



**SUPERMARATON
GÓR
STOŁOWYCH**

SGS LIGHT PÓŁMARATON 23KM

B4SPORT

Wydarzenie: Supermaraton Gór Stołowych 2020
Organizator: Fundacja Maratony Górskie
Data: 2020-06-28
Miejsce: Karłów
Dystans: 23 km

B4SPORT
INTELEGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Parking 14.4km | Czas netto 23.6km | Różn | Tempo min/km | Tempo km/h |
|-----|----------------------------------|------------|-----------------------------------------|-----------|------|-------------------|-------------------------|-------------------|-----------------|---------------|
| 1 | BRÝDL Pavel | 201 | SALOMON CZ/WILLA SPA SCALIANO | M-40 | 1 | 01:05:06 | 01:57:16.85 | | 4:58 | 12.1 (100%) |
| 2 | KLIMCZAK Mikołaj | 330 | PRZEDWOJEWSKI MOUNTAIN TEAM | M-20 | 1 | 01:07:31 | 02:00:38.20 | +00:03:21 (2.8%) | 5:06 | 11.7 (96.7%) |
| 3 | NORBERT Michał | 1 | KB SOBÓTKA | M-30 | 1 | 01:11:00 | 02:06:04.75 | +00:08:47 (7.0%) | 5:20 | 11.2 (92.6%) |
| 4 | KRUPA Marcin | 2 | AKTYWNA NOWA RUDA | M-40 | 2 | 01:13:40 | 02:15:47.95 | +00:18:31 (13.6%) | 5:45 | 10.4 (86.0%) |
| 5 | KWARTA Maciej | 460 | 1BPANC K&M | M-30 | 2 | 01:12:52 | 02:17:38.30 | +00:20:21 (14.8%) | 5:49 | 10.3 (85.1%) |
| 6 | KMIECIK Tomasz | 379 | | M-40 | 3 | 01:18:07 | 02:18:06.75 | +00:20:49 (15.1%) | 5:51 | 10.3 (85.1%) |
| 7 | KOZIEŁ Tomasz | 260 | KUDOWIANKA RUN | M-40 | 4 | 01:16:52 | 02:19:43.10 | +00:22:26 (16.1%) | 5:55 | 10.1 (83.5%) |
| 8 | ZATOŃ Cezary | 73 | TRIACTIV RIDLEY | M-30 | 3 | 01:21:06 | 02:25:03.55 | +00:27:46 (19.1%) | 6:08 | 9.8 (81.0%) |
| 9 | BALWIERCZAK Piotr | 91 | NIGHT RUNNERS WROCŁAW / RATEMYTRAIL.COM | M-30 | 4 | 01:21:23 | 02:25:06.10 | +00:27:49 (19.2%) | 6:08 | 9.8 (81.0%) |
| 10 | KARWACKI Maciej | 407 | | M-20 | 2 | 01:19:04 | 02:27:00.30 | +00:29:43 (20.2%) | 6:13 | 9.6 (79.3%) |
| 11 | ZAKOWICZ Paweł | 389 | | M-30 | 5 | 01:24:34 | 02:27:25.10 | +00:30:08 (20.4%) | 6:14 | 9.6 (79.3%) |
| 12 | WIŚNIEWSKI Paweł | 465 | KARKONOSZ RUNNING TEAM . | M-30 | 6 | 01:19:00 | 02:27:48.60 | +00:30:31 (20.7%) | 6:15 | 9.6 (79.3%) |
| 13 | SZCZĘŚNIAK Piotr | 533 | GVT | M-40 | 5 | 01:19:22 | 02:28:37.15 | +00:31:20 (21.1%) | 6:17 | 9.5 (78.5%) |
| 14 | PRZYBYSZEWSKI Łukasz | 375 | | M-30 | 7 | 01:22:56 | 02:29:57.95 | +00:32:41 (21.8%) | 6:21 | 9.4 (77.7%) |
| 15 | NEHRING Karol | 394 | | M-20 | 3 | 01:24:40 | 02:30:58.55 | +00:33:41 (22.3%) | 6:23 | 9.4 (77.7%) |
| 16 | GORCZYŃSKI Norbert | 215 | KUDOWIANKA RUN | M-20 | 4 | 01:21:13 | 02:31:06.45 | +00:33:49 (22.4%) | 6:24 | 9.4 (77.7%) |
| 17 | FALANA Sebastian | 270 | | M-30 | 8 | 01:18:46 | 02:31:07.40 | +00:33:50 (22.4%) | 6:24 | 9.4 (77.7%) |
| 18 | KOKOCIŃSKI Dariusz | 497 | | M-40 | 6 | 01:24:07 | 02:31:32.40 | +00:34:15 (22.6%) | 6:25 | 9.3 (76.9%) |
| 19 | KINAL Piotr | 486 | | M-40 | 7 | 01:23:27 | 02:31:32.80 | +00:34:15 (22.6%) | 6:25 | 9.3 (76.9%) |
| 20 | STANKIEWICZ Tomasz | 121 | PLANYBIEGOWE.PL | M-30 | 9 | 01:23:06 | 02:31:42.15 | +00:34:25 (22.7%) | 6:25 | 9.3 (76.9%) |
| 21 | ŁĄTKA Piotr | 100 | | M-30 | 10 | 01:23:29 | 02:32:26.15 | +00:35:09 (23.1%) | 6:27 | 9.3 (76.9%) |
| 22 | GŁÓD Mateusz | 78 | | M-40 | 8 | 01:25:14 | 02:32:50.60 | +00:35:33 (23.3%) | 6:28 | 9.3 (76.9%) |
| 23 | NIEZGÓDKA Tomasz | 537 | ZAŁOGA GÓRSKA | M-50 | 1 | 01:25:22 | 02:33:21.10 | +00:36:04 (23.5%) | 6:29 | 9.2 (76.0%) |
| 24 | SWORSKI Roman | 508 | KASTYO / VEGE RUNNERS | M-30 | 11 | 01:23:31 | 02:33:30.20 | +00:36:13 (23.6%) | 6:30 | 9.2 (76.0%) |
| 25 | KORCZ Daniel | 470 | | M-40 | 9 | 01:25:40 | 02:33:41.20 | +00:36:24 (23.7%) | 6:30 | 9.2 (76.0%) |
| 26 | FRANCZAK Mariusz | 502 | DTR BIEGA / MARIO TEAM | M-40 | 10 | 01:23:48 | 02:33:45.75 | +00:36:28 (23.7%) | 6:30 | 9.2 (76.0%) |
| 27 | MAJCHRZAK Maciej | 10 | | M-30 | 12 | 01:27:12 | 02:35:27.85 | +00:38:11 (24.6%) | 6:35 | 9.1 (75.2%) |
| 28 | TRZECIAKIEWICZ Mieczysław | 68 | MLKS RADKÓW | M-50 | 2 | 01:25:59 | 02:36:06.80 | +00:38:49 (24.9%) | 6:36 | 9.1 (75.2%) |
| 29 | KUBICKI Mariusz | 44 | | M-40 | 11 | 01:26:28 | 02:36:48.30 | +00:39:31 (25.2%) | 6:38 | 9 (74.4%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Parking 14.4km | Czas | | Tempo min/km | Tempo km/h |
|-----|----------------------------------|------------|-------------------------------|-----------|------|-------------------|--------------------|-------------------|-----------------|---------------|
| | | | | | | | netto 23.6km | Różn | | |
| 30 | CYRAN Piotr | 288 | | M-30 | 13 | 01:24:57 | 02:37:15.25 | +00:39:58 (25.4%) | 6:39 | 9 (74.4%) |
| 31 | ŻURAWSKI Kamil | 75 | ENTRE.PL TEAM | M-20 | 5 | 01:24:55 | 02:37:58.85 | +00:40:42 (25.8%) | 6:41 | 9 (74.4%) |
| 32 | KULIK Iwona | 439 | KUDOWIANKA RUN | K-20 | 1 | 01:28:16 | 02:38:06.35 | +00:40:49 (25.8%) | 6:41 | 9 (74.4%) |
| 33 | PIETRZAK Daniel | 518 | DOGOŃ GRODZISK MAZOWIECKI | M-30 | 14 | 01:31:27 | 02:38:35.35 | +00:41:18 (26.0%) | 6:43 | 8.9 (73.6%) |
| 34 | NOWACKI Mateusz | 479 | | M-30 | 15 | 01:27:24 | 02:38:56.10 | +00:41:39 (26.2%) | 6:44 | 8.9 (73.6%) |
| 35 | STARUCH Robert | 117 | | M-30 | 16 | 01:28:23 | 02:39:01.30 | +00:41:44 (26.2%) | 6:44 | 8.9 (73.6%) |
| 36 | BRONISZEWSKI Łukasz | 443 | POWER TRAINING | M-30 | 17 | 01:28:53 | 02:39:22.95 | +00:42:06 (26.4%) | 6:45 | 8.9 (73.6%) |
| 37 | PŁONOWSKI Maciej | 189 | | M-30 | 18 | 01:26:33 | 02:41:04.10 | +00:43:47 (27.2%) | 6:49 | 8.8 (72.7%) |
| 38 | GRAD Adam | 257 | DZIKA BANDA ŁAKOMCZUCHÓW | M-30 | 19 | 01:33:22 | 02:41:20.00 | +00:44:03 (27.3%) | 6:50 | 8.8 (72.7%) |
| 39 | MEZYNSKI Szymon | 296 | KUDOWIANKA RUN | M-20 | 6 | 01:26:22 | 02:41:40.60 | +00:44:23 (27.5%) | 6:51 | 8.8 (72.7%) |
| 40 | NAWROT Wojciech Nawrot | 4 | | M-30 | 20 | 01:31:41 | 02:41:44.40 | +00:44:27 (27.5%) | 6:51 | 8.8 (72.7%) |
| 41 | BEKAS Marcin | 424 | | M-40 | 12 | 01:31:09 | 02:42:07.80 | +00:44:50 (27.7%) | 6:52 | 8.7 (71.9%) |
| 42 | BOSAKIEWICZ Tomasz | 47 | OLAWS | M-30 | 21 | 01:29:41 | 02:42:47.75 | +00:45:30 (28.0%) | 6:53 | 8.7 (71.9%) |
| 43 | PIKOS Patryk | 127 | | M-30 | 22 | 01:27:54 | 02:43:14.05 | +00:45:57 (28.2%) | 6:55 | 8.7 (71.9%) |
| 44 | OSICKI Dawid | 520 | | M-20 | 7 | 01:27:40 | 02:43:21.65 | +00:46:04 (28.2%) | 6:55 | 8.7 (71.9%) |
| 45 | HOJA Joanna | 491 | ALPIN SPORT HOKA ONE ONE TEAM | K-30 | 1 | 01:29:19 | 02:43:25.10 | +00:46:08 (28.2%) | 6:55 | 8.7 (71.9%) |
| 46 | GILEWSKI Artur | 453 | | M-40 | 13 | 01:31:31 | 02:43:50.10 | +00:46:33 (28.4%) | 6:56 | 8.6 (71.1%) |
| 47 | KUJDA Arkadiusz | 473 | 1 BRYGADA LOGISTYCZNA | M-40 | 14 | 01:30:36 | 02:44:19.40 | +00:47:02 (28.6%) | 6:57 | 8.6 (71.1%) |
| 48 | WRÓBLEWSKI Konrad | 469 | | M-40 | 15 | 01:30:37 | 02:44:23.20 | +00:47:06 (28.7%) | 6:57 | 8.6 (71.1%) |
| 49 | BRZOZOWSKI Filip | 471 | SPARTA RUNNERS | M-30 | 23 | 01:22:10 | 02:45:17.00 | +00:48:00 (29.0%) | 7:00 | 8.6 (71.1%) |
| 50 | KRZYSZTOFIK Piotr | 205 | CROSSFIT ETERNIA | M-40 | 16 | 01:31:24 | 02:45:19.10 | +00:48:02 (29.1%) | 7:00 | 8.6 (71.1%) |
| 51 | WINIECKI Tomasz | 244 | | M-40 | 17 | 01:31:20 | 02:45:30.45 | +00:48:13 (29.1%) | 7:00 | 8.6 (71.1%) |
| 52 | KOPCZYŃSKI Łukasz | 511 | K-TEAM | M-30 | 24 | 01:28:29 | 02:45:51.00 | +00:48:34 (29.3%) | 7:01 | 8.5 (70.2%) |
| 53 | TOMCZAK Krystian | 435 | | M-20 | 8 | 01:31:52 | 02:46:44.00 | +00:49:27 (29.7%) | 7:03 | 8.5 (70.2%) |
| 54 | NOWACKA Marlena | 538 | | K-40 | 1 | 01:32:23 | 02:46:52.95 | +00:49:36 (29.7%) | 7:04 | 8.5 (70.2%) |
