

PRZEBIEGŁY LESZY | 10 KM

Organizator: Fundacja Ultra-Bies
Data: 2023-05-05
Miejsce: Dołżyca
Dystans: 10 km
Klasyfikacja wg czasów brutto.



PRZEBIEGŁY LESZY | 10 KM, OPEN

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | Brutto | min/km | km/h |
|------|-------------------------|-----|---------------------------------|-------------------------|------|------|--------|------|-------------|-------------|--------|------|
| 1 | SOBAS JACEK | 941 | ON RUNNING | SZKLARSKA PORĘBA | POL | M30 | 1 | M 1 | 00:55:26.25 | 00:55:26.25 | 5:32 | 10.8 |
| 2 | JAKUBIK MARCIN | 833 | MKS HALICZ PSG KROŚCIENKO | USTRZYKI DOLNE | POL | M30 | 2 | M 2 | 00:57:15.30 | 00:57:15.30 | 5:43 | 10.5 |
| 3 | SZMIST JAROSŁAW | 856 | KB ATHLETIC ZRECIN | SWIERZOWA POLSKA | POL | M40 | 1 | M 3 | 00:57:24.90 | 00:57:24.90 | 5:44 | 10.5 |
| 4 | MAZAN BEATA | 889 | FINISZ RYMANÓW/#R | KROSNO | POL | K30 | 1 | K 1 | 00:59:37.10 | 00:59:37.10 | 5:57 | 10.1 |
| 5 | NIEMCZAK MICHAŁ | 857 | PRZEWORSKA GRUPA BIEGOWA | MARKOWA | POL | M20 | 1 | M 4 | 01:02:54.05 | 01:02:54.05 | 6:17 | 9.5 |
| 6 | SOCHA NORBERT | 934 | KALLIPSO RUNNERS TEAM | MAKÓW | POL | M40 | 2 | M 5 | 01:03:09.20 | 01:03:09.20 | 6:18 | 9.5 |
| 7 | SABAT SEBASTIAN | 947 | SEBA BIEGA | KOMANĆZA | POL | M20 | 2 | M 6 | 01:04:23.90 | 01:04:23.90 | 6:26 | 9.3 |
| 8 | KOWALIK ANDRZEJ | 935 | BIEH OPOLSKI/ ADRUNALINE | OPOLE | POL | M40 | 3 | M 7 | 01:05:32.65 | 01:05:32.65 | 6:33 | 9.2 |
| 9 | HOŁOWATY RENATA | 871 | SANOK BIEGA | WYSOCZANY | POL | K30 | 2 | K 2 | 01:05:33.60 | 01:05:33.60 | 6:33 | 9.2 |
| 10 | CICHY KRZYSZTOF | 812 | GÓRAL Z MAZUR RUNNING TEAM | POZNAŃ | POL | M50 | 1 | M 8 | 01:06:14.50 | 01:06:14.50 | 6:37 | 9.1 |
| 11 | BANASIK KRZYSZTOF | 836 | KAŃCZUCKA GRUPA BIEGOWA | PRUCHNIK | POL | M40 | 4 | M 9 | 01:07:08.50 | 01:07:08.50 | 6:42 | 8.9 |
| 12 | RAFĄŁEK CZESŁAW | 867 | FUNDACJA TERAZ WSCHÓD | SUWAŁKI | POL | M40 | 5 | M 10 | 01:08:14.90 | 01:08:14.90 | 6:49 | 8.8 |
| 13 | LIS-PASIOŃEK MAŁGORZATA | 885 | LESKO | LESKO | POL | K40 | 1 | K 3 | 01:08:26.70 | 01:08:26.70 | 6:50 | 8.8 |
| 14 | OSTASIUK ALEKSANDER | 852 | FRANCUSKI BAGNET | PIASECZNO | POL | M30 | 3 | M 11 | 01:08:52.50 | 01:08:52.50 | 6:53 | 8.7 |
| 15 | CEBO ARTUR | 894 | | KRAKÓW | POL | M30 | 4 | M 12 | 01:10:07.85 | 01:10:07.85 | 7:00 | 8.6 |
| 16 | BRODA SŁAWOMIR | 929 | | STARA BŁOTNICA | POL | M50 | 2 | M 13 | 01:10:50.95 | 01:10:50.95 | 7:05 | 8.5 |
| 17 | CHUCHRO WOJCIECH | 915 | | KRAKÓW | POL | M20 | 3 | M 14 | 01:11:19.30 | 01:11:19.30 | 7:07 | 8.4 |
| 18 | STAŃKOWSKA EMILIA | 828 | KB MCKIS JAWORZNO | JAWORZNO | POL | K30 | 3 | K 4 | 01:11:36.35 | 01:11:36.35 | 7:09 | 8.4 |
| 19 | DOŁOSZYCKI GRZEGORZ | 927 | | SANOK | POL | M40 | 6 | M 15 | 01:12:10.40 | 01:12:10.40 | 7:13 | 8.3 |
| 20 | PERZ EMILIA | 846 | | NOWY TOMYŚL | POL | K30 | 4 | K 5 | 01:12:36.90 | 01:12:36.90 | 7:15 | 8.3 |
| 21 | KOŁODZIEJCZYK MARCIN | 851 | | JAKUBOWICE KONIŃSKIE | POL | M40 | 7 | M 16 | 01:12:52.80 | 01:12:52.80 | 7:17 | 8.2 |
| 22 | BODZIOCH GRZEGORZ | 897 | GÓRLICKA GRUPA BIEGOWA | GÓRLICE | POL | M50 | 3 | M 17 | 01:13:35.50 | 01:13:35.50 | 7:21 | 8.2 |
| 23 | SKALSKI DANIEL | 921 | LKS BŁĘKITNI ŻEGLCE | ŻEGLCE | POL | M40 | 8 | M 18 | 01:14:47.50 | 01:14:47.50 | 7:28 | 8 |
| 24 | DELMACZYŃSKI SEBASTIAN | 826 | CHEŁM | CHEŁM | POL | M30 | 5 | M 19 | 01:15:42.90 | 01:15:42.90 | 7:34 | 7.9 |
| 25 | BANASIK MONIKA | 807 | KAŃCZUCKA GRUPA BIEGOWA | PRUCHNIK | POL | K30 | 5 | K 6 | 01:15:56.85 | 01:15:56.85 | 7:35 | 7.9 |
| 26 | WIKTOROWICZ JOANNA | 859 | ALIOR RUNNING TEAM | KRAKÓW | POL | K30 | 6 | K 7 | 01:16:28.00 | 01:16:28.00 | 7:38 | 7.8 |
| 27 | SZCZUKA LESZEK | 946 | CROSSELITE | BRANICE | POL | M50 | 4 | M 20 | 01:16:37.95 | 01:16:37.95 | 7:39 | 7.8 |
| 28 | WOŹNIAK JANUSZ | 822 | PORMAT JEDLICZE BIEGA | SKOŁYSZYN | POL | M60 | 1 | M 21 | 01:18:25.90 | 01:18:25.90 | 7:50 | 7.7 |
| 29 | KASPROWICZ PAWEŁ | 821 | | RZESZÓW | POL | M30 | 6 | M 22 | 01:19:16.80 | 01:19:16.80 | 7:55 | 7.6 |
| 30 | OCHYRA KAROLINA | 902 | | LESKO | POL | K20 | 1 | K 8 | 01:19:51.35 | 01:19:51.35 | 7:59 | 7.5 |
| 31 | MARSZAŁEK ANNA | 853 | BIEGAJ Z DYMKIEM | PŁOCK | POL | K30 | 7 | K 9 | 01:20:18.70 | 01:20:18.70 | 8:01 | 7.5 |
| 32 | DRAŻEK SŁAWOMIR | 892 | | FAJSŁAWICE | POL | M50 | 5 | M 23 | 01:21:51.25 | 01:21:51.25 | 8:11 | 7.3 |
| 33 | DRYJA MATEUSZ | 806 | | TRZCINICA | AFG | M20 | 4 | M 24 | 01:22:17.25 | 01:22:17.25 | 8:13 | 7.3 |
| 34 | NIEMCZUK ROBERT | 933 | | CISNA | POL | M40 | 9 | M 25 | 01:22:24.90 | 01:22:24.90 | 8:14 | 7.3 |
| 35 | PUDŁO MARCIN | 925 | | WSPÓLNA 16 38-500 SANOK | POL | M40 | 10 | M 26 | 01:22:32.20 | 01:22:32.20 | 8:15 | 7.3 |
| 36 | FILUS RENATA | 938 | AKADEMIA BIEGACZA MATYLDY KOWAL | RZESZÓW | POL | K40 | 2 | K 10 | 01:23:16.60 | 01:23:16.60 | 8:19 | 7.2 |
| 37 | LEJMAN ADAM | 907 | | WARSZAWA | POL | M50 | 6 | M 27 | 01:24:34.15 | 01:24:34.15 | 8:27 | 7.1 |
| 38 | ZABORNIAK TOMASZ | 804 | | LUBACZÓW | POL | M30 | 7 | M 28 | 01:25:20.40 | 01:25:20.40 | 8:32 | 7 |
| 39 | DRYJA ARTUR | 805 | | PRZYSIEKI | POL | M20 | 5 | M 29 | 01:25:20.80 | 01:25:20.80 | 8:32 | 7 |
| 40 | ŁAWROWSKI ADOLF | 932 | KS HARPAGAN | TARNOBRZEG | POL | M60 | 2 | M 30 | 01:25:23.10 | 01:25:23.10 | 8:32 | 7 |
| 41 | PTAK SYLWIA | 883 | TRAIL IS OUR WAY | NOWY ŻMIGRÓD | POL | K30 | 8 | K 11 | 01:25:33.80 | 01:25:33.80 | 8:33 | 7 |
| 42 | KOWALCZEWSKA MAGDALENA | 890 | | BYDGOSZCZ | POL | K20 | 2 | K 12 | 01:25:54.00 | 01:25:54.00 | 8:35 | 7 |
| 43 | PASIOŃEK BARTŁOMIEJ | 886 | LESKO | LESKO | POL | M40 | 11 | M 31 | 01:26:12.60 | 01:26:12.60 | 8:37 | 7 |
| 44 | STEFANIAK ALEKSANDRA | 829 | | KRAKÓW | POL | K30 | 9 | K 13 | 01:27:20.30 | 01:27:20.30 | 8:44 | 6.9 |
| 45 | SEBASTIAN KRĘGIEL | 860 | | WARSZAWA | POL | M40 | 12 | M 32 | 01:27:22.70 | 01:27:22.70 | 8:44 | 6.9 |
| 46 | PODOLAK ZBIGNIEW | 819 | | PRZEMYŚL | POL | M60 | 3 | M 33 | 01:27:35.85 | 01:27:35.85 | 8:45 | 6.9 |

