

PUCHAR GÓRNEGO ŚLĄSKA NORDIC WALKING 2020 - 5 KM - MĘŻCZYŹNI

 Organizator: Tarnowskie Góry
 Data: 2020-10-04
 Miejsce: Tarnowskie Góry
 Dystans: 5 km
 Klasyfikacja wg czasów netto.

PUCHAR GÓRNEGO ŚLĄSKA NORDIC WALKING 2020 - 5 KM - MĘŻCZYŹNI, OPEN

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Żół. kartki | Czer. kartki | Netto | min/km | km/h |
|------|----------------------|-----|-------------------------------------------------------|-----------------|------|--------------------------|--------|------|-------------|--------------|-------------|--------|------|
| 1 | WITUCKI JACEK | 180 | | POZNAŃ | POL | M45-49 | 1 | M 1 | | | 00:28:45.15 | 5:45 | 10.4 |
| 2 | ROSAK MARCIN | 425 | BACHUS NORDICUS ZIELONA GÓRA | ZIELONA GÓRA | POL | M40-44 | 1 | M 2 | | | 00:29:11.85 | 5:50 | 10.3 |
| 3 | WOJTOWICZ TOMASZ | 500 | ATHLETIC ZRĘCIN / GMINA MIEJSCE PIASTOWE | WIDACZ | POL | M30-39 | 1 | M 3 | | | 00:29:14.15 | 5:50 | 10.3 |
| 4 | CYRUS BOGDAN | 76 | SILESIA NORDIC TEAM | STRZEBIŃ | POL | M50-54 | 1 | M 4 | | | 00:30:29.50 | 6:05 | 9.8 |
| 5 | MARCZAK TOMASZ | 371 | | ALEKSANDRIA I | POL | M18-29 | 1 | M 5 | | | 00:30:43.50 | 6:08 | 9.8 |
| 6 | BIELAWSKI LESZEK | 202 | SONSIEDZI TEAM | OKUNIEW | POL | M40-44 | 2 | M 6 | 1 | | 00:30:46.90 | 6:09 | 9.8 |
| 7 | ROŻYNEK MIRON | 178 | KS METRACO POLKOWICE | WROCŁAW | POL | M55-59 | 1 | M 7 | | | 00:30:51.45 | 6:10 | 9.7 |
| 8 | DEBSKI BARTŁOMIEJ | 232 | NORDIC TEAM CZĘSTOCHOWA | CZĘSTOCHOWA | POL | M40-44 | 3 | M 8 | | | 00:30:58.40 | 6:11 | 9.7 |
| 9 | TRZCIŃSKI FRANCISZEK | 337 | WOPR/SIR START | CHELMNO | POL | M55-59 | 2 | M 9 | 1 | | 00:30:58.45 | 6:11 | 9.7 |
| 10 | ROMANOWSKI DANIEL | 424 | | RYBNIK | POL | M18-29 | 2 | M 10 | 1 | | 00:31:03.60 | 6:12 | 9.7 |
| 11 | HELWICH STEFAN | 275 | KS METRACO POLKOWICE | WIELEN | POL | M60-64 | 1 | M 11 | | | 00:31:10.60 | 6:14 | 9.6 |
| 12 | BRZOZOWSKI PIOTR | 175 | AKTYWNI POSTOMINO | ŚLAWNO | POL | M30-39 | 2 | M 12 | | | 00:31:11.85 | 6:14 | 9.6 |
| 13 | KUŹMICH ADAM | 171 | POLIPACK TEAM GWE | MASZEWKO | POL | M30-39 | 3 | M 13 | 1 | | 00:31:16.40 | 6:15 | 9.6 |
| 14 | WOROCZ ROMAN | 177 | KS METRACO POLKOWICE | DOPIEWO | POL | M60-64 | 2 | M 14 | | | 00:31:20.30 | 6:16 | 9.6 |
