



Wydarzenie: X PKO PÓLMARATON GLIWICKI
Organizator: Fundacja Bieg Rzeźnika
Data: 2024-10-06
Miejsce: Gliwice
Dystans: 10 km

X GLIWICKA DYCHA

B4SPORT

B4SPORT
INTELIĞENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | 4.8km | Czas netto 10km | Czas brutto 10km | Różn | Tempo min/km | Tempo km/h |
|-----|-------------------------|-------|----------------------------------|-----------|------|-------------|----------|-----------------|------------------|-------------------|--------------|--------------|
| 1 | JARCZOK Bartosz | 1391 | DOPORZYGU | M-20 | 1 | 00:00:00 | 00:16:47 | 00:32:34.45 | 00:32:34.84 | | 3:15 | 18.4 (100%) |
| 2 | KUŹNIK Bartłomiej | 1390 | FORMA WODZISLAW | M-40 | 1 | 00:00:01 | 00:17:03 | 00:35:25.76 | 00:35:27.53 | +00:02:51 (8.1%) | 3:32 | 16.9 (91.8%) |
| 3 | NITYCHORUK Kamil | 1075 | | M-30 | 1 | 00:00:02 | 00:18:20 | 00:36:46.44 | 00:36:48.48 | +00:04:11 (11.4%) | 3:40 | 16.3 (88.6%) |
| 4 | GARNOWSKI Maciej | 1247 | | M-30 | 2 | 00:00:02 | 00:18:21 | 00:37:08.16 | 00:37:10.36 | +00:04:33 (12.3%) | 3:42 | 16.2 (88.0%) |
| 5 | WIŚNIEWSKI Mateusz | 1161 | | M-30 | 3 | 00:00:02 | 00:19:10 | 00:37:48.48 | 00:37:51.24 | +00:05:14 (13.8%) | 3:46 | 15.9 (86.4%) |
| 6 | BANACHEWICZ Seweryn | 1140 | | M-20 | 2 | 00:00:00 | 00:18:24 | 00:37:59.12 | 00:37:59.51 | +00:05:24 (14.2%) | 3:47 | 15.8 (85.9%) |
| 7 | ŁUKASIK Michał | 1176 | | M-20 | 3 | 00:00:00 | 00:18:58 | 00:38:06.52 | 00:38:06.90 | +00:05:32 (14.5%) | 3:48 | 15.7 (85.3%) |
| 8 | IRLIK Krzysztof | 1225 | | M-20 | 4 | 00:00:02 | 00:18:33 | 00:38:24.25 | 00:38:26.36 | +00:05:49 (15.2%) | 3:50 | 15.6 (84.8%) |
| 9 | WISZYŃSKI Damian | 1384 | GRZEGORZYCA-TEAM | M-40 | 2 | 00:00:03 | 00:19:10 | 00:38:43.14 | 00:38:46.47 | +00:06:08 (15.9%) | 3:52 | 15.5 (84.2%) |
| 10 | SZYMAŃSKI Paweł | 1055 | SOCIOS SILESIA | M-30 | 4 | 00:00:02 | 00:19:11 | 00:38:47.31 | 00:38:49.83 | +00:06:12 (16.0%) | 3:52 | 15.5 (84.2%) |
| 11 | DOMERADZKI Grzegorz | 1253 | BIEGAM ŻEBY ŻREĆ WIĘCEJ CIASTKÓW | M-30 | 5 | 00:00:04 | 00:19:05 | 00:38:58.79 | 00:39:03.07 | +00:06:24 (16.4%) | 3:53 | 15.4 (83.7%) |
| 12 | KRYSIAK Łukasz | 1395 | IRONBRO | M-20 | 5 | 00:00:02 | 00:19:09 | 00:39:00.13 | 00:39:02.90 | +00:06:25 (16.5%) | 3:54 | 15.4 (83.7%) |
| 13 | KOMINIAK Adrian | 1021 | | M-20 | 6 | 00:00:00 | 00:19:10 | 00:39:00.26 | 00:39:00.26 | +00:06:25 (16.5%) | 3:54 | 15.4 (83.7%) |
| 14 | TATAREK-KONIK Agnieszka | 1190 | | K-30 | 1 | 00:00:03 | 00:19:24 | 00:39:50.53 | 00:39:53.54 | +00:07:16 (18.2%) | 3:59 | 15.1 (82.1%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | 4.8km | Czas netto 10km | Czas brutto 10km | Różn | Tempo min/km | Tempo km/h |
|-----|------------------------------|-------------|----------------------------------|-----------|------|-------------|----------|--------------------|--------------------|-------------------|--------------|--------------|
| 15 | NOWAK Dominik | 1311 | LACHO TEAM | M-30 | 6 | 00:00:03 | 00:19:53 | 00:40:08.50 | 00:40:11.66 | +00:07:34 (18.9%) | 4:00 | 15 (81.5%) |
| 16 | DYMEK Bartosz | 1389 | TRIDIVISION TRIATHLON TEAM | M-40 | 3 | 00:00:02 | 00:19:20 | 00:40:13.01 | 00:40:15.27 | +00:07:38 (19.0%) | 4:01 | 14.9 (81.0%) |
| 17 | NITARSKI Michał | 1133 | WYCZESANI RUNNING CLUB | M-20 | 7 | 00:00:07 | 00:19:13 | 00:40:16.62 | 00:40:24.02 | +00:07:42 (19.1%) | 4:01 | 14.9 (81.0%) |
| 18 | DEKALIUK Andrii | 1208 | | M-30 | 7 | 00:00:31 | 00:20:24 | 00:41:04.69 | 00:41:36.15 | +00:08:30 (20.7%) | 4:06 | 14.6 (79.3%) |
| 19 | WASILEWSKI Kuba | 1386 | GRYZIPIÓRKA | M-30 | 8 | 00:00:03 | 00:20:17 | 00:41:08.03 | 00:41:11.43 | +00:08:33 (20.8%) | 4:06 | 14.6 (79.3%) |
| 20 | MAZUR Marcin | 1347 | | M-30 | 9 | 00:00:05 | | 00:42:08.98 | 00:42:14.33 | +00:09:34 (22.7%) | 4:12 | 14.2 (77.2%) |
| 21 | LASKOWSKA Katarzyna | 1348 | INŻYNIERIA BIEGANIA TEAM | K-40 | 1 | 00:00:03 | 00:20:57 | 00:42:36.78 | 00:42:40.52 | +00:10:02 (23.6%) | 4:15 | 14.1 (76.6%) |
| 22 | PASTERNOK Marian | 1341 | ZABRZAŃSKIE PARKOWE BIEGANIE | M-40 | 4 | 00:00:02 | 00:20:51 | 00:42:55.35 | 00:42:58.23 | +00:10:20 (24.1%) | 4:17 | 14 (76.1%) |
| 23 | BOSOWSKI Tomasz | 1396 | | M-40 | 5 | 00:00:04 | 00:20:31 | 00:43:01.59 | 00:43:05.66 | +00:10:27 (24.3%) | 4:18 | 13.9 (75.5%) |
| 24 | RAUCH Wiesław | 1400 | | M-60 | 1 | 00:00:08 | 00:21:27 | 00:43:04.19 | 00:43:12.97 | +00:10:29 (24.4%) | 4:18 | 13.9 (75.5%) |
| 25 | DROZD Grzegorz | 1097 | | M-30 | 10 | 00:00:05 | 00:21:31 | 00:43:41.20 | 00:43:46.72 | +00:11:06 (25.4%) | 4:22 | 13.7 (74.5%) |
| 26 | LIPIŃSKI Michał | 1328 | | M-30 | 11 | 00:00:02 | 00:21:08 | 00:43:47.03 | 00:43:49.71 | +00:11:12 (25.6%) | 4:22 | 13.7 (74.5%) |
| 27 | BANACH Szymon | 1378 | PROSERVICE RACING TEAM | M-40 | 6 | 00:00:02 | 00:20:50 | 00:44:11.82 | 00:44:14.22 | +00:11:37 (26.3%) | 4:25 | 13.6 (73.9%) |
| 28 | NIESTĘPSKI Krzysztof | 1202 | ENDURANCE TEAM | M-50 | 1 | 00:00:00 | 00:21:58 | 00:44:24.03 | 00:44:24.03 | +00:11:49 (26.6%) | 4:26 | 13.5 (73.4%) |
| 29 | KWIATKOWSKI Marcin | 1001 | | M-30 | 12 | 00:00:02 | 00:21:19 | 00:44:37.84 | 00:44:40.64 | +00:12:03 (27.0%) | 4:27 | 13.4 (72.8%) |
| 30 | MANTERYS Danuta | 1236 | AZS AWF KRAKÓW MASTERS | K-50 | 1 | 00:00:04 | 00:22:07 | 00:44:40.98 | 00:44:45.72 | +00:12:06 (27.1%) | 4:28 | 13.4 (72.8%) |
| 31 | KACZMAREK Beata | 1255 | BIEGAM ŻEBY ŻREĆ WIĘCEJ CIASTKÓW | K-30 | 2 | 00:00:04 | 00:21:47 | 00:44:41.07 | 00:44:45.58 | +00:12:06 (27.1%) | 4:28 | 13.4 (72.8%) |
| 32 | BLOKESZ Jakub | 1199 | | M-30 | 13 | 00:00:48 | 00:22:42 | 00:44:41.59 | 00:45:30.26 | +00:12:07 (27.1%) | 4:28 | 13.4 (72.8%) |
| 33 | POGORZAŁEK Mateusz | 1240 | | M-30 | 14 | 00:00:09 | 00:22:31 | 00:44:42.18 | 00:44:51.77 | +00:12:07 (27.1%) | 4:28 | 13.4 (72.8%) |
| 34 | TOMALA Miłosz | 1235 | | M-20 | 8 | 00:00:08 | 00:22:46 | 00:45:21.34 | 00:45:29.61 | +00:12:46 (28.2%) | 4:32 | 13.2 (71.7%) |
| 35 | SZYMAK Mateusz | 1132 | | M-30 | 15 | 00:00:02 | 00:22:01 | 00:45:26.65 | 00:45:29.26 | +00:12:52 (28.3%) | 4:32 | 13.2 (71.7%) |
| 36 | CHEŁCHOWSKI Krzysztof | 1297 | TYSOVIA | M-30 | 16 | 00:00:06 | 00:22:35 | 00:45:27.74 | 00:45:34.52 | +00:12:53 (28.3%) | 4:32 | 13.2 (71.7%) |
| 37 | DROZD Krzysztof | 1057 | NIGHT RUNNERS PYSKOWICE | M-30 | 17 | 00:00:04 | 00:21:58 | 00:45:43.04 | 00:45:47.60 | +00:13:08 (28.7%) | 4:34 | 13.1 (71.2%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | 4.8km | Czas netto 10km | Czas brutto 10km | Różn | Tempo min/km | Tempo km/h |
|-----|--------------------------------|-------------|------------------------|-----------|------|-------------|----------|--------------------|--------------------|-------------------|--------------|--------------|
| 38 | LACH Krzysztof | 1322 | | M-20 | 9 | 00:00:33 | 00:22:58 | 00:45:45.09 | 00:46:18.64 | +00:13:10 (28.8%) | 4:34 | 13.1 (71.2%) |
| 39 | SIECZKOWSKI Michał | 1380 | STP, PEC BYTOM | M-30 | 18 | 00:00:24 | 00:23:07 | 00:45:58.91 | 00:46:23.44 | +00:13:24 (29.2%) | 4:35 | 13.1 (71.2%) |