PRZEBIEGŁY LESZY | 10 KM, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | Brutto | min/km | km/h |
|------|-----------------------|-----|--|-------------------------|------|------|--------|------|-------------|-------------|--------|------|
| 47 | LORENC MONIKA | 843 | | SANOK | POL | K30 | 10 | K 14 | 01:27:49.10 | 01:27:49.10 | 8:46 | 6.8 |
| 48 | MOTYKA SZYMON | 841 | | DYNÓW | POL | M20 | 6 | M 34 | 01:28:01.50 | 01:28:01.50 | 8:48 | 6.8 |
| 49 | KAMIŃSKA ANETA | 840 | | DYNÓW | POL | K20 | 3 | K 15 | 01:28:01.65 | 01:28:01.65 | 8:48 | 6.8 |
| 50 | WRÓBEL BARTŁOMIEJ | 936 | CISNA GÓRA | CISNA | POL | M40 | 13 | M 35 | 01:28:19.30 | 01:28:19.30 | 8:49 | 6.8 |
| 51 | ŚNIEGOSKA SANDRA | 882 | KNEIPP TEAM | WARSZAWA | POL | K30 | 11 | K 16 | 01:28:26.20 | 01:28:26.20 | 8:50 | 6.8 |
| 52 | HOLIK IWONA | 896 | GORLICKA GRUPA BIEGOWA | BIECZ | POL | K40 | 3 | K 17 | 01:29:10.70 | 01:29:10.70 | 8:55 | 6.7 |
| 53 | HOLIK MACIEJ | 906 | | BIECZ | POL | M40 | 14 | M 36 | 01:29:11.05 | 01:29:11.05 | 8:55 | 6.7 |
| 54 | GANCARZ BARBARA | 834 | | PSTRĄGOWA | POL | K30 | 12 | K 18 | 01:29:27.35 | 01:29:27.35 | 8:56 | 6.7 |
| 55 | TWARDOCHEB AGNIESZKA | 901 | BIEGAMWRZ | RZESZÓW | POL | K40 | 4 | K 19 | 01:30:22.70 | 01:30:22.70 | 9:02 | 6.6 |
| 56 | TWARDOCHEB MARCIN | 900 | BIEGAMWRZ | RZESZÓW | POL | M40 | 15 | M 37 | 01:30:23.10 | 01:30:23.10 | 9:02 | 6.6 |
| 57 | SANKOWSKI SZYMON | 835 | | MIELEC | POL | M40 | 16 | M 38 | 01:31:00.50 | 01:31:00.50 | 9:06 | 6.6 |
| 58 | KUŹNIAK MARTYNA | 878 | | WARSZAWA | POL | K50 | 1 | K 20 | 01:31:32.25 | 01:31:32.25 | 9:09 | 6.6 |
| 59 | MUSIAŁ SZCZEPAN | 842 | KLUB KIBICA | RZESZÓW | POL | M30 | 8 | M 39 | 01:32:15.70 | 01:32:15.70 | 9:13 | 6.5 |
| 60 | PILAWSKA SANDRA | 913 | | KRAKÓW | POL | K20 | 4 | K 21 | 01:32:17.10 | 01:32:17.10 | 9:13 | 6.5 |
| 61 | KRZYŻEWSKI ROGER | 912 | | KRAKÓW | POL | M30 | 9 | M 40 | 01:32:18.40 | 01:32:18.40 | 9:13 | 6.5 |
| 62 | CIEŚLA SŁAWOMIR | 928 | | RZESZÓW | POL | M30 | 10 | M 41 | 01:32:25.70 | 01:32:25.70 | 9:14 | 6.5 |
| 63 | KABAŁA JOANNA | 875 | POWER TRAINING | WARSZAWA | POL | K30 | 13 | K 22 | 01:33:01.25 | 01:33:01.25 | 9:18 | 6.5 |
| 64 | CZELNY TOMASZ | 872 | SMASHING PĄPKINS #OZD | GLIWICE | POL | M40 | 17 | M 42 | 01:33:39.65 | 01:33:39.65 | 9:21 | 6.4 |
| 65 | JAWORSKI JACEK | 887 | | LUBLIN | POL | M40 | 18 | M 43 | 01:33:43.85 | 01:33:43.85 | 9:22 | 6.4 |
| 66 | OBARA MARIA | 824 | | MAJDAN KRÓLEWSKI | POL | K20 | 5 | K 23 | 01:34:06.20 | 01:34:06.20 | 9:24 | 6.4 |
| 67 | KARABANOWSKA PATRYCJA | 803 | | RZESZÓW | POL | K30 | 14 | K 24 | 01:34:06.70 | 01:34:06.70 | 9:24 | 6.4 |
| 68 | GAŁUSZKA MARIUSZ | 930 | EXPLORE BIESZCZADY SKITUROWE BIESZCZADY MARIUSZ GAŁUSZKA | CISNA | POL | M40 | 19 | M 44 | 01:34:54.20 | 01:34:54.20 | 9:29 | 6.3 |
| 69 | OWSIANIK DAWID | 818 | | BALIGRÓD | POL | M30 | 11 | M 45 | 01:34:58.50 | 01:34:58.50 | 9:29 | 6.3 |
| 70 | SKOLMOWSKI MARCIN | 850 | | CELESTYNÓW | AFG | M20 | 7 | M 46 | 01:35:05.80 | 01:35:05.80 | 9:30 | 6.3 |
| 71 | GAŁKA KRZYSZTOF | 837 | | TARNOGRÓD | POL | M30 | 12 | M 47 | 01:35:10.90 | 01:35:10.90 | 9:31 | 6.3 |
| 72 | BRZEZIŃSKI BARTŁOMIEJ | 931 | | LESKO | POL | M30 | 13 | M 48 | 01:35:11.95 | 01:35:11.95 | 9:31 | 6.3 |
| 73 | WOJTAL DARIUSZ | 899 | FOREST RUNNERS | TYCHY | POL | M40 | 20 | M 48 | 01:35:11.95 | 01:35:11.95 | 9:31 | 6.3 |
| 74 | ŚNIEGOSKI SEBASTIAN | 881 | KNEIPP TEAM | WARSZAWA | POL | M40 | 21 | M 50 | 01:35:12.85 | 01:35:12.85 | 9:31 | 6.3 |
| 75 | FIEDORCZUK ŁUKASZ | 918 | BIMBER RUNNERS | WARSZAWA | POL | M40 | 22 | M 51 | 01:35:20.20 | 01:35:20.20 | 9:32 | 6.3 |
| 76 | CEBO KATARZYNA | 893 | RUNPROGRESS.PL TEAM | KRAKÓW | POL | K30 | 15 | K 25 | 01:35:32.10 | 01:35:32.10 | 9:33 | 6.3 |
| 77 | SKOLMOWSKA MARTYNA | 825 | | CELESTYNÓW | POL | K20 | 6 | K 26 | 01:35:36.60 | 01:35:36.60 | 9:33 | 6.3 |
| 78 | PALUS NATALIA | 820 | | WARSZAWA | POL | K20 | 7 | K 27 | 01:35:36.75 | 01:35:36.75 | 9:33 | 6.3 |
| 79 | CHODZIŃSKA MARIOLA | 911 | | RZESZÓW | POL | K40 | 5 | K 28 | 01:35:46.80 | 01:35:46.80 | 9:34 | 6.3 |
| 80 | SIEKIERA PIOTR | 811 | | ŁÓDŹ | POL | M20 | 8 | M 52 | 01:35:50.80 | 01:35:50.80 | 9:35 | 6.3 |
| 81 | PIETRUSZKA ANNA | 855 | | KRAKÓW | POL | K30 | 16 | K 29 | 01:35:55.65 | 01:35:55.65 | 9:35 | 6.3 |
| 82 | MAZEK EMILIA | 917 | STOPKA PILAWA | PILAWA | POL | K30 | 17 | K 30 | 01:36:15.65 | 01:36:15.65 | 9:37 | 6.2 |
| 83 | PISZCZ DARIUSZ | 926 | | RZESZÓW | POL | M40 | 23 | M 53 | 01:36:22.25 | 01:36:22.25 | 9:38 | 6.2 |
| 84 | KUCZ KAMIL | 847 | | NOWY TOMYŚL | POL | M20 | 9 | M 54 | 01:39:08.00 | 01:39:08.00 | 9:54 | 6.1 |
| 85 | KARGUL ZBIGNIEW | 866 | TREKKING TEAM OSTROWIEC ŚWIĘTOKRZYSKI | OSTROWIEC ŚWIĘTOKRZYSKI | POL | M50 | 7 | M 55 | 01:39:26.60 | 01:39:26.60 | 9:56 | 6 |
| 86 | PUDŁO RITA | 924 | | SANOK | POL | K20 | 8 | K 31 | 01:40:15.60 | 01:40:15.60 | 10:01 | 6 |
| 87 | CIUPIŃSKA MAGDA | 809 | | GAĆ | POL | K40 | 6 | K 32 | 01:41:06.95 | 01:41:06.95 | 10:06 | 5.9 |
| 88 | JANKOWSKI MICHAŁ | 891 | | TRAWNIKI | POL | M50 | 8 | M 56 | 01:41:15.30 | 01:41:15.30 | 10:07 | 5.9 |
| 89 | ŁANNIK MAGDALENA | 905 | | RZESZÓW | POL | K30 | 18 | K 33 | 01:41:18.20 | 01:41:18.20 | 10:07 | 5.9 |
| 90 | ORŁOWSKI WOJCIECH | 844 | STALOWOWOLSKI KLUB BIEGACZA | STALOWA WOLA | POL | M50 | 9 | M 57 | 01:42:33.75 | 01:42:33.75 | 10:15 | 5.9 |
| 91 | JASIŃSKI IRENEUSZ | 920 | | MIELEC | POL | M40 | 24 | M 58 | 01:42:37.80 | 01:42:37.80 | 10:15 | 5.8 |
| 92 | KOLAŚA MARCIN | 939 | | MOTYCZ | POL | M40 | 25 | M 59 | 01:42:40.70 | 01:42:40.70 | 10:16 | 5.8 |
| 93 | LEŃCZUK GRAŻYNA | 877 | BESKIDZKIE RYSIE RUNNING TEAM | JASŁO | POL | K50 | 2 | K 34 | 01:44:19.00 | 01:44:19.00 | 10:25 | 5.8 |
| 94 | KOWSKA MONIKA | 880 | AKADEMIA SPORTU MONIKA KOWSKA | TARNOBRZEG | POL | K30 | 19 | K 35 | 01:47:46.80 | 01:47:46.80 | 10:46 | 5.6 |
| 95 | JANDZIŚ EWA | 831 | AKTYWNY DYNÓW | DYNÓW | POL | K40 | 7 | K 36 | 01:47:58.10 | 01:47:58.10 | 10:47 | 5.6 |
| 96 | GERULA KRYSZYNA | 838 | AKTYWNY DYNÓW | DYNÓW | POL | K40 | 7 | K 36 | 01:47:58.10 | 01:47:58.10 | 10:47 | 5.6 |
| 97 | RUSEK JOLA | 873 | BIEG LOVELAS | MIELEC | POL | K30 | 20 | K 38 | 01:48:15.35 | 01:48:15.35 | 10:49 | 5.5 |
| 98 | MOCZYŃSKA JOANNA | 865 | | CHMIELÓW | POL | K30 | 21 | K 39 | 01:48:29.60 | 01:48:29.60 | 10:50 | 5.5 |
| 99 | DRAGAN IZABELA | 802 | | KROSNO | POL | K30 | 22 | K 40 | 01:48:43.35 | 01:48:43.35 | 10:52 | 5.5 |
| 100 | MATWIEJCZUK MATEUSZ | 910 | | WARSZAWA | POL | M20 | 10 | M 60 | 01:49:50.80 | 01:49:50.80 | 10:59 | 5.5 |
| 101 | KALISZ RENATA | 898 | | KOBYLANKA | POL | K40 | 9 | K 41 | 01:50:37.95 | 01:50:37.95 | 11:03 | 5.4 |
| 102 | DEREŃ ANETA | 884 | | OSTROWIEC ŚWIĘTOKRZYSKI | POL | K40 | 10 | K 42 | 01:50:51.85 | 01:50:51.85 | 11:05 | 5.4 |

