

WROCLAW - III FINAŁ AKADEMII ZDROWIA SANTANDERA - BIEG - 10 KM

Organizator: Polska Federacja Nordic Walking
 Data: 2018-09-15
 Miejsce: Wrocław
 Dystans: 10 km
 Klasyfikacja wg czasów netto.



WROCLAW - III FINAŁ AKADEMII ZDROWIA SANTANDERA - BIEG - 10 KM, OPEN

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 2.5km | 5km | 7.5km | Netto | min/km | km/h |
|------|----------------------|-----|------------------------------------|-----------------|------|--------|--------|------|----------|----------|----------|-------------|--------|------|
| 1 | PRUCIAK KRZYSZTOF | 553 | LECZYMY DURŚ | OŁAWA | POL | M30-39 | 1 | M 1 | 00:09:05 | 00:18:25 | 00:27:59 | 00:37:29.60 | 3:45 | 16 |
| 2 | KURIATA ROBERT | 587 | ZLB ZŁOTORYJA | ZŁOTORYJA | | M50-59 | 1 | M 2 | 00:09:09 | 00:18:35 | 00:28:11 | 00:37:42.95 | 3:46 | 15.9 |
| 3 | NOWAKOWSKI MARCIN | 546 | | WROCLAW | POL | M30-39 | 2 | M 3 | 00:09:16 | 00:19:06 | 00:29:29 | 00:39:30.20 | 3:57 | 15.2 |
| 4 | OLKIS RAFAŁ | 581 | PRZEBIEGA.PL | WROCLAW | | M30-39 | 3 | M 4 | 00:09:13 | 00:19:11 | 00:29:33 | 00:39:33.95 | 3:57 | 15.2 |
| 5 | PODWÓRNY JAN | 552 | TRENUJZNAMI.PL | WROCLAW | POL | M40-49 | 1 | M 5 | 00:09:50 | 00:19:43 | 00:29:42 | 00:39:53.40 | 3:59 | 15 |
| 6 | GÓRA SYLWSTER | 576 | #ZABIEGANINOCA | OKONEK | POL | M40-49 | 2 | M 6 | 00:09:56 | 00:20:02 | 00:30:12 | 00:40:14.05 | 4:01 | 14.9 |
| 7 | ŻUREK TOMASZ | 582 | | WROCLAW | | M30-39 | 4 | M 7 | 00:09:24 | 00:19:43 | 00:30:14 | 00:40:55.10 | 4:05 | 14.7 |
| 8 | JANKOWSKI JERZY | 531 | ŚREDZCY BIEGACZE | ŚRODA ŚLĄSKA | POL | M40-49 | 3 | M 8 | 00:09:50 | 00:20:13 | 00:31:15 | 00:42:01.50 | 4:12 | 14.3 |
| 9 | CZECHOWSKI PAWEŁ | 519 | | WROCLAW | POL | M30-39 | 5 | M 9 | 00:09:54 | 00:20:29 | 00:31:31 | 00:42:26.70 | 4:14 | 14.1 |
| 10 | PLATEK TOMASZ | 551 | WIELUŃ BIEGA | DROBNICE | POL | M18-29 | 1 | M 10 | 00:09:53 | 00:20:35 | 00:31:51 | 00:43:03.90 | 4:18 | 13.9 |
| 11 | NARÓG PAWEŁ | 545 | | ŚLEZA | POL | M30-39 | 6 | M 11 | 00:10:20 | 00:21:07 | 00:32:18 | 00:43:10.15 | 4:19 | 13.9 |
| 12 | BRODA DOMINIK | 513 | POSITIVE VIBRATION | WROCLAW | POL | M30-39 | 7 | M 12 | 00:10:38 | 00:21:44 | 00:32:43 | 00:43:28.10 | 4:20 | 13.8 |
| 13 | MORAŃSKI WOJCIECH | 543 | SANTANDER CONSUMER BANK | WROCLAW | POL | M30-39 | 8 | M 13 | 00:10:30 | 00:21:28 | 00:32:44 | 00:43:51.35 | 4:23 | 13.7 |
| 14 | CIESIELSKI MACIEJ | 515 | CIESIU TEAM | WROCLAW | POL | M30-39 | 9 | M 14 | 00:10:32 | 00:21:39 | 00:32:55 | 00:43:54.65 | 4:23 | 13.7 |
| 15 | SOBORAK MARIUSZ | 559 | AKTYWNA EKIPA CALYPSO | CZĘSTOCHOWA | POL | M30-39 | 10 | M 15 | 00:09:55 | 00:20:55 | 00:32:34 | 00:44:07.15 | 4:24 | 13.6 |
| 16 | BASAŁYGO MACIEK | 510 | B FAMILY | WROCLAW | POL | M40-49 | 4 | M 16 | 00:10:52 | 00:22:05 | 00:33:42 | 00:44:49.55 | 4:28 | 13.4 |
| 17 | BYŚ MATEUSZ | 514 | | WROCLAW | POL | M30-39 | 11 | M 17 | 00:10:56 | 00:22:16 | 00:33:53 | 00:45:09.90 | 4:31 | 13.3 |
| 18 | CZAJA MACIEJ | 516 | MINICLASSIC.PL | WROCLAW | POL | M40-49 | 5 | M 18 | 00:10:43 | 00:22:00 | 00:33:38 | 00:45:20.20 | 4:32 | 13.2 |
| 19 | MALUGA BARTOSZ | 541 | MALUGA.PL | WROCLAW | POL | M40-49 | 6 | M 19 | 00:11:31 | 00:22:52 | 00:34:19 | 00:45:21.30 | 4:32 | 13.2 |
| 20 | CZAJA MAŁGORZATA | 517 | MINICLASSIC.PL | WROCLAW | POL | K40-49 | 1 | K 1 | 00:10:53 | 00:22:09 | 00:33:51 | 00:45:31.90 | 4:33 | 13.2 |
| 21 | HORAŁA PIOTR | 527 | POWERS TEAM - KAWAII NEKO | WROCLAW | POL | M30-39 | 12 | M 20 | 00:11:00 | 00:22:43 | 00:34:22 | 00:45:54.25 | 4:35 | 13.1 |