| 40 | PARKITNA Gabriela | 1079 | | K-20 | 1 | 00:00:08 | 00:23:08 | 00:46:01.01 | 00:46:09.72 | +00:13:26 (29.2%) | 4:36 | 13 (70.7%) |
| 41 | KOWACZ Andrzej | 1233 | HUTA TEAM | M-30 | 19 | 00:00:06 | 00:23:20 | 00:46:02.40 | 00:46:09.05 | +00:13:27 (29.2%) | 4:36 | 13 (70.7%) |
| 42 | NOWAK Mateusz | 1082 | | M-30 | 20 | 00:00:05 | 00:22:35 | 00:46:11.88 | 00:46:16.99 | +00:13:37 (29.5%) | 4:37 | 13 (70.7%) |
| 43 | ZENOWICZ Kinga | 1370 | ATHLETICS NYSA | K-30 | 3 | 00:00:00 | 00:22:38 | 00:46:18.41 | 00:46:18.79 | +00:13:43 (29.7%) | 4:37 | 13 (70.7%) |
| 44 | LACHOWSKI Paweł | 1237 | AZS AWF KRAKÓW MASTERS | M-60 | 2 | 00:00:05 | 00:23:11 | 00:46:20.54 | 00:46:26.36 | +00:13:46 (29.7%) | 4:38 | 12.9 (70.1%) |
| 45 | PIKORSKI Dawid | 1114 | FLUOR | M-30 | 21 | 00:00:06 | 00:22:33 | 00:46:22.66 | 00:46:29.37 | +00:13:48 (29.8%) | 4:38 | 12.9 (70.1%) |
| 46 | GODLEWSKI Łukasz | 1184 | HIRSCHVOGEL | M-30 | 22 | 00:00:50 | 00:23:41 | 00:46:43.87 | 00:47:34.58 | +00:14:09 (30.3%) | 4:40 | 12.8 (69.6%) |
| 47 | ŻYŁCZYŃSKI Tomasz | 1192 | | M-40 | 7 | 00:00:11 | 00:22:30 | 00:46:44.07 | 00:46:55.24 | +00:14:09 (30.3%) | 4:40 | 12.8 (69.6%) |
| 48 | WOLNY Dawid | 1025 | | M-30 | 23 | 00:00:09 | 00:23:25 | 00:46:44.57 | 00:46:53.88 | +00:14:10 (30.3%) | 4:40 | 12.8 (69.6%) |
| 49 | QADDOURAH Karim | 1313 | UKS KATA GURUMA | M-20 | 10 | 00:00:11 | 00:24:03 | 00:46:54.26 | 00:47:06.08 | +00:14:19 (30.6%) | 4:41 | 12.8 (69.6%) |
| 50 | CZARNOZYNSKI Aleksander | 1294 | GTT INTERPROJEKT | M-60 | 3 | 00:00:03 | 00:22:58 | 00:47:00.73 | 00:47:04.41 | +00:14:26 (30.7%) | 4:42 | 12.8 (69.6%) |
| 51 | STRUMIDŁO Katarzyna | 1066 | | K-20 | 2 | 00:00:05 | 00:23:04 | 00:47:01.87 | 00:47:07.08 | +00:14:27 (30.7%) | 4:42 | 12.8 (69.6%) |
| 52 | ZASIEK Amadeusz | 1317 | | M-30 | 24 | 00:00:04 | 00:22:53 | 00:47:01.92 | 00:47:06.74 | +00:14:27 (30.7%) | 4:42 | 12.8 (69.6%) |
| 53 | WITKOWSKI Daniel | 1340 | | M-30 | 25 | 00:00:05 | 00:22:39 | 00:47:04.77 | 00:47:10.49 | +00:14:30 (30.8%) | 4:42 | 12.7 (69.0%) |
| 54 | WISNIEWSKI Arkadiusz | 1288 | CROSSFIT HELLWOOD | M-30 | 26 | 00:00:06 | 00:23:52 | 00:47:25.39 | 00:47:31.62 | +00:14:50 (31.3%) | 4:44 | 12.7 (69.0%) |
| 55 | MAZANOWSKI Janusz | 1090 | | M-30 | 27 | 00:00:17 | 00:23:47 | 00:47:29.91 | 00:47:47.84 | +00:14:55 (31.4%) | 4:44 | 12.6 (68.5%) |
| 56 | GERT Mateusz | 1170 | | M-30 | 28 | 00:00:19 | 00:23:24 | 00:47:40.00 | 00:47:59.50 | +00:15:05 (31.7%) | 4:46 | 12.6 (68.5%) |
| 57 | SKOP Rafał | 1074 | | M-30 | 29 | 00:00:00 | 00:23:25 | 00:47:50.78 | 00:47:51.16 | +00:15:16 (31.9%) | 4:47 | 12.5 (67.9%) |
| 58 | HERUD Tomasz | 1332 | ROWEROWE GLIWICE | M-30 | 30 | 00:00:07 | 00:23:54 | 00:47:51.99 | 00:47:59.43 | +00:15:17 (31.9%) | 4:47 | 12.5 (67.9%) |
| 59 | GRYGIEREK Marcin | 1397 | | M-40 | 8 | 00:00:58 | 00:23:28 | 00:47:55.01 | 00:48:53.28 | +00:15:20 (32.0%) | 4:47 | 12.5 (67.9%) |
| 60 | KOPEĆ Andrzej | 1241 | | M-30 | 31 | 00:00:12 | 00:22:59 | 00:47:58.60 | 00:48:11.12 | +00:15:24 (32.1%) | 4:47 | 12.5 (67.9%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | 4.8km | Czas netto 10km | Czas brutto 10km | Różn | Tempo min/km | Tempo km/h |
|-----|-----------------------------|-------------|-------------------|-----------|------|-------------|----------|--------------------|--------------------|-------------------|--------------|--------------|
| 61 | SIKORSKI Bartosz | 1040 | BBB MYSZKÓW | M-30 | 32 | 00:00:24 | 00:24:33 | 00:48:03.37 | 00:48:27.91 | +00:15:28 (32.2%) | 4:48 | 12.5 (67.9%) |
| 62 | WEGNER Tomasz | 1301 | LECYMY DURŚ | M-40 | 9 | 00:00:09 | 00:23:35 | 00:48:06.83 | 00:48:15.97 | +00:15:32 (32.3%) | 4:48 | 12.5 (67.9%) |
| 63 | MURA Jan | 1224 | | M-20 | 11 | 00:00:10 | 00:24:02 | 00:48:12.48 | 00:48:23.29 | +00:15:38 (32.4%) | 4:49 | 12.4 (67.4%) |
| 64 | OLEJNICZAK Tomasz | 1315 | | M-40 | 10 | 00:00:11 | 00:24:07 | 00:48:19.28 | 00:48:30.83 | +00:15:44 (32.6%) | 4:49 | 12.4 (67.4%) |
| 65 | KROCHMAL Michał | 1217 | | M-40 | 11 | 00:00:07 | 00:23:12 | 00:48:24.75 | 00:48:32.68 | +00:15:50 (32.7%) | 4:50 | 12.4 (67.4%) |
| 66 | KOWOLIK Andrzej | 1198 | CIDRY LOTAJOM | M-40 | 12 | 00:00:10 | 00:23:40 | 00:48:31.35 | 00:48:41.92 | +00:15:56 (32.9%) | 4:51 | 12.4 (67.4%) |
| 67 | WILMA Krzysztof | 1092 | | M-50 | 2 | 00:00:12 | 00:23:17 | 00:48:31.52 | 00:48:44.23 | +00:15:57 (32.9%) | 4:51 | 12.4 (67.4%) |
| 68 | ZIELIŃSKI Grzegorz | 1214 | | M-30 | 33 | 00:00:26 | 00:23:54 | 00:48:47.17 | 00:49:14.05 | +00:16:12 (33.2%) | 4:52 | 12.3 (66.8%) |
| 69 | STOLARSKI Aleksander | 1382 | SOCIOS SILESIA | M-30 | 34 | 00:00:03 | 00:23:02 | 00:48:47.51 | 00:48:51.48 | +00:16:13 (33.2%) | 4:52 | 12.3 (66.8%) |
| 70 | MACH Marcin | 1035 | | M-40 | 13 | 00:00:07 | 00:23:57 | 00:49:01.10 | 00:49:08.55 | +00:16:26 (33.5%) | 4:54 | 12.2 (66.3%) |
| 71 | KASPER Iwona | 1183 | KB ORŁY Z KNUROWA | K-40 | 2 | 00:00:05 | 00:23:57 | 00:49:08.38 | 00:49:13.57 | +00:16:33 (33.7%) | 4:54 | 12.2 (66.3%) |
| 72 | ULFIG Przemysław | 1227 | | M-20 | 12 | 00:00:42 | 00:25:01 | 00:49:17.70 | 00:50:00.29 | +00:16:43 (33.9%) | 4:55 | 12.2 (66.3%) |
| 73 | NOWAKOWSKI Arek | 1269 | OASIS SPORT TEAM | M-30 | 35 | 00:00:20 | 00:24:48 | 00:49:32.15 | 00:49:52.78 | +00:16:57 (34.2%) | 4:57 | 12.1 (65.8%) |
| 74 | FILIPIAK Beata | 1385 | | K-40 | 3 | 00:00:06 | 00:23:55 | 00:49:32.84 | 00:49:39.20 | +00:16:58 (34.3%) | 4:57 | 12.1 (65.8%) |
| 75 | GEC Sebastian | 1314 | | M-40 | 14 | 00:00:39 | 00:24:50 | 00:49:33.59 | 00:50:13.45 | +00:16:59 (34.3%) | 4:57 | 12.1 (65.8%) |
| 76 | WRÓBEL Łukasz | 1086 | | M-30 | 36 | 00:00:07 | 00:24:07 | 00:49:34.06 | 00:49:41.51 | +00:16:59 (34.3%) | 4:57 | 12.1 (65.8%) |
| 77 | JACHYM Arkadiusz | 1034 | | M-40 | 15 | 00:00:06 | 00:24:06 | 00:49:43.95 | 00:49:49.96 | +00:17:09 (34.5%) | 4:58 | 12.1 (65.8%) |
| 78 | PRZYŁUCKI Piotr | 1230 | | M-50 | 3 | 00:00:05 | 00:24:27 | 00:49:51.53 | 00:49:57.32 | +00:17:17 (34.7%) | 4:59 | 12 (65.2%) |
| 79 | BRZÓZKA Piotr | 1038 | | M-30 | 37 | 00:00:19 | 00:24:27 | 00:49:55.26 | 00:50:14.70 | +00:17:20 (34.7%) | 4:59 | 12 (65.2%) |
| 80 | WIŚNIEWSKI Tomasz | 1083 | | M-40 | 16 | 00:00:15 | 00:24:45 | 00:49:56.15 | 00:50:11.98 | +00:17:21 (34.8%) | 4:59 | 12 (65.2%) |
| 81 | BOBER Jakub | 1342 | | M-20 | 13 | 00:00:09 | 00:25:08 | 00:49:58.61 | 00:50:08.05 | +00:17:24 (34.8%) | 4:59 | 12 (65.2%) |
| 82 | GMEREK Piotr | 1381 | | M-30 | 38 | 00:00:09 | 00:24:23 | 00:50:17.57 | 00:50:26.65 | +00:17:43 (35.2%) | 5:01 | 11.9 (64.7%) |
| 83 | KOLESIŃSKA Julia | 1174 | | K-20 | 3 | 00:00:26 | 00:25:01 | 00:50:35.09 | 00:51:01.58 | +00:18:00 (35.6%) | 5:03 | 11.9 (64.7%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | 4.8km | Czas netto 10km | Czas brutto 10km | Różn | Tempo min/km | Tempo km/h |
|-----|----------------------------|-------------|--------------------------|-----------|------|-------------|----------|--------------------|--------------------|----------------------|--------------|-----------------|
