

CZTERNASTKA NA ZAMEK

Organizator: Fundacja Szczyt za szczytem
Data: 2024-09-07
Miejsce: Sobieszów
Dystans: 14 km
Klasyfikacja wg czasów brutto.



CZTERNASTKA NA ZAMEK, OPEN

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 6km | Netto | Brutto | min/km | km/h |
|------|-------------------------|------|---------------------------------------|---------------------|------|------|--------|------|----------|-------------|-------------|--------|------|
| 1 | ROGAŁA PATRYK | 1505 | KP PSP KAMIENNA GÓRA / PREVENT | JEŻÓW SUDECKI | POL | M30 | 1 | M 1 | 00:27:45 | 01:01:13.50 | 01:01:13.50 | 4:22 | 13.7 |
| 2 | WALKOSZ MATEUSZ | 1531 | SOBASTEAM | SZAFLARY | POL | M30 | 2 | M 2 | 00:29:36 | 01:03:59.85 | 01:03:59.85 | 4:34 | 13.1 |
| 3 | KRZYWICKI STEFAN KAMIL | 1466 | | WROCLAW | POL | M40 | 1 | M 3 | 00:31:31 | 01:07:56.30 | 01:07:56.30 | 4:51 | 12.4 |
| 4 | PODKAŃSKI BARTOSZ | 1563 | GOPR KARKONOSZE | JELENIA GORA | POL | M40 | 2 | M 4 | 00:32:10 | 01:08:06.25 | 01:08:06.25 | 4:51 | 12.3 |
| 5 | BEDNARZ KRZYSZTOF | 1403 | PRZEDWOJEWSKI TEAM | LUBSZA | POL | M40 | 3 | M 5 | 00:31:43 | 01:09:17.45 | 01:09:17.45 | 4:56 | 12.1 |
| 6 | MARSZAŁEK KAZIMIERZ | 1475 | ŚWIERADÓW-ZDRÓJ GÓRSKIE UZDROWISKO | CZERNIAWA-ZDRÓJ | POL | M50 | 1 | M 6 | 00:32:30 | 01:09:54.50 | 01:09:54.50 | 4:59 | 12 |
| 7 | BIAŁOBŁOCKA ALICJA | 1559 | | WROCLAW | POL | K40 | 1 | K 1 | 00:35:08 | 01:10:39.70 | 01:10:39.70 | 5:02 | 11.9 |
| 8 | HOJAN ŁUKASZ | 1440 | | CHOMEĆICE | POL | M30 | 3 | M 7 | 00:34:09 | 01:12:16.95 | 01:12:16.95 | 5:09 | 11.6 |
| 9 | SKUZA KRZYSZTOF | 1514 | KLINIKA URODY JOLANTA SKUZA LEGNICA | LEGNICA | POL | M40 | 4 | M 8 | 00:32:17 | 01:12:25.40 | 01:12:25.40 | 5:10 | 11.6 |
| 10 | FILIPIAK DAMIAN | 1422 | | JAROCIN | POL | M30 | 4 | M 9 | 00:33:16 | 01:12:57.80 | 01:12:57.80 | 5:12 | 11.5 |
| 11 | SZCZĘSNY PAWEŁ | 1523 | | WROCLAW | POL | M30 | 5 | M 10 | 00:35:06 | 01:13:31.35 | 01:13:31.35 | 5:15 | 11.4 |
| 12 | MODRZYŃSKI PAWEŁ | 1483 | | DOMASZCZYN | POL | M30 | 6 | M 11 | 00:35:19 | 01:13:49.20 | 01:13:49.20 | 5:16 | 11.4 |
| 13 | RACHAŃSKI MICHAŁ | 1576 | ROCK BALANCING ICE | | | M30 | 7 | M 12 | 00:35:50 | 01:14:18.25 | 01:14:18.25 | 5:18 | 11.3 |
| 14 | JANAS MICHAŁ | 1442 | GLKS RUDAWY | KACZORÓW | POL | M30 | 8 | M 13 | 00:34:11 | 01:14:47.80 | 01:14:47.80 | 5:20 | 11.2 |
| 15 | OLEJNIK EGIDIUSZ | 1490 | | JELENIA GÓRA | POL | M30 | 9 | M 14 | 00:34:26 | 01:16:07.55 | 01:16:07.55 | 5:26 | 11 |
| 16 | DURKAŁEC JAGODA | 1419 | FEIFER TEAM | JELENIA GÓRA | POL | K30 | 1 | K 2 | 00:36:27 | 01:16:28.00 | 01:16:28.00 | 5:27 | 11 |
| 17 | SADOWSKI MICHAŁ | 1509 | POWER TRAINING | WARSZAWA | POL | M30 | 10 | M 15 | 00:36:51 | 01:17:37.00 | 01:17:37.00 | 5:32 | 10.8 |
| 18 | CHWIŁKA KRZYSZTOF | 1412 | | WROCLAW | POL | M30 | 11 | M 16 | 00:35:17 | 01:17:41.95 | 01:17:41.95 | 5:32 | 10.8 |
| 19 | MAJEWICZ FILIP | 1472 | | GOWARZEWO | POL | M30 | 12 | M 17 | 00:37:55 | 01:18:50.25 | 01:18:50.25 | 5:37 | 10.7 |
| 20 | HEDZIŁSKA WERONIKA | 1438 | NATURAL BORN RUNNERS | GOŁĘCZEWO | POL | K18 | 1 | K 3 | 00:36:57 | 01:19:22.55 | 01:19:22.55 | 5:40 | 10.6 |
| 21 | ZAWISTOWSKI MAREK | 1544 | AW SZYBCIEJ TEAM | WILCZYCE | POL | M40 | 5 | M 18 | 00:37:07 | 01:21:41.90 | 01:21:41.90 | 5:50 | 10.3 |
| 22 | GOŁĘBIOWSKI TYTUS | 1433 | ULTRA FALUBAZ | ZIELONA GÓRA | POL | M30 | 13 | M 19 | 00:36:19 | 01:22:29.60 | 01:22:29.60 | 5:53 | 10.2 |
| 23 | NIEMIŃSKI MARCIN | 1485 | | POZNAŃ | POL | M40 | 6 | M 20 | 00:39:25 | 01:22:43.70 | 01:22:43.70 | 5:54 | 10.2 |
| 24 | GIERUS AGNIESZKA | 1429 | PROMUJEMYKARKONOSZE.PL | JELENIA GÓRA | POL | K40 | 2 | K 4 | 00:38:59 | 01:23:05.50 | 01:23:05.50 | 5:56 | 10.1 |
| 25 | KACZMAREK KONRAD | 1556 | STARNERD | WROCLAW | POL | M30 | 14 | M 21 | 00:38:09 | 01:23:13.50 | 01:23:13.50 | 5:56 | 10.1 |
| 26 | KAWCZYŃSKI ADAM | 1449 | | GOSTYŃ | POL | M18 | 1 | M 22 | 00:39:04 | 01:23:15.45 | 01:23:15.45 | 5:56 | 10.1 |
| 27 | LEDNICKI MICHAŁ | 1557 | ARVATO S.C. REP | SKÓRZEWO | POL | M40 | 7 | M 23 | 00:38:52 | 01:23:18.40 | 01:23:18.40 | 5:57 | 10.1 |
| 28 | SYDOR DANIEL | 1558 | ŚWIERADÓW-ZDRÓJ GÓRSKIE UZDROWISKO | ŚWIERADÓW-ZDRÓJ | POL | M40 | 8 | M 24 | 00:37:19 | 01:23:21.70 | 01:23:21.70 | 5:57 | 10.1 |
| 29 | RZEMIŃSKI ROBERT | 1508 | | JELENIA GÓRA | POL | M50 | 2 | M 25 | 00:38:13 | 01:23:35.80 | 01:23:35.80 | 5:58 | 10 |
| 30 | KLIMEK WOJCIECH | 1452 | ORTHOS TEAM/ PRZEDWOJEWSKI TEAM | BIELANY WROCLAWSKIE | POL | M30 | 15 | M 26 | 00:39:00 | 01:23:57.90 | 01:23:57.90 | 5:59 | 10 |
| 31 | KOCHMAN KATARZYNA | 1454 | @SOBOTATOSOBOTA | WROCLAW | POL | K30 | 2 | K 5 | 00:38:32 | 01:24:06.90 | 01:24:06.90 | 6:00 | 10 |
| 32 | FILIP PRZEMYSŁAW | 1421 | | RADWANICE | POL | M40 | 9 | M 27 | 00:38:17 | 01:24:21.90 | 01:24:21.90 | 6:01 | 10 |
| 33 | SKORUPINSKA AGNIESZKA | 1513 | | WOLSZTYN | POL | K30 | 3 | K 6 | 00:37:52 | 01:25:11.60 | 01:25:11.60 | 6:05 | 9.9 |
| 34 | FRIEDRICH RADOSŁAW | 1424 | | KARWIANY | POL | M30 | 16 | M 28 | 00:37:05 | 01:26:27.05 | 01:26:27.05 | 6:10 | 9.7 |
| 35 | STĘPNIAK IGA | 1518 | | POZNAŃ | POL | K30 | 4 | K 7 | 00:39:22 | 01:26:32.00 | 01:26:32.00 | 6:10 | 9.7 |
| 36 | RYCHLIK ŁUKASZ | 1506 | | WARSZAWA | POL | M40 | 10 | M 29 | 00:39:51 | 01:27:01.00 | 01:27:01.00 | 6:12 | 9.7 |
| 37 | PRZYBYLSKI PIOTR | 1560 | | KROSNO K/MOSINY | POL | M30 | 17 | M 30 | 00:41:41 | 01:27:41.30 | 01:27:41.30 | 6:15 | 9.6 |
| 38 | GŁOWACKI JAROSŁAW | 1432 | | BRODNIA DOLNA | POL | M40 | 11 | M 31 | 00:40:27 | 01:28:08.95 | 01:28:08.95 | 6:17 | 9.5 |
| 39 | BĄCZKIEWICZ PRZEMYSŁAW | 1402 | | KOMORNIKI | POL | M30 | 18 | M 32 | 00:41:27 | 01:28:15.90 | 01:28:15.90 | 6:18 | 9.5 |
| 40 | CIECIOROWSKA ALEKSANDRA | 1415 | DYNAFIT/ SOBAS TEAM | WROCLAW | POL | K18 | 2 | K 8 | 00:39:37 | 01:28:41.95 | 01:28:41.95 | 6:20 | 9.5 |
| 41 | POSPIESZNY ROBERT | 1500 | | JAROCIN | POL | M40 | 12 | M 33 | 00:42:21 | 01:30:41.90 | 01:30:41.90 | 6:28 | 9.3 |
| 42 | KOVBASIUK MYROSLAVA | 1552 | PLANYBIEGOWE.PL | WROCLAW | POL | K18 | 3 | K 9 | 00:43:13 | 01:31:21.45 | 01:31:21.45 | 6:31 | 9.2 |
| 43 | ZAWADZKA DAGMARA | 1543 | | KOMORNIKI | POL | K30 | 5 | K 10 | 00:41:57 | 01:31:57.95 | 01:31:57.95 | 6:34 | 9.1 |
| 44 | ZIÓŁEK KAROLINA | 1549 | | POZNAŃ | POL | K30 | 6 | K 11 | 00:42:55 | 01:33:32.80 | 01:33:32.80 | 6:40 | 9 |

