

ZIMOWA BIESZCZADZKA DYCHA 2015

Organizator: OTK Rzeźnik
 Data: 2015-01-25
 Miejsce: Cisna
 Dystans: 10 km
 Klasyfikacja wg czasów brutto.

ZIMOWA BIESZCZADZKA DYCHA 2015, OPEN

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | Brutto | min/km | km/h |
|------|--------------------------|-----|--------------------------|-----------|------|------|--------|------|-------------|-------------|--------|------|
| 1 | JÓZWIK PAWEŁ | 137 | LUBLIN | | M30 | | 1 | M 1 | 00:39:31.60 | 00:39:36.25 | 3:57 | 15.2 |
| 2 | KIEŁBOŃ MICHAŁ | 43 | PRZEWORSKA GRUPA BIEGOWA | | M20 | | 1 | M 2 | 00:40:03.95 | 00:40:11.45 | 4:00 | 15 |
| 3 | LIPA WOJCIECH | 142 | RZESZÓW | | M30 | | 2 | M 3 | 00:43:48.70 | 00:44:03.35 | 4:22 | 13.7 |
| 4 | OLCHAWA JOANNA | 138 | KRAKÓW | | K40 | | 1 | K 1 | 00:44:05.75 | 00:44:08.70 | 4:24 | 13.6 |
| 5 | MUSIAŁOWSKI MARCIN | 176 | 2REP USTRZYKI GÓRNE | | M30 | | 3 | M 4 | 00:44:02.35 | 00:44:14.30 | 4:24 | 13.6 |
| 6 | WARTA PRZEMYSŁAW | 119 | CZARNA GÓRNA | | M20 | | 2 | M 5 | 00:43:41.60 | 00:44:36.10 | 4:22 | 13.7 |
| 7 | STAWIARSKI JAKUB | 99 | LONGPLAY | | M20 | | 3 | M 6 | 00:44:08.50 | 00:44:56.15 | 4:24 | 13.6 |
| 8 | ZAJEZIERSKI MATEUSZ | 133 | PIASKI | | M20 | | 4 | M 7 | 00:44:50.35 | 00:45:10.05 | 4:29 | 13.4 |
| 9 | LEWANDOWSKI RAFAŁ | 56 | | | M30 | | 4 | M 8 | 00:45:28.00 | 00:45:32.95 | 4:32 | 13.2 |
| 10 | TUCZAPSKI PIOTR | 114 | RZESZÓW | | M20 | | 5 | M 9 | 00:45:32.20 | 00:45:46.50 | 4:33 | 13.2 |
| 11 | KSZYSZTOŃ GRZEGORZ | 144 | WARSZAWA | | M20 | | 6 | M 10 | 00:45:47.65 | 00:45:58.20 | 4:34 | 13.1 |
| 12 | BIKOWSKA-JUSIS KATARZYNA | 156 | DŹ | | K30 | | 1 | K 2 | 00:45:58.35 | 00:46:05.40 | 4:35 | 13.1 |
| 13 | RĄCZKA RAFAŁ | 86 | | | M30 | | 5 | M 11 | 00:45:24.85 | 00:46:26.40 | 4:32 | 13.2 |
| 14 | SZYBISTY GRZEGOSZ | 163 | WROCANKA | | M40 | | 1 | M 12 | 00:47:04.30 | 00:47:08.05 | 4:42 | 12.7 |
| 15 | CZWERENKO WOJCIECH | 18 | SANOK | | M30 | | 6 | M 13 | 00:46:37.85 | 00:47:10.60 | 4:39 | 12.9 |
| 16 | RYSZ TOMASZ | 89 | SANOK | | M30 | | 7 | M 14 | 00:47:14.10 | 00:47:22.55 | 4:43 | 12.7 |
| 17 | KRAJEWSKI JAKUB | 51 | SZAROTKA UHERCE | | M30 | | 8 | M 15 | 00:47:22.65 | 00:47:48.40 | 4:44 | 12.7 |
| 18 | WALOSZEK MARCIN | 118 | PASZCZYNA | | M30 | | 9 | M 16 | 00:47:37.90 | 00:48:06.00 | 4:45 | 12.6 |
| 19 | SZCZUR WIESŁAW | 105 | NOWA DĘBA | | M40 | | 2 | M 17 | 00:47:38.60 | 00:48:11.10 | 4:45 | 12.6 |
| 20 | GRUSZKO ALICJA | 30 | TEAM BIKE CONCEPT STORE | | K30 | | 2 | K 3 | 00:48:02.60 | 00:48:28.80 | 4:48 | 12.5 |
| 21 | KOWALCZYK MATEUSZ | 48 | WARSZAWA | | M20 | | 7 | M 18 | 00:47:03.00 | 00:48:29.05 | 4:42 | 12.8 |
| 22 | WAJCOWICZ WITOLD | 116 | SANOK | | M40 | | 3 | M 19 | 00:48:26.80 | 00:48:35.70 | 4:50 | 12.4 |
| 23 | URBAN MARCIN | 171 | BOGUCHWAŁA | | M30 | | 10 | M 20 | 00:48:14.20 | 00:48:53.70 | 4:49 | 12.4 |
| 24 | RUDNICKI TOMASZ | 87 | BIEGUNKA TEAM POLSKA | | M40 | | 4 | M 21 | 00:48:37.05 | 00:49:17.45 | 4:51 | 12.3 |
| 25 | CZAJKOWSKI ROBERT | 17 | KOSIENICE | | M20 | | 8 | M 22 | 00:49:23.00 | 00:49:43.25 | 4:56 | 12.1 |
| 26 | BRENDZOWSKI ADAM | 160 | SOLINA | | M30 | | 11 | M 23 | 00:49:47.85 | 00:49:57.60 | 4:58 | 12 |
| 27 | WOJTKIEWICZ JAROSŁAW | 130 | PODKOWA LEŚNA | | M40 | | 5 | M 24 | 00:49:49.75 | 00:50:00.20 | 4:59 | 12 |
| 28 | BOŻĘTKA JÓZEF | 11 | POLANA | | M40 | | 6 | M 25 | 00:49:00.30 | 00:50:06.65 | 4:54 | 12.2 |
| 29 | CZUCHNOWSKI MARCIN | 161 | RZESZÓW | | M30 | | 12 | M 26 | 00:49:49.05 | 00:50:11.45 | 4:58 | 12 |
| 30 | ZDEB KRZYSZTOF | 164 | WROCANKA | | M40 | | 7 | M 27 | 00:50:12.30 | 00:50:15.55 | 5:01 | 12 |
| 31 | KARDACH KAMIL | 149 | RYMANÓW ZDRÓJ | | M20 | | 9 | M 28 | 00:50:19.70 | 00:50:30.55 | 5:02 | 11.9 |
| 32 | SOKOŁOWSKA MAJA | 157 | ZABRZE | | K20 | | 1 | K 4 | 00:50:01.15 | 00:50:31.60 | 5:00 | 12 |
| 33 | BEDNARCZYK PAWEŁ | 167 | SANOK | | M30 | | 13 | M 29 | 00:50:05.35 | 00:50:37.60 | 5:00 | 12 |
| 34 | WRÓBEL BARTŁOMIJ | 135 | CISNA | | M40 | | 8 | M 30 | 00:50:31.95 | 00:50:42.70 | 5:03 | 11.9 |
| 35 | ZYGADLEWICZ GRZEGORZ | 134 | BIEGAJĄCY ŚWIDNIK | | M30 | | 14 | M 31 | 00:50:30.70 | 00:50:43.25 | 5:03 | 11.9 |
| 36 | POPAJEWSKI KRZYSZTOF | 159 | LUBLIN | | M50 | | 1 | M 32 | 00:50:17.60 | 00:50:49.20 | 5:01 | 11.9 |
| 37 | GRYCZ DAREK | 31 | TWIERDZA MODLIN | | M20 | | 10 | M 33 | 00:49:39.40 | 00:50:55.95 | 4:57 | 12.1 |
| 38 | WIECZOREK PAWEŁ | 122 | TREND GLASS RUNNING TEAM | | M30 | | 15 | M 34 | 00:50:28.65 | 00:51:00.55 | 5:02 | 11.9 |
| 39 | WÓJCIK EWA | 132 | KRAKÓW | | K50 | | 1 | K 5 | 00:50:41.30 | 00:51:08.55 | 5:04 | 11.8 |
| 40 | WINIARZ WITOLD | 127 | PRZEMYSKI KLUB BIEGACZA | | M30 | | 16 | M 35 | 00:51:27.15 | 00:51:56.85 | 5:08 | 11.7 |
| 41 | IGNASZAK UKASZ | 35 | GRODZISK MAZOWIECKI | | M30 | | 17 | M 36 | 00:51:08.75 | 00:52:03.65 | 5:06 | 11.7 |
| 42 | BAŁCHAN KRZYSZTOF | 3 | CPR RZESZÓW | | M20 | | 11 | M 37 | 00:52:00.70 | 00:52:18.30 | 5:12 | 11.5 |
| 43 | BYKOWSKI ANDRZEJ | 16 | | | M40 | | 9 | M 38 | 00:51:29.50 | 00:52:33.00 | 5:09 | 11.7 |
| 44 | WALICKI SEBASTIAN | 117 | MORSY | | M40 | | 10 | M 39 | 00:51:28.75 | 00:52:37.50 | 5:08 | 11.7 |
| 45 | BAK TYMOTEUSZ | 6 | GLIWICE | | M30 | | 18 | M 40 | 00:52:11.30 | 00:52:46.30 | 5:13 | 11.5 |
| 46 | SZCZUR IWONA | 104 | NOWA DĘBA | | K30 | | 3 | K 6 | 00:52:30.00 | 00:53:04.80 | 5:15 | 11.4 |