| 22 | LECHOWSKI JAN | 538 | KB HARCOWNIK JELCZ-LASKOWICE | JELCZ-LASKOWICE | POL | M60-69 | 1 | M 21 | 00:11:09 | 00:22:39 | 00:34:31 | 00:46:24.50 | 4:38 | 12.9 |
| 23 | BIAZIK ANETA | 511 | | WROCLAW | POL | K30-39 | 1 | K 2 | 00:11:22 | 00:22:59 | 00:34:56 | 00:46:52.55 | 4:41 | 12.8 |
| 24 | MINKOWSKI KAMIL | 542 | | WROCLAW | POL | M18-29 | 2 | M 22 | 00:11:11 | 00:22:57 | 00:35:34 | 00:47:19.35 | 4:43 | 12.7 |
| 25 | SZYMAŃSKI PAWEŁ | 563 | | BRZEG DOLNY | POL | M18-29 | 3 | M 23 | 00:11:59 | 00:23:57 | 00:35:59 | 00:47:23.90 | 4:44 | 12.7 |
| 26 | ŚWIĄTEK EWELINA | 565 | SPARTANIE DZIECIOM | WROCLAW | POL | K30-39 | 2 | K 3 | 00:11:29 | 00:23:31 | 00:35:38 | 00:47:43.55 | 4:46 | 12.6 |
| 27 | FABJAŃSKI AUGUSTYN | 524 | AKTYWNI KLECINA | WROCLAW | POL | M60-69 | 2 | M 24 | 00:11:21 | 00:23:16 | 00:35:26 | 00:47:47.50 | 4:46 | 12.6 |
| 28 | CZYŻYKOWSKI PATRYK | 520 | | WROCLAW | POL | M18-29 | 4 | M 25 | 00:10:31 | 00:22:39 | 00:35:57 | 00:48:06.65 | 4:48 | 12.5 |
| 29 | ŻUREK MAGDALENA | 583 | | WROCLAW | POL | K30-39 | 3 | K 4 | 00:11:44 | 00:24:03 | 00:36:15 | 00:48:07.60 | 4:48 | 12.5 |
| 30 | JEDNACHOWSKI ARTUR | 532 | | DARZLUBIE | POL | M18-29 | 5 | M 26 | 00:11:32 | 00:23:43 | 00:36:07 | 00:48:13.50 | 4:49 | 12.4 |
| 31 | BASAŁYGO ZUZANNA | 509 | | WROCLAW | POL | K18-29 | 1 | K 5 | 00:11:44 | 00:24:02 | 00:36:24 | 00:48:17.10 | 4:49 | 12.4 |
| 32 | BARCZYK BOGDAN | 588 | VIKING CZĘSTOCHOWA | CZĘSTOCHOWA | POL | M50-59 | 2 | M 27 | 00:11:31 | 00:23:42 | 00:36:28 | 00:49:03.10 | 4:54 | 12.2 |
| 33 | DOBOSZ ŁUKASZ | 522 | | DOBRYKOWICE | POL | M30-39 | 13 | M 28 | 00:11:32 | 00:23:53 | 00:36:37 | 00:49:15.20 | 4:55 | 12.2 |
| 34 | BIK STANISŁAW | 512 | BIEGAJĄCA KASTA MIEDZIOWEGO MIASTA | KSIEGINICE | POL | M50-59 | 3 | M 29 | 00:11:40 | 00:24:03 | 00:36:45 | 00:49:20.45 | 4:56 | 12.2 |
| 35 | KYJAK BŁAŻEJ | 584 | | WROCLAW | | M30-39 | 14 | M 30 | 00:11:34 | 00:23:42 | 00:37:28 | 00:50:06.90 | 5:00 | 12 |
| 36 | URBAŃSKI MACIEJ | 566 | BIEGAM BO LUBIĘ | ZDUŃSKA WOLA | POL | M18-29 | 6 | M 31 | 00:11:41 | 00:24:10 | 00:37:17 | 00:50:08.60 | 5:00 | 12 |
| 37 | ANTOSZ KASIA | 507 | | WROCLAW | POL | K30-39 | 4 | K 6 | 00:11:38 | 00:23:45 | 00:37:32 | 00:50:10.85 | 5:01 | 12 |
| 38 | ADAMSKA JOANNA | 501 | PREDATORS WAŁBRZYCH | WAŁBRZYCH | POL | K40-49 | 2 | K 7 | 00:11:57 | 00:24:50 | 00:38:03 | 00:51:02.95 | 5:06 | 11.8 |
| 39 | ADAMSKI ROBERT | 502 | PREDATORS WAŁBRZYCH | WAŁBRZYCH | POL | M40-49 | 7 | M 32 | 00:11:57 | 00:24:50 | 00:38:03 | 00:51:03.15 | 5:06 | 11.8 |
| 40 | JÓZEFIAK DARIUSZ | 533 | SCB | WROCLAW | POL | M40-49 | 8 | M 33 | 00:12:22 | 00:25:06 | 00:38:15 | 00:51:09.95 | 5:07 | 11.7 |
| 41 | KONASZCZUK AGNIESZKA | 586 | | :EGNICA | POL | K40-49 | 3 | K 8 | 00:12:50 | 00:26:24 | 00:39:53 | 00:52:43.85 | 5:16 | 11.4 |
| 42 | PIETRASZEK PIOTR | 549 | RADIO WROCLAW | WROCLAW | POL | M40-49 | 9 | M 34 | 00:12:53 | 00:26:25 | 00:39:50 | 00:52:52.70 | 5:17 | 11.3 |
| 43 | HUMENIUK WOJCIECH | 528 | AMATOR | OŁAWA | POL | M30-39 | 15 | M 35 | 00:12:50 | 00:26:24 | 00:40:07 | 00:53:46.35 | 5:22 | 11.2 |
| 44 | DIUG-HUMENIUK IWONA | 521 | AMATOR | OŁAWA | POL | K30-39 | 5 | K 9 | 00:12:51 | 00:26:25 | 00:40:08 | 00:53:48.05 | 5:22 | 11.2 |
| 45 | CZAJKOWSKI STANISŁAW | 518 | KB HARCOWNIK JELCZ-LASKOWICE | JELCZ-LASKOWICE | POL | M60-69 | 3 | M 36 | 00:12:54 | 00:26:24 | 00:40:11 | 00:53:53.20 | 5:23 | 11.1 |

