.60 | 04:44:21.35 | +02:51:17 (60.2%) | 13:29 | 4.4 (39.6%) |
| 368 | CHWIAŁKOWSKA Elżbieta | 20 | | K-50 | 15 | 01:39:50 | 02:59:02 | 04:46:09.95 | 04:46:33.05 | +02:53:29 (60.5%) | 13:37 | 4.4 (39.6%) |
| 369 | FIJALKOWSKA Karolina | 313 | | K-30 | 49 | 01:41:23 | 02:59:28 | 04:49:58.25 | 04:51:01.20 | +02:57:57 (61.1%) | 13:48 | 4.3 (38.7%) |
| 370 | SZCZĘSNA Anna | 326 | | K-30 | 50 | 01:41:40 | 02:59:27 | 04:50:01.70 | 04:51:07.35 | +02:58:03 (61.2%) | 13:48 | 4.3 (38.7%) |
| 371 | SZCZĘSNY Daniel | 327 | | M-30 | 60 | 01:41:52 | 02:59:53 | 04:49:57.85 | 04:51:07.55 | +02:58:03 (61.2%) | 13:48 | 4.3 (38.7%) |
| 372 | DZIADOWICZ Andrzej | 129 | | M-40 | 113 | 01:34:19 | 02:57:31 | 04:50:39.35 | 04:51:08.50 | +02:58:04 (61.2%) | 13:50 | 4.3 (38.7%) |
| 373 | BŁĘDOWSKA Sylwia | 137 | COYOTE TEAM | K-40 | 73 | 01:36:56 | 03:03:43 | 04:51:39.10 | 04:52:09.95 | +02:59:06 (61.3%) | 13:53 | 4.3 (38.7%) |
| 374 | BŁĘDOWSKI Mariusz | 138 | COYOTE TEAM | M-40 | 114 | 01:36:53 | 03:03:40 | 04:51:39.25 | 04:52:10.60 | +02:59:06 (61.3%) | 13:53 | 4.3 (38.7%) |
| 375 | LEŚNIEWSKI Sławomir | 120 | PARKRUN SŁODOWO, WŁOCŁAWEK | M-50 | 28 | 01:36:44 | 03:04:16 | 04:51:29.60 | 04:52:11.90 | +02:59:08 (61.3%) | 13:52 | 4.3 (38.7%) |
| 376 | KOŁTOWSKI Michał | 441 | | M-30 | 61 | 01:38:50 | 03:00:14 | 04:52:41.05 | 04:54:08.10 | +03:01:04 (61.6%) | 13:56 | 4.3 (38.7%) |
| 377 | KOZIARA Agnieszka | 428 | | K-40 | 74 | 01:51:50 | 03:08:44 | 04:54:19.95 | 04:54:31.65 | +03:01:27 (61.6%) | 14:00 | 4.3 (38.7%) |
| 378 | MUSIALSKA Anna | 265 | PIĄTKOWO NA BIEGOWO | K-40 | 75 | 01:45:41 | 03:11:28 | 04:54:37.90 | 04:55:13.65 | +03:02:09 (61.7%) | 14:01 | 4.3 (38.7%) |
| 379 | MICHALAK Paulina | 93 | HARD BOX OTWOCK | K-30 | 51 | 01:45:50 | 03:07:12 | 04:57:49.70 | 04:58:39.00 | +03:05:35 (62.1%) | 14:10 | 4.2 (37.8%) |
| 380 | PASIEKA Magda | 221 | | K-40 | 76 | 01:46:01 | 03:15:32 | 04:59:42.30 | 04:59:56.15 | +03:06:52 (62.3%) | 14:16 | 4.2 (37.8%) |
| Przekroczony limit czasu: 05:00:00 | | | | | | | | | | | | |
| LIM | POGORZELSKA Bogusia | 151 | ŻÓŁTOKRÓLEWSCY | K-40 | | 01:46:02 | 03:15:22 | 05:00:00.90 | 05:00:15.05 | | 0:00 | 4.2 (37.8%) |
| LIM | FRĄTCZAK Piotr | 399 | | M-30 | | 01:49:27 | 03:14:57 | 05:00:21.55 | 05:01:12.75 | | 0:00 | 4.2 (37.8%) |
| LIM | GAGASZKA Agnieszka | 158 | HARD BOX OTWOCK | K-30 | | 01:46:33 | 03:07:56 | 05:02:52.95 | 05:02:52.95 | | 0:00 | 4.2 (37.8%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Parking 7km | Błędne Skały 14km | Czas netto 21km | Czas brutto 21km | Różn | Tempo min/km | Tempo km/h |
|-----|-----------------------------|------------|---------------------------|-----------|------|-----------------|-------------------------|-----------------------|------------------------|------|-----------------|---------------|
| LIM | STOLARSKA Danuta | 231 | PARKRUN SŁODOWO WŁOCŁAWEK | K-60 | | 01:41:19 | 03:12:08 | 05:04:40.20 | 05:05:36.25 | 0:00 | 4.1 | (36.9%) |
| LIM | WALCZAK Faustyna | 70 | | K-30 | | 01:47:23 | 03:15:54 | 05:13:46.90 | 05:14:56.40 | 0:00 | 4 | (36.0%) |
| LIM | KLOC Adam | 71 | | M-50 | | 01:47:24 | | 05:14:51.70 | 05:16:00.00 | 0:00 | 4 | (36.0%) |
| LIM | SYGUŁA Monika | 377 | | K-40 | | 01:49:27 | 03:19:09 | 05:15:19.70 | 05:16:12.25 | 0:00 | 4 | (36.0%) |
| LIM | DOBROWOLSKA Karolina | 376 | | K-40 | | 01:49:30 | 03:19:10 | 05:15:23.15 | 05:16:12.75 | 0:00 | 4 | (36.0%) |
| LIM | KOZA Agnieszka | 200 | ZRYW PARZYMIECHY | K-40 | | 01:53:16 | 03:24:01 | 05:25:10.65 | 05:26:03.95 | 0:00 | 3.9 | (35.1%) |
| | KMIECIK Tomasz | 405 | GOPR SUDETY | M-40 | | 00:45:05 DNF | 01:25:19 DNF | DNF | DNF | - | - | (0.0%) |
| | CYKULSKI Piotr | 258 | | M-30 | | 01:39:23 DNF | DNF | DNF | DNF | - | - | (0.0%) |
| | KARPIŃSKI Rafał | 123 | | M-40 | | DNF | DNF | DNF | DNF | - | - | (0.0%) |
| | ADAMSKI Adam | 382 | | M-60 | | DNF | DNF | DNF | DNF | - | - | (0.0%) |
| | KACZMARCZYK Mariusz | 270 | REXER | M-50 | | DNF | DNF | DNF | DNF | - | - | (0.0%) |
| | MÓLL Mateusz | 60 | #SOBASTEAM | M-30 | | DNF | DNF | DNF | DNF | - | - | (0.0%) |
| | LIZAKOWSKI Piotr | 458 | NYHA IV | M-40 | | DNF | DNF | DNF | DNF | - | - | (0.0%) |

Znaleziono 396 wynik(ów)