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| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | Brutto | min/km | km/h |
|------|-------------------------|-----|---------------------------------|-----------|------|-----------|--------|------|-------------|-------------|--------|------|
| 47 | MAZIARZ WOJCIECH | 61 | PGR PRZEWORSK | | | M20 | 12 | M 41 | 00:52:12.35 | 00:53:10.95 | 5:13 | 11.5 |
| 48 | HEC GRZEGORZ | 169 | GŁOWIENKA | | | M30 | 19 | M 42 | 00:53:08.90 | 00:53:18.55 | 5:18 | 11.3 |
| 49 | JĘDRZEJCZYK AGNIESZKA | 38 | RZESZÓW | | | K30 | 4 | K 7 | 00:53:25.30 | 00:53:30.25 | 5:20 | 11.2 |
| 50 | PICHETA MAGDALENA | 75 | DISNEY VOLUNTEARS | | | K30 | 5 | K 8 | 00:52:19.80 | 00:53:36.60 | 5:14 | 11.5 |
| 51 | BROŻYNA MARCIN | 166 | SANOK | | | M30 | 20 | M 43 | 00:53:06.65 | 00:53:38.25 | 5:18 | 11.3 |
| 52 | WAŚOWICZ UKASZ | 173 | TYCHY | | | M30 | 21 | M 44 | 00:53:25.60 | 00:53:40.75 | 5:20 | 11.2 |
| 53 | BAŻYŃSKA MARTA | 5 | LESZNO | | | K30 | 6 | K 9 | 00:52:44.35 | 00:53:42.80 | 5:16 | 11.4 |
| 54 | MUSIAŁ KAMIL | 67 | BUDY GŁOGOWSKIE | | | M20 | 13 | M 45 | 00:52:41.55 | 00:53:47.30 | 5:16 | 11.4 |
| 55 | SŁOBODA ELŻBIETA | 93 | USTRZYKI DOLNE | | | K30 | 7 | K 10 | 00:53:18.85 | 00:53:47.55 | 5:19 | 11.3 |
| 56 | DOMISZEWSKA MARIA | 20 | USTRZYKI DOLNE | | | K40 | 2 | K 11 | 00:52:51.50 | 00:53:47.85 | 5:17 | 11.4 |
| 57 | KRASOŃ JANUSZ | 52 | RZESZOWSKI KLUB MORMA "SOPELEK" | | | M30 | 22 | M 46 | 00:52:45.60 | 00:53:51.05 | 5:16 | 11.4 |
| 58 | KRENZEL REGINA | 54 | JAROSŁAW | | | K20 | 2 | K 12 | 00:53:34.85 | 00:53:53.15 | 5:21 | 11.2 |
| 59 | BURY BEATA | 14 | KKB MOSIR KROSNO | | | K20 | 3 | K 13 | 00:53:41.00 | 00:53:54.15 | 5:22 | 11.2 |
| 60 | RESZTYŁO GRZEGORZ | 165 | AŃCUT | | | M40 | 11 | M 47 | 00:53:42.05 | 00:53:54.75 | 5:22 | 11.2 |
| 61 | WIDEREK KATARZYNA | 145 | JÓZEFOSŁAW | | | K40 | 3 | K 14 | 00:53:42.45 | 00:53:58.50 | 5:22 | 11.2 |
| 62 | OBŁĄK AGNIESZKA | 72 | BIEGNĘ, ŻEBY BARTEK MÓGŁ BIEGAĆ | | | K30 | 8 | K 15 | 00:53:15.85 | 00:54:01.60 | 5:19 | 11.3 |
| 63 | WOJCIECHOWSKA KATARZYNA | 128 | SANDOMIERZ | | | K30 | 9 | K 16 | 00:53:36.35 | 00:54:05.75 | 5:21 | 11.2 |
| 64 | STEC SEBASTIAN | 162 | WARSZAWA | | | M40 | 12 | M 48 | 00:53:48.10 | 00:54:26.35 | 5:22 | 11.2 |
| 65 | WNEK BOGUMIŁ | 172 | BOGUCHWAŁA | | | M40 | 13 | M 49 | 00:54:15.95 | 00:54:27.10 | 5:25 | 11.1 |
| 66 | FIRLEJ AGNIESZKA | 170 | WIERZOWA POLSKA | | | K30 | 10 | K 17 | 00:54:31.90 | 00:54:42.55 | 5:27 | 11 |
| 67 | CZUBA MARZENA | 146 | WARSZAWA | | | K40 | 4 | K 18 | 00:53:58.10 | 00:54:50.05 | 5:23 | 11.1 |
| 68 | SZUSZKIEWICZ MARZENA | 109 | WARSZAWA | | | K40 | 5 | K 19 | 00:54:56.75 | 00:55:10.45 | 5:29 | 10.9 |
| 69 | DUDEK ARKADIUSZ | 22 | 4 PORY ROKU BRZOZÓW | | | M50 | 2 | M 50 | 00:54:55.35 | 00:55:12.75 | 5:29 | 10.9 |
| 70 | SONDEJ WIESŁAW | 185 | MORSY | | | M50 | 3 | M 51 | 00:54:09.75 | 00:55:19.05 | 5:25 | 11.1 |
| 71 | SOBIESKA ALEKSANDRA | 97 | WARSZAWA | | | K30 | 11 | K 20 | 00:54:17.40 | 00:55:31.75 | 5:25 | 11.1 |
| 72 | DYNARSKA-ŁYCZAK IWONA | 23 | KM TRUCHCIK ŁUBIANKA | | | K30 | 12 | K 21 | 00:55:35.30 | 00:55:40.70 | 5:33 | 10.8 |
| 73 | WIEWIÓRA JAKUB | 125 | WARSZAWA | | | M20 | 14 | M 52 | 00:54:19.20 | 00:55:45.40 | 5:25 | 11 |
| 74 | SARNOWSKA KAROLINA | 90 | WARSZAWA | | | K30 | 13 | K 22 | 00:55:03.85 | 00:55:59.70 | 5:30 | 10.9 |
| 75 | LOREK MAREK | 57 | DĘBICA | | | M40 | 14 | M 53 | 00:55:06.85 | 00:56:03.80 | 5:30 | 10.9 |
| 76 | KACZMAREK NORBERT | 40 | PRZEMYŚL | | | M30 | 23 | M 54 | 00:55:46.25 | 00:56:15.35 | 5:34 | 10.8 |
| 77 | GOLBA PRZEMEK | 27 | | | | M30 | 24 | M 55 | 00:55:35.10 | 00:56:17.65 | 5:33 | 10.8 |
| 78 | KIERES MICHAŁ | 140 | OLSZTYN | | | M30 | 25 | M 56 | 00:55:56.00 | 00:56:24.85 | 5:35 | 10.7 |
| 79 | PITAS SABINA | 78 | ZAPIERDALACZE.PL | | | K30 | 14 | K 23 | 00:56:20.55 | 00:56:34.00 | 5:38 | 10.6 |
| 80 | GUCWA JAROSŁAW | 33 | KRZYŻANOWICE | | | M40 | 15 | M 57 | 00:56:29.10 | 00:56:45.75 | 5:38 | 10.6 |
| 81 | JAZEL MAŁGORZATA | 36 | ASTERZENECA | | | K30 | 15 | K 24 | 00:56:25.20 | 00:57:03.35 | 5:38 | 10.6 |
| 82 | KOZŁOWSKI BARTŁOMIEJ | 175 | KIELCE | | | M40 | 16 | M 58 | 00:56:20.40 | 00:57:04.00 | 5:38 | 10.6 |
| 83 | GRZYŚKA PIOTR | 32 | NIGHT RUNNERS ZABRZE | | | M30 | 26 | M 59 | 00:56:40.00 | 00:57:13.60 | 5:40 | 10.6 |
| 84 | PISTL JACEK | 151 | WROCLAW | | | M30 | 27 | M 60 | 00:56:22.30 | 00:57:33.05 | 5:38 | 10.6 |
| 85 | NOWOTARSKA ANITA | 70 | USTRZYKI DOLNE | | | K40 | 6 | K 25 | 00:57:25.55 | 00:57:36.40 | 5:44 | 10.4 |
| 86 | PASZKO PATRYK | 74 | KLUB BIEGACZA RTV EURO AGD | | | M20 | 15 | M 61 | 00:56:09.75 | 00:57:36.40 | 5:37 | 10.7 |
| 87 | SZCZYPEK KAROLINA | 106 | WARSZAWA | | | K20 | 4 | K 26 | 00:56:54.65 | 00:57:37.25 | 5:41 | 10.5 |
| 88 | PANTERA WOJCIECH | 73 | KRAKÓW | | | M30 | 28 | M 62 | 00:56:32.75 | 00:57:38.20 | 5:39 | 10.6 |
| 89 | KUCIA BEATA | 55 | WARSZAWA | | | K30 | 16 | K 27 | 00:57:29.35 | 00:57:43.35 | 5:44 | 10.4 |
| 90 | NALEPA MARCIN | 68 | NIGHT RUNNERS ZABRZE | | | M30 | 29 | M 63 | 00:57:02.75 | 00:57:45.90 | 5:42 | 10.5 |
| 91 | WIETECZA PAWEŁ | 124 | WARZYCE | | | M30 | 30 | M 64 | 00:56:57.75 | 00:58:01.45 | 5:41 | 10.5 |
| 92 | MŁODZIKOWSKA WERONIKA | 66 | KB V-MAX ADAMÓW | | | K20 | 5 | K 28 | 00:57:51.25 | 00:58:06.00 | 5:47 | 10.4 |
| 93 | NIEDZIELA MICHAŁ | 69 | JAROSŁAW | | | M30 | 31 | M 65 | 00:57:14.95 | 00:58:27.15 | 5:43 | 10.5 |
| 94 | KORNIŁÓW PIOTR | 148 | WARSZAWA | | | M40 | 17 | M 66 | 00:57:52.10 | 00:58:32.00 | 5:47 | 10.4 |
| 95 | SZEWIC MARIAN | 107 | BILGORAJ | | | MEŻCZYŹNI | 1 | M 67 | 00:58:17.00 | 00:58:37.25 | 5:49 | 10.3 |
| 96 | TUORA MICHAŁ | 115 | | | | M30 | 32 | M 68 | 00:57:27.05 | 00:58:39.30 | 5:44 | 10.4 |
| 97 | SŁUPEK-KUBAS AGNIESZKA | 95 | BIEGUNKA TEAM | | | K30 | 17 | K 29 | 00:58:07.20 | 00:58:44.75 | 5:48 | 10.3 |
| 98 | SZYBIAK MACIEJ | 111 | AGONA WM | | | M20 | 16 | M 69 | 00:58:34.65 | 00:58:46.05 | 5:51 | 10.2 |
| 99 | SZYBIAK JOANNA | 110 | AGONA WM | | | K40 | 7 | K 30 | 00:58:35.75 | 00:58:47.25 | 5:51 | 10.2 |
| 100 | KONIK JAROSŁAW | 46 | BBL KRAKÓW | | | M40 | 18 | M 70 | 00:57:33.60 | 00:58:49.45 | 5:45 | 10.4 |
| 101 | PORĘBSKA DOROTA | 82 | NOWA HUTA TEAM | | | K30 | 18 | K 31 | 00:58:43.30 | 00:59:02.45 | 5:52 | 10.2 |
| 102 | DANILUK ANDRZEJ | 19 | ZACISZE NIGHT RUNNERS | | | M30 | 33 | M 71 | 00:59:06.00 | 00:59:06.00 | 5:54 | 10.2 |
| 103 | SUJAK MAŁGORZATA | 100 | SALON SPORTOWY "FANSPO" S.C. | | | K40 | 8 | K 32 | 00:58:54.15 | 00:59:06.05 | 5:53 | 10.2 |

