

Wydarzenie: UltraKotlina
Organizator: Fundacja Przejście Kotliny
Data: 2022-10-08
Miejsce: Szklarska Poręba
Dystans: 34 km

Klasyfikacja: Wszyscy

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Zakręt Śmierci 12km | PK B Jakuszyce 24km | Czas netto 34km | Czas brutto 34km | Różn | Tempo min/km | Tempo km/h |
|-----|----------------------------|-------------|----------------------------------|-----------|------|---------------------|---------------------|--------------------|--------------------|-------------------|--------------|--------------|
| 1 | PYSZEL Florian | 1427 | PIEKIELNI WARSZAWA | M20 | 1 | 00:52:23 | 01:41:53 | 02:17:01.40 | 02:17:03.40 | | 4:01 | 14.9 (100%) |
| 2 | GORZELAŃCZYK Jakub | 1354 | MKS SIECHNICE | M30 | 1 | 00:50:40 | 01:40:39 | 02:17:15.40 | 02:17:17.25 | +00:00:13 (0.2%) | 4:02 | 14.9 (100%) |
| 3 | LEŚNIAK Kami | 1432 | HOKA GARMIN TEAM | M20 | 2 | 00:54:24 | 01:47:31 | 02:27:38.05 | 02:27:39.70 | +00:10:36 (7.2%) | 4:20 | 13.8 (92.6%) |
| 4 | JUREK Michał | 1373 | RMT TEAM PRO | M30 | 2 | 00:57:45 | 01:53:59 | 02:33:59.95 | 02:34:02.05 | +00:16:58 (11.0%) | 4:31 | 13.2 (88.6%) |
| 5 | KLAMUT Michał | 1273 | BHPE/GOPR KARKONOSZE | M30 | 3 | 00:56:51 | 01:53:43 | 02:34:10.90 | 02:34:13.00 | +00:17:09 (11.1%) | 4:32 | 13.2 (88.6%) |
| 6 | BONIEC Radosław | 1423 | NADLEŚNICTWO LIPINKI/140MINUT.PL | M30 | 4 | 00:57:29 | 01:54:13 | 02:35:50.15 | 02:35:52.45 | +00:18:49 (12.1%) | 4:35 | 13.1 (87.9%) |
| 7 | STANKIEWICZ Tomasz | 1305 | PLANYBIEGOWE.PL | M30 | 5 | 01:00:56 | 02:00:02 | 02:44:44.00 | 02:44:46.40 | +00:27:43 (16.8%) | 4:50 | 12.4 (83.2%) |
| 8 | RUTKOWSKI Dawid | 1374 | GRIZZLYTEAM/140MINUT.PL | M40 | 1 | 01:02:06 | 02:01:42 | 02:44:45.10 | 02:44:47.55 | +00:27:44 (16.8%) | 4:50 | 12.4 (83.2%) |
| 9 | KOTLAREK Dawid | 1270 | MIZUNO / BIEGOSTACJA ULTRA TEAM | M40 | 2 | 01:00:04 | 02:00:00 | 02:48:25.90 | 02:48:28.65 | +00:31:25 (18.6%) | 4:57 | 12.1 (81.2%) |
| 10 | BORZYSTOWSKI Patryk | 1395 | #ZALINIAMETYTEAM | M30 | 6 | 01:03:12 | 02:04:48 | 02:49:45.85 | 02:49:48.00 | +00:32:44 (19.3%) | 4:59 | 12 (80.5%) |
| 11 | SZKOŁA Wojciech | 1289 | NATURAL BORN RUNNERS | M30 | 7 | 01:02:11 | 02:02:17 | 02:49:50.50 | 02:49:53.65 | +00:32:50 (19.3%) | 4:59 | 12 (80.5%) |
| 12 | TOMASIAK Adam | 1245 | | M20 | 3 | 01:02:55 | 02:05:56 | 02:51:49.65 | 02:51:52.75 | +00:34:49 (20.3%) | 5:03 | 11.9 (79.9%) |
| 13 | DUL Karolina | 1433 | | K20 | 1 | 01:05:43 | 02:08:40 | 02:54:31.10 | 02:54:34.55 | +00:37:31 (21.5%) | 5:07 | 11.7 (78.5%) |
| 14 | WIECZOREK Nina | 1310 | MOCNA GRUPA CEZARA | K20 | 2 | 01:06:50 | 02:10:41 | 02:55:09.80 | 02:55:14.05 | +00:38:10 (21.8%) | 5:09 | 11.6 (77.9%) |
| 15 | STANGRECIAK Adam | 1328 | | M30 | 8 | 01:05:06 | 02:08:23 | 02:56:33.40 | 02:56:36.15 | +00:39:32 (22.4%) | 5:11 | 11.6 (77.9%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Zakręt Śmierci 12km | PK B Jakuszyce 24km | Czas netto 34km | Czas brutto 34km | Różn | Tempo min/km | Tempo km/h |
|-----|-------------------------------|-------------|---|-----------|------|---------------------|---------------------|--------------------|--------------------|-------------------|--------------|--------------|
| 16 | NOWACKI Mateusz | 1452 | PRZEDWOJEWSKI TEAM | M30 | 9 | 01:05:03 | 02:08:53 | 02:57:06.05 | 02:57:09.75 | +00:40:06 (22.6%) | 5:12 | 11.5 (77.2%) |
| 17 | MIELEWCZYK Tomasz | 1466 | VERGE RUNNING TEAM | M40 | 3 | 01:07:42 | 02:13:17 | 03:01:16.65 | 03:01:22.75 | +00:44:19 (24.4%) | 5:19 | 11.3 (75.8%) |
| 18 | ŚNIERZYŃSKI Robert | 1343 | | M30 | 10 | 01:07:34 | 02:12:53 | 03:02:04.40 | 03:02:07.60 | +00:45:04 (24.7%) | 5:21 | 11.2 (75.2%) |
| 19 | SERAFIN Piotr | 1465 | 35MINUT.PL | M40 | 4 | 01:03:45 | 02:08:19 | 03:02:16.00 | 03:02:20.10 | +00:45:16 (24.8%) | 5:21 | 11.2 (75.2%) |
| 20 | GĄSIOROWSKI Jarosław | 1248 | | M20 | 4 | 01:08:18 | 02:13:54 | 03:03:04.25 | 03:03:14.05 | +00:46:10 (25.2%) | 5:23 | 11.1 (74.5%) |
| 21 | STRASZAK Patryk | 1415 | MOCNA GRUPA CEZARA | M20 | 5 | 01:03:56 | 02:10:27 | 03:04:56.70 | 03:05:00.95 | +00:47:57 (25.9%) | 5:26 | 11 (73.8%) |
| 22 | KOCEMBA Askaniusz | 1469 | MARCIN ŚWIERC TEAM | M40 | 5 | 01:05:44 | 02:12:16 | 03:05:19.85 | 03:05:22.75 | +00:48:19 (26.1%) | 5:27 | 11 (73.8%) |
| 23 | WOJNAROWICZ Paweł | 1372 | | M30 | 11 | 01:09:41 | 02:15:13 | 03:06:27.95 | 03:06:31.70 | +00:49:28 (26.5%) | 5:29 | 10.9 (73.2%) |
| 24 | LITWIN Michał | 1318 | LITEWIN | M40 | 6 | 01:07:55 | 02:15:16 | 03:07:46.30 | 03:07:53.05 | +00:50:49 (27.1%) | 5:31 | 10.9 (73.2%) |
| 25 | NOWAKOWSKA Anna | 1262 | 1BLOG BYDGOSZCZ | K30 | 1 | 01:06:01 | 02:14:30 | 03:07:55.05 | 03:07:57.80 | +00:50:54 (27.1%) | 5:31 | 10.9 (73.2%) |
| 26 | GUZIKIEWICZ Kamil | 1271 | | M30 | 12 | 01:06:38 | 02:15:06 | 03:12:47.35 | 03:13:11.30 | +00:56:07 (29.1%) | 5:40 | 10.6 (71.1%) |
| 27 | SZUTA Maciej | 1357 | | M30 | 13 | 01:09:00 | 02:18:06 | 03:16:23.65 | 03:16:36.15 | +00:59:32 (30.3%) | 5:46 | 10.4 (69.8%) |
| 28 | SIEMIOŃCZYK Jan | 1442 | | M30 | 14 | 01:11:54 | 02:24:01 | 03:16:42.45 | 03:16:49.85 | +00:59:46 (30.4%) | 5:47 | 10.4 (69.8%) |
