

WROCLAW - FINAŁ AKADEMII ZDROWIA SANTANDERA - BIEG - 10KM

Organizator: PFNW
 Data: 2016-10-02
 Miejsce: Wrocław
 Dystans: 10 km
 Klasyfikacja wg czasów netto.



WROCLAW - FINAŁ AKADEMII ZDROWIA SANTANDERA - BIEG - 10KM, OPEN

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 2.5km | 5km | 7.5km | Netto | min/km | km/h |
|------|-----------------------|-----|-------------------------------------|-----------------|------|--------|--------|------|----------|----------|----------|-------------|--------|------|
| 1 | KACZMARCZYK ŁUKASZ | 633 | KLUBROBOTOW.PL | WROCLAW | POL | M19-29 | 1 | M 1 | 00:08:55 | 00:18:00 | 00:27:15 | 00:36:42.45 | 3:40 | 16.3 |
| 2 | PRZERWA MICHAŁ | 662 | KS ICE MAT TEAM OSTRÓW WIELKOPOLSKI | ODOLANÓW | POL | M19-29 | 2 | M 2 | 00:08:56 | 00:18:09 | 00:27:41 | 00:37:19.65 | 3:44 | 16.1 |
| 3 | KRĘŻEL KRZYSZTOF | 691 | NIGHT RUNNERS WROCLAW | WISZNIA MAŁA | POL | M19-29 | 3 | M 3 | 00:09:01 | 00:18:49 | 00:28:45 | 00:38:36.30 | 3:51 | 15.5 |
| 4 | KOŁOSIONEK ROMAN | 693 | | WROCLAW | POL | M30-39 | 1 | M 4 | 00:09:27 | 00:19:25 | 00:29:41 | 00:39:36.55 | 3:57 | 15.2 |
| 5 | BIALOWAŚ PAWEŁ | 606 | | OŁAWA | POL | M30-39 | 2 | M 5 | 00:09:26 | 00:19:20 | 00:29:34 | 00:39:38.10 | 3:57 | 15.1 |
| 6 | STERMACH IREK | 671 | | SOBÓTKA | POL | M50-59 | 1 | M 6 | 00:09:38 | 00:19:40 | 00:29:54 | 00:40:07.70 | 4:00 | 15 |
| 7 | POŚLUSZNY PAWEŁ | 695 | AWF WROCLAW | WROCLAW | POL | M30-39 | 3 | M 7 | 00:09:39 | 00:19:47 | 00:30:05 | 00:40:16.80 | 4:01 | 14.9 |
| 8 | HANDRYSIAK PRZEMYSŁAW | 626 | TRENUJZNA.MI.PL/21K.PL | WYSOKA | POL | M19-29 | 4 | M 8 | 00:09:40 | 00:20:02 | 00:30:38 | 00:41:00.85 | 4:06 | 14.6 |
| 9 | MARTOWSKI MACIEJ | 647 | EUROPA UBEZPIECZENIA | WROCLAW | POL | M40-49 | 1 | M 9 | 00:09:53 | 00:20:28 | 00:31:11 | 00:41:12.45 | 4:07 | 14.6 |
| 10 | RZECZKOWSKI DARIUSZ | 665 | SKY TOWER RUNNERS / SOBAS TEAM | WROCLAW | POL | M40-49 | 2 | M 10 | 00:10:05 | 00:20:40 | 00:31:13 | 00:41:39.60 | 4:10 | 14.4 |
| 11 | BEDNARSKI ADRIAN | 681 | | OSIECZNICA | POL | M19-29 | 5 | M 11 | 00:09:59 | 00:21:14 | 00:32:20 | 00:42:50.40 | 4:17 | 14 |
| 12 | BYTNIIEWSKI PAWEŁ | 614 | | WROCLAW | POL | M30-39 | 4 | M 12 | 00:10:01 | 00:20:52 | 00:32:07 | 00:43:31.45 | 4:21 | 13.8 |
| 13 | PYPEĆ TOMASZ | 663 | | WROCLAW | POL | M30-39 | 5 | M 13 | 00:10:06 | 00:21:11 | 00:32:26 | 00:43:43.00 | 4:22 | 13.7 |
| 14 | DZIEDZIC KRYSZTOF | 692 | | WROCLAW | POL | M30-39 | 6 | M 14 | 00:10:30 | 00:21:36 | 00:33:07 | 00:43:59.35 | 4:23 | 13.6 |
| 15 | MAZIAKOWSKI ADAM | 680 | MAZIAKOWSKI RUNNING TEAM | OPOLE | POL | M19-29 | 6 | M 15 | 00:10:52 | 00:21:59 | 00:33:15 | 00:44:17.15 | 4:25 | 13.5 |
| 16 | HNAT KAMIL | 627 | | WROCLAW | POL | M19-29 | 7 | M 16 | 00:10:54 | 00:21:39 | 00:33:06 | 00:44:19.05 | 4:25 | 13.5 |
| 17 | ADAMSKA JOANNA | 600 | MKS MOS WROCLAW | WROCLAW | POL | K19-29 | 1 | K 1 | 00:10:56 | 00:22:08 | 00:33:34 | 00:44:38.65 | 4:27 | 13.4 |
| 18 | KASZUBA JAKUB | 635 | | DEBRZNO | POL | M30-39 | 7 | M 17 | 00:10:53 | 00:22:32 | 00:34:17 | 00:45:13.90 | 4:31 | 13.3 |
| 19 | MŁYNARCZYK ARKADIUSZ | 651 | | WROCLAW | POL | M30-39 | 8 | M 18 | 00:11:29 | 00:22:53 | 00:34:23 | 00:45:20.10 | 4:32 | 13.2 |
| 20 | MORAŃSKI WOJCIECH | 652 | | WROCLAW | POL | M30-39 | 9 | M 19 | 00:10:35 | 00:22:09 | 00:34:09 | 00:45:28.45 | 4:32 | 13.2 |
| 21 | CZERWIŃSKI RAFAŁ | 619 | KB LUPUS OLEŚNICA | OLEŚNICA | POL | M30-39 | 10 | M 20 | 00:11:21 | 00:22:48 | 00:34:22 | 00:45:43.95 | 4:34 | 13.1 |
| 22 | BYŚ MATEUSZ | 679 | | WROCLAW | POL | M19-29 | 8 | M 21 | 00:11:16 | 00:22:52 | 00:34:36 | 00:45:47.95 | 4:34 | 13.1 |
| 23 | CIESIELSKI MACIEJ | 685 | CIESIN TEAM | WROCLAW | POL | M30-39 | 11 | M 22 | 00:11:03 | 00:22:38 | 00:34:30 | 00:45:53.90 | 4:35 | 13.1 |
| 24 | STAWIŃSKI ADAM | 670 | SANTANDER CONSUMER BANK | WROCLAW | POL | M40-49 | 3 | M 23 | 00:10:56 | 00:22:28 | 00:34:18 | 00:46:05.15 | 4:36 | 13 |
| 25 | POLAK MICHALINA | 686 | MAŻIOWSKI RUNNING TEAM | OPOLE | POL | K19-29 | 2 | K 2 | 00:11:07 | 00:22:52 | 00:34:43 | 00:46:31.55 | 4:39 | 12.9 |
| 26 | BIK STANISŁAW | 608 | BIEGAJĄCA KASTA MIEDZIOWEGO MIASTA | LUBIN | POL | M50-59 | 2 | M 24 | 00:11:08 | 00:22:54 | 00:34:52 | 00:46:36.95 | 4:39 | 12.9 |
| 27 | PACIOREK MARCIN | 654 | | WOJSŁAW | POL | M30-39 | 12 | M 25 | 00:10:52 | 00:22:57 | 00:35:06 | 00:46:43.50 | 4:40 | 12.8 |
| 28 | AUGUSTYN ADAM | 601 | | STRZELIN | POL | M30-39 | 13 | M 26 | 00:11:32 | 00:23:17 | 00:35:23 | 00:47:13.55 | 4:43 | 12.7 |
| 29 | FEDKO MARIUSZ | 677 | SANTANDER CONSUMER BANK | WROCLAW | POL | M30-39 | 14 | M 27 | 00:11:17 | 00:23:26 | 00:35:57 | 00:48:01.25 | 4:48 | 12.5 |
| 30 | KORFA MACIEJ | 687 | NAPÓR STARYCH GRZYBÓW | WROCLAW | POL | M30-39 | 15 | M 28 | 00:11:47 | 00:23:50 | 00:36:04 | 00:48:03.05 | 4:48 | 12.5 |
| 31 | PLEŚNIARSKI JAKUB | 659 | | WROCLAW | POL | M19-29 | 9 | M 29 | 00:11:32 | 00:23:40 | 00:36:00 | 00:48:03.60 | 4:48 | 12.5 |
| 32 | PETRYNA JAGODA | 657 | | WROCLAW | POL | K19-29 | 3 | K 3 | 00:11:50 | 00:23:54 | 00:36:11 | 00:48:17.05 | 4:49 | 12.4 |
| 33 | LENK KRZYSZTOF | 644 | | WROCLAW | POL | M30-39 | 16 | M 30 | 00:11:15 | 00:23:41 | 00:36:31 | 00:49:07.30 | 4:54 | 12.2 |
| 34 | KMIECIK ŁUKASZ | 697 | | WROCLAW | POL | M30-39 | 17 | M 31 | 00:12:03 | 00:24:29 | 00:37:13 | 00:49:17.45 | 4:55 | 12.2 |
| 35 | WOLIŃSKI ANDRZEJ | 683 | DAMLEN | WROCLAW | POL | M30-39 | 18 | M 32 | 00:11:58 | 00:24:12 | 00:36:51 | 00:49:29.40 | 4:57 | 12.1 |
| 36 | MINKOWSKI KAMIL | 650 | SANTANDER CONSUMER BANK | WROCLAW | POL | M19-29 | 10 | M 33 | 00:10:58 | 00:23:53 | 00:37:09 | 00:49:29.45 | 4:57 | 12.1 |
| 37 | LECHOWSKI JAN | 643 | VOLVO POLSKA | JELCZ-LASKOWICE | POL | M50-59 | 3 | M 34 | 00:11:54 | 00:24:18 | 00:37:10 | 00:49:40.15 | 4:58 | 12.1 |
| 38 | JACH PAWEŁ MACIEK | 696 | MACIEK BIEGA! | WROCLAW | POL | M50-59 | 4 | M 35 | 00:11:54 | 00:24:20 | 00:37:06 | 00:49:51.80 | 4:59 | 12 |
| 39 | HRYŃCZUK PIOTR | 628 | | WROCLAW | POL | M19-29 | 11 | M 36 | 00:12:14 | 00:24:58 | 00:37:58 | 00:49:54.40 | 4:59 | 12 |
| 40 | ROTKO TOMASZ | 688 | | WROCLAW | POL | M40-49 | 4 | M 37 | 00:12:10 | 00:24:43 | 00:37:19 | 00:50:01.00 | 5:00 | 12 |
| 41 | BIAZIK ANETA | 607 | | WROCLAW | POL | K30-39 | 1 | K 4 | 00:12:09 | 00:24:42 | 00:37:24 | 00:50:17.60 | 5:01 | 11.9 |
| 42 | CZAJKOWSKI STANISŁAW | 690 | | JELCZ-LASKOWICE | POL | M60-69 | 1 | M 38 | 00:12:02 | 00:24:52 | 00:37:57 | 00:50:47.80 | 5:04 | 11.8 |
| 43 | PÓŁTORZYCKI PIOTR | 661 | | WROCLAW | POL | M30-39 | 19 | M 39 | 00:12:32 | 00:25:25 | 00:38:26 | 00:50:54.25 | 5:05 | 11.8 |
| 44 | UNIEJEWSKI PIOTR | 673 | | KIEŁCZÓW | POL | M30-39 | 20 | M 40 | 00:12:14 | 00:24:59 | 00:38:04 | 00:51:08.35 | 5:06 | 11.7 |

