



Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

VII PÓŁMARATON GLIWICKI
Fundacja Bieg Rzeźnika
2021-10-17
Gliwice
21.1 km

VII PÓŁMARATON GLIWICKI

B4SPORT
INTELEKTNE ZAWODY SPORTOWE

B4SPORT
INTELEKTNE ZAWODY SPORTOWE

Klasyfikacja: M Open

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas | | | | | Czas netto | Czas brutto | Różn | Tempo min/km | Tempo km/h |
|-----|---------------------------|------------|---------------------------------------------|-----------|------|----------|----------|----------|----------|----------|--------------------|--------------------|------------------|--------------|--------------|
| | | | | | | startu | 2.5km | 7.2km | 11.9km | 16.6km | 21.1km | 21.1km | | | |
| 1 | WOLNIK Mateusz | 578 | AKTYWNI LYSKI | M-30 | 1 | 00:00:02 | 00:09:11 | 00:25:38 | 00:42:33 | 00:59:11 | 01:15:08.95 | 01:15:11.00 | | 3:33 | 16.9 (100%) |
| 2 | DULINIEC Tomasz | 98 | GNIOTPOL TEAM | M-40 | 1 | 00:00:02 | 00:09:16 | 00:25:46 | 00:42:43 | 00:59:33 | 01:15:29.10 | 01:15:31.75 | +00:00:20 (0.4%) | 3:34 | 16.8 (99.4%) |
| 3 | MRACHACZ Piotr | 580 | STUDIO PROJEKTOWE SPART | M-20 | 1 | 00:00:03 | 00:09:11 | 00:25:53 | 00:43:05 | 00:59:55 | 01:15:49.85 | 01:15:53.65 | +00:00:40 (0.9%) | 3:35 | 16.7 (98.8%) |
| 4 | TRESKA Piotr | 488 | RUNHOGS TYCHY / SPLA TYCHY / BIEGNEPO230.PL | M-30 | 2 | 00:00:02 | 00:09:30 | 00:26:19 | 00:43:32 | 01:00:17 | 01:16:25.60 | 01:16:28.30 | +00:01:16 (1.7%) | 3:37 | 16.6 (98.2%) |
| 5 | ROZMUS Norbert | 411 | | M-30 | 3 | 00:00:03 | 00:09:40 | 00:27:10 | 00:44:47 | 01:01:58 | 01:17:50.45 | 01:17:53.60 | +00:02:41 (3.5%) | 3:41 | 16.3 (96.4%) |
| 6 | FOLTYN Jakub | 110 | WYTRZYMALI.COACH | M-20 | 2 | 00:00:04 | 00:09:39 | 00:27:08 | 00:44:46 | 01:01:57 | 01:18:53.70 | 01:18:57.95 | +00:03:44 (4.7%) | 3:44 | 16 (94.7%) |
| 7 | HARĘŻA Marek | 628 | | M-30 | 4 | 00:00:02 | 00:09:41 | 00:27:06 | 00:44:49 | 01:02:32 | 01:19:14.40 | 01:19:17.35 | +00:04:05 (5.2%) | 3:45 | 16 (94.7%) |
| 8 | IWANCA Leszek | 174 | | M-40 | 2 | 00:00:02 | 00:09:42 | 00:27:10 | 00:45:06 | 01:02:52 | 01:19:40.10 | 01:19:42.35 | +00:04:31 (5.7%) | 3:46 | 15.9 (94.1%) |
| 9 | BARTOSIK Sebastian | 13 | FORMA WODZISŁAW ŚLĄSKI / MOJŻYSZ TEAM | M-30 | 5 | 00:00:03 | 00:09:39 | 00:27:09 | 00:45:04 | 01:02:50 | 01:19:50.30 | 01:19:53.85 | +00:04:41 (5.9%) | 3:47 | 15.9 (94.1%) |
| 10 | WIKTORSKI Mieszko | 620 | TRENUJZNAMI.PL | M-40 | 3 | 00:00:03 | 00:09:41 | 00:27:06 | 00:45:05 | 01:02:52 | 01:20:04.30 | 01:20:07.75 | +00:04:55 (6.1%) | 3:47 | 15.8 (93.5%) |
| 11 | KAMIŃSKI Dominik | 203 | HARPAGAN SOSNOWIEC - FICOSA | M-40 | 4 | 00:00:20 | 00:09:46 | 00:27:42 | 00:45:43 | 01:03:36 | 01:20:19.15 | 01:20:39.30 | +00:05:10 (6.4%) | 3:48 | 15.8 (93.5%) |
| 12 | DENICKI Przemek | 93 | EX TEAM | M-30 | 6 | 00:00:03 | 00:10:05 | 00:27:58 | 00:45:59 | 01:03:52 | 01:20:20.70 | 01:20:23.70 | +00:05:11 (6.5%) | 3:48 | 15.8 (93.5%) |
| 13 | SIKOŃCZYK Miłosz | 437 | RUNNING PERFORMANCE | M-20 | 3 | 00:00:02 | 00:09:30 | 00:27:26 | 00:46:04 | 01:04:12 | 01:21:28.35 | 01:21:30.65 | +00:06:19 (7.8%) | 3:51 | 15.5 (91.7%) |
| 14 | URBAŃCZYK Karol | 496 | NON STOP TRAIL | M-30 | 7 | 00:00:03 | 00:09:39 | 00:27:14 | 00:45:35 | 01:03:55 | 01:21:40.50 | 01:21:44.05 | +00:06:31 (8.0%) | 3:52 | 15.5 (91.7%) |
| 15 | PRZELIORZ Tomasz | 400 | INŻYNIERIA BIEGANIA | M-30 | 8 | 00:00:02 | 00:09:59 | 00:28:06 | 00:46:41 | 01:04:49 | 01:21:51.40 | 01:21:53.55 | +00:06:42 (8.2%) | 3:52 | 15.5 (91.7%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas | | | | | Czas netto | Czas brutto | Różn | Tempo min/km | Tempo km/h |
|-----|---------------------------|------------|--------------------------|-----------|------|----------|----------|----------|----------|----------|--------------------|--------------------|-------------------|--------------|--------------|
| | | | | | | startu | 2.5km | 7.2km | 11.9km | 16.6km | 21.1km | 21.1km | | | |
| 16 | GRYCMAN Marek | 153 | LOVE THE PAIN | M-40 | 5 | 00:00:03 | 00:09:57 | 00:27:53 | 00:46:17 | 01:04:31 | 01:22:02.70 | 01:22:05.85 | +00:06:53 (8.4%) | 3:53 | 15.4 (91.1%) |
| 17 | BUCHTA Adam | 54 | | M-40 | 6 | 00:00:03 | 00:09:58 | 00:28:05 | 00:46:39 | 01:04:48 | 01:22:04.55 | 01:22:08.10 | +00:06:55 (8.4%) | 3:53 | 15.4 (91.1%) |
| 18 | BUJNOWSKI Artur | 59 | TL ROW RYBNIK | M-30 | 9 | 00:00:02 | 00:10:04 | 00:27:59 | 00:46:18 | 01:04:33 | 01:22:12.45 | 01:22:15.15 | +00:07:03 (8.6%) | 3:53 | 15.4 (91.1%) |
| 19 | JANCEWICZ Marcin | 178 | | M-20 | 4 | 00:00:04 | 00:10:07 | 00:28:26 | 00:47:09 | 01:05:30 | 01:22:37.75 | 01:22:42.30 | +00:07:28 (9.1%) | 3:54 | 15.3 (90.5%) |
| 20 | BAGSIK Mateusz | 7 | | M-30 | 10 | 00:00:13 | 00:10:02 | 00:27:58 | 00:47:08 | 01:05:52 | 01:23:18.00 | 01:23:31.45 | +00:08:09 (9.8%) | 3:56 | 15.2 (89.9%) |
| 21 | BIEGUN Marcin | 29 | AKTYWNA PSZCZYNA | M-40 | 7 | 00:00:03 | 00:10:22 | 00:29:14 | 00:48:17 | 01:07:02 | 01:24:35.05 | 01:24:38.85 | +00:09:26 (11.2%) | 4:00 | 15 (88.8%) |
| 22 | GRZYWACZ Marcin | 162 | MKS CZECHOWICE-DZIEDZICE | M-40 | 8 | 00:00:03 | 00:10:19 | 00:29:12 | 00:48:16 | 01:07:02 | 01:24:36.05 | 01:24:40.00 | +00:09:27 (11.2%) | 4:00 | 15 (88.8%) |
| 23 | FURMANEK Łukasz | 114 | | M-40 | 9 | 00:00:04 | 00:10:44 | 00:29:46 | 00:49:08 | 01:07:48 | 01:25:14.40 | 01:25:18.50 | +00:10:05 (11.8%) | 4:02 | 14.9 (88.2%) |
| 24 | OSETEK Paweł | 369 | RADLINIOKI W BIEGU | M-30 | 11 | 00:00:04 | 00:09:57 | 00:28:15 | 00:47:47 | 01:06:47 | 01:25:20.85 | 01:25:25.00 | +00:10:11 (11.9%) | 4:02 | 14.8 (87.6%) |
| 25 | GORAUS Kamil | 141 | RUN RUN RUN | M-30 | 12 | 00:00:06 | 00:10:31 | 00:29:20 | 00:48:51 | 01:07:50 | 01:25:41.25 | 01:25:47.90 | +00:10:32 (12.3%) | 4:03 | 14.8 (87.6%) |
| 26 | JÓZEFIK Dawid | 196 | JKLA JAWOR | M-30 | 13 | 00:00:04 | 00:10:33 | 00:29:27 | 00:48:51 | 01:07:42 | 01:25:46.40 | 01:25:51.30 | +00:10:37 (12.4%) | 4:03 | 14.8 (87.6%) |
| 27 | MUSKAŁA Mateusz | 343 | AUGUSTEAM | M-20 | 5 | 00:00:04 | 00:10:05 | 00:28:26 | 00:47:38 | 01:07:06 | 01:26:06.30 | 01:26:10.85 | +00:10:57 (12.7%) | 4:04 | 14.7 (87.0%) |
| 28 | KOZIARSKI Michał | 249 | LKS SIERAKÓW ŚLĄSKI | M-30 | 14 | 00:00:15 | 00:10:30 | 00:29:03 | 00:48:20 | 01:07:30 | 01:26:10.30 | 01:26:25.40 | +00:11:01 (12.8%) | 4:05 | 14.7 (87.0%) |
| 29 | CHYBA Szymon | 72 | KS KROTOSZ KROTOSZYN | M-40 | 10 | 00:00:05 | 00:10:34 | 00:29:25 | 00:49:12 | 01:08:17 | 01:26:41.80 | 01:26:47.60 | +00:11:32 (13.3%) | 4:06 | 14.6 (86.4%) |
| 30 | CZERNY Tomasz | 88 | AKTYWNE ZABRZE | M-40 | 11 | 00:00:05 | 00:10:29 | 00:29:30 | 00:48:55 | 01:08:04 | 01:26:43.25 | 01:26:48.85 | +00:11:34 (13.3%) | 4:06 | 14.6 (86.4%) |
| 31 | ZIELIŃSKI Ireneusz | 544 | DKMS JASTRZĘBIE | M-50 | 1 | 00:00:04 | 00:10:30 | 00:29:31 | 00:49:14 | 01:08:51 | 01:27:37.15 | 01:27:41.65 | +00:12:28 (14.2%) | 4:09 | 14.4 (85.2%) |
| 32 | BOGATZKI Marek | 39 | | M-30 | 15 | 00:00:05 | 00:10:05 | 00:28:35 | 00:48:47 | 01:08:28 | 01:27:50.70 | 01:27:56.30 | +00:12:41 (14.5%) | 4:09 | 14.4 (85.2%) |
| 33 | SPRUTTA Robert | 458 | | M-30 | 16 | 00:00:05 | 00:10:55 | 00:29:52 | 00:49:41 | 01:09:11 | 01:28:01.15 | 01:28:06.75 | +00:12:52 (14.6%) | 4:10 | 14.4 (85.2%) |
| 34 | KLIMA Adam | 229 | RUNHOGS TYCHY | M-30 | 17 | 00:00:05 | 00:10:30 | 00:29:50 | 00:49:48 | 01:09:40 | 01:28:28.95 | 01:28:34.25 | +00:13:20 (15.1%) | 4:11 | 14.3 (84.6%) |
| 35 | PSZCZOŁA Marcin | 403 | | M-40 | 12 | 00:00:07 | 00:11:00 | 00:31:10 | 00:51:13 | 01:10:45 | 01:29:06.15 | 01:29:13.30 | +00:13:57 (15.7%) | 4:13 | 14.2 (84.0%) |
| 36 | HOFFMANN Nikodem | 167 | | M-30 | 18 | 00:00:26 | 00:11:20 | 00:31:14 | 00:51:14 | 01:10:44 | 01:29:18.50 | 01:29:44.95 | +00:14:09 (15.9%) | 4:13 | 14.2 (84.0%) |
| 37 | NOWICKI Szymon | 361 | | M-30 | 19 | 00:00:07 | 00:11:00 | 00:30:32 | 00:50:42 | 01:10:31 | 01:29:19.65 | 01:29:27.55 | +00:14:10 (15.9%) | 4:13 | 14.2 (84.0%) |
| 38 | STASIKOWSKI Łukasz | 463 | | M-30 | 20 | 00:00:06 | 00:11:01 | 00:31:11 | 00:51:33 | 01:11:14 | 01:29:21.15 | 01:29:28.00 | +00:14:12 (15.9%) | 4:14 | 14.2 (84.0%) |
| 39 | WARDZAŁA Michał | 501 | MARATON TEAM WIELICZKA | M-40 | 13 | 00:00:08 | 00:10:58 | 00:30:57 | 00:51:10 | 01:11:01 | 01:29:29.80 | 01:29:38.45 | +00:14:20 (16.0%) | 4:14 | 14.1 (83.4%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas | | | | | Czas netto | Czas brutto | Różn | Tempo min/km | Tempo km/h |
|-----|------------------------------|------------|-------------------------------------------|-----------|------|----------|----------|----------|----------|----------|--------------------|--------------------|----------------------|--------------|-----------------|
| | | | | | | startu | 2.5km | 7.2km | 11.9km | 16.6km | 21.1km | 21.1km | | | |
| 40 | GOŁĄBEK Rafał | 137 | MARATON TEAM WIELICZKA | M-40 | 14 | 00:00:08 | 00:11:00 | 00:30:58 | 00:51:11 | 01:11:02 | 01:29:30.25 | 01:29:38.75 | +00:14:21 (16.0%) | 4:14 | 14.1 (83.4%) |
| 41 | BIAŁY Kamil | 28 | FAST FOOT TEAM SIEWIERZ | M-30 | 21 | 00:00:09 | 00:11:01 | 00:31:09 | 00:51:30 | 01:11:12 | 01:29:34.80 | 01:29:44.10 | +00:14:25 (16.1%) | 4:14 | 14.1 (83.4%) |
| 42 | GRZESIKIEWICZ Mariusz | 157 | | M-40 | 15 | 00:00:07 | 00:11:03 | 00:31:11 | 00:51:31 | 01:11:14 | 01:29:34.95 | 01:29:42.70 | +00:14:26 (16.1%) | 4:14 | 14.1 (83.4%) |
| 43 | STĄPOR Sławomir | 465 | TAURON | M-40 | 16 | 00:00:05 | 00:11:05 | 00:31:13 | 00:51:35 | 01:11:17 | 01:29:40.85 | 01:29:45.85 | +00:14:31 (16.2%) | 4:14 | 14.1 (83.4%) |
| 44 | KORZUSZNIK Wojciech | 241 | LUXTORPEDA CZERWIONKA | M-30 | 22 | 00:00:06 | 00:11:03 | 00:31:18 | 00:51:38 | 01:11:16 | 01:29:43.45 | 01:29:49.70 | +00:14:34 (16.2%) | 4:15 | 14.1 (83.4%) |
| 45 | ŻOŁĄDŹ Piotr | 554 | TEAM ARTIVENT | M-30 | 23 | 00:00:09 | 00:11:00 | 00:31:09 | 00:51:29 | 01:11:11 | 01:29:43.60 | 01:29:52.70 | +00:14:34 (16.2%) | 4:15 | 14.1 (83.4%) |
| 46 | CHOMIK Rafał | 70 | PACEMAKER | M-40 | 17 | 00:00:06 | 00:11:00 | 00:31:10 | 00:51:31 | 01:11:13 | 01:29:50.15 | 01:29:56.65 | +00:14:41 (16.3%) | 4:15 | 14.1 (83.4%) |
| 47 | SKOCZEK Jakub | 443 | | M-30 | 24 | 00:00:31 | 00:11:12 | 00:31:08 | 00:51:28 | 01:11:15 | 01:29:58.10 | 01:30:30.00 | +00:14:49 (16.5%) | 4:15 | 14.1 (83.4%) |
| 48 | DZIDA Dominik | 101 | | M-20 | 6 | 00:00:15 | 00:11:05 | 00:31:24 | 00:51:46 | 01:11:12 | 01:30:02.25 | 01:30:17.45 | +00:14:53 (16.5%) | 4:16 | 14.1 (83.4%) |
| 49 | FAŁEK Adam | 105 | ŁAMIGNATY | M-20 | 7 | 00:00:14 | 00:10:12 | 00:29:23 | 00:50:20 | 01:10:50 | 01:30:07.20 | 01:30:21.40 | +00:14:58 (16.6%) | 4:16 | 14 (82.8%) |
| 50 | PYKA Marek | 639 | CHOP ZE ŻELAZA TRI TEAM | M-40 | 18 | 00:00:06 | 00:11:01 | 00:31:18 | 01:01:46 | | 01:30:12.75 | 01:30:19.15 | +00:15:03 (16.7%) | 4:16 | 14 (82.8%) |
| 51 | OCHMAN Rafał | 362 | OPEL ACTIVE TEAM | M-40 | 19 | 00:00:04 | 00:11:01 | 00:31:03 | 00:51:19 | 01:11:19 | 01:30:19.60 | 01:30:24.35 | +00:15:10 (16.8%) | 4:16 | 14 (82.8%) |
| 52 | WIECHUŁA Marcin | 510 | | M-40 | 20 | 00:00:06 | 00:10:08 | 00:29:28 | 00:50:09 | 01:10:39 | 01:30:26.20 | 01:30:32.25 | +00:15:17 (16.9%) | 4:17 | 14 (82.8%) |
| 53 | ŁOZIŃSKI Wojciech | 287 | PARKRUN CHRZANÓW | M-20 | 8 | 00:00:07 | 00:11:01 | 00:31:13 | 00:51:30 | 01:11:15 | 01:30:35.50 | 01:30:42.55 | +00:15:26 (17.0%) | 4:17 | 14 (82.8%) |
| 54 | MASŁOŃ Błażej | 315 | | M-50 | 2 | 00:00:07 | 00:11:02 | 00:31:10 | 00:51:31 | 01:11:34 | 01:31:38.70 | 01:31:46.15 | +00:16:29 (18.0%) | 4:20 | 13.8 (81.7%) |
| 55 | PILNY Karol | 387 | AKTYWNI RYDUŁTOWY | M-20 | 9 | 00:00:04 | 00:10:51 | 00:30:48 | 00:51:44 | 01:11:59 | 01:31:41.35 | 01:31:45.45 | +00:16:32 (18.0%) | 4:20 | 13.8 (81.7%) |
