

KUDOWSKA DZIESIĄTKA 10 KM

Organizator: Fundacja MARATONY GÓRSKIE
 Data: 2023-04-02
 Miejsce: Kudowa-Zdrój
 Dystans: 10 km
 Klasyfikacja wg czasów brutto.

KUDOWSKA DZIESIĄTKA 10 KM, OPEN

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 5.3km | Netto | Brutto | min/km | km/h |
|------|----------------------|------|------------------------------|------------------------|------|------|--------|------|----------|-------------|-------------|--------|------|
| 1 | BALIGA CEZARY | 5132 | HOKA GARMIN TEAM | OLEŚNO | POL | M-20 | 1 | M 1 | 00:27:52 | 00:46:47.80 | 00:46:47.80 | 4:40 | 12.8 |
| 2 | TROJNAR PAWEŁ | 5109 | | SOBÓTKA | POL | M-30 | 1 | M 2 | 00:28:40 | 00:48:20.60 | 00:48:20.60 | 4:50 | 12.4 |
| 3 | BUCHERT FILIP | 5095 | JUVENIA GLUCHOŁAZY | GLUCHOŁAZY | POL | M-20 | 2 | M 3 | 00:29:16 | 00:49:18.65 | 00:49:18.65 | 4:55 | 12.2 |
| 4 | KITA MICHAŁ | 5066 | PĘDZĄCY W MIEJSCU | WROCŁAW | POL | M-40 | 1 | M 4 | 00:29:54 | 00:50:00.20 | 00:50:00.20 | 5:00 | 12 |
| 5 | WŁODARCZYK JAROSŁAW | 5102 | TEAM DAREK KRUCZKOWSKI | JELEŃ GÓRA (SOBIESZÓW) | POL | M-40 | 2 | M 5 | 00:30:32 | 00:51:03.85 | 00:51:03.85 | 5:06 | 11.8 |
| 6 | WALKOSZ MATEUSZ | 5091 | #SOBASTEAM | SZAFLARY | POL | M-30 | 2 | M 6 | 00:31:15 | 00:51:45.20 | 00:51:45.20 | 5:10 | 11.6 |
| 7 | KAMIŃSKI ARTUR | 5002 | PRZEDWOJEWSKI TEAM | NOWY ŚWIĘTÓW | POL | M-40 | 3 | M 7 | 00:31:22 | 00:51:54.25 | 00:51:54.25 | 5:11 | 11.6 |
| 8 | WAŻNY JACEK | 5056 | BANDA GRUDNIA | LUBLIN | POL | M-30 | 3 | M 8 | 00:32:11 | 00:52:28.65 | 00:52:28.65 | 5:14 | 11.4 |
| 9 | WIECZOREK NINA | 5041 | SBG SALCO | OLEŚNICA | POL | K-20 | 1 | K 1 | 00:32:36 | 00:53:31.55 | 00:53:31.55 | 5:21 | 11.2 |
| 10 | BEDNARCZYK MAGDALENA | 5078 | STRZEGOMSKA DWUNASTKA | STRZEGOM | POL | K-30 | 1 | K 2 | 00:33:17 | 00:54:39.45 | 00:54:39.45 | 5:27 | 11 |
| 11 | ZBORUCKI JAN | 5129 | PRZEDWOJEWSKI TEAM | KATOWICE | POL | M-40 | 4 | M 9 | 00:33:13 | 00:54:50.30 | 00:54:50.30 | 5:29 | 10.9 |
| 12 | ZARĘBA ŁUKASZ | 5101 | KP SOKÓŁ RZESZÓW | RZESZÓW | POL | M-20 | 3 | M 10 | 00:33:30 | 00:57:12.70 | 00:57:12.70 | 5:43 | 10.5 |
| 13 | DOBRAŚ DZISŁAW | 5131 | | NOWA RUDA | POL | M-60 | 1 | M 11 | 00:34:23 | 00:57:24.95 | 00:57:24.95 | 5:44 | 10.5 |
| 14 | NIEZGÓDKA TOMASZ | 5128 | DFBG TEAM | WROCŁAW | POL | M-50 | 1 | M 12 | 00:35:38 | 00:57:44.70 | 00:57:44.70 | 5:46 | 10.4 |
| 15 | SZYMCZYK MARCIN | 5100 | | NOWA RUDA | POL | M-30 | 4 | M 13 | 00:34:25 | 00:57:50.95 | 00:57:50.95 | 5:47 | 10.4 |
| 16 | PAWŁAK DANIEL | 5045 | LKS ISKRA JASZKOWA | KŁODZKO | POL | M-40 | 5 | M 14 | 00:36:13 | 00:59:59.35 | 00:59:59.35 | 5:59 | 10 |
| 17 | WOJDANOWSKI JAN | 5107 | KB HARCOWNIK JELCZ-LASKOWICE | JELCZ-LASKOWICE | POL | M-60 | 2 | M 15 | 00:37:16 | 01:00:11.55 | 01:00:11.55 | 6:01 | 10 |
| 18 | PIWOWARCZYK GRZEGORZ | 5097 | | PRUDNIK | POL | M-40 | 6 | M 16 | 00:36:56 | 01:00:21.80 | 01:00:21.80 | 6:02 | 9.9 |
| 19 | CICHY KRZYSZTOF | 5036 | GORAL Z MAZUR RUNNING TEAM | POZNAŃ | POL | M-50 | 2 | M 17 | 00:36:57 | 01:00:58.30 | 01:00:58.30 | 6:05 | 9.8 |
| 20 | STYK MAREK | 5077 | | ZIELONA GÓRA | POL | M-30 | 5 | M 18 | 00:36:41 | 01:00:59.40 | 01:00:59.40 | 6:05 | 9.8 |
| 21 | MAJCHER ROMAN | 5061 | | KUDOWA-ZDRÓJ | POL | M-30 | 6 | M 19 | 00:36:37 | 01:01:04.50 | 01:01:04.50 | 6:06 | 9.8 |
| 22 | POLIWOJCZAK PATRYK | 5003 | | MROWINY | POL | M-30 | 7 | M 20 | 00:35:55 | 01:01:08.20 | 01:01:08.20 | 6:06 | 9.8 |
| 23 | CZAPLA ŁUKASZ | 5063 | | OBORNIKI | POL | M-40 | 7 | M 21 | 00:37:12 | 01:01:37.40 | 01:01:37.40 | 6:09 | 9.7 |
| 24 | NADERA ŁUKASZ | 5114 | | NOWE SKALIERZYCE | POL | M-30 | 8 | M 22 | 00:36:33 | 01:01:38.30 | 01:01:38.30 | 6:09 | 9.7 |
| 25 | PĘKALA KAMILA | 5022 | | POZNAŃ | POL | K-20 | 2 | K 3 | 00:37:38 | 01:01:38.30 | 01:01:38.30 | 6:09 | 9.7 |
| 26 | MAČKOWIAK PIOTR | 5130 | | ŚWINOUJŚCIE | POL | M-40 | 8 | M 23 | 00:36:37 | 01:01:56.95 | 01:01:56.95 | 6:11 | 9.7 |
| 27 | GIERAK WOJCIECH | 5108 | KB HARCOWNIK JELCZ-LASKOWICE | JELCZ-LASKOWICE | POL | M-50 | 3 | M 24 | 00:39:15 | 01:04:51.60 | 01:04:51.60 | 6:29 | 9.3 |
| 28 | PIJANOWSKI PAWEŁ | 5079 | | KUDOWA-ZDRÓJ | POL | M-40 | 9 | M 25 | 00:39:26 | 01:05:08.60 | 01:05:08.60 | 6:30 | 9.2 |
| 29 | MORÁVEK DAVID | 5117 | | KOSTELEC NAD ORLICI | CZE | M-40 | 10 | M 26 | 00:37:17 | 01:05:19.05 | 01:05:19.05 | 6:31 | 9.2 |
| 30 | GNITECKA KATARZYNA | 5031 | KUDOWIANKA RUN | KUDOWA ZDRÓJ | POL | K-30 | 2 | K 4 | 00:40:35 | 01:06:17.35 | 01:06:17.35 | 6:37 | 9.1 |
| 31 | ZALEWSKI RADOSŁAW | 5008 | WITKOWSKI RUNNING TEAM | KARWIANY | POL | M-30 | 9 | M 27 | 00:40:10 | 01:06:17.95 | 01:06:17.95 | 6:37 | 9.1 |
| 32 | POLITOWSKI MACIEJ | 5025 | | POZNAŃ | POL | M-30 | 10 | M 28 | 00:40:23 | 01:06:40.15 | 01:06:40.15 | 6:40 | 9 |
| 33 | TOMASIK ANDRZEJ | 5057 | SZWAJCARKA | ZIELONA GÓRA | POL | M-50 | 4 | M 29 | 00:40:24 | 01:06:48.85 | 01:06:48.85 | 6:40 | 9 |
| 34 | DURYS PAWEŁ | 5086 | BIG BAD WOLF | WARSZAWA | POL | M-40 | 11 | M 30 | 00:38:51 | 01:07:35.30 | 01:07:35.30 | 6:45 | 8.9 |
| 35 | MADEJA DARIUSZ | 5087 | LKS ISKRA JASZKOWA | KŁODZKO | POL | M-30 | 11 | M 31 | 00:41:40 | 01:08:56.60 | 01:08:56.60 | 6:53 | 8.7 |
| 36 | LEWIŃSKA MONIKA | 5094 | AKADEMIA WOJSK ŁĄDOWYCH | WEJHEROWO | POL | K-20 | 3 | K 5 | 00:42:28 | 01:09:07.35 | 01:09:07.35 | 6:54 | 8.7 |
| 37 | DULĘBA ŁUKASZ | 5116 | KUDOWIANKA RUN | KUDOWA ZDRÓJ | POL | M-40 | 12 | M 32 | 00:42:30 | 01:09:15.25 | 01:09:15.25 | 6:55 | 8.7 |
| 38 | TROJNAR KLAUDIA | 5111 | | SOBÓTKA | POL | K-20 | 4 | K 6 | 00:41:00 | 01:09:25.35 | 01:09:25.35 | 6:56 | 8.6 |
| 39 | SIMBORSKI TOMASZ | 5067 | | WROCŁAW | POL | M-20 | 4 | M 33 | 00:41:47 | 01:09:48.95 | 01:09:48.95 | 6:58 | 8.6 |
| 40 | RÓŻAK PAWEŁ | 5071 | | POZNAŃ | POL | M-40 | 13 | M 34 | 00:41:53 | 01:09:55.60 | 01:09:55.60 | 6:59 | 8.6 |
| 41 | KUTSKO OKSANA | 5033 | PROJEKT DACH NAD GŁOWĄ | SIECHNICE | UKR | K-20 | 5 | K 7 | 00:43:00 | 01:10:35.35 | 01:10:35.35 | 7:03 | 8.5 |
| 42 | SURDACKI PIOTR | 5016 | | SZCZECIN | POL | M-40 | 14 | M 35 | 00:43:57 | 01:10:42.20 | 01:10:42.20 | 7:04 | 8.5 |
| 43 | URBAŚ PAWEŁ | 5090 | | PRUSZKÓW | POL | M-40 | 15 | M 36 | 00:42:42 | 01:11:26.45 | 01:11:26.45 | 7:08 | 8.4 |
| 44 | ZAJĄC ANDRZEJ | 5011 | | BRZEG | POL | M-30 | 12 | M 37 | 00:44:38 | 01:11:37.50 | 01:11:37.50 | 7:09 | 8.4 |
| 45 | LUDWIŃSKI ARTUR | 5110 | | WROCŁAW | POL | M-20 | 5 | M 38 | 00:42:54 | 01:12:07.45 | 01:12:07.45 | 7:12 | 8.3 |
| 46 | JARUS JAN | 5038 | JAGRO | JUTROSIN | POL | M-30 | 13 | M 39 | 00:43:28 | 01:12:08.30 | 01:12:08.30 | 7:12 | 8.3 |

