

IV ZIMOWA BIESZCZADZKA DYCHA 2018

Organiser: Fundacja Bieg Rzeźnika
 Date: 2018-01-28
 Place: Cisna
 Distance: 10 km
 Klasyfikacja wg czasów brutto.

B4SPORT
 INTELIGENTNE ZAWODY SPORTOWE



B4SPORT
 INTELIGENTNE ZAWODY SPORTOWE

IV ZIMOWA BIESZCZADZKA DYCHA 2018, OPEN

| POS | Name and surname | No. | Club | City | NAT | Cat. | M. | F/M | 0.1km | 5.5km | Netto | Brutto | min/km | km/h |
|-----|-------------------------|------|-------------------------|-------------------|-----|------|----|------|----------|----------|-------------|-------------|--------|------|
| 1 | DOMISZEWSKI IGNACY | 1065 | MKS HALICZ | USTRZYKI DOLNE | POL | M20 | 1 | M 1 | 00:00:27 | 00:22:12 | 00:34:04.70 | 00:34:04.70 | 3:24 | 17.6 |
| 2 | SZPUNAR ANDRZEJ | 1187 | | RZESZÓW | POL | M40 | 1 | M 2 | 00:00:27 | 00:23:22 | 00:36:12.50 | 00:36:12.50 | 3:37 | 16.6 |
| 3 | DZIOREK TOMASZ | 1092 | SPRINT GORZYCE | GORZYCE | POL | M30 | 1 | M 3 | 00:00:29 | 00:26:37 | 00:40:17.00 | 00:40:17.00 | 4:01 | 14.9 |
| 4 | SUROWIEC GRZEGORZ | 1160 | BESTA SP. Z O.O. | RZESZÓW | POL | M30 | 2 | M 4 | 00:00:30 | 00:27:17 | 00:41:08.45 | 00:41:08.45 | 4:06 | 14.6 |
| 5 | DUDZIK ŁUKASZ | 1175 | GÓRAL BIEGA | KAMIENICA | POL | M30 | 3 | M 5 | 00:00:35 | 00:28:05 | 00:41:40.10 | 00:41:40.10 | 4:10 | 14.4 |
| 6 | BARAN MATEUSZ | 1072 | GORLICKA GRUPA BIEGOWA | SZYMBARK | POL | M20 | 2 | M 6 | 00:00:29 | 00:27:36 | 00:41:53.30 | 00:41:53.30 | 4:11 | 14.3 |
| 7 | ADAMCZYK PRZEMYSŁAW | 1235 | ADIDAS RUNNERS WARSAW | WARSZAWA | POL | M40 | 2 | M 7 | 00:00:28 | 00:28:35 | 00:42:43.55 | 00:42:43.55 | 4:16 | 14 |
| 8 | MARCZAK PAWEŁ | 1234 | ADIDAS RUNNERS WARSAW | WARSZAWA | POL | M30 | 4 | M 8 | 00:00:32 | 00:28:39 | 00:42:51.50 | 00:42:51.50 | 4:17 | 14 |
| 9 | TRYNIECKI KRYSZTIAN | 1073 | | ŻOŁYNIA | POL | M20 | 3 | M 9 | 00:00:39 | 00:28:09 | 00:43:05.70 | 00:43:05.70 | 4:18 | 13.9 |
| 10 | MAJCHROWICZ WIKTOR | 1314 | | ROGI | POL | M30 | 5 | M 10 | 00:00:57 | 00:29:31 | 00:43:44.75 | 00:43:44.75 | 4:22 | 13.7 |
| 11 | REGIEC MATEUSZ | 1246 | GYPSY RUNNER'S | PORĘBA SPYTKOWSKA | POL | M30 | 6 | M 11 | 00:00:39 | 00:29:18 | 00:43:53.55 | 00:43:53.55 | 4:23 | 13.7 |
| 12 | WITEK ELŻBIETA | 1248 | | BARYCZKA | POL | K30 | 1 | K 1 | 00:00:38 | 00:29:39 | 00:44:39.00 | 00:44:39.00 | 4:27 | 13.4 |
| 13 | TELESZ MATEUSZ | 1249 | | POŁOMIA | POL | M30 | 7 | M 12 | 00:00:39 | 00:29:39 | 00:44:41.55 | 00:44:41.55 | 4:28 | 13.4 |
| 14 | HARSCH PAWEŁ | 1026 | | ŁUOWISKA | POL | M30 | 8 | M 13 | 00:00:53 | 00:29:48 | 00:45:00.25 | 00:45:00.25 | 4:30 | 13.3 |
| 15 | TRYNIECKI TOMASZ | 1074 | GRODZISKA GRUPA BIEGOWA | ŻOŁYNIA | POL | M40 | 3 | M 14 | 00:00:39 | 00:30:06 | 00:45:02.70 | 00:45:02.70 | 4:30 | 13.3 |
| 16 | PRZEBIROWSKI KAROL | 1151 | HUSARIA RACE TEAM | FAJSŁAWICE | POL | M20 | 4 | M 15 | 00:00:30 | 00:29:51 | 00:45:21.60 | 00:45:21.60 | 4:32 | 13.2 |
| 17 | SARNA KAMIL | 1166 | | KRASNE | POL | M30 | 9 | M 16 | 00:00:50 | 00:30:29 | 00:45:36.30 | 00:45:36.30 | 4:33 | 13.2 |
| 18 | WÓJCIK JERZY | 1100 | | KAKÓW | POL | M30 | 10 | M 17 | 00:00:56 | 00:31:01 | 00:46:04.85 | 00:46:04.85 | 4:36 | 13 |
| 19 | WÓJCIK JÓZEF | 1137 | CHEŁM BIEGA | CHEŁM | POL | M40 | 4 | M 18 | 00:00:56 | 00:31:06 | 00:46:55.85 | 00:46:55.85 | 4:41 | 12.8 |
| 20 | MAŚLANY DANIEL | 1046 | | SANOK | POL | M40 | 5 | M 19 | 00:01:00 | 00:31:45 | 00:47:13.85 | 00:47:13.85 | 4:43 | 12.7 |
| 21 | WINIARSKI KAROL | 1176 | BŁĘKITNI ŻEGLCE | ŻEGLCE | POL | M30 | 11 | M 20 | 00:00:37 | 00:31:39 | 00:47:30.00 | 00:47:30.00 | 4:45 | 12.6 |
| 22 | CHOJNACKI WIKTOR | 1226 | | LUTOWISKA | POL | M30 | 12 | M 21 | 00:01:02 | 00:32:07 | 00:47:47.60 | 00:47:47.60 | 4:46 | 12.6 |
| 23 | ONISK KAMIL | 1162 | MKB DREPTAK | MIŃSK MAZOWIECKI | POL | M20 | 5 | M 22 | 00:00:31 | 00:32:18 | 00:48:32.20 | 00:48:32.20 | 4:51 | 12.4 |
| 24 | SKOTNICZNY MICHAŁ | 1138 | | KRAKÓW | POL | M20 | 6 | M 23 | 00:00:57 | 00:32:34 | 00:48:39.75 | 00:48:39.75 | 4:51 | 12.3 |
| 25 | ZAWADZKI KRZYSZTOF | 1239 | FUNDACJA LATARNIA | BUKOWSKO | POL | M20 | 7 | M 24 | 00:01:10 | 00:32:50 | 00:48:47.35 | 00:48:47.35 | 4:52 | 12.3 |
| 26 | TUCZAPSKI PIOTR | 1212 | XRUNNERS | RZESZÓW | POL | M20 | 8 | M 25 | 00:00:37 | 00:32:22 | 00:48:47.40 | 00:48:47.40 | 4:52 | 12.3 |
| 27 | STANKIEWICZ JACEK | 1218 | | DUKLA | POL | M50 | 1 | M 26 | 00:00:39 | 00:32:23 | 00:48:48.50 | 00:48:48.50 | 4:52 | 12.3 |
| 28 | FARON PIOTR | 1280 | LIMANOWA FOREST | | | M60 | 1 | M 27 | 00:00:43 | 00:32:43 | 00:48:50.25 | 00:48:50.25 | 4:53 | 12.3 |
| 29 | SZYSZŁO TOMASZ | 1219 | RUN ENERGY CLUB SANOK | SANOK | POL | M30 | 13 | M 28 | 00:00:57 | 00:32:40 | 00:48:51.85 | 00:48:51.85 | 4:53 | 12.3 |
| 30 | KLATE ŁUKASZ | 1017 | ŁÓDŹ KOCHA SPORT | ŁÓDŹ | POL | M40 | 6 | M 29 | 00:00:59 | 00:32:48 | 00:49:18.90 | 00:49:18.90 | 4:55 | 12.2 |
| 31 | SZWAJST JERZY | 1198 | MTB MOSR DUKLA | DUKLA | POL | M40 | 7 | M 30 | 00:01:25 | 00:33:28 | 00:49:26.20 | 00:49:26.20 | 4:56 | 12.1 |
| 32 | RECZKOWSKI ANDRZEJ | 1252 | 1954 | NIENASZÓW | POL | M60 | 2 | M 31 | 00:00:38 | 00:32:42 | 00:49:44.55 | 00:49:44.55 | 4:58 | 12.1 |
| 33 | WILCZAK JANUSZ | 1021 | | PRZEMYŚL | POL | M40 | 8 | M 32 | 00:00:34 | 00:33:14 | 00:50:01.70 | 00:50:01.70 | 5:00 | 12 |
| 34 | KRZYŚKO MARCIN | 1144 | | TRZEBOWNISKO | POL | M30 | 14 | M 33 | 00:01:20 | 00:32:44 | 00:50:02.60 | 00:50:02.60 | 5:00 | 12 |
| 35 | RZEMIENIEWSKA MARTA | 1261 | ADIDAS RUNNERS WARSAW | WARSZAWA | POL | K20 | 1 | K 2 | 00:01:05 | 00:33:49 | 00:50:07.15 | 00:50:07.15 | 5:00 | 12 |
| 36 | PŁESZKA MAREK | 1165 | OTRYT LUTOWISKA | LUTOWISKA | POL | M40 | 9 | M 34 | 00:01:01 | 00:33:42 | 00:50:27.50 | 00:50:27.50 | 5:02 | 11.9 |
| 37 | SIEMIĄTKOWSKA KATARZYNA | 1179 | | POZNAŃ | POL | K30 | 2 | K 3 | 00:00:59 | 00:33:51 | 00:50:34.40 | 00:50:34.40 | 5:03 | 11.9 |
| 38 | ZAWADZKI MARCIN | 1053 | SZCZWANY TRZMIEL TEAM | LUBENIA | POL | M30 | 15 | M 35 | 00:01:03 | 00:33:45 | 00:50:41.55 | 00:50:41.55 | 5:04 | 11.8 |
| 39 | BODZIOCH GRZEGORZ | 1062 | GORLICKA GRUPA BIEGOWA | GORLICE | POL | M40 | 10 | M 36 | 00:01:01 | 00:33:26 | 00:50:48.05 | 00:50:48.05 | 5:04 | 11.8 |
| 40 | STĘPKOWSKI MATEUSZ | 1206 | | PIASTÓW | POL | M20 | 9 | M 37 | 00:02:42 | 00:35:58 | 00:50:51.50 | 00:50:51.50 | 5:05 | 11.8 |
| 41 | KALBARCZYK ADRIANA | 1070 | ADIDAS RUNNERS WARSAW | WARSZAWA | POL | K20 | 2 | K 4 | 00:01:05 | 00:34:44 | 00:50:55.50 | 00:50:55.50 | 5:05 | 11.8 |
| 42 | ISKRA GRZEGORZ | 1150 | KP PSP STRZYŻÓW | CZUDEK | POL | M30 | 16 | M 38 | 00:00:59 | 00:33:57 | 00:50:58.35 | 00:50:58.35 | 5:05 | 11.8 |
| 43 | DRAŻEK SŁAWOMIR | 1183 | | FAJSŁAWICE | POL | M40 | 11 | M 39 | 00:01:03 | 00:34:22 | 00:51:14.50 | 00:51:14.50 | 5:07 | 11.7 |
| 44 | TOKARZ ADRIAN | 1191 | DZIKIE MUSTANGI | PASZCZYNA | POL | M30 | 17 | M 40 | 00:01:38 | 00:34:26 | 00:51:22.15 | 00:51:22.15 | 5:08 | 11.7 |
| 45 | KARKUT MICHAŁ | 1205 | FUN&RUN | STRZYŻÓW | POL | M30 | 18 | M 41 | 00:01:38 | 00:35:13 | 00:51:57.10 | 00:51:57.10 | 5:11 | 11.5 |

IV ZIMOWA BIESZCZADZKA DYCHA 2018, OPEN c.d.

| POS | Name and surname | No. | Club | City | NAT | Cat. | M. | F/M | 0.1km | 5.5km | Netto | Brutto | min/km | km/h |
|-----|----------------------|------|--|------------------|-----|------|----|------|----------|----------|-------------|-------------|--------|------|
| 46 | RAPACZ MARCIN | 1108 | | KRAKÓW | POL | M50 | 2 | M 42 | 00:01:08 | 00:34:10 | 00:52:00.20 | 00:52:00.20 | 5:12 | 11.5 |
| 47 | WARECKA KASIA | 1135 | | LESKO | POL | K20 | 3 | K 5 | 00:00:42 | 00:34:10 | 00:52:15.00 | 00:52:15.00 | 5:13 | 11.5 |
| 48 | DUDZIŃSKI PIOTR | 1196 | | RZESZÓW | POL | M30 | 19 | M 43 | 00:01:37 | 00:35:12 | 00:52:17.80 | 00:52:17.80 | 5:13 | 11.5 |
| 49 | RADZIK ROBERT | 1221 | 1991 | BIAŁA NIŻNA | POL | M20 | 10 | M 44 | 00:00:39 | 00:35:20 | 00:52:18.55 | 00:52:18.55 | 5:13 | 11.5 |
| 50 | RYŁKO JACEK | 1140 | SOLINA TEAM | SOLINA | POL | M40 | 12 | M 45 | 00:01:01 | 00:35:24 | 00:52:21.15 | 00:52:21.15 | 5:14 | 11.5 |
| 51 | HYDZIK ŁUKASZ | 1058 | LIDER SANOK | SANOK | POL | M40 | 13 | M 46 | 00:00:58 | 00:34:52 | 00:52:27.00 | 00:52:27.00 | 5:14 | 11.4 |
| 52 | OLEKSIK FILIP | 1298 | AZS KRAKOWSKA AKADEMIA IM. FRYCIA | KRAKÓW | | M20 | 11 | M 47 | 00:01:20 | 00:35:54 | 00:52:29.10 | 00:52:29.10 | 5:14 | 11.4 |
| 53 | MIERZWA KAMIL | 1284 | | JASŁO | POL | M20 | 12 | M 48 | 00:01:05 | 00:35:10 | 00:52:47.15 | 00:52:47.15 | 5:16 | 11.4 |
| 54 | SOBIERAJSKI MACIEJ | 1043 | | REDA | POL | M30 | 20 | M 49 | 00:01:09 | 00:36:25 | 00:52:49.00 | 00:52:49.00 | 5:16 | 11.4 |
| 55 | SIENNICKI RAFAŁ | 1180 | | MARKI | POL | M40 | 14 | M 50 | 00:01:33 | 00:35:53 | 00:53:23.75 | 00:53:23.75 | 5:20 | 11.2 |
| 56 | MISIOŁEK MARCIN | 1038 | MOSIR DUKLA | DUKLA | POL | M30 | 21 | M 51 | 00:01:22 | 00:35:37 | 00:53:27.35 | 00:53:27.35 | 5:20 | 11.2 |
| 57 | BŁASZCZAK BŁAŻEJ | 1203 | | KRAKÓW | POL | M30 | 22 | M 52 | 00:01:01 | 00:36:17 | 00:53:29.35 | 00:53:29.35 | 5:20 | 11.2 |
| 58 | POSZYTEK JAGODA | 1042 | | REDA | POL | K20 | 4 | K 6 | 00:01:08 | 00:36:24 | 00:53:32.20 | 00:53:32.20 | 5:21 | 11.2 |
| 59 | ŻELAZNY AGNIESZKA | 1260 | GORLICKA GRUPA BIEGOWA | GORLICE | POL | K40 | 1 | K 7 | 00:01:01 | 00:35:30 | 00:53:34.70 | 00:53:34.70 | 5:21 | 11.2 |
| 60 | PAJESTKA WOJCIECH | 1265 | POZYTYWNIIE ZABIEGANI SANOK/ AZS PWSZ | SANOK | POL | M40 | 15 | M 53 | 00:02:36 | 00:37:09 | 00:53:35.50 | 00:53:35.50 | 5:21 | 11.2 |
| 61 | GUDOWSKI KRYSZTIAN | 1262 | | SANOK | POL | M30 | 23 | M 54 | 00:02:37 | 00:37:09 | 00:53:37.50 | 00:53:37.50 | 5:21 | 11.2 |
| 62 | JAKUSZEWSKI PAWEŁ | 1167 | | JAROSŁAW | POL | M30 | 24 | M 55 | 00:02:22 | 00:36:57 | 00:53:44.50 | 00:53:44.50 | 5:22 | 11.2 |
| 63 | TRZASKOWSKA JOANNA | 1109 | TRUCHT TARCHOMIN TEAM | WARSZAWA | POL | K30 | 3 | K 8 | 00:01:02 | 00:36:18 | 00:53:52.00 | 00:53:52.00 | 5:23 | 11.1 |
| 64 | NALEPA MACIEJ | 1172 | | NOWY SĄCZ | POL | M30 | 25 | M 56 | 00:01:09 | 00:36:33 | 00:54:00.55 | 00:54:00.55 | 5:24 | 11.1 |
| 65 | KOPERSKA ANNA | 1082 | HYDRO CENTRUM D.K. KOPERSCY M.MASTALERZ SP. J. | MIŃSK MAZOWIECKI | POL | K20 | 5 | K 9 | 00:00:56 | 00:35:53 | 00:54:01.90 | 00:54:01.90 | 5:24 | 11.1 |
| 66 | WYSOCKI MARIUSZ | 1202 | FUNDACJA LATARNIA | BUKOWSKO | POL | M30 | 26 | M 57 | 00:01:06 | 00:34:45 | 00:54:07.70 | 00:54:07.70 | 5:24 | 11.1 |
| 67 | ŻAK KRZYSZTOF | 1051 | | ZABIERZÓW | POL | M40 | 16 | M 58 | 00:01:20 | 00:36:43 | 00:54:14.15 | 00:54:14.15 | 5:25 | 11.1 |
| 68 | POŁOZYŃSKI ANDRZEJ | 1075 | ZACISZE NIGHT RUNNERS | WARSZAWA | POL | M40 | 17 | M 59 | 00:02:06 | 00:36:55 | 00:54:15.00 | 00:54:15.00 | 5:25 | 11.1 |
| 69 | RYŁKO MARIOLA | 1227 | SOLINA TEAM | SOLINA | POL | K40 | 2 | K 10 | 00:00:56 | 00:36:00 | 00:54:19.00 | 00:54:19.00 | 5:25 | 11 |
| 70 | NAWROT BARTŁOMIEJ | 1243 | KAMIENIOŁOM | LESKO | POL | M30 | 27 | M 60 | 00:01:58 | 00:36:22 | 00:54:28.35 | 00:54:28.35 | 5:26 | 11 |
| 71 | FURS TEODOR | 1253 | PIERDZĄCE ZAJĄCE | CISNA | POL | M40 | 18 | M 61 | 00:01:22 | 00:37:01 | 00:54:49.40 | 00:54:49.40 | 5:28 | 10.9 |
| 72 | SZYBIAK MACIEJ | 1215 | AGONA W&M | KRZYWCZA | POL | M20 | 13 | M 62 | 00:02:23 | 00:37:11 | 00:54:54.05 | 00:54:54.05 | 5:29 | 10.9 |
| 73 | POJNAR KATARZYNA | 1225 | | BESKO | POL | K20 | 6 | K 11 | 00:01:01 | 00:36:10 | 00:55:07.25 | 00:55:07.25 | 5:30 | 10.9 |
| 74 | KŁOCEK KONRAD | 1104 | | ŁĘŻYNY | POL | M30 | 28 | M 63 | 00:01:05 | 00:36:29 | 00:55:22.30 | 00:55:22.30 | 5:32 | 10.8 |
| 75 | IGNOR EDYTA | 1211 | SPARTAN RACE TRAINING GROUP RZESZÓW | RZESZÓW | POL | K20 | 7 | K 12 | 00:01:12 | 00:36:38 | 00:55:27.10 | 00:55:27.10 | 5:32 | 10.8 |
| 76 | HEC GRZEGORZ | 1015 | | GŁOWIENKA | POL | M30 | 29 | M 64 | 00:01:06 | 00:37:06 | 00:55:33.30 | 00:55:33.30 | 5:33 | 10.8 |
| 77 | DEC ROMAN | 1256 | JW3730 | GREBOW | POL | M30 | 30 | M 65 | 00:02:52 | 00:38:01 | 00:55:34.30 | 00:55:34.30 | 5:33 | 10.8 |
| 78 | SZYBIAK JOANNA | 1216 | AGONA W&M | KRZYWCZA | POL | K40 | 3 | K 13 | 00:02:27 | 00:37:11 | 00:55:50.10 | 00:55:50.10 | 5:35 | 10.7 |
| 79 | GALANTY BARTŁOMIEJ | 1189 | | PRZEMYŚL | POL | M40 | 19 | M 66 | 00:02:11 | 00:38:07 | 00:56:01.05 | 00:56:01.05 | 5:36 | 10.7 |
| 80 | DOMIN WIESŁAW | 1220 | | ZAGÓRZE | POL | M50 | 3 | M 67 | 00:01:17 | 00:38:16 | 00:56:04.45 | 00:56:04.45 | 5:36 | 10.7 |
| 81 | KOGUT LESZEK | 1049 | | PRZEMYŚL | POL | M40 | 20 | M 68 | 00:02:01 | 00:37:16 | 00:56:09.05 | 00:56:09.05 | 5:36 | 10.7 |
| 82 | WAŁ SEBASTIAN | 1124 | STOWARZYSZENIE KLUB SPORTOWY W SMOLARZYNACH | SMOLARZYNY | POL | M20 | 14 | M 69 | 00:00:51 | 00:37:08 | 00:56:11.45 | 00:56:11.45 | 5:37 | 10.7 |
| 83 | LESZCZYŃSKI MIROSŁAW | 1125 | BIESZCZADYRUN | LESKO | POL | M30 | 31 | M 70 | 00:01:41 | 00:38:19 | 00:56:16.05 | 00:56:16.05 | 5:37 | 10.7 |
| 84 | BUGAJSKI ARTUR | 1111 | JABIEGAM | DĄBROWA GÓRNICZA | POL | M40 | 21 | M 71 | 00:01:18 | 00:37:32 | 00:56:19.30 | 00:56:19.30 | 5:37 | 10.7 |
| 85 | KOCHANIAK ANDRZEJ | 1208 | WŁÓCZYBIEGI | SOWLANY | POL | M30 | 32 | M 72 | 00:02:38 | 00:39:27 | 00:56:32.10 | 00:56:32.10 | 5:39 | 10.6 |
| 86 | ŻARNICKI KAMIL | 1036 | STAY INSANE | TURKA | POL | M30 | 33 | M 73 | 00:02:36 | 00:38:43 | 00:56:35.75 | 00:56:35.75 | 5:39 | 10.6 |
| 87 | OLEKSIK ZYGMUNT | 1063 | | KRAKÓW | POL | M40 | 22 | M 74 | 00:01:25 | 00:37:48 | 00:56:52.80 | 00:56:52.80 | 5:41 | 10.6 |
| 88 | MAJCHROWSKI JACEK | 1019 | CKB TARNOBRZEG | TARNOBRZEG | POL | M40 | 23 | M 75 | 00:01:59 | 00:38:46 | 00:56:53.05 | 00:56:53.05 | 5:41 | 10.5 |
| 89 | ROŚCIŃSKI FRANCISZEK | 1316 | | SANOK | POL | M40 | 24 | M 76 | 00:01:40 | 00:38:27 | 00:56:58.60 | 00:56:58.60 | 5:41 | 10.5 |
| 90 | SKÓRA MICHAŁ | 1168 | | ŁOPUSZKA | POL | M40 | 25 | M 77 | 00:02:47 | 00:39:24 | 00:56:59.80 | 00:56:59.80 | 5:41 | 10.5 |
| 91 | ŚLUSARCZYK MACIEJ | 1142 | | STAŁOWA WOLA | POL | M30 | 34 | M 78 | 00:00:58 | 00:37:36 | 00:57:01.15 | 00:57:01.15 | 5:42 | 10.5 |
| 92 | KWOKA ROMAN | 1029 | | LASZKI | POL | M30 | 35 | M 79 | 00:02:26 | 00:39:12 | 00:57:01.65 | 00:57:01.65 | 5:42 | 10.5 |
| 93 | KAPEL BOGDAN | 1085 | | TARNOBRZEG | POL | M50 | 4 | M 80 | 00:02:00 | 00:38:46 | 00:57:12.15 | 00:57:12.15 | 5:43 | 10.5 |
| 94 | SASAL MONIKA | 1107 | | KRAKÓW | POL | K30 | 4 | K 14 | 00:01:15 | 00:37:53 | 00:57:14.35 | 00:57:14.35 | 5:43 | 10.5 |
| 95 | WRÓBEL BARTŁOMIEJ | 1267 | CISNA | CISNA | POL | M20 | 15 | M 81 | 00:00:56 | 00:37:59 | 00:57:26.10 | 00:57:26.10 | 5:44 | 10.4 |
| 96 | ZUBA RAFAŁ | 1237 | BLACK RIVER | NOWY SĄCZ | POL | M20 | 16 | M 82 | 00:01:23 | 00:37:51 | 00:57:27.65 | 00:57:27.65 | 5:44 | 10.4 |

