

NOCNY SPRINT RYSIA

Organizator: GOKSiT
Data: 2018-10-20
Miejsce: Polańczyk
Dystans: 5 km
Klasyfikacja wg czasów netto.



NOCNY SPRINT RYSIA , OPEN

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 2.5km | Netto | min/km | km/h |
|------|-------------------------|-----|---------------------------------|-----------------------|------|------|--------|------|----------|-------------|--------|------|
| 1 | MACIASZEK GRZEGORZ | 106 | RAJSPOORT ACTIVE SIERADZ | OSTRÓWEK | POL | M-40 | 1 | M 1 | 00:10:12 | 00:21:17.52 | 4:15 | 14.1 |
| 2 | RODZINKA JAN | 136 | KLUB BIEGACZA ATHLETIC ZRĘCIN | ZRĘCIN | POL | M-40 | 2 | M 2 | 00:09:49 | 00:21:34.58 | 4:19 | 13.9 |
| 3 | GLEŃ ROBERT | 48 | MUKS PODKARPACIE JEDLICZE | JEDLICZE | POL | M-40 | 3 | M 3 | 00:10:09 | 00:22:04.48 | 4:25 | 13.6 |
| 4 | STAŃKO PAWEŁ | 165 | BIESY I CZORTY | STUPOSIANY | POL | M-40 | 4 | M 4 | 00:10:29 | 00:22:26.27 | 4:29 | 13.4 |
| 5 | HOROSZKO ERNEST | 57 | SWR SOSBIKE SANOK | SANOK | POL | M-30 | 1 | M 5 | 00:10:25 | 00:22:29.64 | 4:30 | 13.3 |
| 6 | SKAWIŃSKI TOMASZ | 158 | BIESY I CZORTY | SANOK | POL | M-30 | 2 | M 6 | 00:10:45 | 00:22:32.72 | 4:30 | 13.3 |
| 7 | OLEJARSKI MARCIN | 122 | | PRUCHNIK | POL | M-16 | 1 | M 7 | 00:10:30 | 00:22:32.77 | 4:30 | 13.3 |
| 8 | SZMIST SZYMON | 173 | KLUB BIEGACZA ATHLETIC ZRĘCIN | SZCZEPANCOWA | POL | M-30 | 3 | M 8 | 00:10:28 | 00:22:42.01 | 4:32 | 13.2 |
| 9 | GŁUSZKO PRZEMEK | 49 | SOLINA TEAM | BEREZKA | POL | M-30 | 4 | M 9 | 00:10:27 | 00:22:53.90 | 4:34 | 13.1 |
| 10 | KOSTERKIEWICZ MARCIN | 86 | PRZEMYSKI KLUB BIEGACZA | PRZEMYŚL | POL | M-40 | 5 | M 10 | 00:10:48 | 00:22:57.69 | 4:35 | 13.1 |
| 11 | WOJNAROWSKI JACEK | 197 | | NOWY SĄCZ | POL | M-40 | 6 | M 11 | 00:10:59 | 00:23:08.08 | 4:37 | 13 |
| 12 | MOSOŃ WIKTOR | 118 | MUKS PODKARPACIE JEDLICZE | GŁOWIENKA | POL | M-40 | 7 | M 12 | 00:10:32 | 00:23:21.92 | 4:40 | 12.8 |
| 13 | GUT JACEK | 53 | TKKF 'SOKÓŁ' GŁOGÓW MAŁOPOLSKI | HUCISKO | POL | M-16 | 2 | M 13 | 00:10:39 | 00:23:29.52 | 4:42 | 12.8 |
| 14 | TOMASZEK ZBIGNIEW | 179 | KAMIEŃ DWERNIK | USTRZYKI DOLNE | POL | M-40 | 8 | M 14 | 00:10:59 | 00:23:41.47 | 4:44 | 12.7 |
| 15 | PYRZAK JACEK | 141 | BIKESHOP RZESZÓW | RZESZÓW | POL | M-30 | 5 | M 15 | 00:10:57 | 00:23:47.78 | 4:45 | 12.6 |
| 16 | KOHUT DARIUSZ | 81 | PRZEMYSKI KLUB BIEGACZA | PRZEMYŚL | POL | M-40 | 9 | M 16 | 00:11:06 | 00:23:49.44 | 4:45 | 12.6 |
| 17 | WEREMKO GRZEGORZ | 188 | MULTIMEDIA RUNNERS PUŁAWY | PUŁAWY | POL | M-40 | 10 | M 17 | 00:11:22 | 00:23:52.21 | 4:46 | 12.6 |
| 18 | DELEŻUCH WOJCIECH | 29 | OSP NIEMCE | NIEMCE | POL | M-40 | 11 | M 18 | 00:11:12 | 00:23:52.93 | 4:46 | 12.6 |
| 19 | SNUZIK MICHAŁ | 161 | SOLINA TEAM | POLAŃCZYK | POL | M-30 | 6 | M 19 | 00:11:05 | 00:24:00.39 | 4:48 | 12.5 |
| 20 | GAWLEWICZ TOMASZ | 226 | GAWĘKI TEAM | SANOK | | M-40 | 12 | M 20 | 00:11:09 | 00:24:08.02 | 4:49 | 12.4 |
| 21 | DOMISZEWSKA MARIA | 31 | | USTRZYKI DOLNE | POL | K-50 | 1 | K 1 | 00:11:05 | 00:24:08.25 | 4:49 | 12.4 |
| 22 | MAZURKIEWICZ BARTŁOMIEJ | 113 | POZYTYWNIENIE ZABIEGANI SANOK 3 | SANOK | POL | M-16 | 3 | M 21 | 00:11:07 | 00:24:08.47 | 4:49 | 12.4 |
| 23 | SZKULSKI KRYSZTIAN | 172 | 1BCZ | WARSZAWA | POL | M-16 | 4 | M 22 | 00:11:15 | 00:24:09.06 | 4:49 | 12.4 |
| 24 | DUDA PAWEŁ | 37 | MUKS PODKARPACIE JEDLICZE | JEDLICZE | POL | M-30 | 7 | M 23 | 00:11:00 | 00:24:13.89 | 4:50 | 12.4 |
| 25 | CURZYDŁO BOGDAN | 27 | | SANOK | POL | M-40 | 13 | M 24 | 00:11:04 | 00:24:15.07 | 4:51 | 12.4 |
| 26 | WIERZBICKI JANUSZ | 214 | | SINIAWA | POL | M-30 | 8 | M 25 | 00:11:12 | 00:24:15.55 | 4:51 | 12.4 |
| 27 | FEDIO MAREK | 40 | 5 BSP/SZAFKA BIEGACZA TEAM | OSTRÓW | POL | M-30 | 9 | M 26 | 00:11:20 | 00:24:20.93 | 4:52 | 12.3 |
| 28 | GIEFERT TOMASZ | 47 | I KZ | PRZEMYŚL | POL | M-30 | 10 | M 27 | 00:11:16 | 00:24:25.41 | 4:53 | 12.3 |
| 29 | STADNIK WOJCIECH | 164 | PRZEMYSKI KLUB BIEGACZA | PRZEMYŚL | POL | M-40 | 14 | M 28 | 00:11:34 | 00:24:32.56 | 4:54 | 12.2 |
| 30 | ŁAGOŻNY ŁUKASZ | 101 | POZYTYWNIENIE ZABIEGANI SANOK 1 | SANOK | POL | M-30 | 11 | M 29 | 00:11:34 | 00:24:32.89 | 4:54 | 12.2 |
| 31 | OCHYRA KONRAD | 121 | SOLINA TEAM | LESKO | POL | M-16 | 5 | M 30 | 00:11:26 | 00:24:36.00 | 4:55 | 12.2 |
| 32 | OSIŃSKI ADAM | 125 | | JAROSŁAW | POL | M-30 | 12 | M 31 | 00:11:30 | 00:24:37.49 | 4:55 | 12.2 |
| 33 | GOLEŚ GRZEGORZ | 52 | RUN GIEDLAROWA | GIEDLAROWA | POL | M-30 | 13 | M 32 | 00:11:04 | 00:24:55.64 | 4:59 | 12 |
| 34 | KĄŻMIERCZAK KRZYSZTOF | 72 | | RYKI | POL | M-40 | 15 | M 33 | 00:11:24 | 00:25:04.51 | 5:01 | 12 |
| 35 | RYCYK ŁUKASZ | 152 | | LISZNA | POL | M-30 | 14 | M 34 | 00:11:05 | 00:25:09.82 | 5:01 | 11.9 |
| 36 | BRONHARD RAFAŁ | 24 | TKKF 'SOKÓŁ' GŁOGÓW MAŁOPOLSKI | RZESZÓW | POL | M-30 | 15 | M 35 | 00:11:23 | 00:25:12.12 | 5:02 | 11.9 |
| 37 | RUCIŃSKI PIOTR | 150 | | PRZEMYŚL | POL | M-30 | 16 | M 36 | 00:11:26 | 00:25:12.12 | 5:02 | 11.9 |
| 38 | CZERNICKI MARCIN | 149 | PRZEMYSKI KLUB BIEGACZA | PRZEMYŚL | POL | M-30 | 17 | M 37 | 00:11:27 | 00:25:21.48 | 5:04 | 11.8 |
| 39 | GAWORECKI TOMASZ | 45 | POZYTYWNIENIE ZABIEGANI SANOK 1 | SANOK | POL | M-30 | 18 | M 38 | 00:11:33 | 00:25:21.93 | 5:04 | 11.8 |
| 40 | JABŁOŃSKI MAREK | 60 | PGB SPORTOWA PACZKA | WOLA NIEMIECKA | POL | M-16 | 6 | M 39 | 00:11:47 | 00:25:29.76 | 5:05 | 11.8 |
| 41 | WALANIA KINGA | 183 | TKKF 'SOKÓŁ' GŁOGÓW MAŁOPOLSKI | GŁOGÓW MAŁOPOLSKI | POL | K-30 | 1 | K 2 | 00:11:27 | 00:25:31.43 | 5:06 | 11.7 |
| 42 | MLECZKO GRZEGORZ | 117 | I KZ | GRABOWNICA STARZEŃSKA | POL | M-30 | 19 | M 40 | 00:12:03 | 00:25:34.09 | 5:06 | 11.7 |
| 43 | KOŚMIDER TOMASZ | 87 | SPARTANIE DZIECIOM | WROCŁAW | POL | M-30 | 20 | M 41 | 00:11:48 | 00:25:36.70 | 5:07 | 11.7 |
| 44 | DOPART TOMASZ | 33 | KAMIEŃ DWERNIK | USTRZYKI DOLNE | POL | M-40 | 16 | M 42 | 00:12:06 | 00:25:37.91 | 5:07 | 11.7 |
| 45 | KANDEFER BEATA | 217 | KLUB BIEGACZA ATHLETIC ZRĘCIN | KORCZYNA | POL | K-40 | 1 | K 3 | 00:11:29 | 00:25:40.17 | 5:08 | 11.7 |
| 46 | SZKODA ROBERT | 171 | BURZA MUZGÓW | BIŁGORAJ | POL | M-30 | 21 | M 43 | 00:11:37 | 00:25:42.03 | 5:08 | 11.7 |