WROCLAW - FINAŁ AKADEMII ZDROWIA SANTANDERA - BIEG - 10KM, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 2.5km | 5km | 7.5km | Netto | min/km | km/h |
|------|--------------------------|-----|-------------------------|-----------------|------|--------|--------|------|----------|----------|----------|-------------|--------|------|
| 45 | DOBOSZ ŁUKASZ | 620 | SANTANDER CONSUMER BANK | DOBRYKOWICE | POL | M30-39 | 21 | M 41 | 00:12:12 | 00:24:58 | 00:38:06 | 00:51:16.35 | 5:07 | 11.7 |
| 46 | BASZYŃSKA AGNIESZKA | 605 | | WROCLAW | POL | K30-39 | 2 | K 5 | 00:12:39 | 00:25:39 | 00:38:39 | 00:51:29.70 | 5:08 | 11.7 |
| 47 | JÓZEFIAK DARIUSZ | 632 | | WROCLAW | POL | M40-49 | 5 | M 42 | 00:12:12 | 00:24:55 | 00:38:18 | 00:52:10.65 | 5:13 | 11.5 |
| 48 | CEGIELSKI PAWEŁ | 615 | | WROCLAW | POL | M40-49 | 6 | M 43 | 00:12:39 | 00:25:36 | 00:38:57 | 00:52:43.70 | 5:16 | 11.4 |
| 49 | MARTOWSKA BARBARA | 646 | | WROCLAW | POL | K30-39 | 3 | K 6 | 00:12:56 | 00:26:01 | 00:39:28 | 00:52:52.35 | 5:17 | 11.3 |
| 50 | FILIPCZAK WŁODZIMIERZ | 622 | | TUREK | POL | M50-59 | 5 | M 44 | 00:12:43 | 00:26:15 | 00:39:42 | 00:53:06.30 | 5:18 | 11.3 |
| 51 | JANICKI WOJCIECH | 629 | | WROCLAW | POL | M40-49 | 7 | M 45 | 00:12:33 | 00:25:33 | 00:39:32 | 00:53:24.05 | 5:20 | 11.2 |
| 52 | BAJURA SARA | 602 | | BIERUŃ | POL | K19-29 | 4 | K 7 | 00:13:43 | 00:26:57 | 00:41:00 | 00:53:53.40 | 5:23 | 11.1 |
| 53 | TWARÓG WOJCIECH | 672 | | WROCLAW | POL | M19-29 | 12 | M 46 | 00:12:43 | 00:26:04 | 00:40:21 | 00:53:55.00 | 5:23 | 11.1 |
| 54 | CHOMA KATARZYNA | 616 | | JELENIA GÓRA | POL | K30-39 | 4 | K 8 | 00:12:56 | 00:26:38 | 00:40:54 | 00:54:29.25 | 5:27 | 11 |
| 55 | GROCHOWSKI ŁUKASZ | 625 | | WROCLAW | POL | M30-39 | 22 | M 47 | 00:12:49 | 00:26:32 | 00:41:11 | 00:55:42.75 | 5:34 | 10.8 |
| 56 | RYCERZ-PAL MAGDALENA | 664 | | WROCLAW | POL | K30-39 | 5 | K 9 | 00:13:13 | 00:27:20 | 00:41:55 | 00:55:54.25 | 5:35 | 10.7 |
| 57 | BRYCHCY KAROL | 612 | | WROCLAW | POL | M30-39 | 23 | M 48 | 00:13:01 | 00:27:32 | 00:41:58 | 00:56:12.60 | 5:37 | 10.7 |
| 58 | KOWALCZYK BOGUSŁAWA | 638 | | WROCLAW | POL | K50-59 | 1 | K 10 | 00:13:20 | 00:27:36 | 00:42:11 | 00:56:47.10 | 5:40 | 10.6 |
| 59 | DZIEDZIC PAWEŁ | 621 | | WROCLAW | POL | M40-49 | 8 | M 49 | 00:13:59 | 00:28:15 | 00:43:12 | 00:57:58.10 | 5:47 | 10.4 |
| 60 | KISIELEWSKA-BORGUL ANETA | 636 | | WROCLAW | POL | K19-29 | 5 | K 11 | 00:13:15 | 00:28:06 | 00:43:41 | 00:59:00.40 | 5:54 | 10.2 |
| 61 | KOZAK MONIKA | 640 | WROCLAW MARATHON TEAM | KAMIEN | POL | K19-29 | 6 | K 12 | 00:13:59 | 00:28:55 | 00:44:05 | 00:59:00.60 | 5:54 | 10.2 |
| 62 | WITTENBECK PATRYCJA | 694 | WROCLAW MARATHON TEAM | WROCLAW | POL | K19-29 | 7 | K 13 | 00:14:00 | 00:28:56 | 00:44:07 | 00:59:00.85 | 5:54 | 10.2 |
| 63 | DROBNIK KRZYSZTOF | 684 | SANTANDER CONSUMER BANK | WROCLAW | POL | M30-39 | 24 | M 50 | 00:14:23 | 00:28:49 | 00:43:53 | 00:59:04.80 | 5:54 | 10.2 |
| 64 | BARYSKI MACIEJ | 603 | | WROCLAW | POL | M30-39 | 25 | M 51 | 00:13:10 | 00:27:56 | 00:43:25 | 00:59:18.55 | 5:55 | 10.1 |
| 65 | KOWALSKI PIOTR | 639 | SANTANDER CONSUMER BANK | WROCLAW | POL | M19-29 | 13 | M 52 | 00:13:56 | 00:28:50 | 00:44:24 | 00:59:29.00 | 5:56 | 10.1 |
| 66 | STAPIŃSKA CELINA | 669 | | WROCLAW | POL | K40-49 | 1 | K 14 | 00:14:31 | 00:29:19 | 00:44:46 | 00:59:44.85 | 5:58 | 10 |
| 67 | BIŁENKIJ JOANNA | 609 | | LUBLINIEC | POL | K19-29 | 8 | K 15 | 00:15:02 | 00:30:26 | 00:45:48 | 01:00:20.15 | 6:02 | 9.9 |
| 68 | ROSGA ANNA | 689 | | RACIBÓRZ | POL | K40-49 | 2 | K 16 | 00:14:22 | 00:29:57 | 00:47:00 | 01:00:22.40 | 6:02 | 9.9 |
| 69 | CHORZĘPA JOANNA | 618 | | JELCZ-LASKOWICE | POL | K19-29 | 9 | K 17 | 00:13:56 | 00:28:57 | 00:44:32 | 01:00:35.25 | 6:03 | 9.9 |
| 70 | CHORZĘPA MARCIN | 617 | | JELCZ-LASKOWICE | POL | M19-29 | 14 | M 53 | 00:13:55 | 00:28:56 | 00:44:31 | 01:00:35.35 | 6:03 | 9.9 |
| 71 | WIECZOREK MARIAN | 682 | DOLAMEL WROCLAW | WROCLAW | POL | M50-59 | 6 | M 54 | 00:13:14 | 00:28:06 | 00:44:58 | 01:01:12.30 | 6:07 | 9.8 |
| 72 | BUBNOWICZ ELA | 613 | | GRODZISK WLKP. | POL | K30-39 | 6 | K 18 | 00:14:07 | 00:29:45 | 00:45:53 | 01:01:28.20 | 6:08 | 9.8 |
| 73 | KOZAKIEWICZ MARZENA | 641 | | WROCLAW | POL | K30-39 | 7 | K 19 | 00:14:09 | 00:29:28 | 00:45:38 | 01:01:42.55 | 6:10 | 9.7 |
| 74 | BIŁYK RYSZARD | 610 | SANTANDER CONSUMER BANK | NOWA JABŁONA | POL | M40-49 | 9 | M 55 | 00:14:07 | 00:30:49 | 00:47:44 | 01:05:13.15 | 6:31 | 9.2 |
| 75 | WAWRZYŃIAK KRZYSZTOF | 675 | | WROCLAW | POL | M30-39 | 26 | M 56 | 00:15:19 | 00:31:04 | 00:48:27 | 01:05:34.90 | 6:33 | 9.1 |
| 76 | JANUS MAGDALENA | 631 | | WROCLAW | POL | K30-39 | 8 | K 20 | 00:16:47 | 00:35:56 | 00:56:26 | 01:16:35.55 | 7:39 | 7.8 |
| 77 | BŁASZCZYK RÓŻA | 611 | NIGHT RUNNERS WROCLAW | WROCLAW | POL | K19-29 | 10 | K 21 | 00:18:59 | 00:39:20 | 00:59:19 | 01:18:59.60 | 7:54 | 7.6 |

