

SIEDEMDZIESIĄT Z HAKIEM

Organizator: Fundacja Szczyt za szczytem
Data: 2024-09-07
Miejsce: Sobieszów
Dystans: 72 km
Klasyfikacja wg czasów brutto.



SIEDEMDZIESIĄT Z HAKIEM, OPEN

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 6km | 10km | 24km | 38km | 51km | 64km | Netto | Brutto | min/km | km/h |
|------|--------------------|------|---------------------------------|----------------------------|------|------|--------|------|----------|----------|----------|----------|----------|----------|-------------|-------------|--------|------|
| 1 | OTRĘBA MACIEJ | 1112 | | WROCŁAW | POL | M40 | 1 | M 1 | 00:32:14 | 00:57:06 | 02:33:28 | 03:56:03 | 05:33:32 | 07:04:30 | 07:45:55.15 | 07:45:55.15 | 6:28 | 9.3 |
| 2 | JAKIMIUK DANIEL | 1023 | AURORA RUNNING TEAM | SZKŁARSKA PORĘBA | POL | M30 | 1 | M 2 | 00:31:41 | 00:55:35 | 02:30:00 | 03:55:39 | 05:32:14 | 07:06:33 | 07:47:56.20 | 07:47:56.20 | 6:29 | 9.2 |
| 3 | GÓRAK PRZEMYSŁAW | 1018 | BLACK HAT PRO | SOBÓTKA | POL | M40 | 2 | M 3 | 00:31:41 | 00:56:15 | 02:33:43 | 03:55:44 | 05:39:51 | 07:15:45 | 08:00:13.70 | 08:00:13.70 | 6:40 | 9 |
| 4 | KOPCEWICZ TOMASZ | 1033 | | STAWIGUDA | POL | M40 | 3 | M 4 | 00:33:24 | 00:59:24 | 02:39:31 | 04:03:51 | 05:59:39 | 07:50:04 | 08:39:54.80 | 08:39:54.80 | 7:13 | 8.3 |
| 5 | MIKEŠOVÁ JANA | 1053 | SALMING CZ | NOVÁ PAKA | CZE | K30 | 1 | K 1 | 00:34:04 | 01:01:04 | 02:44:13 | 04:13:42 | 06:06:21 | 07:55:42 | 08:41:11.60 | 08:41:11.60 | 7:14 | 8.3 |
| 6 | KOSAL MACIEJ | 1034 | KTS JELENIA GÓRA | JELENIA GÓRA | POL | M40 | 4 | M 5 | 00:35:28 | 01:03:10 | 02:44:34 | 04:11:54 | 06:07:17 | 07:57:46 | 08:51:43.00 | 08:51:43.00 | 7:23 | 8.1 |
| 7 | MUCHACZOW JACEK | 1056 | TS REGLE SZKŁARSKA POREBA | JEZÓW SUDECKI | POL | M40 | 4 | M 5 | 00:35:29 | 01:03:10 | 02:44:39 | 04:12:02 | 06:07:23 | 07:57:55 | 08:51:43.00 | 08:51:43.00 | 7:23 | 8.1 |
| 8 | WIŚNIEWSKI PAWEŁ | 1092 | ULTRAKOTLINA TEAM | JELENIA GÓRA | POL | M40 | 6 | M 7 | 00:38:00 | 01:06:08 | 02:55:14 | 04:33:43 | 06:39:44 | 08:40:31 | 09:35:09.00 | 09:35:09.00 | 7:59 | 7.5 |
| 9 | BIEGAŃSKI MARCIN | 1005 | TRIMP | WROCŁAW | POL | M30 | 2 | M 8 | 00:36:31 | 01:04:24 | 02:49:05 | 04:19:35 | 06:24:53 | 08:28:54 | 09:35:12.85 | 09:35:12.85 | 7:59 | 7.5 |
| 10 | PIETRZAK KONRAD | 1063 | AURORA RUNNING TEAM | SZKŁARSKA POREBA | POL | M30 | 3 | M 9 | 00:36:12 | 01:04:19 | 02:46:14 | 04:18:43 | 06:26:56 | 08:41:48 | 09:40:23.30 | 09:40:23.30 | 8:03 | 7.4 |
| 11 | FISZER SEBASTIAN | 1014 | LESZ NO LIMITS RUNNERS | KRZEMIENIE WO | POL | M40 | 7 | M 10 | 00:34:17 | 01:00:59 | 02:53:42 | 04:33:38 | 06:45:36 | 08:51:20 | 09:40:58.60 | 09:40:58.60 | 8:04 | 7.4 |
| 12 | RINK JAN | 1070 | | BOLKÓW | POL | M40 | 8 | M 11 | 00:36:19 | 01:03:49 | 02:53:35 | 04:25:34 | 06:39:52 | 08:48:43 | 09:43:23.90 | 09:43:23.90 | 8:06 | 7.4 |
| 13 | DAJEK ŁUKASZ | 1010 | | ŻYRARDÓW | POL | M40 | 9 | M 12 | 00:37:41 | 01:06:09 | 02:59:07 | 04:37:13 | 06:56:00 | 08:53:22 | 09:47:24.70 | 09:47:24.70 | 8:09 | 7.4 |
| 14 | WOJNAROWICZ PAWEŁ | 1094 | | WILKSZYŃ | POL | M30 | 4 | M 13 | 00:37:25 | 01:05:52 | 02:59:12 | 04:41:02 | 06:56:29 | 08:56:04 | 09:48:15.15 | 09:48:15.15 | 8:10 | 7.3 |
| 15 | MIKRUT REMIGIUSZ | 1054 | 9TE WZGÓRZE CHELMNO | CHELMNO | POL | M40 | 10 | M 14 | 00:38:53 | 01:11:48 | 03:05:45 | 04:49:42 | 06:58:39 | 09:00:09 | 09:58:09.55 | 09:58:09.55 | 8:18 | 7.2 |
| 16 | LISIECKI TOMASZ | 1111 | | LUBOŃ | POL | M40 | 11 | M 15 | 00:39:52 | 01:08:55 | | | | 09:08:04 | 10:06:40.45 | 10:06:40.45 | 8:25 | 7.1 |
| 17 | KOZŁOWSKI WOJCIECH | 1106 | | LISOWICE | POL | M50 | 1 | M 16 | 00:44:37 | 01:21:04 | 03:58:59 | | | | 10:11:33.20 | 10:11:33.20 | 8:29 | 7.1 |
| 18 | CARUK DAMIAN | 1009 | PGN NIERUCHOMOŚCI | KAMIEŃ POMORSKI | POL | M40 | 12 | M 17 | 00:37:12 | 01:05:52 | 03:06:39 | 04:52:24 | 07:11:06 | 09:16:25 | 10:14:52.50 | 10:14:52.50 | 8:32 | 7 |
| 19 | KASZKOWIAK BOGUMIL | 1031 | WRONKI | WRONKI | POL | M40 | 13 | M 18 | 00:43:42 | 01:17:59 | 03:25:20 | 05:12:37 | 07:35:25 | 09:38:50 | 10:26:12.55 | 10:26:12.55 | 8:41 | 6.9 |
| 20 | PALIWODA SŁAWEK | 1062 | ITPROJEKT BYDGOSZCZ | BYDGOSZCZ | POL | M30 | 5 | M 19 | 00:36:22 | 01:04:46 | 03:04:32 | 04:45:27 | 07:00:04 | 09:21:32 | 10:30:03.00 | 10:30:03.00 | 8:45 | 6.9 |
| 21 | BUKOWIŃSKI DAMIAN | 1008 | TRAIL IS OUR WAY | WROCŁAW | POL | M40 | 14 | M 20 | 00:40:25 | 01:16:39 | 03:21:48 | 05:13:34 | 07:32:50 | 09:43:58 | 10:37:29.25 | 10:37:29.25 | 8:51 | 6.8 |
| 22 | KANIA MARCIN | 1030 | #TEAMKOSTERA | GLIWICE | POL | M18 | 1 | M 21 | 00:40:52 | 01:12:56 | 03:12:51 | 04:59:42 | 07:20:44 | 09:43:21 | 10:44:45.10 | 10:44:45.10 | 8:57 | 6.7 |
| 23 | ZBOROWSKI MARCIN | 1098 | ULTRA DIABŁY TEAM LUBRZA | ŁĄGÓW | POL | M30 | 6 | M 22 | 00:43:31 | 01:15:12 | 03:24:23 | 05:13:40 | 07:34:20 | 09:50:30 | 10:47:29.40 | 10:47:29.40 | 8:59 | 6.7 |
| 24 | WĘGLEWICZ MACIEJ | 1089 | BIEGOLAS KOSZALIN | KOSZALIN | POL | M30 | 7 | M 23 | 00:39:37 | 01:11:14 | 03:12:01 | 04:59:51 | 07:23:10 | 09:49:15 | 10:48:21.40 | 10:48:21.40 | 9:00 | 6.7 |
| 25 | STERNIK TOMASZ | 1079 | PASJA TEAM | BIAŁOGARD | POL | M40 | 15 | M 24 | 00:39:38 | 01:11:15 | 03:11:54 | 04:59:39 | 07:23:06 | 09:49:15 | 10:48:21.70 | 10:48:21.70 | 9:00 | 6.7 |
| 26 | PYZIK EWA | 1069 | MATNER RUNNING TEAM | BIELANY WROCŁAWSK IE | POL | K40 | 1 | K 2 | 00:41:57 | 01:14:43 | 03:25:57 | 05:20:06 | 07:42:48 | 09:56:45 | 10:56:32.30 | 10:56:32.30 | 9:07 | 6.6 |
| 27 | MAJEWSKI MICHAŁ | 1048 | SPIN FORCE RUNNERS | SWARZĘDZ | POL | M40 | 16 | M 25 | 00:37:47 | 01:06:10 | 03:07:32 | 04:58:14 | 07:26:18 | 09:53:07 | 11:02:40.15 | 11:02:40.15 | 9:12 | 6.5 |
| 28 | KACZMARCZYK PIOTR | 1029 | SOLPARK KLESZCZÓW | ŁĘKIŃSKO | POL | M40 | 17 | M 26 | 00:41:55 | 01:14:50 | 03:24:01 | 05:12:41 | 07:49:18 | 10:04:15 | 11:03:37.70 | 11:03:37.70 | 9:13 | 6.5 |

