



TORTURA LESZNO

B4SPORT

Organizator: Transformers Trening & Dieta
Data: 2022-09-11
Miejsce: Leszno
Dystans: 5 km

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Drużyna 1 | Czas netto 5km | Czas brutto 5km | Różn | Tempo min/km | Tempo km/h |
|-----|----------------------------|------------|-----------------------|-----------|------|-----------------|--------------------|--------------------|-------------------|--------------|--------------|
| 1 | WÓJCIK Adam | 436 | EX TEAM | M-Open | 1 | Ex Team | 00:22:42.95 | 00:22:42.95 | | 4:32 | 13.2 (100%) |
| 2 | ILIV Andrzej | 107 | | M-Open | 2 | | 00:23:24.95 | 00:23:24.95 | +00:00:42 (3.0%) | 4:40 | 12.8 (97.0%) |
| 3 | KOŁOSZUK Marcin | 76 | MISS FIT | M-Open | 3 | Miss Fit | 00:24:13.50 | 00:24:13.50 | +00:01:30 (6.2%) | 4:50 | 12.4 (93.9%) |
| 4 | PODRZYCKI Arkadiusz | 293 | SAP | M-Open | 4 | SAP | 00:27:07.75 | 00:27:07.75 | +00:04:24 (16.3%) | 5:25 | 11.1 (84.1%) |
| 5 | MAJCHRZAK Andrzej | 205 | DRUŻYNA WU. | M-Open | 5 | Drużyna Wu. | 00:27:09.30 | 00:27:09.30 | +00:04:26 (16.3%) | 5:25 | 11 (83.3%) |
| 6 | NAGLAK Hubert | 246 | HELL'S GYM OCR PĘPOWO | M-Open | 6 | | 00:27:47.85 | 00:27:47.85 | +00:05:04 (18.3%) | 5:33 | 10.8 (81.8%) |
| 7 | TROCKI Patryk | 398 | DIRTY SPARROWS | M-Open | 7 | Dirty Sparrows | 00:27:53.00 | 00:27:53.00 | +00:05:10 (18.5%) | 5:34 | 10.8 (81.8%) |
| 8 | SOB Art | 351 | MROWINO RUN | M-Open | 8 | | 00:28:31.15 | 00:28:31.15 | +00:05:48 (20.3%) | 5:42 | 10.5 (79.5%) |
| 9 | POWAŻNY Marek | 301 | OCR GYM WROCŁAW | M-Open | 9 | OCR GYM WROCŁAW | 00:28:58.15 | 00:28:58.15 | +00:06:15 (21.6%) | 5:47 | 10.4 (78.8%) |
| 10 | LIS Paweł | 316 | EKIPA AMITY | M-Open | 10 | Ekipa Amity | 00:29:45.70 | 00:29:45.70 | +00:07:02 (23.7%) | 5:57 | 10.1 (76.5%) |
| 11 | SAJNÓG Leszek | 330 | BIEGAJ LESZNO | M-Open | 11 | Biegaj Leszno | 00:30:04.15 | 00:30:04.15 | +00:07:21 (24.5%) | 6:00 | 10 (75.8%) |
| 12 | PRUCHNIK Patryk | 302 | ORLA KORZEŃSKO | M-Open | 12 | Orla Korzeńsko | 00:30:32.95 | 00:30:32.95 | +00:07:50 (25.6%) | 6:06 | 9.8 (74.2%) |
| 13 | MAJCHRZAK Jakub | 206 | DRUŻYNA WU. | M-Open | 13 | Drużyna Wu. | 00:30:41.45 | 00:30:41.45 | +00:07:58 (26.0%) | 6:08 | 9.8 (74.2%) |
| 14 | URBAŃSKI Dawid | 411 | | M-Open | 14 | | 00:30:51.10 | 00:30:51.10 | +00:08:08 (26.4%) | 6:10 | 9.7 (73.5%) |

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|-----|-------------------------------|------------|---------------------------------|-----------|------|----------------------|--------------------|--------------------|-------------------|--------------|-------------|
| 15 | OGONOWSKI Patryk | 508 | | M-Open | 15 | | 00:31:14.05 | 00:31:14.05 | +00:08:31 (27.3%) | 6:14 | 9.6 (72.7%) |
| 16 | ŻYTO Grzegorz | 459 | OCR GYM WROCŁAW | M-Open | 16 | OCR GYM WROCŁAW | 00:31:25.00 | 00:31:25.00 | +00:08:42 (27.7%) | 6:17 | 9.5 (72.0%) |
| 17 | SOLARSKI Błażej | 357 | MACII STACJA DEMONTAŻU POJAZDÓW | M-Open | 17 | | 00:31:27.35 | 00:31:27.35 | +00:08:44 (27.8%) | 6:17 | 9.5 (72.0%) |
| 18 | WALEŃSKI Michał | 413 | DRUŻYNA WU. | M-Open | 18 | Drużyna Wu. | 00:31:44.15 | 00:31:44.15 | +00:09:01 (28.4%) | 6:20 | 9.5 (72.0%) |
| 19 | RATAJSZCZAK Dominik | 315 | | M-Open | 19 | | 00:31:47.75 | 00:31:47.75 | +00:09:04 (28.6%) | 6:21 | 9.4 (71.2%) |
| 20 | NOWAK Jakub | 253 | | M-Open | 20 | | 00:31:50.20 | 00:31:50.20 | +00:09:07 (28.6%) | 6:22 | 9.4 (71.2%) |
| 21 | FLIGER Łukasz | 66 | | M-Open | 21 | | 00:31:57.55 | 00:31:57.55 | +00:09:14 (28.9%) | 6:23 | 9.4 (71.2%) |
| 22 | SCHULZ Mateusz | 336 | RUNBACZYN | M-Open | 22 | RUNbaczyn | 00:31:57.70 | 00:31:57.70 | +00:09:14 (28.9%) | 6:23 | 9.4 (71.2%) |
| 23 | NOWAK Maciej | 256 | MACII STACJA DEMONTAŻU POJAZDÓW | M-Open | 23 | | 00:31:59.75 | 00:31:59.75 | +00:09:16 (29.0%) | 6:23 | 9.4 (71.2%) |
| 24 | BORCZYŃSKI Łukasz | 21 | GOOD FOOD PRODUCTS | M-Open | 24 | | 00:32:04.45 | 00:32:04.45 | +00:09:21 (29.2%) | 6:24 | 9.4 (71.2%) |
| 25 | TABAKA Wiesław | 385 | | M-Open | 25 | | 00:32:05.20 | 00:32:05.20 | +00:09:22 (29.2%) | 6:25 | 9.4 (71.2%) |
| 26 | TABAKA Natalia | 386 | | K-Open | 1 | | 00:32:05.50 | 00:32:05.50 | +00:09:22 (29.2%) | 6:25 | 9.4 (71.2%) |
| 27 | BŁACHOWIAK Mariusz | 523 | | M-Open | 26 | | 00:32:31.85 | 00:32:31.85 | +00:09:48 (30.2%) | 6:30 | 9.2 (69.7%) |
| 28 | GREUTZINEHER Katarzyna | 506 | CROSS TRAINING PĘPOWO | K-Open | 2 | Cross Taining Pępowo | 00:32:34.85 | 00:32:34.85 | +00:09:51 (30.3%) | 6:30 | 9.2 (69.7%) |
| 29 | MACHI Łukasz | 195 | ORLA KORZENSKO | M-Open | 27 | | 00:32:41.15 | 00:32:41.15 | +00:09:58 (30.5%) | 6:32 | 9.2 (69.7%) |
| 30 | POKLEPA Dawid | 295 | CNS NOWA SÓL | M-Open | 28 | CNS Nowa Sól | 00:32:46.45 | 00:32:46.45 | +00:10:03 (30.7%) | 6:33 | 9.2 (69.7%) |
| 31 | DĄBEK Patryk | 50 | ŚWIRY | M-Open | 29 | | 00:32:50.60 | 00:32:50.60 | +00:10:07 (30.8%) | 6:34 | 9.1 (68.9%) |
| 32 | ŚMIGŁAK Łukasz | 380 | DIRTY SPARROWS | M-Open | 30 | Dirty Sparrows | 00:32:52.95 | 00:32:52.95 | +00:10:10 (30.9%) | 6:34 | 9.1 (68.9%) |
| 33 | GAŁACH Łukasz | 75 | | M-Open | 31 | | 00:32:53.55 | 00:32:53.55 | +00:10:10 (30.9%) | 6:34 | 9.1 (68.9%) |
| 34 | ŻYNDUL Krystian | 458 | KRIS-BUD-MONT | M-Open | 32 | | 00:32:55.75 | 00:32:55.75 | +00:10:12 (31.0%) | 6:35 | 9.1 (68.9%) |
| 35 | KLUPŚ Konrad | 155 | PROINVEST | M-Open | 33 | PROINVEST | 00:33:02.65 | 00:33:02.65 | +00:10:19 (31.3%) | 6:36 | 9.1 (68.9%) |
| 36 | NENKAŁA Mateusz | 247 | | M-Open | 34 | | 00:33:06.35 | 00:33:06.35 | +00:10:23 (31.4%) | 6:37 | 9.1 (68.9%) |
| 37 | RATAJCZAK Robert | 314 | | M-Open | 35 | | 00:33:14.05 | 00:33:14.05 | +00:10:31 (31.6%) | 6:38 | 9 (68.2%) |

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|-----|-----------------------------|------------|-------------------|-----------|------|--------------------|--------------------|--------------------|-------------------|--------------|-------------|
| 38 | PIĘTA Michał | 288 | | M-Open | 36 | PYRY I KARTOFLE | 00:33:31.95 | 00:33:31.95 | +00:10:49 (32.3%) | 6:42 | 9 (68.2%) |
| 39 | KLEJEWSKI Przemysław | 154 | | M-Open | 37 | | 00:33:34.00 | 00:33:34.00 | +00:10:51 (32.3%) | 6:42 | 8.9 (67.4%) |
| 40 | WALEŃSKI Marcin | 414 | DRUŻYNA WU. | M-Open | 38 | Drużyna Wu. | 00:33:43.90 | 00:33:43.90 | +00:11:00 (32.7%) | 6:44 | 8.9 (67.4%) |
| 41 | KUBACIK Rafał | 173 | SOLLVER TEAM | M-Open | 39 | Sollver Team | 00:33:45.25 | 00:33:45.25 | +00:11:02 (32.7%) | 6:45 | 8.9 (67.4%) |
| 42 | JUSZKIEWICZ Oliwia | 493 | RAJSPORT ACTIVE | K-Open | 3 | | 00:33:47.65 | 00:33:47.65 | +00:11:04 (32.8%) | 6:45 | 8.9 (67.4%) |
| 43 | OKONIEWSKI Marcin | 262 | | M-Open | 40 | | 00:34:21.45 | 00:34:21.45 | +00:11:38 (33.9%) | 6:52 | 8.7 (65.9%) |
| 44 | ZAGACKI Karol | 440 | M-FIT RAWICZ | M-Open | 41 | M-FIT RAWICZ | 00:34:25.45 | 00:34:25.45 | +00:11:42 (34.0%) | 6:53 | 8.7 (65.9%) |
| 45 | JAKUBCZYK Adam | 110 | TEAM TRANSFORMERS | M-Open | 42 | | 00:34:26.70 | 00:34:26.70 | +00:11:43 (34.1%) | 6:53 | 8.7 (65.9%) |
| 46 | CELARY Grzegorz | 32 | PROINVEST | M-Open | 43 | PROINVEST | 00:34:31.60 | 00:34:31.60 | +00:11:48 (34.2%) | 6:54 | 8.7 (65.9%) |
| 47 | OWSIANY Anna | 268 | AVENGERS | K-Open | 4 | Avengers | 00:34:38.00 | 00:34:38.00 | +00:11:55 (34.4%) | 6:55 | 8.7 (65.9%) |
| 48 | ZAJĄC Jarosław | 441 | | M-Open | 44 | | 00:34:46.40 | 00:34:46.40 | +00:12:03 (34.7%) | 6:57 | 8.6 (65.2%) |
| 49 | ZIOŁO Krzysztof | 455 | DIRTY SPARROWS | M-Open | 45 | Dirty Sparrows | 00:34:49.05 | 00:34:49.05 | +00:12:06 (34.8%) | 6:57 | 8.6 (65.2%) |
| 50 | GORYNIA Hubert | 86 | | M-Open | 46 | | 00:34:51.70 | 00:34:51.70 | +00:12:08 (34.8%) | 6:58 | 8.6 (65.2%) |
| 51 | SZLĘZAK Mateusz | 368 | KGHM SW1 S-5 | M-Open | 47 | | 00:34:53.95 | 00:34:53.95 | +00:12:11 (34.9%) | 6:58 | 8.6 (65.2%) |
| 52 | MRÓZ Norbert | 241 | FITNESSTEAM | M-Open | 48 | | 00:35:01.10 | 00:35:01.10 | +00:12:18 (35.1%) | 7:00 | 8.6 (65.2%) |
| 53 | MIELCARZ Tomasz | 231 | BIEGOWE DZIKI OCR | M-Open | 49 | Biegowe Dzikie OCR | 00:35:09.20 | 00:35:09.20 | +00:12:26 (35.4%) | 7:01 | 8.5 (64.4%) |
| 54 | ZAJĄC Karol | 443 | | M-Open | 50 | | 00:35:10.55 | 00:35:10.55 | +00:12:27 (35.4%) | 7:02 | 8.5 (64.4%) |
