

ŁEMKO TRAIL 10

Organizator: Fundacja Ultra
Data: 2023-10-21
Miejsce: Komańcza
Dystans: 10 km
Klasyfikacja wg czasów brutto.

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE



PODKARPACKIE
przez teren owarła

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

ŁEMKO TRAIL 10, OPEN

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | Brutto | min/km | km/h |
|------|------------------------|------|---|--------------------|------|--------|--------|------|-------------|-------------|--------|------|
| 1 | KULIGA SŁAWOMIR | 4026 | POSMAKUJ RUN TEAM | KROSNO | POL | OPEN M | 1 | M 1 | 00:49:32.80 | 00:49:32.80 | 1:42 | 35.1 |
| 2 | PEŁDIAK MATEUSZ | 4078 | | | POL | OPEN M | 2 | M 2 | 00:49:37.20 | 00:49:37.20 | 1:42 | 35.1 |
| 3 | JACHIMOWSKI JAROSŁAW | 4081 | SANOK BIEGA | | | OPEN M | 3 | M 3 | 00:50:17.25 | 00:50:17.25 | 1:44 | 34.6 |
| 4 | RYBA PIOTR | 4080 | | | | OPEN M | 4 | M 4 | 00:51:46.35 | 00:51:46.35 | 1:47 | 33.6 |
| 5 | ZAJDEL FILIP | 4063 | | KROSNO | POL | OPEN M | 5 | M 5 | 00:52:01.00 | 00:52:01.00 | 1:47 | 33.5 |
| 6 | PODOLAK PAWEŁ | 4084 | | | POL | OPEN M | 6 | M 6 | 00:52:18.55 | 00:52:18.55 | 1:48 | 33.3 |
| 7 | KŁODA DOMINIKA | 4018 | ASICS FRONTRUNNER POLAND | POZNAŃ | POL | OPEN K | 1 | K 1 | 00:53:13.45 | 00:53:13.45 | 1:50 | 32.7 |
| 8 | HOŁOWATY RENATA | 4085 | SANOK BIEGA | | POL | OPEN K | 2 | K 2 | 00:54:15.25 | 00:54:15.25 | 1:52 | 32.1 |
| 9 | SYGUŁA MATEUSZ | 4052 | | WARSZAWA | POL | OPEN M | 7 | M 7 | 00:54:50.70 | 00:54:50.70 | 1:53 | 31.7 |
| 10 | ZABEL ROBERT | 4067 | WAWEL KRAKÓW | | | OPEN M | 8 | M 8 | 00:55:31.70 | 00:55:31.70 | 1:54 | 31.3 |
| 11 | ZAJDEL ALEKSANDRA | 4062 | | CZERSK | POL | OPEN K | 3 | K 3 | 00:56:25.90 | 00:56:25.90 | 1:56 | 30.8 |
| 12 | TROJANOWSKI BARTOSZ | 4054 | TRAIL IS OUR WAY | ŁÓDŹ | POL | OPEN M | 9 | M 9 | 00:56:54.05 | 00:56:54.05 | 1:57 | 30.6 |
| 13 | ANDRZEJEWSKI LUKASZ | 4001 | FTI | POZNAŃ | POL | OPEN M | 10 | M 10 | 00:57:13.00 | 00:57:13.00 | 1:58 | 30.4 |
| 14 | ŚWIĘCH ANNA | 4079 | PODIUM | | | OPEN K | 4 | K 4 | 00:57:45.35 | 00:57:45.35 | 1:59 | 30.1 |
| 15 | MECH PATRYK | 4033 | | ŁOCHÓW | POL | OPEN M | 11 | M 11 | 00:57:53.35 | 00:57:53.35 | 1:59 | 30.1 |
| 16 | JEDZINIAK KAMILA | 4016 | KOLARSKI.EU TEAM | MICHAŁOWICE WIEŚ | POL | OPEN K | 5 | K 5 | 01:00:39.10 | 01:00:39.10 | 2:05 | 28.7 |
| 17 | CHOŁAJCZYK MARCIN | 4006 | | INOWROCLAW | POL | OPEN M | 12 | M 12 | 01:01:07.90 | 01:01:07.90 | 2:06 | 28.5 |