SIEDEMDZIESIĄT Z HAKIEM, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 6km | 10km | 24km | 38km | 51km | 64km | Netto | Brutto | min/km | km/h |
|------|------------------------------|------|--|------------------------|------|------|--------|------|----------|----------|----------|----------|----------|----------|-------------|-------------|--------|------|
| 29 | DRAGANEK EWELINA | 1013 | | WROCŁAW | POL | K40 | 2 | K 3 | 00:42:03 | 01:14:45 | 03:27:01 | 05:25:30 | 07:56:01 | 10:07:41 | 11:06:35.95 | 11:06:35.95 | 9:15 | 6.5 |
| 30 | WICZKOWSKI KONRAD | 1090 | | GORZÓW WIELKOPOLSKI | POL | M30 | 8 | M 27 | 00:37:36 | 01:07:55 | 03:12:30 | 05:24:11 | 07:40:34 | 10:12:53 | 11:07:42.80 | 11:07:42.80 | 9:16 | 6.5 |
| 31 | LEWANDOWSKI BARTŁOMIEJ | 1044 | MMUU | SZCZECIN | POL | M40 | 18 | M 28 | 00:41:17 | 01:11:05 | 03:16:12 | 05:09:57 | 07:40:44 | 10:07:53 | 11:12:26.55 | 11:12:26.55 | 9:20 | 6.4 |
| 32 | KOPACZ KATARZYNA | 1102 | | KATOWICE | GBR | K40 | 3 | K 4 | 00:41:02 | 01:14:46 | 03:23:54 | 05:20:09 | 07:52:26 | 10:06:41 | 11:17:36.90 | 11:17:36.90 | 9:24 | 6.4 |
| 33 | JĘDZURA DANIEL | 1027 | | GLIWICE | POL | M40 | 19 | M 29 | 00:39:16 | 01:09:45 | 03:13:13 | 05:10:05 | 07:41:05 | 10:06:56 | 11:17:42.15 | 11:17:42.15 | 9:24 | 6.4 |
| 34 | MAZUR ANNA | 1051 | ULTRANQA | GORZÓW WIELKOPOLSKI | POL | K40 | 4 | K 5 | 00:41:57 | 01:14:57 | 03:29:01 | 05:26:57 | 08:03:41 | 10:19:17 | 11:18:39.85 | 11:18:39.85 | 9:25 | 6.4 |
| 35 | SADOWSKI KRZYSZTOF | 1074 | | JANOWICE WIELKIE | POL | M18 | 2 | M 30 | 00:39:15 | 01:07:45 | 03:06:26 | 04:53:40 | 07:45:26 | 10:18:49 | 11:28:15.60 | 11:28:15.60 | 9:33 | 6.3 |
| 36 | LIPOWICZ ŁUKASZ | 1045 | | SZCZYTNIKI | POL | M40 | 20 | M 31 | 00:41:46 | 01:11:33 | 03:21:56 | 05:20:50 | 07:53:05 | 10:24:36 | 11:33:09.65 | 11:33:09.65 | 9:37 | 6.2 |
| 37 | POCHROŃ MARCIN | 1067 | | WROCŁAW | POL | M30 | 9 | M 32 | 00:47:00 | 01:19:00 | 03:35:01 | 05:43:31 | 08:16:15 | 10:48:50 | 11:42:02.35 | 11:42:02.35 | 9:45 | 6.2 |
| 38 | GAŚCZAK MARIUSZ | 1016 | | KĘPNO | POL | M40 | 21 | M 33 | 00:41:18 | 01:14:53 | 03:26:47 | 05:29:05 | 08:06:53 | 10:37:53 | 11:44:06.10 | 11:44:06.10 | 9:46 | 6.1 |
| 39 | TOPA MATEUSZ | 1108 | | SIEDLCE | POL | M30 | 10 | M 34 | 00:37:46 | 01:06:24 | 03:15:17 | 05:13:07 | 07:52:20 | 10:48:32 | 11:46:47.85 | 11:46:47.85 | 9:48 | 6.1 |
| 40 | GILEWICZ-RACHOWSKA JAGODA | 1017 | MAKSFLY | POZNAŃ | POL | K30 | 2 | K 6 | 00:43:05 | 01:17:48 | 03:35:05 | 05:41:50 | 08:15:29 | 10:48:38 | 11:47:29.35 | 11:47:29.35 | 9:49 | 6.1 |
| 41 | BEDNARZ KRZYSZTOF | 1104 | TS REGLE | JELEŃ GÓRA | POL | M40 | 22 | M 35 | 00:37:41 | 01:06:32 | 03:19:36 | 05:16:10 | 08:06:05 | 10:47:09 | 11:50:06.10 | 11:50:06.10 | 9:51 | 6.1 |
| 42 | JANKOWSKI KRZYSZTOF | 1024 | | WROCŁAW | POL | M30 | 11 | M 36 | 00:41:31 | 01:14:49 | 03:20:24 | 05:23:20 | 08:03:16 | 10:45:55 | 11:51:36.15 | 11:51:36.15 | 9:53 | 6.1 |
| 43 | WALUŚKIEWICZ ARTUR | 1087 | SOLA FIDE | WROCŁAW | POL | M50 | 2 | M 37 | 00:43:57 | 01:19:18 | 03:37:25 | 05:39:15 | 08:16:41 | 10:55:12 | 11:57:26.15 | 11:57:26.15 | 9:57 | 6 |
| 44 | KOWALSKI ANDRZEJ | 1035 | | WROCŁAW | POL | M60 | 1 | M 38 | 00:45:53 | 01:21:27 | 03:39:11 | 05:45:06 | 08:29:34 | 10:58:13 | 12:02:43.75 | 12:02:43.75 | 10:02 | 6 |
| 45 | ANTKIEWICZ KAMIL | 1103 | | KOZIEGŁOWY | POL | M30 | 12 | M 39 | 00:43:41 | 01:19:31 | 03:30:16 | 05:34:17 | 08:18:46 | 10:57:04 | 12:05:56.75 | 12:05:56.75 | 10:04 | 6 |
| 46 | WAWRZUSIAK DAWID | 1088 | | BRZĄCZOWI CE | POL | M40 | 23 | M 40 | 00:46:47 | 01:23:44 | 03:37:53 | 05:41:24 | 08:19:31 | 11:07:15 | 12:05:58.35 | 12:05:58.35 | 10:04 | 6 |
| 47 | ABRAMOWICZ AGATA | 1001 | | KRZEPTÓW | POL | K30 | 3 | K 7 | 00:44:29 | 01:19:53 | 03:40:07 | 05:45:21 | 08:31:10 | 11:07:09 | 12:10:33.60 | 12:10:33.60 | 10:08 | 5.9 |
| 48 | BIAŁEK MIROSLAW | 1004 | WRONIECKI KLUB BIEGACZA | WRONKI | POL | M40 | 24 | M 41 | 00:44:42 | 01:18:43 | 03:34:53 | 05:40:16 | 08:27:28 | 11:06:31 | 12:13:20.90 | 12:13:20.90 | 10:11 | 5.9 |
| 49 | NOWICKI ZBIGNIEW | 1059 | | GAŁKÓW MAŁY | POL | M50 | 3 | M 42 | 00:47:00 | 01:22:26 | 03:48:35 | 06:06:47 | 08:50:23 | 11:17:53 | 12:14:35.50 | 12:14:35.50 | 10:12 | 5.9 |
| 50 | SZERMENT ERYK | 1081 | BBL GORZÓW WIELKOPOLSKI | GORZÓW WIELKOPOLSKI | POL | M40 | 25 | M 43 | 00:47:39 | 01:23:53 | 03:51:10 | 05:57:16 | 08:50:21 | 11:15:38 | 12:18:55.95 | 12:18:55.95 | 10:15 | 5.8 |
| 51 | MARCINIAK RAFAŁ | 1050 | 8A.PL | GLIWICE | POL | M30 | 13 | M 44 | 00:46:39 | 01:25:20 | 03:54:39 | 05:57:11 | 08:31:12 | 11:17:08 | 12:20:29.20 | 12:20:29.20 | 10:17 | 5.8 |
| 52 | BRONOWSKA JUSTYNA | 1006 | | BYSTRA | POL | K40 | 5 | K 8 | 00:44:47 | 01:21:34 | 03:39:07 | 05:40:39 | 08:29:38 | 11:11:23 | 12:23:46.00 | 12:23:46.00 | 10:19 | 5.8 |
| 53 | GRODZKI TOMASZ | 1019 | ULTRASSCYZOR | DARŁOWO | POL | M50 | 4 | M 45 | 00:47:42 | 01:24:35 | 03:37:56 | 05:41:20 | 08:27:32 | 11:16:12 | 12:23:55.30 | 12:23:55.30 | 10:19 | 5.8 |
| 54 | PRUSIEWICZ BARTOSZ | 1068 | SPACEPRINT.PL | ŚWIDNICA | POL | M30 | 14 | M 46 | 00:44:48 | 01:19:23 | 03:38:09 | 05:44:24 | 08:31:17 | 11:15:21 | 12:25:49.10 | 12:25:49.10 | 10:21 | 5.8 |
| 55 | HANISZEWSKI MATEUSZ | 1021 | | WROCŁAW | POL | M30 | 15 | M 47 | 00:41:17 | 01:11:57 | 03:25:13 | 05:31:24 | 08:34:39 | 11:26:35 | 12:28:49.20 | 12:28:49.20 | 10:24 | 5.8 |
| 56 | KOZIOŁ KRZYSZTOF | 1037 | | SZCZECIN | POL | M40 | 26 | M 48 | 00:44:09 | 01:19:57 | 03:41:59 | 05:49:40 | 08:32:44 | 11:18:00 | 12:29:29.90 | 12:29:29.90 | 10:24 | 5.8 |
| 57 | JUROSZEK JÓZEF | 1028 | | PAWŁOWICE | POL | M40 | 27 | M 49 | 00:47:37 | 01:28:34 | 03:44:12 | 05:50:20 | 08:43:06 | 11:24:27 | 12:38:00.80 | 12:38:00.80 | 10:31 | 5.7 |
| 58 | PIOTROWICZ MICHAŁ | 1064 | ORTHOS TEAM | IWINY | POL | M30 | 16 | M 50 | 00:45:04 | 01:21:07 | 03:32:48 | 05:34:14 | 08:29:41 | 11:32:38 | 12:50:35.75 | 12:50:35.75 | 10:42 | 5.6 |
| 59 | ZMELONEK PIOTR | 1101 | TOWARZYSTWO WISŁA DLA WARSZAWY | WARSZAWA | POL | M50 | 5 | M 51 | 00:48:53 | 01:28:28 | 03:42:33 | 05:50:24 | 08:48:09 | 11:40:02 | 12:50:40.30 | 12:50:40.30 | 10:42 | 5.6 |
| 60 | ZIELIŃSKA JUSTYNA | 1099 | KS.POSNANIA TRIATHLON | LUBOŃ | POL | K40 | 6 | K 9 | 00:47:03 | 01:23:57 | 03:51:43 | 06:01:27 | 08:58:18 | 11:45:39 | 12:54:59.40 | 12:54:59.40 | 10:45 | 5.6 |
| 61 | IWASZCZYSHYN TOMASZ | 1022 | RMT TEAM & PRZYJACIELE / RATEMYTRAIL.CO M | WROCŁAW | POL | M30 | 17 | M 52 | 00:42:56 | 01:19:57 | 03:35:19 | 05:39:28 | 08:29:44 | 11:37:39 | 12:56:36.10 | 12:56:36.10 | 10:47 | 5.6 |
| 62 | KWIECIŃSKA MAŁGORZATA | 1041 | BRAVEHEARTS LEGIONOWO | LEGIONOWO | POL | K30 | 4 | K 10 | 00:50:34 | 01:35:03 | 04:04:15 | 06:13:47 | 09:07:36 | 11:55:15 | 13:01:56.55 | 13:01:56.55 | 10:51 | 5.5 |
| 63 | MUCHA ARTUR | 1107 | ENERGY MARKETS | STARE OBORZYSKA | POL | M30 | 18 | M 53 | 00:44:39 | 01:22:04 | 03:48:30 | 05:59:44 | 08:53:05 | 11:55:35 | 13:03:10.10 | 13:03:10.10 | 10:52 | 5.5 |
| 64 | LEBODA KATARZYNA | 1042 | WILD DOGS TEAM | KATOWICE | POL | K30 | 5 | K 11 | 00:41:56 | 01:17:19 | 03:25:09 | 05:26:54 | 08:06:14 | 11:25:02 | 13:04:20.40 | 13:04:20.40 | 10:53 | 5.5 |