| 15 | KNITTER TOMASZ | 306 | BŁĘKITNI NW DZIEMIANY | DZIEMIANY | POL | M18-29 | 3 | M 15 | | | 00:31:25.55 | 6:17 | 9.5 |
| 16 | SOKOŁOWSKI MAREK | 436 | PTG SOKÓŁ RYMANÓW | RYMANÓW-ZDRÓJ | POL | M55-59 | 3 | M 16 | | | 00:31:28.90 | 6:17 | 9.5 |
| 17 | FRAĆKOWIAK ROMAN | 179 | EKSPEDYCJA NORDIC TEAM SZCZECIN | WIELEŃ | POL | M50-54 | 2 | M 17 | 1 | | 00:31:33.60 | 6:18 | 9.5 |
| 18 | KŁYŚ RYSZARD | 304 | STADION ŚLĄSKI | GLIWICE | POL | M60-64 | 3 | M 18 | | | 00:31:34.60 | 6:18 | 9.5 |
| 19 | TOPOLNICKI KONRAD | 478 | CKZIU MECHANIK NYSA | PRZECHÓD | POL | M18-29 | 4 | M 19 | 1 | | 00:31:40.10 | 6:20 | 9.5 |
| 20 | KUŚMIEREK PATRYK | 342 | BŁĘKITNI NW DZIEMIANY | DZIEMIANY | POL | M18-29 | 5 | M 20 | | | 00:31:51.45 | 6:22 | 9.4 |
| 21 | SPYCHAŁA LESŁAW | 441 | CKZIU MECHANIK NYSA | BIAŁA | POL | M50-54 | 3 | M 21 | | | 00:32:08.10 | 6:25 | 9.3 |
| 22 | TOPOREK RAFAŁ | 176 | POLIPACK TEAM GWE | PRZODKOWO | POL | M-NIEPEŁNOSPRAWNI(B) | 1 | M 22 | 2 | | 00:32:11.45 | 6:26 | 9.3 |
| 23 | ŚLUPIANEK PAWEŁ | 432 | KATOWICKI NORDIC WALKING | KATOWICE | POL | M40-44 | 4 | M 23 | | | 00:32:16.50 | 6:27 | 9.3 |
| 24 | RECZULSKI MARIUSZ | 422 | STOWARZYSZENIE MIŁOŚNIKÓW SPORTU EFEKT CZĘSTOCHOWA | CZĘSTOCHOWA | POL | M50-54 | 4 | M 24 | | | 00:32:22.20 | 6:28 | 9.3 |
| 25 | ŚWIDEREK MARCIN | 468 | NW CZĘLAPSKI TEAM | SKIERNIEWICE | POL | M40-44 | 5 | M 25 | | | 00:32:46.40 | 6:33 | 9.2 |
| 26 | GRABOWSKI JACEK | 266 | LKS ZANTYR SZTUM | SZTUM | POL | M45-49 | 2 | M 26 | | | 00:32:46.45 | 6:33 | 9.2 |
| 27 | JUREK ADAM | 46 | KS METRACO POLKOWICE | LUBIN | POL | M60-64 | 4 | M 27 | 1 | | 00:33:00.50 | 6:36 | 9.1 |
| 28 | BARYLUK BENIAMIN | 197 | MOSIR TKKF SATURN CZELADŹ | CZELADŹ | POL | M-JUN. | 1 | M 28 | 1 | | 00:33:01.75 | 6:36 | 9.1 |
| 29 | CIMPRICH PETR | 220 | NORDIC WALKING OLOMOUC | OLOMOUC | CZE | M30-39 | 4 | M 29 | | | 00:33:20.80 | 6:40 | 9 |
| 30 | KLIMCZAK ADAM | 303 | GOSADI NORDIC TEAM | WARSZAWA | POL | M55-59 | 4 | M 30 | | | 00:33:23.00 | 6:40 | 9 |
| 31 | OLSZAŃSKI KAROL | 397 | FEAR THE RETURN | KRAKÓW | POL | M45-49 | 3 | M 31 | | | 00:33:23.95 | 6:40 | 9 |
