

XII ULTRAMARATON BIESZCZADZKI - 52 KM

B4SPORT
INTELEGENNE ZAWODY SPORTOWE

Event: XII ULTRAMARATON BIESZCZADZKI
Organiser: Fundacja Bieg Rzeźnika
Date: 2024-10-12
Place: Cisna
Distance: 52 km

B4SPORT
INTELEGENNE ZAWODY SPORTOWE

Classification: All

| Place | Participant | Number | Club | Category | MCat | P1_Roztoki 15km | P2_Solinka 28km | P3_Roztoki 41km | Net time 52km | Czas brutto 52km | Gap | Pace min/km | Pace km/h |
|-------|--------------------------|-------------|--------------------------------|----------|------|--------------------|--------------------|--------------------|---------------------|------------------------|----------------------|----------------|----------------|
| 1 | JACHYMIAK Robert | 5177 | ALPIN SPORT TEAM | M40 | 1 | 01:22:20 | 02:31:02 | 03:54:12 | 05:11:15.05 | 05:11:15.05 | | 5:59 | 10 (100%) |
| 2 | KOPEL Rafał | 5201 | 7/GOPR BIESZCZADY | M40 | 2 | 01:24:37 | 02:34:28 | 03:58:16 | 05:12:10.55 | 05:12:10.55 | +00:00:55 (0.3%) | 6:00 | 10 (100%) |
| 3 | FLISIŃSKI Łukasz | 5175 | ALPIN SPORT TEAM | M40 | 3 | 01:24:21 | 02:35:39 | 03:57:40 | 05:12:11.40 | 05:12:11.40 | +00:00:56 (0.3%) | 6:00 | 10 (100%) |
| 4 | MATUSZNY Marek | 5182 | STAŃCZAK TEAM | M20 | 1 | 01:21:51 | 02:27:44 | 03:52:08 | 05:18:31.45 | 05:18:31.45 | +00:07:16 (2.3%) | 6:07 | 9.8 (98.0%) |
| 5 | TARASEK Dariusz | 5190 | SEVEN7 | M40 | 4 | 01:24:48 | 02:35:45 | 04:00:49 | 05:21:04.15 | 05:21:04.15 | +00:09:49 (3.1%) | 6:10 | 9.7 (97.0%) |
| 6 | BOROWSKI Kamil | 5188 | CHEŁM BIEGA | M30 | 1 | 01:21:56 | 02:30:05 | 04:01:33 | 05:24:43.55 | 05:24:43.55 | +00:13:28 (4.1%) | 6:14 | 9.6 (96.0%) |
| 7 | STACHOWIAK Adam | 5208 | LESZNOLIMITSRUNNERS | M30 | 2 | 01:31:32 | 02:47:45 | | 05:39:01.20 | 05:39:01.20 | +00:27:46 (8.2%) | 6:31 | 9.2 (92.0%) |
| 8 | GAWRON Janusz | 5193 | MKL BRYGADA BESKIDÓW NOWY SĄCZ | M30 | 3 | 01:35:43 | 03:00:20 | 04:27:16 | 05:49:33.60 | 05:49:33.60 | +00:38:18 (11.0%) | 6:43 | 8.9 (89.0%) |
| 9 | ŚCIESZKA Wojciech | 5088 | | M50 | 1 | 01:34:55 | 03:00:23 | 04:31:19 | 05:55:44.45 | 05:55:44.45 | +00:44:29 (12.5%) | 6:50 | 8.8 (88.0%) |
| 10 | CHILICKA Marta | 5181 | | K40 | 1 | 01:39:14 | 03:00:16 | 04:33:19 | 05:56:55.35 | 05:56:55.35 | +00:45:40 (12.8%) | 6:51 | 8.7 (87.0%) |
| 11 | POŻAK Grzegorz | 5091 | | M40 | 5 | 01:40:24 | 02:59:56 | 04:31:42 | 05:57:32.80 | 05:57:32.80 | +00:46:17 (12.9%) | 6:52 | 8.7 (87.0%) |
| 12 | KRYGIER Krzysztof | 5183 | SPIESZSIEPOWOLI.PL | M30 | 4 | 01:34:51 | 02:54:39 | 04:27:17 | 06:01:51.70 | 06:01:51.70 | +00:50:36 (14.0%) | 6:57 | 8.6 (86.0%) |
| 13 | STRŽÍNEK Václav | 5141 | SNINSKÉ MAČIAKY | M30 | 5 | 04:31:39 | | | 06:03:44.00 | 06:03:44.00 | +00:52:28 (14.4%) | 6:59 | 8.6 (86.0%) |
| 14 | MAZUR Paweł | 5155 | | M30 | 6 | 01:39:19 | 03:04:49 | 04:42:07 | 06:05:40.45 | 06:05:40.45 | +00:54:25 (14.9%) | 7:01 | 8.5 (85.0%) |
| 15 | GÓRALIK Sylwia | 5221 | KS AZS AWF KRAKÓW | K40 | 2 | 01:36:17 | 02:59:01 | 04:37:35 | 06:08:17.40 | 06:08:17.40 | +00:57:02 (15.5%) | 7:04 | 8.5 (85.0%) |
| 16 | BRZOZA Adam | 5173 | KW ZAKOPANE | M50 | 2 | 01:35:20 | 02:57:43 | 04:37:20 | 06:10:07.05 | 06:10:07.05 | +00:58:52 (15.9%) | 7:07 | 8.4 (84.0%) |
| 17 | FLĄDRO Daniel | 5170 | | M40 | 6 | 01:31:39 | 02:52:37 | 04:36:07 | 06:13:13.95 | 06:13:13.95 | +01:01:58 (16.6%) | 7:10 | 8.4 (84.0%) |
| 18 | PAŁKA Tomasz | 5162 | KB PARANTELA | M40 | 7 | 01:38:01 | 02:57:37 | 04:41:09 | 06:14:07.05 | 06:14:07.05 | +01:02:52 (16.8%) | 7:11 | 8.3 (83.0%) |