IV ZIMOWA BIESZCZADZKA DYCHA 2018, OPEN c.d.

| POS | Name and surname | No. | Club | City | NAT | Cat. | M. | F/M | 0.1km | 5.5km | Netto | Brutto | min/km | km/h |
|-----|----------------------|------|--------------------------------------|----------------------|-----|------|----|-------|----------|----------|-------------|-------------|--------|------|
| 97 | JANAS MARIAN | 1317 | | BAUGRÓD | POL | M60 | 3 | M 83 | 00:01:40 | 00:39:19 | 00:57:30.40 | 00:57:30.40 | 5:45 | 10.4 |
| 98 | MAZUREK KATARZYNA | 1188 | LUBELSKIE STOWARZYSZENIE BIEGOWE | LUBLIN | POL | K40 | 4 | K 15 | 00:01:50 | 00:38:57 | 00:57:30.90 | 00:57:30.90 | 5:45 | 10.4 |
| 99 | PANEK PIOTR | 1190 | DZIKIE MUSTANGI | PASZCZYNA | POL | M40 | 26 | M 84 | 00:01:39 | 00:38:37 | 00:58:25.30 | 00:58:25.30 | 5:50 | 10.3 |
| 100 | WYDRO RAFAŁ | 1133 | FUN&RUN | STRZYŻÓW | POL | M40 | 27 | M 85 | 00:00:53 | 00:41:14 | 00:58:34.15 | 00:58:34.15 | 5:51 | 10.2 |
| 101 | JENDRICHOVSKA DANUTA | 1308 | | | | K50 | 1 | K 16 | 00:01:49 | 00:40:07 | 00:58:39.15 | 00:58:39.15 | 5:51 | 10.2 |
| 102 | GUCWA MIROSLAW | 1103 | LET'S GO WILD!!! | KRASNE | POL | M30 | 36 | M 86 | 00:01:18 | 00:39:34 | 00:58:46.60 | 00:58:46.60 | 5:52 | 10.2 |
| 103 | PAWLETA MICHAŁ | 1161 | NIGHT RUNNERS GLIWICE | GLIWICE | POL | M40 | 28 | M 87 | 00:01:42 | 00:38:59 | 00:58:50.45 | 00:58:50.45 | 5:53 | 10.2 |
| 104 | CIEŚLA ŁUKASZ | 1078 | ŻOŁYNIA BIEGA | ŻOŁYNIA | POL | M20 | 17 | M 88 | 00:01:00 | 00:38:21 | 00:58:56.90 | 00:58:56.90 | 5:53 | 10.2 |
| 105 | ŻELAZNY TOMASZ | 1195 | BYLE DO METY | RZESZÓW | POL | M30 | 37 | M 89 | 00:02:47 | 00:40:14 | 00:59:11.10 | 00:59:11.10 | 5:55 | 10.1 |
| 106 | MOTOWIDŁO ANNA | 1257 | JW3730 | KOLBUSZOWA | POL | K20 | 8 | K 17 | 00:02:52 | 00:39:36 | 00:59:14.75 | 00:59:14.75 | 5:55 | 10.1 |
| 107 | KATA BARTŁOMIEJ | 1255 | JW 3730 | RADOMYSŁ | POL | M20 | 18 | M 90 | 00:02:52 | 00:39:35 | 00:59:16.00 | 00:59:16.00 | 5:55 | 10.1 |
| 108 | SZPERKA LESZEK | 1285 | SIGIT | CIECHOWICE DZIEDZICE | | M40 | 29 | M 91 | 00:01:31 | 00:40:09 | 00:59:16.20 | 00:59:16.20 | 5:55 | 10.1 |
| 109 | KIN RAFAŁ | 1093 | AZS PWSZ KROSNO | ODRZYKOŃ | POL | M30 | 38 | M 92 | 00:02:29 | 00:40:28 | 00:59:17.70 | 00:59:17.70 | 5:55 | 10.1 |
| 110 | WAŁACHOWSKA URSZULA | 1193 | | HOCZEW | POL | K30 | 5 | K 18 | 00:00:56 | 00:38:29 | 00:59:25.70 | 00:59:25.70 | 5:56 | 10.1 |
| 111 | GALANTY AGNIESZKA | 1154 | | DYBAWKA | POL | K40 | 5 | K 19 | 00:01:05 | 00:40:12 | 00:59:29.90 | 00:59:29.90 | 5:56 | 10.1 |
| 112 | WYDRO AGATA | 1132 | FUN&RUN | STRZYŻÓW | POL | K40 | 6 | K 20 | 00:00:52 | 00:41:21 | 00:59:31.50 | 00:59:31.50 | 5:57 | 10.1 |
| 113 | SZYBIAK WALDEMAR | 796 | AGONA W&M | PRZEMYŚL | POL | M50 | 5 | M 93 | 00:02:24 | 00:38:25 | 00:59:39.50 | 00:59:39.50 | 5:57 | 10.1 |
| 114 | MARZAŁ KATARZYNA | 1099 | | KRAKÓW | POL | K30 | 6 | K 21 | 00:01:18 | 00:40:16 | 00:59:50.05 | 00:59:50.05 | 5:59 | 10 |
| 115 | JUSZCZAK ARTUR | 1233 | CHEŁM BIEGA | CHEŁM | POL | M40 | 30 | M 94 | 00:01:37 | 00:40:23 | 00:59:51.45 | 00:59:51.45 | 5:59 | 10 |
| 116 | DZIERŻAK ELŻBIETA | 1039 | HUSARIA RACE TEAM | GŁOGÓW MAŁOPOLSKI | POL | K40 | 7 | K 22 | 00:01:23 | 00:40:40 | 00:59:57.50 | 00:59:57.50 | 5:59 | 10 |
| 117 | CZEKAJ BOGDAN | 1224 | RUMING TEAM NOWY STYL GROUP | KROSNO | POL | M50 | 6 | M 95 | 00:02:07 | 00:40:56 | 01:00:00.25 | 01:00:00.25 | 6:00 | 10 |
| 118 | KOTŁOWSKI PAWEŁ | 1095 | JABIEGAM | DĄBROWA GÓRNICZA | POL | M20 | 19 | M 96 | 00:01:23 | 00:40:43 | 01:00:01.10 | 01:00:01.10 | 6:00 | 10 |
| 119 | DROZD PIOTR | 1222 | | POLAŃCZYK | POL | M30 | 39 | M 97 | 00:01:59 | 00:40:46 | 01:00:03.00 | 01:00:03.00 | 6:00 | 10 |
| 120 | KĘDRA AGNIESZKA | 1024 | PODKARPACKA SZKOŁA KRAV MAGA | RZESZÓW | POL | K20 | 9 | K 23 | 00:02:04 | 00:39:50 | 01:00:08.10 | 01:00:08.10 | 6:00 | 10 |
| 121 | KASEJA KACPER | 1245 | 1991 | JABŁONKA | POL | M20 | 20 | M 98 | 00:02:09 | 00:41:47 | 01:00:09.00 | 01:00:09.00 | 6:00 | 10 |
| 122 | DZIERŻAK ARKADIUSZ | 1164 | | GŁOGÓW MAŁOPOLSKI | POL | M40 | 31 | M 99 | 00:01:26 | 00:40:08 | 01:00:09.60 | 01:00:09.60 | 6:00 | 10 |
| 123 | JĄŚLAN MAREK | 1088 | | BŁONIE | POL | M50 | 7 | M 100 | 00:01:19 | 00:40:20 | 01:00:16.50 | 01:00:16.50 | 6:01 | 10 |
| 124 | WOŹNY ŁUKASZ | 1027 | | RZESZÓW | POL | M30 | 40 | M 101 | 00:02:19 | 00:41:23 | 01:00:18.05 | 01:00:18.05 | 6:01 | 10 |
| 125 | SUSZEK DAMIAN | 1310 | | RZESZÓW | POL | M30 | 41 | M 102 | 00:02:41 | 00:41:58 | 01:00:19.45 | 01:00:19.45 | 6:01 | 9.9 |
| 126 | FILIPIAK BEATA | 1080 | MIECHOWICKA GRUPA BIEGOWA | BYTOM | POL | K40 | 8 | K 24 | 00:01:55 | 00:40:04 | 01:00:38.15 | 01:00:38.15 | 6:03 | 9.9 |
| 127 | BALICKI JACEK | 1064 | BIEGACZ NOWOSOLNA | ŁÓDŹ | POL | M50 | 8 | M 103 | 00:02:11 | 00:42:08 | 01:00:40.30 | 01:00:40.30 | 6:04 | 9.9 |
| 128 | KARDASZ MAREK | 1056 | SOLINA TEAM | POLAŃCZYK | POL | M30 | 42 | M 104 | 00:00:56 | 00:42:23 | 01:00:42.45 | 01:00:42.45 | 6:04 | 9.9 |
| 129 | STACH ROBERT | 1214 | | TARNOWA DOLNA | POL | M40 | 32 | M 105 | 00:01:05 | 00:40:03 | 01:01:01.90 | 01:01:01.90 | 6:06 | 9.8 |
| 130 | POKRZYWKA STEFAN | 1283 | NA BUCIE CISNA | CISNA | POL | M60 | 4 | M 106 | 00:00:41 | 00:40:30 | 01:01:04.70 | 01:01:04.70 | 6:06 | 9.8 |
| 131 | BOBALA KRYSZTIAN | 1251 | | PRZEMYŚL | POL | M20 | 21 | M 107 | 00:02:51 | 00:41:54 | 01:01:08.40 | 01:01:08.40 | 6:06 | 9.8 |
| 132 | KRUCZEK ROBERT | 1199 | WARSZTAT RUCHU KATARZYNA ŻEBRAKOWSKA | RZESZÓW | POL | M50 | 9 | M 108 | 00:01:41 | 00:41:20 | 01:01:09.70 | 01:01:09.70 | 6:06 | 9.8 |
| 133 | MOCIO MICHAŁ | 1250 | | PRZEMYŚL | POL | M20 | 22 | M 109 | 00:02:51 | 00:42:02 | 01:01:11.80 | 01:01:11.80 | 6:07 | 9.8 |
| 134 | GRUCHAŁA AGNIESZKA | 1118 | | PRUSICE | POL | K40 | 9 | K 25 | 00:01:24 | 00:40:40 | 01:01:21.75 | 01:01:21.75 | 6:08 | 9.8 |
| 135 | MATUSZEWSKI MARCIN | 1117 | EUFORABIIEGACZA TEAM | GÓRA | POL | M30 | 43 | M 110 | 00:01:24 | 00:40:40 | 01:01:22.15 | 01:01:22.15 | 6:08 | 9.8 |
| 136 | NOWAK TOMASZ | 1228 | DZIKIE MUSTANGI | DĘBICA | POL | M30 | 44 | M 111 | 00:01:41 | 00:41:23 | 01:01:25.10 | 01:01:25.10 | 6:08 | 9.8 |
| 137 | MACHUCKA EWELINA | 1094 | | RZESZÓW | POL | K30 | 7 | K 26 | 00:01:34 | 00:40:55 | 01:01:26.35 | 01:01:26.35 | 6:08 | 9.8 |
| 138 | MATUSZAK JAKUB | 1028 | NOWOCZESNYSPORT.PL | RZESZÓW | POL | M30 | 45 | M 112 | 00:02:20 | 00:42:05 | 01:01:37.05 | 01:01:37.05 | 6:09 | 9.7 |
| 139 | CHOMIUK ADRIAN | 1242 | JAZZANOVA | BIAŁA PODLASKA | POL | M30 | 46 | M 113 | 00:01:51 | 00:41:19 | 01:01:47.30 | 01:01:47.30 | 6:10 | 9.7 |
| 140 | BIENIECKI MAREK | 1303 | OTK RZEŹNIK | GLIWICE | POL | M20 | 23 | M 114 | 00:02:21 | 00:41:16 | 01:01:48.10 | 01:01:48.10 | 6:10 | 9.7 |
| 141 | SNARSKI BOGDAN | 1313 | ALBATROSY | WARSZAWA | | M30 | 47 | M 115 | 00:02:38 | 00:41:49 | 01:02:00.35 | 01:02:00.35 | 6:12 | 9.7 |
| 142 | BIESZCZAD ILONA | 1052 | KKB MOSIR KROSNO | WOJASZÓWKA | POL | K30 | 8 | K 27 | 00:02:30 | 00:41:15 | 01:02:09.60 | 01:02:09.60 | 6:12 | 9.7 |
| 143 | STARZECKA JOANNA | 1041 | | JAROSŁAW | POL | K40 | 10 | K 28 | 00:01:10 | 00:41:09 | 01:02:13.55 | 01:02:13.55 | 6:13 | 9.6 |
| 144 | RÓŻYCKA DOROTA | 1177 | NOWY STYL GROUP RUNNING TEAM | JASŁO | POL | K30 | 9 | K 29 | 00:02:11 | 00:41:46 | 01:02:14.05 | 01:02:14.05 | 6:13 | 9.6 |
| 145 | SAMBORSKA WERONIKA | 1178 | NOWY STYL GROUP RUNNING TEAM | BRZYSKA | POL | K30 | 10 | K 30 | 00:02:10 | 00:42:11 | 01:02:15.95 | 01:02:15.95 | 6:13 | 9.6 |
| 146 | STEC ANDRZEJ | 1297 | | WAŁCZ | | M50 | 10 | M 116 | 00:00:36 | 00:41:39 | 01:02:34.70 | 01:02:34.70 | 6:15 | 9.6 |
| 147 | ŻARNICKA ANNA | 1035 | STAY INSANE/CROSSFIT Z16 | TURKA | POL | K30 | 11 | K 31 | 00:02:26 | 00:42:46 | 01:02:38.50 | 01:02:38.50 | 6:15 | 9.6 |
| 148 | LUZAR MONIKA | 1076 | MIA | BIELAWA | POL | K40 | 11 | K 32 | 00:01:11 | 00:41:38 | 01:02:40.80 | 01:02:40.80 | 6:16 | 9.6 |
| 149 | LUZAR ANDRZEJ | 1077 | MIA | BIELAWA | POL | M40 | 33 | M 117 | 00:01:11 | 00:41:38 | 01:02:41.00 | 01:02:41.00 | 6:16 | 9.6 |
| 150 | GUZEK EWA | 140 | DZIKIE GRUBASY SZATANA | WARSZAWA | POL | K30 | 12 | K 33 | 00:01:50 | 00:42:19 | 01:02:42.90 | 01:02:42.90 | 6:16 | 9.6 |

IV ZIMOWA BIESZCZADZKA DYCHA 2018, OPEN c.d.

| POS | Name and surname | No. | Club | City | NAT | Cat. | M. | F/M | 0.1km | 5.5km | Netto | Brutto | min/km | km/h | |
|-----|------------------------------|------|--------------------------------------|-------------------|-----|------|------|-------|----------|----------|-------------|-------------|--------|------|--|
| | | | | | | | cat. | | | | | | | | |
| 151 | BURDA RENATA | 1282 | MTB MOSIR DUKLA | DUKLA | POL | K30 | 13 | K 34 | 00:01:02 | 00:40:54 | 01:02:45.70 | 01:02:45.70 | 6:16 | 9.6 | |
| 152 | RACHWAŁ IZABELA | 1244 | | ODOLANÓW | POL | K20 | 10 | K 35 | 00:02:09 | 00:42:01 | 01:03:09.20 | 01:03:09.20 | 6:18 | 9.5 | |
| 153 | SUJAK MAŁGORZATA | 1030 | MKB DREPTAK | MIŃSK MAZOWIECKI | POL | K50 | 2 | K 36 | 00:01:29 | 00:42:29 | 01:03:18.10 | 01:03:18.10 | 6:19 | 9.5 | |
| 154 | ŚWIDEREK MICHAŁ | 1294 | NIGHT RUNNERS GLIWICE | GLIWICE | | M30 | 48 | M 118 | 00:02:25 | 00:44:08 | 01:03:21.80 | 01:03:21.80 | 6:20 | 9.5 | |
| 155 | BOCZAR DANIEL | 1192 | NOWY STYL GROUP RUNNING TEAM | KROŚCIENKO WYŻNE | POL | M30 | 49 | M 119 | 00:02:10 | 00:42:39 | 01:03:31.45 | 01:03:31.45 | 6:21 | 9.4 | |
| 156 | KUROPATWA KAZIMIERZ | 1238 | SZAFA BIEGACZA TEAM | PRZEMYŚL | POL | M60 | 5 | M 120 | 00:01:05 | 00:41:58 | 01:03:35.35 | 01:03:35.35 | 6:21 | 9.4 | |
| 157 | WITKO JERZY | 1083 | BRAK | FREDROPOL | POL | M40 | 34 | M 121 | 00:02:02 | 00:42:44 | 01:03:40.45 | 01:03:40.45 | 6:22 | 9.4 | |
| 158 | SADOWIŃSKA ADRIANA | 1016 | NOWA HUTA TEAM | KRAKÓW | POL | K40 | 12 | K 37 | 00:01:43 | 00:43:02 | 01:03:41.45 | 01:03:41.45 | 6:22 | 9.4 | |
| 159 | SZCZUDRAWA ZBIGNIEW | 1295 | ŚWINKI TRZY | KRAKÓW | POL | M50 | 11 | M 122 | 00:02:20 | 00:42:49 | 01:03:49.10 | 01:03:49.10 | 6:22 | 9.4 | |
| 160 | BURDA SŁAWMOIR | 1281 | MTB MOSIR DUKLA | DUKLA | POL | M30 | 50 | M 123 | 00:01:02 | 00:42:17 | 01:03:57.05 | 01:03:57.05 | 6:23 | 9.4 | |
| 161 | TYLKA MAŁGOSIA | 1131 | | LEGNICA | POL | K30 | 14 | K 38 | 00:02:48 | 00:43:30 | 01:03:57.80 | 01:03:57.80 | 6:23 | 9.4 | |
| 162 | WIŚNIEWSKI ZBIGNIEW | 1254 | RODZINNY RELAX | PRABUTY | POL | M60 | 6 | M 124 | 00:01:12 | 00:42:42 | 01:04:05.45 | 01:04:05.45 | 6:24 | 9.4 | |
| 163 | MATWIEJCZUK GRZEGORZ | 1236 | A | LUBYCZA KRÓLEWSKA | POL | M20 | 24 | M 125 | 00:03:05 | 00:43:29 | 01:04:19.40 | 01:04:19.40 | 6:25 | 9.3 | |
| 164 | PLIŻGA SEBASTIAN | 1266 | | TOMASZÓW LUBELSKI | POL | M30 | 51 | M 126 | 00:01:04 | 00:41:27 | 01:04:19.75 | 01:04:19.75 | 6:25 | 9.3 | |
| 165 | PIRÓG BEATA | 1305 | | WARSZAWA | | K30 | 15 | K 39 | 00:01:18 | 00:42:35 | 01:04:21.10 | 01:04:21.10 | 6:26 | 9.3 | |
| 166 | KOCIOŁEK ALEKSANDRA | 1130 | | WROCŁAW | POL | K30 | 16 | K 40 | 00:02:22 | 00:42:52 | 01:04:28.25 | 01:04:28.25 | 6:26 | 9.3 | |
| 167 | WARCHOŁ - SNUZIK PATRYCJA | 1159 | SOLINA TEAM | POLAŃCZYK | POL | K30 | 17 | K 41 | 00:00:55 | 00:42:24 | 01:04:39.70 | 01:04:39.70 | 6:27 | 9.3 | |
| 168 | WOJTYNA AGATA | 1089 | #KASZANIANAMOKA | GDAŃSK | POL | K20 | 11 | K 42 | 00:03:06 | 00:43:20 | 01:04:42.95 | 01:04:42.95 | 6:28 | 9.3 | |
| 169 | MAJCHROWICZ MARZENNA | 1185 | | KROŚCIENKO WYŻNE | POL | K40 | 13 | K 43 | 00:02:46 | 00:43:28 | 01:04:48.10 | 01:04:48.10 | 6:28 | 9.3 | |
| 170 | SZPAKOWSKI ANDRZEJ | 1134 | FUN&RUN | WIŚNIOWA | POL | M40 | 35 | M 127 | 00:00:56 | 00:43:21 | 01:04:50.70 | 01:04:50.70 | 6:29 | 9.3 | |
| 171 | KASPROWICZ JUSTYNA | 1147 | FUN&RUN | CZUDEC | POL | K30 | 18 | K 44 | 00:00:58 | 00:43:01 | 01:04:51.00 | 01:04:51.00 | 6:29 | 9.3 | |
| 172 | KASPROWICZ PIOTR | 1148 | FUN&RUN | CZUDEC | POL | M30 | 52 | M 128 | 00:00:58 | 00:43:01 | 01:04:51.30 | 01:04:51.30 | 6:29 | 9.3 | |
| 173 | RABSTYŃNIA-PIEKARSKA NATASZA | 1044 | | KRAKÓW | POL | K40 | 14 | K 45 | 00:01:28 | 00:42:43 | 01:04:53.65 | 01:04:53.65 | 6:29 | 9.2 | |
| 174 | MAJCHROWICZ ANDRZEJ | 1181 | | KROŚCIENKO WYŻNE | POL | M40 | 36 | M 129 | 00:02:47 | 00:43:24 | 01:04:55.05 | 01:04:55.05 | 6:29 | 9.2 | |
| 175 | GAŃSKI FILIP | 1288 | BIEGAJĄC ŚWIDNIK | ŚWIDNIK | POL | M30 | 53 | M 130 | 00:02:28 | 00:42:48 | 01:05:11.85 | 01:05:11.85 | 6:31 | 9.2 | |
| 176 | KIEŁB JAKUB | 1213 | | RZESZÓW | POL | M30 | 54 | M 131 | 00:02:20 | 00:45:02 | 01:05:51.10 | 01:05:51.10 | 6:35 | 9.1 | |
| 177 | OSTASZEWSKI MARCIN | 1241 | HONDADOMINATOR.PL | WARSZAWA | POL | M30 | 55 | M 132 | 00:02:50 | 00:44:43 | 01:05:53.00 | 01:05:53.00 | 6:35 | 9.1 | |
| 178 | BIEDRZYCKA MARTA | 1079 | DZIKIE GRUBASY SZATANA | WARSZAWA | POL | K30 | 19 | K 46 | 00:01:54 | 00:44:43 | 01:05:55.35 | 01:05:55.35 | 6:35 | 9.1 | |
| 179 | JAWORSKA MARTA | 1182 | | RZESZÓW | POL | K30 | 20 | K 47 | 00:02:12 | 00:44:01 | 01:06:15.40 | 01:06:15.40 | 6:37 | 9.1 | |
| 180 | BENSKA KRYSZYNA | 1081 | MIECHOWICKA GRUPA BIEGOWA | BYTOM | POL | K60 | 1 | K 48 | 00:01:55 | 00:43:44 | 01:06:40.00 | 01:06:40.00 | 6:40 | 9 | |
| 181 | POPLAWSKI PIOTR | 1302 | PGB SPORTOWA PACZKA | ŁOSICE | | M30 | 56 | M 133 | 00:01:57 | 00:44:10 | 01:06:51.95 | 01:06:51.95 | 6:41 | 9 | |
| 182 | PABIĄNCZYK MAŁGORZATA | 1286 | | STARY GOŚCINIEC | POL | K30 | 21 | K 49 | 00:02:05 | 00:44:22 | 01:06:58.95 | 01:06:58.95 | 6:41 | 9 | |
| 183 | KOLIBAROVA MARTINA | 1309 | MARAS TEAM | PRESOV | | K30 | 22 | K 50 | 00:01:54 | 00:45:21 | 01:07:02.80 | 01:07:02.80 | 6:42 | 9 | |
| 184 | MARAS LADISLAV | 1307 | MARAS TEAM | | | M50 | 12 | M 134 | 00:01:53 | 00:45:20 | 01:07:03.00 | 01:07:03.00 | 6:42 | 8.9 | |
| 185 | KALIŃSKI KAMIL NORBERT | 1156 | NIEMANIE | WARSZAWA | POL | M20 | 25 | M 135 | 00:03:05 | 00:44:53 | 01:07:10.90 | 01:07:10.90 | 6:43 | 8.9 | |
| 186 | KORNIŁOW PIOTR | 1299 | KORNIŁOW TEAM | WARSZAWA | POL | M40 | 37 | M 136 | 00:02:56 | 00:46:18 | 01:07:11.90 | 01:07:11.90 | 6:43 | 8.9 | |
| 187 | FRANKOWSKI DARIUSZ | 1259 | | GLIWICE | POL | M40 | 38 | M 137 | 00:01:50 | 00:45:27 | 01:07:13.50 | 01:07:13.50 | 6:43 | 8.9 | |
| 188 | SKUZA MAŁGORZATA | 1258 | | GLIWICE | POL | K40 | 15 | K 51 | 00:01:50 | 00:45:27 | 01:07:13.65 | 01:07:13.65 | 6:43 | 8.9 | |
| 189 | MATUŁA MICHAŁ | 1152 | | LUBLIN | POL | M20 | 26 | M 138 | 00:02:13 | 00:46:48 | 01:07:14.70 | 01:07:14.70 | 6:43 | 8.9 | |
| 190 | SKRUTEK JAN | 1066 | WKB PIAST / GOPR BIESZCZADY | WROCŁAW | POL | M60 | 7 | M 139 | 00:04:12 | 00:46:12 | 01:07:19.20 | 01:07:19.20 | 6:43 | 8.9 | |
| 191 | GNIĘCIAK MONIKA | 1126 | BIESZCZADYRUN | GÓRA PUŁAWSKA | POL | K30 | 23 | K 52 | 00:02:00 | 00:44:56 | 01:07:28.00 | 01:07:28.00 | 6:44 | 8.9 | |
| 192 | KOCEMBA DANUTA | 1114 | BRAK | PORĄBKĄ | POL | K30 | 24 | K 53 | 00:01:38 | 00:44:51 | 01:07:29.60 | 01:07:29.60 | 6:44 | 8.9 | |
| 193 | KOŁODZIEJCZYK JOANNA | 1311 | | KRAKÓW | | K30 | 25 | K 54 | 00:02:20 | 00:45:58 | 01:07:34.80 | 01:07:34.80 | 6:45 | 8.9 | |
| 194 | KOCZAJA MAŁGORZATA | 1105 | | KRAKÓW | POL | K20 | 12 | K 55 | 00:01:56 | 00:45:38 | 01:07:50.80 | 01:07:50.80 | 6:47 | 8.8 | |
| 195 | WYSOCKA KATARZYNA | 1086 | | KATOWICE | POL | K40 | 16 | K 56 | 00:02:21 | 00:43:54 | 01:07:57.35 | 01:07:57.35 | 6:47 | 8.8 | |
| 196 | RUDZKI MICHAŁ | 1034 | CROSSFIT Z16 | LUBLIN | POL | M20 | 27 | M 140 | 00:02:23 | 00:46:17 | 01:08:02.55 | 01:08:02.55 | 6:48 | 8.8 | |
| 197 | OKLEJ AGATA | 1300 | KORNIŁOW TEAM | WARSZAWA | POL | K30 | 26 | K 57 | 00:02:56 | 00:46:47 | 01:08:20.20 | 01:08:20.20 | 6:50 | 8.8 | |
| 198 | WOLSKA MARTA | 1155 | WOLSCY BROTHERS TRIATHLON TEAM | SŁUPSK | POL | K20 | 13 | K 58 | 00:01:38 | 00:44:20 | 01:08:27.00 | 01:08:27.00 | 6:50 | 8.8 | |
| 199 | NOWAK WIOLETTA | 1229 | DZIKIE MUSTANGI | DĘBICA | POL | K30 | 27 | K 59 | 00:01:42 | 00:43:26 | 01:08:39.60 | 01:08:39.60 | 6:51 | 8.7 | |
| 200 | JEŻOWSKA IGA | 1209 | WW TEAM | LUBLIN | POL | K20 | 14 | K 60 | 00:01:51 | 00:46:34 | 01:08:40.80 | 01:08:40.80 | 6:52 | 8.7 | |
| 201 | MIROSLAW ALBERT | 1186 | WW TEAM | LUBLIN | POL | M40 | 39 | M 141 | 00:01:50 | 00:46:33 | 01:08:41.60 | 01:08:41.60 | 6:52 | 8.7 | |
| 202 | KUŁAGA KRZYSZTOF | 1106 | SPRINT GORZYCE | GORZYCE | POL | M30 | 57 | M 142 | 00:00:43 | 00:45:43 | 01:09:02.40 | 01:09:02.40 | 6:54 | 8.7 | |
| 203 | ŚWIGONIAK ANNA | 1014 | NOWA HUTA TEAM FUNDACJA BIEG ROLNIKA | KRAKÓW | POL | K30 | 28 | K 61 | 00:01:42 | 00:46:56 | 01:09:09.60 | 01:09:09.60 | 6:54 | 8.7 | |
| 204 | DANILUK ANDRZEJ | 1293 | ZACISZE NIGHT RUNNERS | WARSZAWA | | M40 | 40 | M 143 | 00:02:06 | 00:46:44 | 01:09:23.15 | 01:09:23.15 | 6:56 | 8.6 | |
| 205 | OWOCKA EWA | 1289 | MIECHOWICKA GRUPA BIEGOWA | ZABRZE | | K30 | 29 | K 62 | 00:01:54 | 00:46:43 | 01:09:26.85 | 01:09:26.85 | 6:56 | 8.6 | |