CZTERNASTKA NA ZAMEK, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 6km | Netto | Brutto | min/km | km/h |
|------|-----------------------------|------|---------------------------------------|-----------------|------|------|--------|------|-------------|-------------|-------------|--------|------|
| 45 | MUCHA TOMASZ | 1484 | | OLSZYNA | POL | M18 | 2 | M 34 | 00:44:12 | 01:33:53.70 | 01:33:53.70 | 6:42 | 8.9 |
| 46 | KARCZEWSKI DANIEL | 1448 | | ŻYDOWO | POL | M40 | 13 | M 35 | 00:44:55 | 01:33:54.25 | 01:33:54.25 | 6:42 | 8.9 |
| 47 | SŁOWIK KAMILA | 1515 | TRITOGO | SMOLEC | POL | K30 | 7 | K 12 | 00:43:13 | 01:33:54.40 | 01:33:54.40 | 6:42 | 8.9 |
| 48 | KOMAN IGA | 1455 | FITMAMY | DOBRA | POL | K30 | 8 | K 13 | 00:44:24 | 01:34:15.20 | 01:34:15.20 | 6:43 | 8.9 |
| 49 | WOJCIECHOWICZ MAGDALENA | 1537 | | BŁĄŻEJEWÓ | POL | K30 | 9 | K 14 | 00:43:45 | 01:34:34.10 | 01:34:34.10 | 6:45 | 8.9 |
| 50 | PETER ANDRZEJ | 1495 | | GROMADKA | POL | M50 | 3 | M 36 | 00:44:09 | 01:34:59.40 | 01:34:59.40 | 6:47 | 8.8 |
| 51 | GWOŹDZIK-BŁASZCZYK KAROLINA | 1437 | | ŚWIEBODZIN | POL | K40 | 3 | K 15 | 00:43:42 | 01:35:06.85 | 01:35:06.85 | 6:47 | 8.8 |
| 52 | SZPACZEK BOGNA | 1525 | | LUBIN | POL | K30 | 10 | K 16 | 00:43:23 | 01:35:25.85 | 01:35:25.85 | 6:48 | 8.8 |
| 53 | ZIELIŃSKA AGATA | 1546 | NADAKTYWNI NOWE MIASTECZKO | NOWE MIASTECZKO | POL | K40 | 4 | K 17 | 00:42:56 | 01:35:42.10 | 01:35:42.10 | 6:50 | 8.8 |
| 54 | WIĄCEK JAKUB | 1533 | | POZNAŃ | POL | M30 | 19 | M 37 | 00:43:40 | 01:35:50.45 | 01:35:50.45 | 6:50 | 8.8 |
| 55 | MAŁECKA DOROTA | 1474 | CNS NOWA SÓL | NOWE MIASTECZKO | POL | K50 | 1 | K 18 | 00:43:18 | 01:36:22.40 | 01:36:22.40 | 6:53 | 8.7 |
| 56 | ZAGROBELNY RADOŚLAW | 1542 | | WROCŁAW | POL | M60 | 1 | M 38 | 00:42:37 | 01:36:32.80 | 01:36:32.80 | 6:53 | 8.7 |
| 57 | ZIÓŁEK BŁĄŻEJ | 1548 | | POZNAŃ | POL | M30 | 20 | M 39 | 00:45:18 | 01:36:37.15 | 01:36:37.15 | 6:54 | 8.7 |
| 58 | CZOPOR GRZEGORZ | 1417 | | JELEŃ GÓRA | POL | M40 | 14 | M 40 | 00:45:42 | 01:36:48.30 | 01:36:48.30 | 6:54 | 8.7 |
| 59 | PSZCZOŁA ALEKSANDRA | 1502 | | POZNAŃ | POL | K30 | 11 | K 19 | 00:44:51 | 01:36:50.10 | 01:36:50.10 | 6:55 | 8.7 |
| 60 | SPROGIS JOANNA | 1516 | | SZCZECIN | POL | K40 | 5 | K 20 | 00:44:34 | 01:37:06.55 | 01:37:06.55 | 6:56 | 8.7 |
| 61 | RĄCZKOWIAK MATEUSZ | 1504 | USZŁO POWIETRZE Z DĘTKI | WROCŁAW | POL | M30 | 21 | M 41 | 00:43:27 | 01:37:32.25 | 01:37:32.25 | 6:58 | 8.6 |
| 62 | KUBIAK ANDRZEJ | 1468 | | RUMIA | POL | M60 | 2 | M 42 | 00:44:26 | 01:38:26.95 | 01:38:26.95 | 7:01 | 8.5 |
| 63 | BRĘK MARCIN | 1408 | | DOBIEŻYN | POL | M30 | 22 | M 43 | 01:38:31.00 | 01:38:31.00 | 01:38:31.00 | 7:02 | 8.5 |
| 64 | KRÓLIKOWSKI PRZEMYSŁAW | 1463 | | WROCŁAW | POL | M40 | 15 | M 44 | 00:45:44 | 01:38:43.50 | 01:38:43.50 | 7:03 | 8.5 |
| 65 | BIELECKI GRZEGORZ | 1406 | HAPPY SCHOOL | LEGNICA | POL | M40 | 16 | M 45 | 00:44:50 | 01:38:47.30 | 01:38:47.30 | 7:03 | 8.5 |
| 66 | LIPNICKA JOANNA | 1471 | | JELEŃ GÓRA | POL | K30 | 12 | K 21 | 00:44:18 | 01:38:47.50 | 01:38:47.50 | 7:03 | 8.5 |
| 67 | SOBOLCZYK JUSTYNA | 1578 | | K30 | | K30 | 13 | K 22 | 00:47:40 | 01:39:41.25 | 01:39:41.25 | 7:07 | 8.4 |
| 68 | WOŁOSZ CELINA | 1538 | | CZARNA ŁĄKA | POL | K30 | 14 | K 23 | 00:44:48 | 01:40:09.90 | 01:40:09.90 | 7:09 | 8.4 |
| 69 | LORENC KAROLINA | 1551 | | KIEŁCZÓW | POL | K30 | 15 | K 24 | 00:46:25 | 01:40:35.90 | 01:40:35.90 | 7:11 | 8.4 |
| 70 | ŻMIJEWSKA DOMINIKA | 1550 | DĘBOWA GÓRA RUN! | WYRZYSK | POL | K30 | 16 | K 25 | 00:45:02 | 01:40:49.35 | 01:40:49.35 | 7:12 | 8.3 |
| 71 | MUCHACZÓW AGATA | 1554 | | JELEŃ GÓRA | POL | K40 | 6 | K 26 | 00:46:57 | 01:41:14.65 | 01:41:14.65 | 7:13 | 8.3 |
| 72 | BIAŁCZAK EMIL | 1405 | | KÓRNIK | POL | M30 | 23 | M 46 | 00:48:01 | 01:41:16.75 | 01:41:16.75 | 7:14 | 8.3 |
| 73 | GRABARA DOROTA | 1434 | ŚWIERADÓW-ZDRÓJ GÓRSKIE UZDROWISKO | GRYFÓW ŚLĄSKI | POL | K30 | 17 | K 27 | 00:47:25 | 01:41:29.90 | 01:41:29.90 | 7:14 | 8.3 |
| 74 | GRZELAK ANDRZEJ | 1436 | KOMORNIKI MTB TEAM | BUK | POL | M40 | 17 | M 47 | 00:46:20 | 01:41:52.35 | 01:41:52.35 | 7:16 | 8.2 |
| 75 | POPIÓŁEK AGNIESZKA | 1499 | | KOŚCIELNA WIEŚ | POL | K30 | 18 | K 28 | 00:44:21 | 01:41:58.70 | 01:41:58.70 | 7:17 | 8.2 |
| 76 | PAWŁOWSKA ADA | 1494 | | WROCŁAW | POL | K30 | 19 | K 29 | 00:45:17 | 01:42:36.10 | 01:42:36.10 | 7:19 | 8.2 |
| 77 | FIŚLAK MATEUSZ | 1423 | | WROCŁAW | POL | M30 | 24 | M 48 | 00:46:18 | 01:42:56.20 | 01:42:56.20 | 7:21 | 8.2 |
| 78 | MAŚLAK ANNA | 1476 | BIEGAMYRAZEM.PL | GDYNIA | POL | K50 | 2 | K 30 | 00:47:25 | 01:43:17.15 | 01:43:17.15 | 7:22 | 8.1 |
| 79 | MAŚLAK RADOŚLAW | 1477 | BIEGAMYRAZEM.PL | GDYNIA | POL | M50 | 4 | M 49 | 00:47:31 | 01:43:17.45 | 01:43:17.45 | 7:22 | 8.1 |
| 80 | STĘSIK MAGDALENA | 1519 | | WOLSZTYN | POL | K30 | 20 | K 31 | 00:47:08 | 01:43:49.10 | 01:43:49.10 | 7:24 | 8.1 |
| 81 | NOWAK HUBERT | 1486 | | PLEWISKA | POL | M30 | 25 | M 50 | 00:48:29 | 01:43:50.75 | 01:43:50.75 | 7:25 | 8.1 |
| 82 | DUL WIESŁAW | 1418 | FAMILY TEAM | JELEŃ GÓRA | POL | M60 | 3 | M 51 | 00:47:53 | 01:43:59.30 | 01:43:59.30 | 7:25 | 8.1 |
| 83 | KOZIELEWSKI ANTONI | 1462 | | POZNAŃ | POL | M40 | 18 | M 52 | 00:50:01 | 01:44:17.30 | 01:44:17.30 | 7:26 | 8.1 |
| 84 | GAŁĘCKI KRZYSZTOF | 1427 | | PLEWISKA | POL | M40 | 19 | M 53 | 00:50:00 | 01:44:31.90 | 01:44:31.90 | 7:27 | 8 |
| 85 | KOSECKA AGATA | 1458 | OSP JANISZEWICE WWW.BIEGAJZOSP.PL | ZDUŃSKA WOLA | POL | K30 | 21 | K 32 | 00:49:53 | 01:44:39.85 | 01:44:39.85 | 7:28 | 8 |
| 86 | GAJ AGNIESZKA | 1425 | | JELEŃ GÓRA | POL | K30 | 22 | K 33 | 00:49:11 | 01:45:13.00 | 01:45:13.00 | 7:30 | 8 |
| 87 | FIERKOWICZ TERESA | 1420 | ŚWIERADÓW-ZDRÓJ GÓRSKIE UZDROWISKO | ŚWIERADÓW-ZDRÓJ | POL | K50 | 3 | K 34 | 00:50:06 | 01:46:25.05 | 01:46:25.05 | 7:36 | 7.9 |
| 88 | KIRCUŃ PAWEŁ | 1451 | | WROCŁAW | POL | M40 | 20 | M 54 | 00:47:46 | 01:46:45.85 | 01:46:45.85 | 7:37 | 7.9 |
| 89 | CICHOWICZ TOMASZ | 1414 | | POZNAŃ | POL | M18 | 3 | M 55 | 00:50:14 | 01:46:49.50 | 01:46:49.50 | 7:37 | 7.9 |
| 90 | BRZEZIŃSKA DOROTA | 1409 | | JELONEK | POL | K40 | 7 | K 35 | 00:51:43 | 01:47:05.90 | 01:47:05.90 | 7:38 | 7.8 |
| 91 | KARBOWSKA KAROLINA | 1446 | K S LENIWIEC | SYCÓW | POL | K40 | 8 | K 36 | 00:49:34 | 01:48:01.45 | 01:48:01.45 | 7:42 | 7.8 |
| 92 | KARBOWSKI JAROSŁAW | 1447 | K S LENIWIEC | SYCÓW | POL | M40 | 21 | M 56 | 00:50:02 | 01:48:01.90 | 01:48:01.90 | 7:42 | 7.8 |
| 93 | ORŁOWSKA JUSTYNA | 1580 | | ŚWIEBODZIN | POL | K40 | 9 | K 37 | 00:49:41 | 01:48:19.30 | 01:48:19.30 | 7:44 | 7.8 |
| 94 | GAŚSIOR KACPER | 1428 | | WARSZAWA | POL | M18 | 4 | M 57 | 00:51:12 | 01:48:30.65 | 01:48:30.65 | 7:45 | 7.7 |
| 95 | SANKOWSKA KRZYSZTOFA | 1510 | | STARE KUROWO | POL | K18 | 4 | K 38 | 00:51:29 | 01:48:48.75 | 01:48:48.75 | 7:46 | 7.7 |
| 96 | KOŃ ALEKSANDRA | 1456 | EKIPA LIPA | LIPA | POL | K40 | 10 | K 39 | 00:51:15 | 01:48:57.90 | 01:48:57.90 | 7:46 | 7.7 |
| 97 | KOPEĆ AGNIESZKA | 1457 | | LEGNICA | POL | K40 | 11 | K 40 | 00:51:37 | 01:49:11.55 | 01:49:11.55 | 7:47 | 7.7 |
| 98 | KRECHOWIECKA MAŁGORZATA | 1555 | | WROCŁAW | POL | K30 | 23 | K 41 | 00:54:50 | 01:50:10.20 | 01:50:10.20 | 7:52 | 7.6 |
| 99 | SZCZĘSNA AGATA | 1522 | | TORUŃ | POL | K18 | 5 | K 42 | 00:54:34 | 01:51:55.30 | 01:51:55.30 | 7:59 | 7.5 |