| 29 | GOŁĘBIEWICZ Wojciech | 1315 | ŻARŁOKI | M20 | 6 | 01:07:50 | 02:18:31 | 03:17:05.60 | 03:17:09.85 | +01:00:06 (30.5%) | 5:47 | 10.4 (69.8%) |
| 30 | GRZEGORZEWSKI Wojciech | 1346 | | M20 | 7 | 01:14:06 | 02:24:04 | 03:18:44.40 | 03:18:53.95 | +01:01:50 (31.1%) | 5:50 | 10.3 (69.1%) |
| 31 | KUDREJ Grzegorz | 1267 | MOCNA GRUPA CEZARA | M30 | 15 | 01:13:06 | 02:26:06 | 03:18:55.65 | 03:19:00.80 | +01:01:57 (31.1%) | 5:51 | 10.3 (69.1%) |
| 32 | PURA Robert | 1477 | | M40 | 7 | 01:11:29 | 02:22:39 | 03:19:12.65 | 03:19:21.15 | +01:02:17 (31.2%) | 5:51 | 10.2 (68.5%) |
| 33 | MACIEJEWSKI Rafał | 1334 | | M30 | 16 | 01:07:16 | 02:16:06 | 03:21:01.65 | 03:21:07.25 | +01:04:03 (31.9%) | 5:54 | 10.1 (67.8%) |
| 34 | JAKÓBCZAK Kuba | 1371 | | M30 | 17 | 01:14:11 | 02:28:21 | 03:22:30.90 | 03:22:39.40 | +01:05:36 (32.4%) | 5:57 | 10.1 (67.8%) |
| 35 | BYRNE Keith | 1449 | IRELAND | M40 | 8 | 01:13:20 | 02:29:41 | 03:22:54.40 | 03:23:00.95 | +01:05:57 (32.5%) | 5:58 | 10.1 (67.8%) |
| 36 | CIEPLIŃSKI Tomek | 1411 | SUDECKI KLUB WYSOKOGÓRSKI, WERTYKALNA KOTLINA | M40 | 9 | 01:14:29 | 02:29:39 | 03:23:43.85 | 03:24:03.05 | +01:06:59 (32.8%) | 5:59 | 10 (67.1%) |
| 37 | DOBIJA Jacek | 1390 | | M30 | 18 | 01:28:39 | 02:35:21 | 03:23:44.10 | 03:24:03.10 | +01:06:59 (32.8%) | 5:59 | 10 (67.1%) |
| 38 | KACZMAREK Filip | 1431 | | M20 | 8 | 01:15:20 | 02:28:29 | 03:24:17.65 | 03:24:22.80 | +01:07:19 (32.9%) | 6:00 | 10 (67.1%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Zakręt Śmierci 12km | PK B Jakuszyce 24km | Czas netto 34km | Czas brutto 34km | Różn | Tempo min/km | Tempo km/h |
|-----|-------------------------------------|-------------|-----------------------------------|-----------|------|---------------------|---------------------|--------------------|--------------------|-------------------|--------------|-------------|
| 39 | WANAT Mateusz | 1407 | PRZEDWOJEWSKI TEAM | M30 | 19 | 01:16:16 | 02:30:06 | 03:24:48.15 | 03:24:55.80 | +01:07:52 (33.1%) | 6:01 | 10 (67.1%) |
| 40 | SKIBA Ania | 1301 | | K20 | 3 | 01:18:00 | 02:30:49 | 03:24:52.60 | 03:25:03.55 | +01:08:00 (33.2%) | 6:01 | 10 (67.1%) |
| 41 | JĘDRYCHOWSKI Bartłomiej | 1428 | WEMECOTEAM | M30 | 20 | 01:10:51 | 02:25:28 | 03:25:36.50 | 03:25:39.65 | +01:08:36 (33.4%) | 6:02 | 9.9 (66.4%) |
| 42 | SZAFRAŃSKI Dominik | 1333 | OBORNICKI KLUB LEKKOATLETYCZNY | M30 | 21 | 01:10:40 | 02:23:42 | 03:26:59.90 | 03:27:02.35 | +01:09:58 (33.8%) | 6:05 | 9.9 (66.4%) |
| 43 | ZYWERT Antonina | 1216 | | K20 | 4 | 01:15:10 | 02:29:33 | 03:29:35.15 | 03:29:43.95 | +01:12:40 (34.7%) | 6:09 | 9.7 (65.1%) |
| 44 | GÓRECKI Krzysztof | 1211 | | M20 | 9 | 01:17:25 | 02:33:32 | 03:30:40.20 | 03:30:46.00 | +01:13:42 (35.0%) | 6:11 | 9.7 (65.1%) |
| 45 | KUCZERA Natalia | 1418 | | K30 | 2 | 01:17:35 | 02:33:16 | 03:30:50.90 | 03:30:56.40 | +01:13:53 (35.0%) | 6:12 | 9.7 (65.1%) |
| 46 | TOMASIK Andrzej | 1287 | | M50 | 1 | 01:22:50 | | 03:31:36.50 | 03:31:42.10 | +01:14:38 (35.3%) | 6:13 | 9.6 (64.4%) |
| 47 | KUCHARSKI Adrian | 1285 | ZEFKA RUNNERS/ PRZEDWOJEWSKI TEAM | M30 | 22 | 01:12:33 | 02:30:36 | 03:33:03.00 | 03:33:10.95 | +01:16:07 (35.7%) | 6:15 | 9.6 (64.4%) |
| 48 | SERAFIN- GORSZKOWSKA Paulina | 1253 | #140MINUT.PL | K40 | 1 | 01:17:07 | 02:33:02 | 03:33:17.65 | 03:33:23.00 | +01:16:19 (35.8%) | 6:16 | 9.6 (64.4%) |
| 49 | BYŚ Mateusz | 1329 | | M30 | 23 | 01:16:51 | 02:34:21 | 03:34:34.40 | 03:34:49.95 | +01:17:46 (36.2%) | 6:18 | 9.5 (63.8%) |
| 50 | WARDEGA Adrian | 1386 | | M30 | 24 | 01:11:05 | 02:31:09 | 03:34:47.05 | 03:34:56.15 | +01:17:52 (36.2%) | 6:19 | 9.5 (63.8%) |
| 51 | WUJDA Karolina | 1457 | | K30 | 3 | 01:18:06 | 02:34:53 | 03:34:46.60 | 03:35:01.30 | +01:17:57 (36.3%) | 6:19 | 9.5 (63.8%) |
| 52 | SIKORSKI Maciej | 1402 | | M40 | 10 | 01:15:00 | 02:32:38 | 03:34:57.50 | 03:35:16.40 | +01:18:13 (36.3%) | 6:19 | 9.5 (63.8%) |
| 53 | MALIGRANDA Mariusz | 1276 | | M30 | 25 | 01:18:27 | 02:35:31 | 03:36:25.90 | 03:36:30.30 | +01:19:26 (36.7%) | 6:21 | 9.4 (63.1%) |
| 54 | SKWARSKI Darek | 1332 | | M40 | 11 | 01:16:50 | 02:32:10 | 03:37:05.95 | 03:37:13.65 | +01:20:10 (36.9%) | 6:23 | 9.4 (63.1%) |
| 55 | WAŁCZYK Mateusz | 1283 | | M30 | 26 | 01:13:59 | 02:32:05 | 03:38:00.20 | 03:38:07.80 | +01:21:04 (37.2%) | 6:24 | 9.4 (63.1%) |
| 56 | TOMELA Maciej | 1350 | | M30 | 27 | 01:14:37 | 02:34:45 | 03:39:42.00 | 03:39:49.60 | +01:22:46 (37.7%) | 6:27 | 9.3 (62.4%) |
| 57 | BŁASZCZAK Marek | 1294 | MOCNA GRUPA CEZARA | M30 | 28 | 01:17:19 | 02:35:25 | 03:40:19.80 | 03:40:24.45 | +01:23:21 (37.8%) | 6:28 | 9.3 (62.4%) |
| 58 | MAJDER Klaudia | 1385 | | K30 | 4 | 01:22:53 | 02:43:05 | 03:41:01.50 | 03:41:07.00 | +01:24:03 (38.0%) | 6:30 | 9.2 (61.7%) |
| 59 | MARCINKOWSKI Michał | 1393 | RUN TEAM RYDZYNA | M40 | 12 | 01:15:04 | 02:35:07 | 03:41:32.05 | 03:41:39.95 | +01:24:36 (38.2%) | 6:30 | 9.2 (61.7%) |
| 60 | BACHURSKI Tomasz | 1316 | 140MINUT/KB HARCOWNIK | M40 | 13 | 01:17:24 | 02:38:15 | 03:41:59.65 | 03:42:04.55 | +01:25:01 (38.3%) | 6:31 | 9.2 (61.7%) |