| 55 | RABIEGA Michał | 310 | PROINVEST | M-Open | 51 | PROINVEST | 00:35:11.35 | 00:35:11.35 | +00:12:28 (35.4%) | 7:02 | 8.5 (64.4%) |
| 56 | ADAMIAK Igor | 1 | OCR GYM WROCŁAW | M-Open | 52 | OCR GYM WROCŁAW | 00:35:18.25 | 00:35:18.25 | +00:12:35 (35.7%) | 7:03 | 8.5 (64.4%) |
| 57 | SOBAŃSKI Paweł | 352 | PROINVEST | M-Open | 53 | PROINVEST | 00:35:20.45 | 00:35:20.45 | +00:12:37 (35.7%) | 7:04 | 8.5 (64.4%) |
| 58 | POLKOWSKI Fabian | 297 | | M-Open | 54 | | 00:35:45.00 | 00:35:45.00 | +00:13:02 (36.5%) | 7:09 | 8.4 (63.6%) |
| 59 | RYBARCZYK Jakub | 324 | DRUŻYNA WU. | M-Open | 55 | Drużyna Wu. | 00:35:58.30 | 00:35:58.30 | +00:13:15 (36.9%) | 7:11 | 8.3 (62.9%) |
| 60 | PAUL Jaroslaw | 278 | RUNBACZYN | M-Open | 56 | RUNbaczyn | 00:36:03.00 | 00:36:03.00 | +00:13:20 (37.0%) | 7:12 | 8.3 (62.9%) |

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|-----|---------------------|-------|---|-----------|------|----------------------------|----------------|-----------------|-------------------|--------------|-------------|
| 61 | RATAJCZAK Piotr | 313 | SAP | M-Open | 57 | SAP | 00:36:16.50 | 00:36:16.50 | +00:13:33 (37.4%) | 7:15 | 8.3 (62.9%) |
| 62 | MAŃCZAK Joanna | 213 | DRUŻYNA WU. | K-Open | 5 | Drużyna Wu. | 00:36:18.55 | 00:36:18.55 | +00:13:35 (37.4%) | 7:15 | 8.3 (62.9%) |
| 63 | WOJCIECHOWSKI Kamil | 421 | WARRIOR TEAM | M-Open | 58 | | 00:36:20.60 | 00:36:20.60 | +00:13:37 (37.5%) | 7:16 | 8.3 (62.9%) |
| 64 | MATUSZEWSKI Roman | 222 | OŹGOŁY | M-Open | 59 | | 00:36:32.90 | 00:36:32.90 | +00:13:49 (37.8%) | 7:18 | 8.2 (62.1%) |
| 65 | KACZMAREK Mateusz | 128 | BIEGAJ LESZNO | M-Open | 60 | | 00:36:41.35 | 00:36:41.35 | +00:13:58 (38.1%) | 7:20 | 8.2 (62.1%) |
| 66 | MARŻĘTA Mateusz | 217 | ORLA KORZEŃSKO | M-Open | 61 | | 00:36:43.15 | 00:36:43.15 | +00:14:00 (38.1%) | 7:20 | 8.2 (62.1%) |
| 67 | SZKUDLARCZYK Szymon | 503 | | M-Open | 62 | | 00:36:43.90 | 00:36:43.90 | +00:14:00 (38.2%) | 7:20 | 8.2 (62.1%) |
| 68 | KOPACZYK Michał | 159 | | M-Open | 63 | | 00:36:44.00 | 00:36:44.00 | +00:14:01 (38.2%) | 7:20 | 8.2 (62.1%) |
| 69 | DOPIERALSKI Dariusz | 55 | | M-Open | 64 | | 00:36:49.05 | 00:36:49.05 | +00:14:06 (38.3%) | 7:21 | 8.1 (61.4%) |
| 70 | WOJCIECHOWSKI Karol | 502 | IG: KAROL_WOJCIECHOWSKII ZAPRASZAM SERDECZNIE | M-Open | 65 | | 00:36:58.55 | 00:36:58.55 | +00:14:15 (38.6%) | 7:23 | 8.1 (61.4%) |
| 71 | MENDYKA Artur | 227 | | M-Open | 66 | | 00:37:04.50 | 00:37:04.50 | +00:14:21 (38.7%) | 7:24 | 8.1 (61.4%) |
| 72 | FRAŃCZAK Dariusz | 70 | | M-Open | 67 | | 00:37:09.55 | 00:37:09.55 | +00:14:26 (38.9%) | 7:25 | 8.1 (61.4%) |
| 73 | DRATWIAK Dominik | 56 | PROINVEST | M-Open | 68 | PROINVEST | 00:37:17.10 | 00:37:17.10 | +00:14:34 (39.1%) | 7:27 | 8 (60.6%) |
| 74 | WOJNICKI Wojciech | 424 | DIRTY SPARROWS | M-Open | 69 | Dirty Sparrows | 00:37:23.15 | 00:37:23.15 | +00:14:40 (39.2%) | 7:28 | 8 (60.6%) |
| 75 | CHUDZINSKI Maciej | 38 | PONYXOX | M-Open | 70 | | 00:37:34.35 | 00:37:34.35 | +00:14:51 (39.5%) | 7:30 | 8 (60.6%) |
| 76 | ALEKSANDER Łukasz | 3 | AKADEMIA TAEKWON DO IN NAE | M-Open | 71 | Akademia Taekwon-do IN NAE | 00:37:34.90 | 00:37:34.90 | +00:14:51 (39.6%) | 7:30 | 8 (60.6%) |
| 77 | KOMORNICKI Krzysiek | 158 | IRON STUDIO | M-Open | 72 | | 00:37:38.40 | 00:37:38.40 | +00:14:55 (39.6%) | 7:31 | 8 (60.6%) |
| 78 | TRUBIŁOWICZ Mateusz | 399 | BIEGOWE DZIKI OCR | M-Open | 73 | Biegowe Dzikie OCR | 00:37:58.55 | 00:37:58.55 | +00:15:15 (40.2%) | 7:35 | 7.9 (59.8%) |
| 79 | KOSUT Adam | 484 | SHOOTBOXER MOSINA | M-Open | 74 | | 00:38:01.40 | 00:38:01.40 | +00:15:18 (40.3%) | 7:36 | 7.9 (59.8%) |
| 80 | PRZYŁĘCKI Karol | 308 | | M-Open | 75 | TOYOTA TEAM LESZNO | 00:38:02.20 | 00:38:02.20 | +00:15:19 (40.3%) | 7:36 | 7.9 (59.8%) |
| 81 | KOSOWSKA Aleksandra | 491 | TRANSFORMERS | K-Open | 6 | Transformers Kościan | 00:38:02.60 | 00:38:02.60 | +00:15:19 (40.3%) | 7:36 | 7.9 (59.8%) |
| 82 | MACIOSZCZYK Szymon | 201 | SHOOTBOXER | M-Open | 76 | | 00:38:04.50 | 00:38:04.50 | +00:15:21 (40.3%) | 7:36 | 7.9 (59.8%) |
| 83 | KWARTA Paweł | 181 | | M-Open | 77 | | 00:38:06.30 | 00:38:06.30 | +00:15:23 (40.4%) | 7:37 | 7.9 (59.8%) |

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| 84 | BOROWSKI Maciej | 500 | BIEGOWE DZIKI OCR | M-Open | 78 | Biegowe Dzikie OCR | 00:38:07.35 | 00:38:07.35 | +00:15:24 (40.4%) | 7:37 | 7.9 (59.8%) |
| 85 | BAKOWSKI Błażej | 13 | MÜLLER TEAM | M-Open | 79 | | 00:38:09.35 | 00:38:09.35 | +00:15:26 (40.5%) | 7:37 | 7.9 (59.8%) |
| 86 | KASPROWIAK Oskar | 143 | POMYXOX | M-Open | 80 | | 00:38:13.20 | 00:38:13.20 | +00:15:30 (40.6%) | 7:38 | 7.8 (59.1%) |
| 86 | MILASZEWSKI Michał | 236 | PONYXOX | M-Open | 80 | | 00:38:13.20 | 00:38:13.20 | +00:15:30 (40.6%) | 7:38 | 7.8 (59.1%) |
| 88 | MAJEK Mateusz | 512 | | M-Open | 82 | | 00:38:18.05 | 00:38:18.05 | +00:15:35 (40.7%) | 7:39 | 7.8 (59.1%) |
| 89 | ŚWIDZIŃSKI Marcin | 384 | TRANSFORMERS | M-Open | 83 | | 00:38:19.25 | 00:38:19.25 | +00:15:36 (40.7%) | 7:39 | 7.8 (59.1%) |
| 90 | SOBECKI Igor | 477 | | M-Open | 84 | | 00:38:21.45 | 00:38:21.45 | +00:15:38 (40.8%) | 7:40 | 7.8 (59.1%) |
| 90 | GAJEWSKI Tomasz | 73 | LEGNICA POKONUJE PRZESZKODY | M-Open | 84 | | 00:38:21.45 | 00:38:21.45 | +00:15:38 (40.8%) | 7:40 | 7.8 (59.1%) |
| 92 | PRUSKO Paulina | 303 | OCR GYM WROCŁAW | K-Open | 7 | | 00:38:27.70 | 00:38:27.70 | +00:15:44 (40.9%) | 7:41 | 7.8 (59.1%) |
| 93 | RYCHLEWSKI Michał | 325 | DIRTY SPARROWS | M-Open | 86 | Dirty Sparrows | 00:38:37.25 | 00:38:37.25 | +00:15:54 (41.2%) | 7:43 | 7.8 (59.1%) |
| 94 | SOBIERAJ Radosław | 353 | POLSKA | M-Open | 87 | Akademia Taekwon-do IN NAE | 00:38:40.55 | 00:38:40.55 | +00:15:57 (41.3%) | 7:44 | 7.8 (59.1%) |
| 95 | MAJCHRZAK Agnieszka | 204 | DRUŻYNA WU. | K-Open | 8 | Drużyna Wu. | 00:38:42.30 | 00:38:42.30 | +00:15:59 (41.3%) | 7:44 | 7.8 (59.1%) |
| 96 | LUDWICZAK Jędrzej | 189 | RUNBACZYN | M-Open | 88 | RUNbaczyn | 00:38:51.75 | 00:38:51.75 | +00:16:08 (41.5%) | 7:46 | 7.7 (58.3%) |
| 97 | BOSSY Kuba | 26 | RUNBACZYN | M-Open | 89 | RUNbaczyn | 00:38:51.90 | 00:38:51.90 | +00:16:08 (41.6%) | 7:46 | 7.7 (58.3%) |
| 98 | MAĆKOWSKI Hubert | 203 | RUNBACZYN | M-Open | 90 | RUNbaczyn | 00:38:56.60 | 00:38:56.60 | +00:16:13 (41.7%) | 7:47 | 7.7 (58.3%) |
| 99 | POPIELA Sebastian | 299 | OPTYK BARTKOWIAK TEAM | M-Open | 91 | | 00:38:59.15 | 00:38:59.15 | +00:16:16 (41.7%) | 7:47 | 7.7 (58.3%) |
| 100 | ZADWORNY Adrian | 501 | | M-Open | 92 | | 00:39:07.25 | 00:39:07.25 | +00:16:24 (41.9%) | 7:49 | 7.7 (58.3%) |
| 101 | TEREMETS Yevhenii | 391 | GOOD FOOD PRODUCTS | M-Open | 93 | | 00:39:22.15 | 00:39:22.15 | +00:16:39 (42.3%) | 7:52 | 7.6 (57.6%) |
| 102 | YAKOVENKO Viktor | 439 | GOOD FOOD PRODUCTS | M-Open | 94 | | 00:39:22.75 | 00:39:22.75 | +00:16:39 (42.3%) | 7:52 | 7.6 (57.6%) |
| 103 | WRÓBLEWSKI Patryk | 437 | TYTKA FIT | M-Open | 95 | | 00:39:29.75 | 00:39:29.75 | +00:16:46 (42.5%) | 7:53 | 7.6 (57.6%) |
| 104 | DWORAK Mateusz | 58 | | M-Open | 96 | | 00:39:36.35 | 00:39:36.35 | +00:16:53 (42.6%) | 7:55 | 7.6 (57.6%) |
| 105 | JÓSKA Paweł | 120 | AKADEMIA TAEKWON-DO IN NAE | M-Open | 97 | Akademia Taekwon-do IN NAE | 00:39:44.10 | 00:39:44.10 | +00:17:01 (42.8%) | 7:56 | 7.6 (57.6%) |
| 106 | MIGDALCZYK Natalia | 520 | | K-Open | 9 | | 00:39:59.50 | 00:39:59.50 | +00:17:16 (43.2%) | 7:59 | 7.5 (56.8%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Drużyna 1 | Czas netto 5km | Czas brutto 5km | Różn | Tempo min/km | Tempo km/h |
|-----|------------------------------|------------|-------------------------|-----------|------|--------------------|--------------------|--------------------|-------------------|--------------|-------------|
| 107 | ŚWIĄTEK Bronisław | 383 | SAMOTNY WILK | M-Open | 98 | | 00:40:10.70 | 00:40:10.70 | +00:17:27 (43.5%) | 8:02 | 7.5 (56.8%) |
| 108 | URBAŃSKI Adam | 412 | | M-Open | 99 | TOYOTA TEAM LESZNO | 00:40:11.30 | 00:40:11.30 | +00:17:28 (43.5%) | 8:02 | 7.5 (56.8%) |
| 109 | BUDASZ Kamil | 514 | | M-Open | 100 | | 00:40:17.35 | 00:40:17.35 | +00:17:34 (43.6%) | 8:03 | 7.4 (56.1%) |
