

BIEG TROJAK TRAIL - 10 KM

Organizator: Fundacja MARATONY GÓRSKIE
 Data: 2020-07-19
 Miejsce: Łądek-Zdrój
 Dystans: 10 km
 Klasyfikacja wg czasów netto.


BIEG TROJAK TRAIL - 10 KM, OPEN

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 3.7km | 5.8km | Netto | min/km | km/h |
|------|--------------------------|------|---------------------------------------|------------------------|------|-------------------|--------|------|----------|----------|-------------|--------|------|
| 1 | PRZEDWOJEWSKI BARTŁOMIEJ | 8307 | TEAM SALOMON | WROCLAW | POL | SENIOR I M - 20 | 1 | M 1 | 00:18:34 | 00:27:54 | 00:44:18.35 | 4:25 | 13.5 |
| 2 | BEDNAREK ADRIAN | 8367 | | BYDGOSZCZ | POL | SENIOR II M - 30 | 1 | M 2 | 00:20:06 | 00:30:27 | 00:48:19.00 | 4:49 | 12.4 |
| 3 | TARASEK WOJCIECH | 8095 | #ANDRZEJDLUGOSZTEAM / ELEMENO.PL | STARA WIEŚ | POL | SENIOR I M - 20 | 2 | M 3 | 00:20:37 | 00:31:13 | 00:49:03.35 | 4:54 | 12.2 |
| 4 | KLIMCZAK MIKOŁAJ | 8283 | PRZEDWOJEWSKI MOUNTAIN TEAM | WROCLAW | POL | SENIOR I M - 20 | 3 | M 4 | 00:20:29 | 00:31:17 | 00:49:33.10 | 4:57 | 12.1 |
| 5 | WYTWER BŁAŻEJ | 8384 | PĘDZIKIEM DO METY | POZNAŃ | POL | SENIOR II M - 30 | 2 | M 5 | 00:21:49 | 00:34:23 | 00:54:50.00 | 5:29 | 10.9 |
| 6 | TABER KONRAD | 8359 | ACTIVE PROSPERIA/ STO-NOGI MILANÓWEK | BRWINÓW | POL | SENIOR I M - 20 | 4 | M 6 | 00:23:10 | 00:34:47 | 00:55:11.85 | 5:31 | 10.9 |
| 7 | JAROSZ DARIUSZ | 8348 | U.K.S. PIAST BOLKÓW | KACZORÓW | POL | SENIOR I M - 20 | 5 | M 7 | 00:22:34 | 00:34:22 | 00:55:14.90 | 5:31 | 10.9 |
| 8 | GROMAŁA KRZYSZTOF | 8260 | #AKADEMIABIEGANIA.PL | ŚWIEBODZICE | POL | SENIOR II M - 30 | 3 | M 8 | 00:23:32 | 00:35:01 | 00:55:48.80 | 5:34 | 10.7 |
| 9 | WOLEK SZYMON | 8374 | | TYCHY | POL | SENIOR II M - 30 | 4 | M 9 | 00:23:24 | 00:35:47 | 00:56:17.10 | 5:37 | 10.7 |
| 10 | TOMASIAK DOMINIK | 8155 | DIE KUNST DER FUGE | OPOLE | POL | MASTERS M - 40 | 1 | M 10 | 00:23:51 | 00:36:02 | 00:56:42.40 | 5:40 | 10.6 |
| 11 | WRZESZCZ MARIUSZ | 8176 | TMTEAM/TEAMDKMS | SOBÓTKA | POL | SENIOR I M - 20 | 6 | M 11 | 00:23:34 | 00:35:51 | 00:56:50.60 | 5:41 | 10.6 |
| 12 | GAJEWSKI MAREK | 8254 | ADIDAS RUNNERS WARSAW | WARSZAWA | POL | SENIOR II M - 30 | 5 | M 12 | 00:22:53 | 00:36:28 | 00:57:24.30 | 5:44 | 10.4 |
| 13 | PIENIAŻEK PATRYK | 8262 | KGHM ZG RUN | KŁOBUCZYN | POL | SENIOR I M - 20 | 7 | M 13 | 00:24:30 | 00:37:05 | 00:58:23.75 | 5:50 | 10.3 |
| 14 | PIHIL PIOTR | 8282 | ENDORFINA WSCHOWA | WSCHOWA | POL | MASTERS M - 40 | 2 | M 14 | 00:24:02 | 00:36:51 | 00:58:49.05 | 5:52 | 10.2 |
| 15 | ŁABYS MATEUSZ | 8285 | NOA | WILEMOWICE | POL | SENIOR I M - 20 | 8 | M 15 | 00:25:25 | 00:37:47 | 00:59:18.55 | 5:55 | 10.1 |
| 16 | KITA MICHAŁ | 8066 | PĘDZĄCY W MIEJSCU | WROCLAW | POL | MASTERS M - 40 | 3 | M 16 | 00:23:52 | 00:36:49 | 00:59:19.70 | 5:56 | 10.1 |
| 17 | PIEKARSKI JAKUB | 8160 | | KATOWICE | POL | SENIOR I M - 20 | 9 | M 17 | 00:25:19 | 00:38:17 | 00:59:53.55 | 5:59 | 10 |
| 18 | MĘDYGRAŁ KRYSZTIAN | 8178 | WATAHA | WROCLAW | POL | SENIOR I M - 20 | 10 | M 18 | 00:25:22 | 00:37:56 | 01:00:01.10 | 6:00 | 10 |
| 19 | MAZUR MATEUSZ | 8317 | MULKS JUVENIA GŁUCHOŁAZY | GŁUCHOŁAZY | POL | SENIOR I M - 20 | 11 | M 19 | 00:24:36 | 00:37:52 | 01:00:38.75 | 6:03 | 9.9 |
| 20 | BOCZEK LESZEK | 8350 | ZĄŁOGA GÓRSKA | WYSOKA | POL | SENIOR II M - 30 | 6 | M 20 | 00:24:42 | 00:38:14 | 01:00:43.05 | 6:04 | 9.9 |
| 21 | KACZMARCZYK PRZEMYSŁAW | 8008 | 140MINUT.PL | ROLANTOWICE | POL | SENIOR I M - 20 | 12 | M 21 | 00:24:51 | 00:38:08 | 01:00:55.80 | 6:05 | 9.8 |
| 22 | KLATKA MICHAŁ | 8353 | BIEGAM BO LUBIĘ - TOMASZÓW MAZOWIECKI | TOMASZÓW MAZOWIECKI | POL | MASTERS M - 40 | 4 | M 22 | 00:26:31 | 00:40:19 | 01:02:12.80 | 6:13 | 9.6 |
| 23 | WITULSKI WALDEMAR | 8397 | TEAM PODGÓRZYN | SOSNOWKA | POL | WETERAN II M - 60 | 1 | M 23 | 00:25:21 | 00:38:45 | 01:02:15.30 | 6:13 | 9.6 |
| 24 | PRYSTASZ KRZYSZTOF | 8393 | | OŁAWA | POL | MASTERS M - 40 | 5 | M 24 | 00:26:42 | 00:40:06 | 01:02:30.60 | 6:15 | 9.6 |
| 25 | ROZDZYNSKA PATRYCJA | 8245 | ADRIANBEDNAREK.PL | POZNAŃ | POL | SENIOR I K - 20 | 1 | K 1 | 00:26:01 | 00:40:05 | 01:02:43.40 | 6:16 | 9.6 |
| 26 | GŁOWACKI ARTUR | 8256 | KGHM ZG RUN | GŁOGÓW | POL | MASTERS M - 40 | 6 | M 25 | 00:25:22 | 00:39:10 | 01:02:44.90 | 6:16 | 9.6 |
| 27 | JAGNIĄTKOWSKI JACEK | 8231 | KLUB LEKKOATLETYCZNY ZIEMIA KŁODZKA | OŁDRZYCHOWICE KŁODZKIE | POL | MASTERS M - 40 | 7 | M 26 | 00:26:42 | 00:40:36 | 01:02:45.00 | 6:16 | 9.6 |
| 28 | WĄSOWICZ ARTUR | 8117 | | SZCZYTNA | POL | SENIOR I M - 20 | 13 | M 27 | 00:24:32 | 00:39:27 | 01:03:08.65 | 6:18 | 9.5 |
| 29 | PERKA MICHAŁ | 8412 | | PRÓSZKÓW | POL | SENIOR I M - 20 | 14 | M 28 | 00:25:16 | 00:39:08 | 01:03:24.20 | 6:20 | 9.5 |
| 30 | CHLEBOWICZ MARCIN | 8329 | DOBRY-TRENER.PL | WROCLAW | POL | SENIOR II M - 30 | 7 | M 29 | 00:25:48 | 00:40:18 | 01:03:26.60 | 6:20 | 9.5 |
| 31 | PIŁAT MACIEJ | 8313 | ORŁY WROCLAW | DĘBICA | POL | SENIOR I M - 20 | 15 | M 30 | 00:26:17 | 00:40:42 | 01:03:30.20 | 6:21 | 9.4 |
| 32 | KRUPA NORBERT | 8250 | TEAM KURORT- ŁĄDEK ZDRÓJ | ZĄBKOWICE ŚLĄSKIE | POL | MASTERS M - 40 | 8 | M 31 | 00:26:16 | 00:40:05 | 01:03:38.05 | 6:21 | 9.4 |
| 33 | GRUBIAK BARTOSZ | 8311 | JUVENIA GŁUCHOŁAZY | GŁUCHOŁAZY | POL | SENIOR I M - 20 | 16 | M 32 | 00:26:09 | 00:40:19 | 01:03:53.50 | 6:23 | 9.4 |
| 34 | SZTURO JAN | 8316 | | PODGÓRZYN | POL | WETERAN I M - 50 | 1 | M 33 | 00:25:41 | 00:40:05 | 01:04:05.80 | 6:24 | 9.4 |
| 35 | NIEZGÓDKA TOMASZ | 8404 | ZĄŁOGA GÓRSKA | WROCLAW | POL | WETERAN I M - 50 | 2 | M 34 | 00:27:44 | 00:41:51 | 01:04:10.60 | 6:25 | 9.4 |
| 36 | GAWLIK SŁAWEK | 8022 | DYNAFIT TEAM POLAND | KRAKÓW | POL | SENIOR II M - 30 | 8 | M 35 | 00:26:26 | 00:39:43 | 01:04:33.35 | 6:27 | 9.3 |
| 37 | RZEŹNIK DACJAN | 8140 | BOHAR PALETY RUNNERS | ZIELONA GÓRA | POL | SENIOR II M - 30 | 9 | M 36 | 00:24:42 | 00:40:21 | 01:04:33.60 | 6:27 | 9.3 |
| 38 | BUDZIEWSKA KATARZYNA | 8104 | | KOBIERZYCE | POL | SENIOR II K - 30 | 1 | K 2 | 00:26:45 | 00:40:55 | 01:04:41.95 | 6:28 | 9.3 |
| 39 | KUJAWA ZBIGNIEW | 8399 | ZĄŁOGA GÓRSKA | JANOWIEC WIELKOPOLSKI | POL | SENIOR II M - 30 | 10 | M 37 | 00:26:40 | 00:41:38 | 01:05:09.95 | 6:31 | 9.2 |
| 40 | PAPIÓR JOLANTA | 8389 | WATAHA / MKS-PARASOL WROCLAW | WROCLAW | POL | SENIOR I K - 20 | 2 | K 3 | 00:28:14 | 00:42:31 | 01:05:53.10 | 6:35 | 9.1 |
| 41 | KURASIK TOMASZ | 8219 | | ŁÓDŹ | POL | MASTERS M - 40 | 9 | M 38 | 00:27:25 | 00:42:24 | 01:06:02.65 | 6:36 | 9.1 |
| 42 | STANIA PAWEŁ | 8212 | | OPOLE | POL | SENIOR II M - 30 | 11 | M 39 | 00:27:33 | 00:42:23 | 01:06:03.95 | 6:36 | 9.1 |
| 43 | ŚLIWIŃSKI KAMIL | 8092 | | KLUCZBORK | POL | SENIOR I M - 20 | 17 | M 40 | 00:26:16 | 00:42:17 | 01:06:25.85 | 6:38 | 9 |
| 44 | BEDNARZ MARCIN | 8214 | KLUB LEKKOATLETYCZNY ZIEMIA KŁODZKA | OŁDRZYCHOWICE KŁODZKIE | POL | SENIOR II M - 30 | 12 | M 41 | 00:28:16 | 00:43:05 | 01:06:50.40 | 6:41 | 9 |
| 45 | KOSZYKOWSKI DANIEL | 8270 | PIECHOTA PO SCHODACH | SMOLEC | POL | SENIOR I M - 20 | 18 | M 42 | 00:33:32 | 00:45:59 | 01:07:02.65 | 6:42 | 9 |
| 46 | URBAŃSKI MICHAŁ | 8182 | FLUNKYBALL TEAM ŁĄDEK-ZDRÓJ | ŁĄDEK-ZDRÓJ | POL | SENIOR II M - 30 | 13 | M 43 | 00:29:14 | 00:43:46 | 01:07:26.80 | 6:44 | 8.9 |

BIEG TROJAK TRAIL - 10 KM, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 3.7km | 5.8km | Netto | min/km | km/h |
|------|----------------------------|------|-------------------------------------|--------------------------|------|-------------------|--------|------|----------|----------|-------------|--------|------|
| 47 | HOJA JOANNA | 8186 | ALPIN SPORT HOKA ONE ONE TEAM | WAŁBRZYCH | POL | SENIOR II K - 30 | 2 | K 4 | 00:27:18 | 00:42:38 | 01:07:51.60 | 6:47 | 8.8 |
| 48 | KUBIK MACIEJ | 8183 | | KATOWICE | POL | SENIOR I M - 20 | 19 | M 44 | 00:27:45 | 00:43:26 | 01:07:56.35 | 6:47 | 8.8 |
| 49 | KOMISARCZYK KRZYSZTOF | 8368 | | MIĘDZYLESIE | POL | SENIOR I M - 20 | 20 | M 45 | 00:27:07 | 00:42:28 | 01:08:06.80 | 6:48 | 8.8 |
| 50 | KUSAL TOMASZ | 8001 | | OPOLE | POL | SENIOR I M - 20 | 21 | M 46 | 00:27:25 | 00:42:28 | 01:08:20.90 | 6:50 | 8.8 |
| 51 | CHROMIEC FILIP | 8403 | | GDYNIA | POL | SENIOR I M - 20 | 22 | M 47 | 00:27:29 | 00:42:46 | 01:08:41.75 | 6:52 | 8.7 |
| 52 | LUBAŃSKI MATEUSZ | 8251 | | DŁUGOŁĘKA | POL | SENIOR I M - 20 | 23 | M 48 | 00:27:20 | 00:44:04 | 01:08:45.75 | 6:52 | 8.7 |
| 53 | JAROSŁAWSKI MARCIN | 8021 | KB-HARCOWNIK | JELCZ-LASKOWICE | POL | SENIOR II M - 30 | 14 | M 49 | 00:30:16 | 00:44:55 | 01:09:06.60 | 6:54 | 8.7 |
| 54 | MIELCAREK BARTŁOMIEJ | 8161 | MATNERRUNNINGTEAM | WROCLAW | POL | MASTERS M - 40 | 10 | M 50 | 00:27:27 | 00:43:04 | 01:09:53.80 | 6:59 | 8.6 |
| 55 | GAJDECKI TOMEK | 8084 | ACCENTURE | WARSZAWA | POL | MASTERS M - 40 | 11 | M 51 | 00:29:14 | 00:44:30 | 01:09:54.45 | 6:59 | 8.6 |
| 56 | PERENC MICHAŁ | 8180 | CARPATHIAN RUNNERS | JAROSŁAW | POL | SENIOR I M - 20 | 24 | M 52 | 00:29:48 | 00:44:45 | 01:10:03.95 | 7:00 | 8.6 |
| 57 | FOGIEL-PAWŁOWSKA AGNIESZKA | 8291 | | WROCLAW | POL | MASTERS K - 40 | 1 | K 5 | 00:29:23 | 00:44:59 | 01:10:39.95 | 7:04 | 8.5 |
| 58 | POPRAWSKI MATEUSZ | 8012 | KILIŃSKIEGO TEAM | BOJANOWO | POL | SENIOR II M - 30 | 15 | M 53 | 00:29:32 | 00:45:20 | 01:11:00.40 | 7:06 | 8.4 |
| 59 | TATKA MARCIN | 8340 | ABY DO METY | WOJBÓRZ | POL | MASTERS M - 40 | 12 | M 54 | 00:29:49 | 00:45:06 | 01:11:13.80 | 7:07 | 8.4 |
| 60 | ROZNIERSKA DAGMARA | 8225 | KB SOBÓTKA | RĘKÓW | POL | SENIOR II K - 30 | 3 | K 6 | 00:29:37 | 00:45:07 | 01:11:49.45 | 7:11 | 8.4 |
| 61 | CZŁONKOWSKI GRZEGORZ | 8247 | DZIKI Z MORASKA | POZNAŃ | POL | MASTERS M - 40 | 13 | M 55 | 00:29:06 | 00:45:04 | 01:11:54.25 | 7:11 | 8.3 |
| 62 | LIPA PATRYK | 8281 | | CIESZYN | POL | SENIOR II M - 30 | 16 | M 56 | 00:30:58 | 00:45:49 | 01:11:54.50 | 7:11 | 8.3 |
| 63 | KORCZYŃSKA AGATA | 8292 | | POZNAŃ | POL | SENIOR II K - 30 | 4 | K 7 | 00:28:47 | 00:44:50 | 01:11:58.00 | 7:11 | 8.3 |
| 64 | BOGACKI MACIEJ | 8327 | ORŁY WROCLAW | WROCLAW | POL | SENIOR II M - 30 | 17 | M 57 | 00:30:17 | 00:46:35 | 01:12:09.30 | 7:13 | 8.3 |
| 65 | STEC BOGUMIŁ | 8263 | BIKE TEAM CENTROWENT | BOGUSŁAWICE | POL | MASTERS M - 40 | 14 | M 58 | 00:29:39 | 00:46:13 | 01:12:35.40 | 7:15 | 8.3 |
| 66 | OLEJNIK PIOTR | 8165 | | BOLESŁAWIEC | POL | SENIOR I M - 20 | 25 | M 59 | 00:29:18 | 00:46:17 | 01:12:50.70 | 7:17 | 8.2 |
| 67 | ZIMON NORBERT | 8011 | WATAHA | WROCLAW | POL | SENIOR II M - 30 | 18 | M 60 | 00:30:54 | 00:46:42 | 01:12:55.85 | 7:17 | 8.2 |
| 68 | SYNOWIEC DAWID | 8369 | | BYSTRZYCA KŁODZKA | POL | SENIOR I M - 20 | 26 | M 61 | 00:27:51 | 00:45:21 | 01:12:57.75 | 7:17 | 8.2 |
| 69 | SZARSKI JACEK | 8370 | | WROCLAW | POL | SENIOR I M - 20 | 27 | M 62 | 00:28:35 | 00:46:02 | 01:12:59.40 | 7:17 | 8.2 |
| 70 | ZYWER URSZULA | 8003 | WATAHA | ŻARÓW | POL | SENIOR I K - 20 | 3 | K 8 | 00:30:00 | 00:47:36 | 01:13:20.00 | 7:20 | 8.2 |
| 71 | RATAJCZAK TOMASZ | 8168 | PALETEAM | PAŁĘDZIE | POL | MASTERS M - 40 | 15 | M 63 | 00:30:14 | 00:47:05 | 01:13:21.75 | 7:20 | 8.2 |
| 72 | PĘCZAR ANETA | 8398 | FITNESSROAD TEAM | ŚWIDNICA | POL | SENIOR I K - 20 | 4 | K 9 | 00:29:59 | 00:46:33 | 01:14:20.50 | 7:26 | 8.1 |
| 73 | TABER JERZY | 8358 | ACTIVE PROSPERIA/STO-NOGI MILANÓWEK | BRWINÓW | POL | WETERAN I M - 50 | 3 | M 64 | 00:30:52 | 00:46:57 | 01:14:28.90 | 7:26 | 8.1 |
| 74 | KOSMAŁA SZYMON | 8164 | | DĄBRÓWKA | POL | SENIOR II M - 30 | 19 | M 65 | 00:30:24 | 00:47:15 | 01:14:31.15 | 7:27 | 8.1 |
| 75 | JASIŃSKI PAWEŁ | 8346 | APTENEO RUNNING TEAM | SIECHNICE | POL | MASTERS M - 40 | 16 | M 66 | 00:30:51 | 00:47:53 | 01:14:54.30 | 7:29 | 8 |
| 76 | WARAKSA TOMASZ | 8162 | VEGE RUNNERS | WARSZAWA | POL | SENIOR II M - 30 | 20 | M 67 | 00:31:35 | 00:48:18 | 01:15:06.75 | 7:30 | 8 |
| 77 | PAWŁOWSKI MIROSLAW | 8361 | | STRONIE ŚLĄSKIE | POL | SENIOR I M - 20 | 28 | M 68 | 00:28:48 | 00:48:02 | 01:15:07.75 | 7:30 | 8 |
| 78 | PLEŚNIARSKI ZBIGNIEW | 8396 | KLUB SPORTOWY GRAŃ W KARPACZU | KARPACZ | POL | WETERAN II M - 60 | 2 | M 69 | 00:30:44 | 00:47:50 | 01:15:24.35 | 7:32 | 8 |
| 79 | ALTEWĘGIER JAROSŁAW | 8278 | | KRAKÓW | POL | MASTERS M - 40 | 17 | M 70 | 00:30:30 | 00:49:12 | 01:15:38.35 | 7:33 | 7.9 |
| 80 | WALCZAK ADRIAN | 8061 | | GRODKÓW | POL | SENIOR I M - 20 | 29 | M 71 | 00:29:47 | 00:47:24 | 01:15:38.75 | 7:33 | 7.9 |
| 81 | BOHAREWICZ PAWEŁ | 8277 | BOHAR PALETY RUNNERS | ZIELONA GÓRA | POL | MASTERS M - 40 | 18 | M 72 | 00:31:55 | 00:48:24 | 01:15:42.55 | 7:34 | 7.9 |
| 82 | URBAN ALICJA | 8150 | | WROCLAW | POL | SENIOR I K - 20 | 5 | K 10 | 00:30:08 | 00:47:46 | 01:15:48.00 | 7:34 | 7.9 |
| 83 | TYSZER ŁUKASZ | 8202 | | ŁĄDEK ZDRÓJ | POL | SENIOR II M - 30 | 21 | M 73 | 00:31:26 | 00:48:48 | 01:15:58.75 | 7:35 | 7.9 |
| 84 | ULIKOWSKA MARTYNA | 8352 | ZĄŁOGA GÓRSKA | GOŚCINO | POL | SENIOR I K - 20 | 6 | K 11 | 00:32:01 | 00:48:54 | 01:16:09.95 | 7:37 | 7.9 |
| 85 | FRYBES AGNIESZKA | 8379 | FUNDACJA KIERUNEK ULTRA | BIALYSTOK | POL | SENIOR II K - 30 | 5 | K 12 | 00:31:47 | 00:48:56 | 01:16:13.30 | 7:37 | 7.9 |
| 86 | KUBAŚ DAWID | 8204 | NADLEŚNICTWO ZDROJE | KŁODZKO | POL | SENIOR II M - 30 | 22 | M 74 | 00:32:31 | 00:49:20 | 01:16:52.85 | 7:41 | 7.8 |
| 87 | KLIMEK MAREK | 8139 | | WARSZAWA | POL | SENIOR II M - 30 | 23 | M 75 | 00:31:23 | 00:48:48 | 01:16:53.80 | 7:41 | 7.8 |
| 88 | KADŁUBOWSKI PIOTR | 8335 | SRC TEAM, KOTWICA BRZEG | BRZEG | POL | MASTERS M - 40 | 19 | M 76 | 00:32:41 | 00:50:52 | 01:17:01.40 | 7:42 | 7.8 |
| 89 | GOŚCIŃSKI SŁAWOMIR | 8320 | ICE4B.PL | DOBRYEN MAŁY | POL | SENIOR II M - 30 | 24 | M 77 | 00:32:31 | 00:48:57 | 01:17:14.95 | 7:43 | 7.8 |
| 90 | WÓJCIK KAMILA | 8364 | NIEDŹWIEDZIE POLARNE | STRONIE SL | POL | MASTERS K - 40 | 2 | K 13 | 00:32:09 | 00:49:47 | 01:17:42.95 | 7:46 | 7.7 |
| 91 | TOMASZKIEWICZ WOJCIECH | 8298 | RUN FOREST | STRACHOCIN | POL | SENIOR II M - 30 | 25 | M 78 | 00:33:25 | 00:51:05 | 01:17:54.45 | 7:47 | 7.7 |
| 92 | WZOREK EWA | 8410 | | WILKÓW | POL | SENIOR I K - 20 | 7 | K 14 | 00:32:07 | 00:49:12 | 01:17:59.95 | 7:48 | 7.7 |
| 93 | MOKRZYŃSKI MARCIN | 8255 | KLUB LEKKOATLETYCZNY ZIEMIA KŁODZKA | OLEDRZYCHOWICE KŁODZKIE. | POL | SENIOR II M - 30 | 26 | M 79 | 00:38:56 | 00:53:01 | 01:18:12.15 | 7:49 | 7.7 |
| 94 | BOSEK LESZEK | 8067 | | BIAŁA NYSKA | POL | WETERAN I M - 50 | 4 | M 80 | 00:32:25 | 00:49:47 | 01:18:14.70 | 7:49 | 7.7 |
| 95 | TUST KAMIL | 8299 | | ZDUŃSKA WOLA | POL | MASTERS M - 40 | 20 | M 81 | 00:32:53 | 00:50:36 | 01:18:15.35 | 7:49 | 7.7 |
| 96 | GŁĄB DARIA | 8416 | | - | POL | SENIOR I K - 20 | 8 | K 15 | 00:29:43 | 00:48:23 | 01:18:28.50 | 7:50 | 7.6 |
| 97 | HACZYK NATALIA | 8378 | GOGGLE PAE TEAM | OPOLE | POL | MASTERS K - 40 | 3 | K 16 | 00:32:10 | 00:50:04 | 01:18:38.80 | 7:51 | 7.6 |
| 98 | GRZYBOWSKA ANETA | 8357 | ZGRUPKA TEAM | POZNAŃ | POL | MASTERS K - 40 | 4 | K 17 | 00:32:05 | 00:50:36 | 01:18:52.70 | 7:53 | 7.6 |
| 99 | BARTKOWIAK HUBERT | 8101 | KB SUKCES ŻMIGRÓD | ŻMIGRÓD | POL | WETERAN I M - 50 | 5 | M 82 | 00:31:23 | 00:48:51 | 01:18:55.15 | 7:53 | 7.6 |
| 100 | DUDEK MARIUSZ | 8332 | | GOSTYŃ | POL | MASTERS M - 40 | 21 | M 83 | 00:31:04 | 00:50:04 | 01:18:55.70 | 7:53 | 7.6 |
| 101 | ROGÓŻ RAFAŁ | 8121 | | KIELCE | POL | MASTERS M - 40 | 22 | M 84 | 00:30:49 | 00:48:09 | 01:19:19.50 | 7:55 | 7.6 |
| 102 | WALA PATRYK | 8417 | ZĄŁOGA GÓRSKA/ BIEG OPOLSKI | ZĄBKOWICE ŚLĄSKIE | POL | SENIOR I M - 20 | 30 | M 85 | 00:31:55 | 00:50:43 | 01:19:22.20 | 7:56 | 7.6 |
| 103 | TOMASZEWSKA PAULINA | 8420 | STOWARZYSZENIE BIEG OPOLSKI | OPOLE | POL | SENIOR I K - 20 | 9 | K 18 | 00:34:00 | 00:51:14 | 01:19:30.00 | 7:57 | 7.5 |

BIEG TROJAK TRAIL - 10 KM, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 3.7km | 5.8km | Netto | min/km | km/h |
|------|------------------------|------|-----------------------------------|-------------------|------|-------------------|--------|-------|----------|----------|-------------|--------|------|
| 104 | SEMENIUK MARZENA | 8336 | KOTWICA BRZEG | KARLOWICE | POL | SENIOR II K - 30 | 6 | K 19 | 00:32:52 | 00:51:01 | 01:19:34.55 | 7:57 | 7.5 |
| 105 | LECZKOWSKA MIRELLA | 8065 | | ELBLĄG | POL | WETERAN K - 50 | 1 | K 20 | 00:32:28 | 00:50:19 | 01:19:57.80 | 7:59 | 7.5 |
| 106 | MRÓZ URSZULA | 8151 | NIEDZWIEDZIE POLARNE | STRONIE ŚL | POL | WETERAN K - 50 | 2 | K 21 | 00:33:52 | 00:51:29 | 01:20:47.05 | 8:04 | 7.4 |
| 107 | JAMROSZCZYK PRZEMYSŁAW | 8172 | TEAM PLESZEW | SOŚNICA | POL | SENIOR II M - 30 | 27 | M 86 | 00:31:41 | 00:51:18 | 01:20:57.00 | 8:05 | 7.4 |
| 108 | RAJZER PIOTR | 8156 | | KIETRZ | POL | SENIOR II M - 30 | 28 | M 87 | 00:33:01 | 00:52:05 | 01:20:57.80 | 8:05 | 7.4 |
| 109 | BESZTOCHA JADWIGA | 8056 | ZEN RUNNING TEAM | ŁĘDZINY | POL | SENIOR II K - 30 | 7 | K 22 | 00:32:17 | 00:51:05 | 01:20:58.25 | 8:05 | 7.4 |
| 110 | NOWICKI BARTOSZ | 8173 | | PLESZEW | POL | SENIOR II M - 30 | 29 | M 88 | 00:31:51 | 00:51:27 | 01:21:05.85 | 8:06 | 7.4 |
| 111 | PŁOTKA MATEUSZ | 8194 | | LASOWICE WIELKIE | POL | SENIOR I M - 20 | 31 | M 89 | 00:33:02 | 00:51:25 | 01:21:12.45 | 8:07 | 7.4 |
| 112 | KOLBUS TOMEK | 8235 | BIKE TEAM CENTROWENT | SIECHNICE | POL | MASTERS M - 40 | 23 | M 90 | 00:33:59 | 00:52:07 | 01:21:24.25 | 8:08 | 7.4 |
| 113 | BUDZIAK MICHAŁ | 8171 | | RACIBÓRZ | POL | SENIOR II M - 30 | 30 | M 91 | 00:33:18 | 00:52:14 | 01:21:24.80 | 8:08 | 7.4 |
| 114 | KAWALEC KRYSZTIAN | 8148 | | WARSZAWA | POL | MASTERS M - 40 | 24 | M 92 | 00:32:43 | 00:50:59 | 01:21:33.00 | 8:09 | 7.4 |
| 115 | ZATKE DOROTA | 8226 | AKADEMIA BIEGACZA SALOS WODNAP | ŁÓDŹ | POL | MASTERS K - 40 | 5 | K 23 | 00:30:42 | 00:50:50 | 01:21:45.65 | 8:10 | 7.3 |
| 116 | WACHOWSKA KATARZYNA | 8091 | SMOK TRÓJGŁOWY | POZNAŃ | POL | SENIOR II K - 30 | 8 | K 24 | 00:34:28 | 00:52:13 | 01:21:46.05 | 8:10 | 7.3 |
| 117 | PEKAŁA DAWID | 8318 | ŻARY RUNNERS TEAM | ZIELONA GÓRA | POL | MASTERS M - 40 | 25 | M 93 | 00:34:47 | 00:53:20 | 01:21:55.20 | 8:11 | 7.3 |
| 118 | PILARSKI RYSZARD | 8312 | IZERY BOGATYNIA | BOGATYNIA | POL | WETERAN II M - 60 | 3 | M 94 | 00:32:53 | 00:50:29 | 01:22:02.00 | 8:12 | 7.3 |
| 119 | PAŁAC PIOTR | 8068 | WIECZORNE BIEGANIE W SZCZECINIE | SZCZECIN | POL | WETERAN I M - 50 | 6 | M 95 | 00:32:53 | 00:51:57 | 01:22:09.90 | 8:13 | 7.3 |
| 120 | BRUSIŁOWICZ DAGMARA | 8069 | WIECZORNE BIEGANIE W SZCZECINIE | SZCZECIN | POL | MASTERS K - 40 | 6 | K 25 | 00:33:04 | 00:52:06 | 01:22:19.25 | 8:13 | 7.3 |
| 121 | KURENDA RADEK | 8304 | KLUB BIEGACZA RTVEUROAGD,KW OPOLE | OPOLE | POL | SENIOR II M - 30 | 31 | M 96 | 00:31:53 | 00:51:13 | 01:22:26.70 | 8:14 | 7.3 |
| 122 | KUZIEL MARCIN | 8085 | BLACK RUNNING STRONIE ŚLĄSKIE | STRONIE ŚLĄSKIE | POL | SENIOR II M - 30 | 32 | M 97 | 00:32:33 | 00:52:51 | 01:22:30.65 | 8:15 | 7.3 |
| 123 | MIKLER MARCIN | 8127 | | PRUDNIK | POL | MASTERS M - 40 | 26 | M 98 | 00:32:39 | 00:52:07 | 01:22:34.15 | 8:15 | 7.3 |
| 124 | WUJDA MIROSLAW | 8062 | ERNI RULEZ | DĘBNO | POL | MASTERS M - 40 | 27 | M 99 | 00:30:24 | 00:49:40 | 01:22:43.60 | 8:16 | 7.3 |
| 125 | GARNIEWICZ WERONIKA | 8239 | | POZNAŃ | POL | SENIOR I K - 20 | 10 | K 26 | 00:33:18 | 00:52:03 | 01:22:44.25 | 8:16 | 7.3 |
| 126 | AMANOWICZ LUKASZ | 8395 | | LADEK ZDRÓJ | POL | SENIOR II M - 30 | 33 | M 100 | 00:34:02 | 00:51:13 | 01:23:01.30 | 8:18 | 7.2 |
| 127 | ZIÓŁKOWSKI PIOTR | 8134 | | BRUKSELA | BEL | MASTERS M - 40 | 28 | M 101 | 00:33:41 | 00:52:58 | 01:23:02.40 | 8:18 | 7.2 |
| 128 | MAZIAREK MICHAŁ | 8057 | | NIEMODLIN | POL | SENIOR II M - 30 | 34 | M 102 | 00:32:56 | 00:52:01 | 01:23:05.35 | 8:18 | 7.2 |
| 129 | BACKER MARCIN | 8027 | TOPOLICE TEAM | PASIKUROWICE | POL | MASTERS M - 40 | 29 | M 103 | 00:34:45 | 00:53:51 | 01:23:09.95 | 8:18 | 7.2 |
| 130 | KLIN ROBERT | 8242 | WATAHA | BRZEG | POL | MASTERS M - 40 | 30 | M 104 | 00:34:09 | 00:52:50 | 01:23:46.15 | 8:22 | 7.2 |
| 131 | PLINIEWICZ KRZYSZTOF | 8143 | STRONSKA GRUPA ROWEROWA | STRONIE ŚLĄSKIE | POL | SENIOR II M - 30 | 35 | M 105 | 00:33:25 | 00:51:25 | 01:23:46.45 | 8:22 | 7.2 |
| 132 | DZIADOWICZ ANNA | 8383 | ADRIAN DANILEWICZ GROUP | RADWANICE | POL | MASTERS K - 40 | 7 | K 27 | 00:33:02 | 00:53:28 | 01:23:55.75 | 8:23 | 7.1 |
| 133 | MICHAŁAK ADRIAN | 8094 | | WARSZAWA | POL | SENIOR II M - 30 | 36 | M 106 | 00:34:27 | 00:52:25 | 01:23:59.70 | 8:23 | 7.1 |
| 134 | WESOŁY MACIEJ | 8196 | KOŁO BIEGA | KOŁO | POL | SENIOR II M - 30 | 37 | M 107 | 00:33:49 | 00:54:23 | 01:24:12.30 | 8:25 | 7.1 |
| 135 | GREDA MARIUSZ | 8099 | | OZIMEK | POL | MASTERS M - 40 | 31 | M 108 | 00:36:08 | 00:54:15 | 01:24:14.20 | 8:25 | 7.1 |
| 136 | PALKA NATALIA | 8385 | ZABRZAŃSKIE PARKOWE BIEGANIE | ZABRZE | POL | SENIOR I K - 20 | 11 | K 28 | 00:33:47 | 00:55:05 | 01:24:25.20 | 8:26 | 7.1 |
| 137 | JARUS ANDRZEJ | 8411 | WKURW_TEAM | GALLSPACH | AUT | MASTERS M - 40 | 32 | M 109 | 00:34:42 | 00:54:04 | 01:24:30.30 | 8:27 | 7.1 |
| 138 | WENTYKIER BEATA | 8024 | | PIASECZNO | POL | MASTERS K - 40 | 8 | K 29 | 00:33:00 | 00:52:41 | 01:24:35.25 | 8:27 | 7.1 |
| 139 | SAMOLAK MACIEK | 8362 | | WAŁBRZYCH | POL | MASTERS M - 40 | 33 | M 110 | 00:34:27 | 00:53:48 | 01:24:43.15 | 8:28 | 7.1 |
| 140 | GRĘDA ELŻBIETA | 8100 | TIM JEST TIM | OZIMEK | POL | MASTERS K - 40 | 9 | K 30 | 00:34:19 | 00:55:17 | 01:24:47.30 | 8:28 | 7.1 |
| 141 | KOSTYK GRZEGORZ | 8331 | | CHOJNÓW | POL | MASTERS M - 40 | 34 | M 111 | 00:32:06 | 00:51:25 | 01:25:03.95 | 8:30 | 7.1 |
| 142 | MRÓZ MARTA | 8174 | | ZIELONA GÓRA | POL | SENIOR I K - 20 | 12 | K 31 | 00:33:01 | 00:51:55 | 01:25:04.60 | 8:30 | 7.1 |
| 143 | DOLECKA ELŻBIETA | 8377 | NKB CHYŻY NOWY TOMYŚL | NOWY TOMYŚL | POL | MASTERS K - 40 | 10 | K 32 | 00:34:09 | 00:53:03 | 01:25:19.00 | 8:31 | 7 |
| 144 | SKAWINA POŁEĆ ANNA | 8286 | | SZCZYTNA | POL | SENIOR II K - 30 | 9 | K 33 | 00:35:15 | 00:54:19 | 01:25:30.20 | 8:33 | 7 |
| 145 | GRĄDZKA MARIANNA | 8290 | | ŁÓDŹ | POL | SENIOR I K - 20 | 13 | K 34 | 00:37:28 | 00:57:00 | 01:25:47.30 | 8:34 | 7 |
| 146 | MAZIAREK ADELA | 8009 | | NIEMODLIN | POL | SENIOR II K - 30 | 10 | K 35 | 00:35:11 | 00:54:08 | 01:25:54.60 | 8:35 | 7 |
| 147 | GŁÓWKA BARBARA | 8284 | | KARWIANY | POL | SENIOR II K - 30 | 11 | K 36 | 00:35:04 | 00:55:03 | 01:26:03.90 | 8:36 | 7 |
| 148 | GŁUCHOWSKA EWELINA | 8293 | | ŚLĘZA | POL | SENIOR II K - 30 | 12 | K 37 | 00:35:03 | 00:55:09 | 01:26:09.75 | 8:37 | 7 |
| 149 | CIEŚLIŃSKA KATARZYNA | 8146 | | WARSZAWA | POL | SENIOR II K - 30 | 13 | K 38 | 00:33:32 | 00:53:18 | 01:26:16.85 | 8:37 | 7 |
| 150 | MAŁKOWSKI PIOTR | 8159 | | KOŚCIAN | POL | WETERAN II M - 60 | 4 | M 112 | 00:34:36 | 00:54:56 | 01:26:36.90 | 8:39 | 6.9 |
| 151 | TADROWSKI TOMASZ | 8096 | | INOWROCŁAW | POL | MASTERS M - 40 | 35 | M 113 | 00:35:16 | 00:54:29 | 01:26:58.00 | 8:41 | 6.9 |
| 152 | MAJ MAREK | 8153 | ŚLĘZAK TEAM | WROCŁAW | POL | MASTERS M - 40 | 36 | M 114 | 00:36:26 | 00:55:26 | 01:27:12.00 | 8:43 | 6.9 |
| 153 | ABULEWICZ WOJCIECH | 8044 | TRENING STUDIO 17 | WROCŁAW | POL | WETERAN I M - 50 | 7 | M 115 | 00:34:02 | 00:54:16 | 01:27:12.45 | 8:43 | 6.9 |
| 154 | KONCA ALEKSANDER | 8081 | 603779236 | OŻARÓW MAZOWIECKI | POL | SENIOR I M - 20 | 32 | M 116 | 00:37:30 | 00:56:19 | 01:27:16.30 | 8:43 | 6.9 |
| 155 | HAUSER-GIERS MONIKA | 8041 | KOŚCIAN TEAM | NOWY LUBOSZ | POL | MASTERS K - 40 | 11 | K 39 | 00:34:02 | 00:53:53 | 01:27:16.40 | 8:43 | 6.9 |
| 156 | MICHAŁEK JAROSŁAW | 8363 | ONE WAY TICKET | KRAKÓW | POL | WETERAN I M - 50 | 8 | M 117 | 00:36:15 | 00:55:02 | 01:27:27.80 | 8:44 | 6.9 |
| 157 | BAGIŃSKI MAREK | 8347 | APTENEO RUNING TEAM | BORÓW | POL | WETERAN I M - 50 | 9 | M 118 | 00:34:21 | 00:53:25 | 01:27:56.15 | 8:47 | 6.8 |
| 158 | JASKÓŁKA RAFAŁ | 8029 | | DOBRA | POL | SENIOR II M - 30 | 38 | M 119 | 00:35:09 | 00:56:19 | 01:28:01.75 | 8:48 | 6.8 |
| 159 | OCHĘJ JOANNA | 8376 | APTENEO RUNNING TEAM | WROCŁAW | POL | SENIOR II K - 30 | 14 | K 40 | 00:35:03 | 00:55:36 | 01:28:10.20 | 8:49 | 6.8 |
| 160 | JASKÓŁKA HUBERT | 8078 | AMATOR | ŁOWKOWICE | POL | WETERAN II M - 60 | 5 | M 120 | 00:35:25 | 00:56:35 | 01:28:15.90 | 8:49 | 6.8 |