KUDOWSKA DZIESIĄTKA 10 KM, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 5.3km | Netto | Brutto | min/km | km/h |
|------|--------------------------------|------|-------------------------------|-----------------------------|------|------|--------|------|----------|-------------|-------------|--------|------|
| 47 | TROJNIAK DARIA | 5096 | | PRUDNIK | POL | K-30 | 3 | K 8 | 00:42:54 | 01:12:32.10 | 01:12:32.10 | 7:15 | 8.3 |
| 48 | MOSÓR MARIUSZ | 5123 | LISY PUSTYNI | KLUCZE | POL | M-50 | 5 | M 40 | 00:43:21 | 01:13:50.95 | 01:13:50.95 | 7:23 | 8.1 |
| 49 | SZPILA PAULINA | 5058 | | KUDOWA ZDROJ | POL | K-20 | 6 | K 9 | 00:44:03 | 01:14:55.15 | 01:14:55.15 | 7:29 | 8 |
| 50 | GADOWSKI PAWEŁ | 5105 | | KUDOWA-ZDRÓJ | POL | M-30 | 14 | M 41 | 00:45:19 | 01:15:00.75 | 01:15:00.75 | 7:30 | 8 |
| 51 | KLIMEK MICHAŁ | 5052 | | BRYNICA | POL | M-20 | 6 | M 42 | 00:44:55 | 01:15:12.95 | 01:15:12.95 | 7:31 | 8 |
| 52 | URBAN-KACZMARCZYK ALICJA | 5075 | KACZKA TEAM | WROCLAW | POL | K-20 | 7 | K 10 | 00:45:00 | 01:15:31.70 | 01:15:31.70 | 7:33 | 7.9 |
| 53 | GULOWATY BOGDAN | 5068 | ZASKOCZ MNIE | WROCLAW | POL | M-20 | 7 | M 43 | 00:45:03 | 01:15:46.90 | 01:15:46.90 | 7:34 | 7.9 |
| 54 | PRZYSTAJKO ZBIGNIEW | 5104 | | KUDOWA-ZDRÓJ | POL | M-40 | 16 | M 44 | 00:45:09 | 01:16:05.25 | 01:16:05.25 | 7:36 | 7.9 |
| 55 | MILLER AGNIESZKA | 5004 | | BOGDANIEC | POL | K-30 | 4 | K 11 | 00:45:41 | 01:16:07.05 | 01:16:07.05 | 7:36 | 7.9 |
| 56 | ASTRAMOWICZ IZABELA | 5081 | | JELENIA GÓRA | POL | K-30 | 5 | K 12 | 00:49:00 | 01:21:59.35 | 01:21:59.35 | 8:11 | 7.3 |
| 57 | SYC ERYK | 5026 | | LESZNO | POL | M-20 | 8 | M 45 | 00:50:07 | 01:22:23.60 | 01:22:23.60 | 8:14 | 7.3 |
| 58 | SZUMIEC JOANNA | 5088 | | KRAKÓW | POL | K-30 | 6 | K 13 | 00:51:02 | 01:22:36.95 | 01:22:36.95 | 8:15 | 7.3 |
| 59 | KOZŁOWSKA MARZENA | 5005 | BBL LASY BOGDANIEC | JENIN | POL | K-40 | 1 | K 14 | 00:50:51 | 01:23:49.70 | 01:23:49.70 | 8:22 | 7.2 |
| 60 | STOBIK WERONIKA | 5070 | COGO TEAM | TYCHY | POL | K-20 | 8 | K 15 | 00:50:57 | 01:24:24.25 | 01:24:24.25 | 8:26 | 7.1 |
| 61 | WAĐOŁOWSKI KAROL | 5069 | COGO TEAM | TYCHY | POL | M-40 | 17 | M 46 | 00:50:58 | 01:24:24.70 | 01:24:24.70 | 8:26 | 7.1 |
| 62 | KRÓLAK KATARZYNA | 5124 | | WAŁBRZYCH | POL | K-30 | 7 | K 16 | 00:51:43 | 01:24:33.30 | 01:24:33.30 | 8:27 | 7.1 |
| 63 | MAJCHRZAK GALADYK HELENA | 5030 | | LEWIN KŁODZKI | POL | K-40 | 2 | K 17 | 00:51:18 | 01:24:56.95 | 01:24:56.95 | 8:29 | 7.1 |
| 64 | PLACHIMOWICZ NATALIA | 5083 | MOCNA GRUPA CEZARA | WROCLAW | POL | K-40 | 3 | K 18 | 00:50:34 | 01:25:01.95 | 01:25:01.95 | 8:30 | 7.1 |
| 65 | BRZEZIŃSKI ANDRZEJ | 5089 | LANRUNS | OLKUSZ | POL | M-60 | 3 | M 47 | 00:51:09 | 01:25:33.60 | 01:25:33.60 | 8:33 | 7 |
| 66 | SZACHOWICZ JOANNA | 5084 | MOCNA GRUPA CEZARA | WROCLAW | POL | K-20 | 9 | K 19 | 00:51:01 | 01:25:41.15 | 01:25:41.15 | 8:34 | 7 |
| 67 | KARAŚ MAGDA | 5010 | | BRZEG | POL | K-20 | 10 | K 20 | 00:51:06 | 01:25:53.30 | 01:25:53.30 | 8:35 | 7 |
| 68 | SKARŻEŃSKA - SOKOŁOWSKA JAGODA | 5119 | NIEZWYCIĘŻENI Z WRZOSOWEJ | KUDOWA ZDRÓJ | POL | K-40 | 4 | K 21 | 00:53:04 | 01:26:50.70 | 01:26:50.70 | 8:41 | 6.9 |
| 69 | SZPILA JAROSŁAW | 5082 | | KUDOWA ZDROJ | POL | M-50 | 6 | M 48 | 00:51:32 | 01:28:53.55 | 01:28:53.55 | 8:53 | 6.8 |
| 70 | KOZŁOWSKA MAGDALENA | 5029 | | KONIN | POL | K-40 | 5 | K 22 | 00:52:44 | 01:29:03.90 | 01:29:03.90 | 8:54 | 6.7 |
| 71 | WESOŁOWSKI ŁUKASZ | 5106 | | PLEWISKA | POL | M-40 | 18 | M 49 | 00:54:21 | 01:29:43.95 | 01:29:43.95 | 8:58 | 6.7 |
| 72 | BISZCZUK MAGDALENA | 5085 | | WROCLAW | POL | K-40 | 6 | K 23 | 00:52:44 | 01:30:51.25 | 01:30:51.25 | 9:05 | 6.6 |
| 73 | MAJCHRZAK MONIKA | 5023 | WKURW_TEAM | POZNAŃ | POL | K-50 | 1 | K 24 | 00:55:12 | 01:31:02.35 | 01:31:02.35 | 9:06 | 6.6 |
| 74 | KLEDECKA AGATA | 5012 | POINT EN ROUTE | WROCLAW | POL | K-20 | 11 | K 25 | 00:54:51 | 01:31:46.90 | 01:31:46.90 | 9:10 | 6.5 |
| 75 | PIEKARCZYK ANNA | 5127 | | JUSTYNÓW | POL | K-40 | 7 | K 26 | 00:54:30 | 01:33:01.55 | 01:33:01.55 | 9:18 | 6.5 |
| 76 | NIEWIAROWSKA ANNA | 5044 | | WARSZAWA | POL | K-30 | 8 | K 27 | 00:54:50 | 01:33:35.45 | 01:33:35.45 | 9:21 | 6.4 |
| 77 | ZYCH KRYSZTIAN | 5040 | | POZNAŃ | POL | M-40 | 19 | M 50 | 00:54:53 | 01:34:00.45 | 01:34:00.45 | 9:24 | 6.4 |
| 78 | ADAMSKI ADAM | 4008 | | BIERUTÓW | POL | M-60 | 4 | M 51 | | 01:34:22.50 | 01:34:22.50 | 4:29 | 13.4 |
| 79 | PAWLIKOWSKA ANNA | 5115 | | WROCLAW | POL | K-40 | 8 | K 28 | 00:45:26 | 01:34:44.85 | 01:34:44.85 | 9:28 | 6.3 |
| 80 | MARCINIAK GRAŻYNA | 5049 | | CZELADŹ | POL | K-30 | 9 | K 29 | 00:57:10 | 01:35:33.10 | 01:35:33.10 | 9:33 | 6.3 |
| 81 | WIKŁO PAWEŁ | 5050 | | CZEKADŹ | POL | M-30 | 15 | M 52 | 00:57:13 | 01:35:33.15 | 01:35:33.15 | 9:33 | 6.3 |
| 82 | MATUSZEWSKA ANNA | 5055 | | MYSŁOWICE | POL | K-40 | 9 | K 30 | 00:56:19 | 01:35:59.25 | 01:35:59.25 | 9:35 | 6.3 |
| 83 | WALUSIAK MAREK | 5054 | | MYSŁOWICE | POL | M-40 | 20 | M 53 | 00:56:18 | 01:35:59.45 | 01:35:59.45 | 9:35 | 6.3 |
| 84 | JUSKOWIAK MIKOŁAJ | 5007 | | LESZNO | POL | M-30 | 16 | M 54 | 00:55:05 | 01:36:32.40 | 01:36:32.40 | 9:39 | 6.2 |
| 85 | KRYSZEWSKI ARTUR | 5047 | | POZNAŃ | POL | M-30 | 17 | M 55 | 00:45:52 | 01:36:42.75 | 01:36:42.75 | 9:40 | 6.2 |
| 86 | MIKOŁAJCZYK MARTA | 5006 | BBL LASY BOGDANIEC | GORZÓW WIELKOPOLSKI | POL | K-30 | 10 | K 31 | 00:54:04 | 01:36:57.95 | 01:36:57.95 | 9:41 | 6.2 |
| 87 | BUCZAK-MROZIŃSKA PAULINA | 5062 | | ZAWONIA | POL | K-40 | 10 | K 32 | 00:46:21 | 01:37:41.65 | 01:37:41.65 | 9:46 | 6.1 |
| 88 | MASALSKA ANNA | 5053 | ZABIEGANI CZERNIKOWO | CZERNIKOWO | POL | K-50 | 2 | K 33 | 00:46:25 | 01:37:47.05 | 01:37:47.05 | 9:46 | 6.1 |
| 89 | KIM RENATA | 5113 | TEAM ZABIEGANEDNI | WARSZAWA | POL | K-50 | 3 | K 34 | 00:59:37 | 01:38:03.15 | 01:38:03.15 | 9:48 | 6.1 |
| 90 | ZIÓLEK TERESA | 5060 | STAY INSANE | JACKÓW | POL | K-60 | 1 | K 35 | 00:59:00 | 01:38:53.25 | 01:38:53.25 | 9:53 | 6.1 |
| 91 | MIKOŁAJEWICZ BEATA | 5021 | #BIEGAJLESZNO | LESZNO | POL | K-40 | 11 | K 36 | 01:01:01 | 01:39:47.75 | 01:39:47.75 | 9:58 | 6 |
| 92 | FILODA MARTA | 5037 | BRO-TEAM | POZNAŃ | POL | K-30 | 11 | K 37 | 01:00:03 | 01:39:59.70 | 01:39:59.70 | 9:59 | 6 |
| 93 | RUNOWSKI KRZYSZTOF | 5126 | BRO-TEAM | CZARNKÓW | POL | M-30 | 18 | M 56 | 01:00:05 | 01:40:00.75 | 01:40:00.75 | 10:00 | 6 |
| 94 | KROCZAK MAŁGORZATA | 5073 | | WROCLAW | POL | K-30 | 12 | K 38 | 01:01:10 | 01:41:41.90 | 01:41:41.90 | 10:10 | 5.9 |
| 95 | SERYŁO JOLANTA | 5125 | | KRUPIA | POL | K-50 | 4 | K 39 | 00:59:51 | 01:41:46.20 | 01:41:46.20 | 10:10 | 5.9 |
| 96 | SROCZYŃSKI MACIEJ | 5028 | | ZERNIKI WROCLAWSKIE | POL | M-40 | 21 | M 57 | 00:58:52 | 01:41:46.50 | 01:41:46.50 | 10:10 | 5.9 |
| 97 | GOLEBIEWSKA MAŁGORZATA | 5024 | RUN TEAM RYDZYNA | KŁODA | POL | K-40 | 12 | K 40 | 01:01:19 | 01:43:21.65 | 01:43:21.65 | 10:20 | 5.8 |
| 98 | MOSKWA-SYC MARTA | 5027 | | LESZNO | POL | K-20 | 12 | K 41 | 01:01:44 | 01:43:27.80 | 01:43:27.80 | 10:20 | 5.8 |
| 99 | DOBROWOLSKI ROBERT | 5093 | SPORTOWI EMERYCI JELENIA GORA | JELENIA GORA | POL | M-60 | 5 | M 58 | 01:01:59 | 01:44:29.90 | 01:44:29.90 | 10:26 | 5.7 |
| 100 | PRZYBYŁ AGNIESZKA | 5064 | | OSTRÓW WLKP | POL | K-40 | 13 | K 42 | 01:04:52 | 01:50:39.50 | 01:50:39.50 | 11:03 | 5.4 |
| 101 | PIASKOWSKA ANIA | 5001 | PIASKITEAM | KROSNO ODRZAŃSKIE | POL | K-40 | 14 | K 43 | 01:04:41 | 01:50:40.75 | 01:50:40.75 | 11:04 | 5.4 |
| 102 | KUCHARSKA KAMILA | 5098 | RIKO I SPÓŁKA | WROCLAW (WROCLAW-FABRYCZNA) | POL | K-40 | 15 | K 44 | 01:05:38 | 01:52:08.45 | 01:52:08.45 | 11:12 | 5.4 |
| 103 | KUCHARSKI ROBERT | 5099 | ZAKOCHAJ SIĘ W BIEGANIU | WROCLAW | POL | M-40 | 22 | M 59 | 01:05:38 | 01:52:08.55 | 01:52:08.55 | 11:12 | 5.4 |