| 18 | ZUBEK PAWEŁ | 4065 | | KROSNO | POL | OPEN M | 13 | M 13 | 01:01:31.65 | 01:01:31.65 | 2:07 | 28.3 |
| 19 | WALCZAK ANNA | 4056 | | KRAKÓW | POL | OPEN K | 6 | K 6 | 01:02:06.45 | 01:02:06.45 | 2:08 | 28 |
| 20 | IGNASZEWSKI MICHAŁ | 4014 | BIEGAJĄCE KREJZOLE | RADZYNY | POL | OPEN M | 14 | M 14 | 01:02:29.75 | 01:02:29.75 | 2:09 | 27.8 |
| 21 | KOZIOŁ WERONIKA | 4020 | SIMWKMM | KRAKÓW | POL | OPEN K | 7 | K 7 | 01:02:48.30 | 01:02:48.30 | 2:09 | 27.7 |
| 22 | FURMAN KATARZYNA | 4009 | NOWY STYL RUNNING TEAM | JEDLICZE | POL | OPEN K | 8 | K 8 | 01:03:55.70 | 01:03:55.70 | 2:12 | 27.2 |
| 23 | GANCZEWSKI PAWEŁ | 4069 | | | POL | OPEN M | 15 | M 15 | 01:07:50.45 | 01:07:50.45 | 2:20 | 25.7 |
| 24 | FRITZ WOJCIECH | 4086 | SWORDS ATHLETICS | | POL | OPEN M | 16 | M 16 | 01:08:00.50 | 01:08:00.50 | 2:20 | 25.6 |
| 25 | ANTONIUK ŁUKASZ | 4002 | | JANOWIEC KOŚCIELNY | POL | OPEN M | 17 | M 17 | 01:08:10.25 | 01:08:10.25 | 2:21 | 25.5 |
| 26 | JĘZYK MAREK | 4017 | KS LIMANOWA FORREST/MY ENDURANCE COACHING | KRAKÓW | POL | OPEN M | 18 | M 18 | 01:08:31.70 | 01:08:31.70 | 2:21 | 25.4 |
| 27 | MARCZEWSKA-WOJTAS ANNA | 4030 | | KRAKÓW | POL | OPEN K | 9 | K 9 | 01:08:52.05 | 01:08:52.05 | 2:22 | 25.3 |
| 28 | BERECKA SYLWIA | 4068 | | | POL | OPEN K | 10 | K 10 | 01:09:01.40 | 01:09:01.40 | 2:22 | 25.2 |
| 29 | SOBCZAK MAGDALENA | 4072 | | | POL | OPEN K | 11 | K 11 | 01:09:25.25 | 01:09:25.25 | 2:23 | 25.1 |
| 30 | RĄCZKA KACPER | 4044 | | JASŁO | POL | OPEN M | 19 | M 19 | 01:09:29.90 | 01:09:29.90 | 2:23 | 25 |
| 31 | DUDEK ARKADIUSZ | 4008 | | BRZOZÓW | POL | OPEN M | 20 | M 20 | 01:09:33.50 | 01:09:33.50 | 2:23 | 25 |
| 32 | SAWICKA MARTA | 4046 | NW DWA KIJE W DĘBINIE KROŚCIENKO WYŻNE | KROŚCIENKO WYŻNE | POL | OPEN K | 12 | K 12 | 01:10:25.85 | 01:10:25.85 | 2:25 | 24.7 |
| 33 | SKRUDLIK JAKUB | 4048 | | CHYBY | POL | OPEN M | 21 | M 21 | 01:10:37.95 | 01:10:37.95 | 2:26 | 24.6 |
| 34 | KOZIOŁ SYLWESTER | 4019 | SIMWKMM | KROSNO | POL | OPEN M | 22 | M 22 | 01:11:41.55 | 01:11:41.55 | 2:28 | 24.3 |
| 35 | PIĄTY KAMIL | 4038 | | MIKOŁÓW | POL | OPEN M | 23 | M 23 | 01:13:15.70 | 01:13:15.70 | 2:31 | 23.8 |
| 36 | PITEK EWA | 4039 | | KROSNI | POL | OPEN K | 13 | K 13 | 01:13:18.55 | 01:13:18.55 | 2:31 | 23.7 |
| 37 | KRYGOWSKI MICHAŁ | 4024 | | JEDLICZE | POL | OPEN M | 24 | M 24 | 01:14:42.20 | 01:14:42.20 | 2:34 | 23.3 |