NOCNY SPRINT RYSIA , OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 2.5km | Netto | min/km | km/h |
|------|----------------------------|-----|----------------------------------|-------------------------|------|------|--------|----------|-------------|-------------|--------|------|
| 47 | MITURA WOJTEK | 116 | | PARCZEW | POL | M-40 | 17 | M 44 | 00:12:01 | 00:25:46.45 | 5:09 | 11.6 |
| 48 | WOLINSKI RYSZARD | 200 | RUNNING TEAM NOWY STYL GROUP | JASŁO | POL | M-30 | 22 | M 45 | 00:12:05 | 00:25:51.30 | 5:10 | 11.6 |
| 49 | SIKORA-KOŁODZIEJ IRMINA | 157 | BIESY I CZORTY | PRZEMYŚL | POL | K-30 | 2 | K 4 | 00:12:01 | 00:26:03.19 | 5:12 | 11.5 |
| 50 | KAZMIERCZAK ERYK | 73 | | RYKI | POL | M-16 | 7 | M 46 | 00:11:49 | 00:26:03.92 | 5:12 | 11.5 |
| 51 | BODNAR ADRIAN | 20 | | SANOK | POL | M-16 | 8 | M 47 | 00:12:19 | 00:26:23.17 | 5:16 | 11.4 |
| 52 | SZYSZŁO TOMASZ | 176 | POZYTYWNE ZABIEGANI SANOK 3 | SANOK | POL | M-30 | 23 | M 48 | 00:12:30 | 00:26:26.06 | 5:17 | 11.3 |
| 53 | WARZOCHA PAWEŁ | 187 | NIECHBIEGA | NIECHOBZ | POL | M-40 | 18 | M 49 | 00:12:15 | 00:26:33.03 | 5:18 | 11.3 |
| 54 | PODOLAK PAWEŁ | 138 | KAMIEŃ DWERNIK | USTRZYKI DOLNE | POL | M-30 | 24 | M 50 | 00:12:20 | 00:26:39.20 | 5:19 | 11.3 |
| 55 | ANTOSZ BOGDAN | 7 | | SINIAWA | POL | M-40 | 19 | M 51 | 00:12:02 | 00:26:40.54 | 5:20 | 11.2 |
| 56 | ŁABUDZKI MARCIN | 99 | PRZEMYSKI KLUB BIEGACZA | PRZEMYŚL | POL | M-30 | 25 | M 52 | 00:12:55 | 00:26:43.37 | 5:20 | 11.2 |
| 57 | PAJESTKA WOJCIECH | 126 | POZYTYWNE ZABIEGANI SANOK 3 | SANOK | POL | M-40 | 20 | M 53 | 00:12:32 | 00:26:45.37 | 5:21 | 11.2 |
| 58 | WĘGRZYŃSKI PAWEŁ | 189 | | KRAKÓW | POL | M-30 | 26 | M 54 | 00:12:19 | 00:26:48.70 | 5:21 | 11.2 |
| 59 | BALICKI ZBIGNIEW | 12 | BURZA MUZGÓW | ZWIERYNIEC | POL | M-40 | 21 | M 55 | 00:12:28 | 00:26:57.26 | 5:23 | 11.1 |
| 60 | PASTERCZYK DARUSZ | 127 | MUKS PODKARPACIE JEDLICZE | JEDLICZE | POL | M-40 | 22 | M 56 | 00:12:37 | 00:26:57.89 | 5:23 | 11.1 |
| 61 | RECZKOWSKI ANDRZEJ | 146 | KLUB BIEGACZA ATHLETIC ZRĘCIN | NIENASZÓW198A | POL | M-60 | 1 | M 57 | 00:12:31 | 00:27:01.73 | 5:24 | 11.1 |
| 62 | KARDASZ MAREK | 69 | SOLINA TEAM | POLAŃCZYK | POL | M-30 | 27 | M 58 | 00:12:27 | 00:27:07.63 | 5:25 | 11.1 |
| 63 | STEFAŃSKA MARIA | 166 | TRIO Z PKB | PRZEMYŚL | POL | K-30 | 3 | K 5 | 00:12:36 | 00:27:20.74 | 5:28 | 11 |
| 64 | KOŚEDA ROBERT | 85 | HONEY BADGER | KARTUZY | POL | M-40 | 23 | M 59 | 00:12:51 | 00:27:25.95 | 5:29 | 10.9 |
| 65 | KLESZCZYŃSKI BARTOSZ | 77 | MULTIMEDIA RUNNERS PUŁAWY | PUŁAWY | POL | M-30 | 28 | M 60 | 00:12:30 | 00:27:26.61 | 5:29 | 10.9 |
| 66 | BURAK ADAM | 25 | 1BCZ | POLAŃCZYK | POL | M-40 | 24 | M 61 | 00:12:22 | 00:27:29.65 | 5:29 | 10.9 |
| 67 | BANASIK KRZYSZTOF | 15 | | PRUCHNIK | POL | M-30 | 29 | M 62 | 00:13:00 | 00:27:30.55 | 5:30 | 10.9 |
| 68 | MATUSZEWSKI PIOTR | 112 | | MYCZKÓW | POL | M-30 | 30 | M 63 | 00:12:56 | 00:27:34.48 | 5:31 | 10.9 |
| 69 | PĘKOSZ AGNIESZKA | 132 | TRIO Z PKB | PRZEMYŚL | POL | K-30 | 4 | K 6 | 00:12:28 | 00:27:37.07 | 5:31 | 10.9 |
| 70 | BAJSAROWICZ MACIEK | 11 | | KRAMARZÓWKA | POL | M-16 | 9 | M 64 | 00:12:38 | 00:27:38.96 | 5:31 | 10.8 |
| 71 | PIETRZYŃ MARIUSZ | 134 | SOLINA TEAM | BRYLINCE | POL | M-40 | 25 | M 65 | 00:12:39 | 00:27:39.08 | 5:32 | 10.8 |
| 72 | MACHLARZ MATEUSZ | 105 | SRTG RZESZÓW | RZESZÓW | POL | M-16 | 10 | M 66 | 00:12:27 | 00:27:40.27 | 5:32 | 10.8 |
| 73 | KAWALIŁO PIOTR | 70 | | WOLA RAFAŁOWSKA | POL | M-30 | 31 | M 67 | 00:12:29 | 00:27:41.96 | 5:32 | 10.8 |
| 74 | BANASIK MONIKA | 14 | | PRUCHNIK | POL | K-30 | 5 | K 7 | 00:13:01 | 00:27:44.50 | 5:33 | 10.8 |
| 75 | DOROSZ BARBARA | 34 | TRIO Z PKB | PRZEMYŚL | POL | K-30 | 6 | K 8 | 00:12:46 | 00:27:45.35 | 5:33 | 10.8 |
| 76 | AMROZKIEWICZ-GROMEK JUDYTA | 5 | AMROZKIEWICZ TEAM | SANOK | POL | K-30 | 7 | K 9 | 00:12:27 | 00:27:45.84 | 5:33 | 10.8 |
| 77 | MAŚLAK JACEK | 110 | POZYTYWNE ZABIEGANI SANOK 2 | SANOK | POL | M-40 | 26 | M 68 | 00:13:14 | 00:27:50.23 | 5:34 | 10.8 |
| 78 | KOZIĘŁ TADEUSZ | 89 | BURZA MUZGÓW | RZESZÓW | POL | M-16 | 11 | M 69 | 00:12:36 | 00:27:56.93 | 5:35 | 10.7 |
| 79 | ZIÓŁKOWSKI WOJCIECH | 224 | HERKULES | OKONEK | M-40 | 27 | M 70 | 00:12:55 | 00:28:00.74 | 5:36 | 10.7 | |
| 80 | HADUCH JERZY | 54 | SANOK I OKOLICE | PISAROWCE | POL | M-60 | 2 | M 71 | 00:12:45 | 00:28:04.28 | 5:36 | 10.7 |
| 81 | BERNAŚ DARIUSZ | 19 | BSCZADY | WETLINA | POL | M-30 | 32 | M 72 | 00:13:13 | 00:28:04.39 | 5:36 | 10.7 |
| 82 | BEŁCH MICHAŁ | 18 | | WIDACZ | POL | M-30 | 33 | M 73 | 00:12:41 | 00:28:06.40 | 5:37 | 10.7 |
| 83 | ZYMRÓZ TOMEK | 206 | JAK NIE MY TO KTO? ROPCZYCE | ROPCZYCE | POL | M-16 | 12 | M 74 | 00:12:42 | 00:28:08.92 | 5:37 | 10.7 |
| 84 | WAJCOWICZ WITOLD | 182 | POZYTYWNE ZABIEGANI SANOK 2 | SANOK | POL | M-40 | 28 | M 75 | 00:12:54 | 00:28:17.16 | 5:39 | 10.6 |
| 85 | LEŚNIAK-POPIEL MARTA | 97 | POZYTYWNE ZABIEGANI SANOK 2 | SANOK | POL | K-40 | 2 | K 10 | 00:12:54 | 00:28:17.93 | 5:39 | 10.6 |
| 86 | RADYK JAKUB | 142 | PRZEMYSKI KLUB BIEGACZA | PRZEMYŚL | POL | M-30 | 34 | M 76 | 00:12:39 | 00:28:25.72 | 5:41 | 10.6 |
| 87 | LESZCZYŃSKI MIROSLAW | 96 | GRE NIERUCHOMOŚCI | LESKO | POL | M-30 | 35 | M 77 | 00:12:51 | 00:28:27.63 | 5:41 | 10.5 |
| 88 | SIEDLACZEK ZBIGNIEW | 156 | SKLEP BIEGACZA LUBLIN TEAM | LUBLIN | POL | M-60 | 3 | M 78 | 00:12:49 | 00:28:51.47 | 5:46 | 10.4 |
| 89 | AMAROWICZ JACEK | 4 | I KZ III - PLZ | PRZEMYŚL | POL | M-30 | 36 | M 79 | 00:12:46 | 00:28:51.51 | 5:46 | 10.4 |
| 90 | MAJCHER DAMIAN | 107 | | STALOWA WOLA/TARNOBRZEG | POL | M-30 | 37 | M 80 | 00:13:35 | 00:28:57.02 | 5:47 | 10.4 |
| 91 | IGNOR EDYTA | 59 | SRTG RZESZÓW | RZESZÓW | POL | K-16 | 1 | K 11 | 00:12:43 | 00:28:57.03 | 5:47 | 10.4 |
| 92 | KISIELEWICZ MARCIN | 75 | KLUB BIEGACZA ATHLETIC ZRĘCIN | LEŚNIOŹKA | POL | M-16 | 13 | M 81 | 00:12:46 | 00:29:23.58 | 5:52 | 10.2 |
| 93 | DRWIĘGA MACIEJ | 36 | POZYTYWNE ZABIEGANI SANOK 1 | SANOK | POL | M-40 | 29 | M 82 | 00:13:16 | 00:29:30.00 | 5:54 | 10.2 |
| 94 | SZEWCIK RAFAŁ | 170 | | NOWY SĄCZ | POL | M-40 | 30 | M 83 | 00:13:29 | 00:29:31.69 | 5:54 | 10.2 |
| 95 | ZIĘBA EWA | 203 | BURZA MUZGÓW | BRATKOWICE | POL | K-16 | 2 | K 12 | 00:13:57 | 00:29:41.86 | 5:56 | 10.1 |
| 96 | KAPRAL ADAM | 67 | KAMIEŃ DWERNIK | LUTOWISKA, | POL | M-40 | 31 | M 84 | 00:14:47 | 00:29:47.08 | 5:57 | 10.1 |
| 97 | WAŁACHOWSKA URSZULA | 185 | SOLINA TEAM | HOCZEW | POL | K-30 | 8 | K 13 | 00:14:24 | 00:29:56.64 | 5:59 | 10 |
| 98 | KAPA PATRYCJA | 66 | K.S. MARATON OSTRÓW WIELKOPOLSKI | BIEGANIN | POL | K-16 | 3 | K 14 | 00:13:50 | 00:30:03.18 | 6:00 | 10 |
| 99 | GALANTY AGNIESZKA | 44 | SZYBKIE BLONDYNY | DYBAWKA | POL | K-40 | 3 | K 15 | 00:13:40 | 00:30:08.90 | 6:01 | 10 |
| 100 | SZYMALA-LIPKA MAGDALENA | 175 | | MIELEC | POL | K-30 | 9 | K 16 | 00:13:46 | 00:30:09.28 | 6:01 | 10 |
| 101 | KĘDRA AGNIESZKA | 74 | | RZESZÓW | POL | K-16 | 4 | K 17 | 00:13:42 | 00:30:10.41 | 6:02 | 9.9 |
| 102 | AST GRZEGORZ | 8 | AMSTAFF TEAM JEDLICZE | JEDLICZE | POL | M-16 | 14 | M 85 | 00:14:02 | 00:30:11.95 | 6:02 | 9.9 |
| 103 | MISIAK MATEUSZ | 115 | BURZA MUZGÓW | ROPCZYCE | POL | M-16 | 15 | M 86 | 00:13:36 | 00:30:12.54 | 6:02 | 9.9 |