| 55 | KUKUĆ - KWAPISZEWSKA Anna | 369 | | K-40 | 2 | 01:32:21 | 02:47:56.10 | +00:50:39 (30.2%) | 7:06 | 8.4 (69.4%) |
| 56 | KOTYRBA Tomasz | 284 | K_T_R_B | M-30 | 25 | 01:33:18 | 02:48:12.60 | +00:50:55 (30.3%) | 7:07 | 8.4 (69.4%) |
| 57 | ŚWIĄTEK Julia | 456 | IMMABEE | K-30 | 2 | 01:32:25 | 02:48:14.00 | +00:50:57 (30.3%) | 7:07 | 8.4 (69.4%) |
| 58 | WOJTIS Arkadiusz | 258 | DZIKA BANDA ŁAKOMCZUCHÓW | M-40 | 18 | 01:32:07 | 02:48:24.40 | +00:51:07 (30.4%) | 7:08 | 8.4 (69.4%) |
| 59 | WIERZBICKI Witold | 500 | | M-30 | 26 | 01:29:40 | 02:48:44.95 | +00:51:28 (30.5%) | 7:09 | 8.4 (69.4%) |
| 60 | MAJCHRZAK Marcin | 484 | DELOITTE ADVENTURE TEAM | M-40 | 19 | 01:29:28 | 02:49:26.35 | +00:52:09 (30.8%) | 7:10 | 8.4 (69.4%) |
| 61 | OLKIS Rafał | 345 | RMT TEAM / RATEMYTRAIL.COM | M-30 | 27 | 01:28:21 | 02:49:33.65 | +00:52:16 (30.8%) | 7:11 | 8.4 (69.4%) |
| 62 | MICHAŁKIEWICZ Wojciech | 403 | AKADEMIA WOJSK ŁĄDOWYCH | M-50 | 3 | 01:31:58 | 02:49:53.75 | +00:52:36 (31.0%) | 7:11 | 8.3 (68.6%) |
| 63 | LUBAŃSKI Robert | 481 | | M-50 | 4 | 01:31:46 | 02:49:56.70 | +00:52:39 (31.0%) | 7:12 | 8.3 (68.6%) |
| 64 | GRZĄBA Szymon | 107 | | M-40 | 20 | 01:31:00 | 02:50:14.65 | +00:52:57 (31.1%) | 7:12 | 8.3 (68.6%) |
| 65 | KOLEŚNIK Kamil | 240 | | M-30 | 28 | 01:35:12 | 02:50:39.05 | +00:53:22 (31.3%) | 7:13 | 8.3 (68.6%) |
| 66 | GÓRKA Arkadiusz | 150 | | M-20 | 9 | 01:33:33 | 02:50:52.50 | +00:53:35 (31.4%) | 7:14 | 8.3 (68.6%) |
| 67 | OPAŁKA Damian | 129 | MYRACE | M-30 | 29 | 01:27:10 | 02:51:13.00 | +00:53:56 (31.5%) | 7:15 | 8.3 (68.6%) |
| 68 | BRUS Marcin | 22 | | M-40 | 21 | 01:32:42 | 02:51:21.10 | +00:54:04 (31.6%) | 7:15 | 8.3 (68.6%) |
| 69 | KRAJKA Jarosław | 342 | UMCS BIEGA | M-40 | 22 | 01:34:42 | 02:52:15.65 | +00:54:58 (31.9%) | 7:17 | 8.2 (67.8%) |
| 70 | BRODA Dominik | 455 | | M-30 | 30 | 01:32:15 | 02:52:25.80 | +00:55:08 (32.0%) | 7:18 | 8.2 (67.8%) |
| 71 | BIAŁOBLÓCKA Alicja | 19 | | K-30 | 3 | 01:31:48 | 02:52:34.45 | +00:55:17 (32.0%) | 7:18 | 8.2 (67.8%) |
| 72 | ZAWADA Michał | 398 | SPRYTNE WIEWIÓRKI | M-40 | 23 | 01:34:09 | 02:52:34.55 | +00:55:17 (32.0%) | 7:18 | 8.2 (67.8%) |
| 73 | WIERZCHOWSKA Izabela | 335 | BASTER TEAM | K-30 | 4 | 01:32:47 | 02:53:03.40 | +00:55:46 (32.2%) | 7:19 | 8.2 (67.8%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Parking 14.4km | Czas | | Różn | Tempo min/km | Tempo km/h |
|-----|-------------------------|-------|-------------------------------------|-----------|------|-------------------|--------------------|-------------------|------|-----------------|---------------|
| | | | | | | | netto 23.6km | | | | |
| 74 | KARATKÓW Ewa | 462 | | K-40 | 3 | 01:32:52 | 02:53:55.95 | +00:56:39 (32.6%) | 7:22 | 8.1 (66.9%) | |
| 75 | ZIELIŃSKI Dominik | 466 | | M-30 | 31 | 01:33:18 | 02:54:05.85 | +00:56:49 (32.6%) | 7:22 | 8.1 (66.9%) | |
| 76 | SWORNOWSKA Anna | 84 | | K-20 | 2 | 01:35:33 | 02:54:43.30 | +00:57:26 (32.9%) | 7:24 | 8.1 (66.9%) | |
| 77 | GONCZAR Szymon | 411 | | M-30 | 32 | | 02:54:49.00 | +00:57:32 (32.9%) | 7:24 | 8.1 (66.9%) | |
| 78 | SZARANIEC Sebastian | 410 | T-MOBILE SPORT TEAM | M-40 | 24 | 01:33:40 | 02:55:11.90 | +00:57:55 (33.1%) | 7:25 | 8.1 (66.9%) | |
| 79 | PIEUCH Karolina | 46 | LACHO TEAM | K-30 | 5 | 01:37:16 | 02:55:44.75 | +00:58:27 (33.3%) | 7:26 | 8.1 (66.9%) | |
| 80 | ŚLEZIAK Jarosław | 489 | RUNNING MATNER TEAM | M-40 | 25 | 01:29:12 | 02:55:59.45 | +00:58:42 (33.4%) | 7:27 | 8 (66.1%) | |
| 81 | NARUCKI Wojciech | 184 | | M-40 | 26 | 01:39:19 | 02:56:02.40 | +00:58:45 (33.4%) | 7:27 | 8 (66.1%) | |
| 82 | PAŻUCHA Wojciech | 354 | ACID MANIAXXX | M-40 | 27 | 01:35:01 | 02:56:34.15 | +00:59:17 (33.6%) | 7:28 | 8 (66.1%) | |
| 83 | GROCHECKA Joanna | 86 | | K-30 | 6 | 01:37:14 | 02:56:41.95 | +00:59:25 (33.6%) | 7:29 | 8 (66.1%) | |
| 84 | RATYMIRSKI Wojciech | 463 | #SOBASTEAM | M-40 | 28 | 01:33:56 | 02:56:45.45 | +00:59:28 (33.6%) | 7:29 | 8 (66.1%) | |
| 85 | HACUŚ Tomasz | 110 | | M-40 | 29 | 01:38:52 | 02:57:26.30 | +01:00:09 (33.9%) | 7:31 | 8 (66.1%) | |
| 86 | BŁAN Paweł | 283 | | M-40 | 30 | 01:30:51 | 02:58:04.70 | +01:00:47 (34.1%) | 7:32 | 8 (66.1%) | |
| 87 | SURGIENIEWICZ Marcin | 130 | DZIKI WORKOUT CZARNY BÓR | M-40 | 31 | 01:36:59 | 02:59:14.35 | +01:01:57 (34.6%) | 7:35 | 7.9 (65.3%) | |
| 88 | SUCHOWIECKI Wojciech | 147 | ORTOEYETEAM | M-40 | 32 | 01:34:25 | 02:59:22.10 | +01:02:05 (34.6%) | 7:36 | 7.9 (65.3%) | |
| 89 | ANDRZEJEWSKI Przemysław | 76 | WK POZNAŃ | M-40 | 33 | 01:36:11 | 03:00:04.15 | +01:02:47 (34.9%) | 7:37 | 7.9 (65.3%) | |
| 90 | KANCERSKI Krzysztof | 326 | | M-50 | 5 | 01:37:45 | 03:00:36.70 | +01:03:19 (35.1%) | 7:39 | 7.8 (64.5%) | |
| 91 | SALWA Emil | 514 | | M-30 | 33 | 01:37:16 | 03:01:01.25 | +01:03:44 (35.2%) | 7:40 | 7.8 (64.5%) | |
| 92 | ŁASKOWSKA Marzena | 24 | WKURW_TEAM | K-40 | 4 | 01:41:17 | 03:01:02.75 | +01:03:45 (35.2%) | 7:40 | 7.8 (64.5%) | |
| 93 | JEŻEWSKI Sławomir | 344 | GRZMOT KOMORNIKI | M-40 | 34 | 01:38:47 | 03:01:26.25 | +01:04:09 (35.4%) | 7:41 | 7.8 (64.5%) | |
| 94 | BIECUSZEK Tomasz | 457 | AKTYWNA NOWA RUDA | M-40 | 35 | 01:35:56 | 03:01:56.05 | +01:04:39 (35.5%) | 7:42 | 7.8 (64.5%) | |
| 95 | WITKOWSKI Mikołaj | 120 | | M-20 | 10 | 01:37:56 | 03:02:27.10 | +01:05:10 (35.7%) | 7:43 | 7.8 (64.5%) | |
| 96 | JAWORSKA Magdalena | 224 | GB WIELKOPOLSCY BIEGACZE / TEAM KGB | K-40 | 5 | 01:40:55 | 03:02:28.80 | +01:05:11 (35.7%) | 7:43 | 7.8 (64.5%) | |
| 97 | MARUSZAK Darek | 216 | DOGOŃ GRODZISK MAZOWIECKI | M-40 | 36 | 01:41:41 | 03:03:01.60 | +01:05:44 (35.9%) | 7:45 | 7.7 (63.6%) | |
| 98 | ŁAŻNIEWSKI Dariusz | 101 | OLSZYNA BIEGA | M-30 | 34 | 01:39:00 | 03:03:21.95 | +01:06:05 (36.0%) | 7:46 | 7.7 (63.6%) | |
| 99 | TRELA Jacek | 228 | AZS AWF KRAKÓW MASTERS | M-60 | 1 | 01:42:02 | 03:03:36.25 | +01:06:19 (36.1%) | 7:46 | 7.7 (63.6%) | |
| 100 | LAZAROWICZ Krzysztof | 65 | | M-30 | 35 | 01:39:46 | 03:04:06.20 | +01:06:49 (36.3%) | 7:48 | 7.7 (63.6%) | |
| 101 | BRONCZAK Tomasz | 64 | | M-40 | 37 | 01:41:47 | 03:05:53.45 | +01:08:36 (36.9%) | 7:52 | 7.6 (62.8%) | |
| 102 | CZAJKOWSKA Sylwia | 142 | BYDGOSKIE OKONIE | K-40 | 6 | 01:38:10 | 03:06:11.50 | +01:08:54 (37.0%) | 7:53 | 7.6 (62.8%) | |
| 103 | BOĆKO Ewa | 33 | DTR BIEGA/MARIO TEAM | K-30 | 7 | 01:40:51 | 03:06:25.30 | +01:09:08 (37.1%) | 7:53 | 7.6 (62.8%) | |
| 104 | ZATOŃ Adrian | 81 | | M-40 | 38 | 01:43:27 | 03:06:32.00 | +01:09:15 (37.1%) | 7:54 | 7.6 (62.8%) | |
| 105 | TATKA Marcin | 526 | | M-40 | 39 | 01:41:25 | 03:06:33.50 | +01:09:16 (37.1%) | 7:54 | 7.6 (62.8%) | |
| 106 | KOZŁOWSKA Iwona | 488 | LESZNO LIMITS RUNNERS | K-40 | 7 | 01:43:05 | 03:07:00.35 | +01:09:43 (37.3%) | 7:55 | 7.6 (62.8%) | |
| 107 | GAJEWSKI Jacek | 377 | DOGOŃ GRODZISK MAZOWIECKI | M-40 | 40 | 01:42:22 | 03:07:12.35 | +01:09:55 (37.4%) | 7:55 | 7.6 (62.8%) | |
| 108 | LASZEWSKI Mateusz | 467 | | M-20 | 11 | 01:37:45 | 03:07:34.95 | +01:10:18 (37.5%) | 7:56 | 7.5 (62.0%) | |
| 109 | CHMURA Jarosław | 393 | | M-40 | 41 | 01:41:51 | 03:08:02.75 | +01:10:45 (37.6%) | 7:58 | 7.5 (62.0%) | |
| 110 | MÓLL Mateusz | 11 | | M-20 | 12 | 01:30:32 | 03:08:25.95 | +01:11:09 (37.8%) | 7:59 | 7.5 (62.0%) | |
| 111 | GŁUCHY Marek | 322 | OBORNICKI KLUB LEKKOATLETYCZNY | M-30 | 36 | 01:42:21 | 03:08:34.85 | +01:11:18 (37.8%) | 7:59 | 7.5 (62.0%) | |