| Place | Participant | Number | Club | Category | MCat | P1_Roztoki | P2_Solinka | P3_Roztoki | Net | Czas | Gap | Pace | Pace |
|-------|-----------------------------------|-------------|---------------------------------|----------|------|------------|------------|------------|--------------------|--------------------|----------------------|------|----------------|
| | | | | | | 15km | 28km | 41km | time | brutto | | | |
| 19 | KAPAON Aleksander | 5041 | CAZZO CLUB RUNNING TEAM | M20 | 2 | 01:36:04 | 02:58:38 | 04:42:54 | 06:15:52.45 | 06:15:52.45 | +01:04:37 (17.2%) | 7:13 | 8.3 (83.0%) |
| 20 | JACHIMOWSKI Jarosław | 5065 | SANOK BIEGA | M40 | 8 | 01:39:50 | 03:03:07 | 04:49:58 | 06:21:05.10 | 06:21:05.10 | +01:09:50 (18.3%) | 7:19 | 8.2 (82.0%) |
| 21 | GRZONKA Tomasz | 5152 | | M40 | 9 | 01:44:49 | 03:10:18 | 04:55:12 | 06:27:55.00 | 06:27:55.00 | +01:16:39 (19.8%) | 7:27 | 8 (80.0%) |
| 22 | DEJNECKA Martyna | 5157 | | K30 | 1 | 01:49:17 | 03:15:42 | 04:56:36 | 06:29:21.10 | 06:29:21.10 | +01:18:06 (20.1%) | 7:29 | 8 (80.0%) |
| 23 | WRÓBEL Przemysław | 5196 | NON STOP TRAIL | M40 | 10 | 01:49:14 | 03:15:41 | 04:56:36 | 06:29:26.50 | 06:29:26.50 | +01:18:11 (20.1%) | 7:29 | 8 (80.0%) |
| 24 | JĘDRZEJEWSKI Rafał | 5094 | | M40 | 11 | 01:51:03 | 03:22:32 | 05:06:05 | 06:32:15.30 | 06:32:15.30 | +01:21:00 (20.7%) | 7:32 | 8 (80.0%) |
| 25 | PACEK Piotr | 5197 | | M20 | 3 | 01:44:11 | 03:05:16 | 04:58:26 | 06:32:18.40 | 06:32:18.40 | +01:21:03 (20.7%) | 7:32 | 8 (80.0%) |
| 26 | KUŚMIERZAK Piotr | 5081 | PRZEDWOJEWSKI TEAM | M40 | 12 | 01:44:20 | 03:09:34 | 04:58:10 | 06:38:17.85 | 06:38:17.85 | +01:27:02 (21.9%) | 7:39 | 7.8 (78.0%) |
| 27 | BASAŃ Marek | 5169 | BIEGAM BO LUBIĘ | M40 | 13 | 01:48:44 | 03:15:44 | 05:06:29 | 06:40:20.65 | 06:40:20.65 | +01:29:05 (22.3%) | 7:41 | 7.8 (78.0%) |
| 28 | ŻAK Paweł | 5002 | KLUB BIEGACZA DYDNIA | M30 | 7 | 01:36:22 | 02:59:51 | 04:52:08 | 06:40:43.95 | 06:40:43.95 | +01:29:28 (22.3%) | 7:42 | 7.8 (78.0%) |
| 29 | KIDA Marek | 5126 | | M40 | 14 | 01:44:51 | 03:10:55 | 04:59:11 | 06:44:06.10 | 06:44:06.10 | +01:32:51 (23.0%) | 7:46 | 7.7 (77.0%) |
| 30 | KAPAON Łazarz | 5039 | CAZZO CLUB RUNNING TEAM | M30 | 8 | 01:36:06 | 02:58:39 | 04:58:18 | 06:45:10.30 | 06:45:10.30 | +01:33:55 (23.2%) | 7:47 | 7.7 (77.0%) |
| 31 | KAMIŃSKI Marek | 5179 | | M30 | 9 | 01:41:23 | 03:15:21 | 05:06:49 | 06:47:21.80 | 06:47:21.80 | +01:36:06 (23.6%) | 7:50 | 7.7 (77.0%) |
| 32 | GARUS Łukasz | 5148 | #TRENINGFIZJO | M40 | 15 | 01:44:09 | 03:10:54 | 05:00:57 | 06:47:50.45 | 06:47:50.45 | +01:36:35 (23.7%) | 7:50 | 7.7 (77.0%) |
| 33 | ANTOŃCZAK Marek | 5125 | RUCH IZBICA | M40 | 16 | 01:45:27 | 03:15:39 | 05:10:46 | 06:51:57.65 | 06:51:57.65 | +01:40:42 (24.4%) | 7:55 | 7.6 (76.0%) |
| 34 | OSTROWSKI Kajetan | 5023 | | M20 | 4 | 01:33:57 | 03:03:14 | 04:58:58 | 06:55:04.25 | 06:55:04.25 | +01:43:49 (25.0%) | 7:58 | 7.5 (75.0%) |
| 35 | ROŻNOWSKI Dariusz | 5219 | GIT EKIPA | M50 | 3 | 01:48:00 | | 05:13:59 | 06:55:21.55 | 06:55:21.55 | +01:44:06 (25.1%) | 7:59 | 7.5 (75.0%) |
| 36 | PŁAZIAK-KOWALSKA Magdalena | 5087 | 2K | K40 | 3 | 01:49:46 | 03:22:18 | 05:14:01 | 06:55:33.05 | 06:55:33.05 | +01:44:18 (25.1%) | 7:59 | 7.5 (75.0%) |
| 37 | NOWAK Marcin | 5003 | | M40 | 17 | 01:43:57 | 03:09:27 | 05:19:40 | 06:55:38.70 | 06:55:38.70 | +01:44:23 (25.1%) | 7:59 | 7.5 (75.0%) |
| 38 | STEPANIUK Adam | 5133 | 191BOP/19NBOT/BIEGAMY DZISIAJ? | M50 | 4 | 01:49:47 | 03:20:39 | 05:16:15 | 06:55:45.85 | 06:55:45.85 | +01:44:30 (25.1%) | 7:59 | 7.5 (75.0%) |
| 39 | BŁACH Bartosz | 5195 | BUJTASIERATAJE | M20 | 5 | 01:49:49 | 03:20:05 | 05:14:41 | 06:56:30.35 | 06:56:30.35 | +01:45:15 (25.3%) | 8:00 | 7.5 (75.0%) |
| 40 | DOBRZYŃSKI Andrzej | 5096 | CHEŁMSKA GRUPA TRIATHLONU | M50 | 5 | 01:43:06 | 03:18:52 | 05:19:09 | 07:01:00.05 | 07:01:00.05 | +01:49:45 (26.1%) | 8:05 | 7.4 (74.0%) |
| 41 | WIECZERZAK Magdalena | 5174 | BIEG LOVELAS / ZABIEGANI MIELEC | K30 | 2 | 01:47:44 | 03:22:31 | 05:18:46 | 07:01:04.75 | 07:01:04.75 | +01:49:49 (26.1%) | 8:05 | 7.4 (74.0%) |
| 42 | ZDZIEBKO Olaf | 5122 | KW SAKWA | M20 | 6 | 01:36:03 | 03:03:27 | 05:06:43 | 07:04:04.65 | 07:04:04.65 | +01:52:49 (26.6%) | 8:09 | 7.4 (74.0%) |
| 43 | ROGAŁA Grzegorz | 5118 | | M50 | 6 | 01:46:12 | 03:16:57 | 05:19:38 | 07:06:48.65 | 07:06:48.65 | +01:55:33 (27.1%) | 8:12 | 7.3 (73.0%) |