| 32 | CZĘLAPSKI KRZYSZTOF | 227 | NW CZĘLAPSKI TEAM | WARSZAWA | POL | M55-59 | 5 | M 32 | | | 00:33:33.10 | 6:42 | 8.9 |
| 33 | GRZYWA BOGDAN | 273 | FORMA WODZISŁAW ŚLĄSKI | CZYŻOWICE | POL | M55-59 | 6 | M 33 | | | 00:33:38.90 | 6:43 | 8.9 |
| 34 | BUŁAKOWSKI BOHDAN | 215 | PASJA NORDIC WALKING | WARSZAWA | POL | M70-74 | 1 | M 34 | | | 00:33:50.75 | 6:46 | 8.9 |
| 35 | ZAGAJA JANUSZ | 510 | WESOŁY BORSUK TEAM | OPOLE | POL | M65-69 | 1 | M 35 | | | 00:33:54.90 | 6:46 | 8.8 |
| 36 | KABATA JAROSŁAW | 294 | | TARNOWSKIE GÓRY | POL | M50-54 | 5 | M 36 | | | 00:33:56.45 | 6:47 | 8.8 |
| 37 | BIBKO MARTIN | 24 | SPEEDBAR | KOSICE | POL | M40-44 | 6 | M 37 | | | 00:33:57.20 | 6:47 | 8.8 |
| 38 | SZYMAŃSKI STEFAN | 463 | XV KOŁO POLSKIEGO ZWIĄZKU EMERYTÓW W DYWITACH | KIEŹLINY | POL | M70-74 | 2 | M 38 | | | 00:33:59.45 | 6:47 | 8.8 |
| 39 | TUZIMEK JAKUB | 482 | KUR-TEAM | KURÓW | POL | M-JUN. | 2 | M 39 | 2 | | 00:34:02.95 | 6:48 | 8.8 |
| 40 | KUŚMIEREK MATEUSZ | 341 | BŁĘKITNI NW DZIEMIANY | DZIEMIANY | POL | M-JUN. | 3 | M 40 | | | 00:34:03.25 | 6:48 | 8.8 |
| 41 | RADECKI ARTUR | 420 | CHODZĄCY BIAŁYSTOK | BIAŁYSTOK | POL | M55-59 | 7 | M 41 | | | 00:34:05.00 | 6:49 | 8.8 |
| 42 | MROZIŃSKI TADEUSZ | 387 | NORDICUS STRZYBNICA | TARNOWSKIE GÓRY | POL | M50-54 | 6 | M 42 | | | 00:34:16.05 | 6:51 | 8.8 |

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|------|----------------------|-----|-----------------------------|-------------------|------|-----------------------|--------|------|-------------|--------------|-------------|--------|------|
| 43 | JANKOWSKI MATEUSZ | 283 | POLIPACK TEAM GWE | GOSCICINO | POL | M18-29 | 6 | M 43 | | | 00:34:17.00 | 6:51 | 8.8 |
| 44 | STACHOWIAK TOMASZ | 443 | STĘSZEW TEAM | KONARZEWO | POL | M40-44 | 7 | M 44 | | | 00:34:18.00 | 6:51 | 8.7 |
| 45 | TABOR LESZEK | 469 | LKS ZANTYR SZTUM | SZTUM | POL | M60-64 | 5 | M 45 | | | 00:34:21.05 | 6:52 | 8.7 |
| 46 | MATECKI RYSZARD | 372 | KS METRACO POLKOWICE | KUDOWA ZDRÓJ | POL | M70-74 | 3 | M 46 | | | 00:34:36.50 | 6:55 | 8.7 |
| 47 | CZEKAJŁO FRANCISZEK | 226 | REMI | DREZDENKO | POL | M65-69 | 2 | M 47 | | | 00:34:37.00 | 6:55 | 8.7 |
