

34KM ZIMNY WDŻAR - GUT WINTER

Organiser: Fundacja Run Vegan
Date: 2023-02-25
Place: Ochotnica Górna
Distance: 34.6 km
Klasyfikacja wg czasów brutto.

B4SPORT
INTELIĞENTNE ZAWODY SPORTOWE



B4SPORT
INTELIĞENTNE ZAWODY SPORTOWE

34KM ZIMNY WDŻAR - GUT WINTER , OPEN

| POS | Name and surname | No. | Club | City | NAT | Cat. | M. | F/M | Drużyna 1 | 20km | 24km | Netto | Brutto | min/km | km/h |
|-----|---------------------|-----|--|----------------------------|-----|--------|----|------|------------------|----------|----------|-------------|-------------|--------|------|
| 1 | ZBOZIEN JAROSŁAW | 172 | ALPIN SPORT TEAM | ŁĄCKO | POL | M-OPEN | 1 | M 1 | | 02:08:39 | 02:47:50 | 03:46:16.45 | 03:46:16.45 | 6:32 | 9.2 |
| 2 | DUDZIK ŁUKASZ | 111 | | KAMIENICA | POL | M-OPEN | 2 | M 2 | | 02:08:20 | 02:48:02 | 03:48:02.70 | 03:48:02.70 | 6:35 | 9.1 |
| 3 | GRUND MAREK | 116 | MAFIA TEAM LUBLINIEC | STRZEBIŃ | POL | M-OPEN | 3 | M 3 | | 02:13:11 | 02:56:38 | 03:58:42.35 | 03:58:42.35 | 6:53 | 8.7 |
| 4 | FLOREK SEBASTIAN | 114 | | PTASZKOWA | POL | M-OPEN | 4 | M 4 | | 02:15:19 | 02:56:47 | 04:00:07.80 | 04:00:07.80 | 6:56 | 8.6 |
| 5 | BANIAK MARCIN | 102 | G.O.A.T. TEAM MICHAŁOWICE/MŁYN TRAIL MICHAŁOWICE | MICHAŁOWICE | POL | M-OPEN | 5 | M 5 | TRAIL RUN KRAKÓW | 02:14:35 | 02:56:40 | 04:02:46.15 | 04:02:46.15 | 7:00 | 8.6 |
| 6 | MAZUR PAWEŁ | 133 | PROJEKT1000UP | ŁĄCKO | POL | M-OPEN | 6 | M 6 | PROJEKT1000UP | 02:17:22 | 03:00:04 | 04:07:38.25 | 04:07:38.25 | 7:09 | 8.4 |
| 7 | CIOCH CEZARY | 109 | KALLIPSO RUNNERS TEAM | SKARYSZEW | POL | M-OPEN | 7 | M 7 | | 02:15:53 | 03:03:11 | 04:07:49.65 | 04:07:49.65 | 7:09 | 8.4 |
| 8 | ŁOZA MATEUSZ | 130 | ZWIEDZANIE PRZEZ BIEGANIE | WIELICZKA | POL | M-OPEN | 8 | M 8 | | 02:20:19 | 03:04:33 | 04:08:34.35 | 04:08:34.35 | 7:11 | 8.4 |
| 9 | PAŁKA MARIUSZ | 141 | KB PARANTELA | LIMANOWA | POL | M-OPEN | 9 | M 9 | KB PARANTELA | 02:23:30 | 03:11:01 | 04:22:37.05 | 04:22:37.05 | 7:35 | 7.9 |
| 10 | CIEPIELA PATRYK | 108 | NOWA HUTA TEAM | KRAKÓW | POL | M-OPEN | 10 | M 10 | NOWA HUTA TEAM | 02:17:20 | 03:05:39 | 04:24:20.95 | 04:24:20.95 | 7:38 | 7.9 |
| 11 | BAROS DANIEL | 103 | KB FALSTART RUDNIKI | RUDNIKI | POL | M-OPEN | 11 | M 11 | | 02:29:03 | 03:14:30 | 04:24:31.75 | 04:24:31.75 | 7:38 | 7.8 |
| 12 | SENDEK SYLWIA | 150 | | KOSZYCE | POL | K-OPEN | 1 | K 1 | | 02:29:40 | 03:16:16 | 04:25:37.65 | 04:25:37.65 | 7:40 | 7.8 |
| 13 | KLONOWSKI JACEK | 121 | | GRODEK | POL | M-OPEN | 12 | M 12 | | 02:22:02 | 03:11:37 | 04:27:42.30 | 04:27:42.30 | 7:44 | 7.8 |
| 14 | STACHURSKI PAWEŁ | 175 | | | POL | M-OPEN | 13 | M 13 | | 02:29:50 | | 04:35:25.30 | 04:35:25.30 | 7:57 | 7.5 |
| 15 | ADAMEK DARIUSZ | 100 | #ADAMCZERWIŃSKITEAM | KRAKÓW | POL | M-OPEN | 14 | M 14 | | 02:32:43 | 03:19:41 | 04:35:46.55 | 04:35:46.55 | 7:58 | 7.5 |
| 16 | WIERZBA MICHAŁ | 174 | RUM KLINY TEAM | GŁOGOCZÓW | POL | M-OPEN | 15 | M 15 | | 02:31:50 | 03:22:08 | 04:35:50.80 | 04:35:50.80 | 7:58 | 7.5 |
| 17 | NIEDŹWIĄDEK PIOTR | 136 | #ADAMCZERWIŃSKITEAM | KRAKÓW | POL | M-OPEN | 16 | M 16 | | 02:32:43 | 03:19:44 | 04:35:55.20 | 04:35:55.20 | 7:58 | 7.5 |
| 18 | LEŚNIAK ANNA | 128 | SALT RUNNERS BOCHNIA | BOCHNIA | POL | K-OPEN | 2 | K 2 | | 02:32:04 | 03:24:43 | 04:37:59.35 | 04:37:59.35 | 8:02 | 7.5 |