NOCNY SPRINT RYSIA , OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 2.5km | Netto | min/km | km/h |
|------|---------------------------|-----|---|-----------------|------|------|--------|-------|----------|-------------|--------|------|
| 104 | ŁUCZAK JANUSZ | 102 | | ŁÓDŹ | POL | M-50 | 1 | M 87 | 00:13:54 | 00:30:19.96 | 6:04 | 9.9 |
| 105 | ŻUREK PIOTR | 208 | LUBLIN BIEGA | LUBLIN | POL | M-40 | 32 | M 88 | 00:14:09 | 00:30:22.54 | 6:04 | 9.9 |
| 106 | ŻUROWSKI JACEK | 209 | CENTRUM MEDYCZNE ORTO-OPTYMIST | LUBLIN | POL | M-40 | 33 | M 89 | 00:14:09 | 00:30:22.56 | 6:04 | 9.9 |
| 107 | DROBOT PIOTR | 35 | POZYTYWNE ZABIEGANI SANOK | SANOK | POL | M-40 | 34 | M 90 | 00:14:01 | 00:30:26.22 | 6:05 | 9.9 |
| 108 | SOBOLEWSKA KATARZYNA | 162 | | LUBLIN | POL | K-30 | 10 | K 18 | 00:13:53 | 00:30:26.51 | 6:05 | 9.9 |
| 109 | NIEMIEC-DRWIĘGA BERNADETA | 120 | | SANOK | POL | K-40 | 4 | K 19 | 00:14:02 | 00:30:26.81 | 6:05 | 9.9 |
| 110 | WACNIK JANUSZ | 181 | | RZESZÓW | POL | M-50 | 2 | M 91 | 00:13:57 | 00:30:29.90 | 6:06 | 9.8 |
| 111 | WITUSIK MARIUSZ | 195 | NW-TEAM JAŚŁO | JAŚŁO | POL | M-40 | 35 | M 92 | 00:13:51 | 00:30:36.28 | 6:07 | 9.8 |
| 112 | BABINSKA INGA | 9 | SZYBKIE BLONDYNY | PRZEMYŚL | POL | K-40 | 5 | K 20 | 00:13:52 | 00:30:36.46 | 6:07 | 9.8 |
| 113 | DUDEK PAWEŁ | 38 | | WOLA ZYRAKOWSKA | POL | M-40 | 36 | M 93 | 00:14:31 | 00:30:47.74 | 6:09 | 9.7 |
| 114 | JACHIMOWSKI JAREK | 61 | KOMP-SERWIS24 SANOK | WUJSKIE | POL | M-30 | 38 | M 94 | 00:13:48 | 00:30:49.00 | 6:09 | 9.7 |
| 115 | DABROWSKA AGNIESZKA | 28 | | SANOK | POL | K-30 | 11 | K 21 | 00:13:52 | 00:30:52.31 | 6:10 | 9.7 |
| 116 | WOJŚLAW KRZYSZTOF | 216 | | NOWY SĄCZ | POL | M-30 | 39 | M 95 | 00:14:32 | 00:30:55.20 | 6:11 | 9.7 |
| 117 | SADOWY JANUSZ | 155 | 5 BSP | PRZEMYŚL | POL | M-30 | 40 | M 96 | 00:13:05 | 00:31:07.14 | 6:13 | 9.6 |
| 118 | KORYCIŃSKA IZABELA | 84 | | KRAKÓW | POL | K-30 | 12 | K 22 | 00:13:52 | 00:31:18.44 | 6:15 | 9.6 |
| 119 | SUCHOWIECKA SABINA | 168 | | RYBNE | POL | K-16 | 5 | K 23 | 00:14:52 | 00:31:19.17 | 6:15 | 9.6 |
| 120 | ŚCIBOR JAROSŁAW | 177 | I KZ III - PLZ | PRZEMYŚL | POL | M-30 | 41 | M 97 | 00:14:41 | 00:31:19.86 | 6:15 | 9.6 |
| 121 | WILGUCKI KRZYSZTOF | 191 | 1BCZ | WARSZAWA | POL | M-16 | 16 | M 98 | 00:13:22 | 00:31:27.02 | 6:17 | 9.5 |
| 122 | BODNIAK TOMASZ | 21 | | USTRZYKI DOLNE | POL | M-30 | 42 | M 99 | 00:15:09 | 00:31:44.11 | 6:20 | 9.5 |
| 123 | ZARĘBA JOLANTA | 218 | RZESZOWSKIE GAZELE I GEPARDY | RZESZÓW | POL | K-50 | 2 | K 24 | 00:14:14 | 00:31:57.85 | 6:23 | 9.4 |
| 124 | WITUSIK DOROTA | 194 | NW-TEAM JAŚŁO | JAŚŁO | POL | K-40 | 6 | K 25 | 00:14:24 | 00:31:59.50 | 6:24 | 9.4 |
| 125 | DUDEK KATARZYNA | 39 | PRZEMYSKI KLUB BIEGACZA | PRZEMYŚL | POL | K-30 | 13 | K 26 | 00:14:45 | 00:32:06.99 | 6:25 | 9.3 |
| 126 | PAWŁOWSKA AGNIESZKA | 128 | SZYBKIE BLONDYNY | TARNAWCE | POL | K-40 | 7 | K 27 | 00:14:47 | 00:32:08.13 | 6:25 | 9.3 |
| 127 | JAKUBOWSKI DANIEL | 63 | CENTRUM ANIMACJI SPOŁECZNEJ CARITAS | ZABAJKA | POL | M-40 | 37 | M 100 | 00:14:38 | 00:32:34.94 | 6:31 | 9.2 |
| 128 | GALANTY BARTŁOMIEJ | 43 | PRZEMYSKI KLUB BIEGACZA | PRZEMYŚL | POL | M-40 | 38 | M 101 | 00:13:52 | 00:32:56.00 | 6:35 | 9.1 |
| 129 | KLESZCZYŃSKA AGNIESZKA | 76 | MULTIMEDIA RUNNERS PUŁAWY | PUŁAWY | POL | K-30 | 14 | K 28 | 00:14:42 | 00:33:03.30 | 6:36 | 9.1 |
| 130 | KAWECKA MAGDALENA | 71 | KAWA BEZ PAPIEROSA | WARSZAWA | POL | K-30 | 15 | K 29 | 00:15:42 | 00:33:21.91 | 6:40 | 9 |
| 131 | JAŁOCHA BARBARA | 64 | PRZEMYSKI KLUB BIEGACZA | PRZEMYŚL | POL | K-50 | 3 | K 30 | 00:14:47 | 00:33:44.82 | 6:45 | 8.9 |
| 132 | RAWSKA ANNA | 144 | | SKOŁOSZÓW | POL | K-16 | 6 | K 31 | 00:15:20 | 00:33:47.61 | 6:45 | 8.9 |
| 133 | ŁUCZYCKA IWONA | 103 | POZYTYWNE ZABIEGANI SANOK | HŁOMCZA | POL | K-40 | 8 | K 32 | 00:15:06 | 00:34:37.07 | 6:55 | 8.7 |
| 134 | MAŚLAK MARZENA | 111 | POZYTYWNE ZABIEGANI SANOK | SANOK | POL | K-30 | 16 | K 33 | 00:15:07 | 00:34:37.96 | 6:55 | 8.7 |
| 135 | WOLF WERONIKA | 199 | 3PODKARPACKA BRYGADA OBRONY TERYTORIALNEJ/ POZYTYWNE ZABIEGANI SANOK | SANOK | POL | K-40 | 9 | K 34 | 00:15:07 | 00:34:39.49 | 6:55 | 8.7 |
| 136 | GNIĘCIAK MONIKA | 51 | GRE NIERUCHOMOŚCI | PUŁAWY | POL | K-30 | 17 | K 35 | 00:16:23 | 00:34:53.40 | 6:58 | 8.6 |
| 137 | PRUCNAL PAWEŁ | 139 | RUN FOR 42 | WARSZAWA | POL | M-40 | 39 | M 102 | 00:14:43 | 00:34:57.28 | 6:59 | 8.6 |
| 138 | KOWALSKI-NEUKIRCH HENRYK | 88 | TRUCHTACZ MYSŁOWICE | KATOWICE | POL | M-60 | 4 | M 103 | 00:14:44 | 00:34:57.84 | 6:59 | 8.6 |
| 139 | GŁUSZKO JUSTYNA | 50 | SOLINA TEAM | BEREZKA | POL | K-30 | 18 | K 36 | 00:14:24 | 00:34:58.08 | 6:59 | 8.6 |
| 140 | PECKA KRZYSZTOF | 129 | SOLINA TEAM | MYCZKÓW | POL | M-30 | 43 | M 104 | 00:15:04 | 00:35:15.19 | 7:03 | 8.5 |
| 141 | KOCZOROWSKI MARCIN | 80 | TEAM ZABIEGANEDNI | RADIÓWEK | POL | M-30 | 44 | M 105 | 00:16:10 | 00:36:24.06 | 7:16 | 8.2 |
| 142 | KOCZOROWSKA ANNA | 79 | TEAM ZABIEGANEDNI | RADIÓWEK | POL | K-30 | 19 | K 37 | 00:16:10 | 00:36:24.06 | 7:16 | 8.2 |
| 143 | SNOPKOWSKI KRYSZTIAN | 160 | | KOLBUSZOWA | POL | M-16 | 17 | M 106 | 00:16:29 | 00:36:52.66 | 7:22 | 8.1 |
| 144 | SNOPKOWSKA DOROTA | 159 | | KOLBUSZOWA | POL | K-16 | 7 | K 38 | 00:16:30 | 00:36:52.71 | 7:22 | 8.1 |
| 145 | ŁACH WIESŁAW | 100 | KLUB MATIEGO JEŻOWE | JEŻOWE | POL | M-40 | 40 | M 107 | 00:15:39 | 00:37:05.75 | 7:25 | 8.1 |
| 146 | RUTKOWSKI GRZEGORZ | 151 | KLUB MATIEGO JEŻOWE | JEŻOWE | POL | M-30 | 45 | M 108 | 00:16:00 | 00:37:06.34 | 7:25 | 8.1 |
| 147 | GADEK SONIA | 46 | | MUCZNE | POL | K-16 | 8 | K 39 | 00:16:11 | 00:37:22.08 | 7:28 | 8 |
| 148 | ŚWIDERSKA KAROLINA | 178 | OSP USTRZYKI GÓRNE | USTRZYKI GÓRNE | POL | K-16 | 9 | K 40 | 00:17:06 | 00:38:20.25 | 7:40 | 7.8 |
| 149 | HARATYK ROKSANA | 56 | | SĘDZISZÓW MŁP. | POL | K-30 | 20 | K 41 | 00:16:57 | 00:38:44.26 | 7:44 | 7.7 |
| 150 | FERFECKI PAWEŁ | 42 | | ROPCZYCE | POL | M-30 | 46 | M 109 | 00:16:57 | 00:38:44.51 | 7:44 | 7.7 |
| 151 | WILCZYŃSKI MARIUSZ | 190 | | WARKA | POL | M-30 | 47 | M 110 | 00:16:58 | 00:38:45.17 | 7:45 | 7.7 |
| 152 | ZAJĄCZKOWSKI KRZYSZTOF | 167 | PRZEMYSKI KLUB BIEGACZA | PRZEMYŚL | POL | M-30 | 48 | M 111 | 00:19:52 | 00:40:23.87 | 8:04 | 7.4 |
| 153 | BIERNACKI RENE | 212 | | POLANICA ZDRÓJ | POL | M-60 | 5 | M 112 | 00:19:53 | 00:41:03.88 | 8:12 | 7.3 |
| 154 | ŁAKOMSKA KAMILA | 222 | | GŁOGÓW | POL | K-16 | 10 | K 42 | 00:19:54 | 00:42:54.55 | 8:35 | 7 |
| 155 | WIERZBICKI MARIUSZ | 221 | | GŁOGÓW | POL | M-30 | 49 | M 113 | 00:19:54 | 00:42:54.81 | 8:35 | 7 |
| 156 | RYŁKO MARIOLA | 210 | SOLINA TEAM | SOLINA | POL | K-40 | 10 | K 43 | 00:19:58 | 00:43:03.43 | 8:36 | 7 |
| 157 | SZPAK JUSTYNA | 92 | SOLINA TEAM | SOLINA | POL | K-30 | 21 | K 44 | 00:19:59 | 00:43:03.92 | 8:36 | 7 |
| 158 | RAK WANDA | 143 | | STARY ŻMIGRÓD | POL | K-30 | 22 | K 45 | 00:19:59 | 00:43:07.17 | 8:37 | 7 |

NOCNY SPRINT RYSIA , Kobiety

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 2.5km | Netto | min/km | km/h |
|------|----------------------------|-----|---|-------------------|------|------|--------|------|----------|-------------|--------|------|
| 1 | DOMISZEWSKA MARIA | 31 | | USTRZYKI DOLNE | POL | K-50 | 1 | K 1 | 00:11:05 | 00:24:08.25 | 4:49 | 12.4 |
| 2 | WALANIA KINGA | 183 | TKKF 'SOKÓŁ' GŁOGÓW MAŁOPOLSKI | GŁOGÓW MAŁOPOLSKI | POL | K-30 | 1 | K 2 | 00:11:27 | 00:25:31.43 | 5:06 | 11.7 |
| 3 | KANDEFER BEATA | 217 | KLUB BIEGACZA ATHLETIC ZRĘCIN | KORCZYNA | POL | K-40 | 1 | K 3 | 00:11:29 | 00:25:40.17 | 5:08 | 11.7 |
| 4 | SIKORA-KOŁODZIEJ IRMINA | 157 | BIESY I CZORTY | PRZEMYŚL | POL | K-30 | 2 | K 4 | 00:12:01 | 00:26:03.19 | 5:12 | 11.5 |
| 5 | STEFAŃSKA MARIA | 166 | TRIO Z PKB | PRZEMYŚL | POL | K-30 | 3 | K 5 | 00:12:36 | 00:27:20.74 | 5:28 | 11 |
| 6 | PEKOSZ AGNIESZKA | 132 | TRIO Z PKB | PRZEMYŚL | POL | K-30 | 4 | K 6 | 00:12:28 | 00:27:37.07 | 5:31 | 10.9 |
| 7 | BANASIK MONIKA | 14 | | PRUCHNIK | POL | K-30 | 5 | K 7 | 00:13:01 | 00:27:44.50 | 5:33 | 10.8 |
| 8 | DOROSZ BARBARA | 34 | TRIO Z PKB | PRZEMYŚL | POL | K-30 | 6 | K 8 | 00:12:46 | 00:27:45.35 | 5:33 | 10.8 |
| 9 | AMROZKIEWICZ-GROMEK JUDYTA | 5 | AMROZKIEWICZ TEAM | SANOK | POL | K-30 | 7 | K 9 | 00:12:27 | 00:27:45.84 | 5:33 | 10.8 |
| 10 | LEŚNIAK-POPIEL MARTA | 97 | POZYTYWNE ZABIEGANI SANOK 2 | SANOK | POL | K-40 | 2 | K 10 | 00:12:54 | 00:28:17.93 | 5:39 | 10.6 |
| 11 | IGNOR EDYTA | 59 | SRTG RZESZÓW | RZESZÓW | POL | K-16 | 1 | K 11 | 00:12:43 | 00:28:57.03 | 5:47 | 10.4 |
| 12 | ZIĘBA EWA | 203 | BURZA MUZGÓW | BRATKOWICE | POL | K-16 | 2 | K 12 | 00:13:57 | 00:29:41.86 | 5:56 | 10.1 |
| 13 | WAŁACHOWSKA URSZULA | 185 | SOLINA TEAM | HOCZEW | POL | K-30 | 8 | K 13 | 00:14:24 | 00:29:56.64 | 5:59 | 10 |
| 14 | KAPA PATRYCJA | 66 | K.S. MARATON OSTRÓW WIELKOPOLSKI | BIEGANIN | POL | K-16 | 3 | K 14 | 00:13:50 | 00:30:03.18 | 6:00 | 10 |
| 15 | GALANTY AGNIESZKA | 44 | SZYBKIE BLONDYNY | DYBAWKA | POL | K-40 | 3 | K 15 | 00:13:40 | 00:30:08.90 | 6:01 | 10 |
| 16 | SZYMALA-LIPKA MAGDALENA | 175 | | MIELEC | POL | K-30 | 9 | K 16 | 00:13:46 | 00:30:09.28 | 6:01 | 10 |
| 17 | KĘDRA AGNIESZKA | 74 | | RZESZÓW | POL | K-16 | 4 | K 17 | 00:13:42 | 00:30:10.41 | 6:02 | 9.9 |
| 18 | SOBOLEWSKA KATARZYNA | 162 | | LUBLIN | POL | K-30 | 10 | K 18 | 00:13:53 | 00:30:26.51 | 6:05 | 9.9 |
| 19 | NIEMIEC-DRWIĘGA BERNADETA | 120 | | SANOK | POL | K-40 | 4 | K 19 | 00:14:02 | 00:30:26.81 | 6:05 | 9.9 |
| 20 | BABINSKA INGA | 9 | SZYBKIE BLONDYNY | PRZEMYŚL | POL | K-40 | 5 | K 20 | 00:13:52 | 00:30:36.46 | 6:07 | 9.8 |
| 21 | DABROWSKA AGNIESZKA | 28 | | SANOK | POL | K-30 | 11 | K 21 | 00:13:52 | 00:30:52.31 | 6:10 | 9.7 |
| 22 | KORYCIŃSKA IZABELA | 84 | | KRAKÓW | POL | K-30 | 12 | K 22 | 00:13:52 | 00:31:18.44 | 6:15 | 9.6 |
| 23 | SUCHOWIECKA SABINA | 168 | | RYBNE | POL | K-16 | 5 | K 23 | 00:14:52 | 00:31:19.17 | 6:15 | 9.6 |
| 24 | ZARĘBA JOLANTA | 218 | RZESZOWSKIE GAZELE I GEPARDY | RZESZÓW | POL | K-50 | 2 | K 24 | 00:14:14 | 00:31:57.85 | 6:23 | 9.4 |
| 25 | WITUSIK DOROTA | 194 | NW-TEAM JASŁO | JASŁO | POL | K-40 | 6 | K 25 | 00:14:24 | 00:31:59.50 | 6:24 | 9.4 |
| 26 | DUDEK KATARZYNA | 39 | PRZEMYSKI KLUB BIEGACZA | PRZEMYŚL | POL | K-30 | 13 | K 26 | 00:14:45 | 00:32:06.99 | 6:25 | 9.3 |
| 27 | PAWŁOWSKA AGNIESZKA | 128 | SZYBKIE BLONDYNY | TARNAWCE | POL | K-40 | 7 | K 27 | 00:14:47 | 00:32:08.13 | 6:25 | 9.3 |
| 28 | KLESZCZYŃSKA AGNIESZKA | 76 | MULTIMEDIA RUNNERS PUŁAWY | PUŁAWY | POL | K-30 | 14 | K 28 | 00:14:42 | 00:33:03.30 | 6:36 | 9.1 |
| 29 | KAWECKA MAGDALENA | 71 | KAWA BEZ PAPIEROSA | WARSZAWA | POL | K-30 | 15 | K 29 | 00:15:42 | 00:33:21.91 | 6:40 | 9 |
| 30 | JĄŁOCHA BARBARA | 64 | PRZEMYSKI KLUB BIEGACZA | PRZEMYŚL | POL | K-50 | 3 | K 30 | 00:14:47 | 00:33:44.82 | 6:45 | 8.9 |
| 31 | RAWSKA ANNA | 144 | | SKOŁOSZÓW | POL | K-16 | 6 | K 31 | 00:15:20 | 00:33:47.61 | 6:45 | 8.9 |
| 32 | ŁUCZYCKA IWONA | 103 | POZYTYWNE ZABIEGANI SANOK | HŁOMCZA | POL | K-40 | 8 | K 32 | 00:15:06 | 00:34:37.07 | 6:55 | 8.7 |
| 33 | MAŚLAK MARZENA | 111 | POZYTYWNE ZABIEGANI SANOK | SANOK | POL | K-30 | 16 | K 33 | 00:15:07 | 00:34:37.96 | 6:55 | 8.7 |
| 34 | WOLF WERONIKA | 199 | 3PODKARPACKA BRYGADA OBRONY TERYTORIALNEJ/ POZYTYWNE ZABIEGANI SANOK | SANOK | POL | K-40 | 9 | K 34 | 00:15:07 | 00:34:39.49 | 6:55 | 8.7 |
| 35 | GNIECIAK MONIKA | 51 | GRE NIERUCHOMOŚCI | PUŁAWY | POL | K-30 | 17 | K 35 | 00:16:23 | 00:34:53.40 | 6:58 | 8.6 |
| 36 | GŁUSZKO JUSTYNA | 50 | SOLINA TEAM | BEREZKA | POL | K-30 | 18 | K 36 | 00:14:24 | 00:34:58.08 | 6:59 | 8.6 |
| 37 | KOCZOROWSKA ANNA | 79 | TEAM ZABIEGANEDNI | RADIÓWEK | POL | K-30 | 19 | K 37 | 00:16:10 | 00:36:24.06 | 7:16 | 8.2 |
| 38 | SNOPKOWSKA DOROTA | 159 | | KOLBUSZOWA | POL | K-16 | 7 | K 38 | 00:16:30 | 00:36:52.71 | 7:22 | 8.1 |
| 39 | GADEK SONIA | 46 | | MUCZNE | POL | K-16 | 8 | K 39 | 00:16:11 | 00:37:22.08 | 7:28 | 8 |
| 40 | ŚWIDERSKA KAROLINA | 178 | OSP USTRZYKI GÓRNE | USTRZYKI GÓRNE | POL | K-16 | 9 | K 40 | 00:17:06 | 00:38:20.25 | 7:40 | 7.8 |
| 41 | HARATYK ROKSANA | 56 | | SĘDZISZÓW MŁP. | POL | K-30 | 20 | K 41 | 00:16:57 | 00:38:44.26 | 7:44 | 7.7 |
| 42 | ŁAKOMSKA KAMILA | 222 | | GŁOGÓW | POL | K-16 | 10 | K 42 | 00:19:54 | 00:42:54.55 | 8:35 | 7 |
| 43 | RYŁKO MARIOLA | 210 | SOLINA TEAM | SOLINA | POL | K-40 | 10 | K 43 | 00:19:58 | 00:43:03.43 | 8:36 | 7 |
| 44 | SZPAK JUSTYNA | 92 | SOLINA TEAM | SOLINA | POL | K-30 | 21 | K 44 | 00:19:59 | 00:43:03.92 | 8:36 | 7 |
| 45 | RAK WANDA | 143 | | STARY ŻMIGRÓD | POL | K-30 | 22 | K 45 | 00:19:59 | 00:43:07.17 | 8:37 | 7 |