WROCLAW - FINAŁ AKADEMII ZDROWIA SANTANDERA - BIEG - 10KM, K-OPEN

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 2.5km | 5km | 7.5km | Netto | min/km | km/h |
|------|--------------------------|-----|------------------------|-----------------|------|--------|--------|------|----------|----------|----------|-------------|--------|------|
| 1 | ADAMSKA JOANNA | 600 | MKS MOS WROCLAW | WROCLAW | POL | K19-29 | 1 | K 1 | 00:10:56 | 00:22:08 | 00:33:34 | 00:44:38.65 | 4:27 | 13.4 |
| 2 | POLAK MICHALINA | 686 | MĄZIOWSKI RUNNING TEAM | OPOLE | POL | K19-29 | 2 | K 2 | 00:11:07 | 00:22:52 | 00:34:43 | 00:46:31.55 | 4:39 | 12.9 |
| 3 | PETRYNA JAGODA | 657 | | WROCLAW | POL | K19-29 | 3 | K 3 | 00:11:50 | 00:23:54 | 00:36:11 | 00:48:17.05 | 4:49 | 12.4 |
| 4 | BIAZIK ANETA | 607 | | WROCLAW | POL | K30-39 | 1 | K 4 | 00:12:09 | 00:24:42 | 00:37:24 | 00:50:17.60 | 5:01 | 11.9 |
| 5 | BASZYŃSKA AGNIESZKA | 605 | | WROCLAW | POL | K30-39 | 2 | K 5 | 00:12:39 | 00:25:39 | 00:38:39 | 00:51:29.70 | 5:08 | 11.7 |
| 6 | MARTOWSKA BARBARA | 646 | | WROCLAW | POL | K30-39 | 3 | K 6 | 00:12:56 | 00:26:01 | 00:39:28 | 00:52:52.35 | 5:17 | 11.3 |
| 7 | BAJURA SARA | 602 | | BIERUŃ | POL | K19-29 | 4 | K 7 | 00:13:43 | 00:26:57 | 00:41:00 | 00:53:53.40 | 5:23 | 11.1 |
| 8 | CHOMA KATARZYNA | 616 | | JELENIA GÓRA | POL | K30-39 | 4 | K 8 | 00:12:56 | 00:26:38 | 00:40:54 | 00:54:29.25 | 5:27 | 11 |
| 9 | RYCERZ-PAL MAGDALENA | 664 | | WROCLAW | POL | K30-39 | 5 | K 9 | 00:13:13 | 00:27:20 | 00:41:55 | 00:55:54.25 | 5:35 | 10.7 |
| 10 | KOWALCZYK BOGUSŁAWA | 638 | | WROCLAW | POL | K50-59 | 1 | K 10 | 00:13:20 | 00:27:36 | 00:42:11 | 00:56:47.10 | 5:40 | 10.6 |
| 11 | KISIELEWSKA-BORGUL ANETA | 636 | | WROCLAW | POL | K19-29 | 5 | K 11 | 00:13:15 | 00:28:06 | 00:43:41 | 00:59:00.40 | 5:54 | 10.2 |
| 12 | KOZAK MONIKA | 640 | WROCLAW MARATHON TEAM | KAMIEN | POL | K19-29 | 6 | K 12 | 00:13:59 | 00:28:55 | 00:44:05 | 00:59:00.60 | 5:54 | 10.2 |
| 13 | WITTENBECK PATRYCJA | 694 | WROCLAW MARATHON TEAM | WROCLAW | POL | K19-29 | 7 | K 13 | 00:14:00 | 00:28:56 | 00:44:07 | 00:59:00.85 | 5:54 | 10.2 |
| 14 | STAPIŃSKA CELINA | 669 | | WROCLAW | POL | K40-49 | 1 | K 14 | 00:14:31 | 00:29:19 | 00:44:46 | 00:59:44.85 | 5:58 | 10 |
| 15 | BIŁENKIJ JOANNA | 609 | | LUBLINIEC | POL | K19-29 | 8 | K 15 | 00:15:02 | 00:30:26 | 00:45:48 | 01:00:20.15 | 6:02 | 9.9 |
| 16 | ROSGA ANNA | 689 | | RACIBÓRZ | POL | K40-49 | 2 | K 16 | 00:14:22 | 00:29:57 | 00:47:00 | 01:00:22.40 | 6:02 | 9.9 |
| 17 | CHORZĘPA JOANNA | 618 | | JELCZ-LASKOWICE | POL | K19-29 | 9 | K 17 | 00:13:56 | 00:28:57 | 00:44:32 | 01:00:35.25 | 6:03 | 9.9 |
| 18 | BUBNOWICZ ELA | 613 | | GRODZISK WLKP. | POL | K30-39 | 6 | K 18 | 00:14:07 | 00:29:45 | 00:45:53 | 01:01:28.20 | 6:08 | 9.8 |
| 19 | KOZAKIEWICZ MARZENA | 641 | | WROCLAW | POL | K30-39 | 7 | K 19 | 00:14:09 | 00:29:28 | 00:45:38 | 01:01:42.55 | 6:10 | 9.7 |