| 19 | HAJDA JUSTYNA | 117 | MAFIA TEAM LUBLINIEC | RADZIONKÓW | POL | K-OPEN | 3 | K 3 | | 02:35:13 | 03:26:29 | 04:44:16.15 | 04:44:16.15 | 8:12 | 7.3 |
| 20 | SZEWCZYK WIESŁAW | 159 | ŁUKOWICA TO MY. | ŁUKOWICA | POL | M-OPEN | 17 | M 17 | | 02:32:55 | 03:26:22 | 04:45:41.35 | 04:45:41.35 | 8:15 | 7.3 |
| 21 | OPAŁKA DAMIAN | 139 | MYRACE | WARSZAWA | POL | M-OPEN | 18 | M 18 | | 02:31:55 | 03:26:57 | 04:47:59.85 | 04:47:59.85 | 8:19 | 7.2 |
| 22 | TOKARSKI TOMASZ | 162 | OSTROBIEC | OSTROWIEC ŚWIĘTOKRZYSKI | POL | M-OPEN | 19 | M 19 | OSTROBIEC 2 | 02:43:01 | 03:32:20 | 04:48:09.05 | 04:48:09.05 | 8:19 | 7.2 |
| 23 | WARZECHA KAMIL | 167 | RMT TEAM | JAWORZNO | POL | M-OPEN | 20 | M 20 | | 02:33:47 | 03:25:26 | 04:48:54.85 | 04:48:54.85 | 8:20 | 7.2 |
| 24 | KUBIAK MARCIN | 126 | KUBIAK | CZECHOWICE-DZIEDZICE | POL | M-OPEN | 21 | M 21 | | 02:36:01 | 03:28:58 | 04:50:37.25 | 04:50:37.25 | 8:23 | 7.1 |
| 25 | KRUPA ROMAN | 247 | | DZIANISZ | POL | M-OPEN | 22 | M 22 | | 02:35:21 | 03:28:49 | 04:50:48.80 | 04:50:48.80 | 8:24 | 7.1 |
| 26 | PUDZISZ PIOTR | 146 | | KRAKÓW | POL | M-OPEN | 23 | M 23 | | 02:36:25 | 03:30:10 | 04:50:55.25 | 04:50:55.25 | 8:24 | 7.1 |
| 27 | KOPACZ KATARZYNA | 123 | | KATOWICE | POL | K-OPEN | 4 | K 4 | | 02:33:53 | 03:29:49 | 04:51:57.85 | 04:51:57.85 | 8:26 | 7.1 |
| 28 | MATUSZ TADEUSZ | 131 | | ROKIETNICA | POL | M-OPEN | 24 | M 24 | | 02:35:50 | 03:30:26 | 04:55:33.10 | 04:55:33.10 | 8:32 | 7 |
| 29 | RECLIK PIOTR | 148 | | RYBNIK | POL | M-OPEN | 25 | M 25 | | 02:40:08 | 03:32:27 | 04:56:34.60 | 04:56:34.60 | 8:34 | 7 |
| 30 | DZIERŻAK ELŻBIETA | 113 | WWW.TRENINGFIZJOTERAPIA.PL | GŁOGÓW MAŁOPOLSKI | POL | K-OPEN | 5 | K 5 | | 02:44:35 | 03:37:44 | 04:59:40.60 | 04:59:40.60 | 8:39 | 6.9 |
| 31 | MOSIO GRZEGORZ | 134 | | ŻELICHÓW | POL | M-OPEN | 26 | M 26 | | 02:39:35 | 03:34:32 | 05:01:57.20 | 05:01:57.20 | 8:43 | 6.9 |
| 32 | BARTYKOWSKA MARTA | 104 | | ŁĄJSKI | POL | K-OPEN | 6 | K 6 | | 02:45:52 | 03:45:02 | 05:09:22.45 | 05:09:22.45 | 8:56 | 6.7 |
| 33 | SOBCZAK MAGDALENA | 152 | WIELISZEW HERON TEAM | WIELISZEW | POL | K-OPEN | 7 | K 7 | | 02:45:52 | 03:44:48 | 05:10:00.60 | 05:10:00.60 | 8:57 | 6.7 |
| 34 | MUSIAŁ EWELINA | 135 | | KRAKÓW | POL | K-OPEN | 8 | K 8 | | 02:46:13 | 03:44:44 | 05:12:50.10 | 05:12:50.10 | 9:02 | 6.6 |
| 35 | PAWELCZYK KRZYSZTOF | 142 | SOBAS TEAM | KIELCE | POL | M-OPEN | 27 | M 27 | | 02:50:06 | 03:45:24 | 05:20:18.40 | 05:20:18.40 | 9:15 | 6.5 |
| 36 | TOKARZ MARCIN | 163 | | LIBERTÓW | POL | M-OPEN | 28 | M 28 | | 02:55:19 | 03:50:47 | 05:21:02.00 | 05:21:02.00 | 9:16 | 6.5 |
| 37 | NOWIŃSKI JAKUB | 138 | ŁÓDŹRUNCREW/JAKOTEAM | ŁÓDŹ | POL | M-OPEN | 29 | M 29 | | 02:49:24 | 03:50:01 | 05:26:55.95 | 05:26:55.95 | 9:26 | 6.4 |
| 38 | JĘDZURA DANIEL | 119 | | GLIWICE | POL | M-OPEN | 30 | M 30 | | 02:43:35 | 03:37:10 | 05:28:16.65 | 05:28:16.65 | 9:29 | 6.3 |
| 39 | RECLIK JACEK | 147 | SMAKI BIEGANIA | RYBNIK | POL | M-OPEN | 31 | M 31 | | 02:53:42 | 03:50:11 | 05:29:50.90 | 05:29:50.90 | 9:31 | 6.3 |
| 40 | KOWALCZYK KAZIMIERZ | 124 | KS MURZASICHLE | WITÓW | POL | M-OPEN | 32 | M 32 | | 02:20:25 | 03:09:24 | 05:30:24.65 | 05:30:24.65 | 9:32 | 6.3 |
| 41 | DZIADURA DAMIAN | 112 | BIEGAM BO LUBIĘ | TARNOBRZEG | POL | M-OPEN | 33 | M 33 | | 02:55:24 | 03:54:36 | 05:32:40.20 | 05:32:40.20 | 9:36 | 6.2 |