NOCNY SPRINT RYSIA , Mężczyźni

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 2.5km | Netto | min/km | km/h |
|------|--------------------|-----|-------------------------------|------------|------|------|--------|-----|----------|-------------|--------|------|
| 1 | MACIASZEK GRZEGORZ | 106 | RAJSPORT ACTIVE SIERADZ | OSTRÓWEK | POL | M-40 | 1 | M 1 | 00:10:12 | 00:21:17.52 | 4:15 | 14.1 |
| 2 | RODZINKA JAN | 136 | KLUB BIEGACZA ATHLETIC ZRĘCIN | ZRĘCIN | POL | M-40 | 2 | M 2 | 00:09:49 | 00:21:34.58 | 4:19 | 13.9 |
| 3 | GLEŃ ROBERT | 48 | MUKS PODKARPACIE JEDLICZE | JEDLICZE | POL | M-40 | 3 | M 3 | 00:10:09 | 00:22:04.48 | 4:25 | 13.6 |
| 4 | STAŃKO PAWEŁ | 165 | BIESY I CZORTY | STUPOSIANY | POL | M-40 | 4 | M 4 | 00:10:29 | 00:22:26.27 | 4:29 | 13.4 |
| 5 | HOROSZKO ERNEST | 57 | SWR SOSBIKE SANOK | SANOK | POL | M-30 | 1 | M 5 | 00:10:25 | 00:22:29.64 | 4:30 | 13.3 |
| 6 | SKAWIŃSKI TOMASZ | 158 | BIESY I CZORTY | SANOK | POL | M-30 | 2 | M 6 | 00:10:45 | 00:22:32.72 | 4:30 | 13.3 |

NOCNY SPRINT RYSIA , Mężczyźni c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 2.5km | Netto | min/km | km/h |
|------|-------------------------|-----|--------------------------------|-----------------------|------|------|--------|------|----------|-------------|--------|------|
| 7 | OLEJARSKI MARCIN | 122 | | PRUCHNIK | POL | M-16 | 1 | M 7 | 00:10:30 | 00:22:32.77 | 4:30 | 13.3 |
| 8 | SZMIST SZYMON | 173 | KLUB BIEGACZA ATHLETIC ZREČIN | SZCZEPANOWA | POL | M-30 | 3 | M 8 | 00:10:28 | 00:22:42.01 | 4:32 | 13.2 |
| 9 | GŁUSZKO PRZEMEK | 49 | SOLINA TEAM | BEREZKA | POL | M-30 | 4 | M 9 | 00:10:27 | 00:22:53.90 | 4:34 | 13.1 |
| 10 | KOSTERKIEWICZ MARCIN | 86 | PRZEMYSKI KLUB BIEGACZA | PRZEMYŚL | POL | M-40 | 5 | M 10 | 00:10:48 | 00:22:57.69 | 4:35 | 13.1 |
| 11 | WOJNAROWSKI JACEK | 197 | | NOWY SĄCZ | POL | M-40 | 6 | M 11 | 00:10:59 | 00:23:08.08 | 4:37 | 13 |
| 12 | MOSOŃ WIKTOR | 118 | MUKS PODKARPACIE JEDLICZE | GŁOWIENKA | POL | M-40 | 7 | M 12 | 00:10:32 | 00:23:21.92 | 4:40 | 12.8 |
| 13 | GUT JACEK | 53 | TKKF 'SOKÓŁ' GŁOGÓW MAŁOPOLSKI | HUCISKO | POL | M-16 | 2 | M 13 | 00:10:39 | 00:23:29.52 | 4:42 | 12.8 |
| 14 | TOMASZEK ZBIGNIEW | 179 | KAMIEŃ DWERNIK | USTRZYKI DOLNE | POL | M-40 | 8 | M 14 | 00:10:59 | 00:23:41.47 | 4:44 | 12.7 |
| 15 | PYRZAK JACEK | 141 | BIKESHOP RZESZÓW | RZESZÓW | POL | M-30 | 5 | M 15 | 00:10:57 | 00:23:47.78 | 4:45 | 12.6 |
| 16 | KOHUT DARIUSZ | 81 | PRZEMYSKI KLUB BIEGACZA | PRZEMYŚL | POL | M-40 | 9 | M 16 | 00:11:06 | 00:23:49.44 | 4:45 | 12.6 |
| 17 | WEREMKO GRZEGORZ | 188 | MULTIMEDIA RUNNERS PUŁAWY | PUŁAWY | POL | M-40 | 10 | M 17 | 00:11:22 | 00:23:52.21 | 4:46 | 12.6 |
| 18 | DELEŻUCH WOJCIECH | 29 | OSP NIEMCE | NIEMCE | POL | M-40 | 11 | M 18 | 00:11:12 | 00:23:52.93 | 4:46 | 12.6 |
| 19 | SNUZIK MICHAŁ | 161 | SOLINA TEAM | POLAŃCZYK | POL | M-30 | 6 | M 19 | 00:11:05 | 00:24:00.39 | 4:48 | 12.5 |
| 20 | GAWLEWICZ TOMASZ | 226 | GAWĘKI TEAM | SANOK | | M-40 | 12 | M 20 | 00:11:09 | 00:24:08.02 | 4:49 | 12.4 |
| 21 | MAZURKIEWICZ BARTŁOMIEJ | 113 | POZYTYWNE ZABIEGANI SANOK 3 | SANOK | POL | M-16 | 3 | M 21 | 00:11:07 | 00:24:08.47 | 4:49 | 12.4 |
| 22 | SZKULSKI KRYSZTIAN | 172 | 1BCZ | WARSZAWA | POL | M-16 | 4 | M 22 | 00:11:15 | 00:24:09.06 | 4:49 | 12.4 |
| 23 | DUDA PAWEŁ | 37 | MUKS PODKARPACIE JEDLICZE | JEDLICZE | POL | M-30 | 7 | M 23 | 00:11:00 | 00:24:13.89 | 4:50 | 12.4 |
| 24 | CURZYDŁO BOGDAN | 27 | | SANOK | POL | M-40 | 13 | M 24 | 00:11:04 | 00:24:15.07 | 4:51 | 12.4 |
| 25 | WIERZBICKI JANUSZ | 214 | | SIENIAWA | POL | M-30 | 8 | M 25 | 00:11:12 | 00:24:15.55 | 4:51 | 12.4 |
| 26 | FEDIO MAREK | 40 | 5 BSP/SZAFKA BIEGACZA TEAM | OSTRÓW | POL | M-30 | 9 | M 26 | 00:11:20 | 00:24:20.93 | 4:52 | 12.3 |
| 27 | GIEFERT TOMASZ | 47 | I KZ | PRZEMYŚL | POL | M-30 | 10 | M 27 | 00:11:16 | 00:24:25.41 | 4:53 | 12.3 |
| 28 | STADNIK WOJCIECH | 164 | PRZEMYSKI KLUB BIEGACZA | PRZEMYŚL | POL | M-40 | 14 | M 28 | 00:11:34 | 00:24:32.56 | 4:54 | 12.2 |
| 29 | ŁAGOŻNY ŁUKASZ | 101 | POZYTYWNE ZABIEGANI SANOK 1 | SANOK | POL | M-30 | 11 | M 29 | 00:11:34 | 00:24:32.89 | 4:54 | 12.2 |
| 30 | OCHYRA KONRAD | 121 | SOLINA TEAM | LESKO | POL | M-16 | 5 | M 30 | 00:11:26 | 00:24:36.00 | 4:55 | 12.2 |
| 31 | OSIŃSKI ADAM | 125 | | JAROSŁAW | POL | M-30 | 12 | M 31 | 00:11:30 | 00:24:37.49 | 4:55 | 12.2 |
| 32 | GOLEŚ GRZEGORZ | 52 | RUN GIEDLAROWA | GIĘDLAROWA | POL | M-30 | 13 | M 32 | 00:11:04 | 00:24:55.64 | 4:59 | 12 |
| 33 | KAŻMIERCZAK KRZYSZTOF | 72 | | RYKI | POL | M-40 | 15 | M 33 | 00:11:24 | 00:25:04.51 | 5:01 | 12 |
| 34 | RYCYK ŁUKASZ | 152 | | LISZNA | POL | M-30 | 14 | M 34 | 00:11:05 | 00:25:09.82 | 5:01 | 11.9 |
| 35 | BRONHARD RAFAŁ | 24 | TKKF 'SOKÓŁ' GŁOGÓW MAŁOPOLSKI | RZESZÓW | POL | M-30 | 15 | M 35 | 00:11:23 | 00:25:12.12 | 5:02 | 11.9 |
| 36 | RUCIŃSKI PIOTR | 150 | | PRZEMYŚL | POL | M-30 | 16 | M 36 | 00:11:26 | 00:25:12.12 | 5:02 | 11.9 |
| 37 | CZERNICKI MARCIN | 149 | PRZEMYSKI KLUB BIEGACZA | PRZEMYŚL | POL | M-30 | 17 | M 37 | 00:11:27 | 00:25:21.48 | 5:04 | 11.8 |
| 38 | GAWORECKI TOMASZ | 45 | POZYTYWNE ZABIEGANI SANOK 1 | SANOK | POL | M-30 | 18 | M 38 | 00:11:33 | 00:25:21.93 | 5:04 | 11.8 |
| 39 | JABŁOŃSKI MAREK | 60 | PGB SPORTOWA PACZKA | WOLA NIEMIECKA | POL | M-16 | 6 | M 39 | 00:11:47 | 00:25:29.76 | 5:05 | 11.8 |
| 40 | MLECZKO GRZEGORZ | 117 | I KZ | GRABOWNICA STARZEŃSKA | POL | M-30 | 19 | M 40 | 00:12:03 | 00:25:34.09 | 5:06 | 11.7 |
| 41 | KOŚMIDER TOMASZ | 87 | SPARTANIE DZIECIOM | WROCŁAW | POL | M-30 | 20 | M 41 | 00:11:48 | 00:25:36.70 | 5:07 | 11.7 |
| 42 | DOPART TOMASZ | 33 | KAMIEŃ DWERNIK | USTRZYKI DOLNE | POL | M-40 | 16 | M 42 | 00:12:06 | 00:25:37.91 | 5:07 | 11.7 |
| 43 | SZKODA ROBERT | 171 | BURZA MUZGÓW | BIŁGORAJ | POL | M-30 | 21 | M 43 | 00:11:37 | 00:25:42.03 | 5:08 | 11.7 |
| 44 | MITURA WOJTEK | 116 | | PARCZEW | POL | M-40 | 17 | M 44 | 00:12:01 | 00:25:46.45 | 5:09 | 11.6 |
| 45 | WOLIŃSKI RYSZARD | 200 | RUNNING TEAM NOWY STYL GROUP | JASŁO | POL | M-30 | 22 | M 45 | 00:12:05 | 00:25:51.30 | 5:10 | 11.6 |
| 46 | KAŻMIERCZAK ERYK | 73 | | RYKI | POL | M-16 | 7 | M 46 | 00:11:49 | 00:26:03.92 | 5:12 | 11.5 |
| 47 | BODNAR ADRIAN | 20 | | SANOK | POL | M-16 | 8 | M 47 | 00:12:19 | 00:26:23.17 | 5:16 | 11.4 |
| 48 | SZYSZŁO TOMASZ | 176 | POZYTYWNE ZABIEGANI SANOK 3 | SANOK | POL | M-30 | 23 | M 48 | 00:12:30 | 00:26:26.06 | 5:17 | 11.3 |
| 49 | WARZOCHA PAWEŁ | 187 | NIECHBIEGA | NIECHOBURZ | POL | M-40 | 18 | M 49 | 00:12:15 | 00:26:33.03 | 5:18 | 11.3 |
| 50 | PODOLAK PAWEŁ | 138 | KAMIEŃ DWERNIK | USTRZYKI DOLNE | POL | M-30 | 24 | M 50 | 00:12:20 | 00:26:39.20 | 5:19 | 11.3 |
| 51 | ANTOSZ BOGDAN | 7 | | SIENIAWA | POL | M-40 | 19 | M 51 | 00:12:02 | 00:26:40.54 | 5:20 | 11.2 |
| 52 | ŁABUDZKI MARCIN | 99 | PRZEMYSKI KLUB BIEGACZA | PRZEMYŚL | POL | M-30 | 25 | M 52 | 00:12:55 | 00:26:43.37 | 5:20 | 11.2 |
| 53 | PAJESTKA WOJCIECH | 126 | POZYTYWNE ZABIEGANI SANOK 3 | SANOK | POL | M-40 | 20 | M 53 | 00:12:32 | 00:26:45.37 | 5:21 | 11.2 |
| 54 | WĘGRZYŃSKI PAWEŁ | 189 | | KRAKÓW | POL | M-30 | 26 | M 54 | 00:12:19 | 00:26:48.70 | 5:21 | 11.2 |
| 55 | BALIĆKI ZBIGNIEW | 12 | BURZA MUZGÓW | ZWIĘRZYŃCIEC | POL | M-40 | 21 | M 55 | 00:12:28 | 00:26:57.26 | 5:23 | 11.1 |
| 56 | PASTERCZYK DARUSZ | 127 | MUKS PODKARPACIE JEDLICZE | JEDLICZE | POL | M-40 | 22 | M 56 | 00:12:37 | 00:26:57.89 | 5:23 | 11.1 |
| 57 | RECZKOWSKI ANDRZEJ | 146 | KLUB BIEGACZA ATHLETIC ZREČIN | NIENASZÓW198A | POL | M-60 | 1 | M 57 | 00:12:31 | 00:27:01.73 | 5:24 | 11.1 |
| 58 | KARDASZ MAREK | 69 | SOLINA TEAM | POLAŃCZYK | POL | M-30 | 27 | M 58 | 00:12:27 | 00:27:07.63 | 5:25 | 11.1 |
| 59 | KOŚEDA ROBERT | 85 | HONEY BADGER | KARTUZY | POL | M-40 | 23 | M 59 | 00:12:51 | 00:27:25.95 | 5:29 | 10.9 |
| 60 | KLESZCZYŃSKI BARTOSZ | 77 | MULTIMEDIA RUNNERS PUŁAWY | PUŁAWY | POL | M-30 | 28 | M 60 | 00:12:30 | 00:27:26.61 | 5:29 | 10.9 |
| 61 | BURAK ADAM | 25 | 1BCZ | POLAŃCZYK | POL | M-40 | 24 | M 61 | 00:12:22 | 00:27:29.65 | 5:29 | 10.9 |
| 62 | BANASIK KRZYSZTOF | 15 | | PRUCHNIK | POL | M-30 | 29 | M 62 | 00:13:00 | 00:27:30.55 | 5:30 | 10.9 |
| 63 | MATUSZEWSKI PIOTR | 112 | | MYCZKÓW | POL | M-30 | 30 | M 63 | 00:12:56 | 00:27:34.48 | 5:31 | 10.9 |

