

BIEG TROJAK TRAIL - 10 KM

Organizator: Fundacja MARATONY GÓRSKIE
Data: 2022-07-17
Miejsce: Łądek-Zdrój
Dystans: 10 km
Klasyfikacja wg czasów brutto.

B4SPORT
INTELIĞENTNE ZAWODY SPORTOWE



B4SPORT
INTELIĞENTNE ZAWODY SPORTOWE

BIEG TROJAK TRAIL - 10 KM, OPEN

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 0.01km | 3.7km | 5.8km | Netto | Brutto | min/km | km/h |
|------|------------------------|------|---|-----------------------|------|------------------|--------|------|----------|----------|----------|-------------|-------------|--------|------|
| 1 | LAGNER SEBASTIAN | 8444 | KB SOBÓTKA/ PRZEDWOJEWSKI_TEAM | SOBÓTKA | POL | SENIOR II M - 30 | 1 | M 1 | 00:00:01 | 00:20:19 | 00:30:12 | 00:47:54.85 | 00:47:54.85 | 4:47 | 12.5 |
| 2 | PACHUT JERZY | 8459 | WOT | SŁOPNICE | POL | SENIOR I M - 20 | 1 | M 2 | 00:00:01 | 00:20:26 | 00:30:54 | 00:48:32.40 | 00:48:32.40 | 4:51 | 12.4 |
| 3 | CHRZANOWSKI PATRYK | 8302 | PCH SPORT TEAM | OSTROSZOWICE | POL | SENIOR II M - 30 | 2 | M 3 | 00:00:01 | 00:20:43 | 00:31:01 | 00:48:36.75 | 00:48:36.75 | 4:51 | 12.3 |
| 4 | TWOREK BARTŁOMIEJ | 8557 | 10 ŚBOT | OPATÓW | POL | SENIOR I M - 20 | 2 | M 4 | 00:00:01 | 00:20:39 | 00:30:54 | 00:49:14.15 | 00:49:14.15 | 4:55 | 12.2 |
| 5 | KUJAWA ZBIGNIEW | 8594 | TKKF KOLEJARZ BYDGOSZCZ / ZAŁOGA GÓRSKA | JANOWIEC WIELKOPOLSKI | POL | SENIOR II M - 30 | 3 | M 5 | 00:00:03 | 00:21:59 | 00:32:26 | 00:50:40.60 | 00:50:40.60 | 5:04 | 11.8 |
| 6 | DUTKOWSKI MIKOŁAJ | 8209 | WKS ŚLĄSK WROCŁAW | RASZKÓW | POL | SENIOR II M - 30 | 4 | M 6 | 00:00:01 | 00:21:54 | 00:32:25 | 00:50:50.40 | 00:50:50.40 | 5:05 | 11.8 |
| 7 | MONZO DAVID | 8088 | | WROCŁAW | POL | SENIOR II M - 30 | 5 | M 7 | 00:00:02 | 00:20:40 | 00:31:36 | 00:50:55.15 | 00:50:55.15 | 5:05 | 11.8 |
| 8 | SIERADZKI KRZYSZTOF | 8270 | PRZEDWOJEWSKI TEAM | WARSZAWA | POL | SENIOR II M - 30 | 6 | M 8 | 00:00:02 | 00:21:27 | 00:32:25 | 00:51:28.65 | 00:51:28.65 | 5:08 | 11.7 |
| 9 | FRANCZAK MARIUSZ | 8434 | DTR BIEGA / MARIO TEAM | KSIĘGINICE | POL | MASTERS M - 40 | 1 | M 9 | 00:00:01 | 00:21:32 | 00:32:26 | 00:52:23.95 | 00:52:23.95 | 5:14 | 11.5 |
| 10 | KANTOR MARTYNA | 8575 | SALOMON SUNNTO TEAM | KRAKÓW | POL | SENIOR I M - 30 | 1 | K 1 | 00:00:02 | 00:21:54 | 00:32:47 | 00:52:50.90 | 00:52:50.90 | 5:17 | 11.4 |
| 11 | STASIUKIEWICZ RAFAŁ | 8556 | 7 KLOG | GDYNIA | POL | MASTERS M - 40 | 2 | M 10 | 00:00:02 | 00:21:48 | 00:33:20 | 00:52:55.10 | 00:52:55.10 | 5:17 | 11.3 |
| 12 | GROMALA KRZYSZTOF | 8360 | WOSIEKTEAM | ŚWIEBOZICE | POL | MASTERS M - 40 | 3 | M 11 | 00:00:03 | 00:22:35 | 00:33:33 | 00:53:13.90 | 00:53:13.90 | 5:19 | 11.3 |
| 13 | ŻUREK JAKUB | 8565 | BEZ ZBĘDNYCH PYTAŃ | SZCZECIN | POL | SENIOR I M - 20 | 3 | M 12 | 00:00:01 | 00:21:44 | 00:33:12 | 00:53:25.85 | 00:53:25.85 | 5:20 | 11.2 |
| 14 | JĘDRYCHOWSKI PIOTR | 8467 | KB SOBÓTKA / PRZEDWOJEWSKI TEAM | SOBÓTKA | POL | MASTERS M - 40 | 4 | M 13 | 00:00:03 | 00:22:28 | 00:33:39 | 00:53:57.80 | 00:53:57.80 | 5:23 | 11.1 |
| 15 | RUTKOWSKI DAMIAN | 8468 | LIDZBARK WARMIŃSKI | LIDZBARK WARMIŃSKI | POL | SENIOR I M - 20 | 4 | M 14 | 00:00:11 | 00:22:54 | 00:34:29 | 00:55:43.15 | 00:55:43.15 | 5:34 | 10.8 |
| 16 | PRZYSTARZ ARTUR | 8173 | OBORYGENI | OBORNIKI ŚLĄSKIE | POL | WETERAN I M - 50 | 1 | M 15 | 00:00:04 | 00:22:54 | 00:34:28 | 00:55:46.30 | 00:55:46.30 | 5:34 | 10.8 |
| 17 | BUKSA TOMASZ | 8460 | WOT | RABA WYŻNA | POL | SENIOR II M - 30 | 7 | M 16 | 00:00:04 | 00:23:05 | 00:34:31 | 00:55:55.65 | 00:55:55.65 | 5:35 | 10.7 |
| 18 | PIEKARSKI JAKUB | 8036 | | KATOWICE | POL | SENIOR I M - 20 | 5 | M 17 | 00:00:10 | 00:24:08 | 00:35:52 | 00:55:57.35 | 00:55:57.35 | 5:35 | 10.7 |
| 19 | BEDNARZ KRZYSZTOF | 8094 | PRZEDWOJEWSKI TEAM | LUBSZA | POL | MASTERS M - 40 | 5 | M 18 | 00:00:23 | 00:23:24 | 00:35:14 | 00:56:04.65 | 00:56:04.65 | 5:36 | 10.7 |
| 20 | SZNUROWSKI MARIUSZ | 8455 | KB SOBÓTKA | SOBÓTKA | POL | SENIOR I M - 20 | 6 | M 19 | 00:00:02 | 00:23:54 | 00:35:33 | 00:56:09.05 | 00:56:09.05 | 5:36 | 10.7 |
| 21 | WOJCIECHOWSKI MATEUSZ | 8484 | NULL | POZNAŃ | POL | SENIOR II M - 30 | 8 | M 20 | 00:00:02 | 00:23:51 | 00:35:25 | 00:56:16.70 | 00:56:16.70 | 5:37 | 10.7 |
| 22 | TARGOSZ MICHAŁ | 8252 | #ADAMCZERWIŃSKITEAM | KRAKÓW | POL | MASTERS M - 40 | 6 | M 21 | 00:00:02 | 00:23:30 | 00:35:07 | 00:56:21.15 | 00:56:21.15 | 5:38 | 10.6 |
| 23 | TRZEPAK ŁUKASZ | 8426 | | WROCŁAW | POL | SENIOR II M - 30 | 9 | M 22 | 00:01:00 | 00:24:04 | 00:35:32 | 00:56:27.70 | 00:56:27.70 | 5:38 | 10.6 |
| 24 | KĄZMIERCZAK MARTA | 8595 | ZAŁOGA GÓRSKA | WARSZAWA | POL | MASTERS K - 40 | 1 | K 2 | 00:00:02 | 00:24:22 | 00:36:14 | 00:56:31.75 | 00:56:31.75 | 5:39 | 10.6 |
| 25 | KOŁODZIEJ ROMAN | 8192 | | KARŁOWICE | POL | MASTERS M - 40 | 7 | M 23 | 00:00:02 | 00:24:32 | 00:36:11 | 00:56:54.45 | 00:56:54.45 | 5:41 | 10.5 |
| 26 | LASEK JAKUB | 8047 | RMT TEAM | OPOLE | POL | SENIOR II M - 30 | 10 | M 24 | 00:00:02 | 00:24:43 | 00:36:39 | 00:56:54.75 | 00:56:54.75 | 5:41 | 10.5 |
| 27 | KLIMCZAK PIOTR | 8477 | GIMPAS PASŁĘK | KŁODZKO | POL | WETERAN I M - 50 | 2 | M 25 | 00:00:11 | 00:24:42 | 00:36:32 | 00:57:23.90 | 00:57:23.90 | 5:44 | 10.5 |
| 28 | SZYMANOWSKI ŁUKASZ | 8420 | LESZ NO LIMITS RUNNERS | WŁOSZAKOWICE | POL | MASTERS M - 40 | 8 | M 26 | 00:00:02 | 00:23:33 | 00:36:04 | 00:58:05.20 | 00:58:05.20 | 5:48 | 10.3 |
| 29 | SAMIEC JANUSZ | 8424 | | KOBYLA GÓRA | POL | SENIOR II M - 30 | 11 | M 27 | 00:00:18 | 00:24:37 | 00:36:49 | 00:58:25.75 | 00:58:25.75 | 5:50 | 10.3 |
| 30 | STRZELCZAK ROBERT | 8373 | EUROVENT ATHLETICS / TRAIL IS OUR WAY TEAM | OPOLE | POL | MASTERS M - 40 | 9 | M 28 | 00:00:05 | 00:25:10 | 00:37:14 | 00:58:32.60 | 00:58:32.60 | 5:51 | 10.3 |
| 31 | ŁASKOWSKA MARZENA | 8479 | WOT | OLECKO | POL | WETERAN K - 50 | 1 | K 3 | 00:00:04 | 00:24:51 | 00:37:12 | 00:58:41.55 | 00:58:41.55 | 5:52 | 10.2 |
| 32 | BUKOWSKI EDWARD | 8384 | CENTRUM KULTURY KLUCZBORK-KLUCZBORSKA GRUPA BIEGOWA | KLUCZBORK | POL | WETERAN I M - 50 | 3 | M 29 | 00:00:09 | 00:25:00 | 00:37:25 | 00:59:15.60 | 00:59:15.60 | 5:55 | 10.1 |
| 33 | MIKOŁAJCZYK MIROSLAW | 8070 | MIRAZ RACE TEAM | ZABRZE | POL | MASTERS M - 40 | 10 | M 30 | 00:00:03 | 00:25:39 | 00:37:52 | 00:59:16.75 | 00:59:16.75 | 5:55 | 10.1 |
| 34 | ALTEWĘGIER JAROSŁAW | 8243 | 140MINUT.PL | WROCŁAW | AFG | MASTERS M - 40 | 11 | M 31 | 00:00:07 | 00:25:12 | 00:37:35 | 00:59:45.05 | 00:59:45.05 | 5:58 | 10 |
| 35 | PIĘKOŚ BŁAŻEJ | 8480 | | HENRYKÓW | POL | SENIOR II M - 30 | 12 | M 32 | 00:00:08 | 00:25:02 | 00:37:37 | 01:00:00.50 | 01:00:00.50 | 6:00 | 10 |
| 36 | WITEK PAWEŁ | 8397 | KOWARY BIEGAJĄ | KOWARY | POL | MASTERS M - 40 | 12 | M 33 | 00:00:07 | 00:25:25 | 00:37:55 | 01:00:13.65 | 01:00:13.65 | 6:01 | 10 |
| 37 | TOMASZKIEWICZ WOJCIECH | 8055 | RUN FOREST | STRACHOCIN | POL | SENIOR II M - 30 | 13 | M 34 | 00:00:07 | 00:25:37 | 00:38:17 | 01:01:01.45 | 01:01:01.45 | 6:06 | 9.8 |
| 38 | KONRAD ARTUR | 8333 | BRACIA TEAM ZAWIERCIE | ZAWIERCIE | POL | MASTERS M - 40 | 13 | M 35 | 00:00:07 | 00:26:07 | 00:39:01 | 01:01:22.10 | 01:01:22.10 | 6:08 | 9.8 |
| 39 | KAMIŃSKI KAROL | 8571 | FUNDACJA KIERUNEK ULTRA | SUWAŁKI | POL | SENIOR I M - 20 | 7 | M 36 | 00:00:04 | 00:25:28 | 00:39:01 | 01:01:23.85 | 01:01:23.85 | 6:08 | 9.8 |
| 40 | KARCZEWSKA JOANNA | 8580 | KIERUNEK ULTRA | SUWAŁKI | POL | MASTERS K - 40 | 2 | K 4 | 00:00:04 | 00:26:13 | 00:39:04 | 01:01:41.05 | 01:01:41.05 | 6:10 | 9.7 |

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

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 0.01km | 3.7km | 5.8km | Netto | Brutto | min/km | km/h |
|------|------------------------------|------|--|-----------------------------|------|-------------------|--------|------|----------|----------|----------|-------------|-------------|--------|------|
| 41 | WIERZCHOWIAK KAROLINA | 8469 | TRAIL IS OUR WAY TEAM | KROSNO | POL | SENIOR II K - 30 | 2 | K 5 | 00:00:02 | 00:26:04 | 00:39:34 | 01:02:36.45 | 01:02:36.45 | 6:15 | 9.6 |
| 42 | CITKO MACIEJ | 8259 | BIEG OPOLSKI | OPOLE | POL | SENIOR II M - 30 | 14 | M 37 | 00:00:05 | 00:26:50 | 00:40:24 | 01:03:11.75 | 01:03:11.75 | 6:19 | 9.5 |
| 43 | CICHY KRZYSZTOF | 8436 | GÓRAL Z MAZUR RUNNING TEAM | POZNAŃ | POL | WETERAN I M - 50 | 4 | M 38 | 00:00:08 | 00:27:07 | 00:40:27 | 01:03:24.60 | 01:03:24.60 | 6:20 | 9.5 |
| 44 | PAJAŁ ALAN | 8136 | | MROKOCIN | POL | SENIOR II M - 30 | 15 | M 39 | 00:00:29 | 00:28:09 | 00:41:13 | 01:04:02.25 | 01:04:02.25 | 6:24 | 9.4 |
| 45 | KOTOWICZ TOMASZ | 8463 | | WROCŁAW | POL | MASTERS M - 40 | 14 | M 40 | 00:00:06 | 00:27:20 | 00:40:50 | 01:04:05.90 | 01:04:05.90 | 6:24 | 9.4 |
| 46 | WROTECKA KATARZYNA | 8324 | STAJNIAKTEAM | PIŁA | POL | SENIOR II K - 30 | 3 | K 6 | 00:00:03 | 00:26:56 | 00:40:43 | 01:04:24.80 | 01:04:24.80 | 6:26 | 9.3 |
| 47 | BARTUŚ MONIKA | 8408 | | KRAKÓW | POL | SENIOR I K - 20 | 1 | K 7 | 00:00:03 | 00:27:02 | 00:40:43 | 01:04:41.75 | 01:04:41.75 | 6:28 | 9.3 |
| 48 | SIEK KAZIMIERZ | 8470 | 10ŚBOT | GRĘBÓW | POL | WETERAN I M - 50 | 5 | M 41 | 00:00:02 | 00:27:10 | 00:41:20 | 01:05:22.65 | 01:05:22.65 | 6:32 | 9.2 |
| 49 | SIKORA SYLWIA | 8301 | PGB SPORTOWA PACZKA | WARSZAWA | POL | SENIOR II K - 30 | 4 | K 8 | 00:00:04 | 00:27:59 | 00:42:09 | 01:05:44.25 | 01:05:44.25 | 6:34 | 9.1 |
| 50 | KAROLCZAK ALEKSANDER | 8574 | | WARSZAWA | POL | SENIOR I M - 20 | 8 | M 42 | 00:00:08 | 00:29:10 | 00:43:44 | 01:05:59.65 | 01:05:59.65 | 6:35 | 9.1 |
| 51 | GNITECKA KATARZYNA | 8009 | KUDOWIANKA RUN | KUDOWA ZDRÓJ | POL | SENIOR II K - 30 | 5 | K 9 | 00:00:04 | 00:28:05 | 00:42:20 | 01:06:06.60 | 01:06:06.60 | 6:36 | 9.1 |
| 52 | MIKOŁAJCZAK DAWID | 8471 | SPORTOWY KAŻMIERZ | POZNAŃ | POL | SENIOR I M - 20 | 9 | M 43 | 00:00:26 | 00:26:59 | 00:42:09 | 01:06:36.00 | 01:06:36.00 | 6:39 | 9 |
| 53 | BRANDENBURG MICHAŁ | 8015 | PRZYJACIELE TEAM | KAŁOLEWO | POL | MASTERS M - 40 | 15 | M 44 | 00:00:36 | 00:28:54 | 00:42:47 | 01:07:07.15 | 01:07:07.15 | 6:42 | 8.9 |
| 54 | ULIKOWSKA MARTYNA | 8500 | ZAŁOGA GÓRSKA | GOŚCINO | POL | SENIOR II K - 30 | 6 | K 10 | 00:00:04 | 00:28:59 | 00:43:05 | 01:07:13.85 | 01:07:13.85 | 6:43 | 8.9 |
| 55 | SZUSTAK MATEUSZ | 8328 | AZS UP WROCŁAW | WROCŁAW | POL | SENIOR I M - 20 | 10 | M 45 | 00:00:27 | 00:28:46 | 00:42:47 | 01:07:22.80 | 01:07:22.80 | 6:44 | 8.9 |
| 56 | SZYMCZAK BARTŁOMIEJ | 8414 | ŻARY RUNNRS TEAM | ŻARY | POL | SENIOR II M - 30 | 16 | M 46 | 00:00:13 | 00:28:00 | 00:42:23 | 01:07:30.10 | 01:07:30.10 | 6:45 | 8.9 |
| 57 | BEDNAREK KAROLINA | 8179 | | RADWANICE | POL | SENIOR II K - 30 | 7 | K 11 | 00:00:09 | 00:27:45 | 00:42:10 | 01:07:33.45 | 01:07:33.45 | 6:45 | 8.9 |
| 58 | ADAMCZYK-NOWAK BEATA | 8280 | MIECHOWICKA GRUPA BIEGOWA | BYTOM | POL | MASTERS K - 40 | 3 | K 12 | 00:00:09 | 00:29:15 | 00:43:30 | 01:07:40.55 | 01:07:40.55 | 6:46 | 8.9 |
| 59 | HRYCAJ MARIUSZ | 8031 | REBELLION OF FREE RUNNERS | OPOLE | POL | MASTERS M - 40 | 16 | M 47 | 00:00:06 | 00:29:23 | 00:43:21 | 01:07:51.40 | 01:07:51.40 | 6:47 | 8.8 |
| 60 | BUŁACZ JACEK | 8040 | DZIEWIEĆ SIŁ STRONIE ŚLĄSKIE | ŁĄDEK ZDRÓJ | POL | MASTERS M - 40 | 17 | M 48 | 00:00:27 | 00:28:10 | 00:42:11 | 01:07:54.80 | 01:07:54.80 | 6:47 | 8.8 |
| 61 | HAWRYŁAK WOJCIECH | 8562 | | DŁUGOŁĘKA | POL | SENIOR I M - 20 | 11 | M 49 | 00:00:16 | 00:29:37 | 00:44:19 | 01:08:06.70 | 01:08:06.70 | 6:48 | 8.8 |
| 62 | ZAWADA ZBIGNIEW | 8196 | | OLESNICA | POL | MASTERS M - 40 | 18 | M 50 | 00:00:19 | 00:29:17 | 00:43:39 | 01:08:07.00 | 01:08:07.00 | 6:48 | 8.8 |
| 63 | STYK MAREK | 8023 | | ZIELONA GÓRA | POL | SENIOR II M - 30 | 17 | M 51 | 00:00:31 | 00:28:06 | 00:42:24 | 01:08:11.65 | 01:08:11.65 | 6:49 | 8.8 |
| 64 | OSICA ŁUKASZ | 8108 | | ŚWIĘTOCHŁOWICE | POL | SENIOR II M - 30 | 18 | M 52 | 00:00:15 | 00:29:03 | 00:43:43 | 01:08:28.25 | 01:08:28.25 | 6:50 | 8.8 |
| 65 | BŁASZKOWSKI DANIEL | 8582 | ŚLEDZIKI | RAWICZ | POL | MASTERS M - 40 | 19 | M 53 | 00:00:03 | 00:29:00 | 00:43:13 | 01:09:04.65 | 01:09:04.65 | 6:54 | 8.7 |
| 66 | OCIEPKA-CIESIELSKA KATARZYNA | 8311 | | WARSZAWA | POL | SENIOR II K - 30 | 8 | K 13 | 00:00:12 | 00:29:19 | 00:43:36 | 01:09:06.05 | 01:09:06.05 | 6:54 | 8.7 |
| 67 | MOKRZYŃSKI MARCIN | 8570 | KLUB LEKKOATLETYCZNY ZIEMIA KŁODZKA | OŁDRZYCHOWICE KŁODZKIE | POL | MASTERS M - 40 | 20 | M 54 | 00:00:12 | 00:30:31 | 00:44:24 | 01:09:10.90 | 01:09:10.90 | 6:55 | 8.7 |
| 68 | FRERIKS JEROEN | 8248 | LEIDEN ATLETIEK | LEIDEN | NED | SENIOR II M - 30 | 19 | M 55 | 00:00:11 | 00:29:13 | 00:43:51 | 01:09:12.10 | 01:09:12.10 | 6:55 | 8.7 |
| 69 | TOMAS PAWEŁ | 8262 | | ŁĄDEK ZDRÓJ | POL | SENIOR I M - 20 | 12 | M 56 | 00:00:11 | 00:29:36 | 00:44:03 | 01:09:12.85 | 01:09:12.85 | 6:55 | 8.7 |
| 70 | GÓRNA ANITA | 8206 | LPP TEAM | KRAKÓW | POL | SENIOR II K - 30 | 9 | K 14 | 00:00:20 | 00:30:32 | 00:44:41 | 01:09:32.80 | 01:09:32.80 | 6:57 | 8.6 |
| 71 | CHOJNACKI TOMASZ | 8065 | | BIESTRZYNNIK | POL | MASTERS M - 40 | 21 | M 57 | 00:01:02 | 00:31:09 | 00:45:16 | 01:09:53.40 | 01:09:53.40 | 6:59 | 8.6 |
| 72 | MAJKA ERYK | 8097 | FAMILIAMAJKA | SZCZECIN | POL | SENIOR I M - 20 | 13 | M 58 | 00:00:20 | 00:29:08 | 00:44:26 | 01:10:16.15 | 01:10:16.15 | 7:01 | 8.5 |
| 73 | SAŁDYKA MARCIN | 8451 | | ŁĄDEK-ZDRÓJ | POL | SENIOR I M - 30 | 20 | M 59 | 00:00:34 | 00:30:03 | 00:44:33 | 01:10:21.65 | 01:10:21.65 | 7:02 | 8.5 |
| 74 | HONSA TOMASZ | 8139 | MOCNA GRUPA CEZARA | WROCŁAW | POL | SENIOR II M - 30 | 20 | M 59 | 00:00:33 | 00:31:12 | 00:45:49 | 01:10:21.65 | 01:10:21.65 | 7:02 | 8.5 |
| 75 | RAKOCZY KRZYSZTOF | 8450 | | ŁĄDEK-ZDRÓJ | POL | SENIOR I M - 20 | 14 | M 61 | 00:00:34 | 00:29:43 | 00:44:21 | 01:10:22.85 | 01:10:22.85 | 7:02 | 8.5 |
| 76 | REGULSKA NATALIA | 8400 | ASICS FRONTRUNNER POLAND / #ŻÓRAWSKITEAM | KRAKÓW | POL | SENIOR II K - 30 | 10 | K 15 | 00:00:03 | 00:30:57 | 00:45:28 | 01:10:24.35 | 01:10:24.35 | 7:02 | 8.5 |
| 77 | BACKER MARCIN | 8224 | TOPOLICE TEAM | PASIKUROWICE | POL | MASTERS M - 40 | 22 | M 62 | 00:00:18 | 00:30:21 | 00:45:29 | 01:10:28.60 | 01:10:28.60 | 7:02 | 8.5 |
| 78 | PISCO TIAGO | 8377 | LUSITANIA ARMADA | WROCŁAW | POL | SENIOR II M - 30 | 22 | M 63 | 00:01:20 | 00:31:15 | 00:45:15 | 01:11:08.70 | 01:11:08.70 | 7:06 | 8.4 |
| 79 | ZATORSKA KAROLINA | 8497 | TREC TEAM | GDYŃIA | POL | SENIOR II K - 30 | 11 | K 16 | 00:00:09 | 00:30:23 | 00:45:33 | 01:11:28.75 | 01:11:28.75 | 7:08 | 8.4 |
| 80 | PLUTA KINGA | 8095 | | DĄBROWA GÓRNICZA | POL | SENIOR I K - 20 | 2 | K 17 | 00:00:49 | 00:30:41 | 00:45:27 | 01:11:30.55 | 01:11:30.55 | 7:09 | 8.4 |
| 81 | TRZPIOLA TYCJAN | 8003 | KURACJUSZE | WROCŁAW | POL | SENIOR II M - 30 | 23 | M 64 | 00:00:11 | 00:29:39 | 00:44:53 | 01:11:31.50 | 01:11:31.50 | 7:09 | 8.4 |
| 82 | JARMUŻEK TOMASZ | 8346 | | POZNAŃ | POL | SENIOR II M - 30 | 24 | M 65 | 00:00:58 | 00:32:30 | 00:46:59 | 01:11:38.65 | 01:11:38.65 | 7:09 | 8.4 |
| 83 | BARTKOWIAK HUBERT | 8060 | | RADZIĄDZ | POL | WETERAN I M - 50 | 6 | M 66 | 00:00:26 | 00:30:09 | 00:45:18 | 01:11:48.30 | 01:11:48.30 | 7:10 | 8.4 |
| 84 | SIERGIEJ ZBIGNIEW | 8561 | RUN TEAM TYGRYSY ORZYSZ | ODOJE | POL | WETERAN I M - 50 | 7 | M 67 | 00:00:01 | 00:29:41 | 00:45:03 | 01:11:54.30 | 01:11:54.30 | 7:11 | 8.3 |
| 85 | KACPRZYCKA PAULINA | 8482 | WOT | PURDA | POL | SENIOR II K - 30 | 12 | K 18 | 00:00:04 | 00:30:11 | 00:45:45 | 01:12:08.95 | 01:12:08.95 | 7:12 | 8.3 |
| 86 | WIDUN GRZEGORZ | 8200 | WIDUN KETTELBEEL CLUB | WROCŁAW | POL | SENIOR II M - 30 | 25 | M 68 | 00:01:33 | 00:31:41 | 00:46:23 | 01:12:20.15 | 01:12:20.15 | 7:14 | 8.3 |
| 87 | HAJDAMOWICZ ADAM | 8406 | | SOBÓTKA | POL | SENIOR I M - 20 | 15 | M 69 | 00:00:55 | 00:32:16 | 00:47:26 | 01:12:20.75 | 01:12:20.75 | 7:14 | 8.3 |
| 88 | MAZIAREK ADELA | 8093 | | NIEMODLIN | POL | MASTERS K - 40 | 4 | K 19 | 00:00:09 | 00:30:10 | 00:45:27 | 01:12:22.65 | 01:12:22.65 | 7:14 | 8.3 |
| 89 | BARANOW TOMASZ | 8587 | LEWANDOWSCY T | PLETERÓW | POL | MASTERS M - 40 | 23 | M 70 | 00:00:06 | 00:30:21 | 00:45:48 | 01:12:34.75 | 01:12:34.75 | 7:15 | 8.3 |
| 90 | JARZĄBEK MAGDALENA | 8110 | | WROCŁAW (WROCŁAW-KRZYKI) | POL | SENIOR II K - 30 | 13 | K 20 | 00:00:04 | 00:31:27 | 00:46:33 | 01:12:47.60 | 01:12:47.60 | 7:16 | 8.2 |
| 91 | WOŹNIAK JAKUB | 8160 | TEAM LIDL | POZNAŃ | POL | SENIOR II M - 30 | 26 | M 71 | 00:00:45 | 00:31:28 | 00:45:56 | 01:12:56.45 | 01:12:56.45 | 7:17 | 8.2 |
| 92 | GOS SEBASTIAN | 8449 | | ŁĄDEK-ZDRÓJ | POL | SENIOR II M - 30 | 26 | M 71 | 00:00:35 | 00:31:14 | 00:46:16 | 01:12:56.45 | 01:12:56.45 | 7:17 | 8.2 |
| 93 | MARGRAF BARTOSZ | 8357 | | RUDA ŚLĄSKA | POL | SENIOR I M - 20 | 16 | M 73 | 00:00:10 | 00:29:57 | 00:45:44 | 01:13:08.75 | 01:13:08.75 | 7:18 | 8.2 |
| 94 | ZIMNY TOMASZ | 8265 | FARTY PUSZCZY | SZCZECIN | POL | WETERAN II M - 60 | 1 | M 74 | 00:00:08 | 00:32:25 | 00:47:53 | 01:13:25.70 | 01:13:25.70 | 7:20 | 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 | 0.01km | 3.7km | 5.8km | Netto | Brutto | min/km | km/h |
|------|-----------------------------|------|----------------------------|------------------------|------|--------------------|--------|-------|----------|----------|----------|-------------|-------------|--------|------|
| 95 | FUCHS DARIUSZ | 8598 | TEAM KURORT LADEK-ZDRÓJ | OLDRZYCHOWICE KŁODZKIE | POL | WETERAN I M - 50 | 8 | M 75 | 00:01:19 | 00:32:36 | 00:47:46 | 01:13:38.75 | 01:13:38.75 | 7:21 | 8.1 |
| 96 | WIELGOSZ-MATUŁA MARIA | 8250 | | LUBLIN | POL | SENIOR I K - 20 | 3 | K 21 | 00:00:10 | 00:29:31 | 00:44:50 | 01:13:40.55 | 01:13:40.55 | 7:22 | 8.1 |
| 97 | WOJTAS ŁUKASZ | 8198 | GRUPA OLX TEAM | TOMASZKOWICE | POL | MASTERS M - 40 | 24 | M 76 | 00:00:47 | 00:30:48 | 00:46:15 | 01:13:43.40 | 01:13:43.40 | 7:22 | 8.1 |
| 98 | CIEŚLAK KRZYSZTOF | 8563 | ULTRAFAZA.PL | ZIELONA GÓRA | POL | SENIOR II M - 30 | 28 | M 77 | 00:00:43 | 00:32:37 | 00:48:05 | 01:13:44.75 | 01:13:44.75 | 7:22 | 8.1 |
| 99 | WOŹNARA JANUSZ | 8222 | PORMAT JEDLICZE BIEGA | SKOŁYSZYN | POL | WETERAN I M - 50 | 9 | M 78 | 00:00:10 | 00:30:47 | 00:46:33 | 01:13:54.45 | 01:13:54.45 | 7:23 | 8.1 |
| 100 | ZIENDARA MICHALINA | 8331 | ZAŁOGA GÓRSKA | WARSZAWA | POL | SENIOR I K - 20 | 4 | K 22 | 00:00:34 | 00:31:56 | 00:47:14 | 01:14:16.90 | 01:14:16.90 | 7:25 | 8.1 |
| 101 | BIESZCZAD REGINA | 8202 | KB ATHLETIC ZREČIN | WOJASZÓWKA | POL | SENIOR I K - 20 | 5 | K 23 | 00:00:26 | 00:33:09 | 00:48:19 | 01:14:48.45 | 01:14:48.45 | 7:28 | 8 |
| 102 | BOSEK LESZEK | 8286 | | BIAŁA NYSKA | POL | WETERAN II M - 60 | 2 | M 79 | 00:00:29 | 00:32:28 | 00:48:02 | 01:14:53.90 | 01:14:53.90 | 7:29 | 8 |
| 103 | MAZIAREK MICHAŁ | 8276 | | NIEMODLIN | POL | MASTERS M - 40 | 25 | M 80 | 00:00:12 | 00:31:07 | 00:47:12 | 01:14:59.20 | 01:14:59.20 | 7:29 | 8 |
| 104 | GRZYB KRZYSZTOF | 8370 | KLUB BIEGACZA RTV EURO AGD | POZNAŃ | POL | MASTERS M - 40 | 26 | M 81 | | 00:33:08 | 00:48:52 | 01:15:00.25 | 01:15:00.25 | 7:30 | 8 |
| 105 | PAKUŁA TOMASZ | 8111 | | BOJANOWO | POL | SENIOR II M - 30 | 29 | M 82 | 00:00:51 | 00:32:56 | 00:48:17 | 01:15:07.30 | 01:15:07.30 | 7:30 | 8 |
| 106 | SZCZUDŁAK MICHAŁ | 8445 | | POZNAŃ | POL | SENIOR II M - 30 | 30 | M 83 | 00:00:20 | 00:33:49 | 00:49:34 | 01:15:07.45 | 01:15:07.45 | 7:30 | 8 |
| 107 | PILONIS ELEONORA | 8474 | BIEGOSTACJA | ZIELONA GÓRA | POL | MASTERS K - 40 | 5 | K 24 | 00:00:13 | 00:31:47 | 00:47:44 | 01:15:14.00 | 01:15:14.00 | 7:31 | 8 |
| 108 | SMOLEŃ SEBASTIAN | 8588 | | LADEK ZDRÓJ | POL | MASTERS M - 40 | 27 | M 84 | 00:00:15 | 00:32:41 | 00:48:39 | 01:15:21.55 | 01:15:21.55 | 7:32 | 8 |
| 109 | JANOSZ PAWEŁ | 8288 | | WROCŁAW | POL | SENIOR I M - 20 | 17 | M 85 | 00:00:23 | 00:32:37 | 00:48:08 | 01:15:38.75 | 01:15:38.75 | 7:33 | 7.9 |
| 110 | MAŁKOWSKI PIOTR | 8372 | AMATOR | KOŚCIAN | POL | WETERAN III M - 70 | 1 | M 86 | 00:00:13 | 00:32:17 | 00:47:43 | 01:15:52.25 | 01:15:52.25 | 7:35 | 7.9 |
| 111 | MAJKA JAREK | 8058 | FAMILIAMAJKA | SZCZECIN | POL | MASTERS M - 40 | 28 | M 87 | 00:00:22 | 00:34:07 | 00:49:31 | 01:16:02.45 | 01:16:02.45 | 7:36 | 7.9 |
| 112 | MAJKA ANNA | 8057 | FAMILIAMAJKA | SZCZECIN | POL | MASTERS K - 40 | 6 | K 25 | 00:00:22 | 00:34:00 | 00:49:31 | 01:16:02.60 | 01:16:02.60 | 7:36 | 7.9 |
| 113 | BASTRZYK TOMASZ | 8005 | | SKARŻYSKO-KAMIENNA | POL | MASTERS M - 40 | 29 | M 88 | 00:00:37 | 00:33:20 | 00:47:57 | 01:16:06.60 | 01:16:06.60 | 7:36 | 7.9 |
| 114 | STAWORZYŃSKI DAWID | 8285 | PAN KORBKA | BĘDZIN | POL | SENIOR II M - 30 | 31 | M 89 | 00:00:16 | 00:32:20 | 00:48:31 | 01:16:08.40 | 01:16:08.40 | 7:36 | 7.9 |
| 115 | MALOCCO MONIKA | 8188 | | WARSZAWA | POL | MASTERS K - 40 | 7 | K 26 | 00:00:25 | 00:32:26 | 00:48:13 | 01:16:18.25 | 01:16:18.25 | 7:37 | 7.9 |
| 116 | KLIN ROBERT | 8338 | WATAHA | BRZEG | POL | WETERAN I M - 50 | 10 | M 90 | 00:01:06 | 00:33:15 | 00:49:12 | 01:16:27.35 | 01:16:27.35 | 7:38 | 7.8 |
| 117 | MACKIEWICZ KAROL | 8048 | | WASILKÓW | POL | SENIOR II M - 30 | 32 | M 91 | 00:00:30 | 00:33:12 | 00:49:14 | 01:16:38.35 | 01:16:38.35 | 7:39 | 7.8 |
| 118 | NOWAKOWSKA EWELINA | 8071 | | LADEK ZDRÓJ | POL | SENIOR I K - 20 | 6 | K 27 | 00:00:13 | 00:33:36 | 00:49:14 | 01:16:38.85 | 01:16:38.85 | 7:39 | 7.8 |
| 119 | BEDŁA ANNA | 8568 | | JAWORZNO | POL | MASTERS K - 40 | 8 | K 28 | 00:00:11 | 00:32:52 | 00:49:15 | 01:16:40.10 | 01:16:40.10 | 7:40 | 7.8 |
| 120 | TYMOSZEWSKI WALDEMAR | 8569 | | PRUSZCZ GDAŃSKI | POL | WETERAN I M - 50 | 11 | M 92 | 00:00:12 | 00:32:53 | 00:49:15 | 01:16:40.25 | 01:16:40.25 | 7:40 | 7.8 |
| 121 | MATYSIAK MARCIN | 8401 | T.S. IRON MAN GOGOLIN | GOGOLIN | POL | MASTERS M - 40 | 30 | M 93 | 00:00:20 | 00:31:43 | 00:48:12 | 01:16:56.60 | 01:16:56.60 | 7:41 | 7.8 |
| 122 | SZYMAŃSKI GRZEGORZ | 8297 | RNB POLANICA ZDRÓJ | POLANICA-ZDRÓJ | POL | MASTERS M - 40 | 31 | M 94 | 00:00:28 | 00:32:08 | 00:48:16 | 01:17:14.30 | 01:17:14.30 | 7:43 | 7.8 |
| 123 | BAKSALARY LIDIA | 8254 | #BIEGAJLESZNO | LESZNO | POL | MASTERS K - 40 | 9 | K 29 | 00:00:03 | 00:31:11 | 00:47:15 | 01:17:34.60 | 01:17:34.60 | 7:45 | 7.7 |
| 124 | DYBYSŁAWSKI ADAM | 8335 | KOJOTY TEAM | WARSZAWA | POL | MASTERS M - 40 | 32 | M 95 | 00:00:05 | 00:30:39 | 00:47:22 | 01:17:40.60 | 01:17:40.60 | 7:46 | 7.7 |
| 125 | WOJKIEWICZ ADAM | 8344 | STAJNIAK#TEAM | OLEŚNICA | POL | MASTERS M - 40 | 33 | M 96 | 00:00:32 | 00:34:09 | 00:49:33 | 01:17:47.10 | 01:17:47.10 | 7:46 | 7.7 |
| 126 | SAWICKI PIOTR | 8558 | MOTOR LUBLIN | LUBLIN | POL | MASTERS M - 40 | 34 | M 97 | 00:00:30 | 00:37:01 | 00:52:21 | 01:17:49.70 | 01:17:49.70 | 7:46 | 7.7 |
| 127 | SCHAFFARCZYK MICHAŁ | 8326 | | KLUCZBORK | POL | SENIOR I M - 20 | 18 | M 98 | 00:00:08 | 00:34:15 | 00:51:07 | 01:17:51.40 | 01:17:51.40 | 7:47 | 7.7 |
| 128 | WIŚNIEWSKI ROBERT | 8159 | METAL CHERRY | ALEKSANDRÓW KUJAWSKI | POL | SENIOR I M - 20 | 19 | M 99 | 00:00:14 | 00:34:17 | 00:50:44 | 01:17:57.40 | 01:17:57.40 | 7:47 | 7.7 |
| 129 | BAJER MIKOŁAJ | 8056 | TARNOWO PODGÓRNE BIEGA | TARNOWO PODGÓRNE | POL | MASTERS M - 40 | 35 | M 100 | 00:00:25 | 00:32:25 | 00:48:33 | 01:18:08.40 | 01:18:08.40 | 7:48 | 7.7 |
| 130 | PEREIRA RUBEN | 8381 | LUSITANIA ARMADA | WROCŁAW | POL | SENIOR II M - 30 | 33 | M 101 | 00:01:21 | 00:34:32 | 00:50:43 | 01:18:26.55 | 01:18:26.55 | 7:50 | 7.6 |
| 131 | BILICKI WOJTEK | 8217 | | ŁOBŻENICA | POL | SENIOR II M - 30 | 34 | M 102 | 00:00:05 | 00:34:25 | 00:50:10 | 01:18:28.20 | 01:18:28.20 | 7:50 | 7.6 |
| 132 | KRAWCZYKOWSKI JACEK | 8135 | | POZNAŃ | POL | SENIOR II M - 30 | 35 | M 103 | 00:01:27 | 00:35:59 | 00:51:45 | 01:18:32.20 | 01:18:32.20 | 7:51 | 7.6 |
| 133 | ZASŁAWSKI LECH | 8087 | | WROCŁAW | POL | MASTERS M - 40 | 36 | M 104 | 00:00:08 | 00:31:50 | 00:48:27 | 01:18:42.25 | 01:18:42.25 | 7:52 | 7.6 |
| 134 | SENIÓW JOANNA | 8255 | | POZNAŃ | POL | MASTERS K - 40 | 10 | K 30 | 00:00:08 | 00:32:17 | 00:49:15 | 01:18:44.65 | 01:18:44.65 | 7:52 | 7.6 |
| 135 | WUJDA MIROSLAW | 8102 | ERNI RULEZ | DĘBNO | POL | MASTERS M - 40 | 37 | M 105 | 00:00:48 | 00:31:44 | 00:48:34 | 01:18:46.45 | 01:18:46.45 | 7:52 | 7.6 |
| 136 | OZIMINA HUBERT | 8156 | OBORYGENI | OBORNIKI ŚLĄSKIE | POL | MASTERS M - 40 | 38 | M 106 | 00:00:12 | 00:34:15 | 00:51:16 | 01:18:49.60 | 01:18:49.60 | 7:52 | 7.6 |
| 137 | SZARSKI JACEK | 8068 | KAPCIOCHY | WROCŁAW | POL | SENIOR I M - 20 | 20 | M 107 | 00:00:23 | 00:33:08 | 00:49:08 | 01:19:06.15 | 01:19:06.15 | 7:54 | 7.6 |
| 138 | MUČA MĀRIS | 8204 | LBNB | FANA | NOR | WETERAN I M - 50 | 12 | M 108 | 00:00:06 | 00:33:57 | 00:50:03 | 01:19:12.45 | 01:19:12.45 | 7:55 | 7.6 |
| 139 | CIECHOMSKA AGATA CIECHOMSKA | 8132 | HTF LUDWIK SIKORSKI | LODZ | POL | SENIOR II K - 30 | 14 | K 31 | 00:00:11 | 00:33:50 | 00:49:47 | 01:19:17.90 | 01:19:17.90 | 7:55 | 7.6 |
| 140 | JANOSZ ADA | 8421 | | WROCŁAW | POL | SENIOR I K - 20 | 7 | K 32 | 00:00:28 | 00:34:18 | 00:51:08 | 01:19:20.95 | 01:19:20.95 | 7:56 | 7.6 |
| 141 | BIENKOWSKI KAMIL | 8282 | | RADWANICE | POL | SENIOR II M - 30 | 36 | M 109 | 00:01:23 | 00:35:47 | 00:51:12 | 01:19:35.70 | 01:19:35.70 | 7:57 | 7.5 |
| 142 | KARKOSZKA DAWID | 8388 | | SZCZYRK | POL | SENIOR I M - 20 | 21 | M 110 | 00:00:30 | 00:35:00 | 00:51:32 | 01:19:46.95 | 01:19:46.95 | 7:58 | 7.5 |
| 143 | SIWEK GRZEGORZ | 8044 | LANRUNS | LANCKORONA | POL | MASTERS M - 40 | 39 | M 111 | 00:00:29 | 00:35:47 | 00:52:15 | 01:20:07.75 | 01:20:07.75 | 8:00 | 7.5 |
| 144 | KOTAS PAWEŁ | 8233 | | WROCŁAW | POL | SENIOR I M - 20 | 22 | M 112 | 00:01:08 | 00:34:41 | 00:51:04 | 01:20:18.30 | 01:20:18.30 | 8:01 | 7.5 |
| 145 | ZADORA BORYS | 8214 | OLDBOYS TROJAN LADEK ZDRÓJ | LADEK ZDRÓJ | POL | SENIOR II M - 30 | 37 | M 113 | 00:03:27 | 00:37:33 | 00:52:56 | 01:20:19.05 | 01:20:19.05 | 8:01 | 7.5 |
| 146 | STASIAK ANTONI | 8462 | LEŚNE DZIKI PGB | LESZNO | POL | SENIOR I M - 20 | 23 | M 114 | 00:00:11 | 00:32:58 | 00:49:58 | 01:20:19.15 | 01:20:19.15 | 8:01 | 7.5 |
| 147 | MAJŁOWSKI ALEKSANDER | 8121 | | GORZÓW WIELKOPOLSKI | POL | WETERAN III M - 70 | 2 | M 115 | 00:00:20 | 00:33:17 | 00:49:55 | 01:20:31.55 | 01:20:31.55 | 8:03 | 7.5 |
| 148 | STASIAK ŁUKASZ | 8461 | LEŚNE DZIKI PGB | LESZNO | POL | MASTERS M - 40 | 40 | M 116 | 00:00:12 | 00:33:35 | 00:50:33 | 01:20:46.00 | 01:20:46.00 | 8:04 | 7.4 |
| 149 | LUBAŃSKA ALICJA | 8318 | | BUKOWICE | POL | WETERAN K - 50 | 2 | K 33 | 00:00:15 | 00:33:13 | 00:50:04 | 01:21:03.85 | 01:21:03.85 | 8:06 | 7.4 |
| 150 | CICHAŃSKI MAREK | 8199 | | STRONIE ŚLĄSKIE | POL | SENIOR II M - 30 | 38 | M 117 | 00:00:40 | 00:34:50 | 00:52:11 | 01:21:08.05 | 01:21:08.05 | 8:06 | 7.4 |
| 151 | KIERUL ŁUKASZ | 8403 | MASA TEAM | NOWA SÓL | POL | SENIOR II M - 30 | 39 | M 118 | 00:00:29 | 00:34:11 | 00:51:18 | 01:21:09.35 | 01:21:09.35 | 8:06 | 7.4 |

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

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 0.01km | 3.7km | 5.8km | Netto | Brutto | min/km | km/h |
|------|--------------------------------|------|--|------------------------|------|-------------------|--------|-------|----------|----------|----------|-------------|-------------|--------|------|
| 152 | KOMISARCYK KRZYSZTOF | 8321 | | MIĘDZYLISIE | POL | SENIOR I M - 20 | 24 | M 119 | 00:00:40 | 00:34:50 | 00:52:05 | 01:21:10.15 | 01:21:10.15 | 8:07 | 7.4 |
| 153 | JANUS TOMASZ | 8351 | TEAM KURORT ŁĄDEK-ZDRÓJ | BYSTRZYCA KŁODZKA | POL | SENIOR I M - 30 | 40 | M 120 | 00:01:14 | 00:37:13 | 00:53:43 | 01:21:13.20 | 01:21:13.20 | 8:07 | 7.4 |
| 154 | SAWICKI ADRIAN | 8256 | | WROCŁAW | POL | MASTERS M - 40 | 41 | M 121 | 00:01:09 | 00:35:22 | 00:52:13 | 01:21:14.65 | 01:21:14.65 | 8:07 | 7.4 |
| 155 | WÓJCIAK ŁUKASZ | 8073 | UMAWIANIENABIEGANIETEAM | WROCŁAW | POL | SENIOR I M - 30 | 41 | M 122 | 00:00:32 | 00:34:20 | 00:51:09 | 01:21:34.65 | 01:21:34.65 | 8:09 | 7.4 |
| 156 | DEMBIŃSKI ARKADIUSZ | 8409 | | SKOKI | POL | SENIOR II M - 30 | 42 | M 123 | 00:00:53 | 00:36:32 | 00:53:14 | 01:21:53.20 | 01:21:53.20 | 8:11 | 7.3 |
| 157 | NAZIMEK PIOTR | 8287 | | PRÓSZKÓW | POL | SENIOR I M - 30 | 43 | M 124 | 00:00:34 | 00:35:34 | 00:52:34 | 01:22:00.60 | 01:22:00.60 | 8:12 | 7.3 |
| 158 | BURA TOMASZ | 8475 | | KRZYCKO WIELKIE | POL | SENIOR II M - 30 | 44 | M 125 | 00:00:09 | 00:35:15 | 00:52:20 | 01:22:02.75 | 01:22:02.75 | 8:12 | 7.3 |
| 159 | MRÓZ URSZULA | 8077 | | STRONIE SL | POL | WETERAN II K - 60 | 1 | K 34 | 00:01:06 | 00:36:46 | 00:53:12 | 01:22:06.65 | 01:22:06.65 | 8:12 | 7.3 |
| 160 | RASZKOWSKA EMILIA | 8429 | ŚLĘZAK TEAM | GDANSK | POL | SENIOR II K - 30 | 15 | K 35 | 00:00:38 | 00:35:56 | 00:53:18 | 01:22:13.80 | 01:22:13.80 | 8:13 | 7.3 |
| 161 | KUZIEL MARCIN | 8113 | BLACK RUNNING STRONIE ŚLĄSKIE | STRONIE ŚLĄSKIE | POL | SENIOR II M - 30 | 45 | M 126 | 00:01:23 | 00:39:16 | 00:55:22 | 01:22:17.00 | 01:22:17.00 | 8:13 | 7.3 |
| 162 | PALMOWSKI RAFAŁ | 8313 | | ZGIERZ | POL | MASTERS M - 40 | 42 | M 127 | 00:00:16 | 00:34:43 | 00:52:07 | 01:22:20.25 | 01:22:20.25 | 8:14 | 7.3 |
| 163 | BOCIAGA PAWEŁ | 8312 | RODZINNA GRUPA ROWEROWA Z MIASTA ŁODZI | ŁÓDŹ | POL | MASTERS M - 40 | 43 | M 128 | 00:00:16 | 00:34:51 | 00:52:02 | 01:22:21.90 | 01:22:21.90 | 8:14 | 7.3 |
| 164 | ŻUKIEWICZ KRZYSZTOF | 8281 | TKKF MPK POZNAŃ | POZNAŃ | POL | MASTERS M - 40 | 44 | M 129 | 00:00:18 | 00:34:38 | 00:52:03 | 01:22:34.00 | 01:22:34.00 | 8:15 | 7.3 |
| 165 | MAJŁOWSKA IRENA | 8120 | | GORZÓW WIELKOPOLSKI | POL | WETERAN II K - 60 | 2 | K 36 | 00:00:21 | 00:34:54 | 00:52:09 | 01:22:36.40 | 01:22:36.40 | 8:15 | 7.3 |
| 166 | WASZAK TOMASZ | 8314 | | POZNAŃ | POL | SENIOR I M - 20 | 25 | M 130 | 00:01:25 | 00:37:07 | 00:54:07 | 01:22:40.30 | 01:22:40.30 | 8:16 | 7.3 |
| 167 | NAPIERAŁA ANDRZEJ | 8430 | MTS DRUŻYNA SZPIKU KGHM | GOSTYŃ | POL | WETERAN II M - 60 | 3 | M 131 | 00:01:49 | 00:37:33 | 00:54:38 | 01:22:50.15 | 01:22:50.15 | 8:17 | 7.2 |
| 168 | PIGŁA ALEKSANDER | 8306 | SPORTOWY KAŻMIERZ | KIĄCZYŃ | POL | SENIOR I M - 20 | 26 | M 132 | 00:00:42 | 00:34:08 | 00:51:29 | 01:22:52.45 | 01:22:52.45 | 8:17 | 7.2 |
| 169 | HANSZ DONAT | 8464 | NETBOX BIEGA | PIASKI | POL | SENIOR I M - 20 | 27 | M 133 | 00:00:28 | 00:34:51 | 00:52:19 | 01:23:15.90 | 01:23:15.90 | 8:19 | 7.2 |
| 170 | MADAJCZYK TOMASZ | 8128 | | WROCŁAW | POL | SENIOR II M - 30 | 46 | M 134 | 00:00:23 | 00:34:29 | 00:51:52 | 01:23:20.80 | 01:23:20.80 | 8:20 | 7.2 |
| 171 | MERAK KRZYSZTOF | 8363 | KLUB LEKKOATLETYCZNY ZIEMIA KŁODZKA | OŁDRZYCHOWICE KŁODZKIE | POL | MASTERS M - 40 | 45 | M 135 | 00:01:19 | 00:37:26 | 00:54:00 | 01:23:57.65 | 01:23:57.65 | 8:23 | 7.1 |
| 172 | NOWACZYK MARTA | 8126 | | POZNAŃ | POL | SENIOR II K - 30 | 16 | K 37 | 00:01:12 | 00:36:19 | 00:53:20 | 01:23:57.75 | 01:23:57.75 | 8:23 | 7.1 |
| 173 | WINKOWSKI ADRIAN | 8001 | PRZEDWOJEWSKI TEAM | MĘDŁÓW | AFG | SENIOR II M - 30 | 47 | M 136 | 00:00:06 | 00:35:01 | 00:52:11 | 01:24:08.35 | 01:24:08.35 | 8:24 | 7.1 |
| 174 | KISIAŁA FILIP | 8240 | | KRAKÓW | POL | MASTERS M - 40 | 46 | M 137 | 00:00:21 | 00:34:42 | 00:52:16 | 01:24:13.95 | 01:24:13.95 | 8:25 | 7.1 |
| 175 | DWORAK SABRINA | 8419 | MAXIMUS KROSNOWICE | KŁODZKO | POL | SENIOR II K - 30 | 17 | K 38 | 00:00:24 | 00:36:44 | 00:54:30 | 01:24:20.65 | 01:24:20.65 | 8:26 | 7.1 |
| 176 | SAMOLAK ŁUKASZ | 8228 | | ŁĄDEK ZDRÓJ | POL | MASTERS M - 40 | 47 | M 138 | 00:01:28 | 00:40:38 | 00:56:38 | 01:24:23.55 | 01:24:23.55 | 8:26 | 7.1 |
| 177 | HEJNA MAŁGORZATA | 8266 | | SZCZECIN | POL | WETERAN K - 50 | 3 | K 39 | 00:00:08 | 00:35:17 | 00:53:47 | 01:24:26.60 | 01:24:26.60 | 8:26 | 7.1 |
| 178 | MAKIOŁA AGNIESZKA | 8037 | | CHORZÓW | POL | SENIOR I K - 20 | 8 | K 40 | 00:00:12 | 00:35:22 | 00:53:05 | 01:24:30.00 | 01:24:30.00 | 8:27 | 7.1 |
| 179 | KMIECIK ROMA | 8425 | KUDOWIANKA RUN | ŁĘŻYCE | POL | MASTERS K - 40 | 11 | K 41 | 00:01:02 | 00:37:47 | 00:55:18 | 01:24:34.75 | 01:24:34.75 | 8:27 | 7.1 |
| 180 | GACIOCH JAROSŁAW | 8398 | RUN TEAM TYGRYSY ORZYSZ | ORZYSZ | POL | WETERAN I M - 50 | 13 | M 139 | 00:00:05 | 00:35:11 | 00:53:42 | 01:24:41.00 | 01:24:41.00 | 8:28 | 7.1 |
| 181 | PTASZYŃSKA JOANNA | 8086 | | WROCŁAW | POL | WETERAN K - 50 | 4 | K 42 | 00:00:23 | 00:35:29 | 00:53:18 | 01:24:44.35 | 01:24:44.35 | 8:28 | 7.1 |
| 182 | SKAWINA KRYSZYNA | 8075 | TOPOLICE TEAM | TOPOLICE | POL | SENIOR II K - 30 | 18 | K 43 | 00:00:17 | 00:34:37 | 00:51:59 | 01:24:46.50 | 01:24:46.50 | 8:28 | 7.1 |
| 183 | POZNAR ADAM | 8354 | | WROCŁAW | POL | SENIOR II M - 30 | 48 | M 140 | 00:01:17 | 00:38:22 | 00:55:54 | 01:24:57.90 | 01:24:57.90 | 8:29 | 7.1 |
| 184 | KONIECZNA ANNA | 8155 | TARNOWO PODGÓRNE BIEGA | TARNOWO PODGÓRNE | POL | MASTERS K - 40 | 12 | K 44 | 00:00:06 | 00:35:54 | 00:53:57 | 01:24:58.85 | 01:24:58.85 | 8:29 | 7.1 |
| 185 | GÓRSKI BARTEK | 8441 | | KATOWICE | POL | SENIOR I K - 20 | 28 | M 141 | 00:00:14 | 00:37:02 | 00:54:08 | 01:25:01.75 | 01:25:01.75 | 8:30 | 7.1 |
| 186 | JURA EWELINA | 8473 | TOPOLICE TEAM | DŁUGOPOLE ZDRÓJ | POL | SENIOR II K - 30 | 19 | K 45 | 00:00:18 | 00:35:43 | 00:53:55 | 01:25:26.40 | 01:25:26.40 | 8:32 | 7 |
| 187 | KOŁTON JUSTYNA | 8284 | | SOSNOWIEC | POL | SENIOR I K - 20 | 9 | K 46 | 00:00:28 | 00:36:55 | 00:54:18 | 01:25:26.95 | 01:25:26.95 | 8:32 | 7 |
| 188 | PRUSICKI RAFAŁ | 8122 | | ZABRZE | POL | MASTERS M - 40 | 48 | M 142 | 00:00:17 | 00:35:13 | 00:53:31 | 01:25:37.60 | 01:25:37.60 | 8:33 | 7 |
| 189 | SZCZYPCZYK-PRUSICKA MAŁGORZATA | 8123 | | ZABRZE | POL | MASTERS K - 40 | 13 | K 47 | 00:00:16 | 00:35:14 | 00:53:30 | 01:25:37.80 | 01:25:37.80 | 8:33 | 7 |
| 190 | PIETRUCHA JAGODA | 8175 | TARNOWO PODGÓRNE BIEGA | TARNOWO PODGÓRNE | POL | SENIOR II K - 30 | 20 | K 48 | 00:00:07 | 00:35:04 | 00:53:22 | 01:25:49.55 | 01:25:49.55 | 8:34 | 7 |
| 191 | DZIEGIELEWSKA DOMINIKA | 8577 | | LIPA | POL | SENIOR II K - 30 | 21 | K 49 | 00:00:11 | 00:37:01 | 00:55:05 | 01:26:05.35 | 01:26:05.35 | 8:36 | 7 |
| 192 | MARTYN OLGA | 8488 | SPINKO LESZNO | RYDZYNA | POL | SENIOR II K - 30 | 22 | K 50 | 00:00:46 | 00:37:18 | 00:55:10 | 01:26:08.70 | 01:26:08.70 | 8:36 | 7 |
| 193 | BACHURSKA EWA | 8043 | KB HARCOWNIK JELCZ LASKOWICE | MIŁOSZYCE | POL | MASTERS K - 40 | 14 | K 51 | 00:00:18 | 00:36:46 | 00:54:57 | 01:26:16.45 | 01:26:16.45 | 8:37 | 7 |
| 194 | KIEPIEL AGATA | 8293 | ADIDAS RUNNERS WARSAW | WARSZAWA | POL | SENIOR II K - 30 | 23 | K 52 | 00:00:58 | 00:38:11 | 00:56:12 | 01:26:16.95 | 01:26:16.95 | 8:37 | 7 |
| 195 | BŁACHNIO KRZYSZTOF | 8375 | | SZCZECIN | POL | WETERAN I M - 50 | 14 | M 143 | 00:00:08 | 00:35:10 | 00:53:07 | 01:26:18.55 | 01:26:18.55 | 8:37 | 7 |
| 196 | WORYTKIEWICZ MAŁGORZATA | 8319 | | KRAKÓW | POL | SENIOR II K - 20 | 10 | K 53 | 00:00:59 | 00:38:08 | 00:55:45 | 01:26:22.85 | 01:26:22.85 | 8:38 | 6.9 |
| 197 | ŁASZKIEWICZ PIOTR | 8010 | ATHLETICS TEM PRUSICE | BRZEŻNO | POL | WETERAN II M - 60 | 4 | M 144 | 00:00:14 | 00:36:49 | 00:54:45 | 01:26:25.10 | 01:26:25.10 | 8:38 | 6.9 |
| 198 | RZYWUCKA JOLANTA | 8272 | 4 RUN TEAM PIŁA | PIŁA | POL | MASTERS K - 40 | 15 | K 54 | 00:00:14 | 00:35:51 | 00:54:34 | 01:26:50.15 | 01:26:50.15 | 8:41 | 6.9 |
| 199 | BARTNIK PATRYK | 8168 | | ŁĄDEK-ZDRÓJ | POL | SENIOR I M - 20 | 29 | M 145 | 00:00:11 | 00:36:23 | 00:54:54 | 01:26:51.20 | 01:26:51.20 | 8:41 | 6.9 |
| 200 | MATUSZCZYK GRAŻYNA | 8271 | RYBNICKA GRUPA BIEGOWA | RYBNIK | POL | MASTERS K - 40 | 16 | K 55 | 00:00:24 | 00:36:06 | 00:54:36 | 01:26:54.55 | 01:26:54.55 | 8:41 | 6.9 |
| 201 | WILK TOMASZ | 8038 | | OPOLE | POL | SENIOR II M - 30 | 49 | M 146 | 00:01:01 | 00:38:23 | 00:56:48 | 01:26:55.35 | 01:26:55.35 | 8:41 | 6.9 |
| 202 | GRZELIŃSKA MALWINA | 8490 | | JAROCIN | POL | SENIOR II K - 30 | 24 | K 56 | 00:00:15 | 00:37:19 | 00:55:48 | 01:26:55.35 | 01:26:55.35 | 8:41 | 6.9 |
| 203 | OSUCH MARCIN | 8345 | | POZNAŃ | POL | MASTERS M - 40 | 49 | M 147 | 00:00:58 | 00:37:50 | 00:55:29 | 01:27:16.85 | 01:27:16.85 | 8:43 | 6.9 |
| 204 | KRZONKALLA-BARTNIK KATARZYNA | 8169 | | ŁĄDEK-ZDRÓJ | POL | SENIOR I K - 20 | 11 | K 57 | 00:00:10 | 00:36:23 | 00:54:54 | 01:27:20.50 | 01:27:20.50 | 8:44 | 6.9 |