| 61 | KORZYCKI Tadeusz | 1450 | AMATOR | M60 | 1 | 01:16:54 | 02:36:10 | 03:42:02.35 | 03:42:11.25 | +01:25:07 (38.3%) | 6:31 | 9.2 (61.7%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Zakręt Śmierci 12km | PK B Jakuszyce 24km | Czas netto 34km | Czas brutto 34km | Różn | Tempo min/km | Tempo km/h |
|-----|----------------------------------|-------------|-------------------------------------|-----------|------|---------------------|---------------------|--------------------|--------------------|-------------------|--------------|-------------|
| 62 | BOROWSKA-NAJDEREK Paulina | 1458 | FREE RUN/ WLKP ULTRA MOUNTAINS | K40 | 2 | 01:17:53 | 02:38:53 | 03:42:06.70 | 03:42:12.85 | +01:25:09 (38.3%) | 6:31 | 9.2 (61.7%) |
| 63 | GAWROŃSKI Ireneusz | 1227 | AMATOR | M60 | 2 | 01:19:23 | | 03:43:16.95 | 03:43:20.55 | +01:26:17 (38.6%) | 6:34 | 9.1 (61.1%) |
| 64 | LATOS Janusz | 1482 | | M60 | 3 | 01:19:16 | 02:40:04 | 03:43:10.90 | 03:43:26.75 | +01:26:23 (38.7%) | 6:33 | 9.1 (61.1%) |
| 65 | SZCZEPANSKI Bartosz | 1249 | REBELS SOFTWARE | M30 | 29 | 01:14:47 | 02:36:00 | 03:43:32.70 | 03:43:39.65 | +01:26:36 (38.7%) | 6:34 | 9.1 (61.1%) |
| 66 | MIKOŁAJSKI Krzysztof | 1370 | MUD FOXES | M30 | 30 | 01:17:13 | 02:38:21 | 03:43:52.75 | 03:43:57.95 | +01:26:54 (38.8%) | 6:35 | 9.1 (61.1%) |
| 67 | SAJNÓG Leszek | 1435 | BIEGAJ LESZNO | M40 | 14 | 01:20:33 | 02:40:41 | 03:44:06.80 | 03:44:10.85 | +01:27:07 (38.9%) | 6:35 | 9.1 (61.1%) |
| 68 | RABIEJ-OLSZEWSKA Hanna | 1322 | #SOBASTEAM | K30 | 5 | 01:20:09 | 02:39:43 | 03:44:24.15 | 03:44:33.90 | +01:27:30 (39.0%) | 6:36 | 9.1 (61.1%) |
| 69 | IWANOWSKI Przemysław | 1351 | SFORA CHOJNÓW | M40 | 15 | 01:15:11 | 02:36:21 | 03:44:28.80 | 03:44:40.10 | +01:27:36 (39.0%) | 6:36 | 9.1 (61.1%) |
| 70 | GOLA Henryk | 1389 | | M50 | 2 | 01:19:29 | 02:41:52 | 03:44:56.65 | 03:45:01.80 | +01:27:58 (39.1%) | 6:36 | 9.1 (61.1%) |
| 71 | BEDNARZ Jarosław | 1309 | SMS SZKLARSKA PORĘBA | M50 | 3 | 01:18:11 | 02:40:10 | 03:47:14.70 | 03:47:19.60 | +01:30:16 (39.7%) | 6:41 | 9 (60.4%) |
| 72 | DAWIDZIŃSKI Tomasz | 1308 | AKTYWNI RAZEM | M30 | 31 | 01:21:17 | 02:45:13 | 03:47:46.20 | 03:47:56.90 | +01:30:53 (39.9%) | 6:41 | 9 (60.4%) |
| 73 | SYCHOWSKI Dawid | 1264 | | M30 | 32 | 01:19:08 | 02:43:20 | 03:47:46.05 | 03:48:00.40 | +01:30:57 (39.9%) | 6:41 | 9 (60.4%) |
| 74 | FORNALIK Adam | 1335 | WARSAW INTERNATIONAL TRIATHLON CLUB | M40 | 16 | 01:24:51 | 02:44:00 | 03:48:34.85 | 03:48:49.50 | +01:31:46 (40.1%) | 6:43 | 8.9 (59.7%) |
| 75 | KRAJEWSKI Marcin | 1445 | | M30 | 33 | 01:20:10 | 02:41:54 | 03:48:53.65 | 03:48:59.25 | +01:31:55 (40.1%) | 6:43 | 8.9 (59.7%) |
| 76 | SIKORSKI Szymon | 1420 | NOA | M40 | 17 | 01:17:39 | 02:42:23 | 03:48:53.95 | 03:48:59.70 | +01:31:56 (40.1%) | 6:43 | 8.9 (59.7%) |
| 77 | STUPAK Ada | 1379 | KB ODRA OPOLE | K30 | 6 | 01:23:15 | 02:43:22 | 03:49:08.15 | 03:49:14.55 | +01:32:11 (40.2%) | 6:44 | 8.9 (59.7%) |
| 78 | HRYCAJ Marcin | 1380 | KB ODRA OPOLE | M40 | 18 | 01:23:12 | 02:43:19 | 03:49:08.25 | 03:49:14.95 | +01:32:11 (40.2%) | 6:44 | 8.9 (59.7%) |
| 79 | LISOWICZ Krzysztof | 1345 | XXXXX XXX | M40 | 19 | 01:21:49 | 02:43:04 | 03:50:01.25 | 03:50:16.20 | +01:33:12 (40.5%) | 6:45 | 8.9 (59.7%) |
| 80 | ZAWIŁA Dominik | 1347 | | M20 | 10 | 01:25:46 | 02:50:04 | 03:50:08.30 | 03:50:20.60 | +01:33:17 (40.5%) | 6:46 | 8.9 (59.7%) |
| 81 | PASZKOWIAK Dominik | 1414 | | M20 | 11 | 01:22:27 | 02:47:32 | 03:50:15.30 | 03:50:31.00 | +01:33:27 (40.5%) | 6:46 | 8.9 (59.7%) |
| 82 | DORNIAC Radek | 1416 | | M40 | 20 | 01:27:30 | 02:49:58 | 03:50:52.45 | 03:51:06.15 | +01:34:02 (40.7%) | 6:47 | 8.8 (59.1%) |
| 83 | DRWIĘGA Tomasz | 1293 | | M30 | 34 | 01:22:42 | 02:42:32 | 03:51:58.85 | 03:52:23.60 | +01:35:20 (41.0%) | 6:49 | 8.8 (59.1%) |
| 84 | JARONIEC Malgorzata | 1421 | BUBU TEAM | K30 | 7 | 01:26:19 | 02:49:14 | 03:53:40.05 | 03:53:51.90 | +01:36:48 (41.4%) | 6:52 | 8.7 (58.4%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Zakręt Śmierci 12km | PK B Jakuszyce 24km | Czas netto 34km | Czas brutto 34km | Różn | Tempo min/km | Tempo km/h |
|-----|---------------------------------|-------------|------------------------------|-----------|------|---------------------|---------------------|--------------------|--------------------|-------------------|--------------|-------------|
| 85 | MICHAŁEK Emil | 1251 | KB HARCOWNIK JELCZ-LASKOWICE | M40 | 21 | 01:22:27 | 02:51:27 | 03:55:03.95 | 03:55:13.15 | +01:38:09 (41.7%) | 6:54 | 8.7 (58.4%) |
| 86 | WERLE Michał | 1453 | AI CLEARING | M30 | 35 | 01:19:39 | 02:43:47 | 03:55:03.50 | 03:55:21.25 | +01:38:17 (41.8%) | 6:54 | 8.7 (58.4%) |
| 87 | PISARCZYK Grzegorz | 1443 | | M30 | 36 | 01:25:38 | 02:51:54 | 03:55:30.00 | 03:55:55.20 | +01:38:51 (41.9%) | 6:55 | 8.7 (58.4%) |
| 88 | POSADOWSKI Szymon | 1444 | 140MINUT | M30 | 37 | | 02:58:39 | 03:56:24.15 | 03:56:30.30 | +01:39:26 (42.0%) | 6:57 | 8.6 (57.7%) |
| 89 | TYL Radosław | 1312 | | M40 | 22 | 01:24:24 | 02:49:26 | 03:56:30.35 | 03:56:52.50 | +01:39:49 (42.1%) | 6:57 | 8.6 (57.7%) |
| 90 | FORTAK Rafał | 1362 | | M30 | 38 | 01:21:26 | 02:46:19 | 03:57:36.75 | 03:58:02.20 | +01:40:58 (42.4%) | 6:59 | 8.6 (57.7%) |