WROCLAW - III FINAŁ AKADEMII ZDROWIA SANTANDERA - BIEG - 10 KM, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 2.5km | 5km | 7.5km | Netto | min/km | km/h |
|------|-------------------------|-----|-----------------------|---------------------|------|--------|--------|------|----------|----------|----------|-------------|--------|------|
| 46 | ANTCZAK JACEK | 506 | PRO-RUN WROCLAW | WROCLAW | POL | M40-49 | 10 | M 37 | 00:14:04 | 00:27:51 | 00:41:35 | 00:54:24.75 | 5:26 | 11 |
| 47 | SZAŁAJKO JERZY | 562 | DUCH GÓR | WROCLAW | POL | M50-59 | 4 | M 38 | 00:13:05 | 00:26:51 | 00:40:52 | 00:54:30.60 | 5:27 | 11 |
| 48 | ŁUKASIEWICZ GRZEGORZ | 539 | | WROCLAW | POL | M50-59 | 5 | M 39 | 00:13:41 | 00:27:18 | 00:41:06 | 00:54:49.55 | 5:28 | 10.9 |
| 49 | RÓŻAŃSKA MAŁGORZATA | 554 | | WROCLAW | POL | K40-49 | 4 | K 10 | 00:13:00 | 00:26:27 | 00:40:34 | 00:54:51.20 | 5:29 | 10.9 |
| 50 | MALESZKA-BAGIŃSKA KINGA | 540 | GRUPA BIEGOWA ANZELM | WROCLAW | POL | K30-39 | 6 | K 11 | 00:13:42 | 00:27:50 | 00:41:59 | 00:55:59.35 | 5:35 | 10.7 |
| 51 | CZAKIERT MAREK | 571 | VIKING NTCZ | CZĘSTOCHOWA | POL | M50-59 | 6 | M 40 | 00:13:24 | 00:27:54 | 00:43:16 | 00:58:21.00 | 5:50 | 10.3 |
| 52 | WANAT WACŁAW | 567 | PRO-RUN WROCLAW | WROCLAW | POL | M70+ | 1 | M 41 | 00:14:51 | 00:30:02 | 00:45:09 | 01:00:09.20 | 6:00 | 10 |
| 53 | DWORZYŃSKA KAROLINA | 523 | | TOMASZÓW MAZOWIECKI | POL | K18-29 | 2 | K 12 | 00:14:01 | 00:29:28 | 00:45:21 | 01:01:02.50 | 6:06 | 9.8 |
| 54 | PAWLAK KATARZYNA | 547 | RADIO WROCLAW | WROCLAW | POL | K40-49 | 5 | K 13 | 00:14:59 | 00:30:34 | 00:46:06 | 01:01:24.55 | 6:08 | 9.8 |
| 55 | SIATKOWSKI SEBASTIAN | 556 | SANDAŁY JUDASZA | WROCLAW | POL | M30-39 | 16 | M 42 | 00:13:16 | 00:28:49 | 00:45:48 | 01:01:43.10 | 6:10 | 9.7 |
| 56 | WILCZYŃSKA ANNA | 569 | | WROCLAW | POL | K30-39 | 7 | K 14 | 00:14:42 | 00:29:54 | 00:45:53 | 01:02:15.90 | 6:13 | 9.6 |
| 57 | LESZKIEWICZ IWONA | 575 | WROCLAW MARATHON TEAM | WROCLAW | POL | K40-49 | 6 | K 15 | 00:14:22 | 00:30:00 | 00:46:28 | 01:03:00.20 | 6:18 | 9.5 |
| 58 | WOJCIECHOWSKA BEATA | 574 | WROCLAW MARATHON TEAM | WROCLAW | POL | K30-39 | 8 | K 16 | 00:14:24 | 00:30:02 | 00:46:29 | 01:03:01.50 | 6:18 | 9.5 |
| 59 | SKUPIEŃ ANNA | 558 | RADIO WROCLAW | WROCLAW | POL | K40-49 | 7 | K 17 | 00:15:15 | 00:31:21 | 00:47:41 | 01:03:55.90 | 6:23 | 9.4 |
| 60 | MIODYŃSKA KATARZYNA | 573 | | WROCLAW | POL | | | K 18 | 00:14:40 | 00:31:28 | 00:49:08 | 01:06:22.50 | 6:38 | 9 |
| 61 | JANIAK ARTUR | 530 | | WROCLAW | POL | M30-39 | 17 | M 43 | 00:15:56 | 00:32:52 | 00:50:30 | 01:06:44.95 | 6:40 | 9 |
| 62 | SZABAT ADRIANNA | 561 | | WROCLAW | POL | K18-29 | 3 | K 19 | 00:14:57 | 00:32:37 | 00:50:38 | 01:06:48.15 | 6:40 | 9 |
| 63 | MIODYŃSKI KAROL | 572 | | WROCLAW | POL | M50-59 | 7 | M 44 | 00:15:45 | 00:33:48 | 00:52:45 | 01:12:34.75 | 7:15 | 8.3 |
| 64 | MOŻDŻEŃ BARBARA | 544 | NIERZESZONA | GNIEZNO | POL | K50-59 | 1 | K 20 | 00:15:46 | 00:33:21 | 00:52:39 | 01:12:36.60 | 7:15 | 8.3 |
| 65 | FILIPEK AGNIESZKA | 525 | KLUB BOBIKA | WROCLAW | POL | K30-39 | 9 | K 21 | 00:16:45 | 00:35:22 | 00:54:56 | 01:13:45.25 | 7:22 | 8.1 |
| | HYLLER PAULINA | 529 | | WROCLAW | POL | K18-29 | | | 00:16:25 | 00:39:46 | DNF | DNF | - | - |
| | | | | | | | | | DNF | DNF | | | | |
| | KRUPSKI MAKSYMILIAN | 585 | | WROCLAW | | M40-49 | | | 00:14:35 | DNF | DNF | DNF | - | - |
| | | | | | | | | | DNF | | | | | |