NOCNY SPRINT RYSIA , Mężczyźni c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 2.5km | Netto | min/km | km/h |
|------|--------------------------|-----|-------------------------------------|-------------------------|------|------|--------|-------|----------|-------------|--------|------|
| 64 | BAJSAROWICZ MACIEK | 11 | | KRAMARZÓWKA | POL | M-16 | 9 | M 64 | 00:12:38 | 00:27:38.96 | 5:31 | 10.8 |
| 65 | PIETRYSZYN MARIUSZ | 134 | SOLINA TEAM | BRYLINCĘ | POL | M-40 | 25 | M 65 | 00:12:39 | 00:27:39.08 | 5:32 | 10.8 |
| 66 | MACHLARZ MATEUSZ | 105 | SRTG RZESZÓW | RZESZÓW | POL | M-16 | 10 | M 66 | 00:12:27 | 00:27:40.27 | 5:32 | 10.8 |
| 67 | KAWALIŁO PIOTR | 70 | | WOLA RAFAŁOWSKA | POL | M-30 | 31 | M 67 | 00:12:29 | 00:27:41.96 | 5:32 | 10.8 |
| 68 | MAŚLAK JACEK | 110 | POZYTYWNE ZABIEGANI SANOK 2 | SANOK | POL | M-40 | 26 | M 68 | 00:13:14 | 00:27:50.23 | 5:34 | 10.8 |
| 69 | KOZIEŁ TADEUSZ | 89 | BURZA MUZGÓW | RZESZÓW | POL | M-16 | 11 | M 69 | 00:12:36 | 00:27:56.93 | 5:35 | 10.7 |
| 70 | ZIÓŁKOWSKI WOJCIECH | 224 | HERKULES | OKONEK | | M-40 | 27 | M 70 | 00:12:55 | 00:28:00.74 | 5:36 | 10.7 |
| 71 | HADUCH JERZY | 54 | SANOK I OKOLICE | PISAROWCE | POL | M-60 | 2 | M 71 | 00:12:45 | 00:28:04.28 | 5:36 | 10.7 |
| 72 | BERNAŚ DARIUSZ | 19 | BSCZADY | WETLINA | POL | M-30 | 32 | M 72 | 00:13:13 | 00:28:04.39 | 5:36 | 10.7 |
| 73 | BEŁCH MICHAŁ | 18 | | WIDACZ | POL | M-30 | 33 | M 73 | 00:12:41 | 00:28:06.40 | 5:37 | 10.7 |
| 74 | ZYMRÓZ TOMEK | 206 | JAK NIE MY TO KTO? ROPCZYCE | ROPCZYCE | POL | M-16 | 12 | M 74 | 00:12:42 | 00:28:08.92 | 5:37 | 10.7 |
| 75 | WAJCOWICZ WITOLD | 182 | POZYTYWNE ZABIEGANI SANOK 2 | SANOK | POL | M-40 | 28 | M 75 | 00:12:54 | 00:28:17.16 | 5:39 | 10.6 |
| 76 | RADYK JAKUB | 142 | PRZEMYSKI KLUB BIEGACZA | PRZEMYŚL | POL | M-30 | 34 | M 76 | 00:12:39 | 00:28:25.72 | 5:41 | 10.6 |
| 77 | LESZCZYŃSKI MIROSŁAW | 96 | GRE NIERUCHOMOŚCI | LESKO | POL | M-30 | 35 | M 77 | 00:12:51 | 00:28:27.63 | 5:41 | 10.5 |
| 78 | SIEDLACZEK ZBIGNIEW | 156 | SKLEP BIEGACZA LUBLIN TEAM | LUBLIN | POL | M-60 | 3 | M 78 | 00:12:49 | 00:28:51.47 | 5:46 | 10.4 |
| 79 | AMAROWICZ JACEK | 4 | I KZ III - PLZ | PRZEMYŚL | POL | M-30 | 36 | M 79 | 00:12:46 | 00:28:51.51 | 5:46 | 10.4 |
| 80 | MAJCHER DAMIAN | 107 | | STALOWA WOLA/TARNOBRZEG | POL | M-30 | 37 | M 80 | 00:13:35 | 00:28:57.02 | 5:47 | 10.4 |
| 81 | KISIELEWICZ MARCIN | 75 | KLUB BIEGACZA ATHLETIC ZRĘCIN | LEŚNIOWKA | POL | M-16 | 13 | M 81 | 00:12:46 | 00:29:23.58 | 5:52 | 10.2 |
| 82 | DRWIĘGA MACIEJ | 36 | POZYTYWNE ZABIEGANI SANOK 1 | SANOK | POL | M-40 | 29 | M 82 | 00:13:16 | 00:29:30.00 | 5:54 | 10.2 |
| 83 | SZEWczyk RAFAŁ | 170 | | NOWY SĄCZ | POL | M-40 | 30 | M 83 | 00:13:29 | 00:29:31.69 | 5:54 | 10.2 |
| 84 | KAPRAL ADAM | 67 | KAMIEŃ DWERNIK | LUTOWISKA, | POL | M-40 | 31 | M 84 | 00:14:47 | 00:29:47.08 | 5:57 | 10.1 |
| 85 | AST GRZEGORZ | 8 | AMSTAFF TEAM JEDLICZE | JEDLICZE | POL | M-16 | 14 | M 85 | 00:14:02 | 00:30:11.95 | 6:02 | 9.9 |
| 86 | MISIAK MATEUSZ | 115 | BURZA MUZGÓW | ROPCZYCE | POL | M-16 | 15 | M 86 | 00:13:36 | 00:30:12.54 | 6:02 | 9.9 |
| 87 | ŁUCZAK JANUSZ | 102 | | ŁÓDŹ | POL | M-50 | 1 | M 87 | 00:13:54 | 00:30:19.96 | 6:04 | 9.9 |
| 88 | ŻUREK PIOTR | 208 | LUBLIN BIEGA | LUBLIN | POL | M-40 | 32 | M 88 | 00:14:09 | 00:30:22.54 | 6:04 | 9.9 |
| 89 | ŻUROWSKI JACEK | 209 | CENTRUM MEDYCZNE ORTO-OPTYMIST | LUBLIN | POL | M-40 | 33 | M 89 | 00:14:09 | 00:30:22.56 | 6:04 | 9.9 |
| 90 | DROBOT PIOTR | 35 | POZYTYWNE ZABIEGANI SANOK | SANOK | POL | M-40 | 34 | M 90 | 00:14:01 | 00:30:26.22 | 6:05 | 9.9 |
| 91 | WACNIK JANUSZ | 181 | | RZESZÓW | POL | M-50 | 2 | M 91 | 00:13:57 | 00:30:29.90 | 6:06 | 9.8 |
| 92 | WITUSIK MARIUSZ | 195 | NW-TEAM JASŁO | JASŁO | POL | M-40 | 35 | M 92 | 00:13:51 | 00:30:36.28 | 6:07 | 9.8 |
| 93 | DUDEK PAWEŁ | 38 | | WOLA ZYRAKOWSKA | POL | M-40 | 36 | M 93 | 00:14:31 | 00:30:47.74 | 6:09 | 9.7 |
| 94 | JACHIMOWSKI JAREK | 61 | KOMP-SERWIS24 SANOK | WUJSKIE | POL | M-30 | 38 | M 94 | 00:13:48 | 00:30:49.00 | 6:09 | 9.7 |
| 95 | WOJSŁAW KRZYSZTOF | 216 | | NOWY SĄCZ | POL | M-30 | 39 | M 95 | 00:14:32 | 00:30:55.20 | 6:11 | 9.7 |
| 96 | SADOWY JANUSZ | 155 | 5 BSP | PRZEMYŚL | POL | M-30 | 40 | M 96 | 00:13:05 | 00:31:07.14 | 6:13 | 9.6 |
| 97 | ŚCIBOR JAROSŁAW | 177 | I KZ III - PLZ | PRZEMYŚL | POL | M-30 | 41 | M 97 | 00:14:41 | 00:31:19.86 | 6:15 | 9.6 |
| 98 | WILGUCKI KRZYSZTOF | 191 | 1BCZ | WARSZAWA | POL | M-16 | 16 | M 98 | 00:13:22 | 00:31:27.02 | 6:17 | 9.5 |
| 99 | BODNIAK TOMASZ | 21 | | USTRZYKI DOLNE | POL | M-30 | 42 | M 99 | 00:15:09 | 00:31:44.11 | 6:20 | 9.5 |
| 100 | JAKUBOWSKI DANIEL | 63 | CENTRUM ANIMACJI SPOŁECZNEJ CARITAS | ZABAJKA | POL | M-40 | 37 | M 100 | 00:14:38 | 00:32:34.94 | 6:31 | 9.2 |
| 101 | GALANTY BARTŁOMIEJ | 43 | PRZEMYSKI KLUB BIEGACZA | PRZEMYŚL | POL | M-40 | 38 | M 101 | 00:13:52 | 00:32:56.00 | 6:35 | 9.1 |
| 102 | PRUCNAL PAWEŁ | 139 | RUN FOR 42 | WARSZAWA | POL | M-40 | 39 | M 102 | 00:14:43 | 00:34:57.28 | 6:59 | 8.6 |
| 103 | KOWALSKI-NEUKIRCH HENRYK | 88 | TRUCHTACZ MYSŁOWICE | KATOWICE | POL | M-60 | 4 | M 103 | 00:14:44 | 00:34:57.84 | 6:59 | 8.6 |
| 104 | PECKA KRZYSZTOF | 129 | SOLINA TEAM | MYCZKÓW | POL | M-30 | 43 | M 104 | 00:15:04 | 00:35:15.19 | 7:03 | 8.5 |
| 105 | KOCZOROWSKI MARCIN | 80 | TEAM ZABIEGANEDNI | RADIÓWEK | POL | M-30 | 44 | M 105 | 00:16:10 | 00:36:24.06 | 7:16 | 8.2 |
| 106 | SNOPKOWSKI KRYSZTIAN | 160 | | KOLBUSZOWA | POL | M-16 | 17 | M 106 | 00:16:29 | 00:36:52.66 | 7:22 | 8.1 |
| 107 | ŁACH WIESŁAW | 100 | KLUB MATIEGO JEŻOWE | JEŻOWE | POL | M-40 | 40 | M 107 | 00:15:39 | 00:37:05.75 | 7:25 | 8.1 |
| 108 | RUTKOWSKI GRZEGORZ | 151 | KLUB MATIEGO JEŻOWE | JEŻOWE | POL | M-30 | 45 | M 108 | 00:16:00 | 00:37:06.34 | 7:25 | 8.1 |
| 109 | FERFECKI PAWEŁ | 42 | | ROPCZYCE | POL | M-30 | 46 | M 109 | 00:16:57 | 00:38:44.51 | 7:44 | 7.7 |
| 110 | WILCZYŃSKI MARIUSZ | 190 | | WARKA | POL | M-30 | 47 | M 110 | 00:16:58 | 00:38:45.17 | 7:45 | 7.7 |
| 111 | ZAJĄCZKOWSKI KRZYSZTOF | 167 | PRZEMYSKI KLUB BIEGACZA | PRZEMYŚL | POL | M-30 | 48 | M 111 | 00:19:52 | 00:40:23.87 | 8:04 | 7.4 |
| 112 | BIERNACKI RENE | 212 | | POLANICA ZDRÓJ | POL | M-60 | 5 | M 112 | 00:19:53 | 00:41:03.88 | 8:12 | 7.3 |
| 113 | WIERZBICKI MARIUSZ | 221 | | GŁOGÓW | POL | M-30 | 49 | M 113 | 00:19:54 | 00:42:54.81 | 8:35 | 7 |