| Place | Participant | Number | Club | Category | MCat | P1_Roztoki | P2_Solinka | P3_Roztoki | Net | Czas | Gap | Pace | Pace |
|-------|-----------------------------|-------------|------------------------------|----------|------|------------|------------|------------|--------------------|--------------------|----------------------|------|----------------|
| | | | | | | 15km | 28km | 41km | time | brutto | | | |
| 44 | KORAB Robert | 5137 | RZESZOWSKIE GAZELE I GEPARDY | M50 | 7 | 01:57:25 | 03:34:48 | 05:31:05 | 07:10:39.75 | 07:10:39.75 | +01:59:24 (27.7%) | 8:16 | 7.2 (72.0%) |
| 45 | LIS Bartłomiej | 5018 | GANG DZIKICH WIEPRZY | M20 | 7 | 01:46:48 | 03:18:56 | 05:24:10 | 07:12:19.60 | 07:12:19.60 | +02:01:04 (28.0%) | 8:18 | 7.2 (72.0%) |
| 46 | ZAPENDOWSKI Jacek | 5062 | | M30 | 10 | 01:47:36 | 03:18:51 | 05:21:55 | 07:17:29.65 | 07:17:29.65 | +02:06:14 (28.9%) | 8:24 | 7.1 (71.0%) |
| 47 | MACKIEWICZ Kamil | 5001 | CHEŁM BIEGA | M30 | 11 | 01:54:59 | 03:34:40 | 05:31:29 | 07:19:29.25 | 07:19:29.25 | +02:08:14 (29.2%) | 8:27 | 7.1 (71.0%) |
| 48 | HIŚEM Jozef | 5147 | BELÁ NAD CIROCHOU | M40 | 18 | 01:47:19 | 03:27:41 | | 07:23:08.10 | 07:23:08.10 | +02:11:53 (29.8%) | 8:31 | 7 (70.0%) |
| 49 | ŻOŁNACZ Maciej | 5108 | | M40 | 19 | 01:50:28 | 03:27:26 | 05:31:10 | 07:23:44.25 | 07:23:44.25 | +02:12:29 (29.9%) | 8:32 | 7 (70.0%) |
| 50 | BIELECKI Robert | 5101 | KEEN ON RUNNING | M50 | 8 | 01:56:42 | 03:33:48 | 05:34:44 | 07:23:45.75 | 07:23:45.75 | +02:12:30 (29.9%) | 8:32 | 7 (70.0%) |
| 51 | PISAREK Karol | 5111 | | M30 | 12 | 01:55:03 | 03:37:28 | 05:41:44 | 07:26:45.75 | 07:26:45.75 | +02:15:30 (30.3%) | 8:35 | 7 (70.0%) |
| 52 | IWANOW Kryspin | 5110 | | M30 | 13 | 01:49:18 | 03:27:26 | 05:45:00 | 07:33:53.50 | 07:33:53.50 | +02:22:38 (31.4%) | 8:43 | 6.9 (69.0%) |
| 53 | PRAGER Mateusz | 5187 | | M30 | 14 | 01:54:15 | 03:36:17 | 05:40:58 | 07:34:08.05 | 07:34:08.05 | +02:22:53 (31.5%) | 8:44 | 6.9 (69.0%) |
| 54 | MARCINIAK Tomasz | 5117 | RADOMNO BIEGA | M40 | 20 | 01:57:15 | 03:34:58 | 05:45:53 | 07:34:15.30 | 07:34:15.30 | +02:23:00 (31.5%) | 8:44 | 6.9 (69.0%) |
| 55 | WOŁOZYŃ Czesław | 5140 | PIZUNY ROZTOCZE WSCHODNIE | M60 | 1 | 01:58:15 | 03:37:34 | 05:46:51 | 07:36:18.90 | 07:36:18.90 | +02:25:03 (31.8%) | 8:46 | 6.8 (68.0%) |
| 56 | ZIELIŃSKA Agata | 5160 | | K40 | 4 | 01:53:53 | 03:40:37 | 05:39:30 | 07:36:24.55 | 07:36:24.55 | +02:25:09 (31.8%) | 8:46 | 6.8 (68.0%) |
| 57 | PRZEPERSKI Krzysztof | 5037 | | M40 | 21 | 01:54:25 | 03:36:41 | 05:46:19 | 07:36:25.10 | 07:36:25.10 | +02:25:10 (31.8%) | 8:46 | 6.8 (68.0%) |
| 58 | SEROKA Piotr | 5145 | | M40 | 22 | 01:52:14 | 03:36:18 | 05:45:58 | 07:38:23.00 | 07:38:23.00 | +02:27:07 (32.1%) | 8:48 | 6.8 (68.0%) |
| 59 | STOPA Agata | 5171 | SP3 RZESZÓW | K40 | 5 | 01:58:46 | 03:40:58 | 05:51:32 | 07:38:25.15 | 07:38:25.15 | +02:27:10 (32.1%) | 8:48 | 6.8 (68.0%) |
| 60 | PRZYBOROWSKI Michał | 5105 | | M20 | 8 | 01:59:44 | 03:37:26 | 05:47:19 | 07:38:44.60 | 07:38:44.60 | +02:27:29 (32.2%) | 8:49 | 6.8 (68.0%) |
| 61 | OGÓREK Kacper | 5106 | | M20 | 9 | 01:59:53 | 03:37:27 | 05:47:19 | 07:38:44.75 | 07:38:44.75 | +02:27:29 (32.2%) | 8:49 | 6.8 (68.0%) |
| 62 | DYMARZ Adrian | 5071 | | M30 | 15 | 02:06:29 | 03:46:47 | 05:46:06 | 07:40:41.80 | 07:40:41.80 | +02:29:26 (32.4%) | 8:51 | 6.8 (68.0%) |
| 63 | SADOCH Kamil | 5207 | DECEPTICON GYM | M30 | 16 | 01:53:11 | 03:34:35 | 05:47:25 | 07:41:41.25 | 07:41:41.25 | +02:30:26 (32.6%) | 8:52 | 6.8 (68.0%) |
| 64 | GŁAZ Marek | 5215 | | M30 | 17 | 01:51:02 | 03:40:52 | 06:00:53 | 07:51:32.45 | 07:51:32.45 | +02:40:17 (34.0%) | 9:04 | 6.6 (66.0%) |
| 65 | PIETRASZKO Barbara | 5057 | TEAM ZABIEGANEDNI | K30 | 3 | 01:55:37 | 03:40:58 | 05:54:34 | 07:51:37.65 | 07:51:37.65 | +02:40:22 (34.0%) | 9:04 | 6.6 (66.0%) |
| 66 | BOCIAN Michał | 5077 | TEAM ZABIEGANEDNI | M40 | 23 | 02:02:24 | 03:40:55 | 05:56:42 | 07:51:43.50 | 07:51:43.50 | +02:40:28 (34.0%) | 9:04 | 6.6 (66.0%) |
| 67 | KOT Dawid | 5064 | | M30 | 18 | 02:02:23 | 03:59:29 | 06:15:36 | 07:54:52.05 | 07:54:52.05 | +02:43:37 (34.5%) | 9:07 | 6.6 (66.0%) |
| 68 | SIKORA Robert | 5007 | | M40 | 24 | 01:55:31 | 03:40:54 | 06:00:31 | 07:55:05.80 | 07:55:05.80 | +02:43:50 (34.5%) | 9:08 | 6.6 (66.0%) |
| 69 | TWARDOCHLEB Marcin | 5199 | BIEGAM W RZESZOWIE | M40 | 25 | 02:01:09 | 03:48:04 | 06:03:33 | 07:55:06.25 | 07:55:06.25 | +02:43:51 (34.5%) | 9:08 | 6.6 (66.0%) |