BIEG TROJAK TRAIL - 10 KM, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 3.7km | 5.8km | Netto | min/km | km/h |
|------|-------------------------------|------|-----------------------------------|------------------------|------|--------------------|--------|-------|----------|----------|-------------|--------|------|
| 161 | GACH MARCIN | 8315 | TEAM TI-RIN-TIN | BYSTRZYCA KŁODZKA | POL | SENIOR I M - 20 | 33 | M 121 | 00:35:18 | 00:54:58 | 01:28:16.65 | 8:49 | 6.8 |
| 162 | CIEŚLAK MAGDALENA | 8302 | CIEŚLAK TEAM | RZEPIN | POL | SENIOR II K - 30 | 15 | K 41 | 00:34:03 | 00:53:56 | 01:28:16.70 | 8:49 | 6.8 |
| 163 | MARTYNIAK RAFAŁ | 8232 | | KĘTY | POL | SENIOR II M - 30 | 39 | M 122 | 00:35:33 | 00:56:30 | 01:28:21.55 | 8:50 | 6.8 |
| 164 | UPTAS TOMASZ | 8258 | | GŁOGÓW | POL | MASTERS M - 40 | 37 | M 123 | 00:34:32 | 00:55:34 | 01:28:28.75 | 8:50 | 6.8 |
| 165 | LEWANDOWSKI TADEUSZ | 8213 | 1949 WKB PIAST WROCLAW | WROCLAW | POL | WETERAN III M - 70 | 1 | M 124 | 00:36:06 | 00:56:25 | 01:28:44.15 | 8:52 | 6.8 |
| 166 | HUTNIK WOJCIECH | 8375 | APTENEO RUNNING TEAM | BORÓW | POL | SENIOR II M - 30 | 40 | M 125 | 00:37:39 | 00:57:37 | 01:28:45.45 | 8:52 | 6.8 |
| 167 | MODZELEWSKA ANNA | 8181 | | BRANICE | POL | SENIOR I K - 20 | 14 | K 42 | 00:34:57 | 00:54:12 | 01:28:53.90 | 8:53 | 6.8 |
| 168 | ROGOWSKI ROBERT | 8419 | | OPOLE | POL | MASTERS M - 40 | 38 | M 126 | 00:35:15 | 00:56:00 | 01:29:01.60 | 8:54 | 6.7 |
| 169 | PIATEK MAGDALENA | 8237 | PROGRES | WROCLAW | POL | SENIOR II K - 30 | 16 | K 43 | 00:34:11 | 00:58:37 | 01:29:08.95 | 8:54 | 6.7 |
| 170 | KUBÓW JAREK | 8301 | | OPOLE | POL | SENIOR II M - 30 | 41 | M 127 | 00:34:00 | 00:55:44 | 01:29:24.60 | 8:56 | 6.7 |
| 171 | ADAMSKA SYLWIA | 8275 | | KAMIŃSKO | POL | SENIOR II K - 30 | 17 | K 44 | 00:36:29 | 00:56:48 | 01:29:25.50 | 8:56 | 6.7 |
| 172 | SKAWINA KRYSZYNA | 8026 | TOPOLICE TEAM | TOPOLICE | POL | SENIOR II K - 30 | 18 | K 45 | 00:35:18 | 00:54:07 | 01:29:55.60 | 8:59 | 6.7 |
| 173 | ROGÓŻ JAN | 8122 | | KIELCE | POL | SENIOR I M - 20 | 34 | M 128 | 00:41:01 | 01:00:10 | 01:30:00.05 | 9:00 | 6.7 |
| 174 | TEKIELI EWELINA | 8018 | TEKIELI FAMILY | KŁODZKO | POL | MASTERS K - 40 | 12 | K 46 | 00:35:00 | 00:55:40 | 01:30:02.40 | 9:00 | 6.7 |
| 175 | PIGUŁA AGNIESZKA | 8356 | | POZNAŃ | POL | MASTERS K - 40 | 13 | K 47 | 00:36:17 | 00:57:14 | 01:30:07.85 | 9:00 | 6.7 |
| 176 | JOŃCZYK PAULA | 8106 | | ŁĄDEK ZDRÓJ | POL | SENIOR I K - 20 | 15 | K 48 | 00:37:17 | 00:57:42 | 01:30:15.25 | 9:01 | 6.6 |
| 177 | PFAJFER MAREK | 8125 | MARATONYPOLSKIE.PL TEAM | POZNAŃ | POL | SENIOR II M - 30 | 42 | M 129 | 00:38:08 | 00:58:35 | 01:30:17.75 | 9:01 | 6.6 |
| 178 | BURY ROMAN | 8152 | | KARSKI | POL | MASTERS M - 40 | 39 | M 130 | 00:35:58 | 00:56:26 | 01:30:20.15 | 9:02 | 6.6 |
| 179 | RAPACZ-TOPIŁKO ANNA | 8360 | | ŁODYGOWICE | POL | MASTERS K - 40 | 14 | K 49 | 00:36:41 | 00:57:33 | 01:30:30.40 | 9:03 | 6.6 |
| 180 | PŁOK KRZYSZTOF | 8257 | TEAM PŁOK | POLKOWICE | POL | WETERAN I M - 50 | 10 | M 131 | 00:36:53 | 00:58:44 | 01:30:33.25 | 9:03 | 6.6 |
| 181 | STASIAK ŁUKASZ | 8221 | WATAHA - ŁĄCZY NAS BIEGANIE | LUBIN | POL | SENIOR II M - 30 | 43 | M 132 | 00:36:45 | 00:56:44 | 01:30:33.55 | 9:03 | 6.6 |
| 182 | LUBAŃSKA ALICJA | 8033 | | BUKOWICE | POL | WETERAN K - 50 | 3 | K 50 | 00:36:09 | 00:56:51 | 01:30:36.15 | 9:03 | 6.6 |
| 183 | DERBICH MARIUSZ | 8391 | KOWALEW | KOWALEW | POL | MASTERS M - 40 | 40 | M 133 | 00:36:42 | 00:57:57 | 01:30:38.30 | 9:03 | 6.6 |
| 184 | MERAK KRZYSZTOF | 8240 | TEAM KURORT ŁĄDEK-ZDRÓJ | OŁDRZYCHOWICE KŁODZKIE | POL | MASTERS M - 40 | 41 | M 134 | 00:37:10 | 00:58:06 | 01:30:40.15 | 9:04 | 6.6 |
| 185 | KORYTNY TOMASZ | 8355 | FRIENDS GOSTYŃ | GOSTYŃ | POL | MASTERS M - 40 | 42 | M 135 | 00:34:42 | 00:57:57 | 01:31:11.70 | 9:07 | 6.6 |
| 186 | PODJUK PATRYK | 8191 | FRIENDS GOSTYŃ | BRZEZIE | POL | SENIOR I M - 20 | 35 | M 136 | 00:35:49 | 00:57:14 | 01:31:20.85 | 9:08 | 6.6 |
| 187 | BŁĄŻKÓW GOSIA | 8388 | | WAŁBRZYCH | POL | SENIOR II K - 30 | 19 | K 51 | 00:34:11 | 00:58:03 | 01:31:23.85 | 9:08 | 6.6 |
| 188 | HOTAŁA MARTA | 8238 | | WROCLAW | POL | SENIOR II K - 30 | 20 | K 52 | 00:35:47 | 00:58:11 | 01:31:30.75 | 9:09 | 6.6 |
| 189 | BIŃCZARSKA MONIKA | 8015 | | WŁOCLAWEK | POL | SENIOR II K - 30 | 21 | K 53 | 00:33:59 | 00:56:48 | 01:31:31.15 | 9:09 | 6.6 |
| 190 | BRZEZIŃSKI ANDRZEJ | 8013 | | OLKUSZ | POL | WETERAN II M - 60 | 6 | M 137 | 00:37:44 | 00:58:19 | 01:31:43.60 | 9:10 | 6.5 |
| 191 | CHYLIŃSKI BARTOSZ | 8227 | | ŁÓDŹ | POL | SENIOR II M - 30 | 44 | M 138 | 00:35:59 | 00:57:40 | 01:31:56.05 | 9:11 | 6.5 |
| 192 | SŁODKIEWICZ DAGMARA | 8223 | | ŁÓDŹ | POL | SENIOR II K - 30 | 22 | K 54 | 00:37:21 | 00:58:57 | 01:32:05.85 | 9:12 | 6.5 |
| 193 | RĄCZKOWIAK MATEUSZ | 8216 | MATNERRUNNINGTEAM | WROCLAW | POL | SENIOR II M - 30 | 45 | M 139 | 00:36:04 | 00:58:04 | 01:32:06.70 | 9:12 | 6.5 |
| 194 | TRZEŚNIEWSKI KRZYSZTOF | 8280 | VEGE RUNNERS | WARSZAWA | POL | SENIOR II M - 30 | 46 | M 140 | 00:35:22 | 00:57:47 | 01:32:10.45 | 9:13 | 6.5 |
| 195 | MIKOŁAJCZAK RAFAŁ | 8343 | FRIENDS GOSTYŃ | GOSTYŃ | POL | MASTERS M - 40 | 43 | M 141 | 00:35:46 | 00:59:40 | 01:32:22.75 | 9:14 | 6.5 |
| 196 | MIKOŁAJCZAK AGNIESZKA | 8344 | FRIENDS GOSTYŃ | GOSTYŃ | POL | MASTERS K - 40 | 15 | K 55 | 00:35:54 | 00:59:50 | 01:32:32.05 | 9:15 | 6.5 |
| 197 | BISKUPSKI JAKUB | 8373 | | WROCLAW | POL | MASTERS M - 40 | 44 | M 142 | 00:37:04 | 00:59:25 | 01:32:37.20 | 9:15 | 6.5 |
| 198 | HORODYŃSKA MIROSLAWA | 8339 | KOTWICA BRZEG | KARŁOWICE | POL | MASTERS K - 40 | 16 | K 56 | 00:36:38 | 00:59:14 | 01:32:37.95 | 9:15 | 6.5 |
| 199 | BUTRYM IGA | 8409 | | KAMIENIEC WROCLAWSKI | POL | SENIOR I K - 20 | 16 | K 57 | 00:37:21 | 00:59:39 | 01:32:48.50 | 9:16 | 6.5 |
| 200 | PAINTA EWA | 8402 | | KAMIENIEC WROCLAWSKI | POL | SENIOR II K - 30 | 23 | K 58 | 00:36:39 | 00:59:32 | 01:32:54.10 | 9:17 | 6.5 |
| 201 | GUTOWSKI PIOTR | 8294 | | KAMIENIEC ZABKOWICKI | POL | SENIOR II M - 30 | 47 | M 143 | 00:35:49 | 00:58:24 | 01:32:59.60 | 9:18 | 6.5 |
| 202 | CIESIELCZYK MAREK | 8070 | TKKF MPK POZNAŃ | POZNAŃ | POL | WETERAN I M - 50 | 11 | M 144 | 00:36:40 | 00:59:15 | 01:33:00.35 | 9:18 | 6.5 |
| 203 | MĘTLAK MAŁGORZATA | 8264 | | ZAWIERCIE | POL | SENIOR I K - 20 | 17 | K 59 | 00:39:02 | 01:00:34 | 01:33:02.50 | 9:18 | 6.4 |
| 204 | SZALA JANUSZ | 8211 | | ŁAZISKA GÓRNE | POL | WETERAN II M - 60 | 7 | M 145 | 00:36:35 | 00:58:12 | 01:33:05.05 | 9:18 | 6.4 |
| 205 | GALEWSKI MARIUSZ | 8040 | | KOTLIN | POL | WETERAN I M - 50 | 12 | M 146 | 00:38:10 | 00:59:00 | 01:33:06.05 | 9:18 | 6.4 |
| 206 | WENTYKIER PIOTR | 8017 | | PIASECZNO | POL | MASTERS M - 40 | 45 | M 147 | 00:37:45 | 00:59:07 | 01:33:10.60 | 9:19 | 6.4 |
| 207 | PUCHAŁSKA MAGDALENA | 8089 | | POZNAŃ | POL | SENIOR II K - 30 | 24 | K 60 | 00:37:23 | 00:57:03 | 01:33:16.00 | 9:19 | 6.4 |
| 208 | MAŁECKI KAMIL | 8274 | | SIEDLCE | POL | SENIOR II M - 30 | 48 | M 148 | 00:34:46 | 00:59:48 | 01:33:18.65 | 9:19 | 6.4 |
| 209 | TEKIELA ŁUKASZ | 8046 | | KŁODZKO | POL | SENIOR II M - 30 | 49 | M 149 | 00:36:33 | 00:57:12 | 01:33:20.15 | 9:20 | 6.4 |
| 210 | STAŃCZAK PAWEŁ | 8269 | | ŁÓDŹ | POL | WETERAN I M - 50 | 13 | M 150 | 00:38:05 | 00:58:36 | 01:33:44.70 | 9:22 | 6.4 |
| 211 | GULCZYŃSKI DAWID | 8400 | | BYDGOSZCZ | POL | SENIOR II M - 30 | 50 | M 151 | 00:36:08 | 00:57:19 | 01:33:52.45 | 9:23 | 6.4 |
| 212 | MATUKIN-SZUMLIŃSKA ALEKSANDRA | 8334 | | KRAKÓW | POL | SENIOR II K - 30 | 25 | K 61 | 00:38:22 | 01:00:01 | 01:34:11.25 | 9:25 | 6.4 |
| 213 | ŁOBASIUK IWONA | 8382 | FUNDACJA KIERUNEK ULTRA | SUWAŁKI | POL | MASTERS K - 40 | 17 | K 62 | 00:37:58 | 00:59:31 | 01:34:17.00 | 9:25 | 6.4 |
| 214 | CELICHOWSKI STANISŁAW | 8206 | | POZNAŃ | POL | SENIOR II M - 30 | 51 | M 152 | 00:39:41 | 00:59:37 | 01:34:31.15 | 9:27 | 6.3 |
| 215 | TURAJ-KACZYŃSKA MAŁGORZATA | 8113 | GUSTAW TEŻ BIEGA | OLEŚNICA | POL | MASTERS K - 40 | 18 | K 63 | 00:35:16 | 00:57:54 | 01:34:50.85 | 9:29 | 6.3 |
| 216 | ŁYGASŁO PAULINA | 8421 | | DZIERŻONIÓW | POL | SENIOR I K - 20 | 18 | K 64 | 00:37:59 | 01:01:15 | 01:34:52.00 | 9:29 | 6.3 |
| 217 | MARON AGNIESZKA | 8321 | ADIDAS RUNNERS WARSAW / JACK TEAM | WARSZAWA | POL | MASTERS K - 40 | 19 | K 65 | 00:37:21 | 00:59:48 | 01:34:54.15 | 9:29 | 6.3 |

BIEG TROJAK TRAIL - 10 KM, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 3.7km | 5.8km | Netto | min/km | km/h |
|------|-------------------------|------|------------------------------|------------------------|------|-------------------|--------|-------|----------|----------|-------------|--------|------|
| 218 | TUREK PAULINA | 8128 | PRORUNNING PROMOTION | WARSZAWA | POL | SENIOR II K - 30 | 26 | K 66 | 00:37:46 | 01:00:13 | 01:34:56.90 | 9:29 | 6.3 |
| 219 | KAWCZYŃSKA MONIKA | 8279 | GUSTAW TEŻ BIEGA | OLEŚNICA | POL | MASTERS K - 40 | 20 | K 67 | 00:35:20 | 00:58:01 | 01:34:58.35 | 9:29 | 6.3 |
| 220 | FRAŃSKI ŁUKASZ | 8007 | NKB CHYŻY NOWY TOMYŚL | NOWY TOMYŚL | POL | MASTERS M - 40 | 46 | M 153 | 00:40:19 | 01:01:54 | 01:35:26.45 | 9:32 | 6.3 |
| 221 | KWIECIEŃ DOROTA | 8115 | | KIELCE | POL | MASTERS K - 40 | 21 | K 68 | 00:39:53 | 01:01:35 | 01:35:32.05 | 9:33 | 6.3 |
| 222 | KAJDANIAK PAULINA | 8192 | | GNIEZNO | POL | MASTERS K - 40 | 22 | K 69 | 00:39:45 | 01:02:55 | 01:35:33.70 | 9:33 | 6.3 |
| 223 | TABACZYŃSKA MONIKA | 8288 | | SCIENKO | POL | SENIOR I K - 20 | 19 | K 70 | 00:38:55 | 01:01:57 | 01:36:04.20 | 9:36 | 6.2 |
| 224 | KORF TOMASZ | 8059 | | BRZEG | POL | SENIOR II M - 30 | 52 | M 154 | 00:39:44 | 01:00:38 | 01:36:16.80 | 9:37 | 6.2 |
| 225 | KORF WERONIKA | 8058 | | BRZEG | POL | SENIOR II K - 30 | 27 | K 71 | 00:39:44 | 01:00:55 | 01:36:24.60 | 9:38 | 6.2 |
| 226 | CYRWUS JAKUB | 8326 | RÓŻOWE LANDRYNY | POLANICA ZDRÓJ | POL | SENIOR I M - 20 | 36 | M 155 | 00:38:40 | 01:03:29 | 01:36:29.70 | 9:39 | 6.2 |
| 227 | RATAJSKA MONIKA | 8296 | | POZNAŃ | POL | SENIOR I K - 20 | 20 | K 72 | 00:38:42 | 01:03:32 | 01:36:36.80 | 9:39 | 6.2 |
| 228 | SOBCZAK ALEKSANDER | 8154 | BIELAWSKA AKADEMIA BIEGANIA | DZIERZONIÓW | POL | SENIOR II M - 30 | 53 | M 156 | 00:39:41 | 01:03:48 | 01:36:41.75 | 9:40 | 6.2 |
| 229 | SZCZOTKA KATARZYNA | 8002 | | POZNAŃ | POL | SENIOR I K - 20 | 21 | K 73 | 00:40:12 | 01:01:49 | 01:36:48.35 | 9:40 | 6.2 |
| 230 | SZYMAŁA KAROLINA | 8351 | | KLUCZBORK | POL | SENIOR I K - 20 | 22 | K 74 | 00:38:20 | 01:00:30 | 01:36:52.75 | 9:41 | 6.2 |
| 231 | KUCZYŃSKA MAŁGORZATA | 8199 | INSULA ZAWONIA TEAM | ZAWONIA | POL | MASTERS K - 40 | 23 | K 75 | 00:37:50 | 00:59:30 | 01:37:01.60 | 9:42 | 6.2 |
| 232 | GAJDA MATEUSZ | 8039 | SPRÓCHNIALI HERKULESI | BŁAŻKOWA | POL | SENIOR II M - 30 | 54 | M 157 | 00:39:39 | 01:00:58 | 01:37:03.85 | 9:42 | 6.2 |
| 233 | MARCINIAK PAULINA | 8209 | | GLIWICE | POL | SENIOR II K - 30 | 28 | K 76 | 00:38:40 | 01:02:28 | 01:37:13.20 | 9:43 | 6.2 |
| 234 | KUSTRĄ KLAUDIA | 8207 | | NYSA | POL | SENIOR II K - 30 | 29 | K 77 | 00:37:24 | 01:00:15 | 01:37:44.40 | 9:46 | 6.1 |
| 235 | SZUBA DAGMARA | 8380 | | BARSAC | FRA | MASTERS K - 40 | 24 | K 78 | 00:40:53 | 01:03:11 | 01:38:22.45 | 9:50 | 6.1 |
| 236 | WILK TOMASZ | 8060 | | OPOLE | POL | SENIOR II M - 30 | 55 | M 158 | 00:38:35 | 01:02:59 | 01:38:36.80 | 9:51 | 6.1 |
| 237 | UCHEREK KINGA | 8031 | | ZORY | POL | MASTERS K - 40 | 25 | K 79 | 00:39:21 | 01:01:45 | 01:38:38.65 | 9:51 | 6.1 |
| 238 | DOMOSŁAWSKI PAWEŁ | 8218 | | WROCŁAW | POL | WETERAN I M - 50 | 14 | M 159 | 00:38:28 | 01:01:14 | 01:38:51.00 | 9:53 | 6.1 |
| 239 | KRYCH JOANNA | 8215 | | CZMOŃ | POL | MASTERS K - 40 | 26 | K 80 | 00:39:02 | 01:01:56 | 01:38:56.05 | 9:53 | 6.1 |
| 240 | KĄŁKA MARCIN | 8394 | | RAWICZ | POL | SENIOR II M - 30 | 56 | M 160 | 00:38:28 | 01:01:32 | 01:39:11.20 | 9:55 | 6 |
| 241 | BĄCZKOWSKA GRAŻYNA | 8297 | POLACY BIEGAJĄ W NL | ZEVENBERGEN | NED | MASTERS K - 40 | 27 | K 81 | 00:37:41 | 01:00:04 | 01:39:51.30 | 9:59 | 6 |
| 242 | PELCZER AGNIESZKA | 8035 | KB HARCOWNIK JELCZ-LASKOWICE | MŁOSZYCE | POL | MASTERS K - 40 | 28 | K 82 | 00:39:47 | 01:03:55 | 01:39:56.45 | 9:59 | 6 |
| 243 | GAJEWSKA MAGDALENA | 8267 | LAFIRYNDY I GAMONIE | ŁÓDŹ | POL | MASTERS K - 40 | 29 | K 83 | 00:39:54 | 01:03:25 | 01:39:58.40 | 9:59 | 6 |
| 244 | HELMAN FILIP | 8169 | | WARSZAWA | POL | SENIOR I M - 20 | 37 | M 161 | 00:39:34 | 01:02:50 | 01:40:10.70 | 10:01 | 6 |
| 245 | OLSZEWSKA NATALIA | 8179 | | WROCŁAW | POL | SENIOR I K - 20 | 23 | K 84 | 00:38:00 | 01:01:50 | 01:40:10.70 | 10:01 | 6 |
| 246 | FILAWSKA AGATA | 8050 | | WROCŁAW | POL | SENIOR I K - 20 | 24 | K 85 | 00:38:09 | 01:02:01 | 01:40:21.25 | 10:02 | 6 |
| 247 | STĘPIEŃ MAŁGORZATA | 8246 | | POZNAŃ | POL | SENIOR II K - 30 | 30 | K 86 | 00:38:33 | 01:01:59 | 01:40:27.15 | 10:02 | 6 |
| 248 | DZIEKOŃSKA MAGDALENA | 8049 | KU PRZYGDZIE | WROCŁAW | POL | SENIOR II K - 30 | 31 | K 87 | 00:38:19 | 01:02:09 | 01:40:30.55 | 10:03 | 6 |
| 249 | ŁUSIAK EWA | 8187 | KNEIPTEAM | GŁOWNO | POL | MASTERS K - 40 | 30 | K 88 | 00:42:24 | 01:04:07 | 01:40:42.70 | 10:04 | 6 |
| 250 | PACIOREK PAWEŁ | 8131 | PAWKO RUNNER TEAM | MARKI | POL | MASTERS M - 40 | 47 | M 162 | 00:39:13 | 01:03:36 | 01:40:56.35 | 10:05 | 5.9 |
| 251 | BALICKI JACEK | 8276 | BIEGACZ NOWOSOLNA | ŁÓDŹ | POL | WETERAN I M - 50 | 15 | M 163 | 00:42:52 | 01:05:16 | 01:41:02.80 | 10:06 | 5.9 |
| 252 | BAJSAROWICZ ZUZANNA | 8201 | | GLIWICE | POL | SENIOR II K - 30 | 32 | K 89 | 00:42:12 | 01:05:22 | 01:41:20.60 | 10:08 | 5.9 |
| 253 | PĘCZKOWSKA MAGDALENA | 8051 | | TRZEBNICA | POL | MASTERS K - 40 | 31 | K 90 | 00:40:04 | 01:03:37 | 01:41:43.85 | 10:10 | 5.9 |
| 254 | SZKUDLAREK ARKADIUSZ | 8289 | | KOŁO | POL | MASTERS M - 40 | 48 | M 164 | 00:39:36 | 01:02:50 | 01:42:11.55 | 10:13 | 5.9 |
| 255 | ŻUKIEWICZ KRZYSZTOF | 8163 | TKKF MPK POZNAŃ | POZNAŃ | POL | MASTERS M - 40 | 49 | M 165 | 00:41:19 | 01:05:31 | 01:42:55.70 | 10:17 | 5.8 |
| 256 | JERMAK ANNA | 8097 | BOHAR PALETY RUNNERS | ZIELONA GÓRA | POL | MASTERS K - 40 | 32 | K 91 | 00:41:02 | 01:05:16 | 01:43:07.55 | 10:18 | 5.8 |
| 257 | KIELASZEWSKI MIROSLAW | 8188 | | LESZNO | POL | WETERAN II M - 60 | 8 | M 166 | 00:41:32 | 01:02:54 | 01:43:24.55 | 10:20 | 5.8 |
| 258 | SAMULSKA AGATA | 8324 | | GORZÓW WIELKOPOLSKI | POL | WETERAN K - 50 | 4 | K 92 | 00:39:41 | 01:05:17 | 01:43:26.05 | 10:20 | 5.8 |
| 259 | NIECHAJ ANNA | 8036 | POMIDOROWA ALTERNATYWA | WAŁBRZYCH | POL | MASTERS K - 40 | 33 | K 93 | 00:41:58 | 01:07:42 | 01:43:29.45 | 10:21 | 5.8 |
| 260 | CHOJECKA MAGDALENA | 8193 | ZBUCKI RUCH | ZBUCZYŃ | POL | MASTERS K - 40 | 34 | K 94 | 00:42:15 | 01:05:38 | 01:43:35.40 | 10:21 | 5.8 |
| 261 | RASZCZYK MARTYNA | 8014 | POMIDOROWA ALTERNATYWA | WAŁBRZYCH | POL | SENIOR II K - 30 | 33 | K 95 | 00:42:01 | 01:07:44 | 01:43:42.90 | 10:22 | 5.8 |
| 262 | KIELASZEWSKI KAROL | 8272 | LESZNO LIMITS RUNNERS | LESZNO | POL | SENIOR II M - 30 | 57 | M 167 | 00:42:33 | 01:03:24 | 01:43:54.65 | 10:23 | 5.8 |
| 263 | PIASECKA AGATA | 8415 | ZAŁOGA GÓRSKA | WROCŁAW | POL | SENIOR I K - 20 | 25 | K 96 | 00:40:42 | 01:04:53 | 01:44:13.15 | 10:25 | 5.8 |
| 264 | BREARD EMILIE | 8208 | TOUT CHAILLES COURT | BLOIS | FRA | SENIOR II K - 30 | 34 | K 97 | 00:39:15 | 01:05:20 | 01:44:15.80 | 10:25 | 5.8 |
| 265 | PIOTROWSKA ANCEW JOANNA | 8075 | | NOWY TARG | POL | WETERAN K - 50 | 5 | K 98 | 00:41:08 | 01:04:00 | 01:44:23.20 | 10:26 | 5.7 |
| 266 | KONIECZNA NATALIA | 8149 | CHOSZCZEŃSKA DZIESIĄTKA | CHOSZCZNO | POL | SENIOR I K - 20 | 26 | K 99 | 00:42:43 | 01:05:29 | 01:44:36.10 | 10:27 | 5.7 |
| 267 | ROGOWSKA IZABELA | 8418 | STOWARZYSZENIE BIEG OPOLSKI | OPOLE | POL | MASTERS K - 40 | 35 | K 100 | 00:41:06 | 01:05:50 | 01:44:48.10 | 10:28 | 5.7 |
| 268 | SOWIŃSKA MAGDALENA | 8413 | BOGOŃ GRODZISK MAZOWIECKI | BRWINÓW | POL | MASTERS K - 40 | 36 | K 101 | 00:40:52 | 01:06:05 | 01:45:01.70 | 10:30 | 5.7 |
| 269 | GAJEWSKA-POLAK IWONA | 8323 | | PIASECZNO | POL | WETERAN K - 50 | 6 | K 102 | 00:42:34 | 01:05:43 | 01:45:24.30 | 10:32 | 5.7 |
| 270 | JEDYNAK MONIKA | 8252 | | DĘGOLIĘKA | POL | SENIOR I K - 20 | 27 | K 103 | 00:40:47 | 01:07:14 | 01:45:45.85 | 10:34 | 5.7 |
| 271 | LEŚNIEWSKI TOMEK | 8268 | LAFIRYNDY I GAMONIE | ŁÓDŹ | POL | MASTERS M - 40 | 50 | M 168 | 00:42:57 | 01:06:03 | 01:45:46.65 | 10:34 | 5.7 |
| 272 | GÓRALSKI KRZYSZTOF | 8124 | | BYSTRZYCA KŁODZKA | POL | SENIOR II M - 30 | 58 | M 169 | 00:39:32 | 01:05:02 | 01:45:48.00 | 10:34 | 5.7 |
| 273 | LEWANDOWSKA PATRYCJA | 8248 | TEAM KURORT LADEK-ZDRÓJ | OŁDRZYCHOWICE KŁODZKIE | POL | SENIOR II K - 30 | 35 | K 104 | 00:43:01 | 01:08:03 | 01:45:56.10 | 10:35 | 5.7 |
| 274 | TOMERA DOROTA | 8253 | TEAM KURORT LADEK-ZDRÓJ | STARA BYSTRZYCA | POL | MASTERS K - 40 | 37 | K 105 | 00:43:11 | 01:08:12 | 01:46:05.95 | 10:36 | 5.7 |

BIEG TROJAK TRAIL - 10 KM, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 3.7km | 5.8km | Netto | min/km | km/h |
|------|------------------------------|------|--|-----------------------|------|--------------------|--------|-------|----------|----------|-------------|--------|------|
| 275 | FOLARON JULIA | 8300 | | BLACHOWNIA | POL | SENIOR I K - 20 | 28 | K 106 | 00:39:24 | 01:06:51 | 01:46:14.50 | 10:37 | 5.6 |
| 276 | IMIŃSKI CEZARY | 8077 | | ZGIERZ | POL | WETERAN I M - 50 | 16 | M 170 | 00:41:27 | 01:06:01 | 01:46:58.30 | 10:41 | 5.6 |
| 277 | KUCZYŃSKA AGNIESZKA | 8220 | BIAŁYSTOK BIEGA TEAM | BIAŁYSTOK | POL | MASTERS K - 40 | 38 | K 107 | 00:40:00 | 01:08:53 | 01:47:21.45 | 10:44 | 5.6 |
| 278 | JANUR JOANNA | 8325 | RÓŻOWE LANDRYNY | POLANICA ZDRÓJ | POL | SENIOR I K - 20 | 29 | K 108 | 00:43:34 | 01:09:01 | 01:47:28.25 | 10:44 | 5.6 |
| 279 | KIERAT DOMINIKA | 8306 | | WARSZAWA | POL | SENIOR II K - 30 | 36 | K 109 | 00:41:24 | 01:05:35 | 01:47:30.45 | 10:45 | 5.6 |
| 280 | CYBULA EWA | 8138 | X-TEAM | WROCLAW | POL | SENIOR II K - 30 | 37 | K 110 | 00:41:47 | 01:07:36 | 01:47:52.35 | 10:47 | 5.6 |
| 281 | KOŁACZ MARIUSZ | 8266 | LAFIRYNDY I GAMONIE | ŁÓDŹ | POL | WETERAN I M - 50 | 17 | M 171 | 00:41:58 | 01:06:39 | 01:47:54.25 | 10:47 | 5.6 |
| 282 | BUGAJSKA-JUCHA RENATA | 8200 | CARBO ASECURA/CA AKTYWNI | GOCZAŁKOWICE ZDRÓJ | POL | MASTERS K - 40 | 39 | K 111 | 00:43:22 | 01:07:42 | 01:48:02.80 | 10:48 | 5.6 |
| 283 | KOWALCZYK DAWID | 8108 | | PODGORZYN | POL | SENIOR II M - 30 | 59 | M 172 | 00:44:26 | 01:08:26 | 01:48:04.55 | 10:48 | 5.6 |
| 284 | WILGUS-KUBICA KATARZYNA | 8210 | | WISŁA WIELKA | POL | MASTERS K - 40 | 40 | K 112 | 00:43:35 | 01:07:50 | 01:48:10.80 | 10:49 | 5.5 |
| 285 | SZYMAŁA JAN | 8043 | NIEZRZESZONY KO | KLUCZBORK | POL | WETERAN III M - 70 | 2 | M 173 | 00:42:55 | 01:07:14 | 01:48:15.95 | 10:49 | 5.5 |
| 286 | SZPUREK ANNA | 8365 | BUKOWSKI KLUB BIEGACZA | BUK | POL | SENIOR II K - 30 | 38 | K 113 | 00:44:35 | 01:10:24 | 01:48:20.60 | 10:50 | 5.5 |
| 287 | JAGUSZEWSKA AGNIESZKA | 8109 | | KARPACZ | POL | SENIOR II K - 30 | 39 | K 114 | 00:44:46 | 01:08:46 | 01:48:23.60 | 10:50 | 5.5 |
| 288 | PRASAL KONRAD | 8405 | | ŁÓDŹ | POL | SENIOR I M - 20 | 38 | M 174 | 00:49:28 | 01:12:27 | 01:48:34.40 | 10:51 | 5.5 |
| 289 | ŻOŁYŃIAK SZYMON | 8330 | | SIERADZ | POL | MASTERS M - 40 | 51 | M 175 | 00:49:18 | 01:11:08 | 01:48:38.85 | 10:51 | 5.5 |
| 290 | CHADZULIS KOSTAS | 8195 | | WROCLAW | POL | SENIOR II M - 30 | 60 | M 176 | 00:43:40 | 01:08:15 | 01:48:39.90 | 10:52 | 5.5 |
| 291 | WITKOWSKA MARIA | 8019 | KLUB KRÓLIKA STEFANA | KATOWICE | POL | WETERAN II K - 60 | 1 | K 115 | 00:44:25 | 01:08:33 | 01:48:45.10 | 10:52 | 5.5 |
| 292 | ZIELIŃSKA - KASZAM MAGDALENA | 8408 | | JAWORZNO | POL | MASTERS K - 40 | 41 | K 116 | 00:42:40 | 01:05:08 | 01:48:54.75 | 10:53 | 5.5 |
| 293 | KRÓL MIECZYŚLAW | 8422 | | WROCLAW | POL | MASTERS M - 40 | 52 | M 177 | 00:40:17 | 01:00:37 | 01:49:05.60 | 10:54 | 5.5 |
| 294 | STRZELCZYK ILONA | 8047 | KĘSY TEAM | OBORNIKI | POL | WETERAN K - 50 | 7 | K 117 | 00:41:44 | 01:08:47 | 01:49:07.30 | 10:54 | 5.5 |
| 295 | NIESTERUK PAULINA | 8249 | | WARSZAWA | POL | SENIOR II K - 30 | 40 | K 118 | 00:41:00 | 01:08:08 | 01:49:52.85 | 10:59 | 5.5 |
| 296 | KOŁACZ WIOLA | 8265 | LAFIRYNDY I GAMONIE | ŁÓDŹ | POL | MASTERS K - 40 | 42 | K 119 | 00:45:00 | 01:10:23 | 01:50:27.50 | 11:02 | 5.4 |
| 297 | MALISZ AGNIESZKA | 8322 | | KĘDZIERZYN-KOŹLE | POL | SENIOR II K - 30 | 41 | K 120 | 00:44:00 | 01:07:11 | 01:50:40.35 | 11:04 | 5.4 |
| 298 | SŁOMKA MARIUSZ | 8303 | | OPOLE | POL | SENIOR II M - 30 | 61 | M 178 | 00:35:28 | 01:01:38 | 01:50:43.85 | 11:04 | 5.4 |
| 299 | NOWAK TERESA | 8386 | | ZIĘBICE | POL | WETERAN II K - 60 | 2 | K 121 | 00:42:33 | 01:10:02 | 01:50:44.95 | 11:04 | 5.4 |
| 300 | MAJ MAGDALENA | 8004 | GRAŻYŃKI OCR | ROKIETNICA | POL | SENIOR II K - 30 | 42 | K 122 | 00:44:03 | 01:11:57 | 01:50:52.60 | 11:05 | 5.4 |
| 301 | RAJCZAK MONIKA | 8166 | | MODŁA | POL | SENIOR II K - 30 | 43 | K 123 | 00:43:04 | 01:09:22 | 01:50:58.60 | 11:05 | 5.4 |
| 302 | KUŹNIAK JUSTYNA | 8142 | KB SZAMOTUŁY | SZAMOTUŁY | POL | MASTERS K - 40 | 43 | K 124 | 00:43:38 | 01:12:07 | 01:51:13.90 | 11:07 | 5.4 |
| 303 | MARIN IRIGARAY ALBERTO | 8158 | | POZNAN | POL | SENIOR II M - 30 | 62 | M 179 | 00:43:36 | 01:09:45 | 01:51:21.05 | 11:08 | 5.4 |
| 304 | GÓRNA MAŁGORZATA | 8103 | | POZNAŃ | POL | SENIOR II K - 30 | 44 | K 125 | 00:43:42 | 01:10:01 | 01:51:29.55 | 11:08 | 5.4 |
| 305 | KOLBUS JULITA | 8236 | | SIECHNICE | POL | SENIOR II K - 30 | 45 | K 126 | 00:44:46 | 01:12:35 | 01:51:33.05 | 11:09 | 5.4 |
| 306 | DORDZIK MAŁGORZATA | 8337 | | ELBLĄG | POL | WETERAN II K - 60 | 3 | K 127 | 00:44:12 | 01:09:35 | 01:51:46.35 | 11:10 | 5.4 |
| 307 | PLUTA MICHALINA | 8189 | | LESZNO | POL | SENIOR II K - 30 | 46 | K 128 | 00:41:57 | 01:10:35 | 01:51:48.30 | 11:10 | 5.4 |
| 308 | JAKUBOWSKA JUDYTA | 8038 | | KAMIEN POMORSKI | POL | MASTERS K - 40 | 44 | K 129 | 00:43:42 | 01:10:36 | 01:52:31.95 | 11:15 | 5.3 |
| 309 | DANYLOVA ALINA | 8271 | | POZNAN | POL | SENIOR II K - 30 | 47 | K 130 | 00:46:10 | 01:12:01 | 01:53:35.70 | 11:21 | 5.3 |
| 310 | KMONK MAGDALENA | 8052 | | WROCLAW | POL | MASTERS K - 40 | 45 | K 131 | 00:42:47 | 01:11:20 | 01:53:36.35 | 11:21 | 5.3 |
| 311 | FIKSA PIOTR | 8185 | WOJART TEAM | KROSNO | POL | MASTERS M - 40 | 53 | M 180 | 00:43:28 | 01:09:56 | 01:53:49.95 | 11:23 | 5.3 |
| 312 | OGRODNIK ANNA | 8102 | ZAKOCHAJ SIE W BIEGANIU | WROCLAW | POL | SENIOR II K - 30 | 48 | K 132 | 00:46:21 | 01:12:41 | 01:54:03.85 | 11:24 | 5.3 |
| 313 | MATEJCZUK JULIA | 8401 | BIAŁYSTOK BIEGA TEAM | BIAŁYSTOK | POL | SENIOR I K - 20 | 30 | K 133 | 00:44:30 | 01:11:32 | 01:54:32.50 | 11:27 | 5.2 |
| 314 | GAJDZIŃSKA MAGDALENA | 8230 | BIAŁYSTOK BIEGA TEAM | CZARNA WIEŚ KOŚCIELNA | POL | MASTERS K - 40 | 46 | K 134 | 00:44:51 | 01:11:52 | 01:54:53.40 | 11:29 | 5.2 |
| 315 | KIEPURA OLGA | 8328 | | CZĘSTOCHOWA | POL | SENIOR I K - 20 | 31 | K 135 | 00:42:35 | 01:13:12 | 01:55:02.20 | 11:30 | 5.2 |
| 316 | JANKOWSKI RAFAŁ | 8345 | KOŁO BIEGA | KOŁO | POL | SENIOR II M - 30 | 63 | M 181 | 00:49:45 | 01:16:26 | 01:55:11.15 | 11:31 | 5.2 |
| 317 | BUCHALIK PATRYCJA | 8366 | | KATOWICE | POL | SENIOR I K - 20 | 32 | K 136 | 00:42:43 | 01:13:22 | 01:55:12.25 | 11:31 | 5.2 |
| 318 | TALAREK ROBERT | 8233 | TELERANEK | SZCZECIN | POL | MASTERS M - 40 | 54 | M 182 | 00:45:41 | 01:13:21 | 01:55:20.10 | 11:32 | 5.2 |
| 319 | WYSMOLINSKA KAROLINA | 8319 | | BIERNATLI | POL | MASTERS K - 40 | 47 | K 137 | 00:45:48 | 01:13:29 | 01:55:25.05 | 11:32 | 5.2 |
| 320 | MRÓZ RADOŚLAW | 8342 | | WARSZAWA | POL | SENIOR II M - 30 | 64 | M 183 | 00:44:25 | 01:14:38 | 01:55:26.55 | 11:32 | 5.2 |
| 321 | NADOBNIK BARTEK | 8120 | TARNOWO PODGÓRNE BIEGA / SPORTOWY KAŻMIERZ | KAŻMIERZ | POL | SENIOR I M - 20 | 39 | M 184 | 00:46:25 | 01:13:25 | 01:55:39.60 | 11:33 | 5.2 |
| 322 | MRÓZ ANNA | 8341 | | WARSZAWA | POL | SENIOR II K - 30 | 49 | K 138 | 00:54:48 | 01:17:27 | 01:55:39.95 | 11:34 | 5.2 |
| 323 | MADAJ-LEJA JAGODA | 8087 | LEJOWIE | ŚLĘZA | POL | SENIOR I K - 20 | 33 | K 139 | 00:44:45 | 01:10:19 | 01:55:45.85 | 11:34 | 5.2 |
| 324 | ŁUKASIK NATALIA | 8309 | | WROCLAW | POL | SENIOR II K - 30 | 50 | K 140 | 00:39:18 | 01:15:01 | 01:55:50.10 | 11:35 | 5.2 |
| 325 | KRUPIŃSKA WIOLA | 8197 | TRUCHT TARCHOMIN TEAM | WARSZAWA | POL | SENIOR I K - 20 | 34 | K 141 | 00:52:54 | 01:17:32 | 01:55:51.80 | 11:35 | 5.2 |
| 326 | SZWARGOT MARTA | 8119 | TARNOWO PODGÓRNE BIEGA / SPORTOWY KAŻMIERZ | KAŻMIERZ | POL | SENIOR II K - 30 | 51 | K 142 | 00:46:14 | 01:13:15 | 01:55:59.65 | 11:35 | 5.2 |
| 327 | ENGEL-ABULEWICZ ELŻBIETA | 8261 | TRENING STUDIO 17 | WROCLAW | POL | WETERAN K - 50 | 8 | K 143 | 00:44:38 | 01:12:22 | 01:56:12.70 | 11:37 | 5.2 |
| 328 | GAGAS ALEKSANDRA | 8372 | | ŁÓDŹ | POL | MASTERS K - 40 | 48 | K 144 | 00:44:10 | 01:13:45 | 01:56:23.80 | 11:38 | 5.2 |
| 329 | LASEK KARINA | 8184 | | CZMOŃ | POL | SENIOR II K - 30 | 52 | K 145 | 00:44:34 | 01:13:55 | 01:56:33.45 | 11:39 | 5.1 |