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

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 0.01km | 3.7km | 5.8km | Netto | Brutto | min/km | km/h |
|------|---------------------------|------|-----------------------------|------------------------------|------|--------------------|--------|-------|----------|----------|----------|-------------|-------------|--------|------|
| 205 | WITKE ELŻBIETA | 8109 | | KARPACZ | POL | WETERAN II K - 60 | 3 | K 58 | 00:00:10 | 00:35:06 | 00:53:16 | 01:27:26.95 | 01:27:26.95 | 8:44 | 6.9 |
| 206 | SZYMAŁA MARCIN | 8465 | KLUCZBORSKA GRUPA BIEGOWA | KLUCZBORK | POL | WETERAN I M - 50 | 15 | M 148 | 00:00:44 | 00:36:19 | 00:53:17 | 01:27:41.30 | 01:27:41.30 | 8:46 | 6.8 |
| 207 | WOŹNIAK MIROSLAW | 8339 | TKKF MPK POZNAŃ | KOZIEGLOWY | POL | WETERAN II M - 60 | 5 | M 149 | 00:01:00 | 00:39:27 | 00:57:10 | 01:27:48.65 | 01:27:48.65 | 8:46 | 6.8 |
| 208 | KUCHARSKA ANNA | 8458 | | KOBYLA GÓRA | POL | SENIOR II K - 30 | 25 | K 59 | 00:00:18 | 00:37:30 | 00:55:50 | 01:28:01.20 | 01:28:01.20 | 8:48 | 6.8 |
| 209 | HOJA ILONA | 8448 | | KOBYLA GÓRA | POL | SENIOR II K - 30 | 26 | K 60 | 00:00:17 | 00:37:30 | 00:55:50 | 01:28:01.35 | 01:28:01.35 | 8:48 | 6.8 |
| 210 | URBANIĄK JÓZEF | 8576 | ULKS CZARNA GÓRA | STRONIE ŚLĄSKIE | POL | WETERAN I M - 50 | 16 | M 150 | 00:01:04 | 00:39:09 | 00:57:07 | 01:28:16.45 | 01:28:16.45 | 8:49 | 6.8 |
| 211 | GRODZIŃSKA MAGDALENA | 8407 | | JELEŃ GÓRA | POL | SENIOR I K - 20 | 12 | K 61 | 00:01:10 | 00:41:05 | 00:59:24 | 01:28:19.35 | 01:28:19.35 | 8:49 | 6.8 |
| 212 | KRZECZKOWSKI ROMAN | 8176 | BIEGOWA ŚWIDNICA | ŚWIDNICA | POL | WETERAN I M - 50 | 17 | M 151 | | 00:38:41 | 00:56:53 | 01:28:29.75 | 01:28:29.75 | 8:50 | 6.8 |
| 213 | WAWER MARCIN | 8493 | STOWARZYSZENIE BIEG OPOLSKI | GOGOLIN | POL | SENIOR II M - 30 | 50 | M 152 | 00:01:22 | 00:40:58 | 00:58:40 | 01:28:52.65 | 01:28:52.65 | 8:53 | 6.8 |
| 214 | GAŚSIOROWSKA SARA | 8294 | | ŚWIEBODZIN | POL | SENIOR I K - 20 | 13 | K 62 | 00:00:49 | 00:39:19 | 00:57:06 | 01:28:55.10 | 01:28:55.10 | 8:53 | 6.7 |
| 215 | KOZŁOWSKA MAŁGORZATA | 8046 | KB ODRA OPOLE | OPOLE | POL | MASTERS K - 40 | 17 | K 63 | 00:00:30 | 00:37:39 | 00:56:01 | 01:28:55.60 | 01:28:55.60 | 8:53 | 6.7 |
| 216 | KOZŁOWSKI MARIUSZ | 8045 | KB ODRA OPOLE | OPOLE | POL | MASTERS M - 40 | 50 | M 153 | 00:00:30 | 00:37:33 | 00:56:00 | 01:28:56.25 | 01:28:56.25 | 8:53 | 6.7 |
| 217 | BIAŁEK MARCIN | 8115 | | STRONIE ŚLĄSKIE | POL | MASTERS M - 40 | 51 | M 154 | 00:01:04 | 00:40:19 | 00:58:49 | 01:28:58.10 | 01:28:58.10 | 8:53 | 6.7 |
| 218 | BRZEZIŃSKI ANDRZEJ | 8062 | LANRUNS | OLKUSZ | POL | WETERAN II M - 60 | 6 | M 155 | 00:00:05 | 00:38:16 | 00:57:23 | 01:29:03.85 | 01:29:03.85 | 8:54 | 6.7 |
| 219 | IMIŃSKI CEZARY | 8104 | | ZGIERZ | POL | WETERAN I M - 50 | 18 | M 156 | 00:00:15 | 00:38:20 | 00:55:44 | 01:29:05.65 | 01:29:05.65 | 8:54 | 6.7 |
| 220 | KUTYCKA KUREK ELŻBIETA | 8498 | CHOJRAK TEAM WROCŁAW | WROCŁAW | POL | SENIOR II K - 30 | 27 | K 64 | 00:00:43 | 00:37:54 | 00:56:54 | 01:29:39.60 | 01:29:39.60 | 8:57 | 6.7 |
| 221 | MASALSKA ANNA | 8578 | | SUWAŁKI | POL | MASTERS K - 40 | 18 | K 65 | 00:00:27 | 00:37:36 | 00:55:49 | 01:29:41.10 | 01:29:41.10 | 8:58 | 6.7 |
| 222 | PUSZEK JACEK | 8195 | | CZĘSTOCHOWA | POL | SENIOR II M - 30 | 51 | M 157 | 00:00:06 | 00:37:46 | 00:56:56 | 01:29:54.15 | 01:29:54.15 | 8:59 | 6.7 |
| 223 | SZWACZKA SEBASTIAN | 8300 | BW BIEGOWY WARIAT | WARSZAWA | POL | MASTERS M - 40 | 52 | M 158 | 00:01:11 | 00:37:54 | 00:56:26 | 01:30:02.30 | 01:30:02.30 | 9:00 | 6.7 |
| 224 | SENDER JAKUB | 8317 | BW RUNNING TEAM | WARSZAWA | POL | SENIOR II M - 30 | 52 | M 159 | 00:01:11 | 00:37:55 | 00:56:28 | 01:30:02.85 | 01:30:02.85 | 9:00 | 6.7 |
| 225 | NAZARY PIOTR | 8383 | OBORYGENI | OBORNIKI ŚLĄSKIE | POL | MASTERS M - 40 | 53 | M 160 | 00:00:27 | 00:38:55 | 00:57:06 | 01:30:03.50 | 01:30:03.50 | 9:00 | 6.7 |
| 226 | DĄBKOWSKI ADAM | 8124 | | WŁOSZAKOWICE | POL | MASTERS M - 40 | 54 | M 161 | 00:00:42 | 00:40:07 | 00:57:13 | 01:30:12.35 | 01:30:12.35 | 9:01 | 6.7 |
| 227 | KORNASZEWSKI WOJCIECH | 8559 | | BYDGOSZCZ | POL | SENIOR II M - 30 | 53 | M 162 | 00:00:30 | 00:38:16 | 00:56:45 | 01:30:15.15 | 01:30:15.15 | 9:01 | 6.6 |
| 228 | BUGAJSKI MARCIN | 8187 | | WARSZAWA | POL | MASTERS M - 40 | 55 | M 163 | 00:00:25 | 00:38:01 | 00:56:46 | 01:30:24.80 | 01:30:24.80 | 9:02 | 6.6 |
| 229 | KRUK MATEUSZ | 8203 | MAXIMUS KROSNOWICE | BYSTRZYCA KŁODZKA | POL | SENIOR II M - 30 | 54 | M 164 | 00:00:24 | 00:36:43 | 00:56:02 | 01:31:26.65 | 01:31:26.65 | 9:08 | 6.6 |
| 230 | WIKŁO PAWEŁ | 8296 | | KATOWICE | POL | SENIOR I M - 20 | 30 | M 165 | 00:01:26 | 00:42:15 | 01:01:45 | 01:31:29.65 | 01:31:29.65 | 9:08 | 6.6 |
| 231 | DULIK RADOŚLAW | 8604 | OPOLE | OPOLE | POL | MASTERS M - 40 | 56 | M 166 | 00:00:57 | 00:41:33 | 01:00:30 | 01:31:33.20 | 01:31:33.20 | 9:09 | 6.6 |
| 232 | RUTKOWSKA IZABELA | 8349 | SPORTOWY KAŻMIERZ | KAŻMIERZ | POL | MASTERS K - 40 | 19 | K 66 | 00:01:04 | 00:41:02 | 01:00:17 | 01:32:06.70 | 01:32:06.70 | 9:12 | 6.5 |
| 233 | MATAK KINGA | 8437 | ŁASUCH | RADZYMIN | POL | SENIOR II K - 30 | 28 | K 67 | 00:01:23 | 00:40:51 | 01:00:10 | 01:32:22.65 | 01:32:22.65 | 9:14 | 6.5 |
| 234 | LEWANDOWSKA KAMILA | 8143 | LEWANDOWSCY TEAM | GORZÓW WLKP. | POL | SENIOR II K - 30 | 29 | K 68 | 00:00:59 | 00:40:04 | 00:59:57 | 01:32:26.60 | 01:32:26.60 | 9:14 | 6.5 |
| 235 | GABOR MACIEJ | 8368 | | WARSZAWA | POL | MASTERS M - 40 | 57 | M 167 | 00:01:20 | 00:41:04 | 01:00:29 | 01:32:34.20 | 01:32:34.20 | 9:15 | 6.5 |
| 236 | STEMPIN SYLWIA | 8358 | | KĘPNO | POL | SENIOR II K - 30 | 30 | K 69 | 00:00:11 | 00:39:29 | 00:59:16 | 01:32:39.65 | 01:32:39.65 | 9:15 | 6.5 |
| 237 | SZCZEPIŃSKA ANETA | 8583 | | WROCŁAW | POL | SENIOR II K - 30 | 31 | K 70 | 00:00:27 | 00:40:13 | 00:59:45 | 01:32:43.05 | 01:32:43.05 | 9:16 | 6.5 |
| 238 | LEŚNICZAK BARBARA | 8457 | #WKURWTEAM | ZIELONKA | POL | MASTERS K - 40 | 20 | K 71 | 00:01:12 | 00:40:40 | 01:00:01 | 01:32:46.95 | 01:32:46.95 | 9:16 | 6.5 |
| 239 | SZAREK SŁAWOMIR | 8067 | K.S. OBSTAWIMY TYŁY | WROCŁAW | POL | MASTERS M - 40 | 58 | M 168 | 00:00:55 | 00:42:55 | 01:01:44 | 01:32:54.75 | 01:32:54.75 | 9:17 | 6.5 |
| 240 | SZYMAŁA JAN | 8125 | | KLUCZBORK | POL | WETERAN III M - 70 | 3 | M 169 | 00:00:23 | 00:37:57 | 00:57:36 | 01:32:59.80 | 01:32:59.80 | 9:17 | 6.5 |
| 241 | MICHAŁSKA AGNIESZKA | 8353 | | WARSZAWA | POL | SENIOR II K - 20 | 14 | K 72 | 00:01:25 | 00:41:07 | 01:00:58 | 01:33:10.05 | 01:33:10.05 | 9:19 | 6.4 |
| 242 | POŁAWSKA EWA | 8454 | | WARSZAWA | POL | SENIOR II K - 30 | 32 | K 73 | 00:01:04 | 00:42:01 | 01:01:00 | 01:33:13.30 | 01:33:13.30 | 9:19 | 6.4 |
| 243 | WOJTCZAK MATEUSZ | 8456 | | WARSZAWA | POL | SENIOR II M - 30 | 55 | M 170 | 00:01:04 | 00:42:04 | 01:01:00 | 01:33:13.70 | 01:33:13.70 | 9:19 | 6.4 |
| 244 | BLANIK MAREK | 8239 | | RADLIN | POL | SENIOR II M - 30 | 56 | M 171 | 00:00:31 | 00:39:25 | 00:58:30 | 01:33:29.75 | 01:33:29.75 | 9:20 | 6.4 |
| 245 | BLANIK AGNIESZKA | 8238 | | RADLIN | POL | MASTERS K - 40 | 21 | K 74 | 00:00:31 | 00:39:25 | 00:58:36 | 01:33:29.75 | 01:33:29.75 | 9:20 | 6.4 |
| 246 | ZAJĄC AGA | 8379 | 77CATS | JÓZEFOSŁAW | POL | MASTERS K - 40 | 22 | K 75 | 00:00:38 | 00:41:30 | 01:01:03 | 01:33:32.50 | 01:33:32.50 | 9:21 | 6.4 |
| 247 | REIJMERS AGNIESZKA | 8251 | LEIDEN ATLETIEK | OEGSTGEEST | NED | MASTERS K - 40 | 23 | K 76 | 00:00:39 | 00:39:57 | 00:58:36 | 01:33:47.80 | 01:33:47.80 | 9:22 | 6.4 |
| 248 | KALIŃSKA DOROTA | 8486 | | KOBYŁKA | POL | SENIOR II K - 30 | 33 | K 77 | 00:01:28 | 00:42:30 | 01:01:09 | 01:33:55.45 | 01:33:55.45 | 9:23 | 6.4 |
| 249 | SOBOLEWSKA JULITA | 8369 | | ZALEWO | POL | MASTERS K - 40 | 24 | K 78 | 00:00:13 | 00:39:11 | 00:58:26 | 01:34:02.20 | 01:34:02.20 | 9:24 | 6.4 |
| 250 | GALEWSKI MARIUSZ | 8074 | KOTLIN | KOTLIN | POL | WETERAN I M - 50 | 19 | M 172 | 00:00:17 | 00:39:10 | 00:59:08 | 01:34:02.65 | 01:34:02.65 | 9:24 | 6.4 |
| 251 | URBAN ALICJA | 8041 | KACZKATEAM | WROCŁAW | POL | SENIOR I K - 20 | 15 | K 79 | 00:00:37 | 00:37:47 | 00:57:12 | 01:34:06.75 | 01:34:06.75 | 9:24 | 6.4 |
| 252 | RADZIEJEWSKA MILENA | 8355 | SZWAGRY I SZWAGIERKI | ŚREM | POL | SENIOR I K - 20 | 16 | K 80 | 00:00:25 | 00:39:54 | 01:00:18 | 01:34:17.10 | 01:34:17.10 | 9:25 | 6.4 |
| 253 | ŚWIĘCH ANETA | 8427 | EAZYMUT.PL | WARSZAWA | POL | SENIOR II K - 30 | 34 | K 81 | 00:00:27 | 00:40:22 | 01:01:43 | 01:34:26.75 | 01:34:26.75 | 9:26 | 6.4 |
| 254 | KOWAL DAWID | 8025 | | LESZNO | POL | SENIOR I M - 20 | 31 | M 173 | 00:00:45 | 00:41:31 | 01:00:19 | 01:34:31.65 | 01:34:31.65 | 9:27 | 6.3 |
| 255 | STROIŃSKI WOJCIECH | 8081 | LESZ NO LIMITS RUNNERS | WILKOWICE | POL | MASTERS M - 40 | 59 | M 174 | 00:00:50 | 00:41:03 | 01:00:19 | 01:34:33.15 | 01:34:33.15 | 9:27 | 6.3 |
| 256 | BEDNAREK-KWIATKOWSKA ANNA | 8163 | SAMO ZDROWIE | POZNAŃ (POZNAŃ-STARE MIASTO) | POL | MASTERS K - 40 | 25 | K 82 | 00:00:53 | 00:40:33 | 01:00:52 | 01:34:43.50 | 01:34:43.50 | 9:28 | 6.3 |
| 257 | BUDA MAŁGORZATA | 8260 | | POZNAN | POL | MASTERS K - 40 | 26 | K 83 | 00:00:19 | 00:38:27 | 00:58:08 | 01:34:45.70 | 01:34:45.70 | 9:28 | 6.3 |
| 258 | TOMAKA PATRYCJA | 8347 | TEAM KURORT ŁĄDEK-ZDRÓJ | OLDRZYCHOWICE KŁODZKIE | POL | SENIOR II K - 30 | 35 | K 84 | 00:01:10 | 00:41:32 | 01:00:59 | 01:34:48.15 | 01:34:48.15 | 9:28 | 6.3 |
| 259 | BŁACHNIO DOROTA | 8072 | RAZ SZCZECIN | SZCZECIN | POL | WETERAN K - 50 | 5 | K 85 | 00:00:08 | 00:39:27 | 00:59:33 | 01:34:53.50 | 01:34:53.50 | 9:29 | 6.3 |
| 260 | BIENIARZ ILONA | 8396 | MAKEMAROFITAGANI! | WROCŁAW | POL | SENIOR II K - 30 | 36 | K 86 | 00:00:15 | 00:38:57 | 00:58:55 | 01:35:13.70 | 01:35:13.70 | 9:31 | 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 | 0.01km | 3.7km | 5.8km | Netto | Brutto | min/km | km/h |
|------|------------------------------|------|-------------------------------------|-----------------|------|-------------------|--------|-------|----------|----------|----------|-------------|-------------|--------|------|
| 261 | JANSON MARLEEN | 8249 | LEIDEN ATLETIEK | LEIDEN | NED | SENIOR II K - 30 | 37 | K 87 | 00:00:39 | 00:42:18 | 01:02:34 | 01:35:17.15 | 01:35:17.15 | 9:31 | 6.3 |
| 262 | BURA KAROLINA | 8227 | #BIEGAJLESZNO | LESZNO | POL | SENIOR II K - 30 | 38 | K 88 | 00:00:12 | 00:39:05 | 00:59:30 | 01:35:18.85 | 01:35:18.85 | 9:31 | 6.3 |
| 263 | KUCIŃSKI ANDRZEJ | 8064 | BAZA ZDROWIA FRESCO | WARSZAWA | POL | WETERAN II M - 60 | 7 | M 175 | 00:00:44 | 00:41:53 | 01:01:36 | 01:35:21.40 | 01:35:21.40 | 9:32 | 6.3 |
| 264 | SZELIGA AGNIESZKA | 8264 | | BYTOM | POL | SENIOR II K - 30 | 39 | K 89 | 00:00:34 | 00:40:35 | 01:00:39 | 01:35:35.20 | 01:35:35.20 | 9:33 | 6.3 |
| 265 | SKARŻEŃSKA-SOKOŁOWSKA JAGODA | 8599 | | ŁĄDEK ZDRÓJ | POL | SENIOR II K - 30 | 40 | K 90 | 00:00:46 | 00:40:46 | 01:00:39 | 01:36:03.95 | 01:36:03.95 | 9:36 | 6.2 |
| 266 | CHOMĄTOWSKI DANIEL | 8127 | | WROCŁAW | POL | SENIOR II M - 30 | 57 | M 176 | 00:00:23 | 00:42:07 | 01:02:46 | 01:36:07.80 | 01:36:07.80 | 9:36 | 6.2 |
| 267 | OSIKA ALEKSANDRA | 8002 | | KIELCE | POL | SENIOR I K - 20 | 17 | K 91 | 00:00:36 | 00:40:12 | 01:00:30 | 01:36:12.95 | 01:36:12.95 | 9:37 | 6.2 |
| 268 | KRYSKA PAWEŁ | 8237 | | WROCŁAW | POL | SENIOR I M - 20 | 32 | M 177 | 00:01:09 | 00:42:21 | 01:02:13 | 01:36:24.95 | 01:36:24.95 | 9:38 | 6.2 |
| 269 | KOPYSTAŃSKA BASIA | 8329 | | LEGNICKIE POLE | POL | SENIOR II K - 30 | 41 | K 92 | 00:01:26 | 00:42:54 | 01:03:41 | 01:36:26.70 | 01:36:26.70 | 9:38 | 6.2 |
| 270 | WESTPHAL MAGDALENA | 8236 | | BYDGOSZCZ | POL | SENIOR II K - 30 | 42 | K 93 | 00:00:28 | 00:40:14 | 01:00:27 | 01:36:28.35 | 01:36:28.35 | 9:38 | 6.2 |
| 271 | IGNASZEWSKA MARTA | 8380 | | RADZYZNY | POL | MASTERS K - 40 | 27 | K 94 | 00:00:42 | 00:41:23 | 01:01:10 | 01:36:29.15 | 01:36:29.15 | 9:38 | 6.2 |
| 272 | ROBAK NATALIA | 8304 | | ŁĄDEK-ZDRÓJ | POL | SENIOR I K - 20 | 18 | K 95 | 00:01:04 | 00:42:12 | 01:02:32 | 01:36:31.20 | 01:36:31.20 | 9:39 | 6.2 |
| 273 | IGNASZEWSKI MICHAŁ | 8566 | | RADZYZNY | POL | MASTERS M - 40 | 60 | M 178 | 00:00:51 | 00:41:24 | 01:01:10 | 01:36:32.90 | 01:36:32.90 | 9:39 | 6.2 |
| 274 | STRZYŻOWSKI NIKODEM | 8092 | | BYDGOSZCZ | POL | SENIOR I M - 20 | 33 | M 179 | 00:00:26 | 00:40:01 | 00:59:45 | 01:36:39.55 | 01:36:39.55 | 9:39 | 6.2 |
| 275 | SZYMAŁA KAROLINA | 8103 | | KLUCZBORK | POL | SENIOR I K - 20 | 19 | K 96 | 00:00:44 | 00:40:55 | 01:01:15 | 01:36:42.35 | 01:36:42.35 | 9:40 | 6.2 |
| 276 | KLUŠKA RAFAŁ | 8387 | KS DŁUGOŁĘKA 2000 | OLEŚNICA | POL | SENIOR I M - 20 | 34 | M 180 | 00:00:16 | 00:39:58 | 01:00:32 | 01:36:52.70 | 01:36:52.70 | 9:41 | 6.2 |
| 277 | GRABKOWSKA PAULINA | 8376 | | KŁODZKO | POL | SENIOR II K - 30 | 43 | K 97 | 00:01:05 | 00:40:47 | 01:01:07 | 01:37:14.40 | 01:37:14.40 | 9:43 | 6.2 |
| 278 | SYCZ-LANGNER HONORATA | 8145 | | WROCŁAW | POL | SENIOR II K - 30 | 44 | K 98 | 00:00:36 | 00:40:45 | 01:02:35 | 01:37:15.30 | 01:37:15.30 | 9:43 | 6.2 |
| 279 | KUKUŁA KAROLINA | 8443 | | OLDRZYCHOWICE | POL | SENIOR II K - 30 | 45 | K 99 | 00:00:13 | 00:40:13 | 01:00:28 | 01:37:15.75 | 01:37:15.75 | 9:43 | 6.2 |
| 280 | ODIJA LESZEK | 8412 | | WIRY | POL | MASTERS M - 40 | 61 | M 181 | 00:01:18 | 00:43:13 | 01:02:26 | 01:37:18.70 | 01:37:18.70 | 9:43 | 6.2 |
| 281 | GRUCHAŁSKA MARTA | 8494 | STOWARZYSZENIE BIEG OPOLSKI | OPOLE | POL | MASTERS K - 40 | 28 | K 100 | 00:01:22 | 00:45:17 | 01:05:02 | 01:37:20.30 | 01:37:20.30 | 9:44 | 6.2 |
| 282 | SKRZYPEK MARTA | 8221 | | OBORNIKI | POL | SENIOR II K - 30 | 46 | K 101 | 00:00:05 | 00:40:46 | 01:01:40 | 01:37:29.15 | 01:37:29.15 | 9:44 | 6.2 |
| 283 | JOŃCZYK PAULA | 8422 | | WROCŁAW | POL | SENIOR I K - 20 | 20 | K 102 | 00:01:04 | 00:43:09 | 01:02:31 | 01:37:34.90 | 01:37:34.90 | 9:45 | 6.1 |
| 284 | PAWLUS MAREK | 8395 | MAKEMAROFITAGAIN! | WROCŁAW | POL | SENIOR II M - 30 | 58 | M 182 | 00:00:15 | 00:40:31 | 01:01:41 | 01:37:41.90 | 01:37:41.90 | 9:46 | 6.1 |
| 285 | BURNETKO MAGDALENA | 8405 | HUTASY RUNNERS TEAM | KRAKÓW | POL | SENIOR II K - 30 | 47 | K 103 | 00:00:45 | 00:42:02 | 01:02:49 | 01:37:49.25 | 01:37:49.25 | 9:46 | 6.1 |
| 286 | SZCZEPIŃSKI KRZYSZTOF | 8584 | | WROCŁAW | POL | SENIOR II M - 30 | 59 | M 183 | 00:00:27 | 00:40:17 | 01:01:28 | 01:38:10.00 | 01:38:10.00 | 9:49 | 6.1 |
| 287 | MARKIEWICZ JAGODA | 8167 | KUŹNIA TALENTÓW KAMIENIEC | KAMIENIEC | POL | SENIOR I K - 20 | 21 | K 104 | 00:01:02 | 00:43:31 | 01:03:47 | 01:38:33.45 | 01:38:33.45 | 9:51 | 6.1 |
| 288 | BIELEWICZ ALEKSANDRA | 8231 | PANKORBKA - MOBILNY SERWIS ROWEROWY | SOSNOWIEC | POL | SENIOR I K - 20 | 22 | K 105 | 00:00:31 | 00:42:12 | 01:02:58 | 01:38:48.05 | 01:38:48.05 | 9:52 | 6.1 |
| 289 | WARCHOŁ KAMIL | 8220 | | WROCŁAW | POL | SENIOR I M - 20 | 35 | M 184 | 00:01:07 | 00:45:47 | 01:06:31 | 01:38:51.95 | 01:38:51.95 | 9:53 | 6.1 |
| 290 | JOŃCZYK PATRYK | 8433 | | WROCŁAW | POL | SENIOR I M - 20 | 36 | M 185 | 00:01:07 | 00:45:47 | 01:06:31 | 01:38:53.65 | 01:38:53.65 | 9:53 | 6.1 |
| 291 | NOWAK - KASPRZAK ANNA | 8431 | | WROCŁAW | POL | SENIOR II K - 30 | 48 | K 106 | 00:01:10 | 00:42:11 | 01:01:58 | 01:39:17.60 | 01:39:17.60 | 9:55 | 6 |
| 292 | KASPRZAK ŁUKASZ | 8432 | | WROCŁAW | POL | SENIOR II M - 30 | 60 | M 186 | 00:01:10 | 00:42:11 | 01:01:58 | 01:39:18.65 | 01:39:18.65 | 9:55 | 6 |
| 293 | NAGLER TOMASZ | 8147 | | POZNAŃ | POL | MASTERS M - 40 | 62 | M 187 | 00:00:49 | 00:37:17 | 00:57:00 | 01:39:18.80 | 01:39:18.80 | 9:55 | 6 |
| 294 | CZERNICKA MAGDALENA | 8423 | | RYBNIK | POL | MASTERS K - 40 | 29 | K 107 | 00:01:08 | 00:43:43 | 01:03:36 | 01:39:28.60 | 01:39:28.60 | 9:56 | 6 |
| 295 | SOJA-WAWRYSZEWICZ AGATA | 8230 | | WROCŁAW | POL | MASTERS K - 40 | 30 | K 108 | 00:00:54 | 00:42:06 | 01:02:21 | 01:39:35.95 | 01:39:35.95 | 9:57 | 6 |
| 296 | WAWER KASIA | 8495 | STOWARZYSZENIE BIEG OPOLSKI | OPOLE | POL | SENIOR II K - 30 | 49 | K 109 | 00:01:22 | 00:45:18 | 01:05:03 | 01:39:36.55 | 01:39:36.55 | 9:57 | 6 |
| 297 | WĘGRZYŃSKA RENATA | 8340 | | PIŁA | POL | WETERAN K - 50 | 6 | K 110 | 00:00:51 | 00:40:32 | 01:01:18 | 01:39:39.15 | 01:39:39.15 | 9:57 | 6 |
| 298 | MACIEJEWSKI PIOTR | 8210 | SUPERMARATON KALISZ | KALISZ | POL | WETERAN II M - 60 | 8 | M 188 | 00:00:20 | 00:41:59 | 01:01:47 | 01:39:53.65 | 01:39:53.65 | 9:59 | 6 |
| 299 | KOWAL IRENEUSZ | 8024 | | LESZNO | POL | MASTERS M - 40 | 63 | M 189 | 00:00:45 | 00:41:46 | 01:01:51 | 01:39:54.45 | 01:39:54.45 | 9:59 | 6 |
| 300 | SZAŁAJSKA MAGDALENA | 8564 | | LUBLIN | POL | SENIOR I K - 20 | 23 | K 111 | 00:00:55 | 00:42:04 | 01:02:44 | 01:39:55.25 | 01:39:55.25 | 9:59 | 6 |
| 301 | ŁĘKAWA MATEUSZ | 8483 | | WARSZAWA | POL | SENIOR II M - 30 | 61 | M 190 | 00:01:13 | 00:45:44 | 01:06:30 | 01:39:58.35 | 01:39:58.35 | 9:59 | 6 |
| 302 | JURCZYK ANNA | 8491 | | WARSZAWA | POL | SENIOR I K - 20 | 24 | K 112 | 00:01:13 | 00:45:43 | 01:06:30 | 01:39:58.40 | 01:39:58.40 | 9:59 | 6 |
| 303 | DABKOWSKA PATRYCJA | 8472 | SPEEDFEED'16 | BARCZLIN | POL | MASTERS K - 40 | 31 | K 113 | 00:00:42 | 00:42:05 | 01:02:51 | 01:40:00.35 | 01:40:00.35 | 10:00 | 6 |
| 304 | AMANOWICZ AURELIA | 8234 | | WROCŁAW | POL | SENIOR II K - 30 | 50 | K 114 | 00:01:09 | 00:43:38 | 01:03:54 | 01:40:11.80 | 01:40:11.80 | 10:01 | 6 |
| 305 | DAGIEL JANUSZ | 8334 | | WARSZAWA | POL | SENIOR II M - 30 | 62 | M 191 | 00:00:54 | 00:41:52 | 01:04:01 | 01:40:16.05 | 01:40:16.05 | 10:01 | 6 |
| 306 | RELIGA LILIANA | 8332 | | WARSZAWA | POL | SENIOR II K - 30 | 51 | K 115 | 00:00:52 | 00:42:03 | 01:04:01 | 01:40:16.40 | 01:40:16.40 | 10:01 | 6 |
| 307 | PACUET DOMINIKA | 8101 | | ŚWIDNICA | POL | SENIOR I K - 20 | 25 | K 116 | 00:00:18 | 00:41:51 | 01:03:49 | 01:40:19.65 | 01:40:19.65 | 10:01 | 6 |
| 308 | DZIURA KAMIL | 8100 | | ŚWIDNICA | POL | SENIOR I M - 20 | 37 | M 192 | 00:00:19 | 00:41:51 | 01:03:49 | 01:40:19.75 | 01:40:19.75 | 10:01 | 6 |
| 309 | MAZURKIEWICZ JOANNA | 8061 | | STARY WIELISŁAW | POL | MASTERS K - 40 | 32 | K 117 | 00:00:11 | 00:40:12 | 01:02:02 | 01:40:40.10 | 01:40:40.10 | 10:04 | 6 |
| 310 | GRZYBEK SŁAWOMIR | 8130 | BARTOSZ GORCZYCA RUNNING TEAM | KATOWICE | POL | SENIOR II M - 30 | 63 | M 193 | 00:00:41 | 00:45:10 | 01:05:48 | 01:40:52.75 | 01:40:52.75 | 10:05 | 5.9 |
| 311 | DĄBROWSKA GRZYBEK JOANNA | 8131 | | KATOWICE | POL | MASTERS K - 40 | 33 | K 118 | 00:00:41 | 00:45:10 | 01:05:47 | 01:40:55.15 | 01:40:55.15 | 10:05 | 5.9 |
| 312 | WIECZOREK MIKOŁAJ | 8567 | DZIKIE GRUBASY SZATANA | LUBIN | POL | SENIOR I M - 20 | 38 | M 194 | 00:00:32 | 00:45:40 | 01:08:12 | 01:40:57.70 | 01:40:57.70 | 10:05 | 5.9 |
| 313 | KRAJEWSKA IRMINA | 8435 | | POZNAŃ | POL | SENIOR I K - 30 | 52 | K 119 | 00:00:49 | 00:44:27 | 01:04:59 | 01:41:02.70 | 01:41:02.70 | 10:06 | 5.9 |
| 314 | KUBAŚ DAWID | 8492 | NADLEŚNICTWO ZDROJE | KŁODZKO | POL | SENIOR II M - 30 | 64 | M 195 | 00:00:44 | 00:44:51 | 01:05:41 | 01:41:05.15 | 01:41:05.15 | 10:06 | 5.9 |
| 315 | TÓRZ ANNA | 8292 | | POZNAŃ | POL | MASTERS K - 40 | 34 | K 120 | 00:00:53 | 00:44:19 | 01:05:40 | 01:41:06.20 | 01:41:06.20 | 10:06 | 5.9 |

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

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 0.01km | 3.7km | 5.8km | Netto | Brutto | min/km | km/h |
|------|--------------------------------|------|--------------------------------------|------------------------|------|--------------------|--------|-------|----------|----------|----------|-------------|-------------|--------|------|
| 316 | BINKIEWICZ-KOWALCZYK AGNIESZKA | 8189 | | OSOLA | POL | SENIOR II K - 30 | 53 | K 121 | 00:00:19 | 00:42:33 | 01:04:23 | 01:41:14.55 | 01:41:14.55 | 10:07 | 5.9 |
| 317 | GAWLAS ROMAN | 8078 | | WADOWICE | POL | MASTERS M - 40 | 64 | M 196 | 00:00:39 | 00:45:49 | 01:09:05 | 01:41:24.55 | 01:41:24.55 | 10:08 | 5.9 |
| 318 | JASIEWICZ KAROLINA | 8350 | | KIELCZÓW | POL | SENIOR II K - 30 | 54 | K 122 | 00:00:52 | 00:42:00 | 01:02:50 | 01:41:39.70 | 01:41:39.70 | 10:09 | 5.9 |
| 319 | MONKA-PODGÓRNA ALEKSANDRA | 8299 | #POBIEGANI | DYLAKI | POL | SENIOR I K - 20 | 26 | K 123 | 00:00:37 | 00:41:59 | 01:03:20 | 01:41:40.70 | 01:41:40.70 | 10:10 | 5.9 |
| 320 | LACHOR ANNA | 8275 | | POZNAŃ | POL | WETERAN K - 50 | 7 | K 124 | 00:01:31 | 00:45:31 | 01:06:28 | 01:41:44.60 | 01:41:44.60 | 10:10 | 5.9 |
| 321 | PRUS DOROTA | 8052 | | WARSZAWA | POL | MASTERS K - 40 | 35 | K 125 | 00:01:27 | 00:45:18 | 01:04:57 | 01:41:45.80 | 01:41:45.80 | 10:10 | 5.9 |
| 322 | WEBER AGATA | 8581 | VELO ŁOSIE NA SZOSIE | WARSZAWA | POL | MASTERS K - 40 | 36 | K 126 | 00:00:30 | 00:43:14 | 01:03:56 | 01:41:50.25 | 01:41:50.25 | 10:11 | 5.9 |
| 323 | ROSA IZABELA | 8560 | ROXY | WARSZAWA | POL | SENIOR II K - 30 | 55 | K 127 | 00:00:59 | 00:45:31 | 01:06:30 | 01:42:05.40 | 01:42:05.40 | 10:12 | 5.9 |
| 324 | DĘBSKA MARZENA | 8035 | PODDĘBICKI KLUB BIEGACZA ZDYSZANI.PL | PODDĘBICE | POL | MASTERS K - 40 | 37 | K 128 | 00:00:09 | 00:45:21 | 01:06:32 | 01:42:17.50 | 01:42:17.50 | 10:13 | 5.9 |
| 325 | KRYSA DOROTA | 8322 | POMYŁKA TEAM | ŁĄDEK ZDRÓJ | POL | MASTERS K - 40 | 38 | K 129 | 00:01:29 | 00:44:45 | 01:06:27 | 01:42:20.65 | 01:42:20.65 | 10:14 | 5.9 |
| 326 | WASILEWSKA AGNIESZKA | 8226 | AROMAT NÓG | KRAKÓW | POL | MASTERS K - 40 | 39 | K 130 | 00:00:12 | 00:40:53 | 01:04:16 | 01:42:35.10 | 01:42:35.10 | 10:15 | 5.8 |
| 327 | JÓŹWIAKOWSKA WERONIKA | 8245 | | SOLEC KUJAWSKI | POL | SENIOR I K - 20 | 27 | K 131 | 00:00:32 | 00:43:17 | 01:05:15 | 01:42:48.30 | 01:42:48.30 | 10:16 | 5.8 |
| 328 | WIRTEK MAGDALENA | 8305 | | ZIELONA GÓRA | POL | SENIOR II K - 30 | 56 | K 132 | 00:00:13 | 00:42:02 | 01:04:10 | 01:43:05.30 | 01:43:05.30 | 10:18 | 5.8 |
| 329 | LESNIAK SYLWIA | 8320 | | DUBLIN 22 | IRL | MASTERS K - 40 | 40 | K 133 | 00:00:07 | 00:42:31 | 01:04:39 | 01:43:08.35 | 01:43:08.35 | 10:18 | 5.8 |
| 330 | MRÓZ ANNA | 8382 | | MIĘDZYLESIE | POL | SENIOR II K - 30 | 57 | K 134 | 00:19:05 | 01:13:13 | | 01:43:22.70 | 01:43:22.70 | 10:20 | 5.8 |
| 331 | TOMERA DOROTA | 8496 | TEAM KURORT ŁĄDEK-ZDRÓJ | STARA BYSTRZYCA | POL | MASTERS K - 40 | 41 | K 135 | 00:01:10 | 00:45:48 | 01:06:33 | 01:43:35.45 | 01:43:35.45 | 10:21 | 5.8 |
| 332 | GURGUL DOROTA | 8205 | AROMAT NÓG | KRAKÓW | POL | MASTERS K - 40 | 42 | K 136 | 00:00:12 | 00:40:52 | 01:04:15 | 01:43:51.00 | 01:43:51.00 | 10:23 | 5.8 |
| 333 | KUROWSKA BIANKA | 8341 | | ŚWIDNICA | POL | SENIOR I K - 20 | 28 | K 137 | 00:01:09 | 00:45:01 | 01:06:58 | 01:43:56.80 | 01:43:56.80 | 10:23 | 5.8 |
| 334 | JAKUBOWSKA JUDYTA | 8076 | | KAMIEŃ POMORSKI | POL | MASTERS K - 40 | 43 | K 138 | 00:00:25 | 00:42:51 | 01:05:01 | 01:44:07.45 | 01:44:07.45 | 10:24 | 5.8 |
| 335 | MŁYNARSKI MARIAN | 8309 | | BIELSKO-BIAŁA | POL | WETERAN III M - 70 | 4 | M 197 | 00:00:19 | 00:43:46 | 01:05:39 | 01:44:21.20 | 01:44:21.20 | 10:26 | 5.7 |
| 336 | MIECZKOWSKA NINA | 8039 | | OPOLE | POL | SENIOR II K - 30 | 58 | K 139 | 00:01:02 | 00:44:29 | 01:06:36 | 01:44:31.05 | 01:44:31.05 | 10:27 | 5.7 |
| 337 | WOJCIECHOWSKA PAULINA | 8185 | | WROCŁAW | POL | SENIOR II K - 30 | 59 | K 140 | 00:00:50 | 00:43:49 | 01:04:52 | 01:44:51.95 | 01:44:51.95 | 10:29 | 5.7 |
| 338 | SUDER MACIEJ | 8364 | 3M RUNNING TEAM POLAND | WROCŁAW | POL | SENIOR II M - 30 | 65 | M 198 | 00:00:36 | 00:42:09 | 01:03:52 | 01:44:55.50 | 01:44:55.50 | 10:29 | 5.7 |
| 339 | BOCHYŃSKA ADRIANNA | 8146 | | CHORZÓW | POL | SENIOR II K - 30 | 60 | K 141 | 00:00:58 | 00:45:31 | 01:06:39 | 01:44:57.45 | 01:44:57.45 | 10:29 | 5.7 |
| 340 | RZYSZKIEWICZ MAŁGORZATA | 8274 | PĘDZĄCE LENIWCE | SOKOŁÓW PODLASKI | POL | MASTERS K - 40 | 44 | K 142 | 00:00:53 | 00:43:58 | 01:05:39 | 01:45:08.75 | 01:45:08.75 | 10:30 | 5.7 |
| 341 | WOŹNIAK LIDIA | 8223 | PORMAT JEDLICZE BIEGA | SKOŁYSZYN | POL | WETERAN K - 50 | 8 | K 143 | 00:00:34 | 00:43:49 | 01:05:26 | 01:45:11.80 | 01:45:11.80 | 10:31 | 5.7 |
| 342 | OLEJ ROBERT | 8193 | | KATOWICE | POL | SENIOR I M - 20 | 39 | M 199 | 00:00:14 | 00:42:12 | 01:05:54 | 01:45:13.55 | 01:45:13.55 | 10:31 | 5.7 |
| 343 | KOCHANOWSKA GRAŻYNA | 8476 | | OSTRÓW MAZOWIECKA | POL | WETERAN K - 50 | 9 | K 144 | 00:00:35 | 00:42:29 | 01:03:59 | 01:45:28.90 | 01:45:28.90 | 10:32 | 5.7 |
| 344 | BOBIN ANNA | 8084 | ZOCHU TEAM | GORZÓW WIELKOPOLSKI | POL | MASTERS K - 40 | 45 | K 145 | 00:00:50 | 00:45:16 | 01:07:19 | 01:45:36.35 | 01:45:36.35 | 10:33 | 5.7 |
| 345 | HAMPEL MARIA | 8316 | BODY POWER | LESZNO | POL | SENIOR I K - 20 | 29 | K 146 | 00:00:24 | 00:43:24 | 01:05:55 | 01:45:39.30 | 01:45:39.30 | 10:33 | 5.7 |
| 346 | GONERA JANINA | 8014 | KB HARCOWNIK JELCZ-LASKOWICE | MIŁOSZYCE | POL | WETERAN II K - 60 | 4 | K 147 | 00:00:51 | 00:45:52 | 01:07:40 | 01:45:40.95 | 01:45:40.95 | 10:34 | 5.7 |
| 347 | HOJDA AGNIESZKA | 8572 | | WARSZAWA | POL | SENIOR II K - 30 | 61 | K 148 | 00:00:23 | 00:43:25 | 01:06:37 | 01:46:04.80 | 01:46:04.80 | 10:36 | 5.7 |
| 348 | ZWYDAK ANNA | 8134 | WKURW_TEAM | KIELCZÓW | POL | SENIOR II K - 30 | 62 | K 149 | 00:00:34 | 00:44:53 | 01:06:46 | 01:46:15.80 | 01:46:15.80 | 10:37 | 5.6 |
| 349 | NITSCHKE KAROL | 8359 | TKKF MPK POZNAŃ | POZNAŃ | POL | MASTERS M - 40 | 65 | M 200 | 00:01:00 | 00:43:34 | 01:06:26 | 01:46:19.15 | 01:46:19.15 | 10:37 | 5.6 |
| 350 | NITSCHKE GRAŻYNA | 8390 | MPK-POZNAŃ | POZNAŃ | POL | MASTERS K - 40 | 46 | K 150 | 00:00:56 | 00:43:50 | 01:06:25 | 01:46:19.35 | 01:46:19.35 | 10:37 | 5.6 |
| 351 | IWANOW MAŁGORZATA | 8428 | | RADZYMIN | POL | SENIOR II K - 30 | 63 | K 151 | 00:01:23 | 00:45:56 | 01:08:14 | 01:46:21.95 | 01:46:21.95 | 10:38 | 5.6 |
| 352 | GAWRON MONIKA | 8481 | MIRAZ RACE TEAM | RUDA ŚLĄSKA | POL | MASTERS K - 40 | 47 | K 152 | 00:00:07 | 00:47:20 | 01:09:08 | 01:46:45.05 | 01:46:45.05 | 10:40 | 5.6 |
| 353 | BIAŁEK WIOLETTA | 8114 | | STRONIE ŚLĄSKIE | POL | MASTERS K - 40 | 48 | K 153 | 00:01:03 | 00:45:35 | 01:08:03 | 01:47:13.85 | 01:47:13.85 | 10:43 | 5.6 |
| 354 | STELMASZCZYK MICHALINA | 8573 | | WARSZAWA | POL | SENIOR I K - 20 | 30 | K 154 | 00:00:39 | 00:45:09 | 01:06:57 | 01:47:25.35 | 01:47:25.35 | 10:44 | 5.6 |
| 355 | KRZYWICKI LESZEK | 8579 | KIERUNEK ULTRA | SUWAŁKI | POL | WETERAN I M - 50 | 20 | M 201 | 00:00:30 | 00:42:50 | 01:05:54 | 01:47:32.85 | 01:47:32.85 | 10:45 | 5.6 |
| 356 | GABERT BEATA | 8028 | RAZ SZCZECIN | SZCZECIN | POL | WETERAN K - 50 | 10 | K 155 | 00:00:08 | 00:44:22 | 01:07:15 | 01:47:53.65 | 01:47:53.65 | 10:47 | 5.6 |
| 357 | SROCZYŃSKI MACIEJ | 8235 | | ŻERNIKI WROCŁAWSKIE | POL | MASTERS M - 40 | 66 | M 202 | 00:01:16 | 00:44:28 | 01:06:36 | 01:47:57.25 | 01:47:57.25 | 10:47 | 5.6 |
| 358 | RADWAN MATEUSZ | 8106 | | DOPIEWO | POL | SENIOR II M - 30 | 66 | M 203 | 00:00:45 | 00:46:33 | 01:10:29 | 01:48:54.75 | 01:48:54.75 | 10:53 | 5.5 |
| 359 | MORAWSKA-KREKORA ANNA | 8453 | | KRAKÓW | POL | SENIOR II K - 30 | 64 | K 156 | 00:01:24 | 00:46:09 | 01:09:17 | 01:49:08.75 | 01:49:08.75 | 10:54 | 5.5 |
| 360 | DYBAŁA MICHAŁ | 8177 | NULL | KRZESZOWICE | POL | MASTERS M - 40 | 67 | M 204 | 00:00:32 | 00:45:28 | 01:08:13 | 01:49:21.60 | 01:49:21.60 | 10:56 | 5.5 |
| 361 | DYBAŁA BEATA | 8174 | DZIKIE GRUBASY SZATANA | KRZESZOWICE | POL | SENIOR II K - 30 | 65 | K 157 | 00:00:31 | 00:45:28 | 01:08:18 | 01:49:21.95 | 01:49:21.95 | 10:56 | 5.5 |
| 362 | DZIUBAŁA ILONA | 8247 | | POPÓW | POL | WETERAN K - 50 | 11 | K 158 | 00:00:24 | 00:46:39 | 01:09:56 | 01:49:28.30 | 01:49:28.30 | 10:56 | 5.5 |
| 363 | SIP SABINA | 8157 | FSD RUN DREZDENKO | DREZDENKO | POL | MASTERS K - 40 | 49 | K 159 | 00:00:22 | 00:45:50 | 01:09:16 | 01:49:30.45 | 01:49:30.45 | 10:57 | 5.5 |
| 364 | WITCZAK-SPERKA MARIOLA | 8059 | RAZ SZCZECIN | SZCZECIN | POL | WETERAN II K - 60 | 5 | K 160 | 00:00:22 | 00:44:09 | 01:07:19 | 01:51:40.35 | 01:51:40.35 | 11:10 | 5.4 |
| 365 | PLASZCZAK BOGUMIŁA | 8162 | PIEKIELNIE ZGRANI | TULCE | POL | MASTERS K - 40 | 50 | K 161 | 00:00:32 | 00:45:37 | 01:09:01 | 01:51:42.55 | 01:51:42.55 | 11:10 | 5.4 |
| 366 | PLASZCZAK JAROSŁAW | 8161 | | TULCE | POL | MASTERS M - 40 | 68 | M 205 | 00:00:32 | 00:46:03 | 01:09:07 | 01:51:42.55 | 01:51:42.55 | 11:10 | 5.4 |
| 367 | JONCZYK ELŻBIETA | 8098 | TUP TUP | ŁĄDEK ZDRÓJ | POL | WETERAN K - 50 | 12 | K 162 | 00:01:08 | 00:49:33 | 01:12:22 | 01:51:47.00 | 01:51:47.00 | 11:10 | 5.4 |
| 368 | MĄDRO AGNIESZKA | 8417 | | KŁODZKO | POL | MASTERS K - 40 | 51 | K 163 | 00:01:32 | 00:49:36 | 01:12:29 | 01:52:07.80 | 01:52:07.80 | 11:12 | 5.4 |
| 369 | LEWANDOWSKA ANNA | 8027 | BORKOŚ TEAM | GORZÓW WIELKOPOLSKI | POL | SENIOR II K - 30 | 66 | K 164 | 00:01:15 | 00:46:49 | 01:09:36 | 01:52:24.45 | 01:52:24.45 | 11:14 | 5.3 |
| 370 | JAROSZ AGNIESZKA | 8343 | TEAM KURORT ŁĄDEK ZDRÓJ | OLDRZYCHOWICE KŁODZKIE | POL | SENIOR I K - 20 | 31 | K 165 | 00:01:11 | 00:47:56 | 01:11:53 | 01:52:34.55 | 01:52:34.55 | 11:15 | 5.3 |