| Place | Participant | Number | Club | Category | MCat | P1_Roztoki | P2_Solinka | P3_Roztoki | Net | Czas | Gap | Pace | Pace |
|-------|--------------------------|--------|--------------------------|----------|------|------------|------------|------------|--------------------|--------------------|----------------------|--------|----------------|
| | | | | | | 15km | 28km | 41km | time | brutto | | min/km | km/h |
| 70 | MICHALSKA-TRZASKA Joanna | 5116 | BIUROWE.COM.PL | K40 | 6 | 02:03:44 | 03:49:51 | 06:00:58 | 07:56:22.25 | 07:56:22.25 | +02:45:07 (34.7%) | 9:09 | 6.5 (65.0%) |
| 71 | BOJAROWSKI Krzysztof | 5076 | | M30 | 19 | 02:02:26 | 03:51:18 | 06:07:19 | 07:57:06.85 | 07:57:06.85 | +02:45:51 (34.8%) | 9:10 | 6.5 (65.0%) |
| 72 | KULA Mikołaj | 5165 | | M20 | 10 | 01:44:48 | 03:30:57 | 05:48:27 | 07:59:01.35 | 07:59:01.35 | +02:47:46 (35.0%) | 9:12 | 6.5 (65.0%) |
| 73 | KOZERA Łukasz | 5019 | GANG DZIKICH WIEPRZY | M20 | 11 | 01:49:51 | 03:40:43 | 06:00:43 | 07:59:45.20 | 07:59:45.20 | +02:48:30 (35.1%) | 9:13 | 6.5 (65.0%) |
| 74 | FABROWICZ Katarzyna | 5004 | | K40 | 7 | 01:59:22 | 03:46:52 | 06:01:48 | 08:00:48.90 | 08:00:48.90 | +02:49:33 (35.3%) | 9:14 | 6.5 (65.0%) |
| 75 | NIEDZIAŁKOWSKI Jan | 5040 | | M40 | 26 | 01:58:40 | 03:46:49 | 06:01:57 | 08:00:49.10 | 08:00:49.10 | +02:49:34 (35.3%) | 9:14 | 6.5 (65.0%) |
| 76 | JAROWICZ Konrad | 5114 | | M60 | 2 | 02:00:56 | 03:44:22 | 06:02:09 | 08:02:02.65 | 08:02:02.65 | +02:50:47 (35.4%) | 9:16 | 6.5 (65.0%) |
| 77 | MIREK Sławomir | 5186 | TEAM#R | M40 | 27 | 02:05:18 | 03:53:53 | 06:02:48 | 08:03:38.05 | 08:03:38.05 | +02:52:23 (35.6%) | 9:18 | 6.5 (65.0%) |
| 78 | DUDEK Adam | 5009 | | M40 | 28 | 01:47:52 | 03:23:10 | 06:01:13 | 08:03:48.90 | 08:03:48.90 | +02:52:33 (35.7%) | 9:18 | 6.4 (64.0%) |
| 79 | NOWICKI Jakub | 5194 | PANDUSIE | M30 | 20 | 01:56:04 | 03:37:28 | 06:06:57 | 08:05:24.30 | 08:05:24.30 | +02:54:09 (35.9%) | 9:20 | 6.4 (64.0%) |
| 80 | JABŁOŃSKI Tomasz | 5011 | KS ATHLETICS BUSKO-ZDRÓJ | M40 | 29 | 02:04:53 | 03:53:56 | 06:07:35 | 08:06:13.15 | 08:06:13.15 | +02:54:58 (36.0%) | 9:21 | 6.4 (64.0%) |
| 81 | RĘKAWEK Paulina | 5058 | TEAM ZABIEGANEDNI | K30 | 4 | 02:00:58 | 03:47:41 | 06:01:27 | 08:06:20.85 | 08:06:20.85 | +02:55:05 (36.0%) | 9:21 | 6.4 (64.0%) |
| 82 | DUDEK Łukasz | 5030 | | M20 | 12 | 01:50:31 | 03:22:21 | 06:01:14 | 08:06:25.15 | 08:06:25.15 | +02:55:10 (36.0%) | 9:21 | 6.4 (64.0%) |
| 83 | MORAWSKI Grzegorz | 5204 | | M40 | 30 | 02:01:44 | 03:51:14 | 06:10:59 | 08:07:08.20 | 08:07:08.20 | +02:55:53 (36.1%) | 9:22 | 6.4 (64.0%) |
| 84 | KAMSKA Małgorzata | 5164 | ULTRA WAY TEAM | K40 | 8 | 02:09:08 | 04:01:08 | 06:20:58 | 08:07:32.55 | 08:07:32.55 | +02:56:17 (36.2%) | 9:22 | 6.4 (64.0%) |
| 85 | JANTOS Jakub | 5113 | | M30 | 21 | 02:08:19 | 03:56:07 | 06:12:27 | 08:10:23.25 | 08:10:23.25 | +02:59:08 (36.5%) | 9:25 | 6.4 (64.0%) |
| 86 | PASTUSZKA Piotr | 5216 | | M60 | 3 | 02:08:46 | 03:56:53 | 06:12:43 | 08:11:44.95 | 08:11:44.95 | +03:00:29 (36.7%) | 9:27 | 6.3 (63.0%) |
| 87 | JARZYŃKA Krzysztof | 5102 | K2 | M50 | 9 | 02:04:04 | 03:48:03 | 06:05:00 | 08:12:26.55 | 08:12:26.55 | +03:01:11 (36.8%) | 9:28 | 6.3 (63.0%) |
| 88 | PODKUL Konrad | 5200 | | M30 | 22 | 01:49:06 | 03:43:37 | 06:10:24 | 08:12:49.15 | 08:12:49.15 | +03:01:34 (36.8%) | 9:28 | 6.3 (63.0%) |
| 89 | BOGUSZ Paweł | 5036 | | M40 | 31 | 01:49:22 | 03:34:26 | 06:06:32 | 08:14:14.85 | 08:14:14.85 | +03:02:59 (37.0%) | 9:30 | 6.3 (63.0%) |
| 90 | BURZYŃSKA Ewelina | 5012 | SIŁA KOBIEC | K40 | 9 | 02:09:35 | 04:02:12 | 06:16:25 | 08:15:29.25 | 08:15:29.25 | +03:04:14 (37.2%) | 9:31 | 6.3 (63.0%) |
| 91 | DENDYS Sylwia | 5026 | | K40 | 10 | 02:08:30 | 03:59:43 | 06:20:04 | 08:16:23.75 | 08:16:23.75 | +03:05:08 (37.3%) | 9:32 | 6.3 (63.0%) |
| 92 | FALKOWSKI Bartosz | 5144 | | M40 | 32 | 02:09:15 | 04:04:23 | 06:22:53 | 08:17:42.75 | 08:17:42.75 | +03:06:27 (37.5%) | 9:34 | 6.3 (63.0%) |
| 93 | GORZKOWSKI Witold | 5184 | IM2010 | M60 | 4 | 02:03:52 | 03:53:52 | 06:15:39 | 08:19:01.30 | 08:19:01.30 | +03:07:46 (37.6%) | 9:35 | 6.3 (63.0%) |
| 93 | LUBOWICKI Marcin | 5158 | HUNTER TEAM | M40 | 33 | 02:08:13 | 03:56:06 | 06:10:45 | 08:19:01.30 | 08:19:01.30 | +03:07:46 (37.6%) | 9:35 | 6.3 (63.0%) |