ZIMOWA BIESZCZADZKA DYCHA 2015, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | Brutto | min/km | km/h |
|------|-------------------------------|-----|------------------------------------|-----------|-----------|------|--------|------|-------------|-------------|--------|------|
| 104 | POŁOŻYŃSKI ANDRZEJ | 81 | ZACISZE NIGHT RUNNERS | | M30 | | 34 | M 72 | 00:59:10.35 | 00:59:10.35 | 5:55 | 10.1 |
| 105 | BARCZEWSKA AGNIESZKA | 143 | WARSZAWA | | K20 | | 6 | K 33 | 00:58:25.95 | 00:59:15.05 | 5:50 | 10.3 |
| 106 | MACHNIK-BRONCEL JOANNA | 58 | TYCHY | | K40 | | 9 | K 34 | 00:59:03.85 | 00:59:20.35 | 5:54 | 10.2 |
| 107 | KĄŁUCKI ADAM | 42 | BBL KRAKÓW | | M40 | | 19 | M 73 | 00:58:15.20 | 00:59:30.95 | 5:49 | 10.3 |
| 108 | PIETYRA KAROLINA | 76 | ŁOŻA SZYDERCÓW | | K30 | | 19 | K 35 | 00:58:50.90 | 00:59:35.90 | 5:53 | 10.2 |
| 109 | MAZUREK JAKUB | 62 | PRZEWORSKA GRUPA BIEGOWA | | M20 | | 17 | M 74 | 00:58:47.15 | 00:59:45.75 | 5:52 | 10.2 |
| 110 | SMOLIŃSKA BEATA | 154 | WARSZAWA | | K50 | | 2 | K 36 | 00:59:23.70 | 00:59:47.10 | 5:56 | 10.1 |
| 111 | KOZIŃSKA SONIA | 49 | LONGPLAY | | K20 | | 7 | K 37 | 00:59:36.90 | 01:00:25.35 | 5:57 | 10.1 |
| 112 | BALIŃSKA MARIA | 2 | MAJDAN | | K30 | | 20 | K 38 | 00:59:54.30 | 01:00:35.25 | 5:59 | 10 |
| 113 | KRAJEWSKA JOANNA | 50 | LEJDIS ORELEC | | K30 | | 21 | K 39 | 01:00:16.25 | 01:00:41.10 | 6:01 | 10 |
| 114 | KRASOWSKA MATYLDA | 53 | USTRZYKI DOLNE | | K20 | | 8 | K 40 | 00:59:46.90 | 01:00:50.80 | 5:58 | 10 |
| 115 | DZIAG ANNA | 150 | WARSZAWA | | K40 | | 10 | K 41 | 00:59:54.20 | 01:00:54.45 | 5:59 | 10 |
| 116 | GEZELA JOANNA | 26 | RODZINA GEZELA | | K40 | | 11 | K 42 | 01:00:26.80 | 01:01:10.35 | 6:02 | 9.9 |
| 117 | BROŻEK TERESA | 12 | WARSZTAT FORMY TYCHY | | K20 | | 9 | K 43 | 01:01:01.95 | 01:01:24.65 | 6:06 | 9.8 |
| 118 | RYŁKO MARIOLA | 88 | SOLINA | | K40 | | 12 | K 44 | 01:00:26.20 | 01:01:29.30 | 6:02 | 9.9 |
| 119 | PRASEK ARTUR | 83 | ALFA STAR RADOM | | M40 | | 20 | M 75 | 01:01:12.35 | 01:01:31.40 | 6:07 | 9.8 |
| 120 | TOMCZYK KAMILA | 113 | WROCLAW | | K30 | | 22 | K 45 | 01:01:12.15 | 01:01:31.55 | 6:07 | 9.8 |
| 121 | GOŁDA ANNA | 28 | AŃCUT | | K30 | | 23 | K 46 | 01:00:24.10 | 01:01:32.70 | 6:02 | 9.9 |
| 122 | KRYPCZYK KATARZYNA | 168 | CHORZÓW | | K40 | | 13 | K 47 | 01:00:41.30 | 01:01:38.80 | 6:04 | 9.9 |
| 123 | MICKIEWICZ JOLANTA | 64 | JGB "SOKÓŁ" | | K40 | | 14 | K 48 | 01:00:31.15 | 01:02:01.65 | 6:03 | 9.9 |
| 124 | KLISZ AGNIESZKA | 45 | LUBLIN | | K30 | | 24 | K 49 | 01:02:29.75 | 01:03:06.10 | 6:15 | 9.6 |
| 125 | JURA-SUKNAROWSKA MAŁGORZATA | 158 | CHOCZNIA | | K40 | | 15 | K 50 | 01:02:40.05 | 01:03:24.95 | 6:16 | 9.6 |
| 126 | MALINOWSKA ANNA | 60 | WOŁOMIN | | K30 | | 25 | K 51 | 01:03:12.80 | 01:03:49.55 | 6:19 | 9.5 |
| 127 | MALEC BARBARA | 59 | LUBLIN | | K50 | | 3 | K 52 | 01:04:03.85 | 01:04:38.80 | 6:24 | 9.4 |
| 128 | BEŁKOWSKA VEL KAMIŃSKA DOROTA | 7 | | | K40 | | 16 | K 53 | 01:04:58.55 | 01:05:04.65 | 6:29 | 9.2 |
| 129 | PRZYJEMSKI KRZYSZTOF | 85 | NOWA HUTA TEAM | | M30 | | 35 | M 76 | 01:04:05.40 | 01:05:11.05 | 6:24 | 9.4 |
| 130 | SZANECKI MICHAŁ | 102 | RZESZÓW | | M30 | | 36 | M 77 | 01:04:46.60 | 01:05:43.45 | 6:28 | 9.3 |
| 131 | SUWAŁA ANNA | 101 | TREND GLASS RUNNING TEAM | | K30 | | 26 | K 54 | 01:05:19.75 | 01:05:45.05 | 6:32 | 9.2 |
| 132 | HYZIAK JOANNA | 34 | JJ.RUNNERS GORLICE | | K40 | | 17 | K 55 | 01:05:43.55 | 01:05:54.40 | 6:34 | 9.1 |
| 133 | KORDULA KAMILA | 47 | KLUB BIEGACZA RTV EURO AGD | | K20 | | 10 | K 56 | 01:05:03.30 | 01:06:26.35 | 6:30 | 9.2 |
| 134 | BARTNIK DOMINIKA | 4 | LUBLIN | | K20 | | 11 | K 57 | 01:06:05.25 | 01:06:53.70 | 6:36 | 9.1 |
| 135 | SOBIERAJ MARCIN | 96 | SOCHACZEW | | M20 | | 18 | M 78 | 01:07:12.80 | 01:08:19.00 | 6:43 | 8.9 |
| 136 | OLESIJUK ANTONI | 174 | LUBARTÓW | | MĘZCZYŃNI | | 2 | M 79 | 01:07:58.90 | 01:08:27.75 | 6:47 | 8.8 |
| 137 | BRZEZIŃSKA SYLWIA | 13 | KLUB BIEGACZA RTV EURO AGD | | K20 | | 12 | K 58 | 01:07:12.35 | 01:08:35.70 | 6:43 | 8.9 |
| 138 | PILCHOWSKI KONRAD | 77 | BIEGACZA RTV EURO AGD | | M30 | | 37 | M 80 | 01:07:19.35 | 01:08:40.30 | 6:44 | 8.9 |
| 139 | WIERZBIŃSKA KAROLINA | 123 | WARSZAWA | | K30 | | 27 | K 59 | 01:08:40.50 | 01:09:03.35 | 6:52 | 8.7 |
| 140 | PLISZCZYŃSKA JUSTYNA | 79 | LUBLIN | | K40 | | 18 | K 60 | 01:08:55.30 | 01:09:08.10 | 6:53 | 8.7 |
| 141 | WĘGIERSKA AGNIESZKA | 121 | NIGHT RUNNERS ZABRZE | | K20 | | 13 | K 61 | 01:08:27.50 | 01:09:09.50 | 6:50 | 8.8 |
| 142 | SZOSTAK DOROTA | 108 | LUBLIN | | K40 | | 19 | K 62 | 01:09:01.35 | 01:09:13.05 | 6:54 | 8.7 |
| 143 | SŁOMIAK MAGDALENA | 94 | | | K20 | | 14 | K 63 | 01:08:48.45 | 01:09:23.60 | 6:52 | 8.7 |
| 144 | MAJDA DOMINIKA | 152 | KRAKÓW | | K20 | | 15 | K 64 | 01:08:42.80 | 01:09:47.25 | 6:52 | 8.7 |
| 145 | WIERZBICKA BEATA | 153 | KRAKÓW | | K30 | | 28 | K 65 | 01:08:50.15 | 01:09:55.00 | 6:53 | 8.7 |
| 146 | GABRIEL ALEKSANDRA | 25 | KRAKÓW | | K30 | | 29 | K 66 | 01:10:11.70 | 01:10:30.05 | 7:01 | 8.5 |
| 147 | MERKLEJN WERONIKA | 63 | PZU SPORT TEAM | | K30 | | 30 | K 67 | 01:10:05.85 | 01:10:38.65 | 7:00 | 8.6 |
| 148 | KLASZ JUSTYNA | 44 | NH TEAM | | K30 | | 31 | K 68 | 01:10:31.90 | 01:10:50.50 | 7:03 | 8.5 |
| 149 | JEŻAK JOANNA | 37 | NOWA HUTA TEAM | | K20 | | 16 | K 69 | 01:09:45.55 | 01:10:50.80 | 6:58 | 8.6 |
| 150 | OBARSKA MAŁGORZATA | 71 | | | K50 | | 4 | K 70 | 01:11:15.65 | 01:11:55.15 | 7:07 | 8.4 |
| 151 | ANTOSZ MONIKA | 1 | NORAFSPORT | | K40 | | 20 | K 71 | 01:11:26.60 | 01:12:42.15 | 7:08 | 8.4 |
| 152 | STANISZEWSKA EWA | 98 | BIEGAM BO LUBIĘ KRAKÓW, NORAFSPORT | | K50 | | 5 | K 72 | 01:11:58.80 | 01:13:15.00 | 7:11 | 8.3 |
| 153 | SZUKALSKA-WALCZAK EWA | 147 | PRUSZKÓW | | K30 | | 32 | K 73 | 01:12:43.95 | 01:13:22.65 | 7:16 | 8.2 |
| 154 | POLEWKA ANETA | 141 | DĄBRÓWKA STARZEŃSKA | | K40 | | 21 | K 74 | 01:14:53.50 | 01:15:00.95 | 7:29 | 8 |
| 155 | BOLANOWSKI PIOTR | 139 | DOMARAC | | M40 | | 21 | M 81 | 01:14:53.50 | 01:15:01.50 | 7:29 | 8 |
| 156 | KALMUS GRAŻYNA | 41 | BBL TORUŃ | | K50 | | 6 | K 75 | 01:14:24.05 | 01:15:40.60 | 7:26 | 8.1 |
| 157 | BOBELLA ERIK | 8 | TRENDGLASS RUNNING TEAM | | M30 | | 38 | M 82 | 01:21:22.50 | 01:21:46.95 | 8:08 | 7.4 |
| 158 | BOBELLA KASIA | 9 | TRENDGLASS RUNNING TEAM | | K30 | | 33 | K 76 | 01:21:26.70 | 01:21:48.15 | 8:08 | 7.4 |
| 159 | PIETRZAK OLGA | 136 | | | K20 | | 17 | K 77 | 01:21:11.05 | 01:22:26.90 | 8:07 | 7.4 |
| 160 | SOT LUCJAN | 155 | WETLINA | | M50 | | 4 | M 83 | 01:29:49.80 | 01:31:03.15 | 8:59 | 6.7 |

ZIMOWA BIESZCZADZKA DYCHA 2015, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | Brutto | min/km | km/h |
|------|-----------------|----|----------|-----------|------|------|--------|------|-------------|-------------|--------|------|
| 161 | MIRECKI JAN | 65 | WARSZAWA | | | M40 | 22 | M 84 | 01:30:04.55 | 01:31:19.10 | 9:00 | 6.7 |