NOCNY SPRINT RYSIA , K-16

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 2.5km | Netto | min/km | km/h |
|------|-----------------|-----|--------------|------------|------|------|--------|------|----------|-------------|--------|------|
| 1 | IGNOR EDYTA | 59 | SRTG RZESZÓW | RZESZÓW | POL | K-16 | 1 | K 11 | 00:12:43 | 00:28:57.03 | 5:47 | 10.4 |
| 2 | ZIĘBA EWA | 203 | BURZA MUZGÓW | BRATKOWICE | POL | K-16 | 2 | K 12 | 00:13:57 | 00:29:41.86 | 5:56 | 10.1 |

NOCNY SPRINT RYSIA , K-16 c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 2.5km | Netto | min/km | km/h |
|------|--------------------|-----|----------------------------------|----------------|------|------|--------|------|----------|-------------|--------|------|
| 3 | KAPA PATRYCJA | 66 | K.S. MARATON OSTRÓW WIELKOPOLSKI | BIEGANIN | POL | K-16 | 3 | K 14 | 00:13:50 | 00:30:03.18 | 6:00 | 10 |
| 4 | KĘDRA AGNIESZKA | 74 | | RZESZÓW | POL | K-16 | 4 | K 17 | 00:13:42 | 00:30:10.41 | 6:02 | 9.9 |
| 5 | SUCHOWIECKA SABINA | 168 | | RYBNE | POL | K-16 | 5 | K 23 | 00:14:52 | 00:31:19.17 | 6:15 | 9.6 |
| 6 | RAWSKA ANNA | 144 | | SKOŁOSZÓW | POL | K-16 | 6 | K 31 | 00:15:20 | 00:33:47.61 | 6:45 | 8.9 |
| 7 | SNOPKOWSKA DOROTA | 159 | | KOLBUSZOWA | POL | K-16 | 7 | K 38 | 00:16:30 | 00:36:52.71 | 7:22 | 8.1 |
| 8 | GADEK SONIA | 46 | | MUCZNE | POL | K-16 | 8 | K 39 | 00:16:11 | 00:37:22.08 | 7:28 | 8 |
| 9 | ŚWIDERSKA KAROLINA | 178 | OSP USTRZYKI GÓRNE | USTRZYKI GÓRNE | POL | K-16 | 9 | K 40 | 00:17:06 | 00:38:20.25 | 7:40 | 7.8 |
| 10 | ŁAKOMSKA KAMILA | 222 | | GŁOGÓW | POL | K-16 | 10 | K 42 | 00:19:54 | 00:42:54.55 | 8:35 | 7 |

NOCNY SPRINT RYSIA , M-16

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 2.5km | Netto | min/km | km/h |
|------|-------------------------|-----|--------------------------------|----------------|------|------|--------|-------|----------|-------------|--------|------|
| 1 | OLEJARSKI MARCIN | 122 | | PRUCHNIK | POL | M-16 | 1 | M 7 | 00:10:30 | 00:22:32.77 | 4:30 | 13.3 |
| 2 | GUT JACEK | 53 | TKKF 'SOKÓŁ' GŁOGÓW MAŁOPOLSKI | HUCISKO | POL | M-16 | 2 | M 13 | 00:10:39 | 00:23:29.52 | 4:42 | 12.8 |
| 3 | MAZURKIEWICZ BARTŁOMIEJ | 113 | POZYTYWNE ZABIEGANI SANOK 3 | SANOK | POL | M-16 | 3 | M 21 | 00:11:07 | 00:24:08.47 | 4:49 | 12.4 |
| 4 | SZKULSKI KRYSZTIAN | 172 | 1BCZ | WARSZAWA | POL | M-16 | 4 | M 22 | 00:11:15 | 00:24:09.06 | 4:49 | 12.4 |
| 5 | OCHYRA KONRAD | 121 | SOLINA TEAM | LESKO | POL | M-16 | 5 | M 30 | 00:11:26 | 00:24:36.00 | 4:55 | 12.2 |
| 6 | JABŁOŃSKI MAREK | 60 | PGB SPORTOWA PACZKA | WOLA NIEMIECKA | POL | M-16 | 6 | M 39 | 00:11:47 | 00:25:29.76 | 5:05 | 11.8 |
| 7 | KĄMIERZAK ERYK | 73 | | RYKI | POL | M-16 | 7 | M 46 | 00:11:49 | 00:26:03.92 | 5:12 | 11.5 |
| 8 | BODNAR ADRIAN | 20 | | SANOK | POL | M-16 | 8 | M 47 | 00:12:19 | 00:26:23.17 | 5:16 | 11.4 |
| 9 | BAJSAROWICZ MACIEK | 11 | | KRAMARZÓWKA | POL | M-16 | 9 | M 64 | 00:12:38 | 00:27:38.96 | 5:31 | 10.8 |
| 10 | MACHLARZ MATEUSZ | 105 | SRTG RZESZÓW | RZESZÓW | POL | M-16 | 10 | M 66 | 00:12:27 | 00:27:40.27 | 5:32 | 10.8 |
| 11 | KOZIEŁ TADEUSZ | 89 | BURZA MUZGÓW | RZESZÓW | POL | M-16 | 11 | M 69 | 00:12:36 | 00:27:56.93 | 5:35 | 10.7 |
| 12 | ZYMRÓZ TOMEK | 206 | JAK NIE MY TO KTO? ROPCZYCE | ROPCZYCE | POL | M-16 | 12 | M 74 | 00:12:42 | 00:28:08.92 | 5:37 | 10.7 |
| 13 | KISIELEWICZ MARCIN | 75 | KLUB BIEGACZA ATHLETIC ZREĆIN | LEŚNIOŹKA | POL | M-16 | 13 | M 81 | 00:12:46 | 00:29:23.58 | 5:52 | 10.2 |
| 14 | AST GRZEGORZ | 8 | AMSTAFF TEAM JEDLICZE | JEDLICZE | POL | M-16 | 14 | M 85 | 00:14:02 | 00:30:11.95 | 6:02 | 9.9 |
| 15 | MISIAK MATEUSZ | 115 | BURZA MUZGÓW | ROPCZYCE | POL | M-16 | 15 | M 86 | 00:13:36 | 00:30:12.54 | 6:02 | 9.9 |
| 16 | WILGUCKI KRZYSZTOF | 191 | 1BCZ | WARSZAWA | POL | M-16 | 16 | M 98 | 00:13:22 | 00:31:27.02 | 6:17 | 9.5 |
| 17 | SNOPKOWSKI KRYSZTIAN | 160 | | KOLBUSZOWA | POL | M-16 | 17 | M 106 | 00:16:29 | 00:36:52.66 | 7:22 | 8.1 |

NOCNY SPRINT RYSIA , K-30

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 2.5km | Netto | min/km | km/h |
|------|----------------------------|-----|--------------------------------|-------------------|------|------|--------|------|----------|-------------|--------|------|
| 1 | WALANIA KINGA | 183 | TKKF 'SOKÓŁ' GŁOGÓW MAŁOPOLSKI | GŁOGÓW MAŁOPOLSKI | POL | K-30 | 1 | K 2 | 00:11:27 | 00:25:31.43 | 5:06 | 11.7 |
| 2 | SIKORA-KOŁODZIEJ IRMINA | 157 | BIESY I CZORTY | PRZEMYŚL | POL | K-30 | 2 | K 4 | 00:12:01 | 00:26:03.19 | 5:12 | 11.5 |
| 3 | STEFAŃSKA MARIA | 166 | TRIO Z PKB | PRZEMYŚL | POL | K-30 | 3 | K 5 | 00:12:36 | 00:27:20.74 | 5:28 | 11 |
| 4 | PEKOSZ AGNIESZKA | 132 | TRIO Z PKB | PRZEMYŚL | POL | K-30 | 4 | K 6 | 00:12:28 | 00:27:37.07 | 5:31 | 10.9 |
| 5 | BANAŚK MONIKA | 14 | | PRUCHNIK | POL | K-30 | 5 | K 7 | 00:13:01 | 00:27:44.50 | 5:33 | 10.8 |
| 6 | DOROSZ BARBARA | 34 | TRIO Z PKB | PRZEMYŚL | POL | K-30 | 6 | K 8 | 00:12:46 | 00:27:45.35 | 5:33 | 10.8 |
| 7 | AMROZKIEWICZ-GROMEK JUDYTA | 5 | AMROZKIEWICZ TEAM | SANOK | POL | K-30 | 7 | K 9 | 00:12:27 | 00:27:45.84 | 5:33 | 10.8 |
| 8 | WAŁACHOWSKA URSZULA | 185 | SOLINA TEAM | HOCZEW | POL | K-30 | 8 | K 13 | 00:14:24 | 00:29:56.64 | 5:59 | 10 |
| 9 | SZYMALA-LIPKA MAGDALENA | 175 | | MIELEC | POL | K-30 | 9 | K 16 | 00:13:46 | 00:30:09.28 | 6:01 | 10 |
| 10 | SOBOLEWSKA KATARZYNA | 162 | | LUBLIN | POL | K-30 | 10 | K 18 | 00:13:53 | 00:30:26.51 | 6:05 | 9.9 |
| 11 | DABROWSKA AGNIESZKA | 28 | | SANOK | POL | K-30 | 11 | K 21 | 00:13:52 | 00:30:52.31 | 6:10 | 9.7 |
| 12 | KORYCIŃSKA IZABELA | 84 | | KRAKÓW | POL | K-30 | 12 | K 22 | 00:13:52 | 00:31:18.44 | 6:15 | 9.6 |
| 13 | DUDEK KATARZYNA | 39 | PRZEMYSKI KLUB BIEGACZA | PRZEMYŚL | POL | K-30 | 13 | K 26 | 00:14:45 | 00:32:06.99 | 6:25 | 9.3 |
| 14 | KLESZCZYŃSKA AGNIESZKA | 76 | MULTIMEDIA RUNNERS PUŁAWY | PUŁAWY | POL | K-30 | 14 | K 28 | 00:14:42 | 00:33:03.30 | 6:36 | 9.1 |
| 15 | KAWECKA MAGDALENA | 71 | KAWA BEZ PAPIEROSA | WARSZAWA | POL | K-30 | 15 | K 29 | 00:15:42 | 00:33:21.91 | 6:40 | 9 |
| 16 | MAŚLAK MARZENA | 111 | POZYTYWNE ZABIEGANI SANOK | SANOK | POL | K-30 | 16 | K 33 | 00:15:07 | 00:34:37.96 | 6:55 | 8.7 |
| 17 | GNIECIAK MONIKA | 51 | GRE NIERUCHOMOŚCI | PUŁAWY | POL | K-30 | 17 | K 35 | 00:16:23 | 00:34:53.40 | 6:58 | 8.6 |
| 18 | GŁUSZKO JUSTYNA | 50 | SOLINA TEAM | BEREZKA | POL | K-30 | 18 | K 36 | 00:14:24 | 00:34:58.08 | 6:59 | 8.6 |
| 19 | KOCZOROWSKA ANNA | 79 | TEAM ZABIEGANEDNI | RADIÓWEK | POL | K-30 | 19 | K 37 | 00:16:10 | 00:36:24.06 | 7:16 | 8.2 |
| 20 | HARATYK ROKSANA | 56 | | SĘDZISZÓW MŁP. | POL | K-30 | 20 | K 41 | 00:16:57 | 00:38:44.26 | 7:44 | 7.7 |
| 21 | SZPAK JUSTYNA | 92 | SOLINA TEAM | SOLINA | POL | K-30 | 21 | K 44 | 00:19:59 | 00:43:03.92 | 8:36 | 7 |

NOCNY SPRINT RYSIA , K-30 c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 2.5km | Netto | min/km | km/h |
|------|-----------------|-----|------|---------------|------|------|--------|------|----------|-------------|--------|------|
| 22 | RAK WANDA | 143 | | STARY ŻMIGRÓD | POL | K-30 | 22 | K 45 | 00:19:59 | 00:43:07.17 | 8:37 | 7 |