| 110 | FEDOSIEIEV Dmitro | 64 | | M-Open | 101 | Zaruba | 00:40:18.00 | 00:40:18.00 | +00:17:35 (43.6%) | 8:03 | 7.4 (56.1%) |
| 111 | JARCZEWSKI Łukasz | 117 | | M-Open | 102 | | 00:40:27.65 | 00:40:27.65 | +00:17:44 (43.9%) | 8:05 | 7.4 (56.1%) |
| 112 | FLORCZAK Mateusz | 67 | HWPO | M-Open | 103 | HWPO | 00:40:30.00 | 00:40:30.00 | +00:17:47 (43.9%) | 8:06 | 7.4 (56.1%) |
| 113 | BAJON Anna | 7 | | K-Open | 10 | | 00:40:41.60 | 00:40:41.60 | +00:17:58 (44.2%) | 8:08 | 7.4 (56.1%) |
| 114 | BORECKI Marcin | 22 | | M-Open | 104 | TOYOTA TEAM LESZNO | 00:40:56.15 | 00:40:56.15 | +00:18:13 (44.5%) | 8:11 | 7.3 (55.3%) |
| 115 | SKORCZYK Bartosz | 345 | | M-Open | 105 | | 00:40:59.30 | 00:40:59.30 | +00:18:16 (44.6%) | 8:11 | 7.3 (55.3%) |
| 116 | ŚMIGLAK Kasia | 381 | DIRTY SPARROWS | K-Open | 11 | Dirty Sparrows | 00:41:02.30 | 00:41:02.30 | +00:18:19 (44.6%) | 8:12 | 7.3 (55.3%) |
| 117 | OLEJNIK Maciej | 265 | | M-Open | 106 | | 00:41:04.60 | 00:41:04.60 | +00:18:21 (44.7%) | 8:12 | 7.3 (55.3%) |
| 118 | MUSZYŃSKI Maciej | 519 | | M-Open | 107 | | 00:41:06.50 | 00:41:06.50 | +00:18:23 (44.7%) | 8:13 | 7.3 (55.3%) |
| 119 | SPYCHAŁA Jacek | 358 | DIRTY SPARROWS | M-Open | 108 | Dirty Sparrows | 00:41:06.80 | 00:41:06.80 | +00:18:23 (44.7%) | 8:13 | 7.3 (55.3%) |
| 120 | PIÓRKO Piotr | 289 | C&C PARTNERS | M-Open | 109 | C&C Partners | 00:41:10.55 | 00:41:10.55 | +00:18:27 (44.8%) | 8:14 | 7.3 (55.3%) |
| 121 | MICHALSKI Mateusz | 474 | | M-Open | 110 | | 00:41:14.25 | 00:41:14.25 | +00:18:31 (44.9%) | 8:14 | 7.3 (55.3%) |
| 122 | JABŁOŃSKI Hubert | 109 | KS FUTSAL POWIAT PILSKI | M-Open | 111 | | 00:41:19.40 | 00:41:19.40 | +00:18:36 (45.0%) | 8:15 | 7.3 (55.3%) |
| 123 | TURKIEWICZ Jarosław | 401 | | M-Open | 112 | | 00:41:20.50 | 00:41:20.50 | +00:18:37 (45.1%) | 8:16 | 7.3 (55.3%) |
| 124 | LIS Alan | 187 | | M-Open | 113 | TOYOTA TEAM LESZNO | 00:41:25.70 | 00:41:25.70 | +00:18:42 (45.2%) | 8:17 | 7.2 (54.5%) |
| 125 | SKRZYPCZAK Przemysław | 348 | RUNBACZYN | M-Open | 114 | RUNbaczyn | 00:41:33.35 | 00:41:33.35 | +00:18:50 (45.3%) | 8:18 | 7.2 (54.5%) |
| 126 | ZAJĄC Aleksander | 442 | | M-Open | 115 | | 00:41:34.60 | 00:41:34.60 | +00:18:51 (45.4%) | 8:18 | 7.2 (54.5%) |
| 127 | KOSEK Mateusz | 161 | SPINKO LESZNO | M-Open | 116 | Spinko Leszno | 00:41:41.45 | 00:41:41.45 | +00:18:58 (45.5%) | 8:20 | 7.2 (54.5%) |
| 128 | HOFFMANN Zbigniew | 101 | SPINKO LESZNO | M-Open | 117 | Spinko Leszno | 00:41:41.75 | 00:41:41.75 | +00:18:58 (45.5%) | 8:20 | 7.2 (54.5%) |
| 129 | POWAŻNA Barbara | 300 | OCR GYM WROCŁAW | K-Open | 12 | OCR GYM WROCŁAW | 00:41:43.00 | 00:41:43.00 | +00:19:00 (45.5%) | 8:20 | 7.2 (54.5%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Drużyna 1 | Czas netto 5km | Czas brutto 5km | Różn | Tempo min/km | Tempo km/h |
|-----|----------------------------|------------|-----------------|-----------|------|--------------------|--------------------|--------------------|-------------------|--------------|-------------|
| 130 | APANOWICZ Dawid | 6 | PROINVEST | M-Open | 118 | PROINVEST | 00:41:48.55 | 00:41:48.55 | +00:19:05 (45.7%) | 8:21 | 7.2 (54.5%) |
| 131 | MATUSZEWSKI Jakub | 223 | C&C PARTNERS | M-Open | 119 | C&C Partners | 00:41:51.05 | 00:41:51.05 | +00:19:08 (45.7%) | 8:22 | 7.2 (54.5%) |
| 132 | JĄNCZAK Sebastian | 116 | | M-Open | 120 | | 00:41:53.90 | 00:41:53.90 | +00:19:10 (45.8%) | 8:22 | 7.2 (54.5%) |
| 133 | MIERNIK Przemysław | 232 | CROSS FIRMUS | M-Open | 121 | | 00:41:58.50 | 00:41:58.50 | +00:19:15 (45.9%) | 8:23 | 7.1 (53.8%) |
| 134 | KRZEMIEŃ Sławomir | 172 | OCR GYM WROCŁAW | M-Open | 122 | OCR GYM WROCŁAW | 00:42:04.50 | 00:42:04.50 | +00:19:21 (46.0%) | 8:24 | 7.1 (53.8%) |
| 135 | RATAJCZAK Honorata | 312 | | K-Open | 13 | Drużyna Wu. | 00:42:05.35 | 00:42:05.35 | +00:19:22 (46.0%) | 8:25 | 7.1 (53.8%) |
| 136 | MARCINIAK Łukasz | 214 | | M-Open | 123 | | 00:42:11.80 | 00:42:11.80 | +00:19:28 (46.2%) | 8:26 | 7.1 (53.8%) |
| 137 | BUGIEL Marcin | 30 | | M-Open | 124 | | 00:42:28.20 | 00:42:28.20 | +00:19:45 (46.5%) | 8:29 | 7.1 (53.8%) |
| 138 | SZPRUTA Robert | 371 | | M-Open | 125 | | 00:42:36.15 | 00:42:36.15 | +00:19:53 (46.7%) | 8:31 | 7 (53.0%) |
| 139 | MATECKA Natalia | 219 | | K-Open | 14 | | 00:42:39.20 | 00:42:39.20 | +00:19:56 (46.7%) | 8:31 | 7 (53.0%) |
| 140 | SITARZ Mateusz | 342 | | M-Open | 126 | | 00:42:41.30 | 00:42:41.30 | +00:19:58 (46.8%) | 8:32 | 7 (53.0%) |
| 141 | BOROŃ Wojciech | 23 | | M-Open | 127 | BEWU | 00:42:42.95 | 00:42:42.95 | +00:20:00 (46.8%) | 8:32 | 7 (53.0%) |
| 142 | JANISZEWSKI Paweł | 111 | BEWU | M-Open | 128 | BEWU | 00:42:45.70 | 00:42:45.70 | +00:20:02 (46.9%) | 8:33 | 7 (53.0%) |
| 143 | JANISZEWSKI Jędrzej | 112 | | M-Open | 129 | BEWU | 00:42:46.85 | 00:42:46.85 | +00:20:03 (46.9%) | 8:33 | 7 (53.0%) |
| 144 | ZIOŁO Ewa | 456 | DIRTY SPARROWS | K-Open | 15 | Dirty Sparrows | 00:42:51.00 | 00:42:51.00 | +00:20:08 (47.0%) | 8:34 | 7 (53.0%) |
| 145 | GARBARCZYK Paweł | 77 | | M-Open | 130 | TOYOTA TEAM LESZNO | 00:42:56.40 | 00:42:56.40 | +00:20:13 (47.1%) | 8:35 | 7 (53.0%) |
| 146 | KACHEL Łukasz | 124 | LP&PERL | M-Open | 131 | LP&PERL&MG | 00:43:03.60 | 00:43:03.60 | +00:20:20 (47.2%) | 8:36 | 7 (53.0%) |
| 147 | POLASZEWSKI Leszek | 296 | LP&PERL&MG | M-Open | 132 | LP&PERL&MG | 00:43:03.70 | 00:43:03.70 | +00:20:20 (47.2%) | 8:36 | 7 (53.0%) |
| 148 | GUMULA Mateusz | 97 | LP&PERL&MG | M-Open | 133 | LP&PERL&MG | 00:43:03.85 | 00:43:03.85 | +00:20:20 (47.3%) | 8:36 | 7 (53.0%) |
| 149 | SOFINSKA Iwona | 356 | | K-Open | 16 | | 00:43:16.60 | 00:43:16.60 | +00:20:33 (47.5%) | 8:39 | 6.9 (52.3%) |
| 150 | FRYDRYCH Andrzej | 71 | | M-Open | 134 | | 00:43:16.90 | 00:43:16.90 | +00:20:33 (47.5%) | 8:39 | 6.9 (52.3%) |
| 151 | BARTOSZ Gracjan | 12 | | M-Open | 135 | | 00:43:17.95 | 00:43:17.95 | +00:20:35 (47.5%) | 8:39 | 6.9 (52.3%) |
| 152 | BARTKOWIAK Szymon | 11 | | M-Open | 136 | C&C Partners | 00:43:27.35 | 00:43:27.35 | +00:20:44 (47.7%) | 8:41 | 6.9 (52.3%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Drużyna 1 | Czas netto 5km | Czas brutto 5km | Różn | Tempo min/km | Tempo km/h |
|-----|-----------------------------|------------|--------------------|-----------|------|--------------|--------------------|--------------------|-------------------|--------------|-------------|
| 153 | KLECHA Paweł | 153 | | M-Open | 137 | | 00:43:30.00 | 00:43:30.00 | +00:20:47 (47.8%) | 8:42 | 6.9 (52.3%) |
| 154 | GRABOWSKI Kamil | 89 | DIRTY SPARROWS | M-Open | 138 | | 00:43:31.10 | 00:43:31.10 | +00:20:48 (47.8%) | 8:42 | 6.9 (52.3%) |
| 155 | KOMORNICKI Krzysztof | 137 | | M-Open | 139 | | 00:43:32.10 | 00:43:32.10 | +00:20:49 (47.8%) | 8:42 | 6.9 (52.3%) |
| 156 | WOŹNIAK Adam | 479 | WOŹNIAK TEAM | M-Open | 140 | Wozniak Team | 00:43:33.40 | 00:43:33.40 | +00:20:50 (47.8%) | 8:42 | 6.9 (52.3%) |
| 157 | KLECHA Karol | 152 | FF | M-Open | 141 | | 00:43:36.00 | 00:43:36.00 | +00:20:53 (47.9%) | 8:43 | 6.9 (52.3%) |
| 158 | MATUSZAK Adam | 220 | | M-Open | 142 | | 00:43:47.75 | 00:43:47.75 | +00:21:04 (48.1%) | 8:45 | 6.9 (52.3%) |
| 159 | KAMIŃSKI Stanisław | 134 | | M-Open | 143 | | 00:43:52.80 | 00:43:52.80 | +00:21:09 (48.2%) | 8:46 | 6.8 (51.5%) |
| 160 | SCHULZ Łukasz | 337 | RUNBACZYN | M-Open | 144 | RUNbaczyn | 00:43:57.20 | 00:43:57.20 | +00:21:14 (48.3%) | 8:47 | 6.8 (51.5%) |
| 161 | KNOZOWSKA Bożena | 156 | ŚWIRY | K-Open | 17 | | 00:43:59.30 | 00:43:59.30 | +00:21:16 (48.4%) | 8:47 | 6.8 (51.5%) |
| 162 | MATUSZAK Agnieszka | 221 | | K-Open | 18 | | 00:44:01.40 | 00:44:01.40 | +00:21:18 (48.4%) | 8:48 | 6.8 (51.5%) |
| 163 | ANTKOWIAK Hubert | 5 | FITNESS FACTORY | M-Open | 145 | | 00:44:02.40 | 00:44:02.40 | +00:21:19 (48.4%) | 8:48 | 6.8 (51.5%) |
| 164 | STACHYRA Joanna | 360 | ŚWIRY | K-Open | 19 | | 00:44:09.10 | 00:44:09.10 | +00:21:26 (48.6%) | 8:49 | 6.8 (51.5%) |
| 165 | NOWAK Patryk | 250 | PBO DEWELOPER | M-Open | 146 | | 00:44:10.35 | 00:44:10.35 | +00:21:27 (48.6%) | 8:50 | 6.8 (51.5%) |
| 166 | SZYMANOWSKI Igor | 373 | GOOD FOOD PRODUCTS | M-Open | 147 | | 00:44:15.20 | 00:44:15.20 | +00:21:32 (48.7%) | 8:51 | 6.8 (51.5%) |