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

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 0.01km | 3.7km | 5.8km | Netto | Brutto | min/km | km/h |
|------|------------------------|------|---------------------------------|------------------------------|------|--------------------|--------|-------|----------|----------|----------|-------------|-------------|--------|------|
| 371 | WYCISZKIEWICZ GABRIELA | 8371 | TEAM KURORT ŁADEK ZDRÓJ | OLDRZYCHOWICE KŁODZKIE | POL | MASTERS K - 40 | 52 | K 166 | 00:01:11 | 00:47:54 | 01:11:53 | 01:52:35.15 | 01:52:35.15 | 11:15 | 5.3 |
| 372 | PARTYKA AGNIESZKA | 8017 | KB HARCOWNIK JELCZ-LASKOWICE | JELCZ-LASKOWICE | POL | MASTERS K - 40 | 53 | K 167 | 00:01:23 | 00:48:11 | 01:11:56 | 01:53:13.80 | 01:53:13.80 | 11:19 | 5.3 |
| 373 | SOWA MARTA | 8053 | WKURW_TEAM | WROCŁAW | POL | SENIOR II K - 30 | 67 | K 168 | 00:01:24 | 00:48:01 | 01:13:17 | 01:53:34.60 | 01:53:34.60 | 11:21 | 5.3 |
| 374 | NAIT MANSOUR IZABELA | 8325 | | POZNAŃ | POL | MASTERS K - 40 | 54 | K 169 | 00:00:52 | 00:46:14 | 01:11:00 | 01:53:46.50 | 01:53:46.50 | 11:22 | 5.3 |
| 375 | KLIN ANETA | 8402 | | BRZEG | POL | MASTERS K - 40 | 55 | K 170 | 00:01:06 | 00:48:13 | 01:13:02 | 01:53:52.75 | 01:53:52.75 | 11:23 | 5.3 |
| 376 | HETAK MONIKA | 8211 | | ŁADEK-ZDRÓJ | POL | MASTERS K - 40 | 56 | K 171 | 00:00:40 | 00:46:44 | 01:10:59 | 01:53:56.50 | 01:53:56.50 | 11:23 | 5.3 |
| 377 | HEŁMIK KATARZYNA | 8440 | POMYŁKA TEAM | WROCŁAW | POL | MASTERS K - 40 | 57 | K 172 | 00:01:31 | 00:49:25 | 01:13:22 | 01:54:05.45 | 01:54:05.45 | 11:24 | 5.3 |
| 378 | GÓRCZYŃSKA BARBARA | 8229 | | ŁADEK ZDRÓJ | POL | MASTERS K - 40 | 58 | K 173 | 00:01:29 | 00:48:47 | 01:13:23 | 01:54:09.85 | 01:54:09.85 | 11:24 | 5.3 |
| 379 | BIENIEK IWONA | 8295 | | PRZYBYŚLAWICE 110A | POL | WETERAN K - 50 | 13 | K 174 | 00:00:16 | 00:45:37 | 01:09:31 | 01:54:14.10 | 01:54:14.10 | 11:25 | 5.3 |
| 380 | ROGACZ EWA | 8181 | | NOWY TOMYŚL | POL | SENIOR II K - 30 | 68 | K 175 | 00:00:47 | 00:50:35 | 01:13:35 | 01:54:25.00 | 01:54:25.00 | 11:26 | 5.2 |
| 381 | CHASZCZEWSKA JULIA | 8066 | TOPOLICE TEAM | WROCŁAW | POL | SENIOR II K - 30 | 69 | K 176 | 00:00:55 | 00:48:01 | 01:12:53 | 01:54:35.30 | 01:54:35.30 | 11:27 | 5.2 |
| 382 | MAJCHRZYCKA AGNIESZKA | 8374 | TKKF MPK POZNAŃ | KIJEWO/ŚRODA WIELKOPOLSKA | POL | SENIOR II K - 30 | 70 | K 177 | 00:00:55 | 00:49:34 | 01:13:05 | 01:54:44.90 | 01:54:44.90 | 11:28 | 5.2 |
| 383 | TOCZEK GRAŻYNA | 8144 | NIGHT RUNNERS PYSKOWICE | PYSKOWICE | POL | WETERAN K - 50 | 14 | K 178 | 00:01:08 | 00:47:17 | 01:11:31 | 01:54:51.45 | 01:54:51.45 | 11:29 | 5.2 |
| 384 | KRÓL KAROLINA | 8133 | | BIERUTÓW | POL | SENIOR I K - 20 | 32 | K 179 | 00:01:22 | 00:49:35 | 01:13:45 | 01:54:52.20 | 01:54:52.20 | 11:29 | 5.2 |
| 385 | GRÖGER KAROLINA | 8149 | | ŁADEK-ZDRÓJ | POL | SENIOR I K - 20 | 33 | K 180 | 00:00:39 | 00:46:43 | 01:11:00 | 01:55:02.20 | 01:55:02.20 | 11:30 | 5.2 |
| 386 | SZCZERBIEN JACEK | 8150 | | KŁODZKO | POL | MASTERS M - 40 | 69 | M 206 | 00:00:51 | 00:47:09 | 01:11:00 | 01:55:02.80 | 01:55:02.80 | 11:30 | 5.2 |
| 387 | DATA TOMASZ | 8090 | HRMAX ŻORY | ŻORY | POL | WETERAN I M - 50 | 21 | M 207 | 00:01:27 | 00:49:38 | 01:13:46 | 01:55:26.75 | 01:55:26.75 | 11:32 | 5.2 |
| 388 | MIKOŁAJCZAK MAGDALENA | 8089 | HRMAX ŻORY | ŻORY | POL | MASTERS K - 40 | 59 | K 181 | 00:01:27 | 00:49:38 | 01:13:48 | 01:55:29.50 | 01:55:29.50 | 11:32 | 5.2 |
| 389 | MORAWSKA EDYTA | 8386 | BIEGNIJ OŁAWO | OŁAWA | POL | MASTERS K - 40 | 60 | K 182 | 00:00:35 | 00:45:07 | 01:08:23 | 01:55:39.45 | 01:55:39.45 | 11:33 | 5.2 |
| 390 | MORAWSKI JAROSŁAW | 8385 | BIEGNIJ OŁAWO | OŁAWA | POL | MASTERS M - 40 | 70 | M 208 | 00:00:36 | 00:45:11 | 01:08:23 | 01:55:40.30 | 01:55:40.30 | 11:34 | 5.2 |
| 391 | BOGUSŁAWSKA ELŻBIETA | 8215 | | ŁADEK-ZDRÓJ | POL | MASTERS K - 40 | 61 | K 183 | 00:00:45 | 00:46:47 | 01:12:38 | 01:55:54.90 | 01:55:54.90 | 11:35 | 5.2 |
| 392 | FILIPIAK SEBASTIAN | 8219 | EKIPA LIPA | LIPA | POL | MASTERS M - 40 | 71 | M 209 | 00:00:52 | 00:52:30 | 01:15:19 | 01:56:00.20 | 01:56:00.20 | 11:36 | 5.2 |
| 393 | SZYMCAK KATARZYNA | 8218 | | UNIEJOWICE | POL | SENIOR II K - 30 | 71 | K 184 | 00:00:52 | 00:52:30 | 01:15:18 | 01:56:00.70 | 01:56:00.70 | 11:36 | 5.2 |
| 394 | SZAFLIK ANNA | 8216 | | ŁADEK-ZDRÓJ | POL | MASTERS K - 40 | 62 | K 185 | 00:00:46 | 00:46:48 | 01:12:38 | 01:56:08.95 | 01:56:08.95 | 11:36 | 5.2 |
| 395 | GÓRAL AGNIESZKA | 8082 | ALSTOM KATOWICE | KATOWICE | POL | SENIOR II K - 30 | 72 | K 186 | 00:01:03 | 00:49:39 | 01:14:37 | 01:56:33.45 | 01:56:33.45 | 11:39 | 5.1 |
| 396 | PIEKARCZYK KATARZYNA | 8418 | | KŁODZKO | POL | SENIOR II K - 30 | 73 | K 187 | 00:01:32 | 00:50:18 | 01:13:38 | 01:56:37.50 | 01:56:37.50 | 11:39 | 5.1 |
| 397 | SYPNIEWSKA HANNA | 8327 | ULTRA WAY TEAM | GDYNIA | POL | WETERAN II K - 60 | 6 | K 188 | 00:01:25 | 00:49:39 | 01:14:04 | 01:56:38.60 | 01:56:38.60 | 11:39 | 5.1 |
| 398 | RZESZOWSKA IWONA | 8283 | MIRAZ RACE TEAM | ZABRZE | POL | MASTERS K - 40 | 63 | K 189 | 00:00:07 | 00:47:51 | 01:13:14 | 01:56:51.10 | 01:56:51.10 | 11:41 | 5.1 |
| 399 | ROMANOWSKA ANNA | 8586 | | WARSZAWA | POL | MASTERS K - 40 | 64 | K 190 | 00:00:29 | 00:48:19 | 01:14:20 | 01:57:45.60 | 01:57:45.60 | 11:46 | 5.1 |
| 400 | ZIELIŃSKA MAGDALENA | 8585 | | WARSZAWA | POL | SENIOR II K - 30 | 74 | K 191 | 00:00:30 | 00:48:20 | 01:14:20 | 01:57:45.95 | 01:57:45.95 | 11:46 | 5.1 |
| 401 | DULIK ALEKSANDRA | 8303 | OPOLE | OPOLE | POL | MASTERS K - 40 | 65 | K 192 | 00:00:57 | 00:48:40 | 01:13:17 | 01:58:07.35 | 01:58:07.35 | 11:48 | 5.1 |
| 402 | LECHOWSKA MONIKA | 8083 | ALSTOM KATOWICE | MYSŁOWICE | POL | MASTERS K - 40 | 66 | K 193 | 00:01:03 | 00:49:49 | 01:14:37 | 01:58:14.95 | 01:58:14.95 | 11:49 | 5.1 |
| 403 | PRZYŁUSKA MIROŚLAWA | 8032 | RAZ SZCZECIN | SZCZECIN | POL | WETERAN III K - 70 | 1 | K 194 | 00:00:24 | 00:47:21 | 01:12:53 | 01:58:27.75 | 01:58:27.75 | 11:50 | 5.1 |
| 404 | GLASSER MAREK | 8478 | | WARSZAWA | POL | WETERAN III M - 70 | 5 | M 210 | 00:01:14 | 00:49:37 | 01:14:22 | 01:58:47.40 | 01:58:47.40 | 11:52 | 5.1 |
| 405 | WASILEWSKA JOANNA | 8361 | PARKRUN GRUDZIĄDZ | GRUDZIĄDZ | POL | SENIOR II K - 30 | 75 | K 195 | 00:00:57 | 00:47:58 | 01:12:17 | 01:58:58.40 | 01:58:58.40 | 11:53 | 5 |
| 406 | LIS EWELINA | 8008 | | GRUDZIĄDZ | POL | MASTERS K - 40 | 67 | K 196 | 00:00:56 | 00:47:57 | 01:09:11 | 01:59:01.15 | 01:59:01.15 | 11:54 | 5 |
| 407 | MODRAK MACIEJ | 8007 | PARKRUN GRUDZIĄDZ | GRUDZIĄDZ | POL | WETERAN I M - 50 | 22 | M 211 | 00:00:57 | 00:47:57 | 01:08:50 | 01:59:02.75 | 01:59:02.75 | 11:54 | 5 |
| 408 | KOLASA ANDRZEJ | 8129 | KLUB J.SŁOWACKIEGO | WARSZAWA-WESOŁA | POL | WETERAN III M - 70 | 6 | M 212 | 00:00:02 | 00:46:52 | 01:14:10 | 01:59:49.80 | 01:59:49.80 | 11:58 | 5 |
| 409 | SZCZUKA PAWEŁ | 8366 | | WIRY | POL | WETERAN I M - 50 | 23 | M 213 | 00:00:54 | 00:49:43 | 01:14:48 | 01:59:54.10 | 01:59:54.10 | 11:59 | 5 |
| 410 | SZCZUKA MAŁGORZATA | 8365 | | WIRY | POL | WETERAN K - 50 | 15 | K 197 | 00:00:48 | 00:49:37 | 01:14:51 | 01:59:54.85 | 01:59:54.85 | 11:59 | 5 |
| 411 | PILARSKI RYSZARD | 8446 | IZERY BOGATYNIA | BOGATYNIA | POL | WETERAN II M - 60 | 9 | M 214 | 00:00:17 | 00:48:02 | 01:13:25 | 02:01:58.05 | 02:01:58.05 | 12:11 | 4.9 |
| 412 | PILARSKA ELŻBIETA | 8410 | IZERY BOGATYNIA | BOGATYNIA | POL | WETERAN III K - 70 | 2 | K 198 | 00:00:17 | 00:48:03 | 01:13:26 | 02:01:58.10 | 02:01:58.10 | 12:11 | 4.9 |
| 413 | BORIS ANETA | 8348 | | ELBLĄG | POL | SENIOR II K - 30 | 76 | K 199 | 00:01:25 | 00:51:03 | 01:17:03 | 02:02:24.55 | 02:02:24.55 | 12:14 | 4.9 |
| 414 | SZPUREK ANNA | 8597 | BUKOWSKI KLUB BIEGACZA | BUK | POL | MASTERS K - 40 | 68 | K 200 | 00:00:32 | 00:47:25 | 01:14:18 | 02:04:33.65 | 02:04:33.65 | 12:27 | 4.8 |
| 415 | WOJTKOWSKA KATARZYNA | 8207 | | WARSZAWA | POL | SENIOR I K - 20 | 34 | K 201 | 00:01:07 | 00:49:27 | 01:13:40 | 02:04:34.55 | 02:04:34.55 | 12:27 | 4.8 |
| 416 | ZARZECZNY RADOSŁAW | 8413 | JUNIOR AMATOR SUPERSTAR | KRAKÓW | POL | SENIOR II M - 30 | 67 | M 215 | 00:00:49 | 00:47:59 | 01:13:30 | 02:04:57.10 | 02:04:57.10 | 12:29 | 4.8 |
| 417 | MITIS MAREK | 8232 | | KRAKÓW | POL | SENIOR II M - 30 | 68 | M 216 | 00:00:48 | 00:48:00 | 01:13:31 | 02:04:57.25 | 02:04:57.25 | 12:29 | 4.8 |
| 418 | PŁOŃSKA KLAUDIA | 8165 | | WROCŁAW | POL | SENIOR I K - 20 | 35 | K 202 | 00:01:07 | 00:49:28 | 01:13:43 | 02:05:00.25 | 02:05:00.25 | 12:30 | 4.8 |
| 419 | BUDZISZEWSKI JAKUB | 8164 | | WROCŁAW | POL | SENIOR I M - 20 | 40 | M 217 | 00:01:08 | 00:49:33 | 01:14:53 | 02:05:00.75 | 02:05:00.75 | 12:30 | 4.8 |
| 420 | AGATA BAGROWSKA | 8257 | | WROCŁAW | POL | MASTERS K - 40 | 69 | K 203 | 00:01:15 | 00:51:33 | 01:18:20 | 02:05:36.05 | 02:05:36.05 | 12:33 | 4.8 |
| 421 | WEKA KRZYSZTOF | 8555 | BIAŁYSTOK BIEGA TEAM | BIAŁYSTOK | POL | SENIOR II M - 30 | 69 | M 218 | 00:00:10 | 00:39:20 | 01:05:57 | 02:06:04.65 | 02:06:04.65 | 12:36 | 4.8 |
| 422 | ANACZKOWSKA KRYSZYNA | 8307 | ZANTYR SZTUM | SZTUM | POL | WETERAN II K - 60 | 7 | K 204 | 00:00:35 | 00:51:29 | 01:17:38 | 02:06:13.55 | 02:06:13.55 | 12:37 | 4.8 |
| 423 | ŚLEDZIK JOANNA | 8085 | ALSTOM KATOWICE | ZABRZE | POL | MASTERS K - 40 | 70 | K 205 | 00:01:15 | 00:51:32 | 01:15:32 | 02:06:27.25 | 02:06:27.25 | 12:38 | 4.7 |
| 424 | WALCZAK SŁAWOMIR | 8118 | | GAŁĄCZYCE | POL | WETERAN I M - 50 | 24 | M 219 | 00:06:08 | 00:52:24 | 01:17:11 | 02:06:32.55 | 02:06:32.55 | 12:39 | 4.7 |
| 425 | DOMINIAK AGNIESZKA | 8030 | | WARSZAWA | POL | MASTERS K - 40 | 71 | K 206 | 00:01:05 | 00:52:24 | 01:18:29 | 02:07:17.05 | 02:07:17.05 | 12:43 | 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 | 0.01km | 3.7km | 5.8km | Netto | Brutto | min/km | km/h |
|------|-------------------------------|------|--|-----------------------|------|-------------------|--------|-------|----------|----------|-------------|-------------|-------------|--------|------|
| 426 | NURKIEWICZ-KMIECIK DOMINIKA | 8186 | | KĄZMIERZ | POL | MASTERS K - 40 | 72 | K 207 | 00:00:50 | 00:52:09 | 01:18:28 | 02:07:37.55 | 02:07:37.55 | 12:45 | 4.7 |
| 427 | SZYMAŃSKA ANIA | 8225 | | SZCZECIN | POL | WETERAN K - 50 | 16 | K 208 | 00:01:01 | 00:50:39 | 01:16:41 | 02:10:40.15 | 02:10:40.15 | 13:04 | 4.6 |
| 428 | KARCZYŃSKA SYLWIA | 8352 | | STAROGARD GDAŃSKI | POL | MASTERS K - 40 | 73 | K 209 | 00:01:04 | 00:54:20 | 01:21:44 | 02:11:47.35 | 02:11:47.35 | 13:10 | 4.6 |
| 429 | GIERSZEWSKI MAREK | 8591 | HRT | STAROGARD GDAŃSKI | POL | MASTERS M - 40 | 72 | M 220 | 00:01:03 | 00:54:33 | 01:21:43 | 02:11:48.20 | 02:11:48.20 | 13:10 | 4.6 |
| 430 | SZKUTA STANISŁAW | 8308 | ROVELLI TEORIA KWANTÓW | BIELSKO-BIAŁA | POL | WETERAN II M - 60 | 10 | M 221 | 00:00:21 | 00:51:03 | 01:20:36 | 02:12:06.80 | 02:12:06.80 | 13:12 | 4.5 |
| 431 | WIŚNIEWSKI MICHAŁ | 8119 | K.S OBSTAWIAMY TYŁY | WROCŁAW | POL | MASTERS M - 40 | 73 | M 222 | 00:00:59 | 00:49:36 | 01:18:00 | 02:12:37.70 | 02:12:37.70 | 13:15 | 4.5 |
| 432 | SOWIŃSKI ROBERT | 8117 | K.S. OBSTAWIAMY TYŁY | WROCŁAW | POL | MASTERS M - 40 | 74 | M 223 | 00:01:00 | 00:48:37 | 01:18:00 | 02:12:39.35 | 02:12:39.35 | 13:15 | 4.5 |
| 433 | RYMSKA ANNA | 8290 | | POZNAŃ | POL | MASTERS K - 40 | 74 | K 210 | 00:00:52 | 00:53:06 | 01:22:37 | 02:13:32.90 | 02:13:32.90 | 13:21 | 4.5 |
| 434 | SMYCZ ANNA | 8291 | | POZNAŃ | POL | MASTERS K - 40 | 75 | K 211 | 00:00:53 | 00:53:11 | 01:22:39 | 02:13:33.45 | 02:13:33.45 | 13:21 | 4.5 |
| 435 | BĄCZEK KRZYSZTOF | 8310 | | ZAWIERCIE | POL | MASTERS M - 40 | 75 | M 224 | 00:01:17 | 00:55:53 | 01:22:34 | 02:14:42.10 | 02:14:42.10 | 13:28 | 4.5 |
| 436 | ŁOZIENKO ANNA | 8411 | KB HARCOWNIK JELCZ-LASKOWICE | MIŁOSZYCE | POL | SENIOR II K - 30 | 77 | K 212 | 00:01:24 | 00:56:06 | 01:24:38 | 02:15:40.15 | 02:15:40.15 | 13:34 | 4.4 |
| 437 | JANOSZ MARZENA | 8099 | | WROCŁAW | POL | WETERAN K - 50 | 17 | K 213 | 00:01:08 | 00:54:21 | 01:23:14 | 02:20:24.55 | 02:20:24.55 | 14:02 | 4.3 |
| 438 | MAKSYMOWICZ MONIKA | 8415 | | KŁODZKO | POL | SENIOR II K - 30 | 78 | K 214 | 00:01:32 | 00:56:29 | 01:28:31 | 02:20:29.20 | 02:20:29.20 | 14:02 | 4.3 |
| 439 | RYBKA ELŻBIETA | 8416 | | KŁODZKO | POL | SENIOR II K - 30 | 79 | K 215 | 00:01:32 | 00:56:23 | 01:27:18 | 02:20:43.70 | 02:20:43.70 | 14:04 | 4.3 |
| 440 | KUBIATOWICZ MAŁGORZATA | 8006 | | POZNAŃ | POL | MASTERS K - 40 | 76 | K 216 | 00:01:26 | 01:01:58 | 01:31:35 | 02:20:50.75 | 02:20:50.75 | 14:05 | 4.3 |
| 441 | MAJCHRZAK MONIKA | 8022 | WKURW_TEAM | POZNAŃ | POL | WETERAN K - 50 | 18 | K 217 | 00:01:13 | 00:59:27 | 01:28:22 | 02:21:40.90 | 02:21:40.90 | 14:10 | 4.2 |
| 442 | STRZYŻOWSKA MONIKA | 8091 | | BYDGOSZCZ | POL | MASTERS K - 40 | 77 | K 218 | 00:00:26 | 00:53:59 | 01:25:19 | 02:24:23.55 | 02:24:23.55 | 14:26 | 4.2 |
| 443 | WITKIEWICZ-ŁUKASZEK SANDRA | 8018 | ŁUKASZKI TEAM | OSIELSKO | POL | SENIOR II K - 30 | 80 | K 219 | 00:00:27 | 00:53:58 | 01:25:20 | 02:24:24.20 | 02:24:24.20 | 14:26 | 4.2 |
| 444 | KRZEMIENIEWSKI JERZY | 8054 | KB SZAMOTUŁY | SZAMOTUŁY | POL | WETERAN II M - 60 | 11 | M 225 | 00:01:16 | 01:00:08 | 01:33:22 | 02:31:04.55 | 02:31:04.55 | 15:06 | 4 |
| 445 | ZALESZCZAK RENATA | 8011 | KB SZAMOTUŁY | SZAMOTUŁY | POL | WETERAN K - 50 | 19 | K 220 | 00:00:52 | 01:04:02 | 01:37:19 | 02:31:34.75 | 02:31:34.75 | 15:09 | 4 |
| 446 | MICHALSKI DARIUSZ | 8020 | ALFA TEAM GOSTYŃ | PIASKI | POL | WETERAN I M - 50 | 25 | M 226 | 00:01:18 | 01:03:24 | 01:35:55 | 02:32:13.85 | 02:32:13.85 | 15:13 | 3.9 |
| 447 | MROWCA PAWEŁ | 8439 | | LUBAŃ | POL | SENIOR II M - 30 | 70 | M 227 | 00:01:17 | 00:56:38 | 01:29:35 | 02:33:10.85 | 02:33:10.85 | 15:19 | 3.9 |
| 448 | SZAFRANIEC-MROWCA DOROTA | 8438 | | LUBAŃ | POL | MASTERS K - 40 | 78 | K 221 | 00:01:16 | 00:56:38 | 01:29:56 | 02:33:11.30 | 02:33:11.30 | 15:19 | 3.9 |
| 449 | SZYMAŃSKI PAWEŁ | 8378 | | POZNAŃ | POL | MASTERS M - 40 | 76 | M 228 | 00:01:20 | 01:02:58 | 01:36:41 | 02:39:28.45 | 02:39:28.45 | 15:56 | 3.8 |
| 450 | SZYMAŃSKA AGNIESZKA | 8244 | | POZNAŃ | POL | MASTERS K - 40 | 79 | K 222 | 00:01:20 | 01:02:57 | 01:36:40 | 02:39:28.80 | 02:39:28.80 | 15:56 | 3.8 |
| 451 | GRZELAKOWSKA IWONA | 8442 | | POZNAŃ | POL | MASTERS K - 40 | 80 | K 223 | 00:01:13 | 01:06:59 | 01:39:33 | 02:41:34.10 | 02:41:34.10 | 16:09 | 3.7 |
| 452 | KOCIUBA KATARZYNA | 8170 | | POZNAŃ | POL | SENIOR II K - 30 | 81 | K 224 | 00:01:00 | 00:55:45 | 01:28:22 | 02:41:35.65 | 02:41:35.65 | 16:09 | 3.7 |
| 453 | KOWAL MARZENA | 8026 | | LESZNO | POL | MASTERS K - 40 | 81 | K 225 | 00:00:45 | 01:04:41 | 01:41:21 | 02:42:31.70 | 02:42:31.70 | 16:15 | 3.7 |
| 454 | STROIŃSKA IWONA | 8080 | LESZ NO LIMITS RUNNERS | WILKOWICE | POL | MASTERS K - 40 | 82 | K 226 | 00:00:47 | 01:04:42 | 01:41:22 | 02:42:33.45 | 02:42:33.45 | 16:15 | 3.7 |
| 455 | KONIECZNY ROBERT | 8021 | WKURW_TEAM | ŻARY | POL | MASTERS M - 40 | 77 | M 229 | 00:01:15 | 00:52:13 | 01:15:37 | 02:45:35.95 | 02:45:35.95 | 16:33 | 3.6 |
| 456 | MIELEC MARTA | 8447 | #ZŁOTYNAKILOMETR | STARGARD | POL | SENIOR II K - 30 | 82 | K 227 | 00:01:15 | 00:52:13 | 01:15:37 | 02:45:36.80 | 02:45:36.80 | 16:33 | 3.6 |
| 457 | ROBAK ANETA | 8152 | | ŁĄDEK-ZDRÓJ | POL | MASTERS K - 40 | 83 | K 228 | 00:00:49 | 01:10:13 | 03:12:11.20 | 03:12:11.20 | 03:12:11.20 | 19:13 | 3.1 |
| 458 | MRÓWCZYŃSKA EWA | 8392 | | JAKTORÓW | POL | WETERAN K - 50 | 20 | K 229 | 00:00:33 | 01:10:39 | 03:12:13.20 | 03:12:13.20 | 03:12:13.20 | 19:13 | 3.1 |
| DNC | ŚWIRGOŃ ADAM | 8596 | ZAŁOGA GÓRSKA | WARSZAWA | POL | SENIOR I M - 20 | DNC | DNC | 00:00:01 | | | | | | |
| | ZAKRZEWICZ-PODLECKA AGNIESZKA | 8180 | ROKIETNICA BIEGA | ROKIETNICA | POL | SENIOR II K - 30 | | | 00:00:04 | DNF | DNF | DNF | DNF | - | - |
| | POŚWISTAJŁO MARCIN | 8452 | | ŁĄDEK-ZDRÓJ | POL | SENIOR I M - 20 | | | 00:00:33 | DNF | DNF | DNF | DNF | - | - |
| 0 | LAGNER SEBASTIAN | 8444 | KB SOBÓTKA/ PRZEDWOJEWSKI_TEAM | SOBÓTKA | POL | SENIOR II M - 30 | 1 | M 1 | 00:00:01 | 00:20:19 | 00:30:12 | 00:47:54.85 | 00:47:54.85 | 4:47 | 12.5 |
| 1 | PACHUT JERZY | 8459 | WOT | SŁOPNICE | POL | SENIOR I M - 20 | 1 | M 2 | 00:00:01 | 00:20:26 | 00:30:54 | 00:48:32.40 | 00:48:32.40 | 4:51 | 12.4 |
| 2 | CHRZANOWSKI PATRYK | 8302 | PCH SPORT TEAM | OSTROSZOWICE | POL | SENIOR II M - 30 | 2 | M 3 | 00:00:01 | 00:20:43 | 00:31:01 | 00:48:36.75 | 00:48:36.75 | 4:51 | 12.3 |
| 3 | TWOREK BARTŁOMIEJ | 8557 | 10 ŠBOT | OPATÓW | POL | SENIOR I M - 20 | 2 | M 4 | 00:00:01 | 00:20:39 | 00:30:54 | 00:49:14.15 | 00:49:14.15 | 4:55 | 12.2 |
| 4 | KUJAWA ZBIGNIEW | 8594 | TKKF KOLEJARZ BYDGOSZCZ / ZAŁOGA GÓRSKA | JANOWIEC WIELKOPOLSKI | POL | SENIOR II M - 30 | 3 | M 5 | 00:00:03 | 00:21:59 | 00:32:26 | 00:50:40.60 | 00:50:40.60 | 5:04 | 11.8 |
| 5 | DUTKOWSKI MIKOŁAJ | 8209 | WKS ŚLĄSK WROCŁAW | RASZKÓW | POL | SENIOR II M - 30 | 4 | M 6 | 00:00:01 | 00:21:54 | 00:32:25 | 00:50:50.40 | 00:50:50.40 | 5:05 | 11.8 |
| 6 | MONZO DAVID | 8088 | | WROCŁAW | POL | SENIOR II M - 30 | 5 | M 7 | 00:00:02 | 00:20:40 | 00:31:36 | 00:50:55.15 | 00:50:55.15 | 5:05 | 11.8 |
| 7 | SIERADZKI KRZYSZTOF | 8270 | PRZEDWOJEWSKI TEAM | WARSZAWA | POL | SENIOR II M - 30 | 6 | M 8 | 00:00:02 | 00:21:27 | 00:32:25 | 00:51:28.65 | 00:51:28.65 | 5:08 | 11.7 |
| 8 | FRANCZAK MARIUSZ | 8434 | DTR BIEGA / MARIO TEAM | KSIĘGINICE | POL | MASTERS M - 40 | 1 | M 9 | 00:00:01 | 00:21:32 | 00:32:26 | 00:52:23.95 | 00:52:23.95 | 5:14 | 11.5 |
| 9 | KANTOR MARTYNA | 8575 | SALOMON SUNNTO TEAM | KRAKÓW | POL | SENIOR II K - 30 | 1 | K 1 | 00:00:02 | 00:21:54 | 00:32:47 | 00:52:50.90 | 00:52:50.90 | 5:17 | 11.4 |
| 10 | STASIUKIEWICZ RAFAŁ | 8556 | 7 KLOG | GDYNIA | POL | MASTERS M - 40 | 2 | M 10 | 00:00:02 | 00:21:48 | 00:33:20 | 00:52:55.10 | 00:52:55.10 | 5:17 | 11.3 |
| 11 | GROMAŁA KRZYSZTOF | 8360 | WOSIEKTEAM | ŚWIEBOZICE | POL | MASTERS M - 40 | 3 | M 11 | 00:00:03 | 00:22:35 | 00:33:33 | 00:53:13.90 | 00:53:13.90 | 5:19 | 11.3 |
| 12 | ŻUREK JAKUB | 8565 | BEZ ZBĘDNYCH PYTAŃ | SZCZECIN | POL | SENIOR I M - 20 | 3 | M 12 | 00:00:01 | 00:21:44 | 00:33:12 | 00:53:25.85 | 00:53:25.85 | 5:20 | 11.2 |
| 13 | JĘDRYCHOWSKI PIOTR | 8467 | KB SOBÓTKA / PRZEDWOJEWSKI TEAM | SOBÓTKA | POL | MASTERS M - 40 | 4 | M 13 | 00:00:03 | 00:22:28 | 00:33:39 | 00:53:57.80 | 00:53:57.80 | 5:23 | 11.1 |
| 14 | RUTKOWSKI DAMIAN | 8468 | LIDZBARK WARMIŃSKI | LIDZBARK WARMIŃSKI | POL | SENIOR I M - 20 | 4 | M 14 | 00:00:11 | 00:22:54 | 00:34:29 | 00:55:43.15 | 00:55:43.15 | 5:34 | 10.8 |

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

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 0.01km | 3.7km | 5.8km | Netto | Brutto | min/km | km/h |
|------|------------------------------|------|---|------------------------|------|------------------|--------|------|----------|----------|----------|-------------|-------------|--------|------|
| 15 | PRYZYSTARZ ARTUR | 8173 | OBORYGENI | OBORNIKI ŚLĄSKIE | POL | WETERAN I M - 50 | 1 | M 15 | 00:00:04 | 00:22:54 | 00:34:28 | 00:55:46.30 | 00:55:46.30 | 5:34 | 10.8 |
| 16 | BUKSA TOMASZ | 8460 | WOT | RABA WYŻNA | POL | SENIOR I M - 30 | 7 | M 16 | 00:00:04 | 00:23:05 | 00:34:31 | 00:55:55.65 | 00:55:55.65 | 5:35 | 10.7 |
| 17 | PIEKARSKI JAKUB | 8036 | | KATOWICE | POL | SENIOR I M - 20 | 5 | M 17 | 00:00:10 | 00:24:08 | 00:35:52 | 00:55:57.35 | 00:55:57.35 | 5:35 | 10.7 |
| 18 | BEDNARZ KRZYSZTOF | 8094 | PRZEDWOJEWSKI TEAM | LUBSZA | POL | MASTERS M - 40 | 5 | M 18 | | 00:23:24 | 00:35:14 | 00:56:04.65 | 00:56:04.65 | 5:36 | 10.7 |
| 19 | SZNUROWSKI MARIUSZ | 8455 | KB SOBÓTKA | SOBÓTKA | POL | SENIOR I M - 20 | 6 | M 19 | 00:00:02 | 00:23:54 | 00:35:33 | 00:56:09.05 | 00:56:09.05 | 5:36 | 10.7 |
| 20 | WOJCIECHOWSKI MATEUSZ | 8484 | NULL | POZNAŃ | POL | SENIOR II M - 30 | 8 | M 20 | 00:00:02 | 00:23:51 | 00:35:25 | 00:56:16.70 | 00:56:16.70 | 5:37 | 10.7 |
| 21 | TARGOSZ MICHAŁ | 8252 | #ADAMCZERWIŃSKITEAM | KRAKÓW | POL | MASTERS M - 40 | 6 | M 21 | 00:00:02 | 00:23:30 | 00:35:07 | 00:56:21.15 | 00:56:21.15 | 5:38 | 10.6 |
| 22 | TRZEPAK ŁUKASZ | 8426 | | WROCŁAW | POL | SENIOR II M - 30 | 9 | M 22 | 00:01:00 | 00:24:04 | 00:35:32 | 00:56:27.70 | 00:56:27.70 | 5:38 | 10.6 |
| 23 | KĄMIERCAK MARTA | 8595 | ZAŁOGA GÓRSKA | WARSZAWA | POL | MASTERS K - 40 | 1 | K 2 | 00:00:02 | 00:24:22 | 00:36:14 | 00:56:31.75 | 00:56:31.75 | 5:39 | 10.6 |
| 24 | KOŁODZIEJ ROMAN | 8192 | | KARŁOWICE | POL | MASTERS M - 40 | 7 | M 23 | 00:00:02 | 00:24:32 | 00:36:11 | 00:56:54.45 | 00:56:54.45 | 5:41 | 10.5 |
| 25 | LASEK JAKUB | 8047 | RMT TEAM | OPOLE | POL | SENIOR II M - 30 | 10 | M 24 | 00:00:02 | 00:24:43 | 00:36:39 | 00:56:54.75 | 00:56:54.75 | 5:41 | 10.5 |
| 26 | KLIMCZAK PIOTR | 8477 | GIMPAS PASŁĘK | KŁODZKO | POL | WETERAN I M - 50 | 2 | M 25 | 00:00:11 | 00:24:42 | 00:36:32 | 00:57:23.90 | 00:57:23.90 | 5:44 | 10.5 |
| 27 | SZYMANOWSKI ŁUKASZ | 8420 | LESZ NO LIMITS RUNNERS | WŁOSZAKOWICE | POL | MASTERS M - 40 | 8 | M 26 | 00:00:02 | 00:23:33 | 00:36:04 | 00:58:05.20 | 00:58:05.20 | 5:48 | 10.3 |
| 28 | SAMIEC JANUSZ | 8424 | | KOBYLA GÓRA | POL | SENIOR II M - 30 | 11 | M 27 | 00:00:18 | 00:24:37 | 00:36:49 | 00:58:25.75 | 00:58:25.75 | 5:50 | 10.3 |
| 29 | STRZELCZAK ROBERT | 8373 | EUROVENT ATHLETICS / TRAIL IS OUR WAY TEAM | OPOLE | POL | MASTERS M - 40 | 9 | M 28 | 00:00:05 | 00:25:10 | 00:37:14 | 00:58:32.60 | 00:58:32.60 | 5:51 | 10.3 |
| 30 | ŁASKOWSKA MARZENA | 8479 | WOT | OLECKO | POL | WETERAN K - 50 | 1 | K 3 | 00:00:04 | 00:24:51 | 00:37:12 | 00:58:41.55 | 00:58:41.55 | 5:52 | 10.2 |
| 31 | BUKOWSKI EDWARD | 8384 | CENTRUM KULTURY KLUCZBORK-KLUCZBORSKA GRUPA BIEGOWA | KLUCZBORK | POL | WETERAN I M - 50 | 3 | M 29 | 00:00:09 | 00:25:00 | 00:37:25 | 00:59:15.60 | 00:59:15.60 | 5:55 | 10.1 |
| 32 | MIKOŁAJCZYK MIROSLAW | 8070 | MIRAZ RACE TEAM | ZABRZE | POL | MASTERS M - 40 | 10 | M 30 | 00:00:03 | 00:25:39 | 00:37:52 | 00:59:16.75 | 00:59:16.75 | 5:55 | 10.1 |
| 33 | ALTEWĘGIER JAROSŁAW | 8243 | 140MINUT.PL | WROCŁAW | AFG | MASTERS M - 40 | 11 | M 31 | 00:00:07 | 00:25:12 | 00:37:35 | 00:59:45.05 | 00:59:45.05 | 5:58 | 10 |
| 34 | PIĘKOŚ BŁAŻEJ | 8480 | | HENRYKÓW | POL | SENIOR I M - 30 | 12 | M 32 | 00:00:08 | 00:25:02 | 00:37:37 | 01:00:00.50 | 01:00:00.50 | 6:00 | 10 |
| 35 | WITEK PAWEŁ | 8397 | KOWARY BIEGAJĄ | KOWARY | POL | MASTERS M - 40 | 12 | M 33 | 00:00:07 | 00:25:25 | 00:37:55 | 01:00:13.65 | 01:00:13.65 | 6:01 | 10 |
| 36 | TOMASZKIEWICZ WOJCIECH | 8055 | RUN FOREST | STRACHOCIN | POL | SENIOR II M - 30 | 13 | M 34 | 00:00:07 | 00:25:37 | 00:38:17 | 01:01:01.45 | 01:01:01.45 | 6:06 | 9.8 |
| 37 | KONRAD ARTUR | 8333 | BRACIA TEAM ZAWIERCIE | ZAWIERCIE | POL | MASTERS M - 40 | 13 | M 35 | 00:00:07 | 00:26:07 | 00:39:01 | 01:01:22.10 | 01:01:22.10 | 6:08 | 9.8 |
| 38 | KAMIŃSKI KAROL | 8571 | FUNDACJA KIERUNEK ULTRA | SUWAŁKI | POL | SENIOR I M - 20 | 7 | M 36 | 00:00:04 | 00:25:28 | 00:39:01 | 01:01:23.85 | 01:01:23.85 | 6:08 | 9.8 |
| 39 | KARCZEWSKA JOANNA | 8580 | KIERUNEK ULTRA | SUWAŁKI | POL | MASTERS K - 40 | 2 | K 4 | 00:00:04 | 00:26:13 | 00:39:04 | 01:01:41.05 | 01:01:41.05 | 6:10 | 9.7 |
| 40 | WIERZCHOWIAK KAROLINA | 8469 | TRAIL IS OUR WAY TEAM | KROSNO | POL | SENIOR II K - 30 | 2 | K 5 | 00:00:02 | 00:26:04 | 00:39:34 | 01:02:36.45 | 01:02:36.45 | 6:15 | 9.6 |
| 41 | CITKO MACIEJ | 8259 | BIEG OPOLSKI | OPOLE | POL | SENIOR II M - 30 | 14 | M 37 | 00:00:05 | 00:26:50 | 00:40:24 | 01:03:11.75 | 01:03:11.75 | 6:19 | 9.5 |
| 42 | CICHY KRZYSZTOF | 8436 | GÓRAL Z MAZUR RUNNING TEAM | POZNAŃ | POL | WETERAN I M - 50 | 4 | M 38 | 00:00:08 | 00:27:07 | 00:40:27 | 01:03:24.60 | 01:03:24.60 | 6:20 | 9.5 |
| 43 | PAJĄK ALAN | 8136 | | MROKOCIN | POL | SENIOR II M - 30 | 15 | M 39 | 00:00:29 | 00:28:09 | 00:41:13 | 01:04:02.25 | 01:04:02.25 | 6:24 | 9.4 |
| 44 | KOTOWICZ TOMASZ | 8463 | | WROCŁAW | POL | MASTERS M - 40 | 14 | M 40 | 00:00:06 | 00:27:20 | 00:40:50 | 01:04:05.90 | 01:04:05.90 | 6:24 | 9.4 |
| 45 | WROTECKA KATARZYNA | 8324 | STAJNIAKTEAM | PIŁA | POL | SENIOR II K - 30 | 3 | K 6 | 00:00:03 | 00:26:56 | 00:40:43 | 01:04:24.80 | 01:04:24.80 | 6:26 | 9.3 |
| 46 | BARTUŚ MONIKA | 8408 | | KRAKÓW | POL | SENIOR I K - 20 | 1 | K 7 | 00:00:03 | 00:27:02 | 00:40:43 | 01:04:41.75 | 01:04:41.75 | 6:28 | 9.3 |
| 47 | SIEK KAZIMIERZ | 8470 | 10ŚBOT | GRĘBÓW | POL | WETERAN I M - 50 | 5 | M 41 | 00:00:02 | 00:27:10 | 00:41:20 | 01:05:22.65 | 01:05:22.65 | 6:32 | 9.2 |
| 48 | SIKORA SYLWIA | 8301 | PGB SPORTOWA PACZKA | WARSZAWA | POL | SENIOR II K - 30 | 4 | K 8 | 00:00:04 | 00:27:59 | 00:42:09 | 01:05:44.25 | 01:05:44.25 | 6:34 | 9.1 |
| 49 | KAROLCZAK ALEKSANDER | 8574 | | WARSZAWA | POL | SENIOR I M - 20 | 8 | M 42 | 00:00:08 | 00:29:10 | 00:43:44 | 01:05:59.65 | 01:05:59.65 | 6:35 | 9.1 |
| 50 | GNITECKA KATARZYNA | 8009 | KUDOWIANKA RUN | KUDOWA ZDRÓJ | POL | SENIOR II K - 30 | 5 | K 9 | 00:00:04 | 00:28:05 | 00:42:20 | 01:06:06.60 | 01:06:06.60 | 6:36 | 9.1 |
| 51 | MIKOŁAJCZAK DAWID | 8471 | SPORTOWY KAZIMIERZ | POZNAŃ | POL | SENIOR I M - 20 | 9 | M 43 | 00:00:26 | 00:26:59 | 00:42:09 | 01:06:36.00 | 01:06:36.00 | 6:39 | 9 |
| 52 | BRANDENBURG MICHAŁ | 8015 | PRZYJACIELE TEAM | KAKOŁEWO | POL | MASTERS M - 40 | 15 | M 44 | 00:00:36 | 00:28:54 | 00:42:47 | 01:07:07.15 | 01:07:07.15 | 6:42 | 8.9 |
| 53 | ULIKOWSKA MARTYNA | 8500 | ZAŁOGA GÓRSKA | GOŚCINO | POL | SENIOR II K - 30 | 6 | K 10 | 00:00:04 | 00:28:59 | 00:43:05 | 01:07:13.85 | 01:07:13.85 | 6:43 | 8.9 |
| 54 | SZUSTAK MATEUSZ | 8328 | AZS UP WROCŁAW | WROCŁAW | POL | SENIOR I M - 20 | 10 | M 45 | 00:00:27 | 00:28:46 | 00:42:47 | 01:07:22.80 | 01:07:22.80 | 6:44 | 8.9 |
| 55 | SZYMCZAK BARTŁOMIEJ | 8414 | ŻARY RUNNRS TEAM | ŻARY | POL | SENIOR II M - 30 | 16 | M 46 | 00:00:13 | 00:28:00 | 00:42:23 | 01:07:30.10 | 01:07:30.10 | 6:45 | 8.9 |
| 56 | BEDNAREK KAROLINA | 8179 | | RADWANICE | POL | SENIOR II K - 30 | 7 | K 11 | 00:00:09 | 00:27:45 | 00:42:10 | 01:07:33.45 | 01:07:33.45 | 6:45 | 8.9 |
| 57 | ADAMCZYK-NOWAK BEATA | 8280 | MIECHOWICKA GRUPA BIEGOWA | BYTOM | POL | MASTERS K - 40 | 3 | K 12 | 00:00:09 | 00:29:15 | 00:43:30 | 01:07:40.55 | 01:07:40.55 | 6:46 | 8.9 |
| 58 | HRYCAJ MARIUSZ | 8031 | REBELLION OF FREE RUNNERS | OPOLE | POL | MASTERS M - 40 | 16 | M 47 | 00:00:06 | 00:29:23 | 00:43:21 | 01:07:51.40 | 01:07:51.40 | 6:47 | 8.8 |
| 59 | BUŁACZ JACEK | 8040 | DZIEWIEĆ SIŁ STRONIE ŚLĄSKIE | ŁĄDEK ZDRÓJ | POL | MASTERS M - 40 | 17 | M 48 | 00:00:27 | 00:28:10 | 00:42:11 | 01:07:54.80 | 01:07:54.80 | 6:47 | 8.8 |
| 60 | HAWRYLAK WOJCIECH | 8562 | | DŁUGOŁĘKA | POL | SENIOR I M - 20 | 11 | M 49 | 00:00:16 | 00:29:37 | 00:44:19 | 01:08:06.70 | 01:08:06.70 | 6:48 | 8.8 |
| 61 | ZAWADA ZBIGNIEW | 8196 | | OLESNICA | POL | MASTERS M - 40 | 18 | M 50 | 00:00:19 | 00:29:17 | 00:43:39 | 01:08:07.00 | 01:08:07.00 | 6:48 | 8.8 |
| 62 | STYK MAREK | 8023 | | ZIELONA GÓRA | POL | SENIOR II M - 30 | 17 | M 51 | 00:00:31 | 00:28:06 | 00:42:24 | 01:08:11.65 | 01:08:11.65 | 6:49 | 8.8 |
| 63 | OSICA ŁUKASZ | 8108 | | ŚWIĘTOCHŁOWICE | POL | SENIOR II M - 30 | 18 | M 52 | 00:00:15 | 00:29:03 | 00:43:43 | 01:08:28.25 | 01:08:28.25 | 6:50 | 8.8 |
| 64 | BŁASZKOWSKI DANIEL | 8582 | ŚLEDZIKI | RAWICZ | POL | MASTERS M - 40 | 19 | M 53 | 00:00:03 | 00:29:00 | 00:43:13 | 01:09:04.65 | 01:09:04.65 | 6:54 | 8.7 |
| 65 | OCIEPKA-CIESIELSKA KATARZYNA | 8311 | | WARSZAWA | POL | SENIOR II K - 30 | 8 | K 13 | 00:00:12 | 00:29:19 | 00:43:36 | 01:09:06.05 | 01:09:06.05 | 6:54 | 8.7 |
| 66 | MOKRZYŃSKI MARCIN | 8570 | KLUB LEKKOATLETYCZNY ZIEMIA KŁODZKA | OŁDRZYCHOWICE KŁODZKIE | POL | MASTERS M - 40 | 20 | M 54 | 00:00:12 | 00:30:31 | 00:44:24 | 01:09:10.90 | 01:09:10.90 | 6:55 | 8.7 |
| 67 | FRERIKS JEROEN | 8248 | LEIDEN ATLETIEK | LEIDEN | NED | SENIOR II M - 30 | 19 | M 55 | 00:00:11 | 00:29:13 | 00:43:51 | 01:09:12.10 | 01:09:12.10 | 6:55 | 8.7 |

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

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 0.01km | 3.7km | 5.8km | Netto | Brutto | min/km | km/h |
|------|-----------------------|------|--|-----------------------------|------|--------------------|--------|------|----------|----------|----------|-------------|-------------|--------|------|
| 68 | TOMAS PAWEŁ | 8262 | | ŁĄDEK ZDRÓJ | POL | SENIOR I M - 20 | 12 | M 56 | 00:00:11 | 00:29:36 | 00:44:03 | 01:09:12.85 | 01:09:12.85 | 6:55 | 8.7 |
| 69 | GÓRNA ANITA | 8206 | LPP TEAM | KRAKÓW | POL | SENIOR II K - 30 | 9 | K 14 | 00:00:20 | 00:30:32 | 00:44:41 | 01:09:32.80 | 01:09:32.80 | 6:57 | 8.6 |
| 70 | CHOJNACKI TOMASZ | 8065 | | BIESTRZYNNIK | POL | MASTERS M - 40 | 21 | M 57 | 00:01:02 | 00:31:09 | 00:45:16 | 01:09:53.40 | 01:09:53.40 | 6:59 | 8.6 |
| 71 | MAJKA ERYK | 8097 | FAMILIAMAJKA | SZCZECIN | POL | SENIOR I M - 20 | 13 | M 58 | 00:00:20 | 00:29:08 | 00:44:26 | 01:10:16.15 | 01:10:16.15 | 7:01 | 8.5 |
| 72 | SĄLDYKA MARCIN | 8451 | | ŁĄDEK-ZDRÓJ | POL | SENIOR II M - 30 | 20 | M 59 | 00:00:34 | 00:30:03 | 00:44:33 | 01:10:21.65 | 01:10:21.65 | 7:02 | 8.5 |
| 73 | HONSZA TOMASZ | 8139 | MOCNA GRUPA CEZARA | WROCŁAW | POL | SENIOR I M - 30 | 20 | M 59 | 00:00:33 | 00:31:12 | 00:45:49 | 01:10:21.65 | 01:10:21.65 | 7:02 | 8.5 |
| 74 | RAKOCZY KRZYSZTOF | 8450 | | ŁĄDEK-ZDRÓJ | POL | SENIOR I M - 20 | 14 | M 61 | 00:00:34 | 00:29:43 | 00:44:21 | 01:10:22.85 | 01:10:22.85 | 7:02 | 8.5 |
| 75 | REGULSKA NATALIA | 8400 | ASICS FRONTRUNNER POLAND / #ŻÓRAWSKITEAM | KRAKÓW | POL | SENIOR II K - 30 | 10 | K 15 | 00:00:03 | 00:30:57 | 00:45:28 | 01:10:24.35 | 01:10:24.35 | 7:02 | 8.5 |
| 76 | BACKER MARCIN | 8224 | TOPOLICE TEAM | PASIKUROWICE | POL | MASTERS M - 40 | 22 | M 62 | 00:00:18 | 00:30:21 | 00:45:29 | 01:10:28.60 | 01:10:28.60 | 7:02 | 8.5 |
| 77 | PISCO TIAGO | 8377 | LUSITANIA ARMADA | WROCŁAW | POL | SENIOR II M - 30 | 22 | M 63 | 00:01:20 | 00:31:15 | 00:45:15 | 01:11:08.70 | 01:11:08.70 | 7:06 | 8.4 |
| 78 | ZATORSKA KAROLINA | 8497 | TREC TEAM | GDYNIA | POL | SENIOR II K - 30 | 11 | K 16 | 00:00:09 | 00:30:23 | 00:45:33 | 01:11:28.75 | 01:11:28.75 | 7:08 | 8.4 |
| 79 | PLUTA KINGA | 8095 | | DĄBROWA GÓRNICZA | POL | SENIOR I K - 20 | 2 | K 17 | 00:00:49 | 00:30:41 | 00:45:27 | 01:11:30.55 | 01:11:30.55 | 7:09 | 8.4 |
| 80 | TRZPIOLA TYCJAN | 8003 | KURACJUSZE | WROCŁAW | POL | SENIOR II M - 30 | 23 | M 64 | 00:00:11 | 00:29:39 | 00:44:53 | 01:11:31.50 | 01:11:31.50 | 7:09 | 8.4 |
| 81 | JARMUZEK TOMASZ | 8346 | | POZNAŃ | POL | SENIOR II M - 30 | 24 | M 65 | 00:00:58 | 00:32:30 | 00:46:59 | 01:11:38.65 | 01:11:38.65 | 7:09 | 8.4 |
| 82 | BARTKOWIAK HUBERT | 8060 | | RADZIĄDZ | POL | WETERAN I M - 50 | 6 | M 66 | 00:00:26 | 00:30:09 | 00:45:18 | 01:11:48.30 | 01:11:48.30 | 7:10 | 8.4 |
| 83 | SIERGIEJ ZBIGNIEW | 8561 | RUN TEAM TYGRYSY ORZYSZ | ODOJE | POL | WETERAN I M - 50 | 7 | M 67 | 00:00:01 | 00:29:41 | 00:45:03 | 01:11:54.30 | 01:11:54.30 | 7:11 | 8.3 |
| 84 | KACPRZYCKA PAULINA | 8482 | WOT | PURDA | POL | SENIOR II K - 30 | 12 | K 18 | 00:00:04 | 00:30:11 | 00:45:45 | 01:12:08.95 | 01:12:08.95 | 7:12 | 8.3 |
| 85 | WIDUN GRZEGORZ | 8200 | WIDUN KETTELHELL CLUB | WROCŁAW | POL | SENIOR II M - 30 | 25 | M 68 | 00:01:33 | 00:31:41 | 00:46:23 | 01:12:20.15 | 01:12:20.15 | 7:14 | 8.3 |
| 86 | HAJDAMOWICZ ADAM | 8406 | | SOBÓTKA | POL | SENIOR I M - 20 | 15 | M 69 | 00:00:55 | 00:32:16 | 00:47:26 | 01:12:20.75 | 01:12:20.75 | 7:14 | 8.3 |
| 87 | MAZIAREK ADELA | 8093 | | NIEMODLIN | POL | MASTERS K - 40 | 4 | K 19 | 00:00:09 | 00:30:10 | 00:45:27 | 01:12:22.65 | 01:12:22.65 | 7:14 | 8.3 |
| 88 | BARANOW TOMASZ | 8587 | LEWANDOWSCY T | PLETERÓW | POL | MASTERS M - 40 | 23 | M 70 | 00:00:06 | 00:30:21 | 00:45:48 | 01:12:34.75 | 01:12:34.75 | 7:15 | 8.3 |
| 89 | JARZĄBEK MAGDALENA | 8110 | | WROCŁAW (WROCŁAW-KRZYKI) | POL | SENIOR II K - 30 | 13 | K 20 | 00:00:04 | 00:31:27 | 00:46:33 | 01:12:47.60 | 01:12:47.60 | 7:16 | 8.2 |
| 90 | WOŹNIAK JAKUB | 8160 | TEAM LIDL | POZNAŃ | POL | SENIOR II M - 30 | 26 | M 71 | 00:00:45 | 00:31:28 | 00:45:56 | 01:12:56.45 | 01:12:56.45 | 7:17 | 8.2 |
| 91 | GOS SEBASTIAN | 8449 | | ŁĄDEK-ZDRÓJ | POL | SENIOR II M - 30 | 26 | M 71 | 00:00:35 | 00:31:14 | 00:46:16 | 01:12:56.45 | 01:12:56.45 | 7:17 | 8.2 |
| 92 | MARGRAF BARTOSZ | 8357 | | RUDA ŚLĄSKA | POL | SENIOR I M - 20 | 16 | M 73 | 00:00:10 | 00:29:57 | 00:45:44 | 01:13:08.75 | 01:13:08.75 | 7:18 | 8.2 |
| 93 | ZIMNY TOMASZ | 8265 | FARTY PUSZCZY | SZCZECIN | POL | WETERAN II M - 60 | 1 | M 74 | 00:00:08 | 00:32:25 | 00:47:53 | 01:13:25.70 | 01:13:25.70 | 7:20 | 8.2 |
| 94 | FUCHS DARIUSZ | 8598 | TEAM KURORT ŁĄDEK-ZDRÓJ | OLDRZYCHOWICE KŁODZKIE | POL | WETERAN I M - 50 | 8 | M 75 | 00:01:19 | 00:32:36 | 00:47:46 | 01:13:38.75 | 01:13:38.75 | 7:21 | 8.1 |
| 95 | WIELGOSZ-MATUŁA MARIA | 8250 | | LUBLIN | POL | SENIOR I K - 20 | 3 | K 21 | 00:00:10 | 00:29:31 | 00:44:50 | 01:13:40.55 | 01:13:40.55 | 7:22 | 8.1 |
| 96 | WOJTAS ŁUKASZ | 8198 | GRUPA OLX TEAM | TOMASZKOWICE | POL | MASTERS M - 40 | 24 | M 76 | 00:00:47 | 00:30:48 | 00:46:15 | 01:13:43.40 | 01:13:43.40 | 7:22 | 8.1 |
| 97 | CIEŚLAK KRZYSZTOF | 8563 | ULTRAFAZA.PL | ZIELONA GÓRA | POL | SENIOR II M - 30 | 28 | M 77 | 00:00:43 | 00:32:37 | 00:48:05 | 01:13:44.75 | 01:13:44.75 | 7:22 | 8.1 |
| 98 | WOŹNIAK JANUSZ | 8222 | PORMAT JEDLICZE BIEGA | SKOŁYSZYN | POL | WETERAN I M - 50 | 9 | M 78 | 00:00:10 | 00:30:47 | 00:46:33 | 01:13:54.45 | 01:13:54.45 | 7:23 | 8.1 |
| 99 | ZIENDARA MICHALINA | 8331 | ZAŁOGA GÓRSKA | WARSZAWA | POL | SENIOR I K - 20 | 4 | K 22 | 00:00:34 | 00:31:56 | 00:47:14 | 01:14:16.90 | 01:14:16.90 | 7:25 | 8.1 |
| 100 | BIESZCZAD REGINA | 8202 | KB ATHLETIC ZREČIN | WOJASZÓWKA | POL | SENIOR I K - 20 | 5 | K 23 | 00:00:26 | 00:33:09 | 00:48:19 | 01:14:48.45 | 01:14:48.45 | 7:28 | 8 |
| 101 | BOSEK LESZEK | 8286 | | BIAŁA NYSKA | POL | WETERAN II M - 60 | 2 | M 79 | 00:00:29 | 00:32:28 | 00:48:02 | 01:14:53.90 | 01:14:53.90 | 7:29 | 8 |
| 102 | MAZIAREK MICHAŁ | 8276 | | NIEMODLIN | POL | MASTERS M - 40 | 25 | M 80 | 00:00:12 | 00:31:07 | 00:47:12 | 01:14:59.20 | 01:14:59.20 | 7:29 | 8 |
| 103 | GRZYB KRZYSZTOF | 8370 | KLUB BIEGACZA RTV EURO AGD | POZNAŃ | POL | MASTERS M - 40 | 26 | M 81 | | 00:33:08 | 00:48:52 | 01:15:00.25 | 01:15:00.25 | 7:30 | 8 |
| 104 | PAKUŁA TOMASZ | 8111 | | BOJANOWO | POL | SENIOR II M - 30 | 29 | M 82 | 00:00:51 | 00:32:56 | 00:48:17 | 01:15:07.30 | 01:15:07.30 | 7:30 | 8 |
| 105 | SZCZUDLAK MICHAŁ | 8445 | | POZNAŃ | POL | SENIOR II M - 30 | 30 | M 83 | 00:00:20 | 00:33:49 | 00:49:34 | 01:15:07.45 | 01:15:07.45 | 7:30 | 8 |
| 106 | PILONIS ELEONORA | 8474 | BIEGOSTACJA | ZIELONA GÓRA | POL | MASTERS K - 40 | 5 | K 24 | 00:00:13 | 00:31:47 | 00:47:44 | 01:15:14.00 | 01:15:14.00 | 7:31 | 8 |
| 107 | SMOLEŃ SEBASTIAN | 8588 | | ŁĄDEK ZDRÓJ | POL | MASTERS M - 40 | 27 | M 84 | 00:00:15 | 00:32:41 | 00:48:39 | 01:15:21.55 | 01:15:21.55 | 7:32 | 8 |
| 108 | JANOSZ PAWEŁ | 8288 | | WROCŁAW | POL | SENIOR I M - 20 | 17 | M 85 | 00:00:23 | 00:32:37 | 00:48:08 | 01:15:38.75 | 01:15:38.75 | 7:33 | 7.9 |
| 109 | MAŁKOWSKI PIOTR | 8372 | AMATOR | KOŚCIAN | POL | WETERAN III M - 70 | 1 | M 86 | 00:00:13 | 00:32:17 | 00:47:43 | 01:15:52.25 | 01:15:52.25 | 7:35 | 7.9 |
| 110 | MAJKA JAREK | 8058 | FAMILIAMAJKA | SZCZECIN | POL | MASTERS M - 40 | 28 | M 87 | 00:00:22 | 00:34:07 | 00:49:31 | 01:16:02.45 | 01:16:02.45 | 7:36 | 7.9 |
| 111 | MAJKA ANNA | 8057 | FAMILIAMAJKA | SZCZECIN | POL | MASTERS K - 40 | 6 | K 25 | 00:00:22 | 00:34:00 | 00:49:31 | 01:16:02.60 | 01:16:02.60 | 7:36 | 7.9 |
| 112 | BASTRZYK TOMASZ | 8005 | | SKARŻYSKO-KAMIENNA | POL | MASTERS M - 40 | 29 | M 88 | 00:00:37 | 00:33:20 | 00:47:57 | 01:16:06.60 | 01:16:06.60 | 7:36 | 7.9 |
| 113 | STAWORZYŃSKI DAWID | 8285 | PAN KORBKA | BĘDZIN | POL | SENIOR II M - 30 | 31 | M 89 | 00:00:16 | 00:32:20 | 00:48:31 | 01:16:08.40 | 01:16:08.40 | 7:36 | 7.9 |
| 114 | MALOCCO MONIKA | 8188 | | WARSZAWA | POL | MASTERS K - 40 | 7 | K 26 | 00:00:25 | 00:32:26 | 00:48:13 | 01:16:18.25 | 01:16:18.25 | 7:37 | 7.9 |
| 115 | KLIN ROBERT | 8338 | WATAHA | BRZEG | POL | WETERAN I M - 50 | 10 | M 90 | 00:01:06 | 00:33:15 | 00:49:12 | 01:16:27.35 | 01:16:27.35 | 7:38 | 7.8 |
| 116 | MACKIEWICZ KAROL | 8048 | | WASILKÓW | POL | SENIOR II M - 30 | 32 | M 91 | 00:00:30 | 00:33:12 | 00:49:14 | 01:16:38.35 | 01:16:38.35 | 7:39 | 7.8 |
| 117 | NOWAKOWSKA EWELINA | 8071 | | ŁĄDEK ZDRÓJ | POL | SENIOR I K - 20 | 6 | K 27 | 00:00:13 | 00:33:36 | 00:49:14 | 01:16:38.85 | 01:16:38.85 | 7:39 | 7.8 |
| 118 | BEDŁA ANNA | 8568 | | JAWORZNO | POL | MASTERS K - 40 | 8 | K 28 | 00:00:11 | 00:32:52 | 00:49:15 | 01:16:40.10 | 01:16:40.10 | 7:40 | 7.8 |
| 119 | TYMOSZEWSKI WALDEMAR | 8569 | | PRUSZCZ GDAŃSKI | POL | WETERAN I M - 50 | 11 | M 92 | 00:00:12 | 00:32:53 | 00:49:15 | 01:16:40.25 | 01:16:40.25 | 7:40 | 7.8 |
| 120 | MATYSIAK MARCIN | 8401 | T.S. IRON MAN GOGOLIN | GOGOLIN | POL | MASTERS M - 40 | 30 | M 93 | 00:00:20 | 00:31:43 | 00:48:12 | 01:16:56.60 | 01:16:56.60 | 7:41 | 7.8 |
| 121 | SZYMAŃSKI GRZEGORZ | 8297 | RNB POLANICA ZDRÓJ | POLANICA-ZDRÓJ | POL | MASTERS M - 40 | 31 | M 94 | 00:00:28 | 00:32:08 | 00:48:16 | 01:17:14.30 | 01:17:14.30 | 7:43 | 7.8 |
| 122 | BAKSALARY LIDIA | 8254 | #BIEGAJLESZNO | LESZNO | POL | MASTERS K - 40 | 9 | K 29 | 00:00:03 | 00:31:11 | 00:47:15 | 01:17:34.60 | 01:17:34.60 | 7:45 | 7.7 |