CZTERNASTKA NA ZAMEK, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 6km | Netto | Brutto | min/km | km/h |
|------|-----------------------|------|-----------------------------|-----------------------|------|------|--------|------|----------|-------------|-------------|--------|------|
| 100 | MISKIEWICZ MAGDALENA | 1482 | MISTEAM | POZNAŃ | POL | K40 | 12 | K 43 | 00:53:08 | 01:54:51.10 | 01:54:51.10 | 8:12 | 7.3 |
| 101 | BIENEK KRZYSZTOF | 1407 | | BRZEG DOLNY | POL | M40 | 22 | M 58 | 00:57:40 | 01:54:53.50 | 01:54:53.50 | 8:12 | 7.3 |
| 102 | SZCZEPANIAK JAKUB | 1521 | | SOBÓTKA | POL | M30 | 26 | M 59 | 01:00:29 | 01:55:36.00 | 01:55:36.00 | 8:15 | 7.3 |
| 103 | SZOTT MAGDALENA | 1524 | ORTHOS TEAM | WROCLAW | POL | K30 | 24 | K 44 | 00:53:14 | 01:56:24.15 | 01:56:24.15 | 8:18 | 7.2 |
| 104 | MATUSIAK ADRIANA | 1478 | WS & B | ZIELONA GÓRA | POL | K50 | 4 | K 45 | 00:50:48 | 01:56:37.90 | 01:56:37.90 | 8:19 | 7.2 |
| 105 | MATUSIAK MARIUSZ | 1479 | WS & B | ZIELONA GÓRA | POL | M50 | 5 | M 60 | 00:52:59 | 01:56:38.00 | 01:56:38.00 | 8:19 | 7.2 |
| 106 | SZAFRANEK AGNIESZKA | 1520 | | STOŁĘŻYN | POL | K30 | 25 | K 46 | 00:55:34 | 01:56:54.70 | 01:56:54.70 | 8:21 | 7.2 |
| 107 | BEDNARZ PIOTR | 1553 | | JELEŃ GÓRA | POL | M30 | 27 | M 61 | 00:58:03 | 01:57:08.50 | 01:57:08.50 | 8:22 | 7.2 |
| 108 | PRĘTNICKI MICHAŁ | 1501 | DRUŻYNA STASIA | POZNAŃ | POL | M40 | 23 | M 62 | 00:51:51 | 01:57:31.80 | 01:57:31.80 | 8:23 | 7.1 |
| 109 | KRZESZEWSKI KRZYSZTOF | 1464 | | PIŁA | POL | M40 | 24 | M 63 | 00:53:30 | 01:57:47.30 | 01:57:47.30 | 8:24 | 7.1 |
| 110 | OLSZAK KUBA | 1491 | | WARSZAWA | POL | M30 | 28 | M 64 | 01:00:29 | 01:57:52.20 | 01:57:52.20 | 8:25 | 7.1 |
| 111 | WĄTROBA DOROTA | 1532 | KLUB 42,2 LĘBORK | LĘBORK | POL | K40 | 13 | K 47 | 00:57:14 | 01:58:14.40 | 01:58:14.40 | 8:26 | 7.1 |
| 112 | NOWICKA KATARZYNA | 1487 | | WROCLAW | POL | K50 | 5 | K 48 | 00:52:15 | 01:58:16.40 | 01:58:16.40 | 8:26 | 7.1 |
| 113 | KIERSNOWSKA AGNIESZKA | 1450 | | WROCLAW | POL | K50 | 6 | K 49 | 00:52:18 | 01:59:44.60 | 01:59:44.60 | 8:33 | 7 |
| 114 | OSUCH GRAŻYNA | 1492 | CNS | NOWA SÓL | POL | K40 | 14 | K 50 | 00:53:34 | 01:59:54.55 | 01:59:54.55 | 8:33 | 7 |
| 115 | OZGOWICZ SYLWIA | 1493 | CNS NOWA SÓL | NOWA SÓL | POL | K30 | 26 | K 51 | 00:53:34 | 01:59:54.65 | 01:59:54.65 | 8:33 | 7 |
| 116 | PUTANS WIESŁAWA | 1503 | | JELEŃ GÓRA | POL | K60 | 1 | K 52 | 00:52:19 | 02:00:14.30 | 02:00:14.30 | 8:35 | 7 |
| 117 | NOWIK JAROSŁAW | 1488 | | BRZEG DOLNY | POL | M40 | 25 | M 65 | 00:57:28 | 02:00:57.05 | 02:00:57.05 | 8:38 | 6.9 |
| 118 | GŁOWACKA EMILIA | 1431 | | BUCZEK | POL | K40 | 15 | K 53 | 00:55:31 | 02:02:18.85 | 02:02:18.85 | 8:44 | 6.9 |
| 119 | STAWUJAK JACEK | 1517 | BIEGAJĄCE KREJZOLE | POZNAŃ | POL | M40 | 26 | M 66 | 00:58:31 | 02:03:57.35 | 02:03:57.35 | 8:51 | 6.8 |
| 120 | PODSIEDLIK WIOLETTA | 1498 | | LEGNICA | POL | K40 | 16 | K 54 | 00:55:53 | 02:04:00.75 | 02:04:00.75 | 8:51 | 6.8 |
| 121 | WALENTYN KATARZYNA | 1530 | RUNCROSS ROZGARTY | TORUŃ | POL | K40 | 17 | K 55 | 00:58:01 | 02:05:43.40 | 02:05:43.40 | 8:58 | 6.7 |
| 122 | MAJEWSKA MARTA | 1473 | SPIN FORCE RUNNERS | SWARZĘDZ | POL | K40 | 18 | K 56 | 00:58:33 | 02:06:24.80 | 02:06:24.80 | 9:01 | 6.6 |
| 123 | PIOTROWSKI KRZYSZTOF | 1496 | | POZNAŃ | POL | M60 | 4 | M 67 | 00:56:55 | 02:06:51.60 | 02:06:51.60 | 9:03 | 6.6 |
| 124 | KOTARSKA KAMILA | 1460 | | ŻYDOWO | POL | K40 | 19 | K 57 | 00:58:51 | 02:06:58.65 | 02:06:58.65 | 9:04 | 6.6 |
| 125 | WINCENCIAK JAN | 1535 | | WARSZAWA | POL | M18 | 5 | M 68 | 01:00:37 | 02:06:59.90 | 02:06:59.90 | 9:04 | 6.6 |
| 126 | SEK JULIANNIA | 1512 | | WARSZAWA | POL | K18 | 6 | K 58 | 01:00:37 | 02:07:00.30 | 02:07:00.30 | 9:04 | 6.6 |
| 127 | KALEMBA ANIA | 1445 | | RADECZ | POL | K30 | 27 | K 59 | 01:00:27 | 02:07:34.05 | 02:07:34.05 | 9:06 | 6.6 |
| 128 | KOSIOR KATARZYNA | 1459 | | BRZEG DOLNY | POL | K40 | 20 | K 60 | 01:00:27 | 02:07:34.20 | 02:07:34.20 | 9:06 | 6.6 |
| 129 | WYDRO ZUZANNA | 1540 | | KONIN | POL | K30 | 28 | K 61 | 00:59:33 | 02:08:07.95 | 02:08:07.95 | 9:09 | 6.6 |
| 130 | KOWALSKI ANDRZEJ | 1461 | NAPRZÓD MŁOCINY | WARSZAWA | POL | M40 | 27 | M 69 | 00:58:40 | 02:09:09.70 | 02:09:09.70 | 9:13 | 6.5 |
| 131 | TARLOWSKI HUBERT | 1527 | | PAŁĘDZIE | POL | M40 | 28 | M 70 | 01:03:39 | 02:09:17.90 | 02:09:17.90 | 9:14 | 6.5 |
| 132 | TEŚCIOROWSKA PAULINA | 1528 | | KOŚCIELNA WIEŚ | POL | K30 | 29 | K 62 | 00:51:55 | 02:09:30.20 | 02:09:30.20 | 9:15 | 6.5 |
| 133 | GRYGIER JOANNA | 1435 | | KOŚCIAN | POL | K40 | 21 | K 63 | 00:59:28 | 02:09:46.30 | 02:09:46.30 | 9:16 | 6.5 |
| 134 | RYŻYŃSKA AGNIESZKA | 1507 | CHEŁM BIEGA | CHEŁM | POL | K40 | 21 | K 63 | 01:01:05 | 02:09:46.30 | 02:09:46.30 | 9:16 | 6.5 |
| 135 | CZERWIK PATRYCJA | 1416 | | KATOWICE | POL | K40 | 23 | K 65 | 00:59:36 | 02:12:09.55 | 02:12:09.55 | 9:26 | 6.4 |
| 136 | WYPYCH TOMASZ | 1541 | ZAKOCHANI ZABIEGANI | BRZEG | POL | M50 | 6 | M 71 | 00:56:49 | 02:12:49.05 | 02:12:49.05 | 9:29 | 6.3 |
| 137 | JEDYNAK-WYPYCH ANNA | 1443 | | LEWIN BRZESKI | POL | K40 | 24 | K 66 | 00:59:57 | 02:15:11.60 | 02:15:11.60 | 9:39 | 6.2 |
| 138 | TRZCIŃSKA JOLANTA | 1577 | | | POL | K40 | 25 | K 67 | 01:04:38 | 02:16:22.00 | 02:16:22.00 | 9:44 | 6.2 |
| 139 | GIGON BARBARA | 1430 | ROCK BALANCING ICE | RYDUŁTOWY | POL | K50 | 7 | K 68 | 01:04:37 | 02:16:22.05 | 02:16:22.05 | 9:44 | 6.2 |
| 140 | KUCHARCZAK BEATA | 1470 | | GRODZISK WIELKOPOLSKI | POL | K40 | 26 | K 69 | 01:02:31 | 02:16:45.00 | 02:16:45.00 | 9:46 | 6.1 |
| 141 | KUCHARCZAK MACIEJ | 1469 | | GRODZISK WIELKOPOLSKI | POL | M40 | 29 | M 72 | 01:02:30 | 02:16:51.75 | 02:16:51.75 | 9:46 | 6.1 |
| 142 | BENDKA SEBASTIAN | 1579 | | LESZNO | POL | M40 | 30 | M 73 | 01:03:15 | 02:22:02.75 | 02:22:02.75 | 10:08 | 5.9 |
| 143 | WINIARCYK IWONA | 1536 | | POZNAŃ | POL | K40 | 27 | K 70 | 01:05:12 | 02:23:32.25 | 02:23:32.25 | 10:15 | 5.9 |
| 144 | PIWOWARSKI DAMIAN | 1497 | | ZIELONA GÓRA | POL | M40 | 31 | M 74 | 01:06:23 | 02:23:52.65 | 02:23:52.65 | 10:16 | 5.8 |
| 145 | CICHOWICZ BARBARA | 1413 | | POZNAŃ | POL | K40 | 28 | K 71 | 01:04:54 | 02:26:38.70 | 02:26:38.70 | 10:28 | 5.7 |
| 146 | SZPERLING MAGDALENA | 1526 | | POGÓRZE | POL | K40 | 29 | K 72 | 01:04:54 | 02:26:38.90 | 02:26:38.90 | 10:28 | 5.7 |
| 147 | CHAJEC PATRYCJA | 1411 | DIRTY SPARROWS | POZNAŃ | POL | K30 | 30 | K 73 | 01:05:42 | 02:26:54.25 | 02:26:54.25 | 10:29 | 5.7 |
| 148 | BENTKOWSKI LESŁAW | 1404 | | GLIWICE | POL | M60 | 5 | M 75 | 01:05:42 | 02:26:54.55 | 02:26:54.55 | 10:29 | 5.7 |
| 149 | MENZEL ZOFIA | 1480 | | LUBRZA | POL | K60 | 2 | K 74 | 00:54:25 | 02:29:11.70 | 02:29:11.70 | 10:39 | 5.6 |
| 150 | ZBOROWSKA JOANNA | 1545 | ULTRA DIABŁY TEAM LUBRZA | ŁĄGÓW | POL | K30 | 31 | K 75 | 01:07:35 | 02:29:13.70 | 02:29:13.70 | 10:39 | 5.6 |
| 151 | JEZIOREK AGNIESZKA | 1444 | | BANIE | POL | K40 | 30 | K 76 | 01:01:07 | 02:30:16.55 | 02:30:16.55 | 10:44 | 5.6 |
| 152 | KRZYWDZIŃSKA LIDIA | 1465 | RUNCROSS ROZGARTY | TORUŃ | POL | K40 | 31 | K 77 | 01:06:37 | 02:30:22.45 | 02:30:22.45 | 10:44 | 5.6 |
| 153 | WILGOSZ-FILIPEK LIDIA | 1534 | SZKLARSKA SZTAB SZKOLENIOWY | KAMIENIEC WROCLAWSKI | POL | K30 | 32 | K 78 | 01:08:16 | 02:33:03.10 | 02:33:03.10 | 10:55 | 5.5 |
| 154 | WREMBEL KAROLINA | 1539 | ROZBIEGANY LWÓWEK | LWÓWEK | POL | K40 | 32 | K 79 | 01:21:11 | 03:04:30.30 | 03:04:30.30 | 13:10 | 4.6 |
| 155 | GAŁĄZKA MAGDALENA | 1426 | BBL BOGDANIEC | ULIM | POL | K40 | 33 | K 80 | 01:21:11 | 03:04:32.80 | 03:04:32.80 | 13:10 | 4.6 |