| 167 | GRZEGORCZYK Maciej | 94 | MÜLLER TEAM | M-Open | 148 | | 00:44:16.40 | 00:44:16.40 | +00:21:33 (48.7%) | 8:51 | 6.8 (51.5%) |
| 168 | BOROWIAK Adam | 24 | HWPO | M-Open | 149 | HWPO | 00:44:20.65 | 00:44:20.65 | +00:21:37 (48.8%) | 8:52 | 6.8 (51.5%) |
| 169 | GNACIŃSKI Radosław | 83 | RUNBACZYN | M-Open | 150 | RUNbaczyn | 00:44:22.90 | 00:44:22.90 | +00:21:39 (48.8%) | 8:52 | 6.8 (51.5%) |
| 170 | KACHNIC Robert | 125 | RUNBACZYN | M-Open | 151 | RUNbaczyn | 00:44:30.50 | 00:44:30.50 | +00:21:47 (49.0%) | 8:54 | 6.7 (50.8%) |
| 171 | SKOMSKA Lena | 343 | | K-Open | 20 | | 00:44:35.80 | 00:44:35.80 | +00:21:52 (49.1%) | 8:55 | 6.7 (50.8%) |
| 172 | SOCHACKI Jarosław | 355 | RUNBACZYN | M-Open | 152 | | 00:44:39.55 | 00:44:39.55 | +00:21:56 (49.1%) | 8:55 | 6.7 (50.8%) |
| 173 | SOBOLEWSKA Katarzyna | 354 | | K-Open | 21 | | 00:44:42.50 | 00:44:42.50 | +00:21:59 (49.2%) | 8:56 | 6.7 (50.8%) |
| 174 | GÓRECKA Sylwia | 87 | ŚWIRY | K-Open | 22 | ŚWIRY | 00:44:46.10 | 00:44:46.10 | +00:22:03 (49.3%) | 8:57 | 6.7 (50.8%) |
| 175 | BŁACHOWIAK Fabian | 522 | | M-Open | 153 | | 00:44:46.50 | 00:44:46.50 | +00:22:03 (49.3%) | 8:57 | 6.7 (50.8%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Drużyna 1 | Czas netto 5km | Czas brutto 5km | Różn | Tempo min/km | Tempo km/h |
|-----|----------------------|-------|---------------------------------|-----------|------|----------------------|----------------|-----------------|-------------------|--------------|-------------|
| 176 | KIJAS Magdalena | 149 | | K-Open | 23 | | 00:44:47.70 | 00:44:47.70 | +00:22:04 (49.3%) | 8:57 | 6.7 (50.8%) |
| 177 | ZIMNA Katarzyna | 515 | CROSS TRAINING PĘPOWO | K-Open | 24 | Cross Taining Pępowo | 00:44:50.35 | 00:44:50.35 | +00:22:07 (49.3%) | 8:58 | 6.7 (50.8%) |
| 178 | GUBAŃSKI Jeremiasz | 96 | MACII STACJA DEMONTAŻU POJAZDÓW | M-Open | 154 | | 00:44:52.35 | 00:44:52.35 | +00:22:09 (49.4%) | 8:58 | 6.7 (50.8%) |
| 179 | IGNACIK Mirek | 105 | | M-Open | 155 | | 00:44:52.90 | 00:44:52.90 | +00:22:09 (49.4%) | 8:58 | 6.7 (50.8%) |
| 180 | KARPIŃSKI Paweł | 138 | FDW PASZE | M-Open | 156 | | 00:44:56.60 | 00:44:56.60 | +00:22:13 (49.5%) | 8:59 | 6.7 (50.8%) |
| 181 | DOPIERALSKI Dariusz | 68 | FERMY WOŹNIAK | M-Open | 157 | | 00:45:02.40 | 00:45:02.40 | +00:22:19 (49.6%) | 9:00 | 6.7 (50.8%) |
| 182 | KIJAS Grzegorz | 150 | | M-Open | 158 | | 00:45:04.10 | 00:45:04.10 | +00:22:21 (49.6%) | 9:00 | 6.7 (50.8%) |
| 183 | DŁUGOSZ Marlena | 507 | | K-Open | 25 | | 00:45:08.40 | 00:45:08.40 | +00:22:25 (49.7%) | 9:01 | 6.6 (50.0%) |
| 184 | WOLNY Piotr | 433 | WOZNIAK TEAM | M-Open | 159 | Wozniak Team | 00:45:15.70 | 00:45:15.70 | +00:22:32 (49.8%) | 9:03 | 6.6 (50.0%) |
| 185 | PERZ Iwona | 284 | WOŹNIAK TEAM | K-Open | 26 | | 00:45:15.75 | 00:45:15.75 | +00:22:32 (49.8%) | 9:03 | 6.6 (50.0%) |
| 186 | WOLNA Kamila | 432 | WOŹNIAK TEAM | K-Open | 27 | Wozniak Team | 00:45:16.05 | 00:45:16.05 | +00:22:33 (49.8%) | 9:03 | 6.6 (50.0%) |
| 187 | ZARZYCKI Jakub | 450 | | M-Open | 160 | | 00:45:17.20 | 00:45:17.20 | +00:22:34 (49.8%) | 9:03 | 6.6 (50.0%) |
| 188 | DOPIERAŁA Tomasz | 461 | WOŹNIAK TEAM | M-Open | 161 | Wozniak Team | 00:45:25.10 | 00:45:25.10 | +00:22:42 (50.0%) | 9:05 | 6.6 (50.0%) |
| 189 | NOWAK Adrian | 249 | PBO DEWELOPER | M-Open | 162 | | 00:45:29.35 | 00:45:29.35 | +00:22:46 (50.1%) | 9:05 | 6.6 (50.0%) |
| 190 | KASPROWIAK Paweł | 142 | | M-Open | 163 | | 00:45:30.10 | 00:45:30.10 | +00:22:47 (50.1%) | 9:06 | 6.6 (50.0%) |
| 191 | KAPUŚCIŃSKI Adrian | 135 | GOOD FOOD PRODUCTS | M-Open | 164 | | 00:45:33.60 | 00:45:33.60 | +00:22:50 (50.1%) | 9:06 | 6.6 (50.0%) |
| 192 | JARÓŻEK Dominik | 118 | | M-Open | 165 | | 00:45:34.20 | 00:45:34.20 | +00:22:51 (50.2%) | 9:06 | 6.6 (50.0%) |
| 193 | ROZWALKA Kasia | 317 | DRAGON GYM&SQUASH | K-Open | 28 | | 00:45:35.15 | 00:45:35.15 | +00:22:52 (50.2%) | 9:07 | 6.6 (50.0%) |
| 194 | WILCZKOWIAK Karolina | 418 | | K-Open | 29 | | 00:45:44.55 | 00:45:44.55 | +00:23:01 (50.3%) | 9:08 | 6.6 (50.0%) |
| 195 | SZAJDA Adrianna | 509 | CROSS TRAINING PĘPOWO | K-Open | 30 | | 00:45:48.45 | 00:45:48.45 | +00:23:05 (50.4%) | 9:09 | 6.6 (50.0%) |
| 196 | ZARWAŃSKI Piotr | 449 | DRAGON GYM | M-Open | 166 | | 00:45:51.65 | 00:45:51.65 | +00:23:08 (50.5%) | 9:10 | 6.5 (49.2%) |
| 197 | GLEŃ Agnieszka | 81 | SOLLVER TEAM | K-Open | 31 | Sollver Team | 00:45:54.40 | 00:45:54.40 | +00:23:11 (50.5%) | 9:10 | 6.5 (49.2%) |
| 198 | PIECHOTA Adam | 286 | INSTAL SERWIS | M-Open | 167 | | 00:45:58.00 | 00:45:58.00 | +00:23:15 (50.6%) | 9:11 | 6.5 (49.2%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Drużyna 1 | Czas netto 5km | Czas brutto 5km | Różn | Tempo min/km | Tempo km/h |
|-----|-----------------------|-------|---------------------------------|-----------|------|---------------------------|----------------|-----------------|-------------------|--------------|-------------|
| 199 | KOKOT Krzysztof | 157 | | M-Open | 168 | | 00:45:58.80 | 00:45:58.80 | +00:23:15 (50.6%) | 9:11 | 6.5 (49.2%) |
| 200 | MAJOREK Kasia | 210 | | K-Open | 32 | | 00:46:00.45 | 00:46:00.45 | +00:23:17 (50.6%) | 9:12 | 6.5 (49.2%) |
| 201 | WITKIEWICZ Katarzyna | 419 | | K-Open | 33 | | 00:46:00.50 | 00:46:00.50 | +00:23:17 (50.6%) | 9:12 | 6.5 (49.2%) |
| 202 | HAMOT Lukasz | 98 | | M-Open | 169 | | 00:46:01.50 | 00:46:01.50 | +00:23:18 (50.6%) | 9:12 | 6.5 (49.2%) |
| 203 | KUBACIK Maksymilian | 175 | SOLLVER TEAM | M-Open | 170 | Sollver Team | 00:46:13.25 | 00:46:13.25 | +00:23:30 (50.9%) | 9:14 | 6.5 (49.2%) |
| 204 | KĘSKIEWICZ Kamil | 148 | SUDECCY TRANSFORMERSI | M-Open | 171 | | 00:46:20.15 | 00:46:20.15 | +00:23:37 (51.0%) | 9:16 | 6.5 (49.2%) |
| 205 | WOZNIAK Oliwia | 435 | FLYING FLOWER BY MARINA LAIKINA | K-Open | 34 | | 00:46:31.60 | 00:46:31.60 | +00:23:48 (51.2%) | 9:18 | 6.4 (48.5%) |
| 206 | CIEŚLIK Marcin | 44 | | M-Open | 172 | | 00:46:31.80 | 00:46:31.80 | +00:23:48 (51.2%) | 9:18 | 6.4 (48.5%) |
| 207 | DOMAGALSKI Jakub | 53 | | M-Open | 173 | | 00:46:35.60 | 00:46:35.60 | +00:23:52 (51.2%) | 9:19 | 6.4 (48.5%) |
| 208 | KARAKOLIS Anna | 136 | CNS NOWA SÓL | K-Open | 35 | CNS Nowa Sól | 00:46:36.30 | 00:46:36.30 | +00:23:53 (51.3%) | 9:19 | 6.4 (48.5%) |
| 209 | MAJEK Mateusz | 498 | | M-Open | 174 | | 00:46:36.65 | 00:46:36.65 | +00:23:53 (51.3%) | 9:19 | 6.4 (48.5%) |
| 210 | POKLEPA Karolina | 294 | CNS | K-Open | 36 | CNS Nowa Sól | 00:46:37.70 | 00:46:37.70 | +00:23:54 (51.3%) | 9:19 | 6.4 (48.5%) |
| 211 | NOWAK Damian | 258 | FLYING FLOWER BY MARINA LAIKINA | M-Open | 175 | | 00:46:45.25 | 00:46:45.25 | +00:24:02 (51.4%) | 9:21 | 6.4 (48.5%) |
| 212 | DOMAGALSKI Damian | 54 | | M-Open | 176 | | 00:46:49.95 | 00:46:49.95 | +00:24:07 (51.5%) | 9:21 | 6.4 (48.5%) |
| 213 | WRÓBLEWSKI Przemysław | 438 | | M-Open | 177 | TOYOTA TEAM LESZNO | 00:46:51.20 | 00:46:51.20 | +00:24:08 (51.5%) | 9:22 | 6.4 (48.5%) |
| 214 | WOŚ Kinga | 434 | | K-Open | 37 | | 00:46:53.65 | 00:46:53.65 | +00:24:10 (51.6%) | 9:22 | 6.4 (48.5%) |
| 215 | SUSŁA Aneta | 363 | | K-Open | 38 | Akademia Taekwondo IN NAE | 00:47:00.55 | 00:47:00.55 | +00:24:17 (51.7%) | 9:24 | 6.4 (48.5%) |
| 216 | DANEK Mariusz | 49 | | M-Open | 178 | | 00:47:00.70 | 00:47:00.70 | +00:24:17 (51.7%) | 9:24 | 6.4 (48.5%) |
| 217 | URBANOWICZ Jarek | 408 | | M-Open | 179 | | 00:47:23.20 | 00:47:23.20 | +00:24:40 (52.1%) | 9:28 | 6.3 (47.7%) |
| 218 | JANOWICZ Paulina | 472 | BIEGAJ LESZNO | K-Open | 39 | | 00:47:26.45 | 00:47:26.45 | +00:24:43 (52.1%) | 9:29 | 6.3 (47.7%) |
| 219 | KILAN Adrian | 473 | | M-Open | 180 | | 00:47:29.90 | 00:47:29.90 | +00:24:46 (52.2%) | 9:29 | 6.3 (47.7%) |
| 220 | MISIAK Tobiasz | 238 | VILLAGE_DAY_SPA | M-Open | 181 | | 00:47:33.75 | 00:47:33.75 | +00:24:50 (52.2%) | 9:30 | 6.3 (47.7%) |
| 221 | ŚLATAŁA Emilia | 378 | | K-Open | 40 | PYRY I KARTOFLE | 00:47:43.85 | 00:47:43.85 | +00:25:00 (52.4%) | 9:32 | 6.3 (47.7%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Drużyna 1 | Czas netto 5km | Czas brutto 5km | Różn | Tempo min/km | Tempo km/h |