ZIMOWA BIESZCZADZKA DYCHA 2015, Kobiety

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | Brutto | min/km | km/h |
|------|-----------------------------|-----|----------------------------------|-----------|------|------|--------|------|-------------|-------------|--------|------|
| 1 | OLCHAWA JOANNA | 138 | KRAKÓW | | | K40 | 1 | K 1 | 00:44:05.75 | 00:44:08.70 | 4:24 | 13.6 |
| 2 | BIKOWSKA-JUSIS KATARZYNA | 156 | DŹ | | | K30 | 1 | K 2 | 00:45:58.35 | 00:46:05.40 | 4:35 | 13.1 |
| 3 | GRUSZKO ALICJA | 30 | TEAM BIKE CONCEPT STORE | | | K30 | 2 | K 3 | 00:48:02.60 | 00:48:28.80 | 4:48 | 12.5 |
| 4 | SOKOŁOWSKA MAJA | 157 | ZABRZE | | | K20 | 1 | K 4 | 00:50:01.15 | 00:50:31.60 | 5:00 | 12 |
| 5 | WÓJCIK EWA | 132 | KRAKÓW | | | K50 | 1 | K 5 | 00:50:41.30 | 00:51:08.55 | 5:04 | 11.8 |
| 6 | SZCZUR IWONA | 104 | NOWA DĘBA | | | K30 | 3 | K 6 | 00:52:30.00 | 00:53:04.80 | 5:15 | 11.4 |
| 7 | JĘDRZEJCZYK AGNIESZKA | 38 | RZESZÓW | | | K30 | 4 | K 7 | 00:53:25.30 | 00:53:30.25 | 5:20 | 11.2 |
| 8 | PICHETA MAGDALENA | 75 | DISNEY VOLUNTEARS | | | K30 | 5 | K 8 | 00:52:19.80 | 00:53:36.60 | 5:14 | 11.5 |
| 9 | BAŻYŃSKA MARTA | 5 | LESZNO | | | K30 | 6 | K 9 | 00:52:44.35 | 00:53:42.80 | 5:16 | 11.4 |
| 10 | SŁOBODA ELŻBIETA | 93 | USTRZYKI DOLNE | | | K30 | 7 | K 10 | 00:53:18.85 | 00:53:47.55 | 5:19 | 11.3 |
| 11 | DOMISZEWSKA MARIA | 20 | USTRZYKI DOLNE | | | K40 | 2 | K 11 | 00:52:51.50 | 00:53:47.85 | 5:17 | 11.4 |
| 12 | KRENZEL REGINA | 54 | JAROSŁAW | | | K20 | 2 | K 12 | 00:53:34.85 | 00:53:53.15 | 5:21 | 11.2 |
| 13 | BURY BEATA | 14 | KKB MOSIR KROSNO | | | K20 | 3 | K 13 | 00:53:41.00 | 00:53:54.15 | 5:22 | 11.2 |
| 14 | WIDEREK KATARZYNA | 145 | JÓZEFOSŁAW | | | K40 | 3 | K 14 | 00:53:42.45 | 00:53:58.50 | 5:22 | 11.2 |
| 15 | OBŁĄK AGNIESZKA | 72 | BIEGNĘ, ŻEBY BARTEK MÓGLE BIEGAĆ | | | K30 | 8 | K 15 | 00:53:15.85 | 00:54:01.60 | 5:19 | 11.3 |
| 16 | WOJCIECHOWSKA KATARZYNA | 128 | SANDOMIERZ | | | K30 | 9 | K 16 | 00:53:36.35 | 00:54:05.75 | 5:21 | 11.2 |
| 17 | FIRLEJ AGNIESZKA | 170 | WIERZOWA POLSKA | | | K30 | 10 | K 17 | 00:54:31.90 | 00:54:42.55 | 5:27 | 11 |
| 18 | CZUBA MARZENA | 146 | WARSZAWA | | | K40 | 4 | K 18 | 00:53:58.10 | 00:54:50.05 | 5:23 | 11.1 |
| 19 | SZUSZKIEWICZ MARZENA | 109 | WARSZAWA | | | K40 | 5 | K 19 | 00:54:56.75 | 00:55:10.45 | 5:29 | 10.9 |
| 20 | SOBIESKA ALEKSANDRA | 97 | WARSZAWA | | | K30 | 11 | K 20 | 00:54:17.40 | 00:55:31.75 | 5:25 | 11.1 |
| 21 | DYNARSKA-ŁYCZAK IWONA | 23 | KM TRUCHCIK ŁUBIANKA | | | K30 | 12 | K 21 | 00:55:35.30 | 00:55:40.70 | 5:33 | 10.8 |
| 22 | SARNOWSKA KAROLINA | 90 | WARSZAWA | | | K30 | 13 | K 22 | 00:55:03.85 | 00:55:59.70 | 5:30 | 10.9 |
| 23 | PITAS SABINA | 78 | ZAPIERDALACZE.PL | | | K30 | 14 | K 23 | 00:56:20.55 | 00:56:34.00 | 5:38 | 10.6 |
| 24 | JAZEL MAŁGORZATA | 36 | ASTERZENECA | | | K30 | 15 | K 24 | 00:56:25.20 | 00:57:03.35 | 5:38 | 10.6 |
| 25 | NOWOTARSKA ANITA | 70 | USTRZYKI DOLNE | | | K40 | 6 | K 25 | 00:57:25.55 | 00:57:36.40 | 5:44 | 10.4 |
| 26 | SZCZYPEK KAROLINA | 106 | WARSZAWA | | | K20 | 4 | K 26 | 00:56:54.65 | 00:57:37.25 | 5:41 | 10.5 |
| 27 | KUCIA BEATA | 55 | WARSZAWA | | | K30 | 16 | K 27 | 00:57:29.35 | 00:57:43.35 | 5:44 | 10.4 |
| 28 | MŁODZIKOWSKA WERONIKA | 66 | KB V-MAX ADAMÓW | | | K20 | 5 | K 28 | 00:57:51.25 | 00:58:06.00 | 5:47 | 10.4 |
| 29 | SŁUPEK-KUBAS AGNIESZKA | 95 | BIEGUNKA TEAM | | | K30 | 17 | K 29 | 00:58:07.20 | 00:58:44.75 | 5:48 | 10.3 |
| 30 | SZYBIAK JOANNA | 110 | AGONA WM | | | K40 | 7 | K 30 | 00:58:35.75 | 00:58:47.25 | 5:51 | 10.2 |
| 31 | PORĘBSKA DOROTA | 82 | NOWA HUTA TEAM | | | K30 | 18 | K 31 | 00:58:43.30 | 00:59:02.45 | 5:52 | 10.2 |
| 32 | SUJAK MAŁGORZATA | 100 | SALON SPORTOWY "FANSPO" S.C. | | | K40 | 8 | K 32 | 00:58:54.15 | 00:59:06.05 | 5:53 | 10.2 |
| 33 | BARCZEWSKA AGNIESZKA | 143 | WARSZAWA | | | K20 | 6 | K 33 | 00:58:25.95 | 00:59:15.05 | 5:50 | 10.3 |
| 34 | MACHNIK-BRONCEL JOANNA | 58 | TYCHY | | | K40 | 9 | K 34 | 00:59:03.85 | 00:59:20.35 | 5:54 | 10.2 |
| 35 | PIETYRA KAROLINA | 76 | ŁOŻA SZYDERCÓW | | | K30 | 19 | K 35 | 00:58:50.90 | 00:59:35.90 | 5:53 | 10.2 |
| 36 | SMOLIŃSKA BEATA | 154 | WARSZAWA | | | K50 | 2 | K 36 | 00:59:23.70 | 00:59:47.10 | 5:56 | 10.1 |
| 37 | KOZIŃSKA SONIA | 49 | LONGPLAY | | | K20 | 7 | K 37 | 00:59:36.90 | 01:00:25.35 | 5:57 | 10.1 |
| 38 | BALIŃSKA MARIA | 2 | MAJDAN | | | K30 | 20 | K 38 | 00:59:54.30 | 01:00:35.25 | 5:59 | 10 |
| 39 | KRAJEWSKA JOANNA | 50 | LEJDIS ORELEC | | | K30 | 21 | K 39 | 01:00:16.25 | 01:00:41.10 | 6:01 | 10 |
| 40 | KRASOWSKA MATYLDA | 53 | USTRZYKI DOLNE | | | K20 | 8 | K 40 | 00:59:46.90 | 01:00:50.80 | 5:58 | 10 |
| 41 | DZIĄG ANNA | 150 | WARSZAWA | | | K40 | 10 | K 41 | 00:59:54.20 | 01:00:54.45 | 5:59 | 10 |
| 42 | GEZELA JOANNA | 26 | RODZINA GEZELA | | | K40 | 11 | K 42 | 01:00:26.80 | 01:01:10.35 | 6:02 | 9.9 |
| 43 | BROŹEK TERESA | 12 | WARSZTAT FORMY TYCHY | | | K20 | 9 | K 43 | 01:01:01.95 | 01:01:24.65 | 6:06 | 9.8 |
| 44 | RYŁKO MARIOLA | 88 | SOLINA | | | K40 | 12 | K 44 | 01:00:26.20 | 01:01:29.30 | 6:02 | 9.9 |
| 45 | TOMCZYK KAMILA | 113 | WROCŁAW | | | K30 | 22 | K 45 | 01:01:12.15 | 01:01:31.55 | 6:07 | 9.8 |
| 46 | GOŁDA ANNA | 28 | AŃCUT | | | K30 | 23 | K 46 | 01:00:24.10 | 01:01:32.70 | 6:02 | 9.9 |
| 47 | KRYPCZYK KATARZYNA | 168 | CHORZÓW | | | K40 | 13 | K 47 | 01:00:41.30 | 01:01:38.80 | 6:04 | 9.9 |
| 48 | MICKIEWICZ JOLANTA | 64 | JGB "SOKÓŁ" | | | K40 | 14 | K 48 | 01:00:31.15 | 01:02:01.65 | 6:03 | 9.9 |
| 49 | KLISZ AGNIESZKA | 45 | LUBLIN | | | K30 | 24 | K 49 | 01:02:29.75 | 01:03:06.10 | 6:15 | 9.6 |
| 50 | JURA-SUKNAROWSKA MAŁGORZATA | 158 | CHOCZANIA | | | K40 | 15 | K 50 | 01:02:40.05 | 01:03:24.95 | 6:16 | 9.6 |
| 51 | MALINOWSKA ANNA | 60 | WOŁOMIN | | | K30 | 25 | K 51 | 01:03:12.80 | 01:03:49.55 | 6:19 | 9.5 |

ZIMOWA BIESZCZADZKA DYCHA 2015, Kobiety c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | Brutto | min/km | km/h |
|------|-------------------------------|-----|------------------------------------|-----------|------|------|--------|------|-------------|-------------|--------|------|
| 52 | MALEC BARBARA | 59 | LUBLIN | | | K50 | 3 | K 52 | 01:04:03.85 | 01:04:38.80 | 6:24 | 9.4 |
| 53 | BEŁKOWSKA VEL KAMIŃSKA DOROTA | 7 | | | | K40 | 16 | K 53 | 01:04:58.55 | 01:05:04.65 | 6:29 | 9.2 |
| 54 | SUWAŁA ANNA | 101 | TREND GLASS RUNNING TEAM | | | K30 | 26 | K 54 | 01:05:19.75 | 01:05:45.05 | 6:32 | 9.2 |
| 55 | HYZIAK JOANNA | 34 | JJ.RUNNERS GORLICE | | | K40 | 17 | K 55 | 01:05:43.55 | 01:05:54.40 | 6:34 | 9.1 |
| 56 | KORDULA KAMILA | 47 | KLUB BIEGACZA RTV EURO AGD | | | K20 | 10 | K 56 | 01:05:03.30 | 01:06:26.35 | 6:30 | 9.2 |
| 57 | BARTNIK DOMINIKA | 4 | LUBLIN | | | K20 | 11 | K 57 | 01:06:05.25 | 01:06:53.70 | 6:36 | 9.1 |
| 58 | BRZEZIŃSKA SYLWIA | 13 | KLUB BIEGACZA RTV EURO AGD | | | K20 | 12 | K 58 | 01:07:12.35 | 01:08:35.70 | 6:43 | 8.9 |
| 59 | WIERZBIŃSKA KAROLINA | 123 | WARSZAWA | | | K30 | 27 | K 59 | 01:08:40.50 | 01:09:03.35 | 6:52 | 8.7 |
| 60 | PLISZCZYŃSKA JUSTYNA | 79 | LUBLIN | | | K40 | 18 | K 60 | 01:08:55.30 | 01:09:08.10 | 6:53 | 8.7 |
| 61 | WĘGIERSKA AGNIESZKA | 121 | NIGHT RUNNERS ZABRZE | | | K20 | 13 | K 61 | 01:08:27.50 | 01:09:09.50 | 6:50 | 8.8 |
| 62 | SZOSTAK DOROTA | 108 | LUBLIN | | | K40 | 19 | K 62 | 01:09:01.35 | 01:09:13.05 | 6:54 | 8.7 |
| 63 | SŁOMIAK MAGDALENA | 94 | | | | K20 | 14 | K 63 | 01:08:48.45 | 01:09:23.60 | 6:52 | 8.7 |
| 64 | MAJDA DOMINIKA | 152 | KRAKÓW | | | K20 | 15 | K 64 | 01:08:42.80 | 01:09:47.25 | 6:52 | 8.7 |
| 65 | WIERZBICKA BEATA | 153 | KRAKÓW | | | K30 | 28 | K 65 | 01:08:50.15 | 01:09:55.00 | 6:53 | 8.7 |
| 66 | GABRIEL ALEKSANDRA | 25 | KRAKÓW | | | K30 | 29 | K 66 | 01:10:11.70 | 01:10:30.05 | 7:01 | 8.5 |
| 67 | MERKLEJN WERONIKA | 63 | PZU SPORT TEAM | | | K30 | 30 | K 67 | 01:10:05.85 | 01:10:38.65 | 7:00 | 8.6 |
| 68 | KLASZ JUSTYNA | 44 | NH TEAM | | | K30 | 31 | K 68 | 01:10:31.90 | 01:10:50.50 | 7:03 | 8.5 |
| 69 | JĘŻAK JOANNA | 37 | NOWA HUTA TEAM | | | K20 | 16 | K 69 | 01:09:45.55 | 01:10:50.80 | 6:58 | 8.6 |
| 70 | OBARSKA MAŁGORZATA | 71 | | | | K50 | 4 | K 70 | 01:11:15.65 | 01:11:55.15 | 7:07 | 8.4 |
| 71 | ANTOSZ MONIKA | 1 | NORAFSPORT | | | K40 | 20 | K 71 | 01:11:26.60 | 01:12:42.15 | 7:08 | 8.4 |
| 72 | STANISZEWSKA EWA | 98 | BIEGAM BO LUBIĘ KRAKÓW, NORAFSPORT | | | K50 | 5 | K 72 | 01:11:58.80 | 01:13:15.00 | 7:11 | 8.3 |
| 73 | SZUKALSKA-WALCZAK EWA | 147 | PRUSZKÓW | | | K30 | 32 | K 73 | 01:12:43.95 | 01:13:22.65 | 7:16 | 8.2 |
| 74 | POLEWKA ANETA | 141 | DĄBRÓWKA STARZEŃSKA | | | K40 | 21 | K 74 | 01:14:53.50 | 01:15:00.95 | 7:29 | 8 |
| 75 | KALMUS GRAŻYNA | 41 | BBL TORUŃ | | | K50 | 6 | K 75 | 01:14:24.05 | 01:15:40.60 | 7:26 | 8.1 |
| 76 | BOBELLA KASIA | 9 | TRENDGLASS RUNNING TEAM | | | K30 | 33 | K 76 | 01:21:26.70 | 01:21:48.15 | 8:08 | 7.4 |
| 77 | PIETRZAK OLGA | 136 | | | | K20 | 17 | K 77 | 01:21:11.05 | 01:22:26.90 | 8:07 | 7.4 |