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

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 0.01km | 3.7km | 5.8km | Netto | Brutto | min/km | km/h |
|------|-----------------------------|------|--|------------------------|------|--------------------|--------|-------|----------|----------|----------|-------------|-------------|--------|------|
| 123 | DYBYSŁAWSKI ADAM | 8335 | KOJOTY TEAM | WARSZAWA | POL | MASTERS M - 40 | 32 | M 95 | 00:00:05 | 00:30:39 | 00:47:22 | 01:17:40.60 | 01:17:40.60 | 7:46 | 7.7 |
| 124 | WOJTKIEWICZ ADAM | 8344 | STAJNIAK#TEAM | OLEŚNICA | POL | MASTERS M - 40 | 33 | M 96 | 00:00:32 | 00:34:09 | 00:49:33 | 01:17:47.10 | 01:17:47.10 | 7:46 | 7.7 |
| 125 | SAWICKI PIOTR | 8558 | MOTOR LUBLIN | LUBLIN | POL | MASTERS M - 40 | 34 | M 97 | 00:00:30 | 00:37:01 | 00:52:21 | 01:17:49.70 | 01:17:49.70 | 7:46 | 7.7 |
| 126 | SCHAFFARCZYK MICHAŁ | 8326 | | KLU CZBORK | POL | SENIOR I M - 20 | 18 | M 98 | 00:00:08 | 00:34:15 | 00:51:07 | 01:17:51.40 | 01:17:51.40 | 7:47 | 7.7 |
| 127 | WIŚNIEWSKI ROBERT | 8159 | METAL CHERRY | ALEKSANDRÓW KUJAWSKI | POL | SENIOR I M - 20 | 19 | M 99 | 00:00:14 | 00:34:17 | 00:50:44 | 01:17:57.40 | 01:17:57.40 | 7:47 | 7.7 |
| 128 | BAJER MIKOŁAJ | 8056 | TARNOWO PODGÓRNE BIEGA | TARNOWO PODGÓRNE | POL | MASTERS M - 40 | 35 | M 100 | 00:00:25 | 00:32:25 | 00:48:33 | 01:18:08.40 | 01:18:08.40 | 7:48 | 7.7 |
| 129 | PEREIRA RUBEN | 8381 | LUSITANIA ARMADA | WROCLAW | POL | SENIOR II M - 30 | 33 | M 101 | 00:01:21 | 00:34:32 | 00:50:43 | 01:18:26.55 | 01:18:26.55 | 7:50 | 7.6 |
| 130 | BILICKI WOJTEK | 8217 | | ŁOBŻENICA | POL | SENIOR II M - 30 | 34 | M 102 | 00:00:05 | 00:34:25 | 00:50:10 | 01:18:28.20 | 01:18:28.20 | 7:50 | 7.6 |
| 131 | KRAWCZYKOWSKI JACEK | 8135 | | POZNAŃ | POL | SENIOR II M - 30 | 35 | M 103 | 00:01:27 | 00:35:59 | 00:51:45 | 01:18:32.20 | 01:18:32.20 | 7:51 | 7.6 |
| 132 | ZASŁAWSKI LECH | 8087 | | WROCLAW | POL | MASTERS M - 40 | 36 | M 104 | 00:00:08 | 00:31:50 | 00:48:27 | 01:18:42.25 | 01:18:42.25 | 7:52 | 7.6 |
| 133 | SENIÓW JOANNA | 8255 | | POZNAŃ | POL | MASTERS K - 40 | 10 | K 30 | 00:00:08 | 00:32:17 | 00:49:15 | 01:18:44.65 | 01:18:44.65 | 7:52 | 7.6 |
| 134 | WUJDA MIROSLAW | 8102 | ERNI RULEZ | DĘBNO | POL | MASTERS M - 40 | 37 | M 105 | 00:00:48 | 00:31:44 | 00:48:34 | 01:18:46.45 | 01:18:46.45 | 7:52 | 7.6 |
| 135 | OZIMINA HUBERT | 8156 | OBORYGENI | OBORNIKI ŚLĄSKIE | POL | MASTERS M - 40 | 38 | M 106 | 00:00:12 | 00:34:15 | 00:51:16 | 01:18:49.60 | 01:18:49.60 | 7:52 | 7.6 |
| 136 | SZARSKI JACEK | 8068 | KAPCIOCHY | WROCLAW | POL | SENIOR I M - 20 | 20 | M 107 | 00:00:23 | 00:33:08 | 00:49:08 | 01:19:06.15 | 01:19:06.15 | 7:54 | 7.6 |
| 137 | MUČA MÁRIS | 8204 | LBNB | FANA | NOR | WETERAN I M - 50 | 12 | M 108 | 00:00:06 | 00:33:57 | 00:50:03 | 01:19:12.45 | 01:19:12.45 | 7:55 | 7.6 |
| 138 | CIECHOMSKA AGATA CIECHOMSKA | 8132 | HTF LUDWIK SIKORSKI | LODZ | POL | SENIOR II K - 30 | 14 | K 31 | 00:00:11 | 00:33:50 | 00:49:47 | 01:19:17.90 | 01:19:17.90 | 7:55 | 7.6 |
| 139 | JANOSZ ADA | 8421 | | WROCLAW | POL | SENIOR I K - 20 | 7 | K 32 | 00:00:28 | 00:34:18 | 00:51:08 | 01:19:20.95 | 01:19:20.95 | 7:56 | 7.6 |
| 140 | BIENKOWSKI KAMIL | 8282 | | RADWANICE | POL | SENIOR II M - 30 | 36 | M 109 | 00:01:23 | 00:35:47 | 00:51:12 | 01:19:35.70 | 01:19:35.70 | 7:57 | 7.5 |
| 141 | KARKOSZKA DAWID | 8388 | | SZCZYRK | POL | SENIOR I M - 20 | 21 | M 110 | 00:00:30 | 00:35:00 | 00:51:32 | 01:19:46.95 | 01:19:46.95 | 7:58 | 7.5 |
| 142 | SIWEK GRZEGORZ | 8044 | LANRUNS | LANCKORONA | POL | MASTERS M - 40 | 39 | M 111 | 00:00:29 | 00:35:47 | 00:52:15 | 01:20:07.75 | 01:20:07.75 | 8:00 | 7.5 |
| 143 | KOTAS PAWEŁ | 8233 | | WROCLAW | POL | SENIOR I M - 20 | 22 | M 112 | 00:01:08 | 00:34:41 | 00:51:04 | 01:20:18.30 | 01:20:18.30 | 8:01 | 7.5 |
| 144 | ZADORA BORYS | 8214 | OLDBOYS TROJAN ŁĄDEK ZDRÓJ | ŁĄDEK ZDRÓJ | POL | SENIOR II M - 30 | 37 | M 113 | 00:03:27 | 00:37:33 | 00:52:56 | 01:20:19.05 | 01:20:19.05 | 8:01 | 7.5 |
| 145 | STASIAK ANTONI | 8462 | LEŚNE DZIKI PGB | LESZNO | POL | SENIOR I M - 20 | 23 | M 114 | 00:00:11 | 00:32:58 | 00:49:58 | 01:20:19.15 | 01:20:19.15 | 8:01 | 7.5 |
| 146 | MAJŁOWSKI ALEKSANDER | 8121 | | GORZÓW WIELKOPOLSKI | POL | WETERAN III M - 70 | 2 | M 115 | 00:00:20 | 00:33:17 | 00:49:55 | 01:20:31.55 | 01:20:31.55 | 8:03 | 7.5 |
| 147 | STASIAK ŁUKASZ | 8461 | LEŚNE DZIKI PGB | LESZNO | POL | MASTERS M - 40 | 40 | M 116 | 00:00:12 | 00:33:35 | 00:50:33 | 01:20:46.00 | 01:20:46.00 | 8:04 | 7.4 |
| 148 | LUBAŃSKA ALICJA | 8318 | | BUKOWICE | POL | WETERAN K - 50 | 2 | K 33 | 00:00:15 | 00:33:13 | 00:50:04 | 01:21:03.85 | 01:21:03.85 | 8:06 | 7.4 |
| 149 | CICHAŃSKI MAREK | 8199 | | STRONIE ŚLĄSKIE | POL | SENIOR II M - 30 | 38 | M 117 | 00:00:40 | 00:34:50 | 00:52:11 | 01:21:08.05 | 01:21:08.05 | 8:06 | 7.4 |
| 150 | KIERUL ŁUKASZ | 8403 | MASA TEAM | NOWA SÓL | POL | SENIOR II M - 30 | 39 | M 118 | 00:00:29 | 00:34:11 | 00:51:18 | 01:21:09.35 | 01:21:09.35 | 8:06 | 7.4 |
| 151 | KOMISARCZYK KRZYSZTOF | 8321 | | MIĘDZYLISIE | POL | SENIOR I M - 20 | 24 | M 119 | 00:00:40 | 00:34:50 | 00:52:05 | 01:21:10.15 | 01:21:10.15 | 8:07 | 7.4 |
| 152 | JANUS TOMASZ | 8351 | TEAM KURORT ŁĄDEK-ZDRÓJ | BYSTRZYCA KŁODZKA | POL | SENIOR II M - 30 | 40 | M 120 | 00:01:14 | 00:37:13 | 00:53:43 | 01:21:13.20 | 01:21:13.20 | 8:07 | 7.4 |
| 153 | SAWICKI ADRIAN | 8256 | | WROCLAW | POL | MASTERS M - 40 | 41 | M 121 | 00:01:09 | 00:35:22 | 00:52:13 | 01:21:14.65 | 01:21:14.65 | 8:07 | 7.4 |
| 154 | WÓJCIAK ŁUKASZ | 8073 | UMAWIANIENABIEGANIETEAM | WROCLAW | POL | SENIOR II M - 30 | 41 | M 122 | 00:00:32 | 00:34:20 | 00:51:09 | 01:21:34.65 | 01:21:34.65 | 8:09 | 7.4 |
| 155 | DEMBIŃSKI ARKADIUSZ | 8409 | | SKOKI | POL | SENIOR II M - 30 | 42 | M 123 | 00:00:53 | 00:36:32 | 00:53:14 | 01:21:53.20 | 01:21:53.20 | 8:11 | 7.3 |
| 156 | NAZIŃSKI PIOTR | 8287 | | PRÓSZKÓW | POL | SENIOR II M - 30 | 43 | M 124 | 00:00:34 | 00:35:34 | 00:52:34 | 01:22:00.60 | 01:22:00.60 | 8:12 | 7.3 |
| 157 | BURA TOMASZ | 8475 | | KRZYCKO WIELKIE | POL | SENIOR II M - 30 | 44 | M 125 | 00:00:09 | 00:35:15 | 00:52:20 | 01:22:02.75 | 01:22:02.75 | 8:12 | 7.3 |
| 158 | MRÓZ URSZULA | 8077 | | STRONIE SL | POL | WETERAN II K - 60 | 1 | K 34 | 00:01:06 | 00:36:46 | 00:53:12 | 01:22:06.65 | 01:22:06.65 | 8:12 | 7.3 |
| 159 | RASZKOWSKA EMILIA | 8429 | ŚLĘZAK TEAM | GDANSK | POL | SENIOR II K - 30 | 15 | K 35 | 00:00:38 | 00:35:56 | 00:53:18 | 01:22:13.80 | 01:22:13.80 | 8:13 | 7.3 |
| 160 | KUZIEL MARCIN | 8113 | BLACK RUNNING STRONIE ŚLĄSKIE | STRONIE ŚLĄSKIE | POL | SENIOR II M - 30 | 45 | M 126 | 00:01:23 | 00:39:16 | 00:55:22 | 01:22:17.00 | 01:22:17.00 | 8:13 | 7.3 |
| 161 | PALMOWSKI RAFAŁ | 8313 | | ZGIERZ | POL | MASTERS M - 40 | 42 | M 127 | 00:00:16 | 00:34:43 | 00:52:07 | 01:22:20.25 | 01:22:20.25 | 8:14 | 7.3 |
| 162 | BOCIĄGA PAWEŁ | 8312 | RODZINNA GRUPA ROWEROWA Z MIASTA ŁODZI | ŁÓDŹ | POL | MASTERS M - 40 | 43 | M 128 | 00:00:16 | 00:34:51 | 00:52:02 | 01:22:21.90 | 01:22:21.90 | 8:14 | 7.3 |
| 163 | ŻUKIEWICZ KRZYSZTOF | 8281 | TKKF MPK POZNAŃ | POZNAŃ | POL | MASTERS M - 40 | 44 | M 129 | 00:00:18 | 00:34:38 | 00:52:03 | 01:22:34.00 | 01:22:34.00 | 8:15 | 7.3 |
| 164 | MAJŁOWSKA IRENA | 8120 | | GORZÓW WIELKOPOLSKI | POL | WETERAN II K - 60 | 2 | K 36 | 00:00:21 | 00:34:54 | 00:52:09 | 01:22:36.40 | 01:22:36.40 | 8:15 | 7.3 |
| 165 | WASZAK TOMASZ | 8314 | | POZNAŃ | POL | SENIOR I M - 20 | 25 | M 130 | 00:01:25 | 00:37:07 | 00:54:07 | 01:22:40.30 | 01:22:40.30 | 8:16 | 7.3 |
| 166 | NAPIERAŁA ANDRZEJ | 8430 | MTS DRUŻYNA SZPIKU KGHM | GOSTYŃ | POL | WETERAN II M - 60 | 3 | M 131 | 00:01:49 | 00:37:33 | 00:54:38 | 01:22:50.15 | 01:22:50.15 | 8:17 | 7.2 |
| 167 | PIGŁA ALEKSANDER | 8306 | SPORTOWY KAŻMIERZ | KIĄCZYŃ | POL | SENIOR I M - 20 | 26 | M 132 | 00:00:42 | 00:34:08 | 00:51:29 | 01:22:52.45 | 01:22:52.45 | 8:17 | 7.2 |
| 168 | HANSZ DONAT | 8464 | NETBOX BIEGA | PIASKI | POL | SENIOR II M - 20 | 27 | M 133 | 00:00:28 | 00:34:51 | 00:52:19 | 01:23:15.90 | 01:23:15.90 | 8:19 | 7.2 |
| 169 | MADAJCZYK TOMASZ | 8128 | | WROCLAW | POL | SENIOR II M - 30 | 46 | M 134 | 00:00:23 | 00:34:29 | 00:51:52 | 01:23:20.80 | 01:23:20.80 | 8:20 | 7.2 |
| 170 | MERAK KRZYSZTOF | 8363 | KLUB LEKKOATLETYCZNY ZIEMIA KŁODZKA | OŁDRZYCHOWICE KŁODZKIE | POL | MASTERS M - 40 | 45 | M 135 | 00:01:19 | 00:37:26 | 00:54:00 | 01:23:57.65 | 01:23:57.65 | 8:23 | 7.1 |
| 171 | NOWACZYK MARTA | 8126 | | POZNAŃ | POL | SENIOR II K - 30 | 16 | K 37 | 00:01:12 | 00:36:19 | 00:53:20 | 01:23:57.75 | 01:23:57.75 | 8:23 | 7.1 |
| 172 | WINKOWSKI ADRIAN | 8001 | PRZEDWOJEWSKI TEAM | MĘDŁÓW | AFG | SENIOR II M - 30 | 47 | M 136 | 00:00:06 | 00:35:01 | 00:52:11 | 01:24:08.35 | 01:24:08.35 | 8:24 | 7.1 |
| 173 | KISIAŁA FILIP | 8249 | | KRAKÓW | POL | MASTERS M - 40 | 46 | M 137 | 00:00:21 | 00:34:42 | 00:52:16 | 01:24:13.95 | 01:24:13.95 | 8:25 | 7.1 |
| 174 | DWORAK SABRINA | 8419 | MAXIMUS KROSNOWICE | KŁODZKO | POL | SENIOR II K - 30 | 17 | K 38 | 00:00:24 | 00:36:44 | 00:54:30 | 01:24:20.65 | 01:24:20.65 | 8:26 | 7.1 |
| 175 | SAMOLAK ŁUKASZ | 8228 | | ŁĄDEK ZDRÓJ | POL | MASTERS M - 40 | 47 | M 138 | 00:01:28 | 00:40:38 | 00:56:38 | 01:24:23.55 | 01:24:23.55 | 8:26 | 7.1 |
| 176 | HEJNA MAŁGORZATA | 8266 | | SZCZECIN | POL | WETERAN K - 50 | 3 | K 39 | 00:00:08 | 00:35:17 | 00:53:47 | 01:24:26.60 | 01:24:26.60 | 8:26 | 7.1 |

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

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 0.01km | 3.7km | 5.8km | Netto | Brutto | min/km | km/h |
|------|--------------------------------|------|------------------------------|-------------------|------|-------------------|--------|-------|----------|----------|----------|-------------|-------------|--------|------|
| 177 | MAKIOŁA AGNIESZKA | 8037 | | CHORZÓW | POL | SENIOR I K - 20 | 8 | K 40 | 00:00:12 | 00:35:22 | 00:53:05 | 01:24:30.00 | 01:24:30.00 | 8:27 | 7.1 |
| 178 | KMIECIK ROMA | 8425 | KUDOWIANKA RUN | ŁĘŻYCE | POL | MASTERS K - 40 | 11 | K 41 | 00:01:02 | 00:37:47 | 00:55:18 | 01:24:34.75 | 01:24:34.75 | 8:27 | 7.1 |
| 179 | GACIOCH JAROSŁAW | 8398 | RUN TEAM TYGRYSY ORZYSZ | ORZYSZ | POL | WETERAN I M - 50 | 13 | M 139 | 00:00:05 | 00:35:11 | 00:53:42 | 01:24:41.00 | 01:24:41.00 | 8:28 | 7.1 |
| 180 | PTASZYŃSKA JOANNA | 8086 | | WROCŁAW | POL | WETERAN K - 50 | 4 | K 42 | 00:00:23 | 00:35:29 | 00:53:18 | 01:24:44.35 | 01:24:44.35 | 8:28 | 7.1 |
| 181 | SKAWINA KRYSZYNA | 8075 | TOPOLICE TEAM | TOPOLICE | POL | SENIOR II K - 30 | 18 | K 43 | 00:00:17 | 00:34:37 | 00:51:59 | 01:24:46.50 | 01:24:46.50 | 8:28 | 7.1 |
| 182 | POZNAK ADAM | 8354 | | WROCŁAW | POL | SENIOR I M - 30 | 48 | M 140 | 00:01:17 | 00:38:22 | 00:55:54 | 01:24:57.90 | 01:24:57.90 | 8:29 | 7.1 |
| 183 | KONIECZNA ANNA | 8155 | TARNOWO PODGÓRNE BIEGA | TARNOWO PODGÓRNE | POL | MASTERS K - 40 | 12 | K 44 | 00:00:06 | 00:35:54 | 00:53:57 | 01:24:58.85 | 01:24:58.85 | 8:29 | 7.1 |
| 184 | GÓRSKI BARTEK | 8441 | | KATOWICE | POL | SENIOR I M - 20 | 28 | M 141 | 00:00:14 | 00:37:02 | 00:54:08 | 01:25:01.75 | 01:25:01.75 | 8:30 | 7.1 |
| 185 | JURA EWELINA | 8473 | TOPOLICE TEAM | DŁUGOPOLE ZDRÓJ | POL | SENIOR II K - 30 | 19 | K 45 | 00:00:18 | 00:35:43 | 00:53:55 | 01:25:26.40 | 01:25:26.40 | 8:32 | 7 |
| 186 | KOŁTON JUSTYNA | 8284 | | SOSNOWIEC | POL | SENIOR I K - 20 | 9 | K 46 | 00:00:28 | 00:36:55 | 00:54:18 | 01:25:26.95 | 01:25:26.95 | 8:32 | 7 |
| 187 | PRUSICKI RAFAŁ | 8122 | | ZABRZE | POL | MASTERS M - 40 | 48 | M 142 | 00:00:17 | 00:35:13 | 00:53:31 | 01:25:37.60 | 01:25:37.60 | 8:33 | 7 |
| 188 | SZCZYPCZYK-PRUSICKA MAŁGORZATA | 8123 | | ZABRZE | POL | MASTERS K - 40 | 13 | K 47 | 00:00:16 | 00:35:14 | 00:53:30 | 01:25:37.80 | 01:25:37.80 | 8:33 | 7 |
| 189 | PIETRUCHA JAGODA | 8175 | TARNOWO PODGÓRNE BIEGA | TARNOWO PODGÓRNE | POL | SENIOR II K - 30 | 20 | K 48 | 00:00:07 | 00:35:04 | 00:53:22 | 01:25:49.55 | 01:25:49.55 | 8:34 | 7 |
| 190 | DZIĘGIELEWSKA DOMINIKA | 8577 | | LIPA | POL | SENIOR II K - 30 | 21 | K 49 | 00:00:11 | 00:37:01 | 00:55:05 | 01:26:05.35 | 01:26:05.35 | 8:36 | 7 |
| 191 | MARTYN OLGA | 8488 | SPINKO LESZNO | RYDZYNA | POL | SENIOR II K - 30 | 22 | K 50 | 00:00:46 | 00:37:18 | 00:55:10 | 01:26:08.70 | 01:26:08.70 | 8:36 | 7 |
| 192 | BACHURSKA EWA | 8043 | KB HARCOWNIK JELCZ LASKOWICE | MIŁOSZYCE | POL | MASTERS K - 40 | 14 | K 51 | 00:00:18 | 00:36:46 | 00:54:57 | 01:26:16.45 | 01:26:16.45 | 8:37 | 7 |
| 193 | KIEPIEL AGATA | 8293 | ADIDAS RUNNERS WARSAW | WARSZAWA | POL | SENIOR II K - 30 | 23 | K 52 | 00:00:58 | 00:38:11 | 00:56:12 | 01:26:16.95 | 01:26:16.95 | 8:37 | 7 |
| 194 | BŁACHNIO KRZYSZTOF | 8375 | | SZCZECIN | POL | WETERAN I M - 50 | 14 | M 143 | 00:00:08 | 00:35:10 | 00:53:07 | 01:26:18.55 | 01:26:18.55 | 8:37 | 7 |
| 195 | WORYTKIEWICZ MAŁGORZATA | 8319 | | KRAKÓW | POL | SENIOR I K - 20 | 10 | K 53 | 00:00:59 | 00:38:08 | 00:55:45 | 01:26:22.85 | 01:26:22.85 | 8:38 | 6.9 |
| 196 | ŁASZKIEWICZ PIOTR | 8010 | ATHLETICS TEM PRUSICE | BRZEŻNO | POL | WETERAN II M - 60 | 4 | M 144 | 00:00:14 | 00:36:49 | 00:54:45 | 01:26:25.10 | 01:26:25.10 | 8:38 | 6.9 |
| 197 | RZYWUCKA JOLANTA | 8272 | 4 RUN TEAM PIŁA | PIŁA | POL | MASTERS K - 40 | 15 | K 54 | 00:00:14 | 00:35:51 | 00:54:34 | 01:26:50.15 | 01:26:50.15 | 8:41 | 6.9 |
| 198 | BARTNIK PATRYK | 8168 | | ŁĄDEK-ZDRÓJ | POL | SENIOR I M - 20 | 29 | M 145 | 00:00:11 | 00:36:23 | 00:54:54 | 01:26:51.20 | 01:26:51.20 | 8:41 | 6.9 |
| 199 | MATUSZCZYK GRAŻYNA | 8271 | RYBNICKA GRUPA BIEGOWA | RYBNIK | POL | MASTERS K - 40 | 16 | K 55 | 00:00:24 | 00:36:06 | 00:54:36 | 01:26:54.55 | 01:26:54.55 | 8:41 | 6.9 |
| 200 | WILK TOMASZ | 8038 | | OPOLE | POL | SENIOR II M - 30 | 49 | M 146 | 00:01:01 | 00:38:23 | 00:56:48 | 01:26:55.35 | 01:26:55.35 | 8:41 | 6.9 |
| 201 | GRZELIŃSKA MALWINA | 8490 | | JAROCIN | POL | SENIOR II K - 30 | 24 | K 56 | 00:00:15 | 00:37:19 | 00:55:48 | 01:26:55.35 | 01:26:55.35 | 8:41 | 6.9 |
| 202 | OSUCH MARCIN | 8345 | | POZNAŃ | POL | MASTERS M - 40 | 49 | M 147 | 00:00:58 | 00:37:50 | 00:55:29 | 01:27:16.85 | 01:27:16.85 | 8:43 | 6.9 |
| 203 | KRZONKALLA-BARTNIK KATARZYNA | 8169 | | ŁĄDEK-ZDRÓJ | POL | SENIOR I K - 20 | 11 | K 57 | 00:00:10 | 00:36:23 | 00:54:54 | 01:27:20.50 | 01:27:20.50 | 8:44 | 6.9 |
| 204 | WITKE ELŻBIETA | 8109 | | KARPACZ | POL | WETERAN II K - 60 | 3 | K 58 | 00:00:10 | 00:35:06 | 00:53:16 | 01:27:26.95 | 01:27:26.95 | 8:44 | 6.9 |
| 205 | SZYMAŁA MARCIN | 8465 | KLUCZBORSKA GRUPA BIEGOWA | KLUCZBORK | POL | WETERAN I M - 50 | 15 | M 148 | 00:00:44 | 00:36:19 | 00:53:17 | 01:27:41.30 | 01:27:41.30 | 8:46 | 6.8 |
| 206 | WOŹNIAK MIROSLAW | 8339 | TKKF MPK POZNAŃ | KOZIEGŁOWY | POL | WETERAN II M - 60 | 5 | M 149 | 00:01:00 | 00:39:27 | 00:57:10 | 01:27:48.65 | 01:27:48.65 | 8:46 | 6.8 |
| 207 | KUCHARSKA ANNA | 8458 | | KOBYLA GÓRA | POL | SENIOR II K - 30 | 25 | K 59 | 00:00:18 | 00:37:30 | 00:55:50 | 01:28:01.20 | 01:28:01.20 | 8:48 | 6.8 |
| 208 | HOJA IŁONA | 8448 | | KOBYLA GÓRA | POL | SENIOR II K - 30 | 26 | K 60 | 00:00:17 | 00:37:30 | 00:55:50 | 01:28:01.35 | 01:28:01.35 | 8:48 | 6.8 |
| 209 | URBANIAK JÓZEF | 8576 | ULKS CZARNA GÓRA | STRONIE ŚLĄSKIE | POL | WETERAN I M - 50 | 16 | M 150 | 00:01:04 | 00:39:09 | 00:57:07 | 01:28:16.45 | 01:28:16.45 | 8:49 | 6.8 |
| 210 | GRODZIŃSKA MAGDALENA | 8407 | | JELEŃSKA GÓRA | POL | SENIOR I K - 20 | 12 | K 61 | 00:01:10 | 00:41:05 | 00:59:24 | 01:28:19.35 | 01:28:19.35 | 8:49 | 6.8 |
| 211 | KRZECZKOWSKI ROMAN | 8176 | BIEGOWA ŚWIDNICA | ŚWIDNICA | POL | WETERAN I M - 50 | 17 | M 151 | 00:00:15 | 00:38:41 | 00:56:53 | 01:28:29.75 | 01:28:29.75 | 8:50 | 6.8 |
| 212 | WAWER MARCIN | 8493 | STOWARZYSZENIE BIEG OPOLSKI | GOGOLIN | POL | SENIOR II M - 30 | 50 | M 152 | 00:01:22 | 00:40:58 | 00:58:40 | 01:28:52.65 | 01:28:52.65 | 8:53 | 6.8 |
| 213 | GAŚSIOROWSKA SARA | 8294 | | ŚWIEBODZIN | POL | SENIOR I K - 20 | 13 | K 62 | 00:00:49 | 00:39:19 | 00:57:06 | 01:28:55.10 | 01:28:55.10 | 8:53 | 6.7 |
| 214 | KOZŁOWSKA MAŁGORZATA | 8046 | KB ODRA OPOLE | OPOLE | POL | MASTERS K - 40 | 17 | K 63 | 00:00:30 | 00:37:39 | 00:56:01 | 01:28:55.60 | 01:28:55.60 | 8:53 | 6.7 |
| 215 | KOZŁOWSKI MARIUSZ | 8045 | KB ODRA OPOLE | OPOLE | POL | MASTERS M - 40 | 50 | M 153 | 00:00:30 | 00:37:33 | 00:56:00 | 01:28:56.25 | 01:28:56.25 | 8:53 | 6.7 |
| 216 | BIAŁEK MARCIN | 8115 | | STRONIE ŚLĄSKIE | POL | MASTERS M - 40 | 51 | M 154 | 00:01:04 | 00:40:19 | 00:58:49 | 01:28:58.10 | 01:28:58.10 | 8:53 | 6.7 |
| 217 | BRZEZIŃSKI ANDRZEJ | 8062 | LANRUNS | OLKUSZ | POL | WETERAN II M - 60 | 6 | M 155 | 00:00:05 | 00:38:16 | 00:57:23 | 01:29:03.85 | 01:29:03.85 | 8:54 | 6.7 |
| 218 | IMIŃSKI CEZARY | 8104 | | ZGIERZ | POL | WETERAN I M - 50 | 18 | M 156 | 00:00:15 | 00:38:20 | 00:55:44 | 01:29:05.65 | 01:29:05.65 | 8:54 | 6.7 |
| 219 | KUTYCKA KUREK ELŻBIETA | 8498 | CHOJRAK TEAM WROCŁAW | WROCŁAW | POL | SENIOR II K - 30 | 27 | K 64 | 00:00:43 | 00:37:54 | 00:56:54 | 01:29:39.60 | 01:29:39.60 | 8:57 | 6.7 |
| 220 | MASALSKA ANNA | 8578 | | SUWAŁKI | POL | MASTERS K - 40 | 18 | K 65 | 00:00:27 | 00:37:36 | 00:55:49 | 01:29:41.10 | 01:29:41.10 | 8:58 | 6.7 |
| 221 | PUSZEK JACEK | 8195 | | CZĘSTOCHOWA | POL | SENIOR II M - 30 | 51 | M 157 | 00:00:06 | 00:37:46 | 00:56:56 | 01:29:54.15 | 01:29:54.15 | 8:59 | 6.7 |
| 222 | SZWACZKA SEBASTIAN | 8300 | BW BIEGOWY WARIAT | WARSZAWA | POL | MASTERS M - 40 | 52 | M 158 | 00:01:11 | 00:37:54 | 00:56:26 | 01:30:02.30 | 01:30:02.30 | 9:00 | 6.7 |
| 223 | SENDER JAKUB | 8317 | BW RUNNING TEAM | WARSZAWA | POL | SENIOR I M - 30 | 52 | M 159 | 00:01:11 | 00:37:55 | 00:56:28 | 01:30:02.85 | 01:30:02.85 | 9:00 | 6.7 |
| 224 | NAZARY PIOTR | 8383 | OBORYGENI | OBORNIKI ŚLĄSKIE | POL | MASTERS M - 40 | 53 | M 160 | 00:00:27 | 00:38:55 | 00:57:06 | 01:30:03.50 | 01:30:03.50 | 9:00 | 6.7 |
| 225 | DĄBKOWSKI ADAM | 8124 | | WŁOSZAKOWICE | POL | MASTERS M - 40 | 54 | M 161 | 00:00:42 | 00:40:07 | 00:57:13 | 01:30:12.35 | 01:30:12.35 | 9:01 | 6.7 |
| 226 | KORNASZEWSKI WOJCIECH | 8559 | | BYDGOSZCZ | POL | SENIOR II M - 30 | 53 | M 162 | 00:00:30 | 00:38:16 | 00:56:45 | 01:30:15.15 | 01:30:15.15 | 9:01 | 6.6 |
| 227 | BUGAJSKI MARCIN | 8187 | | WARSZAWA | POL | MASTERS M - 40 | 55 | M 163 | 00:00:25 | 00:38:01 | 00:56:46 | 01:30:24.80 | 01:30:24.80 | 9:02 | 6.6 |
| 228 | KRUK MATEUSZ | 8203 | MAXIMUS KROSNOWICE | BYSTRZYCA KŁODZKA | POL | SENIOR II M - 30 | 54 | M 164 | 00:00:24 | 00:36:43 | 00:56:02 | 01:31:26.65 | 01:31:26.65 | 9:08 | 6.6 |
| 229 | WIKŁO PAWEŁ | 8296 | | KATOWICE | POL | SENIOR I M - 20 | 30 | M 165 | 00:01:26 | 00:42:15 | 01:01:45 | 01:31:29.65 | 01:31:29.65 | 9:08 | 6.6 |
| 230 | DULIK RADOŚLAW | 8604 | OPOLE | OPOLE | POL | MASTERS M - 40 | 56 | M 166 | 00:00:57 | 00:41:33 | 01:00:30 | 01:31:33.20 | 01:31:33.20 | 9:09 | 6.6 |
| 231 | RUTKOWSKA IZABELA | 8349 | SPORTOWY KAŻMIERZ | KAŻMIERZ | POL | MASTERS K - 40 | 19 | K 66 | 00:01:04 | 00:41:02 | 01:00:17 | 01:32:06.70 | 01:32:06.70 | 9:12 | 6.5 |
| 232 | MATAK KINGA | 8437 | ŁASUCH | RADZYMIN | POL | SENIOR II K - 30 | 28 | K 67 | 00:01:23 | 00:40:51 | 01:00:10 | 01:32:22.65 | 01:32:22.65 | 9:14 | 6.5 |

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

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 0.01km | 3.7km | 5.8km | Netto | Brutto | min/km | km/h |
|------|------------------------------|------|-------------------------------------|------------------------------|------|--------------------|--------|-------|----------|----------|----------|-------------|-------------|--------|------|
| 233 | LEWANDOWSKA KAMILA | 8143 | LEWANDOWSCY TEAM | GORZÓW WLKP. | POL | SENIOR II K - 30 | 29 | K 68 | 00:00:59 | 00:40:04 | 00:59:57 | 01:32:26.60 | 01:32:26.60 | 9:14 | 6.5 |
| 234 | GABOR MACIEJ | 8368 | | WARSZAWA | POL | MASTERS M - 40 | 57 | M 167 | 00:01:20 | 00:41:04 | 01:00:29 | 01:32:34.20 | 01:32:34.20 | 9:15 | 6.5 |
| 235 | STEMPIN SYLWIA | 8358 | | KĘPNO | POL | SENIOR II K - 30 | 30 | K 69 | 00:00:11 | 00:39:29 | 00:59:16 | 01:32:39.65 | 01:32:39.65 | 9:15 | 6.5 |
| 236 | SZCZEPIŃSKA ANETA | 8583 | | WROCŁAW | POL | SENIOR II K - 30 | 31 | K 70 | 00:00:27 | 00:40:13 | 00:59:45 | 01:32:43.05 | 01:32:43.05 | 9:16 | 6.5 |
| 237 | LEŚNICZAK BARBARA | 8457 | #WKURWTEAM | ZIELONKA | POL | MASTERS K - 40 | 20 | K 71 | 00:01:12 | 00:40:40 | 01:00:01 | 01:32:46.95 | 01:32:46.95 | 9:16 | 6.5 |
| 238 | SZAREK SŁAWOMIR | 8067 | K.S. OBSTAWIMY TYŁY | WROCŁAW | POL | MASTERS M - 40 | 58 | M 168 | 00:00:55 | 00:42:55 | 01:01:44 | 01:32:54.75 | 01:32:54.75 | 9:17 | 6.5 |
| 239 | SZYMAŁA JAN | 8125 | | KLUCZBORK | POL | WETERAN III M - 70 | 3 | M 169 | 00:00:23 | 00:37:57 | 00:57:36 | 01:32:59.80 | 01:32:59.80 | 9:17 | 6.5 |
| 240 | MICHALSKA AGNIESZKA | 8353 | | WARSZAWA | POL | SENIOR I K - 20 | 14 | K 72 | 00:01:25 | 00:41:07 | 01:00:58 | 01:33:10.05 | 01:33:10.05 | 9:19 | 6.4 |
| 241 | POŁAWSKA EWA | 8454 | | WARSZAWA | POL | SENIOR II K - 30 | 32 | K 73 | 00:01:04 | 00:42:01 | 01:01:00 | 01:33:13.30 | 01:33:13.30 | 9:19 | 6.4 |
| 242 | WOJTCZAK MATEUSZ | 8456 | | WARSZAWA | POL | SENIOR II M - 30 | 55 | M 170 | 00:01:04 | 00:42:04 | 01:01:00 | 01:33:13.70 | 01:33:13.70 | 9:19 | 6.4 |
| 243 | BLANIK MAREK | 8239 | | RADLIN | POL | SENIOR II M - 30 | 56 | M 171 | 00:00:31 | 00:39:25 | 00:58:30 | 01:33:29.75 | 01:33:29.75 | 9:20 | 6.4 |
| 244 | BLANIK AGNIESZKA | 8238 | | RADLIN | POL | MASTERS K - 40 | 21 | K 74 | 00:00:31 | 00:39:25 | 00:58:36 | 01:33:29.75 | 01:33:29.75 | 9:20 | 6.4 |
| 245 | ZAJĄC AGA | 8379 | 77CATS | JÓZEFOSŁAW | POL | MASTERS K - 40 | 22 | K 75 | 00:00:38 | 00:41:30 | 01:01:03 | 01:33:32.50 | 01:33:32.50 | 9:21 | 6.4 |
| 246 | REJMERS AGNIESZKA | 8251 | LEIDEN ATLETIEK | OEGSTGEEST | NED | MASTERS K - 40 | 23 | K 76 | 00:00:39 | 00:39:57 | 00:58:36 | 01:33:47.80 | 01:33:47.80 | 9:22 | 6.4 |
| 247 | KALIŃSKA DOROTA | 8486 | | KOBYŁKA | POL | SENIOR II K - 30 | 33 | K 77 | 00:01:28 | 00:42:30 | 01:01:09 | 01:33:55.45 | 01:33:55.45 | 9:23 | 6.4 |
| 248 | SOBOLEWSKA JULITA | 8369 | | ZALEWO | POL | MASTERS K - 40 | 24 | K 78 | 00:00:13 | 00:39:11 | 00:58:26 | 01:34:02.20 | 01:34:02.20 | 9:24 | 6.4 |
| 249 | GALEWSKI MARIUSZ | 8074 | KOTLIN | KOTLIN | POL | WETERAN I M - 50 | 19 | M 172 | 00:00:17 | 00:39:10 | 00:59:08 | 01:34:02.65 | 01:34:02.65 | 9:24 | 6.4 |
| 250 | URBAN ALICJA | 8041 | KACZKATEAM | WROCŁAW | POL | SENIOR II K - 20 | 15 | K 79 | 00:00:37 | 00:37:47 | 00:57:12 | 01:34:06.75 | 01:34:06.75 | 9:24 | 6.4 |
| 251 | RADZIEJEWSKA MILENA | 8355 | SZWAGRY I SZWAGIERKI | ŚREM | POL | SENIOR I K - 20 | 16 | K 80 | 00:00:25 | 00:39:54 | 01:00:18 | 01:34:17.10 | 01:34:17.10 | 9:25 | 6.4 |
| 252 | ŚWIĘCH ANETA | 8427 | EAZYMUT.PL | WARSZAWA | POL | SENIOR II K - 30 | 34 | K 81 | 00:00:27 | 00:40:22 | 01:01:43 | 01:34:26.75 | 01:34:26.75 | 9:26 | 6.4 |
| 253 | KOWAL DAWID | 8025 | | LESZNO | POL | SENIOR I M - 20 | 31 | M 173 | 00:00:45 | 00:41:31 | 01:00:19 | 01:34:31.65 | 01:34:31.65 | 9:27 | 6.3 |
| 254 | STROIŃSKI WOJCIECH | 8081 | LESZ NO LIMITS RUNNERS | WILKOWICE | POL | MASTERS M - 40 | 59 | M 174 | 00:00:50 | 00:41:03 | 01:00:19 | 01:34:33.15 | 01:34:33.15 | 9:27 | 6.3 |
| 255 | BEDNAREK-KWIATKOWSKA ANNA | 8163 | SAMO ZDROWIE | POZNAŃ (POZNAŃ-STARE MIASTO) | POL | MASTERS K - 40 | 25 | K 82 | 00:00:53 | 00:40:33 | 01:00:52 | 01:34:43.50 | 01:34:43.50 | 9:28 | 6.3 |
| 256 | BUDA MAŁGORZATA | 8260 | | POZNAŃ | POL | MASTERS K - 40 | 26 | K 83 | 00:00:19 | 00:38:27 | 00:58:08 | 01:34:45.70 | 01:34:45.70 | 9:28 | 6.3 |
| 257 | TOMAKA PATRYCJA | 8347 | TEAM KURORT LADEK-ZDRÓJ | OLDRZYCHOWICE KŁODZKIE | POL | SENIOR II K - 30 | 35 | K 84 | 00:01:10 | 00:41:32 | 01:00:59 | 01:34:48.15 | 01:34:48.15 | 9:28 | 6.3 |
| 258 | BŁACHNIO DOROTA | 8072 | RAZ SZCZECIN | SZCZECIN | POL | WETERAN K - 50 | 5 | K 85 | 00:00:08 | 00:39:27 | 00:59:33 | 01:34:53.50 | 01:34:53.50 | 9:29 | 6.3 |
| 259 | BIENIARZ ILONA | 8396 | MAKEMAROFITAGAIN! | WROCŁAW | POL | SENIOR II K - 30 | 36 | K 86 | 00:00:15 | 00:38:57 | 00:58:55 | 01:35:13.70 | 01:35:13.70 | 9:31 | 6.3 |
| 260 | JANSON MARLEEN | 8249 | LEIDEN ATLETIEK | LEIDEN | NED | SENIOR II K - 30 | 37 | K 87 | 00:00:39 | 00:42:18 | 01:02:34 | 01:35:17.15 | 01:35:17.15 | 9:31 | 6.3 |
| 261 | BURA KAROLINA | 8227 | #BIEGAJLESZNO | LESZNO | POL | SENIOR II K - 30 | 38 | K 88 | 00:00:12 | 00:39:05 | 00:59:30 | 01:35:18.85 | 01:35:18.85 | 9:31 | 6.3 |
| 262 | KUCIŃSKI ANDRZEJ | 8064 | BAZA ZDROWIA FRESCO | WARSZAWA | POL | WETERAN II M - 60 | 7 | M 175 | 00:00:44 | 00:41:53 | 01:01:36 | 01:35:21.40 | 01:35:21.40 | 9:32 | 6.3 |
| 263 | SZELIGA AGNIESZKA | 8264 | | BYTOM | POL | SENIOR II K - 30 | 39 | K 89 | 00:00:34 | 00:40:35 | 01:00:39 | 01:35:35.20 | 01:35:35.20 | 9:33 | 6.3 |
| 264 | SKARŻEŃSKA-SOKOŁOWSKA JAGODA | 8599 | | LADEK ZDRÓJ | POL | SENIOR II K - 30 | 40 | K 90 | 00:00:34 | 00:40:46 | 01:00:39 | 01:36:03.95 | 01:36:03.95 | 9:36 | 6.2 |
| 265 | CHOMĄTOWSKI DANIEL | 8127 | | WROCŁAW | POL | SENIOR II M - 30 | 57 | M 176 | 00:00:23 | 00:42:07 | 01:02:46 | 01:36:07.80 | 01:36:07.80 | 9:36 | 6.2 |
| 266 | OSIKA ALEKSANDRA | 8002 | | KIELCE | POL | SENIOR I K - 20 | 17 | K 91 | 00:00:36 | 00:40:12 | 01:00:30 | 01:36:12.95 | 01:36:12.95 | 9:37 | 6.2 |
| 267 | KRYSKA PAWEŁ | 8237 | | WROCŁAW | POL | SENIOR I M - 20 | 32 | M 177 | 00:01:09 | 00:42:21 | 01:02:13 | 01:36:24.95 | 01:36:24.95 | 9:38 | 6.2 |
| 268 | KOPYSTAŃSKA BASIA | 8329 | | LEGNICKIE POLE | POL | SENIOR II K - 30 | 41 | K 92 | 00:01:26 | 00:42:54 | 01:03:41 | 01:36:26.70 | 01:36:26.70 | 9:38 | 6.2 |
| 269 | WESTPHAL MAGDALENA | 8236 | | BYDGOSZCZ | POL | SENIOR II K - 30 | 42 | K 93 | 00:00:28 | 00:40:14 | 01:00:27 | 01:36:28.35 | 01:36:28.35 | 9:38 | 6.2 |
| 270 | IGNASZEWSKA MARTA | 8380 | | RADZYNY | POL | MASTERS K - 40 | 27 | K 94 | 00:00:42 | 00:41:23 | 01:01:10 | 01:36:29.15 | 01:36:29.15 | 9:38 | 6.2 |
| 271 | ROBAK NATALIA | 8304 | | LADEK-ZDRÓJ | POL | SENIOR I K - 20 | 18 | K 95 | 00:01:04 | 00:42:12 | 01:02:32 | 01:36:31.20 | 01:36:31.20 | 9:39 | 6.2 |
| 272 | IGNASZEWSKI MICHAŁ | 8566 | | RADZYNY | POL | MASTERS M - 40 | 60 | M 178 | 00:00:51 | 00:41:24 | 01:01:10 | 01:36:32.90 | 01:36:32.90 | 9:39 | 6.2 |
| 273 | STRZYŻOWSKI NIKODEM | 8092 | | BYDGOSZCZ | POL | SENIOR I M - 20 | 33 | M 179 | 00:00:26 | 00:40:01 | 00:59:45 | 01:36:39.55 | 01:36:39.55 | 9:39 | 6.2 |
| 274 | SZYMAŁA KAROLINA | 8103 | | KLUCZBORK | POL | SENIOR I K - 20 | 19 | K 96 | 00:00:44 | 00:40:55 | 01:01:15 | 01:36:42.35 | 01:36:42.35 | 9:40 | 6.2 |
| 275 | KLUŚKA RAFAŁ | 8387 | KS DŁUGOŁĘKA 2000 | OLEŚNICA | POL | SENIOR I M - 20 | 34 | M 180 | 00:00:16 | 00:39:58 | 01:00:32 | 01:36:52.70 | 01:36:52.70 | 9:41 | 6.2 |
| 276 | GRABKOWSKA PAULINA | 8376 | | KŁODZKO | POL | SENIOR II K - 30 | 43 | K 97 | 00:01:05 | 00:40:47 | 01:01:07 | 01:37:14.40 | 01:37:14.40 | 9:43 | 6.2 |
| 277 | SYCZ-LANGNER HONORATA | 8145 | | WROCŁAW | POL | SENIOR II K - 30 | 44 | K 98 | 00:00:36 | 00:40:45 | 01:02:35 | 01:37:15.30 | 01:37:15.30 | 9:43 | 6.2 |
| 278 | KUKUŁA KAROLINA | 8443 | | OLDRZYCHOWICE | POL | SENIOR II K - 30 | 45 | K 99 | 00:00:13 | 00:40:13 | 01:00:28 | 01:37:15.75 | 01:37:15.75 | 9:43 | 6.2 |
| 279 | ODIJA LESZEK | 8412 | | WIRY | POL | MASTERS M - 40 | 61 | M 181 | 00:01:18 | 00:43:13 | 01:02:26 | 01:37:18.70 | 01:37:18.70 | 9:43 | 6.2 |
| 280 | GRUCHAŁSKA MARTA | 8494 | STOWARZYSZENIE BIEG OPOLSKI | OPOLE | POL | MASTERS K - 40 | 28 | K 100 | 00:01:22 | 00:45:17 | 01:05:02 | 01:37:20.30 | 01:37:20.30 | 9:44 | 6.2 |
| 281 | SKRZYPEK MARTA | 8221 | | OBORNIKI | POL | SENIOR II K - 30 | 46 | K 101 | 00:00:05 | 00:40:46 | 01:01:40 | 01:37:29.15 | 01:37:29.15 | 9:44 | 6.2 |
| 282 | JOŃCZYK PAULA | 8422 | | WROCŁAW | POL | SENIOR I K - 20 | 20 | K 102 | 00:01:04 | 00:43:09 | 01:02:31 | 01:37:34.90 | 01:37:34.90 | 9:45 | 6.1 |
| 283 | PAWLUS MAREK | 8395 | MAKEMAROFITAGAIN! | WROCŁAW | POL | SENIOR II M - 30 | 58 | M 182 | 00:00:15 | 00:40:31 | 01:01:41 | 01:37:41.90 | 01:37:41.90 | 9:46 | 6.1 |
| 284 | BURNETKO MAGDALENA | 8405 | HUTASY RUNNERS TEAM | KRAKÓW | POL | SENIOR II K - 30 | 47 | K 103 | 00:00:45 | 00:42:02 | 01:02:49 | 01:37:49.25 | 01:37:49.25 | 9:46 | 6.1 |
| 285 | SZCZEPIŃSKI KRZYSZTOF | 8584 | | WROCŁAW | POL | SENIOR II M - 30 | 59 | M 183 | 00:00:27 | 00:40:17 | 01:01:28 | 01:38:10.00 | 01:38:10.00 | 9:49 | 6.1 |
| 286 | MARKIEWICZ JAGODA | 8167 | KUŹNIA TALENTÓW KAMIENIEC | KAMIENIEC | POL | SENIOR I K - 20 | 21 | K 104 | 00:01:02 | 00:43:31 | 01:03:47 | 01:38:33.45 | 01:38:33.45 | 9:51 | 6.1 |
| 287 | BIELEWICZ ALEKSANDRA | 8231 | PANKORBKA - MOBILNY SERWIS ROWEROWY | SOSNOWIEC | POL | SENIOR I K - 20 | 22 | K 105 | 00:00:31 | 00:42:12 | 01:02:58 | 01:38:48.05 | 01:38:48.05 | 9:52 | 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 | 0.01km | 3.7km | 5.8km | Netto | Brutto | min/km | km/h |
|------|--------------------------------|------|--------------------------------------|-------------------|------|--------------------|--------|-------|----------|----------|-------------|-------------|-------------|--------|------|
| 288 | WARCHOŁ KAMIL | 8220 | | WROCŁAW | POL | SENIOR I M - 20 | 35 | M 184 | 00:01:07 | 00:45:47 | 01:06:31 | 01:38:51.95 | 01:38:51.95 | 9:53 | 6.1 |
| 289 | JONCZYK PATRYK | 8433 | | WROCŁAW | POL | SENIOR I M - 20 | 36 | M 185 | 00:01:07 | 00:45:47 | 01:06:31 | 01:38:53.65 | 01:38:53.65 | 9:53 | 6.1 |
| 290 | NOWAK - KASPRZAK ANNA | 8431 | | WROCŁAW | POL | SENIOR II K - 30 | 48 | K 106 | 00:01:10 | 00:42:11 | 01:01:58 | 01:39:17.60 | 01:39:17.60 | 9:55 | 6 |
| 291 | KASPRZAK ŁUKASZ | 8432 | | WROCŁAW | POL | SENIOR II M - 30 | 60 | M 186 | 00:01:10 | 00:42:11 | 01:01:58 | 01:39:18.65 | 01:39:18.65 | 9:55 | 6 |
| 292 | NAGLER TOMASZ | 8147 | | POZNAŃ | POL | MASTERS M - 40 | 62 | M 187 | 00:00:49 | 00:37:17 | 00:57:00 | 01:39:18.80 | 01:39:18.80 | 9:55 | 6 |
| 293 | CZERNICKA MAGDALENA | 8423 | | RYBNIK | POL | MASTERS K - 40 | 29 | K 107 | 00:01:08 | 00:43:43 | 01:03:36 | 01:39:28.60 | 01:39:28.60 | 9:56 | 6 |
| 294 | SOJA-WAWRYSZEWICZ AGATA | 8230 | | WROCŁAW | POL | MASTERS K - 40 | 30 | K 108 | 00:00:54 | 00:42:06 | 01:02:21 | 01:39:35.95 | 01:39:35.95 | 9:57 | 6 |
| 295 | WAWER KASIA | 8495 | STOWARZYSZENIE BIEG OPOLSKI | OPOLE | POL | SENIOR II K - 30 | 49 | K 109 | 00:01:22 | 00:45:18 | 01:05:03 | 01:39:36.55 | 01:39:36.55 | 9:57 | 6 |
| 296 | WĘGRZYNOWSKA RENATA | 8340 | | WROCŁAW | POL | WETERAN K - 50 | 6 | K 110 | 00:00:51 | 00:40:32 | 01:01:18 | 01:39:39.15 | 01:39:39.15 | 9:57 | 6 |
| 297 | MACIEJEWSKI PIOTR | 8210 | SUPERMARATON KALISZ | KALISZ | POL | WETERAN II M - 60 | 8 | M 188 | 00:00:20 | 00:41:59 | 01:01:47 | 01:39:53.65 | 01:39:53.65 | 9:59 | 6 |
| 298 | KOWAL IRENEUSZ | 8024 | | LESZNO | POL | MASTERS M - 40 | 23 | M 189 | 00:00:45 | 00:41:46 | 01:01:51 | 01:39:54.45 | 01:39:54.45 | 9:59 | 6 |
| 299 | SZAŁAJSKA MAGDALENA | 8564 | | LUBLIN | POL | SENIOR I K - 20 | 23 | K 111 | 00:00:55 | 00:42:04 | 01:02:44 | 01:39:55.25 | 01:39:55.25 | 9:59 | 6 |
| 300 | ŁĘKAWA MATEUSZ | 8483 | | WARSZAWA | POL | SENIOR II M - 30 | 61 | M 190 | 00:01:13 | 00:45:44 | 01:06:30 | 01:39:58.35 | 01:39:58.35 | 9:59 | 6 |
| 301 | JURCZYK ANNA | 8491 | | WARSZAWA | POL | SENIOR I K - 20 | 24 | K 112 | 00:01:13 | 00:45:43 | 01:06:30 | 01:39:58.40 | 01:39:58.40 | 9:59 | 6 |
| 302 | DABKOWSKA PATRYCJA | 8472 | SPEEDFEED'16 | BARCZLIN | POL | MASTERS K - 40 | 31 | K 113 | 00:00:42 | 00:42:05 | 01:02:51 | 01:40:00.35 | 01:40:00.35 | 10:00 | 6 |
| 303 | AMANOWICZ AURELIA | 8234 | | WROCŁAW | POL | SENIOR II K - 30 | 50 | K 114 | 00:01:09 | 00:43:38 | 01:03:54 | 01:40:11.80 | 01:40:11.80 | 10:01 | 6 |
| 304 | DAGIEL JANUSZ | 8334 | | WARSZAWA | POL | SENIOR II M - 30 | 62 | M 191 | 00:00:54 | 00:41:52 | 01:04:01 | 01:40:16.05 | 01:40:16.05 | 10:01 | 6 |
| 305 | RELIGA LILIANA | 8332 | | WARSZAWA | POL | SENIOR II K - 30 | 51 | K 115 | 00:00:52 | 00:42:03 | 01:04:01 | 01:40:16.40 | 01:40:16.40 | 10:01 | 6 |
| 306 | PACUŁT DOMINIKA | 8101 | | ŚWIDNICA | POL | SENIOR I K - 20 | 25 | K 116 | 00:00:18 | 00:41:51 | 01:03:49 | 01:40:19.65 | 01:40:19.65 | 10:01 | 6 |
| 307 | DZIURA KAMIL | 8100 | | ŚWIDNICA | POL | SENIOR I M - 20 | 37 | M 192 | 00:00:19 | 00:41:51 | 01:03:49 | 01:40:19.75 | 01:40:19.75 | 10:01 | 6 |
| 308 | MAZURKIEWICZ JOANNA | 8061 | | STARY WIELISŁAW | POL | MASTERS K - 40 | 32 | K 117 | 00:00:11 | 00:40:12 | 01:02:02 | 01:40:40.10 | 01:40:40.10 | 10:04 | 6 |
| 309 | GRZYBEK SŁAWOMIR | 8130 | BARTOSZ GORCZYCA RUNNING TEAM | KATOWICE | POL | SENIOR II M - 30 | 63 | M 193 | 00:00:41 | 00:45:10 | 01:05:48 | 01:40:52.75 | 01:40:52.75 | 10:05 | 5.9 |
| 310 | DĄBROWSKA GRZYBEK JOANNA | 8131 | | KATOWICE | POL | MASTERS K - 40 | 33 | K 118 | 00:00:41 | 00:45:10 | 01:05:47 | 01:40:55.15 | 01:40:55.15 | 10:05 | 5.9 |
| 311 | WIECZOREK MIKOŁAJ | 8567 | DZIKIE GRUBASY SZATANA | LUBIN | POL | SENIOR I M - 20 | 38 | M 194 | 00:00:32 | 00:45:40 | 01:08:12 | 01:40:57.70 | 01:40:57.70 | 10:05 | 5.9 |
| 312 | KRAJEWSKA IRMINA | 8435 | | POZNAŃ | POL | SENIOR II K - 30 | 52 | K 119 | 00:00:49 | 00:44:27 | 01:04:59 | 01:41:02.70 | 01:41:02.70 | 10:06 | 5.9 |
| 313 | KUBAŚ DAWID | 8492 | NADLEŚNICTWO ZDROJE | KŁODZKO | POL | SENIOR II M - 30 | 64 | M 195 | 00:00:44 | 00:44:51 | 01:05:41 | 01:41:05.15 | 01:41:05.15 | 10:06 | 5.9 |
| 314 | TÓRZ ANNA | 8292 | | POZNAŃ | POL | MASTERS K - 40 | 34 | K 120 | 00:00:53 | 00:44:19 | 01:05:40 | 01:41:06.20 | 01:41:06.20 | 10:06 | 5.9 |
| 315 | BINKIEWICZ-KOWALCZYK AGNIESZKA | 8189 | | OSOLA | POL | SENIOR II K - 30 | 53 | K 121 | 00:00:19 | 00:42:33 | 01:04:23 | 01:41:14.55 | 01:41:14.55 | 10:07 | 5.9 |
| 316 | GAWLAS ROMAN | 8078 | | WADOWICE | POL | MASTERS M - 40 | 64 | M 196 | 00:00:39 | 00:45:49 | 01:09:05 | 01:41:24.55 | 01:41:24.55 | 10:08 | 5.9 |
| 317 | JASIEWICZ KAROLINA | 8350 | | KIELCZÓW | POL | SENIOR II K - 30 | 54 | K 122 | 00:00:52 | 00:42:00 | 01:02:50 | 01:41:39.70 | 01:41:39.70 | 10:09 | 5.9 |
| 318 | MONKA-PODGÓRNA ALEKSANDRA | 8299 | #POBIEGANI | DYLAKI | POL | SENIOR I K - 20 | 26 | K 123 | 00:00:37 | 00:41:59 | 01:03:20 | 01:41:40.70 | 01:41:40.70 | 10:10 | 5.9 |
| 319 | LACHOR ANNA | 8275 | | POZNAŃ | POL | WETERAN K - 50 | 7 | K 124 | 00:01:31 | 00:45:31 | 01:06:28 | 01:41:44.60 | 01:41:44.60 | 10:10 | 5.9 |
| 320 | PRUS DOROTA | 8052 | | WARSZAWA | POL | MASTERS K - 40 | 35 | K 125 | 00:01:27 | 00:45:18 | 01:04:57 | 01:41:45.80 | 01:41:45.80 | 10:10 | 5.9 |
| 321 | WEBER AGATA | 8581 | VELO ŁOSIE NA SZOSIE | WARSZAWA | POL | MASTERS K - 40 | 36 | K 126 | 00:00:30 | 00:43:14 | 01:03:56 | 01:41:50.25 | 01:41:50.25 | 10:11 | 5.9 |
| 322 | ROSA IZABELA | 8560 | ROXY | WARSZAWA | POL | SENIOR II K - 30 | 55 | K 127 | 00:00:59 | 00:45:31 | 01:06:30 | 01:42:05.40 | 01:42:05.40 | 10:12 | 5.9 |
| 323 | DĘBSKA MARZENA | 8035 | PODDĘBICKI KLUB BIEGACZA ZDYSZANI.PL | PODDĘBICE | POL | MASTERS K - 40 | 37 | K 128 | 00:00:09 | 00:45:21 | 01:06:32 | 01:42:17.50 | 01:42:17.50 | 10:13 | 5.9 |
| 324 | KRYSA DOROTA | 8322 | POMYŁKA TEAM | ŁĄDEK ZDRÓJ | POL | MASTERS K - 40 | 38 | K 129 | 00:01:29 | 00:44:45 | 01:06:27 | 01:42:20.65 | 01:42:20.65 | 10:14 | 5.9 |
| 325 | WASILEWSKA AGNIESZKA | 8226 | AROMAT NÓG | KRAKÓW | POL | MASTERS K - 40 | 39 | K 130 | 00:00:12 | 00:40:53 | 01:04:16 | 01:42:35.10 | 01:42:35.10 | 10:15 | 5.8 |
| 326 | JÓŻWIAKOWSKA WERONIKA | 8245 | | SOLEC KUJAWSKI | POL | SENIOR I K - 20 | 27 | K 131 | 00:00:32 | 00:43:17 | 01:05:15 | 01:42:48.30 | 01:42:48.30 | 10:16 | 5.8 |
| 327 | WIRTEK MAGDALENA | 8305 | | ZIELONA GÓRA | POL | SENIOR II K - 30 | 56 | K 132 | 00:00:13 | 00:42:02 | 01:04:10 | 01:43:05.30 | 01:43:05.30 | 10:18 | 5.8 |
| 328 | LESNIAK SYLWIA | 8320 | | DUBLIN 22 | IRL | MASTERS K - 40 | 40 | K 133 | 00:00:07 | 00:42:31 | 01:04:39 | 01:43:08.35 | 01:43:08.35 | 10:18 | 5.8 |
| 329 | MRÓZ ANNA | 8382 | | MIĘDZYLESIE | POL | SENIOR II K - 30 | 57 | K 134 | 00:19:05 | 01:13:13 | 01:43:22.70 | 01:43:22.70 | 10:20 | 5.8 | |
| 330 | TOMERA DOROTA | 8496 | TEAM KURORT ŁĄDEK-ZDRÓJ | STARA BYSTRZYCA | POL | MASTERS K - 40 | 41 | K 135 | 00:01:10 | 00:45:48 | 01:06:33 | 01:43:35.45 | 01:43:35.45 | 10:21 | 5.8 |
| 331 | GURGUŁ DOROTA | 8205 | AROMAT NÓG | KRAKÓW | POL | MASTERS K - 40 | 42 | K 136 | 00:00:12 | 00:40:52 | 01:04:15 | 01:43:51.00 | 01:43:51.00 | 10:23 | 5.8 |
| 332 | KUROWSKA BIANKA | 8341 | | ŚWIDNICA | POL | SENIOR I K - 20 | 28 | K 137 | 00:01:09 | 00:45:01 | 01:06:58 | 01:43:56.80 | 01:43:56.80 | 10:23 | 5.8 |
| 333 | JAKUBOWSKA JUDYTA | 8076 | | KAMIEŃ POMORSKI | POL | MASTERS K - 40 | 43 | K 138 | 00:00:25 | 00:42:51 | 01:05:01 | 01:44:07.45 | 01:44:07.45 | 10:24 | 5.8 |
| 334 | MŁYNARSKI MARIAN | 8309 | | BIELSKO-BIAŁA | POL | WETERAN III M - 70 | 4 | M 197 | 00:00:19 | 00:43:46 | 01:05:39 | 01:44:21.20 | 01:44:21.20 | 10:26 | 5.7 |
| 335 | MIECZKOWSKA NINA | 8039 | | OPOLE | POL | SENIOR II K - 30 | 58 | K 139 | 00:01:02 | 00:44:29 | 01:06:36 | 01:44:31.05 | 01:44:31.05 | 10:27 | 5.7 |
| 336 | WOJCIECHOWSKA PAULINA | 8185 | | WROCŁAW | POL | SENIOR II K - 30 | 59 | K 140 | 00:00:50 | 00:43:49 | 01:04:52 | 01:44:51.95 | 01:44:51.95 | 10:29 | 5.7 |
| 337 | SUDER MACIEJ | 8364 | 3M RUNNING TEAM POLAND | WROCŁAW | POL | SENIOR II M - 30 | 65 | M 198 | 00:00:36 | 00:42:09 | 01:03:52 | 01:44:55.50 | 01:44:55.50 | 10:29 | 5.7 |
| 338 | BOCHYŃSKA ADRIANNA | 8146 | | CHORZÓW | POL | SENIOR II K - 30 | 60 | K 141 | 00:00:58 | 00:45:31 | 01:06:39 | 01:44:57.45 | 01:44:57.45 | 10:29 | 5.7 |
| 339 | RZYSZKIEWICZ MAŁGORZATA | 8274 | PĘDZĄCE LENIWCE | SOKOŁÓW PODLASKI | POL | MASTERS K - 40 | 44 | K 142 | 00:00:53 | 00:43:58 | 01:05:39 | 01:45:08.75 | 01:45:08.75 | 10:30 | 5.7 |
| 340 | WOŹNIAK LIDIA | 8223 | PORMAT JEDLICZE BIEGA | SKOŁYSZYN | POL | WETERAN K - 50 | 8 | K 143 | 00:00:34 | 00:43:49 | 01:05:26 | 01:45:11.80 | 01:45:11.80 | 10:31 | 5.7 |
| 341 | OLEJ ROBERT | 8193 | | KATOWICE | POL | SENIOR I M - 20 | 39 | M 199 | 00:00:14 | 00:42:12 | 01:05:54 | 01:45:13.55 | 01:45:13.55 | 10:31 | 5.7 |
| 342 | KOCHANOWSKA GRAŻYNA | 8476 | | OSTRÓW MAZOWIECKA | POL | WETERAN K - 50 | 9 | K 144 | 00:00:35 | 00:42:29 | 01:03:59 | 01:45:28.90 | 01:45:28.90 | 10:32 | 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 | 0.01km | 3.7km | 5.8km | Netto | Brutto | min/km | km/h |
|------|------------------------|------|---------------------------------|------------------------------|------|-------------------|--------|-------|----------|----------|----------|-------------|-------------|--------|------|
| 343 | BOBIN ANNA | 8084 | ZOCHU TEAM | GORZÓW WIELKOPOLSKI | POL | MASTERS K - 40 | 45 | K 145 | 00:00:50 | 00:45:16 | 01:07:19 | 01:45:36.35 | 01:45:36.35 | 10:33 | 5.7 |
| 344 | HAMPEL MARIA | 8316 | BODY POWER | LESZNO | POL | SENIOR I K - 20 | 29 | K 146 | 00:00:24 | 00:43:24 | 01:05:55 | 01:45:39.30 | 01:45:39.30 | 10:33 | 5.7 |
| 345 | GONERA JANINA | 8014 | KB HARCOWNIK JELCZ-LASKOWICE | MŁOSZYCE | POL | WETERAN II K - 60 | 4 | K 147 | 00:00:51 | 00:45:52 | 01:07:40 | 01:45:40.95 | 01:45:40.95 | 10:34 | 5.7 |
| 346 | HOJDA AGNIESZKA | 8572 | | WARSZAWA | POL | SENIOR II K - 30 | 61 | K 148 | 00:00:23 | 00:43:25 | 01:06:37 | 01:46:04.80 | 01:46:04.80 | 10:36 | 5.7 |
| 347 | ZWYDAK ANNA | 8134 | WKURW_TEAM | KIELCZÓW | POL | SENIOR II K - 30 | 62 | K 149 | 00:00:34 | 00:44:53 | 01:06:46 | 01:46:15.80 | 01:46:15.80 | 10:37 | 5.6 |
| 348 | NITSCHKE KAROL | 8359 | TKKF MPK POZNAŃ | POZNAŃ | POL | MASTERS M - 40 | 65 | M 200 | 00:01:00 | 00:43:34 | 01:06:26 | 01:46:19.15 | 01:46:19.15 | 10:37 | 5.6 |
| 349 | NITSCHKE GRAŻYNA | 8390 | MPK-POZNAŃ | POZNAŃ | POL | MASTERS K - 40 | 46 | K 150 | 00:00:56 | 00:43:50 | 01:06:25 | 01:46:19.35 | 01:46:19.35 | 10:37 | 5.6 |
| 350 | IWANOW MAŁGORZATA | 8428 | | RADZYMIN | POL | SENIOR II K - 30 | 63 | K 151 | 00:01:23 | 00:45:56 | 01:08:14 | 01:46:21.95 | 01:46:21.95 | 10:38 | 5.6 |
| 351 | GAWRON MONIKA | 8481 | MIRAZ RACE TEAM | RUDA ŚLĄSKA | POL | MASTERS K - 40 | 47 | K 152 | 00:00:07 | 00:47:20 | 01:09:08 | 01:46:45.05 | 01:46:45.05 | 10:40 | 5.6 |
| 352 | BIAŁEK WIOLETTA | 8114 | | STRONIE ŚLĄSKIE | POL | MASTERS K - 40 | 48 | K 153 | 00:01:03 | 00:45:35 | 01:08:03 | 01:47:13.85 | 01:47:13.85 | 10:43 | 5.6 |
| 353 | STELMASZCZYK MICHALINA | 8573 | | WARSZAWA | POL | SENIOR I K - 20 | 30 | K 154 | 00:00:39 | 00:45:09 | 01:06:57 | 01:47:25.35 | 01:47:25.35 | 10:44 | 5.6 |
| 354 | KRZYWICKI LESZEK | 8579 | KIERUNEK ULTRA | SUWAŁKI | POL | WETERAN I M - 50 | 20 | M 201 | 00:00:30 | 00:42:50 | 01:05:54 | 01:47:32.85 | 01:47:32.85 | 10:45 | 5.6 |
| 355 | GABERT BEATA | 8028 | RAZ SZCZECIN | SZCZECIN | POL | WETERAN K - 50 | 10 | K 155 | 00:00:08 | 00:44:22 | 01:07:15 | 01:47:53.65 | 01:47:53.65 | 10:47 | 5.6 |
| 356 | SROCZYŃSKI MACIEJ | 8235 | | ŻERNIKI WROCŁAWSKIE | POL | MASTERS M - 40 | 66 | M 202 | 00:01:16 | 00:44:28 | 01:06:36 | 01:47:57.25 | 01:47:57.25 | 10:47 | 5.6 |
| 357 | RADWAN MATEUSZ | 8106 | | DOPIEWO | POL | SENIOR II M - 30 | 66 | M 203 | 00:00:45 | 00:46:33 | 01:10:29 | 01:48:54.75 | 01:48:54.75 | 10:53 | 5.5 |
| 358 | MORAWSKA-KREKORA ANNA | 8453 | | KRAKÓW | POL | SENIOR II K - 30 | 64 | K 156 | 00:01:24 | 00:46:09 | 01:09:17 | 01:49:08.75 | 01:49:08.75 | 10:54 | 5.5 |
| 359 | DYBAŁA MICHAŁ | 8177 | NULL | KRZESZOWICE | POL | MASTERS M - 40 | 67 | M 204 | 00:00:32 | 00:45:28 | 01:08:13 | 01:49:21.60 | 01:49:21.60 | 10:56 | 5.5 |
| 360 | DYBAŁA BEATA | 8174 | DZIKIE GRUBASY SZATANA | KRZESZOWICE | POL | SENIOR II K - 30 | 65 | K 157 | 00:00:31 | 00:45:28 | 01:08:18 | 01:49:21.95 | 01:49:21.95 | 10:56 | 5.5 |
| 361 | DZIUBAŁA ILONA | 8247 | | POPÓW | POL | WETERAN K - 50 | 11 | K 158 | 00:00:24 | 00:46:39 | 01:09:56 | 01:49:28.30 | 01:49:28.30 | 10:56 | 5.5 |
| 362 | SIP SABINA | 8157 | FSD RUN DREZDENKO | DREZDENKO | POL | MASTERS K - 40 | 49 | K 159 | 00:00:22 | 00:45:50 | 01:09:16 | 01:49:30.45 | 01:49:30.45 | 10:57 | 5.5 |
| 363 | WITCZAK-SPERKA MARIOLA | 8059 | RAZ SZCZECIN | SZCZECIN | POL | WETERAN II K - 60 | 5 | K 160 | 00:00:22 | 00:44:09 | 01:07:19 | 01:51:40.35 | 01:51:40.35 | 11:10 | 5.4 |
| 364 | PLASZCZAK JAROSŁAW | 8161 | | TULCE | POL | MASTERS M - 40 | 68 | M 205 | 00:00:32 | 00:46:03 | 01:09:07 | 01:51:42.55 | 01:51:42.55 | 11:10 | 5.4 |
| 365 | PLASZCZAK BOGUMIŁA | 8162 | PIEKIENIE ZGRANI | TULCE | POL | MASTERS K - 40 | 50 | K 161 | 00:00:32 | 00:45:37 | 01:09:01 | 01:51:42.55 | 01:51:42.55 | 11:10 | 5.4 |
| 366 | JOŃCZYK ELŻBIETA | 8098 | TUP TUP | ŁĄDEK ZDRÓJ | POL | WETERAN K - 50 | 12 | K 162 | 00:01:08 | 00:49:33 | 01:12:22 | 01:51:47.00 | 01:51:47.00 | 11:10 | 5.4 |
| 367 | MĄDRO AGNIESZKA | 8417 | | KŁODZKO | POL | MASTERS K - 40 | 51 | K 163 | 00:01:32 | 00:49:36 | 01:12:29 | 01:52:07.80 | 01:52:07.80 | 11:12 | 5.4 |
| 368 | LEWANDOWSKA ANNA | 8027 | BORKOŚ TEAM | GORZÓW WIELKOPOLSKI | POL | SENIOR II K - 30 | 66 | K 164 | 00:01:15 | 00:46:49 | 01:09:36 | 01:52:24.45 | 01:52:24.45 | 11:14 | 5.3 |
| 369 | JAROSZ AGNIESZKA | 8343 | TEAM KURORT ŁĄDEK ZDRÓJ | OLĘDRZYCHOWICE KŁODZKIE | POL | SENIOR I K - 20 | 31 | K 165 | 00:01:11 | 00:47:56 | 01:11:53 | 01:52:34.55 | 01:52:34.55 | 11:15 | 5.3 |
| 370 | WYCISZKIEWICZ GABRIELA | 8371 | TEAM KURORT ŁĄDEK ZDRÓJ | OLĘDRZYCHOWICE KŁODZKIE | POL | MASTERS K - 40 | 52 | K 166 | 00:01:11 | 00:47:54 | 01:11:53 | 01:52:35.15 | 01:52:35.15 | 11:15 | 5.3 |
| 371 | PARTYKA AGNIESZKA | 8017 | KB HARCOWNIK JELCZ-LASKOWICE | JELCZ-LASKOWICE | POL | MASTERS K - 40 | 53 | K 167 | 00:01:23 | 00:48:11 | 01:11:56 | 01:53:13.80 | 01:53:13.80 | 11:19 | 5.3 |
| 372 | SOWA MARTA | 8053 | WKURW_TEAM | WROCŁAW | POL | SENIOR II K - 30 | 67 | K 168 | 00:01:24 | 00:48:01 | 01:13:17 | 01:53:34.60 | 01:53:34.60 | 11:21 | 5.3 |
| 373 | NAIT MANSOUR IZABELA | 8325 | | POZNAŃ | POL | MASTERS K - 40 | 54 | K 169 | 00:00:52 | 00:46:14 | 01:11:00 | 01:53:46.50 | 01:53:46.50 | 11:22 | 5.3 |
| 374 | KLIN ANETA | 8402 | | BRZEG | POL | MASTERS K - 40 | 55 | K 170 | 00:01:06 | 00:48:13 | 01:13:02 | 01:53:52.75 | 01:53:52.75 | 11:23 | 5.3 |
| 375 | HETAK MONIKA | 8211 | | ŁĄDEK-ZDRÓJ | POL | MASTERS K - 40 | 56 | K 171 | 00:00:40 | 00:46:44 | 01:10:59 | 01:53:56.50 | 01:53:56.50 | 11:23 | 5.3 |
| 376 | HEŁMIK KATARZYNA | 8440 | POMYŁKA TEAM | WROCŁAW | POL | MASTERS K - 40 | 57 | K 172 | 00:01:31 | 00:49:25 | 01:13:22 | 01:54:05.45 | 01:54:05.45 | 11:24 | 5.3 |
| 377 | GÓRCZYŃSKA BARBARA | 8229 | | ŁĄDEK ZDRÓJ | POL | MASTERS K - 40 | 58 | K 173 | 00:01:29 | 00:48:47 | 01:13:23 | 01:54:09.85 | 01:54:09.85 | 11:24 | 5.3 |
| 378 | BIENIEK IWONA | 8295 | | PRZYBYŚLAWICE 110A | POL | WETERAN K - 50 | 13 | K 174 | 00:00:16 | 00:45:37 | 01:09:31 | 01:54:14.10 | 01:54:14.10 | 11:25 | 5.3 |
| 379 | ROGACZ EWA | 8181 | | NOWY TOMYŚL | POL | SENIOR II K - 30 | 68 | K 175 | 00:00:47 | 00:50:35 | 01:13:35 | 01:54:25.00 | 01:54:25.00 | 11:26 | 5.2 |
| 380 | CHASZCZEWSKA JULIA | 8066 | TOPOLICE TEAM | WROCŁAW | POL | SENIOR II K - 30 | 69 | K 176 | 00:00:55 | 00:48:01 | 01:12:53 | 01:54:35.30 | 01:54:35.30 | 11:27 | 5.2 |
| 381 | MAJCHRZYCKA AGNIESZKA | 8374 | TKKF MPK POZNAŃ | KIJEWO/ŚRODA WIELKOPOLSKA | POL | SENIOR II K - 30 | 70 | K 177 | 00:00:55 | 00:49:34 | 01:13:05 | 01:54:44.90 | 01:54:44.90 | 11:28 | 5.2 |
| 382 | TOCZEK GRAŻYNA | 8144 | NIGHT RUNNERS PYSKOWICE | PYSKOWICE | POL | WETERAN K - 50 | 14 | K 178 | 00:01:08 | 00:47:17 | 01:11:31 | 01:54:51.45 | 01:54:51.45 | 11:29 | 5.2 |
| 383 | KRÓL KAROLINA | 8133 | | BIERUTÓW | POL | SENIOR I K - 20 | 32 | K 179 | 00:01:22 | 00:49:35 | 01:13:45 | 01:54:52.20 | 01:54:52.20 | 11:29 | 5.2 |
| 384 | GRÖGER KAROLINA | 8149 | | ŁĄDEK-ZDRÓJ | POL | SENIOR I K - 20 | 33 | K 180 | 00:00:39 | 00:46:43 | 01:11:00 | 01:55:02.20 | 01:55:02.20 | 11:30 | 5.2 |
| 385 | SZCZERBIEN JACEK | 8150 | | KŁODZKO | POL | MASTERS M - 40 | 69 | M 206 | 00:00:51 | 00:47:09 | 01:11:00 | 01:55:02.80 | 01:55:02.80 | 11:30 | 5.2 |
| 386 | DATA TOMASZ | 8090 | HRMAX ŻORY | ŻORY | POL | WETERAN I M - 50 | 21 | M 207 | 00:01:27 | 00:49:38 | 01:13:46 | 01:55:26.75 | 01:55:26.75 | 11:32 | 5.2 |
| 387 | MIKOŁAJCZAK MAGDALENA | 8089 | HRMAX ŻORY | ŻORY | POL | MASTERS K - 40 | 59 | K 181 | 00:01:27 | 00:49:38 | 01:13:48 | 01:55:29.50 | 01:55:29.50 | 11:32 | 5.2 |
| 388 | MORAWSKA EDYTA | 8386 | BIEGNIJ OŁAWO | OŁAWA | POL | MASTERS K - 40 | 60 | K 182 | 00:00:35 | 00:45:07 | 01:08:23 | 01:55:39.45 | 01:55:39.45 | 11:33 | 5.2 |
| 389 | MORAWSKI JAROSŁAW | 8385 | BIEGNIJ OŁAWO | OŁAWA | POL | MASTERS M - 40 | 70 | M 208 | 00:00:36 | 00:45:11 | 01:08:23 | 01:55:40.30 | 01:55:40.30 | 11:34 | 5.2 |
| 390 | BOGUSŁAWSKA ELŻBIETA | 8215 | | ŁĄDEK-ZDRÓJ | POL | MASTERS K - 40 | 61 | K 183 | 00:00:45 | 00:46:47 | 01:12:38 | 01:55:54.90 | 01:55:54.90 | 11:35 | 5.2 |
| 391 | FILIPIAK SEBASTIAN | 8219 | EKIPA LIPA | LIPA | POL | MASTERS M - 40 | 71 | M 209 | 00:00:52 | 00:52:30 | 01:15:19 | 01:56:00.20 | 01:56:00.20 | 11:36 | 5.2 |
| 392 | SZYMCAK KATARZYNA | 8218 | | UNIEJOWICE | POL | SENIOR II K - 30 | 71 | K 184 | 00:00:52 | 00:52:30 | 01:15:18 | 01:56:00.70 | 01:56:00.70 | 11:36 | 5.2 |
| 393 | SZAFLIK ANNA | 8216 | | ŁĄDEK-ZDRÓJ | POL | MASTERS K - 40 | 62 | K 185 | 00:00:46 | 00:46:48 | 01:12:38 | 01:56:08.95 | 01:56:08.95 | 11:36 | 5.2 |
| 394 | GÓRAL AGNIESZKA | 8082 | ALSTOM KATOWICE | KATOWICE | POL | SENIOR II K - 30 | 72 | K 186 | 00:01:03 | 00:49:39 | 01:14:37 | 01:56:33.45 | 01:56:33.45 | 11:39 | 5.1 |
| 395 | PIEKARCZYK KATARZYNA | 8418 | | KŁODZKO | POL | SENIOR II K - 30 | 73 | K 187 | 00:01:32 | 00:50:18 | 01:13:38 | 01:56:37.50 | 01:56:37.50 | 11:39 | 5.1 |
| 396 | SYPNIEWSKA HANNA | 8327 | ULTRA WAY TEAM | GDYNIA | POL | WETERAN II K - 60 | 6 | K 188 | 00:01:25 | 00:49:39 | 01:14:04 | 01:56:38.60 | 01:56:38.60 | 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 | 0.01km | 3.7km | 5.8km | Netto | Brutto | min/km | km/h |
|------|-----------------------------|------|---------------------------------|-------------------|------|--------------------|--------|-------|----------|----------|----------|-------------|-------------|--------|------|
| 397 | RZESZOWSKA IWONA | 8283 | MIRAZ RACE TEAM | ZABRZE | POL | MASTERS K - 40 | 63 | K 189 | 00:00:07 | 00:47:51 | 01:13:14 | 01:56:51.10 | 01:56:51.10 | 11:41 | 5.1 |
| 398 | ROMANOWSKA ANNA | 8586 | | WARSZAWA | POL | MASTERS K - 40 | 64 | K 190 | 00:00:29 | 00:48:19 | 01:14:20 | 01:57:45.60 | 01:57:45.60 | 11:46 | 5.1 |
| 399 | ZIELIŃSKA MAGDALENA | 8585 | | WARSZAWA | POL | SENIOR II K - 30 | 74 | K 191 | 00:00:30 | 00:48:20 | 01:14:20 | 01:57:45.95 | 01:57:45.95 | 11:46 | 5.1 |
| 400 | DULIK ALEKSANDRA | 8303 | OPOLE | OPOLE | POL | MASTERS K - 40 | 65 | K 192 | 00:00:57 | 00:48:40 | 01:13:17 | 01:58:07.35 | 01:58:07.35 | 11:48 | 5.1 |
| 401 | LECHOWSKA MONIKA | 8083 | ALSTOM KATOWICE | MYSŁOWICE | POL | MASTERS K - 40 | 66 | K 193 | 00:01:03 | 00:49:49 | 01:14:37 | 01:58:14.95 | 01:58:14.95 | 11:49 | 5.1 |
| 402 | PRZYŁUSKA MIROSŁAWA | 8032 | RAZ SZCZECIN | SZCZECIN | POL | WETERAN III K - 70 | 1 | K 194 | 00:00:24 | 00:47:21 | 01:12:53 | 01:58:27.75 | 01:58:27.75 | 11:50 | 5.1 |
| 403 | GLASSER MAREK | 8478 | | WARSZAWA | POL | WETERAN III M - 70 | 5 | M 210 | 00:01:14 | 00:49:37 | 01:14:22 | 01:58:47.40 | 01:58:47.40 | 11:52 | 5.1 |
| 404 | WASILEWSKA JOANNA | 8361 | PARKRUN GRUDZIĄDZ | GRUDZIĄDZ | POL | SENIOR II K - 30 | 75 | K 195 | 00:00:57 | 00:47:58 | 01:12:17 | 01:58:58.40 | 01:58:58.40 | 11:53 | 5 |
| 405 | LIS EWELINA | 8008 | | GRUDZIĄDZ | POL | MASTERS K - 40 | 67 | K 196 | 00:00:56 | 00:47:57 | 01:09:11 | 01:59:01.15 | 01:59:01.15 | 11:54 | 5 |
| 406 | MODRAK MACIEJ | 8007 | PARKRUN GRUDZIĄDZ | GRUDZIĄDZ | POL | WETERAN I M - 50 | 22 | M 211 | 00:00:57 | 00:47:57 | 01:08:50 | 01:59:02.75 | 01:59:02.75 | 11:54 | 5 |
| 407 | KOLASA ANDRZEJ | 8129 | KLUB J.SŁOWACKIEGO | WARSZAWA-WESOŁA | POL | WETERAN III M - 70 | 6 | M 212 | 00:00:02 | 00:46:52 | 01:14:10 | 01:59:49.80 | 01:59:49.80 | 11:58 | 5 |
| 408 | SZCZUKA PAWEŁ | 8366 | | WIRY | POL | WETERAN I M - 50 | 23 | M 213 | 00:00:54 | 00:49:43 | 01:14:48 | 01:59:54.10 | 01:59:54.10 | 11:59 | 5 |
| 409 | SZCZUKA MAŁGORZATA | 8365 | | WIRY | POL | WETERAN K - 50 | 15 | K 197 | 00:00:48 | 00:49:37 | 01:14:51 | 01:59:54.85 | 01:59:54.85 | 11:59 | 5 |
| 410 | PILARSKI RYSZARD | 8446 | IZERY BOGATYNIA | BOGATYNIA | POL | WETERAN II M - 60 | 9 | M 214 | 00:00:17 | 00:48:02 | 01:13:25 | 02:01:58.05 | 02:01:58.05 | 12:11 | 4.9 |
| 411 | PILARSKA ELŻBIETA | 8410 | IZERY BOGATYNIA | BOGATYNIA | POL | WETERAN III K - 70 | 2 | K 198 | 00:00:17 | 00:48:03 | 01:13:26 | 02:01:58.10 | 02:01:58.10 | 12:11 | 4.9 |
| 412 | BORIS ANETA | 8348 | | ELBLĄG | POL | SENIOR II K - 30 | 76 | K 199 | 00:01:25 | 00:51:03 | 01:17:03 | 02:02:24.55 | 02:02:24.55 | 12:14 | 4.9 |
| 413 | SZPUREK ANNA | 8597 | BUKOWSKI KLUB BIEGACZA | BUK | POL | MASTERS K - 40 | 68 | K 200 | 00:00:32 | 00:47:25 | 01:14:18 | 02:04:33.65 | 02:04:33.65 | 12:27 | 4.8 |
| 414 | WOJTKOWSKA KATARZYNA | 8207 | | WARSZAWA | POL | SENIOR I K - 20 | 34 | K 201 | 00:01:07 | 00:49:27 | 01:13:40 | 02:04:34.55 | 02:04:34.55 | 12:27 | 4.8 |
| 415 | ZARZECZNY RADOSŁAW | 8413 | JUNIOR AMATOR SUPERSTAR | KRAKÓW | POL | SENIOR II M - 30 | 67 | M 215 | 00:00:49 | 00:47:59 | 01:13:30 | 02:04:57.10 | 02:04:57.10 | 12:29 | 4.8 |
| 416 | MITIS MAREK | 8232 | | KRAKÓW | POL | SENIOR II M - 30 | 68 | M 216 | 00:00:48 | 00:48:00 | 01:13:31 | 02:04:57.25 | 02:04:57.25 | 12:29 | 4.8 |
| 417 | PŁOŃSKA KLAUDIA | 8165 | | WROCŁAW | POL | SENIOR I K - 20 | 35 | K 202 | 00:01:07 | 00:49:28 | 01:13:43 | 02:05:00.25 | 02:05:00.25 | 12:30 | 4.8 |
| 418 | BUDZISZEWSKI JAKUB | 8164 | | WROCŁAW | POL | SENIOR I M - 20 | 40 | M 217 | 00:01:08 | 00:49:33 | 01:14:53 | 02:05:00.75 | 02:05:00.75 | 12:30 | 4.8 |
| 419 | AGATA BAGROWSKA | 8257 | | WROCŁAW | POL | MASTERS K - 40 | 69 | K 203 | 00:01:15 | 00:51:33 | 01:18:20 | 02:05:36.05 | 02:05:36.05 | 12:33 | 4.8 |
| 420 | WEKA KRZYSZTOF | 8555 | BIAŁYSTOK BIEGA TEAM | BIAŁYSTOK | POL | SENIOR II M - 30 | 69 | M 218 | 00:00:10 | 00:39:20 | 01:05:57 | 02:06:04.65 | 02:06:04.65 | 12:36 | 4.8 |
| 421 | ANACZKOWSKA KRYSZYNA | 8307 | ZANTYR SZTUM | SZTUM | POL | WETERAN II K - 60 | 7 | K 204 | 00:00:35 | 00:51:29 | 01:17:38 | 02:06:13.55 | 02:06:13.55 | 12:37 | 4.8 |
| 422 | ŚLEDZIK JOANNA | 8085 | ALSTOM KATOWICE | ZABRZE | POL | MASTERS K - 40 | 70 | K 205 | 00:01:15 | 00:51:32 | 01:15:32 | 02:06:27.25 | 02:06:27.25 | 12:38 | 4.7 |
| 423 | WALCZAK SŁAWOMIR | 8118 | | GAŁĄCZYCE | POL | WETERAN I M - 50 | 24 | M 219 | 00:06:08 | 00:52:24 | 01:17:11 | 02:06:32.55 | 02:06:32.55 | 12:39 | 4.7 |
| 424 | DOMINIAK AGNIESZKA | 8030 | | WARSZAWA | POL | MASTERS K - 40 | 71 | K 206 | 00:01:05 | 00:52:24 | 01:18:29 | 02:07:17.05 | 02:07:17.05 | 12:43 | 4.7 |
| 425 | NURKIEWICZ-KMIECIK DOMINIKA | 8186 | | KAZMIERZ | POL | MASTERS K - 40 | 72 | K 207 | 00:00:50 | 00:52:09 | 01:18:28 | 02:07:37.55 | 02:07:37.55 | 12:45 | 4.7 |
| 426 | SZYMAŃSKA ANIA | 8225 | | SZCZECIN | POL | WETERAN K - 50 | 16 | K 208 | 00:01:01 | 00:50:39 | 01:16:41 | 02:10:40.15 | 02:10:40.15 | 13:04 | 4.6 |
| 427 | KARCZYŃSKA SYLWIA | 8352 | | STAROGARD GDAŃSKI | POL | MASTERS K - 40 | 73 | K 209 | 00:01:04 | 00:54:20 | 01:21:44 | 02:11:47.35 | 02:11:47.35 | 13:10 | 4.6 |
| 428 | GIERSZYŃSKA MAREK | 8591 | HRT | STAROGARD GDAŃSKI | POL | MASTERS M - 40 | 72 | M 220 | 00:01:03 | 00:54:33 | 01:21:43 | 02:11:48.20 | 02:11:48.20 | 13:10 | 4.6 |
| 429 | SZKUTA STANISŁAW | 8308 | ROVELLI TEORIA KWANTÓW | BIELSKO-BIAŁA | POL | WETERAN II M - 60 | 10 | M 221 | 00:00:21 | 00:51:03 | 01:20:36 | 02:12:06.80 | 02:12:06.80 | 13:12 | 4.5 |
| 430 | WIŚNIEWSKI MICHAŁ | 8119 | K.S OBSTAWIAMY TYŁY | WROCŁAW | POL | MASTERS M - 40 | 73 | M 222 | 00:00:59 | 00:49:36 | 01:18:00 | 02:12:37.70 | 02:12:37.70 | 13:15 | 4.5 |
| 431 | SOWIŃSKI ROBERT | 8117 | K.S. OBSTAWIAMY TYŁY | WROCŁAW | POL | MASTERS M - 40 | 74 | M 223 | 00:01:00 | 00:48:37 | 01:18:00 | 02:12:39.35 | 02:12:39.35 | 13:15 | 4.5 |
| 432 | RYMSKA ANNA | 8290 | | POZNAŃ | POL | MASTERS K - 40 | 74 | K 210 | 00:00:52 | 00:53:06 | 01:22:37 | 02:13:32.90 | 02:13:32.90 | 13:21 | 4.5 |
| 433 | SMYCZ ANNA | 8291 | | POZNAŃ | POL | MASTERS K - 40 | 75 | K 211 | 00:00:53 | 00:53:11 | 01:22:39 | 02:13:33.45 | 02:13:33.45 | 13:21 | 4.5 |
| 434 | BĄCZEK KRZYSZTOF | 8310 | | ZAWIERCIE | POL | MASTERS M - 40 | 75 | M 224 | 00:01:17 | 00:55:53 | 01:22:34 | 02:14:42.10 | 02:14:42.10 | 13:28 | 4.5 |
| 435 | ŁOZIENKO ANNA | 8411 | KB HARCOWNIK JELCZ-LASKOWICE | MŁOSZYCE | POL | SENIOR II K - 30 | 77 | K 212 | 00:01:24 | 00:56:06 | 01:24:38 | 02:15:40.15 | 02:15:40.15 | 13:34 | 4.4 |
| 436 | JANOSZ MARZENA | 8099 | | WROCŁAW | POL | WETERAN K - 50 | 17 | K 213 | 00:01:08 | 00:54:21 | 01:23:14 | 02:20:24.55 | 02:20:24.55 | 14:02 | 4.3 |
| 437 | MAKSYMOWICZ MONIKA | 8415 | | KŁODZKO | POL | SENIOR II K - 30 | 78 | K 214 | 00:01:32 | 00:56:29 | 01:28:31 | 02:20:29.20 | 02:20:29.20 | 14:02 | 4.3 |
| 438 | RYBKA ELŻBIETA | 8416 | | KŁODZKO | POL | SENIOR II K - 30 | 79 | K 215 | 00:01:32 | 00:56:23 | 01:27:18 | 02:20:43.70 | 02:20:43.70 | 14:04 | 4.3 |
| 439 | KUBIATOWICZ MAŁGORZATA | 8006 | | POZNAŃ | POL | MASTERS K - 40 | 76 | K 216 | 00:01:26 | 01:01:58 | 01:31:35 | 02:20:50.75 | 02:20:50.75 | 14:05 | 4.3 |
| 440 | MAJCHRZAK MONIKA | 8022 | WKURW_TEAM | POZNAŃ | POL | WETERAN K - 50 | 18 | K 217 | 00:01:13 | 00:59:27 | 01:28:22 | 02:21:40.90 | 02:21:40.90 | 14:10 | 4.2 |
| 441 | STRZYŻOWSKA MONIKA | 8091 | | BYDGOSZCZ | POL | MASTERS K - 40 | 77 | K 218 | 00:00:26 | 00:53:59 | 01:25:19 | 02:24:23.55 | 02:24:23.55 | 14:26 | 4.2 |
| 442 | WITKIEWICZ-ŁUKASZEK SANDRA | 8018 | ŁUKASZKI TEAM | OSIELSKO | POL | SENIOR II K - 30 | 80 | K 219 | 00:00:27 | 00:53:58 | 01:25:20 | 02:24:24.20 | 02:24:24.20 | 14:26 | 4.2 |
| 443 | KRZEMIENIEWSKI JERZY | 8054 | KB SZAMOTUŁY | SZAMOTUŁY | POL | WETERAN III M - 60 | 11 | M 225 | 00:01:16 | 01:00:08 | 01:33:22 | 02:31:04.55 | 02:31:04.55 | 15:06 | 4 |
| 444 | ZALESZCZAK RENATA | 8011 | KB SZAMOTUŁY | SZAMOTUŁY | POL | WETERAN K - 50 | 19 | K 220 | 00:00:52 | 01:04:02 | 01:37:19 | 02:31:34.75 | 02:31:34.75 | 15:09 | 4 |
| 445 | MICHALSKI DARIUSZ | 8020 | ALFA TEAM GOSTYŃ | PIASKI | POL | WETERAN I M - 50 | 25 | M 226 | 00:01:18 | 01:03:24 | 01:35:55 | 02:32:13.85 | 02:32:13.85 | 15:13 | 3.9 |
| 446 | MROWCA PAWEŁ | 8439 | | LUBAŃ | POL | SENIOR II M - 30 | 70 | M 227 | 00:01:17 | 00:56:38 | 01:29:35 | 02:33:10.85 | 02:33:10.85 | 15:19 | 3.9 |
| 447 | SZAFRANIEC-MROWCA DOROTA | 8438 | | LUBAŃ | POL | MASTERS K - 40 | 78 | K 221 | 00:01:16 | 00:56:38 | 01:29:56 | 02:33:11.30 | 02:33:11.30 | 15:19 | 3.9 |
| 448 | SZYMAŃSKI PAWEŁ | 8378 | | POZNAŃ | POL | MASTERS M - 40 | 76 | M 228 | 00:01:20 | 01:02:58 | 01:36:41 | 02:39:28.45 | 02:39:28.45 | 15:56 | 3.8 |
| 449 | SZYMAŃSKA AGNIESZKA | 8244 | | POZNAŃ | POL | MASTERS K - 40 | 79 | K 222 | 00:01:20 | 01:02:57 | 01:36:40 | 02:39:28.80 | 02:39:28.80 | 15:56 | 3.8 |
| 450 | GRZELAKOWSKA IWONA | 8442 | | POZNAŃ | POL | MASTERS K - 40 | 80 | K 223 | 00:01:13 | 01:06:59 | 01:39:33 | 02:41:34.10 | 02:41:34.10 | 16:09 | 3.7 |
| 451 | KOCIUBA KATARZYNA | 8170 | | POZNAŃ | POL | SENIOR II K - 30 | 81 | K 224 | 00:01:00 | 00:55:45 | 01:28:22 | 02:41:35.65 | 02:41:35.65 | 16:09 | 3.7 |
| 452 | KOWAL MARZENA | 8026 | | LESZNO | POL | MASTERS K - 40 | 81 | K 225 | 00:00:45 | 01:04:41 | 01:41:21 | 02:42:31.70 | 02:42:31.70 | 16:15 | 3.7 |