| 38 | ĆWIAKOŁA HALINA | 4075 | | | POL | OPEN K | 14 | K 14 | 01:14:50.30 | 01:14:50.30 | 2:34 | 23.3 |
| 39 | KRUSZEWSKA ASIA | 4022 | ADIDAS RUNNERS POZNAŃ | POZNAŃ | POL | OPEN K | 15 | K 15 | 01:14:55.55 | 01:14:55.55 | 2:35 | 23.2 |
| 40 | KROTOS KRZYSZTOF | 4021 | | GLIWICE | POL | OPEN M | 25 | M 25 | 01:15:02.30 | 01:15:02.30 | 2:35 | 23.2 |
| 41 | WYROBA BARBARA | 4061 | | KRAKÓW | POL | OPEN K | 16 | K 16 | 01:16:19.75 | 01:16:19.75 | 2:37 | 22.8 |
| 42 | ZASADA TOMASZ | 4064 | | KRAKÓW | POL | OPEN M | 26 | M 26 | 01:17:51.30 | 01:17:51.30 | 2:41 | 22.4 |
| 43 | TARACIŃSKI MARCIN | 4083 | KAMIEŃ DWERNIK TRAIL | USTRZYKI DOLNE | POL | OPEN M | 27 | M 27 | 01:18:15.30 | 01:18:15.30 | 2:41 | 22.2 |
| 44 | PROKOP DOMINIK | 4082 | | | | OPEN M | 28 | M 28 | 01:18:49.55 | 01:18:49.55 | 2:43 | 22.1 |
| 45 | MACIASZCZYK MAGDALENA | 4027 | | KRAKÓW | POL | OPEN K | 17 | K 17 | 01:18:54.65 | 01:18:54.65 | 2:43 | 22.1 |

ŁEMKO TRAIL 10, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | Brutto | min/km | km/h |
|------|----------------------|------|--------------------------------------|-------------------------|------|--------|--------|------|-------------|-------------|--------|------|
| 46 | REC BARTOSZ | 4045 | | KROSNO | POL | OPEN M | 29 | M 29 | 01:19:18.65 | 01:19:18.65 | 2:44 | 21.9 |
| 47 | WOJTAS BARTOSZ | 4059 | | KRAKÓW | POL | OPEN M | 30 | M 30 | 01:19:43.75 | 01:19:43.75 | 2:44 | 21.8 |
| 48 | SKRUDLIK WOJCIECH | 4049 | NIGHT RUNNERS | CHYBY | POL | OPEN M | 31 | M 31 | 01:21:35.05 | 01:21:35.05 | 2:48 | 21.3 |
| 49 | GAŁKA IZABELA | 4010 | | RZESZÓW | POL | OPEN K | 18 | K 18 | 01:23:19.00 | 01:23:19.00 | 2:52 | 20.9 |
| 50 | POGORZELEC IZABELA | 4041 | SPARTA LUBLIN | LUBLIN | POL | OPEN K | 19 | K 19 | 01:24:21.80 | 01:24:21.80 | 2:54 | 20.6 |
| 51 | BENICKA JOANNA | 4004 | | TARNOWIEC | POL | OPEN K | 20 | K 20 | 01:24:21.90 | 01:24:21.90 | 2:54 | 20.6 |
| 52 | MARCHEWKA DAGMARA | 4029 | | FOLUSZ | POL | OPEN K | 21 | K 21 | 01:24:22.05 | 01:24:22.05 | 2:54 | 20.6 |
| 53 | GAŁKA MARCIN | 4011 | | JASIEŃ | POL | OPEN M | 32 | M 32 | 01:25:04.15 | 01:25:04.15 | 2:56 | 20.5 |
| 54 | RAJCHEL JOANNA | 4043 | | KROSNO | POL | OPEN K | 22 | K 22 | 01:28:38.40 | 01:28:38.40 | 3:03 | 19.6 |
| 55 | MALEC BASIA | 4028 | SPARTA LUBLIN | LUBLIN | POL | OPEN K | 23 | K 23 | 01:29:40.15 | 01:29:40.15 | 3:05 | 19.4 |
| 56 | JANKOWSKA JULIA | 4015 | | LEGNICA | POL | OPEN K | 24 | K 24 | 01:29:47.20 | 01:29:47.20 | 3:05 | 19.4 |