ZIMOWA BIESZCZADZKA DYCHA 2015, Mężczyźni

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | Brutto | min/km | km/h |
|------|----------------------|-----|--------------------------|-----------|------|------|--------|------|-------------|-------------|--------|------|
| 1 | JÓZWIK PAWEŁ | 137 | LUBLIN | | | M30 | 1 | M 1 | 00:39:31.60 | 00:39:36.25 | 3:57 | 15.2 |
| 2 | KIEŁBOŃ MICHAŁ | 43 | PRZEWORSKA GRUPA BIEGOWA | | | M20 | 1 | M 2 | 00:40:03.95 | 00:40:11.45 | 4:00 | 15 |
| 3 | LIPA WOJCIECH | 142 | RZESZÓW | | | M30 | 2 | M 3 | 00:43:48.70 | 00:44:03.35 | 4:22 | 13.7 |
| 4 | MUSIAŁOWSKI MARCIN | 176 | 2REP USTRZYKI GÓRNE | | | M30 | 3 | M 4 | 00:44:02.35 | 00:44:14.30 | 4:24 | 13.6 |
| 5 | WARTA PRZEMYSŁAW | 119 | CZARNA GÓRNA | | | M20 | 2 | M 5 | 00:43:41.60 | 00:44:36.10 | 4:22 | 13.7 |
| 6 | STAWIARSKI JAKUB | 99 | LONGPLAY | | | M20 | 3 | M 6 | 00:44:08.50 | 00:44:56.15 | 4:24 | 13.6 |
| 7 | ZAJEZIERSKI MATEUSZ | 133 | PIASKI | | | M20 | 4 | M 7 | 00:44:50.35 | 00:45:10.05 | 4:29 | 13.4 |
| 8 | LEWANDOWSKI RAFAŁ | 56 | | | | M30 | 4 | M 8 | 00:45:28.00 | 00:45:32.95 | 4:32 | 13.2 |
| 9 | TUCZAPSKI PIOTR | 114 | RZESZÓW | | | M20 | 5 | M 9 | 00:45:32.20 | 00:45:46.50 | 4:33 | 13.2 |
| 10 | KSZYSZTOŃ GRZEGORZ | 144 | WARSZAWA | | | M20 | 6 | M 10 | 00:45:47.65 | 00:45:58.20 | 4:34 | 13.1 |
| 11 | RAĆZKA RAFAŁ | 86 | | | | M30 | 5 | M 11 | 00:45:24.85 | 00:46:26.40 | 4:32 | 13.2 |
| 12 | SZYBISTY GRZEGOSZ | 163 | WROCANKA | | | M40 | 1 | M 12 | 00:47:04.30 | 00:47:08.05 | 4:42 | 12.7 |
| 13 | CZWERENKO WOJCIECH | 18 | SANOK | | | M30 | 6 | M 13 | 00:46:37.85 | 00:47:10.60 | 4:39 | 12.9 |
| 14 | RYSZ TOMASZ | 89 | SANOK | | | M30 | 7 | M 14 | 00:47:14.10 | 00:47:22.55 | 4:43 | 12.7 |
| 15 | KRAJEWSKI JAKUB | 51 | SZAROTKA UHERCE | | | M30 | 8 | M 15 | 00:47:22.65 | 00:47:48.40 | 4:44 | 12.7 |
| 16 | WALOSZEK MARCIN | 118 | PASZCZYNA | | | M30 | 9 | M 16 | 00:47:37.90 | 00:48:06.00 | 4:45 | 12.6 |
| 17 | SZCZUR WIESŁAW | 105 | NOWA DĘBA | | | M40 | 2 | M 17 | 00:47:38.60 | 00:48:11.10 | 4:45 | 12.6 |
| 18 | KOWALCZYK MATEUSZ | 48 | WARSZAWA | | | M20 | 7 | M 18 | 00:47:03.00 | 00:48:29.05 | 4:42 | 12.8 |
| 19 | WAJCOWICZ WITOLD | 116 | SANOK | | | M40 | 3 | M 19 | 00:48:26.80 | 00:48:35.70 | 4:50 | 12.4 |
| 20 | URBAN MARCIN | 171 | BOGUCHWAŁA | | | M30 | 10 | M 20 | 00:48:14.20 | 00:48:53.70 | 4:49 | 12.4 |
| 21 | RUDNICKI TOMASZ | 87 | BIEGUNKA TEAM POLSKA | | | M40 | 4 | M 21 | 00:48:37.05 | 00:49:17.45 | 4:51 | 12.3 |
| 22 | CZAJKOWSKI ROBERT | 17 | KOSIENICE | | | M20 | 8 | M 22 | 00:49:23.00 | 00:49:43.25 | 4:56 | 12.1 |
| 23 | BRENDZOWSKI ADAM | 160 | SOLINA | | | M30 | 11 | M 23 | 00:49:47.85 | 00:49:57.60 | 4:58 | 12 |
| 24 | WOJTKIEWICZ JAROSŁAW | 130 | PODKOWA LEŚNA | | | M40 | 5 | M 24 | 00:49:49.75 | 00:50:00.20 | 4:59 | 12 |
| 25 | BOŻĘTKA JÓZEF | 11 | POLANA | | | M40 | 6 | M 25 | 00:49:00.30 | 00:50:06.65 | 4:54 | 12.2 |
| 26 | CZUCHNOWSKI MARCIN | 161 | RZESZÓW | | | M30 | 12 | M 26 | 00:49:49.05 | 00:50:11.45 | 4:58 | 12 |

ZIMOWA BIESZCZADZKA DYCHA 2015, Mężczyźni c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | Brutto | min/km | km/h |
|------|----------------------|-----|----------------------------------|-----------|------|-----------|--------|------|-------------|-------------|--------|------|
| 27 | ZDEB KRZYSZTOF | 164 | WROCANKA | | | M40 | 7 | M 27 | 00:50:12.30 | 00:50:15.55 | 5:01 | 12 |
| 28 | KARDACH KAMIL | 149 | RYMANÓW ZDRÓJ | | | M20 | 9 | M 28 | 00:50:19.70 | 00:50:30.55 | 5:02 | 11.9 |
| 29 | BEDNARCZYK PAWEŁ | 167 | SANOK | | | M30 | 13 | M 29 | 00:50:05.35 | 00:50:37.60 | 5:00 | 12 |
| 30 | WRÓBEL BARTŁOMIEJ | 135 | CISNA | | | M40 | 8 | M 30 | 00:50:31.95 | 00:50:42.70 | 5:03 | 11.9 |
| 31 | ZYGADLEWICZ GRZEGORZ | 134 | BIEGAJĄCY ŚWIDNIK | | | M30 | 14 | M 31 | 00:50:30.70 | 00:50:43.25 | 5:03 | 11.9 |
| 32 | POPAJEWSKI KRZYSZTOF | 159 | LUBLIN | | | M50 | 1 | M 32 | 00:50:17.60 | 00:50:49.20 | 5:01 | 11.9 |
| 33 | GRYCZ DAREK | 31 | TWIERDZA MODLIN | | | M20 | 10 | M 33 | 00:49:39.40 | 00:50:55.95 | 4:57 | 12.1 |
| 34 | WIECZOREK PAWEŁ | 122 | TREND GLASS RUNNING TEAM | | | M30 | 15 | M 34 | 00:50:28.65 | 00:51:00.55 | 5:02 | 11.9 |
| 35 | WINIARZ WITOLD | 127 | PRZEMYSKI KLUB BIEGACZA | | | M30 | 16 | M 35 | 00:51:27.15 | 00:51:56.85 | 5:08 | 11.7 |
| 36 | IGNASZAK UKASZ | 35 | GRODZISK MAZOWIECKI | | | M30 | 17 | M 36 | 00:51:08.75 | 00:52:03.65 | 5:06 | 11.7 |
| 37 | BAŁCHAN KRZYSZTOF | 3 | CPR RZESZÓW | | | M20 | 11 | M 37 | 00:52:00.70 | 00:52:18.30 | 5:12 | 11.5 |
| 38 | BYKOWSKI ANDRZEJ | 16 | | | | M40 | 9 | M 38 | 00:51:29.50 | 00:52:33.00 | 5:09 | 11.7 |
| 39 | WALICKI SEBASTIAN | 117 | MORSY | | | M40 | 10 | M 39 | 00:51:28.75 | 00:52:37.50 | 5:08 | 11.7 |
| 40 | BAK TYMOTEUSZ | 6 | GLIWICE | | | M30 | 18 | M 40 | 00:52:11.30 | 00:52:46.30 | 5:13 | 11.5 |
| 41 | MAZIARZ WOJCIECH | 61 | PGR PRZEWORSK | | | M20 | 12 | M 41 | 00:52:12.35 | 00:53:10.95 | 5:13 | 11.5 |
| 42 | HEC GRZEGORZ | 169 | GŁOWIENKA | | | M30 | 19 | M 42 | 00:53:08.90 | 00:53:18.55 | 5:18 | 11.3 |
| 43 | BROŻYNA MARCIN | 166 | SANOK | | | M30 | 20 | M 43 | 00:53:06.65 | 00:53:38.25 | 5:18 | 11.3 |
| 44 | WAŚOWICZ UKASZ | 173 | TYCHY | | | M30 | 21 | M 44 | 00:53:25.60 | 00:53:40.75 | 5:20 | 11.2 |
| 45 | MUSIAŁ KAMIL | 67 | BUDY GŁOGOWSKIE | | | M20 | 13 | M 45 | 00:52:41.55 | 00:53:47.30 | 5:16 | 11.4 |
| 46 | KRASOŃ JANUSZ | 52 | RZESZOWSKI KLUB MORSZA "SOPELEK" | | | M30 | 22 | M 46 | 00:52:45.60 | 00:53:51.05 | 5:16 | 11.4 |
| 47 | RESZTYŁO GRZEGORZ | 165 | AŃCUT | | | M40 | 11 | M 47 | 00:53:42.05 | 00:53:54.75 | 5:22 | 11.2 |
| 48 | STEC SEBASTIAN | 162 | WARSZAWA | | | M40 | 12 | M 48 | 00:53:48.10 | 00:54:26.35 | 5:22 | 11.2 |
| 49 | WNEK BOGUMIŁ | 172 | BOGUCHWAŁA | | | M40 | 13 | M 49 | 00:54:15.95 | 00:54:27.10 | 5:25 | 11.1 |
| 50 | DUDEK ARKADIUSZ | 22 | 4 PORY ROKU BRZOZÓW | | | M50 | 2 | M 50 | 00:54:55.35 | 00:55:12.75 | 5:29 | 10.9 |
| 51 | SONDEJ WIESŁAW | 185 | MORSY | | | M50 | 3 | M 51 | 00:54:09.75 | 00:55:19.05 | 5:25 | 11.1 |
| 52 | WIEWIÓRA JAKUB | 125 | WARSZAWA | | | M20 | 14 | M 52 | 00:54:19.20 | 00:55:45.40 | 5:25 | 11 |
| 53 | LOREK MAREK | 57 | DĘBICA | | | M40 | 14 | M 53 | 00:55:06.85 | 00:56:03.80 | 5:30 | 10.9 |
| 54 | KACZMAREK NORBERT | 40 | PRZEMYSŁ | | | M30 | 23 | M 54 | 00:55:46.25 | 00:56:15.35 | 5:34 | 10.8 |
| 55 | GOLBA PRZEMEK | 27 | | | | M30 | 24 | M 55 | 00:55:35.10 | 00:56:17.65 | 5:33 | 10.8 |
| 56 | KIERES MICHAŁ | 140 | OLSZTYN | | | M30 | 25 | M 56 | 00:55:56.00 | 00:56:24.85 | 5:35 | 10.7 |
| 57 | GUCWA JAROSŁAW | 33 | KRZYŻANOWICE | | | M40 | 15 | M 57 | 00:56:29.10 | 00:56:45.75 | 5:38 | 10.6 |
| 58 | KOZŁOWSKI BARTŁOMIEJ | 175 | KIELCE | | | M40 | 16 | M 58 | 00:56:20.40 | 00:57:04.00 | 5:38 | 10.6 |
| 59 | GRZYŚKA PIOTR | 32 | NIGHT RUNNERS ZABRZE | | | M30 | 26 | M 59 | 00:56:40.00 | 00:57:13.60 | 5:40 | 10.6 |
| 60 | PISTL JACEK | 151 | WROCLAW | | | M30 | 27 | M 60 | 00:56:22.30 | 00:57:33.05 | 5:38 | 10.6 |
| 61 | PASZKO PATRYK | 74 | KLUB BIEGACZA RTV EURO AGD | | | M20 | 15 | M 61 | 00:56:09.75 | 00:57:36.40 | 5:37 | 10.7 |
| 62 | PANTERA WOJCIECH | 73 | KRAKÓW | | | M30 | 28 | M 62 | 00:56:32.75 | 00:57:38.20 | 5:39 | 10.6 |
| 63 | NALEPA MARCIN | 68 | NIGHT RUNNERS ZABRZE | | | M30 | 29 | M 63 | 00:57:02.75 | 00:57:45.90 | 5:42 | 10.5 |
| 64 | WIETECZA PAWEŁ | 124 | WARZYCE | | | M30 | 30 | M 64 | 00:56:57.75 | 00:58:01.45 | 5:41 | 10.5 |
| 65 | NIEDZIELA MICHAŁ | 69 | JAROSŁAW | | | M30 | 31 | M 65 | 00:57:14.95 | 00:58:27.15 | 5:43 | 10.5 |
| 66 | KORNIŁÓW PIOTR | 148 | WARSZAWA | | | M40 | 17 | M 66 | 00:57:52.10 | 00:58:32.00 | 5:47 | 10.4 |
| 67 | SZEWC MARIAN | 107 | BILGORAJ | | | MĘZCZYŃNI | 1 | M 67 | 00:58:17.00 | 00:58:37.25 | 5:49 | 10.3 |
| 68 | TUORA MICHAŁ | 115 | | | | M30 | 32 | M 68 | 00:57:27.05 | 00:58:39.30 | 5:44 | 10.4 |
| 69 | SZYBIAK MACIEJ | 111 | AGONA WM | | | M20 | 16 | M 69 | 00:58:34.65 | 00:58:46.05 | 5:51 | 10.2 |
| 70 | KONIK JAROSŁAW | 46 | BBL KRAKÓW | | | M40 | 18 | M 70 | 00:57:33.60 | 00:58:49.45 | 5:45 | 10.4 |
| 71 | DANILUK ANDRZEJ | 19 | ZACISZE NIGHT RUNNERS | | | M30 | 33 | M 71 | 00:59:06.00 | 00:59:06.00 | 5:54 | 10.2 |
| 72 | POŁOŻYŃSKI ANDRZEJ | 81 | ZACISZE NIGHT RUNNERS | | | M30 | 34 | M 72 | 00:59:10.35 | 00:59:10.35 | 5:55 | 10.1 |
| 73 | KAŁUCKI ADAM | 42 | BBL KRAKÓW | | | M40 | 19 | M 73 | 00:58:15.20 | 00:59:30.95 | 5:49 | 10.3 |
| 74 | MAZUREK JAKUB | 62 | PRZEWORSKA GRUPA BIEGOWA | | | M20 | 17 | M 74 | 00:58:47.15 | 00:59:45.75 | 5:52 | 10.2 |
| 75 | PRASEK ARTUR | 83 | ALFA STAR RADOM | | | M40 | 20 | M 75 | 01:01:12.35 | 01:01:31.40 | 6:07 | 9.8 |
| 76 | PRZYJEMSKI KRZYSZTOF | 85 | NOWA HUTA TEAM | | | M30 | 35 | M 76 | 01:04:05.40 | 01:05:11.05 | 6:24 | 9.4 |
| 77 | SZANECKI MICHAŁ | 102 | RZESZÓW | | | M30 | 36 | M 77 | 01:04:46.60 | 01:05:43.45 | 6:28 | 9.3 |
| 78 | SOBIERAJ MARCIN | 96 | SOCHACZEW | | | M20 | 18 | M 78 | 01:07:12.80 | 01:08:19.00 | 6:43 | 8.9 |
| 79 | OLESIJUK ANTONI | 174 | LUBARTÓW | | | MĘZCZYŃNI | 2 | M 79 | 01:07:58.90 | 01:08:27.75 | 6:47 | 8.8 |
| 80 | PILCHOWSKI KONRAD | 77 | BIEGACZA RTV EURO AGD | | | M30 | 37 | M 80 | 01:07:19.35 | 01:08:40.30 | 6:44 | 8.9 |
| 81 | BOLANOWSKI PIOTR | 139 | DOMARAC | | | M40 | 21 | M 81 | 01:14:53.50 | 01:15:01.50 | 7:29 | 8 |
| 82 | BOBELLA ERIK | 8 | TRENDGLASS RUNNING TEAM | | | M30 | 38 | M 82 | 01:21:22.50 | 01:21:46.95 | 8:08 | 7.4 |
| 83 | SOT LUCJAN | 155 | WETLINA | | | M50 | 4 | M 83 | 01:29:49.80 | 01:31:03.15 | 8:59 | 6.7 |