BIEG TROJAK TRAIL - 10 KM, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 3.7km | 5.8km | Netto | min/km | km/h |
|------|----------------------------|------|--------------------------------------|---------------------|------|--------------------|--------|-------|----------|----------|-------------|--------|------|
| 330 | WIELADEK LUKASZ | 8132 | | WARSZAWA | POL | SENIOR II M - 30 | 65 | M 185 | 00:46:35 | 01:16:33 | 01:57:59.40 | 11:47 | 5.1 |
| 331 | STAWSKA-KISIAŁA NATALIA | 8083 | | KRAKÓW | POL | SENIOR II K - 30 | 53 | K 146 | 00:46:06 | 01:14:37 | 01:58:03.90 | 11:48 | 5.1 |
| 332 | KISIAŁA FILIP | 8079 | LACHO TEAM | KRAKÓW | POL | MASTERS M - 40 | 55 | M 186 | 00:46:16 | 01:14:27 | 01:58:13.05 | 11:49 | 5.1 |
| 333 | SLONINA-TAMUL OLGA | 8295 | ZAŁOGA GÓRSKA | POZNAŃ | POL | SENIOR I K - 20 | 35 | K 147 | 00:49:15 | 01:15:59 | 01:58:16.65 | 11:49 | 5.1 |
| 334 | DOMBROWSKI MACIEJ | 8371 | ATTIQ TEAM | KRAKÓW | POL | SENIOR II M - 30 | 66 | M 187 | 00:49:58 | 01:16:10 | 01:58:26.60 | 11:50 | 5.1 |
| 335 | WIELADEK PIOTR | 8130 | | WARSZAWA | POL | SENIOR II M - 30 | 67 | M 188 | 00:48:54 | 01:17:53 | 01:58:34.80 | 11:51 | 5.1 |
| 336 | BŁADEK-GRZELCZAK KATARZYNA | 8198 | | ŁÓDŹ | POL | WETERAN K - 50 | 9 | K 148 | 00:46:46 | 01:14:05 | 01:59:55.90 | 11:59 | 5 |
| 337 | WINIARSKA MONIKA | 8042 | DXTREEM RUNNING | WARSZAWA | POL | MASTERS K - 40 | 49 | K 149 | 00:44:20 | 01:13:05 | 02:01:35.95 | 12:09 | 4.9 |
| 338 | RYDZYŃSKI JACEK | 8310 | KNEIPPTEAM | GŁÓWNO | POL | SENIOR II M - 30 | 68 | M 189 | 00:47:13 | 01:14:01 | 02:02:30.85 | 12:15 | 4.9 |
| 339 | LOJOWSKI BARTOSZ | 8082 | | JELEŃ GÓRA | POL | SENIOR II M - 30 | 69 | M 190 | 00:47:00 | 01:16:31 | 02:03:34.05 | 12:21 | 4.9 |
| 340 | PAWŁOWICZ JULIA | 8406 | | BARTOSZYCE | POL | SENIOR I K - 20 | 36 | K 150 | 00:49:37 | 01:18:42 | 02:03:42.95 | 12:22 | 4.8 |
| 341 | RAKUS JUSTYNA | 8006 | | CZESTOCHOWA | POL | MASTERS K - 40 | 50 | K 151 | 00:48:54 | 01:18:20 | 02:03:45.35 | 12:22 | 4.8 |
| 342 | BOBIN ANNA | 8055 | ZOCHU TEAM | GORZÓW WIELKOPOLSKI | POL | MASTERS K - 40 | 51 | K 152 | 00:47:23 | 01:19:08 | 02:03:50.85 | 12:23 | 4.8 |
| 343 | MACUR AGNIESZKA | 8088 | | PŁOSZCZYNA | POL | MASTERS K - 40 | 52 | K 153 | 00:47:19 | 01:16:48 | 02:03:53.85 | 12:23 | 4.8 |
| 344 | GONERA JANINA | 8010 | KB HARCOWNIK JELCZ-LASKOWICE | MIŁOSZYCE | POL | WETERAN II K - 60 | 4 | K 154 | 00:50:20 | 01:19:33 | 02:04:26.60 | 12:26 | 4.8 |
| 345 | MRÓZ IZABELA | 8338 | WOLNE ŚLIMAKI | POZNAŃ | POL | SENIOR II K - 30 | 54 | K 155 | 00:50:16 | 01:20:31 | 02:05:52.80 | 12:35 | 4.8 |
| 346 | FRĄCZAK ANNA | 8034 | KB HARCOWNIK JELCZ-LASKOWICE | GRĘDZINA | POL | WETERAN K - 50 | 10 | K 156 | 00:50:06 | 01:19:24 | 02:06:20.30 | 12:38 | 4.7 |
| 347 | LASEK JAKUB | 8141 | KW OPOLE | OPOLE | POL | SENIOR II M - 30 | 70 | M 191 | 00:51:46 | 01:22:17 | 02:06:24.50 | 12:38 | 4.7 |
| 348 | POSPIESZNA ANNA | 8224 | | POZNAŃ | POL | SENIOR II K - 30 | 55 | K 157 | 00:51:18 | 01:22:25 | 02:06:28.15 | 12:38 | 4.7 |
| 349 | WINIARSKI ANDRZEJ | 8129 | DXTREEM RUNNING | WARSZAWA | POL | MASTERS M - 40 | 56 | M 192 | 00:49:10 | 01:19:38 | 02:07:21.45 | 12:44 | 4.7 |
| 350 | PSZCZOLIŃSKA ALICJA | 8086 | | GDAŃSK | POL | WETERAN K - 50 | 11 | K 158 | 00:47:59 | 01:19:47 | 02:07:22.40 | 12:44 | 4.7 |
| 351 | PIECHOWIAK OLIVIA | 8414 | ZAŁOGA GÓRSKA | SZUBIN | POL | SENIOR I K - 20 | 37 | K 159 | 00:48:57 | 01:14:26 | 02:07:55.50 | 12:47 | 4.7 |
| 352 | KOWALEWSKA KATARZYNA | 8023 | | WARSZAWA | POL | MASTERS K - 40 | 53 | K 160 | 00:47:21 | 01:17:03 | 02:09:07.00 | 12:54 | 4.6 |
| 353 | JACHIM-SZUBA MAGDALENA | 8390 | | SZCZECIN | POL | MASTERS K - 40 | 54 | K 161 | 00:47:38 | 01:18:37 | 02:10:03.10 | 13:00 | 4.6 |
| 354 | CHMIELEWSKI MARCIN | 8387 | BIEGAM BEZ SPINY | ŚCINAWA | POL | MASTERS M - 40 | 57 | M 193 | 00:51:54 | 01:23:40 | 02:11:40.80 | 13:10 | 4.6 |
| 355 | MIELCZAREK GRZEGORZ | 8305 | | OPOLE | POL | WETERAN I M - 50 | 18 | M 194 | 00:50:26 | 01:25:00 | 02:12:05.85 | 13:12 | 4.5 |
| 356 | MIELCZAREK HALINA | 8020 | | OPOLE | POL | WETERAN K - 50 | 12 | K 162 | 00:50:34 | 01:25:10 | 02:12:15.60 | 13:13 | 4.5 |
| 357 | ADACH MAGDALENA | 8116 | ENDORFINA WSCHOWA | WSCHOWA | POL | SENIOR I K - 20 | 38 | K 163 | 00:45:34 | 01:16:39 | 02:13:01.95 | 13:18 | 4.5 |
| 358 | ROŹKO ELA | 8203 | 4ROŹKI | BRWINÓW | POL | MASTERS K - 40 | 55 | K 164 | 00:47:17 | 01:17:02 | 02:13:14.10 | 13:19 | 4.5 |
| 359 | KASPRZAK TOMASZ | 8273 | | RUSZOWICE | POL | MASTERS M - 40 | 58 | M 195 | 00:50:55 | 01:21:32 | 02:13:14.85 | 13:19 | 4.5 |
| 360 | FRĄCZAK IRENEUSZ | 8259 | GMINA GRĘBOCICE | GRĘBOCICE | POL | MASTERS M - 40 | 59 | M 196 | 00:51:03 | 01:21:40 | 02:13:24.75 | 13:20 | 4.5 |
| 361 | OLMA KATARZYNA | 8228 | | BIELSKO-BIAŁA | POL | MASTERS K - 40 | 56 | K 165 | 00:55:56 | 01:24:17 | 02:15:54.50 | 13:35 | 4.4 |
| 362 | WOLEK DAGMARA | 8229 | | TYCHY | POL | SENIOR II K - 30 | 56 | K 166 | 00:49:53 | 01:21:56 | 02:17:00.50 | 13:42 | 4.4 |
| 363 | CZUBA JADWIGA | 8314 | | LIGOTA ZAMECKA | POL | SENIOR II K - 30 | 57 | K 167 | 00:54:40 | 01:29:23 | 02:20:57.60 | 14:05 | 4.3 |
| 364 | TUREK MONIKA | 8381 | | LIGOTA GÓRNA | POL | SENIOR II K - 30 | 58 | K 168 | 00:54:50 | 01:29:35 | 02:21:08.55 | 14:06 | 4.3 |
| 365 | HACZYK GABRIELA | 8407 | | OPOLE | POL | WETERAN III K - 70 | 1 | K 169 | 00:51:46 | 01:29:42 | 02:22:21.60 | 14:14 | 4.2 |
| 366 | PODJUK KINGA | 8190 | FRIENDS GOSTYŃ | BRZEZIE | POL | MASTERS K - 40 | 57 | K 170 | 00:54:06 | 01:30:32 | 02:30:02.15 | 15:00 | 4 |
| 367 | MICHALSKI DARIUSZ | 8114 | ALFA TEAM GOSTYŃ | PIASKI | POL | WETERAN I M - 50 | 19 | M 197 | 01:10:45 | 01:52:51 | 02:54:26.70 | 17:26 | 3.4 |
| 368 | WINIARSKI ROBERT | 8048 | | LEGNICA | POL | WETERAN I M - 50 | 20 | M 198 | 00:58:46 | 01:48:44 | 02:55:39.00 | 17:33 | 3.4 |
| 369 | GADZINOWSKI IGNACY | 8028 | | RADOM | POL | WETERAN III M - 70 | 3 | M 199 | 01:13:56 | 02:01:32 | 03:06:03.75 | 18:36 | 3.2 |
| 370 | GADZINOWSKA MAŁGORZATA | 8053 | | RADOM | POL | WETERAN II K - 60 | 5 | K 171 | 01:14:02 | 02:01:41 | 03:06:13.55 | 18:37 | 3.2 |
| 371 | SZYMAŃSKI PAWEŁ | 8137 | MUAY RUNING TEAM | POZNAŃ | POL | MASTERS M - 40 | 60 | M 200 | 01:19:13 | 02:01:15 | 03:07:08.80 | 18:42 | 3.2 |
| 372 | SZYMAŃSKA AGNIESZKA | 8074 | MUAY RUNNING TEAM | POZNAŃ | POL | MASTERS K - 40 | 58 | K 172 | 01:19:22 | 02:01:24 | 03:07:19.15 | 18:43 | 3.2 |
| 373 | NIZIOŁ MARCIN | 8037 | | GRUDZIĄDZ | POL | MASTERS M - 40 | 61 | M 201 | 01:18:18 | 02:03:08 | 03:12:22.00 | 19:14 | 3.1 |
| 374 | JAWORSKA-NIZIOŁ MAGDALENA | 8093 | | GRUDZIĄDZ | POL | SENIOR II K - 30 | 59 | K 173 | 01:18:33 | 02:03:18 | 03:12:32.10 | 19:15 | 3.1 |
| 375 | TALAREK JĘDRULAK KATARZYNA | 8234 | TELERANEK | SZCZECIN | POL | SENIOR II K - 30 | 60 | K 174 | 01:14:06 | 02:04:06 | 03:30:48.30 | 21:04 | 2.8 |
| 376 | BAHRANOWSKA-KILIAN MARIA | 8110 | AZS AWF KRAKÓW MASTERS | KRAKÓW | POL | SENIOR I K - 20 | 39 | K 175 | | | | | |
| 0 | PRZEDWOJEWSKI BARTŁOMIEJ | 8307 | TEAM SALOMON | WROCLAW | POL | SENIOR I M - 20 | 1 | M 1 | 00:18:34 | 00:27:54 | 00:44:18.35 | 4:25 | 13.5 |
| 1 | BEDNAREK ADRIAN | 8367 | | BYDGOSZCZ | POL | SENIOR II M - 30 | 1 | M 2 | 00:20:06 | 00:30:27 | 00:48:19.00 | 4:49 | 12.4 |
| 2 | TARASEK WOJCIECH | 8095 | #ANDRZEJDLUGOSZTEAM / ELEMENO.PL | STARA WIEŚ | POL | SENIOR I M - 20 | 2 | M 3 | 00:20:37 | 00:31:13 | 00:49:03.35 | 4:54 | 12.2 |
| 3 | KLIMCZAK MIKOŁAJ | 8283 | PRZEDWOJEWSKI MOUNTAIN TEAM | WROCLAW | POL | SENIOR I M - 20 | 3 | M 4 | 00:20:29 | 00:31:17 | 00:49:33.10 | 4:57 | 12.1 |
| 4 | WYTWER BŁAŻEJ | 8384 | PĘDZIKIEM DO METY | POZNAŃ | POL | SENIOR II M - 30 | 2 | M 5 | 00:21:49 | 00:34:23 | 00:54:50.00 | 5:29 | 10.9 |
| 5 | TABER KONRAD | 8359 | ACTIVE PROSPERIA/ STO-NOGI MIŁANÓWEK | BRWINÓW | POL | SENIOR I M - 20 | 4 | M 6 | 00:23:10 | 00:34:47 | 00:55:11.85 | 5:31 | 10.9 |
| 6 | JAROSZ DARIUSZ | 8348 | U.K.S. PIAST BOLKÓW | KACZORÓW | POL | SENIOR I M - 20 | 5 | M 7 | 00:22:34 | 00:34:22 | 00:55:14.90 | 5:31 | 10.9 |
| 7 | GROMALA KRZYSZTOF | 8260 | #AKADEMIABIEGANIA.PL | ŚWIEBODZICE | POL | SENIOR II M - 30 | 3 | M 8 | 00:23:32 | 00:35:01 | 00:55:48.80 | 5:34 | 10.7 |
| 8 | WOLEK SZYMON | 8374 | | TYCHY | POL | SENIOR II M - 30 | 4 | M 9 | 00:23:24 | 00:35:47 | 00:56:17.10 | 5:37 | 10.7 |
| 9 | TOMASIAK DOMINIK | 8155 | DIE KUNST DER FUGE | OPOLE | POL | MASTERS M - 40 | 1 | M 10 | 00:23:51 | 00:36:02 | 00:56:42.40 | 5:40 | 10.6 |

BIEG TROJAK TRAIL - 10 KM, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 3.7km | 5.8km | Netto | min/km | km/h |
|------|----------------------------|------|---------------------------------------|------------------------|------|-------------------|--------|------|----------|----------|-------------|--------|------|
| 10 | WRZESZCZ MARIUSZ | 8176 | TMTEAM/TEAMDKMS | SOBÓTKA | POL | SENIOR I M - 20 | 6 | M 11 | 00:23:34 | 00:35:51 | 00:56:50.60 | 5:41 | 10.6 |
| 11 | GAJEWSKI MAREK | 8254 | ADIDAS RUNNERS WARSAW | WARSZAWA | POL | SENIOR II M - 30 | 5 | M 12 | 00:22:53 | 00:36:28 | 00:57:24.30 | 5:44 | 10.4 |
| 12 | PIENIAŻEK PATRYK | 8262 | KGHM ZG RUN | KŁOBUCZYN | POL | SENIOR I M - 20 | 7 | M 13 | 00:24:30 | 00:37:05 | 00:58:23.75 | 5:50 | 10.3 |
| 13 | PIHIL PIOTR | 8282 | ENDORFINA WSCHOWA | WSCHOWA | POL | MASTERS M - 40 | 2 | M 14 | 00:24:02 | 00:36:51 | 00:58:49.05 | 5:52 | 10.2 |
| 14 | ŁABYS MATEUSZ | 8285 | NOA | WILEMOWICE | POL | SENIOR I M - 20 | 8 | M 15 | 00:25:25 | 00:37:47 | 00:59:18.55 | 5:55 | 10.1 |
| 15 | KITA MICHAŁ | 8066 | PĘDZĄCY W MIEJSCU | WROCLAW | POL | MASTERS M - 40 | 3 | M 16 | 00:23:52 | 00:36:49 | 00:59:19.70 | 5:56 | 10.1 |
| 16 | PIEKARSKI JAKUB | 8160 | | KATOWICE | POL | SENIOR I M - 20 | 9 | M 17 | 00:25:19 | 00:38:17 | 00:59:53.55 | 5:59 | 10 |
| 17 | MĘDYGRAŁ KRYSZTIAN | 8178 | WATAHA | WROCLAW | POL | SENIOR I M - 20 | 10 | M 18 | 00:25:22 | 00:37:56 | 01:00:01.10 | 6:00 | 10 |
| 18 | MAZUR MATEUSZ | 8317 | MULKS JUVENIA GŁUCHOŁAZY | GŁUCHOŁAZY | POL | SENIOR I M - 20 | 11 | M 19 | 00:24:36 | 00:37:52 | 01:00:38.75 | 6:03 | 9.9 |
| 19 | BOCZEK LESZEK | 8350 | ZAŁOGA GÓRSKA | WYSOKA | POL | SENIOR II M - 30 | 6 | M 20 | 00:24:42 | 00:38:14 | 01:00:43.05 | 6:04 | 9.9 |
| 20 | KACZMARCZYK PRZEMYSŁAW | 8008 | 140MINUT.PL | ROLANTOWICE | POL | SENIOR I M - 20 | 12 | M 21 | 00:24:51 | 00:38:08 | 01:00:55.80 | 6:05 | 9.8 |
| 21 | KLATKA MICHAŁ | 8353 | BIEGAM BO LUBIĘ - TOMASZÓW MAZOWIECKI | TOMASZÓW MAZOWIECKI | POL | MASTERS M - 40 | 4 | M 22 | 00:26:31 | 00:40:19 | 01:02:12.80 | 6:13 | 9.6 |
| 22 | WITULSKI WALDEMAR | 8397 | TEAM PODGÓRZYN | SOSNOWKA | POL | WETERAN II M - 60 | 1 | M 23 | 00:25:21 | 00:38:45 | 01:02:15.30 | 6:13 | 9.6 |
| 23 | PRYSTASZ KRZYSZTOF | 8393 | | OŁAWA | POL | MASTERS M - 40 | 5 | M 24 | 00:26:42 | 00:40:06 | 01:02:30.60 | 6:15 | 9.6 |
| 24 | ROZDZYNSKA PATRYCJA | 8245 | ADRIANBEDNAREK.PL | POZNAŃ | POL | SENIOR I K - 20 | 1 | K 1 | 00:26:01 | 00:40:05 | 01:02:43.40 | 6:16 | 9.6 |
| 25 | GŁOWACKI ARTUR | 8256 | KGHM ZG RUN | GŁOGÓW | POL | MASTERS M - 40 | 6 | M 25 | 00:25:22 | 00:39:10 | 01:02:44.90 | 6:16 | 9.6 |
| 26 | JAGNIĄTKOWSKI JACEK | 8231 | KLUB LEKKOATLETYCZNY ZIEMIA KŁODZKA | OŁDRZYCHOWICE KŁODZKIE | POL | MASTERS M - 40 | 7 | M 26 | 00:26:42 | 00:40:36 | 01:02:45.00 | 6:16 | 9.6 |
| 27 | WĄSOWICZ ARTUR | 8117 | | SZCZYTNA | POL | SENIOR I M - 20 | 13 | M 27 | 00:24:32 | 00:39:27 | 01:03:08.65 | 6:18 | 9.5 |
| 28 | PERKA MICHAŁ | 8412 | | PRÓSZKÓW | POL | SENIOR I M - 20 | 14 | M 28 | 00:25:16 | 00:39:08 | 01:03:24.20 | 6:20 | 9.5 |
| 29 | CHLEBOWICZ MARCIN | 8329 | DOBRY-TRENER.PL | WROCLAW | POL | SENIOR II M - 30 | 7 | M 29 | 00:25:48 | 00:40:18 | 01:03:26.60 | 6:20 | 9.5 |
| 30 | PIŁAT MACIEJ | 8313 | ORŁY WROCLAW | DĘBICA | POL | SENIOR I M - 20 | 15 | M 30 | 00:26:17 | 00:40:42 | 01:03:30.20 | 6:21 | 9.4 |
| 31 | KRUPA NORBERT | 8250 | TEAM KURORT- ŁĄDEK ZDRÓJ | ZĄBKOWICE ŚLĄSKIE | POL | MASTERS M - 40 | 8 | M 31 | 00:26:16 | 00:40:05 | 01:03:38.05 | 6:21 | 9.4 |
| 32 | GRUBIAK BARTOSZ | 8311 | JUVENIA GŁUCHOŁAZY | GŁUCHOŁAZY | POL | SENIOR I M - 20 | 16 | M 32 | 00:26:09 | 00:40:19 | 01:03:53.50 | 6:23 | 9.4 |
| 33 | SZTURO JAN | 8316 | | PODGÓRZYN | POL | WETERAN I M - 50 | 1 | M 33 | 00:25:41 | 00:40:05 | 01:04:05.80 | 6:24 | 9.4 |
| 34 | NIEZGÓDKA TOMASZ | 8404 | ZAŁOGA GÓRSKA | WROCLAW | POL | WETERAN I M - 50 | 2 | M 34 | 00:27:44 | 00:41:51 | 01:04:10.60 | 6:25 | 9.4 |
| 35 | GAWLIK SŁAWEK | 8022 | DYNAFIT TEAM POLAND | KRAKÓW | POL | SENIOR II M - 30 | 8 | M 35 | 00:26:26 | 00:39:43 | 01:04:33.35 | 6:27 | 9.3 |
| 36 | RZEŹNIK DACJAN | 8140 | BOHAR PALETY RUNNERS | ZIELONA GÓRA | POL | SENIOR II M - 30 | 9 | M 36 | 00:24:42 | 00:40:21 | 01:04:33.60 | 6:27 | 9.3 |
| 37 | BUDZIEWSKA KATARZYNA | 8104 | | KOBIERZYCE | POL | SENIOR II K - 30 | 1 | K 2 | 00:26:45 | 00:40:55 | 01:04:41.95 | 6:28 | 9.3 |
| 38 | KUJAWA ZBIGNIEW | 8399 | ZAŁOGA GÓRSKA | JANOWIEC WIELKOPOLSKI | POL | SENIOR II M - 30 | 10 | M 37 | 00:26:40 | 00:41:38 | 01:05:09.95 | 6:31 | 9.2 |
| 39 | PAPIÓR JOLANTA | 8389 | WATAHA / MKS-PARASOL WROCLAW | WROCLAW | POL | SENIOR I K - 20 | 2 | K 3 | 00:28:14 | 00:42:31 | 01:05:53.10 | 6:35 | 9.1 |
| 40 | KURASIK TOMASZ | 8219 | | ŁÓDŹ | POL | MASTERS M - 40 | 9 | M 38 | 00:27:25 | 00:42:24 | 01:06:02.65 | 6:36 | 9.1 |
| 41 | STANIA PAWEŁ | 8212 | | OPOLE | POL | SENIOR II M - 30 | 11 | M 39 | 00:27:33 | 00:42:23 | 01:06:03.95 | 6:36 | 9.1 |
| 42 | ŚLIWIŃSKI KAMIL | 8092 | | KLUCZBORK | POL | SENIOR I M - 20 | 17 | M 40 | 00:26:16 | 00:42:17 | 01:06:25.85 | 6:38 | 9 |
| 43 | BEDNARZ MARCIN | 8214 | KLUB LEKKOATLETYCZNY ZIEMIA KŁODZKA | OŁDRZYCHOWICE KŁODZKIE | POL | SENIOR II M - 30 | 12 | M 41 | 00:28:16 | 00:43:05 | 01:06:50.40 | 6:41 | 9 |
| 44 | KOSZYKOWSKI DANIEL | 8270 | PIECHOTA PO SCHODACH | SMOLEC | POL | SENIOR I M - 20 | 18 | M 42 | 00:33:32 | 00:45:59 | 01:07:02.65 | 6:42 | 9 |
| 45 | URBAŃSKI MICHAŁ | 8182 | FLUNKYBALL TEAM ŁĄDEK-ZDRÓJ | ŁĄDEK-ZDRÓJ | POL | SENIOR II M - 30 | 13 | M 43 | 00:29:14 | 00:43:46 | 01:07:26.80 | 6:44 | 8.9 |
| 46 | HOJA JOANNA | 8186 | ALPIN SPORT HOKA ONE ONE TEAM | WAŁBRZYCH | POL | SENIOR II K - 30 | 2 | K 4 | 00:27:18 | 00:42:38 | 01:07:51.60 | 6:47 | 8.8 |
| 47 | KUBIK MACIEJ | 8183 | | KATOWICE | POL | SENIOR I M - 20 | 19 | M 44 | 00:27:45 | 00:43:26 | 01:07:56.35 | 6:47 | 8.8 |
| 48 | KOMISARCZYK KRZYSZTOF | 8368 | | MIĘDZYLESIE | POL | SENIOR I M - 20 | 20 | M 45 | 00:27:07 | 00:42:28 | 01:08:06.80 | 6:48 | 8.8 |
| 49 | KUSAL TOMASZ | 8001 | | OPOLE | POL | SENIOR I M - 20 | 21 | M 46 | 00:27:25 | 00:42:28 | 01:08:20.90 | 6:50 | 8.8 |
| 50 | CHROMIEC FILIP | 8403 | | GDYNIA | POL | SENIOR I M - 20 | 22 | M 47 | 00:27:29 | 00:42:46 | 01:08:41.75 | 6:52 | 8.7 |
| 51 | LUBAŃSKI MATEUSZ | 8251 | | DŁUGOŁĘKA | POL | SENIOR I M - 20 | 23 | M 48 | 00:27:20 | 00:44:04 | 01:08:45.75 | 6:52 | 8.7 |
| 52 | JAROSŁAWSKI MARCIN | 8021 | KB-HARCOWNIK | JELCZ-LASKOWICE | POL | SENIOR II M - 30 | 14 | M 49 | 00:30:16 | 00:44:55 | 01:09:06.60 | 6:54 | 8.7 |
| 53 | MIELCAREK BARTŁOMIEJ | 8161 | MATNERRUNNINGTEAM | WROCLAW | POL | MASTERS M - 40 | 10 | M 50 | 00:27:27 | 00:43:04 | 01:09:53.80 | 6:59 | 8.6 |
| 54 | GAJDECKI TOMEK | 8084 | ACCENTURE | WARSZAWA | POL | MASTERS M - 40 | 11 | M 51 | 00:29:14 | 00:44:30 | 01:09:54.45 | 6:59 | 8.6 |
| 55 | PERENC MICHAŁ | 8180 | CARPATHIAN RUNNERS | JAROSŁAW | POL | SENIOR I M - 20 | 24 | M 52 | 00:29:48 | 00:44:45 | 01:10:03.95 | 7:00 | 8.6 |
| 56 | FOGIEL-PAWŁOWSKA AGNIESZKA | 8291 | | WROCLAW | POL | MASTERS K - 40 | 1 | K 5 | 00:29:23 | 00:44:59 | 01:10:39.95 | 7:04 | 8.5 |
| 57 | POPRAWSKI MATEUSZ | 8012 | KILIŃSKIEGO TEAM | BOJANOWO | POL | SENIOR II M - 30 | 15 | M 53 | 00:29:32 | 00:45:20 | 01:11:00.40 | 7:06 | 8.4 |
| 58 | TATKA MARCIN | 8340 | ABY DO METY | WOJBÓRZ | POL | MASTERS M - 40 | 12 | M 54 | 00:29:49 | 00:45:06 | 01:11:13.80 | 7:07 | 8.4 |
| 59 | ROZNIERSKA DAGMARA | 8225 | KB SOBÓTKA | RĘKÓW | POL | SENIOR II K - 30 | 3 | K 6 | 00:29:37 | 00:45:07 | 01:11:49.45 | 7:11 | 8.4 |
| 60 | CZŁONKOWSKI GRZEGORZ | 8247 | DZIKI Z MORASKA | POZNAŃ | POL | MASTERS M - 40 | 13 | M 55 | 00:29:06 | 00:45:04 | 01:11:54.25 | 7:11 | 8.3 |
| 61 | LIPA PATRYK | 8281 | | CIESZYN | POL | SENIOR II M - 30 | 16 | M 56 | 00:30:58 | 00:45:49 | 01:11:54.50 | 7:11 | 8.3 |
| 62 | KORCZYŃSKA AGATA | 8292 | | POZNAŃ | POL | SENIOR II K - 30 | 4 | K 7 | 00:28:47 | 00:44:50 | 01:11:58.00 | 7:11 | 8.3 |
| 63 | BOGACKI MACIEJ | 8327 | ORŁY WROCLAW | WROCLAW | POL | SENIOR II M - 30 | 17 | M 57 | 00:30:17 | 00:46:35 | 01:12:09.30 | 7:13 | 8.3 |
| 64 | STEC BOGUMIŁ | 8263 | BIKE TEAM CENTROWENT | BOGUSŁAWICE | POL | MASTERS M - 40 | 14 | M 58 | 00:29:39 | 00:46:13 | 01:12:35.40 | 7:15 | 8.3 |
| 65 | OLEJNIK PIOTR | 8165 | | BOLESŁAWIEC | POL | SENIOR I M - 20 | 25 | M 59 | 00:29:18 | 00:46:17 | 01:12:50.70 | 7:17 | 8.2 |
| 66 | ZIMON NORBERT | 8011 | WATAHA | WROCLAW | POL | SENIOR II M - 30 | 18 | M 60 | 00:30:54 | 00:46:42 | 01:12:55.85 | 7:17 | 8.2 |

BIEG TROJAK TRAIL - 10 KM, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 3.7km | 5.8km | Netto | min/km | km/h |
|------|------------------------|------|-------------------------------------|-------------------------|------|-------------------|--------|------|----------|----------|-------------|--------|------|
| 67 | SYNOWIEC DAWID | 8369 | | BYSTRZYCA KŁODZKA | POL | SENIOR I M - 20 | 26 | M 61 | 00:27:51 | 00:45:21 | 01:12:57.75 | 7:17 | 8.2 |
| 68 | SZARSKI JACEK | 8370 | | WROCLAW | POL | SENIOR I M - 20 | 27 | M 62 | 00:28:35 | 00:46:02 | 01:12:59.40 | 7:17 | 8.2 |
| 69 | ZYWER URSZULA | 8003 | WATAHA | ŻARÓW | POL | SENIOR I K - 20 | 3 | K 8 | 00:30:00 | 00:47:36 | 01:13:20.00 | 7:20 | 8.2 |
| 70 | RATAJCZAK TOMASZ | 8168 | PALETEAM | PAŁĘDZIE | POL | MASTERS M - 40 | 15 | M 63 | 00:30:14 | 00:47:05 | 01:13:21.75 | 7:20 | 8.2 |
| 71 | PĘCZAR ANETA | 8398 | FITNESSROAD TEAM | ŚWIDNICA | POL | SENIOR I K - 20 | 4 | K 9 | 00:29:59 | 00:46:33 | 01:14:20.50 | 7:26 | 8.1 |
| 72 | TABER JERZY | 8358 | ACTIVE PROSPERIA/STO-NOGI MILANÓWEK | BRWINÓW | POL | WETERAN I M - 50 | 3 | M 64 | 00:30:52 | 00:46:57 | 01:14:28.90 | 7:26 | 8.1 |
| 73 | KOSMAŁA SZYMON | 8164 | | DABRÓWKA | POL | SENIOR II M - 30 | 19 | M 65 | 00:30:24 | 00:47:15 | 01:14:31.15 | 7:27 | 8.1 |
| 74 | JASIŃSKI PAWEŁ | 8346 | APTENEO RUNNING TEAM | SIECHNICE | POL | MASTERS M - 40 | 16 | M 66 | 00:30:51 | 00:47:53 | 01:14:54.30 | 7:29 | 8 |
| 75 | WARAKSA TOMASZ | 8162 | VEGE RUNNERS | WARSZAWA | POL | SENIOR II M - 30 | 20 | M 67 | 00:31:35 | 00:48:18 | 01:15:06.75 | 7:30 | 8 |
| 76 | PAWŁOWSKI MIROSLAW | 8361 | | STRONIE ŚLĄSKIE | POL | SENIOR I M - 20 | 28 | M 68 | 00:28:48 | 00:48:02 | 01:15:07.75 | 7:30 | 8 |
| 77 | PLEŚNIARSKI ZBIGNIEW | 8396 | KLUB SPORTOWY GRAŃ W KARPACZU | KARPACZ | POL | WETERAN II M - 60 | 2 | M 69 | 00:30:44 | 00:47:50 | 01:15:24.35 | 7:32 | 8 |
| 78 | ALTEWĘGIER JAROSŁAW | 8278 | | KRAKÓW | POL | MASTERS M - 40 | 17 | M 70 | 00:30:30 | 00:49:12 | 01:15:38.35 | 7:33 | 7.9 |
| 79 | WALCZAK ADRIAN | 8061 | | GRODKÓW | POL | SENIOR I M - 20 | 29 | M 71 | 00:29:47 | 00:47:24 | 01:15:38.75 | 7:33 | 7.9 |
| 80 | BOHAREWICZ PAWEŁ | 8277 | BOHAR PALETY RUNNERS | ZIELONA GÓRA | POL | MASTERS M - 40 | 18 | M 72 | 00:31:55 | 00:48:24 | 01:15:42.55 | 7:34 | 7.9 |
| 81 | URBAN ALICJA | 8150 | | WROCLAW | POL | SENIOR I K - 20 | 5 | K 10 | 00:30:08 | 00:47:46 | 01:15:48.00 | 7:34 | 7.9 |
| 82 | TYSZER ŁUKASZ | 8202 | | ŁĄDEK ZDRÓJ | POL | SENIOR II M - 30 | 21 | M 73 | 00:31:26 | 00:48:48 | 01:15:58.75 | 7:35 | 7.9 |
| 83 | ULIKOWSKA MARTYNA | 8352 | ZĄŁOGA GÓRSKA | GOŚCINO | POL | SENIOR I K - 20 | 6 | K 11 | 00:32:01 | 00:48:54 | 01:16:09.95 | 7:37 | 7.9 |
| 84 | FRYBES AGNIESZKA | 8379 | FUNDACJA KIERUNEK ULTRA | BIAŁYSTOK | POL | SENIOR II K - 30 | 5 | K 12 | 00:31:47 | 00:48:56 | 01:16:13.30 | 7:37 | 7.9 |
| 85 | KUBAŚ DAWID | 8204 | NADLEŚNICTWO ZDROJE | KŁODZKO | POL | SENIOR II M - 30 | 22 | M 74 | 00:32:31 | 00:49:20 | 01:16:52.85 | 7:41 | 7.8 |
| 86 | KLIMEK MAREK | 8139 | | WARSZAWA | POL | SENIOR II M - 30 | 23 | M 75 | 00:31:23 | 00:48:48 | 01:16:53.80 | 7:41 | 7.8 |
| 87 | KADŁUBOWSKI PIOTR | 8335 | SRC TEAM, KOTWICA BRZEG | BRZEG | POL | MASTERS M - 40 | 19 | M 76 | 00:32:41 | 00:50:52 | 01:17:01.40 | 7:42 | 7.8 |
| 88 | GOŚCIŃSKI SŁAWOMIR | 8320 | ICE4B.PL | DOBRZEŃ MAŁY | POL | SENIOR II M - 30 | 24 | M 77 | 00:32:31 | 00:48:57 | 01:17:14.95 | 7:43 | 7.8 |
| 89 | WÓJCIK KAMILA | 8364 | NIEDZWIĘDZIE POLARNE | STRONIE ŚL | POL | MASTERS K - 40 | 2 | K 13 | 00:32:09 | 00:49:47 | 01:17:42.95 | 7:46 | 7.7 |
| 90 | TOMASZKIEWICZ WOJCIECH | 8298 | RUN FOREST | STRACHOCIN | POL | SENIOR II M - 30 | 25 | M 78 | 00:33:25 | 00:51:05 | 01:17:54.45 | 7:47 | 7.7 |
| 91 | WZOREK EWA | 8410 | | WILKÓW | POL | SENIOR I K - 20 | 7 | K 14 | 00:32:07 | 00:49:12 | 01:17:59.95 | 7:48 | 7.7 |
| 92 | MOKRZYŃSKI MARCIN | 8255 | KLUB LEKKOATLETYCZNY ZIEMIA KŁODZKA | ÓLDRZYCHOWICE KŁODZKIE. | POL | SENIOR II M - 30 | 26 | M 79 | 00:38:56 | 00:53:01 | 01:18:12.15 | 7:49 | 7.7 |
| 93 | BOSEK LESZEK | 8067 | | BIAŁA NYSKA | POL | WETERAN I M - 50 | 4 | M 80 | 00:32:25 | 00:49:47 | 01:18:14.70 | 7:49 | 7.7 |
| 94 | TUST KAMIL | 8299 | | ZDUŃSKA WOLA | POL | MASTERS M - 40 | 20 | M 81 | 00:32:53 | 00:50:36 | 01:18:15.35 | 7:49 | 7.7 |
| 95 | GŁĄB DARIA | 8416 | | - | POL | SENIOR I K - 20 | 8 | K 15 | 00:29:43 | 00:48:23 | 01:18:28.50 | 7:50 | 7.6 |
| 96 | HACZYK NATALIA | 8378 | GOGGLE PAE TEAM | OPOLE | POL | MASTERS K - 40 | 3 | K 16 | 00:32:10 | 00:50:04 | 01:18:38.80 | 7:51 | 7.6 |
| 97 | GRZYBOWSKA ANETA | 8357 | ZGRUPKA TEAM | POZNAŃ | POL | MASTERS K - 40 | 4 | K 17 | 00:32:05 | 00:50:36 | 01:18:52.70 | 7:53 | 7.6 |
| 98 | BARTKOWIAK HUBERT | 8101 | KB SUKCES ŻMIGRÓD | ŻMIGRÓD | POL | WETERAN I M - 50 | 5 | M 82 | 00:31:23 | 00:48:51 | 01:18:55.15 | 7:53 | 7.6 |
| 99 | DUDEK MARIUSZ | 8332 | | GOSTYŃ | POL | MASTERS M - 40 | 21 | M 83 | 00:31:04 | 00:50:04 | 01:18:55.70 | 7:53 | 7.6 |
| 100 | ROGÓŻ RAFAŁ | 8121 | | KIELCE | POL | MASTERS M - 40 | 22 | M 84 | 00:30:49 | 00:48:09 | 01:19:19.50 | 7:55 | 7.6 |
| 101 | WALA PATRYK | 8417 | ZĄŁOGA GÓRSKA/ BIEG OPOLSKI | ZĄBKOWICE ŚLĄSKIE | POL | SENIOR I M - 20 | 30 | M 85 | 00:31:55 | 00:50:43 | 01:19:22.20 | 7:56 | 7.6 |
| 102 | TOMASZEWSKA PAULINA | 8420 | STOWARZYSZENIE BIEG OPOLSKI | OPOLE | POL | SENIOR I K - 20 | 9 | K 18 | 00:34:00 | 00:51:14 | 01:19:30.00 | 7:57 | 7.5 |
| 103 | SEMIENIUK MARZENA | 8336 | KOTWICA BRZEG | KARLOWICE | POL | SENIOR II K - 30 | 6 | K 19 | 00:32:52 | 00:51:01 | 01:19:34.55 | 7:57 | 7.5 |
| 104 | LECZKOWSKA MIRELLA | 8065 | | ELBLĄG | POL | WETERAN K - 50 | 1 | K 20 | 00:32:28 | 00:50:19 | 01:19:57.80 | 7:59 | 7.5 |
| 105 | MRÓZ URSZULA | 8151 | NIEDZWIĘDZIE POLARNE | STRONIE ŚL | POL | WETERAN K - 50 | 2 | K 21 | 00:33:52 | 00:51:29 | 01:20:47.05 | 8:04 | 7.4 |
| 106 | JAMROSZCZYK PRZEMYSŁAW | 8172 | TEAM PLESZEW | SOŚNICA | POL | SENIOR II M - 30 | 27 | M 86 | 00:31:41 | 00:51:18 | 01:20:57.00 | 8:05 | 7.4 |
| 107 | RAJZER PIOTR | 8156 | | KIETRZ | POL | SENIOR II M - 30 | 28 | M 87 | 00:33:01 | 00:52:05 | 01:20:57.80 | 8:05 | 7.4 |
| 108 | BESZTOCHA JADWIGA | 8056 | ZEN RUNNING TEAM | ŁĘDZINY | POL | SENIOR II K - 30 | 7 | K 22 | 00:32:17 | 00:51:05 | 01:20:58.25 | 8:05 | 7.4 |
| 109 | NOWICKI BARTOSZ | 8173 | | PLESZEW | POL | SENIOR II M - 30 | 29 | M 88 | 00:31:51 | 00:51:27 | 01:21:05.85 | 8:06 | 7.4 |
| 110 | PŁOTKA MATEUSZ | 8194 | | LASOWICE WIELKIE | POL | SENIOR I M - 20 | 31 | M 89 | 00:33:02 | 00:51:25 | 01:21:12.45 | 8:07 | 7.4 |
| 111 | KOLBUS TOMEK | 8235 | BIKE TEAM CENTROWENT | SIECHNICE | POL | MASTERS M - 40 | 23 | M 90 | 00:33:59 | 00:52:07 | 01:21:24.25 | 8:08 | 7.4 |
| 112 | BUDZIAK MICHAŁ | 8171 | | RACIBÓRZ | POL | SENIOR II M - 30 | 30 | M 91 | 00:33:18 | 00:52:14 | 01:21:24.80 | 8:08 | 7.4 |
| 113 | KAWALEC KRYSZTIAN | 8148 | | WARSZAWA | POL | MASTERS M - 40 | 24 | M 92 | 00:32:43 | 00:50:59 | 01:21:33.00 | 8:09 | 7.4 |
| 114 | ZATKE DOROTA | 8226 | AKADEMIA BIEGACZA SALOS WODNAP | ŁÓDŹ | POL | MASTERS K - 40 | 5 | K 23 | 00:30:42 | 00:50:50 | 01:21:45.65 | 8:10 | 7.3 |
| 115 | WACHOWSKA KATARZYNA | 8091 | SMOK TRÓJGŁOWY | POZNAŃ | POL | SENIOR II K - 30 | 8 | K 24 | 00:34:28 | 00:52:13 | 01:21:46.05 | 8:10 | 7.3 |
| 116 | PĘKAŁA DAWID | 8318 | ŻARY RUNNERS TEAM | ZIELONA GÓRA | POL | MASTERS M - 40 | 25 | M 93 | 00:34:47 | 00:53:20 | 01:21:55.20 | 8:11 | 7.3 |
| 117 | PILARSKI RYSZARD | 8312 | IZERY BOGATYNIA | BOGATYNIA | POL | WETERAN II M - 60 | 3 | M 94 | 00:32:53 | 00:50:29 | 01:22:02.00 | 8:12 | 7.3 |
| 118 | PAŁAC PIOTR | 8068 | WIECZORNE BIEGANIE W SZCZECINIE | SZCZECIN | POL | WETERAN I M - 50 | 6 | M 95 | 00:32:53 | 00:51:57 | 01:22:09.90 | 8:13 | 7.3 |
| 119 | BRUSIŁOWICZ DAGMARA | 8069 | WIECZORNE BIEGANIE W SZCZECINIE | SZCZECIN | POL | MASTERS K - 40 | 6 | K 25 | 00:33:04 | 00:52:06 | 01:22:19.25 | 8:13 | 7.3 |
| 120 | KURENDA RADEK | 8304 | KLUB BIEGACZA RTVEUROAGD.KW OPOLE | OPOLE | POL | SENIOR II M - 30 | 31 | M 96 | 00:31:53 | 00:51:13 | 01:22:26.70 | 8:14 | 7.3 |
| 121 | KUZIEL MARCIN | 8085 | BLACK RUNNING STRONIE ŚLĄSKIE | STRONIE ŚLĄSKIE | POL | SENIOR II M - 30 | 32 | M 97 | 00:32:33 | 00:52:51 | 01:22:30.65 | 8:15 | 7.3 |
| 122 | MIKLER MARCIN | 8127 | | PRUDNIK | POL | MASTERS M - 40 | 26 | M 98 | 00:32:39 | 00:52:07 | 01:22:34.15 | 8:15 | 7.3 |
| 123 | WUJDA MIROSLAW | 8062 | ERNI RULEZ | DĘBNO | POL | MASTERS M - 40 | 27 | M 99 | 00:30:24 | 00:49:40 | 01:22:43.60 | 8:16 | 7.3 |