IV ZIMOWA BIESZCZADZKA DYCHA 2018, OPEN c.d.

| POS | Name and surname | No. | Club | City | NAT | Cat. | M. | F/M | 0.1km | 5.5km | Netto | Brutto | min/km | km/h | |
|-----|-----------------------------|------|-------------------------------------|-----------------|-----|------|------|-------|----------|----------|-------------|-------------|--------|------|--|
| | | | | | | | cat. | | | | | | | | |
| 206 | JANKOWSKA MAŁGORZATA | 1110 | | POZNAŃ | POL | K30 | 30 | K 63 | 00:02:33 | 00:48:44 | 01:09:28.80 | 01:09:28.80 | 6:56 | 8.6 | |
| 207 | BRZOZOWSKA PAULINA | 1170 | | STALOWA WOLA | POL | K30 | 31 | K 64 | 00:02:42 | 00:47:23 | 01:10:19.90 | 01:10:19.90 | 7:01 | 8.5 | |
| 208 | WYSOCKI MARIUSZ | 1087 | | KATOWICE | POL | M50 | 13 | M 144 | 00:02:15 | 00:47:48 | 01:10:27.25 | 01:10:27.25 | 7:02 | 8.5 | |
| 209 | LENKIEWICZ-BARDZIŃSKA AGATA | 1210 | MKS HALICZ, NADLEŚNICTWO LUTOWISKA | LUTOWISKA | POL | K30 | 32 | K 65 | 00:01:06 | 00:46:55 | 01:10:45.30 | 01:10:45.30 | 7:04 | 8.5 | |
| 210 | TOBERA ALICJA | 1149 | | BORZECIN DUZY | POL | K30 | 33 | K 66 | 00:02:17 | 00:47:15 | 01:10:49.40 | 01:10:49.40 | 7:04 | 8.5 | |
| 211 | SARNA AGATA | 1040 | | TYCZYN | POL | K30 | 34 | K 67 | 00:01:24 | 00:47:09 | 01:11:01.90 | 01:11:01.90 | 7:06 | 8.4 | |
| 212 | GAJDA BEATA | 1240 | #YOLOTEAMKRK | KRAKÓW | POL | K40 | 17 | K 68 | 00:02:08 | 00:47:04 | 01:11:05.20 | 01:11:05.20 | 7:06 | 8.4 | |
| 213 | KOKOT KATARZYNA | 672 | AKTYWNY DYNÓW | DYNÓW | POL | K30 | 35 | K 69 | 00:02:47 | 00:49:32 | 01:11:09.85 | 01:11:09.85 | 7:06 | 8.4 | |
| 214 | BAKA PIOTR | 1069 | ARCHIMEDIA | TARNÓW | POL | M40 | 41 | M 145 | 00:02:18 | 00:50:08 | 01:11:15.40 | 01:11:15.40 | 7:07 | 8.4 | |
| 215 | GŁUSZKO JUSTYNA | 1231 | SOLIN TEAM | BEREZKA | POL | K30 | 36 | K 70 | 00:02:02 | 00:47:17 | 01:11:20.75 | 01:11:20.75 | 7:08 | 8.4 | |
| 216 | RĘKAS PIOTR | 1055 | RAPTOWNI | TARNÓW | POL | M60 | 8 | M 146 | 00:02:18 | 00:50:06 | 01:11:23.60 | 01:11:23.60 | 7:08 | 8.4 | |
| 217 | SULEJA JOANNA | 1173 | SZWL A STARGARD | STARGARD | POL | K50 | 3 | K 71 | 00:02:49 | 00:48:14 | 01:11:40.65 | 01:11:40.65 | 7:10 | 8.4 | |
| 218 | WOŹNIAK ALEKSANDRA | 1169 | | WARSZAWA | POL | K30 | 37 | K 72 | 00:02:44 | 00:48:15 | 01:11:42.15 | 01:11:42.15 | 7:10 | 8.4 | |
| 219 | WIŚNIEWSKA GOSIA | 1097 | | OLSZTYN | POL | K40 | 18 | K 73 | 00:02:38 | 00:48:23 | 01:11:42.80 | 01:11:42.80 | 7:10 | 8.4 | |
| 220 | GARWACKA BEATA | 1247 | | NIEPORĘT | POL | K50 | 4 | K 74 | 00:02:09 | 00:48:06 | 01:11:43.30 | 01:11:43.30 | 7:10 | 8.4 | |
| 221 | GADECKA MAGDALENA | 1057 | RAPTOWNI | LISIA GORA | POL | K30 | 38 | K 75 | 00:02:23 | 00:50:05 | 01:11:45.95 | 01:11:45.95 | 7:10 | 8.4 | |
| 222 | DĄBRÓWKA NINA | 1200 | FUNDACJA LATARNIA | BUKOWSKO | POL | K30 | 39 | K 76 | 00:01:17 | 00:47:40 | 01:12:10.70 | 01:12:10.70 | 7:13 | 8.3 | |
| 223 | DĄBRÓWKA RADOŚLAW | 1201 | FUNDACJA LATARNIA | BUKOWSKO | POL | M30 | 58 | M 147 | 00:01:17 | 00:47:39 | 01:12:11.15 | 01:12:11.15 | 7:13 | 8.3 | |
| 224 | KŁĘCZAR EWA | 1232 | BRAK | KĘTY | POL | K30 | 40 | K 77 | 00:01:38 | 00:48:00 | 01:12:27.25 | 01:12:27.25 | 7:14 | 8.3 | |
| 225 | HADAM EWA | 1031 | SPARTAN RACE TRAINING GROUP RZESZÓW | DYNÓW | POL | K50 | 5 | K 78 | 00:02:50 | 00:49:08 | 01:12:34.80 | 01:12:34.80 | 7:15 | 8.3 | |
| 226 | LIS MARIA | 1127 | | RZESZÓW | POL | K20 | 15 | K 79 | 00:02:25 | 00:48:33 | 01:12:42.05 | 01:12:42.05 | 7:16 | 8.3 | |
| 227 | ŻYND A MARTA | 1141 | FUNDACJA KIERUNEK ULTRA | SUWAŁKI | POL | K40 | 19 | K 80 | 00:01:18 | 00:47:15 | 01:12:50.10 | 01:12:50.10 | 7:17 | 8.2 | |
| 228 | PEKALSKA ANNA | 1184 | | NIEPORĘT | POL | K40 | 20 | K 81 | 00:02:10 | 00:48:16 | 01:12:53.05 | 01:12:53.05 | 7:17 | 8.2 | |
| 229 | STAWSKA NATALIA | 1047 | LACHO TEAM | KRAKÓW | POL | K30 | 41 | K 82 | 00:02:58 | 00:49:14 | 01:12:53.35 | 01:12:53.35 | 7:17 | 8.2 | |
| 230 | RUDNICKI MAREK | 1296 | | OTWOCK | | M30 | 59 | M 148 | 00:02:20 | 00:49:24 | 01:12:57.00 | 01:12:57.00 | 7:17 | 8.2 | |
| 231 | PARTYKA AGNIESZKA | 1277 | | RZESZÓW | | K30 | 42 | K 83 | 00:03:01 | 00:49:52 | 01:13:01.90 | 01:13:01.90 | 7:18 | 8.2 | |
| 232 | PARTYKA ANDRZEJ | 1278 | RGIG | RZESZÓW | | M30 | 60 | M 149 | 00:03:01 | 00:49:47 | 01:13:03.50 | 01:13:03.50 | 7:18 | 8.2 | |
| 233 | ZWIERZ MAŁGORZATA | 1098 | | LUBLIN | POL | K40 | 21 | K 84 | 00:01:57 | 00:49:11 | 01:13:18.50 | 01:13:18.50 | 7:19 | 8.2 | |
| 234 | KRÓLIKOWSKA KATARZYNA | 1096 | | LUBLIN | POL | K40 | 22 | K 85 | 00:01:58 | 00:49:11 | 01:13:23.00 | 01:13:23.00 | 7:20 | 8.2 | |
| 235 | KRYGOWSKI ZBIGNIEW | 1091 | AKADEMIA SPORTU LUBACZÓW | LUBACZÓW | POL | M40 | 42 | M 150 | 00:02:38 | 00:48:55 | 01:13:50.80 | 01:13:50.80 | 7:23 | 8.1 | |
| 236 | WRZOSEK JUSTYNA | 1059 | | SANDOMIERZ | POL | K30 | 43 | K 86 | 00:01:37 | 00:50:26 | 01:14:24.25 | 01:14:24.25 | 7:26 | 8.1 | |
| 237 | PAWELEC JUSTYNA | 1060 | | SANDOMIERZ | POL | K30 | 44 | K 87 | 00:01:38 | 00:50:26 | 01:14:24.30 | 01:14:24.30 | 7:26 | 8.1 | |
| 238 | CZOCHARA MARTA | 1122 | AMATOR | OPOLE | POL | K40 | 23 | K 88 | 00:02:47 | 00:49:39 | 01:14:32.20 | 01:14:32.20 | 7:27 | 8.1 | |
| 239 | CZOCHARA ROBERT | 1123 | AMATOR | OPOLE | POL | M40 | 43 | M 151 | 00:02:48 | 00:48:57 | 01:14:33.75 | 01:14:33.75 | 7:27 | 8 | |
| 240 | AUGUSTYNIAK KINGA | 1306 | LACHO TEAM | KRAKÓW | | K40 | 24 | K 89 | 00:02:07 | 00:49:39 | 01:15:10.30 | 01:15:10.30 | 7:31 | 8 | |
| 241 | MAJ PAULINA | 1194 | | SUCHA BESKIDZKA | POL | K20 | 16 | K 90 | 00:02:16 | 00:50:55 | 01:15:40.35 | 01:15:40.35 | 7:34 | 7.9 | |
| 242 | CZAPLA ANDRZEJ | 1116 | | CHEŁM | POL | M60 | 9 | M 152 | 00:02:59 | 00:50:51 | 01:15:41.50 | 01:15:41.50 | 7:34 | 7.9 | |
| 243 | KĄŻMIERCZAK MALWINA | 1071 | DZIKIE GRUBASY SZATANA | WARSZAWA | POL | K30 | 45 | K 91 | 00:01:55 | 00:50:35 | 01:16:15.75 | 01:16:15.75 | 7:37 | 7.9 | |
| 244 | KONOPKA GRZEGORZ | 1025 | DZIKIE GRUBAS SZATANA | SIEDLCE | POL | M30 | 61 | M 153 | 00:01:55 | 00:50:35 | 01:16:17.15 | 01:16:17.15 | 7:37 | 7.9 | |
| 245 | SZYMAŁA MONIKA | 1264 | | KLUCZBORK | POL | K20 | 17 | K 92 | 00:02:44 | 00:50:56 | 01:16:30.85 | 01:16:30.85 | 7:39 | 7.8 | |
| 246 | KALINOWSKA LUCYNA | 1115 | | PRZEMYŚL | POL | K50 | 6 | K 93 | 00:01:10 | 00:49:56 | 01:17:23.30 | 01:17:23.30 | 7:44 | 7.8 | |
| 247 | GŁOWACKA ALEKSANDRA | 1143 | WIELISZEW HERON TEAM | LEGIONOWO | POL | K40 | 25 | K 94 | 00:01:33 | 00:49:24 | 01:17:40.75 | 01:17:40.75 | 7:46 | 7.7 | |
| 248 | KOCIOŁEK ŁUKASZ | 1129 | | PRZEMYŚL | POL | M30 | 62 | M 154 | 00:02:28 | 00:51:11 | 01:17:46.25 | 01:17:46.25 | 7:46 | 7.7 | |
| 249 | MARUT KAŚKA | 1263 | NIGHT RUNNERS GLIWICE | GLIWICE | POL | K40 | 26 | K 95 | 00:02:28 | 00:52:27 | 01:20:28.40 | 01:20:28.40 | 8:02 | 7.5 | |
| 250 | GORAJ - ZAJĄC ALEKSANDRA | 1279 | NIGHTRUNNERS | GLIWICE | POL | K40 | 27 | K 96 | 00:02:27 | 00:52:28 | 01:20:30.25 | 01:20:30.25 | 8:03 | 7.5 | |
| 251 | GERGONT ALEKSANDRA | 1230 | | MYŚLENICE | POL | K50 | 7 | K 97 | 00:02:05 | | 01:20:34.40 | 01:20:34.40 | 8:03 | 7.4 | |
| 252 | BARCZAK SYLWIA | 1301 | PERFECT RUNNER /STAY INSANE | LUBLIN | | K30 | 46 | K 98 | 00:01:41 | 00:55:08 | 01:20:54.90 | 01:20:54.90 | 8:05 | 7.4 | |
| 253 | BINCZYCKI MARCIN | 1304 | | OWCZARY | | M30 | 63 | M 155 | 00:01:27 | 00:54:07 | 01:20:56.60 | 01:20:56.60 | 8:05 | 7.4 | |
| 254 | CZUBA JADWIGA | 1287 | | | | K30 | 47 | K 99 | 00:02:44 | 00:55:34 | 01:21:20.30 | 01:21:20.30 | 8:08 | 7.4 | |
| 255 | BRODIUK NORBERT | 1163 | NIGH RUNNERS GLIWICE | GLIWICE | POL | M40 | 44 | M 156 | 00:01:50 | 00:52:05 | 01:22:05.80 | 01:22:05.80 | 8:12 | 7.3 | |
| 256 | SŁOBODA MAGDALENA | 1119 | RUNSLOBODAN | KRAKOW | POL | K30 | 48 | K 100 | 00:02:35 | 00:57:16 | 01:23:32.05 | 01:23:32.05 | 8:21 | 7.2 | |
| 257 | SŁOBODA KRZYSZTOF | 1128 | | USTRYKIDOLNE | POL | M60 | 10 | M 157 | 00:02:35 | 00:57:17 | 01:23:32.35 | 01:23:32.35 | 8:21 | 7.2 | |
| 258 | ROJ DAWID | 1120 | RUNSLOBODAN | MIKOŁÓW | POL | M30 | 64 | M 158 | 00:02:36 | 00:56:48 | 01:23:32.80 | 01:23:32.80 | 8:21 | 7.2 | |
| 259 | FRĄC ELŻBIETA | 1012 | NIGHT RUNNERS GLIWICE | GLIWICE | POL | K40 | 28 | K 101 | 00:02:43 | 00:56:08 | 01:24:42.80 | 01:24:42.80 | 8:28 | 7.1 | |

IV ZIMOWA BIESZCZADZKA DYCHA 2018, OPEN c.d.

| POS | Name and surname | No. | Club | City | NAT | Cat. | M. | F/M | 0.1km | 5.5km | Netto | Brutto | min/km | km/h |
|-----|--------------------|------|-----------------------|----------|-----|------|----|-------|----------|----------|-------------|-------------|--------|------|
| 260 | CIESZYŃSKA JOLANTA | 1157 | SEKCJA BIEGOWA FAMILA | GLIWICE | POL | K50 | 8 | K 102 | 00:02:23 | 00:59:13 | 01:26:33.80 | 01:26:33.80 | 8:39 | 6.9 |
| 261 | GREGORCZYK JADWIGA | 1013 | ZABIEGANI MIELEC | KROSNO | POL | K20 | 18 | K 103 | 00:03:02 | 00:57:47 | 01:28:05.05 | 01:28:05.05 | 8:48 | 6.8 |
| 262 | BĄDZIUL DOROTA | 1018 | | RZESZÓW | POL | K30 | 49 | K 104 | 00:02:02 | 00:58:03 | 01:28:09.40 | 01:28:09.40 | 8:48 | 6.8 |
| 263 | ZAJDEL MONIKA | 1101 | | JAROSŁAW | POL | K30 | 50 | K 105 | 00:01:41 | 01:00:24 | 01:29:07.10 | 01:29:07.10 | 8:54 | 6.7 |
| 264 | OŻÓG IWONA | 1145 | | CHEŁM | POL | K40 | 29 | K 106 | 00:02:31 | 00:59:36 | 01:30:01.85 | 01:30:01.85 | 9:00 | 6.7 |
| 265 | OŻÓG DOROTA | 1146 | | CHEŁM | POL | K40 | 30 | K 107 | 00:02:31 | 00:59:36 | 01:30:02.30 | 01:30:02.30 | 9:00 | 6.7 |
| 266 | BOGDAŁ JOANNA | 1023 | NOWA HUTA TEAM | KRAKÓW | POL | K40 | 31 | K 108 | 00:01:44 | 01:02:01 | 01:33:55.10 | 01:33:55.10 | 9:23 | 6.4 |