|-----|-------------------------------|------------|---------------------------|-----------|------|----------------------|--------------------|--------------------|-------------------|--------------|-------------|
| 222 | NYCZKA Marta | 260 | TRANSFORMERS KOŚCIAN | K-Open | 41 | | 00:47:50.50 | 00:47:50.50 | +00:25:07 (52.5%) | 9:34 | 6.3 (47.7%) |
| 223 | KURASIAK Sławek | 492 | | M-Open | 182 | | 00:47:52.95 | 00:47:52.95 | +00:25:10 (52.6%) | 9:34 | 6.3 (47.7%) |
| 224 | KASPROWIAK Kuba | 144 | POMYXOX | M-Open | 183 | | 00:47:53.80 | 00:47:53.80 | +00:25:10 (52.6%) | 9:34 | 6.3 (47.7%) |
| 225 | KURASIAK Ewelina | 178 | | K-Open | 42 | | 00:47:55.10 | 00:47:55.10 | +00:25:12 (52.6%) | 9:35 | 6.3 (47.7%) |
| 226 | NYCZKA Magdalena | 496 | | K-Open | 43 | Transformers Kościan | 00:48:15.20 | 00:48:15.20 | +00:25:32 (52.9%) | 9:39 | 6.2 (47.0%) |
| 227 | DUDEK Franek | 495 | TEAM TRANSFORMERS KOŚCIAN | M-Open | 184 | Transformers Kościan | 00:48:17.55 | 00:48:17.55 | +00:25:34 (53.0%) | 9:39 | 6.2 (47.0%) |
| 228 | TERESINSKA Klaudia | 392 | | K-Open | 44 | | 00:48:22.00 | 00:48:22.00 | +00:25:39 (53.0%) | 9:40 | 6.2 (47.0%) |
| 229 | KWADRANS Piotr | 180 | OCR GYM WROCŁAW | M-Open | 185 | OCR GYM WROCŁAW | 00:48:23.45 | 00:48:23.45 | +00:25:40 (53.1%) | 9:40 | 6.2 (47.0%) |
| 230 | ZALEWSKI Sebastian | 447 | | M-Open | 186 | | 00:48:24.40 | 00:48:24.40 | +00:25:41 (53.1%) | 9:40 | 6.2 (47.0%) |
| 231 | PABISEK Izabela | 271 | | K-Open | 45 | | 00:48:24.60 | 00:48:24.60 | +00:25:41 (53.1%) | 9:40 | 6.2 (47.0%) |
| 232 | WOJCIECHOWSKI Paweł | 423 | C&C PARTNERS | M-Open | 187 | C&C Partners | 00:48:32.85 | 00:48:32.85 | +00:25:49 (53.2%) | 9:42 | 6.2 (47.0%) |
| 233 | WOJCIECHOWSKI Radosław | 422 | MÜLLER TEAM | M-Open | 188 | | 00:48:40.45 | 00:48:40.45 | +00:25:57 (53.3%) | 9:44 | 6.2 (47.0%) |
| 234 | KOWALCZYK Oliwia | 164 | | K-Open | 46 | TOYOTA TEAM LESZNO | 00:48:49.15 | 00:48:49.15 | +00:26:06 (53.5%) | 9:45 | 6.1 (46.2%) |
| 235 | ŚLATAŁA Mikołaj | 379 | | M-Open | 189 | PYRY I KARTOFLE | 00:48:49.65 | 00:48:49.65 | +00:26:06 (53.5%) | 9:45 | 6.1 (46.2%) |
| 236 | LECIEJEWSKA Paulina | 185 | | K-Open | 47 | | 00:48:59.40 | 00:48:59.40 | +00:26:16 (53.6%) | 9:47 | 6.1 (46.2%) |
| 237 | CELARY Kamila | 34 | | K-Open | 48 | PYRY I KARTOFLE | 00:49:00.70 | 00:49:00.70 | +00:26:17 (53.7%) | 9:48 | 6.1 (46.2%) |
| 238 | SZMYT Robert | 370 | EKIPA AMITY | M-Open | 190 | Ekipa Amity | 00:49:04.05 | 00:49:04.05 | +00:26:21 (53.7%) | 9:48 | 6.1 (46.2%) |
| 239 | SZCZEPANIAK Adrian | 366 | GOOD FOOD PRODUCTS | M-Open | 191 | | 00:49:16.85 | 00:49:16.85 | +00:26:33 (53.9%) | 9:51 | 6.1 (46.2%) |
| 240 | MAĆKOWIAK Marcin | 480 | WOŹNIAK TEAM | M-Open | 192 | | 00:49:21.50 | 00:49:21.50 | +00:26:38 (54.0%) | 9:52 | 6.1 (46.2%) |
| 241 | HUTSULIAK Andrii | 104 | GOOD FOOD PRODUCTS | M-Open | 193 | | 00:49:34.30 | 00:49:34.30 | +00:26:51 (54.2%) | 9:54 | 6.1 (46.2%) |
| 242 | URBANOWICZ Krystian | 409 | | M-Open | 194 | | 00:49:37.40 | 00:49:37.40 | +00:26:54 (54.2%) | 9:55 | 6 (45.5%) |
| 243 | DUDZIAK Kinga | 57 | TRANSFORMERS KOŚCIAN | K-Open | 49 | | 00:49:49.70 | 00:49:49.70 | +00:27:06 (54.4%) | 9:57 | 6 (45.5%) |
| 244 | NOWAK Izabela | 254 | TRANSFORMERS KOŚCIAN | K-Open | 50 | | 00:49:50.05 | 00:49:50.05 | +00:27:07 (54.4%) | 9:58 | 6 (45.5%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Drużyna 1 | Czas netto 5km | Czas brutto 5km | Różn | Tempo min/km | Tempo km/h |
|-----|--------------------------|-------|----------------------|-----------|------|----------------------|----------------|-----------------|-------------------|--------------|-------------|
| 245 | MARCINIAK Karol | 215 | | M-Open | 195 | TOYOTA TEAM LESZNO | 00:49:52.75 | 00:49:52.75 | +00:27:09 (54.5%) | 9:58 | 6 (45.5%) |
| 246 | SZMYT Magdalena | 369 | EKIPA AMITY | K-Open | 51 | Ekipa Amity | 00:49:53.00 | 00:49:53.00 | +00:27:10 (54.5%) | 9:58 | 6 (45.5%) |
| 247 | SZYMCZAK Damian | 375 | | M-Open | 196 | TOYOTA TEAM LESZNO | 00:49:53.75 | 00:49:53.75 | +00:27:10 (54.5%) | 9:58 | 6 (45.5%) |
| 248 | IRADZKA Jagoda | 108 | | K-Open | 52 | TOYOTA TEAM LESZNO | 00:49:58.30 | 00:49:58.30 | +00:27:15 (54.5%) | 9:59 | 6 (45.5%) |
| 249 | SZYMKOWIAK Mirek | 376 | EKIPA AMITY | M-Open | 197 | Ekipa Amity | 00:50:30.10 | 00:50:30.10 | +00:27:47 (55.0%) | 10:06 | 5.9 (44.7%) |
| 250 | JASICZEK Jakub | 119 | EKIPA AMITY | M-Open | 198 | Ekipa Amity | 00:50:31.95 | 00:50:31.95 | +00:27:49 (55.0%) | 10:06 | 5.9 (44.7%) |
| 251 | TYCZYŃSKI Tristan | 403 | | M-Open | 199 | | 00:50:34.05 | 00:50:34.05 | +00:27:51 (55.1%) | 10:06 | 5.9 (44.7%) |
| 252 | KACZMAREK Jan | 129 | | M-Open | 200 | | 00:50:51.10 | 00:50:51.10 | +00:28:08 (55.3%) | 10:10 | 5.9 (44.7%) |
| 253 | PERA Ewa | 282 | | K-Open | 53 | Wymiatacze | 00:50:55.70 | 00:50:55.70 | +00:28:12 (55.4%) | 10:11 | 5.9 (44.7%) |
| 254 | SZADZIUL Dawid | 365 | MORDOR TEAM | M-Open | 201 | | 00:50:59.20 | 00:50:59.20 | +00:28:16 (55.4%) | 10:11 | 5.9 (44.7%) |
| 255 | SINIECKI Krzysztof | 341 | | M-Open | 202 | | 00:51:03.90 | 00:51:03.90 | +00:28:20 (55.5%) | 10:12 | 5.9 (44.7%) |
| 256 | JAKUBOWSKI Michał | 505 | | M-Open | 203 | | 00:51:13.30 | 00:51:13.30 | +00:28:30 (55.7%) | 10:14 | 5.9 (44.7%) |
| 257 | URBAŃSKA Sandra | 410 | TRANSFORMERS KOŚCIAN | K-Open | 54 | | 00:51:27.90 | 00:51:27.90 | +00:28:44 (55.9%) | 10:17 | 5.8 (43.9%) |
| 258 | MOSTOWSKA-NOWAK Elżbieta | 239 | BABCIE BIEGAJĄ | K-Open | 55 | | 00:51:29.05 | 00:51:29.05 | +00:28:46 (55.9%) | 10:17 | 5.8 (43.9%) |
| 259 | TOJA Adrian | 396 | VILLAGE_DAY_SPA | M-Open | 204 | | 00:51:37.20 | 00:51:37.20 | +00:28:54 (56.0%) | 10:19 | 5.8 (43.9%) |
| 260 | ADAMKIEWICZ Katarzyna | 2 | | K-Open | 56 | | 00:51:37.55 | 00:51:37.55 | +00:28:54 (56.0%) | 10:19 | 5.8 (43.9%) |
| 261 | WAWRZYŃSKA Donata | 415 | TOYOTA TEAM LESZNO | K-Open | 57 | TOYOTA TEAM LESZNO | 00:51:40.05 | 00:51:40.05 | +00:28:57 (56.0%) | 10:20 | 5.8 (43.9%) |
| 262 | BINIASZ Weronika | 16 | | K-Open | 58 | | 00:51:43.85 | 00:51:43.85 | +00:29:00 (56.1%) | 10:20 | 5.8 (43.9%) |
| 263 | PRZESZŁO Zdzisław | 304 | SOLLVER TEMA | M-Open | 205 | Sollver Team | 00:51:47.25 | 00:51:47.25 | +00:29:04 (56.1%) | 10:21 | 5.8 (43.9%) |
| 264 | BIEDALAK Krzysztof | 15 | | M-Open | 206 | | 00:51:53.90 | 00:51:53.90 | +00:29:10 (56.2%) | 10:22 | 5.8 (43.9%) |
| 265 | BUDZYNSKI Łukasz | 29 | | M-Open | 207 | | 00:51:57.25 | 00:51:57.25 | +00:29:14 (56.3%) | 10:23 | 5.8 (43.9%) |
| 266 | PALACZ Romualda | 489 | TRANSFORMERS KOŚCIAN | K-Open | 59 | Transformers Kościan | 00:52:37.60 | 00:52:37.60 | +00:29:54 (56.8%) | 10:31 | 5.7 (43.2%) |
| 267 | PALCZYŃSKI Rafał | 275 | VILLA_DAY_SPA | M-Open | 208 | | 00:52:39.35 | 00:52:39.35 | +00:29:56 (56.9%) | 10:31 | 5.7 (43.2%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Drużyna 1 | Czas netto 5km | Czas brutto 5km | Różn | Tempo min/km | Tempo km/h |
|-----|------------------------------|------------|---------------------------------|-----------|------|----------------------|--------------------|--------------------|-------------------|--------------|-------------|
| 268 | ŁYŻWA Stanisław | 194 | | M-Open | 209 | | 00:52:51.55 | 00:52:51.55 | +00:30:08 (57.0%) | 10:34 | 5.7 (43.2%) |
| 269 | SAKOWICZ Kinga | 331 | MISS FIT | K-Open | 60 | Miss Fit | 00:52:57.80 | 00:52:57.80 | +00:30:14 (57.1%) | 10:35 | 5.7 (43.2%) |
| 270 | PETLUSZEWSKA Karolina | 285 | MISS FIT | K-Open | 61 | | 00:52:57.95 | 00:52:57.95 | +00:30:15 (57.1%) | 10:35 | 5.7 (43.2%) |
| 271 | NOWAK Anna | 252 | DIRTY SPARROWS | K-Open | 62 | | 00:53:02.25 | 00:53:02.25 | +00:30:19 (57.2%) | 10:36 | 5.7 (43.2%) |
| 272 | SKROBAŁA Marek | 346 | | M-Open | 210 | | 00:53:07.35 | 00:53:07.35 | +00:30:24 (57.2%) | 10:37 | 5.6 (42.4%) |
| 273 | SKROBAŁA Natalia | 347 | | K-Open | 63 | | 00:53:07.40 | 00:53:07.40 | +00:30:24 (57.2%) | 10:37 | 5.6 (42.4%) |
| 274 | LECH Adrian | 184 | MORDOR TEAM | M-Open | 211 | | 00:53:14.45 | 00:53:14.45 | +00:30:31 (57.3%) | 10:38 | 5.6 (42.4%) |
| 275 | ZASADA Kamil | 451 | MORDOR TEAM | M-Open | 212 | | 00:53:15.80 | 00:53:15.80 | +00:30:32 (57.4%) | 10:39 | 5.6 (42.4%) |