WROCLAW - FINAŁ AKADEMII ZDROWIA SANTANDERA - BIEG - 10KM, K-OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 2.5km | 5km | 7.5km | Netto | min/km | km/h |
|------|-----------------|-----|-----------------------|-----------|------|--------|--------|------|----------|----------|----------|-------------|--------|------|
| 20 | JANUS MAGDALENA | 631 | | WROCLAW | POL | K30-39 | 8 | K 20 | 00:16:47 | 00:35:56 | 00:56:26 | 01:16:35.55 | 7:39 | 7.8 |
| 21 | BŁASZCZYK RÓŻA | 611 | NIGHT RUNNERS WROCLAW | WROCLAW | POL | K19-29 | 10 | K 21 | 00:18:59 | 00:39:20 | 00:59:19 | 01:18:59.60 | 7:54 | 7.6 |

WROCLAW - FINAŁ AKADEMII ZDROWIA SANTANDERA - BIEG - 10KM, M-OPEN

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 2.5km | 5km | 7.5km | Netto | min/km | km/h |
|------|-----------------------|-----|-------------------------------------|-----------------|------|--------|--------|------|----------|----------|----------|-------------|--------|------|
| 1 | KACZMARCZYK ŁUKASZ | 633 | KLUBROBOTOW.PL | WROCLAW | POL | M19-29 | 1 | M 1 | 00:08:55 | 00:18:00 | 00:27:15 | 00:36:42.45 | 3:40 | 16.3 |
| 2 | PRZERWA MICHAŁ | 662 | KS ICE MAT TEAM OSTRÓW WIELKOPOLSKI | ODOLANÓW | POL | M19-29 | 2 | M 2 | 00:08:56 | 00:18:09 | 00:27:41 | 00:37:19.65 | 3:44 | 16.1 |
| 3 | KRĘŻEL KRZYSZTOF | 691 | NIGHT RUNNERS WROCLAW | WISZNIA MAŁA | POL | M19-29 | 3 | M 3 | 00:09:01 | 00:18:49 | 00:28:45 | 00:38:36.30 | 3:51 | 15.5 |
| 4 | KOŁOSIŃEK ROMAN | 693 | | WROCLAW | POL | M30-39 | 1 | M 4 | 00:09:27 | 00:19:25 | 00:29:41 | 00:39:36.55 | 3:57 | 15.2 |
| 5 | BIALOWAŚ PAWEŁ | 606 | | OŁAWA | POL | M30-39 | 2 | M 5 | 00:09:26 | 00:19:20 | 00:29:34 | 00:39:38.10 | 3:57 | 15.1 |
| 6 | STERMACH IREK | 671 | | SOBÓTKA | POL | M50-59 | 1 | M 6 | 00:09:38 | 00:19:40 | 00:29:54 | 00:40:07.70 | 4:00 | 15 |
| 7 | POSŁUSZNY PAWEŁ | 695 | AWF WROCLAW | WROCLAW | POL | M30-39 | 3 | M 7 | 00:09:39 | 00:19:47 | 00:30:05 | 00:40:16.80 | 4:01 | 14.9 |
| 8 | HANDRYSIAK PRZEMYSŁAW | 626 | TRENUJZNA.MI.PL/21K.PL | WYSOKA | POL | M19-29 | 4 | M 8 | 00:09:40 | 00:20:02 | 00:30:38 | 00:41:00.85 | 4:06 | 14.6 |
| 9 | MARTOWSKI MACIEJ | 647 | EUROPA UBEZPIECZENIA | WROCLAW | POL | M40-49 | 1 | M 9 | 00:09:53 | 00:20:28 | 00:31:11 | 00:41:12.45 | 4:07 | 14.6 |
| 10 | RZECZKOWSKI DARIUSZ | 665 | SKY TOWER RUNNERS / SOBAS TEAM | WROCLAW | POL | M40-49 | 2 | M 10 | 00:10:05 | 00:20:40 | 00:31:13 | 00:41:39.60 | 4:10 | 14.4 |
| 11 | BEDNARSKI ADRIAN | 681 | | OSIECZNICA | POL | M19-29 | 5 | M 11 | 00:09:59 | 00:21:14 | 00:32:20 | 00:42:50.40 | 4:17 | 14 |
| 12 | BYTNIIEWSKI PAWEŁ | 614 | | WROCLAW | POL | M30-39 | 4 | M 12 | 00:10:01 | 00:20:52 | 00:32:07 | 00:43:31.45 | 4:21 | 13.8 |
| 13 | PYPEĆ TOMASZ | 663 | | WROCLAW | POL | M30-39 | 5 | M 13 | 00:10:06 | 00:21:11 | 00:32:26 | 00:43:43.00 | 4:22 | 13.7 |
| 14 | DZIEDZIC KRYSZTIAN | 692 | | WROCLAW | POL | M30-39 | 6 | M 14 | 00:10:30 | 00:21:36 | 00:33:07 | 00:43:59.35 | 4:23 | 13.6 |
| 15 | MAZIAKOWSKI ADAM | 680 | MAZIAKOWSKI RUNNING TEAM | OPOLE | POL | M19-29 | 6 | M 15 | 00:10:52 | 00:21:59 | 00:33:15 | 00:44:17.15 | 4:25 | 13.5 |
| 16 | HNAT KAMIL | 627 | | WROCLAW | POL | M19-29 | 7 | M 16 | 00:10:54 | 00:21:39 | 00:33:06 | 00:44:19.05 | 4:25 | 13.5 |
| 17 | KASZUBA JAKUB | 635 | | DEBRZNO | POL | M30-39 | 7 | M 17 | 00:10:53 | 00:22:32 | 00:34:17 | 00:45:13.90 | 4:31 | 13.3 |
| 18 | MŁYNARCZYK ARKADIUSZ | 651 | | WROCLAW | POL | M30-39 | 8 | M 18 | 00:11:29 | 00:22:53 | 00:34:23 | 00:45:20.10 | 4:32 | 13.2 |
| 19 | MORAŃSKI WOJCIECH | 652 | | WROCLAW | POL | M30-39 | 9 | M 19 | 00:10:35 | 00:22:09 | 00:34:09 | 00:45:28.45 | 4:32 | 13.2 |
| 20 | CZERWIŃSKI RAFAŁ | 619 | KB LUPUS OLEŚNICA | OLEŚNICA | POL | M30-39 | 10 | M 20 | 00:11:21 | 00:22:48 | 00:34:22 | 00:45:43.95 | 4:34 | 13.1 |