IV ZIMOWA BIESZCZADZKA DYCHA 2018, Kobiety

| POS | Name and surname | No. | Club | City | NAT | Cat. | M. cat. | F/M | 0.1km | 5.5km | Netto | Brutto | min/km | km/h |
|-----|-------------------------|------|---|-------------------|-----|------|---------|------|----------|----------|-------------|-------------|--------|------|
| 1 | WITEK ELŻBIETA | 1248 | | BARYCZKA | POL | K30 | 1 | K 1 | 00:00:38 | 00:29:39 | 00:44:39.00 | 00:44:39.00 | 4:27 | 13.4 |
| 2 | RZEMIENIEWSKA MARTA | 1261 | ADIDAS RUNNERS WARSAW | WARSZAWA | POL | K20 | 1 | K 2 | 00:01:05 | 00:33:49 | 00:50:07.15 | 00:50:07.15 | 5:00 | 12 |
| 3 | SIEMIĄTKOWSKA KATARZYNA | 1179 | | POZNAŃ | POL | K30 | 2 | K 3 | 00:00:59 | 00:33:51 | 00:50:34.40 | 00:50:34.40 | 5:03 | 11.9 |
| 4 | KALBARCZYK ADRIANA | 1070 | ADIDAS RUNNERS WARSAW | WARSZAWA | POL | K20 | 2 | K 4 | 00:01:05 | 00:34:44 | 00:50:55.50 | 00:50:55.50 | 5:05 | 11.8 |
| 5 | WARĘCKA KASIA | 1135 | | LESKO | POL | K20 | 3 | K 5 | 00:00:42 | 00:34:10 | 00:52:15.00 | 00:52:15.00 | 5:13 | 11.5 |
| 6 | POSZYTEK JAGODA | 1042 | | REDA | POL | K20 | 4 | K 6 | 00:01:08 | 00:36:24 | 00:53:32.20 | 00:53:32.20 | 5:21 | 11.2 |
| 7 | ŻELAZNY AGNIESZKA | 1260 | GORLIICKA GRUPA BIEGOWA | GORLICE | POL | K40 | 1 | K 7 | 00:01:01 | 00:35:30 | 00:53:34.70 | 00:53:34.70 | 5:21 | 11.2 |
| 8 | TRZASKOWSKA JOANNA | 1109 | TRUCHT TARCHOMIN TEAM | WARSZAWA | POL | K30 | 3 | K 8 | 00:01:02 | 00:36:18 | 00:53:52.00 | 00:53:52.00 | 5:23 | 11.1 |
| 9 | KOPERSKA ANNA | 1082 | HYDRO CENTRUM D.K. KOPERSCY M.MASTALERZ SP. J. | MIŃSK MAZOWIECKI | POL | K20 | 5 | K 9 | 00:00:56 | 00:35:53 | 00:54:01.90 | 00:54:01.90 | 5:24 | 11.1 |
| 10 | RYŁKO MARIOLA | 1227 | SOLINA TEAM | SOLINA | POL | K40 | 2 | K 10 | 00:00:56 | 00:36:00 | 00:54:19.00 | 00:54:19.00 | 5:25 | 11 |
| 11 | POJNR KATARZYNA | 1225 | | BESKO | POL | K20 | 6 | K 11 | 00:01:01 | 00:36:10 | 00:55:07.25 | 00:55:07.25 | 5:30 | 10.9 |
| 12 | IGNOR EDYTA | 1211 | SPARTAN RACE TRAINING GROUP RZESZÓW | RZESZÓW | POL | K20 | 7 | K 12 | 00:01:12 | 00:36:38 | 00:55:27.10 | 00:55:27.10 | 5:32 | 10.8 |
| 13 | SZYBIAK JOANNA | 1216 | AGONA W&M | KRZYWCZA | POL | K40 | 3 | K 13 | 00:02:27 | 00:37:11 | 00:55:50.10 | 00:55:50.10 | 5:35 | 10.7 |
| 14 | SASAL MONIKA | 1107 | | KRAKÓW | POL | K30 | 4 | K 14 | 00:01:15 | 00:37:53 | 00:57:14.35 | 00:57:14.35 | 5:43 | 10.5 |
| 15 | MAZUREK KATARZYNA | 1188 | LUBELSKIE STOWARZYSZENIE BIEGOWE | LUBLIN | POL | K40 | 4 | K 15 | 00:01:50 | 00:38:57 | 00:57:30.90 | 00:57:30.90 | 5:45 | 10.4 |
| 16 | JENDRICHOVSKA DANUTA | 1308 | | | | K50 | 1 | K 16 | 00:01:49 | 00:40:07 | 00:58:39.15 | 00:58:39.15 | 5:51 | 10.2 |
| 17 | MOTOWIDŁO ANNA | 1257 | JW3730 | KOLBUSZOWA | POL | K20 | 8 | K 17 | 00:02:52 | 00:39:36 | 00:59:14.75 | 00:59:14.75 | 5:55 | 10.1 |
| 18 | WAŁACHOWSKA URSZULA | 1193 | | HOCZEW | POL | K30 | 5 | K 18 | 00:00:56 | 00:38:29 | 00:59:25.70 | 00:59:25.70 | 5:56 | 10.1 |
| 19 | GALANTY AGNIESZKA | 1154 | | DYBAWKA | POL | K40 | 5 | K 19 | 00:01:05 | 00:40:12 | 00:59:29.90 | 00:59:29.90 | 5:56 | 10.1 |
| 20 | WYDRO AGATA | 1132 | FUN&RUN | STRZYŻÓW | POL | K40 | 6 | K 20 | 00:00:52 | 00:41:21 | 00:59:31.50 | 00:59:31.50 | 5:57 | 10.1 |
| 21 | MARSZAŁ KATARZYNA | 1099 | | KRAKÓW | POL | K30 | 6 | K 21 | 00:01:18 | 00:40:16 | 00:59:50.05 | 00:59:50.05 | 5:59 | 10 |
| 22 | DZIERŻAK ELŻBIETA | 1039 | HUSARIA RACE TEAM | GŁOGÓW MAŁOPOLSKI | POL | K40 | 7 | K 22 | 00:01:23 | 00:40:40 | 00:59:57.50 | 00:59:57.50 | 5:59 | 10 |
| 23 | KĘDRA AGNIESZKA | 1024 | PODKARPACKA SZKOŁA KRAV MAGA | RZESZÓW | POL | K20 | 9 | K 23 | 00:02:04 | 00:39:50 | 01:00:08.10 | 01:00:08.10 | 6:00 | 10 |
| 24 | FILIPIAK BEATA | 1080 | MIECHOWICKA GRUPA BIEGOWA | BYTOM | POL | K40 | 8 | K 24 | 00:01:55 | 00:40:04 | 01:00:38.15 | 01:00:38.15 | 6:03 | 9.9 |
| 25 | GRUCHAŁA AGNIESZKA | 1118 | | PRUSICE | POL | K40 | 9 | K 25 | 00:01:24 | 00:40:40 | 01:01:21.75 | 01:01:21.75 | 6:08 | 9.8 |
| 26 | MACHUCKA EWELINA | 1094 | | RZESZÓW | POL | K30 | 7 | K 26 | 00:01:34 | 00:40:55 | 01:01:26.35 | 01:01:26.35 | 6:08 | 9.8 |
| 27 | BIESZCZAD IŁONA | 1052 | KKB MOSIR KROSNO | WOJASZÓWKA | POL | K30 | 8 | K 27 | 00:02:30 | 00:41:15 | 01:02:09.60 | 01:02:09.60 | 6:12 | 9.7 |
| 28 | STARZECKA JOANNA | 1041 | | JAROSŁAW | POL | K40 | 10 | K 28 | 00:01:10 | 00:41:09 | 01:02:13.55 | 01:02:13.55 | 6:13 | 9.6 |
| 29 | RÓZYCKA DOROTA | 1177 | NOWY STYL GROUP RUNNING TEAM | JASŁO | POL | K30 | 9 | K 29 | 00:02:11 | 00:41:46 | 01:02:14.05 | 01:02:14.05 | 6:13 | 9.6 |
| 30 | SAMBORSKA WERONIKA | 1178 | NOWY STYL GROUP RUNNING TEAM | BRZYSKA | POL | K30 | 10 | K 30 | 00:02:10 | 00:42:11 | 01:02:15.95 | 01:02:15.95 | 6:13 | 9.6 |
| 31 | ŻARNICKA ANNA | 1035 | STAY INSANE/CROSSFIT Z16 | TURKA | POL | K30 | 11 | K 31 | 00:02:26 | 00:42:46 | 01:02:38.50 | 01:02:38.50 | 6:15 | 9.6 |
| 32 | LUZAR MONIKA | 1076 | MIA | BIELAWA | POL | K40 | 11 | K 32 | 00:01:11 | 00:41:38 | 01:02:40.80 | 01:02:40.80 | 6:16 | 9.6 |
| 33 | GUZEK EWA | 140 | DZIKIE GRUBASY SZATANA | WARSZAWA | POL | K30 | 12 | K 33 | 00:01:50 | 00:42:19 | 01:02:42.90 | 01:02:42.90 | 6:16 | 9.6 |
| 34 | BURDA RENATA | 1282 | MTB MOSIR DUKLA | DUKLA | POL | K30 | 13 | K 34 | 00:01:02 | 00:40:54 | 01:02:45.70 | 01:02:45.70 | 6:16 | 9.6 |
| 35 | RACHWAŁ IZABELA | 1244 | | ODOLANÓW | POL | K20 | 10 | K 35 | 00:02:09 | 00:42:01 | 01:03:09.20 | 01:03:09.20 | 6:18 | 9.5 |
| 36 | SUJAK MAŁGORZATA | 1030 | MKB DREPTAK | MIŃSK MAZOWIECKI | POL | K50 | 2 | K 36 | 00:01:29 | 00:42:29 | 01:03:18.10 | 01:03:18.10 | 6:19 | 9.5 |
| 37 | SADOWIŃSKA ADRIANA | 1016 | NOWA HUTA TEAM | KRAKÓW | POL | K40 | 12 | K 37 | 00:01:43 | 00:43:02 | 01:03:41.45 | 01:03:41.45 | 6:22 | 9.4 |
| 38 | TYLKA MAŁGOSIA | 1131 | | LEGNICA | POL | K30 | 14 | K 38 | 00:02:48 | 00:43:30 | 01:03:57.80 | 01:03:57.80 | 6:23 | 9.4 |
| 39 | PIRÓG BEATA | 1305 | | WARSZAWA | POL | K30 | 15 | K 39 | 00:01:18 | 00:42:35 | 01:04:21.10 | 01:04:21.10 | 6:26 | 9.3 |
| 40 | KOCIOŁEK ALEKSANDRA | 1130 | | WROCLAW | POL | K30 | 16 | K 40 | 00:02:22 | 00:42:52 | 01:04:28.25 | 01:04:28.25 | 6:26 | 9.3 |

IV ZIMOWA BIESZCZADZKA DYCHA 2018, Kobiety c.d.

| POS | Name and surname | No. | Club | City | NAT | Cat. | M. cat. | F/M | 0.1km | 5.5km | Netto | Brutto | min/km | km/h |
|-----|-----------------------------|------|---|------------------|-----|------|---------|------|----------|----------|-------------|-------------|--------|------|
| 41 | WARCHOŁ - SNUZIK PATRYCJA | 1159 | SOLINA TEAM | POLAŃCZYK | POL | K30 | 17 | K 41 | 00:00:55 | 00:42:24 | 01:04:39.70 | 01:04:39.70 | 6:27 | 9.3 |
| 42 | WOJTYNA AGATA | 1089 | #KASZANIENAMOKA | GDAŃSK | POL | K20 | 11 | K 42 | 00:03:06 | 00:43:20 | 01:04:42.95 | 01:04:42.95 | 6:28 | 9.3 |
| 43 | MAJCHROWICZ MARZENNA | 1185 | | KROŚCIENKO WYŻNE | POL | K40 | 13 | K 43 | 00:02:46 | 00:43:28 | 01:04:48.10 | 01:04:48.10 | 6:28 | 9.3 |
| 44 | KASPROWICZ JUSTYNA | 1147 | FUN&RUN | CZUDEC | POL | K30 | 18 | K 44 | 00:00:58 | 00:43:01 | 01:04:51.00 | 01:04:51.00 | 6:29 | 9.3 |
| 45 | RABSZTYN-PIEKARSKA NATASZA | 1044 | | KRAKÓW | POL | K40 | 14 | K 45 | 00:01:28 | 00:42:43 | 01:04:53.65 | 01:04:53.65 | 6:29 | 9.2 |
| 46 | BIEDRZYCKA MARTA | 1079 | DZIKIE GRUBASY SZATANA | WARSZAWA | POL | K30 | 19 | K 46 | 00:01:54 | 00:44:43 | 01:05:55.35 | 01:05:55.35 | 6:35 | 9.1 |
| 47 | JAWORSKA MARTA | 1182 | | RZESZÓW | POL | K30 | 20 | K 47 | 00:02:12 | 00:44:01 | 01:06:15.40 | 01:06:15.40 | 6:37 | 9.1 |
| 48 | BENSKA KRYSZYNA | 1081 | MIECHOWICKA GRUPA BIEGOWA | BYTOM | POL | K60 | 1 | K 48 | 00:01:55 | 00:43:44 | 01:06:40.00 | 01:06:40.00 | 6:40 | 9 |
| 49 | PABIAŃCZYK MAŁGORZATA | 1286 | | STARY GOŚCINIEC | POL | K30 | 21 | K 49 | 00:02:05 | 00:44:22 | 01:06:58.95 | 01:06:58.95 | 6:41 | 9 |
| 50 | KOLIBAROVA MARTINA | 1309 | MARAS TEAM | PRESOV | | K30 | 22 | K 50 | 00:01:54 | 00:45:21 | 01:07:02.80 | 01:07:02.80 | 6:42 | 9 |
| 51 | SKUZA MAŁGORZATA | 1258 | | GLIWICE | POL | K40 | 15 | K 51 | 00:01:50 | 00:45:27 | 01:07:13.65 | 01:07:13.65 | 6:43 | 8.9 |
| 52 | GNIECIAK MONIKA | 1126 | BIESZCZADYRUN | GÓRA PUŁAWSKA | POL | K30 | 23 | K 52 | 00:02:00 | 00:44:56 | 01:07:28.00 | 01:07:28.00 | 6:44 | 8.9 |
| 53 | KOCEMBA DANUTA | 1114 | BRAK | PORĄBKĄ | POL | K30 | 24 | K 53 | 00:01:38 | 00:44:51 | 01:07:29.60 | 01:07:29.60 | 6:44 | 8.9 |
| 54 | KOŁODZIEJCZYK JOANNA | 1311 | | KRAKÓW | | K30 | 25 | K 54 | 00:02:20 | 00:45:58 | 01:07:34.80 | 01:07:34.80 | 6:45 | 8.9 |
| 55 | KOCZAJA MAŁGORZATA | 1105 | | KRAKÓW | POL | K20 | 12 | K 55 | 00:01:56 | 00:45:38 | 01:07:50.80 | 01:07:50.80 | 6:47 | 8.8 |
| 56 | WYSOCKA KATARZYNA | 1086 | | KATOWICE | POL | K40 | 16 | K 56 | 00:02:21 | 00:43:54 | 01:07:57.35 | 01:07:57.35 | 6:47 | 8.8 |
| 57 | OKLEJ AGATA | 1300 | KORNIŁOW TEAM | WARSZAWA | POL | K30 | 26 | K 57 | 00:02:56 | 00:46:47 | 01:08:20.20 | 01:08:20.20 | 6:50 | 8.8 |
| 58 | WOLSKA MARTA | 1155 | WOLSCY BROTHERS TRIATHLON TEAM | SŁUPSK | POL | K20 | 13 | K 58 | 00:01:38 | 00:44:20 | 01:08:27.00 | 01:08:27.00 | 6:50 | 8.8 |
| 59 | NOWAK WIOLETTA | 1229 | DZIKIE MUSTANGI | DĘBICA | POL | K30 | 27 | K 59 | 00:01:42 | 00:43:26 | 01:08:39.60 | 01:08:39.60 | 6:51 | 8.7 |
| 60 | JEŻOWSKA IGA | 1209 | WW TEAM | LUBLIN | POL | K20 | 14 | K 60 | 00:01:51 | 00:46:34 | 01:08:40.80 | 01:08:40.80 | 6:52 | 8.7 |
| 61 | ŚWIGONIAK ANNA | 1014 | NOWA HUTA TEAM FUNDACJA BIEG ROLNIKA | KRAKÓW | POL | K30 | 28 | K 61 | 00:01:42 | 00:46:56 | 01:09:09.60 | 01:09:09.60 | 6:54 | 8.7 |
| 62 | OWOCKA EWA | 1289 | MIECHOWICKA GRUPA BIEGOWA | ZABRZE | | K30 | 29 | K 62 | 00:01:54 | 00:46:43 | 01:09:26.85 | 01:09:26.85 | 6:56 | 8.6 |
| 63 | JANKOWSKA MAŁGORZATA | 1110 | | POZNAŃ | POL | K30 | 30 | K 63 | 00:02:33 | 00:48:44 | 01:09:28.80 | 01:09:28.80 | 6:56 | 8.6 |
| 64 | BRZozowska PAULINA | 1170 | | STAŁOWA WOLA | POL | K30 | 31 | K 64 | 00:02:42 | 00:47:23 | 01:10:19.90 | 01:10:19.90 | 7:01 | 8.5 |
| 65 | LENKIEWICZ-BARDZIŃSKA AGATA | 1210 | MKS HALICZ, NADLEŚNICTWO LUTOWISKA | LUTOWISKA | POL | K30 | 32 | K 65 | 00:01:06 | 00:46:55 | 01:10:45.30 | 01:10:45.30 | 7:04 | 8.5 |
| 66 | TOBERA ALICJA | 1149 | | BORZECIN DUZY | POL | K30 | 33 | K 66 | 00:02:17 | 00:47:15 | 01:10:49.40 | 01:10:49.40 | 7:04 | 8.5 |
| 67 | SARNA AGATA | 1040 | | TYCZYN | POL | K30 | 34 | K 67 | 00:01:24 | 00:47:09 | 01:11:01.90 | 01:11:01.90 | 7:06 | 8.4 |
| 68 | GAJDA BEATA | 1240 | #YOLOTEAMKRK | KRAKÓW | POL | K40 | 17 | K 68 | 00:02:08 | 00:47:04 | 01:11:05.20 | 01:11:05.20 | 7:06 | 8.4 |
| 69 | KOKOT KATARZYNA | 672 | AKTYWNY DYNÓW | DYNÓW | POL | K30 | 35 | K 69 | 00:02:47 | 00:49:32 | 01:11:09.85 | 01:11:09.85 | 7:06 | 8.4 |
| 70 | GŁUSZKO JUSTYNA | 1231 | SOLIN TEAM | BEREZKA | POL | K30 | 36 | K 70 | 00:02:02 | 00:47:17 | 01:11:20.75 | 01:11:20.75 | 7:08 | 8.4 |
| 71 | SULEJA JOANNA | 1173 | SZWLĄ STARGARD | STARGARD | POL | K50 | 3 | K 71 | 00:02:49 | 00:48:14 | 01:11:40.65 | 01:11:40.65 | 7:10 | 8.4 |
| 72 | WOŹNIAK ALEKSANDRA | 1169 | | WARSZAWA | POL | K30 | 37 | K 72 | 00:02:44 | 00:48:15 | 01:11:42.15 | 01:11:42.15 | 7:10 | 8.4 |
| 73 | WIŚNIEWSKA GOSIA | 1097 | | OLSZTYN | POL | K40 | 18 | K 73 | 00:02:38 | 00:48:23 | 01:11:42.80 | 01:11:42.80 | 7:10 | 8.4 |
| 74 | GARWACKA BEATA | 1247 | | NIEPORĘT | POL | K50 | 4 | K 74 | 00:02:09 | 00:48:06 | 01:11:43.30 | 01:11:43.30 | 7:10 | 8.4 |
| 75 | GADECKA MAGDALENA | 1057 | RAPTOWNI | LISIA GORA | POL | K30 | 38 | K 75 | 00:02:23 | 00:50:05 | 01:11:45.95 | 01:11:45.95 | 7:10 | 8.4 |
| 76 | DĄBRÓWKA NINA | 1200 | FUNDACJA LATARNIA | BUKOWSKO | POL | K30 | 39 | K 76 | 00:01:17 | 00:47:40 | 01:12:10.70 | 01:12:10.70 | 7:13 | 8.3 |
| 77 | KŁĘCZAR EWA | 1232 | BRAK | KĘTY | POL | K30 | 40 | K 77 | 00:01:38 | 00:48:00 | 01:12:27.25 | 01:12:27.25 | 7:14 | 8.3 |
| 78 | HADAM EWA | 1031 | SPARTAN RACE TRAINING GROUP RZESZÓW | DYNÓW | POL | K50 | 5 | K 78 | 00:02:50 | 00:49:08 | 01:12:34.80 | 01:12:34.80 | 7:15 | 8.3 |
| 79 | LIS MARIA | 1127 | | RZESZÓW | POL | K20 | 15 | K 79 | 00:02:25 | 00:48:33 | 01:12:42.05 | 01:12:42.05 | 7:16 | 8.3 |
| 80 | ŻYŃDA MARTA | 1141 | FUNDACJA KIERUNEK ULTRA | SUWAŁKI | POL | K40 | 19 | K 80 | 00:01:18 | 00:47:15 | 01:12:50.10 | 01:12:50.10 | 7:17 | 8.2 |
| 81 | PEKALSKA ANNA | 1184 | | NIEPORĘT | POL | K40 | 20 | K 81 | 00:02:10 | 00:48:16 | 01:12:53.05 | 01:12:53.05 | 7:17 | 8.2 |
| 82 | STAWSKA NATALIA | 1047 | LACHO TEAM | KRAKÓW | POL | K30 | 41 | K 82 | 00:02:58 | 00:49:14 | 01:12:53.35 | 01:12:53.35 | 7:17 | 8.2 |
| 83 | PARTYKA AGNIESZKA | 1277 | | RZESZÓW | | K30 | 42 | K 83 | 00:03:01 | 00:49:52 | 01:13:01.90 | 01:13:01.90 | 7:18 | 8.2 |
| 84 | ZWIERZ MAŁGORZATA | 1098 | | LUBLIN | POL | K40 | 21 | K 84 | 00:01:57 | 00:49:11 | 01:13:18.50 | 01:13:18.50 | 7:19 | 8.2 |
| 85 | KRÓLIKOWSKA KATARZYNA | 1096 | | LUBLIN | POL | K40 | 22 | K 85 | 00:01:58 | 00:49:11 | 01:13:23.00 | 01:13:23.00 | 7:20 | 8.2 |
| 86 | WRZOSEK JUSTYNA | 1059 | | SANDOMIERZ | POL | K30 | 43 | K 86 | 00:01:37 | 00:50:26 | 01:14:24.25 | 01:14:24.25 | 7:26 | 8.1 |
| 87 | PAWELEC JUSTYNA | 1060 | | SANDOMIERZ | POL | K30 | 44 | K 87 | 00:01:38 | 00:50:26 | 01:14:24.30 | 01:14:24.30 | 7:26 | 8.1 |
| 88 | CZOCHARA MARTA | 1122 | AMATOR | OPOLE | POL | K40 | 23 | K 88 | 00:02:47 | 00:49:39 | 01:14:32.20 | 01:14:32.20 | 7:27 | 8.1 |
| 89 | AUGUSTYNIAK KINGA | 1306 | LACHO TEAM | KRAKÓW | | K40 | 24 | K 89 | 00:02:07 | 00:49:39 | 01:15:10.30 | 01:15:10.30 | 7:31 | 8 |
| 90 | MAJ PAULINA | 1194 | | SUCHA BESKIDZKA | POL | K20 | 16 | K 90 | 00:02:16 | 00:50:55 | 01:15:40.35 | 01:15:40.35 | 7:34 | 7.9 |
| 91 | KĄZMIERCZAK MALWINA | 1071 | DZIKIE GRUBASY SZATANA | WARSZAWA | POL | K30 | 45 | K 91 | 00:01:55 | 00:50:35 | 01:16:15.75 | 01:16:15.75 | 7:37 | 7.9 |
| 92 | SZYMAŁA MONIKA | 1264 | | KŁUCZBORK | POL | K20 | 17 | K 92 | 00:02:44 | 00:50:56 | 01:16:30.85 | 01:16:30.85 | 7:39 | 7.8 |
| 93 | KALINOWSKA LUCYNA | 1115 | | PRZEMYŚL | POL | K50 | 6 | K 93 | 00:01:10 | 00:49:56 | 01:17:23.30 | 01:17:23.30 | 7:44 | 7.8 |
| 94 | GŁOWACKA ALEKSANDRA | 1143 | WIELISZEW HERON TEAM | LEGIONOWO | POL | K40 | 25 | K 94 | 00:01:33 | 00:49:24 | 01:17:40.75 | 01:17:40.75 | 7:46 | 7.7 |

IV ZIMOWA BIESZCZADZKA DYCHA 2018, Kobiety c.d.

| POS | Name and surname | No. | Club | City | NAT | Cat. | M. cat. | F/M | 0.1km | 5.5km | Netto | Brutto | min/km | km/h |
|-----|--------------------------|------|-----------------------------|-----------|-----|------|---------|-------|----------|----------|-------------|-------------|--------|------|
| 95 | MARUT KAŚKA | 1263 | NIGHT RUNNERS GLIWICE | GLIWICE | POL | K40 | 26 | K 95 | 00:02:28 | 00:52:27 | 01:20:28.40 | 01:20:28.40 | 8:02 | 7.5 |
| 96 | GORAJ - ZAJĄC ALEKSANDRA | 1279 | NIGHTRUNNERS | GLIWICE | POL | K40 | 27 | K 96 | 00:02:27 | 00:52:28 | 01:20:30.25 | 01:20:30.25 | 8:03 | 7.5 |
| 97 | GERGONT ALEKSANDRA | 1230 | | MYŚLENICE | POL | K50 | 7 | K 97 | 00:02:05 | | 01:20:34.40 | 01:20:34.40 | 8:03 | 7.4 |
| 98 | BARCZAK SYLWIA | 1301 | PERFECT RUNNER /STAY INSANE | LUBLIN | | K30 | 46 | K 98 | 00:01:41 | 00:55:08 | 01:20:54.90 | 01:20:54.90 | 8:05 | 7.4 |
| 99 | CZUBA JADWIGA | 1287 | | | | K30 | 47 | K 99 | 00:02:44 | 00:55:34 | 01:21:20.30 | 01:21:20.30 | 8:08 | 7.4 |
| 100 | SŁOBODA MAGDALENA | 1119 | RUNŚLOBODAN | KRAKOW | POL | K30 | 48 | K 100 | 00:02:35 | 00:57:16 | 01:23:32.05 | 01:23:32.05 | 8:21 | 7.2 |
| 101 | FRĄC ELŻBIETA | 1012 | NIGHT RUNNERS GLIWICE | GLIWICE | POL | K40 | 28 | K 101 | 00:02:43 | 00:56:08 | 01:24:42.80 | 01:24:42.80 | 8:28 | 7.1 |
| 102 | CIESZYŃSKA JOLANTA | 1157 | SEKCJA BIEGOWA FAMILA | GLIWICE | POL | K50 | 8 | K 102 | 00:02:23 | 00:59:13 | 01:26:33.80 | 01:26:33.80 | 8:39 | 6.9 |
| 103 | GREGORCZYK JADWIGA | 1013 | ZABIEGANI MIELEC | KROSNO | POL | K20 | 18 | K 103 | 00:03:02 | 00:57:47 | 01:28:05.05 | 01:28:05.05 | 8:48 | 6.8 |
| 104 | BĄDZIUL DOROTA | 1018 | | RZESZÓW | POL | K30 | 49 | K 104 | 00:02:02 | 00:58:03 | 01:28:09.40 | 01:28:09.40 | 8:48 | 6.8 |
| 105 | ZAJDEL MONIKA | 1101 | | JAROSŁAW | POL | K30 | 50 | K 105 | 00:01:41 | 01:00:24 | 01:29:07.10 | 01:29:07.10 | 8:54 | 6.7 |
| 106 | OŻÓG IWONA | 1145 | | CHEŁM | POL | K40 | 29 | K 106 | 00:02:31 | 00:59:36 | 01:30:01.85 | 01:30:01.85 | 9:00 | 6.7 |
| 107 | OŻÓG DOROTA | 1146 | | CHEŁM | POL | K40 | 30 | K 107 | 00:02:31 | 00:59:36 | 01:30:02.30 | 01:30:02.30 | 9:00 | 6.7 |
| 108 | BOGDAŁ JOANNA | 1023 | NOWA HUTA TEAM | KRAKÓW | POL | K40 | 31 | K 108 | 00:01:44 | 01:02:01 | 01:33:55.10 | 01:33:55.10 | 9:23 | 6.4 |