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

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 0.01km | 3.7km | 5.8km | Netto | Brutto | min/km | km/h |
|------|-------------------------------|------|------------------------|-------------|------|------------------|--------|-------|----------|----------|----------|-------------|-------------|--------|------|
| 453 | STROIŃSKA IWONA | 8080 | LESZ NO LIMITS RUNNERS | WILKOWICE | POL | MASTERS K - 40 | 82 | K 226 | 00:00:47 | 01:04:42 | 01:41:22 | 02:42:33.45 | 02:42:33.45 | 16:15 | 3.7 |
| 454 | KONIECZNY ROBERT | 8021 | WKURW_TEAM | ŻARY | POL | MASTERS M - 40 | 77 | M 229 | 00:01:15 | 00:52:13 | 01:15:37 | 02:45:35.95 | 02:45:35.95 | 16:33 | 3.6 |
| 455 | MIELEC MARTA | 8447 | #ZŁOTYNAKILOMETR | STARGARD | POL | SENIOR II K - 30 | 82 | K 227 | 00:01:15 | 00:52:13 | 01:15:37 | 02:45:36.80 | 02:45:36.80 | 16:33 | 3.6 |
| 456 | ROBAK ANETA | 8152 | | ŁĄDEK-ZDRÓJ | POL | MASTERS K - 40 | 83 | K 228 | 00:00:49 | 01:10:13 | | 03:12:11.20 | 03:12:11.20 | 19:13 | 3.1 |
| 457 | MRÓWCZYŃSKA EWA | 8392 | | JAKTORÓW | POL | WETERAN K - 50 | 20 | K 229 | 00:00:33 | 01:10:39 | | 03:12:13.20 | 03:12:13.20 | 19:13 | 3.1 |
| DNC | ŚWIRGOŃ ADAM | 8596 | ZAŁOGA GÓRSKA | WARSZAWA | POL | SENIOR I M - 20 | DNC | DNC | 00:00:01 | | | | | | |
| | ZAKRZEWICZ-PODLECKA AGNIESZKA | 8180 | ROKIETNICA BIEGA | ROKIETNICA | POL | SENIOR II K - 30 | | | 00:00:04 | DNF | DNF | DNF | DNF | - | - |
| | POŚWISTAJŁO MARCIN | 8452 | | ŁĄDEK-ZDRÓJ | POL | SENIOR I M - 20 | | | 00:00:33 | DNF | DNF | DNF | DNF | - | - |

BIEG TROJAK TRAIL - 10 KM, OPEN KOBIECI

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 0.01km | 3.7km | 5.8km | Netto | Brutto | min/km | km/h |
|------|------------------------------|------|--|--------------------------|------|-------------------|--------|------|----------|----------|----------|-------------|-------------|--------|------|
| 1 | KANTOR MARTYNA | 8575 | SALOMON SUNNTO TEAM | KRAKÓW | POL | SENIOR II K - 30 | 1 | K 1 | 00:00:02 | 00:21:54 | 00:32:47 | 00:52:50.90 | 00:52:50.90 | 5:17 | 11.4 |
| 2 | KĄZMIERCZAK MARTA | 8595 | ZAŁOGA GÓRSKA | WARSZAWA | POL | MASTERS K - 40 | 1 | K 2 | 00:00:02 | 00:24:22 | 00:36:14 | 00:56:31.75 | 00:56:31.75 | 5:39 | 10.6 |
| 3 | ŁASKOWSKA MARZENA | 8479 | WOT | OLECKO | POL | WETERAN K - 50 | 1 | K 3 | 00:00:04 | 00:24:51 | 00:37:12 | 00:58:41.55 | 00:58:41.55 | 5:52 | 10.2 |
| 4 | KARCZEWSKA JOANNA | 8580 | KIERUNEK ULTRA | SUWAŁKI | POL | MASTERS K - 40 | 2 | K 4 | 00:00:04 | 00:26:13 | 00:39:04 | 01:01:41.05 | 01:01:41.05 | 6:10 | 9.7 |
| 5 | WIERZCHOWIAK KAROLINA | 8469 | TRAIL IS OUR WAY TEAM | KROSNO | POL | SENIOR II K - 30 | 2 | K 5 | 00:00:02 | 00:26:04 | 00:39:34 | 01:02:36.45 | 01:02:36.45 | 6:15 | 9.6 |
| 6 | WROTECKA KATARZYNA | 8324 | STAJNIAKTEAM | PIŁA | POL | SENIOR II K - 30 | 3 | K 6 | 00:00:03 | 00:26:56 | 00:40:43 | 01:04:24.80 | 01:04:24.80 | 6:26 | 9.3 |
| 7 | BARTUŚ MONIKA | 8408 | | KRAKÓW | POL | SENIOR I K - 20 | 1 | K 7 | 00:00:03 | 00:27:02 | 00:40:43 | 01:04:41.75 | 01:04:41.75 | 6:28 | 9.3 |
| 8 | SIKORA SYLWIA | 8301 | PGB SPORTOWA PACZKA | WARSZAWA | POL | SENIOR II K - 30 | 4 | K 8 | 00:00:04 | 00:27:59 | 00:42:09 | 01:05:44.25 | 01:05:44.25 | 6:34 | 9.1 |
| 9 | GNITECKA KATARZYNA | 8009 | KUDOWIANKA RUN | KUDOWA ZDRÓJ | POL | SENIOR II K - 30 | 5 | K 9 | 00:00:04 | 00:28:05 | 00:42:20 | 01:06:06.60 | 01:06:06.60 | 6:36 | 9.1 |
| 10 | ULIKOWSKA MARTYNA | 8500 | ZAŁOGA GÓRSKA | GOŚCINO | POL | SENIOR II K - 30 | 6 | K 10 | 00:00:04 | 00:28:59 | 00:43:05 | 01:07:13.85 | 01:07:13.85 | 6:43 | 8.9 |
| 11 | BEDNAREK KAROLINA | 8179 | | RADWANICE | POL | SENIOR II K - 30 | 7 | K 11 | 00:00:09 | 00:27:45 | 00:42:10 | 01:07:33.45 | 01:07:33.45 | 6:45 | 8.9 |
| 12 | ADAMCZYK-NOWAK BEATA | 8280 | MIECHOWICKA GRUPA BIEGOWA | BYTOM | POL | MASTERS K - 40 | 3 | K 12 | 00:00:09 | 00:29:15 | 00:43:30 | 01:07:40.55 | 01:07:40.55 | 6:46 | 8.9 |
| 13 | OCIEPKA-CIESIELSKA KATARZYNA | 8311 | | WARSZAWA | POL | SENIOR II K - 30 | 8 | K 13 | 00:00:12 | 00:29:19 | 00:43:36 | 01:09:06.05 | 01:09:06.05 | 6:54 | 8.7 |
| 14 | GÓRNA ANITA | 8206 | LPP TEAM | KRAKÓW | POL | SENIOR II K - 30 | 9 | K 14 | 00:00:20 | 00:30:32 | 00:44:41 | 01:09:32.80 | 01:09:32.80 | 6:57 | 8.6 |
| 15 | REGULSKA NATALIA | 8400 | ASICS FRONTRUNNER POLAND / #ŻÓRAWSKITEAM | KRAKÓW | POL | SENIOR II K - 30 | 10 | K 15 | 00:00:03 | 00:30:57 | 00:45:28 | 01:10:24.35 | 01:10:24.35 | 7:02 | 8.5 |
| 16 | ZATORSKA KAROLINA | 8497 | TREC TEAM | GDYNIA | POL | SENIOR II K - 30 | 11 | K 16 | 00:00:09 | 00:30:23 | 00:45:33 | 01:11:28.75 | 01:11:28.75 | 7:08 | 8.4 |
| 17 | PLUTA KINGA | 8095 | | DĄBROWA GÓRNICZA | POL | SENIOR II K - 20 | 2 | K 17 | 00:00:49 | 00:30:41 | 00:45:27 | 01:11:30.55 | 01:11:30.55 | 7:09 | 8.4 |
| 18 | KACPRZYCKA PAULINA | 8482 | WOT | PURDA | POL | SENIOR II K - 30 | 12 | K 18 | 00:00:04 | 00:30:11 | 00:45:45 | 01:12:08.95 | 01:12:08.95 | 7:12 | 8.3 |
| 19 | MAZIAREK ADELA | 8093 | | NIEMODLIN | POL | MASTERS K - 40 | 4 | K 19 | 00:00:09 | 00:30:10 | 00:45:27 | 01:12:22.65 | 01:12:22.65 | 7:14 | 8.3 |
| 20 | JARZĄBEK MAGDALENA | 8110 | | WROCŁAW (WROCŁAW-KRZYKI) | POL | SENIOR II K - 30 | 13 | K 20 | 00:00:04 | 00:31:27 | 00:46:33 | 01:12:47.60 | 01:12:47.60 | 7:16 | 8.2 |
| 21 | WIELGOSZ-MATUŁA MARIA | 8250 | | LUBLIN | POL | SENIOR I K - 20 | 3 | K 21 | 00:00:10 | 00:29:31 | 00:44:50 | 01:13:40.55 | 01:13:40.55 | 7:22 | 8.1 |
| 22 | ZIENDARA MICHALINA | 8331 | ZAŁOGA GÓRSKA | WARSZAWA | POL | SENIOR I K - 20 | 4 | K 22 | 00:00:34 | 00:31:56 | 00:47:14 | 01:14:16.90 | 01:14:16.90 | 7:25 | 8.1 |
| 23 | BIESZCZAD REGINA | 8202 | KB ATHLETIC ZRĘCIN | WOJASZÓWKA | POL | SENIOR I K - 20 | 5 | K 23 | 00:00:26 | 00:33:09 | 00:48:19 | 01:14:48.45 | 01:14:48.45 | 7:28 | 8 |
| 24 | PILONIS ELEONORA | 8474 | BIEGOSTACJA | ZIELONA GÓRA | POL | MASTERS K - 40 | 5 | K 24 | 00:00:13 | 00:31:47 | 00:47:44 | 01:15:14.00 | 01:15:14.00 | 7:31 | 8 |
| 25 | MAJKA ANNA | 8057 | FAMILIAMAJKA | SZCZECIN | POL | MASTERS K - 40 | 6 | K 25 | 00:00:22 | 00:34:00 | 00:49:31 | 01:16:02.60 | 01:16:02.60 | 7:36 | 7.9 |
| 26 | MALOCCO MONIKA | 8188 | | WARSZAWA | POL | MASTERS K - 40 | 7 | K 26 | 00:00:25 | 00:32:26 | 00:48:13 | 01:16:18.25 | 01:16:18.25 | 7:37 | 7.9 |
| 27 | NOWAKOWSKA EWELINA | 8071 | | ŁĄDEK ZDRÓJ | POL | SENIOR I K - 20 | 6 | K 27 | 00:00:13 | 00:33:36 | 00:49:14 | 01:16:38.85 | 01:16:38.85 | 7:39 | 7.8 |
| 28 | BEDLA ANNA | 8568 | | JAWORZNO | POL | MASTERS K - 40 | 8 | K 28 | 00:00:11 | 00:32:52 | 00:49:15 | 01:16:40.10 | 01:16:40.10 | 7:40 | 7.8 |
| 29 | BAKSALARY LIDIA | 8254 | #BIEGAJLESZNO | LESZNO | POL | MASTERS K - 40 | 9 | K 29 | 00:00:03 | 00:31:11 | 00:47:15 | 01:17:34.60 | 01:17:34.60 | 7:45 | 7.7 |
| 30 | SENIÓW JOANNA | 8255 | | POZNAŃ | POL | MASTERS K - 40 | 10 | K 30 | 00:00:08 | 00:32:17 | 00:49:15 | 01:18:44.65 | 01:18:44.65 | 7:52 | 7.6 |
| 31 | CIECHOMSKA AGATA CIECHOMSKA | 8132 | HTF LUDWIK SIKORSKI | ŁÓDŹ | POL | SENIOR II K - 30 | 14 | K 31 | 00:00:11 | 00:33:50 | 00:49:47 | 01:19:17.90 | 01:19:17.90 | 7:55 | 7.6 |
| 32 | JANOSZ ADA | 8421 | | WROCŁAW | POL | SENIOR I K - 20 | 7 | K 32 | 00:00:28 | 00:34:18 | 00:51:08 | 01:19:20.95 | 01:19:20.95 | 7:56 | 7.6 |
| 33 | LUBAŃSKA ALICJA | 8318 | | BUKOWICE | POL | WETERAN K - 50 | 2 | K 33 | 00:00:15 | 00:33:13 | 00:50:04 | 01:21:03.85 | 01:21:03.85 | 8:06 | 7.4 |
| 34 | MRÓZ URSZULA | 8077 | | STRONIE SL | POL | WETERAN II K - 60 | 1 | K 34 | 00:01:06 | 00:36:46 | 00:53:12 | 01:22:06.65 | 01:22:06.65 | 8:12 | 7.3 |
| 35 | RASZKOWSKA EMILIA | 8429 | ŚLĘZAK TEAM | GDANSK | POL | SENIOR II K - 30 | 15 | K 35 | 00:00:38 | 00:35:56 | 00:53:18 | 01:22:13.80 | 01:22:13.80 | 8:13 | 7.3 |
| 36 | MAJŁOWSKA IRENA | 8120 | | GORZÓW WIELKOPOLSKI | POL | WETERAN II K - 60 | 2 | K 36 | 00:00:21 | 00:34:54 | 00:52:09 | 01:22:36.40 | 01:22:36.40 | 8:15 | 7.3 |
| 37 | NOWACZYK MARTA | 8126 | | POZNAŃ | POL | SENIOR II K - 30 | 16 | K 37 | 00:01:12 | 00:36:19 | 00:53:20 | 01:23:57.75 | 01:23:57.75 | 8:23 | 7.1 |
| 38 | DWORAK SABRINA | 8419 | MAXIMUS KROSNOVICE | KŁODZKO | POL | SENIOR II K - 30 | 17 | K 38 | 00:00:24 | 00:36:44 | 00:54:30 | 01:24:20.65 | 01:24:20.65 | 8:26 | 7.1 |
| 39 | HEJNA MAŁGORZATA | 8266 | | SZCZECIN | POL | WETERAN K - 50 | 3 | K 39 | 00:00:08 | 00:35:17 | 00:53:47 | 01:24:26.60 | 01:24:26.60 | 8:26 | 7.1 |
| 40 | MAKIOŁA AGNIESZKA | 8037 | | CHORZÓW | POL | SENIOR I K - 20 | 8 | K 40 | 00:00:12 | 00:35:22 | 00:53:05 | 01:24:30.00 | 01:24:30.00 | 8:27 | 7.1 |

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

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 0.01km | 3.7km | 5.8km | Netto | Brutto | min/km | km/h |
|------|-------------------------------|------|------------------------------|------------------------------|------|-------------------|--------|------|----------|----------|----------|-------------|-------------|--------|------|
| 41 | KMIECIK ROMA | 8425 | KUDOWIANKA RUN | ŁĘŻYCE | POL | MASTERS K - 40 | 11 | K 41 | 00:01:02 | 00:37:47 | 00:55:18 | 01:24:34.75 | 01:24:34.75 | 8:27 | 7.1 |
| 42 | PTASZYŃSKA JOANNA | 8086 | | WROCŁAW | POL | WETERAN K - 50 | 4 | K 42 | 00:00:23 | 00:35:29 | 00:53:18 | 01:24:44.35 | 01:24:44.35 | 8:28 | 7.1 |
| 43 | SKAWINA KRYSZYNA | 8075 | TOPOLICE TEAM | TOPOLICE | POL | SENIOR II K - 30 | 18 | K 43 | 00:00:17 | 00:34:37 | 00:51:59 | 01:24:46.50 | 01:24:46.50 | 8:28 | 7.1 |
| 44 | KONIECZNA ANNA | 8155 | TARNOWO PODGÓRNE BIEGA | TARNOWO PODGÓRNE | POL | MASTERS K - 40 | 12 | K 44 | 00:00:06 | 00:35:54 | 00:53:57 | 01:24:58.85 | 01:24:58.85 | 8:29 | 7.1 |
| 45 | JURA EWELINA | 8473 | TOPOLICE TEAM | ŁŁUGOPOLE ZDRÓJ | POL | SENIOR II K - 30 | 19 | K 45 | 00:00:18 | 00:35:43 | 00:53:55 | 01:25:26.40 | 01:25:26.40 | 8:32 | 7 |
| 46 | KOŁTON JUSTYNA | 8284 | | SOSNOWIEC | POL | SENIOR I K - 20 | 9 | K 46 | 00:00:28 | 00:36:55 | 00:54:18 | 01:25:26.95 | 01:25:26.95 | 8:32 | 7 |
| 47 | SZCZYPZYK-PRUSICKA MAŁGORZATA | 8123 | | ZABRZE | POL | MASTERS K - 40 | 13 | K 47 | 00:00:16 | 00:35:14 | 00:53:30 | 01:25:37.80 | 01:25:37.80 | 8:33 | 7 |
| 48 | PIETRUCHA JAGODA | 8175 | TARNOWO PODGÓRNE BIEGA | TARNOWO PODGÓRNE | POL | SENIOR II K - 30 | 20 | K 48 | 00:00:07 | 00:35:04 | 00:53:22 | 01:25:49.55 | 01:25:49.55 | 8:34 | 7 |
| 49 | DZIĘGIELEWSKA DOMINIKA | 8577 | | LIPA | POL | SENIOR II K - 30 | 21 | K 49 | 00:00:11 | 00:37:01 | 00:55:05 | 01:26:05.35 | 01:26:05.35 | 8:36 | 7 |
| 50 | MARTYN OLGA | 8488 | SPINKO LESZNO | RYDZYNA | POL | SENIOR II K - 30 | 22 | K 50 | 00:00:46 | 00:37:18 | 00:55:10 | 01:26:08.70 | 01:26:08.70 | 8:36 | 7 |
| 51 | BACHURSKA EWA | 8043 | KB HARCOWNIK JELCZ LASKOWICE | MIŁOSZYCE | POL | MASTERS K - 40 | 14 | K 51 | 00:00:18 | 00:36:46 | 00:54:57 | 01:26:16.45 | 01:26:16.45 | 8:37 | 7 |
| 52 | KIEPIEL AGATA | 8293 | ADIDAS RUNNERS WARSAW | WARSAWA | POL | SENIOR II K - 30 | 23 | K 52 | 00:00:58 | 00:38:11 | 00:56:12 | 01:26:16.95 | 01:26:16.95 | 8:37 | 7 |
| 53 | WORYTKIEWICZ MAŁGORZATA | 8319 | | KRAKÓW | POL | SENIOR I K - 20 | 10 | K 53 | 00:00:59 | 00:38:08 | 00:55:45 | 01:26:22.85 | 01:26:22.85 | 8:38 | 6.9 |
| 54 | RZYWUCKA JOLANTA | 8272 | 4 RUN TEAM PIŁA | PIŁA | POL | MASTERS K - 40 | 15 | K 54 | 00:00:14 | 00:35:51 | 00:54:34 | 01:26:50.15 | 01:26:50.15 | 8:41 | 6.9 |
| 55 | MATUSZCZYK GRAŻYNA | 8271 | RYBNICKA GRUPA BIEGOWA | RYBNIK | POL | MASTERS K - 40 | 16 | K 55 | 00:00:24 | 00:36:06 | 00:54:36 | 01:26:54.55 | 01:26:54.55 | 8:41 | 6.9 |
| 56 | GRZELIŃSKA MALWINA | 8490 | | JAROCIN | POL | SENIOR II K - 30 | 24 | K 56 | 00:00:15 | 00:37:19 | 00:55:48 | 01:26:55.35 | 01:26:55.35 | 8:41 | 6.9 |
| 57 | KRZONKALLA-BARTNIK KATARZYNA | 8169 | | ŁĄDEK-ZDRÓJ | POL | SENIOR I K - 20 | 11 | K 57 | 00:00:10 | 00:36:23 | 00:54:54 | 01:27:20.50 | 01:27:20.50 | 8:44 | 6.9 |
| 58 | WITKE ELŻBIETA | 8109 | | KARPACZ | POL | WETERAN II K - 60 | 3 | K 58 | 00:00:10 | 00:35:06 | 00:53:16 | 01:27:26.95 | 01:27:26.95 | 8:44 | 6.9 |
| 59 | KUCHARSKA ANNA | 8458 | | KOBYLA GÓRA | POL | SENIOR II K - 30 | 25 | K 59 | 00:00:18 | 00:37:30 | 00:55:50 | 01:28:01.20 | 01:28:01.20 | 8:48 | 6.8 |
| 60 | HOJA ILONA | 8448 | | KOBYLA GÓRA | POL | SENIOR II K - 30 | 26 | K 60 | 00:00:17 | 00:37:30 | 00:55:50 | 01:28:01.35 | 01:28:01.35 | 8:48 | 6.8 |
| 61 | GRODZIŃSKA MAGDALENA | 8407 | | JELEŃSKA GÓRA | POL | SENIOR I K - 20 | 12 | K 61 | 00:01:10 | 00:41:05 | 00:59:24 | 01:28:19.35 | 01:28:19.35 | 8:49 | 6.8 |
| 62 | GAŚIOROWSKA SARA | 8294 | | ŚWIEBODZIN | POL | SENIOR I K - 20 | 13 | K 62 | 00:00:49 | 00:39:19 | 00:57:06 | 01:28:55.10 | 01:28:55.10 | 8:53 | 6.7 |
| 63 | KOZŁOWSKA MAŁGORZATA | 8046 | KB ODRA OPOLE | OPOLE | POL | MASTERS K - 40 | 17 | K 63 | 00:00:30 | 00:37:39 | 00:56:01 | 01:28:55.60 | 01:28:55.60 | 8:53 | 6.7 |
| 64 | KUTYCKA KUREK ELŻBIETA | 8498 | CHOJRAK TEAM WROCŁAW | WROCŁAW | POL | SENIOR II K - 30 | 27 | K 64 | 00:00:43 | 00:37:54 | 00:56:54 | 01:29:39.60 | 01:29:39.60 | 8:57 | 6.7 |
| 65 | MASALSKA ANNA | 8578 | | SUWAŁKI | POL | MASTERS K - 40 | 18 | K 65 | 00:00:27 | 00:37:36 | 00:55:49 | 01:29:41.10 | 01:29:41.10 | 8:58 | 6.7 |
| 66 | RUTKOWSKA IZABELA | 8349 | SPORTOWY KAŻMIERZ | KAŻMIERZ | POL | MASTERS K - 40 | 19 | K 66 | 00:01:04 | 00:41:02 | 01:00:17 | 01:32:06.70 | 01:32:06.70 | 9:12 | 6.5 |
| 67 | MATAK KINGA | 8437 | ŁASUCH | RADZYMIN | POL | SENIOR II K - 30 | 28 | K 67 | 00:01:23 | 00:40:51 | 01:00:10 | 01:32:22.65 | 01:32:22.65 | 9:14 | 6.5 |
| 68 | LEWANDOWSKA KAMILA | 8143 | LEWANDOWSCY TEAM | GORZÓW WLKP. | POL | SENIOR II K - 30 | 29 | K 68 | 00:00:59 | 00:40:04 | 00:59:57 | 01:32:26.60 | 01:32:26.60 | 9:14 | 6.5 |
| 69 | STEMPIN SYLWIA | 8358 | | KĘPNO | POL | SENIOR II K - 30 | 30 | K 69 | 00:00:11 | 00:39:29 | 00:59:16 | 01:32:39.65 | 01:32:39.65 | 9:15 | 6.5 |
| 70 | SZCZEPIŃSKA ANETA | 8583 | | WROCŁAW | POL | SENIOR II K - 30 | 31 | K 70 | 00:00:27 | 00:40:13 | 00:59:45 | 01:32:43.05 | 01:32:43.05 | 9:16 | 6.5 |
| 71 | LEŚNICZAK BARBARA | 8457 | #WKURWTEAM | ZIELONKA | POL | MASTERS K - 40 | 20 | K 71 | 00:01:12 | 00:40:40 | 01:00:01 | 01:32:46.95 | 01:32:46.95 | 9:16 | 6.5 |
| 72 | MICHAŁSKA AGNIESZKA | 8353 | | WARSAWA | POL | SENIOR I K - 20 | 14 | K 72 | 00:01:25 | 00:41:07 | 01:00:58 | 01:33:10.05 | 01:33:10.05 | 9:19 | 6.4 |
| 73 | POŁAWSKA EWA | 8454 | | WARSAWA | POL | SENIOR I K - 30 | 32 | K 73 | 00:01:04 | 00:42:01 | 01:01:00 | 01:33:13.30 | 01:33:13.30 | 9:19 | 6.4 |
| 74 | BLANIK AGNIESZKA | 8238 | | RADLIN | POL | MASTERS K - 40 | 21 | K 74 | 00:00:31 | 00:39:25 | 00:58:36 | 01:33:29.75 | 01:33:29.75 | 9:20 | 6.4 |
| 75 | ZAJĄC AGA | 8379 | 77CATS | JÓZEFOSŁAW | POL | MASTERS K - 40 | 22 | K 75 | 00:00:38 | 00:41:30 | 01:01:03 | 01:33:32.50 | 01:33:32.50 | 9:21 | 6.4 |
| 76 | REIJMERS AGNIESZKA | 8251 | LEIDEN ATLETIEK | ÓEGSTGEEST | NED | MASTERS K - 40 | 23 | K 76 | 00:00:39 | 00:39:57 | 00:58:36 | 01:33:47.80 | 01:33:47.80 | 9:22 | 6.4 |
| 77 | KALIŃSKA DOROTA | 8486 | | KOBYŁKA | POL | SENIOR II K - 30 | 33 | K 77 | 00:01:28 | 00:42:30 | 01:01:09 | 01:33:55.45 | 01:33:55.45 | 9:23 | 6.4 |
| 78 | SOBOLEWSKA JULITA | 8369 | | ZALEWO | POL | MASTERS K - 40 | 24 | K 78 | 00:00:13 | 00:39:11 | 00:58:26 | 01:34:02.20 | 01:34:02.20 | 9:24 | 6.4 |
| 79 | URBAN ALICJA | 8041 | KACZKATEAM | WROCŁAW | POL | SENIOR I K - 20 | 15 | K 79 | 00:00:37 | 00:37:47 | 00:57:12 | 01:34:06.75 | 01:34:06.75 | 9:24 | 6.4 |
| 80 | RADZIEJEWSKA MILENA | 8355 | SZWAGRY I SZWAGIERKI | ŚREM | POL | SENIOR II K - 20 | 16 | K 80 | 00:00:25 | 00:39:54 | 01:00:18 | 01:34:17.10 | 01:34:17.10 | 9:25 | 6.4 |
| 81 | ŚWIĘCH ANETA | 8427 | EAZYMUT.PL | WARSAWA | POL | SENIOR II K - 30 | 34 | K 81 | 00:00:27 | 00:40:22 | 01:01:43 | 01:34:26.75 | 01:34:26.75 | 9:26 | 6.4 |
| 82 | BEDNAREK-KWIATKOWSKA ANNA | 8163 | SAMO ZDROWIE | POZNAŃ (POZNAŃ-STARE MIASTO) | POL | MASTERS K - 40 | 25 | K 82 | 00:00:53 | 00:40:33 | 01:00:52 | 01:34:43.50 | 01:34:43.50 | 9:28 | 6.3 |
| 83 | BUDA MAŁGORZATA | 8260 | | POZNAŃ | POL | MASTERS K - 40 | 26 | K 83 | 00:00:19 | 00:38:27 | 00:58:08 | 01:34:45.70 | 01:34:45.70 | 9:28 | 6.3 |
| 84 | TOMAKA PATRYCJA | 8347 | TEAM KURORT ŁĄDEK-ZDRÓJ | OLDRZYCHOWICE KŁODZKIE | POL | SENIOR I K - 30 | 35 | K 84 | 00:01:10 | 00:41:32 | 01:00:59 | 01:34:48.15 | 01:34:48.15 | 9:28 | 6.3 |
| 85 | BŁACHNIO DOROTA | 8072 | RAZ SZCZECIN | SZCZECIN | POL | WETERAN K - 50 | 5 | K 85 | 00:00:08 | 00:39:27 | 00:59:33 | 01:34:53.50 | 01:34:53.50 | 9:29 | 6.3 |
| 86 | BIENIARZ ILONA | 8396 | MAKEMAROFITAGAIN! | WROCŁAW | POL | SENIOR II K - 30 | 36 | K 86 | 00:00:15 | 00:38:57 | 00:58:55 | 01:35:13.70 | 01:35:13.70 | 9:31 | 6.3 |
| 87 | JANSON MARLEEN | 8249 | LEIDEN ATLETIEK | LEIDEN | NED | SENIOR II K - 30 | 37 | K 87 | 00:00:39 | 00:42:18 | 01:02:34 | 01:35:17.15 | 01:35:17.15 | 9:31 | 6.3 |
| 88 | BURA KAROLINA | 8227 | #BIEGAJLESZNO | LESZNO | POL | SENIOR II K - 30 | 38 | K 88 | 00:00:12 | 00:39:05 | 00:59:30 | 01:35:18.85 | 01:35:18.85 | 9:31 | 6.3 |
| 89 | SZELIGA AGNIESZKA | 8264 | | BYTOM | POL | SENIOR II K - 30 | 39 | K 89 | 00:00:34 | 00:40:35 | 01:00:39 | 01:35:35.20 | 01:35:35.20 | 9:33 | 6.3 |
| 90 | SKARŻEŃSKA-SOKOŁOWSKA JAGODA | 8599 | | ŁĄDEK ZDRÓJ | POL | SENIOR II K - 30 | 40 | K 90 | | 00:40:46 | | 01:36:03.95 | 01:36:03.95 | 9:36 | 6.2 |
| 91 | OSIKA ALEKSANDRA | 8002 | | KIELCE | POL | SENIOR I K - 20 | 17 | K 91 | 00:00:36 | 00:40:12 | 01:00:30 | 01:36:12.95 | 01:36:12.95 | 9:37 | 6.2 |
| 92 | KOPYSTAŃSKA BASIA | 8329 | | LEGNICKIE POLE | POL | SENIOR II K - 30 | 41 | K 92 | 00:01:26 | 00:42:54 | 01:03:41 | 01:36:26.70 | 01:36:26.70 | 9:38 | 6.2 |
| 93 | WESTPHAL MAGDALENA | 8236 | | BYDGOSZCZ | POL | SENIOR II K - 30 | 42 | K 93 | 00:00:28 | 00:40:14 | 01:00:27 | 01:36:28.35 | 01:36:28.35 | 9:38 | 6.2 |
| 94 | IGNASZEWSKA MARTA | 8380 | | RADZYNY | POL | MASTERS K - 40 | 27 | K 94 | 00:00:42 | 00:41:23 | 01:01:10 | 01:36:29.15 | 01:36:29.15 | 9:38 | 6.2 |
| 95 | ROBAK NATALIA | 8304 | | ŁĄDEK-ZDRÓJ | POL | SENIOR I K - 20 | 18 | K 95 | 00:01:04 | 00:42:12 | 01:02:32 | 01:36:31.20 | 01:36:31.20 | 9:39 | 6.2 |