PRZEBIEGŁY LESZY | 10 KM, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | Brutto | min/km | km/h |
|------|-----------------------------|-----|---------------------------------------|-------------------------|------|------|--------|------|-------------|-------------|--------|------|
| 103 | PIETRZAK LAURA | 919 | | PILAWA | POL | K30 | 23 | K 43 | 01:51:14.25 | 01:51:14.25 | 11:07 | 5.4 |
| 104 | WOŹNIAK LIDIA | 823 | PORMAT JEDLICZE BIEGA | SKOŁYSZYN | POL | K50 | 3 | K 44 | 01:52:27.90 | 01:52:27.90 | 11:14 | 5.3 |
| 105 | SZYBA ANNA | 870 | EKSTREMALNA GRUPA BIEGOWA | LUBLIN | POL | K40 | 11 | K 45 | 01:52:59.20 | 01:52:59.20 | 11:17 | 5.3 |
| 106 | DĄBROWSKA AGNIESZKA | 858 | TREKKING TEAM OSTROWIEC ŚWIĘTOKRZYSKI | OSTROWIEC ŚWIĘTOKRZYSKI | POL | K30 | 24 | K 46 | 01:53:02.70 | 01:53:02.70 | 11:18 | 5.3 |
| 107 | GODLEWSKA IZABELLA | 808 | GANG ŚWIETLIKÓW | ŁOMIANKI | POL | K20 | 9 | K 47 | 01:53:04.10 | 01:53:04.10 | 11:18 | 5.3 |
| 108 | KWOLEK WOJCIECH | 815 | | UHERCE MINERALNE | POL | M30 | 14 | M 61 | 01:53:07.55 | 01:53:07.55 | 11:18 | 5.3 |
| 109 | KUBALAK-KARKUT MARTA | 801 | | WARSZAWA | POL | K30 | 25 | K 48 | 01:54:21.20 | 01:54:21.20 | 11:26 | 5.2 |
| 110 | BRATKO ZBIGNIEW | 810 | 67+ | RACIECHOWICE | POL | M60 | 4 | M 62 | 02:00:40.70 | 02:00:40.70 | 12:04 | 5 |
| 111 | LENAR KAMILA | 863 | | KROSNO | POL | K20 | 10 | K 49 | 02:04:58.90 | 02:04:58.90 | 12:29 | 4.8 |
| 112 | ZIMNICKI DARIUSZ | 943 | TREKKING TEAM | OSTROWIEC ŚWIĘTOKRZYSKI | POL | M40 | 26 | M 63 | 02:05:49.10 | 02:05:49.10 | 12:34 | 4.8 |
| 113 | ZIMNICKA AGNIESZKA | 942 | TREKKING TEAM | OSTROWIEC ŚWIĘTOKRZYSKI | POL | K40 | 12 | K 50 | 02:05:49.35 | 02:05:49.35 | 12:34 | 4.8 |
| 114 | HAWROT JAKUB | 854 | PROMATBUD | ŁÓDŹ | POL | M40 | 27 | M 64 | 02:06:01.95 | 02:06:01.95 | 12:36 | 4.8 |
| 115 | KLUSEK BARBARA | 895 | RUNNING BLONDES | TARNOBRZEG | POL | K50 | 4 | K 51 | 02:06:16.25 | 02:06:16.25 | 12:37 | 4.8 |
| 116 | BUKOWSKA MAŁGORZATA | 879 | RUNNING BLONDES | TARNOBRZEG | POL | K50 | 5 | K 52 | 02:06:39.50 | 02:06:39.50 | 12:39 | 4.7 |
| 117 | FRANKOWSKA JOANNA | 940 | | CISNA | POL | K40 | 13 | K 53 | 02:06:46.55 | 02:06:46.55 | 12:40 | 4.7 |
| 118 | KĘSICKA KATARZYNA | 888 | | WARSZAWA | POL | K40 | 14 | K 54 | 02:08:47.35 | 02:08:47.35 | 12:52 | 4.7 |
| 119 | WŁODARCZYK AGNIESZKA | 876 | | CHEŁM | POL | K30 | 26 | K 55 | 02:12:38.10 | 02:12:38.10 | 13:15 | 4.5 |
| 120 | WYBRANIEC ROSSANA | 914 | | LUBLIN | POL | K20 | 11 | K 56 | 02:17:24.00 | 02:17:24.00 | 13:44 | 4.4 |
| 121 | MÜLLER DOROTA | 849 | | LUBLINIEC | POL | K50 | 6 | K 57 | 02:17:44.20 | 02:17:44.20 | 13:46 | 4.4 |
| 122 | MÜLLER BERNARD | 848 | MAFIA TEAM LUBLINIEC | LUBLINIEC | POL | M30 | 15 | M 65 | 02:17:44.25 | 02:17:44.25 | 13:46 | 4.4 |
| 123 | KOSTULSKA OLGA | 923 | WKURW_TEAM | TORUŃ | POL | K30 | 27 | K 58 | 02:19:54.80 | 02:19:54.80 | 13:59 | 4.3 |
| 124 | PEŁSZYK SŁAWOMIR | 845 | | WARSZAWA | POL | M50 | 10 | M 66 | 02:20:56.10 | 02:20:56.10 | 14:05 | 4.3 |
| 125 | D ANNA | 869 | | KRAKÓW | POL | K40 | 15 | K 59 | 02:21:18.15 | 02:21:18.15 | 14:07 | 4.2 |
| 126 | KUDZIA ROKSANA | 868 | | KRAKOW | POL | K40 | 16 | K 60 | 02:21:18.30 | 02:21:18.30 | 14:07 | 4.2 |
| 127 | KAWA MONIKA | 874 | TREKKING TEAM OSTROWIEC | OSTROWIEC SW. | POL | K40 | 17 | K 61 | 02:26:06.80 | 02:26:06.80 | 14:36 | 4.1 |
| 128 | WOJCIECHOWICZ-BRATKO ALDONA | 908 | | RACIECHOWICE | POL | K60 | 1 | K 62 | 02:26:58.50 | 02:26:58.50 | 14:41 | 4.1 |
| 129 | CHUCHAŁA ANDRZEJ | 861 | TREKKING TEAM OSTROWIEC ŚWIĘTOKRZYSKI | OSTROWIEC ŚWIĘTOKRZYSKI | POL | M40 | 28 | M 67 | 02:31:35.75 | 02:31:35.75 | 15:09 | 4 |
| 130 | CHUCHAŁA IWONA | 862 | TREKKING TEAM OSTROWIEC ŚWIĘTOKRZYSKI | OSTROWIEC ŚWIĘTOKRZYSKI | POL | K40 | 18 | K 63 | 02:31:36.00 | 02:31:36.00 | 15:09 | 4 |
| 131 | LENAR NIKOLA | 864 | | RZESZÓW | POL | K20 | 12 | K 64 | 02:36:51.00 | 02:36:51.00 | 15:41 | 3.8 |
| 132 | SMELA DAMIAN | 904 | | RZESZÓW | POL | M20 | 11 | M 68 | 02:36:57.05 | 02:36:57.05 | 15:41 | 3.8 |
| 133 | WILK ANNA | 830 | ZABIEGANI MIELEC | MIELEC | POL | K40 | 19 | K 65 | 02:42:19.00 | 02:42:19.00 | 16:13 | 3.7 |

PRZEBIEGŁY LESZY | 10 KM, OPEN K

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | Brutto | min/km | km/h |
|------|-------------------------|-----|---------------------------------|--------------|------|------|--------|------|-------------|-------------|--------|------|
| 1 | MAZAN BEATA | 889 | FINISZ RYMANÓW/#R | KROSNO | POL | K30 | 1 | K 1 | 00:59:37.10 | 00:59:37.10 | 5:57 | 10.1 |
| 2 | HOŁOWATY RENATA | 871 | SANOK BIEGA | WYSOCZANY | POL | K30 | 2 | K 2 | 01:05:33.60 | 01:05:33.60 | 6:33 | 9.2 |
| 3 | LIS-PASIONEK MAŁGORZATA | 885 | LESKO | LESKO | POL | K40 | 1 | K 3 | 01:08:26.70 | 01:08:26.70 | 6:50 | 8.8 |
| 4 | STAŃKOWSKA EMILIA | 828 | KB MCKIS JAWORZNO | JAWORZNO | POL | K30 | 3 | K 4 | 01:11:36.35 | 01:11:36.35 | 7:09 | 8.4 |
| 5 | PERZ EMILIA | 846 | | NOWY TOMYŚL | POL | K30 | 4 | K 5 | 01:12:36.90 | 01:12:36.90 | 7:15 | 8.3 |
| 6 | BANASIK MONIKA | 807 | KAŃCZUCKA GRUPA BIEGOWA | PRUCHNIK | POL | K30 | 5 | K 6 | 01:15:56.85 | 01:15:56.85 | 7:35 | 7.9 |
| 7 | WIKTOROWICZ JOANNA | 859 | ALIOR RUNNING TEAM | KRAKÓW | POL | K30 | 6 | K 7 | 01:16:28.00 | 01:16:28.00 | 7:38 | 7.8 |
| 8 | OCHYRA KAROLINA | 902 | | LESKO | POL | K20 | 1 | K 8 | 01:19:51.35 | 01:19:51.35 | 7:59 | 7.5 |
| 9 | MARSZAŁEK ANNA | 853 | BIEGAJ Z DYMKIEM | PŁOCK | POL | K30 | 7 | K 9 | 01:20:18.70 | 01:20:18.70 | 8:01 | 7.5 |
| 10 | FILUS RENATA | 938 | AKADEMIA BIEGACZA MATYLDY KOWAL | RZESZÓW | POL | K40 | 2 | K 10 | 01:23:16.60 | 01:23:16.60 | 8:19 | 7.2 |
| 11 | PTAK SYLWIA | 883 | TRAIL IS OUR WAY | NOWY ŻMIGRÓD | POL | K30 | 8 | K 11 | 01:25:33.80 | 01:25:33.80 | 8:33 | 7 |
| 12 | KOWALCZEWSKA MAGDALENA | 890 | | BYDGOSZCZ | POL | K20 | 2 | K 12 | 01:25:54.00 | 01:25:54.00 | 8:35 | 7 |
| 13 | STEFANIAK ALEKSANDRA | 829 | | KRAKÓW | POL | K30 | 9 | K 13 | 01:27:20.30 | 01:27:20.30 | 8:44 | 6.9 |
| 14 | LORENC MONIKA | 843 | | SANOK | POL | K30 | 10 | K 14 | 01:27:49.10 | 01:27:49.10 | 8:46 | 6.8 |
| 15 | KAMIŃSKA ANETA | 840 | | DYNÓW | POL | K20 | 3 | K 15 | 01:28:01.65 | 01:28:01.65 | 8:48 | 6.8 |
| 16 | ŚNIEGOSKA SANDRA | 882 | KNEIPP TEAM | WARSZAWA | POL | K30 | 11 | K 16 | 01:28:26.20 | 01:28:26.20 | 8:50 | 6.8 |
| 17 | HOLIK IWONA | 896 | GORLICKA GRUPA BIEGOWA | BIECZ | POL | K40 | 3 | K 17 | 01:29:10.70 | 01:29:10.70 | 8:55 | 6.7 |
| 18 | GANCARZ BARBARA | 834 | | PSTRĄGOWA | POL | K30 | 12 | K 18 | 01:29:27.35 | 01:29:27.35 | 8:56 | 6.7 |
| 19 | TWARDOCHEB AGNIESZKA | 901 | BIEGAMWRZ | RZESZÓW | POL | K40 | 4 | K 19 | 01:30:22.70 | 01:30:22.70 | 9:02 | 6.6 |
| 20 | KUŹNIAK MARTYNA | 878 | | WARSZAWA | POL | K50 | 1 | K 20 | 01:31:32.25 | 01:31:32.25 | 9:09 | 6.6 |
| 21 | PILAWSKA SANDRA | 913 | | KRAKÓW | POL | K20 | 4 | K 21 | 01:32:17.10 | 01:32:17.10 | 9:13 | 6.5 |