IV ZIMOWA BIESZCZADZKA DYCHA 2018, Mężczyźni

| POS | Name and surname | No. | Club | City | NAT | Cat. | M. cat. | F/M | 0.1km | 5.5km | Netto | Brutto | min/km | km/h |
|-----|---------------------|------|-------------------------|-------------------|-----|------|---------|------|----------|----------|-------------|-------------|--------|------|
| 1 | DOMISZEWSKI IGNACY | 1065 | MKS HALICZ | USTRZYKI DOLNE | POL | M20 | 1 | M 1 | 00:00:27 | 00:22:12 | 00:34:04.70 | 00:34:04.70 | 3:24 | 17.6 |
| 2 | SZPUNAR ANDRZEJ | 1187 | | RZESZÓW | POL | M40 | 1 | M 2 | 00:00:27 | 00:23:22 | 00:36:12.50 | 00:36:12.50 | 3:37 | 16.6 |
| 3 | DZIOREK TOMASZ | 1092 | SPRINT GORZYCE | GORZYCE | POL | M30 | 1 | M 3 | 00:00:29 | 00:26:37 | 00:40:17.00 | 00:40:17.00 | 4:01 | 14.9 |
| 4 | SUROWIEC GRZEGORZ | 1160 | BESTA SP. Z O.O. | RZESZÓW | POL | M30 | 2 | M 4 | 00:00:30 | 00:27:17 | 00:41:08.45 | 00:41:08.45 | 4:06 | 14.6 |
| 5 | DUDZIK ŁUKASZ | 1175 | GÓRAL BIEGA | KAMIENICA | POL | M30 | 3 | M 5 | 00:00:35 | 00:28:05 | 00:41:40.10 | 00:41:40.10 | 4:10 | 14.4 |
| 6 | BARAN MATEUSZ | 1072 | GORLIICKA GRUPA BIEGOWA | SZYMBARK | POL | M20 | 2 | M 6 | 00:00:29 | 00:27:36 | 00:41:53.30 | 00:41:53.30 | 4:11 | 14.3 |
| 7 | ADAMCZYK PRZEMYSŁAW | 1235 | ADIDAS RUNNERS WARSAW | WARSZAWA | POL | M40 | 2 | M 7 | 00:00:28 | 00:28:35 | 00:42:43.55 | 00:42:43.55 | 4:16 | 14 |
| 8 | MARCZAK PAWEŁ | 1234 | ADIDAS RUNNERS WARSAW | WARSZAWA | POL | M30 | 4 | M 8 | 00:00:32 | 00:28:39 | 00:42:51.50 | 00:42:51.50 | 4:17 | 14 |
| 9 | TRYNIECKI KRYSZTOF | 1073 | | ŻOŁYŃIA | POL | M20 | 3 | M 9 | 00:00:39 | 00:28:09 | 00:43:05.70 | 00:43:05.70 | 4:18 | 13.9 |
| 10 | MAJCHROWICZ WIKTOR | 1314 | | ROGI | POL | M30 | 5 | M 10 | 00:00:57 | 00:29:31 | 00:43:44.75 | 00:43:44.75 | 4:22 | 13.7 |
| 11 | REGIEC MATEUSZ | 1246 | GYPSY RUNNER'S | PORĘBA SPYTKOWSKA | POL | M30 | 6 | M 11 | 00:00:39 | 00:29:18 | 00:43:53.55 | 00:43:53.55 | 4:23 | 13.7 |
| 12 | TELESZ MATEUSZ | 1249 | | POŁOMIA | POL | M30 | 7 | M 12 | 00:00:39 | 00:29:39 | 00:44:41.55 | 00:44:41.55 | 4:28 | 13.4 |
| 13 | HARSCHE PAWEŁ | 1026 | | LUOWISKA | POL | M30 | 8 | M 13 | 00:00:53 | 00:29:48 | 00:45:00.25 | 00:45:00.25 | 4:30 | 13.3 |
| 14 | TRYNIECKI TOMASZ | 1074 | GRODZISKA GRUPA BIEGOWA | ŻOŁYŃIA | POL | M40 | 3 | M 14 | 00:00:39 | 00:30:06 | 00:45:02.70 | 00:45:02.70 | 4:30 | 13.3 |
| 15 | PRZEBIROWSKI KAROL | 1151 | HUSARIA RACE TEAM | FAJSŁAWICE | POL | M20 | 4 | M 15 | 00:00:30 | 00:29:51 | 00:45:21.60 | 00:45:21.60 | 4:32 | 13.2 |
| 16 | SARNA KAMIL | 1166 | | KRASNE | POL | M30 | 9 | M 16 | 00:00:50 | 00:30:29 | 00:45:36.30 | 00:45:36.30 | 4:33 | 13.2 |
| 17 | WÓJCIK JERZY | 1100 | | KAKÓW | POL | M30 | 10 | M 17 | 00:00:56 | 00:31:01 | 00:46:04.85 | 00:46:04.85 | 4:36 | 13 |
| 18 | WÓJCIK JÓZEF | 1137 | CHEŁM BIEGA | CHEŁM | POL | M40 | 4 | M 18 | 00:00:56 | 00:31:06 | 00:46:55.85 | 00:46:55.85 | 4:41 | 12.8 |
| 19 | MĄSLANY DANIEL | 1046 | | SANOK | POL | M40 | 5 | M 19 | 00:01:00 | 00:31:45 | 00:47:13.85 | 00:47:13.85 | 4:43 | 12.7 |
| 20 | WINIARSKI KAROL | 1176 | BIŁKITNI ŻEGLCE | ŻEGLCE | POL | M30 | 11 | M 20 | 00:00:37 | 00:31:39 | 00:47:30.00 | 00:47:30.00 | 4:45 | 12.6 |
| 21 | CHOJNACKI WIKTOR | 1226 | | LUTOWISKA | POL | M30 | 12 | M 21 | 00:01:02 | 00:32:07 | 00:47:47.60 | 00:47:47.60 | 4:46 | 12.6 |
| 22 | ONISK KAMIL | 1162 | MKB DREPTAK | MIŃSK MAZOWIECKI | POL | M20 | 5 | M 22 | 00:00:31 | 00:32:18 | 00:48:32.20 | 00:48:32.20 | 4:51 | 12.4 |
| 23 | SKOTNICZNY MICHAŁ | 1138 | | KRAKÓW | POL | M20 | 6 | M 23 | 00:00:57 | 00:32:34 | 00:48:39.75 | 00:48:39.75 | 4:51 | 12.3 |
| 24 | ZAWADZKI KRZYSZTOF | 1239 | FUNDACJA LATARNIA | BUKOWSKO | POL | M20 | 7 | M 24 | 00:01:10 | 00:32:50 | 00:48:47.35 | 00:48:47.35 | 4:52 | 12.3 |
| 25 | TUCZAPSKI PIOTR | 1212 | XRUNNERS | RZESZÓW | POL | M20 | 8 | M 25 | 00:00:37 | 00:32:22 | 00:48:47.40 | 00:48:47.40 | 4:52 | 12.3 |
| 26 | STANKIEWICZ JACEK | 1218 | | DUKLA | POL | M50 | 1 | M 26 | 00:00:39 | 00:32:23 | 00:48:48.50 | 00:48:48.50 | 4:52 | 12.3 |
| 27 | FARON PIOTR | 1280 | LIMANOWA FOREST | | | M60 | 1 | M 27 | 00:00:43 | 00:32:43 | 00:48:50.25 | 00:48:50.25 | 4:53 | 12.3 |
| 28 | SZYSZŁO TOMASZ | 1219 | RUN ENERGY CLUB SANOK | SANOK | POL | M30 | 13 | M 28 | 00:00:57 | 00:32:40 | 00:48:51.85 | 00:48:51.85 | 4:53 | 12.3 |
| 29 | KŁATE ŁUKASZ | 1017 | ŁÓDŹ KOCHA SPORT | ŁÓDŹ | POL | M40 | 6 | M 29 | 00:00:59 | 00:32:48 | 00:49:18.90 | 00:49:18.90 | 4:55 | 12.2 |
| 30 | SZWAST JERZY | 1198 | MTB MOSR DUKLA | DUKLA | POL | M40 | 7 | M 30 | 00:01:25 | 00:33:28 | 00:49:26.20 | 00:49:26.20 | 4:56 | 12.1 |
| 31 | RECZKOWSKI ANDRZEJ | 1252 | 1954 | NIENASZÓW | POL | M60 | 2 | M 31 | 00:00:38 | 00:32:42 | 00:49:44.55 | 00:49:44.55 | 4:58 | 12.1 |
| 32 | WILCZAK JANUSZ | 1021 | | PRZEMYŚL | POL | M40 | 8 | M 32 | 00:00:34 | 00:33:14 | 00:50:01.70 | 00:50:01.70 | 5:00 | 12 |
| 33 | KRZYŚKO MARCIN | 1144 | | TRZEBOWNISKO | POL | M30 | 14 | M 33 | 00:01:20 | 00:32:44 | 00:50:02.60 | 00:50:02.60 | 5:00 | 12 |
| 34 | PLESZKA MAREK | 1165 | OTRYT LUTOWISKA | LUTOWISKA | POL | M40 | 9 | M 34 | 00:01:01 | 00:33:42 | 00:50:27.50 | 00:50:27.50 | 5:02 | 11.9 |
| 35 | ZAWADZKI MARCIN | 1053 | SZCZWANY TRZMIEL TEAM | LUBENIA | POL | M30 | 15 | M 35 | 00:01:03 | 00:33:45 | 00:50:41.55 | 00:50:41.55 | 5:04 | 11.8 |
| 36 | BODZIOCH GRZEGORZ | 1062 | GORLIICKA GRUPA BIEGOWA | GORLICE | POL | M40 | 10 | M 36 | 00:01:01 | 00:33:26 | 00:50:48.05 | 00:50:48.05 | 5:04 | 11.8 |
| 37 | STĘPKOWSKI MATEUSZ | 1206 | | PIASTÓW | POL | M20 | 9 | M 37 | 00:02:42 | 00:35:58 | 00:50:51.50 | 00:50:51.50 | 5:05 | 11.8 |
| 38 | ISKRA GRZEGORZ | 1150 | KP PSP STRYZÓW | CZUDEK | POL | M30 | 16 | M 38 | 00:00:59 | 00:33:57 | 00:50:58.35 | 00:50:58.35 | 5:05 | 11.8 |

IV ZIMOWA BIESZCZADZKA DYCHA 2018, Mężczyźni c.d.

| POS | Name and surname | No. | Club | City | NAT | Cat. | M. cat. | F/M | 0.1km | 5.5km | Netto | Brutto | min/km | km/h |
|-----|----------------------|------|---|----------------------|-----|------|---------|------|----------|----------|-------------|-------------|--------|------|
| 39 | DRAŻEK SŁAWOMIR | 1183 | | FAJSŁAWICE | POL | M40 | 11 | M 39 | 00:01:03 | 00:34:22 | 00:51:14.50 | 00:51:14.50 | 5:07 | 11.7 |
| 40 | TOKARZ ADRIAN | 1191 | DZIKIE MUSTANGI | PASZCZYNA | POL | M30 | 17 | M 40 | 00:01:38 | 00:34:26 | 00:51:22.15 | 00:51:22.15 | 5:08 | 11.7 |
| 41 | KARKUT MICHAŁ | 1205 | FUN&RUN | STRZYŻÓW | POL | M30 | 18 | M 41 | 00:01:38 | 00:35:13 | 00:51:57.10 | 00:51:57.10 | 5:11 | 11.5 |
| 42 | RAPACZ MARCIN | 1108 | | KRAKÓW | POL | M50 | 2 | M 42 | 00:01:08 | 00:34:10 | 00:52:00.20 | 00:52:00.20 | 5:12 | 11.5 |
| 43 | DUDZIŃSKI PIOTR | 1196 | | RZESZÓW | POL | M30 | 19 | M 43 | 00:01:37 | 00:35:12 | 00:52:17.80 | 00:52:17.80 | 5:13 | 11.5 |
| 44 | RADZIK ROBERT | 1221 | 1991 | BIAŁA NIŻNA | POL | M20 | 10 | M 44 | 00:00:39 | 00:35:20 | 00:52:18.55 | 00:52:18.55 | 5:13 | 11.5 |
| 45 | RYŁKO JACEK | 1140 | SOLINA TEAM | SOLINA | POL | M40 | 12 | M 45 | 00:01:01 | 00:35:24 | 00:52:21.15 | 00:52:21.15 | 5:14 | 11.5 |
| 46 | HYDZIK ŁUKASZ | 1058 | LIDER SANOK | SANOK | POL | M40 | 13 | M 46 | 00:00:58 | 00:34:52 | 00:52:27.00 | 00:52:27.00 | 5:14 | 11.4 |
| 47 | OLEKSIK FILIP | 1298 | AZS KRAKOWSKA AKADEMIA IM. FRYCIA | KRAKÓW | POL | M20 | 11 | M 47 | 00:01:20 | 00:35:54 | 00:52:29.10 | 00:52:29.10 | 5:14 | 11.4 |
| 48 | MIERZWA KAMIL | 1284 | | JASŁO | POL | M20 | 12 | M 48 | 00:01:05 | 00:35:10 | 00:52:47.15 | 00:52:47.15 | 5:16 | 11.4 |
| 49 | SOBIERAJSKI MACIEJ | 1043 | | REDA | POL | M30 | 20 | M 49 | 00:01:09 | 00:36:25 | 00:52:49.00 | 00:52:49.00 | 5:16 | 11.4 |
| 50 | SIENNICKI RAFAŁ | 1180 | | MARKI | POL | M40 | 14 | M 50 | 00:01:33 | 00:35:53 | 00:53:23.75 | 00:53:23.75 | 5:20 | 11.2 |
| 51 | MISIOŁEK MARCIN | 1038 | MOSIR DUKLA | DUKLA | POL | M30 | 21 | M 51 | 00:01:22 | 00:35:37 | 00:53:27.35 | 00:53:27.35 | 5:20 | 11.2 |
| 52 | BŁASZCZAK BŁAŻEJ | 1203 | | KRAKÓW | POL | M30 | 22 | M 52 | 00:01:01 | 00:36:17 | 00:53:29.35 | 00:53:29.35 | 5:20 | 11.2 |
| 53 | PAJESTKA WOJCIECH | 1265 | POZYTYWNIIE ZABIEGANI SANOK/ AZS PWSZ | SANOK | POL | M40 | 15 | M 53 | 00:02:36 | 00:37:09 | 00:53:35.50 | 00:53:35.50 | 5:21 | 11.2 |
| 54 | GUDOWSKI KRYSZTIAN | 1262 | | SANOK | POL | M30 | 23 | M 54 | 00:02:37 | 00:37:09 | 00:53:37.50 | 00:53:37.50 | 5:21 | 11.2 |
| 55 | JAKUSZEWSKI PAWEŁ | 1167 | | JAROSŁAW | POL | M30 | 24 | M 55 | 00:02:22 | 00:36:57 | 00:53:44.50 | 00:53:44.50 | 5:22 | 11.2 |
| 56 | NALEPA MACIEJ | 1172 | | NOWY SĄCZ | POL | M30 | 25 | M 56 | 00:01:09 | 00:36:33 | 00:54:00.55 | 00:54:00.55 | 5:24 | 11.1 |
| 57 | WYSOCKI MARIUSZ | 1202 | FUNDACJA LATARNIA | BUKOWSKO | POL | M30 | 26 | M 57 | 00:01:06 | 00:34:45 | 00:54:07.70 | 00:54:07.70 | 5:24 | 11.1 |
| 58 | ŻAK KRZYSZTOF | 1051 | | ZABIERZÓW | POL | M40 | 16 | M 58 | 00:01:20 | 00:36:43 | 00:54:14.15 | 00:54:14.15 | 5:25 | 11.1 |
| 59 | POŁOZYŃSKI ANDRZEJ | 1075 | ZACISZE NIGHT RUNNERS | WARSZAWA | POL | M40 | 17 | M 59 | 00:02:06 | 00:36:55 | 00:54:15.00 | 00:54:15.00 | 5:25 | 11.1 |
| 60 | NAWROT BARTŁOMIEJ | 1243 | KAMIENIOŁOM | LESKO | POL | M30 | 27 | M 60 | 00:01:58 | 00:36:22 | 00:54:28.35 | 00:54:28.35 | 5:26 | 11.1 |
| 61 | FURS TEODOR | 1253 | PIERDZĄCE ZAJĄCE | CISNA | POL | M40 | 18 | M 61 | 00:01:22 | 00:37:01 | 00:54:49.40 | 00:54:49.40 | 5:28 | 10.9 |
| 62 | SZYBIAK MACIEJ | 1215 | AGONA W&M | KRZYWCZA | POL | M20 | 13 | M 62 | 00:02:23 | 00:37:11 | 00:54:54.05 | 00:54:54.05 | 5:29 | 10.9 |
| 63 | KŁOCEK KONRAD | 1104 | | ŁĘŻYNY | POL | M30 | 28 | M 63 | 00:01:05 | 00:36:29 | 00:55:22.30 | 00:55:22.30 | 5:32 | 10.8 |
| 64 | HEC GRZEGORZ | 1015 | | GŁOWIENKA | POL | M30 | 29 | M 64 | 00:01:06 | 00:37:06 | 00:55:33.30 | 00:55:33.30 | 5:33 | 10.8 |
| 65 | DEC ROMAN | 1256 | JW3730 | GREBOW | POL | M30 | 30 | M 65 | 00:02:52 | 00:38:01 | 00:55:34.30 | 00:55:34.30 | 5:33 | 10.8 |
| 66 | GALANTY BARTŁOMIEJ | 1189 | | PRZEMYSŁ | POL | M40 | 19 | M 66 | 00:02:11 | 00:38:07 | 00:56:01.05 | 00:56:01.05 | 5:36 | 10.7 |
| 67 | DOMIN WIESŁAW | 1220 | | ZAGÓRZE | POL | M50 | 3 | M 67 | 00:01:17 | 00:38:16 | 00:56:04.45 | 00:56:04.45 | 5:36 | 10.7 |
| 68 | KOGUT LESZEK | 1049 | | PRZEMYSŁ | POL | M40 | 20 | M 68 | 00:02:01 | 00:37:16 | 00:56:09.05 | 00:56:09.05 | 5:36 | 10.7 |
| 69 | WAL SEBASTIAN | 1124 | STOWARZYSZENIE KLUB SPORTOWY W SMOLARZYNACH | SMOLARZYNY | POL | M20 | 14 | M 69 | 00:00:51 | 00:37:08 | 00:56:11.45 | 00:56:11.45 | 5:37 | 10.7 |
| 70 | LESZCZYŃSKI MIROSŁAW | 1125 | BIESZCZADYRUN | LESKO | POL | M30 | 31 | M 70 | 00:01:41 | 00:38:19 | 00:56:16.05 | 00:56:16.05 | 5:37 | 10.7 |
| 71 | BUGAJSKI ARTUR | 1111 | JABIEGAM | DĄBROWA GÓRNICZA | POL | M40 | 21 | M 71 | 00:01:18 | 00:37:32 | 00:56:19.30 | 00:56:19.30 | 5:37 | 10.7 |
| 72 | KOCHANIAK ANDRZEJ | 1208 | WŁÓCZYBIEGI | SOWLANY | POL | M30 | 32 | M 72 | 00:02:38 | 00:39:27 | 00:56:32.10 | 00:56:32.10 | 5:39 | 10.6 |
| 73 | ŻARNICKI KAMIL | 1036 | STAY INSANE | TURKA | POL | M30 | 33 | M 73 | 00:02:36 | 00:38:43 | 00:56:35.75 | 00:56:35.75 | 5:39 | 10.6 |
| 74 | OLEKSIK ZYGMUNT | 1063 | | KRAKÓW | POL | M40 | 22 | M 74 | 00:01:25 | 00:37:48 | 00:56:52.80 | 00:56:52.80 | 5:41 | 10.6 |
| 75 | MAJCHROWSKI JACEK | 1019 | CKB TARNOBRZEG | TARNOBRZEG | POL | M40 | 23 | M 75 | 00:01:59 | 00:38:46 | 00:56:53.05 | 00:56:53.05 | 5:41 | 10.5 |
| 76 | ROŚCIŃSKI FRANCISZEK | 1316 | | SANOK | POL | M40 | 24 | M 76 | 00:01:40 | 00:38:27 | 00:56:58.60 | 00:56:58.60 | 5:41 | 10.5 |
| 77 | SKÓRA MICHAŁ | 1168 | | ŁOPUSZKA | POL | M40 | 25 | M 77 | 00:02:47 | 00:39:24 | 00:56:59.80 | 00:56:59.80 | 5:41 | 10.5 |
| 78 | SŁUSARZYK MACIEJ | 1142 | | STAŁOWA WOLA | POL | M30 | 34 | M 78 | 00:00:58 | 00:37:36 | 00:57:01.15 | 00:57:01.15 | 5:42 | 10.5 |
| 79 | KWOKA ROMAN | 1029 | | LASZKI | POL | M30 | 35 | M 79 | 00:02:26 | 00:39:12 | 00:57:01.65 | 00:57:01.65 | 5:42 | 10.5 |
| 80 | KAPEL BOGDAN | 1085 | | TARNOBRZEG | POL | M50 | 4 | M 80 | 00:02:00 | 00:38:46 | 00:57:12.15 | 00:57:12.15 | 5:43 | 10.5 |
| 81 | WRÓBEL BARTŁOMIEJ | 1267 | CISNA | CISNA | POL | M20 | 15 | M 81 | 00:00:56 | 00:37:59 | 00:57:26.10 | 00:57:26.10 | 5:44 | 10.4 |
| 82 | ZUBA RAFAŁ | 1237 | BLACK RIVER | NOWY SĄCZ | POL | M20 | 16 | M 82 | 00:01:23 | 00:37:51 | 00:57:27.65 | 00:57:27.65 | 5:44 | 10.4 |
| 83 | JANAS MARIAN | 1317 | | BAUGRÓD | POL | M60 | 3 | M 83 | 00:01:40 | 00:39:19 | 00:57:30.40 | 00:57:30.40 | 5:45 | 10.4 |
| 84 | PANEK PIOTR | 1190 | DZIKIE MUSTANGI | PASZCZYNA | POL | M40 | 26 | M 84 | 00:01:39 | 00:38:37 | 00:58:25.30 | 00:58:25.30 | 5:50 | 10.3 |
| 85 | WYDRO RAFAŁ | 1133 | FUN&RUN | STRZYŻÓW | POL | M40 | 27 | M 85 | 00:00:53 | 00:41:14 | 00:58:34.15 | 00:58:34.15 | 5:51 | 10.2 |
| 86 | GUCWA MIROSŁAW | 1103 | LET'S GO WILD!!! | KRASNE | POL | M30 | 36 | M 86 | 00:01:18 | 00:39:34 | 00:58:46.60 | 00:58:46.60 | 5:52 | 10.2 |
| 87 | PAWLETA MICHAŁ | 1161 | NIGHT RUNNERS GLIWICE | GLIWICE | POL | M40 | 28 | M 87 | 00:01:42 | 00:38:59 | 00:58:50.45 | 00:58:50.45 | 5:53 | 10.2 |
| 88 | CIEŚLA ŁUKASZ | 1078 | ŻOŁYŃIA BIEGA | ŻOŁYŃIA | POL | M20 | 17 | M 88 | 00:01:00 | 00:38:21 | 00:58:56.90 | 00:58:56.90 | 5:53 | 10.2 |
| 89 | ŻELAZNY TOMASZ | 1195 | BYLE DO METY | RZESZÓW | POL | M30 | 37 | M 89 | 00:02:47 | 00:40:14 | 00:59:11.10 | 00:59:11.10 | 5:55 | 10.1 |
| 90 | KATA BARTŁOMIEJ | 1255 | JW 3730 | RADOMYSŁ | POL | M20 | 18 | M 90 | 00:02:52 | 00:39:35 | 00:59:16.00 | 00:59:16.00 | 5:55 | 10.1 |
| 91 | SZPERKA LESZEK | 1285 | SIGIT | CIECHOWICE DZIEDZICE | POL | M40 | 29 | M 91 | 00:01:31 | 00:40:09 | 00:59:16.20 | 00:59:16.20 | 5:55 | 10.1 |
| 92 | KIN RAFAŁ | 1093 | AZS PWSZ KROSNO | ODRZYKOŃ | POL | M30 | 38 | M 92 | 00:02:29 | 00:40:28 | 00:59:17.70 | 00:59:17.70 | 5:55 | 10.1 |

IV ZIMOWA BIESZCZADZKA DYCHA 2018, Mężczyźni c.d.