| 276 | ZASADA Aleksandra | 452 | MORDOR TEAM | K-Open | 64 | | 00:53:15.90 | 00:53:15.90 | +00:30:32 (57.4%) | 10:39 | 5.6 (42.4%) |
| 277 | ŁAKOMSKA Paulina | 190 | C&C PARTNERS | K-Open | 65 | C&C Partners | 00:53:16.90 | 00:53:16.90 | +00:30:33 (57.4%) | 10:39 | 5.6 (42.4%) |
| 278 | KRAWCZYK Agnieszka | 169 | MISS FIT | K-Open | 66 | Miss Fit | 00:53:17.30 | 00:53:17.30 | +00:30:34 (57.4%) | 10:39 | 5.6 (42.4%) |
| 279 | KRAWCZYK Adrian | 170 | | M-Open | 213 | | 00:53:18.00 | 00:53:18.00 | +00:30:35 (57.4%) | 10:39 | 5.6 (42.4%) |
| 280 | KORZH Svitlana | 160 | DIRTY SPARROWS | K-Open | 67 | Dirty Sparrows | 00:53:21.00 | 00:53:21.00 | +00:30:38 (57.4%) | 10:40 | 5.6 (42.4%) |
| 281 | DEMBIŃSKA Ewelina | 51 | C&C PARTNERS | K-Open | 68 | C&C Partners | 00:53:22.25 | 00:53:22.25 | +00:30:39 (57.4%) | 10:40 | 5.6 (42.4%) |
| 282 | SIEBNER Dawid | 338 | C&C PARTNERS | M-Open | 214 | C&C Partners | 00:53:24.10 | 00:53:24.10 | +00:30:41 (57.5%) | 10:40 | 5.6 (42.4%) |
| 283 | MYSZYŃSKI Tomasz | 244 | DIRTY SPARROWS | M-Open | 215 | Dirty Sparrows | 00:53:24.55 | 00:53:24.55 | +00:30:41 (57.5%) | 10:40 | 5.6 (42.4%) |
| 284 | PALACZ Julia | 482 | TRANSFORMERS KOŚCIAN | K-Open | 69 | Transformers Kościan | 00:53:24.70 | 00:53:24.70 | +00:30:41 (57.5%) | 10:40 | 5.6 (42.4%) |
| 285 | SAMARZEWSKI Marek | 334 | TRANSFORMERS | M-Open | 216 | | 00:53:28.10 | 00:53:28.10 | +00:30:45 (57.5%) | 10:41 | 5.6 (42.4%) |
| 286 | SZADZIUL Sebastian | 364 | MORDOR TEAM | M-Open | 217 | | 00:53:31.20 | 00:53:31.20 | +00:30:48 (57.6%) | 10:42 | 5.6 (42.4%) |
| 287 | SAMCZUK Jakub | 467 | | M-Open | 218 | | 00:53:38.65 | 00:53:38.65 | +00:30:55 (57.7%) | 10:43 | 5.6 (42.4%) |
| 288 | KUCHARSKA Ewa | 177 | | K-Open | 70 | | 00:53:41.20 | 00:53:41.20 | +00:30:58 (57.7%) | 10:44 | 5.6 (42.4%) |
| 289 | SAJBURA Magdalena | 329 | | K-Open | 71 | | 00:53:43.05 | 00:53:43.05 | +00:31:00 (57.7%) | 10:44 | 5.6 (42.4%) |
| 290 | MAĆKOWIAK Piotr | 202 | FLYING FLOWER BY MARINA LAIKINA | M-Open | 219 | | 00:53:44.85 | 00:53:44.85 | +00:31:01 (57.7%) | 10:44 | 5.6 (42.4%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Drużyna 1 | Czas netto 5km | Czas brutto 5km | Różn | Tempo min/km | Tempo km/h |
|-----|------------------------|-------|----------------------|-----------|------|----------------------|----------------|-----------------|-------------------|--------------|-------------|
| 291 | NOWAK Przemysław | 257 | VILLAGE_DAY_SPA | M-Open | 220 | | 00:53:47.75 | 00:53:47.75 | +00:31:04 (57.8%) | 10:45 | 5.6 (42.4%) |
| 292 | ŚWITAŁA Dawid | 471 | | M-Open | 221 | | 00:53:49.40 | 00:53:49.40 | +00:31:06 (57.8%) | 10:45 | 5.6 (42.4%) |
| 293 | CIEŚLIK Magdalena | 43 | MISSFIT | K-Open | 72 | Miss Fit | 00:53:53.05 | 00:53:53.05 | +00:31:10 (57.8%) | 10:46 | 5.6 (42.4%) |
| 294 | DZIENKOWSKA Joanna | 61 | | K-Open | 73 | | 00:54:01.40 | 00:54:01.40 | +00:31:18 (58.0%) | 10:48 | 5.6 (42.4%) |
| 295 | SADOWSKI Dariusz | 328 | | M-Open | 222 | | 00:54:08.00 | 00:54:08.00 | +00:31:25 (58.0%) | 10:49 | 5.5 (41.7%) |
| 296 | TOKA Arkadiusz | 521 | MORDOR TEAM | M-Open | 223 | | 00:54:18.35 | 00:54:18.35 | +00:31:35 (58.2%) | 10:51 | 5.5 (41.7%) |
| 297 | PIETRZAK Marcin | 287 | GOOD FOOD PRODUCTS | M-Open | 224 | | 00:54:19.15 | 00:54:19.15 | +00:31:36 (58.2%) | 10:51 | 5.5 (41.7%) |
| 298 | JUŚKOWIAK Natalia | 123 | | K-Open | 74 | | 00:54:19.40 | 00:54:19.40 | +00:31:36 (58.2%) | 10:51 | 5.5 (41.7%) |
| 299 | MYSZYNSKI Maciej | 245 | DIRTY SPARROWS | M-Open | 225 | Dirty Sparrows | 00:54:32.65 | 00:54:32.65 | +00:31:49 (58.4%) | 10:54 | 5.5 (41.7%) |
| 300 | GOLEBIEWSKA Małgorzata | 85 | RUN TEAM RYDZYNA | K-Open | 75 | | 00:54:38.30 | 00:54:38.30 | +00:31:55 (58.4%) | 10:55 | 5.5 (41.7%) |
| 301 | ŁUPICKI Andrzej | 511 | | M-Open | 226 | | 00:54:42.95 | 00:54:42.95 | +00:32:00 (58.5%) | 10:56 | 5.5 (41.7%) |
| 302 | ŁUKOWIAK Adam | 481 | TRANSFORMERS KOŚCIAN | M-Open | 227 | Transformers Kościan | 00:54:46.25 | 00:54:46.25 | +00:32:03 (58.5%) | 10:57 | 5.5 (41.7%) |
| 303 | FURMAŃCZAK Danuta | 72 | | K-Open | 76 | TOYOTA TEAM LESZNO | 00:54:46.75 | 00:54:46.75 | +00:32:03 (58.5%) | 10:57 | 5.5 (41.7%) |
| 304 | DZIEŃKOWSKI Przemysław | 62 | | M-Open | 228 | | 00:54:47.90 | 00:54:47.90 | +00:32:04 (58.5%) | 10:57 | 5.5 (41.7%) |
| 305 | TOBÓŁKA Maciej | 395 | TEAM TRANSFORMERS | M-Open | 229 | | 00:54:48.75 | 00:54:48.75 | +00:32:05 (58.6%) | 10:57 | 5.5 (41.7%) |
| 306 | JANOWICZ Karol | 115 | | M-Open | 230 | | 00:54:48.80 | 00:54:48.80 | +00:32:05 (58.6%) | 10:57 | 5.5 (41.7%) |
| 307 | SAMCZUK Dariusz | 465 | | M-Open | 231 | | 00:54:51.90 | 00:54:51.90 | +00:32:08 (58.6%) | 10:58 | 5.5 (41.7%) |
| 308 | ŁUPICKI Andrzej Marek | 193 | DINOZAURY ATAKUJĄ | M-Open | 232 | | 00:54:55.50 | 00:54:55.50 | +00:32:12 (58.6%) | 10:59 | 5.5 (41.7%) |
| 309 | KACZMAREK Magdalena | 130 | | K-Open | 77 | | 00:54:58.40 | 00:54:58.40 | +00:32:15 (58.7%) | 10:59 | 5.5 (41.7%) |
| 310 | KACZMAREK Agata | 131 | | K-Open | 78 | | 00:55:01.35 | 00:55:01.35 | +00:32:18 (58.7%) | 11:00 | 5.5 (41.7%) |
| 311 | TADYSZAK Barbara | 387 | | K-Open | 79 | | 00:55:12.80 | 00:55:12.80 | +00:32:29 (58.9%) | 11:02 | 5.4 (40.9%) |
| 312 | CHUDZIŃSKI Patryk | 516 | | M-Open | 233 | | 00:55:14.05 | 00:55:14.05 | +00:32:31 (58.9%) | 11:02 | 5.4 (40.9%) |
| 313 | TADYSZAK Piotr | 388 | | M-Open | 234 | | 00:55:15.60 | 00:55:15.60 | +00:32:32 (58.9%) | 11:03 | 5.4 (40.9%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Drużyna 1 | Czas | | Różn | Tempo min/km | Tempo km/h |
|-----|------------------------------|------------|----------------------|-----------|------|----------------------|--------------------|--------------------|-------------------|--------------|-------------|
| | | | | | | | netto 5km | brutto 5km | | | |
| 314 | MALEPSZA Monika | 211 | AVENGERS | K-Open | 80 | Avengers | 00:55:20.95 | 00:55:20.95 | +00:32:38 (59.0%) | 11:04 | 5.4 (40.9%) |
| 315 | MALEPSZY Paweł | 212 | AVENGERS | M-Open | 235 | Avengers | 00:55:21.60 | 00:55:21.60 | +00:32:38 (59.0%) | 11:04 | 5.4 (40.9%) |
| 316 | KASPRZAK Hieronim | 494 | TRANSFORMERS KOŚCIAN | M-Open | 236 | Transformers Kościan | 00:55:39.35 | 00:55:39.35 | +00:32:56 (59.2%) | 11:07 | 5.4 (40.9%) |
| 317 | NOWICKI Krzysztof | 259 | | M-Open | 237 | TOYOTA TEAM LESZNO | 00:55:44.70 | 00:55:44.70 | +00:33:01 (59.3%) | 11:08 | 5.4 (40.9%) |
| 318 | MIERZEJEWSKA Laura | 233 | TOYOTA LESZNO TEAM | K-Open | 81 | TOYOTA TEAM LESZNO | 00:55:47.40 | 00:55:47.40 | +00:33:04 (59.3%) | 11:09 | 5.4 (40.9%) |
| 319 | MACIEJEWSKI Marcin | 198 | | M-Open | 238 | Wymiatacze | 00:55:58.60 | 00:55:58.60 | +00:33:15 (59.4%) | 11:11 | 5.4 (40.9%) |
| 320 | CUDAJEWICZ Grzegorz | 46 | FITNESSTEAM | M-Open | 239 | | 00:56:05.20 | 00:56:05.20 | +00:33:22 (59.5%) | 11:13 | 5.3 (40.2%) |
| 321 | POCZEKAJ Przemysław | 292 | | M-Open | 240 | TOYOTA TEAM LESZNO | 00:56:07.30 | 00:56:07.30 | +00:33:24 (59.5%) | 11:13 | 5.3 (40.2%) |
| 322 | RÓŻAŃSKA Anna | 318 | | K-Open | 82 | TOYOTA TEAM LESZNO | 00:56:08.65 | 00:56:08.65 | +00:33:25 (59.5%) | 11:13 | 5.3 (40.2%) |
| 323 | WOJTKOWIAK Rafał | 428 | TEMPUS | M-Open | 241 | | 00:56:17.65 | 00:56:17.65 | +00:33:34 (59.6%) | 11:15 | 5.3 (40.2%) |
| 324 | SADOWSKI Wiktor | 327 | | M-Open | 242 | | 00:56:17.85 | 00:56:17.85 | +00:33:34 (59.7%) | 11:15 | 5.3 (40.2%) |
| 325 | PACZEŚNA Paula | 273 | TEMPUS | K-Open | 83 | | 00:56:19.35 | 00:56:19.35 | +00:33:36 (59.7%) | 11:15 | 5.3 (40.2%) |
| 326 | WOJTKOWIAK Zofia | 427 | TEMPUS | K-Open | 84 | | 00:56:19.85 | 00:56:19.85 | +00:33:36 (59.7%) | 11:15 | 5.3 (40.2%) |
| 327 | LEŚNIEWICZ Piotr | 186 | TEMPUS | M-Open | 243 | | 00:56:20.85 | 00:56:20.85 | +00:33:37 (59.7%) | 11:16 | 5.3 (40.2%) |
| 328 | WOJTKOWIAK Aleksandra | 426 | TEMPUS | K-Open | 85 | | 00:56:21.50 | 00:56:21.50 | +00:33:38 (59.7%) | 11:16 | 5.3 (40.2%) |
| 329 | SADOWSKA Agnieszka | 326 | FITNESSTEAM | K-Open | 86 | | 00:56:21.70 | 00:56:21.70 | +00:33:38 (59.7%) | 11:16 | 5.3 (40.2%) |