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

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 0.01km | 3.7km | 5.8km | Netto | Brutto | min/km | km/h |
|------|--------------------------------|------|--------------------------------------|---------------------|------|-------------------|--------|-------|----------|----------|----------|-------------|-------------|--------|------|
| 96 | SZYMAŁA KAROLINA | 8103 | | KLUCZBORK | POL | SENIOR I K - 20 | 19 | K 96 | 00:00:44 | 00:40:55 | 01:01:15 | 01:36:42.35 | 01:36:42.35 | 9:40 | 6.2 |
| 97 | GRABKOWSKA PAULINA | 8376 | | KŁODZKO | POL | SENIOR II K - 30 | 43 | K 97 | 00:01:05 | 00:40:47 | 01:01:07 | 01:37:14.40 | 01:37:14.40 | 9:43 | 6.2 |
| 98 | SYCZ-LANGNER HONORATA | 8145 | | WROCLAW | POL | SENIOR II K - 30 | 44 | K 98 | 00:00:36 | 00:40:45 | 01:02:35 | 01:37:15.30 | 01:37:15.30 | 9:43 | 6.2 |
| 99 | KUKULA KAROLINA | 8443 | | ODRZYCHOWICE | POL | SENIOR II K - 30 | 45 | K 99 | 00:00:13 | 00:40:13 | 01:00:28 | 01:37:15.75 | 01:37:15.75 | 9:43 | 6.2 |
| 100 | GRUCHALSKA MARTA | 8494 | STOWARZYSZENIE BIEG OPOLSKI | OPOLE | POL | MASTERS K - 40 | 28 | K 100 | 00:01:22 | 00:45:17 | 01:05:02 | 01:37:20.30 | 01:37:20.30 | 9:44 | 6.2 |
| 101 | SKRZYPEK MARTA | 8221 | | OBORNIKI | POL | SENIOR II K - 30 | 46 | K 101 | 00:00:05 | 00:40:46 | 01:01:40 | 01:37:29.15 | 01:37:29.15 | 9:44 | 6.2 |
| 102 | JONCZYK PAULA | 8422 | | WROCLAW | POL | SENIOR II K - 20 | 20 | K 102 | 00:01:04 | 00:43:09 | 01:02:31 | 01:37:34.90 | 01:37:34.90 | 9:45 | 6.1 |
| 103 | BURNETKO MAGDALENA | 8405 | HUTASY RUNNERS TEAM | KRAKOW | POL | SENIOR II K - 30 | 47 | K 103 | 00:00:45 | 00:42:02 | 01:02:49 | 01:37:49.25 | 01:37:49.25 | 9:46 | 6.1 |
| 104 | MARKIEWICZ JAGODA | 8167 | KUŻNIA TALENTÓW KAMIENIEC | KAMIENIEC | POL | SENIOR I K - 20 | 21 | K 104 | 00:01:02 | 00:43:31 | 01:03:47 | 01:38:33.45 | 01:38:33.45 | 9:51 | 6.1 |
| 105 | BIELEWICZ ALEKSANDRA | 8231 | PANKORBKA - MOBILNY SERWIS ROWEROWY | SOSNOWIEC | POL | SENIOR I K - 20 | 22 | K 105 | 00:00:31 | 00:42:12 | 01:02:58 | 01:38:48.05 | 01:38:48.05 | 9:52 | 6.1 |
| 106 | NOWAK - KASPRZAK ANNA | 8431 | | WROCLAW | POL | SENIOR II K - 30 | 48 | K 106 | 00:01:10 | 00:42:11 | 01:01:58 | 01:39:17.60 | 01:39:17.60 | 9:55 | 6 |
| 107 | CZERNICKA MAGDALENA | 8423 | | RYBNIK | POL | MASTERS K - 40 | 29 | K 107 | 00:01:08 | 00:43:43 | 01:03:36 | 01:39:28.60 | 01:39:28.60 | 9:56 | 6 |
| 108 | SOJA-WAWRYSZEWICZ AGATA | 8230 | | WROCLAW | POL | MASTERS K - 40 | 30 | K 108 | 00:00:54 | 00:42:06 | 01:02:21 | 01:39:35.95 | 01:39:35.95 | 9:57 | 6 |
| 109 | WAWER KASIA | 8495 | STOWARZYSZENIE BIEG OPOLSKI | OPOLE | POL | SENIOR II K - 30 | 49 | K 109 | 00:01:22 | 00:45:18 | 01:05:03 | 01:39:36.55 | 01:39:36.55 | 9:57 | 6 |
| 110 | WĘGRZYNOWSKA RENATA | 8340 | | PIŁA | POL | WETERAN K - 50 | 6 | K 110 | 00:00:51 | 00:40:32 | 01:01:18 | 01:39:39.15 | 01:39:39.15 | 9:57 | 6 |
| 111 | SZAŁAJSKA MAGDALENA | 8564 | | LUBLIN | POL | SENIOR I K - 20 | 23 | K 111 | 00:00:55 | 00:42:04 | 01:02:44 | 01:39:55.25 | 01:39:55.25 | 9:59 | 6 |
| 112 | JURCZYK ANNA | 8491 | | WARSZAWA | POL | SENIOR I K - 20 | 24 | K 112 | 00:01:13 | 00:45:43 | 01:06:30 | 01:39:58.40 | 01:39:58.40 | 9:59 | 6 |
| 113 | DABKOWSKA PATRYCJA | 8472 | SPEEDFEED'16 | BARCLIN | POL | MASTERS K - 40 | 31 | K 113 | 00:00:42 | 00:42:05 | 01:02:51 | 01:40:00.35 | 01:40:00.35 | 10:00 | 6 |
| 114 | AMANOWICZ AURELIA | 8234 | | WROCLAW | POL | SENIOR II K - 30 | 50 | K 114 | 00:01:09 | 00:43:38 | 01:03:54 | 01:40:11.80 | 01:40:11.80 | 10:01 | 6 |
| 115 | RELIGA LILIANA | 8332 | | WARSZAWA | POL | SENIOR II K - 30 | 51 | K 115 | 00:00:52 | 00:42:03 | 01:04:01 | 01:40:16.40 | 01:40:16.40 | 10:01 | 6 |
| 116 | PACUŁT DOMINIKA | 8101 | | ŚWIDNICA | POL | SENIOR I K - 20 | 25 | K 116 | 00:00:18 | 00:41:51 | 01:03:49 | 01:40:19.65 | 01:40:19.65 | 10:01 | 6 |
| 117 | MAZURKIEWICZ JOANNA | 8061 | | STARY WIELISŁAW | POL | MASTERS K - 40 | 32 | K 117 | 00:00:11 | 00:40:12 | 01:02:02 | 01:40:40.10 | 01:40:40.10 | 10:04 | 6 |
| 118 | DĄBROWSKA GRZYBEK JOANNA | 8131 | | KATOWICE | POL | MASTERS K - 40 | 33 | K 118 | 00:00:41 | 00:45:10 | 01:05:47 | 01:40:55.15 | 01:40:55.15 | 10:05 | 5.9 |
| 119 | KRAJEWSKA IRMINA | 8435 | | POZNAŃ | POL | SENIOR II K - 30 | 52 | K 119 | 00:00:49 | 00:44:27 | 01:04:59 | 01:41:02.70 | 01:41:02.70 | 10:06 | 5.9 |
| 120 | TÓRZ ANNA | 8292 | | POZNAŃ | POL | MASTERS K - 40 | 34 | K 120 | 00:00:53 | 00:44:19 | 01:05:40 | 01:41:06.20 | 01:41:06.20 | 10:06 | 5.9 |
| 121 | BINKIEWICZ-KOWALCZYK AGNIESZKA | 8189 | | OSOLA | POL | SENIOR II K - 30 | 53 | K 121 | 00:00:19 | 00:42:33 | 01:04:23 | 01:41:14.55 | 01:41:14.55 | 10:07 | 5.9 |
| 122 | JASIEWICZ KAROLINA | 8350 | | KIELCZÓW | POL | SENIOR II K - 30 | 54 | K 122 | 00:00:52 | 00:42:00 | 01:02:50 | 01:41:39.70 | 01:41:39.70 | 10:09 | 5.9 |
| 123 | MOŃKA-PODGÓRNA ALEKSANDRA | 8299 | #POBIEGANI | DYLAKI | POL | SENIOR I K - 20 | 26 | K 123 | 00:00:37 | 00:41:59 | 01:03:20 | 01:41:40.70 | 01:41:40.70 | 10:10 | 5.9 |
| 124 | LACHOR ANNA | 8275 | | POZNAŃ | POL | WETERAN K - 50 | 7 | K 124 | 00:01:31 | 00:45:31 | 01:06:28 | 01:41:44.60 | 01:41:44.60 | 10:10 | 5.9 |
| 125 | PRUS DOROTA | 8052 | | WARSZAWA | POL | MASTERS K - 40 | 35 | K 125 | 00:01:27 | 00:45:18 | 01:04:57 | 01:41:45.80 | 01:41:45.80 | 10:10 | 5.9 |
| 126 | WEBER AGATA | 8581 | VELO ŁOSIE NA SZOSIE | WARSZAWA | POL | MASTERS K - 40 | 36 | K 126 | 00:00:30 | 00:43:14 | 01:03:56 | 01:41:50.25 | 01:41:50.25 | 10:11 | 5.9 |
| 127 | ROSA IZABELA | 8560 | ROXY | WARSZAWA | POL | SENIOR II K - 30 | 55 | K 127 | 00:00:59 | 00:45:31 | 01:06:30 | 01:42:05.40 | 01:42:05.40 | 10:12 | 5.9 |
| 128 | DĘBSKA MARZENA | 8035 | PODDĘBICKI KLUB BIEGACZA ZDYSZANI.PL | PODDĘBICE | POL | MASTERS K - 40 | 37 | K 128 | 00:00:09 | 00:45:21 | 01:06:32 | 01:42:17.50 | 01:42:17.50 | 10:13 | 5.9 |
| 129 | KRYSA DOROTA | 8322 | POMYŁKA TEAM | ŁĄDEK ZDRÓJ | POL | MASTERS K - 40 | 38 | K 129 | 00:01:29 | 00:44:45 | 01:06:27 | 01:42:20.65 | 01:42:20.65 | 10:14 | 5.9 |
| 130 | WASILEWSKA AGNIESZKA | 8226 | AROMAT NÓG | KRAKÓW | POL | MASTERS K - 40 | 39 | K 130 | 00:00:12 | 00:40:53 | 01:04:16 | 01:42:35.10 | 01:42:35.10 | 10:15 | 5.8 |
| 131 | JÓZWIAKOWSKA WERONIKA | 8245 | | SOLEC KUJAWSKI | POL | SENIOR I K - 20 | 27 | K 131 | 00:00:32 | 00:43:17 | 01:05:15 | 01:42:48.30 | 01:42:48.30 | 10:16 | 5.8 |
| 132 | WIRTEK MAGDALENA | 8305 | | ZIELONA GÓRA | POL | SENIOR II K - 30 | 56 | K 132 | 00:00:13 | 00:42:02 | 01:04:10 | 01:43:05.30 | 01:43:05.30 | 10:18 | 5.8 |
| 133 | LESNIAK SYLWIA | 8320 | | DUBLIN 22 | IRL | MASTERS K - 40 | 40 | K 133 | 00:00:07 | 00:42:31 | 01:04:39 | 01:43:08.35 | 01:43:08.35 | 10:18 | 5.8 |
| 134 | MRÓZ ANNA | 8382 | | MIĘDZYLISIE | POL | SENIOR II K - 30 | 57 | K 134 | 00:19:05 | 01:13:13 | | 01:43:22.70 | 01:43:22.70 | 10:20 | 5.8 |
| 135 | TOMERA DOROTA | 8496 | TEAM KURORT ŁĄDEK-ZDRÓJ | STARA BYSTRZYCA | POL | MASTERS K - 40 | 41 | K 135 | 00:01:10 | 00:45:48 | 01:06:33 | 01:43:35.45 | 01:43:35.45 | 10:21 | 5.8 |
| 136 | GURGUL DOROTA | 8205 | AROMAT NÓG | KRAKÓW | POL | MASTERS K - 40 | 42 | K 136 | 00:00:12 | 00:40:52 | 01:04:15 | 01:43:51.00 | 01:43:51.00 | 10:23 | 5.8 |
| 137 | KUROWSKA BIANKA | 8341 | | ŚWIDNICA | POL | SENIOR I K - 20 | 28 | K 137 | 00:01:09 | 00:45:01 | 01:06:58 | 01:43:56.80 | 01:43:56.80 | 10:23 | 5.8 |
| 138 | JAKUBOWSKA JUDYTA | 8076 | | KAMIEŃ POMORSKI | POL | MASTERS K - 40 | 43 | K 138 | 00:00:25 | 00:42:51 | 01:05:01 | 01:44:07.45 | 01:44:07.45 | 10:24 | 5.8 |
| 139 | MIECZKOWSKA NINA | 8039 | | OPOLE | POL | SENIOR II K - 30 | 58 | K 139 | 00:01:02 | 00:44:29 | 01:06:36 | 01:44:31.05 | 01:44:31.05 | 10:27 | 5.7 |
| 140 | WOJCIECHOWSKA PAULINA | 8185 | | WROCLAW | POL | SENIOR II K - 30 | 59 | K 140 | 00:00:50 | 00:43:49 | 01:04:52 | 01:44:51.95 | 01:44:51.95 | 10:29 | 5.7 |
| 141 | BOCHYŃSKA ADRIANNA | 8146 | | CHORZÓW | POL | SENIOR II K - 30 | 60 | K 141 | 00:00:58 | 00:45:31 | 01:06:39 | 01:44:57.45 | 01:44:57.45 | 10:29 | 5.7 |
| 142 | RZYSZKIEWICZ MAŁGORZATA | 8274 | PĘDZĄCE LENIWCE | SOKOŁÓW PODLASKI | POL | MASTERS K - 40 | 44 | K 142 | 00:00:53 | 00:43:58 | 01:05:39 | 01:45:08.75 | 01:45:08.75 | 10:30 | 5.7 |
| 143 | WOŹNIAK LIDIA | 8223 | PORMAT JEDLICZE BIEGA | SKOŁYSZYN | POL | WETERAN K - 50 | 8 | K 143 | 00:00:34 | 00:43:49 | 01:05:26 | 01:45:11.80 | 01:45:11.80 | 10:31 | 5.7 |
| 144 | KOCHANOWSKA GRAŻYNA | 8476 | | OSTRÓW MAZOWIECKA | POL | WETERAN K - 50 | 9 | K 144 | 00:00:35 | 00:42:29 | 01:03:59 | 01:45:28.90 | 01:45:28.90 | 10:32 | 5.7 |
| 145 | BOBIN ANNA | 8084 | ZOCHU TEAM | GORZÓW WIELKOPOLSKI | POL | MASTERS K - 40 | 45 | K 145 | 00:00:50 | 00:45:16 | 01:07:19 | 01:45:36.35 | 01:45:36.35 | 10:33 | 5.7 |
| 146 | HAMPEL MARIA | 8316 | BODY POWER | LESZNO | POL | SENIOR II K - 20 | 29 | K 146 | 00:00:24 | 00:43:24 | 01:05:55 | 01:45:39.30 | 01:45:39.30 | 10:33 | 5.7 |
| 147 | GONERA JANINA | 8014 | KB HARCOWNIK JELCZ-LASKOWICE | MIŁOSZYCE | POL | WETERAN II K - 60 | 4 | K 147 | 00:00:51 | 00:45:52 | 01:07:40 | 01:45:40.95 | 01:45:40.95 | 10:34 | 5.7 |
| 148 | HOJDA AGNIESZKA | 8572 | | WARSZAWA | POL | SENIOR II K - 30 | 61 | K 148 | 00:00:23 | 00:43:25 | 01:06:37 | 01:46:04.80 | 01:46:04.80 | 10:36 | 5.7 |
| 149 | ZWYDAK ANNA | 8134 | WKURW_TEAM | KIELCZÓW | POL | SENIOR II K - 30 | 62 | K 149 | 00:00:34 | 00:44:53 | 01:06:46 | 01:46:15.80 | 01:46:15.80 | 10:37 | 5.6 |

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

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 0.01km | 3.7km | 5.8km | Netto | Brutto | min/km | km/h |
|------|------------------------|------|---------------------------------|------------------------------|------|--------------------|--------|-------|----------|----------|----------|-------------|-------------|--------|------|
| 150 | NITSCHKE GRAŻYNA | 8390 | MPK-POZNAŃ | POZNAŃ | POL | MASTERS K - 40 | 46 | K 150 | 00:00:56 | 00:43:50 | 01:06:25 | 01:46:19.35 | 01:46:19.35 | 10:37 | 5.6 |
| 151 | IWANOW MAŁGORZATA | 8428 | | RADZYMIN | POL | SENIOR II K - 30 | 63 | K 151 | 00:01:23 | 00:45:56 | 01:08:14 | 01:46:21.95 | 01:46:21.95 | 10:38 | 5.6 |
| 152 | GAWRON MONIKA | 8481 | MIRAZ RACE TEAM | RUDA ŚLĄSKA | POL | MASTERS K - 40 | 47 | K 152 | 00:00:07 | 00:47:20 | 01:09:08 | 01:46:45.05 | 01:46:45.05 | 10:40 | 5.6 |
| 153 | BIAŁEK WIOLETTA | 8114 | | STRONIE ŚLĄSKIE | POL | MASTERS K - 40 | 48 | K 153 | 00:01:03 | 00:45:35 | 01:08:03 | 01:47:13.85 | 01:47:13.85 | 10:43 | 5.6 |
| 154 | STELMASZCZYK MICHALINA | 8573 | | WARSZAWA | POL | SENIOR I K - 20 | 30 | K 154 | 00:00:39 | 00:45:09 | 01:06:57 | 01:47:25.35 | 01:47:25.35 | 10:44 | 5.6 |
| 155 | GABERT BEATA | 8028 | RAZ SZCZECIN | SZCZECIN | POL | WETERAN K - 50 | 10 | K 155 | 00:00:08 | 00:44:22 | 01:07:15 | 01:47:53.65 | 01:47:53.65 | 10:47 | 5.6 |
| 156 | MORAWSKA-KREKORA ANNA | 8453 | | KRAKÓW | POL | SENIOR II K - 30 | 64 | K 156 | 00:01:24 | 00:46:09 | 01:09:17 | 01:49:08.75 | 01:49:08.75 | 10:54 | 5.5 |
| 157 | DYBAŁA BEATA | 8174 | DZIKIE GRUBASY SZATANA | KRZESZOWICE | POL | SENIOR II K - 30 | 65 | K 157 | 00:00:31 | 00:45:28 | 01:08:18 | 01:49:21.95 | 01:49:21.95 | 10:56 | 5.5 |
| 158 | DZIUBAŁA ILONA | 8247 | | POPÓW | POL | WETERAN K - 50 | 11 | K 158 | 00:00:24 | 00:46:39 | 01:09:56 | 01:49:28.30 | 01:49:28.30 | 10:56 | 5.5 |
| 159 | SIP SABINA | 8157 | FSD RUN DREZDENKO | DREZDENKO | POL | MASTERS K - 40 | 49 | K 159 | 00:00:22 | 00:45:50 | 01:09:16 | 01:49:30.45 | 01:49:30.45 | 10:57 | 5.5 |
| 160 | WITCZAK-SPERKA MARIOLA | 8059 | RAZ SZCZECIN | SZCZECIN | POL | WETERAN II K - 60 | 5 | K 160 | 00:00:22 | 00:44:09 | 01:07:19 | 01:51:40.35 | 01:51:40.35 | 11:10 | 5.4 |
| 161 | PLASZCZAK BOGUMIŁA | 8162 | PIEKIENIE ZGRANI | TULCE | POL | MASTERS K - 40 | 50 | K 161 | 00:00:32 | 00:45:37 | 01:09:01 | 01:51:42.55 | 01:51:42.55 | 11:10 | 5.4 |
| 162 | JOŃCZYK ELŻBIETA | 8098 | TUP TUP | ŁĄDEK ZDRÓJ | POL | WETERAN K - 50 | 12 | K 162 | 00:01:08 | 00:49:33 | 01:12:22 | 01:51:47.00 | 01:51:47.00 | 11:10 | 5.4 |
| 163 | MĄDRO AGNIESZKA | 8417 | | KŁODZKO | POL | MASTERS K - 40 | 51 | K 163 | 00:01:32 | 00:49:36 | 01:12:29 | 01:52:07.80 | 01:52:07.80 | 11:12 | 5.4 |
| 164 | LEWANDOWSKA ANNA | 8027 | BORKOŚ TEAM | GORZÓW WIELKOPOLSKI | POL | SENIOR II K - 30 | 66 | K 164 | 00:01:15 | 00:46:49 | 01:09:36 | 01:52:24.45 | 01:52:24.45 | 11:14 | 5.3 |
| 165 | JĄROSZ AGNIESZKA | 8343 | TEAM KURORT ŁĄDEK ZDRÓJ | OŁDRZYCHOWICE KŁODZKIE | POL | SENIOR I K - 20 | 31 | K 165 | 00:01:11 | 00:47:56 | 01:11:53 | 01:52:34.55 | 01:52:34.55 | 11:15 | 5.3 |
| 166 | WYCISZKIEWICZ GABRIELA | 8371 | TEAM KURORT ŁĄDEK ZDRÓJ | OŁDRZYCHOWICE KŁODZKIE | POL | MASTERS K - 40 | 52 | K 166 | 00:01:11 | 00:47:54 | 01:11:53 | 01:52:35.15 | 01:52:35.15 | 11:15 | 5.3 |
| 167 | PARTYKA AGNIESZKA | 8017 | KB HARCOWNIK JELCZ-LASKOWICE | JELCZ-LASKOWICE | POL | MASTERS K - 40 | 53 | K 167 | 00:01:23 | 00:48:11 | 01:11:56 | 01:53:13.80 | 01:53:13.80 | 11:19 | 5.3 |
| 168 | SOWA MARTA | 8053 | WKURU_TEAM | WROCŁAW | POL | SENIOR II K - 30 | 67 | K 168 | 00:01:24 | 00:48:01 | 01:13:17 | 01:53:34.60 | 01:53:34.60 | 11:21 | 5.3 |
| 169 | NAIT MANSOUR IZABELA | 8325 | | POZNAŃ | POL | MASTERS K - 40 | 54 | K 169 | 00:00:52 | 00:46:14 | 01:11:00 | 01:53:46.50 | 01:53:46.50 | 11:22 | 5.3 |
| 170 | KLIN ANETA | 8402 | | BRZEG | POL | MASTERS K - 40 | 55 | K 170 | 00:01:06 | 00:48:13 | 01:13:02 | 01:53:52.75 | 01:53:52.75 | 11:23 | 5.3 |
| 171 | HETAK MONIKA | 8211 | | ŁĄDEK-ZDRÓJ | POL | MASTERS K - 40 | 56 | K 171 | 00:00:40 | 00:46:44 | 01:10:59 | 01:53:56.50 | 01:53:56.50 | 11:23 | 5.3 |
| 172 | HEŁMIK KATARZYNA | 8440 | POMYŁKA TEAM | WROCŁAW | POL | MASTERS K - 40 | 57 | K 172 | 00:01:31 | 00:49:25 | 01:13:22 | 01:54:05.45 | 01:54:05.45 | 11:24 | 5.3 |
| 173 | GÓRCZYŃSKA BARBARA | 8229 | | ŁĄDEK ZDRÓJ | POL | MASTERS K - 40 | 58 | K 173 | 00:01:29 | 00:48:47 | 01:13:23 | 01:54:09.85 | 01:54:09.85 | 11:24 | 5.3 |
| 174 | BIENIEK IWONA | 8295 | | PRZYBYŚLAWICE 110A | POL | WETERAN K - 50 | 13 | K 174 | 00:00:16 | 00:45:37 | 01:09:31 | 01:54:14.10 | 01:54:14.10 | 11:25 | 5.3 |
| 175 | ROGACZ EWA | 8181 | | NOWY TOMYŚL | POL | SENIOR II K - 30 | 68 | K 175 | 00:00:47 | 00:50:35 | 01:13:35 | 01:54:25.00 | 01:54:25.00 | 11:26 | 5.2 |
| 176 | CHASZCZEWSKA JULIA | 8066 | TOPOLICE TEAM | WROCŁAW | POL | SENIOR II K - 30 | 69 | K 176 | 00:00:55 | 00:48:01 | 01:12:53 | 01:54:35.30 | 01:54:35.30 | 11:27 | 5.2 |
| 177 | MAJCHRZYCKA AGNIESZKA | 8374 | TKKF MPK POZNAŃ | KIJEWO/ŚRODA WIELKOPOLSKA | POL | SENIOR II K - 30 | 70 | K 177 | 00:00:55 | 00:49:34 | 01:13:05 | 01:54:44.90 | 01:54:44.90 | 11:28 | 5.2 |
| 178 | TOCZEK GRAŻYNA | 8144 | NIGHT RUNNERS PYSKOWICE | PYSKOWICE | POL | WETERAN K - 50 | 14 | K 178 | 00:01:08 | 00:47:17 | 01:11:31 | 01:54:51.45 | 01:54:51.45 | 11:29 | 5.2 |
| 179 | KRÓL KAROLINA | 8133 | | BIERUTÓW | POL | SENIOR I K - 20 | 32 | K 179 | 00:01:22 | 00:49:35 | 01:13:45 | 01:54:52.20 | 01:54:52.20 | 11:29 | 5.2 |
| 180 | GRÖGER KAROLINA | 8149 | | ŁĄDEK-ZDRÓJ | POL | SENIOR I K - 20 | 33 | K 180 | 00:00:39 | 00:46:43 | 01:11:00 | 01:55:02.20 | 01:55:02.20 | 11:30 | 5.2 |
| 181 | MIKOŁAJCZAK MAGDALENA | 8089 | HRMAX ŻORY | ŻORY | POL | MASTERS K - 40 | 59 | K 181 | 00:01:27 | 00:49:38 | 01:13:48 | 01:55:29.50 | 01:55:29.50 | 11:32 | 5.2 |
| 182 | MORAWSKA EDYTA | 8386 | BIEGNIJ OŁAWO | OŁAWA | POL | MASTERS K - 40 | 60 | K 182 | 00:00:35 | 00:45:07 | 01:08:23 | 01:55:39.45 | 01:55:39.45 | 11:33 | 5.2 |
| 183 | BOGUSŁAWSKA ELŻBIETA | 8215 | | ŁĄDEK-ZDRÓJ | POL | MASTERS K - 40 | 61 | K 183 | 00:00:45 | 00:46:47 | 01:12:38 | 01:55:54.90 | 01:55:54.90 | 11:35 | 5.2 |
| 184 | SZYMCZAK KATARZYNA | 8218 | | UNIEJOWICE | POL | SENIOR II K - 30 | 71 | K 184 | 00:00:52 | 00:52:30 | 01:15:18 | 01:56:00.70 | 01:56:00.70 | 11:36 | 5.2 |
| 185 | SZAFLIK ANNA | 8216 | | ŁĄDEK-ZDRÓJ | POL | MASTERS K - 40 | 62 | K 185 | 00:00:46 | 00:46:48 | 01:12:38 | 01:56:08.95 | 01:56:08.95 | 11:36 | 5.2 |
| 186 | GÓRAL AGNIESZKA | 8082 | ALSTOM KATOWICE | KATOWICE | POL | SENIOR II K - 30 | 72 | K 186 | 00:01:03 | 00:49:39 | 01:14:37 | 01:56:33.45 | 01:56:33.45 | 11:39 | 5.1 |
| 187 | PIEKARCZYK KATARZYNA | 8418 | | KŁODZKO | POL | SENIOR II K - 30 | 73 | K 187 | 00:01:32 | 00:50:18 | 01:13:38 | 01:56:37.50 | 01:56:37.50 | 11:39 | 5.1 |
| 188 | SYPNIEWSKA HANNA | 8327 | ULTRA WAY TEAM | GDYNIA | POL | WETERAN II K - 60 | 6 | K 188 | 00:01:25 | 00:49:39 | 01:14:04 | 01:56:38.60 | 01:56:38.60 | 11:39 | 5.1 |
| 189 | RZESZOWSKA IWONA | 8283 | MIRAZ RACE TEAM | ZABRZE | POL | MASTERS K - 40 | 63 | K 189 | 00:00:07 | 00:47:51 | 01:13:14 | 01:56:51.10 | 01:56:51.10 | 11:41 | 5.1 |
| 190 | ROMANOWSKA ANNA | 8586 | | WARSZAWA | POL | MASTERS K - 40 | 64 | K 190 | 00:00:29 | 00:48:19 | 01:14:20 | 01:57:45.60 | 01:57:45.60 | 11:46 | 5.1 |
| 191 | ZIELIŃSKA MAGDALENA | 8585 | | WARSZAWA | POL | SENIOR II K - 30 | 74 | K 191 | 00:00:30 | 00:48:20 | 01:14:20 | 01:57:45.95 | 01:57:45.95 | 11:46 | 5.1 |
| 192 | DULIK ALEKSANDRA | 8303 | OPOLE | OPOLE | POL | MASTERS K - 40 | 65 | K 192 | 00:00:57 | 00:48:40 | 01:13:17 | 01:58:07.35 | 01:58:07.35 | 11:48 | 5.1 |
| 193 | LECHOWSKA MONIKA | 8083 | ALSTOM KATOWICE | MYSŁOWICE | POL | MASTERS K - 40 | 66 | K 193 | 00:01:03 | 00:49:49 | 01:14:37 | 01:58:14.95 | 01:58:14.95 | 11:49 | 5.1 |
| 194 | PRZYŁUSKA MIROSLAWA | 8032 | RAZ SZCZECIN | SZCZECIN | POL | WETERAN III K - 70 | 1 | K 194 | 00:00:24 | 00:47:21 | 01:12:53 | 01:58:27.75 | 01:58:27.75 | 11:50 | 5.1 |
| 195 | WASILEWSKA JOANNA | 8361 | PARKRUN GRUDZIĄDZ | GRUDZIĄDZ | POL | SENIOR II K - 30 | 75 | K 195 | 00:00:57 | 00:47:58 | 01:12:17 | 01:58:58.40 | 01:58:58.40 | 11:53 | 5 |
| 196 | LIS EWELINA | 8008 | | GRUDZIĄDZ | POL | MASTERS K - 40 | 67 | K 196 | 00:00:56 | 00:47:57 | 01:09:11 | 01:59:01.15 | 01:59:01.15 | 11:54 | 5 |
| 197 | SZCZUKA MAŁGORZATA | 8365 | | WIRY | POL | WETERAN K - 50 | 15 | K 197 | 00:00:48 | 00:49:37 | 01:14:51 | 01:59:54.85 | 01:59:54.85 | 11:59 | 5 |
| 198 | PILARSKA ELŻBIETA | 8410 | IZERY BOGATYNIA | BOGATYNIA | POL | WETERAN III K - 70 | 2 | K 198 | 00:00:17 | 00:48:03 | 01:13:26 | 02:01:58.10 | 02:01:58.10 | 12:11 | 4.9 |
| 199 | BORIS ANETA | 8348 | | ELBLĄG | POL | SENIOR II K - 30 | 76 | K 199 | 00:01:25 | 00:51:03 | 01:17:03 | 02:02:24.55 | 02:02:24.55 | 12:14 | 4.9 |
| 200 | SZPUREK ANNA | 8597 | BUKOWSKI KLUB BIEGACZA | BUK | POL | MASTERS K - 40 | 68 | K 200 | 00:00:32 | 00:47:25 | 01:14:18 | 02:04:33.65 | 02:04:33.65 | 12:27 | 4.8 |
| 201 | WOJTKOWSKA KATARZYNA | 8207 | | WARSZAWA | POL | SENIOR I K - 20 | 34 | K 201 | 00:01:07 | 00:49:27 | 01:13:40 | 02:04:34.55 | 02:04:34.55 | 12:27 | 4.8 |
| 202 | PŁOŃSKA KLAUDIA | 8165 | | WROCŁAW | POL | SENIOR I K - 20 | 35 | K 202 | 00:01:07 | 00:49:28 | 01:13:43 | 02:05:00.25 | 02:05:00.25 | 12:30 | 4.8 |
| 203 | AGATA BAGROWSKA | 8257 | | WROCŁAW | POL | MASTERS K - 40 | 69 | K 203 | 00:01:15 | 00:51:33 | 01:18:20 | 02:05:36.05 | 02:05:36.05 | 12:33 | 4.8 |
| 204 | ANACZKOWSKA KRYSZYNA | 8307 | ZANTYR SZTUM | SZTUM | POL | WETERAN II K - 60 | 7 | K 204 | 00:00:35 | 00:51:29 | 01:17:38 | 02:06:13.55 | 02:06:13.55 | 12:37 | 4.8 |

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

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 0.01km | 3.7km | 5.8km | Netto | Brutto | min/km | km/h |
|------|-------------------------------|------|---------------------------------|-------------------|------|------------------|--------|-------|----------|----------|----------|-------------|-------------|--------|------|
| 205 | SLEDZIK JOANNA | 8085 | ALSTOM KATOWICE | ZABRZE | POL | MASTERS K - 40 | 70 | K 205 | 00:01:15 | 00:51:32 | 01:15:32 | 02:06:27.25 | 02:06:27.25 | 12:38 | 4.7 |
| 206 | DOMINIAK AGNIESZKA | 8030 | | WARSZAWA | POL | MASTERS K - 40 | 71 | K 206 | 00:01:05 | 00:52:24 | 01:18:29 | 02:07:17.05 | 02:07:17.05 | 12:43 | 4.7 |
| 207 | NURKIEWICZ-KMIECIK DOMINIKA | 8186 | | KAZMIERZ | POL | MASTERS K - 40 | 72 | K 207 | 00:00:50 | 00:52:09 | 01:18:28 | 02:07:37.55 | 02:07:37.55 | 12:45 | 4.7 |
| 208 | SZYMAŃSKA ANIA | 8225 | | SZCZECIN | POL | WETERAN K - 50 | 16 | K 208 | 00:01:01 | 00:50:39 | 01:16:41 | 02:10:40.15 | 02:10:40.15 | 13:04 | 4.6 |
| 209 | KARCZYŃSKA SYLWIA | 8352 | | STAROGARD GDAŃSKI | POL | MASTERS K - 40 | 73 | K 209 | 00:01:04 | 00:54:20 | 01:21:44 | 02:11:47.35 | 02:11:47.35 | 13:10 | 4.6 |
| 210 | RYMSKA ANNA | 8290 | | POZNAŃ | POL | MASTERS K - 40 | 74 | K 210 | 00:00:52 | 00:53:06 | 01:22:37 | 02:13:32.90 | 02:13:32.90 | 13:21 | 4.5 |
| 211 | SMYCZ ANNA | 8291 | | POZNAŃ | POL | MASTERS K - 40 | 75 | K 211 | 00:00:53 | 00:53:11 | 01:22:39 | 02:13:33.45 | 02:13:33.45 | 13:21 | 4.5 |
| 212 | ŁOZIENKO ANNA | 8411 | KB HARCOWNIK JELCZ-LASKOWICE | MIELOSZYCE | POL | SENIOR II K - 30 | 77 | K 212 | 00:01:24 | 00:56:06 | 01:24:38 | 02:15:40.15 | 02:15:40.15 | 13:34 | 4.4 |
| 213 | JANOSZ MARZENA | 8099 | | WROCLAW | POL | WETERAN K - 50 | 17 | K 213 | 00:01:08 | 00:54:21 | 01:23:14 | 02:20:24.55 | 02:20:24.55 | 14:02 | 4.3 |
| 214 | MAKSYMOWICZ MONIKA | 8415 | | KŁODZKO | POL | SENIOR II K - 30 | 78 | K 214 | 00:01:32 | 00:56:29 | 01:28:31 | 02:20:29.20 | 02:20:29.20 | 14:02 | 4.3 |
| 215 | RYBKA ELŻBIETA | 8416 | | KŁODZKO | POL | SENIOR II K - 30 | 79 | K 215 | 00:01:32 | 00:56:23 | 01:27:18 | 02:20:43.70 | 02:20:43.70 | 14:04 | 4.3 |
| 216 | KUBIATOWICZ MAŁGORZATA | 8006 | | POZNAŃ | POL | MASTERS K - 40 | 76 | K 216 | 00:01:26 | 01:01:58 | 01:31:35 | 02:20:50.75 | 02:20:50.75 | 14:05 | 4.3 |
| 217 | MAJCHRZAK MONIKA | 8022 | WKURW_TEAM | POZNAŃ | POL | WETERAN K - 50 | 18 | K 217 | 00:01:13 | 00:59:27 | 01:28:22 | 02:21:40.90 | 02:21:40.90 | 14:10 | 4.2 |
| 218 | STRZYŻOWSKA MONIKA | 8091 | | BYDGOSZCZ | POL | MASTERS K - 40 | 77 | K 218 | 00:00:26 | 00:53:59 | 01:25:19 | 02:24:23.55 | 02:24:23.55 | 14:26 | 4.2 |
| 219 | WITKIEWICZ-ŁUKASZEK SANDRA | 8018 | ŁUKASZKI TEAM | OSIELSKO | POL | SENIOR II K - 30 | 80 | K 219 | 00:00:27 | 00:53:58 | 01:25:20 | 02:24:24.20 | 02:24:24.20 | 14:26 | 4.2 |
| 220 | ZALESZCZAK RENATA | 8011 | KB SZAMOTUŁY | SZAMOTUŁY | POL | WETERAN K - 50 | 19 | K 220 | 00:00:52 | 01:04:02 | 01:37:19 | 02:31:34.75 | 02:31:34.75 | 15:09 | 4 |
| 221 | SZAFRANIEC-MROWCA DOROTA | 8438 | | LUBAŃ | POL | MASTERS K - 40 | 78 | K 221 | 00:01:16 | 00:56:38 | 01:29:56 | 02:33:11.30 | 02:33:11.30 | 15:19 | 3.9 |
| 222 | SZYMAŃSKA AGNIESZKA | 8244 | | POZNAŃ | POL | MASTERS K - 40 | 79 | K 222 | 00:01:20 | 01:02:57 | 01:36:40 | 02:39:28.80 | 02:39:28.80 | 15:56 | 3.8 |
| 223 | GRZELAKOWSKA IWONA | 8442 | | POZNAŃ | POL | MASTERS K - 40 | 80 | K 223 | 00:01:13 | 01:06:59 | 01:39:33 | 02:41:34.10 | 02:41:34.10 | 16:09 | 3.7 |
| 224 | KOCIUBA KATARZYNA | 8170 | | POZNAŃ | POL | SENIOR II K - 30 | 81 | K 224 | 00:01:00 | 00:55:45 | 01:28:22 | 02:41:35.65 | 02:41:35.65 | 16:09 | 3.7 |
| 225 | KOWAL MARZENA | 8026 | | LESZNO | POL | MASTERS K - 40 | 81 | K 225 | 00:00:45 | 01:04:41 | 01:41:21 | 02:42:31.70 | 02:42:31.70 | 16:15 | 3.7 |
| 226 | STROIŃSKA IWONA | 8080 | LESZ NO LIMITS RUNNERS | WILKOWICE | POL | MASTERS K - 40 | 82 | K 226 | 00:00:47 | 01:04:42 | 01:41:22 | 02:42:33.45 | 02:42:33.45 | 16:15 | 3.7 |
| 227 | MIELEC MARTA | 8447 | #ZŁOTYNAKILOMETR | STARGARD | POL | SENIOR II K - 30 | 82 | K 227 | 00:01:15 | 00:52:13 | 01:15:37 | 02:45:36.80 | 02:45:36.80 | 16:33 | 3.6 |
| 228 | ROBAK ANETA | 8152 | | ŁĄDEK-ZDRÓJ | POL | MASTERS K - 40 | 83 | K 228 | 00:00:49 | 01:10:13 | | 03:12:11.20 | 03:12:11.20 | 19:13 | 3.1 |
| 229 | MRÓWCZYŃSKA EWA | 8392 | | JAKTORÓW | POL | WETERAN K - 50 | 20 | K 229 | 00:00:33 | 01:10:39 | | 03:12:13.20 | 03:12:13.20 | 19:13 | 3.1 |
| | ZAKRZEWICZ-PODLECKA AGNIESZKA | 8180 | ROKIETNICA BIEGA | ROKIETNICA | POL | SENIOR II K - 30 | | | 00:00:04 | DNF | DNF | DNF | DNF | - | - |
| | | | | | | | | | DNF | | | | | | |

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

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 0.01km | 3.7km | 5.8km | Netto | Brutto | min/km | km/h |
|------|------------------------------|------|-------------------------------------|------------------|------|-----------------|--------|-------|----------|----------|----------|-------------|-------------|--------|------|
| 1 | BARTUŚ MONIKA | 8408 | | KRAKÓW | POL | SENIOR I K - 20 | 1 | K 7 | 00:00:03 | 00:27:02 | 00:40:43 | 01:04:41.75 | 01:04:41.75 | 6:28 | 9.3 |
| 2 | PLUTA KINGA | 8095 | | DĄBROWA GÓRNICZA | POL | SENIOR I K - 20 | 2 | K 17 | 00:00:49 | 00:30:41 | 00:45:27 | 01:11:30.55 | 01:11:30.55 | 7:09 | 8.4 |
| 3 | WIELGOSZ-MATUŁA MARIA | 8250 | | LUBLIN | POL | SENIOR I K - 20 | 3 | K 21 | 00:00:10 | 00:29:31 | 00:44:50 | 01:13:40.55 | 01:13:40.55 | 7:22 | 8.1 |
| 4 | ZIENDARA MICHALINA | 8331 | ZĄŁOGA GÓRSKA | WARSZAWA | POL | SENIOR I K - 20 | 4 | K 22 | 00:00:34 | 00:31:56 | 00:47:14 | 01:14:16.90 | 01:14:16.90 | 7:25 | 8.1 |
| 5 | BIESZCZAD REGINA | 8202 | KB ATHLETIC ZRĘCIN | WOJASZÓWKA | POL | SENIOR I K - 20 | 5 | K 23 | 00:00:26 | 00:33:09 | 00:48:19 | 01:14:48.45 | 01:14:48.45 | 7:28 | 8 |
| 6 | NOWAKOWSKA EWELINA | 8071 | | ŁĄDEK ZDRÓJ | POL | SENIOR I K - 20 | 6 | K 27 | 00:00:13 | 00:33:36 | 00:49:14 | 01:16:38.85 | 01:16:38.85 | 7:39 | 7.8 |
| 7 | JANOSZ ADA | 8421 | | WROCLAW | POL | SENIOR I K - 20 | 7 | K 32 | 00:00:28 | 00:34:18 | 00:51:08 | 01:19:20.95 | 01:19:20.95 | 7:56 | 7.6 |
| 8 | MAKIOŁA AGNIESZKA | 8037 | | CHORZÓW | POL | SENIOR I K - 20 | 8 | K 40 | 00:00:12 | 00:35:22 | 00:53:05 | 01:24:30.00 | 01:24:30.00 | 8:27 | 7.1 |
| 9 | KOŁTON JUSTYNA | 8284 | | SOSNOWIEC | POL | SENIOR I K - 20 | 9 | K 46 | 00:00:28 | 00:36:55 | 00:54:18 | 01:25:26.95 | 01:25:26.95 | 8:32 | 7 |
| 10 | WORYTKIEWICZ MAŁGORZATA | 8319 | | KRAKÓW | POL | SENIOR I K - 20 | 10 | K 53 | 00:00:59 | 00:38:08 | 00:55:45 | 01:26:22.85 | 01:26:22.85 | 8:38 | 6.9 |
| 11 | KRZONKALLA-BARTNIK KATARZYNA | 8169 | | ŁĄDEK-ZDRÓJ | POL | SENIOR I K - 20 | 11 | K 57 | 00:00:10 | 00:36:23 | 00:54:54 | 01:27:20.50 | 01:27:20.50 | 8:44 | 6.9 |
| 12 | GRODZIŃSKA MAGDALENA | 8407 | | JELEŃ GÓRA | POL | SENIOR I K - 20 | 12 | K 61 | 00:01:10 | 00:41:05 | 00:59:24 | 01:28:19.35 | 01:28:19.35 | 8:49 | 6.8 |
| 13 | GAŚIOROWSKA SARA | 8294 | | ŚWIEBODZIN | POL | SENIOR I K - 20 | 13 | K 62 | 00:00:49 | 00:39:19 | 00:57:06 | 01:28:55.10 | 01:28:55.10 | 8:53 | 6.7 |
| 14 | MICHALSKA AGNIESZKA | 8353 | | WARSZAWA | POL | SENIOR I K - 20 | 14 | K 72 | 00:01:25 | 00:41:07 | 01:00:58 | 01:33:10.05 | 01:33:10.05 | 9:19 | 6.4 |
| 15 | URBAN ALICJA | 8041 | KACZKATEAM | WROCLAW | POL | SENIOR I K - 20 | 15 | K 79 | 00:00:37 | 00:37:47 | 00:57:12 | 01:34:06.75 | 01:34:06.75 | 9:24 | 6.4 |
| 16 | RADZIEJEWSKA MILENA | 8355 | SZWAGRY I SZWAGIERKI | ŚREM | POL | SENIOR I K - 20 | 16 | K 80 | 00:00:25 | 00:39:54 | 01:00:18 | 01:34:17.10 | 01:34:17.10 | 9:25 | 6.4 |
| 17 | OSIKA ALEKSANDRA | 8002 | | KIELCE | POL | SENIOR I K - 20 | 17 | K 91 | 00:00:36 | 00:40:12 | 01:00:30 | 01:36:12.95 | 01:36:12.95 | 9:37 | 6.2 |
| 18 | ROBAK NATALIA | 8304 | | ŁĄDEK-ZDRÓJ | POL | SENIOR I K - 20 | 18 | K 95 | 00:01:04 | 00:42:12 | 01:02:32 | 01:36:31.20 | 01:36:31.20 | 9:39 | 6.2 |
| 19 | SZYMAŁA KAROLINA | 8103 | | KLUCZBORK | POL | SENIOR I K - 20 | 19 | K 96 | 00:00:44 | 00:40:55 | 01:01:15 | 01:36:42.35 | 01:36:42.35 | 9:40 | 6.2 |
| 20 | JOŃCZYK PAULA | 8422 | | WROCLAW | POL | SENIOR I K - 20 | 20 | K 102 | 00:01:04 | 00:43:09 | 01:02:31 | 01:37:34.90 | 01:37:34.90 | 9:45 | 6.1 |
| 21 | MARKIEWICZ JAGODA | 8167 | KUŹNIA TALENTÓW KAMIENIEC | KAMIENIEC | POL | SENIOR I K - 20 | 21 | K 104 | 00:01:02 | 00:43:31 | 01:03:47 | 01:38:33.45 | 01:38:33.45 | 9:51 | 6.1 |
| 22 | BIELEWICZ ALEKSANDRA | 8231 | PANKORBKA - MOBILNY SERWIS ROWEROWY | SOSNOWIEC | POL | SENIOR I K - 20 | 22 | K 105 | 00:00:31 | 00:42:12 | 01:02:58 | 01:38:48.05 | 01:38:48.05 | 9:52 | 6.1 |
| 23 | SZAŁAJSKA MAGDALENA | 8564 | | LUBLIN | POL | SENIOR I K - 20 | 23 | K 111 | 00:00:55 | 00:42:04 | 01:02:44 | 01:39:55.25 | 01:39:55.25 | 9:59 | 6 |

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 | 0.01km | 3.7km | 5.8km | Netto | Brutto | min/km | km/h |
|------|---------------------------|------|-------------------------|------------------------|------|-----------------|--------|-------|----------|----------|----------|-------------|-------------|--------|------|
| 24 | JURCZYK ANNA | 8491 | | WARSZAWA | POL | SENIOR I K - 20 | 24 | K 112 | 00:01:13 | 00:45:43 | 01:06:30 | 01:39:58.40 | 01:39:58.40 | 9:59 | 6 |
| 25 | PACUŁT DOMINIKA | 8101 | | ŚWIDNICA | POL | SENIOR I K - 20 | 25 | K 116 | 00:00:18 | 00:41:51 | 01:03:49 | 01:40:19.65 | 01:40:19.65 | 10:01 | 6 |
| 26 | MOŃKA-PODGÓRNA ALEKSANDRA | 8299 | #POBIEGANI | DYLAKI | POL | SENIOR I K - 20 | 26 | K 123 | 00:00:37 | 00:41:59 | 01:03:20 | 01:41:40.70 | 01:41:40.70 | 10:10 | 5.9 |
| 27 | JÓZWIAKOWSKA WERONIKA | 8245 | | SOLEC KUJAWSKI | POL | SENIOR I K - 20 | 27 | K 131 | 00:00:32 | 00:43:17 | 01:05:15 | 01:42:48.30 | 01:42:48.30 | 10:16 | 5.8 |
| 28 | KUROWSKA BIANKA | 8341 | | ŚWIDNICA | POL | SENIOR I K - 20 | 28 | K 137 | 00:01:09 | 00:45:01 | 01:06:58 | 01:43:56.80 | 01:43:56.80 | 10:23 | 5.8 |
| 29 | HAMPEL MARIA | 8316 | BODY POWER | LESZNO | POL | SENIOR I K - 20 | 29 | K 146 | 00:00:24 | 00:43:24 | 01:05:55 | 01:45:39.30 | 01:45:39.30 | 10:33 | 5.7 |
| 30 | STELMASZCZYK MICHALINA | 8573 | | WARSZAWA | POL | SENIOR I K - 20 | 30 | K 154 | 00:00:39 | 00:45:09 | 01:06:57 | 01:47:25.35 | 01:47:25.35 | 10:44 | 5.6 |
| 31 | JAROSZ AGNIESZKA | 8343 | TEAM KURORT LADEK ZDRÓJ | OŁDRZYCHOWICE KŁODZKIE | POL | SENIOR I K - 20 | 31 | K 165 | 00:01:11 | 00:47:56 | 01:11:53 | 01:52:34.55 | 01:52:34.55 | 11:15 | 5.3 |
| 32 | KRÓL KAROLINA | 8133 | | BIERUTÓW | POL | SENIOR I K - 20 | 32 | K 179 | 00:01:22 | 00:49:35 | 01:13:45 | 01:54:52.20 | 01:54:52.20 | 11:29 | 5.2 |
| 33 | GRÖGER KAROLINA | 8149 | | LADEK-ZDRÓJ | POL | SENIOR I K - 20 | 33 | K 180 | 00:00:39 | 00:46:43 | 01:11:00 | 01:55:02.20 | 01:55:02.20 | 11:30 | 5.2 |
| 34 | WOJTKOWSKA KATARZYNA | 8207 | | WARSZAWA | POL | SENIOR I K - 20 | 34 | K 201 | 00:01:07 | 00:49:27 | 01:13:40 | 02:04:34.55 | 02:04:34.55 | 12:27 | 4.8 |
| 35 | PŁOŃSKA KLAUDIA | 8165 | | WROCŁAW | POL | SENIOR I K - 20 | 35 | K 202 | 00:01:07 | 00:49:28 | 01:13:43 | 02:05:00.25 | 02:05:00.25 | 12:30 | 4.8 |

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

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 0.01km | 3.7km | 5.8km | Netto | Brutto | min/km | km/h |
|------|-----------------------|------|-------------------------|----------------------|------|-----------------|--------|-------|----------|----------|----------|-------------|-------------|--------|------|
| 1 | PACHUT JERZY | 8459 | WOT | SŁOPNICE | POL | SENIOR I M - 20 | 1 | M 2 | 00:00:01 | 00:20:26 | 00:30:54 | 00:48:32.40 | 00:48:32.40 | 4:51 | 12.4 |
| 2 | TWOREK BARTŁOMIEJ | 8557 | 10 ŚBOT | OPATÓW | POL | SENIOR I M - 20 | 2 | M 4 | 00:00:01 | 00:20:39 | 00:30:54 | 00:49:14.15 | 00:49:14.15 | 4:55 | 12.2 |
| 3 | ZUREK JAKUB | 8565 | BEZ ZBĘDNYCH PYTAŃ | SZCZECIN | POL | SENIOR I M - 20 | 3 | M 12 | 00:00:01 | 00:21:44 | 00:33:12 | 00:53:25.85 | 00:53:25.85 | 5:20 | 11.2 |
| 4 | RUTKOWSKI DAMIAN | 8468 | LIDZBARK WARMIŃSKI | LIDZBARK WARMIŃSKI | POL | SENIOR I M - 20 | 4 | M 14 | 00:00:11 | 00:22:54 | 00:34:29 | 00:55:43.15 | 00:55:43.15 | 5:34 | 10.8 |
| 5 | PIEKARSKI JAKUB | 8036 | | KATOWICE | POL | SENIOR I M - 20 | 5 | M 17 | 00:00:10 | 00:24:08 | 00:35:52 | 00:55:57.35 | 00:55:57.35 | 5:35 | 10.7 |
| 6 | SZNUROWSKI MARIUSZ | 8455 | KB SOBÓTKA | SOBÓTKA | POL | SENIOR I M - 20 | 6 | M 19 | 00:00:02 | 00:23:54 | 00:35:33 | 00:56:09.05 | 00:56:09.05 | 5:36 | 10.7 |
| 7 | KAMIŃSKI KAROL | 8571 | FUNDACJA KIERUNEK ULTRA | SUWAŁKI | POL | SENIOR I M - 20 | 7 | M 36 | 00:00:04 | 00:25:28 | 00:39:01 | 01:01:23.85 | 01:01:23.85 | 6:08 | 9.8 |
| 8 | KAROLCZAK ALEKSANDER | 8574 | | WARSZAWA | POL | SENIOR I M - 20 | 8 | M 42 | 00:00:08 | 00:29:10 | 00:43:44 | 01:05:59.65 | 01:05:59.65 | 6:35 | 9.1 |
| 9 | MIKOŁAJCZAK DAWID | 8471 | SPORTOWY KAŻMIERZ | POZNAŃ | POL | SENIOR I M - 20 | 9 | M 43 | 00:00:26 | 00:26:59 | 00:42:09 | 01:06:36.00 | 01:06:36.00 | 6:39 | 9 |
| 10 | SZUSTAK MATEUSZ | 8328 | AZS UP WROCŁAW | WROCŁAW | POL | SENIOR I M - 20 | 10 | M 45 | 00:00:27 | 00:28:46 | 00:42:47 | 01:07:22.80 | 01:07:22.80 | 6:44 | 8.9 |
| 11 | HAWRYŁAK WOJCIECH | 8562 | | DŁUGOŁĘKA | POL | SENIOR I M - 20 | 11 | M 49 | 00:00:16 | 00:29:37 | 00:44:19 | 01:08:06.70 | 01:08:06.70 | 6:48 | 8.8 |
| 12 | TOMAS PAWEŁ | 8262 | | LADEK ZDRÓJ | POL | SENIOR I M - 20 | 12 | M 56 | 00:00:11 | 00:29:36 | 00:44:03 | 01:09:12.85 | 01:09:12.85 | 6:55 | 8.7 |
| 13 | MAJKA ERYK | 8097 | FAMILIAMAJKA | SZCZECIN | POL | SENIOR I M - 20 | 13 | M 58 | 00:00:20 | 00:29:08 | 00:44:26 | 01:10:16.15 | 01:10:16.15 | 7:01 | 8.5 |
| 14 | RAKOCZY KRZYSZTOF | 8450 | | LADEK-ZDRÓJ | POL | SENIOR I M - 20 | 14 | M 61 | 00:00:34 | 00:29:43 | 00:44:21 | 01:10:22.85 | 01:10:22.85 | 7:02 | 8.5 |
| 15 | HAJDAMOWICZ ADAM | 8406 | | SOBÓTKA | POL | SENIOR I M - 20 | 15 | M 69 | 00:00:55 | 00:32:16 | 00:47:26 | 01:12:20.75 | 01:12:20.75 | 7:14 | 8.3 |
| 16 | MARGRAF BARTOSZ | 8357 | | RUDA ŚLĄSKA | POL | SENIOR I M - 20 | 16 | M 73 | 00:00:10 | 00:29:57 | 00:45:44 | 01:13:08.75 | 01:13:08.75 | 7:18 | 8.2 |
| 17 | JANOSZ PAWEŁ | 8288 | | WROCŁAW | POL | SENIOR I M - 20 | 17 | M 85 | 00:00:23 | 00:32:37 | 00:48:08 | 01:15:38.75 | 01:15:38.75 | 7:33 | 7.9 |
| 18 | SCHAFFARCZYK MICHAŁ | 8326 | | KLUCZBORK | POL | SENIOR I M - 20 | 18 | M 98 | 00:00:08 | 00:34:15 | 00:51:07 | 01:17:51.40 | 01:17:51.40 | 7:47 | 7.7 |
| 19 | WIŚNIEWSKI ROBERT | 8159 | METAL CHERRY | ALEKSANDRÓW KUJAWSKI | POL | SENIOR I M - 20 | 19 | M 99 | 00:00:14 | 00:34:17 | 00:50:44 | 01:17:57.40 | 01:17:57.40 | 7:47 | 7.7 |
| 20 | SZARSKI JACEK | 8068 | KAPCIOCHY | WROCŁAW | POL | SENIOR I M - 20 | 20 | M 107 | 00:00:23 | 00:33:08 | 00:49:08 | 01:19:06.15 | 01:19:06.15 | 7:54 | 7.6 |
| 21 | KARKOSZKA DAWID | 8388 | | SZCZYRK | POL | SENIOR I M - 20 | 21 | M 110 | 00:00:30 | 00:35:00 | 00:51:32 | 01:19:46.95 | 01:19:46.95 | 7:58 | 7.5 |
| 22 | KOTAS PAWEŁ | 8233 | | WROCŁAW | POL | SENIOR I M - 20 | 22 | M 112 | 00:01:08 | 00:34:41 | 00:51:04 | 01:20:18.30 | 01:20:18.30 | 8:01 | 7.5 |
| 23 | STASIAK ANTONI | 8462 | LEŚNE DZIKI PGB | LESZNO | POL | SENIOR I M - 20 | 23 | M 114 | 00:00:11 | 00:32:58 | 00:49:58 | 01:20:19.15 | 01:20:19.15 | 8:01 | 7.5 |
| 24 | KOMISARCZYK KRZYSZTOF | 8321 | | MIĘDZYLESIE | POL | SENIOR I M - 20 | 24 | M 119 | 00:00:40 | 00:34:50 | 00:52:05 | 01:21:10.15 | 01:21:10.15 | 8:07 | 7.4 |
| 25 | WASZAK TOMASZ | 8314 | | POZNAŃ | POL | SENIOR I M - 20 | 25 | M 130 | 00:01:25 | 00:37:07 | 00:54:07 | 01:22:40.30 | 01:22:40.30 | 8:16 | 7.3 |
| 26 | PIGEA ALEKSANDER | 8306 | SPORTOWY KAŻMIERZ | KIĄCZYŃ | POL | SENIOR I M - 20 | 26 | M 132 | 00:00:42 | 00:34:08 | 00:51:29 | 01:22:52.45 | 01:22:52.45 | 8:17 | 7.2 |
| 27 | HANSZ DONAT | 8464 | NETBOX BIEGA | PIASKI | POL | SENIOR I M - 20 | 27 | M 133 | 00:00:28 | 00:34:51 | 00:52:19 | 01:23:15.90 | 01:23:15.90 | 8:19 | 7.2 |
| 28 | GÓRSKI BARTEK | 8441 | | KATOWICE | POL | SENIOR I M - 20 | 28 | M 141 | 00:00:14 | 00:37:02 | 00:54:08 | 01:25:01.75 | 01:25:01.75 | 8:30 | 7.1 |
| 29 | BARTNIK PATRYK | 8168 | | LADEK-ZDRÓJ | POL | SENIOR I M - 20 | 29 | M 145 | 00:00:11 | 00:36:23 | 00:54:54 | 01:26:51.20 | 01:26:51.20 | 8:41 | 6.9 |
| 30 | WIKŁO PAWEŁ | 8296 | | KATOWICE | POL | SENIOR I M - 20 | 30 | M 165 | 00:01:26 | 00:42:15 | 01:01:45 | 01:31:29.65 | 01:31:29.65 | 9:08 | 6.6 |
| 31 | KOWAL DAWID | 8025 | | LESZNO | POL | SENIOR I M - 20 | 31 | M 173 | 00:00:45 | 00:41:31 | 01:00:19 | 01:34:31.65 | 01:34:31.65 | 9:27 | 6.3 |
| 32 | KRYSKA PAWEŁ | 8237 | | WROCŁAW | POL | SENIOR I M - 20 | 32 | M 177 | 00:01:09 | 00:42:21 | 01:02:13 | 01:36:24.95 | 01:36:24.95 | 9:38 | 6.2 |
| 33 | STRZYŻOWSKI NIKODEM | 8092 | | BYDGOSZCZ | POL | SENIOR I M - 20 | 33 | M 179 | 00:00:26 | 00:40:01 | 00:59:45 | 01:36:39.55 | 01:36:39.55 | 9:39 | 6.2 |
| 34 | KLUŚKA RAFAŁ | 8387 | KS DŁUGOŁĘKA 2000 | OLEŚNICA | POL | SENIOR I M - 20 | 34 | M 180 | 00:00:16 | 00:39:58 | 01:00:32 | 01:36:52.70 | 01:36:52.70 | 9:41 | 6.2 |
| 35 | WARCHOŁ KAMIL | 8220 | | WROCŁAW | POL | SENIOR I M - 20 | 35 | M 184 | 00:01:07 | 00:45:47 | 01:06:31 | 01:38:51.95 | 01:38:51.95 | 9:53 | 6.1 |
| 36 | JOŃCZYK PATRYK | 8433 | | WROCŁAW | POL | SENIOR I M - 20 | 36 | M 185 | 00:01:07 | 00:45:47 | 01:06:31 | 01:38:53.65 | 01:38:53.65 | 9:53 | 6.1 |
| 37 | DZIURA KAMIL | 8100 | | ŚWIDNICA | POL | SENIOR I M - 20 | 37 | M 192 | 00:00:19 | 00:41:51 | 01:03:49 | 01:40:19.75 | 01:40:19.75 | 10:01 | 6 |
| 38 | WIECZOREK MIKOŁAJ | 8567 | DZIKIE GRUBASY SZATANA | LUBIN | POL | SENIOR I M - 20 | 38 | M 194 | 00:00:32 | 00:45:40 | 01:08:12 | 01:40:57.70 | 01:40:57.70 | 10:05 | 5.9 |
| 39 | OLEJ ROBERT | 8193 | | KATOWICE | POL | SENIOR I M - 20 | 39 | M 199 | 00:00:14 | 00:42:12 | 01:05:54 | 01:45:13.55 | 01:45:13.55 | 10:31 | 5.7 |
| 40 | BUDZISZEWSKI JAKUB | 8164 | | WROCŁAW | POL | SENIOR I M - 20 | 40 | M 217 | 00:01:08 | 00:49:33 | 01:14:53 | 02:05:00.75 | 02:05:00.75 | 12:30 | 4.8 |