| 112 | MIĘSOWICZ Mirosław | 301 | | M-30 | 37 | 01:40:32 | 03:09:10.65 | +01:11:53 (38.0%) | 8:00 | 7.5 (62.0%) | |
| 113 | JABŁOŃSKA Dorota | 163 | OUTDOOR TRAINING | K-20 | 3 | 01:44:35 | 03:10:11.70 | +01:12:54 (38.3%) | 8:03 | 7.4 (61.2%) | |
| 114 | ANDRZEJEWSKI Krystian | 308 | MOGILNO TEAM | M-40 | 42 | 01:46:32 | 03:10:22.00 | +01:13:05 (38.4%) | 8:03 | 7.4 (61.2%) | |
| 115 | ROSZCZYK Michał | 143 | ORTOEYETEAM | M-40 | 43 | 01:38:18 | 03:10:56.30 | +01:13:39 (38.6%) | 8:05 | 7.4 (61.2%) | |
| 116 | DOLATA Maciej | 83 | | M-40 | 44 | 01:46:53 | 03:11:11.15 | +01:13:54 (38.7%) | 8:06 | 7.4 (61.2%) | |
| 117 | PACIOREK Ewa | 513 | | K-30 | 8 | 01:44:19 | 03:11:21.20 | +01:14:04 (38.7%) | 8:06 | 7.4 (61.2%) | |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Parking 14.4km | Czas | | Różn | Tempo min/km | Tempo km/h |
|-----|-------------------------------|------------|---------------------------------|-----------|------|-------------------|--------------------|-------------------|------|-----------------|---------------|
| | | | | | | | netto 23.6km | | | | |
| 118 | MARTEKLAS Jan | 139 | NIGHT RUNNERS WROCŁAW | M-30 | 38 | 01:43:35 | 03:11:25.05 | +01:14:08 (38.7%) | 8:06 | 7.4 (61.2%) | |
| 119 | GRAD Idalia | 256 | DZIKA BANDA ŁAKOMCZUCHÓW | K-30 | 9 | 01:49:17 | 03:11:47.60 | +01:14:30 (38.9%) | 8:07 | 7.4 (61.2%) | |
| 120 | TOPOROWSKI Kamil | 85 | BIEGAJĄCY ŚWIDNIK | M-30 | 39 | 01:43:37 | 03:11:54.55 | +01:14:37 (38.9%) | 8:07 | 7.4 (61.2%) | |
| 121 | STĘPEL Marek | 442 | GRUPA NOMAX | M-30 | 40 | 01:40:40 | 03:12:16.10 | +01:14:59 (39.0%) | 8:08 | 7.4 (61.2%) | |
| 122 | PANKOWSKI Jerzy | 324 | | M-30 | 41 | 01:52:28 | 03:12:50.10 | +01:15:33 (39.2%) | 8:10 | 7.3 (60.3%) | |
| 123 | SZYMAŃSKA Brygida | 279 | STRZEGOMSKA DWUNASTKA | K-30 | 10 | 01:46:56 | 03:12:59.95 | +01:15:43 (39.2%) | 8:10 | 7.3 (60.3%) | |
| 124 | DOMAGAŁA Grażyna | 167 | NIGHT RUNNERS WROCŁAW | K-30 | 11 | 01:43:37 | 03:13:02.50 | +01:15:45 (39.2%) | 8:10 | 7.3 (60.3%) | |
| 125 | STANKIEWICZ Anna | 370 | DOGOŃ GRODZISK MAZOWIECKI | K-30 | 12 | 01:47:24 | 03:13:14.25 | +01:15:57 (39.3%) | 8:11 | 7.3 (60.3%) | |
| 126 | ČERVENÝ David | 157 | | M-40 | 45 | 01:46:11 | 03:13:19.25 | +01:16:02 (39.3%) | 8:11 | 7.3 (60.3%) | |
| 127 | KUCZYŃSKI Szymon | 429 | ZAWONIA | M-40 | 46 | 01:43:27 | 03:13:21.95 | +01:16:05 (39.3%) | 8:11 | 7.3 (60.3%) | |
| 128 | BADOWSKI Sebastian | 417 | ZAWONIA TEAM | M-40 | 47 | 01:43:35 | 03:13:55.90 | +01:16:39 (39.5%) | 8:13 | 7.3 (60.3%) | |
| 129 | WIERZCHOWSKI Adam | 336 | BASTER TEAM | M-40 | 48 | 01:45:40 | 03:15:46.75 | +01:18:29 (40.1%) | 8:17 | 7.2 (59.5%) | |
| 130 | SZAL Małgorzata | 161 | TENIS CENTRUM AS | K-30 | 13 | 01:47:45 | 03:16:05.30 | +01:18:48 (40.2%) | 8:18 | 7.2 (59.5%) | |
| 131 | GNITECKA Katarzyna | 540 | | K-20 | 4 | 01:47:03 | 03:16:10.65 | +01:18:53 (40.2%) | 8:18 | 7.2 (59.5%) | |
| 132 | SOBKOWIAK Marcin | 454 | | M-30 | 42 | 01:44:03 | 03:16:15.05 | +01:18:58 (40.2%) | 8:18 | 7.2 (59.5%) | |
| 133 | GÓRKA Piotr | 259 | | M-30 | 43 | 01:47:46 | 03:17:20.70 | +01:20:03 (40.6%) | 8:21 | 7.2 (59.5%) | |
| 134 | KAPAŁKA Adrian | 382 | NATALIA TOMASIAK GÓRSKI STYL | M-40 | 49 | 01:48:52 | 03:17:25.70 | +01:20:08 (40.6%) | 8:21 | 7.2 (59.5%) | |
| 135 | DOLIWKA Paweł | 74 | LUBAWA KOCHA BIEGAĆ | M-40 | 50 | 01:44:55 | 03:17:35.45 | +01:20:18 (40.6%) | 8:22 | 7.2 (59.5%) | |
| 136 | SURGIEL Dariusz | 123 | | M-50 | 6 | 01:45:06 | 03:18:26.25 | +01:21:09 (40.9%) | 8:24 | 7.1 (58.7%) | |
| 137 | ULIKOWSKA Martyna | 87 | ZAŁOGA GÓRSKA | K-20 | 5 | 01:49:33 | 03:19:09.50 | +01:21:52 (41.1%) | 8:26 | 7.1 (58.7%) | |
| 138 | BABIŃSKA Ewelina | 77 | | K-30 | 14 | 01:43:57 | 03:19:15.80 | +01:21:58 (41.1%) | 8:26 | 7.1 (58.7%) | |
| 139 | BOCHAN Lidia | 426 | | K-40 | 8 | 01:50:35 | 03:19:16.00 | +01:21:59 (41.1%) | 8:26 | 7.1 (58.7%) | |
| 140 | TRZEPACZ Dorota | 359 | KB LUPUS OLEŚNICA | K-40 | 9 | 01:47:21 | 03:19:20.30 | +01:22:03 (41.2%) | 8:26 | 7.1 (58.7%) | |
| 141 | CHLEWIŃSKI Łukasz | 182 | | M-30 | 44 | 01:37:03 | 03:20:21.80 | +01:23:04 (41.5%) | 8:29 | 7.1 (58.7%) | |
| 142 | WIERTEL Łukasz | 430 | DIETETYK ŁUKASZ WIERTEL | M-30 | 45 | 01:44:49 | 03:21:42.60 | +01:24:25 (41.9%) | 8:32 | 7 (57.9%) | |
| 143 | WIERZBIŃSKA Edyta | 69 | LATYFUNDYŚCI BIEGAJĄ | K-40 | 10 | 01:52:04 | 03:22:28.95 | +01:25:12 (42.1%) | 8:34 | 7 (57.9%) | |
| 144 | MARKOWSKI Zbigniew | 124 | BIEGAMDLAZDROWIA.PL | M-50 | 7 | 01:46:38 | 03:22:53.65 | +01:25:36 (42.2%) | 8:35 | 7 (57.9%) | |
| 145 | SZUBARSKI Krzysztof | 378 | PARKRUN CIESZYN | M-40 | 51 | 01:48:36 | 03:22:56.95 | +01:25:40 (42.2%) | 8:35 | 7 (57.9%) | |
| 146 | ŁASKOWSKI Tomasz | 13 | WKURW_TEAM | M-50 | 8 | 01:47:57 | 03:23:51.90 | +01:26:35 (42.5%) | 8:38 | 6.9 (57.0%) | |
| 147 | WITOR Marcin | 295 | CZERWONAK BIEGA | M-30 | 46 | 01:43:39 | 03:24:21.50 | +01:27:04 (42.6%) | 8:39 | 6.9 (57.0%) | |
| 148 | SZMAGIEREWSKI Wojciech | 380 | TRENUJZNAMI.PL | M-50 | 9 | 01:48:22 | 03:24:26.80 | +01:27:09 (42.6%) | 8:39 | 6.9 (57.0%) | |
| 149 | GRABIAS-MAZUR Krystyna | 321 | TKKF TRIATHLON DĄBROWA GÓRNICZA | K-30 | 15 | 01:52:08 | 03:24:56.10 | +01:27:39 (42.8%) | 8:41 | 6.9 (57.0%) | |
| 150 | WALA Patryk | 536 | BIEG OPOLSKI / ZAŁOGA GÓRSKA | M-20 | 13 | 01:51:48 | 03:24:56.55 | +01:27:39 (42.8%) | 8:41 | 6.9 (57.0%) | |
| 151 | PAWIŃSKI Artur | 402 | ADIDAS RUNNERS WARSAW | M-40 | 52 | 01:47:17 | 03:24:56.85 | +01:27:40 (42.8%) | 8:41 | 6.9 (57.0%) | |
| 152 | WOLNY Marcin | 185 | WIELUŃ BIEGA | M-30 | 47 | 01:51:04 | 03:25:00.95 | +01:27:44 (42.8%) | 8:41 | 6.9 (57.0%) | |
| 153 | MAKLES Paweł | 217 | BBLGUBIN | M-20 | 14 | 01:56:09 | 03:25:10.05 | +01:27:53 (42.8%) | 8:41 | 6.9 (57.0%) | |
| 154 | ŁUCJANEK Justyna | 464 | KAJATEAM | K-30 | 16 | 01:53:38 | 03:25:33.05 | +01:28:16 (42.9%) | 8:42 | 6.9 (57.0%) | |
| 155 | BABINEK Adam | 406 | | M-40 | 53 | 01:45:48 | 03:25:50.15 | +01:28:33 (43.0%) | 8:43 | 6.9 (57.0%) | |
| 156 | POŁOM Rafał | 289 | NOA | M-30 | 48 | 01:45:43 | 03:25:55.80 | +01:28:38 (43.0%) | 8:43 | 6.9 (57.0%) | |
| 157 | KRUPIEŃCZYK Michał | 459 | | M-30 | 49 | 01:49:08 | 03:26:34.95 | +01:29:18 (43.2%) | 8:45 | 6.9 (57.0%) | |
| 158 | GAŚIOROWSKI Grzegorz | 306 | :) | M-30 | 50 | 01:57:20 | 03:26:55.80 | +01:29:38 (43.3%) | 8:46 | 6.8 (56.2%) | |
| 159 | SZANIEWSKI Mirosław | 504 | BIEGAMDLAZDROWIA.PL | M-40 | 54 | 01:48:37 | 03:27:02.60 | +01:29:45 (43.4%) | 8:46 | 6.8 (56.2%) | |
| 160 | SMUDA Ryszard | 318 | | M-60 | 2 | 01:56:08 | 03:27:17.60 | +01:30:00 (43.4%) | 8:46 | 6.8 (56.2%) | |
| 161 | WOLSKI Kamil | 272 | RACEFIGHTER GOSIR DĘBE WIELKIE | M-30 | 51 | 01:53:31 | 03:27:19.85 | +01:30:03 (43.4%) | 8:47 | 6.8 (56.2%) | |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Parking 14.4km | Czas | | Tempo min/km | Tempo km/h |
|-----|-------------------------------|------------|------------------------------|-----------|------|-------------------|--------------------|-------------------|-----------------|---------------|
| | | | | | | | netto 23.6km | Różn | | |
| 162 | STELMACH Mariusz | 146 | | M-30 | 52 | 01:52:16 | 03:28:20.20 | +01:31:03 (43.7%) | 8:49 | 6.8 (56.2%) |
| 163 | MARCINKIEWICZ Jerzy | 367 | ŁEMKO TEAM | M-50 | 10 | 01:47:13 | 03:28:31.95 | +01:31:15 (43.8%) | 8:50 | 6.8 (56.2%) |
| 164 | PAŹDZIOR Wojciech | 229 | ACTIVE STRATEGY | M-30 | 53 | 01:47:21 | 03:28:45.00 | +01:31:28 (43.8%) | 8:50 | 6.8 (56.2%) |