SIEDEMdzIESIĄT Z HAKIEM, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 6km | 10km | 24km | 38km | 51km | 64km | Netto | Brutto | min/km | km/h |
|------|-------------------------|------|-----------------------------------|------------------|------|------|--------|------|----------|----------|----------|----------|----------|----------|-------------|-------------|--------|------|
| 65 | WALCZAK ŁUKASZ | 1086 | BYLE DO PRZODUQ | KONIN | POL | M30 | 19 | M 54 | 00:48:46 | 01:25:18 | 03:57:27 | | 09:24:07 | 12:01:46 | 13:13:19.80 | 13:13:19.80 | 11:01 | 5.4 |
| 66 | PINCZEWSKI PATRIK | 1109 | | ŁUSZCZANO W | POL | M50 | 6 | M 55 | 00:50:57 | 01:33:15 | 04:04:11 | 06:32:02 | 09:21:26 | 12:17:08 | 13:19:07.85 | 13:19:07.85 | 11:05 | 5.4 |
| 67 | SIKORSKI DARIUSZ | 1076 | INSERT TEAM | DZIERŻONIÓ W | POL | M40 | 28 | M 56 | 00:44:44 | 01:19:55 | 03:35:32 | 05:45:17 | 08:41:29 | 11:59:05 | 13:24:47.35 | 13:24:47.35 | 11:10 | 5.4 |
| 68 | MANEL MARIUSZ | 1049 | DRUŻYNA SZPIKU | ŚREM | POL | M50 | 7 | M 57 | 00:46:15 | 01:23:39 | 03:48:38 | 06:06:50 | 09:11:52 | 12:15:02 | 13:30:31.50 | 13:30:31.50 | 11:15 | 5.3 |
| 69 | RYCERSKI RAFAŁ | 1071 | GRZĄDZIEL TEAM | CZAPLINEK | POL | M40 | 29 | M 58 | 00:41:34 | 01:15:43 | 03:35:11 | 05:54:37 | 09:12:38 | 12:27:26 | 13:38:18.60 | 13:38:18.60 | 11:21 | 5.3 |
| 70 | LEWANDOWSKI RAFAŁ | 1043 | SPC | TORUŃ | POL | M40 | 30 | M 59 | 00:44:45 | 01:18:08 | 03:41:40 | 06:01:38 | 09:00:00 | 12:11:07 | 13:40:22.00 | 13:40:22.00 | 11:23 | 5.3 |
| 71 | MICHALAK VIOLETTA | 1052 | LEŚNE SZEPTUCHY | WRONKI | POL | K50 | 1 | K 12 | 00:45:47 | 01:21:04 | 03:54:29 | 06:18:19 | 09:32:48 | 12:35:13 | 13:44:03.25 | 13:44:03.25 | 11:26 | 5.2 |
| 72 | GARSTKA ZBIGNIEW | 1015 | LEŚNE DZIADY TEAM | WRONKI | POL | M40 | 31 | M 60 | 00:45:47 | 01:21:04 | 03:54:35 | 06:18:15 | 09:32:45 | 12:35:13 | 13:44:03.25 | 13:44:03.25 | 11:26 | 5.2 |
| 73 | BUDYCH-GÓRZNA MAGDALENA | 1007 | | GOWARZEWO | POL | K40 | 7 | K 13 | 00:44:42 | 01:20:40 | 03:50:55 | 06:11:42 | 09:28:38 | 12:35:41 | 13:47:54.65 | 13:47:54.65 | 11:29 | 5.2 |
| 74 | KRUZEL RAFAŁ | 1039 | BIEGOWE MISIE | LEGNICA | POL | M50 | 8 | M 61 | 00:49:40 | 01:30:59 | 04:15:00 | 06:40:38 | 09:41:06 | 12:34:08 | 13:47:54.80 | 13:47:54.80 | 11:29 | 5.2 |
| 75 | PIWOWARSKI PAWEŁ | 1066 | VULCAN JAWOR | JAWOR | POL | M50 | 9 | M 62 | 00:47:38 | 01:28:35 | 04:09:28 | 06:25:10 | 09:24:01 | 12:35:40 | 13:47:54.90 | 13:47:54.90 | 11:29 | 5.2 |
| 76 | PIWOŃSKA AGNIESZKA | 1065 | | ŁÓDŹ | POL | K50 | 2 | K 14 | 00:50:36 | 01:35:03 | 04:17:22 | | 09:45:50 | 12:43:46 | 13:53:49.30 | 13:53:49.30 | 11:34 | 5.2 |
| 77 | JASKÓLSKI JAN | 1026 | | TARNOWO PODGÓRNE | POL | M40 | 32 | M 63 | 00:49:41 | 01:37:23 | 04:00:20 | 06:35:04 | 09:52:44 | 12:55:47 | 13:58:21.20 | 13:58:21.20 | 11:38 | 5.2 |
| 78 | ORŁOWSKA BEATA | 1061 | BIEGOLAS KOSZALIN-KOŁOBRZEG | KOŁOBRZEG | POL | K50 | 3 | K 15 | 00:45:46 | 01:24:53 | 04:00:14 | 06:27:04 | 09:49:50 | 12:44:11 | 13:59:53.60 | 13:59:53.60 | 11:39 | 5.1 |
| 79 | KROCZYŃSKI SŁAWOMIR | 1038 | BIEGOLAS KOSZALIN-KOŁOBRZEG | KOŁOBRZEG | POL | M60 | 2 | M 64 | 00:45:45 | 01:24:57 | 04:00:18 | 06:26:35 | 09:49:46 | 12:44:11 | 13:59:53.75 | 13:59:53.75 | 11:39 | 5.1 |
| 80 | SZARANIEC SEBASTIAN | 1080 | AW - SZYBCIEJ - TEAM / MCBIEGACZE | WARSZAWA | POL | M40 | 33 | M 65 | 00:44:42 | 01:20:06 | 03:40:13 | 05:59:54 | 09:16:56 | 12:38:49 | 14:01:03.60 | 14:01:03.60 | 11:40 | 5.1 |
| 81 | ZIÓŁEK RAFAŁ | 1100 | | POZNAŃ | POL | M30 | 20 | M 66 | 00:42:18 | 01:15:53 | 03:32:54 | 05:50:30 | 09:28:43 | 12:38:51 | 14:01:04.95 | 14:01:04.95 | 11:40 | 5.1 |
| 82 | WAJDA MACIEJ | 1110 | SPELEOCLUB WROCLAW | WROCLAW | POL | M40 | 34 | M 67 | 00:53:16 | 01:31:51 | 04:02:55 | 06:30:47 | 09:44:49 | 12:51:11 | 14:15:57.20 | 14:15:57.20 | 11:53 | 5 |
| 83 | WÓJCİK ŁUKASZ | 1096 | | WARSZAWA | POL | M40 | 35 | M 68 | 00:48:54 | 01:28:31 | 03:52:21 | 06:11:17 | 09:35:51 | 12:53:55 | 14:17:03.15 | 14:17:03.15 | 11:54 | 5 |
| 84 | ŁATWIŃSKI MATEUSZ | 1046 | KAMIL LEŚNIAK TEAM | PIETRZYKOWICE | POL | M18 | 3 | M 69 | 00:44:38 | 01:19:38 | 03:44:22 | 06:03:06 | 09:24:04 | 12:59:23 | 14:33:18.15 | 14:33:18.15 | 12:07 | 4.9 |
| 85 | JANKOWSKI ADAM | 1025 | ULTRAWAY.PL RUNNING TEAM | ZALASEWO | POL | M30 | 21 | M 70 | 00:47:34 | 01:27:29 | 04:04:01 | 06:41:22 | 10:19:05 | 13:21:38 | 14:36:16.00 | 14:36:16.00 | 12:10 | 4.9 |
| 86 | WREMBEL PRZEMYSŁAW | 1097 | | NOWA WIEŚ | POL | M40 | 36 | M 71 | 00:46:31 | 01:25:24 | 04:09:35 | 06:40:40 | 10:09:48 | 13:34:48 | 15:01:44.20 | 15:01:44.20 | 12:31 | 4.8 |
| 87 | NOWAKOWSKI MIROSŁAW | 1058 | | WIELEŃ | POL | M50 | 10 | M 72 | 00:49:58 | 01:29:11 | 04:09:23 | 06:44:58 | 10:11:14 | 13:34:53 | 15:02:15.95 | 15:02:15.95 | 12:31 | 4.8 |
| 88 | MITASZEWSKI PRZEMYSŁAW | 1055 | VULCAN JAWOR | MĘCINKA | POL | M40 | 37 | M 73 | 00:47:38 | 01:28:35 | 04:09:32 | 06:44:47 | 10:11:53 | 13:35:17 | 15:02:16.00 | 15:02:16.00 | 12:31 | 4.8 |
| 89 | STEFANIAK EMILIA | 1078 | | GORZÓW WLKP | POL | K40 | 8 | K 16 | 00:50:48 | 01:35:48 | 04:21:17 | 07:03:22 | | 13:45:07 | 15:10:05.30 | 15:10:05.30 | 12:38 | 4.7 |
| 90 | ŚLUSAREK GRZEGORZ | 1083 | PONADWSZYSTKO | GOŁUSKI | POL | M40 | 38 | M 74 | 00:50:02 | 01:30:38 | 04:04:57 | 06:41:12 | 10:19:33 | 13:45:12 | 15:10:05.80 | 15:10:05.80 | 12:38 | 4.7 |
| 91 | KOZIEŁ TADEUSZ | 1036 | SZCZĘŚCIARZ BIEGA | RZESZÓW | POL | M30 | 22 | M 75 | 00:50:35 | 01:35:04 | 04:17:19 | 06:44:21 | 09:55:26 | 13:24:02 | 15:17:15.75 | 15:17:15.75 | 12:44 | 4.7 |
| 92 | SKRZYPCZAK RAFAŁ | 1077 | | TARNOWO PODGÓRNE | POL | M40 | 39 | M 76 | 00:49:41 | 01:37:22 | | 06:55:49 | | 13:54:40 | 15:27:10.40 | 15:27:10.40 | 12:52 | 4.7 |
| 93 | KŁÓSKA KATARZYNA | 1032 | | PIECHOWICE | POL | K40 | 9 | K 17 | 00:51:27 | 01:34:58 | 04:46:23 | 07:44:20 | 11:08:01 | 14:13:52 | 15:39:56.35 | 15:39:56.35 | 13:03 | 4.6 |
| 94 | SZYMANKIEWICZ EDYTA | 1082 | CROSS STRACENÓW TEAM | GŁOGÓW | POL | K50 | 4 | K 18 | 00:50:37 | 01:35:05 | 04:21:36 | 07:08:23 | 10:45:41 | 14:14:40 | 15:49:48.60 | 15:49:48.60 | 13:11 | 4.5 |
| 95 | WOLNIEWICZ MARCIN | 1095 | | ROKIETNICA | POL | M40 | 40 | M 77 | 00:47:15 | 01:25:25 | 04:04:21 | 06:40:05 | 10:15:23 | 14:15:04 | 15:50:36.70 | 15:50:36.70 | 13:12 | 4.5 |
| 96 | GWOŹDZIEWICZ TOMASZ | 1113 | | BYTOM | POL | M40 | 41 | M 78 | 00:49:38 | 01:33:50 | 04:34:52 | 07:34:35 | 11:06:39 | 14:19:55 | 15:51:33.05 | 15:51:33.05 | 13:12 | 4.5 |
| 97 | WACHOWSKA KATARZYNA | 1085 | SMOK TRÓJGŁOWY | POZNAŃ | POL | K30 | 6 | K 19 | 00:50:12 | 01:30:35 | 04:15:27 | 07:20:04 | 11:05:57 | 14:42:15 | 16:13:03.10 | 16:13:03.10 | 13:30 | 4.4 |

SIEDEMDZIESIĄT Z HAKIEM, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 6km | 10km | 24km | 38km | 51km | 64km | Netto | Brutto | min/km | km/h |
|------|---------------------|------|-----------------------|---------------------|------|------|--------|-----|-----------------|-----------------|-----------------|-----------------|-----------------|------|-------|--------|--------|------|
| | ANKIEWICZ STEFAN | 1002 | BRACTWO BIEGOWE BGK | WARSZAWA | POL | M40 | | | 00:42:23 DNF | 01:17:20 DNF | 03:25:01 DNF | 05:39:31 DNF | 09:07:42 DNF | DNF | DNF | DNF | - | - |
| | WIKLIŃSKA IGA | 1091 | | GRUDZIĄDZ | POL | K18 | | | 00:43:21 DNF | 01:17:22 DNF | 03:36:30 DNF | 05:44:39 DNF | DNF | DNF | DNF | DNF | - | - |
| | HALINIAK MAREK | 1020 | NKB CHYŻY NOWY TOMYŚL | NOWY TOMYŚL | POL | M40 | | | 00:45:12 DNF | 01:20:52 DNF | 04:09:39 DNF | 07:08:14 DNF | DNF | DNF | DNF | DNF | - | - |
| | ŁUCZKÓW ANDRZEJ | 1047 | | DARŁOWO | POL | M50 | | | 00:51:41 DNF | 01:33:35 DNF | 04:23:11 DNF | 07:20:12 DNF | DNF | DNF | DNF | DNF | - | - |
| | DOMINIAK MARCIN | 1012 | | TARNAWA KROŚNIEŃSKA | POL | M50 | | | 00:44:43 DNF | 01:22:11 DNF | 03:52:02 DNF | DNF | DNF | DNF | DNF | DNF | - | - |
| | SADKOWSKI ARKADIUSZ | 1073 | ŁYSE PAŁY | ZIELONA GÓRA | POL | M30 | | | 00:47:37 DNF | 01:26:34 DNF | 03:58:05 DNF | DNF | DNF | DNF | DNF | DNF | - | - |
| | WOJCIECHOWICZ JACEK | 1093 | PASJA TEAM | KOSZALIN | POL | M40 | | | 00:39:41 DNF | 01:11:14 DNF | DNF | DNF | DNF | DNF | DNF | DNF | - | - |

SIEDEMDZIESIĄT Z HAKIEM, K-Open

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 6km | 10km | 24km | 38km | 51km | 64km | Netto | Brutto | min/km | km/h |
|------|---------------------------|------|-----------------------------|---------------------|------|------|--------|------|----------|----------|----------|----------|----------|----------|-------------|-------------|--------|------|
| 1 | MIKEŠOVÁ JANA | 1053 | SALMING CZ | NOVÁ PAKA | CZE | K30 | 1 | K 1 | 00:34:04 | 01:01:04 | 02:44:13 | 04:13:42 | 06:06:21 | 07:55:42 | 08:41:11.60 | 08:41:11.60 | 7:14 | 8.3 |
| 2 | PYZIK EWA | 1069 | MATNER RUNNING TEAM | BIELANY WROCŁAWSKIE | POL | K40 | 1 | K 2 | 00:41:57 | 01:14:43 | 03:25:57 | 05:20:06 | 07:42:48 | 09:56:45 | 10:56:32.30 | 10:56:32.30 | 9:07 | 6.6 |
| 3 | DRAGANEK EWELINA | 1013 | | WROCŁAW | POL | K40 | 2 | K 3 | 00:42:03 | 01:14:45 | 03:27:01 | 05:25:30 | 07:56:01 | 10:07:41 | 11:06:35.95 | 11:06:35.95 | 9:15 | 6.5 |
| 4 | KOPACZ KATARZYNA | 1102 | | KATOWICE | GBR | K40 | 3 | K 4 | 00:41:02 | 01:14:46 | 03:23:54 | 05:20:09 | 07:52:26 | 10:06:41 | 11:17:36.90 | 11:17:36.90 | 9:24 | 6.4 |
| 5 | MAZUR ANNA | 1051 | ULTRANQA | GORZÓW WIELKOPOLSKI | POL | K40 | 4 | K 5 | 00:41:57 | 01:14:57 | 03:29:01 | 05:26:57 | 08:03:41 | 10:19:17 | 11:18:39.85 | 11:18:39.85 | 9:25 | 6.4 |
| 6 | GILEWICZ-RACHOWSKA JAGODA | 1017 | MAKSFLY | POZNAŃ | POL | K30 | 2 | K 6 | 00:43:05 | 01:17:48 | 03:35:05 | 05:41:50 | 08:15:29 | 10:48:38 | 11:47:29.35 | 11:47:29.35 | 9:49 | 6.1 |
| 7 | ABRAMOWICZ AGATA | 1001 | | KRZEPTÓW | POL | K30 | 3 | K 7 | 00:44:29 | 01:19:53 | 03:40:07 | 05:45:21 | 08:31:10 | 11:07:09 | 12:10:33.60 | 12:10:33.60 | 10:08 | 5.9 |
| 8 | BRONOWSKA JUSTYNA | 1006 | | BYSTRA | POL | K40 | 5 | K 8 | 00:44:47 | 01:21:34 | 03:39:07 | 05:40:39 | 08:29:38 | 11:11:23 | 12:23:46.00 | 12:23:46.00 | 10:19 | 5.8 |
| 9 | ZIELIŃSKA JUSTYNA | 1099 | KS.POSNANIA TRIATHLON | LUBOŃ | POL | K40 | 6 | K 9 | 00:47:03 | 01:23:57 | 03:51:43 | 06:01:27 | 08:58:18 | 11:45:39 | 12:54:59.40 | 12:54:59.40 | 10:45 | 5.6 |
| 10 | KWIECIŃSKA MAŁGORZATA | 1041 | BRAVEHEARTS LEGIONOWO | LEGIONOWO | POL | K30 | 4 | K 10 | 00:50:34 | 01:35:03 | 04:04:15 | 06:13:47 | 09:07:36 | 11:55:15 | 13:01:56.55 | 13:01:56.55 | 10:51 | 5.5 |
| 11 | LEBODA KATARZYNA | 1042 | WILD DOGS TEAM | KATOWICE | POL | K30 | 5 | K 11 | 00:41:56 | 01:17:19 | 03:25:09 | 05:26:54 | 08:06:14 | 11:25:02 | 13:04:20.40 | 13:04:20.40 | 10:53 | 5.5 |
| 12 | MICHALAK VIOLETTA | 1052 | LEŚNE SZEPTUCHY | WRONKI | POL | K50 | 1 | K 12 | 00:45:47 | 01:21:04 | 03:54:29 | 06:18:19 | 09:32:48 | 12:35:13 | 13:44:03.25 | 13:44:03.25 | 11:26 | 5.2 |
| 13 | BUDYCH-GÓRZNA MAGDALENA | 1007 | | GOWARZEWO | POL | K40 | 7 | K 13 | 00:44:42 | 01:20:40 | 03:50:55 | 06:11:42 | 09:28:38 | 12:35:41 | 13:47:54.65 | 13:47:54.65 | 11:29 | 5.2 |
| 14 | PIWOŃSKA AGNIESZKA | 1065 | | ŁÓDŹ | POL | K50 | 2 | K 14 | 00:50:36 | 01:35:03 | 04:17:22 | | 09:45:50 | 12:43:46 | 13:53:49.30 | 13:53:49.30 | 11:34 | 5.2 |
| 15 | ORŁOWSKA BEATA | 1061 | BIEGOLAS KOSZALIN-KOŁOBRZEG | KOŁOBRZEG | POL | K50 | 3 | K 15 | 00:45:46 | 01:24:53 | 04:00:14 | 06:27:04 | 09:49:50 | 12:44:11 | 13:59:53.60 | 13:59:53.60 | 11:39 | 5.1 |
| 16 | STEFANIAK EMILIA | 1078 | | GORZÓW WLKP | POL | K40 | 8 | K 16 | 00:50:48 | 01:35:48 | 04:21:17 | 07:03:22 | | 13:45:07 | 15:10:05.30 | 15:10:05.30 | 12:38 | 4.7 |
| 17 | KŁÓSKA KATARZYNA | 1032 | | PIECHOWICE | POL | K40 | 9 | K 17 | 00:51:27 | 01:34:58 | 04:46:23 | 07:44:20 | 11:08:01 | 14:13:52 | 15:39:56.35 | 15:39:56.35 | 13:03 | 4.6 |
| 18 | SZYMANKIEWICZ EDYTA | 1082 | CROSS STRACENĆÓW TEAM | GŁOGÓW | POL | K50 | 4 | K 18 | 00:50:37 | 01:35:05 | 04:21:36 | 07:08:23 | 10:45:41 | 14:14:40 | 15:49:48.60 | 15:49:48.60 | 13:11 | 4.5 |
| 19 | WACHOWSKA KATARZYNA | 1085 | SMOK TRÓJGŁOWY | POZNAŃ | POL | K30 | 6 | K 19 | 00:50:12 | 01:30:35 | 04:15:27 | 07:20:04 | 11:05:57 | 14:42:15 | 16:13:03.10 | 16:13:03.10 | 13:30 | 4.4 |