BIEG TROJAK TRAIL - 10 KM, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 3.7km | 5.8km | Netto | min/km | km/h |
|------|----------------------|------|------------------------------|-------------------|------|--------------------|--------|-------|----------|----------|-------------|--------|------|
| 124 | GARNIEWICZ WERONIKA | 8239 | | POZNAŃ | POL | SENIOR I K - 20 | 10 | K 26 | 00:33:18 | 00:52:03 | 01:22:44.25 | 8:16 | 7.3 |
| 125 | AMANOWICZ LUKASZ | 8395 | | LADEK ZDRÓJ | POL | SENIOR II M - 30 | 33 | M 100 | 00:34:02 | 00:51:13 | 01:23:01.30 | 8:18 | 7.2 |
| 126 | ZIÓLKOWSKI PIOTR | 8134 | | BRUKSELA | BEL | MASTERS M - 40 | 28 | M 101 | 00:33:41 | 00:52:58 | 01:23:02.40 | 8:18 | 7.2 |
| 127 | MAZIAREK MICHAŁ | 8057 | | NIEMODLIN | POL | SENIOR II M - 30 | 34 | M 102 | 00:32:56 | 00:52:01 | 01:23:05.35 | 8:18 | 7.2 |
| 128 | BACKER MARCIN | 8027 | TOPOLICE TEAM | PASIKUROWICE | POL | MASTERS M - 40 | 29 | M 103 | 00:34:45 | 00:53:51 | 01:23:09.95 | 8:18 | 7.2 |
| 129 | KLIN ROBERT | 8242 | WATAHA | BRZEG | POL | MASTERS M - 40 | 30 | M 104 | 00:34:09 | 00:52:50 | 01:23:46.15 | 8:22 | 7.2 |
| 130 | PLINIEWICZ KRZYSZTOF | 8143 | STRONSKA GRUPA ROWEROWA | STRONIE ŚLĄSKIE | POL | SENIOR II M - 30 | 35 | M 105 | 00:33:25 | 00:51:25 | 01:23:46.45 | 8:22 | 7.2 |
| 131 | DZIADOWICZ ANNA | 8383 | ADRIAN DANILEWICZ GROUP | RADWANICE | POL | MASTERS K - 40 | 7 | K 27 | 00:33:02 | 00:53:28 | 01:23:55.75 | 8:23 | 7.1 |
| 132 | MICHALAK ADRIAN | 8094 | | WARSZAWA | POL | SENIOR II M - 30 | 36 | M 106 | 00:34:27 | 00:52:25 | 01:23:59.70 | 8:23 | 7.1 |
| 133 | WESOŁY MACIEJ | 8196 | KOŁO BIEGA | KOŁO | POL | SENIOR II M - 30 | 37 | M 107 | 00:33:49 | 00:54:23 | 01:24:12.30 | 8:25 | 7.1 |
| 134 | GREDA MARIUSZ | 8099 | | OZIMEK | POL | MASTERS M - 40 | 31 | M 108 | 00:36:08 | 00:54:15 | 01:24:14.20 | 8:25 | 7.1 |
| 135 | PALKA NATALIA | 8385 | ZABRZAŃSKIE PARKOWE BIEGANIE | ZABRZE | POL | SENIOR I K - 20 | 11 | K 28 | 00:33:47 | 00:55:05 | 01:24:25.20 | 8:26 | 7.1 |
| 136 | JARUS ANDRZEJ | 8411 | WKURW_TEAM | GALLSPACH | AUT | MASTERS M - 40 | 32 | M 109 | 00:34:42 | 00:54:04 | 01:24:30.30 | 8:27 | 7.1 |
| 137 | WENTYKIER BEATA | 8024 | | PIASECZNO | POL | MASTERS K - 40 | 8 | K 29 | 00:33:00 | 00:52:41 | 01:24:35.25 | 8:27 | 7.1 |
| 138 | SAMOLAK MACIEK | 8362 | | WAŁBRZYCH | POL | MASTERS M - 40 | 33 | M 110 | 00:34:27 | 00:53:48 | 01:24:43.15 | 8:28 | 7.1 |
| 139 | GRĘDA ELŻBIETA | 8100 | TIM JEST TIM | OZIMEK | POL | MASTERS K - 40 | 9 | K 30 | 00:34:19 | 00:55:17 | 01:24:47.30 | 8:28 | 7.1 |
| 140 | KOSTYK GRZEGORZ | 8331 | | CHOJNÓW | POL | MASTERS M - 40 | 34 | M 111 | 00:32:06 | 00:51:25 | 01:25:03.95 | 8:30 | 7.1 |
| 141 | MRÓZ MARTA | 8174 | | ZIELONA GÓRA | POL | SENIOR I K - 20 | 12 | K 31 | 00:33:01 | 00:51:55 | 01:25:04.60 | 8:30 | 7.1 |
| 142 | DOLECKA ELŻBIETA | 8377 | NKB CHYŻY NOWY TOMYŚL | NOWY TOMYŚL | POL | MASTERS K - 40 | 10 | K 32 | 00:34:09 | 00:53:03 | 01:25:19.00 | 8:31 | 7 |
| 143 | SKAWINA POŁEĆ ANNA | 8286 | | SZCZYTNA | POL | SENIOR II K - 30 | 9 | K 33 | 00:35:15 | 00:54:19 | 01:25:30.20 | 8:33 | 7 |
| 144 | GRĄDZKA MARIANNA | 8290 | | ŁÓDŹ | POL | SENIOR I K - 20 | 13 | K 34 | 00:37:28 | 00:57:00 | 01:25:47.30 | 8:34 | 7 |
| 145 | MAZIAREK ADELA | 8009 | | NIEMODLIN | POL | SENIOR II K - 30 | 10 | K 35 | 00:35:11 | 00:54:08 | 01:25:54.60 | 8:35 | 7 |
| 146 | GŁÓWKA BARBARA | 8284 | | KARWIANY | POL | SENIOR II K - 30 | 11 | K 36 | 00:35:04 | 00:55:03 | 01:26:03.90 | 8:36 | 7 |
| 147 | GŁUCHOWSKA EWELINA | 8293 | | ŚLĘZA | POL | SENIOR II K - 30 | 12 | K 37 | 00:35:03 | 00:55:09 | 01:26:09.75 | 8:37 | 7 |
| 148 | CIEŚLIŃSKA KATARZYNA | 8146 | | WARSZAWA | POL | SENIOR II K - 30 | 13 | K 38 | 00:33:32 | 00:53:18 | 01:26:16.85 | 8:37 | 7 |
| 149 | MAŁKOWSKI PIOTR | 8159 | | KOŚCIAN | POL | WETERAN II M - 60 | 4 | M 112 | 00:34:36 | 00:54:56 | 01:26:36.90 | 8:39 | 6.9 |
| 150 | TADROWSKI TOMASZ | 8096 | | INOWROCŁAW | POL | MASTERS M - 40 | 35 | M 113 | 00:35:16 | 00:54:29 | 01:26:58.00 | 8:41 | 6.9 |
| 151 | MAJ MAREK | 8153 | ŚLĘZAK TEAM | WROCŁAW | POL | MASTERS M - 40 | 36 | M 114 | 00:36:26 | 00:55:26 | 01:27:12.00 | 8:43 | 6.9 |
| 152 | ABULEWICZ WOJCIECH | 8044 | TRENING STUDIO 17 | WROCŁAW | POL | WETERAN I M - 50 | 7 | M 115 | 00:34:02 | 00:54:16 | 01:27:12.45 | 8:43 | 6.9 |
| 153 | KONCA ALEKSANDER | 8081 | 603779236 | OŻARÓW MAZOWIECKI | POL | SENIOR I M - 20 | 32 | M 116 | 00:37:30 | 00:56:19 | 01:27:16.30 | 8:43 | 6.9 |
| 154 | HAUSER-GIERS MONIKA | 8041 | KOŚCIAN TEAM | NOWY LUBOSZ | POL | MASTERS K - 40 | 11 | K 39 | 00:34:02 | 00:53:53 | 01:27:16.40 | 8:43 | 6.9 |
| 155 | MICHAŁEK JAROSŁAW | 8363 | ONE WAY TICKET | KRAKÓW | POL | WETERAN I M - 50 | 8 | M 117 | 00:36:15 | 00:55:02 | 01:27:27.80 | 8:44 | 6.9 |
| 156 | BAGIŃSKI MAREK | 8347 | APTENEO RUNNING TEAM | BORÓW | POL | WETERAN I M - 50 | 9 | M 118 | 00:34:21 | 00:53:25 | 01:27:56.15 | 8:47 | 6.8 |
| 157 | JASKÓŁKA RAFAŁ | 8029 | | DOBRA | POL | SENIOR II M - 30 | 38 | M 119 | 00:35:09 | 00:56:19 | 01:28:01.75 | 8:48 | 6.8 |
| 158 | OCHĘJ JOANNA | 8376 | APTENEO RUNNING TEAM | WROCŁAW | POL | SENIOR II K - 30 | 14 | K 40 | 00:35:03 | 00:55:36 | 01:28:10.20 | 8:49 | 6.8 |
| 159 | JASKÓŁKA HUBERT | 8078 | AMATOR | ŁOWKOWICE | POL | WETERAN II M - 60 | 5 | M 120 | 00:35:25 | 00:56:35 | 01:28:15.90 | 8:49 | 6.8 |
| 160 | GACH MARCIN | 8315 | TEAM TI-RIN-TIN | BYSTRZYCA KŁODZKA | POL | SENIOR I M - 20 | 33 | M 121 | 00:35:18 | 00:54:58 | 01:28:16.65 | 8:49 | 6.8 |
| 161 | CIEŚLAK MAGDALENA | 8302 | CIEŚLAK TEAM | RZEPIN | POL | SENIOR II K - 30 | 15 | K 41 | 00:34:03 | 00:53:56 | 01:28:16.70 | 8:49 | 6.8 |
| 162 | MARTYNIAK RAFAŁ | 8232 | | KĘTY | POL | SENIOR II M - 30 | 39 | M 122 | 00:35:33 | 00:56:30 | 01:28:21.55 | 8:50 | 6.8 |
| 163 | UPTAS TOMASZ | 8258 | | GŁOGÓW | POL | MASTERS M - 40 | 37 | M 123 | 00:34:32 | 00:55:34 | 01:28:28.75 | 8:50 | 6.8 |
| 164 | LEWANDOWSKI TADEUSZ | 8213 | 1949 WKB PIAST WROCŁAW | WROCŁAW | POL | WETERAN III M - 70 | 1 | M 124 | 00:36:06 | 00:56:25 | 01:28:44.15 | 8:52 | 6.8 |
| 165 | HUTNIK WOJCIECH | 8375 | APTENEO RUNNING TEAM | BORÓW | POL | SENIOR II M - 30 | 40 | M 125 | 00:37:39 | 00:57:37 | 01:28:45.45 | 8:52 | 6.8 |
| 166 | MODZELEWSKA ANNA | 8181 | | BRANICE | POL | SENIOR I K - 20 | 14 | K 42 | 00:34:57 | 00:54:12 | 01:28:53.90 | 8:53 | 6.8 |
| 167 | ROGOWSKI ROBERT | 8419 | | OPOLE | POL | MASTERS M - 40 | 38 | M 126 | 00:35:15 | 00:56:00 | 01:29:01.60 | 8:54 | 6.7 |
| 168 | PIATEK MAGDALENA | 8237 | PROGRES | WROCŁAW | POL | SENIOR II K - 30 | 16 | K 43 | 00:34:11 | 00:58:37 | 01:29:08.95 | 8:54 | 6.7 |
| 169 | KUBÓW JAREK | 8301 | | OPOLE | POL | SENIOR II M - 30 | 41 | M 127 | 00:34:00 | 00:55:44 | 01:29:24.60 | 8:56 | 6.7 |
| 170 | ADAMSKA SYLWIA | 8275 | | KAMIŃSKO | POL | SENIOR II K - 30 | 17 | K 44 | 00:36:29 | 00:56:48 | 01:29:25.50 | 8:56 | 6.7 |
| 171 | SKAWINA KRYSZYNA | 8026 | TOPOLICE TEAM | TOPOLICE | POL | SENIOR II K - 30 | 18 | K 45 | 00:35:18 | 00:54:07 | 01:29:55.60 | 8:59 | 6.7 |
| 172 | ROGÓŻ JAN | 8122 | | KIELCE | POL | SENIOR I M - 20 | 34 | M 128 | 00:41:01 | 01:00:10 | 01:30:00.05 | 9:00 | 6.7 |
| 173 | TEKIELI EWELINA | 8018 | TEKIELI FAMILY | KŁODZKO | POL | MASTERS K - 40 | 12 | K 46 | 00:35:00 | 00:55:40 | 01:30:02.40 | 9:00 | 6.7 |
| 174 | PIGUŁA AGNIESZKA | 8356 | | POZNAŃ | POL | MASTERS K - 40 | 13 | K 47 | 00:36:17 | 00:57:14 | 01:30:07.85 | 9:00 | 6.7 |
| 175 | JOŃCZYK PAULA | 8106 | | LADEK ZDRÓJ | POL | SENIOR I K - 20 | 15 | K 48 | 00:37:17 | 00:57:42 | 01:30:15.25 | 9:01 | 6.6 |
| 176 | PFAJFER MAREK | 8125 | MARATONYPOLSKIE.PL TEAM | POZNAŃ | POL | SENIOR II M - 30 | 42 | M 129 | 00:38:08 | 00:58:35 | 01:30:17.75 | 9:01 | 6.6 |
| 177 | BURY ROMAN | 8152 | | KARSKI | POL | MASTERS M - 40 | 39 | M 130 | 00:35:58 | 00:56:26 | 01:30:20.15 | 9:02 | 6.6 |
| 178 | RAPACZ-TOPIŁKO ANNA | 8360 | | ŁODYGOWICE | POL | MASTERS K - 40 | 14 | K 49 | 00:36:41 | 00:57:33 | 01:30:30.40 | 9:03 | 6.6 |
| 179 | PŁOK KRZYSZTOF | 8257 | TEAMPŁOK | POLKOWICE | POL | WETERAN I M - 50 | 10 | M 131 | 00:36:53 | 00:58:44 | 01:30:33.25 | 9:03 | 6.6 |
| 180 | STASIAK ŁUKASZ | 8221 | WATAHA - ŁĄCZY NAS BIEGANIE | LUBIN | POL | SENIOR II M - 30 | 43 | M 132 | 00:36:45 | 00:56:44 | 01:30:33.55 | 9:03 | 6.6 |

BIEG TROJAK TRAIL - 10 KM, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 3.7km | 5.8km | Netto | min/km | km/h |
|------|-------------------------------|------|-----------------------------------|-------------------------|------|-------------------|--------|-------|----------|----------|-------------|--------|------|
| 181 | LUBAŃSKA ALICJA | 8033 | | BUKOWICE | POL | WETERAN K - 50 | 3 | K 50 | 00:36:09 | 00:56:51 | 01:30:36.15 | 9:03 | 6.6 |
| 182 | DERBICH MARIUSZ | 8391 | KOWALEW | KOWALEW | POL | MASTERS M - 40 | 40 | M 133 | 00:36:42 | 00:57:57 | 01:30:38.30 | 9:03 | 6.6 |
| 183 | MERAK KRZYSZTOF | 8240 | TEAM KURORT ŁĄDEK-ZDRÓJ | OLEDRZYCHOWICE KLÓDZKIE | POL | MASTERS M - 40 | 41 | M 134 | 00:37:10 | 00:58:06 | 01:30:40.15 | 9:04 | 6.6 |
| 184 | KORYTNY TOMASZ | 8355 | FRIENDS GOSTYŃ | GOSTYŃ | POL | MASTERS M - 40 | 42 | M 135 | 00:34:42 | 00:57:57 | 01:31:11.70 | 9:07 | 6.6 |
| 185 | PODJUK PATRYK | 8191 | FRIENDS GOSTYŃ | BRZEZIE | POL | SENIOR I M - 20 | 35 | M 136 | 00:35:49 | 00:57:14 | 01:31:20.85 | 9:08 | 6.6 |
| 186 | BŁAŻKÓW GOSIA | 8388 | | WAŁBRZYCH | POL | SENIOR II K - 30 | 19 | K 51 | 00:34:11 | 00:58:03 | 01:31:23.85 | 9:08 | 6.6 |
| 187 | HOTAŁA MARTA | 8238 | | WROCLAW | POL | SENIOR II K - 30 | 20 | K 52 | 00:35:47 | 00:58:11 | 01:31:30.75 | 9:09 | 6.6 |
| 188 | BIŃCZARSKA MONIKA | 8015 | | WŁOCŁAWEK | POL | SENIOR II K - 30 | 21 | K 53 | 00:33:59 | 00:56:48 | 01:31:31.15 | 9:09 | 6.6 |
| 189 | BRZEZIŃSKI ANDRZEJ | 8013 | | OLKUSZ | POL | WETERAN II M - 60 | 6 | M 137 | 00:37:44 | 00:58:19 | 01:31:43.60 | 9:10 | 6.5 |
| 190 | CHYLIŃSKI BARTOSZ | 8227 | | ŁÓDŹ | POL | SENIOR II M - 30 | 44 | M 138 | 00:35:59 | 00:57:40 | 01:31:56.05 | 9:11 | 6.5 |
| 191 | SŁODKIEWICZ DAGMARA | 8223 | | ŁÓDŹ | POL | SENIOR II K - 30 | 22 | K 54 | 00:37:21 | 00:58:57 | 01:32:05.85 | 9:12 | 6.5 |
| 192 | RĄCZKOWIAK MATEUSZ | 8216 | MATNERRUNNINGTEAM | WROCLAW | POL | SENIOR II M - 30 | 45 | M 139 | 00:36:04 | 00:58:04 | 01:32:06.70 | 9:12 | 6.5 |
| 193 | TRZEŚNIEWSKI KRZYSZTOF | 8280 | VEGE RUNNERS | WARSZAWA | POL | SENIOR II M - 30 | 46 | M 140 | 00:35:22 | 00:57:47 | 01:32:10.45 | 9:13 | 6.5 |
| 194 | MIKOŁAJCZAK RAFAŁ | 8343 | FRIENDS GOSTYŃ | GOSTYŃ | POL | MASTERS M - 40 | 43 | M 141 | 00:35:46 | 00:59:40 | 01:32:22.75 | 9:14 | 6.5 |
| 195 | MIKOŁAJCZAK AGNIESZKA | 8344 | FRIENDS GOSTYŃ | GOSTYŃ | POL | MASTERS K - 40 | 15 | K 55 | 00:35:54 | 00:59:50 | 01:32:32.05 | 9:15 | 6.5 |
| 196 | BISKUPSKI JAKUB | 8373 | | WROCLAW | POL | MASTERS M - 40 | 44 | M 142 | 00:37:04 | 00:59:25 | 01:32:37.20 | 9:15 | 6.5 |
| 197 | HORODYŃSKA MIROSLAWA | 8339 | KOTWICA BRZEG | KARŁOWICE | POL | MASTERS K - 40 | 16 | K 56 | 00:36:38 | 00:59:14 | 01:32:37.95 | 9:15 | 6.5 |
| 198 | BUTRYM IGA | 8409 | | KAMIENIEC WROCLAWSKI | POL | SENIOR I K - 20 | 16 | K 57 | 00:37:21 | 00:59:39 | 01:32:48.50 | 9:16 | 6.5 |
| 199 | PAINTA EWA | 8402 | | KAMIENIEC WROCLAWSKI | POL | SENIOR II K - 30 | 23 | K 58 | 00:36:39 | 00:59:32 | 01:32:54.10 | 9:17 | 6.5 |
| 200 | GUTOWSKI PIOTR | 8294 | | KAMIENIEC ZABKOWICKI | POL | SENIOR II M - 30 | 47 | M 143 | 00:35:49 | 00:58:24 | 01:32:59.60 | 9:18 | 6.5 |
| 201 | CIESIELCZYK MAREK | 8070 | TKKF MPK POZNAŃ | POZNAŃ | POL | WETERAN I M - 50 | 11 | M 144 | 00:36:40 | 00:59:15 | 01:33:00.35 | 9:18 | 6.5 |
| 202 | MĘTLAK MAŁGORZATA | 8264 | | ZAWIERCIE | POL | SENIOR I K - 20 | 17 | K 59 | 00:39:02 | 01:00:34 | 01:33:02.50 | 9:18 | 6.4 |
| 203 | SZALA JANUSZ | 8211 | | ŁAZISKA GÓRNE | POL | WETERAN II M - 60 | 7 | M 145 | 00:36:35 | 00:58:12 | 01:33:05.05 | 9:18 | 6.4 |
| 204 | GALEWSKI MARIUSZ | 8040 | | KOTLIN | POL | WETERAN I M - 50 | 12 | M 146 | 00:38:10 | 00:59:00 | 01:33:06.05 | 9:18 | 6.4 |
| 205 | WENTYKIER PIOTR | 8017 | | PIASECZNO | POL | MASTERS M - 40 | 45 | M 147 | 00:37:45 | 00:59:07 | 01:33:10.60 | 9:19 | 6.4 |
| 206 | PUCHALSKA MAGDALENA | 8089 | | POZNAŃ | POL | SENIOR II K - 30 | 24 | K 60 | 00:37:23 | 00:57:03 | 01:33:16.00 | 9:19 | 6.4 |
| 207 | MAŁECKI KAMIL | 8274 | | SIEDLCE | POL | SENIOR II M - 30 | 48 | M 148 | 00:34:46 | 00:59:48 | 01:33:18.65 | 9:19 | 6.4 |
| 208 | TEKIELA ŁUKASZ | 8046 | | KLÓDZKO | POL | SENIOR II M - 30 | 49 | M 149 | 00:36:33 | 00:57:12 | 01:33:20.15 | 9:20 | 6.4 |
| 209 | STAŃCZAK PAWEŁ | 8269 | | ŁÓDŹ | POL | WETERAN I M - 50 | 13 | M 150 | 00:38:05 | 00:58:36 | 01:33:44.70 | 9:22 | 6.4 |
| 210 | GULCZYŃSKI DAWID | 8400 | | BYDGOSZCZ | POL | SENIOR II M - 30 | 50 | M 151 | 00:36:08 | 00:57:19 | 01:33:52.45 | 9:23 | 6.4 |
| 211 | MATUKIN-SZUMLIŃSKA ALEKSANDRA | 8334 | | KRAKÓW | POL | SENIOR II K - 30 | 25 | K 61 | 00:38:22 | 01:00:01 | 01:34:11.25 | 9:25 | 6.4 |
| 212 | ŁOBASIUK IWONA | 8382 | FUNDACJA KIERUNEK ULTRA | SUWAŁKI | POL | MASTERS K - 40 | 17 | K 62 | 00:37:58 | 00:59:31 | 01:34:17.00 | 9:25 | 6.4 |
| 213 | CELICHOWSKI STANISŁAW | 8206 | | POZNAŃ | POL | SENIOR II M - 30 | 51 | M 152 | 00:39:41 | 00:59:37 | 01:34:31.15 | 9:27 | 6.3 |
| 214 | TURAJ-KACZYŃSKA MAŁGORZATA | 8113 | GUSTAW TEŻ BIEGA | OLEŚNICA | POL | MASTERS K - 40 | 18 | K 63 | 00:35:16 | 00:57:54 | 01:34:50.85 | 9:29 | 6.3 |
| 215 | ŁYGASŁO PAULINA | 8421 | | DZIERŻONIÓW | POL | SENIOR I K - 20 | 18 | K 64 | 00:37:59 | 01:01:15 | 01:34:52.00 | 9:29 | 6.3 |
| 216 | MARON AGNIESZKA | 8321 | ADIDAS RUNNERS WARSAW / JACK TEAM | WARSZAWA | POL | MASTERS K - 40 | 19 | K 65 | 00:37:21 | 00:59:48 | 01:34:54.15 | 9:29 | 6.3 |
| 217 | TUREK PAULINA | 8128 | PRORUNNING PROMOTION | WARSZAWA | POL | SENIOR II K - 30 | 26 | K 66 | 00:37:46 | 01:00:13 | 01:34:56.90 | 9:29 | 6.3 |
| 218 | KAWCZYŃSKA MONIKA | 8279 | GUSTAW TEŻ BIEGA | OLEŚNICA | POL | MASTERS K - 40 | 20 | K 67 | 00:35:20 | 00:58:01 | 01:34:58.35 | 9:29 | 6.3 |
| 219 | FRAŃSKI ŁUKASZ | 8007 | NKB CHYŻY NOWY TOMYŚL | NOWY TOMYŚL | POL | MASTERS M - 40 | 46 | M 153 | 00:40:19 | 01:01:54 | 01:35:26.45 | 9:32 | 6.3 |
| 220 | KWIECIEŃ DOROTA | 8115 | | KIELCE | POL | MASTERS K - 40 | 21 | K 68 | 00:39:53 | 01:01:35 | 01:35:32.05 | 9:33 | 6.3 |
| 221 | KAJDANIAK PAULINA | 8192 | | GNIEZNO | POL | MASTERS K - 40 | 22 | K 69 | 00:39:45 | 01:02:55 | 01:35:33.70 | 9:33 | 6.3 |
| 222 | TABACZYŃSKA MONIKA | 8288 | | SICIENKO | POL | SENIOR I K - 20 | 19 | K 70 | 00:38:55 | 01:01:57 | 01:36:04.20 | 9:36 | 6.2 |
| 223 | KORF TOMASZ | 8059 | | BRZEG | POL | SENIOR II M - 30 | 52 | M 154 | 00:39:44 | 01:00:38 | 01:36:16.80 | 9:37 | 6.2 |
| 224 | KORF WERONIKA | 8058 | | BRZEG | POL | SENIOR II K - 30 | 27 | K 71 | 00:39:44 | 01:00:55 | 01:36:24.60 | 9:38 | 6.2 |
| 225 | CYRWUS JAKUB | 8326 | RÓŻOWE LANDRYNY | POLANICA ZDRÓJ | POL | SENIOR I M - 20 | 36 | M 155 | 00:38:40 | 01:03:29 | 01:36:29.70 | 9:39 | 6.2 |
| 226 | RATAJSKA MONIKA | 8296 | | POZNAŃ | POL | SENIOR I K - 20 | 20 | K 72 | 00:38:42 | 01:03:32 | 01:36:36.80 | 9:39 | 6.2 |
| 227 | SOBCZAK ALEKSANDER | 8154 | BIELAWSKA AKADEMIA BIEGANIA | DZIERŻONIÓW | POL | SENIOR II M - 30 | 53 | M 156 | 00:39:41 | 01:03:48 | 01:36:41.75 | 9:40 | 6.2 |
| 228 | SZCZOTKA KATARZYNA | 8002 | | POZNAŃ | POL | SENIOR I K - 20 | 21 | K 73 | 00:40:12 | 01:01:49 | 01:36:48.35 | 9:40 | 6.2 |
| 229 | SZYMAŁA KAROLINA | 8351 | | KLUCZBORK | POL | SENIOR I K - 20 | 22 | K 74 | 00:38:20 | 01:00:30 | 01:36:52.75 | 9:41 | 6.2 |
| 230 | KUCZYŃSKA MAŁGORZATA | 8199 | INSULA ZAWONIA TEAM | ZAWONIA | POL | MASTERS K - 40 | 23 | K 75 | 00:37:50 | 00:59:30 | 01:37:01.60 | 9:42 | 6.2 |
| 231 | GAJDA MATEUSZ | 8039 | SPRÓCZNIALI HERKULESI | BŁAŻKOWA | POL | SENIOR II M - 30 | 54 | M 157 | 00:39:39 | 01:00:58 | 01:37:03.85 | 9:42 | 6.2 |
| 232 | MARCINIAK PAULINA | 8209 | | GLIWICE | POL | SENIOR II K - 30 | 28 | K 76 | 00:38:40 | 01:02:28 | 01:37:13.20 | 9:43 | 6.2 |
| 233 | KUSTRA KLAUDIA | 8207 | | NYSA | POL | SENIOR II K - 30 | 29 | K 77 | 00:37:24 | 01:00:15 | 01:37:44.40 | 9:46 | 6.1 |
| 234 | SZUBA DAGMARA | 8380 | | BARŠAC | FRA | MASTERS K - 40 | 24 | K 78 | 00:40:53 | 01:03:11 | 01:38:22.45 | 9:50 | 6.1 |
| 235 | WILK TOMASZ | 8060 | | OPOLE | POL | SENIOR II M - 30 | 55 | M 158 | 00:38:35 | 01:02:59 | 01:38:36.80 | 9:51 | 6.1 |
| 236 | UCHEREK KINGA | 8031 | | ZORY | POL | MASTERS K - 40 | 25 | K 79 | 00:39:21 | 01:01:45 | 01:38:38.65 | 9:51 | 6.1 |
| 237 | DOMOSŁAWSKI PAWEŁ | 8218 | | WROCLAW | POL | WETERAN I M - 50 | 14 | M 159 | 00:38:28 | 01:01:14 | 01:38:51.00 | 9:53 | 6.1 |

BIEG TROJAK TRAIL - 10 KM, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 3.7km | 5.8km | Netto | min/km | km/h |
|------|------------------------------|------|------------------------------|------------------------|------|--------------------|--------|-------|----------|----------|-------------|--------|------|
| 238 | KRYCH JOANNA | 8215 | | CZMOŃ | POL | MASTERS K - 40 | 26 | K 80 | 00:39:02 | 01:01:56 | 01:38:56.05 | 9:53 | 6.1 |
| 239 | KAŁKA MARCIN | 8394 | | RAWICZ | POL | SENIOR II M - 30 | 56 | M 160 | 00:38:28 | 01:01:32 | 01:39:11.20 | 9:55 | 6 |
| 240 | BĄCZKOWSKA GRAŻYNA | 8297 | POLACY BIEGAJĄ W NL | ZEVENBERGEN | NED | MASTERS K - 40 | 27 | K 81 | 00:37:41 | 01:00:04 | 01:39:51.30 | 9:59 | 6 |
| 241 | PELCZER AGNIESZKA | 8035 | KB HARCOWNIK JELCZ-LASKOWICE | MŁOSZYCE | POL | MASTERS K - 40 | 28 | K 82 | 00:39:47 | 01:03:55 | 01:39:56.45 | 9:59 | 6 |
| 242 | GAJEWSKA MAGDALENA | 8267 | LAFIRYNDY I GAMONIE | ŁÓDŹ | POL | MASTERS K - 40 | 29 | K 83 | 00:39:54 | 01:03:25 | 01:39:58.40 | 9:59 | 6 |
| 243 | HELMAN FILIP | 8169 | | WARSZAWA | POL | SENIOR I M - 20 | 37 | M 161 | 00:39:34 | 01:02:50 | 01:40:10.70 | 10:01 | 6 |
| 244 | OLSZEWSKA NATALIA | 8179 | | WROCŁAW | POL | SENIOR I K - 20 | 23 | K 84 | 00:38:00 | 01:01:50 | 01:40:10.70 | 10:01 | 6 |
| 245 | FILAWSKA AGATA | 8050 | | WROCŁAW | POL | SENIOR I K - 20 | 24 | K 85 | 00:38:09 | 01:02:01 | 01:40:21.25 | 10:02 | 6 |
| 246 | STĘPIEŃ MAŁGORZATA | 8246 | | POZNAŃ | POL | SENIOR II K - 30 | 30 | K 86 | 00:38:33 | 01:01:59 | 01:40:27.15 | 10:02 | 6 |
| 247 | DZIEKONSKA MAGDALENA | 8049 | KU PRZYGDZIE | WROCŁAW | POL | SENIOR II K - 30 | 31 | K 87 | 00:38:19 | 01:02:09 | 01:40:30.55 | 10:03 | 6 |
| 248 | ŁUSIAK EWA | 8187 | KNEIPTEAM | GŁOWNO | POL | MASTERS K - 40 | 30 | K 88 | 00:42:24 | 01:04:07 | 01:40:42.70 | 10:04 | 6 |
| 249 | PACIOREK PAWEŁ | 8131 | PAWKO RUNNER TEAM | MARKI | POL | MASTERS M - 40 | 47 | M 162 | 00:39:13 | 01:03:36 | 01:40:56.35 | 10:05 | 5.9 |
| 250 | BALICKI JACEK | 8276 | BIEGACZ NOWOSOLNA | ŁÓDŹ | POL | WETERAN I M - 50 | 15 | M 163 | 00:42:52 | 01:05:16 | 01:41:02.80 | 10:06 | 5.9 |
| 251 | BAJSAROWICZ ZUZANNA | 8201 | | GLIWICE | POL | SENIOR II K - 30 | 32 | K 89 | 00:42:12 | 01:05:22 | 01:41:20.60 | 10:08 | 5.9 |
| 252 | PĘCZKOWSKA MAGDALENA | 8051 | | TRZEBNICA | POL | MASTERS K - 40 | 31 | K 90 | 00:40:04 | 01:03:37 | 01:41:43.85 | 10:10 | 5.9 |
| 253 | SZKUDLAREK ARKADIUSZ | 8289 | | KOŁO | POL | MASTERS M - 40 | 48 | M 164 | 00:39:36 | 01:02:50 | 01:42:11.55 | 10:13 | 5.9 |
| 254 | ŻUKIEWICZ KRZYSZTOF | 8163 | TKKF MPK POZNAŃ | POZNAŃ | POL | MASTERS M - 40 | 49 | M 165 | 00:41:19 | 01:05:31 | 01:42:55.70 | 10:17 | 5.8 |
| 255 | JERMAK ANNA | 8097 | BOHAR PALETY RUNNERS | ZIELONA GÓRA | POL | MASTERS K - 40 | 32 | K 91 | 00:41:02 | 01:05:16 | 01:43:07.55 | 10:18 | 5.8 |
| 256 | KIELASZEWSKI MIROSLAW | 8188 | | LESZNO | POL | WETERAN II M - 60 | 8 | M 166 | 00:41:32 | 01:02:54 | 01:43:24.55 | 10:20 | 5.8 |
| 257 | SAMULSKA AGATA | 8324 | | GORZÓW WIELKOPOLSKI | POL | WETERAN K - 50 | 4 | K 92 | 00:39:41 | 01:05:17 | 01:43:26.05 | 10:20 | 5.8 |
| 258 | NIECHAJ ANNA | 8036 | POMIDOROWA ALTERNATYWA | WAŁBRZYCH | POL | MASTERS K - 40 | 33 | K 93 | 00:41:58 | 01:07:42 | 01:43:29.45 | 10:21 | 5.8 |
| 259 | CHOJECKA MAGDALENA | 8193 | ZBUCKI RUCH | ZBUCZYN | POL | MASTERS K - 40 | 34 | K 94 | 00:42:15 | 01:05:38 | 01:43:35.40 | 10:21 | 5.8 |
| 260 | RASZCZUK MARTYNA | 8014 | POMIDOROWA ALTERNATYWA | WAŁBRZYCH | POL | SENIOR II K - 30 | 33 | K 95 | 00:42:01 | 01:07:44 | 01:43:42.90 | 10:22 | 5.8 |
| 261 | KIELASZEWSKI KAROL | 8272 | LESZNO LIMITS RUNNERS | LESZNO | POL | SENIOR II M - 30 | 57 | M 167 | 00:42:33 | 01:03:24 | 01:43:54.65 | 10:23 | 5.8 |
| 262 | PIASECKA AGATA | 8415 | ZAŁOGA GÓRSKA | WROCŁAW | POL | SENIOR I K - 20 | 25 | K 96 | 00:40:42 | 01:04:53 | 01:44:13.15 | 10:25 | 5.8 |
| 263 | BREARD EMILIE | 8208 | TOUT CHAILLES COURT | BLOIS | FRA | SENIOR II K - 30 | 34 | K 97 | 00:39:15 | 01:05:20 | 01:44:15.80 | 10:25 | 5.8 |
| 264 | PIOTROWSKA ANCEW JOANNA | 8075 | | NOWY TARG | POL | WETERAN K - 50 | 5 | K 98 | 00:41:08 | 01:04:00 | 01:44:23.20 | 10:26 | 5.7 |
| 265 | KONIECZNA NATALIA | 8149 | CHOSZCZEŃSKA DZIESIĄTKA | CHOSZCZNO | POL | SENIOR I K - 20 | 26 | K 99 | 00:42:43 | 01:05:29 | 01:44:36.10 | 10:27 | 5.7 |
| 266 | ROGOWSKA IZABELA | 8418 | STOWARZYSZENIE BIEG OPOLSKI | OPOLE | POL | MASTERS K - 40 | 35 | K 100 | 00:41:06 | 01:05:50 | 01:44:48.10 | 10:28 | 5.7 |
| 267 | SOWIŃSKA MAGDALENA | 8413 | BOGOŃ GRODZISK MAZOWIECKI | BRWINÓW | POL | MASTERS K - 40 | 36 | K 101 | 00:40:52 | 01:06:05 | 01:45:01.70 | 10:30 | 5.7 |
| 268 | GAJEWSKA-POLAK IWONA | 8323 | | PIASECZNO | POL | WETERAN K - 50 | 6 | K 102 | 00:42:34 | 01:05:43 | 01:45:24.30 | 10:32 | 5.7 |
| 269 | JEDYNAK MONIKA | 8252 | | DĘGOLĘKA | POL | SENIOR I K - 20 | 27 | K 103 | 00:40:47 | 01:07:14 | 01:45:45.85 | 10:34 | 5.7 |
| 270 | LEŚNIEWSKI TOMEK | 8268 | LAFIRYNDY I GAMONIE | ŁÓDŹ | POL | MASTERS M - 40 | 50 | M 168 | 00:42:57 | 01:06:03 | 01:45:46.65 | 10:34 | 5.7 |
| 271 | GÓRALSKI KRZYSZTOF | 8124 | | BYSTRZYCA KŁODZKA | POL | SENIOR II M - 30 | 58 | M 169 | 00:39:32 | 01:05:02 | 01:45:48.00 | 10:34 | 5.7 |
| 272 | LEWANDOWSKA PATRYCJA | 8248 | TEAM KURORT LADEK-ZDRÓJ | OŁDRZYCHOWICE KŁODZKIE | POL | SENIOR II K - 30 | 35 | K 104 | 00:43:01 | 01:08:03 | 01:45:56.10 | 10:35 | 5.7 |
| 273 | TOMERA DOROTA | 8253 | TEAM KURORT LADEK-ZDRÓJ | STARA BYSTRZYCA | POL | MASTERS K - 40 | 37 | K 105 | 00:43:11 | 01:08:12 | 01:46:05.95 | 10:36 | 5.7 |
| 274 | FOLARON JULIA | 8300 | | BLACHOWNIA | POL | SENIOR I K - 20 | 28 | K 106 | 00:39:24 | 01:06:51 | 01:46:14.50 | 10:37 | 5.6 |
| 275 | IMIŃSKI CEZARY | 8077 | | ZGIERZ | POL | WETERAN I M - 50 | 16 | M 170 | 00:41:27 | 01:06:01 | 01:46:58.30 | 10:41 | 5.6 |
| 276 | KUCZYŃSKA AGNIESZKA | 8220 | BIALYSTOK BIEGA TEAM | BIALYSTOK | POL | MASTERS K - 40 | 38 | K 107 | 00:40:00 | 01:08:53 | 01:47:21.45 | 10:44 | 5.6 |
| 277 | JANUR JOANNA | 8325 | RÓŻOWE LANDRYNY | POLANICA ZDRÓJ | POL | SENIOR I K - 20 | 29 | K 108 | 00:43:34 | 01:09:01 | 01:47:28.25 | 10:44 | 5.6 |
| 278 | KIERAT DOMINIKA | 8306 | | WARSZAWA | POL | SENIOR II K - 30 | 36 | K 109 | 00:41:24 | 01:05:35 | 01:47:30.45 | 10:45 | 5.6 |
| 279 | CYBULA EWA | 8138 | X-TEAM | WROCŁAW | POL | SENIOR II K - 30 | 37 | K 110 | 00:41:47 | 01:07:36 | 01:47:52.35 | 10:47 | 5.6 |
| 280 | KOŁACZ MARIUSZ | 8266 | LAFIRYNDY I GAMONIE | ŁÓDŹ | POL | WETERAN I M - 50 | 17 | M 171 | 00:41:58 | 01:06:39 | 01:47:54.25 | 10:47 | 5.6 |
| 281 | BUGAJSKA-JUCHA RENATA | 8200 | CARBO ASECURA/CA AKTYWNI | GOCZAŁKOWICE ZDRÓJ | POL | MASTERS K - 40 | 39 | K 111 | 00:43:22 | 01:07:42 | 01:48:02.80 | 10:48 | 5.6 |
| 282 | KOWALCZYK DAWID | 8108 | | PODGORZYN | POL | SENIOR II M - 30 | 59 | M 172 | 00:44:26 | 01:08:26 | 01:48:04.55 | 10:48 | 5.6 |
| 283 | WILGUS-KUBICA KATARZYNA | 8210 | | WISŁA WIELKA | POL | MASTERS K - 40 | 40 | K 112 | 00:43:35 | 01:07:50 | 01:48:10.80 | 10:49 | 5.5 |
| 284 | SZYMAŁA JAN | 8043 | NIEZRZESZONY KO | KLUCZBORK | POL | WETERAN III M - 70 | 2 | M 173 | 00:42:55 | 01:07:14 | 01:48:15.95 | 10:49 | 5.5 |
| 285 | SZPUREK ANNA | 8365 | BUKOWSKI KLUB BIEGACZA | BUK | POL | SENIOR II K - 30 | 38 | K 113 | 00:44:35 | 01:10:24 | 01:48:20.60 | 10:50 | 5.5 |
| 286 | JĄGUSZEWSKA AGNIESZKA | 8109 | | KARPACZ | POL | SENIOR II K - 30 | 39 | K 114 | 00:44:46 | 01:08:46 | 01:48:23.60 | 10:50 | 5.5 |
| 287 | PRASAL KONRAD | 8405 | | ŁÓDŹ | POL | SENIOR I M - 20 | 38 | M 174 | 00:49:28 | 01:12:27 | 01:48:34.40 | 10:51 | 5.5 |
| 288 | ŻOŁYŃIAK SZYMON | 8330 | | SIERADZ | POL | MASTERS M - 40 | 51 | M 175 | 00:49:18 | 01:11:08 | 01:48:38.85 | 10:51 | 5.5 |
| 289 | CHADZULIS KOSTAS | 8195 | | WROCŁAW | POL | SENIOR II M - 30 | 60 | M 176 | 00:43:40 | 01:08:15 | 01:48:39.90 | 10:52 | 5.5 |
| 290 | WITKOWSKA MARIA | 8019 | KLUB KRÓLIKA STEFANA | KATOWICE | POL | WETERAN II K - 60 | 1 | K 115 | 00:44:25 | 01:08:33 | 01:48:45.10 | 10:52 | 5.5 |
| 291 | ZIELIŃSKA - KASZAM MAGDALENA | 8408 | | JAWORZNO | POL | MASTERS K - 40 | 41 | K 116 | 00:42:40 | 01:05:08 | 01:48:54.75 | 10:53 | 5.5 |
| 292 | KRÓL MIECZYSLAW | 8422 | | | POL | MASTERS M - 40 | 52 | M 177 | 00:40:17 | 01:00:37 | 01:49:05.60 | 10:54 | 5.5 |
| 293 | STRZELCZYK ILONA | 8047 | KĘSY TEAM | OBORNIKI | POL | WETERAN K - 50 | 7 | K 117 | 00:41:44 | 01:08:47 | 01:49:07.30 | 10:54 | 5.5 |
| 294 | NIESTERUK PAULINA | 8249 | | WARSZAWA | POL | SENIOR II K - 30 | 40 | K 118 | 00:41:00 | 01:08:08 | 01:49:52.85 | 10:59 | 5.5 |