| 56 | PASTWA Piotr | 379 | BIEGAJ Z TRENERAMI | M-50 | 3 | 00:00:17 | 00:11:09 | 00:30:59 | 00:51:20 | 01:11:40 | 01:31:45.80 | 01:32:03.75 | +00:16:36 (18.1%) | 4:20 | 13.8 (81.7%) |
| 57 | GORCZYCKI Arkadiusz | 142 | MIECHOWICKA GRUPA BIEGOWA/RESHAPE RUNNERS | M-30 | 25 | 00:00:08 | 00:11:18 | 00:32:04 | 00:53:03 | 01:13:17 | 01:31:57.00 | 01:32:05.15 | +00:16:48 (18.3%) | 4:21 | 13.8 (81.7%) |
| 58 | GARUS Bartłomiej | 124 | YNO 1 | M-30 | 26 | 00:00:14 | 00:11:14 | 00:31:16 | 00:51:56 | 01:12:27 | 01:32:04.80 | 01:32:19.60 | +00:16:55 (18.4%) | 4:21 | 13.8 (81.7%) |
| 59 | BUJAK Marcin | 57 | | M-40 | 21 | 00:00:08 | 00:11:01 | 00:31:11 | 00:51:32 | 01:12:15 | 01:32:25.85 | 01:32:34.10 | +00:17:16 (18.7%) | 4:22 | 13.7 (81.1%) |
| 60 | MAJEK Krzysztof | 299 | AUGUSTEAM | M-50 | 4 | 00:00:08 | 00:11:09 | 00:31:31 | 00:52:33 | 01:13:18 | 01:32:29.60 | 01:32:38.40 | +00:17:20 (18.8%) | 4:22 | 13.7 (81.1%) |
| 61 | TEKLA Krzysztof | 484 | | M-30 | 27 | 00:00:10 | 00:11:07 | 00:31:23 | 00:51:51 | 01:12:26 | 01:32:51.75 | 01:33:02.25 | +00:17:42 (19.1%) | 4:24 | 13.6 (80.5%) |
| 62 | PACOŃ Sebastian | 593 | DAGMA | M-40 | 22 | 00:00:02 | 00:10:49 | 00:30:58 | 00:51:37 | 01:12:43 | 01:32:52.70 | 01:32:55.25 | +00:17:43 (19.1%) | 4:24 | 13.6 (80.5%) |
| 63 | JAWOREK Jacek | 190 | SPRYTNA BANIA SPONTAN TEAM // JBC365 | M-30 | 28 | 00:00:13 | 00:11:24 | 00:31:56 | 00:52:51 | 01:13:24 | 01:32:55.90 | 01:33:09.25 | +00:17:46 (19.1%) | 4:24 | 13.6 (80.5%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas | | | | | Czas netto | Czas brutto | Różn | Tempo min/km | Tempo km/h |
|-----|------------------------------|------------|--------------------|-----------|------|----------|----------|----------|----------|----------|--------------------|--------------------|----------------------|--------------|-----------------|
| | | | | | | startu | 2.5km | 7.2km | 11.9km | 16.6km | 21.1km | 21.1km | | | |
| 64 | WRĘCZYCKI Ireneusz | 571 | | M-50 | 5 | 00:00:09 | 00:11:00 | 00:31:11 | 00:51:37 | 01:12:40 | 01:33:03.35 | 01:33:12.65 | +00:17:54 (19.2%) | 4:24 | 13.6 (80.5%) |
| 65 | WYMYSŁO Andrzej | 529 | RADA MIASTA | M-60 | 1 | 00:00:04 | 00:11:14 | 00:31:34 | 00:52:46 | 01:13:28 | 01:33:10.80 | 01:33:15.50 | +00:18:01 (19.4%) | 4:24 | 13.6 (80.5%) |
| 66 | MIRONOWICZ Bartłomiej | 335 | | M-30 | 29 | 00:00:12 | 00:10:57 | 00:31:09 | 00:51:34 | 01:12:42 | 01:33:15.25 | 01:33:27.90 | +00:18:06 (19.4%) | 4:25 | 13.6 (80.5%) |
| 67 | SITEK Krzysztof | 439 | | M-40 | 23 | 00:00:09 | 00:11:14 | 00:31:26 | 00:52:34 | 01:13:31 | 01:33:24.85 | 01:33:34.15 | +00:18:15 (19.6%) | 4:25 | 13.6 (80.5%) |
| 68 | ZALEWSKI Wojciech | 534 | | M-40 | 24 | 00:00:25 | 00:11:38 | 00:32:21 | 00:53:35 | 01:14:31 | 01:34:04.75 | 01:34:29.95 | +00:18:55 (20.1%) | 4:27 | 13.5 (79.9%) |
| 69 | WIERZCHOWSKI Jędrzej | 511 | | M-30 | 30 | 00:00:09 | 00:11:21 | 00:32:05 | 00:53:42 | 01:14:57 | 01:34:27.90 | 01:34:36.90 | +00:19:18 (20.4%) | 4:28 | 13.4 (79.3%) |
| 70 | KAWELCZYK Robert | 219 | | M-50 | 6 | 00:00:11 | 00:11:27 | 00:31:56 | 00:52:59 | 01:13:59 | 01:34:34.65 | 01:34:45.80 | +00:19:25 (20.5%) | 4:28 | 13.4 (79.3%) |
| 71 | CZAJKOWSKI Paweł | 82 | WIKI&MAKS | M-40 | 25 | 00:00:10 | 00:11:37 | 00:32:26 | 00:54:03 | 01:14:54 | 01:34:39.95 | 01:34:50.75 | +00:19:31 (20.6%) | 4:29 | 13.4 (79.3%) |
| 72 | PUC Paweł | 404 | TRUCHTACZE GZICHÓW | M-40 | 26 | 00:00:16 | 00:11:12 | 00:31:53 | 00:53:40 | 01:15:01 | 01:34:40.55 | 01:34:56.60 | +00:19:31 (20.6%) | 4:29 | 13.4 (79.3%) |
| 73 | GRZYB Dariusz | 158 | | M-50 | 7 | 00:00:07 | 00:11:01 | 00:31:12 | 00:52:42 | 01:14:13 | 01:34:42.35 | 01:34:49.55 | +00:19:33 (20.6%) | 4:29 | 13.4 (79.3%) |
| 74 | FRANKIEWICZ Artur | 111 | | M-30 | 31 | 00:00:08 | 00:11:01 | 00:31:27 | 00:52:42 | 01:13:55 | 01:34:42.70 | 01:34:51.35 | +00:19:33 (20.7%) | 4:29 | 13.4 (79.3%) |
| 75 | WACŁAWSKI Jacek | 640 | | M-40 | 27 | 00:00:14 | 00:11:07 | 00:31:34 | 00:52:51 | 01:14:07 | 01:34:54.90 | 01:35:09.20 | +00:19:45 (20.8%) | 4:29 | 13.3 (78.7%) |
| 76 | RATAJCZAK Aleksander | 407 | LECYMY DURS | M-50 | 8 | 00:00:12 | 00:11:40 | 00:32:55 | 00:54:26 | 01:15:22 | 01:35:20.35 | 01:35:33.00 | +00:20:11 (21.2%) | 4:31 | 13.3 (78.7%) |
| 77 | LONKA Michał | 574 | | M-40 | 28 | 00:00:07 | 00:11:44 | 00:32:59 | 00:54:34 | 01:15:39 | 01:35:24.45 | 01:35:31.90 | +00:20:15 (21.2%) | 4:31 | 13.3 (78.7%) |
| 78 | MYNARSKI Sylwester | 601 | DALEKO JESZCZE? | M-40 | 29 | 00:01:23 | 00:12:35 | 00:33:37 | 00:55:00 | 01:15:49 | 01:35:34.65 | 01:36:58.25 | +00:20:25 (21.4%) | 4:31 | 13.2 (78.1%) |
| 79 | STRAMA Adam | 467 | | M-40 | 30 | 00:00:12 | 00:11:29 | 00:32:29 | 00:54:06 | 01:15:30 | 01:35:35.00 | 01:35:47.05 | +00:20:26 (21.4%) | 4:31 | 13.2 (78.1%) |
| 80 | CIEŚLAK Jacek | 74 | | M-40 | 31 | 00:00:15 | 00:12:04 | 00:33:03 | 00:54:40 | 01:15:50 | 01:35:36.95 | 01:35:52.65 | +00:20:28 (21.4%) | 4:31 | 13.2 (78.1%) |
| 81 | BARAŃSKI Rafał | 12 | | M-40 | 32 | 00:00:13 | 00:11:39 | 00:32:55 | 00:54:26 | 01:15:22 | 01:35:44.00 | 01:35:57.75 | +00:20:35 (21.5%) | 4:32 | 13.2 (78.1%) |
| 82 | MADEJSKI Sylwester | 297 | | M-40 | 33 | 00:00:11 | 00:11:33 | 00:32:44 | 00:54:51 | 01:16:15 | 01:35:54.30 | 01:36:05.50 | +00:20:45 (21.6%) | 4:32 | 13.2 (78.1%) |
| 83 | MARCINIAK Rafał | 308 | 8A.PL | M-30 | 32 | 00:00:39 | 00:12:16 | 00:33:46 | 00:54:58 | 01:16:00 | 01:35:55.60 | 01:36:35.00 | +00:20:46 (21.7%) | 4:32 | 13.2 (78.1%) |
| 84 | PIKUŁA Jacek | 386 | BIEGNĘ BYLE DOBIEC | M-40 | 34 | 00:01:13 | 00:13:22 | 00:34:47 | 00:55:53 | 01:16:26 | 01:36:01.50 | 01:37:15.35 | +00:20:52 (21.7%) | 4:33 | 13.2 (78.1%) |
| 85 | GALILEJCZYK Mariusz | 118 | | M-20 | 10 | 00:00:36 | 00:10:57 | 00:30:43 | 00:52:37 | 01:14:54 | 01:36:05.50 | 01:36:42.05 | +00:20:56 (21.8%) | 4:33 | 13.2 (78.1%) |
| 86 | KWIATKOWSKI Grzegorz | 271 | | M-40 | 35 | 00:00:18 | 00:11:11 | 00:31:10 | 00:53:05 | 01:15:21 | 01:36:19.30 | 01:36:37.55 | +00:21:10 (22.0%) | 4:33 | 13.1 (77.5%) |
| 87 | MEKIER Bartek | 591 | | M-30 | 33 | 00:00:25 | 00:12:11 | 00:33:48 | 00:55:34 | 01:16:51 | 01:36:29.45 | 01:36:55.10 | +00:21:20 (22.1%) | 4:34 | 13.1 (77.5%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas | | | | | Czas netto 21.1km | Czas brutto 21.1km | Różn | Tempo min/km | Tempo km/h |
|-----|-----------------------------|------------|--------------------------------------|-----------|------|----------|----------|----------|----------|----------|----------------------|-----------------------|----------------------|-----------------|-----------------|
| | | | | | | startu | 2.5km | 7.2km | 11.9km | 16.6km | | | | | |
| 88 | KAMIŃSKI Marcin | 205 | | M-20 | 11 | 00:00:00 | | | | | 01:36:34.85 | 01:36:34.85 | +00:21:25 (22.2%) | 4:34 | 13.1 (77.5%) |
| 89 | GAŚCZAK Michał | 127 | RUNHOGS TYCHY | M-30 | 34 | 00:00:07 | 00:11:01 | 00:32:19 | 00:54:31 | 01:16:15 | 01:36:40.60 | 01:36:48.05 | +00:21:31 (22.3%) | 4:34 | 13.1 (77.5%) |
| 90 | KOWOLIK Łukasz | 247 | TAURON TEAM | M-30 | 35 | 00:00:20 | 00:12:26 | 00:34:37 | 00:56:23 | 01:17:00 | 01:36:41.50 | 01:37:02.25 | +00:21:32 (22.3%) | 4:34 | 13.1 (77.5%) |
| 91 | LEPIARCZYK Sławomir | 280 | | M-30 | 36 | 00:00:13 | 00:11:28 | 00:32:00 | 00:53:56 | 01:15:38 | 01:36:42.80 | 01:36:56.20 | +00:21:33 (22.3%) | 4:34 | 13.1 (77.5%) |
| 92 | HOLONA Maciej | 647 | FORMA WODZISŁAW | M-50 | 9 | 00:00:14 | 00:11:27 | 00:32:11 | 00:54:14 | 01:16:17 | 01:36:47.00 | 01:37:01.20 | +00:21:38 (22.4%) | 4:35 | 13.1 (77.5%) |
| 93 | MIRATYŃSKI Adam | 627 | | M-40 | 36 | 00:00:23 | 00:12:18 | 00:33:18 | 00:54:48 | 01:16:16 | 01:36:49.25 | 01:37:12.65 | +00:21:40 (22.4%) | 4:35 | 13.1 (77.5%) |
| 94 | GUZY Andrzej | 579 | | M-60 | 2 | 00:00:04 | 00:11:03 | 00:31:40 | 00:53:39 | 01:15:37 | 01:36:49.85 | 01:36:54.10 | +00:21:40 (22.4%) | 4:35 | 13.1 (77.5%) |
| 95 | JASICKI Krzysztof | 186 | RUNHOGS TYCHY | M-40 | 37 | 00:00:07 | 00:11:00 | 00:32:19 | 00:54:33 | 01:16:27 | 01:36:52.90 | 01:37:00.45 | +00:21:43 (22.4%) | 4:35 | 13.1 (77.5%) |
| 96 | MACHURA Arkadiusz | 292 | | M-40 | 38 | 00:00:10 | 00:11:56 | 00:33:54 | 00:55:54 | 01:17:26 | 01:36:53.90 | 01:37:04.40 | +00:21:44 (22.4%) | 4:35 | 13.1 (77.5%) |
| 97 | NOGA Jacek | 643 | | M-40 | 39 | 00:00:15 | 00:11:47 | 00:33:24 | 00:55:41 | 01:17:02 | 01:36:59.75 | 01:37:15.60 | +00:21:50 (22.5%) | 4:35 | 13.1 (77.5%) |
| 98 | MACHOWSKI Dariusz | 291 | | M-50 | 10 | 00:00:10 | 00:11:54 | 00:33:52 | 00:55:53 | 01:17:07 | 01:37:05.55 | 01:37:15.75 | +00:21:56 (22.6%) | 4:36 | 13 (76.9%) |
| 99 | MEDES Marcin | 319 | | M-30 | 37 | 00:00:12 | 00:12:11 | 00:33:53 | 00:55:50 | 01:17:10 | 01:37:21.65 | 01:37:34.40 | +00:22:12 (22.8%) | 4:36 | 13 (76.9%) |
| 100 | CZYŻ Wojciech | 89 | | M-40 | 40 | 00:00:17 | 00:11:41 | 00:33:00 | 00:55:01 | 01:16:47 | 01:37:29.95 | 01:37:47.50 | +00:22:21 (22.9%) | 4:37 | 13 (76.9%) |
| 101 | KAMIŃSKI Jacek | 204 | ROMET FACTORY TEAM | M-40 | 41 | 00:00:06 | 00:11:02 | 00:31:14 | 00:53:18 | 01:15:55 | 01:37:32.75 | 01:37:39.60 | +00:22:23 (23.0%) | 4:37 | 13 (76.9%) |
| 102 | SZYMAŃSKI Piotr | 479 | | M-40 | 42 | 00:00:09 | 00:11:30 | 00:32:31 | 00:54:45 | 01:16:46 | 01:37:44.50 | 01:37:54.40 | +00:22:35 (23.1%) | 4:37 | 13 (76.9%) |
| 103 | MARKOWSKI Przemysław | 311 | PACEMAKER / SZLABANOWCY RUNNING TEAM | M-30 | 38 | 00:00:10 | 00:11:54 | 00:33:53 | 00:55:53 | 01:17:06 | 01:37:51.35 | 01:38:01.75 | +00:22:42 (23.2%) | 4:38 | 12.9 (76.3%) |
| 104 | STAŃCZYK Przemek | 462 | | M-30 | 39 | 00:00:09 | 00:12:03 | 00:34:04 | 00:56:16 | 01:18:17 | 01:38:25.20 | 01:38:34.95 | +00:23:16 (23.6%) | 4:39 | 12.9 (76.3%) |
| 105 | WILK Piotr | 645 | | M-40 | 43 | 00:00:08 | 00:11:57 | 00:33:55 | 00:55:55 | 01:17:27 | 01:38:26.10 | 01:38:34.35 | +00:23:17 (23.7%) | 4:39 | 12.9 (76.3%) |
| 106 | SIEJA Zbyszek | 434 | LECYMY DURŚ | M-50 | 11 | 00:00:16 | 00:11:54 | 00:33:10 | 00:55:30 | 01:17:31 | 01:38:29.20 | 01:38:45.35 | +00:23:20 (23.7%) | 4:40 | 12.9 (76.3%) |
| 107 | SPYRA Kamil | 459 | SPYROWKA | M-30 | 40 | 00:00:14 | 00:11:16 | 00:32:02 | 00:54:54 | 01:17:53 | 01:38:30.05 | 01:38:44.10 | +00:23:21 (23.7%) | 4:40 | 12.9 (76.3%) |
| 108 | TABIŚ Bartosz | 611 | | M-30 | 41 | 00:00:20 | 00:11:47 | 00:33:46 | 00:55:55 | 01:17:55 | 01:38:38.60 | 01:38:59.40 | +00:23:29 (23.8%) | 4:40 | 12.8 (75.7%) |
| 109 | CZAJKA Tomasz | 80 | | M-40 | 44 | 00:00:10 | 00:11:55 | 00:33:54 | 00:56:15 | 01:18:11 | 01:38:39.25 | 01:38:50.10 | +00:23:30 (23.8%) | 4:40 | 12.8 (75.7%) |
| 110 | DREWNIAK Marcin | 638 | | M-20 | 12 | 00:00:22 | 00:11:55 | 00:33:42 | 00:55:52 | 01:18:20 | 01:39:14.10 | 01:39:36.50 | +00:24:05 (24.3%) | 4:42 | 12.8 (75.7%) |
| 111 | BIELA Grzegorz | 31 | NIGHT RUNNERS PYSKOWICE | M-30 | 42 | 00:00:07 | 00:11:26 | 00:32:50 | 00:55:37 | 01:17:49 | 01:39:17.15 | 01:39:24.95 | +00:24:08 (24.3%) | 4:42 | 12.8 (75.7%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas | | | | | Czas netto | Czas brutto | Różn | Tempo min/km | Tempo km/h |
|-----|------------------------------|------------|-------------------|-----------|------|----------|----------|----------|----------|----------|--------------------|--------------------|----------------------|--------------|-----------------|
| | | | | | | startu | 2.5km | 7.2km | 11.9km | 16.6km | 21.1km | 21.1km | | | |
| 112 | NIŻNIKIEWICZ Grzegorz | 352 | | M-40 | 45 | 00:00:18 | 00:11:50 | 00:33:25 | 00:55:43 | 01:17:28 | 01:39:23.70 | 01:39:42.35 | +00:24:14 (24.4%) | 4:42 | 12.7 (75.1%) |
| 113 | ZAJĄC Mateusz | 531 | | M-40 | 46 | 00:00:20 | 00:12:18 | 00:34:21 | 00:56:56 | 01:18:57 | 01:39:24.35 | 01:39:44.45 | +00:24:15 (24.4%) | 4:42 | 12.7 (75.1%) |