SIEDEMDZIESIĄT Z HAKIEM, K-Open c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 6km | 10km | 24km | 38km | 51km | 64km | Netto | Brutto | min/km | km/h |
|------|-----------------|------|------|-----------|------|------|--------|-----|-----------------|-----------------|-----------------|-----------------|------|------|-------|--------|--------|------|
| | WIKLIŃSKA IGA | 1091 | | GRUDZIĄDZ | POL | K18 | | | 00:43:21 DNF | 01:17:22 DNF | 03:36:30 DNF | 05:44:39 DNF | DNF | DNF | DNF | DNF | - | - |

SIEDEMDZIESIĄT Z HAKIEM, M-Open

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 6km | 10km | 24km | 38km | 51km | 64km | Netto | Brutto | min/km | km/h |
|------|------------------------|------|---------------------------------|----------------------------|------|------|--------|------|----------|----------|----------|----------|----------|----------|-------------|-------------|--------|------|
| 1 | OTRĘBA MACIEJ | 1112 | | WROCŁAW | POL | M40 | 1 | M 1 | 00:32:14 | 00:57:06 | 02:33:28 | 03:56:03 | 05:33:32 | 07:04:30 | 07:45:55.15 | 07:45:55.15 | 6:28 | 9.3 |
| 2 | JAKIMIUK DANIEL | 1023 | AURORA RUNNING TEAM | SZKLARSKA PORĘBA | POL | M30 | 1 | M 2 | 00:31:41 | 00:55:35 | 02:30:00 | 03:55:39 | 05:32:14 | 07:06:33 | 07:47:56.20 | 07:47:56.20 | 6:29 | 9.2 |
| 3 | GÓRAK PRZEMYSŁAW | 1018 | BLACK HAT PRO | SOBÓTKA | POL | M40 | 2 | M 3 | 00:31:41 | 00:56:15 | 02:33:43 | 03:55:44 | 05:39:51 | 07:15:45 | 08:00:13.70 | 08:00:13.70 | 6:40 | 9 |
| 4 | KOPCEWICZ TOMASZ | 1033 | | STAWIGUDA | POL | M40 | 3 | M 4 | 00:33:24 | 00:59:24 | 02:39:31 | 04:03:51 | 05:59:39 | 07:50:04 | 08:39:54.80 | 08:39:54.80 | 7:13 | 8.3 |
| 5 | MUCHACZOW JACEK | 1056 | TS REGLE SZKLARSKA POREBA | JEZÓW SUDECKI | POL | M40 | 4 | M 5 | 00:35:29 | 01:03:10 | 02:44:39 | 04:12:02 | 06:07:23 | 07:57:55 | 08:51:43.00 | 08:51:43.00 | 7:23 | 8.1 |
| 6 | KOSAL MACIEJ | 1034 | KTS JELENIA GÓRA | JELENIA GÓRA | POL | M40 | 4 | M 5 | 00:35:28 | 01:03:10 | 02:44:34 | 04:11:54 | 06:07:17 | 07:57:46 | 08:51:43.00 | 08:51:43.00 | 7:23 | 8.1 |
| 7 | WIŚNIEWSKI PAWEŁ | 1092 | ULTRAKOTLINA TEAM | JELENIA GÓRA | POL | M40 | 6 | M 7 | 00:38:00 | 01:06:08 | 02:55:14 | 04:33:43 | 06:39:44 | 08:40:31 | 09:35:09.00 | 09:35:09.00 | 7:59 | 7.5 |
| 8 | BIEGAŃSKI MARCIN | 1005 | TRIMP | WROCŁAW | POL | M30 | 2 | M 8 | 00:36:31 | 01:04:24 | 02:49:05 | 04:19:35 | 06:24:53 | 08:28:54 | 09:35:12.85 | 09:35:12.85 | 7:59 | 7.5 |
| 9 | PIETRZAK KONRAD | 1063 | AURORA RUNNING TEAM | SZKLARSKA POREBA | POL | M30 | 3 | M 9 | 00:36:12 | 01:04:19 | 02:46:14 | 04:18:43 | 06:26:56 | 08:41:48 | 09:40:23.30 | 09:40:23.30 | 8:03 | 7.4 |
| 10 | FISZER SEBASTIAN | 1014 | LESZ NO LIMITS RUNNERS | KRZEMIENIE WO | POL | M40 | 7 | M 10 | 00:34:17 | 01:00:59 | 02:53:42 | 04:33:38 | 06:45:36 | 08:51:20 | 09:40:58.60 | 09:40:58.60 | 8:04 | 7.4 |
| 11 | RINK JAN | 1070 | | BOLKÓW | POL | M40 | 8 | M 11 | 00:36:19 | 01:03:49 | 02:53:35 | 04:25:34 | 06:39:52 | 08:48:43 | 09:43:23.90 | 09:43:23.90 | 8:06 | 7.4 |
| 12 | DAJEK ŁUKASZ | 1010 | | ŻYRARDÓW | POL | M40 | 9 | M 12 | 00:37:41 | 01:06:09 | 02:59:07 | 04:37:13 | 06:56:00 | 08:53:22 | 09:47:24.70 | 09:47:24.70 | 8:09 | 7.4 |
| 13 | WOJNAROWICZ PAWEŁ | 1094 | | WILKSZYŃ | POL | M30 | 4 | M 13 | 00:37:25 | 01:05:52 | 02:59:12 | 04:41:02 | 06:56:29 | 08:56:04 | 09:48:15.15 | 09:48:15.15 | 8:10 | 7.3 |
| 14 | MIKRUT REMIGIUSZ | 1054 | 9TE WZGÓRZE CHEŁMNO | CHEŁMNO | POL | M40 | 10 | M 14 | 00:38:53 | 01:11:48 | 03:05:45 | 04:49:42 | 06:58:39 | 09:00:09 | 09:58:09.55 | 09:58:09.55 | 8:18 | 7.2 |
| 15 | LISIECKI TOMASZ | 1111 | | LUBOŃ | POL | M40 | 11 | M 15 | 00:39:52 | 01:08:55 | | | | 09:08:04 | 10:06:40.45 | 10:06:40.45 | 8:25 | 7.1 |
| 16 | KOZŁOWSKI WOJCIECH | 1106 | | LISOWICE | POL | M50 | 1 | M 16 | 00:44:37 | 01:21:04 | 03:58:59 | | | | 10:11:33.20 | 10:11:33.20 | 8:29 | 7.1 |
| 17 | CARUK DAMIAN | 1009 | PGN NIERUCHOMOŚCI | KAMIEN POMORSKI | POL | M40 | 12 | M 17 | 00:37:12 | 01:05:52 | 03:06:39 | 04:52:24 | 07:11:06 | 09:16:25 | 10:14:52.50 | 10:14:52.50 | 8:32 | 7 |
| 18 | KASZKOWIAK BOGUMIL | 1031 | WRONKI | WRONKI | POL | M40 | 13 | M 18 | 00:43:42 | 01:17:59 | 03:25:20 | 05:12:37 | 07:35:25 | 09:38:50 | 10:26:12.55 | 10:26:12.55 | 8:41 | 6.9 |
| 19 | PALIWODA SŁAWEK | 1062 | ITPROJEKT BYDGOSZCZ | BYDGOSZCZ | POL | M30 | 5 | M 19 | 00:36:22 | 01:04:46 | 03:04:32 | 04:45:27 | 07:00:04 | 09:21:32 | 10:30:03.00 | 10:30:03.00 | 8:45 | 6.9 |
| 20 | BUKOWIŃSKI DAMIAN | 1008 | TRAIL IS OUR WAY | WROCŁAW | POL | M40 | 14 | M 20 | 00:40:25 | 01:16:39 | 03:21:48 | 05:13:34 | 07:32:50 | 09:43:58 | 10:37:29.25 | 10:37:29.25 | 8:51 | 6.8 |
| 21 | KANIA MARCIN | 1030 | #TEAMKOSTERA | GLIWICE | POL | M18 | 1 | M 21 | 00:40:52 | 01:12:56 | 03:12:51 | 04:59:42 | 07:20:44 | 09:43:21 | 10:44:45.10 | 10:44:45.10 | 8:57 | 6.7 |
| 22 | ZBOROWSKI MARCIN | 1098 | ULTRA DIABŁY TEAM LUBRZA | ŁĄGÓW | POL | M30 | 6 | M 22 | 00:43:31 | 01:15:12 | 03:24:23 | 05:13:40 | 07:34:20 | 09:50:30 | 10:47:29.40 | 10:47:29.40 | 8:59 | 6.7 |
| 23 | WĘGLEWICZ MACIEJ | 1089 | BIEGOLAS KOSZALIN | KOSZALIN | POL | M30 | 7 | M 23 | 00:39:37 | 01:11:14 | 03:12:01 | 04:59:51 | 07:23:10 | 09:49:15 | 10:48:21.40 | 10:48:21.40 | 9:00 | 6.7 |
| 24 | STERNIK TOMASZ | 1079 | PASJA TEAM | BIAŁOGARD | POL | M40 | 15 | M 24 | 00:39:38 | 01:11:15 | 03:11:54 | 04:59:39 | 07:23:06 | 09:49:15 | 10:48:21.70 | 10:48:21.70 | 9:00 | 6.7 |
| 25 | MAJEWSKI MICHAŁ | 1048 | SPIN FORCE RUNNERS | SWARZĘDZ | POL | M40 | 16 | M 25 | 00:37:47 | 01:06:10 | 03:07:32 | 04:58:14 | 07:26:18 | 09:53:07 | 11:02:40.15 | 11:02:40.15 | 9:12 | 6.5 |
| 26 | KACZMARCZYK PIOTR | 1029 | SOLPARK KLESZCZÓW | ŁĘKIŃSKO | POL | M40 | 17 | M 26 | 00:41:55 | 01:14:50 | 03:24:01 | 05:12:41 | 07:49:18 | 10:04:15 | 11:03:37.70 | 11:03:37.70 | 9:13 | 6.5 |
| 27 | WICZKOWSKI KONRAD | 1090 | | GORZÓW WIELKOPOLS KI | POL | M30 | 8 | M 27 | 00:37:36 | 01:07:55 | 03:12:30 | 05:24:11 | 07:40:34 | 10:12:53 | 11:07:42.80 | 11:07:42.80 | 9:16 | 6.5 |
| 28 | LEWANDOWSKI BARTŁOMIEJ | 1044 | MMUU | SZCZECIN | POL | M40 | 18 | M 28 | 00:41:17 | 01:11:05 | 03:16:12 | 05:09:57 | 07:40:44 | 10:07:53 | 11:12:26.55 | 11:12:26.55 | 9:20 | 6.4 |
| 29 | JĘDZURA DANIEL | 1027 | | GLIWICE | POL | M40 | 19 | M 29 | 00:39:16 | 01:09:45 | 03:13:13 | 05:10:05 | 07:41:05 | 10:06:56 | 11:17:42.15 | 11:17:42.15 | 9:24 | 6.4 |
| 30 | SADOWSKI KRZYSZTOF | 1074 | | JANOWICE WIELKIE | POL | M18 | 2 | M 30 | 00:39:15 | 01:07:45 | 03:06:26 | 04:53:40 | 07:45:26 | 10:18:49 | 11:28:15.60 | 11:28:15.60 | 9:33 | 6.3 |
| 31 | LIPOWICZ ŁUKASZ | 1045 | | SZCZYTNIKI | POL | M40 | 20 | M 31 | 00:41:46 | 01:11:33 | 03:21:56 | 05:20:50 | 07:53:05 | 10:24:36 | 11:33:09.65 | 11:33:09.65 | 9:37 | 6.2 |
| 32 | POCHROŃ MARCIN | 1067 | | WROCŁAW | POL | M30 | 9 | M 32 | 00:47:00 | 01:19:00 | 03:35:01 | 05:43:31 | 08:16:15 | 10:48:50 | 11:42:02.35 | 11:42:02.35 | 9:45 | 6.2 |