| 330 | MRÓZ Joanna | 240 | FITNESTEAM | K-Open | 87 | | 00:56:22.55 | 00:56:22.55 | +00:33:39 (59.7%) | 11:16 | 5.3 (40.2%) |
| 331 | CUDAJEWICZ Anna | 45 | FITNESSTEAM | K-Open | 88 | | 00:56:24.10 | 00:56:24.10 | +00:33:41 (59.7%) | 11:16 | 5.3 (40.2%) |
| 332 | CHROSTOWSKA Monika | 36 | MISS FIT | K-Open | 89 | | 00:56:29.45 | 00:56:29.45 | +00:33:46 (59.8%) | 11:17 | 5.3 (40.2%) |
| 333 | KAŻMIERSKI Martyn | 145 | | M-Open | 244 | | 00:56:32.40 | 00:56:32.40 | +00:33:49 (59.8%) | 11:18 | 5.3 (40.2%) |
| 334 | SAMCZUK Iwona | 468 | | K-Open | 90 | | 00:56:36.25 | 00:56:36.25 | +00:33:53 (59.9%) | 11:19 | 5.3 (40.2%) |
| 335 | SAMCZUK Darek | 466 | | M-Open | 245 | | 00:56:36.45 | 00:56:36.45 | +00:33:53 (59.9%) | 11:19 | 5.3 (40.2%) |
| 336 | CIDYŁO Mariusz | 469 | | M-Open | 246 | | 00:56:36.55 | 00:56:36.55 | +00:33:53 (59.9%) | 11:19 | 5.3 (40.2%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Drużyna 1 | Czas netto 5km | Czas brutto 5km | Różn | Tempo min/km | Tempo km/h |
|-----|-------------------------------|------------|--------------------|-----------|------|--------------------|--------------------|--------------------|-------------------|--------------|-------------|
| 337 | SAMARZEWSKA Monika | 333 | TRANSFORMERS | K-Open | 91 | | 00:56:38.75 | 00:56:38.75 | +00:33:55 (59.9%) | 11:19 | 5.3 (40.2%) |
| 338 | ŁOŚ-KRAWCZYK Magdalena | 191 | FITNESSTEAM | K-Open | 92 | | 00:56:39.65 | 00:56:39.65 | +00:33:56 (59.9%) | 11:19 | 5.3 (40.2%) |
| 339 | GRZYB Hubert | 470 | | M-Open | 247 | | 00:56:57.65 | 00:56:57.65 | +00:34:14 (60.1%) | 11:23 | 5.3 (40.2%) |
| 340 | SMEKTAŁA Małgorzata | 350 | TOYOTA TEAM LESZNO | K-Open | 93 | TOYOTA TEAM LESZNO | 00:56:58.35 | 00:56:58.35 | +00:34:15 (60.1%) | 11:23 | 5.3 (40.2%) |
| 341 | CELARY Dominika | 31 | PROINVEST | K-Open | 94 | PROINVEST | 00:56:59.05 | 00:56:59.05 | +00:34:16 (60.1%) | 11:23 | 5.3 (40.2%) |
| 342 | BODAK Agnieszka | 19 | FITNESSTEAM | K-Open | 95 | | 00:57:10.10 | 00:57:10.10 | +00:34:27 (60.3%) | 11:26 | 5.2 (39.4%) |
| 343 | CELARY Ewelina | 33 | | K-Open | 96 | PYRY I KARTOFLE | 00:57:16.10 | 00:57:16.10 | +00:34:33 (60.3%) | 11:27 | 5.2 (39.4%) |
| 344 | CHUDY Mateusz | 37 | | M-Open | 248 | PYRY I KARTOFLE | 00:57:23.40 | 00:57:23.40 | +00:34:40 (60.4%) | 11:28 | 5.2 (39.4%) |
| 345 | HOLLSTEIN Katarzyna | 102 | MISS FIT | K-Open | 97 | Miss Fit | 00:57:24.80 | 00:57:24.80 | +00:34:41 (60.4%) | 11:28 | 5.2 (39.4%) |
| 346 | CHODZIŃSKI Rafał | 35 | MÜLLER TEAM | M-Open | 249 | | 00:57:27.15 | 00:57:27.15 | +00:34:44 (60.5%) | 11:29 | 5.2 (39.4%) |
| 347 | BODAK Piotr | 20 | FITNESSTEAM | M-Open | 250 | | 00:57:45.60 | 00:57:45.60 | +00:35:02 (60.7%) | 11:33 | 5.2 (39.4%) |
| 348 | STACHOWIAK Małgorzata | 359 | FITNESSTEAM | K-Open | 98 | | 00:57:47.85 | 00:57:47.85 | +00:35:04 (60.7%) | 11:33 | 5.2 (39.4%) |
| 349 | TERESINSKI Jarosław | 393 | | M-Open | 251 | | 00:58:25.25 | 00:58:25.25 | +00:35:42 (61.1%) | 11:41 | 5.1 (38.6%) |
| 350 | GARDYNSKA Kamila | 78 | CNS NOWA SÓL | K-Open | 99 | | 00:58:38.35 | 00:58:38.35 | +00:35:55 (61.3%) | 11:43 | 5.1 (38.6%) |
| 351 | STASZAK Małgorzata | 361 | CNS NOWA SÓL | K-Open | 100 | CNS Nowa Sól | 00:58:38.95 | 00:58:38.95 | +00:35:56 (61.3%) | 11:43 | 5.1 (38.6%) |
| 352 | OZGOWICZ Kamil | 270 | CNS NOWA SÓL | M-Open | 252 | CNS Nowa Sól | 00:58:39.40 | 00:58:39.40 | +00:35:56 (61.3%) | 11:43 | 5.1 (38.6%) |
| 353 | UFNIAK Radosław | 406 | | M-Open | 253 | TOYOTA TEAM LESZNO | 00:58:41.85 | 00:58:41.85 | +00:35:58 (61.3%) | 11:44 | 5.1 (38.6%) |
| 354 | RABURSKI Ernest | 311 | | M-Open | 254 | TOYOTA TEAM LESZNO | 00:58:43.00 | 00:58:43.00 | +00:36:00 (61.3%) | 11:44 | 5.1 (38.6%) |
| 355 | PAKULSKI Hubert | 274 | GOOD FOOD PRODUCTS | M-Open | 255 | | 00:58:45.10 | 00:58:45.10 | +00:36:02 (61.3%) | 11:45 | 5.1 (38.6%) |
| 356 | DYCKOWSKI Jakub | 60 | | M-Open | 256 | TOYOTA TEAM LESZNO | 00:58:45.55 | 00:58:45.55 | +00:36:02 (61.3%) | 11:45 | 5.1 (38.6%) |
| 357 | KRAWCZYK Fabian | 168 | FITNESSTEAM | M-Open | 257 | | 00:58:54.85 | 00:58:54.85 | +00:36:11 (61.4%) | 11:46 | 5.1 (38.6%) |
| 358 | TARNAWSKI Maciej | 389 | | M-Open | 258 | | 00:59:07.05 | 00:59:07.05 | +00:36:24 (61.6%) | 11:49 | 5.1 (38.6%) |
| 359 | MIECZNIK Tatiana | 229 | | K-Open | 101 | TOYOTA TEAM LESZNO | 00:59:18.30 | 00:59:18.30 | +00:36:35 (61.7%) | 11:51 | 5.1 (38.6%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Drużyna 1 | Czas netto 5km | Czas brutto 5km | Różn | Tempo min/km | Tempo km/h |
|-----|----------------------------|------------|--------------------|-----------|------|--------------------|--------------------|--------------------|-------------------|--------------|-------------|
| 360 | PEREŁKOWICZ Marta | 283 | | K-Open | 102 | | 00:59:24.10 | 00:59:24.10 | +00:36:41 (61.8%) | 11:52 | 5.1 (38.6%) |
| 361 | SZTUROMSKA Aldona | 372 | | K-Open | 103 | | 00:59:24.25 | 00:59:24.25 | +00:36:41 (61.8%) | 11:52 | 5.1 (38.6%) |
| 362 | KWAŚNIEWSKA Barbara | 182 | SOLLVER TEAM | K-Open | 104 | Sollver Team | 00:59:27.00 | 00:59:27.00 | +00:36:44 (61.8%) | 11:53 | 5 (37.9%) |
| 363 | GRAJNERT Paulina | 90 | TOYOTA TEAM LESZNO | K-Open | 105 | TOYOTA TEAM LESZNO | 00:59:54.30 | 00:59:54.30 | +00:37:11 (62.1%) | 11:58 | 5 (37.9%) |
| 364 | KALISKI Darek | 133 | | M-Open | 259 | TOYOTA TEAM LESZNO | 00:59:57.00 | 00:59:57.00 | +00:37:14 (62.1%) | 11:59 | 5 (37.9%) |
| 365 | TISHYK Yuliia | 394 | | K-Open | 106 | TOYOTA TEAM LESZNO | 00:59:57.25 | 00:59:57.25 | +00:37:14 (62.1%) | 11:59 | 5 (37.9%) |
| 366 | FRANKA Magdalena | 69 | TOYOTA LESZNO TEAM | K-Open | 107 | TOYOTA TEAM LESZNO | 01:00:00.30 | 01:00:00.30 | +00:37:17 (62.1%) | 12:00 | 5 (37.9%) |
| 367 | MISIAK Aleksandra | 237 | | K-Open | 108 | TOYOTA TEAM LESZNO | 01:00:01.90 | 01:00:01.90 | +00:37:18 (62.2%) | 12:00 | 5 (37.9%) |
| 368 | WALENCIAK Marta | 100 | | K-Open | 109 | TOYOTA TEAM LESZNO | 01:00:03.25 | 01:00:03.25 | +00:37:20 (62.2%) | 12:00 | 5 (37.9%) |
| 369 | CHUDZIŃSKI Marek | 39 | SOLLVER TEAM | M-Open | 260 | Sollver Team | 01:00:21.05 | 01:00:21.05 | +00:37:38 (62.4%) | 12:04 | 5 (37.9%) |
| 370 | KAPCIUK Wojciech | 517 | | M-Open | 261 | | 01:00:28.70 | 01:00:28.70 | +00:37:45 (62.4%) | 12:05 | 5 (37.9%) |
| 371 | GRUSZKA Marcin | 93 | | M-Open | 262 | | 01:00:36.70 | 01:00:36.70 | +00:37:53 (62.5%) | 12:07 | 5 (37.9%) |
| 372 | BRDYS Agata | 27 | | K-Open | 110 | Glizdeczki | 01:00:59.90 | 01:00:59.90 | +00:38:16 (62.8%) | 12:11 | 4.9 (37.1%) |
| 373 | GRUSZKA Agata | 92 | | K-Open | 111 | Glizdeczki | 01:01:24.50 | 01:01:24.50 | +00:38:41 (63.0%) | 12:16 | 4.9 (37.1%) |
| 374 | CZUBAK Karolina | 47 | | K-Open | 112 | Glizdeczki | 01:01:24.75 | 01:01:24.75 | +00:38:41 (63.0%) | 12:16 | 4.9 (37.1%) |
| 375 | GRUSZKA Marta | 91 | | K-Open | 113 | Glizdeczki | 01:01:29.85 | 01:01:29.85 | +00:38:46 (63.1%) | 12:17 | 4.9 (37.1%) |
| 376 | MARYNIAK Dorota | 216 | | K-Open | 114 | | 01:01:31.70 | 01:01:31.70 | +00:38:48 (63.1%) | 12:18 | 4.9 (37.1%) |
| 377 | JANKOWIAK Tomasz | 114 | | M-Open | 263 | | 01:01:36.60 | 01:01:36.60 | +00:38:53 (63.1%) | 12:19 | 4.9 (37.1%) |
| 378 | PARUS Łukasz | 277 | | M-Open | 264 | | 01:01:48.10 | 01:01:48.10 | +00:39:05 (63.2%) | 12:21 | 4.9 (37.1%) |
| 379 | TARNAWSKI Bartosz | 390 | | M-Open | 265 | | 01:02:19.80 | 01:02:19.80 | +00:39:36 (63.6%) | 12:27 | 4.8 (36.4%) |
| 380 | KALINOWICZ Anna | 132 | MISS FIT | K-Open | 115 | | 01:02:41.95 | 01:02:41.95 | +00:39:59 (63.8%) | 12:32 | 4.8 (36.4%) |
| 381 | ZAJDENC Aleksandra | 445 | DRAGONS WROCŁAW | K-Open | 116 | | 01:03:05.05 | 01:03:05.05 | +00:40:22 (64.0%) | 12:37 | 4.8 (36.4%) |
| 382 | PACYNA Marcin | 513 | DRAGONS WROCŁAW | M-Open | 266 | | 01:03:11.35 | 01:03:11.35 | +00:40:28 (64.1%) | 12:38 | 4.7 (35.6%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Drużyna 1 | Czas netto 5km | Czas brutto 5km | Różn | Tempo min/km | Tempo km/h |
|-----|------------------------------|-------|------------------|-----------|------|-----------------|----------------|-----------------|-------------------|--------------|-------------|
| 383 | KACPRZAK Marek | 127 | | M-Open | 267 | | 01:04:07.00 | 01:04:07.00 | +00:41:24 (64.6%) | 12:49 | 4.7 (35.6%) |