ZIMOWA BIESZCZADZKA DYCHA 2015, Mężczyźni c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | Brutto | min/km | km/h | | |
|------|-----------------|----|----------|-----------|------|------|--------|-----|-------|--------|-------------|-------------|------|-----|
| 84 | MIRECKI JAN | 65 | WARSZAWA | | | | M40 | | 22 | M 84 | 01:30:04.55 | 01:31:19.10 | 9:00 | 6.7 |

ZIMOWA BIESZCZADZKA DYCHA 2015, K20

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | Brutto | min/km | km/h |
|------|-----------------------|-----|----------------------------|-----------|------|------|--------|------|-------------|-------------|--------|------|
| 1 | SOKOŁOWSKA MAJA | 157 | ZABRZE | | | K20 | 1 | K 4 | 00:50:01.15 | 00:50:31.60 | 5:00 | 12 |
| 2 | KRENZEL REGINA | 54 | JAROSŁAW | | | K20 | 2 | K 12 | 00:53:34.85 | 00:53:53.15 | 5:21 | 11.2 |
| 3 | BURY BEATA | 14 | KKB MOSIR KROSNO | | | K20 | 3 | K 13 | 00:53:41.00 | 00:53:54.15 | 5:22 | 11.2 |
| 4 | SZCZYPEK KAROLINA | 106 | WARSZAWA | | | K20 | 4 | K 26 | 00:56:54.65 | 00:57:37.25 | 5:41 | 10.5 |
| 5 | MŁODZIKOWSKA WERONIKA | 66 | KB V-MAX ADAMÓW | | | K20 | 5 | K 28 | 00:57:51.25 | 00:58:06.00 | 5:47 | 10.4 |
| 6 | BARCZEWSKA AGNIESZKA | 143 | WARSZAWA | | | K20 | 6 | K 33 | 00:58:25.95 | 00:59:15.05 | 5:50 | 10.3 |
| 7 | KOZIŃSKA SONIA | 49 | LONGPLAY | | | K20 | 7 | K 37 | 00:59:36.90 | 01:00:25.35 | 5:57 | 10.1 |
| 8 | KRASOWSKA MATYLDA | 53 | USTRZYKI DOLNE | | | K20 | 8 | K 40 | 00:59:46.90 | 01:00:50.80 | 5:58 | 10 |
| 9 | BROŻEK TERESA | 12 | WARSZTAT FORMY TYCHY | | | K20 | 9 | K 43 | 01:01:01.95 | 01:01:24.65 | 6:06 | 9.8 |
| 10 | KORDULA KAMILA | 47 | KLUB BIEGACZA RTV EURO AGD | | | K20 | 10 | K 56 | 01:05:03.30 | 01:06:26.35 | 6:30 | 9.2 |
| 11 | BARTNIK DOMINIKA | 4 | LUBLIN | | | K20 | 11 | K 57 | 01:06:05.25 | 01:06:53.70 | 6:36 | 9.1 |
| 12 | BRZEZIŃSKA SYLWIA | 13 | KLUB BIEGACZA RTV EURO AGD | | | K20 | 12 | K 58 | 01:07:12.35 | 01:08:35.70 | 6:43 | 8.9 |
| 13 | WĘGIERSKA AGNIESZKA | 121 | NIGHT RUNNERS ZABRZE | | | K20 | 13 | K 61 | 01:08:27.50 | 01:09:09.50 | 6:50 | 8.8 |
| 14 | SŁOMIAK MAGDALENA | 94 | | | | K20 | 14 | K 63 | 01:08:48.45 | 01:09:23.60 | 6:52 | 8.7 |
| 15 | MAJDA DOMINIKA | 152 | KRAKÓW | | | K20 | 15 | K 64 | 01:08:42.80 | 01:09:47.25 | 6:52 | 8.7 |
| 16 | JEŻAK JOANNA | 37 | NOWA HUTA TEAM | | | K20 | 16 | K 69 | 01:09:45.55 | 01:10:50.80 | 6:58 | 8.6 |
| 17 | PIETRZAK OLGA | 136 | | | | K20 | 17 | K 77 | 01:21:11.05 | 01:22:26.90 | 8:07 | 7.4 |

ZIMOWA BIESZCZADZKA DYCHA 2015, M20

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | Brutto | min/km | km/h |
|------|---------------------|-----|----------------------------|-----------|------|------|--------|------|-------------|-------------|--------|------|
| 1 | KIEŁBOŃ MICHAŁ | 43 | PRZEWORSKA GRUPA BIEGOWA | | | M20 | 1 | M 2 | 00:40:03.95 | 00:40:11.45 | 4:00 | 15 |
| 2 | WARTA PRZEMYSŁAW | 119 | CZARNA GÓRNA | | | M20 | 2 | M 5 | 00:43:41.60 | 00:44:36.10 | 4:22 | 13.7 |
| 3 | STAWIARSKI JAKUB | 99 | LONGPLAY | | | M20 | 3 | M 6 | 00:44:08.50 | 00:44:56.15 | 4:24 | 13.6 |
| 4 | ZAJEZIERSKI MATEUSZ | 133 | PIASKI | | | M20 | 4 | M 7 | 00:44:50.35 | 00:45:10.05 | 4:29 | 13.4 |
| 5 | TUCZAPSKI PIOTR | 114 | RZESZÓW | | | M20 | 5 | M 9 | 00:45:32.20 | 00:45:46.50 | 4:33 | 13.2 |
| 6 | KSZYSZTOŃ GRZEGORZ | 144 | WARSZAWA | | | M20 | 6 | M 10 | 00:45:47.65 | 00:45:58.20 | 4:34 | 13.1 |
| 7 | KOWALCZYK MATEUSZ | 48 | WARSZAWA | | | M20 | 7 | M 18 | 00:47:03.00 | 00:48:29.05 | 4:42 | 12.8 |
| 8 | CZAJKOWSKI ROBERT | 17 | KOSIENICE | | | M20 | 8 | M 22 | 00:49:23.00 | 00:49:43.25 | 4:56 | 12.1 |
| 9 | KARDACH KAMIL | 149 | RYMANÓW ZDRÓJ | | | M20 | 9 | M 28 | 00:50:19.70 | 00:50:30.55 | 5:02 | 11.9 |
| 10 | GRYCZ DAREK | 31 | TWIERDZA MODLIN | | | M20 | 10 | M 33 | 00:49:39.40 | 00:50:55.95 | 4:57 | 12.1 |
| 11 | BAŁCHAN KRZYSZTOF | 3 | CPR RZESZÓW | | | M20 | 11 | M 37 | 00:52:00.70 | 00:52:18.30 | 5:12 | 11.5 |
| 12 | MAZIARZ WOJCIECH | 61 | PGR PRZEWORSK | | | M20 | 12 | M 41 | 00:52:12.35 | 00:53:10.95 | 5:13 | 11.5 |
| 13 | MUSIAŁ KAMIL | 67 | BUDY GŁOGOWSKIE | | | M20 | 13 | M 45 | 00:52:41.55 | 00:53:47.30 | 5:16 | 11.4 |
| 14 | WIEWIÓRA JAKUB | 125 | WARSZAWA | | | M20 | 14 | M 52 | 00:54:19.20 | 00:55:45.40 | 5:25 | 11 |
| 15 | PASZKO PATRYK | 74 | KLUB BIEGACZA RTV EURO AGD | | | M20 | 15 | M 61 | 00:56:09.75 | 00:57:36.40 | 5:37 | 10.7 |
| 16 | SZYBIAK MACIEJ | 111 | AGONA WM | | | M20 | 16 | M 69 | 00:58:34.65 | 00:58:46.05 | 5:51 | 10.2 |
| 17 | MAZUREK JAKUB | 62 | PRZEWORSKA GRUPA BIEGOWA | | | M20 | 17 | M 74 | 00:58:47.15 | 00:59:45.75 | 5:52 | 10.2 |
| 18 | SOBIERAJ MARCIN | 96 | SOCHACZEW | | | M20 | 18 | M 78 | 01:07:12.80 | 01:08:19.00 | 6:43 | 8.9 |

ZIMOWA BIESZCZADZKA DYCHA 2015, K30

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | Brutto | min/km | km/h |
|------|--------------------------|-----|-------------------------|-----------|------|------|--------|-----|-------------|-------------|--------|------|
| 1 | BIKOWSKA-JUSIS KATARZYNA | 156 | DŹ | | | K30 | 1 | K 2 | 00:45:58.35 | 00:46:05.40 | 4:35 | 13.1 |
| 2 | GRUSZKO ALICJA | 30 | TEAM BIKE CONCEPT STORE | | | K30 | 2 | K 3 | 00:48:02.60 | 00:48:28.80 | 4:48 | 12.5 |
| 3 | SZCZUR IWONA | 104 | NOWA DĘBA | | | K30 | 3 | K 6 | 00:52:30.00 | 00:53:04.80 | 5:15 | 11.4 |
| 4 | JĘDRZEJCZYK AGNIESZKA | 38 | RZESZÓW | | | K30 | 4 | K 7 | 00:53:25.30 | 00:53:30.25 | 5:20 | 11.2 |