| 57 | DZICZKOWSKA ZUZANNA | 4073 | | | POL | OPEN K | 25 | K 25 | 01:30:03.85 | 01:30:03.85 | 3:06 | 19.3 |
| 58 | BUBERNAK MATEUSZ | 4077 | | | POL | OPEN M | 33 | M 33 | 01:31:09.85 | 01:31:09.85 | 3:08 | 19.1 |
| 59 | WITKOWSKA PAULINA | 4058 | | KRAKÓW | POL | OPEN K | 26 | K 26 | 01:31:22.70 | 01:31:22.70 | 3:09 | 19 |
| 60 | WYROBA MARIUSZ | 4060 | | KRAKÓW | POL | OPEN M | 34 | M 34 | 01:31:22.90 | 01:31:22.90 | 3:09 | 19 |
| 61 | BILIK WOJCIECH | 4005 | | KROSNO | POL | OPEN M | 35 | M 35 | 01:31:24.20 | 01:31:24.20 | 3:09 | 19 |
| 62 | HANUS JOANNA | 4013 | | KROSNO | POL | OPEN K | 27 | K 27 | 01:32:20.05 | 01:32:20.05 | 3:11 | 18.8 |
| 63 | GŁUSKOWSKA MONIKA | 4071 | | | POL | OPEN K | 28 | K 28 | 01:32:40.35 | 01:32:40.35 | 3:11 | 18.8 |
| 64 | KIM RENATA | 4070 | T2D | | POL | OPEN K | 29 | K 29 | 01:32:40.55 | 01:32:40.55 | 3:11 | 18.8 |
| 65 | SZYMURA IZABELA | 4053 | RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM | RYBNIK | POL | OPEN K | 30 | K 30 | 01:33:47.10 | 01:33:47.10 | 3:14 | 18.6 |
| 66 | KUCZERA BEATA | 4025 | RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM | RYBNIK | POL | OPEN K | 31 | K 31 | 01:33:47.25 | 01:33:47.25 | 3:14 | 18.6 |
| 67 | PIASEK-CHOJNACKA EWA | 4037 | | PIASECZNO | POL | OPEN K | 32 | K 32 | 01:34:36.50 | 01:34:36.50 | 3:15 | 18.4 |
| 68 | BARCIKOWSKA OLGA | 4074 | | | POL | OPEN K | 33 | K 33 | 01:34:44.70 | 01:34:44.70 | 3:16 | 18.4 |
| 69 | WYKIERSKI PATRYK | 4076 | | | POL | OPEN M | 36 | M 36 | 01:35:22.05 | 01:35:22.05 | 3:17 | 18.2 |
| 70 | MATRACKA KLAUDIA | 4031 | TREKKING TEAM OSTROWIEC | OSTROWIEC ŚWIĘTOKRZYSKI | POL | OPEN K | 34 | K 34 | 01:35:22.10 | 01:35:22.10 | 3:17 | 18.2 |
| 71 | MATRACKI SEBASTIAN | 4032 | TREKKING TEAM OSTROWIEC | OSTROWIEC ŚWIĘTOKRZYSKI | POL | OPEN M | 37 | M 37 | 01:35:22.20 | 01:35:22.20 | 3:17 | 18.2 |
| 72 | TROJANOWSKI PIOTR | 4055 | | ŁÓDŹ | POL | OPEN M | 38 | M 38 | 01:36:56.85 | 01:36:56.85 | 3:20 | 18 |
| 73 | ŻYŁOWICZ MARCIN | 4066 | | KRAKÓW | POL | OPEN M | 39 | M 39 | 01:50:04.75 | 01:50:04.75 | 3:47 | 15.8 |
| 74 | SIDOR MAGDALENA | 4047 | SPARTA LUBLIN | LUBLIN | POL | OPEN K | 35 | K 35 | 01:52:31.00 | 01:52:31.00 | 3:52 | 15.5 |
| 75 | PIASEK ANNA | 4036 | | OSTROŁĘKA | POL | OPEN K | 36 | K 36 | 02:04:35.65 | 02:04:35.65 | 4:17 | 14 |
| 76 | PRZECH-FUS AGNIESZKA | 4042 | MROZEK TRI TEAM/UMCS BIEGA | LUBLIN | POL | OPEN K | 37 | K 37 | 02:10:02.85 | 02:10:02.85 | 4:29 | 13.4 |