34KM ZIMNY WDŻAR - GUT WINTER , OPEN c.d.

| POS | Name and surname | No. | Club | City | NAT | Cat. | M. | F/M | Drużyna 1 | 20km | 24km | Netto | Brutto | min/km | km/h |
|-----|----------------------|-----|-------------------------------|-------------------------|-----|--------|----|------|---------------|----------|----------|-------------|-------------|--------|------|
| 42 | SZCZEPANEK KAMIL | 158 | | TARNOBRZEG | POL | M-OPEN | 34 | M 34 | | 02:55:25 | 03:54:39 | 05:32:40.45 | 05:32:40.45 | 9:36 | 6.2 |
| 43 | WROBLEWSKI MATEUSZ | 171 | | GLIWICE | POL | M-OPEN | 35 | M 35 | | 02:57:35 | 03:58:05 | 05:33:15.25 | 05:33:15.25 | 9:37 | 6.2 |
| 44 | KUCZYŃSKI GRZEGORZ | 127 | BIALYSTOK BIEGA TEAM | IGNATKI | POL | M-OPEN | 36 | M 36 | | 02:59:54 | 03:57:46 | 05:41:11.10 | 05:41:11.10 | 9:51 | 6.1 |
| 45 | PAWELEC KRYSZYNA | 143 | DOGOŃ GRODZISK MAZOWIECKI | PIASTÓW | POL | K-OPEN | 9 | K 9 | | 03:05:40 | 04:02:36 | 05:41:31.40 | 05:41:31.40 | 9:52 | 6.1 |
| 46 | NOWAK EWELINA | 137 | SPARTAN TRAINING GROUP TARNÓW | GROMNIK | POL | K-OPEN | 10 | K 10 | | 02:56:43 | 03:57:40 | 05:41:31.85 | 05:41:31.85 | 9:52 | 6.1 |
| 47 | UCIŃSKI GRZEGORZ | 166 | | ŁÓDŹ | POL | M-OPEN | 37 | M 37 | | 03:04:25 | 04:06:30 | 05:44:53.20 | 05:44:53.20 | 9:58 | 6 |
| 48 | ŚWIETLIK PAWEŁ | 160 | | ŁBISKA | POL | M-OPEN | 38 | M 38 | | 03:03:37 | 04:05:35 | 05:48:34.30 | 05:48:34.30 | 10:04 | 6 |
| 49 | MATYSZCZAK MATEUSZ | 132 | | TYCHY | POL | M-OPEN | 39 | M 39 | | 03:00:15 | 03:58:14 | 05:49:22.10 | 05:49:22.10 | 10:05 | 5.9 |
| 50 | WOJTCAK MATEUSZ | 170 | | WARSZAWA | POL | M-OPEN | 40 | M 40 | | 03:00:04 | 04:05:33 | 05:50:41.85 | 05:50:41.85 | 10:08 | 5.9 |
| 51 | STALOWSKA JOLANTA | 154 | OSTROBIEC | GROMADZICE | POL | K-OPEN | 11 | K 11 | OSTROBIEC | 02:57:12 | 04:12:49 | 05:51:51.50 | 05:51:51.50 | 10:10 | 5.9 |
| 52 | STALOWSKI PAWEŁ | 155 | OSTROBIEC | GROMADZICE | POL | M-OPEN | 41 | M 41 | | 02:57:13 | 04:01:18 | 05:54:53.10 | 05:54:53.10 | 10:15 | 5.8 |
| 53 | BUDZIASZEK AGNIESZKA | 106 | EFFI RUN TEAM | KRAKOW | POL | K-OPEN | 12 | K 12 | | 03:05:04 | 04:06:33 | 06:00:25.10 | 06:00:25.10 | 10:25 | 5.8 |
| 54 | PUDŁO SEBASTIAN | 145 | OSTROBIEC | OSTROWIEC ŚWIĘTOKRZYSKI | POL | M-OPEN | 42 | M 42 | OSTROBIEC 2 | 03:11:31 | | 06:04:40.80 | 06:04:40.80 | 10:32 | 5.7 |
| 55 | SKOCZEK TOMASZ | 151 | | KIELCE | POL | M-OPEN | 43 | M 43 | | 03:10:16 | | 06:07:35.70 | 06:07:35.70 | 10:37 | 5.6 |
| 56 | WNUK PRZEMYSŁAW | 169 | KALINA FOREVER | LUBLIN | POL | M-OPEN | 44 | M 44 | | 03:29:09 | 04:29:37 | 06:08:06.75 | 06:08:06.75 | 10:38 | 5.6 |
| 57 | BUKOWIEC JUSTYNA | 107 | KKM KALORYFER | KRAKÓW | POL | K-OPEN | 13 | K 13 | | 03:15:00 | | 06:12:19.50 | 06:12:19.50 | 10:45 | 5.6 |
| 58 | TADLA IZABELA | 161 | #NOLIMITS | LUBLIN | POL | K-OPEN | 14 | K 14 | | 03:10:12 | | 06:15:35.15 | 06:15:35.15 | 10:51 | 5.5 |
| 59 | PATEREK ADA | 173 | 12TRI.PL | WARSZAWA | POL | K-OPEN | 15 | K 15 | | 03:15:05 | 04:26:02 | 06:19:49.55 | 06:19:49.55 | 10:58 | 5.5 |
| 60 | TRYCH DOROTA | 164 | | WARSZAWA | POL | K-OPEN | 16 | K 16 | MOKATO FALUSY | 03:23:22 | 04:32:29 | 06:26:11.20 | 06:26:11.20 | 11:09 | 5.4 |
| 61 | WARZOCZA PAWEŁ | 168 | NIECHBIEGA | RZESZÓW | POL | M-OPEN | 45 | M 45 | | 03:28:23 | 04:27:13 | 06:26:36.15 | 06:26:36.15 | 11:10 | 5.4 |
| 62 | DABROWSKI DARIUSZ | 110 | KALINA FOREVER | JÓZEFOSŁAW | POL | M-OPEN | 46 | M 46 | | 03:29:09 | 04:38:33 | 06:35:40.05 | 06:35:40.05 | 11:26 | 5.2 |
| 63 | TUSIŃSKI SEWERYN | 165 | OSTROBIEC | OSTROWIEC ŚWIĘTOKRZYSKI | POL | M-OPEN | 47 | M 47 | | 03:23:11 | 04:35:37 | 06:36:36.90 | 06:36:36.90 | 11:27 | 5.2 |
| 64 | BOGUSZ TOMASZ | 105 | PROGRAMISTA W RUCHU | LUSZOWICE | POL | M-OPEN | 48 | M 48 | | 03:29:08 | 04:44:46 | 06:39:39.10 | 06:39:39.10 | 11:33 | 5.2 |
| 65 | STERNIK DANIEL | 156 | | LUBLIN | POL | M-OPEN | 49 | M 49 | | 03:19:10 | 04:40:21 | 07:04:35.35 | 07:04:35.35 | 12:16 | 4.9 |
| 66 | KIERUS ŁUKASZ | 120 | BIALYSTOK BIEGA TEAM | OGRODNICZKI | POL | M-OPEN | 50 | M 50 | | 03:32:55 | 04:43:49 | 07:13:04.45 | 07:13:04.45 | 12:30 | 4.8 |
| | GARUS ŁUKASZ | 115 | | BYTOM | POL | M-OPEN | | | | 02:36:56 | 03:25:32 | DNF | DNF | - | - |
| | | | | | | | | | | DNF | DNF | | | | |
| | LIŚKIEWICZ HUBERT | 129 | MY ENDURANCE COACHING | MICHAŁÓW | POL | M-OPEN | | | | 02:38:29 | DNF | DNF | DNF | - | - |
| | | | | | | | | | | DNF | | | | | |