| 165 | BRUCH Katarzyna | 384 | | K-30 | 17 | 01:53:25 | 03:28:51.05 | +01:31:34 (43.8%) | 8:50 | 6.8 (56.2%) |
| 166 | DURMAN Sławomir | 207 | ZW DWKP-W | M-30 | 54 | 01:56:07 | 03:29:04.05 | +01:31:47 (43.9%) | 8:51 | 6.8 (56.2%) |
| 167 | MACIĄG Marian | 447 | SZOSZONI | M-50 | 11 | 01:52:20 | 03:29:24.65 | +01:32:07 (44.0%) | 8:52 | 6.8 (56.2%) |
| 168 | ŁAŻEWSKI Marcin | 452 | | M-40 | 55 | 01:57:41 | 03:29:26.10 | +01:32:09 (44.0%) | 8:52 | 6.8 (56.2%) |
| 169 | ŁAŻEWSKA Sylwia | 12 | | K-40 | 11 | 01:57:52 | 03:29:36.80 | +01:32:19 (44.0%) | 8:52 | 6.8 (56.2%) |
| 170 | GAŚSIOROWSKA Agnieszka | 368 | EVERRUN | K-30 | 18 | 01:53:12 | 03:30:12.30 | +01:32:55 (44.2%) | 8:54 | 6.7 (55.4%) |
| 171 | BUSS Konrad | 35 | KUDOWIANKA RUN | M-30 | 55 | 01:59:12 | 03:30:57.40 | +01:33:40 (44.4%) | 8:56 | 6.7 (55.4%) |
| 172 | BUSS Jakub | 30 | KUDOWIANKA RUN | M-40 | 56 | 01:59:24 | 03:31:04.85 | +01:33:48 (44.4%) | 8:56 | 6.7 (55.4%) |
| 173 | MARCINKOWSKA Jadwiga | 408 | | K-50 | 1 | 01:57:52 | 03:31:11.00 | +01:33:54 (44.5%) | 8:56 | 6.7 (55.4%) |
| 174 | LESZCZYŃSKA Weronika | 506 | | K-30 | 19 | 01:51:50 | 03:31:15.05 | +01:33:58 (44.5%) | 8:57 | 6.7 (55.4%) |
| 175 | DUDEK Przemysław | 512 | PARKRUN SŁODOWO WŁOCŁAWEK | M-40 | 57 | 01:51:33 | 03:31:19.15 | +01:34:02 (44.5%) | 8:57 | 6.7 (55.4%) |
| 176 | BUGANIK Magdalena | 480 | 23 ŚLĄSKI PUŁK ARTYLERII | K-40 | 12 | 01:53:37 | 03:31:23.10 | +01:34:06 (44.5%) | 8:57 | 6.7 (55.4%) |
| 177 | ŚWITAŁA Marcin | 300 | KB SPARTAKUS | M-40 | 58 | 01:52:50 | 03:31:40.80 | +01:34:23 (44.6%) | 8:58 | 6.7 (55.4%) |
| 178 | BARCZAK Tomasz | 478 | RUN TEAM MILEJÓW | M-40 | 59 | 01:51:07 | 03:31:54.30 | +01:34:37 (44.7%) | 8:58 | 6.7 (55.4%) |
| 179 | BARCZAK Katarzyna | 477 | RUN TEAM MILEJÓW | K-40 | 13 | 01:51:20 | 03:32:01.40 | +01:34:44 (44.7%) | 8:59 | 6.7 (55.4%) |
| 180 | TOMASZEWSKI Wojciech | 458 | | M-20 | 15 | 01:56:05 | 03:32:02.95 | +01:34:46 (44.7%) | 8:59 | 6.7 (55.4%) |
| 181 | KUDŁA Jakub | 507 | | M-30 | 56 | 01:51:29 | 03:32:14.10 | +01:34:57 (44.7%) | 8:59 | 6.7 (55.4%) |
| 182 | PIÓRKO Piotr | 128 | LESZ NO LIMITS RUNNERS | M-30 | 57 | 01:51:52 | 03:32:18.70 | +01:35:01 (44.8%) | 8:59 | 6.7 (55.4%) |
| 183 | KAPUSCIK Jakub | 254 | | M-20 | 16 | 02:02:15 | 03:32:33.65 | +01:35:16 (44.8%) | 9:00 | 6.7 (55.4%) |
| 184 | KUROWSKA Marlena | 487 | KAMIENNOGÓRSKA GRUPA BIEGOWA | K-30 | 20 | 01:52:20 | 03:32:36.90 | +01:35:20 (44.8%) | 9:00 | 6.7 (55.4%) |
| 185 | ZAŃKO Rafał | 169 | | M-30 | 58 | 01:54:27 | 03:32:39.30 | +01:35:22 (44.8%) | 9:00 | 6.7 (55.4%) |
| 186 | MHADHBI Hatem | 293 | | M-30 | 59 | 01:51:23 | 03:32:47.85 | +01:35:31 (44.9%) | 9:01 | 6.7 (55.4%) |
| 187 | KACZMARZ Katarzyna | 26 | | K-30 | 21 | 01:56:55 | 03:33:28.25 | +01:36:11 (45.1%) | 9:02 | 6.6 (54.5%) |
| 188 | KRAWIEC Piotr | 181 | KOTWICA BRZEG | M-30 | 60 | 01:51:37 | 03:33:46.55 | +01:36:29 (45.1%) | 9:03 | 6.6 (54.5%) |
| 189 | BARANSKA Monika | 425 | | K-50 | 2 | 01:58:10 | 03:33:59.95 | +01:36:43 (45.2%) | 9:04 | 6.6 (54.5%) |
| 190 | GABRYSIAK Mariusz | 422 | WIELUŃ BIEGA | M-40 | 60 | 01:51:14 | 03:34:07.55 | +01:36:50 (45.2%) | 9:04 | 6.6 (54.5%) |
| 191 | GÓRECKI Rafał | 250 | | M-40 | 61 | 01:54:49 | 03:34:16.55 | +01:36:59 (45.3%) | 9:04 | 6.6 (54.5%) |
| 192 | ŁUKASZCZYK Łukasz | 198 | 4FITER | M-30 | 61 | 01:53:28 | 03:34:20.30 | +01:37:03 (45.3%) | 9:04 | 6.6 (54.5%) |
| 193 | SZLOSEK Łukasz | 519 | | M-30 | 62 | 01:52:26 | 03:34:24.35 | +01:37:07 (45.3%) | 9:05 | 6.6 (54.5%) |
| 194 | JAGIEŁŁO Konrad | 476 | RUN TEAM MILEJÓW | M-40 | 62 | 01:48:15 | 03:35:11.00 | +01:37:54 (45.5%) | 9:07 | 6.6 (54.5%) |
| 195 | JAGIEŁŁO Joanna | 475 | RUN TEAM MILEJÓW | K-40 | 14 | 01:48:26 | 03:35:18.35 | +01:38:01 (45.5%) | 9:07 | 6.6 (54.5%) |
| 196 | KARKOSZ Aurelia | 434 | | K-30 | 22 | 01:57:25 | 03:35:38.60 | +01:38:21 (45.6%) | 9:08 | 6.6 (54.5%) |
| 197 | KRZEŚNIEWSKI Marcin | 539 | | M-40 | 63 | 01:57:03 | 03:35:50.00 | +01:38:33 (45.7%) | 9:08 | 6.6 (54.5%) |
| 198 | ODZIMKOWSKI Marcin | 364 | | M-30 | 63 | 01:49:48 | 03:35:53.95 | +01:38:37 (45.7%) | 9:08 | 6.6 (54.5%) |
| 199 | KRZYZIŃSKA Sylwia | 505 | DOGOŃ GRODZISK MAZOWIECKI | K-40 | 15 | 01:59:15 | 03:36:02.85 | +01:38:46 (45.7%) | 9:09 | 6.6 (54.5%) |
| 200 | MAZUREK Marita | 361 | | K-30 | 23 | 01:59:08 | 03:36:08.75 | +01:38:51 (45.7%) | 9:09 | 6.6 (54.5%) |
| 201 | WĘŻYK Kamila | 431 | | K-30 | 24 | 01:58:57 | 03:36:09.45 | +01:38:52 (45.7%) | 9:09 | 6.6 (54.5%) |
| 202 | KAMIŃSKI Wiesław | 524 | | M-50 | 12 | 01:52:02 | 03:36:23.60 | +01:39:06 (45.8%) | 9:10 | 6.5 (53.7%) |
| 203 | POPEK Maciej | 515 | ANETA TEAM | M-40 | 64 | 01:54:46 | 03:37:10.05 | +01:39:53 (46.0%) | 9:12 | 6.5 (53.7%) |
| 204 | SIENKIEWICZ Paweł | 521 | DECEPTICON GYM | M-40 | 65 | 02:00:36 | 03:38:11.25 | +01:40:54 (46.2%) | 9:14 | 6.5 (53.7%) |
| 205 | KAWA Michał | 418 | | M-30 | 64 | 01:55:42 | 03:38:22.00 | +01:41:05 (46.3%) | 9:15 | 6.5 (53.7%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Parking 14.4km | Czas | | Różn | Tempo min/km | Tempo km/h |
|-----|--------------------------------------|------------|--------------------------------------------|-----------|------|-------------------|--------------------|-------------------|------|-----------------|---------------|
| | | | | | | | netto 23.6km | | | | |
| 206 | CZOSKA Przemysław | 249 | JARBUD | M-30 | 65 | 01:55:45 | 03:38:25.75 | +01:41:08 (46.3%) | 9:15 | 6.5 (53.7%) | |
| 207 | GÓRNIAK Jarosław | 242 | JARBUD | M-30 | 66 | 01:55:45 | 03:38:30.05 | +01:41:13 (46.3%) | 9:15 | 6.5 (53.7%) | |
| 208 | KARWACKI Szymon | 334 | | M-30 | 67 | 01:56:17 | 03:38:57.15 | +01:41:40 (46.4%) | 9:16 | 6.5 (53.7%) | |
| 209 | LĘGA Wiesław | 421 | K.S. TĘCZA | M-40 | 66 | 01:49:26 | 03:39:42.90 | +01:42:26 (46.6%) | 9:18 | 6.4 (52.9%) | |
| 210 | ROLIŃSKI Radostaw | 29 | | M-40 | 67 | 01:54:54 | 03:39:47.80 | +01:42:30 (46.6%) | 9:18 | 6.4 (52.9%) | |
| 211 | SOKÓLSKA Katarzyna | 166 | OUTDOOR TRAINING | K-30 | 25 | 01:58:30 | 03:40:00.50 | +01:42:43 (46.7%) | 9:19 | 6.4 (52.9%) | |
| 212 | SERAFIN Ewelina | 23 | | K-40 | 16 | 01:52:43 | 03:40:36.55 | +01:43:19 (46.8%) | 9:20 | 6.4 (52.9%) | |
| 213 | JANUS Marcin | 404 | WIELUŃ BIEGA | M-30 | 68 | 01:53:37 | 03:40:50.80 | +01:43:33 (46.9%) | 9:21 | 6.4 (52.9%) | |
| 214 | SZYLBERG Piotr | 173 | TEAM ZABIEGANEDNI | M-30 | 69 | 02:00:44 | 03:40:56.65 | +01:43:39 (46.9%) | 9:21 | 6.4 (52.9%) | |
| 215 | SZYLBERG Aleksandra | 172 | TEAM ZABIEGANEDNI | K-30 | 26 | 02:00:55 | 03:41:04.35 | +01:43:47 (46.9%) | 9:22 | 6.4 (52.9%) | |
| 216 | SOBCZYK Grzesiu | 154 | WIELUŃ BIEGA | M-30 | 70 | 01:53:54 | 03:41:15.75 | +01:43:58 (47.0%) | 9:22 | 6.4 (52.9%) | |
| 217 | BARTMAŃSKA Mirosława | 517 | | K-40 | 17 | 01:57:59 | 03:41:48.85 | +01:44:32 (47.1%) | 9:23 | 6.4 (52.9%) | |
| 218 | FILIPIAK Michał | 32 | WIELKOPOLSKI KLUB TATERNICTWA JASKINIOWEGO | M-40 | 68 | 01:58:34 | 03:41:53.15 | +01:44:36 (47.1%) | 9:24 | 6.4 (52.9%) | |
| 219 | KÓŁKIEWICZ Jakub | 252 | | M-40 | 69 | 02:03:58 | 03:42:16.90 | +01:45:00 (47.2%) | 9:25 | 6.4 (52.9%) | |
| 220 | ZIMA Ryszard | 253 | | M-60 | 3 | 02:03:57 | 03:42:18.15 | +01:45:01 (47.2%) | 9:25 | 6.4 (52.9%) | |
| 221 | ŁASKAWSKA Justyna | 492 | | K-40 | 18 | 01:58:27 | 03:42:28.35 | +01:45:11 (47.3%) | 9:25 | 6.4 (52.9%) | |