WROCLAW - III FINAŁ AKADEMII ZDROWIA SANTANDERA - BIEG - 10 KM, K18-29

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 2.5km | 5km | 7.5km | Netto | min/km | km/h |
|------|---------------------|-----|------|---------------------|------|--------|--------|------|----------|----------|----------|-------------|--------|------|
| 1 | BASAŁYGO ZUZANNA | 509 | | WROCLAW | POL | K18-29 | 1 | K 5 | 00:11:44 | 00:24:02 | 00:36:24 | 00:48:17.10 | 4:49 | 12.4 |
| 2 | DWORZYŃSKA KAROLINA | 523 | | TOMASZÓW MAZOWIECKI | POL | K18-29 | 2 | K 12 | 00:14:01 | 00:29:28 | 00:45:21 | 01:01:02.50 | 6:06 | 9.8 |
| 3 | SZABAT ADRIANNA | 561 | | WROCLAW | POL | K18-29 | 3 | K 19 | 00:14:57 | 00:32:37 | 00:50:38 | 01:06:48.15 | 6:40 | 9 |
| | HYLLER PAULINA | 529 | | WROCLAW | POL | K18-29 | | | 00:16:25 | 00:39:46 | DNF | DNF | - | - |
| | | | | | | | | | DNF | DNF | | | | |