| 91 | KOSOWSKI Przemysław | 1462 | NATIONALE-NEDERLANDEN | M50 | 4 | 01:20:47 | 02:45:13 | 03:57:59.20 | 03:58:13.00 | +01:41:09 (42.5%) | 6:59 | 8.6 (57.7%) |
| 92 | ZABOROWSKI Kamil | 1409 | ZALINIAMETY | M30 | 39 | 01:30:06 | 02:55:38 | 03:58:03.60 | 03:58:17.80 | +01:41:14 (42.5%) | 7:00 | 8.6 (57.7%) |
| 93 | STAJNIAK-STELIGA Izabela | 1474 | OBORYGENI | K40 | 3 | 01:26:13 | 02:51:55 | 03:58:12.00 | 03:58:23.00 | +01:41:19 (42.5%) | 7:00 | 8.6 (57.7%) |
| 94 | SŁOWIK Grzegorz | 1286 | ZEFKA RUNNERS | M40 | 23 | 01:25:33 | 02:52:21 | 03:58:21.75 | 03:58:30.45 | +01:41:27 (42.5%) | 7:00 | 8.6 (57.7%) |
| 95 | MIGURSKI Jakub | 1384 | | M30 | 40 | 01:25:08 | 02:52:03 | 03:58:21.95 | 03:58:33.55 | +01:41:30 (42.5%) | 7:00 | 8.6 (57.7%) |
| 96 | JASIAK Karol | 1297 | ZEFKA RUNNERS | M30 | 41 | 01:21:57 | 02:48:37 | 04:00:18.25 | 04:00:27.70 | +01:43:24 (43.0%) | 7:04 | 8.5 (57.0%) |
| 97 | KUBISIAK Dariusz | 1436 | | M50 | 5 | 01:27:32 | 02:55:01 | 04:00:59.35 | 04:01:18.05 | +01:44:14 (43.2%) | 7:05 | 8.5 (57.0%) |
| 98 | KĘDZIOR Bartłomiej | 1405 | | M40 | 24 | 01:21:40 | 02:46:01 | 04:01:08.20 | 04:01:24.25 | +01:44:20 (43.2%) | 7:05 | 8.5 (57.0%) |
| 99 | PASEK Monika | 1456 | RUNNING CRAZY STRIPES | K40 | 4 | 01:30:08 | 02:56:34 | 04:01:12.80 | 04:01:26.70 | +01:44:23 (43.2%) | 7:05 | 8.5 (57.0%) |
| 100 | MIJAKOWSKI Pawel | 1464 | MIJAKOWSKI TEAM | M50 | 6 | 01:21:35 | 02:49:09 | 04:01:52.85 | 04:02:05.70 | +01:45:02 (43.4%) | 7:06 | 8.4 (56.4%) |
| 101 | CHILIMONIUK Mariusz | 1266 | | M40 | 25 | 01:27:13 | 02:57:28 | 04:01:40.45 | 04:02:05.85 | +01:45:02 (43.4%) | 7:06 | 8.4 (56.4%) |
| 102 | KORYTKOWSKI Jakub | 1382 | | M20 | 12 | 01:26:27 | 02:55:09 | 04:02:32.85 | 04:02:47.25 | +01:45:43 (43.5%) | 7:08 | 8.4 (56.4%) |
| 103 | TRACZYK Piotr | 1475 | | M40 | 26 | 01:26:22 | 02:56:32 | 04:02:45.35 | 04:02:57.85 | +01:45:54 (43.6%) | 7:08 | 8.4 (56.4%) |
| 104 | GAWROŃSKI Sebastian | 1451 | PZU SPORT TEAM | M40 | 27 | 01:25:56 | 02:55:07 | 04:04:10.85 | 04:04:30.50 | +01:47:27 (43.9%) | 7:10 | 8.4 (56.4%) |
| 105 | BIALIK Jędrzej | 1239 | | M30 | 42 | 01:31:29 | 02:58:39 | 04:04:12.10 | 04:04:32.55 | +01:47:29 (44.0%) | 7:10 | 8.4 (56.4%) |
| 106 | STRONIKOWSKI Wojciech | 1296 | DRUŻYNA STASIA | M30 | 43 | 01:26:07 | 02:51:21 | 04:04:45.65 | 04:05:07.60 | +01:48:04 (44.1%) | 7:11 | 8.3 (55.7%) |
| 107 | RAWA Martyna | 1422 | | K20 | 5 | 01:28:36 | | 04:06:19.35 | 04:06:36.10 | +01:49:32 (44.4%) | 7:14 | 8.3 (55.7%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Zakręt Śmierci 12km | PK B Jakuszyce 24km | Czas netto 34km | Czas brutto 34km | Różn | Tempo min/km | Tempo km/h |
|-----|--------------------------------------|-------------|------------------------------|-----------|------|---------------------|---------------------|--------------------|--------------------|----------------------|--------------|----------------|
| 108 | DOBRYCKI Mateusz | 1231 | NADLEŚNICTWO KAMIENNA GÓRA | M30 | 44 | 01:27:37 | 03:00:12 | 04:06:56.25 | 04:07:21.15 | +01:50:17 (44.6%) | 7:15 | 8.3 (55.7%) |
| 109 | BUDNY Kamil | 1447 | | M30 | 45 | 01:26:19 | 02:56:04 | 04:07:22.80 | 04:07:42.70 | +01:50:39 (44.7%) | 7:16 | 8.2 (55.0%) |
| 110 | KRYSZKIEWICZ Tomasz | 1353 | | M50 | 7 | 01:26:50 | 02:53:24 | 04:07:33.75 | 04:07:49.75 | +01:50:46 (44.7%) | 7:16 | 8.2 (55.0%) |
| 111 | STALA-KONDRAKIEWICZ Katarzyna | 1438 | KB HARCOWNIK JELCZ-LASKOWICE | K30 | 8 | 01:26:20 | 02:56:27 | 04:07:42.65 | 04:07:53.95 | +01:50:50 (44.7%) | 7:17 | 8.2 (55.0%) |
| 112 | DANAK Przemek | 1299 | | M40 | 28 | 01:38:57 | 03:14:01 | 04:08:12.25 | 04:08:27.80 | +01:51:24 (44.8%) | 7:18 | 8.2 (55.0%) |
| 113 | KOZŁOWSKI Tomasz | 1247 | LESZ NO LIMITS RUNNERS | M50 | 8 | 01:25:44 | 02:58:39 | 04:08:59.55 | 04:09:04.25 | +01:52:00 (45.0%) | 7:19 | 8.2 (55.0%) |
| 114 | NOWAK Dawid | 1320 | #BIEGAJLESZNO | M30 | 46 | 01:23:06 | 02:50:05 | 04:09:27.65 | 04:09:30.95 | +01:52:27 (45.1%) | 7:20 | 8.2 (55.0%) |
| 115 | JACHIMECKI Rafał | 1317 | TUPU-TUPU GŁOGÓW | M40 | 29 | 01:23:09 | 02:50:01 | 04:09:26.80 | 04:09:31.05 | +01:52:27 (45.1%) | 7:20 | 8.2 (55.0%) |
| 116 | CIRILLO Saverio | 1437 | | M30 | 47 | 01:25:51 | 02:58:00 | 04:09:16.85 | 04:09:34.60 | +01:52:31 (45.1%) | 7:19 | 8.2 (55.0%) |
| 117 | BUGAJ Alan | 1226 | | M30 | 48 | 01:26:35 | 02:58:28 | 04:09:31.55 | 04:09:44.40 | +01:52:41 (45.1%) | 7:20 | 8.2 (55.0%) |
| 118 | ŁATWIŃSKI Mateusz | 1300 | MOCNA GRUPA CEZARA | M20 | 13 | 01:26:04 | 03:00:40 | 04:09:44.75 | 04:09:49.90 | +01:52:46 (45.1%) | 7:20 | 8.2 (55.0%) |
| 119 | MATUSIAK Mateusz | 1252 | | M30 | 49 | 01:28:56 | 02:56:04 | 04:09:59.35 | 04:10:10.05 | +01:53:06 (45.2%) | 7:21 | 8.2 (55.0%) |
| 120 | GÓRNY Robert | 1311 | THESKYISTHELIMIT | M30 | 50 | 01:27:11 | 02:58:25 | 04:09:59.85 | 04:10:23.05 | +01:53:19 (45.3%) | 7:21 | 8.2 (55.0%) |
| 121 | DUSZYŃSKA Ewa | 1468 | MIEJMY TO JUŻ ZA SOBĄ! | K30 | 9 | 01:24:57 | 02:57:36 | 04:11:14.25 | 04:11:21.35 | +01:54:17 (45.5%) | 7:23 | 8.1 (54.4%) |
| 122 | KOSTOWSKI Roman | 1280 | | M30 | 51 | 01:24:22 | 02:56:04 | 04:11:05.15 | 04:11:26.40 | +01:54:23 (45.5%) | 7:23 | 8.1 (54.4%) |