| 114 | GIESE Michał | 132 | | M-40 | 47 | 00:00:12 | 00:12:10 | 00:34:21 | 00:57:00 | 01:18:44 | 01:39:26.70 | 01:39:39.05 | +00:24:17 (24.4%) | 4:42 | 12.7 (75.1%) |
| 115 | HYRKIEL Paweł | 172 | IL GATTO RAMPANTE | M-40 | 48 | 00:00:11 | 00:11:46 | 00:33:33 | 00:55:50 | 01:17:53 | 01:39:44.35 | 01:39:55.90 | +00:24:35 (24.7%) | 4:43 | 12.7 (75.1%) |
| 116 | MEOSSI Alessandro | 321 | MONAR GRACZE | M-20 | 13 | 00:00:21 | 00:12:30 | 00:33:26 | 00:55:08 | 01:17:24 | 01:39:46.75 | 01:40:08.60 | +00:24:37 (24.7%) | 4:43 | 12.7 (75.1%) |
| 117 | HYRA Robert | 171 | ZALEW BLACHOWNIA | M-50 | 12 | 00:00:14 | 00:11:52 | 00:33:51 | 00:55:57 | 01:18:16 | 01:40:02.90 | 01:40:17.70 | +00:24:53 (24.9%) | 4:44 | 12.7 (75.1%) |
| 118 | KUŻMA Andrzej | 269 | TEAM ARTIVENT | M-20 | 14 | 00:00:22 | 00:12:29 | 00:35:14 | 00:57:51 | 01:20:54 | 01:40:02.95 | 01:40:25.35 | +00:24:54 (24.9%) | 4:44 | 12.7 (75.1%) |
| 119 | DABROWSKI Bartosz | 90 | | M-30 | 43 | 00:00:58 | 00:13:07 | 00:35:34 | 00:58:21 | 01:20:03 | 01:40:03.40 | 01:41:02.25 | +00:24:54 (24.9%) | 4:44 | 12.7 (75.1%) |
| 120 | SZOŁTYSEK Adrian | 556 | | M-30 | 44 | 00:00:20 | 00:11:45 | 00:33:44 | 00:55:45 | 01:17:49 | 01:40:04.70 | 01:40:25.00 | +00:24:55 (24.9%) | 4:44 | 12.7 (75.1%) |
| 121 | MARCZAK Krzysztof | 570 | | M-50 | 13 | 00:00:13 | 00:12:11 | 00:34:00 | 00:56:25 | 01:19:05 | 01:40:06.05 | 01:40:19.80 | +00:24:57 (24.9%) | 4:44 | 12.6 (74.6%) |
| 122 | DZWINCZYK Zbigniew | 103 | | M-40 | 49 | 00:00:20 | 00:13:04 | 00:35:31 | 00:58:00 | 01:19:43 | 01:40:06.40 | 01:40:26.50 | +00:24:57 (24.9%) | 4:44 | 12.6 (74.6%) |
| 123 | CHOJNA Zygmunt | 69 | SOCIOS SILESIA | M-60 | 3 | 00:00:11 | 00:11:32 | 00:33:23 | 00:56:07 | 01:18:44 | 01:40:10.40 | 01:40:21.70 | +00:25:01 (25.0%) | 4:44 | 12.6 (74.6%) |
| 124 | RAWŁUSZEWICZ Waldemar | 408 | | M-50 | 14 | 00:00:21 | 00:12:16 | 00:34:10 | 00:56:49 | 01:18:59 | 01:40:14.40 | 01:40:35.60 | +00:25:05 (25.0%) | 4:45 | 12.6 (74.6%) |
| 125 | SKLORZ Marcin | 442 | | M-20 | 15 | 00:00:18 | 00:11:50 | 00:33:24 | 00:55:42 | 01:17:41 | 01:40:20.20 | 01:40:39.05 | +00:25:11 (25.1%) | 4:45 | 12.6 (74.6%) |
| 126 | WARDZYK Damian | 502 | ZŁOTA MARKA | M-20 | 16 | 00:00:23 | 00:12:30 | 00:33:32 | 00:54:56 | 01:17:36 | 01:40:20.90 | 01:40:43.95 | +00:25:11 (25.1%) | 4:45 | 12.6 (74.6%) |
| 127 | ZAKRZOWSKI Krzysztof | 532 | | M-30 | 45 | 00:00:16 | 00:11:49 | 00:33:50 | 00:56:19 | 01:18:49 | 01:40:21.90 | 01:40:38.30 | +00:25:12 (25.1%) | 4:45 | 12.6 (74.6%) |
| 128 | SZCZEPANEK Łukasz | 473 | | M-20 | 17 | 00:00:15 | 00:12:09 | 00:33:54 | 00:56:07 | 01:18:26 | 01:40:22.00 | 01:40:37.10 | +00:25:13 (25.1%) | 4:45 | 12.6 (74.6%) |
| 129 | BOHM Mariusz | 40 | | M-50 | 15 | 00:00:22 | 00:12:30 | 00:34:50 | 00:57:17 | 01:19:26 | 01:40:27.65 | 01:40:49.85 | +00:25:18 (25.2%) | 4:45 | 12.6 (74.6%) |
| 130 | RÓŻAŃSKI Michał | 413 | | M-30 | 46 | 00:00:18 | 00:12:18 | 00:34:22 | 00:56:55 | 01:19:14 | 01:40:38.00 | 01:40:56.35 | +00:25:29 (25.3%) | 4:46 | 12.6 (74.6%) |
| 130 | WILK Dawid | 514 | PACEMAKER | M-30 | 46 | 00:00:09 | 00:11:54 | 00:33:54 | 00:55:54 | 01:17:59 | 01:40:38.00 | 01:40:47.90 | +00:25:29 (25.3%) | 4:46 | 12.6 (74.6%) |
| 132 | KURCZEK Tomasz | 265 | RUN FOREST RIUM! | M-40 | 50 | 00:00:16 | 00:12:34 | 00:35:06 | 00:57:29 | 01:19:50 | 01:40:44.90 | 01:41:01.55 | +00:25:35 (25.4%) | 4:46 | 12.6 (74.6%) |
| 133 | SCHAB Bartłomiej | 430 | | M-30 | 48 | 00:00:00 | 00:12:55 | 00:34:37 | 00:56:59 | 01:19:33 | 01:40:55.00 | 01:40:55.00 | +00:25:46 (25.5%) | 4:46 | 12.5 (74.0%) |
| 134 | TOCZYDŁOWSKI Łukasz | 486 | ROZBIEGANA LIGOTA | M-40 | 51 | 00:01:10 | 00:13:07 | 00:34:37 | 00:57:00 | 01:19:39 | 01:41:01.50 | 01:42:12.45 | +00:25:52 (25.6%) | 4:47 | 12.5 (74.0%) |
| 135 | RYCHLIK Sebastian | 417 | LISY PUSTYNI | M-40 | 52 | 00:00:11 | 00:12:24 | 00:35:33 | 00:58:28 | 01:20:39 | 01:41:09.35 | 01:41:21.15 | +00:26:00 (25.7%) | 4:47 | 12.5 (74.0%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas | | | | | Czas netto | Czas brutto | Różn | Tempo min/km | Tempo km/h |
|-----|---------------------|-------|------------------------------------|-----------|------|----------|----------|----------|----------|----------|-------------|-------------|----------------------|--------------|-----------------|
| | | | | | | startu | 2.5km | 7.2km | 11.9km | 16.6km | 21.1km | 21.1km | | | |
| 136 | STANISZ Marcin | 460 | NIGHT RUNNERS PYSKOWICE | M-30 | 49 | 00:00:26 | 00:12:10 | 00:34:14 | 00:56:46 | 01:19:35 | 01:41:13.55 | 01:41:39.85 | +00:26:04 (25.8%) | 4:47 | 12.5 (74.0%) |
| 137 | JAWOREK Adam | 189 | | M-30 | 50 | 00:00:06 | 00:11:00 | 00:31:41 | 00:54:23 | 01:17:52 | 01:41:19.80 | 01:41:26.20 | +00:26:10 (25.8%) | 4:48 | 12.5 (74.0%) |
| 138 | KRZANOWSKI Marcin | 257 | OASIS SPORT TEAM | M-30 | 51 | 00:00:20 | 00:12:17 | 00:34:26 | 00:57:12 | 01:19:56 | 01:41:21.30 | 01:41:41.65 | +00:26:12 (25.9%) | 4:48 | 12.5 (74.0%) |
| 139 | JAGIEŁA Michał | 177 | | M-30 | 52 | 00:00:45 | 00:12:11 | 00:33:56 | 00:56:22 | 01:19:08 | 01:41:21.75 | 01:42:07.60 | +00:26:12 (25.9%) | 4:48 | 12.5 (74.0%) |
| 140 | ADAMCZYK Daniel | 2 | NIGHT RUNNERS PYSKOWICE | M-20 | 18 | 00:00:26 | 00:12:10 | 00:34:13 | 00:56:47 | 01:19:36 | 01:41:22.60 | 01:41:48.70 | +00:26:13 (25.9%) | 4:48 | 12.5 (74.0%) |
| 141 | KOWALCZYK Jordan | 245 | | M-30 | 53 | 00:00:28 | 00:12:39 | 00:35:04 | 00:57:43 | 01:20:23 | 01:41:24.80 | 01:41:53.50 | +00:26:15 (25.9%) | 4:48 | 12.5 (74.0%) |
| 142 | CIEŚLIK Jarosław | 75 | | M-30 | 54 | 00:00:28 | 00:12:19 | 00:35:02 | 00:57:38 | 01:20:28 | 01:41:26.20 | 01:41:54.85 | +00:26:17 (25.9%) | 4:48 | 12.5 (74.0%) |
| 143 | NAJWER Tomasz | 613 | | M-40 | 53 | 00:00:18 | 00:12:14 | 00:34:41 | 00:57:30 | 01:20:03 | 01:41:34.15 | 01:41:52.90 | +00:26:25 (26.0%) | 4:48 | 12.5 (74.0%) |
| 144 | DUDA Jacek | 97 | SIEMIANOWICE I PRZYJACIELE BIEGAJĄ | M-50 | 16 | 00:00:16 | 00:11:50 | 00:33:48 | 00:56:10 | 01:19:38 | 01:41:38.60 | 01:41:55.35 | +00:26:29 (26.1%) | 4:49 | 12.5 (74.0%) |
| 145 | NIKODON Paweł | 349 | NIKODON DREAM TEAM | M-40 | 54 | 00:00:12 | 00:11:41 | 00:32:56 | 00:55:56 | 01:19:39 | 01:41:45.30 | 01:41:58.05 | +00:26:36 (26.1%) | 4:49 | 12.4 (73.4%) |
| 146 | KIDA Marek | 221 | | M-30 | 55 | 00:00:20 | 00:12:30 | 00:35:13 | 00:57:49 | 01:21:08 | 01:41:50.40 | 01:42:11.35 | +00:26:41 (26.2%) | 4:49 | 12.4 (73.4%) |
| 147 | KOŚCIELNY Sebastian | 242 | WATAHA | M-40 | 55 | 00:00:29 | 00:12:39 | 00:34:59 | 00:57:49 | 01:20:44 | 01:42:02.45 | 01:42:31.75 | +00:26:53 (26.4%) | 4:50 | 12.4 (73.4%) |
| 148 | PŁONKA Krzysztof | 392 | DKMS JASTRZĘBIE | M-50 | 17 | 00:00:21 | 00:12:30 | 00:35:02 | 00:57:47 | 01:20:38 | 01:42:06.45 | 01:42:28.25 | +00:26:57 (26.4%) | 4:50 | 12.4 (73.4%) |
| 149 | IWASZKOWSKI Dawid | 175 | | M-30 | 56 | 00:00:27 | 00:13:18 | 00:35:55 | 00:58:19 | 01:20:56 | 01:42:09.00 | 01:42:36.95 | +00:27:00 (26.4%) | 4:50 | 12.4 (73.4%) |
| 150 | JANECZEK Marek | 179 | | M-40 | 56 | 00:00:18 | 00:12:48 | 00:35:40 | 00:58:28 | 01:21:02 | 01:42:11.10 | 01:42:29.45 | +00:27:02 (26.5%) | 4:50 | 12.4 (73.4%) |
| 151 | MIECZNIKOWSKI Jacek | 329 | | M-40 | 57 | 00:00:09 | 00:11:38 | 00:33:07 | 00:55:37 | 01:19:05 | 01:42:15.80 | 01:42:25.45 | +00:27:06 (26.5%) | 4:50 | 12.4 (73.4%) |
| 152 | BRODAKCI Paweł | 45 | | M-30 | 57 | 00:00:19 | 00:12:32 | 00:35:14 | 00:57:50 | 01:20:41 | 01:42:17.60 | 01:42:36.95 | +00:27:08 (26.5%) | 4:50 | 12.4 (73.4%) |
| 153 | BUŁAWA Grzegorz | 60 | GB-ARCH | M-40 | 58 | 00:00:18 | 00:12:31 | 00:35:16 | 00:57:52 | 01:20:36 | 01:42:18.00 | 01:42:36.25 | +00:27:09 (26.5%) | 4:50 | 12.4 (73.4%) |
| 154 | NOWAKOWSKI Arek | 358 | | M-30 | 58 | 00:00:20 | 00:12:24 | 00:34:17 | 00:57:18 | 01:20:42 | 01:42:22.50 | 01:42:43.10 | +00:27:13 (26.6%) | 4:51 | 12.4 (73.4%) |
| 155 | UJMA Michał | 494 | SII RUNNING TEAM | M-30 | 59 | 00:00:00 | 00:12:17 | 00:34:09 | 00:56:58 | 01:20:07 | 01:42:24.70 | 01:42:24.70 | +00:27:15 (26.6%) | 4:51 | 12.4 (73.4%) |
| 156 | WOŁOWSKI Lech | 633 | | M-40 | 59 | 00:00:17 | 00:12:34 | 00:35:17 | 00:58:01 | 01:20:54 | 01:42:28.60 | 01:42:45.80 | +00:27:19 (26.7%) | 4:51 | 12.4 (73.4%) |
| 157 | SARNECKI Adam | 429 | | M-30 | 60 | 00:00:26 | 00:12:27 | 00:35:10 | 00:57:47 | 01:21:04 | 01:42:38.00 | 01:43:04.25 | +00:27:29 (26.8%) | 4:51 | 12.3 (72.8%) |
| 158 | SZKLORZ Sylwester | 581 | ROZBIEGANA LIGOTA | M-50 | 18 | 00:01:11 | 00:13:16 | 00:35:20 | 00:58:38 | 01:21:30 | 01:42:40.25 | 01:43:51.40 | +00:27:31 (26.8%) | 4:51 | 12.3 (72.8%) |
| 159 | TYSZKIEWICZ Cuma | 492 | | M-40 | 60 | 00:00:19 | 00:12:31 | 00:35:12 | 00:57:51 | 01:20:39 | 01:42:47.15 | 01:43:06.50 | +00:27:38 (26.9%) | 4:52 | 12.3 (72.8%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas | | | | | Czas netto 21.1km | Czas brutto 21.1km | Różn | Tempo min/km | Tempo km/h |
|-----|----------------------------|------------|----------------------------------------|-----------|------|----------|----------|----------|----------|----------|----------------------|-----------------------|----------------------|-----------------|-----------------|
| | | | | | | startu | 2.5km | 7.2km | 11.9km | 16.6km | | | | | |
| 160 | BROJA Rafał | 47 | | M-30 | 61 | 00:00:06 | 00:10:49 | 00:34:47 | 00:59:56 | 01:24:28 | 01:42:59.45 | 01:43:05.50 | +00:27:50 (27.0%) | 4:52 | 12.3 (72.8%) |
| 161 | JAROS Marcin | 184 | OPP KATOWICE | M-30 | 62 | 00:00:29 | 00:13:47 | 00:35:58 | 00:58:56 | 01:21:01 | 01:43:04.00 | 01:43:33.80 | +00:27:55 (27.1%) | 4:53 | 12.3 (72.8%) |
| 162 | TISZBIEREK Marek | 485 | | M-40 | 61 | 00:00:20 | 00:12:38 | 00:35:39 | 00:58:32 | 01:20:54 | 01:43:06.45 | 01:43:27.35 | +00:27:57 (27.1%) | 4:53 | 12.3 (72.8%) |
| 163 | ŻMIJEWSKI Dariusz | 551 | | M-50 | 19 | 00:00:43 | 00:12:20 | 00:34:18 | 00:57:03 | 01:20:26 | 01:43:09.25 | 01:43:52.90 | +00:28:00 (27.1%) | 4:53 | 12.3 (72.8%) |
| 164 | PAWLACZYK Lesław | 380 | SII RUNNING TEAM | M-40 | 62 | 00:00:26 | 00:12:28 | 00:34:00 | 00:57:04 | 01:20:19 | 01:43:10.15 | 01:43:36.55 | +00:28:01 (27.2%) | 4:53 | 12.3 (72.8%) |
| 165 | GAWLIK Tomasz | 126 | | M-40 | 63 | 00:00:36 | 00:12:57 | 00:35:43 | 00:59:07 | 01:21:55 | 01:43:11.20 | 01:43:47.85 | +00:28:02 (27.2%) | 4:53 | 12.3 (72.8%) |
| 166 | ŁATKA Łukasz | 285 | PACEMAKER | M-30 | 63 | 00:00:17 | 00:12:32 | 00:35:15 | 00:57:51 | | 01:43:15.75 | 01:43:33.40 | +00:28:06 (27.2%) | 4:53 | 12.3 (72.8%) |
| 167 | WILK Mirosław | 515 | | M-40 | 64 | 00:00:22 | 00:12:16 | 00:33:55 | 00:56:48 | 01:20:03 | 01:43:18.60 | 01:43:41.15 | +00:28:09 (27.3%) | 4:53 | 12.3 (72.8%) |
| 168 | STAROSTKA Jacek | 564 | PKO BANK POLSKI BIEGAJMY RAZEM | M-40 | 65 | 00:00:30 | 00:13:46 | 00:38:04 | 01:02:36 | 01:23:23 | 01:43:19.65 | 01:43:50.35 | +00:28:10 (27.3%) | 4:53 | 12.3 (72.8%) |
| 169 | KUBIŚ Mateusz | 261 | JÓZEFINKA | M-20 | 19 | 00:00:16 | 00:12:18 | 00:35:10 | 00:57:48 | 01:20:55 | 01:43:20.35 | 01:43:36.85 | +00:28:11 (27.3%) | 4:53 | 12.3 (72.8%) |
| 170 | DZIĄBOR Andrzej | 100 | #BYLEDOMETY | M-40 | 66 | 00:00:27 | 00:12:52 | 00:35:38 | 00:58:48 | 01:21:36 | 01:43:21.70 | 01:43:49.65 | +00:28:12 (27.3%) | 4:53 | 12.2 (72.2%) |
| 171 | MAZUR Kamil | 567 | PKO BANK POLSKI | M-30 | 64 | 00:00:18 | 00:12:33 | 00:35:17 | 00:58:15 | 01:21:34 | 01:43:22.60 | 01:43:41.45 | +00:28:13 (27.3%) | 4:53 | 12.2 (72.2%) |
| 172 | ŻAAK Michał | 549 | | M-30 | 65 | 00:00:12 | 00:12:04 | 00:34:26 | 00:57:33 | 01:20:56 | 01:43:22.80 | 01:43:35.45 | +00:28:13 (27.3%) | 4:53 | 12.2 (72.2%) |