ZIMOWA BIESZCZADZKA DYCHA 2015, K30 c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | Brutto | min/km | km/h |
|------|-------------------------|-----|----------------------------------|-----------|------|------|--------|------|-------------|-------------|--------|------|
| 5 | PICHETA MAGDALENA | 75 | DISNEY VOLUNTEARS | | K30 | | 5 | K 8 | 00:52:19.80 | 00:53:36.60 | 5:14 | 11.5 |
| 6 | BAŻYŃSKA MARTA | 5 | LESZNO | | K30 | | 6 | K 9 | 00:52:44.35 | 00:53:42.80 | 5:16 | 11.4 |
| 7 | SŁOBODA ELŻBIETA | 93 | USTRZYKI DOLNE | | K30 | | 7 | K 10 | 00:53:18.85 | 00:53:47.55 | 5:19 | 11.3 |
| 8 | OBŁĄK AGNIESZKA | 72 | BIEGNE, ŻEBY BARTEK MÓGLE BIEGAĆ | | K30 | | 8 | K 15 | 00:53:15.85 | 00:54:01.60 | 5:19 | 11.3 |
| 9 | WOJCIECHOWSKA KATARZYNA | 128 | SANDOMIERZ | | K30 | | 9 | K 16 | 00:53:36.35 | 00:54:05.75 | 5:21 | 11.2 |
| 10 | FIRLEJ AGNIESZKA | 170 | WIERZOWA POLSKA | | K30 | | 10 | K 17 | 00:54:31.90 | 00:54:42.55 | 5:27 | 11 |
| 11 | SOBIESKA ALEKSANDRA | 97 | WARSZAWA | | K30 | | 11 | K 20 | 00:54:17.40 | 00:55:31.75 | 5:25 | 11.1 |
| 12 | DYNARSKA-LYCZAK IWONA | 23 | KM TRUCHCIK ŁUBIANKA | | K30 | | 12 | K 21 | 00:55:35.30 | 00:55:40.70 | 5:33 | 10.8 |
| 13 | SARNOWSKA KAROLINA | 90 | WARSZAWA | | K30 | | 13 | K 22 | 00:55:03.85 | 00:55:59.70 | 5:30 | 10.9 |
| 14 | PITAS SABINA | 78 | ZAPIERDALACZE.PL | | K30 | | 14 | K 23 | 00:56:20.55 | 00:56:34.00 | 5:38 | 10.6 |
| 15 | JAZEL MAŁGORZATA | 36 | ASTERZENECA | | K30 | | 15 | K 24 | 00:56:25.20 | 00:57:03.35 | 5:38 | 10.6 |
| 16 | KUCIA BEATA | 55 | WARSZAWA | | K30 | | 16 | K 27 | 00:57:29.35 | 00:57:43.35 | 5:44 | 10.4 |
| 17 | SŁUPEK-KUBAS AGNIESZKA | 95 | BIEGUNKA TEAM | | K30 | | 17 | K 29 | 00:58:07.20 | 00:58:44.75 | 5:48 | 10.3 |
| 18 | PORĘBSKA DOROTA | 82 | NOWA HUTA TEAM | | K30 | | 18 | K 31 | 00:58:43.30 | 00:59:02.45 | 5:52 | 10.2 |
| 19 | PIETYRA KAROLINA | 76 | ŁOŻA SZYDERCÓW | | K30 | | 19 | K 35 | 00:58:50.90 | 00:59:35.90 | 5:53 | 10.2 |
| 20 | BALIŃSKA MARIA | 2 | MAJDAN | | K30 | | 20 | K 38 | 00:59:54.30 | 01:00:35.25 | 5:59 | 10 |
| 21 | KRAJEWSKA JOANNA | 50 | LEJDIS ORELEC | | K30 | | 21 | K 39 | 01:00:16.25 | 01:00:41.10 | 6:01 | 10 |
| 22 | TOMCZYK KAMILA | 113 | WROCLAW | | K30 | | 22 | K 45 | 01:01:12.15 | 01:01:31.55 | 6:07 | 9.8 |
| 23 | GOŁDA ANNA | 28 | AŃCUT | | K30 | | 23 | K 46 | 01:00:24.10 | 01:01:32.70 | 6:02 | 9.9 |
| 24 | KLISZ AGNIESZKA | 45 | LUBLIN | | K30 | | 24 | K 49 | 01:02:29.75 | 01:03:06.10 | 6:15 | 9.6 |
| 25 | MALINOWSKA ANNA | 60 | WOŁOMIN | | K30 | | 25 | K 51 | 01:03:12.80 | 01:03:49.55 | 6:19 | 9.5 |
| 26 | SUWAŁA ANNA | 101 | TREND GLASS RUNNING TEAM | | K30 | | 26 | K 54 | 01:05:19.75 | 01:05:45.05 | 6:32 | 9.2 |
| 27 | WIERZBIŃSKA KAROLINA | 123 | WARSZAWA | | K30 | | 27 | K 59 | 01:08:40.50 | 01:09:03.35 | 6:52 | 8.7 |
| 28 | WIERZBICKA BEATA | 153 | KRAKÓW | | K30 | | 28 | K 65 | 01:08:50.15 | 01:09:55.00 | 6:53 | 8.7 |
| 29 | GABRIEL ALEKSANDRA | 25 | KRAKÓW | | K30 | | 29 | K 66 | 01:10:11.70 | 01:10:30.05 | 7:01 | 8.5 |
| 30 | MERKLEJN WERONIKA | 63 | PZU SPORT TEAM | | K30 | | 30 | K 67 | 01:10:05.85 | 01:10:38.65 | 7:00 | 8.6 |
| 31 | KLAŚ JUSTYNA | 44 | NH TEAM | | K30 | | 31 | K 68 | 01:10:31.90 | 01:10:50.50 | 7:03 | 8.5 |
| 32 | SZUKAŁSKA-WALCZAK EWA | 147 | PRUSZKÓW | | K30 | | 32 | K 73 | 01:12:43.95 | 01:13:22.65 | 7:16 | 8.2 |
| 33 | BOBELLA KASIA | 9 | TRENDGLASS RUNNING TEAM | | K30 | | 33 | K 76 | 01:21:26.70 | 01:21:48.15 | 8:08 | 7.4 |

ZIMOWA BIESZCZADZKA DYCHA 2015, M30

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | Brutto | min/km | km/h |
|------|----------------------|-----|---------------------------------|-----------|------|------|--------|------|-------------|-------------|--------|------|
| 1 | JÓZWIK PAWEŁ | 137 | LUBLIN | | M30 | | 1 | M 1 | 00:39:31.60 | 00:39:36.25 | 3:57 | 15.2 |
| 2 | LIPA WOJCIECH | 142 | RZESZÓW | | M30 | | 2 | M 3 | 00:43:48.70 | 00:44:03.35 | 4:22 | 13.7 |
| 3 | MUSIAŁOWSKI MARCIN | 176 | 2REP USTRZYKI GÓRNE | | M30 | | 3 | M 4 | 00:44:02.35 | 00:44:14.30 | 4:24 | 13.6 |
| 4 | LEWANDOWSKI RAFAŁ | 56 | | | M30 | | 4 | M 8 | 00:45:28.00 | 00:45:32.95 | 4:32 | 13.2 |
| 5 | RĄCZKA RAFAŁ | 86 | | | M30 | | 5 | M 11 | 00:45:24.85 | 00:46:26.40 | 4:32 | 13.2 |
| 6 | CZWERENKO WOJCIECH | 18 | SANOK | | M30 | | 6 | M 13 | 00:46:37.85 | 00:47:10.60 | 4:39 | 12.9 |
| 7 | RYSZ TOMASZ | 89 | SANOK | | M30 | | 7 | M 14 | 00:47:14.10 | 00:47:22.55 | 4:43 | 12.7 |
| 8 | KRAJEWSKI JAKUB | 51 | SZAROTKA UHERCE | | M30 | | 8 | M 15 | 00:47:22.65 | 00:47:48.40 | 4:44 | 12.7 |
| 9 | WALOSZEK MARCIN | 118 | PASZCZYNA | | M30 | | 9 | M 16 | 00:47:37.90 | 00:48:06.00 | 4:45 | 12.6 |
| 10 | URBAN MARCIN | 171 | BOGUCHWAŁA | | M30 | | 10 | M 20 | 00:48:14.20 | 00:48:53.70 | 4:49 | 12.4 |
| 11 | BRENDZOWSKI ADAM | 160 | SOLINA | | M30 | | 11 | M 23 | 00:49:47.85 | 00:49:57.60 | 4:58 | 12 |
| 12 | CZUCHNOWSKI MARCIN | 161 | RZESZÓW | | M30 | | 12 | M 26 | 00:49:49.05 | 00:50:11.45 | 4:58 | 12 |
| 13 | BEDNARCZYK PAWEŁ | 167 | SANOK | | M30 | | 13 | M 29 | 00:50:05.35 | 00:50:37.60 | 5:00 | 12 |
| 14 | ZYGADLEWICZ GRZEGORZ | 134 | BIEGAJĄCY ŚWIDNIK | | M30 | | 14 | M 31 | 00:50:30.70 | 00:50:43.25 | 5:03 | 11.9 |
| 15 | WIECZOREK PAWEŁ | 122 | TREND GLASS RUNNING TEAM | | M30 | | 15 | M 34 | 00:50:28.65 | 00:51:00.55 | 5:02 | 11.9 |
| 16 | WINIARZ WITOLD | 127 | PRZEMYSKI KLUB BIEGACZA | | M30 | | 16 | M 35 | 00:51:27.15 | 00:51:56.85 | 5:08 | 11.7 |
| 17 | IGNASZAK UKASZ | 35 | GRODZISK MAZOWIECKI | | M30 | | 17 | M 36 | 00:51:08.75 | 00:52:03.65 | 5:06 | 11.7 |
| 18 | BAK TYMOTEUSZ | 6 | GLIWICE | | M30 | | 18 | M 40 | 00:52:11.30 | 00:52:46.30 | 5:13 | 11.5 |
| 19 | HEC GRZEGORZ | 169 | GŁOWIENKA | | M30 | | 19 | M 42 | 00:53:08.90 | 00:53:18.55 | 5:18 | 11.3 |
| 20 | BROŻYNA MARCIN | 166 | SANOK | | M30 | | 20 | M 43 | 00:53:06.65 | 00:53:38.25 | 5:18 | 11.3 |
| 21 | WAŚOWICZ UKASZ | 173 | TYCHY | | M30 | | 21 | M 44 | 00:53:25.60 | 00:53:40.75 | 5:20 | 11.2 |
| 22 | KRASOŃ JANUSZ | 52 | RZESZOWSKI KLUB MORMA "SOPELEK" | | M30 | | 22 | M 46 | 00:52:45.60 | 00:53:51.05 | 5:16 | 11.4 |
| 23 | KACZMAREK NORBERT | 40 | PRZEMYSŁ | | M30 | | 23 | M 54 | 00:55:46.25 | 00:56:15.35 | 5:34 | 10.8 |

ZIMOWA BIESZCZADZKA DYCHA 2015, M30 c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | Brutto | min/km | km/h |
|------|----------------------|-----|-------------------------|-----------|------|------|--------|------|-------------|-------------|--------|------|
| 24 | GOLBA PRZEMEK | 27 | | | M30 | | 24 | M 55 | 00:55:35.10 | 00:56:17.65 | 5:33 | 10.8 |
| 25 | KIERES MICHAŁ | 140 | OLSZTYN | | M30 | | 25 | M 56 | 00:55:56.00 | 00:56:24.85 | 5:35 | 10.7 |
| 26 | GRZYŚKA PIOTR | 32 | NIGHT RUNNERS ZABRZE | | M30 | | 26 | M 59 | 00:56:40.00 | 00:57:13.60 | 5:40 | 10.6 |
| 27 | PISTL JACEK | 151 | WROCLAW | | M30 | | 27 | M 60 | 00:56:22.30 | 00:57:33.05 | 5:38 | 10.6 |
| 28 | PANTERA WOJCIECH | 73 | KRAKÓW | | M30 | | 28 | M 62 | 00:56:32.75 | 00:57:38.20 | 5:39 | 10.6 |
| 29 | NALEPA MARCIN | 68 | NIGHT RUNNERS ZABRZE | | M30 | | 29 | M 63 | 00:57:02.75 | 00:57:45.90 | 5:42 | 10.5 |
| 30 | WIETECHA PAWEŁ | 124 | WARZYCE | | M30 | | 30 | M 64 | 00:56:57.75 | 00:58:01.45 | 5:41 | 10.5 |
| 31 | NIEDZIELA MICHAŁ | 69 | JAROSŁAW | | M30 | | 31 | M 65 | 00:57:14.95 | 00:58:27.15 | 5:43 | 10.5 |
| 32 | TUORA MICHAŁ | 115 | | | M30 | | 32 | M 68 | 00:57:27.05 | 00:58:39.30 | 5:44 | 10.4 |
| 33 | DANILUK ANDRZEJ | 19 | ZACISZE NIGHT RUNNERS | | M30 | | 33 | M 71 | 00:59:06.00 | 00:59:06.00 | 5:54 | 10.2 |
| 34 | POŁOŻYŃSKI ANDRZEJ | 81 | ZACISZE NIGHT RUNNERS | | M30 | | 34 | M 72 | 00:59:10.35 | 00:59:10.35 | 5:55 | 10.1 |
| 35 | PRZYJEMSKI KRZYSZTOF | 85 | NOWA HUTA TEAM | | M30 | | 35 | M 76 | 01:04:05.40 | 01:05:11.05 | 6:24 | 9.4 |
| 36 | SZANECKI MICHAŁ | 102 | RZESZÓW | | M30 | | 36 | M 77 | 01:04:46.60 | 01:05:43.45 | 6:28 | 9.3 |
| 37 | PILCHOWSKI KONRAD | 77 | BIEGACZA RTV EURO AGD | | M30 | | 37 | M 80 | 01:07:19.35 | 01:08:40.30 | 6:44 | 8.9 |
| 38 | BOBELLA ERIK | 8 | TRENDGLASS RUNNING TEAM | | M30 | | 38 | M 82 | 01:21:22.50 | 01:21:46.95 | 8:08 | 7.4 |