SIEDEMDZIESIĄT Z HAKIEM, M-Open c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 6km | 10km | 24km | 38km | 51km | 64km | Netto | Brutto | min/km | km/h |
|------|---------------------|------|--|------------------------|------|------|--------|------|----------|----------|----------|----------|----------|----------|-------------|-------------|--------|------|
| 33 | GAŚCZCZAK MARIUSZ | 1016 | | KĘPNO | POL | M40 | 21 | M 33 | 00:41:18 | 01:14:53 | 03:26:47 | 05:29:05 | 08:06:53 | 10:37:53 | 11:44:06.10 | 11:44:06.10 | 9:46 | 6.1 |
| 34 | TOPA MATEUSZ | 1108 | | SIEDLCE | POL | M30 | 10 | M 34 | 00:37:46 | 01:06:24 | 03:15:17 | 05:13:07 | 07:52:20 | 10:48:32 | 11:46:47.85 | 11:46:47.85 | 9:48 | 6.1 |
| 35 | BEDNARZ KRZYSZTOF | 1104 | TS REGLE | JELEŃ GÓRA | POL | M40 | 22 | M 35 | 00:37:41 | 01:06:32 | 03:19:36 | 05:16:10 | 08:06:05 | 10:47:09 | 11:50:06.10 | 11:50:06.10 | 9:51 | 6.1 |
| 36 | JANKOWSKI KRZYSZTOF | 1024 | | WROCŁAW | POL | M30 | 11 | M 36 | 00:41:31 | 01:14:49 | 03:20:24 | 05:23:20 | 08:03:16 | 10:45:55 | 11:51:36.15 | 11:51:36.15 | 9:53 | 6.1 |
| 37 | WALUŚKIEWICZ ARTUR | 1087 | SOLA FIDE | WROCŁAW | POL | M50 | 2 | M 37 | 00:43:57 | 01:19:18 | 03:37:25 | 05:39:15 | 08:16:41 | 10:55:12 | 11:57:26.15 | 11:57:26.15 | 9:57 | 6 |
| 38 | KOWALSKI ANDRZEJ | 1035 | | WROCŁAW | POL | M60 | 1 | M 38 | 00:45:53 | 01:21:27 | 03:39:11 | 05:45:06 | 08:29:34 | 10:58:13 | 12:02:43.75 | 12:02:43.75 | 10:02 | 6 |
| 39 | ANTKIEWICZ KAMIL | 1103 | | KOZIEGŁOWY | POL | M30 | 12 | M 39 | 00:43:41 | 01:19:31 | 03:30:16 | 05:34:17 | 08:18:46 | 10:57:04 | 12:05:56.75 | 12:05:56.75 | 10:04 | 6 |
| 40 | WAWRZUSIAK DAWID | 1088 | | BRZĄCZOWI CE | POL | M40 | 23 | M 40 | 00:46:47 | 01:23:44 | 03:37:53 | 05:41:24 | 08:19:31 | 11:07:15 | 12:05:58.35 | 12:05:58.35 | 10:04 | 6 |
| 41 | BIAŁEK MIROSLAW | 1004 | WRONIECKI KLUB BIEGACZA | WRONKI | POL | M40 | 24 | M 41 | 00:44:42 | 01:18:43 | 03:34:53 | 05:40:16 | 08:27:28 | 11:06:31 | 12:13:20.90 | 12:13:20.90 | 10:11 | 5.9 |
| 42 | NOWICKI ZBIGNIEW | 1059 | | GAŁKÓW MAŁY | POL | M50 | 3 | M 42 | 00:47:00 | 01:22:26 | 03:48:35 | 06:06:47 | 08:50:23 | 11:17:53 | 12:14:35.50 | 12:14:35.50 | 10:12 | 5.9 |
| 43 | SZERMENT ERYK | 1081 | BBL GORZÓW WIELKOPOLSKI | GORZÓW WIELKOPOLSKI | POL | M40 | 25 | M 43 | 00:47:39 | 01:23:53 | 03:51:10 | 05:57:16 | 08:50:21 | 11:15:38 | 12:18:55.95 | 12:18:55.95 | 10:15 | 5.8 |
| 44 | MARCINIAK RAFAŁ | 1050 | 8A.PL | GLIWICE | POL | M30 | 13 | M 44 | 00:46:39 | 01:25:20 | 03:54:39 | 05:57:11 | 08:31:12 | 11:17:08 | 12:20:29.20 | 12:20:29.20 | 10:17 | 5.8 |
| 45 | GRODZKI TOMASZ | 1019 | ULTRASSCYZOR | DARŁOWO | POL | M50 | 4 | M 45 | 00:47:42 | 01:24:35 | 03:37:56 | 05:41:20 | 08:27:32 | 11:16:12 | 12:23:55.30 | 12:23:55.30 | 10:19 | 5.8 |
| 46 | PRUSIEWICZ BARTOSZ | 1068 | SPACEPRINT.PL | ŚWIDNICA | POL | M30 | 14 | M 46 | 00:44:48 | 01:19:23 | 03:38:09 | 05:44:24 | 08:31:17 | 11:15:21 | 12:25:49.10 | 12:25:49.10 | 10:21 | 5.8 |
| 47 | HANISZEWSKI MATEUSZ | 1021 | | WROCŁAW | POL | M30 | 15 | M 47 | 00:41:17 | 01:11:57 | 03:25:13 | 05:31:24 | 08:34:39 | 11:26:35 | 12:28:49.20 | 12:28:49.20 | 10:24 | 5.8 |
| 48 | KOZIOŁ KRZYSZTOF | 1037 | | SZCZECIN | POL | M40 | 26 | M 48 | 00:44:09 | 01:19:57 | 03:41:59 | 05:49:40 | 08:32:44 | 11:18:00 | 12:29:29.90 | 12:29:29.90 | 10:24 | 5.8 |
| 49 | JUROSZEK JÓZEF | 1028 | | PAWŁOWICE | POL | M40 | 27 | M 49 | 00:47:37 | 01:28:34 | 03:44:12 | 05:50:20 | 08:43:06 | 11:24:27 | 12:38:00.80 | 12:38:00.80 | 10:31 | 5.7 |
| 50 | PIOTROWICZ MICHAŁ | 1064 | ORTHOS TEAM | IWINY | POL | M30 | 16 | M 50 | 00:45:04 | 01:21:07 | 03:32:48 | 05:34:14 | 08:29:41 | 11:32:38 | 12:50:35.75 | 12:50:35.75 | 10:42 | 5.6 |
| 51 | ZMELONEK PIOTR | 1101 | TOWARZYSTWO WISŁA DLA WARSZAWY | WARSZAWA | POL | M50 | 5 | M 51 | 00:48:53 | 01:28:28 | 03:42:33 | 05:50:24 | 08:48:09 | 11:40:02 | 12:50:40.30 | 12:50:40.30 | 10:42 | 5.6 |
| 52 | IWASZCZYSZYN TOMASZ | 1022 | RMT TEAM & PRZYJACIELE / RATEMYTRAIL.CO M | WROCŁAW | POL | M30 | 17 | M 52 | 00:42:56 | 01:19:57 | 03:35:19 | 05:39:28 | 08:29:44 | 11:37:39 | 12:56:36.10 | 12:56:36.10 | 10:47 | 5.6 |
| 53 | MUCHA ARTUR | 1107 | ENERGY MARKETS | STARE OBORZYSKA | POL | M30 | 18 | M 53 | 00:44:39 | 01:22:04 | 03:48:30 | 05:59:44 | 08:53:05 | 11:55:35 | 13:03:10.10 | 13:03:10.10 | 10:52 | 5.5 |
| 54 | WALCZAK ŁUKASZ | 1086 | BYLE DO PRZODUQ | KONIN | POL | M30 | 19 | M 54 | 00:48:46 | 01:25:18 | 03:57:27 | | 09:24:07 | 12:01:46 | 13:13:19.80 | 13:13:19.80 | 11:01 | 5.4 |
| 55 | PINCZEWSKI PATRIK | 1109 | | ŁUSZCZANÓ W | POL | M50 | 6 | M 55 | 00:50:57 | 01:33:15 | 04:04:11 | 06:32:02 | 09:21:26 | 12:17:08 | 13:19:07.85 | 13:19:07.85 | 11:05 | 5.4 |
| 56 | SIKORSKI DARIUSZ | 1076 | INSERT TEAM | DZIERŻONIÓ W | POL | M40 | 28 | M 56 | 00:44:44 | 01:19:55 | 03:35:32 | 05:45:17 | 08:41:29 | 11:59:05 | 13:24:47.35 | 13:24:47.35 | 11:10 | 5.4 |
| 57 | MANEL MARIUSZ | 1049 | DRUŻYNA SZPIKU | ŚREM | POL | M50 | 7 | M 57 | 00:46:15 | 01:23:39 | 03:48:38 | 06:06:50 | 09:11:52 | 12:15:02 | 13:30:31.50 | 13:30:31.50 | 11:15 | 5.3 |
| 58 | RYCERSKI RAFAŁ | 1071 | GRZĄDZIEL TEAM | CZAPLINEK | POL | M40 | 29 | M 58 | 00:41:34 | 01:15:43 | 03:35:11 | 05:54:37 | 09:12:38 | 12:27:26 | 13:38:18.60 | 13:38:18.60 | 11:21 | 5.3 |
| 59 | LEWANDOWSKI RAFAŁ | 1043 | SPC | TORUŃ | POL | M40 | 30 | M 59 | 00:44:45 | 01:18:08 | 03:41:40 | 06:01:38 | 09:00:00 | 12:11:07 | 13:40:22.00 | 13:40:22.00 | 11:23 | 5.3 |
| 60 | GARSTKA ZBIGNIEW | 1015 | LEŚNE DZIADY TEAM | WRONKI | POL | M40 | 31 | M 60 | 00:45:47 | 01:21:04 | 03:54:35 | 06:18:15 | 09:32:45 | 12:35:13 | 13:44:03.25 | 13:44:03.25 | 11:26 | 5.2 |
| 61 | KRUZEL RAFAŁ | 1039 | BIEGOWE MISIE | LEGNICA | POL | M50 | 8 | M 61 | 00:49:40 | 01:30:59 | 04:15:00 | 06:40:38 | 09:41:06 | 12:34:08 | 13:47:54.80 | 13:47:54.80 | 11:29 | 5.2 |
| 62 | PIWOWARSKI PAWEŁ | 1066 | VULCAN JAWOR | JAWOR | POL | M50 | 9 | M 62 | 00:47:38 | 01:28:35 | 04:09:28 | 06:25:10 | 09:24:01 | 12:35:40 | 13:47:54.90 | 13:47:54.90 | 11:29 | 5.2 |
| 63 | JASKÓLSKI JAN | 1026 | | TARNOWO PODGÓRNE | POL | M40 | 32 | M 63 | 00:49:41 | 01:37:23 | 04:00:20 | 06:35:04 | 09:52:44 | 12:55:47 | 13:58:21.20 | 13:58:21.20 | 11:38 | 5.2 |
| 64 | KROCZYŃSKI SŁAWOMIR | 1038 | BIEGOLAS KOSZALIN-KOŁOB RZEG | KOŁOBRZEG | POL | M60 | 2 | M 64 | 00:45:45 | 01:24:57 | 04:00:18 | 06:26:35 | 09:49:46 | 12:44:11 | 13:59:53.75 | 13:59:53.75 | 11:39 | 5.1 |
| 65 | SZARANIEC SEBASTIAN | 1080 | AW - SZYBCIEJ - TEAM / MCBIEGACZE | WARSZAWA | POL | M40 | 33 | M 65 | 00:44:42 | 01:20:06 | 03:40:13 | 05:59:54 | 09:16:56 | 12:38:49 | 14:01:03.60 | 14:01:03.60 | 11:40 | 5.1 |
| 66 | ZIÓŁEK RAFAŁ | 1100 | | POZNAŃ | POL | M30 | 20 | M 66 | 00:42:18 | 01:15:53 | 03:32:54 | 05:50:30 | 09:28:43 | 12:38:51 | 14:01:04.95 | 14:01:04.95 | 11:40 | 5.1 |
| 67 | WAJDA MACIEJ | 1110 | SPELEOCLUB WROCŁAW | WROCŁAW | POL | M40 | 34 | M 67 | 00:53:16 | 01:31:51 | 04:02:55 | 06:30:47 | 09:44:49 | 12:51:11 | 14:15:57.20 | 14:15:57.20 | 11:53 | 5 |