| 84 | SOBOŃ Tomasz | 1146 | POLSCY RYCERZE ORTALIONU | M-30 | 39 | 00:01:24 | 00:24:54 | 00:50:38.31 | 00:52:02.87 | +00:18:03 (35.7%) | 5:03 | 11.8 (64.1%) |
| 85 | GRYGIEREK Wojciech | 1393 | DALEKO JESZCZE? | M-30 | 40 | 00:00:59 | 00:23:53 | 00:50:40.86 | 00:51:40.07 | +00:18:06 (35.7%) | 5:04 | 11.8 (64.1%) |
| 86 | ZAMOJSKI Robert | 1295 | | M-40 | 17 | 00:00:18 | 00:25:57 | 00:50:43.34 | 00:51:01.83 | +00:18:08 (35.8%) | 5:04 | 11.8 (64.1%) |
| 87 | ŁYSIEN Mateusz | 1196 | | M-30 | 41 | 00:00:47 | 00:25:03 | 00:50:43.67 | 00:51:31.45 | +00:18:09 (35.8%) | 5:04 | 11.8 (64.1%) |
| 88 | ORŁOWSKI Mateusz | 1323 | | M-30 | 42 | 00:00:25 | 00:25:03 | 00:50:46.51 | 00:51:12.05 | +00:18:12 (35.8%) | 5:04 | 11.8 (64.1%) |
| 89 | DUDEK Maksymilian | 1135 | | M-30 | 43 | 00:00:22 | 00:24:55 | 00:50:48.54 | 00:51:11.08 | +00:18:14 (35.9%) | 5:04 | 11.8 (64.1%) |
| 90 | HERMAN Igor | 1187 | | M-20 | 14 | 00:00:00 | 00:25:28 | 00:50:59.11 | 00:50:59.11 | +00:18:24 (36.1%) | 5:05 | 11.8 (64.1%) |
| 91 | KUMOR Marcin | 1118 | | M-30 | 44 | 00:00:26 | 00:25:03 | 00:51:03.95 | 00:51:30.19 | +00:18:29 (36.2%) | 5:06 | 11.8 (64.1%) |
| 92 | TOMAL Anna | 1099 | BOJKÓW BIEGA /BYTEKS | K-30 | 4 | 00:00:04 | 00:24:27 | 00:51:13.74 | 00:51:18.08 | +00:18:39 (36.4%) | 5:07 | 11.7 (63.6%) |
| 93 | RYMASZEWSKI Wojtek | 1337 | ZA LINIĄ METY | M-40 | 18 | 00:00:00 | 00:25:16 | 00:51:14.45 | 00:51:14.45 | +00:18:39 (36.4%) | 5:07 | 11.7 (63.6%) |
| 94 | DURAK Łukasz | 1008 | KATA GURUMA | M-40 | 19 | 00:00:35 | 00:25:34 | 00:51:25.62 | 00:52:01.12 | +00:18:51 (36.7%) | 5:08 | 11.7 (63.6%) |
| 95 | SKWAREK Robert | 1377 | | M-50 | 4 | 00:00:16 | 00:24:49 | 00:51:33.35 | 00:51:50.26 | +00:18:58 (36.8%) | 5:09 | 11.6 (63.0%) |
| 96 | SOŁTYSIK Maik | 1270 | | M-30 | 45 | 00:00:42 | 00:25:26 | 00:51:33.47 | 00:52:15.77 | +00:18:59 (36.8%) | 5:09 | 11.6 (63.0%) |
| 97 | DOROS Adam | 1119 | LOLOBORDO | M-50 | 5 | 00:00:11 | 00:25:38 | 00:51:47.24 | 00:51:58.80 | +00:19:12 (37.1%) | 5:10 | 11.6 (63.0%) |
| 98 | KAFŁOWSKI Artur | 1052 | SOCIOS SILESIA | M-30 | 46 | 00:00:06 | 00:25:39 | 00:51:47.27 | 00:51:53.81 | +00:19:12 (37.1%) | 5:10 | 11.6 (63.0%) |
| 99 | WIDENKA Wojciech | 1154 | | M-30 | 47 | 00:00:30 | 00:26:08 | 00:51:50.99 | 00:52:21.02 | +00:19:16 (37.2%) | 5:11 | 11.6 (63.0%) |
| 100 | ZAWIASA Artur | 1212 | | M-40 | 20 | 00:00:28 | 00:25:04 | 00:51:52.89 | 00:52:21.13 | +00:19:18 (37.2%) | 5:11 | 11.6 (63.0%) |
| 101 | MARCZAK Paweł | 1109 | PRAKTYCZNE SBKB | M-40 | 21 | 00:00:00 | 00:25:20 | 00:51:56.66 | 00:51:56.66 | +00:19:22 (37.3%) | 5:11 | 11.6 (63.0%) |
| 102 | BUDZIŃSKI Adam | 1178 | | M-30 | 48 | 00:00:20 | 00:25:43 | 00:51:59.62 | 00:52:19.88 | +00:19:25 (37.3%) | 5:11 | 11.5 (62.5%) |
| 103 | STUDNIK Jolanta | 1201 | KB ORŁY Z KNUROWA | K-30 | 5 | 00:00:05 | 00:25:26 | 00:52:01.47 | 00:52:06.63 | +00:19:27 (37.4%) | 5:12 | 11.5 (62.5%) |
| 104 | BRAJA Przemysław | 1215 | | M-40 | 22 | 00:00:26 | 00:24:44 | 00:52:07.21 | 00:52:33.85 | +00:19:32 (37.5%) | 5:12 | 11.5 (62.5%) |
| 105 | HAJDA Adam | 1158 | EKIPA Z MIASTECZKA | M-50 | 6 | 00:00:14 | 00:25:47 | 00:52:09.45 | 00:52:24.28 | +00:19:34 (37.5%) | 5:12 | 11.5 (62.5%) |
| 106 | KONOPINSKI Radosław | 1186 | | M-40 | 23 | 00:00:12 | 00:25:43 | 00:52:10.56 | 00:52:22.60 | +00:19:36 (37.6%) | 5:13 | 11.5 (62.5%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | 4.8km | Czas netto 10km | Czas brutto 10km | Różn | Tempo min/km | Tempo km/h |
|-----|------------------------------|-------------|----------------------------------|-----------|------|-------------|----------|--------------------|--------------------|-------------------|--------------|--------------|
| 107 | WÓJCIK Anna | 1338 | | K-40 | 4 | 00:00:13 | 00:26:03 | 00:52:16.53 | 00:52:30.21 | +00:19:42 (37.7%) | 5:13 | 11.5 (62.5%) |
| 108 | KARPIERZ Piotrek | 1134 | WYCZESANI RUNNING CLUB | M-20 | 15 | 00:00:07 | 00:25:09 | 00:52:21.12 | 00:52:28.96 | +00:19:46 (37.8%) | 5:14 | 11.5 (62.5%) |
| 109 | GLET Marcel | 1344 | KATAGURUMA | M-20 | 16 | 00:00:11 | 00:25:14 | 00:52:27.45 | 00:52:38.98 | +00:19:52 (37.9%) | 5:14 | 11.4 (62.0%) |
| 110 | WIERCIŃSKA Aneta | 1221 | | K-40 | 5 | 00:00:17 | 00:26:07 | 00:52:31.48 | 00:52:49.47 | +00:19:57 (38.0%) | 5:15 | 11.4 (62.0%) |
| 111 | LESZKIEWICZ Krzysztof | 1387 | | M-40 | 24 | 00:00:16 | 00:25:08 | 00:52:31.74 | 00:52:48.11 | +00:19:57 (38.0%) | 5:15 | 11.4 (62.0%) |
| 112 | SZTWIERTNIA Tomasz | 1094 | | M-40 | 25 | 00:00:11 | 00:26:10 | 00:52:33.72 | 00:52:44.80 | +00:19:59 (38.0%) | 5:15 | 11.4 (62.0%) |
| 113 | LASKOWSKI Sebastian | 1357 | KATA GURUMA GLIWICE | M-40 | 26 | 00:00:11 | 00:25:45 | 00:52:39.35 | 00:52:51.19 | +00:20:04 (38.1%) | 5:15 | 11.4 (62.0%) |
| 114 | SZKWAREK Witold | 1327 | | M-50 | 7 | 00:00:05 | 00:25:52 | 00:52:54.01 | 00:52:59.07 | +00:20:19 (38.4%) | 5:17 | 11.3 (61.4%) |
| 115 | BUDZIŃSKI Grzegorz | 1189 | | M-50 | 8 | 00:00:19 | 00:26:02 | 00:52:54.97 | 00:53:14.87 | +00:20:20 (38.4%) | 5:17 | 11.3 (61.4%) |
| 116 | SZCZYGIĘŁ Karol | 1165 | | M-30 | 49 | 00:00:09 | 00:26:09 | 00:53:00.72 | 00:53:10.63 | +00:20:26 (38.6%) | 5:18 | 11.3 (61.4%) |
| 117 | SZYMAŃSKI Piotr | 1352 | | M-40 | 27 | 00:00:07 | 00:26:28 | 00:53:04.16 | 00:53:11.94 | +00:20:29 (38.6%) | 5:18 | 11.3 (61.4%) |
| 118 | KROCHMAL Katarzyna | 1210 | | K-40 | 6 | 00:00:08 | 00:26:31 | 00:53:07.41 | 00:53:15.65 | +00:20:32 (38.7%) | 5:18 | 11.3 (61.4%) |
| 119 | SADKOWSKI Robert | 1148 | | M-40 | 28 | 00:00:07 | 00:26:13 | 00:53:12.24 | 00:53:19.80 | +00:20:37 (38.8%) | 5:19 | 11.3 (61.4%) |
| 120 | TOMANEK Przemysław | 1300 | | M-40 | 29 | 00:01:19 | 00:26:23 | 00:53:14.44 | 00:54:33.74 | +00:20:39 (38.8%) | 5:19 | 11.3 (61.4%) |
| 121 | KOMANDER Katarzyna | 1120 | JOMAR RUNNERS | K-20 | 4 | 00:00:10 | 00:25:52 | 00:53:18.22 | 00:53:28.72 | +00:20:43 (38.9%) | 5:19 | 11.3 (61.4%) |
| 122 | MARKIEWICZ Kinga | 1306 | ASSECO ACTIVE TEAM | K-30 | 6 | 00:00:46 | 00:27:15 | 00:53:18.78 | 00:54:05.41 | +00:20:44 (38.9%) | 5:19 | 11.3 (61.4%) |
| 123 | NOWAK Jarosław | 1216 | SUNŻAL | M-40 | 30 | 00:00:34 | 00:25:30 | 00:53:19.15 | 00:53:53.43 | +00:20:44 (38.9%) | 5:19 | 11.3 (61.4%) |
| 124 | ZĄBKOWSKI Grzegorz | 1262 | HUTA TEAM | M-50 | 9 | 00:00:06 | 00:26:49 | 00:53:19.77 | 00:53:26.61 | +00:20:45 (38.9%) | 5:19 | 11.3 (61.4%) |
| 125 | TRUSS Magdalena | 1068 | | K-30 | 7 | 00:00:05 | 00:26:37 | 00:53:25.64 | 00:53:31.31 | +00:20:51 (39.0%) | 5:20 | 11.2 (60.9%) |
| 126 | CHOŁUJ Krzysztof | 1124 | FLUOR | M-30 | 50 | 00:00:27 | 00:26:39 | 00:53:28.14 | 00:53:55.49 | +00:20:53 (39.1%) | 5:20 | 11.2 (60.9%) |
| 127 | SZOŁTYSEK Piotr | 1072 | | M-50 | 10 | 00:00:03 | 00:26:19 | 00:53:32.31 | 00:53:35.66 | +00:20:57 (39.2%) | 5:21 | 11.2 (60.9%) |
| 128 | ROSADA Zdzisław | 1091 | PORUSZENI AKTYWNI Z SOŚNICY | M-60 | 4 | 00:00:17 | 00:26:52 | 00:53:32.45 | 00:53:49.87 | +00:20:57 (39.2%) | 5:21 | 11.2 (60.9%) |