BIEG TROJAK TRAIL - 10 KM, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 3.7km | 5.8km | Netto | min/km | km/h |
|------|----------------------------|------|--|-----------------------|------|-------------------|--------|-------|----------|----------|-------------|--------|------|
| 295 | KOŁACZ WIOLA | 8265 | LAFIRYNDY I GAMONIE | ŁÓDŹ | POL | MASTERS K - 40 | 42 | K 119 | 00:45:00 | 01:10:23 | 01:50:27.50 | 11:02 | 5.4 |
| 296 | MALISZ AGNIESZKA | 8322 | | KĘDZIERZYN-KOŹLE | POL | SENIOR II K - 30 | 41 | K 120 | 00:44:00 | 01:07:11 | 01:50:40.35 | 11:04 | 5.4 |
| 297 | SŁOMKA MARIUSZ | 8303 | | OPOLE | POL | SENIOR II M - 30 | 61 | M 178 | 00:35:28 | 01:01:38 | 01:50:43.85 | 11:04 | 5.4 |
| 298 | NOWAK TERESA | 8386 | | ZIĘBICE | POL | WETERAN II K - 60 | 2 | K 121 | 00:42:33 | 01:10:02 | 01:50:44.95 | 11:04 | 5.4 |
| 299 | MAJ MAGDALENA | 8004 | GRAŻYNKI OCR | ROKIETNICA | POL | SENIOR II K - 30 | 42 | K 122 | 00:44:03 | 01:11:57 | 01:50:52.60 | 11:05 | 5.4 |
| 300 | RAJCZAK MONIKA | 8166 | | MODŁA | POL | SENIOR II K - 30 | 43 | K 123 | 00:43:04 | 01:09:22 | 01:50:58.60 | 11:05 | 5.4 |
| 301 | KUŹNIAK JUSTYNA | 8142 | KB SZAMOTUŁY | SZAMOTUŁY | POL | MASTERS K - 40 | 43 | K 124 | 00:43:38 | 01:12:07 | 01:51:13.90 | 11:07 | 5.4 |
| 302 | MARIN IRIGARAY ALBERTO | 8158 | | POZNAN | POL | SENIOR II M - 30 | 62 | M 179 | 00:43:36 | 01:09:45 | 01:51:21.05 | 11:08 | 5.4 |
| 303 | GÓRNA MAŁGORZATA | 8103 | | POZNAŃ | POL | SENIOR II K - 30 | 44 | K 125 | 00:43:42 | 01:10:01 | 01:51:29.55 | 11:08 | 5.4 |
| 304 | KOLBUS JULITA | 8236 | | SIECHNICE | POL | SENIOR II K - 30 | 45 | K 126 | 00:44:46 | 01:12:35 | 01:51:33.05 | 11:09 | 5.4 |
| 305 | DORDZIK MAŁGORZATA | 8337 | | ELBLĄG | POL | WETERAN II K - 60 | 3 | K 127 | 00:44:12 | 01:09:35 | 01:51:46.35 | 11:10 | 5.4 |
| 306 | PLUTA MICHALINA | 8189 | | LESZNO | POL | SENIOR II K - 30 | 46 | K 128 | 00:41:57 | 01:10:35 | 01:51:48.30 | 11:10 | 5.4 |
| 307 | JAKUBOWSKA JUDYTA | 8038 | | KAMIEN POMORSKI | POL | MASTERS K - 40 | 44 | K 129 | 00:43:42 | 01:10:36 | 01:52:31.95 | 11:15 | 5.3 |
| 308 | DANYLOVA ALINA | 8271 | | POZNAN | POL | SENIOR II K - 30 | 47 | K 130 | 00:46:10 | 01:12:01 | 01:53:35.70 | 11:21 | 5.3 |
| 309 | KMONK MAGDALENA | 8052 | | WROCLAW | POL | MASTERS K - 40 | 45 | K 131 | 00:42:47 | 01:11:20 | 01:53:36.35 | 11:21 | 5.3 |
| 310 | FIKSA PIOTR | 8185 | WOJART TEAM | KROSNO | POL | MASTERS M - 40 | 53 | M 180 | 00:43:28 | 01:09:56 | 01:53:49.95 | 11:23 | 5.3 |
| 311 | OGRODNIK ANNA | 8102 | ZAKOCHAJ SIE W BIEGANIU | WROCLAW | POL | SENIOR II K - 30 | 48 | K 132 | 00:46:21 | 01:12:41 | 01:54:03.85 | 11:24 | 5.3 |
| 312 | MATEJCZUK JULIA | 8401 | BIAŁYSTOK BIEGA TEAM | BIAŁYSTOK | POL | SENIOR I K - 20 | 30 | K 133 | 00:44:30 | 01:11:32 | 01:54:32.50 | 11:27 | 5.2 |
| 313 | GAJDZIŃSKA MAGDALENA | 8230 | BIAŁYSTOK BIEGA TEAM | CZARNA WIEŚ KOŚCIELNA | POL | MASTERS K - 40 | 46 | K 134 | 00:44:51 | 01:11:52 | 01:54:53.40 | 11:29 | 5.2 |
| 314 | KIEPURA OLGA | 8328 | | CZĘSTOCHOWA | POL | SENIOR I K - 20 | 31 | K 135 | 00:42:35 | 01:13:12 | 01:55:02.20 | 11:30 | 5.2 |
| 315 | JANKOWSKI RAFAŁ | 8345 | KOŁO BIEGA | KOŁO | POL | SENIOR II M - 30 | 63 | M 181 | 00:49:45 | 01:16:26 | 01:55:11.15 | 11:31 | 5.2 |
| 316 | BUCHALIK PATRYCJA | 8366 | | KATOWICE | POL | SENIOR I K - 20 | 32 | K 136 | 00:42:43 | 01:13:22 | 01:55:12.25 | 11:31 | 5.2 |
| 317 | TALAREK ROBERT | 8233 | TELERANEK | SZCZECIN | POL | MASTERS M - 40 | 54 | M 182 | 00:45:41 | 01:13:21 | 01:55:20.10 | 11:32 | 5.2 |
| 318 | WYSMOLINSKA KAROLINA | 8319 | | BIERNATLI | POL | MASTERS K - 40 | 47 | K 137 | 00:45:48 | 01:13:29 | 01:55:25.05 | 11:32 | 5.2 |
| 319 | MRÓZ RADOSŁAW | 8342 | | WARSZAWA | POL | SENIOR II M - 30 | 64 | M 183 | 00:44:25 | 01:14:38 | 01:55:26.55 | 11:32 | 5.2 |
| 320 | NADOBNIK BARTEK | 8120 | TARNOWO PODGÓRNE BIEGA / SPORTOWY KAŻMIERZ | KAŻMIERZ | POL | SENIOR I M - 20 | 39 | M 184 | 00:46:25 | 01:13:25 | 01:55:39.60 | 11:33 | 5.2 |
| 321 | MRÓZ ANNA | 8341 | | WARSZAWA | POL | SENIOR II K - 30 | 49 | K 138 | 00:54:48 | 01:17:27 | 01:55:39.95 | 11:34 | 5.2 |
| 322 | MADAJ-LEJA JAGODA | 8087 | LEJOWIE | ŚLĘZA | POL | SENIOR I K - 20 | 33 | K 139 | 00:44:45 | 01:10:19 | 01:55:45.85 | 11:34 | 5.2 |
| 323 | ŁUKASIK NATALIA | 8309 | | WROCLAW | POL | SENIOR II K - 30 | 50 | K 140 | 00:39:18 | 01:15:01 | 01:55:50.10 | 11:35 | 5.2 |
| 324 | KRUPIŃSKA WIOLA | 8197 | TRUCHT TARCHOMIN TEAM | WARSZAWA | POL | SENIOR I K - 20 | 34 | K 141 | 00:52:54 | 01:17:32 | 01:55:51.80 | 11:35 | 5.2 |
| 325 | SZWARGOT MARTA | 8119 | TARNOWO PODGÓRNE BIEGA / SPORTOWY KAŻMIERZ | KAŻMIERZ | POL | SENIOR II K - 30 | 51 | K 142 | 00:46:14 | 01:13:15 | 01:55:59.65 | 11:35 | 5.2 |
| 326 | ENGEL-ABULEWICZ ELŻBIETA | 8261 | TRENING STUDIO 17 | WROCLAW | POL | WETERAN K - 50 | 8 | K 143 | 00:44:38 | 01:12:22 | 01:56:12.70 | 11:37 | 5.2 |
| 327 | GAGAS ALEKSANDRA | 8372 | | ŁÓDŹ | POL | MASTERS K - 40 | 48 | K 144 | 00:44:10 | 01:13:45 | 01:56:23.80 | 11:38 | 5.2 |
| 328 | LASEK KARINA | 8184 | | CZMOŃ | POL | SENIOR II K - 30 | 52 | K 145 | 00:44:34 | 01:13:55 | 01:56:33.45 | 11:39 | 5.1 |
| 329 | WIELADEK LUKASZ | 8132 | | WARSZAWA | POL | SENIOR II M - 30 | 65 | M 185 | 00:46:35 | 01:16:33 | 01:57:59.40 | 11:47 | 5.1 |
| 330 | STAWSKA-KISIAŁA NATALIA | 8083 | | KRAKÓW | POL | SENIOR II K - 30 | 53 | K 146 | 00:46:06 | 01:14:37 | 01:58:03.90 | 11:48 | 5.1 |
| 331 | KISIAŁA FILIP | 8079 | LACHO TEAM | KRAKÓW | POL | MASTERS M - 40 | 55 | M 186 | 00:46:16 | 01:14:27 | 01:58:13.05 | 11:49 | 5.1 |
| 332 | SŁONINA-TAMUL OLGA | 8295 | ZAŁOGA GÓRSKA | POZNAŃ | POL | SENIOR I K - 20 | 35 | K 147 | 00:49:15 | 01:15:59 | 01:58:16.65 | 11:49 | 5.1 |
| 333 | DOMBROWSKI MACIEJ | 8371 | ATTIQ TEAM | KRAKÓW | POL | SENIOR II M - 30 | 66 | M 187 | 00:49:58 | 01:16:10 | 01:58:26.60 | 11:50 | 5.1 |
| 334 | WIELADEK PIOTR | 8130 | | WARSZAWA | POL | SENIOR II M - 30 | 67 | M 188 | 00:48:54 | 01:17:53 | 01:58:34.80 | 11:51 | 5.1 |
| 335 | BŁĄDEK-GRZELCZAK KATARZYNA | 8198 | | ŁÓDŹ | POL | WETERAN K - 50 | 9 | K 148 | 00:46:46 | 01:14:05 | 01:59:55.90 | 11:59 | 5 |
| 336 | WINIARSKA MONIKA | 8042 | DXTREEM RUNNING | WARSZAWA | POL | MASTERS K - 40 | 49 | K 149 | 00:44:20 | 01:13:05 | 02:01:35.95 | 12:09 | 4.9 |
| 337 | RYDZYŃSKI JACEK | 8310 | KNEIPTEAM | GŁÓWNO | POL | SENIOR II M - 30 | 68 | M 189 | 00:47:13 | 01:14:01 | 02:02:30.85 | 12:15 | 4.9 |
| 338 | LOJOWSKI BARTOSZ | 8082 | | JELENIA GÓRA | POL | SENIOR II M - 30 | 69 | M 190 | 00:47:00 | 01:16:31 | 02:03:34.05 | 12:21 | 4.9 |
| 339 | PAWŁOWICZ JULIA | 8406 | | BARTOSZYCE | POL | SENIOR I K - 20 | 36 | K 150 | 00:49:37 | 01:18:42 | 02:03:42.95 | 12:22 | 4.8 |
| 340 | RAKUS JUSTYNA | 8006 | | CZESTOCHOWA | POL | MASTERS K - 40 | 50 | K 151 | 00:48:54 | 01:18:20 | 02:03:45.35 | 12:22 | 4.8 |
| 341 | BOBIN ANNA | 8055 | ZOCHU TEAM | GORZÓW WIELKOPOLSKI | POL | MASTERS K - 40 | 51 | K 152 | 00:47:23 | 01:19:08 | 02:03:50.85 | 12:23 | 4.8 |
| 342 | MACUR AGNIESZKA | 8088 | | PŁOSZCZYNA | POL | MASTERS K - 40 | 52 | K 153 | 00:47:19 | 01:16:48 | 02:03:53.85 | 12:23 | 4.8 |
| 343 | GONERA JANINA | 8010 | KB HARCOWNIK JELCZ-LASKOWICE | MŁOSZYCE | POL | WETERAN II K - 60 | 4 | K 154 | 00:50:20 | 01:19:33 | 02:04:26.60 | 12:26 | 4.8 |
| 344 | MRÓZ IZABELA | 8338 | WOLNE ŚLIMAKI | POZNAN | POL | SENIOR II K - 30 | 54 | K 155 | 00:50:16 | 01:20:31 | 02:05:52.80 | 12:35 | 4.8 |
| 345 | FRĄCKOWIAK ANNA | 8034 | KB HARCOWNIK JELCZ-LASKOWICE | GRĘDZINA | POL | WETERAN K - 50 | 10 | K 156 | 00:50:06 | 01:19:24 | 02:06:20.30 | 12:38 | 4.7 |
| 346 | LASEK JAKUB | 8141 | KW OPOLE | OPOLE | POL | SENIOR II M - 30 | 70 | M 191 | 00:51:46 | 01:22:17 | 02:06:24.50 | 12:38 | 4.7 |
| 347 | POSPIESZNA ANNA | 8224 | | POZNAŃ | POL | SENIOR II K - 30 | 55 | K 157 | 00:51:18 | 01:22:25 | 02:06:28.15 | 12:38 | 4.7 |
| 348 | WINIARSKI ANDRZEJ | 8129 | DXTREEM RUNNING | WARSZAWA | POL | MASTERS M - 40 | 56 | M 192 | 00:49:10 | 01:19:38 | 02:07:21.45 | 12:44 | 4.7 |
| 349 | PSZCZOLIŃSKA ALICJA | 8086 | | GDAŃSK | POL | WETERAN K - 50 | 11 | K 158 | 00:47:59 | 01:19:47 | 02:07:22.40 | 12:44 | 4.7 |

BIEG TROJAK TRAIL - 10 KM, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 3.7km | 5.8km | Netto | min/km | km/h |
|------|----------------------------|------|------------------------|----------------|------|--------------------|--------|-------|----------|----------|-------------|--------|------|
| 350 | PIECHOWIAK OLIWIA | 8414 | ZAŁOGA GÓRSKA | SZUBIN | POL | SENIOR I K - 20 | 37 | K 159 | 00:48:57 | 01:14:26 | 02:07:55.50 | 12:47 | 4.7 |
| 351 | KOWALEWSKA KATARZYNA | 8023 | | WARSZAWA | POL | MASTERS K - 40 | 53 | K 160 | 00:47:21 | 01:17:03 | 02:09:07.00 | 12:54 | 4.6 |
| 352 | JACHIM-SZUBA MAGDALENA | 8390 | | SZCZECIN | POL | MASTERS K - 40 | 54 | K 161 | 00:47:38 | 01:18:37 | 02:10:03.10 | 13:00 | 4.6 |
| 353 | CHMIELEWSKI MARCIN | 8387 | BIEGAM BEZ SPINY | ŚCINAWA | POL | MASTERS M - 40 | 57 | M 193 | 00:51:54 | 01:23:40 | 02:11:40.80 | 13:10 | 4.6 |
| 354 | MIELCZAREK GRZEGORZ | 8305 | | OPOLE | POL | WETERAN I M - 50 | 18 | M 194 | 00:50:26 | 01:25:00 | 02:12:05.85 | 13:12 | 4.5 |
| 355 | MIELCZAREK HALINA | 8020 | | OPOLE | POL | WETERAN K - 50 | 12 | K 162 | 00:50:34 | 01:25:10 | 02:12:15.60 | 13:13 | 4.5 |
| 356 | ADACH MAGDALENA | 8116 | ENDORFINA WSCHOWA | WSCHOWA | POL | SENIOR I K - 20 | 38 | K 163 | 00:45:34 | 01:16:39 | 02:13:01.95 | 13:18 | 4.5 |
| 357 | ROŻKO ELA | 8203 | 4ROŻKI | BRWINÓW | POL | MASTERS K - 40 | 55 | K 164 | 00:47:17 | 01:17:02 | 02:13:14.10 | 13:19 | 4.5 |
| 358 | KASPRZAK TOMASZ | 8273 | | RUSZOWICE | POL | MASTERS M - 40 | 58 | M 195 | 00:50:55 | 01:21:32 | 02:13:14.85 | 13:19 | 4.5 |
| 359 | FRĄTCZAK IRENEUSZ | 8259 | GMINA GRĘBOCICE | GRĘBOCICE | POL | MASTERS M - 40 | 59 | M 196 | 00:51:03 | 01:21:40 | 02:13:24.75 | 13:20 | 4.5 |
| 360 | OLMA KATARZYNA | 8228 | | BIELSKO-BIAŁA | POL | MASTERS K - 40 | 56 | K 165 | 00:55:56 | 01:24:17 | 02:15:54.50 | 13:35 | 4.4 |
| 361 | WOLEK DAGMARA | 8229 | | TYCHY | POL | SENIOR II K - 30 | 56 | K 166 | 00:49:53 | 01:21:56 | 02:17:00.50 | 13:42 | 4.4 |
| 362 | CZUBA JADWIGA | 8314 | | LIGOTA ZAMECKA | POL | SENIOR II K - 30 | 57 | K 167 | 00:54:40 | 01:29:23 | 02:20:57.60 | 14:05 | 4.3 |
| 363 | TUREK MONIKA | 8381 | | LIGOTA GÓRNA | POL | SENIOR II K - 30 | 58 | K 168 | 00:54:50 | 01:29:35 | 02:21:08.55 | 14:06 | 4.3 |
| 364 | HACZYK GABRIELA | 8407 | | OPOLE | POL | WETERAN III K - 70 | 1 | K 169 | 00:51:46 | 01:29:42 | 02:22:21.60 | 14:14 | 4.2 |
| 365 | PODJUK KINGA | 8190 | FRIENDS GOSTYŃ | BRZEZIE | POL | MASTERS K - 40 | 57 | K 170 | 00:54:06 | 01:30:32 | 02:30:02.15 | 15:00 | 4 |
| 366 | MICHALSKI DARIUSZ | 8114 | ALFA TEAM GOSTYŃ | PIASKI | POL | WETERAN I M - 50 | 19 | M 197 | 01:10:45 | 01:52:51 | 02:54:26.70 | 17:26 | 3.4 |
| 367 | WINIARSKI ROBERT | 8048 | | LEGNICA | POL | WETERAN I M - 50 | 20 | M 198 | 00:58:46 | 01:48:44 | 02:55:39.00 | 17:33 | 3.4 |
| 368 | GADZINOWSKI IGNACY | 8028 | | RADOM | POL | WETERAN III M - 70 | 3 | M 199 | 01:13:56 | 02:01:32 | 03:06:03.75 | 18:36 | 3.2 |
| 369 | GADZINOWSKA MAŁGORZATA | 8053 | | RADOM | POL | WETERAN II K - 60 | 5 | K 171 | 01:14:02 | 02:01:41 | 03:06:13.55 | 18:37 | 3.2 |
| 370 | SZYMAŃSKI PAWEŁ | 8137 | MUAY RUNNING TEAM | POZNAŃ | POL | MASTERS M - 40 | 60 | M 200 | 01:19:13 | 02:01:15 | 03:07:08.80 | 18:42 | 3.2 |
| 371 | SZYMAŃSKA AGNIESZKA | 8074 | MUAY RUNNING TEAM | POZNAŃ | POL | MASTERS K - 40 | 58 | K 172 | 01:19:22 | 02:01:24 | 03:07:19.15 | 18:43 | 3.2 |
| 372 | NIZIOŁ MARCIN | 8037 | | GRUDZIĄDZ | POL | MASTERS M - 40 | 61 | M 201 | 01:18:18 | 02:03:08 | 03:12:22.00 | 19:14 | 3.1 |
| 373 | JAWORSKA-NIZIOŁ MAGDALENA | 8093 | | GRUDZIĄDZ | POL | SENIOR II K - 30 | 59 | K 173 | 01:18:33 | 02:03:18 | 03:12:32.10 | 19:15 | 3.1 |
| 374 | TALAREK JEDRULAK KATARZYNA | 8234 | TELERANEK | SZCZECIN | POL | SENIOR II K - 30 | 60 | K 174 | 01:14:06 | 02:04:06 | 03:30:48.30 | 21:04 | 2.8 |
| 375 | BAHRANOWSKA-KILIAN MARIA | 8110 | AZS AWF KRAKÓW MASTERS | KRAKÓW | POL | SENIOR I K - 20 | 39 | K 175 | | | | | |

BIEG TROJAK TRAIL - 10 KM, OPEN KOBIECI

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 3.7km | 5.8km | Netto | min/km | km/h |
|------|----------------------------|------|---------------------------------|------------|------|------------------|--------|------|----------|----------|-------------|--------|------|
| 1 | ROZDZYŃSKA PATRYCJA | 8245 | ADRIANBEDNAREK.PL | POZNAŃ | POL | SENIOR I K - 20 | 1 | K 1 | 00:26:01 | 00:40:05 | 01:02:43.40 | 6:16 | 9.6 |
| 2 | BUDZIEWSKA KATARZYNA | 8104 | | KOBIERZYCE | POL | SENIOR II K - 30 | 1 | K 2 | 00:26:45 | 00:40:55 | 01:04:41.95 | 6:28 | 9.3 |
| 3 | PAPIÓR JOLANTA | 8389 | WATAHA / MKS-PARASOL WROCŁAW | WROCŁAW | POL | SENIOR I K - 20 | 2 | K 3 | 00:28:14 | 00:42:31 | 01:05:53.10 | 6:35 | 9.1 |
| 4 | HOJA JOANNA | 8186 | ALPIN SPORT HOKA ONE ONE TEAM | WAŁBRZYCH | POL | SENIOR II K - 30 | 2 | K 4 | 00:27:18 | 00:42:38 | 01:07:51.60 | 6:47 | 8.8 |
| 5 | FOGIEL-PAWŁOWSKA AGNIESZKA | 8291 | | WROCŁAW | POL | MASTERS K - 40 | 1 | K 5 | 00:29:23 | 00:44:59 | 01:10:39.95 | 7:04 | 8.5 |
| 6 | ROZNIERSKA DAGMARA | 8225 | KB SOBÓTKA | RĘKÓW | POL | SENIOR II K - 30 | 3 | K 6 | 00:29:37 | 00:45:07 | 01:11:49.45 | 7:11 | 8.4 |
| 7 | KORCZYŃSKA AGATA | 8292 | | POZNAŃ | POL | SENIOR II K - 30 | 4 | K 7 | 00:28:47 | 00:44:50 | 01:11:58.00 | 7:11 | 8.3 |
| 8 | ZYWER URSZULA | 8003 | WATAHA | ŻARÓW | POL | SENIOR I K - 20 | 3 | K 8 | 00:30:00 | 00:47:36 | 01:13:20.00 | 7:20 | 8.2 |
| 9 | PĘCZAR ANETA | 8398 | FITNESSROAD TEAM | ŚWIDNICA | POL | SENIOR I K - 20 | 4 | K 9 | 00:29:59 | 00:46:33 | 01:14:20.50 | 7:26 | 8.1 |
| 10 | URBAN ALICJA | 8150 | | WROCŁAW | POL | SENIOR I K - 20 | 5 | K 10 | 00:30:08 | 00:47:46 | 01:15:48.00 | 7:34 | 7.9 |
| 11 | ULIKOWSKA MARTYNA | 8352 | ZAŁOGA GÓRSKA | GOŚCINO | POL | SENIOR I K - 20 | 6 | K 11 | 00:32:01 | 00:48:54 | 01:16:09.95 | 7:37 | 7.9 |
| 12 | FRYBES AGNIESZKA | 8379 | FUNDACJA KIERUNEK ULTRA | BIALYSTOK | POL | SENIOR II K - 30 | 5 | K 12 | 00:31:47 | 00:48:56 | 01:16:13.30 | 7:37 | 7.9 |
| 13 | WÓJCİK KAMILA | 8364 | NIEDZWIEDZIE POLARNE | STRONIE ŚL | POL | MASTERS K - 40 | 2 | K 13 | 00:32:09 | 00:49:47 | 01:17:42.95 | 7:46 | 7.7 |
| 14 | WZÓREK EWA | 8410 | | WILKÓW | POL | SENIOR I K - 20 | 7 | K 14 | 00:32:07 | 00:49:12 | 01:17:59.95 | 7:48 | 7.7 |
| 15 | GŁĄB DARIA | 8416 | | - | POL | SENIOR I K - 20 | 8 | K 15 | 00:29:43 | 00:48:23 | 01:18:28.50 | 7:50 | 7.6 |
| 16 | HACZYK NATALIA | 8378 | GOGGLE PAE TEAM | OPOLE | POL | MASTERS K - 40 | 3 | K 16 | 00:32:10 | 00:50:04 | 01:18:38.80 | 7:51 | 7.6 |
| 17 | GRZYBOWSKA ANETA | 8357 | ZGRUPKA TEAM | POZNAŃ | POL | MASTERS K - 40 | 4 | K 17 | 00:32:05 | 00:50:36 | 01:18:52.70 | 7:53 | 7.6 |
| 18 | TOMASZEWSKA PAULINA | 8420 | STOWARZYSZENIE BIEG OPOLSKI | OPOLE | POL | SENIOR I K - 20 | 9 | K 18 | 00:34:00 | 00:51:14 | 01:19:30.00 | 7:57 | 7.5 |
| 19 | SEMENIUK MARZENA | 8336 | KOTWICA BRZEG | KARLOWICE | POL | SENIOR II K - 30 | 6 | K 19 | 00:32:52 | 00:51:01 | 01:19:34.55 | 7:57 | 7.5 |
| 20 | LECZKOWSKA MIRELLA | 8065 | | ELBLĄG | POL | WETERAN K - 50 | 1 | K 20 | 00:32:28 | 00:50:19 | 01:19:57.80 | 7:59 | 7.5 |
| 21 | MRÓZ URSZULA | 8151 | NIEDZWIEDZIE POLARNE | STRONIE ŚL | POL | WETERAN K - 50 | 2 | K 21 | 00:33:52 | 00:51:29 | 01:20:47.05 | 8:04 | 7.4 |
| 22 | BESZTOCHA JADWIGA | 8056 | ZEN RUNNING TEAM | ŁĘDZINY | POL | SENIOR II K - 30 | 7 | K 22 | 00:32:17 | 00:51:05 | 01:20:58.25 | 8:05 | 7.4 |
| 23 | ZATKE DOROTA | 8226 | AKADEMIA BIEGACZA SALOS WODNAP | ŁÓDŹ | POL | MASTERS K - 40 | 5 | K 23 | 00:30:42 | 00:50:50 | 01:21:45.65 | 8:10 | 7.3 |
| 24 | WACHOWSKA KATARZYNA | 8091 | SMOK TRÓJGLÓWY | POZNAŃ | POL | SENIOR II K - 30 | 8 | K 24 | 00:34:28 | 00:52:13 | 01:21:46.05 | 8:10 | 7.3 |
| 25 | BRUSIŁOWICZ DAGMARA | 8069 | WIECZORNE BIEGANIE W SZCZECINIE | SZCZECIN | POL | MASTERS K - 40 | 6 | K 25 | 00:33:04 | 00:52:06 | 01:22:19.25 | 8:13 | 7.3 |
| 26 | GARNIEWICZ WERONIKA | 8239 | | POZNAŃ | POL | SENIOR I K - 20 | 10 | K 26 | 00:33:18 | 00:52:03 | 01:22:44.25 | 8:16 | 7.3 |

BIEG TROJAK TRAIL - 10 KM, OPEN KOBIEC c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 3.7km | 5.8km | Netto | min/km | km/h |
|------|-------------------------------|------|-----------------------------------|----------------------|------|------------------|--------|------|----------|----------|-------------|--------|------|
| 27 | DZIADOWICZ ANNA | 8383 | ADRIAN DANILEWICZ GROUP | RADWANICE | POL | MASTERS K - 40 | 7 | K 27 | 00:33:02 | 00:53:28 | 01:23:55.75 | 8:23 | 7.1 |
| 28 | PALKA NATALIA | 8385 | ZABRZAŃSKIE PARKOWE BIEGANIE | ZABRZE | POL | SENIOR I K - 20 | 11 | K 28 | 00:33:47 | 00:55:05 | 01:24:25.20 | 8:26 | 7.1 |
| 29 | WENTYKIER BEATA | 8024 | | PIASECZNO | POL | MASTERS K - 40 | 8 | K 29 | 00:33:00 | 00:52:41 | 01:24:35.25 | 8:27 | 7.1 |
| 30 | GRĘDA ELŻBIETA | 8100 | TIM JEST TIM | OZIMEK | POL | MASTERS K - 40 | 9 | K 30 | 00:34:19 | 00:55:17 | 01:24:47.30 | 8:28 | 7.1 |
| 31 | MRÓZ MARTA | 8174 | | ZIELONA GÓRA | POL | SENIOR I K - 20 | 12 | K 31 | 00:33:01 | 00:51:55 | 01:25:04.60 | 8:30 | 7.1 |
| 32 | DOLECKA ELŻBIETA | 8377 | NKB CHYŻY NOWY TOMYŚL | NOWY TOMYŚL | POL | MASTERS K - 40 | 10 | K 32 | 00:34:09 | 00:53:03 | 01:25:19.00 | 8:31 | 7 |
| 33 | SKAWINA POŁEĆ ANNA | 8286 | | SZCZYTNA | POL | SENIOR II K - 30 | 9 | K 33 | 00:35:15 | 00:54:19 | 01:25:30.20 | 8:33 | 7 |
| 34 | GRADZKA MARIANNA | 8290 | | ŁÓDŹ | POL | SENIOR I K - 20 | 13 | K 34 | 00:37:28 | 00:57:00 | 01:25:47.30 | 8:34 | 7 |
| 35 | MAZIAREK ADELA | 8009 | | NIEMODLIN | POL | SENIOR II K - 30 | 10 | K 35 | 00:35:11 | 00:54:08 | 01:25:54.60 | 8:35 | 7 |
| 36 | GŁÓWKA BARBARA | 8284 | | KARWIANY | POL | SENIOR II K - 30 | 11 | K 36 | 00:35:04 | 00:55:03 | 01:26:03.90 | 8:36 | 7 |
| 37 | GLUCHOWSKA EWELINA | 8293 | | SŁĘZA | POL | SENIOR II K - 30 | 12 | K 37 | 00:35:03 | 00:55:09 | 01:26:09.75 | 8:37 | 7 |
| 38 | CIEŚLIŃSKA KATARZYNA | 8146 | | WARSZAWA | POL | SENIOR II K - 30 | 13 | K 38 | 00:33:32 | 00:53:18 | 01:26:16.85 | 8:37 | 7 |
| 39 | HAUSER-GIERS MONIKA | 8041 | KOŚCIAN TEAM | NOWY LUBOSZ | POL | MASTERS K - 40 | 11 | K 39 | 00:34:02 | 00:53:53 | 01:27:16.40 | 8:43 | 6.9 |
| 40 | OCHĘJ JOANNA | 8376 | APTENEO RUNNING TEAM | WROCŁAW | POL | SENIOR II K - 30 | 14 | K 40 | 00:35:03 | 00:55:36 | 01:28:10.20 | 8:49 | 6.8 |
| 41 | CIEŚLAK MAGDALENA | 8302 | CIEŚLAK TEAM | RZEPIN | POL | SENIOR II K - 30 | 15 | K 41 | 00:34:03 | 00:53:56 | 01:28:16.70 | 8:49 | 6.8 |
| 42 | MODZELEWSKA ANNA | 8181 | | BRANICE | POL | SENIOR I K - 20 | 14 | K 42 | 00:34:57 | 00:54:12 | 01:28:53.90 | 8:53 | 6.8 |
| 43 | PIATEK MAGDALENA | 8237 | PROGRES | WROCŁAW | POL | SENIOR II K - 30 | 16 | K 43 | 00:34:11 | 00:58:37 | 01:29:08.95 | 8:54 | 6.7 |
| 44 | ADAMSKA SYLWIA | 8275 | | KAMIŃSKO | POL | SENIOR II K - 30 | 17 | K 44 | 00:36:29 | 00:56:48 | 01:29:25.50 | 8:56 | 6.7 |
| 45 | SKAWINA KRYSZYNA | 8026 | TOPOLICE TEAM | TOPOLICE | POL | SENIOR II K - 30 | 18 | K 45 | 00:35:18 | 00:54:07 | 01:29:55.60 | 8:59 | 6.7 |
| 46 | TEKIELI EWELINA | 8018 | TEKIELI FAMILY | KŁODZKO | POL | MASTERS K - 40 | 12 | K 46 | 00:35:00 | 00:55:40 | 01:30:02.40 | 9:00 | 6.7 |
| 47 | PIGUŁA AGNIESZKA | 8356 | | POZNAŃ | POL | MASTERS K - 40 | 13 | K 47 | 00:36:17 | 00:57:14 | 01:30:07.85 | 9:00 | 6.7 |
| 48 | JOŃCZYK PAULA | 8106 | | ŁĄDEK ZDRÓJ | POL | SENIOR I K - 20 | 15 | K 48 | 00:37:17 | 00:57:42 | 01:30:15.25 | 9:01 | 6.6 |
| 49 | RAPACZ-TOPIŁKO ANNA | 8360 | | ŁODYGOWICE | POL | MASTERS K - 40 | 14 | K 49 | 00:36:41 | 00:57:33 | 01:30:30.40 | 9:03 | 6.6 |
| 50 | LUBAŃSKA ALICJA | 8033 | | BUKOWICE | POL | WETERAN K - 50 | 3 | K 50 | 00:36:09 | 00:56:51 | 01:30:36.15 | 9:03 | 6.6 |
| 51 | BŁAŻKÓW GOSIA | 8388 | | WAŁBRZYCH | POL | SENIOR II K - 30 | 19 | K 51 | 00:34:11 | 00:58:03 | 01:31:23.85 | 9:08 | 6.6 |
| 52 | HOTAŁA MARTA | 8238 | | WROCŁAW | POL | SENIOR II K - 30 | 20 | K 52 | 00:35:47 | 00:58:11 | 01:31:30.75 | 9:09 | 6.6 |
| 53 | BIŃCZARSKA MONIKA | 8015 | | WŁOCŁAWEK | POL | SENIOR II K - 30 | 21 | K 53 | 00:33:59 | 00:56:48 | 01:31:31.15 | 9:09 | 6.6 |
| 54 | SŁODKIEWICZ DAGMARA | 8223 | | ŁÓDŹ | POL | SENIOR II K - 30 | 22 | K 54 | 00:37:21 | 00:58:57 | 01:32:05.85 | 9:12 | 6.5 |
| 55 | MIKOŁAJCZAK AGNIESZKA | 8344 | FRIENDS GOSTYŃ | GOSTYŃ | POL | MASTERS K - 40 | 15 | K 55 | 00:35:54 | 00:59:50 | 01:32:32.05 | 9:15 | 6.5 |
| 56 | HORODYŃSKA MIROSLAWA | 8339 | KOTWICA BRZEG | KARŁOWICE | POL | MASTERS K - 40 | 16 | K 56 | 00:36:38 | 00:59:14 | 01:32:37.95 | 9:15 | 6.5 |
| 57 | BUTRYM IGA | 8409 | | KAMIENIEC WROCŁAWSKI | POL | SENIOR I K - 20 | 16 | K 57 | 00:37:21 | 00:59:39 | 01:32:48.50 | 9:16 | 6.5 |
| 58 | PAINTA EWA | 8402 | | KAMIENIEC WROCŁAWSKI | POL | SENIOR II K - 30 | 23 | K 58 | 00:36:39 | 00:59:32 | 01:32:54.10 | 9:17 | 6.5 |
| 59 | MĘTLAK MAŁGORZATA | 8264 | | ZAWIERCIE | POL | SENIOR I K - 20 | 17 | K 59 | 00:39:02 | 01:00:34 | 01:33:02.50 | 9:18 | 6.4 |
| 60 | PUCHAŁSKA MAGDALENA | 8089 | | POZNAŃ | POL | SENIOR II K - 30 | 24 | K 60 | 00:37:23 | 00:57:03 | 01:33:16.00 | 9:19 | 6.4 |
| 61 | MATUKIN-SZUMLIŃSKA ALEKSANDRA | 8334 | | KRAKÓW | POL | SENIOR II K - 30 | 25 | K 61 | 00:38:22 | 01:00:01 | 01:34:11.25 | 9:25 | 6.4 |
| 62 | ŁOBASIUK IWONA | 8382 | FUNDACJA KIERUNEK ULTRA | SUWAŁKI | POL | MASTERS K - 40 | 17 | K 62 | 00:37:58 | 00:59:31 | 01:34:17.00 | 9:25 | 6.4 |
| 63 | TURAJ-KACZYŃSKA MAŁGORZATA | 8113 | GUSTAW TEŻ BIEGA | OLEŚNICA | POL | MASTERS K - 40 | 18 | K 63 | 00:35:16 | 00:57:54 | 01:34:50.85 | 9:29 | 6.3 |
| 64 | ŁYGASŁO PAULINA | 8421 | | DZIERŻONIÓW | POL | SENIOR I K - 20 | 18 | K 64 | 00:37:59 | 01:01:15 | 01:34:52.00 | 9:29 | 6.3 |
| 65 | MARON AGNIESZKA | 8321 | ADIDAS RUNNERS WARSAW / JACK TEAM | WARSZAWA | POL | MASTERS K - 40 | 19 | K 65 | 00:37:21 | 00:59:48 | 01:34:54.15 | 9:29 | 6.3 |
| 66 | TUREK PAULINA | 8128 | PRORUNNING PROMOTION | WARSZAWA | POL | SENIOR II K - 30 | 26 | K 66 | 00:37:46 | 01:00:13 | 01:34:56.90 | 9:29 | 6.3 |
| 67 | KAWCZYŃSKA MONIKA | 8279 | GUSTAW TEŻ BIEGA | OLEŚNICA | POL | MASTERS K - 40 | 20 | K 67 | 00:35:20 | 00:58:01 | 01:34:58.35 | 9:29 | 6.3 |
| 68 | KWIECIEŃ DOROTA | 8115 | | KIELCE | POL | MASTERS K - 40 | 21 | K 68 | 00:39:53 | 01:01:35 | 01:35:32.05 | 9:33 | 6.3 |
| 69 | KAJDANIAK PAULINA | 8192 | | GNIEZNO | POL | MASTERS K - 40 | 22 | K 69 | 00:39:45 | 01:02:55 | 01:35:33.70 | 9:33 | 6.3 |
| 70 | TABACZYŃSKA MONIKA | 8288 | | SICIENKO | POL | SENIOR I K - 20 | 19 | K 70 | 00:38:55 | 01:01:57 | 01:36:04.20 | 9:36 | 6.2 |
| 71 | KORF WERONIKA | 8058 | | BRZEG | POL | SENIOR II K - 30 | 27 | K 71 | 00:39:44 | 01:00:55 | 01:36:24.60 | 9:38 | 6.2 |
| 72 | RATAJSKA MONIKA | 8296 | | POZNAŃ | POL | SENIOR I K - 20 | 20 | K 72 | 00:38:42 | 01:03:32 | 01:36:36.80 | 9:39 | 6.2 |
| 73 | SZCZOTKA KATARZYNA | 8002 | | POZNAŃ | POL | SENIOR I K - 20 | 21 | K 73 | 00:40:12 | 01:01:49 | 01:36:48.35 | 9:40 | 6.2 |
| 74 | SZYMAŁA KAROLINA | 8351 | | KLUCZBORK | POL | SENIOR I K - 20 | 22 | K 74 | 00:38:20 | 01:00:30 | 01:36:52.75 | 9:41 | 6.2 |
| 75 | KUCZYŃSKA MAŁGORZATA | 8199 | INSULA ZAWONIA TEAM | ZAWONIA | POL | MASTERS K - 40 | 23 | K 75 | 00:37:50 | 00:59:30 | 01:37:01.60 | 9:42 | 6.2 |
| 76 | MARCINIAK PAULINA | 8209 | | GLIWICE | POL | SENIOR II K - 30 | 28 | K 76 | 00:38:40 | 01:02:28 | 01:37:13.20 | 9:43 | 6.2 |
| 77 | KUSTRZA KLAUDIA | 8207 | | NYSA | POL | SENIOR II K - 30 | 29 | K 77 | 00:37:24 | 01:00:15 | 01:37:44.40 | 9:46 | 6.1 |
| 78 | SZUBA DAGMARA | 8380 | | BARŚAC | FRA | MASTERS K - 40 | 24 | K 78 | 00:40:53 | 01:03:11 | 01:38:22.45 | 9:50 | 6.1 |
| 79 | UCHEREK KINGA | 8031 | | ZORY | POL | MASTERS K - 40 | 25 | K 79 | 00:39:21 | 01:01:45 | 01:38:38.65 | 9:51 | 6.1 |
| 80 | KRYCH JOANNA | 8215 | | CZMOŃ | POL | MASTERS K - 40 | 26 | K 80 | 00:39:02 | 01:01:56 | 01:38:56.05 | 9:53 | 6.1 |
| 81 | BĄCZKOWSKA GRAŻYNA | 8297 | POLACY BIEGAJĄ W NL | ZEVENBERGEN | NED | MASTERS K - 40 | 27 | K 81 | 00:37:41 | 01:00:04 | 01:39:51.30 | 9:59 | 6 |
| 82 | PELCZER AGNIESZKA | 8035 | KB HARCOWNIK JELCZ-LASKOWICE | MIŁOSZYCE | POL | MASTERS K - 40 | 28 | K 82 | 00:39:47 | 01:03:55 | 01:39:56.45 | 9:59 | 6 |
| 83 | GAJEWSKA MAGDALENA | 8267 | LAFIRYNDY I GAMONIE | ŁÓDŹ | POL | MASTERS K - 40 | 29 | K 83 | 00:39:54 | 01:03:25 | 01:39:58.40 | 9:59 | 6 |