34KM ZIMNY WDŻAR - GUT WINTER , K-OPEN

| POS | Name and surname | No. | Club | City | NAT | Cat. | M. cat. | F/M | Drużyna 1 | 20km | 24km | Netto | Brutto | min/km | km/h |
|-----|----------------------|-----|-------------------------------|-------------------|-----|--------|---------|------|-----------|----------|----------|-------------|-------------|--------|------|
| 1 | SENDEK SYLWIA | 150 | | KOSZYCE | POL | K-OPEN | 1 | K 1 | | 02:29:40 | 03:16:16 | 04:25:37.65 | 04:25:37.65 | 7:40 | 7.8 |
| 2 | LEŚNIAK ANNA | 128 | SALT RUNNERS BOCHNIA | BOCHNIA | POL | K-OPEN | 2 | K 2 | | 02:32:04 | 03:24:43 | 04:37:59.35 | 04:37:59.35 | 8:02 | 7.5 |
| 3 | HAJDA JUSTYNA | 117 | MAFIA TEAM LUBLINIEC | RADZIONKÓW | POL | K-OPEN | 3 | K 3 | | 02:35:13 | 03:26:29 | 04:44:16.15 | 04:44:16.15 | 8:12 | 7.3 |
| 4 | KOPACZ KATARZYNA | 123 | | KATOWICE | POL | K-OPEN | 4 | K 4 | | 02:33:53 | 03:29:49 | 04:51:57.85 | 04:51:57.85 | 8:26 | 7.1 |
| 5 | DZIERŻAK ELŻBIETA | 113 | WWW.TRENINGFIZJOTERAPIA.PL | GŁOGÓW MAŁOPOLSKI | POL | K-OPEN | 5 | K 5 | | 02:44:35 | 03:37:44 | 04:59:40.60 | 04:59:40.60 | 8:39 | 6.9 |
| 6 | BARTYKOWSKA MARTA | 104 | | ŁĄJSKI | POL | K-OPEN | 6 | K 6 | | 02:45:52 | 03:45:02 | 05:09:22.45 | 05:09:22.45 | 8:56 | 6.7 |
| 7 | SOBCZAK MAGDALENA | 152 | WIELISZEW HERON TEAM | WIELISZEW | POL | K-OPEN | 7 | K 7 | | 02:45:52 | 03:44:48 | 05:10:00.60 | 05:10:00.60 | 8:57 | 6.7 |
| 8 | MUSIAŁ EWELINA | 135 | | KRAKÓW | POL | K-OPEN | 8 | K 8 | | 02:46:13 | 03:44:44 | 05:12:50.10 | 05:12:50.10 | 9:02 | 6.6 |
| 9 | PAWELEC KRYSZYNA | 143 | DOGOŃ GRODZISK MAZOWIECKI | PIASTÓW | POL | K-OPEN | 9 | K 9 | | 03:05:40 | 04:02:36 | 05:41:31.40 | 05:41:31.40 | 9:52 | 6.1 |
| 10 | NOWAK EWELINA | 137 | SPARTAN TRAINING GROUP TARNÓW | GROMNIK | POL | K-OPEN | 10 | K 10 | | 02:56:43 | 03:57:40 | 05:41:31.85 | 05:41:31.85 | 9:52 | 6.1 |
| 11 | STALOWSKA JOLANTA | 154 | OSTROBIEC | GROMADZICE | POL | K-OPEN | 11 | K 11 | OSTROBIEC | 02:57:12 | 04:12:49 | 05:51:51.50 | 05:51:51.50 | 10:10 | 5.9 |
| 12 | BUDZIASZEK AGNIESZKA | 106 | EFFI RUN TEAM | KRAKOW | POL | K-OPEN | 12 | K 12 | | 03:05:04 | 04:06:33 | 06:00:25.10 | 06:00:25.10 | 10:25 | 5.8 |
| 13 | BUKOWIEC JUSTYNA | 107 | KKM KALORYFER | KRAKÓW | POL | K-OPEN | 13 | K 13 | | 03:15:00 | | 06:12:19.50 | 06:12:19.50 | 10:45 | 5.6 |
| 14 | TADLA IZABELA | 161 | #NOLIMITS | LUBLIN | POL | K-OPEN | 14 | K 14 | | 03:10:12 | | 06:15:35.15 | 06:15:35.15 | 10:51 | 5.5 |
| 15 | PATEREK ADA | 173 | 12TRI.PL | WARSZAWA | POL | K-OPEN | 15 | K 15 | | 03:15:05 | 04:26:02 | 06:19:49.55 | 06:19:49.55 | 10:58 | 5.5 |

34KM ZIMNY WDŻAR - GUT WINTER , K-OPEN c.d.

| POS | Name and surname | No. | Club | City | NAT | Cat. | M. cat. | F/M | Drużyna 1 | 20km | 24km | Netto | Brutto | min/km | km/h |
|-----|------------------|-----|------|----------|-----|--------|---------|------|---------------|----------|----------|-------------|-------------|--------|------|
| 16 | TRYCH DOROTA | 164 | | WARSZAWA | POL | K-OPEN | 16 | K 16 | MOKATO FALUSY | 03:23:22 | 04:32:29 | 06:26:11.20 | 06:26:11.20 | 11:09 | 5.4 |

