

SMOK | 30KM

Organizator: Fundacja Na Ratunek
 Data: 2022-10-22
 Miejsce: BRANDYSÓWKA - DOLINKI PODKRAKOWSKIE
 Dystans: 30 km
 Klasyfikacja wg czasów brutto.

SMOK | 30KM, OPEN

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 8km | 19km | Netto | Brutto | min/km | km/h |
|------|---------------------------|------|---------------------------|----------------------|------|--------------------|--------|------|----------|----------|-------------|-------------|--------|------|
| 1 | SZKOŁA PAWEŁ | 35 | | BOCHNIA | POL | MASTER MĘŻCZYZN | 1 | M 1 | 01:00:50 | | 02:43:52.85 | 02:43:52.85 | 5:27 | 11 |
| 2 | MAJNUSZ TOMASZ | 3096 | | MODLNICA | POL | MASTER MĘŻCZYZN | 1 | M 1 | 01:00:53 | 01:54:53 | 02:43:52.85 | 02:43:52.85 | 5:27 | 11 |
| 3 | ŁOZA MATEUSZ | 3099 | BIEGAM BO LUBIĘ | GORZKÓW | POL | MASTER MĘŻCZYZN | 3 | M 3 | 01:01:12 | 01:56:40 | 02:56:43.05 | 02:56:43.05 | 5:53 | 10.2 |
| 4 | CICHORZ JACEK | 3076 | BIEGAJĄCY ŚWIDNIK | BYSTRZEJOWICE DRUGIE | POL | SENIOR MĘŻCZYZN | 1 | M 4 | 01:02:59 | 02:04:26 | 03:03:03.90 | 03:03:03.90 | 6:06 | 9.8 |
| 5 | PODOLAK PAWEŁ | 3042 | | USTRZYKI DOLNE | POL | MASTER MĘŻCZYZN | 4 | M 5 | 01:07:07 | 02:07:05 | 03:08:37.00 | 03:08:37.00 | 6:17 | 9.5 |
| 6 | MARUCHA TOMASZ | 34 | | KRASNYSTAW | POL | MASTER MĘŻCZYZN | 5 | M 6 | 01:12:50 | 02:14:17 | 03:10:16.15 | 03:10:16.15 | 6:20 | 9.5 |
| 7 | FLIS-CZAJKA JUSTYNA | 3033 | LACHO TEAM | PISARY | POL | MASTER KOBIEC | 1 | K 1 | 01:10:34 | 02:13:09 | 03:11:34.80 | 03:11:34.80 | 6:23 | 9.4 |
| 8 | NIEDŹWIADEK PIOTR | 3035 | #ADAMCZERWIŃSKITEAM | KRAKÓW | POL | WETERAN MĘŻCZYZN | 1 | M 7 | 01:10:43 | 01:54:57 | 03:11:44.20 | 03:11:44.20 | 6:23 | 9.4 |
| 9 | KLIMEK ANNA | 3097 | POLISH ATHLETICS IRELAND | BALLINCOLLIG | IRL | MASTER KOBIEC | 2 | K 2 | 01:15:02 | 02:18:04 | 03:17:46.85 | 03:17:46.85 | 6:35 | 9.1 |
| 10 | DOPART TOMASZ | 3043 | DWERNIK KAMIEŃ TRAIL | USTRZYKI DOLNE | POL | MASTER MĘŻCZYZN | 6 | M 8 | 01:09:23 | 02:13:14 | 03:19:42.55 | 03:19:42.55 | 6:39 | 9 |
| 11 | WYSOCKI MARCIN | 3094 | POLPLAST BIEGA | SKRZYŃKA | POL | WETERAN MĘŻCZYZN | 2 | M 9 | 01:14:34 | 02:20:10 | 03:22:39.45 | 03:22:39.45 | 6:45 | 8.9 |
| 12 | RYZYKOWSKI ARIEL | 3049 | EDC.TEAM.ACTIVE | PODWÓDKA | POL | MASTER MĘŻCZYZN | 7 | M 10 | 01:08:54 | 02:12:26 | 03:25:08.00 | 03:25:08.00 | 6:50 | 8.8 |
| 13 | JUREK PRZEMYSŁAW | 3085 | KS STASZEWSKY | WARSZAWA | POL | MASTER MĘŻCZYZN | 8 | M 11 | 01:15:48 | 02:23:20 | 03:29:19.20 | 03:29:19.20 | 6:58 | 8.6 |
| 14 | PODESZWA MAREK | 3012 | | RYBNIK | POL | WETERAN MĘŻCZYZN | 3 | M 12 | 01:16:44 | 02:22:56 | 03:29:36.55 | 03:29:36.55 | 6:59 | 8.6 |
| 15 | MATOGA MAREK | 31 | | SIERPNICE | POL | MASTER MĘŻCZYZN | 9 | M 13 | 01:17:12 | 02:22:06 | 03:30:06.90 | 03:30:06.90 | 7:00 | 8.6 |
| 16 | KOPEĆ SEBASTIAN | 3022 | | RYCZÓWEK | POL | SENIOR MĘŻCZYZN | 2 | M 14 | 01:12:42 | 02:21:25 | 03:30:35.00 | 03:30:35.00 | 7:01 | 8.5 |
| 17 | KUNICKI MATEUSZ | 3072 | | WIELICZKA | POL | SENIOR MĘŻCZYZN | 3 | M 15 | 01:17:15 | 02:22:38 | 03:30:39.80 | 03:30:39.80 | 7:01 | 8.5 |
| 18 | ZABDYR MARCIN | 3078 | KS PEGAZ | CHYLICE | POL | WETERAN MĘŻCZYZN | 4 | M 16 | 01:20:32 | 02:30:17 | 03:36:17.85 | 03:36:17.85 | 7:12 | 8.3 |
| 19 | NOSEK DARIUSZ | 3070 | | RAĆZNA | POL | MASTER MĘŻCZYZN | 10 | M 17 | 01:18:18 | 02:26:35 | 03:36:21.25 | 03:36:21.25 | 7:12 | 8.3 |
| 20 | SZWAJCA TOMASZ | 3079 | | KIELCE | POL | WETERAN MĘŻCZYZN | 5 | M 18 | 01:23:09 | 02:32:48 | 03:43:16.50 | 03:43:16.50 | 7:26 | 8.1 |
| 21 | BIDAS MICHAŁ | 3052 | STAY INSANE | LUBLIN | POL | SENIOR MĘŻCZYZN | 4 | M 19 | 01:17:24 | 02:30:25 | 03:44:04.20 | 03:44:04.20 | 7:28 | 8 |
| 22 | BAŃDO PIOTR | 3077 | | KRAKÓW | POL | WETERAN MĘŻCZYZN | 6 | M 20 | 01:16:48 | 02:30:28 | 03:45:12.20 | 03:45:12.20 | 7:30 | 8 |
| 23 | PALEJ JANUSZ | 3084 | J&J | SKARBIMIERZ OSIEDLE | POL | MASTER MĘŻCZYZN | 11 | M 21 | 01:22:23 | 02:34:41 | 03:45:43.45 | 03:45:43.45 | 7:31 | 8 |
| 24 | SKOWRON MAGDALENA | 3086 | | BALICE | POL | MASTER KOBIEC | 3 | K 3 | 01:23:02 | 02:34:44 | 03:45:44.40 | 03:45:44.40 | 7:31 | 8 |
| 25 | NADOLSKI MICHAŁ | 4833 | | SITNO | POL | MASTER MĘŻCZYZN | 12 | M 22 | 01:17:10 | 02:28:45 | 03:46:24.20 | 03:46:24.20 | 7:32 | 8 |
| 26 | RECLIŁ JACEK | 3098 | SMAKI BIEGANIA | RYBNIK | POL | WETERAN MĘŻCZYZN | 7 | M 23 | 01:23:34 | 02:38:52 | 03:50:45.95 | 03:50:45.95 | 7:41 | 7.8 |
| 27 | KWIATKOWSKI KRZYSZTOF | 3025 | | KRAKÓW | POL | WETERAN MĘŻCZYZN | 8 | M 24 | 01:27:03 | 02:40:08 | 03:52:41.90 | 03:52:41.90 | 7:45 | 7.7 |
| 28 | KOZAK FILIP | 3074 | NGB KŁOBUCK | KŁOBUCK | POL | WETERAN MĘŻCZYZN | 9 | M 25 | 01:20:43 | 02:35:11 | 03:54:12.90 | 03:54:12.90 | 7:48 | 7.7 |
| 29 | BORYCEUSZ-MATUSIAK IWONA | 3065 | ZABIEGANY WOŁOMIN | WOŁOMIN | POL | MASTER KOBIEC | 4 | K 4 | 01:25:22 | 02:41:02 | 03:54:17.20 | 03:54:17.20 | 7:48 | 7.7 |
| 30 | WILK ŁUKASZ | 5 | | MIELEC | POL | SENIOR MĘŻCZYZN | 5 | M 26 | 01:28:25 | 02:44:06 | 03:55:52.85 | 03:55:52.85 | 7:51 | 7.6 |
| 31 | ĆWIEKAŁA MAGDALENA | 33 | | PRZECŁAW | POL | MASTER KOBIEC | 5 | K 5 | 01:28:09 | 02:41:13 | 03:56:50.70 | 03:56:50.70 | 7:53 | 7.6 |
| 32 | SOCHA JAN | 3093 | | WARSZAWA | POL | DINOZAUER MĘŻCZYZN | 1 | M 27 | 01:27:06 | 02:43:45 | 03:58:17.75 | 03:58:17.75 | 7:56 | 7.6 |
| 33 | ZAMYŚLEWSKI KRZYSZTOF | 3007 | KWIDZYN BIEGA | BRACHLEWO | POL | MASTER MĘŻCZYZN | 13 | M 28 | 01:27:12 | 02:41:17 | 03:58:24.60 | 03:58:24.60 | 7:56 | 7.6 |
| 34 | ARCISZEWSKI MICHAŁ | 3056 | SPRÓCHNIALI HERKULESI | ŚWIERZOWA POLSKA | POL | MASTER MĘŻCZYZN | 14 | M 29 | 01:23:46 | 02:40:56 | 03:58:38.30 | 03:58:38.30 | 7:57 | 7.5 |
| 35 | BARTŁOMIEJUSZ PAWEŁ | 3060 | | TORUŃ | POL | SENIOR MĘŻCZYZN | 6 | M 30 | 01:25:18 | 02:47:39 | 03:58:41.35 | 03:58:41.35 | 7:57 | 7.5 |
| 36 | KUJAWSKA NATALIA | 3061 | | TORUŃ | POL | SENIOR KOBIEC | 1 | K 6 | 01:25:12 | 02:47:44 | 03:58:41.40 | 03:58:41.40 | 7:57 | 7.5 |
| 37 | KUJAWSKI DAMIAN | 3063 | | PŁAĆHAWY | POL | SENIOR MĘŻCZYZN | 7 | M 31 | 01:25:09 | 02:47:49 | 03:58:41.85 | 03:58:41.85 | 7:57 | 7.5 |
| 38 | SZADORSKA AGNIESZKA | 3032 | | ŁAZISKA GÓRNE | POL | MASTER KOBIEC | 6 | K 7 | 01:23:51 | 02:40:59 | 03:59:06.95 | 03:59:06.95 | 7:58 | 7.5 |
| 39 | GEORGIEW ELŻBIETA | 3092 | | BIELSKO-BIAŁA | POL | MASTER KOBIEC | 7 | K 8 | 01:33:49 | 02:49:11 | 03:59:12.30 | 03:59:12.30 | 7:58 | 7.5 |
| 40 | DRYGLAK VEL DRYGLAK PIOTR | 3036 | | KRASNYSTAW | POL | WETERAN MĘŻCZYZN | 10 | M 32 | 01:23:43 | 02:40:36 | 04:01:25.10 | 04:01:25.10 | 8:02 | 7.5 |
| 41 | KUCH PAWEŁ | 3073 | | SZAŁSZA | POL | WETERAN MĘŻCZYZN | 11 | M 33 | 01:22:34 | 02:40:52 | 04:01:36.10 | 04:01:36.10 | 8:03 | 7.5 |
| 42 | LEONHARD GOSIA | 3062 | | DABROWA GORNICZA | POL | MASTER KOBIEC | 8 | K 9 | 01:28:30 | 02:47:05 | 04:01:36.90 | 04:01:36.90 | 8:03 | 7.5 |
| 43 | ŚLIZ ALICJA | 3069 | W POGONI ZA DUCHEM | CHORZÓW | POL | MASTER KOBIEC | 9 | K 10 | 01:28:32 | 02:47:14 | 04:01:37.05 | 04:01:37.05 | 8:03 | 7.4 |
| 44 | WOJAS-KRAWCZYK KAMILA | 3045 | | LUBLIN | POL | MASTER KOBIEC | 10 | K 11 | 01:29:38 | 02:47:17 | 04:02:53.80 | 04:02:53.80 | 8:05 | 7.4 |
| 45 | KRAWCZYK PAWEŁ | 3046 | MEDYCZNY KLUB TURYSTYCZNY | LUBLIN | POL | WETERAN MĘŻCZYZN | 12 | M 34 | 01:29:43 | 02:48:09 | 04:02:54.15 | 04:02:54.15 | 8:05 | 7.4 |
| 46 | BOROWIEC PAWEŁ | 28 | | CZAJOWICE | POL | MASTER MĘŻCZYZN | 15 | M 35 | 01:26:56 | 02:47:26 | 04:03:17.30 | 04:03:17.30 | 8:06 | 7.4 |