KUDOWSKA DZIESIĄTKA 10 KM, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 5.3km | Netto | Brutto | min/km | km/h |
|------|----------------------|------|------------------------------|------------------------|------|------|--------|------|----------|-------------|-------------|--------|------|
| 104 | PISULA MAJA | 5000 | | KŁODZKO | POL | K-40 | 16 | K 45 | 01:06:22 | 01:52:11.95 | 01:52:11.95 | 11:13 | 5.3 |
| 105 | KOZAK KRYSZYNA | 5019 | RUN TEAM RYDZYNA | LESZNO | POL | K-50 | 5 | K 45 | 01:06:14 | 01:52:11.95 | 01:52:11.95 | 11:13 | 5.3 |
| 106 | DUBIAŁ HALINA | 5020 | BABCIE BIEGAJĄ | LESZNO | POL | K-60 | 2 | K 47 | 01:06:22 | 01:52:12.15 | 01:52:12.15 | 11:13 | 5.3 |
| 107 | MASIEWICZ PATRYCJA | 5103 | | NIEMCZA | POL | K-30 | 13 | K 48 | 01:07:32 | 01:57:06.00 | 01:57:06.00 | 11:42 | 5.1 |
| 108 | BARTNIK FATIMA | 5122 | | SŁUPNI | POL | K-40 | 17 | K 49 | 01:09:07 | 02:01:20.20 | 02:01:20.20 | 12:08 | 4.9 |
| 109 | GAŁEK ANITA | 5009 | | SZCZECIN | POL | K-40 | 18 | K 50 | 01:07:33 | 02:01:35.40 | 02:01:35.40 | 12:09 | 4.9 |
| 110 | PIECHOWSKI KRZYSZTOF | 5048 | | WARSZAWA | POL | M-30 | 19 | M 60 | 01:21:10 | 02:16:53.90 | 02:16:53.90 | 13:41 | 4.4 |
| 111 | KONA FILIP | 5121 | | | POL | M-40 | 23 | M 61 | 01:09:07 | | | 13:02 | 4.6 |
| | WEKA KRZYSZTOF | 5018 | BIĄŁYSTOK BIEGA TEAM | BIĄŁYSTOK | POL | M-30 | | | 01:28:06 | DNF | DNF | - | - |
| | | | | | | | | | DNF | | | | |
| 0 | BALIGA CEZARY | 5132 | HOKA GARMIN TEAM | OLEŚNO | POL | M-20 | 1 | M 1 | 00:27:52 | 00:46:47.80 | 00:46:47.80 | 4:40 | 12.8 |
| 1 | TROJNAR PAWEŁ | 5109 | | SOBÓTKA | POL | M-30 | 1 | M 2 | 00:28:40 | 00:48:20.60 | 00:48:20.60 | 4:50 | 12.4 |
| 2 | BUCHERT FILIP | 5095 | JUVENIA GLUCHOŁAZY | GLUCHOŁAZY | POL | M-20 | 2 | M 3 | 00:29:16 | 00:49:18.65 | 00:49:18.65 | 4:55 | 12.2 |
| 3 | KITA MICHAŁ | 5066 | PĘDZĄCY W MIEJSCU | WROCŁAW | POL | M-40 | 1 | M 4 | 00:29:54 | 00:50:00.20 | 00:50:00.20 | 5:00 | 12 |
| 4 | WŁODARCZYK JAROSŁAW | 5102 | TEAM DAREK KRUCZKOWSKI | JELEŃ GÓRA (SOBIESZÓW) | POL | M-40 | 2 | M 5 | 00:30:32 | 00:51:03.85 | 00:51:03.85 | 5:06 | 11.8 |
| 5 | WALKOSZ MATEUSZ | 5091 | #SOBASTEAM | SZAFLARY | POL | M-30 | 2 | M 6 | 00:31:15 | 00:51:45.20 | 00:51:45.20 | 5:10 | 11.6 |
| 6 | KAMIŃSKI ARTUR | 5002 | PRZEDWOJEWSKI TEAM | NOWY ŚWIĘTÓW | POL | M-40 | 3 | M 7 | 00:31:22 | 00:51:54.25 | 00:51:54.25 | 5:11 | 11.6 |
| 7 | WAŻNY JACEK | 5056 | BANDA GRUDNIA | LUBLIN | POL | M-30 | 3 | M 8 | 00:32:11 | 00:52:28.65 | 00:52:28.65 | 5:14 | 11.4 |
| 8 | WIECZOREK NINA | 5041 | SBG SALCO | OLEŚNICA | POL | K-20 | 1 | K 1 | 00:32:36 | 00:53:31.55 | 00:53:31.55 | 5:21 | 11.2 |
| 9 | BEDNARCZYK MAGDALENA | 5078 | STRZEGOMSKA DWUNASTKA | STRZEGOM | POL | K-30 | 1 | K 2 | 00:33:17 | 00:54:39.45 | 00:54:39.45 | 5:27 | 11 |
| 10 | ZBORUCKI JAN | 5129 | PRZEDWOJEWSKI TEAM | KATOWICE | POL | M-40 | 4 | M 9 | 00:33:13 | 00:54:50.30 | 00:54:50.30 | 5:29 | 10.9 |
| 11 | ZARĘBA ŁUKASZ | 5101 | KP SOKÓŁ RZESZÓW | RZESZÓW | POL | M-20 | 3 | M 10 | 00:33:30 | 00:57:12.70 | 00:57:12.70 | 5:43 | 10.5 |
| 12 | DOBRAŚ ZDZISŁAW | 5131 | | NOWA RUDA | POL | M-60 | 1 | M 11 | 00:34:23 | 00:57:24.95 | 00:57:24.95 | 5:44 | 10.5 |
| 13 | NIEZGÓDKA TOMASZ | 5128 | DFBG TEAM | WROCŁAW | POL | M-50 | 1 | M 12 | 00:35:38 | 00:57:44.70 | 00:57:44.70 | 5:46 | 10.4 |
| 14 | SZYMCZYK MARCIN | 5100 | | NOWA RUDA | POL | M-30 | 4 | M 13 | 00:34:25 | 00:57:50.95 | 00:57:50.95 | 5:47 | 10.4 |
| 15 | PAWLAK DANIEL | 5045 | LKS ISKRA JASZKOWA | KŁODZKO | POL | M-40 | 5 | M 14 | 00:36:13 | 00:59:59.35 | 00:59:59.35 | 5:59 | 10 |
| 16 | WOJDANOWSKI JAN | 5107 | KB HARCOWNIK JELCZ-LASKOWICE | JELCZ-LASKOWICE | POL | M-60 | 2 | M 15 | 00:37:16 | 01:00:11.55 | 01:00:11.55 | 6:01 | 10 |
| 17 | PIWOWARCZYK GRZEGORZ | 5097 | | PRUDNIK | POL | M-40 | 6 | M 16 | 00:36:56 | 01:00:21.80 | 01:00:21.80 | 6:02 | 9.9 |
| 18 | CICHY KRZYSZTOF | 5036 | GORAL Z MAZUR RUNNING TEAM | POZNAŃ | POL | M-50 | 2 | M 17 | 00:36:57 | 01:00:58.30 | 01:00:58.30 | 6:05 | 9.8 |
| 19 | STYK MAREK | 5077 | | ZIELONA GÓRA | POL | M-30 | 5 | M 18 | 00:36:41 | 01:00:59.40 | 01:00:59.40 | 6:05 | 9.8 |
| 20 | MAJCHER ROMAN | 5061 | | KUDOWA-ZDRÓJ | POL | M-30 | 6 | M 19 | 00:36:37 | 01:01:04.50 | 01:01:04.50 | 6:06 | 9.8 |
| 21 | POLIWOZCZAK PATRYK | 5003 | | MROWINY | POL | M-30 | 7 | M 20 | 00:35:55 | 01:01:08.20 | 01:01:08.20 | 6:06 | 9.8 |
| 22 | CZAPLA ŁUKASZ | 5063 | | OBORNIKI | POL | M-40 | 7 | M 21 | 00:37:12 | 01:01:37.40 | 01:01:37.40 | 6:09 | 9.7 |
| 23 | NADERA ŁUKASZ | 5114 | | NOWE SKALIERZYCE | POL | M-30 | 8 | M 22 | 00:36:33 | 01:01:38.30 | 01:01:38.30 | 6:09 | 9.7 |
| 24 | PEKAŁA KAMILA | 5022 | | POZNAŃ | POL | K-20 | 2 | K 3 | 00:37:38 | 01:01:38.30 | 01:01:38.30 | 6:09 | 9.7 |
| 25 | MAĆKOWIAK PIOTR | 5130 | | ŚWINOUJŚCIE | POL | M-40 | 8 | M 23 | 00:36:37 | 01:01:56.95 | 01:01:56.95 | 6:11 | 9.7 |
| 26 | GIERAK WOJCIECH | 5108 | KB HARCOWNIK JELCZ-LASKOWICE | JELCZ-LASKOWICE | POL | M-50 | 3 | M 24 | 00:39:15 | 01:04:51.60 | 01:04:51.60 | 6:29 | 9.3 |
| 27 | PIJANOWSKI PAWEŁ | 5079 | | KUDOWA-ZDRÓJ | POL | M-40 | 9 | M 25 | 00:39:26 | 01:05:08.60 | 01:05:08.60 | 6:30 | 9.2 |
| 28 | MORÁVEK DAVID | 5117 | | KOSTELEC NAD ORLIĆI | CZE | M-40 | 10 | M 26 | 00:37:17 | 01:05:19.05 | 01:05:19.05 | 6:31 | 9.2 |
| 29 | GNITECKA KATARZYNA | 5031 | KUDOWIANKA RUN | KUDOWA ZDRÓJ | POL | K-30 | 2 | K 4 | 00:40:35 | 01:06:17.35 | 01:06:17.35 | 6:37 | 9.1 |
| 30 | ZALEWSKI RADOŚLAW | 5008 | WITKOWSKI RUNNING TEAM | KARWIANY | POL | M-30 | 9 | M 27 | 00:40:10 | 01:06:17.95 | 01:06:17.95 | 6:37 | 9.1 |
| 31 | POLITOWSKI MACIEJ | 5025 | | POZNAŃ | POL | M-30 | 10 | M 28 | 00:40:23 | 01:06:40.15 | 01:06:40.15 | 6:40 | 9 |
| 32 | TOMASIK ANDRZEJ | 5057 | SZWAJCARKA | ZIELONA GÓRA | POL | M-50 | 4 | M 29 | 00:40:24 | 01:06:48.85 | 01:06:48.85 | 6:40 | 9 |
| 33 | DURYS PAWEŁ | 5086 | BIG BAD WOLF | WARSZAWA | POL | M-40 | 11 | M 30 | 00:38:51 | 01:07:35.30 | 01:07:35.30 | 6:45 | 8.9 |
| 34 | MADEJA DARIUSZ | 5087 | LKS ISKRA JASZKOWA | KŁODZKO | POL | M-30 | 11 | M 31 | 00:41:40 | 01:08:56.60 | 01:08:56.60 | 6:53 | 8.7 |
| 35 | LEWIŃSKA MONIKA | 5094 | AKADEMIA WOJSK LĄDOWYCH | WEJHEROWO | POL | K-20 | 3 | K 5 | 00:42:28 | 01:09:07.35 | 01:09:07.35 | 6:54 | 8.7 |
| 36 | DULĘBA ŁUKASZ | 5116 | KUDOWIANKA RUN | KUDOWA ZDRÓJ | POL | M-40 | 12 | M 32 | 00:42:30 | 01:09:15.25 | 01:09:15.25 | 6:55 | 8.7 |
| 37 | TROJNAR KLAUDIA | 5111 | | SOBÓTKA | POL | K-20 | 4 | K 6 | 00:41:00 | 01:09:25.35 | 01:09:25.35 | 6:56 | 8.6 |
| 38 | SIMBORSKI TOMASZ | 5067 | | WROCŁAW | POL | M-20 | 4 | M 33 | 00:41:47 | 01:09:48.95 | 01:09:48.95 | 6:58 | 8.6 |
| 39 | RÓŻAK PAWEŁ | 5071 | | POZNAŃ | POL | M-40 | 13 | M 34 | 00:41:53 | 01:09:55.60 | 01:09:55.60 | 6:59 | 8.6 |
| 40 | KUTSKO OKSANA | 5033 | PROJEKT DACH NAD GŁOWĄ | SIECHNICE | UKR | K-20 | 5 | K 7 | 00:43:00 | 01:10:35.35 | 01:10:35.35 | 7:03 | 8.5 |
| 41 | SURDACKI PIOTR | 5016 | | SZCZECIN | POL | M-40 | 14 | M 35 | 00:43:57 | 01:10:42.20 | 01:10:42.20 | 7:04 | 8.5 |
| 42 | URBAŚ PAWEŁ | 5090 | | PRUSZKÓW | POL | M-40 | 15 | M 36 | 00:42:42 | 01:11:26.45 | 01:11:26.45 | 7:08 | 8.4 |
| 43 | ZAJĄC ANDRZEJ | 5011 | | BRZEG | POL | M-30 | 12 | M 37 | 00:44:38 | 01:11:37.50 | 01:11:37.50 | 7:09 | 8.4 |
| 44 | LUDWIŃSKI ARTUR | 5110 | | WROCŁAW | POL | M-20 | 5 | M 38 | 00:42:54 | 01:12:07.45 | 01:12:07.45 | 7:12 | 8.3 |
| 45 | JARUS JAN | 5038 | JAGRO | JUTROSIN | POL | M-30 | 13 | M 39 | 00:43:28 | 01:12:08.30 | 01:12:08.30 | 7:12 | 8.3 |
| 46 | TROJNIAK DARIA | 5096 | | PRUDNIK | POL | K-30 | 3 | K 8 | 00:42:54 | 01:12:32.10 | 01:12:32.10 | 7:15 | 8.3 |