| 129 | FOLTYN Adrianna | 1251 | IFA POWERTRAIN POLSKA SP. Z O.O. | K-30 | 8 | 00:00:13 | 00:25:50 | 00:53:42.23 | 00:53:55.63 | +00:21:07 (39.3%) | 5:22 | 11.2 (60.9%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | 4.8km | Czas netto 10km | Czas brutto 10km | Różn | Tempo min/km | Tempo km/h |
|-----|----------------------------------|-------------|----------------|-----------|------|-------------|----------|--------------------|--------------------|-------------------|--------------|--------------|
| 130 | WOJTYŁA Damian | 1325 | KOGUCIK | M-40 | 31 | 00:00:21 | 00:26:52 | 00:53:46.84 | 00:54:08.74 | +00:21:12 (39.4%) | 5:22 | 11.2 (60.9%) |
| 131 | MAZUR Jakub | 1291 | | M-40 | 32 | 00:00:14 | 00:26:28 | 00:53:53.32 | 00:54:07.93 | +00:21:18 (39.6%) | 5:23 | 11.1 (60.3%) |
| 132 | SKOWRON Mirosława | 1260 | | K-40 | 7 | 00:00:14 | 00:26:28 | 00:53:53.54 | 00:54:08.00 | +00:21:19 (39.6%) | 5:23 | 11.1 (60.3%) |
| 133 | SZELAĞ-SOSNA Małgorzata | 1070 | PZU SPORT TEAM | K-50 | 2 | 00:00:13 | 00:26:21 | 00:53:59.46 | 00:54:12.82 | +00:21:25 (39.7%) | 5:23 | 11.1 (60.3%) |
| 134 | WIŚNIEWSKA Beata | 1084 | | K-30 | 9 | 00:00:15 | 00:26:28 | 00:54:03.05 | 00:54:18.88 | +00:21:28 (39.7%) | 5:24 | 11.1 (60.3%) |
| 135 | WŁADYKA Krzysztof | 1059 | | M-30 | 51 | 00:00:16 | 00:27:28 | 00:54:03.12 | 00:54:19.68 | +00:21:28 (39.7%) | 5:24 | 11.1 (60.3%) |
| 136 | FERENC Cezary | 1278 | | M-20 | 17 | 00:00:05 | 00:27:06 | 00:54:05.28 | 00:54:10.98 | +00:21:30 (39.8%) | 5:24 | 11.1 (60.3%) |
| 137 | TKACZYK Sandra | 1103 | | K-30 | 10 | 00:00:20 | 00:26:51 | 00:54:08.67 | 00:54:28.86 | +00:21:34 (39.8%) | 5:24 | 11.1 (60.3%) |
| 138 | DRABIKOWSKI Mateusz | 1089 | | M-30 | 52 | 00:00:07 | 00:26:36 | 00:54:09.87 | 00:54:17.44 | +00:21:35 (39.9%) | 5:24 | 11.1 (60.3%) |
| 139 | DEMEL Tomasz | 1329 | | M-40 | 33 | 00:00:03 | 00:25:56 | 00:54:11.30 | 00:54:15.13 | +00:21:36 (39.9%) | 5:25 | 11.1 (60.3%) |
| 140 | SŁOŃSKI Krzysztof | 1364 | | M-40 | 34 | 00:00:16 | 00:28:53 | 00:54:11.97 | 00:54:28.81 | +00:21:37 (39.9%) | 5:25 | 11.1 (60.3%) |
| 141 | JANOWSKI Michał | 1166 | | M-30 | 53 | 00:00:48 | 00:26:55 | 00:54:19.35 | 00:55:07.36 | +00:21:44 (40.0%) | 5:25 | 11 (59.8%) |
| 142 | MATYJEK Adam | 1360 | | M-30 | 54 | 00:00:12 | 00:27:48 | 00:54:23.19 | 00:54:35.21 | +00:21:48 (40.1%) | 5:26 | 11 (59.8%) |
| 143 | SPENDE Tomasz | 1238 | | M-40 | 35 | 00:00:43 | 00:26:40 | 00:54:26.17 | 00:55:09.78 | +00:21:51 (40.2%) | 5:26 | 11 (59.8%) |
| 144 | GEC Monika | 1022 | | K-40 | 8 | 00:00:39 | 00:26:07 | 00:54:30.69 | 00:55:10.36 | +00:21:56 (40.2%) | 5:27 | 11 (59.8%) |
| 145 | CYNDZAS Anna | 1180 | JOMAR RUNNERS | K-30 | 11 | 00:00:11 | 00:25:52 | 00:54:36.45 | 00:54:47.90 | +00:22:01 (40.3%) | 5:27 | 11 (59.8%) |
| 146 | MAZUR Krzysztof | 1232 | | M-40 | 36 | 00:00:12 | 00:27:55 | 00:54:37.14 | 00:54:49.36 | +00:22:02 (40.4%) | 5:27 | 11 (59.8%) |
| 147 | PRZYBYLSKI Mariusz | 1242 | #POSTDATATEAM | M-40 | 37 | 00:00:25 | 00:27:25 | 00:54:39.31 | 00:55:04.83 | +00:22:04 (40.4%) | 5:27 | 11 (59.8%) |
| 148 | KOZAKOWSKA Anna | 1356 | | K-40 | 9 | 00:00:29 | 00:26:43 | 00:54:41.40 | 00:55:10.94 | +00:22:06 (40.4%) | 5:28 | 11 (59.8%) |
| 149 | FUGOWSKI Roman | 1130 | | M-60 | 5 | 00:00:03 | 00:26:04 | 00:54:44.94 | 00:54:48.67 | +00:22:10 (40.5%) | 5:28 | 11 (59.8%) |
| 150 | MATUSZEWSKA Katarzyna | 1284 | | K-50 | 3 | 00:00:36 | 00:27:08 | 00:54:45.56 | 00:55:21.90 | +00:22:11 (40.5%) | 5:28 | 11 (59.8%) |
| 151 | SZAMPERA Rafał | 1191 | | M-30 | 55 | 00:00:48 | 00:26:46 | 00:54:56.14 | 00:55:45.02 | +00:22:21 (40.7%) | 5:29 | 10.9 (59.2%) |
| 152 | MATA CZ-SZYMANOWICZ Iwona | 1308 | | K-40 | 10 | 00:00:33 | 00:27:31 | 00:54:56.30 | 00:55:29.93 | +00:22:21 (40.7%) | 5:29 | 10.9 (59.2%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | 4.8km | Czas netto 10km | Czas brutto 10km | Różn | Tempo min/km | Tempo km/h |
|-----|---------------------------------|-------------|-----------------|-----------|------|-------------|----------|--------------------|--------------------|-------------------|--------------|--------------|
| 153 | ROZIAK Damian | 1169 | ISTA BIEGAMY | M-30 | 56 | 00:00:10 | 00:26:36 | 00:54:58.47 | 00:55:08.76 | +00:22:24 (40.7%) | 5:29 | 10.9 (59.2%) |
| 154 | CHMIELEWSKA Anna | 1030 | LECYMY DURŚ | K-40 | 11 | 00:00:09 | 00:27:43 | 00:55:02.45 | 00:55:11.85 | +00:22:27 (40.8%) | 5:30 | 10.9 (59.2%) |
| 155 | WEGNER Agnieszka | 1302 | | K-40 | 12 | 00:00:09 | 00:27:43 | 00:55:03.78 | 00:55:13.20 | +00:22:29 (40.8%) | 5:30 | 10.9 (59.2%) |
| 156 | WIĘCŁAW Grzegorz | 1285 | GŁOWA RZĄDZI | M-30 | 57 | 00:00:52 | 00:27:16 | 00:55:17.85 | 00:56:10.73 | +00:22:43 (41.1%) | 5:31 | 10.9 (59.2%) |
| 157 | TWARDOCH Marek | 1281 | | M-40 | 38 | 00:00:14 | 00:28:18 | 00:55:26.12 | 00:55:40.21 | +00:22:51 (41.2%) | 5:32 | 10.8 (58.7%) |
| 158 | BATOG Maciej | 1095 | | M-40 | 39 | 00:00:30 | 00:27:14 | 00:55:27.54 | 00:55:58.30 | +00:22:53 (41.3%) | 5:32 | 10.8 (58.7%) |
| 159 | WACHOCKI Robert | 1069 | | M-30 | 58 | 00:00:34 | 00:26:48 | 00:55:39.03 | 00:56:13.58 | +00:23:04 (41.5%) | 5:33 | 10.8 (58.7%) |
| 160 | OKOŃ-KOTOWSKA Katarzyna | 1007 | | K-30 | 12 | 00:00:51 | 00:27:43 | 00:55:41.37 | 00:56:32.94 | +00:23:06 (41.5%) | 5:34 | 10.8 (58.7%) |
| 161 | WILCZEK Ewa | 1339 | | K-30 | 13 | 00:00:03 | 00:26:55 | 00:55:44.22 | 00:55:47.50 | +00:23:09 (41.6%) | 5:34 | 10.8 (58.7%) |
| 162 | ZASIEK Marek | 1318 | | M-50 | 11 | 00:00:08 | 00:27:40 | 00:55:44.53 | 00:55:53.31 | +00:23:10 (41.6%) | 5:34 | 10.8 (58.7%) |
| 163 | SZEGA Karol | 1398 | PKO BANK POLSKI | M-30 | 59 | 00:00:09 | 00:26:41 | 00:55:49.14 | 00:55:58.43 | +00:23:14 (41.6%) | 5:34 | 10.7 (58.2%) |
| 164 | MATECKI Krzysztof | 1156 | | M-20 | 18 | 00:00:56 | 00:27:49 | 00:55:53.29 | 00:56:49.40 | +00:23:18 (41.7%) | 5:35 | 10.7 (58.2%) |
| 165 | GRZELAK Tomasz | 1369 | | M-40 | 40 | 00:00:29 | 00:28:17 | 00:55:55.40 | 00:56:24.67 | +00:23:20 (41.8%) | 5:35 | 10.7 (58.2%) |
| 166 | WAWOK Mariusz | 1292 | | M-40 | 41 | 00:00:25 | 00:29:00 | 00:55:59.15 | 00:56:24.90 | +00:23:24 (41.8%) | 5:35 | 10.7 (58.2%) |
| 167 | PIEKARZ Małgorzata | 1336 | DRUŻYNA JEDYNKI | K-30 | 14 | 00:00:33 | 00:27:51 | 00:55:59.30 | 00:56:32.45 | +00:23:24 (41.8%) | 5:35 | 10.7 (58.2%) |
| 168 | STRADOMSKI Jakub | 1304 | | M-30 | 60 | 00:00:26 | 00:27:18 | 00:56:00.66 | 00:56:26.86 | +00:23:26 (41.8%) | 5:36 | 10.7 (58.2%) |
| 169 | OLEJARZ-TELEGA Agnieszka | 1354 | | K-40 | 13 | 00:00:30 | 00:27:32 | 00:56:01.44 | 00:56:31.79 | +00:23:26 (41.9%) | 5:36 | 10.7 (58.2%) |
| 170 | ŁUPIKASZA Alina | 1012 | | K-40 | 14 | 00:00:04 | 00:26:32 | 00:56:06.21 | 00:56:10.81 | +00:23:31 (41.9%) | 5:36 | 10.7 (58.2%) |
| 171 | MORYL Szymon | 1128 | FLUOR | M-20 | 19 | 00:00:36 | 00:27:42 | 00:56:09.06 | 00:56:45.60 | +00:23:34 (42.0%) | 5:36 | 10.7 (58.2%) |
| 172 | SZEWCZYK Krzysztof | 1150 | | M-20 | 20 | 00:00:47 | 00:27:30 | 00:56:10.85 | 00:56:58.11 | +00:23:36 (42.0%) | 5:37 | 10.7 (58.2%) |