ŁEMKO TRAIL 10, Open K

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | Brutto | min/km | km/h |
|------|------------------------|------|--|------------------|------|--------|--------|------|-------------|-------------|--------|------|
| 1 | KŁODA DOMINIKA | 4018 | ASICS FRONTRUNNER POLAND | POZNAŃ | POL | OPEN K | 1 | K 1 | 00:53:13.45 | 00:53:13.45 | 1:50 | 32.7 |
| 2 | HOŁOWATY RENATA | 4085 | SANOK BIEGA | | POL | OPEN K | 2 | K 2 | 00:54:15.25 | 00:54:15.25 | 1:52 | 32.1 |
| 3 | ZAJDEL ALEKSANDRA | 4062 | | CZERSK | POL | OPEN K | 3 | K 3 | 00:56:25.90 | 00:56:25.90 | 1:56 | 30.8 |
| 4 | ŚWIĘCH ANNA | 4079 | PODIUM | | | OPEN K | 4 | K 4 | 00:57:45.35 | 00:57:45.35 | 1:59 | 30.1 |
| 5 | JEDZINIAK KAMILA | 4016 | KOLARSKI.EU TEAM | MICHAŁOWICE WIEŚ | POL | OPEN K | 5 | K 5 | 01:00:39.10 | 01:00:39.10 | 2:05 | 28.7 |
| 6 | WALCZAK ANNA | 4056 | | KRAKÓW | POL | OPEN K | 6 | K 6 | 01:02:06.45 | 01:02:06.45 | 2:08 | 28 |
| 7 | KOZIOŁ WERONIKA | 4020 | SIMWKMM | KRAKÓW | POL | OPEN K | 7 | K 7 | 01:02:48.30 | 01:02:48.30 | 2:09 | 27.7 |
| 8 | FURMAN KATARZYNA | 4009 | NOWY STYL RUNNING TEAM | JEDLICZE | POL | OPEN K | 8 | K 8 | 01:03:55.70 | 01:03:55.70 | 2:12 | 27.2 |
| 9 | MARCZEWSKA-WOJTAS ANNA | 4030 | | KRAKÓW | POL | OPEN K | 9 | K 9 | 01:08:52.05 | 01:08:52.05 | 2:22 | 25.3 |
| 10 | BERECKA SYLWIA | 4068 | | | POL | OPEN K | 10 | K 10 | 01:09:01.40 | 01:09:01.40 | 2:22 | 25.2 |
| 11 | SOBCZAK MAGDALENA | 4072 | | | POL | OPEN K | 11 | K 11 | 01:09:25.25 | 01:09:25.25 | 2:23 | 25.1 |
| 12 | SAWICKA MARTA | 4046 | NW DWA KIJE W DĘBINIE KROŚCIENKO WYŻNE | KROŚCIENKO WYŻNE | POL | OPEN K | 12 | K 12 | 01:10:25.85 | 01:10:25.85 | 2:25 | 24.7 |
| 13 | PITEK EWA | 4039 | | KROSNI | POL | OPEN K | 13 | K 13 | 01:13:18.55 | 01:13:18.55 | 2:31 | 23.7 |
| 14 | ĆWIAKOŁA HALINA | 4075 | | | POL | OPEN K | 14 | K 14 | 01:14:50.30 | 01:14:50.30 | 2:34 | 23.3 |
| 15 | KRUSZEWSKA ASIA | 4022 | ADIDAS RUNNERS POZNAŃ | POZNAŃ | POL | OPEN K | 15 | K 15 | 01:14:55.55 | 01:14:55.55 | 2:35 | 23.2 |
| 16 | WYROBA BARBARA | 4061 | | KRAKÓW | POL | OPEN K | 16 | K 16 | 01:16:19.75 | 01:16:19.75 | 2:37 | 22.8 |
| 17 | MACIASZCZYK MAGDALENA | 4027 | | KRAKÓW | POL | OPEN K | 17 | K 17 | 01:18:54.65 | 01:18:54.65 | 2:43 | 22.1 |
| 18 | GAŁKA IZABELA | 4010 | | RZESZÓW | POL | OPEN K | 18 | K 18 | 01:23:19.00 | 01:23:19.00 | 2:52 | 20.9 |