| 222 | BABICKA Sylwia | 440 | BIEGAM Z RADOŚCI | K-40 | 19 | 01:58:15 | 03:42:37.80 | +01:45:20 (47.3%) | 9:26 | 6.4 (52.9%) | |
| 223 | GAŚSIOROWSKA Dorota | 474 | VELO ŁOSIE NA SZOSIE | K-50 | 3 | 02:01:36 | 03:42:42.10 | +01:45:25 (47.3%) | 9:26 | 6.4 (52.9%) | |
| 224 | BALKIEWICZ Marlena | 372 | | K-50 | 4 | 01:56:53 | 03:43:10.30 | +01:45:53 (47.4%) | 9:27 | 6.3 (52.1%) | |
| 225 | BISKUPSKI Jakub | 290 | | M-40 | 70 | 02:03:32 | 03:43:30.20 | +01:46:13 (47.5%) | 9:28 | 6.3 (52.1%) | |
| 226 | MAZUR Katarzyna | 27 | UMLAUT | K-40 | 20 | 01:59:40 | 03:43:35.85 | +01:46:19 (47.5%) | 9:28 | 6.3 (52.1%) | |
| 227 | POCHWAŁA Justyna | 67 | NATALIA TOMASIAK GÓRSKI STYL TEAM | K-30 | 27 | 02:00:51 | 03:43:41.85 | +01:46:25 (47.6%) | 9:28 | 6.3 (52.1%) | |
| 228 | PRZYBYŁ Tomasz | 496 | NIGHT RUNNERS | M-40 | 71 | 01:59:54 | 03:44:13.45 | +01:46:56 (47.7%) | 9:30 | 6.3 (52.1%) | |
| 229 | MODERACKA Małgorzata | 337 | | K-30 | 28 | 02:00:48 | 03:44:18.80 | +01:47:01 (47.7%) | 9:30 | 6.3 (52.1%) | |
| 230 | SMUSZ Grzegorz | 352 | | M-40 | 72 | 01:56:03 | 03:44:20.45 | +01:47:03 (47.7%) | 9:30 | 6.3 (52.1%) | |
| 231 | DZIARKOWSKA Edyta | 338 | #TEAMDKMS | K-30 | 29 | 01:55:51 | 03:44:35.10 | +01:47:18 (47.8%) | 9:30 | 6.3 (52.1%) | |
| 232 | KACZOREK Renata | 160 | | K-30 | 30 | 01:58:22 | 03:44:59.35 | +01:47:42 (47.9%) | 9:32 | 6.3 (52.1%) | |
| 233 | GRUDZIEŃ-JURKOWSKA Malgorzata | 485 | | K-30 | 31 | 01:56:45 | 03:45:20.70 | +01:48:03 (48.0%) | 9:32 | 6.3 (52.1%) | |
| 234 | JARMUDA Justyna | 327 | | K-30 | 32 | 02:01:14 | 03:46:01.50 | +01:48:44 (48.1%) | 9:34 | 6.3 (52.1%) | |
| 235 | DYKTYŃSKI Krzysztof | 433 | VEOLIA | M-50 | 13 | 01:48:22 | 03:46:19.50 | +01:49:02 (48.2%) | 9:35 | 6.3 (52.1%) | |
| 236 | WIŚNIEWSKI Tomasz | 348 | | M-40 | 73 | 02:02:00 | 03:46:40.35 | +01:49:23 (48.3%) | 9:36 | 6.2 (51.2%) | |
| 237 | PULKOWSKI Dariusz | 97 | OSTRÓDA RUNNERS | M-50 | 14 | 02:02:10 | 03:46:52.70 | +01:49:35 (48.3%) | 9:36 | 6.2 (51.2%) | |
| 238 | MAZIAREK Adela | 210 | | K-30 | 33 | 01:59:40 | 03:47:28.05 | +01:50:11 (48.4%) | 9:38 | 6.2 (51.2%) | |
| 239 | PISULA Łukasz | 383 | | M-30 | 71 | 02:08:55 | 03:47:29.55 | +01:50:12 (48.4%) | 9:38 | 6.2 (51.2%) | |
| 240 | MIERNICKI Tomasz | 209 | GRUPA BIEGOWA CHTMO | M-50 | 15 | 01:59:52 | 03:47:52.80 | +01:50:35 (48.5%) | 9:39 | 6.2 (51.2%) | |
| 241 | SUDÓŁ Robert | 115 | KOTWICA BRZEG | M-30 | 72 | 01:59:37 | 03:48:03.95 | +01:50:47 (48.6%) | 9:39 | 6.2 (51.2%) | |
| 242 | KADŁUBOWSKI Piotr | 55 | SRC TEAM KOTWICA BRZEG | M-40 | 74 | 02:00:21 | 03:48:18.05 | +01:51:01 (48.6%) | 9:40 | 6.2 (51.2%) | |
| 243 | ORŁOWSKI Daniel | 141 | | M-40 | 75 | 02:01:24 | 03:48:18.85 | +01:51:02 (48.6%) | 9:40 | 6.2 (51.2%) | |
| 244 | ILNICKI Bronisław | 164 | | M-30 | 73 | 01:43:08 | 03:48:25.75 | +01:51:08 (48.7%) | 9:40 | 6.2 (51.2%) | |
| 245 | FEDOROWICZ Jowita | 62 | KOTWICA BRZEG | K-30 | 34 | 02:01:02 | 03:48:28.45 | +01:51:11 (48.7%) | 9:40 | 6.2 (51.2%) | |
| 246 | SEMENIUK Marzena | 436 | KOTWICA BRZEG | K-30 | 35 | 02:00:22 | 03:48:37.00 | +01:51:20 (48.7%) | 9:41 | 6.2 (51.2%) | |
| 247 | JANUSZEWSKI Karol | 373 | BIEGAM U KOLESI | M-30 | 74 | 02:02:55 | 03:48:49.85 | +01:51:33 (48.7%) | 9:41 | 6.2 (51.2%) | |
| 248 | JANUSZEWSKA Izabela | 374 | BIEGAM U KOLESI | K-30 | 36 | 02:03:06 | 03:48:58.35 | +01:51:41 (48.8%) | 9:42 | 6.2 (51.2%) | |
| 249 | LE FELIC Monika | 510 | | K-40 | 21 | 02:04:51 | 03:49:12.55 | +01:51:55 (48.8%) | 9:42 | 6.2 (51.2%) | |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Parking 14.4km | Czas | | Różn | Tempo min/km | Tempo km/h |
|-----|--------------------------------|------------|----------------------------|-----------|------|-------------------|--------------------|-------------------|-------|-----------------|---------------|
| | | | | | | | netto 23.6km | | | | |
| 250 | BRUZI Kacper | 461 | | M-30 | 75 | 01:56:04 | 03:49:28.40 | +01:52:11 (48.9%) | 9:43 | 6.2 (51.2%) | |
| 251 | GUZIŃSKA Ola | 234 | BIEGAM BO LUBIĘ ZĄBKI TEAM | K-40 | 22 | 02:05:01 | 03:49:35.85 | +01:52:19 (48.9%) | 9:43 | 6.2 (51.2%) | |
| 252 | WRÓBLEWSKI Jarosław | 225 | RAZ SZCZECIN | M-40 | 76 | 01:56:56 | 03:50:02.60 | +01:52:45 (49.0%) | 9:44 | 6.2 (51.2%) | |
| 253 | OKRASKA Grzegorz | 90 | | M-30 | 76 | 01:59:56 | 03:50:08.25 | +01:52:51 (49.0%) | 9:45 | 6.2 (51.2%) | |
| 254 | JARECKA Katarzyna | 532 | | K-40 | 23 | 02:07:06 | 03:50:42.00 | +01:53:25 (49.2%) | 9:46 | 6.1 (50.4%) | |
| 255 | MORAWSKI Ryszard | 197 | RMT | M-30 | 77 | 02:02:07 | 03:50:59.35 | +01:53:42 (49.2%) | 9:47 | 6.1 (50.4%) | |
| 256 | WRZESIŃSKI Piotr | 174 | GAPPAG TEAM | M-40 | 77 | 01:56:15 | 03:51:14.60 | +01:53:57 (49.3%) | 9:47 | 6.1 (50.4%) | |
| 257 | RADAJEWSKI Arkadiusz | 390 | CROSS KRAPKOWICE | M-40 | 78 | 02:00:53 | 03:52:17.15 | +01:55:00 (49.5%) | 9:50 | 6.1 (50.4%) | |
| 258 | WOŁOWIEC Krzysztof | 280 | LABORATORYJNIE.PL | M-40 | 79 | 02:02:56 | 03:52:25.90 | +01:55:09 (49.5%) | 9:50 | 6.1 (50.4%) | |
| 259 | SKRZYPIŃSKA Agnieszka | 214 | | K-30 | 37 | 02:02:45 | 03:52:43.20 | +01:55:26 (49.6%) | 9:51 | 6.1 (50.4%) | |
| 260 | GANC Marcin | 307 | | M-40 | 80 | 02:09:54 | 03:52:59.55 | +01:55:42 (49.7%) | 9:52 | 6.1 (50.4%) | |
| 261 | BEDNAREK Dariusz | 315 | PLAN EMERYTALNY | M-40 | 81 | 02:02:20 | 03:53:12.10 | +01:55:55 (49.7%) | 9:52 | 6.1 (50.4%) | |
| 262 | MAKARENKOV Sergii | 211 | DOGOŃ GRODZISK MAZOWIECKI | M-30 | 78 | 02:01:17 | 03:53:19.35 | +01:56:02 (49.7%) | 9:53 | 6.1 (50.4%) | |
| 263 | LUBAŃSKA Alicja | 482 | | K-50 | 5 | 02:02:14 | 03:53:26.60 | +01:56:09 (49.8%) | 9:53 | 6.1 (50.4%) | |
| 264 | WOJCIECHOWSKA Dorota | 82 | DOGOŃ GRODZISK MAZOWIECKI | K-40 | 24 | 02:01:26 | 03:53:29.15 | +01:56:12 (49.8%) | 9:53 | 6.1 (50.4%) | |
| 265 | KOZDROJ Wioletta | 79 | DOGOŃ GRODZISK MAZOWIECKI | K-40 | 25 | 02:00:54 | 03:53:33.60 | +01:56:16 (49.8%) | 9:53 | 6.1 (50.4%) | |
| 266 | CHĘC Tomasz | 317 | | M-30 | 79 | 01:58:44 | 03:53:34.75 | +01:56:17 (49.8%) | 9:53 | 6.1 (50.4%) | |
| 267 | MARCZEWSKI Marcin | 235 | RESILIA BEMOWO GROTY | M-40 | 82 | 02:02:43 | 03:53:44.80 | +01:56:27 (49.8%) | 9:54 | 6.1 (50.4%) | |
| 268 | NOSARZEWSKI Mariusz | 309 | GB PRESS | M-40 | 83 | 01:58:57 | 03:53:44.95 | +01:56:28 (49.8%) | 9:54 | 6.1 (50.4%) | |
| 269 | BOŹKIEWICZ Jacek | 103 | | M-40 | 84 | 02:05:08 | 03:53:45.15 | +01:56:28 (49.8%) | 9:54 | 6.1 (50.4%) | |
| 270 | KUBACZKA-LIGENZA Sylwia | 186 | #CZELADZBIEGA | K-30 | 38 | 02:08:11 | 03:53:47.85 | +01:56:31 (49.8%) | 9:54 | 6.1 (50.4%) | |
| 271 | GODLEWSKI Adam | 180 | | M-40 | 85 | 01:57:14 | 03:53:51.95 | +01:56:35 (49.9%) | 9:54 | 6.1 (50.4%) | |
| 272 | RATAJSKA Monika | 494 | | K-20 | 6 | 02:04:31 | 03:53:53.75 | +01:56:36 (49.9%) | 9:54 | 6.1 (50.4%) | |
| 273 | BOŹKIEWICZ Patrycja | 3 | PIEKIELNIE ZGRANI | K-40 | 26 | 02:05:21 | 03:53:55.75 | +01:56:38 (49.9%) | 9:54 | 6.1 (50.4%) | |
| 274 | ZELICHOWSKA Izabela | 145 | KĘCKIE HARPAGANY | K-40 | 27 | 02:04:44 | 03:53:57.55 | +01:56:40 (49.9%) | 9:54 | 6.1 (50.4%) | |
| 275 | KURKUS Aleksander | 391 | DOGOŃ GRODZISK MAZOWIECKI | M-40 | 86 | 02:07:18 | 03:54:24.15 | +01:57:07 (50.0%) | 9:55 | 6 (49.6%) | |
| 276 | NIEDŹWIEDŹ Grzegorz | 237 | STS BIEGATON | M-40 | 87 | 02:03:26 | 03:54:51.90 | +01:57:35 (50.1%) | 9:57 | 6 (49.6%) | |
| 277 | KLIMECKI Michał | 349 | ZABIEGANI GOLENIÓW | M-30 | 80 | 02:03:08 | 03:54:58.90 | +01:57:42 (50.1%) | 9:57 | 6 (49.6%) | |