BIEG TROJAK TRAIL - 10 KM, OPEN KOBIEC c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 3.7km | 5.8km | Netto | min/km | km/h |
|------|------------------------------|------|-----------------------------|------------------------|------|-------------------|--------|-------|----------|----------|-------------|--------|------|
| 84 | OLSZEWSKA NATALIA | 8179 | | WROCLAW | POL | SENIOR I K - 20 | 23 | K 84 | 00:38:00 | 01:01:50 | 01:40:10.70 | 10:01 | 6 |
| 85 | FILAWSKA AGATA | 8050 | | WROCLAW | POL | SENIOR I K - 20 | 24 | K 85 | 00:38:09 | 01:02:01 | 01:40:21.25 | 10:02 | 6 |
| 86 | STĘPIEŃ MAŁGORZATA | 8246 | | POZNAŃ | POL | SENIOR II K - 30 | 30 | K 86 | 00:38:33 | 01:01:59 | 01:40:27.15 | 10:02 | 6 |
| 87 | DZIEKOŃSKA MAGDALENA | 8049 | KU PRZYGODZIE | WROCLAW | POL | SENIOR II K - 30 | 31 | K 87 | 00:38:19 | 01:02:09 | 01:40:30.55 | 10:03 | 6 |
| 88 | ŁUSIAK EWA | 8187 | KNEIPTTEAM | GLOWNO | POL | MASTERS K - 40 | 30 | K 88 | 00:42:24 | 01:04:07 | 01:40:42.70 | 10:04 | 6 |
| 89 | BAJSAROWICZ ZUZANNA | 8201 | | GLIWICE | POL | SENIOR II K - 30 | 32 | K 89 | 00:42:12 | 01:05:22 | 01:41:20.60 | 10:08 | 5.9 |
| 90 | PĘCZKOWSKA MAGDALENA | 8051 | | TRZEBNICA | POL | MASTERS K - 40 | 31 | K 90 | 00:40:04 | 01:03:37 | 01:41:43.85 | 10:10 | 5.9 |
| 91 | JERMAK ANNA | 8097 | BOHAR PALETY RUNNERS | ZIELONA GÓRA | POL | MASTERS K - 40 | 32 | K 91 | 00:41:02 | 01:05:16 | 01:43:07.55 | 10:18 | 5.8 |
| 92 | SAMULSKA AGATA | 8324 | | GORZÓW WIELKOPOLSKI | POL | WETERAN K - 50 | 4 | K 92 | 00:39:41 | 01:05:17 | 01:43:26.05 | 10:20 | 5.8 |
| 93 | NIECHAJ ANNA | 8036 | POMIDOROWA ALTERNATYWA | WAŁBRZYCH | POL | MASTERS K - 40 | 33 | K 93 | 00:41:58 | 01:07:42 | 01:43:29.45 | 10:21 | 5.8 |
| 94 | CHOJECKA MAGDALENA | 8193 | ZBUCKI RUCH | ZBUCZYN | POL | MASTERS K - 40 | 34 | K 94 | 00:42:15 | 01:05:38 | 01:43:35.40 | 10:21 | 5.8 |
| 95 | RASZCZUK MARTYNA | 8014 | POMIDOROWA ALTERNATYWA | WAŁBRZYCH | POL | SENIOR II K - 30 | 33 | K 95 | 00:42:01 | 01:07:44 | 01:43:42.90 | 10:22 | 5.8 |
| 96 | PIASECKA AGATA | 8415 | ZAŁOGA GÓRSKA | WROCLAW | POL | SENIOR I K - 20 | 25 | K 96 | 00:40:42 | 01:04:53 | 01:44:13.15 | 10:25 | 5.8 |
| 97 | BREARD EMILIE | 8208 | TOUT CHAILLES COURT | BLOIS | FRA | SENIOR II K - 30 | 34 | K 97 | 00:39:15 | 01:05:20 | 01:44:15.80 | 10:25 | 5.8 |
| 98 | PIOTROWSKA ANCEW JOANNA | 8075 | | NOWY TARG | POL | WETERAN K - 50 | 5 | K 98 | 00:41:08 | 01:04:00 | 01:44:23.20 | 10:26 | 5.7 |
| 99 | KONIECZNA NATALIA | 8149 | CHOSZCZEŃSKA DZIESIĄTKA | CHOSZCZNO | POL | SENIOR I K - 20 | 26 | K 99 | 00:42:43 | 01:05:29 | 01:44:36.10 | 10:27 | 5.7 |
| 100 | ROGOWSKA IZABELA | 8418 | STOWARZYSZENIE BIEG OPOLSKI | OPOLE | POL | MASTERS K - 40 | 35 | K 100 | 00:41:06 | 01:05:50 | 01:44:48.10 | 10:28 | 5.7 |
| 101 | SOWIŃSKA MAGDALENA | 8413 | BOGOŃ GRODZISK MAZOWIECKI | BRWINÓW | POL | MASTERS K - 40 | 36 | K 101 | 00:40:52 | 01:06:05 | 01:45:01.70 | 10:30 | 5.7 |
| 102 | GAJEWSKA-POLAK IWONA | 8323 | | PIASECZNO | POL | WETERAN K - 50 | 6 | K 102 | 00:42:34 | 01:05:43 | 01:45:24.30 | 10:32 | 5.7 |
| 103 | JEDYNAK MONIKA | 8252 | | DŁUGOŁĘKA | POL | SENIOR I K - 20 | 27 | K 103 | 00:40:47 | 01:07:14 | 01:45:45.85 | 10:34 | 5.7 |
| 104 | LEWANDOWSKA PATRYCJA | 8248 | TEAM KURORT LADEK-ZDRÓJ | OŁDRZYCHOWICE KŁODZKIE | POL | SENIOR II K - 30 | 35 | K 104 | 00:43:01 | 01:08:03 | 01:45:56.10 | 10:35 | 5.7 |
| 105 | TOMERA DOROTA | 8253 | TEAM KURORT LADEK-ZDRÓJ | STARA BYSTRZYCA | POL | MASTERS K - 40 | 37 | K 105 | 00:43:11 | 01:08:12 | 01:46:05.95 | 10:36 | 5.7 |
| 106 | FOLARON JULIA | 8300 | | BLACHOWNIA | POL | SENIOR I K - 20 | 28 | K 106 | 00:39:24 | 01:06:51 | 01:46:14.50 | 10:37 | 5.6 |
| 107 | KUCZYŃSKA AGNIESZKA | 8220 | BIAŁYSTOK BIEGA TEAM | BIAŁYSTOK | POL | MASTERS K - 40 | 38 | K 107 | 00:40:00 | 01:08:53 | 01:47:21.45 | 10:44 | 5.6 |
| 108 | JANUR JOANNA | 8325 | RÓŻOWE LANDRYNY | POLANICA ZDRÓJ | POL | SENIOR I K - 20 | 29 | K 108 | 00:43:34 | 01:09:01 | 01:47:28.25 | 10:44 | 5.6 |
| 109 | KIERAT DOMINIKA | 8306 | | WARSZAWA | POL | SENIOR II K - 30 | 36 | K 109 | 00:41:24 | 01:05:35 | 01:47:30.45 | 10:45 | 5.6 |
| 110 | CYBULA EWA | 8138 | X-TEAM | WROCLAW | POL | SENIOR II K - 30 | 37 | K 110 | 00:41:47 | 01:07:36 | 01:47:52.35 | 10:47 | 5.6 |
| 111 | BUGAJSKA-JUCHA RENATA | 8200 | CARBO ASECURA/CA AKTYWNI | GOCZAŁKOWICE ZDRÓJ | POL | MASTERS K - 40 | 39 | K 111 | 00:43:22 | 01:07:42 | 01:48:02.80 | 10:48 | 5.6 |
| 112 | WILGUS-KUBICA KATARZYNA | 8210 | | WISŁA WIELKA | POL | MASTERS K - 40 | 40 | K 112 | 00:43:35 | 01:07:50 | 01:48:10.80 | 10:49 | 5.5 |
| 113 | SZPUREK ANNA | 8365 | BUKOWSKI KLUB BIEGACZA | BUK | POL | SENIOR II K - 30 | 38 | K 113 | 00:44:35 | 01:10:24 | 01:48:20.60 | 10:50 | 5.5 |
| 114 | JAGUSZEWSKA AGNIESZKA | 8109 | | KARPACZ | POL | SENIOR II K - 30 | 39 | K 114 | 00:44:46 | 01:08:46 | 01:48:23.60 | 10:50 | 5.5 |
| 115 | WITKOWSKA MARIA | 8019 | KLUB KRÓLIKA STEFANA | KATOWICE | POL | WETERAN II K - 60 | 1 | K 115 | 00:44:25 | 01:08:33 | 01:48:45.10 | 10:52 | 5.5 |
| 116 | ZIELIŃSKA - KASZAM MAGDALENA | 8408 | | JAWORZNO | POL | MASTERS K - 40 | 41 | K 116 | 00:42:40 | 01:05:08 | 01:48:54.75 | 10:53 | 5.5 |
| 117 | STRZELCZYK ILONA | 8047 | KĘSY TEAM | OBORNIKI | POL | WETERAN K - 50 | 7 | K 117 | 00:41:44 | 01:08:47 | 01:49:07.30 | 10:54 | 5.5 |
| 118 | NIESTERUK PAULINA | 8249 | | WARSZAWA | POL | SENIOR II K - 30 | 40 | K 118 | 00:41:00 | 01:08:08 | 01:49:52.85 | 10:59 | 5.5 |
| 119 | KOŁACZ WIOLA | 8265 | LAFIRYNDY I GAMONIE | ŁÓDŹ | POL | MASTERS K - 40 | 42 | K 119 | 00:45:00 | 01:10:23 | 01:50:27.50 | 11:02 | 5.4 |
| 120 | MALISZ AGNIESZKA | 8322 | | KĘDZIERZYN-KOŹLE | POL | SENIOR II K - 30 | 41 | K 120 | 00:44:00 | 01:07:11 | 01:50:40.35 | 11:04 | 5.4 |
| 121 | NOWAK TERESA | 8386 | | ZIĘBICE | POL | WETERAN II K - 60 | 2 | K 121 | 00:42:33 | 01:10:02 | 01:50:44.95 | 11:04 | 5.4 |
| 122 | MAJ MAGDALENA | 8004 | GRAŻYŃKI OCR | ROKIETNICA | POL | SENIOR II K - 30 | 42 | K 122 | 00:44:03 | 01:11:57 | 01:50:52.60 | 11:05 | 5.4 |
| 123 | RAJCZAK MONIKA | 8166 | | MODŁA | POL | SENIOR II K - 30 | 43 | K 123 | 00:43:04 | 01:09:22 | 01:50:58.60 | 11:05 | 5.4 |
| 124 | KUŹNIAK JUSTYNA | 8142 | KB SZAMOTUŁY | SZAMOTUŁY | POL | MASTERS K - 40 | 43 | K 124 | 00:43:38 | 01:12:07 | 01:51:13.90 | 11:07 | 5.4 |
| 125 | GÓRNA MAŁGORZATA | 8103 | | POZNAŃ | POL | SENIOR II K - 30 | 44 | K 125 | 00:43:42 | 01:10:01 | 01:51:29.55 | 11:08 | 5.4 |
| 126 | KOLBUS JULITA | 8236 | | SIECHNICE | POL | SENIOR II K - 30 | 45 | K 126 | 00:44:46 | 01:12:35 | 01:51:33.05 | 11:09 | 5.4 |
| 127 | DORDZIK MAŁGORZATA | 8337 | | ELBLĄG | POL | WETERAN II K - 60 | 3 | K 127 | 00:44:12 | 01:09:35 | 01:51:46.35 | 11:10 | 5.4 |
| 128 | PLUTA MICHALINA | 8189 | | LESZNO | POL | SENIOR II K - 30 | 46 | K 128 | 00:41:57 | 01:10:35 | 01:51:48.30 | 11:10 | 5.4 |
| 129 | JAKUBOWSKA JUDYTA | 8038 | | KAMIEN POMORSKI | POL | MASTERS K - 40 | 44 | K 129 | 00:43:42 | 01:10:36 | 01:52:31.95 | 11:15 | 5.3 |
| 130 | DANYLOVA ALINA | 8271 | | POZNAN | POL | SENIOR II K - 30 | 47 | K 130 | 00:46:10 | 01:12:01 | 01:53:35.70 | 11:21 | 5.3 |
| 131 | KMONK MAGDALENA | 8052 | | WROCLAW | POL | MASTERS K - 40 | 45 | K 131 | 00:42:47 | 01:11:20 | 01:53:36.35 | 11:21 | 5.3 |
| 132 | OGRODNIK ANNA | 8102 | ZAKOCHAJ SIE W BIEGANIU | WROCLAW | POL | SENIOR II K - 30 | 48 | K 132 | 00:46:21 | 01:12:41 | 01:54:03.85 | 11:24 | 5.3 |
| 133 | MATEJCZUK JULIA | 8401 | BIAŁYSTOK BIEGA TEAM | BIAŁYSTOK | POL | SENIOR I K - 20 | 30 | K 133 | 00:44:30 | 01:11:32 | 01:54:32.50 | 11:27 | 5.2 |
| 134 | GAJDZIŃSKA MAGDALENA | 8230 | BIAŁYSTOK BIEGA TEAM | CZARNA WIEŚ KOŚCIELNA | POL | MASTERS K - 40 | 46 | K 134 | 00:44:51 | 01:11:52 | 01:54:53.40 | 11:29 | 5.2 |
| 135 | KIEPURA OLGA | 8328 | | CZEŚTOCHOWA | POL | SENIOR I K - 20 | 31 | K 135 | 00:42:35 | 01:13:12 | 01:55:02.20 | 11:30 | 5.2 |
| 136 | BUCHALIK PATRYCJA | 8366 | | KATOWICE | POL | SENIOR I K - 20 | 32 | K 136 | 00:42:43 | 01:13:22 | 01:55:12.25 | 11:31 | 5.2 |
| 137 | WYSMOLINSKA KAROLINA | 8319 | | BIERNATLI | POL | MASTERS K - 40 | 47 | K 137 | 00:45:48 | 01:13:29 | 01:55:25.05 | 11:32 | 5.2 |
| 138 | MROZ ANNA | 8341 | | WARSZAWA | POL | SENIOR II K - 30 | 49 | K 138 | 00:54:48 | 01:17:27 | 01:55:39.95 | 11:34 | 5.2 |
| 139 | MADAJ-LEJA JAGODA | 8087 | LEJOWIE | SŁEZA | POL | SENIOR I K - 20 | 33 | K 139 | 00:44:45 | 01:10:19 | 01:55:45.85 | 11:34 | 5.2 |
| 140 | ŁUKASIK NATALIA | 8309 | | WROCLAW | POL | SENIOR II K - 30 | 50 | K 140 | 00:39:18 | 01:15:01 | 01:55:50.10 | 11:35 | 5.2 |

BIEG TROJAK TRAIL - 10 KM, OPEN KOBIEC c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 3.7km | 5.8km | Netto | min/km | km/h |
|------|----------------------------|------|--|---------------------|------|--------------------|--------|-------|----------|----------|-------------|--------|------|
| 141 | KRUPIŃSKA WIOLA | 8197 | TRUCHT TARCHOMIN TEAM | WARSZAWA | POL | SENIOR I K - 20 | 34 | K 141 | 00:52:54 | 01:17:32 | 01:55:51.80 | 11:35 | 5.2 |
| 142 | SZWARGOT MARTA | 8119 | TARNOWO PODGÓRNE BIEGA / SPORTOWY KAZMIERZ | KAZMIERZ | POL | SENIOR II K - 30 | 51 | K 142 | 00:46:14 | 01:13:15 | 01:55:59.65 | 11:35 | 5.2 |
| 143 | ENGEL-ABULEWICZ ELŻBIETA | 8261 | TRENING STUDIO 17 | WROCLAW | POL | WETERAN K - 50 | 8 | K 143 | 00:44:38 | 01:12:22 | 01:56:12.70 | 11:37 | 5.2 |
| 144 | GAGAS ALEKSANDRA | 8372 | | ŁÓDŹ | POL | MASTERS K - 40 | 48 | K 144 | 00:44:10 | 01:13:45 | 01:56:23.80 | 11:38 | 5.2 |
| 145 | LASEK KARINA | 8184 | | CZMOŃ | POL | SENIOR II K - 30 | 52 | K 145 | 00:44:34 | 01:13:55 | 01:56:33.45 | 11:39 | 5.1 |
| 146 | STAWSKA-KISIAŁA NATALIA | 8083 | | KRAKÓW | POL | SENIOR II K - 30 | 53 | K 146 | 00:46:06 | 01:14:37 | 01:58:03.90 | 11:48 | 5.1 |
| 147 | SŁONINA-TAMUL OLGA | 8295 | ZAŁOGA GÓRSKA | POZNAŃ | POL | SENIOR I K - 20 | 35 | K 147 | 00:49:15 | 01:15:59 | 01:58:16.65 | 11:49 | 5.1 |
| 148 | BŁĄDEK-GRZELCZAK KATARZYNA | 8198 | | ŁÓDŹ | POL | WETERAN K - 50 | 9 | K 148 | 00:46:46 | 01:14:05 | 01:59:55.90 | 11:59 | 5 |
| 149 | WINIARSKA MONIKA | 8042 | DXTREEM RUNNING | WARSZAWA | POL | MASTERS K - 40 | 49 | K 149 | 00:44:20 | 01:13:05 | 02:01:35.95 | 12:09 | 4.9 |
| 150 | PAWŁOWICZ JULIA | 8406 | | BARTOSZYCE | POL | SENIOR I K - 20 | 36 | K 150 | 00:49:37 | 01:18:42 | 02:03:42.95 | 12:22 | 4.8 |
| 151 | RAKUS JUSTYNA | 8006 | | CZESTOCHOWA | POL | MASTERS K - 40 | 50 | K 151 | 00:48:54 | 01:18:20 | 02:03:45.35 | 12:22 | 4.8 |
| 152 | BOBIN ANNA | 8055 | ZOCHU TEAM | GORZÓW WIELKOPOLSKI | POL | MASTERS K - 40 | 51 | K 152 | 00:47:23 | 01:19:08 | 02:03:50.85 | 12:23 | 4.8 |
| 153 | MACUR AGNIESZKA | 8088 | | PŁOSZCZYNA | POL | MASTERS K - 40 | 52 | K 153 | 00:47:19 | 01:16:48 | 02:03:53.85 | 12:23 | 4.8 |
| 154 | GONERA JANINA | 8010 | KB HARCOWNIK JELCZ-LASKOWICE | MIŁOSZYCE | POL | WETERAN II K - 60 | 4 | K 154 | 00:50:20 | 01:19:33 | 02:04:26.60 | 12:26 | 4.8 |
| 155 | MRÓZ IZABELA | 8338 | WOLNE ŚLIMAKI | POZNAŃ | POL | SENIOR II K - 30 | 54 | K 155 | 00:50:16 | 01:20:31 | 02:05:52.80 | 12:35 | 4.8 |
| 156 | FRĄCKOWIAK ANNA | 8034 | KB HARCOWNIK JELCZ-LASKOWICE | GRĘDZINA | POL | WETERAN K - 50 | 10 | K 156 | 00:50:06 | 01:19:24 | 02:06:20.30 | 12:38 | 4.7 |
| 157 | POSPIESZNA ANNA | 8224 | | POZNAŃ | POL | SENIOR II K - 30 | 55 | K 157 | 00:51:18 | 01:22:25 | 02:06:28.15 | 12:38 | 4.7 |
| 158 | PSZCZOLIŃSKA ALICJA | 8086 | | GDAŃSK | POL | WETERAN K - 50 | 11 | K 158 | 00:47:59 | 01:19:47 | 02:07:22.40 | 12:44 | 4.7 |
| 159 | PIECHOWIAK OLIVIA | 8414 | ZAŁOGA GÓRSKA | SZUBIN | POL | SENIOR I K - 20 | 37 | K 159 | 00:48:57 | 01:14:26 | 02:07:55.50 | 12:47 | 4.7 |
| 160 | KOWALEWSKA KATARZYNA | 8023 | | WARSZAWA | POL | MASTERS K - 40 | 53 | K 160 | 00:47:21 | 01:17:03 | 02:09:07.00 | 12:54 | 4.6 |
| 161 | JACHIM-SZUBA MAGDALENA | 8390 | | SZCZECIN | POL | MASTERS K - 40 | 54 | K 161 | 00:47:38 | 01:18:37 | 02:10:03.10 | 13:00 | 4.6 |
| 162 | MIELCZAREK HALINA | 8020 | | OPOLE | POL | WETERAN K - 50 | 12 | K 162 | 00:50:34 | 01:25:10 | 02:12:15.60 | 13:13 | 4.5 |
| 163 | ADACH MAGDALENA | 8116 | ENDORFINA WSCHOWA | WSCHOWA | POL | SENIOR I K - 20 | 38 | K 163 | 00:45:34 | 01:16:39 | 02:13:01.95 | 13:18 | 4.5 |
| 164 | ROŹKO ELA | 8203 | 4ROŹKI | BRWINÓW | POL | MASTERS K - 40 | 55 | K 164 | 00:47:17 | 01:17:02 | 02:13:14.10 | 13:19 | 4.5 |
| 165 | OLMA KATARZYNA | 8228 | | BIELSKO-BIAŁA | POL | MASTERS K - 40 | 56 | K 165 | 00:55:56 | 01:24:17 | 02:15:54.50 | 13:35 | 4.4 |
| 166 | WOLEK DAGMARA | 8229 | | TYCHY | POL | SENIOR II K - 30 | 56 | K 166 | 00:49:53 | 01:21:56 | 02:17:00.50 | 13:42 | 4.4 |
| 167 | CZUBA JADWIGA | 8314 | | LIGOTA ZAMECKA | POL | SENIOR II K - 30 | 57 | K 167 | 00:54:40 | 01:29:23 | 02:20:57.60 | 14:05 | 4.3 |
| 168 | TUREK MONIKA | 8381 | | LIGOTA GÓRNA | POL | SENIOR II K - 30 | 58 | K 168 | 00:54:50 | 01:29:35 | 02:21:08.55 | 14:06 | 4.3 |
| 169 | HACZYK GABRIELA | 8407 | | OPOLE | POL | WETERAN III K - 70 | 1 | K 169 | 00:51:46 | 01:29:42 | 02:22:21.60 | 14:14 | 4.2 |
| 170 | PODJUK KINGA | 8190 | FRIENDS GOSTYŃ | BRZEZIE | POL | MASTERS K - 40 | 57 | K 170 | 00:54:06 | 01:30:32 | 02:30:02.15 | 15:00 | 4 |
| 171 | GADZINOWSKA MAŁGORZATA | 8053 | | RADOM | POL | WETERAN II K - 60 | 5 | K 171 | 01:14:02 | 02:01:41 | 03:06:13.55 | 18:37 | 3.2 |
| 172 | SZYMAŃSKA AGNIESZKA | 8074 | MUAY RUNNING TEAM | POZNAŃ | POL | MASTERS K - 40 | 58 | K 172 | 01:19:22 | 02:01:24 | 03:07:19.15 | 18:43 | 3.2 |
| 173 | JAWORSKA-NIZIOŁ MAGDALENA | 8093 | | GRUDZIĄDZ | POL | SENIOR II K - 30 | 59 | K 173 | 01:18:33 | 02:03:18 | 03:12:32.10 | 19:15 | 3.1 |
| 174 | TALAREK JĘDRULAK KATARZYNA | 8234 | TELERANEK | SZCZECIN | POL | SENIOR II K - 30 | 60 | K 174 | 01:14:06 | 02:04:06 | 03:30:48.30 | 21:04 | 2.8 |
| 175 | BAHRANOWSKA-KILIAN MARIA | 8110 | AZS AWF KRAKÓW MASTERS | KRAKÓW | POL | SENIOR I K - 20 | 39 | K 175 | | | | | |

BIEG TROJAK TRAIL - 10 KM, Senior I K - 20

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 3.7km | 5.8km | Netto | min/km | km/h |
|------|---------------------|------|------------------------------|----------------------|------|-----------------|--------|------|----------|----------|-------------|--------|------|
| 1 | ROZDZYŃSKA PATRYCJA | 8245 | ADRIANBEDNAREK.PL | POZNAŃ | POL | SENIOR I K - 20 | 1 | K 1 | 00:26:01 | 00:40:05 | 01:02:43.40 | 6:16 | 9.6 |
| 2 | PAPIÓR JOLANTA | 8389 | WATAHA / MKS-PARASOL WROCLAW | WROCLAW | POL | SENIOR I K - 20 | 2 | K 3 | 00:28:14 | 00:42:31 | 01:05:53.10 | 6:35 | 9.1 |
| 3 | ZYWER URSZULA | 8003 | WATAHA | ZARÓW | POL | SENIOR I K - 20 | 3 | K 8 | 00:30:00 | 00:47:36 | 01:13:20.00 | 7:20 | 8.2 |
| 4 | PEĆZAR ANETA | 8398 | FITNESSROAD TEAM | ŚWIDNICA | POL | SENIOR I K - 20 | 4 | K 9 | 00:29:59 | 00:46:33 | 01:14:20.50 | 7:26 | 8.1 |
| 5 | URBAN ALICJA | 8150 | | WROCLAW | POL | SENIOR I K - 20 | 5 | K 10 | 00:30:08 | 00:47:46 | 01:15:48.00 | 7:34 | 7.9 |
| 6 | ULIKOWSKA MARTYNA | 8352 | ZAŁOGA GÓRSKA | GOŚCINO | POL | SENIOR I K - 20 | 6 | K 11 | 00:32:01 | 00:48:54 | 01:16:09.95 | 7:37 | 7.9 |
| 7 | WZOREK EWA | 8410 | | WILKÓW | POL | SENIOR I K - 20 | 7 | K 14 | 00:32:07 | 00:49:12 | 01:17:59.95 | 7:48 | 7.7 |
| 8 | GŁĄB DARIA | 8416 | | - | POL | SENIOR I K - 20 | 8 | K 15 | 00:29:43 | 00:48:23 | 01:18:28.50 | 7:50 | 7.6 |
| 9 | TOMASZEWSKA PAULINA | 8420 | STOWARZYSZENIE BIEG OPOLSKI | OPOLE | POL | SENIOR I K - 20 | 9 | K 18 | 00:34:00 | 00:51:14 | 01:19:30.00 | 7:57 | 7.5 |
| 10 | GARNIEWICZ WERONIKA | 8239 | | POZNAŃ | POL | SENIOR I K - 20 | 10 | K 26 | 00:33:18 | 00:52:03 | 01:22:44.25 | 8:16 | 7.3 |
| 11 | PALKA NATALIA | 8385 | ZABRZAŃSKIE PARKOWE BIEGANIE | ZABRZE | POL | SENIOR I K - 20 | 11 | K 28 | 00:33:47 | 00:55:05 | 01:24:25.20 | 8:26 | 7.1 |
| 12 | MRÓZ MARTA | 8174 | | ZIELONA GÓRA | POL | SENIOR I K - 20 | 12 | K 31 | 00:33:01 | 00:51:55 | 01:25:04.60 | 8:30 | 7.1 |
| 13 | GRADZKA MARIANNA | 8290 | | ŁÓDŹ | POL | SENIOR I K - 20 | 13 | K 34 | 00:37:28 | 00:57:00 | 01:25:47.30 | 8:34 | 7 |
| 14 | MODZELEWSKA ANNA | 8181 | | BRANICE | POL | SENIOR I K - 20 | 14 | K 42 | 00:34:57 | 00:54:12 | 01:28:53.90 | 8:53 | 6.8 |
| 15 | JOŃCZYK PAULA | 8106 | | ŁĄDEK ZDRÓJ | POL | SENIOR I K - 20 | 15 | K 48 | 00:37:17 | 00:57:42 | 01:30:15.25 | 9:01 | 6.6 |
| 16 | BUTRYM IGA | 8409 | | KAMIENIEC WROCLAWSKI | POL | SENIOR I K - 20 | 16 | K 57 | 00:37:21 | 00:59:39 | 01:32:48.50 | 9:16 | 6.5 |

BIEG TROJAK TRAIL - 10 KM, Senior I K - 20 c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 3.7km | 5.8km | Netto | min/km | km/h |
|------|--------------------------|------|-------------------------|----------------|------|-----------------|--------|-------|----------|----------|-------------|--------|------|
| 17 | MĘTLAK MAŁGORZATA | 8264 | | ZAWIERCIE | POL | SENIOR I K - 20 | 17 | K 59 | 00:39:02 | 01:00:34 | 01:33:02.50 | 9:18 | 6.4 |
| 18 | ŁYGASŁO PAULINA | 8421 | | DZIERŻONIÓW | POL | SENIOR I K - 20 | 18 | K 64 | 00:37:59 | 01:01:15 | 01:34:52.00 | 9:29 | 6.3 |
| 19 | TABACZYŃSKA MONIKA | 8288 | | SICIENKO | POL | SENIOR I K - 20 | 19 | K 70 | 00:38:55 | 01:01:57 | 01:36:04.20 | 9:36 | 6.2 |
| 20 | RATAJSKA MONIKA | 8296 | | POZNAŃ | POL | SENIOR I K - 20 | 20 | K 72 | 00:38:42 | 01:03:32 | 01:36:36.80 | 9:39 | 6.2 |
| 21 | SZCZOTKA KATARZYNA | 8002 | | POZNAŃ | POL | SENIOR I K - 20 | 21 | K 73 | 00:40:12 | 01:01:49 | 01:36:48.35 | 9:40 | 6.2 |
| 22 | SZYMAŁA KAROLINA | 8351 | | KLUCZBORK | POL | SENIOR I K - 20 | 22 | K 74 | 00:38:20 | 01:00:30 | 01:36:52.75 | 9:41 | 6.2 |
| 23 | OLSZEWSKA NATALIA | 8179 | | WROCLAW | POL | SENIOR I K - 20 | 23 | K 84 | 00:38:00 | 01:01:50 | 01:40:10.70 | 10:01 | 6 |
| 24 | FILAWSKA AGATA | 8050 | | WROCLAW | POL | SENIOR I K - 20 | 24 | K 85 | 00:38:09 | 01:02:01 | 01:40:21.25 | 10:02 | 6 |
| 25 | PIASECKA AGATA | 8415 | ZAŁOGA GÓRSKA | WROCLAW | POL | SENIOR I K - 20 | 25 | K 96 | 00:40:42 | 01:04:53 | 01:44:13.15 | 10:25 | 5.8 |
| 26 | KONIECZNA NATALIA | 8149 | CHOSZCZEŃSKA DZIESIĄTKA | CHOSZCZNO | POL | SENIOR I K - 20 | 26 | K 99 | 00:42:43 | 01:05:29 | 01:44:36.10 | 10:27 | 5.7 |
| 27 | JEDYNAK MONIKA | 8252 | | DĘGOLĘKA | POL | SENIOR I K - 20 | 27 | K 103 | 00:40:47 | 01:07:14 | 01:45:45.85 | 10:34 | 5.7 |
| 28 | FOLARON JULIA | 8300 | | BLACHOWNIA | POL | SENIOR I K - 20 | 28 | K 106 | 00:39:24 | 01:06:51 | 01:46:14.50 | 10:37 | 5.6 |
| 29 | JANUR JOANNA | 8325 | RÓŻOWE LANDRYNY | POLANICA ZDRÓJ | POL | SENIOR I K - 20 | 29 | K 108 | 00:43:34 | 01:09:01 | 01:47:28.25 | 10:44 | 5.6 |
| 30 | MATEJCZUK JULIA | 8401 | BIAŁYSTOK BIEGA TEAM | BIAŁYSTOK | POL | SENIOR I K - 20 | 30 | K 133 | 00:44:30 | 01:11:32 | 01:54:32.50 | 11:27 | 5.2 |
| 31 | KIEPURA OLGA | 8328 | | CZĘSTOCHOWA | POL | SENIOR I K - 20 | 31 | K 135 | 00:42:35 | 01:13:12 | 01:55:02.20 | 11:30 | 5.2 |
| 32 | BUCHALIK PATRYCJA | 8366 | | KATOWICE | POL | SENIOR I K - 20 | 32 | K 136 | 00:42:43 | 01:13:22 | 01:55:12.25 | 11:31 | 5.2 |
| 33 | MADAJ-LEJA JAGODA | 8087 | LEJOWIE | ŚLĘZA | POL | SENIOR I K - 20 | 33 | K 139 | 00:44:45 | 01:10:19 | 01:55:45.85 | 11:34 | 5.2 |
| 34 | KRUPIŃSKA WIOLA | 8197 | TRUCHT TARCHOMIN TEAM | WARSZAWA | POL | SENIOR I K - 20 | 34 | K 141 | 00:52:54 | 01:17:32 | 01:55:51.80 | 11:35 | 5.2 |
| 35 | SŁONINA-TAMUL OLGA | 8295 | ZAŁOGA GÓRSKA | POZNAŃ | POL | SENIOR I K - 20 | 35 | K 147 | 00:49:15 | 01:15:59 | 01:58:16.65 | 11:49 | 5.1 |
| 36 | PAWŁOWICZ JULIA | 8406 | | BARTOSZYCE | POL | SENIOR I K - 20 | 36 | K 150 | 00:49:37 | 01:18:42 | 02:03:42.95 | 12:22 | 4.8 |
| 37 | PIECHOWIAK OLIWIA | 8414 | ZAŁOGA GÓRSKA | SZUBIN | POL | SENIOR I K - 20 | 37 | K 159 | 00:48:57 | 01:14:26 | 02:07:55.50 | 12:47 | 4.7 |
| 38 | ADACH MAGDALENA | 8116 | ENDORFINA WSCHOWA | WSCHOWA | POL | SENIOR I K - 20 | 38 | K 163 | 00:45:34 | 01:16:39 | 02:13:01.95 | 13:18 | 4.5 |
| 39 | BAHRANOWSKA-KILIAN MARIA | 8110 | AZS AWF KRAKÓW MASTERS | KRAKÓW | POL | SENIOR I K - 20 | 39 | K 175 | | | | | |

BIEG TROJAK TRAIL - 10 KM, Senior I M - 20

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 3.7km | 5.8km | Netto | min/km | km/h |
|------|--------------------------|------|--------------------------------------|-------------------|------|-----------------|--------|------|----------|----------|-------------|--------|------|
| 1 | PRZEDWOJEWSKI BARTŁOMIEJ | 8307 | TEAM SALOMON | WROCLAW | POL | SENIOR I M - 20 | 1 | M 1 | 00:18:34 | 00:27:54 | 00:44:18.35 | 4:25 | 13.5 |
| 2 | TARASEK WOJCIECH | 8095 | #ANDRZEJDLUGOSZTEAM / ELEMENO.PL | STARA WIEŚ | POL | SENIOR I M - 20 | 2 | M 3 | 00:20:37 | 00:31:13 | 00:49:03.35 | 4:54 | 12.2 |
| 3 | KLIMCZAK MIKOŁAJ | 8283 | PRZEDWOJEWSKI MOUNTAIN TEAM | WROCLAW | POL | SENIOR I M - 20 | 3 | M 4 | 00:20:29 | 00:31:17 | 00:49:33.10 | 4:57 | 12.1 |
| 4 | TABER KONRAD | 8359 | ACTIVE PROSPERIA/ STO-NOGI MILANÓWEK | BRWINÓW | POL | SENIOR I M - 20 | 4 | M 6 | 00:23:10 | 00:34:47 | 00:55:11.85 | 5:31 | 10.9 |
| 5 | JAROSZ DARIUSZ | 8348 | U.K.S. PIAST BOLKÓW | KACZORÓW | POL | SENIOR I M - 20 | 5 | M 7 | 00:22:34 | 00:34:22 | 00:55:14.90 | 5:31 | 10.9 |
| 6 | WRZESZCZ MARIUSZ | 8176 | TMTEAM/TEAMDKMS | SOBÓTKA | POL | SENIOR I M - 20 | 6 | M 11 | 00:23:34 | 00:35:51 | 00:56:50.60 | 5:41 | 10.6 |
| 7 | PIENIAŻEK PATRYK | 8262 | KGHM ZG RUN | KŁOBUCZYN | POL | SENIOR I M - 20 | 7 | M 13 | 00:24:30 | 00:37:05 | 00:58:23.75 | 5:50 | 10.3 |
| 8 | ŁABYS MATEUSZ | 8285 | NOA | WILEMOWICE | POL | SENIOR I M - 20 | 8 | M 15 | 00:25:25 | 00:37:47 | 00:59:18.55 | 5:55 | 10.1 |
| 9 | PIEKARSKI JAKUB | 8160 | | KATOWICE | POL | SENIOR I M - 20 | 9 | M 17 | 00:25:19 | 00:38:17 | 00:59:53.55 | 5:59 | 10 |
| 10 | MĘDYGRAŁ KRYSZTOF | 8178 | WATAHA | WROCLAW | POL | SENIOR I M - 20 | 10 | M 18 | 00:25:22 | 00:37:56 | 01:00:01.10 | 6:00 | 10 |
| 11 | MAZUR MATEUSZ | 8317 | MULKS JUVENIA GŁUCHOŁAZY | GŁUCHOŁAZY | POL | SENIOR I M - 20 | 11 | M 19 | 00:24:36 | 00:37:52 | 01:00:38.75 | 6:03 | 9.9 |
| 12 | KACZMARCZYK PRZEMYSŁAW | 8008 | 140MINUT.PL | ROLANTOWICE | POL | SENIOR I M - 20 | 12 | M 21 | 00:24:51 | 00:38:08 | 01:00:55.80 | 6:05 | 9.8 |
| 13 | WAŚOWICZ ARTUR | 8117 | | SZCZYTNA | POL | SENIOR I M - 20 | 13 | M 27 | 00:24:32 | 00:39:27 | 01:03:08.65 | 6:18 | 9.5 |
| 14 | PERKA MICHAŁ | 8412 | | PRÓSZKÓW | POL | SENIOR I M - 20 | 14 | M 28 | 00:25:16 | 00:39:08 | 01:03:24.20 | 6:20 | 9.5 |
| 15 | PIŁAT MACIEJ | 8313 | ORŁY WROCLAW | DĘBICA | POL | SENIOR I M - 20 | 15 | M 30 | 00:26:17 | 00:40:42 | 01:03:30.20 | 6:21 | 9.4 |
| 16 | GRUBIAK BARTOSZ | 8311 | JUVENIA GŁUCHOŁAZY | GŁUCHOŁAZY | POL | SENIOR I M - 20 | 16 | M 32 | 00:26:09 | 00:40:19 | 01:03:53.50 | 6:23 | 9.4 |
| 17 | ŚLIWIŃSKI KAMIL | 8092 | | KLUCZBORK | POL | SENIOR I M - 20 | 17 | M 40 | 00:26:16 | 00:42:17 | 01:06:25.85 | 6:38 | 9 |
| 18 | KOSZYKOWSKI DANIEL | 8270 | PIECHOTA PO SCHODACH | SMOLEC | POL | SENIOR I M - 20 | 18 | M 42 | 00:33:32 | 00:45:59 | 01:07:02.65 | 6:42 | 9 |
| 19 | KUBIK MACIEJ | 8183 | | KATOWICE | POL | SENIOR I M - 20 | 19 | M 44 | 00:27:45 | 00:43:26 | 01:07:56.35 | 6:47 | 8.8 |
| 20 | KOMISARCZYK KRZYSZTOF | 8368 | | MIĘDZYLESIE | POL | SENIOR I M - 20 | 20 | M 45 | 00:27:07 | 00:42:28 | 01:08:06.80 | 6:48 | 8.8 |
| 21 | KUSAL TOMASZ | 8001 | | OPOLE | POL | SENIOR I M - 20 | 21 | M 46 | 00:27:25 | 00:42:28 | 01:08:20.90 | 6:50 | 8.8 |
| 22 | CHROMIEC FILIP | 8403 | | GDYNIA | POL | SENIOR I M - 20 | 22 | M 47 | 00:27:29 | 00:42:46 | 01:08:41.75 | 6:52 | 8.7 |
| 23 | LUBAŃSKI MATEUSZ | 8251 | | DĘGOLĘKA | POL | SENIOR I M - 20 | 23 | M 48 | 00:27:20 | 00:44:04 | 01:08:45.75 | 6:52 | 8.7 |
| 24 | PERENC MICHAŁ | 8180 | CARPATHIAN RUNNERS | JAROSŁAW | POL | SENIOR I M - 20 | 24 | M 52 | 00:29:48 | 00:44:45 | 01:10:03.95 | 7:00 | 8.6 |
| 25 | OLEJNIK PIOTR | 8165 | | BOLESŁAWIEC | POL | SENIOR I M - 20 | 25 | M 59 | 00:29:18 | 00:46:17 | 01:12:50.70 | 7:17 | 8.2 |
| 26 | SYNOWIEC DAWID | 8369 | | BYSTRZYCA KŁODZKA | POL | SENIOR I M - 20 | 26 | M 61 | 00:27:51 | 00:45:21 | 01:12:57.75 | 7:17 | 8.2 |
| 27 | SZARSKI JACEK | 8370 | | WROCLAW | POL | SENIOR I M - 20 | 27 | M 62 | 00:28:35 | 00:46:02 | 01:12:59.40 | 7:17 | 8.2 |
| 28 | PAWŁOWSKI MIROSLAW | 8361 | | STRONIE ŚLĄSKIE | POL | SENIOR I M - 20 | 28 | M 68 | 00:28:48 | 00:48:02 | 01:15:07.75 | 7:30 | 8 |
| 29 | WALCZAK ADRIAN | 8061 | | GRODKÓW | POL | SENIOR I M - 20 | 29 | M 71 | 00:29:47 | 00:47:24 | 01:15:38.75 | 7:33 | 7.9 |