| 21 | BYŚ MATEUSZ | 679 | | WROCLAW | POL | M19-29 | 8 | M 21 | 00:11:16 | 00:22:52 | 00:34:36 | 00:45:47.95 | 4:34 | 13.1 |
| 22 | CIESIELSKI MACIEJ | 685 | CIESIN TEAM | WROCLAW | POL | M30-39 | 11 | M 22 | 00:11:03 | 00:22:38 | 00:34:30 | 00:45:53.90 | 4:35 | 13.1 |
| 23 | STAWIŃSKI ADAM | 670 | SANTANDER CONSUMER BANK | WROCLAW | POL | M40-49 | 3 | M 23 | 00:10:56 | 00:22:28 | 00:34:18 | 00:46:05.15 | 4:36 | 13 |
| 24 | BIK STANISŁAW | 608 | BIEGAJĄCA KASTA MIEDZIOWEGO MIASTA | LUBIN | POL | M50-59 | 2 | M 24 | 00:11:08 | 00:22:54 | 00:34:52 | 00:46:36.95 | 4:39 | 12.9 |
| 25 | PACIOREK MARCIN | 654 | | WOJSŁAW | POL | M30-39 | 12 | M 25 | 00:10:52 | 00:22:57 | 00:35:06 | 00:46:43.50 | 4:40 | 12.8 |
| 26 | AUGUSTYN ADAM | 601 | | STRZELIN | POL | M30-39 | 13 | M 26 | 00:11:32 | 00:23:17 | 00:35:23 | 00:47:13.55 | 4:43 | 12.7 |
| 27 | FEDKO MARIUSZ | 677 | SANTANDER CONSUMER BANK | WROCLAW | POL | M30-39 | 14 | M 27 | 00:11:17 | 00:23:26 | 00:35:57 | 00:48:01.25 | 4:48 | 12.5 |
| 28 | KORFA MACIEJ | 687 | NAPÓR STARYCH GRZYBÓW | WROCLAW | POL | M30-39 | 15 | M 28 | 00:11:47 | 00:23:50 | 00:36:04 | 00:48:03.05 | 4:48 | 12.5 |
| 29 | PLEŚNIARSKI JAKUB | 659 | | WROCLAW | POL | M19-29 | 9 | M 29 | 00:11:32 | 00:23:40 | 00:36:00 | 00:48:03.60 | 4:48 | 12.5 |
| 30 | LENK KRZYSZTOF | 644 | | WROCLAW | POL | M30-39 | 16 | M 30 | 00:11:15 | 00:23:41 | 00:36:31 | 00:49:07.30 | 4:54 | 12.2 |
| 31 | KMIECIK ŁUKASZ | 697 | | WROCLAW | POL | M30-39 | 17 | M 31 | 00:12:03 | 00:24:29 | 00:37:13 | 00:49:17.45 | 4:55 | 12.2 |
| 32 | WOLIŃSKI ANDRZEJ | 683 | DAMLÉN | WROCLAW | POL | M30-39 | 18 | M 32 | 00:11:58 | 00:24:12 | 00:36:51 | 00:49:29.40 | 4:57 | 12.1 |
| 33 | MINKOWSKI KAMIL | 650 | SANTANDER CONSUMER BANK | WROCLAW | POL | M19-29 | 10 | M 33 | 00:10:58 | 00:23:53 | 00:37:09 | 00:49:29.45 | 4:57 | 12.1 |
| 34 | LECHOWSKI JAN | 643 | VOLVO POLSKA | JELCZ-LASKOWICE | POL | M50-59 | 3 | M 34 | 00:11:54 | 00:24:18 | 00:37:10 | 00:49:40.15 | 4:58 | 12.1 |
| 35 | JACH PAWEŁ MACIEK | 696 | MACIEK BIEGA! | WROCLAW | POL | M50-59 | 4 | M 35 | 00:11:54 | 00:24:20 | 00:37:06 | 00:49:51.80 | 4:59 | 12 |
| 36 | HRYŃCZUK PIOTR | 628 | | WROCLAW | POL | M19-29 | 11 | M 36 | 00:12:14 | 00:24:58 | 00:37:58 | 00:49:54.40 | 4:59 | 12 |
| 37 | ROTKO TOMASZ | 688 | | WROCLAW | POL | M40-49 | 4 | M 37 | 00:12:10 | 00:24:43 | 00:37:19 | 00:50:01.00 | 5:00 | 12 |
| 38 | CZAJKOWSKI STANISŁAW | 690 | | JELCZ-LASKOWICE | POL | M60-69 | 1 | M 38 | 00:12:02 | 00:24:52 | 00:37:57 | 00:50:47.80 | 5:04 | 11.8 |
| 39 | PÓŁTORZYCKI PIOTR | 661 | | WROCLAW | POL | M30-39 | 19 | M 39 | 00:12:32 | 00:25:25 | 00:38:26 | 00:50:54.25 | 5:05 | 11.8 |
| 40 | UNIEJEWski PIOTR | 673 | | KIEŁCZÓW | POL | M30-39 | 20 | M 40 | 00:12:14 | 00:24:59 | 00:38:04 | 00:51:08.35 | 5:06 | 11.7 |
| 41 | DOBOSZ ŁUKASZ | 620 | SANTANDER CONSUMER BANK | DOBRYKOWICE | POL | M30-39 | 21 | M 41 | 00:12:12 | 00:24:58 | 00:38:06 | 00:51:16.35 | 5:07 | 11.7 |
| 42 | JÓZEFIAK DARIUSZ | 632 | | WROCLAW | POL | M40-49 | 5 | M 42 | 00:12:12 | 00:24:55 | 00:38:18 | 00:52:10.65 | 5:13 | 11.5 |
| 43 | CEGIELSKI PAWEŁ | 615 | | WROCLAW | POL | M40-49 | 6 | M 43 | 00:12:39 | 00:25:36 | 00:38:57 | 00:52:43.70 | 5:16 | 11.4 |
| 44 | FILIPCZAK WŁODZIMIERZ | 622 | | TUREK | POL | M50-59 | 5 | M 44 | 00:12:43 | 00:26:15 | 00:39:42 | 00:53:06.30 | 5:18 | 11.3 |
| 45 | JANICKI WOJCIECH | 629 | | WROCLAW | POL | M40-49 | 7 | M 45 | 00:12:33 | 00:25:33 | 00:39:32 | 00:53:24.05 | 5:20 | 11.2 |
| 46 | TWARÓG WOJCIECH | 672 | | WROCLAW | POL | M19-29 | 12 | M 46 | 00:12:43 | 00:26:04 | 00:40:21 | 00:53:55.00 | 5:23 | 11.1 |
| 47 | GROCHOWSKI ŁUKASZ | 625 | | WROCLAW | POL | M30-39 | 22 | M 47 | 00:12:49 | 00:26:32 | 00:41:11 | 00:55:42.75 | 5:34 | 10.8 |
| 48 | BRYCHCY KAROL | 612 | | WROCLAW | POL | M30-39 | 23 | M 48 | 00:13:01 | 00:27:32 | 00:41:58 | 00:56:12.60 | 5:37 | 10.7 |