| 19 | POGORZELEC IZABELA | 4041 | SPARTA LUBLIN | LUBLIN | POL | OPEN K | 19 | K 19 | 01:24:21.80 | 01:24:21.80 | 2:54 | 20.6 |
| 20 | BENICKA JOANNA | 4004 | | TARNOWIEC | POL | OPEN K | 20 | K 20 | 01:24:21.90 | 01:24:21.90 | 2:54 | 20.6 |
| 21 | MARCHEWKA DAGMARA | 4029 | | FOLUSZ | POL | OPEN K | 21 | K 21 | 01:24:22.05 | 01:24:22.05 | 2:54 | 20.6 |

ŁEMKO TRAIL 10, 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 | RAJCHEL JOANNA | 4043 | | KROSNO | POL | OPEN K | 22 | K 22 | 01:28:38.40 | 01:28:38.40 | 3:03 | 19.6 |
| 23 | MALEC BASIA | 4028 | SPARTA LUBLIN | LUBLIN | POL | OPEN K | 23 | K 23 | 01:29:40.15 | 01:29:40.15 | 3:05 | 19.4 |
| 24 | JANKOWSKA JULIA | 4015 | | LEGNICA | POL | OPEN K | 24 | K 24 | 01:29:47.20 | 01:29:47.20 | 3:05 | 19.4 |
| 25 | DZICZKOWSKA ZUZANNA | 4073 | | | POL | OPEN K | 25 | K 25 | 01:30:03.85 | 01:30:03.85 | 3:06 | 19.3 |
| 26 | WITKOWSKA PAULINA | 4058 | | KRAKÓW | POL | OPEN K | 26 | K 26 | 01:31:22.70 | 01:31:22.70 | 3:09 | 19 |
| 27 | HANUS JOANNA | 4013 | | KROSNO | POL | OPEN K | 27 | K 27 | 01:32:20.05 | 01:32:20.05 | 3:11 | 18.8 |
| 28 | GLUSKOWSKA MONIKA | 4071 | | | POL | OPEN K | 28 | K 28 | 01:32:40.35 | 01:32:40.35 | 3:11 | 18.8 |
| 29 | KIM RENATA | 4070 | T2D | | POL | OPEN K | 29 | K 29 | 01:32:40.55 | 01:32:40.55 | 3:11 | 18.8 |
| 30 | SZYMURA IZABELA | 4053 | RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM | RYBNIK | POL | OPEN K | 30 | K 30 | 01:33:47.10 | 01:33:47.10 | 3:14 | 18.6 |
| 31 | KUCZERA BEATA | 4025 | RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM | RYBNIK | POL | OPEN K | 31 | K 31 | 01:33:47.25 | 01:33:47.25 | 3:14 | 18.6 |
| 32 | PIASEK-CHOJNACKA EWA | 4037 | | PIASECZNO | POL | OPEN K | 32 | K 32 | 01:34:36.50 | 01:34:36.50 | 3:15 | 18.4 |
| 33 | BARCIKOWSKA OLGA | 4074 | | | POL | OPEN K | 33 | K 33 | 01:34:44.70 | 01:34:44.70 | 3:16 | 18.4 |
| 34 | MATRACKA KLAUDIA | 4031 | TREKKING TEAM OSTROWIEC | OSTROWIEC ŚWIĘTOKRZYSKI | POL | OPEN K | 34 | K 34 | 01:35:22.10 | 01:35:22.10 | 3:17 | 18.2 |
| 35 | SIDOR MAGDALENA | 4047 | SPARTA LUBLIN | LUBLIN | POL | OPEN K | 35 | K 35 | 01:52:31.00 | 01:52:31.00 | 3:52 | 15.5 |
| 36 | PIASEK ANNA | 4036 | | OSTROŁĘKA | POL | OPEN K | 36 | K 36 | 02:04:35.65 | 02:04:35.65 | 4:17 | 14 |
| 37 | PRZECH-FUS AGNIESZKA | 4042 | MROZEK TRI TEAM/UMCS BIEGA | LUBLIN | POL | OPEN K | 37 | K 37 | 02:10:02.85 | 02:10:02.85 | 4:29 | 13.4 |

ŁEMKO TRAIL 10, Open M

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | Brutto | min/km | km/h |