CZTERNASTKA NA ZAMEK, K-Open

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 6km | Netto | Brutto | min/km | km/h |
|------|-----------------------------|------|---------------------------------------|-----------------|------|------|--------|------|----------|-------------|-------------|--------|------|
| 1 | BIALOBŁOCKA ALICJA | 1559 | | WROCŁAW | POL | K40 | 1 | K 1 | 00:35:08 | 01:10:39.70 | 01:10:39.70 | 5:02 | 11.9 |
| 2 | DURKALEC JAGODA | 1419 | FEIFER TEAM | JELEŃ GÓRA | POL | K30 | 1 | K 2 | 00:36:27 | 01:16:28.00 | 01:16:28.00 | 5:27 | 11 |
| 3 | HEDZIELSKA WERONIKA | 1438 | NATURAL BORN RUNNERS | GOŁĘCZEWO | POL | K18 | 1 | K 3 | 00:36:57 | 01:19:22.55 | 01:19:22.55 | 5:40 | 10.6 |
| 4 | GIERUS AGNIESZKA | 1429 | PROMUJEMYKARKONOSZE.PL | JELEŃ GÓRA | POL | K40 | 2 | K 4 | 00:38:59 | 01:23:05.50 | 01:23:05.50 | 5:56 | 10.1 |
| 5 | KOCHMAN KATARZYNA | 1454 | @SOBOTATOSOBOTA | WROCŁAW | POL | K30 | 2 | K 5 | 00:38:32 | 01:24:06.90 | 01:24:06.90 | 6:00 | 10 |
| 6 | SKORUPINSKA AGNIESZKA | 1513 | | WOLSZTYN | POL | K30 | 3 | K 6 | 00:37:52 | 01:25:11.60 | 01:25:11.60 | 6:05 | 9.9 |
| 7 | STĘPŃIAK IGA | 1518 | | POZNAŃ | POL | K30 | 4 | K 7 | 00:39:22 | 01:26:32.00 | 01:26:32.00 | 6:10 | 9.7 |
| 8 | CIECIOROWSKA ALEKSANDRA | 1415 | DYNAFIT/ SOBAS TEAM | WROCŁAW | POL | K18 | 2 | K 8 | 00:39:37 | 01:28:41.95 | 01:28:41.95 | 6:20 | 9.5 |
| 9 | KOVBAŠIUK MYROSLAVA | 1552 | PLANBYBIEGOWE.PL | WROCŁAW | POL | K18 | 3 | K 9 | 00:43:13 | 01:31:21.45 | 01:31:21.45 | 6:31 | 9.2 |
| 10 | ZAWADZKA DAGMARA | 1543 | | KOMORNIKI | POL | K30 | 5 | K 10 | 00:41:57 | 01:31:57.95 | 01:31:57.95 | 6:34 | 9.1 |
| 11 | ZIÓŁEK KAROLINA | 1549 | | POZNAŃ | POL | K30 | 6 | K 11 | 00:42:55 | 01:33:32.80 | 01:33:32.80 | 6:40 | 9 |
| 12 | SŁOWIK KAMILA | 1515 | TRITOGO | SMOLEC | POL | K30 | 7 | K 12 | 00:43:13 | 01:33:54.40 | 01:33:54.40 | 6:42 | 8.9 |
| 13 | KOMAN IGA | 1455 | FITMAMY | DOBRA | POL | K30 | 8 | K 13 | 00:44:24 | 01:34:15.20 | 01:34:15.20 | 6:43 | 8.9 |
| 14 | WOJCIECHOWICZ MAGDALENA | 1537 | | BŁĄŻEJEWÓ | POL | K30 | 9 | K 14 | 00:43:45 | 01:34:34.10 | 01:34:34.10 | 6:45 | 8.9 |
| 15 | GWOŹDZIK-BŁASZCZYK KAROLINA | 1437 | | ŚWIEBODZIN | POL | K40 | 3 | K 15 | 00:43:42 | 01:35:06.85 | 01:35:06.85 | 6:47 | 8.8 |
| 16 | SZPACZEK BOGNA | 1525 | | LUBIN | POL | K30 | 10 | K 16 | 00:43:23 | 01:35:25.85 | 01:35:25.85 | 6:48 | 8.8 |
| 17 | ZIELIŃSKA AGATA | 1546 | NADAKTYWNI NOWE MIASTECZKO | NOWE MIASTECZKO | POL | K40 | 4 | K 17 | 00:42:56 | 01:35:42.10 | 01:35:42.10 | 6:50 | 8.8 |
| 18 | MAŁECKA DOROTA | 1474 | CNS NOWA SÓL | NOWE MIASTECZKO | POL | K50 | 1 | K 18 | 00:43:18 | 01:36:22.40 | 01:36:22.40 | 6:53 | 8.7 |
| 19 | PSZCZOŁA ALEKSANDRA | 1502 | | POZNAŃ | POL | K30 | 11 | K 19 | 00:44:51 | 01:36:50.10 | 01:36:50.10 | 6:55 | 8.7 |
| 20 | SPROGIS JOANNA | 1516 | | SZCZECIN | POL | K40 | 5 | K 20 | 00:44:34 | 01:37:06.55 | 01:37:06.55 | 6:56 | 8.7 |
| 21 | LIPNICKA JOANNA | 1471 | | JELEŃ GÓRA | POL | K30 | 12 | K 21 | 00:44:18 | 01:38:47.50 | 01:38:47.50 | 7:03 | 8.5 |
| 22 | SOBOLCZYK JUSTYNA | 1578 | | | | K30 | 13 | K 22 | 00:47:40 | 01:39:41.25 | 01:39:41.25 | 7:07 | 8.4 |
| 23 | WOŁOSZ CELINA | 1538 | | CZARNA ŁĄKA | POL | K30 | 14 | K 23 | 00:44:48 | 01:40:09.90 | 01:40:09.90 | 7:09 | 8.4 |
| 24 | LORENC KAROLINA | 1551 | | KIEŁCZÓW | POL | K30 | 15 | K 24 | 00:46:25 | 01:40:35.90 | 01:40:35.90 | 7:11 | 8.4 |
| 25 | ŻMIJEWSKA DOMINIKA | 1550 | DĘBOWA GÓRA RUN! | WYRZYSK | POL | K30 | 16 | K 25 | 00:45:02 | 01:40:49.35 | 01:40:49.35 | 7:12 | 8.3 |
| 26 | MUCHACZOW AGATA | 1554 | | JELEŃ GÓRA | POL | K40 | 6 | K 26 | 00:46:57 | 01:41:14.65 | 01:41:14.65 | 7:13 | 8.3 |
| 27 | GRABARA DOROTA | 1434 | ŚWIERADÓW-ZDRÓJ GÓRSKIE UZDROWISKO | GRYFÓW ŚLĄSKI | POL | K30 | 17 | K 27 | 00:47:25 | 01:41:29.90 | 01:41:29.90 | 7:14 | 8.3 |
| 28 | POPIOŁEK AGNIESZKA | 1499 | | KOŚCIELNA WIEŚ | POL | K30 | 18 | K 28 | 00:44:21 | 01:41:58.70 | 01:41:58.70 | 7:17 | 8.2 |
| 29 | PAWŁOWSKA ADA | 1494 | | WROCŁAW | POL | K30 | 19 | K 29 | 00:45:17 | 01:42:36.10 | 01:42:36.10 | 7:19 | 8.2 |
| 30 | MAŚLAK ANNA | 1476 | BIEGAMYRAZEM.PL | GDYNIA | POL | K50 | 2 | K 30 | 00:47:25 | 01:43:17.15 | 01:43:17.15 | 7:22 | 8.1 |
| 31 | STĘSIK MAGDALENA | 1519 | | WOLSZTYN | POL | K30 | 20 | K 31 | 00:47:08 | 01:43:49.10 | 01:43:49.10 | 7:24 | 8.1 |
| 32 | KOSECKA AGATA | 1458 | OSP JANISZEWICE WWW.BIEGAJZOSP.PL | ZDUŃSKA WOLA | POL | K30 | 21 | K 32 | 00:49:53 | 01:44:39.85 | 01:44:39.85 | 7:28 | 8 |
| 33 | GAJ AGNIESZKA | 1425 | | JELEŃ GÓRA | POL | K30 | 22 | K 33 | 00:49:11 | 01:45:13.00 | 01:45:13.00 | 7:30 | 8 |
| 34 | FIERKOWICZ TERESA | 1420 | ŚWIERADÓW-ZDRÓJ GÓRSKIE UZDROWISKO | ŚWIERADÓW-ZDRÓJ | POL | K50 | 3 | K 34 | 00:50:06 | 01:46:25.05 | 01:46:25.05 | 7:36 | 7.9 |
| 35 | BRZEZIŃSKA DOROTA | 1409 | | JELONEK | POL | K40 | 7 | K 35 | 00:51:43 | 01:47:05.90 | 01:47:05.90 | 7:38 | 7.8 |
| 36 | KARBOWSKA KAROLINA | 1446 | K S LENIWIEC | SYCÓW | POL | K40 | 8 | K 36 | 00:49:34 | 01:48:01.45 | 01:48:01.45 | 7:42 | 7.8 |
| 37 | ORŁOWSKA JUSTYNA | 1580 | | ŚWIEBODZIN | POL | K40 | 9 | K 37 | 00:49:41 | 01:48:19.30 | 01:48:19.30 | 7:44 | 7.8 |
| 38 | SANKOWSKA KRZYSZTOFA | 1510 | | STARE KUROWO | POL | K18 | 4 | K 38 | 00:51:29 | 01:48:48.75 | 01:48:48.75 | 7:46 | 7.7 |
| 39 | KOŃ ALEKSANDRA | 1456 | EKIPA LIPA | LIPA | POL | K40 | 10 | K 39 | 00:51:15 | 01:48:57.90 | 01:48:57.90 | 7:46 | 7.7 |
| 40 | KOPEĆ AGNIESZKA | 1457 | | LEGNICA | POL | K40 | 11 | K 40 | 00:51:37 | 01:49:11.55 | 01:49:11.55 | 7:47 | 7.7 |
| 41 | KRECHOWIECKA MAŁGORZATA | 1555 | | WROCŁAW | POL | K30 | 23 | K 41 | 00:54:50 | 01:50:10.20 | 01:50:10.20 | 7:52 | 7.6 |
| 42 | SZCZĘSNA AGATA | 1522 | | TORUŃ | POL | K18 | 5 | K 42 | 00:54:34 | 01:51:55.30 | 01:51:55.30 | 7:59 | 7.5 |
| 43 | MISKIEWICZ MAGDALENA | 1482 | MIŚTEAM | POZNAŃ | POL | K40 | 12 | K 43 | 00:53:08 | 01:54:51.10 | 01:54:51.10 | 8:12 | 7.3 |
| 44 | SZOTT MAGDALENA | 1524 | ORTHOS TEAM | WROCŁAW | POL | K30 | 24 | K 44 | 00:53:14 | 01:56:24.15 | 01:56:24.15 | 8:18 | 7.2 |
| 45 | MATUSIAK ADRIANA | 1478 | WS & B | ZIELONA GÓRA | POL | K50 | 4 | K 45 | 00:50:48 | 01:56:37.90 | 01:56:37.90 | 8:19 | 7.2 |
| 46 | SZAFRANEK AGNIESZKA | 1520 | | STOŁĘŻYN | POL | K30 | 25 | K 46 | 00:55:34 | 01:56:54.70 | 01:56:54.70 | 8:21 | 7.2 |
| 47 | WĄTROBA DOROTA | 1532 | KLUB 42,2 LĘBORK | LĘBORK | POL | K40 | 13 | K 47 | 00:57:14 | 01:58:14.40 | 01:58:14.40 | 8:26 | 7.1 |
| 48 | NOWICKA KATARZYNA | 1487 | | WROCŁAW | POL | K50 | 5 | K 48 | 00:52:15 | 01:58:16.40 | 01:58:16.40 | 8:26 | 7.1 |
| 49 | KIERSNOWSKA AGNIESZKA | 1450 | | WROCŁAW | POL | K50 | 6 | K 49 | 00:52:18 | 01:59:44.60 | 01:59:44.60 | 8:33 | 7 |
| 50 | OSUCH GRAŻYNA | 1492 | CNS | NOWA SÓL | POL | K40 | 14 | K 50 | 00:53:34 | 01:59:54.55 | 01:59:54.55 | 8:33 | 7 |
| 51 | OZGOWICZ SYLWIA | 1493 | CNS NOWA SÓL | NOWA SÓL | POL | K30 | 26 | K 51 | 00:53:34 | 01:59:54.65 | 01:59:54.65 | 8:33 | 7 |
| 52 | PUTANS WIESŁAWA | 1503 | | JELEŃ GÓRA | POL | K60 | 1 | K 52 | 00:52:19 | 02:00:14.30 | 02:00:14.30 | 8:35 | 7 |
| 53 | GŁOWACKA EMILIA | 1431 | | BUCZEK | POL | K40 | 15 | K 53 | 00:55:31 | 02:02:18.85 | 02:02:18.85 | 8:44 | 6.9 |
| 54 | PODSIEDLIK WIOLETTA | 1498 | | LEGNICA | POL | K40 | 16 | K 54 | 00:55:53 | 02:04:00.75 | 02:04:00.75 | 8:51 | 6.8 |
| 55 | WALENTYN KATARZYNA | 1530 | RUNCROSS ROZGARTY | TORUŃ | POL | K40 | 17 | K 55 | 00:58:01 | 02:05:43.40 | 02:05:43.40 | 8:58 | 6.7 |

CZTERNASTKA NA ZAMEK, K-Open c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 6km | Netto | Brutto | min/km | km/h |
|------|-----------------------|------|-----------------------------|-----------------------|------|------|--------|------|----------|-------------|-------------|--------|------|
| 56 | MAJEWSKA MARTA | 1473 | SPIN FORCE RUNNERS | SWARZĘDZ | POL | K40 | 18 | K 56 | 00:58:33 | 02:06:24.80 | 02:06:24.80 | 9:01 | 6.6 |
| 57 | KOTARSKA KAMILA | 1460 | | ŻYDOWO | POL | K40 | 19 | K 57 | 00:58:51 | 02:06:58.65 | 02:06:58.65 | 9:04 | 6.6 |
| 58 | SĘK JULIANN | 1512 | | WARSZAWA | POL | K18 | 6 | K 58 | 01:00:37 | 02:07:00.30 | 02:07:00.30 | 9:04 | 6.6 |
| 59 | KALEMBA ANIA | 1445 | | RADECZ | POL | K30 | 27 | K 59 | 01:00:27 | 02:07:34.05 | 02:07:34.05 | 9:06 | 6.6 |
| 60 | KOSIOR KATARZYNA | 1459 | | BRZEG DOLNY | POL | K40 | 20 | K 60 | 01:00:27 | 02:07:34.20 | 02:07:34.20 | 9:06 | 6.6 |
| 61 | WYDRO ZUZANNA | 1540 | | KONIN | POL | K30 | 28 | K 61 | 00:59:33 | 02:08:07.95 | 02:08:07.95 | 9:09 | 6.6 |
| 62 | TEŚSIOROWSKA PAULINA | 1528 | | KOŚCIELNA WIEŚ | POL | K30 | 29 | K 62 | 00:51:55 | 02:09:30.20 | 02:09:30.20 | 9:15 | 6.5 |
| 63 | GRYGIER JOANNA | 1435 | | KOŚCIAN | POL | K40 | 21 | K 63 | 00:59:28 | 02:09:46.30 | 02:09:46.30 | 9:16 | 6.5 |
| 64 | RYŻYŃSKA AGNIESZKA | 1507 | CHEŁM BIEGA | CHEŁM | POL | K40 | 21 | K 63 | 01:01:05 | 02:09:46.30 | 02:09:46.30 | 9:16 | 6.5 |
| 65 | CZERWIK PATRYCJA | 1416 | | KATOWICE | POL | K40 | 23 | K 65 | 00:59:36 | 02:12:09.55 | 02:12:09.55 | 9:26 | 6.4 |
| 66 | JEDYNAK-WYPYCH ANNA | 1443 | | LEWIN BRZESKI | POL | K40 | 24 | K 66 | 00:59:57 | 02:15:11.60 | 02:15:11.60 | 9:39 | 6.2 |
| 67 | TRZCIŃSKA JOLANTA | 1577 | | | POL | K40 | 25 | K 67 | 01:04:38 | 02:16:22.00 | 02:16:22.00 | 9:44 | 6.2 |
| 68 | GIGOŃ BARBARA | 1430 | ROCK BALANCING ICE | RYDUŁTOWY | POL | K50 | 7 | K 68 | 01:04:37 | 02:16:22.05 | 02:16:22.05 | 9:44 | 6.2 |
| 69 | KUCHARCZAK BEATA | 1470 | | GRODZISK WIELKOPOLSKI | POL | K40 | 26 | K 69 | 01:02:31 | 02:16:45.00 | 02:16:45.00 | 9:46 | 6.1 |
| 70 | WINIARCZYK IWONA | 1536 | | POZNAŃ | POL | K40 | 27 | K 70 | 01:05:12 | 02:23:32.25 | 02:23:32.25 | 10:15 | 5.9 |
| 71 | CICHOWICZ BARBARA | 1413 | | POZNAŃ | POL | K40 | 28 | K 71 | 01:04:54 | 02:26:38.70 | 02:26:38.70 | 10:28 | 5.7 |
| 72 | SZPERLING MAGDALENA | 1526 | | POGÓRZE | POL | K40 | 29 | K 72 | 01:04:54 | 02:26:38.90 | 02:26:38.90 | 10:28 | 5.7 |
| 73 | CHAJEC PATRYCJA | 1411 | DIRTY SPARROWS | POZNAŃ | POL | K30 | 30 | K 73 | 01:05:42 | 02:26:54.25 | 02:26:54.25 | 10:29 | 5.7 |
| 74 | MENZEL ZOFIA | 1480 | | LUBRZA | POL | K60 | 2 | K 74 | 00:54:25 | 02:29:11.70 | 02:29:11.70 | 10:39 | 5.6 |
| 75 | ZBOROWSKA JOANNA | 1545 | ULTRA DIABŁY TEAM LUBRZA | ŁAGÓW | POL | K30 | 31 | K 75 | 01:07:35 | 02:29:13.70 | 02:29:13.70 | 10:39 | 5.6 |
| 76 | JEZIOREK AGNIESZKA | 1444 | | BANIE | POL | K40 | 30 | K 76 | 01:01:07 | 02:30:16.55 | 02:30:16.55 | 10:44 | 5.6 |
| 77 | KRZYWDZIŃSKA LIDIA | 1465 | RUNCROSS ROZGARTY | TORUŃ | POL | K40 | 31 | K 77 | 01:06:37 | 02:30:22.45 | 02:30:22.45 | 10:44 | 5.6 |
| 78 | WILGOSZ-FILUPEK LIDIA | 1534 | SZKLARSKA SZTAB SZKOLENIOWY | KAMIENIEC WROCŁAWSKI | POL | K30 | 32 | K 78 | 01:08:16 | 02:33:03.10 | 02:33:03.10 | 10:55 | 5.5 |
| 79 | WREMBEL KAROLINA | 1539 | ROZBIEGANY LWÓWEK | LWÓWEK | POL | K40 | 32 | K 79 | 01:21:11 | 03:04:30.30 | 03:04:30.30 | 13:10 | 4.6 |
| 80 | GAŁĄZKA MAGDALENA | 1426 | BBL BOGDANIEC | ULIM | POL | K40 | 33 | K 80 | 01:21:11 | 03:04:32.80 | 03:04:32.80 | 13:10 | 4.6 |