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 | 0.01km | 3.7km | 5.8km | Netto | Brutto | min/km | km/h |
|------|-------------------|------|---------------|-------------|------|-----------------|--------|-----|----------|-------|-------|-------|--------|--------|------|
| DNC | ŚWIRGOŃ ADAM | 8596 | ZAŁOGA GÓRSKA | WARSZAWA | POL | SENIOR I M - 20 | DNC | DNC | 00:00:01 | | | | | | |
| | POŚWISTAŁO MARCIN | 8452 | | ŁĄDEK-ZDRÓJ | POL | SENIOR I M - 20 | | | 00:00:33 | DNF | DNF | DNF | DNF | - | - |
| | | | | | | | | | DNF | | | | | | |

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

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 0.01km | 3.7km | 5.8km | Netto | Brutto | min/km | km/h |
|------|------------------------------|------|--|--------------------------|------|------------------|--------|-------|----------|----------|----------|-------------|-------------|--------|------|
| 1 | KANTOR MARTYNA | 8575 | SALOMON SUNNTO TEAM | KRAKÓW | POL | SENIOR II K - 30 | 1 | K 1 | 00:00:02 | 00:21:54 | 00:32:47 | 00:52:50.90 | 00:52:50.90 | 5:17 | 11.4 |
| 2 | WIERZCHOWIAK KAROLINA | 8469 | TRAIL IS OUR WAY TEAM | KROSNO | POL | SENIOR II K - 30 | 2 | K 5 | 00:00:02 | 00:26:04 | 00:39:34 | 01:02:36.45 | 01:02:36.45 | 6:15 | 9.6 |
| 3 | WROTECKA KATARZYNA | 8324 | STAJNIAKTEAM | PIŁA | POL | SENIOR II K - 30 | 3 | K 6 | 00:00:03 | 00:26:56 | 00:40:43 | 01:04:24.80 | 01:04:24.80 | 6:26 | 9.3 |
| 4 | SIKORA SYLWIA | 8301 | PGB SPORTOWA PACZKA | WARSZAWA | POL | SENIOR II K - 30 | 4 | K 8 | 00:00:04 | 00:27:59 | 00:42:09 | 01:05:44.25 | 01:05:44.25 | 6:34 | 9.1 |
| 5 | GNITECKA KATARZYNA | 8009 | KUDOWIANKA RUN | KUDOWA ZDRÓJ | POL | SENIOR II K - 30 | 5 | K 9 | 00:00:04 | 00:28:05 | 00:42:20 | 01:06:06.60 | 01:06:06.60 | 6:36 | 9.1 |
| 6 | ULIKOWSKA MARTYNA | 8500 | ZAŁOGA GÓRSKA | GOŚCINO | POL | SENIOR II K - 30 | 6 | K 10 | 00:00:04 | 00:28:59 | 00:43:05 | 01:07:13.85 | 01:07:13.85 | 6:43 | 8.9 |
| 7 | BEDNAREK KAROLINA | 8179 | | RADWANICE | POL | SENIOR II K - 30 | 7 | K 11 | 00:00:09 | 00:27:45 | 00:42:10 | 01:07:33.45 | 01:07:33.45 | 6:45 | 8.9 |
| 8 | OCIEPKA-CIESIELSKA KATARZYNA | 8311 | | WARSZAWA | POL | SENIOR II K - 30 | 8 | K 13 | 00:00:12 | 00:29:19 | 00:43:36 | 01:09:06.05 | 01:09:06.05 | 6:54 | 8.7 |
| 9 | GÓRNA ANITA | 8206 | LPP TEAM | KRAKÓW | POL | SENIOR II K - 30 | 9 | K 14 | 00:00:20 | 00:30:32 | 00:44:41 | 01:09:32.80 | 01:09:32.80 | 6:57 | 8.6 |
| 10 | REGULSKA NATALIA | 8400 | ASICS FRONTRUNNER POLAND / #ZÓRAWSKITEAM | KRAKÓW | POL | SENIOR II K - 30 | 10 | K 15 | 00:00:03 | 00:30:57 | 00:45:28 | 01:10:24.35 | 01:10:24.35 | 7:02 | 8.5 |
| 11 | ZATORSKA KAROLINA | 8497 | TREC TEAM | GDYNIA | POL | SENIOR II K - 30 | 11 | K 16 | 00:00:09 | 00:30:23 | 00:45:33 | 01:11:28.75 | 01:11:28.75 | 7:08 | 8.4 |
| 12 | KACPRZYCKA PAULINA | 8482 | WOT | PURDA | POL | SENIOR II K - 30 | 12 | K 18 | 00:00:04 | 00:30:11 | 00:45:45 | 01:12:08.95 | 01:12:08.95 | 7:12 | 8.3 |
| 13 | JARZĄBEK MAGDALENA | 8110 | | WROCLAW (WROCLAW-KRZYKI) | POL | SENIOR II K - 30 | 13 | K 20 | 00:00:04 | 00:31:27 | 00:46:33 | 01:12:47.60 | 01:12:47.60 | 7:16 | 8.2 |
| 14 | CIECHOMSKA AGATA CIECHOMSKA | 8132 | HTF LUDWIK SIKORSKI | LODZ | POL | SENIOR II K - 30 | 14 | K 31 | 00:00:11 | 00:33:50 | 00:49:47 | 01:19:17.90 | 01:19:17.90 | 7:55 | 7.6 |
| 15 | RASZKOWSKA EMILIA | 8429 | ŚLĘZAK TEAM | GDANSK | POL | SENIOR II K - 30 | 15 | K 35 | 00:00:38 | 00:35:56 | 00:53:18 | 01:22:13.80 | 01:22:13.80 | 8:13 | 7.3 |
| 16 | NOWACZYK MARTA | 8126 | | POZNAŃ | POL | SENIOR II K - 30 | 16 | K 37 | 00:01:12 | 00:36:19 | 00:53:20 | 01:23:57.75 | 01:23:57.75 | 8:23 | 7.1 |
| 17 | DWORAK SABRINA | 8419 | MAXIMUS KROSNOWICE | KŁODZKO | POL | SENIOR II K - 30 | 17 | K 38 | 00:00:24 | 00:36:44 | 00:54:30 | 01:24:20.65 | 01:24:20.65 | 8:26 | 7.1 |
| 18 | SKAWINA KRYSZYNA | 8075 | TOPOLICE TEAM | TOPOLICE | POL | SENIOR II K - 30 | 18 | K 43 | 00:00:17 | 00:34:37 | 00:51:59 | 01:24:46.50 | 01:24:46.50 | 8:28 | 7.1 |
| 19 | JURA EWELINA | 8473 | TOPOLICE TEAM | DŁUGOPOLE ZDRÓJ | POL | SENIOR II K - 30 | 19 | K 45 | 00:00:18 | 00:35:43 | 00:53:55 | 01:25:26.40 | 01:25:26.40 | 8:32 | 7 |
| 20 | PIETRUCHA JAGODA | 8175 | TARNOWO PODGÓRNE BIEGA | TARNOWO PODGÓRNE | POL | SENIOR II K - 30 | 20 | K 48 | 00:00:07 | 00:35:04 | 00:53:22 | 01:25:49.55 | 01:25:49.55 | 8:34 | 7 |
| 21 | DZIEGIELEWSKA DOMINIKA | 8577 | | LIPA | POL | SENIOR II K - 30 | 21 | K 49 | 00:00:11 | 00:37:01 | 00:55:05 | 01:26:05.35 | 01:26:05.35 | 8:36 | 7 |
| 22 | MARTYN OLGA | 8488 | SPINKO LESZNO | RYDZYNA | POL | SENIOR II K - 30 | 22 | K 50 | 00:00:46 | 00:37:18 | 00:55:10 | 01:26:08.70 | 01:26:08.70 | 8:36 | 7 |
| 23 | KIEPIEL AGATA | 8293 | ADIDAS RUNNERS WARSAW | WARSZAWA | POL | SENIOR II K - 30 | 23 | K 52 | 00:00:58 | 00:38:11 | 00:56:12 | 01:26:16.95 | 01:26:16.95 | 8:37 | 7 |
| 24 | GRZELIŃSKA MALWINA | 8490 | | JAROCIN | POL | SENIOR II K - 30 | 24 | K 56 | 00:00:15 | 00:37:19 | 00:55:48 | 01:26:55.35 | 01:26:55.35 | 8:41 | 6.9 |
| 25 | KUCHARSKA ANNA | 8458 | | KOBYLA GÓRA | POL | SENIOR II K - 30 | 25 | K 59 | 00:00:18 | 00:37:30 | 00:55:50 | 01:28:01.20 | 01:28:01.20 | 8:48 | 6.8 |
| 26 | HOJA ILONA | 8448 | | KOBYLA GÓRA | POL | SENIOR II K - 30 | 26 | K 60 | 00:00:17 | 00:37:30 | 00:55:50 | 01:28:01.35 | 01:28:01.35 | 8:48 | 6.8 |
| 27 | KUTYCKA KUREK ELŻBIETA | 8498 | CHOJRAK TEAM WROCLAW | WROCLAW | POL | SENIOR II K - 30 | 27 | K 64 | 00:00:43 | 00:37:54 | 00:56:54 | 01:29:39.60 | 01:29:39.60 | 8:57 | 6.7 |
| 28 | MATAK KINGA | 8437 | ŁASUCH | RADZYMIN | POL | SENIOR II K - 30 | 28 | K 67 | 00:01:23 | 00:40:51 | 01:00:10 | 01:32:22.65 | 01:32:22.65 | 9:14 | 6.5 |
| 29 | LEWANDOWSKA KAMILA | 8143 | LEWANDOWSCY TEAM | GORZÓW WLKP. | POL | SENIOR II K - 30 | 29 | K 68 | 00:00:59 | 00:40:04 | 00:59:57 | 01:32:26.60 | 01:32:26.60 | 9:14 | 6.5 |
| 30 | STEMPIN SYLWIA | 8358 | | KĘPNO | POL | SENIOR II K - 30 | 30 | K 69 | 00:00:11 | 00:39:29 | 00:59:16 | 01:32:39.65 | 01:32:39.65 | 9:15 | 6.5 |
| 31 | SZCZEPIŃSKA ANETA | 8583 | | WROCLAW | POL | SENIOR II K - 30 | 31 | K 70 | 00:00:27 | 00:40:13 | 00:59:45 | 01:32:43.05 | 01:32:43.05 | 9:16 | 6.5 |
| 32 | POŁAWSKA EWA | 8454 | | WARSZAWA | POL | SENIOR II K - 30 | 32 | K 73 | 00:01:04 | 00:42:01 | 01:01:00 | 01:33:13.30 | 01:33:13.30 | 9:19 | 6.4 |
| 33 | KALIŃSKA DOROTA | 8486 | | KOBYŁKA | POL | SENIOR II K - 30 | 33 | K 77 | 00:01:28 | 00:42:30 | 01:01:09 | 01:33:55.45 | 01:33:55.45 | 9:23 | 6.4 |
| 34 | ŚWIĘCH ANETA | 8427 | EAZYMUT.PL | WARSZAWA | POL | SENIOR II K - 30 | 34 | K 81 | 00:00:27 | 00:40:22 | 01:01:43 | 01:34:26.75 | 01:34:26.75 | 9:26 | 6.4 |
| 35 | TOMAKA PATRYCJA | 8347 | TEAM KURORT ŁĄDEK-ZDRÓJ | OŁDRZYCHOWICE KŁODZKIE | POL | SENIOR II K - 30 | 35 | K 84 | 00:01:10 | 00:41:32 | 01:00:59 | 01:34:48.15 | 01:34:48.15 | 9:28 | 6.3 |
| 36 | BIENIARZ ILONA | 8396 | MAKEMAROFITAGAIN! | WROCLAW | POL | SENIOR II K - 30 | 36 | K 86 | 00:00:15 | 00:38:57 | 00:58:55 | 01:35:13.70 | 01:35:13.70 | 9:31 | 6.3 |
| 37 | JANSON MARLEEN | 8249 | LEIDEN ATLETIEK | LEIDEN | NED | SENIOR II K - 30 | 37 | K 87 | 00:00:39 | 00:42:18 | 01:02:34 | 01:35:17.15 | 01:35:17.15 | 9:31 | 6.3 |
| 38 | BURA KAROLINA | 8227 | #BIEGAJLESZNO | LESZNO | POL | SENIOR II K - 30 | 38 | K 88 | 00:00:12 | 00:39:05 | 00:59:30 | 01:35:18.85 | 01:35:18.85 | 9:31 | 6.3 |
| 39 | SZELIGA AGNIESZKA | 8264 | | BYTOM | POL | SENIOR II K - 30 | 39 | K 89 | 00:00:34 | 00:40:35 | 01:00:39 | 01:35:35.20 | 01:35:35.20 | 9:33 | 6.3 |
| 40 | SKARZEŃSKA-SOKOŁOWSKA JAGODA | 8599 | | ŁĄDEK ZDRÓJ | POL | SENIOR II K - 30 | 40 | K 90 | | 00:40:46 | | 01:36:03.95 | 01:36:03.95 | 9:36 | 6.2 |
| 41 | KOPYSTAŃSKA BASIA | 8329 | | LEGNICKIE POLE | POL | SENIOR II K - 30 | 41 | K 92 | 00:01:26 | 00:42:54 | 01:03:41 | 01:36:26.70 | 01:36:26.70 | 9:38 | 6.2 |
| 42 | WESTPHAL MAGDALENA | 8236 | | BYDGOSZCZ | POL | SENIOR II K - 30 | 42 | K 93 | 00:00:28 | 00:40:14 | 01:00:27 | 01:36:28.35 | 01:36:28.35 | 9:38 | 6.2 |
| 43 | GRABKOWSKA PAULINA | 8376 | | KŁODZKO | POL | SENIOR II K - 30 | 43 | K 97 | 00:01:05 | 00:40:47 | 01:01:07 | 01:37:14.40 | 01:37:14.40 | 9:43 | 6.2 |
| 44 | SYCZ-LANGNER HONORATA | 8145 | | WROCLAW | POL | SENIOR II K - 30 | 44 | K 98 | 00:00:36 | 00:40:45 | 01:02:35 | 01:37:15.30 | 01:37:15.30 | 9:43 | 6.2 |
| 45 | KUKUŁA KAROLINA | 8443 | | OŁDRZYCHOWICE | POL | SENIOR II K - 30 | 45 | K 99 | 00:00:13 | 00:40:13 | 01:00:28 | 01:37:15.75 | 01:37:15.75 | 9:43 | 6.2 |
| 46 | SKRZYPEK MARTA | 8221 | | OBORNIKI | POL | SENIOR II K - 30 | 46 | K 101 | 00:00:05 | 00:40:46 | 01:01:40 | 01:37:29.15 | 01:37:29.15 | 9:44 | 6.2 |
| 47 | BURNETKO MAGDALENA | 8405 | HUTASY RUNNERS TEAM | KRAKÓW | POL | SENIOR II K - 30 | 47 | K 103 | 00:00:45 | 00:42:02 | 01:02:49 | 01:37:49.25 | 01:37:49.25 | 9:46 | 6.1 |

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 | 0.01km | 3.7km | 5.8km | Netto | Brutto | min/km | km/h |
|------|--------------------------------|------|------------------------------|---------------------------|------|------------------|--------|-------|-----------------|----------|----------|-------------|-------------|--------|------|
| 48 | NOWAK - KASPRZAK ANNA | 8431 | | WROCŁAW | POL | SENIOR II K - 30 | 48 | K 106 | 00:01:10 | 00:42:11 | 01:01:58 | 01:39:17.60 | 01:39:17.60 | 9:55 | 6 |
| 49 | WAWER KASIA | 8495 | STOWARZYSZENIE BIEG OPOLSKI | OPOLE | POL | SENIOR II K - 30 | 49 | K 109 | 00:01:22 | 00:45:18 | 01:05:03 | 01:39:36.55 | 01:39:36.55 | 9:57 | 6 |
| 50 | AMANOWICZ AURELIA | 8234 | | WROCŁAW | POL | SENIOR II K - 30 | 50 | K 114 | 00:01:09 | 00:43:38 | 01:03:54 | 01:40:11.80 | 01:40:11.80 | 10:01 | 6 |
| 51 | RELIGA LILIANA | 8332 | | WARSZAWA | POL | SENIOR II K - 30 | 51 | K 115 | 00:00:52 | 00:42:03 | 01:04:01 | 01:40:16.40 | 01:40:16.40 | 10:01 | 6 |
| 52 | KRAJEWSKA IRMINA | 8435 | | POZNAŃ | POL | SENIOR II K - 30 | 52 | K 119 | 00:00:49 | 00:44:27 | 01:04:59 | 01:41:02.70 | 01:41:02.70 | 10:06 | 5.9 |
| 53 | BINKIEWICZ-KOWALCZYK AGNIESZKA | 8189 | | OSOLA | POL | SENIOR II K - 30 | 53 | K 121 | 00:00:19 | 00:42:33 | 01:04:23 | 01:41:14.55 | 01:41:14.55 | 10:07 | 5.9 |
| 54 | JASIEWICZ KAROLINA | 8350 | | KIELCZÓW | POL | SENIOR II K - 30 | 54 | K 122 | 00:00:52 | 00:42:00 | 01:02:50 | 01:41:39.70 | 01:41:39.70 | 10:09 | 5.9 |
| 55 | ROSA IZABELA | 8560 | ROXY | WARSZAWA | POL | SENIOR II K - 30 | 55 | K 127 | 00:00:59 | 00:45:31 | 01:06:30 | 01:42:05.40 | 01:42:05.40 | 10:12 | 5.9 |
| 56 | WIRTEK MAGDALENA | 8305 | | ZIELONA GÓRA | POL | SENIOR II K - 30 | 56 | K 132 | 00:00:13 | 00:42:02 | 01:04:10 | 01:43:05.30 | 01:43:05.30 | 10:18 | 5.8 |
| 57 | MRÓZ ANNA | 8382 | | MIĘDZYLESIE | POL | SENIOR II K - 30 | 57 | K 134 | 00:19:05 | 01:13:13 | | 01:43:22.70 | 01:43:22.70 | 10:20 | 5.8 |
| 58 | MIECZKOWSKA NINA | 8039 | | OPOLE | POL | SENIOR II K - 30 | 58 | K 139 | 00:01:02 | 00:44:29 | 01:06:36 | 01:44:31.05 | 01:44:31.05 | 10:27 | 5.7 |
| 59 | WOJCIECHOWSKA PAULINA | 8185 | | WROCŁAW | POL | SENIOR II K - 30 | 59 | K 140 | 00:00:50 | 00:43:49 | 01:04:52 | 01:44:51.95 | 01:44:51.95 | 10:29 | 5.7 |
| 60 | BOCHYŃSKA ADRIANNA | 8146 | | CHORZÓW | POL | SENIOR II K - 30 | 60 | K 141 | 00:00:58 | 00:45:31 | 01:06:39 | 01:44:57.45 | 01:44:57.45 | 10:29 | 5.7 |
| 61 | HOJDA AGNIESZKA | 8572 | | WARSZAWA | POL | SENIOR II K - 30 | 61 | K 148 | 00:00:23 | 00:43:25 | 01:06:37 | 01:46:04.80 | 01:46:04.80 | 10:36 | 5.7 |
| 62 | ZWYDAK ANNA | 8134 | WKURW_TEAM | KIELCZÓW | POL | SENIOR II K - 30 | 62 | K 149 | 00:00:34 | 00:44:53 | 01:06:46 | 01:46:15.80 | 01:46:15.80 | 10:37 | 5.6 |
| 63 | IWANOW MAŁGORZATA | 8428 | | RADZYMIN | POL | SENIOR II K - 30 | 63 | K 151 | 00:01:23 | 00:45:56 | 01:08:14 | 01:46:21.95 | 01:46:21.95 | 10:38 | 5.6 |
| 64 | MORAWSKA-KREKORA ANNA | 8453 | | KRAKÓW | POL | SENIOR II K - 30 | 64 | K 156 | 00:01:24 | 00:46:09 | 01:09:17 | 01:49:08.75 | 01:49:08.75 | 10:54 | 5.5 |
| 65 | DYBAŁA BEATA | 8174 | DZIKIE GRUBASY SZATANA | KRZESZOWICE | POL | SENIOR II K - 30 | 65 | K 157 | 00:00:31 | 00:45:28 | 01:08:18 | 01:49:21.95 | 01:49:21.95 | 10:56 | 5.5 |
| 66 | LEWANDOWSKA ANNA | 8027 | BORKOŚ TEAM | GORZÓW WIELKOPOLSKI | POL | SENIOR II K - 30 | 66 | K 164 | 00:01:15 | 00:46:49 | 01:09:36 | 01:52:24.45 | 01:52:24.45 | 11:14 | 5.3 |
| 67 | SOWA MARTA | 8053 | WKURW_TEAM | WROCŁAW | POL | SENIOR II K - 30 | 67 | K 168 | 00:01:24 | 00:48:01 | 01:13:17 | 01:53:34.60 | 01:53:34.60 | 11:21 | 5.3 |
| 68 | ROGACZ EWA | 8181 | | NOWY TOMYŚL | POL | SENIOR II K - 30 | 68 | K 175 | 00:00:47 | 00:50:35 | 01:13:35 | 01:54:25.00 | 01:54:25.00 | 11:26 | 5.2 |
| 69 | CHASZCZEWSKA JULIA | 8066 | TOPOLICE TEAM | WROCŁAW | POL | SENIOR II K - 30 | 69 | K 176 | 00:00:55 | 00:48:01 | 01:12:53 | 01:54:35.30 | 01:54:35.30 | 11:27 | 5.2 |
| 70 | MAJCHRZYCKA AGNIESZKA | 8374 | TKKF MPK POZNAŃ | KIJEWO/ŚRODA WIELKOPOLSKA | POL | SENIOR II K - 30 | 70 | K 177 | 00:00:55 | 00:49:34 | 01:13:05 | 01:54:44.90 | 01:54:44.90 | 11:28 | 5.2 |
| 71 | SZYMCAK KATARZYNA | 8218 | | UNIEJOWICE | POL | SENIOR II K - 30 | 71 | K 184 | 00:00:52 | 00:52:30 | 01:15:18 | 01:56:00.70 | 01:56:00.70 | 11:36 | 5.2 |
| 72 | GÓRAL AGNIESZKA | 8082 | ALSTOM KATOWICE | KATOWICE | POL | SENIOR II K - 30 | 72 | K 186 | 00:01:03 | 00:49:39 | 01:14:37 | 01:56:33.45 | 01:56:33.45 | 11:39 | 5.1 |
| 73 | PIEKARCZYK KATARZYNA | 8418 | | KŁODZKO | POL | SENIOR II K - 30 | 73 | K 187 | 00:01:32 | 00:50:18 | 01:13:38 | 01:56:37.50 | 01:56:37.50 | 11:39 | 5.1 |
| 74 | ZIELIŃSKA MAGDALENA | 8585 | | WARSZAWA | POL | SENIOR II K - 30 | 74 | K 191 | 00:00:30 | 00:48:20 | 01:14:20 | 01:57:45.95 | 01:57:45.95 | 11:46 | 5.1 |
| 75 | WASILEWSKA JOANNA | 8361 | PARKRUN GRUDZIĄDZ | GRUDZIĄDZ | POL | SENIOR II K - 30 | 75 | K 195 | 00:00:57 | 00:47:58 | 01:12:17 | 01:58:58.40 | 01:58:58.40 | 11:53 | 5 |
| 76 | BORIS ANETA | 8348 | | ELBLĄG | POL | SENIOR II K - 30 | 76 | K 199 | 00:01:25 | 00:51:03 | 01:17:03 | 02:02:24.55 | 02:02:24.55 | 12:14 | 4.9 |
| 77 | ŁOZIENKO ANNA | 8411 | KB HARCOWNIK JELCZ-LASKOWICE | MIŁOSZYCE | POL | SENIOR II K - 30 | 77 | K 212 | 00:01:24 | 00:56:06 | 01:24:38 | 02:15:40.15 | 02:15:40.15 | 13:34 | 4.4 |
| 78 | MAKSYMOWICZ MONIKA | 8415 | | KŁODZKO | POL | SENIOR II K - 30 | 78 | K 214 | 00:01:32 | 00:56:29 | 01:28:31 | 02:20:29.20 | 02:20:29.20 | 14:02 | 4.3 |
| 79 | RYBKA ELŻBIETA | 8416 | | KŁODZKO | POL | SENIOR II K - 30 | 79 | K 215 | 00:01:32 | 00:56:23 | 01:27:18 | 02:20:43.70 | 02:20:43.70 | 14:04 | 4.3 |
| 80 | WITKIEWICZ-ŁUKASZEK SANDRA | 8018 | ŁUKASZKI TEAM | OSIELSKO | POL | SENIOR II K - 30 | 80 | K 219 | 00:00:27 | 00:53:58 | 01:25:20 | 02:24:24.20 | 02:24:24.20 | 14:26 | 4.2 |
| 81 | KOCIUBA KATARZYNA | 8170 | | POZNAŃ | POL | SENIOR II K - 30 | 81 | K 224 | 00:01:00 | 00:55:45 | 01:28:22 | 02:41:35.65 | 02:41:35.65 | 16:09 | 3.7 |
| 82 | MIELEC MARTA | 8447 | #ZŁOTYNAKILOMETR | STARGARD | POL | SENIOR II K - 30 | 82 | K 227 | 00:01:15 | 00:52:13 | 01:15:37 | 02:45:36.80 | 02:45:36.80 | 16:33 | 3.6 |
| | ZAKRZEWICZ-PODLECKA AGNIESZKA | 8180 | ROKIETNICA BIEGA | ROKIETNICA | POL | SENIOR II K - 30 | | | 00:00:04 DNF | DNF | DNF | DNF | DNF | - | - |

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

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 0.01km | 3.7km | 5.8km | Netto | Brutto | min/km | km/h |
|------|-----------------------|------|--|-----------------------|------|------------------|--------|------|----------|----------|----------|-------------|-------------|--------|------|
| 1 | LAGNER SEBASTIAN | 8444 | KB SOBÓTKA/ PRZEDWOJEWSKI_TEAM | SOBÓTKA | POL | SENIOR II M - 30 | 1 | M 1 | 00:00:01 | 00:20:19 | 00:30:12 | 00:47:54.85 | 00:47:54.85 | 4:47 | 12.5 |
| 2 | CHRZANOWSKI PATRYK | 8302 | PCH SPORT TEAM | OSTROSZOWICE | POL | SENIOR II M - 30 | 2 | M 3 | 00:00:01 | 00:20:43 | 00:31:01 | 00:48:36.75 | 00:48:36.75 | 4:51 | 12.3 |
| 3 | KUJAWA ZBIGNIEW | 8594 | TKKF KOLEJARZ BYDGOSZCZ / ZAŁOGA GÓRSKA | JANOWIEC WIELKOPOLSKI | POL | SENIOR II M - 30 | 3 | M 5 | 00:00:03 | 00:21:59 | 00:32:26 | 00:50:40.60 | 00:50:40.60 | 5:04 | 11.8 |
| 4 | DUTKOWSKI MIKOŁAJ | 8209 | WKS ŚLĄSK WROCŁAW | RASZKÓW | POL | SENIOR II M - 30 | 4 | M 6 | 00:00:01 | 00:21:54 | 00:32:25 | 00:50:50.40 | 00:50:50.40 | 5:05 | 11.8 |
| 5 | MONZO DAVID | 8088 | | WROCŁAW | POL | SENIOR II M - 30 | 5 | M 7 | 00:00:02 | 00:20:40 | 00:31:36 | 00:50:55.15 | 00:50:55.15 | 5:05 | 11.8 |
| 6 | SIERADZKI KRZYSZTOF | 8270 | PRZEDWOJEWSKI TEAM | WARSZAWA | POL | SENIOR II M - 30 | 6 | M 8 | 00:00:02 | 00:21:27 | 00:32:25 | 00:51:28.65 | 00:51:28.65 | 5:08 | 11.7 |
| 7 | BUKSA TOMASZ | 8460 | WOT | RABA WYŻNA | POL | SENIOR II M - 30 | 7 | M 16 | 00:00:04 | 00:23:05 | 00:34:31 | 00:55:55.65 | 00:55:55.65 | 5:35 | 10.7 |
| 8 | WOJCIECHOWSKI MATEUSZ | 8484 | NULL | POZNAŃ | POL | SENIOR II M - 30 | 8 | M 20 | 00:00:02 | 00:23:51 | 00:35:25 | 00:56:16.70 | 00:56:16.70 | 5:37 | 10.7 |
| 9 | TRZEPAK ŁUKASZ | 8426 | | WROCŁAW | POL | SENIOR II M - 30 | 9 | M 22 | 00:01:00 | 00:24:04 | 00:35:32 | 00:56:27.70 | 00:56:27.70 | 5:38 | 10.6 |
| 10 | ŁASEK JAKUB | 8047 | RMT TEAM | OPOLE | POL | SENIOR II M - 30 | 10 | M 24 | 00:00:02 | 00:24:43 | 00:36:39 | 00:56:54.75 | 00:56:54.75 | 5:41 | 10.5 |
| 11 | SAMIEC JANUSZ | 8424 | | KOBYLA GÓRA | POL | SENIOR II M - 30 | 11 | M 27 | 00:00:18 | 00:24:37 | 00:36:49 | 00:58:25.75 | 00:58:25.75 | 5:50 | 10.3 |

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 | 0.01km | 3.7km | 5.8km | Netto | Brutto | min/km | km/h |
|------|------------------------|------|-------------------------------|-------------------|------|------------------|--------|-------|----------|----------|----------|-------------|-------------|--------|------|
| 12 | PIĘKOŚ BŁAŻEJ | 8480 | | HENRYKÓW | POL | SENIOR II M - 30 | 12 | M 32 | 00:00:08 | 00:25:02 | 00:37:37 | 01:00:00.50 | 01:00:00.50 | 6:00 | 10 |
| 13 | TOMASZKIEWICZ WOJCIECH | 8055 | RUN FOREST | STRACHOCIN | POL | SENIOR II M - 30 | 13 | M 34 | 00:00:07 | 00:25:37 | 00:38:17 | 01:01:01.45 | 01:01:01.45 | 6:06 | 9.8 |
| 14 | CITKO MACIEJ | 8259 | BIEG OPOLSKI | OPOLE | POL | SENIOR II M - 30 | 14 | M 37 | 00:00:05 | 00:26:50 | 00:40:24 | 01:03:11.75 | 01:03:11.75 | 6:19 | 9.5 |
| 15 | PAJAŁ ALAN | 8136 | | MROKOCIN | POL | SENIOR II M - 30 | 15 | M 39 | 00:00:29 | 00:28:09 | 00:41:13 | 01:04:02.25 | 01:04:02.25 | 6:24 | 9.4 |
| 16 | SZYMCZAK BARTŁOMIEJ | 8414 | ŻARY RUNNRS TEAM | ŻARY | POL | SENIOR II M - 30 | 16 | M 46 | 00:00:13 | 00:28:00 | 00:42:23 | 01:07:30.10 | 01:07:30.10 | 6:45 | 8.9 |
| 17 | STYK MAREK | 8023 | | ZIELONA GÓRA | POL | SENIOR II M - 30 | 17 | M 51 | 00:00:31 | 00:28:06 | 00:42:24 | 01:08:11.65 | 01:08:11.65 | 6:49 | 8.8 |
| 18 | OSICA ŁUKASZ | 8108 | | ŚWIĘTOCHŁOWICE | POL | SENIOR II M - 30 | 18 | M 52 | 00:00:15 | 00:29:03 | 00:43:43 | 01:08:28.25 | 01:08:28.25 | 6:50 | 8.8 |
| 19 | FRERIKS JEROEN | 8248 | LEIDEN ATLETIEK | LEIDEN | NED | SENIOR II M - 30 | 19 | M 55 | 00:00:11 | 00:29:13 | 00:43:51 | 01:09:12.10 | 01:09:12.10 | 6:55 | 8.7 |
| 20 | SAŁDYKA MARCIN | 8451 | | ŁĄDEK-ZDRÓJ | POL | SENIOR II M - 30 | 20 | M 59 | 00:00:34 | 00:30:03 | 00:44:33 | 01:10:21.65 | 01:10:21.65 | 7:02 | 8.5 |
| 21 | HONSA TOMASZ | 8139 | MOCNA GRUPA CEZARA | WROCŁAW | POL | SENIOR II M - 30 | 20 | M 59 | 00:00:33 | 00:31:12 | 00:45:49 | 01:10:21.65 | 01:10:21.65 | 7:02 | 8.5 |
| 22 | PISCO TIAGO | 8377 | LUSITANIA ARMADA | WROCŁAW | POL | SENIOR II M - 30 | 22 | M 63 | 00:01:20 | 00:31:15 | 00:45:15 | 01:11:08.70 | 01:11:08.70 | 7:06 | 8.4 |
| 23 | TRZPIOLA TYCJAN | 8003 | KURACJUSZE | WROCŁAW | POL | SENIOR II M - 30 | 23 | M 64 | 00:00:11 | 00:29:39 | 00:44:53 | 01:11:31.50 | 01:11:31.50 | 7:09 | 8.4 |
| 24 | JARMUŻEK TOMASZ | 8346 | | POZNAŃ | POL | SENIOR II M - 30 | 24 | M 65 | 00:00:58 | 00:32:30 | 00:46:59 | 01:11:38.65 | 01:11:38.65 | 7:09 | 8.4 |
| 25 | WIDUN GRZEGORZ | 8200 | WIDUN KETTELBELL CLUB | WROCŁAW | POL | SENIOR II M - 30 | 25 | M 68 | 00:01:33 | 00:31:41 | 00:46:23 | 01:12:20.15 | 01:12:20.15 | 7:14 | 8.3 |
| 26 | WOŹNIAK JAKUB | 8160 | TEAM LIDL | POZNAŃ | POL | SENIOR II M - 30 | 26 | M 71 | 00:00:45 | 00:31:28 | 00:45:56 | 01:12:56.45 | 01:12:56.45 | 7:17 | 8.2 |
| 27 | GOS SEBASTIAN | 8449 | | ŁĄDEK-ZDRÓJ | POL | SENIOR II M - 30 | 26 | M 71 | 00:00:35 | 00:31:14 | 00:46:16 | 01:12:56.45 | 01:12:56.45 | 7:17 | 8.2 |
| 28 | CIEŚLAK KRZYSZTOF | 8563 | ULTRAFAZA.PL | ZIELONA GÓRA | POL | SENIOR II M - 30 | 28 | M 77 | 00:00:43 | 00:32:37 | 00:48:05 | 01:13:44.75 | 01:13:44.75 | 7:22 | 8.1 |
| 29 | PAKUŁA TOMASZ | 8111 | | BOJANOWO | POL | SENIOR II M - 30 | 29 | M 82 | 00:00:51 | 00:32:56 | 00:48:17 | 01:15:07.30 | 01:15:07.30 | 7:30 | 8 |
| 30 | SZCZUDŁAK MICHAŁ | 8445 | | POZNAŃ | POL | SENIOR II M - 30 | 30 | M 83 | 00:00:20 | 00:33:49 | 00:49:34 | 01:15:07.45 | 01:15:07.45 | 7:30 | 8 |
| 31 | STAWORZYŃSKI DAWID | 8285 | PAN KORBKA | BĘDZIN | POL | SENIOR II M - 30 | 31 | M 89 | 00:00:16 | 00:32:20 | 00:48:31 | 01:16:08.40 | 01:16:08.40 | 7:36 | 7.9 |
| 32 | MACKIEWICZ KAROL | 8048 | | WASILKÓW | POL | SENIOR II M - 30 | 32 | M 91 | 00:00:30 | 00:33:12 | 00:49:14 | 01:16:38.35 | 01:16:38.35 | 7:39 | 7.8 |
| 33 | PEREIRA RUBEN | 8381 | LUSITANIA ARMADA | WROCŁAW | POL | SENIOR II M - 30 | 33 | M 101 | 00:01:21 | 00:34:32 | 00:50:43 | 01:18:26.55 | 01:18:26.55 | 7:50 | 7.6 |
| 34 | BLICKI WOJTEK | 8217 | | ŁOBŻENICA | POL | SENIOR II M - 30 | 34 | M 102 | 00:00:05 | 00:34:25 | 00:50:10 | 01:18:28.20 | 01:18:28.20 | 7:50 | 7.6 |
| 35 | KRAWCZYKOWSKI JACEK | 8135 | | POZNAŃ | POL | SENIOR II M - 30 | 35 | M 103 | 00:01:27 | 00:35:59 | 00:51:45 | 01:18:32.20 | 01:18:32.20 | 7:51 | 7.6 |
| 36 | BIENKOWSKI KAMIL | 8282 | | RADWANICE | POL | SENIOR II M - 30 | 36 | M 109 | 00:01:23 | 00:35:47 | 00:51:12 | 01:19:35.70 | 01:19:35.70 | 7:57 | 7.5 |
| 37 | ZADORA BORYS | 8214 | OLDBOYS TROJAN ŁĄDEK ZDRÓJ | ŁĄDEK ZDRÓJ | POL | SENIOR II M - 30 | 37 | M 113 | 00:03:27 | 00:37:33 | 00:52:56 | 01:20:19.05 | 01:20:19.05 | 8:01 | 7.5 |
| 38 | CICHAŃSKI MAREK | 8199 | | STRONIE ŚLĄSKIE | POL | SENIOR II M - 30 | 38 | M 117 | 00:00:40 | 00:34:50 | 00:52:11 | 01:21:08.05 | 01:21:08.05 | 8:06 | 7.4 |
| 39 | KIERUL ŁUKASZ | 8403 | MASA TEAM | NOWA SÓL | POL | SENIOR II M - 30 | 39 | M 118 | 00:00:29 | 00:34:11 | 00:51:18 | 01:21:09.35 | 01:21:09.35 | 8:06 | 7.4 |
| 40 | JANUS TOMASZ | 8351 | TEAM KURORT ŁĄDEK-ZDRÓJ | BYSTRZYCA KŁODZKA | POL | SENIOR II M - 30 | 40 | M 120 | 00:01:14 | 00:37:13 | 00:53:43 | 01:21:13.20 | 01:21:13.20 | 8:07 | 7.4 |
| 41 | WÓJCIAK ŁUKASZ | 8073 | UMAWIANIENIABIEGANIETEAM | WROCŁAW | POL | SENIOR II M - 30 | 41 | M 122 | 00:00:32 | 00:34:20 | 00:51:09 | 01:21:34.65 | 01:21:34.65 | 8:09 | 7.4 |
| 42 | DEMBIŃSKI ARKADIUSZ | 8409 | | SKOKI | POL | SENIOR II M - 30 | 42 | M 123 | 00:00:53 | 00:36:32 | 00:53:14 | 01:21:53.20 | 01:21:53.20 | 8:11 | 7.3 |
| 43 | NAZIMEK PIOTR | 8287 | | PRÓSZKÓW | POL | SENIOR II M - 30 | 43 | M 124 | 00:00:34 | 00:35:34 | 00:52:34 | 01:22:00.60 | 01:22:00.60 | 8:12 | 7.3 |
| 44 | BURA TOMASZ | 8475 | | KRZYCKO WIELKIE | POL | SENIOR II M - 30 | 44 | M 125 | 00:00:09 | 00:35:15 | 00:52:20 | 01:22:02.75 | 01:22:02.75 | 8:12 | 7.3 |
| 45 | KUZIEL MARCIN | 8113 | BLACK RUNNING STRONIE ŚLĄSKIE | STRONIE ŚLĄSKIE | POL | SENIOR II M - 30 | 45 | M 126 | 00:01:23 | 00:39:16 | 00:55:22 | 01:22:17.00 | 01:22:17.00 | 8:13 | 7.3 |
| 46 | MADAJCZYK TOMASZ | 8128 | | WROCŁAW | POL | SENIOR II M - 30 | 46 | M 134 | 00:00:23 | 00:34:29 | 00:51:52 | 01:23:20.80 | 01:23:20.80 | 8:20 | 7.2 |
| 47 | WINKOWSKI ADRIAN | 8001 | PRZEDWOJEWSKI TEAM | MĘDŁÓW | AFG | SENIOR II M - 30 | 47 | M 136 | 00:00:06 | 00:35:01 | 00:52:11 | 01:24:08.35 | 01:24:08.35 | 8:24 | 7.1 |
| 48 | POZNAR ADAM | 8354 | | WROCŁAW | POL | SENIOR II M - 30 | 48 | M 140 | 00:01:17 | 00:38:22 | 00:55:54 | 01:24:57.90 | 01:24:57.90 | 8:29 | 7.1 |
| 49 | WILK TOMASZ | 8038 | | OPOLE | POL | SENIOR II M - 30 | 49 | M 146 | 00:01:01 | 00:38:23 | 00:56:48 | 01:26:55.35 | 01:26:55.35 | 8:41 | 6.9 |
| 50 | WAWER MARCIN | 8493 | STOWARZYSZENIE BIEG OPOLSKI | GOGOLIN | POL | SENIOR II M - 30 | 50 | M 152 | 00:01:22 | 00:40:58 | 00:58:40 | 01:28:52.65 | 01:28:52.65 | 8:53 | 6.8 |
| 51 | PUSZEK JACEK | 8195 | | CZĘSTOCHOWA | POL | SENIOR II M - 30 | 51 | M 157 | 00:00:06 | 00:37:46 | 00:56:56 | 01:29:54.15 | 01:29:54.15 | 8:59 | 6.7 |
| 52 | SENDER JAKUB | 8317 | BW RUNNING TEAM | WARSZAWA | POL | SENIOR II M - 30 | 52 | M 159 | 00:01:11 | 00:37:55 | 00:56:28 | 01:30:02.85 | 01:30:02.85 | 9:00 | 6.7 |
| 53 | KORNASZEWSKI WOJCIECH | 8559 | | BYDGOSZCZ | POL | SENIOR II M - 30 | 53 | M 162 | 00:00:30 | 00:38:16 | 00:56:45 | 01:30:15.15 | 01:30:15.15 | 9:01 | 6.6 |
| 54 | KRUK MATEUSZ | 8203 | MAXIMUS KROSNOWICE | BYSTRZYCA KŁODZKA | POL | SENIOR II M - 30 | 54 | M 164 | 00:00:24 | 00:36:43 | 00:56:02 | 01:31:26.65 | 01:31:26.65 | 9:08 | 6.6 |
| 55 | WOJTCZAK MATEUSZ | 8456 | | WARSZAWA | POL | SENIOR II M - 30 | 55 | M 170 | 00:01:04 | 00:42:04 | 01:01:00 | 01:33:13.70 | 01:33:13.70 | 9:19 | 6.4 |
| 56 | BLANIK MAREK | 8239 | | RADLIN | POL | SENIOR II M - 30 | 56 | M 171 | 00:00:31 | 00:39:25 | 00:58:30 | 01:33:29.75 | 01:33:29.75 | 9:20 | 6.4 |
| 57 | CHOMĄTOWSKI DANIEL | 8127 | | WROCŁAW | POL | SENIOR II M - 30 | 57 | M 176 | 00:00:23 | 00:42:07 | 01:02:46 | 01:36:07.80 | 01:36:07.80 | 9:36 | 6.2 |
| 58 | PAWLUS MAREK | 8395 | MAKEMAROFITAGAIN! | WROCŁAW | POL | SENIOR II M - 30 | 58 | M 182 | 00:00:15 | 00:40:31 | 01:01:41 | 01:37:41.90 | 01:37:41.90 | 9:46 | 6.1 |
| 59 | SZCZEPIŃSKI KRZYSZTOF | 8584 | | WROCŁAW | POL | SENIOR II M - 30 | 59 | M 183 | 00:00:27 | 00:40:17 | 01:01:28 | 01:38:10.00 | 01:38:10.00 | 9:49 | 6.1 |
| 60 | KASPRZAK ŁUKASZ | 8432 | | WROCŁAW | POL | SENIOR II M - 30 | 60 | M 186 | 00:01:10 | 00:42:11 | 01:01:58 | 01:39:18.65 | 01:39:18.65 | 9:55 | 6 |
| 61 | ŁĘKAWA MATEUSZ | 8483 | | WARSZAWA | POL | SENIOR II M - 30 | 61 | M 190 | 00:01:13 | 00:45:44 | 01:06:30 | 01:39:58.35 | 01:39:58.35 | 9:59 | 6 |
| 62 | DAGIEL JANUSZ | 8334 | | WARSZAWA | POL | SENIOR II M - 30 | 62 | M 191 | 00:00:54 | 00:41:52 | 01:04:01 | 01:40:16.05 | 01:40:16.05 | 10:01 | 6 |
| 63 | GRZYBEK SŁAWOMIR | 8130 | BARTOSZ GORCZYCA RUNNING TEAM | KATOWICE | POL | SENIOR II M - 30 | 63 | M 193 | 00:00:41 | 00:45:10 | 01:05:48 | 01:40:52.75 | 01:40:52.75 | 10:05 | 5.9 |
| 64 | KUBAŚ DAWID | 8492 | NADLEŚNICTWO ZDROJE | KŁODZKO | POL | SENIOR II M - 30 | 64 | M 195 | 00:00:44 | 00:44:51 | 01:05:41 | 01:41:05.15 | 01:41:05.15 | 10:06 | 5.9 |
| 65 | SUDER MACIEJ | 8364 | 3M RUNNING TEAM POLAND | WROCŁAW | POL | SENIOR II M - 30 | 65 | M 198 | 00:00:36 | 00:42:09 | 01:03:52 | 01:44:55.50 | 01:44:55.50 | 10:29 | 5.7 |
| 66 | RADWAN MATEUSZ | 8106 | | DOPIEWO | POL | SENIOR II M - 30 | 66 | M 203 | 00:00:45 | 00:46:33 | 01:10:29 | 01:48:54.75 | 01:48:54.75 | 10:53 | 5.5 |

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 | 0.01km | 3.7km | 5.8km | Netto | Brutto | min/km | km/h |
|------|--------------------|------|-------------------------|-----------|------|------------------|--------|-------|----------|----------|----------|-------------|-------------|--------|------|
| 67 | ZARZECZNY RADOŚLAW | 8413 | JUNIOR AMATOR SUPERSTAR | KRAKÓW | POL | SENIOR II M - 30 | 67 | M 215 | 00:00:49 | 00:47:59 | 01:13:30 | 02:04:57.10 | 02:04:57.10 | 12:29 | 4.8 |
| 68 | MITIS MAREK | 8232 | | KRAKÓW | POL | SENIOR II M - 30 | 68 | M 216 | 00:00:48 | 00:48:00 | 01:13:31 | 02:04:57.25 | 02:04:57.25 | 12:29 | 4.8 |
| 69 | WEKA KRZYSZTOF | 8555 | BIAŁYSTOK BIEGA TEAM | BIAŁYSTOK | POL | SENIOR II M - 30 | 69 | M 218 | 00:00:10 | 00:39:20 | 01:05:57 | 02:06:04.65 | 02:06:04.65 | 12:36 | 4.8 |
| 70 | MROWCA PAWEŁ | 8439 | | LUBAŃ | POL | SENIOR II M - 30 | 70 | M 227 | 00:01:17 | 00:56:38 | 01:29:35 | 02:33:10.85 | 02:33:10.85 | 15:19 | 3.9 |

BIEG TROJAK TRAIL - 10 KM, Masters K - 40

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 0.01km | 3.7km | 5.8km | Netto | Brutto | min/km | km/h |
|------|--------------------------------|------|--------------------------------------|------------------------------|------|----------------|--------|-------|----------|----------|----------|-------------|-------------|--------|------|
| 1 | KĄŻMIERCZAK MARTA | 8595 | ZĄŁOGA GÓRSKA | WARSZAWA | POL | MASTERS K - 40 | 1 | K 2 | 00:00:02 | 00:24:22 | 00:36:14 | 00:56:31.75 | 00:56:31.75 | 5:39 | 10.6 |
| 2 | KARCZEWSKA JOANNA | 8580 | KIERUNEK ULTRA | SUWAŁKI | POL | MASTERS K - 40 | 2 | K 4 | 00:00:04 | 00:26:13 | 00:39:04 | 01:01:41.05 | 01:01:41.05 | 6:10 | 9.7 |
| 3 | ADAMCZYK-NOWAK BEATA | 8280 | MIECHOWICKA GRUPA BIEGOWA | BYTOM | POL | MASTERS K - 40 | 3 | K 12 | 00:00:09 | 00:29:15 | 00:43:30 | 01:07:40.55 | 01:07:40.55 | 6:46 | 8.9 |
| 4 | MAZIAREK ADELA | 8093 | | NIEMODLIN | POL | MASTERS K - 40 | 4 | K 19 | 00:00:09 | 00:30:10 | 00:45:27 | 01:12:22.65 | 01:12:22.65 | 7:14 | 8.3 |
| 5 | PILONIS ELEONORA | 8474 | BIEGOSTACJA | ZIELONA GÓRA | POL | MASTERS K - 40 | 5 | K 24 | 00:00:13 | 00:31:47 | 00:47:44 | 01:15:14.00 | 01:15:14.00 | 7:31 | 8 |
| 6 | MAJKA ANNA | 8057 | FAMILIAMAJKA | SZCZECIN | POL | MASTERS K - 40 | 6 | K 25 | 00:00:22 | 00:34:00 | 00:49:31 | 01:16:02.60 | 01:16:02.60 | 7:36 | 7.9 |
| 7 | MALOCCO MONIKA | 8188 | | WARSZAWA | POL | MASTERS K - 40 | 7 | K 26 | 00:00:25 | 00:32:26 | 00:48:13 | 01:16:18.25 | 01:16:18.25 | 7:37 | 7.9 |
| 8 | BEDLA ANNA | 8568 | | JAWORZNO | POL | MASTERS K - 40 | 8 | K 28 | 00:00:11 | 00:32:52 | 00:49:15 | 01:16:40.10 | 01:16:40.10 | 7:40 | 7.8 |
| 9 | BAKSALARY LIDIA | 8254 | #BIEGAJLESZNO | LESZNO | POL | MASTERS K - 40 | 9 | K 29 | 00:00:03 | 00:31:11 | 00:47:15 | 01:17:34.60 | 01:17:34.60 | 7:45 | 7.7 |
| 10 | SENIÓW JOANNA | 8255 | | POZNAŃ | POL | MASTERS K - 40 | 10 | K 30 | 00:00:08 | 00:32:17 | 00:49:15 | 01:18:44.65 | 01:18:44.65 | 7:52 | 7.6 |
| 11 | KMICIK ROMA | 8425 | KUDOWIANKA RUN | ŁĘŻYCE | POL | MASTERS K - 40 | 11 | K 41 | 00:01:02 | 00:37:47 | 00:55:18 | 01:24:34.75 | 01:24:34.75 | 8:27 | 7.1 |
| 12 | KONIECZNA ANNA | 8155 | TARNOWO PODGÓRNE BIEGA | TARNOWO PODGÓRNE | POL | MASTERS K - 40 | 12 | K 44 | 00:00:06 | 00:35:54 | 00:53:57 | 01:24:58.85 | 01:24:58.85 | 8:29 | 7.1 |
| 13 | SZCZYPCZYK-PRUSICKA MAŁGORZATA | 8123 | | ZABRZE | POL | MASTERS K - 40 | 13 | K 47 | 00:00:16 | 00:35:14 | 00:53:30 | 01:25:37.80 | 01:25:37.80 | 8:33 | 7 |
| 14 | BACHURSKA EWA | 8043 | KB HARCOWNIK JELCZ LASKOWICE | MŁOSZYCE | POL | MASTERS K - 40 | 14 | K 51 | 00:00:18 | 00:36:46 | 00:54:57 | 01:26:16.45 | 01:26:16.45 | 8:37 | 7 |
| 15 | RZYWUCKA JOLANTA | 8272 | 4 RUN TEAM PIŁA | PIŁA | POL | MASTERS K - 40 | 15 | K 54 | 00:00:14 | 00:35:51 | 00:54:34 | 01:26:50.15 | 01:26:50.15 | 8:41 | 6.9 |
| 16 | MATUSZCZYK GRAŻYNA | 8271 | RYBNICKA GRUPA BIEGOWA | RYBNIK | POL | MASTERS K - 40 | 16 | K 55 | 00:00:24 | 00:36:06 | 00:54:36 | 01:26:54.55 | 01:26:54.55 | 8:41 | 6.9 |
| 17 | KOZŁOWSKA MAŁGORZATA | 8046 | KB ODRA OPOLE | OPOLE | POL | MASTERS K - 40 | 17 | K 63 | 00:00:30 | 00:37:39 | 00:56:01 | 01:28:55.60 | 01:28:55.60 | 8:53 | 6.7 |
| 18 | MASALSKA ANNA | 8578 | | SUWAŁKI | POL | MASTERS K - 40 | 18 | K 65 | 00:00:27 | 00:37:36 | 00:55:49 | 01:29:41.10 | 01:29:41.10 | 8:58 | 6.7 |
| 19 | RUTKOWSKA IZABELA | 8349 | SPORTOWY KĄŻMIERZ | KĄŻMIERZ | POL | MASTERS K - 40 | 19 | K 66 | 00:01:04 | 00:41:02 | 01:00:17 | 01:32:06.70 | 01:32:06.70 | 9:12 | 6.5 |
| 20 | LEŚNICZAK BARBARA | 8457 | #WKURWTEAM | ZIELONKA | POL | MASTERS K - 40 | 20 | K 71 | 00:01:12 | 00:40:40 | 01:00:01 | 01:32:46.95 | 01:32:46.95 | 9:16 | 6.5 |
| 21 | BLANIK AGNIESZKA | 8238 | | RADLIN | POL | MASTERS K - 40 | 21 | K 74 | 00:00:31 | 00:39:25 | 00:58:36 | 01:33:29.75 | 01:33:29.75 | 9:20 | 6.4 |
| 22 | ZAJĄC AGA | 8379 | 77CATS | JÓZEFOSŁAW | POL | MASTERS K - 40 | 22 | K 75 | 00:00:38 | 00:41:30 | 01:01:03 | 01:33:32.50 | 01:33:32.50 | 9:21 | 6.4 |
| 23 | REIJMERS AGNIESZKA | 8251 | LEIDEN ATLETIEK | OEGSTGEEST | NED | MASTERS K - 40 | 23 | K 76 | 00:00:39 | 00:39:57 | 00:58:36 | 01:33:47.80 | 01:33:47.80 | 9:22 | 6.4 |
| 24 | SOBOLEWSKA JULITA | 8369 | | ZALEWO | POL | MASTERS K - 40 | 24 | K 78 | 00:00:13 | 00:39:11 | 00:58:26 | 01:34:02.20 | 01:34:02.20 | 9:24 | 6.4 |
| 25 | BEDNAREK-KWIATKOWSKA ANNA | 8163 | SAMO ZDROWIE | POZNAŃ (POZNAŃ-STARE MIASTO) | POL | MASTERS K - 40 | 25 | K 82 | 00:00:53 | 00:40:33 | 01:00:52 | 01:34:43.50 | 01:34:43.50 | 9:28 | 6.3 |
| 26 | BUDA MAŁGORZATA | 8260 | | POZNAŃ | POL | MASTERS K - 40 | 26 | K 83 | 00:00:19 | 00:38:27 | 00:58:08 | 01:34:45.70 | 01:34:45.70 | 9:28 | 6.3 |
| 27 | IGNASZEWSKA MARTA | 8380 | | RADZYNY | POL | MASTERS K - 40 | 27 | K 94 | 00:00:42 | 00:41:23 | 01:01:10 | 01:36:29.15 | 01:36:29.15 | 9:38 | 6.2 |
| 28 | GRUCHALSKA MARTA | 8494 | STOWARZYSZENIE BIEG OPOLSKI | OPOLE | POL | MASTERS K - 40 | 28 | K 100 | 00:01:22 | 00:45:17 | 01:05:02 | 01:37:20.30 | 01:37:20.30 | 9:44 | 6.2 |
| 29 | CZERNICKA MAGDALENA | 8423 | | RYBNIK | POL | MASTERS K - 40 | 29 | K 107 | 00:01:08 | 00:43:43 | 01:03:36 | 01:39:28.60 | 01:39:28.60 | 9:56 | 6 |
| 30 | SOJA-WAWRYSZEWICZ AGATA | 8230 | | WROCŁAW | POL | MASTERS K - 40 | 30 | K 108 | 00:00:54 | 00:42:06 | 01:02:21 | 01:39:35.95 | 01:39:35.95 | 9:57 | 6 |
| 31 | DABKOWSKA PATRYCJA | 8472 | SPEEDFEED'16 | BARCHLIN | POL | MASTERS K - 40 | 31 | K 113 | 00:00:42 | 00:42:05 | 01:02:51 | 01:40:00.35 | 01:40:00.35 | 10:00 | 6 |
| 32 | MAZURKIEWICZ JOANNA | 8061 | | STARY WIELISŁAW | POL | MASTERS K - 40 | 32 | K 117 | 00:00:11 | 00:40:12 | 01:02:02 | 01:40:40.10 | 01:40:40.10 | 10:04 | 6 |
| 33 | DĄBROWSKA GRZYBEK JOANNA | 8131 | | KATOWICE | POL | MASTERS K - 40 | 33 | K 118 | 00:00:41 | 00:45:10 | 01:05:47 | 01:40:55.15 | 01:40:55.15 | 10:05 | 5.9 |
| 34 | TÓRZ ANNA | 8292 | | POZNAŃ | POL | MASTERS K - 40 | 34 | K 120 | 00:00:53 | 00:44:19 | 01:05:40 | 01:41:06.20 | 01:41:06.20 | 10:06 | 5.9 |
| 35 | PRUS DOROTA | 8052 | | WARSZAWA | POL | MASTERS K - 40 | 35 | K 125 | 00:01:27 | 00:45:18 | 01:04:57 | 01:41:45.80 | 01:41:45.80 | 10:10 | 5.9 |
| 36 | WEBER AGATA | 8581 | VELO ŁOSIE NA SZOSIE | WARSZAWA | POL | MASTERS K - 40 | 36 | K 126 | 00:00:30 | 00:43:14 | 01:03:56 | 01:41:50.25 | 01:41:50.25 | 10:11 | 5.9 |
| 37 | DĘBSKA MARZENA | 8035 | PODDĘBICKI KLUB BIEGACZA ZDYSZANI.PL | PODDĘBICE | POL | MASTERS K - 40 | 37 | K 128 | 00:00:09 | 00:45:21 | 01:06:32 | 01:42:17.50 | 01:42:17.50 | 10:13 | 5.9 |
| 38 | KRYSA DOROTA | 8322 | POMYŁKA TEAM | ŁĄDEK ZDRÓJ | POL | MASTERS K - 40 | 38 | K 129 | 00:01:29 | 00:44:45 | 01:06:27 | 01:42:20.65 | 01:42:20.65 | 10:14 | 5.9 |
| 39 | WASILEWSKA AGNIESZKA | 8226 | AROMAT NÓG | KRAKÓW | POL | MASTERS K - 40 | 39 | K 130 | 00:00:12 | 00:40:53 | 01:04:16 | 01:42:35.10 | 01:42:35.10 | 10:15 | 5.8 |
| 40 | LESNIAK SYLWIA | 8320 | | DUBLIN 22 | IRL | MASTERS K - 40 | 40 | K 133 | 00:00:07 | 00:42:31 | 01:04:39 | 01:43:08.35 | 01:43:08.35 | 10:18 | 5.8 |
| 41 | TOMERA DOROTA | 8496 | TEAM KURORT ŁĄDEK-ZDRÓJ | STARA BYSTRZYCA | POL | MASTERS K - 40 | 41 | K 135 | 00:01:10 | 00:45:48 | 01:06:33 | 01:43:35.45 | 01:43:35.45 | 10:21 | 5.8 |
| 42 | GURGUL DOROTA | 8205 | AROMAT NÓG | KRAKÓW | POL | MASTERS K - 40 | 42 | K 136 | 00:00:12 | 00:40:52 | 01:04:15 | 01:43:51.00 | 01:43:51.00 | 10:23 | 5.8 |
| 43 | JAKUBOWSKA JUDYTA | 8076 | | KAMIEŃ POMORSKI | POL | MASTERS K - 40 | 43 | K 138 | 00:00:25 | 00:42:51 | 01:05:01 | 01:44:07.45 | 01:44:07.45 | 10:24 | 5.8 |
| 44 | RZYSZKIEWICZ MAŁGORZATA | 8274 | PĘDZĄCE LENIWCE | SOKOŁÓW PODLASKI | POL | MASTERS K - 40 | 44 | K 142 | 00:00:53 | 00:43:58 | 01:05:39 | 01:45:08.75 | 01:45:08.75 | 10:30 | 5.7 |
| 45 | BOBIN ANNA | 8084 | ZOCHU TEAM | GORZÓW WIELKOPOLSKI | POL | MASTERS K - 40 | 45 | K 145 | 00:00:50 | 00:45:16 | 01:07:19 | 01:45:36.35 | 01:45:36.35 | 10:33 | 5.7 |