| 173 | CZAJKA Roman | 79 | | M-40 | 67 | 00:00:13 | 00:12:02 | 00:34:23 | 00:57:42 | 01:21:13 | 01:43:33.45 | 01:43:46.45 | +00:28:24 (27.4%) | 4:54 | 12.2 (72.2%) |
| 174 | MACYSZYN Waldemar | 293 | GLIWICE | M-50 | 20 | 00:00:15 | 00:12:16 | 00:34:35 | 00:57:37 | 01:21:15 | 01:43:42.05 | 01:43:57.15 | +00:28:33 (27.5%) | 4:54 | 12.2 (72.2%) |
| 175 | GAJDA Patryk | 116 | | M-20 | 20 | 00:00:20 | 00:12:29 | 00:35:13 | 00:57:51 | 01:21:09 | 01:43:42.55 | 01:44:02.60 | +00:28:33 (27.5%) | 4:54 | 12.2 (72.2%) |
| 176 | BABIUCH Karol | 6 | | M-30 | 66 | 00:00:23 | 00:12:16 | 00:34:51 | 00:57:48 | 01:21:07 | 01:43:48.75 | 01:44:12.60 | +00:28:39 (27.6%) | 4:55 | 12.2 (72.2%) |
| 177 | KRUK Grzegorz | 561 | PRESS GLASS BIEGAMY I WSPIERAMY | M-50 | 21 | 00:00:14 | 00:11:52 | 00:33:51 | 00:56:06 | 01:19:49 | 01:43:54.80 | 01:44:08.95 | +00:28:45 (27.7%) | 4:55 | 12.2 (72.2%) |
| 178 | SALASOWICZ Jerzy | 427 | BIEGAM Z ENDO | M-60 | 4 | 00:00:16 | 00:12:49 | 00:35:42 | 00:58:54 | 01:22:17 | 01:43:59.60 | 01:44:16.55 | +00:28:50 (27.7%) | 4:55 | 12.2 (72.2%) |
| 179 | MERES Jarek | 323 | | M-40 | 68 | 00:00:14 | 00:12:14 | 00:34:33 | 00:57:53 | 01:21:24 | 01:44:11.75 | 01:44:26.55 | +00:29:02 (27.9%) | 4:56 | 12.2 (72.2%) |
| 180 | NOWACKI Wojciech | 354 | PACEMAKER // WOJTAS BIEGACZ STOPOWICZ | M-30 | 67 | 00:00:17 | 00:12:33 | 00:35:16 | 00:57:52 | 01:21:12 | 01:44:25.05 | 01:44:42.35 | +00:29:16 (28.0%) | 4:56 | 12.1 (71.6%) |
| 181 | MOSZ Tomasz | 338 | W POGONI ZA DUCHEM | M-40 | 69 | 00:00:23 | 00:12:55 | 00:35:51 | 00:59:37 | 01:22:57 | 01:44:28.65 | 01:44:51.90 | +00:29:19 (28.1%) | 4:57 | 12.1 (71.6%) |
| 182 | NOWALIŃSKI Grzegorz | 360 | HOLBOX RUNNERS | M-30 | 68 | 00:00:25 | 00:12:57 | 00:36:12 | 00:59:48 | 01:22:51 | 01:44:37.05 | 01:45:02.25 | +00:29:28 (28.2%) | 4:57 | 12.1 (71.6%) |
| 183 | CHLISTAŁA Jarosław | 68 | RYBNICKA GRUPA BIEGOWA - PĘDZIMY RAZEM | M-30 | 69 | 00:00:21 | 00:12:56 | 00:36:04 | 00:59:47 | 01:23:23 | 01:44:39.55 | 01:45:01.15 | +00:29:30 (28.2%) | 4:57 | 12.1 (71.6%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas | | | | | Czas netto | Czas brutto | Różn | Tempo min/km | Tempo km/h |
|-----|----------------------------|------------|------------------|-----------|------|----------|----------|----------|----------|----------|--------------------|--------------------|----------------------|--------------|-----------------|
| | | | | | | startu | 2.5km | 7.2km | 11.9km | 16.6km | 21.1km | 21.1km | | | |
| 184 | WOJTUKIEWICZ Artur | 518 | DHL RUN CLUB | M-40 | 70 | 00:00:35 | 00:11:58 | 00:33:50 | 00:56:22 | 01:20:55 | 01:45:01.45 | 01:45:36.50 | +00:29:52 (28.4%) | 4:58 | 12.1 (71.6%) |
| 185 | MICHALAK Wojciech | 576 | KTW TEAM | M-30 | 70 | 00:00:23 | 00:12:33 | 00:35:06 | 00:58:18 | 01:22:25 | 01:45:01.55 | 01:45:25.10 | +00:29:52 (28.4%) | 4:58 | 12.1 (71.6%) |
| 186 | SALAMON Emil | 426 | OPEL ACTIVE TEAM | M-30 | 71 | 00:00:14 | 00:12:36 | 00:35:18 | 00:58:02 | 01:21:34 | 01:45:02.30 | 01:45:16.35 | +00:29:53 (28.5%) | 4:58 | 12.1 (71.6%) |
| 187 | GALL Kacper | 119 | | M-20 | 21 | 00:00:11 | 00:11:55 | 00:34:04 | 00:57:51 | 01:21:26 | 01:45:07.40 | 01:45:18.65 | +00:29:58 (28.5%) | 4:58 | 12 (71.0%) |
| 188 | BRODEK Andrzej | 46 | CERTUM | M-50 | 22 | 00:00:31 | 00:12:53 | 00:35:33 | 00:59:03 | 01:22:54 | 01:45:27.25 | 01:45:59.20 | +00:30:18 (28.7%) | 4:59 | 12 (71.0%) |
| 189 | ODOSZEWSKI Roman | 363 | OASIS SORT TEAM | M-40 | 71 | 00:00:14 | 00:11:55 | 00:34:06 | 00:57:33 | 01:21:37 | 01:45:36.00 | 01:45:50.95 | +00:30:27 (28.8%) | 5:00 | 12 (71.0%) |
| 190 | WÓJCIK Rafał | 525 | | M-40 | 72 | 00:00:20 | 00:12:52 | 00:36:01 | 00:59:48 | 01:23:30 | 01:45:54.00 | 01:46:14.10 | +00:30:45 (29.0%) | 5:01 | 12 (71.0%) |
| 191 | DALGIEWICZ Dariusz | 91 | | M-60 | 5 | 00:00:35 | 00:13:04 | 00:36:20 | 01:00:12 | 01:23:50 | 01:45:57.55 | 01:46:32.95 | +00:30:48 (29.1%) | 5:01 | 11.9 (70.4%) |
| 192 | SKOCZEK Michał | 573 | HARD BOX OTWOCK | M-30 | 72 | 00:00:36 | 00:13:18 | 00:35:52 | 00:59:41 | 01:23:48 | 01:46:06.05 | 01:46:42.25 | +00:30:57 (29.2%) | 5:01 | 11.9 (70.4%) |
| 193 | MAZUR Grzegorz | 318 | | M-50 | 23 | 00:00:25 | 00:12:47 | 00:35:35 | 00:59:19 | 01:23:08 | 01:46:16.00 | 01:46:41.50 | +00:31:07 (29.3%) | 5:02 | 11.9 (70.4%) |
| 194 | NITARSKI Patryk | 350 | | M-40 | 73 | 00:00:12 | 00:12:11 | 00:34:21 | 00:58:04 | 01:22:41 | 01:46:22.50 | 01:46:34.85 | +00:31:13 (29.4%) | 5:02 | 11.9 (70.4%) |
| 195 | RÓWNICKI Marcin | 412 | #BYLEDOMETRY | M-30 | 73 | 00:00:23 | 00:12:35 | 00:35:36 | 00:59:13 | 01:23:10 | 01:46:28.55 | 01:46:52.20 | +00:31:19 (29.4%) | 5:02 | 11.9 (70.4%) |
| 196 | CZAPLA Arkadiusz | 83 | FAT MAMAS SPORT | M-50 | 24 | 00:00:44 | 00:14:02 | 00:37:18 | 01:01:00 | 01:24:28 | 01:46:32.60 | 01:47:17.55 | +00:31:23 (29.5%) | 5:02 | 11.9 (70.4%) |
| 197 | PIZNAL Kamil | 391 | | M-30 | 74 | 00:00:36 | 00:12:34 | 00:35:21 | 00:59:18 | 01:23:24 | 01:46:35.00 | 01:47:11.05 | +00:31:26 (29.5%) | 5:03 | 11.9 (70.4%) |
| 198 | NIESZWIC Terencjusz | 348 | | M-20 | 22 | 00:00:29 | 00:12:52 | 00:35:33 | 00:59:00 | 01:23:03 | 01:46:35.30 | 01:47:04.30 | +00:31:26 (29.5%) | 5:03 | 11.9 (70.4%) |
| 199 | MARCELA Marcin | 307 | | M-40 | 74 | 00:00:43 | 00:14:03 | 00:37:18 | 01:01:01 | 01:24:29 | 01:46:42.75 | 01:47:26.05 | +00:31:33 (29.6%) | 5:03 | 11.9 (70.4%) |
| 200 | KAWA Mariusz | 217 | | M-40 | 75 | 00:00:11 | 00:11:55 | 00:34:03 | 00:57:41 | 01:22:06 | 01:46:46.20 | 01:46:57.80 | +00:31:37 (29.6%) | 5:03 | 11.9 (70.4%) |
| 201 | KĘDZIORA Łukasz | 220 | NIEZRZESZONY | M-40 | 76 | 00:00:46 | 00:13:38 | 00:36:54 | 01:00:48 | 01:24:22 | 01:46:49.90 | 01:47:36.40 | +00:31:40 (29.7%) | 5:03 | 11.9 (70.4%) |
| 202 | NAWROCKI Paweł | 344 | | M-50 | 25 | 00:00:16 | 00:12:15 | 00:34:41 | 00:59:02 | 01:23:21 | 01:46:50.45 | 01:47:06.45 | +00:31:41 (29.7%) | 5:03 | 11.9 (70.4%) |
| 203 | KULCZYK Adam | 264 | SG SQUAD | M-40 | 77 | 00:00:37 | 00:13:18 | 00:36:41 | 01:00:26 | 01:24:24 | 01:46:57.85 | 01:47:34.85 | +00:31:48 (29.7%) | 5:04 | 11.8 (69.8%) |
| 204 | ORDOŃ Bartłomiej | 367 | | M-30 | 75 | 00:00:17 | 00:12:33 | 00:35:28 | 00:59:26 | 01:23:53 | 01:47:04.70 | 01:47:22.55 | +00:31:55 (29.8%) | 5:04 | 11.8 (69.8%) |
| 205 | BERGER Jurek | 25 | | M-50 | 26 | 00:00:07 | 00:12:40 | 00:36:03 | 01:00:52 | 01:24:23 | 01:47:06.05 | 01:47:13.95 | +00:31:57 (29.8%) | 5:04 | 11.8 (69.8%) |
| 206 | BIELAK Michał | 566 | PKO BANK POLSKI | M-30 | 76 | 00:00:38 | 00:12:47 | 00:35:32 | 00:59:38 | 01:23:27 | 01:47:07.05 | 01:47:45.80 | +00:31:58 (29.8%) | 5:04 | 11.8 (69.8%) |
| 207 | WAWRZYNIAK Mariusz | 505 | | M-40 | 78 | 00:00:33 | 00:13:59 | 00:37:13 | 01:01:01 | 01:24:40 | 01:47:15.85 | 01:47:49.30 | +00:32:06 (29.9%) | 5:04 | 11.8 (69.8%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas | | | | | Czas netto 21.1km | Czas brutto 21.1km | Różn | Tempo min/km | Tempo km/h |
|-----|-----------------------------|------------|-------------------------|-----------|------|----------|----------|----------|----------|----------|----------------------|-----------------------|----------------------|-----------------|-----------------|
| | | | | | | startu | 2.5km | 7.2km | 11.9km | 16.6km | | | | | |
| 208 | PACZKA Michał | 374 | GLIWICE | M-50 | 27 | 00:01:06 | 00:13:53 | 00:37:16 | 01:01:12 | 01:25:27 | 01:47:17.45 | 01:48:24.00 | +00:32:08 (30.0%) | 5:05 | 11.8 (69.8%) |
| 209 | KIEŁBASA Artur | 223 | | M-40 | 79 | 00:00:33 | 00:14:00 | 00:37:13 | 01:01:00 | 01:24:40 | 01:47:17.60 | 01:47:51.45 | +00:32:08 (30.0%) | 5:05 | 11.8 (69.8%) |
| 210 | OZYP Mariusz | 372 | | M-30 | 77 | 00:00:05 | 00:13:10 | 00:36:58 | 01:01:06 | 01:25:01 | 01:47:20.35 | 01:47:25.85 | +00:32:11 (30.0%) | 5:05 | 11.8 (69.8%) |
| 211 | SIDORSKI Robert | 433 | OPEL ACTIVE TEAM | M-40 | 80 | 00:00:17 | 00:12:46 | 00:35:49 | 00:59:56 | 01:24:30 | 01:47:20.65 | 01:47:38.55 | +00:32:11 (30.0%) | 5:05 | 11.8 (69.8%) |
| 212 | URBASIK Mariusz | 497 | AKTYWNI RYDUŁTOWY | M-50 | 28 | 00:00:20 | 00:12:41 | 00:36:13 | 01:00:46 | 01:24:47 | 01:47:21.05 | 01:47:41.50 | +00:32:12 (30.0%) | 5:05 | 11.8 (69.8%) |
| 213 | MARCINIAK Krzysztof | 310 | KS PERELE CZKI | M-30 | 78 | 00:00:33 | 00:13:30 | 00:37:50 | 01:01:59 | 01:25:40 | 01:47:23.25 | 01:47:56.70 | +00:32:14 (30.0%) | 5:05 | 11.8 (69.8%) |
| 214 | MAJEWSKI Antoni | 300 | | M-20 | 23 | 00:00:15 | 00:12:49 | 00:36:48 | 01:01:53 | 01:26:11 | 01:47:28.25 | 01:47:44.15 | +00:32:19 (30.1%) | 5:05 | 11.8 (69.8%) |
| 215 | MICHALSKI Łukasz | 327 | | M-30 | 79 | 00:00:24 | 00:12:53 | 00:36:00 | 00:59:51 | 01:23:58 | 01:47:32.55 | 01:47:57.50 | +00:32:23 (30.1%) | 5:05 | 11.8 (69.8%) |
| 216 | CETERA Łukasz | 64 | #HUTATEAM | M-30 | 80 | 00:01:12 | 00:13:26 | 00:37:16 | 01:00:51 | 01:24:44 | 01:47:37.35 | 01:48:49.35 | +00:32:28 (30.2%) | 5:06 | 11.8 (69.8%) |
| 217 | RUTKOWSKI Michał | 416 | | M-30 | 81 | 00:00:24 | 00:13:29 | 00:38:04 | 01:02:32 | 01:26:21 | 01:47:44.45 | 01:48:08.85 | +00:32:35 (30.3%) | 5:06 | 11.8 (69.8%) |
| 218 | KLAPETEK Jacek | 227 | HURAGAN LIGOTA | M-50 | 29 | 00:00:00 | 00:13:15 | 00:35:58 | 00:59:37 | 01:24:02 | 01:47:55.35 | 01:47:55.35 | +00:32:46 (30.4%) | 5:06 | 11.7 (69.2%) |
| 219 | WIETRZYCKI Mariusz | 512 | | M-30 | 82 | 00:00:24 | 00:13:03 | 00:35:19 | 00:59:21 | 01:23:13 | 01:47:57.25 | 01:48:21.65 | +00:32:48 (30.4%) | 5:06 | 11.7 (69.2%) |
| 220 | KOPEL Tomasz | 562 | | M-40 | 81 | 00:00:46 | 00:13:38 | 00:36:53 | 01:00:52 | 01:25:02 | 01:47:58.50 | 01:48:45.25 | +00:32:49 (30.4%) | 5:07 | 11.7 (69.2%) |
| 221 | DZIWAK Dariusz | 102 | TIMOTHY | M-30 | 83 | 00:00:27 | 00:12:39 | 00:35:40 | 00:59:54 | 01:24:34 | 01:48:03.85 | 01:48:31.25 | +00:32:54 (30.5%) | 5:07 | 11.7 (69.2%) |
| 222 | JANIKOWSKI Michał | 181 | | M-40 | 82 | 00:00:40 | 00:12:55 | 00:36:08 | 01:00:19 | 01:24:37 | 01:48:15.80 | 01:48:56.00 | +00:33:06 (30.6%) | 5:07 | 11.7 (69.2%) |
| 223 | KANIA Michał | 208 | | M-40 | 83 | 00:00:18 | 00:12:32 | 00:35:16 | 00:59:05 | 01:23:50 | 01:48:16.75 | 01:48:34.80 | +00:33:07 (30.6%) | 5:07 | 11.7 (69.2%) |
| 224 | KRAJEWSKI Radosław | 251 | | M-30 | 84 | 00:00:21 | 00:12:57 | 00:36:04 | 01:00:17 | 01:25:09 | 01:48:21.30 | 01:48:42.40 | +00:33:12 (30.6%) | 5:08 | 11.7 (69.2%) |
| 225 | KANDEFER Michał | 207 | | M-30 | 85 | 00:00:27 | 00:13:09 | 00:36:54 | 01:01:32 | 01:25:26 | 01:48:27.50 | 01:48:54.55 | +00:33:18 (30.7%) | 5:08 | 11.7 (69.2%) |
| 226 | DOBOSZ Krzysztof | 95 | AKMB PĘDZIWIATR GLIWICE | M-50 | 30 | 00:00:27 | 00:13:21 | 00:37:51 | 01:02:32 | 01:26:55 | 01:48:49.15 | 01:49:16.50 | +00:33:40 (30.9%) | 5:09 | 11.6 (68.6%) |
| 227 | PURCZYŃSKI Jan | 405 | RYBNIK | M-50 | 31 | 00:00:35 | 00:13:40 | 00:37:40 | 01:02:24 | 01:26:42 | 01:48:55.45 | 01:49:30.45 | +00:33:46 (31.0%) | 5:09 | 11.6 (68.6%) |
| 228 | BATKO Janusz | 17 | | M-40 | 84 | 00:00:53 | 00:13:07 | 00:37:27 | 01:02:10 | 01:26:28 | 01:48:56.50 | 01:49:49.65 | +00:33:47 (31.0%) | 5:09 | 11.6 (68.6%) |
| 229 | FILIPCZYK Przemysław | 109 | | M-40 | 85 | 00:00:28 | 00:13:39 | 00:37:54 | 01:02:29 | 01:26:48 | 01:49:02.50 | 01:49:30.75 | +00:33:53 (31.1%) | 5:10 | 11.6 (68.6%) |
| 230 | KACZOR Rafał | 568 | PKO BANK POLSKI | M-40 | 86 | 00:00:28 | 00:13:21 | 00:37:53 | 01:02:36 | 01:26:55 | 01:49:06.10 | 01:49:34.15 | +00:33:57 (31.1%) | 5:10 | 11.6 (68.6%) |
| 231 | BAK-CESARZ Damian | 19 | | M-40 | 87 | 00:00:33 | 00:14:19 | 00:39:57 | 01:05:01 | 01:28:58 | 01:49:08.00 | 01:49:41.95 | +00:33:59 (31.1%) | 5:10 | 11.6 (68.6%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas | | | | | Czas netto | Czas brutto | Różn | Tempo min/km | Tempo km/h |