WROCLAW - III FINAŁ AKADEMII ZDROWIA SANTANDERA - BIEG - 10 KM, M18-29

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 2.5km | 5km | 7.5km | Netto | min/km | km/h |
|------|--------------------|-----|-----------------|--------------|------|--------|--------|------|----------|----------|----------|-------------|--------|------|
| 1 | PLATEK TOMASZ | 551 | WIELUŃ BIEGA | DROBNICE | POL | M18-29 | 1 | M 10 | 00:09:53 | 00:20:35 | 00:31:51 | 00:43:03.90 | 4:18 | 13.9 |
| 2 | MINKOWSKI KAMIL | 542 | | WROCLAW | POL | M18-29 | 2 | M 22 | 00:11:11 | 00:22:57 | 00:35:34 | 00:47:19.35 | 4:43 | 12.7 |
| 3 | SZYMAŃSKI PAWEŁ | 563 | | BRZEG DOLNY | POL | M18-29 | 3 | M 23 | 00:11:59 | 00:23:57 | 00:35:59 | 00:47:23.90 | 4:44 | 12.7 |
| 4 | CZYŻYKOWSKI PATRYK | 520 | | WROCLAW | POL | M18-29 | 4 | M 25 | 00:10:31 | 00:22:39 | 00:35:57 | 00:48:06.65 | 4:48 | 12.5 |
| 5 | JEDNACHOWSKI ARTUR | 532 | | DARZLUBIE | POL | M18-29 | 5 | M 26 | 00:11:32 | 00:23:43 | 00:36:07 | 00:48:13.50 | 4:49 | 12.4 |
| 6 | URBAŃSKI MACIEJ | 566 | BIEGAM BO LUBIĘ | ZDUŃSKA WOLA | POL | M18-29 | 6 | M 31 | 00:11:41 | 00:24:10 | 00:37:17 | 00:50:08.60 | 5:00 | 12 |

WROCLAW - III FINAŁ AKADEMII ZDROWIA SANTANDERA - BIEG - 10 KM, K30-39

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 2.5km | 5km | 7.5km | Netto | min/km | km/h |
|------|---------------------|-----|--------------------|-----------|------|--------|--------|-----|----------|----------|----------|-------------|--------|------|
| 1 | BIAZIK ANETA | 511 | | WROCLAW | POL | K30-39 | 1 | K 2 | 00:11:22 | 00:22:59 | 00:34:56 | 00:46:52.55 | 4:41 | 12.8 |
| 2 | ŚWIĄTEK EWELINA | 565 | SPARTANIE DZIECIOM | WROCLAW | POL | K30-39 | 2 | K 3 | 00:11:29 | 00:23:31 | 00:35:38 | 00:47:43.55 | 4:46 | 12.6 |
| 3 | ŻUREK MAGDALENA | 583 | | WROCLAW | POL | K30-39 | 3 | K 4 | 00:11:44 | 00:24:03 | 00:36:15 | 00:48:07.60 | 4:48 | 12.5 |
| 4 | ANTOSZ KASIA | 507 | | WROCLAW | POL | K30-39 | 4 | K 6 | 00:11:38 | 00:23:45 | 00:37:32 | 00:50:10.85 | 5:01 | 12 |
| 5 | DIUG-HUMENIUK IWONA | 521 | AMATOR | OŁAWA | POL | K30-39 | 5 | K 9 | 00:12:51 | 00:26:25 | 00:40:08 | 00:53:48.05 | 5:22 | 11.2 |

WROCLAW - III FINAŁ AKADEMII ZDROWIA SANTANDERA - BIEG - 10 KM, K30-39 c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 2.5km | 5km | 7.5km | Netto | min/km | km/h |
|------|-------------------------|-----|-----------------------|-----------|------|--------|--------|------|----------|----------|----------|-------------|--------|------|
| 6 | MALESZKA-BAGINSKA KINGA | 540 | GRUPA BIEGOWA ANZELM | WROCLAW | POL | K30-39 | 6 | K 11 | 00:13:42 | 00:27:50 | 00:41:59 | 00:55:59.35 | 5:35 | 10.7 |
| 7 | WILCZYŃSKA ANNA | 569 | | WROCLAW | POL | K30-39 | 7 | K 14 | 00:14:42 | 00:29:54 | 00:45:53 | 01:02:15.90 | 6:13 | 9.6 |
| 8 | WOJCIECHOWSKA BEATA | 574 | WROCLAW MARATHON TEAM | WROCLAW | POL | K30-39 | 8 | K 16 | 00:14:24 | 00:30:02 | 00:46:29 | 01:03:01.50 | 6:18 | 9.5 |
| 9 | FILIPEK AGNIESZKA | 525 | KLUB BOBIKA | WROCLAW | POL | K30-39 | 9 | K 21 | 00:16:45 | 00:35:22 | 00:54:56 | 01:13:45.25 | 7:22 | 8.1 |