| POS | Name and surname | No. | Club | City | NAT | Cat. | M. cat. | F/M | 0.1km | 5.5km | Netto | Brutto | min/km | km/h |
|-----|------------------------|------|--------------------------------------|-------------------|-----|------|---------|-------|----------|----------|-------------|-------------|--------|------|
| 93 | SZYBIAK WALDEMAR | 796 | AGONA W&M | PRZEMYŚL | POL | M50 | 5 | M 93 | 00:02:24 | 00:38:25 | 00:59:39.50 | 00:59:39.50 | 5:57 | 10.1 |
| 94 | JUSZCZAK ARTUR | 1233 | CHEŁM BIEGA | CHEŁM | POL | M40 | 30 | M 94 | 00:01:37 | 00:40:23 | 00:59:51.45 | 00:59:51.45 | 5:59 | 10 |
| 95 | CZEKAJ BOGDAN | 1224 | RUMING TEAM NOWY STYL GROUP | KROSNO | POL | M50 | 6 | M 95 | 00:02:07 | 00:40:56 | 01:00:00.25 | 01:00:00.25 | 6:00 | 10 |
| 96 | KOTŁOWSKI PAWEŁ | 1095 | JABIEGAM | DĄBROWA GÓRNICZA | POL | M20 | 19 | M 96 | 00:01:23 | 00:40:43 | 01:00:01.10 | 01:00:01.10 | 6:00 | 10 |
| 97 | DROZD PIOTR | 1222 | | POLAŃCZYK | POL | M30 | 39 | M 97 | 00:01:59 | 00:40:46 | 01:00:03.00 | 01:00:03.00 | 6:00 | 10 |
| 98 | KASEJA KACPER | 1245 | 1991 | JABŁONKA | POL | M20 | 20 | M 98 | 00:02:09 | 00:41:47 | 01:00:09.00 | 01:00:09.00 | 6:00 | 10 |
| 99 | DZIERŻAK ARKADIUSZ | 1164 | | GŁOGÓW MAŁOPOLSKI | POL | M40 | 31 | M 99 | 00:01:26 | 00:40:08 | 01:00:09.60 | 01:00:09.60 | 6:00 | 10 |
| 100 | JAŚLAN MAREK | 1088 | | BŁONIE | POL | M50 | 7 | M 100 | 00:01:19 | 00:40:20 | 01:00:16.50 | 01:00:16.50 | 6:01 | 10 |
| 101 | WOŹNY ŁUKASZ | 1027 | | RZESZÓW | POL | M30 | 40 | M 101 | 00:02:19 | 00:41:23 | 01:00:18.05 | 01:00:18.05 | 6:01 | 10 |
| 102 | SUSZEK DAMIAN | 1310 | | RZESZÓW | | M30 | 41 | M 102 | 00:02:41 | 00:41:58 | 01:00:19.45 | 01:00:19.45 | 6:01 | 9.9 |
| 103 | BALICKI JACEK | 1064 | BIEGACZ NOWOSOLNA | ŁÓDŹ | POL | M50 | 8 | M 103 | 00:02:11 | 00:42:08 | 01:00:40.30 | 01:00:40.30 | 6:04 | 9.9 |
| 104 | KARDASZ MAREK | 1056 | SOLINA TEAM | POLAŃCZYK | POL | M30 | 42 | M 104 | 00:00:56 | 00:42:23 | 01:00:42.45 | 01:00:42.45 | 6:04 | 9.9 |
| 105 | STACH ROBERT | 1214 | | TARNÓWA DOLNA | POL | M40 | 32 | M 105 | 00:01:05 | 00:40:03 | 01:01:01.90 | 01:01:01.90 | 6:06 | 9.8 |
| 106 | POKRZYWKĄ STEFAN | 1283 | NA BUCIE CISNA | CISNA | POL | M60 | 4 | M 106 | 00:00:41 | 00:40:30 | 01:01:04.70 | 01:01:04.70 | 6:06 | 9.8 |
| 107 | BOBALA KRYSZTIAN | 1251 | | PRZEMYŚL | POL | M20 | 21 | M 107 | 00:02:51 | 00:41:54 | 01:01:08.40 | 01:01:08.40 | 6:06 | 9.8 |
| 108 | KRUCZEK ROBERT | 1199 | WARSZTAT RUCHU KATARZYNA ŻEBRAKOWSKA | RZESZÓW | POL | M50 | 9 | M 108 | 00:01:41 | 00:41:20 | 01:01:09.70 | 01:01:09.70 | 6:06 | 9.8 |
| 109 | MOCIO MICHAŁ | 1250 | | PRZEMYŚL | POL | M20 | 22 | M 109 | 00:02:51 | 00:42:02 | 01:01:11.80 | 01:01:11.80 | 6:07 | 9.8 |
| 110 | MATUSZEWSKI MARCIN | 1117 | EUFORABIIEGACZA TEAM | GÓRA | POL | M30 | 43 | M 110 | 00:01:24 | 00:40:40 | 01:01:22.15 | 01:01:22.15 | 6:08 | 9.8 |
| 111 | NOWAK TOMASZ | 1228 | DZIKIE MUSTANGI | DĘBICA | POL | M30 | 44 | M 111 | 00:01:41 | 00:41:23 | 01:01:25.10 | 01:01:25.10 | 6:08 | 9.8 |
| 112 | MATUSZAK JAKUB | 1028 | NOWOCZESNYSPO.RT.PL | RZESZÓW | POL | M30 | 45 | M 112 | 00:02:20 | 00:42:05 | 01:01:37.05 | 01:01:37.05 | 6:09 | 9.7 |
| 113 | CHOMIUK ADRIAN | 1242 | JAZZANOVA | BIAŁA PODLASKA | POL | M30 | 46 | M 113 | 00:01:51 | 00:41:19 | 01:01:47.30 | 01:01:47.30 | 6:10 | 9.7 |
| 114 | BIENIECKI MAREK | 1303 | OTK RZEŹNIK | GLIWICE | POL | M20 | 23 | M 114 | 00:02:21 | 00:41:16 | 01:01:48.10 | 01:01:48.10 | 6:10 | 9.7 |
| 115 | SNARSKI BOGDAN | 1313 | ALBATROSY | WARSZAWA | | M30 | 47 | M 115 | 00:02:38 | 00:41:49 | 01:02:00.35 | 01:02:00.35 | 6:12 | 9.7 |
| 116 | STEC ANDRZEJ | 1297 | | WAŁCZ | | M50 | 10 | M 116 | 00:00:36 | 00:41:39 | 01:02:34.70 | 01:02:34.70 | 6:15 | 9.6 |
| 117 | LUZAR ANDRZEJ | 1077 | MIA | BIELAWA | POL | M40 | 33 | M 117 | 00:01:11 | 00:41:38 | 01:02:41.00 | 01:02:41.00 | 6:16 | 9.6 |
| 118 | ŚWIDEREK MICHAŁ | 1294 | NIGHT RUNNERS GLIWICE | GLIWICE | | M30 | 48 | M 118 | 00:02:25 | 00:44:08 | 01:03:21.80 | 01:03:21.80 | 6:20 | 9.5 |
| 119 | BOCZAR DANIEL | 1192 | NOWY STYL GROUP RUNNING TEAM | KROŚCIENKO WYŻNE | POL | M30 | 49 | M 119 | 00:02:10 | 00:42:39 | 01:03:31.45 | 01:03:31.45 | 6:21 | 9.4 |
| 120 | KUROPATWA KAZIMIERZ | 1238 | SZAFKA BIEGACZA TEAM | PRZEMYŚL | POL | M60 | 5 | M 120 | 00:01:05 | 00:41:58 | 01:03:35.35 | 01:03:35.35 | 6:21 | 9.4 |
| 121 | WITKO JERZY | 1083 | BRAK | FREDROPOL | POL | M40 | 34 | M 121 | 00:02:02 | 00:42:44 | 01:03:40.45 | 01:03:40.45 | 6:22 | 9.4 |
| 122 | SZCZUDRAWA ZBIGNIEW | 1295 | ŚWINKI TRZY | KRAKÓW | POL | M50 | 11 | M 122 | 00:02:20 | 00:42:49 | 01:03:49.10 | 01:03:49.10 | 6:22 | 9.4 |
| 123 | BURDA SŁAWMOIR | 1281 | MTB MOSIR DUKLA | DUKLA | POL | M30 | 50 | M 123 | 00:01:02 | 00:42:17 | 01:03:57.05 | 01:03:57.05 | 6:23 | 9.4 |
| 124 | WIŚNIEWSKI ZBIGNIEW | 1254 | RODZINNY RELAX | PRĄBUTY | POL | M60 | 6 | M 124 | 00:01:12 | 00:42:42 | 01:04:05.45 | 01:04:05.45 | 6:24 | 9.4 |
| 125 | MATWIEJCZUK GRZEGORZ | 1236 | A | LUBYCZA KRÓLEWSKA | POL | M20 | 24 | M 125 | 00:03:05 | 00:43:29 | 01:04:19.40 | 01:04:19.40 | 6:25 | 9.3 |
| 126 | PLIŻGA SEBASTIAN | 1266 | | TOMASZÓW LUBELSKI | POL | M30 | 51 | M 126 | 00:01:04 | 00:41:27 | 01:04:19.75 | 01:04:19.75 | 6:25 | 9.3 |
| 127 | SZPAKOWSKI ANDRZEJ | 1134 | FUN&RUN | WIŚNIOWA | POL | M40 | 35 | M 127 | 00:00:56 | 00:43:21 | 01:04:50.70 | 01:04:50.70 | 6:29 | 9.3 |
| 128 | KASPROWICZ PIOTR | 1148 | FUN&RUN | CZUDEC | POL | M30 | 52 | M 128 | 00:00:58 | 00:43:01 | 01:04:51.30 | 01:04:51.30 | 6:29 | 9.3 |
| 129 | MAJCHROWICZ ANDRZEJ | 1181 | | KROŚCIENKO WYŻNE | POL | M40 | 36 | M 129 | 00:02:47 | 00:43:24 | 01:04:55.05 | 01:04:55.05 | 6:29 | 9.2 |
| 130 | GAŃSKI FILIP | 1288 | BIEGAJĄC ŚWIDNIK | ŚWIDNIK | POL | M30 | 53 | M 130 | 00:02:28 | 00:42:48 | 01:05:11.85 | 01:05:11.85 | 6:31 | 9.2 |
| 131 | KIEŁB JAKUB | 1213 | | RZESZÓW | POL | M30 | 54 | M 131 | 00:02:20 | 00:45:02 | 01:05:51.10 | 01:05:51.10 | 6:35 | 9.1 |
| 132 | OSTASZEWSKI MARCIN | 1241 | HONDADOMINATOR.PL | WARSZAWA | POL | M30 | 55 | M 132 | 00:02:50 | 00:44:43 | 01:05:53.00 | 01:05:53.00 | 6:35 | 9.1 |
| 133 | POPŁAWSKI PIOTR | 1302 | PGB SPORTOWA PACZKA | ŁOSICE | | M30 | 56 | M 133 | 00:01:57 | 00:44:10 | 01:06:51.95 | 01:06:51.95 | 6:41 | 9 |
| 134 | MARAS LADISLAV | 1307 | MARAS TEAM | | | M50 | 12 | M 134 | 00:01:53 | 00:45:20 | 01:07:03.00 | 01:07:03.00 | 6:42 | 8.9 |
| 135 | KALIŃSKI KAMIL NORBERT | 1156 | NIEMANIE | WARSZAWA | POL | M20 | 25 | M 135 | 00:03:05 | 00:44:53 | 01:07:10.90 | 01:07:10.90 | 6:43 | 8.9 |
| 136 | KORNIŁOW PIOTR | 1299 | KORNIŁOW TEAM | WARSZAWA | POL | M40 | 37 | M 136 | 00:02:56 | 00:46:18 | 01:07:11.90 | 01:07:11.90 | 6:43 | 8.9 |
| 137 | FRANKOWSKI DARIUSZ | 1259 | | GLIWICE | POL | M40 | 38 | M 137 | 00:01:50 | 00:45:27 | 01:07:13.50 | 01:07:13.50 | 6:43 | 8.9 |
| 138 | MATUŁA MICHAŁ | 1152 | | LUBLIN | POL | M20 | 26 | M 138 | 00:02:13 | 00:46:48 | 01:07:14.70 | 01:07:14.70 | 6:43 | 8.9 |
| 139 | SKRUTEK JAN | 1066 | WKB PIAST / GOPR BIESZCZADY | WROCŁAW | POL | M60 | 7 | M 139 | | 00:46:12 | 01:07:19.20 | 01:07:19.20 | 6:43 | 8.9 |
| 140 | RUDZKI MICHAŁ | 1034 | CROSSFIT Z16 | LUBLIN | POL | M20 | 27 | M 140 | 00:02:23 | 00:46:17 | 01:08:02.55 | 01:08:02.55 | 6:48 | 8.8 |
| 141 | MIROSLAW ALBERT | 1186 | WW TEAM | LUBLIN | POL | M40 | 39 | M 141 | 00:01:50 | 00:46:33 | 01:08:41.60 | 01:08:41.60 | 6:52 | 8.7 |
| 142 | KUŁAGA KRZYSZTOF | 1106 | SPRINT GORZYCE | GORZYCE | POL | M30 | 57 | M 142 | 00:00:43 | 00:45:43 | 01:09:02.40 | 01:09:02.40 | 6:54 | 8.7 |
| 143 | DANILUK ANDRZEJ | 1293 | ZACISZE NIGHT RUNNERS | WARSZAWA | | M40 | 40 | M 143 | 00:02:06 | 00:46:44 | 01:09:23.15 | 01:09:23.15 | 6:56 | 8.6 |
| 144 | WYSOCKI MARIUSZ | 1087 | | KATOWICE | POL | M50 | 13 | M 144 | 00:02:15 | 00:47:48 | 01:10:27.25 | 01:10:27.25 | 7:02 | 8.5 |
| 145 | BAKA PIOTR | 1069 | ARCHIMEDIA | TARNÓW | POL | M40 | 41 | M 145 | 00:02:18 | 00:50:08 | 01:11:15.40 | 01:11:15.40 | 7:07 | 8.4 |
| 146 | RĘKAS PIOTR | 1055 | RAPTOWNI | TARNÓW | POL | M60 | 8 | M 146 | 00:02:18 | 00:50:06 | 01:11:23.60 | 01:11:23.60 | 7:08 | 8.4 |
| 147 | DĄBRÓWKA RADOSŁAW | 1201 | FUNDACJA LATARNIA | BUKOWSKO | POL | M30 | 58 | M 147 | 00:01:17 | 00:47:39 | 01:12:11.15 | 01:12:11.15 | 7:13 | 8.3 |
| 148 | RUDNICKI MAREK | 1296 | | OTWOCK | | M30 | 59 | M 148 | 00:02:20 | 00:49:24 | 01:12:57.00 | 01:12:57.00 | 7:17 | 8.2 |

IV ZIMOWA BIESZCZADZKA DYCHA 2018, Mężczyźni c.d.

| POS | Name and surname | No. | Club | City | NAT | Cat. | M. cat. | F/M | 0.1km | 5.5km | Netto | Brutto | min/km | km/h |
|-----|--------------------|------|--------------------------|---------------|-----|------|---------|-------|----------|----------|-------------|-------------|--------|------|
| 149 | PARTYKA ANDRZEJ | 1278 | RGIG | RZESZÓW | | M30 | 60 | M 149 | 00:03:01 | 00:49:47 | 01:13:03.50 | 01:13:03.50 | 7:18 | 8.2 |
| 150 | KRYGOWSKI ZBIGNIEW | 1091 | AKADEMIA SPORTU LUBACZÓW | LUBACZÓW | POL | M40 | 42 | M 150 | 00:02:38 | 00:48:55 | 01:13:50.80 | 01:13:50.80 | 7:23 | 8.1 |
| 151 | CZOCHARA ROBERT | 1123 | AMATOR | OPOLE | POL | M40 | 43 | M 151 | 00:02:48 | 00:48:57 | 01:14:33.75 | 01:14:33.75 | 7:27 | 8 |
| 152 | CZAPLA ANDRZEJ | 1116 | | CHEŁM | POL | M60 | 9 | M 152 | 00:02:59 | 00:50:51 | 01:15:41.50 | 01:15:41.50 | 7:34 | 7.9 |
| 153 | KONOPKA GRZEGORZ | 1025 | DZIKIE GRUBAS SZATANA | SIEDLCE | POL | M30 | 61 | M 153 | 00:01:55 | 00:50:35 | 01:16:17.15 | 01:16:17.15 | 7:37 | 7.9 |
| 154 | KOCIOŁEK ŁUKASZ | 1129 | | PRZEMYŚL | POL | M30 | 62 | M 154 | 00:02:28 | 00:51:11 | 01:17:46.25 | 01:17:46.25 | 7:46 | 7.7 |
| 155 | BINCZYCKI MARCIN | 1304 | | OWCZARY | | M30 | 63 | M 155 | 00:01:27 | 00:54:07 | 01:20:56.60 | 01:20:56.60 | 8:05 | 7.4 |
| 156 | BRODIUK NORBERT | 1163 | NIGH RUNNERS GLIWICE | GLIWICE | POL | M40 | 44 | M 156 | 00:01:50 | 00:52:05 | 01:22:05.80 | 01:22:05.80 | 8:12 | 7.3 |
| 157 | SŁOBODA KRZYSZTOF | 1128 | | USTRZYKIDOLNE | POL | M60 | 10 | M 157 | 00:02:35 | 00:57:17 | 01:23:32.35 | 01:23:32.35 | 8:21 | 7.2 |
| 158 | ROJ DAWID | 1120 | RUNŚLOBODAN | MIKOŁÓW | POL | M30 | 64 | M 158 | 00:02:36 | 00:56:48 | 01:23:32.80 | 01:23:32.80 | 8:21 | 7.2 |

IV ZIMOWA BIESZCZADZKA DYCHA 2018, K20

| POS | Name and surname | No. | Club | City | NAT | Cat. | M. cat. | F/M | 0.1km | 5.5km | Netto | Brutto | min/km | km/h |
|-----|---------------------|------|---|------------------|-----|------|---------|-------|----------|----------|-------------|-------------|--------|------|
| 1 | RZEMIENIEWSKA MARTA | 1261 | ADIDAS RUNNERS WARSAW | WARSAWA | POL | K20 | 1 | K 2 | 00:01:05 | 00:33:49 | 00:50:07.15 | 00:50:07.15 | 5:00 | 12 |
| 2 | KALBARCZYK ADRIANA | 1070 | ADIDAS RUNNERS WARSAW | WARSAWA | POL | K20 | 2 | K 4 | 00:01:05 | 00:34:44 | 00:50:55.50 | 00:50:55.50 | 5:05 | 11.8 |
| 3 | WARECKA KASIA | 1135 | | LESKO | POL | K20 | 3 | K 5 | 00:00:42 | 00:34:10 | 00:52:15.00 | 00:52:15.00 | 5:13 | 11.5 |
| 4 | POSZYTEK JAGODA | 1042 | | REDA | POL | K20 | 4 | K 6 | 00:01:08 | 00:36:24 | 00:53:32.20 | 00:53:32.20 | 5:21 | 11.2 |
| 5 | KOPERSKA ANNA | 1082 | HYDRO CENTRUM D.K. KOPERSCY M.MASTALERZ SP. J. | MIŃSK MAZOWIECKI | POL | K20 | 5 | K 9 | 00:00:56 | 00:35:53 | 00:54:01.90 | 00:54:01.90 | 5:24 | 11.1 |
| 6 | POJNAR KATARZYNA | 1225 | | BESKO | POL | K20 | 6 | K 11 | 00:01:01 | 00:36:10 | 00:55:07.25 | 00:55:07.25 | 5:30 | 10.9 |
| 7 | IGNOR EDYTA | 1211 | SPARTAN RACE TRAINING GROUP RZESZÓW | RZESZÓW | POL | K20 | 7 | K 12 | 00:01:12 | 00:36:38 | 00:55:27.10 | 00:55:27.10 | 5:32 | 10.8 |
| 8 | MOTOWIDŁO ANNA | 1257 | JW3730 | KOLBUSZOWA | POL | K20 | 8 | K 17 | 00:02:52 | 00:39:36 | 00:59:14.75 | 00:59:14.75 | 5:55 | 10.1 |
| 9 | KĘDRA AGNIESZKA | 1024 | PODKARPACKA SZKOŁA KRAV MAGA | RZESZÓW | POL | K20 | 9 | K 23 | 00:02:04 | 00:39:50 | 01:00:08.10 | 01:00:08.10 | 6:00 | 10 |
| 10 | RACHWAŁ IZABELA | 1244 | | ODOLANÓW | POL | K20 | 10 | K 35 | 00:02:09 | 00:42:01 | 01:03:09.20 | 01:03:09.20 | 6:18 | 9.5 |
| 11 | WOJTYNA AGATA | 1089 | #KASZANIENAMOKA | GDAŃSK | POL | K20 | 11 | K 42 | 00:03:06 | 00:43:20 | 01:04:42.95 | 01:04:42.95 | 6:28 | 9.3 |
| 12 | KOCZAJA MALGORZATA | 1105 | | KRAKÓW | POL | K20 | 12 | K 55 | 00:01:56 | 00:45:38 | 01:07:50.80 | 01:07:50.80 | 6:47 | 8.8 |
| 13 | WOLSKA MARTA | 1155 | WOLSCY BROTHERS TRIATHLON TEAM | SŁUPSK | POL | K20 | 13 | K 58 | 00:01:38 | 00:44:20 | 01:08:27.00 | 01:08:27.00 | 6:50 | 8.8 |
| 14 | JEŻOWSKA IGA | 1209 | WW TEAM | LUBLIN | POL | K20 | 14 | K 60 | 00:01:51 | 00:46:34 | 01:08:40.80 | 01:08:40.80 | 6:52 | 8.7 |
| 15 | LIS MARIA | 1127 | | RZESZÓW | POL | K20 | 15 | K 79 | 00:02:25 | 00:48:33 | 01:12:42.05 | 01:12:42.05 | 7:16 | 8.3 |
| 16 | MAJ PAULINA | 1194 | | SUCHA BESKIDZKA | POL | K20 | 16 | K 90 | 00:02:16 | 00:50:55 | 01:15:40.35 | 01:15:40.35 | 7:34 | 7.9 |
| 17 | SZYMAŁA MONIKA | 1264 | | KLUCZBORK | POL | K20 | 17 | K 92 | 00:02:44 | 00:50:56 | 01:16:30.85 | 01:16:30.85 | 7:39 | 7.8 |
| 18 | GREGORCZYK JADWIGA | 1013 | ZABIEGANI MIELEC | KROSNO | POL | K20 | 18 | K 103 | 00:03:02 | 00:57:47 | 01:28:05.05 | 01:28:05.05 | 8:48 | 6.8 |

IV ZIMOWA BIESZCZADZKA DYCHA 2018, M20

| POS | Name and surname | No. | Club | City | NAT | Cat. | M. cat. | F/M | 0.1km | 5.5km | Netto | Brutto | min/km | km/h |
|-----|--------------------|------|--|------------------|-----|------|---------|------|----------|----------|-------------|-------------|--------|------|
| 1 | DOMISZEWSKI IGNACY | 1065 | MKS HALICZ | USTRZYKI DOLNE | POL | M20 | 1 | M 1 | 00:00:27 | 00:22:12 | 00:34:04.70 | 00:34:04.70 | 3:24 | 17.6 |
| 2 | BARAN MATEUSZ | 1072 | GORLICKA GRUPA BIEGOWA | SZYMBARK | POL | M20 | 2 | M 6 | 00:00:29 | 00:27:36 | 00:41:53.30 | 00:41:53.30 | 4:11 | 14.3 |
| 3 | TRYNIECKI KRYSZTOF | 1073 | | ŻOŁYNIA | POL | M20 | 3 | M 9 | 00:00:39 | 00:28:09 | 00:43:05.70 | 00:43:05.70 | 4:18 | 13.9 |
| 4 | PRZEBIOWSKI KAROL | 1151 | HUSARIA RACE TEAM | FAJSŁAWICE | POL | M20 | 4 | M 15 | 00:00:30 | 00:29:51 | 00:45:21.60 | 00:45:21.60 | 4:32 | 13.2 |
| 5 | ONISK KAMIL | 1162 | MKB DREPTAK | MIŃSK MAZOWIECKI | POL | M20 | 5 | M 22 | 00:00:31 | 00:32:18 | 00:48:32.20 | 00:48:32.20 | 4:51 | 12.4 |
| 6 | SKOTNICZNY MICHAŁ | 1138 | | KRAKÓW | POL | M20 | 6 | M 23 | 00:00:57 | 00:32:34 | 00:48:39.75 | 00:48:39.75 | 4:51 | 12.3 |
| 7 | ZAWADZKI KRZYSZTOF | 1239 | FUNDACJA LATARNIA | BUKOWSKO | POL | M20 | 7 | M 24 | 00:01:10 | 00:32:50 | 00:48:47.35 | 00:48:47.35 | 4:52 | 12.3 |
| 8 | TUCZAPSKI PIOTR | 1212 | XRUNNERS | RZESZÓW | POL | M20 | 8 | M 25 | 00:00:37 | 00:32:22 | 00:48:47.40 | 00:48:47.40 | 4:52 | 12.3 |
| 9 | STĘPKOWSKI MATEUSZ | 1206 | | PIASTÓW | POL | M20 | 9 | M 37 | 00:02:42 | 00:35:58 | 00:50:51.50 | 00:50:51.50 | 5:05 | 11.8 |
| 10 | RADZIK ROBERT | 1221 | 1991 | BIAŁA NIŻNA | POL | M20 | 10 | M 44 | 00:00:39 | 00:35:20 | 00:52:18.55 | 00:52:18.55 | 5:13 | 11.5 |
| 11 | OLEKSIK FILIP | 1298 | AZS KRAKOWSKA AKADEMIA IM. FRYCIA | KRAKÓW | | M20 | 11 | M 47 | 00:01:20 | 00:35:54 | 00:52:29.10 | 00:52:29.10 | 5:14 | 11.4 |
| 12 | MIERZWA KAMIL | 1284 | | JASŁO | POL | M20 | 12 | M 48 | 00:01:05 | 00:35:10 | 00:52:47.15 | 00:52:47.15 | 5:16 | 11.4 |
| 13 | SZYBIAK MACIEJ | 1215 | AGONA W&M | KRZYWCZA | POL | M20 | 13 | M 62 | 00:02:23 | 00:37:11 | 00:54:54.05 | 00:54:54.05 | 5:29 | 10.9 |
| 14 | WAL SEBASTIAN | 1124 | STOWARZYSZENIE KLUB SPORTOWY W SMOLARZYNACH | SMOLARZYNY | POL | M20 | 14 | M 69 | 00:00:51 | 00:37:08 | 00:56:11.45 | 00:56:11.45 | 5:37 | 10.7 |