CZTERNASTKA NA ZAMEK, M-Open

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 6km | Netto | Brutto | min/km | km/h |
|------|------------------------|------|-------------------------------------|-----------------|------|------|--------|------|----------|-------------|-------------|--------|------|
| 1 | ROGAŁA PATRYK | 1505 | KP PSP KAMIENNA GÓRA / PREVENT | JEŻÓW SUDECKI | POL | M30 | 1 | M 1 | 00:27:45 | 01:01:13.50 | 01:01:13.50 | 4:22 | 13.7 |
| 2 | WALKOSZ MATEUSZ | 1531 | SOBASTEAM | SZAFLARY | POL | M30 | 2 | M 2 | 00:29:36 | 01:03:59.85 | 01:03:59.85 | 4:34 | 13.1 |
| 3 | KRZYWICKI STEFAN KAMIL | 1466 | | WROCŁAW | POL | M40 | 1 | M 3 | 00:31:31 | 01:07:56.30 | 01:07:56.30 | 4:51 | 12.4 |
| 4 | PODKAŃSKI BARTOSZ | 1563 | GOPR KARKONOSZE | JELEŃ GÓRA | POL | M40 | 2 | M 4 | 00:32:10 | 01:08:06.25 | 01:08:06.25 | 4:51 | 12.3 |
| 5 | BEDNARZ KRZYSZTOF | 1403 | PRZEDWOJEWSKI TEAM | LUBSZA | POL | M40 | 3 | M 5 | 00:31:43 | 01:09:17.45 | 01:09:17.45 | 4:56 | 12.1 |
| 6 | MARSZAŁEK KAZIMIERZ | 1475 | ŚWIERADÓW-ZDRÓJ GÓRSKIE UZDROWISKO | CZERNIAWA-ZDRÓJ | POL | M50 | 1 | M 6 | 00:32:30 | 01:09:54.50 | 01:09:54.50 | 4:59 | 12 |
| 7 | HOJAN ŁUKASZ | 1440 | | CHOMĘCICE | POL | M30 | 3 | M 7 | 00:34:09 | 01:12:16.95 | 01:12:16.95 | 5:09 | 11.6 |
| 8 | SKUZA KRZYSZTOF | 1514 | KLINIKA URODY JOLANTA SKUZA LEGNICA | LEGNICA | POL | M40 | 4 | M 8 | 00:32:17 | 01:12:25.40 | 01:12:25.40 | 5:10 | 11.6 |
| 9 | FILIPIAK DAMIAN | 1422 | | JAROCIN | POL | M30 | 4 | M 9 | 00:33:16 | 01:12:57.80 | 01:12:57.80 | 5:12 | 11.5 |
| 10 | SZCZĘSNY PAWEŁ | 1523 | | WROCŁAW | POL | M30 | 5 | M 10 | 00:35:06 | 01:13:31.35 | 01:13:31.35 | 5:15 | 11.4 |
| 11 | MODRZYŃSKI PAWEŁ | 1483 | | DOMASZCZYN | POL | M30 | 6 | M 11 | 00:35:19 | 01:13:49.20 | 01:13:49.20 | 5:16 | 11.4 |
| 12 | RACHAŃSKI MICHAŁ | 1576 | ROCK BALANCING ICE | | | M30 | 7 | M 12 | 00:35:50 | 01:14:18.25 | 01:14:18.25 | 5:18 | 11.3 |
| 13 | JANAS MICHAŁ | 1442 | GLKS RUDAWY | KACZORÓW | POL | M30 | 8 | M 13 | 00:34:11 | 01:14:47.80 | 01:14:47.80 | 5:20 | 11.2 |
| 14 | OLEJNIK EGIDIUSZ | 1490 | | JELEŃ GÓRA | POL | M30 | 9 | M 14 | 00:34:26 | 01:16:07.55 | 01:16:07.55 | 5:26 | 11 |
| 15 | SADOWSKI MICHAŁ | 1509 | POWER TRAINING | WARSZAWA | POL | M30 | 10 | M 15 | 00:36:51 | 01:17:37.00 | 01:17:37.00 | 5:32 | 10.8 |
| 16 | CHWIŁKA KRZYSZTOF | 1412 | | WROCŁAW | POL | M30 | 11 | M 16 | 00:35:17 | 01:17:41.95 | 01:17:41.95 | 5:32 | 10.8 |
| 17 | MAJEWICZ FILIP | 1472 | | GOWARZEWO | POL | M30 | 12 | M 17 | 00:37:55 | 01:18:50.25 | 01:18:50.25 | 5:37 | 10.7 |
| 18 | ZAWISTOWSKI MAREK | 1544 | AW SZYBCIEJ TEAM | WILCZYCE | POL | M40 | 5 | M 18 | 00:37:07 | 01:21:41.90 | 01:21:41.90 | 5:50 | 10.3 |
| 19 | GOŁĘBIEWSKI TYTUS | 1433 | ULTRA FALUBAZ | ZIELONA GÓRA | POL | M30 | 13 | M 19 | 00:36:19 | 01:22:29.60 | 01:22:29.60 | 5:53 | 10.2 |
| 20 | NIEMIR MARCIN | 1485 | | POZNAŃ | POL | M40 | 6 | M 20 | 00:39:25 | 01:22:43.70 | 01:22:43.70 | 5:54 | 10.2 |
| 21 | KACZMAREK KONRAD | 1556 | STARNERD | WROCŁAW | POL | M30 | 14 | M 21 | 00:38:09 | 01:23:13.50 | 01:23:13.50 | 5:56 | 10.1 |
| 22 | KAWCZYŃSKI ADAM | 1449 | | GOSTYŃ | POL | M18 | 1 | M 22 | 00:39:04 | 01:23:15.45 | 01:23:15.45 | 5:56 | 10.1 |
| 23 | LEDNICKI MICHAŁ | 1557 | ARVATO S.C. REP | SKÓRZEWO | POL | M40 | 7 | M 23 | 00:38:52 | 01:23:18.40 | 01:23:18.40 | 5:57 | 10.1 |
| 24 | SYDOR DANIEL | 1558 | ŚWIERADÓW-ZDRÓJ GÓRSKIE UZDROWISKO | ŚWIERADÓW-ZDRÓJ | POL | M40 | 8 | M 24 | 00:37:19 | 01:23:21.70 | 01:23:21.70 | 5:57 | 10.1 |
| 25 | RZEMIŃSKI ROBERT | 1508 | | JELEŃ GÓRA | POL | M50 | 2 | M 25 | 00:38:13 | 01:23:35.80 | 01:23:35.80 | 5:58 | 10 |

CZTERNASTKA NA ZAMEK, M-Open c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 6km | Netto | Brutto | min/km | km/h |
|------|------------------------|------|---------------------------------|-----------------------|------|------|--------|------|----------|-------------|-------------|--------|------|
| 26 | KLIMEK WOJCIECH | 1452 | ORTHOS TEAM/ PRZEDWOJEWSKI TEAM | BIELANY WROCŁAWSKIE | POL | M30 | 15 | M 26 | 00:39:00 | 01:23:57.90 | 01:23:57.90 | 5:59 | 10 |
| 27 | FILIP PRZEMYSŁAW | 1421 | | RADWANICE | POL | M40 | 9 | M 27 | 00:38:17 | 01:24:21.90 | 01:24:21.90 | 6:01 | 10 |
| 28 | FRIEDRICH RADOŚLAW | 1424 | | KARWIANY | POL | M30 | 16 | M 28 | 00:37:05 | 01:26:27.05 | 01:26:27.05 | 6:10 | 9.7 |
| 29 | RYCHLIK ŁUKASZ | 1506 | | WARSZAWA | POL | M40 | 10 | M 29 | 00:39:51 | 01:27:01.00 | 01:27:01.00 | 6:12 | 9.7 |
| 30 | PRZYBYLSKI PIOTR | 1560 | | KROSNO K/MOSINY | POL | M30 | 17 | M 30 | 00:41:41 | 01:27:41.30 | 01:27:41.30 | 6:15 | 9.6 |
| 31 | GŁOWACKI JAROSŁAW | 1432 | | BRODNIA DOLNA | POL | M40 | 11 | M 31 | 00:40:27 | 01:28:08.95 | 01:28:08.95 | 6:17 | 9.5 |
| 32 | BĄCZKIEWICZ PRZEMYSŁAW | 1402 | | KOMORNIKI | POL | M30 | 18 | M 32 | 00:41:27 | 01:28:15.90 | 01:28:15.90 | 6:18 | 9.5 |
| 33 | POSPIESZNY ROBERT | 1500 | | JAROCIN | POL | M40 | 12 | M 33 | 00:42:21 | 01:30:41.90 | 01:30:41.90 | 6:28 | 9.3 |
| 34 | MUCHA TOMASZ | 1484 | | OLSZYNA | POL | M18 | 2 | M 34 | 00:44:12 | 01:33:53.70 | 01:33:53.70 | 6:42 | 8.9 |
| 35 | KARCZEWSKI DANIEL | 1448 | | ŻYDOWO | POL | M40 | 13 | M 35 | 00:44:55 | 01:33:54.25 | 01:33:54.25 | 6:42 | 8.9 |
| 36 | PETER ANDRZEJ | 1495 | | GROMADKA | POL | M50 | 3 | M 36 | 00:44:09 | 01:34:59.40 | 01:34:59.40 | 6:47 | 8.8 |
| 37 | WIĄCEK JAKUB | 1533 | | POZNAŃ | POL | M30 | 19 | M 37 | 00:43:40 | 01:35:50.45 | 01:35:50.45 | 6:50 | 8.8 |
| 38 | ZAGROBELNY RADOŚLAW | 1542 | | WROCŁAW | POL | M60 | 1 | M 38 | 00:42:37 | 01:36:32.80 | 01:36:32.80 | 6:53 | 8.7 |
| 39 | ZIÓŁEK BŁAŻEJ | 1548 | | POZNAŃ | POL | M30 | 20 | M 39 | 00:45:18 | 01:36:37.15 | 01:36:37.15 | 6:54 | 8.7 |
| 40 | CZOPOR GRZEGORZ | 1417 | | JELENIA GÓRA | POL | M40 | 14 | M 40 | 00:45:42 | 01:36:48.30 | 01:36:48.30 | 6:54 | 8.7 |
| 41 | RĄCZKOWIAK MATEUSZ | 1504 | USZŁO POWIETRZE Z DĘTKI | WROCŁAW | POL | M30 | 21 | M 41 | 00:43:27 | 01:37:32.25 | 01:37:32.25 | 6:58 | 8.6 |
| 42 | KUBIAK ANDRZEJ | 1468 | | RUMIA | POL | M60 | 2 | M 42 | 00:44:26 | 01:38:26.95 | 01:38:26.95 | 7:01 | 8.5 |
| 43 | BRĘK MARCIN | 1408 | | DOBIEŻYŃ | POL | M30 | 22 | M 43 | | 01:38:31.00 | 01:38:31.00 | 7:02 | 8.5 |
| 44 | KRÓLIKOWSKI PRZEMYSŁAW | 1463 | | WROCŁAW | POL | M40 | 15 | M 44 | 00:45:44 | 01:38:43.50 | 01:38:43.50 | 7:03 | 8.5 |
| 45 | BIELECKI GRZEGORZ | 1406 | HAPPY SCHOOL | LEGNICA | POL | M40 | 16 | M 45 | 00:44:50 | 01:38:47.30 | 01:38:47.30 | 7:03 | 8.5 |
| 46 | BIAŁCZAK EMIL | 1405 | | KÓRNIK | POL | M30 | 23 | M 46 | 00:48:01 | 01:41:16.75 | 01:41:16.75 | 7:14 | 8.3 |
| 47 | GRZELAK ANDRZEJ | 1436 | KOMORNIKI MTB TEAM | BUK | POL | M40 | 17 | M 47 | 00:46:20 | 01:41:52.35 | 01:41:52.35 | 7:16 | 8.2 |
| 48 | FIŚLAK MATEUSZ | 1423 | | WROCŁAW | POL | M30 | 24 | M 48 | 00:46:18 | 01:42:56.20 | 01:42:56.20 | 7:21 | 8.2 |
| 49 | MAŚLAK RADOŚLAW | 1477 | BIEGAMYRAZEM.PL | GDYNIA | POL | M50 | 4 | M 49 | 00:47:31 | 01:43:17.45 | 01:43:17.45 | 7:22 | 8.1 |
| 50 | NOWAK HUBERT | 1486 | | PLEWISKA | POL | M30 | 25 | M 50 | 00:48:29 | 01:43:50.75 | 01:43:50.75 | 7:25 | 8.1 |
| 51 | DUL WIESŁAW | 1418 | FAMILY TEAM | JELENIA GÓRA | POL | M60 | 3 | M 51 | 00:47:53 | 01:43:59.30 | 01:43:59.30 | 7:25 | 8.1 |
| 52 | KOZIELEWSKI ANTONI | 1462 | | POZNAŃ | POL | M40 | 18 | M 52 | 00:50:01 | 01:44:17.30 | 01:44:17.30 | 7:26 | 8.1 |
| 53 | GAŁĘCKI KRZYSZTOF | 1427 | | PLEWISKA | POL | M40 | 19 | M 53 | 00:50:00 | 01:44:31.90 | 01:44:31.90 | 7:27 | 8 |
| 54 | KIRCUŃ PAWEŁ | 1451 | | WROCŁAW | POL | M40 | 20 | M 54 | 00:47:46 | 01:46:45.85 | 01:46:45.85 | 7:37 | 7.9 |
| 55 | CICHOWICZ TOMASZ | 1414 | | POZNAŃ | POL | M18 | 3 | M 55 | 00:50:14 | 01:46:49.50 | 01:46:49.50 | 7:37 | 7.9 |
| 56 | KARBOWSKI JAROSŁAW | 1447 | K S LENIWIEC | SYCÓW | POL | M40 | 21 | M 56 | 00:50:02 | 01:48:01.90 | 01:48:01.90 | 7:42 | 7.8 |
| 57 | GAŚIÓR KACPER | 1428 | | WARSZAWA | POL | M18 | 4 | M 57 | 00:51:12 | 01:48:30.65 | 01:48:30.65 | 7:45 | 7.7 |
| 58 | BIENEK KRZYSZTOF | 1407 | | BRZEG DOLNY | POL | M40 | 22 | M 58 | 00:57:40 | 01:54:53.50 | 01:54:53.50 | 8:12 | 7.3 |
| 59 | SZCZEPANIAK JAKUB | 1521 | | SOBÓTKA | POL | M30 | 26 | M 59 | 01:00:29 | 01:55:36.00 | 01:55:36.00 | 8:15 | 7.3 |
| 60 | MATUSIAK MARIUSZ | 1479 | WS & B | ZIELONA GÓRA | POL | M50 | 5 | M 60 | 00:52:59 | 01:56:38.00 | 01:56:38.00 | 8:19 | 7.2 |
| 61 | BEDNARZ PIOTR | 1553 | | JELENIA GÓRA | POL | M30 | 27 | M 61 | 00:58:03 | 01:57:08.50 | 01:57:08.50 | 8:22 | 7.2 |
| 62 | PRĘTNIICKI MICHAŁ | 1501 | DRUŻYNA STASIA | POZNAŃ | POL | M40 | 23 | M 62 | 00:51:51 | 01:57:31.80 | 01:57:31.80 | 8:23 | 7.1 |
| 63 | KRZESZEWSKI KRZYSZTOF | 1464 | | PIŁA | POL | M40 | 24 | M 63 | 00:53:30 | 01:57:47.30 | 01:57:47.30 | 8:24 | 7.1 |
| 64 | OLSZAK KUBA | 1491 | | WARSZAWA | POL | M30 | 28 | M 64 | 01:00:29 | 01:57:52.20 | 01:57:52.20 | 8:25 | 7.1 |
| 65 | NOWIK JAROSŁAW | 1488 | | BRZEG DOLNY | POL | M40 | 25 | M 65 | 00:57:28 | 02:00:57.05 | 02:00:57.05 | 8:38 | 6.9 |
| 66 | STAWUJAK JACEK | 1517 | BIEGAJĄCE KREJZOLE | POZNAŃ | POL | M40 | 26 | M 66 | 00:58:31 | 02:03:57.35 | 02:03:57.35 | 8:51 | 6.8 |
| 67 | PIOTROWSKI KRZYSZTOF | 1496 | | POZNAŃ | POL | M60 | 4 | M 67 | 00:56:55 | 02:06:51.60 | 02:06:51.60 | 9:03 | 6.6 |
| 68 | WINCENCIAK JAN | 1535 | | WARSZAWA | POL | M18 | 5 | M 68 | 01:00:37 | 02:06:59.90 | 02:06:59.90 | 9:04 | 6.6 |
| 69 | KOWALSKI ANDRZEJ | 1461 | NAPRZÓD MŁOCINY | WARSZAWA | POL | M40 | 27 | M 69 | 00:58:40 | 02:09:09.70 | 02:09:09.70 | 9:13 | 6.5 |
| 70 | TARLOWSKI HUBERT | 1527 | | PAŁĘDZIE | POL | M40 | 28 | M 70 | 01:03:39 | 02:09:17.90 | 02:09:17.90 | 9:14 | 6.5 |
| 71 | WYPYCH TOMASZ | 1541 | ZAKOCHANI ZABIEGANI | BRZEG | POL | M50 | 6 | M 71 | 00:56:49 | 02:12:49.05 | 02:12:49.05 | 9:29 | 6.3 |
| 72 | KUCHARCZAK MACIEJ | 1469 | | GRODZISK WIELKOPOLSKI | POL | M40 | 29 | M 72 | 01:02:30 | 02:16:51.75 | 02:16:51.75 | 9:46 | 6.1 |
| 73 | BENDKA SEBASTIAN | 1579 | | LESZNO | POL | M40 | 30 | M 73 | 01:03:15 | 02:22:02.75 | 02:22:02.75 | 10:08 | 5.9 |
| 74 | PIWOWARSKI DAMIAN | 1497 | | ZIELONA GÓRA | POL | M40 | 31 | M 74 | 01:06:23 | 02:23:52.65 | 02:23:52.65 | 10:16 | 5.8 |
| 75 | BENTKOWSKI LESŁAW | 1404 | | GLIWICE | POL | M60 | 5 | M 75 | 01:05:42 | 02:26:54.55 | 02:26:54.55 | 10:29 | 5.7 |