SIEDEMDZIESIĄT Z HAKIEM, M-Open c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 6km | 10km | 24km | 38km | 51km | 64km | Netto | Brutto | min/km | km/h |
|------|------------------------|------|--------------------------|---------------------|------|------|--------|------|----------|----------|----------|----------|----------|----------|-------------|-------------|--------|------|
| 68 | WÓJCIK ŁUKASZ | 1096 | | WARSZAWA | POL | M40 | 35 | M 68 | 00:48:54 | 01:28:31 | 03:52:21 | 06:11:17 | 09:35:51 | 12:53:55 | 14:17:03.15 | 14:17:03.15 | 11:54 | 5 |
| 69 | ŁATWIŃSKI MATEUSZ | 1046 | KAMIL LEŚNIAK TEAM | PIETRZYKOW ICE | POL | M18 | 3 | M 69 | 00:44:38 | 01:19:38 | 03:44:22 | 06:03:06 | 09:24:04 | 12:59:23 | 14:33:18.15 | 14:33:18.15 | 12:07 | 4.9 |
| 70 | JANKOWSKI ADAM | 1025 | ULTRAWAY.PL RUNNING TEAM | ZALASEWO | POL | M30 | 21 | M 70 | 00:47:34 | 01:27:29 | 04:04:01 | 06:41:22 | 10:19:05 | 13:21:38 | 14:36:16.00 | 14:36:16.00 | 12:10 | 4.9 |
| 71 | WREMBEL PRZEMYSŁAW | 1097 | | NOWA WIEŚ | POL | M40 | 36 | M 71 | 00:46:31 | 01:25:24 | 04:09:35 | 06:40:40 | 10:09:48 | 13:34:48 | 15:01:44.20 | 15:01:44.20 | 12:31 | 4.8 |
| 72 | NOWAKOWSKI MIROŚLAW | 1058 | | WIELEŃ | POL | M50 | 10 | M 72 | 00:49:58 | 01:29:11 | 04:09:23 | 06:44:58 | 10:11:14 | 13:34:53 | 15:02:15.95 | 15:02:15.95 | 12:31 | 4.8 |
| 73 | MITASZEWSKI PRZEMYSŁAW | 1055 | VULCAN JAWOR | MĘCINKA | POL | M40 | 37 | M 73 | 00:47:38 | 01:28:35 | 04:09:32 | 06:44:47 | 10:11:53 | 13:35:17 | 15:02:16.00 | 15:02:16.00 | 12:31 | 4.8 |
| 74 | ŚLUSAREK GRZEGORZ | 1083 | PONADWSZYTKO | GOŁUSKI | POL | M40 | 38 | M 74 | 00:50:02 | 01:30:38 | 04:04:57 | 06:41:12 | 10:19:33 | 13:45:12 | 15:10:05.80 | 15:10:05.80 | 12:38 | 4.7 |
| 75 | KOZIEŁ TADEUSZ | 1036 | SZCZĘŚCIARZ BIEGA | RZESZÓW | POL | M30 | 22 | M 75 | 00:50:35 | 01:35:04 | 04:17:19 | 06:44:21 | 09:55:26 | 13:24:02 | 15:17:15.75 | 15:17:15.75 | 12:44 | 4.7 |
| 76 | SKRZYPCZAK RAFAL | 1077 | | TARNOWO PODGÓRNE | POL | M40 | 39 | M 76 | 00:49:41 | 01:37:22 | | 06:55:49 | | 13:54:40 | 15:27:10.40 | 15:27:10.40 | 12:52 | 4.7 |
| 77 | WOLNIEWICZ MARCIN | 1095 | | ROKIETNICA | POL | M40 | 40 | M 77 | 00:47:15 | 01:25:25 | 04:04:21 | 06:40:05 | 10:15:23 | 14:15:04 | 15:50:36.70 | 15:50:36.70 | 13:12 | 4.5 |
| 78 | GWOŹDZIEWICZ TOMASZ | 1113 | | BYTOM | POL | M40 | 41 | M 78 | 00:49:38 | 01:33:50 | 04:34:52 | 07:34:35 | 11:06:39 | 14:19:55 | 15:51:33.05 | 15:51:33.05 | 13:12 | 4.5 |
| | ANKIEWICZ STEFAN | 1002 | BRACHTWO BIEGOWE BGK | WARSZAWA | POL | M40 | | | 00:42:23 | 01:17:20 | 03:25:01 | 05:39:31 | 09:07:42 | DNF | DNF | DNF | - | - |
| | HALINIAK MAREK | 1020 | NKB CHYŻY NOWY TOMYŚL | NOWY TOMYŚL | POL | M40 | | | 00:45:12 | 01:20:52 | 04:09:39 | 07:08:14 | DNF | DNF | DNF | DNF | - | - |
| | ŁUCZKÓW ANDRZEJ | 1047 | | DARŁOWO | POL | M50 | | | 00:51:41 | 01:33:35 | 04:23:11 | 07:20:12 | DNF | DNF | DNF | DNF | - | - |
| | DOMINIAK MARCIN | 1012 | | TARNAWA KROŚNIEŃSKA | POL | M50 | | | 00:44:43 | 01:22:11 | 03:52:02 | DNF | DNF | DNF | DNF | DNF | - | - |
| | SADKOWSKI ARKADIUSZ | 1073 | ŁYSE PAŁY | ZIELONA GORA | POL | M30 | | | 00:47:37 | 01:26:34 | 03:58:05 | DNF | DNF | DNF | DNF | DNF | - | - |
| | WOJCIECHOWICZ JACEK | 1093 | PASJA TEAM | KOSZALIN | POL | M40 | | | 00:39:41 | 01:11:14 | DNF | DNF | DNF | DNF | DNF | DNF | - | - |

SIEDEMDZIESIĄT Z HAKIEM, K18

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 6km | 10km | 24km | 38km | 51km | 64km | Netto | Brutto | min/km | km/h |
|------|-----------------|------|------|-----------|------|------|--------|-----|----------|----------|----------|----------|------|------|-------|--------|--------|------|
| | WIKLIŃSKA IGA | 1091 | | GRUDZIĄDZ | POL | K18 | | | 00:43:21 | 01:17:22 | 03:36:30 | 05:44:39 | DNF | DNF | DNF | DNF | - | - |

SIEDEMDZIESIĄT Z HAKIEM, M18

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 6km | 10km | 24km | 38km | 51km | 64km | Netto | Brutto | min/km | km/h |
|------|--------------------|------|--------------------|------------------|------|------|--------|------|----------|----------|----------|----------|----------|----------|-------------|-------------|--------|------|
| 1 | KANIA MARCIN | 1030 | #TEAMKOSTERA | GLIWICE | POL | M18 | 1 | M 21 | 00:40:52 | 01:12:56 | 03:12:51 | 04:59:42 | 07:20:44 | 09:43:21 | 10:44:45.10 | 10:44:45.10 | 8:57 | 6.7 |
| 2 | SADOWSKI KRZYSZTOF | 1074 | | JANOWICE WIELKIE | POL | M18 | 2 | M 30 | 00:39:15 | 01:07:45 | 03:06:26 | 04:53:40 | 07:45:26 | 10:18:49 | 11:28:15.60 | 11:28:15.60 | 9:33 | 6.3 |
| 3 | ŁATWIŃSKI MATEUSZ | 1046 | KAMIL LEŚNIAK TEAM | PIETRZYKOW ICE | POL | M18 | 3 | M 69 | 00:44:38 | 01:19:38 | 03:44:22 | 06:03:06 | 09:24:04 | 12:59:23 | 14:33:18.15 | 14:33:18.15 | 12:07 | 4.9 |

SIEDEMDZIESIĄT Z HAKIEM, K30

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 6km | 10km | 24km | 38km | 51km | 64km | Netto | Brutto | min/km | km/h |
|------|---------------------------|------|------------|-----------|------|------|--------|-----|----------|----------|----------|----------|----------|----------|-------------|-------------|--------|------|
| 1 | MIKEŠOVÁ JANA | 1053 | SALMING CZ | NOVÁ PAKA | CZE | K30 | 1 | K 1 | 00:34:04 | 01:01:04 | 02:44:13 | 04:13:42 | 06:06:21 | 07:55:42 | 08:41:11.60 | 08:41:11.60 | 7:14 | 8.3 |
| 2 | GILEWICZ-RACHOWSKA JAGODA | 1017 | MAKSFLY | POZNAŃ | POL | K30 | 2 | K 6 | 00:43:05 | 01:17:48 | 03:35:05 | 05:41:50 | 08:15:29 | 10:48:38 | 11:47:29.35 | 11:47:29.35 | 9:49 | 6.1 |
| 3 | ABRAMOWICZ AGATA | 1001 | | KRZEPTÓW | POL | K30 | 3 | K 7 | 00:44:29 | 01:19:53 | 03:40:07 | 05:45:21 | 08:31:10 | 11:07:09 | 12:10:33.60 | 12:10:33.60 | 10:08 | 5.9 |

SIEDEMdzIESIĄT Z HAKIEM, K30 c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 6km | 10km | 24km | 38km | 51km | 64km | Netto | Brutto | min/km | km/h |
|------|-----------------------|------|--------------------------|-----------|------|------|--------|------|----------|----------|----------|----------|----------|----------|-------------|-------------|--------|------|
| 4 | KWIECIŃSKA MAŁGORZATA | 1041 | BRAVEHEARTS LEGIONOWO | LEGIONOWO | POL | K30 | 4 | K 10 | 00:50:34 | 01:35:03 | 04:04:15 | 06:13:47 | 09:07:36 | 11:55:15 | 13:01:56.55 | 13:01:56.55 | 10:51 | 5.5 |
| 5 | LEBODA KATARZYNA | 1042 | WILD DOGS TEAM | KATOWICE | POL | K30 | 5 | K 11 | 00:41:56 | 01:17:19 | 03:25:09 | 05:26:54 | 08:06:14 | 11:25:02 | 13:04:20.40 | 13:04:20.40 | 10:53 | 5.5 |
| 6 | WACHOWSKA KATARZYNA | 1085 | SMOK TRÓJGŁOWY | POZNAŃ | POL | K30 | 6 | K 19 | 00:50:12 | 01:30:35 | 04:15:27 | 07:20:04 | 11:05:57 | 14:42:15 | 16:13:03.10 | 16:13:03.10 | 13:30 | 4.4 |

SIEDEMdzIESIĄT Z HAKIEM, M30

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 6km | 10km | 24km | 38km | 51km | 64km | Netto | Brutto | min/km | km/h |
|------|---------------------|------|--|----------------------------|------|------|--------|------|-----------------|-----------------|-----------------|----------|----------|----------|-------------|-------------|--------|------|
| 1 | JAKIMIUK DANIEL | 1023 | AURORA RUNNING TEAM | SZKLARSKA POREBA | POL | M30 | 1 | M 2 | 00:31:41 | 00:55:35 | 02:30:00 | 03:55:39 | 05:32:14 | 07:06:33 | 07:47:56.20 | 07:47:56.20 | 6:29 | 9.2 |
| 2 | BIEGAŃSKI MARCIN | 1005 | TRIMP | WROCŁAW | POL | M30 | 2 | M 8 | 00:36:31 | 01:04:24 | 02:49:05 | 04:19:35 | 06:24:53 | 08:28:54 | 09:35:12.85 | 09:35:12.85 | 7:59 | 7.5 |
| 3 | PIETRZAK KONRAD | 1063 | AURORA RUNNING TEAM | SZKLARSKA POREBA | POL | M30 | 3 | M 9 | 00:36:12 | 01:04:19 | 02:46:14 | 04:18:43 | 06:26:56 | 08:41:48 | 09:40:23.30 | 09:40:23.30 | 8:03 | 7.4 |
| 4 | WOJNAROWICZ PAWEŁ | 1094 | | WILKSZYN | POL | M30 | 4 | M 13 | 00:37:25 | 01:05:52 | 02:59:12 | 04:41:02 | 06:56:29 | 08:56:04 | 09:48:15.15 | 09:48:15.15 | 8:10 | 7.3 |
| 5 | PALIWODA SŁAWEK | 1062 | ITPROJEKT BYDGOSZCZ | BYDGOSZCZ | POL | M30 | 5 | M 19 | 00:36:22 | 01:04:46 | 03:04:32 | 04:45:27 | 07:00:04 | 09:21:32 | 10:30:03.00 | 10:30:03.00 | 8:45 | 6.9 |
| 6 | ZBOROWSKI MARCIN | 1098 | ULTRA DIABŁY TEAM LUBRZA | ŁAGÓW | POL | M30 | 6 | M 22 | 00:43:31 | 01:15:12 | 03:24:23 | 05:13:40 | 07:34:20 | 09:50:30 | 10:47:29.40 | 10:47:29.40 | 8:59 | 6.7 |
| 7 | WĘGLEWICZ MACIEJ | 1089 | BIEGOLAS KOSZALIN | KOSZALIN | POL | M30 | 7 | M 23 | 00:39:37 | 01:11:14 | 03:12:01 | 04:59:51 | 07:23:10 | 09:49:15 | 10:48:21.40 | 10:48:21.40 | 9:00 | 6.7 |
| 8 | WICKOWSKI KONRAD | 1090 | | GORZÓW WIELKOPOLS KI | POL | M30 | 8 | M 27 | 00:37:36 | 01:07:55 | 03:12:30 | 05:24:11 | 07:40:34 | 10:12:53 | 11:07:42.80 | 11:07:42.80 | 9:16 | 6.5 |
| 9 | POCHROŃ MARCIN | 1067 | | WROCŁAW | POL | M30 | 9 | M 32 | 00:47:00 | 01:19:00 | 03:35:01 | 05:43:31 | 08:16:15 | 10:48:50 | 11:42:02.35 | 11:42:02.35 | 9:45 | 6.2 |
| 10 | TOPA MATEUSZ | 1108 | | SIEDLCE | POL | M30 | 10 | M 34 | 00:37:46 | 01:06:24 | 03:15:17 | 05:13:07 | 07:52:20 | 10:48:32 | 11:46:47.85 | 11:46:47.85 | 9:48 | 6.1 |
| 11 | JANKOWSKI KRZYSZTOF | 1024 | | WROCŁAW | POL | M30 | 11 | M 36 | 00:41:31 | 01:14:49 | 03:20:24 | 05:23:20 | 08:03:16 | 10:45:55 | 11:51:36.15 | 11:51:36.15 | 9:53 | 6.1 |
| 12 | ANTKIEWICZ KAMIL | 1103 | | KOZIEGŁOWY | POL | M30 | 12 | M 39 | 00:43:41 | 01:19:31 | 03:30:16 | 05:34:17 | 08:18:46 | 10:57:04 | 12:05:56.75 | 12:05:56.75 | 10:04 | 6 |
| 13 | MARCINIAK RAFAŁ | 1050 | 8A.PL | GLIWICE | POL | M30 | 13 | M 44 | 00:46:39 | 01:25:20 | 03:54:39 | 05:57:11 | 08:31:12 | 11:17:08 | 12:20:29.20 | 12:20:29.20 | 10:17 | 5.8 |
| 14 | PRUSIEWICZ BARTOSZ | 1068 | SPACEPRINT.PL | ŚWIDNICA | POL | M30 | 14 | M 46 | 00:44:48 | 01:19:23 | 03:38:09 | 05:44:24 | 08:31:17 | 11:15:21 | 12:25:49.10 | 12:25:49.10 | 10:21 | 5.8 |
| 15 | HANISZEWSKI MATEUSZ | 1021 | | WROCŁAW | POL | M30 | 15 | M 47 | 00:41:17 | 01:11:57 | 03:25:13 | 05:31:24 | 08:34:39 | 11:26:35 | 12:28:49.20 | 12:28:49.20 | 10:24 | 5.8 |
| 16 | PIOTROWICZ MICHAŁ | 1064 | ORTHOS TEAM | IWINY | POL | M30 | 16 | M 50 | 00:45:04 | 01:21:07 | 03:32:48 | 05:34:14 | 08:29:41 | 11:32:38 | 12:50:35.75 | 12:50:35.75 | 10:42 | 5.6 |
| 17 | IWASZCZYSZYN TOMASZ | 1022 | RMT TEAM & PRZYJACIELE / RATEMYTRAIL.CO M | WROCŁAW | POL | M30 | 17 | M 52 | 00:42:56 | 01:19:57 | 03:35:19 | 05:39:28 | 08:29:44 | 11:37:39 | 12:56:36.10 | 12:56:36.10 | 10:47 | 5.6 |
| 18 | MUCHA ARTUR | 1107 | ENERGY MARKETS | STARE OBORZYSKA | POL | M30 | 18 | M 53 | 00:44:39 | 01:22:04 | 03:48:30 | 05:59:44 | 08:53:05 | 11:55:35 | 13:03:10.10 | 13:03:10.10 | 10:52 | 5.5 |
| 19 | WALCZAK ŁUKASZ | 1086 | BYLE DO PRZODUQ | KONIN | POL | M30 | 19 | M 54 | 00:48:46 | 01:25:18 | 03:57:27 | | 09:24:07 | 12:01:46 | 13:13:19.80 | 13:13:19.80 | 11:01 | 5.4 |
| 20 | ZIÓLEK RAFAŁ | 1100 | | POZNAŃ | POL | M30 | 20 | M 66 | 00:42:18 | 01:15:53 | 03:32:54 | 05:50:30 | 09:28:43 | 12:38:51 | 14:01:04.95 | 14:01:04.95 | 11:40 | 5.1 |
| 21 | JANKOWSKI ADAM | 1025 | ULTRAWAY.PL RUNNING TEAM | ZALASEWO | POL | M30 | 21 | M 70 | 00:47:34 | 01:27:29 | 04:04:01 | 06:41:22 | 10:19:05 | 13:21:38 | 14:36:16.00 | 14:36:16.00 | 12:10 | 4.9 |
| 22 | KOZIEŁ TADEUSZ | 1036 | SZCZĘŚCIARZ BIEGA | RZESZÓW | POL | M30 | 22 | M 75 | 00:50:35 | 01:35:04 | 04:17:19 | 06:44:21 | 09:55:26 | 13:24:02 | 15:17:15.75 | 15:17:15.75 | 12:44 | 4.7 |
| | SADKOWSKI ARKADIUSZ | 1073 | ŁYSE PAŁY | ZIELONA GORA | POL | M30 | | | 00:47:37 DNF | 01:26:34 DNF | 03:58:05 DNF | DNF | DNF | DNF | DNF | DNF | - | - |