IV ZIMOWA BIESZCZADZKA DYCHA 2018, M20 c.d.

| POS | Name and surname | No. | Club | City | NAT | Cat. | M. cat. | F/M | 0.1km | 5.5km | Netto | Brutto | min/km | km/h |
|-----|------------------------|------|---------------|-------------------|-----|------|---------|-------|----------|----------|-------------|-------------|--------|------|
| 15 | WRÓBEL BARTŁOMIEJ | 1267 | CISNA | CISNA | POL | M20 | 15 | M 81 | 00:00:56 | 00:37:59 | 00:57:26.10 | 00:57:26.10 | 5:44 | 10.4 |
| 16 | ZUBA RAFAŁ | 1237 | BLACK RIVER | NOWY SĄCZ | POL | M20 | 16 | M 82 | 00:01:23 | 00:37:51 | 00:57:27.65 | 00:57:27.65 | 5:44 | 10.4 |
| 17 | CIEŚLA ŁUKASZ | 1078 | ŻOŁYNIA BIEGA | ŻOŁYNIA | POL | M20 | 17 | M 88 | 00:01:00 | 00:38:21 | 00:58:56.90 | 00:58:56.90 | 5:53 | 10.2 |
| 18 | KATA BARTŁOMIEJ | 1255 | JW 3730 | RADOMYSŁ | POL | M20 | 18 | M 90 | 00:02:52 | 00:39:35 | 00:59:16.00 | 00:59:16.00 | 5:55 | 10.1 |
| 19 | KOTŁOWSKI PAWEŁ | 1095 | JABIEGAM | DĄBROWA GÓRNICZA | POL | M20 | 19 | M 96 | 00:01:23 | 00:40:43 | 01:00:01.10 | 01:00:01.10 | 6:00 | 10 |
| 20 | KASEJA KACPER | 1245 | 1991 | JĄBLONKA | POL | M20 | 20 | M 98 | 00:02:09 | 00:41:47 | 01:00:09.00 | 01:00:09.00 | 6:00 | 10 |
| 21 | BOBALA KRYSZTIAN | 1251 | | PRZEMYŚL | POL | M20 | 21 | M 107 | 00:02:51 | 00:41:54 | 01:01:08.40 | 01:01:08.40 | 6:06 | 9.8 |
| 22 | MOCIO MICHAŁ | 1250 | | PRZEMYŚL | POL | M20 | 22 | M 109 | 00:02:51 | 00:42:02 | 01:01:11.80 | 01:01:11.80 | 6:07 | 9.8 |
| 23 | BIENIECKI MAREK | 1303 | OTK RZEŹNIK | GLIWICE | POL | M20 | 23 | M 114 | 00:02:21 | 00:41:16 | 01:01:48.10 | 01:01:48.10 | 6:10 | 9.7 |
| 24 | MATWIEJCZUK GRZEGORZ | 1236 | A | LUBYCZA KRÓLEWSKA | POL | M20 | 24 | M 125 | 00:03:05 | 00:43:29 | 01:04:19.40 | 01:04:19.40 | 6:25 | 9.3 |
| 25 | KALIŃSKI KAMIL NORBERT | 1156 | NIEMANIE | WARSZAWA | POL | M20 | 25 | M 135 | 00:03:05 | 00:44:53 | 01:07:10.90 | 01:07:10.90 | 6:43 | 8.9 |
| 26 | MATUŁA MICHAŁ | 1152 | | LUBLIN | POL | M20 | 26 | M 138 | 00:02:13 | 00:46:48 | 01:07:14.70 | 01:07:14.70 | 6:43 | 8.9 |
| 27 | RUDZKI MICHAŁ | 1034 | CROSSFIT Z16 | LUBLIN | POL | M20 | 27 | M 140 | 00:02:23 | 00:46:17 | 01:08:02.55 | 01:08:02.55 | 6:48 | 8.8 |

IV ZIMOWA BIESZCZADZKA DYCHA 2018, K30

| POS | Name and surname | No. | Club | City | NAT | Cat. | M. cat. | F/M | 0.1km | 5.5km | Netto | Brutto | min/km | km/h |
|-----|-----------------------------|------|--------------------------------------|-----------------|-----|------|---------|------|----------|----------|-------------|-------------|--------|------|
| 1 | WITEK ELŻBIETA | 1248 | | BARYCZKA | POL | K30 | 1 | K 1 | 00:00:38 | 00:29:39 | 00:44:39.00 | 00:44:39.00 | 4:27 | 13.4 |
| 2 | SIEMIĄTKOWSKA KATARZYNA | 1179 | | POZNAŃ | POL | K30 | 2 | K 3 | 00:00:59 | 00:33:51 | 00:50:34.40 | 00:50:34.40 | 5:03 | 11.9 |
| 3 | TRZASKOWSKA JOANNA | 1109 | TRUCHT TARCHOMIN TEAM | WARSZAWA | POL | K30 | 3 | K 8 | 00:01:02 | 00:36:18 | 00:53:52.00 | 00:53:52.00 | 5:23 | 11.1 |
| 4 | SASAL MONIKA | 1107 | | KRAKÓW | POL | K30 | 4 | K 14 | 00:01:15 | 00:37:53 | 00:57:14.35 | 00:57:14.35 | 5:43 | 10.5 |
| 5 | WAŁACHOWSKA URSZULA | 1193 | | HOCZEW | POL | K30 | 5 | K 18 | 00:00:56 | 00:38:29 | 00:59:25.70 | 00:59:25.70 | 5:56 | 10.1 |
| 6 | MARZAŁ KATARZYNA | 1099 | | KRAKÓW | POL | K30 | 6 | K 21 | 00:01:18 | 00:40:16 | 00:59:50.05 | 00:59:50.05 | 5:59 | 10 |
| 7 | MACHUCKA EWELINA | 1094 | | RZESZÓW | POL | K30 | 7 | K 26 | 00:01:34 | 00:40:55 | 01:01:26.35 | 01:01:26.35 | 6:08 | 9.8 |
| 8 | BIESZCZAD ILONA | 1052 | KKB MOSIR KROSNO | WOJASZÓWKA | POL | K30 | 8 | K 27 | 00:02:30 | 00:41:15 | 01:02:09.60 | 01:02:09.60 | 6:12 | 9.7 |
| 9 | RÓŻYCKA DOROTA | 1177 | NOWY STYL GROUP RUNNING TEAM | JASŁO | POL | K30 | 9 | K 29 | 00:02:11 | 00:41:46 | 01:02:14.05 | 01:02:14.05 | 6:13 | 9.6 |
| 10 | SAMBORSKA WERONIKA | 1178 | NOWY STYL GROUP RUNNING TEAM | BRZYSKA | POL | K30 | 10 | K 30 | 00:02:10 | 00:42:11 | 01:02:15.95 | 01:02:15.95 | 6:13 | 9.6 |
| 11 | ŻARNICKA ANNA | 1035 | STAY INSANE/CROSSFIT Z16 | TURKA | POL | K30 | 11 | K 31 | 00:02:26 | 00:42:46 | 01:02:38.50 | 01:02:38.50 | 6:15 | 9.6 |
| 12 | GUZEK EWA | 140 | DZIKIE GRUBASY SZATANA | WARSZAWA | POL | K30 | 12 | K 33 | 00:01:50 | 00:42:19 | 01:02:42.90 | 01:02:42.90 | 6:16 | 9.6 |
| 13 | BURDA RENATA | 1282 | MTB MOSIR DUKLA | DUKLA | POL | K30 | 13 | K 34 | 00:01:02 | 00:40:54 | 01:02:45.70 | 01:02:45.70 | 6:16 | 9.6 |
| 14 | TYLKA MAŁGOSIA | 1131 | | LEGNICA | POL | K30 | 14 | K 38 | 00:02:48 | 00:43:30 | 01:03:57.80 | 01:03:57.80 | 6:23 | 9.4 |
| 15 | PIRÓG BEATA | 1305 | | WARSZAWA | POL | K30 | 15 | K 39 | 00:01:18 | 00:42:35 | 01:04:21.10 | 01:04:21.10 | 6:26 | 9.3 |
| 16 | KOCIOŁEK ALEKSANDRA | 1130 | | WROCŁAW | POL | K30 | 16 | K 40 | 00:02:22 | 00:42:52 | 01:04:28.25 | 01:04:28.25 | 6:26 | 9.3 |
| 17 | WARCHOŁ - SNUZIK PATRYCJA | 1159 | SOLINA TEAM | POLAŃCZYK | POL | K30 | 17 | K 41 | 00:00:55 | 00:42:24 | 01:04:39.70 | 01:04:39.70 | 6:27 | 9.3 |
| 18 | KASPROWICZ JUSTYNA | 1147 | FUN&RUN | CZUDEK | POL | K30 | 18 | K 44 | 00:00:58 | 00:43:01 | 01:04:51.00 | 01:04:51.00 | 6:29 | 9.3 |
| 19 | BIEDRZYCKA MARTA | 1079 | DZIKIE GRUBASY SZATANA | WARSZAWA | POL | K30 | 19 | K 46 | 00:01:54 | 00:44:43 | 01:05:55.35 | 01:05:55.35 | 6:35 | 9.1 |
| 20 | JAWORSKA MARTA | 1182 | | RZESZÓW | POL | K30 | 20 | K 47 | 00:02:12 | 00:44:01 | 01:06:15.40 | 01:06:15.40 | 6:37 | 9.1 |
| 21 | PABIAŃCZYK MAŁGORZATA | 1286 | | STARY GOŚCINIEC | POL | K30 | 21 | K 49 | 00:02:05 | 00:44:22 | 01:06:58.95 | 01:06:58.95 | 6:41 | 9 |
| 22 | KOLIBAROVA MARTINA | 1309 | MARAS TEAM | PRESOV | | K30 | 22 | K 50 | 00:01:54 | 00:45:21 | 01:07:02.80 | 01:07:02.80 | 6:42 | 9 |
| 23 | GNIĘCIAK MONIKA | 1126 | BIESZCZADYRUN | GÓRA PUŁAWSKA | POL | K30 | 23 | K 52 | 00:02:00 | 00:44:56 | 01:07:28.00 | 01:07:28.00 | 6:44 | 8.9 |
| 24 | KOCEMBA DANUTA | 1114 | BRAK | PORĄBK | POL | K30 | 24 | K 53 | 00:01:38 | 00:44:51 | 01:07:29.60 | 01:07:29.60 | 6:44 | 8.9 |
| 25 | KOŁODZIEJCZYK JOANNA | 1311 | | KRAKÓW | | K30 | 25 | K 54 | 00:02:20 | 00:45:58 | 01:07:34.80 | 01:07:34.80 | 6:45 | 8.9 |
| 26 | OKLEJ AGATA | 1300 | KORNIŁOW TEAM | WARSZAWA | POL | K30 | 26 | K 57 | 00:02:56 | 00:46:47 | 01:08:20.20 | 01:08:20.20 | 6:50 | 8.8 |
| 27 | NOWAK WIOLETTA | 1229 | DZIKIE MUSTANGI | DĘBICA | POL | K30 | 27 | K 59 | 00:01:42 | 00:43:26 | 01:08:39.60 | 01:08:39.60 | 6:51 | 8.7 |
| 28 | ŚWIGONIAK ANNA | 1014 | NOWA HUTA TEAM FUNDACJA BIEG ROLNIKA | KRAKÓW | POL | K30 | 28 | K 61 | 00:01:42 | 00:46:56 | 01:09:09.60 | 01:09:09.60 | 6:54 | 8.7 |
| 29 | OWOCKA EWA | 1289 | MIECHOWICKA GRUPA BIEGOWA | ZABRZE | | K30 | 29 | K 62 | 00:01:54 | 00:46:43 | 01:09:26.85 | 01:09:26.85 | 6:56 | 8.6 |
| 30 | JANKOWSKA MAŁGORZATA | 1110 | | POZNAŃ | POL | K30 | 30 | K 63 | 00:02:33 | 00:48:44 | 01:09:28.80 | 01:09:28.80 | 6:56 | 8.6 |
| 31 | BRZOZOWSKA PAULINA | 1170 | | STAŁOWA WOLA | POL | K30 | 31 | K 64 | 00:02:42 | 00:47:23 | 01:10:19.90 | 01:10:19.90 | 7:01 | 8.5 |
| 32 | LENKIEWICZ-BARDZIŃSKA AGATA | 1210 | MKS HALICZ, NADLEŚNICTWO LUTOWISKA | LUTOWISKA | POL | K30 | 32 | K 65 | 00:01:06 | 00:46:55 | 01:10:45.30 | 01:10:45.30 | 7:04 | 8.5 |
| 33 | TOBERA ALICJA | 1149 | | BORZECIN DUZY | POL | K30 | 33 | K 66 | 00:02:17 | 00:47:15 | 01:10:49.40 | 01:10:49.40 | 7:04 | 8.5 |
| 34 | SARNA AGATA | 1040 | | TYCZYN | POL | K30 | 34 | K 67 | 00:01:24 | 00:47:09 | 01:11:01.90 | 01:11:01.90 | 7:06 | 8.4 |
| 35 | KOKOT KATARZYNA | 672 | AKTYWNY DYNÓW | DYNÓW | POL | K30 | 35 | K 69 | 00:02:47 | 00:49:32 | 01:11:09.85 | 01:11:09.85 | 7:06 | 8.4 |
| 36 | GŁUSZKO JUSTYNA | 1231 | SOLIN TEAM | BEREZKA | POL | K30 | 36 | K 70 | 00:02:02 | 00:47:17 | 01:11:20.75 | 01:11:20.75 | 7:08 | 8.4 |
| 37 | WOŹNIAK ALEKSANDRA | 1169 | | WARSZAWA | POL | K30 | 37 | K 72 | 00:02:44 | 00:48:15 | 01:11:42.15 | 01:11:42.15 | 7:10 | 8.4 |

IV ZIMOWA BIESZCZADZKA DYCHA 2018, M30 c.d.

| POS | Name and surname | No. | Club | City | NAT | Cat. | M. cat. | F/M | 0.1km | 5.5km | Netto | Brutto | min/km | km/h |
|-----|--------------------|------|------------------------------|-------------------|-----|------|---------|-------|----------|----------|-------------|-------------|--------|------|
| 40 | WOŹNY ŁUKASZ | 1027 | | RZESZÓW | POL | M30 | 40 | M 101 | 00:02:19 | 00:41:23 | 01:00:18.05 | 01:00:18.05 | 6:01 | 10 |
| 41 | SUSZEK DAMIAN | 1310 | | RZESZÓW | | M30 | 41 | M 102 | 00:02:41 | 00:41:58 | 01:00:19.45 | 01:00:19.45 | 6:01 | 9.9 |
| 42 | KARDASZ MAREK | 1056 | SOLINA TEAM | POLAŃCZYK | POL | M30 | 42 | M 104 | 00:00:56 | 00:42:23 | 01:00:42.45 | 01:00:42.45 | 6:04 | 9.9 |
| 43 | MATUSZEWSKI MARCIN | 1117 | EUFORABIEGACZA TEAM | GÓRA | POL | M30 | 43 | M 110 | 00:01:24 | 00:40:40 | 01:01:22.15 | 01:01:22.15 | 6:08 | 9.8 |
| 44 | NOWAK TOMASZ | 1228 | DZIKIE MUSTANGI | DĘBICA | POL | M30 | 44 | M 111 | 00:01:41 | 00:41:23 | 01:01:25.10 | 01:01:25.10 | 6:08 | 9.8 |
| 45 | MATUSZAK JAKUB | 1028 | NOWOCZESNYSPORT.PL | RZESZÓW | POL | M30 | 45 | M 112 | 00:02:20 | 00:42:05 | 01:01:37.05 | 01:01:37.05 | 6:09 | 9.7 |
| 46 | CHOMIUK ADRIAN | 1242 | JAZZANOVA | BIAŁA PODLASKA | POL | M30 | 46 | M 113 | 00:01:51 | 00:41:19 | 01:01:47.30 | 01:01:47.30 | 6:10 | 9.7 |
| 47 | SNARSKI BOGDAN | 1313 | ALBATROSY | WARSZAWA | | M30 | 47 | M 115 | 00:02:38 | 00:41:49 | 01:02:00.35 | 01:02:00.35 | 6:12 | 9.7 |
| 48 | ŚWIDEREK MICHAŁ | 1294 | NIGHT RUNNERS GLIWICE | GLIWICE | | M30 | 48 | M 118 | 00:02:25 | 00:44:08 | 01:03:21.80 | 01:03:21.80 | 6:20 | 9.5 |
| 49 | BOCZAR DANIEL | 1192 | NOWY STYL GROUP RUNNING TEAM | KROŚCIENKO WYŻNE | POL | M30 | 49 | M 119 | 00:02:10 | 00:42:39 | 01:03:31.45 | 01:03:31.45 | 6:21 | 9.4 |
| 50 | BURDA SŁAWMOIR | 1281 | MTB MOSIR DUKLA | DUKLA | POL | M30 | 50 | M 123 | 00:01:02 | 00:42:17 | 01:03:57.05 | 01:03:57.05 | 6:23 | 9.4 |
| 51 | PLIŻGA SEBASTIAN | 1266 | | TOMASZÓW LUBELSKI | POL | M30 | 51 | M 126 | 00:01:04 | 00:41:27 | 01:04:19.75 | 01:04:19.75 | 6:25 | 9.3 |
| 52 | KASPROWICZ PIOTR | 1148 | FUN&RUN | CZUDEC | POL | M30 | 52 | M 128 | 00:00:58 | 00:43:01 | 01:04:51.30 | 01:04:51.30 | 6:29 | 9.3 |
| 53 | GAŃSKI FILIP | 1288 | BIEGAJĄC SWIDNIK | ŚWIDNIK | POL | M30 | 53 | M 130 | 00:02:28 | 00:42:48 | 01:05:11.85 | 01:05:11.85 | 6:31 | 9.2 |
| 54 | KIEŁB JAKUB | 1213 | | RZESZÓW | POL | M30 | 54 | M 131 | 00:02:20 | 00:45:02 | 01:05:51.10 | 01:05:51.10 | 6:35 | 9.1 |
| 55 | OSTASZEWSKI MARCIN | 1241 | HONDADOMINATOR.PL | WARSZAWA | POL | M30 | 55 | M 132 | 00:02:50 | 00:44:43 | 01:05:53.00 | 01:05:53.00 | 6:35 | 9.1 |
| 56 | POPLAWSKI PIOTR | 1302 | PGB SPORTOWA PACZKA | ŁOSICE | | M30 | 56 | M 133 | 00:01:57 | 00:44:10 | 01:06:51.95 | 01:06:51.95 | 6:41 | 9 |
| 57 | KUŁAGA KRZYSZTOF | 1106 | SPRINT GORZYCE | GORZYCE | POL | M30 | 57 | M 142 | 00:00:43 | 00:45:43 | 01:09:02.40 | 01:09:02.40 | 6:54 | 8.7 |
| 58 | DĄBRÓWKA RADOSŁAW | 1201 | FUNDACJA LATARNIA | BUKOWSKO | POL | M30 | 58 | M 147 | 00:01:17 | 00:47:39 | 01:12:11.15 | 01:12:11.15 | 7:13 | 8.3 |
| 59 | RUDNICKI MAREK | 1296 | | OTWOCK | | M30 | 59 | M 148 | 00:02:20 | 00:49:24 | 01:12:57.00 | 01:12:57.00 | 7:17 | 8.2 |
| 60 | PARTYKA ANDRZEJ | 1278 | RGIG | RZESZÓW | | M30 | 60 | M 149 | 00:03:01 | 00:49:47 | 01:13:03.50 | 01:13:03.50 | 7:18 | 8.2 |
| 61 | KONOPKA GRZEGORZ | 1025 | DZIKIE GRUBAS SZATANA | SIEDLCE | POL | M30 | 61 | M 153 | 00:01:55 | 00:50:35 | 01:16:17.15 | 01:16:17.15 | 7:37 | 7.9 |
| 62 | KOCIOLĘK ŁUKASZ | 1129 | | PRZEMYŚL | POL | M30 | 62 | M 154 | 00:02:28 | 00:51:11 | 01:17:46.25 | 01:17:46.25 | 7:46 | 7.7 |
| 63 | BINCZYCKI MARCIN | 1304 | | OWCZARY | | M30 | 63 | M 155 | 00:01:27 | 00:54:07 | 01:20:56.60 | 01:20:56.60 | 8:05 | 7.4 |
| 64 | ROJ DAWID | 1120 | RUNSŁOBODAN | MIKOŁÓW | POL | M30 | 64 | M 158 | 00:02:36 | 00:56:48 | 01:23:32.80 | 01:23:32.80 | 8:21 | 7.2 |

IV ZIMOWA BIESZCZADZKA DYCHA 2018, K40

| POS | Name and surname | No. | Club | City | NAT | Cat. | M. cat. | F/M | 0.1km | 5.5km | Netto | Brutto | min/km | km/h |
|-----|----------------------------|------|----------------------------------|-------------------|-----|------|---------|------|----------|----------|-------------|-------------|--------|------|
| 1 | ŻELAZNY AGNIESZKA | 1260 | GORLICKA GRUPA BIEGOWA | GORLICE | POL | K40 | 1 | K 7 | 00:01:01 | 00:35:30 | 00:53:34.70 | 00:53:34.70 | 5:21 | 11.2 |
| 2 | RYŁKO MARIOLA | 1227 | SOLINA TEAM | SOLINA | POL | K40 | 2 | K 10 | 00:00:56 | 00:36:00 | 00:54:19.00 | 00:54:19.00 | 5:25 | 11 |
| 3 | SZYBIAK JOANNA | 1216 | AGONA W&M | KRZYWCZA | POL | K40 | 3 | K 13 | 00:02:27 | 00:37:11 | 00:55:50.10 | 00:55:50.10 | 5:35 | 10.7 |
| 4 | MAZUREK KATARZYNA | 1188 | LUBELSKIE STOWARZYSZENIE BIEGOWE | LUBLIN | POL | K40 | 4 | K 15 | 00:01:50 | 00:38:57 | 00:57:30.90 | 00:57:30.90 | 5:45 | 10.4 |
| 5 | GALANTY AGNIESZKA | 1154 | | DYBAWKA | POL | K40 | 5 | K 19 | 00:01:05 | 00:40:12 | 00:59:29.90 | 00:59:29.90 | 5:56 | 10.1 |
| 6 | WYDRO AGATA | 1132 | FUN&RUN | STRZYŻÓW | POL | K40 | 6 | K 20 | 00:00:52 | 00:41:21 | 00:59:31.50 | 00:59:31.50 | 5:57 | 10.1 |
| 7 | DZIERŻAK ELŻBIETA | 1039 | HUSARIA RACE TEAM | GŁOGÓW MAŁOPOLSKI | POL | K40 | 7 | K 22 | 00:01:23 | 00:40:40 | 00:59:57.50 | 00:59:57.50 | 5:59 | 10 |
| 8 | FILIPIAK BEATA | 1080 | MIECHOWICKA GRUPA BIEGOWA | BYTOM | POL | K40 | 8 | K 24 | 00:01:55 | 00:40:04 | 01:00:38.15 | 01:00:38.15 | 6:03 | 9.9 |
| 9 | GRUCHAŁA AGNIESZKA | 1118 | | PRUSICE | POL | K40 | 9 | K 25 | 00:01:24 | 00:40:40 | 01:01:21.75 | 01:01:21.75 | 6:08 | 9.8 |
| 10 | STARZECKA JOANNA | 1041 | | JAROSŁAW | POL | K40 | 10 | K 28 | 00:01:10 | 00:41:09 | 01:02:13.55 | 01:02:13.55 | 6:13 | 9.6 |
| 11 | LUZAR MONIKA | 1076 | MIA | BIELAWA | POL | K40 | 11 | K 32 | 00:01:11 | 00:41:38 | 01:02:40.80 | 01:02:40.80 | 6:16 | 9.6 |
| 12 | SADOWIŃSKA ADRIANA | 1016 | NOWA HUTA TEAM | KRAKÓW | POL | K40 | 12 | K 37 | 00:01:43 | 00:43:02 | 01:03:41.45 | 01:03:41.45 | 6:22 | 9.4 |
| 13 | MAJCHROWICZ MARZENNA | 1185 | | KROŚCIENKO WYŻNE | POL | K40 | 13 | K 43 | 00:02:46 | 00:43:28 | 01:04:48.10 | 01:04:48.10 | 6:28 | 9.3 |
| 14 | RABSZTYN-PIEKARSKA NATASZA | 1044 | | KRAKÓW | POL | K40 | 14 | K 45 | 00:01:28 | 00:42:43 | 01:04:53.65 | 01:04:53.65 | 6:29 | 9.2 |
| 15 | SKUZA MAŁGORZATA | 1258 | | GLIWICE | POL | K40 | 15 | K 51 | 00:01:50 | 00:45:27 | 01:07:13.65 | 01:07:13.65 | 6:43 | 8.9 |
| 16 | WYSOCKA KATARZYNA | 1086 | | KATOWICE | POL | K40 | 16 | K 56 | 00:02:21 | 00:43:54 | 01:07:57.35 | 01:07:57.35 | 6:47 | 8.8 |
| 17 | GAJDA BEATA | 1240 | #YOLOTEAMKRK | KRAKÓW | POL | K40 | 17 | K 68 | 00:02:08 | 00:47:04 | 01:11:05.20 | 01:11:05.20 | 7:06 | 8.4 |
| 18 | WIŚNIEWSKA GOSIA | 1097 | | OLSZTYN | POL | K40 | 18 | K 73 | 00:02:38 | 00:48:23 | 01:11:42.80 | 01:11:42.80 | 7:10 | 8.4 |
| 19 | ŻYŃDA MARTA | 1141 | FUNDACJA KIERUNEK ULTRA | SUWAŁKI | POL | K40 | 19 | K 80 | 00:01:18 | 00:47:15 | 01:12:50.10 | 01:12:50.10 | 7:17 | 8.2 |
| 20 | PEKALSKA ANNA | 1184 | | NIEPORĘT | POL | K40 | 20 | K 81 | 00:02:10 | 00:48:16 | 01:12:53.05 | 01:12:53.05 | 7:17 | 8.2 |
| 21 | ZWIERZ MAŁGORZATA | 1098 | | LUBLIN | POL | K40 | 21 | K 84 | 00:01:57 | 00:49:11 | 01:13:18.50 | 01:13:18.50 | 7:19 | 8.2 |
| 22 | KRÓLIKOWSKA KATARZYNA | 1096 | | LUBLIN | POL | K40 | 22 | K 85 | 00:01:58 | 00:49:11 | 01:13:23.00 | 01:13:23.00 | 7:20 | 8.2 |
| 23 | CZOCHARA MARTA | 1122 | AMATOR | OPOLE | POL | K40 | 23 | K 88 | 00:02:47 | 00:49:39 | 01:14:32.20 | 01:14:32.20 | 7:27 | 8.1 |
| 24 | AUGUSTYNIAK KINGA | 1306 | LACHO TEAM | KRAKÓW | | K40 | 24 | K 89 | 00:02:07 | 00:49:39 | 01:15:10.30 | 01:15:10.30 | 7:31 | 8 |
| 25 | GŁOWACKA ALEKSANDRA | 1143 | WIELISZEW HERON TEAM | LEGIONOWO | POL | K40 | 25 | K 94 | 00:01:33 | 00:49:24 | 01:17:40.75 | 01:17:40.75 | 7:46 | 7.7 |
| 26 | MARUT KAŚKA | 1263 | NIGHT RUNNERS GLIWICE | GLIWICE | POL | K40 | 26 | K 95 | 00:02:28 | 00:52:27 | 01:20:28.40 | 01:20:28.40 | 8:02 | 7.5 |