| Place | Participant | Number | Club | Category | MCat | P1_Roztoki | P2_Solinka | P3_Roztoki | Net | Czas | Gap | Pace | Pace |
|-------|-----------------------|--------|-------------------------|----------|------|------------|------------|------------|-------------|-------------|----------------------|--------|----------------|
| | | | | | | 15km | 28km | 41km | time | brutto | | min/km | km/h |
| 95 | KIEŁPIŃSKI Piotr | 5115 | | M40 | 34 | 02:08:42 | 03:56:05 | 06:15:41 | 08:19:03.05 | 08:19:03.05 | +03:07:48 (37.6%) | 9:35 | 6.3 (63.0%) |
| 96 | CIEŚLA Krzysztof | 5084 | | M40 | 35 | 02:02:23 | 03:59:31 | 06:26:17 | 08:19:31.20 | 08:19:31.20 | +03:08:16 (37.7%) | 9:36 | 6.2 (62.0%) |
| 97 | ZIMAK Sebastian | 5027 | | M40 | 36 | 02:11:17 | 04:02:28 | 06:22:46 | 08:25:23.85 | 08:25:23.85 | +03:14:08 (38.4%) | 9:43 | 6.2 (62.0%) |
| 98 | MAJEWICZ Grzegorz | 5159 | | M40 | 37 | 02:11:16 | 04:00:26 | 06:23:41 | 08:26:34.65 | 08:26:34.65 | +03:15:19 (38.6%) | 9:44 | 6.2 (62.0%) |
| 99 | PORĘBA Eugeniusz | 5168 | | M60 | 5 | 02:11:15 | 04:00:28 | 06:23:35 | 08:26:35.50 | 08:26:35.50 | +03:15:20 (38.6%) | 9:44 | 6.2 (62.0%) |
| 100 | PAKULSKA Dorota | 5213 | SIŁA KOBIEC | K40 | 11 | 02:07:33 | 04:00:44 | 06:21:10 | 08:27:41.40 | 08:27:41.40 | +03:16:26 (38.7%) | 9:45 | 6.1 (61.0%) |
| 101 | MARCHEWKA Grzegorz | 5013 | | M40 | 38 | 02:18:34 | 04:10:24 | 06:22:57 | 08:27:44.60 | 08:27:44.60 | +03:16:29 (38.7%) | 9:45 | 6.1 (61.0%) |
| 102 | OLAK Jacek | 2232 | | M30 | 23 | 06:20:10 | | | 08:33:45.75 | 08:33:45.75 | +03:22:30 (39.4%) | 9:52 | 6.1 (61.0%) |
| 103 | STANASZEK Daniel | 5068 | AEROSPACE RUNNERS | M30 | 24 | 02:04:00 | 03:56:19 | 06:21:27 | 08:34:37.25 | 08:34:37.25 | +03:23:22 (39.5%) | 9:53 | 6.1 (61.0%) |
| 104 | NOWOMIEJSKI Marcin | 5217 | PROGRES | M40 | 39 | 02:18:31 | 04:11:15 | 06:37:06 | 08:36:21.65 | 08:36:21.65 | +03:25:06 (39.7%) | 9:55 | 6 (60.0%) |
| 105 | PORADA Jakub | 5049 | | M20 | 13 | 02:05:33 | 03:55:03 | 06:15:37 | 08:37:39.45 | 08:37:39.45 | +03:26:24 (39.9%) | 9:57 | 6 (60.0%) |
| 106 | MORYŃ Piotr | 5154 | LKS GÓRA BIEGA | M40 | 40 | 02:08:06 | 04:04:43 | 06:39:20 | 08:39:17.85 | 08:39:17.85 | +03:28:02 (40.1%) | 9:59 | 6 (60.0%) |
| 107 | TYLMAN Małgorzata | 5098 | | K40 | 12 | 02:02:25 | 03:59:16 | 06:30:21 | 08:39:26.45 | 08:39:26.45 | +03:28:11 (40.1%) | 9:59 | 6 (60.0%) |
| 108 | BERTINO Francesco | 5033 | CAZZO CLUB RUNNING TEAM | M30 | 25 | 02:09:23 | 04:04:24 | 06:37:59 | 08:40:19.60 | 08:40:19.60 | +03:29:04 (40.2%) | 10:00 | 6 (60.0%) |
| 109 | SVITA Beata | 5149 | | K30 | 5 | 02:11:48 | 04:03:51 | 06:36:14 | 08:47:35.80 | 08:47:35.80 | +03:36:20 (41.0%) | 10:08 | 5.9 (59.0%) |
| 110 | KRET Rafał | 5150 | | M30 | 26 | 02:11:53 | 04:03:53 | 06:36:16 | 08:47:35.85 | 08:47:35.85 | +03:36:20 (41.0%) | 10:08 | 5.9 (59.0%) |
| 111 | BASTER Krzysztof | 5131 | MATNER RUNNING TEAM | M50 | 10 | 02:00:09 | 03:53:56 | 06:26:16 | 08:48:04.95 | 08:48:04.95 | +03:36:49 (41.1%) | 10:09 | 5.9 (59.0%) |
| 112 | PYRKOSZ Damian | 5097 | ENGLISH VITAE | M50 | 11 | 02:14:44 | 04:10:24 | 06:38:33 | 08:52:09.50 | 08:52:09.50 | +03:40:54 (41.5%) | 10:14 | 5.9 (59.0%) |
| 113 | GÓRNIAK Bartek | 5202 | MONKEYS TEAM | M30 | 27 | 02:24:55 | 04:27:08 | 07:08:45 | 08:53:51.55 | 08:53:51.55 | +03:42:36 (41.7%) | 10:15 | 5.8 (58.0%) |
| 114 | CZOP Sławomir | 5052 | | M40 | 41 | 02:04:46 | 03:55:19 | 06:36:30 | 08:54:29.95 | 08:54:29.95 | +03:43:14 (41.8%) | 10:16 | 5.8 (58.0%) |
| 115 | KUŚMIREK Grzegorz | 5127 | | M50 | 12 | 02:13:02 | 04:10:56 | 06:40:11 | 08:56:54.30 | 08:56:54.30 | +03:45:39 (42.0%) | 10:19 | 5.8 (58.0%) |
| 116 | AUGUSCIK Mariusz | 5167 | | M60 | 6 | 02:21:35 | 04:19:05 | 06:53:30 | 08:57:49.55 | 08:57:49.55 | +03:46:34 (42.1%) | 10:20 | 5.8 (58.0%) |
| 117 | JĘDRZEJCZYK Agnieszka | 5166 | | K50 | 1 | 02:21:12 | 04:19:06 | 06:52:52 | 08:57:49.60 | 08:57:49.60 | +03:46:34 (42.1%) | 10:20 | 5.8 (58.0%) |
| 118 | DOROBISZ Marek | 5095 | | M50 | 13 | 02:21:43 | 04:20:55 | 06:50:38 | 08:57:59.35 | 08:57:59.35 | +03:46:44 (42.1%) | 10:20 | 5.8 (58.0%) |
| 119 | KOCZOROWSKA Anna | 5061 | TEAM ZABIEGANEDNI | K40 | 13 | 02:17:31 | 04:18:35 | 06:53:38 | 08:58:57.25 | 08:58:57.25 | +03:47:42 (42.2%) | 10:21 | 5.8 (58.0%) |