KUDOWSKA DZIESIĄTKA 10 KM, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 5.3km | Netto | Brutto | min/km | km/h |
|------|--------------------------------|------|-------------------------------|-----------------------------|------|------|--------|------|----------|-------------|-------------|--------|------|
| 47 | MOSÓR MARIUSZ | 5123 | LISY PUSTYNI | KLUCZE | POL | M-50 | 5 | M 40 | 00:43:21 | 01:13:50.95 | 01:13:50.95 | 7:23 | 8.1 |
| 48 | SZPILA PAULINA | 5058 | | KUDOWA ZDROJ | POL | K-20 | 6 | K 9 | 00:44:03 | 01:14:55.15 | 01:14:55.15 | 7:29 | 8 |
| 49 | GADOWSKI PAWEŁ | 5105 | | KUDOWA-ZDRÓJ | POL | M-30 | 14 | M 41 | 00:45:19 | 01:15:00.75 | 01:15:00.75 | 7:30 | 8 |
| 50 | KLIMEK MICHAŁ | 5052 | | BRYNICA | POL | M-20 | 6 | M 42 | 00:44:55 | 01:15:12.95 | 01:15:12.95 | 7:31 | 8 |
| 51 | URBAN-KACZMARCZYK ALICJA | 5075 | KACZKA TEAM | WROCLAW | POL | K-20 | 7 | K 10 | 00:45:00 | 01:15:31.70 | 01:15:31.70 | 7:33 | 7.9 |
| 52 | GULOWATY BOGDAN | 5068 | ZASKOCZ MNIE | WROCLAW | POL | M-20 | 7 | M 43 | 00:45:03 | 01:15:46.90 | 01:15:46.90 | 7:34 | 7.9 |
| 53 | PRZYSTAJKO ZBIGNIEW | 5104 | | KUDOWA-ZDRÓJ | POL | M-40 | 16 | M 44 | 00:45:09 | 01:16:05.25 | 01:16:05.25 | 7:36 | 7.9 |
| 54 | MILLER AGNIESZKA | 5004 | | BOGDANIEC | POL | K-30 | 4 | K 11 | 00:45:41 | 01:16:07.05 | 01:16:07.05 | 7:36 | 7.9 |
| 55 | ASTRAMOWICZ IZABELA | 5081 | | JELENIA GÓRA | POL | K-30 | 5 | K 12 | 00:49:00 | 01:21:59.35 | 01:21:59.35 | 8:11 | 7.3 |
| 56 | SYC ERYK | 5026 | | LESZNO | POL | M-20 | 8 | M 45 | 00:50:07 | 01:22:23.60 | 01:22:23.60 | 8:14 | 7.3 |
| 57 | SZUMIEC JOANNA | 5088 | | KRAKÓW | POL | K-30 | 6 | K 13 | 00:51:02 | 01:22:36.95 | 01:22:36.95 | 8:15 | 7.3 |
| 58 | KOZŁOWSKA MARZENA | 5005 | BBL LASY BOGDANIEC | JENIN | POL | K-40 | 1 | K 14 | 00:50:51 | 01:23:49.70 | 01:23:49.70 | 8:22 | 7.2 |
| 59 | STOBİK WERONIKA | 5070 | COGO TEAM | TYCHY | POL | K-20 | 8 | K 15 | 00:50:57 | 01:24:24.25 | 01:24:24.25 | 8:26 | 7.1 |
| 60 | WĄDOŁOWSKI KAROL | 5069 | COGO TEAM | TYCHY | POL | M-40 | 17 | M 46 | 00:50:58 | 01:24:24.70 | 01:24:24.70 | 8:26 | 7.1 |
| 61 | KRÓLAK KATARZYNA | 5124 | | WAŁBRZYCH | POL | K-30 | 7 | K 16 | 00:51:43 | 01:24:33.30 | 01:24:33.30 | 8:27 | 7.1 |
| 62 | MAJCHRZAK GALADYK HELENA | 5030 | | LEWIN KŁODZKI | POL | K-40 | 2 | K 17 | 00:51:18 | 01:24:56.95 | 01:24:56.95 | 8:29 | 7.1 |
| 63 | PLACHIMOWICZ NATALIA | 5083 | MOCNA GRUPA CEZARA | WROCLAW | POL | K-40 | 3 | K 18 | 00:50:34 | 01:25:01.95 | 01:25:01.95 | 8:30 | 7.1 |
| 64 | BRZEZIŃSKI ANDRZEJ | 5089 | LANRUNS | OLKUSZ | POL | M-60 | 3 | M 47 | 00:51:09 | 01:25:33.60 | 01:25:33.60 | 8:33 | 7 |
| 65 | SZACHOWICZ JOANNA | 5084 | MOCNA GRUPA CEZARA | WROCLAW | POL | K-20 | 9 | K 19 | 00:51:01 | 01:25:41.15 | 01:25:41.15 | 8:34 | 7 |
| 66 | KARAŚ MAGDA | 5010 | | BRZEG | POL | K-20 | 10 | K 20 | 00:51:06 | 01:25:53.30 | 01:25:53.30 | 8:35 | 7 |
| 67 | SKARŻEŃSKA - SOKOŁOWSKA JAGODA | 5119 | NIEZWYCIĘŻENI Z WRZOSOWEJ | KUDOWA ZDRÓJ | POL | K-40 | 4 | K 21 | 00:53:04 | 01:26:50.70 | 01:26:50.70 | 8:41 | 6.9 |
| 68 | SZPILA JAROSŁAW | 5082 | | KUDOWA ZDROJ | POL | M-50 | 6 | M 48 | 00:51:32 | 01:28:53.55 | 01:28:53.55 | 8:53 | 6.8 |
| 69 | KOZŁOWSKA MAGDALENA | 5029 | | KONIN | POL | K-40 | 5 | K 22 | 00:52:44 | 01:29:03.90 | 01:29:03.90 | 8:54 | 6.7 |
| 70 | WESOŁOWSKI ŁUKASZ | 5106 | | PLEWISKA | POL | M-40 | 18 | M 49 | 00:54:21 | 01:29:43.95 | 01:29:43.95 | 8:58 | 6.7 |
| 71 | BISZCZUK MAGDALENA | 5085 | | WROCLAW | POL | K-40 | 6 | K 23 | 00:52:44 | 01:30:51.25 | 01:30:51.25 | 9:05 | 6.6 |
| 72 | MAJCHRZAK MONIKA | 5023 | WKURW_TEAM | POZNAŃ | POL | K-50 | 1 | K 24 | 00:55:12 | 01:31:02.35 | 01:31:02.35 | 9:06 | 6.6 |
| 73 | KLEDECKA AGATA | 5012 | POINT EN ROUTE | WROCLAW | POL | K-20 | 11 | K 25 | 00:54:51 | 01:31:46.90 | 01:31:46.90 | 9:10 | 6.5 |
| 74 | PIEKARCZYK ANNA | 5127 | | JUSTYNÓW | POL | K-40 | 7 | K 26 | 00:54:30 | 01:33:01.55 | 01:33:01.55 | 9:18 | 6.5 |
| 75 | NIEWIAROWSKA ANNA | 5044 | | WARSZAWA | POL | K-30 | 8 | K 27 | 00:54:50 | 01:33:35.45 | 01:33:35.45 | 9:21 | 6.4 |
| 76 | ZYCH KRYSZTIAN | 5040 | | POZNAŃ | POL | M-40 | 19 | M 50 | 00:54:53 | 01:34:00.45 | 01:34:00.45 | 9:24 | 6.4 |
| 77 | ADAMSKI ADAM | 4008 | | BIERUTÓW | POL | M-60 | 4 | M 51 | | 01:34:22.50 | 01:34:22.50 | 4:29 | 13.4 |
| 78 | PAWLIKOWSKA ANNA | 5115 | | WROCLAW | POL | K-40 | 8 | K 28 | 00:45:26 | 01:34:44.85 | 01:34:44.85 | 9:28 | 6.3 |
| 79 | MARCINIAK GRAŻYNA | 5049 | | CZELADŹ | POL | K-30 | 9 | K 29 | 00:57:10 | 01:35:33.10 | 01:35:33.10 | 9:33 | 6.3 |
| 80 | WIKŁO PAWEŁ | 5050 | | CZEKADŹ | POL | M-30 | 15 | M 52 | 00:57:13 | 01:35:33.15 | 01:35:33.15 | 9:33 | 6.3 |
| 81 | MATUSZEWSKA ANNA | 5055 | | MYSŁOWICE | POL | K-40 | 9 | K 30 | 00:56:19 | 01:35:59.25 | 01:35:59.25 | 9:35 | 6.3 |
| 82 | WALUSIAK MAREK | 5054 | | MYSŁOWICE | POL | M-40 | 20 | M 53 | 00:56:18 | 01:35:59.45 | 01:35:59.45 | 9:35 | 6.3 |
| 83 | JUSKOWIAK MIKOŁAJ | 5007 | | LESZNO | POL | M-30 | 16 | M 54 | 00:55:05 | 01:36:32.40 | 01:36:32.40 | 9:39 | 6.2 |
| 84 | KRYSZEWSKI ARTUR | 5047 | | POZNAŃ | POL | M-30 | 17 | M 55 | 00:45:52 | 01:36:42.75 | 01:36:42.75 | 9:40 | 6.2 |
| 85 | MIKOŁAJCZYK MARTA | 5006 | BBL LASY BOGDANIEC | GORZÓW WIELKOPOLSKI | POL | K-30 | 10 | K 31 | 00:54:04 | 01:36:57.95 | 01:36:57.95 | 9:41 | 6.2 |
| 86 | BUCZAK-MROZIŃSKA PAULINA | 5062 | | ZAWONIA | POL | K-40 | 10 | K 32 | 00:46:21 | 01:37:41.65 | 01:37:41.65 | 9:46 | 6.1 |
| 87 | MASALSKA ANNA | 5053 | ZABIEGANI CZERNIKOWO | CZERNIKOWO | POL | K-50 | 2 | K 33 | 00:46:25 | 01:37:47.05 | 01:37:47.05 | 9:46 | 6.1 |
| 88 | KIM RENATA | 5113 | TEAM ZABIEGANEDNI | WARSZAWA | POL | K-50 | 3 | K 34 | 00:59:37 | 01:38:03.15 | 01:38:03.15 | 9:48 | 6.1 |
| 89 | ZIÓŁEK TERESA | 5060 | STAY INSANE | JACKÓW | POL | K-60 | 1 | K 35 | 00:59:00 | 01:38:53.25 | 01:38:53.25 | 9:53 | 6.1 |
| 90 | MIKOŁAJEWICZ BEATA | 5021 | #BIEGAJLESZNO | LESZNO | POL | K-40 | 11 | K 36 | 01:01:01 | 01:39:47.75 | 01:39:47.75 | 9:58 | 6 |
| 91 | FILODA MARTA | 5037 | BRO-TEAM | POZNAŃ | POL | K-30 | 11 | K 37 | 01:00:03 | 01:39:59.70 | 01:39:59.70 | 9:59 | 6 |
| 92 | RUNOWSKI KRZYSZTOF | 5126 | BRO-TEAM | CZARNKÓW | POL | M-30 | 18 | M 56 | 01:00:05 | 01:40:00.75 | 01:40:00.75 | 10:00 | 6 |
| 93 | KROCZAK MAŁGORZATA | 5073 | | WROCLAW | POL | K-30 | 12 | K 38 | 01:01:10 | 01:41:41.90 | 01:41:41.90 | 10:10 | 5.9 |
| 94 | SERYŁO JOLANTA | 5125 | | KRUPIA | POL | K-50 | 4 | K 39 | 00:59:51 | 01:41:46.20 | 01:41:46.20 | 10:10 | 5.9 |
| 95 | SROCZYŃSKI MACIEJ | 5028 | | ŻERNIKI WROCLAWSKIE | POL | M-40 | 21 | M 57 | 00:58:52 | 01:41:46.50 | 01:41:46.50 | 10:10 | 5.9 |
| 96 | GOLEBIEWSKA MAŁGORZATA | 5024 | RUN TEAM RYDZYNA | KŁODA | POL | K-40 | 12 | K 40 | 01:01:19 | 01:43:21.65 | 01:43:21.65 | 10:20 | 5.8 |
| 97 | MOSKWA-SYC MARTA | 5027 | | LESZNO | POL | K-20 | 12 | K 41 | 01:01:44 | 01:43:27.80 | 01:43:27.80 | 10:20 | 5.8 |
| 98 | DOBROWOLSKI ROBERT | 5093 | SPORTOWI EMERYCI JELENIA GORA | JELENIA GORA | POL | M-60 | 5 | M 58 | 01:01:59 | 01:44:29.90 | 01:44:29.90 | 10:26 | 5.7 |
| 99 | PRZYBYŁ AGNIESZKA | 5064 | | OSTRÓW WLKP | POL | K-40 | 13 | K 42 | 01:04:52 | 01:50:39.50 | 01:50:39.50 | 11:03 | 5.4 |
| 100 | PIASKOWSKA ANIA | 5001 | PIASKITEAM | KROSNO ODRZAŃSKIE | POL | K-40 | 14 | K 43 | 01:04:41 | 01:50:40.75 | 01:50:40.75 | 11:04 | 5.4 |
| 101 | KUCHARSKA KAMILA | 5098 | RIKO I SPÓŁKA | WROCLAW (WROCLAW-FABRYCZNA) | POL | K-40 | 15 | K 44 | 01:05:38 | 01:52:08.45 | 01:52:08.45 | 11:12 | 5.4 |
| 102 | KUCHARSKI ROBERT | 5099 | ZAKOCHAJ SIĘ W BIEGANIU | WROCLAW | POL | M-40 | 22 | M 59 | 01:05:38 | 01:52:08.55 | 01:52:08.55 | 11:12 | 5.4 |
| 103 | PISULA MAJA | 5000 | | KŁODZKO | POL | K-40 | 16 | K 45 | 01:06:22 | 01:52:11.95 | 01:52:11.95 | 11:13 | 5.3 |