| 123 | SNOWACKI Kamil | 1448 | | M30 | 52 | 01:15:20 | 02:52:52 | 04:11:39.10 | 04:11:45.45 | +01:54:42 (45.6%) | 7:24 | 8.1 (54.4%) |
| 124 | RABIEJ Wojciech | 1363 | DUCLA ACADEMY | M40 | 30 | 01:21:39 | 02:47:10 | 04:12:02.50 | 04:12:17.25 | +01:55:13 (45.7%) | 7:24 | 8.1 (54.4%) |
| 125 | BOŁDYS Paweł | 1400 | | M30 | 53 | 01:29:35 | 02:59:56 | 04:12:13.55 | 04:12:25.50 | +01:55:22 (45.7%) | 7:25 | 8.1 (54.4%) |
| 126 | ROZMIAREK Przemysław | 1274 | SZCZĘŚLIWY AMATOR | M40 | 31 | 01:22:38 | | 04:12:05.80 | 04:12:29.90 | +01:55:26 (45.7%) | 7:24 | 8.1 (54.4%) |
| 127 | JAKIMOWICZ Kamila | 1410 | TEAM TATARA | K20 | 6 | 01:31:14 | 02:58:49 | 04:12:19.10 | 04:12:33.90 | +01:55:30 (45.7%) | 7:25 | 8.1 (54.4%) |
| 128 | MARKOWIAK Paulina | 1292 | | K30 | 10 | 01:29:51 | 02:59:28 | 04:12:35.85 | 04:12:54.35 | +01:55:50 (45.8%) | 7:25 | 8.1 (54.4%) |
| 129 | ONISZCZUK Agnieszka | 1291 | | K20 | 7 | 01:29:47 | 02:59:22 | 04:12:36.15 | 04:12:54.55 | +01:55:51 (45.8%) | 7:25 | 8.1 (54.4%) |
| 130 | ONISZCZUK Karol | 1290 | | M20 | 14 | 01:28:53 | 02:59:16 | 04:12:36.65 | 04:12:54.65 | +01:55:51 (45.8%) | 7:25 | 8.1 (54.4%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Zakręt Śmierci 12km | PK B Jakuszyce 24km | Czas netto 34km | Czas brutto 34km | Różn | Tempo min/km | Tempo km/h |
|-----|-----------------------------|-------------|------------------|-----------|------|---------------------|---------------------|--------------------|--------------------|----------------------|--------------|----------------|
| 131 | BIELAWSKI Paweł | 1368 | | M30 | 54 | 01:24:16 | 02:59:33 | 04:14:20.45 | 04:14:25.15 | +01:57:21 (46.1%) | 7:28 | 8 (53.7%) |
| 132 | PIETRZAK Marek | 1238 | | M40 | 32 | 01:30:19 | 03:01:49 | 04:14:54.35 | 04:15:11.85 | +01:58:08 (46.3%) | 7:29 | 8 (53.7%) |
| 133 | BAKSALARY Lidia | 1326 | #BIEGAJLESZNO | K40 | 5 | 01:21:13 | 02:56:17 | 04:15:21.90 | 04:15:25.65 | +01:58:22 (46.3%) | 7:30 | 8 (53.7%) |
| 134 | HEJNE Agnieszka | 1324 | | K40 | 6 | 01:28:39 | 03:03:57 | 04:16:12.55 | 04:16:31.90 | +01:59:28 (46.6%) | 7:32 | 8 (53.7%) |
| 135 | BOROWIAK Łukasz | 1284 | #BIEGAJLESZNO | M40 | 33 | 01:21:01 | 02:56:15 | 04:16:34.35 | 04:16:38.10 | +01:59:34 (46.6%) | 7:32 | 8 (53.7%) |
| 136 | NALEPA Szymon | 1360 | | M30 | 55 | 01:30:46 | 03:05:20 | 04:16:35.60 | 04:16:48.50 | +01:59:45 (46.6%) | 7:32 | 8 (53.7%) |
| 137 | WOJTASIK Izabela | 1365 | | K40 | 7 | 01:30:44 | 03:05:23 | 04:16:35.65 | 04:16:48.85 | +01:59:45 (46.6%) | 7:32 | 8 (53.7%) |
| 138 | KAMINSKI Jerzy | 1381 | | M60 | 4 | 01:28:52 | | 04:16:49.70 | 04:17:11.95 | +02:00:08 (46.7%) | 7:33 | 7.9 (53.0%) |
| 139 | GIBALSKA Marzena | 1470 | ABORYGENI | K40 | 8 | 01:34:41 | 03:08:14 | 04:17:35.40 | 04:17:46.40 | +02:00:43 (46.8%) | 7:34 | 7.9 (53.0%) |
| 140 | FRAŃSKI Łukasz | 1219 | NKB CHYŻY | M40 | 34 | 01:31:06 | 03:02:13 | 04:18:13.10 | 04:18:28.40 | +02:01:25 (47.0%) | 7:35 | 7.9 (53.0%) |
| 141 | PAWLAK Robert | 1388 | | M30 | 56 | 01:28:53 | 03:05:29 | 04:18:40.20 | 04:18:49.50 | +02:01:46 (47.0%) | 7:36 | 7.9 (53.0%) |
| 142 | NIEWIADOMSKI Marek | 1406 | CROSS KRAPKOWICE | M30 | 57 | 01:28:32 | 03:02:53 | 04:19:37.80 | 04:19:58.85 | +02:02:55 (47.3%) | 7:38 | 7.9 (53.0%) |
| 143 | SZUMIŃSKI Artur | 1446 | | M40 | 35 | 01:26:12 | 03:04:37 | 04:20:13.60 | 04:20:19.85 | +02:03:16 (47.4%) | 7:39 | 7.8 (52.3%) |
| 144 | OZIMINA Hubert | 1250 | OBORYGENI | M40 | 36 | 01:31:24 | 03:09:02 | 04:21:18.45 | 04:21:28.80 | +02:04:25 (47.6%) | 7:41 | 7.8 (52.3%) |
| 145 | CZELUŚNIAK Filip | 1218 | | M30 | 58 | 01:37:22 | 03:14:34 | 04:21:19.10 | 04:21:38.00 | +02:04:34 (47.6%) | 7:41 | 7.8 (52.3%) |
| 146 | STĘPIEŃ Kamil | 1459 | | M30 | 59 | 01:26:27 | 02:59:34 | 04:21:33.85 | 04:21:51.45 | +02:04:48 (47.7%) | 7:41 | 7.8 (52.3%) |
| 147 | MATYŚKIEWICZ Mateusz | 1355 | MASTER SERVICE | M30 | 60 | 01:30:58 | 03:06:00 | 04:21:51.25 | 04:22:06.55 | +02:05:03 (47.7%) | 7:42 | 7.8 (52.3%) |
| 148 | OLEJNIK Egidiusz | 1473 | | M30 | 61 | 01:36:29 | 03:09:28 | 04:22:15.10 | 04:22:35.60 | +02:05:32 (47.8%) | 7:42 | 7.8 (52.3%) |
| 149 | SKORA Wojciech | 1471 | | M40 | 37 | 01:35:52 | 03:09:49 | 04:22:31.25 | 04:22:45.60 | +02:05:42 (47.8%) | 7:43 | 7.8 (52.3%) |
| 150 | PEREIRA Ruben | 1408 | ARMADA LUSITANA | M30 | 62 | 01:25:43 | 02:58:47 | 04:23:45.95 | 04:23:53.75 | +02:06:50 (48.1%) | 7:45 | 7.7 (51.7%) |
| 151 | PISCO Tiago | 1404 | ARMADA LUSITANA | M30 | 63 | 01:25:42 | 02:58:49 | 04:23:46.80 | 04:23:54.10 | +02:06:50 (48.1%) | 7:45 | 7.7 (51.7%) |
| 152 | TUNDAK Zuzanna | 1313 | WYBIEGANIZM | K30 | 11 | 01:31:14 | 03:04:57 | 04:23:53.35 | 04:24:19.50 | +02:07:16 (48.1%) | 7:45 | 7.7 (51.7%) |
| 153 | GRABOWSKI Mariusz | 1319 | | M30 | 64 | 01:31:16 | 03:05:01 | 04:23:53.60 | 04:24:19.60 | +02:07:16 (48.1%) | 7:45 | 7.7 (51.7%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Zakręt Śmierci 12km | PK B Jakuszyce 24km | Czas netto 34km | Czas brutto 34km | Różn | Tempo min/km | Tempo km/h |