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 | 0.01km | 3.7km | 5.8km | Netto | Brutto | min/km | km/h |
|------|-----------------------------|------|---------------------------------|------------------------|------|----------------|--------|-------|----------|----------|----------|-------------|-------------|--------|------|
| 46 | NITSCHKE GRAŻYNA | 8390 | MPK-POZNAŃ | POZNAŃ | POL | MASTERS K - 40 | 46 | K 150 | 00:00:56 | 00:43:50 | 01:06:25 | 01:46:19.35 | 01:46:19.35 | 10:37 | 5.6 |
| 47 | GAWRON MONIKA | 8481 | MIRAZ RACE TEAM | RUDA ŚLĄSKA | POL | MASTERS K - 40 | 47 | K 152 | 00:00:07 | 00:47:20 | 01:09:08 | 01:46:45.05 | 01:46:45.05 | 10:40 | 5.6 |
| 48 | BIAŁEK WIOLETTA | 8114 | | STRONIE ŚLĄSKIE | POL | MASTERS K - 40 | 48 | K 153 | 00:01:03 | 00:45:35 | 01:08:03 | 01:47:13.85 | 01:47:13.85 | 10:43 | 5.6 |
| 49 | SIP SABINA | 8157 | FSD RUN DREZDENKO | DREZDENKO | POL | MASTERS K - 40 | 49 | K 159 | 00:00:22 | 00:45:50 | 01:09:16 | 01:49:30.45 | 01:49:30.45 | 10:57 | 5.5 |
| 50 | PLASZCZAK BOGUMIŁA | 8162 | PIEKIELNIE ZGRANI | TULCE | POL | MASTERS K - 40 | 50 | K 161 | 00:00:32 | 00:45:37 | 01:09:01 | 01:51:42.55 | 01:51:42.55 | 11:10 | 5.4 |
| 51 | MĄDRO AGNIESZKA | 8417 | | KŁODZKO | POL | MASTERS K - 40 | 51 | K 163 | 00:01:32 | 00:49:36 | 01:12:29 | 01:52:07.80 | 01:52:07.80 | 11:12 | 5.4 |
| 52 | WYCISZKIEWICZ GABRIELA | 8371 | TEAM KURORT ŁĄDEK ZDRÓJ | OLDRZYCHOWICE KŁODZKIE | POL | MASTERS K - 40 | 52 | K 166 | 00:01:11 | 00:47:54 | 01:11:53 | 01:52:35.15 | 01:52:35.15 | 11:15 | 5.3 |
| 53 | PARTYKA AGNIESZKA | 8017 | KB HARCOWNIK JELCZ-LASKOWICE | JELCZ-LASKOWICE | POL | MASTERS K - 40 | 53 | K 167 | 00:01:23 | 00:48:11 | 01:11:56 | 01:53:13.80 | 01:53:13.80 | 11:19 | 5.3 |
| 54 | NAIT MANSOUR IZABELA | 8325 | | POZNAŃ | POL | MASTERS K - 40 | 54 | K 169 | 00:00:52 | 00:46:14 | 01:11:00 | 01:53:46.50 | 01:53:46.50 | 11:22 | 5.3 |
| 55 | KLIN ANETA | 8402 | | BRZEG | POL | MASTERS K - 40 | 55 | K 170 | 00:01:06 | 00:48:13 | 01:13:02 | 01:53:52.75 | 01:53:52.75 | 11:23 | 5.3 |
| 56 | HETAK MONIKA | 8211 | | ŁĄDEK-ZDRÓJ | POL | MASTERS K - 40 | 56 | K 171 | 00:00:40 | 00:46:44 | 01:10:59 | 01:53:56.50 | 01:53:56.50 | 11:23 | 5.3 |
| 57 | HEŁMIK KATARZYNA | 8440 | POMYŁKA TEAM | WROCŁAW | POL | MASTERS K - 40 | 57 | K 172 | 00:01:31 | 00:49:25 | 01:13:22 | 01:54:05.45 | 01:54:05.45 | 11:24 | 5.3 |
| 58 | GÓRCZYŃSKA BARBARA | 8229 | | ŁĄDEK ZDRÓJ | POL | MASTERS K - 40 | 58 | K 173 | 00:01:29 | 00:48:47 | 01:13:23 | 01:54:09.85 | 01:54:09.85 | 11:24 | 5.3 |
| 59 | MIKOŁAJCZAK MAGDALENA | 8089 | HRMAX ŻORY | ŻORY | POL | MASTERS K - 40 | 59 | K 181 | 00:01:27 | 00:49:38 | 01:13:48 | 01:55:29.50 | 01:55:29.50 | 11:32 | 5.2 |
| 60 | MORAWSKA EDYTA | 8386 | BIEGNIJ ŁAWO | OLAWA | POL | MASTERS K - 40 | 60 | K 182 | 00:00:35 | 00:45:07 | 01:08:23 | 01:55:39.45 | 01:55:39.45 | 11:33 | 5.2 |
| 61 | BOGUSŁAWSKA ELŻBIETA | 8215 | | ŁĄDEK-ZDRÓJ | POL | MASTERS K - 40 | 61 | K 183 | 00:00:45 | 00:46:47 | 01:12:38 | 01:55:54.90 | 01:55:54.90 | 11:35 | 5.2 |
| 62 | SZAFLIK ANNA | 8216 | | ŁĄDEK-ZDRÓJ | POL | MASTERS K - 40 | 62 | K 185 | 00:00:46 | 00:46:48 | 01:12:38 | 01:56:08.95 | 01:56:08.95 | 11:36 | 5.2 |
| 63 | RZESZOWSKA IWONA | 8283 | MIRAZ RACE TEAM | ZABRZE | POL | MASTERS K - 40 | 63 | K 189 | 00:00:07 | 00:47:51 | 01:13:14 | 01:56:51.10 | 01:56:51.10 | 11:41 | 5.1 |
| 64 | ROMANOWSKA ANNA | 8586 | | WARSZAWA | POL | MASTERS K - 40 | 64 | K 190 | 00:00:29 | 00:48:19 | 01:14:20 | 01:57:45.60 | 01:57:45.60 | 11:46 | 5.1 |
| 65 | DULIK ALEKSANDRA | 8303 | OPOLE | OPOLE | POL | MASTERS K - 40 | 65 | K 192 | 00:00:57 | 00:48:40 | 01:13:17 | 01:58:07.35 | 01:58:07.35 | 11:48 | 5.1 |
| 66 | LECHOWSKA MONIKA | 8083 | ALSTOM KATOWICE | MYŚLOWICE | POL | MASTERS K - 40 | 66 | K 193 | 00:01:03 | 00:49:49 | 01:14:37 | 01:58:14.95 | 01:58:14.95 | 11:49 | 5.1 |
| 67 | LIS EWELINA | 8008 | | GRUDZIĄDZ | POL | MASTERS K - 40 | 67 | K 196 | 00:00:56 | 00:47:57 | 01:09:11 | 01:59:01.15 | 01:59:01.15 | 11:54 | 5 |
| 68 | SZPUREK ANNA | 8597 | BUKOWSKI KLUB BIEGACZA | BUK | POL | MASTERS K - 40 | 68 | K 200 | 00:00:32 | 00:47:25 | 01:14:18 | 02:04:33.65 | 02:04:33.65 | 12:27 | 4.8 |
| 69 | AGATA BAGROWSKA | 8257 | | WROCŁAW | POL | MASTERS K - 40 | 69 | K 203 | 00:01:15 | 00:51:33 | 01:18:20 | 02:05:36.05 | 02:05:36.05 | 12:33 | 4.8 |
| 70 | ŚLEDZIK JOANNA | 8085 | ALSTOM KATOWICE | ZABRZE | POL | MASTERS K - 40 | 70 | K 205 | 00:01:15 | 00:51:32 | 01:15:32 | 02:06:27.25 | 02:06:27.25 | 12:38 | 4.7 |
| 71 | DOMINIAK AGNIESZKA | 8030 | | WARSZAWA | POL | MASTERS K - 40 | 71 | K 206 | 00:01:05 | 00:52:24 | 01:18:29 | 02:07:17.05 | 02:07:17.05 | 12:43 | 4.7 |
| 72 | NURKIEWICZ-KMIECIK DOMINIKA | 8186 | | KĄŻMIERZ | POL | MASTERS K - 40 | 72 | K 207 | 00:00:50 | 00:52:09 | 01:18:28 | 02:07:37.55 | 02:07:37.55 | 12:45 | 4.7 |
| 73 | KARCZYŃSKA SYLWIA | 8352 | | STAROGARD GDAŃSKI | POL | MASTERS K - 40 | 73 | K 209 | 00:01:04 | 00:54:20 | 01:21:44 | 02:11:47.35 | 02:11:47.35 | 13:10 | 4.6 |
| 74 | RYMSKA ANNA | 8290 | | POZNAŃ | POL | MASTERS K - 40 | 74 | K 210 | 00:00:52 | 00:53:06 | 01:22:37 | 02:13:32.90 | 02:13:32.90 | 13:21 | 4.5 |
| 75 | SMYCZ ANNA | 8291 | | POZNAŃ | POL | MASTERS K - 40 | 75 | K 211 | 00:00:53 | 00:53:11 | 01:22:39 | 02:13:33.45 | 02:13:33.45 | 13:21 | 4.5 |
| 76 | KUBIATOWICZ MAŁGORZATA | 8006 | | POZNAŃ | POL | MASTERS K - 40 | 76 | K 216 | 00:01:26 | 01:01:58 | 01:31:35 | 02:20:50.75 | 02:20:50.75 | 14:05 | 4.3 |
| 77 | STRZYŻOWSKA MONIKA | 8091 | | BYDGOSZCZ | POL | MASTERS K - 40 | 77 | K 218 | 00:00:26 | 00:53:59 | 01:25:19 | 02:24:23.55 | 02:24:23.55 | 14:26 | 4.2 |
| 78 | SZAFRANIEC-MROWKA DOROTA | 8438 | | LUBAŃ | POL | MASTERS K - 40 | 78 | K 221 | 00:01:16 | 00:56:38 | 01:29:56 | 02:33:11.30 | 02:33:11.30 | 15:19 | 3.9 |
| 79 | SZYMAŃSKA AGNIESZKA | 8244 | | POZNAŃ | POL | MASTERS K - 40 | 79 | K 222 | 00:01:20 | 01:02:57 | 01:36:40 | 02:39:28.80 | 02:39:28.80 | 15:56 | 3.8 |
| 80 | GRZELAKOWSKA IWONA | 8442 | | POZNAŃ | POL | MASTERS K - 40 | 80 | K 223 | 00:01:13 | 01:06:59 | 01:39:33 | 02:41:34.10 | 02:41:34.10 | 16:09 | 3.7 |
| 81 | KOWAL MARZENA | 8026 | | LESZNO | POL | MASTERS K - 40 | 81 | K 225 | 00:00:45 | 01:04:41 | 01:41:21 | 02:42:31.70 | 02:42:31.70 | 16:15 | 3.7 |
| 82 | STROIŃSKA IWONA | 8080 | LESZ NO LIMITS RUNNERS | WILKOWICE | POL | MASTERS K - 40 | 82 | K 226 | 00:00:47 | 01:04:42 | 01:41:22 | 02:42:33.45 | 02:42:33.45 | 16:15 | 3.7 |
| 83 | ROBAK ANETA | 8152 | | ŁĄDEK-ZDRÓJ | POL | MASTERS K - 40 | 83 | K 228 | 00:00:49 | 01:10:13 | | 03:12:11.20 | 03:12:11.20 | 19:13 | 3.1 |

BIEG TROJAK TRAIL - 10 KM, Masters M - 40

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 0.01km | 3.7km | 5.8km | Netto | Brutto | min/km | km/h |
|------|----------------------|------|---|--------------|------|----------------|--------|------|----------|----------|----------|-------------|-------------|--------|------|
| 1 | FRANCZAK MARIUSZ | 8434 | DTR BIEGA / MARIO TEAM | KŚIĘGINICE | POL | MASTERS M - 40 | 1 | M 9 | 00:00:01 | 00:21:32 | 00:32:26 | 00:52:23.95 | 00:52:23.95 | 5:14 | 11.5 |
| 2 | STASIUKIEWICZ RAFAŁ | 8556 | 7 KLOG | GDYNIA | POL | MASTERS M - 40 | 2 | M 10 | 00:00:02 | 00:21:48 | 00:33:20 | 00:52:55.10 | 00:52:55.10 | 5:17 | 11.3 |
| 3 | GROMALA KRZYSZTOF | 8360 | WOSIEKTEAM | ŚWIEBOZICE | POL | MASTERS M - 40 | 3 | M 11 | 00:00:03 | 00:22:35 | 00:33:33 | 00:53:13.90 | 00:53:13.90 | 5:19 | 11.3 |
| 4 | JĘDRYCHOWSKI PIOTR | 8467 | KB SOBÓTKA / PRZEDWOJEWSKI TEAM | SOBÓTKA | POL | MASTERS M - 40 | 4 | M 13 | 00:00:03 | 00:22:28 | 00:33:39 | 00:53:57.80 | 00:53:57.80 | 5:23 | 11.1 |
| 5 | BEDNARZ KRZYSZTOF | 8094 | PRZEDWOJEWSKI TEAM | LUBSZA | POL | MASTERS M - 40 | 5 | M 18 | | 00:23:24 | 00:35:14 | 00:56:04.65 | 00:56:04.65 | 5:36 | 10.7 |
| 6 | TARGOSZ MICHAŁ | 8252 | #ADAMCZERWIŃSKITEAM | KRAKÓW | POL | MASTERS M - 40 | 6 | M 21 | 00:00:02 | 00:23:30 | 00:35:07 | 00:56:21.15 | 00:56:21.15 | 5:38 | 10.6 |
| 7 | KOŁODZIEJ ROMAN | 8192 | | KARŁOWICE | POL | MASTERS M - 40 | 7 | M 23 | 00:00:02 | 00:24:32 | 00:36:11 | 00:56:54.45 | 00:56:54.45 | 5:41 | 10.5 |
| 8 | SZYMANOWSKI ŁUKASZ | 8420 | LESZ NO LIMITS RUNNERS | WŁOSZAKOWICE | POL | MASTERS M - 40 | 8 | M 26 | 00:00:02 | 00:23:33 | 00:36:04 | 00:58:05.20 | 00:58:05.20 | 5:48 | 10.3 |
| 9 | STRZELCZAK ROBERT | 8373 | EUROVENT ATHLETICS / TRAIL IS OUR WAY TEAM | OPOLE | POL | MASTERS M - 40 | 9 | M 28 | 00:00:05 | 00:25:10 | 00:37:14 | 00:58:32.60 | 00:58:32.60 | 5:51 | 10.3 |
| 10 | MIKOŁAJCZYK MIROSLAW | 8070 | MIRAZ RACE TEAM | ZABRZE | POL | MASTERS M - 40 | 10 | M 30 | 00:00:03 | 00:25:39 | 00:37:52 | 00:59:16.75 | 00:59:16.75 | 5:55 | 10.1 |
| 11 | ALTEWĘGIER JAROSŁAW | 8243 | 140MINUT.PL | WROCŁAW | AFG | MASTERS M - 40 | 11 | M 31 | 00:00:07 | 00:25:12 | 00:37:35 | 00:59:45.05 | 00:59:45.05 | 5:58 | 10 |

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 | 0.01km | 3.7km | 5.8km | Netto | Brutto | min/km | km/h |
|------|---------------------|------|--|------------------------|------|----------------|--------|-------|----------|----------|----------|-------------|-------------|--------|------|
| 12 | WITEK PAWEŁ | 8397 | KOWARY BIEGAJA | KOWARY | POL | MASTERS M - 40 | 12 | M 33 | 00:00:07 | 00:25:25 | 00:37:55 | 01:00:13.65 | 01:00:13.65 | 6:01 | 9.8 |
| 13 | KONRAD ARTUR | 8333 | BRACIA TEAM ZAWIERCIE | ZAWIERCIE | POL | MASTERS M - 40 | 13 | M 35 | 00:00:07 | 00:26:07 | 00:39:01 | 01:01:22.10 | 01:01:22.10 | 6:08 | 10 |
| 14 | KOTOWICZ TOMASZ | 8463 | | WROCŁAW | POL | MASTERS M - 40 | 14 | M 40 | 00:00:06 | 00:27:20 | 00:40:50 | 01:04:05.90 | 01:04:05.90 | 6:24 | 9.4 |
| 15 | BRANDENBURG MICHAŁ | 8015 | PRZYJACIELE TEAM | KĄKOLEWO | POL | MASTERS M - 40 | 15 | M 44 | 00:00:36 | 00:28:54 | 00:42:47 | 01:07:07.15 | 01:07:07.15 | 6:42 | 8.9 |
| 16 | HRYCAJ MARIUSZ | 8031 | REBELLION OF FREE RUNNERS | OPOLE | POL | MASTERS M - 40 | 16 | M 47 | 00:00:06 | 00:29:23 | 00:43:21 | 01:07:51.40 | 01:07:51.40 | 6:47 | 8.8 |
| 17 | BUŁACZ JACEK | 8040 | DZIEWIĘĆ SIŁ STRONIE ŚLĄSKIE | ŁĄDEK ZDRÓJ | POL | MASTERS M - 40 | 17 | M 48 | 00:00:27 | 00:28:10 | 00:42:11 | 01:07:54.80 | 01:07:54.80 | 6:47 | 8.8 |
| 18 | ZAWADA ZBIGNIEW | 8196 | | OLESNICA | POL | MASTERS M - 40 | 18 | M 50 | 00:00:19 | 00:29:17 | 00:43:39 | 01:08:07.00 | 01:08:07.00 | 6:48 | 8.8 |
| 19 | BŁASZKOWSKI DANIEL | 8582 | ŚLEDZIKI | RAWICZ | POL | MASTERS M - 40 | 19 | M 53 | 00:00:03 | 00:29:00 | 00:43:13 | 01:09:04.65 | 01:09:04.65 | 6:54 | 8.7 |
| 20 | MOKRZYŃSKI MARCIN | 8570 | KLUB LEKKOATLETYCZNY ZIEMIA KŁODZKA | OŁDRZYCHOWICE KŁODZKIE | POL | MASTERS M - 40 | 20 | M 54 | 00:00:12 | 00:30:31 | 00:44:24 | 01:09:10.90 | 01:09:10.90 | 6:55 | 8.7 |
| 21 | CHOJNACKI TOMASZ | 8065 | | BIESTRZYNNIK | POL | MASTERS M - 40 | 21 | M 57 | 00:01:02 | 00:31:09 | 00:45:16 | 01:09:53.40 | 01:09:53.40 | 6:59 | 8.6 |
| 22 | BACKER MARCIN | 8224 | TOPOLICE TEAM | PASIKUROWICE | POL | MASTERS M - 40 | 22 | M 62 | 00:00:18 | 00:30:21 | 00:45:29 | 01:10:28.60 | 01:10:28.60 | 7:02 | 8.5 |
| 23 | BARANOW TOMASZ | 8587 | LEWANDOWSCY T | PLETERÓW | POL | MASTERS M - 40 | 23 | M 70 | 00:00:06 | 00:30:21 | 00:45:48 | 01:12:34.75 | 01:12:34.75 | 7:15 | 8.3 |
| 24 | WOJTAS ŁUKASZ | 8198 | GRUPA OLX TEAM | TOMASZKOWICE | POL | MASTERS M - 40 | 24 | M 76 | 00:00:47 | 00:30:48 | 00:46:15 | 01:13:43.40 | 01:13:43.40 | 7:22 | 8.1 |
| 25 | MAZIAREK MICHAŁ | 8276 | | NIEMODLIN | POL | MASTERS M - 40 | 25 | M 80 | 00:00:12 | 00:31:07 | 00:47:12 | 01:14:59.20 | 01:14:59.20 | 7:29 | 8 |
| 26 | GRZYB KRZYSZTOF | 8370 | KLUB BIEGACZA RTV EURO AGD | POZNAŃ | POL | MASTERS M - 40 | 26 | M 81 | 00:00:22 | 00:33:08 | 00:48:52 | 01:15:00.25 | 01:15:00.25 | 7:30 | 8 |
| 27 | SMOLEŃ SEBASTIAN | 8588 | | ŁĄDEK ZDRÓJ | POL | MASTERS M - 40 | 27 | M 84 | 00:00:15 | 00:32:41 | 00:48:39 | 01:15:21.55 | 01:15:21.55 | 7:32 | 8 |
| 28 | MAJKA JAREK | 8058 | FAMILIAMAJKA | SZCZECIN | POL | MASTERS M - 40 | 28 | M 87 | 00:00:22 | 00:34:07 | 00:49:31 | 01:16:02.45 | 01:16:02.45 | 7:36 | 7.9 |
| 29 | BASTRZYK TOMASZ | 8005 | | SKARŻYSKO-KAMIENNA | POL | MASTERS M - 40 | 29 | M 88 | 00:00:37 | 00:33:20 | 00:47:57 | 01:16:06.60 | 01:16:06.60 | 7:36 | 7.9 |
| 30 | MATYSIAK MARCIN | 8401 | T.S. IRON MAN GOGOLIN | GOGOLIN | POL | MASTERS M - 40 | 30 | M 93 | 00:00:20 | 00:31:43 | 00:48:12 | 01:16:56.60 | 01:16:56.60 | 7:41 | 7.8 |
| 31 | SZYMAŃSKI GRZEGORZ | 8297 | RNB POLANICA ZDRÓJ | POLANICA-ZDRÓJ | POL | MASTERS M - 40 | 31 | M 94 | 00:00:28 | 00:32:08 | 00:48:16 | 01:17:14.30 | 01:17:14.30 | 7:43 | 7.8 |
| 32 | DYBYSŁAWSKI ADAM | 8335 | KOJOTY TEAM | WARSZAWA | POL | MASTERS M - 40 | 32 | M 95 | 00:00:05 | 00:30:39 | 00:47:22 | 01:17:40.60 | 01:17:40.60 | 7:46 | 7.7 |
| 33 | WOJTKIEWICZ ADAM | 8344 | STAJNIAK#TEAM | OLESNICA | POL | MASTERS M - 40 | 33 | M 96 | 00:00:32 | 00:34:09 | 00:49:33 | 01:17:47.10 | 01:17:47.10 | 7:46 | 7.7 |
| 34 | SAWICKI PIOTR | 8558 | MOTOR LUBLIN | LUBLIN | POL | MASTERS M - 40 | 34 | M 97 | 00:00:30 | 00:37:01 | 00:52:21 | 01:17:49.70 | 01:17:49.70 | 7:46 | 7.7 |
| 35 | BAJER MIKOŁAJ | 8056 | TARNOWO PODGÓRNE BIEGA | TARNOWO PODGÓRNE | POL | MASTERS M - 40 | 35 | M 100 | 00:00:25 | 00:32:25 | 00:48:33 | 01:18:08.40 | 01:18:08.40 | 7:48 | 7.7 |
| 36 | ZASŁAWSKI LECH | 8087 | | WROCŁAW | POL | MASTERS M - 40 | 36 | M 104 | 00:00:08 | 00:31:50 | 00:48:27 | 01:18:42.25 | 01:18:42.25 | 7:52 | 7.6 |
| 37 | WUJDA MIROŚLAW | 8102 | ERNI RULEZ | DĘBNO | POL | MASTERS M - 40 | 37 | M 105 | 00:00:48 | 00:31:44 | 00:48:34 | 01:18:46.45 | 01:18:46.45 | 7:52 | 7.6 |
| 38 | OZIMINA HUBERT | 8156 | OBORYGENI | OBORNIKI ŚLĄSKIE | POL | MASTERS M - 40 | 38 | M 106 | 00:00:12 | 00:34:15 | 00:51:16 | 01:18:49.60 | 01:18:49.60 | 7:52 | 7.6 |
| 39 | SIWEK GRZEGORZ | 8044 | LANRUNS | LANCKORONA | POL | MASTERS M - 40 | 39 | M 111 | 00:00:29 | 00:35:47 | 00:52:15 | 01:20:07.75 | 01:20:07.75 | 8:00 | 7.5 |
| 40 | STASIAK ŁUKASZ | 8461 | LEŚNE DZIKI PGB | LESZNO | POL | MASTERS M - 40 | 40 | M 116 | 00:00:12 | 00:33:35 | 00:50:33 | 01:20:46.00 | 01:20:46.00 | 8:04 | 7.4 |
| 41 | SAWICKI ADRIAN | 8256 | | WROCŁAW | POL | MASTERS M - 40 | 41 | M 121 | 00:01:09 | 00:35:22 | 00:52:13 | 01:21:14.65 | 01:21:14.65 | 8:07 | 7.4 |
| 42 | PALMOWSKI RAFAŁ | 8313 | | ZGIERZ | POL | MASTERS M - 40 | 42 | M 127 | 00:00:16 | 00:34:43 | 00:52:07 | 01:22:20.25 | 01:22:20.25 | 8:14 | 7.3 |
| 43 | BOCIAĞA PAWEŁ | 8312 | RODZINNA GRUPA ROWEROWA Z MIASTA ŁODZI | ŁÓDŹ | POL | MASTERS M - 40 | 43 | M 128 | 00:00:16 | 00:34:51 | 00:52:02 | 01:22:21.90 | 01:22:21.90 | 8:14 | 7.3 |
| 44 | ŻUKIEWICZ KRZYSZTOF | 8281 | TKKF MPK POZNAŃ | POZNAŃ | POL | MASTERS M - 40 | 44 | M 129 | 00:00:18 | 00:34:38 | 00:52:03 | 01:22:34.00 | 01:22:34.00 | 8:15 | 7.3 |
| 45 | MERAK KRZYSZTOF | 8363 | KLUB LEKKOATLETYCZNY ZIEMIA KŁODZKA | OŁDRZYCHOWICE KŁODZKIE | POL | MASTERS M - 40 | 45 | M 135 | 00:01:19 | 00:37:26 | 00:54:00 | 01:23:57.65 | 01:23:57.65 | 8:23 | 7.1 |
| 46 | KISIAŁA FILIP | 8240 | | KRAKÓW | POL | MASTERS M - 40 | 46 | M 137 | 00:00:21 | 00:34:42 | 00:52:16 | 01:24:13.95 | 01:24:13.95 | 8:25 | 7.1 |
| 47 | SAMOLAK ŁUKASZ | 8228 | | ŁĄDEK ZDRÓJ | POL | MASTERS M - 40 | 47 | M 138 | 00:01:28 | 00:40:38 | 00:56:38 | 01:24:23.55 | 01:24:23.55 | 8:26 | 7.1 |
| 48 | PRUSICKI RAFAŁ | 8122 | | ZABRZE | POL | MASTERS M - 40 | 48 | M 142 | 00:00:17 | 00:35:13 | 00:53:31 | 01:25:37.60 | 01:25:37.60 | 8:33 | 7 |
| 49 | OSUCH MARCIN | 8345 | | POZNAŃ | POL | MASTERS M - 40 | 49 | M 147 | 00:00:58 | 00:37:50 | 00:55:29 | 01:27:16.85 | 01:27:16.85 | 8:43 | 6.9 |
| 50 | KOZŁOWSKI MARIUSZ | 8045 | KB ODRA OPOLE | OPOLE | POL | MASTERS M - 40 | 50 | M 153 | 00:00:30 | 00:37:33 | 00:56:00 | 01:28:56.25 | 01:28:56.25 | 8:53 | 6.7 |
| 51 | BIAŁEK MARCIN | 8115 | | STRONIE ŚLĄSKIE | POL | MASTERS M - 40 | 51 | M 154 | 00:01:04 | 00:40:19 | 00:58:49 | 01:28:58.10 | 01:28:58.10 | 8:53 | 6.7 |
| 52 | SZWACZKA SEBASTIAN | 8300 | BW BIEGOWY WARIAT | WARSZAWA | POL | MASTERS M - 40 | 52 | M 158 | 00:01:11 | 00:37:54 | 00:56:26 | 01:30:02.30 | 01:30:02.30 | 9:00 | 6.7 |
| 53 | NAZARY PIOTR | 8383 | OBORYGENI | OBORNIKI ŚLĄSKIE | POL | MASTERS M - 40 | 53 | M 160 | 00:00:27 | 00:38:55 | 00:57:06 | 01:30:03.50 | 01:30:03.50 | 9:00 | 6.7 |
| 54 | DĄBKOWSKI ADAM | 8124 | | WŁOSZAKOWICE | POL | MASTERS M - 40 | 54 | M 161 | 00:00:42 | 00:40:07 | 00:57:13 | 01:30:12.35 | 01:30:12.35 | 9:01 | 6.7 |
| 55 | BUGAJSKI MARCIN | 8187 | | WARSZAWA | POL | MASTERS M - 40 | 55 | M 163 | 00:00:25 | 00:38:01 | 00:56:46 | 01:30:24.80 | 01:30:24.80 | 9:02 | 6.6 |
| 56 | DULIK RADOŚLAW | 8604 | OPOLE | OPOLE | POL | MASTERS M - 40 | 56 | M 166 | 00:00:57 | 00:41:33 | 01:00:30 | 01:31:33.20 | 01:31:33.20 | 9:09 | 6.6 |
| 57 | GABOR MACIEJ | 8368 | | WARSZAWA | POL | MASTERS M - 40 | 57 | M 167 | 00:01:20 | 00:41:04 | 01:00:29 | 01:32:34.20 | 01:32:34.20 | 9:15 | 6.5 |
| 58 | SZAREK SŁAWOMIR | 8067 | K.S. OBSTAWIMY TYŁY | WROCŁAW | POL | MASTERS M - 40 | 58 | M 168 | 00:00:55 | 00:42:55 | 01:01:44 | 01:32:54.75 | 01:32:54.75 | 9:17 | 6.5 |
| 59 | STROIŃSKI WOJCIECH | 8081 | LESZ NO LIMITS RUNNERS | WILKOWICE | POL | MASTERS M - 40 | 59 | M 174 | 00:00:50 | 00:41:03 | 01:00:19 | 01:34:33.15 | 01:34:33.15 | 9:27 | 6.3 |
| 60 | IGNASZEWSKI MICHAŁ | 8566 | | RADZYNY | POL | MASTERS M - 40 | 60 | M 178 | 00:00:51 | 00:41:24 | 01:01:10 | 01:36:32.90 | 01:36:32.90 | 9:39 | 6.2 |
| 61 | ODIJA LESZEK | 8412 | | WIRY | POL | MASTERS M - 40 | 61 | M 181 | 00:01:18 | 00:43:13 | 01:02:26 | 01:37:18.70 | 01:37:18.70 | 9:43 | 6.2 |
| 62 | NAGLER TOMASZ | 8147 | | POZNAŃ | POL | MASTERS M - 40 | 62 | M 187 | 00:00:49 | 00:37:17 | 00:57:00 | 01:39:18.80 | 01:39:18.80 | 9:55 | 6 |
| 63 | KOWAL IRENEUSZ | 8024 | | LESZNO | POL | MASTERS M - 40 | 63 | M 189 | 00:00:45 | 00:41:46 | 01:01:51 | 01:39:54.45 | 01:39:54.45 | 9:59 | 6 |
| 64 | GAWLAS ROMAN | 8078 | | WADOWICE | POL | MASTERS M - 40 | 64 | M 196 | 00:00:39 | 00:45:49 | 01:09:05 | 01:41:24.55 | 01:41:24.55 | 10:08 | 5.9 |
| 65 | NITSCHKE KAROL | 8359 | TKKF MPK POZNAŃ | POZNAŃ | POL | MASTERS M - 40 | 65 | M 200 | 00:01:00 | 00:43:34 | 01:06:26 | 01:46:19.15 | 01:46:19.15 | 10:37 | 5.6 |

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 | 0.01km | 3.7km | 5.8km | Netto | Brutto | min/km | km/h |
|------|--------------------|------|----------------------|---------------------|------|----------------|--------|-------|----------|----------|----------|-------------|-------------|--------|------|
| 66 | SROCZYŃSKI MACIEJ | 8235 | | ŻERNIKI WROCŁAWSKIE | POL | MASTERS M - 40 | 66 | M 202 | 00:01:16 | 00:44:28 | 01:06:36 | 01:47:57.25 | 01:47:57.25 | 10:47 | 5.6 |
| 67 | DYBAŁA MICHAŁ | 8177 | NULL | KRZESZOWICE | POL | MASTERS M - 40 | 67 | M 204 | 00:00:32 | 00:45:28 | 01:08:13 | 01:49:21.60 | 01:49:21.60 | 10:56 | 5.5 |
| 68 | PLASZCZAK JAROSŁAW | 8161 | | TULCE | POL | MASTERS M - 40 | 68 | M 205 | 00:00:32 | 00:46:03 | 01:09:07 | 01:51:42.55 | 01:51:42.55 | 11:10 | 5.4 |
| 69 | SZCZERBIEN JACEK | 8150 | | KŁODZKO | POL | MASTERS M - 40 | 69 | M 206 | 00:00:51 | 00:47:09 | 01:11:00 | 01:55:02.80 | 01:55:02.80 | 11:30 | 5.2 |
| 70 | MORAWSKI JAROSŁAW | 8385 | BIEGNIJ OŁAWO | OLAWA | POL | MASTERS M - 40 | 70 | M 208 | 00:00:36 | 00:45:11 | 01:08:23 | 01:55:40.30 | 01:55:40.30 | 11:34 | 5.2 |
| 71 | FILIPIAK SEBASTIAN | 8219 | EKIPA LIPA | LIPA | POL | MASTERS M - 40 | 71 | M 209 | 00:00:52 | 00:52:30 | 01:15:19 | 01:56:00.20 | 01:56:00.20 | 11:36 | 5.2 |
| 72 | GIERZEWski MAREK | 8591 | HRT | STAROGARD GDAŃSKI | POL | MASTERS M - 40 | 72 | M 220 | 00:01:03 | 00:54:33 | 01:21:43 | 02:11:48.20 | 02:11:48.20 | 13:10 | 4.6 |
| 73 | WIŚNIEWSKI MICHAŁ | 8119 | K.S OBSTAWIAMY TYŁY | WROCŁAW | POL | MASTERS M - 40 | 73 | M 222 | 00:00:59 | 00:49:36 | 01:18:00 | 02:12:37.70 | 02:12:37.70 | 13:15 | 4.5 |
| 74 | SOWIŃSKI ROBERT | 8117 | K.S. OBSTAWIAMY TYŁY | WROCŁAW | POL | MASTERS M - 40 | 74 | M 223 | 00:01:00 | 00:48:37 | 01:18:00 | 02:12:39.35 | 02:12:39.35 | 13:15 | 4.5 |
| 75 | BĄCZEK KRZYSZTOF | 8310 | | ZAWIERCIE | POL | MASTERS M - 40 | 75 | M 224 | 00:01:17 | 00:55:53 | 01:22:34 | 02:14:42.10 | 02:14:42.10 | 13:28 | 4.5 |
| 76 | SZYMAŃSKI PAWEŁ | 8378 | | POZNAŃ | POL | MASTERS M - 40 | 76 | M 228 | 00:01:20 | 01:02:58 | 01:36:41 | 02:39:28.45 | 02:39:28.45 | 15:56 | 3.8 |
| 77 | KONIECZNY ROBERT | 8021 | WKURW_TEAM | ŻARY | POL | MASTERS M - 40 | 77 | M 229 | 00:01:15 | 00:52:13 | 01:15:37 | 02:45:35.95 | 02:45:35.95 | 16:33 | 3.6 |

BIEG TROJAK TRAIL - 10 KM, Weteran K - 50

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 0.01km | 3.7km | 5.8km | Netto | Brutto | min/km | km/h |
|------|---------------------|------|-------------------------|--------------------|------|----------------|--------|-------|----------|----------|----------|-------------|-------------|--------|------|
| 1 | ŁASKOWSKA MARZENA | 8479 | WOT | OLECKO | POL | WETERAN K - 50 | 1 | K 3 | 00:00:04 | 00:24:51 | 00:37:12 | 00:58:41.55 | 00:58:41.55 | 5:52 | 10.2 |
| 2 | LUBAŃSKA ALICJA | 8318 | | BUKOWICE | POL | WETERAN K - 50 | 2 | K 33 | 00:00:15 | 00:33:13 | 00:50:04 | 01:21:03.85 | 01:21:03.85 | 8:06 | 7.4 |
| 3 | HEJNA MAŁGORZATA | 8266 | | SZCZECIN | POL | WETERAN K - 50 | 3 | K 39 | 00:00:08 | 00:35:17 | 00:53:47 | 01:24:26.60 | 01:24:26.60 | 8:26 | 7.1 |
| 4 | PTASZYŃSKA JOANNA | 8086 | | WROCŁAW | POL | WETERAN K - 50 | 4 | K 42 | 00:00:23 | 00:35:29 | 00:53:18 | 01:24:44.35 | 01:24:44.35 | 8:28 | 7.1 |
| 5 | BŁACHNIO DOROTA | 8072 | RAZ SZCZECIN | SZCZECIN | POL | WETERAN K - 50 | 5 | K 85 | 00:00:08 | 00:39:27 | 00:59:33 | 01:34:53.50 | 01:34:53.50 | 9:29 | 6.3 |
| 6 | WĘGRZYŃSKA RENATA | 8340 | | PIŁA | POL | WETERAN K - 50 | 6 | K 110 | 00:00:51 | 00:40:32 | 01:01:18 | 01:39:39.15 | 01:39:39.15 | 9:57 | 6 |
| 7 | LACHOR ANNA | 8275 | | POZNAŃ | POL | WETERAN K - 50 | 7 | K 124 | 00:01:31 | 00:45:31 | 01:06:28 | 01:41:44.60 | 01:41:44.60 | 10:10 | 5.9 |
| 8 | WOŹNIAK LIDIA | 8223 | PORMAT JEDLICZE BIEGA | SKOŁYSZYN | POL | WETERAN K - 50 | 8 | K 143 | 00:00:34 | 00:43:49 | 01:05:26 | 01:45:11.80 | 01:45:11.80 | 10:31 | 5.7 |
| 9 | KOCHANOWSKA GRAŻYNA | 8476 | | OSTRÓW MAZOWIECKA | POL | WETERAN K - 50 | 9 | K 144 | 00:00:35 | 00:42:29 | 01:03:59 | 01:45:28.90 | 01:45:28.90 | 10:32 | 5.7 |
| 10 | GABERT BEATA | 8028 | RAZ SZCZECIN | SZCZECIN | POL | WETERAN K - 50 | 10 | K 155 | 00:00:08 | 00:44:22 | 01:07:15 | 01:47:53.65 | 01:47:53.65 | 10:47 | 5.6 |
| 11 | DZIUBAŁA ILONA | 8247 | | POPÓW | POL | WETERAN K - 50 | 11 | K 158 | 00:00:24 | 00:46:39 | 01:09:56 | 01:49:28.30 | 01:49:28.30 | 10:56 | 5.5 |
| 12 | JOŃCZYK ELŻBIETA | 8098 | TUP TUP | ŁĄDEK ZDRÓJ | POL | WETERAN K - 50 | 12 | K 162 | 00:01:08 | 00:49:33 | 01:12:22 | 01:51:47.00 | 01:51:47.00 | 11:10 | 5.4 |
| 13 | BIENIEK IWONA | 8295 | | PRZYBYŚLAWICE 110A | POL | WETERAN K - 50 | 13 | K 174 | 00:00:16 | 00:45:37 | 01:09:31 | 01:54:14.10 | 01:54:14.10 | 11:25 | 5.3 |
| 14 | TOCZEK GRAŻYNA | 8144 | NIGHT RUNNERS PYSKOWICE | PYSKOWICE | POL | WETERAN K - 50 | 14 | K 178 | 00:01:08 | 00:47:17 | 01:11:31 | 01:54:51.45 | 01:54:51.45 | 11:29 | 5.2 |
| 15 | SZCZUKA MAŁGORZATA | 8365 | | WIRY | POL | WETERAN K - 50 | 15 | K 197 | 00:00:48 | 00:49:37 | 01:14:51 | 01:59:54.85 | 01:59:54.85 | 11:59 | 5 |
| 16 | SZYMAŃSKA ANIA | 8225 | | SZCZECIN | POL | WETERAN K - 50 | 16 | K 208 | 00:01:01 | 00:50:39 | 01:16:41 | 02:10:40.15 | 02:10:40.15 | 13:04 | 4.6 |
| 17 | JANOSZ MARZENA | 8099 | | WROCŁAW | POL | WETERAN K - 50 | 17 | K 213 | 00:01:08 | 00:54:21 | 01:23:14 | 02:20:24.55 | 02:20:24.55 | 14:02 | 4.3 |
| 18 | MAJCHRZAK MONIKA | 8022 | WKURW_TEAM | POZNAŃ | POL | WETERAN K - 50 | 18 | K 217 | 00:01:13 | 00:59:27 | 01:28:22 | 02:21:40.90 | 02:21:40.90 | 14:10 | 4.2 |
| 19 | ZALESZCZAK RENATA | 8011 | KB SZAMOTUŁY | SZAMOTUŁY | POL | WETERAN K - 50 | 19 | K 220 | 00:00:52 | 01:04:02 | 01:37:19 | 02:31:34.75 | 02:31:34.75 | 15:09 | 4 |
| 20 | MRÓWCZYŃSKA EWA | 8392 | | JAKTORÓW | POL | WETERAN K - 50 | 20 | K 229 | 00:00:33 | 01:10:39 | | 03:12:13.20 | 03:12:13.20 | 19:13 | 3.1 |

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

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 0.01km | 3.7km | 5.8km | Netto | Brutto | min/km | km/h |
|------|----------------------|------|---|------------------------|------|------------------|--------|-------|----------|----------|----------|-------------|-------------|--------|------|
| 1 | PRYZYSTARZ ARTUR | 8173 | OBORYGENI | OBORNIKI ŚLĄSKIE | POL | WETERAN I M - 50 | 1 | M 15 | 00:00:04 | 00:22:54 | 00:34:28 | 00:55:46.30 | 00:55:46.30 | 5:34 | 10.8 |
| 2 | KLIMCZAK PIOTR | 8477 | GIMPAS PASŁĘK | KŁODZKO | POL | WETERAN I M - 50 | 2 | M 25 | 00:00:11 | 00:24:42 | 00:36:32 | 00:57:23.90 | 00:57:23.90 | 5:44 | 10.5 |
| 3 | BUKOWSKI EDWARD | 8384 | CENTRUM KULTURY KLUCZBORK-KLUCZBORSKA GRUPA BIEGOWA | KLUCZBORK | POL | WETERAN I M - 50 | 3 | M 29 | 00:00:09 | 00:25:00 | 00:37:25 | 00:59:15.60 | 00:59:15.60 | 5:55 | 10.1 |
| 4 | CICHY KRZYSZTOF | 8436 | GÓRAL Z MAZUR RUNNING TEAM | POZNAŃ | POL | WETERAN I M - 50 | 4 | M 38 | 00:00:08 | 00:27:07 | 00:40:27 | 01:03:24.60 | 01:03:24.60 | 6:20 | 9.5 |
| 5 | SIEK KAZIMIERZ | 8470 | IOŚBOT | GRĘBÓW | POL | WETERAN I M - 50 | 5 | M 41 | 00:00:02 | 00:27:10 | 00:41:20 | 01:05:22.65 | 01:05:22.65 | 6:32 | 9.2 |
| 6 | BARTKOWIAK HUBERT | 8060 | | RADZIĄDZ | POL | WETERAN I M - 50 | 6 | M 66 | 00:00:26 | 00:30:09 | 00:45:18 | 01:11:48.30 | 01:11:48.30 | 7:10 | 8.4 |
| 7 | SIERGIEJ ZBIGNIEW | 8561 | RUN TEAM TYGRYSY ORZYSZ | ODOJE | POL | WETERAN I M - 50 | 7 | M 67 | 00:00:01 | 00:29:41 | 00:45:03 | 01:11:54.30 | 01:11:54.30 | 7:11 | 8.3 |
| 8 | FUCHS DARIUSZ | 8598 | TEAM KURORT ŁĄDEK-ZDRÓJ | OLDRZYCHOWICE KŁODZKIE | POL | WETERAN I M - 50 | 8 | M 75 | 00:01:19 | 00:32:36 | 00:47:46 | 01:13:38.75 | 01:13:38.75 | 7:21 | 8.1 |
| 9 | WOŹNIAK JANUSZ | 8222 | PORMAT JEDLICZE BIEGA | SKOŁYSZYN | POL | WETERAN I M - 50 | 9 | M 78 | 00:00:10 | 00:30:47 | 00:46:33 | 01:13:54.45 | 01:13:54.45 | 7:23 | 8.1 |
| 10 | KLIN ROBERT | 8338 | WATAHA | BRZEG | POL | WETERAN I M - 50 | 10 | M 90 | 00:01:06 | 00:33:15 | 00:49:12 | 01:16:27.35 | 01:16:27.35 | 7:38 | 7.8 |
| 11 | TYMOSZEWSKI WALDEMAR | 8569 | | PRUSZCZ GDAŃSKI | POL | WETERAN I M - 50 | 11 | M 92 | 00:00:12 | 00:32:53 | 00:49:15 | 01:16:40.25 | 01:16:40.25 | 7:40 | 7.8 |
| 12 | MUĆA MÁRIS | 8204 | LBNB | FANA | NOR | WETERAN I M - 50 | 12 | M 108 | 00:00:06 | 00:33:57 | 00:50:03 | 01:19:12.45 | 01:19:12.45 | 7:55 | 7.6 |

BIEG TROJAK TRAIL - 10 KM, Weteran I M - 50 c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 0.01km | 3.7km | 5.8km | Netto | Brutto | min/km | km/h |
|------|--------------------|------|---------------------------|-----------------|------|------------------|--------|-------|----------|----------|----------|-------------|-------------|--------|------|
| 13 | GACIOCH JAROSŁAW | 8398 | RUN TEAM TYGRYSY ORZYSZ | ORZYSZ | POL | WETERAN I M - 50 | 13 | M 139 | 00:00:05 | 00:35:11 | 00:53:42 | 01:24:41.00 | 01:24:41.00 | 8:28 | 7.1 |
| 14 | BŁACHNIO KRZYSZTOF | 8375 | | SZCZECIN | POL | WETERAN I M - 50 | 14 | M 143 | 00:00:08 | 00:35:10 | 00:53:07 | 01:26:18.55 | 01:26:18.55 | 8:37 | 7 |
| 15 | SZYMAŁA MARCIN | 8465 | KLUCZBORSKA GRUPA BIEGOWA | KLUCZBORK | POL | WETERAN I M - 50 | 15 | M 148 | 00:00:44 | 00:36:19 | 00:53:17 | 01:27:41.30 | 01:27:41.30 | 8:46 | 6.8 |
| 16 | URBANIAK JÓZEF | 8576 | ULKS CZARNA GÓRA | STRONIE ŚLĄSKIE | POL | WETERAN I M - 50 | 16 | M 150 | 00:01:04 | 00:39:09 | 00:57:07 | 01:28:16.45 | 01:28:16.45 | 8:49 | 6.8 |
| 17 | KRZECZKOWSKI ROMAN | 8176 | BIEGOWA ŚWIDNICA | ŚWIDNICA | POL | WETERAN I M - 50 | 17 | M 151 | | 00:38:41 | 00:56:53 | 01:28:29.75 | 01:28:29.75 | 8:50 | 6.8 |
| 18 | IMIŃSKI CEZARY | 8104 | | ZGIERZ | POL | WETERAN I M - 50 | 18 | M 156 | 00:00:15 | 00:38:20 | 00:55:44 | 01:29:05.65 | 01:29:05.65 | 8:54 | 6.7 |
| 19 | GALEWSKI MARIUSZ | 8074 | KOTLIN | KOTLIN | POL | WETERAN I M - 50 | 19 | M 172 | 00:00:17 | 00:39:10 | 00:59:08 | 01:34:02.65 | 01:34:02.65 | 9:24 | 6.4 |
| 20 | KRZYWICKI LESZEK | 8579 | KIERUNEK ULTRA | SUWAŁKI | POL | WETERAN I M - 50 | 20 | M 201 | 00:00:30 | 00:42:50 | 01:05:54 | 01:47:32.85 | 01:47:32.85 | 10:45 | 5.6 |
| 21 | DATA TOMASZ | 8090 | HRMAX ŻORY | ŻORY | POL | WETERAN I M - 50 | 21 | M 207 | 00:01:27 | 00:49:38 | 01:13:46 | 01:55:26.75 | 01:55:26.75 | 11:32 | 5.2 |
| 22 | MODRAK MACIEJ | 8007 | PARKRUN GRUDZIĄDZ | GRUDZIĄDZ | POL | WETERAN I M - 50 | 22 | M 211 | 00:00:57 | 00:47:57 | 01:08:50 | 01:59:02.75 | 01:59:02.75 | 11:54 | 5 |
| 23 | SZCZUKA PAWEŁ | 8366 | | WIRY | POL | WETERAN I M - 50 | 23 | M 213 | 00:00:54 | 00:49:43 | 01:14:48 | 01:59:54.10 | 01:59:54.10 | 11:59 | 5 |
| 24 | WALCZAK SŁAWOMIR | 8118 | | GAŁĄCZYCE | POL | WETERAN I M - 50 | 24 | M 219 | 00:06:08 | 00:52:24 | 01:17:11 | 02:06:32.55 | 02:06:32.55 | 12:39 | 4.7 |
| 25 | MICHAŁSKI DARIUSZ | 8020 | ALFA TEAM GOSTYŃ | PIASKI | POL | WETERAN I M - 50 | 25 | M 226 | 00:01:18 | 01:03:24 | 01:35:55 | 02:32:13.85 | 02:32:13.85 | 15:13 | 3.9 |

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

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 0.01km | 3.7km | 5.8km | Netto | Brutto | min/km | km/h |
|------|------------------------|------|---------------------------------|---------------------|------|-------------------|--------|-------|----------|----------|----------|-------------|-------------|--------|------|
| 1 | MRÓZ URSZULA | 8077 | | STRONIE ŚL | POL | WETERAN II K - 60 | 1 | K 34 | 00:01:06 | 00:36:46 | 00:53:12 | 01:22:06.65 | 01:22:06.65 | 8:12 | 7.3 |
| 2 | MAJŁOWSKA IRENA | 8120 | | GORZÓW WIELKOPOLSKI | POL | WETERAN II K - 60 | 2 | K 36 | 00:00:21 | 00:34:54 | 00:52:09 | 01:22:36.40 | 01:22:36.40 | 8:15 | 7.3 |
| 3 | WITKE ELŻBIETA | 8109 | | KARPACZ | POL | WETERAN II K - 60 | 3 | K 58 | 00:00:10 | 00:35:06 | 00:53:16 | 01:27:26.95 | 01:27:26.95 | 8:44 | 6.9 |
| 4 | GONERA JANINA | 8014 | KB HARCOWNIK JELCZ-LASKOWICE | MIEOSZYCE | POL | WETERAN II K - 60 | 4 | K 147 | 00:00:51 | 00:45:52 | 01:07:40 | 01:45:40.95 | 01:45:40.95 | 10:34 | 5.7 |
| 5 | WITCZAK-SPERKA MARIOLA | 8059 | RAZ SZCZECIN | SZCZECIN | POL | WETERAN II K - 60 | 5 | K 160 | 00:00:22 | 00:44:09 | 01:07:19 | 01:51:40.35 | 01:51:40.35 | 11:10 | 5.4 |
| 6 | SYPNIEWSKA HANNA | 8327 | ULTRA WAY TEAM | GDYNIA | POL | WETERAN II K - 60 | 6 | K 188 | 00:01:25 | 00:49:39 | 01:14:04 | 01:56:38.60 | 01:56:38.60 | 11:39 | 5.1 |
| 7 | ANACZKOWSKA KRYSZYNA | 8307 | ZANTYR SZTUM | SZTUM | POL | WETERAN II K - 60 | 7 | K 204 | 00:00:35 | 00:51:29 | 01:17:38 | 02:06:13.55 | 02:06:13.55 | 12:37 | 4.8 |

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

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 0.01km | 3.7km | 5.8km | Netto | Brutto | min/km | km/h |
|------|----------------------|------|-------------------------|---------------|------|-------------------|--------|-------|----------|----------|----------|-------------|-------------|--------|------|
| 1 | ZIMNY TOMASZ | 8265 | FARTY PUSZCZY | SZCZECIN | POL | WETERAN II M - 60 | 1 | M 74 | 00:00:08 | 00:32:25 | 00:47:53 | 01:13:25.70 | 01:13:25.70 | 7:20 | 8.2 |
| 2 | BOSEK LESZEK | 8286 | | BIAŁA NYSKA | POL | WETERAN II M - 60 | 2 | M 79 | 00:00:29 | 00:32:28 | 00:48:02 | 01:14:53.90 | 01:14:53.90 | 7:29 | 8 |
| 3 | NAPIERAŁA ANDRZEJ | 8430 | MTS DRUŻYNA SZPIKU KGHM | GOSTYŃ | POL | WETERAN II M - 60 | 3 | M 131 | 00:01:49 | 00:37:33 | 00:54:38 | 01:22:50.15 | 01:22:50.15 | 8:17 | 7.2 |
| 4 | ŁASZKIEWICZ PIOTR | 8010 | ATHLETICS TEM PRUSICE | BRZEŻNO | POL | WETERAN II M - 60 | 4 | M 144 | 00:00:14 | 00:36:49 | 00:54:45 | 01:26:25.10 | 01:26:25.10 | 8:38 | 6.9 |
| 5 | WOŹNIAK MIROSŁAW | 8339 | TKKF MPK POZNAŃ | KOZIEGLÓWY | POL | WETERAN II M - 60 | 5 | M 149 | 00:01:00 | 00:39:27 | 00:57:10 | 01:27:48.65 | 01:27:48.65 | 8:46 | 6.8 |
| 6 | BRZEZIŃSKI ANDRZEJ | 8062 | LANRUNS | OLKUSZ | POL | WETERAN II M - 60 | 6 | M 155 | 00:00:05 | 00:38:16 | 00:57:23 | 01:29:03.85 | 01:29:03.85 | 8:54 | 6.7 |
| 7 | KUCIŃSKI ANDRZEJ | 8064 | BAZA ZDROWIA FRESCO | WARSZAWA | POL | WETERAN II M - 60 | 7 | M 175 | 00:00:44 | 00:41:53 | 01:01:36 | 01:35:21.40 | 01:35:21.40 | 9:32 | 6.3 |
| 8 | MACIEJEWSKI PIOTR | 8210 | SUPERMARATON KALISZ | KALISZ | POL | WETERAN II M - 60 | 8 | M 188 | 00:00:20 | 00:41:59 | 01:01:47 | 01:39:53.65 | 01:39:53.65 | 9:59 | 6 |
| 9 | PILARSKI RYSZARD | 8446 | IZERY BOGATYNIA | BOGATYNIA | POL | WETERAN II M - 60 | 9 | M 214 | 00:00:17 | 00:48:02 | 01:13:25 | 02:01:58.05 | 02:01:58.05 | 12:11 | 4.9 |
| 10 | SZKUTA STANISŁAW | 8308 | ROVELLI TEORIA KWANTÓW | BIELSKO-BIAŁA | POL | WETERAN II M - 60 | 10 | M 221 | 00:00:21 | 00:51:03 | 01:20:36 | 02:12:06.80 | 02:12:06.80 | 13:12 | 4.5 |
| 11 | KRZEMIENIEWSKI JERZY | 8054 | KB SZAMOTUŁY | SZAMOTUŁY | POL | WETERAN II M - 60 | 11 | M 225 | 00:01:16 | 01:00:08 | 01:33:22 | 02:31:04.55 | 02:31:04.55 | 15:06 | 4 |

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

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 0.01km | 3.7km | 5.8km | Netto | Brutto | min/km | km/h |
|------|---------------------|------|-----------------|-----------|------|--------------------|--------|-------|----------|----------|----------|-------------|-------------|--------|------|
| 1 | PRZYŁUSKA MIROSŁAWA | 8032 | RAZ SZCZECIN | SZCZECIN | POL | WETERAN III K - 70 | 1 | K 194 | 00:00:24 | 00:47:21 | 01:12:53 | 01:58:27.75 | 01:58:27.75 | 11:50 | 5.1 |
| 2 | PILARSKA ELŻBIETA | 8410 | IZERY BOGATYNIA | BOGATYNIA | POL | WETERAN III K - 70 | 2 | K 198 | 00:00:17 | 00:48:03 | 01:13:26 | 02:01:58.10 | 02:01:58.10 | 12:11 | 4.9 |

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

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 0.01km | 3.7km | 5.8km | Netto | Brutto | min/km | km/h |
|------|----------------------|------|--------------------|---------------------|------|--------------------|--------|-------|----------|----------|----------|-------------|-------------|--------|------|
| 1 | MAŁKOWSKI PIOTR | 8372 | AMATOR | KOŚCIAN | POL | WETERAN III M - 70 | 1 | M 86 | 00:00:13 | 00:32:17 | 00:47:43 | 01:15:52.25 | 01:15:52.25 | 7:35 | 7.9 |
| 2 | MAJŁOWSKI ALEKSANDER | 8121 | | GORZÓW WIELKOPOLSKI | POL | WETERAN III M - 70 | 2 | M 115 | 00:00:20 | 00:33:17 | 00:49:55 | 01:20:31.55 | 01:20:31.55 | 8:03 | 7.5 |
| 3 | SZYMAŁA JAN | 8125 | | KLUCZBORK | POL | WETERAN III M - 70 | 3 | M 169 | 00:00:23 | 00:37:57 | 00:57:36 | 01:32:59.80 | 01:32:59.80 | 9:17 | 6.5 |
| 4 | MŁYNARSKI MARIAN | 8309 | | BIELSKO-BIAŁA | POL | WETERAN III M - 70 | 4 | M 197 | 00:00:19 | 00:43:46 | 01:05:39 | 01:44:21.20 | 01:44:21.20 | 10:26 | 5.7 |
| 5 | GLASSER MAREK | 8478 | | WARSZAWA | POL | WETERAN III M - 70 | 5 | M 210 | 00:01:14 | 00:49:37 | 01:14:22 | 01:58:47.40 | 01:58:47.40 | 11:52 | 5.1 |
| 6 | KOLASA ANDRZEJ | 8129 | KLUB J.SŁOWACKIEGO | WARSZAWA-WESOŁA | POL | WETERAN III M - 70 | 6 | M 212 | 00:00:02 | 00:46:52 | 01:14:10 | 01:59:49.80 | 01:59:49.80 | 11:58 | 5 |