CZTERNASTKA NA ZAMEK, K18

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 6km | Netto | Brutto | min/km | km/h |
|------|-------------------------|------|----------------------|-----------|------|------|--------|-----|----------|-------------|-------------|--------|------|
| 1 | HEDZIŁSKA WERONIKA | 1438 | NATURAL BORN RUNNERS | GOŁĘCZEWO | POL | K18 | 1 | K 3 | 00:36:57 | 01:19:22.55 | 01:19:22.55 | 5:40 | 10.6 |
| 2 | CIECIOROWSKA ALEKSANDRA | 1415 | DYNAFIT/ SOBAS TEAM | WROCŁAW | POL | K18 | 2 | K 8 | 00:39:37 | 01:28:41.95 | 01:28:41.95 | 6:20 | 9.5 |

CZTERNASTKA NA ZAMEK, K18 c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 6km | Netto | Brutto | min/km | km/h |
|------|----------------------|------|-----------------|--------------|------|------|--------|------|----------|-------------|-------------|--------|------|
| 3 | KOVBASIUŁ MYROSLAVA | 1552 | PLANYBIEGOWE.PL | WROCLAW | POL | K18 | 3 | K 9 | 00:43:13 | 01:31:21.45 | 01:31:21.45 | 6:31 | 9.2 |
| 4 | SANKOWSKA KRZYSZTOFA | 1510 | | STARE KUROWO | POL | K18 | 4 | K 38 | 00:51:29 | 01:48:48.75 | 01:48:48.75 | 7:46 | 7.7 |
| 5 | SZCZESNA AGATA | 1522 | | TORUN | POL | K18 | 5 | K 42 | 00:54:34 | 01:51:55.30 | 01:51:55.30 | 7:59 | 7.5 |
| 6 | SEK JULIANNA | 1512 | | WARSZAWA | POL | K18 | 6 | K 58 | 01:00:37 | 02:07:00.30 | 02:07:00.30 | 9:04 | 6.6 |

CZTERNASTKA NA ZAMEK, M18

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 6km | Netto | Brutto | min/km | km/h |
|------|------------------|------|------|-----------|------|------|--------|------|----------|-------------|-------------|--------|------|
| 1 | KAWCZYŃSKI ADAM | 1449 | | GOSTYŃ | POL | M18 | 1 | M 22 | 00:39:04 | 01:23:15.45 | 01:23:15.45 | 5:56 | 10.1 |
| 2 | MUCHA TOMASZ | 1484 | | OLSZYNA | POL | M18 | 2 | M 34 | 00:44:12 | 01:33:53.70 | 01:33:53.70 | 6:42 | 8.9 |
| 3 | CICHOWICZ TOMASZ | 1414 | | POZNAŃ | POL | M18 | 3 | M 55 | 00:50:14 | 01:46:49.50 | 01:46:49.50 | 7:37 | 7.9 |
| 4 | GAŚSIOR KACPER | 1428 | | WARSZAWA | POL | M18 | 4 | M 57 | 00:51:12 | 01:48:30.65 | 01:48:30.65 | 7:45 | 7.7 |
| 5 | WINCENCIAK JAN | 1535 | | WARSZAWA | POL | M18 | 5 | M 68 | 01:00:37 | 02:06:59.90 | 02:06:59.90 | 9:04 | 6.6 |

CZTERNASTKA NA ZAMEK, K30

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 6km | Netto | Brutto | min/km | km/h |
|------|-------------------------|------|---------------------------------------|----------------------|------|------|--------|------|----------|-------------|-------------|--------|------|
| 1 | DURKALEC JAGODA | 1419 | FEIFER TEAM | JELEŃ GÓRA | POL | K30 | 1 | K 2 | 00:36:27 | 01:16:28.00 | 01:16:28.00 | 5:27 | 11 |
| 2 | KOCHMAN KATARZYNA | 1454 | @SOBOTATOSOBOTA | WROCLAW | POL | K30 | 2 | K 5 | 00:38:32 | 01:24:06.90 | 01:24:06.90 | 6:00 | 10 |
| 3 | SKORUPINSKA AGNIESZKA | 1513 | | WOLSZTYN | POL | K30 | 3 | K 6 | 00:37:52 | 01:25:11.60 | 01:25:11.60 | 6:05 | 9.9 |
| 4 | STĘPNIAK IGA | 1518 | | POZNAŃ | POL | K30 | 4 | K 7 | 00:39:22 | 01:26:32.00 | 01:26:32.00 | 6:10 | 9.7 |
| 5 | ZAWADZKA DAGMARA | 1543 | | KOMORNIKI | POL | K30 | 5 | K 10 | 00:41:57 | 01:31:57.95 | 01:31:57.95 | 6:34 | 9.1 |
| 6 | ZIÓŁEK KAROLINA | 1549 | | POZNAŃ | POL | K30 | 6 | K 11 | 00:42:55 | 01:33:32.80 | 01:33:32.80 | 6:40 | 9 |
| 7 | SŁOWIK KAMILA | 1515 | TRITOGO | SMOLEC | POL | K30 | 7 | K 12 | 00:43:13 | 01:33:54.40 | 01:33:54.40 | 6:42 | 8.9 |
| 8 | KOMAN IGA | 1455 | FITMAMY | DOBRA | POL | K30 | 8 | K 13 | 00:44:24 | 01:34:15.20 | 01:34:15.20 | 6:43 | 8.9 |
| 9 | WOJCIECHOWICZ MAGDALENA | 1537 | | BŁĄŻEJEWO | POL | K30 | 9 | K 14 | 00:43:45 | 01:34:34.10 | 01:34:34.10 | 6:45 | 8.9 |
| 10 | SZPACZEK BOGNA | 1525 | | LUBIN | POL | K30 | 10 | K 16 | 00:43:23 | 01:35:25.85 | 01:35:25.85 | 6:48 | 8.8 |
| 11 | PSZCZOŁA ALEKSANDRA | 1502 | | POZNAŃ | POL | K30 | 11 | K 19 | 00:44:51 | 01:36:50.10 | 01:36:50.10 | 6:55 | 8.7 |
| 12 | LIPNICKA JOANNA | 1471 | | JELEŃ GÓRA | POL | K30 | 12 | K 21 | 00:44:18 | 01:38:47.50 | 01:38:47.50 | 7:03 | 8.5 |
| 13 | SOBOLCZYK JUSTYNA | 1578 | | | | K30 | 13 | K 22 | 00:47:40 | 01:39:41.25 | 01:39:41.25 | 7:07 | 8.4 |
| 14 | WOŁOSZ CELINA | 1538 | | CZARNA ŁĄKA | POL | K30 | 14 | K 23 | 00:44:48 | 01:40:09.90 | 01:40:09.90 | 7:09 | 8.4 |
| 15 | LORENC KAROLINA | 1551 | | KIEŁCZÓW | POL | K30 | 15 | K 24 | 00:46:25 | 01:40:35.90 | 01:40:35.90 | 7:11 | 8.4 |
| 16 | ŻMIJEWSKA DOMINIKA | 1550 | DĘBOWA GÓRA RUN! | WYRZYSK | POL | K30 | 16 | K 25 | 00:45:02 | 01:40:49.35 | 01:40:49.35 | 7:12 | 8.3 |
| 17 | GRABARA DOROTA | 1434 | ŚWIERADÓW-ZDRÓJ GÓRSKIE UZDROWISKO | GRYFÓW ŚLAŃSKI | POL | K30 | 17 | K 27 | 00:47:25 | 01:41:29.90 | 01:41:29.90 | 7:14 | 8.3 |
| 18 | POPIOŁEK AGNIESZKA | 1499 | | KOŚCIELNA WIEŚ | POL | K30 | 18 | K 28 | 00:44:21 | 01:41:58.70 | 01:41:58.70 | 7:17 | 8.2 |
| 19 | PAWŁOWSKA ADA | 1494 | | WROCLAW | POL | K30 | 19 | K 29 | 00:45:17 | 01:42:36.10 | 01:42:36.10 | 7:19 | 8.2 |
| 20 | STĘSIK MAGDALENA | 1519 | | WOLSZTYN | POL | K30 | 20 | K 31 | 00:47:08 | 01:43:49.10 | 01:43:49.10 | 7:24 | 8.1 |
| 21 | KOSECKA AGATA | 1458 | OSP JANISZEWICE WWW.BIEGAJZOSP.PL | ZDUŃSKA WOLA | POL | K30 | 21 | K 32 | 00:49:53 | 01:44:39.85 | 01:44:39.85 | 7:28 | 8 |
| 22 | GAJ AGNIESZKA | 1425 | | JELEŃ GÓRA | POL | K30 | 22 | K 33 | 00:49:11 | 01:45:13.00 | 01:45:13.00 | 7:30 | 8 |
| 23 | KRECHOWIECKA MAŁGORZATA | 1555 | | WROCLAW | POL | K30 | 23 | K 41 | 00:54:50 | 01:50:10.20 | 01:50:10.20 | 7:52 | 7.6 |
| 24 | SZOTT MAGDALENA | 1524 | ORTHOS TEAM | WROCLAW | POL | K30 | 24 | K 44 | 00:53:14 | 01:56:24.15 | 01:56:24.15 | 8:18 | 7.2 |
| 25 | SZAFRANEK AGNIESZKA | 1520 | | STOŁĘŻYŃ | POL | K30 | 25 | K 46 | 00:55:34 | 01:56:54.70 | 01:56:54.70 | 8:21 | 7.2 |
| 26 | OZGOWICZ SYLWIA | 1493 | CNS NOWA SÓL | NOWA SÓL | POL | K30 | 26 | K 51 | 00:53:34 | 01:59:54.65 | 01:59:54.65 | 8:33 | 7 |
| 27 | KALEMBA ANIA | 1445 | | RADECZ | POL | K30 | 27 | K 59 | 01:00:27 | 02:07:34.05 | 02:07:34.05 | 9:06 | 6.6 |
| 28 | WYDRO ZUZANNA | 1540 | | KONIN | POL | K30 | 28 | K 61 | 00:59:33 | 02:08:07.95 | 02:08:07.95 | 9:09 | 6.6 |
| 29 | TEŚSIOROWSKA PAULINA | 1528 | | KOŚCIELNA WIEŚ | POL | K30 | 29 | K 62 | 00:51:55 | 02:09:30.20 | 02:09:30.20 | 9:15 | 6.5 |
| 30 | CHAJEC PATRYCJA | 1411 | DIRTY SPARROWS | POZNAŃ | POL | K30 | 30 | K 73 | 01:05:42 | 02:26:54.25 | 02:26:54.25 | 10:29 | 5.7 |
| 31 | ZBOROWSKA JOANNA | 1545 | ULTRA DIABŁY TEAM LUBRZA | ŁAGÓW | POL | K30 | 31 | K 75 | 01:07:35 | 02:29:13.70 | 02:29:13.70 | 10:39 | 5.6 |
| 32 | WILGOSZ-FILYPEK LIDIA | 1534 | SZKLARSKA SZTAB SZKOLENIOWY | KAMIENIEC WROCLAWSKI | POL | K30 | 32 | K 78 | 01:08:16 | 02:33:03.10 | 02:33:03.10 | 10:55 | 5.5 |