BIEG TROJAK TRAIL - 10 KM, Senior I M - 20 c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 3.7km | 5.8km | Netto | min/km | km/h |
|------|------------------|------|--|-------------------|------|-----------------|--------|-------|----------|----------|-------------|--------|------|
| 30 | WALA PATRYK | 8417 | ZAŁOGA GÓRSKA/ BIEG OPOLSKI | ZĄBKOWICE ŚLĄSKIE | POL | SENIOR I M - 20 | 30 | M 85 | 00:31:55 | 00:50:43 | 01:19:22.20 | 7:56 | 7.6 |
| 31 | PŁOTKA MATEUSZ | 8194 | | LASOWICE WIELKIE | POL | SENIOR I M - 20 | 31 | M 89 | 00:33:02 | 00:51:25 | 01:21:12.45 | 8:07 | 7.4 |
| 32 | KONCA ALEKSANDER | 8081 | 603779236 | OŻARÓW MAZOWIECKI | POL | SENIOR I M - 20 | 32 | M 116 | 00:37:30 | 00:56:19 | 01:27:16.30 | 8:43 | 6.9 |
| 33 | GACH MARCIN | 8315 | TEAM TI-RIN-TIN | BYSTRZYCA KŁODZKA | POL | SENIOR I M - 20 | 33 | M 121 | 00:35:18 | 00:54:58 | 01:28:16.65 | 8:49 | 6.8 |
| 34 | ROGÓŻ JAN | 8122 | | KIELCE | POL | SENIOR I M - 20 | 34 | M 128 | 00:41:01 | 01:00:10 | 01:30:00.05 | 9:00 | 6.7 |
| 35 | PODJUK PATRYK | 8191 | FRIENDS GOSTYŃ | BRZEZIE | POL | SENIOR I M - 20 | 35 | M 136 | 00:35:49 | 00:57:14 | 01:31:20.85 | 9:08 | 6.6 |
| 36 | CYRWUS JAKUB | 8326 | RÓŻOWE LANDRYNY | POLANICA ZDRÓJ | POL | SENIOR I M - 20 | 36 | M 155 | 00:38:40 | 01:03:29 | 01:36:29.70 | 9:39 | 6.2 |
| 37 | HELMAN FILIP | 8169 | | WARSZAWA | POL | SENIOR I M - 20 | 37 | M 161 | 00:39:34 | 01:02:50 | 01:40:10.70 | 10:01 | 6 |
| 38 | PRASAL KONRAD | 8405 | | ŁÓDŹ | POL | SENIOR I M - 20 | 38 | M 174 | 00:49:28 | 01:12:27 | 01:48:34.40 | 10:51 | 5.5 |
| 39 | NADOBNIK BARTEK | 8120 | TARNOWO PODGÓRNE BIEGA / SPORTOWY KAZMIERZ | KAZMIERZ | POL | SENIOR I M - 20 | 39 | M 184 | 00:46:25 | 01:13:25 | 01:55:39.60 | 11:33 | 5.2 |

BIEG TROJAK TRAIL - 10 KM, Senior II K - 30

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 3.7km | 5.8km | Netto | min/km | km/h |
|------|-------------------------------|------|-------------------------------|------------------------|------|------------------|--------|-------|----------|----------|-------------|--------|------|
| 1 | BUDZIEWSKA KATARZYNA | 8104 | | KOBIERZYCE | POL | SENIOR II K - 30 | 1 | K 2 | 00:26:45 | 00:40:55 | 01:04:41.95 | 6:28 | 9.3 |
| 2 | HOJA JOANNA | 8186 | ALPIN SPORT HOKA ONE ONE TEAM | WAŁBRZYCH | POL | SENIOR II K - 30 | 2 | K 4 | 00:27:18 | 00:42:38 | 01:07:51.60 | 6:47 | 8.8 |
| 3 | ROZNEKSKA DAGMARA | 8225 | KB SOBÓTKA | RĘKÓW | POL | SENIOR II K - 30 | 3 | K 6 | 00:29:37 | 00:45:07 | 01:11:49.45 | 7:11 | 8.4 |
| 4 | KORCZYŃSKA AGATA | 8292 | | POZNAŃ | POL | SENIOR II K - 30 | 4 | K 7 | 00:28:47 | 00:44:50 | 01:11:58.00 | 7:11 | 8.3 |
| 5 | FRYBES AGNIESZKA | 8379 | FUNDACJA KIERUNEK ULTRA | BIAŁYSTOK | POL | SENIOR II K - 30 | 5 | K 12 | 00:31:47 | 00:48:56 | 01:16:13.30 | 7:37 | 7.9 |
| 6 | SEMENIUK MARZENA | 8336 | KOTWICA BRZEG | KARLOWICE | POL | SENIOR II K - 30 | 6 | K 19 | 00:32:52 | 00:51:01 | 01:19:34.55 | 7:57 | 7.5 |
| 7 | BESZTOCHA JADWIGA | 8056 | ZEN RUNNING TEAM | ŁĘDZINY | POL | SENIOR II K - 30 | 7 | K 22 | 00:32:17 | 00:51:05 | 01:20:58.25 | 8:05 | 7.4 |
| 8 | WACHOWSKA KATARZYNA | 8091 | SMOK TRÓJGŁOWY | POZNAŃ | POL | SENIOR II K - 30 | 8 | K 24 | 00:34:28 | 00:52:13 | 01:21:46.05 | 8:10 | 7.3 |
| 9 | SKAWINA POLEĆ ANNA | 8286 | | SZCZYTNA | POL | SENIOR II K - 30 | 9 | K 33 | 00:35:15 | 00:54:19 | 01:25:30.20 | 8:33 | 7 |
| 10 | MAZIAREK ADELA | 8009 | | NIEMODLIN | POL | SENIOR II K - 30 | 10 | K 35 | 00:35:11 | 00:54:08 | 01:25:54.60 | 8:35 | 7 |
| 11 | GŁÓWKA BARBARA | 8284 | | KARWIANY | POL | SENIOR II K - 30 | 11 | K 36 | 00:35:04 | 00:55:03 | 01:26:03.90 | 8:36 | 7 |
| 12 | GŁUCHOWSKA EWELINA | 8293 | | ŚLEZA | POL | SENIOR II K - 30 | 12 | K 37 | 00:35:03 | 00:55:09 | 01:26:09.75 | 8:37 | 7 |
| 13 | CIEŚLIŃSKA KATARZYNA | 8146 | | WARSZAWA | POL | SENIOR II K - 30 | 13 | K 38 | 00:33:32 | 00:53:18 | 01:26:16.85 | 8:37 | 7 |
| 14 | OCHĘJ JOANNA | 8376 | APTENEO RUNNING TEAM | WROCLAW | POL | SENIOR II K - 30 | 14 | K 40 | 00:35:03 | 00:55:36 | 01:28:10.20 | 8:49 | 6.8 |
| 15 | CIEŚLAK MAGDALENA | 8302 | CIEŚLAK TEAM | RZEPIN | POL | SENIOR II K - 30 | 15 | K 41 | 00:34:03 | 00:53:56 | 01:28:16.70 | 8:49 | 6.8 |
| 16 | PIATEK MAGDALENA | 8237 | PROGRES | WROCLAW | POL | SENIOR II K - 30 | 16 | K 43 | 00:34:11 | 00:58:37 | 01:29:08.95 | 8:54 | 6.7 |
| 17 | ADAMSKA SYLWIA | 8275 | | KAMIŃSKO | POL | SENIOR II K - 30 | 17 | K 44 | 00:36:29 | 00:56:48 | 01:29:25.50 | 8:56 | 6.7 |
| 18 | SKAWINA KRYSZYNA | 8026 | TOPOLICE TEAM | TOPOLICE | POL | SENIOR II K - 30 | 18 | K 45 | 00:35:18 | 00:54:07 | 01:29:55.60 | 8:59 | 6.7 |
| 19 | BŁAŻKÓW GOSIA | 8388 | | WAŁBRZYCH | POL | SENIOR II K - 30 | 19 | K 51 | 00:34:11 | 00:58:03 | 01:31:23.85 | 9:08 | 6.6 |
| 20 | HOTAŁA MARTA | 8238 | | WROCLAW | POL | SENIOR II K - 30 | 20 | K 52 | 00:35:47 | 00:58:11 | 01:31:30.75 | 9:09 | 6.6 |
| 21 | BIŃCZARSKA MONIKA | 8015 | | WŁOCŁAWEK | POL | SENIOR II K - 30 | 21 | K 53 | 00:33:59 | 00:56:48 | 01:31:31.15 | 9:09 | 6.6 |
| 22 | SŁODKIEWICZ DAGMARA | 8223 | | ŁÓDŹ | POL | SENIOR II K - 30 | 22 | K 54 | 00:37:21 | 00:58:57 | 01:32:05.85 | 9:12 | 6.5 |
| 23 | PAINTA EWA | 8402 | | KAMIENIEC WROCLAWSKI | POL | SENIOR II K - 30 | 23 | K 58 | 00:36:39 | 00:59:32 | 01:32:54.10 | 9:17 | 6.5 |
| 24 | PUCHAŁSKA MAGDALENA | 8089 | | POZNAŃ | POL | SENIOR II K - 30 | 24 | K 60 | 00:37:23 | 00:57:03 | 01:33:16.00 | 9:19 | 6.4 |
| 25 | MATUKIN-SZUMLIŃSKA ALEKSANDRA | 8334 | | KRAKÓW | POL | SENIOR II K - 30 | 25 | K 61 | 00:38:22 | 01:00:01 | 01:34:11.25 | 9:25 | 6.4 |
| 26 | TUREK PAULINA | 8128 | PRORUNNING PROMOTION | WARSZAWA | POL | SENIOR II K - 30 | 26 | K 66 | 00:37:46 | 01:00:13 | 01:34:56.90 | 9:29 | 6.3 |
| 27 | KORF WERONIKA | 8058 | | BRZEG | POL | SENIOR II K - 30 | 27 | K 71 | 00:39:44 | 01:00:55 | 01:36:24.60 | 9:38 | 6.2 |
| 28 | MARCINIAK PAULINA | 8209 | | GLIWICE | POL | SENIOR II K - 30 | 28 | K 76 | 00:38:40 | 01:02:28 | 01:37:13.20 | 9:43 | 6.2 |
| 29 | KUSTRA KLAUDIA | 8207 | | NYSA | POL | SENIOR II K - 30 | 29 | K 77 | 00:37:24 | 01:00:15 | 01:37:44.40 | 9:46 | 6.1 |
| 30 | STĘPIEŃ MAŁGORZATA | 8246 | | POZNAŃ | POL | SENIOR II K - 30 | 30 | K 86 | 00:38:33 | 01:01:59 | 01:40:27.15 | 10:02 | 6 |
| 31 | DZIEKOŃSKA MAGDALENA | 8049 | KU PRZYGDZIE | WROCLAW | POL | SENIOR II K - 30 | 31 | K 87 | 00:38:19 | 01:02:09 | 01:40:30.55 | 10:03 | 6 |
| 32 | BAJSAROWICZ ZUZANNA | 8201 | | GLIWICE | POL | SENIOR II K - 30 | 32 | K 89 | 00:42:12 | 01:05:22 | 01:41:20.60 | 10:08 | 5.9 |
| 33 | RASZCZUK MARTYNA | 8014 | POMIDOROWA ALTERNATYWA | WAŁBRZYCH | POL | SENIOR II K - 30 | 33 | K 95 | 00:42:01 | 01:07:44 | 01:43:42.90 | 10:22 | 5.8 |
| 34 | BREARD EMILIE | 8208 | TOUT CHAILLES COURT | BLOIS | FRA | SENIOR II K - 30 | 34 | K 97 | 00:39:15 | 01:05:20 | 01:44:15.80 | 10:25 | 5.8 |
| 35 | LEWANDOWSKA PATRYCJA | 8248 | TEAM KURORT ŁĄDEK-ZDRÓJ | OŁDRZYCHOWICE KŁODZKIE | POL | SENIOR II K - 30 | 35 | K 104 | 00:43:01 | 01:08:03 | 01:45:56.10 | 10:35 | 5.7 |
| 36 | KIERAT DOMINIKA | 8306 | | WARSZAWA | POL | SENIOR II K - 30 | 36 | K 109 | 00:41:24 | 01:05:35 | 01:47:30.45 | 10:45 | 5.6 |
| 37 | CYBULA EWA | 8138 | X-TEAM | WROCLAW | POL | SENIOR II K - 30 | 37 | K 110 | 00:41:47 | 01:07:36 | 01:47:52.35 | 10:47 | 5.6 |
| 38 | SZPUREK ANNA | 8365 | BUKOWSKI KLUB BIEGACZA | BUK | POL | SENIOR II K - 30 | 38 | K 113 | 00:44:35 | 01:10:24 | 01:48:20.60 | 10:50 | 5.5 |
| 39 | JAGUSZEWSKA AGNIESZKA | 8109 | | KARPACZ | POL | SENIOR II K - 30 | 39 | K 114 | 00:44:46 | 01:08:46 | 01:48:23.60 | 10:50 | 5.5 |
| 40 | NIESTERUK PAULINA | 8249 | | WARSZAWA | POL | SENIOR II K - 30 | 40 | K 118 | 00:41:00 | 01:08:08 | 01:49:52.85 | 10:59 | 5.5 |
| 41 | MALISZ AGNIESZKA | 8322 | | KĘDZIERZYN-KOŹLE | POL | SENIOR II K - 30 | 41 | K 120 | 00:44:00 | 01:07:11 | 01:50:40.35 | 11:04 | 5.4 |

BIEG TROJAK TRAIL - 10 KM, Senior II K - 30 c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 3.7km | 5.8km | Netto | min/km | km/h |
|------|----------------------------|------|--|----------------|------|------------------|--------|-------|----------|----------|-------------|--------|------|
| 42 | MAJ MAGDALENA | 8004 | GRAŻYNIKI OCR | ROKIETNICA | POL | SENIOR II K - 30 | 42 | K 122 | 00:44:03 | 01:11:57 | 01:50:52.60 | 11:05 | 5.4 |
| 43 | RAJCZAK MONIKA | 8166 | | MODŁA | POL | SENIOR II K - 30 | 43 | K 123 | 00:43:04 | 01:09:22 | 01:50:58.60 | 11:05 | 5.4 |
| 44 | GÓRNA MAŁGORZATA | 8103 | | POZNAŃ | POL | SENIOR II K - 30 | 44 | K 125 | 00:43:42 | 01:10:01 | 01:51:29.55 | 11:08 | 5.4 |
| 45 | KOLBUS JULITA | 8236 | | SIECHNICE | POL | SENIOR II K - 30 | 45 | K 126 | 00:44:46 | 01:12:35 | 01:51:33.05 | 11:09 | 5.4 |
| 46 | PLUTA MICHALINA | 8189 | | LESZNO | POL | SENIOR II K - 30 | 46 | K 128 | 00:41:57 | 01:10:35 | 01:51:48.30 | 11:10 | 5.4 |
| 47 | DANYLOVA ALINA | 8271 | | POZNAN | POL | SENIOR II K - 30 | 47 | K 130 | 00:46:10 | 01:12:01 | 01:53:35.70 | 11:21 | 5.3 |
| 48 | OGRODNIK ANNA | 8102 | ZAKOCHAJ SIE W BIEGANIU | WROCLAW | POL | SENIOR II K - 30 | 48 | K 132 | 00:46:21 | 01:12:41 | 01:54:03.85 | 11:24 | 5.3 |
| 49 | MRÓZ ANNA | 8341 | | WARSZAWA | POL | SENIOR II K - 30 | 49 | K 138 | 00:54:48 | 01:17:27 | 01:55:39.95 | 11:34 | 5.2 |
| 50 | ŁUKASIK NATALIA | 8309 | | WROCLAW | POL | SENIOR II K - 30 | 50 | K 140 | 00:39:18 | 01:15:01 | 01:55:50.10 | 11:35 | 5.2 |
| 51 | SZWARGOT MARTA | 8119 | TARNOWO PODGÓRNE BIEGA / SPORTOWY KAŻMIERZ | KAŻMIERZ | POL | SENIOR II K - 30 | 51 | K 142 | 00:46:14 | 01:13:15 | 01:55:59.65 | 11:35 | 5.2 |
| 52 | LASEK KARINA | 8184 | | CZMOŃ | POL | SENIOR II K - 30 | 52 | K 145 | 00:44:34 | 01:13:55 | 01:56:33.45 | 11:39 | 5.1 |
| 53 | STAWSKA-KISIAŁA NATALIA | 8083 | | KRAKÓW | POL | SENIOR II K - 30 | 53 | K 146 | 00:46:06 | 01:14:37 | 01:58:03.90 | 11:48 | 5.1 |
| 54 | MRÓZ IZABELA | 8338 | WOLNE ŚLIMAKI | POZNAN | POL | SENIOR II K - 30 | 54 | K 155 | 00:50:16 | 01:20:31 | 02:05:52.80 | 12:35 | 4.8 |
| 55 | POSPIEZNA ANNA | 8224 | | POZNAŃ | POL | SENIOR II K - 30 | 55 | K 157 | 00:51:18 | 01:22:25 | 02:06:28.15 | 12:38 | 4.7 |
| 56 | WOLEK DAGMARA | 8229 | | TYCHY | POL | SENIOR II K - 30 | 56 | K 166 | 00:49:53 | 01:21:56 | 02:17:00.50 | 13:42 | 4.4 |
| 57 | CZUBA JADWIGA | 8314 | | LIGOTA ZAMECKA | POL | SENIOR II K - 30 | 57 | K 167 | 00:54:40 | 01:29:23 | 02:20:57.60 | 14:05 | 4.3 |
| 58 | TUREK MONIKA | 8381 | | LIGOTA GÓRNA | POL | SENIOR II K - 30 | 58 | K 168 | 00:54:50 | 01:29:35 | 02:21:08.55 | 14:06 | 4.3 |
| 59 | JAWORSKA-NIZIOŁ MAGDALENA | 8093 | | GRUDZIĄDZ | POL | SENIOR II K - 30 | 59 | K 173 | 01:18:33 | 02:03:18 | 03:12:32.10 | 19:15 | 3.1 |
| 60 | TALAREK JĘDRULAK KATARZYNA | 8234 | TELERANEK | SZCZECIN | POL | SENIOR II K - 30 | 60 | K 174 | 01:14:06 | 02:04:06 | 03:30:48.30 | 21:04 | 2.8 |

BIEG TROJAK TRAIL - 10 KM, Senior II M - 30

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 3.7km | 5.8km | Netto | min/km | km/h |
|------|------------------------|------|-------------------------------------|-------------------------|------|------------------|--------|------|----------|----------|-------------|--------|------|
| 1 | BEDNAREK ADRIAN | 8367 | | BYDGOSZCZ | POL | SENIOR II M - 30 | 1 | M 2 | 00:20:06 | 00:30:27 | 00:48:19.00 | 4:49 | 12.4 |
| 2 | WYTWER BŁAŻEJ | 8384 | PĘDZIKIEM DO METY | POZNAŃ | POL | SENIOR II M - 30 | 2 | M 5 | 00:21:49 | 00:34:23 | 00:54:50.00 | 5:29 | 10.9 |
| 3 | GROMALA KRZYSTOF | 8260 | #AKADEMIABIEGANIA.PL | ŚWIEBODZICE | POL | SENIOR II M - 30 | 3 | M 8 | 00:23:32 | 00:35:01 | 00:55:48.80 | 5:34 | 10.7 |
| 4 | WOLEK SZYMON | 8374 | | TYCHY | POL | SENIOR II M - 30 | 4 | M 9 | 00:23:24 | 00:35:47 | 00:56:17.10 | 5:37 | 10.7 |
| 5 | GAJEWSKI MAREK | 8254 | ADIDAS RUNNERS WARSAW | WARSZAWA | POL | SENIOR II M - 30 | 5 | M 12 | 00:22:53 | 00:36:28 | 00:57:24.30 | 5:44 | 10.4 |
| 6 | BOCZEK LESZEK | 8350 | ZAŁOGA GÓRSKA | WYSOKA | POL | SENIOR II M - 30 | 6 | M 20 | 00:24:42 | 00:38:14 | 01:00:43.05 | 6:04 | 9.9 |
| 7 | CHLEBOWICZ MARCIN | 8329 | DOBRY-TRENER.PL | WROCLAW | POL | SENIOR II M - 30 | 7 | M 29 | 00:25:48 | 00:40:18 | 01:03:26.60 | 6:20 | 9.5 |
| 8 | GAWLIK SŁAWEK | 8022 | DYNAFIT TEAM POLAND | KRAKÓW | POL | SENIOR II M - 30 | 8 | M 35 | 00:26:26 | 00:39:43 | 01:04:33.35 | 6:27 | 9.3 |
| 9 | RZEŃNIK DACJAN | 8140 | BOHAR PALETY RUNNERS | ZIELONA GÓRA | POL | SENIOR II M - 30 | 9 | M 36 | 00:24:42 | 00:40:21 | 01:04:33.60 | 6:27 | 9.3 |
| 10 | KUJAWA ZBIGNIEW | 8399 | ZAŁOGA GÓRSKA | JANOWIEC WIELKOPOLSKI | POL | SENIOR II M - 30 | 10 | M 37 | 00:26:40 | 00:41:38 | 01:05:09.95 | 6:31 | 9.2 |
| 11 | STANIA PAWEŁ | 8212 | | OPOLE | POL | SENIOR II M - 30 | 11 | M 39 | 00:27:33 | 00:42:23 | 01:06:03.95 | 6:36 | 9.1 |
| 12 | BEDNARZ MARCIN | 8214 | KLUB LEKKOATLETYCZNY ZIEMIA KŁODZKA | OŁDRZYCHOWICE KŁODZKIE | POL | SENIOR II M - 30 | 12 | M 41 | 00:28:16 | 00:43:05 | 01:06:50.40 | 6:41 | 9 |
| 13 | URBAŃSKI MICHAŁ | 8182 | FLUNKYBALL TEAM ŁĄDEK-ZDRÓJ | ŁĄDEK-ZDRÓJ | POL | SENIOR II M - 30 | 13 | M 43 | 00:29:14 | 00:43:46 | 01:07:26.80 | 6:44 | 8.9 |
| 14 | JAROSŁAWSKI MARCIN | 8021 | KB-HARCOWNIK | JELCZ-LASKOWICE | POL | SENIOR II M - 30 | 14 | M 49 | 00:30:16 | 00:44:55 | 01:09:06.60 | 6:54 | 8.7 |
| 15 | POPRAWSKI MATEUSZ | 8012 | KILIŃSKIEGO TEAM | BOJANOWO | POL | SENIOR II M - 30 | 15 | M 53 | 00:29:32 | 00:45:20 | 01:11:00.40 | 7:06 | 8.4 |
| 16 | LIPA PATRYK | 8281 | | CIESZYN | POL | SENIOR II M - 30 | 16 | M 56 | 00:30:58 | 00:45:49 | 01:11:54.50 | 7:11 | 8.3 |
| 17 | BOGACKI MACIEJ | 8327 | ORŁY WROCLAW | WROCLAW | POL | SENIOR II M - 30 | 17 | M 57 | 00:30:17 | 00:46:35 | 01:12:09.30 | 7:13 | 8.3 |
| 18 | ZIMON NORBERT | 8011 | WATAHA | WROCLAW | POL | SENIOR II M - 30 | 18 | M 60 | 00:30:54 | 00:46:42 | 01:12:55.85 | 7:17 | 8.2 |
| 19 | KOSMALA SZYMON | 8164 | | DĄBRÓWKA | POL | SENIOR II M - 30 | 19 | M 65 | 00:30:24 | 00:47:15 | 01:14:31.15 | 7:27 | 8.1 |
| 20 | WARAKSA TOMASZ | 8162 | VEGE RUNNERS | WARSZAWA | POL | SENIOR II M - 30 | 20 | M 67 | 00:31:35 | 00:48:18 | 01:15:06.75 | 7:30 | 8 |
| 21 | TYSZER ŁUKASZ | 8202 | | ŁĄDEK ZDRÓJ | POL | SENIOR II M - 30 | 21 | M 73 | 00:31:26 | 00:48:48 | 01:15:58.75 | 7:35 | 7.9 |
| 22 | KUBAŚ DAWID | 8204 | NADLEŚNICTWO ZDROJE | KŁODZKO | POL | SENIOR II M - 30 | 22 | M 74 | 00:32:31 | 00:49:20 | 01:16:52.85 | 7:41 | 7.8 |
| 23 | KLIMEK MAREK | 8139 | | WARSZAWA | POL | SENIOR II M - 30 | 23 | M 75 | 00:31:23 | 00:48:48 | 01:16:53.80 | 7:41 | 7.8 |
| 24 | GOŚCIŃSKI SŁAWOMIR | 8320 | ICE4B.PL | DOBRZEŃ MAŁY | POL | SENIOR II M - 30 | 24 | M 77 | 00:32:31 | 00:48:57 | 01:17:14.95 | 7:43 | 7.8 |
| 25 | TOMASZKIEWICZ WOJCIECH | 8298 | RUN FOREST | STRACHOCIN | POL | SENIOR II M - 30 | 25 | M 78 | 00:33:25 | 00:51:05 | 01:17:54.45 | 7:47 | 7.7 |
| 26 | MOKRZYŃSKI MARCIN | 8255 | KLUB LEKKOATLETYCZNY ZIEMIA KŁODZKA | OŁDRZYCHOWICE KŁODZKIE. | POL | SENIOR II M - 30 | 26 | M 79 | 00:38:56 | 00:53:01 | 01:18:12.15 | 7:49 | 7.7 |
| 27 | JAMROSZCZYK PRZEMYSŁAW | 8172 | TEAM PLESZEW | SOŚNICA | POL | SENIOR II M - 30 | 27 | M 86 | 00:31:41 | 00:51:18 | 01:20:57.00 | 8:05 | 7.4 |
| 28 | RAJZER PIOTR | 8156 | | KIETRZ | POL | SENIOR II M - 30 | 28 | M 87 | 00:33:01 | 00:52:05 | 01:20:57.80 | 8:05 | 7.4 |
| 29 | NOWICKI BARTOSZ | 8173 | | PLESZEW | POL | SENIOR II M - 30 | 29 | M 88 | 00:31:51 | 00:51:27 | 01:21:05.85 | 8:06 | 7.4 |
| 30 | BUDZIAK MICHAŁ | 8171 | | RACIBÓRZ | POL | SENIOR II M - 30 | 30 | M 91 | 00:33:18 | 00:52:14 | 01:21:24.80 | 8:08 | 7.4 |
| 31 | KURENDA RADEK | 8304 | KLUB BIEGACZA RTVEUROAGD,KW OPOLE | OPOLE | POL | SENIOR II M - 30 | 31 | M 96 | 00:31:53 | 00:51:13 | 01:22:26.70 | 8:14 | 7.3 |
| 32 | KUZIEL MARCIN | 8085 | BLACK RUNNING STRONIE ŚLĄSKIE | STRONIE ŚLĄSKIE | POL | SENIOR II M - 30 | 32 | M 97 | 00:32:33 | 00:52:51 | 01:22:30.65 | 8:15 | 7.3 |

BIEG TROJAK TRAIL - 10 KM, Senior II M - 30 c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 3.7km | 5.8km | Netto | min/km | km/h |
|------|------------------------|------|-----------------------------|----------------------|------|------------------|--------|-------|----------|----------|-------------|--------|------|
| 33 | AMANOWICZ LUKASZ | 8395 | | LADEK ZDRÓJ | POL | SENIOR II M - 30 | 33 | M 100 | 00:34:02 | 00:51:13 | 01:23:01.30 | 8:18 | 7.2 |
| 34 | MAZIAREK MICHAŁ | 8057 | | NIEMODLIN | POL | SENIOR II M - 30 | 34 | M 102 | 00:32:56 | 00:52:01 | 01:23:05.35 | 8:18 | 7.2 |
| 35 | PLINIEWICZ KRZYSZTOF | 8143 | STROŃSKA GRUPA ROWEROWA | STRONIE ŚLĄSKIE | POL | SENIOR II M - 30 | 35 | M 105 | 00:33:25 | 00:51:25 | 01:23:46.45 | 8:22 | 7.2 |
| 36 | MICHALAK ADRIAN | 8094 | | WARSZAWA | POL | SENIOR II M - 30 | 36 | M 106 | 00:34:27 | 00:52:25 | 01:23:59.70 | 8:23 | 7.1 |
| 37 | WESOLY MACIEJ | 8196 | KOŁO BIEGA | KOŁO | POL | SENIOR II M - 30 | 37 | M 107 | 00:33:49 | 00:54:23 | 01:24:12.30 | 8:25 | 7.1 |
| 38 | JASKÓŁKA RAFAŁ | 8029 | | DOBRA | POL | SENIOR II M - 30 | 38 | M 119 | 00:35:09 | 00:56:19 | 01:28:01.75 | 8:48 | 6.8 |
| 39 | MARTYNIAK RAFAŁ | 8232 | | KĘTY | POL | SENIOR II M - 30 | 39 | M 122 | 00:35:33 | 00:56:30 | 01:28:21.55 | 8:50 | 6.8 |
| 40 | HUTNIK WOJCIECH | 8375 | APTENEO RUNNING TEAM | BORÓW | POL | SENIOR II M - 30 | 40 | M 125 | 00:37:39 | 00:57:37 | 01:28:45.45 | 8:52 | 6.8 |
| 41 | KUBÓW JAREK | 8301 | | OPOLE | POL | SENIOR II M - 30 | 41 | M 127 | 00:34:00 | 00:55:44 | 01:29:24.60 | 8:56 | 6.7 |
| 42 | PFAJFER MAREK | 8125 | MARATONYPOLSKIE.PL TEAM | POZNAŃ | POL | SENIOR II M - 30 | 42 | M 129 | 00:38:08 | 00:58:35 | 01:30:17.75 | 9:01 | 6.6 |
| 43 | STASIAK ŁUKASZ | 8221 | WATAHA - ŁĄCZY NAS BIEGANIE | LUBIN | POL | SENIOR II M - 30 | 43 | M 132 | 00:36:45 | 00:56:44 | 01:30:33.55 | 9:03 | 6.6 |
| 44 | CHYLIŃSKI BARTOSZ | 8227 | | ŁÓDŹ | POL | SENIOR II M - 30 | 44 | M 138 | 00:35:59 | 00:57:40 | 01:31:56.05 | 9:11 | 6.5 |
| 45 | RĄCZKOWIAK MATEUSZ | 8216 | MATNERRUNNINGTEAM | WROCŁAW | POL | SENIOR II M - 30 | 45 | M 139 | 00:36:04 | 00:58:04 | 01:32:06.70 | 9:12 | 6.5 |
| 46 | TRZEŚNIEWSKI KRZYSZTOF | 8280 | VEGE RUNNERS | WARSZAWA | POL | SENIOR II M - 30 | 46 | M 140 | 00:35:22 | 00:57:47 | 01:32:10.45 | 9:13 | 6.5 |
| 47 | GUTOWSKI PIOTR | 8294 | | KAMIENIEC ZABKOWICKI | POL | SENIOR II M - 30 | 47 | M 143 | 00:35:49 | 00:58:24 | 01:32:59.60 | 9:18 | 6.5 |
| 48 | MAŁECKI KAMIL | 8274 | | SIEDLCE | POL | SENIOR II M - 30 | 48 | M 148 | 00:34:46 | 00:59:48 | 01:33:18.65 | 9:19 | 6.4 |
| 49 | TEKIELA ŁUKASZ | 8046 | | KŁODZKO | POL | SENIOR II M - 30 | 49 | M 149 | 00:36:33 | 00:57:12 | 01:33:20.15 | 9:20 | 6.4 |
| 50 | GULCZYŃSKI DAWID | 8400 | | BYDGOSZCZ | POL | SENIOR II M - 30 | 50 | M 151 | 00:36:08 | 00:57:19 | 01:33:52.45 | 9:23 | 6.4 |
| 51 | CELICHOWSKI STANISŁAW | 8206 | | POZNAŃ | POL | SENIOR II M - 30 | 51 | M 152 | 00:39:41 | 00:59:37 | 01:34:31.15 | 9:27 | 6.3 |
| 52 | KORF TOMASZ | 8059 | | BRZEG | POL | SENIOR II M - 30 | 52 | M 154 | 00:39:44 | 01:00:38 | 01:36:16.80 | 9:37 | 6.2 |
| 53 | SOBCZAK ALEKSANDER | 8154 | BIELAWSKA AKADEMIA BIEGANIA | DZIERZONIÓW | POL | SENIOR II M - 30 | 53 | M 156 | 00:39:41 | 01:03:48 | 01:36:41.75 | 9:40 | 6.2 |
| 54 | GAJDA MATEUSZ | 8039 | SPRÓCHNIALI HERKULESI | BŁĄŻKOWA | POL | SENIOR II M - 30 | 54 | M 157 | 00:39:39 | 01:00:58 | 01:37:03.85 | 9:42 | 6.2 |
| 55 | WILK TOMASZ | 8060 | | OPOLE | POL | SENIOR II M - 30 | 55 | M 158 | 00:38:35 | 01:02:59 | 01:38:36.80 | 9:51 | 6.1 |
| 56 | KAŁKA MARCIN | 8394 | | RAWICZ | POL | SENIOR II M - 30 | 56 | M 160 | 00:38:28 | 01:01:32 | 01:39:11.20 | 9:55 | 6 |
| 57 | KIELASZEWSKI KAROL | 8272 | LESZNO LIMITS RUNNERS | LESZNO | POL | SENIOR II M - 30 | 57 | M 167 | 00:42:33 | 01:03:24 | 01:43:54.65 | 10:23 | 5.8 |
| 58 | GÓRALSKI KRZYSZTOF | 8124 | | BYSTRZYCA KŁODZKA | POL | SENIOR II M - 30 | 58 | M 169 | 00:39:32 | 01:05:02 | 01:45:48.00 | 10:34 | 5.7 |
| 59 | KOWALCZYK DAWID | 8108 | | PODGORZYN | POL | SENIOR II M - 30 | 59 | M 172 | 00:44:26 | 01:08:26 | 01:48:04.55 | 10:48 | 5.6 |
| 60 | CHĄDZULIS KOSTAS | 8195 | | WROCŁAW | POL | SENIOR II M - 30 | 60 | M 176 | 00:43:40 | 01:08:15 | 01:48:39.90 | 10:52 | 5.5 |
| 61 | SŁOMKA MARIUSZ | 8303 | | OPOLE | POL | SENIOR II M - 30 | 61 | M 178 | 00:35:28 | 01:01:38 | 01:50:43.85 | 11:04 | 5.4 |
| 62 | MARIN IRIGARAY ALBERTO | 8158 | | POZNAŃ | POL | SENIOR II M - 30 | 62 | M 179 | 00:43:36 | 01:09:45 | 01:51:21.05 | 11:08 | 5.4 |
| 63 | JANKOWSKI RAFAŁ | 8345 | KOŁO BIEGA | KOŁO | POL | SENIOR II M - 30 | 63 | M 181 | 00:49:45 | 01:16:26 | 01:55:11.15 | 11:31 | 5.2 |
| 64 | MROZ RADOŚLAW | 8342 | | WARSZAWA | POL | SENIOR II M - 30 | 64 | M 183 | 00:44:25 | 01:14:38 | 01:55:26.55 | 11:32 | 5.2 |
| 65 | WIELADEK LUKASZ | 8132 | | WARSZAWA | POL | SENIOR II M - 30 | 65 | M 185 | 00:46:35 | 01:16:33 | 01:57:59.40 | 11:47 | 5.1 |
| 66 | DOMBROWSKI MACIEJ | 8371 | ATTIQ TEAM | KRAKÓW | POL | SENIOR II M - 30 | 66 | M 187 | 00:49:58 | 01:16:10 | 01:58:26.60 | 11:50 | 5.1 |
| 67 | WIELADEK PIOTR | 8130 | | WARSZAWA | POL | SENIOR II M - 30 | 67 | M 188 | 00:48:54 | 01:17:53 | 01:58:34.80 | 11:51 | 5.1 |
| 68 | RYDZYŃSKI JACEK | 8310 | KNEIPTEAM | GŁÓWNO | POL | SENIOR II M - 30 | 68 | M 189 | 00:47:13 | 01:14:01 | 02:02:30.85 | 12:15 | 4.9 |
| 69 | LOJOWSKI BARTOSZ | 8082 | | JELEŃ GÓRA | POL | SENIOR II M - 30 | 69 | M 190 | 00:47:00 | 01:16:31 | 02:03:34.05 | 12:21 | 4.9 |
| 70 | LASEK JAKUB | 8141 | KW OPOLE | OPOLE | POL | SENIOR II M - 30 | 70 | M 191 | 00:51:46 | 01:22:17 | 02:06:24.50 | 12:38 | 4.7 |

BIEG TROJAK TRAIL - 10 KM, Masters K - 40

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 3.7km | 5.8km | Netto | min/km | km/h |
|------|----------------------------|------|---------------------------------|-------------|------|----------------|--------|------|----------|----------|-------------|--------|------|
| 1 | FOGIEL-PAWŁOWSKA AGNIESZKA | 8291 | | WROCŁAW | POL | MASTERS K - 40 | 1 | K 5 | 00:29:23 | 00:44:59 | 01:10:39.95 | 7:04 | 8.5 |
| 2 | WÓJCIK KAMILA | 8364 | NIEDŹWIEDZIE POLARNE | STRONIE SL | POL | MASTERS K - 40 | 2 | K 13 | 00:32:09 | 00:49:47 | 01:17:42.95 | 7:46 | 7.7 |
| 3 | HACZYK NATALIA | 8378 | GOGGLE PAE TEAM | OPOLE | POL | MASTERS K - 40 | 3 | K 16 | 00:32:10 | 00:50:04 | 01:18:38.80 | 7:51 | 7.6 |
| 4 | GRZYBOWSKA ANETA | 8357 | ZGRUPKA TEAM | POZNAŃ | POL | MASTERS K - 40 | 4 | K 17 | 00:32:05 | 00:50:36 | 01:18:52.70 | 7:53 | 7.6 |
| 5 | ZATKE DOROTA | 8226 | AKADEMIA BIEGACZA SALOS WODNAP | ŁÓDŹ | POL | MASTERS K - 40 | 5 | K 23 | 00:30:42 | 00:50:50 | 01:21:45.65 | 8:10 | 7.3 |
| 6 | BRUSIŁOWICZ DAGMARA | 8069 | WIECZORNE BIEGANIE W SZCZECINIE | SZCZECIN | POL | MASTERS K - 40 | 6 | K 25 | 00:33:04 | 00:52:06 | 01:22:19.25 | 8:13 | 7.3 |
| 7 | DZIADOWICZ ANNA | 8383 | ADRIAN DANILEWICZ GROUP | RADWANICE | POL | MASTERS K - 40 | 7 | K 27 | 00:33:02 | 00:53:28 | 01:23:55.75 | 8:23 | 7.1 |
| 8 | WENTYKIER BEATA | 8024 | | PIASECZNO | POL | MASTERS K - 40 | 8 | K 29 | 00:33:00 | 00:52:41 | 01:24:35.25 | 8:27 | 7.1 |
| 9 | GRĘDA ELŻBIETA | 8100 | TIM JEST TIM | OZIMEK | POL | MASTERS K - 40 | 9 | K 30 | 00:34:19 | 00:55:17 | 01:24:47.30 | 8:28 | 7.1 |
| 10 | DOLECKA ELŻBIETA | 8377 | NKB CHYŻY NOWY TOMYŚL | NOWY TOMYŚL | POL | MASTERS K - 40 | 10 | K 32 | 00:34:09 | 00:53:03 | 01:25:19.00 | 8:31 | 7 |
| 11 | HAUSER-GIERS MONIKA | 8041 | KOŚCIAN TEAM | NOWY LUBOSZ | POL | MASTERS K - 40 | 11 | K 39 | 00:34:02 | 00:53:53 | 01:27:16.40 | 8:43 | 6.9 |
| 12 | TEKIELI EWELINA | 8018 | TEKIELI FAMILY | KŁODZKO | POL | MASTERS K - 40 | 12 | K 46 | 00:35:00 | 00:55:40 | 01:30:02.40 | 9:00 | 6.7 |
| 13 | PIGUŁA AGNIESZKA | 8356 | | POZNAŃ | POL | MASTERS K - 40 | 13 | K 47 | 00:36:17 | 00:57:14 | 01:30:07.85 | 9:00 | 6.7 |
| 14 | RAPACZ-TOPIŁKO ANNA | 8360 | | ŁODYGOWICE | POL | MASTERS K - 40 | 14 | K 49 | 00:36:41 | 00:57:33 | 01:30:30.40 | 9:03 | 6.6 |