SMOK | 30KM, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 8km | 19km | Netto | Brutto | min/km | km/h |
|------|-----------------------|------|---|----------------------|------|--------------------|--------|------|----------|----------|-------------|-------------|--------|------|
| 47 | KRĘPA AGNIESZKA | 4862 | NOWA HUTA TEAM | JAROSŁAW | POL | SENIOR KOBIET | 2 | K 12 | 01:31:47 | 02:49:01 | 04:03:46.95 | 04:03:46.95 | 8:07 | 7.4 |
| 48 | PIOTROWSKI PRZEMYSŁAW | 3082 | NOWA HUTA TEAM | KRAKÓW | POL | MASTER MĘŻCZYZN | 16 | M 36 | 01:31:41 | 02:49:04 | 04:03:47.00 | 04:03:47.00 | 8:07 | 7.4 |
| 49 | PISKORZ IRENEUSZ | 29 | KLUB BIEGACZA FOREST GUMP | KODEŃ | POL | MASTER MĘŻCZYZN | 17 | M 37 | 01:18:48 | 02:41:54 | 04:05:05.30 | 04:05:05.30 | 8:10 | 7.3 |
| 50 | ABRAMOWICZ DANIEL | 3006 | CHEŁM BIEGA | CHEŁM | POL | MASTER MĘŻCZYZN | 18 | M 38 | 01:30:02 | 02:49:45 | 04:05:13.45 | 04:05:13.45 | 8:10 | 7.3 |
| 51 | SADOWSKI MARIUSZ | 3050 | EDC.TEAM.ACTIVE / DZIKI NA HAMAKACH | PIOTRKÓW TRYBUNALSKI | POL | MASTER MĘŻCZYZN | 19 | M 39 | 01:26:38 | 02:44:53 | 04:05:17.80 | 04:05:17.80 | 8:10 | 7.3 |
| 52 | KUZIOLA GRZEGORZ | 3017 | #NOLIMITS | LUBLIN | POL | WETERAN MĘŻCZYZN | 13 | M 40 | 01:26:34 | 02:49:21 | 04:07:20.35 | 04:07:20.35 | 8:14 | 7.3 |
| 53 | ZATORSKI ANDRZEJ | 38 | | | POL | DINOZAUER MĘŻCZYZN | 2 | M 41 | 01:27:59 | 02:48:12 | 04:07:38.45 | 04:07:38.45 | 8:15 | 7.3 |
| 54 | FURDYNA MARIA | 3101 | | WARSZAWA | POL | MASTER KOBIET | 11 | K 13 | 01:27:51 | 02:47:30 | 04:08:14.75 | 04:08:14.75 | 8:16 | 7.3 |
| 55 | KOWALSKI KRZYSZTOF | 3008 | HRMAXCROSSTEAM | SOPOT | POL | WETERAN MĘŻCZYZN | 14 | M 42 | 01:29:01 | 02:48:26 | 04:08:40.50 | 04:08:40.50 | 8:17 | 7.2 |
| 56 | MALICKI PIOTR | 3014 | | LUBOŃ | POL | MASTER MĘŻCZYZN | 20 | M 43 | 01:30:40 | 02:49:48 | 04:08:46.10 | 04:08:46.10 | 8:17 | 7.2 |
| 57 | RUSIN ŁUKASZ | 3059 | | CHEŁM | POL | MASTER MĘŻCZYZN | 21 | M 44 | 01:27:18 | | 04:09:26.35 | 04:09:26.35 | 8:18 | 7.2 |
| 58 | GAWLIŃA LEŚLAW | 3039 | | RUDA ŚLĄSKA | POL | WETERAN MĘŻCZYZN | 15 | M 45 | 01:33:01 | 02:52:21 | 04:10:05.70 | 04:10:05.70 | 8:20 | 7.2 |
| 59 | WIŚNIEWSKI MICHAŁ | 3004 | | KRAKÓW | POL | WETERAN MĘŻCZYZN | 16 | M 46 | 01:30:53 | 02:50:27 | 04:10:07.00 | 04:10:07.00 | 8:20 | 7.2 |
| 60 | KUC ADAM | 3090 | THE OFFICE | KRAKÓW | POL | MASTER MĘŻCZYZN | 22 | M 47 | 01:25:06 | 02:47:10 | 04:10:17.75 | 04:10:17.75 | 8:20 | 7.2 |
| 61 | KORZENIOWSKI DAMIAN | 3024 | | ZYNGIERÓWKA | POL | MASTER MĘŻCZYZN | 23 | M 48 | 01:23:06 | 02:41:48 | 04:10:30.20 | 04:10:30.20 | 8:21 | 7.2 |
| 62 | KRACZKOWSKI KRZYSZTOF | 3019 | 8 BALL CROSS GYM CHEŁM | CHEŁM | POL | WETERAN MĘŻCZYZN | 17 | M 48 | 01:29:59 | 02:49:42 | 04:10:30.20 | 04:10:30.20 | 8:21 | 7.2 |
| 63 | ADAMCZYK JACEK | 3016 | | CHEŁM | POL | WETERAN MĘŻCZYZN | 18 | M 50 | 01:30:08 | 02:48:45 | 04:14:14.10 | 04:14:14.10 | 8:28 | 7.1 |
| 64 | BIDAS PAWEŁ | 3002 | BIKE EQUIPA SANDOMIERZ | SANDOMIERZ | POL | WETERAN MĘŻCZYZN | 19 | M 51 | 01:32:08 | 02:53:48 | 04:15:37.05 | 04:15:37.05 | 8:31 | 7 |
| 65 | SUCHORSKI SEBASTIAN | 3087 | KOSTRZYŃSKI KLUB BIEGOWY DO CELU | KOSTRZYŃ WŁKP | POL | MASTER MĘŻCZYZN | 24 | M 52 | 01:27:23 | 02:50:01 | 04:17:26.55 | 04:17:26.55 | 8:34 | 7 |
| 66 | RYBAK ARTUR | 3011 | | LIBIĄŻ | POL | MASTER MĘŻCZYZN | 25 | M 53 | 01:29:04 | 02:49:15 | 04:17:55.85 | 04:17:55.85 | 8:35 | 7 |
| 67 | BEDNARSKA BEATA | 3015 | | MARKI | POL | MASTER KOBIET | 12 | K 14 | 01:31:58 | 02:55:37 | 04:18:05.75 | 04:18:05.75 | 8:36 | 7 |
| 68 | MALIK SZYMON | 3010 | | WARSZAWA | POL | WETERAN MĘŻCZYZN | 20 | M 54 | 01:32:04 | 02:55:47 | 04:18:11.20 | 04:18:11.20 | 8:36 | 7 |
| 69 | KLAJNERT MARTA | 3031 | MYSZE TIM | CHEŁM | POL | WETERAN KOBIET | 1 | K 15 | 01:30:31 | 02:52:16 | 04:19:04.00 | 04:19:04.00 | 8:38 | 6.9 |
| 70 | KLAJNERT TOMEK | 3034 | MYSZE TIM | CHEŁM | POL | MASTER MĘŻCZYZN | 26 | M 55 | 01:30:28 | 02:52:10 | 04:19:04.15 | 04:19:04.15 | 8:38 | 6.9 |
| 71 | ŻYCIŃSKA MAGDALENA | 3067 | | KRAKÓW | POL | WETERAN KOBIET | 2 | K 16 | 01:37:46 | 02:57:44 | 04:20:08.60 | 04:20:08.60 | 8:40 | 6.9 |
| 72 | ABRAMIUK MICHAŁ | 3047 | | WARSZAWA | POL | WETERAN MĘŻCZYZN | 21 | M 56 | 01:29:48 | 02:47:23 | 04:22:50.05 | 04:22:50.05 | 8:45 | 6.8 |