| 48 | WOJCIECHOWSKI MARCIN | 499 | RADLINIOKI | RADLIN | POL | M30-39 | 5 | M 48 | 1 | | 00:34:39.95 | 6:55 | 8.7 |
| 49 | STĘPIEŃ ANDRZEJ | 448 | LKS ZANTYR SZTUM | SZTUM | POL | M18-29 | 7 | M 49 | 1 | | 00:34:42.05 | 6:56 | 8.6 |
| 50 | JÓWKO PAWEŁ | 289 | KUR-TEAM | KURÓW | POL | M45-49 | 4 | M 50 | | | 00:34:43.30 | 6:56 | 8.6 |
| 51 | MAJCHRZYK WOJCIECH | 364 | SONSIEDZI TEAM | OKUNIEW | POL | M50-54 | 7 | M 51 | | | 00:34:44.15 | 6:56 | 8.6 |
| 52 | CZMOCH MARIAN | 228 | | ŁOSICE | POL | M65-69 | 3 | M 52 | | | 00:34:44.55 | 6:56 | 8.6 |
| 53 | BREWKA JOACHIM | 209 | UNIA MIAST | LUBLINIEC | POL | M55-59 | 8 | M 53 | | | 00:34:47.45 | 6:57 | 8.6 |
| 54 | MAJAK MATEUSZ | 362 | NW CZŁAPSKI TEAM | WARSAWA | POL | M18-29 | 8 | M 54 | | | 00:34:50.90 | 6:58 | 8.6 |
| 55 | TOMCZYK EDWARD | 477 | MARSZ PO ZDROWIE | POZNAŃ | POL | M70-74 | 4 | M 55 | | | 00:34:59.95 | 6:59 | 8.6 |
| 56 | KASPRZAK TADEUSZ | 300 | | OSIEK | POL | M-NIEPEŁNOSPRAWNI(A) | 1 | M 56 | | | 00:35:07.05 | 7:01 | 8.5 |
| 57 | DUSZEŃKO ZYGMUNT | 237 | KS METRACO POLKOWICE | LUBIN | POL | M-NIEPEŁNOSPRAWNI(A) | 2 | M 57 | | | 00:35:10.70 | 7:02 | 8.5 |
| 58 | KOŁPAK JAN | 310 | LKS ZANTYR SZTUM | SZTUM | POL | M70-74 | 5 | M 58 | | | 00:35:22.10 | 7:04 | 8.5 |
| 59 | KOWALCZYK TADEUSZ | 318 | LUX TORPEDA MAŁOPOLSKA | KRAKÓW | POL | M65-69 | 4 | M 59 | | | 00:35:30.05 | 7:06 | 8.5 |
| 60 | ADAMUS MARIAN | 301 | SILESIA NORDIC TEAM | BYTOM | POL | M70-74 | 6 | M 60 | | | 00:35:34.35 | 7:06 | 8.4 |
| 61 | NOWACZYK TOMASZ | 393 | MARSZ PO ZDROWIE | GNIEZNO | POL | M40-44 | 8 | M 61 | | | 00:35:38.00 | 7:07 | 8.4 |
| 62 | TRZCIŃSKI WIKTOR | 481 | SERCE NORDICA WŁOCLAWEK | WŁOCLAWEK | POL | M-DZIECI | 1 | M 62 | | | 00:35:43.95 | 7:08 | 8.4 |
| 63 | RYBAŁTOWSKI PAWEŁ | 428 | OBORYGENI | OBORNIKI ŚLĄSKIE | POL | M75+ | 1 | M 63 | | | 00:35:44.40 | 7:08 | 8.4 |
| 64 | PŁONKA KRZYSZTOF | 411 | | KUŹNIA RACIBORSKA | POL | M55-59 | 9 | M 64 | | | 00:35:44.95 | 7:08 | 8.4 |
| 65 | WALESZKO ANDRZEJ | 489 | PASJA NORDIC WALKING | WARSAWA | POL | M45-49 | 5 | M 65 | | | 00:35:45.55 | 7:09 | 8.4 |
| 66 | DUDEK EDWARD | 235 | KS METRACO POLKOWICE | GŁOGÓW | POL | M70-74 | 7 | M 66 | 1 | | 00:35:53.45 | 7:10 | 8.4 |