|------|----------------------|------|---|--------------------|------|--------|--------|------|-------------|-------------|--------|------|
| 1 | KULIGA SŁAWOMIR | 4026 | POSKAJUN RUN TEAM | KROSNO | POL | OPEN M | 1 | M 1 | 00:49:32.80 | 00:49:32.80 | 1:42 | 35.1 |
| 2 | PEŁDIAK MATEUSZ | 4078 | | | POL | OPEN M | 2 | M 2 | 00:49:37.20 | 00:49:37.20 | 1:42 | 35.1 |
| 3 | JACHIMOWSKI JAROSŁAW | 4081 | SANOK BIEGA | | | OPEN M | 3 | M 3 | 00:50:17.25 | 00:50:17.25 | 1:44 | 34.6 |
| 4 | RYBA PIOTR | 4080 | | | | OPEN M | 4 | M 4 | 00:51:46.35 | 00:51:46.35 | 1:47 | 33.6 |
| 5 | ZAJDEL FILIP | 4063 | | KROSNO | POL | OPEN M | 5 | M 5 | 00:52:01.00 | 00:52:01.00 | 1:47 | 33.5 |
| 6 | PODOLAK PAWEŁ | 4084 | | | POL | OPEN M | 6 | M 6 | 00:52:18.55 | 00:52:18.55 | 1:48 | 33.3 |
| 7 | SYGULA MATEUSZ | 4052 | | WARSZAWA | POL | OPEN M | 7 | M 7 | 00:54:50.70 | 00:54:50.70 | 1:53 | 31.7 |
| 8 | ZABEL ROBERT | 4067 | WAWEL KRAKÓW | | | OPEN M | 8 | M 8 | 00:55:31.70 | 00:55:31.70 | 1:54 | 31.3 |
| 9 | TROJANOWSKI BARTOSZ | 4054 | TRAIL IS OUR WAY | ŁÓDŹ | POL | OPEN M | 9 | M 9 | 00:56:54.05 | 00:56:54.05 | 1:57 | 30.6 |
| 10 | ANDRZEJEWSKI LUKASZ | 4001 | FTI | POZNAŃ | POL | OPEN M | 10 | M 10 | 00:57:13.00 | 00:57:13.00 | 1:58 | 30.4 |
| 11 | MECH PATRYK | 4033 | | ŁOCHÓW | POL | OPEN M | 11 | M 11 | 00:57:53.35 | 00:57:53.35 | 1:59 | 30.1 |
| 12 | CHOŁAJCZYK MARCIN | 4006 | | INOWROCLAW | POL | OPEN M | 12 | M 12 | 01:01:07.90 | 01:01:07.90 | 2:06 | 28.5 |
| 13 | ZUBEK PAWEŁ | 4065 | | KROSNO | POL | OPEN M | 13 | M 13 | 01:01:31.65 | 01:01:31.65 | 2:07 | 28.3 |
| 14 | IGNASZEWSKI MICHAŁ | 4014 | BIEGAJĄCE KREJZOLE | RADZYNY | POL | OPEN M | 14 | M 14 | 01:02:29.75 | 01:02:29.75 | 2:09 | 27.8 |
| 15 | GANCZEWSKI PAWEŁ | 4069 | | | POL | OPEN M | 15 | M 15 | 01:07:50.45 | 01:07:50.45 | 2:20 | 25.7 |
| 16 | FRITZ WOJCIECH | 4086 | SWORDS ATHLETICS | | POL | OPEN M | 16 | M 16 | 01:08:00.50 | 01:08:00.50 | 2:20 | 25.6 |
| 17 | ANTONIUK ŁUKASZ | 4002 | | JANOWIEC KOŚCIELNY | POL | OPEN M | 17 | M 17 | 01:08:10.25 | 01:08:10.25 | 2:21 | 25.5 |
| 18 | JĘZYK MAREK | 4017 | KS LIMANOWA FORREST/MY ENDURANCE COACHING | KRAKÓW | POL | OPEN M | 18 | M 18 | 01:08:31.70 | 01:08:31.70 | 2:21 | 25.4 |
| 19 | RĄCZKA KACPER | 4044 | | JASŁO | POL | OPEN M | 19 | M 19 | 01:09:29.90 | 01:09:29.90 | 2:23 | 25 |
| 20 | DUDEK ARKADIUSZ | 4008 | | BRZOZÓW | POL | OPEN M | 20 | M 20 | 01:09:33.50 | 01:09:33.50 | 2:23 | 25 |