| 173 | MAĆZYŃSKA Agnieszka | 1326 | | K-40 | 15 | 00:00:18 | 00:27:46 | 00:56:10.93 | 00:56:29.29 | +00:23:36 (42.0%) | 5:37 | 10.7 (58.2%) |
| 174 | SCHIFFNER Krzysztof | 1244 | | M-30 | 61 | 00:00:13 | 00:27:26 | 00:56:11.73 | 00:56:24.85 | +00:23:37 (42.0%) | 5:37 | 10.7 (58.2%) |
| 175 | KRAŃSKA Patrycja | 1267 | | K-20 | 5 | 00:00:18 | 00:28:22 | 00:56:14.51 | 00:56:32.87 | +00:23:40 (42.1%) | 5:37 | 10.7 (58.2%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | 4.8km | Czas netto 10km | Czas brutto 10km | Różn | Tempo min/km | Tempo km/h |
|-----|---|-------------|---------|-----------|------|-------------|----------|--------------------|--------------------|-------------------|--------------|--------------|
| 176 | CHOLEWA Tomasz | 1078 | | M-40 | 42 | 00:00:06 | 00:27:20 | 00:56:17.04 | 00:56:23.62 | +00:23:42 (42.1%) | 5:37 | 10.7 (58.2%) |
| 177 | LEE Sung Bong | 1159 | KPI | M-50 | 12 | 00:00:59 | 00:28:13 | 00:56:17.17 | 00:57:16.48 | +00:23:42 (42.1%) | 5:37 | 10.7 (58.2%) |
| 178 | MANDOWSKI Marek | 1207 | | M-40 | 43 | 00:00:23 | 00:28:51 | 00:56:24.60 | 00:56:48.59 | +00:23:50 (42.3%) | 5:38 | 10.6 (57.6%) |
| 179 | WARZECHA Dawid | 1289 | | M-20 | 21 | 00:00:34 | 00:27:46 | 00:56:25.39 | 00:57:00.21 | +00:23:50 (42.3%) | 5:38 | 10.6 (57.6%) |
| 180 | ŻOŁNOWSKA Karolina | 1226 | | K-20 | 6 | 00:00:42 | 00:28:06 | 00:56:40.58 | 00:57:22.77 | +00:24:06 (42.5%) | 5:40 | 10.6 (57.6%) |
| 181 | KOSTECKA Wiktoria | 1258 | | K-20 | 7 | 00:00:05 | 00:26:54 | 00:56:43.36 | 00:56:49.29 | +00:24:08 (42.6%) | 5:40 | 10.6 (57.6%) |
| 182 | SMOLARCZYK Ryszard | 1335 | | M-40 | 44 | 00:00:16 | 00:27:57 | 00:56:46.28 | 00:57:03.22 | +00:24:11 (42.6%) | 5:40 | 10.6 (57.6%) |
| 183 | SPINDEL-SAMEK Iwona | 1027 | | K-30 | 15 | 00:00:10 | 00:27:32 | 00:56:46.92 | 00:56:57.27 | +00:24:12 (42.6%) | 5:40 | 10.6 (57.6%) |
| 184 | SAMEK Łukasz | 1028 | | M-30 | 62 | 00:00:10 | 00:27:32 | 00:56:46.93 | 00:56:57.32 | +00:24:12 (42.6%) | 5:40 | 10.6 (57.6%) |
| 185 | FAŁEK Robert | 1051 | | M-50 | 13 | 00:00:18 | 00:28:24 | 00:56:50.34 | 00:57:08.88 | +00:24:15 (42.7%) | 5:41 | 10.6 (57.6%) |
| 186 | KASZUB-DEDYK Katarzyna | 1015 | | K-30 | 16 | 00:00:14 | 00:27:42 | 00:56:54.87 | 00:57:09.08 | +00:24:20 (42.8%) | 5:41 | 10.5 (57.1%) |
| 187 | GOROL Daniel | 1316 | | M-30 | 63 | 00:00:40 | 00:29:24 | 00:56:57.24 | 00:57:37.46 | +00:24:22 (42.8%) | 5:41 | 10.5 (57.1%) |
| 188 | KASZUBA Beata | 1307 | | K-40 | 16 | 00:00:06 | 00:27:23 | 00:56:59.05 | 00:57:05.17 | +00:24:24 (42.8%) | 5:41 | 10.5 (57.1%) |
| 189 | NOKIELSKI Tomasz | 1261 | | M-20 | 22 | 00:00:18 | 00:28:25 | 00:57:06.73 | 00:57:25.40 | +00:24:32 (43.0%) | 5:42 | 10.5 (57.1%) |
| 190 | WYCIŚLIK Wioleta | 1127 | FLUOR | K-30 | 17 | 00:00:38 | 00:28:04 | 00:57:08.44 | 00:57:46.59 | +00:24:33 (43.0%) | 5:42 | 10.5 (57.1%) |
| 191 | JEŻYK Krzysztof | 1209 | | M-30 | 64 | 00:00:05 | 00:26:34 | 00:57:11.35 | 00:57:17.17 | +00:24:36 (43.0%) | 5:43 | 10.5 (57.1%) |
| 192 | FRANIELCZYK Marta | 1399 | | K-40 | 17 | 00:00:13 | 00:27:40 | 00:57:15.12 | 00:57:28.21 | +00:24:40 (43.1%) | 5:43 | 10.5 (57.1%) |
| 193 | CZARNECKA-KARBOWNICZEK Magdalena | 1256 | KARBONY | K-30 | 18 | 00:00:08 | 00:28:40 | 00:57:15.69 | 00:57:24.00 | +00:24:41 (43.1%) | 5:43 | 10.5 (57.1%) |
| 194 | KARBOWNICZEK Dawid | 1257 | KARBONY | M-30 | 65 | 00:00:08 | 00:28:40 | 00:57:15.97 | 00:57:24.02 | +00:24:41 (43.1%) | 5:43 | 10.5 (57.1%) |
| 195 | ŚWIDLIK Piotr | 1254 | S40 | M-40 | 45 | 00:00:39 | 00:28:26 | 00:57:17.67 | 00:57:57.29 | +00:24:43 (43.1%) | 5:43 | 10.5 (57.1%) |
| 196 | GARCORZ Mateusz | 1334 | | M-40 | 46 | 00:00:30 | 00:28:53 | 00:57:18.83 | 00:57:48.86 | +00:24:44 (43.2%) | 5:43 | 10.5 (57.1%) |
| 197 | DUDZIŃSKA Sylwia | 1167 | | K-50 | 4 | 00:00:15 | 00:27:48 | 00:57:25.28 | 00:57:41.08 | +00:24:50 (43.3%) | 5:44 | 10.4 (56.5%) |
| 198 | KOSZYK Andrzej | 1205 | | M-40 | 47 | 00:00:28 | 00:28:59 | 00:57:28.11 | 00:57:57.03 | +00:24:53 (43.3%) | 5:44 | 10.4 (56.5%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | 4.8km | Czas netto 10km | Czas brutto 10km | Różn | Tempo min/km | Tempo km/h |
|-----|------------------------------|-------------|----------------------------|-----------|------|-------------|----------|--------------------|--------------------|----------------------|--------------|-----------------|
| 199 | STACHOWIAK Marcin | 1312 | RTP | M-40 | 48 | 00:00:37 | 00:27:55 | 00:57:30.28 | 00:58:08.21 | +00:24:55 (43.4%) | 5:45 | 10.4 (56.5%) |
| 200 | PUT Sebastian | 1279 | SZYBCY I MY | M-30 | 66 | 00:00:40 | 00:28:33 | 00:57:38.45 | 00:58:18.99 | +00:25:03 (43.5%) | 5:45 | 10.4 (56.5%) |
| 201 | PACHOLAK Patryk | 1368 | | M-30 | 67 | 00:00:37 | 00:29:11 | 00:57:38.77 | 00:58:16.59 | +00:25:04 (43.5%) | 5:45 | 10.4 (56.5%) |
| 202 | BRZOZOWSKA Katarzyna | 1175 | KB ORŁY Z KNUROWA | K-40 | 18 | 00:00:13 | 00:29:26 | 00:57:45.59 | 00:57:59.32 | +00:25:11 (43.6%) | 5:46 | 10.4 (56.5%) |
| 203 | NAWROT Marta | 1531 | | K-30 | 19 | 00:00:30 | 00:29:23 | 00:57:45.67 | 00:58:16.20 | +00:25:11 (43.6%) | 5:46 | 10.4 (56.5%) |
| 204 | BERNAD Szymon | 1143 | | M-30 | 68 | 00:00:37 | 00:28:27 | 00:57:45.86 | 00:58:23.55 | +00:25:11 (43.6%) | 5:46 | 10.4 (56.5%) |
| 205 | SZAR Radosław | 1220 | | M-20 | 23 | 00:00:33 | 00:28:48 | 00:57:49.01 | 00:58:22.77 | +00:25:14 (43.7%) | 5:46 | 10.4 (56.5%) |
| 206 | KROPIENIEWICZ Jakub | 1359 | | M-30 | 69 | 00:01:01 | 00:29:21 | 00:57:51.34 | 00:58:53.24 | +00:25:16 (43.7%) | 5:47 | 10.4 (56.5%) |
| 207 | EICHHOF Joanna | 1112 | | K-40 | 19 | 00:00:38 | 00:29:00 | 00:57:56.60 | 00:58:35.10 | +00:25:22 (43.8%) | 5:47 | 10.4 (56.5%) |
| 208 | HUDY Grażyna | 1137 | | K-30 | 20 | 00:00:37 | 00:28:27 | 00:58:00.57 | 00:58:38.00 | +00:25:26 (43.8%) | 5:48 | 10.3 (56.0%) |
| 209 | HRES Veranika | 1298 | | K-20 | 8 | 00:00:08 | 00:28:25 | 00:58:02.29 | 00:58:10.66 | +00:25:27 (43.9%) | 5:48 | 10.3 (56.0%) |
| 210 | PIEŁKA Agata | 1363 | | K-30 | 21 | 00:00:12 | 00:27:55 | 00:58:04.89 | 00:58:17.06 | +00:25:30 (43.9%) | 5:48 | 10.3 (56.0%) |
| 211 | PAROVCHENKO Dmytro | 1131 | ЛК "ОЛЕКСАНДРІЯ" | M-40 | 49 | 00:00:20 | 00:28:26 | 00:58:08.01 | 00:58:28.73 | +00:25:33 (44.0%) | 5:48 | 10.3 (56.0%) |
| 212 | STROBA Agnieszka | 1394 | | K-40 | 20 | 00:00:34 | 00:30:24 | 00:58:11.24 | 00:58:45.70 | +00:25:36 (44.0%) | 5:49 | 10.3 (56.0%) |
| 213 | NOWAKOWSKA Aleksandra | 1299 | | K-30 | 22 | 00:00:21 | 00:29:02 | 00:58:11.90 | 00:58:33.38 | +00:25:37 (44.0%) | 5:49 | 10.3 (56.0%) |
| 214 | BLASZCZYK Paulina | 1049 | | K-30 | 23 | 00:00:51 | 00:28:38 | 00:58:14.84 | 00:59:06.59 | +00:25:40 (44.1%) | 5:49 | 10.3 (56.0%) |
| 215 | BAUC Bartłomiej | 1101 | BIEGOWE NIEPOROZUMIENIE | M-40 | 50 | 00:00:00 | 00:29:17 | 00:58:17.51 | 00:58:17.51 | +00:25:43 (44.1%) | 5:49 | 10.3 (56.0%) |
| 216 | NOWAK Jacek | 1219 | | M-20 | 24 | 00:00:34 | 00:29:01 | 00:58:17.61 | 00:58:51.84 | +00:25:43 (44.1%) | 5:49 | 10.3 (56.0%) |
| 217 | CZAUADERNA Klaudia | 1193 | TRIDIVISION TRIATHLON TEAM | K-40 | 21 | 00:00:23 | 00:29:52 | 00:58:19.19 | 00:58:42.45 | +00:25:44 (44.1%) | 5:49 | 10.3 (56.0%) |