34KM ZIMNY WDŻAR - GUT WINTER , M-OPEN

| POS | Name and surname | No. | Club | City | NAT | Cat. | M. cat. | F/M | Drużyna 1 | 20km | 24km | Netto | Brutto | min/km | km/h |
|-----|---------------------|-----|--|----------------------------|-----|--------|---------|------|------------------|----------|-------------|-------------|-------------|--------|------|
| 1 | ZBOZIEN JAROSŁAW | 172 | ALPIN SPORT TEAM | ŁĄCKO | POL | M-OPEN | 1 | M 1 | | 02:08:39 | 02:47:50 | 03:46:16.45 | 03:46:16.45 | 6:32 | 9.2 |
| 2 | DUDZIK ŁUKASZ | 111 | | KAMIENICA | POL | M-OPEN | 2 | M 2 | | 02:08:20 | 02:48:02 | 03:48:02.70 | 03:48:02.70 | 6:35 | 9.1 |
| 3 | GRUND MAREK | 116 | MAFIA TEAM LUBLINIEC | STRZEBIŃ | POL | M-OPEN | 3 | M 3 | | 02:13:11 | 02:56:38 | 03:58:42.35 | 03:58:42.35 | 6:53 | 8.7 |
| 4 | FLOREK SEBASTIAN | 114 | | PTASZKOWA | POL | M-OPEN | 4 | M 4 | | 02:15:19 | 02:56:47 | 04:00:07.80 | 04:00:07.80 | 6:56 | 8.6 |
| 5 | BANIAK MARCIN | 102 | G.O.A.T. TEAM MICHAŁOWICE/MŁYN TRAIL MICHAŁOWICE | MICHAŁOWICE | POL | M-OPEN | 5 | M 5 | TRAIL RUN KRAKÓW | 02:14:35 | 02:56:40 | 04:02:46.15 | 04:02:46.15 | 7:00 | 8.6 |
| 6 | MAZUR PAWEŁ | 133 | PROJEKT1000UP | ŁĄCKO | POL | M-OPEN | 6 | M 6 | PROJEKT1000UP | 02:17:22 | 03:00:04 | 04:07:38.25 | 04:07:38.25 | 7:09 | 8.4 |
| 7 | CIOCH CEZARY | 109 | KALLIPSO RUNNERS TEAM | SKARYSZEW | POL | M-OPEN | 7 | M 7 | | 02:15:53 | 03:03:11 | 04:07:49.65 | 04:07:49.65 | 7:09 | 8.4 |
| 8 | ŁOZA MATEUSZ | 130 | ZWIEDZANIE PRZEZ BIEGANIE | WIELICZKA | POL | M-OPEN | 8 | M 8 | | 02:20:19 | 03:04:33 | 04:08:34.35 | 04:08:34.35 | 7:11 | 8.4 |
| 9 | PAŁKA MARIUSZ | 141 | KB PARANTELA | LIMANOWA | POL | M-OPEN | 9 | M 9 | KB PARANTELA | 02:23:30 | 03:11:01 | 04:22:37.05 | 04:22:37.05 | 7:35 | 7.9 |
| 10 | CIEPIELA PATRYK | 108 | NOWA HUTA TEAM | KRAKÓW | POL | M-OPEN | 10 | M 10 | NOWA HUTA TEAM | 02:17:20 | 03:05:39 | 04:24:20.95 | 04:24:20.95 | 7:38 | 7.9 |
| 11 | BAROS DANIEL | 103 | KB FALSTART RUDNIKI | RUDNIKI | POL | M-OPEN | 11 | M 11 | | 02:29:03 | 03:14:30 | 04:24:31.75 | 04:24:31.75 | 7:38 | 7.8 |
| 12 | KLONOWSKI JACEK | 121 | | GRODEK | POL | M-OPEN | 12 | M 12 | | 02:22:02 | 03:11:37 | 04:27:42.30 | 04:27:42.30 | 7:44 | 7.8 |
| 13 | STACHURSKI PAWEŁ | 175 | | | POL | M-OPEN | 13 | M 13 | | 02:29:50 | 04:35:25.30 | 04:35:25.30 | 04:35:25.30 | 7:57 | 7.5 |