CZTERNASTKA NA ZAMEK, M30

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 6km | Netto | Brutto | min/km | km/h |
|------|------------------------|------|---------------------------------|---------------------|------|------|--------|------|----------|-------------|-------------|--------|------|
| 1 | ROGALA PATRYK | 1505 | KP PSP KAMIENNA GÓRA / PREVENT | JEŻÓW SUDECKI | POL | M30 | 1 | M 1 | 00:27:45 | 01:01:13.50 | 01:01:13.50 | 4:22 | 13.7 |
| 2 | WALKOSZ MATEUSZ | 1531 | SOBASTEAM | SZAFLARY | POL | M30 | 2 | M 2 | 00:29:36 | 01:03:59.85 | 01:03:59.85 | 4:34 | 13.1 |
| 3 | HOJAN ŁUKASZ | 1440 | | CHOMĘCICE | POL | M30 | 3 | M 7 | 00:34:09 | 01:12:16.95 | 01:12:16.95 | 5:09 | 11.6 |
| 4 | FILIPIAK DAMIAN | 1422 | | JAROCIN | POL | M30 | 4 | M 9 | 00:33:16 | 01:12:57.80 | 01:12:57.80 | 5:12 | 11.5 |
| 5 | SZCZĘSNY PAWEŁ | 1523 | | WROCŁAW | POL | M30 | 5 | M 10 | 00:35:06 | 01:13:31.35 | 01:13:31.35 | 5:15 | 11.4 |
| 6 | MODRZYŃSKI PAWEŁ | 1483 | | DOMASZCZYN | POL | M30 | 6 | M 11 | 00:35:19 | 01:13:49.20 | 01:13:49.20 | 5:16 | 11.4 |
| 7 | RACHAŃSKI MICHAŁ | 1576 | ROCK BALANCING ICE | | | M30 | 7 | M 12 | 00:35:50 | 01:14:18.25 | 01:14:18.25 | 5:18 | 11.3 |
| 8 | JANAS MICHAŁ | 1442 | GLKS RUDAWY | KACZORÓW | POL | M30 | 8 | M 13 | 00:34:11 | 01:14:47.80 | 01:14:47.80 | 5:20 | 11.2 |
| 9 | OLEJNIK EGIDIUSZ | 1490 | | JELENIA GÓRA | POL | M30 | 9 | M 14 | 00:34:26 | 01:16:07.55 | 01:16:07.55 | 5:26 | 11 |
| 10 | SADOWSKI MICHAŁ | 1509 | POWER TRAINING | WARSZAWA | POL | M30 | 10 | M 15 | 00:36:51 | 01:17:37.00 | 01:17:37.00 | 5:32 | 10.8 |
| 11 | CHWIŁKA KRZYSZTOF | 1412 | | WROCŁAW | POL | M30 | 11 | M 16 | 00:35:17 | 01:17:41.95 | 01:17:41.95 | 5:32 | 10.8 |
| 12 | MAJEWICZ FILIP | 1472 | | GOWARZEWO | POL | M30 | 12 | M 17 | 00:37:55 | 01:18:50.25 | 01:18:50.25 | 5:37 | 10.7 |
| 13 | GOŁĘBOWSKI TYTUS | 1433 | ULTRA FALUBAZ | ZIELONA GÓRA | POL | M30 | 13 | M 19 | 00:36:19 | 01:22:29.60 | 01:22:29.60 | 5:53 | 10.2 |
| 14 | KACZMAREK KONRAD | 1556 | STARNERD | WROCŁAW | POL | M30 | 14 | M 21 | 00:38:09 | 01:23:13.50 | 01:23:13.50 | 5:56 | 10.1 |
| 15 | KLIMEK WOJCIECH | 1452 | ORTHOS TEAM/ PRZEDWOJEWSKI TEAM | BIELANY WROCŁAWSKIE | POL | M30 | 15 | M 26 | 00:39:00 | 01:23:57.90 | 01:23:57.90 | 5:59 | 10 |
| 16 | FRIEDRICH RADOŚLAW | 1424 | | KARWIANY | POL | M30 | 16 | M 28 | 00:37:05 | 01:26:27.05 | 01:26:27.05 | 6:10 | 9.7 |
| 17 | PRZYBYLSKI PIOTR | 1560 | | KROSNO K/MOSINY | POL | M30 | 17 | M 30 | 00:41:41 | 01:27:41.30 | 01:27:41.30 | 6:15 | 9.6 |
| 18 | BĄCZKIEWICZ PRZEMYSŁAW | 1402 | | KOMORNIKI | POL | M30 | 18 | M 32 | 00:41:27 | 01:28:15.90 | 01:28:15.90 | 6:18 | 9.5 |
| 19 | WIĄCEK JAKUB | 1533 | | POZNAŃ | POL | M30 | 19 | M 37 | 00:43:40 | 01:35:50.45 | 01:35:50.45 | 6:50 | 8.8 |
| 20 | ZIÓŁEK BŁAŻEJ | 1548 | | POZNAŃ | POL | M30 | 20 | M 39 | 00:45:18 | 01:36:37.15 | 01:36:37.15 | 6:54 | 8.7 |
| 21 | RĄCZKOWIAK MATEUSZ | 1504 | USZŁO POWIETRZE Z DĘTKI | WROCŁAW | POL | M30 | 21 | M 41 | 00:43:27 | 01:37:32.25 | 01:37:32.25 | 6:58 | 8.6 |
| 22 | BRĘK MARCIN | 1408 | | DOBIEŻYN | POL | M30 | 22 | M 43 | | 01:38:31.00 | 01:38:31.00 | 7:02 | 8.5 |
| 23 | BIAŁCZAK EMIL | 1405 | | KÓRNIK | POL | M30 | 23 | M 46 | 00:48:01 | 01:41:16.75 | 01:41:16.75 | 7:14 | 8.3 |
| 24 | FIŚLAK MATEUSZ | 1423 | | WROCŁAW | POL | M30 | 24 | M 48 | 00:46:18 | 01:42:56.20 | 01:42:56.20 | 7:21 | 8.2 |
| 25 | NOWAK HUBERT | 1486 | | PLEWISKA | POL | M30 | 25 | M 50 | 00:48:29 | 01:43:50.75 | 01:43:50.75 | 7:25 | 8.1 |
| 26 | SZCZEPANIAK JAKUB | 1521 | | SOBÓTKA | POL | M30 | 26 | M 59 | 01:00:29 | 01:55:36.00 | 01:55:36.00 | 8:15 | 7.3 |
| 27 | BEDNARZ PIOTR | 1553 | | JELENIA GÓRA | POL | M30 | 27 | M 61 | 00:58:03 | 01:57:08.50 | 01:57:08.50 | 8:22 | 7.2 |
| 28 | OLSZAK KUBA | 1491 | | WARSZAWA | POL | M30 | 28 | M 64 | 01:00:29 | 01:57:52.20 | 01:57:52.20 | 8:25 | 7.1 |

CZTERNASTKA NA ZAMEK, K40

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 6km | Netto | Brutto | min/km | km/h |
|------|-----------------------------|------|----------------------------|-----------------|------|------|--------|------|----------|-------------|-------------|--------|------|
| 1 | BIALOBŁOCKA ALICJA | 1559 | | WROCŁAW | POL | K40 | 1 | K 1 | 00:35:08 | 01:10:39.70 | 01:10:39.70 | 5:02 | 11.9 |
| 2 | GIERUS AGNIESZKA | 1429 | PROMUJEMYKARKONOSZE.PL | JELENIA GÓRA | POL | K40 | 2 | K 4 | 00:38:59 | 01:23:05.50 | 01:23:05.50 | 5:56 | 10.1 |
| 3 | GWOŹDZIK-BŁASZCZYK KAROLINA | 1437 | | ŚWIEBODZIN | POL | K40 | 3 | K 15 | 00:43:42 | 01:35:06.85 | 01:35:06.85 | 6:47 | 8.8 |
| 4 | ZIELIŃSKA AGATA | 1546 | NADAKTYWNI NOWE MIASTECZKO | NOWE MIASTECZKO | POL | K40 | 4 | K 17 | 00:42:56 | 01:35:42.10 | 01:35:42.10 | 6:50 | 8.8 |
| 5 | SPROGIS JOANNA | 1516 | | SZCZECIN | POL | K40 | 5 | K 20 | 00:44:34 | 01:37:06.55 | 01:37:06.55 | 6:56 | 8.7 |
| 6 | MUCHACZOW AGATA | 1554 | | JELENIA GÓRA | POL | K40 | 6 | K 26 | 00:46:57 | 01:41:14.65 | 01:41:14.65 | 7:13 | 8.3 |
| 7 | BRZEZIŃSKA DOROTA | 1409 | | JELONEK | POL | K40 | 7 | K 35 | 00:51:43 | 01:47:05.90 | 01:47:05.90 | 7:38 | 7.8 |
| 8 | KARBOWSKA KAROLINA | 1446 | K S LENIWIEC | SYCÓW | POL | K40 | 8 | K 36 | 00:49:34 | 01:48:01.45 | 01:48:01.45 | 7:42 | 7.8 |
| 9 | ORŁOWSKA JUSTYNA | 1580 | | ŚWIEBODZIN | POL | K40 | 9 | K 37 | 00:49:41 | 01:48:19.30 | 01:48:19.30 | 7:44 | 7.8 |
| 10 | KOŃ ALEKSANDRA | 1456 | EKIPA LIPA | LIPA | POL | K40 | 10 | K 39 | 00:51:15 | 01:48:57.90 | 01:48:57.90 | 7:46 | 7.7 |
| 11 | KOPEĆ AGNIESZKA | 1457 | | LEGNICA | POL | K40 | 11 | K 40 | 00:51:37 | 01:49:11.55 | 01:49:11.55 | 7:47 | 7.7 |
| 12 | MISKIEWICZ MAGDALENA | 1482 | MIŚTEAM | POZNAŃ | POL | K40 | 12 | K 43 | 00:53:08 | 01:54:51.10 | 01:54:51.10 | 8:12 | 7.3 |
| 13 | WĄTROBA DOROTA | 1532 | KLUB 42,2 LĘBORK | LĘBORK | POL | K40 | 13 | K 47 | 00:57:14 | 01:58:14.40 | 01:58:14.40 | 8:26 | 7.1 |
| 14 | OSUCH GRAZYNA | 1492 | CNS | NOWA SÓL | POL | K40 | 14 | K 50 | 00:53:34 | 01:59:54.55 | 01:59:54.55 | 8:33 | 7 |
| 15 | GŁOWACKA EMILIA | 1431 | | BUCZEK | POL | K40 | 15 | K 53 | 00:55:31 | 02:02:18.85 | 02:02:18.85 | 8:44 | 6.9 |
| 16 | PODSIEDLIK WIOLETTA | 1498 | | LEGNICA | POL | K40 | 16 | K 54 | 00:55:53 | 02:04:00.75 | 02:04:00.75 | 8:51 | 6.8 |
| 17 | WALENTYN KATARZYNA | 1530 | RUNCROSS ROZGARTY | TORUŃ | POL | K40 | 17 | K 55 | 00:58:01 | 02:05:43.40 | 02:05:43.40 | 8:58 | 6.7 |
| 18 | MAJEWSKA MARTA | 1473 | SPIN FORCE RUNNERS | SWARZĘDZ | POL | K40 | 18 | K 56 | 00:58:33 | 02:06:24.80 | 02:06:24.80 | 9:01 | 6.6 |
| 19 | KOTARSKA KAMILA | 1460 | | ŻYDOWO | POL | K40 | 19 | K 57 | 00:58:51 | 02:06:58.65 | 02:06:58.65 | 9:04 | 6.6 |
| 20 | KOSIOR KATARZYNA | 1459 | | BRZEG DOLNY | POL | K40 | 20 | K 60 | 01:00:27 | 02:07:34.20 | 02:07:34.20 | 9:06 | 6.6 |
| 21 | GRYGIER JOANNA | 1435 | | KOŚCIAN | POL | K40 | 21 | K 63 | 00:59:28 | 02:09:46.30 | 02:09:46.30 | 9:16 | 6.5 |
| 22 | RZYŃSKA AGNIESZKA | 1507 | CHEŁM BIEGA | CHEŁM | POL | K40 | 21 | K 63 | 01:01:05 | 02:09:46.30 | 02:09:46.30 | 9:16 | 6.5 |
| 23 | CZERWIK PATRYCJA | 1416 | | KATOWICE | POL | K40 | 23 | K 65 | 00:59:36 | 02:12:09.55 | 02:12:09.55 | 9:26 | 6.4 |
| 24 | JEDYNAK-WYPYCH ANNA | 1443 | | LEWIN BRZESKI | POL | K40 | 24 | K 66 | 00:59:57 | 02:15:11.60 | 02:15:11.60 | 9:39 | 6.2 |

CZTERNASTKA NA ZAMEK, K40 c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 6km | Netto | Brutto | min/km | km/h |
|------|---------------------|------|-------------------|-----------------------|------|------|--------|------|----------|-------------|-------------|--------|------|
| 25 | TRZCIŃSKA JOLANTA | 1577 | | | POL | K40 | 25 | K 67 | 01:04:38 | 02:16:22.00 | 02:16:22.00 | 9:44 | 6.2 |
| 26 | KUCHARCZAK BEATA | 1470 | | GRODZISK WIELKOPOLSKI | POL | K40 | 26 | K 69 | 01:02:31 | 02:16:45.00 | 02:16:45.00 | 9:46 | 6.1 |
| 27 | WINIARCZYK IWONA | 1536 | | POZNAŃ | POL | K40 | 27 | K 70 | 01:05:12 | 02:23:32.25 | 02:23:32.25 | 10:15 | 5.9 |
| 28 | CICHOWICZ BARBARA | 1413 | | POZNAŃ | POL | K40 | 28 | K 71 | 01:04:54 | 02:26:38.70 | 02:26:38.70 | 10:28 | 5.7 |
| 29 | SZPERLING MAGDALENA | 1526 | | POGÓRZE | POL | K40 | 29 | K 72 | 01:04:54 | 02:26:38.90 | 02:26:38.90 | 10:28 | 5.7 |
| 30 | JEZIOREK AGNIESZKA | 1444 | | BANIE | POL | K40 | 30 | K 76 | 01:01:07 | 02:30:16.55 | 02:30:16.55 | 10:44 | 5.6 |
| 31 | KRZYWDZIŃSKA LIDIA | 1465 | RUNCROSS ROZGARTY | TORUŃ | POL | K40 | 31 | K 77 | 01:06:37 | 02:30:22.45 | 02:30:22.45 | 10:44 | 5.6 |
| 32 | WREMBEL KAROLINA | 1539 | ROZBIEGANY LWÓWEK | LWÓWEK | POL | K40 | 32 | K 79 | 01:21:11 | 03:04:30.30 | 03:04:30.30 | 13:10 | 4.6 |
| 33 | GAŁĄZKA MAGDALENA | 1426 | BBL BOGDANIEC | ULIM | POL | K40 | 33 | K 80 | 01:21:11 | 03:04:32.80 | 03:04:32.80 | 13:10 | 4.6 |