| 384 | KACPRZAK Krzysztof | 126 | WRZEŚNIA | M-Open | 268 | Września | 01:04:07.20 | 01:04:07.20 | +00:41:24 (64.6%) | 12:49 | 4.7 (35.6%) |
| 385 | MAJEWSKI Kacper | 207 | | M-Open | 269 | | 01:05:01.45 | 01:05:01.45 | +00:42:18 (65.1%) | 13:00 | 4.6 (34.8%) |
| 386 | MAJEWSKI Kamil | 208 | | M-Open | 270 | | 01:05:37.20 | 01:05:37.20 | +00:42:54 (65.4%) | 13:07 | 4.6 (34.8%) |
| 387 | JUŚKOWIAK Marek | 122 | | M-Open | 271 | | 01:06:49.70 | 01:06:49.70 | +00:44:06 (66.0%) | 13:21 | 4.5 (34.1%) |
| 388 | JUŚKOWIAK Agnieszka | 121 | VILLAGE_DAY_SPA | K-Open | 117 | | 01:06:50.00 | 01:06:50.00 | +00:44:07 (66.0%) | 13:22 | 4.5 (34.1%) |
| 389 | KOWALCZYK Brygida | 162 | VILLAGE_DAY_SPA | K-Open | 118 | | 01:08:08.60 | 01:08:08.60 | +00:45:25 (66.7%) | 13:37 | 4.4 (33.3%) |
| 390 | MASŁOWSKA Nicol | 218 | VILLAGE_DAY_SPA | K-Open | 119 | | 01:08:47.10 | 01:08:47.10 | +00:46:04 (67.0%) | 13:45 | 4.4 (33.3%) |
| 391 | WOJTKOWIAK Wojciech | 429 | MISS FIT | M-Open | 272 | Miss Fit | 01:10:23.40 | 01:10:23.40 | +00:47:40 (67.7%) | 14:04 | 4.3 (32.6%) |
| 392 | WOJTKOWIAK-SCHMIDT Agnieszka | 431 | MISS FIT | K-Open | 120 | Miss Fit | 01:10:23.70 | 01:10:23.70 | +00:47:40 (67.7%) | 14:04 | 4.3 (32.6%) |
| 393 | TYSZKIEWICZ Agnieszka | 404 | MISS FIT | K-Open | 121 | Miss Fit | 01:11:04.05 | 01:11:04.05 | +00:48:21 (68.0%) | 14:12 | 4.2 (31.8%) |
| 394 | BENDKOWSKA Sylwia | 14 | | K-Open | 122 | Miss Fit | 01:11:04.10 | 01:11:04.10 | +00:48:21 (68.0%) | 14:12 | 4.2 (31.8%) |
| 395 | KOWALCZYK Kamila | 163 | MISS FIT | K-Open | 123 | Miss Fit | 01:11:12.05 | 01:11:12.05 | +00:48:29 (68.1%) | 14:14 | 4.2 (31.8%) |
| 396 | NIKOLISZYN Piotr | 248 | MISS FIT | M-Open | 273 | Miss Fit | 01:11:56.35 | 01:11:56.35 | +00:49:13 (68.4%) | 14:23 | 4.2 (31.8%) |
| 397 | MAJKUSIAK Paulina | 209 | MISS FIT | K-Open | 124 | Miss Fit | 01:11:57.00 | 01:11:57.00 | +00:49:14 (68.4%) | 14:23 | 4.2 (31.8%) |
| 398 | URBAN Patryk | 407 | MISSFIT | M-Open | 274 | | 01:12:05.65 | 01:12:05.65 | +00:49:22 (68.5%) | 14:25 | 4.2 (31.8%) |
| 398 | ZIĘBA Beata | 454 | MISSFIT | K-Open | 125 | Miss Fit | 01:12:05.65 | 01:12:05.65 | +00:49:22 (68.5%) | 14:25 | 4.2 (31.8%) |
| 400 | PŁÓCIENICZAK Sylwia | 291 | RUN TEAM RYDZYNA | K-Open | 126 | | 01:13:49.45 | 01:13:49.45 | +00:51:06 (69.2%) | 14:45 | 4.1 (31.1%) |
| 401 | PRZYBYLSKA Anna | 305 | | K-Open | 127 | | 01:14:13.20 | 01:14:13.20 | +00:51:30 (69.4%) | 14:50 | 4 (30.3%) |
| 401 | RUDZIEWICZ Małgorzata | 321 | TUNTEAM RYDZYNA | K-Open | 127 | RunTeam Rydzyna | 01:14:13.20 | 01:14:13.20 | +00:51:30 (69.4%) | 14:50 | 4 (30.3%) |
| 403 | PŁÓCIENICZAK Witold | 290 | RUN TEAM RYDZYNA | M-Open | 275 | | 01:14:14.60 | 01:14:14.60 | +00:51:31 (69.4%) | 14:50 | 4 (30.3%) |
| 404 | RUDZIEWICZ Mariusz | 320 | RUN TEAM RYDZYNA | M-Open | 276 | RunTeam Rydzyna | 01:13:02.40 | 01:14:19.90 | +00:51:36 (69.4%) | 14:36 | 4.1 (31.1%) |
| 405 | ŻUR Ewa | 457 | | K-Open | 129 | | 01:13:03.90 | 01:14:32.30 | +00:51:49 (69.5%) | 14:36 | 4.1 (31.1%) |

| Msc | Zawodnik | Numer | | Klub | Kategoria | Mkat | Drużyna 1 | Czas | | Różn | Tempo min/km | Tempo km/h |
|-----|-----------------------------|------------|--------------|------|-----------|------|-----------------|--------------------|--------------------|-------------------|--------------|-------------|
| | | | | | | | | netto 5km | brutto 5km | | | |
| 406 | RUDOWSKI Jakub | 319 | INALFA | | M-Open | 277 | Inalfa | 01:14:33.65 | 01:14:33.65 | +00:51:50 (69.5%) | 14:54 | 4 (30.3%) |
| 407 | WOJNICZ Mateusz | 425 | INALFA | | M-Open | 278 | | 01:14:34.35 | 01:14:34.35 | +00:51:51 (69.5%) | 14:54 | 4 (30.3%) |
| 408 | WRZESIŃSKI Miłosz | 460 | | | M-Open | 279 | Inalfa | 01:14:34.70 | 01:14:34.70 | +00:51:51 (69.5%) | 14:54 | 4 (30.3%) |
| 409 | SZOCIŃSKA Lidia | 524 | INALFA | | K-Open | 130 | Inalfa | 01:14:34.90 | 01:14:34.90 | +00:51:51 (69.5%) | 14:54 | 4 (30.3%) |
| 410 | BORCZUCH Jakub | 486 | | | M-Open | 280 | Inalfa | 01:14:36.20 | 01:14:36.20 | +00:51:53 (69.6%) | 14:55 | 4 (30.3%) |
| 411 | OLSZEWSKA Anna | 462 | | | K-Open | 131 | Inalfa | 01:14:36.30 | 01:14:36.30 | +00:51:53 (69.6%) | 14:55 | 4 (30.3%) |
| 412 | ŻUR Daniel | 485 | | | M-Open | 281 | | 01:14:01.95 | 01:15:34.95 | +00:52:52 (69.9%) | 14:48 | 4.1 (31.1%) |
| 413 | RUDZIEWICZ Jakub | 322 | | | M-Open | 282 | RunTeam Rydzyna | 01:18:07.60 | 01:18:07.60 | +00:55:24 (70.9%) | 15:37 | 3.8 (28.8%) |
| 414 | GLEŃ Piotr | 82 | SOLLVER TEAM | | M-Open | 283 | Sollver Team | 01:19:08.60 | 01:19:08.60 | +00:56:25 (71.3%) | 15:49 | 3.8 (28.8%) |
| 415 | SKOPIŃSKI Marian | 344 | SOLLVER TEAM | | M-Open | 284 | Sollver Team | 01:19:27.05 | 01:19:27.05 | +00:56:44 (71.4%) | 15:53 | 3.8 (28.8%) |
| 416 | ZAJĄCZKOWSKI Bartosz | 4 | SOLLVER TEAM | | M-Open | 285 | Sollver Team | 01:19:57.00 | 01:19:57.00 | +00:57:14 (71.6%) | 15:59 | 3.8 (28.8%) |
| 417 | OLSZÓWKA Dawid | 266 | BELONA | | M-Open | 286 | Belona | 01:40:03.70 | 01:40:03.70 | +01:17:20 (77.3%) | 20:00 | 3 (22.7%) |
| 418 | SAWICKA Monika | 335 | BELONA | | K-Open | 132 | Belona | 01:41:00.50 | 01:41:00.50 | +01:18:17 (77.5%) | 20:12 | 3 (22.7%) |
| 419 | GRZEŚKÓW Joasia | 95 | BELONA | | K-Open | 133 | | 01:41:01.20 | 01:41:01.20 | +01:18:18 (77.5%) | 20:12 | 3 (22.7%) |
| 420 | ZAKRZEWSKA Anna | 446 | BELONA | | K-Open | 134 | Belona | 01:41:01.85 | 01:41:01.85 | +01:18:18 (77.5%) | 20:12 | 3 (22.7%) |
| 421 | KOWALSKA Ewa | 165 | BELONA | | K-Open | 135 | | 01:41:01.90 | 01:41:01.90 | +01:18:18 (77.5%) | 20:12 | 3 (22.7%) |
| 422 | MACIEJEWSKA Grażyna | 197 | BELONA TEAM | | K-Open | 136 | | 01:41:02.00 | 01:41:02.00 | +01:18:19 (77.5%) | 20:12 | 3 (22.7%) |
| 423 | GAŚIOREK Małgorzata | 80 | | | K-Open | 137 | Belona | 01:41:02.95 | 01:41:02.95 | +01:18:20 (77.5%) | 20:12 | 3 (22.7%) |
| 424 | DYBA Wojciech | 59 | | | M-Open | 287 | Belona | 01:41:04.90 | 01:41:04.90 | +01:18:21 (77.5%) | 20:12 | 3 (22.7%) |
| 425 | MACIEJEWSKI Rafał | 199 | BELONA TEAM | | M-Open | 288 | | 01:41:09.20 | 01:41:09.20 | +01:18:26 (77.5%) | 20:13 | 3 (22.7%) |
| 426 | KUBACIK Mikołaj | 174 | SOLLVER TEAM | | M-Open | 289 | Sollver Team | | | | | (0.0%) |
| 427 | HENSEL Michał | 99 | | | M-Open | 290 | Wymiatacze | | | | | (0.0%) |
| 428 | WŁODAREK Michał | 420 | | | M-Open | 291 | | | | | | (0.0%) |
| 429 | PAZOŁA Martyna | 281 | SOLLVER TEAM | | K-Open | 138 | Sollver Team | | | | | (0.0%) |
| 430 | ŚWIADEK Tomasz | 382 | | | M-Open | 292 | | | | | | (0.0%) |
| 431 | CZUBIŃSKA Katarzyna | 48 | CNS NOWA SÓL | | K-Open | 139 | CNS Nowa Sól | | | | | (0.0%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Drużyna 1 | Czas netto 5km | Czas brutto 5km | Różn | Tempo min/km | Tempo km/h |
|-----|--------------------------------------|------------|--------------------------|-----------|------|----------------|----------------|-----------------|------|--------------|------------|
| 432 | OBODZIŃSKA Agnieszka | 261 | CNS NOWA SÓL | K-Open | 140 | CNS Nowa Sól | | | | | (0.0%) |
| 433 | RUTKOWSKI Arek | 323 | DIRTY SPARROWS | M-Open | 293 | Dirty Sparrows | | | | | (0.0%) |
| 434 | OZGOWICZ Sylwia | 269 | CNS NOWA SÓL | K-Open | 141 | CNS Nowa Sól | | | | | (0.0%) |
| 435 | PALCZYŃSKI Marcin | 276 | VILLA_DAY_SPA | M-Open | 294 | | | | | | (0.0%) |
| 436 | MUSZYŃSKI Bartosz | 243 | NOWOSOLSKA GRUPA BIEGOWA | M-Open | 295 | | | | | | (0.0%) |
| 437 | ZAJDEL Dominik | 444 | SOLLVER TEAM | M-Open | 296 | Sollver Team | | | | | (0.0%) |
| 438 | PRZYBYLSKI Eryk | 306 | | M-Open | 297 | | | | | | (0.0%) |
| 439 | FIJAŁKOWSKI Jakub | 65 | | M-Open | 298 | C&C Partners | | | | | (0.0%) |
| 440 | POMYKAŁA Michał | 298 | TEMPUS | M-Open | 299 | | | | | | (0.0%) |
| 441 | STEFANIAK-CHUDZIŃSKA Weronika | 362 | SOLLVER TEAM | K-Open | 142 | Sollver Team | | | | | (0.0%) |
| 442 | NOWAK Jakub | 251 | | M-Open | 300 | | | | | | (0.0%) |
| 443 | IGNASZAK Tomasz | 106 | | M-Open | 301 | | | | | | (0.0%) |
| 444 | MUSZYŃSKA Dorota | 242 | NOWOSOLSKA GRUPA BIEGOWA | K-Open | 143 | | | | | | (0.0%) |

Znaleziono 444 wynik(ów)