PRZEBIEGŁY LESZY | 10 KM, OPEN K c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | Brutto | min/km | km/h |
|------|-----------------------------|-----|---------------------------------------|-------------------------|------|------|--------|------|-------------|-------------|--------|------|
| 22 | KABAŁA JOANNA | 875 | POWER TRAINING | WARSZAWA | POL | K30 | 13 | K 22 | 01:33:01.25 | 01:33:01.25 | 9:18 | 6.5 |
| 23 | OBARA MARIA | 824 | | MAJDAN KRÓLEWSKI | POL | K20 | 5 | K 23 | 01:34:06.20 | 01:34:06.20 | 9:24 | 6.4 |
| 24 | KARABANOWSKA PATRYCJA | 803 | | RZESZÓW | POL | K30 | 14 | K 24 | 01:34:06.70 | 01:34:06.70 | 9:24 | 6.4 |
| 25 | CEBO KATARZYNA | 893 | RUNPROGRESS.PL TEAM | KRAKÓW | POL | K30 | 15 | K 25 | 01:35:32.10 | 01:35:32.10 | 9:33 | 6.3 |
| 26 | SKOLMOWSKA MARTYNA | 825 | | CELESTYNÓW | POL | K20 | 6 | K 26 | 01:35:36.60 | 01:35:36.60 | 9:33 | 6.3 |
| 27 | PALUS NATALIA | 820 | | WARSZAWA | POL | K20 | 7 | K 27 | 01:35:36.75 | 01:35:36.75 | 9:33 | 6.3 |
| 28 | CHODZIŃSKA MARIOLA | 911 | | RZESZÓW | POL | K40 | 5 | K 28 | 01:35:46.80 | 01:35:46.80 | 9:34 | 6.3 |
| 29 | PIETRUSZKA ANNA | 855 | | KRAKÓW | POL | K30 | 16 | K 29 | 01:35:55.65 | 01:35:55.65 | 9:35 | 6.3 |
| 30 | MAZEK EMILIA | 917 | STOPKA PILAWA | PILAWA | POL | K30 | 17 | K 30 | 01:36:15.65 | 01:36:15.65 | 9:37 | 6.2 |
| 31 | PUDŁO RITA | 924 | | SANOK | POL | K20 | 8 | K 31 | 01:40:15.60 | 01:40:15.60 | 10:01 | 6 |
| 32 | CIUPIŃSKA MAGDA | 809 | | GĄC | POL | K40 | 6 | K 32 | 01:41:06.95 | 01:41:06.95 | 10:06 | 5.9 |
| 33 | ŁANNIK MAGDALENA | 905 | | RZESZÓW | POL | K30 | 18 | K 33 | 01:41:18.20 | 01:41:18.20 | 10:07 | 5.9 |
| 34 | LEŃCZUK GRAŻYNA | 877 | BESKIDZKIE RYSIE RUNNING TEAM | JASŁO | POL | K50 | 2 | K 34 | 01:44:19.00 | 01:44:19.00 | 10:25 | 5.8 |
| 35 | KOWSKA MONIKA | 880 | AKADEMIA SPORTU MONIKA KOWSKA | TARNOBRZEG | POL | K30 | 19 | K 35 | 01:47:46.80 | 01:47:46.80 | 10:46 | 5.6 |
| 36 | GERULA KRYSZYNA | 838 | AKTYWNY DYNÓW | DYNÓW | POL | K40 | 7 | K 36 | 01:47:58.10 | 01:47:58.10 | 10:47 | 5.6 |
| 37 | JANDZIŚ EWA | 831 | AKTYWNY DYNÓW | DYNÓW | POL | K40 | 7 | K 36 | 01:47:58.10 | 01:47:58.10 | 10:47 | 5.6 |
| 38 | RUSEK JOLA | 873 | BIEG LOVELAS | MIELEC | POL | K30 | 20 | K 38 | 01:48:15.35 | 01:48:15.35 | 10:49 | 5.5 |
| 39 | MOCZYŃSKA JOANNA | 865 | | CHMIELÓW | POL | K30 | 21 | K 39 | 01:48:29.60 | 01:48:29.60 | 10:50 | 5.5 |
| 40 | DRAGAN IZABELA | 802 | | KROSNO | POL | K30 | 22 | K 40 | 01:48:43.35 | 01:48:43.35 | 10:52 | 5.5 |
| 41 | KALISZ RENATA | 898 | | KOBYLANKA | POL | K40 | 9 | K 41 | 01:50:37.95 | 01:50:37.95 | 11:03 | 5.4 |
| 42 | DEREŃ ANETA | 884 | | OSTROWIEC ŚWIĘTOKRZYSKI | POL | K40 | 10 | K 42 | 01:50:51.85 | 01:50:51.85 | 11:05 | 5.4 |
| 43 | PIETRZAK LAURA | 919 | | PILAWA | POL | K30 | 23 | K 43 | 01:51:14.25 | 01:51:14.25 | 11:07 | 5.4 |
| 44 | WOŹNIAK LIDIA | 823 | PORMAT JEDLICZE BIEGA | SKOŁYSZYN | POL | K50 | 3 | K 44 | 01:52:27.90 | 01:52:27.90 | 11:14 | 5.3 |
| 45 | SZYBA ANNA | 870 | EKSTREMALNA GRUPA BIEGOWA | LUBLIN | POL | K40 | 11 | K 45 | 01:52:59.20 | 01:52:59.20 | 11:17 | 5.3 |
| 46 | DĄBROWSKA AGNIESZKA | 858 | TREKKING TEAM OSTROWIEC ŚWIĘTOKRZYSKI | OSTROWIEC ŚWIĘTOKRZYSKI | POL | K30 | 24 | K 46 | 01:53:02.70 | 01:53:02.70 | 11:18 | 5.3 |
| 47 | GODLEWSKA IZABELLA | 808 | GANG ŚWIETLIKÓW | ŁOMIANKI | POL | K20 | 9 | K 47 | 01:53:04.10 | 01:53:04.10 | 11:18 | 5.3 |
| 48 | KUBALAK-KARKUT MARTA | 801 | | WARSZAWA | POL | K30 | 25 | K 48 | 01:54:21.20 | 01:54:21.20 | 11:26 | 5.2 |
| 49 | LENAR KAMILA | 863 | | KROSNO | POL | K20 | 10 | K 49 | 02:04:58.90 | 02:04:58.90 | 12:29 | 4.8 |
| 50 | ZIMNICKA AGNIESZKA | 942 | TREKKING TEAM | OSTROWIEC ŚWIĘTOKRZYSKI | POL | K40 | 12 | K 50 | 02:05:49.35 | 02:05:49.35 | 12:34 | 4.8 |
| 51 | KLUSEK BARBARA | 895 | RUNNING BLONDES | TARNOBRZEG | POL | K50 | 4 | K 51 | 02:06:16.25 | 02:06:16.25 | 12:37 | 4.8 |
| 52 | BUKOWSKA MAŁGORZATA | 879 | RUNNING BLONDES | TARNOBRZEG | POL | K50 | 5 | K 52 | 02:06:39.50 | 02:06:39.50 | 12:39 | 4.7 |
| 53 | FRANKOWSKA JOANNA | 940 | | CISNA | POL | K40 | 13 | K 53 | 02:06:46.55 | 02:06:46.55 | 12:40 | 4.7 |
| 54 | KĘSICKA KATARZYNA | 888 | | WARSZAWA | POL | K40 | 14 | K 54 | 02:08:47.35 | 02:08:47.35 | 12:52 | 4.7 |
| 55 | WŁODARCZYK AGNIESZKA | 876 | | CHEŁM | POL | K30 | 26 | K 55 | 02:12:38.10 | 02:12:38.10 | 13:15 | 4.5 |
| 56 | WYBRANIEC ROSSANA | 914 | | LUBLIN | POL | K20 | 11 | K 56 | 02:17:24.00 | 02:17:24.00 | 13:44 | 4.4 |
| 57 | MÜLLER DOROTA | 849 | | LUBLINIEC | POL | K50 | 6 | K 57 | 02:17:44.20 | 02:17:44.20 | 13:46 | 4.4 |
| 58 | KOSTULSKA OLGA | 923 | WKURW_TEAM | TORUŃ | POL | K30 | 27 | K 58 | 02:19:54.80 | 02:19:54.80 | 13:59 | 4.3 |
| 59 | D ANNA | 869 | | KRAKÓW | POL | K40 | 15 | K 59 | 02:21:18.15 | 02:21:18.15 | 14:07 | 4.2 |
| 60 | KUDZIA ROKSANA | 868 | | KRAKOW | POL | K40 | 16 | K 60 | 02:21:18.30 | 02:21:18.30 | 14:07 | 4.2 |
| 61 | KAWA MONIKA | 874 | TREKKING TEAM OSTROWIEC | OSTROWIEC SW. | POL | K40 | 17 | K 61 | 02:26:06.80 | 02:26:06.80 | 14:36 | 4.1 |
| 62 | WOJCIECHOWICZ-BRATKO ALDONA | 908 | | RACIECHOWICE | POL | K60 | 1 | K 62 | 02:26:58.50 | 02:26:58.50 | 14:41 | 4.1 |
| 63 | CHUCHAŁA IWONA | 862 | TREKKING TEAM OSTROWIEC ŚWIETOKRZYSKI | OSTROWIEC ŚWIĘTOKRZYSKI | POL | K40 | 18 | K 63 | 02:31:36.00 | 02:31:36.00 | 15:09 | 4 |
| 64 | LENAR NIKOLA | 864 | | RZESZÓW | POL | K20 | 12 | K 64 | 02:36:51.00 | 02:36:51.00 | 15:41 | 3.8 |
| 65 | WILK ANNA | 830 | ZABIEGANI MIELEC | MIELEC | POL | K40 | 19 | K 65 | 02:42:19.00 | 02:42:19.00 | 16:13 | 3.7 |

PRZEBIEGŁY LESZY | 10 KM, OPEN M

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | Brutto | min/km | km/h |
|------|-----------------|-----|----------------------------|------------------|------|------|--------|-----|-------------|-------------|--------|------|
| 1 | SOBAS JACEK | 941 | ON RUNNING | SZKLARSKA PORĘBA | POL | M30 | 1 | M 1 | 00:55:26.25 | 00:55:26.25 | 5:32 | 10.8 |
| 2 | JAKUBIK MARCIN | 833 | MKS HALICZ PSG KROŚCIENKO | USTRZYKI DOLNE | POL | M30 | 2 | M 2 | 00:57:15.30 | 00:57:15.30 | 5:43 | 10.5 |
| 3 | SZMIST JAROSŁAW | 856 | KB ATHLETIC ZRECIN | SWIERZOWA POLSKA | POL | M40 | 1 | M 3 | 00:57:24.90 | 00:57:24.90 | 5:44 | 10.5 |
| 4 | NIEMCZAK MICHAŁ | 857 | PRZEWORSKA GRUPA BIEGOWA | MARKOWA | POL | M20 | 1 | M 4 | 01:02:54.05 | 01:02:54.05 | 6:17 | 9.5 |
| 5 | SOCHA NORBERT | 934 | KALLIPSO RUNNERS TEAM | MAKÓW | POL | M40 | 2 | M 5 | 01:03:09.20 | 01:03:09.20 | 6:18 | 9.5 |
| 6 | SABAT SEBASTIAN | 947 | SEBA BIEGA | KOMAŃCZA | POL | M20 | 2 | M 6 | 01:04:23.90 | 01:04:23.90 | 6:26 | 9.3 |
| 7 | KOWALIK ANDRZEJ | 935 | BIEH OPOLSKI/ ADRUNALINE | OPOLE | POL | M40 | 3 | M 7 | 01:05:32.65 | 01:05:32.65 | 6:33 | 9.2 |
| 8 | CICHY KRZYSZTOF | 812 | GÓRAL Z MAZUR RUNNING TEAM | POZNAŃ | POL | M50 | 1 | M 8 | 01:06:14.50 | 01:06:14.50 | 6:37 | 9.1 |