WROCLAW - FINAŁ AKADEMII ZDROWIA SANTANDERA - BIEG - 10KM, M-OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 2.5km | 5km | 7.5km | Netto | min/km | km/h |
|------|----------------------|-----|-------------------------|-----------------|------|--------|--------|------|----------|----------|----------|-------------|--------|------|
| 49 | DZIEDZIC PAWEŁ | 621 | | WROCLAW | POL | M40-49 | 8 | M 49 | 00:13:59 | 00:28:15 | 00:43:12 | 00:57:58.10 | 5:47 | 10.4 |
| 50 | DROBNIK KRZYSZTOF | 684 | SANTANDER CONSUMER BANK | WROCLAW | POL | M30-39 | 24 | M 50 | 00:14:23 | 00:28:49 | 00:43:53 | 00:59:04.80 | 5:54 | 10.2 |
| 51 | BARYSKI MACIEJ | 603 | | WROCLAW | POL | M30-39 | 25 | M 51 | 00:13:10 | 00:27:56 | 00:43:25 | 00:59:18.55 | 5:55 | 10.1 |
| 52 | KOWALSKI PIOTR | 639 | SANTANDER CONSUMER BANK | WROCLAW | POL | M19-29 | 13 | M 52 | 00:13:56 | 00:28:50 | 00:44:24 | 00:59:29.00 | 5:56 | 10.1 |
| 53 | CHORZĘPA MARCIN | 617 | | JELCZ-LASKOWICE | POL | M19-29 | 14 | M 53 | 00:13:55 | 00:28:56 | 00:44:31 | 01:00:35.35 | 6:03 | 9.9 |
| 54 | WIECZOREK MARIAN | 682 | DOLAMEL WROCLAW | WROCLAW | POL | M50-59 | 6 | M 54 | 00:13:14 | 00:28:06 | 00:44:58 | 01:01:12.30 | 6:07 | 9.8 |
| 55 | BŁYK RYSZARD | 610 | SANTANDER CONSUMER BANK | NOWA JABLONA | POL | M40-49 | 9 | M 55 | 00:14:07 | 00:30:49 | 00:47:44 | 01:05:13.15 | 6:31 | 9.2 |
| 56 | WAWRZYNIAK KRZYSZTOF | 675 | | WROCLAW | POL | M30-39 | 26 | M 56 | 00:15:19 | 00:31:04 | 00:48:27 | 01:05:34.90 | 6:33 | 9.1 |

WROCLAW - FINAŁ AKADEMII ZDROWIA SANTANDERA - BIEG - 10KM, K19-29

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 2.5km | 5km | 7.5km | Netto | min/km | km/h |
|------|--------------------------|-----|------------------------|-----------------|------|--------|--------|------|----------|----------|----------|-------------|--------|------|
| 1 | ADAMSKA JOANNA | 600 | MKS MOS WROCLAW | WROCLAW | POL | K19-29 | 1 | K 1 | 00:10:56 | 00:22:08 | 00:33:34 | 00:44:38.65 | 4:27 | 13.4 |
| 2 | POLAK MICHALINA | 686 | MĄZIOWSKI RUNNING TEAM | OPOLE | POL | K19-29 | 2 | K 2 | 00:11:07 | 00:22:52 | 00:34:43 | 00:46:31.55 | 4:39 | 12.9 |
| 3 | PETRYNA JAGODA | 657 | | WROCLAW | POL | K19-29 | 3 | K 3 | 00:11:50 | 00:23:54 | 00:36:11 | 00:48:17.05 | 4:49 | 12.4 |
| 4 | BAJURA SARA | 602 | | BIERUŃ | POL | K19-29 | 4 | K 7 | 00:13:43 | 00:26:57 | 00:41:00 | 00:53:53.40 | 5:23 | 11.1 |
| 5 | KISIELEWSKA-BORGUL ANETA | 636 | | WROCLAW | POL | K19-29 | 5 | K 11 | 00:13:15 | 00:28:06 | 00:43:41 | 00:59:00.40 | 5:54 | 10.2 |
| 6 | KOZAK MONIKA | 640 | WROCLAW MARATHON TEAM | KAMIEŃ | POL | K19-29 | 6 | K 12 | 00:13:59 | 00:28:55 | 00:44:05 | 00:59:00.60 | 5:54 | 10.2 |
| 7 | WITTENBECK PATRYCJA | 694 | WROCLAW MARATHON TEAM | WROCLAW | POL | K19-29 | 7 | K 13 | 00:14:00 | 00:28:56 | 00:44:07 | 00:59:00.85 | 5:54 | 10.2 |
| 8 | BIŁEŃKJ JOANNA | 609 | | LUBLINIEC | POL | K19-29 | 8 | K 15 | 00:15:02 | 00:30:26 | 00:45:48 | 01:00:20.15 | 6:02 | 9.9 |
| 9 | CHORZĘPA JOANNA | 618 | | JELCZ-LASKOWICE | POL | K19-29 | 9 | K 17 | 00:13:56 | 00:28:57 | 00:44:32 | 01:00:35.25 | 6:03 | 9.9 |
| 10 | BŁASZCZYK RÓŻA | 611 | NIGHT RUNNERS WROCLAW | WROCLAW | POL | K19-29 | 10 | K 21 | 00:18:59 | 00:39:20 | 00:59:19 | 01:18:59.60 | 7:54 | 7.6 |

WROCLAW - FINAŁ AKADEMII ZDROWIA SANTANDERA - BIEG - 10KM, M19-29

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 2.5km | 5km | 7.5km | Netto | min/km | km/h |
|------|-----------------------|-----|-------------------------------------|-----------------|------|--------|--------|------|----------|----------|----------|-------------|--------|------|
| 1 | KACZMARCZYK ŁUKASZ | 633 | KLUBROBOTOW.PL | WROCLAW | POL | M19-29 | 1 | M 1 | 00:08:55 | 00:18:00 | 00:27:15 | 00:36:42.45 | 3:40 | 16.3 |
| 2 | PRZERWA MICHAŁ | 662 | KS ICE MAT TEAM OSTRÓW WIELKOPOLSKI | ODOLANÓW | POL | M19-29 | 2 | M 2 | 00:08:56 | 00:18:09 | 00:27:41 | 00:37:19.65 | 3:44 | 16.1 |
| 3 | KRĘŻEL KRZYSZTOF | 691 | NIGHT RUNNERS WROCLAW | WISZNIA MAŁA | POL | M19-29 | 3 | M 3 | 00:09:01 | 00:18:49 | 00:28:45 | 00:38:36.30 | 3:51 | 15.5 |
| 4 | HANDRYSIAK PRZEMYSŁAW | 626 | TRENUJZNA.MI.PL/21K.PL | WYSOKA | POL | M19-29 | 4 | M 8 | 00:09:40 | 00:20:02 | 00:30:38 | 00:41:00.85 | 4:06 | 14.6 |
| 5 | BEDNARSKI ADRIAN | 681 | | OSIECZNICA | POL | M19-29 | 5 | M 11 | 00:09:59 | 00:21:14 | 00:32:20 | 00:42:50.40 | 4:17 | 14 |
| 6 | MAZIAKOWSKI ADAM | 680 | MAZIAKOWSKI RUNNING TEAM | OPOLE | POL | M19-29 | 6 | M 15 | 00:10:52 | 00:21:59 | 00:33:15 | 00:44:17.15 | 4:25 | 13.5 |
| 7 | HNAT KAMIL | 627 | | WROCLAW | POL | M19-29 | 7 | M 16 | 00:10:54 | 00:21:39 | 00:33:06 | 00:44:19.05 | 4:25 | 13.5 |
| 8 | BYŚ MATEUSZ | 679 | | WROCLAW | POL | M19-29 | 8 | M 21 | 00:11:16 | 00:22:52 | 00:34:36 | 00:45:47.95 | 4:34 | 13.1 |
| 9 | PLEŚNIARSKI JAKUB | 659 | | WROCLAW | POL | M19-29 | 9 | M 29 | 00:11:32 | 00:23:40 | 00:36:00 | 00:48:03.60 | 4:48 | 12.5 |
| 10 | MINKOWSKI KAMIL | 650 | SANTANDER CONSUMER BANK | WROCLAW | POL | M19-29 | 10 | M 33 | 00:10:58 | 00:23:53 | 00:37:09 | 00:49:29.45 | 4:57 | 12.1 |
| 11 | HRYŃCZUK PIOTR | 628 | | WROCLAW | POL | M19-29 | 11 | M 36 | 00:12:14 | 00:24:58 | 00:37:58 | 00:49:54.40 | 4:59 | 12 |
| 12 | TWARÓG WOJCIECH | 672 | | WROCLAW | POL | M19-29 | 12 | M 46 | 00:12:43 | 00:26:04 | 00:40:21 | 00:53:55.00 | 5:23 | 11.1 |
| 13 | KOWALSKI PIOTR | 639 | SANTANDER CONSUMER BANK | WROCLAW | POL | M19-29 | 13 | M 52 | 00:13:56 | 00:28:50 | 00:44:24 | 00:59:29.00 | 5:56 | 10.1 |
| 14 | CHORZĘPA MARCIN | 617 | | JELCZ-LASKOWICE | POL | M19-29 | 14 | M 53 | 00:13:55 | 00:28:56 | 00:44:31 | 01:00:35.35 | 6:03 | 9.9 |