WROCLAW - III FINAŁ AKADEMII ZDROWIA SANTANDERA - BIEG - 10 KM, M30-39

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 2.5km | 5km | 7.5km | Netto | min/km | km/h |
|------|----------------------|-----|---------------------------|-------------|------|--------|--------|------|----------|----------|----------|-------------|--------|------|
| 1 | PRUCIAK KRZYSZTOF | 553 | LECYMY DURŚ | OŁAWA | POL | M30-39 | 1 | M 1 | 00:09:05 | 00:18:25 | 00:27:59 | 00:37:29.60 | 3:45 | 16 |
| 2 | NOWAKOWSKI MARCIN | 546 | | WROCLAW | POL | M30-39 | 2 | M 3 | 00:09:16 | 00:19:06 | 00:29:29 | 00:39:30.20 | 3:57 | 15.2 |
| 3 | OLKIS RAFAŁ | 581 | PRZEBIEGA.PL | WROCLAW | | M30-39 | 3 | M 4 | 00:09:13 | 00:19:11 | 00:29:33 | 00:39:33.95 | 3:57 | 15.2 |
| 4 | ŻUREK TOMASZ | 582 | | WROCLAW | | M30-39 | 4 | M 7 | 00:09:24 | 00:19:43 | 00:30:14 | 00:40:55.10 | 4:05 | 14.7 |
| 5 | CZECHOWSKI PAWEŁ | 519 | | WROCLAW | POL | M30-39 | 5 | M 9 | 00:09:54 | 00:20:29 | 00:31:31 | 00:42:26.70 | 4:14 | 14.1 |
| 6 | NARÓG PAWEŁ | 545 | | ŚLĘZA | POL | M30-39 | 6 | M 11 | 00:10:20 | 00:21:07 | 00:32:18 | 00:43:10.15 | 4:19 | 13.9 |
| 7 | BRODA DOMINIK | 513 | POSITIVE VIBRATION | WROCLAW | POL | M30-39 | 7 | M 12 | 00:10:38 | 00:21:44 | 00:32:43 | 00:43:28.10 | 4:20 | 13.8 |
| 8 | MORAŃSKI WOJCIECH | 543 | SANTANDER CONSUMER BANK | WROCLAW | POL | M30-39 | 8 | M 13 | 00:10:30 | 00:21:28 | 00:32:44 | 00:43:51.35 | 4:23 | 13.7 |
| 9 | CIESIELSKI MACIEJ | 515 | CIESIU TEAM | WROCLAW | POL | M30-39 | 9 | M 14 | 00:10:32 | 00:21:39 | 00:32:55 | 00:43:54.65 | 4:23 | 13.7 |
| 10 | SOBORAK MARIUSZ | 559 | AKTYWNA EKIPA CALYPSO | CZĘSTOCHOWA | POL | M30-39 | 10 | M 15 | 00:09:55 | 00:20:55 | 00:32:34 | 00:44:07.15 | 4:24 | 13.6 |
| 11 | BYŚ MATEUSZ | 514 | | WROCLAW | POL | M30-39 | 11 | M 17 | 00:10:56 | 00:22:16 | 00:33:53 | 00:45:09.90 | 4:31 | 13.3 |
| 12 | HORAŁA PIOTR | 527 | POWERS TEAM - KAWAII NEKO | WROCLAW | POL | M30-39 | 12 | M 20 | 00:11:00 | 00:22:43 | 00:34:22 | 00:45:54.25 | 4:35 | 13.1 |
| 13 | DOBOSZ ŁUKASZ | 522 | | DOBRYKOWICE | POL | M30-39 | 13 | M 28 | 00:11:32 | 00:23:53 | 00:36:37 | 00:49:15.20 | 4:55 | 12.2 |
| 14 | KYJAK BŁAŻEJ | 584 | | WROCLAW | | M30-39 | 14 | M 30 | 00:11:34 | 00:23:42 | 00:37:28 | 00:50:06.90 | 5:00 | 12 |
| 15 | HUMENIUK WOJCIECH | 528 | AMATOR | OŁAWA | POL | M30-39 | 15 | M 35 | 00:12:50 | 00:26:24 | 00:40:07 | 00:53:46.35 | 5:22 | 11.2 |
| 16 | SIATKOWSKI SEBASTIAN | 556 | SANDAŁY JUDASZA | WROCLAW | POL | M30-39 | 16 | M 42 | 00:13:16 | 00:28:49 | 00:45:48 | 01:01:43.10 | 6:10 | 9.7 |
| 17 | JANIAK ARTUR | 530 | | WROCLAW | POL | M30-39 | 17 | M 43 | 00:15:56 | 00:32:52 | 00:50:30 | 01:06:44.95 | 6:40 | 9 |