| 73 | TALAROWSKA AGNIESZKA | 3003 | | KRASNOSTAW | POL | MASTER KOBIET | 13 | K 17 | 01:31:17 | 02:56:39 | 04:23:17.70 | 04:23:17.70 | 8:46 | 6.8 |
| 74 | TULEWICZ KATARZYNA | 3080 | ULTRA BESKID SPORT | BIELSKO-BIAŁA | POL | WETERAN KOBIET | 3 | K 18 | 01:33:54 | 03:02:52 | 04:24:21.80 | 04:24:21.80 | 8:48 | 6.8 |
| 75 | CIUBA PAWEŁ | 3027 | SPRÓCHNIALI HERKULESI | KROSNO | POL | SENIOR MĘŻCZYZN | 8 | M 57 | 01:33:22 | 02:58:59 | 04:24:52.85 | 04:24:52.85 | 8:49 | 6.8 |
| 76 | DZIÓBEK SYLWIA | 3009 | | WIELICZKA | POL | MASTER KOBIET | 14 | K 19 | 01:31:51 | 02:59:16 | 04:25:22.20 | 04:25:22.20 | 8:50 | 6.8 |
| 77 | PACZUSKI PIOTR | 3040 | 8 BALL CROSS GYM | CHEŁM | POL | MASTER MĘŻCZYZN | 27 | M 58 | 01:30:37 | 02:53:00 | 04:26:32.90 | 04:26:32.90 | 8:53 | 6.8 |
| 78 | SMOLARCZYK GRZEGORZ | 3088 | | SIEMIENOWICE ŚLĄSKIE | POL | WETERAN MĘŻCZYZN | 22 | M 59 | 01:30:46 | 02:56:50 | 04:26:48.95 | 04:26:48.95 | 8:53 | 6.7 |
| 79 | GANCARZ MAREK | 3026 | ULTRA BESKID SPORT / BIEGAM ŻEBY ŻREĆ WIĘCEJ CIASTKÓW | BIELSKO-BIAŁA | POL | SENIOR MĘŻCZYZN | 9 | M 60 | 01:34:23 | 03:02:55 | 04:27:16.75 | 04:27:16.75 | 8:54 | 6.7 |
| 80 | GAWEŁ AGATA | 3021 | KW TRAWERS KRZESZOWICE | KRAKÓW | POL | MASTER KOBIET | 15 | K 20 | 01:33:27 | 03:01:41 | 04:27:17.95 | 04:27:17.95 | 8:54 | 6.7 |
| 81 | LEWIŃSKI TOMASZ | 3029 | JEST LEPIEJ RUN TEAM | CZĘSTOCHOWA | POL | MASTER MĘŻCZYZN | 28 | M 61 | 01:34:58 | 03:05:03 | 04:30:19.75 | 04:30:19.75 | 9:00 | 6.7 |
| 82 | JAMRÓZ RYSZARD | 18 | | WADOWICE | POL | DINOZAUER MĘŻCZYZN | 3 | M 62 | 01:34:16 | 03:01:19 | 04:32:11.55 | 04:32:11.55 | 9:04 | 6.6 |
| 83 | LORENS KATARZYNA | 3064 | ZABIEGANY WOŁOMIN | WOŁOMIN | POL | WETERAN KOBIET | 4 | K 21 | 01:36:47 | 03:08:19 | 04:42:16.75 | 04:42:16.75 | 9:24 | 6.4 |
| 84 | OSTANIEWICZ KAMILA | 3055 | HAJDAAA | BYDGOSZCZ | POL | SENIOR KOBIET | 3 | K 22 | 01:40:48 | 03:12:25 | 04:42:21.00 | 04:42:21.00 | 9:24 | 6.4 |
| 85 | MROZIŃSKI ALBERT | 3038 | | ALEKSANDRÓW ŁÓDZKI | POL | WETERAN MĘŻCZYZN | 23 | M 63 | 01:39:23 | 03:16:22 | 04:50:16.30 | 04:50:16.30 | 9:40 | 6.2 |
| 86 | MROZIŃSKA RENATA | 3037 | | ALEKSANDRÓW ŁÓDZKI | POL | MASTER KOBIET | 16 | K 23 | 01:40:52 | 03:16:59 | 04:50:16.40 | 04:50:16.40 | 9:40 | 6.2 |
| 87 | KOZAK BEATA | 3083 | WYBIEGAJ SIEBIE | WARSZAWA | POL | WETERAN KOBIET | 5 | K 24 | 01:41:05 | 03:20:25 | 04:54:49.30 | 04:54:49.30 | 9:49 | 6.1 |
| 88 | DUPERAS ARKADIUSZ | 3051 | | PIOTRKÓW TRYBUNALSKI | POL | MASTER MĘŻCZYZN | 29 | M 64 | 01:41:10 | 03:20:35 | 04:54:50.00 | 04:54:50.00 | 9:49 | 6.1 |
| 89 | SERWADCZAK PIOTR | 3053 | P+E | BRZEG | POL | WETERAN MĘŻCZYZN | 24 | M 65 | 01:33:33 | 03:10:27 | 04:56:18.00 | 04:56:18.00 | 9:52 | 6.1 |
| 90 | TYRANKIEWICZ KAMILA | 3001 | JUMP&FLY, KABATY | WARSZAWA | POL | WETERAN KOBIET | 6 | K 25 | 01:48:38 | 03:23:53 | 04:56:20.00 | 04:56:20.00 | 9:52 | 6.1 |
| 91 | WEBER AGATA | 3095 | VELO ŁOSIE NA SZOSIE | WARSZAWA (WESOŁA) | POL | WETERAN KOBIET | 7 | K 26 | 01:53:15 | 03:30:20 | 04:59:18.90 | 04:59:18.90 | 9:58 | 6 |
| 92 | BALON MARCIN | 3044 | | KROSNO | POL | WETERAN MĘŻCZYZN | 25 | M 66 | 01:51:52 | 03:38:03 | 05:16:43.85 | 05:16:43.85 | 10:33 | 5.7 |
| 93 | BIDNIK JAKUB | 3091 | NORDTREAT | KROSNO | POL | WETERAN MĘŻCZYZN | 26 | M 67 | 01:51:44 | 03:38:20 | 05:16:44.00 | 05:16:44.00 | 10:33 | 5.7 |
| 94 | SAWICKI KAJETAN | 3100 | STARY MI KAZAŁ | KONARY | POL | SENIOR MĘŻCZYZN | 10 | M 68 | 01:47:00 | 03:33:40 | 05:18:44.20 | 05:18:44.20 | 10:37 | 5.6 |
| 95 | ZGODA KATARZYNA | 19 | ZABIEGANY WOŁOMIN | MICHAŁÓW | POL | WETERAN KOBIET | 8 | K 27 | 01:59:02 | 03:46:47 | 05:30:15.80 | 05:30:15.80 | 11:00 | 5.5 |
| 96 | KALINOWSKA JOANNA | 3023 | ULTRA BESKID SPORT | JASZENICA | POL | MASTER KOBIET | 17 | K 28 | 01:54:51 | 03:53:36 | 05:33:22.00 | 05:33:22.00 | 11:06 | 5.4 |
| 97 | KUBIK WANDA | 3005 | ULTRA BESKID SPORT | JASZENICA | POL | MASTER KOBIET | 18 | K 29 | 01:54:47 | 03:53:32 | 05:33:22.10 | 05:33:22.10 | 11:06 | 5.4 |
| 98 | SAWICKI BARTOSZ | 4767 | | KONARY | POL | WETERAN MĘŻCZYZN | 27 | M 69 | 02:01:55 | 03:54:45 | 05:42:12.10 | 05:42:12.10 | 11:24 | 5.3 |
| 99 | STRZELCZYK EDYTA | 3054 | P+E | BRZEG | POL | WETERAN KOBIET | 9 | K 30 | 02:00:32 | 03:54:32 | 05:45:06.55 | 05:45:06.55 | 11:30 | 5.2 |
| | RZEMIŃSKI JACEK | 3071 | STAJNIA BALONA | STRÓŻE | POL | WETERAN MĘŻCZYZN | | | DNF | DNF | DNF | DNF | - | - |