ZIMOWA BIESZCZADZKA DYCHA 2015, K40

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | Brutto | min/km | km/h |
|------|-------------------------------|-----|--------------------------------|-----------|------|------|--------|------|-------------|-------------|--------|------|
| 1 | OLCHAWA JOANNA | 138 | KRAKÓW | | K40 | | 1 | K 1 | 00:44:05.75 | 00:44:08.70 | 4:24 | 13.6 |
| 2 | DOMISZEWSKA MARIA | 20 | USTRZYKI DOLNE | | K40 | | 2 | K 11 | 00:52:51.50 | 00:53:47.85 | 5:17 | 11.4 |
| 3 | WIDEREK KATARZYNA | 145 | JÓZEFOSŁAW | | K40 | | 3 | K 14 | 00:53:42.45 | 00:53:58.50 | 5:22 | 11.2 |
| 4 | CZUBA MARZENA | 146 | WARSZAWA | | K40 | | 4 | K 18 | 00:53:58.10 | 00:54:50.05 | 5:23 | 11.1 |
| 5 | SZUSZKIEWICZ MARZENA | 109 | WARSZAWA | | K40 | | 5 | K 19 | 00:54:56.75 | 00:55:10.45 | 5:29 | 10.9 |
| 6 | NOWOTARSKA ANITA | 70 | USTRZYKI DOLNE | | K40 | | 6 | K 25 | 00:57:25.55 | 00:57:36.40 | 5:44 | 10.4 |
| 7 | SZYBIAK JOANNA | 110 | AGONA WM | | K40 | | 7 | K 30 | 00:58:35.75 | 00:58:47.25 | 5:51 | 10.2 |
| 8 | SUJAK MAŁGORZATA | 100 | SALON SPORTOWY "FANSPORT" S.C. | | K40 | | 8 | K 32 | 00:58:54.15 | 00:59:06.05 | 5:53 | 10.2 |
| 9 | MACHNIK-BRONCEL JOANNA | 58 | TYCHY | | K40 | | 9 | K 34 | 00:59:03.85 | 00:59:20.35 | 5:54 | 10.2 |
| 10 | DZIĄG ANNA | 150 | WARSZAWA | | K40 | | 10 | K 41 | 00:59:54.20 | 01:00:54.45 | 5:59 | 10 |
| 11 | GEZELA JOANNA | 26 | RODZINA GEZELA | | K40 | | 11 | K 42 | 01:00:26.80 | 01:01:10.35 | 6:02 | 9.9 |
| 12 | RYŁKO MARIOLA | 88 | SOLINA | | K40 | | 12 | K 44 | 01:00:26.20 | 01:01:29.30 | 6:02 | 9.9 |
| 13 | KRYPCZYK KATARZYNA | 168 | CHORZÓW | | K40 | | 13 | K 47 | 01:00:41.30 | 01:01:38.80 | 6:04 | 9.9 |
| 14 | MICKIEWICZ JOLANTA | 64 | JGB "SOKÓŁ" | | K40 | | 14 | K 48 | 01:00:31.15 | 01:02:01.65 | 6:03 | 9.9 |
| 15 | JURA-SUKNAROWSKA MAŁGORZATA | 158 | CHOCZNIA | | K40 | | 15 | K 50 | 01:02:40.05 | 01:03:24.95 | 6:16 | 9.6 |
| 16 | BEŁKOWSKA VEL KAMIŃSKA DOROTA | 7 | | | K40 | | 16 | K 53 | 01:04:58.55 | 01:05:04.65 | 6:29 | 9.2 |
| 17 | HYZIAK JOANNA | 34 | JJ.RUNNERS GORLICE | | K40 | | 17 | K 55 | 01:05:43.55 | 01:05:54.40 | 6:34 | 9.1 |
| 18 | PLISZCZYŃSKA JUSTYNA | 79 | LUBLIN | | K40 | | 18 | K 60 | 01:08:55.30 | 01:09:08.10 | 6:53 | 8.7 |
| 19 | SZOSTAK DOROTA | 108 | LUBLIN | | K40 | | 19 | K 62 | 01:09:01.35 | 01:09:13.05 | 6:54 | 8.7 |
| 20 | ANTOSZ MONIKA | 1 | NORAFSPORT | | K40 | | 20 | K 71 | 01:11:26.60 | 01:12:42.15 | 7:08 | 8.4 |
| 21 | POLEWKA ANETA | 141 | DĄBRÓWKA STARZEŃSKA | | K40 | | 21 | K 74 | 01:14:53.50 | 01:15:00.95 | 7:29 | 8 |

ZIMOWA BIESZCZADZKA DYCHA 2015, M40

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | Brutto | min/km | km/h |
|------|----------------------|-----|----------------------|-----------|------|------|--------|------|-------------|-------------|--------|------|
| 1 | SZYBISTY GRZEGOSZ | 163 | WROCANKA | | M40 | | 1 | M 12 | 00:47:04.30 | 00:47:08.05 | 4:42 | 12.7 |
| 2 | SZCZUR WIESŁAW | 105 | NOWA DĘBA | | M40 | | 2 | M 17 | 00:47:38.60 | 00:48:11.10 | 4:45 | 12.6 |
| 3 | WAJCOWICZ WITOLD | 116 | SANOK | | M40 | | 3 | M 19 | 00:48:26.80 | 00:48:35.70 | 4:50 | 12.4 |
| 4 | RUDNICKI TOMASZ | 87 | BIEGUNKA TEAM POLSKA | | M40 | | 4 | M 21 | 00:48:37.05 | 00:49:17.45 | 4:51 | 12.3 |
| 5 | WOJTKIEWICZ JAROSŁAW | 130 | PODKOWA LEŚNA | | M40 | | 5 | M 24 | 00:49:49.75 | 00:50:00.20 | 4:59 | 12 |
| 6 | BOŻĘTKA JÓZEF | 11 | POLANA | | M40 | | 6 | M 25 | 00:49:00.30 | 00:50:06.65 | 4:54 | 12.2 |
| 7 | ZDEB KRZYSZTOF | 164 | WROCANKA | | M40 | | 7 | M 27 | 00:50:12.30 | 00:50:15.55 | 5:01 | 12 |
| 8 | WRÓBEL BARTŁOMIEJ | 135 | CISNA | | M40 | | 8 | M 30 | 00:50:31.95 | 00:50:42.70 | 5:03 | 11.9 |
| 9 | BYKOWSKI ANDRZEJ | 16 | | | M40 | | 9 | M 38 | 00:51:29.50 | 00:52:33.00 | 5:09 | 11.7 |
| 10 | WALICKI SEBASTIAN | 117 | MORSY | | M40 | | 10 | M 39 | 00:51:28.75 | 00:52:37.50 | 5:08 | 11.7 |

ZIMOWA BIESZCZADZKA DYCHA 2015, M40 c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | Brutto | min/km | km/h |
|------|----------------------|-----|-----------------|-----------|------|------|--------|------|-------------|-------------|--------|------|
| 11 | RESZTYŁO GRZEGORZ | 165 | AÑCUT | | M40 | | 11 | M 47 | 00:53:42.05 | 00:53:54.75 | 5:22 | 11.2 |
| 12 | STEC SEBASTIAN | 162 | WARSZAWA | | M40 | | 12 | M 48 | 00:53:48.10 | 00:54:26.35 | 5:22 | 11.2 |
| 13 | WNEK BOGUMIŁ | 172 | BOGUCHWAŁA | | M40 | | 13 | M 49 | 00:54:15.95 | 00:54:27.10 | 5:25 | 11.1 |
| 14 | LOREK MAREK | 57 | DĘBICA | | M40 | | 14 | M 53 | 00:55:06.85 | 00:56:03.80 | 5:30 | 10.9 |
| 15 | GUCWA JAROSŁAW | 33 | KRZYŻANOWICE | | M40 | | 15 | M 57 | 00:56:29.10 | 00:56:45.75 | 5:38 | 10.6 |
| 16 | KOZŁOWSKI BARTŁOMIEJ | 175 | KIELCE | | M40 | | 16 | M 58 | 00:56:20.40 | 00:57:04.00 | 5:38 | 10.6 |
| 17 | KORNIŁOW PIOTR | 148 | WARSZAWA | | M40 | | 17 | M 66 | 00:57:52.10 | 00:58:32.00 | 5:47 | 10.4 |
| 18 | KONIK JAROSŁAW | 46 | BBL KRAKÓW | | M40 | | 18 | M 70 | 00:57:33.60 | 00:58:49.45 | 5:45 | 10.4 |
| 19 | KĄLUCKI ADAM | 42 | BBL KRAKÓW | | M40 | | 19 | M 73 | 00:58:15.20 | 00:59:30.95 | 5:49 | 10.3 |
| 20 | PRASEK ARTUR | 83 | ALFA STAR RADOM | | M40 | | 20 | M 75 | 01:01:12.35 | 01:01:31.40 | 6:07 | 9.8 |
| 21 | BOLANOWSKI PIOTR | 139 | DOMARAC | | M40 | | 21 | M 81 | 01:14:53.50 | 01:15:01.50 | 7:29 | 8 |
| 22 | MIRECKI JAN | 65 | WARSZAWA | | M40 | | 22 | M 84 | 01:30:04.55 | 01:31:19.10 | 9:00 | 6.7 |

ZIMOWA BIESZCZADZKA DYCHA 2015, K50

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | Brutto | min/km | km/h |
|------|--------------------|-----|------------------------------------|-----------|------|------|--------|------|-------------|-------------|--------|------|
| 1 | WÓJCIK EWA | 132 | KRAKÓW | | K50 | | 1 | K 5 | 00:50:41.30 | 00:51:08.55 | 5:04 | 11.8 |
| 2 | SMOLIŃSKA BEATA | 154 | WARSZAWA | | K50 | | 2 | K 36 | 00:59:23.70 | 00:59:47.10 | 5:56 | 10.1 |
| 3 | MALEC BARBARA | 59 | LUBLIN | | K50 | | 3 | K 52 | 01:04:03.85 | 01:04:38.80 | 6:24 | 9.4 |
| 4 | OBARSKA MAŁGORZATA | 71 | | | K50 | | 4 | K 70 | 01:11:15.65 | 01:11:55.15 | 7:07 | 8.4 |
| 5 | STANISZEWSKA EWA | 98 | BIEGAM BO LUBIĘ KRAKÓW, NORAFSPORT | | K50 | | 5 | K 72 | 01:11:58.80 | 01:13:15.00 | 7:11 | 8.3 |
| 6 | KALMUS GRAŻYNA | 41 | BBL TORUŃ | | K50 | | 6 | K 75 | 01:14:24.05 | 01:15:40.60 | 7:26 | 8.1 |

ZIMOWA BIESZCZADZKA DYCHA 2015, M50

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | Brutto | min/km | km/h |
|------|----------------------|-----|---------------------|-----------|------|------|--------|------|-------------|-------------|--------|------|
| 1 | POPAJEWSKI KRZYSZTOF | 159 | LUBLIN | | M50 | | 1 | M 32 | 00:50:17.60 | 00:50:49.20 | 5:01 | 11.9 |
| 2 | DUDEK ARKADIUSZ | 22 | 4 PORY ROKU BRZOZÓW | | M50 | | 2 | M 50 | 00:54:55.35 | 00:55:12.75 | 5:29 | 10.9 |
| 3 | SONDEJ WIESŁAW | 185 | MORSY | | M50 | | 3 | M 51 | 00:54:09.75 | 00:55:19.05 | 5:25 | 11.1 |
| 4 | SOT LUCJAN | 155 | WETLINA | | M50 | | 4 | M 83 | 01:29:49.80 | 01:31:03.15 | 8:59 | 6.7 |

ZIMOWA BIESZCZADZKA DYCHA 2015, M60

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | Brutto | min/km | km/h |
|------|-----------------|-----|----------|-----------|------|-----------|--------|------|-------------|-------------|--------|------|
| 1 | SZEWC MARIAN | 107 | BILGORAJ | | | MĘZCZYŹNI | 1 | M 67 | 00:58:17.00 | 00:58:37.25 | 5:49 | 10.3 |
| 2 | OLESIJUK ANTONI | 174 | LUBARTÓW | | | MĘZCZYŹNI | 2 | M 79 | 01:07:58.90 | 01:08:27.75 | 6:47 | 8.8 |