| 218 | BRZAKAŁA Tomasz | 1305 | ASSECO ACTIVE TEAM | M-30 | 70 | 00:00:47 | 00:27:50 | 00:58:20.15 | 00:59:07.72 | +00:25:45 (44.2%) | 5:50 | 10.3 (56.0%) |
| 219 | POLUS Tomasz | 1032 | | M-40 | 51 | 00:00:24 | 00:28:58 | 00:58:24.81 | 00:58:49.38 | +00:25:50 (44.2%) | 5:50 | 10.3 (56.0%) |
| 220 | KOWALCZYK Robert | 1293 | ISTA BIEGAMY | M-50 | 14 | 00:00:09 | 00:27:31 | 00:58:35.52 | 00:58:45.02 | +00:26:01 (44.4%) | 5:51 | 10.2 (55.4%) |
| 221 | PURZYŃSKA Hanna | 1087 | | K-40 | 22 | 00:00:08 | 00:28:05 | 00:58:35.76 | 00:58:44.14 | +00:26:01 (44.4%) | 5:51 | 10.2 (55.4%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | 4.8km | Czas netto 10km | Czas brutto 10km | Różn | Tempo min/km | Tempo km/h |
|-----|-------------------------------|-------------|-------------------------------|-----------|------|-------------|----------|--------------------|--------------------|-------------------|--------------|--------------|
| 222 | MARYNIAK Agnieszka | 1222 | | K-30 | 24 | 00:00:33 | 00:29:50 | 00:58:40.32 | 00:59:14.03 | +00:26:05 (44.5%) | 5:52 | 10.2 (55.4%) |
| 223 | GÓRECKA Agnieszka | 1309 | | K-30 | 25 | 00:00:33 | 00:29:51 | 00:58:40.72 | 00:59:13.99 | +00:26:06 (44.5%) | 5:52 | 10.2 (55.4%) |
| 224 | MAZURKIEWICZ Paweł | 1213 | HIRSCHVOGEL COMPONENTS POLAND | M-20 | 25 | 00:00:59 | 00:30:17 | 00:58:43.57 | 00:59:43.21 | +00:26:09 (44.5%) | 5:52 | 10.2 (55.4%) |
| 225 | LESZCZYŃSKA Agata | 1076 | | K-30 | 26 | 00:00:37 | 00:28:54 | 00:58:48.04 | 00:59:25.92 | +00:26:13 (44.6%) | 5:52 | 10.2 (55.4%) |
| 226 | KLUSZCZYK Grzegorz | 1200 | | M-20 | 26 | 00:00:32 | 00:28:59 | 00:58:48.52 | 00:59:20.78 | +00:26:14 (44.6%) | 5:52 | 10.2 (55.4%) |
| 227 | PLEWKA Oliwia | 1358 | STUDIO OLIVIA | K-40 | 23 | 00:00:17 | 00:28:53 | 00:58:48.84 | 00:59:05.93 | +00:26:14 (44.6%) | 5:52 | 10.2 (55.4%) |
| 228 | FRANIA Andrzej | 1330 | K.S.JUDO TEAM MASTERS GLIWICE | M-50 | 15 | 00:00:11 | 00:28:39 | 00:59:01.15 | 00:59:12.54 | +00:26:26 (44.8%) | 5:54 | 10.2 (55.4%) |
| 229 | KORKOSZ Anna | 1106 | | K-40 | 24 | 00:00:44 | 00:27:49 | 00:59:01.64 | 00:59:46.46 | +00:26:27 (44.8%) | 5:54 | 10.2 (55.4%) |
| 230 | NIEMCZYK Aleksandra | 1195 | | K-40 | 25 | 00:00:09 | 00:29:12 | 00:59:13.11 | 00:59:22.98 | +00:26:38 (45.0%) | 5:55 | 10.1 (54.9%) |
| 231 | PĘDOWSKI Wojciech | 1350 | | M-60 | 6 | 00:00:40 | 00:29:24 | 00:59:15.30 | 00:59:55.37 | +00:26:40 (45.0%) | 5:55 | 10.1 (54.9%) |
| 232 | BALCER Weronika | 1121 | JOMAR RUNNERS | K-30 | 27 | 00:00:10 | 00:27:15 | 00:59:20.71 | 00:59:31.03 | +00:26:46 (45.1%) | 5:56 | 10.1 (54.9%) |
| 233 | KOMANDER Marcin | 1122 | JOMAR RUNNERS | M-60 | 7 | 00:00:10 | 00:27:15 | 00:59:20.88 | 00:59:31.39 | +00:26:46 (45.1%) | 5:56 | 10.1 (54.9%) |
| 234 | SZEWC Renata | 1019 | #HUTATEAM | K-40 | 26 | 00:00:11 | 00:29:07 | 00:59:22.28 | 00:59:34.26 | +00:26:47 (45.1%) | 5:56 | 10.1 (54.9%) |
| 235 | KOTARBA Jolanta | 1058 | | K-60 | 1 | 00:00:35 | 00:29:37 | 00:59:29.62 | 01:00:05.50 | +00:26:55 (45.2%) | 5:56 | 10.1 (54.9%) |
| 236 | KROTOS Krzysztof | 1024 | OQS | M-40 | 52 | 00:00:23 | 00:29:34 | 00:59:34.20 | 00:59:57.53 | +00:26:59 (45.3%) | 5:57 | 10.1 (54.9%) |
| 237 | MUSIOŁ Justyna | 1098 | | K-20 | 9 | 00:00:28 | 00:29:03 | 00:59:41.48 | 01:00:10.04 | +00:27:07 (45.4%) | 5:58 | 10.1 (54.9%) |
| 238 | PAJĄK Dorota | 1353 | | K-30 | 28 | 00:00:17 | 00:29:15 | 00:59:45.45 | 01:00:02.53 | +00:27:10 (45.5%) | 5:58 | 10 (54.3%) |
| 239 | ZIELIŃSKI Adam | 1088 | | M-40 | 53 | 00:00:08 | 00:27:53 | 00:59:47.40 | 00:59:55.83 | +00:27:12 (45.5%) | 5:58 | 10 (54.3%) |
| 240 | KOZŁOWSKI Łukasz | 1218 | | M-20 | 27 | 00:00:33 | 00:28:58 | 00:59:47.45 | 01:00:20.47 | +00:27:12 (45.5%) | 5:58 | 10 (54.3%) |
| 241 | KOTLARSKA Anna | 1062 | | K-50 | 5 | 00:00:18 | 00:29:37 | 00:59:50.21 | 01:00:08.85 | +00:27:15 (45.6%) | 5:59 | 10 (54.3%) |
| 242 | KUROWSKI Bartłomiej | 1249 | | M-20 | 28 | 00:00:29 | 00:29:07 | 00:59:50.61 | 01:00:20.52 | +00:27:16 (45.6%) | 5:59 | 10 (54.3%) |
| 243 | LOVEDAY Keith | 1388 | | M-40 | 54 | 00:00:07 | 00:29:20 | 00:59:59.81 | 01:00:06.88 | +00:27:25 (45.7%) | 5:59 | 10 (54.3%) |
| 244 | HOLOVANOVAN Anastasiia | 1376 | | K-40 | 27 | 00:00:37 | 00:28:42 | 01:00:01.34 | 01:00:38.88 | +00:27:26 (45.7%) | 6:00 | 10 (54.3%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | 4.8km | Czas netto 10km | Czas brutto 10km | Różn | Tempo min/km | Tempo km/h |
|-----|------------------------------|-------------|---------------------|-----------|------|-------------|----------|--------------------|--------------------|-------------------|--------------|-------------|
| 245 | ZAKLIŃSKA Katarzyna | 1271 | | K-40 | 28 | 00:01:07 | 00:29:13 | 01:00:03.42 | 01:01:10.53 | +00:27:28 (45.8%) | 6:00 | 10 (54.3%) |
| 246 | PSIUK Szymon | 1248 | | M-20 | 29 | 00:00:00 | 00:29:08 | 01:00:05.29 | 01:00:05.29 | +00:27:30 (45.8%) | 6:00 | 10 (54.3%) |
| 247 | SZULC Dominika | 1171 | #WPISZCOKOLWIEK | K-30 | 29 | 00:00:28 | 00:29:15 | 01:00:05.92 | 01:00:34.44 | +00:27:31 (45.8%) | 6:00 | 10 (54.3%) |
| 248 | SAMOL Grzegorz | 1105 | | M-50 | 16 | 00:00:13 | 00:28:14 | 01:00:07.62 | 01:00:20.87 | +00:27:33 (45.8%) | 6:00 | 10 (54.3%) |
| 249 | TARADAJ Tomasz | 1223 | | M-50 | 17 | 00:00:16 | 00:27:54 | 01:00:10.19 | 01:00:26.63 | +00:27:35 (45.9%) | 6:01 | 10 (54.3%) |
| 250 | JANIK Szymon | 1265 | | M-40 | 55 | 00:01:02 | 00:29:15 | 01:00:13.80 | 01:01:16.62 | +00:27:39 (45.9%) | 6:01 | 10 (54.3%) |
| 251 | NIEDŹWIEDŹ Daniela | 1401 | SPOCENI TACISZÓW | K-30 | 30 | 00:00:23 | 00:29:50 | 01:00:17.56 | 01:00:40.87 | +00:27:43 (46.0%) | 6:01 | 10 (54.3%) |
| 252 | CZOSNOWSKI Piotr | 1243 | CZASY SIĘ SZWENDAJĄ | M-20 | 30 | 00:00:28 | 00:30:14 | 01:00:26.91 | 01:00:54.91 | +00:27:52 (46.1%) | 6:02 | 9.9 (53.8%) |
| 253 | CZOSNOWSKA Anna | 1245 | CZOSY SIĘ SZWENDAJĄ | K-40 | 29 | 00:00:27 | 00:30:14 | 01:00:27.04 | 01:00:54.82 | +00:27:52 (46.1%) | 6:02 | 9.9 (53.8%) |
| 254 | JANOSZCZYK Anna | 1239 | SSM | K-40 | 30 | 00:00:32 | 00:30:35 | 01:00:36.69 | 01:01:09.25 | +00:28:02 (46.3%) | 6:03 | 9.9 (53.8%) |
| 255 | WOJCIK Jozefa | 1041 | 1H 10MIN | K-60 | 2 | 00:00:31 | 00:29:19 | 01:00:37.80 | 01:01:09.80 | +00:28:03 (46.3%) | 6:03 | 9.9 (53.8%) |
| 256 | ZDEBEL Michał | 1125 | FLUOR | M-30 | 71 | 00:00:30 | 00:30:07 | 01:01:01.37 | 01:01:32.04 | +00:28:26 (46.6%) | 6:06 | 9.8 (53.3%) |
| 257 | PRZYDACZ Aleksandra | 1185 | HIRSCHVOGEL | K-30 | 31 | 00:00:50 | 00:29:42 | 01:01:05.67 | 01:01:55.73 | +00:28:31 (46.7%) | 6:06 | 9.8 (53.3%) |
| 258 | ODZIOMEK Sebastian | 1321 | | M-50 | 18 | 00:00:41 | 00:30:59 | 01:01:12.53 | 01:01:54.46 | +00:28:38 (46.8%) | 6:07 | 9.8 (53.3%) |
| 259 | KAMIŃSKA Ewa | 1104 | | K-30 | 32 | 00:00:20 | 00:29:01 | 01:01:15.36 | 01:01:36.02 | +00:28:40 (46.8%) | 6:07 | 9.8 (53.3%) |
| 260 | KOMAR Bartosz | 1276 | | M-40 | 56 | 00:00:29 | 00:29:05 | 01:01:16.78 | 01:01:46.44 | +00:28:42 (46.8%) | 6:07 | 9.8 (53.3%) |