|-----|----------------------|-------|---------------------------|-----------|------|----------|----------|----------|----------|----------|-------------|-------------|----------------------|--------------|-----------------|
| | | | | | | startu | 2.5km | 7.2km | 11.9km | 16.6km | 21.1km | 21.1km | | | |
| 232 | ZAMORA Marek | 535 | | M-50 | 32 | 00:01:28 | 00:13:50 | 00:38:14 | 01:02:58 | 01:27:11 | 01:49:13.30 | 01:50:41.55 | +00:34:04 (31.2%) | 5:10 | 11.6 (68.6%) |
| 233 | MOCEK Roman | 337 | | M-60 | 6 | 00:01:11 | 00:14:06 | 00:38:01 | 01:02:14 | 01:26:19 | 01:49:14.55 | 01:50:25.60 | +00:34:05 (31.2%) | 5:10 | 11.6 (68.6%) |
| 234 | DREWUSZEWSKI Maciej | 615 | 4M | M-40 | 88 | 00:00:23 | 00:13:17 | 00:37:36 | 01:02:34 | 01:26:46 | 01:49:22.65 | 01:49:46.40 | +00:34:13 (31.3%) | 5:10 | 11.6 (68.6%) |
| 235 | SACHNIK Marek | 425 | DYNAMIK SILESIA | M-20 | 24 | 00:00:24 | 00:12:41 | 00:35:40 | 01:00:21 | 01:25:05 | 01:49:24.30 | 01:49:48.75 | +00:34:15 (31.3%) | 5:11 | 11.6 (68.6%) |
| 236 | PISZCZ Marek | 390 | OPEL ACTIVE TEAM | M-40 | 89 | 00:00:17 | 00:12:47 | 00:36:10 | 01:00:52 | 01:26:01 | 01:49:25.70 | 01:49:43.00 | +00:34:16 (31.3%) | 5:11 | 11.6 (68.6%) |
| 237 | GRONDYS Andrzej | 152 | ZATYRANI GMINA PILCHOWICE | M-40 | 90 | 00:00:22 | 00:12:45 | 00:36:10 | 01:00:58 | 01:25:43 | 01:49:26.05 | 01:49:48.05 | +00:34:17 (31.3%) | 5:11 | 11.6 (68.6%) |
| 238 | WAWRZAK Ryszard | 504 | PACEMAKER | M-40 | 91 | 00:00:21 | 00:13:27 | 00:37:58 | 01:02:42 | 01:27:09 | 01:49:30.70 | 01:49:52.40 | +00:34:21 (31.4%) | 5:11 | 11.6 (68.6%) |
| 239 | GRZEGORCZYK Wojciech | 154 | #HUTATEAM | M-40 | 92 | 00:01:12 | 00:15:18 | 00:40:23 | 01:05:54 | 01:28:25 | 01:49:33.75 | 01:50:46.55 | +00:34:24 (31.4%) | 5:11 | 11.6 (68.6%) |
| 240 | BORYCZKA Szymon | 595 | | M-40 | 93 | 00:00:54 | 00:13:42 | 00:37:32 | 01:01:56 | 01:25:59 | 01:49:37.40 | 01:50:31.45 | +00:34:28 (31.4%) | 5:11 | 11.5 (68.0%) |
| 241 | STELMASZCZYK Konrad | 616 | | M-20 | 25 | 00:00:50 | 00:14:02 | 00:37:19 | 01:01:44 | 01:26:01 | 01:49:38.35 | 01:50:28.65 | +00:34:29 (31.5%) | 5:11 | 11.5 (68.0%) |
| 242 | SEMIK Jakub | 432 | | M-30 | 86 | 00:00:37 | 00:13:25 | 00:37:43 | 01:02:42 | 01:27:11 | 01:49:44.45 | 01:50:21.70 | +00:34:35 (31.5%) | 5:12 | 11.5 (68.0%) |
| 243 | MACHEJ Marius | 290 | | M-50 | 33 | 00:00:45 | 00:13:43 | 00:37:13 | 01:01:02 | 01:25:34 | 01:49:46.45 | 01:50:31.65 | +00:34:37 (31.5%) | 5:12 | 11.5 (68.0%) |
| 244 | KARWOT Piotr | 210 | TEAM REDYNA | M-30 | 87 | 00:00:30 | 00:13:20 | 00:37:52 | 01:02:37 | 01:27:01 | 01:49:57.50 | 01:50:27.75 | +00:34:48 (31.7%) | 5:12 | 11.5 (68.0%) |
| 245 | ROSADA Zdzisław | 594 | BIEGAJ Z KS SOŚNICA | M-60 | 7 | 00:00:26 | 00:13:27 | 00:37:55 | 01:02:34 | 01:26:56 | 01:50:14.45 | 01:50:40.90 | +00:35:05 (31.8%) | 5:13 | 11.5 (68.0%) |
| 246 | RYŚ Kamil | 421 | HUTATEAM | M-30 | 88 | 00:00:34 | 00:13:58 | 00:38:03 | 01:02:42 | 01:26:58 | 01:50:17.05 | 01:50:51.55 | +00:35:08 (31.9%) | 5:13 | 11.5 (68.0%) |
| 247 | RYZIŃSKI Wojciech | 423 | CLONMEL AC | M-40 | 94 | 00:00:36 | 00:13:50 | 00:38:29 | 01:03:47 | 01:27:51 | 01:50:17.75 | 01:50:54.40 | +00:35:08 (31.9%) | 5:13 | 11.5 (68.0%) |
| 248 | RYŚ Dariusz | 420 | HUTATEAM | M-40 | 95 | 00:00:24 | 00:13:13 | 00:37:30 | 01:02:47 | 01:27:38 | 01:50:19.00 | 01:50:43.70 | +00:35:10 (31.9%) | 5:13 | 11.5 (68.0%) |
| 249 | ANTOSZ Wojciech | 5 | | M-30 | 89 | 00:00:22 | 00:13:23 | 00:37:56 | 01:02:39 | 01:27:02 | 01:50:23.80 | 01:50:46.05 | +00:35:14 (31.9%) | 5:13 | 11.5 (68.0%) |
| 250 | ŁOZIŃSKI Jerzy | 288 | PARKRUN CHRZANÓW | M-40 | 96 | 00:00:25 | 00:12:51 | 00:36:06 | 01:00:45 | 01:26:24 | 01:50:42.90 | 01:51:08.70 | +00:35:33 (32.1%) | 5:14 | 11.4 (67.5%) |
| 251 | KŁYSZ Bartek | 231 | SEGIECKI NINJA | M-30 | 90 | 00:01:04 | 00:13:10 | 00:35:36 | 00:59:51 | 01:24:30 | 01:50:47.30 | 01:51:52.15 | +00:35:38 (32.2%) | 5:15 | 11.4 (67.5%) |
| 252 | GĘBCZYŃSKI Paweł | 128 | GO4IT | M-40 | 97 | 00:00:22 | 00:13:19 | 00:37:37 | 01:02:40 | 01:27:23 | 01:50:52.75 | 01:51:15.50 | +00:35:43 (32.2%) | 5:15 | 11.4 (67.5%) |
| 253 | PALKA Dominik | 377 | | M-40 | 98 | 00:01:01 | 00:14:23 | 00:38:57 | 01:03:26 | 01:27:46 | 01:50:54.00 | 01:51:55.60 | +00:35:45 (32.2%) | 5:15 | 11.4 (67.5%) |
| 254 | MUSIL Mike | 341 | ENDURANCE TEAM | M-50 | 34 | 00:00:22 | 00:13:24 | 00:37:43 | 01:02:43 | 01:27:16 | 01:51:03.30 | 01:51:25.75 | +00:35:54 (32.3%) | 5:15 | 11.4 (67.5%) |
| 255 | KOBIERSKI Szymon | 610 | EMPI | M-40 | 99 | 00:00:30 | 00:13:17 | 00:37:50 | 01:02:17 | 01:26:58 | 01:51:03.50 | 01:51:33.60 | +00:35:54 (32.3%) | 5:15 | 11.4 (67.5%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas | | | | | Czas netto | Czas brutto | Różn | Tempo min/km | Tempo km/h |
|-----|-----------------------------|------------|-----------------------------------------|-----------|------|----------|----------|----------|----------|----------|--------------------|--------------------|----------------------|--------------|-----------------|
| | | | | | | startu | 2.5km | 7.2km | 11.9km | 16.6km | 21.1km | 21.1km | | | |
| 256 | HRYNISZYN Mariusz | 170 | | M-30 | 91 | 00:00:36 | 00:14:26 | 00:38:39 | 01:03:38 | 01:28:15 | 01:51:07.95 | 01:51:44.90 | +00:35:59 (32.4%) | 5:15 | 11.4 (67.5%) |
| 257 | GAŁECZKA Michał | 120 | | M-30 | 92 | 00:00:31 | 00:13:37 | 00:38:28 | 01:03:39 | 01:28:37 | 01:51:10.85 | 01:51:42.15 | +00:36:01 (32.4%) | 5:16 | 11.4 (67.5%) |
| 258 | ZALESKI Arkadiusz | 533 | | M-50 | 35 | 00:00:29 | 00:13:00 | 00:37:01 | 01:01:56 | 01:26:49 | 01:51:11.05 | 01:51:40.55 | +00:36:02 (32.4%) | 5:16 | 11.4 (67.5%) |
| 259 | GROCHOT Arkadiusz | 150 | | M-20 | 26 | 00:00:24 | 00:12:29 | 00:35:32 | 01:00:26 | 01:26:11 | 01:51:13.80 | 01:51:37.85 | +00:36:04 (32.4%) | 5:16 | 11.4 (67.5%) |
| 260 | LUBICKI Wojciech | 283 | DBS | M-50 | 36 | 00:00:22 | 00:13:23 | 00:37:58 | 01:02:39 | 01:27:10 | 01:51:14.45 | 01:51:36.85 | +00:36:05 (32.4%) | 5:16 | 11.4 (67.5%) |
| 261 | ŻABICKI Mariusz | 550 | X-REHAB GLIWICKIE CENTRUM REHABILITACJI | M-40 | 100 | 00:00:23 | 00:12:58 | 00:36:59 | 01:01:53 | 01:26:59 | 01:51:15.70 | 01:51:39.05 | +00:36:06 (32.5%) | 5:16 | 11.4 (67.5%) |
| 262 | BELICA Daniel | 23 | | M-30 | 93 | 00:01:08 | 00:13:59 | 00:38:05 | 01:02:54 | 01:27:42 | 01:51:25.60 | 01:52:34.25 | +00:36:16 (32.6%) | 5:16 | 11.4 (67.5%) |
| 263 | GOMOLA Zbigniew | 140 | ŁAMIGNATY | M-50 | 37 | 00:00:28 | 00:14:07 | 00:39:18 | 01:04:50 | 01:29:41 | 01:51:28.35 | 01:51:56.70 | +00:36:19 (32.6%) | 5:16 | 11.4 (67.5%) |
| 264 | JOŃSKI Tomasz | 194 | | M-20 | 27 | 00:00:56 | 00:13:59 | 00:39:23 | 01:04:42 | 01:29:21 | 01:51:29.85 | 01:52:26.30 | +00:36:20 (32.6%) | 5:17 | 11.4 (67.5%) |
| 265 | SZKLARSKI Przemysław | 641 | LET'S WOD | M-40 | 101 | 00:00:19 | 00:12:46 | 00:37:15 | 01:02:24 | 01:27:01 | 01:51:30.30 | 01:51:49.80 | +00:36:21 (32.6%) | 5:17 | 11.4 (67.5%) |
| 266 | PANZ Krzysztof | 623 | | M-30 | 94 | 00:00:20 | 00:12:35 | 00:36:09 | 01:00:54 | 01:26:16 | 01:51:33.30 | 01:51:53.35 | +00:36:24 (32.6%) | 5:17 | 11.3 (66.9%) |
| 267 | BIAŁAS Krzysztof | 26 | ŁAMIGNATY | M-40 | 102 | 00:00:27 | 00:14:07 | 00:39:19 | 01:04:50 | 01:29:43 | 01:51:42.95 | 01:52:10.25 | +00:36:34 (32.7%) | 5:17 | 11.3 (66.9%) |
| 268 | LEWANDOWSKI Henryk | 281 | | M-40 | 103 | 00:00:38 | 00:13:06 | 00:37:45 | 01:02:29 | 01:27:10 | 01:51:57.30 | 01:52:35.45 | +00:36:48 (32.9%) | 5:18 | 11.3 (66.9%) |
| 269 | SULKOWSKI Arkadiusz | 559 | | M-40 | 104 | 00:01:08 | 00:14:19 | 00:37:31 | 01:02:07 | 01:27:22 | 01:51:59.00 | 01:53:07.00 | +00:36:50 (32.9%) | 5:18 | 11.3 (66.9%) |
| 270 | DOMAŃSKI Marcin | 96 | RUNNINGFISH74 | M-40 | 105 | 00:00:44 | 00:14:33 | 00:39:06 | 01:04:17 | 01:28:53 | 01:52:02.60 | 01:52:47.25 | +00:36:53 (32.9%) | 5:18 | 11.3 (66.9%) |
| 271 | KUTRZYK Przemysław | 267 | | M-40 | 106 | 00:00:35 | 00:13:35 | 00:38:16 | 01:03:25 | 01:28:25 | 01:52:09.30 | 01:52:45.25 | +00:37:00 (33.0%) | 5:18 | 11.3 (66.9%) |
| 272 | RYSZCZYK Adam | 419 | RUN2BFREE | M-40 | 107 | 00:00:50 | 00:14:20 | 00:38:19 | 01:03:30 | 01:28:13 | 01:52:13.45 | 01:53:03.90 | +00:37:04 (33.0%) | 5:19 | 11.3 (66.9%) |
| 273 | GRZELCZAK Sławek | 156 | | M-40 | 108 | 00:00:11 | 00:11:54 | 00:34:00 | 00:58:58 | 01:27:08 | 01:52:13.75 | 01:52:24.95 | +00:37:04 (33.0%) | 5:19 | 11.3 (66.9%) |
| 274 | KASZUBSKI Andrzej | 216 | | M-40 | 109 | 00:00:22 | 00:13:26 | 00:37:40 | 01:02:13 | 01:27:00 | 01:52:14.05 | 01:52:36.85 | +00:37:05 (33.0%) | 5:19 | 11.3 (66.9%) |
| 275 | SMUDA Andrzej | 451 | AKMB PĘDZIWIATR GLIWICE | M-40 | 110 | 00:00:53 | 00:14:09 | 00:38:54 | 01:03:35 | 01:28:07 | 01:52:17.15 | 01:53:10.50 | +00:37:08 (33.1%) | 5:19 | 11.3 (66.9%) |
| 276 | BURY Andrzej | 61 | TEAM BLACHOWNIA | M-60 | 8 | 00:00:30 | 00:13:15 | 00:37:49 | 01:02:37 | 01:27:56 | 01:52:21.25 | 01:52:51.65 | +00:37:12 (33.1%) | 5:19 | 11.3 (66.9%) |
| 277 | MICHALAK Grzegorz | 324 | TOTALNY AMATOR | M-40 | 111 | 00:00:33 | 00:13:32 | 00:37:52 | 01:02:59 | 01:28:15 | 01:52:26.65 | 01:52:59.80 | +00:37:17 (33.2%) | 5:19 | 11.3 (66.9%) |
| 278 | KLUBA Łukasz | 230 | NGB KŁOBUCK | M-30 | 95 | 00:00:31 | 00:13:22 | 00:37:49 | 01:02:34 | 01:27:59 | 01:52:41.20 | 01:53:13.15 | +00:37:32 (33.3%) | 5:20 | 11.2 (66.3%) |
| 279 | SPIECHOWICZ Andrzej | 457 | KMP ZABRZE | M-30 | 96 | 00:00:30 | 00:12:37 | 00:35:33 | 01:01:08 | 01:27:36 | 01:52:54.85 | 01:53:25.45 | +00:37:45 (33.4%) | 5:21 | 11.2 (66.3%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas | | | | | Czas netto 21.1km | Czas brutto 21.1km | Różn | Tempo min/km | Tempo km/h |
|-----|----------------------------|------------|---------------------|-----------|------|----------|----------|----------|----------|----------|----------------------|-----------------------|----------------------|-----------------|-----------------|
| | | | | | | startu | 2.5km | 7.2km | 11.9km | 16.6km | | | | | |
| 280 | KOCUR Robert | 232 | | M-50 | 38 | 00:00:38 | 00:13:42 | 00:38:17 | 01:03:49 | 01:29:42 | 01:53:00.10 | 01:53:38.15 | +00:37:51 (33.5%) | 5:21 | 11.2 (66.3%) |
| 281 | BRZOZOWSKI Jan | 51 | NIE ZRZESZONY | M-60 | 9 | 00:00:24 | 00:13:22 | 00:37:49 | 01:02:50 | 01:28:33 | 01:53:13.90 | 01:53:38.85 | +00:38:04 (33.6%) | 5:21 | 11.2 (66.3%) |
| 282 | CIUMAN Piotr | 78 | PHD RUNNERS | M-30 | 97 | 00:00:41 | 00:13:22 | 00:37:38 | 01:02:19 | 01:27:54 | 01:53:14.60 | 01:53:56.05 | +00:38:05 (33.6%) | 5:21 | 11.2 (66.3%) |
| 283 | KONIORCZYK Maciej | 237 | | M-30 | 98 | 00:00:44 | 00:14:14 | 00:39:22 | 01:04:27 | 01:29:09 | 01:53:15.30 | 01:53:59.45 | +00:38:06 (33.6%) | 5:22 | 11.2 (66.3%) |
| 284 | BUCHAL Grzegorz | 52 | TRIDIVISION | M-50 | 39 | 00:00:26 | 00:14:04 | 00:39:23 | 01:04:59 | 01:30:01 | 01:53:23.55 | 01:53:49.65 | +00:38:14 (33.7%) | 5:22 | 11.2 (66.3%) |
| 285 | NOWAKOWSKI Dominik | 359 | | M-20 | 28 | 00:00:39 | 00:13:00 | 00:36:26 | 01:02:21 | 01:28:58 | 01:53:24.40 | 01:54:03.55 | +00:38:15 (33.7%) | 5:22 | 11.2 (66.3%) |
| 286 | GOŁKOWSKI Radosław | 139 | | M-30 | 99 | 00:00:17 | 00:12:52 | 00:37:28 | 01:02:55 | 01:29:03 | 01:53:33.05 | 01:53:50.05 | +00:38:24 (33.8%) | 5:22 | 11.1 (65.7%) |
| 287 | CISZEWSKI Krzysztof | 77 | | M-30 | 100 | 00:00:30 | 00:13:20 | 00:38:03 | 01:03:35 | 01:29:20 | 01:53:36.65 | 01:54:07.40 | +00:38:27 (33.9%) | 5:23 | 11.1 (65.7%) |
| 288 | PRENZENA Paweł | 398 | | M-30 | 101 | 00:00:19 | 00:12:35 | 00:35:58 | 01:01:56 | 01:27:51 | 01:53:46.85 | 01:54:06.00 | +00:38:37 (34.0%) | 5:23 | 11.1 (65.7%) |
| 289 | HOLECZEK Marcin | 168 | BORN TU BI LOTAC | M-40 | 112 | 00:00:42 | 00:14:09 | 00:40:00 | 01:05:28 | 01:30:28 | 01:53:48.45 | 01:54:31.20 | +00:38:39 (34.0%) | 5:23 | 11.1 (65.7%) |