| 67 | TKOCZ ADAM | 472 | EKIPA NA KIJACH | RUDA ŚLĄSKA | POL | M50-54 | 8 | M 67 | | | 00:35:55.75 | 7:11 | 8.4 |
| 68 | STOLARSKI JANUSZ | 450 | SERCE NORDICA WŁOCLAWEK | WŁOCLAWEK | POL | M65-69 | 5 | M 68 | | | 00:35:58.00 | 7:11 | 8.3 |
| 69 | NETKOWSKI WOJCIECH | 389 | PASJA NORDIC WALKING | BRWINOW | POL | M60-64 | 6 | M 69 | | | 00:36:11.65 | 7:14 | 8.3 |
| 70 | WAWRZYŃIAK IGOR | 495 | POLIPACK TEAM GWE | GDYNIA | POL | M-JUN. | 4 | M 70 | | | 00:36:12.70 | 7:14 | 8.3 |
| 71 | CIEŚLUK MARCIN | 218 | NORDIC TEAM CZĘSTOCHOWA | CZĘSTOCHOWA | POL | M-NIEPEŁNOSPRAWNI(B) | 2 | M 71 | | | 00:36:18.90 | 7:15 | 8.3 |
| 72 | ŻAK DAWID | 504 | MOSIR TKKF SATURN CZELADŹ | CZELADŹ | POL | M-JUN. | 5 | M 72 | | | 00:36:27.25 | 7:17 | 8.2 |
| 73 | WASILEWSKI SŁAWOMIR | 493 | PASJA NORDIC WALKING | WARSAWA | POL | M75+ | 2 | M 73 | | | 00:36:29.25 | 7:17 | 8.2 |
| 74 | OLSZEWSKI RYSZARD | 398 | LKS ZANTYR SZTUM | SZTUM | POL | M65-69 | 6 | M 74 | | | 00:36:44.95 | 7:20 | 8.2 |
| 75 | FRANCZAK DARIUSZ | 242 | NW CZŁAPSKI TEAM | WARSAWA | POL | M55-59 | 10 | M 75 | | | 00:37:01.10 | 7:24 | 8.1 |
| 76 | MACHOWSKI JAN | 360 | LEŚNE LUDKI ŻARKI LETNISKO | KOZIEGŁOWY | POL | M70-74 | 8 | M 76 | | | 00:37:27.60 | 7:29 | 8 |
| 77 | RUSINOWICZ ANDRZEJ | 427 | DAJ RADOŚĆ NIEPEŁNOSPRAWNYM | PIŁA | POL | M75+ | 3 | M 77 | | | 00:37:27.95 | 7:29 | 8 |
| 78 | GRYGOROWICZ BOGDAN | 271 | KS METRACO POLKOWICE | LUBIN | POL | M-NIEPEŁNOSPRAWNI(B) | 3 | M 78 | | | 00:37:43.15 | 7:32 | 8 |
| 79 | LACHNIK HUBERT | 346 | CKZIU MECHANIK NYSA | ARNSDORF | GER | M70-74 | 9 | M 79 | | | 00:37:43.65 | 7:32 | 8 |
| 80 | WALESZKO ADAM | 488 | PASJA NORDIC WALKING | WARSAWA | POL | M-JUN. | 6 | M 80 | | | 00:37:50.90 | 7:34 | 7.9 |
| 81 | MAZURKIEWICZ ANTONI | 375 | LKS ZANTYR SZTUM | SZTUM | POL | M70-74 | 10 | M 81 | | | 00:37:53.95 | 7:34 | 7.9 |
| 82 | PASTERNY IGOR | 404 | MOSIR TKKF SATURN CZELADŹ | CZELADŹ | POL | M-DZIECI | 2 | M 82 | | | 00:37:57.10 | 7:35 | 7.9 |
| 83 | ŚCIBIOR ROBERT | 465 | KUR-TEAM | KLEMENTOWICE | POL | M45-49 | 6 | M 83 | | | 00:38:19.10 | 7:39 | 7.8 |
| 84 | SZCZĘŚNIAK WIKTOR | 459 | NORDIC TEAM CZĘSTOCHOWA | CZĘSTOCHOWA | POL | M-JUN. | 7 | M 84 | | | 00:38:26.40 | 7:41 | 7.8 |