| 14 | ADAMEK DARIUSZ | 100 | #ADAMCZERWIŃSKITEAM | KRAKÓW | POL | M-OPEN | 14 | M 14 | | 02:32:43 | 03:19:41 | 04:35:46.55 | 04:35:46.55 | 7:58 | 7.5 |
| 15 | WIERZBA MICHAŁ | 174 | RUM KLINY TEAM | GŁOGOCZÓW | POL | M-OPEN | 15 | M 15 | | 02:31:50 | 03:22:08 | 04:35:50.80 | 04:35:50.80 | 7:58 | 7.5 |
| 16 | NIEDŹWIADEK PIOTR | 136 | #ADAMCZERWIŃSKITEAM | KRAKÓW | POL | M-OPEN | 16 | M 16 | | 02:32:43 | 03:19:44 | 04:35:55.20 | 04:35:55.20 | 7:58 | 7.5 |
| 17 | SZEWCZYK WIESŁAW | 159 | ŁUKOWICA TO MY. | ŁUKOWICA | POL | M-OPEN | 17 | M 17 | | 02:32:55 | 03:26:22 | 04:45:41.35 | 04:45:41.35 | 8:15 | 7.3 |
| 18 | OPAŁKA DAMIAN | 139 | MYRACE | WARSZAWA | POL | M-OPEN | 18 | M 18 | | 02:31:55 | 03:26:57 | 04:47:59.85 | 04:47:59.85 | 8:19 | 7.2 |
| 19 | TOKARSKI TOMASZ | 162 | OSTROBIEC | OSTROWIEC ŚWIĘTOKRZYSKI | POL | M-OPEN | 19 | M 19 | OSTROBIEC 2 | 02:43:01 | 03:32:20 | 04:48:09.05 | 04:48:09.05 | 8:19 | 7.2 |
| 20 | WARZECHA KAMIL | 167 | RMT TEAM | JAWORZNO | POL | M-OPEN | 20 | M 20 | | 02:33:47 | 03:25:26 | 04:48:54.85 | 04:48:54.85 | 8:20 | 7.2 |
| 21 | KUBIAK MARCIN | 126 | KUBIAK | CZESCHOWICE-DZIEDZICE | POL | M-OPEN | 21 | M 21 | | 02:36:01 | 03:28:58 | 04:50:37.25 | 04:50:37.25 | 8:23 | 7.1 |
| 22 | KRUPA ROMAN | 247 | | DZIANISZ | POL | M-OPEN | 22 | M 22 | | 02:35:21 | 03:28:49 | 04:50:48.80 | 04:50:48.80 | 8:24 | 7.1 |
| 23 | PUDZISZ PIOTR | 146 | | KRAKÓW | POL | M-OPEN | 23 | M 23 | | 02:36:25 | 03:30:10 | 04:50:55.25 | 04:50:55.25 | 8:24 | 7.1 |
| 24 | MATUSZ TADEUSZ | 131 | | ROKIETNICA | POL | M-OPEN | 24 | M 24 | | 02:35:50 | 03:30:26 | 04:55:33.10 | 04:55:33.10 | 8:32 | 7 |
| 25 | RECLIK PIOTR | 148 | | RYBNIK | POL | M-OPEN | 25 | M 25 | | 02:40:08 | 03:32:27 | 04:56:34.60 | 04:56:34.60 | 8:34 | 7 |
| 26 | MOSIO GRZEGORZ | 134 | | ŻELICHÓW | POL | M-OPEN | 26 | M 26 | | 02:39:35 | 03:34:32 | 05:01:57.20 | 05:01:57.20 | 8:43 | 6.9 |
| 27 | PAWELCZYK KRZYSZTOF | 142 | SOBAS TEAM | KIELCE | POL | M-OPEN | 27 | M 27 | | 02:50:06 | 03:45:24 | 05:20:18.40 | 05:20:18.40 | 9:15 | 6.5 |
| 28 | TOKARZ MARCIN | 163 | | LIBERTÓW | POL | M-OPEN | 28 | M 28 | | 02:55:19 | 03:50:47 | 05:21:02.00 | 05:21:02.00 | 9:16 | 6.5 |
| 29 | NOWIŃSKI JAKUB | 138 | ŁÓDŹRUNCREW/JAKOTEAM | ŁÓDŹ | POL | M-OPEN | 29 | M 29 | | 02:49:24 | 03:50:01 | 05:26:55.95 | 05:26:55.95 | 9:26 | 6.4 |
| 30 | JĘDZURA DANIEL | 119 | | GLIWICE | POL | M-OPEN | 30 | M 30 | | 02:43:35 | 03:37:10 | 05:28:16.65 | 05:28:16.65 | 9:29 | 6.3 |