| 261 | KOMAR Anna | 1252 | | K-40 | 31 | 00:00:29 | 00:29:10 | 01:01:17.76 | 01:01:46.90 | +00:28:43 (46.9%) | 6:07 | 9.8 (53.3%) |
| 262 | GŁOWACKA Justyna | 1164 | ISTA BIEGAMY | K-30 | 33 | 00:00:09 | 00:29:36 | 01:01:18.89 | 01:01:28.47 | +00:28:44 (46.9%) | 6:07 | 9.8 (53.3%) |
| 263 | PODMAGÓRSKI Krzysztof | 1053 | | M-30 | 72 | 00:00:06 | 00:29:28 | 01:01:20.81 | 01:01:27.70 | +00:28:46 (46.9%) | 6:08 | 9.8 (53.3%) |
| 264 | RATKA Dawid | 1197 | | M-30 | 73 | 00:00:00 | 00:29:54 | 01:01:26.04 | 01:01:26.04 | +00:28:51 (47.0%) | 6:08 | 9.8 (53.3%) |
| 265 | SIĄŻNIK Aleksandra | 1361 | | K-20 | 10 | 00:00:17 | 00:28:36 | 01:01:27.97 | 01:01:45.70 | +00:28:53 (47.0%) | 6:08 | 9.8 (53.3%) |
| 266 | POSACKI Patryk | 1206 | | M-30 | 74 | 00:00:51 | 00:29:35 | 01:01:29.03 | 01:02:20.92 | +00:28:54 (47.0%) | 6:08 | 9.8 (53.3%) |
| 267 | SZOŁTYSIK Andrzej | 1365 | MIRAZ RACE TEAM | M-50 | 19 | 00:00:15 | 00:30:55 | 01:01:32.23 | 01:01:48.21 | +00:28:57 (47.1%) | 6:09 | 9.8 (53.3%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | 4.8km | Czas netto 10km | Czas brutto 10km | Różn | Tempo min/km | Tempo km/h |
|-----|----------------------------------|-------------|--------------|-----------|------|-------------|----------|--------------------|--------------------|-------------------|--------------|-------------|
| 268 | VYSHNIAKOVA Daria | 1096 | | K-30 | 34 | 00:00:53 | 00:30:56 | 01:01:38.81 | 01:02:32.41 | +00:29:04 (47.2%) | 6:09 | 9.7 (52.7%) |
| 269 | TOBOR Pawel | 1056 | | M-30 | 75 | 00:00:51 | 00:29:50 | 01:01:40.04 | 01:02:31.22 | +00:29:05 (47.2%) | 6:10 | 9.7 (52.7%) |
| 270 | MAŃKA Katarzyna | 1031 | | K-40 | 32 | 00:00:41 | 00:30:59 | 01:01:40.97 | 01:02:22.77 | +00:29:06 (47.2%) | 6:10 | 9.7 (52.7%) |
| 271 | FORAJTER Klaudia | 1126 | FLUOR | K-20 | 11 | 00:00:37 | 00:29:19 | 01:01:42.31 | 01:02:19.49 | +00:29:07 (47.2%) | 6:10 | 9.7 (52.7%) |
| 272 | MAŃKA Marcin | 1014 | | M-40 | 57 | 00:00:41 | 00:31:00 | 01:01:44.93 | 01:02:26.13 | +00:29:10 (47.2%) | 6:10 | 9.7 (52.7%) |
| 273 | JAMROŻY Kasia | 1194 | ISTA BIEGAMY | K-40 | 33 | 00:00:09 | 00:29:37 | 01:01:56.45 | 01:02:05.94 | +00:29:21 (47.4%) | 6:11 | 9.7 (52.7%) |
| 274 | NOWAKOWSKA-TRZASKA Joanna | 1141 | HELLWOOD | K-40 | 34 | 00:00:31 | 00:31:29 | 01:02:05.01 | 01:02:36.92 | +00:29:30 (47.5%) | 6:12 | 9.7 (52.7%) |
| 275 | TWARDOCH Aleksandra | 1282 | | K-40 | 35 | 00:00:13 | 00:30:05 | 01:02:06.62 | 01:02:20.41 | +00:29:32 (47.6%) | 6:12 | 9.7 (52.7%) |
| 276 | BAJSAROWICZ Justyna | 1277 | | K-30 | 35 | 00:00:00 | 00:29:56 | 01:02:10.43 | 01:02:10.81 | +00:29:35 (47.6%) | 6:13 | 9.7 (52.7%) |
| 277 | DEMEL Agnieszka | 1331 | | K-40 | 36 | 00:00:04 | 00:30:32 | 01:02:11.79 | 01:02:16.42 | +00:29:37 (47.6%) | 6:13 | 9.6 (52.2%) |
| 278 | JADCZYK Agnieszka | 1064 | | K-30 | 36 | 00:00:39 | 00:31:26 | 01:02:15.94 | 01:02:54.98 | +00:29:41 (47.7%) | 6:13 | 9.6 (52.2%) |
| 279 | MISIAK Małgorzata | 1142 | | K-50 | 6 | 00:00:31 | 00:31:29 | 01:02:39.91 | 01:03:11.84 | +00:30:05 (48.0%) | 6:15 | 9.6 (52.2%) |
| 280 | HOMA Dorota | 1296 | | K-30 | 37 | 00:00:46 | 00:30:19 | 01:02:50.69 | 01:03:37.20 | +00:30:16 (48.2%) | 6:17 | 9.5 (51.6%) |
| 281 | SZUMIATA Milena | 1168 | | K-30 | 38 | 00:00:49 | 00:31:52 | 01:02:59.57 | 01:03:48.73 | +00:30:25 (48.3%) | 6:17 | 9.5 (51.6%) |
| 282 | GRZĄDKOWSKA Izabela | 1362 | | K-60 | 3 | 00:00:54 | 00:31:19 | 01:03:03.01 | 01:03:57.92 | +00:30:28 (48.3%) | 6:18 | 9.5 (51.6%) |
| 283 | CIEŚLA Karol | 1136 | | M-30 | 76 | 00:00:11 | 00:31:37 | 01:03:04.26 | 01:03:15.51 | +00:30:29 (48.4%) | 6:18 | 9.5 (51.6%) |
| 284 | POPIÓŁ Izabela | 1111 | | K-30 | 39 | 00:00:34 | 00:31:06 | 01:03:04.66 | 01:03:38.84 | +00:30:30 (48.4%) | 6:18 | 9.5 (51.6%) |
| 285 | SZUMSKA Anna | 1229 | | K-40 | 37 | 00:00:52 | 00:31:21 | 01:03:16.56 | 01:04:09.52 | +00:30:42 (48.5%) | 6:19 | 9.5 (51.6%) |
| 286 | KURASZ Katarzyna | 1228 | | K-20 | 12 | 00:00:42 | 00:31:57 | 01:03:18.69 | 01:04:01.51 | +00:30:44 (48.5%) | 6:19 | 9.5 (51.6%) |
| 287 | STANISZ Michał | 1102 | | M-40 | 58 | 00:00:31 | 00:30:27 | 01:03:19.59 | 01:03:50.65 | +00:30:45 (48.6%) | 6:19 | 9.5 (51.6%) |
| 288 | CHOLEWA Magdalena | 1077 | | K-40 | 38 | 00:00:06 | 00:30:48 | 01:03:22.03 | 01:03:28.36 | +00:30:47 (48.6%) | 6:20 | 9.5 (51.6%) |
| 289 | PRZYBYŁA Damian | 1152 | FLUOR | M-30 | 77 | 00:00:28 | 00:29:24 | 01:03:22.98 | 01:03:51.72 | +00:30:48 (48.6%) | 6:20 | 9.5 (51.6%) |
| 290 | NOWARA Paulina | 1203 | ISTA BIEGAMY | K-20 | 13 | 00:00:10 | 00:30:58 | 01:03:48.45 | 01:03:58.45 | +00:31:13 (48.9%) | 6:22 | 9.4 (51.1%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | 4.8km | Czas netto 10km | Czas brutto 10km | Różn | Tempo min/km | Tempo km/h |
|-----|--|-------------|----------------|-----------|------|-------------|----------|--------------------|--------------------|-------------------|--------------|-------------|
| 291 | MARTYNA Jagoda | 1081 | TEAM ŻAR | K-20 | 14 | 00:00:54 | 00:32:47 | 01:03:49.16 | 01:04:43.44 | +00:31:14 (49.0%) | 6:22 | 9.4 (51.1%) |
| 292 | MIARECKA Monika | 1177 | | K-40 | 39 | 00:00:21 | 00:31:13 | 01:04:02.89 | 01:04:24.75 | +00:31:28 (49.1%) | 6:24 | 9.4 (51.1%) |
| 293 | SOJA Wojciech | 1065 | RKS HUWDU | M-30 | 78 | 00:00:07 | 00:31:05 | 01:04:03.16 | 01:04:10.95 | +00:31:28 (49.1%) | 6:24 | 9.4 (51.1%) |
| 294 | KRAWCZYK Hanna | 1274 | | K-40 | 40 | 00:00:21 | 00:31:13 | 01:04:03.54 | 01:04:25.10 | +00:31:29 (49.1%) | 6:24 | 9.4 (51.1%) |
| 295 | ZAPOTOCZNY Przemysław | 1033 | | M-40 | 59 | 00:00:46 | 00:33:47 | 01:04:17.10 | 01:05:03.73 | +00:31:42 (49.3%) | 6:25 | 9.3 (50.5%) |
| 296 | SETKOWICZ Piotr | 1080 | | M-40 | 60 | 00:00:54 | 00:32:03 | 01:04:27.23 | 01:05:21.39 | +00:31:52 (49.5%) | 6:26 | 9.3 (50.5%) |
| 297 | RACZKOWSKA Sandra | 1067 | | K-30 | 40 | 00:00:05 | 00:30:50 | 01:04:33.47 | 01:04:38.95 | +00:31:59 (49.5%) | 6:27 | 9.3 (50.5%) |
| 298 | BEMŚ Emilia | 1026 | KS SOŚNICA | K-30 | 41 | 00:00:31 | 00:32:38 | 01:04:36.90 | 01:05:08.39 | +00:32:02 (49.6%) | 6:27 | 9.3 (50.5%) |
| 299 | JANUS Małgorzata | 1246 | | K-30 | 42 | 00:00:12 | 00:30:38 | 01:04:42.14 | 01:04:54.73 | +00:32:07 (49.7%) | 6:28 | 9.3 (50.5%) |
| 300 | BARANOWSKI Wojciech | 1374 | | M-30 | 79 | 00:00:16 | 00:32:31 | 01:05:02.17 | 01:05:18.37 | +00:32:27 (49.9%) | 6:30 | 9.2 (50.0%) |
| 301 | FRAĆZAK Daria | 1324 | | K-30 | 43 | 00:00:45 | 00:33:01 | 01:05:11.34 | 01:05:56.55 | +00:32:36 (50.0%) | 6:31 | 9.2 (50.0%) |
| 302 | KWIATKOWSKA Elwira | 1071 | ZABIEGANY TEAM | K-40 | 41 | 00:00:04 | 00:31:39 | 01:05:14.25 | 01:05:19.19 | +00:32:39 (50.1%) | 6:31 | 9.2 (50.0%) |
| 303 | WERSZNER-GRAMAŁA Aleksandra | 1110 | HIRSCHVOGEL | K-30 | 44 | 00:00:51 | 00:31:17 | 01:05:21.26 | 01:06:12.47 | +00:32:46 (50.2%) | 6:32 | 9.2 (50.0%) |
| 304 | URBANEK Dorota | 1020 | | K-30 | 45 | 00:00:41 | 00:31:39 | 01:05:42.91 | 01:06:24.03 | +00:33:08 (50.4%) | 6:34 | 9.1 (49.5%) |