| 85 | PUSZKARSKI ADAM | 417 | GOSADI NORDIC TEAM | WARSAWA | POL | M-DZIECI | 3 | M 85 | | | 00:38:27.65 | 7:41 | 7.8 |
| 86 | TOŁAJ ANDRZEJ | 474 | KATOWICKI NORDIC WALKING | SOSNOWIEC | POL | M60-64 | 7 | M 86 | | | 00:38:33.10 | 7:42 | 7.8 |
| 87 | GRABDA ANDRZEJ | 265 | | DĄBROWA GÓRNICZA | POL | M55-59 | 11 | M 87 | | | 00:38:34.25 | 7:42 | 7.8 |
| 88 | LEWANDOWSKI ROMAN | 353 | LKS ZANTYR SZTUM | KWIDZYN | POL | M65-69 | 7 | M 88 | | | 00:38:52.75 | 7:46 | 7.7 |
| 89 | GÓRNIK JERZY | 263 | KATOWICE 49 | KATOWICE | POL | M70-74 | 11 | M 89 | | | 00:39:16.55 | 7:51 | 7.6 |
| 90 | BŁASZCZYK ADRIAN | 203 | | CZĘSTOCHOWA | POL | M40-44 | 9 | M 90 | 1 | | 00:39:16.80 | 7:51 | 7.6 |
| 91 | BOROŃ ADAM | 206 | MOSIR TKKF SATURN CZELADŹ | CZELADŹ | POL | M-JUN. | 8 | M 91 | | | 00:39:30.00 | 7:54 | 7.6 |
| 92 | SOSNECKI ŁUKASZ | 440 | | ALEKSANDRIA I | POL | M-JUN. | 9 | M 92 | 1 | | 00:39:46.60 | 7:57 | 7.5 |
| 93 | PIĄTKOWSKI JÓZEF | 407 | KS METRACO POLKOWICE | POLKOWICE | POL | M75+ | 4 | M 93 | | | 00:39:59.00 | 7:59 | 7.5 |
| 94 | STASIAK MACIEJ | 445 | | TARNOWSKIE GÓRY | POL | M30-39 | 6 | M 94 | | | 00:39:59.35 | 7:59 | 7.5 |
| 95 | SOSIN STANISŁAW | 439 | STADION ŚLĄSKI | CHORZÓW | POL | M-NIEPEŁNOSPRAWNI(A) | 3 | M 95 | | | 00:40:09.80 | 8:01 | 7.5 |

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|------|-------------------------|-----|---------------------------|-----------------|------|----------------------|--------|-------|-------------|--------------|-------------|--------|------|
| 96 | THOMALLA BOGDAN | 471 | STADION ŚLĄSKI | ZABRZE | POL | M75+ | 5 | M 96 | | | 00:40:26.05 | 8:05 | 7.4 |
| 97 | NIEŚŁONY RYSZARD | 392 | MALIMOWE GWIAZDY | CHORZÓW | POL | M60-64 | 8 | M 97 | | | 00:40:42.50 | 8:08 | 7.4 |
| 98 | JÓZWIAK ŁUKASZ | 291 | SERCE NORDICA WŁOCŁAWEK | WŁOCŁAWEK | POL | M-NIEPEŁNOSPRAWNI(A) | 4 | M 98 | | | 00:40:56.15 | 8:11 | 7.3 |
| 99 | GORNY MARTIN | 259 | CKZIU MECHANIK NYSA | DRESDEN | GER | M-DZIECI | 4 | M 99 | | | 00:41:02.15 | 8:12 | 7.3 |
| 100 | JANOSZKA KRZYSZTOF | 284 | MORSY LUBLINIEC | LUBLINIEC | POL | M60-64 | 9 | M 100 | | | 00:41:11.15 | 8:14 | 7.3 |