| 31 | RECLIK JACEK | 147 | SMAKI BIEGANIA | RYBNIK | POL | M-OPEN | 31 | M 31 | | 02:53:42 | 03:50:11 | 05:29:50.90 | 05:29:50.90 | 9:31 | 6.3 |
| 32 | KOWALCZYK KAZIMIERZ | 124 | KS MURZASICHLE | WITÓW | POL | M-OPEN | 32 | M 32 | | 02:20:25 | 03:09:24 | 05:30:24.65 | 05:30:24.65 | 9:32 | 6.3 |
| 33 | DZIADURA DAMIAN | 112 | BIEGAM BO LUBIĘ | TARNOBRZEG | POL | M-OPEN | 33 | M 33 | | 02:55:24 | 03:54:36 | 05:32:40.20 | 05:32:40.20 | 9:36 | 6.2 |
| 34 | SZCZEPANEK KAMIL | 158 | | TARNOBRZEG | POL | M-OPEN | 34 | M 34 | | 02:55:25 | 03:54:39 | 05:32:40.45 | 05:32:40.45 | 9:36 | 6.2 |
| 35 | WROBLEWSKI MATEUSZ | 171 | | GLIWICE | POL | M-OPEN | 35 | M 35 | | 02:57:35 | 03:58:05 | 05:33:15.25 | 05:33:15.25 | 9:37 | 6.2 |
| 36 | KUCZYŃSKI GRZEGORZ | 127 | BIAŁYSTOK BIEGA TEAM | IGNATKI | POL | M-OPEN | 36 | M 36 | | 02:59:54 | 03:57:46 | 05:41:11.10 | 05:41:11.10 | 9:51 | 6.1 |
| 37 | UCIŃSKI GRZEGORZ | 166 | | ŁÓDŹ | POL | M-OPEN | 37 | M 37 | | 03:04:25 | 04:06:30 | 05:44:53.20 | 05:44:53.20 | 9:58 | 6 |
| 38 | ŚWIETLIK PAWEŁ | 160 | | ŁBISKA | POL | M-OPEN | 38 | M 38 | | 03:03:37 | 04:05:35 | 05:48:34.30 | 05:48:34.30 | 10:04 | 6 |
| 39 | MATYSZCZAK MATEUSZ | 132 | | TYCHY | POL | M-OPEN | 39 | M 39 | | 03:00:15 | 03:58:14 | 05:49:22.10 | 05:49:22.10 | 10:05 | 5.9 |
| 40 | WOJTCZAK MATEUSZ | 170 | | WARSZAWA | POL | M-OPEN | 40 | M 40 | | 03:00:04 | 04:05:33 | 05:50:41.85 | 05:50:41.85 | 10:08 | 5.9 |
| 41 | STALOWSKI PAWEŁ | 155 | OSTROBIEC | GROMADZICE | POL | M-OPEN | 41 | M 41 | | 02:57:13 | 04:01:18 | 05:54:53.10 | 05:54:53.10 | 10:15 | 5.8 |
| 42 | PUDŁO SEBASTIAN | 145 | OSTROBIEC | OSTROWIEC ŚWIĘTOKRZYSKI | POL | M-OPEN | 42 | M 42 | OSTROBIEC 2 | 03:11:31 | | 06:04:40.80 | 06:04:40.80 | 10:32 | 5.7 |
| 43 | SKOCZEK TOMASZ | 151 | | KIELCE | POL | M-OPEN | 43 | M 43 | | 03:10:16 | | 06:07:35.70 | 06:07:35.70 | 10:37 | 5.6 |
| 44 | WNUK PRZEMYSŁAW | 169 | KALINA FOREVER | LUBLIN | POL | M-OPEN | 44 | M 44 | | 03:29:09 | 04:29:37 | 06:08:06.75 | 06:08:06.75 | 10:38 | 5.6 |
| 45 | WARZOCHA PAWEŁ | 168 | NIECHBIEGA | RZESZÓW | POL | M-OPEN | 45 | M 45 | | 03:28:23 | 04:27:13 | 06:26:36.15 | 06:26:36.15 | 11:10 | 5.4 |
| 46 | DABROWSKI DARIUSZ | 110 | KALINA FOREVER | JÓZEFOSŁAW | POL | M-OPEN | 46 | M 46 | | 03:29:09 | 04:38:33 | 06:35:40.05 | 06:35:40.05 | 11:26 | 5.2 |