SMOK | 30KM, OPEN K

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 8km | 19km | Netto | Brutto | min/km | km/h |
|------|--------------------------|------|--------------------------|--------------------|------|----------------|--------|------|----------|----------|-------------|-------------|--------|------|
| 1 | FLIS-CZAJKA JUSTYNA | 3033 | LACHO TEAM | PISARY | POL | MASTER KOBIET | 1 | K 1 | 01:10:34 | 02:13:09 | 03:11:34.80 | 03:11:34.80 | 6:23 | 9.4 |
| 2 | KLIMEK ANNA | 3097 | POLISH ATHLETICS IRELAND | BALLINCOLLIG | IRL | MASTER KOBIET | 2 | K 2 | 01:15:02 | 02:18:04 | 03:17:46.85 | 03:17:46.85 | 6:35 | 9.1 |
| 3 | SKOWRON MAGDALENA | 3086 | | BALICE | POL | MASTER KOBIET | 3 | K 3 | 01:23:02 | 02:34:44 | 03:45:44.40 | 03:45:44.40 | 7:31 | 8 |
| 4 | BORYCEUSZ-MATUSIAK IWONA | 3065 | ZABIEGANY WOŁOMIN | WOŁOMIN | POL | MASTER KOBIET | 4 | K 4 | 01:25:22 | 02:41:02 | 03:54:17.20 | 03:54:17.20 | 7:48 | 7.7 |
| 5 | ĆWIEKAŁA MAGDALENA | 33 | | PRZECLAW | POL | MASTER KOBIET | 5 | K 5 | 01:28:09 | 02:41:13 | 03:56:50.70 | 03:56:50.70 | 7:53 | 7.6 |
| 6 | KUJAWSKA NATALIA | 3061 | | TORUŃ | POL | SENIOR KOBIET | 1 | K 6 | 01:25:12 | 02:47:44 | 03:58:41.40 | 03:58:41.40 | 7:57 | 7.5 |
| 7 | SZADORSKA AGNIESZKA | 3032 | | ŁAZISKA GÓRNE | POL | MASTER KOBIET | 6 | K 7 | 01:23:51 | 02:40:59 | 03:59:06.95 | 03:59:06.95 | 7:58 | 7.5 |
| 8 | GEORGIEW ELŻBIETA | 3092 | | BIELSKO-BIAŁA | POL | MASTER KOBIET | 7 | K 8 | 01:33:49 | 02:49:11 | 03:59:12.30 | 03:59:12.30 | 7:58 | 7.5 |
| 9 | LEONHARD GOSIA | 3062 | | DABROWA GORNICZA | POL | MASTER KOBIET | 8 | K 9 | 01:28:30 | 02:47:05 | 04:01:36.90 | 04:01:36.90 | 8:03 | 7.5 |
| 10 | ŚLIZ ALICJA | 3069 | W POGONI ZA DUCHEM | CHORZÓW | POL | MASTER KOBIET | 9 | K 10 | 01:28:32 | 02:47:14 | 04:01:37.05 | 04:01:37.05 | 8:03 | 7.4 |
| 11 | WOJAS-KRAWCZYK KAMILA | 3045 | | LUBLIN | POL | MASTER KOBIET | 10 | K 11 | 01:29:38 | 02:47:17 | 04:02:53.80 | 04:02:53.80 | 8:05 | 7.4 |
| 12 | KRĘPA AGNIESZKA | 4862 | NOWA HUTA TEAM | JAROSŁAW | POL | SENIOR KOBIET | 2 | K 12 | 01:31:47 | 02:49:01 | 04:03:46.95 | 04:03:46.95 | 8:07 | 7.4 |
| 13 | FURDYNA MARIA | 3101 | | WARSZAWA | POL | MASTER KOBIET | 11 | K 13 | 01:27:51 | 02:47:30 | 04:08:14.75 | 04:08:14.75 | 8:16 | 7.3 |
| 14 | BEDNARSKA BEATA | 3015 | | MARKI | POL | MASTER KOBIET | 12 | K 14 | 01:31:58 | 02:55:37 | 04:18:05.75 | 04:18:05.75 | 8:36 | 7 |
| 15 | KLAJNERT MARTA | 3031 | MYSZE TIM | CHEŁM | POL | WETERAN KOBIET | 1 | K 15 | 01:30:31 | 02:52:16 | 04:19:04.00 | 04:19:04.00 | 8:38 | 6.9 |
| 16 | ŻYCIŃSKA MAGDALENA | 3067 | | KRAKÓW | POL | WETERAN KOBIET | 2 | K 16 | 01:37:46 | 02:57:44 | 04:20:08.60 | 04:20:08.60 | 8:40 | 6.9 |
| 17 | TALAROWSKA AGNIESZKA | 3003 | | KRASNYSTAW | POL | MASTER KOBIET | 13 | K 17 | 01:31:17 | 02:56:39 | 04:23:17.70 | 04:23:17.70 | 8:46 | 6.8 |
| 18 | TULEWICZ KATARZYNA | 3080 | ULTRA BESKID SPORT | BIELSKO-BIAŁA | POL | WETERAN KOBIET | 3 | K 18 | 01:33:54 | 03:02:52 | 04:24:21.80 | 04:24:21.80 | 8:48 | 6.8 |
| 19 | DZIÓBEK SYLWIA | 3009 | | WIELICZKA | POL | MASTER KOBIET | 14 | K 19 | 01:31:51 | 02:59:16 | 04:25:22.20 | 04:25:22.20 | 8:50 | 6.8 |
| 20 | GAWEŁ AGATA | 3021 | KW TRAWERS KRZESZOWICE | KRAKÓW | POL | MASTER KOBIET | 15 | K 20 | 01:33:27 | 03:01:41 | 04:27:17.95 | 04:27:17.95 | 8:54 | 6.7 |
| 21 | LORENS KATARZYNA | 3064 | ZABIEGANY WOŁOMIN | WOŁOMIN | POL | WETERAN KOBIET | 4 | K 21 | 01:36:47 | 03:08:19 | 04:42:16.75 | 04:42:16.75 | 9:24 | 6.4 |
| 22 | OSTANIEWICZ KAMILA | 3055 | HAJDAAA | BYDGOSZCZ | POL | SENIOR KOBIET | 3 | K 22 | 01:40:48 | 03:12:25 | 04:42:21.00 | 04:42:21.00 | 9:24 | 6.4 |
| 23 | MROZIŃSKA RENATA | 3037 | | ALEKSANDRÓW ŁÓDZKI | POL | MASTER KOBIET | 16 | K 23 | 01:40:52 | 03:16:59 | 04:50:16.40 | 04:50:16.40 | 9:40 | 6.2 |
| 24 | KOZAK BEATA | 3083 | WYBIEGAJ SIEBIE | WARSZAWA | POL | WETERAN KOBIET | 5 | K 24 | 01:41:05 | 03:20:25 | 04:54:49.30 | 04:54:49.30 | 9:49 | 6.1 |
| 25 | TYRANKIEWICZ KAMILA | 3001 | JUMP&FLY, KABATY | WARSZAWA | POL | WETERAN KOBIET | 6 | K 25 | 01:48:38 | 03:23:53 | 04:56:20.00 | 04:56:20.00 | 9:52 | 6.1 |
| 26 | WEBER AGATA | 3095 | VELO ŁOSIE NA SZOSIE | WARSZAWA (WESOŁA) | POL | WETERAN KOBIET | 7 | K 26 | 01:53:15 | 03:30:20 | 04:59:18.90 | 04:59:18.90 | 9:58 | 6 |
| 27 | ZGODA KATARZYNA | 19 | ZABIEGANY WOŁOMIN | MICHAŁÓW | POL | WETERAN KOBIET | 8 | K 27 | 01:59:02 | 03:46:47 | 05:30:15.80 | 05:30:15.80 | 11:00 | 5.5 |
| 28 | KALINOWSKA JOANNA | 3023 | ULTRA BESKID SPORT | JASZENICA | POL | MASTER KOBIET | 17 | K 28 | 01:54:51 | 03:53:36 | 05:33:22.00 | 05:33:22.00 | 11:06 | 5.4 |
| 29 | KUBIK WANDA | 3005 | ULTRA BESKID SPORT | JASZENICA | POL | MASTER KOBIET | 18 | K 29 | 01:54:47 | 03:53:32 | 05:33:22.10 | 05:33:22.10 | 11:06 | 5.4 |
| 30 | STRZELCZYK EDYTA | 3054 | P+E | BRZEG | POL | WETERAN KOBIET | 9 | K 30 | 02:00:32 | 03:54:32 | 05:45:06.55 | 05:45:06.55 | 11:30 | 5.2 |

SMOK | 30KM, OPEN M

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 8km | 19km | Netto | Brutto | min/km | km/h |
|------|-------------------|------|----------------------|----------------------|------|------------------|--------|------|----------|----------|-------------|-------------|--------|------|
| 1 | MAJNUSZ TOMASZ | 3096 | | MODLNICA | POL | MASTER MĘŻCZYZN | 1 | M 1 | 01:00:53 | 01:54:53 | 02:43:52.85 | 02:43:52.85 | 5:27 | 11 |
| 2 | SZKOŁA PAWEŁ | 35 | | BOCHNIA | POL | MASTER MĘŻCZYZN | 1 | M 1 | 01:00:50 | | 02:43:52.85 | 02:43:52.85 | 5:27 | 11 |
| 3 | ŁOZA MATEUSZ | 3099 | BIEGAM BO LUBIĘ | GORKÓW | POL | MASTER MĘŻCZYZN | 3 | M 3 | 01:01:12 | 01:56:40 | 02:56:43.05 | 02:56:43.05 | 5:53 | 10.2 |
| 4 | CICHORZ JACEK | 3076 | BIEGAJĄCY ŚWIDNIK | BYSTRZEJOWICE DRUGIE | POL | SENIOR MĘŻCZYZN | 1 | M 4 | 01:02:59 | 02:04:26 | 03:03:03.90 | 03:03:03.90 | 6:06 | 9.8 |
| 5 | PODOLAK PAWEŁ | 3042 | | USTRZYKI DOLNE | POL | MASTER MĘŻCZYZN | 4 | M 5 | 01:07:07 | 02:07:05 | 03:08:37.00 | 03:08:37.00 | 6:17 | 9.5 |
| 6 | MARUCHA TOMASZ | 34 | | KRASNYSTAW | POL | MASTER MĘŻCZYZN | 5 | M 6 | 01:12:50 | 02:14:17 | 03:10:16.15 | 03:10:16.15 | 6:20 | 9.5 |
| 7 | NIEDŹWIADEK PIOTR | 3035 | #ADAMCZERWIŃSKITEAM | KRAKÓW | POL | WETERAN MĘŻCZYZN | 1 | M 7 | 01:10:43 | 01:54:57 | 03:11:44.20 | 03:11:44.20 | 6:23 | 9.4 |
| 8 | DOPART TOMASZ | 3043 | DWERNIK KAMIEŃ TRAIL | USTRZYKI DOLNE | POL | MASTER MĘŻCZYZN | 6 | M 8 | 01:09:23 | 02:13:14 | 03:19:42.55 | 03:19:42.55 | 6:39 | 9 |
| 9 | WYSOCKI MARCIN | 3094 | POLPLAST BIEGA | SKRZYŃKA | POL | WETERAN MĘŻCZYZN | 2 | M 9 | 01:14:34 | 02:20:10 | 03:22:39.45 | 03:22:39.45 | 6:45 | 8.9 |
| 10 | RYZYKOWSKI ARIEL | 3049 | EDC.TEAM.ACTIVE | PODWÓDKA | POL | MASTER MĘŻCZYZN | 7 | M 10 | 01:08:54 | 02:12:26 | 03:25:08.00 | 03:25:08.00 | 6:50 | 8.8 |
| 11 | JUREK PRZEMYSŁAW | 3085 | KS STASZEWCY | WARSZAWA | POL | MASTER MĘŻCZYZN | 8 | M 11 | 01:15:48 | 02:23:20 | 03:29:19.20 | 03:29:19.20 | 6:58 | 8.6 |
| 12 | PODESZWA MAREK | 3012 | | RYBNIK | POL | WETERAN MĘŻCZYZN | 3 | M 12 | 01:16:44 | 02:22:56 | 03:29:36.55 | 03:29:36.55 | 6:59 | 8.6 |
| 13 | MATOGA MAREK | 31 | | SIERPNICE | POL | MASTER MĘŻCZYZN | 9 | M 13 | 01:17:12 | 02:22:06 | 03:30:06.90 | 03:30:06.90 | 7:00 | 8.6 |
| 14 | KOPEĆ SEBASTIAN | 3022 | | RYCZÓWEK | POL | SENIOR MĘŻCZYZN | 2 | M 14 | 01:12:42 | 02:21:25 | 03:30:35.00 | 03:30:35.00 | 7:01 | 8.5 |
| 15 | KUNICKI MATEUSZ | 3072 | | WIELICZKA | POL | SENIOR MĘŻCZYZN | 3 | M 15 | 01:17:15 | 02:22:38 | 03:30:39.80 | 03:30:39.80 | 7:01 | 8.5 |
| 16 | ZABDYR MARCIN | 3078 | KS PEGAZ | CHYLICE | POL | WETERAN MĘŻCZYZN | 4 | M 16 | 01:20:32 | 02:30:17 | 03:36:17.85 | 03:36:17.85 | 7:12 | 8.3 |
| 17 | NOSEK DARIUSZ | 3070 | | RĄCZNA | POL | MASTER MĘŻCZYZN | 10 | M 17 | 01:18:18 | 02:26:35 | 03:36:21.25 | 03:36:21.25 | 7:12 | 8.3 |
| 18 | SZWAJCA TOMASZ | 3079 | | KIELCE | POL | WETERAN MĘŻCZYZN | 5 | M 18 | 01:23:09 | 02:32:48 | 03:43:16.50 | 03:43:16.50 | 7:26 | 8.1 |
| 19 | BIDAS MICHAŁ | 3052 | STAY INSANE | LUBLIN | POL | SENIOR MĘŻCZYZN | 4 | M 19 | 01:17:24 | 02:30:25 | 03:44:04.20 | 03:44:04.20 | 7:28 | 8 |
| 20 | BAŃDO PIOTR | 3077 | | KRAKÓW | POL | WETERAN MĘŻCZYZN | 6 | M 20 | 01:16:48 | 02:30:28 | 03:45:12.20 | 03:45:12.20 | 7:30 | 8 |
| 21 | PALEJ JANUSZ | 3084 | J&J | SKARBIMIERZ OSIEDLE | POL | MASTER MĘŻCZYZN | 11 | M 21 | 01:22:23 | 02:34:41 | 03:45:43.45 | 03:45:43.45 | 7:31 | 8 |
| 22 | NADOLSKI MICHAŁ | 4833 | | SITNO | POL | MASTER MĘŻCZYZN | 12 | M 22 | 01:17:10 | 02:28:45 | 03:46:24.20 | 03:46:24.20 | 7:32 | 8 |