NOCNY SPRINT RYSIA , M-30

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 2.5km | Netto | min/km | km/h |
|------|------------------------|-----|--------------------------------|-------------------------|------|------|--------|-------|----------|-------------|--------|------|
| 1 | HOROSZKO ERNEST | 57 | SWR SOSBIKE SANOK | SANOK | POL | M-30 | 1 | M 5 | 00:10:25 | 00:22:29.64 | 4:30 | 13.3 |
| 2 | SKAWIŃSKI TOMASZ | 158 | BIESY I CZORTY | SANOK | POL | M-30 | 2 | M 6 | 00:10:45 | 00:22:32.72 | 4:30 | 13.3 |
| 3 | SZMIST SZYMON | 173 | KLUB BIEGACZA ATHLETIC ZREĆIN | SZCZEPANCOWA | POL | M-30 | 3 | M 8 | 00:10:28 | 00:22:42.01 | 4:32 | 13.2 |
| 4 | GŁUSZKO PRZEMEK | 49 | SOLINA TEAM | BEREZKA | POL | M-30 | 4 | M 9 | 00:10:27 | 00:22:53.90 | 4:34 | 13.1 |
| 5 | PYRZAK JACEK | 141 | BIKESHOP RZESZÓW | RZESZÓW | POL | M-30 | 5 | M 15 | 00:10:57 | 00:23:47.78 | 4:45 | 12.6 |
| 6 | SNUZIK MICHAŁ | 161 | SOLINA TEAM | POLAŃCZYK | POL | M-30 | 6 | M 19 | 00:11:05 | 00:24:00.39 | 4:48 | 12.5 |
| 7 | DUDA PAWEŁ | 37 | MUKS PODKARPACIE JEDLICZE | JEDLICZE | POL | M-30 | 7 | M 23 | 00:11:00 | 00:24:13.89 | 4:50 | 12.4 |
| 8 | WIERZBICKI JANUSZ | 214 | | SINIAWA | POL | M-30 | 8 | M 25 | 00:11:12 | 00:24:15.55 | 4:51 | 12.4 |
| 9 | FEDIO MAREK | 40 | 5 BSP/SZAFKA BIEGACZA TEAM | OSTRÓW | POL | M-30 | 9 | M 26 | 00:11:20 | 00:24:20.93 | 4:52 | 12.3 |
| 10 | GIEFERT TOMASZ | 47 | I KZ | PRZEMYŚL | POL | M-30 | 10 | M 27 | 00:11:16 | 00:24:25.41 | 4:53 | 12.3 |
| 11 | ŁAGOŻNY ŁUKASZ | 101 | POZYTYWNE ZABIEGANI SANOK 1 | SANOK | POL | M-30 | 11 | M 29 | 00:11:34 | 00:24:32.89 | 4:54 | 12.2 |
| 12 | OSIŃSKI ADAM | 125 | | JAROSŁAW | POL | M-30 | 12 | M 31 | 00:11:30 | 00:24:37.49 | 4:55 | 12.2 |
| 13 | GOLEŚ GRZEGORZ | 52 | RUN GIEDLAROWA | GIEDLAROWA | POL | M-30 | 13 | M 32 | 00:11:04 | 00:24:55.64 | 4:59 | 12 |
| 14 | RYCYK ŁUKASZ | 152 | | LISZNA | POL | M-30 | 14 | M 34 | 00:11:05 | 00:25:09.82 | 5:01 | 11.9 |
| 15 | BRONHARD RAFAŁ | 24 | TKKF 'SOKOŁ' GŁOGÓW MAŁOPOLSKI | RZESZÓW | POL | M-30 | 15 | M 35 | 00:11:23 | 00:25:12.12 | 5:02 | 11.9 |
| 16 | RUCIŃSKI PIOTR | 150 | | PRZEMYŚL | POL | M-30 | 16 | M 36 | 00:11:26 | 00:25:12.12 | 5:02 | 11.9 |
| 17 | CZERNICKI MARCIN | 149 | PRZEMYSKI KLUB BIEGACZA | PRZEMYŚL | POL | M-30 | 17 | M 37 | 00:11:27 | 00:25:21.48 | 5:04 | 11.8 |
| 18 | GAWORECKI TOMASZ | 45 | POZYTYWNE ZABIEGANI SANOK 1 | SANOK | POL | M-30 | 18 | M 38 | 00:11:33 | 00:25:21.93 | 5:04 | 11.8 |
| 19 | MLECZKO GRZEGORZ | 117 | I KZ | GRABOWNICA STARZEŃSKA | POL | M-30 | 19 | M 40 | 00:12:03 | 00:25:34.09 | 5:06 | 11.7 |
| 20 | KOŚMIDER TOMASZ | 87 | SPARTANIE DZIECIOM | WROCLAW | POL | M-30 | 20 | M 41 | 00:11:48 | 00:25:36.70 | 5:07 | 11.7 |
| 21 | SZKODA ROBERT | 171 | BURZA MUZGÓW | BIŁGORAJ | POL | M-30 | 21 | M 43 | 00:11:37 | 00:25:42.03 | 5:08 | 11.7 |
| 22 | WOLIŃSKI RYSZARD | 200 | RUNNING TEAM NOWY STYL GROUP | JASŁO | POL | M-30 | 22 | M 45 | 00:12:05 | 00:25:51.30 | 5:10 | 11.6 |
| 23 | SZYSZŁO TOMASZ | 176 | POZYTYWNE ZABIEGANI SANOK 3 | SANOK | POL | M-30 | 23 | M 48 | 00:12:30 | 00:26:26.06 | 5:17 | 11.3 |
| 24 | PODOLAK PAWEŁ | 138 | KAMIEŃ DWERNIK | USTRZYKI DOLNE | POL | M-30 | 24 | M 50 | 00:12:20 | 00:26:39.20 | 5:19 | 11.3 |
| 25 | ŁABUDZKI MARCIN | 99 | PRZEMYSKI KLUB BIEGACZA | PRZEMYŚL | POL | M-30 | 25 | M 52 | 00:12:55 | 00:26:43.37 | 5:20 | 11.2 |
| 26 | WĘGRZYŃSKI PAWEŁ | 189 | | KRAKÓW | POL | M-30 | 26 | M 54 | 00:12:19 | 00:26:48.70 | 5:21 | 11.2 |
| 27 | KARDASZ MAREK | 69 | SOLINA TEAM | POLAŃCZYK | POL | M-30 | 27 | M 58 | 00:12:27 | 00:27:07.63 | 5:25 | 11.1 |
| 28 | KLESZCZYŃSKI BARTOSZ | 77 | MULTIMEDIA RUNNERS PUŁAWY | PUŁAWY | POL | M-30 | 28 | M 60 | 00:12:30 | 00:27:26.61 | 5:29 | 10.9 |
| 29 | BANASIK KRZYSZTOF | 15 | | PRUCHNIK | POL | M-30 | 29 | M 62 | 00:13:00 | 00:27:30.55 | 5:30 | 10.9 |
| 30 | MATUSZEWSKI PIOTR | 112 | | MYCZKÓW | POL | M-30 | 30 | M 63 | 00:12:56 | 00:27:34.48 | 5:31 | 10.9 |
| 31 | KAWALIŁO PIOTR | 70 | | WOLA RAFAŁOWSKA | POL | M-30 | 31 | M 67 | 00:12:29 | 00:27:41.96 | 5:32 | 10.8 |
| 32 | BERNAŚ DARIUSZ | 19 | BSCZADY | WETLINA | POL | M-30 | 32 | M 72 | 00:13:13 | 00:28:04.39 | 5:36 | 10.7 |
| 33 | BEŁCH MICHAŁ | 18 | | WIDACZ | POL | M-30 | 33 | M 73 | 00:12:41 | 00:28:06.40 | 5:37 | 10.7 |
| 34 | RADYK JAKUB | 142 | PRZEMYSKI KLUB BIEGACZA | PRZEMYŚL | POL | M-30 | 34 | M 76 | 00:12:39 | 00:28:25.72 | 5:41 | 10.6 |
| 35 | LESZCZYŃSKI MIROSLAW | 96 | GRE NIERUCHOMOŚCI | LESKO | POL | M-30 | 35 | M 77 | 00:12:51 | 00:28:27.63 | 5:41 | 10.5 |
| 36 | AMAROWICZ JACEK | 4 | I KZ III - PLZ | PRZEMYŚL | POL | M-30 | 36 | M 79 | 00:12:46 | 00:28:51.51 | 5:46 | 10.4 |
| 37 | MAJCHER DAMIAN | 107 | | STALOWA WOLA/TARNOBRZEG | POL | M-30 | 37 | M 80 | 00:13:35 | 00:28:57.02 | 5:47 | 10.4 |
| 38 | JACHIMOWSKI JAREK | 61 | KOMP-SERWIS24 SANOK | WUJSKIE | POL | M-30 | 38 | M 94 | 00:13:48 | 00:30:49.00 | 6:09 | 9.7 |
| 39 | WOJŚLAW KRZYSZTOF | 216 | | NOWY SĄCZ | POL | M-30 | 39 | M 95 | 00:14:32 | 00:30:55.20 | 6:11 | 9.7 |
| 40 | SADOWY JANUSZ | 155 | 5 BSP | PRZEMYŚL | POL | M-30 | 40 | M 96 | 00:13:05 | 00:31:07.14 | 6:13 | 9.6 |
| 41 | ŚCIBOR JAROSŁAW | 177 | I KZ III - PLZ | PRZEMYŚL | POL | M-30 | 41 | M 97 | 00:14:41 | 00:31:19.86 | 6:15 | 9.6 |
| 42 | BODNIAK TOMASZ | 21 | | USTRZYKI DOLNE | POL | M-30 | 42 | M 99 | 00:15:09 | 00:31:44.11 | 6:20 | 9.5 |
| 43 | PECKA KRZYSZTOF | 129 | SOLINA TEAM | MYCZKÓW | POL | M-30 | 43 | M 104 | 00:15:04 | 00:35:15.19 | 7:03 | 8.5 |
| 44 | KOCZOROWSKI MARCIN | 80 | TEAM ZABIEGANEDNI | RADIÓWEK | POL | M-30 | 44 | M 105 | 00:16:10 | 00:36:24.06 | 7:16 | 8.2 |
| 45 | RUTKOWSKI GRZEGORZ | 151 | KLUB MATIEGO JEŻOWE | JEŻOWE | POL | M-30 | 45 | M 108 | 00:16:00 | 00:37:06.34 | 7:25 | 8.1 |
| 46 | FERFECKI PAWEŁ | 42 | | ROPCZYCE | POL | M-30 | 46 | M 109 | 00:16:57 | 00:38:44.51 | 7:44 | 7.7 |
| 47 | WILCZYŃSKI MARIUSZ | 190 | | WARKA | POL | M-30 | 47 | M 110 | 00:16:58 | 00:38:45.17 | 7:45 | 7.7 |
| 48 | ZAJĄCZKOWSKI KRZYSZTOF | 167 | PRZEMYSKI KLUB BIEGACZA | PRZEMYŚL | POL | M-30 | 48 | M 111 | 00:19:52 | 00:40:23.87 | 8:04 | 7.4 |
| 49 | WIERZBICKI MARIUSZ | 221 | | GŁOGÓW | POL | M-30 | 49 | M 113 | 00:19:54 | 00:42:54.81 | 8:35 | 7 |

NOCNY SPRINT RYSIA , K-40

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 2.5km | Netto | min/km | km/h |
|------|---------------------------|-----|---|-----------|------|------|--------|------|----------|-------------|--------|------|
| 1 | KANDEFER BEATA | 217 | KLUB BIEGACZA ATHLETIC ZRĘCIN | KORCZYNA | POL | K-40 | 1 | K 3 | 00:11:29 | 00:25:40.17 | 5:08 | 11.7 |
| 2 | LEŚNIAK-POPIEL MARTA | 97 | POZYTYWNE ZABIEGANI SANOK 2 | SANOK | POL | K-40 | 2 | K 10 | 00:12:54 | 00:28:17.93 | 5:39 | 10.6 |
| 3 | GALANTY AGNIESZKA | 44 | SZYBKIE BLONDYNY | DYBAWKA | POL | K-40 | 3 | K 15 | 00:13:40 | 00:30:08.90 | 6:01 | 10 |
| 4 | NIEMIEC-DRWIĘGA BERNADETA | 120 | | SANOK | POL | K-40 | 4 | K 19 | 00:14:02 | 00:30:26.81 | 6:05 | 9.9 |
| 5 | BABINSKA INGA | 9 | SZYBKIE BLONDYNY | PRZEMYŚL | POL | K-40 | 5 | K 20 | 00:13:52 | 00:30:36.46 | 6:07 | 9.8 |
| 6 | WITUSIK DOROTA | 194 | NW-TEAM JASŁO | JASŁO | POL | K-40 | 6 | K 25 | 00:14:24 | 00:31:59.50 | 6:24 | 9.4 |
| 7 | PAWŁOWSKA AGNIESZKA | 128 | SZYBKIE BLONDYNY | TARNAWCE | POL | K-40 | 7 | K 27 | 00:14:47 | 00:32:08.13 | 6:25 | 9.3 |
| 8 | ŁUCZYŹKA IWONA | 103 | POZYTYWNE ZABIEGANI SANOK | HŁOMCZA | POL | K-40 | 8 | K 32 | 00:15:06 | 00:34:37.07 | 6:55 | 8.7 |
| 9 | WOLF WERONIKA | 199 | 3PODKARPACKA BRYGADA OBRONY TERYTORIALNEJ/ POZYTYWNE ZABIEGANI SANOK | SANOK | POL | K-40 | 9 | K 34 | 00:15:07 | 00:34:39.49 | 6:55 | 8.7 |
| 10 | RYŁKO MARIOLA | 210 | SOLINA TEAM | SOLINA | POL | K-40 | 10 | K 43 | 00:19:58 | 00:43:03.43 | 8:36 | 7 |