| Place | Participant | Number | Club | Category | MCat | P1_Roztoki | P2_Solinka | P3_Roztoki | Net | Czas | Gap | Pace | Pace |
|-------|---------------------------------------|-------------|----------------------------------|----------|------|------------|------------|------------|--------------------|--------------------|----------------------|--------|----------------|
| | | | | | | 15km | 28km | 41km | time | brutto | | min/km | km/h |
| 120 | KOCZOROWSKI Marcin | 5060 | TEAM ZABIEGANEDNI | M40 | 42 | 02:17:25 | 04:18:33 | 06:53:38 | 08:58:57.30 | 08:58:57.30 | +03:47:42 (42.2%) | 10:21 | 5.8 (58.0%) |
| 121 | LALEWICZ Wojciech | 5078 | ASSECO ACTIVE TEAM | M50 | 14 | 02:12:27 | 04:17:49 | 07:05:24 | 08:59:26.65 | 08:59:26.65 | +03:48:11 (42.3%) | 10:22 | 5.8 (58.0%) |
| 122 | K Andrii | 5161 | | M20 | 14 | 01:50:30 | 03:46:52 | 06:28:54 | 09:04:11.65 | 09:04:11.65 | +03:52:56 (42.8%) | 10:27 | 5.7 (57.0%) |
| 123 | RYŻYŃSKI Tomasz | 5112 | CHEŁM BIEGA | M40 | 43 | 02:16:16 | 04:15:48 | 06:54:20 | 09:04:19.40 | 09:04:19.40 | +03:53:04 (42.8%) | 10:28 | 5.7 (57.0%) |
| 124 | CICHON Sławomir | 5070 | KROSSKI | M50 | 15 | 02:20:12 | 04:26:32 | 06:54:48 | 09:05:09.55 | 09:05:09.55 | +03:53:54 (42.9%) | 10:29 | 5.7 (57.0%) |
| 125 | STAMM Tomasz | 5035 | | M50 | 16 | 02:18:20 | 04:17:22 | 06:54:19 | 09:05:47.95 | 09:05:47.95 | +03:54:32 (43.0%) | 10:29 | 5.7 (57.0%) |
| 126 | KACZYŃSKI Artur | 5189 | | M50 | 17 | 02:14:51 | 04:12:25 | 06:48:22 | 09:08:32.60 | 09:08:32.60 | +03:57:17 (43.3%) | 10:32 | 5.7 (57.0%) |
| 127 | KLAUS Dominik | 5082 | GÓRA BIEGA | M40 | 44 | 02:08:00 | 04:05:58 | 07:01:06 | 09:08:44.60 | 09:08:44.60 | +03:57:29 (43.3%) | 10:33 | 5.7 (57.0%) |
| 128 | PRAWDZIK Renata | 5053 | TEAM DUCHNOWSKI | K40 | 14 | 02:19:47 | 04:19:45 | 06:50:45 | 09:08:50.55 | 09:08:50.55 | +03:57:35 (43.3%) | 10:33 | 5.7 (57.0%) |
| 129 | GRONIECKI Mikołaj | 5156 | | M40 | 45 | 02:17:24 | 04:19:34 | 07:01:11 | 09:09:09.10 | 09:09:09.10 | +03:57:54 (43.3%) | 10:33 | 5.7 (57.0%) |
| 130 | ZAJĄC Łukasz | 5134 | | M30 | 28 | 01:56:45 | 04:19:29 | 06:53:42 | 09:09:31.10 | 09:09:31.10 | +03:58:16 (43.4%) | 10:34 | 5.7 (57.0%) |
| 131 | SZCZEŚNIAK Kuba | 5017 | LEMON TEAM | M40 | 46 | 02:16:33 | 04:12:14 | 06:44:52 | 09:10:46.15 | 09:10:46.15 | +03:59:31 (43.5%) | 10:35 | 5.7 (57.0%) |
| 132 | ANDRZEJEWSKI Maciej | 5075 | KTÓRĘDY PO PIWO? | M40 | 47 | 02:16:43 | 04:18:17 | 06:55:50 | 09:11:18.40 | 09:11:18.40 | +04:00:03 (43.5%) | 10:36 | 5.7 (57.0%) |
| 133 | ŁUKASIEWICZ-ŁUSZCZEK Katarzyna | 5014 | | K30 | 6 | 02:16:39 | 04:19:52 | 06:56:51 | 09:11:36.05 | 09:11:36.05 | +04:00:21 (43.6%) | 10:36 | 5.7 (57.0%) |
| 134 | BAK Bogdan | 5092 | | M50 | 18 | 02:15:57 | 04:20:37 | 06:57:31 | 09:11:58.05 | 09:11:58.05 | +04:00:43 (43.6%) | 10:36 | 5.7 (57.0%) |
| 135 | MNICH Zbigniew | 5146 | | M40 | 48 | 02:01:01 | 03:56:38 | 06:37:23 | 09:12:08.55 | 09:12:08.55 | +04:00:53 (43.6%) | 10:37 | 5.7 (57.0%) |
| 136 | MICHALAK Sławomir | 5198 | | M50 | 19 | 02:18:34 | 04:26:00 | 07:02:30 | 09:21:42.05 | 09:21:42.05 | +04:10:27 (44.6%) | 10:48 | 5.6 (56.0%) |
| 137 | KOSTECKI Tomasz | 5022 | TEAM MŁODY | M30 | 29 | 02:16:48 | 04:12:05 | 06:56:20 | 09:23:33.25 | 09:23:33.25 | +04:12:18 (44.8%) | 10:50 | 5.5 (55.0%) |
| 138 | KOCJAN Adam | 5079 | | M30 | 30 | 02:06:23 | 04:02:17 | 06:41:07 | 09:23:35.45 | 09:23:35.45 | +04:12:20 (44.8%) | 10:50 | 5.5 (55.0%) |
| 139 | REDA Sławomir | 5218 | TEAM ZABIEGANEDNI | M60 | 7 | 02:25:22 | 04:33:59 | | 09:24:28.60 | 09:24:28.60 | +04:13:13 (44.9%) | 10:51 | 5.5 (55.0%) |
| 140 | BAZYLUK Andrzej | 5178 | | M50 | 20 | 02:11:38 | 04:19:54 | 07:05:30 | 09:24:40.65 | 09:24:40.65 | +04:13:25 (44.9%) | 10:51 | 5.5 (55.0%) |
| 141 | SIUCIAK Robert | 5124 | KARCZMA U FREDA | M60 | 8 | 02:30:23 | 04:34:04 | 07:11:48 | 09:26:33.10 | 09:26:33.10 | +04:15:18 (45.1%) | 10:53 | 5.5 (55.0%) |
| 142 | GRONCZEWSKI Artur | 5099 | FUNDACJA RAK'N'ROLL WYGRAJ ŻYCIE | M50 | 21 | 02:29:58 | 04:42:43 | 07:19:25 | 09:28:23.85 | 09:28:23.85 | +04:17:08 (45.2%) | 10:55 | 5.5 (55.0%) |
| 143 | RÓŻAK-RUKUSZEWICZ Magdalena | 5135 | DZIKIE GRUBASY SZATANA | K40 | 15 | 02:16:51 | 04:22:14 | 07:09:03 | 09:30:18.05 | 09:30:18.05 | +04:19:03 (45.4%) | 10:58 | 5.5 (55.0%) |