|-----|------------------------------|-------------|----------------------|-----------|------|---------------------|---------------------|--------------------|--------------------|----------------------|--------------|----------------|
| 154 | PORĘBSKI Tomasz | 1217 | #STANDARDASAPTEAM | M30 | 65 | 01:35:30 | 03:11:12 | 04:23:58.10 | 04:24:21.60 | +02:07:18 (48.2%) | 7:45 | 7.7 (51.7%) |
| 155 | KOTOWSKI Andrzej | 1256 | | M50 | 9 | 01:35:14 | 03:07:21 | 04:24:26.00 | 04:24:42.85 | +02:07:39 (48.2%) | 7:46 | 7.7 (51.7%) |
| 156 | RABIEJ Kazimierz | 1223 | ROZBIEGANI CHOJNÓW | M60 | 5 | 01:30:47 | | 04:24:36.20 | 04:24:49.30 | +02:07:45 (48.2%) | 7:46 | 7.7 (51.7%) |
| 157 | KUBICKI Piotr | 1392 | DZIKI ZGON KOŚCIAN | M30 | 66 | 01:32:56 | 03:08:23 | 04:24:46.30 | 04:25:08.65 | +02:08:05 (48.3%) | 7:47 | 7.7 (51.7%) |
| 158 | MIŁOSZEWSKA Katarzyna | 1378 | IZERY BOGATYNIA | K40 | 9 | 01:32:01 | 03:07:20 | 04:26:00.45 | 04:26:04.50 | +02:09:01 (48.5%) | 7:49 | 7.7 (51.7%) |
| 159 | GRZEGRZÓŁKA Anna | 1358 | ZABIEGANI Z LEŚNEJ | K40 | 10 | 01:32:04 | 03:07:25 | 04:26:00.90 | 04:26:04.80 | +02:09:01 (48.5%) | 7:49 | 7.7 (51.7%) |
| 160 | GNIADY Krzysztof | 1383 | FOXYFIT ICT POLAND | M40 | 38 | 01:32:24 | 03:13:51 | 04:26:52.10 | 04:27:05.65 | +02:10:02 (48.7%) | 7:50 | 7.6 (51.0%) |
| 161 | CICHOCKI Jerzy | 1325 | | M40 | 39 | 01:36:33 | 03:10:27 | 04:27:50.90 | 04:28:10.20 | +02:11:06 (48.9%) | 7:52 | 7.6 (51.0%) |
| 162 | ZĄŁOGA Agnieszka | 1480 | STARE BABICE BIEGAJĄ | K30 | 12 | 01:37:08 | 03:14:18 | 04:29:34.15 | 04:29:46.10 | +02:12:42 (49.2%) | 7:55 | 7.6 (51.0%) |
| 163 | KONDRAKIEWICZ Rafał | 1479 | | M40 | 40 | 01:34:29 | 03:14:18 | 04:29:46.75 | 04:30:02.00 | +02:12:58 (49.2%) | 7:56 | 7.6 (51.0%) |
| 164 | GONCERZEWICZ Anna | 1460 | | K30 | 13 | 01:37:02 | 03:14:12 | 04:29:46.70 | 04:30:02.10 | +02:12:58 (49.2%) | 7:56 | 7.6 (51.0%) |
| 165 | BARTON Anna | 1269 | | K20 | 8 | 01:44:43 | 03:23:11 | 04:29:56.60 | 04:30:15.35 | +02:13:11 (49.3%) | 7:56 | 7.6 (51.0%) |
| 166 | OKONIEWSKA Agnieszka | 1302 | | K40 | 11 | 01:36:00 | 03:17:06 | 04:30:20.10 | 04:30:40.90 | +02:13:37 (49.4%) | 7:57 | 7.5 (50.3%) |
| 167 | WALIGÓRA Judyta | 1348 | | K30 | 14 | 01:36:00 | 03:15:46 | 04:30:20.55 | 04:30:41.15 | +02:13:37 (49.4%) | 7:57 | 7.5 (50.3%) |
| 168 | BEŻYK Bartosz | 1268 | GOPR SUDETY | M20 | 15 | 01:44:44 | 03:23:08 | 04:30:30.95 | 04:30:50.15 | +02:13:46 (49.4%) | 7:57 | 7.5 (50.3%) |
| 169 | MAJDER Paweł | 1387 | | M40 | 41 | 01:32:09 | 03:11:16 | 04:31:43.00 | 04:31:51.00 | +02:14:47 (49.6%) | 7:59 | 7.5 (50.3%) |
| 170 | SIUDAK Anna` | 1281 | | K40 | 12 | 01:35:48 | 03:17:11 | 04:31:58.85 | 04:32:11.00 | +02:15:07 (49.6%) | 7:59 | 7.5 (50.3%) |
| 171 | ROSIECKI Grzegorz | 1232 | | M30 | 67 | 01:27:59 | 03:09:04 | 04:32:16.65 | 04:32:39.60 | +02:15:36 (49.7%) | 8:00 | 7.5 (50.3%) |
| 172 | GRACZYK Mariusz | 1425 | ZGZB | M40 | 42 | 01:45:07 | 03:22:19 | 04:33:36.40 | 04:33:49.95 | +02:16:46 (49.9%) | 8:02 | 7.5 (50.3%) |
| 173 | KOPACZUK Monika | 1467 | | K30 | 15 | 01:41:46 | 03:25:31 | 04:33:32.65 | 04:33:54.15 | +02:16:50 (50.0%) | 8:02 | 7.5 (50.3%) |
| 174 | FANAJŁO Wojciech | 1424 | ZGZB | M30 | 68 | 01:40:28 | 03:22:21 | 04:33:48.50 | 04:34:02.05 | +02:16:58 (50.0%) | 8:03 | 7.5 (50.3%) |
| 175 | MAŚLANKA Łukasz | 1222 | ALOHA TRIATHLON TEAM | M30 | 69 | 01:32:21 | 03:11:08 | 04:34:24.45 | 04:34:44.30 | +02:17:40 (50.1%) | 8:04 | 7.4 (49.7%) |
| 176 | WIŚNIEWSKA Joann | 1279 | | K40 | 13 | 01:36:08 | 03:17:21 | 04:36:44.95 | 04:36:52.00 | +02:19:48 (50.5%) | 8:08 | 7.4 (49.7%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Zakręt Śmierci 12km | PK B Jakuszyce 24km | Czas netto 34km | Czas brutto 34km | Różn | Tempo min/km | Tempo km/h |
|-----|-------------------------------------|-------------|-----------------------|-----------|------|---------------------|---------------------|--------------------|--------------------|-------------------|--------------|-------------|
| 177 | KANIECKI Paweł | 1399 | | M40 | 43 | 01:36:03 | 03:17:36 | 04:36:44.95 | 04:36:52.25 | +02:19:48 (50.5%) | 8:08 | 7.4 (49.7%) |
| 178 | SZAMBELAŃCZYK Maciej | 1441 | | M40 | 44 | 01:26:18 | 03:19:29 | 04:36:54.90 | 04:36:58.80 | +02:19:55 (50.5%) | 8:08 | 7.4 (49.7%) |
| 179 | OCZKOWICZ Beata | 1463 | MOCNA GRUPA CEZARA | K30 | 16 | 01:39:43 | 03:22:15 | 04:36:49.65 | 04:36:59.40 | +02:19:56 (50.5%) | 8:08 | 7.4 (49.7%) |
| 180 | BRONIKOWSKA Agata | 1461 | | K40 | 14 | 01:30:58 | 03:11:03 | 04:36:59.60 | 04:37:09.70 | +02:20:06 (50.5%) | 8:08 | 7.4 (49.7%) |
| 181 | PIETRZAKOWSKI Robert | 1342 | | M40 | 45 | 01:27:34 | 03:08:39 | 04:36:47.40 | 04:37:11.60 | +02:20:08 (50.6%) | 8:08 | 7.4 (49.7%) |
| 182 | KRAWCZYK Marta | 1330 | | K40 | 15 | 01:37:14 | 03:17:18 | 04:37:16.40 | 04:37:31.40 | +02:20:28 (50.6%) | 8:09 | 7.4 (49.7%) |
| 183 | LESZCZYŃSKI Paweł | 1224 | | M60 | 6 | 01:27:49 | 03:10:54 | 04:37:41.50 | 04:37:47.10 | +02:20:43 (50.7%) | 8:10 | 7.3 (49.0%) |
| 184 | ZIMNY Ireneusz | 1340 | EKO-OKNA RUNNERS | M40 | 46 | 01:38:48 | 03:24:05 | 04:38:38.70 | 04:38:43.55 | +02:21:40 (50.8%) | 8:11 | 7.3 (49.0%) |
| 185 | TWARDY Dariusz | 1419 | LESZNO | M50 | 10 | 01:40:03 | 03:18:28 | 04:38:37.50 | 04:38:55.90 | +02:21:52 (50.9%) | 8:11 | 7.3 (49.0%) |