| 278 | WOJCIECHOWSKA Anna | 148 | PIĄTKOWO NA BIEGOWO | K-40 | 28 | 02:03:02 | 03:55:01.00 | +01:57:44 (50.1%) | 9:57 | 6 (49.6%) | |
| 279 | KRZESIMOWSKI Damian | 271 | | M-30 | 81 | 02:00:33 | 03:55:07.85 | +01:57:51 (50.1%) | 9:57 | 6 (49.6%) | |
| 280 | STRZELCZYK Paulina | 54 | NESSI LESZNO | K-30 | 39 | 02:07:57 | 03:55:51.95 | +01:58:35 (50.3%) | 9:59 | 6 (49.6%) | |
| 281 | KOSIŃSKI Aleksander | 441 | | M-30 | 82 | 01:59:00 | 03:55:52.55 | +01:58:35 (50.3%) | 9:59 | 6 (49.6%) | |
| 282 | GIDASZEWSKA Jolanta | 38 | NESSI LESZNO | K-40 | 29 | 02:07:59 | 03:55:56.85 | +01:58:40 (50.3%) | 9:59 | 6 (49.6%) | |
| 283 | KOZIOŁ Paweł | 20 | | M-30 | 83 | 02:08:35 | 03:56:04.35 | +01:58:47 (50.3%) | 10:00 | 6 (49.6%) | |
| 284 | BAJOŁEK Aleksandra | 119 | AZS AWF KRAKÓW MASTERS | K-50 | 6 | 02:13:13 | 03:56:18.35 | +01:59:01 (50.4%) | 10:00 | 6 (49.6%) | |
| 285 | PAPROCKA Natalia | 95 | | K-40 | 30 | 02:06:41 | 03:56:19.35 | +01:59:02 (50.4%) | 10:00 | 6 (49.6%) | |
| 286 | DZIWIĘC-GUZIŁ Justyna | 21 | MARELLI SOSNOWIEC POLAND | K-40 | 31 | 02:09:03 | 03:56:31.25 | +01:59:14 (50.4%) | 10:01 | 6 (49.6%) | |
| 287 | RESPONDEK Dariusz | 261 | | M-40 | 88 | 02:04:50 | 03:57:52.35 | +02:00:35 (50.7%) | 10:04 | 6 (49.6%) | |
| 288 | MIELNIK Natalia | 490 | | K-40 | 32 | 02:09:11 | 03:58:07.70 | +02:00:50 (50.7%) | 10:05 | 5.9 (48.8%) | |
| 289 | SZYSZKA Marek | 304 | STS BIEGATON MIKOŁÓW | M-30 | 84 | 02:02:04 | 03:58:23.50 | +02:01:06 (50.8%) | 10:06 | 5.9 (48.8%) | |
| 290 | KWIATKOWSKA Zuzanna | 409 | | K-40 | 33 | 02:06:57 | 03:58:26.70 | +02:01:09 (50.8%) | 10:06 | 5.9 (48.8%) | |
| 291 | ORACKA Marta | 239 | DOGOŃ GRODZISK MAZOWIECKI | K-30 | 40 | 02:14:15 | 03:58:37.45 | +02:01:20 (50.9%) | 10:06 | 5.9 (48.8%) | |
| 292 | SERWADCZAK Piotr | 266 | P+E | M-40 | 89 | 02:01:54 | 03:58:45.65 | +02:01:28 (50.9%) | 10:07 | 5.9 (48.8%) | |
| 293 | POCHWAŁA Adam | 325 | | M-20 | 17 | 02:07:08 | 03:58:53.10 | +02:01:36 (50.9%) | 10:07 | 5.9 (48.8%) | |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Parking 14.4km | Czas | | Tempo min/km | Tempo km/h |
|-----|-------------------------|-------|------------------------------------|-----------|------|-------------------|--------------------|-------------------|-----------------|---------------|
| | | | | | | | netto 23.6km | Różn | | |
| 294 | MAGDZIAK Iwona | 493 | NOA | K-30 | 41 | 02:05:49 | 03:58:56.80 | +02:01:39 (50.9%) | 10:07 | 5.9 (48.8%) |
| 295 | SIKORA Dawid | 168 | | M-20 | 18 | 02:07:15 | 03:59:00.60 | +02:01:43 (50.9%) | 10:07 | 5.9 (48.8%) |
| 296 | SERAFIN Robert | 41 | | M-40 | 90 | 02:01:00 | 04:00:36.60 | +02:03:19 (51.3%) | 10:11 | 5.9 (48.8%) |
| 297 | TYCHOWICZ Robert | 414 | BUTTON'S TEAM | M-40 | 91 | 02:03:10 | 04:00:50.60 | +02:03:33 (51.3%) | 10:12 | 5.9 (48.8%) |
| 298 | ŻYTNIK Piotr | 413 | BUTTON'S TEAM | M-40 | 92 | 02:03:17 | 04:00:58.65 | +02:03:41 (51.3%) | 10:12 | 5.9 (48.8%) |
| 299 | PERKA Barbara | 71 | | K-40 | 34 | 02:11:42 | 04:01:30.00 | +02:04:13 (51.4%) | 10:13 | 5.9 (48.8%) |
| 300 | STAMM Tomasz | 528 | | M-40 | 93 | 02:08:44 | 04:01:32.15 | +02:04:15 (51.4%) | 10:14 | 5.9 (48.8%) |
| 301 | KRYSZAK Dorota | 450 | MARMEL TORUŃ | K-30 | 42 | 02:09:44 | 04:01:34.95 | +02:04:18 (51.5%) | 10:14 | 5.9 (48.8%) |
| 302 | ZAKRZEWSKI Marek | 445 | MARMEL TORUŃ | M-50 | 16 | 02:09:39 | 04:01:36.45 | +02:04:19 (51.5%) | 10:14 | 5.9 (48.8%) |
| 303 | PLASZCZAK Jarosław | 6 | | M-40 | 94 | 02:09:23 | 04:02:08.55 | +02:04:51 (51.6%) | 10:15 | 5.8 (47.9%) |
| 304 | STOLARSKI Janusz | 298 | PARKRUN SŁODOWO, WŁOCŁAWEK | M-60 | 4 | 01:59:22 | 04:02:10.00 | +02:04:53 (51.6%) | 10:15 | 5.8 (47.9%) |
| 305 | JURAS-KMIEĆ Marzena | 136 | BIEGAM SOBIE | K-40 | 35 | 02:10:35 | 04:02:30.80 | +02:05:13 (51.6%) | 10:16 | 5.8 (47.9%) |
| 306 | ZACHCIAŁ Anna | 346 | | K-30 | 43 | 02:08:00 | 04:02:41.40 | +02:05:24 (51.7%) | 10:16 | 5.8 (47.9%) |
| 307 | PRZESPOLEWSKI Rafał | 341 | WRZOSOWA STUDZIENIEC | M-40 | 95 | 02:08:13 | 04:02:48.35 | +02:05:31 (51.7%) | 10:17 | 5.8 (47.9%) |
| 308 | SIWIASZCZYK Tomasz | 236 | | M-40 | 96 | 02:03:54 | 04:02:56.00 | +02:05:39 (51.7%) | 10:17 | 5.8 (47.9%) |
| 309 | WYRWICKI Przemek | 112 | | M-40 | 97 | 02:07:41 | 04:03:08.85 | +02:05:52 (51.8%) | 10:18 | 5.8 (47.9%) |
| 310 | HENSZKE Waldemar | 66 | | M-30 | 85 | 02:00:03 | 04:03:10.85 | +02:05:54 (51.8%) | 10:18 | 5.8 (47.9%) |
| 311 | ŚWIDER Małgorzata | 196 | | K-30 | 44 | 02:06:36 | 04:04:10.80 | +02:06:53 (52.0%) | 10:20 | 5.8 (47.9%) |
| 312 | PYTA Grzegorz | 171 | NIEZRZESZONY | M-60 | 5 | 02:02:51 | 04:05:23.90 | +02:08:07 (52.2%) | 10:23 | 5.8 (47.9%) |
| 313 | FISZER Jakub | 339 | #TEAMDKMS | M-40 | 98 | 02:22:32 | 04:06:21.10 | +02:09:04 (52.4%) | 10:26 | 5.7 (47.1%) |
| 314 | POCHWAŁA Maciej | 88 | | M-20 | 19 | 02:05:55 | 04:06:30.50 | +02:09:13 (52.4%) | 10:26 | 5.7 (47.1%) |
| 315 | GAŁUS Angelika | 385 | NOVEMBER RUNNING TEAM | K-30 | 45 | 02:10:08 | 04:06:43.50 | +02:09:26 (52.5%) | 10:27 | 5.7 (47.1%) |
| 316 | SKOWRONEK Tomasz | 7 | | M-30 | 86 | 02:01:11 | 04:07:14.55 | +02:09:57 (52.6%) | 10:28 | 5.7 (47.1%) |
| 317 | BEDNARSKA KOZIOŁ Danuta | 509 | WKURW_TEAM | K-40 | 36 | 02:15:20 | 04:07:20.25 | +02:10:03 (52.6%) | 10:28 | 5.7 (47.1%) |
| 318 | RATAJCZAK Karolina | 218 | | K-20 | 7 | 02:08:47 | 04:07:27.85 | +02:10:11 (52.6%) | 10:29 | 5.7 (47.1%) |
| 319 | KRAWIEC Marcin | 183 | | M-30 | 87 | 02:11:08 | 04:08:07.85 | +02:10:51 (52.7%) | 10:30 | 5.7 (47.1%) |
| 320 | MALINOWSKI Paweł | 243 | MPK-ŁÓDŹ | M-40 | 99 | 02:01:01 | 04:08:11.35 | +02:10:54 (52.7%) | 10:30 | 5.7 (47.1%) |
| 321 | OLSZANKA Anna | 310 | OTWOCK BIEGA | K-40 | 37 | 02:12:57 | 04:09:34.45 | +02:12:17 (53.0%) | 10:34 | 5.7 (47.1%) |
| 322 | SZYMAŃSKI Jacek | 534 | | M-50 | 17 | 02:12:38 | 04:09:44.15 | +02:12:27 (53.0%) | 10:34 | 5.7 (47.1%) |
| 323 | SZYMAŃSKA Hanna | 498 | | K-40 | 38 | 02:12:43 | 04:09:45.45 | +02:12:28 (53.0%) | 10:34 | 5.7 (47.1%) |
| 324 | GROSKOP Grzegorz | 232 | RUN TEAM SĘPÓLNO KRAJEŃSKIE | M-20 | 20 | 02:10:38 | 04:09:56.05 | +02:12:39 (53.1%) | 10:35 | 5.7 (47.1%) |
| 325 | BŁACHNIO Krzysztof | 159 | RAZ SZCZECIN | M-50 | 18 | 01:57:59 | 04:09:56.40 | +02:12:39 (53.1%) | 10:35 | 5.7 (47.1%) |
| 326 | STAWICKA Ewelina | 233 | AKTYWNE LISEWO | K-20 | 8 | 02:10:58 | 04:10:03.80 | +02:12:46 (53.1%) | 10:35 | 5.7 (47.1%) |
| 327 | SWICARZ Monika | 221 | | K-40 | 39 | 02:10:32 | 04:10:04.90 | +02:12:48 (53.1%) | 10:35 | 5.7 (47.1%) |
| 328 | ŁADOŃSKA Agata | 405 | | K-30 | 46 | 02:11:23 | 04:10:17.55 | +02:13:00 (53.1%) | 10:36 | 5.7 (47.1%) |
| 329 | RATAJCZAK Grzegorz | 219 | | M-50 | 19 | 02:08:25 | 04:10:45.25 | +02:13:28 (53.2%) | 10:37 | 5.6 (46.3%) |
| 330 | KOWNACKA Magdalena | 162 | | K-40 | 40 | 02:16:40 | 04:11:18.30 | +02:14:01 (53.3%) | 10:38 | 5.6 (46.3%) |
| 331 | SŁONECKA Anna | 399 | BRAVEHEARTS LEGIONOWO | K-30 | 47 | 02:11:45 | 04:12:03.45 | +02:14:46 (53.5%) | 10:40 | 5.6 (46.3%) |
| 332 | GIBEK Paweł | 503 | | M-30 | 88 | 02:06:33 | 04:12:07.85 | +02:14:51 (53.5%) | 10:41 | 5.6 (46.3%) |
| 333 | GAWROŃSKA Agata | 401 | BRAVEHARDS LEGIONOWO | K-30 | 48 | 02:11:59 | 04:12:21.05 | +02:15:04 (53.5%) | 10:41 | 5.6 (46.3%) |
| 334 | KARAMON Magdalena | 227 | | K-40 | 41 | 02:12:39 | 04:12:21.50 | +02:15:04 (53.5%) | 10:41 | 5.6 (46.3%) |