34KM ZIMNY WDŻAR - GUT WINTER , M-OPEN c.d.

| POS | Name and surname | No. | Club | City | NAT | Cat. | M. cat. | F/M | Drużyna 1 | 20km | 24km | Netto | Brutto | min/km | km/h |
|-----|-------------------|-----|-----------------------|----------------------------|-----|--------|---------|------|-----------|----------|----------|-------------|-------------|--------|------|
| 47 | TUSIŃSKI SEWERYN | 165 | OSTROBIEC | OSTROWIEC ŚWIĘTOKRZYSKI | POL | M-OPEN | 47 | M 47 | | 03:23:11 | 04:35:37 | 06:36:36.90 | 06:36:36.90 | 11:27 | 5.2 |
| 48 | BOGUSZ TOMASZ | 105 | PROGRAMISTA W RUCHU | LUSZOWICE | POL | M-OPEN | 48 | M 48 | | 03:29:08 | 04:44:46 | 06:39:39.10 | 06:39:39.10 | 11:33 | 5.2 |
| 49 | STERNIK DANIEL | 156 | | LUBLIN | POL | M-OPEN | 49 | M 49 | | 03:19:10 | 04:40:21 | 07:04:35.35 | 07:04:35.35 | 12:16 | 4.9 |
| 50 | KIERUS ŁUKASZ | 120 | BIAŁYSTOK BIEGA TEAM | OGRODNICZKI | POL | M-OPEN | 50 | M 50 | | 03:32:55 | 04:43:49 | 07:13:04.45 | 07:13:04.45 | 12:30 | 4.8 |
| | GARUS ŁUKASZ | 115 | | BYTOM | POL | M-OPEN | | | | 02:36:56 | 03:25:32 | DNF | DNF | - | - |
| | LIŚKIEWICZ HUBERT | 129 | MY ENDURANCE COACHING | MICHAŁÓW | POL | M-OPEN | | | | DNF | DNF | DNF | DNF | - | - |
| | | | | | | | | | | 02:38:29 | DNF | DNF | DNF | - | - |
| | | | | | | | | | | DNF | | | | | |