| Place | Participant | Number | Club | Category | MCat | P1_Roztoki | P2_Solinka | P3_Roztoki | Net | Czas | Gap | Pace | Pace |
|-------|----------------------------|-------------|-----------------------------------|----------|------|------------|------------|------------|--------------------|--------------------|----------------------|-------|----------------|
| | | | | | | 15km | 28km | 41km | time | brutto | | | |
| 144 | GABOREK Grzegorz | 5047 | | M40 | 49 | 02:24:41 | 04:31:00 | 07:08:40 | 09:36:11.95 | 09:36:11.95 | +04:24:56 (46.0%) | 11:04 | 5.4 (54.0%) |
| 145 | PYTEL Roman | 5119 | IIZBICKO W BIEGU | M40 | 50 | 02:23:44 | 04:29:01 | 07:13:45 | 09:37:30.65 | 09:37:30.65 | +04:26:15 (46.1%) | 11:06 | 5.4 (54.0%) |
| 146 | GRABOWSKA Zuzanna | 5153 | IZBICKO W BIEGU | K20 | 1 | 02:23:47 | 04:29:01 | 07:13:47 | 09:37:30.75 | 09:37:30.75 | +04:26:15 (46.1%) | 11:06 | 5.4 (54.0%) |
| 147 | ROGUZIŃSKI Radosław | 5093 | | M40 | 51 | 02:21:04 | 04:16:07 | 07:03:37 | 09:39:17.05 | 09:39:17.05 | +04:28:02 (46.3%) | 11:08 | 5.4 (54.0%) |
| 148 | POPOWICZ Dawid | 5138 | | M20 | 15 | 02:15:29 | 04:13:16 | 06:57:32 | 09:40:22.25 | 09:40:22.25 | +04:29:07 (46.4%) | 11:09 | 5.4 (54.0%) |
| 148 | GAL Dawid | 5128 | | M20 | 15 | 02:15:27 | 04:13:16 | 06:57:34 | 09:40:22.25 | 09:40:22.25 | +04:29:07 (46.4%) | 11:09 | 5.4 (54.0%) |
| 150 | UCHTO Tomasz | 5206 | DUCH | M30 | 31 | 01:59:40 | 03:45:25 | 06:35:34 | 09:40:46.90 | 09:40:46.90 | +04:29:31 (46.4%) | 11:10 | 5.4 (54.0%) |
| 151 | MROCZEK Piotr | 5151 | | M40 | 52 | 01:59:53 | 03:45:27 | 06:35:38 | 09:40:53.15 | 09:40:53.15 | +04:29:38 (46.4%) | 11:10 | 5.4 (54.0%) |
| 152 | RODZEŃ Daniel | 5042 | | M30 | 32 | 02:05:31 | 04:16:50 | 07:20:49 | 09:43:46.95 | 09:43:46.95 | +04:32:31 (46.7%) | 11:13 | 5.3 (53.0%) |
| 153 | MAC Sławomir | 5055 | | M30 | 33 | 02:05:30 | 04:16:50 | 07:20:49 | 09:43:49.40 | 09:43:49.40 | +04:32:34 (46.7%) | 11:13 | 5.3 (53.0%) |
| 154 | GŁÓWKA Alfred | 5056 | KARCZMA U FREDA | M60 | 9 | 02:23:43 | 04:27:06 | 07:08:59 | 09:44:27.60 | 09:44:27.60 | +04:33:12 (46.7%) | 11:14 | 5.3 (53.0%) |
| 155 | JAGUSTYN Szymon | 5172 | ŻOŁYŃSKA GRUPA BIEGOWA "ZOŚKA" | M30 | 34 | 02:18:30 | 04:17:37 | 07:15:55 | 09:46:26.05 | 09:46:26.05 | +04:35:11 (46.9%) | 11:16 | 5.3 (53.0%) |
| 156 | BRZEZICKI Kamil | 5020 | ŻOŁYŃSKA GRUPA BIEGOWA ZOŚKA | M20 | 17 | 02:18:29 | 04:17:37 | 07:15:51 | 09:46:26.45 | 09:46:26.45 | +04:35:11 (46.9%) | 11:16 | 5.3 (53.0%) |
| 157 | LUDWIKOWSKI Michał | 5054 | | M40 | 53 | 02:27:07 | 04:39:17 | 07:16:15 | 09:47:37.65 | 09:47:37.65 | +04:36:22 (47.0%) | 11:18 | 5.3 (53.0%) |
| 158 | GOLEŃ Justyna | 5205 | | K40 | 16 | 02:25:32 | 04:31:11 | 07:15:49 | 09:50:18.40 | 09:50:18.40 | +04:39:03 (47.3%) | 11:21 | 5.3 (53.0%) |
| 159 | KLOC Tomasz | 5176 | | M40 | 54 | 02:25:35 | 04:31:11 | 07:15:47 | 09:50:19.30 | 09:50:19.30 | +04:39:04 (47.3%) | 11:21 | 5.3 (53.0%) |
| 160 | BANASIK Beata | 5132 | STREET RUN ATHLETHIKS BUSKO ZDRÓJ | K40 | 17 | 02:22:37 | 04:28:41 | 07:18:49 | 09:52:28.65 | 09:52:28.65 | +04:41:13 (47.5%) | 11:23 | 5.3 (53.0%) |
| 161 | JĘDRUSIAK Paweł | 5067 | BRUTAL OUTDOOR | M40 | 55 | 02:21:58 | 04:28:39 | 07:18:50 | 09:52:28.95 | 09:52:28.95 | +04:41:13 (47.5%) | 11:23 | 5.3 (53.0%) |
| 162 | KUBALA Sylweter | 5010 | | M50 | 22 | 02:34:40 | 04:44:21 | 07:37:43 | 09:53:57.55 | 09:53:57.55 | +04:42:42 (47.6%) | 11:25 | 5.3 (53.0%) |
| 163 | NAPIERAŁA Katarzyna | 5210 | | K40 | 18 | 02:34:38 | 04:52:52 | 07:34:09 | 09:56:01.75 | 09:56:01.75 | +04:44:46 (47.8%) | 11:27 | 5.2 (52.0%) |
| 164 | SANKOWSKI Tomasz | 5080 | | M30 | 35 | 02:27:49 | 04:34:50 | 07:25:57 | 09:56:41.90 | 09:56:41.90 | +04:45:26 (47.8%) | 11:28 | 5.2 (52.0%) |
| 165 | ZYGMUNT Krystian | 5120 | | M20 | 18 | 02:18:27 | 04:16:09 | 06:59:23 | 09:57:11.95 | 09:57:11.95 | +04:45:56 (47.9%) | 11:29 | 5.2 (52.0%) |
| 166 | KSIĄŻEK Tomasz | 5143 | | M40 | 56 | 02:35:59 | 04:53:44 | 07:48:58 | 10:01:03.90 | 10:01:03.90 | +04:49:48 (48.2%) | 11:33 | 5.2 (52.0%) |
| 167 | KSIĄŻEK Danuta | 5142 | | K40 | 19 | 02:35:59 | 04:53:45 | 07:48:59 | 10:01:03.95 | 10:01:03.95 | +04:49:48 (48.2%) | 11:33 | 5.2 (52.0%) |
| 168 | POKRYWKA Stefan | 5222 | OTK RZEŹNIK | M60 | 10 | 02:39:34 | 04:51:01 | 07:35:47 | 10:05:21.30 | 10:05:21.30 | +04:54:06 (48.6%) | 11:38 | 5.2 (52.0%) |
| 169 | JEDLIŃSKI Bartosz | 5220 | | M40 | 57 | 02:33:50 | 04:47:40 | 07:43:15 | 10:16:57.55 | 10:16:57.55 | +05:05:42 (49.6%) | 11:51 | 5.1 (51.0%) |