WROCLAW - FINAŁ AKADEMII ZDROWIA SANTANDERA - BIEG - 10KM, K30-39

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 2.5km | 5km | 7.5km | Netto | min/km | km/h |
|------|----------------------|-----|------|----------------|------|--------|--------|------|----------|----------|----------|-------------|--------|------|
| 1 | BIAZIK ANETA | 607 | | WROCLAW | POL | K30-39 | 1 | K 4 | 00:12:09 | 00:24:42 | 00:37:24 | 00:50:17.60 | 5:01 | 11.9 |
| 2 | BASZYŃSKA AGNIESZKA | 605 | | WROCLAW | POL | K30-39 | 2 | K 5 | 00:12:39 | 00:25:39 | 00:38:39 | 00:51:29.70 | 5:08 | 11.7 |
| 3 | MARTOWSKA BARBARA | 646 | | WROCLAW | POL | K30-39 | 3 | K 6 | 00:12:56 | 00:26:01 | 00:39:28 | 00:52:52.35 | 5:17 | 11.3 |
| 4 | CHOMA KATARZYNA | 616 | | JELENIA GÓRA | POL | K30-39 | 4 | K 8 | 00:12:56 | 00:26:38 | 00:40:54 | 00:54:29.25 | 5:27 | 11 |
| 5 | RYCERZ-PAL MAGDALENA | 664 | | WROCLAW | POL | K30-39 | 5 | K 9 | 00:13:13 | 00:27:20 | 00:41:55 | 00:55:54.25 | 5:35 | 10.7 |
| 6 | BUBNOWICZ ELA | 613 | | GRODZISK WLKP. | POL | K30-39 | 6 | K 18 | 00:14:07 | 00:29:45 | 00:45:53 | 01:01:28.20 | 6:08 | 9.8 |
| 7 | KOZAKIEWICZ MARZENA | 641 | | WROCLAW | POL | K30-39 | 7 | K 19 | 00:14:09 | 00:29:28 | 00:45:38 | 01:01:42.55 | 6:10 | 9.7 |

WROCLAW - FINAŁ AKADEMII ZDROWIA SANTANDERA - BIEG - 10KM, K30-39 c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 2.5km | 5km | 7.5km | Netto | min/km | km/h |
|------|-----------------|-----|------|-----------|------|--------|--------|------|----------|----------|----------|-------------|--------|------|
| 8 | JANUS MAGDALENA | 631 | | WROCLAW | POL | K30-39 | 8 | K 20 | 00:16:47 | 00:35:56 | 00:56:26 | 01:16:35.55 | 7:39 | 7.8 |

WROCLAW - FINAŁ AKADEMII ZDROWIA SANTANDERA - BIEG - 10KM, M30-39

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 2.5km | 5km | 7.5km | Netto | min/km | km/h |
|------|----------------------|-----|-------------------------|--------------|------|--------|--------|------|----------|----------|----------|-------------|--------|------|
| 1 | KOŁOSIONEK ROMAN | 693 | | WROCLAW | POL | M30-39 | 1 | M 4 | 00:09:27 | 00:19:25 | 00:29:41 | 00:39:36.55 | 3:57 | 15.2 |
| 2 | BIALOWAŚ PAWEŁ | 606 | | OŁAWA | POL | M30-39 | 2 | M 5 | 00:09:26 | 00:19:20 | 00:29:34 | 00:39:38.10 | 3:57 | 15.1 |
| 3 | POSŁUSZNY PAWEŁ | 695 | AWF WROCLAW | WROCLAW | POL | M30-39 | 3 | M 7 | 00:09:39 | 00:19:47 | 00:30:05 | 00:40:16.80 | 4:01 | 14.9 |
| 4 | BYTNIOWSKI PAWEŁ | 614 | | WROCLAW | POL | M30-39 | 4 | M 12 | 00:10:01 | 00:20:52 | 00:32:07 | 00:43:31.45 | 4:21 | 13.8 |
| 5 | PYPEĆ TOMASZ | 663 | | WROCLAW | POL | M30-39 | 5 | M 13 | 00:10:06 | 00:21:11 | 00:32:26 | 00:43:43.00 | 4:22 | 13.7 |
| 6 | DZIEDZIC KRYSZTIAN | 692 | | WROCLAW | POL | M30-39 | 6 | M 14 | 00:10:30 | 00:21:36 | 00:33:07 | 00:43:59.35 | 4:23 | 13.6 |
| 7 | KASZUBA JAKUB | 635 | | DEBRZNO | POL | M30-39 | 7 | M 17 | 00:10:53 | 00:22:32 | 00:34:17 | 00:45:13.90 | 4:31 | 13.3 |
| 8 | MŁYNARCZYK ARKADIUSZ | 651 | | WROCLAW | POL | M30-39 | 8 | M 18 | 00:11:29 | 00:22:53 | 00:34:23 | 00:45:20.10 | 4:32 | 13.2 |
| 9 | MORAŃSKI WOJCIECH | 652 | | WROCLAW | POL | M30-39 | 9 | M 19 | 00:10:35 | 00:22:09 | 00:34:09 | 00:45:28.45 | 4:32 | 13.2 |
| 10 | CZERWIŃSKI RAFAŁ | 619 | KB LUPUS OLEŚNICA | OLEŚNICA | POL | M30-39 | 10 | M 20 | 00:11:21 | 00:22:48 | 00:34:22 | 00:45:43.95 | 4:34 | 13.1 |
| 11 | CIESIELSKI MACIEJ | 685 | CIESIN TEAM | WROCLAW | POL | M30-39 | 11 | M 22 | 00:11:03 | 00:22:38 | 00:34:30 | 00:45:53.90 | 4:35 | 13.1 |
| 12 | PACIOREK MARCIN | 654 | | WOJSŁAW | POL | M30-39 | 12 | M 25 | 00:10:52 | 00:22:57 | 00:35:06 | 00:46:43.50 | 4:40 | 12.8 |
| 13 | AUGUSTYN ADAM | 601 | | STRZELIN | POL | M30-39 | 13 | M 26 | 00:11:32 | 00:23:17 | 00:35:23 | 00:47:13.55 | 4:43 | 12.7 |
| 14 | FEDKO MARIUSZ | 677 | SANTANDER CONSUMER BANK | WROCLAW | POL | M30-39 | 14 | M 27 | 00:11:17 | 00:23:26 | 00:35:57 | 00:48:01.25 | 4:48 | 12.5 |
| 15 | KORFA MACIEJ | 687 | NAPÓR STARYCH GRZYBÓW | WROCLAW | POL | M30-39 | 15 | M 28 | 00:11:47 | 00:23:50 | 00:36:04 | 00:48:03.05 | 4:48 | 12.5 |
| 16 | LENK KRZYSZTOF | 644 | | WROCLAW | POL | M30-39 | 16 | M 30 | 00:11:15 | 00:23:41 | 00:36:31 | 00:49:07.30 | 4:54 | 12.2 |
| 17 | KMIECIK ŁUKASZ | 697 | | WROCLAW | POL | M30-39 | 17 | M 31 | 00:12:03 | 00:24:29 | 00:37:13 | 00:49:17.45 | 4:55 | 12.2 |
| 18 | WOLIŃSKI ANDRZEJ | 683 | DAMLEN | WROCLAW | POL | M30-39 | 18 | M 32 | 00:11:58 | 00:24:12 | 00:36:51 | 00:49:29.40 | 4:57 | 12.1 |
| 19 | PÓŁTORZYCKI PIOTR | 661 | | WROCLAW | POL | M30-39 | 19 | M 39 | 00:12:32 | 00:25:25 | 00:38:26 | 00:50:54.25 | 5:05 | 11.8 |
| 20 | UNIEJEWSKI PIOTR | 673 | | KIEŁCZÓW | POL | M30-39 | 20 | M 40 | 00:12:14 | 00:24:59 | 00:38:04 | 00:51:08.35 | 5:06 | 11.7 |
| 21 | DOBOSZ ŁUKASZ | 620 | SANTANDER CONSUMER BANK | DOBRZYKOWICE | POL | M30-39 | 21 | M 41 | 00:12:12 | 00:24:58 | 00:38:06 | 00:51:16.35 | 5:07 | 11.7 |
| 22 | GROCHOWSKI ŁUKASZ | 625 | | WROCLAW | POL | M30-39 | 22 | M 47 | 00:12:49 | 00:26:32 | 00:41:11 | 00:55:42.75 | 5:34 | 10.8 |
| 23 | BRYCHCY KAROL | 612 | | WROCLAW | POL | M30-39 | 23 | M 48 | 00:13:01 | 00:27:32 | 00:41:58 | 00:56:12.60 | 5:37 | 10.7 |
| 24 | DROBNIK KRZYSZTOF | 684 | SANTANDER CONSUMER BANK | WROCLAW | POL | M30-39 | 24 | M 50 | 00:14:23 | 00:28:49 | 00:43:53 | 00:59:04.80 | 5:54 | 10.2 |
| 25 | BARYSKI MACIEJ | 603 | | WROCLAW | POL | M30-39 | 25 | M 51 | 00:13:10 | 00:27:56 | 00:43:25 | 00:59:18.55 | 5:55 | 10.1 |
| 26 | WAWRZYŃIAK KRZYSZTOF | 675 | | WROCLAW | POL | M30-39 | 26 | M 56 | 00:15:19 | 00:31:04 | 00:48:27 | 01:05:34.90 | 6:33 | 9.1 |