SMOK | 30KM, OPEN M c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 8km | 19km | Netto | Brutto | min/km | km/h |
|------|---------------------------|------|---|----------------------|------|------------------|--------|------|----------|-------------|-------------|-------------|--------|------|
| 23 | RECLIK JACEK | 3098 | SMAKI BIEGANIA | RYBNIK | POL | WETERAN MĘŻCZYZN | 7 | M 23 | 01:23:34 | 02:38:52 | 03:50:45.95 | 03:50:45.95 | 7:41 | 7.8 |
| 24 | KWIATKOWSKI KRZYSZTOF | 3025 | | KRAKÓW | POL | WETERAN MĘŻCZYZN | 8 | M 24 | 01:27:03 | 02:40:08 | 03:52:41.90 | 03:52:41.90 | 7:45 | 7.7 |
| 25 | KOZAK FILIP | 3074 | NGB KŁOBUCK | KŁOBUCK | POL | WETERAN MĘŻCZYZN | 9 | M 25 | 01:20:43 | 02:35:11 | 03:54:12.90 | 03:54:12.90 | 7:48 | 7.7 |
| 26 | WILK ŁUKASZ | 5 | | MIELEC | POL | SENIOR MĘŻCZYZN | 5 | M 26 | 01:28:25 | 02:44:06 | 03:55:52.85 | 03:55:52.85 | 7:51 | 7.6 |
| 27 | SOCHA JAN | 3093 | | WARSZAWA | POL | DINOZAU MĘŻCZYZN | 1 | M 27 | 01:27:06 | 02:43:45 | 03:58:17.75 | 03:58:17.75 | 7:56 | 7.6 |
| 28 | ZAMYŚLEWSKI KRZYSZTOF | 3007 | KWIDZYN BIEGA | BRACHLEWO | POL | MASTER MĘŻCZYZN | 13 | M 28 | 01:27:12 | 02:41:17 | 03:58:24.60 | 03:58:24.60 | 7:56 | 7.6 |
| 29 | ARCISZEWSKI MICHAŁ | 3056 | SPRÓCHNIALI HERKULESI | ŚWIERZOWA POLSKA | POL | MASTER MĘŻCZYZN | 14 | M 29 | 01:23:46 | 02:40:56 | 03:58:38.30 | 03:58:38.30 | 7:57 | 7.5 |
| 30 | BARTŁOMIEJUSZ PAWEŁ | 3060 | | TORUŃ | POL | SENIOR MĘŻCZYZN | 6 | M 30 | 01:25:18 | 02:47:39 | 03:58:41.35 | 03:58:41.35 | 7:57 | 7.5 |
| 31 | KUJAWSKI DAMIAN | 3063 | | PŁĄCHAWY | POL | SENIOR MĘŻCZYZN | 7 | M 31 | 01:25:09 | 02:47:49 | 03:58:41.85 | 03:58:41.85 | 7:57 | 7.5 |
| 32 | DRYGLAK VEL DRYGLAK PIOTR | 3036 | | KRASNYSTAW | POL | WETERAN MĘŻCZYZN | 10 | M 32 | 01:23:43 | 02:40:36 | 04:01:25.10 | 04:01:25.10 | 8:02 | 7.5 |
| 33 | KUCH PAWEŁ | 3073 | | SZAŁSZA | POL | WETERAN MĘŻCZYZN | 11 | M 33 | 01:22:34 | 02:40:52 | 04:01:36.10 | 04:01:36.10 | 8:03 | 7.5 |
| 34 | KRAWCZYK PAWEŁ | 3046 | MEDYCZNY KLUB TURYSTYCZNY | LUBLIN | POL | WETERAN MĘŻCZYZN | 12 | M 34 | 01:29:43 | 02:48:09 | 04:02:54.15 | 04:02:54.15 | 8:05 | 7.4 |
| 35 | BOROWIEC PAWEŁ | 28 | | CZAJOWICE | POL | MASTER MĘŻCZYZN | 15 | M 35 | 01:26:56 | 02:47:26 | 04:03:17.30 | 04:03:17.30 | 8:06 | 7.4 |
| 36 | PIOTROWSKI PRZEMYSŁAW | 3082 | NOWA HUTA TEAM | KRAKÓW | POL | MASTER MĘŻCZYZN | 16 | M 36 | 01:31:41 | 02:49:04 | 04:03:47.00 | 04:03:47.00 | 8:07 | 7.4 |
| 37 | PISKORZ IRENEUSZ | 29 | KLUB BIEGACZA FOREST GUMP | KODEŃ | POL | MASTER MĘŻCZYZN | 17 | M 37 | 01:18:48 | 02:41:54 | 04:05:05.30 | 04:05:05.30 | 8:10 | 7.3 |
| 38 | ABRAMOWICZ DANIEL | 3006 | CHEŁM BIEGA | CHEŁM | POL | MASTER MĘŻCZYZN | 18 | M 38 | 01:30:02 | 02:49:45 | 04:05:13.45 | 04:05:13.45 | 8:10 | 7.3 |
| 39 | SADOWSKI MARIUSZ | 3050 | EDC.TEAM.ACTIVE / DZIKI NA HAMAKACH | PIOTRKÓW TRYBUNALSKI | POL | MASTER MĘŻCZYZN | 19 | M 39 | 01:26:38 | 02:44:53 | 04:05:17.80 | 04:05:17.80 | 8:10 | 7.3 |
| 40 | KUZIOLA GRZEGORZ | 3017 | #NOLIMITS | LUBLIN | POL | WETERAN MĘŻCZYZN | 13 | M 40 | 01:26:34 | 02:49:21 | 04:07:20.35 | 04:07:20.35 | 8:14 | 7.3 |
| 41 | ZATORSKI ANDRZEJ | 38 | | | POL | DINOZAU MĘŻCZYZN | 2 | M 41 | 01:27:59 | 02:48:12 | 04:07:38.45 | 04:07:38.45 | 8:15 | 7.3 |
| 42 | KOWALSKI KRZYSZTOF | 3008 | HRMAXCROSSTEAM | SOPOT | POL | WETERAN MĘŻCZYZN | 14 | M 42 | 01:29:01 | 02:48:26 | 04:08:40.50 | 04:08:40.50 | 8:17 | 7.2 |
| 43 | MALICKI PIOTR | 3014 | | LUBOŃ | POL | MASTER MĘŻCZYZN | 20 | M 43 | 01:30:40 | 02:49:48 | 04:08:46.10 | 04:08:46.10 | 8:17 | 7.2 |
| 44 | RUSIN ŁUKASZ | 3059 | | CHEŁM | POL | MASTER MĘŻCZYZN | 21 | M 44 | 01:27:18 | 04:09:26.35 | 04:09:26.35 | 04:09:26.35 | 8:18 | 7.2 |
| 45 | GAWLINA LESŁAW | 3039 | | RUDA ŚLĄSKA | POL | WETERAN MĘŻCZYZN | 15 | M 45 | 01:33:01 | 02:52:21 | 04:10:05.70 | 04:10:05.70 | 8:20 | 7.2 |
| 46 | WIŚNIEWSKI MICHAŁ | 3004 | | KRAKÓW | POL | WETERAN MĘŻCZYZN | 16 | M 46 | 01:30:53 | 02:50:27 | 04:10:07.00 | 04:10:07.00 | 8:20 | 7.2 |
| 47 | KUC ADAM | 3090 | THE OFFICE | KRAKÓW | POL | MASTER MĘŻCZYZN | 22 | M 47 | 01:25:06 | 02:47:10 | 04:10:17.75 | 04:10:17.75 | 8:20 | 7.2 |
| 48 | KORZENIOWSKI DAMIAN | 3024 | | ZYNGIERÓWKA | POL | MASTER MĘŻCZYZN | 23 | M 48 | 01:23:06 | 02:41:48 | 04:10:30.20 | 04:10:30.20 | 8:21 | 7.2 |
| 49 | KRACZKOWSKI KRZYSZTOF | 3019 | 8 BALL CROSS GYM CHEŁM | CHEŁM | POL | WETERAN MĘŻCZYZN | 17 | M 48 | 01:29:59 | 02:49:42 | 04:10:30.20 | 04:10:30.20 | 8:21 | 7.2 |
| 50 | ADAMCZYK JACEK | 3016 | | CHEŁM | POL | WETERAN MĘŻCZYZN | 18 | M 50 | 01:30:08 | 02:48:45 | 04:14:14.10 | 04:14:14.10 | 8:28 | 7.1 |
| 51 | BIDAS PAWEŁ | 3002 | BIKE EQUIPA SANDOMIERZ | SANDOMIERZ | POL | WETERAN MĘŻCZYZN | 19 | M 51 | 01:32:08 | 02:53:48 | 04:15:37.05 | 04:15:37.05 | 8:31 | 7 |
| 52 | SUCHORSKI SEBASTIAN | 3087 | KOSTRZYNSKI KLUB BIEGOWY DO CELU | KOSTRZYN WLKP | POL | MASTER MĘŻCZYZN | 24 | M 52 | 01:27:23 | 02:50:01 | 04:17:26.55 | 04:17:26.55 | 8:34 | 7 |
| 53 | RYBAK ARTUR | 3011 | | LIBIĄŻ | POL | MASTER MĘŻCZYZN | 25 | M 53 | 01:29:04 | 02:49:15 | 04:17:55.85 | 04:17:55.85 | 8:35 | 7 |
| 54 | MALIK SZYMON | 3010 | | WARSZAWA | POL | WETERAN MĘŻCZYZN | 20 | M 54 | 01:32:04 | 02:55:47 | 04:18:11.20 | 04:18:11.20 | 8:36 | 7 |
| 55 | KLAJNERT TOMEK | 3034 | MYSZE TIM | CHEŁM | POL | MASTER MĘŻCZYZN | 26 | M 55 | 01:30:28 | 02:52:10 | 04:19:04.15 | 04:19:04.15 | 8:38 | 6.9 |
| 56 | ABRAMIUK MICHAŁ | 3047 | | WARSZAWA | POL | WETERAN MĘŻCZYZN | 21 | M 56 | 01:29:48 | 02:47:23 | 04:22:50.05 | 04:22:50.05 | 8:45 | 6.8 |
| 57 | CIUBA PAWEŁ | 3027 | SPRÓCHNIALI HERKULESI | KROSNO | POL | SENIOR MĘŻCZYZN | 8 | M 57 | 01:33:22 | 02:58:59 | 04:24:52.85 | 04:24:52.85 | 8:49 | 6.8 |
| 58 | PACZUSKI PIOTR | 3040 | 8 BALL CROSS GYM | CHEŁM | POL | MASTER MĘŻCZYZN | 27 | M 58 | 01:30:37 | 02:53:00 | 04:26:32.90 | 04:26:32.90 | 8:53 | 6.8 |
| 59 | SMOLARCZYK GRZEGORZ | 3088 | | SIEMIANOWICE ŚLĄSKIE | POL | WETERAN MĘŻCZYZN | 22 | M 59 | 01:30:46 | 02:56:50 | 04:26:48.95 | 04:26:48.95 | 8:53 | 6.7 |
| 60 | GANCARZ MAREK | 3026 | ULTRA BESKID SPORT / BIEGAM ŻEBY ŻREĆ WIĘCEJ CIASTKÓW | BIELSKO-BIAŁA | POL | SENIOR MĘŻCZYZN | 9 | M 60 | 01:34:23 | 03:02:55 | 04:27:16.75 | 04:27:16.75 | 8:54 | 6.7 |
| 61 | LEWIŃSKI TOMASZ | 3029 | JEST LEPIEJ RUN TEAM | CZĘSTOCHOWA | POL | MASTER MĘŻCZYZN | 28 | M 61 | 01:34:58 | 03:05:03 | 04:30:19.75 | 04:30:19.75 | 9:00 | 6.7 |
| 62 | JAMRÓZ RYSZARD | 18 | | WADOWICE | POL | DINOZAU MĘŻCZYZN | 3 | M 62 | 01:34:16 | 03:01:19 | 04:32:11.55 | 04:32:11.55 | 9:04 | 6.6 |
| 63 | MROZIŃSKI ALBERT | 3038 | | ALEKSANDRÓW ŁÓDZKI | POL | WETERAN MĘŻCZYZN | 23 | M 63 | 01:39:23 | 03:16:22 | 04:50:16.30 | 04:50:16.30 | 9:40 | 6.2 |
| 64 | DUPERAS ARKADIUSZ | 3051 | | PIOTRKÓW TRYBUNALSKI | POL | MASTER MĘŻCZYZN | 29 | M 64 | 01:41:10 | 03:20:35 | 04:54:50.00 | 04:54:50.00 | 9:49 | 6.1 |
| 65 | SERWADZAK PIOTR | 3053 | P+E | BRZEG | POL | WETERAN MĘŻCZYZN | 24 | M 65 | 01:33:33 | 03:10:27 | 04:56:18.00 | 04:56:18.00 | 9:52 | 6.1 |
| 66 | BALON MARCIN | 3044 | | KROSNO | POL | WETERAN MĘŻCZYZN | 25 | M 66 | 01:51:52 | 03:38:03 | 05:16:43.85 | 05:16:43.85 | 10:33 | 5.7 |
| 67 | BIDNIK JAKUB | 3091 | NORDTREAT | KROSNO | POL | WETERAN MĘŻCZYZN | 26 | M 67 | 01:51:44 | 03:38:20 | 05:16:44.00 | 05:16:44.00 | 10:33 | 5.7 |
| 68 | SAWICKI KAJETAN | 3100 | STARY MI KAZAŁ | KONARY | POL | SENIOR MĘŻCZYZN | 10 | M 68 | 01:47:00 | 03:33:40 | 05:18:44.20 | 05:18:44.20 | 10:37 | 5.6 |
| 69 | SAWICKI BARTOSZ | 4767 | | KONARY | POL | WETERAN MĘŻCZYZN | 27 | M 69 | 02:01:55 | 03:54:45 | 05:42:12.10 | 05:42:12.10 | 11:24 | 5.3 |
| | RZEMIŃSKI JACEK | 3071 | STAJNIA BALONA | STRÓŻE | POL | WETERAN MĘŻCZYZN | | | DNF | DNF | DNF | DNF | - | - |