| 101 | GAŹDZICKI STANISŁAW | 252 | | TARNOWSKIE GÓRY | POL | M60-64 | 10 | M 101 | | | 00:42:27.00 | 8:29 | 7.1 |
| 102 | SOBCZAK ROBERT | 433 | NORDICUS STRZYBNICA | TARNOWSKIE GÓRY | POL | M40-44 | 10 | M 102 | | | 00:42:38.05 | 8:31 | 7 |
| 103 | MAJAK WOJCIECH | 361 | NW CZŁĄPSKI TEAM | WARSZAWA | POL | M45-49 | 7 | M 103 | | | 00:42:47.45 | 8:33 | 7 |
| 104 | SZYMCZEWSKI WŁODZIMIERZ | 464 | | ŚWIĘTOCHŁOWICE | POL | M60-64 | 11 | M 104 | | | 00:43:23.05 | 8:40 | 6.9 |
| 105 | KUREK KLAUDIUSZ | 336 | | TARNOWSKIE GÓRY | POL | M30-39 | 7 | M 105 | | | 00:44:02.95 | 8:48 | 6.8 |
| 106 | KRZYCHOWICZ KAROL | 325 | NORDICUS STRZYBNICA | STRZYBNICA | POL | M30-39 | 8 | M 106 | | | 00:44:04.05 | 8:48 | 6.8 |
| 107 | TUZIMEK ADAM | 483 | KUR-TEAM | KURÓW | POL | M-JUN. | 10 | M 107 | | | 00:44:14.80 | 8:50 | 6.8 |
| 108 | MARONDEL JAN | 410 | | BYTOM | POL | M65-69 | 8 | M 108 | | | 00:44:22.55 | 8:52 | 6.8 |
| 109 | DRYNDA FRANCISZEK | 234 | NORDICUS STRZYBNICA | TARNOWSKIE GÓRY | POL | M70-74 | 12 | M 109 | | | 00:44:50.20 | 8:58 | 6.7 |
| 110 | ŚCIBISZ BOGDAN | 466 | MOSIR TTKF SATURN CZELADŹ | SOSNOWIEC | POL | M75+ | 6 | M 110 | | | 00:46:08.10 | 9:13 | 6.5 |
| 111 | LEBIODA PAWEŁ | 351 | STADION ŚLĄSKI | KATOWICE | POL | M-NIEPEŁNOSPRAWNI(A) | 5 | M 111 | | | 00:46:21.20 | 9:16 | 6.5 |
| 112 | PAJĘCKI ADAM | 401 | PARAKULOS KOWAL | KOWAL | POL | M-NIEPEŁNOSPRAWNI(B) | 4 | M 112 | | | 00:46:52.40 | 9:22 | 6.4 |
| 113 | ZYGMUNT PATRYK | 327 | | KATOWICE | POL | M40-44 | 11 | M 113 | | | 00:48:57.65 | 9:47 | 6.1 |
| 114 | JÓZWIAK DOMINIK | 292 | SERCE NORDICA WŁOCŁAWEK | WŁOCŁAWEK | POL | M-NIEPEŁNOSPRAWNI(B) | 5 | M 114 | | | 00:50:28.40 | 10:05 | 5.9 |
| 115 | CIEŚLUK IGOR | 219 | NORDIC TEAM CZĘSTOCHOWA | CZĘSTOCHOWA | POL | M-DZIECI | 5 | M 115 | | | 01:03:29.90 | 12:41 | 4.7 |
| DQ | GLISZCZYŃSKI MIROSLAW | 257 | NWPL/GOGGLE PAE TEAM | TARNOWSKIE GÓRY | POL | M-NIEPEŁNOSPRAWNI(A) | DQ | DQ | | 1 | 00:38:53.75 | 0:00 | 7.7 |
| DQ | POLKOWSKI PIOTR | 173 | NW CZŁĄPSKI TEAM | WARSZAWA | POL | M30-39 | DQ | DQ | | 1 | DQ | | |
| | TOMASZEK ZBIGNIEW | 476 | TARNOGÓRSKIE ŁAZĘGI | TARNOWSKIE GÓRY | POL | M70-74 | | | | | DNF | - | - |