BIEG TROJAK TRAIL - 10 KM, Masters K - 40 c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 3.7km | 5.8km | Netto | min/km | km/h |
|------|------------------------------|------|-----------------------------------|-----------------------|------|----------------|--------|-------|----------|----------|-------------|--------|------|
| 15 | MIKOŁAJCZAK AGNIESZKA | 8344 | FRIENDS GOSTYŃ | GOSTYŃ | POL | MASTERS K - 40 | 15 | K 55 | 00:35:54 | 00:59:50 | 01:32:32.05 | 9:15 | 6.5 |
| 16 | HORODYŃSKA MIROSLAWA | 8339 | KOTWICA BRZEG | KARŁOWICE | POL | MASTERS K - 40 | 16 | K 56 | 00:36:38 | 00:59:14 | 01:32:37.95 | 9:15 | 6.5 |
| 17 | ŁOBASIUK IWONA | 8382 | FUNDACJA KIERUNEK ULTRA | SUWAŁKI | POL | MASTERS K - 40 | 17 | K 62 | 00:37:58 | 00:59:31 | 01:34:17.00 | 9:25 | 6.4 |
| 18 | TURAJ-KACZYŃSKA MAŁGORZATA | 8113 | GUSTAW TEŻ BIEGA | OLEŚNICA | POL | MASTERS K - 40 | 18 | K 63 | 00:35:16 | 00:57:54 | 01:34:50.85 | 9:29 | 6.3 |
| 19 | MARON AGNIESZKA | 8321 | ADIDAS RUNNERS WARSAW / JACK TEAM | WARSAWA | POL | MASTERS K - 40 | 19 | K 65 | 00:37:21 | 00:59:48 | 01:34:54.15 | 9:29 | 6.3 |
| 20 | KAWCZYŃSKA MONIKA | 8279 | GUSTAW TEŻ BIEGA | OLEŚNICA | POL | MASTERS K - 40 | 20 | K 67 | 00:35:20 | 00:58:01 | 01:34:58.35 | 9:29 | 6.3 |
| 21 | KWIECIEŃ DOROTA | 8115 | | KIELCE | POL | MASTERS K - 40 | 21 | K 68 | 00:39:53 | 01:01:35 | 01:35:32.05 | 9:33 | 6.3 |
| 22 | KAJDANIAK PAULINA | 8192 | | GNIEZNO | POL | MASTERS K - 40 | 22 | K 69 | 00:39:45 | 01:02:55 | 01:35:33.70 | 9:33 | 6.3 |
| 23 | KUCZYŃSKA MAŁGORZATA | 8199 | INSULA ZAWONIA TEAM | ZAWONIA | POL | MASTERS K - 40 | 23 | K 75 | 00:37:50 | 00:59:30 | 01:37:01.60 | 9:42 | 6.2 |
| 24 | SZUBA DAGMARA | 8380 | | BARSAK | FRA | MASTERS K - 40 | 24 | K 78 | 00:40:53 | 01:03:11 | 01:38:22.45 | 9:50 | 6.1 |
| 25 | UCHEREK KINGA | 8031 | | ZORY | POL | MASTERS K - 40 | 25 | K 79 | 00:39:21 | 01:01:45 | 01:38:38.65 | 9:51 | 6.1 |
| 26 | KRYCH JOANNA | 8215 | | CZMOŃ | POL | MASTERS K - 40 | 26 | K 80 | 00:39:02 | 01:01:56 | 01:38:56.05 | 9:53 | 6.1 |
| 27 | BĄCZKOWSKA GRAŻYNA | 8297 | POLACY BIEGAJĄ W NL | ZEVENBERGEN | NED | MASTERS K - 40 | 27 | K 81 | 00:37:41 | 01:00:04 | 01:39:51.30 | 9:59 | 6 |
| 28 | PELCZER AGNIESZKA | 8035 | KB HARCOWNIK JELCZ-LASKOWICE | MŁOSZYCE | POL | MASTERS K - 40 | 28 | K 82 | 00:39:47 | 01:03:55 | 01:39:56.45 | 9:59 | 6 |
| 29 | GAJEWSKA MAGDALENA | 8267 | LAFIRYNDY I GAMONIE | ŁÓDŹ | POL | MASTERS K - 40 | 29 | K 83 | 00:39:54 | 01:03:25 | 01:39:58.40 | 9:59 | 6 |
| 30 | ŁUSIAK EWA | 8187 | KNEIPTEAM | GŁOWNO | POL | MASTERS K - 40 | 30 | K 88 | 00:42:24 | 01:04:07 | 01:40:42.70 | 10:04 | 6 |
| 31 | PEĆZKOWSKA MAGDALENA | 8051 | | TRZEBNICA | POL | MASTERS K - 40 | 31 | K 90 | 00:40:04 | 01:03:37 | 01:41:43.85 | 10:10 | 5.9 |
| 32 | JERMAK ANNA | 8097 | BOHAR PALETY RUNNERS | ZIELONA GÓRA | POL | MASTERS K - 40 | 32 | K 91 | 00:41:02 | 01:05:16 | 01:43:07.55 | 10:18 | 5.8 |
| 33 | NIECHAJ ANNA | 8036 | POMIDOROWA ALTERNATYWA | WAŁBRZYCH | POL | MASTERS K - 40 | 33 | K 93 | 00:41:58 | 01:07:42 | 01:43:29.45 | 10:21 | 5.8 |
| 34 | CHOJECKA MAGDALENA | 8193 | ZBUCKI RUCH | ZBUCZYN | POL | MASTERS K - 40 | 34 | K 94 | 00:42:15 | 01:05:38 | 01:43:35.40 | 10:21 | 5.8 |
| 35 | ROGOWSKA IZABELA | 8418 | STOWARZYSZENIE BIEG OPOLSKI | OPOLE | POL | MASTERS K - 40 | 35 | K 100 | 00:41:06 | 01:05:50 | 01:44:48.10 | 10:28 | 5.7 |
| 36 | SOWIŃSKA MAGDALENA | 8413 | BOGOŃ GRODZISK MAZOWIECKI | BRWINÓW | POL | MASTERS K - 40 | 36 | K 101 | 00:40:52 | 01:06:05 | 01:45:01.70 | 10:30 | 5.7 |
| 37 | TOMERA DOROTA | 8253 | TEAM KURORT ŁĄDEK-ZDRÓJ | STARA BYSTRZYCA | POL | MASTERS K - 40 | 37 | K 105 | 00:43:11 | 01:08:12 | 01:46:05.95 | 10:36 | 5.7 |
| 38 | KUCZYŃSKA AGNIESZKA | 8220 | BIAŁYSTOK BIEGA TEAM | BIAŁYSTOK | POL | MASTERS K - 40 | 38 | K 107 | 00:40:00 | 01:08:53 | 01:47:21.45 | 10:44 | 5.6 |
| 39 | BUGAJSKA-JUCHA RENATA | 8200 | CARBO ASECURA/CA AKTYWNI | GOCZAŁKOWICE ZDRÓJ | POL | MASTERS K - 40 | 39 | K 111 | 00:43:22 | 01:07:42 | 01:48:02.80 | 10:48 | 5.6 |
| 40 | WILGUS-KUBICA KATARZYNA | 8210 | | WISŁA WIELKA | POL | MASTERS K - 40 | 40 | K 112 | 00:43:35 | 01:07:50 | 01:48:10.80 | 10:49 | 5.5 |
| 41 | ZIELIŃSKA - KASZAM MAGDALENA | 8408 | | JAWORZNO | POL | MASTERS K - 40 | 41 | K 116 | 00:42:40 | 01:05:08 | 01:48:54.75 | 10:53 | 5.5 |
| 42 | KOŁACZ WIOLA | 8265 | LAFIRYNDY I GAMONIE | ŁÓDŹ | POL | MASTERS K - 40 | 42 | K 119 | 00:45:00 | 01:10:23 | 01:50:27.50 | 11:02 | 5.4 |
| 43 | KUŹNIAK JUSTYNA | 8142 | KB SZAMOTUŁY | SZAMOTUŁY | POL | MASTERS K - 40 | 43 | K 124 | 00:43:38 | 01:12:07 | 01:51:13.90 | 11:07 | 5.4 |
| 44 | JAKUBOWSKA JUDYTA | 8038 | | KAMIEN POMORSKI | POL | MASTERS K - 40 | 44 | K 129 | 00:43:42 | 01:10:36 | 01:52:31.95 | 11:15 | 5.3 |
| 45 | KMONK MAGDALENA | 8052 | | WROCŁAW | POL | MASTERS K - 40 | 45 | K 131 | 00:42:47 | 01:11:20 | 01:53:36.35 | 11:21 | 5.3 |
| 46 | GAJDZIŃSKA MAGDALENA | 8230 | BIAŁYSTOK BIEGA TEAM | CZARNA WIEŚ KOŚCIELNA | POL | MASTERS K - 40 | 46 | K 134 | 00:44:51 | 01:11:52 | 01:54:53.40 | 11:29 | 5.2 |
| 47 | WYSMOLINSKA KAROLINA | 8319 | | BIERNATLI | POL | MASTERS K - 40 | 47 | K 137 | 00:45:48 | 01:13:29 | 01:55:25.05 | 11:32 | 5.2 |
| 48 | GAGAS ALEKSANDRA | 8372 | | ŁÓDŹ | POL | MASTERS K - 40 | 48 | K 144 | 00:44:10 | 01:13:45 | 01:56:23.80 | 11:38 | 5.2 |
| 49 | WINIARSKA MONIKA | 8042 | DXTREEM RUNNING | WARSAWA | POL | MASTERS K - 40 | 49 | K 149 | 00:44:20 | 01:13:05 | 02:01:35.95 | 12:09 | 4.9 |
| 50 | RAKUS JUSTYNA | 8006 | | CZESTOCHOWA | POL | MASTERS K - 40 | 50 | K 151 | 00:48:54 | 01:18:20 | 02:03:45.35 | 12:22 | 4.8 |
| 51 | BOBIN ANNA | 8055 | ZOCHU TEAM | GORZÓW WIELKOPOLSKI | POL | MASTERS K - 40 | 51 | K 152 | 00:47:23 | 01:19:08 | 02:03:50.85 | 12:23 | 4.8 |
| 52 | MACUR AGNIESZKA | 8088 | | PŁOSZCZYNA | POL | MASTERS K - 40 | 52 | K 153 | 00:47:19 | 01:16:48 | 02:03:53.85 | 12:23 | 4.8 |
| 53 | KOWALEWSKA KATARZYNA | 8023 | | WARSAWA | POL | MASTERS K - 40 | 53 | K 160 | 00:47:21 | 01:17:03 | 02:09:07.00 | 12:54 | 4.6 |
| 54 | JACHIM-SZUBA MAGDALENA | 8390 | | SZCZECIN | POL | MASTERS K - 40 | 54 | K 161 | 00:47:38 | 01:18:37 | 02:10:03.10 | 13:00 | 4.6 |
| 55 | ROŻKO ELA | 8203 | 4ROŹKI | BRWINÓW | POL | MASTERS K - 40 | 55 | K 164 | 00:47:17 | 01:17:02 | 02:13:14.10 | 13:19 | 4.5 |
| 56 | OLMA KATARZYNA | 8228 | | BIELSKO-BIAŁA | POL | MASTERS K - 40 | 56 | K 165 | 00:55:56 | 01:24:17 | 02:15:54.50 | 13:35 | 4.4 |
| 57 | PODJUK KINGA | 8190 | FRIENDS GOSTYŃ | BRZEZIE | POL | MASTERS K - 40 | 57 | K 170 | 00:54:06 | 01:30:32 | 02:30:02.15 | 15:00 | 4 |
| 58 | SZYMAŃSKA AGNIESZKA | 8074 | MUAY RUNNING TEAM | POZNAŃ | POL | MASTERS K - 40 | 58 | K 172 | 01:19:22 | 02:01:24 | 03:07:19.15 | 18:43 | 3.2 |

BIEG TROJAK TRAIL - 10 KM, Masters M - 40

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 3.7km | 5.8km | Netto | min/km | km/h |
|------|---------------------|------|---------------------------------------|------------------------|------|----------------|--------|------|----------|----------|-------------|--------|------|
| 1 | TOMASIAK DOMINIK | 8155 | DIE KUNST DER FUGE | OPOLE | POL | MASTERS M - 40 | 1 | M 10 | 00:23:51 | 00:36:02 | 00:56:42.40 | 5:40 | 10.6 |
| 2 | PIHL PIOTR | 8282 | ENDORFINA WSCHOWA | WSCHOWA | POL | MASTERS M - 40 | 2 | M 14 | 00:24:02 | 00:36:51 | 00:58:49.05 | 5:52 | 10.2 |
| 3 | KITA MICHAŁ | 8066 | PĘDZĄCY W MIEJSCU | WROCŁAW | POL | MASTERS M - 40 | 3 | M 16 | 00:23:52 | 00:36:49 | 00:59:19.70 | 5:56 | 10.1 |
| 4 | KLATKA MICHAŁ | 8353 | BIEGAM BO LUBIĘ - TOMASZÓW MAZOWIECKI | TOMASZÓW MAZOWIECKI | POL | MASTERS M - 40 | 4 | M 22 | 00:26:31 | 00:40:19 | 01:02:12.80 | 6:13 | 9.6 |
| 5 | PRYSTASZ KRZYSZTOF | 8393 | | OŁAWA | POL | MASTERS M - 40 | 5 | M 24 | 00:26:42 | 00:40:06 | 01:02:30.60 | 6:15 | 9.6 |
| 6 | GŁOWACKI ARTUR | 8256 | KGHM ZG RUN | GŁOGÓW | POL | MASTERS M - 40 | 6 | M 25 | 00:25:22 | 00:39:10 | 01:02:44.90 | 6:16 | 9.6 |
| 7 | JAGNIAŃKOWSKI JACEK | 8231 | KLUB LEKKOATLETYCZNY ZIEMIA KŁODZKA | OŁDRZYCHOWICE KŁODZKIE | POL | MASTERS M - 40 | 7 | M 26 | 00:26:42 | 00:40:36 | 01:02:45.00 | 6:16 | 9.6 |
| 8 | KRUPA NORBERT | 8250 | TEAM KURORT- ŁĄDEK ZDRÓJ | ZĄBKOWICE ŚLĄSKIE | POL | MASTERS M - 40 | 8 | M 31 | 00:26:16 | 00:40:05 | 01:03:38.05 | 6:21 | 9.4 |

BIEG TROJAK TRAIL - 10 KM, Masters M - 40 c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 3.7km | 5.8km | Netto | min/km | km/h |
|------|----------------------|------|-------------------------|------------------------|------|----------------|--------|-------|----------|----------|-------------|--------|------|
| 9 | KURASIK TOMASZ | 8219 | | ŁÓDŹ | POL | MASTERS M - 40 | 9 | M 38 | 00:27:25 | 00:42:24 | 01:06:02.65 | 6:36 | 9.1 |
| 10 | MIELCAREK BARTŁOMIEJ | 8161 | MATNERRUNNINGTEAM | WROCLAW | POL | MASTERS M - 40 | 10 | M 50 | 00:27:27 | 00:43:04 | 01:09:53.80 | 6:59 | 8.6 |
| 11 | GAJDECKI TOMEK | 8084 | ACCENTURE | WARSZAWA | POL | MASTERS M - 40 | 11 | M 51 | 00:29:14 | 00:44:30 | 01:09:54.45 | 6:59 | 8.6 |
| 12 | TATKA MARCIN | 8340 | ABY DO METY | WOJBÓRZ | POL | MASTERS M - 40 | 12 | M 54 | 00:29:49 | 00:45:06 | 01:11:13.80 | 7:07 | 8.4 |
| 13 | CZŁONKOWSKI GRZEGORZ | 8247 | DZIKI Z MORASKA | POZNAŃ | POL | MASTERS M - 40 | 13 | M 55 | 00:29:06 | 00:45:04 | 01:11:54.25 | 7:11 | 8.3 |
| 14 | STEC BOGUMIŁ | 8263 | BIKE TEAM CENTROWENT | BOGUSŁAWICE | POL | MASTERS M - 40 | 14 | M 58 | 00:29:39 | 00:46:13 | 01:12:35.40 | 7:15 | 8.3 |
| 15 | RATAJCZAK TOMASZ | 8168 | PALETEAM | PAŁĘDZIE | POL | MASTERS M - 40 | 15 | M 63 | 00:30:14 | 00:47:05 | 01:13:21.75 | 7:20 | 8.2 |
| 16 | JASIŃSKI PAWEŁ | 8346 | APTNEO RUNNING TEAM | SIECHNICE | POL | MASTERS M - 40 | 16 | M 66 | 00:30:51 | 00:47:53 | 01:14:54.30 | 7:29 | 8 |
| 17 | ALTEWĘGIER JAROSŁAW | 8278 | | KRAKÓW | POL | MASTERS M - 40 | 17 | M 70 | 00:30:30 | 00:49:12 | 01:15:38.35 | 7:33 | 7.9 |
| 18 | BOHAREWICZ PAWEŁ | 8277 | BOHAR PALETY RUNNERS | ZIELONA GÓRA | POL | MASTERS M - 40 | 18 | M 72 | 00:31:55 | 00:48:24 | 01:15:42.55 | 7:34 | 7.9 |
| 19 | KADŁUBOWSKI PIOTR | 8335 | SRC TEAM, KOTWICA BRZEG | BRZEG | POL | MASTERS M - 40 | 19 | M 76 | 00:32:41 | 00:50:52 | 01:17:01.40 | 7:42 | 7.8 |
| 20 | TUST KAMIL | 8299 | | ZDUŃSKA WOLA | POL | MASTERS M - 40 | 20 | M 81 | 00:32:53 | 00:50:36 | 01:18:15.35 | 7:49 | 7.7 |
| 21 | DUDEK MARIUSZ | 8332 | | GOSTYŃ | POL | MASTERS M - 40 | 21 | M 83 | 00:31:04 | 00:50:04 | 01:18:55.70 | 7:53 | 7.6 |
| 22 | ROGÓŹ RAFAŁ | 8121 | | KIELCE | POL | MASTERS M - 40 | 22 | M 84 | 00:30:49 | 00:48:09 | 01:19:19.50 | 7:55 | 7.6 |
| 23 | KOLBUS TOMEK | 8235 | BIKE TEAM CENTROWENT | SIECHNICE | POL | MASTERS M - 40 | 23 | M 90 | 00:33:59 | 00:52:07 | 01:21:24.25 | 8:08 | 7.4 |
| 24 | KAWALEC KRYSZTIAN | 8148 | | WARSZAWA | POL | MASTERS M - 40 | 24 | M 92 | 00:32:43 | 00:50:59 | 01:21:33.00 | 8:09 | 7.4 |
| 25 | PEKAŁA DAWID | 8318 | ŻARY RUNNERS TEAM | ZIELONA GÓRA | POL | MASTERS M - 40 | 25 | M 93 | 00:34:47 | 00:53:20 | 01:21:55.20 | 8:11 | 7.3 |
| 26 | MIKLER MARCIN | 8127 | | PRUDNIK | POL | MASTERS M - 40 | 26 | M 98 | 00:32:39 | 00:52:07 | 01:22:34.15 | 8:15 | 7.3 |
| 27 | WUJDA MIROSLAW | 8062 | ERNI RULEZ | DĘBNO | POL | MASTERS M - 40 | 27 | M 99 | 00:30:24 | 00:49:40 | 01:22:43.60 | 8:16 | 7.3 |
| 28 | ZIÓLKOWSKI PIOTR | 8134 | | BRUKSELA | BEL | MASTERS M - 40 | 28 | M 101 | 00:33:41 | 00:52:58 | 01:23:02.40 | 8:18 | 7.2 |
| 29 | BACKER MARCIN | 8027 | TOPOLICE TEAM | PASIKUROWICE | POL | MASTERS M - 40 | 29 | M 103 | 00:34:45 | 00:53:51 | 01:23:09.95 | 8:18 | 7.2 |
| 30 | KLIN ROBERT | 8242 | WATAHA | BRZEG | POL | MASTERS M - 40 | 30 | M 104 | 00:34:09 | 00:52:50 | 01:23:46.15 | 8:22 | 7.2 |
| 31 | GREDA MARIUSZ | 8099 | | OZIMEK | POL | MASTERS M - 40 | 31 | M 108 | 00:36:08 | 00:54:15 | 01:24:14.20 | 8:25 | 7.1 |
| 32 | JARUS ANDRZEJ | 8411 | WKURW_TEAM | GALLSPACH | AUT | MASTERS M - 40 | 32 | M 109 | 00:34:42 | 00:54:04 | 01:24:30.30 | 8:27 | 7.1 |
| 33 | SAMOLAK MACIEK | 8362 | | WAŁBRZYCH | POL | MASTERS M - 40 | 33 | M 110 | 00:34:27 | 00:53:48 | 01:24:43.15 | 8:28 | 7.1 |
| 34 | KOSTYK GRZEGORZ | 8331 | | CHOJNÓW | POL | MASTERS M - 40 | 34 | M 111 | 00:32:06 | 00:51:25 | 01:25:03.95 | 8:30 | 7.1 |
| 35 | TADROWSKI TOMASZ | 8096 | | INOWROCŁAW | POL | MASTERS M - 40 | 35 | M 113 | 00:35:16 | 00:54:29 | 01:26:58.00 | 8:41 | 6.9 |
| 36 | MAJ MAREK | 8153 | ŚLĘZAK TEAM | WROCŁAW | POL | MASTERS M - 40 | 36 | M 114 | 00:36:26 | 00:55:26 | 01:27:12.00 | 8:43 | 6.9 |
| 37 | UPTAS TOMASZ | 8258 | | GŁOGÓW | POL | MASTERS M - 40 | 37 | M 123 | 00:34:32 | 00:55:34 | 01:28:28.75 | 8:50 | 6.8 |
| 38 | ROGOWSKI ROBERT | 8419 | | OPOLE | POL | MASTERS M - 40 | 38 | M 126 | 00:35:15 | 00:56:00 | 01:29:01.60 | 8:54 | 6.7 |
| 39 | BURY ROMAN | 8152 | | KARSKI | POL | MASTERS M - 40 | 39 | M 130 | 00:35:58 | 00:56:26 | 01:30:20.15 | 9:02 | 6.6 |
| 40 | DERBICH MARIUSZ | 8391 | KOWALEW | KOWALEW | POL | MASTERS M - 40 | 40 | M 133 | 00:36:42 | 00:57:57 | 01:30:38.30 | 9:03 | 6.6 |
| 41 | MERAK KRZYSZTOF | 8240 | TEAM KURORT ŁĄDEK-ZDRÓJ | OLDRZYCHOWICE KŁODZKIE | POL | MASTERS M - 40 | 41 | M 134 | 00:37:10 | 00:58:06 | 01:30:40.15 | 9:04 | 6.6 |
| 42 | KORYTNY TOMASZ | 8355 | FRIENDS GOSTYŃ | GOSTYŃ | POL | MASTERS M - 40 | 42 | M 135 | 00:34:42 | 00:57:57 | 01:31:11.70 | 9:07 | 6.6 |
| 43 | MIKOŁAJCZAK RAFAŁ | 8343 | FRIENDS GOSTYŃ | GOSTYŃ | POL | MASTERS M - 40 | 43 | M 141 | 00:35:46 | 00:59:40 | 01:32:22.75 | 9:14 | 6.5 |
| 44 | BISKUPEK JAKUB | 8373 | | WROCŁAW | POL | MASTERS M - 40 | 44 | M 142 | 00:37:04 | 00:59:25 | 01:32:37.20 | 9:15 | 6.5 |
| 45 | WENTYKIER PIOTR | 8017 | | PIASECZNO | POL | MASTERS M - 40 | 45 | M 147 | 00:37:45 | 00:59:07 | 01:33:10.60 | 9:19 | 6.4 |
| 46 | FRAŃSKI ŁUKASZ | 8007 | NKB CHYŻY NOWY TOMYŚL | NOWY TOMYŚL | POL | MASTERS M - 40 | 46 | M 153 | 00:40:19 | 01:01:54 | 01:35:26.45 | 9:32 | 6.3 |
| 47 | PACIOREK PAWEŁ | 8131 | PAWKO RUNNER TEAM | MARKI | POL | MASTERS M - 40 | 47 | M 162 | 00:39:13 | 01:03:36 | 01:40:56.35 | 10:05 | 5.9 |
| 48 | SZKUDLAREK ARKADIUSZ | 8289 | | KOŁO | POL | MASTERS M - 40 | 48 | M 164 | 00:39:36 | 01:02:50 | 01:42:11.55 | 10:13 | 5.9 |
| 49 | ŻUKIEWICZ KRZYSZTOF | 8163 | TKKF MPK POZNAŃ | POZNAŃ | POL | MASTERS M - 40 | 49 | M 165 | 00:41:19 | 01:05:31 | 01:42:55.70 | 10:17 | 5.8 |
| 50 | LEŚNIEWSKI TOMEK | 8268 | LAFIRYNDY I GAMONIE | ŁÓDŹ | POL | MASTERS M - 40 | 50 | M 168 | 00:42:57 | 01:06:03 | 01:45:46.65 | 10:34 | 5.7 |
| 51 | ŻOŁYŃIAK SZYMON | 8330 | | SIERADZ | POL | MASTERS M - 40 | 51 | M 175 | 00:49:18 | 01:11:08 | 01:48:38.85 | 10:51 | 5.5 |
| 52 | KRÓL MIECZYSLAW | 8422 | | | POL | MASTERS M - 40 | 52 | M 177 | 00:40:17 | 01:00:37 | 01:49:05.60 | 10:54 | 5.5 |
| 53 | FIKSA PIOTR | 8185 | WOJART TEAM | KROSNO | POL | MASTERS M - 40 | 53 | M 180 | 00:43:28 | 01:09:56 | 01:53:49.95 | 11:23 | 5.3 |
| 54 | TALAREK ROBERT | 8233 | TELERANEK | SZCZECIN | POL | MASTERS M - 40 | 54 | M 182 | 00:45:41 | 01:13:21 | 01:55:20.10 | 11:32 | 5.2 |
| 55 | KISIAŁA FILIP | 8079 | LACHO TEAM | KRAKÓW | POL | MASTERS M - 40 | 55 | M 186 | 00:46:16 | 01:14:27 | 01:58:13.05 | 11:49 | 5.1 |
| 56 | WINIARSKI ANDRZEJ | 8129 | DXTREEM RUNNING | WARSZAWA | POL | MASTERS M - 40 | 56 | M 192 | 00:49:10 | 01:19:38 | 02:07:21.45 | 12:44 | 4.7 |
| 57 | CHMIELEWSKI MARCIN | 8387 | BIEGAM BEZ SPINY | ŚCINAWA | POL | MASTERS M - 40 | 57 | M 193 | 00:51:54 | 01:23:40 | 02:11:40.80 | 13:10 | 4.6 |
| 58 | KASPRZAK TOMASZ | 8273 | | RUSZOWICE | POL | MASTERS M - 40 | 58 | M 195 | 00:50:55 | 01:21:32 | 02:13:14.85 | 13:19 | 4.5 |
| 59 | FRĄTCZAK IRENEUSZ | 8259 | GMINA GRĘBOCICE | GRĘBOCICE | POL | MASTERS M - 40 | 59 | M 196 | 00:51:03 | 01:21:40 | 02:13:24.75 | 13:20 | 4.5 |
| 60 | SZYMAŃSKI PAWEŁ | 8137 | MUAY RUNING TEAM | POZNAŃ | POL | MASTERS M - 40 | 60 | M 200 | 01:19:13 | 02:01:15 | 03:07:08.80 | 18:42 | 3.2 |
| 61 | NIZIOŁ MARCIN | 8037 | | GRUDZIĄDZ | POL | MASTERS M - 40 | 61 | M 201 | 01:18:18 | 02:03:08 | 03:12:22.00 | 19:14 | 3.1 |

BIEG TROJAK TRAIL - 10 KM, Weteran K - 50

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 3.7km | 5.8km | Netto | min/km | km/h |
|------|----------------------------|------|------------------------------|---------------------|------|----------------|--------|-------|----------|----------|-------------|--------|------|
| 1 | LECKOWSKA MIRELLA | 8065 | | ELBLĄG | POL | WETERAN K - 50 | 1 | K 20 | 00:32:28 | 00:50:19 | 01:19:57.80 | 7:59 | 7.5 |
| 2 | MRÓZ URSZULA | 8151 | NIEDZWIEDZIE POLARNE | STRONIE ŚL | POL | WETERAN K - 50 | 2 | K 21 | 00:33:52 | 00:51:29 | 01:20:47.05 | 8:04 | 7.4 |
| 3 | LUBAŃSKA ALICJA | 8033 | | BUKOWICE | POL | WETERAN K - 50 | 3 | K 50 | 00:36:09 | 00:56:51 | 01:30:36.15 | 9:03 | 6.6 |
| 4 | SAMULSKA AGATA | 8324 | | GORZÓW WIELKOPOLSKI | POL | WETERAN K - 50 | 4 | K 92 | 00:39:41 | 01:05:17 | 01:43:26.05 | 10:20 | 5.8 |
| 5 | PIOTROWSKA ANCEW JOANNA | 8075 | | NOWY TARG | POL | WETERAN K - 50 | 5 | K 98 | 00:41:08 | 01:04:00 | 01:44:23.20 | 10:26 | 5.7 |
| 6 | GAJEWSKA-POLAK IWONA | 8323 | | PIASECZNO | POL | WETERAN K - 50 | 6 | K 102 | 00:42:34 | 01:05:43 | 01:45:24.30 | 10:32 | 5.7 |
| 7 | STRZELCZYK ILONA | 8047 | KĘSY TEAM | OBORNIKI | POL | WETERAN K - 50 | 7 | K 117 | 00:41:44 | 01:08:47 | 01:49:07.30 | 10:54 | 5.5 |
| 8 | ENGEL-ABULEWICZ ELŻBIETA | 8261 | TRENING STUDIO 17 | WROCŁAW | POL | WETERAN K - 50 | 8 | K 143 | 00:44:38 | 01:12:22 | 01:56:12.70 | 11:37 | 5.2 |
| 9 | BŁĄDEK-GRZELCZAK KATARZYNA | 8198 | | ŁÓDŹ | POL | WETERAN K - 50 | 9 | K 148 | 00:46:46 | 01:14:05 | 01:59:55.90 | 11:59 | 5 |
| 10 | FRĄCZKOWIAK ANNA | 8034 | KB HARCOWNIK JELCZ-LASKOWICE | GRĘDZINA | POL | WETERAN K - 50 | 10 | K 156 | 00:50:06 | 01:19:24 | 02:06:20.30 | 12:38 | 4.7 |
| 11 | PSZCZOLIŃSKA ALICJA | 8086 | | GDAŃSK | POL | WETERAN K - 50 | 11 | K 158 | 00:47:59 | 01:19:47 | 02:07:22.40 | 12:44 | 4.7 |
| 12 | MIELCZAREK HALINA | 8020 | | OPOLE | POL | WETERAN K - 50 | 12 | K 162 | 00:50:34 | 01:25:10 | 02:12:15.60 | 13:13 | 4.5 |

BIEG TROJAK TRAIL - 10 KM, Weteran I M - 50

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 3.7km | 5.8km | Netto | min/km | km/h |
|------|---------------------|------|-------------------------------------|-------------|------|------------------|--------|-------|----------|----------|-------------|--------|------|
| 1 | SZTURO JAN | 8316 | | PODGÓRZYN | POL | WETERAN I M - 50 | 1 | M 33 | 00:25:41 | 00:40:05 | 01:04:05.80 | 6:24 | 9.4 |
| 2 | NIEZGÓDKA TOMASZ | 8404 | ZĄŁOGA GÓRSKA | WROCŁAW | POL | WETERAN I M - 50 | 2 | M 34 | 00:27:44 | 00:41:51 | 01:04:10.60 | 6:25 | 9.4 |
| 3 | TABER JERZY | 8358 | ACTIVE PROSPERIA/STO-NOGI MILANÓWEK | BRWINÓW | POL | WETERAN I M - 50 | 3 | M 64 | 00:30:52 | 00:46:57 | 01:14:28.90 | 7:26 | 8.1 |
| 4 | BOSEK LESZEK | 8067 | | BIAŁA NYSKA | POL | WETERAN I M - 50 | 4 | M 80 | 00:32:25 | 00:49:47 | 01:18:14.70 | 7:49 | 7.7 |
| 5 | BARTKOWIAK HUBERT | 8101 | KB SUKCES ŻMIGRÓD | ŻMIGRÓD | POL | WETERAN I M - 50 | 5 | M 82 | 00:31:23 | 00:48:51 | 01:18:55.15 | 7:53 | 7.6 |
| 6 | PAŁAC PIOTR | 8068 | WIECZORNE BIEGANIE W SZCZECINIE | SZCZECIN | POL | WETERAN I M - 50 | 6 | M 95 | 00:32:53 | 00:51:57 | 01:22:09.90 | 8:13 | 7.3 |
| 7 | ABULEWICZ WOJCIECH | 8044 | TRENING STUDIO 17 | WROCŁAW | POL | WETERAN I M - 50 | 7 | M 115 | 00:34:02 | 00:54:16 | 01:27:12.45 | 8:43 | 6.9 |
| 8 | MICHAŁEK JAROSŁAW | 8363 | ONE WAY TICKET | KRAKÓW | POL | WETERAN I M - 50 | 8 | M 117 | 00:36:15 | 00:55:02 | 01:27:27.80 | 8:44 | 6.9 |
| 9 | BAGIŃSKI MAREK | 8347 | APTENEO RUNING TEAM | BORÓW | POL | WETERAN I M - 50 | 9 | M 118 | 00:34:21 | 00:53:25 | 01:27:56.15 | 8:47 | 6.8 |
| 10 | PŁOK KRZYSZTOF | 8257 | TEAMPŁOK | POLKOWICE | POL | WETERAN I M - 50 | 10 | M 131 | 00:36:53 | 00:58:44 | 01:30:33.25 | 9:03 | 6.6 |
| 11 | CIESIELCZYK MAREK | 8070 | TKKF MPK POZNAŃ | POZNAŃ | POL | WETERAN I M - 50 | 11 | M 144 | 00:36:40 | 00:59:15 | 01:33:00.35 | 9:18 | 6.5 |
| 12 | GALEWSKI MARIUSZ | 8040 | | KOTLIN | POL | WETERAN I M - 50 | 12 | M 146 | 00:38:10 | 00:59:00 | 01:33:06.05 | 9:18 | 6.4 |
| 13 | STAŃCZAK PAWEŁ | 8269 | | ŁÓDŹ | POL | WETERAN I M - 50 | 13 | M 150 | 00:38:05 | 00:58:36 | 01:33:44.70 | 9:22 | 6.4 |
| 14 | DOMOSŁAWSKI PAWEŁ | 8218 | | WROCŁAW | POL | WETERAN I M - 50 | 14 | M 159 | 00:38:28 | 01:01:14 | 01:38:51.00 | 9:53 | 6.1 |
| 15 | BALIŃSKI JACEK | 8276 | BIEGACZ NOWOSOLNA | ŁÓDŹ | POL | WETERAN I M - 50 | 15 | M 163 | 00:42:52 | 01:05:16 | 01:41:02.80 | 10:06 | 5.9 |
| 16 | IMIŃSKI CEZARY | 8077 | | ZGIERZ | POL | WETERAN I M - 50 | 16 | M 170 | 00:41:27 | 01:06:01 | 01:46:58.30 | 10:41 | 5.6 |
| 17 | KOŁĄCZ MARIUSZ | 8266 | LAFIRYNDY I GAMONIE | ŁÓDŹ | POL | WETERAN I M - 50 | 17 | M 171 | 00:41:58 | 01:06:39 | 01:47:54.25 | 10:47 | 5.6 |
| 18 | MIELCZAREK GRZEGORZ | 8305 | | OPOLE | POL | WETERAN I M - 50 | 18 | M 194 | 00:50:26 | 01:25:00 | 02:12:05.85 | 13:12 | 4.5 |
| 19 | MICHAŁSKI DARIUSZ | 8114 | ALFA TEAM GOSTYŃ | PIASKI | POL | WETERAN I M - 50 | 19 | M 197 | 01:10:45 | 01:52:51 | 02:54:26.70 | 17:26 | 3.4 |
| 20 | WINIARSKI ROBERT | 8048 | | LEGNICA | POL | WETERAN I M - 50 | 20 | M 198 | 00:58:46 | 01:48:44 | 02:55:39.00 | 17:33 | 3.4 |

BIEG TROJAK TRAIL - 10 KM, Weteran II K - 60

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 3.7km | 5.8km | Netto | min/km | km/h |
|------|------------------------|------|------------------------------|-----------|------|-------------------|--------|-------|----------|----------|-------------|--------|------|
| 1 | WITKOWSKA MARIA | 8019 | KLUB KRÓLIKA STEFANA | KATOWICE | POL | WETERAN II K - 60 | 1 | K 115 | 00:44:25 | 01:08:33 | 01:48:45.10 | 10:52 | 5.5 |
| 2 | NOWAK TERESA | 8386 | | ZIĘBICE | POL | WETERAN II K - 60 | 2 | K 121 | 00:42:33 | 01:10:02 | 01:50:44.95 | 11:04 | 5.4 |
| 3 | DORDZIK MAŁGORZATA | 8337 | | ELBLĄG | POL | WETERAN II K - 60 | 3 | K 127 | 00:44:12 | 01:09:35 | 01:51:46.35 | 11:10 | 5.4 |
| 4 | GONERA JANINA | 8010 | KB HARCOWNIK JELCZ-LASKOWICE | MŁOSZYCE | POL | WETERAN II K - 60 | 4 | K 154 | 00:50:20 | 01:19:33 | 02:04:26.60 | 12:26 | 4.8 |
| 5 | GADZINOWSKA MAŁGORZATA | 8053 | | RADOM | POL | WETERAN II K - 60 | 5 | K 171 | 01:14:02 | 02:01:41 | 03:06:13.55 | 18:37 | 3.2 |

BIEG TROJAK TRAIL - 10 KM, Weteran II M - 60

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 3.7km | 5.8km | Netto | min/km | km/h |
|------|----------------------|------|-------------------------------|-----------|------|-------------------|--------|------|----------|----------|-------------|--------|------|
| 1 | WITULSKI WALDEMAR | 8397 | TEAM PODGÓRZYN | SOSNÓWKA | POL | WETERAN II M - 60 | 1 | M 23 | 00:25:21 | 00:38:45 | 01:02:15.30 | 6:13 | 9.6 |
| 2 | PLEŚNIARSKI ZBIGNIEW | 8396 | KLUB SPORTOWY GRAŃ W KARPACZU | KARPACZ | POL | WETERAN II M - 60 | 2 | M 69 | 00:30:44 | 00:47:50 | 01:15:24.35 | 7:32 | 8 |
| 3 | PILARSKI RYSZARD | 8312 | IZERY BOGATYNIA | BOGATYNIA | POL | WETERAN II M - 60 | 3 | M 94 | 00:32:53 | 00:50:29 | 01:22:02.00 | 8:12 | 7.3 |

BIEG TROJAK TRAIL - 10 KM, Weteran II M - 60 c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 3.7km | 5.8km | Netto | min/km | km/h |
|------|-----------------------|------|--------|---------------|------|-------------------|--------|-------|----------|----------|-------------|--------|------|
| 4 | MAŁKOWSKI PIOTR | 8159 | | KOŚCIAN | POL | WETERAN II M - 60 | 4 | M 112 | 00:34:36 | 00:54:56 | 01:26:36.90 | 8:39 | 6.9 |
| 5 | JASKÓŁKA HUBERT | 8078 | AMATOR | ŁOWKOWICE | POL | WETERAN II M - 60 | 5 | M 120 | 00:35:25 | 00:56:35 | 01:28:15.90 | 8:49 | 6.8 |
| 6 | BRZEZIŃSKI ANDRZEJ | 8013 | | OLKUSZ | POL | WETERAN II M - 60 | 6 | M 137 | 00:37:44 | 00:58:19 | 01:31:43.60 | 9:10 | 6.5 |
| 7 | SZAŁA JANUSZ | 8211 | | ŁAZISKA GÓRNE | POL | WETERAN II M - 60 | 7 | M 145 | 00:36:35 | 00:58:12 | 01:33:05.05 | 9:18 | 6.4 |
| 8 | KIELASZEWSKI MIROŚLAW | 8188 | | LESZNO | POL | WETERAN II M - 60 | 8 | M 166 | 00:41:32 | 01:02:54 | 01:43:24.55 | 10:20 | 5.8 |

BIEG TROJAK TRAIL - 10 KM, Weteran III K - 70

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 3.7km | 5.8km | Netto | min/km | km/h |
|------|-----------------|------|------|-----------|------|--------------------|--------|-------|----------|----------|-------------|--------|------|
| 1 | HACZYK GABRIELA | 8407 | | OPOLE | POL | WETERAN III K - 70 | 1 | K 169 | 00:51:46 | 01:29:42 | 02:22:21.60 | 14:14 | 4.2 |

BIEG TROJAK TRAIL - 10 KM, Weteran III M - 70

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 3.7km | 5.8km | Netto | min/km | km/h |
|------|---------------------|------|------------------------|-----------|------|--------------------|--------|-------|----------|----------|-------------|--------|------|
| 1 | LEWANDOWSKI TADEUSZ | 8213 | 1949 WKB PIAST WROCLAW | WROCLAW | POL | WETERAN III M - 70 | 1 | M 124 | 00:36:06 | 00:56:25 | 01:28:44.15 | 8:52 | 6.8 |
| 2 | SZYMAŁA JAN | 8043 | NIEZRZESZONY KO | KLUCZBORK | POL | WETERAN III M - 70 | 2 | M 173 | 00:42:55 | 01:07:14 | 01:48:15.95 | 10:49 | 5.5 |
| 3 | GADZINOWSKI IGNACY | 8028 | | RADOM | POL | WETERAN III M - 70 | 3 | M 199 | 01:13:56 | 02:01:32 | 03:06:03.75 | 18:36 | 3.2 |