PRZEBIEGŁY LESZY | 10 KM, OPEN M c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | Brutto | min/km | km/h |
|------|------------------------|-----|--|-------------------------|------|------|--------|------|-------------|-------------|--------|------|
| 9 | BANASIK KRZYSZTOF | 836 | KAŃCZUCKA GRUPA BIEGOWA | PRUCHNIK | POL | M40 | 4 | M 9 | 01:07:08.50 | 01:07:08.50 | 6:42 | 8.9 |
| 10 | RAFAŁEK CZESŁAW | 867 | FUNDACJA TERAZ WSCHÓD | SUWAŁKI | POL | M40 | 5 | M 10 | 01:08:14.90 | 01:08:14.90 | 6:49 | 8.8 |
| 11 | OSTASIUK ALEKSANDER | 852 | FRANCUSKI BAGNET | PIASECZNO | POL | M30 | 3 | M 11 | 01:08:52.50 | 01:08:52.50 | 6:53 | 8.7 |
| 12 | CEBO ARTUR | 894 | | KRAKÓW | POL | M30 | 4 | M 12 | 01:10:07.85 | 01:10:07.85 | 7:00 | 8.6 |
| 13 | BRODA SŁAWOMIR | 929 | | STARA BŁOTNICA | POL | M50 | 2 | M 13 | 01:10:50.95 | 01:10:50.95 | 7:05 | 8.5 |
| 14 | CHUCHRO WOJCIECH | 915 | | KRAKÓW | POL | M20 | 3 | M 14 | 01:11:19.30 | 01:11:19.30 | 7:07 | 8.4 |
| 15 | DOŁOSZYCKI GRZEGORZ | 927 | | SANOK | POL | M40 | 6 | M 15 | 01:12:10.40 | 01:12:10.40 | 7:13 | 8.3 |
| 16 | KOŁODZIEJCZYK MARCIN | 851 | | JAKUBOWICE KONIŃSKIE | POL | M40 | 7 | M 16 | 01:12:52.80 | 01:12:52.80 | 7:17 | 8.2 |
| 17 | BODZIOCH GRZEGORZ | 897 | GORLICKA GRUPA BIEGOWA | GORLICE | POL | M50 | 3 | M 17 | 01:13:35.50 | 01:13:35.50 | 7:21 | 8.2 |
| 18 | SKALSKI DANIEL | 921 | LKS BŁĘKITNI ŻEGLCE | ŻEGLCE | POL | M40 | 8 | M 18 | 01:14:47.50 | 01:14:47.50 | 7:28 | 8 |
| 19 | DELMACZYŃSKI SEBASTIAN | 826 | CHEŁM | CHEŁM | POL | M30 | 5 | M 19 | 01:15:42.90 | 01:15:42.90 | 7:34 | 7.9 |
| 20 | SZCZUKA LESZEK | 946 | CROSSELITE | BRANICE | POL | M50 | 4 | M 20 | 01:16:37.95 | 01:16:37.95 | 7:39 | 7.8 |
| 21 | WOŹNIAK JANUSZ | 822 | PORMAT JEDLICZE BIEGA | SKOŁYSZYN | POL | M60 | 1 | M 21 | 01:18:25.90 | 01:18:25.90 | 7:50 | 7.7 |
| 22 | KASPROWICZ PAWEŁ | 821 | | RZESZÓW | POL | M30 | 6 | M 22 | 01:19:16.80 | 01:19:16.80 | 7:55 | 7.6 |
| 23 | DRAŻEK SŁAWOMIR | 892 | | FAJSŁAWICE | POL | M50 | 5 | M 23 | 01:21:51.25 | 01:21:51.25 | 8:11 | 7.3 |
| 24 | DRYJA MATEUSZ | 806 | | TRZCINICA | AFG | M20 | 4 | M 24 | 01:22:17.25 | 01:22:17.25 | 8:13 | 7.3 |
| 25 | NIEMCZUK ROBERT | 933 | | CISNA | POL | M40 | 9 | M 25 | 01:22:24.90 | 01:22:24.90 | 8:14 | 7.3 |
| 26 | PUDŁO MARCIN | 925 | | WSPÓLNA 16 38-500 SANOK | POL | M40 | 10 | M 26 | 01:22:32.20 | 01:22:32.20 | 8:15 | 7.3 |
| 27 | LEJMAN ADAM | 907 | | WARSZAWA | POL | M50 | 6 | M 27 | 01:24:34.15 | 01:24:34.15 | 8:27 | 7.1 |
| 28 | ZABORNIAK TOMASZ | 804 | | LUBACZÓW | POL | M30 | 7 | M 28 | 01:25:20.40 | 01:25:20.40 | 8:32 | 7 |
| 29 | DRYJA ARTUR | 805 | | PRZYSIEKI | POL | M20 | 5 | M 29 | 01:25:20.80 | 01:25:20.80 | 8:32 | 7 |
| 30 | ŁAWROWSKI ADOLF | 932 | KS HARPAGAN | TARNOBRZEG | POL | M60 | 2 | M 30 | 01:25:23.10 | 01:25:23.10 | 8:32 | 7 |
| 31 | PASIOŃEK BARTŁOMIEJ | 886 | LESKO | LESKO | POL | M40 | 11 | M 31 | 01:26:12.60 | 01:26:12.60 | 8:37 | 7 |
| 32 | SEBASTIAN KRĘGIEL | 860 | | WARSZAWA | POL | M40 | 12 | M 32 | 01:27:22.70 | 01:27:22.70 | 8:44 | 6.9 |
| 33 | PODOLAK ZBIGNIEW | 819 | | PRZEMYSŁ | POL | M60 | 3 | M 33 | 01:27:35.85 | 01:27:35.85 | 8:45 | 6.9 |
| 34 | MOTYKA SZYMON | 841 | | DYNÓW | POL | M20 | 6 | M 34 | 01:28:01.50 | 01:28:01.50 | 8:48 | 6.8 |
| 35 | WRÓBEL BARTŁOMIEJ | 936 | CISNA GÓRA | CISNA | POL | M40 | 13 | M 35 | 01:28:19.30 | 01:28:19.30 | 8:49 | 6.8 |
| 36 | HOLIK MACIEJ | 906 | | BIECZ | POL | M40 | 14 | M 36 | 01:29:11.05 | 01:29:11.05 | 8:55 | 6.7 |
| 37 | TWARDOCHEB MARCIN | 900 | BIEGAMWRZ | RZESZÓW | POL | M40 | 15 | M 37 | 01:30:23.10 | 01:30:23.10 | 9:02 | 6.6 |
| 38 | SANKOWSKI SZYMON | 835 | | MIELEC | POL | M40 | 16 | M 38 | 01:31:00.50 | 01:31:00.50 | 9:06 | 6.6 |
| 39 | MUSIAŁ SZCZEPAN | 842 | KLUB KIBICA | RZESZÓW | POL | M30 | 8 | M 39 | 01:32:15.70 | 01:32:15.70 | 9:13 | 6.5 |
| 40 | KRZYŻEWSKI ROGER | 912 | | KRAKÓW | POL | M30 | 9 | M 40 | 01:32:18.40 | 01:32:18.40 | 9:13 | 6.5 |
| 41 | CIEŚLA SŁAWOMIR | 928 | | RZESZÓW | POL | M30 | 10 | M 41 | 01:32:25.70 | 01:32:25.70 | 9:14 | 6.5 |
| 42 | CZELNY TOMASZ | 872 | SMASHING PĄPKINS #OZD | GLIWICE | POL | M40 | 17 | M 42 | 01:33:39.65 | 01:33:39.65 | 9:21 | 6.4 |
| 43 | JAWORSKI JACEK | 887 | | LUBLIN | POL | M40 | 18 | M 43 | 01:33:43.85 | 01:33:43.85 | 9:22 | 6.4 |
| 44 | GAŁUSZKA MARIUSZ | 930 | EXPLORE BIESZCZADY SKITUROWE BIESZCZADY MARIUSZ GAŁUSZKA | CISNA | POL | M40 | 19 | M 44 | 01:34:54.20 | 01:34:54.20 | 9:29 | 6.3 |
| 45 | OWSIANIK DAWID | 818 | | BALIGRÓD | POL | M30 | 11 | M 45 | 01:34:58.50 | 01:34:58.50 | 9:29 | 6.3 |
| 46 | SKOLMOWSKI MARCIN | 850 | | CELESTYNÓW | AFG | M20 | 7 | M 46 | 01:35:05.80 | 01:35:05.80 | 9:30 | 6.3 |
| 47 | GAŁKA KRZYSZTOF | 837 | | TARNOGRÓD | POL | M30 | 12 | M 47 | 01:35:10.90 | 01:35:10.90 | 9:31 | 6.3 |
| 48 | BRZEZIŃSKI BARTŁOMIEJ | 931 | | LESKO | POL | M30 | 13 | M 48 | 01:35:11.95 | 01:35:11.95 | 9:31 | 6.3 |
| 49 | WOJTAŁ DARIUSZ | 899 | FOREST RUNNERS | TYCHY | POL | M40 | 20 | M 48 | 01:35:11.95 | 01:35:11.95 | 9:31 | 6.3 |
| 50 | ŚNIEGOSKI SEBASTIAN | 881 | KNEIPP TEAM | WARSZAWA | POL | M40 | 21 | M 50 | 01:35:12.85 | 01:35:12.85 | 9:31 | 6.3 |
| 51 | FIEDORCZUK ŁUKASZ | 918 | BIMBER RUNNERS | WARSZAWA | POL | M40 | 22 | M 51 | 01:35:20.20 | 01:35:20.20 | 9:32 | 6.3 |
| 52 | SIEKIERA PIOTR | 811 | | ŁÓDŹ | POL | M20 | 8 | M 52 | 01:35:50.80 | 01:35:50.80 | 9:35 | 6.3 |
| 53 | PISZCZ DARIUSZ | 926 | | RZESZÓW | POL | M40 | 23 | M 53 | 01:36:22.25 | 01:36:22.25 | 9:38 | 6.2 |
| 54 | KUCZ KAMIL | 847 | | NOWY TOMYŚL | POL | M20 | 9 | M 54 | 01:39:08.00 | 01:39:08.00 | 9:54 | 6.1 |
| 55 | KARGUL ZBIGNIEW | 866 | TREKKING TEAM OSTROWIEC ŚWIĘTOKRZYSKI | OSTROWIEC ŚWIĘTOKRZYSKI | POL | M50 | 7 | M 55 | 01:39:26.60 | 01:39:26.60 | 9:56 | 6 |
| 56 | JANKOWSKI MICHAŁ | 891 | | TRAWNIKI | POL | M50 | 8 | M 56 | 01:41:15.30 | 01:41:15.30 | 10:07 | 5.9 |
| 57 | ORŁOWSKI WOJCIECH | 844 | STAŁOWOWOLSKI KLUB BIEGACZA | STAŁOWA WOLA | POL | M50 | 9 | M 57 | 01:42:33.75 | 01:42:33.75 | 10:15 | 5.9 |
| 58 | JASIŃSKI IRENEUSZ | 920 | | MIELEC | POL | M40 | 24 | M 58 | 01:42:37.80 | 01:42:37.80 | 10:15 | 5.8 |
| 59 | KOLASA MARCIN | 939 | | MOTYCZ | POL | M40 | 25 | M 59 | 01:42:40.70 | 01:42:40.70 | 10:16 | 5.8 |
| 60 | MATWIEJCZUK MATEUSZ | 910 | | WARSZAWA | POL | M20 | 10 | M 60 | 01:49:50.80 | 01:49:50.80 | 10:59 | 5.5 |
| 61 | KWOLEK WOJCIECH | 815 | | UHERCE MINERALNE | POL | M30 | 14 | M 61 | 01:53:07.55 | 01:53:07.55 | 11:18 | 5.3 |
| 62 | BRATKO ZBIGNIEW | 810 | 67+ | RACIECHOWICE | POL | M60 | 4 | M 62 | 02:00:40.70 | 02:00:40.70 | 12:04 | 5 |
| 63 | ZIMNICKI DARIUSZ | 943 | TREKKING TEAM | OSTROWIEC ŚWIĘTOKRZYSKI | POL | M40 | 26 | M 63 | 02:05:49.10 | 02:05:49.10 | 12:34 | 4.8 |
| 64 | HAWROT JAKUB | 854 | PROMATBUD | ŁÓDŹ | POL | M40 | 27 | M 64 | 02:06:01.95 | 02:06:01.95 | 12:36 | 4.8 |