WROCLAW - III FINAŁ AKADEMII ZDROWIA SANTANDERA - BIEG - 10 KM, K40-49

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 2.5km | 5km | 7.5km | Netto | min/km | km/h |
|------|----------------------|-----|-----------------------|-----------|------|--------|--------|------|----------|----------|----------|-------------|--------|------|
| 1 | CZAJA MAŁGORZATA | 517 | MINICLASSIC.PL | WROCLAW | POL | K40-49 | 1 | K 1 | 00:10:53 | 00:22:09 | 00:33:51 | 00:45:31.90 | 4:33 | 13.2 |
| 2 | ADAMSKA JOANNA | 501 | PREDATORS WAŁBRZYCH | WAŁBRZYCH | POL | K40-49 | 2 | K 7 | 00:11:57 | 00:24:50 | 00:38:03 | 00:51:02.95 | 5:06 | 11.8 |
| 3 | KONASZCZUK AGNIESZKA | 586 | | :EGNICA | POL | K40-49 | 3 | K 8 | 00:12:50 | 00:26:24 | 00:39:53 | 00:52:43.85 | 5:16 | 11.4 |
| 4 | RÓŻAŃSKA MAŁGORZATA | 554 | | WROCLAW | POL | K40-49 | 4 | K 10 | 00:13:00 | 00:26:27 | 00:40:34 | 00:54:51.20 | 5:29 | 10.9 |
| 5 | PAWŁAK KATARZYNA | 547 | RADIO WROCLAW | WROCLAW | POL | K40-49 | 5 | K 13 | 00:14:59 | 00:30:34 | 00:46:06 | 01:01:24.55 | 6:08 | 9.8 |
| 6 | LESZKIEWICZ IWONA | 575 | WROCLAW MARATHON TEAM | WROCLAW | POL | K40-49 | 6 | K 15 | 00:14:22 | 00:30:00 | 00:46:28 | 01:01:43.00 | 6:18 | 9.5 |
| 7 | SKUPIEŃ ANNA | 558 | RADIO WROCLAW | WROCLAW | POL | K40-49 | 7 | K 17 | 00:15:15 | 00:31:21 | 00:47:41 | 01:03:55.90 | 6:23 | 9.4 |

WROCLAW - III FINAŁ AKADEMII ZDROWIA SANTANDERA - BIEG - 10 KM, M40-49

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 2.5km | 5km | 7.5km | Netto | min/km | km/h |
|------|---------------------|-----|---------------------|--------------|------|--------|--------|------|----------|----------|----------|-------------|--------|------|
| 1 | PODWÓRNY JAN | 552 | TRENUJZNA.MI.PL | WROCLAW | POL | M40-49 | 1 | M 5 | 00:09:50 | 00:19:43 | 00:29:42 | 00:39:53.40 | 3:59 | 15 |
| 2 | GÓRA SYLWSTER | 576 | #ZABIEGANINOCA | OKONEK | POL | M40-49 | 2 | M 6 | 00:09:56 | 00:20:02 | 00:30:12 | 00:40:14.05 | 4:01 | 14.9 |
| 3 | JANKOWSKI JERZY | 531 | ŚREDZCY BIEGACZE | ŚRODA ŚLĄSKA | POL | M40-49 | 3 | M 8 | 00:09:50 | 00:20:13 | 00:31:15 | 00:42:01.50 | 4:12 | 14.3 |
| 4 | BASAŁYGO MACIEK | 510 | B FAMILY | WROCLAW | POL | M40-49 | 4 | M 16 | 00:10:52 | 00:22:05 | 00:33:42 | 00:44:49.55 | 4:28 | 13.4 |
| 5 | CZAJA MACIEJ | 516 | MINICLASSIC.PL | WROCLAW | POL | M40-49 | 5 | M 18 | 00:10:43 | 00:22:00 | 00:33:38 | 00:45:20.20 | 4:32 | 13.2 |
| 6 | MALUGA BARTOSZ | 541 | MALUGA.PL | WROCLAW | POL | M40-49 | 6 | M 19 | 00:11:31 | 00:22:52 | 00:34:19 | 00:45:21.30 | 4:32 | 13.2 |
| 7 | ADAMSKI ROBERT | 502 | PREDATORS WAŁBRZYCH | WAŁBRZYCH | POL | M40-49 | 7 | M 32 | 00:11:57 | 00:24:50 | 00:38:03 | 00:51:03.15 | 5:06 | 11.8 |
| 8 | JÓZEFIAK DARIUSZ | 533 | SCB | WROCLAW | POL | M40-49 | 8 | M 33 | 00:12:22 | 00:25:06 | 00:38:15 | 00:51:09.95 | 5:07 | 11.7 |
| 9 | PIETRASZEK PIOTR | 549 | RADIO WROCLAW | WROCLAW | POL | M40-49 | 9 | M 34 | 00:12:53 | 00:26:25 | 00:39:50 | 00:52:52.70 | 5:17 | 11.3 |
| 10 | ANTCZAK JACEK | 506 | PRO-RUN WROCLAW | WROCLAW | POL | M40-49 | 10 | M 37 | 00:14:04 | 00:27:51 | 00:41:35 | 00:54:24.75 | 5:26 | 11 |
| | KRUPSKI MAKSYMILIAN | 585 | | WROCLAW | | M40-49 | | | 00:14:35 | DNF | DNF | DNF | - | - |
| | | | | | | | | | DNF | | | | | |