SMOK | 30KM, Senior Kobiet

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 8km | 19km | Netto | Brutto | min/km | km/h |
|------|--------------------|------|----------------|-----------|------|---------------|--------|------|----------|----------|-------------|-------------|--------|------|
| 1 | KUJAWSKA NATALIA | 3061 | | TORUŃ | POL | SENIOR KOBIET | 1 | K 6 | 01:25:12 | 02:47:44 | 03:58:41.40 | 03:58:41.40 | 7:57 | 7.5 |
| 2 | KRĘPA AGNIESZKA | 4862 | NOWA HUTA TEAM | JAROSŁAW | POL | SENIOR KOBIET | 2 | K 12 | 01:31:47 | 02:49:01 | 04:03:46.95 | 04:03:46.95 | 8:07 | 7.4 |
| 3 | OSTANIEWICZ KAMILA | 3055 | HAJDAAA | BYDGOSZCZ | POL | SENIOR KOBIET | 3 | K 22 | 01:40:48 | 03:12:25 | 04:42:21.00 | 04:42:21.00 | 9:24 | 6.4 |

SMOK | 30KM, Senior Mężczyzn

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 8km | 19km | Netto | Brutto | min/km | km/h |
|------|--------------------|------|---|----------------------|------|-----------------|--------|------|----------|----------|-------------|-------------|--------|------|
| 1 | CICHORZ JACEK | 3076 | BIEGAJĄCY ŚWIDNIK | BYSTRZEJOWICE DRUGIE | POL | SENIOR MĘŻCZYZN | 1 | M 4 | 01:02:59 | 02:04:26 | 03:03:03.90 | 03:03:03.90 | 6:06 | 9.8 |
| 2 | KOPEĆ SEBASTIAN | 3022 | | RYCZÓWEK | POL | SENIOR MĘŻCZYZN | 2 | M 14 | 01:12:42 | 02:21:25 | 03:30:35.00 | 03:30:35.00 | 7:01 | 8.5 |
| 3 | KUNICKI MATEUSZ | 3072 | | WIELICZKA | POL | SENIOR MĘŻCZYZN | 3 | M 15 | 01:17:15 | 02:22:38 | 03:30:39.80 | 03:30:39.80 | 7:01 | 8.5 |
| 4 | BIDAS MICHAŁ | 3052 | STAY INSANE | LUBLIN | POL | SENIOR MĘŻCZYZN | 4 | M 19 | 01:17:24 | 02:30:25 | 03:44:04.20 | 03:44:04.20 | 7:28 | 8 |
| 5 | WILK ŁUKASZ | 5 | | MIELEC | POL | SENIOR MĘŻCZYZN | 5 | M 26 | 01:28:25 | 02:44:06 | 03:55:52.85 | 03:55:52.85 | 7:51 | 7.6 |
| 6 | BARTŁOMIJUSZ PAWEŁ | 3060 | | TORUŃ | POL | SENIOR MĘŻCZYZN | 6 | M 30 | 01:25:18 | 02:47:39 | 03:58:41.35 | 03:58:41.35 | 7:57 | 7.5 |
| 7 | KUJAWSKI DAMIAN | 3063 | | PŁACHAWY | POL | SENIOR MĘŻCZYZN | 7 | M 31 | 01:25:09 | 02:47:49 | 03:58:41.85 | 03:58:41.85 | 7:57 | 7.5 |
| 8 | CIUBA PAWEŁ | 3027 | SPRÓCHNIALI HERKULESI | KROSNO | POL | SENIOR MĘŻCZYZN | 8 | M 57 | 01:33:22 | 02:58:59 | 04:24:52.85 | 04:24:52.85 | 8:49 | 6.8 |
| 9 | GANCARZ MAREK | 3026 | ULTRA BESKID SPORT / BIEGAM ŻEBY ŻREĆ WIĘCEJ CIASTKÓW | BIELSKO-BIAŁA | POL | SENIOR MĘŻCZYZN | 9 | M 60 | 01:34:23 | 03:02:55 | 04:27:16.75 | 04:27:16.75 | 8:54 | 6.7 |
| 10 | SAWICKI KAJETAN | 3100 | STARY MI KAZAŁ | KONARY | POL | SENIOR MĘŻCZYZN | 10 | M 68 | 01:47:00 | 03:33:40 | 05:18:44.20 | 05:18:44.20 | 10:37 | 5.6 |

SMOK | 30KM, Master Kobiet

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 8km | 19km | Netto | Brutto | min/km | km/h |
|------|--------------------------|------|--------------------------|--------------------|------|---------------|--------|------|----------|----------|-------------|-------------|--------|------|
| 1 | FLIS-CZAJKA JUSTYNA | 3033 | LACHO TEAM | PISARY | POL | MASTER KOBIET | 1 | K 1 | 01:10:34 | 02:13:09 | 03:11:34.80 | 03:11:34.80 | 6:23 | 9.4 |
| 2 | KLIMEK ANNA | 3097 | POLISH ATHLETICS IRELAND | BALLINCOLLIG | IRL | MASTER KOBIET | 2 | K 2 | 01:15:02 | 02:18:04 | 03:17:46.85 | 03:17:46.85 | 6:35 | 9.1 |
| 3 | SKOWRON MAGDALENA | 3086 | | BALICE | POL | MASTER KOBIET | 3 | K 3 | 01:23:02 | 02:34:44 | 03:45:44.40 | 03:45:44.40 | 7:31 | 8 |
| 4 | BORYCEUSZ-MATUSIAK IWONA | 3065 | ZABIEGANY WOŁOMIN | WOŁOMIN | POL | MASTER KOBIET | 4 | K 4 | 01:25:22 | 02:41:02 | 03:54:17.20 | 03:54:17.20 | 7:48 | 7.7 |
| 5 | ĆWIEKAŁA MAGDALENA | 33 | | PRZECŁAW | POL | MASTER KOBIET | 5 | K 5 | 01:28:09 | 02:41:13 | 03:56:50.70 | 03:56:50.70 | 7:53 | 7.6 |
| 6 | SZADORSKA AGNIESZKA | 3032 | | ŁAZISKA GÓRNE | POL | MASTER KOBIET | 6 | K 7 | 01:23:51 | 02:40:59 | 03:59:06.95 | 03:59:06.95 | 7:58 | 7.5 |
| 7 | GEORGIEW ELŻBIETA | 3092 | | BIELSKO-BIAŁA | POL | MASTER KOBIET | 7 | K 8 | 01:33:49 | 02:49:11 | 03:59:12.30 | 03:59:12.30 | 7:58 | 7.5 |
| 8 | LEONHARD GOSIA | 3062 | | DABROWA GORNICZA | POL | MASTER KOBIET | 8 | K 9 | 01:28:30 | 02:47:05 | 04:01:36.90 | 04:01:36.90 | 8:03 | 7.5 |
| 9 | ŚLIZ ALICJA | 3069 | W POGONI ZA DUCHEM | CHORZÓW | POL | MASTER KOBIET | 9 | K 10 | 01:28:32 | 02:47:14 | 04:01:37.05 | 04:01:37.05 | 8:03 | 7.4 |
| 10 | WOJAS-KRAWCZYK KAMILA | 3045 | | LUBLIN | POL | MASTER KOBIET | 10 | K 11 | 01:29:38 | 02:47:17 | 04:02:53.80 | 04:02:53.80 | 8:05 | 7.4 |
| 11 | FURDYNA MARIA | 3101 | | WARSZAWA | POL | MASTER KOBIET | 11 | K 13 | 01:27:51 | 02:47:30 | 04:08:14.75 | 04:08:14.75 | 8:16 | 7.3 |
| 12 | BEDNARSKA BEATA | 3015 | | MARKI | POL | MASTER KOBIET | 12 | K 14 | 01:31:58 | 02:55:37 | 04:18:05.75 | 04:18:05.75 | 8:36 | 7 |
| 13 | TALAROWSKA AGNIESZKA | 3003 | | KRASNYSTAW | POL | MASTER KOBIET | 13 | K 17 | 01:31:17 | 02:56:39 | 04:23:17.70 | 04:23:17.70 | 8:46 | 6.8 |
| 14 | DZIÓBEK SYLWIA | 3009 | | WIELICZKA | POL | MASTER KOBIET | 14 | K 19 | 01:31:51 | 02:59:16 | 04:25:22.20 | 04:25:22.20 | 8:50 | 6.8 |
| 15 | GAWĘŁ AGATA | 3021 | KW TRAWERS KRZESZOWICE | KRAKÓW | POL | MASTER KOBIET | 15 | K 20 | 01:33:27 | 03:01:41 | 04:27:17.95 | 04:27:17.95 | 8:54 | 6.7 |
| 16 | MROZIŃSKA RENATA | 3037 | | ALEKSANDRÓW ŁÓDZKI | POL | MASTER KOBIET | 16 | K 23 | 01:40:52 | 03:16:59 | 04:50:16.40 | 04:50:16.40 | 9:40 | 6.2 |
| 17 | KALINOWSKA JOANNA | 3023 | ULTRA BESKID SPORT | JASZENICA | POL | MASTER KOBIET | 17 | K 28 | 01:54:51 | 03:53:36 | 05:33:22.00 | 05:33:22.00 | 11:06 | 5.4 |
| 18 | KUBIK WANDA | 3005 | ULTRA BESKID SPORT | JASZENICA | POL | MASTER KOBIET | 18 | K 29 | 01:54:47 | 03:53:32 | 05:33:22.10 | 05:33:22.10 | 11:06 | 5.4 |