| 335 | CICHOMSKA Marzena | 58 | BIEGAM BO MUSZĘ INACZEJ SIĘ UDUSZĘ | K-30 | 49 | 02:14:11 | 04:12:46.65 | +02:15:29 (53.6%) | 10:42 | 5.6 (46.3%) |
| 336 | SIBILA Dawid | 94 | | M-30 | 89 | 02:09:40 | 04:13:04.15 | +02:15:47 (53.7%) | 10:43 | 5.6 (46.3%) |
| 337 | ADAMIAK Marta | 165 | RUN4GOLD | K-30 | 50 | 02:14:40 | 04:13:41.25 | +02:16:24 (53.8%) | 10:45 | 5.6 (46.3%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Parking 14.4km | Czas | | Tempo min/km | Tempo km/h |
|-----|--------------------------------------|------------|---------------------------|-----------|------|-------------------|--------------------|-------------------|-----------------|---------------|
| | | | | | | | netto 23.6km | Różn | | |
| 338 | CZEKALSKA Magdalena | 245 | NARAMOWICE BIEGAJA | K-30 | 51 | 02:04:58 | 04:14:00.20 | +02:16:43 (53.8%) | 10:45 | 5.6 (46.3%) |
| 339 | CZEKALSKI Tomasz | 246 | NARAMOWICE BIEGAJA | M-40 | 100 | 02:05:33 | 04:14:08.90 | +02:16:52 (53.9%) | 10:46 | 5.6 (46.3%) |
| 340 | BZOWSKI Marcin | 360 | | M-30 | 90 | 02:09:09 | 04:14:34.30 | +02:17:17 (53.9%) | 10:47 | 5.6 (46.3%) |
| 341 | PLASZCZAK Bogumiła | 93 | PIEKIELNIE ZGRANI | K-40 | 42 | 02:11:02 | 04:14:47.20 | +02:17:30 (54.0%) | 10:47 | 5.6 (46.3%) |
| 342 | LUPA Mirosław | 255 | | M-50 | 20 | 02:14:18 | 04:14:57.05 | +02:17:40 (54.0%) | 10:48 | 5.6 (46.3%) |
| 343 | ZIELIŃSKA Katarzyna | 99 | | K-30 | 52 | 02:27:26 | 04:15:26.10 | +02:18:09 (54.1%) | 10:49 | 5.5 (45.5%) |
| 344 | KWIATKOWSKA Marta | 158 | | K-40 | 43 | 02:05:14 | 04:16:29.90 | +02:19:13 (54.3%) | 10:52 | 5.5 (45.5%) |
| 345 | PISOWŁODZKA Dagmara | 177 | | K-40 | 44 | 02:18:19 | 04:17:09.70 | +02:19:52 (54.4%) | 10:53 | 5.5 (45.5%) |
| 346 | KRAIŃSKI Piotr | 114 | #CZELADZBIEGA | M-40 | 101 | 02:09:12 | 04:17:13.45 | +02:19:56 (54.4%) | 10:53 | 5.5 (45.5%) |
| 347 | DOMINIAK Katarzyna | 355 | TIGERS TEAM | K-30 | 53 | 02:20:23 | 04:17:14.40 | +02:19:57 (54.4%) | 10:54 | 5.5 (45.5%) |
| 348 | KOWALCZYK Anna | 472 | DOGOŃ GRODZISK MAZOWIECKI | K-40 | 45 | 02:12:53 | 04:17:15.00 | +02:19:58 (54.4%) | 10:54 | 5.5 (45.5%) |
| 349 | MARCINKOWSKI Piotr | 363 | | M-50 | 21 | 02:19:47 | 04:17:32.15 | +02:20:15 (54.5%) | 10:54 | 5.5 (45.5%) |
| 350 | MZYK Fabian | 305 | STS BIEGATON | M-40 | 102 | 02:13:29 | 04:17:40.80 | +02:20:23 (54.5%) | 10:55 | 5.5 (45.5%) |
| 351 | BARTOSZEWSKA Katarzyna | 156 | WATAHA | K-30 | 54 | 02:17:57 | 04:18:00.45 | +02:20:43 (54.5%) | 10:55 | 5.5 (45.5%) |
| 352 | SKARŻEŃSKA Jagoda | 527 | | K-30 | 55 | 02:11:47 | 04:18:53.50 | +02:21:36 (54.7%) | 10:58 | 5.5 (45.5%) |
| 353 | SZCZEPKOWSKI Paweł | 523 | ARTEQUIPMENT | M-60 | 6 | 02:15:02 | 04:18:58.55 | +02:21:41 (54.7%) | 10:58 | 5.5 (45.5%) |
| 354 | WITKOWSKA-KOPKA Kaja | 43 | | K-30 | 56 | 02:18:02 | 04:19:09.30 | +02:21:52 (54.7%) | 10:58 | 5.5 (45.5%) |
| 355 | OGÓREK Artur | 268 | KB SPARTAKUS BEŁCHATÓW | M-40 | 103 | 02:19:55 | 04:19:15.95 | +02:21:59 (54.8%) | 10:59 | 5.5 (45.5%) |
| 356 | SADURSKA Kasia | 319 | | K-30 | 57 | 02:16:38 | 04:19:22.85 | +02:22:06 (54.8%) | 10:59 | 5.5 (45.5%) |
| 357 | SIDORCZUK Katarzyna | 269 | KB SPARTAKUS BEŁCHATÓW | K-40 | 46 | 02:20:04 | 04:19:26.15 | +02:22:09 (54.8%) | 10:59 | 5.5 (45.5%) |
| 358 | GAJEWSKI Jacek | 195 | KURCZAK I AGATKA | M-50 | 22 | 02:12:53 | 04:19:38.15 | +02:22:21 (54.8%) | 11:00 | 5.5 (45.5%) |
| 359 | KUJAWA Katarzyna | 187 | KURCZAK I AGATKA | K-40 | 47 | 02:13:01 | 04:19:46.55 | +02:22:29 (54.9%) | 11:00 | 5.5 (45.5%) |
| 360 | SOWIŃSKA Magdalena | 206 | DOGOŃ GRODZISK MAZOWIECKI | K-40 | 48 | 02:13:22 | 04:19:58.40 | +02:22:41 (54.9%) | 11:00 | 5.4 (44.6%) |
| 361 | KACZMAREK Krzysztof | 52 | K2 | M-40 | 104 | 02:14:54 | 04:20:35.05 | +02:23:18 (55.0%) | 11:02 | 5.4 (44.6%) |
| 362 | BRODAWKA Olga | 72 | | K-30 | 58 | 02:19:40 | 04:20:36.25 | +02:23:19 (55.0%) | 11:02 | 5.4 (44.6%) |
| 363 | POKROP Agnieszka | 48 | GÓRSKI STYL TEAM | K-30 | 59 | 02:19:52 | 04:20:36.80 | +02:23:19 (55.0%) | 11:02 | 5.4 (44.6%) |
| 364 | POWAŁA Janusz | 170 | JIL | M-60 | 7 | 02:11:39 | 04:22:04.25 | +02:24:47 (55.2%) | 11:06 | 5.4 (44.6%) |
| 365 | DUNAL Tomasz | 116 | SZ JAK GEPARD | M-30 | 91 | 02:08:30 | 04:22:57.30 | +02:25:40 (55.4%) | 11:08 | 5.4 (44.6%) |
| 366 | SAWICKA Izabela | 14 | PARKRUN | K-30 | 60 | 02:16:49 | 04:23:05.15 | +02:25:48 (55.4%) | 11:08 | 5.4 (44.6%) |
| 367 | KRYSIAK Łukasz | 8 | PIĄTKOWO NA BIEGOWO | M-40 | 105 | 02:06:14 | 04:23:36.05 | +02:26:19 (55.5%) | 11:10 | 5.4 (44.6%) |
| 368 | RUDAWSKA Karolina | 137 | | K-20 | 9 | 02:19:58 | 04:24:52.80 | +02:27:35 (55.7%) | 11:13 | 5.3 (43.8%) |
| 369 | BOSY Joanna | 222 | | K-30 | 61 | 02:15:59 | 04:24:57.80 | +02:27:40 (55.7%) | 11:13 | 5.3 (43.8%) |
| 370 | PIETROWSKA Hallik | 45 | | K-50 | 7 | 02:21:45 | 04:24:58.80 | +02:27:41 (55.7%) | 11:13 | 5.3 (43.8%) |
| 371 | BŁASZCZAK Katarzyna | 92 | DOGOŃ GRODZISK MAZOWIECKI | K-30 | 62 | 02:22:17 | 04:25:31.90 | +02:28:15 (55.8%) | 11:15 | 5.3 (43.8%) |
| 372 | BĄK Bogdan | 340 | | M-40 | 106 | 02:16:04 | 04:25:51.05 | +02:28:34 (55.9%) | 11:15 | 5.3 (43.8%) |
| 373 | PAWŁOWSKI Zbigniew | 501 | | M-50 | 23 | 02:19:56 | 04:26:36.65 | +02:29:19 (56.0%) | 11:17 | 5.3 (43.8%) |
| 374 | MALISZAK Agnieszka | 152 | | K-30 | 63 | 02:23:47 | 04:27:06.65 | +02:29:49 (56.1%) | 11:19 | 5.3 (43.8%) |
| 375 | STACHURSKA Monika | 17 | | K-50 | 8 | 02:18:28 | 04:27:18.95 | +02:30:02 (56.1%) | 11:19 | 5.3 (43.8%) |
| 376 | CELICHOWSKI Stanisław | 451 | | M-30 | 92 | 02:24:18 | 04:27:55.00 | +02:30:38 (56.2%) | 11:21 | 5.3 (43.8%) |
| 377 | MAJ Magdalena | 16 | GRAŻYŃKI OCR | K-30 | 64 | 02:24:27 | 04:28:03.50 | +02:30:46 (56.2%) | 11:21 | 5.3 (43.8%) |
| 378 | SZYMCZAK Anna | 311 | KB SPARTAKUS BEŁCHATÓW | K-40 | 49 | 02:24:40 | 04:29:47.05 | +02:32:30 (56.5%) | 11:25 | 5.2 (43.0%) |
| 379 | SIERANT Marian | 176 | | M-60 | 8 | 02:15:38 | 04:30:19.60 | +02:33:02 (56.6%) | 11:27 | 5.2 (43.0%) |
| 380 | JARZĘBSKA-MAJCHRZAK Agnieszka | 34 | TU INTER POLSKA SA | K-20 | 10 | 02:27:29 | 04:31:04.90 | +02:33:48 (56.7%) | 11:29 | 5.2 (43.0%) |
| 381 | CZUCHWICKI Marek | 15 | | M-40 | 107 | 02:17:36 | 04:31:15.40 | +02:33:58 (56.8%) | 11:29 | 5.2 (43.0%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Parking 14.4km | Czas | | Tempo min/km | Tempo km/h |
|-----|------------------------------|------------|----------------------------|-----------|------|-------------------|--------------------|-------------------|-----------------|---------------|
| | | | | | | | netto 23.6km | Różn | | |
| 382 | DUDEK Mariola | 36 | STRZEGOMSKA DWUNASTKA | K-40 | 50 | 02:19:56 | 04:31:37.05 | +02:34:20 (56.8%) | 11:30 | 5.2 (43.0%) |
| 383 | STRZECHOWSKI Dariusz | 108 | RAJSPOORT ACTIVE | M-30 | 93 | 02:27:17 | 04:32:55.90 | +02:35:39 (57.0%) | 11:33 | 5.2 (43.0%) |
| 384 | BANASZCZAK Karina | 60 | OFIARY SPORTU | K-20 | 11 | 02:27:31 | 04:33:11.80 | +02:35:54 (57.1%) | 11:34 | 5.2 (43.0%) |
| 385 | JANKOWIAK Piotr | 291 | SPARTA RUNNERS | M-20 | 21 | 02:15:36 | 04:33:31.15 | +02:36:14 (57.1%) | 11:35 | 5.2 (43.0%) |
| 386 | FILIPOWIAK Bartosz | 294 | SPARTA TEAM | M-40 | 108 | 02:15:33 | 04:33:39.70 | +02:36:22 (57.1%) | 11:35 | 5.2 (43.0%) |
| 387 | KOCZOROWSKI Marcin | 314 | TEAM ZABIEGANEDNI | M-40 | 109 | 02:23:25 | 04:33:46.40 | +02:36:29 (57.2%) | 11:36 | 5.2 (43.0%) |
| 388 | ADAMSKI Adam | 356 | BIERUTOWSKA GRUPA BIEGOWA | M-50 | 24 | 02:19:18 | 04:33:48.80 | +02:36:31 (57.2%) | 11:36 | 5.2 (43.0%) |