| 186 | KOSTRZEWSKI Maciej | 1204 | | M30 | 70 | 01:36:43 | 03:20:25 | 04:39:09.70 | 04:39:28.90 | +02:22:25 (51.0%) | 8:12 | 7.3 (49.0%) |
| 187 | STASIŃSKA-KOSTOWSKA Wiktoria | 1367 | | K20 | 9 | 01:33:44 | 03:12:28 | 04:39:33.55 | 04:39:54.80 | +02:22:51 (51.0%) | 8:13 | 7.3 (49.0%) |
| 188 | MARKIEWICZ Joanna Zuza | 1412 | TJ! / FORMA NA SZCZYT | K40 | 16 | 01:40:33 | 03:19:19 | 04:39:56.15 | 04:40:07.75 | +02:23:04 (51.1%) | 8:14 | 7.3 (49.0%) |
| 189 | DZIADEK Bartosz | 1225 | | M40 | 47 | 01:34:38 | 03:15:05 | 04:39:57.30 | 04:40:15.50 | +02:23:12 (51.1%) | 8:14 | 7.3 (49.0%) |
| 190 | KRÓLICKI Zbigniew | 1364 | | M40 | 48 | 01:40:49 | 03:23:40 | 04:40:15.50 | 04:40:32.65 | +02:23:29 (51.1%) | 8:14 | 7.3 (49.0%) |
| 191 | MAJER Maja | 1397 | BIEGAMDLAZDROWIA.PL | K40 | 17 | 01:43:42 | 03:23:35 | 04:40:48.60 | 04:40:59.25 | +02:23:55 (51.2%) | 8:15 | 7.3 (49.0%) |
| 192 | NOWAK Kornel | 1417 | LESZNO | M50 | 11 | 01:39:58 | 03:18:27 | 04:42:24.45 | 04:42:42.45 | +02:25:39 (51.5%) | 8:18 | 7.2 (48.3%) |
| 193 | PLUCIŃSKI Wojciech | 1202 | | M30 | 71 | 01:32:25 | 03:16:06 | 04:43:28.65 | 04:43:49.85 | +02:26:46 (51.7%) | 8:20 | 7.2 (48.3%) |
| 194 | GAŚIOREK Daniel | 1430 | | M40 | 49 | 01:27:22 | 03:19:11 | 04:46:48.80 | 04:47:01.50 | +02:29:58 (52.2%) | 8:26 | 7.1 (47.7%) |
| 195 | KROWICKI Tomasz | 1403 | ZEFKA RUNNERS | M30 | 72 | 01:41:23 | 03:28:16 | 04:47:04.30 | 04:47:12.00 | +02:30:08 (52.3%) | 8:26 | 7.1 (47.7%) |
| 196 | KALINOWSKI Daniel | 1337 | | M40 | 50 | 01:41:44 | 03:27:31 | 04:47:02.95 | 04:47:24.40 | +02:30:21 (52.3%) | 8:26 | 7.1 (47.7%) |
| 197 | WIŚNIEWSKA Joanna | 1278 | KOWARY BIEGAJĄ | K40 | 18 | 01:38:49 | 03:24:44 | 04:48:16.75 | 04:48:25.85 | +02:31:22 (52.5%) | 8:28 | 7.1 (47.7%) |
| 198 | CHMIELEWSKI Mariusz | 1361 | STAJNIAK TEAM | M30 | 73 | 01:37:09 | 03:23:22 | 04:49:29.25 | 04:49:45.85 | +02:32:42 (52.7%) | 8:30 | 7 (47.0%) |
| 199 | SOCHA Damian | 1215 | | M40 | 51 | 01:33:33 | 03:19:56 | 04:49:38.50 | 04:49:49.65 | +02:32:46 (52.7%) | 8:31 | 7 (47.0%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Zakręt Śmierci 12km | PK B Jakuszyce 24km | Czas netto 34km | Czas brutto 34km | Różn | Tempo min/km | Tempo km/h |
|-----|------------------------------|-------------|-----------------------------|-----------|------|---------------------|---------------------|--------------------|--------------------|-------------------|--------------|-------------|
| 200 | ŁOPOKA Przemek | 1472 | | M20 | 16 | 01:38:15 | 03:17:24 | 04:50:15.35 | 04:50:31.80 | +02:33:28 (52.8%) | 8:32 | 7 (47.0%) |
| 201 | GRYGIEL Leszek | 1339 | ATLAS RUNNING TEAM | M50 | 12 | 01:31:34 | 03:21:26 | 04:50:49.00 | 04:51:04.90 | +02:34:01 (52.9%) | 8:33 | 7 (47.0%) |
| 202 | ŁASEK Jarosław | 1277 | | M50 | 13 | 01:38:05 | 03:21:42 | 04:51:56.10 | 04:52:07.70 | +02:35:04 (53.1%) | 8:35 | 7 (47.0%) |
| 203 | PASZKOWSKI Karol | 1263 | | M30 | 74 | 01:38:04 | | 04:52:38.70 | 04:52:58.55 | +02:35:55 (53.2%) | 8:36 | 7 (47.0%) |
| 204 | SYNOWIEC-JUDA Agata | 1306 | | K40 | 19 | 01:44:26 | 03:32:27 | 04:54:18.95 | 04:54:39.55 | +02:37:36 (53.5%) | 8:39 | 6.9 (46.3%) |
| 205 | ANDRUSZKÓW Piotr | 1259 | | M40 | 52 | 01:36:33 | 03:27:40 | 04:57:49.30 | 04:58:06.35 | +02:41:02 (54.0%) | 8:45 | 6.8 (45.6%) |
| 206 | SZMEL Ewa | 1481 | BIEGAMDLAZDROWIA | K60 | 1 | 01:46:09 | 03:39:11 | 04:58:54.35 | 04:59:17.30 | +02:42:13 (54.2%) | 8:47 | 6.8 (45.6%) |
| 207 | PŁOCIŃSKI Norbert | 1336 | BIAŁA | M20 | 17 | 01:43:31 | 03:33:13 | 04:59:57.95 | 05:00:07.45 | +02:43:04 (54.3%) | 8:49 | 6.8 (45.6%) |
| 208 | MICHALIK Kamila | 1338 | | K20 | 10 | 01:43:27 | 03:33:15 | 04:59:57.30 | 05:00:07.55 | +02:43:04 (54.3%) | 8:49 | 6.8 (45.6%) |
| 209 | CZABAN Katarzyna | 1295 | KULAM SIĘ JAK GUMIKLYJZY | K30 | 17 | 01:43:34 | 03:39:14 | 05:00:21.75 | 05:00:35.75 | +02:43:32 (54.4%) | 8:50 | 6.8 (45.6%) |
| 210 | HAŁASZYN Joanna | 1327 | | K30 | 18 | 01:40:41 | 03:28:58 | 05:00:37.55 | 05:01:00.75 | +02:43:57 (54.5%) | 8:50 | 6.8 (45.6%) |
| 211 | PALTIAN Piotr | 1298 | SĄ WOLNIEJSI / VEGE RUNNERS | M50 | 14 | 01:34:09 | 03:21:12 | 05:01:09.15 | 05:01:25.35 | +02:44:21 (54.5%) | 8:51 | 6.8 (45.6%) |
| 212 | KANIECKA-CZAJ Justyna | 1275 | VEGE RUNNERS | K30 | 19 | 01:45:11 | 03:36:05 | 05:01:24.30 | 05:01:45.05 | +02:44:41 (54.6%) | 8:51 | 6.8 (45.6%) |
| 213 | SIARKIEWICZ Jola | 1323 | BIEGAMDLAZDROWIA.PL | K60 | 2 | 01:47:47 | 03:40:17 | 05:02:12.70 | 05:02:23.05 | +02:45:19 (54.7%) | 8:53 | 6.8 (45.6%) |
| 214 | WIECZOREK Sławomir | 1235 | | M40 | 53 | 01:41:01 | 03:34:00 | 05:03:31.50 | 05:03:52.00 | +02:46:48 (54.9%) | 8:55 | 6.7 (45.0%) |
| 215 | JUSKOWIAK Mikołaj | 1240 | | M30 | 75 | 01:43:38 | 03:31:05 | 05:05:52.95 | 05:05:59.45 | +02:48:56 (55.2%) | 8:59 | 6.7 (45.0%) |
| 216 | SAMOLEWSKI Andrzej | 1454 | LESZNO | M50 | 15 | 01:36:59 | 03:19:59 | 05:06:09.55 | 05:06:26.80 | +02:49:23 (55.3%) | 9:00 | 6.7 (45.0%) |
| 217 | HERCKA Robert | 1237 | | M40 | 54 | 01:45:11 | 03:39:30 | 05:06:32.65 | 05:06:49.55 | +02:49:46 (55.3%) | 9:00 | 6.7 (45.0%) |