PRZEBIEGŁY LESZY | 10 KM, OPEN M c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | Brutto | min/km | km/h |
|------|------------------|-----|---------------------------------------|-------------------------|------|------|--------|------|-------------|-------------|--------|------|
| 65 | MÜLLER BERNARD | 848 | MAFIA TEAM LUBLINIEC | LUBLINIEC | POL | M30 | 15 | M 65 | 02:17:44.25 | 02:17:44.25 | 13:46 | 4.4 |
| 66 | PEŁSZYK SŁAWOMIR | 845 | | WARSZAWA | POL | M50 | 10 | M 66 | 02:20:56.10 | 02:20:56.10 | 14:05 | 4.3 |
| 67 | CHUCHAŁA ANDRZEJ | 861 | TREKKING TEAM OSTROWIEC ŚWIĘTOKRZYSKI | OSTROWIEC ŚWIĘTOKRZYSKI | POL | M40 | 28 | M 67 | 02:31:35.75 | 02:31:35.75 | 15:09 | 4 |
| 68 | SMEŁA DAMIAN | 904 | | RZESZÓW | POL | M20 | 11 | M 68 | 02:36:57.05 | 02:36:57.05 | 15:41 | 3.8 |

PRZEBIEGŁY LESZY | 10 KM, K20

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | Brutto | min/km | km/h |
|------|------------------------|-----|-----------------|------------------|------|------|--------|------|-------------|-------------|--------|------|
| 1 | OCHYRA KAROLINA | 902 | | LESKO | POL | K20 | 1 | K 8 | 01:19:51.35 | 01:19:51.35 | 7:59 | 7.5 |
| 2 | KOWALCZEWSKA MAGDALENA | 890 | | BYDGOSZCZ | POL | K20 | 2 | K 12 | 01:25:54.00 | 01:25:54.00 | 8:35 | 7 |
| 3 | KAMIŃSKA ANETA | 840 | | DYNÓW | POL | K20 | 3 | K 15 | 01:28:01.65 | 01:28:01.65 | 8:48 | 6.8 |
| 4 | PILAWSKA SANDRA | 913 | | KRAKÓW | POL | K20 | 4 | K 21 | 01:32:17.10 | 01:32:17.10 | 9:13 | 6.5 |
| 5 | OBARA MARIA | 824 | | MAJDAN KRÓLEWSKI | POL | K20 | 5 | K 23 | 01:34:06.20 | 01:34:06.20 | 9:24 | 6.4 |
| 6 | SKOLMOWSKA MARTYNA | 825 | | CELESTYNÓW | POL | K20 | 6 | K 26 | 01:35:36.60 | 01:35:36.60 | 9:33 | 6.3 |
| 7 | PALUS NATALIA | 820 | | WARSZAWA | POL | K20 | 7 | K 27 | 01:35:36.75 | 01:35:36.75 | 9:33 | 6.3 |
| 8 | PUDŁO RITA | 924 | | SANOK | POL | K20 | 8 | K 31 | 01:40:15.60 | 01:40:15.60 | 10:01 | 6 |
| 9 | GODLEWSKA IZABELLA | 808 | GANG ŚWIETLIKÓW | ŁOMIANKI | POL | K20 | 9 | K 47 | 01:53:04.10 | 01:53:04.10 | 11:18 | 5.3 |
| 10 | LENAR KAMILA | 863 | | KROSNO | POL | K20 | 10 | K 49 | 02:04:58.90 | 02:04:58.90 | 12:29 | 4.8 |
| 11 | WYBRANIEC ROSSANA | 914 | | LUBLIN | POL | K20 | 11 | K 56 | 02:17:24.00 | 02:17:24.00 | 13:44 | 4.4 |
| 12 | LENAR NIKOLA | 864 | | RZESZÓW | POL | K20 | 12 | K 64 | 02:36:51.00 | 02:36:51.00 | 15:41 | 3.8 |

PRZEBIEGŁY LESZY | 10 KM, M20

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | Brutto | min/km | km/h |
|------|---------------------|-----|--------------------------|-------------|------|------|--------|------|-------------|-------------|--------|------|
| 1 | NIEMCZAK MICHAŁ | 857 | PRZEWORSKA GRUPA BIEGOWA | MARKOWA | POL | M20 | 1 | M 4 | 01:02:54.05 | 01:02:54.05 | 6:17 | 9.5 |
| 2 | SABAT SEBASTIAN | 947 | SEBA BIEGA | KOMANČZA | POL | M20 | 2 | M 6 | 01:04:23.90 | 01:04:23.90 | 6:26 | 9.3 |
| 3 | CHUCHRO WOJCIECH | 915 | | KRAKÓW | POL | M20 | 3 | M 14 | 01:11:19.30 | 01:11:19.30 | 7:07 | 8.4 |
| 4 | DRYJA MATEUSZ | 806 | | TRZCINICA | AFG | M20 | 4 | M 24 | 01:22:17.25 | 01:22:17.25 | 8:13 | 7.3 |
| 5 | DRYJA ARTUR | 805 | | PRZYSIEKI | POL | M20 | 5 | M 29 | 01:25:20.80 | 01:25:20.80 | 8:32 | 7 |
| 6 | MOTYKA SZYMON | 841 | | DYNÓW | POL | M20 | 6 | M 34 | 01:28:01.50 | 01:28:01.50 | 8:48 | 6.8 |
| 7 | SKOLMOWSKI MARCIN | 850 | | CELESTYNÓW | AFG | M20 | 7 | M 46 | 01:35:05.80 | 01:35:05.80 | 9:30 | 6.3 |
| 8 | SIEKIERA PIOTR | 811 | | ŁÓDŹ | POL | M20 | 8 | M 52 | 01:35:50.80 | 01:35:50.80 | 9:35 | 6.3 |
| 9 | KUCZ KAMIL | 847 | | NOWY TOMYŚL | POL | M20 | 9 | M 54 | 01:39:08.00 | 01:39:08.00 | 9:54 | 6.1 |
| 10 | MATWIEJCZUK MATEUSZ | 910 | | WARSZAWA | POL | M20 | 10 | M 60 | 01:49:50.80 | 01:49:50.80 | 10:59 | 5.5 |
| 11 | SMEŁA DAMIAN | 904 | | RZESZÓW | POL | M20 | 11 | M 68 | 02:36:57.05 | 02:36:57.05 | 15:41 | 3.8 |

PRZEBIEGŁY LESZY | 10 KM, K30

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | Brutto | min/km | km/h |
|------|----------------------|-----|-------------------------|--------------|------|------|--------|------|-------------|-------------|--------|------|
| 1 | MAZAN BEATA | 889 | FINISZ RYMANÓW/#R | KROSNO | POL | K30 | 1 | K 1 | 00:59:37.10 | 00:59:37.10 | 5:57 | 10.1 |
| 2 | HOŁOWATY RENATA | 871 | SANOK BIEGA | WYSOCZANY | POL | K30 | 2 | K 2 | 01:05:33.60 | 01:05:33.60 | 6:33 | 9.2 |
| 3 | STAŃKOWSKA EMILIA | 828 | KB MCKIS JAWORZNO | JAWORZNO | POL | K30 | 3 | K 4 | 01:11:36.35 | 01:11:36.35 | 7:09 | 8.4 |
| 4 | PERZ EMILIA | 846 | | NOWY TOMYŚL | POL | K30 | 4 | K 5 | 01:12:36.90 | 01:12:36.90 | 7:15 | 8.3 |
| 5 | BANASIK MONIKA | 807 | KAŃCZUCKA GRUPA BIEGOWA | PRUCHNIK | POL | K30 | 5 | K 6 | 01:15:56.85 | 01:15:56.85 | 7:35 | 7.9 |
| 6 | WIKTOROWICZ JOANNA | 859 | ALIOR RUNNING TEAM | KRAKÓW | POL | K30 | 6 | K 7 | 01:16:28.00 | 01:16:28.00 | 7:38 | 7.8 |
| 7 | MARSZAŁEK ANNA | 853 | BIEGAJ Z DYMKIEM | PŁOCK | POL | K30 | 7 | K 9 | 01:20:18.70 | 01:20:18.70 | 8:01 | 7.5 |
| 8 | PTAK SYLWIA | 883 | TRAIL IS OUR WAY | NOWY ŻMIGRÓD | POL | K30 | 8 | K 11 | 01:25:33.80 | 01:25:33.80 | 8:33 | 7 |
| 9 | STEFANIAK ALEKSANDRA | 829 | | KRAKÓW | POL | K30 | 9 | K 13 | 01:27:20.30 | 01:27:20.30 | 8:44 | 6.9 |
| 10 | LORENC MONIKA | 843 | | SANOK | POL | K30 | 10 | K 14 | 01:27:49.10 | 01:27:49.10 | 8:46 | 6.8 |
| 11 | ŚNIEGOSKA SANDRA | 882 | KNEIPP TEAM | WARSZAWA | POL | K30 | 11 | K 16 | 01:28:26.20 | 01:28:26.20 | 8:50 | 6.8 |
| 12 | GANCARZ BARBARA | 834 | | PSTRAGOWA | POL | K30 | 12 | K 18 | 01:29:27.35 | 01:29:27.35 | 8:56 | 6.7 |
| 13 | KABAŁA JOANNA | 875 | POWER TRAINING | WARSZAWA | POL | K30 | 13 | K 22 | 01:33:01.25 | 01:33:01.25 | 9:18 | 6.5 |