IV ZIMOWA BIESZCZADZKA DYCHA 2018, K40 c.d.

| POS | Name and surname | No. | Club | City | NAT | Cat. | M. cat. | F/M | 0.1km | 5.5km | Netto | Brutto | min/km | km/h |
|-----|--------------------------|------|-----------------------|---------|-----|------|---------|-------|----------|----------|-------------|-------------|--------|------|
| 27 | GORAJ - ZAJĄC ALEKSANDRA | 1279 | NIGHTRUNNERS | GLIWICE | POL | K40 | 27 | K 96 | 00:02:27 | 00:52:28 | 01:20:30.25 | 01:20:30.25 | 8:03 | 7.5 |
| 28 | FRAĆ ELŻBIETA | 1012 | NIGHT RUNNERS GLIWICE | GLIWICE | POL | K40 | 28 | K 101 | 00:02:43 | 00:56:08 | 01:24:42.80 | 01:24:42.80 | 8:28 | 7.1 |
| 29 | OŻÓG IWONA | 1145 | | CHEŁM | POL | K40 | 29 | K 106 | 00:02:31 | 00:59:36 | 01:30:01.85 | 01:30:01.85 | 9:00 | 6.7 |
| 30 | OŻÓG DOROTA | 1146 | | CHEŁM | POL | K40 | 30 | K 107 | 00:02:31 | 00:59:36 | 01:30:02.30 | 01:30:02.30 | 9:00 | 6.7 |
| 31 | BOGDAŁ JOANNA | 1023 | NOWA HUTA TEAM | KRAKÓW | POL | K40 | 31 | K 108 | 00:01:44 | 01:02:01 | 01:33:55.10 | 01:33:55.10 | 9:23 | 6.4 |

IV ZIMOWA BIESZCZADZKA DYCHA 2018, M40

| POS | Name and surname | No. | Club | City | NAT | Cat. | M. cat. | F/M | 0.1km | 5.5km | Netto | Brutto | min/km | km/h |
|-----|----------------------|------|-------------------------------------|----------------------|-----|------|---------|-------|----------|----------|-------------|-------------|--------|------|
| 1 | SZPUNAR ANDRZEJ | 1187 | | RZESZÓW | POL | M40 | 1 | M 2 | 00:00:27 | 00:23:22 | 00:36:12.50 | 00:36:12.50 | 3:37 | 16.6 |
| 2 | ADAMCZYK PRZEMYSŁAW | 1235 | ADIDAS RUNNERS WARSAW | WARSZAWA | POL | M40 | 2 | M 7 | 00:00:28 | 00:28:35 | 00:42:43.55 | 00:42:43.55 | 4:16 | 14 |
| 3 | TRYNIECKI TOMASZ | 1074 | GRODZISKA GRUPA BIEGOWA | ŻOŁYNIA | POL | M40 | 3 | M 14 | 00:00:39 | 00:30:06 | 00:45:02.70 | 00:45:02.70 | 4:30 | 13.3 |
| 4 | WÓJCIK JÓZEF | 1137 | CHEŁM BIEGA | CHEŁM | POL | M40 | 4 | M 18 | 00:00:56 | 00:31:06 | 00:46:55.85 | 00:46:55.85 | 4:41 | 12.8 |
| 5 | MAŚLANY DANIEL | 1046 | | SANOK | POL | M40 | 5 | M 19 | 00:01:00 | 00:31:45 | 00:47:13.85 | 00:47:13.85 | 4:43 | 12.7 |
| 6 | KLATE ŁUKASZ | 1017 | ŁÓDŹ KOCHA SPORT | ŁÓDŹ | POL | M40 | 6 | M 29 | 00:00:59 | 00:32:48 | 00:49:18.90 | 00:49:18.90 | 4:55 | 12.2 |
| 7 | SZWAST JERZY | 1198 | MTB MOSR DUKLA | DUKLA | POL | M40 | 7 | M 30 | 00:01:25 | 00:33:28 | 00:49:26.20 | 00:49:26.20 | 4:56 | 12.1 |
| 8 | WILCZAK JANUSZ | 1021 | | PRZEMYŚL | POL | M40 | 8 | M 32 | 00:00:34 | 00:33:14 | 00:50:01.70 | 00:50:01.70 | 5:00 | 12 |
| 9 | PŁESZKA MAREK | 1165 | OTRYT LUTOWISKA | LUTOWISKA | POL | M40 | 9 | M 34 | 00:01:01 | 00:33:42 | 00:50:27.50 | 00:50:27.50 | 5:02 | 11.9 |
| 10 | BODZIOCH GRZEGORZ | 1062 | GORLICKA GRUPA BIEGOWA | GORLICE | POL | M40 | 10 | M 36 | 00:01:01 | 00:33:26 | 00:50:48.05 | 00:50:48.05 | 5:04 | 11.8 |
| 11 | DRAŹEK SŁAWOMIR | 1183 | | FAJSŁAWICE | POL | M40 | 11 | M 39 | 00:01:03 | 00:34:22 | 00:51:14.50 | 00:51:14.50 | 5:07 | 11.7 |
| 12 | RYŁKO JACEK | 1140 | SOLINA TEAM | SOLINA | POL | M40 | 12 | M 45 | 00:01:01 | 00:35:24 | 00:52:21.15 | 00:52:21.15 | 5:14 | 11.5 |
| 13 | HYDZIK ŁUKASZ | 1058 | LIDER SANOK | SANOK | POL | M40 | 13 | M 46 | 00:00:58 | 00:34:52 | 00:52:27.00 | 00:52:27.00 | 5:14 | 11.4 |
| 14 | SIENNICKI RAFAŁ | 1180 | | MARKI | POL | M40 | 14 | M 50 | 00:01:33 | 00:35:53 | 00:53:23.75 | 00:53:23.75 | 5:20 | 11.2 |
| 15 | PAJESTKA WOJCIECH | 1265 | POZYTYWNI ZABIEGANI SANOK/ AZS PWSZ | SANOK | POL | M40 | 15 | M 53 | 00:02:36 | 00:37:09 | 00:53:35.50 | 00:53:35.50 | 5:21 | 11.2 |
| 16 | ŻAK KRZYSZTOF | 1051 | | ZABIERZÓW | POL | M40 | 16 | M 58 | 00:01:20 | 00:36:43 | 00:54:14.15 | 00:54:14.15 | 5:25 | 11.1 |
| 17 | POŁOZYŃSKI ANDRZEJ | 1075 | ZACISZE NIGHT RUNNERS | WARSZAWA | POL | M40 | 17 | M 59 | 00:02:06 | 00:36:55 | 00:54:15.00 | 00:54:15.00 | 5:25 | 11.1 |
| 18 | FURS TEODOR | 1253 | PIERDZĄCE ZAJĄCE | CISNA | POL | M40 | 18 | M 61 | 00:01:22 | 00:37:01 | 00:54:49.40 | 00:54:49.40 | 5:28 | 10.9 |
| 19 | GALANTY BARTŁOMIEJ | 1189 | | PRZEMYŚL | POL | M40 | 19 | M 66 | 00:02:11 | 00:38:07 | 00:56:01.05 | 00:56:01.05 | 5:36 | 10.7 |
| 20 | KOGUT LESZEK | 1049 | | PRZEMYŚL | POL | M40 | 20 | M 68 | 00:02:01 | 00:37:16 | 00:56:09.05 | 00:56:09.05 | 5:36 | 10.7 |
| 21 | BUGAJSKI ARTUR | 1111 | JABIEGAM | DĄBROWA GÓRNICZA | POL | M40 | 21 | M 71 | 00:01:18 | 00:37:32 | 00:56:19.30 | 00:56:19.30 | 5:37 | 10.7 |
| 22 | OLEKSIK ZYGMUNT | 1063 | | KRAKÓW | POL | M40 | 22 | M 74 | 00:01:25 | 00:37:48 | 00:56:52.80 | 00:56:52.80 | 5:41 | 10.6 |
| 23 | MAJCHROWSKI JACEK | 1019 | CKB TARNOBRZEG | TARNOBRZEG | POL | M40 | 23 | M 75 | 00:01:59 | 00:38:46 | 00:56:53.05 | 00:56:53.05 | 5:41 | 10.5 |
| 24 | ROŚCIŃSKI FRANCISZEK | 1316 | | SANOK | POL | M40 | 24 | M 76 | 00:01:40 | 00:38:27 | 00:56:58.60 | 00:56:58.60 | 5:41 | 10.5 |
| 25 | SKÓRA MICHAŁ | 1168 | | ŁOPUSZKA | POL | M40 | 25 | M 77 | 00:02:47 | 00:39:24 | 00:56:59.80 | 00:56:59.80 | 5:41 | 10.5 |
| 26 | PANEK PIOTR | 1190 | DZIKIE MUSTANGI | PASZCZYNA | POL | M40 | 26 | M 84 | 00:01:39 | 00:38:37 | 00:58:25.30 | 00:58:25.30 | 5:50 | 10.3 |
| 27 | WYDRO RAFAŁ | 1133 | FUN&RUN | STRZYŻÓW | POL | M40 | 27 | M 85 | 00:00:53 | 00:41:14 | 00:58:34.15 | 00:58:34.15 | 5:51 | 10.2 |
| 28 | PAWLETA MICHAŁ | 1161 | NIGHT RUNNERS GLIWICE | GLIWICE | POL | M40 | 28 | M 87 | 00:01:42 | 00:38:59 | 00:58:50.45 | 00:58:50.45 | 5:53 | 10.2 |
| 29 | SZPERKA LESZEK | 1285 | SIGIT | CIECHOWICE DZIEDZICE | | M40 | 29 | M 91 | 00:01:31 | 00:40:09 | 00:59:16.20 | 00:59:16.20 | 5:55 | 10.1 |
| 30 | JUSZCZAK ARTUR | 1233 | CHEŁM BIEGA | CHEŁM | POL | M40 | 30 | M 94 | 00:01:37 | 00:40:23 | 00:59:51.45 | 00:59:51.45 | 5:59 | 10 |
| 31 | DZIERŻAK ARKADIUSZ | 1164 | | GŁOGÓW MAŁOPOLSKI | POL | M40 | 31 | M 99 | 00:01:26 | 00:40:08 | 01:00:09.60 | 01:00:09.60 | 6:00 | 10 |
| 32 | STACH ROBERT | 1214 | | TARNOWA DOLNA | POL | M40 | 32 | M 105 | 00:01:05 | 00:40:03 | 01:01:01.90 | 01:01:01.90 | 6:06 | 9.8 |
| 33 | LUZAR ANDRZEJ | 1077 | MIA | BIELAWA | POL | M40 | 33 | M 117 | 00:01:11 | 00:41:38 | 01:02:41.00 | 01:02:41.00 | 6:16 | 9.6 |
| 34 | WITKO JERZY | 1083 | BRAK | FREDROPOL | POL | M40 | 34 | M 121 | 00:02:02 | 00:42:44 | 01:03:40.45 | 01:03:40.45 | 6:22 | 9.4 |
| 35 | SZPAKOWSKI ANDRZEJ | 1134 | FUN&RUN | WIŚNIOWA | POL | M40 | 35 | M 127 | 00:00:56 | 00:43:21 | 01:04:50.70 | 01:04:50.70 | 6:29 | 9.3 |
| 36 | MAJCHROWICZ ANDRZEJ | 1181 | | KROŚCIENKO WYŻNE | POL | M40 | 36 | M 129 | 00:02:47 | 00:43:24 | 01:04:55.05 | 01:04:55.05 | 6:29 | 9.2 |
| 37 | KORNIŁÓW PIOTR | 1299 | KORNIŁÓW TEAM | WARSZAWA | POL | M40 | 37 | M 136 | 00:02:56 | 00:46:18 | 01:07:11.90 | 01:07:11.90 | 6:43 | 8.9 |
| 38 | FRANKOWSKI DARIUSZ | 1259 | | GLIWICE | POL | M40 | 38 | M 137 | 00:01:50 | 00:45:27 | 01:07:13.50 | 01:07:13.50 | 6:43 | 8.9 |
| 39 | MIROŚLAW ALBERT | 1186 | WW TEAM | LUBLIN | POL | M40 | 39 | M 141 | 00:01:50 | 00:46:33 | 01:08:41.60 | 01:08:41.60 | 6:52 | 8.7 |
| 40 | DANILUK ANDRZEJ | 1293 | ZACISZE NIGHT RUNNERS | WARSZAWA | | M40 | 40 | M 143 | 00:02:06 | 00:46:44 | 01:09:23.15 | 01:09:23.15 | 6:56 | 8.6 |
| 41 | BAKA PIOTR | 1069 | ARCHIMEDIA | TARNÓW | POL | M40 | 41 | M 145 | 00:02:18 | 00:50:08 | 01:11:15.40 | 01:11:15.40 | 7:07 | 8.4 |
| 42 | KRYGOWSKI ZBIGNIEW | 1091 | AKADEMIA SPORTU LUBACZÓW | LUBACZÓW | POL | M40 | 42 | M 150 | 00:02:38 | 00:48:55 | 01:13:50.80 | 01:13:50.80 | 7:23 | 8.1 |
| 43 | CZOCHARA ROBERT | 1123 | AMATOR | OPOLE | POL | M40 | 43 | M 151 | 00:02:48 | 00:48:57 | 01:14:33.75 | 01:14:33.75 | 7:27 | 8 |
| 44 | BRODIUK NORBERT | 1163 | NIGH RUNNERS GLIWICE | GLIWICE | POL | M40 | 44 | M 156 | 00:01:50 | 00:52:05 | 01:22:05.80 | 01:22:05.80 | 8:12 | 7.3 |

IV ZIMOWA BIESZCZADZKA DYCHA 2018, K50

| POS | Name and surname | No. | Club | City | NAT | Cat. | M. cat. | F/M | 0.1km | 5.5km | Netto | Brutto | min/km | km/h |
|-----|----------------------|------|--|------------------|-----|------|---------|-------|----------|----------|-------------|-------------|--------|------|
| 1 | JENDRICHOWSKA DANUTA | 1308 | | | | K50 | 1 | K 16 | 00:01:49 | 00:40:07 | 00:58:39.15 | 00:58:39.15 | 5:51 | 10.2 |
| 2 | SUJAK MAŁGORZATA | 1030 | MKB DREPTAK | MIŃSK MAZOWIECKI | POL | K50 | 2 | K 36 | 00:01:29 | 00:42:29 | 01:03:18.10 | 01:03:18.10 | 6:19 | 9.5 |
| 3 | SULEJA JOANNA | 1173 | SZWL A STARGARD | STARGARD | POL | K50 | 3 | K 71 | 00:02:49 | 00:48:14 | 01:11:40.65 | 01:11:40.65 | 7:10 | 8.4 |
| 4 | GARWACKA BEATA | 1247 | | NIEPORĘT | POL | K50 | 4 | K 74 | 00:02:09 | 00:48:06 | 01:11:43.30 | 01:11:43.30 | 7:10 | 8.4 |
| 5 | HADAM EWA | 1031 | SPARTAN RACE TRAINING GROUP RZESZÓW | DYNÓW | POL | K50 | 5 | K 78 | 00:02:50 | 00:49:08 | 01:12:34.80 | 01:12:34.80 | 7:15 | 8.3 |
| 6 | KALINOWSKA LUCYNA | 1115 | | PRZEMYŚL | POL | K50 | 6 | K 93 | 00:01:10 | 00:49:56 | 01:17:23.30 | 01:17:23.30 | 7:44 | 7.8 |
| 7 | GERGONT ALEKSANDRA | 1230 | | MYŚLENICE | POL | K50 | 7 | K 97 | 00:02:05 | | 01:20:34.40 | 01:20:34.40 | 8:03 | 7.4 |
| 8 | CIESZYŃSKA JOLANTA | 1157 | SEKCJA BIEGOWA FAMILA | GLIWICE | POL | K50 | 8 | K 102 | 00:02:23 | 00:59:13 | 01:26:33.80 | 01:26:33.80 | 8:39 | 6.9 |

IV ZIMOWA BIESZCZADZKA DYCHA 2018, M50

| POS | Name and surname | No. | Club | City | NAT | Cat. | M. cat. | F/M | 0.1km | 5.5km | Netto | Brutto | min/km | km/h |
|-----|---------------------|------|---|------------|-----|------|---------|-------|----------|----------|-------------|-------------|--------|------|
| 1 | STANKIEWICZ JACEK | 1218 | | DUKLA | POL | M50 | 1 | M 26 | 00:00:39 | 00:32:23 | 00:48:48.50 | 00:48:48.50 | 4:52 | 12.3 |
| 2 | RAPACZ MARCIN | 1108 | | KRAKÓW | POL | M50 | 2 | M 42 | 00:01:08 | 00:34:10 | 00:52:00.20 | 00:52:00.20 | 5:12 | 11.5 |
| 3 | DOMIN WIESŁAW | 1220 | | ZAGÓRZE | POL | M50 | 3 | M 67 | 00:01:17 | 00:38:16 | 00:56:04.45 | 00:56:04.45 | 5:36 | 10.7 |
| 4 | KAPEL BOGDAN | 1085 | | TARNOBRZEG | POL | M50 | 4 | M 80 | 00:02:00 | 00:38:46 | 00:57:12.15 | 00:57:12.15 | 5:43 | 10.5 |
| 5 | SZYBIAK WALDEMAR | 796 | AGONA W&M | PRZEMYŚL | POL | M50 | 5 | M 93 | 00:02:24 | 00:38:25 | 00:59:39.50 | 00:59:39.50 | 5:57 | 10.1 |
| 6 | CZEKAJ BOGDAN | 1224 | RUMING TEAM NOWY STYL GROUP | KROSNO | POL | M50 | 6 | M 95 | 00:02:07 | 00:40:56 | 01:00:00.25 | 01:00:00.25 | 6:00 | 10 |
| 7 | JĄSLAN MAREK | 1088 | | BŁONIE | POL | M50 | 7 | M 100 | 00:01:19 | 00:40:20 | 01:00:16.50 | 01:00:16.50 | 6:01 | 10 |
| 8 | BALICKI JACEK | 1064 | BIEGACZ NOWOSOLNA | ŁÓDŹ | POL | M50 | 8 | M 103 | 00:02:11 | 00:42:08 | 01:00:40.30 | 01:00:40.30 | 6:04 | 9.9 |
| 9 | KRUCZEK ROBERT | 1199 | WARSZTAT RUCHU KATARZYNA ŻEBRAKOWSKA | RZESZÓW | POL | M50 | 9 | M 108 | 00:01:41 | 00:41:20 | 01:01:09.70 | 01:01:09.70 | 6:06 | 9.8 |
| 10 | STEC ANDRZEJ | 1297 | | WAŁCZ | | M50 | 10 | M 116 | 00:00:36 | 00:41:39 | 01:02:34.70 | 01:02:34.70 | 6:15 | 9.6 |
| 11 | SZCZUDRAWA ZBIGNIEW | 1295 | ŚWINKI TRZY | KRAKÓW | POL | M50 | 11 | M 122 | 00:02:20 | 00:42:49 | 01:03:49.10 | 01:03:49.10 | 6:22 | 9.4 |
| 12 | MARAS LADISLAV | 1307 | MARAS TEAM | | | M50 | 12 | M 134 | 00:01:53 | 00:45:20 | 01:07:03.00 | 01:07:03.00 | 6:42 | 8.9 |
| 13 | WYSOCKI MARIUSZ | 1087 | | KATOWICE | POL | M50 | 13 | M 144 | 00:02:15 | 00:47:48 | 01:10:27.25 | 01:10:27.25 | 7:02 | 8.5 |

IV ZIMOWA BIESZCZADZKA DYCHA 2018, K60

| POS | Name and surname | No. | Club | City | NAT | Cat. | M. cat. | F/M | 0.1km | 5.5km | Netto | Brutto | min/km | km/h |
|-----|------------------|------|---------------------------|-------|-----|------|---------|------|----------|----------|-------------|-------------|--------|------|
| 1 | BENSKA KRYSZYNA | 1081 | MIECHOWICKA GRUPA BIEGOWA | BYTOM | POL | K60 | 1 | K 48 | 00:01:55 | 00:43:44 | 01:06:40.00 | 01:06:40.00 | 6:40 | 9 |

IV ZIMOWA BIESZCZADZKA DYCHA 2018, M60

| POS | Name and surname | No. | Club | City | NAT | Cat. | M. cat. | F/M | 0.1km | 5.5km | Netto | Brutto | min/km | km/h |
|-----|---------------------|------|-----------------------------|--------------|-----|------|---------|-------|----------|----------|-------------|-------------|--------|------|
| 1 | FARON PIOTR | 1280 | LIMANOWA FOREST | | | M60 | 1 | M 27 | 00:00:43 | 00:32:43 | 00:48:50.25 | 00:48:50.25 | 4:53 | 12.3 |
| 2 | RECZKOWSKI ANDRZEJ | 1252 | 1954 | NIENASZÓW | POL | M60 | 2 | M 31 | 00:00:38 | 00:32:42 | 00:49:44.55 | 00:49:44.55 | 4:58 | 12.1 |
| 3 | JANAS MARIAN | 1317 | | BAUGRÓD | POL | M60 | 3 | M 83 | 00:01:40 | 00:39:19 | 00:57:30.40 | 00:57:30.40 | 5:45 | 10.4 |
| 4 | POKRZYWK A STEFAN | 1283 | NA BUCIE CISNA | CISNA | POL | M60 | 4 | M 106 | 00:00:41 | 00:40:30 | 01:01:04.70 | 01:01:04.70 | 6:06 | 9.8 |
| 5 | KUROPATWA KAZIMIERZ | 1238 | SZAF A BIEGACZA TEAM | PRZEMYŚL | POL | M60 | 5 | M 120 | 00:01:05 | 00:41:58 | 01:03:35.35 | 01:03:35.35 | 6:21 | 9.4 |
| 6 | WIŚNIEWSKI ZBIGNIEW | 1254 | RODZINNY RELAX | PRABUTY | POL | M60 | 6 | M 124 | 00:01:12 | 00:42:42 | 01:04:05.45 | 01:04:05.45 | 6:24 | 9.4 |
| 7 | SKRUTEK JAN | 1066 | WKB PIAST / GOPR BIESZCZADY | WROCŁAW | POL | M60 | 7 | M 139 | | 00:46:12 | 01:07:19.20 | 01:07:19.20 | 6:43 | 8.9 |
| 8 | REKAS PIOTR | 1055 | RAPTOWNI | TARNÓW | POL | M60 | 8 | M 146 | 00:02:18 | 00:50:06 | 01:11:23.60 | 01:11:23.60 | 7:08 | 8.4 |
| 9 | CZAPLA ANDRZEJ | 1116 | | CHEŁM | POL | M60 | 9 | M 152 | 00:02:59 | 00:50:51 | 01:15:41.50 | 01:15:41.50 | 7:34 | 7.9 |
| 10 | SŁOBODA KRZYSZTOF | 1128 | | USTRYKIDOLNE | POL | M60 | 10 | M 157 | 00:02:35 | 00:57:17 | 01:23:32.35 | 01:23:32.35 | 8:21 | 7.2 |