CZTERNASTKA NA ZAMEK, M40

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 6km | Netto | Brutto | min/km | km/h |
|------|------------------------|------|-------------------------------------|-----------------------|------|------|--------|------|----------|-------------|-------------|--------|------|
| 1 | KRZYWICKI STEFAN KAMIL | 1466 | | WROCŁAW | POL | M40 | 1 | M 3 | 00:31:31 | 01:07:56.30 | 01:07:56.30 | 4:51 | 12.4 |
| 2 | PODKAŃSKI BARTOSZ | 1563 | GOPR KARKONOSZE | JELEŃ GÓRA | POL | M40 | 2 | M 4 | 00:32:10 | 01:08:06.25 | 01:08:06.25 | 4:51 | 12.3 |
| 3 | BEDNARZ KRZYSZTOF | 1403 | PRZEDWOJEWSKI TEAM | LUBSZA | POL | M40 | 3 | M 5 | 00:31:43 | 01:09:17.45 | 01:09:17.45 | 4:56 | 12.1 |
| 4 | SKUZA KRZYSZTOF | 1514 | KLINIKA URODY JOLANTA SKUZA LEGNICA | LEGNICA | POL | M40 | 4 | M 8 | 00:32:17 | 01:12:25.40 | 01:12:25.40 | 5:10 | 11.6 |
| 5 | ZAWISTOWSKI MAREK | 1544 | AW SZYBCIEJ TEAM | WILCZYCE | POL | M40 | 5 | M 18 | 00:37:07 | 01:21:41.90 | 01:21:41.90 | 5:50 | 10.3 |
| 6 | NIEMIR MARCIN | 1485 | | POZNAŃ | POL | M40 | 6 | M 20 | 00:39:25 | 01:22:43.70 | 01:22:43.70 | 5:54 | 10.2 |
| 7 | LEDNICKI MICHAŁ | 1557 | ARVATO S.C. REP | SKÓRZEWO | POL | M40 | 7 | M 23 | 00:38:52 | 01:23:18.40 | 01:23:18.40 | 5:57 | 10.1 |
| 8 | SYDOR DANIEL | 1558 | ŚWIERADÓW-ZDRÓJ GÓRSKIE UZDROWISKO | ŚWIERADÓW-ZDRÓJ | POL | M40 | 8 | M 24 | 00:37:19 | 01:23:21.70 | 01:23:21.70 | 5:57 | 10.1 |
| 9 | FILIP PRZEMYSŁAW | 1421 | | RADWANICE | POL | M40 | 9 | M 27 | 00:38:17 | 01:24:21.90 | 01:24:21.90 | 6:01 | 10 |
| 10 | RYCHLIK ŁUKASZ | 1506 | | WARSZAWA | POL | M40 | 10 | M 29 | 00:39:51 | 01:27:01.00 | 01:27:01.00 | 6:12 | 9.7 |
| 11 | GŁOWACKI JAROSŁAW | 1432 | | BRODNIA DOLNA | POL | M40 | 11 | M 31 | 00:40:27 | 01:28:08.95 | 01:28:08.95 | 6:17 | 9.5 |
| 12 | POSPIESZNY ROBERT | 1500 | | JAROCIN | POL | M40 | 12 | M 33 | 00:42:21 | 01:30:41.90 | 01:30:41.90 | 6:28 | 9.3 |
| 13 | KARCZEWSKI DANIEL | 1448 | | ŻYDOWO | POL | M40 | 13 | M 35 | 00:44:55 | 01:33:54.25 | 01:33:54.25 | 6:42 | 8.9 |
| 14 | CZOPOR GRZEGORZ | 1417 | | JELEŃ GÓRA | POL | M40 | 14 | M 40 | 00:45:42 | 01:36:48.30 | 01:36:48.30 | 6:54 | 8.7 |
| 15 | KRÓLIKOWSKI PRZEMYSŁAW | 1463 | | WROCŁAW | POL | M40 | 15 | M 44 | 00:45:44 | 01:38:43.50 | 01:38:43.50 | 7:03 | 8.5 |
| 16 | BIELECKI GRZEGORZ | 1406 | HAPPY SCHOOL | LEGNICA | POL | M40 | 16 | M 45 | 00:44:50 | 01:38:47.30 | 01:38:47.30 | 7:03 | 8.5 |
| 17 | GRZELAK ANDRZEJ | 1436 | KOMORNIKI MTB TEAM | BUK | POL | M40 | 17 | M 47 | 00:46:20 | 01:41:52.35 | 01:41:52.35 | 7:16 | 8.2 |
| 18 | KOZIELEWSKI ANTONI | 1462 | | POZNAŃ | POL | M40 | 18 | M 52 | 00:50:01 | 01:44:17.30 | 01:44:17.30 | 7:26 | 8.1 |
| 19 | GAŁĘCKI KRZYSZTOF | 1427 | | PLEWISKA | POL | M40 | 19 | M 53 | 00:50:00 | 01:44:31.90 | 01:44:31.90 | 7:27 | 8 |
| 20 | KIRCUŃ PAWEŁ | 1451 | | WROCŁAW | POL | M40 | 20 | M 54 | 00:47:46 | 01:46:45.85 | 01:46:45.85 | 7:37 | 7.9 |
| 21 | KARBOWSKI JAROSŁAW | 1447 | K S LENIWIEC | SYCÓW | POL | M40 | 21 | M 56 | 00:50:02 | 01:48:01.90 | 01:48:01.90 | 7:42 | 7.8 |
| 22 | BIENEK KRZYSZTOF | 1407 | | BRZEG DOLNY | POL | M40 | 22 | M 58 | 00:57:40 | 01:54:53.50 | 01:54:53.50 | 8:12 | 7.3 |
| 23 | PRĘTNICKI MICHAŁ | 1501 | DRUŻYNA STASIA | POZNAŃ | POL | M40 | 23 | M 62 | 00:51:51 | 01:57:31.80 | 01:57:31.80 | 8:23 | 7.1 |
| 24 | KRZESZEWSKI KRZYSZTOF | 1464 | | PIŁA | POL | M40 | 24 | M 63 | 00:53:30 | 01:57:47.30 | 01:57:47.30 | 8:24 | 7.1 |
| 25 | NOWIK JAROSŁAW | 1488 | | BRZEG DOLNY | POL | M40 | 25 | M 65 | 00:57:28 | 02:00:57.05 | 02:00:57.05 | 8:38 | 6.9 |
| 26 | STAWUJAK JACEK | 1517 | BIEGAJĄCE KREJZOLE | POZNAŃ | POL | M40 | 26 | M 66 | 00:58:31 | 02:03:57.35 | 02:03:57.35 | 8:51 | 6.8 |
| 27 | KOWALSKI ANDRZEJ | 1461 | NAPRZÓD MŁOCINY | WARSZAWA | POL | M40 | 27 | M 69 | 00:58:40 | 02:09:09.70 | 02:09:09.70 | 9:13 | 6.5 |
| 28 | TARLOWSKI HUBERT | 1527 | | PAŁĘDZIE | POL | M40 | 28 | M 70 | 01:03:39 | 02:09:17.90 | 02:09:17.90 | 9:14 | 6.5 |
| 29 | KUCHARCZAK MACIEJ | 1469 | | GRODZISK WIELKOPOLSKI | POL | M40 | 29 | M 72 | 01:02:30 | 02:16:51.75 | 02:16:51.75 | 9:46 | 6.1 |
| 30 | BENDKA SEBASTIAN | 1579 | | LESZNO | POL | M40 | 30 | M 73 | 01:03:15 | 02:22:02.75 | 02:22:02.75 | 10:08 | 5.9 |
| 31 | PIWOWARSKI DAMIAN | 1497 | | ZIELONA GÓRA | POL | M40 | 31 | M 74 | 01:06:23 | 02:23:52.65 | 02:23:52.65 | 10:16 | 5.8 |

CZTERNASTKA NA ZAMEK, K50

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 6km | Netto | Brutto | min/km | km/h |
|------|-------------------|------|------------------------------------|-----------------|------|------|--------|------|----------|-------------|-------------|--------|------|
| 1 | MAŁECKA DOROTA | 1474 | CNS NOWA SÓL | NOWE MIASTECZKO | POL | K50 | 1 | K 18 | 00:43:18 | 01:36:22.40 | 01:36:22.40 | 6:53 | 8.7 |
| 2 | MAŚLAK ANNA | 1476 | BIEGAMYRAZEM.PL | GDYNIA | POL | K50 | 2 | K 30 | 00:47:25 | 01:43:17.15 | 01:43:17.15 | 7:22 | 8.1 |
| 3 | FIERKOWICZ TERESA | 1420 | ŚWIERADÓW-ZDRÓJ GÓRSKIE UZDROWISKO | ŚWIERADÓW-ZDRÓJ | POL | K50 | 3 | K 34 | 00:50:06 | 01:46:25.05 | 01:46:25.05 | 7:36 | 7.9 |
| 4 | MATUSIAK ADRIANA | 1478 | WS & B | ZIELONA GÓRA | POL | K50 | 4 | K 45 | 00:50:48 | 01:56:37.90 | 01:56:37.90 | 8:19 | 7.2 |

CZTERNASTKA NA ZAMEK, K50 c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 6km | Netto | Brutto | min/km | km/h |
|------|-----------------------|------|--------------------|-----------|------|------|--------|------|----------|-------------|-------------|--------|------|
| 5 | NOWICKA KATARZYNA | 1487 | | WROCLAW | POL | K50 | 5 | K 48 | 00:52:15 | 01:58:16.40 | 01:58:16.40 | 8:26 | 7.1 |
| 6 | KIERSNOWSKA AGNIESZKA | 1450 | | WROCLAW | POL | K50 | 6 | K 49 | 00:52:18 | 01:59:44.60 | 01:59:44.60 | 8:33 | 7 |
| 7 | GIGOŃ BARBARA | 1430 | ROCK BALANCING ICE | RYDUŁTOWY | POL | K50 | 7 | K 68 | 01:04:37 | 02:16:22.05 | 02:16:22.05 | 9:44 | 6.2 |

CZTERNASTKA NA ZAMEK, M50

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 6km | Netto | Brutto | min/km | km/h |
|------|--------------------|------|---------------------------------------|-----------------|------|------|--------|------|----------|-------------|-------------|--------|------|
| 1 | MARZAŁEK KAZIMIERZ | 1475 | ŚWIERADÓW-ZDRÓJ GÓRSKIE UZDROWISKO | CZERNIAWA-ZDRÓJ | POL | M50 | 1 | M 6 | 00:32:30 | 01:09:54.50 | 01:09:54.50 | 4:59 | 12 |
| 2 | RZEMIŃSKI ROBERT | 1508 | | JELEŃ GÓRA | POL | M50 | 2 | M 25 | 00:38:13 | 01:23:35.80 | 01:23:35.80 | 5:58 | 10 |
| 3 | PETER ANDRZEJ | 1495 | | GROMADKA | POL | M50 | 3 | M 36 | 00:44:09 | 01:34:59.40 | 01:34:59.40 | 6:47 | 8.8 |
| 4 | MAŚLAK RADOŚLAW | 1477 | BIEGAMYRAZEM.PL | GDYNIA | POL | M50 | 4 | M 49 | 00:47:31 | 01:43:17.45 | 01:43:17.45 | 7:22 | 8.1 |
| 5 | MATUSIAK MARIUSZ | 1479 | WS & B | ZIELONA GÓRA | POL | M50 | 5 | M 60 | 00:52:59 | 01:56:38.00 | 01:56:38.00 | 8:19 | 7.2 |
| 6 | WYPYCH TOMASZ | 1541 | ZAKOCHANI ZABIEGANI | BRZEG | POL | M50 | 6 | M 71 | 00:56:49 | 02:12:49.05 | 02:12:49.05 | 9:29 | 6.3 |

CZTERNASTKA NA ZAMEK, K60

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 6km | Netto | Brutto | min/km | km/h |
|------|-----------------|------|------|------------|------|------|--------|------|----------|-------------|-------------|--------|------|
| 1 | PUTANS WIESŁAWA | 1503 | | JELEŃ GÓRA | POL | K60 | 1 | K 52 | 00:52:19 | 02:00:14.30 | 02:00:14.30 | 8:35 | 7 |
| 2 | MENZEL ZOFIA | 1480 | | LUBRZA | POL | K60 | 2 | K 74 | 00:54:25 | 02:29:11.70 | 02:29:11.70 | 10:39 | 5.6 |

CZTERNASTKA NA ZAMEK, M60

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 6km | Netto | Brutto | min/km | km/h |
|------|----------------------|------|-------------|------------|------|------|--------|------|----------|-------------|-------------|--------|------|
| 1 | ZAGROBELNY RADOŚLAW | 1542 | | WROCLAW | POL | M60 | 1 | M 38 | 00:42:37 | 01:36:32.80 | 01:36:32.80 | 6:53 | 8.7 |
| 2 | KUBIAK ANDRZEJ | 1468 | | RUMIA | POL | M60 | 2 | M 42 | 00:44:26 | 01:38:26.95 | 01:38:26.95 | 7:01 | 8.5 |
| 3 | DUL WIESŁAW | 1418 | FAMILY TEAM | JELEŃ GÓRA | POL | M60 | 3 | M 51 | 00:47:53 | 01:43:59.30 | 01:43:59.30 | 7:25 | 8.1 |
| 4 | PIOTROWSKI KRZYSZTOF | 1496 | | POZNAŃ | POL | M60 | 4 | M 67 | 00:56:55 | 02:06:51.60 | 02:06:51.60 | 9:03 | 6.6 |
| 5 | BENTKOWSKI LESŁAW | 1404 | | GLIWICE | POL | M60 | 5 | M 75 | 01:05:42 | 02:26:54.55 | 02:26:54.55 | 10:29 | 5.7 |