KUDOWSKA DZIESIĄTKA 10 KM, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 5.3km | Netto | Brutto | min/km | km/h |
|------|----------------------|------|----------------------|-----------|------|------|--------|------|----------|-------------|-------------|--------|------|
| 104 | KOZAK KRYSZYNA | 5019 | RUN TEAM RYDZYNA | LESZNO | POL | K-50 | 5 | K 45 | 01:06:14 | 01:52:11.95 | 01:52:11.95 | 11:13 | 5.3 |
| 105 | DUBIAŁ HALINA | 5020 | BABCIE BIEGAJĄ | LESZNO | POL | K-60 | 2 | K 47 | 01:06:22 | 01:52:12.15 | 01:52:12.15 | 11:13 | 5.3 |
| 106 | MASIEWICZ PATRYCJA | 5103 | | NIEMCZA | POL | K-30 | 13 | K 48 | 01:07:32 | 01:57:06.00 | 01:57:06.00 | 11:42 | 5.1 |
| 107 | BARTNIK FATIMA | 5122 | | SŁUPNI | POL | K-40 | 17 | K 49 | 01:09:07 | 02:01:20.20 | 02:01:20.20 | 12:08 | 4.9 |
| 108 | GAŁEK ANITA | 5009 | | SZCZECIN | POL | K-40 | 18 | K 50 | 01:07:33 | 02:01:35.40 | 02:01:35.40 | 12:09 | 4.9 |
| 109 | PIECHOWSKI KRZYSZTOF | 5048 | | WARSZAWA | POL | M-30 | 19 | M 60 | 01:21:10 | 02:16:53.90 | 02:16:53.90 | 13:41 | 4.4 |
| 110 | KONA FILIP | 5121 | | | POL | M-40 | 23 | M 61 | 01:09:07 | | | 13:02 | 4.6 |
| | WEKA KRZYSZTOF | 5018 | BIAŁYSTOK BIEGA TEAM | BIAŁYSTOK | POL | M-30 | | | 01:28:06 | DNF | DNF | - | - |

KUDOWSKA DZIESIĄTKA 10 KM, OPEN KOBIEC

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 5.3km | Netto | Brutto | min/km | km/h |
|------|--------------------------------|------|---------------------------|---------------------|------|------|--------|------|----------|-------------|-------------|--------|------|
| 1 | WIECZOREK NINA | 5041 | SBG SALCO | OLEŚNICA | POL | K-20 | 1 | K 1 | 00:32:36 | 00:53:31.55 | 00:53:31.55 | 5:21 | 11.2 |
| 2 | BEDNARCZYK MAGDALENA | 5078 | STRZEGOMSKA DWUNASTKA | STRZEGOM | POL | K-30 | 1 | K 2 | 00:33:17 | 00:54:39.45 | 00:54:39.45 | 5:27 | 11 |
| 3 | PEKALA KAMILA | 5022 | | POZNAŃ | POL | K-20 | 2 | K 3 | 00:37:38 | 01:01:38.30 | 01:01:38.30 | 6:09 | 9.7 |
| 4 | GNITECKA KATARZYNA | 5031 | KUDOWIANKA RUN | KUDOWA ZDROJ | POL | K-30 | 2 | K 4 | 00:40:35 | 01:10:17.35 | 01:10:17.35 | 6:37 | 9.1 |
| 5 | LEWIŃSKA MONIKA | 5094 | AKADEMIA WOJSK ŁĄDOWYCH | WEJHEROWO | POL | K-20 | 3 | K 5 | 00:42:28 | 01:09:07.35 | 01:09:07.35 | 6:54 | 8.7 |
| 6 | TROJNAR KLAUDIA | 5111 | | SOBÓTKA | POL | K-20 | 4 | K 6 | 00:41:00 | 01:09:25.35 | 01:09:25.35 | 6:56 | 8.6 |
| 7 | KUTSKO OKSANA | 5033 | PROJEKT DACH NAD GŁOWĄ | SIECHNICE | UKR | K-20 | 5 | K 7 | 00:43:00 | 01:10:35.35 | 01:10:35.35 | 7:03 | 8.5 |
| 8 | TROJNIAK DARIA | 5096 | | PRUDNIK | POL | K-30 | 3 | K 8 | 00:42:54 | 01:12:32.10 | 01:12:32.10 | 7:15 | 8.3 |
| 9 | SZPIŁA PAULINA | 5058 | | KUDOWA ZDROJ | POL | K-20 | 6 | K 9 | 00:44:03 | 01:14:55.15 | 01:14:55.15 | 7:29 | 8 |
| 10 | URBAN-KACZMARCZYK ALICJA | 5075 | KACZKA TEAM | WROCLAW | POL | K-20 | 7 | K 10 | 00:45:00 | 01:15:31.70 | 01:15:31.70 | 7:33 | 7.9 |
| 11 | MILLER AGNIESZKA | 5004 | | BOGDANIEC | POL | K-30 | 4 | K 11 | 00:45:41 | 01:16:07.05 | 01:16:07.05 | 7:36 | 7.9 |
| 12 | ASTRAMOWICZ IZABELA | 5081 | | JELENIA GÓRA | POL | K-30 | 5 | K 12 | 00:49:00 | 01:21:59.35 | 01:21:59.35 | 8:11 | 7.3 |
| 13 | SZUMIEC JOANNA | 5088 | | KRAKÓW | POL | K-30 | 6 | K 13 | 00:51:02 | 01:22:36.95 | 01:22:36.95 | 8:15 | 7.3 |
| 14 | KOZŁOWSKA MARZENA | 5005 | BBL LASY BOGDANIEC | JENIN | POL | K-40 | 1 | K 14 | 00:50:51 | 01:23:49.70 | 01:23:49.70 | 8:22 | 7.2 |
| 15 | STOBİK WERONIKA | 5070 | COGO TEAM | TYCHY | POL | K-20 | 8 | K 15 | 00:50:57 | 01:24:24.25 | 01:24:24.25 | 8:26 | 7.1 |
| 16 | KRÓŁAK KATARZYNA | 5124 | | WAŁBRZYCH | POL | K-30 | 7 | K 16 | 00:51:43 | 01:24:33.30 | 01:24:33.30 | 8:27 | 7.1 |
| 17 | MAJCHRZAK GALADYK HELENA | 5030 | | LEWIN KŁODZKI | POL | K-40 | 2 | K 17 | 00:51:18 | 01:24:56.95 | 01:24:56.95 | 8:29 | 7.1 |
| 18 | PLACHIMOWICZ NATALIA | 5083 | MOCNA GRUPA CEZARA | WROCLAW | POL | K-40 | 3 | K 18 | 00:50:34 | 01:25:01.95 | 01:25:01.95 | 8:30 | 7.1 |
| 19 | SZACHOWICZ JOANNA | 5084 | MOCNA GRUPA CEZARA | WROCLAW | POL | K-20 | 9 | K 19 | 00:51:01 | 01:25:41.15 | 01:25:41.15 | 8:34 | 7 |
| 20 | KARAŚ MAGDA | 5010 | | BRZEG | POL | K-20 | 10 | K 20 | 00:51:06 | 01:25:53.30 | 01:25:53.30 | 8:35 | 7 |
| 21 | SKARŻEŃSKA - SOKOŁOWSKA JAGODA | 5119 | NIEZWYCIĘŻENI Z WRZOSOWEJ | KUDOWA ZDRÓJ | POL | K-40 | 4 | K 21 | 00:53:04 | 01:26:50.70 | 01:26:50.70 | 8:41 | 6.9 |
| 22 | KOZŁOWSKA MAGDALENA | 5029 | | KONIN | POL | K-40 | 5 | K 22 | 00:52:44 | 01:29:03.90 | 01:29:03.90 | 8:54 | 6.7 |
| 23 | BISZCZUK MAGDALENA | 5085 | | WROCLAW | POL | K-40 | 6 | K 23 | 00:52:44 | 01:30:51.25 | 01:30:51.25 | 9:05 | 6.6 |
| 24 | MAJCHRZAK MONIKA | 5023 | WKURW_TEAM | POZNAŃ | POL | K-50 | 1 | K 24 | 00:55:12 | 01:31:02.35 | 01:31:02.35 | 9:06 | 6.6 |
| 25 | KLEDECKA AGATA | 5012 | POINT EN ROUTE | WROCLAW | POL | K-20 | 11 | K 25 | 00:54:51 | 01:31:46.90 | 01:31:46.90 | 9:10 | 6.5 |
| 26 | PIEKARCZYK ANNA | 5127 | | JUSTYNÓW | POL | K-40 | 7 | K 26 | 00:54:30 | 01:33:01.55 | 01:33:01.55 | 9:18 | 6.5 |
| 27 | NIEWIAROWSKA ANNA | 5044 | | WARSZAWA | POL | K-30 | 8 | K 27 | 00:54:50 | 01:33:35.45 | 01:33:35.45 | 9:21 | 6.4 |
| 28 | PAWLIKOWSKA ANNA | 5115 | | WROCLAW | POL | K-40 | 8 | K 28 | 00:45:26 | 01:34:44.85 | 01:34:44.85 | 9:28 | 6.3 |
| 29 | MARCINIAK GRAŻYNA | 5049 | | CZELADŹ | POL | K-30 | 9 | K 29 | 00:57:10 | 01:35:33.10 | 01:35:33.10 | 9:33 | 6.3 |
| 30 | MATUSZEWSKA ANNA | 5055 | | MYSŁOWICE | POL | K-40 | 9 | K 30 | 00:56:19 | 01:35:59.25 | 01:35:59.25 | 9:35 | 6.3 |
| 31 | MIKOŁAJCZYK MARTA | 5006 | BBL LASY BOGDANIEC | GORZÓW WIELKOPOLSKI | POL | K-30 | 10 | K 31 | 00:54:04 | 01:36:57.95 | 01:36:57.95 | 9:41 | 6.2 |
| 32 | BUCZAK-MROZIŃSKA PAULINA | 5062 | | ZAWONIA | POL | K-40 | 10 | K 32 | 00:46:21 | 01:37:41.65 | 01:37:41.65 | 9:46 | 6.1 |
| 33 | MASALSKA ANNA | 5053 | ZABIEGANI CZERNIKOWO | CZERNIKOWO | POL | K-50 | 2 | K 33 | 00:46:25 | 01:37:47.05 | 01:37:47.05 | 9:46 | 6.1 |
| 34 | KIM RENATA | 5113 | TEAM ZABIEGANEDNI | WARSZAWA | POL | K-50 | 3 | K 34 | 00:59:37 | 01:38:03.15 | 01:38:03.15 | 9:48 | 6.1 |
| 35 | ZIÓŁEK TERESA | 5060 | STAY INSANE | JACKÓW | POL | K-60 | 1 | K 35 | 00:59:00 | 01:38:53.25 | 01:38:53.25 | 9:53 | 6.1 |
| 36 | MIKOŁAJEWICZ BEATA | 5021 | #BIEGAJLESZNO | LESZNO | POL | K-40 | 11 | K 36 | 01:01:01 | 01:39:47.75 | 01:39:47.75 | 9:58 | 6 |
| 37 | FILODA MARTA | 5037 | BRO-TEAM | POZNAŃ | POL | K-30 | 11 | K 37 | 01:00:03 | 01:39:59.70 | 01:39:59.70 | 9:59 | 6 |
| 38 | KROCZAK MAŁGORZATA | 5073 | | WROCLAW | POL | K-30 | 12 | K 38 | 01:01:10 | 01:41:41.90 | 01:41:41.90 | 10:10 | 5.9 |
| 39 | SERYŁO JOLANTA | 5125 | | KRUPIA | POL | K-50 | 4 | K 39 | 00:59:51 | 01:41:46.20 | 01:41:46.20 | 10:10 | 5.9 |
| 40 | GOLEBIEWSKA MAŁGORZATA | 5024 | RUN TEAM RYDZYNA | KŁODA | POL | K-40 | 12 | K 40 | 01:01:19 | 01:43:21.65 | 01:43:21.65 | 10:20 | 5.8 |
| 41 | MOSKWA-SYC MARTA | 5027 | | LESZNO | POL | K-20 | 12 | K 41 | 01:01:44 | 01:43:27.80 | 01:43:27.80 | 10:20 | 5.8 |
| 42 | PRZYBYŁ AGNIESZKA | 5064 | | OSTRÓW WLKP | POL | K-40 | 13 | K 42 | 01:04:52 | 01:50:39.50 | 01:50:39.50 | 11:03 | 5.4 |
| 43 | PIASKOWSKA ANIA | 5001 | PIASKITEAM | KROSNO ODRZAŃSKIE | POL | K-40 | 14 | K 43 | 01:04:41 | 01:50:40.75 | 01:50:40.75 | 11:04 | 5.4 |