| 389 | KOCZOROWSKA Anna | 313 | TEAM ZABIEGANEDNI | K-30 | 65 | 02:23:31 | 04:33:54.35 | +02:36:37 (57.2%) | 11:36 | 5.2 (43.0%) |
| 390 | MITEK Marta | 194 | | K-30 | 66 | 02:24:57 | 04:34:45.85 | +02:37:29 (57.3%) | 11:38 | 5.2 (43.0%) |
| 391 | PAWLAK Krzysztof | 286 | | M-40 | 110 | 02:21:05 | 04:35:14.75 | +02:37:57 (57.4%) | 11:39 | 5.1 (42.1%) |
| 392 | PAWLAK Małgorzata | 287 | | K-40 | 51 | 02:21:07 | 04:35:22.30 | +02:38:05 (57.4%) | 11:40 | 5.1 (42.1%) |
| 393 | KOZIEŁ Piotr | 365 | DOGOŃ GRODZISK MAZOWIECKI | M-30 | 94 | 02:21:11 | 04:35:46.95 | +02:38:30 (57.5%) | 11:41 | 5.1 (42.1%) |
| 394 | ZAWADZKA Magdalena | 25 | AKS POLONIA WARSZAWA | K-30 | 67 | 02:21:20 | 04:35:50.15 | +02:38:33 (57.5%) | 11:41 | 5.1 (42.1%) |
| 395 | KORNACKA Hanna | 200 | DOGOŃ GRODZISK MAZOWIECKI | K-40 | 52 | 02:21:26 | 04:36:05.65 | +02:38:48 (57.5%) | 11:41 | 5.1 (42.1%) |
| 396 | MAJEROWSKI Mateusz | 285 | | M-30 | 95 | 02:18:54 | 04:37:32.50 | +02:40:15 (57.7%) | 11:45 | 5.1 (42.1%) |
| 397 | PAWLIK Anna | 106 | OSTRÓDA RUNNERS | K-40 | 53 | 02:25:26 | 04:40:53.50 | +02:43:36 (58.2%) | 11:54 | 5 (41.3%) |
| 398 | WITKOWSKA Ania | 18 | | K-30 | 68 | 02:31:29 | 04:41:00.20 | +02:43:43 (58.3%) | 11:54 | 5 (41.3%) |
| 399 | MACKIEWICZ Katarzyna | 122 | | K-30 | 69 | 02:31:26 | 04:41:09.00 | +02:43:52 (58.3%) | 11:54 | 5 (41.3%) |
| 400 | SZYKLEWSKI Maciej | 522 | | M-50 | 25 | 02:27:07 | 04:41:38.45 | +02:44:21 (58.4%) | 11:56 | 5 (41.3%) |
| 401 | POCHWAŁA Piotr | 56 | | M-50 | 26 | 02:19:08 | 04:41:40.40 | +02:44:23 (58.4%) | 11:56 | 5 (41.3%) |
| 402 | REMBOWSKA Natalia | 282 | | K-40 | 54 | 02:27:16 | 04:41:48.00 | +02:44:31 (58.4%) | 11:56 | 5 (41.3%) |
| 403 | MIERZEJEWSKA Martyna | 316 | BIEGAM NA TARCHOMINIE | K-30 | 70 | 02:33:15 | 04:41:49.85 | +02:44:33 (58.4%) | 11:56 | 5 (41.3%) |
| 404 | STOLARSKA Danuta | 299 | PARKRUN SŁODOWO, WŁOCŁAWEK | K-60 | 1 | 02:34:01 | 04:46:11.50 | +02:48:54 (59.0%) | 12:07 | 4.9 (40.5%) |
| 405 | WITKOWSKA Maria | 59 | KLUB KRÓLIKA STEFANA | K-60 | 2 | 02:41:18 | 04:46:28.95 | +02:49:12 (59.1%) | 12:08 | 4.9 (40.5%) |
| 406 | WRZOSEK Karolina | 483 | | K-30 | 71 | 02:29:57 | 04:46:39.75 | +02:49:22 (59.1%) | 12:08 | 4.9 (40.5%) |
| 407 | WIŚNIEWSKA Dorota | 350 | | K-40 | 55 | 02:34:58 | 04:48:00.25 | +02:50:43 (59.3%) | 12:12 | 4.9 (40.5%) |
| 408 | LEWANDOWSKA Ewelina | 333 | NIGHT RUNNERS WROCŁAW | K-30 | 72 | 02:35:01 | 04:48:10.60 | +02:50:53 (59.3%) | 12:12 | 4.9 (40.5%) |
| 409 | FURTACZ Anna | 427 | | K-40 | 56 | 02:30:58 | 04:48:46.75 | +02:51:29 (59.4%) | 12:14 | 4.9 (40.5%) |
| 410 | LATOS Joanna | 347 | | K-40 | 57 | 02:28:54 | 04:49:19.85 | +02:52:03 (59.5%) | 12:15 | 4.9 (40.5%) |
| 411 | KSIĘŻAK Jolanta | 320 | | K-40 | 58 | 02:32:34 | 04:50:25.50 | +02:53:08 (59.6%) | 12:18 | 4.9 (40.5%) |
| 412 | KRZYKWA Agnieszka | 241 | | K-50 | 9 | 02:32:40 | 04:50:36.45 | +02:53:19 (59.6%) | 12:18 | 4.9 (40.5%) |
| 413 | CZYŻEWSKA Marlena | 238 | | K-50 | 10 | 02:32:53 | 04:50:45.95 | +02:53:29 (59.7%) | 12:19 | 4.9 (40.5%) |
| 414 | ADAMCZUK Piotr | 371 | | M-40 | 111 | 02:20:52 | 04:51:21.10 | +02:54:04 (59.7%) | 12:20 | 4.9 (40.5%) |
| 415 | MHADHBI Joanna | 292 | | K-30 | 73 | 02:28:47 | 04:51:56.80 | +02:54:39 (59.8%) | 12:22 | 4.9 (40.5%) |
| 416 | PERZ Kacper | 303 | | M-20 | 22 | 02:39:54 | 04:52:54.40 | +02:55:37 (60.0%) | 12:24 | 4.8 (39.7%) |
| 417 | MORAWSKA Katarzyna | 251 | FUCK THE PESEL | K-40 | 59 | 02:30:38 | 04:53:17.00 | +02:56:00 (60.0%) | 12:25 | 4.8 (39.7%) |
| 418 | JEŻEWSKA Sylwia | 343 | DRUŻYNA SZPIKU | K-40 | 60 | 02:31:53 | 04:53:56.45 | +02:56:39 (60.1%) | 12:27 | 4.8 (39.7%) |
| 419 | HEIMOWSKA Beata | 446 | | K-30 | 74 | 02:39:22 | 04:55:54.85 | +02:58:38 (60.4%) | 12:32 | 4.8 (39.7%) |
| 420 | BLICHERT Anna | 57 | I DON'T KURWA CARE | K-30 | 75 | 02:32:02 | 04:55:56.05 | +02:58:39 (60.4%) | 12:32 | 4.8 (39.7%) |
| 421 | ZABOROWSKA Aleksandra | 395 | | K-40 | 61 | 02:37:09 | 04:58:21.80 | +03:01:04 (60.7%) | 12:38 | 4.7 (38.8%) |
| 422 | MARYNIAK Katarzyna | 386 | WYBIEGAJ SIEBIE | K-40 | 62 | 02:31:36 | 05:00:52.95 | +03:03:36 (61.0%) | 12:44 | 4.7 (38.8%) |
| 423 | GAGASZKA Agnieszka | 104 | | K-30 | 76 | 02:38:04 | 05:02:53.05 | +03:05:36 (61.3%) | 12:50 | 4.7 (38.8%) |
| 424 | MARCINKOWSKA Beata | 178 | #CZELADZBIEGA | K-50 | 11 | 02:37:41 | 05:06:21.65 | +03:09:04 (61.7%) | 12:58 | 4.6 (38.0%) |
| 425 | BARTOSZEWICZ Marta | 192 | | K-30 | 77 | 02:43:09 | 05:06:58.60 | +03:09:41 (61.8%) | 13:00 | 4.6 (38.0%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Parking 14.4km | Czas | | Różn | Tempo min/km | Tempo km/h |
|-----|------------------------------------|------------|-----------------------|-----------|------|-------------------|--------------------|-------------------|-------|-----------------|---------------|
| | | | | | | | netto 23.6km | | | | |
| 426 | ROGOWSKA-ROSZCZYK Magdalena | 199 | | K-40 | 63 | 02:43:30 | 05:07:10.25 | +03:09:53 (61.8%) | 13:00 | 4.6 (38.0%) | |
| 427 | WRÓBEL Marzena | 231 | | K-40 | 64 | 02:40:46 | 05:08:57.40 | +03:11:40 (62.0%) | 13:05 | 4.6 (38.0%) | |
| 428 | SZOTOWICZ Ewa | 151 | | K-30 | 78 | 02:43:13 | 05:09:49.15 | +03:12:32 (62.1%) | 13:07 | 4.6 (38.0%) | |
| 429 | ŁAŻNIAK-PFAJFER Agata | 226 | CARDIORUNNERS | K-30 | 79 | 02:19:27 | 05:10:44.65 | +03:13:27 (62.3%) | 13:10 | 4.6 (38.0%) | |
| 430 | PRZYŁUSKA Mirosława | 223 | RAZ SZCZECIN | K-60 | 3 | 02:44:48 | 05:15:45.05 | +03:18:28 (62.9%) | 13:22 | 4.5 (37.2%) | |
| 431 | KLOC Adam | 265 | | M-50 | 27 | 02:47:15 | 05:18:25.35 | +03:21:08 (63.2%) | 13:29 | 4.4 (36.4%) | |
| 432 | WALCZAK Faustyna | 264 | | K-30 | 80 | 02:47:21 | 05:18:30.85 | +03:21:14 (63.2%) | 13:29 | 4.4 (36.4%) | |
| 433 | MATEJKA Łukasz | 273 | BIEGAM NA TARCHOMINIE | M-30 | 96 | 02:46:43 | 05:19:26.35 | +03:22:09 (63.3%) | 13:32 | 4.4 (36.4%) | |
| 434 | MATEJKA Małgorzata | 274 | BIEGAM NA TARCHOMINIE | K-30 | 81 | 02:46:52 | 05:19:33.85 | +03:22:17 (63.3%) | 13:32 | 4.4 (36.4%) | |
| 435 | KASZUBA Katarzyna | 105 | #CZELADZBIEGA | K-40 | 65 | 02:52:13 | 05:21:09.75 | +03:23:52 (63.5%) | 13:36 | 4.4 (36.4%) | |
| 436 | STRZELCZYK Edyta | 267 | P+E | K-40 | 66 | 02:48:06 | 05:21:25.60 | +03:24:08 (63.5%) | 13:37 | 4.4 (36.4%) | |
| 437 | KORNILUK Izabela | 135 | | K-40 | 67 | 02:55:06 | 05:22:01.65 | +03:24:44 (63.6%) | 13:38 | 4.4 (36.4%) | |
| 438 | JASIUL Mariola | 111 | | K-40 | 68 | 02:52:43 | 05:22:47.20 | +03:25:30 (63.7%) | 13:40 | 4.4 (36.4%) | |
| 439 | TOMALAK Anna | 529 | | K-30 | 82 | 02:57:43 | 05:28:18.70 | +03:31:01 (64.3%) | 13:54 | 4.3 (35.5%) | |
| 440 | FORMELA Justyna | 530 | | K-40 | 69 | 02:57:23 | 05:28:36.55 | +03:31:19 (64.3%) | 13:55 | 4.3 (35.5%) | |
| 441 | MIŚKIEWICZ Wojciech | 531 | | M-30 | 97 | 02:57:15 | 05:28:45.00 | +03:31:28 (64.3%) | 13:55 | 4.3 (35.5%) | |
| 442 | DULIASZ Cezary | 134 | NIGHT RUNNERS KRAKÓW | M-50 | 28 | 02:56:46 | 05:35:05.05 | +03:37:48 (65.0%) | 14:11 | 4.2 (34.7%) | |
| 443 | WOZOWCZYK-LESZKO Ela | 133 | | K-50 | 12 | 03:00:10 | 05:35:35.80 | +03:38:18 (65.1%) | 14:13 | 4.2 (34.7%) | |
| 444 | FURTACZ Marek | 428 | | M-60 | 9 | 02:56:10 | 05:36:23.20 | +03:39:06 (65.1%) | 14:15 | 4.2 (34.7%) | |
| 445 | CHWIAŁKOWSKA Elżbieta | 53 | | K-50 | 13 | 02:56:54 | 05:39:25.25 | +03:42:08 (65.4%) | 14:22 | 4.2 (34.7%) | |

Znaleziono 445 wynik(ów)