SIEDEMdzIESIĄT Z HAKIEM, K40

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 6km | 10km | 24km | 38km | 51km | 64km | Netto | Brutto | min/km | km/h |
|------|-----------------|------|------------------------|-----------------------------|------|------|--------|-----|----------|----------|----------|----------|----------|----------|-------------|-------------|--------|------|
| 1 | PYZIK EWA | 1069 | MATNER RUNNING TEAM | BIELANY WROCŁAWSKI IE | POL | K40 | 1 | K 2 | 00:41:57 | 01:14:43 | 03:25:57 | 05:20:06 | 07:42:48 | 09:56:45 | 10:56:32.30 | 10:56:32.30 | 9:07 | 6.6 |

SIEDEMDZIESIĄT Z HAKIEM, K40 c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 6km | 10km | 24km | 38km | 51km | 64km | Netto | Brutto | min/km | km/h |
|------|----------------------------|------|--------------------------|----------------------------|------|------|--------|------|----------|----------|----------|----------|----------|----------|-------------|-------------|--------|------|
| 2 | DRAGANEK EWELINA | 1013 | | WROCŁAW | POL | K40 | 2 | K 3 | 00:42:03 | 01:14:45 | 03:27:01 | 05:25:30 | 07:56:01 | 10:07:41 | 11:06:35.95 | 11:06:35.95 | 9:15 | 6.5 |
| 3 | KOPACZ KATARZYNA | 1102 | | KATOWICE | GBR | K40 | 3 | K 4 | 00:41:02 | 01:14:46 | 03:23:54 | 05:20:09 | 07:52:26 | 10:06:41 | 11:17:36.90 | 11:17:36.90 | 9:24 | 6.4 |
| 4 | MAZUR ANNA | 1051 | ULTRANQA | GORZÓW WIELKOPOLS KI | POL | K40 | 4 | K 5 | 00:41:57 | 01:14:57 | 03:29:01 | 05:26:57 | 08:03:41 | 10:19:17 | 11:18:39.85 | 11:18:39.85 | 9:25 | 6.4 |
| 5 | BRONOWSKA JUSTYNA | 1006 | | BYSTRA | POL | K40 | 5 | K 8 | 00:44:47 | 01:21:34 | 03:39:07 | 05:40:39 | 08:29:38 | 11:11:23 | 12:23:46.00 | 12:23:46.00 | 10:19 | 5.8 |
| 6 | ZIELIŃSKA JUSTYNA | 1099 | KS.POSNANIA TRIATHLON | LUBOŃ | POL | K40 | 6 | K 9 | 00:47:03 | 01:23:57 | 03:51:43 | 06:01:27 | 08:58:18 | 11:45:39 | 12:54:59.40 | 12:54:59.40 | 10:45 | 5.6 |
| 7 | BUDYCH-GÓRZNA MAGDALENA | 1007 | | GOWARZEWO | POL | K40 | 7 | K 13 | 00:44:42 | 01:20:40 | 03:50:55 | 06:11:42 | 09:28:38 | 12:35:41 | 13:47:54.65 | 13:47:54.65 | 11:29 | 5.2 |
| 8 | STEFANIAK EMILIA | 1078 | | GORZÓW WLKP | POL | K40 | 8 | K 16 | 00:50:48 | 01:35:48 | 04:21:17 | 07:03:22 | | 13:45:07 | 15:10:05.30 | 15:10:05.30 | 12:38 | 4.7 |
| 9 | KLÓSKA KATARZYNA | 1032 | | PIECHOWICE | POL | K40 | 9 | K 17 | 00:51:27 | 01:34:58 | 04:46:23 | 07:44:20 | 11:08:01 | 14:13:52 | 15:39:56.35 | 15:39:56.35 | 13:03 | 4.6 |

SIEDEMDZIESIĄT Z HAKIEM, M40

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 6km | 10km | 24km | 38km | 51km | 64km | Netto | Brutto | min/km | km/h |
|------|------------------------|------|---------------------------------|----------------------------|------|------|--------|------|----------|----------|----------|----------|----------|----------|-------------|-------------|--------|------|
| 1 | OTRĘBA MACIEJ | 1112 | | WROCŁAW | POL | M40 | 1 | M 1 | 00:32:14 | 00:57:06 | 02:33:28 | 03:56:03 | 05:33:32 | 07:04:30 | 07:45:55.15 | 07:45:55.15 | 6:28 | 9.3 |
| 2 | GÓRAK PRZEMYSŁAW | 1018 | BLACK HAT PRO | SOBÓTKA | POL | M40 | 2 | M 3 | 00:31:41 | 00:56:15 | 02:33:43 | 03:55:44 | 05:39:51 | 07:15:45 | 08:00:13.70 | 08:00:13.70 | 6:40 | 9 |
| 3 | KOPCEWICZ TOMASZ | 1033 | | STAWIGUDA | POL | M40 | 3 | M 4 | 00:33:24 | 00:59:24 | 02:39:31 | 04:03:51 | 05:59:39 | 07:50:04 | 08:39:54.80 | 08:39:54.80 | 7:13 | 8.3 |
| 4 | MUCHACZOW JACEK | 1056 | TS REGLE SZKLARSKA POREBA | JEZÓW SUDECKI | POL | M40 | 4 | M 5 | 00:35:29 | 01:03:10 | 02:44:39 | 04:12:02 | 06:07:23 | 07:57:55 | 08:51:43.00 | 08:51:43.00 | 7:23 | 8.1 |
| 5 | KOSAL MACIEJ | 1034 | KTS JELENIA GÓRA | JELENIA GÓRA | POL | M40 | 4 | M 5 | 00:35:28 | 01:03:10 | 02:44:34 | 04:11:54 | 06:07:17 | 07:57:46 | 08:51:43.00 | 08:51:43.00 | 7:23 | 8.1 |
| 6 | WIŚNIEWSKI PAWEŁ | 1092 | ULTRAKOTLINA TEAM | JELENIA GÓRA | POL | M40 | 6 | M 7 | 00:38:00 | 01:06:08 | 02:55:14 | 04:33:43 | 06:39:44 | 08:40:31 | 09:35:09.00 | 09:35:09.00 | 7:59 | 7.5 |
| 7 | FISZER SEBASTIAN | 1014 | LESZ NO LIMITS RUNNERS | KRZEMIEŃ WO | POL | M40 | 7 | M 10 | 00:34:17 | 01:00:59 | 02:53:42 | 04:33:38 | 06:45:36 | 08:51:20 | 09:40:58.60 | 09:40:58.60 | 8:04 | 7.4 |
| 8 | RINK JAN | 1070 | | BOLKÓW | POL | M40 | 8 | M 11 | 00:36:19 | 01:03:49 | 02:53:35 | 04:25:34 | 06:39:52 | 08:48:43 | 09:43:23.90 | 09:43:23.90 | 8:06 | 7.4 |
| 9 | DAJEK ŁUKASZ | 1010 | | ŻYRARDÓW | POL | M40 | 9 | M 12 | 00:37:41 | 01:06:09 | 02:59:07 | 04:37:13 | 06:56:00 | 08:53:22 | 09:47:24.70 | 09:47:24.70 | 8:09 | 7.4 |
| 10 | MIKRUT REMIGIUSZ | 1054 | 9TE WZGÓRZE CHEŁMNO | CHEŁMNO | POL | M40 | 10 | M 14 | 00:38:53 | 01:11:48 | 03:05:45 | 04:49:42 | 06:58:39 | 09:00:09 | 09:58:09.55 | 09:58:09.55 | 8:18 | 7.2 |
| 11 | LISIECKI TOMASZ | 1111 | | LUBOŃ | POL | M40 | 11 | M 15 | 00:39:52 | 01:08:55 | | | | 09:08:04 | 10:06:40.45 | 10:06:40.45 | 8:25 | 7.1 |
| 12 | CARUK DAMIAN | 1009 | PGN NIERUCHOMOŚCI | KAMIEŃ POMORSKI | POL | M40 | 12 | M 17 | 00:37:12 | 01:05:52 | 03:06:39 | 04:52:24 | 07:11:06 | 09:16:25 | 10:14:52.50 | 10:14:52.50 | 8:32 | 7 |
| 13 | KASZKOWIAK BOGUMIL | 1031 | WRONKI | WRONKI | POL | M40 | 13 | M 18 | 00:43:42 | 01:17:59 | 03:25:20 | 05:12:37 | 07:35:25 | 09:38:50 | 10:26:12.55 | 10:26:12.55 | 8:41 | 6.9 |
| 14 | BUKOWIŃSKI DAMIAN | 1008 | TRAIL IS OUR WAY | WROCŁAW | POL | M40 | 14 | M 20 | 00:40:25 | 01:16:39 | 03:21:48 | 05:13:34 | 07:32:50 | 09:43:58 | 10:37:29.25 | 10:37:29.25 | 8:51 | 6.8 |
| 15 | STERNIK TOMASZ | 1079 | PASJA TEAM | BIAŁOGARD | POL | M40 | 15 | M 24 | 00:39:38 | 01:11:15 | 03:11:54 | 04:59:39 | 07:23:06 | 09:49:15 | 10:48:21.70 | 10:48:21.70 | 9:00 | 6.7 |
| 16 | MAJEWSKI MICHAŁ | 1048 | SPIN FORCE RUNNERS | SWARZĘDZ | POL | M40 | 16 | M 25 | 00:37:47 | 01:06:10 | 03:07:32 | 04:58:14 | 07:26:18 | 09:53:07 | 11:02:40.15 | 11:02:40.15 | 9:12 | 6.5 |
| 17 | KACZMARCZYK PIOTR | 1029 | SOLPARK KLESZCZÓW | ŁĘKIŃSKO | POL | M40 | 17 | M 26 | 00:41:55 | 01:14:50 | 03:24:01 | 05:12:41 | 07:49:18 | 10:04:15 | 11:03:37.70 | 11:03:37.70 | 9:13 | 6.5 |
| 18 | LEWANDOWSKI BARTŁOMIEJ | 1044 | MMUU | SZCZECIN | POL | M40 | 18 | M 28 | 00:41:17 | 01:11:05 | 03:16:12 | 05:09:57 | 07:40:44 | 10:07:53 | 11:12:26.55 | 11:12:26.55 | 9:20 | 6.4 |
| 19 | JĘDZURA DANIEL | 1027 | | GLIWICE | POL | M40 | 19 | M 29 | 00:39:16 | 01:09:45 | 03:13:13 | 05:10:05 | 07:41:05 | 10:06:56 | 11:17:42.15 | 11:17:42.15 | 9:24 | 6.4 |
| 20 | LIPOWICZ ŁUKASZ | 1045 | | SZCZYTNIKI | POL | M40 | 20 | M 31 | 00:41:46 | 01:11:33 | 03:21:56 | 05:20:50 | 07:53:05 | 10:24:36 | 11:33:09.65 | 11:33:09.65 | 9:37 | 6.2 |
| 21 | GAŚCZCZAK MARIUSZ | 1016 | | KĘPNO | POL | M40 | 21 | M 33 | 00:41:18 | 01:14:53 | 03:26:47 | 05:29:05 | 08:06:53 | 10:37:53 | 11:44:06.10 | 11:44:06.10 | 9:46 | 6.1 |
| 22 | BEDNARZ KRZYSZTOF | 1104 | TS REGLE | JELENIA GÓRA | POL | M40 | 22 | M 35 | 00:37:41 | 01:06:32 | 03:19:36 | 05:16:10 | 08:06:05 | 10:47:09 | 11:50:06.10 | 11:50:06.10 | 9:51 | 6.1 |
| 23 | WAWRZUSIAK DAWID | 1088 | | BRZĄCZOWICE | POL | M40 | 23 | M 40 | 00:46:47 | 01:23:44 | 03:37:53 | 05:41:24 | 08:19:31 | 11:07:15 | 12:05:58.35 | 12:05:58.35 | 10:04 | 6 |
| 24 | BIAŁEK MIROSLAW | 1004 | WRONIECKI KLUB BIEGACZA | WRONKI | POL | M40 | 24 | M 41 | 00:44:42 | 01:18:43 | 03:34:53 | 05:40:16 | 08:27:28 | 11:06:31 | 12:13:20.90 | 12:13:20.90 | 10:11 | 5.9 |
| 25 | SZERMENT ERYK | 1081 | BBL GORZÓW WIELKOPOLSKI | GORZÓW WIELKOPOLS KI | POL | M40 | 25 | M 43 | 00:47:39 | 01:23:53 | 03:51:10 | 05:57:16 | 08:50:21 | 11:15:38 | 12:18:55.95 | 12:18:55.95 | 10:15 | 5.8 |