| 290 | STALICA Wojciech | 569 | | M-50 | 40 | 00:00:38 | 00:13:47 | 00:38:41 | 01:04:21 | 01:29:34 | 01:53:55.00 | 01:54:33.35 | +00:38:46 (34.0%) | 5:23 | 11.1 (65.7%) |
| 291 | ZASIEK Amadeusz | 538 | | M-30 | 102 | 00:00:33 | 00:14:34 | 00:41:04 | 01:07:04 | 01:32:10 | 01:54:28.40 | 01:55:01.85 | +00:39:19 (34.4%) | 5:25 | 11.1 (65.7%) |
| 292 | KOPRUCKI Łukasz | 239 | | M-30 | 103 | 00:00:52 | 00:15:06 | 00:42:02 | 01:08:36 | 01:33:27 | 01:54:34.50 | 01:55:27.20 | +00:39:25 (34.4%) | 5:25 | 11.1 (65.7%) |
| 293 | SEKIENDA Grzegorz | 431 | | M-40 | 113 | 00:00:46 | 00:13:03 | 00:37:31 | 01:02:19 | 01:27:31 | 01:54:34.60 | 01:55:20.90 | +00:39:25 (34.4%) | 5:25 | 11.1 (65.7%) |
| 294 | MIKOS Wojciech | 331 | | M-20 | 29 | 00:00:16 | 00:12:41 | 00:37:46 | 01:04:09 | 01:31:05 | 01:54:36.10 | 01:54:52.60 | +00:39:27 (34.4%) | 5:25 | 11 (65.1%) |
| 295 | WÓJCIK Tomasz | 563 | FDG SA | M-30 | 104 | 00:00:00 | 01:05:34 | 01:30:37 | | | 01:54:37.60 | 01:54:37.60 | +00:39:28 (34.4%) | 5:25 | 11 (65.1%) |
| 296 | SKOTNICKI Paweł | 447 | | M-30 | 105 | 00:00:17 | 00:12:24 | 00:35:15 | 01:00:31 | 01:27:03 | 01:54:44.70 | 01:55:02.45 | +00:39:35 (34.5%) | 5:26 | 11 (65.1%) |
| 297 | SKOP Michał | 637 | | M-50 | 41 | 00:01:15 | 00:14:54 | 00:38:39 | 01:03:08 | 01:28:04 | 01:54:45.45 | 01:56:00.55 | +00:39:36 (34.5%) | 5:26 | 11 (65.1%) |
| 298 | MAJOR Stefan | 301 | | M-60 | 10 | 00:00:47 | 00:14:28 | 00:39:03 | 01:04:41 | 01:30:41 | 01:54:50.65 | 01:55:38.60 | +00:39:41 (34.6%) | 5:26 | 11 (65.1%) |
| 299 | CADER Wojciech | 63 | LATAJĄCY KLIMZOWIEC | M-50 | 42 | 00:00:47 | 00:14:23 | 00:39:19 | 01:04:51 | 01:30:44 | 01:54:57.40 | 01:55:44.95 | +00:39:48 (34.6%) | 5:26 | 11 (65.1%) |
| 300 | SZCZABEL Krystian | 472 | | M-30 | 106 | 00:00:12 | 00:11:53 | 00:36:09 | 01:02:05 | 01:27:14 | 01:55:00.20 | 01:55:13.15 | +00:39:51 (34.7%) | 5:27 | 11 (65.1%) |
| 301 | GARBACZ Damian | 122 | | M-30 | 107 | 00:00:30 | 00:13:20 | 00:37:52 | 01:03:36 | 01:29:36 | 01:55:01.60 | 01:55:31.80 | +00:39:52 (34.7%) | 5:27 | 11 (65.1%) |
| 302 | JURASZCZYK Jan | 197 | #HUTATEAM | M-30 | 108 | 00:01:11 | 00:15:18 | 00:40:24 | 01:05:57 | 01:32:12 | 01:55:05.70 | 01:56:17.55 | +00:39:56 (34.7%) | 5:27 | 11 (65.1%) |
| 303 | MICHALSKI Marek | 326 | | M-40 | 114 | 00:00:18 | 00:13:14 | 00:38:14 | 01:03:46 | 01:30:39 | 01:55:10.40 | 01:55:29.15 | +00:40:01 (34.8%) | 5:27 | 11 (65.1%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas | | | | | Czas netto 21.1km | Czas brutto 21.1km | Różn | Tempo min/km | Tempo km/h |
|-----|-----------------------------|------------|-------------------------|-----------|------|----------|----------|----------|----------|----------|----------------------|-----------------------|----------------------|-----------------|-----------------|
| | | | | | | startu | 2.5km | 7.2km | 11.9km | 16.6km | | | | | |
| 304 | KASPRZAK Michał | 213 | | M-20 | 30 | 00:00:16 | 00:12:42 | 00:37:47 | 01:04:09 | 01:31:06 | 01:55:18.75 | 01:55:35.15 | +00:40:09 (34.8%) | 5:27 | 11 (65.1%) |
| 305 | KORDYŚ Adam | 240 | KLUB BIEGOWY SZUSZARNIA | M-30 | 109 | 00:00:12 | 00:14:08 | 00:39:29 | 01:05:21 | 01:31:16 | 01:55:25.55 | 01:55:37.95 | +00:40:16 (34.9%) | 5:28 | 11 (65.1%) |
| 306 | OZDARSKI Krzysztof | 371 | OPEL ACTIVE TEAM | M-50 | 43 | 00:00:12 | 00:14:07 | 00:39:29 | 01:05:21 | 01:31:15 | 01:55:25.95 | 01:55:38.00 | +00:40:17 (34.9%) | 5:28 | 11 (65.1%) |
| 307 | JAWORSKI Jakub | 191 | | M-20 | 31 | 00:00:31 | 00:14:05 | 00:39:13 | 01:04:43 | 01:30:33 | 01:55:34.10 | 01:56:05.75 | +00:40:25 (35.0%) | 5:28 | 11 (65.1%) |
| 308 | BELUCH Witold | 24 | | M-50 | 44 | 00:00:43 | 00:14:09 | 00:39:09 | 01:04:53 | 01:30:54 | 01:55:36.20 | 01:56:20.05 | +00:40:27 (35.0%) | 5:28 | 11 (65.1%) |
| 309 | PIKOŃ Krzysztof | 644 | JAISALMER | M-50 | 45 | 00:00:21 | 00:12:39 | 00:36:42 | 01:02:39 | 01:29:14 | 01:55:37.50 | 01:55:58.70 | +00:40:28 (35.0%) | 5:28 | 10.9 (64.5%) |
| 310 | WOLIŃSKI Piotr | 520 | JSB | M-40 | 115 | 00:00:32 | 00:13:50 | 00:38:49 | 01:04:30 | 01:30:52 | 01:55:50.65 | 01:56:23.25 | +00:40:41 (35.1%) | 5:29 | 10.9 (64.5%) |
| 311 | BEDNARZ Krzysztof | 22 | | M-30 | 110 | 00:00:19 | 00:12:35 | 00:36:05 | 01:01:47 | 01:28:18 | 01:55:52.00 | 01:56:11.45 | +00:40:43 (35.1%) | 5:29 | 10.9 (64.5%) |
| 312 | SNACHOWSKI Kamil | 452 | NEXTEER RUNNERS GLIWICE | M-30 | 111 | 00:01:18 | 00:15:05 | 00:39:29 | 01:04:03 | 01:30:18 | 01:55:54.45 | 01:57:12.85 | +00:40:45 (35.2%) | 5:29 | 10.9 (64.5%) |
| 313 | RYBACKI Marcin | 617 | | M-30 | 112 | 00:01:16 | 00:15:06 | 00:39:30 | 01:04:04 | 01:30:18 | 01:55:55.60 | 01:57:12.50 | +00:40:46 (35.2%) | 5:29 | 10.9 (64.5%) |
| 314 | MRZYGLÓD Robert | 339 | | M-30 | 113 | 00:00:39 | 00:13:40 | 00:38:47 | 01:04:34 | 01:30:58 | 01:55:56.00 | 01:56:35.10 | +00:40:47 (35.2%) | 5:29 | 10.9 (64.5%) |
| 315 | KOC Daniel | 560 | | M-20 | 32 | 00:00:49 | 00:14:46 | 00:39:55 | 01:05:34 | 01:31:53 | 01:55:58.65 | 01:56:48.00 | +00:40:49 (35.2%) | 5:29 | 10.9 (64.5%) |
| 316 | FAŁEK Krzysztof | 106 | ŁAMIGNATY | M-40 | 116 | 00:00:27 | 00:14:08 | 00:39:19 | 01:04:51 | 01:30:49 | 01:56:00.95 | 01:56:28.30 | +00:40:52 (35.2%) | 5:29 | 10.9 (64.5%) |
| 317 | KWAPIEŃ Aleksander | 598 | | M-30 | 114 | 00:00:54 | 00:15:06 | 00:41:16 | 01:07:01 | 01:32:38 | 01:56:01.00 | 01:56:55.15 | +00:40:52 (35.2%) | 5:29 | 10.9 (64.5%) |
| 318 | MICHAŁOWSKI Rafał | 626 | | M-30 | 115 | 00:00:38 | 00:14:20 | 00:39:42 | 01:05:23 | 01:31:01 | 01:56:02.00 | 01:56:40.35 | +00:40:53 (35.2%) | 5:29 | 10.9 (64.5%) |
| 319 | KRZYWICKI Jan | 260 | | M-60 | 11 | 00:00:34 | 00:14:08 | 00:39:23 | 01:05:33 | 01:31:38 | 01:56:11.60 | 01:56:46.30 | +00:41:02 (35.3%) | 5:30 | 10.9 (64.5%) |
| 320 | SIEKIERKA Janusz | 435 | | M-40 | 117 | 00:00:45 | 00:14:18 | 00:39:52 | 01:06:18 | 01:32:21 | 01:56:14.00 | 01:56:59.75 | +00:41:05 (35.3%) | 5:30 | 10.9 (64.5%) |
| 321 | GÓRECKI Ryszard | 558 | NIEZRZESZONY | M-50 | 46 | 00:00:53 | 00:14:28 | 00:39:35 | 01:05:59 | 01:31:17 | 01:56:23.05 | 01:57:16.45 | +00:41:14 (35.4%) | 5:30 | 10.9 (64.5%) |
| 322 | GÓRECKI Janusz | 144 | | M-50 | 47 | 00:00:55 | 00:14:02 | 00:39:06 | 01:04:48 | 01:30:49 | 01:56:24.70 | 01:57:19.70 | +00:41:15 (35.4%) | 5:30 | 10.9 (64.5%) |
| 323 | GAWEŁ Krzysztof | 125 | | M-50 | 48 | 00:00:00 | 01:05:12 | | | | 01:56:30.00 | 01:56:30.00 | +00:41:21 (35.5%) | 5:31 | 10.9 (64.5%) |
| 323 | ŁAZARZ Grzegorz | 622 | | M-40 | 118 | 00:00:28 | 00:13:42 | 00:39:18 | 01:05:47 | 01:32:07 | 01:56:30.00 | 01:56:58.70 | +00:41:21 (35.5%) | 5:31 | 10.9 (64.5%) |
| 325 | GAJEWSKI Jacek | 117 | KURCZAK I AGATKA | M-50 | 49 | 00:00:38 | 00:14:03 | 00:39:21 | 01:05:39 | 01:31:49 | 01:56:31.70 | 01:57:09.75 | +00:41:22 (35.5%) | 5:31 | 10.9 (64.5%) |
| 326 | ZBYTNIIEWSKI Paweł | 541 | MORSY | M-40 | 119 | 00:00:52 | 00:14:28 | 00:39:03 | 01:04:52 | 01:31:14 | 01:56:35.35 | 01:57:28.25 | +00:41:26 (35.5%) | 5:31 | 10.9 (64.5%) |
| 327 | RZESZOWSKI Arkadiusz | 424 | | M-40 | 120 | 00:00:37 | 00:14:35 | 00:40:20 | 01:06:55 | 01:32:33 | 01:56:40.25 | 01:57:17.55 | +00:41:31 (35.6%) | 5:31 | 10.9 (64.5%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas | | | | | Czas netto 21.1km | Czas brutto 21.1km | Różn | Tempo min/km | Tempo km/h |
|-----|--------------------------|------------|--------------------|-----------|------|----------|----------|----------|----------|----------|----------------------|-----------------------|----------------------|-----------------|-----------------|
| | | | | | | startu | 2.5km | 7.2km | 11.9km | 16.6km | | | | | |
| 328 | TYROL Tomasz | 491 | | M-40 | 121 | 00:00:42 | 00:14:47 | 00:40:18 | 01:05:28 | 01:30:42 | 01:56:41.35 | 01:57:23.55 | +00:41:32 (35.6%) | 5:31 | 10.8 (63.9%) |
| 329 | KOSIŃSKI Marcin | 596 | | M-30 | 116 | 00:00:31 | 00:13:08 | 00:37:45 | 01:04:19 | 01:31:25 | 01:56:45.90 | 01:57:17.25 | +00:41:36 (35.6%) | 5:31 | 10.8 (63.9%) |
| 330 | IGNACZAK Robert | 173 | | M-40 | 122 | 00:00:41 | 00:14:19 | 00:40:00 | 01:06:56 | 01:32:57 | 01:56:48.95 | 01:57:30.75 | +00:41:40 (35.7%) | 5:32 | 10.8 (63.9%) |
| 331 | PIĘTA Krzysztof | 385 | BIEG BIELAWA | M-60 | 12 | 00:00:35 | 00:13:32 | 00:38:10 | 01:04:18 | 01:30:46 | 01:56:54.50 | 01:57:29.60 | +00:41:45 (35.7%) | 5:32 | 10.8 (63.9%) |
| 332 | SOBIECH Sebastian | 608 | | M-20 | 33 | 00:00:40 | 00:14:53 | 00:41:14 | 01:07:50 | 01:33:22 | 01:57:06.70 | 01:57:47.20 | +00:41:57 (35.8%) | 5:32 | 10.8 (63.9%) |
| 333 | BAJKACZ Tomasz | 8 | | M-20 | 34 | 00:00:28 | 00:14:32 | 00:40:51 | 01:07:19 | 01:33:16 | 01:57:19.15 | 01:57:47.85 | +00:42:10 (35.9%) | 5:33 | 10.8 (63.9%) |
| 334 | DROZD Krystian | 584 | | M-40 | 123 | 00:00:44 | 00:14:25 | 00:39:56 | 01:06:32 | 01:32:37 | 01:57:32.30 | 01:58:16.60 | +00:42:23 (36.1%) | 5:34 | 10.8 (63.9%) |
| 335 | ZWIERZYŃSKI Piotr | 547 | UNATCO | M-50 | 50 | 00:00:46 | 00:14:51 | 00:40:59 | 01:07:22 | 01:34:26 | 01:57:43.70 | 01:58:30.35 | +00:42:34 (36.2%) | 5:34 | 10.8 (63.9%) |
| 336 | KWAPIEŃ Paweł | 588 | | M-40 | 124 | 00:00:53 | 00:15:06 | 00:41:16 | 01:07:01 | 01:32:42 | 01:57:45.70 | 01:58:39.45 | +00:42:36 (36.2%) | 5:34 | 10.8 (63.9%) |
| 337 | TEICHMANN Norbert | 483 | | M-60 | 13 | 00:00:58 | 00:14:59 | 00:40:58 | 01:08:24 | 01:34:39 | 01:57:55.80 | 01:58:54.05 | +00:42:46 (36.3%) | 5:35 | 10.7 (63.3%) |
| 338 | BAJKACZ Krzysztof | 9 | | M-30 | 117 | 00:00:28 | 00:14:31 | 00:40:50 | 01:07:18 | 01:33:14 | 01:58:11.40 | 01:58:40.25 | +00:43:02 (36.4%) | 5:36 | 10.7 (63.3%) |
| 339 | ORLIK Jerzy | 368 | | M-60 | 14 | 00:00:52 | 00:14:17 | 00:39:51 | 01:06:22 | 01:32:45 | 01:58:12.70 | 01:59:05.55 | +00:43:03 (36.4%) | 5:36 | 10.7 (63.3%) |
| 340 | KRAJEWSKI Michał | 252 | | M-40 | 125 | 00:00:37 | 00:14:57 | 00:42:10 | 01:08:56 | 01:34:41 | 01:58:15.60 | 01:58:52.85 | +00:43:06 (36.5%) | 5:36 | 10.7 (63.3%) |
| 341 | PATEROK Marcin | 634 | | M-40 | 126 | 00:01:04 | 00:14:56 | 00:39:53 | 01:06:55 | 01:34:02 | 01:58:20.45 | 01:59:25.10 | +00:43:11 (36.5%) | 5:36 | 10.7 (63.3%) |
| 342 | KISIEL Tomasz | 226 | | M-50 | 51 | 00:00:31 | 00:14:14 | 00:39:51 | 01:06:33 | 01:33:09 | 01:58:23.90 | 01:58:55.40 | +00:43:14 (36.5%) | 5:36 | 10.7 (63.3%) |
| 343 | PODSTUFKA Szymon | 393 | | M-20 | 35 | 00:00:21 | 00:14:42 | 00:41:00 | 01:07:42 | 01:33:56 | 01:58:32.05 | 01:58:53.95 | +00:43:23 (36.6%) | 5:37 | 10.7 (63.3%) |
| 344 | CZERNEK Marek | 87 | BIEGAJ Z TRENERAMI | M-40 | 127 | 00:00:32 | 00:14:11 | 00:39:54 | 01:06:42 | 01:33:06 | 01:58:32.95 | 01:59:05.55 | +00:43:24 (36.6%) | 5:37 | 10.7 (63.3%) |
| 345 | MAGNER Bartłomiej | 298 | BB | M-40 | 128 | 00:01:05 | 00:14:56 | 00:39:54 | 01:06:55 | 01:34:03 | 01:58:33.05 | 01:59:38.15 | +00:43:24 (36.6%) | 5:37 | 10.7 (63.3%) |
| 346 | SMARUJ Piotr | 450 | | M-30 | 118 | 00:01:10 | 00:14:59 | 00:40:37 | 01:07:08 | 01:33:43 | 01:58:36.75 | 01:59:47.65 | +00:43:27 (36.6%) | 5:37 | 10.7 (63.3%) |
| 347 | OSIŃSKI Paweł | 370 | BIEGAJ Z TRENERAMI | M-40 | 129 | 00:00:52 | 00:14:12 | 00:40:17 | 01:07:29 | 01:33:34 | 01:58:50.70 | 01:59:43.30 | +00:43:41 (36.8%) | 5:37 | 10.7 (63.3%) |
| 348 | MIKUŁA Leszek | 333 | | M-40 | 130 | 00:00:30 | 00:13:44 | 00:38:50 | 01:05:23 | 01:32:15 | 01:59:02.60 | 01:59:32.70 | +00:43:53 (36.9%) | 5:38 | 10.6 (62.7%) |
| 349 | KUBICA Gerard | 607 | | M-50 | 52 | 00:00:40 | 00:13:00 | 00:37:50 | 01:03:54 | 01:31:28 | 01:59:06.95 | 01:59:47.00 | +00:43:58 (36.9%) | 5:38 | 10.6 (62.7%) |
| 350 | PIKUL Przemysław | 67 | | M-30 | 119 | 00:00:54 | 00:14:40 | 00:41:34 | 01:07:56 | 01:34:06 | 01:59:07.00 | 02:00:01.75 | +00:43:58 (36.9%) | 5:38 | 10.6 (62.7%) |