WROCLAW - III FINAŁ AKADEMII ZDROWIA SANTANDERA - BIEG - 10 KM, K50-59

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 2.5km | 5km | 7.5km | Netto | min/km | km/h |
|------|-----------------|-----|-------------|-----------|------|--------|--------|------|----------|----------|----------|-------------|--------|------|
| 1 | MOŻDŻEŃ BARBARA | 544 | NIERZESZONA | GNIEZNO | POL | K50-59 | 1 | K 20 | 00:15:46 | 00:33:21 | 00:52:39 | 01:12:36.60 | 7:15 | 8.3 |

WROCLAW - III FINAŁ AKADEMII ZDROWIA SANTANDERA - BIEG - 10 KM, M50-59

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 2.5km | 5km | 7.5km | Netto | min/km | km/h |
|------|----------------------|-----|---------------------------------------|-------------|------|--------|--------|------|----------|----------|----------|-------------|--------|------|
| 1 | KURIATA ROBERT | 587 | ZLB ZŁOTORYJA | ZŁOTORYJA | | M50-59 | 1 | M 2 | 00:09:09 | 00:18:35 | 00:28:11 | 00:37:42.95 | 3:46 | 15.9 |
| 2 | BARCZYK BOGDAN | 588 | VIKING CZĘSTOCHOWA | CZĘSTOCHOWA | POL | M50-59 | 2 | M 27 | 00:11:31 | 00:23:42 | 00:36:28 | 00:49:03.10 | 4:54 | 12.2 |
| 3 | BIK STANISŁAW | 512 | BIEGAJĄCA KASTA MIEDZIOWEGO MIASTA | KSIĘGINICE | POL | M50-59 | 3 | M 29 | 00:11:40 | 00:24:03 | 00:36:45 | 00:49:20.45 | 4:56 | 12.2 |
| 4 | SZAŁAJKO JERZY | 562 | DUCH GÓR | WROCLAW | POL | M50-59 | 4 | M 38 | 00:13:05 | 00:26:51 | 00:40:52 | 00:54:30.60 | 5:27 | 11 |
| 5 | ŁUKASIEWICZ GRZEGORZ | 539 | | WROCLAW | POL | M50-59 | 5 | M 39 | 00:13:41 | 00:27:18 | 00:41:06 | 00:54:49.55 | 5:28 | 10.9 |
| 6 | CZAKIERT MAREK | 571 | VIKING NTCZ | CZĘSTOCHOWA | POL | M50-59 | 6 | M 40 | 00:13:24 | 00:27:54 | 00:43:16 | 00:58:21.00 | 5:50 | 10.3 |
| 7 | MIODYŃSKI KAROL | 572 | | WROCLAW | POL | M50-59 | 7 | M 44 | 00:15:45 | 00:33:48 | 00:52:45 | 01:12:34.75 | 7:15 | 8.3 |

WROCLAW - III FINAŁ AKADEMII ZDROWIA SANTANDERA - BIEG - 10 KM, M60-69

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 2.5km | 5km | 7.5km | Netto | min/km | km/h |
|------|----------------------|-----|------------------------------|-----------------|------|--------|--------|------|----------|----------|----------|-------------|--------|------|
| 1 | LECHOWSKI JAN | 538 | KB HARCOWNIK JELCZ-LASKOWICE | JELCZ-LASKOWICE | POL | M60-69 | 1 | M 21 | 00:11:09 | 00:22:39 | 00:34:31 | 00:46:24.50 | 4:38 | 12.9 |
| 2 | FABJAŃSKI AUGUSTYN | 524 | AKTYWNI KLECINA | WROCLAW | POL | M60-69 | 2 | M 24 | 00:11:21 | 00:23:16 | 00:35:26 | 00:47:47.50 | 4:46 | 12.6 |
| 3 | CZAJKOWSKI STANISŁAW | 518 | KB HARCOWNIK JELCZ-LASKOWICE | JELCZ-LASKOWICE | POL | M60-69 | 3 | M 36 | 00:12:54 | 00:26:24 | 00:40:11 | 00:53:53.20 | 5:23 | 11.1 |

WROCLAW - III FINAŁ AKADEMII ZDROWIA SANTANDERA - BIEG - 10 KM, M70+

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 2.5km | 5km | 7.5km | Netto | min/km | km/h |
|------|-----------------|-----|-----------------|-----------|------|------|--------|------|----------|----------|----------|-------------|--------|------|
| 1 | WANAT WACŁAW | 567 | PRO-RUN WROCLAW | WROCLAW | POL | M70+ | 1 | M 41 | 00:14:51 | 00:30:02 | 00:45:09 | 01:00:09.20 | 6:00 | 10 |

WROCLAW - III FINAŁ AKADEMII ZDROWIA SANTANDERA - BIEG - 10 KM,

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 2.5km | 5km | 7.5km | Netto | min/km | km/h |
|------|---------------------|-----|------|-----------|------|------|--------|------|----------|----------|----------|-------------|--------|------|
| 1 | MIODYŃSKA KATARZYNA | 573 | | WROCLAW | POL | | | K 18 | 00:14:40 | 00:31:28 | 00:49:08 | 01:06:22.50 | 6:38 | 9 |