| Place | Participant | Number | Club | Category | MCat | P1_Roztoki | P2_Solinka | P3_Roztoki | Net | Czas | Gap | Pace | Pace |
|-------|----------------------------|-------------|--|----------|------|-----------------|-----------------|------------|--------------------|--------------------|----------------------|--------|----------------|
| | | | | | | 15km | 28km | 41km | time | brutto | | min/km | km/h |
| 170 | KADECKI Marek | 5185 | AZS PAŃSTWOWEJ AKADEMII NAUK STOSOWANYCH W CIECHANOWIE | M50 | 23 | 02:34:07 | 04:49:12 | 07:36:57 | 10:18:27.40 | 10:18:27.40 | +05:07:12 (49.7%) | 11:53 | 5 (50.0%) |
| 171 | BOCIAN Maja | 5066 | TEAM ZABIEGANEDNI | K40 | 20 | 02:24:52 | 04:28:12 | 07:18:50 | 10:19:33.95 | 10:19:33.95 | +05:08:18 (49.8%) | 11:54 | 5 (50.0%) |
| 172 | SABACIŃSKA Karolina | 5085 | | K20 | 2 | 02:30:14 | 04:49:44 | 07:45:07 | 10:19:45.80 | 10:19:45.80 | +05:08:30 (49.8%) | 11:55 | 5 (50.0%) |
| 173 | ŁASKI Krzysztof | 5086 | BIEGIEM PO PIWO | M60 | 11 | 02:30:13 | 04:50:00 | 07:45:05 | 10:19:45.90 | 10:19:45.90 | +05:08:30 (49.8%) | 11:55 | 5 (50.0%) |
| 174 | DWOJAK Katarzyna | 5083 | | K50 | 2 | 02:25:21 | 04:43:42 | 07:46:15 | 10:22:39.75 | 10:22:39.75 | +05:11:24 (50.0%) | 11:58 | 5 (50.0%) |
| 175 | CAKAŁA Maciej | 5008 | | M30 | 36 | 02:33:35 | 04:51:11 | 07:36:21 | 10:22:46.80 | 10:22:46.80 | +05:11:31 (50.0%) | 11:58 | 5 (50.0%) |
| 176 | JASIŃSKI Mikołaj | 5109 | TBD | M50 | 24 | 02:36:38 | 04:47:24 | 07:37:03 | 10:26:48.65 | 10:26:48.65 | +05:15:33 (50.3%) | 12:03 | 5 (50.0%) |
| 177 | KOCISZEWSKI Marek | 5028 | | M50 | 25 | 02:33:17 | 04:48:22 | 07:43:52 | 10:27:18.55 | 10:27:18.55 | +05:16:03 (50.4%) | 12:03 | 5 (50.0%) |
| 178 | ALBINIAK Marcin | 5163 | | M50 | 26 | 02:21:09 | 04:38:09 | 07:43:16 | 10:29:32.55 | 10:29:32.55 | +05:18:17 (50.6%) | 12:06 | 5 (50.0%) |
| 179 | TOMASZEWSKI Mariusz | 5046 | CZŁOWIEK NIE JEST TAKI | M40 | 58 | 02:26:27 | 04:41:47 | 07:50:16 | 10:42:22.50 | 10:42:22.50 | +05:31:07 (51.5%) | 12:21 | 4.9 (49.0%) |
| 180 | RYBIŃSKI Andrzej | 5045 | GRUPA BIEGOWA CHTMO | M40 | 59 | 02:26:31 | 04:41:52 | 07:50:18 | 10:42:22.65 | 10:42:22.65 | +05:31:07 (51.5%) | 12:21 | 4.9 (49.0%) |
| 181 | CZECHOWSKI Konrad | 5024 | | M30 | 37 | 02:45:36 | 05:15:04 | 08:13:54 | 10:52:47.75 | 10:52:47.75 | +05:41:32 (52.3%) | 12:33 | 4.8 (48.0%) |
| 182 | STACHOWIAK Magda | 5211 | | K30 | 7 | 02:35:34 | 04:57:34 | 07:50:29 | 10:53:20.50 | 10:53:20.50 | +05:42:05 (52.4%) | 12:33 | 4.8 (48.0%) |
| 183 | SŁUPIŃSKI Krzysztof | 5016 | | M30 | 38 | 02:42:55 | 05:43:02 | 08:09:07 | 11:11:17.00 | 11:11:17.00 | +06:00:01 (53.6%) | 12:54 | 4.6 (46.0%) |
| 184 | WARAS Barbara | 5043 | | K40 | 21 | 02:49:35 | 05:18:35 | 08:11:59 | 11:18:57.20 | 11:18:57.20 | +06:07:42 (54.2%) | 13:03 | 4.6 (46.0%) |
| 185 | WARAS Wojciech | 5044 | SILESIA MARATHON CLUB | M40 | 60 | 02:49:22 | 05:18:34 | 08:12:01 | 11:18:58.75 | 11:18:58.75 | +06:07:43 (54.2%) | 13:03 | 4.6 (46.0%) |
| 186 | KOZAK Kamil | 5192 | | M30 | 39 | 02:18:26 | 04:29:26 | 07:50:07 | 11:20:50.05 | 11:20:50.05 | +06:09:35 (54.3%) | 13:05 | 4.6 (46.0%) |
| 187 | CZAPSKA Jadwiga | 5048 | | K40 | 22 | 02:38:10 | 05:08:45 | 08:09:13 | 11:27:04.25 | 11:27:04.25 | +06:15:49 (54.7%) | 13:12 | 4.5 (45.0%) |
| 188 | PYTKA Adam | 5059 | CROSSFIT LUBLIN | M40 | 61 | 02:38:05 | 05:08:43 | 08:09:10 | 11:27:06.75 | 11:27:06.75 | +06:15:51 (54.7%) | 13:12 | 4.5 (45.0%) |
| 189 | MECH Krzysztof | 5021 | | M20 | 19 | 02:18:28 | 04:29:24 | 07:50:05 | 11:27:51.05 | 11:27:51.05 | +06:16:36 (54.8%) | 13:13 | 4.5 (45.0%) |
| 190 | MALARA Krzysztof | 5104 | | M40 | 62 | 02:29:21 | 04:55:11 | 07:44:56 | 11:29:41.90 | 11:29:41.90 | +06:18:26 (54.9%) | 13:15 | 4.5 (45.0%) |
| | PŁONKA Bartosz | 5214 | | M30 | | 02:48:43 DNF | 05:35:34 DNF | DNF | DNF | DNF | - | - | - (0.0%) |
| | JABŁOŃSKI Kazimierz | 5209 | SPRINTER PRĄDY | M60 | | 02:59:17 DNF | 05:48:57 DNF | DNF | DNF | DNF | - | - | - (0.0%) |
| | PITUCH Grzegorz | 5191 | STANCAK TEAM | M40 | | 01:28:19 DNF | DNF | DNF | DNF | DNF | - | - | - (0.0%) |
| | WITEK Paweł | 5180 | | M40 | | 02:12:05 DNF | DNF | DNF | DNF | DNF | - | - | - (0.0%) |

| Place | Participant | Number | Club | Category | MCat | P1_Roztoki 15km | P2_Solinka 28km | P3_Roztoki 41km | Net time 52km | Czas brutto 52km | Gap | Pace min/km | Pace km/h |
|-------|---------------------------|-------------|---------------|----------|------|--------------------|--------------------|--------------------|---------------------|------------------------|-----|----------------|--------------|
| | BRZOWSKI Kamil | 5089 | BANDA GRUDNIA | M30 | | 02:37:00 DNF | DNF | DNF | DNF | DNF | | - | - (0.0%) |
| | POPKO Mariusz | 5015 | | M40 | | 04:09:07 DNF | DNF | DNF | DNF | DNF | | - | - (0.0%) |

Total 196 results.