| 21 | SKRUDLIK JAKUB | 4048 | | CHYBY | POL | OPEN M | 21 | M 21 | 01:10:37.95 | 01:10:37.95 | 2:26 | 24.6 |
| 22 | KOZIOŁ SYLWESTER | 4019 | SIMWKMM | KROSNO | POL | OPEN M | 22 | M 22 | 01:11:41.55 | 01:11:41.55 | 2:28 | 24.3 |
| 23 | PIĄTY KAMIL | 4038 | | MIKOŁÓW | POL | OPEN M | 23 | M 23 | 01:13:15.70 | 01:13:15.70 | 2:31 | 23.8 |
| 24 | KRYGOWSKI MICHAŁ | 4024 | | JEDLICZE | POL | OPEN M | 24 | M 24 | 01:14:42.20 | 01:14:42.20 | 2:34 | 23.3 |
| 25 | KROTOS KRZYSZTOF | 4021 | | GLIWICE | POL | OPEN M | 25 | M 25 | 01:15:02.30 | 01:15:02.30 | 2:35 | 23.2 |
| 26 | ZASADA TOMASZ | 4064 | | KRAKÓW | POL | OPEN M | 26 | M 26 | 01:17:51.30 | 01:17:51.30 | 2:41 | 22.4 |
| 27 | TARACIŃSKI MARCIN | 4083 | KAMIEŃ DWERNIK TRAIL | USTRZYKI DOLNE | POL | OPEN M | 27 | M 27 | 01:18:15.30 | 01:18:15.30 | 2:41 | 22.2 |
| 28 | PROKOP DOMINIK | 4082 | | | | OPEN M | 28 | M 28 | 01:18:49.55 | 01:18:49.55 | 2:43 | 22.1 |
| 29 | REC BARTOSZ | 4045 | | KROSNO | POL | OPEN M | 29 | M 29 | 01:19:18.65 | 01:19:18.65 | 2:44 | 21.9 |
| 30 | WOJTAS BARTOSZ | 4059 | | KRAKÓW | POL | OPEN M | 30 | M 30 | 01:19:43.75 | 01:19:43.75 | 2:44 | 21.8 |
| 31 | SKRUDLIK WOJCIECH | 4049 | NIGHT RUNNERS | CHYBY | POL | OPEN M | 31 | M 31 | 01:21:35.05 | 01:21:35.05 | 2:48 | 21.3 |
| 32 | GAŁKA MARCIN | 4011 | | JASIEŃ | POL | OPEN M | 32 | M 32 | 01:25:04.15 | 01:25:04.15 | 2:56 | 20.5 |
| 33 | BUBERNAK MATEUSZ | 4077 | | | POL | OPEN M | 33 | M 33 | 01:31:09.85 | 01:31:09.85 | 3:08 | 19.1 |
| 34 | WYROBA MARIUSZ | 4060 | | KRAKÓW | POL | OPEN M | 34 | M 34 | 01:31:22.90 | 01:31:22.90 | 3:09 | 19 |
| 35 | BILIK WOJCIECH | 4005 | | KROSNO | POL | OPEN M | 35 | M 35 | 01:31:24.20 | 01:31:24.20 | 3:09 | 19 |

ŁEMKO TRAIL 10, 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 |
|------|--------------------|------|-------------------------|-------------------------|------|--------|--------|------|-------------|-------------|--------|------|
| 36 | WYKIERSKI PATRYK | 4076 | | | POL | OPEN M | 36 | M 36 | 01:35:22.05 | 01:35:22.05 | 3:17 | 18.2 |
| 37 | MATRACKI SEBASTIAN | 4032 | TREKKING TEAM OSTROWIEC | OSTROWIEC ŚWIĘTOKRZYSKI | POL | OPEN M | 37 | M 37 | 01:35:22.20 | 01:35:22.20 | 3:17 | 18.2 |
| 38 | TROJANOWSKI PIOTR | 4055 | | ŁÓDŹ | POL | OPEN M | 38 | M 38 | 01:36:56.85 | 01:36:56.85 | 3:20 | 18 |
| 39 | ŻYŁOWICZ MARCIN | 4066 | | KRAKÓW | POL | OPEN M | 39 | M 39 | 01:50:04.75 | 01:50:04.75 | 3:47 | 15.8 |