SMOK | 30KM, Master Mężczyzn

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 8km | 19km | Netto | Brutto | min/km | km/h |
|------|------------------|------|----------------------|----------------|------|-----------------|--------|------|----------|----------|-------------|-------------|--------|------|
| 1 | MAJNUSZ TOMASZ | 3096 | | MODLNICA | POL | MASTER MĘŻCZYZN | 1 | M 1 | 01:00:53 | 01:54:53 | 02:43:52.85 | 02:43:52.85 | 5:27 | 11 |
| 2 | SZKOŁA PAWEŁ | 35 | | BOCHNIA | POL | MASTER MĘŻCZYZN | 1 | M 1 | 01:00:50 | | 02:43:52.85 | 02:43:52.85 | 5:27 | 11 |
| 3 | ŁOZA MATEUSZ | 3099 | BIEGAM BO LUBIĘ | GORZKÓW | POL | MASTER MĘŻCZYZN | 3 | M 3 | 01:01:12 | 01:56:40 | 02:56:43.05 | 02:56:43.05 | 5:53 | 10.2 |
| 4 | PODOLAK PAWEŁ | 3042 | | USTRZYKI DOLNE | POL | MASTER MĘŻCZYZN | 4 | M 5 | 01:07:07 | 02:07:05 | 03:08:37.00 | 03:08:37.00 | 6:17 | 9.5 |
| 5 | MARUCHA TOMASZ | 34 | | KRASNYSTAW | POL | MASTER MĘŻCZYZN | 5 | M 6 | 01:12:50 | 02:14:17 | 03:10:16.15 | 03:10:16.15 | 6:20 | 9.5 |
| 6 | DOPART TOMASZ | 3043 | DWERNIK KAMIEŃ TRAIL | USTRZYKI DOLNE | POL | MASTER MĘŻCZYZN | 6 | M 8 | 01:09:23 | 02:13:14 | 03:19:42.55 | 03:19:42.55 | 6:39 | 9 |
| 7 | RYŻYKOWSKI ARIEL | 3049 | EDC.TEAM.ACTIVE | PODWÓDKA | POL | MASTER MĘŻCZYZN | 7 | M 10 | 01:08:54 | 02:12:26 | 03:25:08.00 | 03:25:08.00 | 6:50 | 8.8 |
| 8 | JUREK PRZEMYSŁAW | 3085 | KS STASZEWSKY | WARSZAWA | POL | MASTER MĘŻCZYZN | 8 | M 11 | 01:15:48 | 02:23:20 | 03:29:19.20 | 03:29:19.20 | 6:58 | 8.6 |

SMOK | 30KM, Master Mężczyzn c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 8km | 19km | Netto | Brutto | min/km | km/h |
|------|-----------------------|------|-------------------------------------|----------------------|------|-----------------|--------|------|----------|----------|-------------|-------------|--------|------|
| 9 | MATOGA MAREK | 31 | | SIERPNICE | POL | MASTER MĘŻCZYZN | 9 | M 13 | 01:17:12 | 02:22:06 | 03:30:06.90 | 03:30:06.90 | 7:00 | 8.6 |
| 10 | NOSEK DARIUSZ | 3070 | | RĄCZNA | POL | MASTER MĘŻCZYZN | 10 | M 17 | 01:18:18 | 02:26:35 | 03:36:21.25 | 03:36:21.25 | 7:12 | 8.3 |
| 11 | PALEJ JANUSZ | 3084 | J&J | SKARBIMIERZ OSIEDLE | POL | MASTER MĘŻCZYZN | 11 | M 21 | 01:22:23 | 02:34:41 | 03:45:43.45 | 03:45:43.45 | 7:31 | 8 |
| 12 | NADOLSKI MICHAŁ | 4833 | | SITNO | POL | MASTER MĘŻCZYZN | 12 | M 22 | 01:17:10 | 02:28:45 | 03:46:24.20 | 03:46:24.20 | 7:32 | 8 |
| 13 | ZAMYŚLEWSKI KRZYSZTOF | 3007 | KWIDZYN BIEGA | BRACHLEWO | POL | MASTER MĘŻCZYZN | 13 | M 28 | 01:27:12 | 02:41:17 | 03:58:24.60 | 03:58:24.60 | 7:56 | 7.6 |
| 14 | ARCISZEWSKI MICHAŁ | 3056 | SPRÓCZNIALI HERKULESI | ŚWIERZOWA POLSKA | POL | MASTER MĘŻCZYZN | 14 | M 29 | 01:23:46 | 02:40:56 | 03:58:38.30 | 03:58:38.30 | 7:57 | 7.5 |
| 15 | BOROWIEC PAWEŁ | 28 | | CZAJOWICE | POL | MASTER MĘŻCZYZN | 15 | M 35 | 01:26:56 | 02:47:26 | 04:03:17.30 | 04:03:17.30 | 8:06 | 7.4 |
| 16 | PIOTROWSKI PRZEMYSŁAW | 3082 | NOWA HUTA TEAM | KRAKÓW | POL | MASTER MĘŻCZYZN | 16 | M 36 | 01:31:41 | 02:49:04 | 04:03:47.00 | 04:03:47.00 | 8:07 | 7.4 |
| 17 | PISKORZ IRENEUSZ | 29 | KLUB BIEGACZA FOREST GUMP | KODEŃ | POL | MASTER MĘŻCZYZN | 17 | M 37 | 01:18:48 | 02:41:54 | 04:05:05.30 | 04:05:05.30 | 8:10 | 7.3 |
| 18 | ABRAMOWICZ DANIEL | 3006 | CHEŁM BIEGA | CHEŁM | POL | MASTER MĘŻCZYZN | 18 | M 38 | 01:30:02 | 02:49:45 | 04:05:13.45 | 04:05:13.45 | 8:10 | 7.3 |
| 19 | SADOWSKI MARIUSZ | 3050 | EDC.TEAM.ACTIVE / DZIKI NA HAMAKACH | PIOTRKÓW TRYBUNALSKI | POL | MASTER MĘŻCZYZN | 19 | M 39 | 01:26:38 | 02:44:53 | 04:05:17.80 | 04:05:17.80 | 8:10 | 7.3 |
| 20 | MALICKI PIOTR | 3014 | | LUBOŃ | POL | MASTER MĘŻCZYZN | 20 | M 43 | 01:30:40 | 02:49:48 | 04:08:46.10 | 04:08:46.10 | 8:17 | 7.2 |
| 21 | RUSIN ŁUKASZ | 3059 | | CHEŁM | POL | MASTER MĘŻCZYZN | 21 | M 44 | 01:27:18 | | 04:09:26.35 | 04:09:26.35 | 8:18 | 7.2 |
| 22 | KUC ADAM | 3090 | THE OFFICE | KRAKÓW | POL | MASTER MĘŻCZYZN | 22 | M 47 | 01:25:06 | 02:47:10 | 04:10:17.75 | 04:10:17.75 | 8:20 | 7.2 |
| 23 | KORZENIOWSKI DAMIAN | 3024 | | ZYNGIERÓWKA | POL | MASTER MĘŻCZYZN | 23 | M 48 | 01:23:06 | 02:41:48 | 04:10:30.20 | 04:10:30.20 | 8:21 | 7.2 |
| 24 | SUCHORSKI SEBASTIAN | 3087 | KOSTRZYŃSKI KLUB BIEGOWY DO CELU | KOSTRZYŃ WŁKP | POL | MASTER MĘŻCZYZN | 24 | M 52 | 01:27:23 | 02:50:01 | 04:17:26.55 | 04:17:26.55 | 8:34 | 7 |
| 25 | RYBAK ARTUR | 3011 | | LIBIAŻ | POL | MASTER MĘŻCZYZN | 25 | M 53 | 01:29:04 | 02:49:15 | 04:17:55.85 | 04:17:55.85 | 8:35 | 7 |
| 26 | KLAJNERT TOMEK | 3034 | MYSZE TIM | CHEŁM | POL | MASTER MĘŻCZYZN | 26 | M 55 | 01:30:28 | 02:52:10 | 04:19:04.15 | 04:19:04.15 | 8:38 | 6.9 |
| 27 | PACZUSKI PIOTR | 3040 | 8 BALL CROSS GYM | CHEŁM | POL | MASTER MĘŻCZYZN | 27 | M 58 | 01:30:37 | 02:53:00 | 04:26:32.90 | 04:26:32.90 | 8:53 | 6.8 |
| 28 | LEWIŃSKI TOMASZ | 3029 | JEST LEPIEJ RUN TEAM | CZĘSTOCHOWA | POL | MASTER MĘŻCZYZN | 28 | M 61 | 01:34:58 | 03:05:03 | 04:30:19.75 | 04:30:19.75 | 9:00 | 6.7 |
| 29 | DUPERAS ARKADIUSZ | 3051 | | PIOTRKÓW TRYBUNALSKI | POL | MASTER MĘŻCZYZN | 29 | M 64 | 01:41:10 | 03:20:35 | 04:54:50.00 | 04:54:50.00 | 9:49 | 6.1 |