KUDOWSKA DZIESIĄTKA 10 KM, OPEN KOBIEC c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 5.3km | Netto | Brutto | min/km | km/h |
|------|--------------------|------|------------------|-----------------------------|------|------|--------|------|----------|-------------|-------------|--------|------|
| 44 | KUCHARSKA KAMILA | 5098 | RIKO I SPÓŁKA | WROCŁAW (WROCŁAW-FABRYCZNA) | POL | K-40 | 15 | K 44 | 01:05:38 | 01:52:08.45 | 01:52:08.45 | 11:12 | 5.4 |
| 45 | PISULA MAJA | 5000 | | KŁODZKO | POL | K-40 | 16 | K 45 | 01:06:22 | 01:52:11.95 | 01:52:11.95 | 11:13 | 5.3 |
| 46 | KOZAK KRYSZYNA | 5019 | RUN TEAM RYDZYNA | LESZNO | POL | K-50 | 5 | K 45 | 01:06:14 | 01:52:11.95 | 01:52:11.95 | 11:13 | 5.3 |
| 47 | DUBIAŁ HALINA | 5020 | BABCIE BIEGAJĄ | LESZNO | POL | K-60 | 2 | K 47 | 01:06:22 | 01:52:12.15 | 01:52:12.15 | 11:13 | 5.3 |
| 48 | MASIEWICZ PATRYCJA | 5103 | | NIEMCZA | POL | K-30 | 13 | K 48 | 01:07:32 | 01:57:06.00 | 01:57:06.00 | 11:42 | 5.1 |
| 49 | BARTNIK FATIMA | 5122 | | SŁUPNI | POL | K-40 | 17 | K 49 | 01:09:07 | 02:01:20.20 | 02:01:20.20 | 12:08 | 4.9 |
| 50 | GAŁEK ANITA | 5009 | | SZCZECIN | POL | K-40 | 18 | K 50 | 01:07:33 | 02:01:35.40 | 02:01:35.40 | 12:09 | 4.9 |

KUDOWSKA DZIESIĄTKA 10 KM, K-20

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 5.3km | Netto | Brutto | min/km | km/h |
|------|--------------------------|------|-------------------------|--------------|------|------|--------|------|----------|-------------|-------------|--------|------|
| 1 | WIECZOREK NINA | 5041 | SBG SALCO | OLEŚNICA | POL | K-20 | 1 | K 1 | 00:32:36 | 00:53:31.55 | 00:53:31.55 | 5:21 | 11.2 |
| 2 | PEKAŁA KAMILA | 5022 | | POZNAŃ | POL | K-20 | 2 | K 3 | 00:37:38 | 01:01:38.30 | 01:01:38.30 | 6:09 | 9.7 |
| 3 | LEWIŃSKA MONIKA | 5094 | AKADEMIA WOJSK ŁĄDOWYCH | WEJHEROWO | POL | K-20 | 3 | K 5 | 00:42:28 | 01:09:07.35 | 01:09:07.35 | 6:54 | 8.7 |
| 4 | TROJNAR KLAUDIA | 5111 | | SOBÓTKA | POL | K-20 | 4 | K 6 | 00:41:00 | 01:09:25.35 | 01:09:25.35 | 6:56 | 8.6 |
| 5 | KUTSKO OKSANA | 5033 | PROJEKT DACH NAD GŁOWĄ | SIECHNICE | UKR | K-20 | 5 | K 7 | 00:43:00 | 01:10:35.35 | 01:10:35.35 | 7:03 | 8.5 |
| 6 | SZPILA PAULINA | 5058 | | KUDOWA ZDROJ | POL | K-20 | 6 | K 9 | 00:44:03 | 01:14:55.15 | 01:14:55.15 | 7:29 | 8 |
| 7 | URBAN-KACZMARCZYK ALICJA | 5075 | KACZKA TEAM | WROCŁAW | POL | K-20 | 7 | K 10 | 00:45:00 | 01:15:31.70 | 01:15:31.70 | 7:33 | 7.9 |
| 8 | STOBIK WERONIKA | 5070 | COGO TEAM | TYCHY | POL | K-20 | 8 | K 15 | 00:50:57 | 01:24:24.25 | 01:24:24.25 | 8:26 | 7.1 |
| 9 | SZACHOWICZ JOANNA | 5084 | MOCNA GRUPA CEZARA | WROCŁAW | POL | K-20 | 9 | K 19 | 00:51:01 | 01:25:41.15 | 01:25:41.15 | 8:34 | 7 |
| 10 | KARAŚ MAGDA | 5010 | | BRZEG | POL | K-20 | 10 | K 20 | 00:51:06 | 01:25:53.30 | 01:25:53.30 | 8:35 | 7 |
| 11 | KLEDECKA AGATA | 5012 | POINT EN ROUTE | WROCŁAW | POL | K-20 | 11 | K 25 | 00:54:51 | 01:31:46.90 | 01:31:46.90 | 9:10 | 6.5 |
| 12 | MOSKWA-SYC MARTA | 5027 | | LESZNO | POL | K-20 | 12 | K 41 | 01:01:44 | 01:43:27.80 | 01:43:27.80 | 10:20 | 5.8 |

KUDOWSKA DZIESIĄTKA 10 KM, M-20

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 5.3km | Netto | Brutto | min/km | km/h |
|------|------------------|------|--------------------|------------|------|------|--------|------|----------|-------------|-------------|--------|------|
| 1 | BALIGA CEZARY | 5132 | HOKA GARMIN TEAM | OLEŚNO | POL | M-20 | 1 | M 1 | 00:27:52 | 00:46:47.80 | 00:46:47.80 | 4:40 | 12.8 |
| 2 | BUCHERT FILIP | 5095 | JUVENIA GŁUCHOŁAZY | GLUCHOŁAZY | POL | M-20 | 2 | M 3 | 00:29:16 | 00:49:18.65 | 00:49:18.65 | 4:55 | 12.2 |
| 3 | ZARĘBA ŁUKASZ | 5101 | KP SOKÓŁ RZESZÓW | RZESZÓW | POL | M-20 | 3 | M 10 | 00:33:30 | 00:57:12.70 | 00:57:12.70 | 5:43 | 10.5 |
| 4 | SIMBORSKI TOMASZ | 5067 | | WROCŁAW | POL | M-20 | 4 | M 33 | 00:41:47 | 01:09:48.95 | 01:09:48.95 | 6:58 | 8.6 |
| 5 | LUDWIŃSKI ARTUR | 5110 | | WROCŁAW | POL | M-20 | 5 | M 38 | 00:42:54 | 01:12:07.45 | 01:12:07.45 | 7:12 | 8.3 |
| 6 | KLIMEK MICHAŁ | 5052 | | BRYNICA | POL | M-20 | 6 | M 42 | 00:44:55 | 01:15:12.95 | 01:15:12.95 | 7:31 | 8 |
| 7 | GULOWATY BOGDAN | 5068 | ZASKOCZ MNIE | WROCŁAW | POL | M-20 | 7 | M 43 | 00:45:03 | 01:15:46.90 | 01:15:46.90 | 7:34 | 7.9 |
| 8 | SYC ERYK | 5026 | | LESZNO | POL | M-20 | 8 | M 45 | 00:50:07 | 01:22:23.60 | 01:22:23.60 | 8:14 | 7.3 |