WROCLAW - FINAŁ AKADEMII ZDROWIA SANTANDERA - BIEG - 10KM, K40-49

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 2.5km | 5km | 7.5km | Netto | min/km | km/h |
|------|------------------|-----|------|-----------|------|--------|--------|------|----------|----------|----------|-------------|--------|------|
| 1 | STAPIŃSKA CELINA | 669 | | WROCLAW | POL | K40-49 | 1 | K 14 | 00:14:31 | 00:29:19 | 00:44:46 | 00:59:44.85 | 5:58 | 10 |
| 2 | ROSGA ANNA | 689 | | RACIBÓRZ | POL | K40-49 | 2 | K 16 | 00:14:22 | 00:29:57 | 00:47:00 | 01:00:22.40 | 6:02 | 9.9 |

WROCLAW - FINAŁ AKADEMII ZDROWIA SANTANDERA - BIEG - 10KM, M40-49

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 2.5km | 5km | 7.5km | Netto | min/km | km/h |
|------|---------------------|-----|--------------------------------|--------------|------|--------|--------|------|----------|----------|----------|-------------|--------|------|
| 1 | MARTOWSKI MACIEJ | 647 | EUROPA UBEZPIECZENIA | WROCLAW | POL | M40-49 | 1 | M 9 | 00:09:53 | 00:20:28 | 00:31:11 | 00:41:12.45 | 4:07 | 14.6 |
| 2 | RZECZKOWSKI DARIUSZ | 665 | SKY TOWER RUNNERS / SOBAS TEAM | WROCLAW | POL | M40-49 | 2 | M 10 | 00:10:05 | 00:20:40 | 00:31:13 | 00:41:39.60 | 4:10 | 14.4 |
| 3 | STAWIŃSKI ADAM | 670 | SANTANDER CONSUMER BANK | WROCLAW | POL | M40-49 | 3 | M 23 | 00:10:56 | 00:22:28 | 00:34:18 | 00:46:05.15 | 4:36 | 13 |
| 4 | ROTKO TOMASZ | 688 | | WROCLAW | POL | M40-49 | 4 | M 37 | 00:12:10 | 00:24:43 | 00:37:19 | 00:50:01.00 | 5:00 | 12 |
| 5 | JÓZEFIAK DARIUSZ | 632 | | WROCLAW | POL | M40-49 | 5 | M 42 | 00:12:12 | 00:24:55 | 00:38:18 | 00:52:10.65 | 5:13 | 11.5 |
| 6 | CEGIELSKI PAWEŁ | 615 | | WROCLAW | POL | M40-49 | 6 | M 43 | 00:12:39 | 00:25:36 | 00:38:57 | 00:52:43.70 | 5:16 | 11.4 |
| 7 | JANICKI WOJCIECH | 629 | | WROCLAW | POL | M40-49 | 7 | M 45 | 00:12:33 | 00:25:33 | 00:39:32 | 00:53:24.05 | 5:20 | 11.2 |
| 8 | DZIEDZIC PAWEŁ | 621 | | WROCLAW | POL | M40-49 | 8 | M 49 | 00:13:59 | 00:28:15 | 00:43:12 | 00:57:58.10 | 5:47 | 10.4 |
| 9 | BIŁYK RYSZARD | 610 | SANTANDER CONSUMER BANK | NOWA JABŁONA | POL | M40-49 | 9 | M 55 | 00:14:07 | 00:30:49 | 00:47:44 | 01:05:13.15 | 6:31 | 9.2 |

WROCLAW - FINAŁ AKADEMII ZDROWIA SANTANDERA - BIEG - 10KM, K50-59

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 2.5km | 5km | 7.5km | Netto | min/km | km/h |
|------|---------------------|-----|------|-----------|------|--------|--------|------|----------|----------|----------|-------------|--------|------|
| 1 | KOWALCZYK BOGUSŁAWA | 638 | | WROCLAW | POL | K50-59 | 1 | K 10 | 00:13:20 | 00:27:36 | 00:42:11 | 00:56:47.10 | 5:40 | 10.6 |

WROCLAW - FINAŁ AKADEMII ZDROWIA SANTANDERA - BIEG - 10KM, M50-59

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 2.5km | 5km | 7.5km | Netto | min/km | km/h |
|------|-----------------------|-----|---------------------------------------|-----------------|------|--------|--------|------|----------|----------|----------|-------------|--------|------|
| 1 | STERMACH IREK | 671 | | SOBÓTKA | POL | M50-59 | 1 | M 6 | 00:09:38 | 00:19:40 | 00:29:54 | 00:40:07.70 | 4:00 | 15 |
| 2 | BIK STANISŁAW | 608 | BIEGAJĄCA KASTA MIEDZIOWEGO MIASTA | LUBIN | POL | M50-59 | 2 | M 24 | 00:11:08 | 00:22:54 | 00:34:52 | 00:46:36.95 | 4:39 | 12.9 |
| 3 | LECHOWSKI JAN | 643 | VOLVO POLSKA | JELCZ-LASKOWICE | POL | M50-59 | 3 | M 34 | 00:11:54 | 00:24:18 | 00:37:10 | 00:49:40.15 | 4:58 | 12.1 |
| 4 | JACH PAWEŁ MACIEK | 696 | MACIEK BIEGA! | WROCLAW | POL | M50-59 | 4 | M 35 | 00:11:54 | 00:24:20 | 00:37:06 | 00:49:51.80 | 4:59 | 12 |
| 5 | FILIPCZAK WŁODZIMIERZ | 622 | | TUREK | POL | M50-59 | 5 | M 44 | 00:12:43 | 00:26:15 | 00:39:42 | 00:53:06.30 | 5:18 | 11.3 |
| 6 | WIECZOREK MARIAN | 682 | DOLAMEL WROCLAW | WROCLAW | POL | M50-59 | 6 | M 54 | 00:13:14 | 00:28:06 | 00:44:58 | 01:01:12.30 | 6:07 | 9.8 |

WROCLAW - FINAŁ AKADEMII ZDROWIA SANTANDERA - BIEG - 10KM, M60-69

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 2.5km | 5km | 7.5km | Netto | min/km | km/h |
|------|----------------------|-----|------|-----------------|------|--------|--------|------|----------|----------|----------|-------------|--------|------|
| 1 | CZAJKOWSKI STANISŁAW | 690 | | JELCZ-LASKOWICE | POL | M60-69 | 1 | M 38 | 00:12:02 | 00:24:52 | 00:37:57 | 00:50:47.80 | 5:04 | 11.8 |