SMOK | 30KM, Weteran Kobiet

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 8km | 19km | Netto | Brutto | min/km | km/h |
|------|---------------------|------|----------------------|-------------------|------|----------------|--------|------|----------|----------|-------------|-------------|--------|------|
| 1 | KLAJNERT MARTA | 3031 | MYSZE TIM | CHEŁM | POL | WETERAN KOBIET | 1 | K 15 | 01:30:31 | 02:52:16 | 04:19:04.00 | 04:19:04.00 | 8:38 | 6.9 |
| 2 | ŻYCIŃSKA MAGDALENA | 3067 | | KRAKÓW | POL | WETERAN KOBIET | 2 | K 16 | 01:37:46 | 02:57:44 | 04:20:08.60 | 04:20:08.60 | 8:40 | 6.9 |
| 3 | TULEWICZ KATARZYNA | 3080 | ULTRA BESKID SPORT | BIELSKO-BIAŁA | POL | WETERAN KOBIET | 3 | K 18 | 01:33:54 | 03:02:52 | 04:24:21.80 | 04:24:21.80 | 8:48 | 6.8 |
| 4 | LORENS KATARZYNA | 3064 | ZABIEGANY WOŁOMIN | WOŁOMIN | POL | WETERAN KOBIET | 4 | K 21 | 01:36:47 | 03:08:19 | 04:42:16.75 | 04:42:16.75 | 9:24 | 6.4 |
| 5 | KOZAK BEATA | 3083 | WYBIEGAJ SIEBIE | WARSZAWA | POL | WETERAN KOBIET | 5 | K 24 | 01:41:05 | 03:20:25 | 04:54:49.30 | 04:54:49.30 | 9:49 | 6.1 |
| 6 | TYRANKIEWICZ KAMILA | 3001 | JUMP&FLY, KABATY | WARSZAWA | POL | WETERAN KOBIET | 6 | K 25 | 01:48:38 | 03:23:53 | 04:56:20.00 | 04:56:20.00 | 9:52 | 6.1 |
| 7 | WEBER AGATA | 3095 | VELO ŁOSIE NA SZOSIE | WARSZAWA (WESOŁA) | POL | WETERAN KOBIET | 7 | K 26 | 01:53:15 | 03:30:20 | 04:59:18.90 | 04:59:18.90 | 9:58 | 6 |
| 8 | ZGODA KATARZYNA | 19 | ZABIEGANY WOŁOMIN | MICHAŁÓW | POL | WETERAN KOBIET | 8 | K 27 | 01:59:02 | 03:46:47 | 05:30:15.80 | 05:30:15.80 | 11:00 | 5.5 |
| 9 | STRZELCZYK EDYTA | 3054 | P+E | BRZEG | POL | WETERAN KOBIET | 9 | K 30 | 02:00:32 | 03:54:32 | 05:45:06.55 | 05:45:06.55 | 11:30 | 5.2 |

SMOK | 30KM, Weteran Mężczyzn

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 8km | 19km | Netto | Brutto | min/km | km/h |
|------|---------------------------|------|---------------------------|------------|------|------------------|--------|------|----------|----------|-------------|-------------|--------|------|
| 1 | NIEDŹWIADEK PIOTR | 3035 | #ADAMCZERWIŃSKITEAM | KRAKÓW | POL | WETERAN MĘŻCZYZN | 1 | M 7 | 01:10:43 | 01:54:57 | 03:11:44.20 | 03:11:44.20 | 6:23 | 9.4 |
| 2 | WYSOCKI MARCIN | 3094 | POLPLAST BIEGA | SKRZYŃKA | POL | WETERAN MĘŻCZYZN | 2 | M 9 | 01:14:34 | 02:20:10 | 03:22:39.45 | 03:22:39.45 | 6:45 | 8.9 |
| 3 | PODESWA MAREK | 3012 | | RYBNIK | POL | WETERAN MĘŻCZYZN | 3 | M 12 | 01:16:44 | 02:22:56 | 03:29:36.55 | 03:29:36.55 | 6:59 | 8.6 |
| 4 | ZABDYR MARCIN | 3078 | KS PEGAZ | CHYLICE | POL | WETERAN MĘŻCZYZN | 4 | M 16 | 01:20:32 | 02:30:17 | 03:36:17.85 | 03:36:17.85 | 7:12 | 8.3 |
| 5 | SZWAJCA TOMASZ | 3079 | | KIELCE | POL | WETERAN MĘŻCZYZN | 5 | M 18 | 01:23:09 | 02:32:48 | 03:43:16.50 | 03:43:16.50 | 7:26 | 8.1 |
| 6 | BAŃDO PIOTR | 3077 | | KRAKÓW | POL | WETERAN MĘŻCZYZN | 6 | M 20 | 01:16:48 | 02:30:28 | 03:45:12.20 | 03:45:12.20 | 7:30 | 8 |
| 7 | RECLIJ JACEK | 3098 | SMAKI BIEGANIA | RYBNIK | POL | WETERAN MĘŻCZYZN | 7 | M 23 | 01:23:34 | 02:38:52 | 03:50:45.95 | 03:50:45.95 | 7:41 | 7.8 |
| 8 | KWIATKOWSKI KRZYSZTOF | 3025 | | KRAKÓW | POL | WETERAN MĘŻCZYZN | 8 | M 24 | 01:27:03 | 02:40:08 | 03:52:41.90 | 03:52:41.90 | 7:45 | 7.7 |
| 9 | KOZAK FILIP | 3074 | NGB KŁOBUCK | KŁOBUCK | POL | WETERAN MĘŻCZYZN | 9 | M 25 | 01:20:43 | 02:35:11 | 03:54:12.90 | 03:54:12.90 | 7:48 | 7.7 |
| 10 | DRYGLAK VEL DRYGLAK PIOTR | 3036 | | KRASNYSTAW | POL | WETERAN MĘŻCZYZN | 10 | M 32 | 01:23:43 | 02:40:36 | 04:01:25.10 | 04:01:25.10 | 8:02 | 7.5 |
| 11 | KUCH PAWEŁ | 3073 | | SZAŁSZA | POL | WETERAN MĘŻCZYZN | 11 | M 33 | 01:22:34 | 02:40:52 | 04:01:36.10 | 04:01:36.10 | 8:03 | 7.5 |
| 12 | KRAWCZYK PAWEŁ | 3046 | MEDYCZNY KLUB TURYSTYCZNY | LUBLIN | POL | WETERAN MĘŻCZYZN | 12 | M 34 | 01:29:43 | 02:48:09 | 04:02:54.15 | 04:02:54.15 | 8:05 | 7.4 |
| 13 | KUZIOŁA GRZEGORZ | 3017 | #NOLIMITS | LUBLIN | POL | WETERAN MĘŻCZYZN | 13 | M 40 | 01:26:34 | 02:49:21 | 04:07:20.35 | 04:07:20.35 | 8:14 | 7.3 |
| 14 | KOWALSKI KRZYSZTOF | 3008 | HRMAXCROSSTEAM | SOPOT | POL | WETERAN MĘŻCZYZN | 14 | M 42 | 01:29:01 | 02:48:26 | 04:08:40.50 | 04:08:40.50 | 8:17 | 7.2 |

SMOK | 30KM, Weteran Mężczyzn c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 8km | 19km | Netto | Brutto | min/km | km/h |
|------|-----------------------|------|------------------------|----------------------|------|------------------|--------|------|----------|----------|-------------|-------------|--------|------|
| 15 | GAWLINA LESŁAW | 3039 | | RUDA ŚLĄSKA | POL | WETERAN MĘŻCZYZN | 15 | M 45 | 01:33:01 | 02:52:21 | 04:10:05.70 | 04:10:05.70 | 8:20 | 7.2 |
| 16 | WIŚNIEWSKI MICHAŁ | 3004 | | KRAKÓW | POL | WETERAN MĘŻCZYZN | 16 | M 46 | 01:30:53 | 02:50:27 | 04:10:07.00 | 04:10:07.00 | 8:20 | 7.2 |
| 17 | KRACZKOWSKI KRZYSZTOF | 3019 | 8 BALL CROSS GYM CHEŁM | CHEŁM | POL | WETERAN MĘŻCZYZN | 17 | M 48 | 01:29:59 | 02:49:42 | 04:10:30.20 | 04:10:30.20 | 8:21 | 7.2 |
| 18 | ADAMCZYK JACEK | 3016 | | CHEŁM | POL | WETERAN MĘŻCZYZN | 18 | M 50 | 01:30:08 | 02:48:45 | 04:14:14.10 | 04:14:14.10 | 8:28 | 7.1 |
| 19 | BIDAS PAWEŁ | 3002 | BIKE EQUIPA SANDOMIERZ | SANDOMIERZ | POL | WETERAN MĘŻCZYZN | 19 | M 51 | 01:32:08 | 02:53:48 | 04:15:37.05 | 04:15:37.05 | 8:31 | 7 |
| 20 | MALIK SZYMON | 3010 | | WARSZAWA | POL | WETERAN MĘŻCZYZN | 20 | M 54 | 01:32:04 | 02:55:47 | 04:18:11.20 | 04:18:11.20 | 8:36 | 7 |
| 21 | ABRAMIUK MICHAŁ | 3047 | | WARSZAWA | POL | WETERAN MĘŻCZYZN | 21 | M 56 | 01:29:48 | 02:47:23 | 04:22:50.05 | 04:22:50.05 | 8:45 | 6.8 |
| 22 | SMOLARCZYK GRZEGORZ | 3088 | | SIEMIANOWICE ŚLĄSKIE | POL | WETERAN MĘŻCZYZN | 22 | M 59 | 01:30:46 | 02:56:50 | 04:26:48.95 | 04:26:48.95 | 8:53 | 6.7 |
| 23 | MROZIŃSKI ALBERT | 3038 | | ALEKSANDRÓW ŁÓDZKI | POL | WETERAN MĘŻCZYZN | 23 | M 63 | 01:39:23 | 03:16:22 | 04:50:16.30 | 04:50:16.30 | 9:40 | 6.2 |
| 24 | SERWADCZAK PIOTR | 3053 | P+E | BRZEG | POL | WETERAN MĘŻCZYZN | 24 | M 65 | 01:33:33 | 03:10:27 | 04:56:18.00 | 04:56:18.00 | 9:52 | 6.1 |
| 25 | BALON MARCIN | 3044 | | KROSNO | POL | WETERAN MĘŻCZYZN | 25 | M 66 | 01:51:52 | 03:38:03 | 05:16:43.85 | 05:16:43.85 | 10:33 | 5.7 |
| 26 | BIDNIK JAKUB | 3091 | NORDTREAT | KROSNO | POL | WETERAN MĘŻCZYZN | 26 | M 67 | 01:51:44 | 03:38:20 | 05:16:44.00 | 05:16:44.00 | 10:33 | 5.7 |
| 27 | SAWICKI BARTOSZ | 4767 | | KONARY | POL | WETERAN MĘŻCZYZN | 27 | M 69 | 02:01:55 | 03:54:45 | 05:42:12.10 | 05:42:12.10 | 11:24 | 5.3 |
| | RZEMIŃSKI JACEK | 3071 | STAJNIA BALONA | STRÓŻE | POL | WETERAN MĘŻCZYZN | | | DNF | DNF | DNF | DNF | - | - |

SMOK | 30KM, Dinozaur Mężczyzn

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 8km | 19km | Netto | Brutto | min/km | km/h |
|------|------------------|------|------|-----------|------|--------------------|--------|------|----------|----------|-------------|-------------|--------|------|
| 1 | SOCHA JAN | 3093 | | WARSZAWA | POL | DINOZAUUR MĘŻCZYZN | 1 | M 27 | 01:27:06 | 02:43:45 | 03:58:17.75 | 03:58:17.75 | 7:56 | 7.6 |
| 2 | ZATORSKI ANDRZEJ | 38 | | | POL | DINOZAUUR MĘŻCZYZN | 2 | M 41 | 01:27:59 | 02:48:12 | 04:07:38.45 | 04:07:38.45 | 8:15 | 7.3 |
| 3 | JAMRÓZ RYSZARD | 18 | | WADOWICE | POL | DINOZAUUR MĘŻCZYZN | 3 | M 62 | 01:34:16 | 03:01:19 | 04:32:11.55 | 04:32:11.55 | 9:04 | 6.6 |