KUDOWSKA DZIESIĄTKA 10 KM, K-30

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 5.3km | Netto | Brutto | min/km | km/h |
|------|----------------------|------|-----------------------|---------------------|------|------|--------|------|----------|-------------|-------------|--------|------|
| 1 | BEDNARCZYK MAGDALENA | 5078 | STRZEGOMSKA DWUNASTKA | STRZEGOM | POL | K-30 | 1 | K 2 | 00:33:17 | 00:54:39.45 | 00:54:39.45 | 5:27 | 11 |
| 2 | GNITECKA KATARZYNA | 5031 | KUDOWIANKA RUN | KUDOWA ZDROJ | POL | K-30 | 2 | K 4 | 00:40:35 | 01:06:17.35 | 01:06:17.35 | 6:37 | 9.1 |
| 3 | TROJNIAK DARIA | 5096 | | PRUDNIK | POL | K-30 | 3 | K 8 | 00:42:54 | 01:12:32.10 | 01:12:32.10 | 7:15 | 8.3 |
| 4 | MILLER AGNIESZKA | 5004 | | BOGDANIEC | POL | K-30 | 4 | K 11 | 00:45:41 | 01:16:07.05 | 01:16:07.05 | 7:36 | 7.9 |
| 5 | ASTRAMOWICZ IZABELA | 5081 | | JELEŃ GÓRA | POL | K-30 | 5 | K 12 | 00:49:00 | 01:21:59.35 | 01:21:59.35 | 8:11 | 7.3 |
| 6 | SZUMIEC JOANNA | 5088 | | KRAKÓW | POL | K-30 | 6 | K 13 | 00:51:02 | 01:22:36.95 | 01:22:36.95 | 8:15 | 7.3 |
| 7 | KRÓŁAK KATARZYNA | 5124 | | WAŁBRZYCH | POL | K-30 | 7 | K 16 | 00:51:43 | 01:24:33.30 | 01:24:33.30 | 8:27 | 7.1 |
| 8 | NIEWIAROWSKA ANNA | 5044 | | WARSZAWA | POL | K-30 | 8 | K 27 | 00:54:50 | 01:33:35.45 | 01:33:35.45 | 9:21 | 6.4 |
| 9 | MARCINIAK GRAŻYNA | 5049 | | CZELADZ | POL | K-30 | 9 | K 29 | 00:57:10 | 01:35:33.10 | 01:35:33.10 | 9:33 | 6.3 |
| 10 | MIKOŁAJCZYK MARTA | 5006 | BBL LASY BOGDANIEC | GORZÓW WIELKOPOLSKI | POL | K-30 | 10 | K 31 | 00:54:04 | 01:36:57.95 | 01:36:57.95 | 9:41 | 6.2 |
| 11 | FILODA MARTA | 5037 | BRO-TEAM | POZNAŃ | POL | K-30 | 11 | K 37 | 01:00:03 | 01:39:59.70 | 01:39:59.70 | 9:59 | 6 |
| 12 | KROCZAK MAŁGORZATA | 5073 | | WROCŁAW | POL | K-30 | 12 | K 38 | 01:01:10 | 01:41:41.90 | 01:41:41.90 | 10:10 | 5.9 |
| 13 | MASIEWICZ PATRYCJA | 5103 | | NIEMCZA | POL | K-30 | 13 | K 48 | 01:07:32 | 01:57:06.00 | 01:57:06.00 | 11:42 | 5.1 |

KUDOWSKA DZIESIĄTKA 10 KM, M-30

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 5.3km | Netto | Brutto | min/km | km/h |
|------|----------------------|------|------------------------|------------------|------|------|--------|------|----------|-------------|-------------|--------|------|
| 1 | TROJNAR PAWEŁ | 5109 | | SOBÓTKA | POL | M-30 | 1 | M 2 | 00:28:40 | 00:48:20.60 | 00:48:20.60 | 4:50 | 12.4 |
| 2 | WALKOSZ MATEUSZ | 5091 | #SOBASTEAM | SZAFLARY | POL | M-30 | 2 | M 6 | 00:31:15 | 00:51:45.20 | 00:51:45.20 | 5:10 | 11.6 |
| 3 | WAŻNY JACEK | 5056 | BANDA GRUDNIA | LUBLIN | POL | M-30 | 3 | M 8 | 00:32:11 | 00:52:28.65 | 00:52:28.65 | 5:14 | 11.4 |
| 4 | SZYMCZYK MARCIN | 5100 | | NOWA RUDA | POL | M-30 | 4 | M 13 | 00:34:25 | 00:57:50.95 | 00:57:50.95 | 5:47 | 10.4 |
| 5 | STYK MAREK | 5077 | | ZIELONA GÓRA | POL | M-30 | 5 | M 18 | 00:36:41 | 01:00:59.40 | 01:00:59.40 | 6:05 | 9.8 |
| 6 | MAJCHER ROMAN | 5061 | | KUDOWA-ZDRÓJ | POL | M-30 | 6 | M 19 | 00:36:37 | 01:01:04.50 | 01:01:04.50 | 6:06 | 9.8 |
| 7 | POLIWOJCZAK PATRYK | 5003 | | MROWINY | POL | M-30 | 7 | M 20 | 00:35:55 | 01:01:08.20 | 01:01:08.20 | 6:06 | 9.8 |
| 8 | NADERA ŁUKASZ | 5114 | | NOWE SKALIERZYCE | POL | M-30 | 8 | M 22 | 00:36:33 | 01:01:38.30 | 01:01:38.30 | 6:09 | 9.7 |
| 9 | ZALEWSKI RADOŚLAW | 5008 | WITKOWSKI RUNNING TEAM | KARWIANY | POL | M-30 | 9 | M 27 | 00:40:10 | 01:06:17.95 | 01:06:17.95 | 6:37 | 9.1 |
| 10 | POLITOWSKI MACIEJ | 5025 | | POZNAŃ | POL | M-30 | 10 | M 28 | 00:40:23 | 01:06:40.15 | 01:06:40.15 | 6:40 | 9 |
| 11 | MADEJA DARIUSZ | 5087 | LKS ISKRA JASZKOWA | KŁODZKO | POL | M-30 | 11 | M 31 | 00:41:40 | 01:08:56.60 | 01:08:56.60 | 6:53 | 8.7 |
| 12 | ZAJĄC ANDRZEJ | 5011 | | BRZEG | POL | M-30 | 12 | M 37 | 00:44:38 | 01:11:37.50 | 01:11:37.50 | 7:09 | 8.4 |
| 13 | JARUS JAN | 5038 | JAGRO | JUTROSIN | POL | M-30 | 13 | M 39 | 00:43:28 | 01:12:08.30 | 01:12:08.30 | 7:12 | 8.3 |
| 14 | GADOWSKI PAWEŁ | 5105 | | KUDOWA-ZDRÓJ | POL | M-30 | 14 | M 41 | 00:45:19 | 01:15:00.75 | 01:15:00.75 | 7:30 | 8 |
| 15 | WIKŁO PAWEŁ | 5050 | | CZEKADŹ | POL | M-30 | 15 | M 52 | 00:57:13 | 01:35:33.15 | 01:35:33.15 | 9:33 | 6.3 |
| 16 | JUSKOWIAK MIKOŁAJ | 5007 | | LESZNO | POL | M-30 | 16 | M 54 | 00:55:05 | 01:36:32.40 | 01:36:32.40 | 9:39 | 6.2 |
| 17 | KRYSZEWSKI ARTUR | 5047 | | POZNAŃ | POL | M-30 | 17 | M 55 | 00:45:52 | 01:36:42.75 | 01:36:42.75 | 9:40 | 6.2 |
| 18 | RUNOWSKI KRZYSZTOF | 5126 | BRO-TEAM | CZARNKÓW | POL | M-30 | 18 | M 56 | 01:00:05 | 01:40:00.75 | 01:40:00.75 | 10:00 | 6 |
| 19 | PIECHOWSKI KRZYSZTOF | 5048 | | WARSZAWA | POL | M-30 | 19 | M 60 | 01:21:10 | 02:16:53.90 | 02:16:53.90 | 13:41 | 4.4 |
| | WEKA KRZYSZTOF | 5018 | BIAŁYSTOK BIEGA TEAM | BIAŁYSTOK | POL | M-30 | | | 01:28:06 | DNF | DNF | - | - |
| | | | | | | | | | DNF | | | | |

KUDOWSKA DZIESIĄTKA 10 KM, K-40

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 5.3km | Netto | Brutto | min/km | km/h |
|------|--------------------------------|------|---------------------------|-----------------------------|------|------|--------|------|----------|-------------|-------------|--------|------|
| 1 | KOZŁOWSKA MARZENA | 5005 | BBL LASY BOGDANIEC | JENIN | POL | K-40 | 1 | K 14 | 00:50:51 | 01:23:49.70 | 01:23:49.70 | 8:22 | 7.2 |
| 2 | MAJCHRZAK GAŁADYK HELENA | 5030 | | LEWIN KŁODZKI | POL | K-40 | 2 | K 17 | 00:51:18 | 01:24:56.95 | 01:24:56.95 | 8:29 | 7.1 |
| 3 | PLACHIMOWICZ NATALIA | 5083 | MOCNA GRUPA CEZARA | WROCŁAW | POL | K-40 | 3 | K 18 | 00:50:34 | 01:25:01.95 | 01:25:01.95 | 8:30 | 7.1 |
| 4 | SKARŻEŃSKA - SOKOŁOWSKA JAGODA | 5119 | NIEZWYCIĘŻENI Z WRZOSOWEJ | KUDOWA ZDRÓJ | POL | K-40 | 4 | K 21 | 00:53:04 | 01:26:50.70 | 01:26:50.70 | 8:41 | 6.9 |
| 5 | KOZŁOWSKA MAGDALENA | 5029 | | KONIN | POL | K-40 | 5 | K 22 | 00:52:44 | 01:29:03.90 | 01:29:03.90 | 8:54 | 6.7 |
| 6 | BISZCZUK MAGDALENA | 5085 | | WROCŁAW | POL | K-40 | 6 | K 23 | 00:52:44 | 01:30:51.25 | 01:30:51.25 | 9:05 | 6.6 |
| 7 | PIEKARCZYK ANNA | 5127 | | JUSTYNÓW | POL | K-40 | 7 | K 26 | 00:54:30 | 01:33:01.55 | 01:33:01.55 | 9:18 | 6.5 |
| 8 | PAWLIKOWSKA ANNA | 5115 | | WROCŁAW | POL | K-40 | 8 | K 28 | 00:45:26 | 01:34:44.85 | 01:34:44.85 | 9:28 | 6.3 |
| 9 | MATUSZEWSKA ANNA | 5055 | | MYSŁOWICE | POL | K-40 | 9 | K 30 | 00:56:19 | 01:35:59.25 | 01:35:59.25 | 9:35 | 6.3 |
| 10 | BUCZAK-MROZIŃSKA PAULINA | 5062 | | ZAWONIA | POL | K-40 | 10 | K 32 | 00:46:21 | 01:37:41.65 | 01:37:41.65 | 9:46 | 6.1 |
| 11 | MIKOŁAJEWICZ BEATA | 5021 | #BIEGAJLESZNO | LESZNO | POL | K-40 | 11 | K 36 | 01:01:01 | 01:39:47.75 | 01:39:47.75 | 9:58 | 6 |
| 12 | GOLEBIEWSKA MAŁGORZATA | 5024 | RUN TEAM RYDZYNA | KŁODA | POL | K-40 | 12 | K 40 | 01:01:19 | 01:43:21.65 | 01:43:21.65 | 10:20 | 5.8 |
| 13 | PRZYBYŁ AGNIESZKA | 5064 | | OSTRÓW WLKP | POL | K-40 | 13 | K 42 | 01:04:52 | 01:50:39.50 | 01:50:39.50 | 11:03 | 5.4 |
| 14 | PIASKOWSKA ANIA | 5001 | PIASKITEAM | KROSNO ODRZAŃSKIE | POL | K-40 | 14 | K 43 | 01:04:41 | 01:50:40.75 | 01:50:40.75 | 11:04 | 5.4 |
| 15 | KUCHARSKA KAMILA | 5098 | RIKO I SPÓŁKA | WROCŁAW (WROCŁAW-FABRYCZNA) | POL | K-40 | 15 | K 44 | 01:05:38 | 01:52:08.45 | 01:52:08.45 | 11:12 | 5.4 |
| 16 | PISUŁA MAJA | 5000 | | KŁODZKO | POL | K-40 | 16 | K 45 | 01:06:22 | 01:52:11.95 | 01:52:11.95 | 11:13 | 5.3 |
| 17 | BARTNIK FATIMA | 5122 | | SŁUPNI | POL | K-40 | 17 | K 49 | 01:09:07 | 02:01:20.20 | 02:01:20.20 | 12:08 | 4.9 |
| 18 | GAŁEK ANITA | 5009 | | SZCZECIN | POL | K-40 | 18 | K 50 | 01:07:33 | 02:01:35.40 | 02:01:35.40 | 12:09 | 4.9 |