PRZEBIEGŁY LESZY | 10 KM, K30 c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | Brutto | min/km | km/h |
|------|-----------------------|-----|---------------------------------------|-------------------------|------|------|--------|------|-------------|-------------|--------|------|
| 14 | KARABANOWSKA PATRYCJA | 803 | | RZESZÓW | POL | K30 | 14 | K 24 | 01:34:06.70 | 01:34:06.70 | 9:24 | 6.4 |
| 15 | CEBO KATARZYNA | 893 | RUNPROGRESS.PL TEAM | KRAKÓW | POL | K30 | 15 | K 25 | 01:35:32.10 | 01:35:32.10 | 9:33 | 6.3 |
| 16 | PIETRUSZKA ANNA | 855 | | KRAKÓW | POL | K30 | 16 | K 29 | 01:35:55.65 | 01:35:55.65 | 9:35 | 6.3 |
| 17 | MAZEK EMILIA | 917 | STOPKA PILAWA | PILAWA | POL | K30 | 17 | K 30 | 01:36:15.65 | 01:36:15.65 | 9:37 | 6.2 |
| 18 | ŁANNIK MAGDALENA | 905 | | RZESZÓW | POL | K30 | 18 | K 33 | 01:41:18.20 | 01:41:18.20 | 10:07 | 5.9 |
| 19 | KOWSKA MONIKA | 880 | AKADEMIA SPORTU MONIKA KOWSKA | TARNOBRZEG | POL | K30 | 19 | K 35 | 01:47:46.80 | 01:47:46.80 | 10:46 | 5.6 |
| 20 | RUSEK JOLA | 873 | BIEG LOVELAS | MIELEC | POL | K30 | 20 | K 38 | 01:48:15.35 | 01:48:15.35 | 10:49 | 5.5 |
| 21 | MOCZYŃSKA JOANNA | 865 | | CHMIELÓW | POL | K30 | 21 | K 39 | 01:48:29.60 | 01:48:29.60 | 10:50 | 5.5 |
| 22 | DRAGAN IZABELA | 802 | | KROSNO | POL | K30 | 22 | K 40 | 01:48:43.35 | 01:48:43.35 | 10:52 | 5.5 |
| 23 | PIETRZAK LAURA | 919 | | PILAWA | POL | K30 | 23 | K 43 | 01:51:14.25 | 01:51:14.25 | 11:07 | 5.4 |
| 24 | DĄBROWSKA AGNIESZKA | 858 | TREKKING TEAM OSTROWIEC ŚWIĘTOKRZYSKI | OSTROWIEC ŚWIĘTOKRZYSKI | POL | K30 | 24 | K 46 | 01:53:02.70 | 01:53:02.70 | 11:18 | 5.3 |
| 25 | KUBALAK-KARKUT MARTA | 801 | | WARSZAWA | POL | K30 | 25 | K 48 | 01:54:21.20 | 01:54:21.20 | 11:26 | 5.2 |
| 26 | WŁODARCZYK AGNIESZKA | 876 | | CHEŁM | POL | K30 | 26 | K 55 | 02:12:38.10 | 02:12:38.10 | 13:15 | 4.5 |
| 27 | KOSTULSKA OLGA | 923 | WKURW_TEAM | TORUŃ | POL | K30 | 27 | K 58 | 02:19:54.80 | 02:19:54.80 | 13:59 | 4.3 |

PRZEBIEGŁY LESZY | 10 KM, M30

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | Brutto | min/km | km/h |
|------|------------------------|-----|---------------------------|------------------|------|------|--------|------|-------------|-------------|--------|------|
| 1 | SOBAS JACEK | 941 | ON RUNNING | SZKLARSKA PORĘBA | POL | M30 | 1 | M 1 | 00:55:26.25 | 00:55:26.25 | 5:32 | 10.8 |
| 2 | JAKUBIK MARCIN | 833 | MKS HALICZ PSG KROŚCIENKO | USTRZYKI DOLNE | POL | M30 | 2 | M 2 | 00:57:15.30 | 00:57:15.30 | 5:43 | 10.5 |
| 3 | OSTASIUK ALEKSANDER | 852 | FRANCUSKI BAGNET | PIASECZNO | POL | M30 | 3 | M 11 | 01:08:52.50 | 01:08:52.50 | 6:53 | 8.7 |
| 4 | CEBO ARTUR | 894 | | KRAKÓW | POL | M30 | 4 | M 12 | 01:10:07.85 | 01:10:07.85 | 7:00 | 8.6 |
| 5 | DELMACZYŃSKI SEBASTIAN | 826 | CHEŁM | CHEŁM | POL | M30 | 5 | M 19 | 01:15:42.90 | 01:15:42.90 | 7:34 | 7.9 |
| 6 | KASPROWICZ PAWEŁ | 821 | | RZESZÓW | POL | M30 | 6 | M 22 | 01:19:16.80 | 01:19:16.80 | 7:55 | 7.6 |
| 7 | ZABORNIAK TOMASZ | 804 | | LUBACZÓW | POL | M30 | 7 | M 28 | 01:25:20.40 | 01:25:20.40 | 8:32 | 7 |
| 8 | MUSIAŁ SZCZEPAN | 842 | KLUB KIBICA | RZESZÓW | POL | M30 | 8 | M 39 | 01:32:15.70 | 01:32:15.70 | 9:13 | 6.5 |
| 9 | KRZYŻEWSKI ROGER | 912 | | KRAKÓW | POL | M30 | 9 | M 40 | 01:32:18.40 | 01:32:18.40 | 9:13 | 6.5 |
| 10 | CIEŚLA SŁAWOMIR | 928 | | RZESZÓW | POL | M30 | 10 | M 41 | 01:32:25.70 | 01:32:25.70 | 9:14 | 6.5 |
| 11 | OWSIANIK DAWID | 818 | | BALIGRÓD | POL | M30 | 11 | M 45 | 01:34:58.50 | 01:34:58.50 | 9:29 | 6.3 |
| 12 | GAŁKA KRZYSZTOF | 837 | | TARNOGRÓD | POL | M30 | 12 | M 47 | 01:35:10.90 | 01:35:10.90 | 9:31 | 6.3 |
| 13 | BRZEZIŃSKI BARTŁOMIEJ | 931 | | LESKO | POL | M30 | 13 | M 48 | 01:35:11.95 | 01:35:11.95 | 9:31 | 6.3 |
| 14 | KWOLEK WOJCIECH | 815 | | UHERCE MINERALNE | POL | M30 | 14 | M 61 | 01:53:07.55 | 01:53:07.55 | 11:18 | 5.3 |
| 15 | MÜLLER BERNARD | 848 | MAFIA TEAM LUBLINIEC | LUBLINIEC | POL | M30 | 15 | M 65 | 02:17:44.25 | 02:17:44.25 | 13:46 | 4.4 |

PRZEBIEGŁY LESZY | 10 KM, K40

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | Brutto | min/km | km/h |
|------|-------------------------|-----|---------------------------------|-------------------------|------|------|--------|------|-------------|-------------|--------|------|
| 1 | LIS-PASIONEK MAŁGORZATA | 885 | LESKO | LESKO | POL | K40 | 1 | K 3 | 01:08:26.70 | 01:08:26.70 | 6:50 | 8.8 |
| 2 | FILUS RENATA | 938 | AKADEMIA BIEGACZA MATYLDY KOWAL | RZESZÓW | POL | K40 | 2 | K 10 | 01:23:16.60 | 01:23:16.60 | 8:19 | 7.2 |
| 3 | HOLIK IWONA | 896 | GORLICKA GRUPA BIEGOWA | BIECZ | POL | K40 | 3 | K 17 | 01:29:10.70 | 01:29:10.70 | 8:55 | 6.7 |
| 4 | TWARDOCHEB AGNIESZKA | 901 | BIEGAMWRZ | RZESZÓW | POL | K40 | 4 | K 19 | 01:30:22.70 | 01:30:22.70 | 9:02 | 6.6 |
| 5 | CHODZIŃSKA MARIOLA | 911 | | RZESZÓW | POL | K40 | 5 | K 28 | 01:35:46.80 | 01:35:46.80 | 9:34 | 6.3 |
| 6 | CIUPIŃSKA MAGDA | 809 | | GAĆ | POL | K40 | 6 | K 32 | 01:41:06.95 | 01:41:06.95 | 10:06 | 5.9 |
| 7 | GERULA KRYSZYNA | 838 | AKTYWNY DYNÓW | DYNÓW | POL | K40 | 7 | K 36 | 01:47:58.10 | 01:47:58.10 | 10:47 | 5.6 |
| 8 | JANDZIŚ EWA | 831 | AKTYWNY DYNÓW | DYNÓW | POL | K40 | 7 | K 36 | 01:47:58.10 | 01:47:58.10 | 10:47 | 5.6 |
| 9 | KALISZ RENATA | 898 | | KOBYLANKA | POL | K40 | 9 | K 41 | 01:50:37.95 | 01:50:37.95 | 11:03 | 5.4 |
| 10 | DEREŃ ANETA | 884 | | OSTROWIEC ŚWIĘTOKRZYSKI | POL | K40 | 10 | K 42 | 01:50:51.85 | 01:50:51.85 | 11:05 | 5.4 |
| 11 | SZYBA ANNA | 870 | EKSTREMALNA GRUPA BIEGOWA | LUBLIN | POL | K40 | 11 | K 45 | 01:52:59.20 | 01:52:59.20 | 11:17 | 5.3 |
| 12 | ZIMNICKA AGNIESZKA | 942 | TREKKING TEAM | OSTROWIEC ŚWIĘTOKRZYSKI | POL | K40 | 12 | K 50 | 02:05:49.35 | 02:05:49.35 | 12:34 | 4.8 |
| 13 | FRANKOWSKA JOANNA | 940 | | CISNA | POL | K40 | 13 | K 53 | 02:06:46.55 | 02:06:46.55 | 12:40 | 4.7 |
| 14 | KĘSICKA KATARZYNA | 888 | | WARSZAWA | POL | K40 | 14 | K 54 | 02:08:47.35 | 02:08:47.35 | 12:52 | 4.7 |
| 15 | D ANNA | 869 | | KRAKÓW | POL | K40 | 15 | K 59 | 02:21:18.15 | 02:21:18.15 | 14:07 | 4.2 |
| 16 | KUDZIA ROKSANA | 868 | | KRAKÓW | POL | K40 | 16 | K 60 | 02:21:18.30 | 02:21:18.30 | 14:07 | 4.2 |
| 17 | KAWA MONIKA | 874 | TREKKING TEAM OSTROWIEC | OSTROWIEC SW. | POL | K40 | 17 | K 61 | 02:26:06.80 | 02:26:06.80 | 14:36 | 4.1 |

PRZEBIEGŁY LESZY | 10 KM, K40 c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | Brutto | min/km | km/h |
|------|-----------------|-----|---------------------------------------|-------------------------|------|------|--------|------|-------------|-------------|--------|------|
| 18 | CHUCHAŁA IWONA | 862 | TREKKING TEAM OSTROWIEC ŚWIĘTOKRZYSKI | OSTROWIEC ŚWIĘTOKRZYSKI | POL | K40 | 18 | K 63 | 02:31:36.00 | 02:31:36.00 | 15:09 | 4 |
| 19 | WILK ANNA | 830 | ZABIEGANI MIELEC | MIELEC | POL | K40 | 19 | K 65 | 02:42:19.00 | 02:42:19.00 | 16:13 | 3.7 |