| 351 | KOCUR Aleksander | 233 | | M-40 | 131 | 00:01:31 | 00:14:22 | 00:40:17 | 01:06:05 | 01:32:52 | 01:59:09.30 | 02:00:40.85 | +00:44:00 (36.9%) | 5:38 | 10.6 (62.7%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas | | | | | Czas netto 21.1km | Czas brutto 21.1km | Różn | Tempo min/km | Tempo km/h |
|-----|-----------------------------|------------|----------------------------------|-----------|------|----------|----------|----------|----------|----------|----------------------|-----------------------|----------------------|-----------------|-----------------|
| | | | | | | startu | 2.5km | 7.2km | 11.9km | 16.6km | | | | | |
| 352 | WÓJCIK Rafał | 523 | | M-40 | 132 | 00:00:38 | 00:14:30 | 00:40:45 | 01:07:39 | 01:34:16 | 01:59:12.60 | 01:59:51.15 | +00:44:03 (37.0%) | 5:38 | 10.6 (62.7%) |
| 353 | MADEJSKI Sebastian | 296 | BORN TU BI LOTAC | M-40 | 133 | 00:00:42 | 00:14:50 | 00:41:38 | 01:08:24 | 01:34:39 | 01:59:21.10 | 02:00:03.60 | +00:44:12 (37.0%) | 5:39 | 10.6 (62.7%) |
| 354 | POKRYSZKA Bartosz | 395 | | M-30 | 120 | 00:00:27 | 00:13:21 | 00:38:22 | 01:04:26 | 01:31:23 | 01:59:31.45 | 01:59:59.40 | +00:44:22 (37.1%) | 5:39 | 10.6 (62.7%) |
| 355 | SIKORA Michał | 438 | | M-40 | 134 | 00:00:55 | 00:14:30 | 00:40:54 | 01:07:49 | 01:34:17 | 01:59:34.45 | 02:00:30.35 | +00:44:25 (37.2%) | 5:40 | 10.6 (62.7%) |
| 356 | KIERA Szymon | 224 | TS RUNNERS | M-40 | 135 | 00:00:40 | 00:14:30 | 00:40:09 | 01:06:53 | 01:33:41 | 01:59:40.95 | 02:00:21.25 | +00:44:32 (37.2%) | 5:40 | 10.6 (62.7%) |
| 357 | KAIM Rafał | 199 | | M-20 | 36 | 00:01:12 | 00:15:15 | 00:41:23 | 01:08:13 | 01:35:05 | 01:59:43.15 | 02:00:56.10 | +00:44:34 (37.2%) | 5:40 | 10.6 (62.7%) |
| 358 | BASZUN Michał | 15 | | M-40 | 136 | 00:00:47 | 00:14:46 | 00:41:57 | 01:08:45 | 01:35:28 | 01:59:49.95 | 02:00:37.30 | +00:44:41 (37.3%) | 5:40 | 10.6 (62.7%) |
| 359 | WIEKIERA Adam | 624 | | M-30 | 121 | 00:00:25 | 00:14:54 | 00:41:29 | 01:08:02 | 01:34:44 | 01:59:51.90 | 02:00:17.60 | +00:44:42 (37.3%) | 5:40 | 10.6 (62.7%) |
| 360 | JARUGA Damian | 185 | | M-30 | 122 | 00:00:33 | 00:14:01 | 00:39:43 | 01:07:19 | 01:33:57 | 01:59:54.25 | 02:00:27.40 | +00:44:45 (37.3%) | 5:40 | 10.6 (62.7%) |
| 361 | JABŁOŃSKI Łukasz | 176 | | M-30 | 123 | 00:00:37 | 00:14:02 | 00:40:03 | 01:07:08 | 01:34:22 | 01:59:58.40 | 02:00:35.60 | +00:44:49 (37.4%) | 5:41 | 10.6 (62.7%) |
| 362 | GRZYWACZ Sebastian | 161 | | M-40 | 137 | 00:00:43 | 00:14:53 | 00:41:15 | 01:08:04 | 01:34:31 | 02:00:05.30 | 02:00:48.55 | +00:44:56 (37.4%) | 5:41 | 10.5 (62.1%) |
| 363 | AKSAMIT Witold | 3 | BLEES | M-30 | 124 | 00:00:43 | 00:14:18 | 00:40:45 | 01:07:44 | 01:34:27 | 02:00:07.40 | 02:00:51.15 | +00:44:58 (37.4%) | 5:41 | 10.5 (62.1%) |
| 364 | MATULICZ Damian | 316 | | M-40 | 138 | 00:00:41 | 00:14:34 | 00:40:45 | 01:07:33 | 01:34:27 | 02:00:09.45 | 02:00:50.55 | +00:45:00 (37.5%) | 5:41 | 10.5 (62.1%) |
| 365 | MARKOWSKI Kamil | 312 | | M-40 | 139 | 00:00:34 | 00:14:57 | 00:42:11 | 01:08:57 | 01:35:41 | 02:00:23.65 | 02:00:58.45 | +00:45:14 (37.6%) | 5:42 | 10.5 (62.1%) |
| 366 | MIKULA Wojciech | 332 | | M-30 | 125 | 00:00:15 | 00:13:54 | 00:39:56 | 01:07:16 | 01:35:02 | 02:00:23.80 | 02:00:39.35 | +00:45:14 (37.6%) | 5:42 | 10.5 (62.1%) |
| 367 | LAUBACH Anna | 276 | RAAN | M-30 | 126 | 00:01:02 | 00:15:54 | 00:43:29 | 01:10:53 | 01:36:43 | 02:00:26.95 | 02:01:29.35 | +00:45:18 (37.6%) | 5:42 | 10.5 (62.1%) |
| 368 | LAUBACH Radosław | 277 | RAAN | M-30 | 127 | 00:01:02 | 00:15:54 | 00:43:29 | 01:10:54 | 01:36:44 | 02:00:27.15 | 02:01:29.35 | +00:45:18 (37.6%) | 5:42 | 10.5 (62.1%) |
| 369 | KĄLAMARZ Mariusz | 201 | | M-40 | 140 | 00:01:07 | 00:14:35 | 00:40:29 | 01:06:34 | 01:33:40 | 02:00:43.15 | 02:01:50.40 | +00:45:34 (37.7%) | 5:43 | 10.5 (62.1%) |
| 370 | KREMPA Sławomir | 254 | | M-30 | 128 | 00:00:34 | 00:14:14 | 00:40:00 | 01:06:22 | 01:33:51 | 02:00:46.40 | 02:01:20.45 | +00:45:37 (37.8%) | 5:43 | 10.5 (62.1%) |
| 371 | MATYSZCZAK Krzysztof | 604 | TEAM WĄSACZA | M-20 | 37 | 00:00:32 | 00:13:17 | 00:37:49 | 01:03:59 | 01:32:30 | 02:00:52.90 | 02:01:25.50 | +00:45:43 (37.8%) | 5:43 | 10.5 (62.1%) |
| 372 | MALCZYK Radosław | 302 | | M-30 | 129 | 00:01:07 | 00:14:47 | 00:39:41 | 01:06:42 | 01:34:53 | 02:01:21.00 | 02:02:28.30 | +00:46:12 (38.1%) | 5:45 | 10.4 (61.5%) |
| 373 | STRZODKA Adam | 471 | | M-30 | 130 | 00:00:50 | 00:15:23 | 00:42:13 | 01:09:05 | 01:36:01 | 02:01:22.30 | 02:02:12.40 | +00:46:13 (38.1%) | 5:45 | 10.4 (61.5%) |
| 374 | GLIŃSKI Michał | 135 | | M-30 | 131 | 00:00:50 | 00:15:22 | 00:42:13 | 01:09:03 | 01:36:01 | 02:01:32.55 | 02:02:23.50 | +00:46:23 (38.2%) | 5:45 | 10.4 (61.5%) |
| 375 | CZAJKA Edward | 81 | SREBRNI BIEGACZE TARNOWSKIE GÓRY | M-50 | 53 | 00:01:05 | 00:15:37 | 00:42:07 | 01:10:04 | 01:37:25 | 02:01:43.50 | 02:02:49.05 | +00:46:34 (38.3%) | 5:46 | 10.4 (61.5%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas | | | | | Czas netto | Czas brutto | Różn | Tempo min/km | Tempo km/h |
|-----|---------------------------|------------|----------------------------------|-----------|------|----------|----------|----------|----------|----------|--------------------|--------------------|----------------------|--------------|-----------------|
| | | | | | | startu | 2.5km | 7.2km | 11.9km | 16.6km | 21.1km | 21.1km | | | |
| 376 | KOPPEL Bartłomiej | 238 | | M-30 | 132 | 00:00:54 | 00:15:01 | 00:41:51 | 01:08:39 | 01:35:24 | 02:01:53.65 | 02:02:48.05 | +00:46:44 (38.3%) | 5:46 | 10.4 (61.5%) |
| 377 | TLON Marcin | 597 | | M-20 | 38 | 00:00:54 | 00:16:38 | 00:45:34 | 01:14:29 | 01:40:49 | 02:02:12.10 | 02:03:06.95 | +00:47:03 (38.5%) | 5:47 | 10.4 (61.5%) |
| 378 | STAŃCO Jakub | 614 | | M-20 | 39 | 00:00:51 | 00:15:30 | 00:42:19 | 01:08:59 | 01:35:53 | 02:02:32.30 | 02:03:23.65 | +00:47:23 (38.7%) | 5:48 | 10.3 (60.9%) |
| 379 | TROCHIMCZYK Marcin | 489 | | M-30 | 133 | 00:00:41 | 00:14:32 | 00:41:05 | 01:08:23 | 01:35:39 | 02:02:32.40 | 02:03:14.10 | +00:47:23 (38.7%) | 5:48 | 10.3 (60.9%) |
| 380 | ZARZYCKI Robert | 537 | | M-30 | 134 | 00:00:47 | 00:12:46 | 00:36:35 | 01:02:23 | 01:32:00 | 02:02:37.80 | 02:03:25.05 | +00:47:28 (38.7%) | 5:48 | 10.3 (60.9%) |
| 381 | GAPIŃSKI Robert | 121 | | M-20 | 40 | 00:00:38 | 00:14:44 | 00:41:29 | 01:08:58 | 01:36:25 | 02:02:48.60 | 02:03:27.55 | +00:47:39 (38.8%) | 5:49 | 10.3 (60.9%) |
| 382 | SZYMURA Jacek | 590 | | M-40 | 141 | 00:00:44 | 00:14:28 | 00:40:23 | 01:08:09 | 01:36:14 | 02:03:16.85 | 02:04:01.50 | +00:48:07 (39.0%) | 5:50 | 10.3 (60.9%) |
| 383 | PIETRZAK Marcin | 383 | | M-40 | 142 | 00:00:36 | 00:14:56 | 00:42:09 | 01:08:56 | 01:35:40 | 02:03:21.50 | 02:03:58.35 | +00:48:12 (39.1%) | 5:50 | 10.3 (60.9%) |
| 384 | GRZYBOWSKI Damian | 159 | | M-30 | 135 | 00:00:41 | 00:13:20 | 00:38:27 | 01:05:00 | 01:33:28 | 02:03:28.00 | 02:04:09.10 | +00:48:19 (39.1%) | 5:51 | 10.3 (60.9%) |
| 385 | GABOR Robert | 115 | | M-30 | 136 | 00:00:48 | 00:14:46 | 00:40:51 | 01:08:36 | 01:36:07 | 02:03:32.20 | 02:04:20.35 | +00:48:23 (39.2%) | 5:51 | 10.2 (60.4%) |
| 386 | JANIEC Witold | 180 | | M-50 | 54 | 00:00:46 | 00:14:52 | 00:40:58 | 01:07:22 | 01:34:27 | 02:03:46.00 | 02:04:32.00 | +00:48:37 (39.3%) | 5:51 | 10.2 (60.4%) |
| 387 | ŁOSEK Adam | 286 | | M-30 | 137 | 00:00:41 | 00:14:32 | 00:41:05 | 01:08:23 | 01:35:39 | 02:03:59.60 | 02:04:41.05 | +00:48:50 (39.4%) | 5:52 | 10.2 (60.4%) |
| 388 | KUCHARCZYK Tomasz | 582 | | M-50 | 55 | 00:00:26 | 00:15:01 | 00:41:58 | 01:09:24 | 01:37:57 | 02:04:07.50 | 02:04:34.25 | +00:48:58 (39.5%) | 5:52 | 10.2 (60.4%) |
| 389 | DĄBROWSKI Marcin | 92 | TEAM KORNEL | M-40 | 143 | 00:01:07 | 00:15:38 | 00:42:00 | 01:09:31 | 01:37:25 | 02:04:21.40 | 02:05:29.10 | +00:49:12 (39.6%) | 5:53 | 10.2 (60.4%) |
| 390 | BRZEZINA Arkadiusz | 50 | SREBRNI BIEGACZE TARNOWSKIE GÓRY | M-40 | 144 | 00:00:50 | 00:15:25 | 00:42:23 | 01:10:18 | 01:38:12 | 02:04:56.75 | 02:05:47.45 | +00:49:47 (39.9%) | 5:55 | 10.1 (59.8%) |
| 391 | FEDEROWICZ Piotr | 107 | | M-50 | 56 | 00:01:07 | 00:15:06 | 00:42:11 | 01:09:41 | 01:38:06 | 02:04:59.45 | 02:06:07.30 | +00:49:50 (39.9%) | 5:55 | 10.1 (59.8%) |
| 392 | BAK Krzysztof | 18 | SILESIA MARATHON CLUB | M-40 | 145 | 00:00:42 | 00:14:39 | 00:42:09 | 01:10:58 | 01:39:04 | 02:05:00.45 | 02:05:42.45 | +00:49:51 (39.9%) | 5:55 | 10.1 (59.8%) |
| 393 | MISZTAL Rafał | 336 | LOS PANTALONES ROJOS | M-50 | 57 | 00:00:46 | 00:14:59 | 00:42:31 | 01:10:50 | 01:38:49 | 02:05:03.30 | 02:05:50.20 | +00:49:54 (39.9%) | 5:55 | 10.1 (59.8%) |
| 394 | NIESPOREK Marian | 347 | LECYMY DURŚ | M-60 | 15 | 00:01:05 | 00:15:36 | 00:41:59 | 01:09:45 | 01:37:42 | 02:05:13.50 | 02:06:19.25 | +00:50:04 (40.0%) | 5:56 | 10.1 (59.8%) |
| 395 | MARMURA Marek | 313 | SILESIA MARATON CLUB | M-40 | 146 | 00:00:51 | 00:15:33 | 00:42:02 | 01:09:34 | 01:37:58 | 02:05:22.15 | 02:06:13.95 | +00:50:13 (40.1%) | 5:56 | 10.1 (59.8%) |
| 396 | OSTROWSKI Zygmunt | 557 | | M-60 | 16 | 00:00:57 | 00:15:08 | 00:42:51 | 01:10:37 | 01:38:31 | 02:05:25.65 | 02:06:22.85 | +00:50:16 (40.1%) | 5:56 | 10.1 (59.8%) |
| 397 | ŻMUDA Marcin | 552 | | M-20 | 41 | 00:01:08 | 00:15:51 | 00:44:00 | 01:12:27 | 01:40:04 | 02:05:25.80 | 02:06:34.45 | +00:50:16 (40.1%) | 5:56 | 10.1 (59.8%) |
| 398 | ŻMUDA Krzysztof | 553 | | M-20 | 42 | 00:01:08 | 00:15:51 | 00:44:01 | 01:12:27 | 01:40:04 | 02:05:27.00 | 02:06:35.65 | +00:50:18 (40.1%) | 5:56 | 10.1 (59.8%) |
| 399 | JORDANEK Marcin | 195 | | M-30 | 138 | 00:00:49 | 00:15:02 | 00:41:58 | 01:09:12 | 01:37:38 | 02:05:43.90 | 02:06:33.35 | +00:50:34 (40.2%) | 5:57 | 10.1 (59.8%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas | | | | | Czas netto | Czas brutto | Różn | Tempo min/km | Tempo km/h |
|-----|------------------------------|------------|----------------------------------|-----------|------|----------|----------|----------|----------|----------|--------------------|--------------------|----------------------|--------------|----------------|
| | | | | | | startu | 2.5km | 7.2km | 11.9km | 16.6km | 21.1km | 21.1km | | | |
| 400 | NOWAK Sebastian | 357 | MIECHOWICKA GRUPA BIEGOWA | M-40 | 147 | 00:01:05 | 00:16:30 | 00:45:25 | 01:14:06 | 01:41:00 | 02:06:03.45 | 02:07:09.40 | +00:50:54 (40.4%) | 5:58 | 10 (59.2%) |
| 401 | SZPYRKA Tomasz | 476 | | M-30 | 139 | 00:00:57 | 00:15:46 | 00:44:14 | 01:12:36 | 01:40:16 | 02:06:11.50 | 02:07:08.50 | +00:51:02 (40.4%) | 5:58 | 10 (59.2%) |
| 402 | WOŹNIAK Paweł | 522 | W POGONI ZA DUCHEM | M-40 | 148 | 00:01:06 | 00:15:51 | 00:44:27 | 01:14:13 | 01:41:51 | 02:06:19.45 | 02:07:26.25 | +00:51:10 (40.5%) | 5:59 | 10 (59.2%) |
| 403 | WACHOWSKI Damian | 499 | | M-40 | 149 | 00:00:56 | 00:15:18 | 00:41:52 | 01:09:14 | 01:37:43 | 02:06:25.60 | 02:07:22.30 | +00:51:16 (40.6%) | 5:59 | 10 (59.2%) |
| 404 | KROTOS Krzysztof | 255 | OQS | M-40 | 150 | 00:00:42 | 00:14:29 | 00:41:13 | 01:09:16 | 01:38:11 | 02:06:29.30 | 02:07:11.60 | +00:51:20 (40.6%) | 5:59 | 10 (59.2%) |
| 405 | URBANEK Martin | 495 | ISTA BIEGAMY | M-30 | 140 | 00:00:40 | 00:14:17 | 00:41:05 | 01:09:13 | 01:38:06 | 02:06:46.85 | 02:07:27.45 | +00:51:37 (40.7%) | 6:00 | 10 (59.2%) |
| 406 | KOSIAK Maciej | 612 | | M-40 | 151 | 00:01:02 | 00:15:04 | 00:41:13 | 01:08:54 | 01:38:14 | 02:06:52.85 | 02:07:55.80 | +00:51:43 (40.8%) | 6:00 | 10 (59.2%) |
| 407 | KOWALCZYK Tomasz | 244 | AKMB PĘDZIWIATR GLIWICE | M-30 | 141 | 00:01:04 | 00:15:24 | 00:42:23 | 01:09:52 | 01:37:48 | 02:07:04.75 | 02:08:08.90 | +00:51:55 (40.9%) | 6:01 | 10 (59.2%) |