SIEDEMDZIESIĄT Z HAKIEM, M40 c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 6km | 10km | 24km | 38km | 51km | 64km | Netto | Brutto | min/km | km/h | |
|------|------------------------|------|-----------------------------------|------------------|------|------|--------|------|----------|----------|----------|----------|----------|----------|-------------|-------------|--------|------|---|
| 26 | KOZIOŁ KRZYSZTOF | 1037 | | SZCZECIN | POL | M40 | 26 | M 48 | 00:44:09 | 01:19:57 | 03:41:59 | 05:49:40 | 08:32:44 | 11:18:00 | 12:29:29.90 | 12:29:29.90 | 10:24 | 5.8 | |
| 27 | JUROSZEK JÓZEF | 1028 | | PAWŁOWICE | POL | M40 | 27 | M 49 | 00:47:37 | 01:28:34 | 03:44:12 | 05:50:20 | 08:43:06 | 11:24:27 | 12:38:00.80 | 12:38:00.80 | 10:31 | 5.7 | |
| 28 | SIKORSKI DARIUSZ | 1076 | INSERT TEAM | DZIERŻONIÓW | POL | M40 | 28 | M 56 | 00:44:44 | 01:19:55 | 03:35:32 | 05:45:17 | 08:41:29 | 11:59:05 | 13:24:47.35 | 13:24:47.35 | 11:10 | 5.4 | |
| 29 | RYCERSKI RAFAŁ | 1071 | GRZĄDZIEL TEAM | CZAPLINEK | POL | M40 | 29 | M 58 | 00:41:34 | 01:15:43 | 03:35:11 | 05:54:37 | 09:12:38 | 12:27:26 | 13:38:18.60 | 13:38:18.60 | 11:21 | 5.3 | |
| 30 | LEWANDOWSKI RAFAŁ | 1043 | SPC | TORUŃ | POL | M40 | 30 | M 59 | 00:44:45 | 01:18:08 | 03:41:40 | 06:01:38 | 09:00:00 | 12:11:07 | 13:40:22.00 | 13:40:22.00 | 11:23 | 5.3 | |
| 31 | GARSTKA ZBIGNIEW | 1015 | LEŚNE DZIADY TEAM | WRONKI | POL | M40 | 31 | M 60 | 00:45:47 | 01:21:04 | 03:54:35 | 06:18:15 | 09:32:45 | 12:35:13 | 13:44:03.25 | 13:44:03.25 | 11:26 | 5.2 | |
| 32 | JASKÓLSKI JAN | 1026 | | TARNOWO PODGÓRNE | POL | M40 | 32 | M 63 | 00:49:41 | 01:37:23 | 04:00:20 | 06:35:04 | 09:52:44 | 12:55:47 | 13:58:21.20 | 13:58:21.20 | 11:38 | 5.2 | |
| 33 | SZARANIEC SEBASTIAN | 1080 | AW - SZYBCIEJ - TEAM / MCBIEGACZE | WARSZAWA | POL | M40 | 33 | M 65 | 00:44:42 | 01:20:06 | 03:40:13 | 05:59:54 | 09:16:56 | 12:38:49 | 14:01:03.60 | 14:01:03.60 | 11:40 | 5.1 | |
| 34 | WAJDA MACIEJ | 1110 | SPELEOCLUB WROCŁAW | WROCŁAW | POL | M40 | 34 | M 67 | 00:53:16 | 01:31:51 | 04:02:55 | 06:30:47 | 09:44:49 | 12:51:11 | 14:15:57.20 | 14:15:57.20 | 11:53 | 5 | |
| 35 | WÓJCIK ŁUKASZ | 1096 | | WARSZAWA | POL | M40 | 35 | M 68 | 00:48:54 | 01:28:31 | 03:52:21 | 06:11:17 | 09:35:51 | 12:53:55 | 14:17:03.15 | 14:17:03.15 | 11:54 | 5 | |
| 36 | WREMBEL PRZEMYSŁAW | 1097 | | NOWA WIEŚ | POL | M40 | 36 | M 71 | 00:46:31 | 01:25:24 | 04:09:35 | 06:40:40 | 10:09:48 | 13:34:48 | 15:01:44.20 | 15:01:44.20 | 12:31 | 4.8 | |
| 37 | MITASZEWSKI PRZEMYSŁAW | 1055 | VULCAN JAWOR | MĘCINKA | POL | M40 | 37 | M 73 | 00:47:38 | 01:28:35 | 04:09:32 | 06:44:47 | 10:11:53 | 13:35:17 | 15:02:16.00 | 15:02:16.00 | 12:31 | 4.8 | |
| 38 | ŚLUSAREK GRZEGORZ | 1083 | PONADWSZYSTKO | GOŁUSKI | POL | M40 | 38 | M 74 | 00:50:02 | 01:30:38 | 04:04:57 | 06:41:12 | 10:19:33 | 13:45:12 | 15:10:05.80 | 15:10:05.80 | 12:38 | 4.7 | |
| 39 | SKRZYPCZAK RAFAŁ | 1077 | | TARNOWO PODGÓRNE | POL | M40 | 39 | M 76 | 00:49:41 | 01:37:22 | | 06:55:49 | | 13:54:40 | 15:27:10.40 | 15:27:10.40 | 12:52 | 4.7 | |
| 40 | WOLNIEWICZ MARCIN | 1095 | | ROKIETNICA | POL | M40 | 40 | M 77 | 00:47:15 | 01:25:25 | 04:04:21 | 06:40:05 | 10:15:23 | 14:15:04 | 15:50:36.70 | 15:50:36.70 | 13:12 | 4.5 | |
| 41 | GWOŹDZIEWICZ TOMASZ | 1113 | | BYTOM | POL | M40 | 41 | M 78 | 00:49:38 | 01:33:50 | 04:34:52 | 07:34:35 | 11:06:39 | 14:19:55 | 15:51:33.05 | 15:51:33.05 | 13:12 | 4.5 | |
| | ANKIEWICZ STEFAN | 1002 | BRACHTWO BIEGOWE BGK | WARSZAWA | POL | M40 | | | 00:42:23 | 01:17:20 | 03:25:01 | 05:39:31 | 09:07:42 | DNF | DNF | DNF | DNF | - | - |
| | HALINIAK MAREK | 1020 | NKB CHYZY | NOWY TOMYŚL | POL | M40 | | | 00:45:12 | 01:20:52 | 04:09:39 | 07:08:14 | DNF | DNF | DNF | DNF | DNF | - | - |
| | WOJCIECHOWICZ JACEK | 1093 | PASJA TEAM | KOSZALIN | POL | M40 | | | 00:39:41 | 01:11:14 | DNF | DNF | DNF | DNF | DNF | DNF | DNF | - | - |

SIEDEMDZIESIĄT Z HAKIEM, K50

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 6km | 10km | 24km | 38km | 51km | 64km | Netto | Brutto | min/km | km/h |
|------|---------------------|------|-----------------------------|-----------|------|------|--------|------|----------|----------|----------|----------|----------|----------|-------------|-------------|--------|------|
| 1 | MICHALAK VIOLETTA | 1052 | LEŚNE SZEPTUCHY | WRONKI | POL | K50 | 1 | K 12 | 00:45:47 | 01:21:04 | 03:54:29 | 06:18:19 | 09:32:48 | 12:35:13 | 13:44:03.25 | 13:44:03.25 | 11:26 | 5.2 |
| 2 | PIWOŃSKA AGNIESZKA | 1065 | | ŁÓDŹ | POL | K50 | 2 | K 14 | 00:50:36 | 01:35:03 | 04:17:22 | | 09:45:50 | 12:43:46 | 13:53:49.30 | 13:53:49.30 | 11:34 | 5.2 |
| 3 | ORŁOWSKA BEATA | 1061 | BIEGOLAS KOSZALIN-KOŁOBRZEG | KOŁOBRZEG | POL | K50 | 3 | K 15 | 00:45:46 | 01:24:53 | 04:00:14 | 06:27:04 | 09:49:50 | 12:44:11 | 13:59:53.60 | 13:59:53.60 | 11:39 | 5.1 |
| 4 | SZYMANKIEWICZ EDYTA | 1082 | CROSS STRACENĆÓW TEAM | GŁOGÓW | POL | K50 | 4 | K 18 | 00:50:37 | 01:35:05 | 04:21:36 | 07:08:23 | 10:45:41 | 14:14:40 | 15:49:48.60 | 15:49:48.60 | 13:11 | 4.5 |

SIEDEMDZIESIĄT Z HAKIEM, M50

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 6km | 10km | 24km | 38km | 51km | 64km | Netto | Brutto | min/km | km/h |
|------|--------------------|------|--------------------------------|-------------|------|------|--------|------|----------|----------|----------|----------|----------|----------|-------------|-------------|--------|------|
| 1 | KOZŁOWSKI WOJCIECH | 1106 | | LISOWICE | POL | M50 | 1 | M 16 | 00:44:37 | 01:21:04 | 03:58:59 | | | | 10:11:33.20 | 10:11:33.20 | 8:29 | 7.1 |
| 2 | WALUŚKIEWICZ ARTUR | 1087 | SOLA FIDE | WROCŁAW | POL | M50 | 2 | M 37 | 00:43:57 | 01:19:18 | 03:37:25 | 05:39:15 | 08:16:41 | 10:55:12 | 11:57:26.15 | 11:57:26.15 | 9:57 | 6 |
| 3 | NOWICKI ZBIGNIEW | 1059 | | GAŁKÓW MAŁY | POL | M50 | 3 | M 42 | 00:47:00 | 01:22:26 | 03:48:35 | 06:06:47 | 08:50:23 | 11:17:53 | 12:14:35.50 | 12:14:35.50 | 10:12 | 5.9 |
| 4 | GRÓDZKI TOMASZ | 1019 | ULTRASSCYZOR | DARŁOWO | POL | M50 | 4 | M 45 | 00:47:42 | 01:24:35 | 03:37:56 | 05:41:20 | 08:27:32 | 11:16:12 | 12:23:55.30 | 12:23:55.30 | 10:19 | 5.8 |
| 5 | ZMELONEK PIOTR | 1101 | TOWARZYSTWO WISŁA DLA WARSZAWY | WARSZAWA | POL | M50 | 5 | M 51 | 00:48:53 | 01:28:28 | 03:42:33 | 05:50:24 | 08:48:09 | 11:40:02 | 12:50:40.30 | 12:50:40.30 | 10:42 | 5.6 |

SIEDEMDZIESIĄT Z HAKIEM, M50 c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 6km | 10km | 24km | 38km | 51km | 64km | Netto | Brutto | min/km | km/h |
|------|---------------------|------|----------------|----------------------------|------|------|--------|------|----------|----------|----------|----------|----------|----------|-------------|-------------|--------|------|
| 6 | PINCZEWSKI PATRIK | 1109 | | ŁUSZCZANÓ W | POL | M50 | 6 | M 55 | 00:50:57 | 01:33:15 | 04:04:11 | 06:32:02 | 09:21:26 | 12:17:08 | 13:19:07.85 | 13:19:07.85 | 11:05 | 5.4 |
| 7 | MANEL MARIUSZ | 1049 | DRUŻYNA SZPIKU | ŚREM | POL | M50 | 7 | M 57 | 00:46:15 | 01:23:39 | 03:48:38 | 06:06:50 | 09:11:52 | 12:15:02 | 13:30:31.50 | 13:30:31.50 | 11:15 | 5.3 |
| 8 | KRUZEL RAFAŁ | 1039 | BIEGOWE MISIE | LEGNICA | POL | M50 | 8 | M 61 | 00:49:40 | 01:30:59 | 04:15:00 | 06:40:38 | 09:41:06 | 12:34:08 | 13:47:54.80 | 13:47:54.80 | 11:29 | 5.2 |
| 9 | PIWOWARSKI PAWEŁ | 1066 | VULCAN JAWOR | JAWOR | POL | M50 | 9 | M 62 | 00:47:38 | 01:28:35 | 04:09:28 | 06:25:10 | 09:24:01 | 12:35:40 | 13:47:54.90 | 13:47:54.90 | 11:29 | 5.2 |
| 10 | NOWAKOWSKI MIROSŁAW | 1058 | | WIELEŃ | POL | M50 | 10 | M 72 | 00:49:58 | 01:29:11 | 04:09:23 | 06:44:58 | 10:11:14 | 13:34:53 | 15:02:15.95 | 15:02:15.95 | 12:31 | 4.8 |
| | ŁUCZKÓW ANDRZEJ | 1047 | | DARŁOWO | POL | M50 | | | 00:51:41 | 01:33:35 | 04:23:11 | 07:20:12 | DNF | DNF | DNF | DNF | - | - |
| | DOMINIAK MARCIN | 1012 | | TARNAWA KROŚNIENSK A | POL | M50 | | | DNF | DNF | DNF | DNF | DNF | DNF | DNF | DNF | - | - |

SIEDEMDZIESIĄT Z HAKIEM, M60

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 6km | 10km | 24km | 38km | 51km | 64km | Netto | Brutto | min/km | km/h |
|------|---------------------|------|------------------------------------|-----------|------|------|--------|------|----------|----------|----------|----------|----------|----------|-------------|-------------|--------|------|
| 1 | KOWALSKI ANDRZEJ | 1035 | | WROCLAW | POL | M60 | 1 | M 38 | 00:45:53 | 01:21:27 | 03:39:11 | 05:45:06 | 08:29:34 | 10:58:13 | 12:02:43.75 | 12:02:43.75 | 10:02 | 6 |
| 2 | KROCZYŃSKI SŁAWOMIR | 1038 | BIEGOLAS KOSZALIN-KOŁOB RZEG | KOŁOBRZEG | POL | M60 | 2 | M 64 | 00:45:45 | 01:24:57 | 04:00:18 | 06:26:35 | 09:49:46 | 12:44:11 | 13:59:53.75 | 13:59:53.75 | 11:39 | 5.1 |