| 305 | KIESLICH-PAŃTAK Aleksandra | 1151 | | K-40 | 42 | 00:00:13 | 00:32:06 | 01:05:56.52 | 01:06:10.05 | +00:33:22 (50.6%) | 6:35 | 9.1 (49.5%) |
| 306 | FOSZNER Paweł | 1266 | | M-30 | 80 | 00:00:24 | 00:31:28 | 01:06:01.27 | 01:06:25.86 | +00:33:26 (50.7%) | 6:36 | 9.1 (49.5%) |
| 307 | SZEWC Henryk | 1017 | #HUTATEAM | M-50 | 20 | 00:00:12 | 00:33:15 | 01:06:32.21 | 01:06:44.60 | +00:33:57 (51.0%) | 6:39 | 9 (48.9%) |
| 308 | GAWŁOWSKA-SZTWIERTNIA Agnieszka | 1366 | | K-30 | 46 | 00:00:12 | 00:32:39 | 01:06:38.67 | 01:06:51.20 | +00:34:04 (51.1%) | 6:39 | 9 (48.9%) |
| 309 | SOŁTYSIAK Beniamin | 1259 | | M-30 | 81 | 00:00:00 | 00:32:35 | 01:06:46.45 | 01:06:46.45 | +00:34:11 (51.2%) | 6:40 | 9 (48.9%) |
| 310 | BARANOWSKA Ewa | 1375 | | K-30 | 47 | 00:00:15 | 00:33:33 | 01:07:03.56 | 01:07:18.99 | +00:34:29 (51.4%) | 6:42 | 8.9 (48.4%) |
| 311 | BOJEŚ Marcin | 1371 | | M-30 | 82 | 00:00:43 | 00:32:17 | 01:07:08.79 | 01:07:51.81 | +00:34:34 (51.5%) | 6:42 | 8.9 (48.4%) |
| 312 | GÓRAL Agnieszka | 1345 | | K-30 | 48 | 00:00:19 | 00:33:29 | 01:07:12.75 | 01:07:32.48 | +00:34:38 (51.5%) | 6:43 | 8.9 (48.4%) |
| 313 | BROŹEK Bartosz | 1108 | | M-20 | 31 | 00:00:10 | 00:31:59 | 01:07:26.33 | 01:07:36.77 | +00:34:51 (51.7%) | 6:44 | 8.9 (48.4%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | 4.8km | Czas netto 10km | Czas brutto 10km | Różn | Tempo min/km | Tempo km/h |
|-----|---------------------------|-------------|----------------------|-----------|------|-------------|----------|--------------------|--------------------|----------------------|--------------|----------------|
| 314 | WÓJCIK Katarzyna | 1320 | PRZYJACIELE UŚMIECHU | K-40 | 43 | 00:00:08 | 00:31:45 | 01:07:37.78 | 01:07:46.73 | +00:35:03 (51.8%) | 6:45 | 8.9 (48.4%) |
| 315 | TOWAREK Agnieszka | 1283 | | K-50 | 7 | 00:00:47 | 00:33:10 | 01:07:41.13 | 01:08:28.78 | +00:35:06 (51.9%) | 6:46 | 8.9 (48.4%) |
| 316 | GRABSKA Anna | 1373 | | K-30 | 49 | 00:00:14 | 00:33:33 | 01:07:51.01 | 01:08:05.99 | +00:35:16 (52.0%) | 6:47 | 8.8 (47.8%) |
| 317 | SCHWIERZ Karolina | 1005 | | K-20 | 15 | 00:00:30 | 00:33:43 | 01:08:01.62 | 01:08:31.80 | +00:35:27 (52.1%) | 6:48 | 8.8 (47.8%) |
| 318 | MATUSEK Anna | 1117 | | K-20 | 16 | 00:00:37 | 00:32:23 | 01:08:09.35 | 01:08:46.57 | +00:35:34 (52.2%) | 6:48 | 8.8 (47.8%) |
| 319 | NIEUŻYŁA Marta | 1006 | | K-30 | 50 | 00:00:14 | 00:33:18 | 01:08:32.70 | 01:08:47.56 | +00:35:58 (52.5%) | 6:51 | 8.8 (47.8%) |
| 320 | MIKOŁAJCZYK Michał | 1162 | | M-30 | 83 | 00:00:50 | 00:34:53 | 01:08:46.99 | 01:09:37.53 | +00:36:12 (52.6%) | 6:52 | 8.7 (47.3%) |
| 321 | IDZIK Irena | 1047 | | K-50 | 8 | 00:00:20 | 00:34:02 | 01:08:56.57 | 01:09:17.18 | +00:36:22 (52.8%) | 6:53 | 8.7 (47.3%) |
| 322 | JANIK Helena | 1264 | | K-30 | 51 | 00:01:02 | 00:33:24 | 01:09:03.31 | 01:10:05.45 | +00:36:28 (52.8%) | 6:54 | 8.7 (47.3%) |
| 323 | PIKUZIŃSKA Maja | 1013 | | K-40 | 44 | 00:00:38 | 00:33:49 | 01:09:22.21 | 01:10:00.46 | +00:36:47 (53.0%) | 6:56 | 8.6 (46.7%) |
| 324 | POPKO Iwona | 1029 | | K-40 | 45 | 00:00:15 | 00:33:39 | 01:09:27.89 | 01:09:43.22 | +00:36:53 (53.1%) | 6:56 | 8.6 (46.7%) |
| 325 | HATALSKI Szymon | 1319 | | M-40 | 61 | 00:00:47 | 00:35:18 | 01:10:01.60 | 01:10:48.71 | +00:37:27 (53.5%) | 7:00 | 8.6 (46.7%) |
| 326 | KUROWSKA Dobrochna | 1250 | | K-50 | 9 | 00:00:38 | 00:35:40 | 01:10:23.29 | 01:11:02.23 | +00:37:48 (53.7%) | 7:02 | 8.5 (46.2%) |
| 327 | MRÓWKA Ilona | 1149 | | K-50 | 10 | 00:00:17 | 00:33:28 | 01:10:32.74 | 01:10:50.59 | +00:37:58 (53.8%) | 7:03 | 8.5 (46.2%) |
| 328 | HEESE Aleksander | 1263 | | M-20 | 32 | 00:00:49 | 00:34:55 | 01:10:33.58 | 01:11:23.38 | +00:37:59 (53.8%) | 7:03 | 8.5 (46.2%) |
| 329 | KWIECIŃSKA Dagmara | 1367 | | K-40 | 46 | 00:00:11 | 00:33:50 | 01:10:35.28 | 01:10:46.71 | +00:38:00 (53.9%) | 7:03 | 8.5 (46.2%) |
| 330 | GRABARCZYK Mateusz | 1004 | | M-20 | 33 | 00:00:30 | 00:35:27 | 01:10:44.51 | 01:11:15.17 | +00:38:10 (54.0%) | 7:04 | 8.5 (46.2%) |
| 331 | STEBEL Julia | 1002 | | K-20 | 17 | 00:00:30 | 00:35:26 | 01:10:45.18 | 01:11:15.22 | +00:38:10 (54.0%) | 7:04 | 8.5 (46.2%) |
| 332 | NEUMANN Monika | 1372 | | K-30 | 52 | 00:00:14 | 00:34:53 | 01:11:18.65 | 01:11:33.58 | +00:38:44 (54.3%) | 7:07 | 8.4 (45.7%) |
| 333 | ZIMON Jakub | 1303 | | M-20 | 34 | 00:00:00 | | 01:11:23.80 | 01:11:23.80 | +00:38:49 (54.4%) | 7:08 | 8.4 (45.7%) |
| 334 | BENKE Barbara | 1039 | | K-30 | 53 | 00:00:38 | 00:35:28 | 01:11:38.88 | 01:12:17.08 | +00:39:04 (54.5%) | 7:09 | 8.4 (45.7%) |
| 335 | ZUBRZYCKI Adrian | 1188 | HIRSCHVOGEL | M-30 | 84 | 00:00:50 | 00:34:16 | 01:12:02.98 | 01:12:53.68 | +00:39:28 (54.8%) | 7:12 | 8.3 (45.1%) |
| 336 | SIKORSKA Katarzyna | 1351 | | K-40 | 47 | 00:00:36 | 00:34:08 | 01:12:42.95 | 01:13:19.36 | +00:40:08 (55.2%) | 7:16 | 8.3 (45.1%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | 4.8km | Czas netto 10km | Czas brutto 10km | Różn | Tempo min/km | Tempo km/h |
|-----|---------------------------|-------------|----------------------|-----------|------|-------------|----------|--------------------|--------------------|----------------------|--------------|----------------|
| 337 | FALĘCKA Katarzyna | 1116 | FLUOR | K-40 | 48 | 00:00:36 | 00:34:20 | 01:12:43.14 | 01:13:20.11 | +00:40:08 (55.2%) | 7:16 | 8.3 (45.1%) |
| 338 | SKRZYPULEC Teresa | 1048 | SLOW JOGGING GLIWICE | K-60 | 4 | 00:00:16 | 00:35:14 | 01:13:17.47 | 01:13:33.66 | +00:40:43 (55.6%) | 7:19 | 8.2 (44.6%) |
| 339 | DYTKO Aneta | 1036 | | K-30 | 54 | 00:00:35 | 00:35:30 | 01:13:20.81 | 01:13:56.20 | +00:40:46 (55.6%) | 7:20 | 8.2 (44.6%) |
| 340 | PASZEK Katarzyna | 1061 | SLOW JOGGING GLIWICE | K-30 | 55 | 00:00:15 | 00:35:09 | 01:14:04.59 | 01:14:20.00 | +00:41:30 (56.0%) | 7:24 | 8.1 (44.0%) |
| 341 | PIKTAS Krzysztof | 1045 | | M-60 | 8 | 00:00:22 | 00:35:50 | 01:14:46.31 | 01:15:08.84 | +00:42:11 (56.4%) | 7:28 | 8 (43.5%) |
| 342 | KURASZ Michał | 1037 | | M-30 | 85 | 00:00:09 | 00:36:38 | 01:16:25.47 | 01:16:35.18 | +00:43:51 (57.4%) | 7:38 | 7.9 (42.9%) |
| 343 | DZIECH Mariusz | 1138 | FLUOR | M-50 | 21 | 00:00:41 | 00:36:44 | 01:16:37.57 | 01:17:18.73 | +00:44:03 (57.5%) | 7:39 | 7.8 (42.4%) |
| 344 | GABOR Aleksandra | 1392 | | K-30 | 56 | 00:00:46 | 00:37:33 | 01:17:14.22 | 01:18:00.27 | +00:44:39 (57.8%) | 7:43 | 7.8 (42.4%) |
| 345 | JABŁUKIEWICZ Jacek | 1379 | MIRAZRACETEAM | M-50 | 22 | 00:00:32 | 00:36:23 | 01:17:23.00 | 01:17:55.92 | +00:44:48 (57.9%) | 7:44 | 7.8 (42.4%) |
| 346 | ZEGZUŁA Jakub | 1275 | #HUTATEAM | M-20 | 35 | 00:00:13 | 00:38:14 | 01:17:50.66 | 01:18:03.92 | +00:45:16 (58.2%) | 7:47 | 7.7 (41.8%) |
| 347 | KRZEMIŃSKA Jadwiga | 1310 | | K-50 | 11 | 00:00:38 | 00:38:46 | 01:21:26.90 | 01:22:05.66 | +00:48:52 (60.0%) | 8:08 | 7.4 (40.2%) |
| 348 | GÓRKA Grzegorz | 1157 | BIEGAM BO LUBIĘ | M-50 | 23 | 00:00:20 | 00:40:35 | 01:26:46.18 | 01:27:07.11 | +00:54:11 (62.5%) | 8:40 | 6.9 (37.5%) |
| 349 | PIECUCH Agnieszka | 1272 | | K-30 | 57 | 00:00:03 | | | | | | (0.0%) |

Znaleziono 349 wynik(ów)