NOCNY SPRINT RYSIA , M-40

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 2.5km | Netto | min/km | km/h |
|------|-----------------------|-----|-------------------------------------|-----------------|------|------|--------|-------|----------|-------------|--------|------|
| 1 | MACIASZEK GRZEGORZ | 106 | RAJSPORT ACTIVE SIERADZ | OSTRÓWEK | POL | M-40 | 1 | M 1 | 00:10:12 | 00:21:17.52 | 4:15 | 14.1 |
| 2 | RODZINKA JAN | 136 | KLUB BIEGACZA ATHLETIC ZRĘCIN | ZRĘCIN | POL | M-40 | 2 | M 2 | 00:09:49 | 00:21:34.58 | 4:19 | 13.9 |
| 3 | GLEŃ ROBERT | 48 | MUKS PODKARPACIE JEDLICZE | JEDLICZE | POL | M-40 | 3 | M 3 | 00:10:09 | 00:22:04.48 | 4:25 | 13.6 |
| 4 | STAŃKO PAWEŁ | 165 | BIESY I CZORTY | STUPOSIANY | POL | M-40 | 4 | M 4 | 00:10:29 | 00:22:26.27 | 4:29 | 13.4 |
| 5 | KOSTERKIEWICZ MARCIN | 86 | PRZEMYSKI KLUB BIEGACZA | PRZEMYŚL | POL | M-40 | 5 | M 10 | 00:10:48 | 00:22:57.69 | 4:35 | 13.1 |
| 6 | WOJNAROWSKI JACEK | 197 | | NOWY SĄCZ | POL | M-40 | 6 | M 11 | 00:10:59 | 00:23:08.08 | 4:37 | 13 |
| 7 | MOSOŃ WIKTOR | 118 | MUKS PODKARPACIE JEDLICZE | GŁOWIENKA | POL | M-40 | 7 | M 12 | 00:10:32 | 00:23:21.92 | 4:40 | 12.8 |
| 8 | TOMASZEK ZBIGNIEW | 179 | KAMIEŃ DWERNIK | USTRZYKI DOLNE | POL | M-40 | 8 | M 14 | 00:10:59 | 00:23:41.47 | 4:44 | 12.7 |
| 9 | KOHUT DARIUSZ | 81 | PRZEMYSKI KLUB BIEGACZA | PRZEMYŚL | POL | M-40 | 9 | M 16 | 00:11:06 | 00:23:49.44 | 4:45 | 12.6 |
| 10 | WEREMKO GRZEGORZ | 188 | MULTIMEDIA RUNNERS PUŁAWY | PUŁAWY | POL | M-40 | 10 | M 17 | 00:11:22 | 00:23:52.21 | 4:46 | 12.6 |
| 11 | DELEŻUCH WOJCIECH | 29 | OSP NIEMCE | NIEMCE | POL | M-40 | 11 | M 18 | 00:11:12 | 00:23:52.93 | 4:46 | 12.6 |
| 12 | GAWLEWICZ TOMASZ | 226 | GAWEKI TEAM | SANOK | POL | M-40 | 12 | M 20 | 00:11:09 | 00:24:08.02 | 4:49 | 12.4 |
| 13 | CURZYDŁO BOGDAN | 27 | | SANOK | POL | M-40 | 13 | M 24 | 00:11:04 | 00:24:15.07 | 4:51 | 12.4 |
| 14 | STADNIK WOJCIECH | 164 | PRZEMYSKI KLUB BIEGACZA | PRZEMYŚL | POL | M-40 | 14 | M 28 | 00:11:34 | 00:24:32.56 | 4:54 | 12.2 |
| 15 | KĄZMIERCZAK KRZYSZTOF | 72 | | RYKI | POL | M-40 | 15 | M 33 | 00:11:24 | 00:25:04.51 | 5:01 | 12 |
| 16 | DOPART TOMASZ | 33 | KAMIEŃ DWERNIK | USTRZYKI DOLNE | POL | M-40 | 16 | M 42 | 00:12:06 | 00:25:37.91 | 5:07 | 11.7 |
| 17 | MITURA WOJTEK | 116 | | PARCZEW | POL | M-40 | 17 | M 44 | 00:12:01 | 00:25:46.45 | 5:09 | 11.6 |
| 18 | WARZOCHA PAWEŁ | 187 | NIECHBIEGA | NIECHOBURZ | POL | M-40 | 18 | M 49 | 00:12:15 | 00:26:33.03 | 5:18 | 11.3 |
| 19 | ANTOSZ BOGDAN | 7 | | SINIAWA | POL | M-40 | 19 | M 51 | 00:12:02 | 00:26:40.54 | 5:20 | 11.2 |
| 20 | PAJESTKA WOJCIECH | 126 | POZYTYWNE ZABIEGANI SANOK 3 | SANOK | POL | M-40 | 20 | M 53 | 00:12:32 | 00:26:45.37 | 5:21 | 11.2 |
| 21 | BALICKI ZBIGNIEW | 12 | BURZA MUZGÓW | ZWIERYNIEC | POL | M-40 | 21 | M 55 | 00:12:28 | 00:26:57.26 | 5:23 | 11.1 |
| 22 | PASTERCZYK DARUSZ | 127 | MUKS PODKARPACIE JEDLICZE | JEDLICZE | POL | M-40 | 22 | M 56 | 00:12:37 | 00:26:57.89 | 5:23 | 11.1 |
| 23 | KOŚEDA ROBERT | 85 | HONEY BADGER | KARTUZY | POL | M-40 | 23 | M 59 | 00:12:51 | 00:27:25.95 | 5:29 | 10.9 |
| 24 | BURAK ADAM | 25 | 1BCZ | POLAŃCZYK | POL | M-40 | 24 | M 61 | 00:12:22 | 00:27:29.65 | 5:29 | 10.9 |
| 25 | PIETRZYŹYŃ MARIUSZ | 134 | SOLINA TEAM | BRYLIŃCE | POL | M-40 | 25 | M 65 | 00:12:39 | 00:27:39.08 | 5:32 | 10.8 |
| 26 | MAŚLAK JACEK | 110 | POZYTYWNE ZABIEGANI SANOK 2 | SANOK | POL | M-40 | 26 | M 68 | 00:13:14 | 00:27:50.23 | 5:34 | 10.8 |
| 27 | ZIÓLKOWSKI WOJCIECH | 224 | HERKULES | OKONEK | POL | M-40 | 27 | M 70 | 00:12:55 | 00:28:00.74 | 5:36 | 10.7 |
| 28 | WAJCOWICZ WITOLD | 182 | POZYTYWNE ZABIEGANI SANOK 2 | SANOK | POL | M-40 | 28 | M 75 | 00:12:54 | 00:28:17.16 | 5:39 | 10.6 |
| 29 | DRWIĘGA MACIEJ | 36 | POZYTYWNE ZABIEGANI SANOK 1 | SANOK | POL | M-40 | 29 | M 82 | 00:13:16 | 00:29:30.00 | 5:54 | 10.2 |
| 30 | SZEWCIK RAFAŁ | 170 | | NOWY SĄCZ | POL | M-40 | 30 | M 83 | 00:13:29 | 00:29:31.69 | 5:54 | 10.2 |
| 31 | KAPRAL ADAM | 67 | KAMIEŃ DWERNIK | LUTOWISKA, | POL | M-40 | 31 | M 84 | 00:14:47 | 00:29:47.08 | 5:57 | 10.1 |
| 32 | ŻUREK PIOTR | 208 | LUBLIN BIEGA | LUBLIN | POL | M-40 | 32 | M 88 | 00:14:09 | 00:30:22.54 | 6:04 | 9.9 |
| 33 | ŻUROWSKI JACEK | 209 | CENTRUM MEDYCZNE ORTO-OPTYMIST | LUBLIN | POL | M-40 | 33 | M 89 | 00:14:09 | 00:30:22.56 | 6:04 | 9.9 |
| 34 | DROBOT PIOTR | 35 | POZYTYWNE ZABIEGANI SANOK | SANOK | POL | M-40 | 34 | M 90 | 00:14:01 | 00:30:26.22 | 6:05 | 9.9 |
| 35 | WITUSIK MARIUSZ | 195 | NW-TEAM JASŁO | JASŁO | POL | M-40 | 35 | M 92 | 00:13:51 | 00:30:36.28 | 6:07 | 9.8 |
| 36 | DUDEK PAWEŁ | 38 | | WOLA ZYRAKOWSKA | POL | M-40 | 36 | M 93 | 00:14:31 | 00:30:47.74 | 6:09 | 9.7 |
| 37 | JAKUBOWSKI DANIEL | 63 | CENTRUM ANIMACJI SPOŁECZNEJ CARITAS | ZABAJKA | POL | M-40 | 37 | M 100 | 00:14:38 | 00:32:34.94 | 6:31 | 9.2 |
| 38 | GALANTY BARTŁOMIEJ | 43 | PRZEMYSKI KLUB BIEGACZA | PRZEMYŚL | POL | M-40 | 38 | M 101 | 00:13:52 | 00:32:56.00 | 6:35 | 9.1 |
| 39 | PRUCNAL PAWEŁ | 139 | RUN FOR 42 | WARSZAWA | POL | M-40 | 39 | M 102 | 00:14:43 | 00:34:57.28 | 6:59 | 8.6 |
| 40 | ŁACH WIESŁAW | 100 | KLUB MATIEGO JEŻOWE | JEŻOWE | POL | M-40 | 40 | M 107 | 00:15:39 | 00:37:05.75 | 7:25 | 8.1 |

NOCNY SPRINT RYSIA , K-50

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 2.5km | Netto | min/km | km/h |
|------|-------------------|-----|------------------------------|----------------|------|------|--------|------|----------|-------------|--------|------|
| 1 | DOMISZEWSKA MARIA | 31 | | USTRZYKI DOLNE | POL | K-50 | 1 | K 1 | 00:11:05 | 00:24:08.25 | 4:49 | 12.4 |
| 2 | ZARĘBA JOLANTA | 218 | RZESZOWSKIE GAZELE I GEPARDY | RZESZÓW | POL | K-50 | 2 | K 24 | 00:14:14 | 00:31:57.85 | 6:23 | 9.4 |
| 3 | JAŁOCHA BARBARA | 64 | PRZEMYSKI KLUB BIEGACZA | PRZEMYŚL | POL | K-50 | 3 | K 30 | 00:14:47 | 00:33:44.82 | 6:45 | 8.9 |

NOCNY SPRINT RYSIA , M-50

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 2.5km | Netto | min/km | km/h |
|------|-----------------|-----|------|-----------|------|------|--------|------|----------|-------------|--------|------|
| 1 | ŁUCZAK JANUSZ | 102 | | ŁÓDŹ | POL | M-50 | 1 | M 87 | 00:13:54 | 00:30:19.96 | 6:04 | 9.9 |
| 2 | WACNIK JANUSZ | 181 | | RZESZÓW | POL | M-50 | 2 | M 91 | 00:13:57 | 00:30:29.90 | 6:06 | 9.8 |

NOCNY SPRINT RYSIA , M-60

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 2.5km | Netto | min/km | km/h |
|------|--------------------------|-----|-------------------------------|----------------|------|------|--------|-------|----------|-------------|--------|------|
| 1 | RECZKOWSKI ANDRZEJ | 146 | KLUB BIEGACZA ATHLETIC ZREĆIN | NIENASZÓW198A | POL | M-60 | 1 | M 57 | 00:12:31 | 00:27:01.73 | 5:24 | 11.1 |
| 2 | HADUCH JERZY | 54 | SANOK I OKOLICE | PISAROWCE | POL | M-60 | 2 | M 71 | 00:12:45 | 00:28:04.28 | 5:36 | 10.7 |
| 3 | SIEDLACZEK ZBIGNIEW | 156 | SKLEP BIEGACZA LUBLIN TEAM | LUBLIN | POL | M-60 | 3 | M 78 | 00:12:49 | 00:28:51.47 | 5:46 | 10.4 |
| 4 | KOWALSKI-NEUKIRCH HENRYK | 88 | TRUCHTACZ MYSŁOWICE | KATOWICE | POL | M-60 | 4 | M 103 | 00:14:44 | 00:34:57.84 | 6:59 | 8.6 |
| 5 | BIERNACKI RENE | 212 | | POLANICA ZDRÓJ | POL | M-60 | 5 | M 112 | 00:19:53 | 00:41:03.88 | 8:12 | 7.3 |

NOCNY SPRINT RYSIA , Klas. drużynowa

| Miejsce | Drużyna | Zawodnicy klasyfikowani | Czas | Czas drużyny |
|---------|--------------------------------|--|-----------------------------------|--------------|
| 1 | MUKS PODKARPACIE JEDLICZE | ROBERT GLEŃWIKTOR MOSOŃPAWEŁ DUDA | 00:22:04.4800:23:21.9200:24:13.89 | 01:09:39 |
| 2 | KLUB BIEGACZA ATHLETIC ZREĆIN | JAN RODZINKASZYMON SZMISTBEATA KANDEFER | 00:21:34.5800:22:42.0100:25:40.17 | 01:09:56 |
| 3 | BIESY I CZORTY | PAWEŁ STANKOTOMASZ SKAWIŃSKIIRMINA SIKORA-KOŁODZIEJ | 00:22:26.2700:22:32.7200:26:03.19 | 01:11:03 |
| 4 | PRZEMYSKI KLUB BIEGACZA | MARCIN KOSTERKIEWICZDARIUSZ KOHUTWOJCIECH STADNIK | 00:22:57.6900:23:49.4400:24:32.56 | 01:11:18 |
| 5 | SOLINA TEAM | PRZEMEK GŁUSZKOMICHAŁ SNUZIKKONRAD OCHYRA | 00:22:53.9000:24:00.3900:24:36.00 | 01:11:29 |
| 6 | TKKF 'SOKÓŁ' GŁOGÓW MAŁOPOLSKI | JACEK GUTRAFAŁ BRONHARDKINGA WALANIA | 00:23:29.5200:25:12.1200:25:31.43 | 01:14:12 |
| 7 | KAMIEŃ DWERNIK | ZBIGNIEW TOMASZEKTOMASZ DOPARTPAWEŁ PODOLAK | 00:23:41.4700:25:37.9100:26:39.20 | 01:15:57 |
| 8 | POZYTYWNE ZABIEGANI SANOK 3 | BARTŁOMIEJ MAZURKIEWICZTOMASZ SZYSZŁOWOJCIECH PAJESTKA | 00:24:08.4700:26:26.0600:26:45.37 | 01:17:19 |
| 9 | POZYTYWNE ZABIEGANI SANOK 1 | ŁUKASZ ŁAGOŻNYTOMASZ GAWORECKIMACIEJ DRWIĘGA | 00:24:32.8900:25:21.9300:29:30.00 | 01:19:23 |
| 10 | BURZA MUZGÓW | ROBERT SZKODAZBIGNIEW BALICKITADEUSZ KOZIEŁ | 00:25:42.0300:26:57.2600:27:56.93 | 01:20:39 |
| 11 | TRIO Z PKB | MARIA STEFAŃSKAAGNIESZKA PĘKOSZBARBARA DOROSZ | 00:27:20.7400:27:37.0700:27:45.35 | 01:22:42 |
| 12 | 1BCZ | KRYSTIAN SZKULSKIADAM BURAKKRZYSZTOF WILGUCKI | 00:24:09.0600:27:29.6500:31:27.02 | 01:23:05 |
| 13 | MULTIMEDIA RUNNERS PUŁAWY | GRZEGORZ WEREMKOBARTOSZ KLESZCZYŃSKIAGNIESZKA KLESZCZYŃSKA | 00:23:52.2100:27:26.6100:33:03.30 | 01:24:22 |
| 14 | POZYTYWNE ZABIEGANI SANOK 2 | JACEK MAŚLAKWITOLD WAJCOWICZMARTA LEŚNIAK-POPIEL | 00:27:50.2300:28:17.1600:28:17.93 | 01:24:24 |
| 15 | SZYBKIE BLONDYNY | AGNIESZKA GALANTYINGA BABINSKAAGNIESZKA PAWŁOWSKA | 00:30:08.9000:30:36.4600:32:08.13 | 01:32:55 |
| 16 | POZYTYWNE ZABIEGANI SANOK | PIOTR DROBOTIWONA ŁUCZYCKAMARZENA MAŚLAK | 00:30:26.2200:34:37.0700:34:37.96 | 01:39:40 |