PRZEBIEGŁY LESZY | 10 KM, M40

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | Brutto | min/km | km/h |
|------|----------------------|-----|--|-------------------------|------|------|--------|------|-------------|-------------|--------|------|
| 1 | SZMIST JAROSŁAW | 856 | KB ATHLETIC ZRECIN | SWIERZOWA POLSKA | POL | M40 | 1 | M 3 | 00:57:24.90 | 00:57:24.90 | 5:44 | 10.5 |
| 2 | SOCHA NORBERT | 934 | KALLIPSO RUNNERS TEAM | MAKÓW | POL | M40 | 2 | M 5 | 01:03:09.20 | 01:03:09.20 | 6:18 | 9.5 |
| 3 | KOWALIK ANDRZEJ | 935 | BIEH OPOLSKI/ ADRUNALINE | OPOLE | POL | M40 | 3 | M 7 | 01:05:32.65 | 01:05:32.65 | 6:33 | 9.2 |
| 4 | BANAŚIK KRZYSZTOF | 836 | KAŃCZUCKA GRUPA BIEGOWA | PRUCHNIK | POL | M40 | 4 | M 9 | 01:07:08.50 | 01:07:08.50 | 6:42 | 8.9 |
| 5 | RAFAŁEK CZESŁAW | 867 | FUNDACJA TERAZ WSCHÓD | SUWAŁKI | POL | M40 | 5 | M 10 | 01:08:14.90 | 01:08:14.90 | 6:49 | 8.8 |
| 6 | DŁOŚCZYCKI GRZEGORZ | 927 | | SANOK | POL | M40 | 6 | M 15 | 01:12:10.40 | 01:12:10.40 | 7:13 | 8.3 |
| 7 | KOŁODZIEJCZYK MARCIN | 851 | | JAKUBOWICE KONIŃSKIE | POL | M40 | 7 | M 16 | 01:12:52.80 | 01:12:52.80 | 7:17 | 8.2 |
| 8 | SKALSKI DANIEL | 921 | LKS BŁĘKITNI ŻEGLCE | ŻEGLCE | POL | M40 | 8 | M 18 | 01:14:47.50 | 01:14:47.50 | 7:28 | 8 |
| 9 | NIEMCZUK ROBERT | 933 | | CISNA | POL | M40 | 9 | M 25 | 01:22:24.90 | 01:22:24.90 | 8:14 | 7.3 |
| 10 | PUDŁO MARCIN | 925 | | WSPÓLNA 16 38-500 SANOK | POL | M40 | 10 | M 26 | 01:22:32.20 | 01:22:32.20 | 8:15 | 7.3 |
| 11 | PASIOŃEK BARTŁOMIEJ | 886 | LESKO | LESKO | POL | M40 | 11 | M 31 | 01:26:12.60 | 01:26:12.60 | 8:37 | 7 |
| 12 | SEBASTIAN KRĘGIEL | 860 | | WARSZAWA | POL | M40 | 12 | M 32 | 01:27:22.70 | 01:27:22.70 | 8:44 | 6.9 |
| 13 | WRÓBEL BARTŁOMIEJ | 936 | CISNA GÓRĄ | CISNA | POL | M40 | 13 | M 35 | 01:28:19.30 | 01:28:19.30 | 8:49 | 6.8 |
| 14 | HOLIK MACIEJ | 906 | | BIECZ | POL | M40 | 14 | M 36 | 01:29:11.05 | 01:29:11.05 | 8:55 | 6.7 |
| 15 | TWARDOCHEB MARCIN | 900 | BIEGAMWRZ | RZESZOW | POL | M40 | 15 | M 37 | 01:30:23.10 | 01:30:23.10 | 9:02 | 6.6 |
| 16 | SANKOWSKI SZYMON | 835 | | MIELEC | POL | M40 | 16 | M 38 | 01:31:00.50 | 01:31:00.50 | 9:06 | 6.6 |
| 17 | CZELNY TOMASZ | 872 | SMASHING PĄPKINS #OZD | GLIWICE | POL | M40 | 17 | M 42 | 01:33:39.65 | 01:33:39.65 | 9:21 | 6.4 |
| 18 | JAWORSKI JACEK | 887 | | LUBLIN | POL | M40 | 18 | M 43 | 01:33:43.85 | 01:33:43.85 | 9:22 | 6.4 |
| 19 | GAŁUSZKA MARIUSZ | 930 | EXPLORE BIESZCZADY SKITUROWE BIESZCZADY MARIUSZ GAŁUSZKA | CISNA | POL | M40 | 19 | M 44 | 01:34:54.20 | 01:34:54.20 | 9:29 | 6.3 |
| 20 | WOJTAL DARIUSZ | 899 | FOREST RUNNERS | TYCHY | POL | M40 | 20 | M 48 | 01:35:11.95 | 01:35:11.95 | 9:31 | 6.3 |
| 21 | ŚNIEGOSKI SEBASTIAN | 881 | KNEIPP TEAM | WARSZAWA | POL | M40 | 21 | M 50 | 01:35:12.85 | 01:35:12.85 | 9:31 | 6.3 |
| 22 | FIEDORCZUK ŁUKASZ | 918 | BIMBER RUNNERS | WARSZAWA | POL | M40 | 22 | M 51 | 01:35:20.20 | 01:35:20.20 | 9:32 | 6.3 |
| 23 | PISZCZ DARIUSZ | 926 | | RZESZÓW | POL | M40 | 23 | M 53 | 01:36:22.25 | 01:36:22.25 | 9:38 | 6.2 |
| 24 | JASIŃSKI IRENEUSZ | 920 | | MIELEC | POL | M40 | 24 | M 58 | 01:42:37.80 | 01:42:37.80 | 10:15 | 5.8 |
| 25 | KOLAŚA MARCIN | 939 | | MOTYCZ | POL | M40 | 25 | M 59 | 01:42:40.70 | 01:42:40.70 | 10:16 | 5.8 |
| 26 | ZIMNICKI DARIUSZ | 943 | TREKKING TEAM | OSTROWIEC ŚWIĘTOKRZYSKI | POL | M40 | 26 | M 63 | 02:05:49.10 | 02:05:49.10 | 12:34 | 4.8 |
| 27 | HAWROT JAKUB | 854 | PROMATBUD | ŁÓDŹ | POL | M40 | 27 | M 64 | 02:06:01.95 | 02:06:01.95 | 12:36 | 4.8 |
| 28 | CHUCHAŁA ANDRZEJ | 861 | TREKKING TEAM OSTROWIEC ŚWIĘTOKRZYSKI | OSTROWIEC ŚWIĘTOKRZYSKI | POL | M40 | 28 | M 67 | 02:31:35.75 | 02:31:35.75 | 15:09 | 4 |

PRZEBIEGŁY LESZY | 10 KM, K50

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | Brutto | min/km | km/h |
|------|---------------------|-----|-------------------------------|------------|------|------|--------|------|-------------|-------------|--------|------|
| 1 | KUŹNIAK MARTYNA | 878 | | WARSZAWA | POL | K50 | 1 | K 20 | 01:31:32.25 | 01:31:32.25 | 9:09 | 6.6 |
| 2 | LEŃCZUK GRAŻYNA | 877 | BESKIDZKIE RYSIE RUNNING TEAM | JASŁO | POL | K50 | 2 | K 34 | 01:44:19.00 | 01:44:19.00 | 10:25 | 5.8 |
| 3 | WOŹNIAK LIDIA | 823 | PORMAT JEDLICZE BIEGA | SKOŁYSZYN | POL | K50 | 3 | K 44 | 01:52:27.90 | 01:52:27.90 | 11:14 | 5.3 |
| 4 | KLUSEK BARBARA | 895 | RUNNING BLONDES | TARNOBRZEG | POL | K50 | 4 | K 51 | 02:06:16.25 | 02:06:16.25 | 12:37 | 4.8 |
| 5 | BUKOWSKA MAŁGORZATA | 879 | RUNNING BLONDES | TARNOBRZEG | POL | K50 | 5 | K 52 | 02:06:39.50 | 02:06:39.50 | 12:39 | 4.7 |
| 6 | MÜLLER DOROTA | 849 | | LUBLINIEC | POL | K50 | 6 | K 57 | 02:17:44.20 | 02:17:44.20 | 13:46 | 4.4 |

PRZEBIEGŁY LESZY | 10 KM, M50

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | Brutto | min/km | km/h |
|------|-------------------|-----|----------------------------|----------------|------|------|--------|------|-------------|-------------|--------|------|
| 1 | CICHY KRZYSZTOF | 812 | GÓRAL Z MAZUR RUNNING TEAM | POZNAŃ | POL | M50 | 1 | M 8 | 01:06:14.50 | 01:06:14.50 | 6:37 | 9.1 |
| 2 | BRÓDA SŁAWOMIR | 929 | | STARA BŁOTNICA | POL | M50 | 2 | M 13 | 01:10:50.95 | 01:10:50.95 | 7:05 | 8.5 |
| 3 | BODZIOCH GRZEGORZ | 897 | GORLICKA GRUPA BIEGOWA | GORLICE | POL | M50 | 3 | M 17 | 01:13:35.50 | 01:13:35.50 | 7:21 | 8.2 |

PRZEBIEGŁY LESZY | 10 KM, M50 c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | Brutto | min/km | km/h |
|------|-------------------|-----|---------------------------------------|-------------------------|------|------|--------|------|-------------|-------------|--------|------|
| 4 | SZCZUKA LESZEK | 946 | CROSSELITE | BRANICE | POL | M50 | 4 | M 20 | 01:16:37.95 | 01:16:37.95 | 7:39 | 7.8 |
| 5 | DRAŻEK SŁAWOMIR | 892 | | FAJSŁAWICE | POL | M50 | 5 | M 23 | 01:21:51.25 | 01:21:51.25 | 8:11 | 7.3 |
| 6 | LEJMAN ADAM | 907 | | WARSZAWA | POL | M50 | 6 | M 27 | 01:24:34.15 | 01:24:34.15 | 8:27 | 7.1 |
| 7 | KARGUL ZBIGNIEW | 866 | TREKKING TEAM OSTROWIEC ŚWIĘTOKRZYSKI | OSTROWIEC ŚWIĘTOKRZYSKI | POL | M50 | 7 | M 55 | 01:39:26.60 | 01:39:26.60 | 9:56 | 6 |
| 8 | JANKOWSKI MICHAŁ | 891 | | TRAWNIKI | POL | M50 | 8 | M 56 | 01:41:15.30 | 01:41:15.30 | 10:07 | 5.9 |
| 9 | ORŁOWSKI WOJCIECH | 844 | STALOWOWOLSKI KLUB BIEGACZA | STALOWA WOLA | POL | M50 | 9 | M 57 | 01:42:33.75 | 01:42:33.75 | 10:15 | 5.9 |
| 10 | PEŁSZYK SŁAWOMIR | 845 | | WARSZAWA | POL | M50 | 10 | M 66 | 02:20:56.10 | 02:20:56.10 | 14:05 | 4.3 |

PRZEBIEGŁY LESZY | 10 KM, K60

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | Brutto | min/km | km/h |
|------|-----------------------------|-----|------|--------------|------|------|--------|------|-------------|-------------|--------|------|
| 1 | WOJCIECHOWICZ-BRATKO ALDONA | 908 | | RACIECHOWICE | POL | K60 | 1 | K 62 | 02:26:58.50 | 02:26:58.50 | 14:41 | 4.1 |

PRZEBIEGŁY LESZY | 10 KM, M60

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | Brutto | min/km | km/h |
|------|------------------|-----|-----------------------|--------------|------|------|--------|------|-------------|-------------|--------|------|
| 1 | WOŹNIAK JANUSZ | 822 | PORMAT JEDLICZE BIEGA | SKOŁYSZYN | POL | M60 | 1 | M 21 | 01:18:25.90 | 01:18:25.90 | 7:50 | 7.7 |
| 2 | ŁAWROWSKI ADOLF | 932 | KS HARPAGAN | TARNOBRZEG | POL | M60 | 2 | M 30 | 01:25:23.10 | 01:25:23.10 | 8:32 | 7 |
| 3 | PODOLAK ZBIGNIEW | 819 | | PRZEMYŚL | POL | M60 | 3 | M 33 | 01:27:35.85 | 01:27:35.85 | 8:45 | 6.9 |
| 4 | BRATKO ZBIGNIEW | 810 | 67+ | RACIECHOWICE | POL | M60 | 4 | M 62 | 02:00:40.70 | 02:00:40.70 | 12:04 | 5 |