| 408 | GĘBCZYŃSKI Oliwier | 129 | GO4IT | M-20 | 43 | 00:00:48 | 00:15:20 | 00:42:41 | 01:10:44 | 01:39:02 | 02:07:05.55 | 02:07:53.80 | +00:51:56 (40.9%) | 6:01 | 10 (59.2%) |
| 409 | CIEŚLA Arkadiusz | 73 | BIEGAMY Z SERCEM | M-40 | 152 | 00:00:37 | 00:13:45 | 00:37:44 | 01:04:18 | 01:34:19 | 02:07:06.45 | 02:07:44.30 | +00:51:57 (40.9%) | 6:01 | 10 (59.2%) |
| 410 | BOBKOWSKI Maciej | 37 | NIGHT RUNNERS PYSKOWICE | M-40 | 153 | 00:00:56 | 00:15:52 | 00:43:20 | 01:11:14 | 01:39:42 | 02:07:21.80 | 02:08:17.95 | +00:52:12 (41.0%) | 6:02 | 9.9 (58.6%) |
| 411 | FRUK Kamil | 585 | | M-30 | 142 | 00:00:47 | 00:16:19 | 00:46:25 | 01:16:35 | 01:44:06 | 02:07:41.55 | 02:08:29.20 | +00:52:32 (41.1%) | 6:03 | 9.9 (58.6%) |
| 412 | GOŁĘBIEWSKI Kazimierz | 138 | KEMPER TEAM | M-40 | 154 | 00:01:04 | 00:15:35 | 00:43:11 | 01:12:36 | 01:40:53 | 02:07:57.60 | 02:09:01.85 | +00:52:48 (41.3%) | 6:03 | 9.9 (58.6%) |
| 413 | BRUDKOWSKI Tomasz | 49 | MOKA | M-30 | 143 | 00:01:00 | 00:15:38 | 00:44:28 | 01:12:11 | 01:40:17 | 02:08:10.05 | 02:09:10.50 | +00:53:01 (41.4%) | 6:04 | 9.9 (58.6%) |
| 414 | LINDENBERG Jarosław | 587 | | M-30 | 144 | 00:00:59 | 00:15:36 | 00:44:10 | 01:12:40 | 01:41:14 | 02:08:19.10 | 02:09:18.55 | +00:53:10 (41.4%) | 6:04 | 9.9 (58.6%) |
| 415 | PIŁAT Jarosław | 388 | PACEMAKER | M-40 | 155 | 00:00:44 | 00:15:47 | 00:44:22 | 01:12:53 | 01:41:28 | 02:08:33.60 | 02:09:18.25 | +00:53:24 (41.5%) | 6:05 | 9.8 (58.0%) |
| 416 | MACZUGA Bartłomiej | 294 | PACEMAKER | M-30 | 145 | 00:00:44 | 00:15:48 | 00:44:23 | 01:12:54 | 01:41:30 | 02:08:33.65 | 02:09:17.80 | +00:53:24 (41.5%) | 6:05 | 9.8 (58.0%) |
| 417 | JEZIOR Bartosz | 192 | | M-30 | 146 | 00:01:08 | 00:14:31 | 00:41:37 | 01:10:14 | 01:38:55 | 02:08:40.55 | 02:09:49.15 | +00:53:31 (41.6%) | 6:05 | 9.8 (58.0%) |
| 418 | SAPA Lucjan | 428 | | M-50 | 58 | 00:00:50 | 00:15:15 | 00:42:53 | 01:11:43 | 01:41:09 | 02:09:55.80 | 02:10:46.25 | +00:54:46 (42.2%) | 6:09 | 9.7 (57.4%) |
| 419 | KALINOWSKI Krzysztof | 200 | SREBRNI BIEGACZE TARNOWSKIE GÓRY | M-40 | 156 | 00:00:45 | 00:15:05 | 00:42:15 | 01:10:25 | 01:40:48 | 02:10:04.65 | 02:10:49.75 | +00:54:55 (42.2%) | 6:09 | 9.7 (57.4%) |
| 420 | BUFNAL Krzysztof | 55 | | M-40 | 157 | 00:01:09 | 00:15:11 | 00:42:14 | 01:10:32 | 01:40:10 | 02:10:06.90 | 02:11:16.15 | +00:54:57 (42.2%) | 6:09 | 9.7 (57.4%) |
| 421 | GIERAS Mirosław | 131 | | M-40 | 158 | 00:00:49 | 00:15:37 | 00:44:03 | 01:12:53 | 01:41:41 | 02:10:10.90 | 02:11:00.25 | +00:55:01 (42.3%) | 6:10 | 9.7 (57.4%) |
| 422 | SEREDA Maciej | 575 | | M-20 | 44 | 00:00:53 | 00:15:48 | 00:44:17 | 01:13:21 | 01:41:25 | 02:10:13.95 | 02:11:06.95 | +00:55:05 (42.3%) | 6:10 | 9.7 (57.4%) |
| 423 | METERA Kamil | 586 | SPARTAN KNURÓW | M-30 | 147 | 00:01:01 | 00:15:33 | 00:42:08 | 01:11:02 | 01:42:09 | 02:11:30.95 | 02:12:32.05 | +00:56:22 (42.9%) | 6:13 | 9.6 (56.8%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas | | | | | Czas netto | Czas brutto | Różn | Tempo min/km | Tempo km/h |
|-----|-----------------------------|------------|------------------------------------------|-----------|------|----------|----------|----------|----------|----------|--------------------|--------------------|----------------------|--------------|----------------|
| | | | | | | startu | 2.5km | 7.2km | 11.9km | 16.6km | 21.1km | 21.1km | | | |
| 424 | DESZCZYŃSKI Łukasz | 94 | | M-30 | 148 | 00:00:33 | 00:14:39 | 00:41:21 | 01:11:06 | 01:41:59 | 02:11:42.50 | 02:12:15.95 | +00:56:33 (42.9%) | 6:14 | 9.6 (56.8%) |
| 425 | SZYMALA Piotr | 478 | | M-20 | 45 | 00:00:58 | 00:15:37 | 00:44:12 | 01:13:50 | 01:43:33 | 02:12:32.90 | 02:13:31.80 | +00:57:23 (43.3%) | 6:16 | 9.6 (56.8%) |
| 426 | ZMARZLY Wiktor | 546 | | M-40 | 159 | 00:00:42 | 00:15:12 | 00:42:46 | 01:13:02 | 01:43:51 | 02:12:38.90 | 02:13:21.00 | +00:57:29 (43.3%) | 6:17 | 9.5 (56.2%) |
| 427 | MAĆKOWIAK Mirosław | 295 | NIEZRZESZONY | M-60 | 17 | 00:00:59 | 00:15:35 | 00:43:50 | 01:13:06 | 01:43:30 | 02:13:16.55 | 02:14:16.30 | +00:58:07 (43.6%) | 6:18 | 9.5 (56.2%) |
| 428 | GIBAS Dawid | 130 | SOCIOS SILESIA | M-40 | 160 | 00:00:18 | 00:14:48 | 00:42:56 | 01:13:38 | 01:44:18 | 02:13:40.30 | 02:13:58.45 | +00:58:31 (43.8%) | 6:20 | 9.5 (56.2%) |
| 429 | STRZELECKI Rafał | 470 | SOCIOS SILESIA | M-30 | 149 | 00:01:03 | 00:15:23 | 00:41:46 | 01:09:15 | 01:39:48 | 02:13:48.00 | 02:14:51.95 | +00:58:39 (43.8%) | 6:20 | 9.5 (56.2%) |
| 430 | ANTCZAK Krzysztof | 4 | | M-40 | 161 | 00:00:36 | 00:15:58 | 00:44:50 | 01:14:57 | 01:45:21 | 02:13:58.45 | 02:14:35.30 | +00:58:49 (43.9%) | 6:20 | 9.5 (56.2%) |
| 431 | STANKIEWICZ Jakub | 461 | | M-20 | 46 | 00:01:09 | 00:17:22 | 00:47:57 | 01:18:24 | 01:48:11 | 02:14:14.70 | 02:15:24.15 | +00:59:05 (44.0%) | 6:21 | 9.4 (55.6%) |
| 432 | ZARYCHTA Łukasz | 536 | FAT MAMA'S SPORT KLUB | M-40 | 162 | 00:00:41 | 00:14:53 | 00:42:07 | 01:11:03 | 01:42:57 | 02:14:27.40 | 02:15:09.10 | +00:59:18 (44.1%) | 6:22 | 9.4 (55.6%) |
| 433 | GUZGAN Wojciech | 164 | | M-40 | 163 | 00:00:58 | 00:15:04 | 00:41:33 | 01:08:54 | 01:39:01 | 02:14:35.45 | 02:15:33.65 | +00:59:26 (44.2%) | 6:22 | 9.4 (55.6%) |
| 434 | SUSEL Alek | 646 | | M-30 | 150 | 00:00:02 | 00:17:09 | 00:42:55 | 01:15:17 | 01:42:35 | 02:14:45.00 | 02:14:47.25 | +00:59:36 (44.2%) | 6:23 | 9.4 (55.6%) |
| 435 | RAKOWSKI Michał | 406 | | M-20 | 47 | 00:00:32 | 00:13:16 | 00:36:55 | 01:02:36 | 01:34:03 | 02:14:51.95 | 02:15:24.80 | +00:59:43 (44.3%) | 6:23 | 9.4 (55.6%) |
| 436 | PACUŁA Piotr | 373 | AKMB PĘDZIWIATR GLIWICE/OPEL ACTIVE TEAM | M-60 | 18 | 00:00:05 | 00:13:43 | 00:38:13 | 01:03:39 | 01:37:26 | 02:14:53.30 | 02:14:58.60 | +00:59:44 (44.3%) | 6:23 | 9.4 (55.6%) |
| 437 | PIĄTY Kamil | 381 | | M-40 | 164 | 00:00:42 | 00:14:52 | 00:42:06 | 01:09:45 | 01:42:23 | 02:15:00.55 | 02:15:43.20 | +00:59:51 (44.3%) | 6:23 | 9.4 (55.6%) |
| 438 | LATA Piotr | 274 | | M-40 | 165 | 00:01:02 | 00:16:22 | 00:45:41 | 01:16:05 | 01:46:38 | 02:15:19.15 | 02:16:21.35 | +01:00:10 (44.5%) | 6:24 | 9.4 (55.6%) |
| 439 | ZIAJA Robert | 543 | ROBERT ALKOHOLIK | M-40 | 166 | 00:00:49 | 00:15:45 | 00:44:22 | 01:13:09 | 01:44:08 | 02:15:34.15 | 02:16:23.60 | +01:00:25 (44.6%) | 6:25 | 9.3 (55.0%) |
| 440 | KRZYWDA Tomasz | 259 | | M-50 | 59 | 00:00:48 | 00:15:45 | 00:44:23 | 01:13:10 | 01:44:11 | 02:15:35.10 | 02:16:23.60 | +01:00:26 (44.6%) | 6:25 | 9.3 (55.0%) |
| 441 | KACZKIEWICZ Damian | 630 | NIGHT RUNNERS GLIWICE | M-40 | 167 | 00:00:59 | 00:15:36 | 00:44:30 | 01:14:23 | 01:46:23 | 02:17:50.15 | 02:18:49.60 | +01:02:41 (45.5%) | 6:31 | 9.2 (54.4%) |
| 442 | GUŚCIORA Maciej | 163 | | M-20 | 48 | 00:00:45 | 00:14:53 | 00:43:57 | 01:14:08 | 01:46:24 | 02:18:02.25 | 02:18:47.50 | +01:02:53 (45.6%) | 6:32 | 9.2 (54.4%) |
| 443 | KOZACZKA Włodzimierz | 248 | | M-40 | 168 | 00:01:02 | 00:16:09 | 00:44:47 | 01:14:24 | 01:44:56 | 02:18:08.55 | 02:19:11.50 | +01:02:59 (45.6%) | 6:32 | 9.2 (54.4%) |
| 444 | WOLIŃSKI Józef | 519 | | M-50 | 60 | 00:00:55 | 00:16:43 | 00:46:21 | 01:17:09 | 01:48:03 | 02:18:34.50 | 02:19:29.85 | +01:03:25 (45.8%) | 6:34 | 9.1 (53.8%) |
| 445 | BŁAUT Jerzy | 36 | IX LO | M-50 | 61 | 00:00:58 | 00:15:24 | 00:43:40 | 01:14:25 | 01:46:23 | 02:18:57.05 | 02:19:55.15 | +01:03:48 (45.9%) | 6:35 | 9.1 (53.8%) |
| 446 | WACŁAWIK Leszek | 500 | | M-30 | 151 | 00:00:47 | 00:16:02 | 00:45:34 | 01:16:47 | 01:48:49 | 02:19:32.75 | 02:20:19.95 | +01:04:23 (46.1%) | 6:36 | 9.1 (53.8%) |
| 447 | WDZIĘKOŃSKI Rafał | 506 | | M-40 | 169 | 00:00:48 | 00:15:33 | 00:44:17 | 01:14:23 | 01:47:44 | 02:19:36.20 | 02:20:24.45 | +01:04:27 (46.2%) | 6:36 | 9.1 (53.8%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas | | | | | Czas netto | Czas brutto | Różn | Tempo min/km | Tempo km/h |
|-----|---------------------------|------------|-------------------|-----------|------|----------|----------|----------|----------|----------|--------------------|--------------------|----------------------|--------------|-----------------|
| | | | | | | startu | 2.5km | 7.2km | 11.9km | 16.6km | 21.1km | 21.1km | | | |
| 448 | SOBIERAJ Wojciech | 454 | VIASAT MONITORING | M-40 | 170 | 00:00:46 | 00:15:47 | 00:44:26 | 01:14:38 | 01:46:18 | 02:20:30.65 | 02:21:17.15 | +01:05:21 (46.5%) | 6:39 | 9 (53.3%) |
| 449 | UH Kuba | 493 | | M-30 | 152 | 00:01:06 | 00:15:51 | 00:44:28 | 01:14:34 | 01:48:02 | 02:21:49.45 | 02:22:55.95 | +01:06:40 (47.0%) | 6:43 | 8.9 (52.7%) |
| 450 | SKOCZYLAS Tomasz | 444 | WOLNOBIEGACZE | M-50 | 62 | 00:00:52 | 00:15:50 | 00:44:52 | 01:15:53 | 01:48:39 | 02:21:51.05 | 02:22:43.45 | +01:06:42 (47.0%) | 6:43 | 8.9 (52.7%) |
| 451 | CHAFFARI Messaoud | 66 | | M-20 | 49 | 00:00:47 | 00:15:12 | 00:42:13 | 01:11:10 | 01:46:38 | 02:22:23.20 | 02:23:10.85 | +01:07:14 (47.2%) | 6:44 | 8.9 (52.7%) |
| 452 | CIEŚLIK Jakub | 603 | | M-30 | 153 | 00:00:44 | 00:15:49 | 00:44:07 | 01:14:01 | 01:47:36 | 02:23:49.90 | 02:24:34.05 | +01:08:40 (47.8%) | 6:48 | 8.8 (52.1%) |
| 453 | ZIAJKA Kamil | 631 | | M-20 | 50 | 00:00:57 | 00:15:34 | 00:42:05 | 01:08:26 | 01:45:16 | 02:24:50.85 | 02:25:47.85 | +01:09:41 (48.1%) | 6:51 | 8.7 (51.5%) |
| 454 | PALAK Rafał | 375 | | M-30 | 154 | 00:01:13 | 01:21:53 | 01:54:29 | | | 02:25:05.60 | 02:26:18.80 | +01:09:56 (48.2%) | 6:52 | 8.7 (51.5%) |
| 455 | KASPEREK Ireneusz | 212 | | M-40 | 171 | 00:01:08 | 00:17:30 | 00:49:54 | 01:22:59 | 01:56:25 | 02:26:21.15 | 02:27:29.15 | +01:11:12 (48.7%) | 6:56 | 8.7 (51.5%) |
| 456 | HEINE Andrzej | 565 | PKO BANK POLSKI | M-40 | 172 | 00:00:13 | 00:13:05 | 00:46:37 | 01:24:23 | 01:57:29 | 02:26:30.35 | 02:26:44.20 | +01:11:21 (48.7%) | 6:56 | 8.6 (50.9%) |
| 457 | WACŁAWEK Tomek | 399 | TEAM TOMSON | M-20 | 51 | 00:00:27 | 00:15:52 | 00:46:01 | 01:18:21 | 01:52:22 | 02:26:41.65 | 02:27:09.05 | +01:11:32 (48.8%) | 6:57 | 8.6 (50.9%) |
| 458 | BIEGUN Krzysztof | 30 | | M-50 | 63 | 00:01:06 | 00:16:40 | 00:47:04 | 01:20:25 | 01:54:15 | 02:27:19.40 | 02:28:25.60 | +01:12:10 (49.0%) | 6:58 | 8.6 (50.9%) |
| 459 | BEDNAREK Krzysztof | 20 | | M-30 | 155 | 00:00:59 | 00:16:25 | 00:46:14 | 01:17:52 | 01:52:32 | 02:27:39.60 | 02:28:39.50 | +01:12:30 (49.1%) | 6:59 | 8.6 (50.9%) |
| 460 | ZEMŁA Piotr | 542 | | M-50 | 64 | 00:00:58 | 00:16:23 | 00:47:36 | 01:20:43 | 01:54:56 | 02:28:24.75 | 02:29:23.65 | +01:13:15 (49.4%) | 7:01 | 8.5 (50.3%) |
| 461 | SZEWCZYK Zbigniew | 475 | | M-30 | 156 | 00:00:57 | 00:16:03 | 00:45:58 | 01:18:26 | 01:52:35 | 02:31:45.65 | 02:32:43.45 | +01:16:36 (50.5%) | 7:11 | 8.3 (49.1%) |
| 462 | FABRY Rafał | 104 | | M-40 | 173 | 00:01:06 | 00:16:53 | 00:49:26 | 01:23:50 | 02:00:20 | 02:34:46.35 | 02:35:53.15 | +01:19:37 (51.4%) | 7:20 | 8.2 (48.5%) |
| 463 | MAŁOTA Bartłomiej | 304 | | M-30 | 157 | 00:00:34 | 00:16:47 | 00:49:07 | 01:24:34 | | 02:35:15.70 | 02:35:49.95 | +01:20:06 (51.6%) | 7:21 | 8.2 (48.5%) |
| 464 | KUZIA Bogusław | 268 | | M-50 | 65 | 00:01:02 | 00:17:28 | 00:50:06 | 01:24:35 | 02:00:59 | 02:37:33.10 | 02:38:35.30 | +01:22:24 (52.3%) | 7:28 | 8 (47.3%) |
| 465 | WĘGIEL Kacper | 507 | KB ORŁY Z KNUROWA | M-20 | 52 | 00:01:10 | 00:18:30 | 00:54:07 | 01:34:20 | 02:13:40 | 02:50:54.40 | 02:52:04.65 | +01:35:45 (56.0%) | 8:05 | 7.4 (43.8%) |
| 466 | BEDNAREK Martin | 21 | STARY HANGAR | M-20 | 53 | 00:00:03 | 00:10:34 | 00:32:01 | | | | | +00:06:23 | 4:26 | 13.5 (79.9%) |
| 467 | SITKO Grzegorz | 441 | | M-30 | 158 | 00:00:34 | 00:15:23 | 00:44:08 | | | | | +00:18:30 | 6:07 | 9.8 (58.0%) |
| 468 | GÓRKA Grzegorz | 145 | | M-50 | 66 | 00:00:52 | 00:18:48 | 00:56:33 | | | | | +00:30:55 | 7:51 | 7.6 (45.0%) |

Znaleziono 468 wynik(ów)