| 218 | PURA Paweł | 1243 | | M40 | 55 | 01:46:17 | 03:36:35 | 05:07:30.50 | 05:07:55.85 | +02:50:52 (55.5%) | 9:02 | 6.6 (44.3%) |
| 219 | URANTÓWKA Bartosz | 1376 | | M20 | 18 | 01:42:26 | 03:39:58 | 05:10:15.20 | 05:10:25.85 | +02:53:22 (55.8%) | 9:07 | 6.6 (44.3%) |
| 220 | JÓŹWIK Artur | 1234 | BIEGAM, BO BIEGAM ☐ | M40 | 56 | 01:46:23 | 03:40:27 | 05:10:13.05 | 05:10:37.30 | +02:53:33 (55.9%) | 9:07 | 6.6 (44.3%) |
| 221 | NASKRĘT Dariusz | 1207 | AKTYWNI RAZEM | K40 | 20 | 01:41:13 | 03:34:04 | 05:11:36.20 | 05:11:48.75 | +02:54:45 (56.0%) | 9:09 | 6.5 (43.6%) |
| 222 | DELEKTA Konrad | 1478 | | M20 | 19 | 01:35:07 | 03:33:06 | 05:11:29.00 | 05:11:50.95 | +02:54:47 (56.1%) | 9:09 | 6.5 (43.6%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Zakręt Śmierci 12km | PK B Jakuszyce 24km | Czas netto 34km | Czas brutto 34km | Różn | Tempo min/km | Tempo km/h |
|---|-------------------------------|-------------|----------------------------------|-----------|------|---------------------|---------------------|--------------------|--------------------|----------------------|--------------|----------------|
| 222 | SŁABICKI Konrad | 1401 | | M20 | 19 | 01:35:02 | 03:33:09 | 05:11:29.70 | 05:11:50.95 | +02:54:47 (56.1%) | 9:09 | 6.5 (43.6%) |
| 224 | BARTOSZEWSKA Katarzyna | 1261 | TEAM RÓŻOWEJ PELERYNKI | K40 | 21 | 01:40:37 | 03:36:14 | 05:12:38.70 | 05:12:58.70 | +02:55:55 (56.2%) | 9:11 | 6.5 (43.6%) |
| 225 | HARAJ Honorata | 1241 | | K40 | 22 | 01:46:41 | 03:40:01 | 05:14:11.75 | 05:14:22.85 | +02:57:19 (56.4%) | 9:14 | 6.5 (43.6%) |
| 226 | TEREBELSKA Karina | 1255 | AKTYWNI RAZEM | K40 | 23 | 01:47:48 | 03:39:12 | 05:14:13.15 | 05:14:23.20 | +02:57:19 (56.4%) | 9:14 | 6.5 (43.6%) |
| 227 | HARAJ Robert | 1242 | | M20 | 21 | 01:46:40 | 03:40:03 | 05:14:11.55 | 05:14:23.25 | +02:57:19 (56.4%) | 9:14 | 6.5 (43.6%) |
| 228 | TEREBELSKI Sebastian | 1265 | | M40 | 57 | 01:47:47 | 03:39:17 | 05:14:13.50 | 05:14:23.40 | +02:57:20 (56.4%) | 9:14 | 6.5 (43.6%) |
| 229 | CIRKO Joanna | 1246 | | K40 | 24 | 01:42:21 | 03:39:23 | 05:14:48.05 | 05:14:56.55 | +02:57:53 (56.5%) | 9:15 | 6.5 (43.6%) |
| 230 | CIRKO Grzegorz | 1244 | JELEŃIA PLAST SPORT TEAM | M40 | 58 | 01:33:25 | 03:20:32 | 05:14:48.70 | 05:14:56.90 | +02:57:53 (56.5%) | 9:15 | 6.5 (43.6%) |
| 231 | KOBIAK Krzysztof | 1352 | | M40 | 59 | 01:39:00 | 03:33:25 | 05:15:32.60 | 05:15:40.80 | +02:58:37 (56.6%) | 9:16 | 6.5 (43.6%) |
| 232 | MUDLAFF Katarzyna | 1206 | AKTYWNI RAZEM/BIEGAJĄCE KREJZOLE | K30 | 20 | 01:43:51 | | 05:16:37.45 | 05:16:48.25 | +02:59:44 (56.7%) | 9:18 | 6.4 (43.0%) |
| 233 | PACYNA Marek | 1254 | | M50 | 16 | 01:38:56 | 03:37:39 | 05:18:06.85 | 05:18:29.25 | +03:01:25 (57.0%) | 9:21 | 6.4 (43.0%) |
| 234 | KAŁUSKI Jan | 1220 | AKTYWNI RAZEM | M30 | 76 | 01:41:01 | 03:37:57 | 05:21:47.05 | 05:21:59.25 | +03:04:55 (57.4%) | 9:27 | 6.3 (42.3%) |
| 235 | KACZMAREK Michał | 1413 | BEERHIKER | M40 | 60 | 01:44:53 | 03:43:10 | 05:23:30.80 | 05:23:55.40 | +03:06:52 (57.7%) | 9:30 | 6.3 (42.3%) |
| 236 | WOLNY Sandra | 1455 | | K30 | 21 | 01:46:02 | 03:47:20 | 05:29:13.75 | 05:29:30.55 | +03:12:27 (58.4%) | 9:40 | 6.2 (41.6%) |
| 237 | RUSZKIEWICZ Anna | 1341 | SPARTA | K30 | 22 | 01:42:29 | 03:54:57 | 05:35:02.55 | 05:35:06.90 | +03:18:03 (59.1%) | 9:51 | 6.1 (40.9%) |
| 238 | BŁACHOWIAK Malgorzata | 1205 | AKTYWNI RAZEM | K50 | 1 | 01:50:42 | 03:54:58 | 05:40:54.20 | 05:41:06.50 | +03:24:03 (59.8%) | 10:01 | 6 (40.3%) |
| 239 | RUŚNIAK Konstanty | 193 | BERSERKERS TEAM WIELKOPOLSKA | M20 | 22 | | | 05:45:35.70 | 05:45:42.65 | +03:28:39 (60.4%) | 10:09 | 5.9 (39.6%) |
| 240 | DOMAŃSKA Anna | 1440 | AKTYWNI RAZEM | K30 | 23 | 01:54:59 | 04:05:47 | 05:49:35.85 | 05:49:44.80 | +03:32:41 (60.8%) | 10:16 | 5.8 (38.9%) |
| 241 | TYCZYŃSKA Joanna | 1439 | AKTYWNI RAZEM | K40 | 25 | 01:55:02 | 04:05:52 | 05:49:35.95 | 05:49:45.05 | +03:32:41 (60.8%) | 10:16 | 5.8 (38.9%) |
| 242 | LESZCZYŃSKA Dominika | 1212 | | K60 | 3 | 01:58:07 | 04:10:31 | 05:52:43.35 | 05:52:48.85 | +03:35:45 (61.2%) | 10:22 | 5.8 (38.9%) |
| 243 | KOŚCIELNIAK Dagmara | 1214 | AKTYWNI RAZEM | K40 | 26 | 02:01:20 | 04:20:10 | 05:54:02.30 | 05:54:12.95 | +03:37:09 (61.3%) | 10:24 | 5.8 (38.9%) |
| Przekroczony limit czasu: 06:00:00 | | | | | | | | | | | | |
| 244 | MODRZEJEWSKA Anna | 1200 | | K40 | 27 | 02:03:49 | 04:31:23 | 06:28:22.55 | 06:28:44.50 | +04:11:41 (64.7%) | 11:25 | 5.3 (35.6%) |
| 245 | MODRZEJEWSKA Katarzyna | 1201 | | K40 | 28 | 02:03:53 | 04:31:28 | 06:28:24.10 | 06:28:45.30 | +04:11:41 (64.7%) | 11:25 | 5.3 (35.6%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Zakręt Śmierci 12km | PK B Jakuszyce 24km | Czas netto 34km | Czas brutto 34km | Różn | Tempo min/km | Tempo km/h |
|-----|----------|-------|------|-----------|------|---------------------|---------------------|-----------------|------------------|------|--------------|------------|
|-----|----------|-------|------|-----------|------|---------------------|---------------------|-----------------|------------------|------|--------------|------------|

Znaleziono 245 wynik(ów)