KUDOWSKA DZIESIĄTKA 10 KM, M-40

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 5.3km | Netto | Brutto | min/km | km/h |
|------|----------------------|------|------------------------|--------------------------|------|------|--------|------|----------|-------------|-------------|--------|------|
| 1 | KITA MICHAŁ | 5066 | PĘDZĄCY W MIEJSCU | WROCŁAW | POL | M-40 | 1 | M 4 | 00:29:54 | 00:50:00.20 | 00:50:00.20 | 5:00 | 12 |
| 2 | WŁODARCZYK JAROSŁAW | 5102 | TEAM DAREK KRUCZKOWSKI | JELENIA GÓRA (SOBIESZÓW) | POL | M-40 | 2 | M 5 | 00:30:32 | 00:51:03.85 | 00:51:03.85 | 5:06 | 11.8 |
| 3 | KAMIŃSKI ARTUR | 5002 | PRZEDWOJEWSKI TEAM | NOWY ŚWIĘTÓW | POL | M-40 | 3 | M 7 | 00:31:22 | 00:51:54.25 | 00:51:54.25 | 5:11 | 11.6 |
| 4 | ZBORUCKI JAN | 5129 | PRZEDWOJEWSKI TEAM | KATOWICE | POL | M-40 | 4 | M 9 | 00:33:13 | 00:54:50.30 | 00:54:50.30 | 5:29 | 10.9 |
| 5 | PAWLAK DANIEL | 5045 | LKS ISKRA JASZKOWA | KŁODZKO | POL | M-40 | 5 | M 14 | 00:36:13 | 00:59:59.35 | 00:59:59.35 | 5:59 | 10 |
| 6 | PIWOWARCZYK GRZEGORZ | 5097 | | PRUDNIK | POL | M-40 | 6 | M 16 | 00:36:56 | 01:00:21.80 | 01:00:21.80 | 6:02 | 9.9 |
| 7 | CZAPLA ŁUKASZ | 5063 | | OBORNIKI | POL | M-40 | 7 | M 21 | 00:37:12 | 01:01:37.40 | 01:01:37.40 | 6:09 | 9.7 |

KUDOWSKA DZIESIĄTKA 10 KM, M-40 c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 5.3km | Netto | Brutto | min/km | km/h |
|------|---------------------|------|-------------------------|---------------------|------|------|--------|------|----------|-------------|-------------|--------|------|
| 8 | MAĆKOWIAK PIOTR | 5130 | | ŚWINOUJŚCIE | POL | M-40 | 8 | M 23 | 00:36:37 | 01:01:56.95 | 01:01:56.95 | 6:11 | 9.7 |
| 9 | PIJANOWSKI PAWEŁ | 5079 | | KUDOWA-ZDRÓJ | POL | M-40 | 9 | M 25 | 00:39:26 | 01:05:08.60 | 01:05:08.60 | 6:30 | 9.2 |
| 10 | MORÁVEK DAVID | 5117 | | KOSTELEK NAD ORLICÍ | CZE | M-40 | 10 | M 26 | 00:37:17 | 01:05:19.05 | 01:05:19.05 | 6:31 | 9.2 |
| 11 | DURYS PAWEŁ | 5086 | BIG BAD WOLF | WARSZAWA | POL | M-40 | 11 | M 30 | 00:38:51 | 01:07:35.30 | 01:07:35.30 | 6:45 | 8.9 |
| 12 | DULĘBA ŁUKASZ | 5116 | KUDOWIANKA RUN | KUDOWA ZDRÓJ | POL | M-40 | 12 | M 32 | 00:42:30 | 01:09:15.25 | 01:09:15.25 | 6:55 | 8.7 |
| 13 | RÓŻAK PAWEŁ | 5071 | | POZNAŃ | POL | M-40 | 13 | M 34 | 00:41:53 | 01:09:55.60 | 01:09:55.60 | 6:59 | 8.6 |
| 14 | SURDACKI PIOTR | 5016 | | SZCZECIN | POL | M-40 | 14 | M 35 | 00:43:57 | 01:10:42.20 | 01:10:42.20 | 7:04 | 8.5 |
| 15 | URBAŚ PAWEŁ | 5090 | | PRUSZKÓW | POL | M-40 | 15 | M 36 | 00:42:42 | 01:11:26.45 | 01:11:26.45 | 7:08 | 8.4 |
| 16 | PRZYSTAJKO ZBIGNIEW | 5104 | | KUDOWA-ZDRÓJ | POL | M-40 | 16 | M 44 | 00:45:09 | 01:16:05.25 | 01:16:05.25 | 7:36 | 7.9 |
| 17 | WĄDOŁOWSKI KAROL | 5069 | COGO TEAM | TYCHY | POL | M-40 | 17 | M 46 | 00:50:58 | 01:24:24.70 | 01:24:24.70 | 8:26 | 7.1 |
| 18 | WESOŁOWSKI ŁUKASZ | 5106 | | PLEWISKA | POL | M-40 | 18 | M 49 | 00:54:21 | 01:29:43.95 | 01:29:43.95 | 8:58 | 6.7 |
| 19 | ZYCH KRYSZTYAN | 5040 | | POZNAŃ | POL | M-40 | 19 | M 50 | 00:54:53 | 01:34:00.45 | 01:34:00.45 | 9:24 | 6.4 |
| 20 | WALUSIAK MAREK | 5054 | | MYSŁOWICE | POL | M-40 | 20 | M 53 | 00:56:18 | 01:35:59.45 | 01:35:59.45 | 9:35 | 6.3 |
| 21 | SROCZYŃSKI MACIEJ | 5028 | | ŻERNIKI WROCŁAWSKIE | POL | M-40 | 21 | M 57 | 00:58:52 | 01:41:46.50 | 01:41:46.50 | 10:10 | 5.9 |
| 22 | KUCHARSKI ROBERT | 5099 | ZAKOCHAJ SIĘ W BIEGANIU | WROCŁAW | POL | M-40 | 22 | M 59 | 01:05:38 | 01:52:08.55 | 01:52:08.55 | 11:12 | 5.4 |
| 23 | KONA FILIP | 5121 | | | POL | M-40 | 23 | M 61 | 01:09:07 | | | 13:02 | 4.6 |

KUDOWSKA DZIESIĄTKA 10 KM, K-50

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 5.3km | Netto | Brutto | min/km | km/h |
|------|------------------|------|----------------------|------------|------|------|--------|------|----------|-------------|-------------|--------|------|
| 1 | MAJCHRZAK MONIKA | 5023 | WKURW_TEAM | POZNAŃ | POL | K-50 | 1 | K 24 | 00:55:12 | 01:31:02.35 | 01:31:02.35 | 9:06 | 6.6 |
| 2 | MASALSKA ANNA | 5053 | ZABIEGANI CZERNIKOWO | CZERNIKOWO | POL | K-50 | 2 | K 33 | 00:46:25 | 01:37:47.05 | 01:37:47.05 | 9:46 | 6.1 |
| 3 | KIM RENATA | 5113 | TEAM ZABIEGANEDNI | WARSZAWA | POL | K-50 | 3 | K 34 | 00:59:37 | 01:38:03.15 | 01:38:03.15 | 9:48 | 6.1 |
| 4 | SERYŁO JOLANTA | 5125 | | KRUPIA | POL | K-50 | 4 | K 39 | 00:59:51 | 01:41:46.20 | 01:41:46.20 | 10:10 | 5.9 |
| 5 | KOZAK KRYSZYNA | 5019 | RUN TEAM RYDZYNA | LESZNO | POL | K-50 | 5 | K 45 | 01:06:14 | 01:52:11.95 | 01:52:11.95 | 11:13 | 5.3 |

KUDOWSKA DZIESIĄTKA 10 KM, M-50

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 5.3km | Netto | Brutto | min/km | km/h |
|------|------------------|------|------------------------------|-----------------|------|------|--------|------|----------|-------------|-------------|--------|------|
| 1 | NIEZGÓDKA TOMASZ | 5128 | DFBG TEAM | WROCŁAW | POL | M-50 | 1 | M 12 | 00:35:38 | 00:57:44.70 | 00:57:44.70 | 5:46 | 10.4 |
| 2 | CICHY KRZYSZTOF | 5036 | GÓRAL Z MAZUR RUNNING TEAM | POZNAŃ | POL | M-50 | 2 | M 17 | 00:36:57 | 01:00:58.30 | 01:00:58.30 | 6:05 | 9.8 |
| 3 | GIERAK WOJCIECH | 5108 | KB HARCOWNIK JELCZ-LASKOWICE | JELCZ-LASKOWICE | POL | M-50 | 3 | M 24 | 00:39:15 | 01:04:51.60 | 01:04:51.60 | 6:29 | 9.3 |
| 4 | TOMASIK ANDRZEJ | 5057 | SZWAJCARKA | ZIELONA GÓRA | POL | M-50 | 4 | M 29 | 00:40:24 | 01:06:48.85 | 01:06:48.85 | 6:40 | 9 |
| 5 | MOSÓR MARIUSZ | 5123 | LISY PUSTYNI | KLUCZE | POL | M-50 | 5 | M 40 | 00:43:21 | 01:13:50.95 | 01:13:50.95 | 7:23 | 8.1 |
| 6 | SZPILA JAROSŁAW | 5082 | | KUDOWA ZDROJ | POL | M-50 | 6 | M 48 | 00:51:32 | 01:28:53.55 | 01:28:53.55 | 8:53 | 6.8 |

KUDOWSKA DZIESIĄTKA 10 KM, K-60

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 5.3km | Netto | Brutto | min/km | km/h |
|------|-----------------|------|----------------|-----------|------|------|--------|------|----------|-------------|-------------|--------|------|
| 1 | ZIÓŁEK TERESA | 5060 | STAY INSANE | JACKÓW | POL | K-60 | 1 | K 35 | 00:59:00 | 01:38:53.25 | 01:38:53.25 | 9:53 | 6.1 |
| 2 | DUBIAŁ HALINA | 5020 | BABCIE BIEGAJĄ | LESZNO | POL | K-60 | 2 | K 47 | 01:06:22 | 01:52:12.15 | 01:52:12.15 | 11:13 | 5.3 |

KUDOWSKA DZIESIĄTKA 10 KM, M-60

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 5.3km | Netto | Brutto | min/km | km/h |
|------|--------------------|------|--------------------------------|-----------------|------|------|--------|------|----------|-------------|-------------|--------|------|
| 1 | DOBRAŚ ZDZISŁAW | 5131 | | NOWA RUDA | POL | M-60 | 1 | M 11 | 00:34:23 | 00:57:24.95 | 00:57:24.95 | 5:44 | 10.5 |
| 2 | WOJDANOWSKI JAN | 5107 | KB HARCOWNIK JELCZ-LASKOWICE | JELCZ-LASKOWICE | POL | M-60 | 2 | M 15 | 00:37:16 | 01:00:11.55 | 01:00:11.55 | 6:01 | 10 |
| 3 | BRZEZIŃSKI ANDRZEJ | 5089 | LANRUNS | OLKUSZ | POL | M-60 | 3 | M 47 | 00:51:09 | 01:25:33.60 | 01:25:33.60 | 8:33 | 7 |
| 4 | ADAMSKI ADAM | 4008 | | BIERUTÓW | POL | M-60 | 4 | M 51 | | 01:34:22.50 | 01:34:22.50 | 4:29 | 13.4 |
| 5 | DOBROWOLSKI ROBERT | 5093 | SPORTOWI EMERYCJI JELENIA GÓRA | JELENIA GÓRA | POL | M-60 | 5 | M 58 | 01:01:59 | 01:44:29.90 | 01:44:29.90 | 10:26 | 5.7 |